

# Excy Corporation

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## Excy XCR 300 Owner's Manual



### Welcome to the Excy Family!



We're excited to have you join the Excy Family! Before your first ride, please read this guide and make sure you understand all aspects of the Excy XCR 300 training system, safety precautions, and exercise positions.

We invite you to follow us on social media for training ideas. Our social channels can be found at [www.excy.social](http://www.excy.social). Call or email us anytime with questions at 425-205-9444 or [excy@excy.com](mailto:excy@excy.com).

Crank on,

Michele Mehl and Mike Rector

# Top 10 Safety Tips Before Riding

1. Consult a physician prior to commencing an exercise program. If at any time, you feel faint or dizzy, or experience pain, stop and consult your physician.
2. If you have an injury or medical condition, work directly with your physical therapist and doctor.
3. Read and understand the complete Owner's Manual.
4. Read and understand all **\*WARNINGS**.
5. Do not use Excy with an unstable squat or weight rack. Doing so can result in serious injury and property damage.
6. Always make sure Excy is firmly attached to the rack prior to use.
7. Make sure that all pedal accessories are securely engaged.
8. Do not have children or animals directly next to Excy while pedaling.
9. Do not use petroleum-based products to clean your system.
10. Watch video tutorials and review setup to understand positioning.

<https://excy.com/xcr-300-physical-therapy-upper-and-lower-body-ergometer-overview/> and <https://excy.com/excy-xcr-300-upper-body-ergometer/>

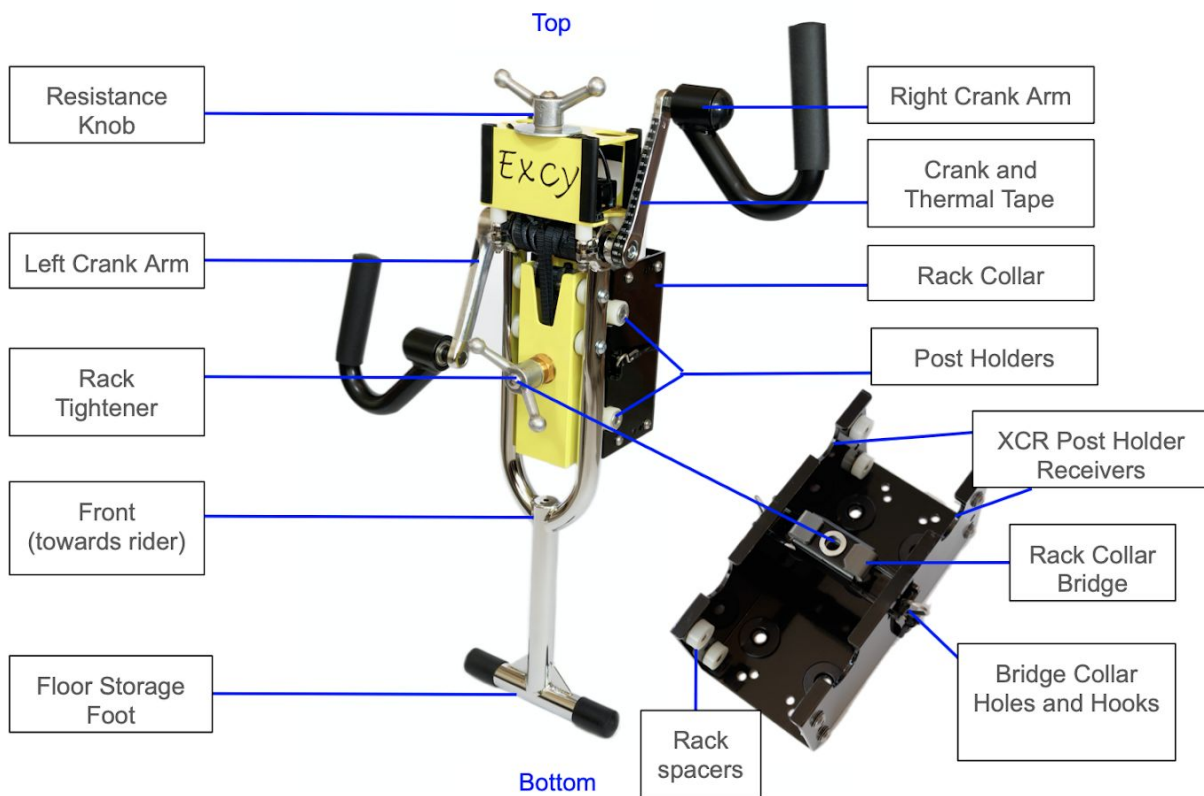
The following definition applies to the word **"WARNING"** found in this guide

**\*WARNING!** Indicates a potentially hazardous situation, if not avoided, could result in serious injury and property damage.



# Get to Know Your Excy XCR 300

## PARTS



Rack Collar Bridge

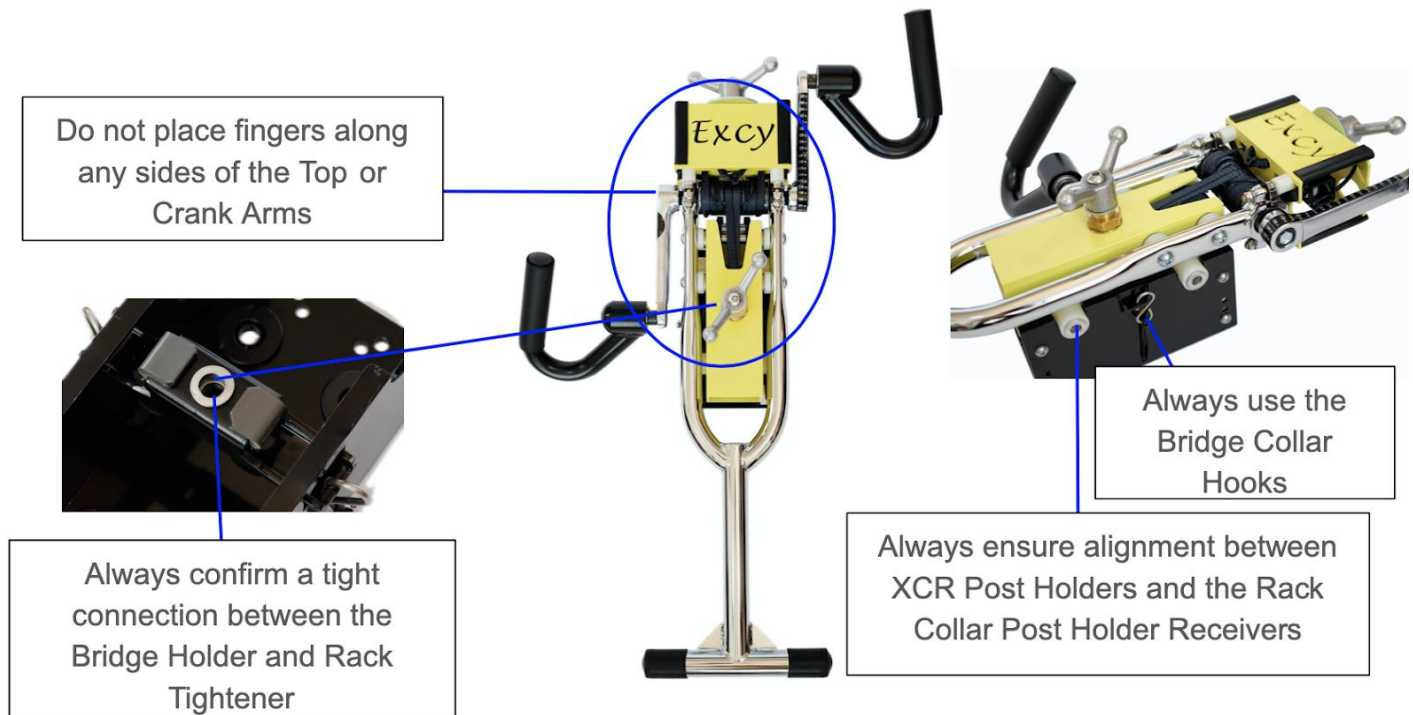


Rack Collar Bridge



Rack Collar Spacers

# Potential Hazards



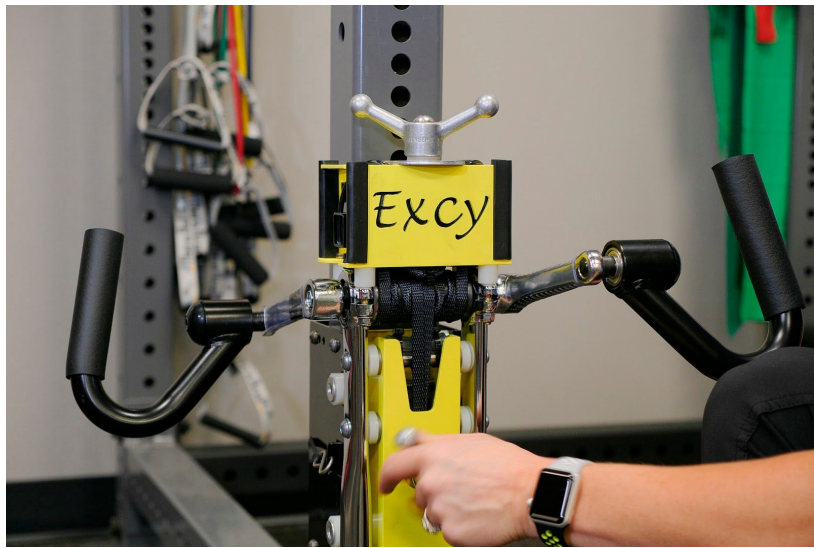
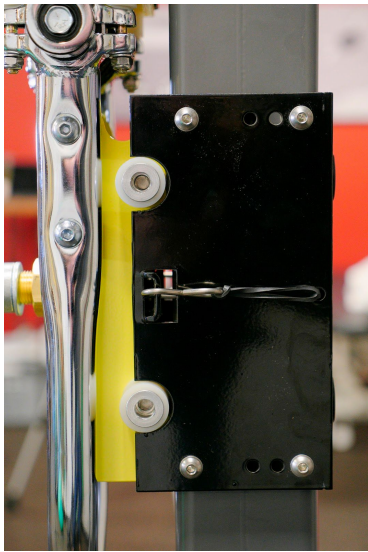
## Set-Up

[www.excy.tips](http://www.excy.tips)

## Attaching and Locking the XCR to a Squat Rack

The Excy XCR 300 was designed to attach easily to a weight rack and move up and down the rack in a simple manner. Simply place the Rack Collar on the weight rack using the correct size Rack Collar Receivers. Then, place the XCR against the Rack Collar and align the Rack Tightener with the Rack Collar, Rack Collar Bridge, and the Post Holder Receivers. Once aligned with a tight fit, turn the Rack Tightener to the right until the XCR is firmly attached to the Squat rack.





**\*WARNING:** Avoid pinch points when opening, closing, and locking the system

## Height Adjustment Positions

The Excy XCR 300 can be adjusted up and down the squat rack. Simply loosen the Rack Tightener while keeping it attached to Rack Collar and slide it into your preferred position.

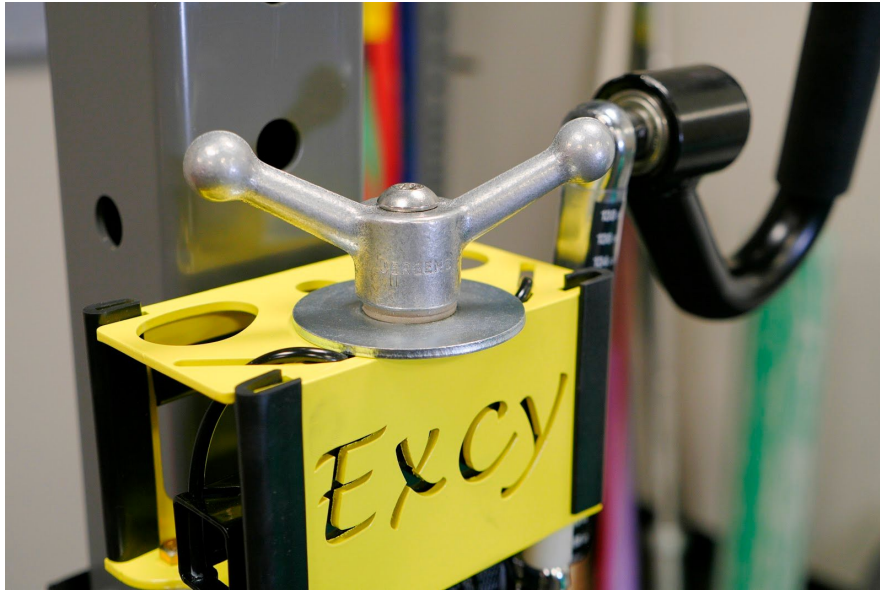


**\*WARNING:** Always make sure the Rack Tightener is placed through the Rack Collar and firmly tightened to the Squat Rack. Failure to use properly could end in injury.

## Adjusting Resistance

Resistance is bi-directional and can be easily dialed up or down with the simple twist of the Resistance Knob. Turn right for harder resistance. Turn left to make the tension

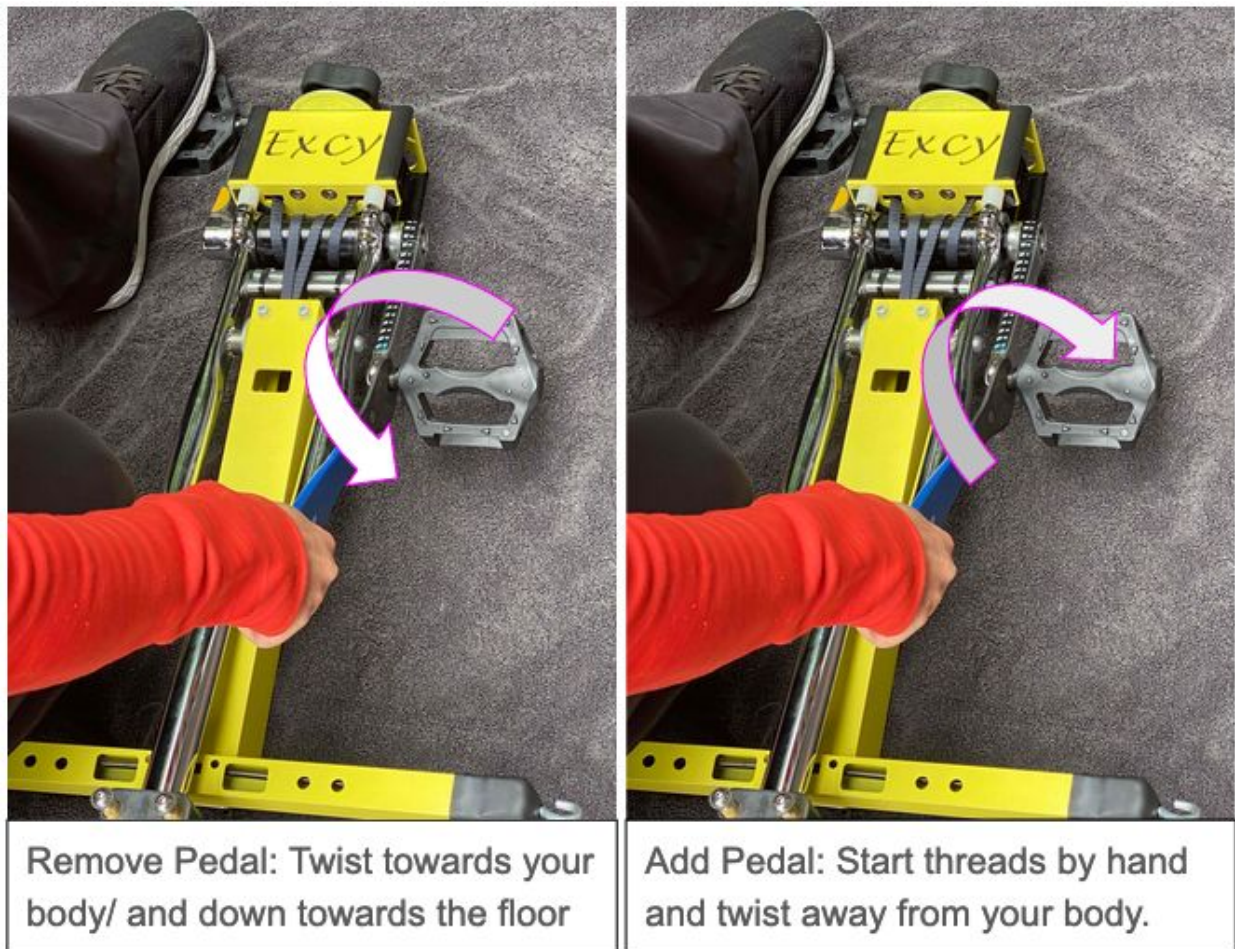
easier. It is best to start with an easier resistance level while your body gets use to new exercises. You generally can use easier resistance levels for aerobic type exercise and higher resistance levels for strengthening type exercises.



## Removing and Adding Pedals

To change the pedals you will need a 15MM pedal wrench (we recommend the Park Tool PW-5 or a similar in quality bike wrench). To change the pedals, remove from the XCR 300 from the squat rack and place it flat on the floor. Rotate the crank arms to position the pedal you are removing to be closest to you and against the hard surface. Put the wrench over the flats on the pedal axle right next to where it connects to the crank arm. Have the other end of the wrench towards you. Pull the wrench back towards you and also press the wrench down towards the hard surface. With your other hand, press and hold Excy down against the hard surface, as it will want to lift upward in response to your pulling/pressing on the wrench. Keep your fingers away from the direction you are moving the wrench. The pedal should start unthreading. Keep turning the pedal axle in that same direction until it is loose. Repeat for the other pedal / side.





## Safety Information

### Storing Your System

Your XCR can be stored on the Squat Rack or you can lean it against a wall using the Floor Storage Foot. If leaning against a wall, note that it might fall and can cause injury if it were to fall on your foot, a child, or animal. Do not lean against a wall and leave unattended. Lie it flat on the ground if you are unable to ensure it will not fall when leaning against a wall.

**\*WARNING:** The XCR can fall over when leaned against a wall and cause injury.

### Heat Awareness

Excy's approach to resistance is based on a tensioning mechanism that can be easily dialed up or down. As workout intensity and the amount of power being produced increases, the friction creates heat that extends into the Cranks. Today, we measure the power of exercise output using Thermal Tape with colors that brighten to represent your intensity. The temperature colors will fluctuate throughout your workout based on the power you produce during your workouts.

Do not touch the Cranks or axle during or immediately after a workout. During your first few very intense workouts, the system might produce a smell, which is normal.

Touching the Upper or Cranks above temperatures of 130 degrees can cause injury if the person doesn't immediately let go. In particular, children should always be supervised and not be allowed to touch Excy in any capacity during use or immediately following a workout until the temperature subsides.

**\*WARNING!** To avoid a burn injury, do not touch the Cranks after a workout. Do not let children touch the Cranks.

**\*WARNING!** Do not lean it against a wall unattended or allow anything to be near it that can be injured or damaged.

## Special Note to Parents (Human and Furry)

Children will be naturally curious and may articulate a strong desire to play with the Excy cross training system. Children should not be allowed to spin the cranks or attach the XCR to a squat rack without adult supervision and assistance. Do not allow them to touch Excy for any reason while you are using it. Do not allow children or pets to sit, stand, or play near the Excy.

**\*WARNING!** Do not allow children or animals near Excy while pedaling.

## Caution Materials

Excy is crafted with a steel frame and durable metal pieces. The system is powder coated and has heavy-duty steel crank arms and uses lubricants. Should you come into contact with particles and substances like: paint chips; lubrication particles or any other chemical substances, avoid inhaling and wash hands after contact. Swallowing small amounts during normal handling is not likely to cause harmful effects, but keep small children away or under constant supervision.



# California Proposition 65

Product components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our website at [www.excy.com](http://www.excy.com)

## Specifications

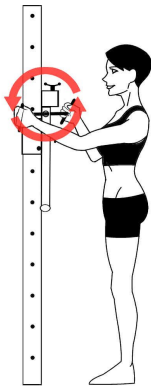
### Weight Limits

- No Weight Limits

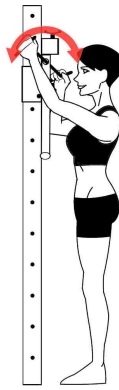
### Excy System Specs

Weight	Footprint	Resistance	Cranks
<ul style="list-style-type: none"><li>• 12 lbs.</li></ul>	<ul style="list-style-type: none"><li>• 28h" X 20W" X 2.5"</li></ul>	<ul style="list-style-type: none"><li>• 2 to 70 pounds adjustable / bi-directional</li></ul>	<ul style="list-style-type: none"><li>• 6"</li></ul>

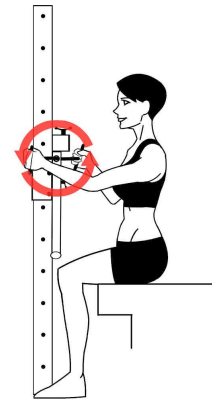
# Excy XCR 300 Cycling Positions



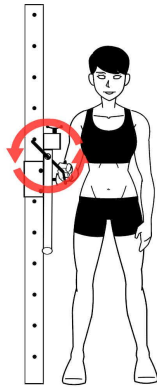
**Standing Upper Body  
Ergometer**



**Sport Standing Upper  
Body Exerciser**



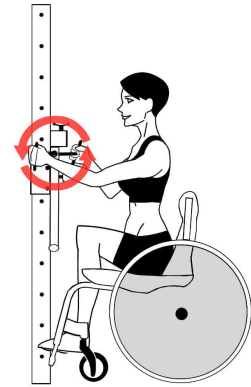
**Seated Upper Body  
Ergometer (Ball or Chair)**



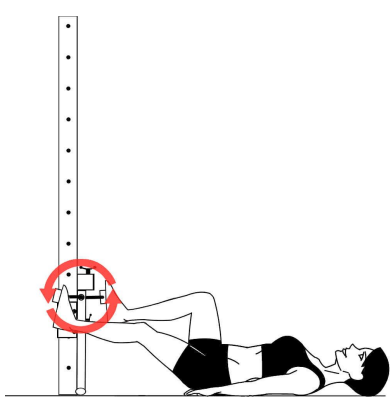
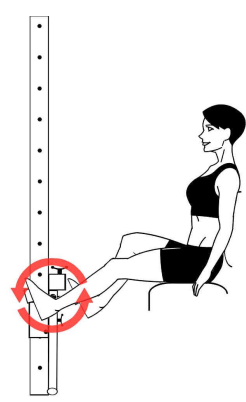
**External and Internal  
Shoulder Rotations**



**Single Arm Bike  
Exercise and Range of  
Motion**



**Wheelchair Upper Body  
Ergometer**

 <p><b><u>Exercise Bike Pedal Motions Lying Down</u></b></p>	 <p><b><u>Recumbent Bike Exercise Training</u></b></p>	<p><b>Instructions:</b>  <a href="https://excy.com/excy-xcr-300-upper-body-ergometer/">https://excy.com/excy-xcr-300-upper-body-ergometer/</a></p> <p><b>Videos:</b>  <a href="https://excy.com/xcr-300-physical-therapy-upper-and-lower-body-ergometer-overview/">https://excy.com/xcr-300-physical-therapy-upper-and-lower-body-ergometer-overview/</a></p>
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## Getting Started

Take time to pedal slowly at the easiest levels until it feels smooth and controlled to get a feel for how it works. Applying too much resistance or trying to go too hard at the easiest or hardest levels without first getting a feel for how to perform this new way of cycling could cause you frustration. It won't take you long to get a feel for it, so use your first ride to familiarize yourself with keeping it smooth at the easiest level, which will allow you to more quickly appreciate all the Excy rotation features, controls, and performance. In addition to its small form factor and resistance levels, there is no flywheel, so the system doesn't assist you throughout your workout. At first, this might feel strange, almost like it's "sticking" at the top of the rotation. There's a big advantage to pedaling, spinning or cranking Excy with controlled forces through that feeling of it "sticking" that you can't get from a flywheel experience.

## Hand Position

The most ergonomically comfortable and safe hand position is grabbing the end of the pedals with palms facing each other. Whatever your hand position, make sure your thumb is not near the crank arm as it may get pinched during cranking. You should always have a slight bend in the elbow when the crank is in the furthest position away from the body (focus on a 5-10 degree bend at the elbow). Avoid locking arms at



extension by adjusting your position while standing or sitting. Initially, intensity, resistance, and duration should be kept fairly low. Try starting with 5-10 minutes at a light resistance level. Most will find even this is quite difficult. The muscles of the upper body are smaller and weaker than their lower body counterparts, and they are not accustomed to working in this manner, making even 5-10 minutes seem quite challenging. Don't be discouraged; you will improve with time just as you would with any other form of aerobic or strength training. Whether using Excy to cycle your arms while seated or standing at a table surface, proper posture is critical while training. Keep your chin up; back straight, shoulders back, and your torso/core strong. Hand cycling gloves can be used for added comfort.

## Foot Position

You should cycle with the balls of your feet on the pedals and with your feet facing straightforward. Your feet should be close to the crank arm, but never so close that your ankle will hit on its way through the stroke. Avoid splaying your feet outwards or rotating them inwards while cycling a full rotation and try to drive your feet forward, backward, and around in a smooth circle or cranking position at higher levels of resistance (at higher levels of resistance, the experience will feel more like cranking up a hill). Our favored foot position is barefoot or in socks, as that allows your toes to get involved in pedaling in smooth circles. When wearing shoes, make sure they are suitable to allow you to maintain a fixed and stable position on the pedals, especially if standing on the system. Also, remember you can use our Adaptive Pedal any 9/16" standard pedal threads that you prefer.

## Knee Position

While cycling Excy, you should always have a bend in your knee, about a 25-30 degree angle for the greatest pedaling power, comfort, and to prevent injury. This includes pedaling while sitting, standing, or lying down.

**\*WARNING!** Do not hyperextend your elbow or knee while pedaling.

# Free Mobile Coach

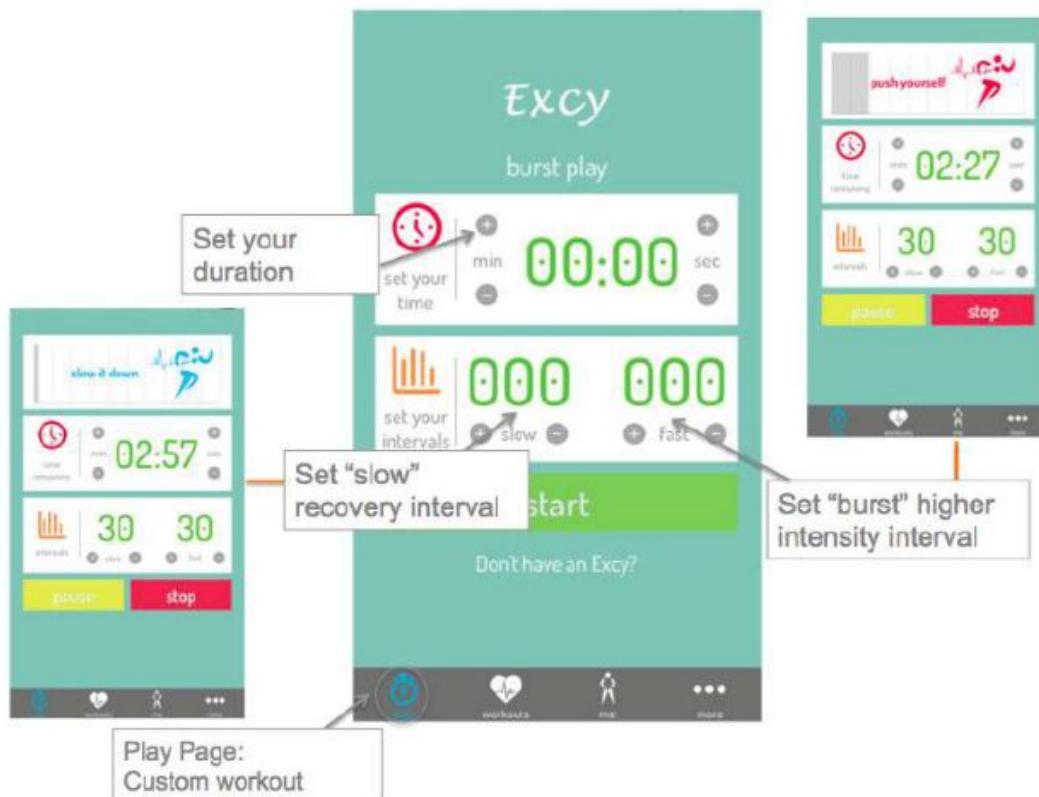
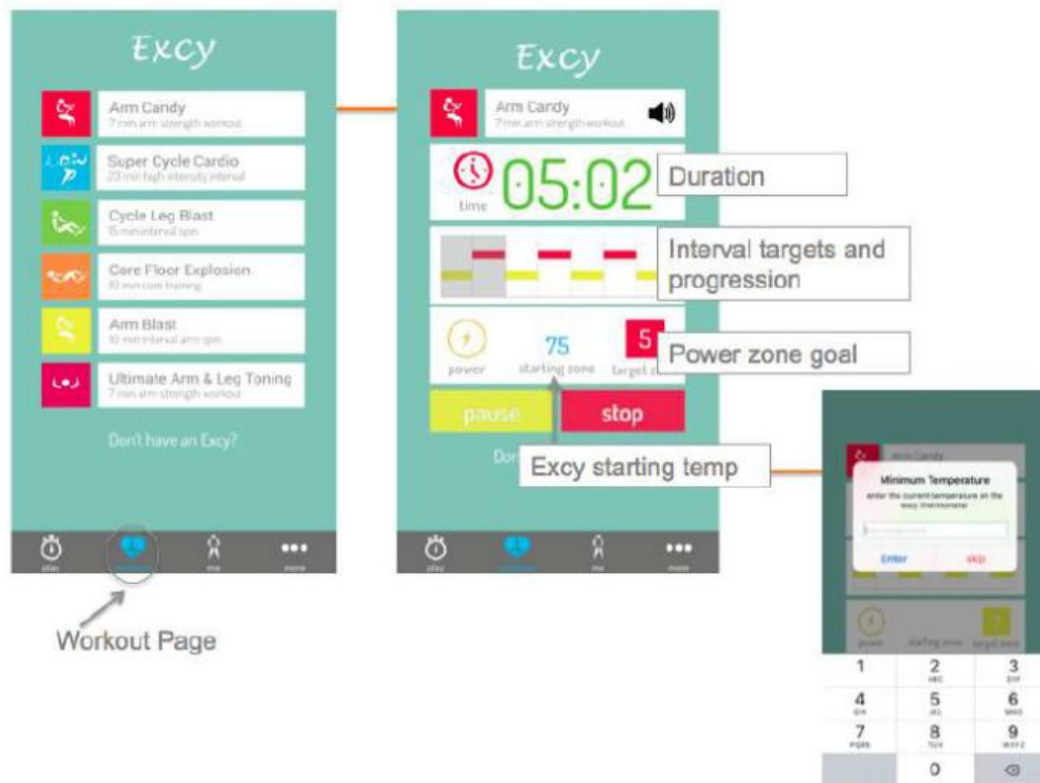
The Excy Mobile Coach interval training application and tutorial videos are not intended in any way to be substitute for professional training advice or professional education. It is simply an informational tool for convenience purposes only. Before starting or changing an exercise routine, talk with your healthcare provider about how much and what kind of physical activity is safe for you.



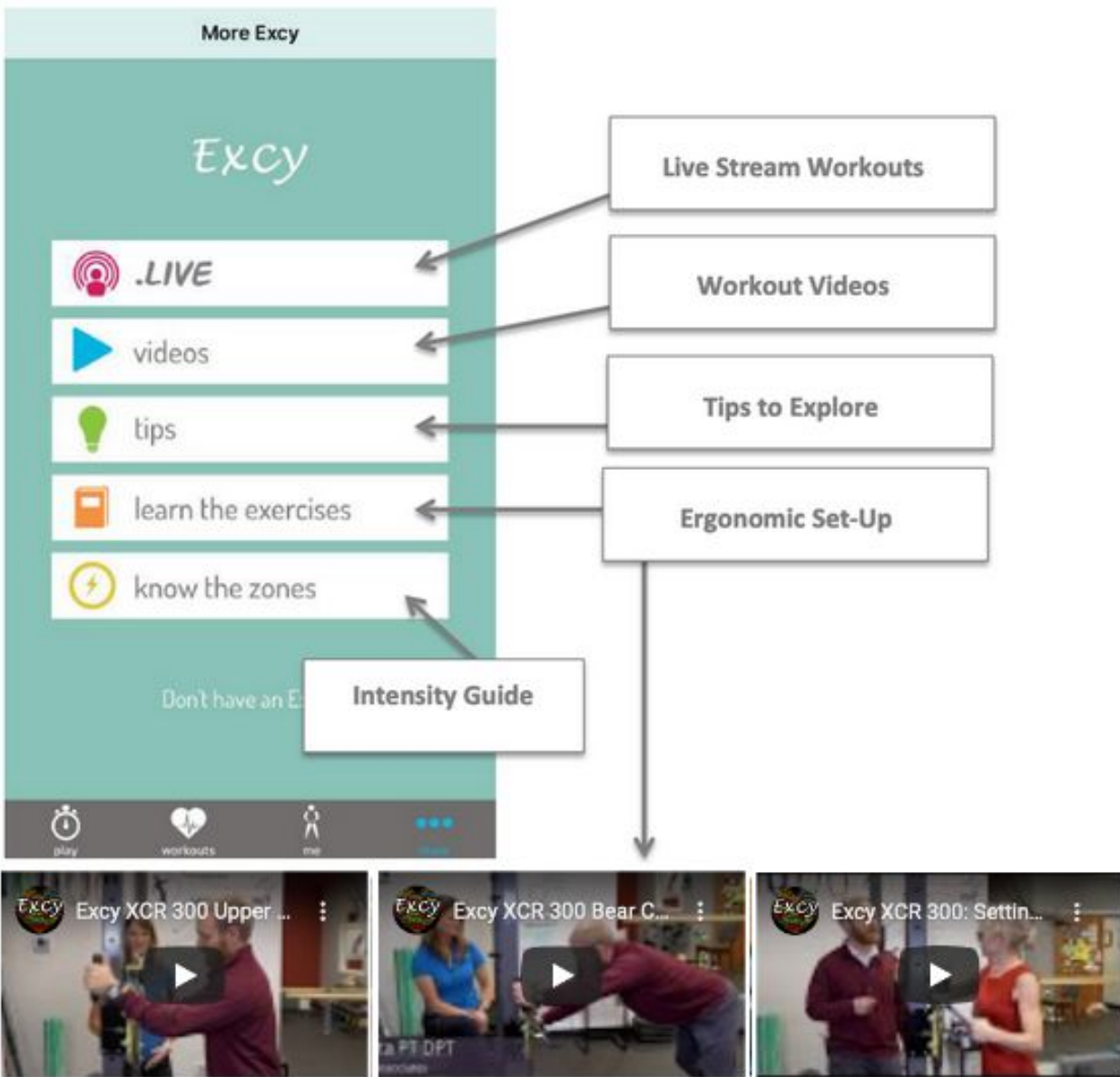
## Keeping Track of Goals and Workouts



## Guided Workouts







# Maintenance

Monthly or after your first 20 hours: Make sure all bolts and screws are tight. Tighten as necessary. Always check pedals to make sure they are tight, especially if you are swapping out pedals frequently. If you wish to clean your Excy system, use a water diluted mild detergent on painted parts only. Disinfectant wipes can be used on the painted parts and the Excy Keeper. Do not attempt to clean the bands used for resistance. Do not use petroleum-based products. Should your system ever squeak during use, we have found that a couple of drops of water (a teaspoon) placed directly onto the resistance webbing will eliminate squeaking (loosen it first and then dampen). A small spray bottle with water will also work. It does not require a lot of water.

## Limited Warranty

Excy Corp. shall cover the labor cost for the repair of defective Excy cross training system parts for a period of 12 months from the date of original purchase, so long as the Excy cross training system remains in the possession of the original owner. If there is a defective component, we will arrange to return it and fix it at our cost. Limited Home-Use Warranty valid only in the United States. If you believe your Excy system has a defective component, contact us at [excy@excy.com](mailto:excy@excy.com). You may be asked to provide a detailed description, photographs or a video to explain the problem. We will try to make this process as easy as possible, but we do need to understand the problem to help you get it fixed.

## Limits to Coverage

This limited warranty does not cover defects that did not exist before the date of purchase. Specifically, this limited warranty does not cover any defect caused by:

- Damage or failure due to normal wear and tear, improper maintenance, theft, or installation of parts or accessories not originally intended for or compatible with the Excy System as sold.
- Surface scratches, surface corrosion or rust, discoloration of paint, or anything related to improper use.
- Damage or failure due to accident, abuse, corrosion, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, unusual

atmospheric conditions, collision, introduction of foreign objects into the resistance webbing, or modifications that are unauthorized or not recommended by Excy Corp.

- Incidental or consequential damages. Excy Corp. is not responsible or liable for indirect, special, incidental or consequential damages, economic loss, loss of property or profits, loss of enjoyment or use, or other consequential damages of any nature whatsoever in connection with the purchase, use, repair or maintenance of the equipment. Excy Corp. does not provide monetary or other compensation for any such repairs or replacement parts costs.
- Equipment used for commercial purposes or for any use other than a single family or household, unless endorsed by Excy for coverage.
- Shipping, Delivery, assembly, installation, Set-Up for original or replacement units or labor or other costs associated with removal or replacement of Excy.
- Any attempt to repair this equipment creates a risk of injury. Excy is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of, any repair or attempted repair of your Excy equipment by other than an authorized service technician. All repairs attempted by you on your Excy equipment are undertaken AT YOUR OWN RISK and Excy Corp. shall have no liability for any injury to person or property arising from such repairs.
- The warranty is limited to replacing or repairing, at the servicer's and/or manufacturers sole option, the same or a comparable model.
- Replacement units, parts and electronic components reconditioned to as-new condition by Excy Corp. or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- If returning your system, properly store it in the shipping box. This warranty gives you specific legal rights, and your rights may vary from state to state.

## Normal Wear and Tear

The wear and tear of these parts is excluded from any warranty. The service life of these parts will depend on the conditions under which the Excy cross training system is used. As with all mechanical components, the Excy cross training system is subjected to wear and tear and high stresses. If the design life of a component has been exceeded, it may fail possibly causing injury or property damage. If the life of a component has been



reached, it should be replaced. You can order replacement parts directly through Excy at [excy@excy.com](mailto:excy@excy.com).

### **Foot Storage Foot Bumpers**

Due to their use, the Bumpers are subject to wear and tear. You will need to replace the bumpers when visibly worn and they have reached their wear limit.

### **Voiding Your Warranty**

You void your warranty by:

- Improper use for which the Excy cross training system is not intended.
- Making any unauthorized modifications to the Excy frame or components.



## **Helpful Links**

- [www.excy.guide](http://www.excy.guide) (This Owner's Manual)
- [www.excy.video](http://www.excy.video) (YouTube Channel)
- <https://excy.com/excy-xcr-300-upper-body-ergometer/> (XCR 300 exercises)

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