

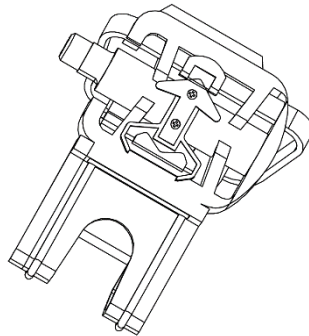
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OVERVIEW

This document explains how to set up and use cleats/clips with the Horizon IC7.9 indoor cycle pedals. The pedals are only compatible with SPD clips/shoes. Before use, please read these instructions carefully.

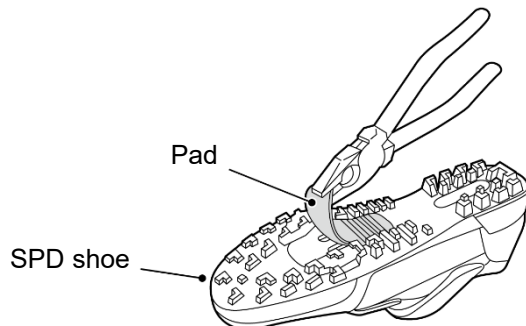
Cautions:

- Practice engaging and disengaging from the pedals several times in a stationary position before beginning a ride.
- Before using, please lubricate the concave area of the clip.
- Keep the cleat and pedal clean to ensure proper usage.
- The cleats on the indoor cycle pedals are compatible with all standard SPD shoes. The cleats allow for a 4-degree lateral foot rotation—just enough to relieve knee stress.
- Before using, please adjust the retention force of the pedal to a comfortable position.

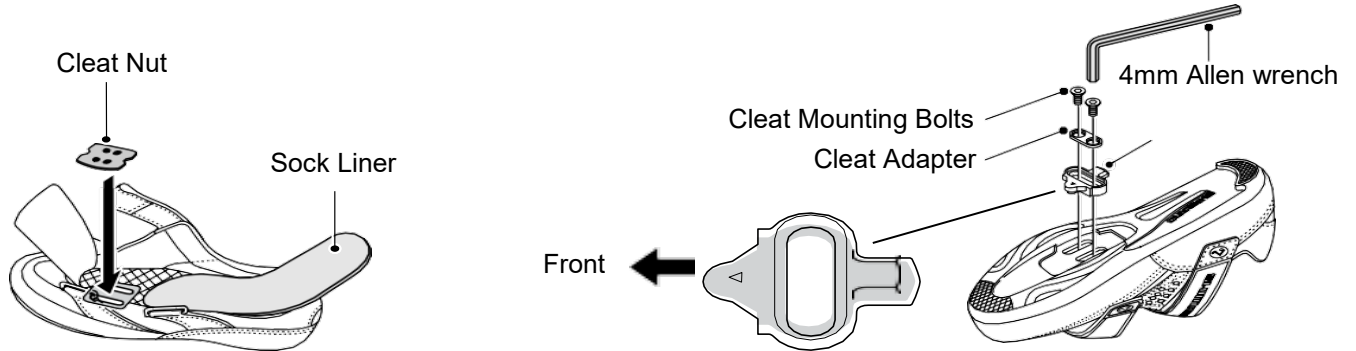


INSTALLING THE CLEAT

1. Remove the pad from the shoe using a pair of pliers.



- Remove the sock liner and install the cleat set as shown in the following illustration. Then, secure the cleat tightly with the bolts.



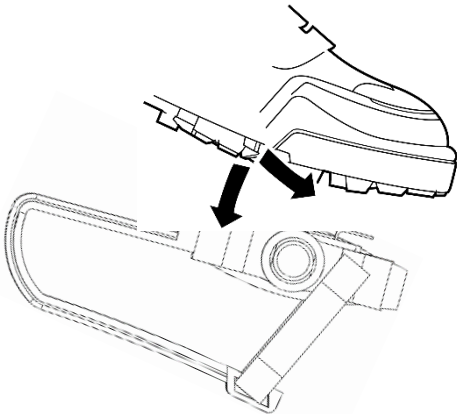
Notes:

- The cleat has an adjustment range of 5 mm right to left. After provisionally tightening the cleat, practice engaging and releasing, one shoe at a time. Readjust to determine the best cleat position. After you have determined the best cleat position, firmly tighten the cleat mounting bolts with a 4 mm Allen wrench
- The pedal must to be replaced after 6 months of use.
- Please check your pedal before each ride.
- Important:** On a monthly basis, inspect the pedals and axle for play. Excessive movement indicates that replacement is required.

USING THE CLEAT

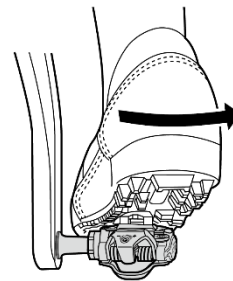
Engaging

Press the cleat into the pedal.



Disengaging

Remove by twisting your heel to the outside.



ADJUSTING THE SPRING TENSION OF THE BINDING

Adjusting Retention Force

To adjust the tension of the spring on each pedal (top and bottom), use a 3mm Allen wrench to turn the adjustment bolt: Turn the bolt in a clockwise direction to increase retention force, and in a counterclockwise direction to decrease retention force.

