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MARCY NS-912

Marcy Under Desk Mini Pedal Leg and Arm Exercise Cycle

Model: NS-912 | Brand: MARCY

INTRODUCTION

The Marcy Under Desk Mini Pedal Exercise Cycle (Model NS-912) is a compact and portable fitness device designed for both upper and lower body workouts. It features adjustable magnetic resistance and a digital display to track your progress. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your exercise cycle.



Image: Front view of the Marcy Under Desk Mini Pedal Exercise Cycle, showcasing its compact design.

SAFETY INFORMATION

Please read all instructions carefully before using this product. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Use the exercise cycle on a flat, stable surface to prevent tipping.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not stand on the pedals. This device is designed for seated use.
- Maximum user weight recommendation: This device is designed to support the weight of the user's legs or arms, not the full body weight. The product itself weighs approximately 7.72 pounds.

SETUP AND ASSEMBLY

Your Marcy Mini Pedal Exercise Cycle comes with the following components:

- Main Frame
- Front and Rear Stabilizer Bases
- Pedals with straps
- Crank Assembly
- Digital Display Computer
- Lock Knob (for resistance adjustment)
- Hardware (bolts, washers, nuts)
- User Manual (this document)
- Warranty Card

Assembly Steps:

1. **Attach Stabilizer Bases:** Secure the front and rear stabilizer bases to the main frame using the provided bolts and washers. Ensure they are firmly attached.



Image: Diagram showing the dimensions of the assembled Marcy Mini Pedal Exercise Cycle (20"D x 15.5"W x 13"H).

2. **Install Crank Assembly:** Place the crank assembly onto the main frame. Secure it with the appropriate bolts and nuts.
3. **Attach Pedals:** Thread the pedals into the crank arms. Note that the left pedal typically threads counter-clockwise and the right pedal clockwise. Ensure they are tightened securely to prevent loosening during use.



Image: Close-up of a pedal, highlighting its textured surface for grip, suitable for both foot and hand use.

4. **Connect Digital Display:** Insert one AAA battery (not included) into the digital display computer. Connect the sensor wire from the main frame to the computer. Mount the computer onto its designated slot on the frame.

DISPLAY



Image: Detailed view of the digital display, indicating functions for Time, Reps, Calories, and Scan mode.

5. **Install Resistance Lock Knob:** Thread the resistance lock knob into the designated hole on the main frame, above the crank assembly. This knob controls the magnetic resistance.

RESISTANCE



Image: Close-up of the tension control knob, used to adjust the resistance level from low to high.

6. **Final Check:** Verify that all connections are secure and the unit is stable.

RUBBER FOOT PADS



Image: Close-up of the non-slip rubber foot pads on the stabilizer bases, designed to protect surfaces and provide stability.

CONSTRUCTION

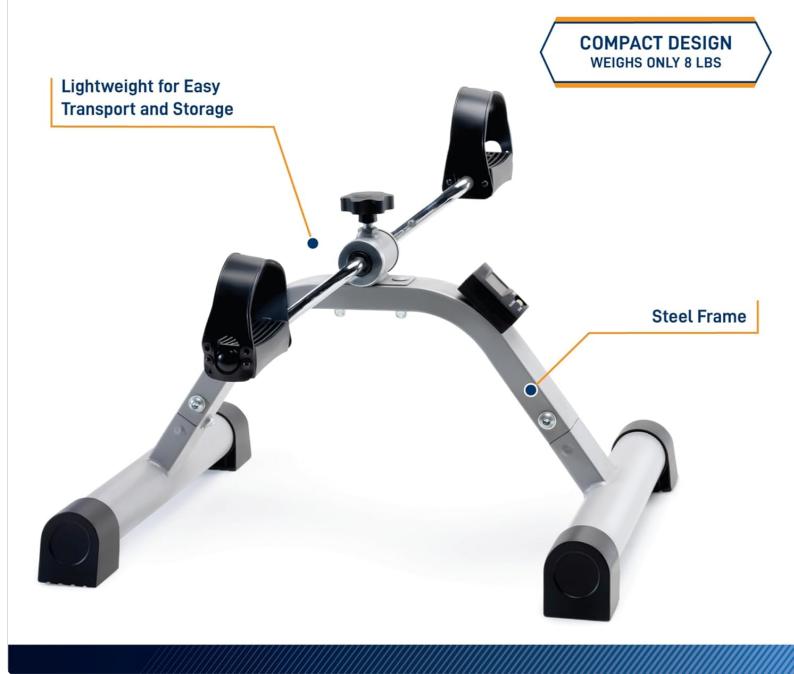


Image: Diagram illustrating the steel frame construction and compact design, noting its lightweight nature (approx. 8 lbs) for easy transport and storage.

Assembly Video:

Your browser does not support the video tag.

Video: Official Marcy Cardio Mini Cycle Assembly Video (NS-912). This video provides a visual guide to assembling your exercise cycle, demonstrating each step from attaching the bases to installing the digital display and resistance knob.

OPERATING INSTRUCTIONS

Using for Lower Body Workout:

Place the exercise cycle on a flat, stable surface in front of a chair or sofa. Sit comfortably and place your feet on the pedals, securing them with the straps if desired. Begin pedaling in a smooth, controlled motion. This targets leg muscles and can be done while seated at a desk or relaxing.



Image: A person demonstrating lower body exercise by pedaling the mini cycle while seated on a chair.

Using for Upper Body Workout:

Place the exercise cycle on a sturdy table or desk. Sit in front of it and grasp the pedals with your hands. Begin rotating the pedals in a smooth, controlled motion. This targets arm and shoulder muscles.

FOOT/HAND PEDAL



Image: A person demonstrating upper body exercise by rotating the pedals with their hands while the mini cycle is placed on a desk.

Adjusting Resistance:

The Marcy Mini Pedal Exercise Cycle features adjustable magnetic resistance. To increase resistance, turn the lock knob clockwise. To decrease resistance, turn the knob counter-clockwise. Adjust the resistance to a level that provides a comfortable yet challenging workout.



Image: Close-up of the tension control knob, used to adjust the resistance level from low to high.

Using the Digital Display:

The digital display tracks your workout metrics. Press the "MODE" button to cycle through the following functions:

- **TIME:** Displays the duration of your current workout.
- **REPS:** Shows the number of revolutions completed during the current workout.
- **TOTAL REPS:** Displays the cumulative number of revolutions since the last reset.
- **CALORIES:** Estimates the calories burned during your workout.
- **SCAN:** Automatically cycles through all functions every few seconds.

To reset the display, press and hold the "MODE" button for a few seconds until the values clear.



Image: Detailed view of the digital display, indicating functions for Time, Reps, Calories, and Scan mode.

MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your exercise cycle.

- **Cleaning:** Wipe down the unit with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten if necessary.
- **Storage:** Store the exercise cycle in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage under a desk or in a closet.

TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|------------------------|--|--|
| No display on computer | Battery is dead or not installed correctly. Sensor wire is disconnected. | Replace the AAA battery. Ensure the sensor wire is securely connected to the computer. |

| Problem | Possible Cause | Solution |
|--|--|--|
| Pedals are loose or wobbly | Pedals are not tightened sufficiently. | Ensure pedals are threaded correctly and tightened firmly. Remember that the left pedal threads counter-clockwise. |
| Resistance not changing or too loose/tight | Resistance knob not adjusted properly. Internal mechanism issue. | Turn the resistance knob fully clockwise for maximum resistance or counter-clockwise for minimum. If issue persists, contact customer support. |
| Unit slides during use | Not on a stable surface. Rubber foot pads are worn. | Ensure the unit is on a non-slip, flat surface. Consider placing it on a mat or against a wall for added stability. |

SPECIFICATIONS

Model: NS-912

Brand: MARCY

Dimensions (L x W x H): 20"D x 15.5"W x 13"H

Item Weight: 7.72 Pounds

Material: Alloy Steel

Resistance Mechanism: Friction (Adjustable Magnetic Resistance)

Power Source for Display: 1 x AAA Battery (not included)

Special Feature: Portable, Digital Display

Recommended Use: Indoor, Upper and Lower Body Exercise

WARRANTY AND SUPPORT

The Marcy Under Desk Mini Pedal Exercise Cycle (NS-912) comes with a **2-year manufacturer's warranty**.

This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical support, or replacement parts, please contact MARCY customer service.

Refer to the warranty card included with your product for specific contact details and terms.

You can also visit the official MARCY website for additional support and product information [MARCY Official Store](#)