HORIZON FITNESS

UPRIGHT BIKE

OWNER'S MANUAL



Read the EXERCISE BIKE GUIDE before using this OWNER'S MANUAL.

ASSEMBLY

⚠ WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the exercise bike could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the exercise bike, the assembly instructions must be reviewed and corrective actions should be taken.

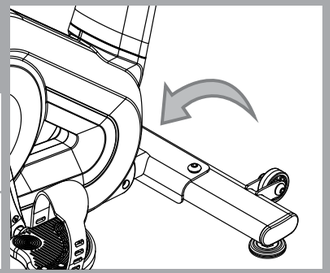
Before proceeding, find your exercise bike's serial number located on the front stabilizer tube and enter it in the space provided below. Also locate the model name which is next to the serial number.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

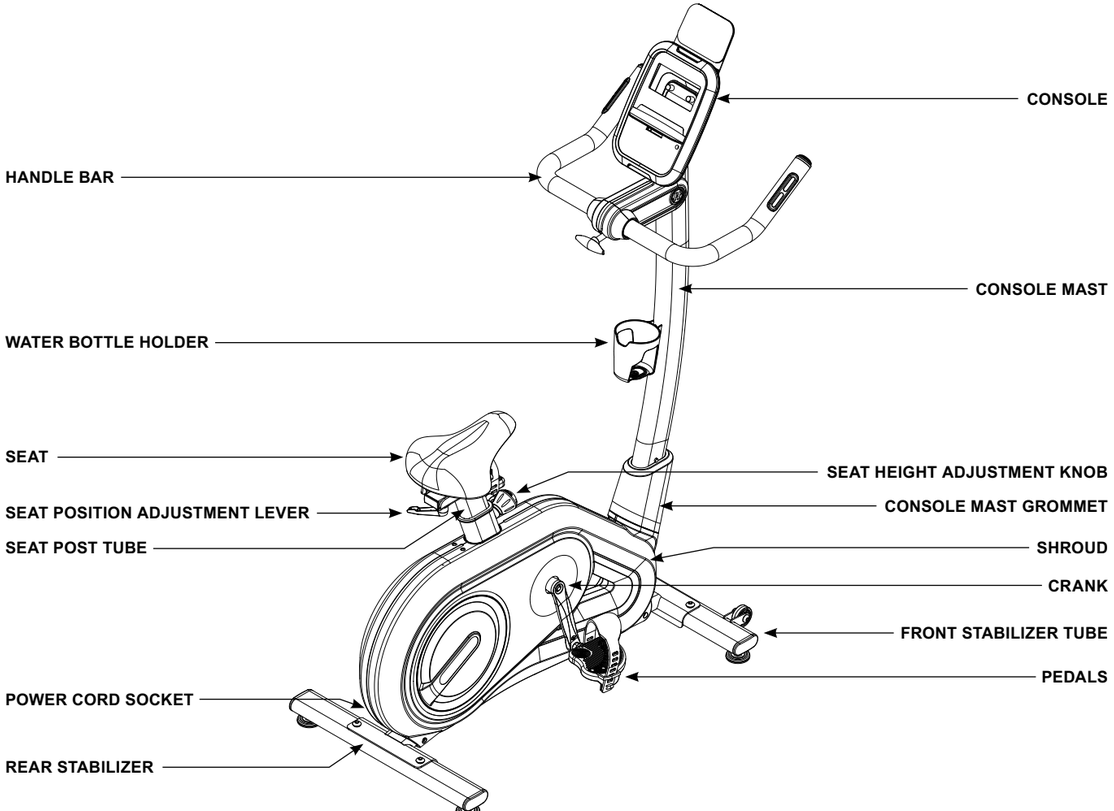
SERIAL NUMBER:

MODEL NAME:

SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.



TOOLS INCLUDED:

- ☐ 5mm L Wrench
- ☐ 6 mm L Wrench
- ☐ 13/15 mm Flat Wrench
- ☐ Screwdriver

PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Front Stabilizer Tube
- ☐ 1 Rear Stabilizer Tube
- ☐ 1 Console
- ☐ 1 Console Mast
- ☐ 1 Console Mast Grommet
- ☐ 1 Handlebar
- ☐ 1 Left & Right & Front Handlebar Covers
- ☐ 1 Seat
- ☐ 1 Seat Post
- ☐ 2 Pedals with Straps
- ☐ 1 T Knob
- ☐ 1 Reading Rack
- ☐ 1 Water Bottle Holder
- ☐ 1 Power Cord
- ☐ 1 Hardware Kit

PRE ASSEMBLY

UNPACKING

Unpack the product where you will be using it. Place the exercise bike carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

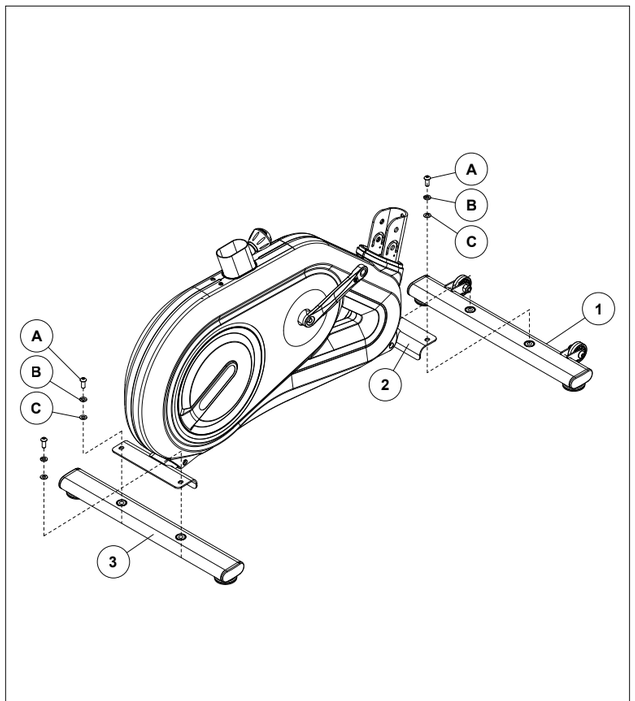
⚠ WARNING

- It is recommended that two people work together for ease and efficiency while assembling an exercise bike.
- During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded. It is recommended you complete the full assembly of your unit before completely tightening any ONE bolt.
- Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium exercise bike grease is recommended.

☎ NEED HELP?

If you have questions or if there are any missing parts, please refer to safety sticker on product to contact Customer Tech Support.

ASSEMBLY **STEP 1**

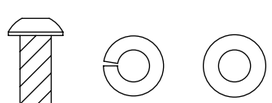


HARDWARE FOR STEP 1			
PART	**TYPE**	**DESCRIPTION**	**QTY**
A	BOLT	M8	4
B	SPRING WASHER	Ø8.0	4
C	FLAT WASHER	Ø8.0	4

A Open **HARDWARE**.

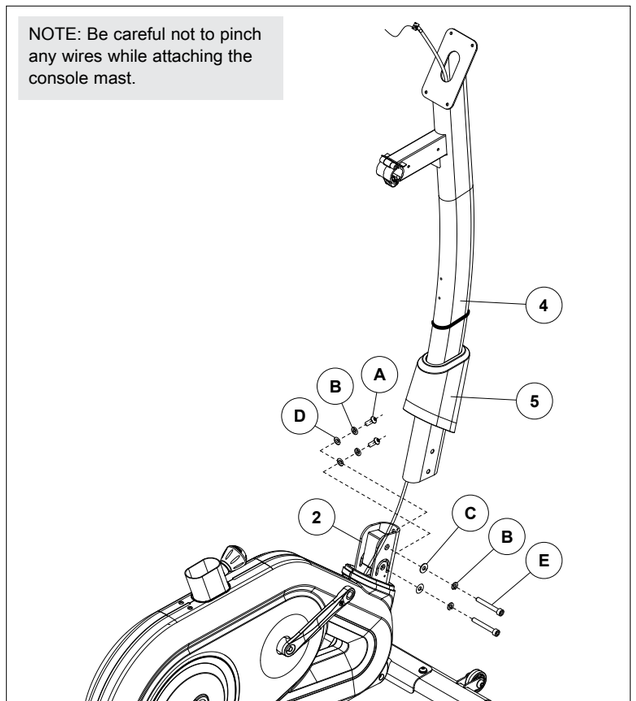
B Attach the **FRONT STABILIZER TUBE (1)** to **MAIN FRAME (2)** using 2 **BOLTS (A)** & 4 **WASHERS (B&C)**.

C Attach the **REAR STABILIZER TUBE (3)** to **MAIN FRAME (2)** using 2 **BOLTS (A)** & 4 **WASHERS (B&C)**.



ASSEMBLY **STEP 2**

NOTE: Be careful not to pinch any wires while attaching the console mast.



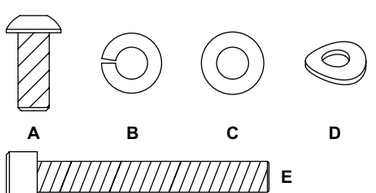
HARDWARE FOR STEP 2			
PART	**TYPE**	**DESCRIPTION**	**QTY**
A	BOLT	M8	2
B	SPRING WASHER	Ø8.0	4
C	FLAT WASHER	Ø8.0	2
D	ARC WASHER	Ø8.0	2
E	BOLT	M8	2

A Slide **CONSOLE MAST GROMMET (5)** from bottom up the **CONSOLE MAST (4)**.

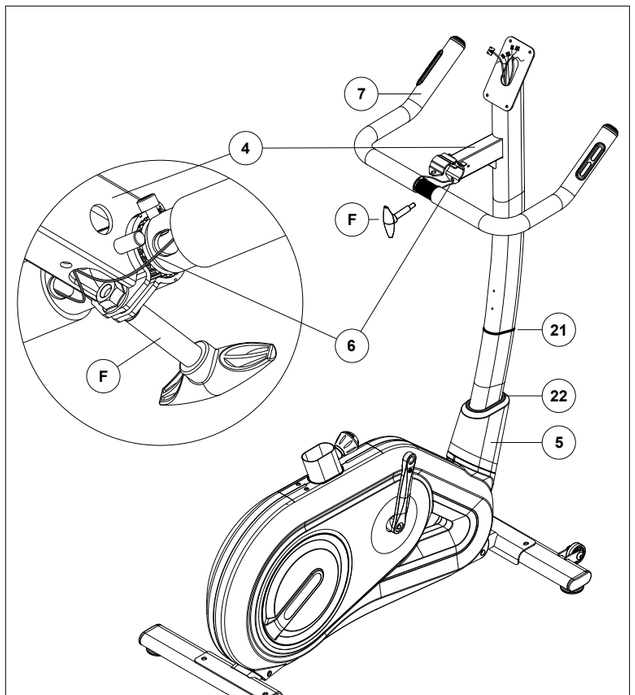
B Attach **LEAD WIRE** to bottom end of **CONSOLE CABLE**. Pull **LEAD WIRE** through **CONSOLE MAST (4)**. After pulling the lead wire through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast.

C Slide **CONSOLE MAST (4)** into **MAIN FRAME (2)** using 2 **BOLTS (A)**, 4 **WASHERS (B&D)** from side and 2 **BOLTS (E)**, 4 **WASHERS (B&C)**, from front side.

D Slide **CONSOLE MAST GROMMET (5)** down over **MAIN FRAME (2)**.



ASSEMBLY **STEP 3**



A Slide **O-RING (21)** down to position **(22)** to secure **CONSOLE MAST GROMMET (5)**.

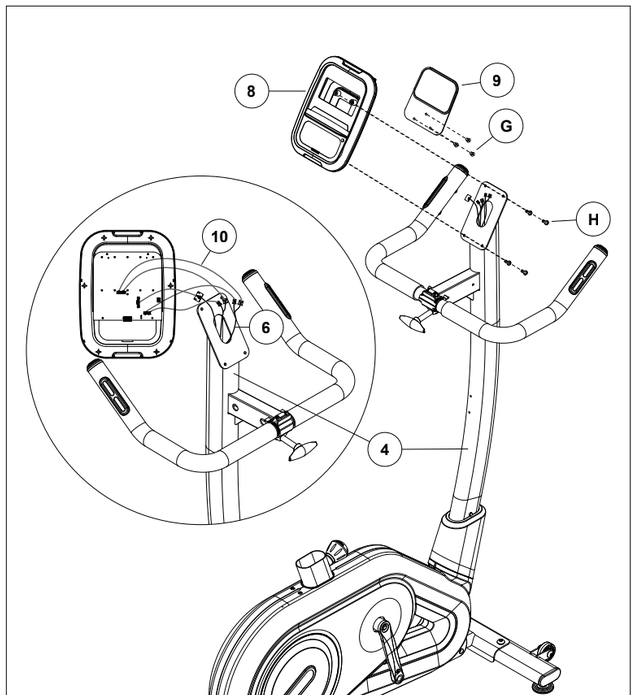
B Attach **LEAD WIRE** and feed the **HANDLBAR WIRES (6)** through the hole in the **CONSOLE MAST (4)** and out the top of the **CONSOLE MAST (4)**.

C Attach the **HANDLEBAR (7)** to **CONSOLE MAST (4)** using 1 **T KNOB (F)**.



F

ASSEMBLY **STEP 4**



HARDWARE FOR STEP 4			
PART	**TYPE**	**DESCRIPTION**	**QTY**
G	SCREW	M6	3
H	SCREW	M5	4

A Attach the **CONSOLE (8)** to the **READING RACK (9)** using 3 **SCREW (G)**.

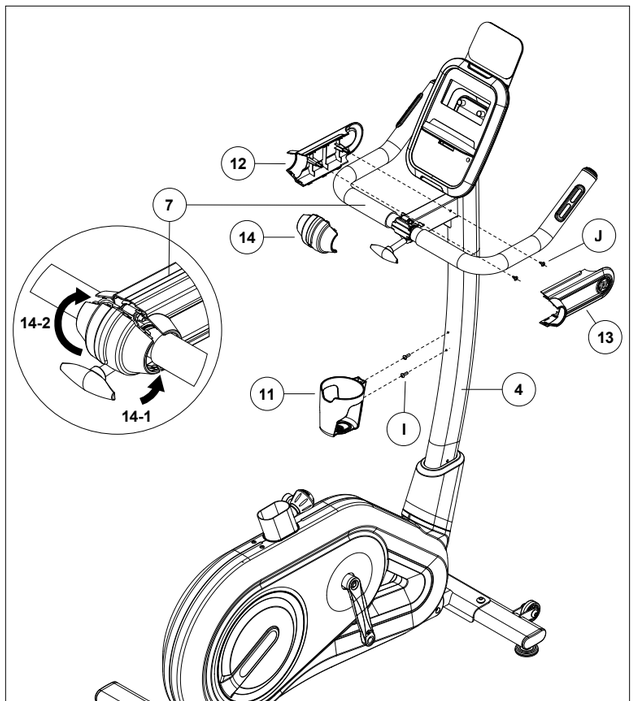
B Connect the **CONSOLE CABLES (10)** and **HANDLEBAR WIRES (6)**. Carefully tuck the **CONSOLE CABLES (10)** and **HANDLEBAR WIRES (6)** into the **CONSOLE MAST (4)**.

C Attach the **CONSOLE (8)** to the **CONSOLE MAST (4)** using 4 **SCREW (H)**.



G **H**

ASSEMBLY **STEP 5**



HARDWARE FOR STEP 5			
PART	**TYPE**	**DESCRIPTION**	**QTY**
I	SCREW	M5	2
J	SCREW	Ø4	2

A Attach the **WATTER BOTTLE HOLDER (11)** to the **CONSOLE MAST (4)** using 2 **SCREWS (I)**.

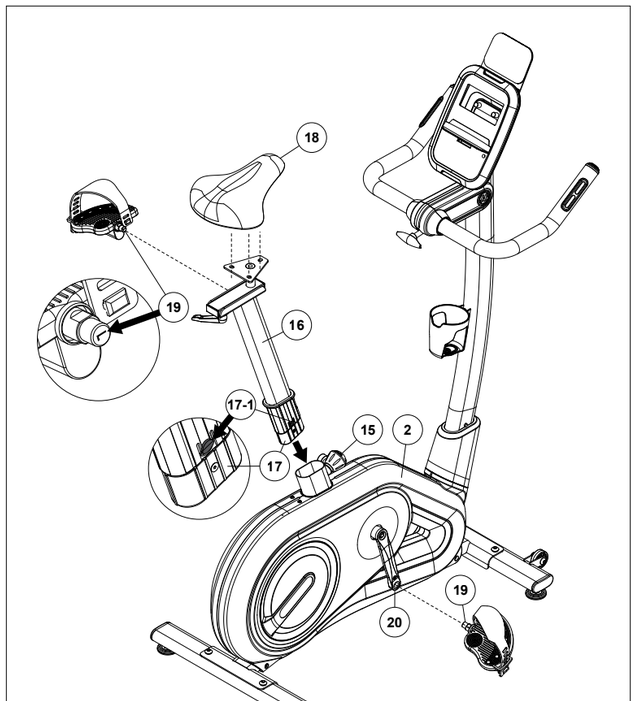
B Attach the **LEFT HANDLEBAR COVER (12)** to the **HANDLEBAR (7)** using 2 **SCREWS (J)**.

C Snap in the **RIGHT HANDLEBAR COVER (13)** to the **HANDLEBAR (7)**, attach the bottom first and then press the top to secure.

D Snap in the **FRONT HANDLEBAR COVER (14)** to the **HANDLEBAR (7)** using same method.



ASSEMBLY **STEP 6**



A Pull the **SEAT HEIGHT ADJUSTMENT KNOB (15)** outward while sliding the **SEAT POST (16)** into **MAIN FRAME (2)**. Press **(17-1)** down to insert the **PLASTIC BUSHING (17)**.

B Attach **SEAT (18)** to **SEAT POST (16)** using 3 **PRE-INSTALLED BOLTS**.

C Attach the **RIGHT PEDAL (19R)** to the **RIGHT CRANK ARM (20R)**, tightening it **CLOCKWISE** using the flat wrench.

D Attach the **LEFT PEDAL (19L)** to the **LEFT CRANK ARM (20L)**, tightening it **COUNTER-CLOCKWISE** using the flat wrench.

ASSEMBLY **STEP 7**



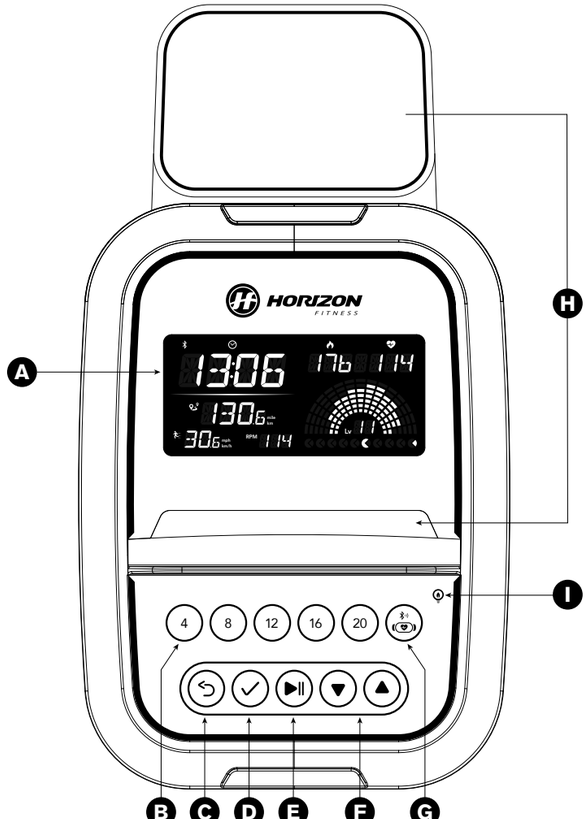
ASSEMBLY COMPLETE!

Max. User Weight: 130 kg / 286 lbs.

Overall Dimensions: 107 x 53 x 144 cm / 42" x 21" x 57"

EXERCISE BIKE OPERATION

This section explains how to use your exercise bike’s console and programming.
For the BASIC OPERATION please see the EXERCISE BIKE GUIDE.



CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) **LCD DISPLAY WINDOW:** time, RPM, distance, calories, heart rate, speed, resistance level.

B) **QUICK KEYS:** used to reach desired resistance quickly.

C) **RETURN:** return to the last step.

D) **ENTER:** used to confirm selection.

E) **START / PAUSE HOLD TO RESET :** used to start workout, pause workout, and restart after pause.

F) ▼▲ **KEYS:** used to adjust resistance level and to cycle through selections during program set up.

G) **BLUETOOTH HEART RATE OR TABLET:** bluetooth default to connect to tablet, press and hold 5 sec to connect to the Bluetooth heart rate strap. When paired with the chest strap the console will not pair with a tablet; to enable tablet communication press and hold the Bluetooth button for 5 seconds or reset power. The led will be lit when the console is paired with BT device.
*If using a 3rd party App, please turn on your device's Bluetooth (BT) and follow the App pairing instructions. Ensure the console is not connected to any other BT devices by checking that the BT symbol is not lit on the console.

H) **TABLET/READING RACK:** holds reading material.

I) **ENERGY SAVER MODE:** indicates if the machine is in energy saver mode.



DISPLAY WINDOW

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Indicates distance traveled during your workout.
- **CALORIES:** Total calories burned or remaining for your workout.
- **SPEED:** Indicates how fast the foot pads is moving.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips or Bluetooth heart rate was connected).
- **BLUETOOTH:** Indicates the Bluetooth was connected to the machine.
- **RPM:** Indicates Revolutions Per Minute.
- **LEVEL:** Indicates the current resistance level.

GETTING STARTED

1) Check to make sure no objects are nearby that will hinder the movement of the exercise bike.
2) Plug in the power cord to power the exercise bike ON. (Switch is located at the bottom-front of the exercise bike.)
3) Set User Weight using ▼ ▲ and press ENTER.
4) You have the following options to start your workout:

A) QUICK START UP

Simply press ▶|| to begin working out.
Time, distance and calories will all count up from zero.
The resistance level will default to level 1.

B) SELECT A PROGRAM

1) Use ▼ ▲ to scroll through programs
2) Press ✓ to select your desired program.
3) Set workout level using ▼ ▲ and press ✓.
4) Press ▶|| to begin workout.

NOTE: You can adjust the resistance level during your workout.

FINISHING YOUR WORKOUT

When your workout is complete, the console will display “workout complete” and beep. Your workout information will stay displayed on the console for 60 seconds and then reset.

TO RESET THE CONSOLE

Hold ▶|| key for 3 seconds.

TO CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the ▶|| button for 3 seconds.

PROGRAM INFORMATION

1) **MANUAL:** Allows you to adjust the resistance level to your preference, without a preset program. Adjust your resistance manually during your workout. User sets time and resistacne using (up/down arrow) and ENTER.

2) **INTERVALS:** Improves your strength, speed and endurance by raising and lowering the resistance levels through-out your workout to involve both your heart and muscles. Time based program with 12 levels to choose from.

INTERVALS																				
	Warm Up				Program Segments-Repeat												Cool Down			
Seconds	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60
Sement	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Level 1	1	2	2	3	5	1	1	5	5	1	5	1	1	5	5	1	3	2	2	1
Level 2	1	2	2	3	6	2	2	6	6	2	6	2	2	6	6	2	3	2	2	1
Level 3	1	2	2	4	7	3	3	7	7	3	7	3	3	7	7	3	4	2	2	1
Level 4	1	2	2	5	8	4	4	8	8	4	8	4	4	8	8	4	5	2	2	1
Level 5	2	3	5	6	9	5	5	9	9	5	9	5	5	9	9	5	6	5	3	2
Level 6	2	3	5	7	10	6	6	10	10	6	10	6	6	10	10	6	7	5	3	2
Level 7	2	3	5	8	11	7	7	11	11	7	11	7	7	11	11	7	8	5	3	2
Level 8	2	3	5	9	12	8	8	12	12	8	12	8	8	12	12	8	9	5	3	2
Level 9	3	4	5	10	13	9	9	13	13	9	13	9	9	13	13	9	10	5	4	3
Level 10	3	4	8	11	14	10	10	14	14	10	14	10	10	14	14	10	11	8	4	3
Level 11	3	6	10	12	15	11	11	15	15	11	15	11	11	15	15	11	12	10	6	3
Level 12	3	6	10	13	16	12	12	16	16	12	16	12	12	16	16	12	13	10	6	3

3) **WEIGHT LOSS:** Promote weight loss by rasing and lowering the resistance level, while keeping you in your fat burning zone. Time based program with 12 levels to choose from. User sets time and level using (up/down arrows) and ENTER. Please drink enough water while and after doing exercise to enhance the weight loss results.

WEIGHT LOSS																				
	Warm Up				Program Segments-Repeat												Cool Down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Sement	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Level 1	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	2	1
Level 2	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1
Level 3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1
Level 4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1
Level 5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2
Level 6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2
Level 7	2	3	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2
Level 8	2	3	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	3	2
Level 9	3	4	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	4	3
Level 10	3	4	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	4	3
Level 11	3	6	10	12	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3
Level 12	3	6	10	13	14	14	15	15	16	16	16	16	15	15	14	14	13	10	6	3

4) **ROLLING**: Maintains weight by gradually raising and lowering the resistance level to gradually raise and lower your heart rate.

ROLLING																				
	Warm Up				Program Segments-Repeat												Cool Down			
Seconds	60	60	60	60	30	30	30	30	30	30	30	30	30	30	30	30	60	60	60	60
Sement	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Level 1	1	1	2	2	1	2	3	4	3	2	1	2	3	2	1	1	1	1	1	1
Level 2	1	2	2	3	2	3	4	5	4	3	2	1	2	3	2	1	1	1	1	1
Level 3	2	2	3	3	3	4	5	6	7	8	7	6	5	4	2	1	1	1	1	1
Level 4	2	3	3	4	4	5	6	7	8	9	8	7	6	5	3	1	1	1	1	1
Level 5	3	4	4	4	5	6	7	8	9	10	9	8	7	6	3	3	2	1	1	1
Level 6	3	5	4	5	6	7	8	9	10	10	10	9	8	7	4	3	2	1	1	1
Level 7	4	5	5	5	7	7	8	8	9	9	10	10	9	8	4	3	2	1	1	1
Level 8	4	5	5	5	8	8	9	9	10	10	11	11	10	9	4	3	2	1	1	1
Level 9	4	5	5	5	9	9	10	10	11	11	12	12	11	10	5	4	3	1	1	1
Level 10	4	5	6	6	10	10	11	11	12	12	13	13	12	11	6	5	4	1	1	1
Level 11	4	5	7	7	11	11	12	12	13	13	14	14	13	12	6	5	4	1	1	1
Level 12	4	5	8	8	12	12	13	13	14	14	15	15	14	13	7	6	5	1	1	1
Level 13	4	5	9	9	13	13	14	14	15	15	16	16	15	14	7	6	5	1	1	1
Level 14	4	5	9	9	14	14	15	15	16	16	17	17	16	15	8	7	6	1	1	1

5) **CADENCE:** Special designed chart based program that will simulate resistance being changed randomly.

CADENCE																				
	Warm Up				Program Segments-Repeat												Cool Down			
Seconds	60	60	60	60	90	45	90	30	45	90	30	45	90	30	45	90	60	60	60	60
Sement	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Level 1	2	1	1	2	3	2	3	1	2	3	1	2	3	1	2	3	2	1	1	1
Level 2	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
Level 3	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
Level 4	1	1	1	3	6	5	6	4	5	6	4	5	6	4	5	6	3	1	1	1
Level 5	1	2	3	3	7	6	7	5	6	7	5	6	7	5	6	7	3	3	2	1
Level 6	1	2	3	4	8	7	8	6	7	8	6	7	8	6	7	8	4	3	2	1
Level 7	1	2	3	4	9	8	9	7	8	9	7	8	9	7	8	9	4	3	2	1
Level 8	1	2	3	5	10	9	10	8	9	10	8	9	10	8	9	10	5	3	2	1
Level 9	1	1	1	2	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
Level 10	1	1	1	2	12	11	12	10	11	12	10	11	12	10	11	12	2	1	1	1
Level 11	2	2	2	3	13	12	13	11	12	13	11	12	13	11	12	13	2	1	1	1
Level 12	3	3	3	4	14	13	14	12	13	14	12	13	14	12	13	14	3	1	1	1
Level 13	3	4	4	5	15	14	15	13	14	15	13	14	15	13	14	15	3	3	2	1
Level 14	3	4	5	6	16	15	16	14	15	16	14	15	16	14	15	16	4	3	2	1

6) **DISTANCE GOAL:** Resistance changes and all segments every 0.16 km and repeat (warm up does not repeat).

DISTANCE GOAL														
	Warm Up				Program Segments-Repeat									
DISTANCE	0.16 km	0.16 km	0.16 km	0.16 km	0.16 km	0.16 km	0.16 km	0.16 km	0.16 km	0.16 km	0.16 km	0.16 km	0.16 km	0.16 km
Sement	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Level 1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Level 2	1	2	2	3	3	5	7	4	6	7	4	5	6	3
Level 3	2	2	3	3	4	6	8	5	7	8	5	6	7	4
Level 4	2	3	3	4	6	8	10	7	9	10	7	8	9	6
Level 5	3	4	4	4	8	10	12	9	11	12	9	10	11	8
Level 6	3	5	4	5	10	12	14	11	13	14	11	12	13	10
Level 7	4	5	5	5	11	13	15	12	14	15	12	13	14	11
Level 8	4	5	5	5	13	15	17	14	16	17	14	15	16	13
Level 9	4	5	5	5	15	17	19	16	18	19	16	17	18	15
Level 10	4	5	6	6	16	18	20	17	19	20	17	18	19	16

7) **CALORIES GOAL:** Resistance changes and all segments every 20 calories and repeat (warm up does not repeat).

CALORIES GOAL														
	Warm Up				Program Segments-Repeat									
CALORIES	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal
Sement	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Level 1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Level 2	1	2	2	3	3	5	7	4	6	7	4	5	6	3
Level 3	2	2	3	3	4	6	8	5	7	8	5	6	7	4
Level 4	2	3	3	4	6	8	10	7	9	10	7	8	9	6
Level 5	3	4	4	4	8	10	12	9	11	12	9	10	11	8
Level 6	3	5	4	5	10	12	14	11	13	14	11	12	13	10
Level 7	4	5	5	5	11	13	15	12	14	15	12	13	14	11
Level 8	4	5	5	5	13	15	17	14	16	17	14	15	16	13
Level 9	4	5	5	5	15	17	19	16	18	19	16	17	18	15
Level 10	4	5	6	6	16	18	20	17	19	20	17	18	19	16

8) **CHALLENGE:** During this work out, record as a record based on the value of the distance goal program. Compare the speed between the sport and record per 0.16 km. For example, the speed of the first 0.16 km of the record is 10, when the distance of the first 0.16 km of this sport is 11. In the second 0.16 km, the motion icon of sport will advance two grids, the record will only advance one, simply put, faster, two grids forward, slower, only one grid forward.

9) **THR ZONE:** Simulate the intensity of your sport as the program resistance automatically adjust to maintain a set Target Heart Rate range. (Suggest to use bluetooteh chest belt with this program. You may purchase chest belt separately from your dealer).

RESISTANCE ADJUST		
Heart Rate	Resistance Function	Resistance Adjust
20+ under target	Increase every 10 seconds	1
6-19 under target	Increase every 35 seconds	1
+/- 5 of target	No Change	0
6-10 over target	Decrease every 35 seconds	1
11-19 over target	Decrease every 10 seconds	1
20-24 over target	Decrease every 10 seconds	Half of current
25+ over target	Console reset	N/A reset

10) CUSTOM1: Customized workout, time defaults to 15 minutes.

1) First enter the program setting and profile display will guide you through all the work out column.
2) Use upper and lower arrow to change the resistance and press enter to confirm. Console will display your current segment number and guide you through segment 1 to segment 15.
3) After finish all setting press START to begin.

ENERGY SAVER (STANDBY MODE)

This machine has a special feature called Energy Saver mode. This mode is NOT automatically activated. When Energy Saver mode is activated, the display will automatically enter standby mode (Energy Saver mode) after 15 minutes of inactivity. This feature saves energy by disabling most power to the machine until a key is pressed on the console.



Waste Disposal
HORIZON Fitness products are recyclable.
At the end if its useful life please dispose of this article correctly and safely (local refuse sites).

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