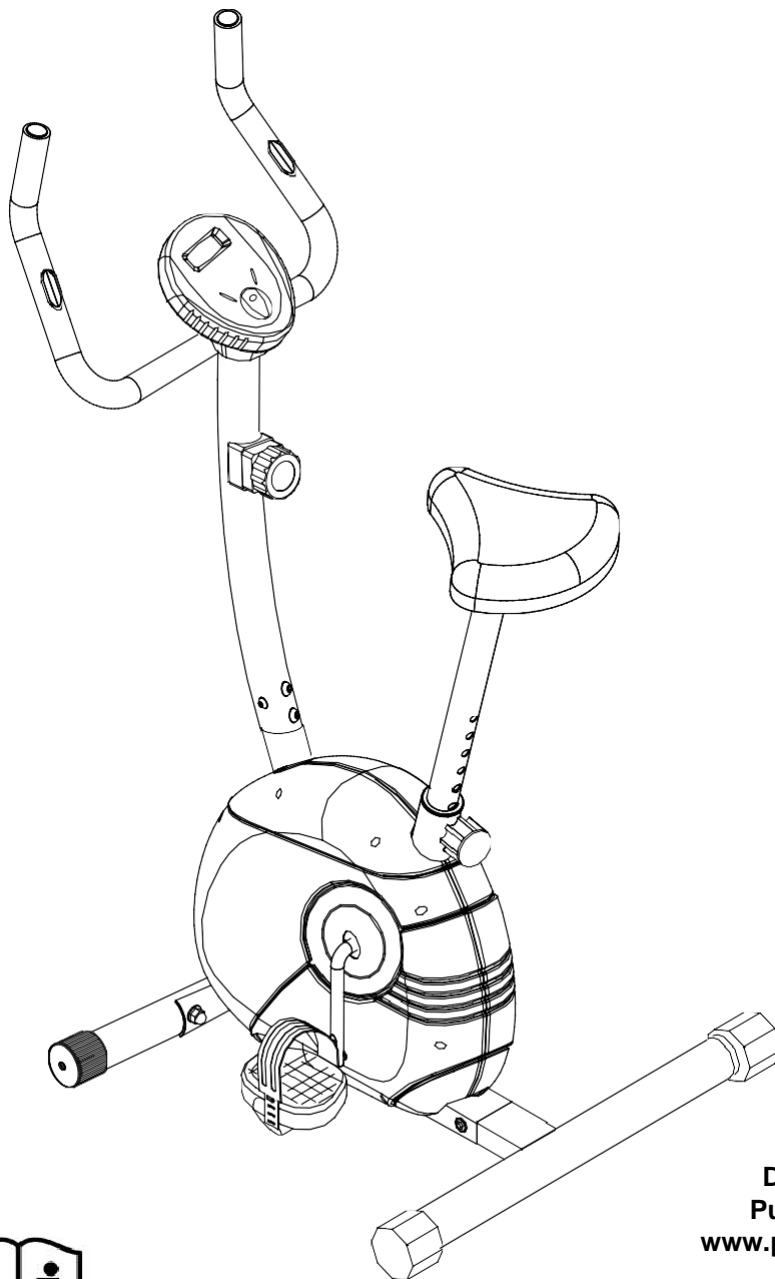




MARCY®

EN

ME-708 UPRIGHT BIKE USER MANUAL



Distributed By:
Pure-Tec Limited
www.puretecfitness.com

CONTENTS

Important Safety Information Weight Limit Capacities	3
Hardware Parts List	4
Pre Assembly Check List	5
Assembly Instructions	6 - 11
Computer Instructions	12-13
Exercise Instructions	14-15
Exploded Diagram	16-17
Parts List	18-19
Additional Information	20
Warranty Information	21

IMPORTANT SAFETY INFORMATION

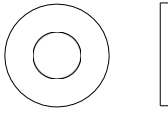
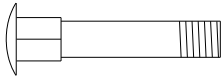
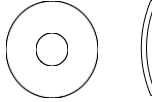
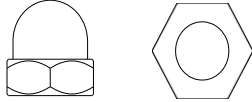
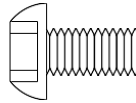
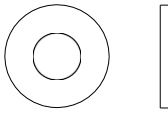
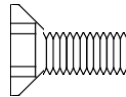

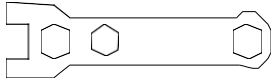
READ ALL INSTRUCTIONS BEFORE USING

THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

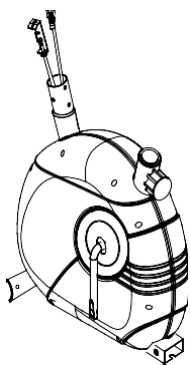
1. This Bike is intended for class H (H=Domestic) use only. It is not designed for commercial use.
2. This machine has been tested to EN 957.
3. Read the OWNER'S OPERATION MANUAL and all accompanying literature and follow it carefully before using your Bike.
4. Keep children and pets away from the Bike at all times. Do not leave children unattended in the same room with the Bike. The Bike is not a toy and therefore parents and guardians should be aware of the natural tendency for children to play, leading to situations and behaviour for which the Bike is not intended.
5. If children are allowed to use the Bike their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
6. Position the Bike on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. DO NOT use the Bike near water or outdoors.
7. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
8. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
9. Rest adequately between workouts. Muscle tone develops during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
10. Remove all jewellery, including rings, chains and pins before commencing exercise.
11. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

IMPORTANT!!! THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR BIKE IS 110KGS.

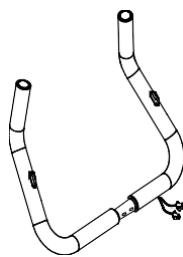
HARDWARE PACKING LIST

No.	Description	DRAWING	Q'ty
12	Washer $\Phi 17^* \Phi 8$		2
15	Carriage Bolt M8*65		2
16	Curved Washer $\Phi 8$		6
17	Acorn Nut M8		2
18	Allen Bolt M8*16		8
19	Flat Washer $\Phi 25.4^* \Phi 8$		2
26	Screw M8*30		2
	Allen Key L6		1
	Crossing Wrench		1

PRE-ASSEMBLY CHECK LIST



NO.1



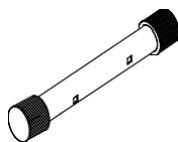
NO.5



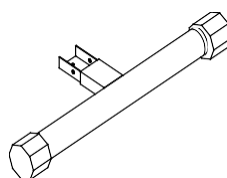
NO.4



NO.7



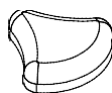
NO.2



NO.3



NO.6



NO.8



NO.9



NO.10

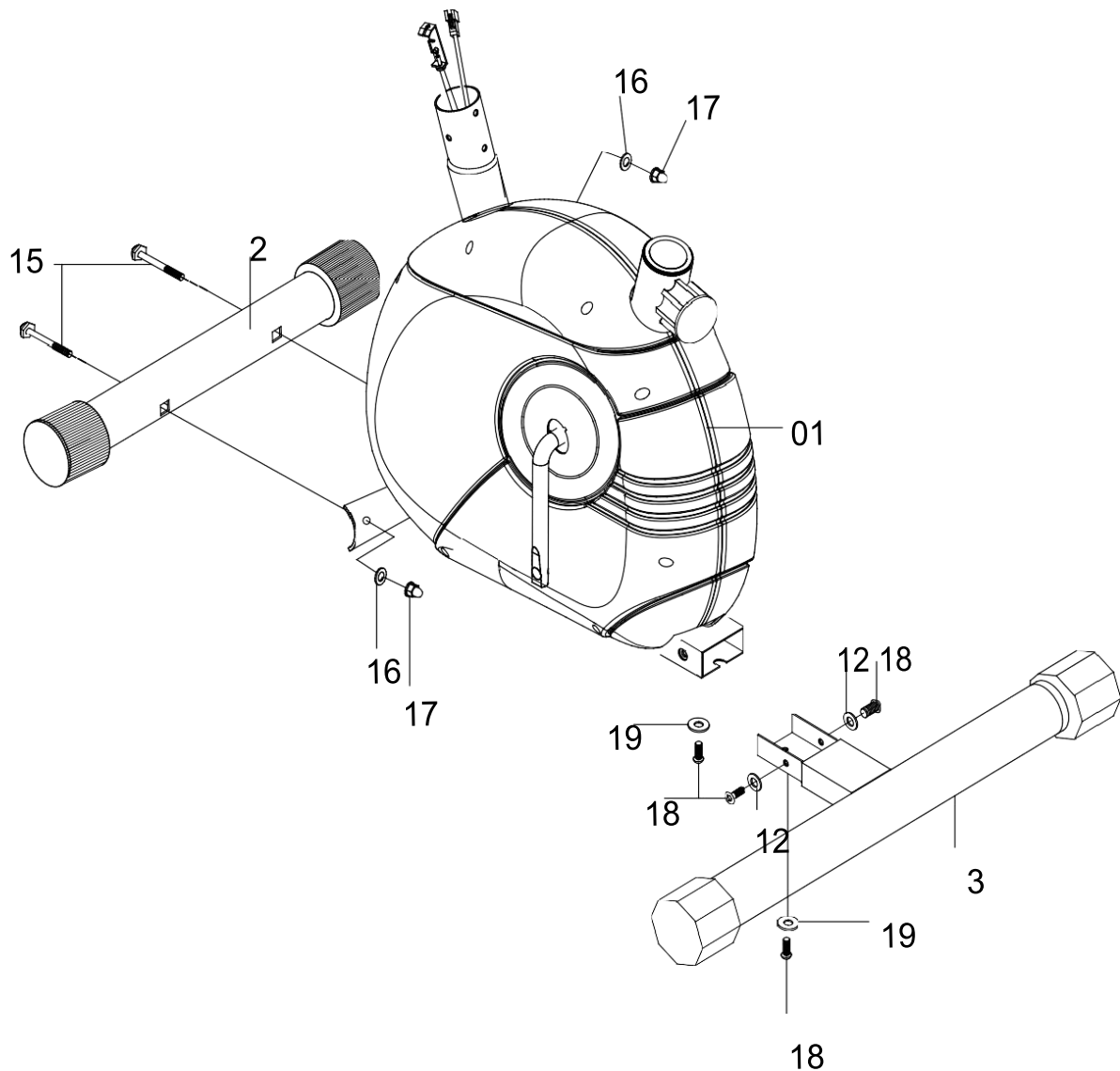
PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
4	Front support	1
7	Seat support	1
6	Meter	1
9/10	Pedal (L/R)	1/1
8	Seat	1
5	Handlebar	1
2	Front stabilizer	1
3	Rear stabilizer	1

ASSEMBLY INSTRUCTION

STEP 1

Attach the front stabilizer (02) to the main frame (01), Secure using two curved washers (16), two domed nuts (17) and allen bolts (15).

Attach the rear stabilizer (03) to the main frame (01), Secure using two allen screws (18), two washers (19) from bottom. Secure using two allen screws (18) and two washers (12) from sides.



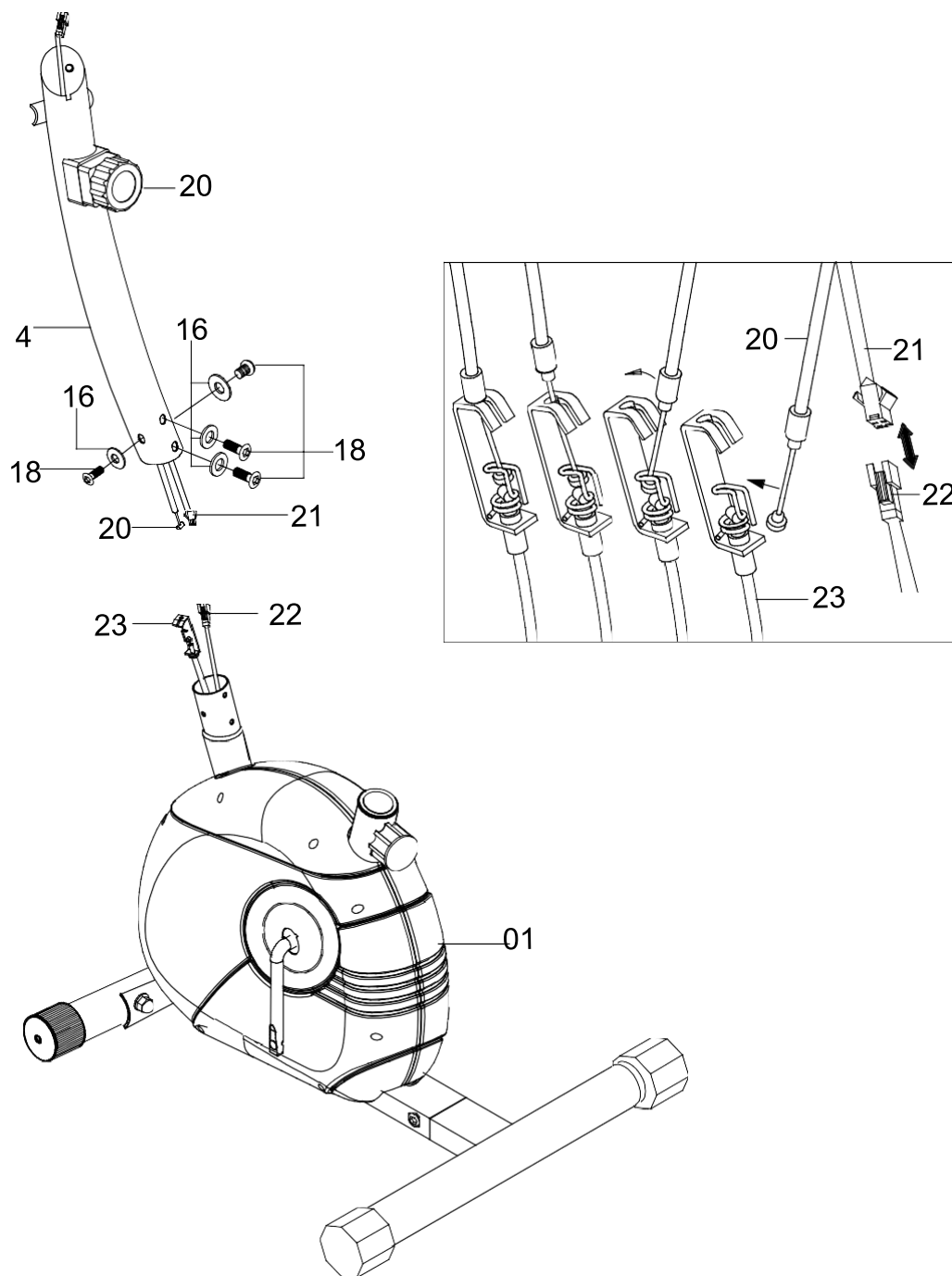
STEP 2

Attach the front post (04) to the main frame (01). Connect the middle sensor wire (21) from the bottom of front post to the lower sensor wire (22) from the main frame.

Pull the tension connector from the upper tension cable (20) and slide in between the opening on the connector holder on the lower tension cable (23). Pull the upper tension cable upward and slide the wire through the slot on the bracket.

Drop down the upper tension cable so the fitting sits firmly on top of the bracket.

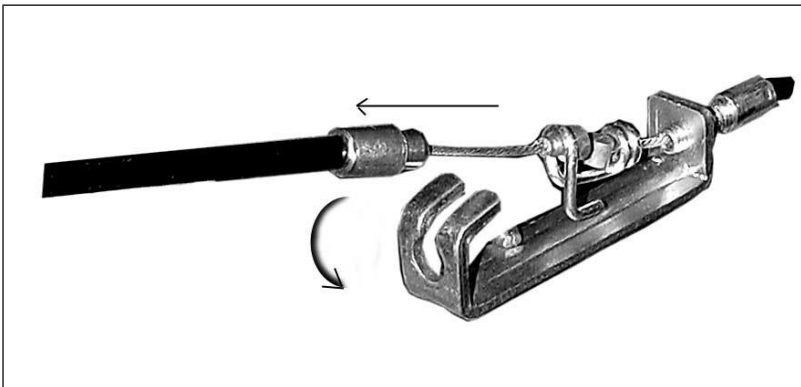
Secure the front post to the main frame with four allen screws (18) and four curved washers (16).



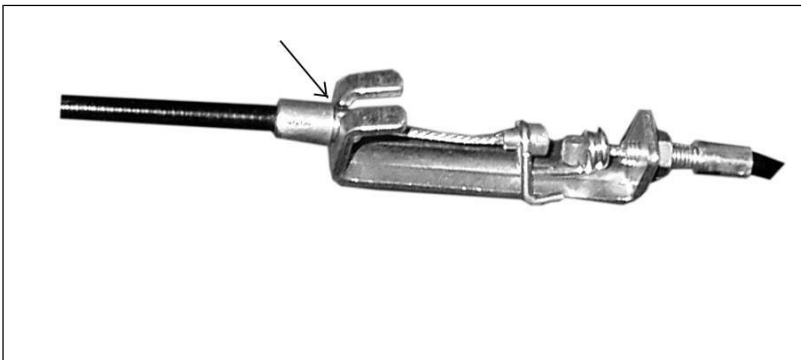
HOW TO CONNECT TENSION CONNECTOR



Slide the Cable wire from the extension sensor wire Connector in between the opening on the wire holder on sensor wire Connector.



Pull the extension sensor wire Connector backward and slide the wire through the slot on the bracket.



Drop down the Connector so the fitting sits firmly on top of the bracket.

NOTE: In able to hold the Front Post while connecting the cables and wires, extra help may be needed

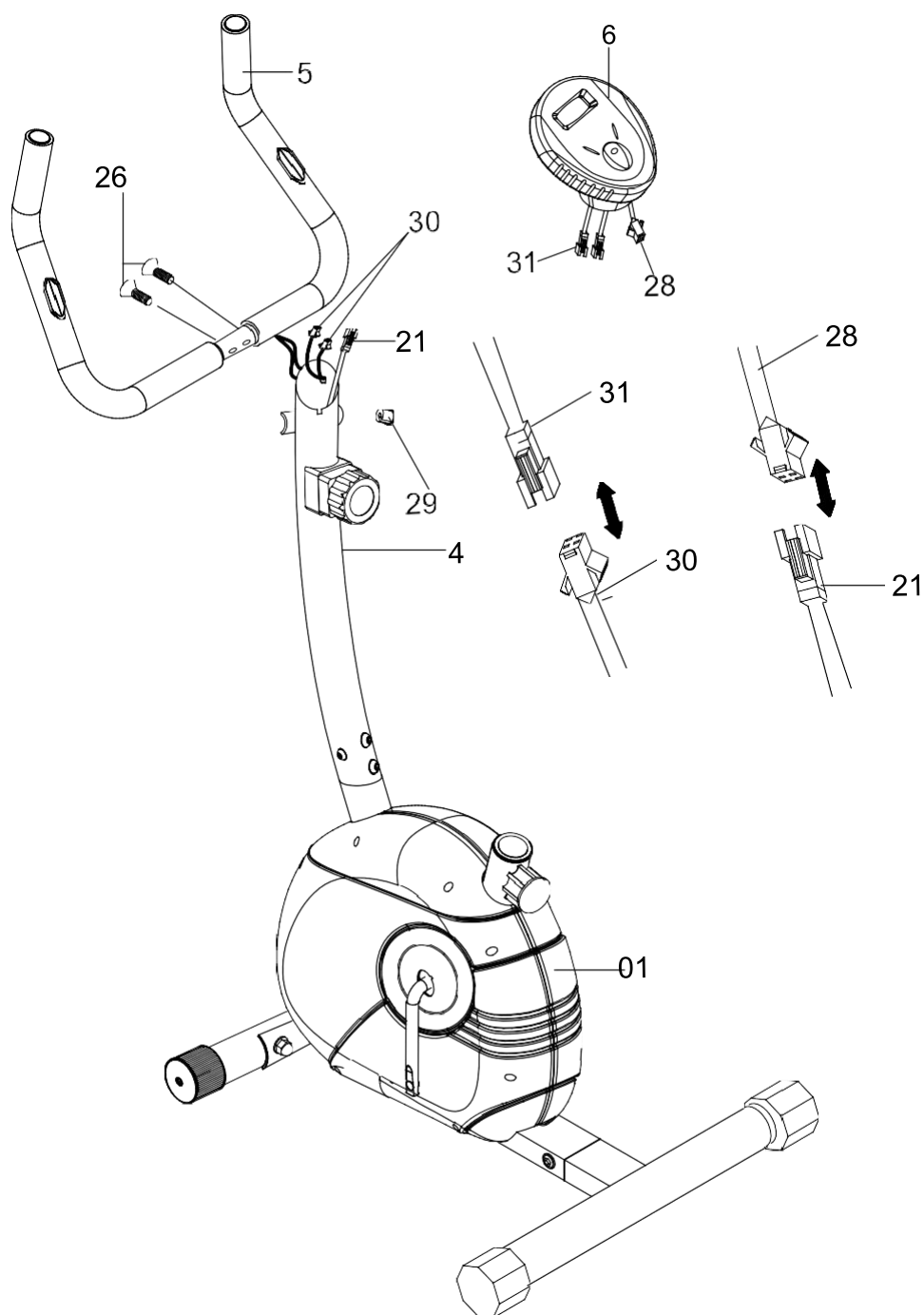
STEP 3

Attach the handlebar (05) to front of the front post (04), secure using two allen screw (26), Insert the lower pulse (30) through grommet (29) on front post (04) and pull the middle sensor wire (21) out of front post (04).

Connect lower pulse wire (30) with hand pulse wire (31) from computer (06).

Connect middle sensor wire (21) to back of upper sensor wire (28) from computer (06).

Slide the computer (06) onto the front post (04).

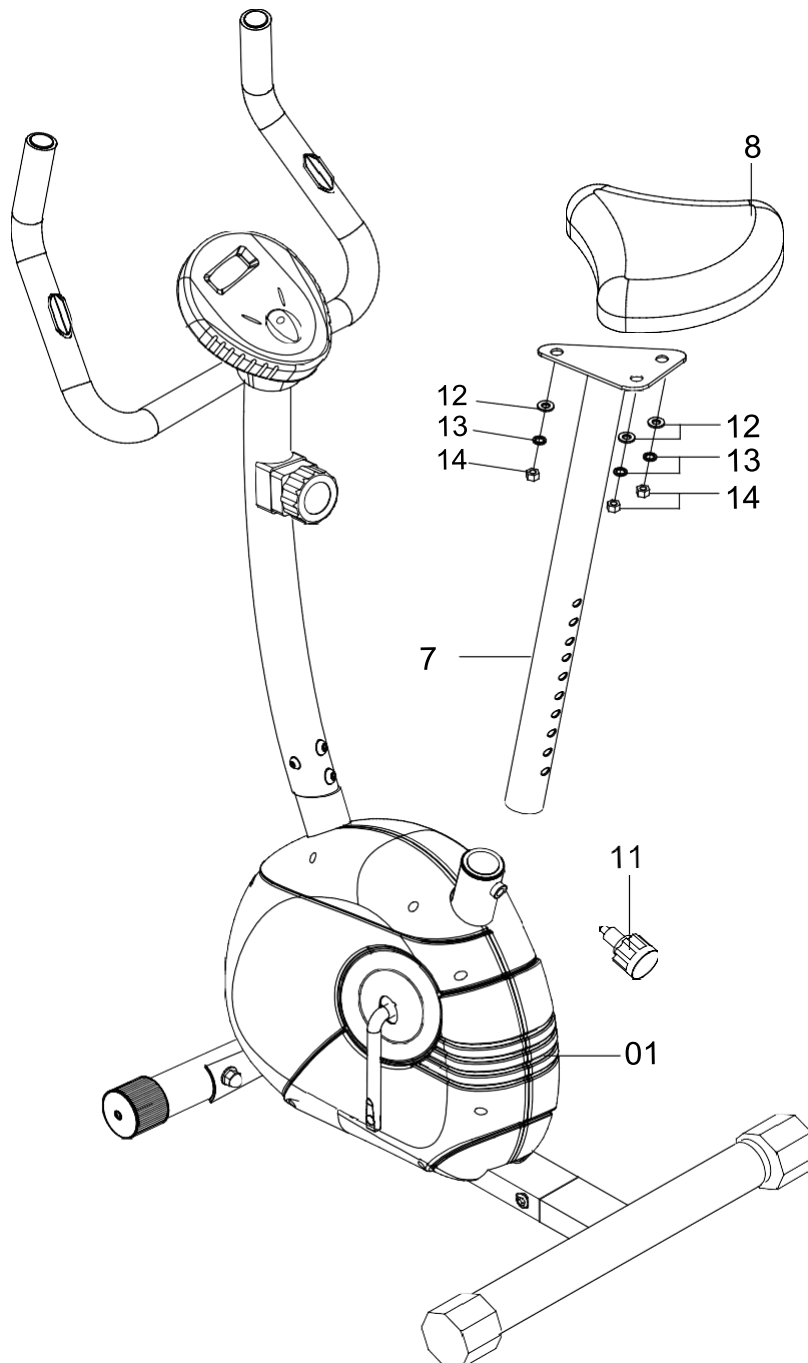


STEP 4

Remove the three washers (12), three lock washers (13), and three nylon nuts (14) from the seat (08).

Attach the seat to the seat post (07). Secure it with three washers (12), three lock washers (13), and three nylon nuts (14).

Insert the seat post into the opening on main frame (01). Thread the lock knob (11) through the hole on seat post to securely lock it at desired height.

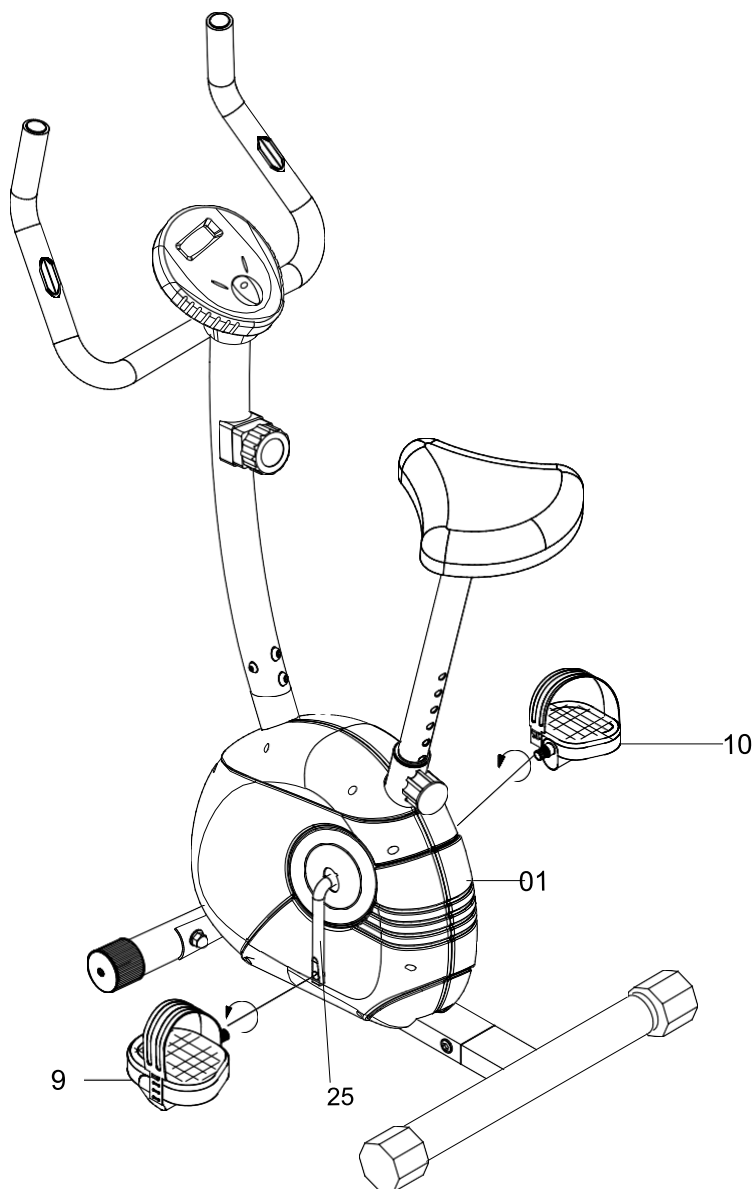


STEP 5

Attach the left and right pedal straps to the left and right pedals (9/10).

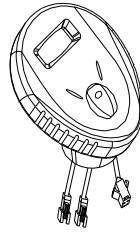
Attach the left and right pedals (9/10) to the left and right crank arms.

Note: The pedals and crank arms are marked with "R" and "L". The left pedal (L) should be threaded on clockwise and the right pedal (R) should be threaded on counter-clockwise.



**CHECK ALL BOLTS AND NUTS ARE TIGHTENED
BEFORE USING THE MACHINE**

COMPUTER INSTRUCTIONS



FUNCTIONAL BUTTON:

MODE/RESET – Push down to select functions.

– Push down to reset time、distance、calories ODO and pulse for 4 seconds.

FUNCTIONS AND OPERATIONS

1. **SCAN:** Press MODE button until “▼” appears at SCAN position, monitor will rotate through the following functions: time、speed、distance、calorie、ODO and pulse, each display will be hold 4 seconds.
2. **TIME :** Count the total time from exercise start to end.
3. **SPEED:** Display current speed.
4. **DISTANCE:** Count the distance from exercise start to end.
5. **CALORIE:** Count the total calories from exercise start to end.
6. **ODOMETER:** monitor will display the total accumulated distance.
7. **PULSE RATE:** Press MODE button until “▼” appears at PULSE position.

Before measuring your pulse rate, please place your palms of your hands on both of your contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

NOTE :

1. If the display is faint or shows no figures ,please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .
3. The monitor will be auto-powered on when starting to exercise push button w/signal in.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .

SPECIFICATIONS:

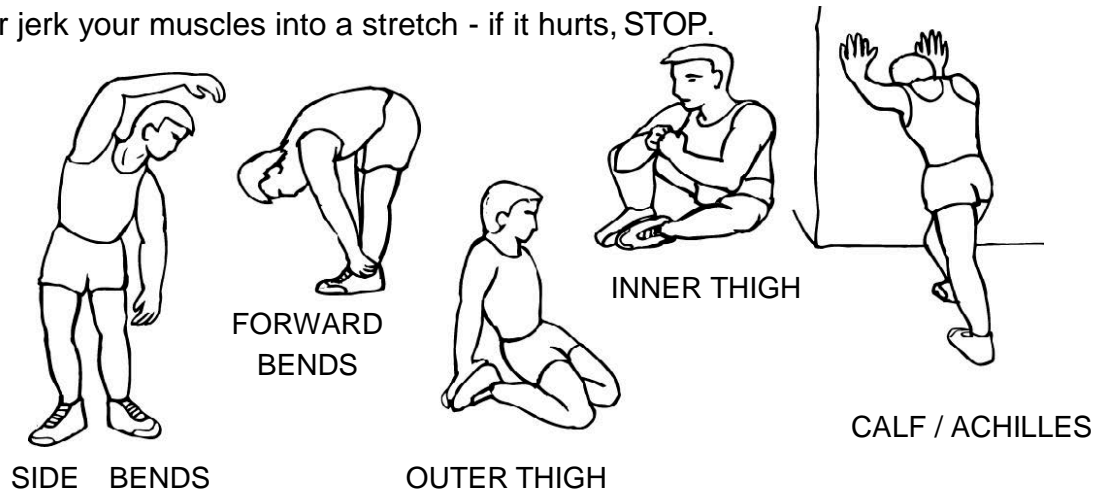
FUNCTION	AUTO SCAN	Every 4 seconds
	TIME	00:00'~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 99.9KM/H
	TRIP DISTANCE	0.00~99.99KM or 0.00~9999KM
	CALORIES	0.1~999.9kCAL
	ODO	0.1~999.9KM or 1 ~ 9999KM
	PULSE RATE	40~206BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –3
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

EXERCISE INSTRUCTIONS

Using your **UPRIGHT BIKE** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

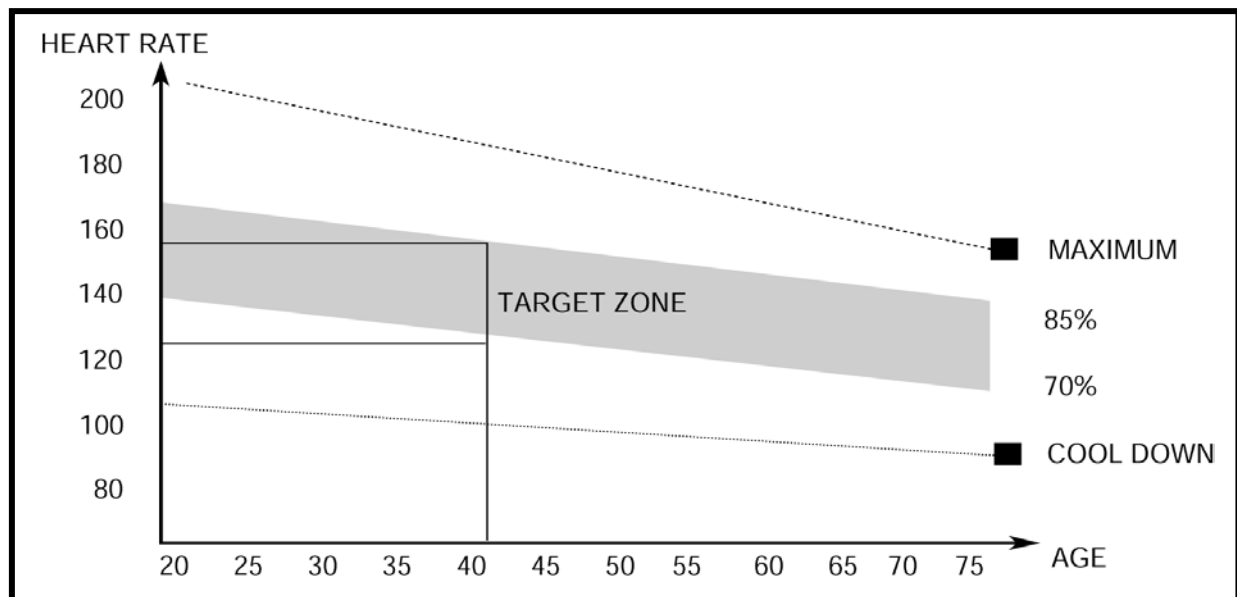
1. The Warm Up Phase

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 but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat 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

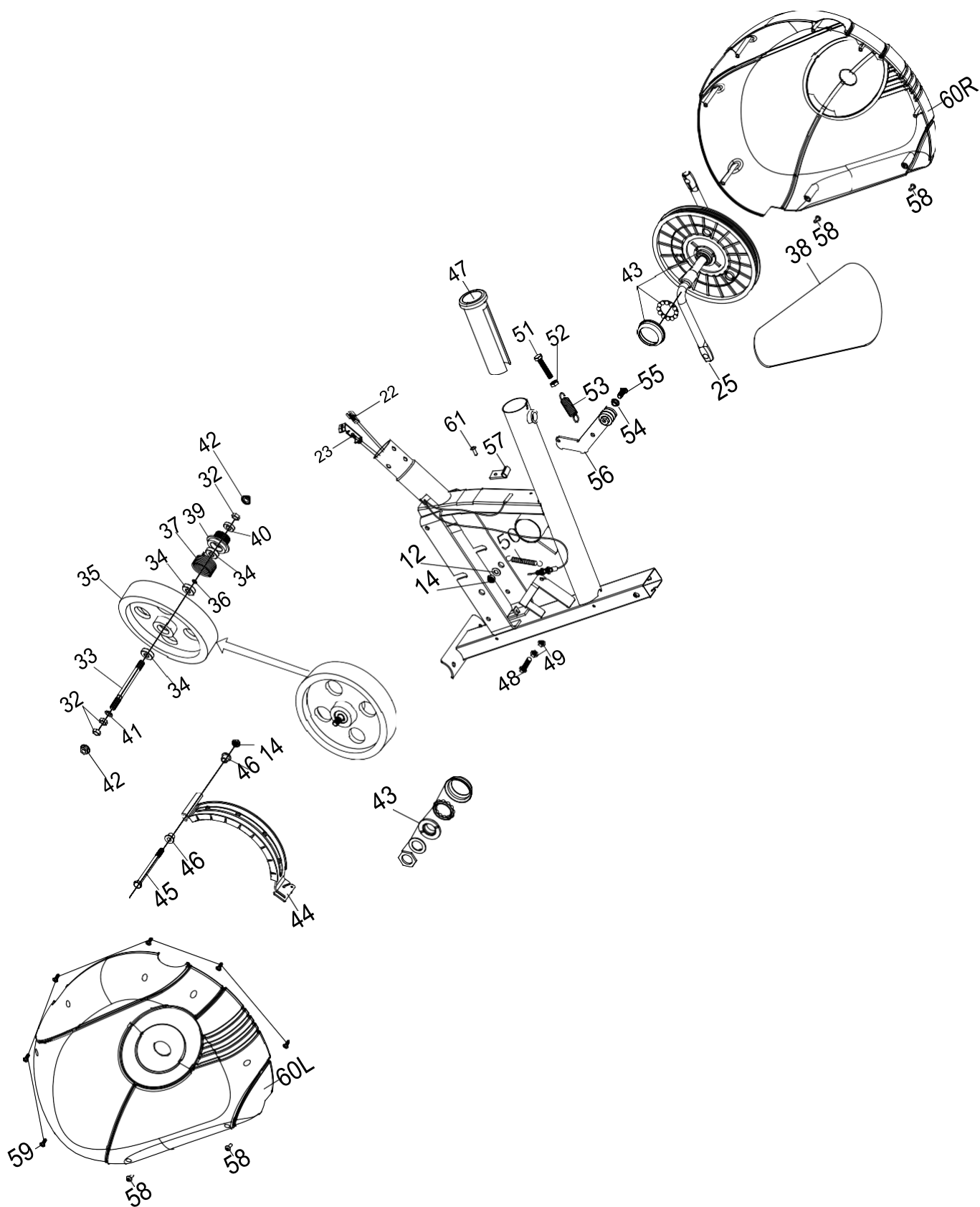
To tone muscle while on your **UPRIGHT BIKE** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the 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.

This exploded view diagram illustrates the assembly of a stationary bike. The components are numbered as follows:

- 1**: Main frame/body
- 2**: Flywheel cap
- 3**: Main frame/body (lower section)
- 4**: Flywheel cap
- 5**: Flywheel cap
- 6**: Flywheel cap
- 7**: Flywheel cap
- 8**: Flywheel cap
- 9**: Flywheel cap
- 10**: Flywheel cap
- 11**: Flywheel cap
- 12**: Flywheel cap
- 13**: Flywheel cap
- 14**: Flywheel cap
- 15**: Flywheel cap
- 16**: Flywheel cap
- 17**: Flywheel cap
- 18**: Flywheel cap
- 19**: Flywheel cap
- 20**: Flywheel cap
- 21**: Flywheel cap
- 22**: Flywheel cap
- 23**: Flywheel cap
- 24**: Flywheel cap
- 25**: Flywheel cap
- 26**: Flywheel cap
- 27**: Flywheel cap
- 28**: Flywheel cap
- 29**: Flywheel cap
- 30**: Flywheel cap
- 31**: Flywheel cap



PARTS LIST

PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Front post	1
5	Handle	1
6	Computer	1
7	Seat post	1
8	Seat	1
9	Left pedal	1
10	Right pedal	1
11	Lock knob	1
12	Washer Φ 17* Φ 8	6
13	Lock washer	3
14	Nylon nut M8	4
15	Carriage bolt M8*65	2
16	Curved washer Φ 8	6
17	Domed nut M8	2
18	Allen bolt M8*16	8
19	Flat washer Φ 25.4* Φ 8	2
20	Tension knob w/ Upper tension cable	1
21	Middle computer sensor wire	1
22	Lower computer sensor wire	1
23	Lower tension cable	1
24	Front stabilizer end cap	2
25	Crank	1
26	Screw M8*30	2
27	Rear stabilizer end cap	2
28	Upper computer wire	1
29	Grommet	1
30	Lower pulse wire	2
31	Hand pulse wire	2
32	Nut M10*1.25	3
33	Alxe for flywheel	1
34	Bearing	3
35	Flywheel	1
36	Copper washer	1
37	Spring cultch	1
38	Belt	1

PARTS LIST

PART NO.	DESCRIPTION	Q'TY
39	Little belt pulley	1
40	Bearing	1
41	Bowl shaped spacer	1
42	Flange nut	2
43	BB parts	1
44	Magnet assembly	1
45	Allen bolt M8*85	1
46	Spacer	2
47	Bushing	1
48	Hex head screw M6*25	1
49	Nut M6	2
50	Spring for magnet assembly	1
51	Hex head screw M8*45	1
52	Nut M8	1
53	Spring for idler	1
54	Spacer	1
55	Allen screw M8*20	1
56	Idler wheel	1
57	Sensor bracket	1
58	Self tapping screw	4
59	Self tapping screw ST5*15	6
60	Chain cover L/R	1/1
61	Screw	1

ADDITIONAL INFORMATION



Packaging Disposal

Government guidelines ask that we reduce the amount of waste material disposed of in land fill sites. We therefore ask that you dispose of all packaging waste responsibly at public recycling centres.

End of Life Disposal



We at Pure-Tec Limited hope you have many years of enjoyable use from your Bike. However, a time will come when your Bike will come to the end of its useful life. Under '**European WEEE Legislation**' you are responsible for the appropriate disposal of your Bike to a recognised public collection facility.

CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the Bike.
2. The Bike can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Examine the Bike regularly for signs of damage or wear.
4. **Failure to examine the Bike regularly may affect the safety level of the equipment.**
5. Replace any defective components immediately and/or keep the Bike out of use until repair.

LIMITED WARRANTY

Pure-Tec warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Please refer to www.puretecfitness.com for warranty terms. This warranty extends only to the original purchaser and is valid for home use only. Pure-Tec's obligation under this Warranty is limited to replacing damaged or faulty parts at Pure-Tec's option.

All returns must be pre-authorised by Pure-Tec. 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, purchasers own repairs or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorised by Pure-Tec.

Pure-Tec 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.

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.

Your statutory rights are not affected.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by contacting our Customer Solutions Department, Monday to Friday, 8am – 5pm GMT :

Pure-Tec Limited
www.puretecfitness.com

Tel: +44 (0) 1482 212098
Email: service@puretecfitness.com

Monday - Friday 0800 - 1700GMT

When ordering replacement parts, please give the following information,

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

—