

Attention:

Please read all instructions carefully before using the product.

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Model:

**CAMAUB-7049W
ARROW**

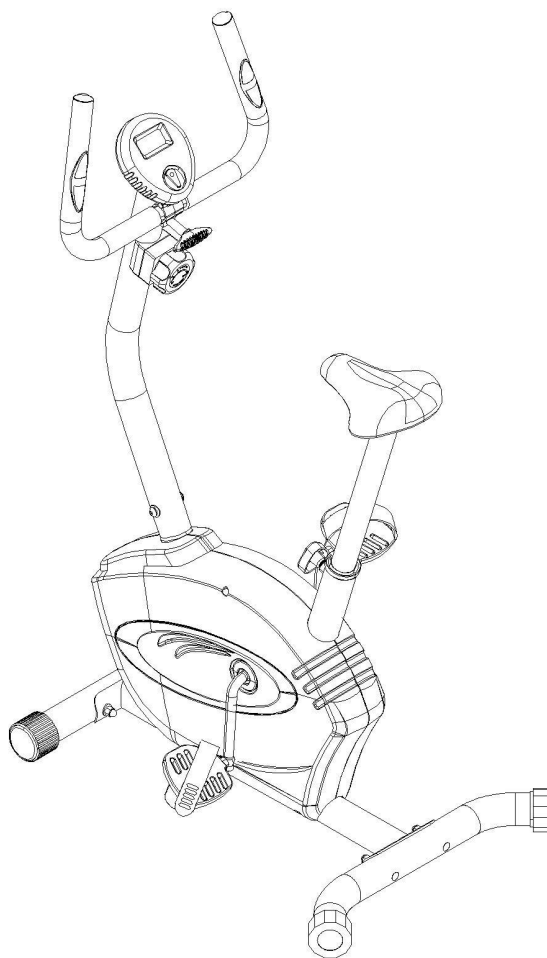
Retain this
manual for
reference

**OWNER'S
MANUAL**

**MARCY®**

ARROW

Upright Bike



Pure-Tec Limited

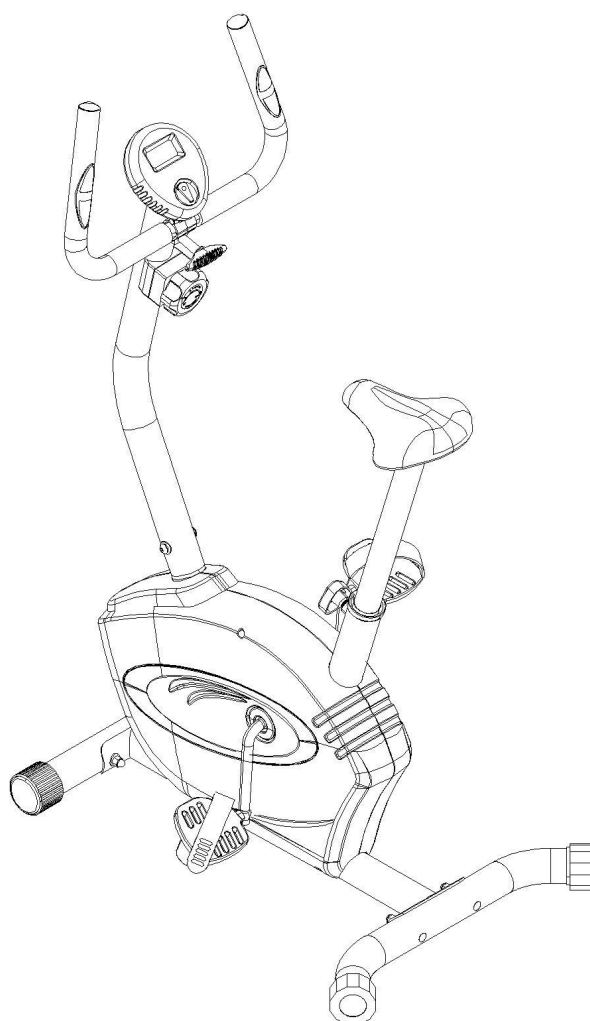
www.puretecfitness.com

Email: service@puretecfitness.com

Important – Please read these instructions fully before assembly or use.

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Safety Information

Important – Please read fully before assembly or use

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Marcy Bike. In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed on pages 3 and 4, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could choke them if swallowed.
- Make sure you have enough space to lay out the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- This equipment must be built and used on a stable and level surface.
- Dispose of all packaging carefully and responsibly.

Using

- Keep unsupervised children away from the equipment.
- Injuries to health may result from incorrect or excessive training.
- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. **Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises as part of a proper warm up.

- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for a maximum user weight of **120kgs**.
- This product conforms to: BS EN ISO 20957-1 and BS EN957-5 Class (H) - Home Use - Class (C).
- The braking system is adjustable.

Warning:

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, if they have been given instructions or are supervised in the use of the appliance in a safe way and understand the hazards involved.
- Children must not play with the appliance.
- Cleaning and user maintenance must not be done by children without supervision.
- The appliance must only be used with the detachable power supply unit provided.



Warning: Before beginning any exercise program, consult your doctor. This is especially important for persons over the age of 35, or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment.

Components - Parts

If you have any damaged or missing parts, please contact our Solution Department at: service@puretecfitness.com

Please check you have all parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Puretec Ltd regarding any missing components.

Total weight of the product is 21kg. Footprint of the product is 95cm × 59.5cm × 123cm.

Components - Fixings

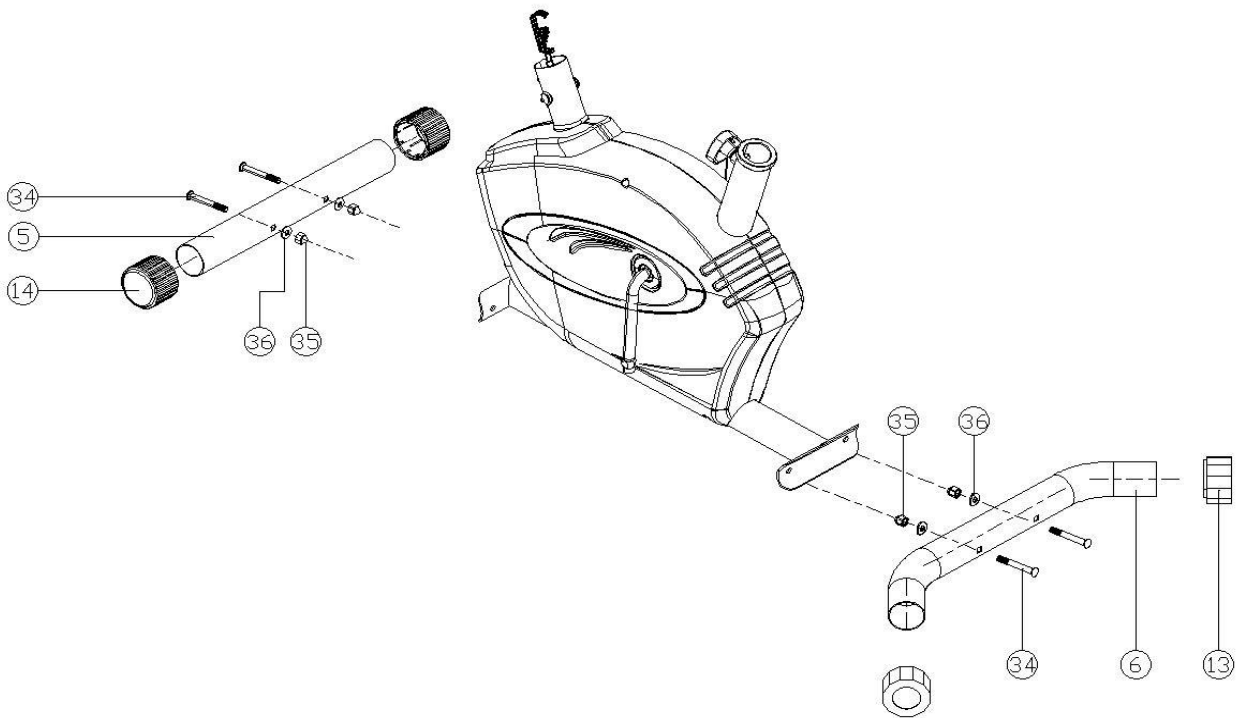
Please check you have all parts listed below

Note: The quantities below are the correct amount needed to complete the assembly. In some cases more hardware may be supplied than is required. Some of the fixings are pre-fitted to the larger components.

PARTS NO.	DESCRIPTION	QTY	PICS
34	SCREW M8*65	4	
35	NUT M8	4	
36	Φ20*Φ8.5*T1.5 CURVED WASHER	8	
37	M8*15 SCREW	4	
62	SPANNER 5#	1	
63	13-14-15# SPANNER		

Assembly Instructions

1

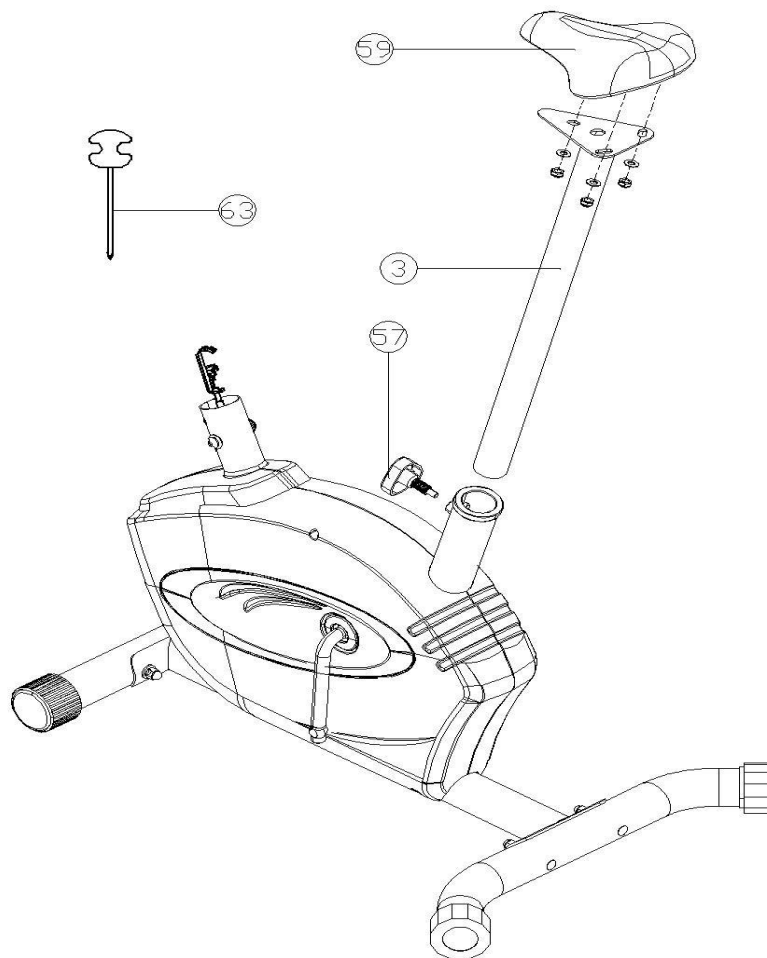


Step 1

Attach the Front Stabilizer (**pt. 05**) and the Rear Stabilizers (**pt. 06**) to the Main Frame (**pt. 01**) using four sets of Screws (**pt. 34**), Nuts (**pt. 35**) and Curved Washers (**pt. 36**)

Assembly Instructions

2

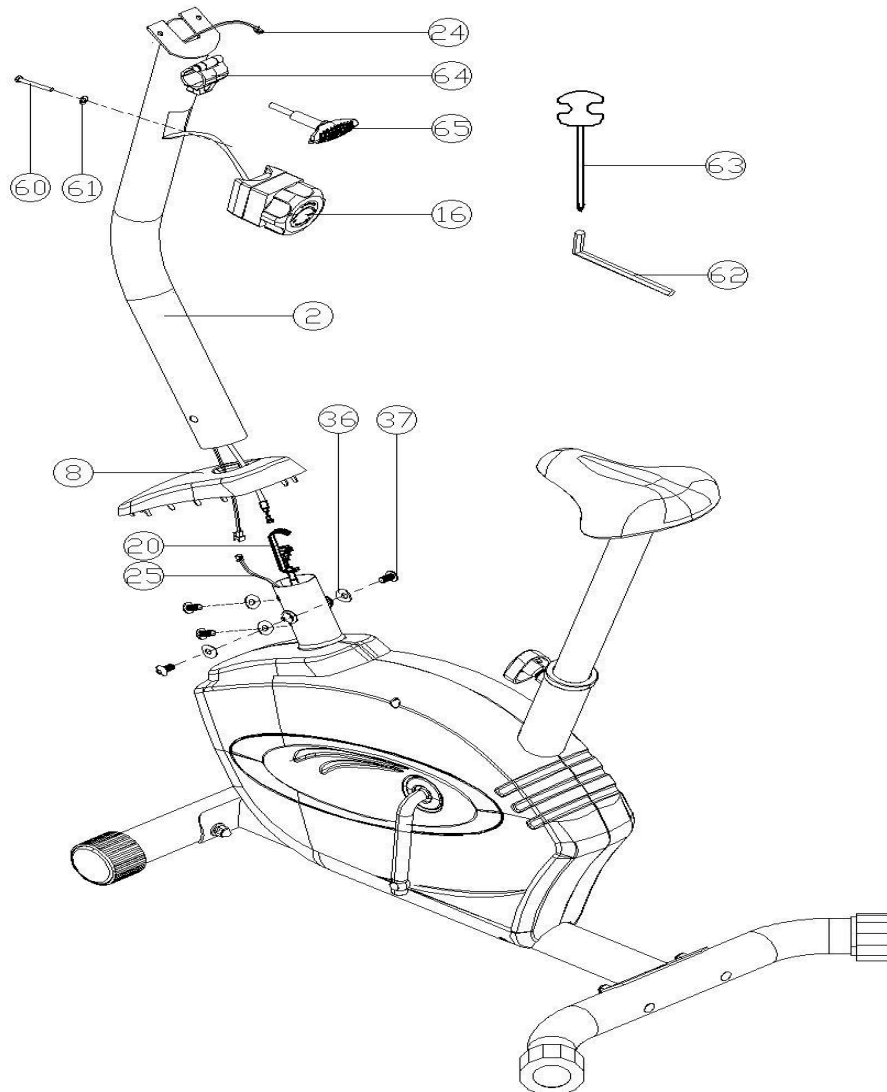


Step 2

- A. Fix the Seat (**pt.59**) to the Seat Post (**pt.03**) by using the three sets of Flat Washers and Nuts (**pt.40**) located under the seat.
- B. Insert the Seat Post (**pt.03**) into the Main Frame and line up the holes. (The correct height adjustment can be made when the bike is fully assembled.) Secure the seat in position with the Tension Knob (**pt.57**). You can adjust the knob to suit for the height of saddle that you need.

Assembly Instructions

3



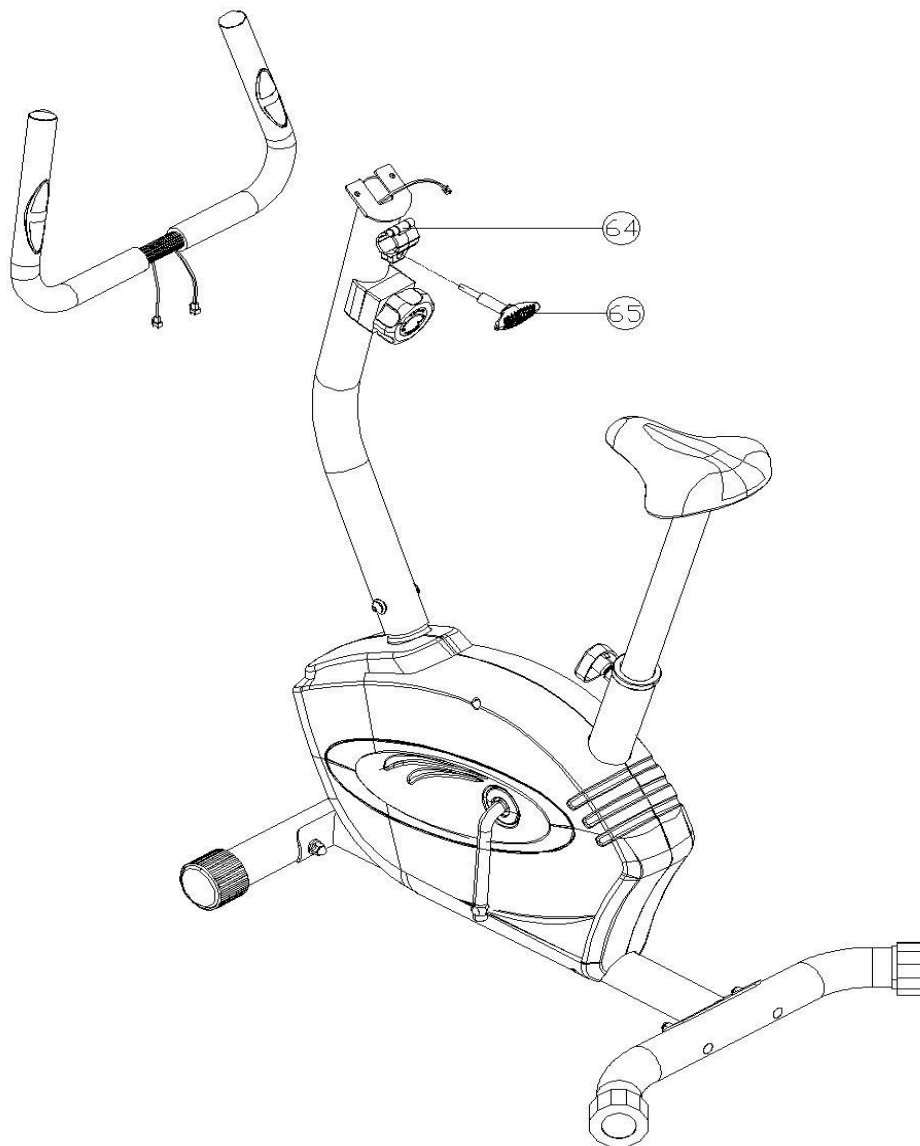
Step 3

Take the Front Post (**pt.02**) and join the Upper Computer Sensor Wire (**pt.24**) with the Lower Computer Sensor Wire (**pt.25**). Then fix the Front Post (**pt.02**) to the Main Frame (**pt. 01**) by using a Curved Washer (**pt.36**) and Screw (**pt.37**) .

Fix the 8 Level Tension Knob (**pt.16**) to the Front Post (**pt.02**) with Curved Washer (**pt.61**) and Screw (**pt.60**).

Assembly Instructions

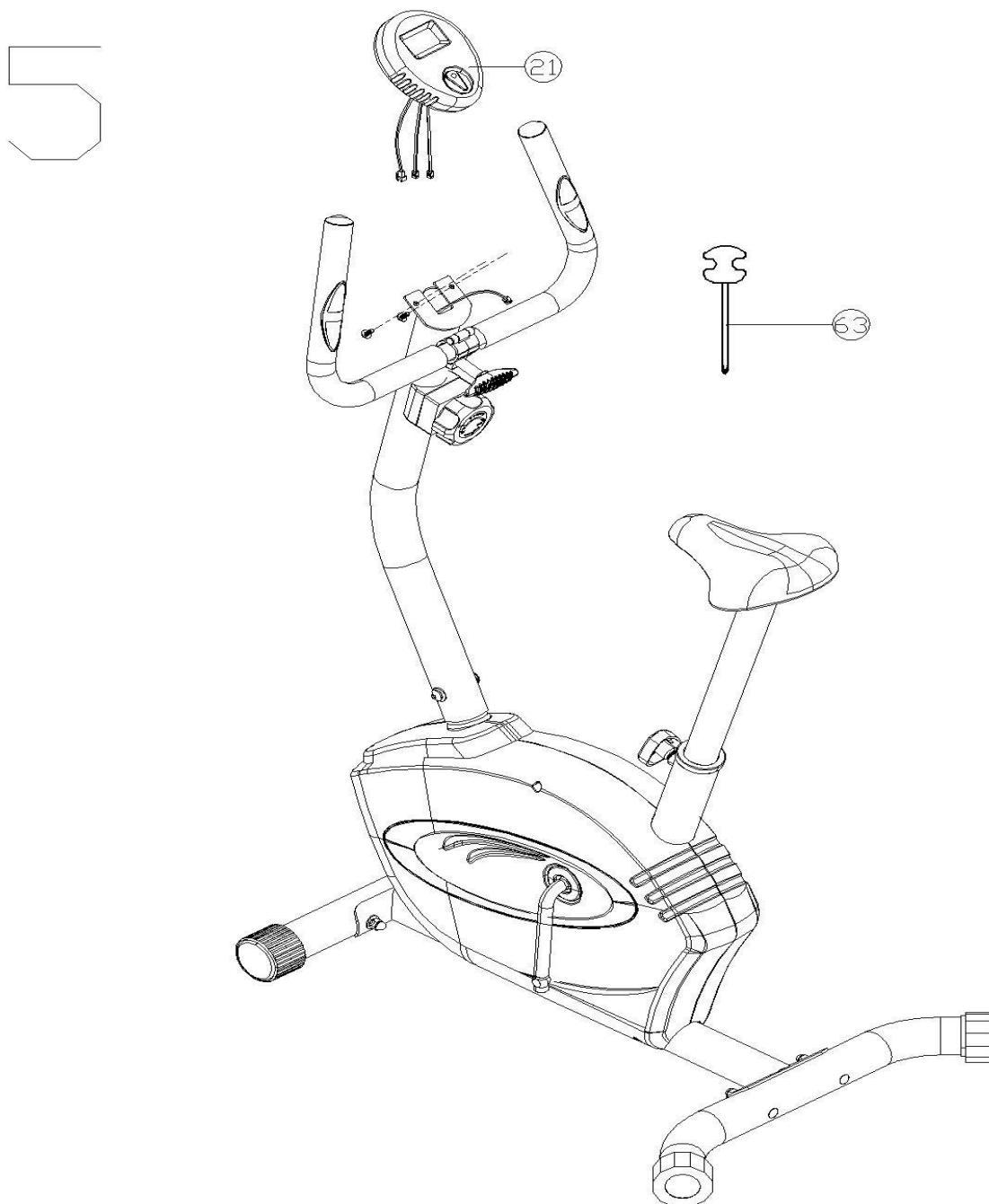
4



Step 4

Attach the Handlebars to the Front Post (**pt.64**), by using T Type Knob (**pt.65**).When you ride the bike,you can loosen or tighten the T type knob in order to adjust the angle of the handlebars according to the position of your body, so that you can exercise comfortably.

Assembly Instructions

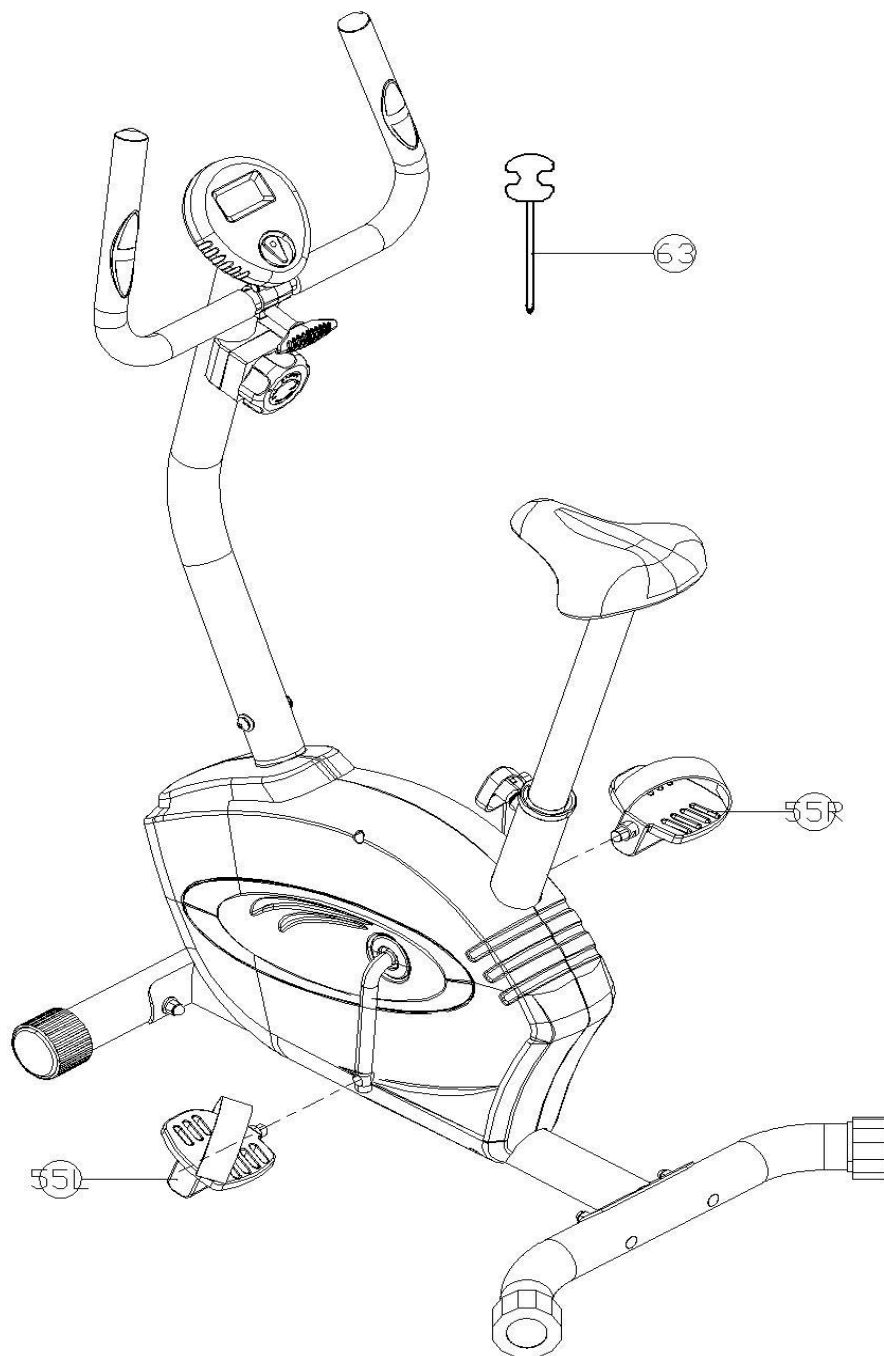


Step 5

Connect the three cables first, then install the computer (**pt.21**) on the front post, by using and tightening the screws.

Assembly Instructions

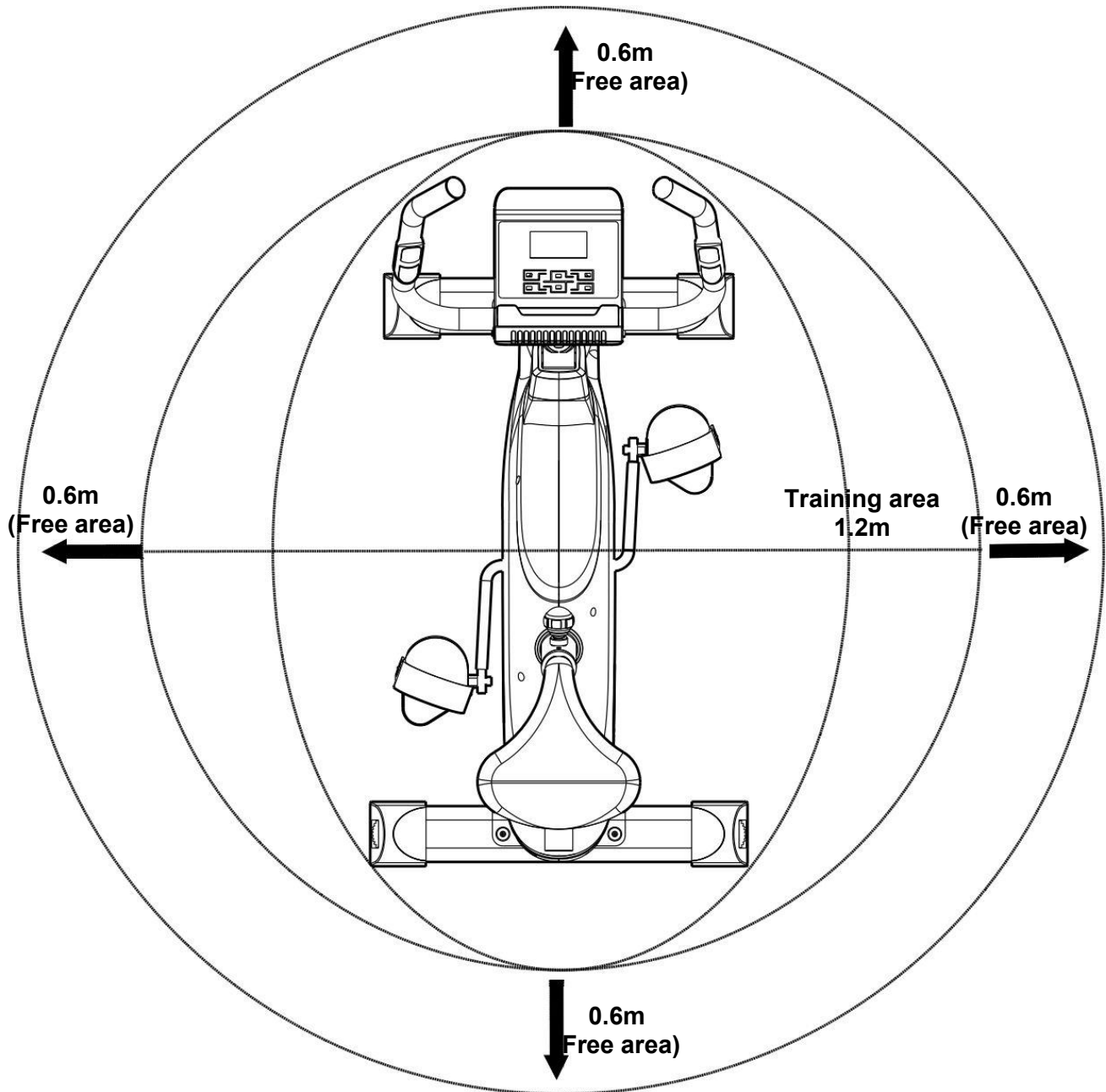
6



Fix the Left Pedal (**pt.55**) to the Left Crank, then fix the Right Pedal (**pt.55**) to the Right Crank.

Workout Area

The free area must be at least 0.6m greater than the training area in the directions from which the equipment is accessed. The free area is the place where you can dismount in an emergency. Where two pieces of equipment are positioned adjacent to each other the amount of the free area may be shared.



Computer Operation

Functions and Operations

SPECIFICATIONS:

TIME.....	00:00-99:59
SPEED.....	0.0-99.9 KM/H or M/H
DISTANCE.....	0.00-999.9 KMS or MILES
ODOMETER * (IF FITTED).....	0-9999 KMS or MILES
PULSE * (IF FITTED).....	40-240 BPM
CALORIES (CAL).....	0-9999 KCAL

KEY FUNCTIONS:

MODE: This key lets you to select and lock in the particular function you want.

OPERATIONAL PROCEDURES:

1. AUTO ON/OFF:

The system turns on when any key is pressed or when it receives a signal input from the speed sensor. The system turns off automatically when the sensor has no signal input or no keys are pressed for approximately 4 minutes.

2. RESET:

The unit can be reset by changing the battery or pressing the mode key for 3 seconds

3. MODE:

To choose the SCAN, or LOCK if you do not want the scan mode, press the MODE key when the pointer is on the function you want, which then begins blinking.

4. FUNCTIONS:

TIME: Press the MODE key until the pointer advances to TIME. The total workout time will be shown.

SPEED: Press the MODE key until the pointer advances to SPEED. The total workout time will be shown.

DISTANCE: Press the MODE key until the pointer advances to DISTANCE. The distance of each workout will be displayed.

ODOMETER: Press the MODE key until the pointer advances * (IF FITTED) to ODO METER. The total distance covered will be shown.

PULSE: Press the MODE key until pointer advances *(IF FITTED) to PULSE. User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads (or put an ear-clip to your ear), and wait for 30 seconds for the most accurate reading.

Computer Operation

Functions and Operations

CALORIES: Press the MODE key until the pointer advances to CALORIES. The calories burned will be displayed.

SCAN: Automatic display of the following functions:

in the order shown: **TIME**----**SPEED**----**DISTANCE**---- **PULSE**-(if fitted)----**CALORIES**
(repeat).

BATTERY

This monitor uses two batteries. If the display on the monitor is not correct, please reinstall the batteries to get the correct display.

5. Adjust Resistance

Adjust the Tension Dial, you can change the resistance level. The numbers 1 to 8 are the level of resistance, the bigger the number the greater the resistance. You can adjust the resistance depending on the requirements.

Exercise Information

Before starting your exercise

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and gradually increase your time on the equipment; a few minutes per workout increase is advisable.

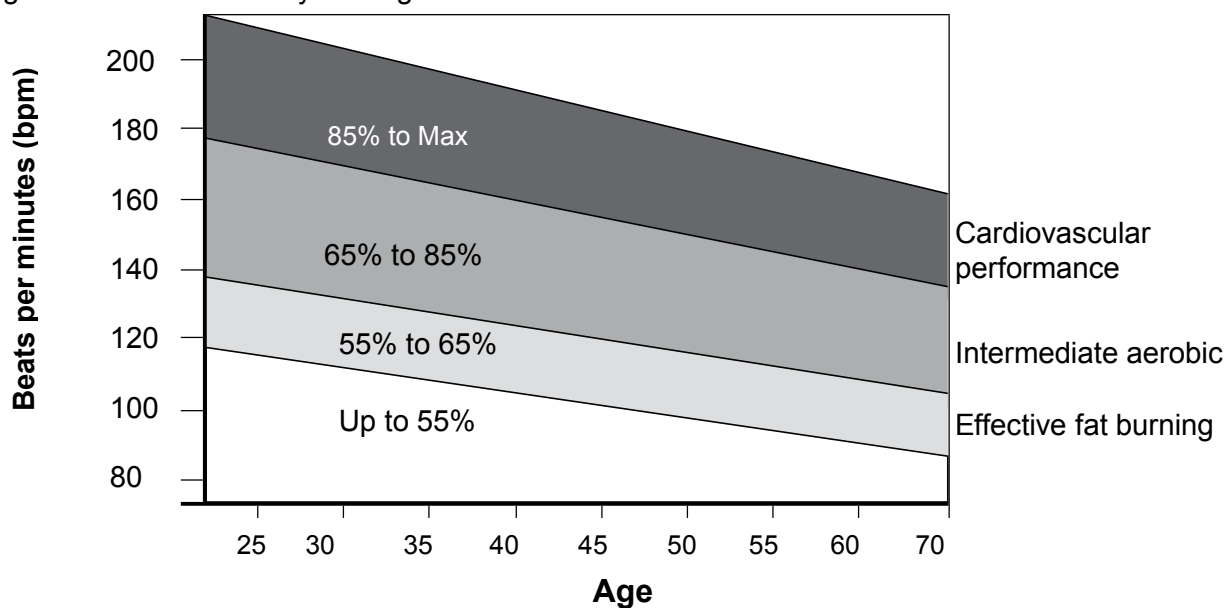
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of the workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual.

Exercise intensity

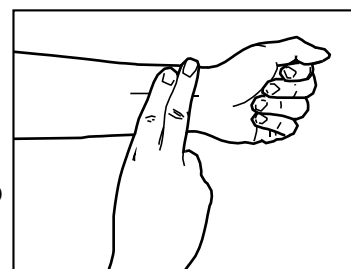
To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or keep walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

(A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the required level.



Exercise Information

Muscle Chart

Aerobic Exercise

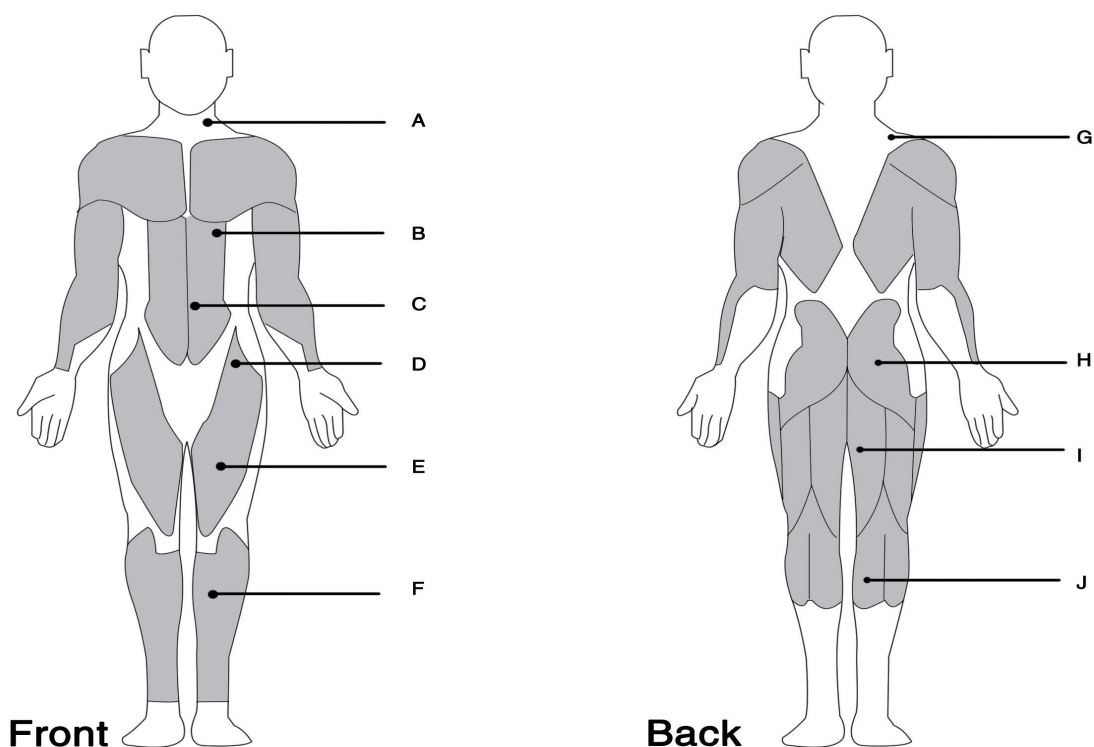
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttocks, for example.) Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

Weight Training

Along with aerobic exercising, which helps get rid of, and keeps off, the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscles. If you are working above your target zone, you may want to do a lower number of reps. As always, consult your doctor before beginning any exercise program.

Targeted Muscle Groups

The exercise routine that is performed on the Exercise Bike ARROW will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



A: Trapezius

B: Serratus Anterior

C: Abdominal

D: Sartorius

E: Quadriceps

F: Tibialis anterior

G: Trapezius

H: Gluteals

I: Hamstrings

J: Gastrocnemius

Exercise Information

Warming up and cooling down exercises

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

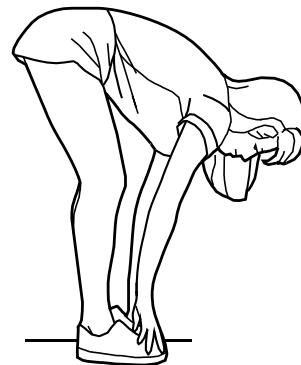
Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for a count of 15, then relax.

Repeat 3 times.

Stretches: Hamstrings, backs of knees and back.



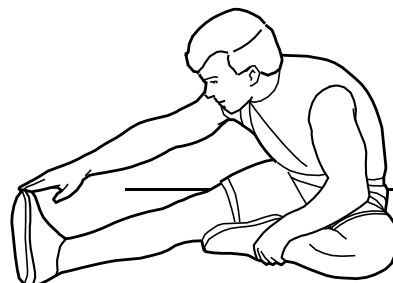
Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot towards you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for a count of 15, then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



Exercise Information

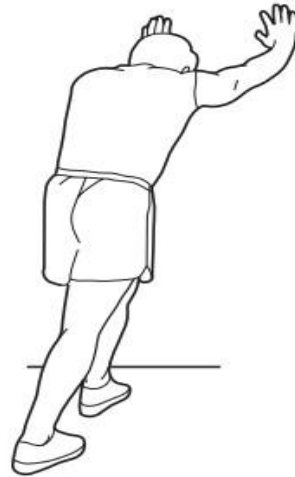
Calf/Achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips towards the wall.

Hold for a count of 15, then relax.

Repeat 3 times for each leg. To further stretch the Achilles tendons, bend your back leg as well.

Stretches: Calves, Achilles tendons and ankles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttocks until you feel a gentle stretch in the target area.

Hold for a count of 15, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



Inner thigh stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet towards your groin area as far as possible, and push your knees down towards the ground.

Hold for a count of 15, then relax.

Repeat 3 times.

Stretches: Quadriceps and hip muscles.



Care and Maintenance

1. Examine the equipment periodically in order to detect any damage or wear.

The safety level of the equipment can be maintained only if it is examined regularly for any damage and wear, e.g. connection points.

2. Lubricate moving parts with light oil periodically to prevent premature wear.

3. Inspect and tighten all parts before using the equipment, Replace defective components immediately and keep the equipment out of use until repair. Pay special attention to components most susceptible to wear.

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product, or if you think that you may have parts missing, **contact Puretec Ltd Solutions Department at : service@puretecfitness.com**

Guarantee:

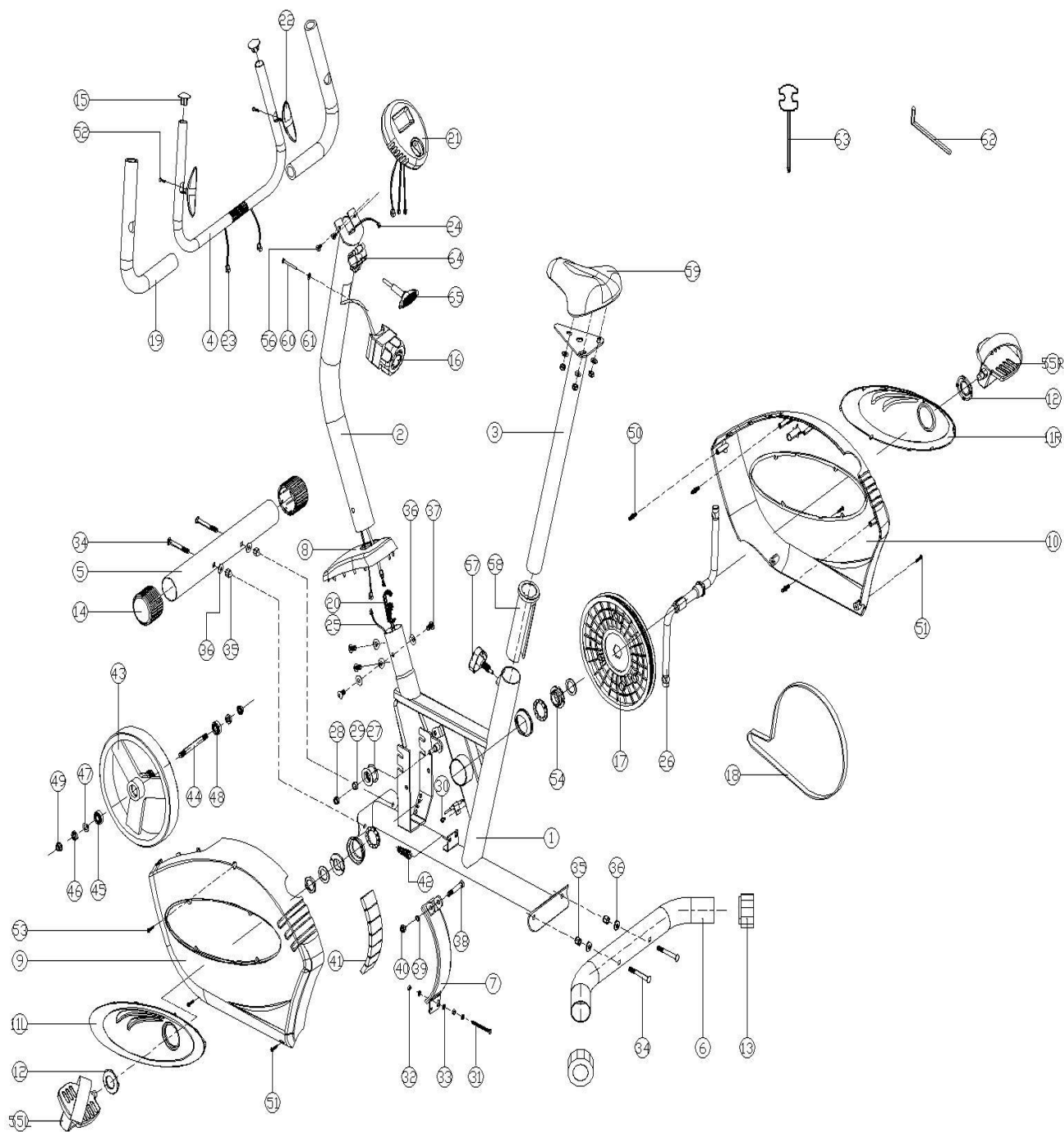
For guarantee purposes, please retain your purchase receipt

Information for Users on Disposal of old Equipment (European Union only)

These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product, please consider the collection systems or facilities for appropriate recycling.



Exploded Parts Diagram



Exploded Parts List

Part	Description	QTY	Part	Description	QTY
01	MAIN FRAME	1	33	M6 WASHER	3
02	FRONT POST	1	34	M8*65 SCREW	4
03	SEAT POST	1	35	M8 NUT	4
04	HANDLEBAR	1	36	Φ20*Φ8.5*T1.5 CURVED WASHER	9
05	FRONT STABILIZER	1	37	M8*15 SCREW	5
06	REAR STABILIZER	1	38	M8*50 SCREW	1
07	MAGNETIC STEEL FRAME	1	39	Φ20*Φ8.5*T1.5 FLAT WASHER	4
08	HANDRAIL PIPE COVER	1	40	NUT M8	4
09	LEFT CHAIN COVER	1	41	Magnet	8
10	RIGHT CHAIN COVER	1	42	PULL-OUT SPRING	1
11	CIRCULAR COVER	2	43	FLY WHEEL	1
12	Crank Spacer	2	44	Φ10 Axle	1
13	REAR END CAP	2	45	Bearing 6000	2
14	FRONT END CAP	2	46	Flange Nuts 3/8"-26	2
15	CURVED Cover	2	47	JUMP SPRING	1
16	EIGHT LEVEL TENSION KNOB	1	48	Bearing 6000	1
17	Φ220-J6 BELT PULLEY	1	49	Flange Nuts 3/8"-26	2
18	340-J5 BELT	1	50	CHAIN COVER LOCK	3
19	FOAM GRIP	2	51	Screw M4*15	4
20	Lower Sensor Wire	1	52	Screw M4*25	2
21	COMPUTER	1	53	Screw M4*15	5
22	Pulse	2	54	BB Assembly	1set
23	Pulse Wire	2	55	L/R PEDAL	1pair
24	Upper Computer Sensor Wire	1	56	M5*20 SCREW	1
25	Lower Computer Sensor Wire	1	57	M12 Tension Knob	1
26	1PCS CRANK	1	58	Φ50 Plastic Sleeve	1
27	Oppression Wheel	1	59	Saddle	1
28	M8 NYLON NUT	1	60	M5*40 SCREW	1
29	Φ10*Φ14 Drivepipe	1	61	Φ20*Φ5.5*T1.5 CURVED WASHER	1
30	M4 SCREW	3	62	SPANNER	1
31	M6 Screw	1	63	13-14-15 SPANNER	1
32	M6 HEXAGON NUT	2	64	FASTENER	2
			65	T TYPE KNOB	1

Warranty

Pure-Tec Limited warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Please refer to www.puretecfitness.com for warranty terms. This warranty extends only to the original purchaser and is valid for home use only. Pure-Tec's obligation under this Warranty is limited to replacing damaged or faulty parts at Pure-Tec's option.

All returns must be pre-authorised by Pure-Tec. 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, purchasers own repairs or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorised by Pure-Tec. Pure-Tec 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. 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.

Your statutory rights are not affected.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by contacting our Customer Solutions Department, Monday to Friday, 8am – 5pm GMT:

Pure-Tec Limited
www.puretecfitness.com
Tel: +44 (0) 1482 212098
Email: service@puretecfitness.com
Monday - Friday 0800 - 1700GMT

When ordering replacement parts, please give the following information,

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