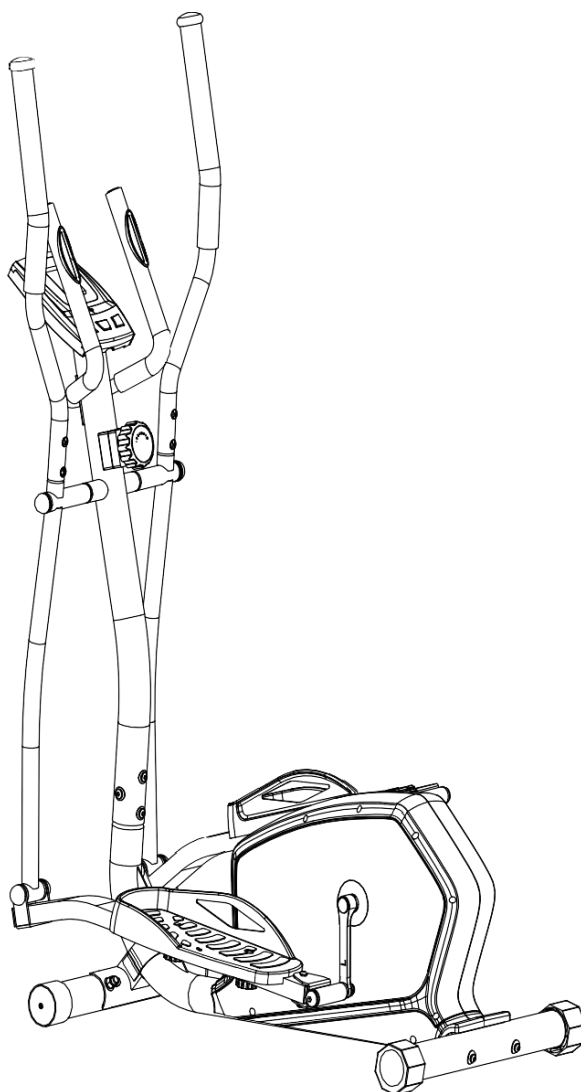




# MARCY®

EN

## 1201E ELLIPTICAL CROSS TRAINER USER MANUAL



Distributed By:  
Pure-Tec Limited  
[www.puretecfitness.com](http://www.puretecfitness.com)

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# IMPORTANT SAFETY INFORMATION




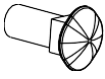




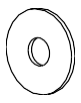




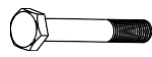
## READ ALL INSTRUCTIONS BEFORE USING






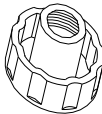




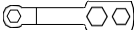



THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

1. This Trainer 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 Trainer.
4. Keep children and pets away from the Trainer at all times. Do not leave children unattended in the same room with the Trainer. The Trainer 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 Trainer is not intended.
5. If children are allowed to use the Trainer their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
6. Position the Trainer on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. DO NOT use the Trainer 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.

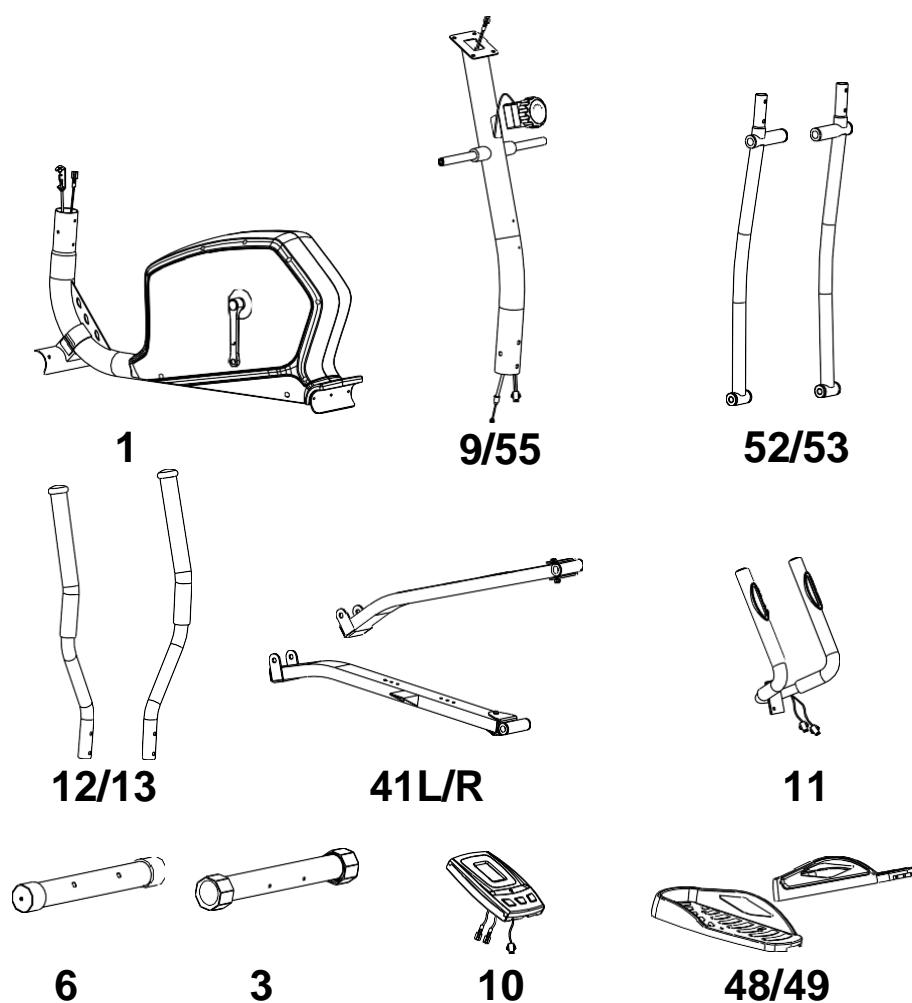
**IMPORTANT!!! THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR TRAINER IS 110KGS.**

## HARDWARE PACKING LIST

NO.	DESCRIPTION	Q'TY	DRAWING
2	Allen bolt M8*75	2	
4	Spring washerΦ8	2	
5	Curve washerΦ8*Φ20*1.5	8	
21	Hollow carriage nutΦ8*20	4	
22	Allen bolt M6*12	4	
23	Carriage bolt M10*75	2	
24	Curve washer 10*Φ22*1.5	2	
25	End cap	6	
26	Flat washerΦ10*Φ32	2	
27	Spring washerΦ10	2	
28	Hex head bolt M10*20	2	
29	D type washer	2	
31	Hex head bolt M8*45	4	
32	Hex head bolt M10*78	2	

33	Sleeve	2	
34	Nylon nut M10	2	
36	Domed nut M10	2	
37	Flat washer $\Phi 10 \times \Phi 22 \times 1.5$	2	
40	Hinge bolt L/R	1/1	
42	Club knob	4	
43	Wave washer	2	
44	Nut R/L	1/1	
45	Flat washer $\Phi 27 \times \Phi 13 \times 2.5$	2	
47	Allen bolt M8*16	6	
	Allen wrench	2	
	Allen Key L6	1	
	Allen Key L4	1	
	Allen Key L8	1	

## PRE-ASSEMBLY CHECK LIST

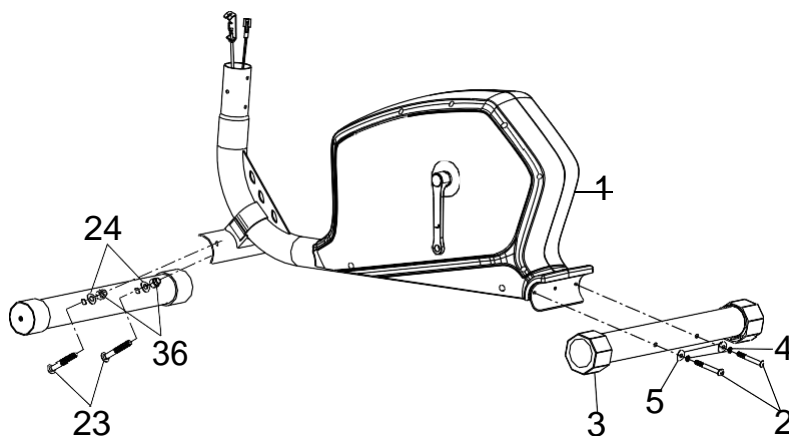


NO.	DESCRIPTION	Q'TY
1	Main Frame	1
9/55	Front post/ Tension control knob w/cable	1/1
52/53	Bottom handlebar L/R	1/1
12/13	Top handlebar L/R	1/1
41L/R	Pedal tube L/R	1/1
11	Fixed handlebar	1
6	Front stabilizer	1
3	Rear stabilizer	1
10	Computer	1
48/49	Pedal L/R	1/1

# ASSEMBLY INSTRUCTION

## STEP 1

Attach rear stabilizer (3) to main frame (1), tighten with two sets of curve washer (5) and allen bolt (2). Then attach the front stabilizer (6) to the main frame (1), tighten with two sets of carriage bolt (23), curve washer (24) and domed nut (36).



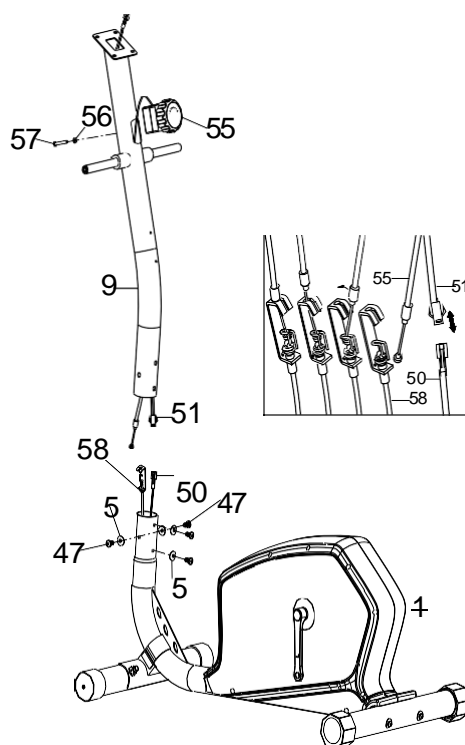
## STEP 2

Insert the cable of the tension control (55) into the opening of the front post (9). Secure using one flat washer (56) and one screw (57) which are pre-assembled on the tension control.

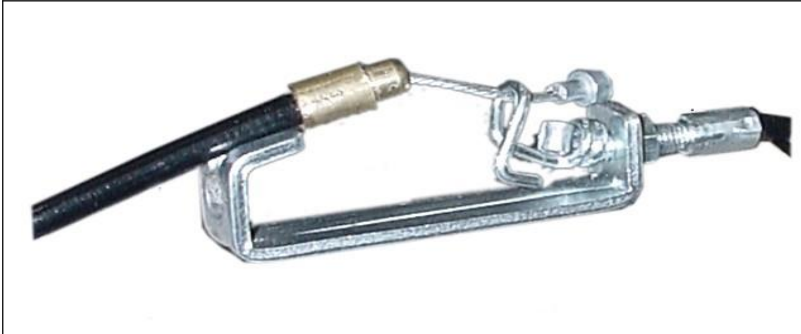
Connect the extension lower sensor wire (50) with the middle sensor wire (51).

Turn the tension control knob w/cable (55) to level 8, connect it to extension tension cable (58).

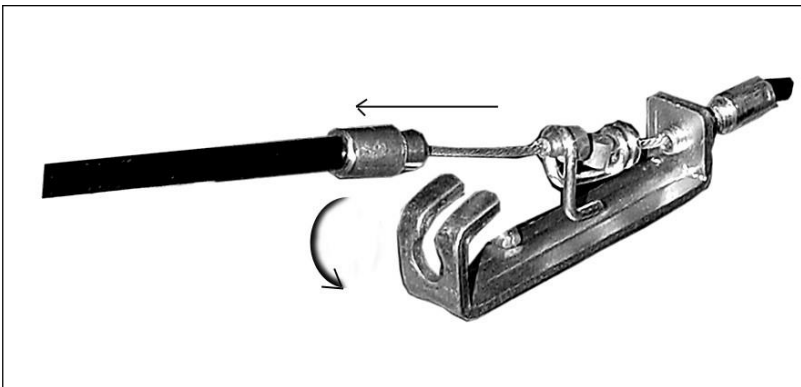
Insert the front post (9) into the main frame (1) and secure using four allen bolts (47) and four curve washers (5).



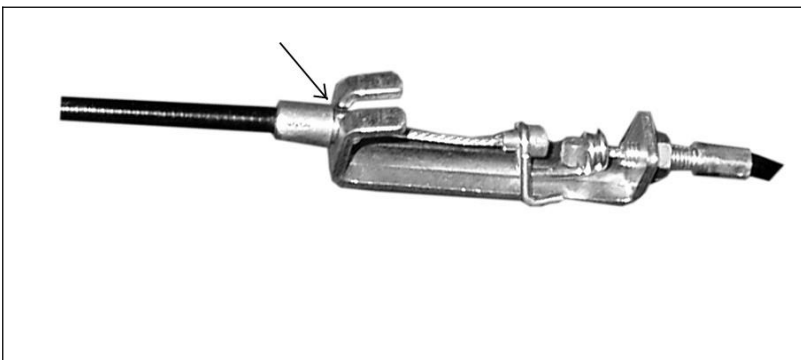
## HOW TO CONNECT TENSION CONNECTOR



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.

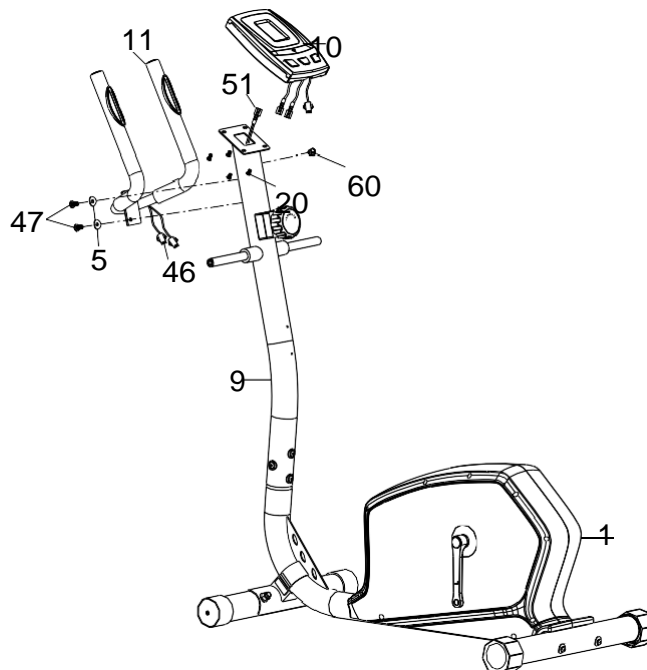
**NOTE:** In able to hold the Front Post while connecting the cables and wires, extra help may be needed



### Step3

Attach fixed handlebar (11) to front post (9), tighten with two sets of curve washer (5) and allen bolt (47).

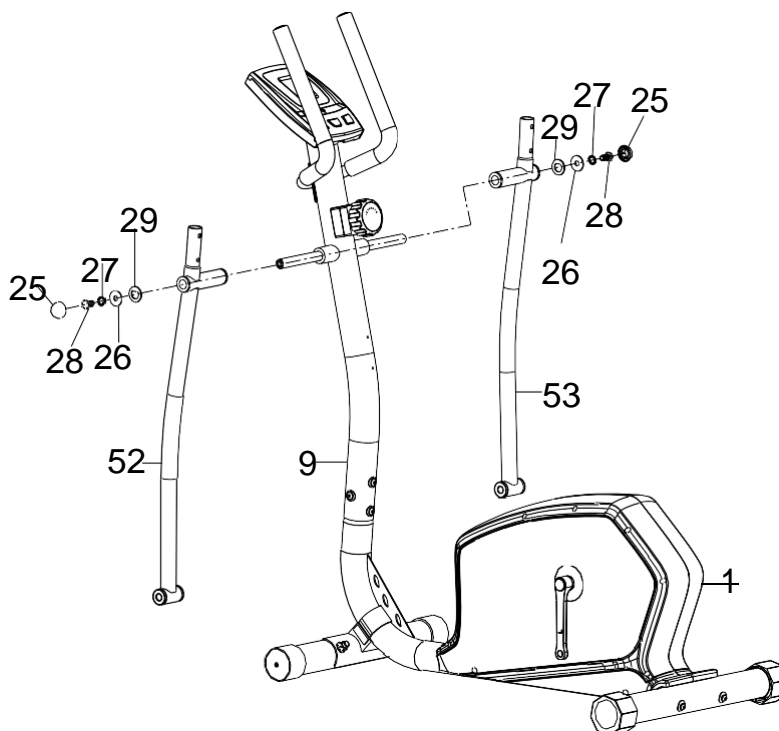
Connect hand pulse sensor wire (46) through end cap for wire (60) with computer (10), and connect middle sensor wire (51) with computer (10), then attach computer (10) to bracket on front post (9), tighten with four screws (20).



### STEP 4

Attach bottom handlebar L (52) to front post (9). Secure using one D type washer (29), flat washer (26), spring washer (27), hex head screw (28). Repeat for bottom handlebar R(53).

Attach two end cap (25) to the hex head screw (28).

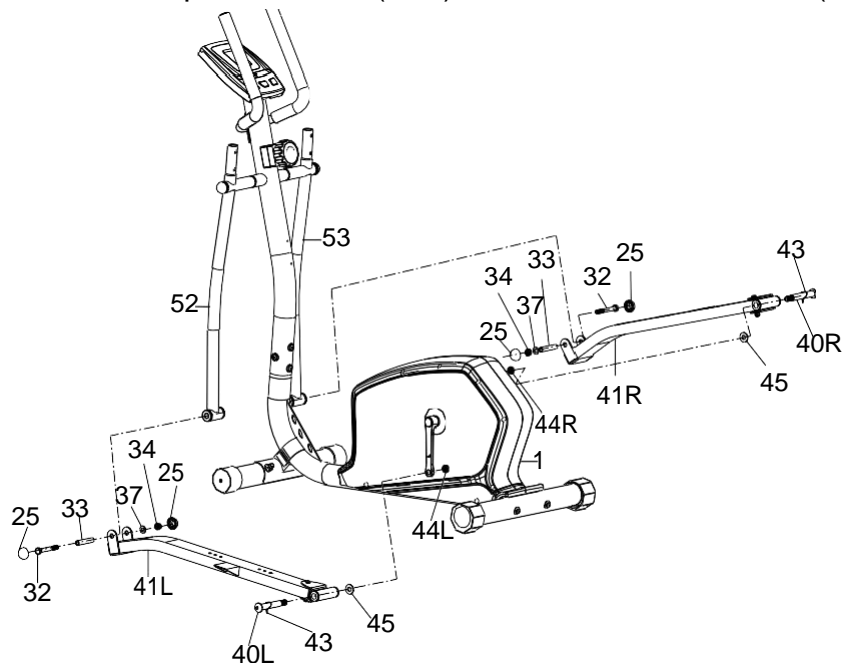


### Step5

Attach pedal tube L (41L) to the crank, secure using one nut (44L), flat washer (45), wave washer (43), and hinge bolt L (40L).

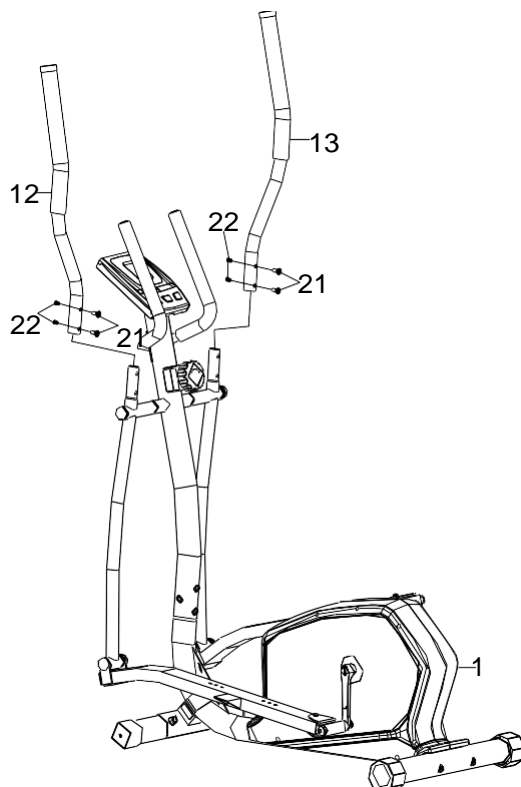
Slide bottom handlebar L (52) into pedal tube L (41L) then insert sleeve (33). Has hex head bolt (32) through sleeve (33) then fasten and secure with one washer (37) and nylon nut (34). Then attach two end caps (25) to hex head bolt (32).

Repeat above procedure for pedal tube R (41R) and bottom handlebar R (53).



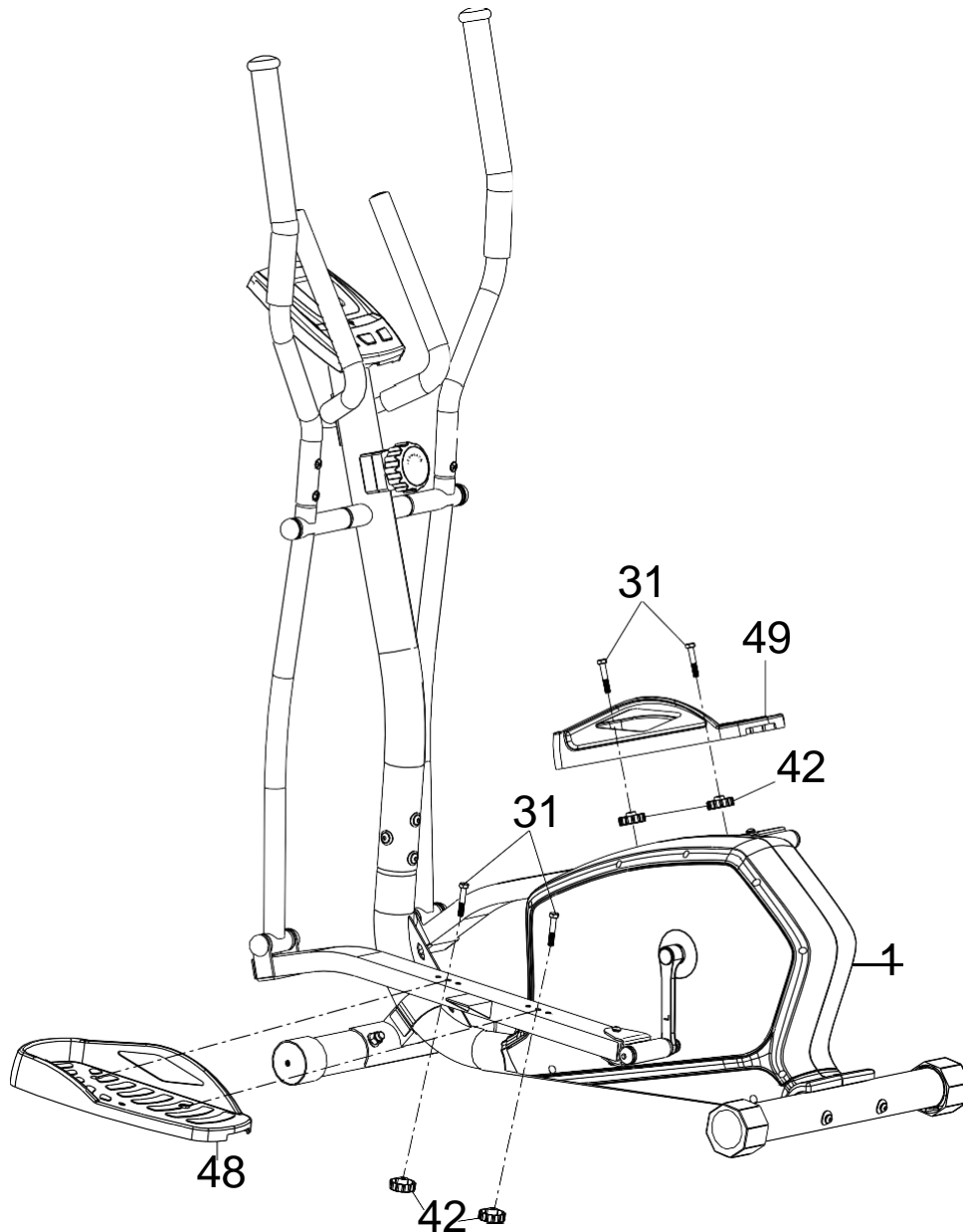
### Step6

Insert the top handlebar L (12) into the bottom handlebar L (52), tighten with two hollow carriage nuts (21) and allen bolts (22). Repeat for top handlebar R (13).



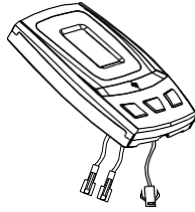
**Step7**

Attach pedal L (48) to pedal tube L (41L), tighten with two hex head bolt (31) and club knob (42). Repeat for pedal R (49).



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

# COMPUTER INSTRUCTIONS



## FUNCTIONAL BUTTONS:

**MODE** - Push down for selecting functions.

**SET** - To set the values of time, distance, calories and pulse when not in scan mode.

**RESET** - Push down for resetting time, distance and calories.

## FUNCTION AND OPERATIONS:

**1.SCAN:** Press "MODE" button until "SCAN" appears, monitor will rotate through all the 5 functions: Time, speed, distance, calories and pulse. Each display will be hold 4 seconds.

**2.TIME:** (1) Count the total time from exercise start to end. (2) Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. When the "set" is zero, the computer will alarm 15 seconds.

**3.SPEED:** Display current speed.

**4.DIST:** (1) Count the distance from exercise start to end.

(2) Press "MODE" button until "DIST" appears. Press "SET" button to set exercise distance. When the "set" is zero, the computer will alarm 15 seconds.

**5.CALORIES:** (1) Count the total calories from exercise start to end.

(2) Press "MODE" button until "CAL" appears. Press "SET" button to set exercise calories. When the "set" is zero, the computer will alarm 15 seconds.

**6. PULSE:** Press MODE button until "PULSE" appears. 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 cannot 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:**

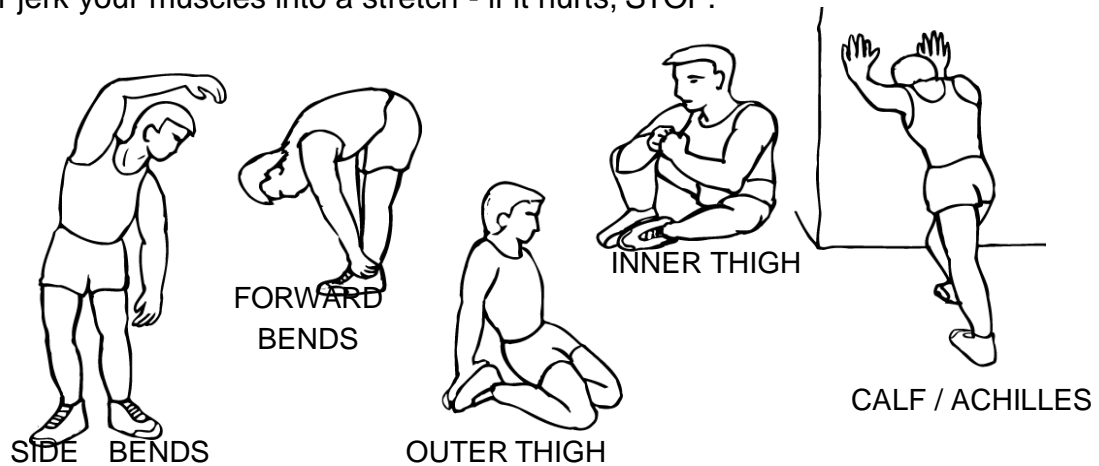
FUNCTION	AUTO SCAN	Every 4 seconds
	TIME	00:00'~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 99.9KM/H
	TRIP DISTANCE	0.00~99.99KM or 0.00~9999KM
	CALORIES	0.1~999.9kCAL
	PULSE RATE	40~206BPM
BATTERY TYPE		2pcs of SIZE –AA or UM –3
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C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

## EXERCISE INSTRUCTIONS

Using your **ELLIPTICAL CROSS TRAINER** 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.

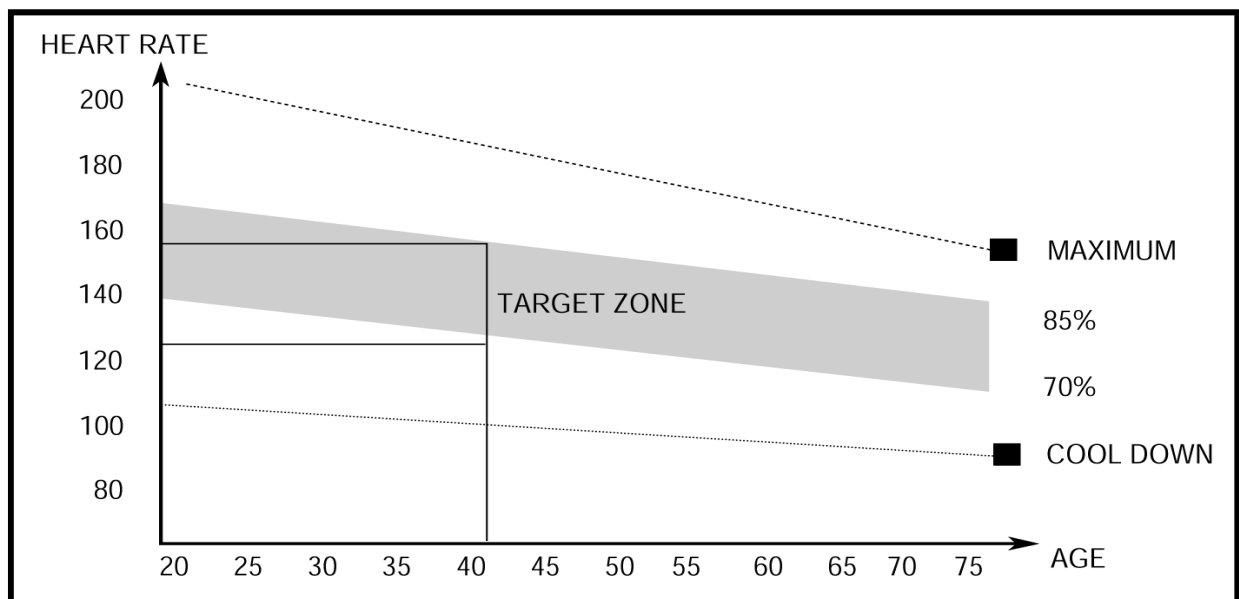
### 1. The Warm-Up Phase

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.

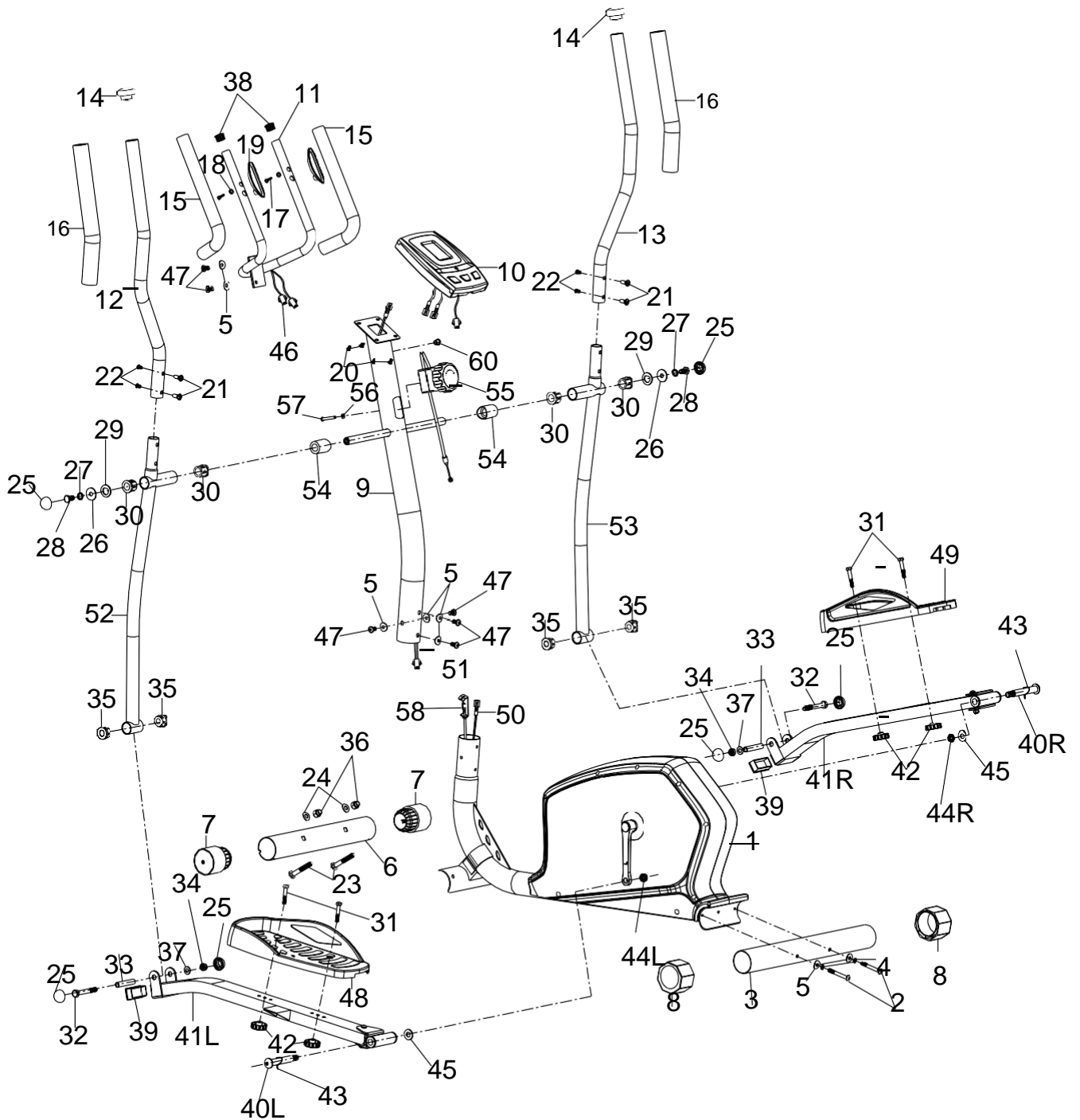
### **MUSCLE TONING**

To tone muscle while on your **ELLIPTICAL CROSS TRAINER** 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.

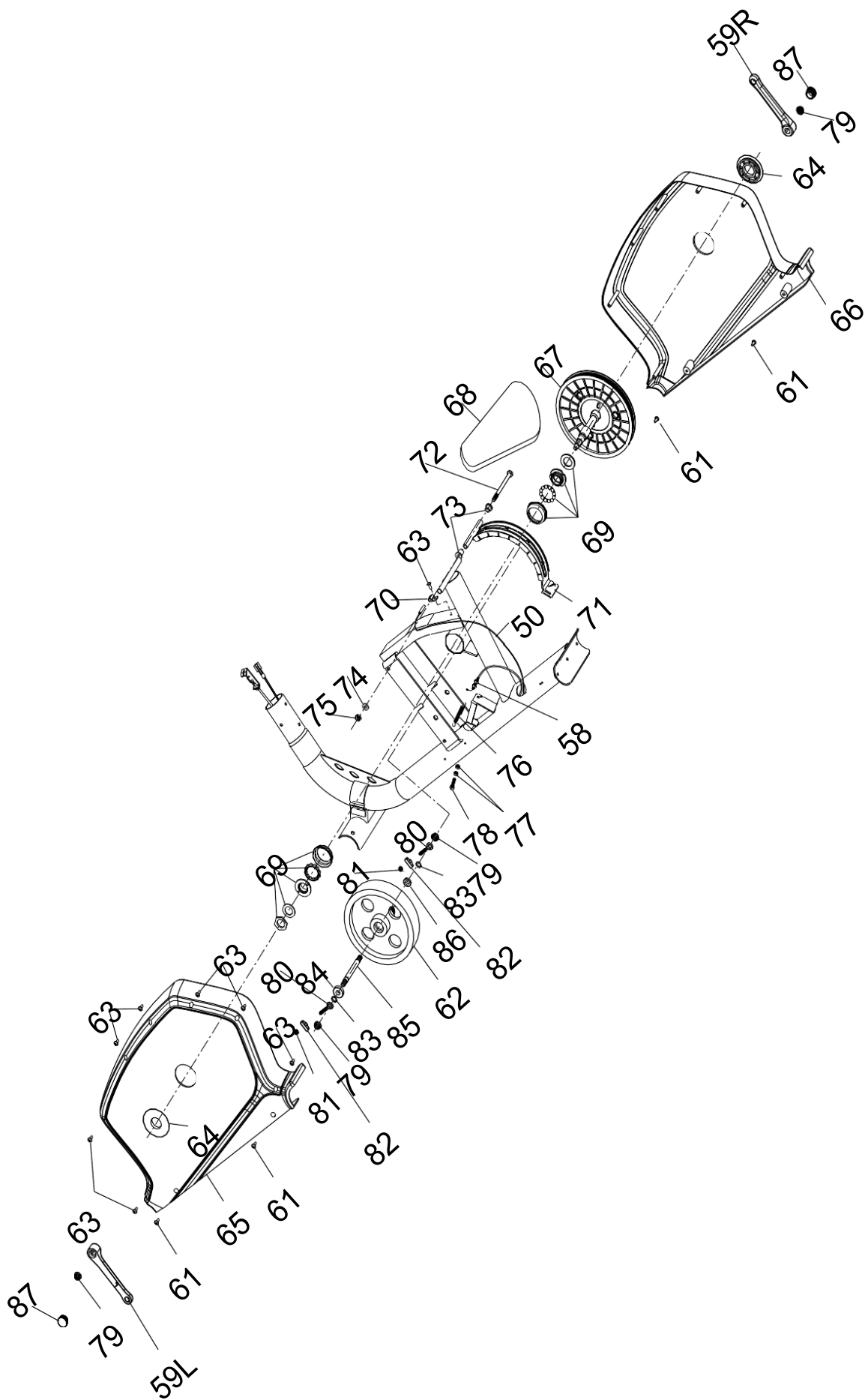
### **WEIGHT LOSS**

**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.**

# EXPLODED DIAGRAM







## PARTS LIST

PART NO.	DESCRIPTION	QTY
1	Main frame	1
2	Allen bolt M8*75	2
3	Rear stabilizer	1
4	Spring washerΦ8	2
5	Curve washerΦ8*Φ20*1.5	8
6	Front stabilizer	1
7	End cap for front stabilizer	2
8	End cap for rear stabilizer	2
9	Front post	1
10	Computer	1
11	Fixed handlebar	1
12	Top handlebar L	1
13	Top handlebar R	1
14	End cap	2
15	Foam grip for fixed handlebar	2
16	Foam grip	2
17	Self-tapping screw ST4*20	2
18	WasherΦ4.2*Φ12	2
19	Hand pulse sensor	2
20	Screw M5*10	4
21	Hollow carriage nutΦ8*20	4
22	Allen bolt M6*12	4
23	Carriage bolt M10*75	2
24	Curve washer 10*Φ22*1.5	2
25	End cap	6
26	Flat washerΦ10*Φ32	2
27	Spring washerΦ10	2
28	Hex head bolt M10*20	2
29	D type washer	2
30	Plastic spacer	4
31	Hex head bolt M8*45	4
32	Hex head bolt M10*78	2
33	Sleeve	2
34	Nylon nut M10	2
35	Plastic spacer	4
36	Domed nut M10	2
37	Flat washerΦ10*Φ22*1.5	2
38	End cap	2
39	End cap	2
40	Hinge bolt L/R	1/1
41	Pedal tube R/L	1/1
42	Club knob	4

43	Wave washer	2
44	Nut R/L	1/1
45	Flat washerΦ27*Φ13*2.5	2
46	Hand pulse sensor wire	2
47	Allen bolt M8*16	6
48	Pedal L	1
49	Pedal R	1
50	Lower sensor wire	1
51	Middle sensor wire	1
52	Bottom handlebar L	1
53	Bottom handlebar R	1
54	Spacer	2
55	Tension control knob w/cable	1
56	WasherΦ12*Φ6	1
57	Screw M5*45	1
58	Extension tension cable	1
59	Crank L/R	1/1
60	Grommet	1
61	Screw ST5*15	4
62	Flywheel	1
63	Self-tapping screw ST5*15	8
64	Crank cover	2
65	Chain cover left	1
66	Chain cover right	1
67	Belt-drive wheel	1
68	Belt	1
69	BB assembly	1
70	Sensor bracket	1
71	Magnetic assembly	1
72	Hex head bolt M8*105	1
73	Spacer	2
74	WasherΦ8*Φ17	1
75	Nylon nut M8	1
76	Spring	1
77	Hex head nut M6	2
78	Hex head bolt M6*25	1
79	France nut	4
80	Bolt for belt adjustor	2
81	Nylon nut M6	2
82	Belt adjustor	2
83	C-clip	2
84	Bearing 6001	1
85	Axle for flywheel	1
86	Bearing 6901	1
87	End cap	2

## 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 enjoy many years of enjoyable use from your Trainer. However, a time will come when your Trainer will come to the end of its useful life. Under '**European WEEE Legislation**' you are responsible for the appropriate disposal of your Trainer to a recognised public collection facility.

### CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the Trainer.
2. The Trainer can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Examine the Trainer 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](http://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](http://www.puretecfitness.com)

Tel: +44 (0) 1482 212098  
Email: [service@puretecfitness.com](mailto:service@puretecfitness.com)  
Monday - Friday 0800 – 1700 GMT

When ordering replacement parts, please give the following information,

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