

NOTE:
Please read all
instructions carefully
before using this product

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Model
NS-914

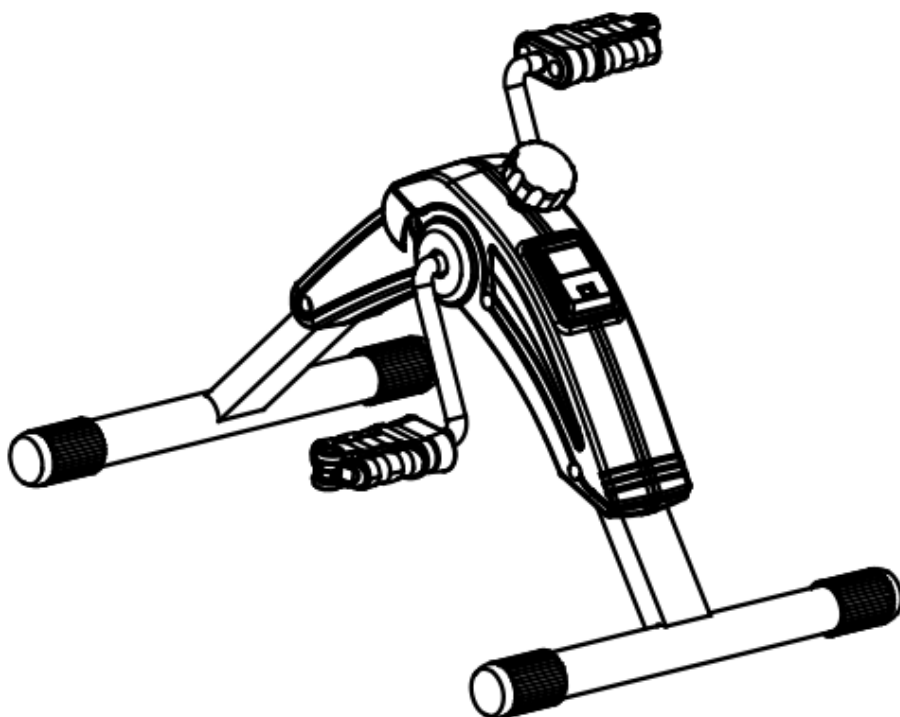
Retain This
Manual for
Reference

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**OWNER'S
MANUAL**

MARCY®

FOLDABLE MINI CYCLE NS-914



IMPORTANT: Please read this manual before commencing
assembly of this product.

IMPEX® INC.

2801 S. Towne Ave, Pomona, CA 91766

Tel: 800- 999-8899

www.marcypro.com

support@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting MARCY FOLDABLE MINI CYCLE NS-914 by IMPEX® INC. For your safety and benefit, read this manual carefully before using the equipment. As a manufacturer, we are committed to providing you with complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance.

Toll-Free Customer Service Number

1-800-999-8899

Mon. – Fri. 9 a.m. – 5 p.m. PST

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IMPORTANT SAFETY NOTICE

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your equipment. In particular, note the following safety precautions:

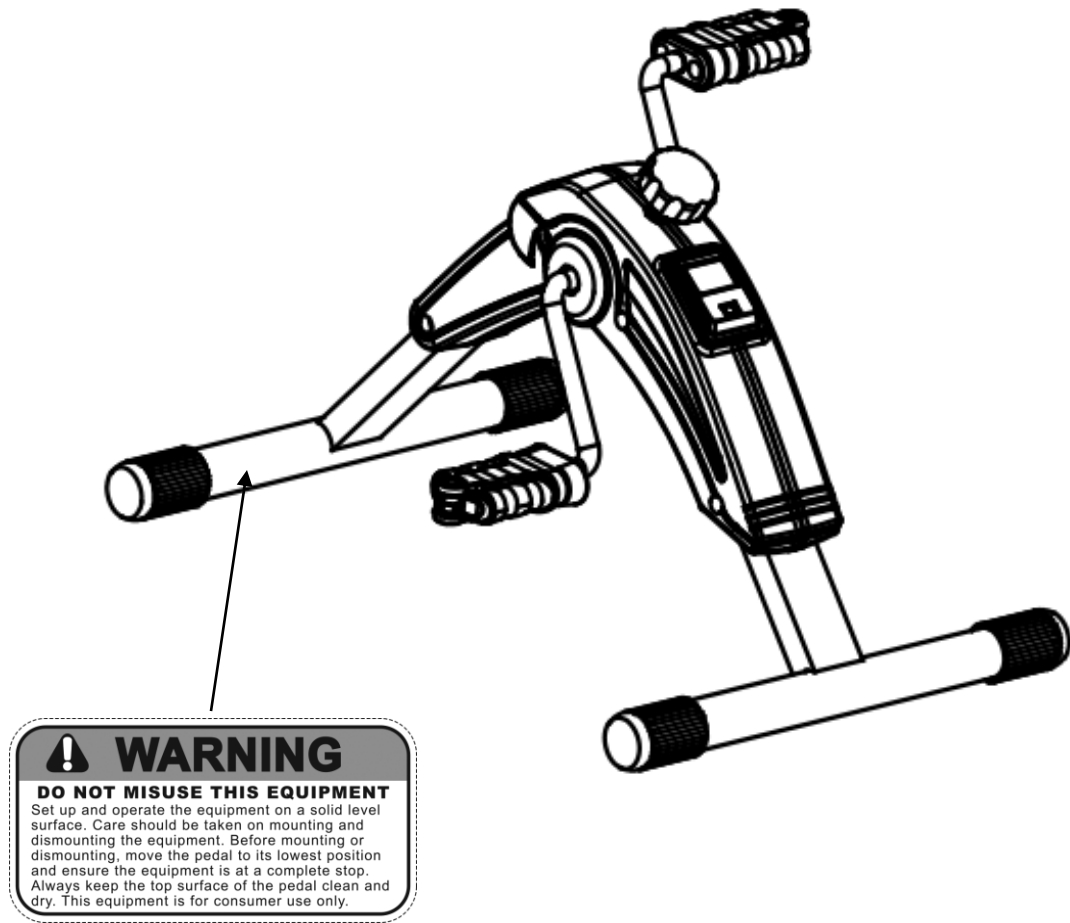
1. **Read the warning notice and instruction prior to assembling and using the equipment.**
2. **This equipment is not intended for children under 12 years of age.**
3. **This equipment can be only used by hands or feet. Do not stand with full weight on the pedals.**
4. Do not leave children unattended with the equipment.
5. **This equipment is intended for indoor use and for consumer use only.**
6. Position the equipment on a clear, leveled surface. Make sure the surface is free of objects that may cause tipping. Keep objects which could interfere with the user away.
7. Inspect before use. Keep frame padding in place. Never use the equipment if it is not functioning properly.
8. Always wear appropriate workout clothing when exercising.
9. Do not use the equipment when it is wet.
10. Use the equipment only with mature, knowledgeable supervision.
11. Do not use the equipment while under influence of alcohol or drugs.
12. While keeping the head erect, focus eyes on the equipment toward the perimeter.
13. Before exercising, always do stretching exercises to properly warm up.
14. If the user experience dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**

Care and Maintenance

1. For equipment information, contact the manufacturer.
2. Periodically inspect all parts to ensure all parts are functioning properly.
3. Replace any worn and/or damaged parts immediately.
4. Always keep the top surface of the pedals clean and dry.
5. Use mild household spray cleaners and/or a damp rag to wipe clean. Do not use harsh cleaning chemicals.
6. Sand rusted areas on tubular members and repaint using a non-lead-based paint meeting the requirements of Title 16 CFR Part 1303.
7. Disposal Instructions – The equipment can be safely disassembled and disposed.. Call your local recycle agency regarding details of recycling.
8. Assembled dimensions: 19.5"x14.5"x13.6"
9. Folded dimensions: 6.5"x14.5"x18"

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED THROUGH THE USE OF THIS PRODUCT. SAVE THESE INSTRUCTIONS.

WARNING LABEL PLACEMENT

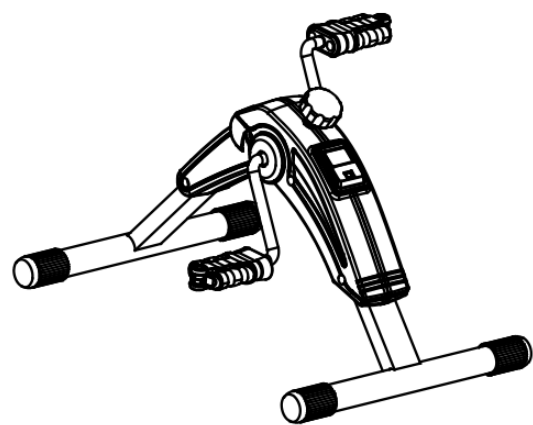
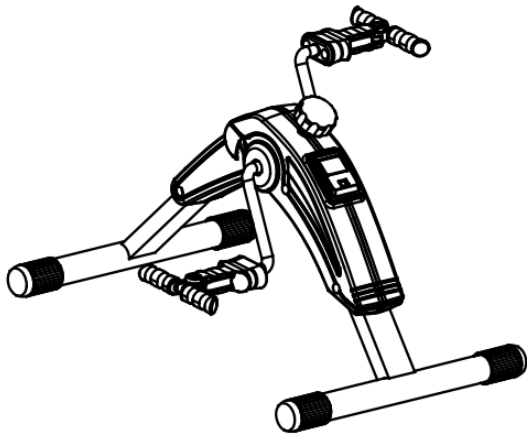


The warning labels shown here have been placed on the Base Frame. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacements. Apply the labels in the location shown.

OPERATING NOTES

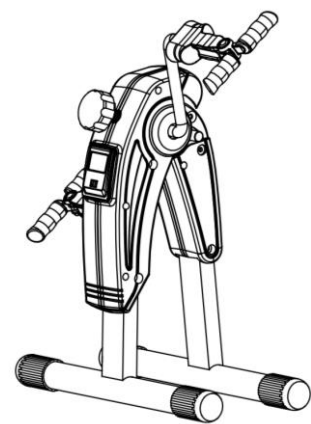
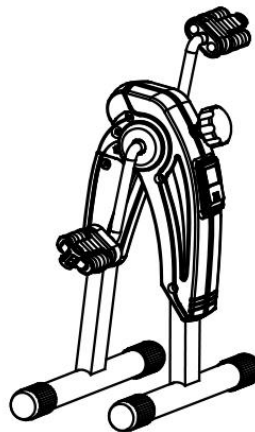
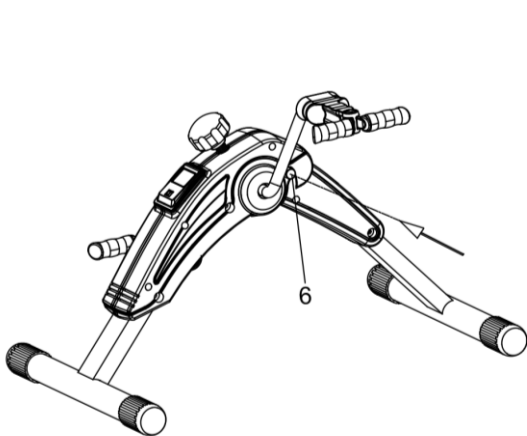
1. Set up and operate the foldable mini cycle on a solid level surface.
2. Inspect and tighten all parts each time before using the bike. Replace any worn parts immediately.
3. Inspect and test all features and functions before using the bike.
4. Allow minimum 20" of clear spaces in all directions to operate the bike.
5. Do not attempt to stop the spinning pedal by hand or feet abruptly. Gradually reduce the speed of spinning pedal until it is completely stopped.
6. Handle can be opened and closed for different hand positions by opening and collapsing the red grips.
7. The bike can be adjusted to 4 different lengths to accommodate different body sizes by depressing locking pin #6 while adjusting the length.

ADJUSTABILITY



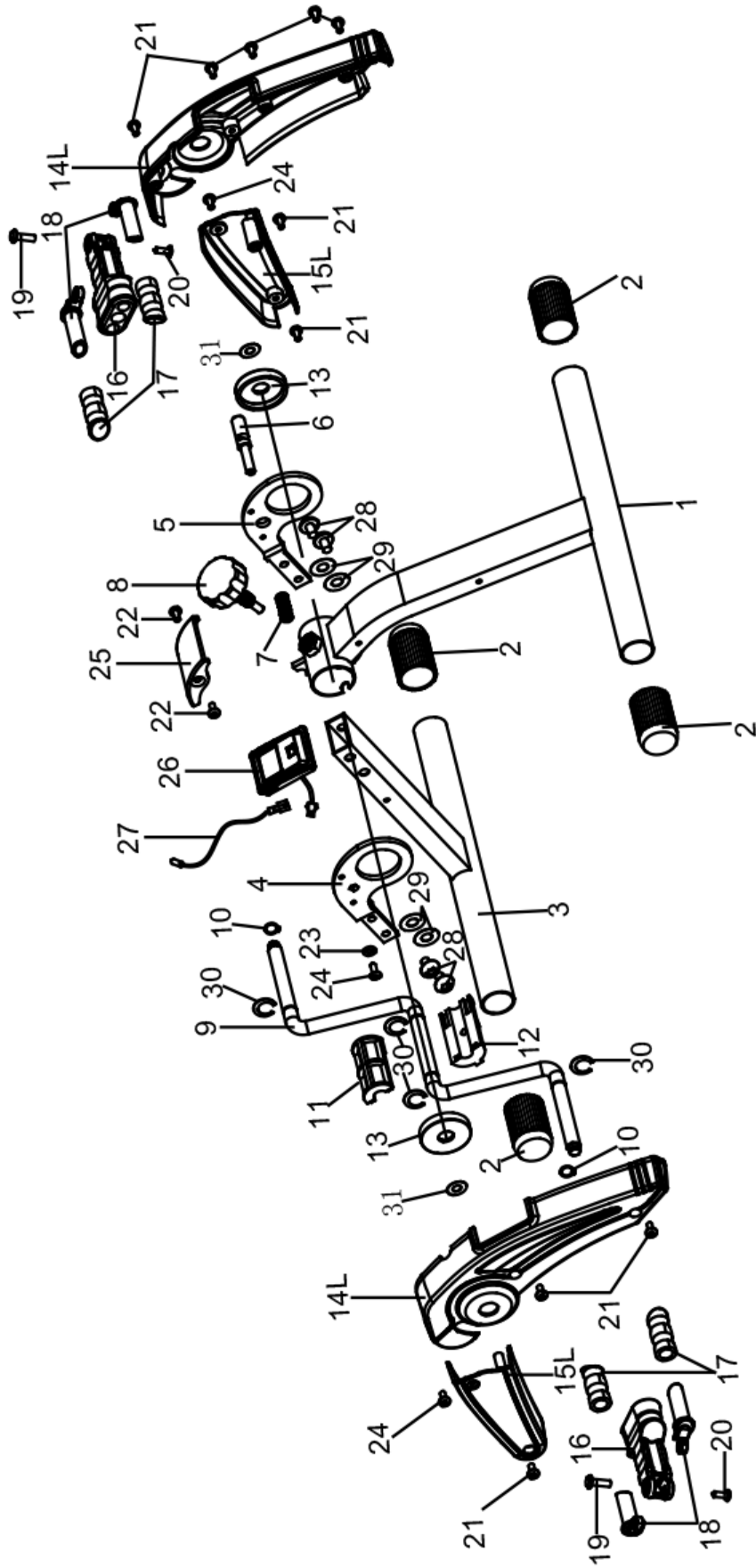
Open position: Vertical hand grip for a more natural pedaling motion.

Closed Position: Horizontal handle grip for more traditional pedaling motion.



Cardio mini cycle folds for easy storage.

EXPLODED DIAGRAM



NS-914 PARTS LIST

Part #	Description	Qty
1	Front Frame	1
2	Front Stabilizer End Cap	4
3	Rear Frame	1
4	Left Bracket	1
5	Right Bracket	1
6	Locking Pin	1
7	Spring for the Locking Pin	1
8	Tension Knob	1
9	Crank	1
10	Crank Clip	2
11	Upper Crank Bracket	1
12	Lower Crank Bracket	1
13	Round Cover	2
14	Front Shroud (Left/Right)	1/1
15	Rear Shroud (Left/Right)	1/1
16	Pedal	2
17	T-Handle Grip	4
18	T-Handle	4
19	Screw 3/4"	2
20	Screw M5x1/2"	2
21	Self-tapping Screw	10
22	Phillips Screw	2
23	Small Washer	1
24	Phillips Screw	3
25	Top Cover	1
26	Monitor	1
27	Sensor Wire	1
28	Allen Bolt	4
29	Large Washer	4
30	C-Clip	4
31	Nylon Washer	2

COMPUTER



FUNCTIONAL BUTTON:

Press button in middle to cycle through Calories, Time, Count, Total count and Scan functions.

DISPLAY:

Calories	Display the calorie consumption in cal.
Time	Display the elapsed time (Minute: Second)
Count	Display revolution per minute.
Total Count	Display total revolution exercised.

- The display mode will change every four seconds automatically.
- The computer will automatically turn off when idle for 5 minutes.
- Press button and hold for 4 seconds to reset all values to zero.

Battery Replacement

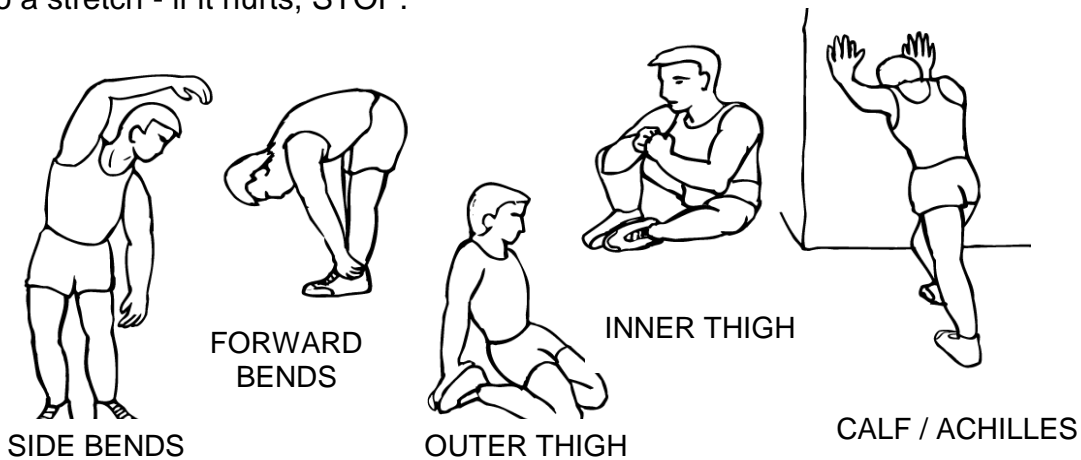
1. **The Computer uses one (AAA) battery. (Battery not included)**
2. **Clean the battery contacts and also those of the device prior to battery installation.**
3. **Ensure the battery is installed correctly with regards to polarity (+ and -).**
4. **Remove battery from equipment when not to be used for an extended period of time.**
5. **Remove depleted battery promptly.**

EXERCISE GUIDELINES

Using your **Magnetic Mini Bike** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie-controlled diet help you lose weight.

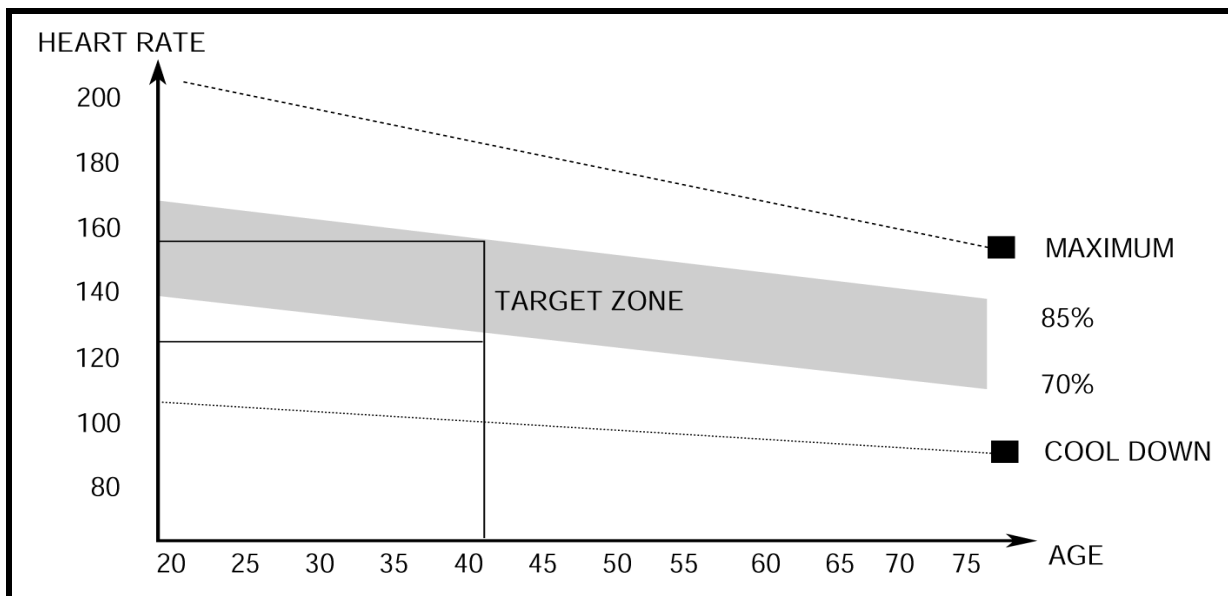
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your targeted heart rate but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **Foldable Mini Cycle** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

IMPEX[®] INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX[®]") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights for products return to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. **Register on-line www.marcypro.com**

**IMPEX[®] INC.
2801 S. Towne Ave.
Pomona, CA 91766**

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

support@impex-fitness.com

When ordering replacement part, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase