



**P8000**

# INDOOR CYCLE OWNER'S MANUAL

# IMPORTANT PRECAUTIONS



## SAVE THESE INSTRUCTIONS

When using an exercise product, basic precautions should always be followed, including the following: Read all instructions before using this indoor cycle. It is the responsibility of the owner to ensure that all users of this indoor cycle are adequately informed of all warnings and precautions. If you have any questions after reading this owner's manual, contact Customer Tech Support at the number listed on the back panel.



# WARNING

## READ AND SAVE ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING THIS INDOOR CYCLE. IT IS STRONGLY RECOMMENDED TO TAKE THE FOLLOWING SAFETY INSTRUCTIONS.

- CAUTION: If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Use this cycle for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never operate the cycle if it is not working properly, or if it has been damaged. Contact Horizon Fitness or the authorized dealers for examination and repair.
- Do not use the cycle without proper footwear. NEVER operate the cycle with bare feet.
- Do not wear any clothing that might catch on any moving parts of this cycle.
- Keep hands and feet clear at all times from moving parts to avoid injury. Never turn the pedal cranks by hand.
- Do not dismount the cycle until the pedals are at a complete STOP.
- Do not attempt to ride the cycle in a standing position at high RPMs until you have practiced at slower speeds.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the cycle.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Horizon Fitness or the authorized dealers.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Close supervision is necessary when used near children, invalids or disabled people.
- When the cycle is in use, young children and pets should be kept at least 3 meters / 10 feet away.
- After exercising, push down on the tension knob or turn the tension knob in a clockwise direction to slow the flywheel down and decrease the potential for injury.
- Ensure that adjustment levelers (seat and handlebar height, seat and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.



# 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 lower front of the cycle and enter it in the space provided below.

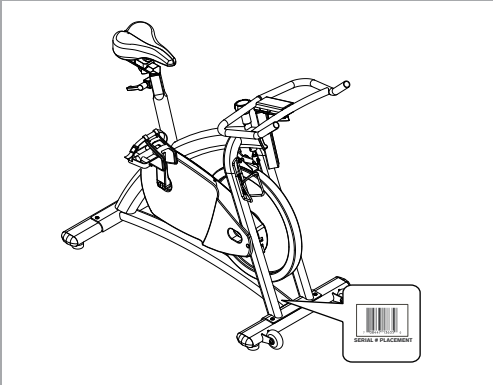
ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

SERIAL NUMBER:

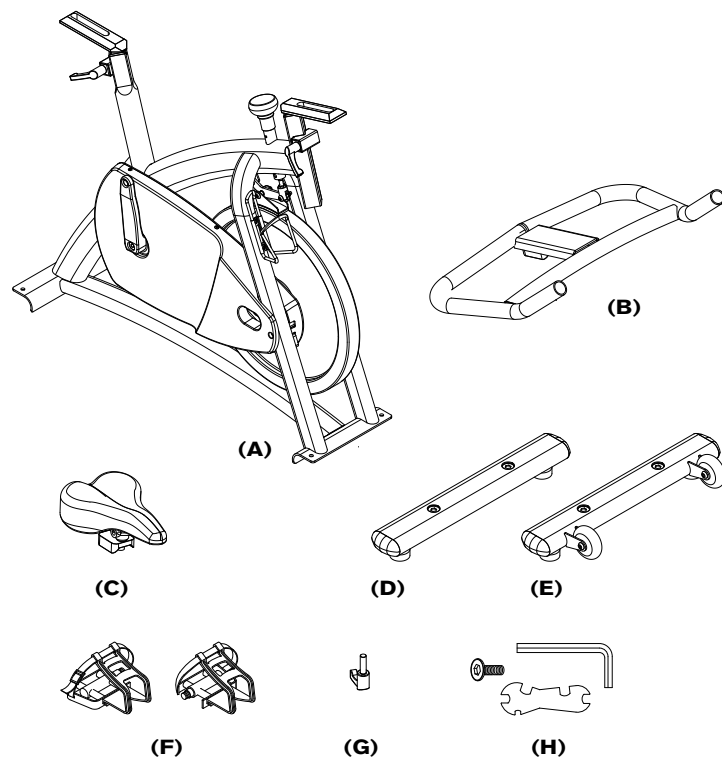
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MODEL NAME: **HORIZON P8000 INDOOR CYCLE**

- » 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.



## P8000 PARTS INCLUDED



## TOOLS/FASTENERS INCLUDED:

- ☐ Socket Head Screw
- ☐ 5 mm Allen Wrench
- ☐ Open Wrench (#13 / #14 / #15)

## PARTS INCLUDED:

- A) Main Frame Assembly
- B) Handlebar Set
- C) Seat
- D) Rear Foot
- E) Front Foot
- F) Pedals
- G) Quick Release Lever Set
- H) Hardware Kit

## NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.

## PRE ASSEMBLY

### UNPACKING

The P8000 Indoor Cycle is carefully inspected before it is packaged. Remove all parts from the shipping carton and foam inserts, and verify that the following parts are included in your shipment. After unpacking, dispose of the carton material properly.

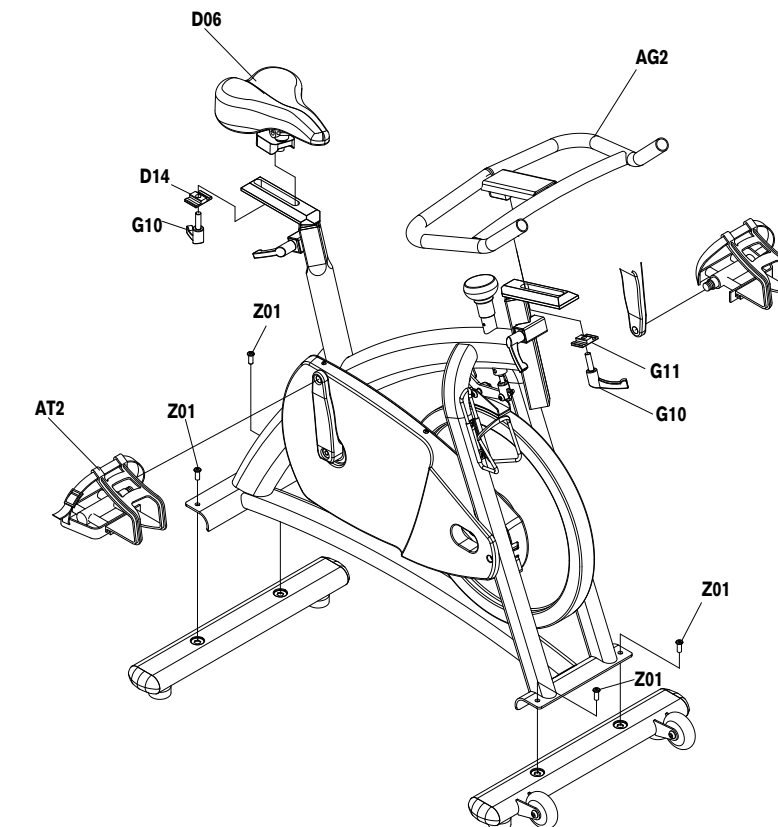
### CAUTION

This unit weighs 118 lbs / 54 kg. To avoid injury to the user and the unit, be sure to have proper assistance to remove or move the unit.

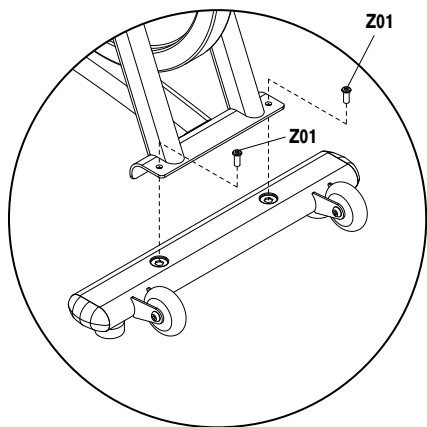
NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

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

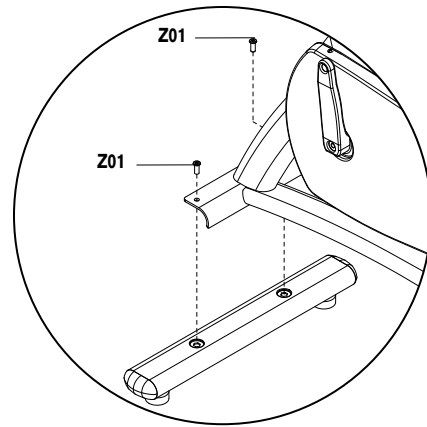
## ASSEMBLY EXPLODED DIAGRAM



## ASSEMBLY STEP 1

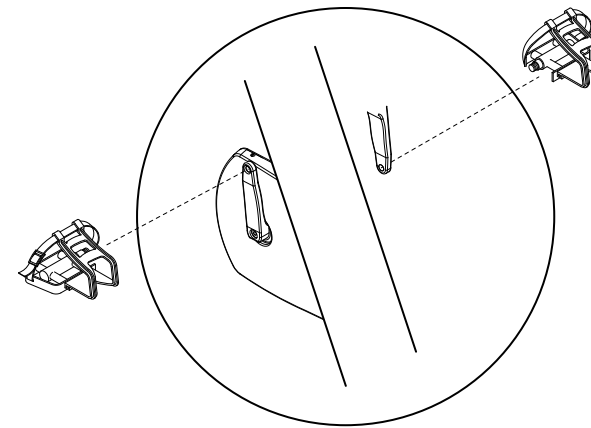


- A Place the front foot in position at the front of the cycle, with the transport wheels facing forward, aligning the two holes in the foot with the mating holes in the frame bracket.
- B Insert the two screws (Z01) through the frame bracket and front foot. Using the #5 Allen Wrench (Z31) to tighten the screws securely.



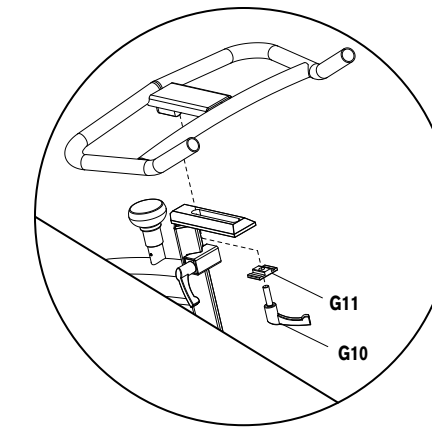
- C Place the rear foot in position at the rear of the cycle, aligning the two holes in the foot with the mating holes in the frame bracket.
- D Insert the two screws (Z01) through the frame bracket and front foot. Using the #5 Allen Wrench (Z31) to tighten the screws securely.

## ASSEMBLY STEP 2



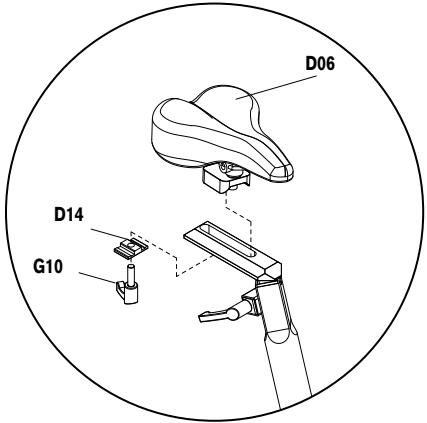
- A Install the pedals on the pedal cranks by using the Open Wrench (Z32). The closed end of the pedal cage must point forward, toward the front of the cycle.

**NOTE:** Be careful to align the threads correctly to avoid damage. A little grease on the threads should help the pedals to screw in easily and correctly. Turn the **LEFT** pedal spindle **COUNTERCLOCKWISE** when threading into the crank arm, and turn the right pedal spindle clockwise when threading into the crank arm.

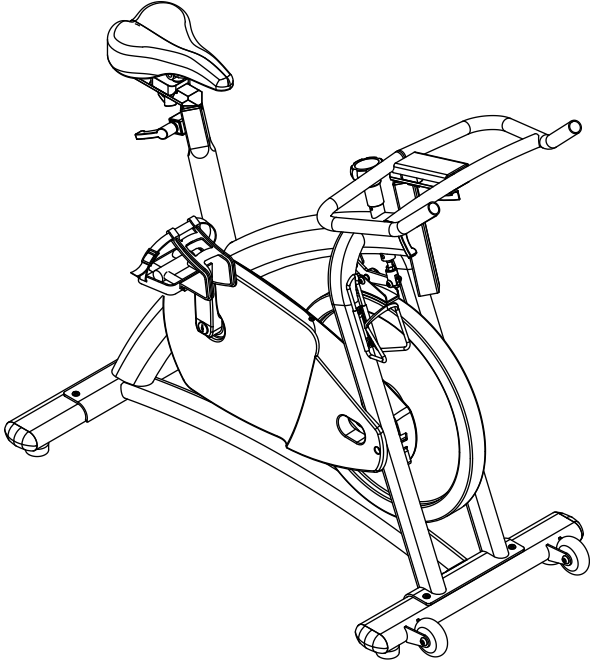


- C Place the handlebar on the handlebar stem. Position handlebar bracket beneath the handlebar stem and insert the quick release lever set (G10, G11) through the bottom bracket and into the handlebar. Turn **COUNTERCLOCKWISE** to tighten.
- D To adjust the position of the handlebar, loosen quick release lever (G10) and slide to the desired location.

ASSEMBLY STEP 3



- A Place the seat on the seat post. Position seat bracket beneath the seat post and insert the quick release lever set (G10, D14) through the bottom bracket and into the seat. Turn **COUNTERCLOCKWISE** to tighten.
- B To adjust the forward or backward position of the seat, loosen quick release lever and slide to the desired location.



ASSEMBLY COMPLETE!

INDOOR CYCLE OPERATION



P8000 SPECIFICATIONS

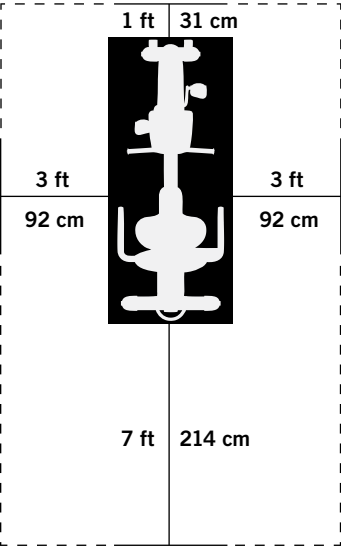
TECHNICAL DATA	
Frame	High-tensile, corrosion-resistant frame
Resistance Technology	Friction brake with microadjust knob and emergency stop
Resistance Levels	Infinitely variable with linear increase throughout resistance range
Drive System	Hyper smooth chain wheel system
Flywheel	20 kg / 44 lbs.
Handlebar Adjustments	Vertical & Horizontal
Seat Adjustments	Vertical & Horizontal
Dimensions (LxWxH)	106x54x103 cm / 42" x21" x41"
Product Weight	54 kg / 119 lbs.
Max User Weight	159 kg / 350 lbs
SPECIAL FEATURES	
Handlebar Design	Multi-position
Crank	Forging steel cranks
Pedals	Fit-in-with pedals with adjustable strip
Seat	Comfortable Saddle
Seat Post & Handlebar Stem	Rust-resistant Treatment
Water Bottle Cage	Yes

\*specifications are subject to change without notice.



BEFORE USE

Take a functional and visual inspection of the equipment after assembly is complete. Also take the time to read all the warning labels on the bike to make sure you have the safest experience possible.



LOCATION OF THE CYCLE

Place the cycle on a level surface. There should be 7 feet of clearance behind the cycle, 3 feet on each side and one foot in front for the power cord. Do not place the cycle in any area that will block any vent or air openings. The cycle should not be located in a garage, covered patio, near water or outdoors.

SEAT ADJUSTMENT

Proper seat height helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury. Adjust the seat height to make sure of this proper position:

- The knee joint is slightly flexed when the extended leg is at the bottom of the pedal stroke.
- Your foot ankle is over the center of the pedal.

To adjust the seat height:

Dismount the bike and release the quick release lever for the seat height adjustment. Once loosened, raise or lower the seat post as necessary. When the seat is in the desired position, re-apply the quick release lever to lock the position. Note the final position mark on the seat post for future use.

To adjust the seat horizontal position:

Dismount the bike and release the quick release lever under the seat and slide the seat forward or backward as desired. Re-apply the quick release lever to lock. Note the final position mark on the seat slider for future use.

HANDLEBAR ADJUSTMENT

Proper position for the handlebar is based primarily on comfort. The Indoor Cycle allows for fore and aft adjustment of the handlebar. Typically, the handlebar should be positioned slightly higher than the seat for beginning cyclists. Advanced cyclists could try different heights to get the arrangement most suitable for you.

To adjust the handlebar height:

Release the quick release lever for the handlebar height adjustment. Raise or lower the handlebar to the desired height, and then re-apply the quick release lever to lock. Note the final position mark on the handlebar stem for future use.

To adjust the handlebar horizontal position:

Loosen the quick release for the handlebar fore-and-aft tension handle. Move the handlebar forward or back to the desired position, and then re-apply the quick release lever to lock. Note the final position mark on the handlebar slider for future use.

PEDAL STRAP ADJUSTMENT

Place each foot on the pedal and in the toe clip so that the ankle is centered over the pedal spindle (center of the pedal). Rotate one foot to arms reach and pull up on the toe clip strap. Repeat for the other foot. Keep your knees over your feet as you pedal. To remove your foot from the toe clip, loosen the strap and pull out.

RESISTANCE ADJUSTMENT

The micro-adjust resistance knob is located just below the handlebars on the bike frame, for easier pedaling resistance control. Turn the knob in a clockwise direction to increase pedal resistance. Turn the knob in a counter clockwise direction to decrease pedal resistance.

DISMOUNTING THE CYCLE

! WARNING

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.

Use one of the following methods to stop the pedals:

- Reduce your pedal speed until you come to a complete stop.
- Push down on the brake knob to come to a complete stop.
- Increase the resistance by turning the resistance knob in a clockwise position until you come to a complete stop.

MOVING THE CYCLE

Make sure the quick release levers for the handlebar are tight. Stand in front of the cycle, grasping the end of the handlebars. Place one foot on the cycle's front support foot to stabilize the cycle and begin tilting the cycle toward you. The transport wheels should now be in contact with the ground and can easily roll in any direction. Be careful when moving the cycle to prevent a sudden impact that could harm the cycle or its surroundings.

STABILIZING THE CYCLE

The Indoor Cycle should operate on a level surface with no lateral movement. Check the cycle's stability by attempting to rock it side to side. If the leveler is not resting completely on the floor, loosen the nut with one hand to allow the leveler to rotate. Repeat the front and rear foot adjustment as necessary until the Cycle is stable. Lock the adjustment by tightening the nut against the front and rear foot support.





MAINTENANCE

The safety level given by the design of the P8000 Indoor Cycle can only be maintained when the equipment is regularly examined for damage and wear. Inoperable components should be replaced or the equipment should be put out of use until it is repaired.

DAILY

- Wipe down the Indoor Cycle after each use to remove sweat and moisture. Use soap and water, or a diluted non-abrasive domestic cleaner solution. Rinse to remove detergent residue and then dry off.
- Before each session, inspect for loose components such as pedals or cranks prior to commencing the next use. Tighten up any loose parts.

WEEKLY

- Check for proper flywheel alignment. Torque flywheel nuts as necessary.
- Remove chain guard and check for loose chain. Adjust and lubricate the chain as necessary.
- Check to make sure the crank arms are tight to the bottom bracket.
- Inspect all parts, nuts, bolts, or screws for adjustments, replacements or maintenance.

MONTHLY

- Inspect the frame and main assembly components for rust or corrosion. Tilt the cycle or place in an upside down position to locate areas where rust and corrosion may develop. Use a small, wire brush to remove rust build-up in small crevasses, such as leveling feet, quick release levers and other bolt assemblies.
- Inspect all wear items for adjustments or possible part replacement. Give particular attention to the following:
  - A) Inspect brake pad for wear. Excessive wear or dryness indicates replacement is required.
  - B) Inspect seat pad for wear. Rips, tears or excessive movement indicates replacement is required.
  - C) Inspect pedals for play. Excessive movement of pedals indicates replacement is required.
- Inspect the chain for tensioning by rotating the crank to drive the flywheel forward. Do this motion in 1/4 turns to assess if there is free play between the crank and the flywheel.
- Dryness or prolonged use may cause the height and reach adjustments for the seat and handlebar to become tight. If this is the case, the sliding assembly should be removed from the frame and have a smear of light duty grease applied along the sliding surface before assembly. Similarly, apply some light grease to the clamping assembly to ensure it does not seize up. Clean off excessive grease before reassembly.

LIMITED HOME USE WARRANTY

WEIGHT CAPACITY = 350 lbs (159 kilograms).

FRAME • LIFETIME

Horizon Fitness warrants the frame against defects in workmanship and materials for the lifetime of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

PARTS • 1 YEAR

Horizon Fitness warrants all original parts for a period of 1 year from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR • 1 YEAR

Horizon Fitness shall cover the labor cost for the repair of the device for a period of 1 year from the date of the original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIONS AND LIMITATIONS

Who IS covered:

- The original owner and is not transferable.

What IS covered:

Repair or replacement of a defective part and is the sole remedy of the warranty.



What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by Horizon Fitness.
- Incidental or consequential damages. Horizon Fitness is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment.
- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by Horizon Fitness for coverage.
- Equipment owned or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. Horizon Fitness 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 fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and Horizon Fitness shall have no liability for any injury to the person or property arising from such repairs.

SERVICE/RETURNS

- In-home service is available within 150 miles of the nearest authorized repair center (Mileage beyond 150 miles from an authorized service center is the responsibility of the consumer).
- All returns must be pre-authorized by Horizon Fitness.
- Horizon Fitness' obligation under this warranty is limited to replacing or repairing, at Horizon Fitness' option, the same or comparable model at one of its authorized service centers.
- A Horizon Fitness authorized service center must receive all equipment for which a warranty claim is made. This equipment must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase.
- Replacement units, parts and electronic components reconditioned to As-new Condition by Horizon Fitness or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from state to state.

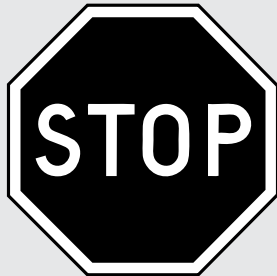


# CUSTOMER TECH SUPPORT



Tel: **1-800-244-4192**

Email: **comments@horizonfitness.com**



## **DO NOT RETURN TO THE RETAILER**

if you have any problems during  
assembly or if parts are missing.

For fast and friendly service,  
please contact one of our  
trained customer technicians via  
phone, email or our website.

Every employee at Horizon Fitness takes pride  
in providing you with a high quality product.

We want to know if you have a problem and we  
want to have an opportunity to correct it for you.

**NOTE:** Please read the Owner's Manual fully  
before contacting Customer Tech Support.  
Additional product information is available on  
our website.

[www.horizonfitness.com](http://www.horizonfitness.com)



**Horizon Fitness**  
1600 Landmark Drive,  
Cottage Grove WI, 53527