

NOTE:
Please read all instructions
carefully before using this
product

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Model
NS-6050RE

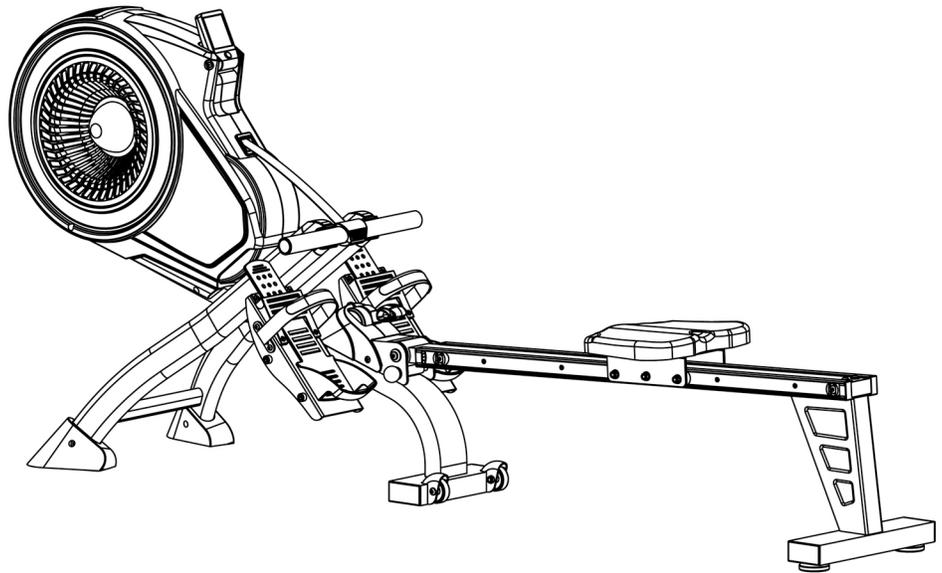
Retain This
Manual for
Reference

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ASSEMBLY &
OWNER'S
MANUAL

MARCY[®]

TURBINE ROWER NS-6050RE



IMPEX[®] INC.

2801 S. Towne Ave, Pomona, CA 91766

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BEFORE YOU BEGIN

Thank you for selecting the MARCY Turbine Rower NS-6050RE by IMPEX® INC. For your safety and benefit, read this manual carefully before using the bike. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

www.impex-fitness.com

support@impex-fitness.com

IMPORTANT SAFETY NOTICE

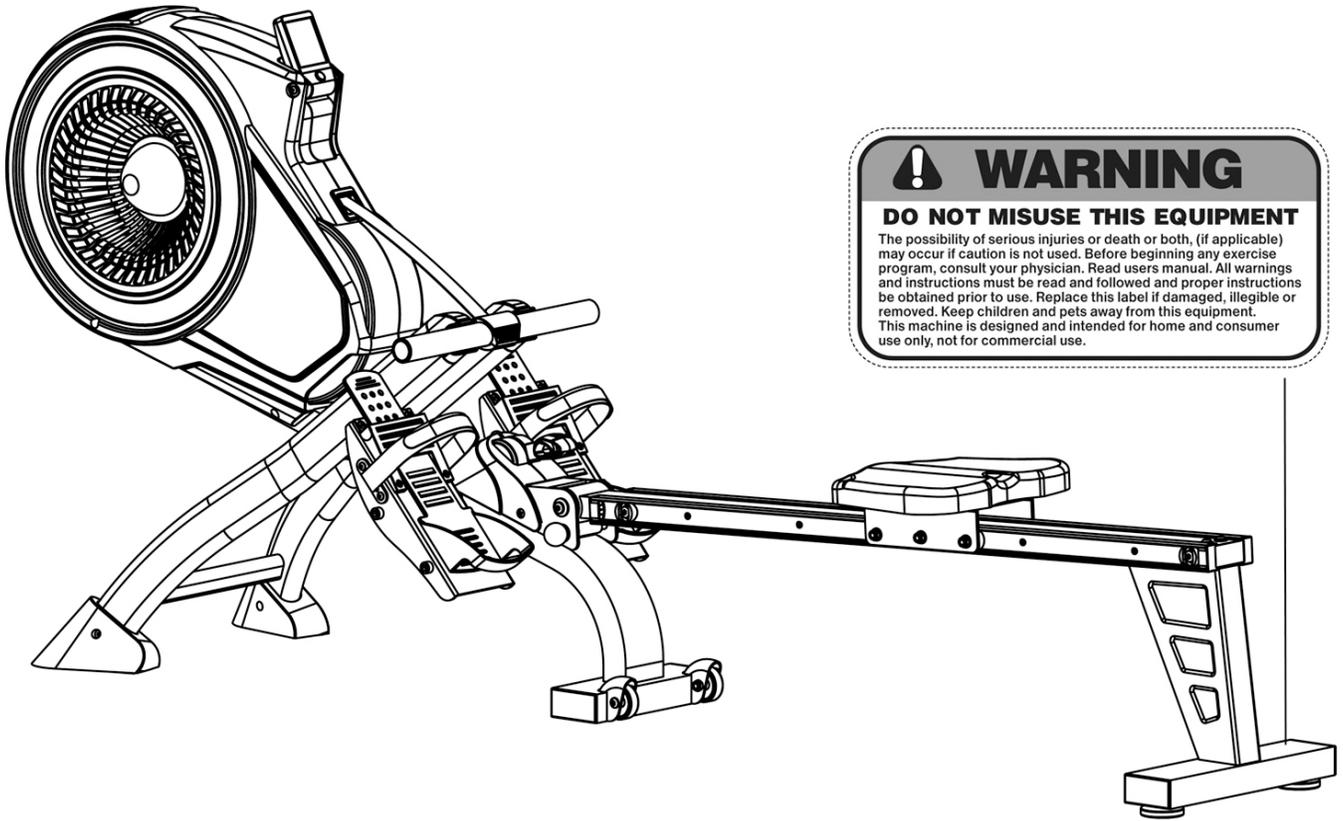
PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. Read all warnings posted on the machine.
13. Inspect the machine for worn or loose component prior to use. Tighten/replace any loose or wore components prior to use.
14. Care should be taken in mounting or dismounting the exercise bike.
15. **This exercise bike is for consumer and home use only.**

WARNING: 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. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. SAVE THESE INSTRUCTIONS.

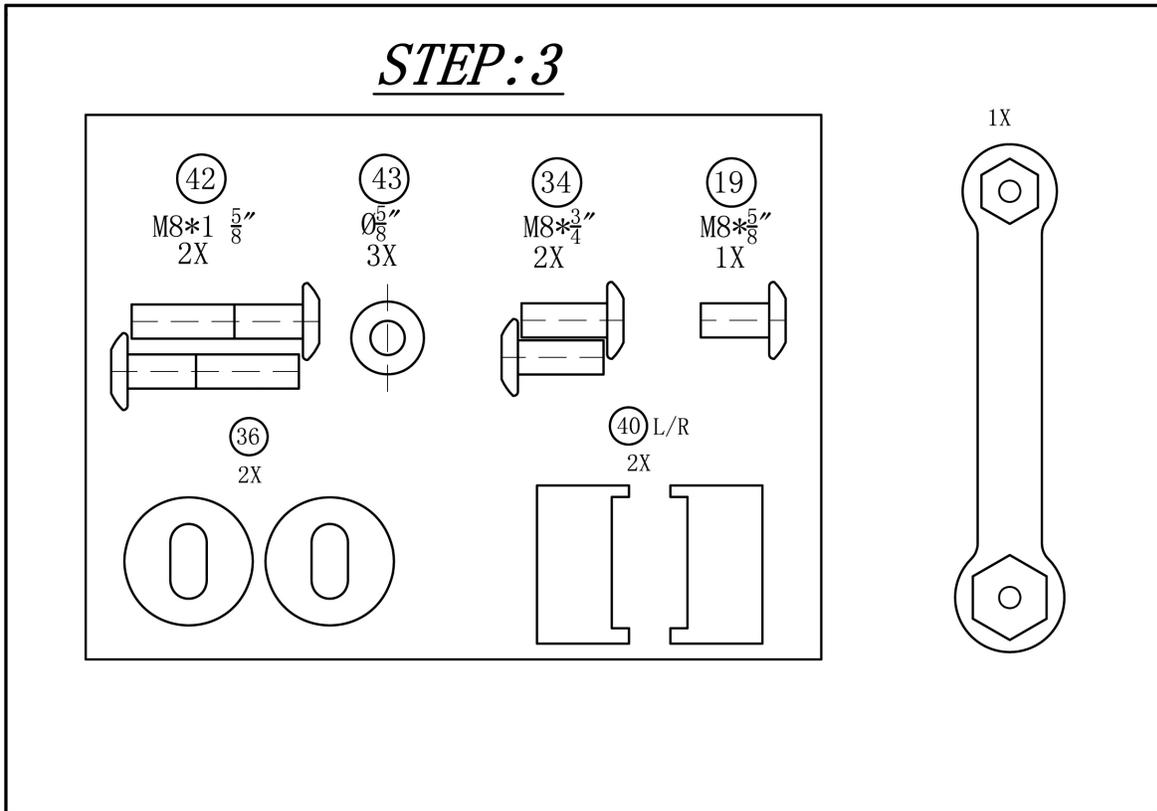
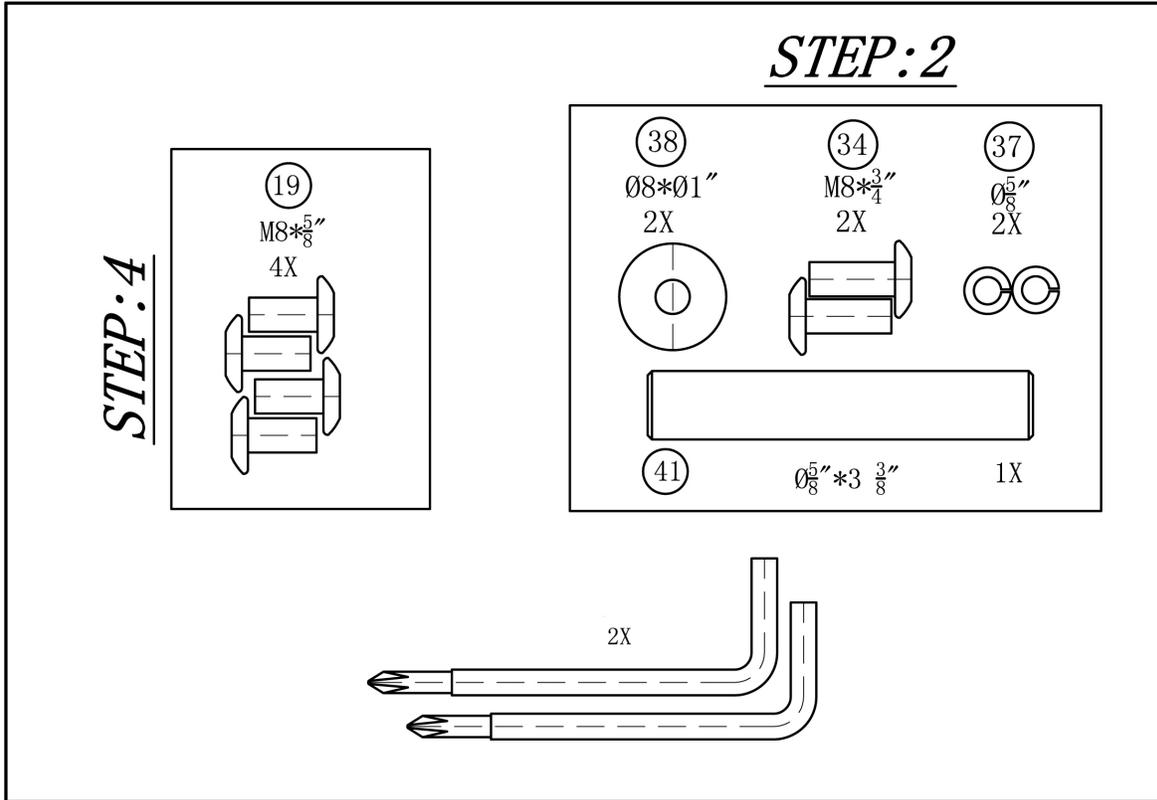
WARNING LABEL PLACEMENT



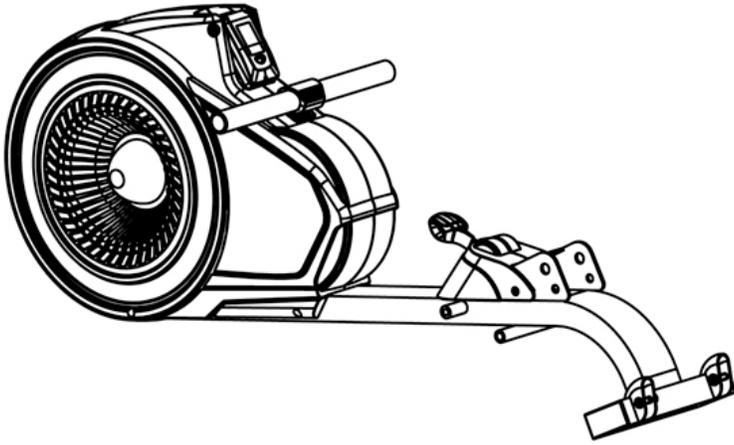
**The Warning Labels shown here has been placed on the Rear Support.
If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.**

HARDWARE PACK

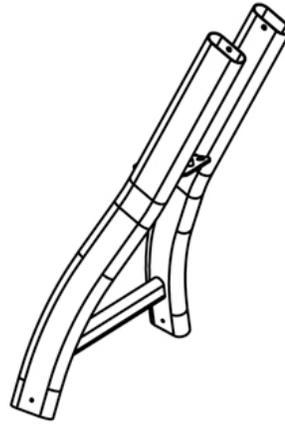
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



COMPONENTS FOR ASSEMBLY



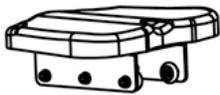
NO:1



NO:9



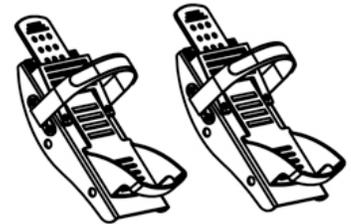
NO:54



NO:53



NO:45



NO:14L/R



NO:11L/R



NO:3



NO:55



NO:13



NO:35



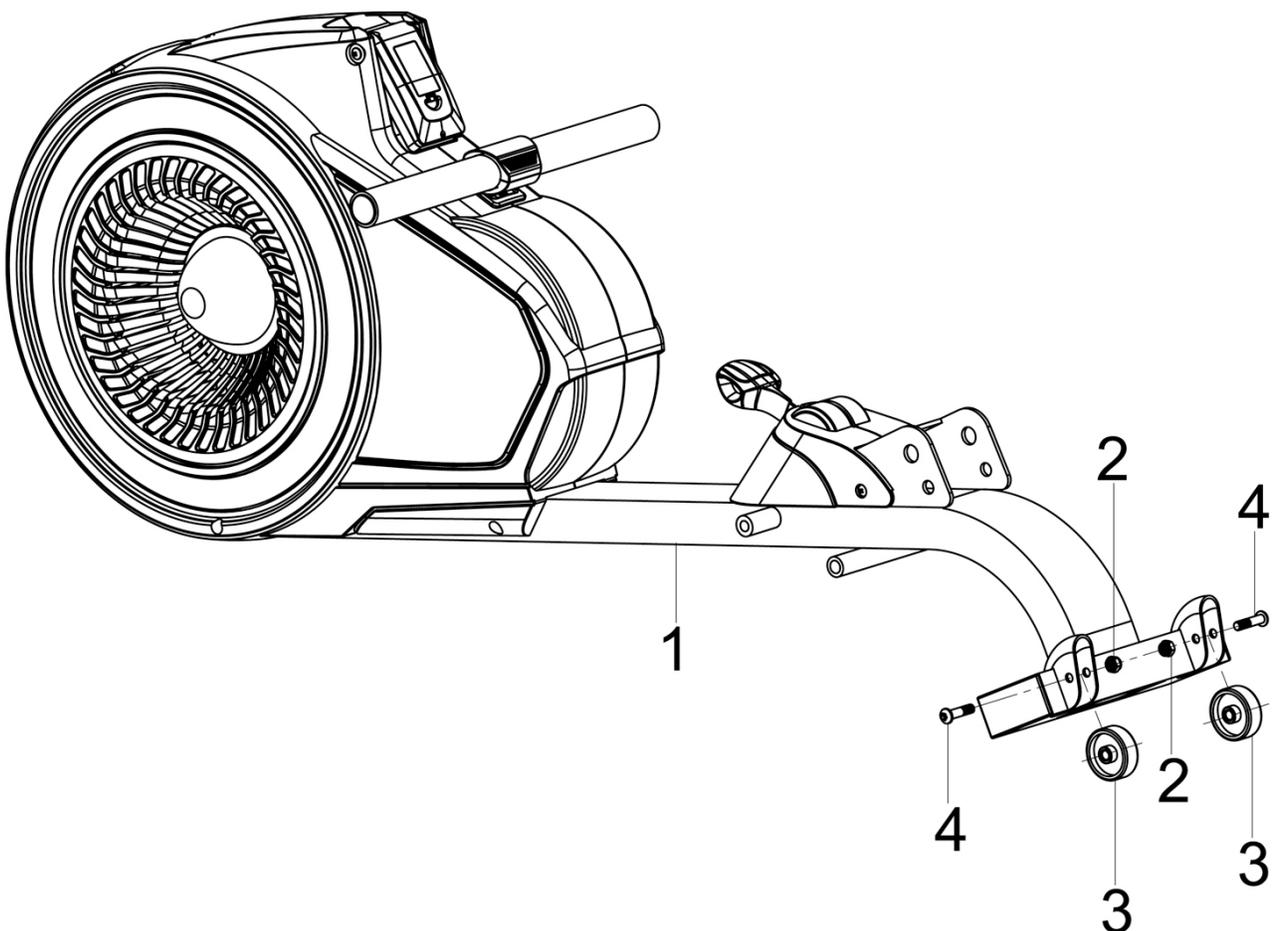
NO:8L/R

ASSEMBLY INSTRUCTION

- **Tools Required For Assembling the Machine:** One Crossing Wrench and two Allen Wrenches provided by manufacturer.
- **NOTE:** It is strongly recommended that two or more people assemble this machine to avoid possible injury.

STEP-1

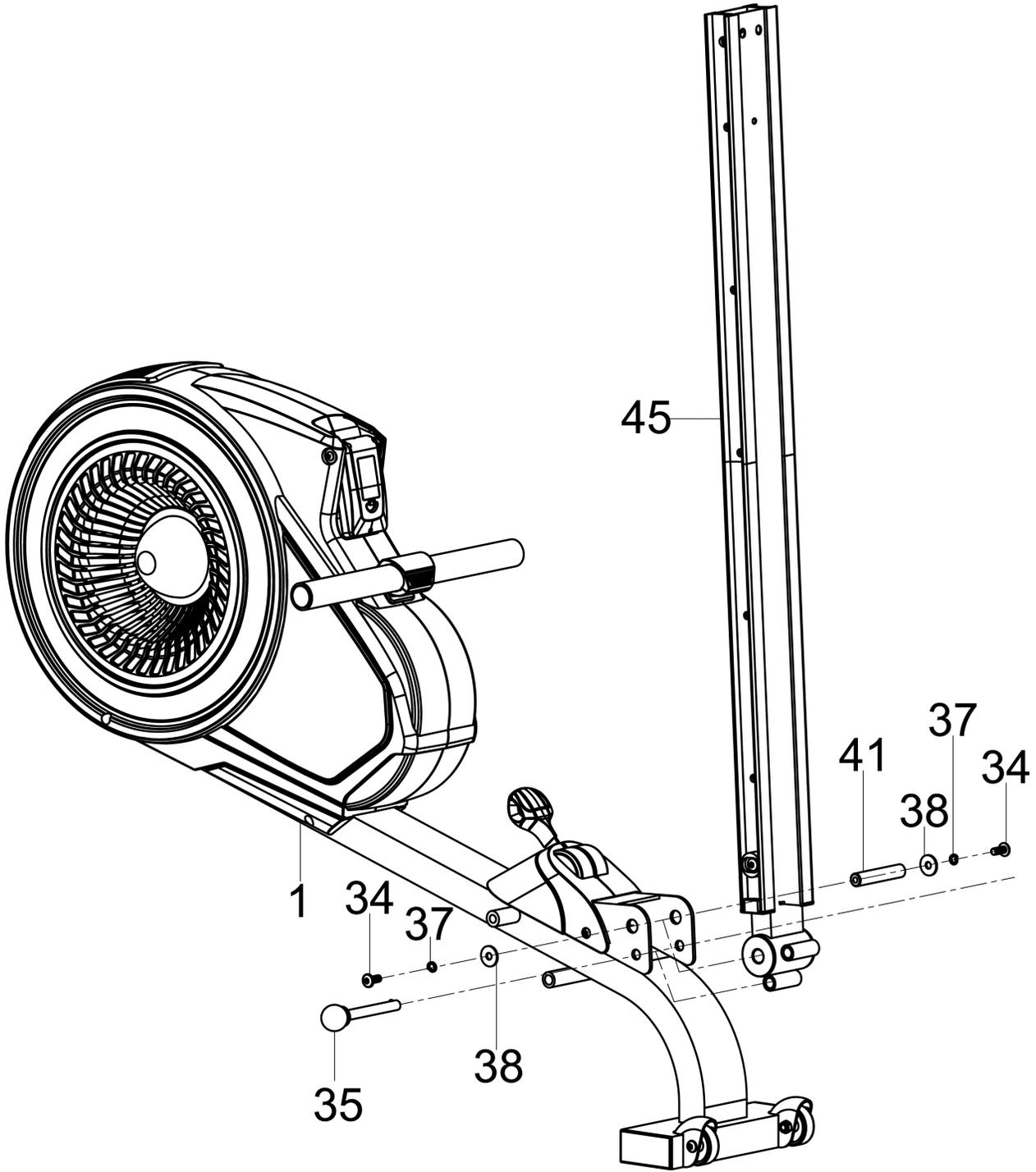
- A.) Attach the two Roller Wheels (#2) to the Main Frame (#1).
- B.) Secure each Roller Wheel (#2) with one M8 x 1 3/4" Allen Bolt (#4) and one Nylon Nut (#2).



STEP-2

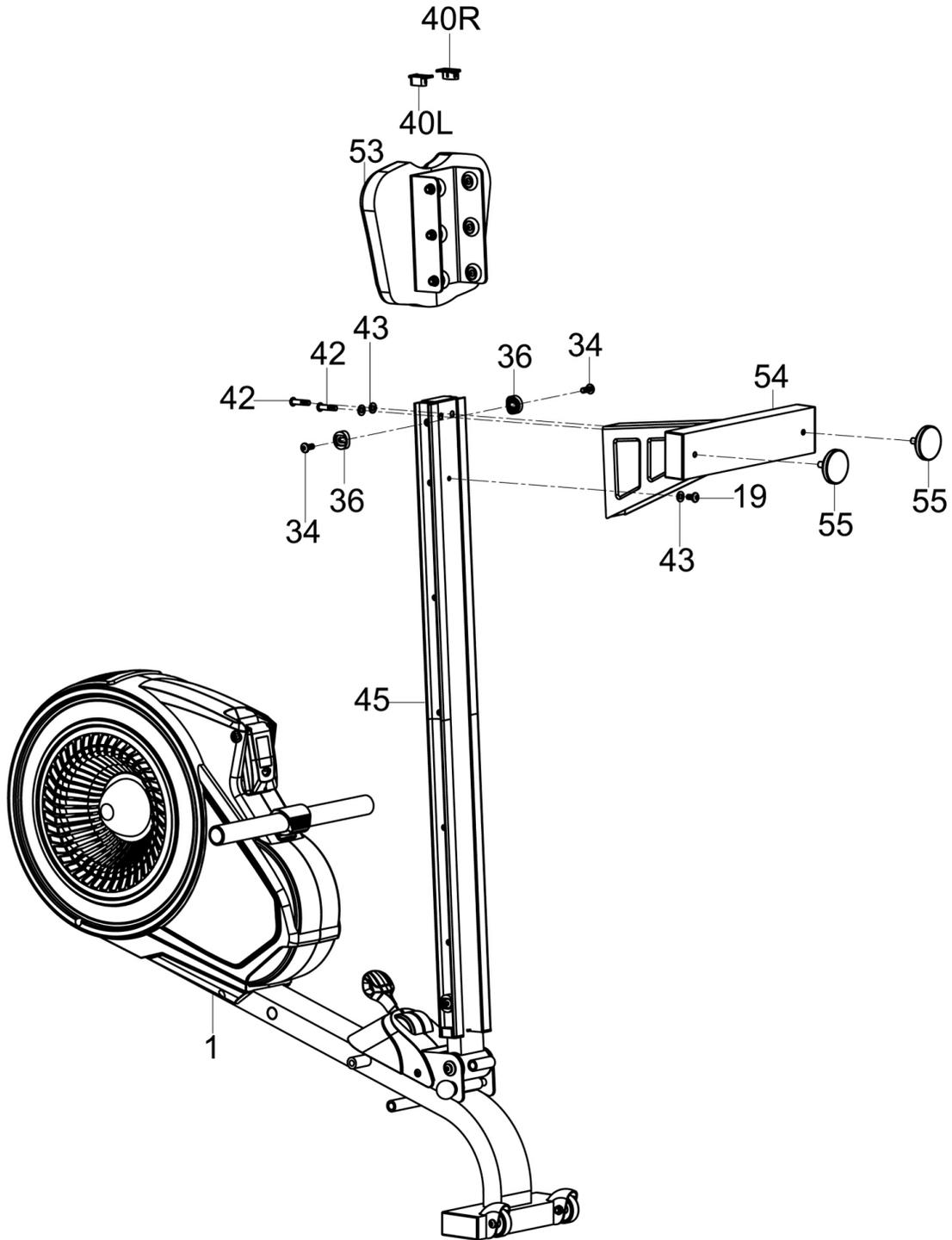
- A.) Pull out the Lock Pin (#35). Attach the Rowing Rail (#45) to the bracket on Main Frame (#1).

- B.) Insert a Rowing Rail Axle (#41) through the pivot on Rowing Rail. Secure the pivot to the bracket with one M8 x 3/4" Allen Bolt (#34) and one Ø 5/8" Washers (#37) to each end of the Axle.
- C.) Insert the Lock Pin (#35) back to hole the Rowing Rail in vertical position.



STEP-3

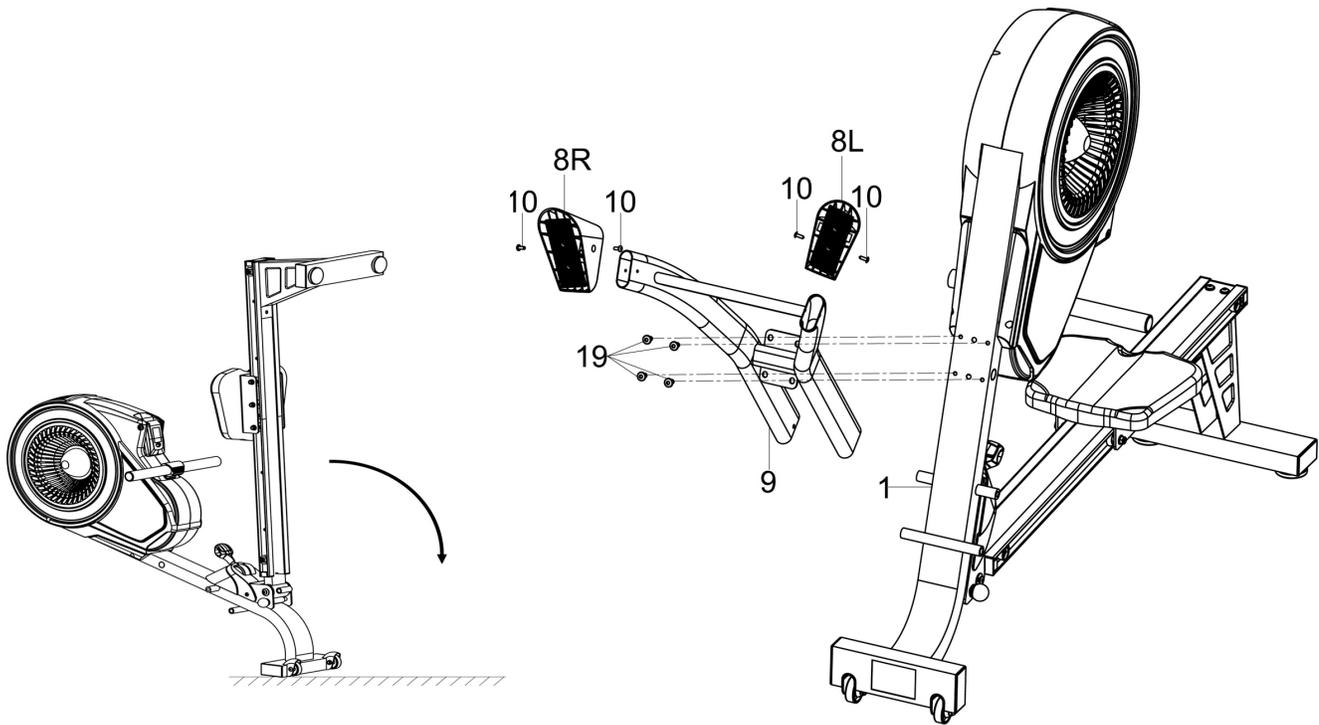
- A.) Slide the Seat onto Rowing Rail (#45) and slowly down to the bottom.
- B.) Attached one Bumper Stopper (#36) onto each Rail Track. Secure each Bumper Stopper with one M8 x 3/4" Allen Bolt (#34).
- C.) Attach the Rear Support (#54) to the Rowing Rail (#45). Secure it with two M8 x 1 5/8" Allen Bolts (#42), one M8 x 5/8" Allen Bolt (#19), and three Ø 5/8" Washers (#43).
- D.) Thread two Rear Leverage Knobs (#55) to the Rear Support (#54).



STEP-4

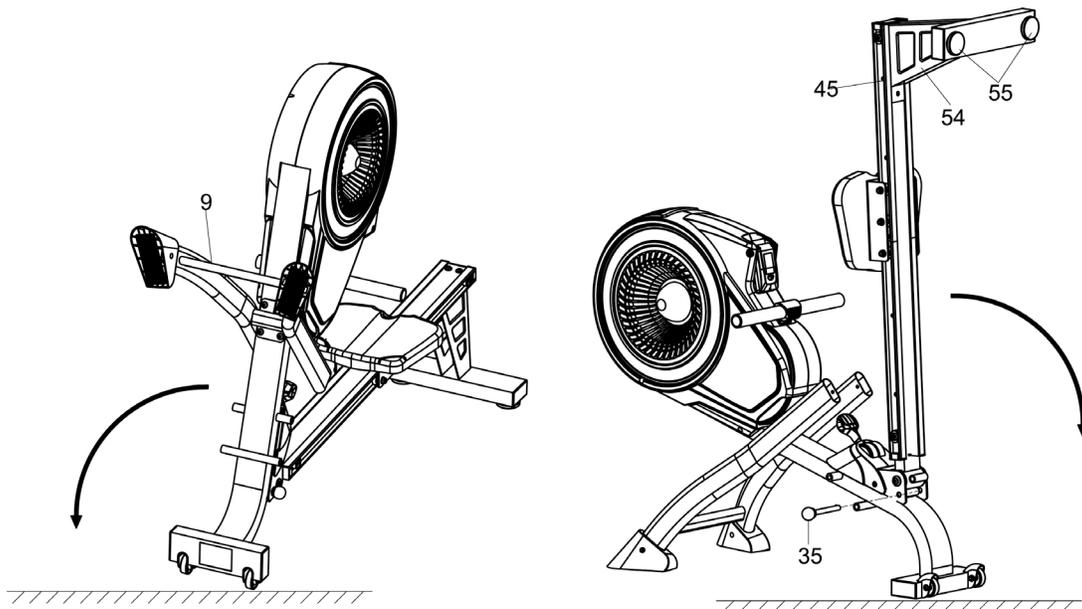
- A.) Flip down the Rowing Rail to floor.

- B.) Attach the Front Post (#9) to the Main Frame (#1) and secure it with four M8 x 5/8" Allen Bolts (#19).
- C.) Attach the Left & Right Front Post Floor Cap (#8L/R) to Front Post. Secure each Cap with two ST5 x 3/4" Self Tapping Screws (#10).



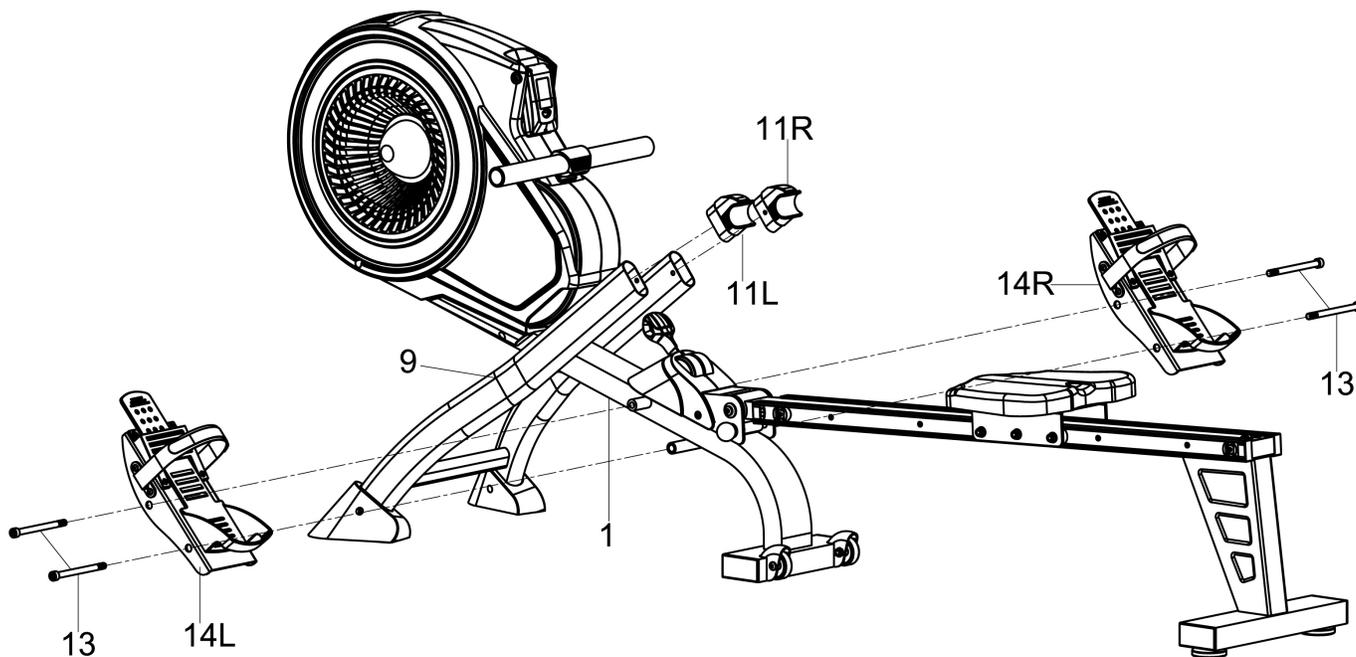
STEP-5

- A.) Flip down the Front Post (#9) to floor.
- B.) Pull out Lock Pin (#35) and flip down the Rowing Rail (#45) to floor.
- C.) Adjust the two Rear Leverage Knobs (#55) to stabilize the Rear Support (#54) on floor.



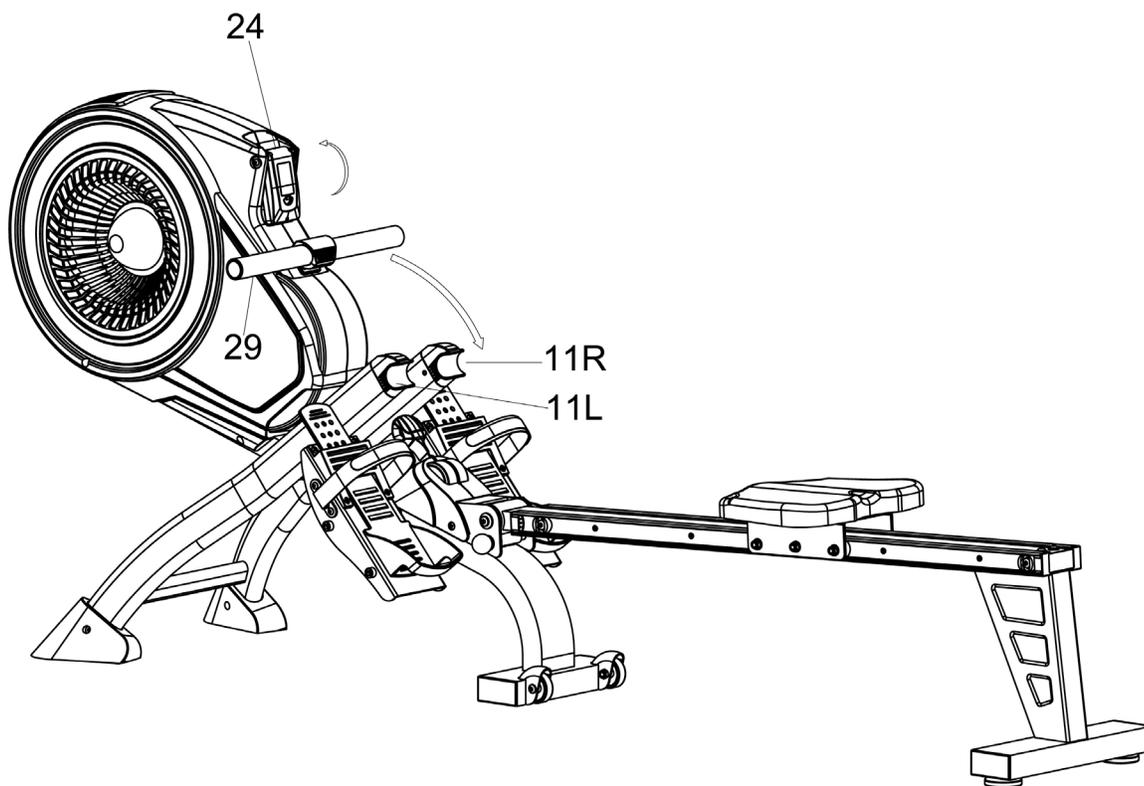
STEP-6

- A.) Plug the Left & Right Rowing Bar Holder (#11L/R) into the Front Post.
- B.) Attach the Left Pedal (#14L) to the pivot on Main Frame (#1). Secure it with two M12 x 5 1/2" Socket Head Allen Bolt (#13). Repeat the same step to install Right Pedal (#14R).

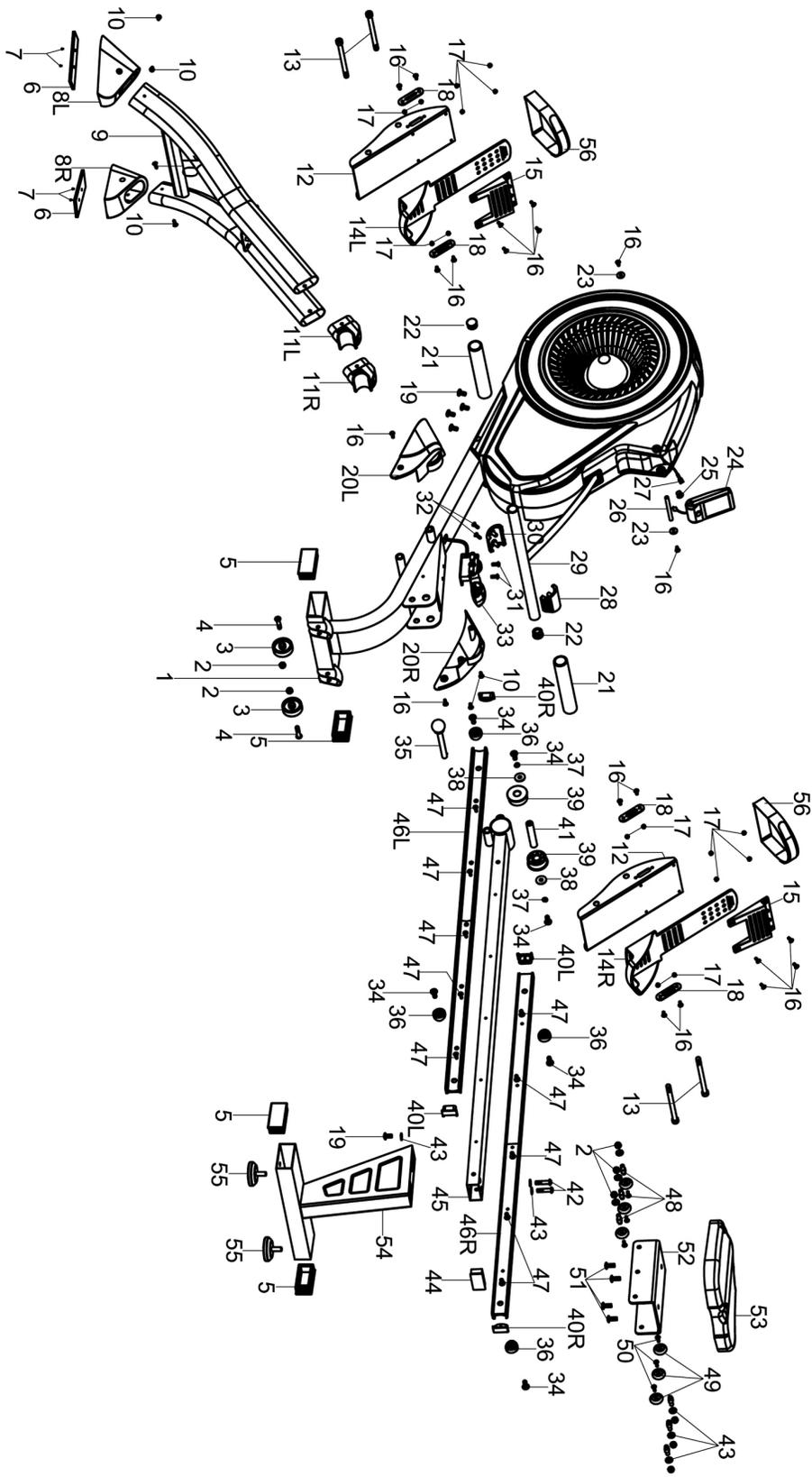


STEP-7

- A.) Flip up the Computer (#24) for user reading data from Compute screen during exercising.
- B.) Pull out the Rowing Bar (#29) and store to the Rowing Bar Holder (#11L/R) when Rowing Bar is not in use..



EXPLODED DIAGRAM



NS-6050RE PARTS LIST

| PART NO. | DESCRIPTION | SPEC. | QUANTITY |
|-----------------|----------------------------|-----------------|-----------------|
| 1 | Main Frame | | 1 |
| 2 | Nylon Nut | M8 | 12 |
| 3 | Roller Wheel | | 2 |
| 4 | Allen Bolt | M8 x 1 3/8" | 2 |
| 5 | End Cap | 3 1/8" x 1 5/8" | 4 |
| 6 | Anti-slip Pad | | 2 |
| 7 | Self Tapping Screw | ST4 x 3/8" | 4 |
| 8L/R | Front Post Floor Cap | | 1/1 |
| 9 | Front Post | | 1 |
| 10 | Self Tapping Screw | ST5 x 3/4" | 18 |
| 11L/R | Rowing Bar Holder | | 1/1 |
| 12 | Pedal Support | | 2 |
| 13 | Socket Head Allen Bolt | M12 x 5 1/2" | 4 |
| 14L/R | Pedal | | 1/1 |
| 15 | Pedal Adjustment Assembly | | 2 |
| 16 | Phillips Screw | M5 x 1/2" | 20 |
| 17 | Nylon Nut | M5 | 16 |
| 18 | Pedal Strap Bracket | | 4 |
| 19 | Allen Bolt | M8 x 5/8" | 5 |
| 20L/R | Tension Control Knob Cover | | 1/1 |
| 21 | Rowing Bar Grip | | 2 |
| 22 | Rowing Bar End Cap | Ø 1" | 2 |
| 23 | Washer | Ø 3/4" | 5 |
| 24 | Computer | | 1 |
| 25 | Wire Grommet | | 1 |
| 26 | Computer Axle | | 1 |
| 27 | Pulse Sensor Wire | | 1 |
| 28 | Rowing Bar Upper Cap | | 1 |
| 29 | Rowing Bar | | 1 |
| 30 | Rowing Bar Lower Cap | | 1 |
| 31 | Allen Bolt | M6 x 5/8" | 12 |
| 32 | Self Tapping Screw | ST4 x 3/4" | 2 |
| 33 | Tension Control Knob | | 1 |
| 34 | Allen Bolt | M8 x 3/4" | 6 |
| 35 | Lock Pin | | 1 |
| 36 | Bumper Stopper | | 4 |
| 37 | Lock Washer | Ø 5/8" | 2 |
| 38 | Washer | Ø 1" | 2 |
| 39 | Rowing Rail Busing | | 2 |
| 40L/R | Rail Track End Cap | | 2/2 |
| 41 | Rowing Rail Axle | | 1 |
| 42 | Allen Bolt | M8 x 1 5/8" | 2 |
| 43 | Washer | Ø 5/8" | 11 |
| 44 | End Cap | 2 3/8" x 1 1/8" | 1 |
| 45 | Rowing Rail | | 1 |
| 46L/R | Rail Track | | 1/1 |

| | | | |
|----|------------------------|-----------|----|
| 47 | Self Tapping Screw | | 10 |
| 48 | Seat Roller Wheel Axle | | 6 |
| 49 | Seat Roller Wheel | | 6 |
| 50 | Phillips Screw | M5 x 5/8" | 6 |
| 51 | Allen Bolt | M6 x 3/4" | 4 |
| 52 | Seat Bracket | | 1 |
| 53 | Seat | | 1 |
| 54 | Rear Support | | 1 |
| 55 | Rear Leverage Knob | | 2 |
| 56 | Foot Strap | | 2 |

CARE, MAINTENANCE AND STORAGE

1. Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.
2. This machine can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the bike IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The Bike shall be placed at least 24 inches away from the wall or/and any other object such as furniture to provide safe access to and passage around the machine.
5. To avoid possible injury, the help of two or more people are needed when moving the machine around.
6. Disposal Instructions – The equipment can be safely disassembled and disposed without unreasonable hazards. Call your local recycle agency regarding details of recycling.
7. **The maximum user weight is 300 lbs.**

Assembled Dimension (L x W x H): Unfolded 85" x 20 1/2" x 36 1/4"

Folded: 44 1/2" x 20 1/2" x 58 3/4"

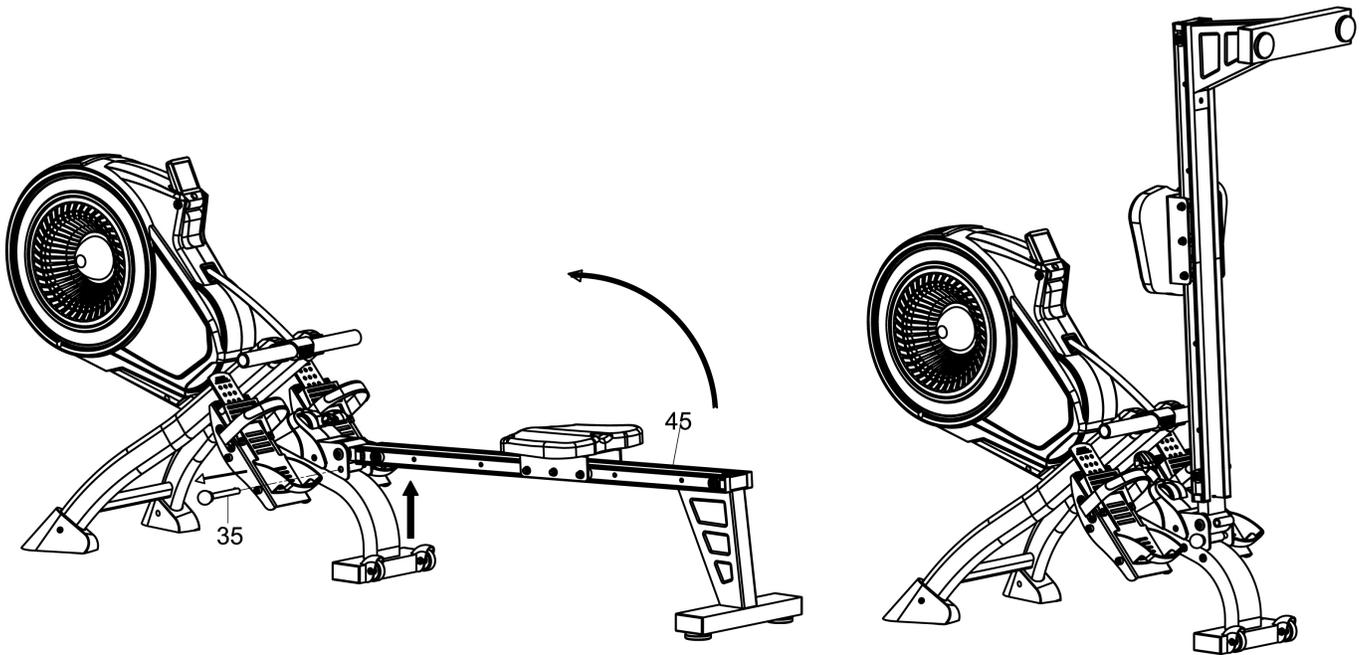
OPERATING NOTES

ADJUSTMENT

Use the Tension Knob on Main Frame to adjust the exercising resistance.

FOLD UP

Pull out the Lock Pin (#35), and then fold up the Rowing Rail (#45) to vertical position. Inert back the Lock Pin to lock the Rowing Rail in position.



TRANSPORT

The Rower has a pair of roller wheels on Main Frame.
To move, fold up the Rower; carefully hold and tilt the Rower, and then roll.

COMPUTER



AUTO START / STOP

When exercise starts, the monitor will automatically turn on and display the progress. When exercise stops, the monitor will automatically turn off after 4 minutes to save energy.

MODE-

1. Press "MODE" key, will automatically scan Time, Speed, Distance, Calories, and ODO for every 5 seconds.
2. When Computer is in Scan mode, press "MODE" key to select Time, Distance, or Calories function.

SET-

Press SET key to set the targeted exercises value of Time, Distance, and Calories.

RESET-

Press RESET key to reset Time, Distance, or calories value to zero.

DISPLAY:

| | |
|-----------------|---|
| Time | Display the elapsed time. Max value is up to 99:59 |
| Speed | Display current speed. Max speed is 99.99M/H |
| Distance | Display the exercise distance from start to end. 0.0-999.9M |
| Calories | Display the calorie consumption in cal. 0.0-999.9 Cal |
| Count | Display the cumulated rows during current rowing exercise session. 0-9999 |
| RPM | Display the revolution/min. Accumulate rowing counts per minute. 0-999/min. |

REPLACE BATTERY:

1. Always purchase the correct size and grade of battery most suitable for the intended use.
2. Replace all batteries of a set at the same time.
3. Clean the battery contacts and also those of the device prior to battery installation.
4. Ensure the batteries are installed correctly with regard to polarity (+ and -).
5. Remove batteries from equipment when not in use for extended periods of time.
6. Remove used batteries promptly.
7. The Computer requires two 1.5V (AAA) batteries. Batteries are not included in packaging.
8. If the display is not clear or only partial segments appeared, remove the batteries and wait for 15 seconds before re-install them.
9. The battery life is approx. 3 months under normal usage.
10. **When the batteries are removed, all the functional values will reset to zero.**

Note:

Please note all values on this computer are approximate and they are for comparison purpose only. Do not use these values for any medical or rehabilitation purpose.

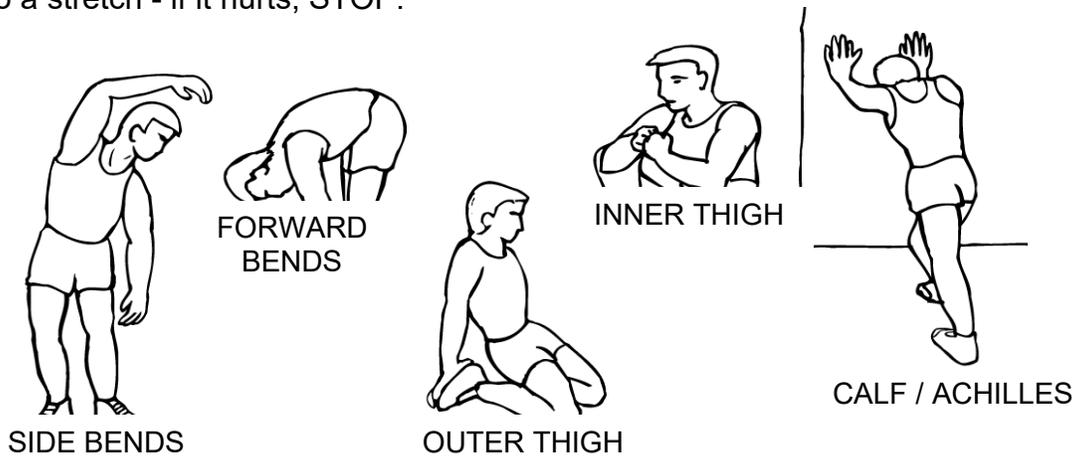
EXERCISE GUIDELINES

Using your **ROWER** will provide you with several benefits, it will improve your physical fitness, tone

muscle and in conjunction with calorie controlled diet help you lose weight.

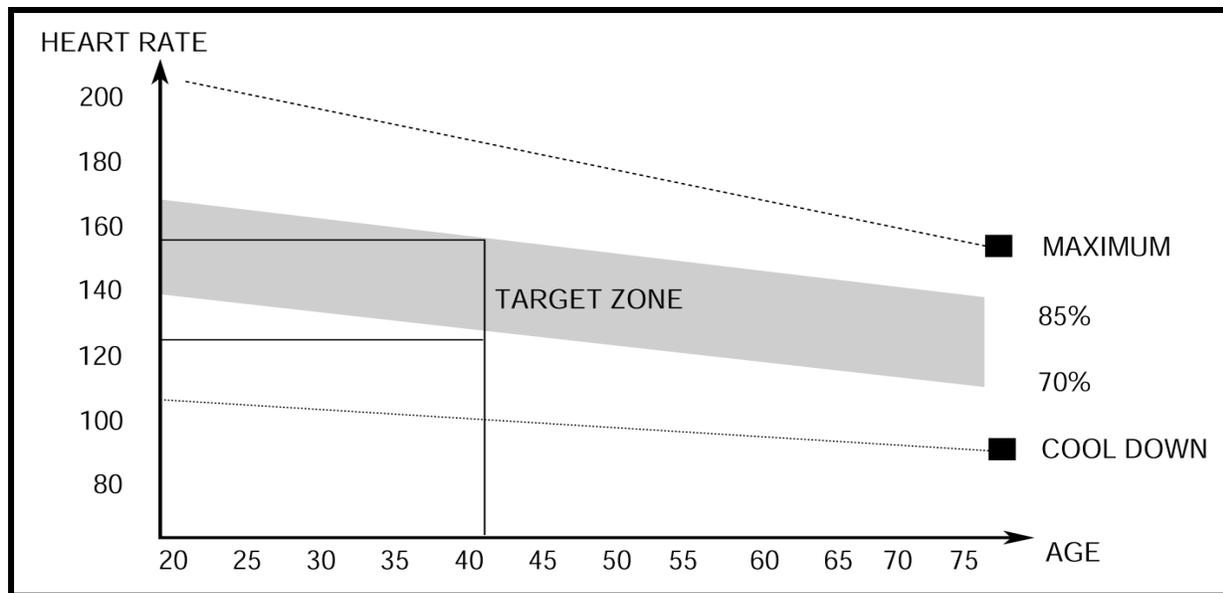
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your targeted heart rate but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the

warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **MAGNETIC BIKE** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

IMPEX[®] INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX[®]") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights for products return to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line www.impex-fitness.com

IMPEX[®] INC.
2801 S. Towne Ave.
Pomona, CA 91766

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

support@impex-fitness.com

When ordering replacement part, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase