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S3+

INDOOR CYCLE OWNER'S MANUAL



IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read all instructions before using this cycle. It is the responsibility of the owner to ensure that all users of this cycle are adequately informed of all warnings and precautions. If you have any questions after reading this manual, please contact your local dealer.

WARNING

To reduce the risk of burns, fire, electrical shock or injury to persons:

- If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Maintain a comfortable pace. Do not sprint above 80 rpms on this machine.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not wear clothes that might catch on any part of the cycle.
- Do not turn crank arms by hand.
- Make sure handlebars are secured before each use.
- Do not insert or drop any object into any opening.
- To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE).
- This cycle should not be used by persons weighing more than 130 kg / 286 pounds. Failure to comply will void the warranty.
- This cycle is intended for in-home use only. Do not use this cycle in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use cycle in garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- Use the cycle only as described in this manual.



At NO time should pets or children under the age of 12 be closer to the cycle than 304 cm (10 feet).
At NO time should children under the age of 12 use the cycle.
Children over the age of 12 should not use the cycle without adult supervision.

It is essential that your cycle is used only indoors, in a climate controlled room. If your cycle has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the cycle is warmed up to room temperature before first time use.



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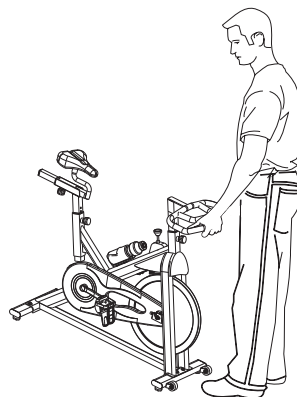


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CYCLE OPERATION

MOVING

Your Horizon Fitness indoor cycle has a pair of transport wheels built into the front base frame. To move, firmly grasp both of the handlebars. Carefully pull towards you and then downwards, so that the rear foot tube raises off of the floor. Once the weight of the machine is in the front, use the transport wheel to carefully roll to where you wish to exercise.



WARNING

Use care and additional help if necessary when moving.

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.

BEFORE YOU BEGIN

CONGRATULATIONS! on choosing your indoor cycle. You've taken an important step in developing and sustaining an exercise program! your indoor cycle is a tremendously effective tool for achieving your personal fitness goals. Regular use of your indoor cycle can improve the quality of your life in so many ways.

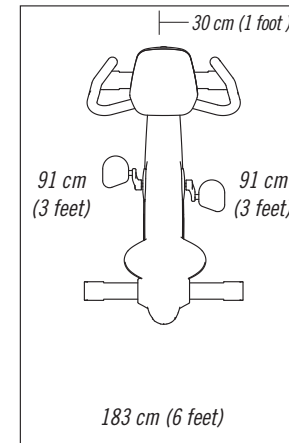
HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels

The key to reaping these benefits is to develop an exercise habit. Your new Indoor Cycle will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your Indoor Cycle in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE INDOOR CYCLE

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



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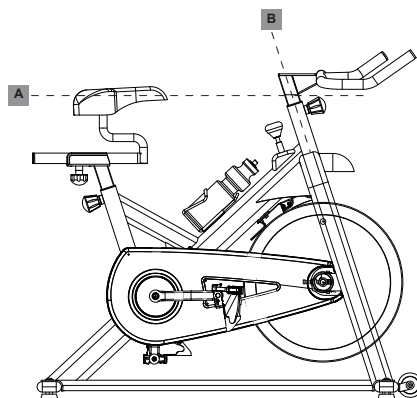


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ADJUSTMENT

SEAT ADJUSTMENT

Proper seat height helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury. Adjust the seat 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.

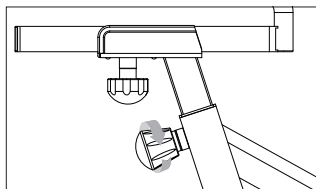


HANDLEBAR ADJUSTMENT

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

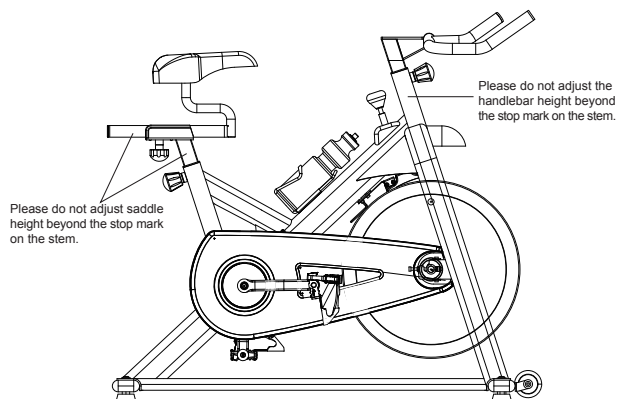
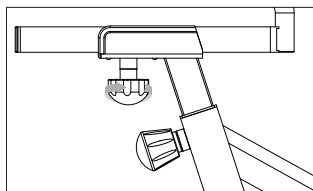
TO ADJUST THE SEAT HEIGHT:

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



TO ADJUST THE SEAT HORIZONTAL POSITION:

Unscrew the seat slider pin and pull out the knob to slide the seat forward or backward as desired. Lock the screw by rotating knob clockwise until it tightens. Test the seat slide for proper operation.



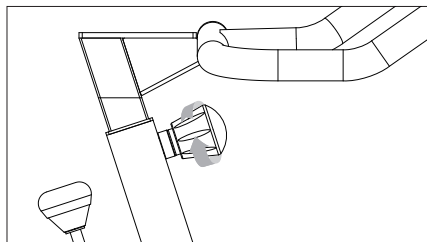
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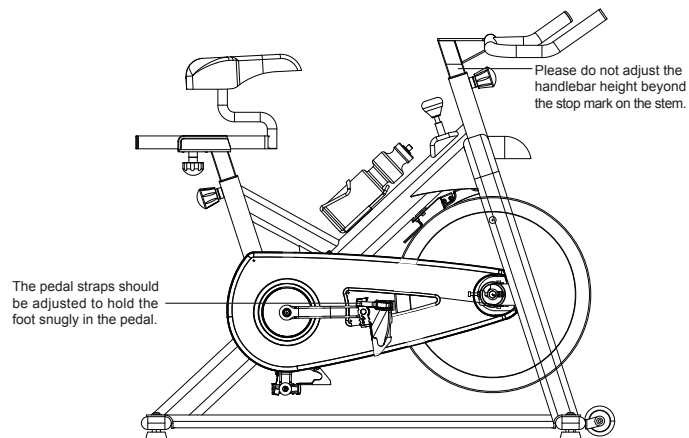
TO ADJUST THE HANDLEBAR HEIGHT:

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 (centre 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.



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 frame 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 tube and enter it in the space provided below. Also locate the model name which is next to the serial number.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

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

MODEL NAME: **HORIZON**

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

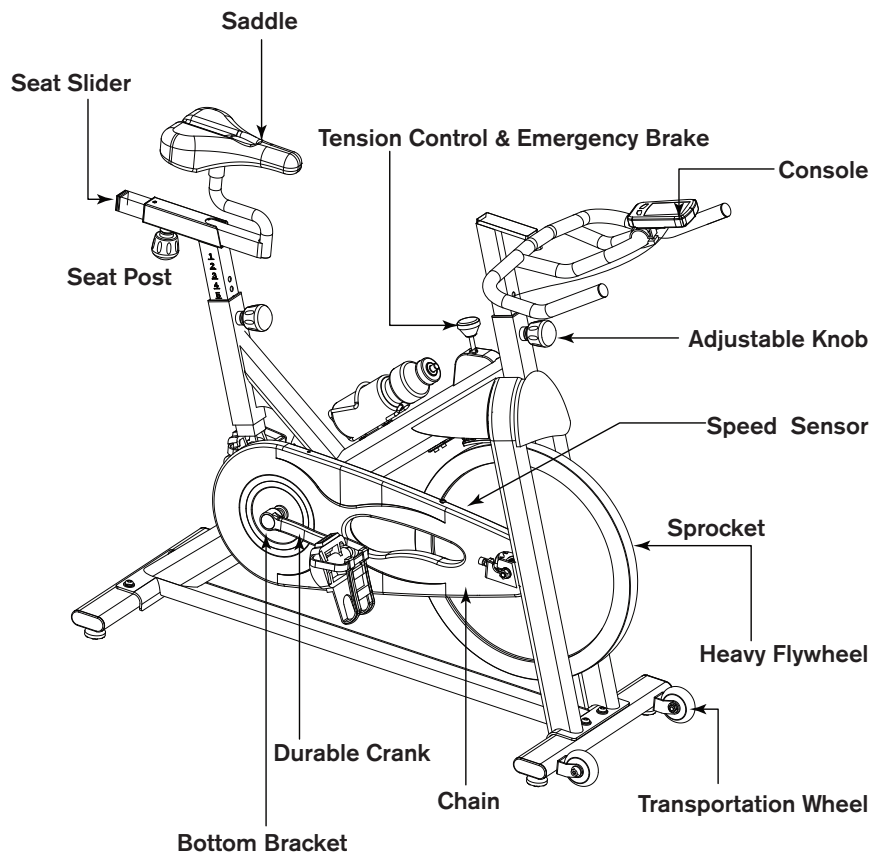
INDOOR BIKE

* Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

MODEL INFORMATION



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MAIN PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ Front & rear stabilizer
- ☐ Handlebar Set
- ☐ Seat Post Set

PARTS PACKING INCLUDED:

- ☐ 1 Console box (S3+ only)
- ☐ 1 Parts box
- ☐ 1 Water bottle
- ☐ 1 Owners Manual

PRE ASSEMBLY

UNPACKING

Unpack the product where you will be using it. Place the carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

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 indoor cycle grease is recommended.



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NEED HELP?

If you have questions or if there are any missing parts, contact your local dealer.

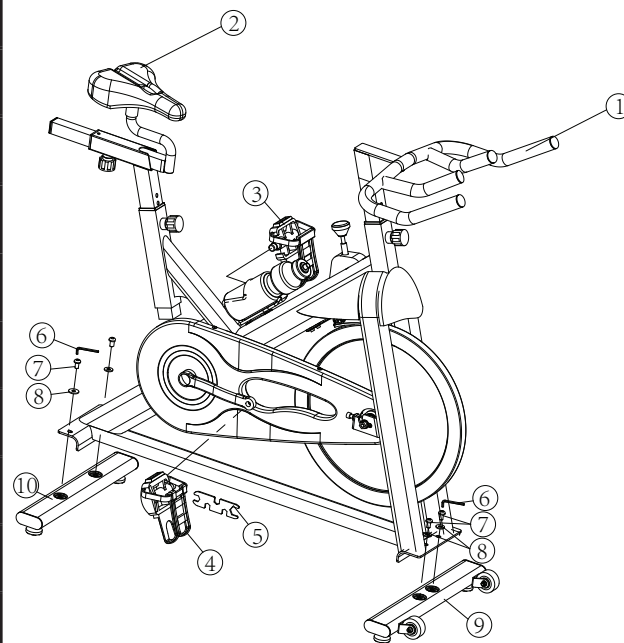


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ASSEMBLY INSTRUCTIONS

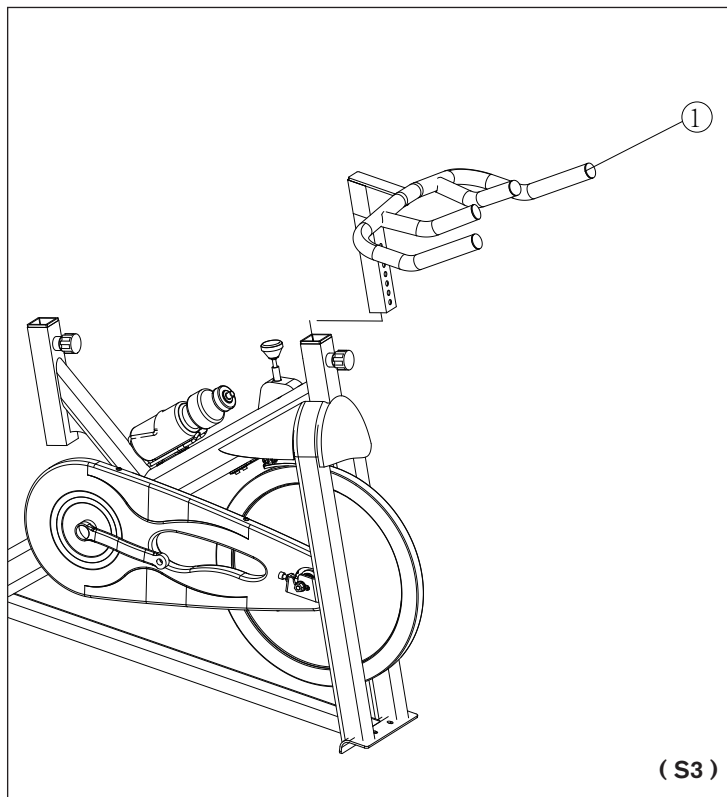
ASSEMBLY PARTS LIST

ITEM	DESCRIPTION	QTY	SPECIFICATION
1	Handlebar	1	Chrome & PVC dipping
2	Seat 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 stabilizes
7	Allen Bolt	4	M8 x 16L
8	Washer	4	8
9	Front Base Frame	1	With 2 transportation wheels
10	Rear Stabilizer	1	Without 2 transportation wheels



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ASSEMBLY STEP 1



- A Install the **HANDLEBAR (1)** into the frame receptor and secure with the knob.

Note: for assembling S3+ connect the upper and lower handlebar cable before install the handlebar.

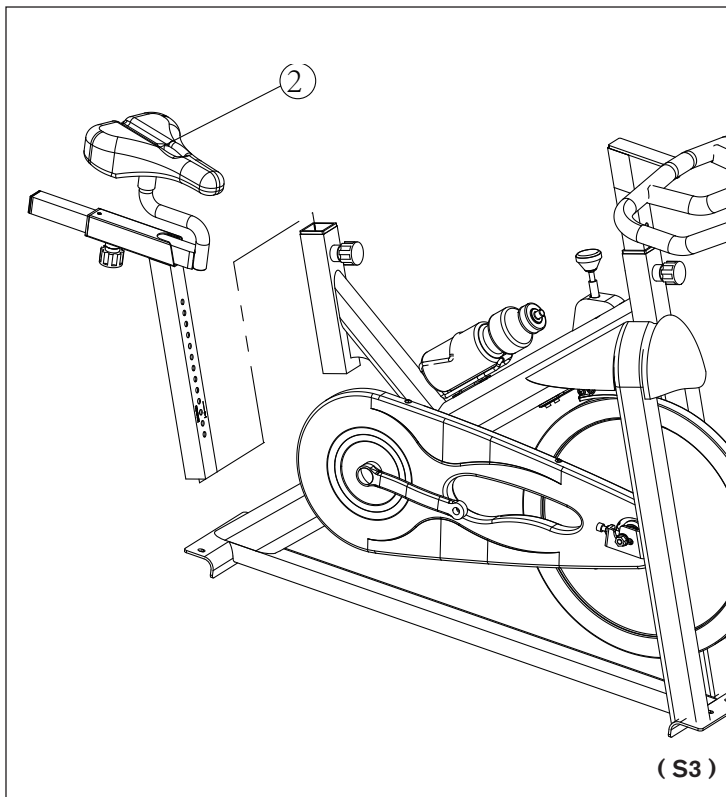


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ASSEMBLY STEP 2

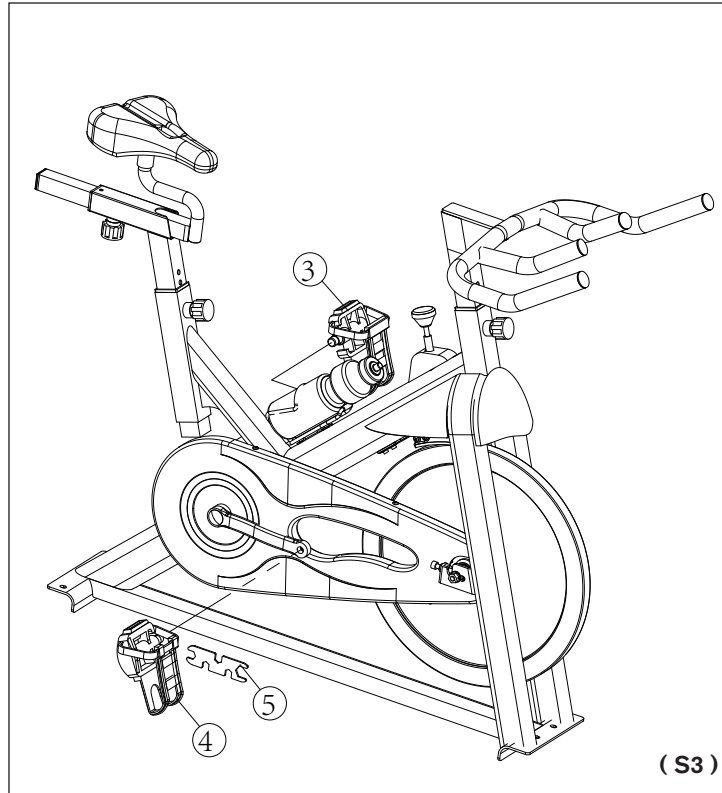


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- A Install the **SEAT POST (2)** into the frame receptor and secure with the knob.

ASSEMBLY STEP 3



- A 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.
- B 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 counter clockwise to tighten.

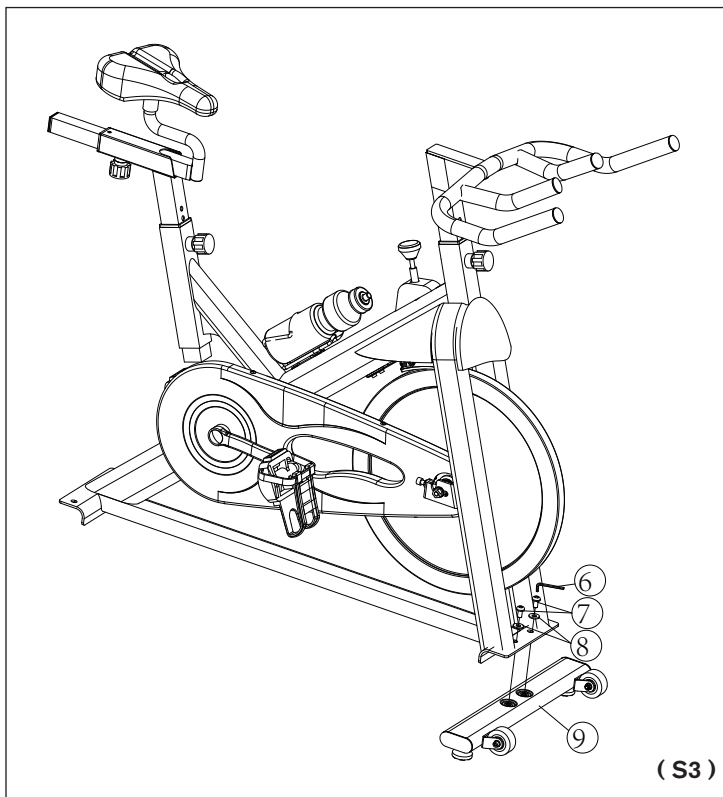


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ASSEMBLY STEP 4

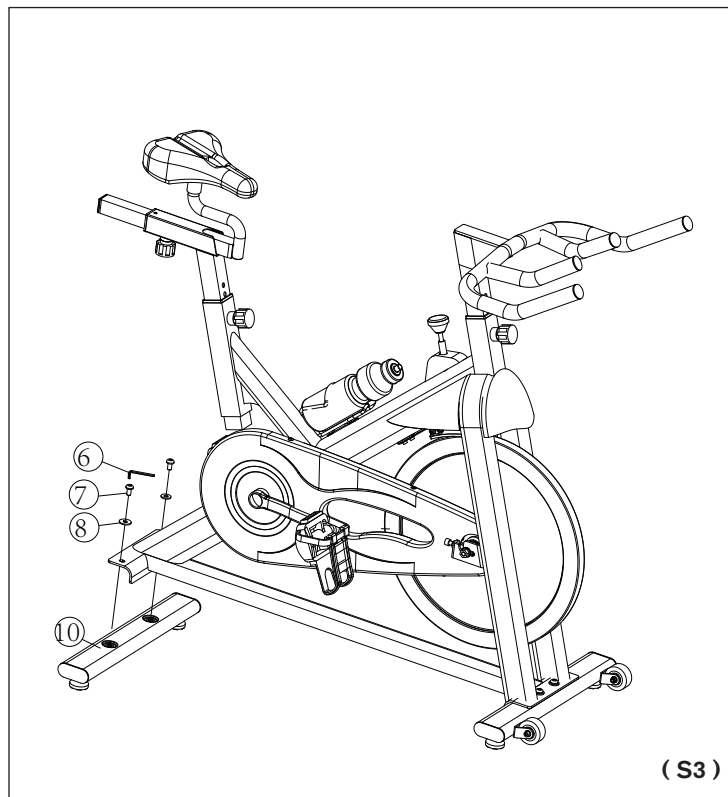


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- A Attach the **FRONT BASE FRAME (9)** to the frame using **TWO ALLEN BOLTS (7)** and **TWO WASHERS (8)**, and secure firmly by **ALLEN WRENCH (6)**.

ASSEMBLY STEP 5



- A Attach the **REAR STABILIZER (10)** to the frame using **TWO ALLEN BOLTS (7)** and **TWO WASHERS (8)**, and secure firmly by **ALLEN WRENCH (6)**.

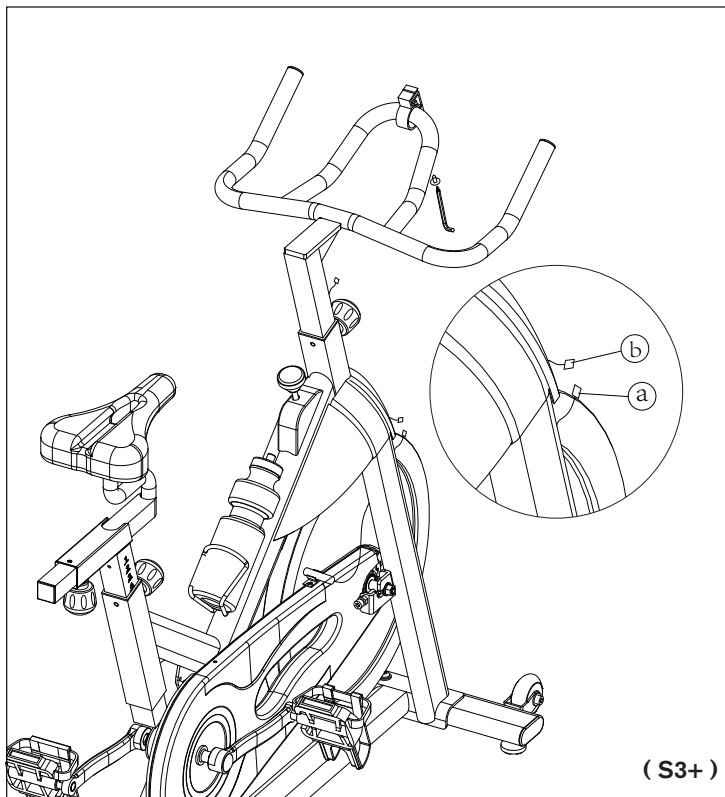


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ASSEMBLY **STEP 6** (S3+ ONLY)



S3+



- A Install the **MOUNTING CLAMP** to the upper handlebar with console screw and adjust the console angle.

Note: do not tighten the screw at this stage.

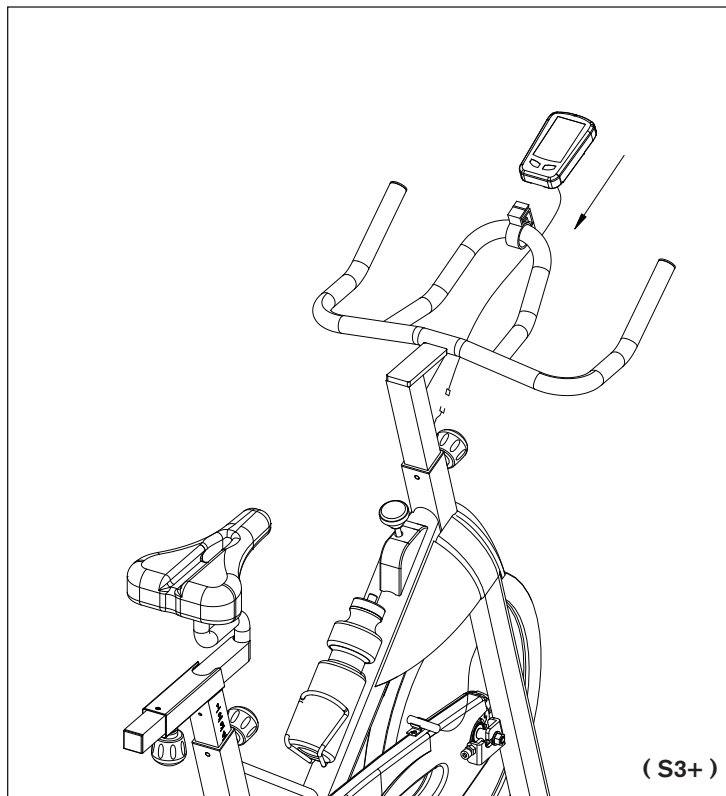
- B Carefully attach the **SENSOR CABLE (a)** connected to the frame to the **LOWER CONSOLE CABLE (b)**- located inside the handlebar assembly.

Note: Please ensure that the handlebar is located and locked at its lowest height adjustment position, this will allow access to the connecting cable inside the handlebar for both cables to be attached.

- C Once connected secure the cable to the upper internal frame of the RSH flywheel front forks, using the adhesive cable tidy pad. (This is **CABLE(a)** which is preassembled to the lower frame.)

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

ASSEMBLY **STEP 7** (S3+ ONLY)



- A Fix **CONSOLE** with console mounting clamp from the back.
- B Carefully attach the **UPPER CONSOLE CABLE** to the **LOWER CONSOLE CABLE** pre-assembled to the **HANDLEBAR**.
- C Once the console angle is adjusted tighten the screw on the mounting clamp fully.

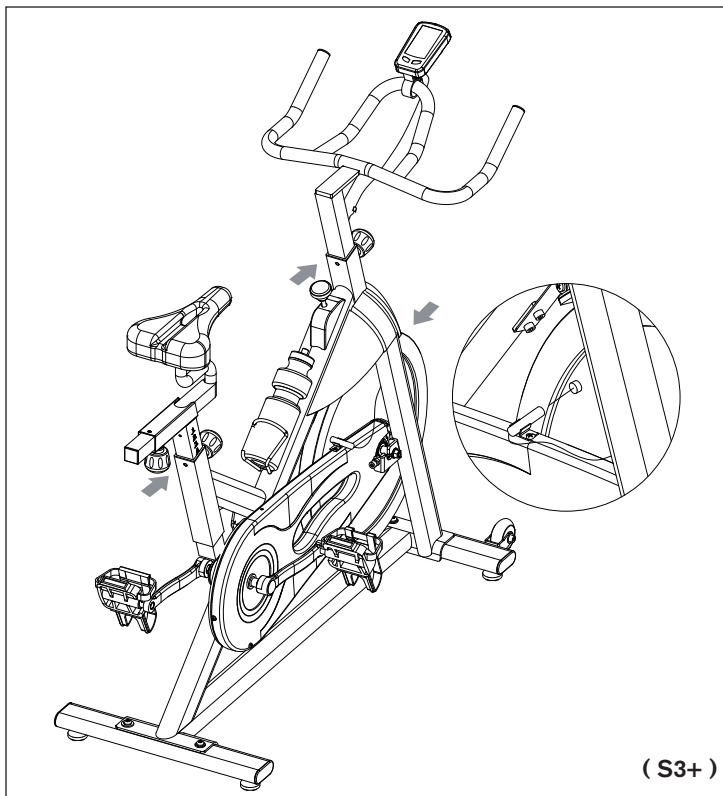


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ASSEMBLY STEP 8



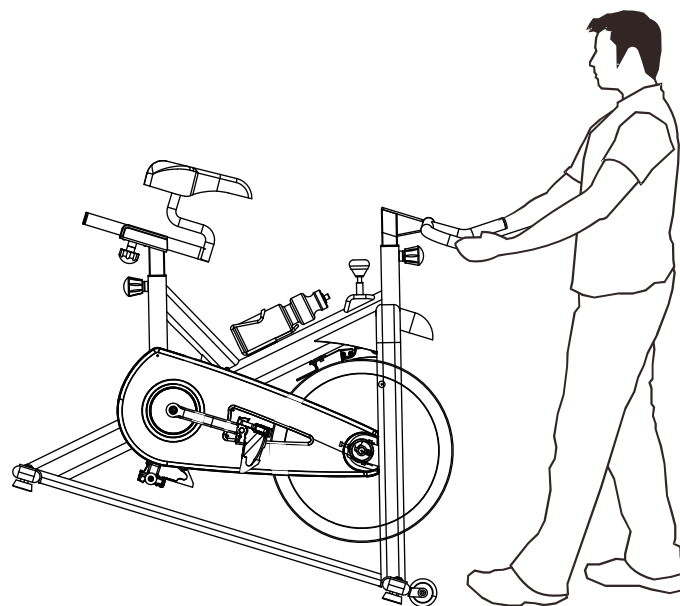
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YOU ARE FINISHED!

- A Congratulations, you have successfully assembled the Indoor Cycle.
- B Please lubricate the seat post, brake pad and handlebar adjustment regularly with lubricant in your parts package and check the alignment of the sensor.

MOVING THE INDOOR CYCLE



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INDOOR CYCLE OPERATION



WARNING

Do not operate the indoor cycle if the machine is damaged. If the indoor cycle appears to not be working properly, do not use the indoor cycle.

WARNING

Our indoor cycles are well built and heavy, weighing up to 130 kg! Use care and additional help if necessary when moving.



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S3+ CONSOLE DISPLAY

MONITOR DISPLAY:

At 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.

S3+ 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 DATE SETTING

Press the left key until SPEED is displayed, press the right key for 3 seconds to adjust personal data setting.(user weight, gender and workout time etc.)

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

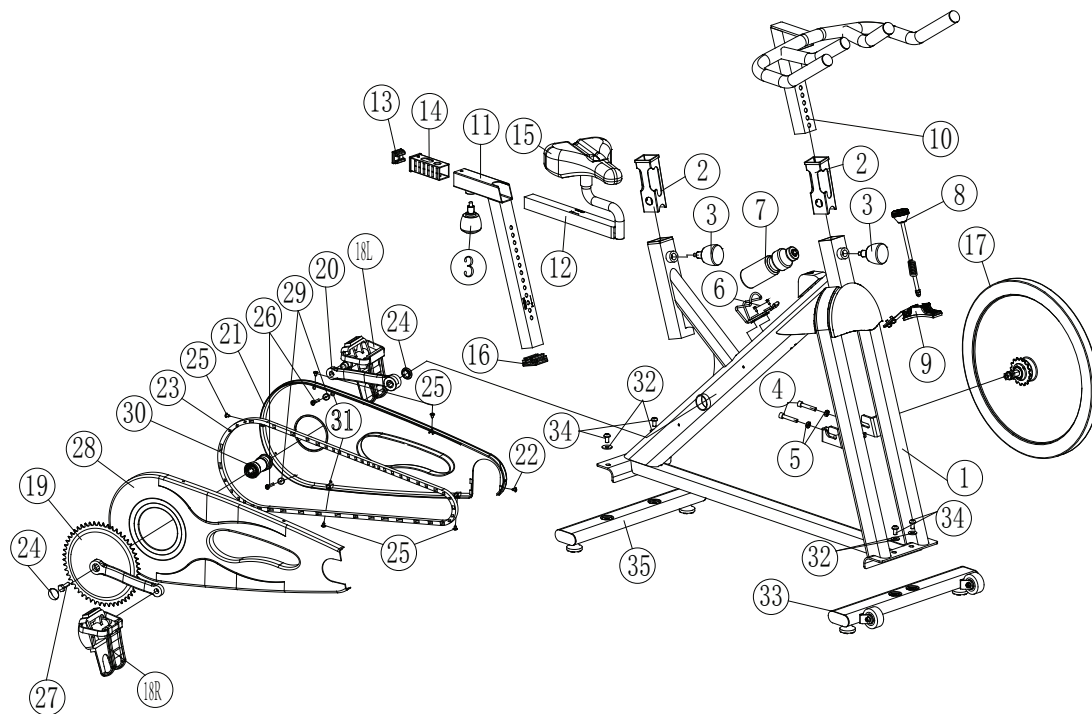
ENERGY SAVER

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

S3 EXPLODED VIEW



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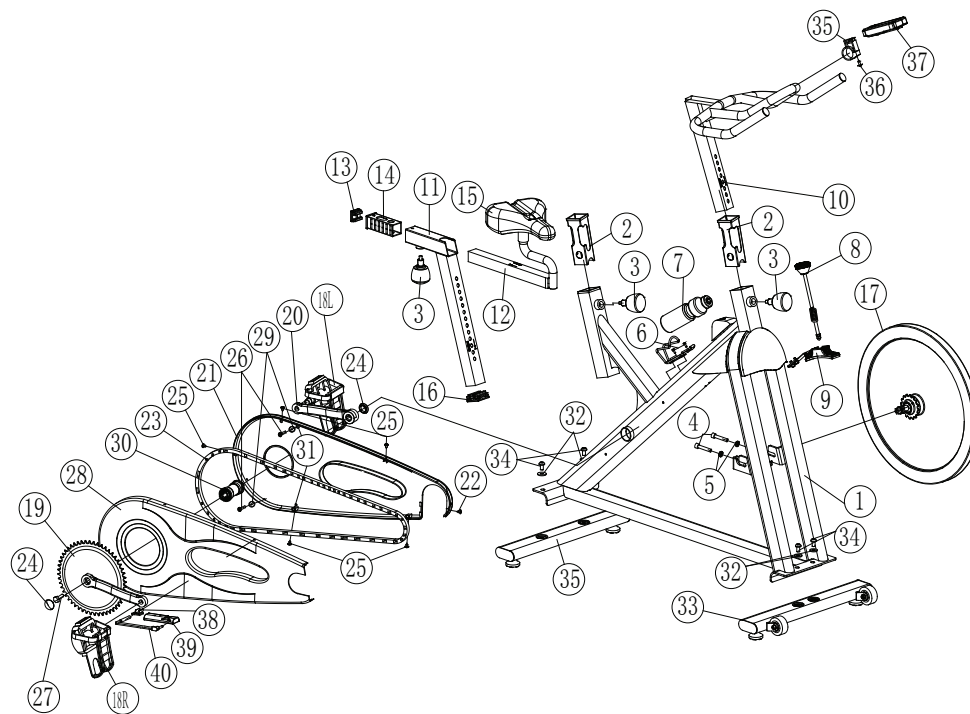
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Max. User Weight: 130 kg / 286 lbs

Product Weight: 43 kg / 95 lbs.

Overall Dimension: 110 x 47 x 90 cm / 43" x 19" x 35"

S3+ EXPLODED VIEW



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S3 & S3+ PARTS LIST

NO.	DESCRIPTION		QTY
FRAME			
1	FRAME	COATED	1
2	SLEEVE	BLACK	2
3	ADJUSTABLE KNOB	FOR STEM AND SEAT POST	3
4	ALLEN BOLT	M8	2
5	ALLEN NUT	M8	2
6	BOTTLE CAGE	W/ 2 SCREWS AND WASHERS	1
7	WATER BOTTLE	WHITE , NO LOGO	1
BRAKE			
8	TENSION CONTROL	W/ TENSION KNOB	1
9	BRAKE PAD ASSEMBLY	W/ BEAM, PAD	1
HANDLEBAR			
10	HANDLEBAR	PVC & CHROME PLATED	1
SEAT POST			
11	SEAT POST	CHROME PLATED	1
12	SEAT SLIDER	CHROME PLATED	1
13	END CAP	BLACK	1
14	SLEEVE	BLACK	1
15	SADDLE	BLACK	1
16	END CAP	BLACK	1

NO.	DESCRIPTION		QTY
FLYWHEEL			
17	FLYWHEEL ASSEMBLY	W/ HUB AND SPROCKET	1
TRANSMISSION			
18R	PEDAL (R)	9/16" R	1
18L	PEDA (L)	9/16" L	1
19	CHAIN WHEEL	R	1
20	CRANK	L	1
21	INNER CHAIN GUARD	L693.5*W277*H21	1
22	SELF-TAPPING SCREW	ST5.5 (FOR OUTER CHAIN GUARD)	1
23	CHAIN	112 LINKS	1
24	CRANK CAP	BLACK	2
25	SELF-TAPPING SCREW	ST4.8 (FOR OUTER CHAIN GUARD)	5
26	SELF-TAPPING SCREW	M5(FOR INNER CHAIN GUARD)	2
27	BB BOLT	M8	2
28	OUTER CHAIN GUARD	L674.3*W280*H23	1
29	WASHER	Φ14*Φ5*1	2
30	BOTTOM BRACKET	CATRIDGE TYPE	1
31	CHAIN GUARD SPACER	Φ12*Φ6*7	1

NO.	DESCRIPTION		QTY
FRONT STABILIZER			
32	WASHER	Φ16*Φ8.5*1.6	2
33	FRONT STABILIZER	W/ TWO TRANSPORTATION WHEELS	1
34	ALLEN BOLT	M8	2
REAR STABILIZER			
35	REAR STABILIZER	W/O TRANSPORTATION WHEELS	1
32	WASHER	Φ16*Φ8.5*1.6	2
34	ALLEN BOLT	M8	2
CONSOLE SET (S3+ ONLY)			
35	MOUNTING CLAMP		1
36	CONSOLE SCREW		1
37	CONSOLE		1
38	SPEED SENSOR		1
39	BATTERIES		1



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CONDITIONING GUIDELINES



ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (FREQUENCY OF WORKOUTS)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (DURATION OF WORKOUTS)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (INTENSITY OF WORKOUTS)

How hard you workout is also determined by your goals. If you use your machine to prepare for a 5K workout, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial!

MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

We use sealed bearings throughout our indoor cycles so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the trainer after each use.

HOW DO I CLEAN MY INDOOR CYCLE?

Clean with soap and water cleaners only. Never use solvents on plastic parts.

Cleanliness of your indoor cycle and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Horizon Fitness recommends that the following preventive maintenance schedule be followed.

WEEKLY

Clean underneath the indoor cycle, following these steps:

- Move the indoor cycle to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the indoor cycle.
- Return the indoor cycle to its previous position.

EVERY MONTH

- Inspect all assembly bolts and pedals on the machine for proper tightness.
- Clean any debris off of the pedal arm wheels and guide rails.
- Check the lubrication of the bike and the alignment of the sensor.



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