

MARCY ME-706

Marcy Regenerating Recumbent Exercise Bike ME-706 User Manual

Brand: MARCY | **Model:** ME-706

INTRODUCTION

This manual provides comprehensive instructions for the assembly, operation, maintenance, and troubleshooting of your Marcy Regenerating Recumbent Exercise Bike ME-706. Please read this manual thoroughly before assembly and use to ensure proper function and safety.



Image: The Marcy ME-706 Recumbent Exercise Bike, shown with a user, highlighting its compact design and comfortable seating.

SAFETY INFORMATION

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the equipment.
- Place the exercise bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Inspect the bike for loose or worn parts before each use.
- Do not exceed the maximum weight capacity of 300 lbs.
- Ensure all bolts and nuts are securely tightened after assembly and periodically thereafter.

SETUP AND ASSEMBLY

Detailed assembly instructions are provided in the included Installation Manual. Please refer to the PDF document for step-by-step guidance with diagrams.

Key Assembly Steps (General Overview):

1. Unpack all components and verify against the parts list.
2. Attach the front and rear stabilizers to the main frame.
3. Install the pedals, ensuring they are tightened correctly (left pedal is reverse threaded).
4. Assemble the seat and backrest, then attach them to the seat rail.
5. Mount the console post and connect the necessary cables.
6. Attach the handlebars and console.
7. Perform a final check of all connections and moving parts.

For a complete visual guide, please download the official [Installation Manual \(PDF\)](#).



Image: A side view of the Marcy ME-706 Recumbent Exercise Bike, illustrating its overall structure and design.

DIMENSIONS

WEIGHT CAPACITY
300 LBS



Dimensions featured are the product's overall footprint.

Image: A diagram showing the dimensions of the Marcy ME-706 Recumbent Exercise Bike, including length, width, height, and inseam range.

OPERATING INSTRUCTIONS

Getting Started

The Marcy ME-706 features a regenerating motor, meaning it generates its own power as you pedal. No external power connection is required.

- **Adjusting the Seat:** Use the lever-based system to slide the padded seat forward or backward to find a comfortable pedaling position. Ensure your knees have a slight bend at the fullest extension of the pedal stroke.
- **Securing Your Feet:** Place your feet on the counterbalanced pedals and adjust the foot straps for a secure fit.



Image: A user demonstrating proper form while exercising on the Marcy ME-706 Recumbent Exercise Bike.



Image: A detailed view of the adjustable padded seat and side handles, designed for user comfort and stability.

Console Functions

The functional LCD with LED backlight tracks your workout data. The console is powered by your pedaling activity.

- **Display Metrics:** The LCD displays time elapsed, current speed, distance traveled, calories burned, and pulse rate.
- **Resistance Adjustment:** The bike features a manual magnetic resistance mechanism with 23 preset programs and 24 levels of resistance. Adjust the resistance through the console to simulate different terrains and customize your workout intensity.
- **Pulse Monitor:** Grip the pulse readers integrated into the high-density foam handles to obtain your heart rate reading on the console.



Image: A user interacting with the LCD console of the Marcy ME-706, demonstrating ease of access to controls and display.



Image: A close-up view of the pedal, showing the adjustable foot strap designed to secure the user's feet during exercise.

MAINTENANCE

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

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** No regular lubrication is required for the magnetic resistance system.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. The transport wheels allow for easy relocation.



Image: A close-up of the front stabilizer bar, showing the integrated transport wheels for easy movement of the bike.



Image: A detailed view of the rear stabilizer bar, featuring the Marcy logo, indicating the sturdy base of the exercise bike.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Console not displaying data.	Not pedaling or pedaling too slowly; loose cable connection.	Begin pedaling at a moderate pace to activate the regenerating motor. Check all console cable connections.
Resistance feels inconsistent or too easy/hard.	Incorrect resistance level selected; internal mechanism issue.	Adjust resistance level via the console. If issue persists, contact customer support.

Problem	Possible Cause	Solution
Bike is unstable or wobbles.	Not on a level surface; loose stabilizer bolts.	Ensure the bike is on a flat, stable surface. Check and tighten all bolts on the front and rear stabilizers.
Pedals are loose or make noise.	Pedals not tightened correctly.	Re-tighten pedals. Remember the left pedal is reverse threaded.

SPECIFICATIONS

- **Model:** ME-706
- **Brand:** MARCY
- **Power Source:** Regenerating Motor (pedal-charged)
- **Resistance Mechanism:** Magnetic
- **Number of Resistance Levels:** 24
- **Product Dimensions (LxWxH):** 59"D x 24.5"W x 42"H
- **Item Weight:** 93 Pounds
- **Maximum Weight Recommendation:** 300 Pounds
- **Handle Material:** High-Density Foam
- **Special Feature:** Regenerating Motor
- **Included Components:** User manual, Warranty card, one recumbent bike

WARRANTY AND SUPPORT

Your Marcy Regenerating Recumbent Exercise Bike ME-706 comes with a **2-year manufacturer warranty**.

For warranty claims, technical assistance, or replacement parts, please contact Marcy customer support. Refer to the warranty card included with your product for specific contact details or visit the official Marcy website.

You can also refer to the official [User Guide \(PDF\)](#) for additional information.

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Related Documents



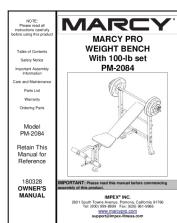
[Marcy ME-706 Regenerating Magnetic Recumbent Bike User Manual](#)

User manual for the Marcy ME-706 Regenerating Magnetic Recumbent Bike, covering safety guidelines, assembly, operation, maintenance, and warranty information.



[Marcy ME-709 Magnetic-Resistance Recumbent Bike Owner's Manual](#)

Official owner's manual for the MARCY ME-709 Magnetic-Resistance Recumbent Bike by IMPEX INC. Includes assembly instructions, safety notices, parts list, computer operation, maintenance, and warranty information.



[Marcy Pro Weight Bench PM-2084 Owner's Manual and Exercise Guide](#)

This owner's manual provides comprehensive instructions for the Marcy Pro Weight Bench with 100-lb set (Model PM-2084). It includes essential safety notices, detailed assembly guidance, care and maintenance tips, exercise guidelines for strength and endurance, weight capacity specifications, a parts list, an exploded diagram, and warranty information from IMPEX INC.



[Marcy PL-2009 Recumbent Bike Owner's Manual](#)

Comprehensive owner's manual for the Marcy PL-2009 Recumbent Bike by IMPEX FITNESS PRODUCTS. Includes assembly instructions, safety notices, parts list, and fitness tips.

Documents - MARCY – ME-706



[\[pdf\] User Manual Owner's Manual Instructions Parts List Warranty Label](#)

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NOTE: Please read all instructions carefully before using this product
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Retain This Manual for Reference
190429
OWNER'S MANUAL

IMP ORTANT: Please read this manual before commencing assembly of this product.

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[\[pdf\]](#) User Manual Owner's Manual Instructions Parts List Warranty Label

PARTS LIST 2 1/4 images na ssl amazon | A1Rb 4 ICeL In the Manual mode use UP or DOWN keys to set up your exercise TIME DISTANCE CALORIES PULSE 3 Press START STOP key start

NOTE: Please read all instructions carefully before using this product Table of Contents Safety Notice Important Assembly Information Care and Maintenance Parts List Warranty Ordering Parts REGENERATING MAGNETIC RECUMBENT BIKE **ME-706** Model **ME-706** Retain This Manual for Reference 170718 OWNER S MA...
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[Marcy ME-706 Regenerating Magnetic Recumbent Bike User Manual](#)

User manual for the Marcy ME-706 Regenerating Magnetic Recumbent Bike, covering safety guidelines, assembly, operation, maintenance, and warranty information.

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