



M4

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 (saddle and handlebar height, saddle and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.
- It is the sole responsibility of the owner to ensure that all users of the indoor cycle are informed of all warnings and precautions.
- Keep the indoor cycle indoors, away from moisture and dust. Do not place the indoor cycle in a garage, covered patio or near water.
- Place the indoor cycle on a level surface. To protect the floor or carpet from damage, place a mat beneath the indoor cycle.
- The indoor cycle does not have a independently moving flywheel; the pedals will continue to move together with the flywheel until the flywheel stops.



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 rear base frame of the cycle and enter it in the space provided below.

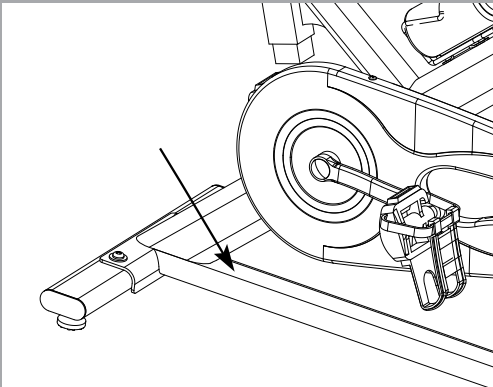
ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

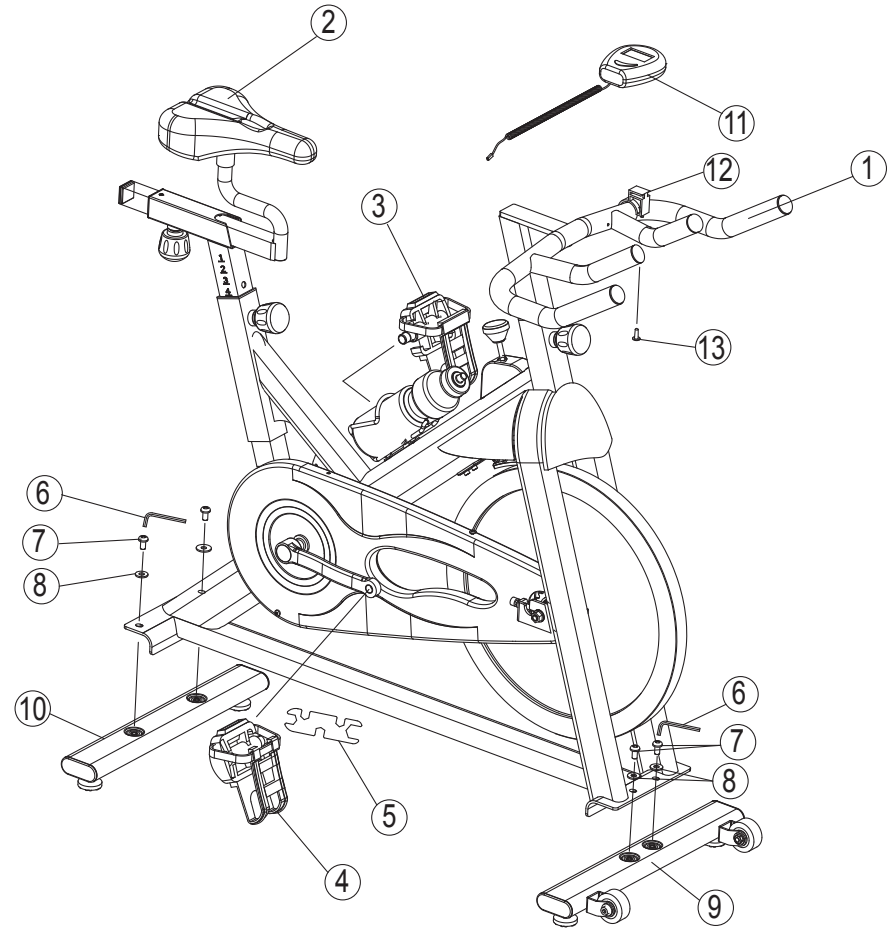
SERIAL NUMBER:

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MODEL NAME: **HORIZON M4 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.





PRE ASSEMBLY

ASSEMBLY PARTS LIST:

ITEM	DESCRIPTION	QTY	SPECIFICATION
1	Handlebar	1	Chrome & PVC dipping
2	Saddle Post	1	Chrome
3	Pedal (L)	1	Left threaded
4	Pedal (R)	1	Right threaded
5	Combination Wrench	1	
6	Allen Wrench	1	for 2 stabilizers
7	Allen Bolt	4	M8 x 16L
8	Washer	4	
9	Front Base Frame	1	With 2 transportation wheels
10	Rear Stabilizer	1	Without 2 transportation wheels
11	Computer	1	Shown unattached
12	Computer Bracket	1	
13	Self-tapping Screw	1	ST 4.2 x 25 L

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.

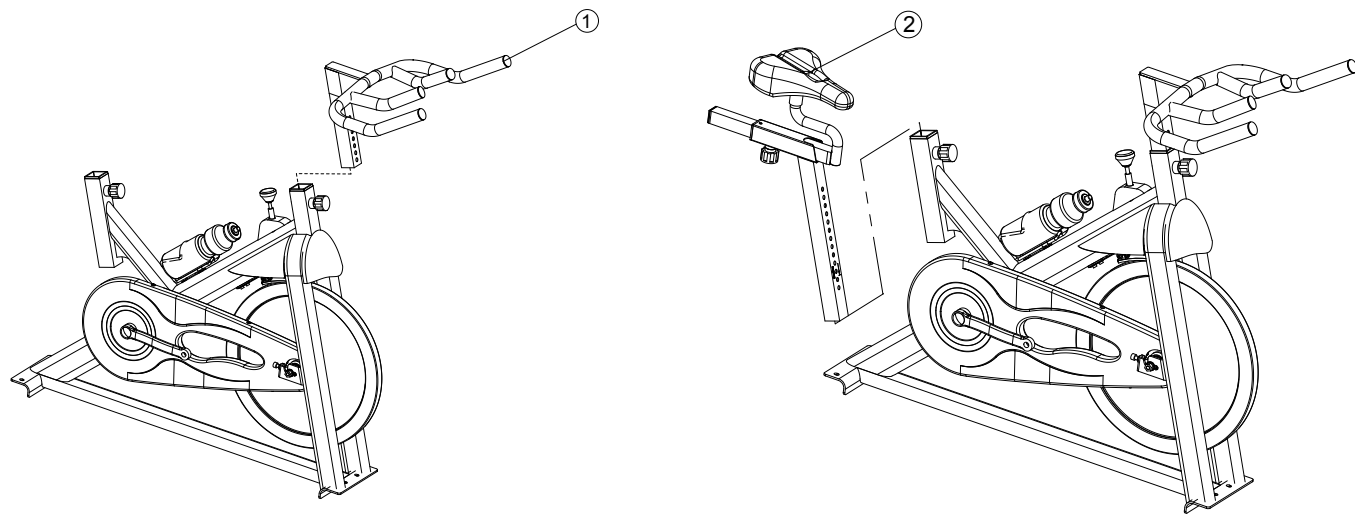
NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.

NEED HELP?

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

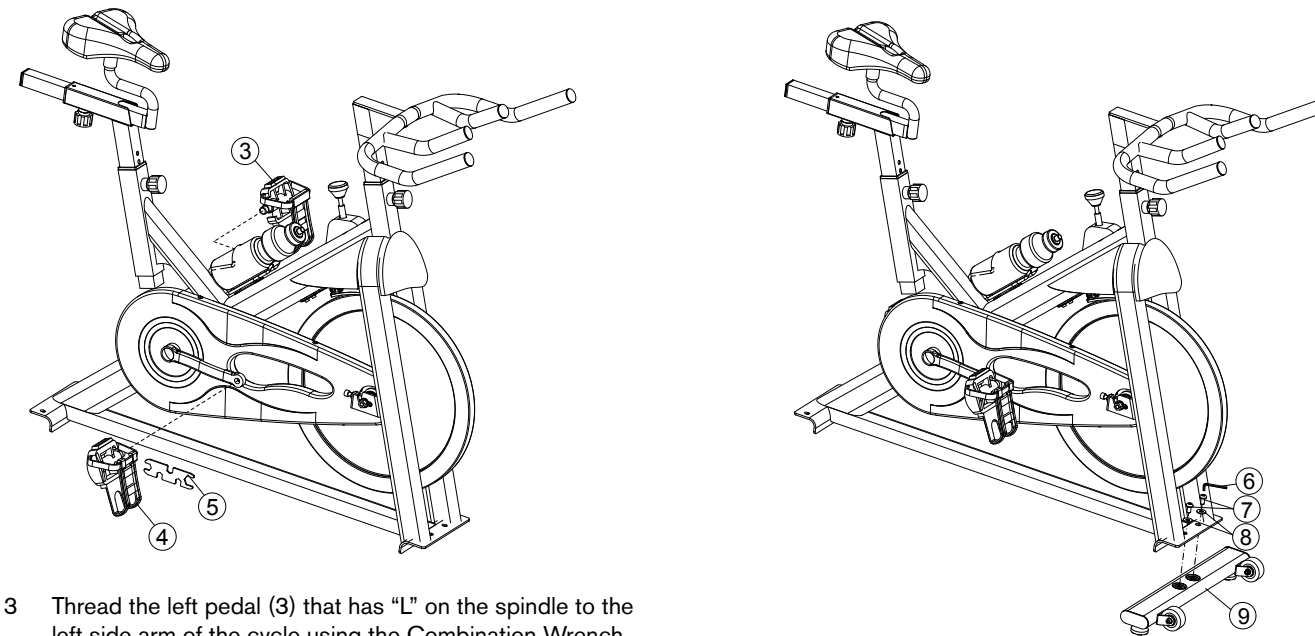


ASSEMBLY STEP 1 & 2



- 1 Install the handlebar (1) into the frame receptor and secure with the knob.
- 2 Install the saddle post (2) into the frame receptor and secure with the knob.

ASSEMBLY STEP 3 & 4

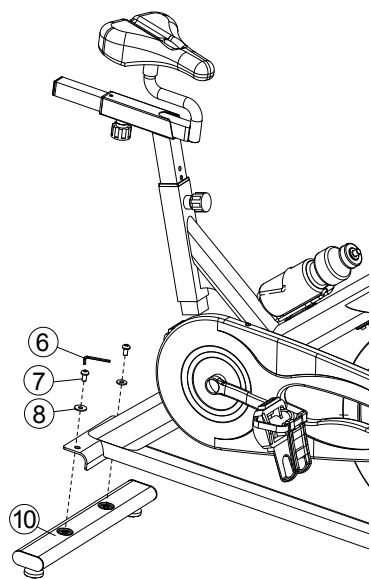


- 3 Thread the left pedal (3) that has "L" on the spindle to the left side arm of the cycle using the Combination Wrench (5). Please note that the L pedal is left-hand threaded which needs to be turned **counter clockwise** to tighten.

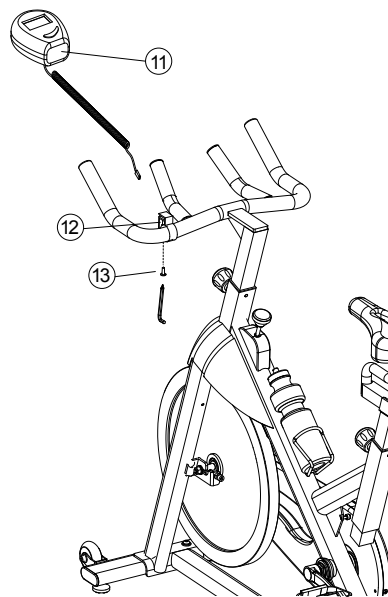
Thread the right pedal (4) that has "R" on the spindle to the right side arm of the cycle using the Combination Wrench (5). Please note that the R pedal is right-hand threaded which needs to be turned **clockwise** to tighten.

- 4 Attach the Front Base Frame (9) to the frame using two Allen bolts (7) and two Washers (8), and secure firmly by Allen Wrench (6).

ASSEMBLY STEP 5, 6 & 7

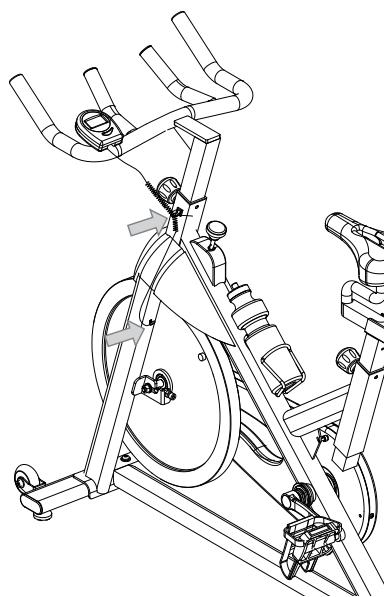


- 5 Attach the rear stabilizer (10) to the frame using two Allen bolts (7) and two Washers (8), and secure firmly by Allen Wrench (6).



- 6 Attach computer bracket (12) to the handlebar using one Self-Tapping Screw (13) and secure firmly by Allen Wrench (6) and then slide the computer (11) into the bracket.

Please make sure the distance between the end of the cable (sensor) and the magnet is less than 10mm (3/8").

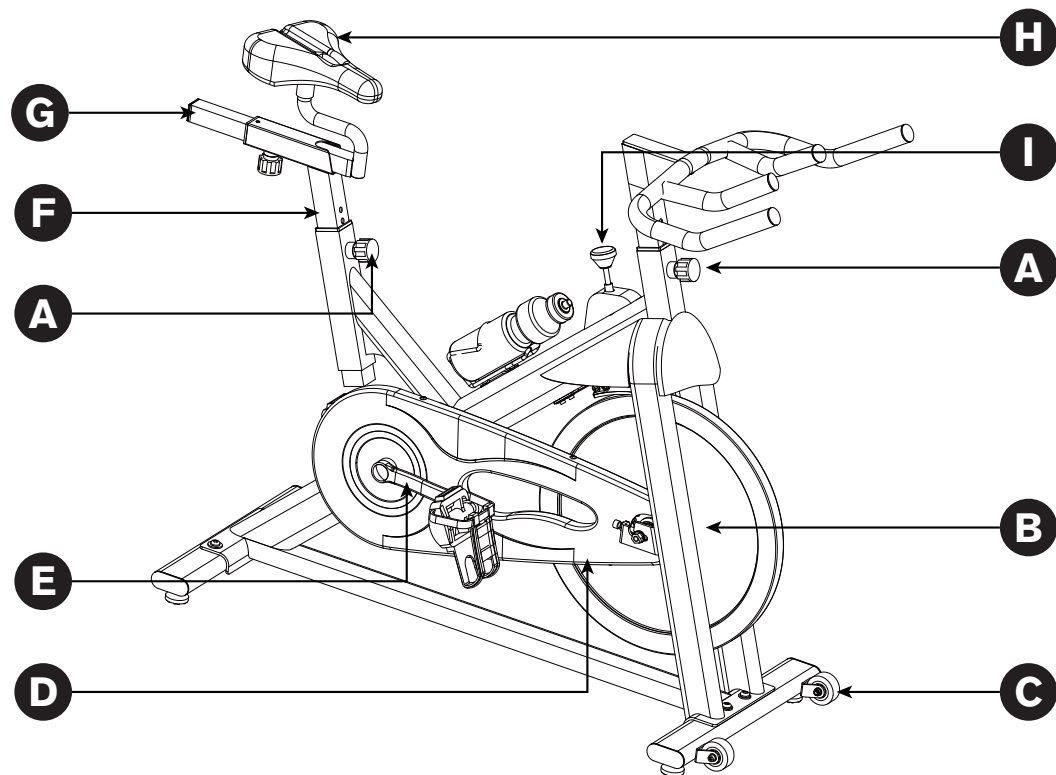


- 7 Route the computer cable through the zip tie and insert the end of the cable (sensor) into the groove of the bracket on the front fork of the indoor cycle.

ASSEMBLY COMPLETE!

INDOOR CYCLE OPERATION





MODEL INFORMATION

- A) ADJUSTABLE KNOB:** allows adjustment to the height of both saddle post & handlebar
- B) HEAVY FLYWHEEL:** high-inertia flywheel creates a smooth feel
- C) TRANSPORTATION WHEEL:** allows for easy movement of the machine
- D) CHAIN:** simulates the feel of road riding
- E) CRANK:** initiates movement to the flywheel
- F) SADDLE POST:** allows vertical adjustment to customize height for any user
- G) SADDLE SLIDER:** allows fore/aft adjustment to customize for any user
- H) SADDLE:** extra padding to provide a comfortable ride
- I) TENSION CONTROL & EMERGENCY BRAKE:** friction brake with micro-adjustable knob and push-down emergency stop.

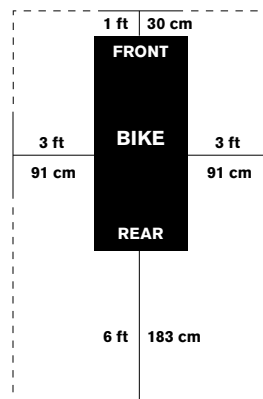
NOTE: In case of emergency, you may press directly down on the Tension Control knob to bring the flywheel to an abrupt stop.



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.



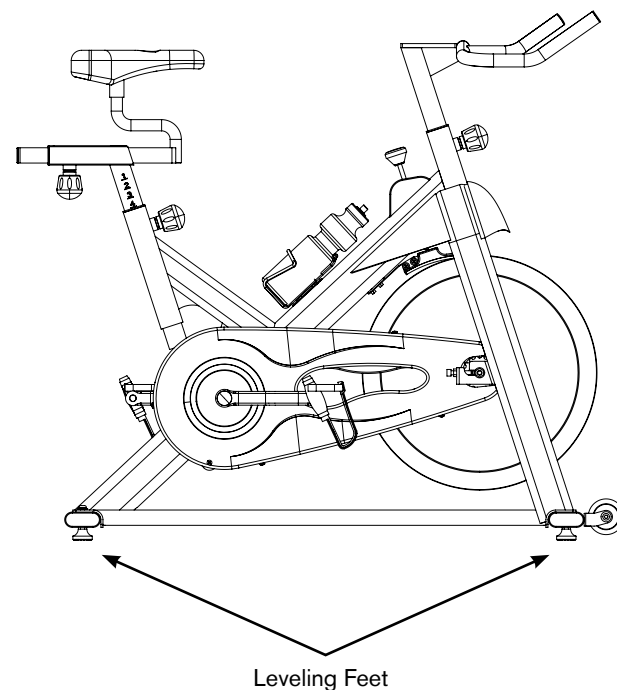
LOCATION OF THE INDOOR CYCLE

Place the Indoor Cycle on a level surface. There should be 6 feet (183 cm) of clearance behind the Indoor Cycle, 3 feet (91 cm) on each side and 1 foot (30 cm) in front of 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.



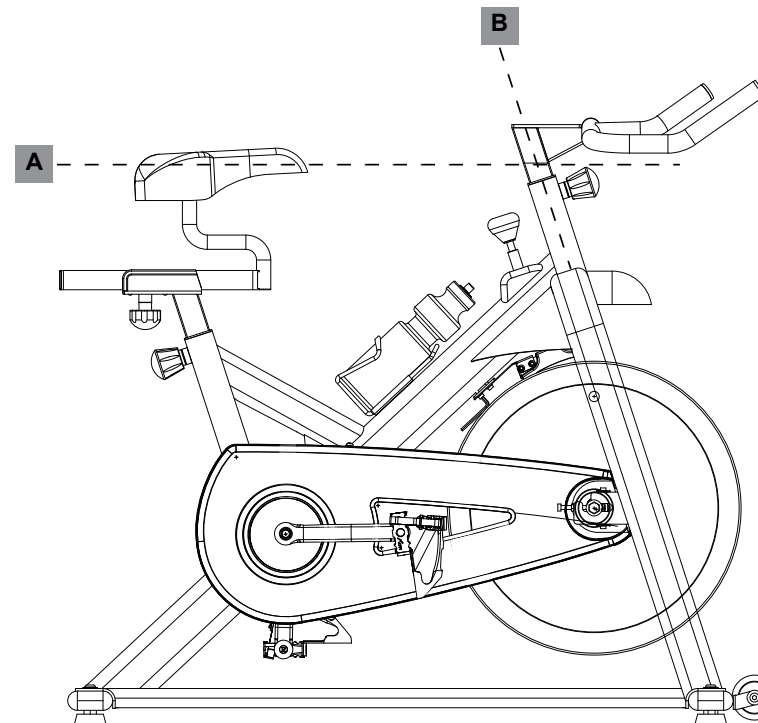
WARNING

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.

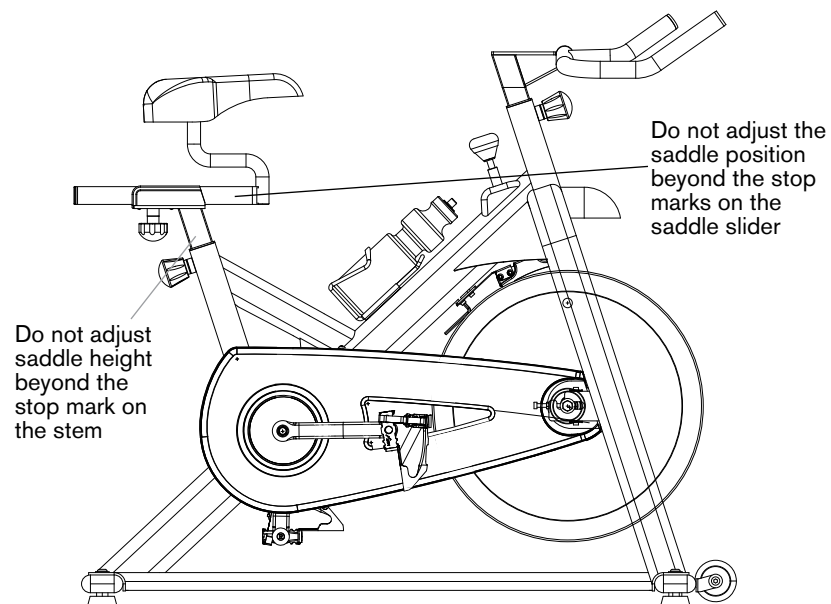


SADDLE ADJUSTMENT

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.

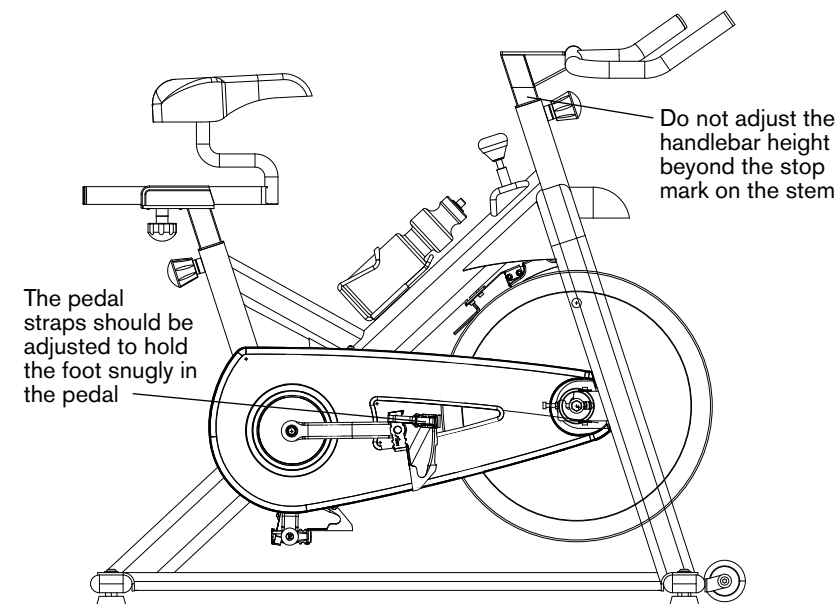


TO ADJUST THE SADDLE HEIGHT:

Rotating the knob to loosen the screw, then pull out the knob and adjust the saddle to a comfortable pedaling position. Lock the screw by rotating knob clockwise until it tightens.

TO ADJUST THE SADDLE HORIZONTAL POSITION:

Unscrew the saddle slider pin and pull out the knob to slide the saddle forward or backward as desired. Re-apply the quick release lever and screw clockwise to lock. Test the saddle slide for proper operation.



TO ADJUST THE HANDLEBAR HEIGHT:

Rotating the knob to loosen the screw, then pull out the knob and adjust the handlebar height. Raise or lower the handlebar to the desired height. Lock the screw by rotating knob clockwise until it tightens.

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

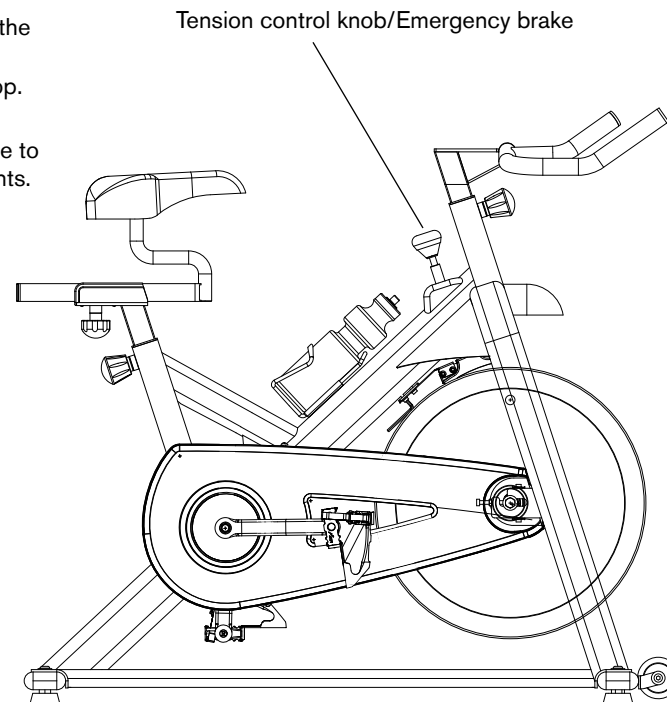
The preferred level of difficulty in pedaling (resistance) can be regulated in fine increments by use of the tension control knob. To increase the resistance, turn the tension control knob clockwise. To decrease the resistance, turn the knob counter clockwise.

IMPORTANT:

- To stop the flywheel while pedaling, push down on the red brake knob (same knob as the tension control).
- 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 the red emergency brake knob. Always pedal in a controlled manner and adjust your desired cadence according to your own abilities. Push the red knob down = emergency stop



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.

CONSOLE OPERATION

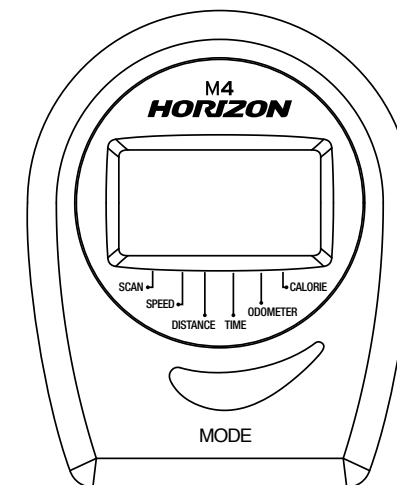
FUNCTIONAL BUTTON:

- MODE/RESET – Push down to select functions
– Push down to reset time, distance and calories for 3 seconds

FUNCTIONS AND OPERATIONS:

1. **SCAN:** Press MODE button until “▼” appears at SCAN position, monitor will rotate through the following functions: speed, distance, time, odometer and calorie, each display will be hold 4 seconds
2. **SPEED:** Display current speed
3. **DISTANCE:** Count the distance from exercise start to end
4. **TIME :** Count the total time from exercise start to end
5. **ODOMETER:** monitor will display the total accumulated distance
6. **CALORIE:** Count the total calories from exercise start to end
7. **BATTERIES:** 2, size AA

NOTE: Distance and speed are displayed as Miles. Kilometers are not available on this console.



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 chain/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 CHAIN/BELT LAST?

The computer modeling we have done indicated virtually thousands of maintenance free hours. You should not have to replace the chain/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.

TROUBLESHOOTING

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 BACK PANEL.

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 back page of the owner's manual.

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.
- 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.
- Please lubricate the seat post, brake pad and handlebar adjustment regularly with lubricant in your parts package.



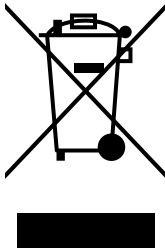


THE BATTERIES MUST NOT:

- come in contact with fire
- come in contact with coins or other metal objects
- be used together with older batteries
- be used with other makes or different types.

If you don't use the equipment for a prolonged period of time, please remove the batteries to avoid any damage by leaking or corroding batteries. If batteries have discharged, remove all residue immediately and insert new batteries into the computer. If you come into contact with residue, avoid contact with eyes and wash hands thoroughly.

If possible, please use rechargeable batteries to help save the environment. Before scrapping, please take the batteries out of the computer. When using rechargeable batteries, please make sure they deliver 1.5 V output.



Products or batteries with this symbol may not be disposed of in the normal domestic refuse. Please become informed about relevant local laws or guidelines for the disposal of electrical devices and batteries. And act accordingly.

LIMITED HOME USE WARRANTY

* US Customers Only

WEIGHT CAPACITY = 285 lbs (129.6 kilograms).

10 YEAR WARRANTY:

Frame construction, breakage, welding defect

PARTS/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

Product failures due to negligent handling or improper use may void warranty!

Frequent service and maintenance according to the procedures described in the owner's manual are pre-requisite to uphold warranty.

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.

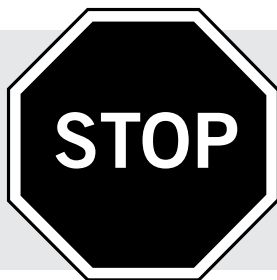
What IS NOT covered:

- 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.
- 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

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.

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



1-800-244-4192
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www.horizonfitness.com

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Cottage Grove WI, 53527