

**NOTE:**  
Please read all  
instructions carefully  
before using this product

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Model  
XJ-3220

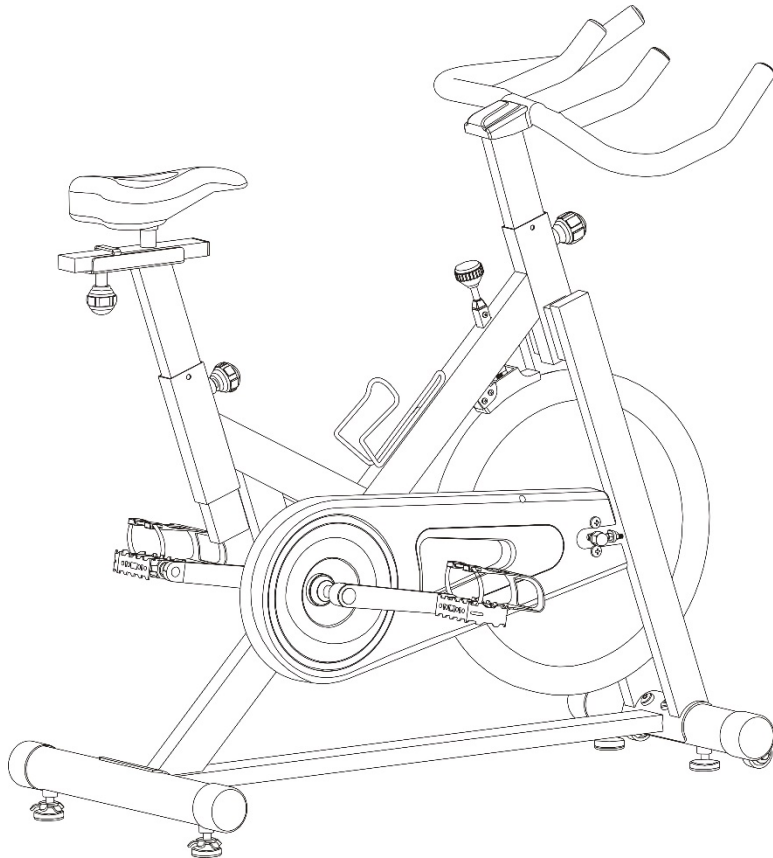
Retail This Manual  
for Reference

191229

**ASSEMBLY &  
OWNER'S  
MANUAL**

# MARCY®

## CLUB REVOLUTION CYCLE XJ-3220



**IMPEX® INC.**

2801 S. Towne Ave. Pomona, Ca 91766

Tel: (800)999-8899 Fax: (626)961-9966

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY Club Revolution Cycle XJ-3220 by IMPEX® INC. For your safety and benefit, read this manual carefully before using the bike. As a manufacturer, we are committed to provide you 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 to you.

### **Toll-Free Customer Service Number**

**1-800-999-8899**

**Mon. - Fri. 9 a.m. - 5 p.m. PST**

**[www.marcypro.com](http://www.marcypro.com)**

**support@impex-fitness.com**

## **IMPORTANT SAFETY NOTICE**

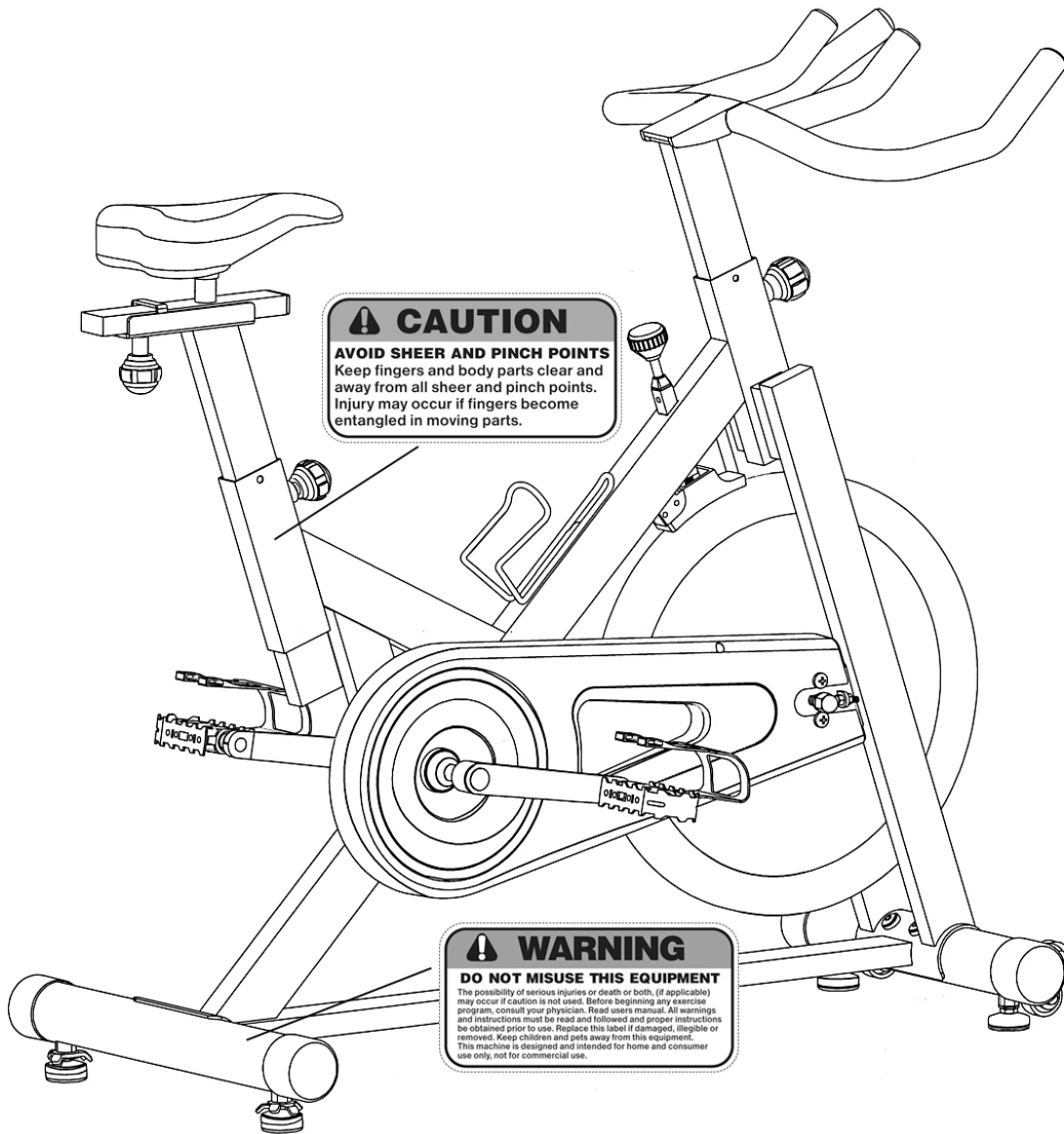
### **PRECAUTIONS**

This exercise bike 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 bike. In particular, note the following safety precautions:

1. **Keep children and pets away from the exercise bike at all times. DO NOT leave children unattended in the same room with the bike.**
2. Only one person at a time should use the bike.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the bike on a clear, leveled surface. DO NOT use the bike near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the bike. Running or aerobic shoes are also required when using the bike.
7. Use the bike only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the bike.
9. Disabled person should not use the bike without a qualified person or physician in attendance.
10. Before using the bike to exercise, always do stretching exercises to properly warm up.
11. Never operate the bike if it is not functioning properly.
12. Read all warnings posted on the exercise bike.
13. Inspect the exercise bike for worn or loose component prior to use. Tighten/replace any loose or wore components prior to use.
14. Care should be taken in mounting or dismounting the exercise bike.
15. **This exercise bike is for consumer and home use only.**

**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 BY OR THROUGH THE USE OF THIS PRODUCT. SAVE THESE INSTRUCTIONS.**

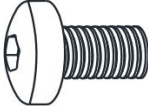



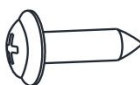


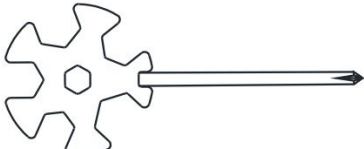

## WARNING LABEL PLACEMENT



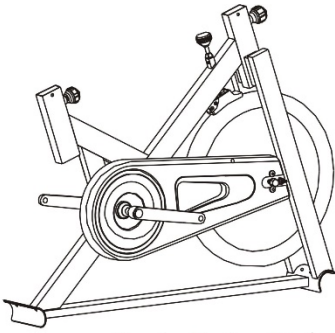
The Warning Labels and Caution Label shown here have been placed on the Rear Stabilizer and Main Frame.

If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

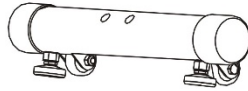
# HARDWARE PACK

<p>NO.30</p>  <p>M10×20mm Allen Bolt ×6</p>	<p>NO.31</p>  <p>φ 10mm Spring Washer ×6</p>	<p>NO.35</p>  <p>φ 10mm Washer ×2</p>
<p>NO.32</p>  <p>φ 10×R33 Arc Washer ×4</p>	<p>NO.38</p>  <p>ST4.2×15mm Phillips Screw ×2</p>	<p>NO.44</p>  <p>φ 15 Threaded Stop Washer ×2</p>
 <p>6# Allen Wrench ×1</p>	 <p>Multi Wrench ×1</p>	 <p>13-15# Wrench ×1</p>

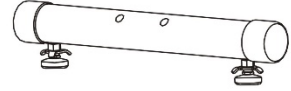
# COMPONENTS FOR ASSEMBLY



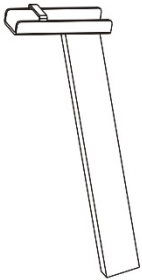
No.1 Main Body



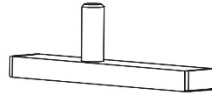
No.2 Front Stabilizer



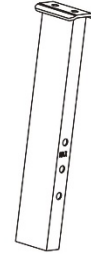
No.3 Rear Stabilizer



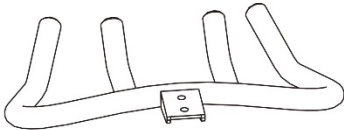
No.4 Saddle Adjustable Support



No.5 Saddle Support



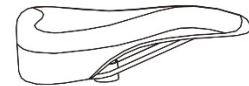
No.7 Haddle Support Frame



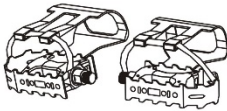
No.8 Handle



No.14 M10 Lock Knob



No.16 Saddle



No. 21 Pedal (Left\Right)



No.23 Bottle Support



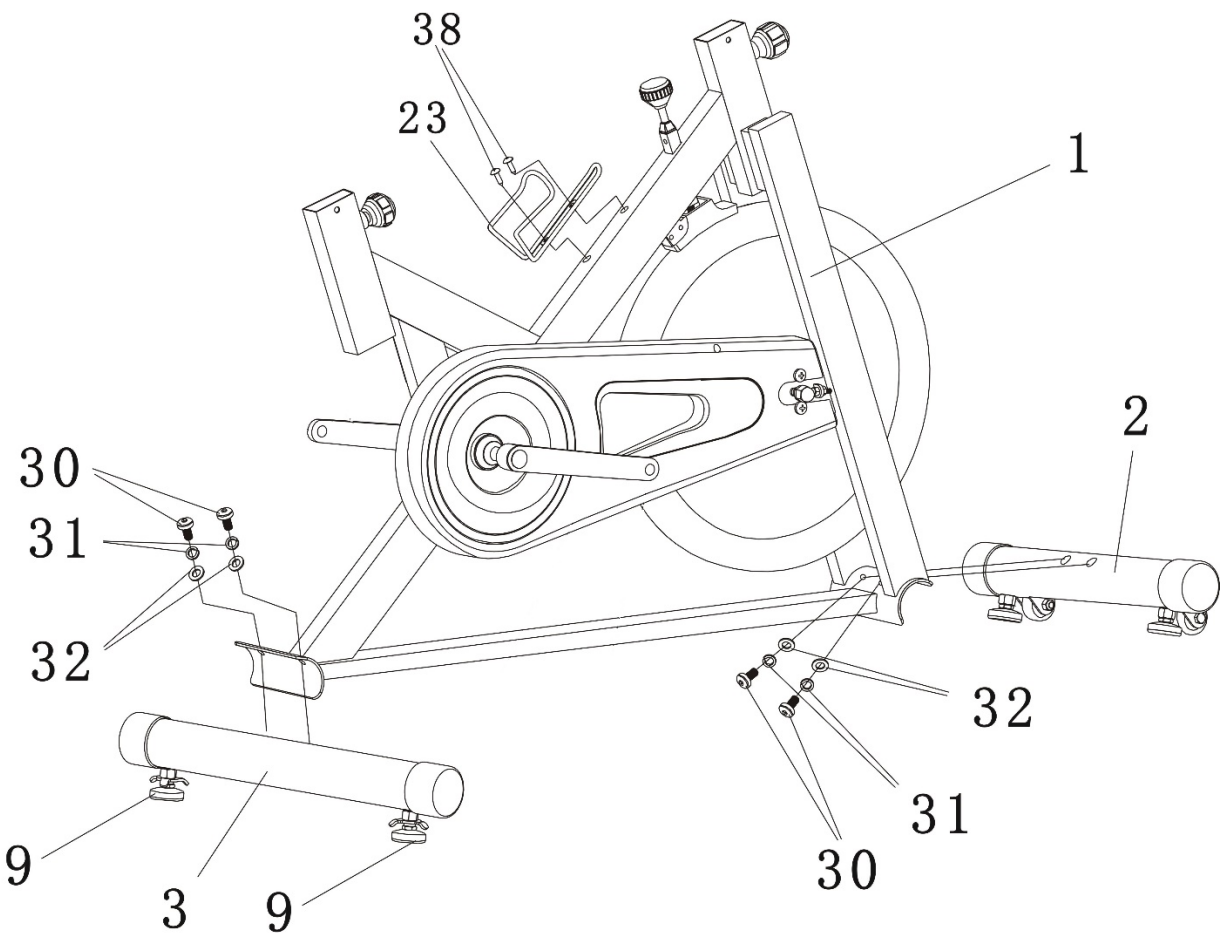
No.34 Handle Cover

## ASSEMBLY INSTRUCTION

- **Tools Required For Assembling the Bike: One Crossing Wrench and Allen Wrench, provided by manufacturer.**
- **NOTE: It is strongly recommended that two or more people assemble this bike to avoid possible injury.**

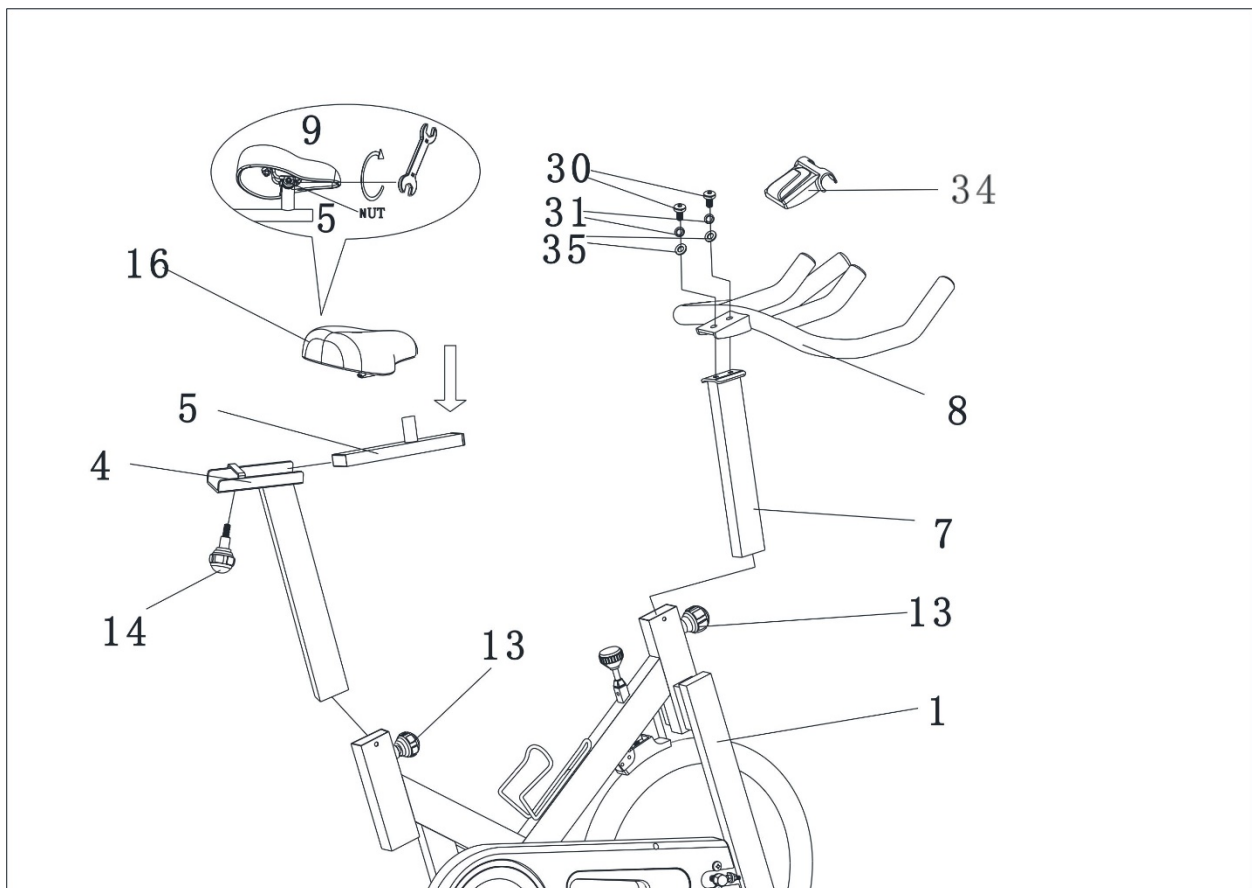
### STEP 1

- A.) Attach the Front Stabilizer (#2) to the Main Frame (#1). Secure it with two M10 x  $\frac{3}{4}$ " Allen Bolts (#30), two  $\text{\O} \frac{3}{4}$ " Spring Washers (#31), and two  $\text{\O} \frac{3}{4}$ " Arc Washers (#32).
- B.) Attach the Rear Stabilizer (#3) to the Main Frame (#1). Secure it with two M10 x  $\frac{3}{4}$ " Allen Bolts (#30), two  $\text{\O} \frac{3}{4}$ " Spring Washers (#31), and two  $\text{\O} \frac{3}{4}$ " Arc Washers (#32).
- C.) Attach Water Bottle Rack (#23) to the Main Frame (#1), Secure with two ST4.2 x  $\frac{5}{8}$ " Self-Tapping Philips Screws (#38).
- D.) Tighten or loosen the two Leveling feet (#9) to adjust the level of the machine.



## STEP 2

- A.) Insert the Handle Post (#7) into the front opening on Main Frame (#1). Use the Lock Knob (#13) to hold the Handle Post at selected height.
- B.) Attach the Handle (#8) to the Handle Post (#7). Secure them together with two M10 x  $\frac{3}{4}$ " Allen Bolts (#30), two  $\text{\O} \frac{3}{4}$ " Spring Washers (#31), and two  $\text{\O} \frac{3}{4}$ " Curved Washers (#35).
- C.) Place the Handle Cover (#34) on the connection point of the Handle (#8) and Handle Post (#7).
- D.) Insert the Vertical Seat Post (#4) into the opening on Main Frame. Use the Lock Knob (#13) to hold the Seat Post at selected height.
- E.) Flip over the Seat Pad (#16). Insert the tube on the Seat Support (#5) into the open slot and securely fasten the two Nuts to secure the Seat Pad to the tube.  
**NOTE: Make sure you tighten the hex nuts, or the seat pad may become loose during workout.**
- F.) Insert the Seat Support (#5) through the open slot on Seat Post. Use the Seat Lock Knob (#14) to hold the Seat at selected position.





### STEP 3

**A.)** Secure the Right Pedal (#21R) onto the **Right Crank** (#22R) by inserting the locking washer (#44) onto the pedal and then threading the pedal onto the crank.

NOTE: be sure to thread the **RIGHT** pedal into the Crank in a clockwise direction (when facing the bike, the handlebar will be on your **right-hand** side). Use the wrench (#15) to tighten.

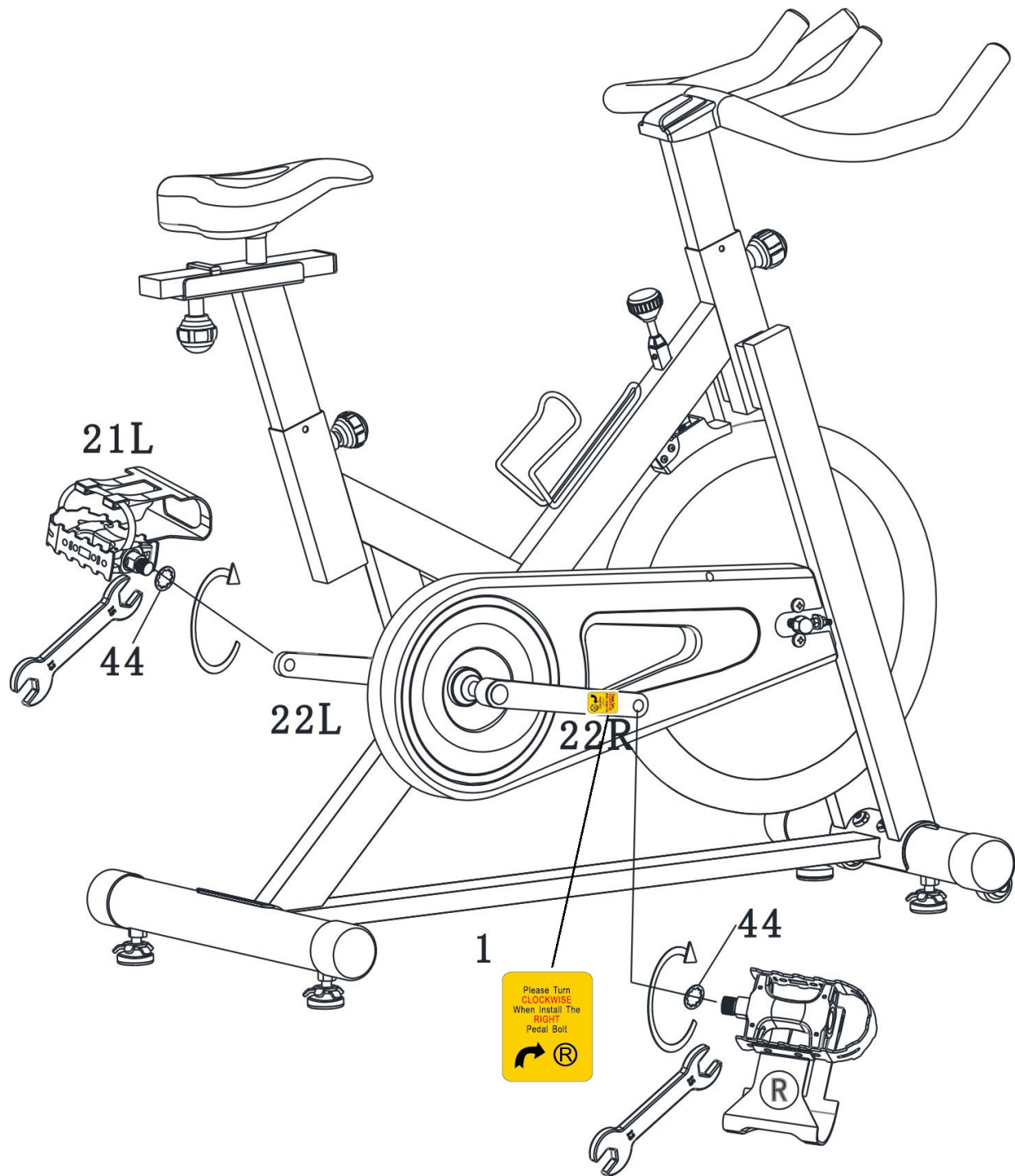
**B.)** Secure the Left Pedal (#21L) onto the **Left Crank** (#22L) by inserting the locking washer (#44) onto the pedal and then threading the pedal onto the crank.

NOTE: be sure to thread the **LEFT** pedal into the Crank in a COUNTERCLOCKWISE direction (when facing the bike, the handlebar will be on your **left-hand** side). Use the wrench (#15) to tighten.

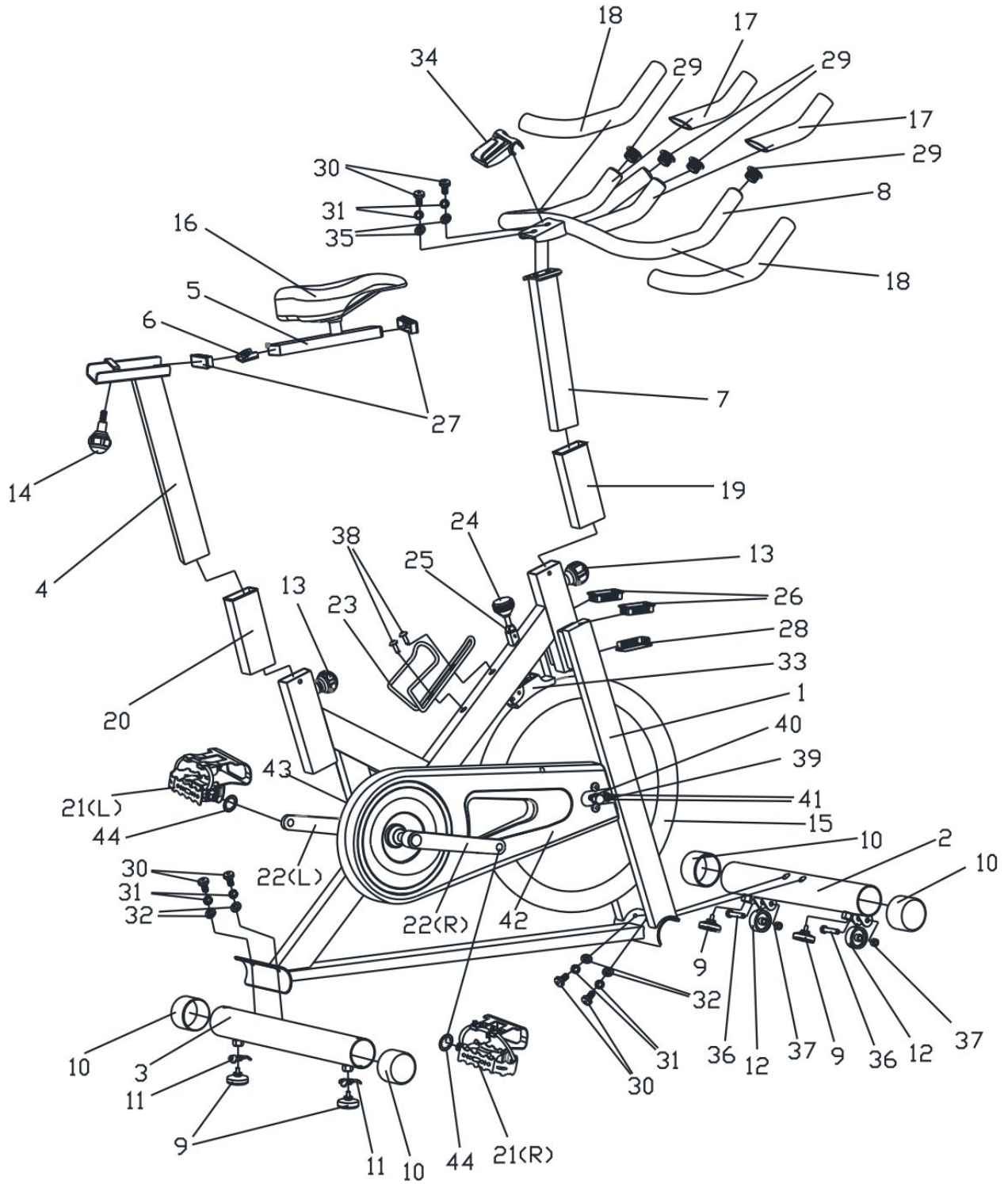
#### **WARNING!!!**

**When you assembly the pedal to the crank, please take note of the “L” and “R” markings on the crank and on the bottom of the pedal.**

**You will damage the threads on the pedal should you attempt to thread the wrong pedal onto the wrong (See below diagram).**



# EXPLODED DIAGRAM



## XJ-3220 PARTS LIST

PART NO.	DESCRIPTION	SPEC.	QUANTITY
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Seat Post		1
5	Seat Support		1
6	U-shaped Sliding Bracket		1
7	Handle Post		1
8	Handle		1
9	Level Adjustment Knob	M8 x 5/8"	4
10	Stabilizer End Cap		4
11	Lever Knob Spacer		2
12	Roller Wheel		2
13	Lock Knob	M16	2
14	Seat Lock Knob	M10	1
15	Fly Wheel		1
16	Seat Pad		1
17	Grip	7 5/8"	2
18	Grip	16 3/4"	2
19	Sleeve	1 1/8" x 5 3/4"	1
20	Sleeve	1 1/8" x 7 5/8"	1
21	Pedal (L/R)		1
22	Crank (L/R)		1
23	Water Bottle Rack		1
24	Tension/Brake Knob		1
25	Brake Tube		1
26	End Cap	7/8" x 2 1/8"	2
27	End Cap	1 5/8" x 3/4"	2
28	End Cap	1 1/8" x 2 3/8"	1
29	End Cap	Ø 1"	4
30	Allen Bolt	M10 x 3/4"	6
31	Spring Washer	Ø 3/4"	6
32	Arc Washer	Ø 3/4"	4
33	Brake		1
34	Handle Cover		1
35	Curved Washer	Ø 3/4"	2
36	Hex Bolt	M8 x 1 5/8"	2
37	Aircraft Nut	M8	2
38	Self-Tapping Philips Screw	ST4.2 x 5/8"	2
39	Lock Bolt	M6 x 2"	2
40	Axle		1

41	Hex Nut	M6	4
42	Right Chain Cover		1
43	Left Chain Cover		1
44	Locking Washer	Φ15	2

## CARE, MAINTENANCE AND STORAGE

1. Inspect and tighten all parts each time you use the bike. Replace any worn parts immediately.
2. The bike can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the bike IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The Bike shall be placed at least 24 inches away from the wall or/and any other object such as furniture to provide safe access to and passage around the bike.
5. To avoid possible injury, the help of two or more people is needed when moving the bike around.
6. Disposal Instructions – The equipment can be safely disassembled and disposed without unreasonable hazards. Call your local recycle agency regarding details of recycling.
7. **The maximum user weight is 300 lbs.**
8. **Assembled Dimension: 40" x 20.5" x 43"**

## OPERATING NOTES

### ADJUSTMENT

1. Use the Tension/Brake Knob (#24) to adjust the resistance for exercises.
2. The seat height adjustment is in approximately 1" increment.  
\*The seat height can be adjusted for 6 different height ranges from 36" to 41".
3. Loosen and pull out the Lock Knob (#13). Slide the Seat Post/ Handle Post to the desired height and lock at the position by fastening the Lock Knob
4. Loosen and pull out the Seat Lock Knob (#14). Slide the Seat Support to the desired position and lock at the position by fastening the Seat Lock Knob.
5. Tighten or loosen two M6 Hex Nuts (#41) on the two M6 x 2" Lock Bolts (#39) to adjust the tension of the Chain.

### STOPPING THE EXERCISE

1. **Press down the Tension/Brake Knob (#24) to stop the fly wheel. ONLY when the flywheel has stopped, will it be safe to remove feet from pedals.**
2. **DO NOT stop pedaling doing so could result in serious injury.**
3. **DO NOT attempt to stop the Fly Wheel by hands, feet or any other device not indicated in this instruction.**

### TRANSPORT

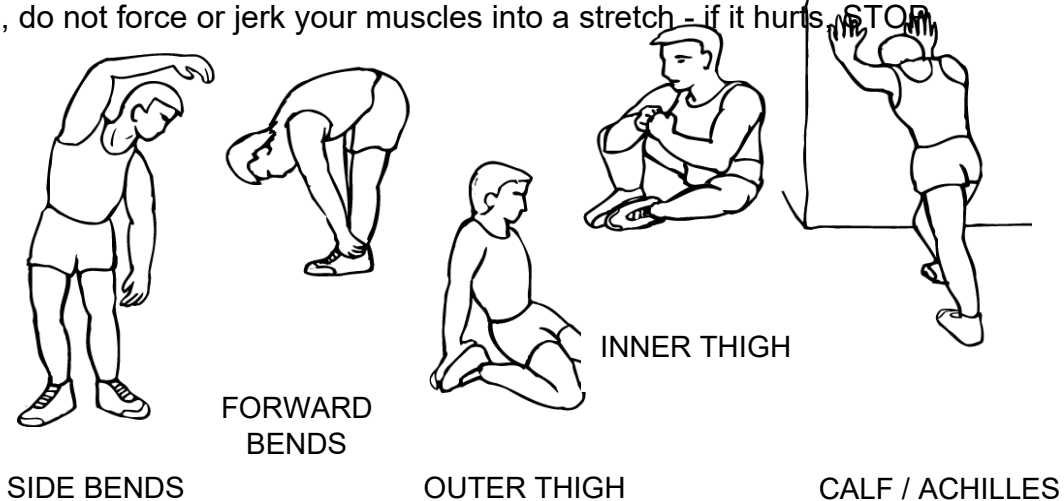
The Bike has a pair Roller Wheels on Front Stabilizer.  
To move, carefully tilt the cycle forward, and then roll.

## EXERCISE GUIDELINES

Using your **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.

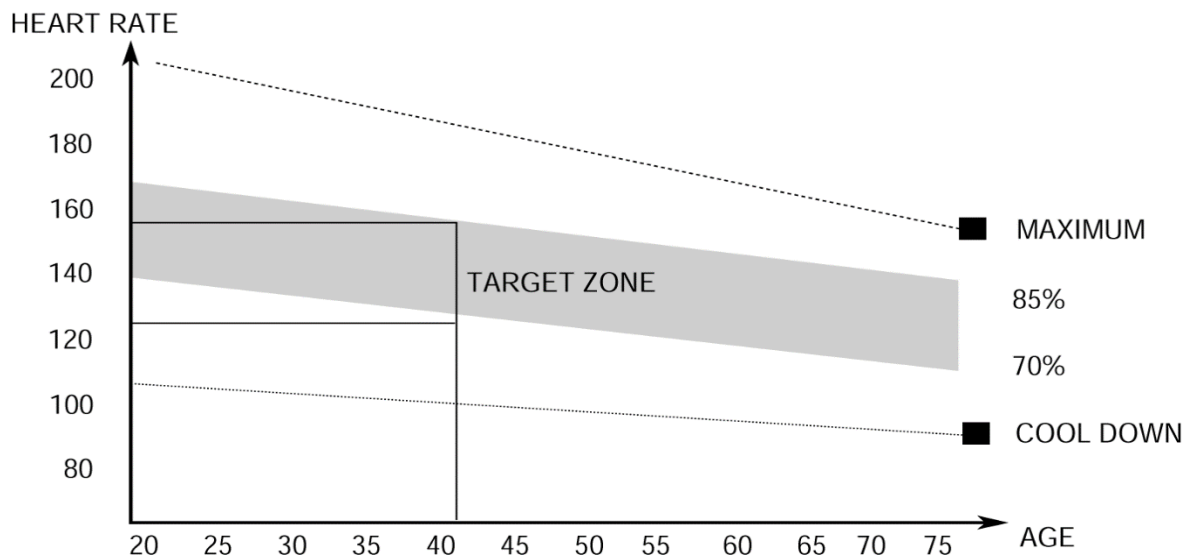
### 1. The Warmup Phase

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 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 warmup 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 **BIKE** 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 warmup 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<sup>®</sup> INC.

## LIMITED WARRANTY

IMPEX Inc. ("IMPEX<sup>®</sup>") 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](http://www.marcypro.com)**

**IMPEX<sup>®</sup> INC.**  
2801 South Towne Avenue,  
Pomona, California 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.  
**[www.marcypro.com](http://www.marcypro.com)**  
**[support@impex-fitness.com](mailto: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