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- › [MARCY](#) /
- › [Marcy Magnetic Recumbent Bike NS-716R Instruction Manual](#)

## MARCY NS-716R

# Marcy Magnetic Recumbent Bike

Model: NS-716R

## 1. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions. Read all instructions before using this equipment. Keep children and pets away from the equipment. Always ensure the equipment is placed on a flat, stable surface. Inspect the equipment for worn or loose parts before each use. Do not use if any parts are damaged. Wear appropriate exercise attire and footwear. Do not overexert yourself during exercise.

## 2. ASSEMBLY INSTRUCTIONS

Your Marcy Magnetic Recumbent Bike NS-716R comes with a detailed assembly manual. Please follow the step-by-step instructions provided in the included manual for proper setup. Ensure all bolts, nuts, and washers are securely fastened before use.

### 2.1. Product Dimensions

Refer to the image below for the overall dimensions and weight capacity of the recumbent bike.

# DIMENSIONS

**WEIGHT CAPACITY**  
**300 LBS**



Dimensions featured are the product's overall footprint.

Image: Marcy Recumbent Bike dimensions and weight capacity.

## 2.2. Connecting the Tension Control

The tension control mechanism requires careful connection during assembly. The following video provides a visual guide for connecting the tension connector to the connector holder, ensuring proper function of the resistance levels.

Video: Instructions for connecting the tension control cable during assembly.

## 3. OPERATING INSTRUCTIONS

### 3.1. Digital Tracking Panel

The Marcy Recumbent Bike is equipped with an LCD computer screen to monitor your workout progress. The panel tracks speed, distance, time, and calories burned. Use the 'MODE' button to cycle through display functions and 'RESET' to clear current workout data.



Image: Digital tracking panel displaying workout metrics.

### **3.2. Resistance Adjustment**

The magnetic resistance system offers 8 preset tension levels. Turn the tension control knob, located below the digital panel, clockwise to increase resistance (higher intensity) and counter-clockwise to decrease resistance (lower intensity).

# DISPLAY



Image: Tension control knob for adjusting workout resistance.

### 3.3. Seat and Handlebar Adjustments

The recumbent bike features a fully adjustable seat to accommodate various user heights. Adjust the seat length to ensure comfortable leg extension during pedaling. The foam-covered handlebars provide a comfortable grip during your workout.



Image: Adjustable seat and handlebars for user comfort.

### **3.4. Easy Transportation**

For convenient relocation, the recumbent bike is equipped with transport wheels at the front stabilizer. To move the bike, simply tilt it forward onto the wheels and roll it to your desired location.

# RESISTANCE



Image: Features of the Marcy Recumbent Bike, including transport wheels.

## 4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your recumbent bike.

- **Cleaning:** Wipe down the frame and components with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts for smooth operation. Consult the full user manual for specific lubrication points if necessary.
- **Fasteners:** Regularly inspect all nuts, bolts, and screws to ensure they are tight. Tighten any loose fasteners immediately.
- **Pedals:** Ensure pedals are securely attached and straps are in good condition.

## 5. TROUBLESHOOTING

If you encounter issues with your recumbent bike, refer to the following common solutions:

- **Digital Display Not Working:** Check if the batteries are correctly installed and have sufficient charge.

Replace batteries if needed. Ensure all cable connections to the console are secure.

- **Resistance Not Changing:** Verify that the tension control cable is properly connected and not kinked. Ensure the tension knob is turning freely and engaging the resistance mechanism.
- **Unusual Noises:** Check all assembly points for loose fasteners and tighten as required. Ensure the bike is on a level surface.
- **Unstable Operation:** Confirm that the bike is placed on a firm, level surface. Adjust the leveling caps on the stabilizers if present.

For persistent issues, contact Marcy customer support.

## 6. SPECIFICATIONS

Feature	Specification
Brand	MARCY
Model Name	NS-716R
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Maximum Weight Recommendation	300 Pounds
Product Dimensions (LxWxH)	56 x 25 x 39 inches (assembled)
Item Weight	41 Pounds
Material	Alloy Steel
Power Source	Battery Powered (for display)
Special Features	Computer screen displays, Magnetic resistance, Preset Level, Transport wheels

## 7. WARRANTY AND SUPPORT

Your Marcy Magnetic Recumbent Bike NS-716R includes a user manual and a warranty card. Please refer to the warranty card for detailed information regarding coverage and terms. For further assistance, product inquiries, or to report issues, please visit the official Marcy website or contact their customer support directly.