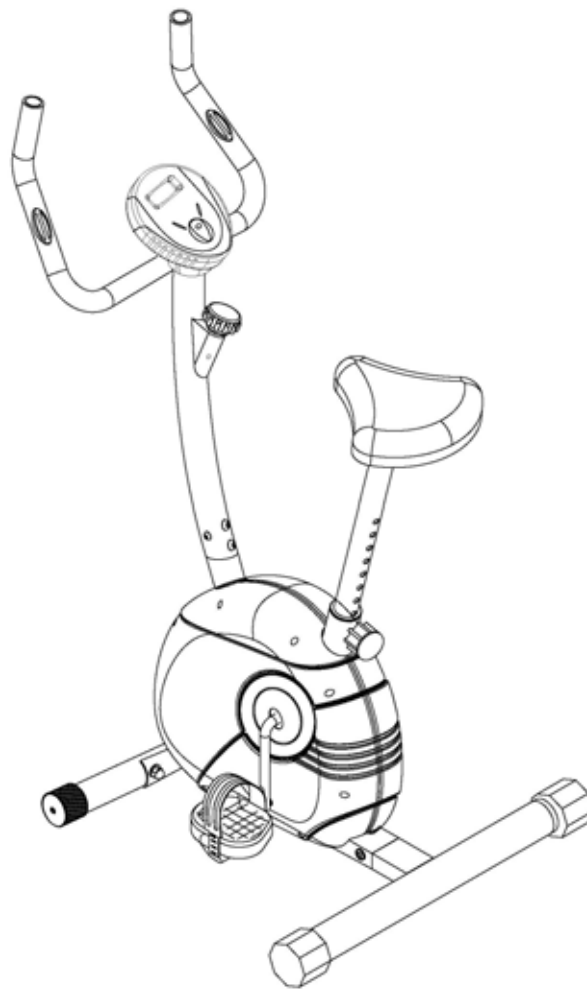




MARCY

Motion Cycle

Product Code: CL203



Escalade International Limited

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IMPORTANT SAFETY INFORMATION

READ ALL INSTRUCTIONS BEFORE USING

THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

1. This cycle is intended for class H (H=Domestic) use only. It is not designed for commercial use.
2. This machine has been tested to BS EN 957 Parts 1:2005 and Part 5:1996.
3. Read the OWNER'S OPERATION MANUAL and all accompanying literature and follow it carefully before using your cycle.
4. Keep children and pets away from the Cycle at all times. Do not leave children unattended in the same room with the Cycle. The Cycle is not a toy and therefore parents and guardians should be aware of the natural tendency for children to play, leading to situations and behaviour for which the Cycle is not intended.
5. If children are allowed to use the Cycle their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
6. Position the Cycle on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. DO NOT use the Cycle near water or outdoors.
7. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
8. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
9. Rest adequately between workouts. Muscle tone develops during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
10. Remove all jewellery, including rings, chains and pins before commencing exercise.
11. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

IMPORTANT!!! THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR CYCLE IS 100KGS.

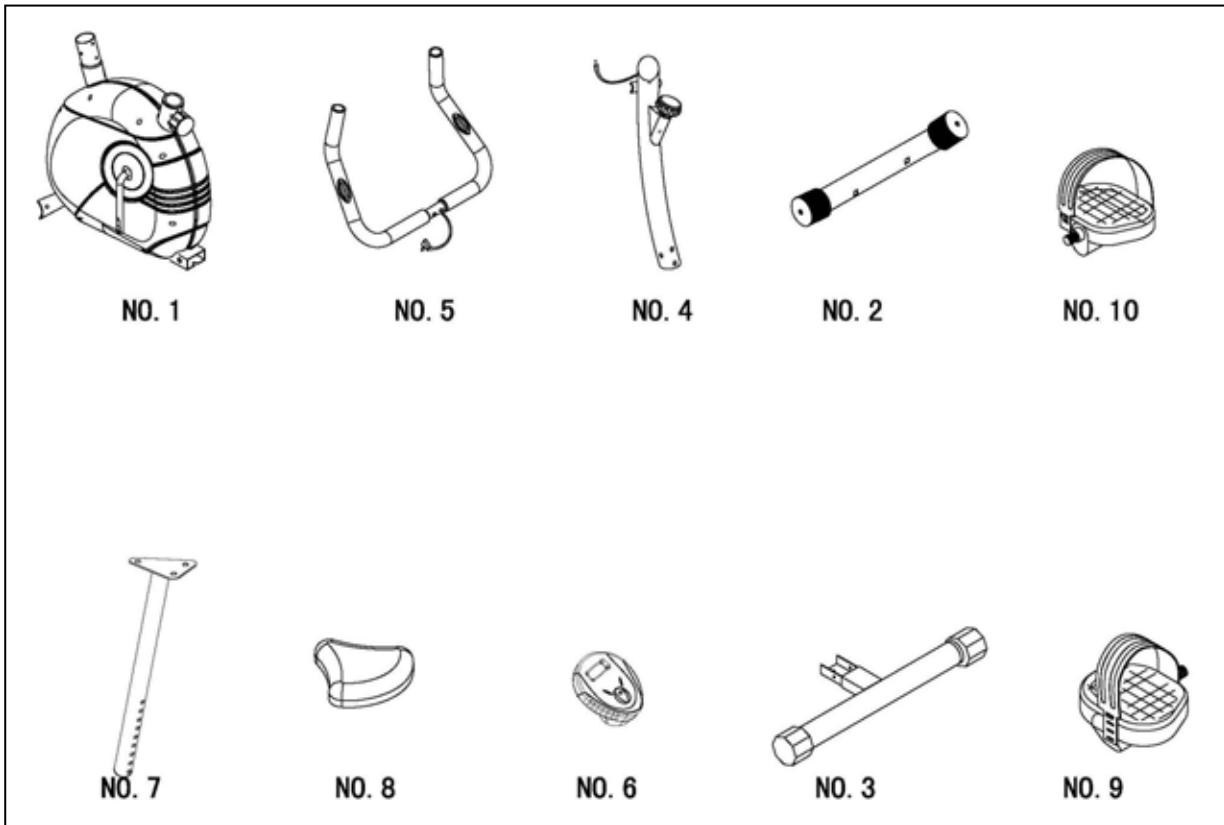
HARDWARE PARTS LIST



PART NO.	DESCRIPTION	Q'TY
11	Knob	1
15	Carriage Bolt M8*L65mm	2
16	Curve WasherΦ22	6
17	Domed Nut M8	2
18	Allen Bolt M8*15mm	8
19	Flat Washer Φ25	2
26	Screw for Handlebar	2
27	Flat Washer Φ17	2
	Allen Key L6	1
	Allen Wrench S13-15-19	1

Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

PRE-ASSEMBLY CHECK LIST



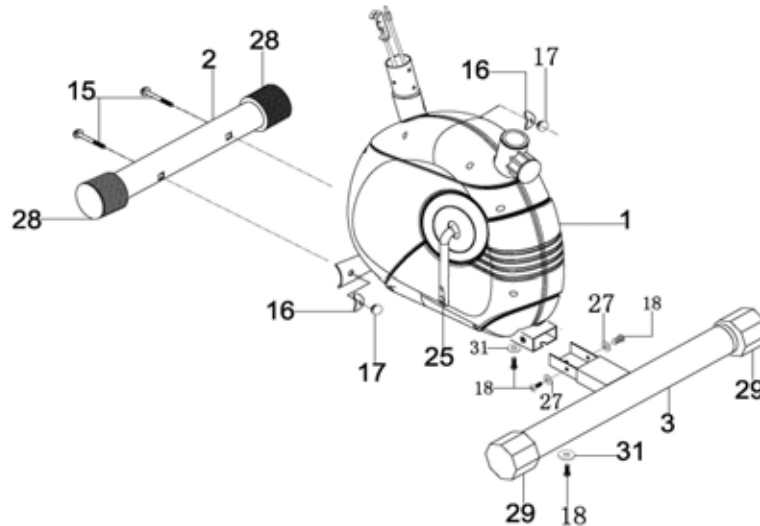
PART NO.	DESCRIPTION	Q'TY
01	Main Frame	1
02	Front Stabilizer	1
03	Rear Stabilizer	1
04	Front Post	1
05	Handlebar	1
06	Computer	1
07	Seat Post	1
08	Seat	1
09	Left Pedal	1
10	Right Pedal	1
	User Manual	1

Please note that some items of hardware may already be pre assembled onto your cycle.

ASSEMBLY INSTRUCTION

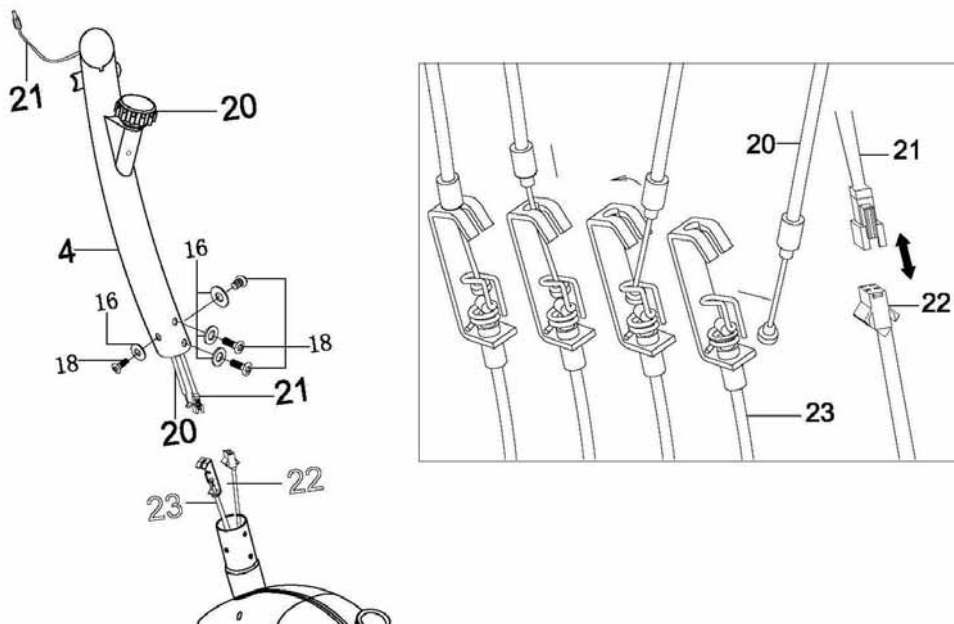
STEP 1

- (a) Attach the front stabilizer (2) to the main frame (1), and tighten using 2 carriage bolts (15), curve washer (16) and domed nut (17).
- (b) Then, attach the rear stabilizer (3) to the main frame (1), using 2 allen bolts (18), and flat washer (19) for the bottom of rear stabilizer, then tighten 2 sets of allen bolt (18), and flat washer (27) for each side of the rear stabilizer.



STEP 2

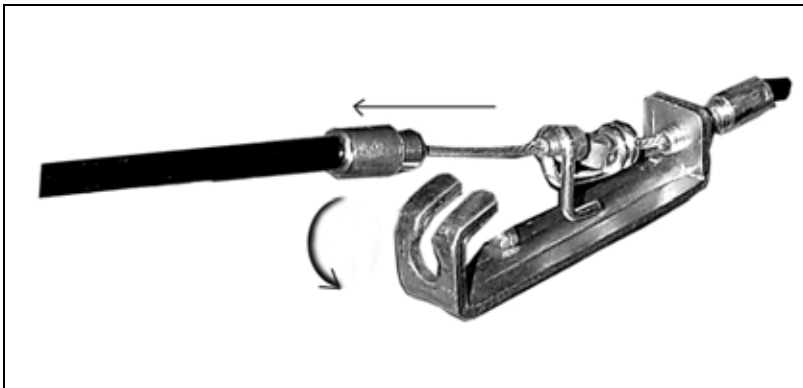
Take the front post (4) and connect the middle computer wire (21) with lower computer wire (22). Release the tension knob (20) on the front post (4) then connect with the lower tension cable (23). **Please see page 7 for a detailed description of the assembly.** Insert the front post (4) into the main frame (1) and tighten using 4 allen bolt (18) and curve washer (16).



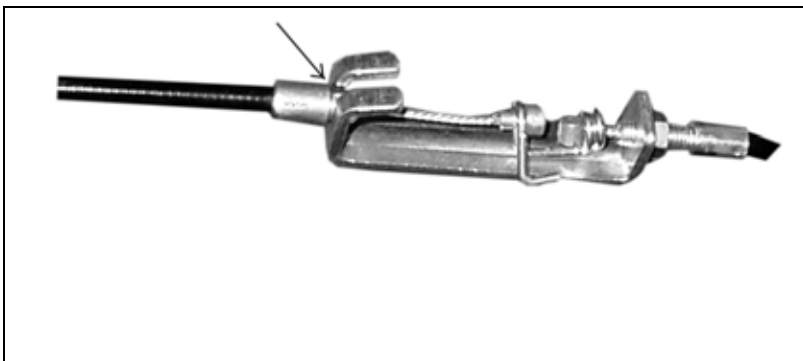
HOW TO CONNECT TENSION CONNECTOR



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.

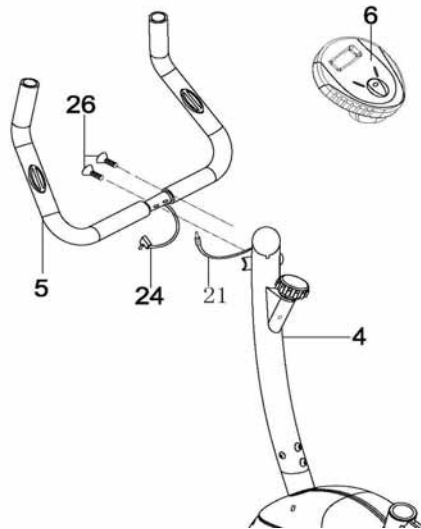


Drop the Connector down so the fitting sits firmly on top of the bracket.

STEP 3

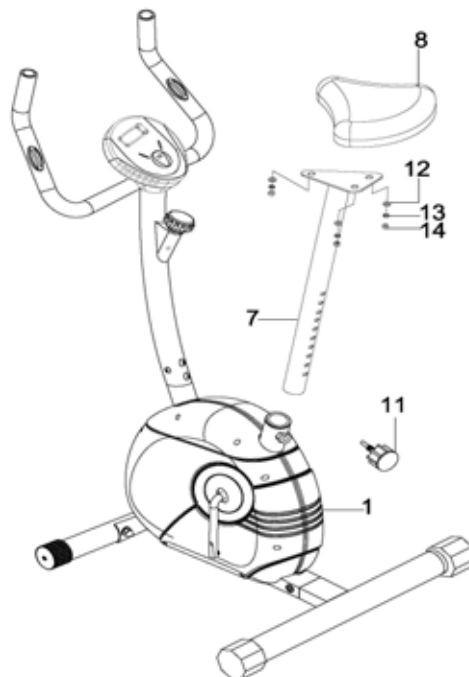
Assemble the computer with the computer holder (6) onto the top of front post (4). Plug the computer sensor wire (21) into the rear of the computer marked "sensor input".

Assemble the handlebar (5) to the front post (4) and tighten using 2 screws (26). Plug hand pulse wire (24) into the rear of the computer marked "pulse input".



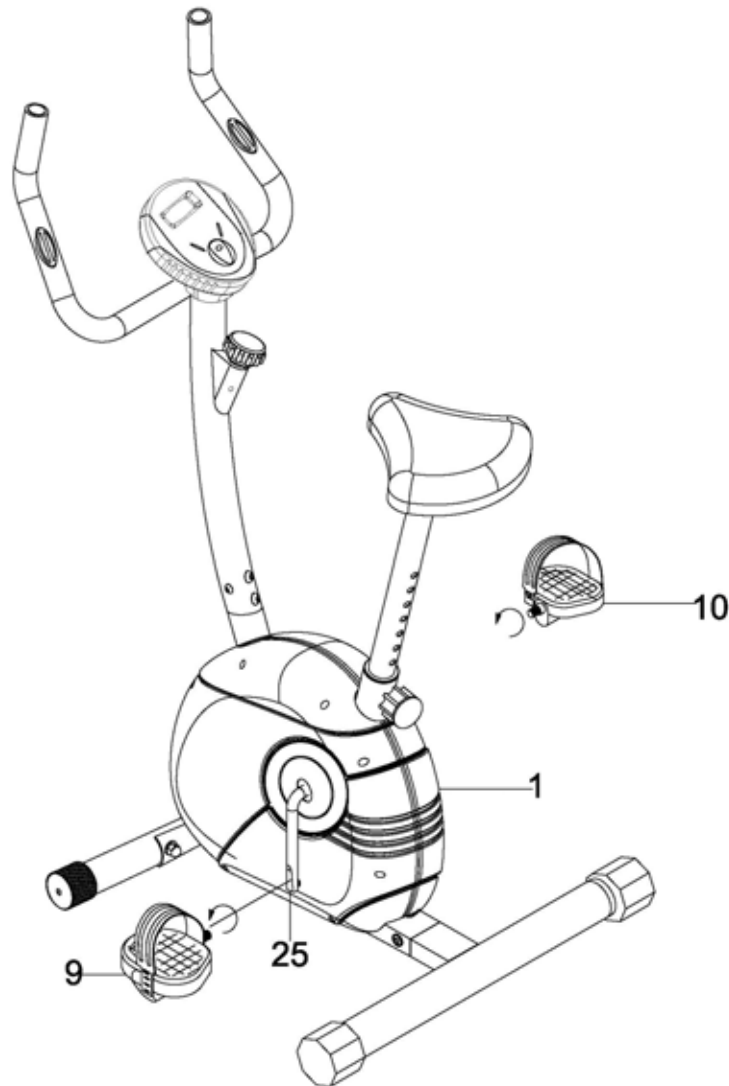
STEP 4

Assemble the seat (8) to the seat post (7), and tighten using 3 flat washers (12), spring washers (13) and nylon nuts (14), then insert the seat post (7) into the main frame (1). Line up the holes and secure the seat in position with the knob (11). The correct height for the seat can be adjusted after the bike is fully assembled.



STEP 5

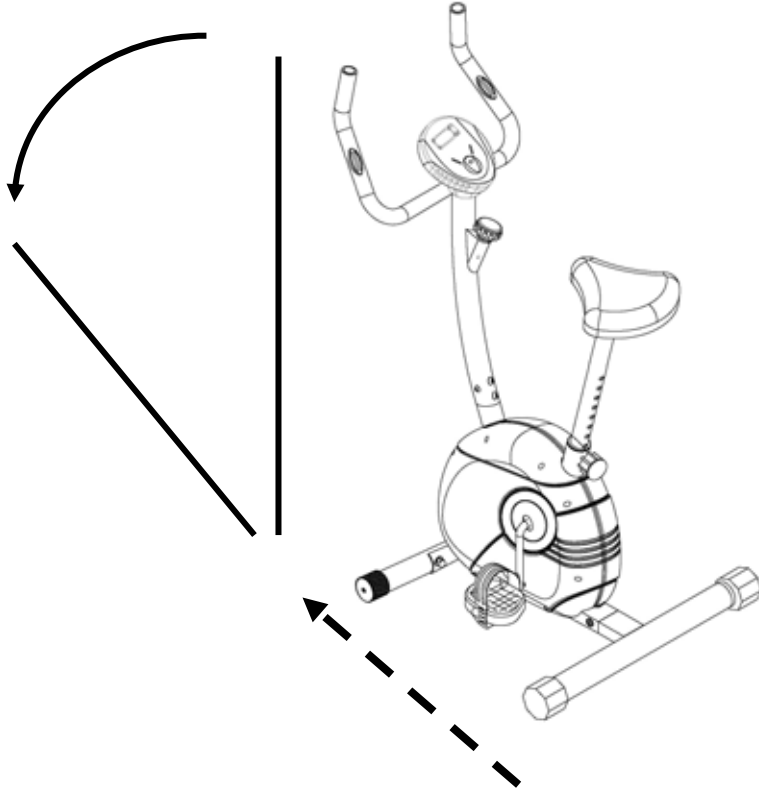
The left and right pedal (9) & (10) are marked "L" and "R". Connect them to their appropriate crank arm (25). The right pedal is on the right hand side of the cycle as you sit on it. Note that the right pedal should be threaded on clockwise and the left pedal on counter-clockwise.



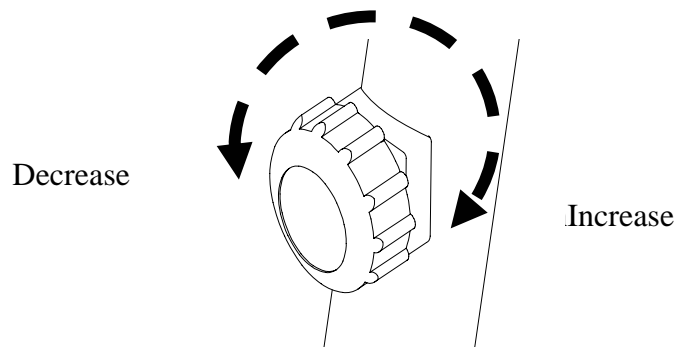
**CHECK ALL BOLTS AND NUTS ARE TIGHTENED
BEFORE USING THE MACHINE**

USER GUIDE

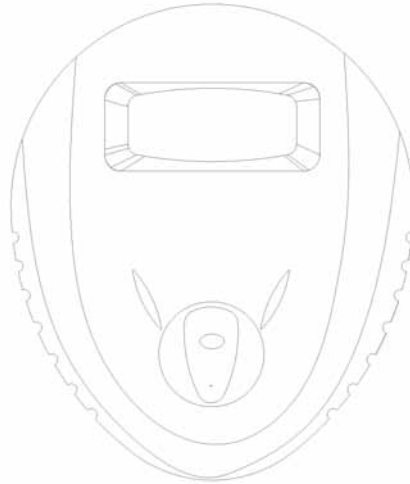
Transport



Tension Control



COMPUTER INSTRUCTIONS



FUNCTION MARK:

SCAN:	Auto scan	ODO:	Total distance
SPEED:	Speed	CAL:	Calorie
DIST:	Trip distance	♥	Pulse
TIME:	Riding time		

FUNCTIONS:

- 1. Reset:** Pressing the button for more than 3 seconds will reset all functional values to zero except Odometer.
- 2. Scan:** Press the button until the arrow points to SCAN, monitor will automatically cycle between SPEED, DIST, TIME, ODO, CAL and ♥ every 6 seconds.
- 3. Time:** Press the button until display TIME, monitor will count up your riding time.
- 4. Speed:** Press the button until display SPEED, monitor will display the current speed in Km/hr.
- 5. Distance:** Press the button until display DIST, monitor will display the trip distance you are travelling in Km.
- 6. Calories:** Press the button until display CAL, monitor will accumulate the calorie consumption.
- 7. ODOMETER:** Press the button until display ODO, monitor will display the total accumulated distance.
- 8. Pulse:** Press the button until display ♥, monitor will display your current heart rate in beats per minute.

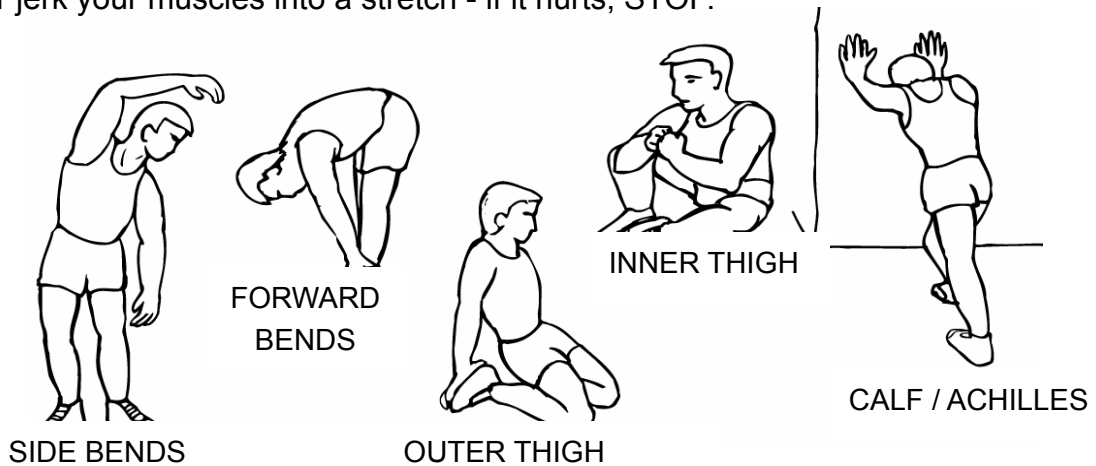
If the sensor is contact with hand, before measuring your pulse, place the palms of your hands on the both of the contact pads and the monitor will show up your current heart beat rate in beats per minute (BPM).

EXERCISE INSTRUCTIONS

Using your **UPRIGHT MAGNETIC CYCLE** 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.

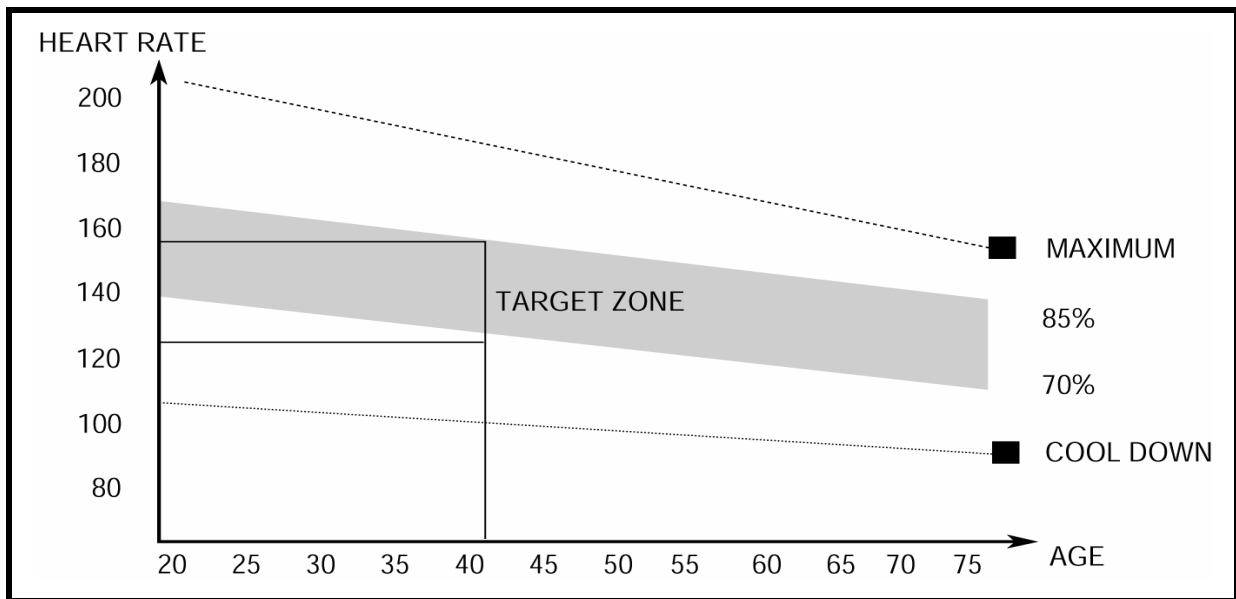
1. The Warm Up Phase

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. 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 **MAGNETIC UPRIGHT** 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.

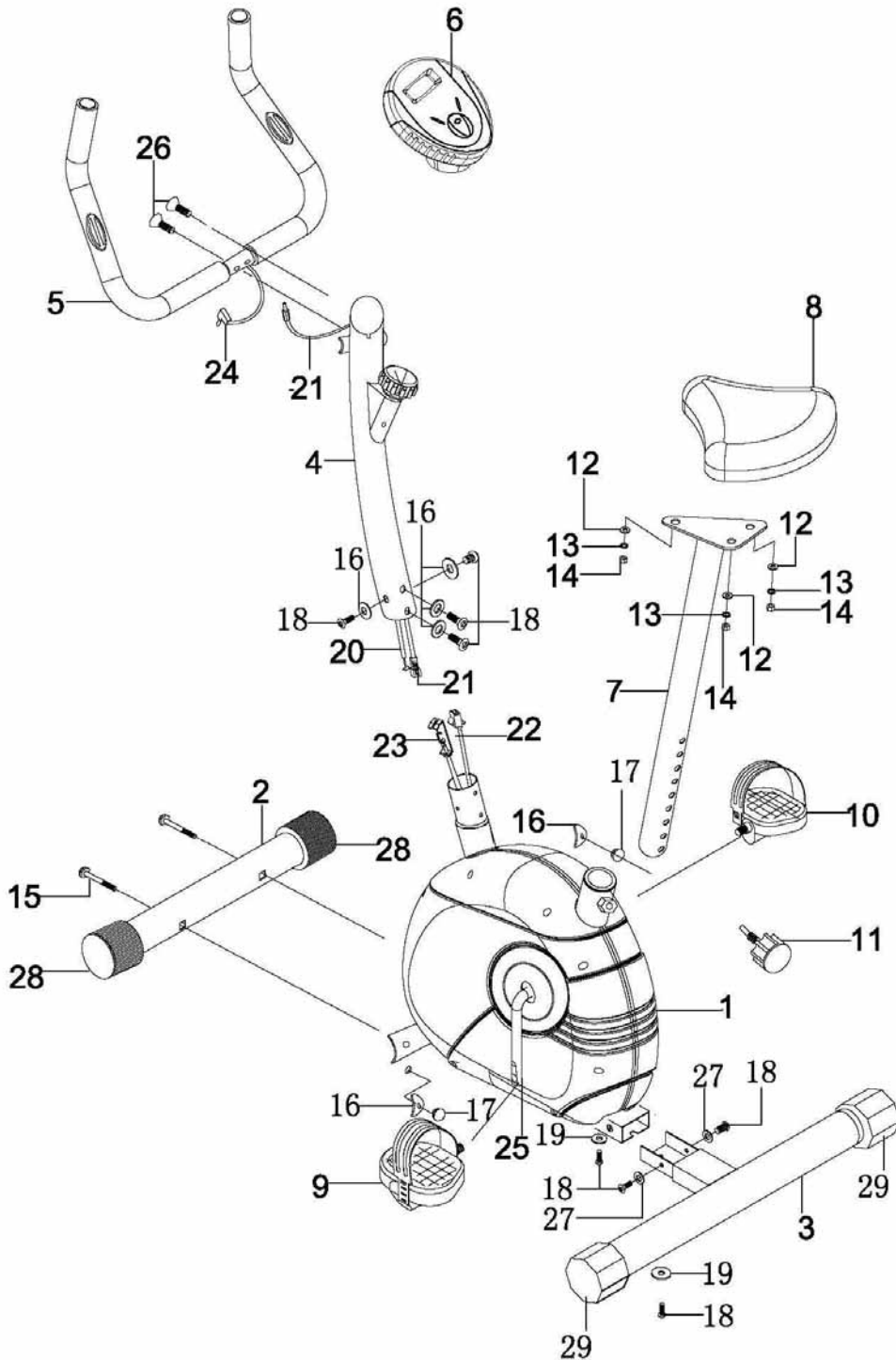
WEIGHT LOSS

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.

FAULT FINDING CHART

FAULT	REASON	REMEDY
Computer does not work.	Upper and lower computer wires are not connected.	Connect upper and lower sensor wires. See Steps 2 and 3
	Faulty computer wire	Replace computer wire
	Faulty computer	Replace computer
Computer display becomes faint or does not count	Weak or faulty batteries	Replace batteries
Pulse does not register.	Pulse sensor wire not connected.	Check connection. See step 3.
	Hands not in full contact with pulse sensors.	Remove hands from sensors and reposition.
	Faulty hand grip pulse sensor.	Replace hand grip sensors.
No resistance while exercising	Upper and lower tension control cables not connected	Connect upper and lower tension cables See Step 2

EXPLODED DIAGRAM



PARTS LIST

PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Front Post	1
5	Handlebar	1
6	Computer	1
7	Seat Post	1
8	Seat	1
9	Left Pedal	1
10	Right Pedal	1
11	Knob	1
12	Flat Washer $\Phi 17$	3
13	Spring Washer $\Phi 12.5$	3
14	Nylon Nut M8	3
15	Carriage Bolt M8*L65mm	2
16	Curve Washer $\Phi 22$	6
17	Domed Nut M8	2
18	Allen Bolt M8*15mm	8
19	Flat Washer $\Phi 25$	2
20	Tension Knob and Upper Tension Cable	1
21	Computer Sensor Wire	1
22	Lower Computer Wire	1
23	Lower Tension Cable	1
24	Hand Pulse Wire	1
25	Crank Arm	1
26	Screw for Handlebar	2
27	Flat Washer $\Phi 17$	2
28	Transportation Wheel	2
29	Rear Stabilizer End Cap	2

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

CARE AND MAINTENANCE

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

SPECIFICATIONS

Dimensions:	80 x 45 x 123 cms
Maximum user weight:	100kg
Batteries	2 x Size AAA 1.5v

LIMITED WARRANTY

Escalade warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one year from the date of purchase. This warranty extends only to the original purchaser. Escalade's obligation under this Warranty is limited to replacing damaged or faulty parts at Escalade's option.

All returns must be pre-authorized by Escalade. 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 Escalade.

Escalade 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 calling our Customer Service Department.

Tel: 0044 (0) 1792 222 562

E mail: customerservices@escaladesports.co.uk

When ordering replacement parts, please give the following information.

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