

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
NS-6023RW

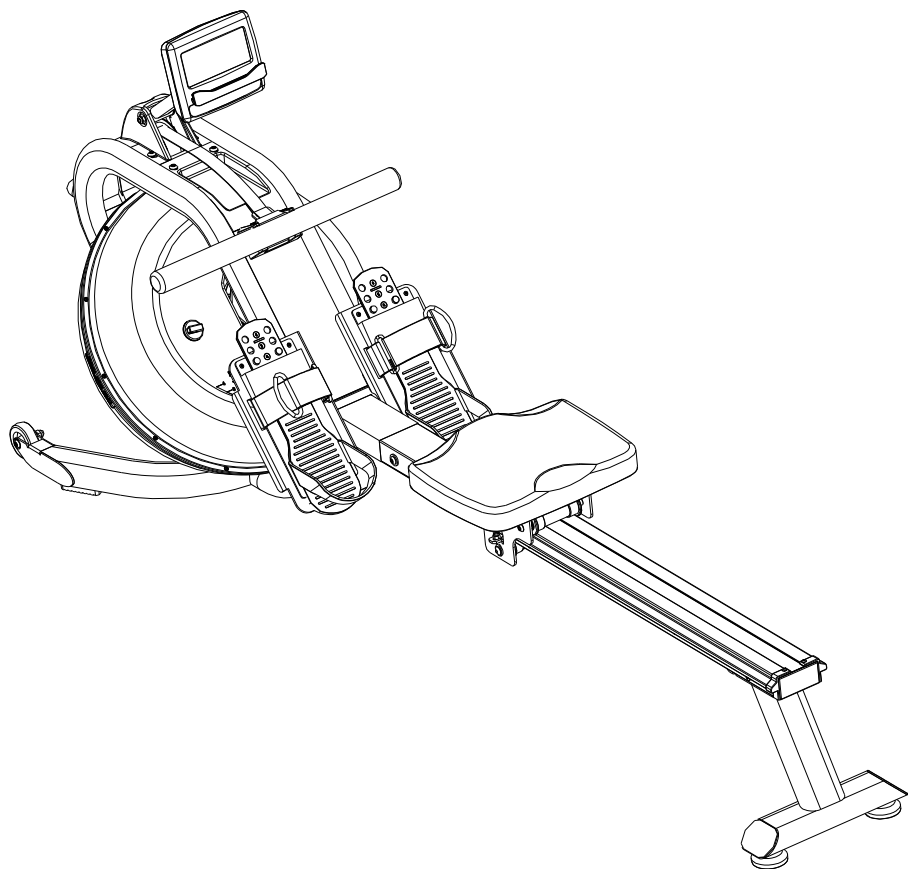
Retain This
Manual for
Reference

190614

ASSEMBLY &
OWNER'S
MANUAL

MARCY®

Marcy Pro **Water-Resistance** **Rower** **NS-6023RW**



IMPEX® INC.

2801 S. Towne Ave, Pomona, CA 91766
Tel: (800) 999-8899 Fax: (626) 961-9966

www.marcypro.com

support@impex-fitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN	1
IMPORANT SAFETY NOTICES	2
WARNING LABEL PLACEMENT	3
HARDWARE PACK	4
ASSEMBLY INSTRUCTION	5
EXPLODED DIAGRAM	9
PARTS LIST	10
CARE AND MAINTANENCE	13
OPERATING NOTES	14
ADJUSTMENT GUIDE	15
STORAGE GUIDE	16
COMPUTER	17
EXERCISE GUIDELINES	21
WARRANTY	23
ORDERING PARTS	23

BEFORE YOU BEGIN

Thank you for selecting the MARCY Water-Resistance Rower NS-6023RW by IMPEX® INC. For your safety and benefit, read this manual carefully before using the bike. 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.marcypro.com

support@impex-fitness.com

IMPORTANT SAFETY NOTICE

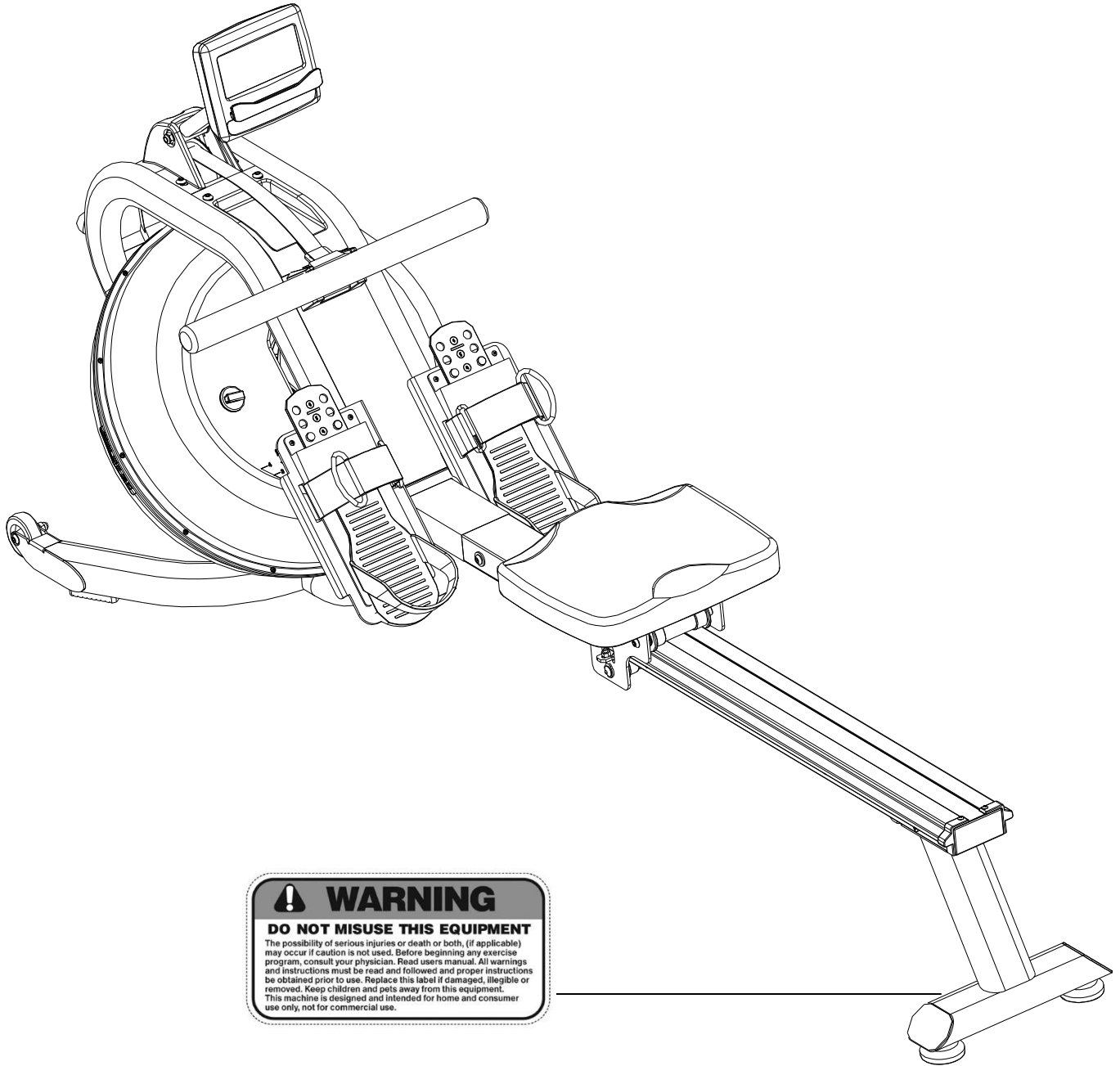
PRECAUTIONS

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. 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. IMPEX INC. 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 shown here has been placed on the Front Stabilizer. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

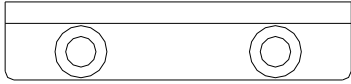
HARDWARE PACK



_____ #19 1pc



_____ #20 1pc



_____ #40 1pc



_____ #59 M8 x 2/3" 4pcs



_____ #61 M4 x 1/2" 2pcs



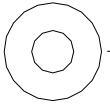
_____ #62 M8 x 2/3" 4pcs



_____ #68 M8 x 2/3" 8pcs



_____ #72 M6 x 1/3" 2pcs



_____ #74 Φ 3/4" 8pcs



_____ #93 S5 1pc



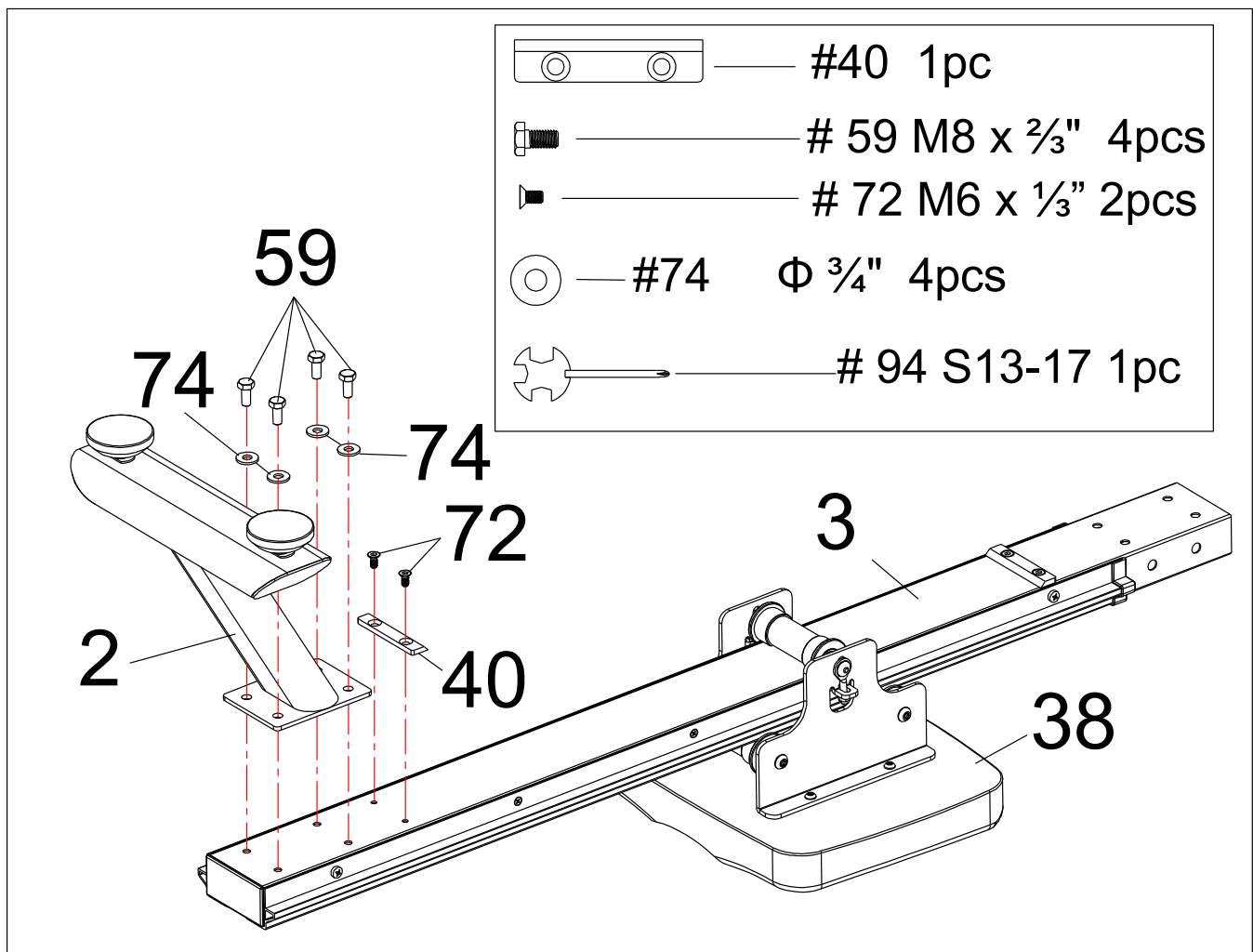
_____ #94 S13-17 1pc

ASSEMBLY INSTRUCTION

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

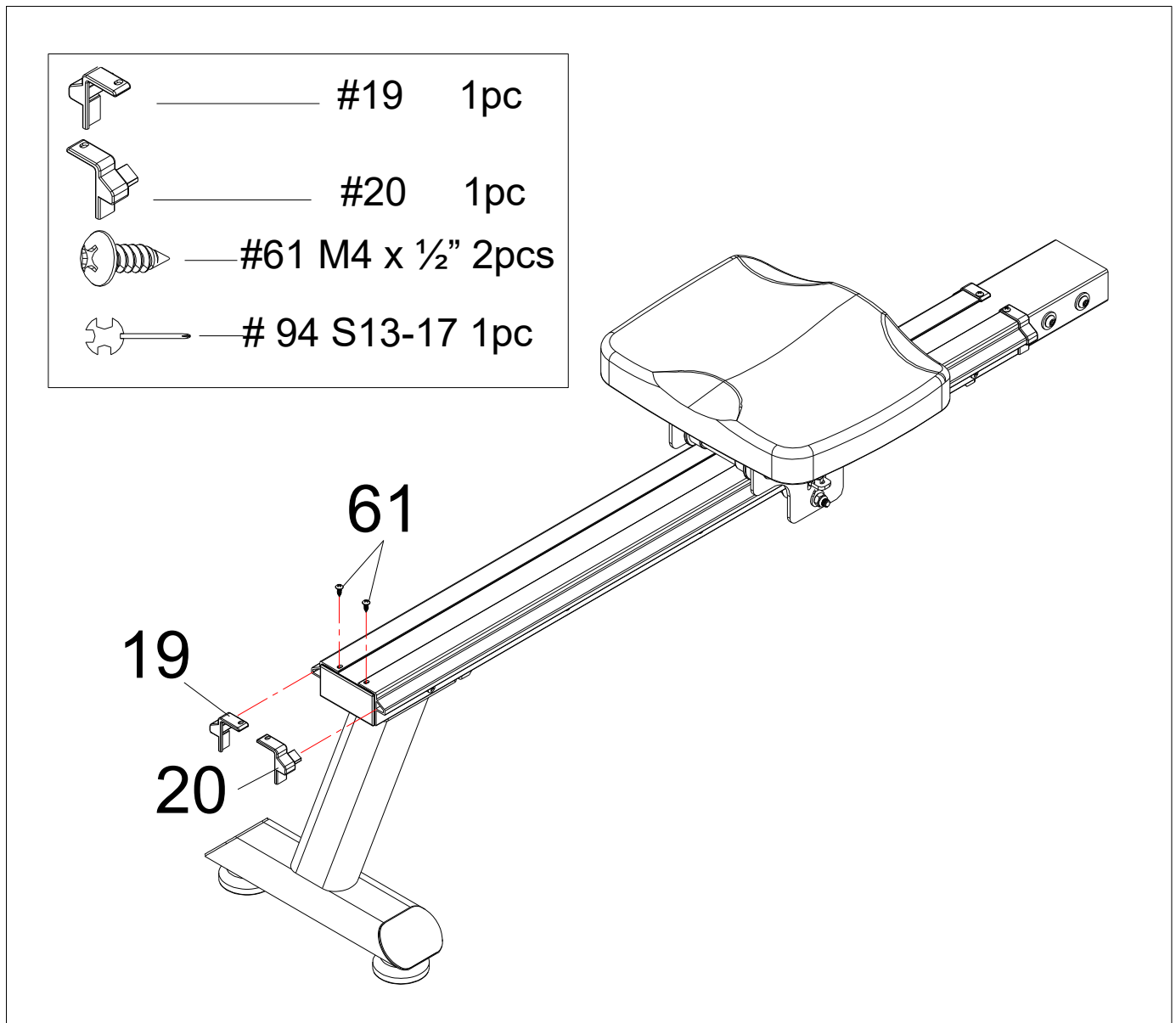
STEP-1

1. Flip the **Slide Rail (No. 3)** and **Seat (No. 38)** up-side-down as shown below.
2. Slide the **Seat (No. 38)** onto the **Slide Rail (No. 3)**. Secure the **Limit Pad (No. 40)** with 2 **Philips Screws (No. 72)**.
3. Attach the **Rear Stabilizer (No. 2)** to the **Slide Rail (No. 3)** with 4 **Washers (No. 74)** and 4 **Hex Bolt (No. 59)**. Tighten with **Multi-Tool (No. 94)**.



STEP-2

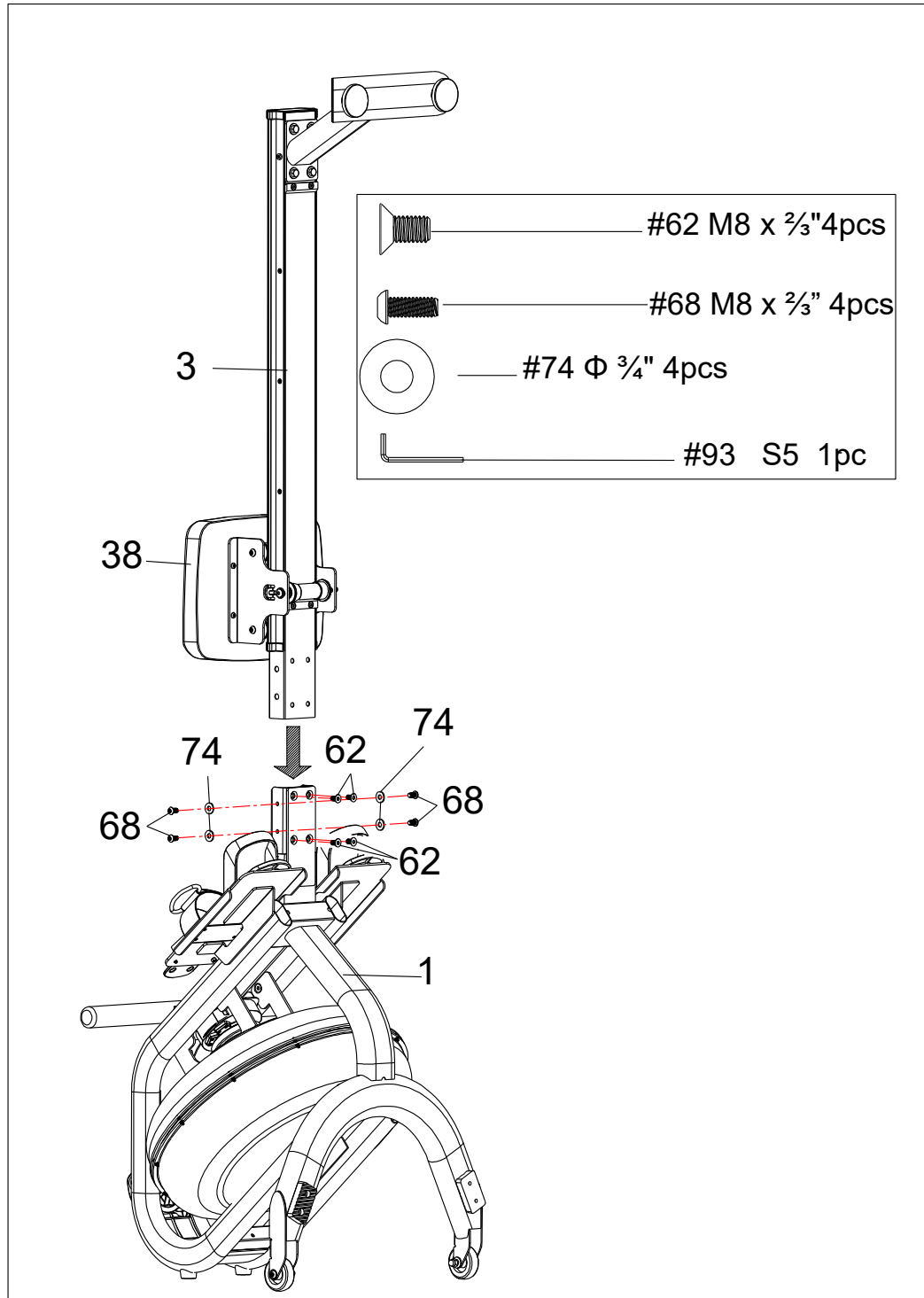
1. Secure the **Left/Right Decorative Cover for Rail (No.19 & 20)** with 2 **Philips Screws (No. 61)** onto the **Slide Rail (No.3)**.
2. Tighten with **Multi-Tool (No. 94)**.



STEP-3

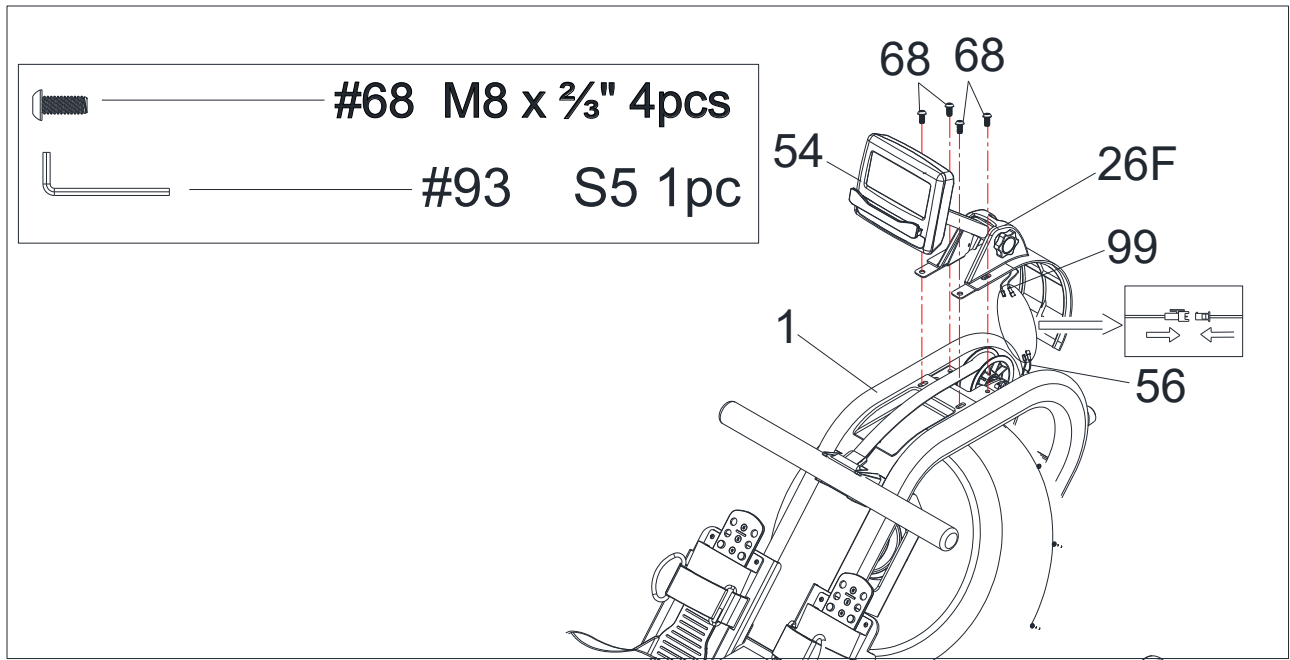
NOTE: Move the **Seat (No. 38)** to the front of the **Slide Rail (No. 3)** before assembly to prevent it from sliding down during assembly.

1. Attach the **Slide Rail (No. 3)** to the **Main Frame (No. 1)** using 4 **Washers (No. 74)**, 4 **Allen Bolts (No. 68)** and 4 **Flat Head Allen Bolts (No. 62)**.
2. Thread all 8 bolts partially into the holes first, and then tighten with **Allen Wrench (No. 93)**.

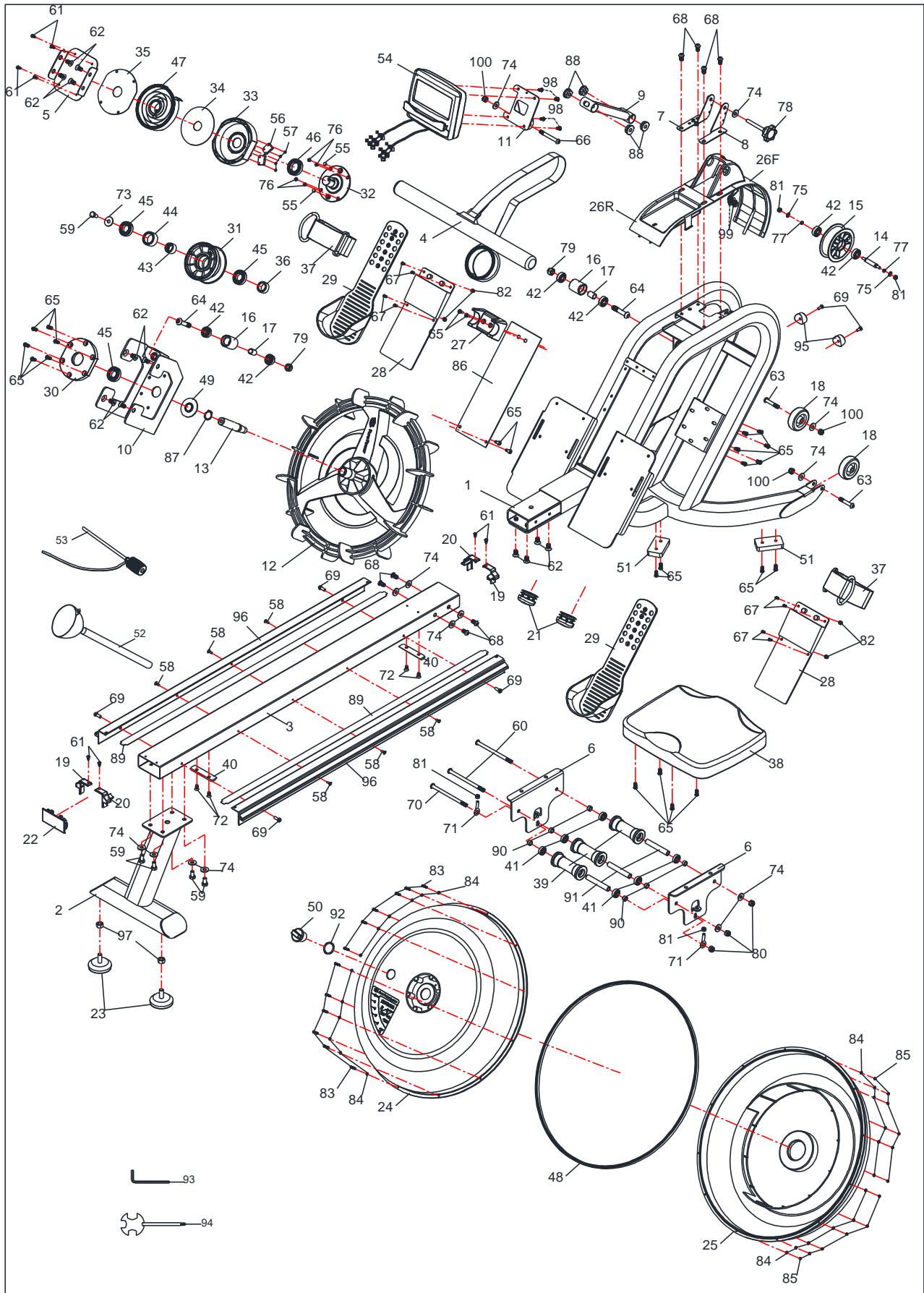


STEP-4

1. Connect the **Connection wire (No. 99)** to the **Sensor wire (No. 56)**.
2. Plug the **Front Decorate cover (No. 26F)** into the hole of **Main Frame (No. 1)**.
3. Attach the **Support for computer (#54)** to Main Frame, Tighten with 4 **Screws (#68)**.



EXPLODED DIAGRAM



NS-6023RW PARTS LIST

No.	Description	Size	Qty.
1	Main frame		1
2	Rear stabilizer		1
3	Slide rail		1
4	Handlebar		1
5	Spring Fixed Plate		1
6	Seat carriage		2
7	Sensor stand L		1
8	Sensor stand R		1
9	Support for computer		1
10	Tank plate		1
11	Support Plate		1
12	Plastic Impeller		1
13	Impeller shaft		1
14	Belt wheel shaft		1
15	Belt wheel		1
16	Guide roller		2
17	Guide roller spacer		2
18	Transport Wheel		2
19	Left Decorative Cover for Rail		2
20	Right Decorative Cover for Rail		2
21	Oval plug		2
22	Rail End Cap		1
23	Level Adjustment Knob		2
24	Upper Tank		1
25	Lower Tank		1
26F/R	Decorate Cover		1
27	Handlebar Seat		1
28	Pedal Support		2

29	Pedal Adjustment Sleeve		2
30	Bearing Seat		1
31	Mesh Belt Wheel		1
32	Axle for Volute Spring		1
33	Base of Volute Spring		1
34	PC Board		1
35	Outer PC Board		1
36	Spacer for Mesh Belt Wheel		1
37	Pedal Strap		2
38	Seat		1
39	Seat Roller		3
40	Limiter Pad		2
41	Bearing		6
42	Bearing		6
43	One-way Bearing		1
44	Steel Sleeve		1
45	Bearing		3
46	Bearing		1
47	Volute Spring		1
48	Rubber Sealing Ring		1
49	Seal		1
50	Tank Fill Plug		1
51	Skid Pad		2
52	Funnel		1
53	Pumping Siphon		1
54	Computer		1
55	Magnet		2
56	Square Sensor Wire		1
57	Philips Screw	ST3 x 10	4
58	Flat Head Philips Screw	M4 x 1/2"	6

59	Hex Bolt	M8 x 2/3"	5
60	Allen Bolt	M8 x 5 1/2"	2
61	Philips Screw	M4 x 1/2"	8
62	Flat Head Allen Bolt	M8 x 2/3"	12
63	Allen Bolt	M8 x 1 3/4"	2
64	Allen Bolt	M10 x 2"	2
65	Allen Bolt	M6 x 2/3"	24
66	Allen Bolt	M8 x 2 1/2"	1
67	Cross Screw	M5 x 2/3"	8
68	Allen Bolt	M8 x 2/3"	8
69	Philips Screw	M6 x 2/3"	6
70	Allen Bolt	M8 x 5 3/4"	1
71	Eyebolt	M6 x 1 1/8"	2
72	Philips Screw	M6 x 1/3"	4
73	Washer	Φ 1"	1
74	Washer	Φ 3/4"	14
75	Washer	Φ 1/2"	2
76	Philips Screw	ST5 x 10	4
77	Belt wheel spacer		2
78	Adjustment Knob		1
79	Aircraft Nut	M10	2
80	Aircraft Nut	M8	3
81	Aircraft Nut	M6	4
82	Aircraft Nut	M5	4
83	Philips Screw	M3*22	12
84	Stainless Washer	M3	24
85	Aircraft Nut	M3	12
86	Main Frame Plate		1
87	C Clip		1
88	Bushing		4

89	EVA foam For Rail		2
90	Spacer for Seat Roller	Φ ½"	6
91	Roller tube		3
92	O-Shaped Ring		1
93	Allen Wrench		1
94	Multi-Tool		1
95	Frame Bumper		2
96	Aluminum Rail		2
97	Hex Nut	M10	2
98	Cross Screw	M5 x 10	4
99	Connection Wire		1
100	Acorn Nut	M8	3

CARE AND MAINTENANCE

1. Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.
2. This machine can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the rower IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The rower 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.
5. To avoid possible injury, the help of two or more people are needed when moving the machine 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 300 lbs.**
8. **Assembled Dimension (L x W x H): 77" x 19" x 36"**

OPERATING NOTES

FILLING AND EMPTYING THE WATER TANK

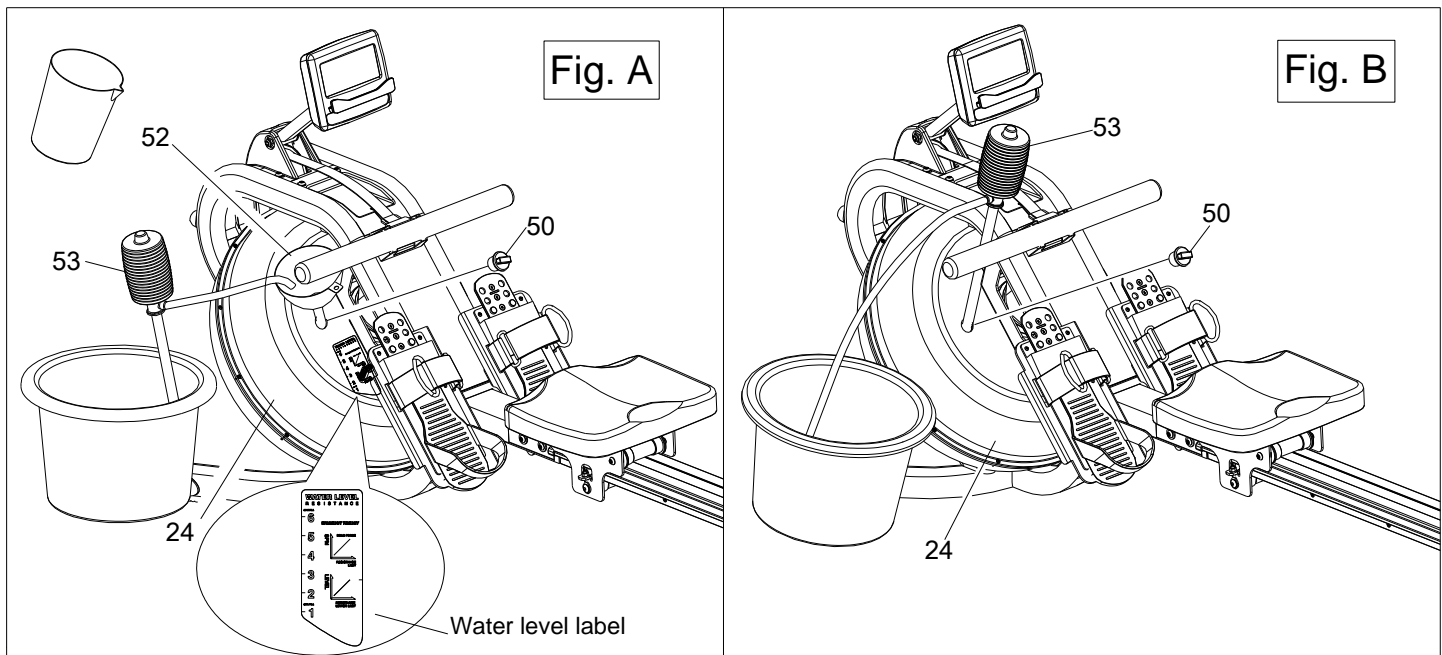
1. Remove the **Tank Fill Plug (No.50)** from the **Upper Tank Cover (No. 24)**.
2. To fill the tank with water, refer to Fig. A.
 - Insert the **Funnel (No. 52)** into the tank, then use a cup or the **Siphon Pump (No. 53)** and a bucket to fill the tank. Use the water level indicator on the side of the tank to fill to the desired water level in the tank.
3. To empty the tank, refer to Fig. B.
 - Place a bucket next to the rower and use the **Siphon Pump (No. 53)** to pump out the water from the tank into the bucket.
4. Re-insert the **Fill Plug (No. 50)** into the **Upper Tank Cover (No. 24)** when done. Wipe off excess water from the frame.

NOTE:

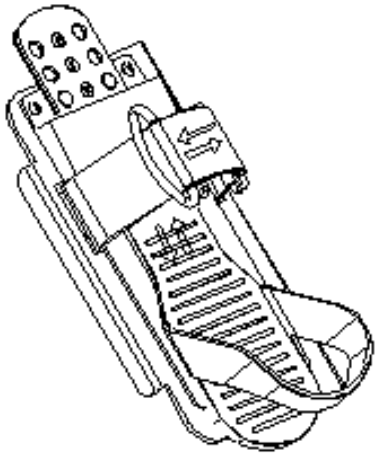
- Fill the tank only with tap water. Never use pool chlorine or chlorine bleach, this will damage the tank and void the warranty.
- Do not consume the tank water. Dispose the water after pumping it out from the tank.

WATER LEVEL

- See Fig. A. The water level indicator is on the side of the tank. The maximum fill level is 6. Never fill it over this limit. Filling the tank over this limit will void the warranty.
- The resistance depends on the water level in the tank. Water level 1 is the lowest resistance. Level 6 is the highest resistance.



ADJUSTMENT GUIDE

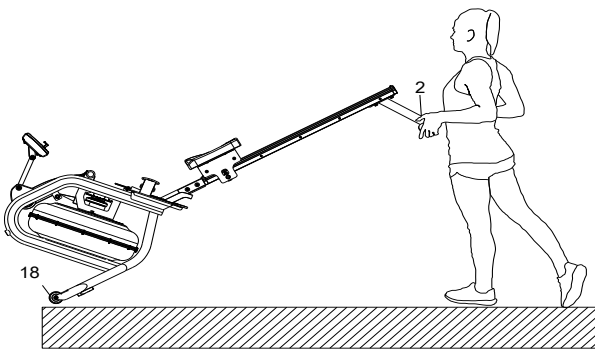


The pedal strap is adjustable and can be personalized to fit the user's foot size.

To adjust the pedal strap, remove the Velcro end of the strap from the mesh side by pulling it upward then to the left.

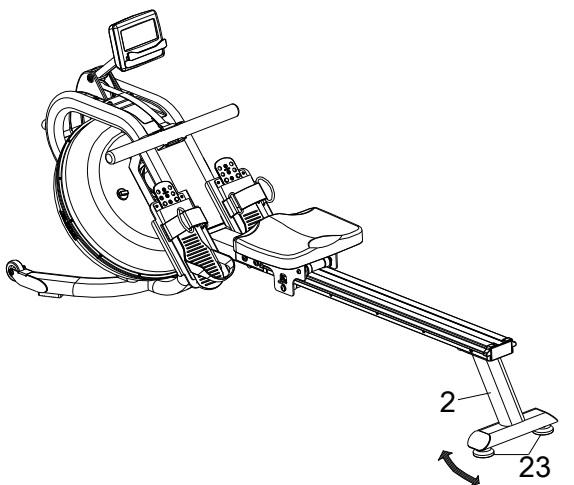
Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right.

To tighten, pull the Velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.



MOVING THE MACHINE

To move the machine, lift up the **Rear Support (No. 2)** until the **Transport Wheels (No. 18)** on the front stabilizer touch the ground. With the wheels on the ground, you can transport the machine to the desired location with ease.



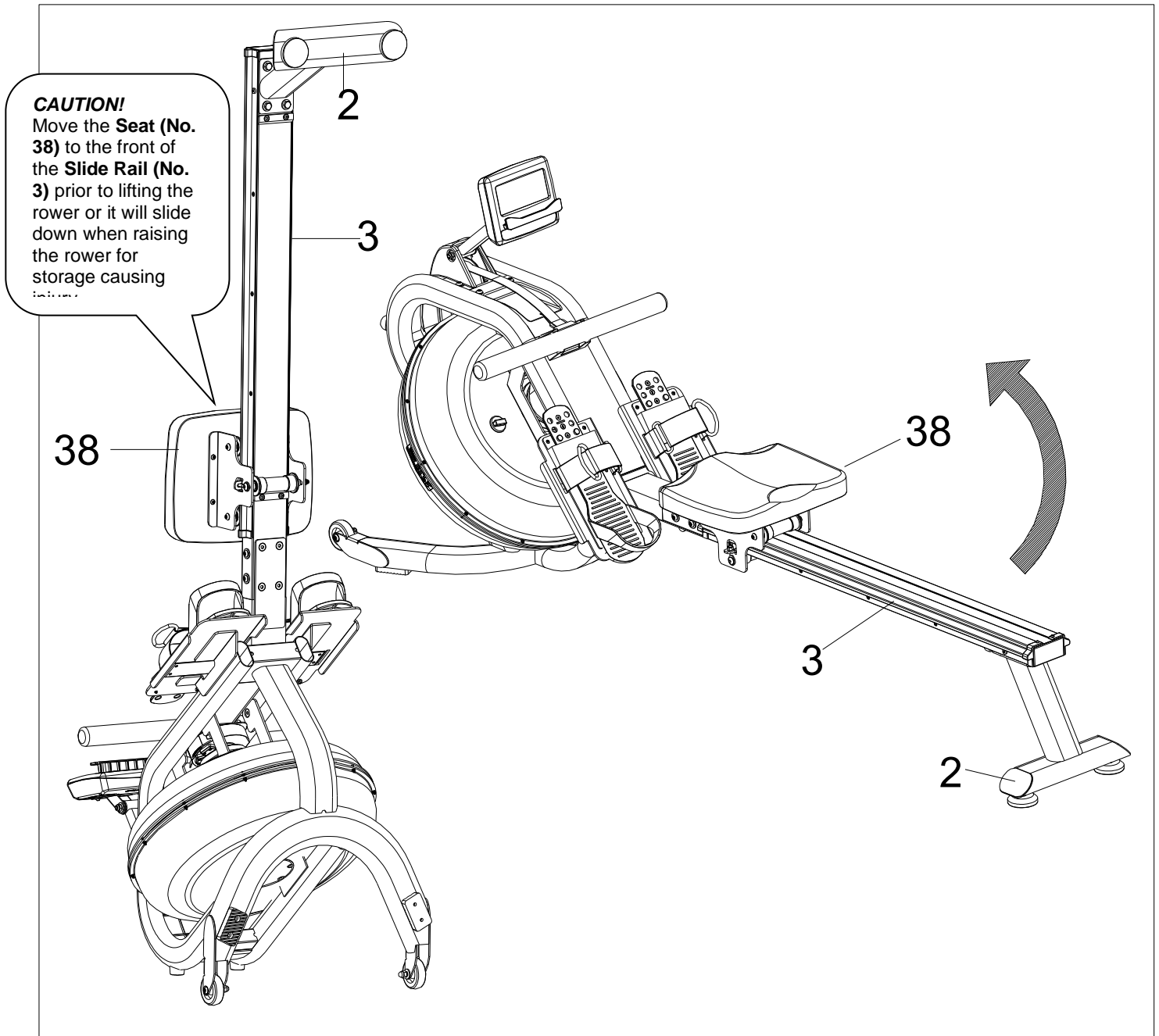
To Stabilize the Rower

Adjust the **Level Adjustment Knob (No. 23)** below the **Rear Stabilizer (No.2)** of the machine if the machine is unbalance during use.

STORAGE GUIDE



Caution!

Moving parts, such as the seat, can cause injury. Keep hands clear of the sliding rail during use!





Power on

The full LCD display will be shown 2 seconds after the installation of batteries. It will then enter the workout intensity selection mode (L1 to L6): press   to select the Level then press Enter to confirm and enter into standby mode.

BUTTONS

RECOVERY : Press this button to test the pulse recovery for 60 seconds, the computer needs to have the pulse signal input.

RESET :

1. Short press to toggle between parameter setting mode and program selection mode.
2. Short press to return to standby mode while stopped.
3. Long Press (2 seconds) and the computer will reset to default values.

START/STOP : To start or pause the session.

ENTER :



1. Confirms program selection.
2. Confirms parameter selection and moves to the next parameter selection.
3. Press it to switch the function value display during the training.

Left Arrow  :

1. Increases the setting parameter Increase the setting parameter
2. Cycle through the PROGRAM (QUICK 、 STANDARD 、 TARGET SINGLE 、 TARGET INTERVALS 、 CUSTOM 、 RACE) selections.

Right Arrow :

1. Decreases the setting parameter.
2. Cycle through the PROGRAM (QUICK 、 STANDARD 、 TARGET SINGLE 、 TARGET INTERVALS 、 CUSTOM 、 RACE) selections.

Note: Press   to display the function value in the large middle display window.

	default	Increment Decrement	Setting Range	Display Range
TIME	0:00	±1	0:00~99:00	0:00~99:59
DISTANCE	0	±100	0~99900	0~99999
STROKES	0	±10	0~99990	0~99999
CALORIES	0	±10	0~9990	0~9999

Note : TIME and DISTANCE cannot be set together, you will need to choose TIME or DISTANCE to set.

DISPLAY

TIME: Displays the duration.

TIME/500M: The average 500-meter time will automatically be displayed and continuously updated.

SPM: Strokes per minute.

DISTANCE: Displays the distance.

STROKES: Displays the current strokes.

TOTAL STROKE: Displays the accumulated total strokes.

CALORIES: Displays the calories.


PULSE: Displays user's heart rate during training.

DRAG FORCE: Displays the current drag force.


WATT: Displays the current watt.


A+: Displays the average function value of time, calories, watt and pulse.

OPERATION

QUICK START : Press  to select Quick Start then press START/STOP to start the training.



1. Press ENTER to switch the function value to from the smaller window to be displayed in the larger middle display during the training.
2. The program profile displays 16 columns, with each column equaling to 100 meter.







STANDARD : Press  to select STANDARD then press ENTER to confirm and enter to select one of five training modes: 2000m, 5000m, 10000m, 30:00, 500m/1:00. Press START/STOP to start the program. The preset value will count down, other values will count up. Press RESET to go back to standby mode when the preset function value counts down to zero.



TARGET SINGLE : Press  to select TARGET SINGLE then press ENTER to confirm and enter one of four training modes: Single Time, Single Distance, Single Calories, Single THR

1. Single Time: Set the time; press START/STOP to start the training after setting desired time.
2. Single Distance: Set the distance; press START/STOP to start the training after setting the desired distance.
3. Single Calories: Set the calories; press START/STOP to start the training after setting the desired calories.
4. Single T.H.R: Set the Targeted Heart Rate from 90 to 200 bpm, press START/STOP to start the training after setting the desired THR.





Alarm will sound when the current heart rate is higher than THR.

TARGET INTERVALS : Press   to select TARGET INTERVAL then press ENTER to confirm and enter one of three Intervals setting modes: Intervals Time, Intervals Distance and Intervals Variable.

1. Intervals Time: Press   to set the training time then press ENTER to confirm and set the REST TIME. Press START/STOP to start the training after setting desired time.
2. Intervals Distance: Press   to set the training distance then press ENTER to confirm and set the REST TIME. Press START/STOP to start the training when done.
3. Intervals Variable: Press   to set the training time then press ENTER to confirm and set the training distance. Press ENTER to confirm and set the REST TIME then press START/STOP to start the training when done.

CUSTOM : Press   to select CUSTOM then press ENTER to confirm and one of four Custom modes: V 00:30/00:30R, V1:00/1:00R-7, V2000m/3:00R-4, V1:40/:20R.

1. V :30/:30R : Training 30 seconds , rest 30 seconds.
2. V1:00/1:00R-7 : Training one minute, rest one minute, repeat 7 times.
3. V2000m/3:00R-4 : Training 2000m, rest three minutes, repeat 4 times.
4. V1:40/:20R : Training one minute forty seconds, rest 20 seconds, repeat 9 times.

RACE : Press   to select RACE then press ENTER to confirm then press   to select L1 through L15. Press ENTER to confirm and enter DISTANCE setting; DISTANCE will blink then press UP or DOWN to adjust. Press START/STOP to begin/pause training.

- The screen will show U (user) and PC (competitor simulation) for the race.
- Once PC or User reach the end of training, the computer will stop.
- When the race is complete, you can cycle through the smaller display windows to see: TIME, SPM, DISTABCE, STROKES, CALOGIES, and PULSE.
- You can also press ENTER to change the display to show: TIME/500M, TOTAL STROKES, and WATT.

NOTE: in the RACE PROGRAM only the DISTANCE can be set, the TIME/500M is fixed. See below table for the TIME/500M for L1-L15:

L1	8:00	L6	5:30	L11	3:00
L2	7:30	L7	5:00	L12	2:30
L3	7:00	L8	4:30	L13	2:00
L4	6:30	L9	4:00	L14	1:30
L5	6:00	L10	3:30	L15	1:00

RECOVERY

1. This computer works with a 5.3 KHz chest strap heart rate monitor (not included). After exercising for a period of time, while wearing the chest strap monitor, press the "RECOVERY" button. All function displays will stop except "TIME". It will start to count down from 00:60 to 00:00.
2. Screen will display your heart rate recovery status with the F1, F2....to F6.
3. F1 is outstanding, F6 is poor. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

Note:

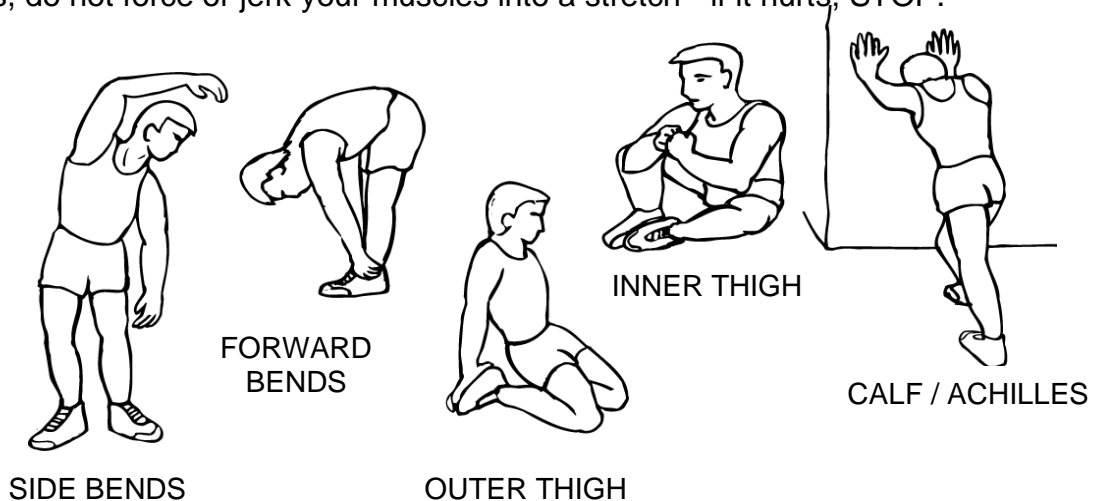
1. The computer will enter sleep mode after 4 minutes of inactivity and all the value will reset to zero automatically except TOTAL STROKES. Start training or press any button to wake up the computer.
2. If the computer displays abnormally, please re-install the battery and try again after 15 seconds.
3. Battery Spec: AA (2PCS). The batteries must be removed from the computer before the rower is disposed, and the batteries should be disposed according to local laws and regulations.
4. Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.
5. Contact your local government for information regarding the collection systems available.
6. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.
7. When replacing old appliances with new once, the retailer is legally obligated to take back your old appliance for disposal at least for free of charge.

EXERCISE GUIDELINES

Using your **MAGNETIC ROWER** 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.

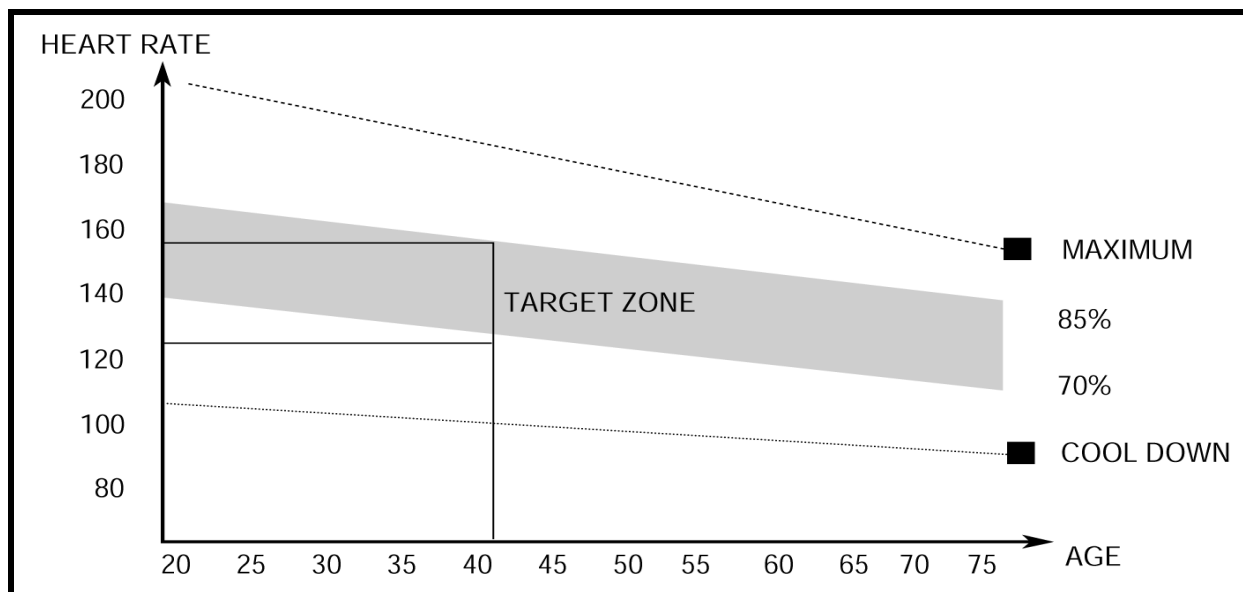
1. The Warmup Phase

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 targeted heart rate 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 ROWER** 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.

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.marcypro.com

IMPEX[®] INC.
2801 S. Towne Ave.
Pomona, CA 91766

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.
support@impex-fitness.com

When ordering replacement part, always give the following information.

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