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MARCY NS-716R

Marcy Magnetic Recumbent Bike NS-716R Instruction Manual

Brand: MARCY | Model: NS-716R

1. INTRODUCTION

Thank you for choosing the Marcy Magnetic Recumbent Bike NS-716R. This manual provides essential information for the safe and effective assembly, operation, maintenance, and troubleshooting of your new exercise equipment. Please read this manual thoroughly before use and retain it for future reference.

Important Safety Information:

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the bike on a flat, stable surface.
- Inspect the bike for loose parts or damage before each use.
- Do not exceed the maximum user weight of 300 pounds.

2. SETUP AND ASSEMBLY

Before assembly, ensure all parts are present and undamaged. Refer to the included parts list in your packaging. Assembly typically involves attaching the stabilizers, pedals, seat, handlebars, and the digital console.

2.1. Tension Control Setup

Proper connection of the tension control mechanism is crucial for resistance adjustment. Follow these steps carefully:

1. Turn the resistance knob to setting 8. This extends the tension connector.
2. Connect the tension connector to the connector holder.
3. After engaging the connector, pull upward. Note: You will feel some tension as you pull.
4. Ensure the connector is fully seated.

Video: Marcy Cardio Tension Control Set Up. This video demonstrates the correct procedure for connecting the tension control mechanism during assembly, ensuring proper resistance function.

2.2. Product Overview



Image: The Marcy Magnetic Recumbent Bike NS-716R, showcasing its overall design and compact footprint.

DIMENSIONS



Image: Detailed dimensions of the Marcy Recumbent Bike, including inseam height range and overall footprint for space planning.

3. OPERATING INSTRUCTIONS

3.1. Adjusting the Seat

The recumbent bike features a fully adjustable seat to accommodate a wide range of users. To adjust, locate the adjustment knob or lever beneath the seat. Pull or loosen it, slide the seat to your desired position, ensuring your legs are at a comfortable length with a slight bend in the knee at the furthest pedal extension, then secure the adjustment.



Image: Close-up view of the adjustable seat and soft handlebars, highlighting their ergonomic design for user comfort.

3.2. Digital Tracking Panel

The LCD computer screen tracks your workout data. It displays speed, distance, time, and calories burned. Use the 'MODE' button to cycle through display functions and 'RESET' to clear values. The 'SET' button may be used for target settings if applicable.

DISPLAY



Image: The digital tracking panel of the Marcy Recumbent Bike, showing the LCD screen and control buttons for monitoring workout metrics.

3.3. Adjusting Resistance

The bike features an 8-preset tension knob for magnetic resistance. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance. This provides a smooth pedal feeling across all levels.

FEATURES



Adjustability

Cup Holder

Transport Wheels

Image: Close-up of the 8-preset tension knob, used to adjust the magnetic resistance level of the bike.

3.4. Handlebars

The foam-covered handlebars provide a comfortable and secure grip during your exercise session. Maintain a firm but relaxed grip.

4. MAINTENANCE

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

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten as necessary.
- **Storage:** When not in use, store the bike in a cool, dry place away from direct sunlight and extreme

temperatures. The convenient transport wheels allow for easy relocation without lifting.

5. TROUBLESHOOTING

Problem	Possible Cause	Solution
Digital display not working	Batteries are dead or incorrectly installed; loose connection.	Check and replace batteries (typically AA). Ensure all connections to the console are secure.
No resistance or inconsistent resistance	Tension cable not properly connected or damaged.	Refer to Section 2.1 for tension control setup. Ensure the cable is fully seated and not kinked.
Bike makes noise during use	Loose bolts or components; friction between parts.	Inspect and tighten all visible nuts and bolts. Ensure the bike is on a level surface.
Seat wobbles	Seat adjustment knob not fully tightened.	Ensure the seat adjustment knob is securely tightened after positioning.

6. SPECIFICATIONS

Brand: MARCY

Model Name: NS-716R

Color: Black/Grey

Material: Alloy Steel

Resistance Mechanism: Magnetic

Number of Resistance Levels: 8

Product Dimensions (D x W x H): 31" x 11" x 22"

Item Weight: 41 Pounds

Maximum Weight Recommendation: 300 Pounds

Power Source: Battery Powered (for console)

Special Features: Transport wheels, Preset Level, Computer screen displays, Magnetic resistance

7. WARRANTY AND SUPPORT

Your Marcy Magnetic Recumbent Bike NS-716R comes with a warranty. Please refer to the warranty card included with your purchase for specific terms, conditions, and duration. For detailed warranty information or to register your product, visit the official Marcy website or consult the full User Manual PDF.

For technical assistance, replacement parts, or customer service inquiries, please contact Marcy customer support. Contact information can typically be found on the warranty card or the official Marcy website.

You can also find additional resources, including the full User Manual, at the following link [Marcy NS-716R User Manual \(PDF\)](#)

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