

## MARCY ME-708

# Marcy ME-708 Upright Exercise Bike Instruction Manual

Model: ME-708

## 1. INTRODUCTION AND SAFETY INFORMATION

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This manual provides essential information for the safe and effective use of your Marcy ME-708 Upright Exercise Bike. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

### Important Safety Precautions:

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface.
- Inspect the equipment for worn or loose parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 242.5 pounds.

## 2. PRODUCT OVERVIEW AND DIMENSIONS

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The Marcy ME-708 is a compact upright exercise bike designed for home cardio workouts. It features magnetic resistance for a smooth and quiet operation.



**Figure 2.1:** Overall dimensions of the Marcy ME-708 Upright Exercise Bike. The product measures approximately 17.5 inches deep, 35 inches wide, and 47.5 inches high. The inseam height is adjustable from 26 to 34 inches, and it has a weight capacity of 300 lbs.

### 3. ASSEMBLY INSTRUCTIONS

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Your Marcy ME-708 Upright Exercise Bike comes with a user manual and all necessary components for assembly. Please refer to the included user manual for detailed, step-by-step assembly instructions. Ensure all parts are accounted for before beginning assembly.

#### What's in the Box:

- One upright bike (main frame)
- User manual
- Warranty card

### 4. OPERATING INSTRUCTIONS

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#### 4.1 Adjusting the Seat

The seat height can be adjusted to accommodate users of various body sizes. Proper seat height ensures optimal comfort and exercise form.

# RESISTANCE



**Figure 4.1:** A user adjusting the seat height. Loosen the adjustment knob, slide the seat post to the desired height, and then tighten the knob securely.

## 4.2 Adjusting Resistance

The ME-708 features 8 levels of magnetic resistance, allowing you to customize your workout intensity. The tension control knob is located on the main frame.



**Figure 4.2:** The tension control knob. Turn clockwise for higher resistance (High) and counter-clockwise for lower

resistance (Low).

### 4.3 Using the Console

The state-of-the-art LCD console displays key workout metrics to help you track your progress.



**Figure 4.3:** The LCD console. It displays Time, Speed, Distance, Calories, and Odometer. Use the 'Mode' button to cycle through display options and 'Reset' to clear current workout data.

### 4.4 Pedals and Foot Straps

The counterbalanced pedals provide maximum foot support and are equipped with adjustable foot straps for a secure fit.



**Figure 4.4:** Counterbalanced pedals with adjustable foot straps. Ensure your feet are securely fastened before beginning your workout.

## 5. MAINTENANCE

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- Regularly wipe down the bike with a damp cloth to remove sweat and dust.
- Check all bolts and nuts periodically to ensure they are tightened.
- Lubricate moving parts as recommended in the detailed user manual.
- Store the bike in a dry, cool place away from direct sunlight.

### Transportation:

The ME-708 is equipped with transport wheels for easy mobility.



**Figure 5.1:** Tilting the bike to engage the transport wheels. Carefully tilt the bike forward and roll it to your desired location.

## 6. TROUBLESHOOTING

- **Squeaking Noise:** Check for loose bolts or parts. Apply lubricant to moving joints if necessary.
- **Inconsistent Resistance:** Ensure the tension control cable is properly connected and not frayed.
- **Console Not Displaying:** Check battery installation and replace if needed. Ensure all sensor cables are securely connected.
- **Unstable Bike:** Verify the bike is on a level surface. Adjust the leveling caps on the stabilizers if present.

## 7. SPECIFICATIONS

Feature	Detail
Brand	MARCY
Model Name	ME-708
Item Weight	41 Pounds
Material	Alloy Steel
Resistance Mechanism	Magnetic
Product Dimensions	17.5"D x 35"W x 47.5"H
Maximum Weight Recommendation	242.5 Pounds
Number of Resistance Levels	8
Power Source	Battery Powered
Recommended Uses	Indoor
Special Features	Foam padded grips, Height adjustable, Smooth and quiet magnetic resistance system, Transport wheels, Easy to track console

## 8. OFFICIAL PRODUCT VIDEOS

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### Marcy Upright Mag Cycle ME708 Overview

Your browser does not support the video tag. This video provides an overview of the Marcy Upright Mag Cycle ME708, highlighting its features and benefits for home fitness. It demonstrates the bike's compact design, quiet operation, and ease of use.

**Video 8.1:** Official product overview of the Marcy Upright Mag Cycle ME708.

### Marcy Upright Exercise Bike ME-708 LCD Panel & Handlebars

Your browser does not support the video tag. This video focuses on the LCD panel and handlebars of the Marcy Upright Exercise Bike ME-708, demonstrating how to use the console and highlighting the comfortable grip of the handlebars.

**Video 8.2:** Detailed look at the LCD panel and handlebars of the Marcy ME-708.

## 9. WARRANTY AND SUPPORT

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The Marcy ME-708 Upright Exercise Bike comes with a **2-Year Limited Warranty**. Please refer to the included Warranty Card for full details on coverage and terms.

For customer support, parts, or warranty claims, please contact Marcy customer service. Contact information can be found on the Warranty Card or the official Marcy website.