

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
PL 21930

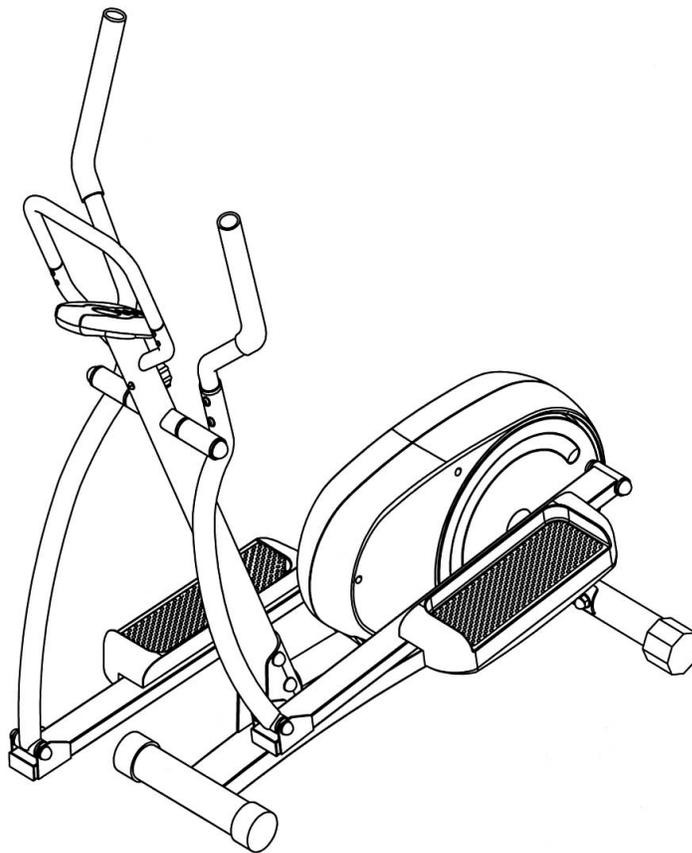
Retain This  
Manual for  
Reference

04-18-03

OWNER'S  
MANUAL

**IMPEx**  
FITNESS PRODUCTS

# MARCY Elliptical Machine PL-21930



## **IMPEx FITNESS PRODUCTS**

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY Elliptical Machine PL-21930 by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. 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](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto:info@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. The Maximum Weight Capacity is 300 lbs.
13. Read all warnings posted on the exercise bike.
14. Inspect the machine for worn or loose component prior to use. Tighten/replace any loose or wore components prior to use.
15. Care should be taken in mounting or dismounting the machine.
16. This exercise machine is for consumer 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.**

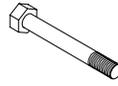
**SAVE THESE INSTRUCTIONS.**

# HARDWARE PACK

**Part# Description**

**Identifier**

#19 M10 x 3 1/8" Hex Bolt



#16 M10 x 3 3/8" Hex Bolt



#3 M10 x 3 1/8" Carriage Bolt



#4 M10 Acorn Nut



#21 M10 Nylon Nut



#18 Bolt Cap



#17 Ø 3/4" Flat Washer



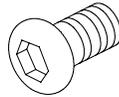
#5 Ø 1" Bent Washer



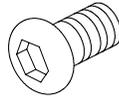
#14 Ø 1/2" Bent Washer



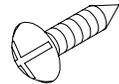
#22 M10 x 3/4" Allen Bolt



#13 M6 x 5/8" Allen Bolt



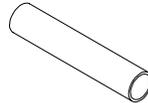
#15 Philips Screw



#23 M6 x 2 1/8" Philips Screw



#20 Axle



#33 Ø 3/4" Bent Washer



ALLEN WRENCH (L6)



ALLEN WRENCH (L4)



# ASSEMBLY INSTRUCTION

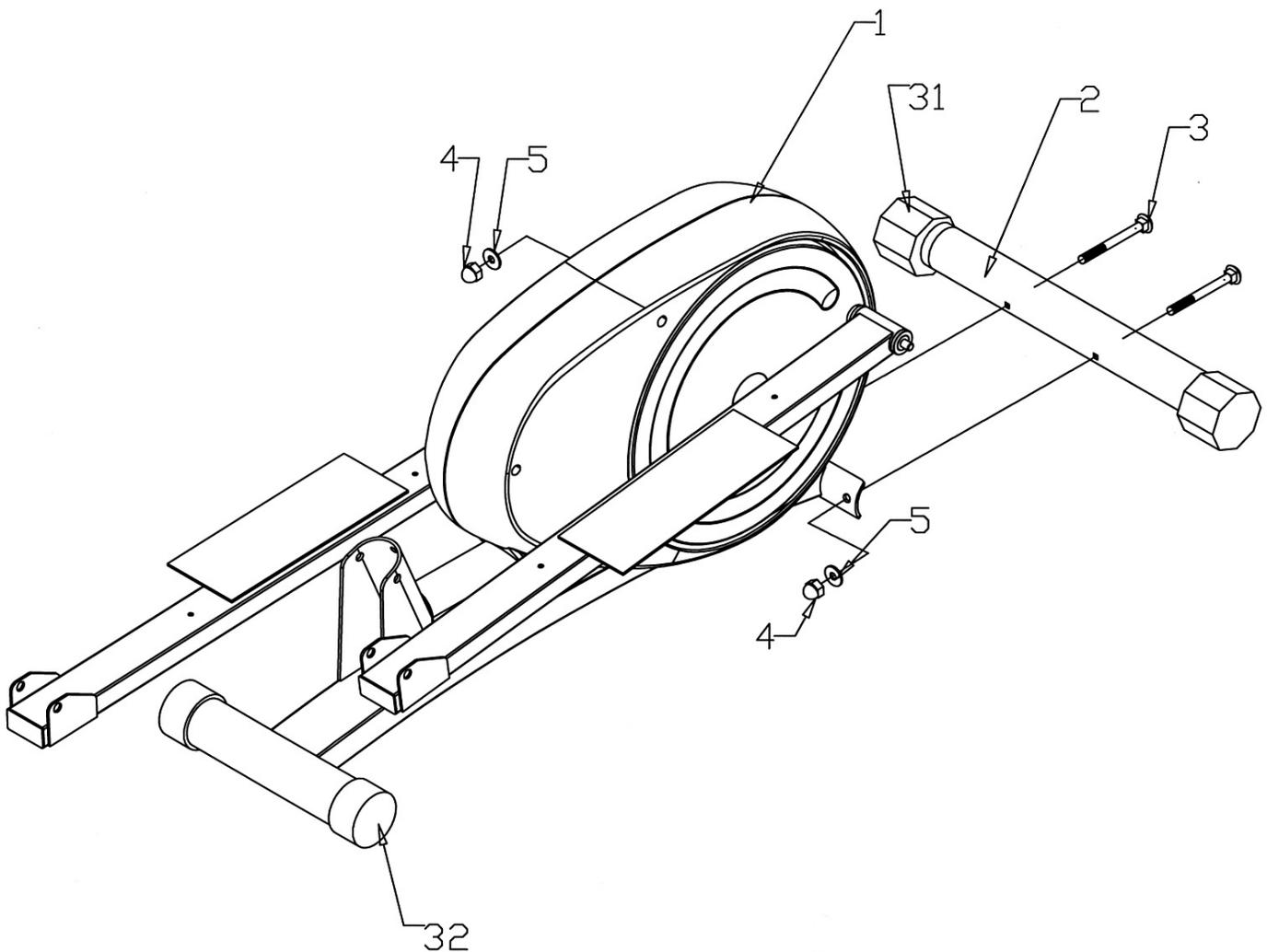
**Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.**

**NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.**

## STEP 1 (See Diagram1)

- A.) Attach the Rear Stabilizer (#2) to the Main Frame (#1). Secure it with two M10 x 3 1/8" Carriage Bolts (#3),  $\varnothing$  1" Bent Washers (#5), and M10 Acorn Nuts (#4).
- B.) Plug the Rear Stabilizer End Caps (#31) onto both ends of Rear Stabilizer (#2). Set the equipment on a flat surface. If the floor is uneven, rotate the Caps to level the machine.

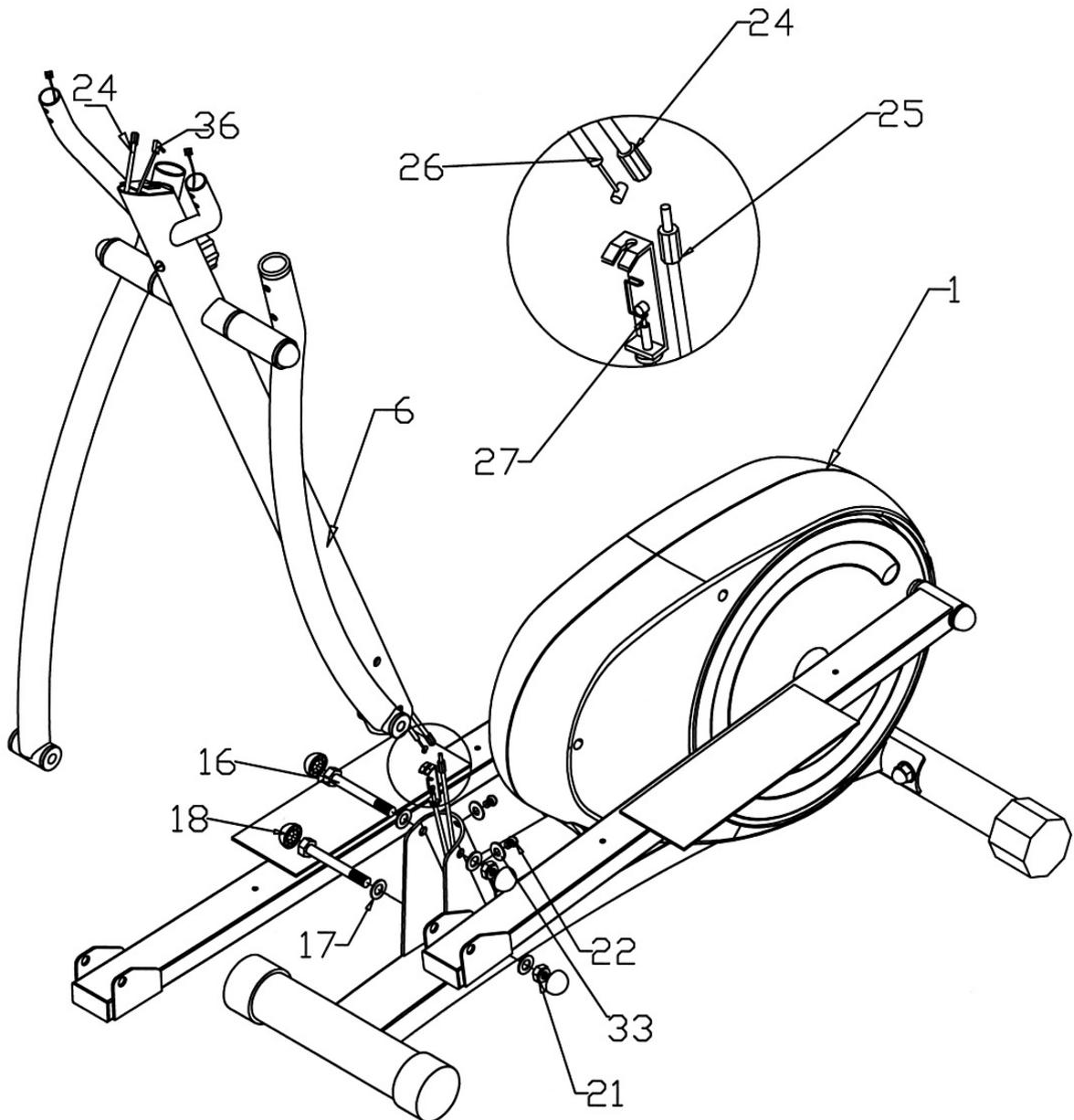
**Diagram 1**



## STEP 2 (See Diagram 2)

- A.) Attach the Front Post (#6) to the Main Frame (#1). Connect the Middle Computer Sensor Wire (#24) to the Lower Computer Sensor Wire (#25). Connect the Upper Tension Connector (#26) to the bracket on the Lower Tension Connector (#27). The exercise tension can be adjusted by using the Tension Adjustment Knob on the Front Post.
- B.) Insert the Front Post into the open bracket on the Main Frame. Secure it with two M10 x 3 3/8" Hex Bolts (#16), four Ø 3/4" Flat Washers (#17) and two M10 Nylon Nuts (#21). Then secure the front with two M10 x 3/4" Allen Bolts (#22) and Ø 3/4" Bent Washers (#33). Cover each end of the Hex Bolts with four Bolt Caps (#18).

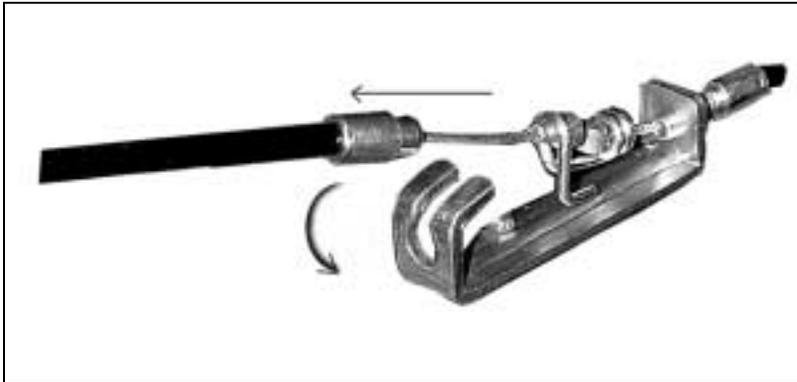
### DIAGRAM 2



## HOW TO CONNECT TENSION CONNECTOR



Slide the Cable wire from the Upper Tension Connector in between the opening on the wire holder on the Lower Tension Connector.



Pull the Upper Tension Connector backward and slide the wire through the slot on the bracket.



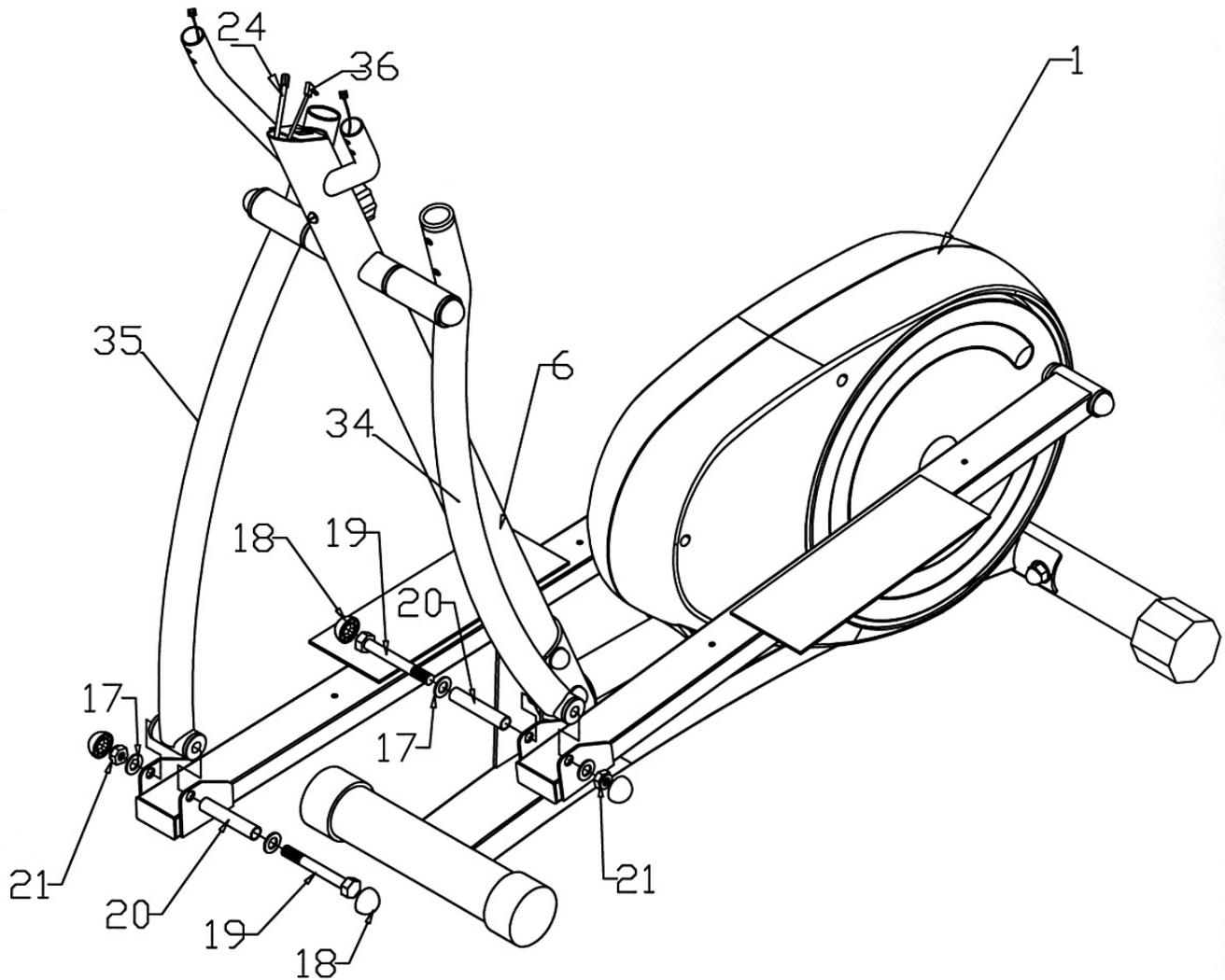
Drop down the Connector so the fitting sits firmly on top of the bracket.

**NOTE: TO be able to hold the Computer Post while connecting the cable and wire, extra help may be needed.**

**STEP 3 (See Diagram 3)**

- A.) Attach the Right Connecting Rod (#35) to the Right Pedal Arm. Secure it with one Axle (#20), one M10 x 3 1/8" Hex Bolt (#19), two Ø 3/4" Flat Washers (#17), and one M10 Nylon Nut (#21). Cover each end of the Hex Bolt with a Bolt Cap (#18).
- B.) Repeat the Procedure above to install the other side.

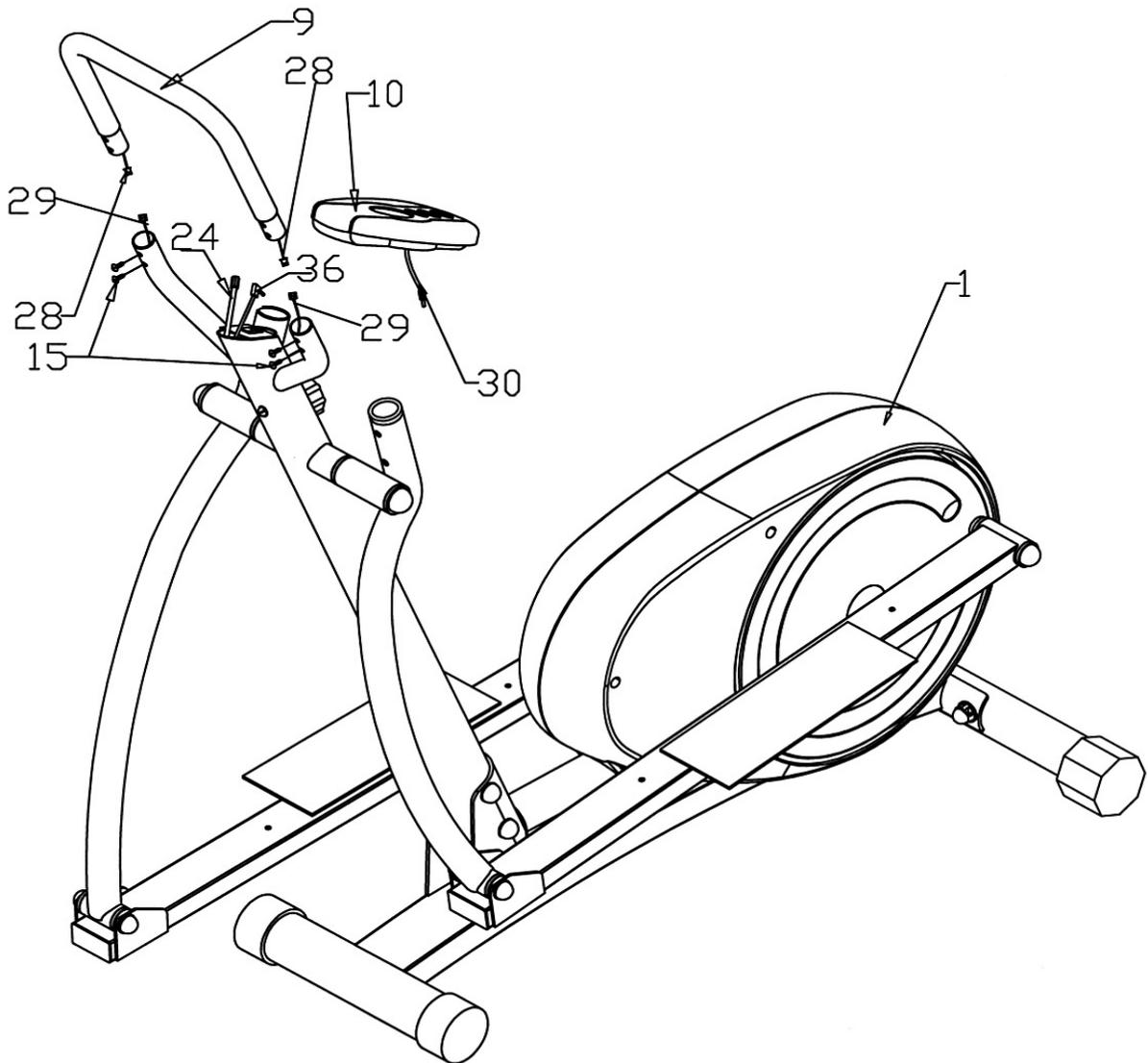
**DIAGRAM 3**



#### STEP 4 (See Diagram 4)

- A.) Connect the Upper Pulse Sensor Wire (#28) from the Fix Handle (#9) to the Lower Pulse Sensor Wire (#29).
- B.) Attach the Fix Handle (#9) to the Front Post (#6). Secure it with four Philips Screws (#15).
- C.) Plug the Pulse Sensor Wire (#36) into the Computer (#10). Connect the Middle Computer Sensor Wire (#24) to the Upper Computer Sensor Wire (#30) from the Computer (#10). Hide all the wires into the Post.
- D.) Attach the Computer (#10) to the Front Post (#6).

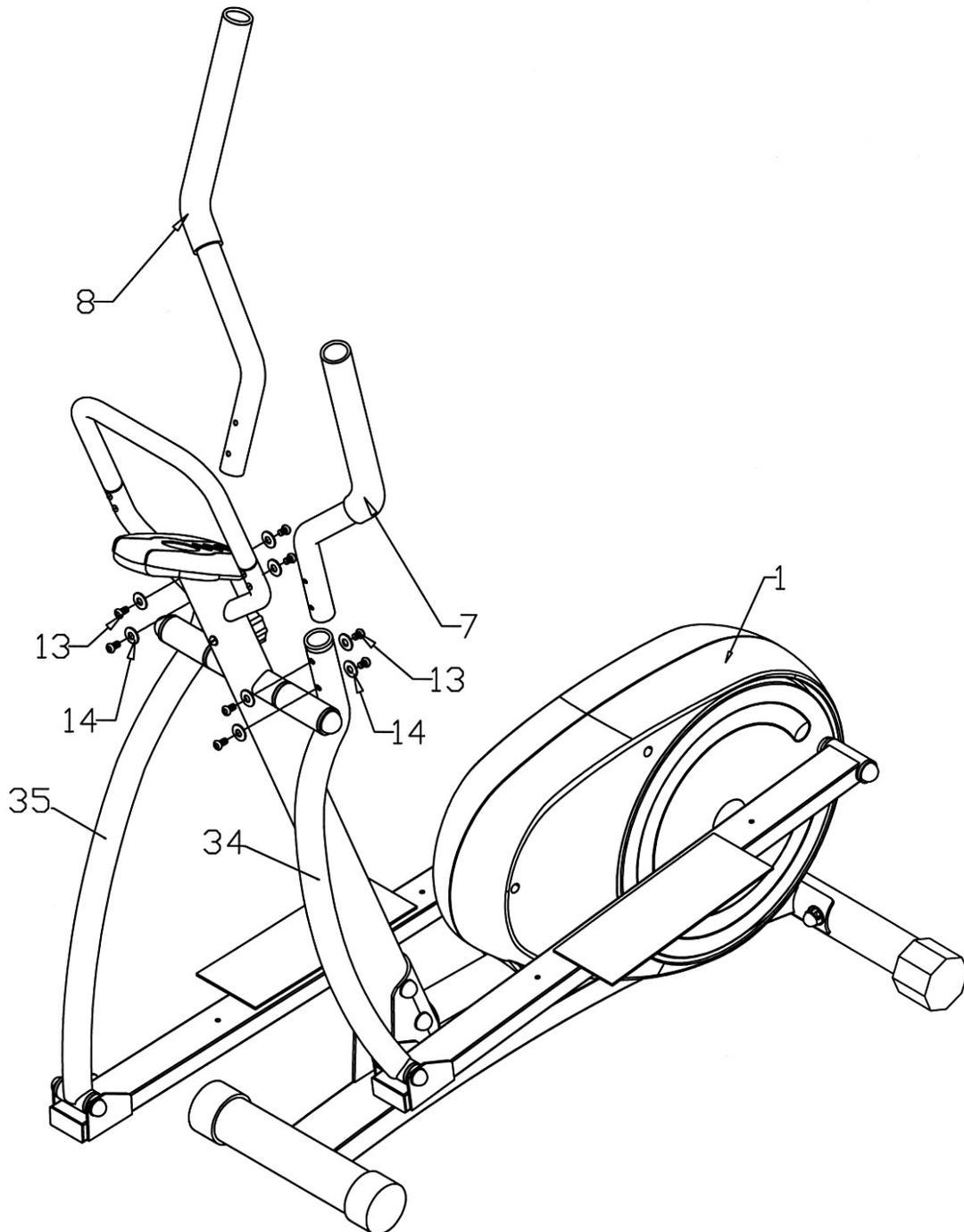
**DIAGRAM 4**



**STEP 5 (See Diagram 5)**

- A.) Attach the Left Handle (#7) to the top of the Left Connecting Rod (#34).  
Secure it with Four M6 x 5/8" Allen Bolts (#13) and Ø 1/2" Bent Washers (#14).
- B.) Repeat the Procedure above to install the side.

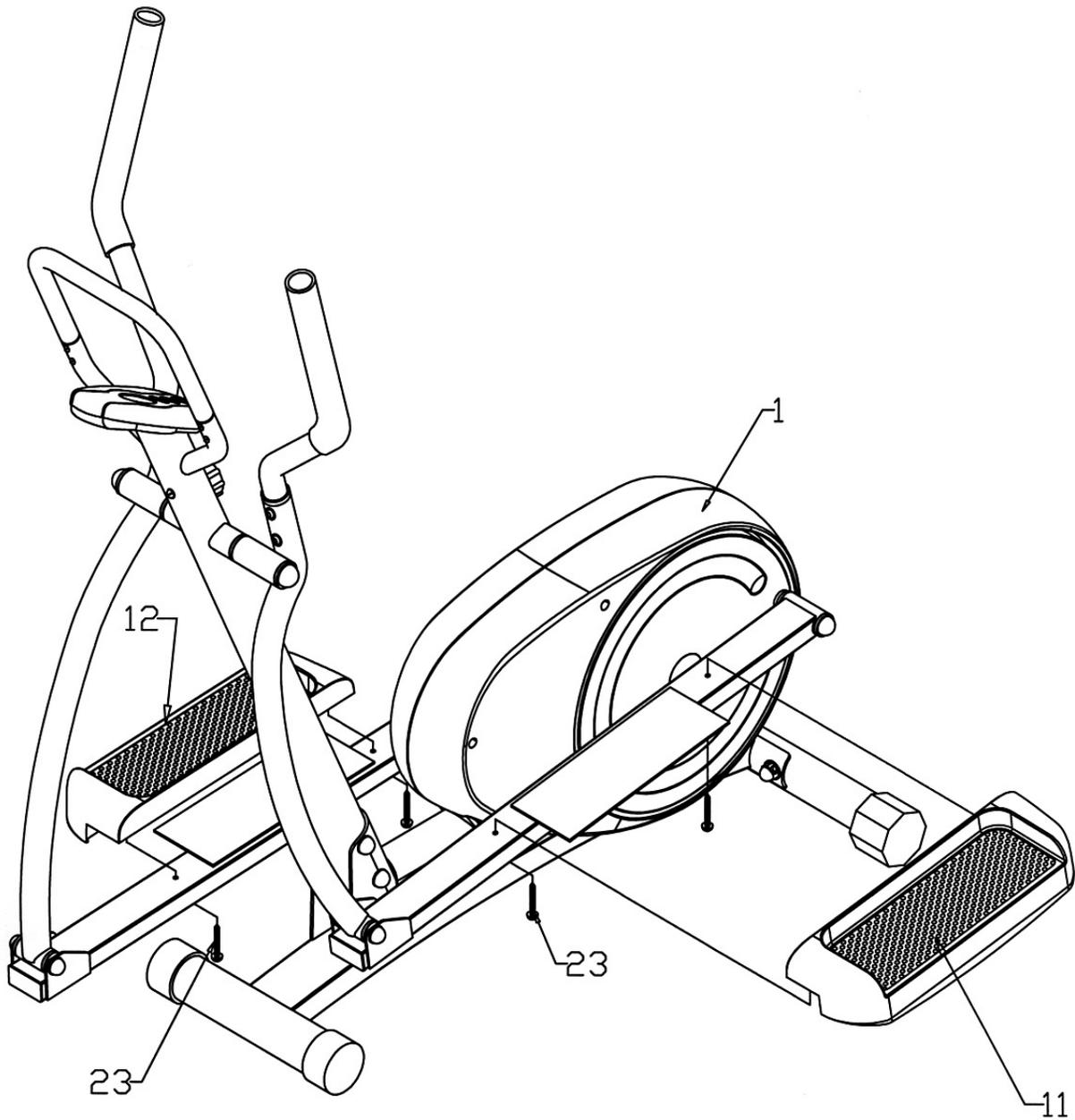
**DIAGRAM 5**



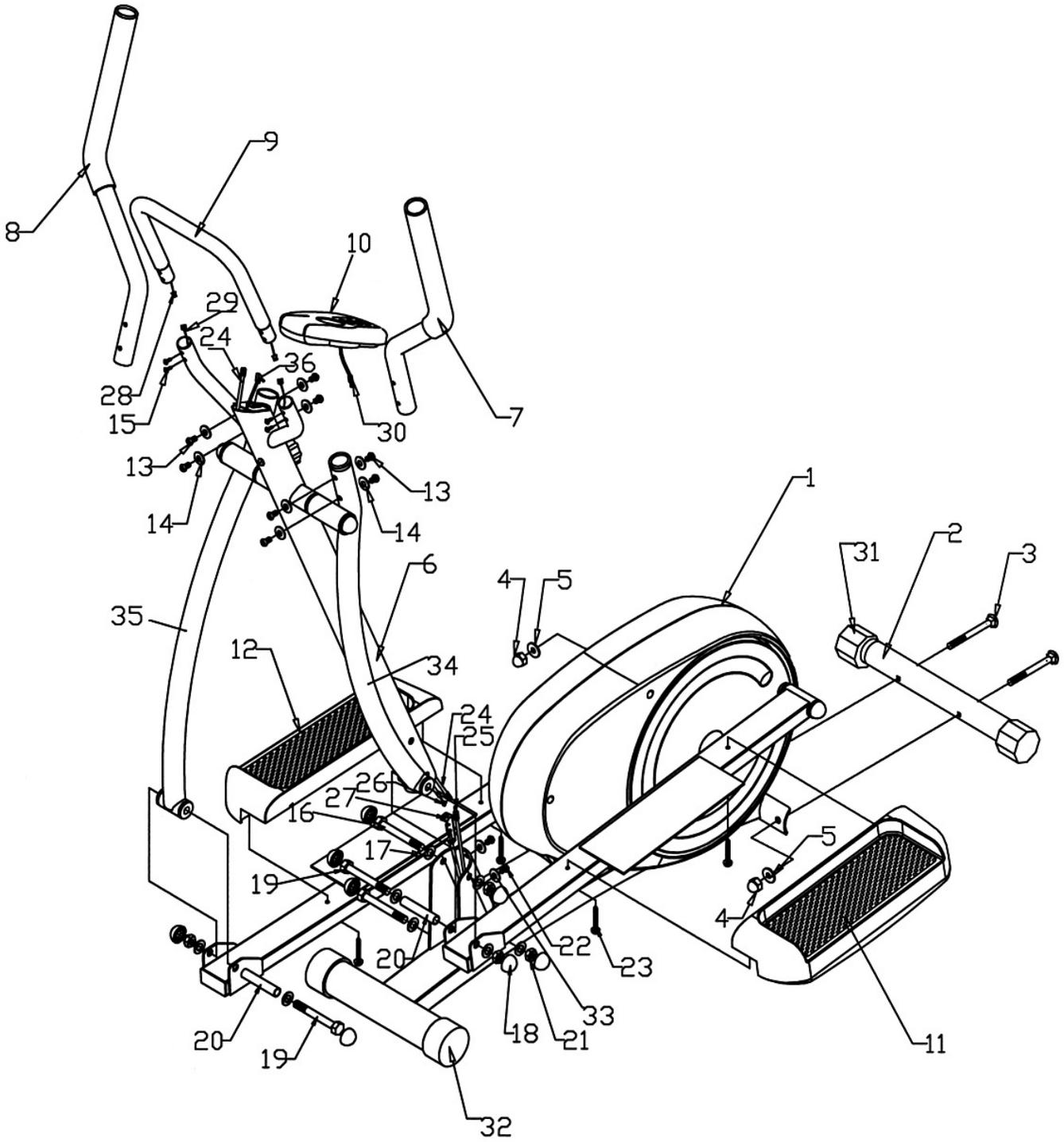
## STEP 6 (See Diagram 6)

- A.) Place the Left Pedal (#11) onto the Left Pedal Arm on the Main Frame.  
Secure it with two M6 x 2 1/8" Philips Screws (#23).
- B.) Repeat the Procedure above to install the other side.

### DIAGRAM 6



# EXPLODED DIAGRAM



## PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Main Frame	1
2	Rear Stabilizer	1
3	M10 x 3 1/8" Carriage Bolt	2
4	M10 Acorn Nut	2
5	Ø 1" Bent Washer	2
6	Front Post	1
7	Left Handle	1
8	Right Handle	1
9	Fixed Handle	1
10	Computer	1
11	Left Pedal	1
12	Right Pedal	1
13	M6 x 5/8" Allen Bolt	8
14	Ø1/2" Bent Washer	8
15	Philips Screw	4
16	M10 x 3 3/8" Hex Bolt	2
17	Ø 3/4" Flat Washer	8
18	Bolt Cap	10
19	M10 x 3 1/8" Hex Bolt	2
20	Axle	2
21	M10 Nylon Nut	4
22	M10 x 3/4" Allen Bolt	2
23	M6 x 2 1/8" Philips Screw	4
24	Middle Computer Sensor Wire	1
25	Lower Computer Sensor Wire	1
26	Upper Tension Connector	1
27	Lower Tension Connector	1
28	Upper Pulse Sensor Wire	2
29	Lower Pulse Sensor Wire	2
30	Computer Sensor Wire	1
31	Rear Stabilizer End Cap	2
32	Roller Cap	2
33	Ø3/4" Bent Washer	2
34	Left Connecting Rod	1
35	Right Connecting Rod	1
36	Pulse Sensor Wire	1

# COMPUTER



## **DETAIL OF OPERATION:**

### **SET CLOCK:**

Once the batteries are installed, the Hour digit starts flashing. Press UP or DOWN button to set the hour and then press ENTER. After the Hour is set, the Minute digit starts flashing. Press UP or DOWN button to set the minute then press ENTER.

Note: If you made a mistake or would like to re-set the clock, remove the batteries then start over.

### **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. During the off mode, the Clock and Temperature will display.

### **DISPLAY:**

<b>Temperature</b>	Display room temperature when the unit is not in use.
<b>Speed</b>	Display the current speed in Mile per Hour.
<b>Speed Zone</b>	Display the progress of speed.
<b>Distance</b>	Display the distance traveled in Miles.
<b>Time</b>	Display the elapsed time.
<b>Calories</b>	Display the calorie consumption.
<b>Pulse</b>	Display the current Heart Rate.

### **REPLACE BATTERY:**

1. Remove the battery cover on the back of the computer.
2. Replace two 1.5V (AA) batteries.
3. Make sure the batteries are installed correctly and the polarities are correct.
4. If the display is not clear or only partial segments appeared, remove the batteries and wait for 15 seconds before re-install them.
5. The battery life is approx. 3 months under normal usage.
6. When the batteries are removed, all functional values will reset to zero.

# **Operating the Computer**

## **Count Up**

The computer can be turned on by pressing any of the three keys or by simply pedaling the bike. The values for Time, Dist, and Cal will start from Zero and accumulates upward. To reset all values back to Zero, Press and Hold Down the Enter key for two seconds.

## **Count Down**

By pre-setting a value in the computer, the function will count down from the preset value back to Zero. When the value reaches Zero, the alarm will go off.

For example, you want to work out for 5 minutes. Press the Enter key so the Time starts flashing. Press Up key until 5:00 shows up. Press Enter. You can repeat the same procedure to enter Distance, Calorie and Pulse. By pre-setting a Pulse value in the computer, the Pulse display will start flashing when your heart rate reaches the value. This will help you to maintain the heart rate if you are doing a "Target Heart Rate Training."

## **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.**

# **Maintenance and Storage**

- 1. Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.**
- 2. The bike can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.**
- 3. Lubricate the chain every six months with WD-40 or light oil.**
- 4. Store the machine IN-DOOR. Excess moisture and water would cause rust on the frame.**
- 5. The machine 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.**
- 6. To avoid possible injury, the help of two or more people are needed when moving the machine around.**

# **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](http://www.impex-fitness.com)

**IMPEX INC.**  
**14777 Don Julian**  
**City of Industry, CA 91746**

### **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.  
**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

When ordering replacement parts, always give the following information.

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