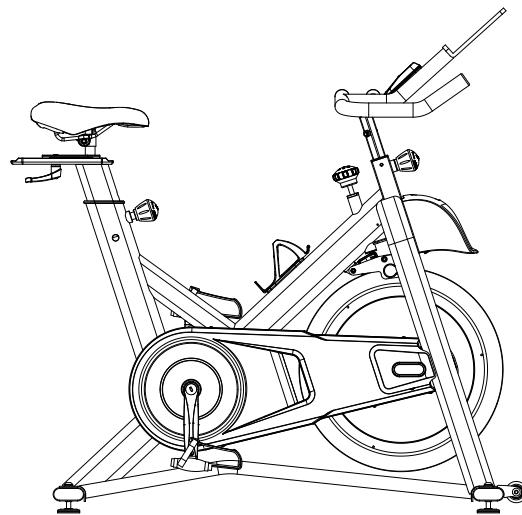




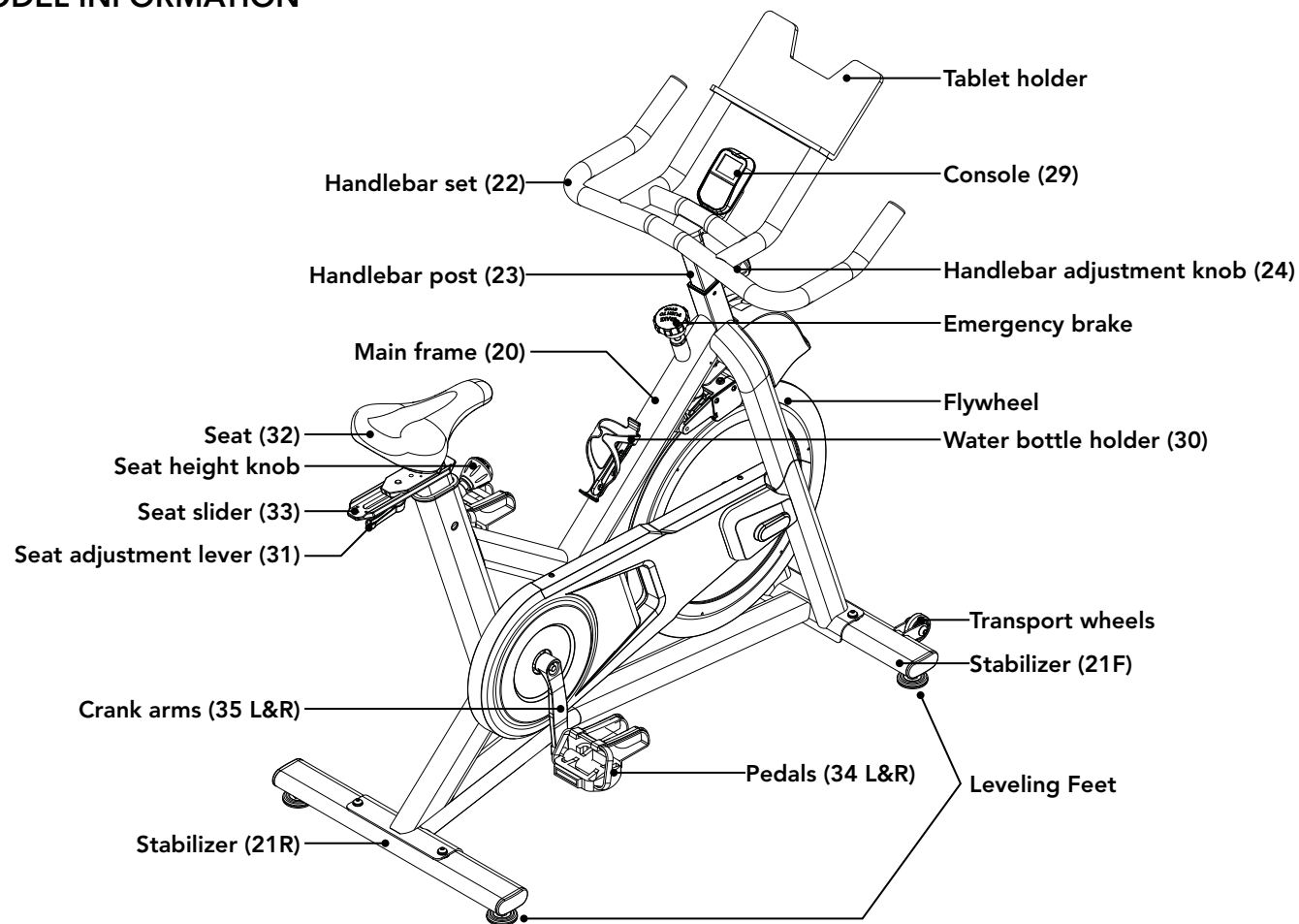
HORIZON
FITNESS



INDOOR CYCLE OWNER'S MANUAL



MODEL INFORMATION



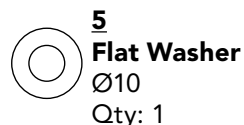
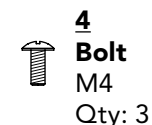
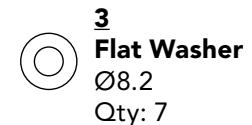
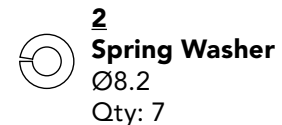
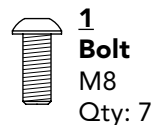
MAIN PARTS INCLUDED:

- Main Frame (20)
- Front Stabilizer (21F)
- Rear Stabilizer (21R)
- Handlebar Set (22)
- Handlebar Post (23)
- Console (29)
- Pedal Set (34 L&R)
- Seat Post Set (31, 32 & 33)

PARTS PACKING INCLUDED:

- 1 Hardware Kit

HARDWARE KIT:



PRE ASSEMBLY

UNPACKING

Due to the weight of the indoor cycle, **it is recommended that two people perform the assembly.** Unpack the product where you will be using it. It is recommended that you place a protective covering on your floor. Place the carton on a level flat surface and remove all packing materials; do not dispose of the packing materials until assembly is completed.

NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

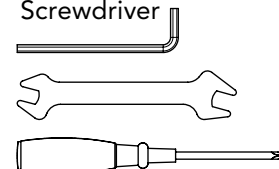
NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.

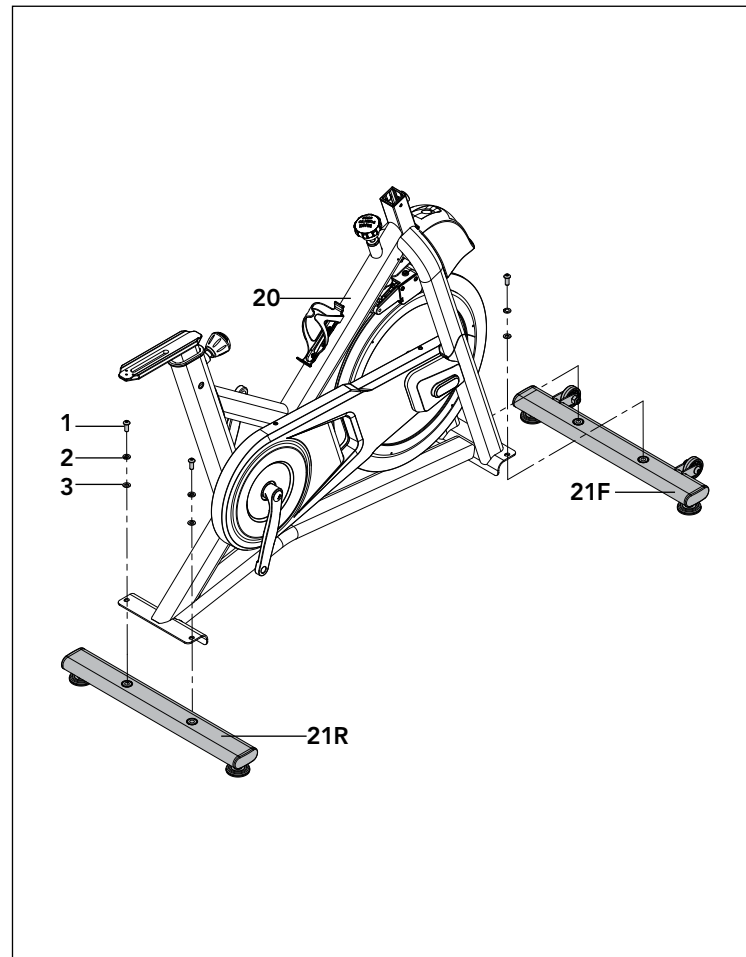


If you have questions or if there are any missing parts, contact Customer Tech Support.

Tool Kit

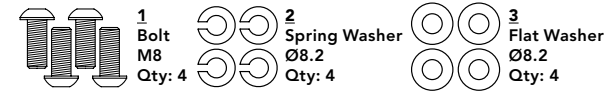
5mm Wrench
13/15mm Wrench
Screwdriver



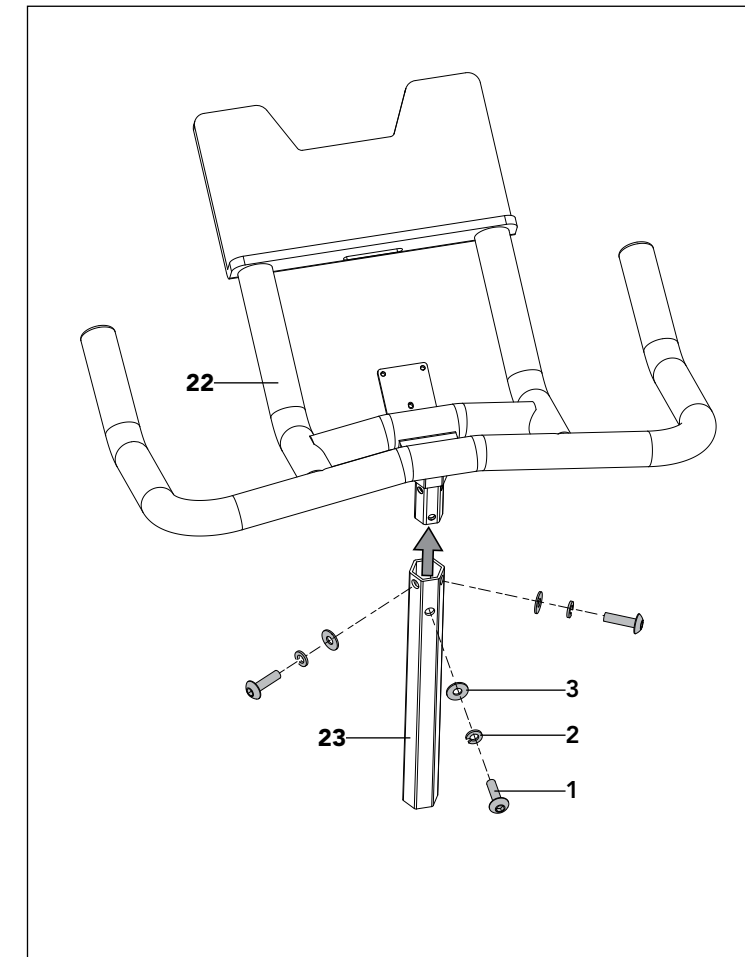


ASSEMBLY STEP 1

STEP 1 HARDWARE :

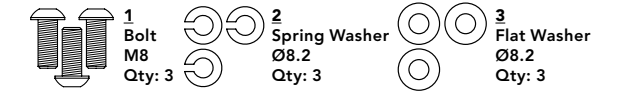


- 1.1 Open hardware for **Step 1**.
- 1.2 Attach the **Front Stabilizer (21F)** and **Rear Stabilizer (21R)** to the **Main Frame (20)** using **4 Bolts (1)**, **4 Spring Washers (2)** and **4 Flat Washers (3)**, and tighten firmly.



ASSEMBLY STEP 2

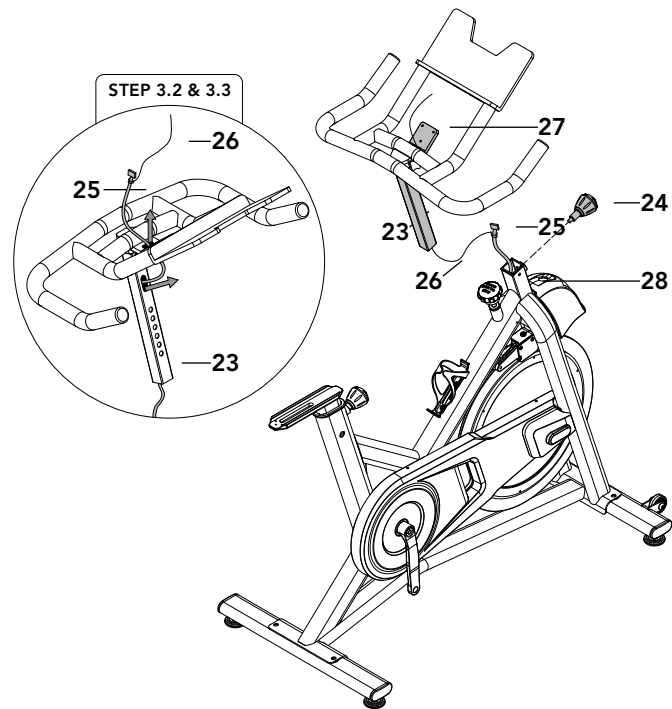
STEP 2 HARDWARE :



- 2.1 Open hardware for **Step 2**.
- 2.2 Insert **Handlebars (22)** into **Handlebar Post (23)** and secure the front with **1 Bolt (1)**, **1 Spring Washer (2)** and **1 Flat Washer (3)**. Do not fully tighten hardware until end of **Step 2**.
- 2.3 Secure the side with **2 Bolt (1)**, **2 Spring Washer (2)**, **2 Flat Washer (3)**.
- 2.4 Fully tighten bolts from **Steps 2.2 & 2.3**.



ASSEMBLY STEP 3



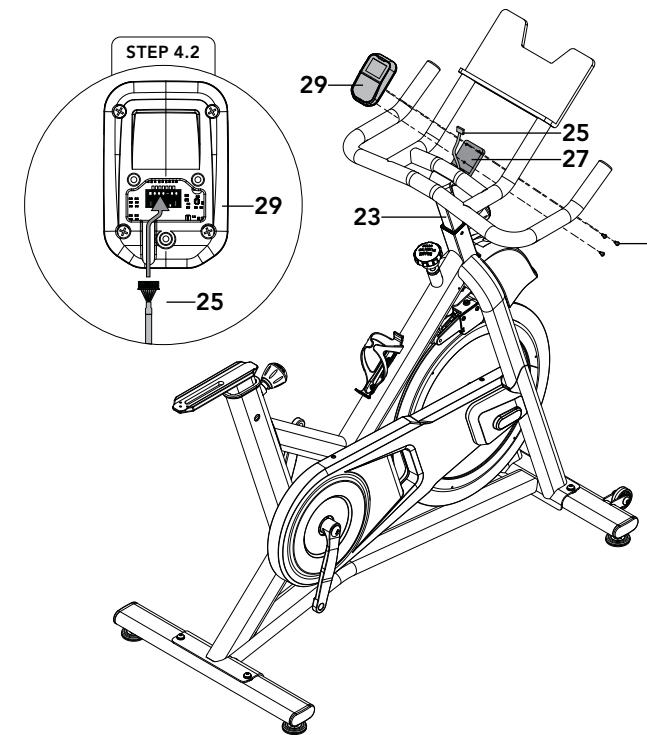
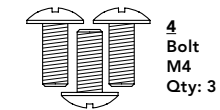
- 3.1 Turn **Adjustment Knob (24)** counter-clockwise to fully loosen.
- 3.2 Attach **Lead Wire (26)** to **Console Cable (25)** and pull **Console Cable (25)** from **Head Tube (28)** through **Handlebar Post (23)** and out hole in front of **Handlebar Post (23)**.
- 3.3 Pull **Console Cable (25)** through hole in **Console Bracket (27)**.
- 3.4 Insert **Handlebar Post (23)** into **Head Tube (28)** and turn **Adjustment Knob (24)** to secure.
- 3.5 Detach and discard **Lead Wire (26)**.

NOTE: Be careful not to pinch any wires while assembling handlebars.



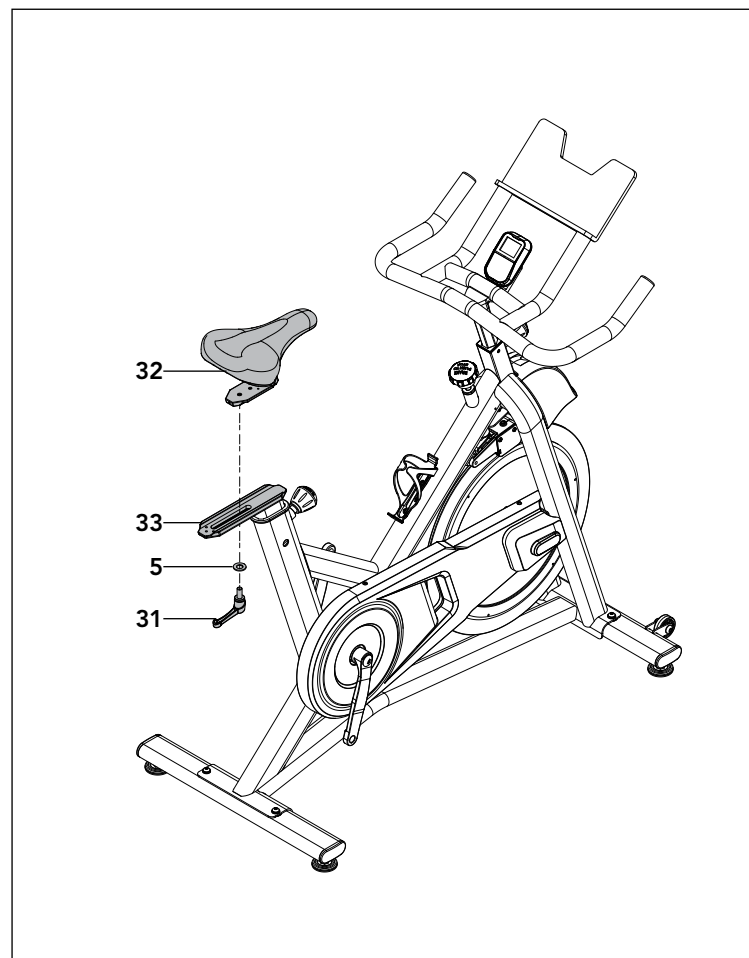
ASSEMBLY STEP 4

STEP 4 HARDWARE :



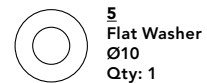
- 4.1 Open hardware for **Step 4**.
- 4.2 Attach **Console Cable (25)** to **Console (29)**.
- 4.3 Carefully tuck **Console Cable (25)** into **Handlebar Post (23)**.
- 4.4 Route **Console Cable (25)** through channel on back of **Console (29)** to avoid pinching cable. Attach **Console (29)** to **Console Bracket (27)** using **3 Bolts (4)**.

NOTE: Be careful not to pinch any wires while assembling console.

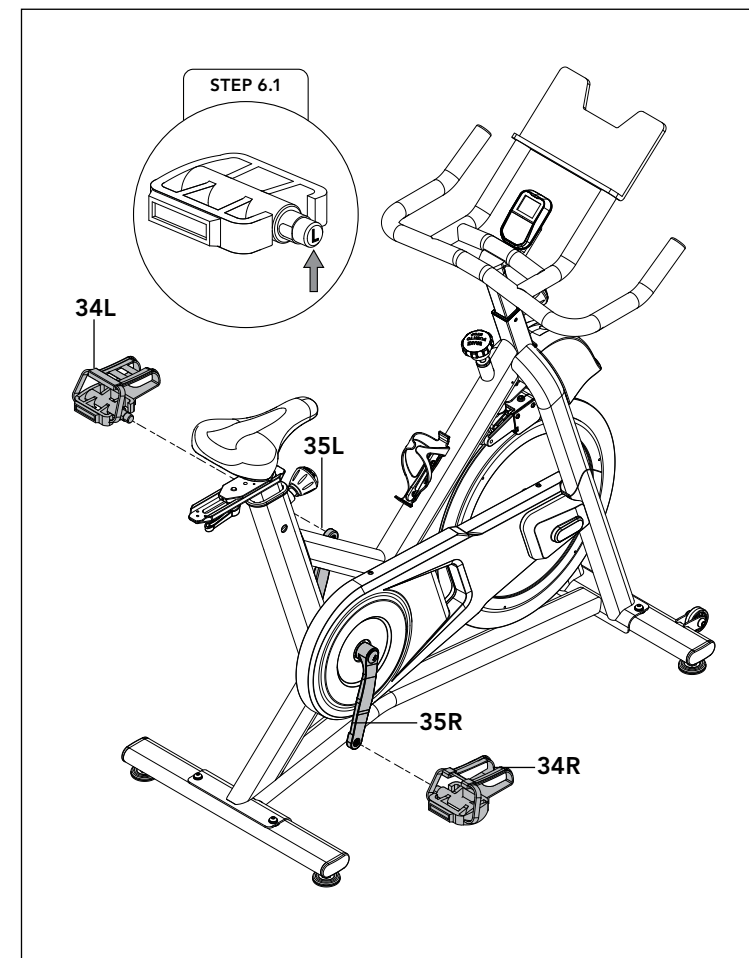


ASSEMBLY STEP 5

STEP 5 HARDWARE :



- 5.1 Open hardware for **Step 5**.
- 5.2 Unscrew **Adjustment Lever (31)** from **Seat (31)**.
- 5.3 Place **Seat (32)** onto **Seat Slider (33)**.
- 5.4 Secure **Seat (32)** with **1 Flat Washer (5)** and **Adjustment Lever (31)**.



ASSEMBLY STEP 6

- 6.1 Identify **Left Pedal (34L)** which is labeled **L** on spindle and **Right Pedal (34R)** labeled **R**.
- 6.2 Insert **Left Pedal (34L)** into **Left Crank Arm (35L)** and tighten **Counter Clockwise**.
- 6.3 Insert **Right Pedal (34R)** into **Right Crank Arm (35R)** and tighten **Clockwise**.
- 6.4 Use **Combination Wrench** to fully tighten pedals.

Product Weight: **38 kg / 85 lbs.**

User Weight Capacity: **113 kg / 250 lbs.**

Dimensions (L×W×H): **120 x 53 x 115 cm / 47" x 21" x 45"**

CONGRATULATIONS!

You have successfully assembled your indoor cycle.

INDOOR CYCLE OPERATION

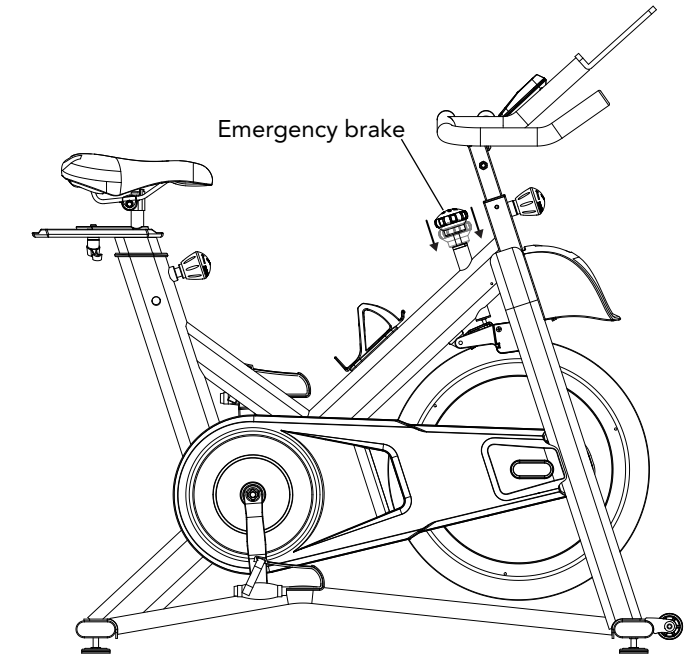
RESISTANCE CONTROL AND EMERGENCY BRAKE

The preferred level of difficulty in pedaling (resistance) can be regulated in increments by use of the resistance buttons on the console. To increase the resistance, push the up arrow. To decrease the resistance, push the down arrow.

FOR INDOOR CYCLE:

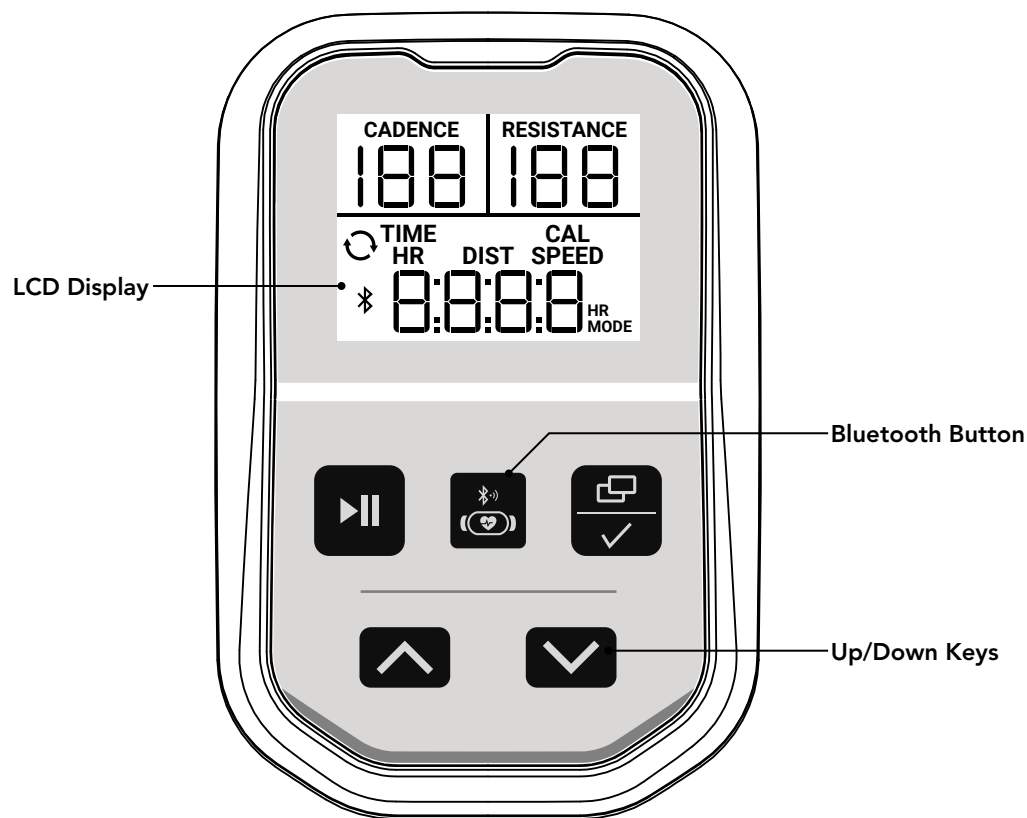
⚠ WARNING

- Make sure your shoes are fixed into the toe cage (if available).
- Apply full resistance load when the Indoor Cycle is not in use to prevent injuries due to moving drive gear components.
- The Indoor Cycle does not have a free moving flywheel; the pedals will continue to move together with the flywheel until the flywheel stops. Reducing speed in a controlled manner is required. To stop the flywheel immediately, push down hard the emergency brake. Always pedal in a controlled manner and adjust your desired cadence according to your own abilities. Push the emergency brake down = emergency stop.
- The Indoor Cycle uses a fixed flywheel that builds momentum and will keep the pedals turning even after the user stops pedaling or if the user's feet slip off. **DO NOT ATTEMPT TO REMOVE YOUR FEET FROM THE PEDALS OR DISMOUNT THE MACHINE UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE COMPLETELY STOPPED.** Failure to follow these instructions may lead to loss of control and the potential for serious injury.



INDOOR CYCLE SEAT & HANDLEBAR ADJUSTMENT (IF AVAILABLE)


Rotate the adjustment lever or knob counterclockwise to slide the seat or handlebars forward or backward for horizontal adjustment; raising or lowering the seat or handlebar with the other hand for height adjustment. Rotate the lever or knob clockwise to lock the position. Do not adjust seat or handlebar height past MAX mark or adjustment points on post.







CONSOLE DISPLAY



LCD Display:

In the exercise mode, the upper LCD window will always display Cadence and Resistance.

The lower portion of the display can show: Time, Calories (Cal), Heart Rate (HR), Distance (Dist) and Speed. There is also a default cycle function  which will display each of the data types for 5 seconds before cycling to the next.

To lock the lower portion to one specific data display, press the Enter  / Display  button until the label for the data you desire is shown. To return to cycling data, press the Enter  / Display  button until the two arrows are shown.


Up & Down (/) Keys:

Press the Up and Down (/) keys to increase and decrease the settings: Resistance or Time.












In the exercise mode, the Up and Down arrows will adjust the resistance by 1. If you hold down the arrow keys for more than 1/2 of a second, the resistance range will go up/down by 5 until released.

CONSOLE OPERATION

Manual Setting:

Press Start/Stop  button to start a quick manual workout. In this mode, the resistance will start at 0 and the timer will count up from 0 seconds.

Customize Your Workout:

Press Enter  / Display  button until Time flashes. Use the Up/Down / keys to adjust your desired workout time and then press the Enter  / Display  button to confirm your desired time. Once confirmed, the starting resistance range will begin flashing. Adjust the desired starting resistance with the Up/Down / keys and confirm with the Enter  / Display  button. Press Start  to begin the workout with your desired time and resistance.

Once your custom program has been started, the timer will count down from your desired time and the resistance will begin at the resistance you selected. You may still adjust the resistance to different values during the workout.

Energy Saver:


To minimize energy consumption, your machine will enter energy saver mode (ERP) automatically when not in use and the console will be woken up quickly with a touch of a button.



HOW TO SWITCH BETWEEN APP MODE & BT HEART RATE MODE

Home- P1

Connecting to an App (default mode)


If using a 3rd party App, please turn on your device's Bluetooth (BT) and follow the App pairing instructions. Ensure the bike console is not connected to any other BT devices by checking that the BT symbol  is not lit on the console.

If you wish to use the BT HR Strap with a 3rd party App that is capable, then connect to the HR strap from within the App interface (please follow the App instructions to find and connect to the HR Strap).



Follow the 3rd party App instructions to start the program. Some require you to start from inside the App, others require you to press the console **Start** button first.

To stop the workout, End Ride in the App and press **Stop** button on console for 3 seconds.


Connecting to HR Strap (off by default)

In order to access to **HR Strap mode**, make sure the console is not currently connected to any Bluetooth (BT) devices by checking that no BT Symbol  is displayed on the console.

Wear the HR strap, make sure to read the strap instruction. Note: Some chest contact HR straps need to be moist to read the HR precisely.

Press and hold the Bluetooth  button for a few seconds until "HR MODE" symbol displays on the right LCD corner. Once the console detects the BT HR strap, the BT symbol  will display on the LED screen.

Hit **Start** to begin a workout and console should show the heart rate.

To exit HR Strap mode, disconnect the BT HR device and ensure the BT symbol disappears from the display. Then press and hold Bluetooth  button for a few seconds until "HR MODE" disappears on LED screen. NOTE: it should take a few seconds for the Bluetooth to disconnect from the console.

