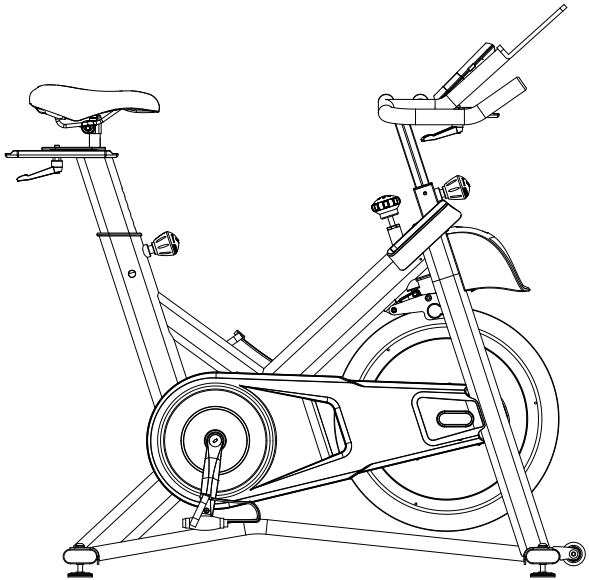
HORIZON FITNESS

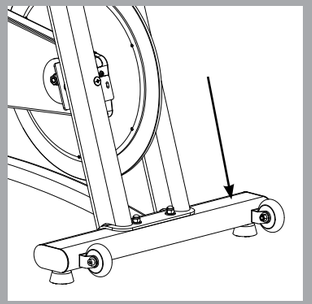


# INDOOR CYCLE OWNER'S MANUAL

# 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 indoor cycle could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the indoor cycle, the assembly instructions must be reviewed and corrective actions should be taken.



Before proceeding, find your indoor cycle's serial number located on the front stabilizer of the cycle and enter it in the space provided below.

ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

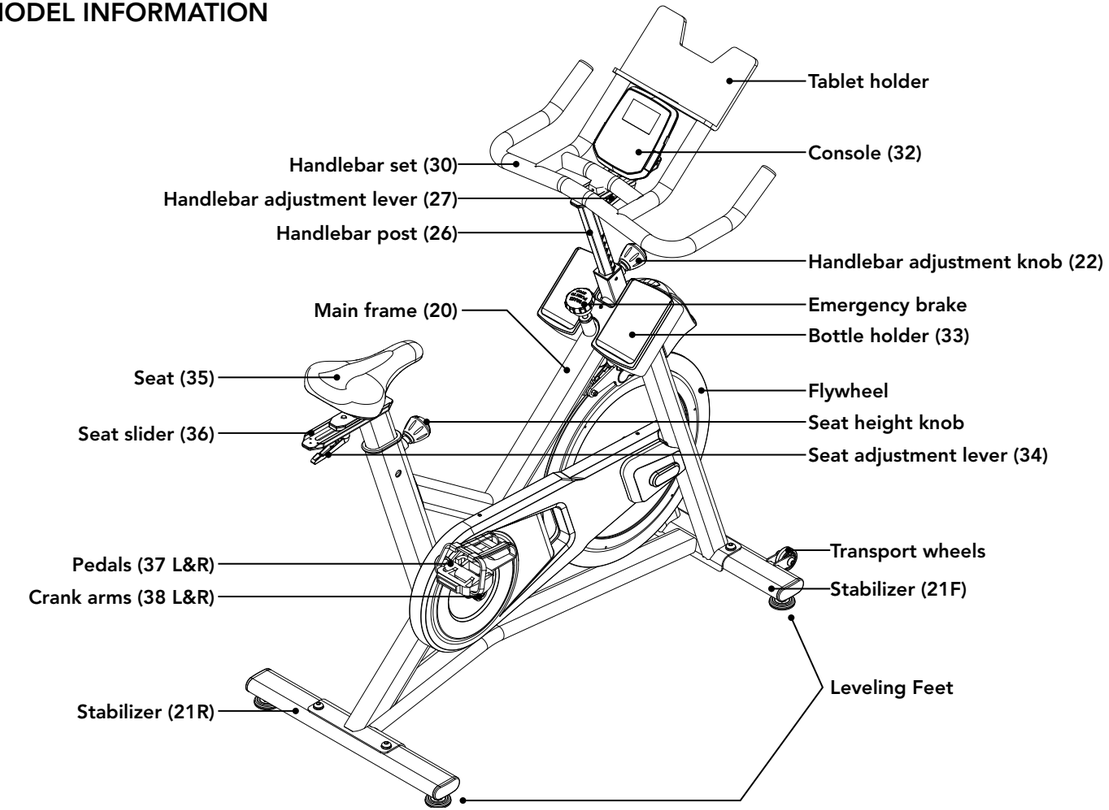
SERIAL NUMBER:

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | |

MODEL NAME: **HORIZON** | | INDOOR CYCLE

» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.
» Be sure to enter both the SERIAL NUMBER and MODEL NAME on your warranty card.

## MODEL INFORMATION






## MAIN PARTS INCLUDED:

- ☐ Main Frame (20)
- ☐ Front Stabilizer (21F)
- ☐ Rear Stabilizer (21R)
- ☐ Handlebar Set (30)
- ☐ Console (32)
- ☐ Water Bottle Holder (33)
- ☐ Pedal Set (37 L&R)
- ☐ Seat Post Set (34, 35 & 36)

## PARTS PACKING INCLUDED:

- ☐ 1 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.

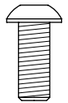
NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

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

## ☎ NEED HELP?

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

## HARDWARE KIT:



**1**
**Bolt**
M8
Qty: 4



**2**
**Spring Washer**
Ø8.2
Qty: 4



**3**
**Flat Washer**
Ø8.2
Qty: 4



**4**
**Bolt**
M4
Qty: 5

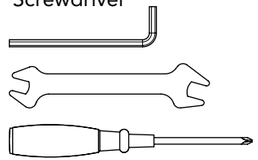


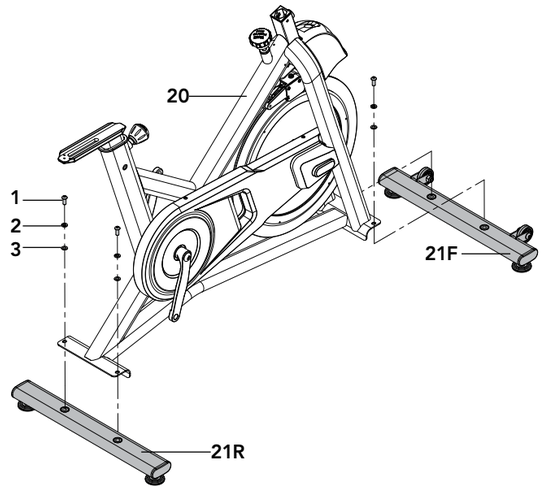
**5**
**Flat Washer**
Ø10
Qty: 2



**6**
**Bolt**
M4
Qty: 2

**Tool Kit**
5mm Wrench
13/15mm Wrench
Screwdriver






# ASSEMBLY **STEP 1**

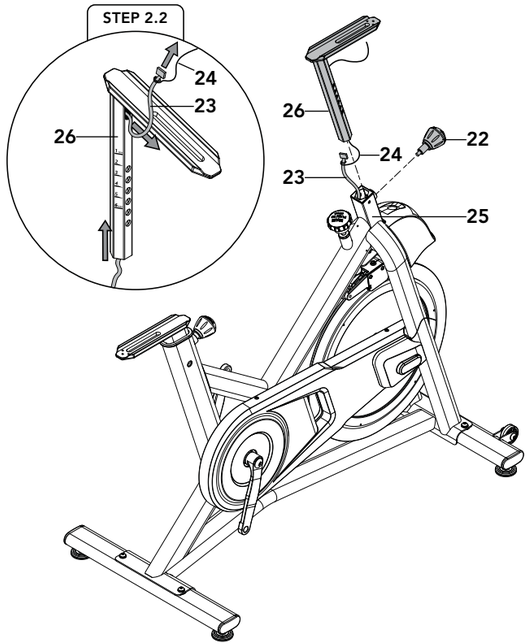
**STEP 1 HARDWARE :**

| | | |
|---|---|---|
| **1** Bolt M8 Qty: 4 | **2** Spring Washer Ø8.2 Qty: 4 | **3** Flat Washer Ø8.2 Qty: 4 |

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**

2.1 Turn **Adjustment Knob (22)** counter-clockwise to fully loosen.

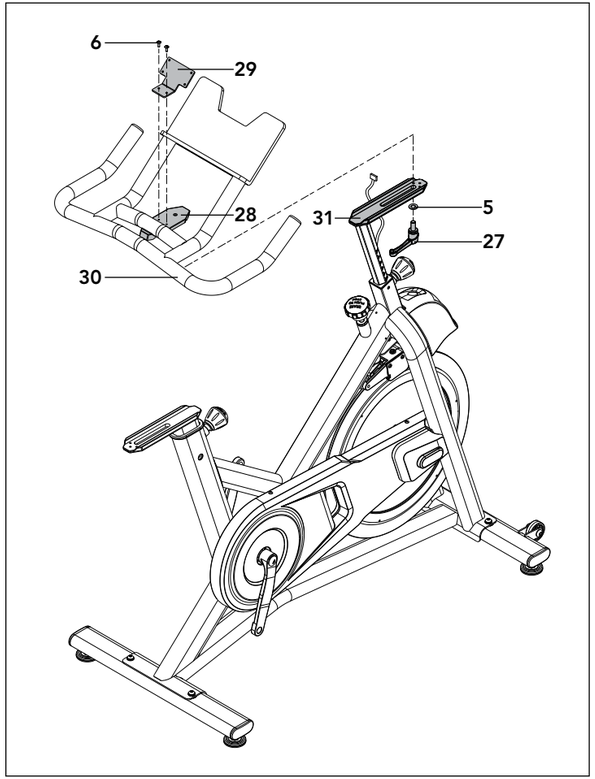
2.2 Attach **Lead Wire (24)** to **Console Cable (23)** and pull **Console Cable (23)** from **Head Tube (25)** through **Handlebar Post (26)** and out hole in front of **Handlebar Post (26)**.

2.3 Insert **Handlebar Post (26)** into **Head Tube (25)** and tighten **Adjustment Knob (22)** to secure.

2.4 Allow enough **Console Cable (23)** to hang out of **Handlebar Post (26)** for **Assembly Step 4**.

2.5 Detach and discard **Lead Wire (24)**.

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




# ASSEMBLY **STEP 3**

**STEP 3 HARDWARE :**



**6**
Bolt
M4
Qty: 2

**5**
Flat Washer
Ø10
Qty: 1

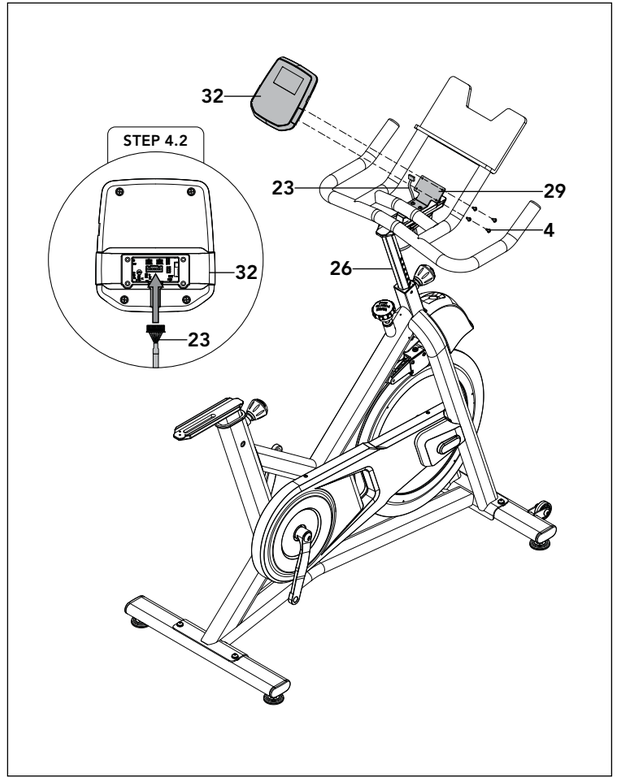
3.1 Open hardware for **Step 3**.

3.2 Remove **Handlebar Adjustment Lever (27)** from **Handlebar Plate (28)**.

3.3 Attach **Console Bracket (29)** to **Handlebar Plate (28)** using **2 Bolts (6)**.

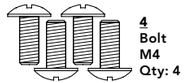
3.4 Place **Handlebar Set (30)** on **Handlebar Slider (31)** and secure with **1 Flat Washer (5)** and **Handlebar Adjustment Lever (27)**.






# ASSEMBLY **STEP 4**

**STEP 4 HARDWARE :**



**4**
Bolt
M4
Qty: 4

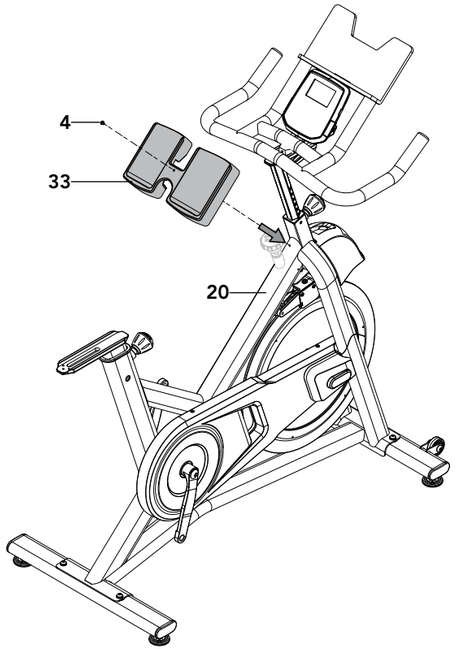
4.1 Open hardware for **Step 4**.

4.2 Attach **Console Cable (23)** to **Console (32)**.

4.3 Carefully tuck **Console Cable (23)** into **Handlebar Post (26)**.

4.4 Route **Console Cable (23)** through channel on back of **Console (32)** to avoid pinching cable. Attach **Console (32)** to **Console Bracket (29)** using **4 Bolts (4)**.

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




# ASSEMBLY **STEP 5**

**STEP 5 HARDWARE :**

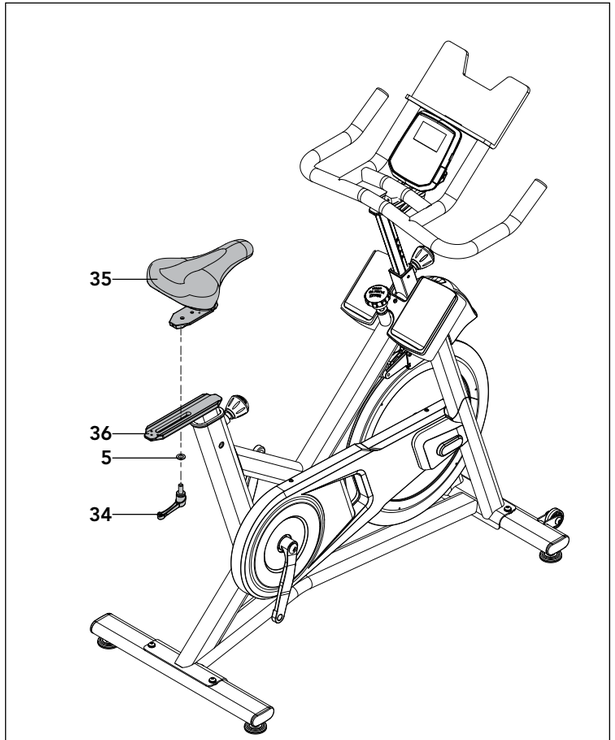


**4**
**Bolt**
**M4**
**Qty: 1**

5.1 Open hardware for **Step 5**.

5.2 Attach **Bottle Holder (33)** to **Main Frame (20)** with **1 Screw (4)**.






# ASSEMBLY **STEP 6**

**STEP 6 HARDWARE :**



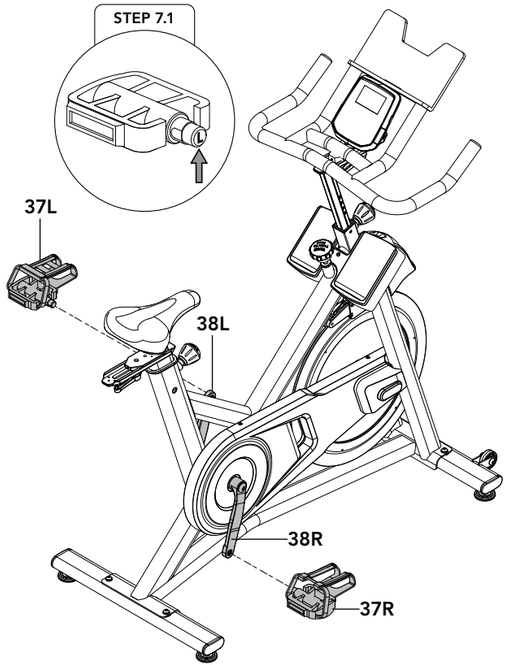
**5**
**Flat Washer**
**Ø10**
**Qty: 1**

6.1 Open hardware for **Step 6**.

6.2 Unscrew **Seat Adjustment Lever (34)** from **Seat (35)**.

6.3 Place **Seat (35)** onto **Seat Slider (36)**.

6.4 Secure **Seat (35)** with **1 Flat Washer (5)** and **Adjustment Lever (34)**.



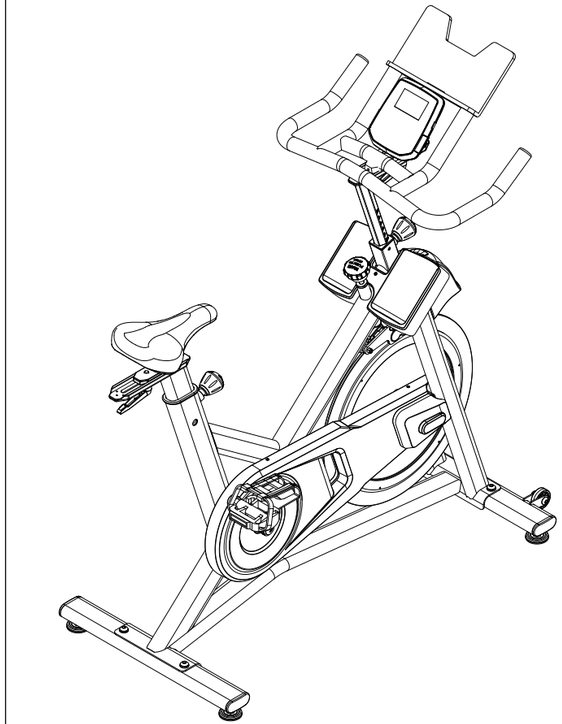

# ASSEMBLY **STEP 7**

7.1 Identify **Left Pedal (37L)** which is labeled **L** on spindle and **Right Pedal (37R)** labeled **R**.

7.2 Insert **Left Pedal (37L)** into **Left Crank Arm (38L)** and tighten **Counter Clockwise**.

7.3 Insert **Right Pedal (37R)** into **Right Crank Arm (38R)** and tighten **Clockwise**.

7.4 Use **Combination Wrench** to fully tighten pedals.



Product Weight: **39 kg / 87 lbs.**

User Weight Capacity: **136 kg / 300 lbs**.

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

**CONGRATULATIONS!**
You have successfully assembled your indoor cycle.

# INDOOR CYCLE OPERATION



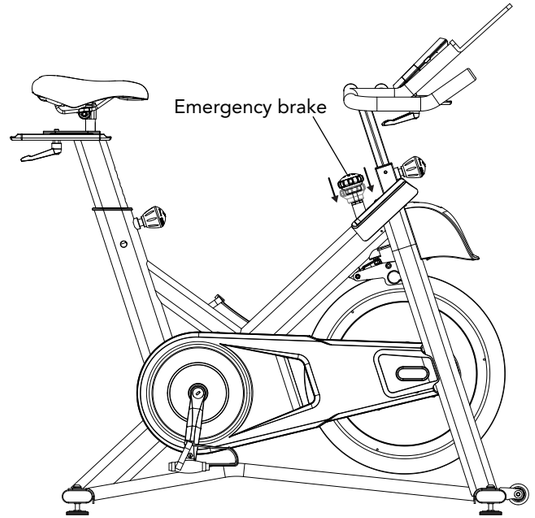
## RESISTANCE CONTROL AND EMERGENCY BRAKE

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

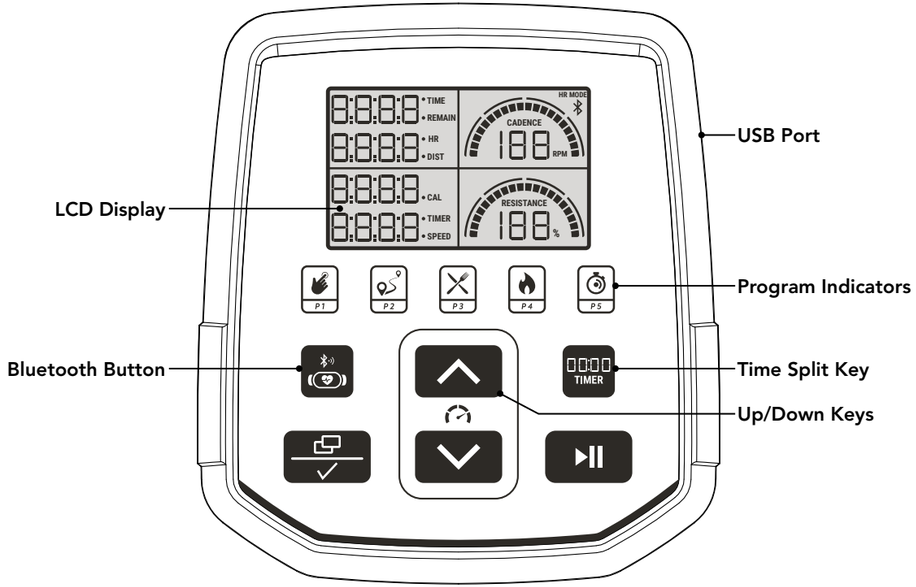
- Make sure your shoes are fixed into the toe cage (if available).
- Apply full resistance load when the Indoor Cycle is not in use to prevent injuries due to moving drive gear components.
- The Indoor Cycle does not have a free moving flywheel; the pedals will continue to move together with the flywheel 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 & HANDELBAR 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




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

## CONSOLE OPERATION

**LCD DISPLAY WINDOWS:** time, distance, calories, heart rate, RPM, speed and resistance level.

**LCD DISPLAY INDICATORS:** indicates what information is being displayed.

**START ▶II :** press to begin exercising, start your workout, or resume exercising after pause.

**STOP ▶II :** press to pause/end your workout. Hold for 3 seconds to reset the console.

**SPLIT TIMER :** press this key to reset the Segment Time count-up timer to 0 seconds.

**UP/DOWN ∧/∨ KEYS:** used to adjust resistance level.

**ENTER ✓ :** used to confirm a selection.

**CHANGE DISPLAY :** press to change display feedback during 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.

**USB PORT:** for charging only, maximum output is 1A/5V.

## CONSOLE DISPLAY

**TIME/REMAIN:** Shown as minutes: seconds. View the time remaining or the time elapsed in your workout.

**HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when using HR straps).

**DISTANCE:** Shown as kilometers. Indicates distance traveled or distance remaining during your workout.

**CALORIES:** Total calories burned or calories remaining left to burn during your workout.

**TIMER:** is almost identical to TIME, but the difference is it will reset to 0s when the user presses the split key.

**SPEED:** Shown as km/h. Indicate the bike's overall speed on the road.

**RESISTANCE:** Shows the current level of resistance.

**CADENCE:** Shown as RPM. Indicates how fast the foot pedals are moving.

## PROGRAM INFORMATION




**P1) MANUAL:** Adjust your resistance manually during your workout.




**P2) TARGET 1 – DISTANCE:** Push yourself and go further during your workout with 13 distance workouts. Choose from 1 mile, 2 miles, 5k, 5 miles, 10k, 8 miles, 15k, 10 miles, 20k, half marathon, 15 miles, 20 miles, and marathon goals.




**P3) TARGET 2 – CALORIES:** Set goals for burning calories.




**P4) WEIGHT LOSS:** A workout designed specifically to target fat. Promotes weight loss by increasing and decreasing the resistance, while keeping you in your fat burning zone. Includes 10 levels.




**P5) INTERVALS:** Improves your strength, speed, and endurance by increasing and decreasing the resistance throughout your workout to involve your heart and other muscles. Includes 10 levels.



## GETTING STARTED

1. Check to make sure no objects are nearby that will hinder the movement of the Bike.
2. Plug in the power cord.

NOTE: The Bike does not have a power switch and will turn on when power is supplied.

### QUICK START UP

Simply press the START ▶II key to begin working out. The time will count up from 0:00, the resistance level will default to level 0. OR...

### SELECT A WORKOUT OR TARGET

1. Select your PROGRAM with the Up/Down ∧/∨ buttons and press ENTER ✓ when your desired PROGRAM is displayed.
2. Adjust the SETTING with the Up/Down ∧/∨ buttons and press ENTER ✓ when your desired SETTING is displayed.
3. Press START ▶II to begin.

NOTE: If no WORKOUT is selected, the program will function as a MANUAL program. All changes in resistance level will need to be from the user in this setting.

### TO RESET THE CONSOLE

Hold STOP ▶II key for 3 seconds.

### FINISHING YOUR WORKOUT

When your workout is complete, the monitor display will beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

### CLEAR CURRENT SELECTION

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

## 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 ᛒ 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 ᛒ 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 ᛒ 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.

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