HORIZON
FITNESS

OWNER'S MANUAL

⚠ Read the EXERCISE BIKE GUIDE before using this OWNER'S MANUAL.

ASSEMBLY

⚠ WARNING

There are several areas that special attention must be paid to during the assembly process. It is very important to follow the assembly instructions correctly and to make sure all connections are firmly tightened. If the assembly instructions are not followed correctly, the indoor cycle may be loose resulting in unwanted noise. To prevent damage to the indoor cycle, the assembly instructions must be reviewed and any relevant 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.
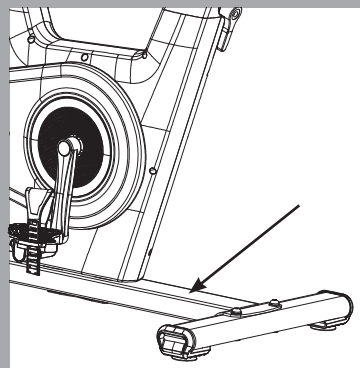
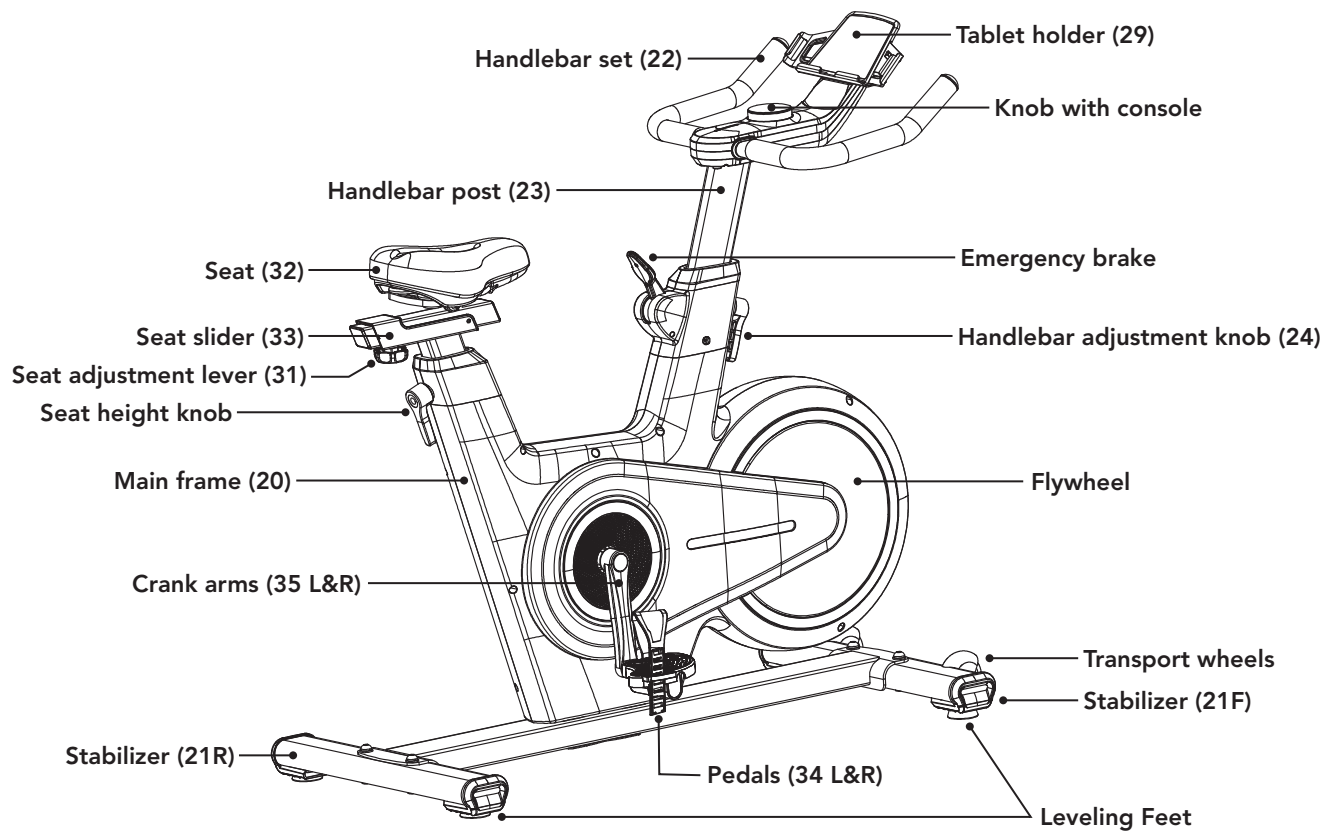ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

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

Handlebar set (22)

Tablet holder (29)

Knob with console

Handlebar post (23)

Emergency brake

Seat (32)

Seat slider (33)

Handlebar adjustment knob (24)

Seat adjustment lever (31)

Seat height knob

Main frame (20)

Flywheel

Crank arms (35 L&R)

Transport wheels

Stabilizer (21F)

Stabilizer (21R)

Pedals (34 L&R)

Leveling Feet

MAIN PARTS INCLUDED:

- [ ] Main Frame (20)
- [ ] Front Stabilizer (21F)
- [ ] Rear Stabilizer (21R)
- [ ] Handlebar Set with console (22)
- [ ] Handlebar Post (23)
- [ ] Tablet Holder (29)
- [ ] Pedal Set (34 L&R)
- [ ] Seat Post Set (31, 32 & 33)

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
M10
Qty: 4

2
Spring Washer
Ø10
Qty: 4

3
Flat Washer
Ø10
Qty: 4

4
Bolt
M8
Qty: 4

Tool Kit
Wrench (9)
Combination Wrench (10)
13/15 Wrench (11)
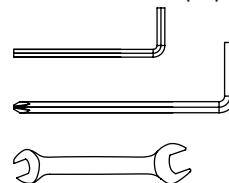
5
Spring Washer
Ø8.0
Qty: 4

6
Flat Washer
Ø8.0
Qty: 4

7
Bolt
M8
Qty: 1

8
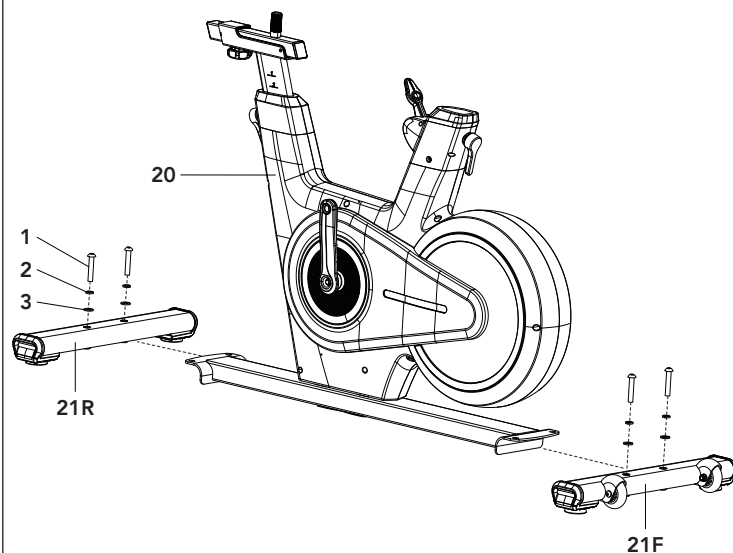**Cap Nuts**
M8
Qty: 1

ASSEMBLY **STEP 1**

1
Bolt
M10
Qty: 4

2
Spring Washer
Ø10
Qty: 4

**3**
Flat Washer
Ø10
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.
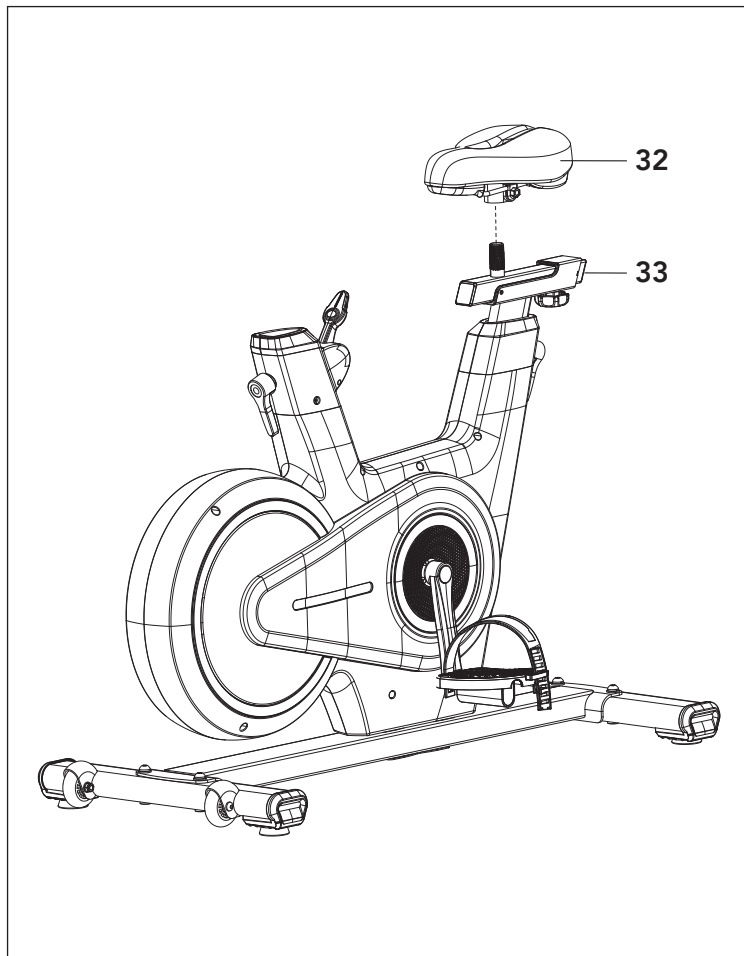
34R

34L

35L

ASSEMBLY **STEP 2**

2.1 Open hardware for **Step 2**.

2.2 Identify **Left Pedal (34L)** which is labeled **L** on spindle and **Right Pedal (34R)** labeled **R**.

2.3 Insert **Left Pedal (34L)** into **Left Crank Arm (35L)** and tighten **Counter Clockwise**.

2.4 Insert **Right Pedal (34R)** into **Right Crank Arm (35R)** and tighten **Clockwise**.
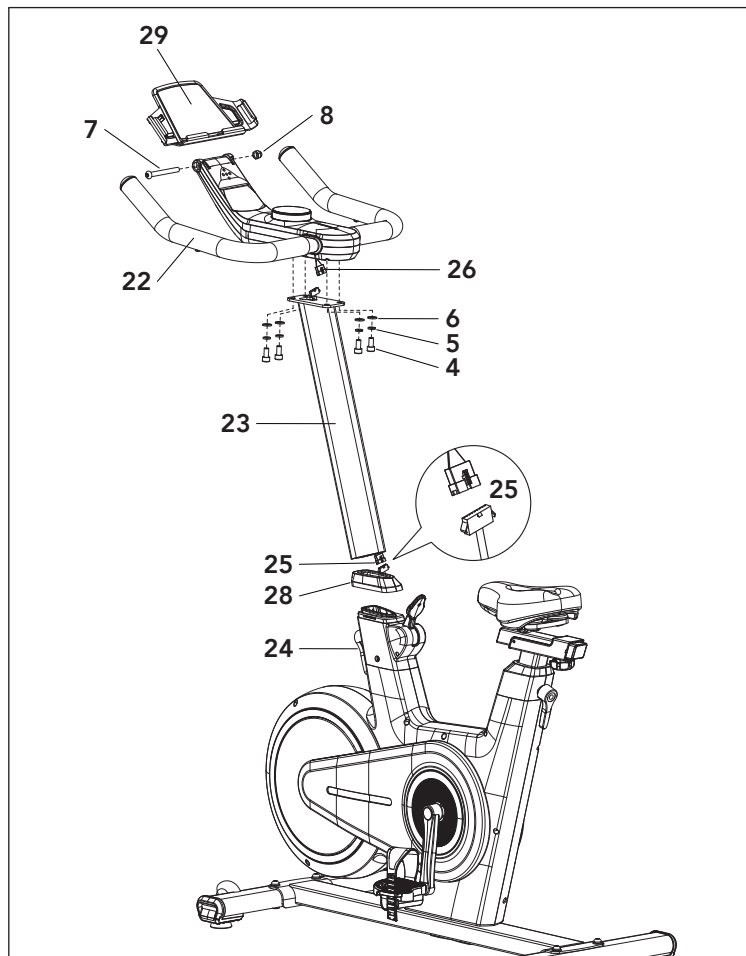
2.5 Use **Combination Wrench** to fully tighten pedals.

ENGLISH

32

33
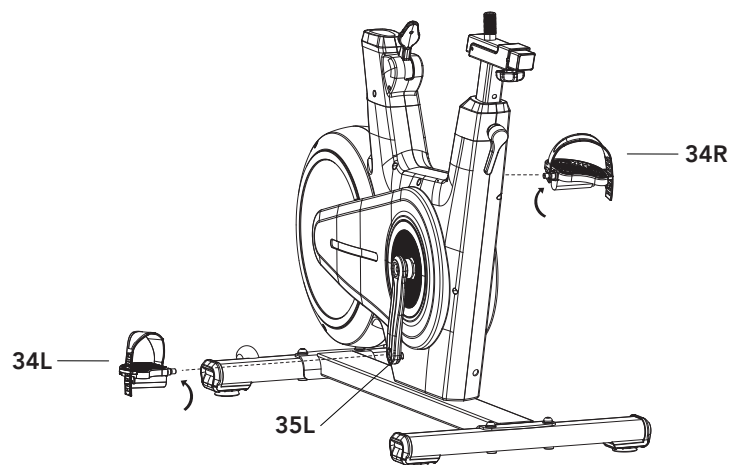
ASSEMBLY **STEP 3**

3.1 Open hardware for **Step 3**.

3.2 Place **Seat (32)** onto **Seat Slider (33)** and tighten **Clockwise.**

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

STEP 4 HARDWARE :

| **4**
Bolt
M8
Qty: 4 | **5**
Spring
Washer
Ø8.0
Qty: 4 | **6**
Flat
Washer
Ø8.0
Qty: 4 | **7**
Bolt
M8
Qty: 1 | **8**
Cap Nuts
M8
Qty: 1 |

4.1 Open hardware for **Step 4**.

4.2 Carefully attach **Main Cable (25)** with the **Console Cable (26)** in **Handlebar Post (23)**.

4.3 Insert **Handlebar Post (23)** into **Head Tube (28)** and turn **Adjustment Knob (24)** to secure.

4.4 Attach **Console Cable (26)** to **HandleBar Set (22)** make sure the cable is not been pinched.

4.5 Attach **HandleBar Set (22)** to **HandleBar Post (23)** using **4 Bolts (4), 4 Flat Washers (5)** and **4 Spring Washers (6)**, and tighten firmly.

4.6 Attach **Tablet holder (29)** to To **HandleBar Set (22)** using **1 Bolts (7), 1 Cap Nut (8)**, and tighten firmly.

NOTE: Be careful not to pinch any wires while assembling console.
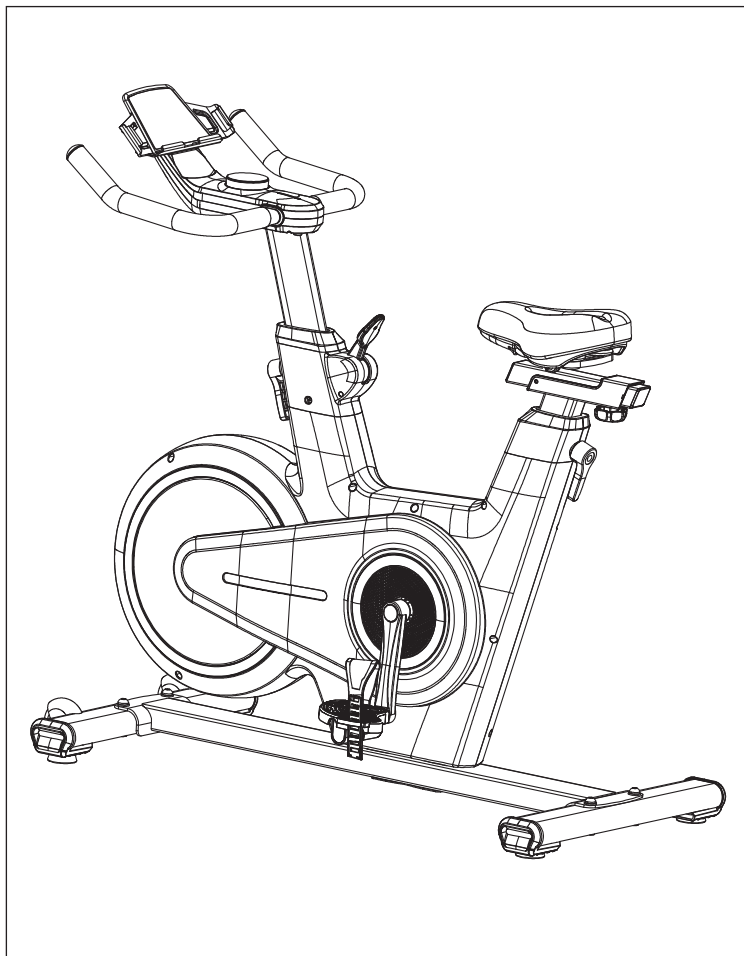
CONGRATULATIONS!
You have successfully assembled your indoor cycle.

TECH SPECS

|	
Assembled Dimensions (L x W x H)	**107 x 52 x 120 cm / 42" x 20" x 47"**
Product Weight	**36 kg / 80 lbs.**
Max User Weight	**100 kg / 220 lbs.**

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 secured by the toe straps (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.

Emergency brake
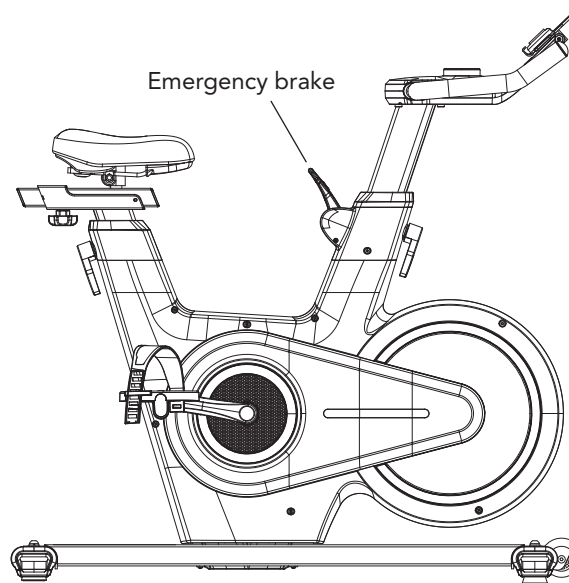
INDOOR CYCLE SEAT & HANDELBAR ADJUSTMENT (IF AVAILABLE)

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 DISPLAY

1. **24 points surround light**
2. **RPM / Resistance Level**
3. **Speed / Time / Distance / Calories**
4. **BlueTooth Connection**
   (App connect only)

* Program: Manual

CONSOLE DISPLAY MODE

Carousel Display Mode:
1. Carousel displays information every 3 seconds.
2. Upper row displays RPM / resistance level.
3. Mid row carousel displays Speed / Time / Distance / Calories.
4. BT icon lights up when it is connected.

Locked Mode:
1. Short press knob to switch displayed data.
2. Surround light lit up by default.

Workout Finished:
1. When workout is finished there will be 3 "beeps".
2. Workout data will not reset until it changes to low-power mode.
3. Long-press (2+ seconds) to exit workout.
4. Exit in free-ride mode: workout data/ setting will not be stored. Exit in target workout mode: last workout setting will be displayed. Long-press (2+ seconds) to reset.

CONSOLE CONTROL

Awake:
1.   Screen off in sleep mode.
2.   Press knob or start riding to turn on the console.

Press Knob:
1.   Console will turn off if it remains unused after 3 minutes.
2.   Default in target workout mode, short press to set workout target.

Rotate Knob:
1.   In setting mode: rotate clockwise to increase, or counter-clockwise to decrease..
2.   In worlout mode: rotate clockwise to increase resistance, or counter-clockwise to decrease resistance.

FLYWHEEL LED COLOR

RPM	COLOR
0	WHITE
<35	BLUE
<49	BLUE-GREEN
<63	GREEN
<77	YELLOW
<91	ORANGE
<105	RED
>105	PURPLE

ICON EXPLANATION

1.   LEVEL Resistance Level: 1~32

2.   SCAN Scan: Lights up when in carousel display mode

3.   Speed: 0.0~999.9 km/h, 60 RPM - 21.5 km/h

4.   Time: 00:00 ~ 99:59

5.   Distance: 0.0 ~ 999.9 km

6.   Calories

7.   Bluetooth: Lights up when connected to BT device

atZone

Exercise with atZone via Bluetooth, scan QR code to download and for more information.

ZONE

GET IT ON
Google Play

Download on the
App Store

APP CONNECTION

Connecting to an App (default mode)

▼

If you're going to connect fitness 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 ✳ is not lit on the console.

▼

If you wish to use the BT HR Strap with an atZone 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).