

NOTE:

Please read all instructions carefully before using this product

Table of Contents

Safety Notice

Hardware Pack Assembly

Instruction Parts List

Warranty

Ordering Parts

Model

CAMAUB-BK7038

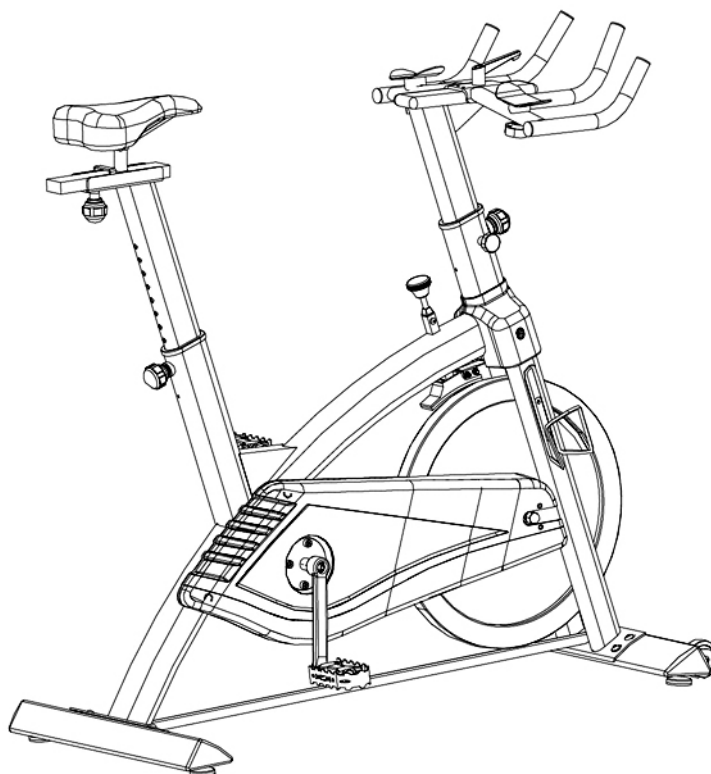
Retain This
Manual for
Reference

131101

**ASSEMBLY &
OWNER'S
MANUAL**

MARCY®

CLUB REVOLUTION CYCLE MARCY BK-7038



Pure-Tec Limited
www.puretecfitness.com

Email:
service@puretecfitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
WARNING LABEL PLACEMENT.....	3
HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	6
EXPLODED DIAGRAM.....	8
PARTS LIST.....	9
CARE, MAINTENANCE, AND STORAGE.....	10
OPERATING NOTES.....	10
EXERCISE GUIDELINES.....	11
WARRANTY.....	13
ORDERING PARTS.....	13

BEFORE YOU BEGIN

Thank you for selecting the MARCY BK-7038 Club Revolution Cycle. For your safety and benefit, read this manual carefully before using the equipment. As the official representative for Marcy, we are committed to providing complete satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, please contact our Customer Solutions Department.

Pure-Tec Limited
www.puretecfitness.com
Email: service@puretecfitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

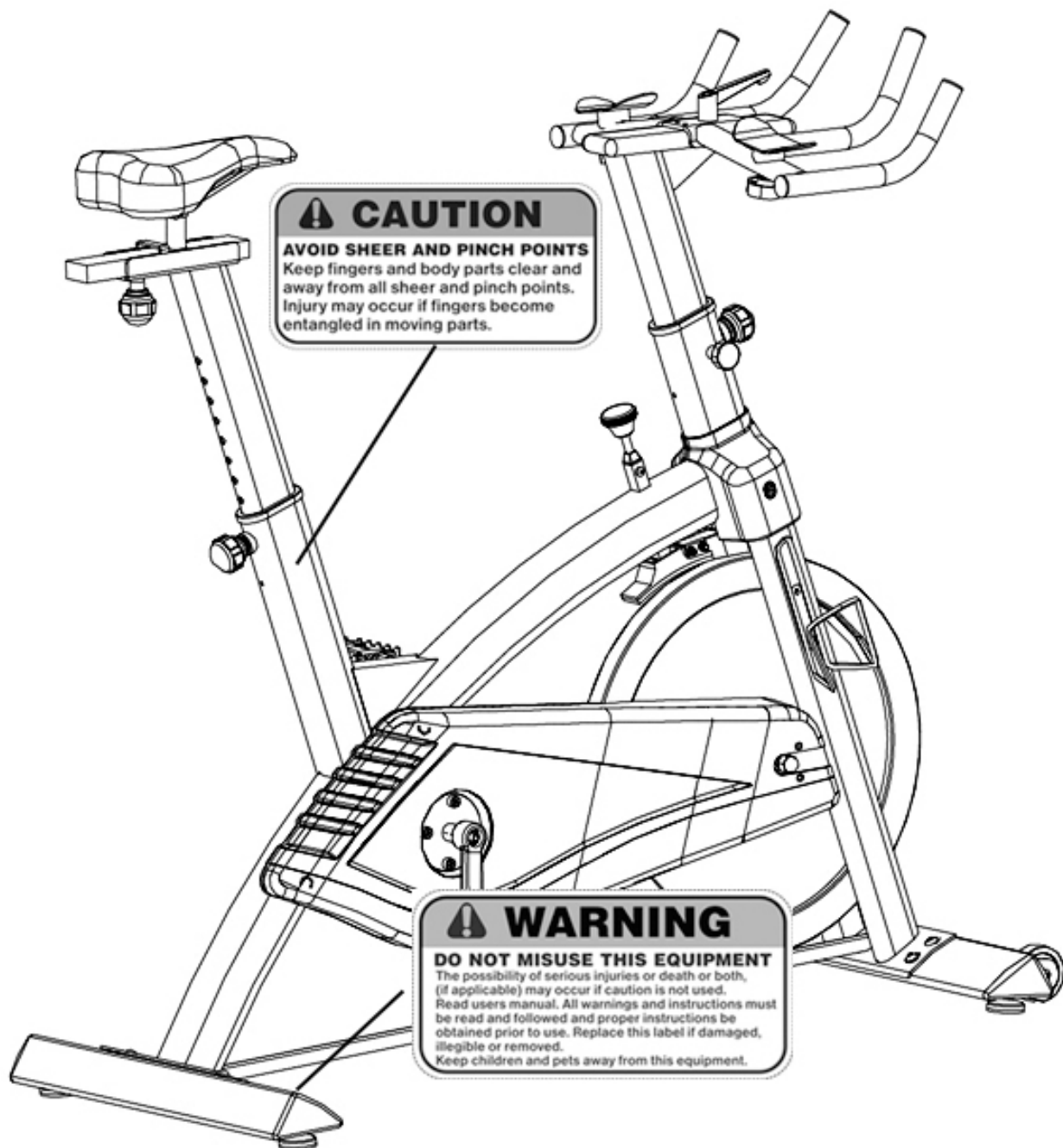
This exercise bike is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your bike. In particular, note the following safety precautions:

1. **Keep children and pets away from the exercise bike at all times. DO NOT leave children unattended in the same room with the bike.**
2. Only one person at a time should use the bike.
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 bike on a clear, leveled surface. DO NOT use the bike 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 bike. Running or aerobic shoes are also required when using the bike.
7. Use the bike 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 bike.
9. Disabled person should not use the bike without a qualified person or physician in attendance.
10. Before using the bike to exercise, always do stretching exercises to properly warm up.
11. Never operate the bike if it is not functioning properly.
12. Read all warnings posted on the exercise bike.
13. Inspect the exercise bike 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. PURETEC LTD ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

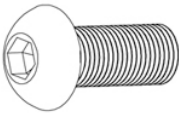
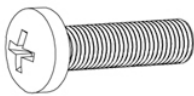
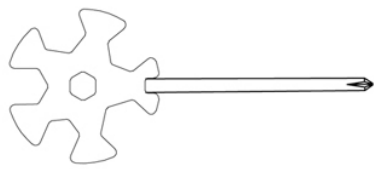
WARNING LABEL PLACEMENT



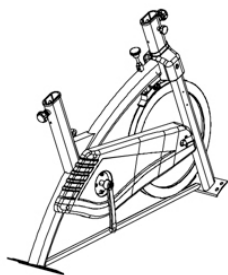
The Warning Labels and Caution Label shown here have been placed on the Rear Stabilizer, Main Frame. If the labels are missing or illegible, please contact customer service by email: service@puretecfitness.com for replacement. Apply the labels in location shown.

HARDWARE PACK

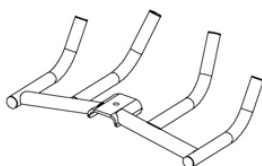
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.

NO. 36  M8 x 3/4" Allen Bolt x 8	NO. 38  Ø 5/8" Washer x 8
NO. 35  M5 x 5/8" Philips Bolt x 8	NO. 13  M10 L-Shaped Lock Knob × 1
 5# Allen Wrench × 1	 Multi Wrench × 1

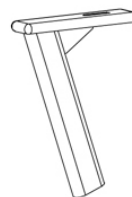
COMPONENTS FOR ASSEMBLY



NO. 1 Main Frame



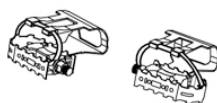
NO. 2 Handle



NO. 3 Handle Post



NO. 4 Seat Post



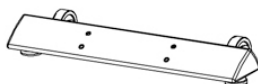
NO. 20 Pedal (Left/Right)



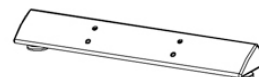
NO. 32 Water Bottle Rack



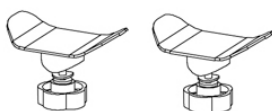
NO. 27 Seat



NO. 9 Front Stabilizer



NO. 8 Rear Stabilizer



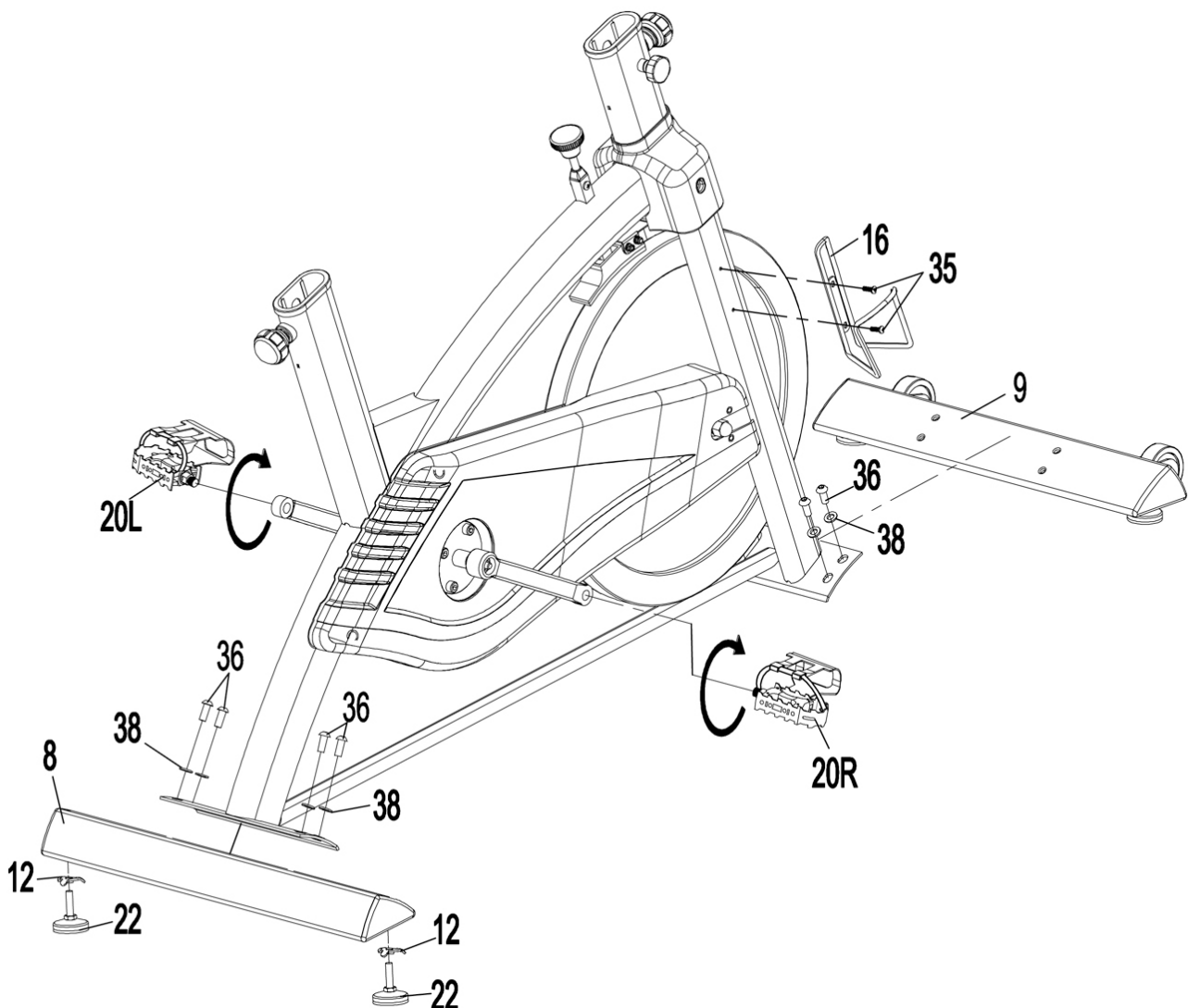
NO. 6 Elbow Support

ASSEMBLY INSTRUCTION

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

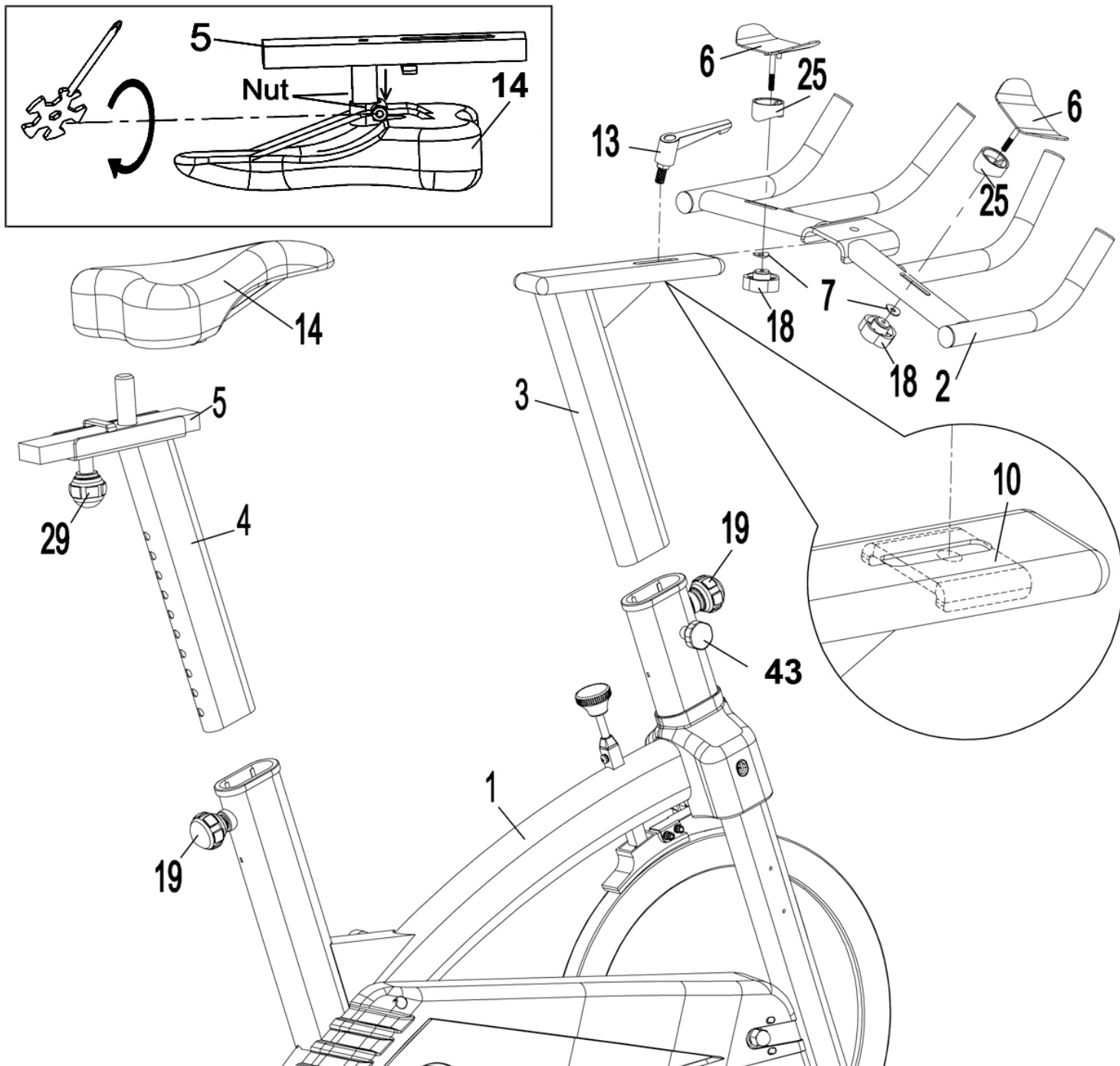
STEP-1

- Attach the Front Stabilizer (#9) to the Main Frame (#1). Secure it with four M8x 3/4" Allen Bolts (#36) and four Ø 5/8" Washers (#38).
- Attach the Rear Stabilizer (#8) to the Main Frame (#1). Secure it with four M8 x 3/4" Allen Bolts (#36), and four Ø 5/8" Washers (#38).
- Thread the Pedal (#20R) clockwise onto the right Crank (#17R).
- Thread the Pedal (#20L) counterclockwise onto the left Crank (#17L)
- Attach Water Bottle Rack (#16) to the Main Frame (#1), Secure with two M5 x 5/8" Philips Bolts (#35).
- Use the two Level adjustment knobs (#22) to stabilize the Bike on floor.

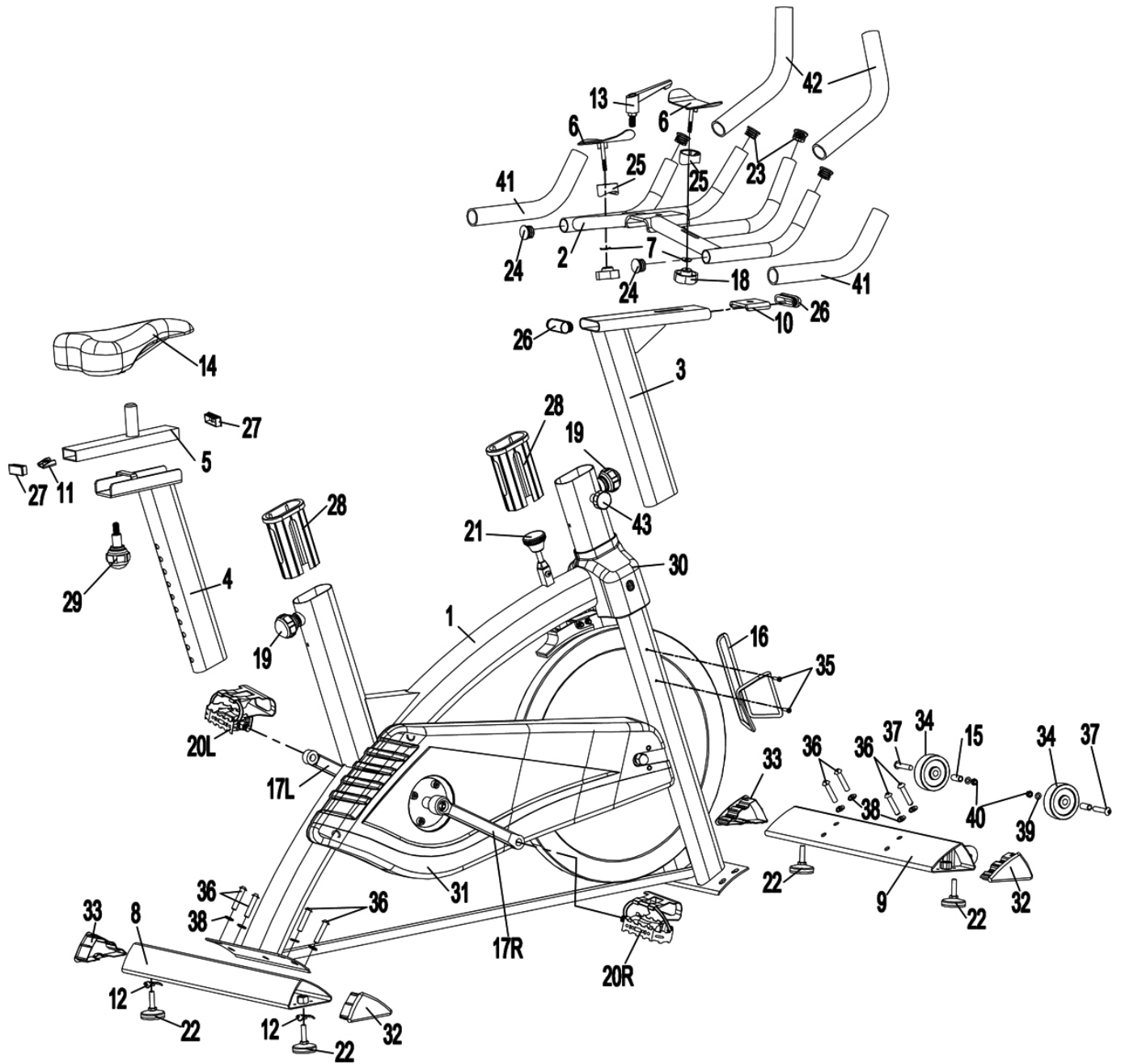


STEP 2

- A.) Insert the Handle Post (#3) into the front opening on Main Frame (#1). Use the M16 Lock Knob (#19) to hold the Handle Post at selected height. And lock the Handle Post (#3) by using M8 x ½" Lock Knob (#43).
- B.) Attach the Handle (#2) to the Handle Post (#3). Secure them together with one M10 L-shaped Lock Knob (#13) and Handle Sliding Block (#10) (which was pre-fitted inside of the tube).
- C.) Attach two Elbow Supports (#6) into the split on the handle (#2), secure each of them with one Rubber Spacer (#25), one R29 Arc Washer (#7) and one M6 Knob (#18).
- D.) Insert the Seat Post (#4) into the opening on Main Frame. Use the M16 Lock Knob (#19) to hold the Seat Post at selected height.
- E.) Flip over the Seat Pad (#14). Insert the tube on the Seat Support (#5) into the open slot and securely fasten the two Nuts to secure the Seat Pad to the tube.
- F.) Insert the Seat Support (#5) through the open slot on Seat Post. Use the M10 Seat Lock Knob (#29) to hold the Seat at selected position.



EXPLODED DIAGRAM



MARCY BK-7038 PARTS LIST

PART NO.	DESCRIPTION	SPEC.	QUANTITY
1	Main Frame		1
2	Handle		1
3	Handle Post		1
4	Seat Post		1
5	Sliding Seat Support		1
6	Elbow Support		2
7	Arc Washer	R29	2
8	Rear Stabilizer		1
9	Front Stabilizer		1
10	Handle Sliding Block		1
11	Seat Support Sleeve		1
12	Level Knob Locking Nut	M12	2
13	L-shaped Lock Knob	M10	1
14	Seat Pad		1
15	Roller Wheel Sleeve		2
16	Water Bottle Rack		1
17	Crank L/R		1
18	Elbow Support Pad Lock Knob	M6	2
19	Lock Knob	M16	2
20	Pedal L/R		1
21	Tension/Brake Knob		1
22	Level Adjustment Knob		4
23	Handle Cone-shaped End Cap	Ø 1"	4
24	Handle End Cap	Ø 1"	2
25	Rubber Spacer		2
26	Handle Support End Cap	2 3/8" x 3/4"	2
27	Sliding Seat Support End Cap	1 5/8" x 3/4"	2
28	Sleeve	1 5/8" x 3 1/8"	2
29	Seat Lock Knob	M10	1
30	Plastic Cover		1
31	Belt Cover		1
32	Stabilizer Right End Cap		2
33	Stabilizer Left End Cap		2
34	Roller Wheel		2
35	Philips Bolt	M5 x 5/8"	2
36	Allen Bolt	M8 x 3/4"	8
37	Allen Bolt	M6 x 1 5/8"	2
38	Washer	Ø 5/8"	8
39	Washer	Ø 1/2"	2
40	Aircraft Nut	M6	2
41	Lower Handle Foam Grip		2
42	Upper Handle Foam Grip		2
43	Lock Knob	M8 x 1/2"	1

CARE AND MAINTANCE

1. Inspect and tighten all parts each time you use the bike. 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. Store the bike IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The Bike shall be placed at least 60cm away from the wall or/and any other object such as furniture to provide safe access to and passage around the bike.
5. To avoid possible injury, the help of two or more people are needed when moving the bike 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 135 Kg.**
8. **Assembled Dimension: 116cm x 51cm x 112cm**

OPERATING NOTES

ADJUSTMENT

1. Use the Tension/Brake Knob (#21) to adjust the resistance for exercises.
2. Loosen and pull out the Lock Knob (#19). Slide the Seat Post to the desired height and lock at the position by fastening the Lock Knob (#19).
3. Loosen and pull out Lock Knob (#19 & #43). Slide Handle Post to desired height and Lock at the position by fastening the Lock Knob (#19 & #43).
4. The seat height adjustment is in approximately 1" increment.
*The seat height can be adjusted for 10 different height ranges from 35" to 44".
5. The height of Elbow Support can be adjusted with 6 positions range from 36" to 41" with approximately 1" adjustment.
6. Loosen and pull out the Seat Lock Knob (#29). Slide the Seat Support to the desired position and lock at the position by fastening the Seat Lock Knob.
7. Loosen the L-shaped Lock Knob (#13), move the Handle Sliding Block (#10) to desired position; lock the Handle at position by fastening the L-shaped Lock Knob.

Stopping the Exercise

1. **Press down the Tension/Brake Knob (#21) to stop the fly wheel. ONLY when the flywheel has stopped, will it be safe to remove feet from pedals.**
2. **DO NOT stop pedaling: doing so could result in serious injury.**
3. **DO NOT attempt to stop the Fly Wheel by hands, feet or any other device not indicated in this instruction.**

TRANSPORT

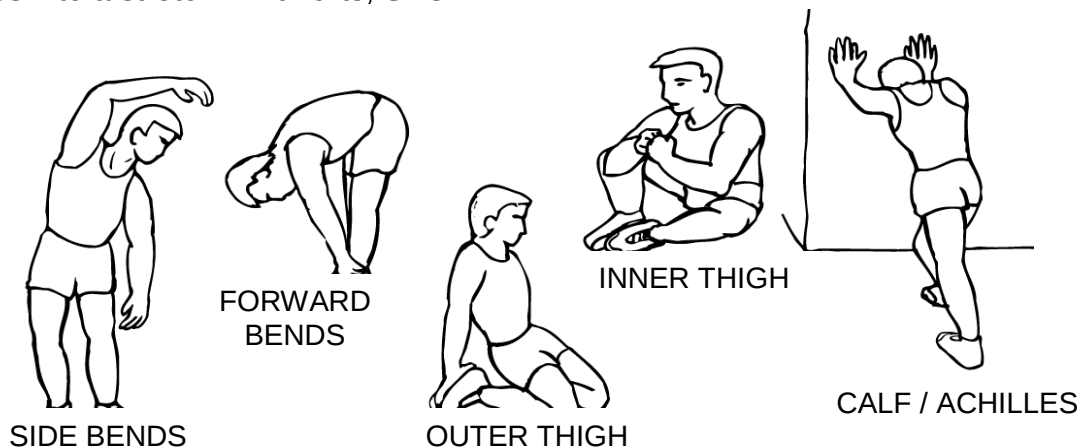
The Bike has a pair Roller Wheels on Front Stabilizer.
To move, carefully tilt the cycle forward, and then roll.

EXERCISE GUIDELINES

Using your **Bike** 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.

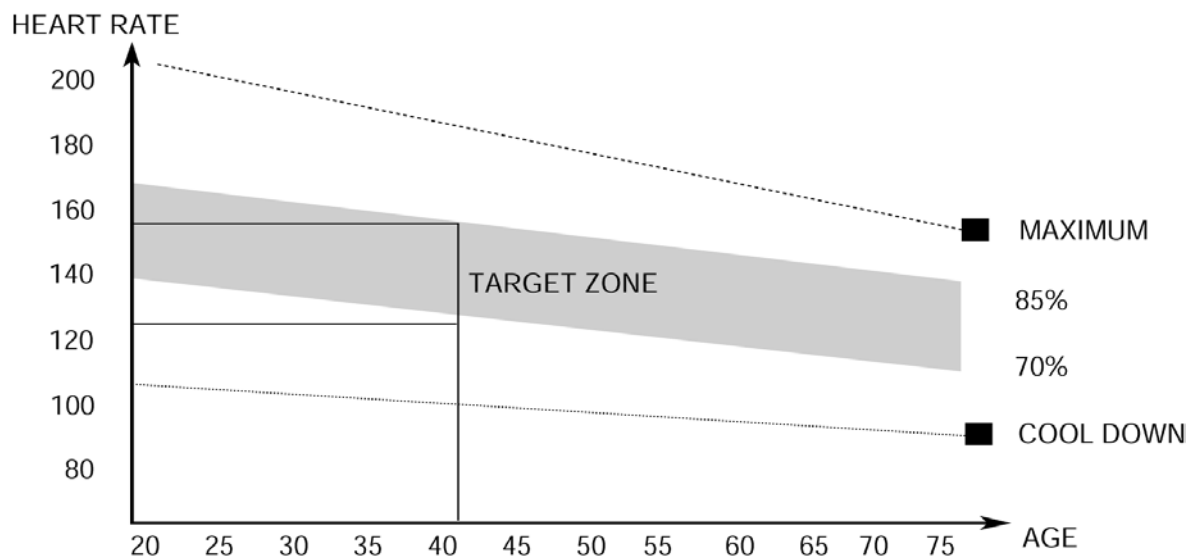
1. The Warm Up Phase

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 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.

LIMITED WARRANTY

Pure-Tec. 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 conditions. 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,

www.puretecfitness.com

Email: service@puretecfitness.com

When ordering replacement parts, please give the following information,

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