

**TABLE OF CONTENTS**

TABLE OF CONTENTS	2
BEFORE YOU BEGIN	2
IMPORTANT SAFETY NOTICE	3
WARNING LABEL PLACEMENT	4
ASSEMBLY AND SETUP	5
ASSEMBLY INSTRUCTIONS	7
ADJUSTMENT FEATURES	9
HANDLEBAR HAND POSITIONS	9
APP DOWNLOAD	10
USING THE WIRELESS HEART RATE RECEIVER	10
GENERAL NOTES	10
REGULATORY INFORMATION	12
WARRANTY	13
IC1.5 EXPLODED VIEW	14
IC1.5 PARTS LIST	15

**BEFORE YOU BEGIN**

Thank you for selecting the INSPIRE IC1.5 Indoor Cycle. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.



**Toll-Free Customer Service  
Number**

**1-877-738-1729**

**Mon. - Fri. 8 a.m. - 5 p.m. PST**

**[www.inspirefitness.com](http://www.inspirefitness.com)**

## IMPORTANT SAFETY NOTICE

### Precautions

**This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:**

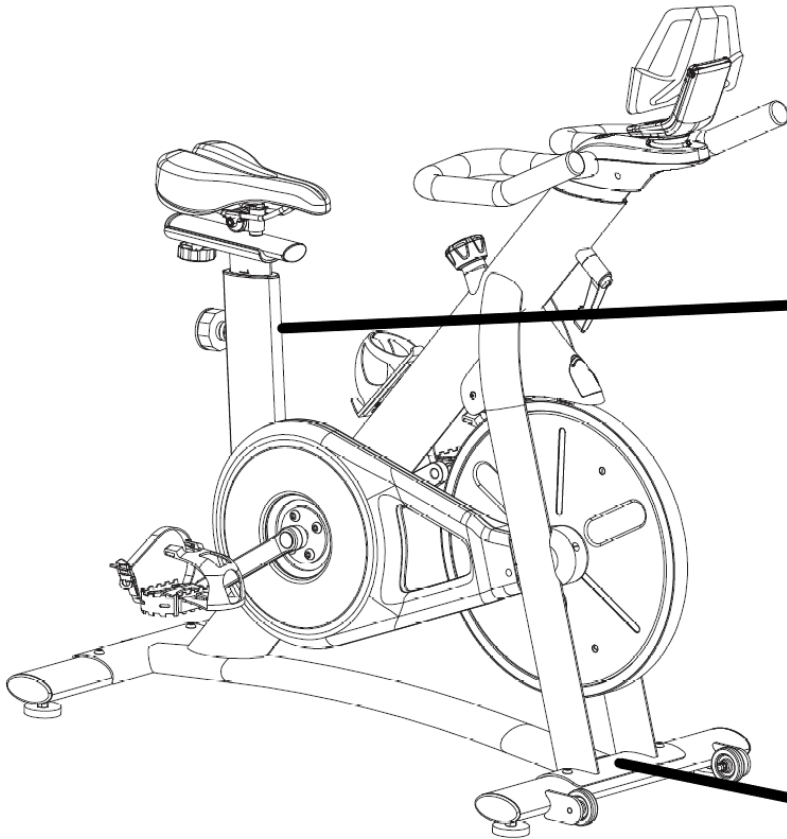
- 1. Always keep children and pets away from the machine. DO NOT leave children unattended in the same room with the machine. The linkages on this machine can cause serious injury or death if used improperly.**
- 2. Never place your hands or feet in the path of the pedals because injury may occur to you or damage may occur to the equipment. Never allow children to come near or approach the moving linkages while in use.**
- 3. Feet should be fully rested and securely strapped onto the pedals during the entire workout.**
- 4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.**
- 5. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.**
- 6. Keep hands away from all moving parts and flywheel.**
- 7. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.**
- 8. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.**
- 9. Do not place any sharp objects around the machine.**
- 10. Disabled persons should not use the machine without a qualified person or physician in attendance.**
- 11. Before using the machine to exercise, always do stretching exercises to properly warm up.**
- 12. Never operate the machine if the machine is not functioning properly.**
- 13. Maximum user weight 300 lbs.**

### Care and Maintenance

- 1. Inspect and tighten all parts before using the machine.**
- 2. The Frame and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.**

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Health In Motion, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

WARNING LABEL PLACEMENT



**⚠ WARNING**

FAILURE TO FOLLOW INSTRUCTIONS MAY LEAD TO SERIOUS PERSONAL INJURY. FLYWHEEL MOMENTUM WILL KEEP PEDALS TURNING EVEN AFTER YOU STOP PEDALING. DO NOT ATTEMPT TO DISMOUNT BIKE OR REMOVE FEET FROM PEDALS UNTIL PEDALS HAVE COMPLETELY STOPPED. ALWAYS RIDE IN CONTROL. MAKE SURE ALL PULL PINS, LOCKS, AND SAFETY LATCHES ARE IN PLACE AND FULLY ENGAGED BEFORE EACH USE.

**HEALTH IN MOTION, LLC**

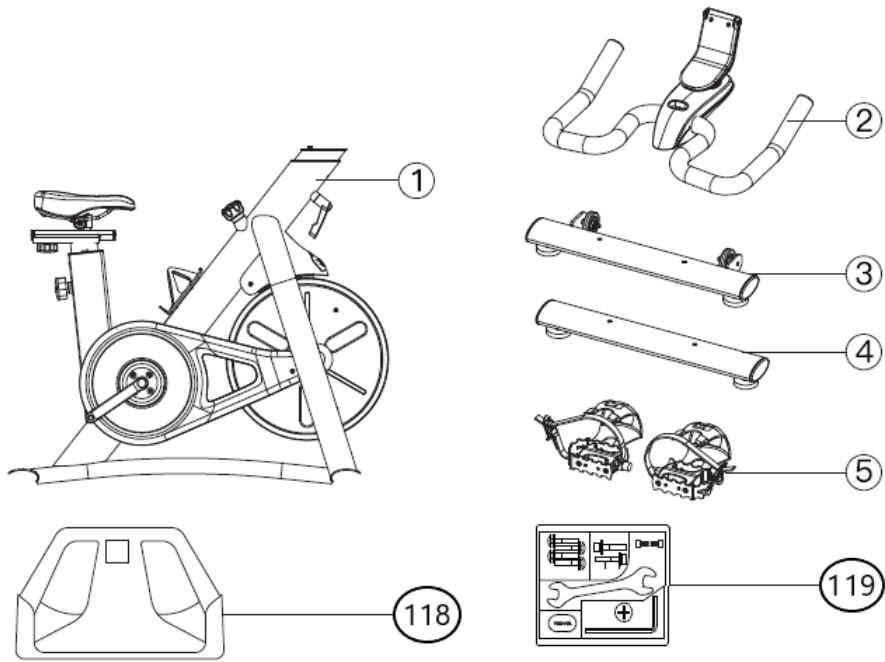
**SALES & SERVICE (877) 738-1729**

**MODEL:**

**SERIAL NUMBER:**

# ASSEMBLY AND SETUP

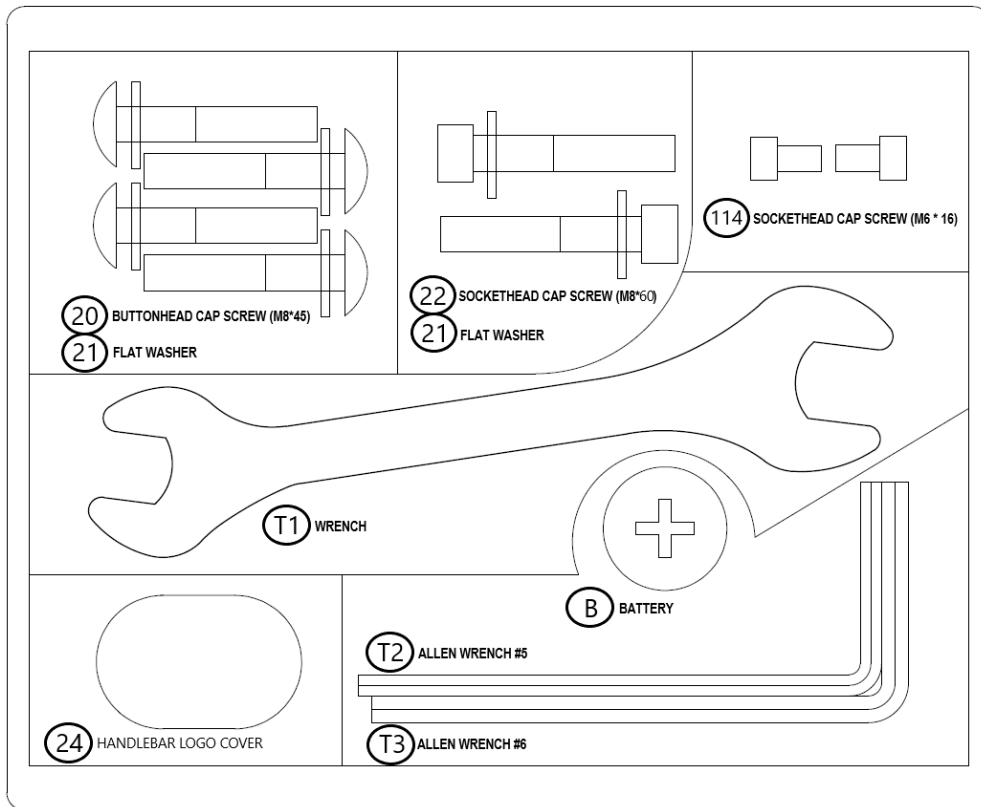
## Package Contents












ID.	NAME	QTY.	ID.	NAME	QTY.
①	FRAME	1	⑤	PEDALS, RIGHT & LEFT	2
②	HANDLE BARS	1	⑪⑧	TABLET MOUNT	1
③	FRONT FOOT TUBE	1	⑪⑨	HARDWARE KIT	1
④	REAR FOOT TUBE	1			

IC1.5 Assembly Hardware Kit

**NOTE: The parts shown are not drawn to scale. Please use your own ruler or scale to measure the size.**

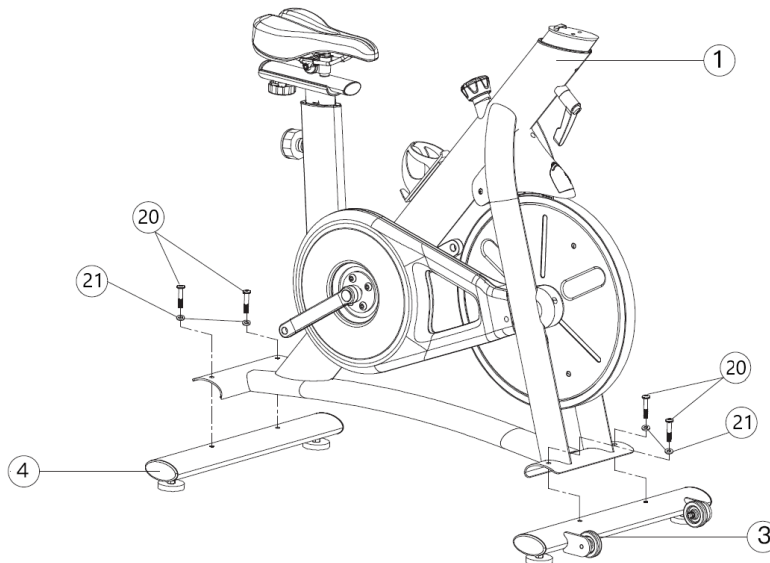


ID.	NAME		QTY.
(20)	BUTTON HEAD CAP SCREW (M8 * 45)		4
(22)	SOCKET HEAD CAP SCREW (M8 * 60)		2
(B)	BATTERY		1
(21)	FLAT WASHER		6
(24)	HANDLEBAR LOGO COVER		1
(T1)	WRENCH		1
(T2)	ALLEN WRENCH #5		1
(T3)	ALLEN WRENCH #6		1
(114)	SOCKET HEAD CAP SCREW (M6 * 16)		2

## ASSEMBLY INSTRUCTIONS

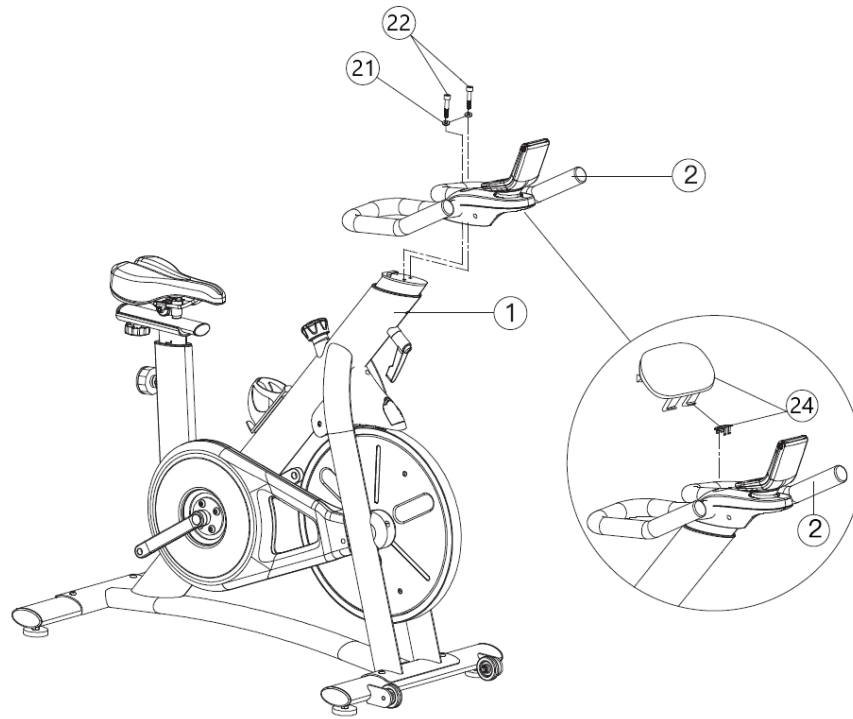
### Step 1

**Attach the front foot tube (3) and rear foot tube (4), using button head cap screws (20) with washers (21). Use the allen wrench #5 (T2).**



### Step 2

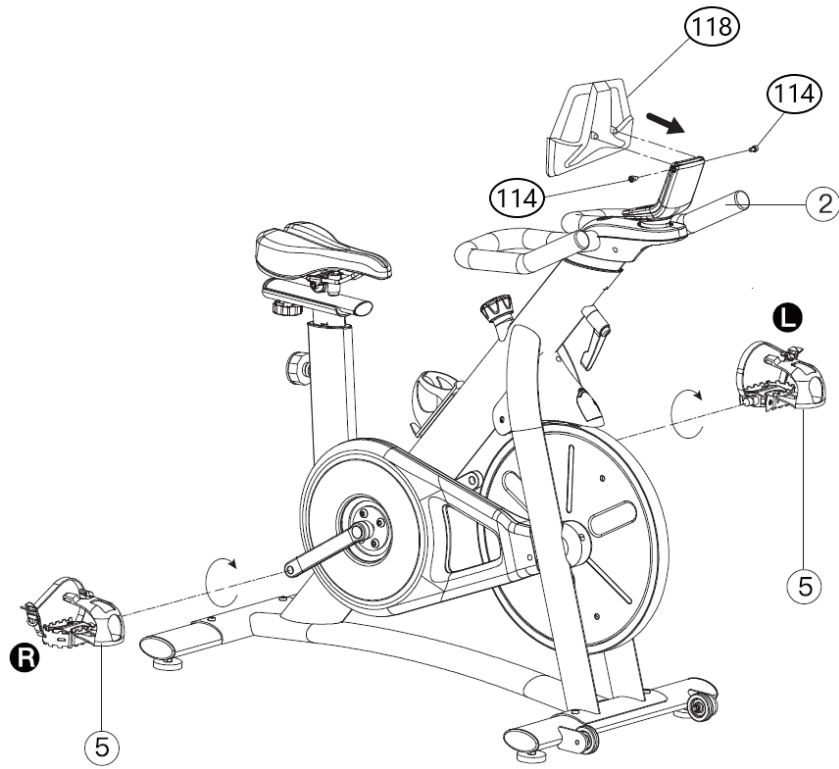
**Slide the handlebars (2) into position on the frame (1), secure with two socket head cap screws (22) with washers (21). Use the allen wrench #6 (T3). After tightening the cap screws insert the handlebar logo cover (24) into place as shown.**



Step 3

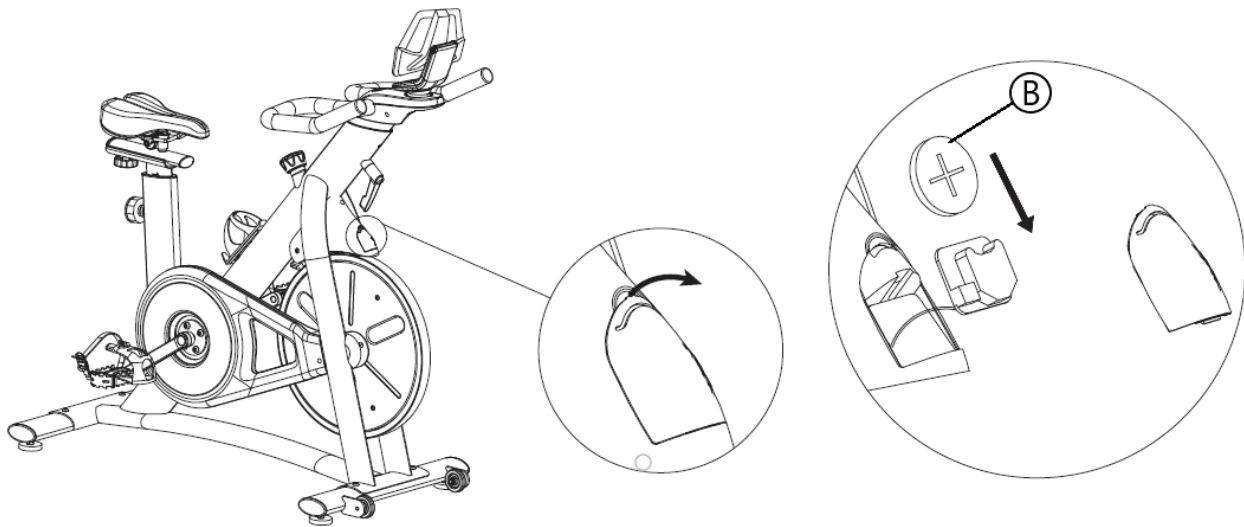
**Attach the right and left pedals (5), keep in mind when installing the left pedal that it has left-handed thread. Use the wrench (T1).**

**Attach the tablet mount (118) to the handlebars (2) using two socket head cap screws (114). Use the allen wrench #5 (T2).**



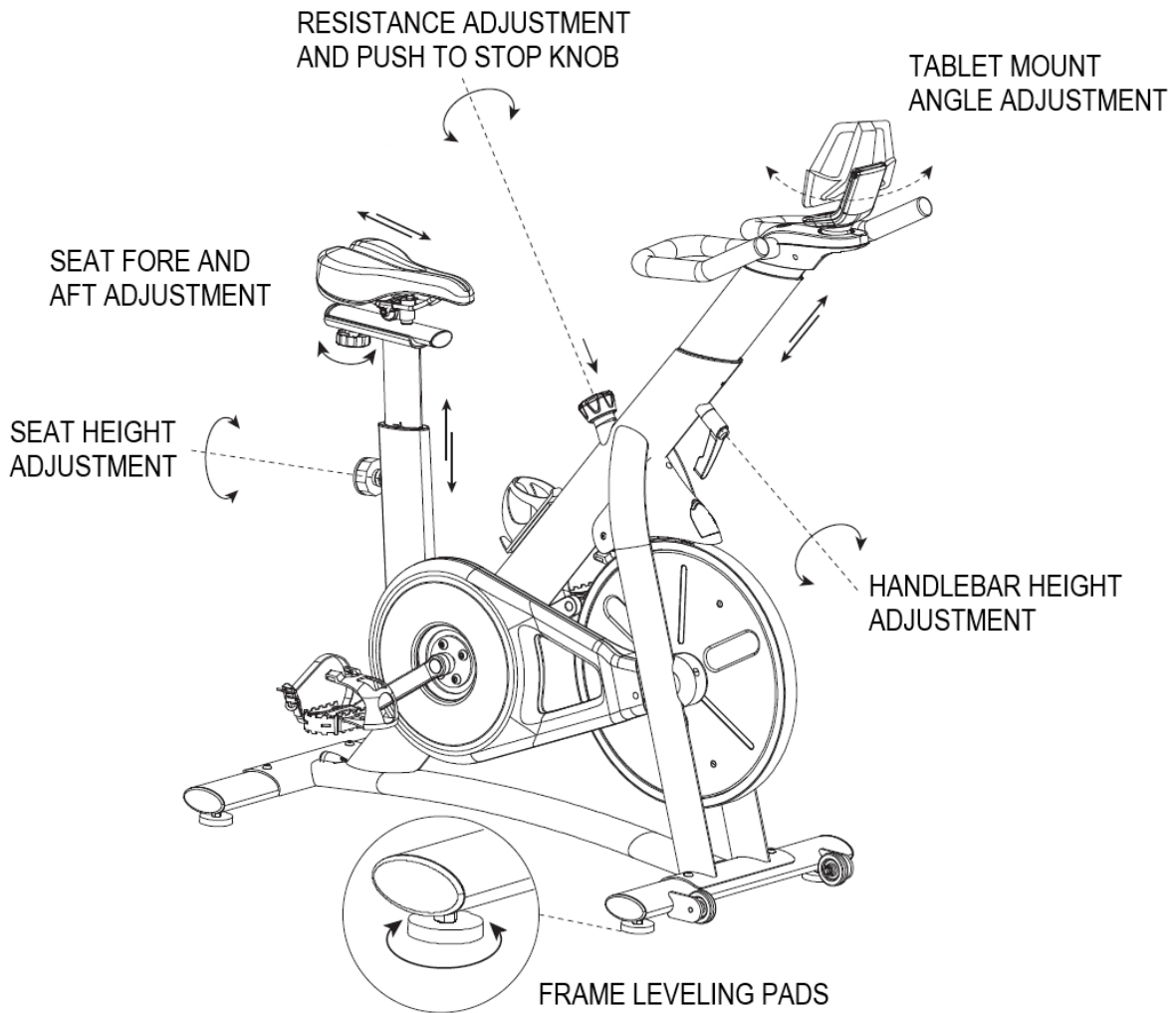
Step 4

**Remove the battery cover and carefully pull out the battery holder circuit board. Install the provided battery (B) into the circuit board. Then reinstall the circuit board and cover.**



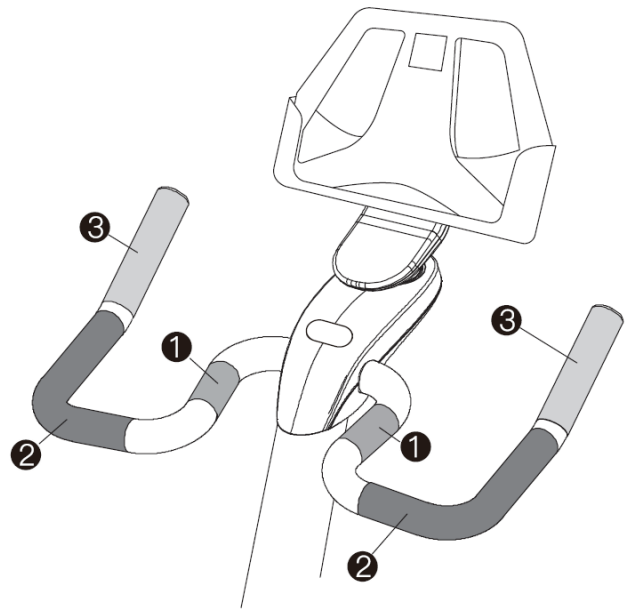
ADJUSTMENT FEATURES





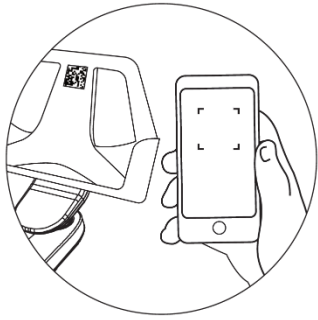
#### HANDLEBAR HAND POSITIONS

- Seated Flat – Hand Position 1 or 2
- Seated Climb – Hand Position 2
- Standing Flat – Hand Position 2
- Standing Climb – Hand Position 3
- Jumps – Hand Position 2



#### APP DOWNLOAD

Scan the QR code on the tablet mount and follow the directions on your device.



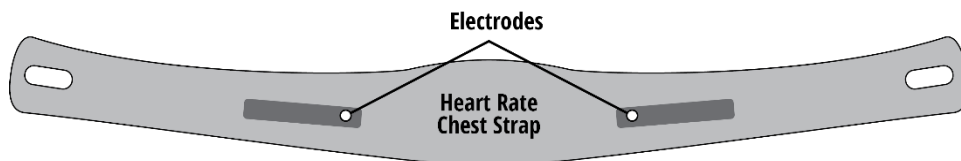
## USING A WIRELESS BLUETOOTH HEART RATE RECEIVER

In general, a wireless heart rate chest strap (not included) is the most accurate and convenient method of detecting and monitoring a heart rate signal. Occasionally, certain factors can negatively affect the accurate transmission of the heart rate signal. Wi-Fi networks, cordless telephones and large electrical appliances may degrade or corrupt the signal so that the rate appears erratic or impossibly high. The only remedy for such a symptom is to isolate the unit from potential disturbances. Additionally, a person's body chemistry or lack of perspiration can prevent the chest strap from providing a strong or accurate heart rate signal.

A wireless telemetry heart rate receiving system is one feature found on this unit. For the unit to detect and display your heart rate wirelessly, five (5) conditions must be present:

1. A compatible Bluetooth BLE or ANT+ heart rate transmitter must be functioning and worn. For proper function, please refer to the manufacturer's instructions.
2. The unit must have a functioning battery and be powered on by the user pedaling the unit.
3. The user is within three (3) feet of the unit.

For strong transmission of the heart rate signal, lightly wet the chest strap electrodes (the two molded, rectangular surfaces on the backside of the strap) and secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing. For detailed and model specific information, read and follow the heart rate manufacturer's instructions.



The chest strap will deliver an optimum heart rate reading when the electrodes are in direct contact with bare skin or in some cases, through wet, lightweight clothing. If necessary, moisten the chest strap electrodes by pulling the center of the chest strap away from the chest to expose the two electrodes.

## GENERAL NOTES

ANT, ANT+ and the ANT+ logo are trademarks of Garmin Switzerland GmbH. The Bluetooth® trademarks—including the BLUETOOTH word mark, the figure mark (the letter "B" and oval design), and the combination mark (Bluetooth word mark and design)—are owned by the Bluetooth SIG.

## REGULATORY INFORMATION

### Federal Communication Commission Interference Statement

**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 an individual 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 of the following measures:**

- **Reorient or relocate the receiving antenna.**
- **Increase the distance between the bike and the affected receiver.**
- **Consult the dealer or an experienced radio/TV technician for help. FCC Caution: To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.**

### FCC Radiation Exposure Statement

**This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. The antennas used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.**

### IC Statement

**This device complies with Industry Canada license-exempt RSS-210 standard. Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.**

### Hazardous Materials and Proper Disposal

**The batteries within self-powered equipment contain materials considered hazardous to the environment. Federal law requires proper disposal.**

### Product Recycling and Disposal

**This equipment must be recycled or discarded per applicable local and national regulations. Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive. In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to**

be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste. Always use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, contact Inspire Customer Support.

## WARRANTY

**This Warranty applies to Inspire cardio products manufactured or distributed by Inspire Fitness.**

### Inspire IC1.5 Warranty Periods

	RESIDENTIAL WARRANTY
FRAME Includes Main Frame and Welds	10 Years
PARTS Excluding Paint and Finish (unless defective out of box)	3 Years
LABOR	1 Year

Inspire Fitness warrants that the Product you have purchased for personal, family or household use from Health in Motion or from an authorized Inspire Fitness reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts such as paint and finish. This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the Product.

### Replacement and Repair of Parts

During the warranty period Inspire Fitness will, at no additional charge, repair or replace the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal personal, family, or household use. In repairing the product Inspire Fitness may replace defective parts with, at the option of Inspire Fitness, serviceable used parts that are equivalent to new parts in performance, or new parts. All exchanged parts and Products replaced under this warranty will become the property of Inspire Fitness. Inspire Fitness reserves the right to change manufacturers and or specification of any part to cover any existing warranty.

### Service Procedures

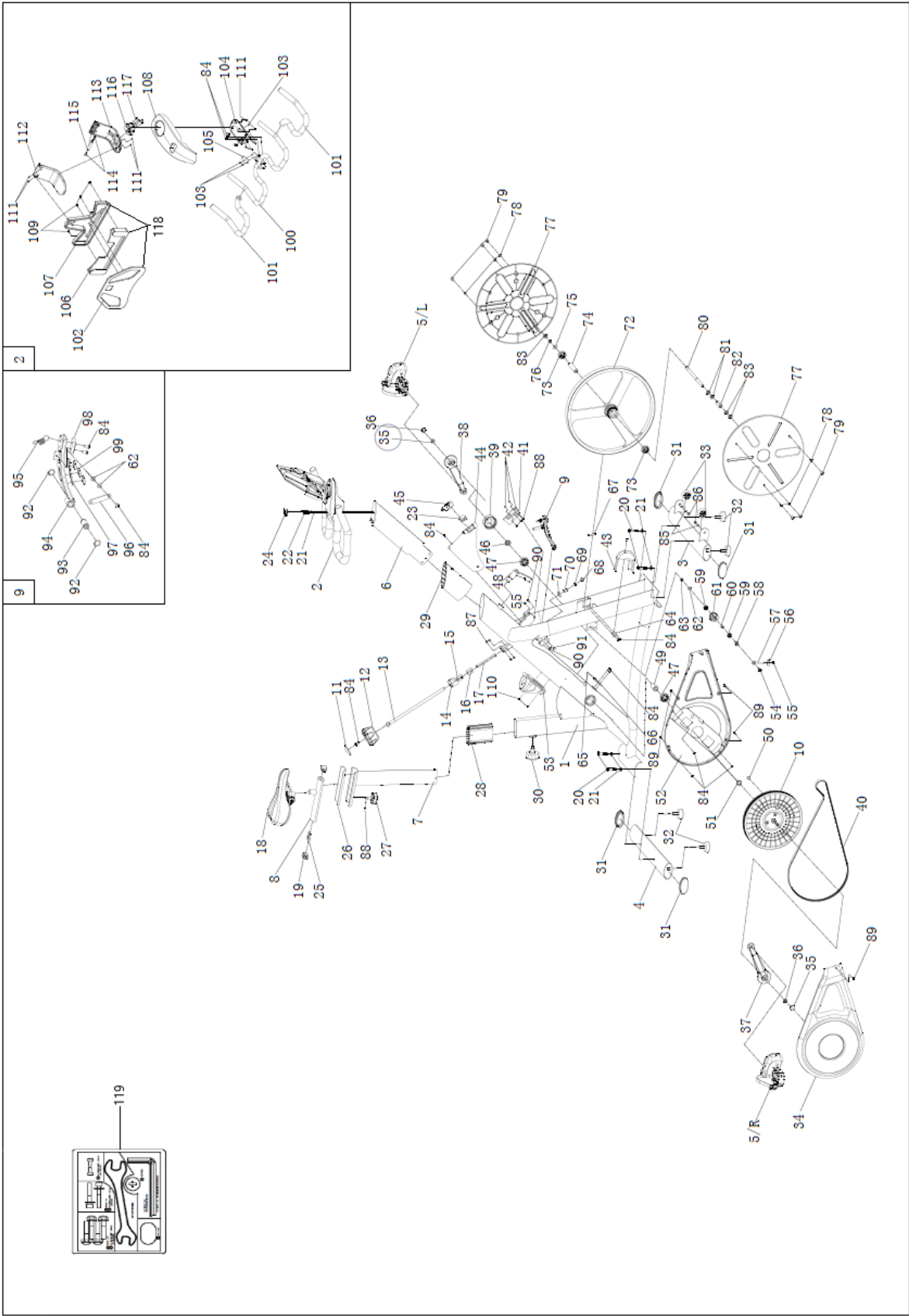
To obtain warranty parts, you must return the parts to Inspire Fitness or an authorized Inspire Fitness retailer in its original container (or equivalent). You must pre-pay any shipping charges,

**taxes, or any other charges associated with transportation of the Product. In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You must present Inspire Fitness with proof-of-purchase documents (including the date of purchase, Model, and Serial Number). Any evidence of alteration, erasing or forgery of proof -of-purchase documents will be cause to void this Warranty. Register your warranty online visit [www.inspirefitness.com](http://www.inspirefitness.com).**

#### Conditions and Exceptions

**This Warranty does not extend to any Product not purchased from Inspire Fitness or from an authorized Inspire Fitness reseller. This Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Inspire Fitness; (c) by modification of the Product; (d) as a result of service by anyone other than Inspire Fitness, or an authorized Inspire Fitness warranty service provider; (e) product that has not been properly maintained (follow maintenance schedule found on product). Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished, and the repair will be made if requested by you upon Inspire Fitness receipt of payment or acceptable arrangement of payment.**

IC1.5 EXPLODED VIEW



No.	SKU	Description	Qty.
1	BC423-200-010	main frame	1
2	BC423-320-006PZ	handlebar assembly	1
3	BC423-220-004	front stabilizer assembly	1
4	BC423-220-003	rear stabilizer assembly	1
5L/R	B465-340-001	Crank pedal right and left	1
6	BC423-320-007	handlebar post	1
7	BC423-320-005	seat post support	1
8	BC423-320-004	seat post free rail	1
9	BC423-340-001PZ	magnet holder assembly	1
10	BC423-380-001	crankshaft assembly	1
11	BC423-881-026	resistance knob cover	1
12	BC423-881-025	resistance assembly dial	1
13	BC423-561-024	resistance assembly bolt	1
14	BC423-881-009A	decoration cover	1
15	BC423-881-010	square nut-top	1
16	BC423-881-011	square nut-bottom	1
17	BC423-561-019	sleeve	1
18	BC423-400-003	seat	1
19	BC423-881-012B	plug	2
20	0117-208-004	socket cap screw	4
21	0116-608-008	arc washer	6
22	0113-208-458A	Hexagon socket button head screws	2
23	BC423-630-018/023	battery board(with button battery)	1
24	BC423-881-062	logo cover	1
25	BC423-321-009	adjustment plate	1
26	BC423-881-032A	slide plate	1
27	BC423-881-034A	adjustment knob	1
28	BC423-881-006A	tube sleeve	1
29	BC423-881-027A	tube sleeve	1
30	BC423-881-061	seat adjustment knob	1
31	BC423-881-014A	plug	4
32	BE920-881-011	rear foot pad	4
33	BC423-881-055A	transportation rollers	2
34	BC423-881-001	right shroud	1
35	BE480-881-005	cover	2
36	0110-410-592	flange nut	2
37	BC850-561-022	right crank	1
38	BC850-561-032	left crank	1
39	BC423-881-007A	bottom bracket cover	1
40	BC423-501-001	belt	1
41	BC423-630-017	PCB board	1
42	BC423-630-022	plastic washer	3
43	BC423-881-003	cover	1
44	BC423-881-004	PCB board cover -A	1
45	BC423-881-005B	PCB board cover -B	1
46	0110-720-101	nylon nut	1
47	0200-231-31C	bearing	2
48	BC423-881-035A	L knob	1
49	BC423-561-051	sleeve	1
50	BC423-561-027	magnet	1
51	BC423-561-055	space	1
52	BC423-881-002	left shroud	1
53	BC423-380-001A	water bottle holder	1
54	0110-708-028	nylon nut	1
55	0110-706-028	nylon nut	2
56	BC12-011-92A	U bracket	1
57	BC12-011-72B	tension bolt	1
58	BC423-561-011	axle	1
59	0171-600-03C	bearing	2

No.	SKU	Description	Qty.
60	BC423-561-031	press pulley sleeve	1
61	BC423-881-050	press pulley	1
62	0116-006-008	flat washer	3
63	0111-006-128A	hex bolt	1
64	BC423-321-010	fix plate	1
65	BC770-801-011	sensor holder	1
66	BC423-630-019/021	speed sensor with wire	1
67	BC423-881-008A	small cover	1
68	0110-308-008	acorn nut	1
69	0110-008-008	hex nut	1
70	BC423-561-028A	brake sleeve	1
71	BC423-561-018	square nut	1
72	BC423-561-012	flywheel with aluminum ring	1
73	0171-630-000	bearing	2
74	BC423-561-025	flywheel sleeve	1
75	0116-010-008	flat washer	1
76	0110-110-102	nut	1
77	BC423-881-022A	small cover -flywheel	2
78	0114-142-138	Cross recessed pan head tapping screws	6
79	BC423-881-023A	rubber plug	6
80	BC423-561-013	flywheel shaft	1
81	0110-010-101A	hex nut-thin	2
82	BC423-881-047	flywheel	1
83	0110-010-158	hex nut-thin	3
84	0113-105-108A	cross recessed pan head screw	15
85	0116-005-03	flat washer	2
86	0110-305-008	acorn nut	2
87	0113-105-058	cross recessed pan head screw	4
88	0113-104-110	cross recessed pan head screw	4
89	0114-142-198	Cross recessed pan head tapping screws	5
90	0113-105-158	cross recessed pan head screw	2
91	0113-206-458	Hexagon socket button head screws	1
92	0117-112-08	spring ring	2
93	BC423-561-016	axle	1
94	BC423-340-001	magnet holder	1
95	BC423-561-014A	tension spring	1
96	BC423-321-016	sensor fixture	1
97	BC423-881-024A	magnet cradle	1
98	BC423-881-019A	brake pad	1
99	BC423-561-015	magnet	2
100	BC423-320-006	handlebar	1
101	BC423-861-004	dipping grip	2
102	BC423-881-057A	lpad holder-front cover	1
103	0113-706-108	socket cap screw	3
104	BC423-881-031A	handlebar cover	1
105	BC423-321-015	plate	1
106	BC423-881-058A	iPad holder-middle cover	1
107	BC423-881-059A	iPad holder-rear cover	1
108	BC423-881-028	iPad holder base-top	1
109	0114-129-108	Cross recessed pan head tapping screws	4
110	0114-152-102	cross recessed pan head screws	2
111	0113-135-138	Cross recessed pan head tapping screws	8
112	BC423-881-053B	iPad holder support-upper	1
113	BC423-881-054A	iPad holder support-bottom	1
114	0113-206-004	socket cap screw	2
115	BC423-561-029A	rotation rivet	1
116	BC423-881-052A	support base	1
117	0114-142-108A	Cross recessed pan head tapping screws	4
118	BC423-880-057	lpad holder assembly	1
119	BC423-890-018	Hardware pack	1