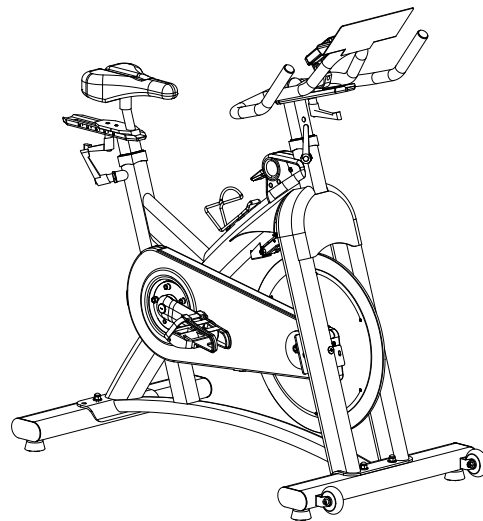




HORIZON
FITNESS



IC7.9 INDOOR CYCLE OWNER'S MANUAL



INDOOR CYCLE OPERATION

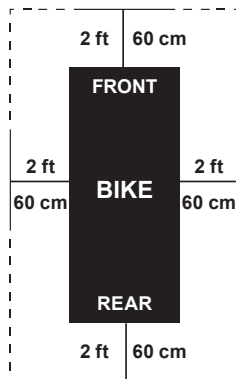




HOW TO MOVE THE INDOOR CYCLE

Due to the weight of the Indoor Cycle, it is recommended that two persons move it. While one person lifts the back of the indoor cycle, the second person firmly holds the handlebar and tips the indoor cycle forward until it rolls on the wheels. Carefully move the Indoor Cycle to the desired location and then lower it.

If the Indoor Cycle rocks on the floor after being set down, turn the leveling feet underneath the front or rear stabilizer until the rocking motion is eliminated.

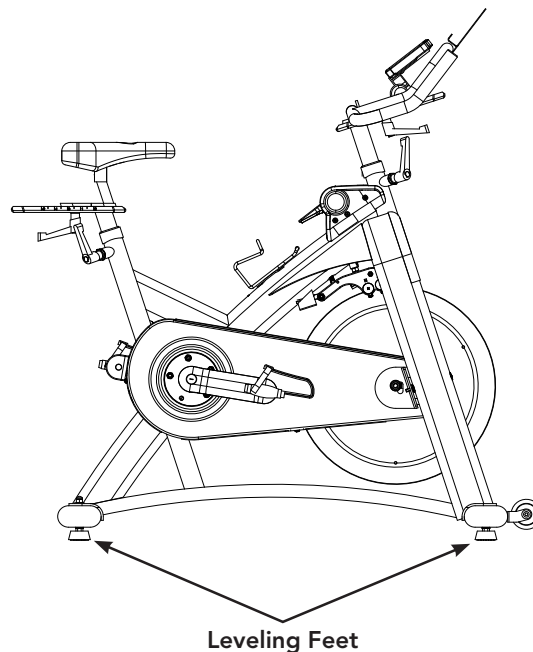


LOCATION OF THE INDOOR CYCLE

Place the Indoor Cycle on a level surface. There should be 2 feet (60 cm) of each side surround the Indoor Cycle. Do not place the cycle in any area that will block any vent or air openings. The Indoor Cycle should not be located in a garage, covered patio, near water or outdoors.

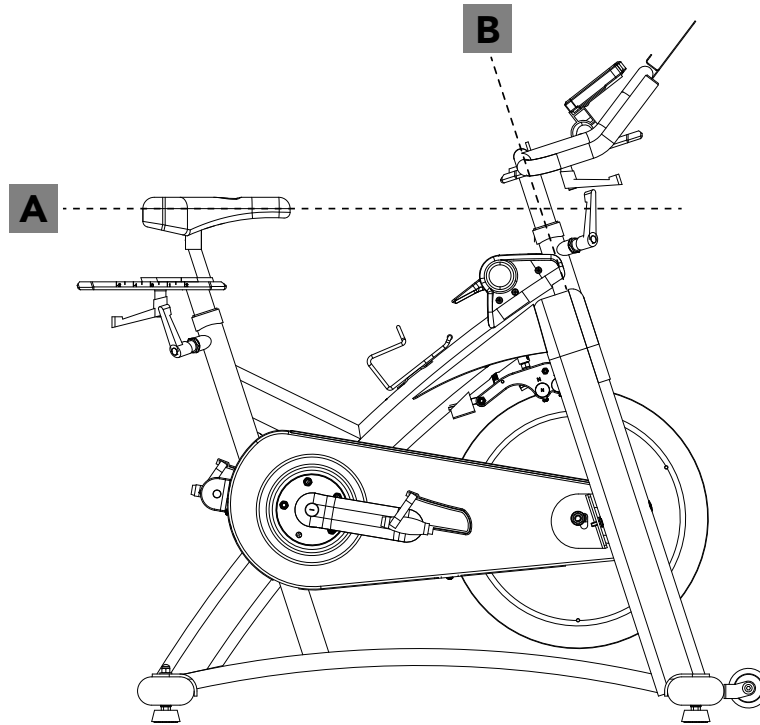
! WARNING

To reduce the risk of injury, use extreme caution while moving the indoor cycle. Do not attempt to move it over uneven surfaces and make sure there's a safety space of 20 inch (minimum) to the nearest equipment is recommended.



HOW TO ADJUST THE INDOOR CYCLE

The Indoor Cycle can be adjusted for maximum comfort and exercise effectiveness. The instructions below describe one approach to adjusting the Indoor Cycle to ensure optimal user comfort and ideal body positioning; you may choose to adjust the Indoor Cycle differently.

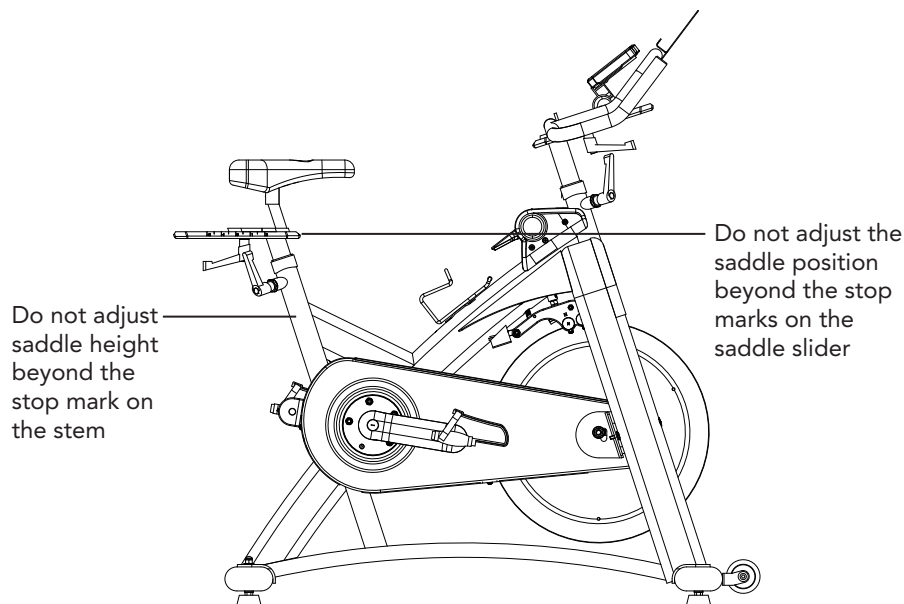


SADDLE ADJUSTMENT

Proper saddle height helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury. Adjust the saddle height to make sure it's in proper position, one that keeps a slightly bend in your knee while your legs are in the extended position.

HANDLEBAR ADJUSTMENT

Proper position for the handlebar is based primarily on comfort. Typically, the handlebar should be positioned slightly higher than the saddle for beginning cyclists. Advanced cyclists could try different heights to get the arrangement most suitable for you.

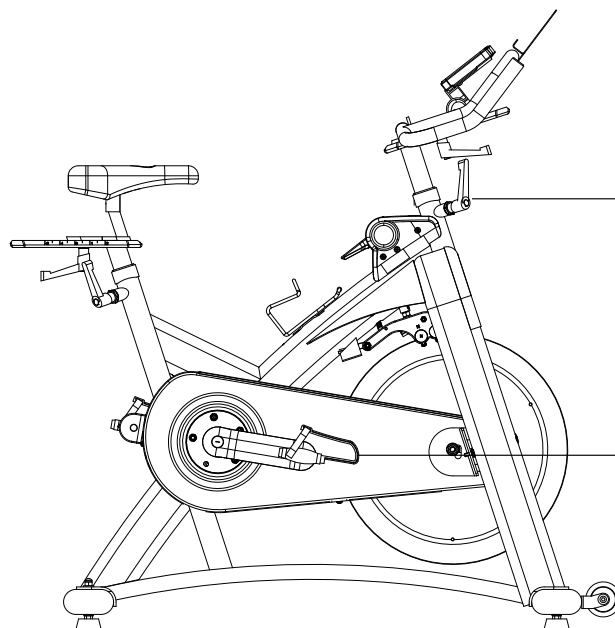


TO ADJUST THE SADDLE HEIGHT:

Rotate the adjustment lever counterclockwise and adjust the saddle to a comfortable pedaling position. Rotate the lever clockwise to lock saddle position.

TO ADJUST THE SADDLE HORIZONTAL POSITION:

Rotate the adjustment lever counterclockwise to slide the saddle forward or backward as desired. Rotate the lever clockwise to lock saddle position. Test the saddle slide for proper operation.



Do not adjust the handlebar height beyond the stop mark on the stem.

The pedal straps should be adjusted to hold the foot snugly in the pedal.

TO ADJUST THE HANDLEBAR HEIGHT:

Rotate the adjustment lever counterclockwise to adjust the handlebar height. Raise or lower the handlebar to the desired height. Rotate the lever clockwise to lock handlebar position.

TO ADJUST THE PEDAL STRAPS:

Place each foot ankle on the pedal and in the toe clip that the foot 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.



TENSION CONTROL AND EMERGENCY BRAKE

The preferred level of difficulty in pedaling (resistance) can be regulated in increments by use of the tension control lever. To increase the resistance, push the tension control lever downward towards the ground. To decrease the resistance, pull the handle upwards.

IMPORTANT:

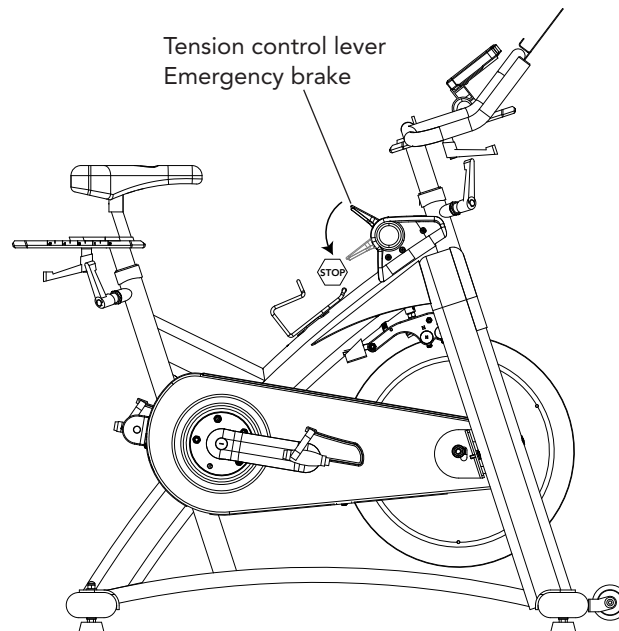
- To stop the flywheel while pedaling, push down hard on the tension control lever until the brake rubs on the flywheel.
- The flywheel should quickly come to a complete stop.
- Make sure your shoes are fixed into the toe clip.
- Apply full resistance load when the bike is not in use to prevent injuries due to moving drive gear components.

! WARNING

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 tension control lever. Always pedal in a controlled manner and adjust your desired cadence according to your own abilities. Push the tension control lever down = emergency stop.

! 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.



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.

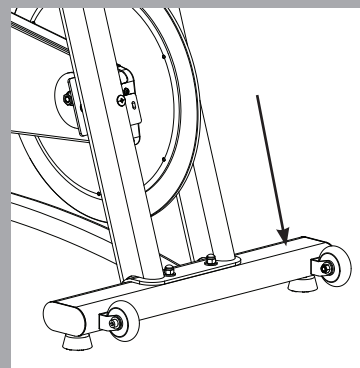
Before proceeding, find your indoor cycle's serial number located on the front stabilizer of the cycle and enter it in the space provided below.

ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

SERIAL NUMBER:

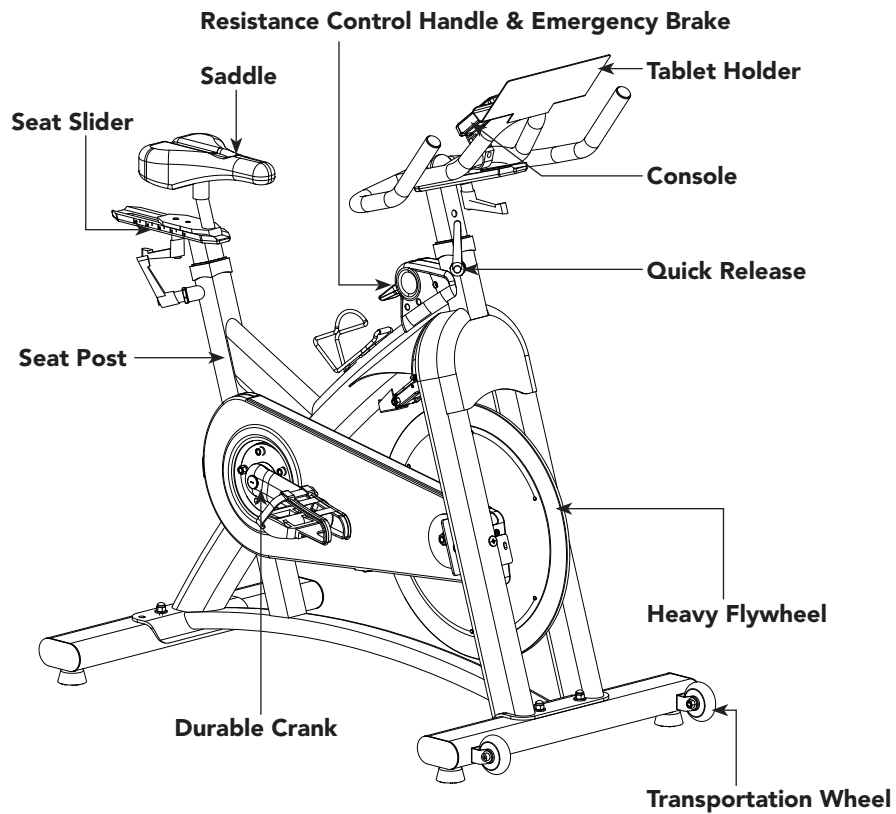
--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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
- ☐ Front Stabilizer
- ☐ Rear Stabilizer
- ☐ Handlebar Set
- ☐ Handlebar Mast Set
- ☐ Console
- ☐ Pedal Set
- ☐ Seat Post Set

PARTS PACKING INCLUDED:

- ☐ 1 Parts box
- ☐ 1 Owner's Manual

PRE ASSEMBLY

UNPACKING

Due to the weight of the indoor cycle, **it is recommended that two persons perform the assembly**. Set the indoor cycle in a cleared area 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 your local dealer. Contact information may be located on the back panel of this manual or on warranty card.

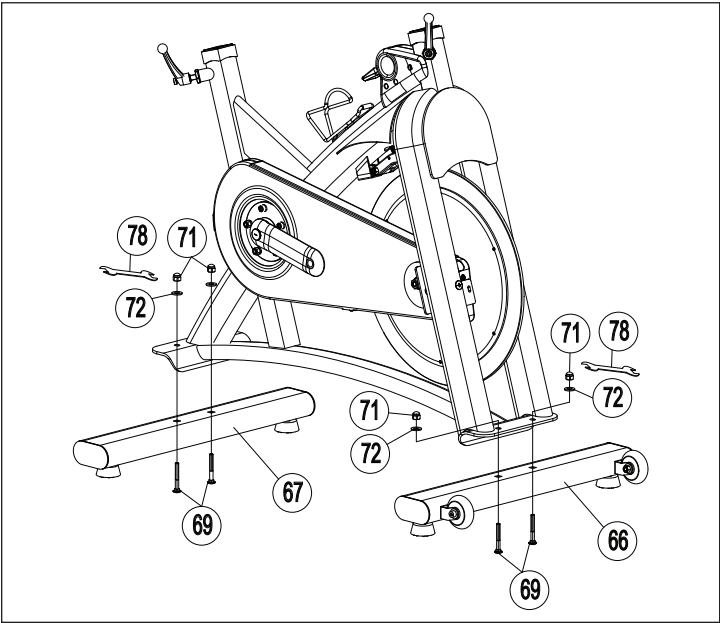




IC7.9 ASSEMBLY STEP 1

HARDWARE FOR STEP 1 :		
NO.	DESCRIPTION	QTY
69	BOLT	4
71	NUT	4
72	WASHER	4
78	WRENCH	1

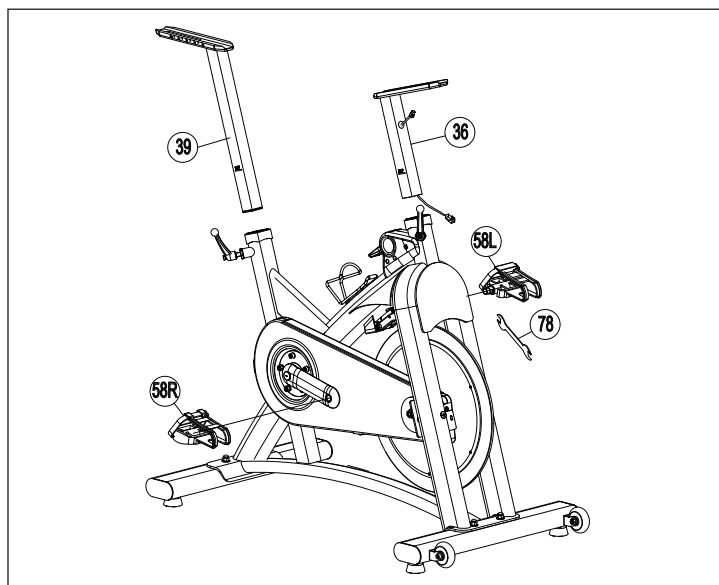
- A Attach the **FRONT STABILIZER (66)** and **REAR STABILIZER (67)** to the frame using **4 BOLTS (69)** and **4 WASHERS (72)** and **4 NUTS (71)**, and secure firmly by **WRENCH (78)**.



IC7.9 ASSEMBLY STEP 2

HARDWARE FOR STEP 2 :

NO.	DESCRIPTION	QTY
36	HANDLEBAR MAST	1
39	SEAT POST	1
58L	LEFT PEDAL	1
58R	RIGHT PEDAL	1
78	WRENCH	1



- A Thread the **LEFT PEDAL (58L)** that has "L" on the spindle to the left side arm of the cycle using the **WRENCH (78)**. Please note that the "L" pedal is left-hand threaded which needs to be turned counter clockwise to tighten.
- B Thread the **RIGHT PEDAL (58R)** that has "R" on the spindle to the right side arm of the cycle using the **WRENCH (78)**. Please note that the "R" pedal is right-hand threaded which needs to be turned clockwise to tighten.
- C Install the **HANDLEBAR MAST(36)** into the frame receptor and secure with the quick release.
- D Install the **SEAT POST(39)** into the frame receptor and secure with the quick release.

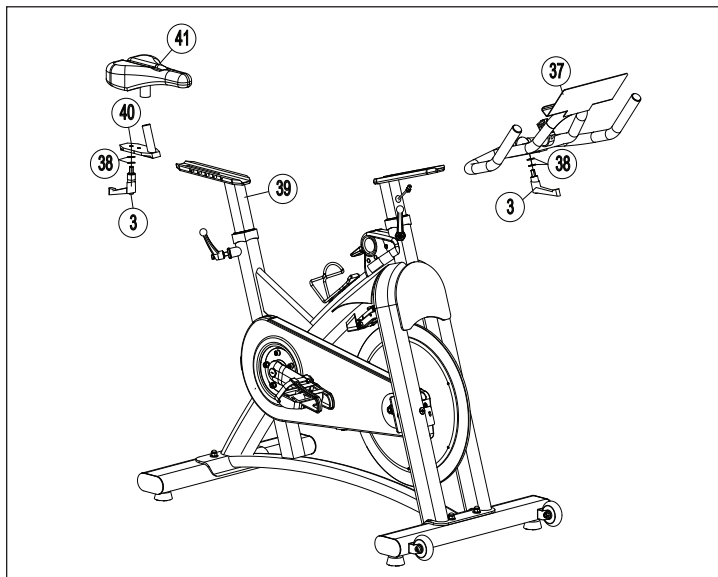




IC7.9 ASSEMBLY STEP 3

HARDWARE FOR STEP 2 :		
NO.	DESCRIPTION	QTY
3	QUICK RELEASE	2
37	HANDLEBAR	1
38	WASHERS	4
40	SEAT SLIDER	1
41	SADDLE	1

- A Install the **HANDLEBAR (37)** into the handlebar mast receptor using **2 WASHERS (38)** and secure with the **QUICK RELEASE(3)**.
- B Install the **SADDLE (41)** into the **SEAT SLIDER (40)** receptor and secure with the wrench.
- C Attach the **SEAT SLIDER (40)** to the **SEAT POST (39)** using **2 WASHERS (38)** and secure with the **QUICK RELEASE(3)**.

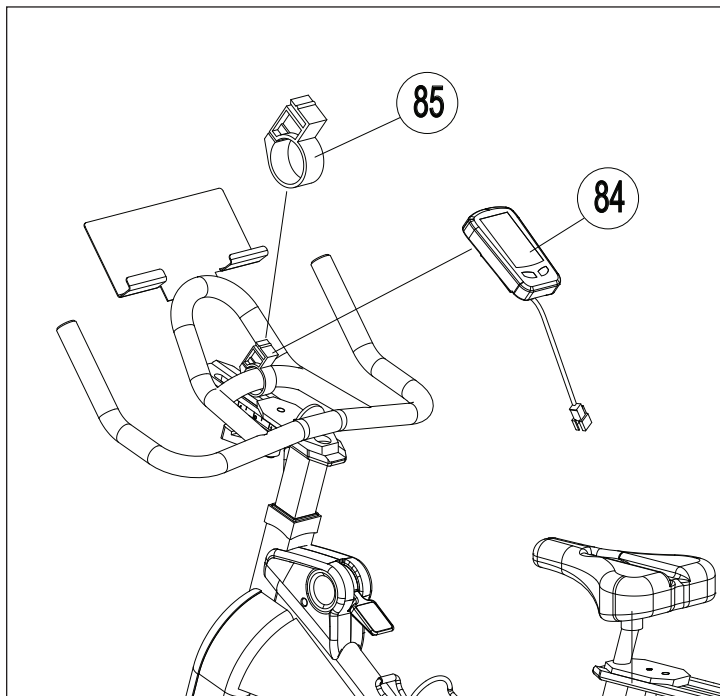


IC7.9 ASSEMBLY STEP 4

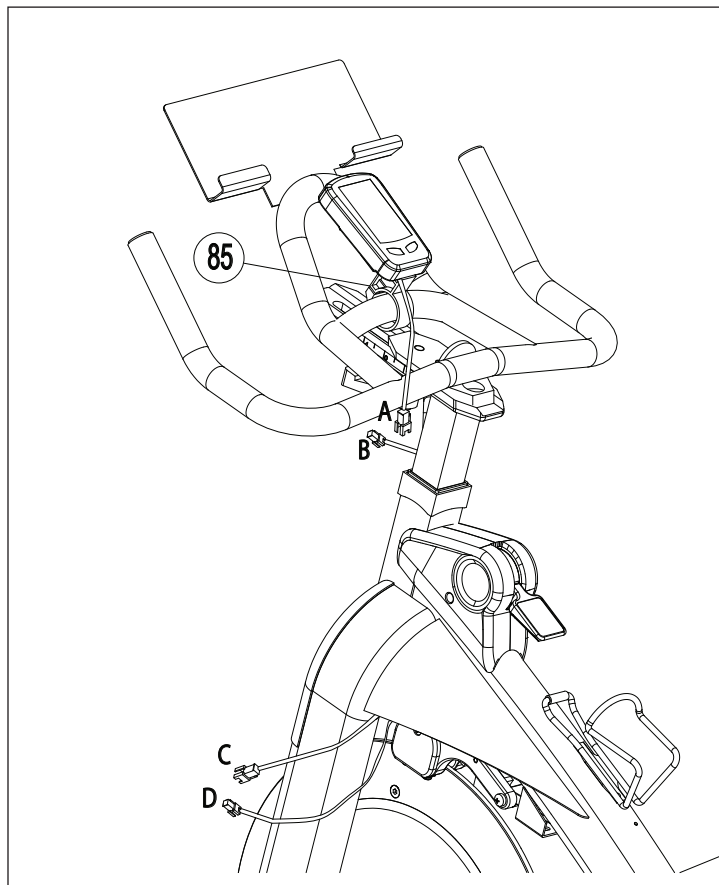
HARDWARE FOR STEP 4 :

NO.	DESCRIPTION	QTY
84	CONSOLE	1
85	MOUNTING CLAMP	1

- A Fix **CONSOLE (84)** with **MOUNTING CLAMP (85)** from back.



IC7.9 ASSEMBLY STEP 5



- A Carefully attach the **UPPER CONSOLE CABLE (A)** to the **LOWER CONSOLE CABLE (B)** pre-assembled to the handlebar.
- B Carefully attach the **MAST CABLE (C)** to the **FRAME CABLE (D)** pre-assembled in the frame.
- C Adjust console to preferred viewing angle.

NOTE: Check to see there is no loose cable that could make contact with the flywheel once the cable harness is assembled. Tuck away any loose cable.

- D Congratulations, you have successfully assembled the Indoor Cycle.

CONSOLE OPERATION





IC7.9 CONSOLE DISPLAY

MONITOR DISPLAY:

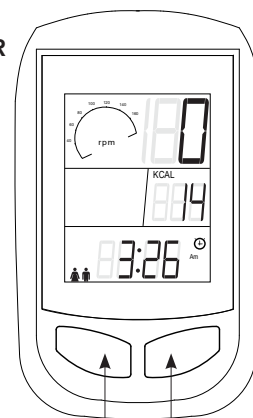
In the exercise mode, the LCD windows will display RPM, KCAL and ODO.

You can press left Key to change the display among TIME/SPEED/CLOCK/DISTANCE

LEFT & RIGHT KEY:

- Press any key to wake up the console from energy saver mode.
- During the exercise mode, press left change display among TIME/SPEED/CLOCK/DISTANCE.

MONITOR



LEFT KEY RIGHT KEY


IC7.9 CONSOLE OPERATION

CLOCK SETTING

Press the left key until CLOCK is displayed, press the right key for 3 seconds to enter setting mode to adjust clock setting.

Change the value by pressing right key and confirm by pressing left key, the console will automatically save the value given after 5 seconds.

PERSONAL WORKOUT SETTING

Press the left key until SPEED is displayed, press the right key for 3 seconds to adjust personal data setting. (user weight; gender  left female/right male; time etc.) To change to between standard and metric press the right button when lb or kg is flashing. This will also change the mile and km setting. **Note:** when the batteries are replaced the console will default to standard units.

RPM measures the user's foot RPM, also known as cadence.

Change the value by pressing right key and confirm by pressing left key, the console will automatically save the value given after 5 seconds.

ENERGY SAVER

To minimize energy consumption, your machine will enter energy saver mode automatically when not in use and could be quickly woke up with a touch of a button.

TROUBLESHOOTING & MAINTENANCE



COMMON PRODUCT QUESTIONS



ARE THE SOUNDS MY Indoor Cycle MAKES NORMAL?

Our Indoor Cycles are some of the quietest available because they use belt drives and cantilever brake resistance. We use the highest grade bearings and chains/belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our Indoor Cycles. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, chains/belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

WHY IS THE Indoor Cycle I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE ?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

HOW LONG WILL THE BELT LAST?

The computer modeling we have done indicated virtually thousands of maintenance free hours. You should not have to replace the belt as long as you have the Indoor Cycle.

CAN I MOVE THE Indoor Cycle EASILY ONCE IT IS ASSEMBLED?

Your Indoor Cycle has a pair of transport wheels built into the front stabilizer tube. Please follow the moving the Indoor Cycle section to transport your Indoor Cycle. It is important that you place your Indoor Cycle in a comfortable and inviting room. Your Indoor Cycle is designed to use minimal floor space. Many people will place their Indoor Cycles facing the TV or a picture window. If at all possible, avoid putting your Indoor Cycle in an unfinished basement. To make exercise a desirable daily activity for you, the Indoor Cycle should be in a comfortable setting.

TROUBLE SHOOTING

PROBLEM: The Indoor Cycle makes a squeaking or chirping noise.

SOLUTION: Verify the following:

- The Indoor Cycle is on a level surface.
- Loosen all bolts attached during the assembly process, grease the threads, and tighten again.



If this does not remedy the problem, you may
CONTACT CUSTOMER TECH SUPPORT AT THE NUMBER ON THE INFORMATION CARD.

The following information may be asked of you when you call. Please have these items readily available:

- Model Name
- Serial Number
- Proof of Purchase (receipt or credit card statement)

You may find more troubleshooting suggestions on the customer support section of our website. Contact customer support using the contact information on the INFORMATION CARD.

In order for Customer Tech Support to service your Indoor Cycle they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front or the back? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- Has the machine been lubricated and maintained per the maintenance schedule?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your Indoor Cycle running again!



MAINTENANCE

The safety level given by the design of the 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.
- 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 belt 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 = 300 lbs (136 kilograms)

FRAME • LIFETIME

Manufacturer warrants the frame against defects in workmanship and materials for the period specified above from the date of purchase, so long as the device remains in the possession 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.)

ELECTRONICS & PARTS • 1 YEAR

Manufacturer warrants the electronic components, finish and all original parts for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR • 1 YEAR

Manufacturer shall cover the labor cost for the repair of the device for a period of one 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 motor, electronic component, or 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 the Manufacturer.
- Incidental or consequential damages. The Manufacturer 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. The Manufacturer

does not provide monetary or other compensation for any such repairs or replacement parts costs, including but not limited to gym membership fees, work time lost, diagnostic visits, maintenance visits or transportation.

- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by the Manufacturer 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. The Manufacturer 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 the Manufacturer shall have no liability for any injury to the person or property arising from such repairs.
- If you are out of the Manufacturer's warranty but have an extended warranty, refer to your extended warranty contract for contact information regarding requests for extended warranty service or repair.

SERVICE/RETURNS

- In-home service is available within 150 miles of the nearest authorized Service Provider (Mileage beyond 150 miles from an authorized service center is the responsibility of the consumer).
- All returns must be pre-authorized by the Manufacturer.
- Manufacturer's obligation under this warranty is limited to replacing or repairing, at the Manufacturer's option, the same or comparable model.
- Manufacturer may request defective components be returned to the Manufacturer upon completion of warranty service using a prepaid return shipping label. If you have been advised to return parts and did not receive a label, please contact Customer Tech Support.
- Replacement units, parts and electronic components reconditioned to as-new condition by the Manufacturer 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.





INDOOR CYCLE OWNER'S MANUAL

IC7.9 Owner's Manual 0403'20 Rev. 1.0 © 2019 Horizon Fitness