HORIZON FITNESS

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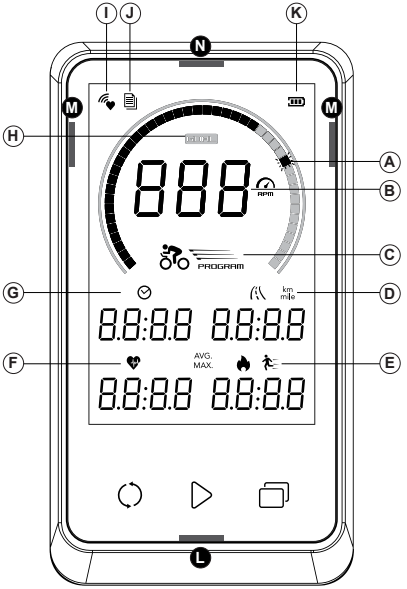



**A) Workout Track**

- **Dot light** means in-progress RPM workout.
- **Blinking light** means the goal to achieve (only in Program 2)

**B) Target / RPM**

- **Program 1**: means resistance target level
- **Program** 2: means current RPM
- **Program 3**: means HR target

**C) Workout Programs**

- Select by ▢ at standby page

**D) Distance - km / mile**

- Switch in engineer mode.

**E) Calories / Speed**

- Press ▢ to switch

**F) Heart Rate**

**G) Workout Time**

**H) Goal Achievement**

- Achieve the goal : will light on

**I) Wireless Heart Rate Connection**

**J) Workout Data**

- To see **AVG & MAX** workout data, press
▷ to pause page.
⧉ to switch calories / speed.
○ to switch AVG / MAX.

**K) Battery** (shows 100%, 70%, 40%, 10%)

**GLOW RIDE LIGHTING SYSTEM**

**L) Position 1-SIT**

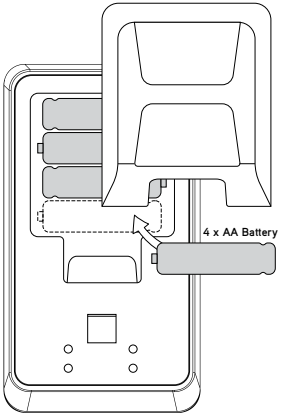
Fully seated position which is ideal for warming up, cooling down or recovering from a sprint interval.

**M) Position 2-RUN**

The “run” portion of your cycling workout which forces you to stand on the pedals, maximizing the effort required.

**N) Position 3-JUMP**

The “jump” portion of your workout will simulate the up-and-down feel of mountain biking.



ENGLISH

| BUTTON | FUNCTION |
|---|---|
| ↻ | SWITCH AVG & MAX WORKOUT DATA WHEN PAUSE |
| ▷ | START / PAUSE / ENTER / PRESS 3 SEC TO STANDBY PAGE |
| ⧉ | SELECT PROGRAMS / SWITCH WORKOUT DATA WINDOWS |

**SETTING**
In the standby page, press ▷ & ⧉ for 3 sec into engineer mode.
⧉ For changing parameter page
↻ For adjust setting data
▷ For confirm setting
▷ For 3 sec to exit engineer mode

**UNIT SETTING**
At the first page of engineer mode, to unit page

**RATIO SETTING**
Press ⧉ 1 times to ratio page
Select your GR indoor cycle ratio as below
GR3, GR 5, GR6, GR 7 / 7s

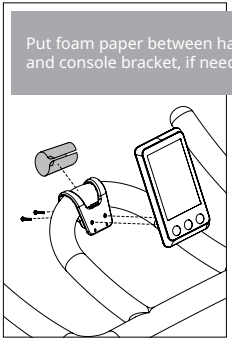
**BACKLIT SETTING**
Press ⧉ 2 times to backlit page

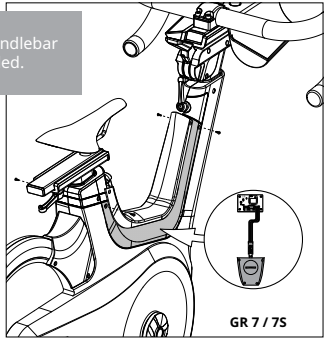
| | |
|---|---|
| ICON | PROGRAM |
| PROGRAM | **Program 1**<br>HIGH INTENSITY INTERVAL TRAINING |
| TARGET | RESISTANCE |
| CHART | |

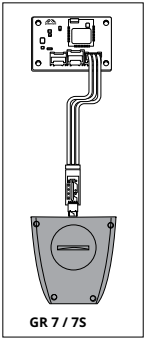
| | |
|---|---|
| ICON | PROGRAM |
| PROGRAM | **Program 2**<br>INTERVAL SPEED TRAINING |
| TARGET | RPM |
| CHART | |

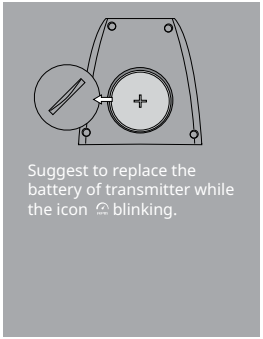
| | |
|---|---|
| ICON | PROGRAM |
| PROGRAM | **Program 3**<br>INTERVAL HR TRAINING |
| TARGET | HEART RATE |
| CHART | |

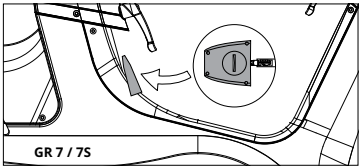
## ASSEMBLY

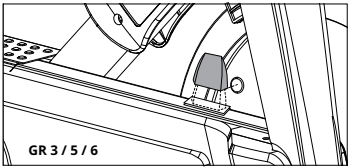



## PARTS INCLUDED:

1 console with bracket
2 double-sided tape
4 AA batteries
1 round magnet
1 foam piece
2 screws
1 transmitter (only for GR7 / 7S)

## FCC Notice：

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

That changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

—Reorient or relocate the receiving antenna.

—Increase the separation between the equipment and receiver.

—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

—Consult the dealer or an experienced radio/TV technician for help.