

MARCY NS-40502R

Marcy Magnetic Recumbent Exercise Bike NS-40502R User Manual

Model: NS-40502R | Brand: MARCY

1. INTRODUCTION

This manual provides essential information for the safe and effective operation, assembly, and maintenance of your Marcy Magnetic Recumbent Exercise Bike, model NS-40502R. Please read this manual thoroughly before using the equipment.

The Marcy NS-40502R is designed for home use, offering a low-impact cardiovascular workout with adjustable magnetic resistance.

2. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

- Always inspect the exercise bike before each use for loose parts or signs of wear.
- Ensure all bolts and nuts are securely tightened.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface. Use a mat underneath to protect flooring.
- Wear appropriate exercise clothing and footwear.
- Do not exceed the maximum user weight capacity (refer to product specifications for details).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. ASSEMBLY INSTRUCTIONS

Unpack all components and ensure you have all parts listed in the hardware pack. Assembly typically requires two people.

3.1. Parts Identification

Refer to the included parts diagram (not provided in this manual) to identify all components before beginning assembly.

3.2. Step-by-Step Assembly

1. **Step 1: Attach Stabilizers**

Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly attached to provide a stable base.

2. **Step 2: Install Pedals**

Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Tighten securely.

3. **Step 3: Mount Seat and Backrest**

Attach the seat post to the main frame, then secure the seat and backrest to the seat post. Adjust for comfort and tighten.

4. **Step 4: Attach Handlebars and Console**

Connect the handlebars to the main frame. Route any console wires through the frame and connect them to the console. Secure the console to its mount.

5. **Step 5: Final Check**

Before first use, double-check all connections and ensure all bolts are tightened.



Image: The Marcy Magnetic Recumbent Exercise Bike NS-40502R, shown fully assembled with a user demonstrating its use. The bike features a grey frame, a comfortable seat with backrest, and handlebars for support. Also visible are a rolled exercise mat and interlocking foam floor tiles, suggesting accessories for floor protection.

4. OPERATING INSTRUCTIONS

4.1. Adjusting the Seat

To adjust the seat position, loosen the adjustment knob located under the seat. Slide the seat forward or backward to a comfortable distance from the pedals, ensuring a slight bend in your knee at the fullest pedal extension. Tighten the knob securely before use.

4.2. Adjusting Resistance Levels

The Marcy NS-40502R features 8 levels of magnetic resistance. To increase or decrease the resistance, turn the tension control knob located on the main frame. Turn clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier workout.

4.3. Using the Console

The console displays workout data such as time, speed, distance, and calories burned. Refer to the console's specific instructions for detailed operation and setting up workout programs. (Note: Specific console features may vary; consult your product's console manual for full details).

5. MAINTENANCE AND CARE

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. Do not use abrasive cleaners.
- **Lubrication:** No lubrication is typically required for magnetic resistance systems. Refer to specific component instructions if applicable.
- **Inspections:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bike in a clean, dry environment away from extreme temperatures and direct sunlight.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike is unstable/wobbles	Uneven floor; loose stabilizers/frame bolts	Adjust floor levelers on stabilizers; tighten all frame bolts.
Resistance not changing	Tension knob not properly engaged; internal mechanism issue	Ensure knob is fully engaged; contact customer support if issue persists.
Pedals feel loose or make noise	Pedals not tightened correctly	Retighten pedals (remember left is counter-clockwise, right is clockwise).

7. PRODUCT SPECIFICATIONS

- **Model:** NS-40502R
- **Resistance System:** Magnetic
- **Resistance Levels:** 8
- **Frame Material:** Alloy Steel
- **Operation Mode:** Manual
- **Controls Type:** Knob
- **Brand:** MARCY

- **ASIN:** B0D6T1WH5J

8. WARRANTY AND CUSTOMER SUPPORT

For warranty information or technical assistance, please contact Marcy customer support. Keep your purchase receipt and model number (NS-40502R) readily available.

Marcy Customer Support:

- *Website:* www.marcypro.com/support
- *Phone:* Refer to Marcy's official website for current contact numbers.