



## Caring for Your Indoor Cycle



Caring for and maintaining your equipment will help extend the life of your product, prevent noises, and keep the product running smoothly. This document will provide you with information regarding these topics.

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## Moving and Leveling

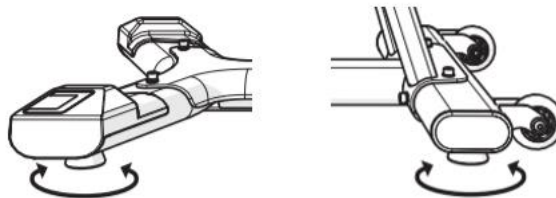
### Moving

Standing in front of the cycle and facing it, grasp the handlebars and push down and forward until the cycle is on the transport wheels. If your cycle has a console, NEVER grab the console to move the cycle.



### Leveling

Locate the leveling feet on the bottom of your cycle. It is important to start with the leveling feet all the way up (turn clockwise). Once the unit is in its desired location, if the unit is not level, adjust the leveling feet by turning counterclockwise. Tighten the jam nut or locking mechanism on the leveling feet with an adjustable wrench. Some models have a top-down leveling system, meaning you can use a 6mm Allen key to turn the leveling feet down without tipping the unit on its side.



## Care and Maintenance

### Approved Cleaners and Proper Cleaning Technique

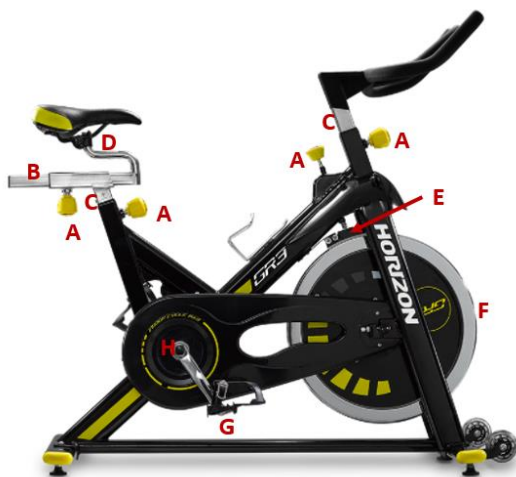
Johnson Health Tech recommends using a mild soap and water solution (1:10 soap to water ratio) for cleaning surfaces after use. To disinfect surfaces, distilled vinegar and water solution (1:20 vinegar to water dilution) can be used along with other store-bought disinfectants. Make sure you are using a diluted disinfectant solution. Be careful when choosing your disinfectant however, as strong concentrated disinfectants can damage plastics and metal surfaces over time.

Always spray a clean cloth, then wipe surfaces. NEVER spray the frame or console directly. Spraying directly on the unit can cause corrosion over time as over-spray occurs and is not wiped off.

Touchscreen consoles – to clean, use a micro-fiber cloth and an [LCD screen cleaner](#)

### Key Components

It's important to know what each component is called in order to follow the Preventive Maintenance tasks.



Ref.	Part
A	Adjustment knobs
B	Saddle horizontal slide (some cycles will have this slide on the handlebar as well)
C	Saddle and handlebar vertical posts
D	Saddle
E	Resistance/brake pad
F	Flywheel
G	Pedal
H	Crank

## Preventive Maintenance

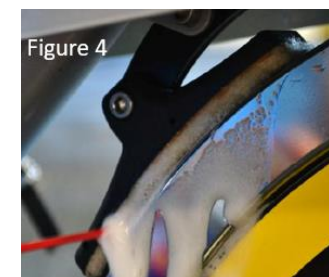
Before performing any maintenance, unplug the power cord from the outlet and wait 2-3 minutes to allow power to dissipate from all the electronics.

### Monthly / Quarterly

TASKS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Clean console with approved cleaner												
Wipe entire frame, seats, and shrouds with approved cleaner												
Move the unit and vacuum the floor underneath												
Check the pedals and crank bolts to ensure they are tight – see <a href="#">Crank and Pedal Checks</a>												
Check all hardware to make sure it is secure – <a href="#">see Frame Bolts</a>												
Clean and *lubricate seat and handlebar horizontal slides – <i>figure 1</i>												
Clean and **lubricate the seat and handlebar vertical posts – <i>figure 2</i>												
If your cycle has adjustment knobs, **lubricate knob threads – <i>figure 3</i>												
If your cycle has a felt resistance/brake pad, **lubricate it – <i>figure 4</i>												
Cycles with drive chains - clean and lubricate the chain. Any bicycle chain lubricant will suffice.												

\*[Super Lube w PTFE grease](#) is recommended to lubricate horizontal slides

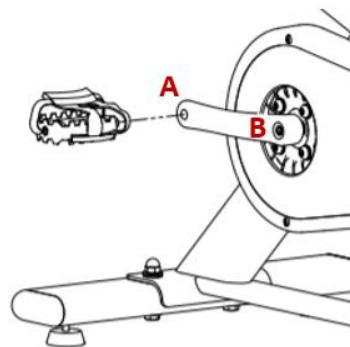
\*\*[Super Lube w PTFE spray](#) is recommended to lubricate adjustment knob threads and resistance/brake pads (WD-40 can also be used)



## Crank and Pedal Checks

A – Use a [15mm pedal wrench](#) to ensure the pedals are secure. Keep in mind the user left pedal is reversed-threaded.

B – Check the crank bolt to ensure it is tight.



## Frame Bolts

From time to time, especially after a few uses when a product is new, you may see frame bolts starting to loosen. This can cause noise issues. This is natural and happens as the product settles to the floor and begins to be used. It is important after the first few uses, and then on a monthly basis, that you check the frame bolts. If you find loose bolts, it would be a good idea to add a medium-strength thread locker to the bolt threads before tightening. Once the thread locker cures, it will help prevent bolts from coming loose again. Cure times for thread locker is generally 24 hours so, it is best to do this and not use the product during that time.

Tools needed for tightening bolts: metric Allen sockets (3mm-8mm) and ratcheting wrench



1. Vibra-tite blue is a medium-strength thread locker that comes in a pump gel and is available at most hardware stores or can be ordered on Amazon. [Blue Vibra-tite Thread Locker](#)
2. Loctite blue is a medium-strength thread locker that comes in a squeeze bottle in liquid form and is available at most hardware stores or can be ordered on Amazon. [Blue Loctite](#)



## Frequently Asked Questions

### **Why is the cycle I purchased 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.

### **Why is there a grinding noise when I pedal?**

This is typically caused when a drive belt is misaligned or going bad. Contact [Customer Technical Support](#) to schedule service. Please have your serial number handy.

### **Why won't the left pedal stay tight?**

The user left pedal is reverse-threaded, just like a street bike. If the pedal constantly comes loose, remove the pedal, then apply blue thread locker to the pedal thread and reinstall.

## Useful Resources

Use the links below depending on the brand of treadmill you purchased. Here you will find **product registration**, **warranty information**, additional **FAQs**, **troubleshooting** information, **assembly/maintenance videos**, and see available **software updates** for consoles.

Horizon Fitness - <https://www.horizonfitness.com/support/product-support>

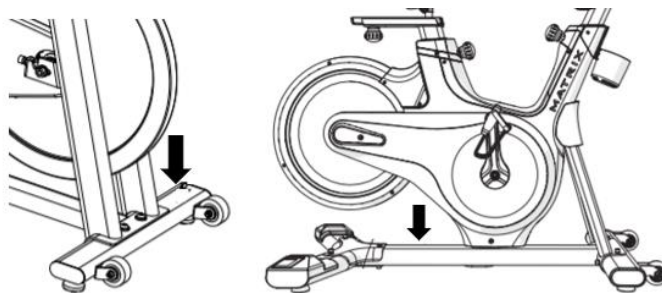
Vision Fitness - <https://www.visionfitness.com/us/eng/support>

Matrix Fitness - <https://www.matrixfitness.com/us/eng/home/support>

## Serial Numbers – *Please refer to your Owner’s Manual for your product specific serial number location*

Before you contact us for support, please have your product serial number ready. It is helpful if you are near the product when you contact us in case there are some simple things you could check before we send a technician.

Frame serial numbers could be found in a few different locations. See the images below when searching for your serial number.





**Customer Technical Support** – *Please refer to your Owner’s Manual for warranty terms*

**Warranty Product**

Brand	Phone	Email
Matrix & Vision	800-335-4348	<a href="mailto:info@johnsonfit.com">info@johnsonfit.com</a>
Horizon, Merit, AFG	800-244-4192	<a href="mailto:techsupport@horizonfitness.com">techsupport@horizonfitness.com</a>

**Out of Warranty Product**

Brand	Phone	Email
Matrix & Vision	888-993-3199	<a href="mailto:visionparts@johnsonfit.com">visionparts@johnsonfit.com</a>
Horizon, Merit, AFG	888-878-9011	<a href="mailto:Support@horizonfitness.com">Support@horizonfitness.com</a> <a href="mailto:Parts@horizonfitness.com">Parts@horizonfitness.com</a>