



GR7



GR7s

INDOOR CYCLE OWNER'S MANUAL



INDOOR CYCLE OPERATION





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IMPORTANT SAFETY INSTRUCTIONS SAVE THESE INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THIS EXERCISE EQUIPMENT.

- Keep children off your Bike at all times.
- When the Bike is in use, young children and pets should be kept at least 10 feet away.
- Use this Bike only for its intended use as described in the manual.
- Keep your hands away from all moving parts. Never turn the pedal crank arms by hand.
- Do not remove your feet from the pedals while they are in motion.
- 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.
- Do not dismount the Bike until both the pedals and flywheel have come to a complete stop.
- Do not attempt to use this Bike at high speeds or in standing positions until you have practiced and are comfortable at lower speeds.
- Rotate the tension knob clock wise to add resistance to the flywheel prior to standing on the pedals.
- Never drop or insert any object into any opening on this Bike.
- Do not use without proper footwear.
- Rotate the tension knob clock wise to lock the flywheel when not in use.

To assure that the safety level of this Bike is maintained, examine components for wear and tear on a regular basis. Components that are worn excessively or inoperable should be replaced immediately or the Bike should be put out of use until it is repaired.

CAUTION!

If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.



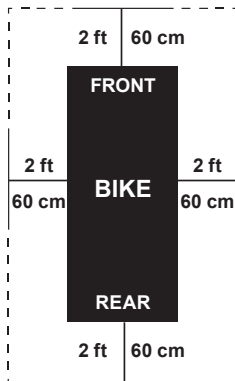
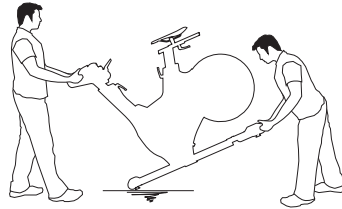
This application is only for indoor use at home, not recommend to use in commercial environment.

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.

Firmly grasp the handlebars, carefully tip toward you, and roll on the transport wheels.



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.

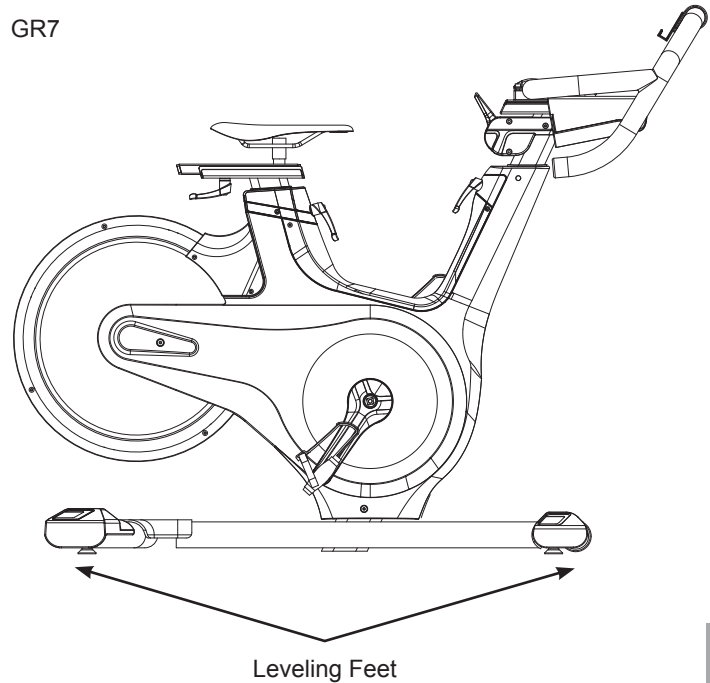
⚠ WARNING

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.



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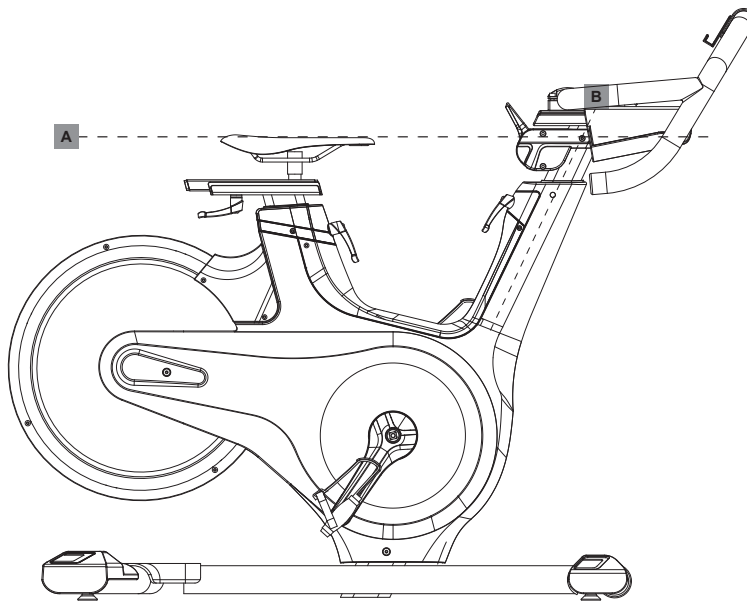


HOW TO ADJUST THE INDOOR CYCLE



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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.

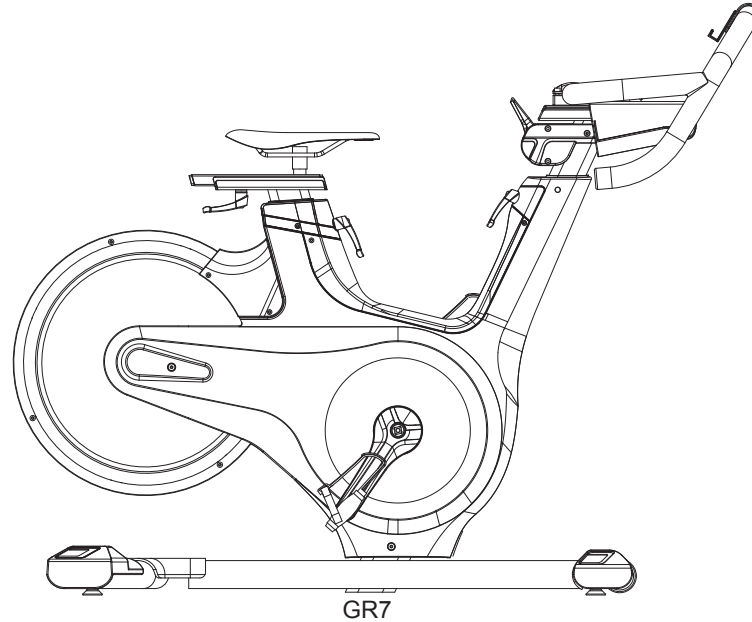


SADDLE ADJUSTMENT

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.



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TO ADJUST THE SADDLE HEIGHT:

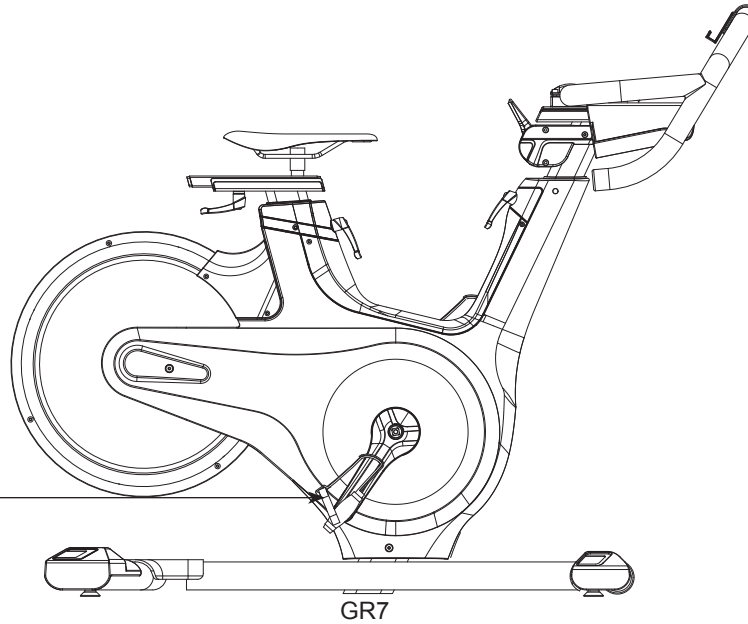
Rotate the adjustment lever counterclockwise and adjust the saddle to a comfortable pedaling position. Rotate the lever clockwise to lock saddle position.

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.



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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.

RESISTANCE CONTROL AND EMERGENCY BRAKE

The preferred level of difficulty in pedaling (resistance) can be regulated in fine increments by use of the resistance control lever. To increase the resistance, push down the resistance control lever. To decrease the resistance, pull up the lever.

IMPORTANT:

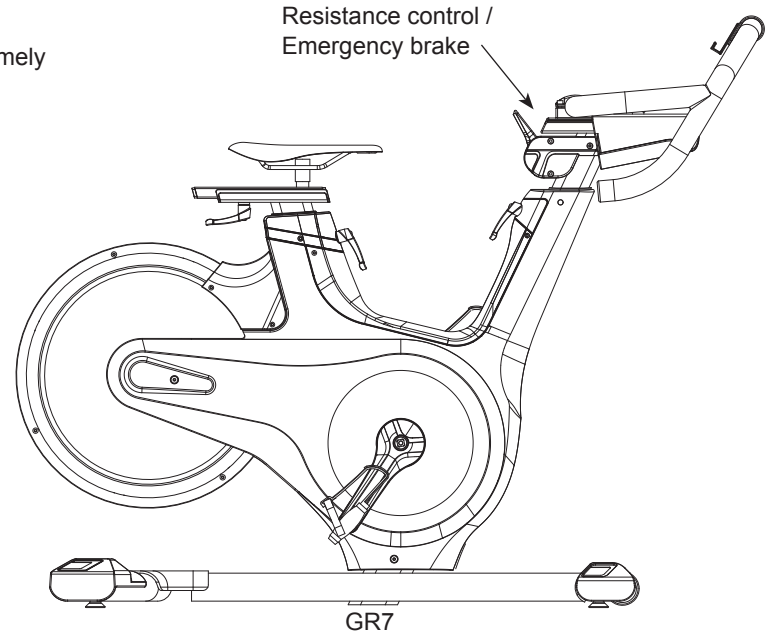
- To stop the flywheel while pedaling, push down to extremely on the resistance control lever.
- The flywheel should quickly come to a complete stop.
- Make sure your shoes are fixed into the toe clip.
- Apply full resistance load when the bike is not in use to prevent injuries due to moving drive gear 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 to extremely on the resistance control lever. Always pedal in a controlled manner and adjust your desired cadence according to your own abilities. Push down extremely the resistance 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.



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

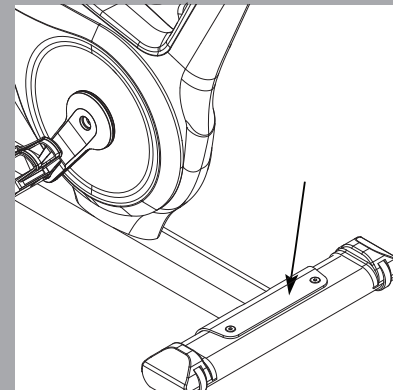
ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

SERIAL NUMBER:

| | | | | | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | | | | | | | | | | |
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MODEL NAME: **HORIZON** **INDOOR CYCLE**

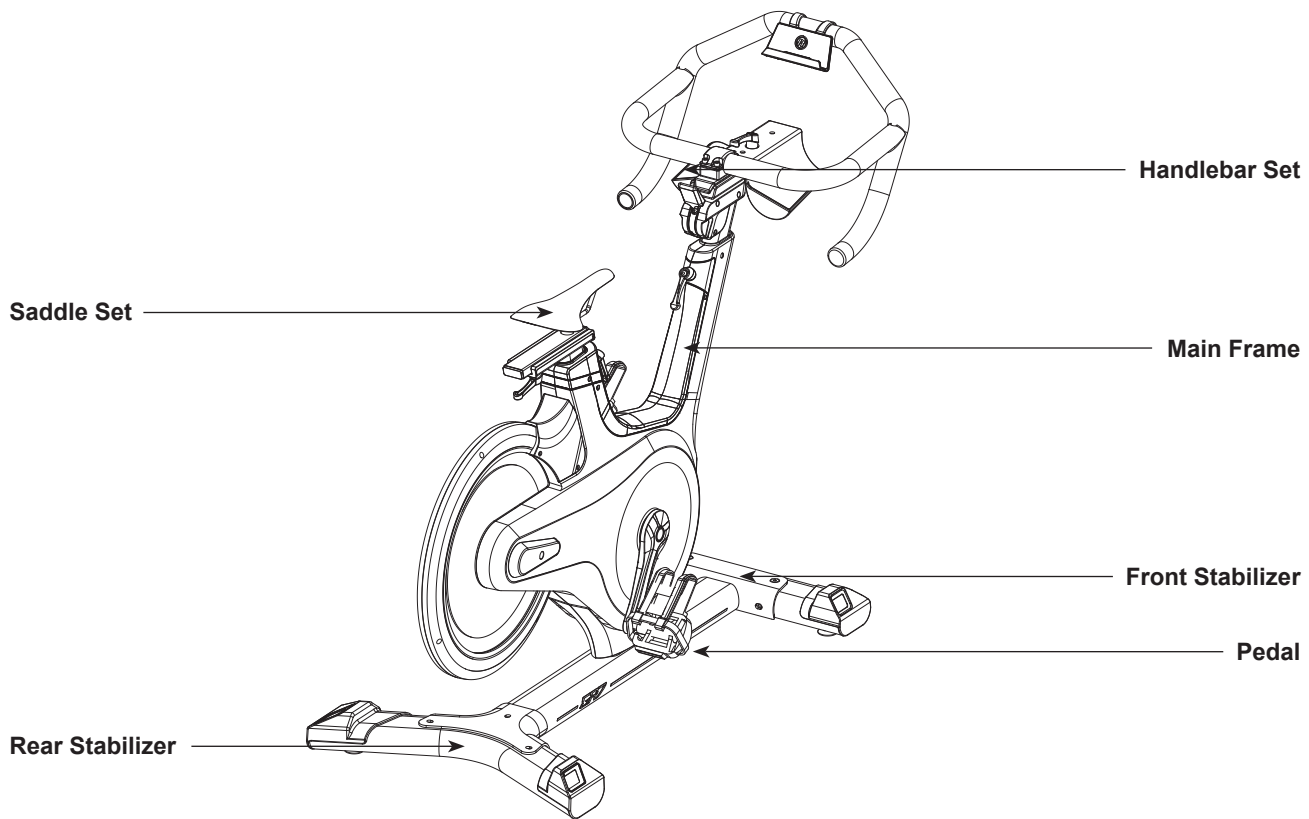
- » Refer to the SERIAL NUMBER and MODEL NAME when calling for service.
- » Be sure to enter both the SERIAL NUMBER and MODEL NAME on your warranty card.



MODEL INFORMATION



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MAIN PARTS INCLUDED:

- Main Frame
- Front & rear stabilizer
- Handlebar Set
- Saddle Set
- Pedals

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.

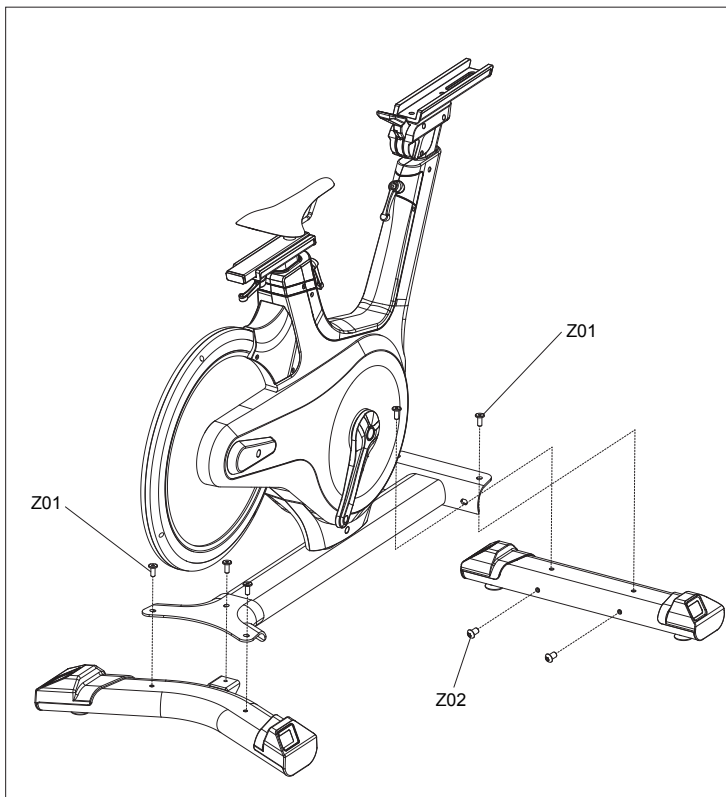


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ASSEMBLY STEP 1



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- A Attach **FRONT STABILIZER** to the **MAIN FRAME** using **BOLTS (2 x Z01 and 2 x Z02)** and fasten by **ALLEN WRENCH**.
- B Attach **REAR STABILIZER** to the **MAIN FRAME** using **BOLTS (3 x Z01)** and fasten by **ALLEN WRENCH**.

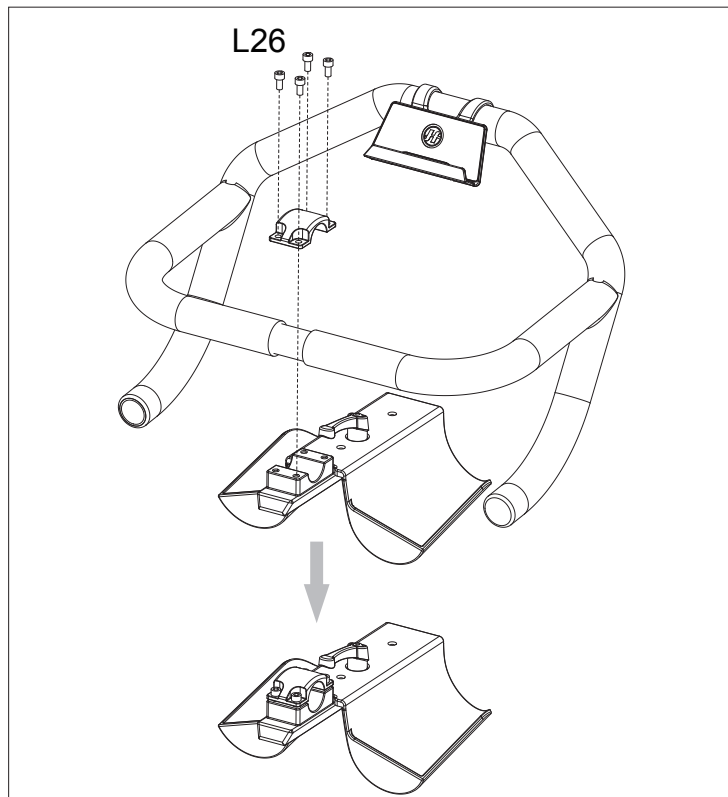


Z01



Z02

ASSEMBLY STEP 2-1 (for GR7)



- A A. Release the **4 x BOLTS (L26)** from the **BOTTLE HOLDER**.
- B Attach **HANDLEBAR** to the **BOTTLE HOLDER** using **FASTEN PLATE (G03)** and **4 x BOLTS (L26)** then fasten by **ALLEN WRENCH**.



L26

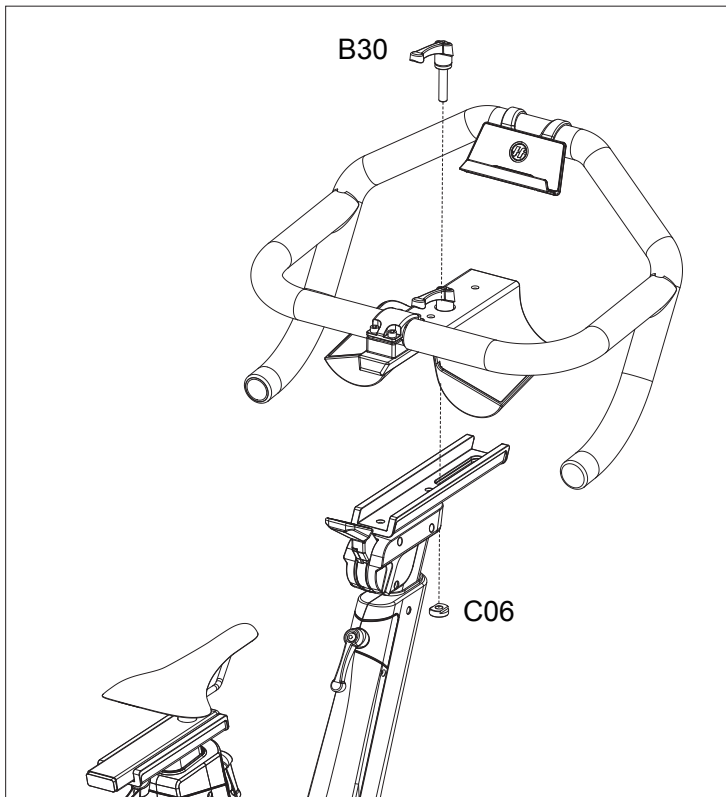


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ASSEMBLY STEP 2-2 (for GR7)



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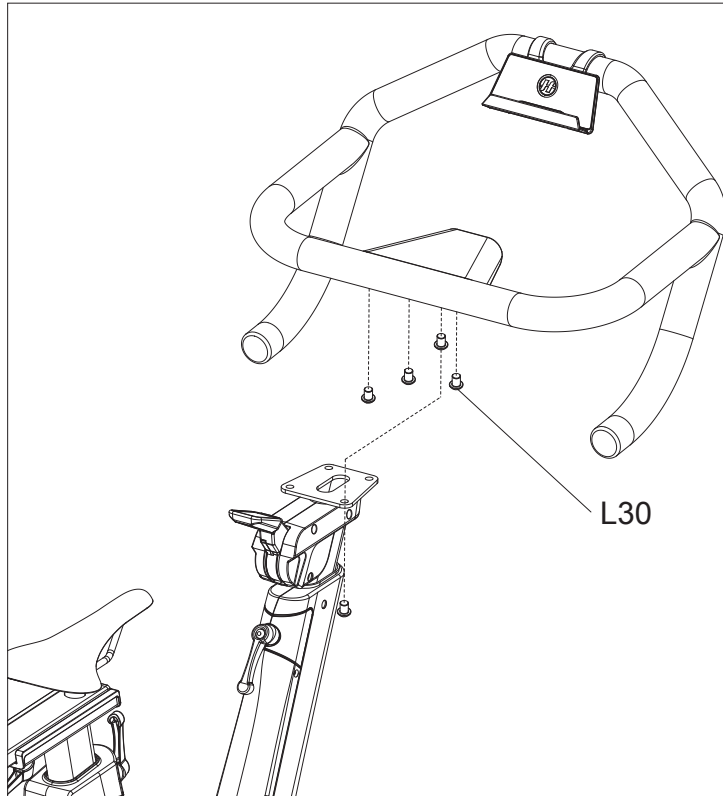


- A Release **KNOB (B30)** and **FIXING BASE (C06)**.
- B Attach **HANDLEBAR** to the **CONSOLE MAST** using **KNOB (B30)** and **FIXING BASE (C06)**.



C06

ASSEMBLY STEP 2 (for GR7s)



- A A. Release **4 x BOLTS (L30)** from the bottom of **HANDLEBAR**.
- B Attach **HANDLEBAR** to the **CONSOLE MAST** using **4 x BOLTS (L30)** and fasten by **ALLEN WRENCH**.



L30

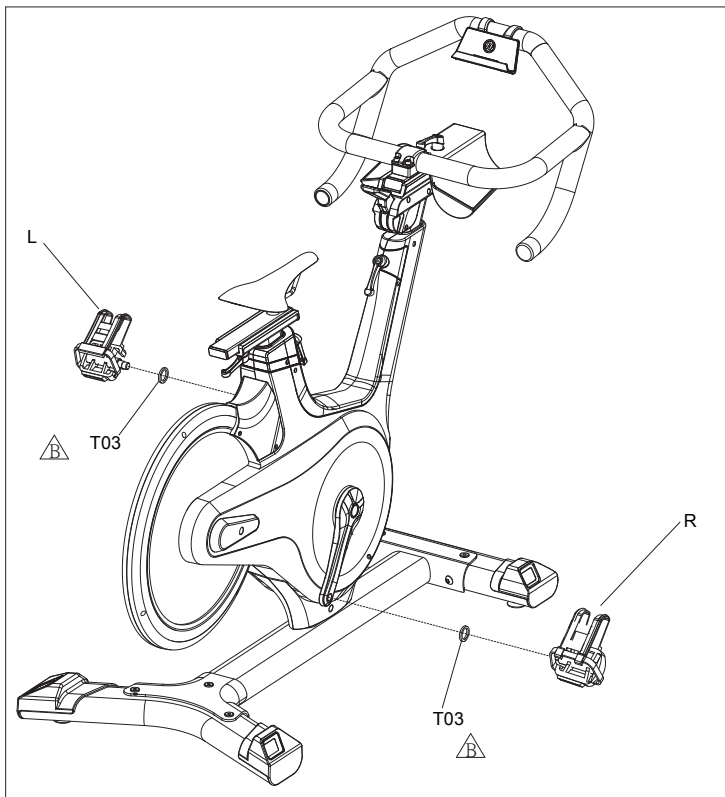


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ASSEMBLY STEP 3 (GR7)



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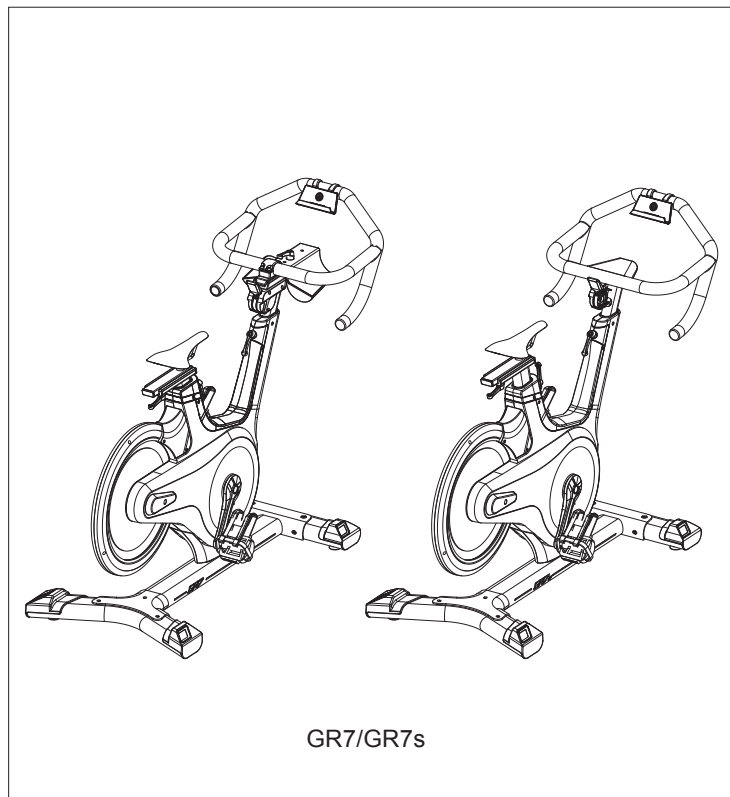


- A Release **PEDAL (R)** onto the **CRANK** in the right hand side, between **CRANK** and **PEDAL (R)**, A **WASHER (T03)** is necessary. Then tighten the **PEDAL (R)** by **WRENCH**.
- B Repeat the assembly process on the left hand side.



T03

ASSEMBLY STEP 4



ASSEMBLY COMPLETE!



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Dimension: 134 x 56 x 106 cm

Product Weight: 50 kg

Max. User Weight: 136 kg

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Dimension: 134 x 56 x 104 cm

Product Weight: 48 kg

Max. User Weight: 136 kg

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.

TROUBLES HOOTING

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.

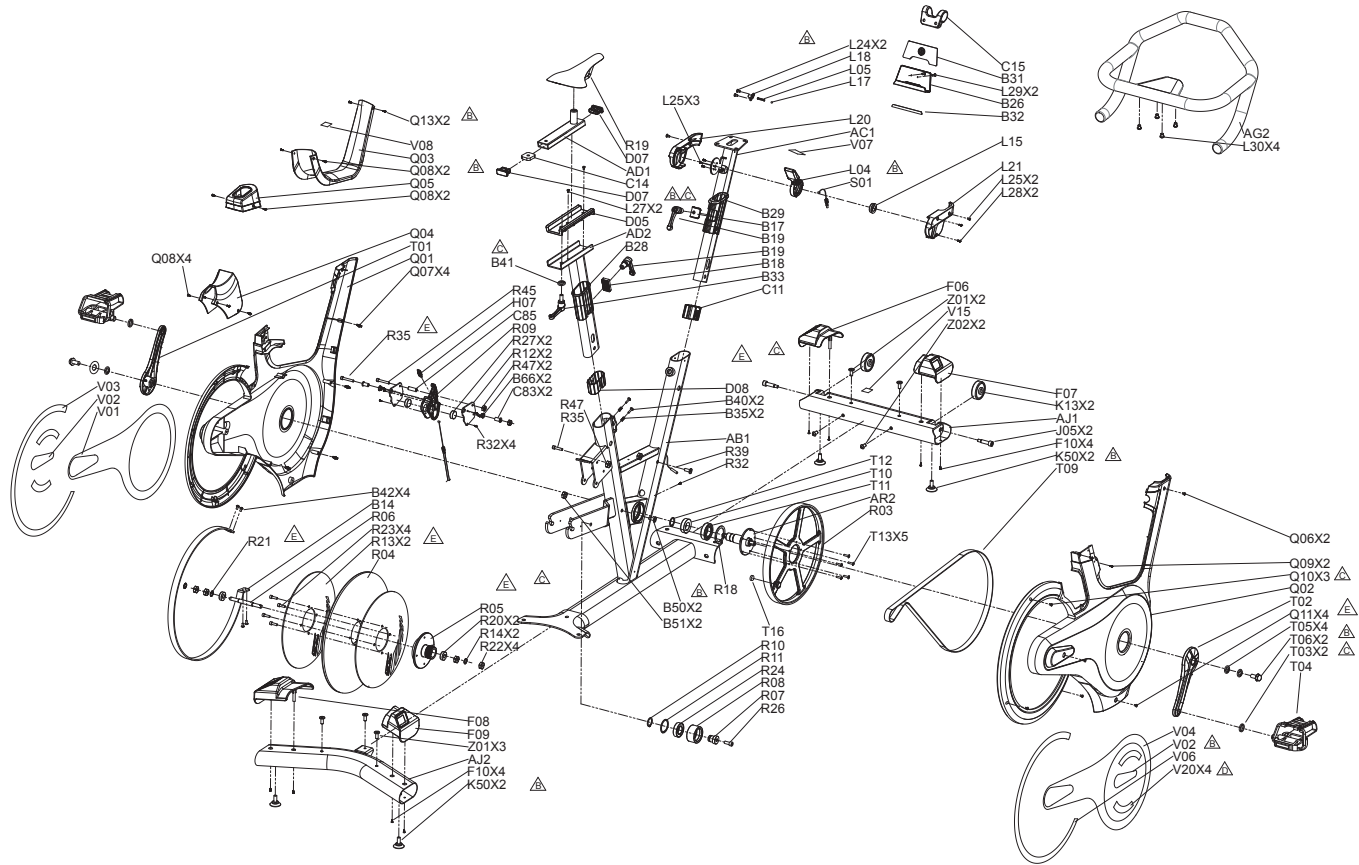
WEEKLY

- Check for proper flywheel alignment. Torque flywheel nuts as necessary.
- 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.

GR7 EXPLODED VIEW





GR7 PARTS LIST

| NO. | DESCRIPTION | QTY |
|-----|--|-----|
| AB1 | FRAME SET | 1 |
| AC1 | CONSOLE MAST SET | 1 |
| AD1 | SEAT SLEEVE SET | 1 |
| AD2 | SEAT PAD ADJUSTABLE SET | 1 |
| AG2 | HANDLEBAR | 1 |
| AJ1 | STABILIZER SET | 1 |
| AJ2 | STABILIZER SET | 1 |
| AR2 | PEDLA MAIN AXLE | 1 |
| AZ1 | HARDWARE SET | 1 |
| B01 | SUPPORT TUBE;Φ50.0XΦ100.0X2.0TX700 | 1 |
| B02 | SUPPORT TUBE;Φ40X80X2.5TX630L;REAR | 1 |
| B03 | FIXING PLATE;FLY WHEEL;RT;SPHC;375X65X8 | 1 |
| B04 | FIXING PLATE;SPHC;131X79X4.0T | 1 |
| B05 | FIXING PLATE;FLY WHEEL;L;SPHC;390X65X8.0 | 1 |
| B06 | SUPPORT TUBE;Φ40.0XΦ80.0X2.5TX842L | 1 |
| B07 | CENTER TUBE; 40X80X2.5TX133L | 1 |
| B08 | CONNECT TUBE; 20X40X2.5TX223L | 1 |
| B09 | FIXING PLATE;SPHC;245X124X4.0T | 1 |
| B10 | FIXING PLATE;SPHC;249X146X4 | 1 |
| B11 | ADJUSTABLE BASE | 1 |

| NO. | DESCRIPTION | QTY |
|-----|------------------------------|-----|
| B13 | CENTRAL TUBE | 1 |
| B14 | FIXING PLATE | 1 |
| B17 | PRESSING BLOCK;LEFT | 1 |
| B18 | PRESSING BLOCK;RIGHT | 1 |
| B19 | KNOB;BERAING;M16X1.75 | 2 |
| B20 | FIXING PLATE;SPHC;93X45X4.0T | 1 |
| B21 | FIXING PLATE;SPHC;32X25X3.0T | 1 |
| B23 | FIXING PLATE;79X38.5X4.0T | 1 |
| B26 | MP3 SUPPORT RACK | 1 |
| B27 | KETTLE RACK | 1 |
| B28 | CAP;BACK | 1 |
| B29 | CAP;FRONT | 1 |
| B30 | KNOB;M10X1.5X45L | 1 |
| B31 | FOAM PAD;U | 1 |
| B32 | FOAM PAD;D | 1 |
| B33 | KNOB;M10X1.5X22L | 1 |
| B34 | FIXING BASE | 1 |
| B35 | SPRING;Φ6.5X15LX0.5 | 2 |
| B38 | CENTRAL TUBE SET | 1 |
| B39 | CRANK HOUSING SET | 1 |

| NO. | DESCRIPTION | QTY |
|-----|--------------------------------------|-----|
| B40 | SCREW;M4X15L | 2 |
| B41 | WASHER;Φ10.0XΦ20.0X1.5T | 2 |
| B42 | SCREW;M4X12L | 4 |
| B50 | SCREW;M8X1.25PX50L | 2 |
| B51 | NUT;M8X1.25P | 2 |
| B66 | PLASTIC LINER;Φ10XΦ12X6.5L | 2 |
| C01 | CONSOLE MAST;Φ30.0XΦ60.0X2.0TX472L | 1 |
| C02 | FIXING BLOCK | 1 |
| C03 | FIXING PLATE;SPHC;75X63X3.0T | 1 |
| C06 | FIXING BASE;M10X1.5P | 1 |
| C08 | FIXING BASE | 1 |
| C11 | CAP | 1 |
| C14 | SNUG PLATE | 1 |
| C15 | FIX BUCKLE SET | 1 |
| C16 | SCREW;M5X10L | 1 |
| C80 | FIXING BLOCK;ARM REST | 1 |
| C83 | POSITION AXLE | 2 |
| C85 | POSITION AXLE;DOWN | 1 |
| D01 | ADJUSTABLE TUBE; 20.0X40.0X2.5T | 1 |
| D02 | ADJUSTABLE TUBE;Φ30.0X70.0X3.0TX405L | 1 |

| NO. | DESCRIPTION | QTY |
|-----|--|-----|
| D04 | FIXING AXLE;Φ22X65L | 1 |
| D05 | GUIDE BLOCK | 1 |
| D06 | FIXING PLATE;SPHC;204X86X3.0T | 1 |
| D07 | CAP | 2 |
| D08 | CAP | 1 |
| F06 | CAP;RIGHT-FRONT | 1 |
| F07 | CAP;STABILIZER TUBE;LEFT-FRONT | 1 |
| F08 | CAP;STABILIZER TUBE;LEFT-REAR | 1 |
| F09 | CAP;RIGHT-REAR | 1 |
| F10 | SCREW;Φ4X12L | 8 |
| G01 | ARM REST TUBE;Φ31.8X2.0TX1130L | 1 |
| G02 | ARM REST TUBE;Φ31.8X2.0TX885L | 1 |
| G03 | FASTEN PLATE;ARM REST;40X70X20 | 1 |
| H07 | SPRING;Φ12X37L | 1 |
| J01 | STABILIZER;Φ50XΦ100X2.0TX520L | 1 |
| J02 | STABILIZER;Φ50XΦ100X2.5TX645L | 1 |
| J03 | FIXING PLATE;WHEEL;L;SPHC;167X63.5X4.0T | 1 |
| J04 | FIXING PLATE;WHEEL;RT;SPHC;167X63.5X4.0T | 1 |
| J05 | SCREW; SOCKET HEAD;M8X1.25P | 2 |
| J06 | FIXING PLATE;STABILIZER;RR;SPHC;95X48.5X | 1 |





| NO. | DESCRIPTION | QTY |
|-----|---|-----|
| J07 | FIXING PLATE;FRAME;RR;SPHC;245X165X4.0T | 1 |
| K13 | TRANSPORT WHEELS | 2 |
| K50 | FOOT PAD;W3/8-16UNC | 4 |
| L04 | HANDLEBAR | 1 |
| L05 | SPRING;Φ4.5X27L | 1 |
| L06 | LOCATION HOOK | 1 |
| L15 | SWIVEL AXLE | 1 |
| L17 | STEEL BALL;Φ5MM | 1 |
| L18 | SPRING PIN | 1 |
| L20 | COVER;HANDLEBAR;LEFT | 1 |
| L21 | COVER;HANDLEBAR;RIGHT | 1 |
| L24 | SCREW;M4X0.7PX5L | 2 |
| L25 | SCREW;M4X0.7PX10L | 7 |
| L26 | SCREW;M6X1.0PX20L | 4 |
| L27 | SCREW;M4X8L | 2 |
| L28 | SCREW;Φ4X20L | 2 |
| L29 | SCREW;M4X15L | 2 |
| Q01 | SIDE COVER | 1 |
| Q02 | SIDE COVER;RIGHT | 1 |
| Q03 | COVER;FRONT | 1 |

| NO. | DESCRIPTION | QTY |
|-----|--------------------------------|-----|
| Q04 | COVER;BACK | 1 |
| Q05 | COVER;UP | 1 |
| Q06 | SCREW;M4X8L | 2 |
| Q07 | FIXING PILLAR | 4 |
| Q08 | SCREW;Φ4X12L | 8 |
| Q09 | SCREW;ΦX4X20L | 2 |
| Q11 | SCREW;M4X12L | 4 |
| Q13 | SCREW;M4X8L | 2 |
| R01 | AXLE,TRANSIMMISSION;PEDAL AXLE | 1 |
| R02 | FIXING PLATE;Φ50X5.0T | 1 |
| R03 | DISK;Φ340 | 1 |
| R04 | DISK;Φ408X12.0T | 1 |
| R05 | FIXING DISK | 1 |
| R06 | MAIN AXLE | 1 |
| R07 | AXLE;IDLER | 1 |
| R08 | IDLER | 1 |
| R09 | PLASTIC RACK | 1 |
| R10 | SNAP RING | 1 |
| R11 | SNAP RING | 1 |
| R12 | FIXING PLATE | 1 |

| NO. | DESCRIPTION | QTY |
|-----|-------------------------------------|-----|
| R13 | FIX PLATE | 2 |
| R14 | WASHER;Φ10.2XΦ20.0X2.0T | 2 |
| R15 | FIXING PLATE;Φ320X3.0T | 1 |
| R18 | SHIM;Φ38.5XΦ30.5X2.0T | 1 |
| R19 | SEAT PAD | 1 |
| R20 | BEARING;BALL;6001;Φ12XΦ28X8L(C3) | 2 |
| R21 | WASHER;WAVE;Φ12.7XΦ18.0X0.3T | 1 |
| R22 | NUT;WELD;M10X1.5P;G10;OIL; | 4 |
| R23 | SCREW;M6X1.0PX20L | 4 |
| R24 | BEARING;BALL;6004ZZ;Φ20XΦ42X12T | 1 |
| R26 | SCREW;BUTTON HEAD;M10X1.5PX20 | 1 |
| R27 | POWERFUL MAGENT;Φ25.0X9.0T | 2 |
| R31 | SCREW;Φ3X6L | 4 |
| R32 | SCREW;Φ4X12L | 3 |
| R33 | SCREW;Φ4X12L | 4 |
| R35 | SCREW;M6X1.0PX60L-15L | 2 |
| R37 | BATTERY;NO.5;1.5V;1500MA | 1 |
| R38 | LCB;BLUETOOTH | 1 |
| R39 | SPEED SENSOR WIRE | 1 |
| R40 | MODULE;VR VARIABLE RESISTANCE GROUP | 1 |

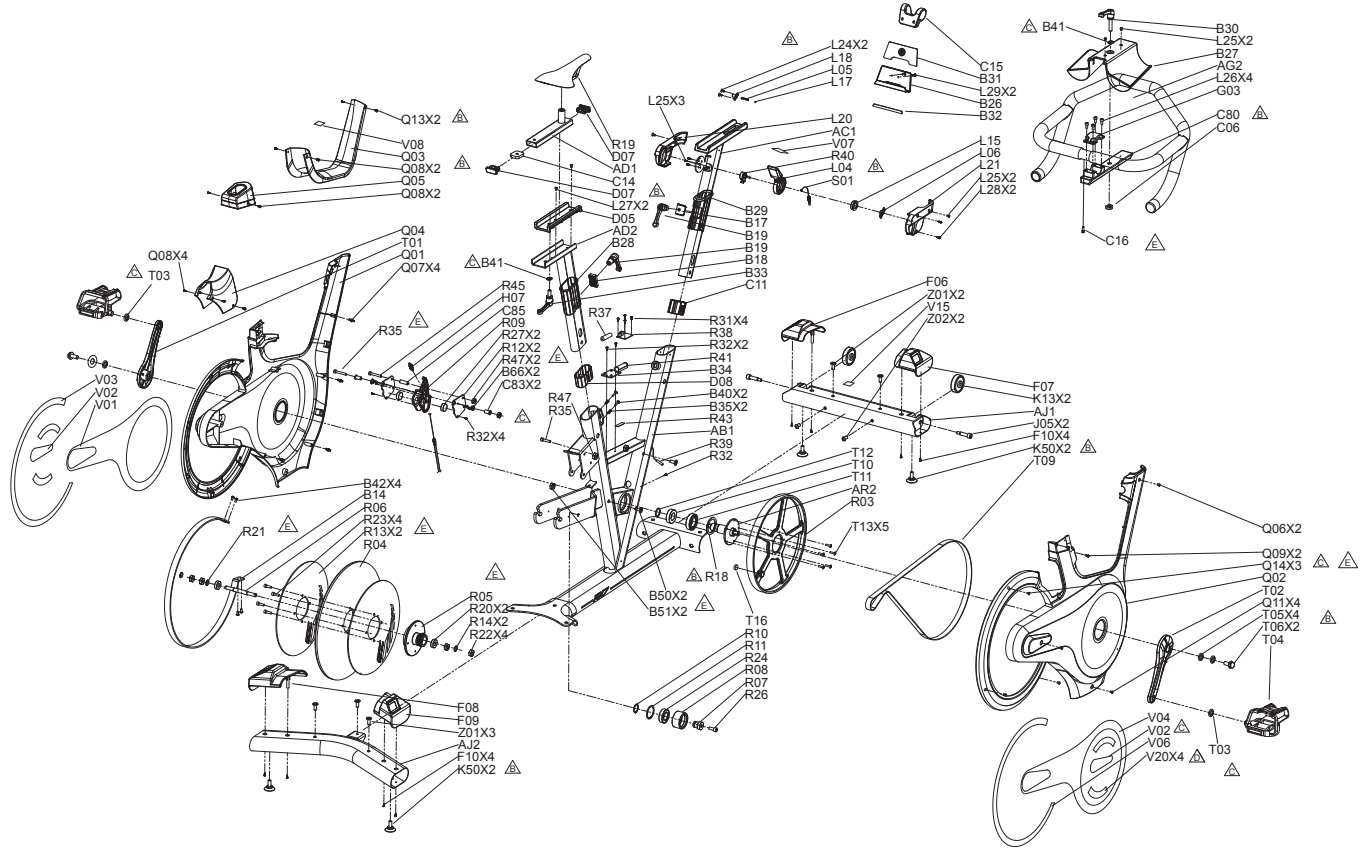
| NO. | DESCRIPTION | QTY |
|-----|--|-----|
| R41 | BATTERY BASE;NO.5 | 1 |
| R43 | TAPE;FOAM;TWO-SIDED;48X14X4T | 1 |
| R45 | SCREW;HEX SOCKET;BUTTON HEAD;M6X1.0PX40L | 1 |
| R47 | NUT;M6X1.0P | 3 |
| S01 | STEEL ROPE | 1 |
| T01 | CRANK;L=170MM;LEFT | 1 |
| T02 | CRANK;R=170MM;RIGHT | 1 |
| T03 | SHIM;Φ15.0XΦ22 | 2 |
| T04 | PEDAL SET;W/ BELT;L/R | 1 |
| T05 | WASHER;DISC SPRING;Φ10.0XΦ20.0X1.0T;SWPA | 4 |
| T06 | SCREW SET | 2 |
| T09 | BELT;POLY-V;FLEXONIC;1612-J8 | 1 |
| T10 | BEARING;BALL;6005ZZ;Ψ25XΨ47X12T | 1 |
| T11 | BEARING;BALL;6006ZZ;Φ30XΦ55X13T | 1 |
| T12 | SNAP RING;EXTERNAL C-SHAPED;S-25 | 1 |
| T13 | SCREW;M6X1.0PX15L | 5 |
| T16 | MAGENT;TWO-SIDED;Φ15X7T;1900GS | 1 |
| V01 | DECAL;SIDE COVER;LEFT-UP | 1 |
| V02 | DECAL;SIDE COVER;LEFT-DOWN | 2 |





| NO. | DESCRIPTION | QTY |
|-----|--------------------------------|-----|
| V03 | DECAL;SIDE COVER;LEFT-REAR | 1 |
| V04 | DECAL;SIDE COVER;RIGHT-UP | 1 |
| V06 | DECAL;SIDE COVER;RIGHT-REAR | 1 |
| V07 | DECAL;HANDLEBAR;UP | 1 |
| V08 | WARNING LABEL;UP | 1 |
| V10 | MANUAL;ASSEMBLY/MANIPULATE | 1 |
| V15 | EN LABEL | 1 |
| V16 | WARNING LABEL | 1 |
| V20 | DECAL;SIDE COVER;MIDDLE | 4 |
| Z01 | SCREW;M8X1.25PX20L | 5 |
| Z02 | SCREW;BUTTON HEAD;M8X1.25PX15L | 2 |
| Z03 | WRENCH;HEX;L-TYPE;#5MMX140L | 1 |
| Z04 | WRENCH;OPEN-TYPE;#17 | 1 |

GR7S EXPLODED VIEW





GR7S PARTS LIST

| NO. | DESCRIPTION | QTY |
|-----|--|-----|
| AB1 | FRAME SET | 1 |
| AC1 | CONSOLE MAST SET | 1 |
| AD1 | SEAT SLEEVE SET | 1 |
| AD2 | SEAT PAD ADJUSTABLE SET | 1 |
| AG2 | HANDLEBAR | 1 |
| AJ1 | STABILIZER SET | 1 |
| AJ2 | STABILIZER SET | 1 |
| AR2 | PEDLA MAIN AXLE | 1 |
| AZ1 | HARDWARE SET | 1 |
| B01 | SUPPORT TUBE;Φ50.0XΦ100.0X2.0TX700 | 1 |
| B02 | SUPPORT TUBE;Φ40X80X2.5TX630L;REAR | 1 |
| B03 | FIXING PLATE;FLY WHEEL;RT;SPHC;375X65X8 | 1 |
| B04 | FIXING PLATE;SPHC;131X79X4.0T | 1 |
| B05 | FIXING PLATE;FLY WHEEL;L;SPHC;390X65X8.0 | 1 |
| B06 | SUPPORT TUBE;Φ40.0XΦ80.0X2.5TX842L | 1 |
| B07 | CENTER TUBE; 40X80X2.5TX133L | 1 |
| B08 | CONNECT TUBE; 20X40X2.5TX223L | 1 |
| B09 | FIXING PLATE;SPHC;245X124X4.0T | 1 |
| B10 | FIXING PLATE;SPHC;249X146X4 | 1 |
| B11 | ADJUSTABLE BASE | 1 |

| NO. | DESCRIPTION | QTY |
|-----|------------------------------|-----|
| B13 | CENTRAL TUBE | 1 |
| B14 | FIXING PLATE | 1 |
| B17 | PRESSING BLOCK;LEFT | 1 |
| B18 | PRESSING BLOCK;RIGHT | 1 |
| B19 | KNOB;BERAING;M16X1.75 | 2 |
| B20 | FIXING PLATE;SPHC;93X45X4.0T | 1 |
| B21 | FIXING PLATE;SPHC;32X25X3.0T | 1 |
| B23 | FIXING PLATE;79X38.5X4.0T | 1 |
| B26 | MP3 SUPPORT RACK | 1 |
| B28 | CAP;BACK | 1 |
| B29 | CAP;FRONT | 1 |
| B31 | FOAM PAD;U | 1 |
| B32 | FOAM PAD;D | 1 |
| B33 | KNOB;M10X1.5X22L | 1 |
| B35 | SPRING;Φ6.5X15LX0.5 | 2 |
| B38 | CENTRAL TUBE SET | 1 |
| B39 | CRANK HOUSING SET | 1 |
| B40 | SCREW;M4X15L | 2 |
| B41 | WASHER;Φ10.0XΦ20.0X1.5T | 1 |
| B42 | SCREW;M4X12L | 4 |

| NO. | DESCRIPTION | QTY |
|-----|--------------------------------------|-----|
| B50 | SCREW;M8X1.25PX50L | 2 |
| B51 | NUT;M8X1.25P | 2 |
| B66 | PLASTIC LINER;Φ10XΦ12X6.5L | 2 |
| C01 | CONSOLE MAST;Φ30.0XΦ60.0X2.0TX472L | 1 |
| C02 | FIXING BLOCK | 1 |
| C03 | FIXING PLATE;SPHC;75X63X3.0T | 1 |
| C08 | FIXING BASE | 1 |
| C11 | CAP | 1 |
| C14 | SNUG PLATE | 1 |
| C15 | FIX BUCKLE SET | 1 |
| C16 | SCREW;M5X10L | 1 |
| C83 | POSITION AXLE | 1 |
| C85 | POSITION AXLE;DOWN | 1 |
| D01 | ADJUSTABLE TUBE; 20.0X40.0X2.5T | 1 |
| D02 | ADJUSTABLE TUBE;Φ30.0X70.0X3.0TX405L | 1 |
| D04 | FIXING AXLE;Φ22X65L | 1 |
| D05 | GUIDE BLOCK | 1 |
| D06 | FIXING PLATE;SPHC;204X86X3.0T | 1 |
| D07 | CAP | 2 |
| D08 | CAP | 1 |

| NO. | DESCRIPTION | QTY |
|-----|--|-----|
| F06 | CAP;RIGHT-FRONT | 1 |
| F07 | CAP;STABILIZER TUBE;LEFT-FRONT | 1 |
| F08 | CAP;STABILIZER TUBE;LEFT-REAR | 1 |
| F09 | CAP;RIGHT-REAR | 1 |
| F10 | SCREW;Φ4X12L | 8 |
| G01 | ARM REST TUBE;Φ31.8X2.0TX1130L | 1 |
| G02 | ARM REST TUBE;Φ31.8X2.0TX885L | 1 |
| G03 | FASTEN PLATE;ARM REST;40X70X20 | 1 |
| G06 | FIXING PLATE;ARM REST;U;176.5X112X4 | 1 |
| H07 | SPRING;Φ12X37L | 1 |
| J01 | STABILIZER;Φ50XΦ100X2.0TX520L | 1 |
| J02 | STABILIZER;Φ50XΦ100X2.5TX645L | 1 |
| J03 | FIXING PLATE;WHEEL;L;SPHC;167X63.5X4.0T | 1 |
| J04 | FIXING PLATE;WHEEL;RT;SPHC;167X63.5X4.0T | 1 |
| J05 | SCREW; SOCKET HEAD;M8X1.25P | 2 |
| J06 | FIXING PLATE;STABILIZER;RR;SPHC;95X48.5X | 1 |
| J07 | FIXING PLATE;FRAME;RR;SPHC;245X165X4.0T | 1 |
| K13 | TRANSPORT WHEELS | 2 |
| K50 | FOOT PAD;W3/8-16UNC | 4 |
| L04 | HANDLEBAR | 1 |





| NO. | DESCRIPTION | QTY |
|-----|-----------------------|-----|
| L05 | SPRING;Φ4.5X27L | 1 |
| L15 | SWIVEL AXLE | 1 |
| L17 | STEEL BALL;Φ5MM | 1 |
| L18 | SPRING PIN | 1 |
| L20 | COVER;HANDLEBAR;LEFT | 1 |
| L21 | COVER;HANDLEBAR;RIGHT | 1 |
| L24 | SCREW;M4X0.7PX5L | 2 |
| L25 | SCREW;M4X0.7PX10L | 5 |
| L27 | SCREW;M4X8L | 2 |
| L28 | SCREW;Φ4X20L | 2 |
| L29 | SCREW;M4X15L | 2 |
| L30 | SCREW;M8X1.25PX15L | 4 |
| Q01 | SIDE COVER | 1 |
| Q02 | SIDE COVER;RIGHT | 1 |
| Q03 | COVER;FRONT | 1 |
| Q04 | COVER;BACK | 1 |
| Q05 | COVER;UP | 1 |
| Q06 | SCREW;M4X8L | 2 |
| Q07 | FIXING PILLAR | 4 |
| Q08 | SCREW;Φ4X12L | 8 |

| NO. | DESCRIPTION | QTY |
|-----|--------------------------------|-----|
| Q09 | SCREW;ΦX4X20L | 2 |
| Q10 | SCREW;ΦX4X15L | 3 |
| Q11 | SCREW;M4X12L | 4 |
| Q13 | SCREW;M4X8L | 2 |
| R01 | AXLE,TRANSIMMISSION;PEDAL AXLE | 1 |
| R02 | FIXING PLATE;Φ50X5.0T | 1 |
| R03 | DISK;Φ340 | 1 |
| R04 | DISK;Φ408X12.0T | 1 |
| R05 | FIXING DISK | 1 |
| R06 | MAIN AXLE | 1 |
| R07 | AXLE;IDLER | 1 |
| R08 | IDLER | 1 |
| R09 | PLASTIC RACK | 1 |
| R10 | SNAP RING | 1 |
| R11 | SNAP RING | 1 |
| R12 | FIXING PLATE | 1 |
| R13 | FIX PLATE | 2 |
| R14 | WASHER;Φ10.2XΦ20.0X2.0T | 2 |
| R15 | FIXING PLATE;Φ320X3.0T | 1 |
| R18 | SHIM;Φ38.5XΦ30.5X2.0T | 1 |

| NO. | DESCRIPTION | QTY |
|-----|--|-----|
| R19 | SEAT PAD | 1 |
| R20 | BEARING;BALL;6001;Φ12XΦ28X8L(C3) | 2 |
| R21 | WASHER;WAVE;Φ12.7XΦ18.0X0.3T | 1 |
| R22 | NUT;WELD;M10X1.5P;G10;OIL; | 4 |
| R23 | SCREW;M6X1.0PX20L | 4 |
| R24 | BEARING;BALL;6004ZZ;Φ20XΦ42X12T | 1 |
| R26 | SCREW;BUTTON HEAD;M10X1.5PX20 | 1 |
| R27 | POWERFUL MAGENT;Φ25.0X9.0T | 2 |
| R31 | SCREW;Φ3X6L | 4 |
| R32 | SCREW;Φ4X12L | 3 |
| R35 | SCREW;M6X1.0PX60L-15L | 2 |
| R39 | SPEED SENSOR WIRE | 1 |
| R45 | SCREW;HEX SOCKET;BUTTON HEAD; M6X1.0PX40L | 1 |
| R47 | NUT;M6X1.0P | 3 |
| S01 | STEEL ROPE | 1 |
| T01 | CRANK;L=170MM;LEFT | 1 |
| T02 | CRANK;R=170MM;RIGHT | 1 |
| T03 | SHIM;Φ15.0XΦ22 | 2 |
| T04 | PEDAL SET;W/ BELT;L/R | 1 |

| NO. | DESCRIPTION | QTY |
|-----|--|-----|
| T05 | WASHER;DISC SPRING;Φ10.0XΦ20.0X1.0T;SWPA | 4 |
| T06 | SCREW SET | 2 |
| T09 | BELT;POLY-V;FLEXONIC;1612-J8 | 1 |
| T10 | BEARING;BALL;6005ZZ;Ψ25XΨ47X12T | 1 |
| T11 | BEARING;BALL;6006ZZ;Φ30XΦ55X13T | 1 |
| T12 | SNAP RING;EXTERNAL C-SHAPED;S-25 | 1 |
| T13 | SCREW;M6X1.0PX15L | 5 |
| T16 | MAGENT;TWO-SIDED;Φ15X7T;1900GS | 1 |
| V01 | DECAL;SIDE COVER;LEFT-UP | 1 |
| V02 | DECAL;SIDE COVER;LEFT-DOWN | 2 |
| V03 | DECAL;SIDE COVER;LEFT-REAR | 1 |
| V04 | DECAL;SIDE COVER;RIGHT-UP | 1 |
| V06 | DECAL;SIDE COVER;RIGHT-REAR | 1 |
| V07 | DECAL;HANDLEBAR;UP | 1 |
| V08 | WARNING LABEL;UP | 1 |
| V10 | MANUAL;ASSEMBLY/MANIPULATE | 1 |
| V15 | EN LABEL | 1 |
| V20 | DECAL;SIDE COVER;MIDDLE | 4 |
| Z01 | SCREW;M8X1.25PX20L | 5 |
| Z02 | SCREW;BUTTON HEAD;M8X1.25PX15L | 2 |





| NO. | DESCRIPTION | QTY |
|-----|-----------------------------|-----|
| Z03 | WRENCH;HEX;L-TYPE;#5MMX140L | 1 |
| Z04 | WRENCH;OPEN-TYPE;#17 | 1 |

D: Entsorgungshinweis

Horizon Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB: Waste Disposal

Horizon Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

F: Remarque relative à la gestion des déchets

Horizon Fitness sont recyclables. A la fin sa durée d'utilisation, remettez l'appareil à un centre de gestion de déchets correct (collecte locale).

NL: Verwijderingsaanwijzing

Horizon Fitness producten zijn recyclebaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

E: Informaciones para la evacuación

Los productos de Horizon Fitness son reciclables. Cuando se termina la vida útil de un aparato o una máquina, entréguelos a una empresa local de eliminación de residuos para su reciclaje.

I: Indicazione sullo smaltimento

I prodotti Horizon Fitness sono riciclabili. Quando l'apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunali).

PL: Wskazówka dotycząca usuwania odpadów.

Producty firmy Horizon Fitness podlegają recyklingowi. Pod koniec okresu użytkowania proszę oddać urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).





HORIZON
FITNESS

INDOOR CYCLE OWNER'S MANUAL

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