

**Attention:**  
Please read all  
instructions carefully  
before using the  
product.

**Contents**

Safety Information

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**Model:**  
**CAMAUB-2058**  
**CARDIOBLAST**

Retain this  
manual for  
reference

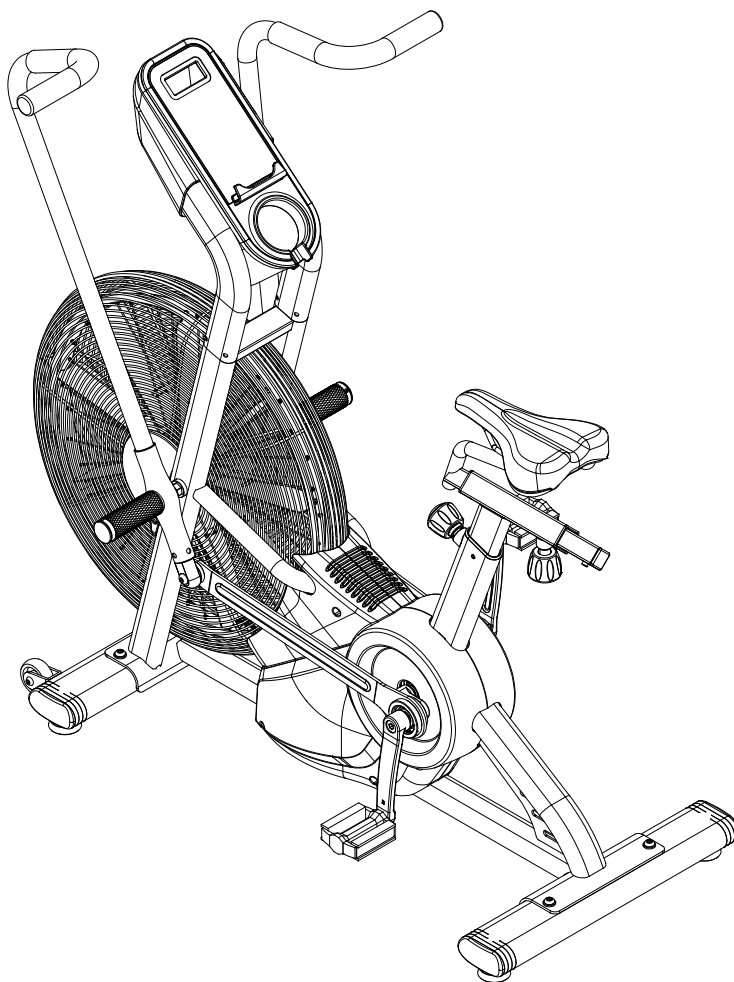
**OWNER'S  
MANUAL**



**MARCY®**

# **CARDIOBLAST**

## **Assault Fan Bike**



Pure-Tec Limited  
[www.puretecfitness.com](http://www.puretecfitness.com)

Email: [service@puretecfitness.com](mailto:service@puretecfitness.com)

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

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY ASSAULT BIKE CARDIOBLAST CAMAUB-2058. 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](http://www.puretecfitness.com)**  
**Email: [service@puretecfitness.com](mailto:service@puretecfitness.com)**

## **IMPORTANT SAFETY INFORMATION**

### **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. Do not leave children or pets unattended in the same room as the machine at any time.
2. If you experience dizziness, nausea, chest pains or any other symptoms while using this machine, stop the exercise and seek immediate medical attention.
3. Use the machine on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie laces securely.
6. The machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended.
7. Before using, please make sure all screws and bolts are tightened and are checked for tightness regularly.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Maintain a clearance of 45cm in front and to the sides as well as 60cm to the rear.
13. Use a damp cloth to wipe down the machine, but avoid getting wet the Console area.

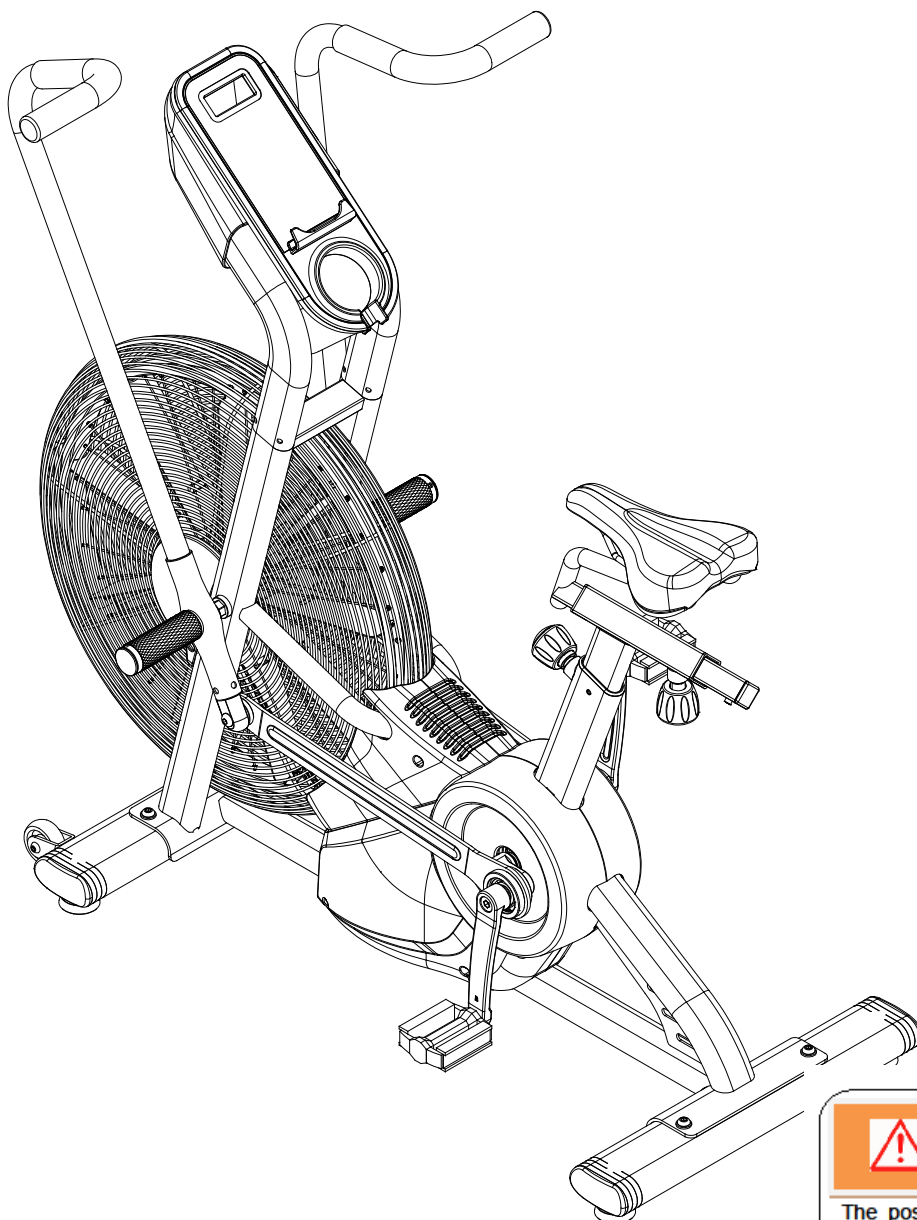
### **IMPORTANT!!!**

**THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR BIKE IS 150KGS.**

**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



### **WARNING**

The possibility of serious injury may occur if this equipment is misused. Read and follow all warnings and instructions contained in the instruction manual. Keep children away from the machine at all times. Replace this label if damaged, illegible or removed.

The Warning Labels and Caution Label shown here have been placed on the Rear Stabilizer. If the label IS missing or illegible, please contact customer service by email: [service@puretecfitness.com](mailto:service@puretecfitness.com) for replacement.

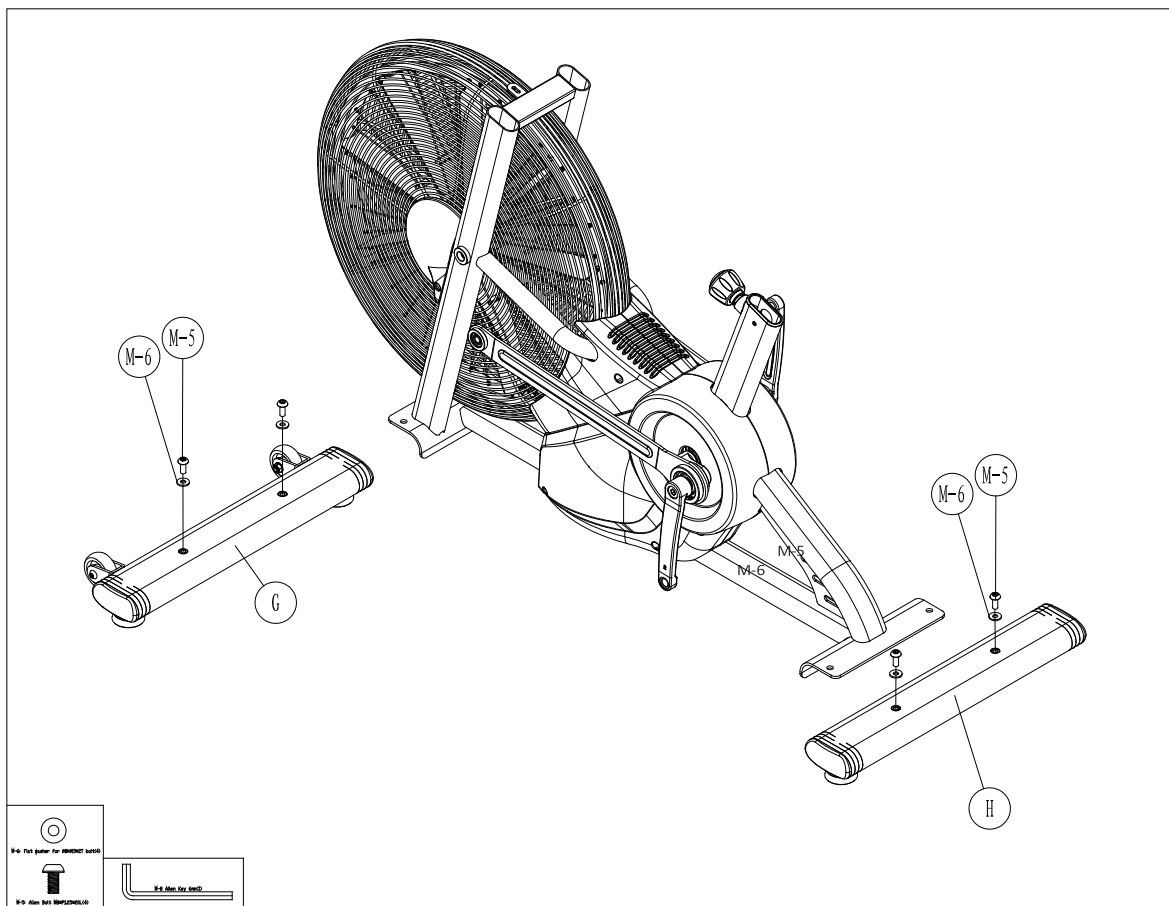
Apply the label in location shown.

## ASSEMBLY INSTRUCTIONS

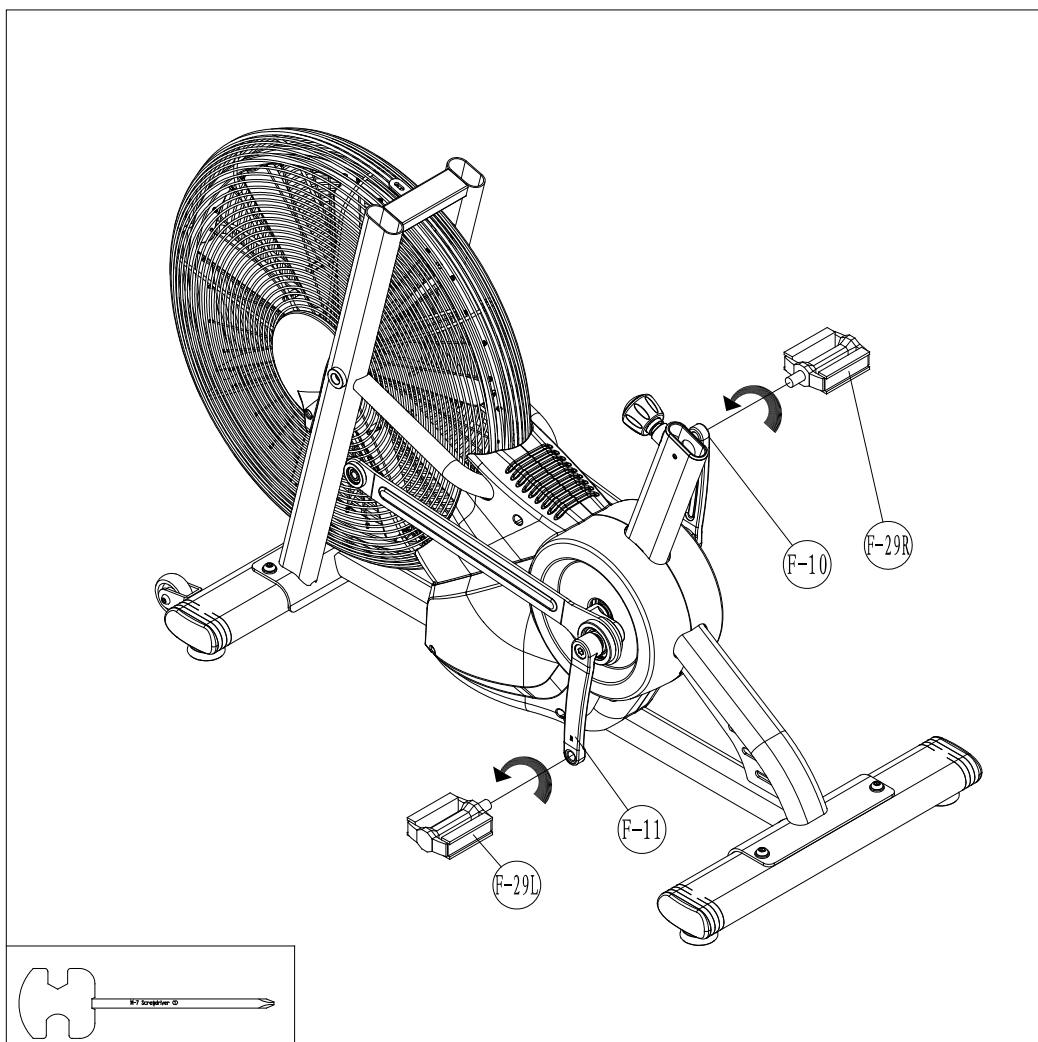
Before you start: Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps

The following tools (not included) may be required for assembly: Adjustable Wrenches (x2), rubber mallet, standard screwdriver, philips screwdriver.

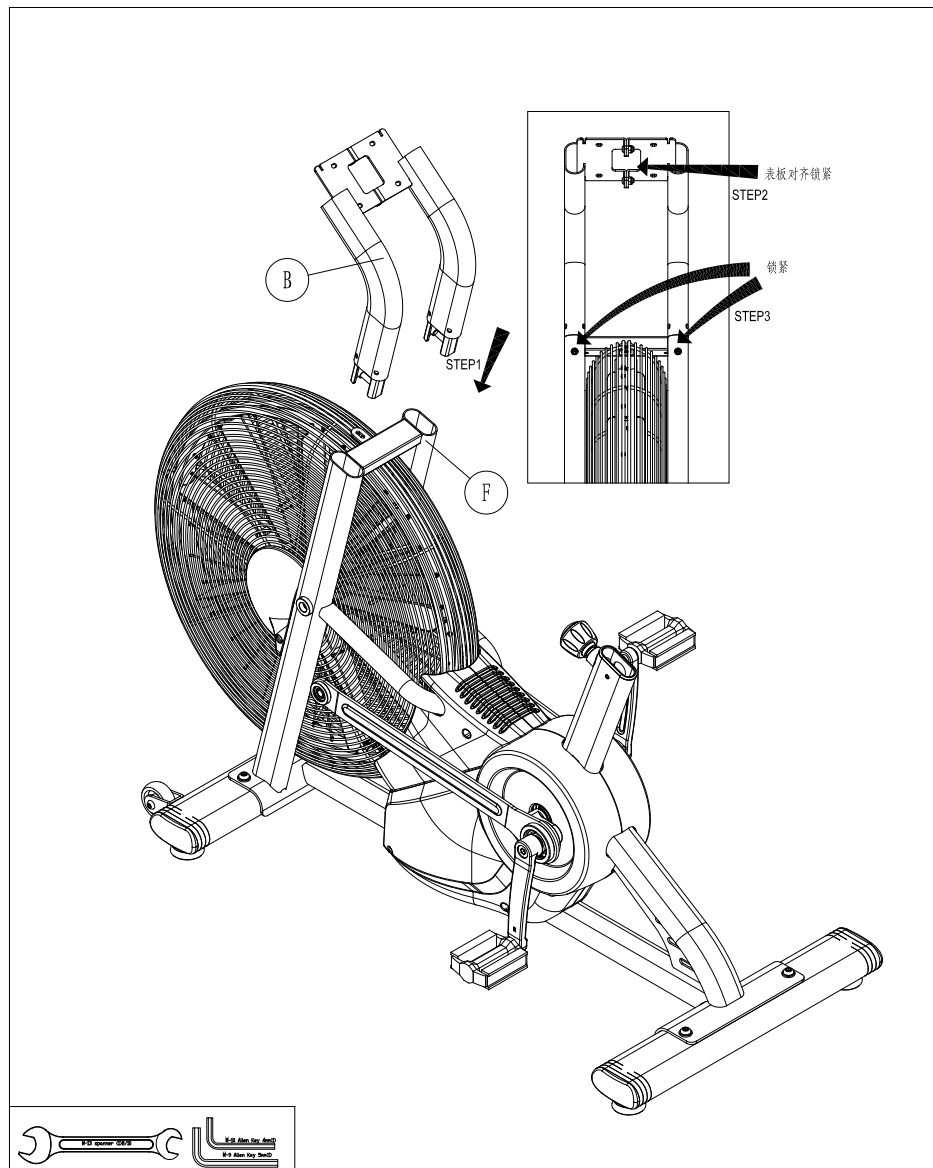
Note: do not tighten the locknuts and bolts before fully assembled



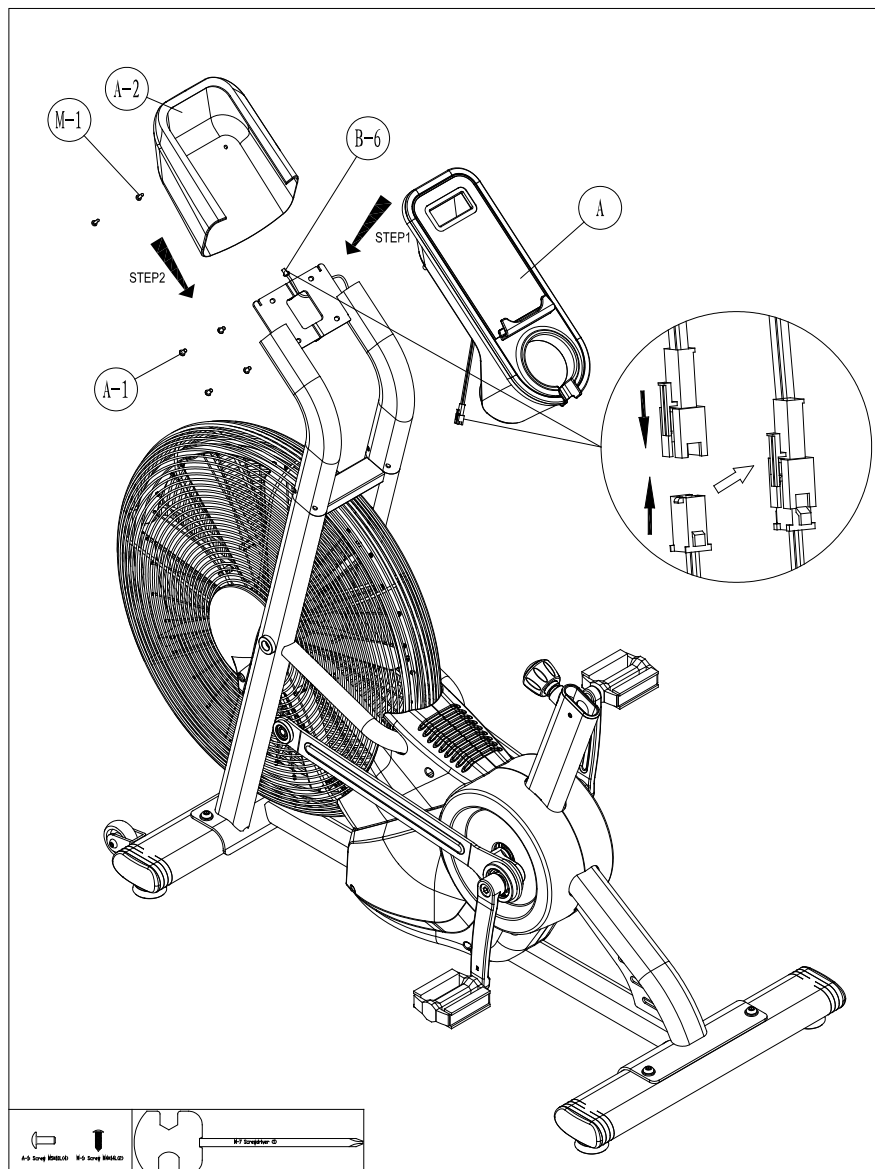
1. As per illustration diagram, attach the front stabilizer (G) to the bracket of the main frame and secure it with 1pc Washer (M-6) and 1pc Allen bolt (M-5).
2. Attach the rear stabilizer (H) to the bracket of the main frame and secure it with 1pc Washer (M-6) and 1pc Allen bolt (M-5).
3. Secure the bolts with Allen key (M-8) provided.



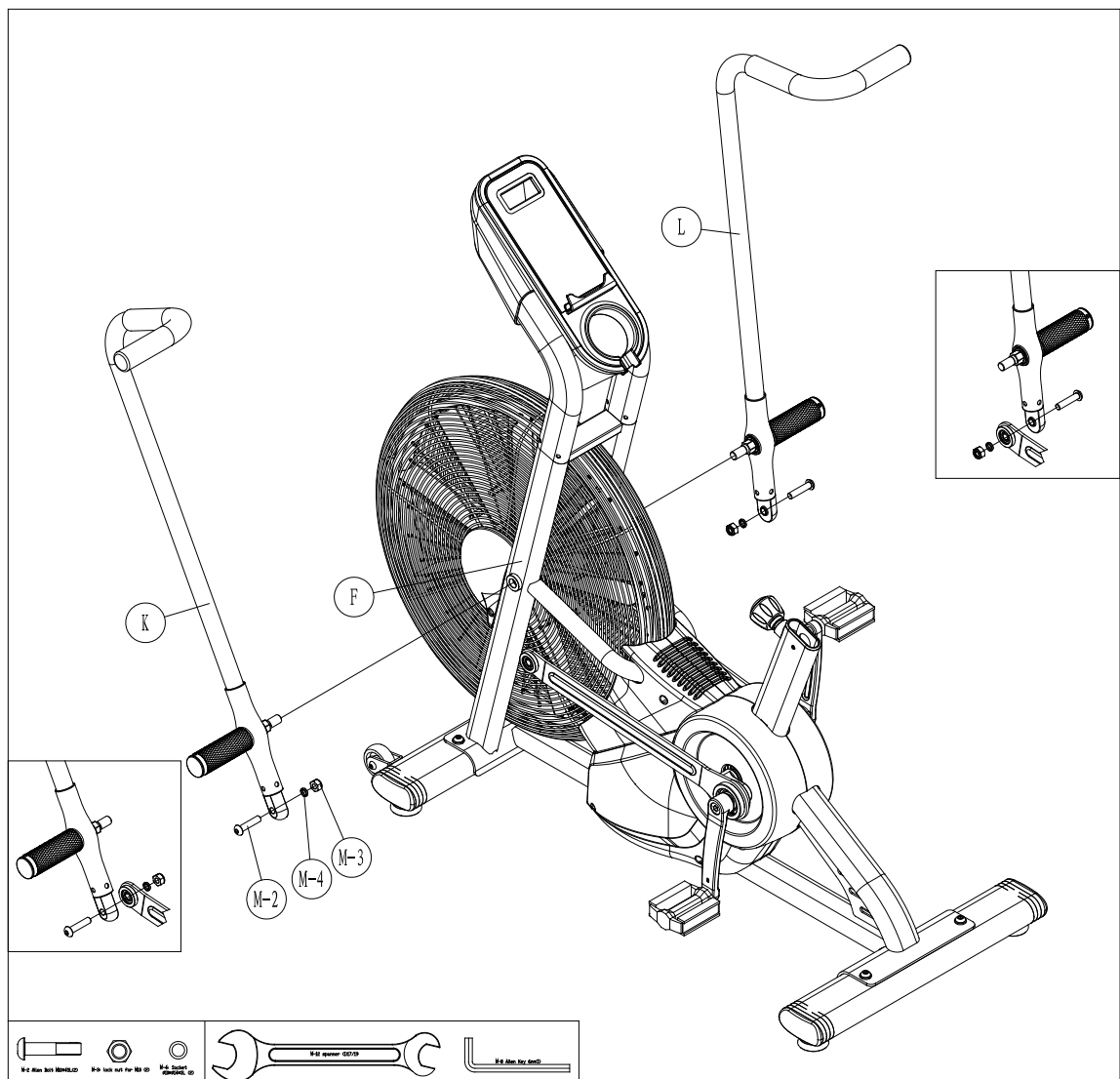
1. Attach the left pedal (F-29L) onto the left crank (F-11) by turning anti-clockwise.
2. Use the wrench part of the screwdriver (M-7) provided to tighten.
3. Attach the right pedal (F-29R) onto the right crank (F-10) by turning clockwise.
4. Use the wrench part of the screwdriver (M-7) provided to tighten.



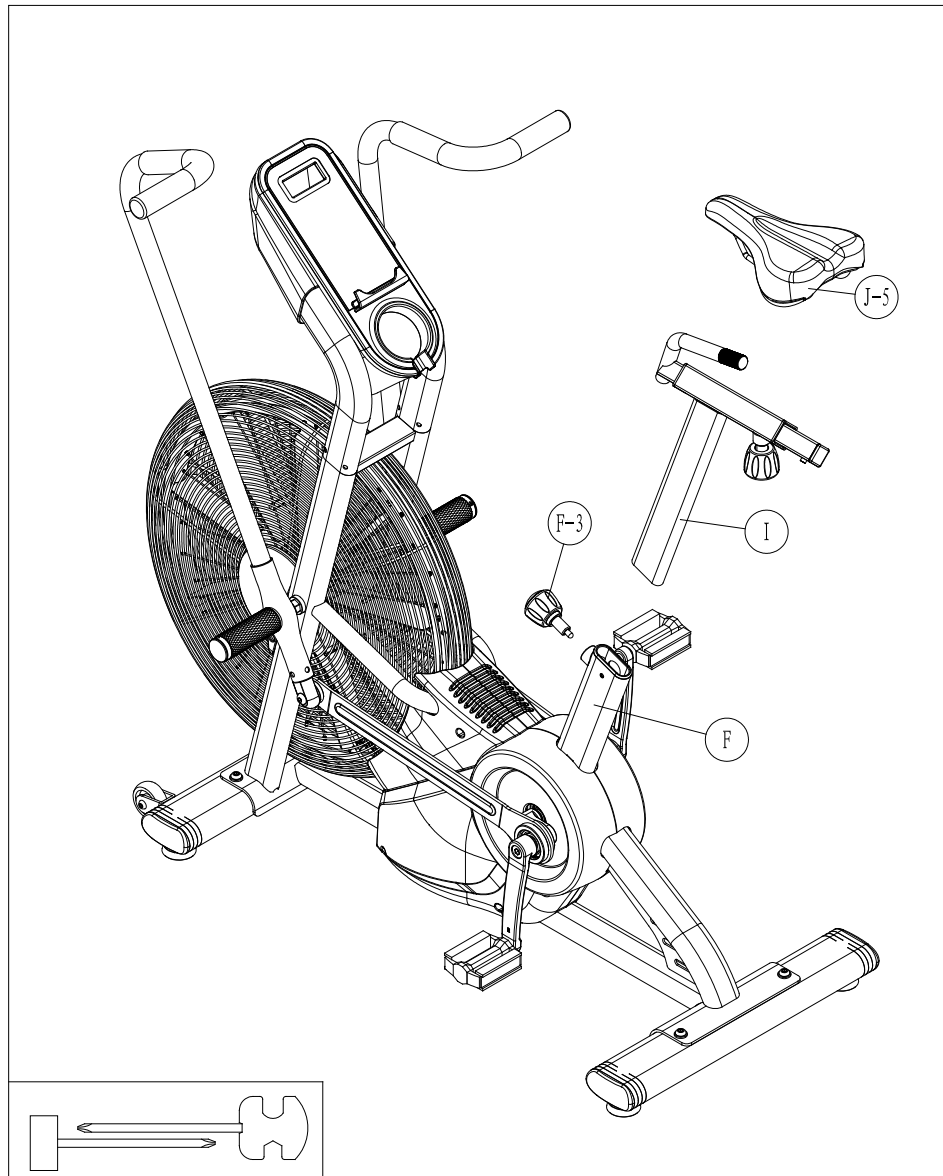
1. Unscrew the bottom side of the console support frame (B) and set aside.
2. Pull out the connecting wire from the right tube (F) and then through the right side of the console support frame. (B)
3. Then insert the console support frame (B) into the tube (F) and align the holes carefully.
4. Finally tighten the screws.
5. Tighten the screws located in the upper side of console support frame (B) using the spanner (M-13) provided.



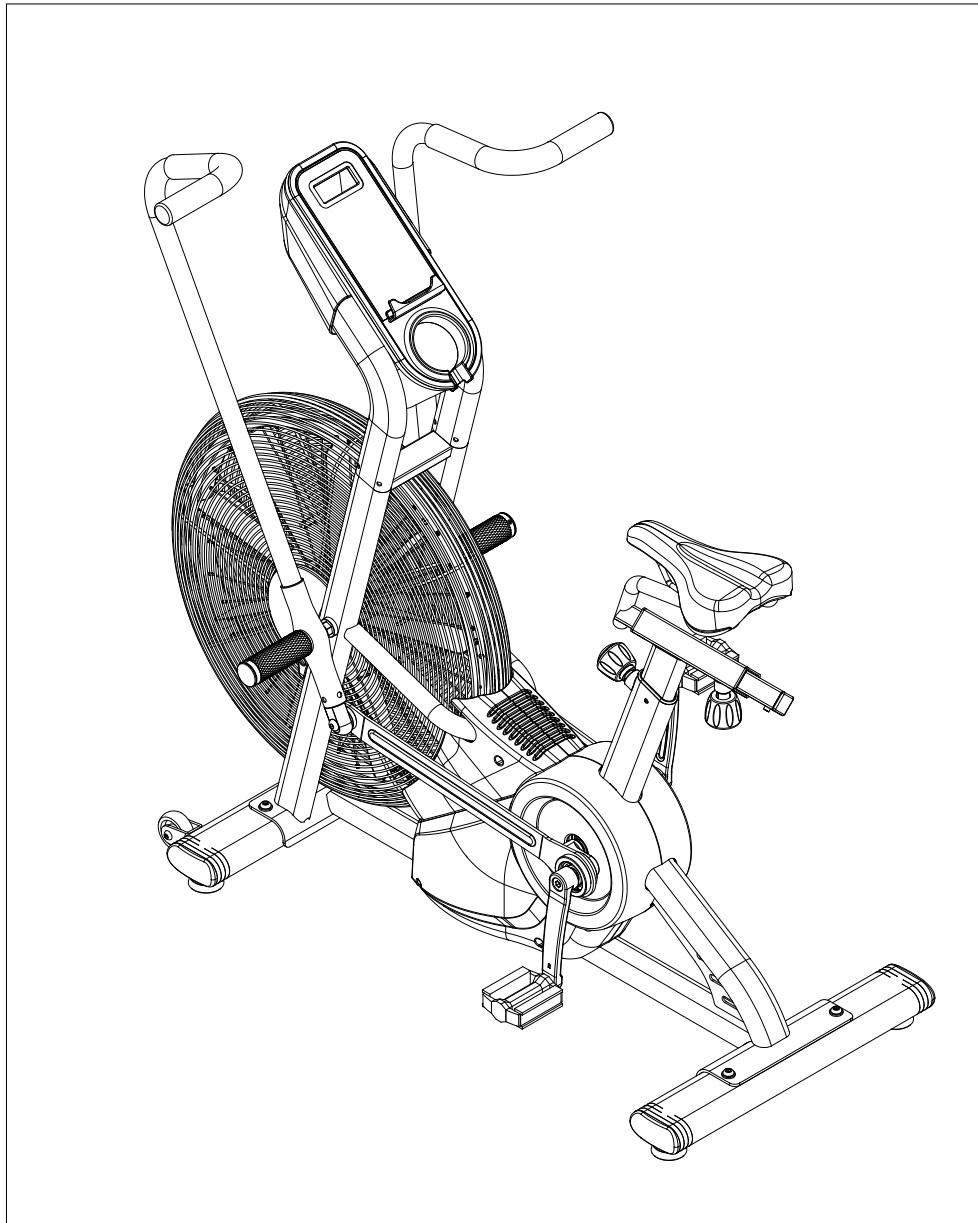
1. Unscrew the four screws (A-1) from the rear of the console (A) and set aside. Connect the wire from the rear of the console (A) to the wire (B-6) in the console support frame (B) as illustrated in the picture
2. Position the console (A) onto the console support frame (B) and secure with four screws (A-1) using the screwdriver provided
3. Position the console cover (A-2) onto the console (A) and secure it with screws (M-1) .



1. As the diagram shows, position the Left handlebar (K) into the middle hole of the tube (F) and tighten with the spanner (M-12) provided.
2. Attach the Allen bolt (M-2) to the side bar (E-1), using 1pc Washer (M-4) and 1pc Lock nut (M-3) and tighten.
3. Repeat the same for the right handlebar (L) .



1. Insert the seat post (I) into the tube (F) and secure them with the Lock knob (F-3).
2. Slide the Saddle (J-5) into the seat rail using the wrench provided.
3. First loosen the seat post knob a few turns and pull it outward.
4. Next, slide the seat post upward or downward to the desired position, and release the seat post knob into an adjustment hole in the seat post.
5. Then, tighten the seat post knob.
6. Move the seat post forward or backward slightly to make sure that the seat post knob is engaged in one of the adjustment holes.



1. Before using the machine, thoroughly inspect the equipment for proper assembly and tighten all screws, bolts and nuts, Do not use the machine if it is not working correctly.
2. The exercise bike has been assembled, please check the following computer operation instructions!

## CONSOLE DISPLAY

### Display Functions

| Item     | Description                                                            |
|----------|------------------------------------------------------------------------|
| Time     | Display user workout time<br>Display range: 0:00 ~ 99:59               |
| Speed    | Display user workout speed<br>Display range: 0.0 – 99.9                |
| Distance | Display user workout distance<br>Display range: 0.0 ~ 999.9            |
| Calories | Display calories consumption during workout<br>Display range: 0 – 9999 |
| RPM      | Revolution per minute<br>Display range: 0 ~ 999                        |
| WATT     | Display power consumption during workout<br>Display range: 0 ~ 999     |

### Button functions

| Item  | Description                                                                                        |
|-------|----------------------------------------------------------------------------------------------------|
| Up    | Adjust function value or selection up                                                              |
| Down  | Adjust function value or selection down                                                            |
| Mode  | Confirm setting or selection                                                                       |
| Reset | Hold for 4 seconds and the monitor will reboot During Stop mode, press to go back to the main menu |
| Start | Start workout                                                                                      |
| Stop  | Stop workout                                                                                       |

### Operation Procedure

#### Power on

Install 4pcs AA batteries or press RESET for 2 seconds, the monitor will display for 2 seconds and enter into user setting mode.

#### Power off

The monitor will automatically enter into Sleep mode without any workout signal input for 4 minutes.



## User Data Setting

Use UP and DOWN keys to select from USER1 to USER4. Press confirmation key to go to the next step and set the GENDER/AGE/HEIGHT/WEIGHT.



## Workout Mode Selection

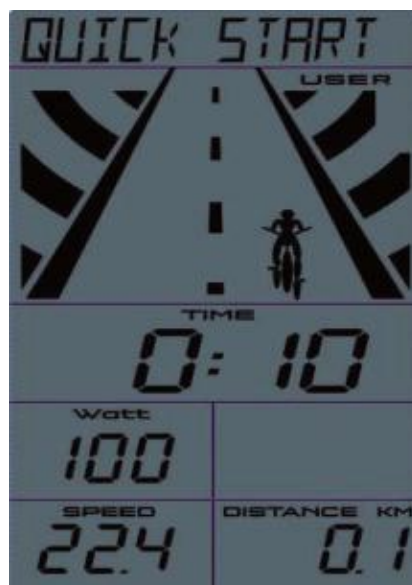
Use UP/DOWN key to select workout training mode: Target Time → Distance →

Target Calories

Targett WAT → WATT Program → INTERVAL

## Quick start

1. Press the START button to workout and the monitor will begin to count.
2. DISTANCE/CALORIES/RPM/SPEED/WATT values will display upon receipt of signals.
3. Press STOP button during workout and the monitor will pause and the workout data will remain.
4. In STOP mode, Press RESET bu on and the monitor will return to the program screen.



## Target Time

1. Use the UP/DOWN buttons to set the TARGET time (Default value=10:00).  
Press START button to enter into TARGET time workout mode.
2. Time begins to count down from the TARGET value.  
DISTANCE/CALORIES/RPM/SPEED/WATT values will display upon signal.
3. Press STOP button to stop the workout. When the STOP icon is blinking, all values will remain. To resume program, press START.
4. In STOP mode, press the RESET button and the monitor will return to the program screen.



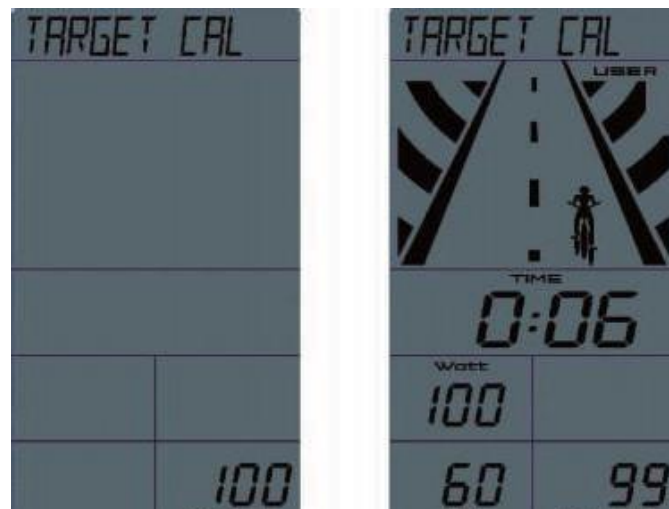
## Target Distance

1. Use the UP/DOWN buttons to set the TARGET DISTANCE (Default value=5.0).  
Press START button to enter into TARGET DISTANCE workout mode.
2. Distance begins to count down from the TARGET value.  
DISTANCE/CALORIES/RPM/SPEED/ WATT values will display upon signal.
3. Press STOP button to stop the workout. When the STOP icon is blinking, all values will remain. To resume program, press START.
4. In STOP mode, press the RESET button and the monitor will return to the program screen.



### Target Calories.

1. Use the UP/DOWN buttons to set the TARGET CALORIES (Default value=100) .  
Press START button to enter into TARGET CALORIES workout mode.
2. Calories begin to count down from the TARGET value.  
DISTANCE/CALORIES/RPM/SPEED/WATT values will display upon signal.
3. Press STOP button to stop the workout. When the STOP icon is blinking, all values will remain. To resume program, press START.
4. In STOP mode, press the RESET button and the monitor will return to the program screen.



### Target WATT

1. Use the UP/DOWN buttons to set the TARGET WATT (Default value=100). Press START button to enter into TARGET WATT workout mode.
2. TIME/DISTANCE/CALORIES/RPM/SPEED/WATT values will display upon signal.
3. When the actual watt is higher than TARGET value, the monitor will flash with arrow  to remind the user to decrease the speed; When the actual watt is lower than TARGET value, the monitor will flash with arrow  to remind the user to increase the speed.
4. Press STOP button to stop the workout. When the STOP icon is blinking, all values will remain. To resume program, press START.
5. In STOP mode, press the RESET button and the monitor will return to the program screen.



## Watt Program

Use the UP/DOWN buttons to select training program: Beginner -> Advance -> Sporty and then confirm with MODE button.

Use the UP/DOWN buttons to set the time (Default value=30:00) and press START to begin WATT training mode.

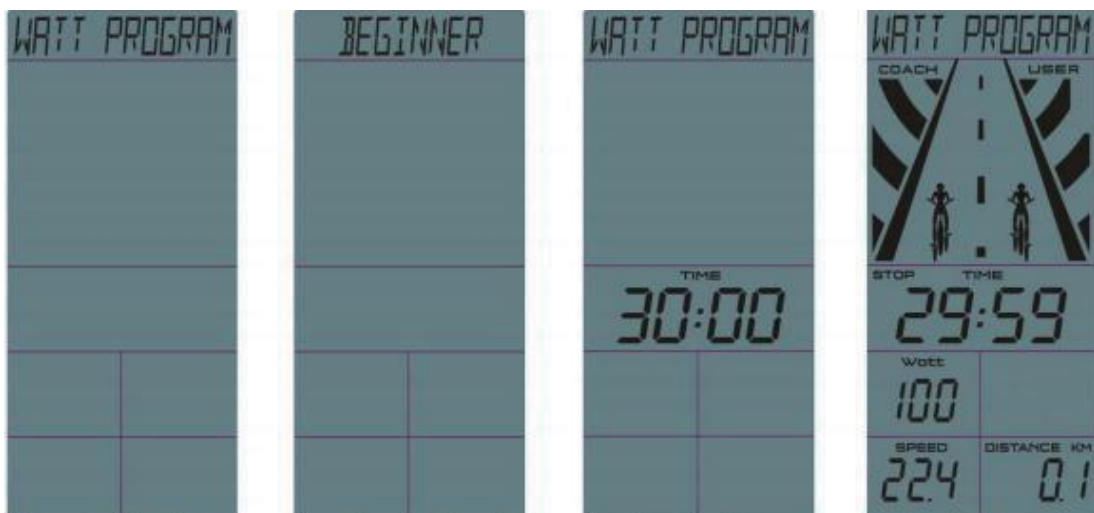
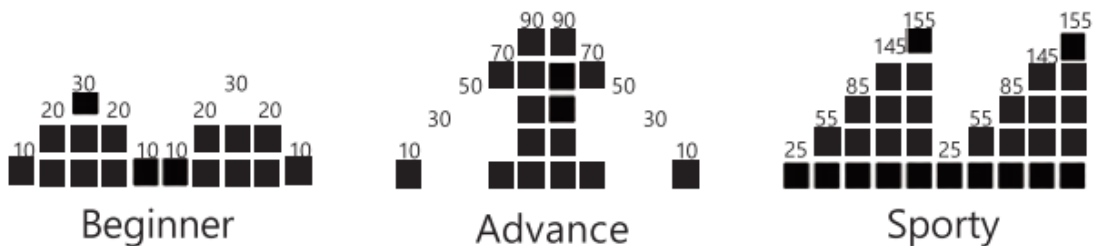
TIME/DISTANCE/CALORIES/RPM/SPEED/WATT/HEART RATE values will display upon signal.

Personal coach (PC) begins workout based on the set target value and USER must follow the speed of PC to workout.

When the WATT value of the USER is lower than the value of Personal Coach(PC), it will show the arrow  to remind the USER to speed up. At the same time, the image of the Personal Coach (PC) will proceed forward. When the WATT value of the user is higher than the value of Personal Coach (PC) , it will show the arrow  to remind the USER to slow down. At the same time, the image of the Personal Coach (PC) will proceed backward. When the WATT value of the USER and Personal coach (PC) is equal, the image of the Personal Coach and USER will be in the same position.

Press STOP button to stop the workout. When the STOP  icon is blinking, all values will remain. To resume program, press START.

In STOP mode, press the RESET button and the monitor will return to the program screen.



## **INTERVAL**

Use the UP/DOWN buttons to select training mode: 20/10 ->10/20 ->CUSTOM1 (20-10):

Workout for 20 seconds and rest for 10 seconds. Repeat 8 times.

- A. Select (20-10) and then press START to begin.
- B. Workout time counts down from 20
- C. Rest time counts down from 10 seconds and there is a beep every second in rest time.
- D. Repeat step B and step C 8 times (01/08~08/08). The monitor will stop and show the workout results.

(10-20): Workout for 10 seconds and rest for 20 seconds. Repeat 8 times.

- A. Select (10-20) and then press START to workout
- B. Work time counts down from 10 seconds.
- C. Rest time counts down from 20 seconds and there is a beep every second in rest time.
- D. Repeat step B and step C 8 times (01/08~08/08). The monitor will stop and show the workout results.

## **CUSTOM: User can set the workout time, rest time and cycle times.**

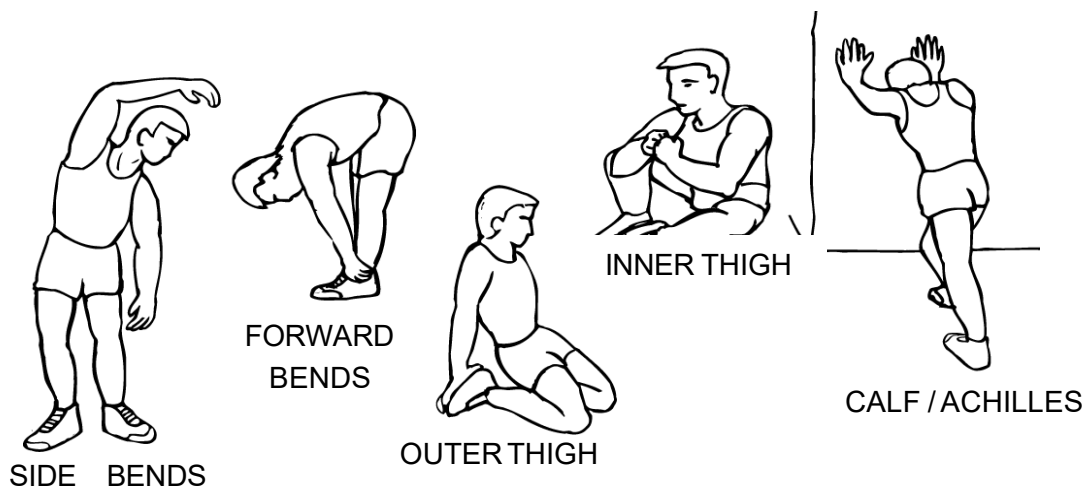
- A. Select CUSTOM mode and Press confirmation button to select.
- B. Use UP and DOWN button to set the cycle times.
- C. Use UP and DOWN button to set workout and rest time.
- D. Press START to enter into training mode.
- E. When working out, Time counts down from the set value.
- F. When resting, Time counts down from the set value and make a sound beep.
- G. Repeat E&F steps until the cycle times and the monitor will stop and show the workout result

## EXERCISE INSTRUCTIONS

Using your **CARDIOBLAST BIKE** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

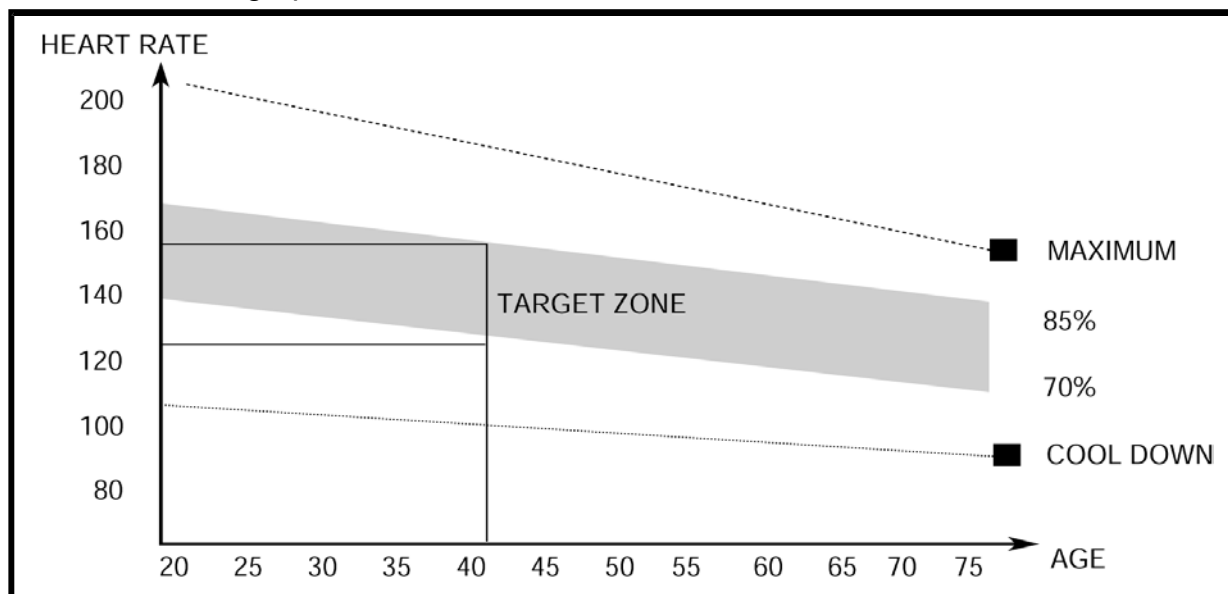
### 1. The Warm Up Phase

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 heart beat 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.

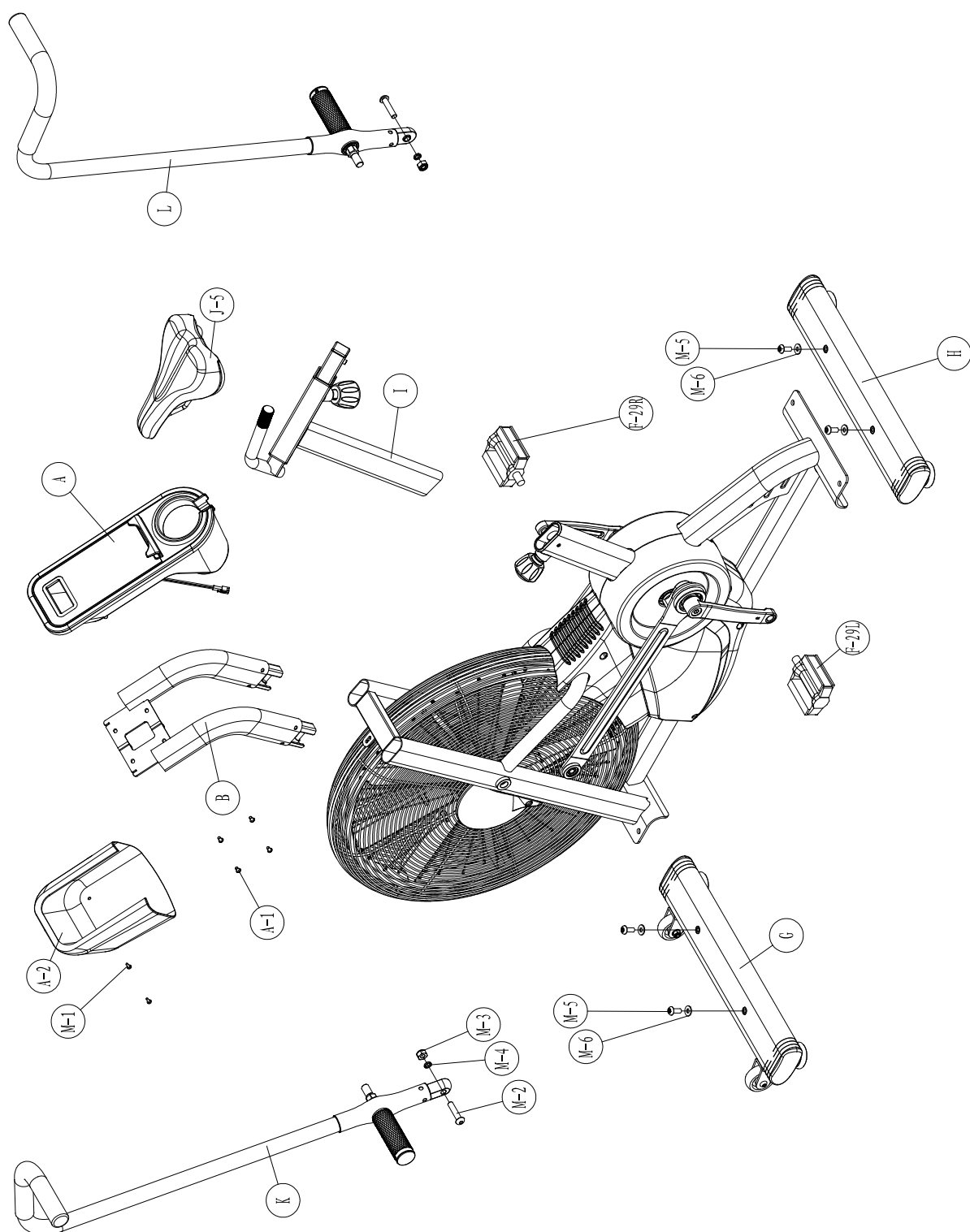
### **MUSCLE TONING**

To tone muscle while on your **CARDIOBLAST 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.

# EXPLODED DIAGRAM



## PARTS LIST

| Key NO. | DESCRIPTION                      | QTY |
|---------|----------------------------------|-----|
| A-1     | Screw MS x 10 mm                 | 4   |
| A-2     | Rear Console Cover               | 1   |
| B       | Console Support Frame            | 1   |
| F-29 L  | Left Pedal                       | 1   |
| F-29 R  | Right Pedal                      | 1   |
| G       | Front Stabilizer                 | 1   |
| H       | Rear Stabilizer                  | 1   |
| I       | Seat Post                        | 1   |
| J-5     | Saddle                           | 1   |
| K       | Left handlebar                   | 1   |
| L       | Right handlebar                  | 1   |
| M-1     | Screw M4 x 14L                   | 2   |
| M-2     | Allen bolt M10 x 45 mm           | 2   |
| M-3     | Lock nut M10                     | 2   |
| M-4     | Washer e10 x e14 x 3mm           | 2   |
| M-5     | Allen bolt MB x 20               | 4   |
| M-6     | Flat Washer Screw e8 x e19 x 2mm | 4   |
| F-10    | Right Crank                      | 1   |
| F-11    | Left Crank                       | 1   |

## ADDITIONAL INFORMATION



### Packaging Disposal

Government guidelines ask that we reduce the amount of waste material disposed of in land fill sites. We therefore ask that you dispose of all packaging waste responsibly at public recycling centres.

### End of Life Disposal



We at Pure-Tec Limited hope you enjoy many years of enjoyable use from your Bike. However, a time will come when your Bike will come to the end of its useful life. Under '**European WEEE Legislation**' you are responsible for the appropriate disposal of your Bike to a recognised public collection facility.

### **CARE AND MAINTENANCE**

1. Inspect and tighten all parts before using the Bike.
2. The Bike can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Examine the Bike regularly for signs of damage or wear.
4. **Failure to examine the Bike regularly may affect the safety level of the equipment.**
5. Replace any defective components immediately and/or keep the Bike out of use until repair.

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# 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](http://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-authorized 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 authorized 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](http://www.puretecfitness.com)

Email: [service@puretecfitness.com](mailto: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**

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