

NOTE:  
Please read all  
instructions carefully  
before using this  
product.

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Assembly Instructions  
Parts list  
Exploded Diagram  
Warranty

MODEL  
IC 2

Retain This  
Manual for  
Reference

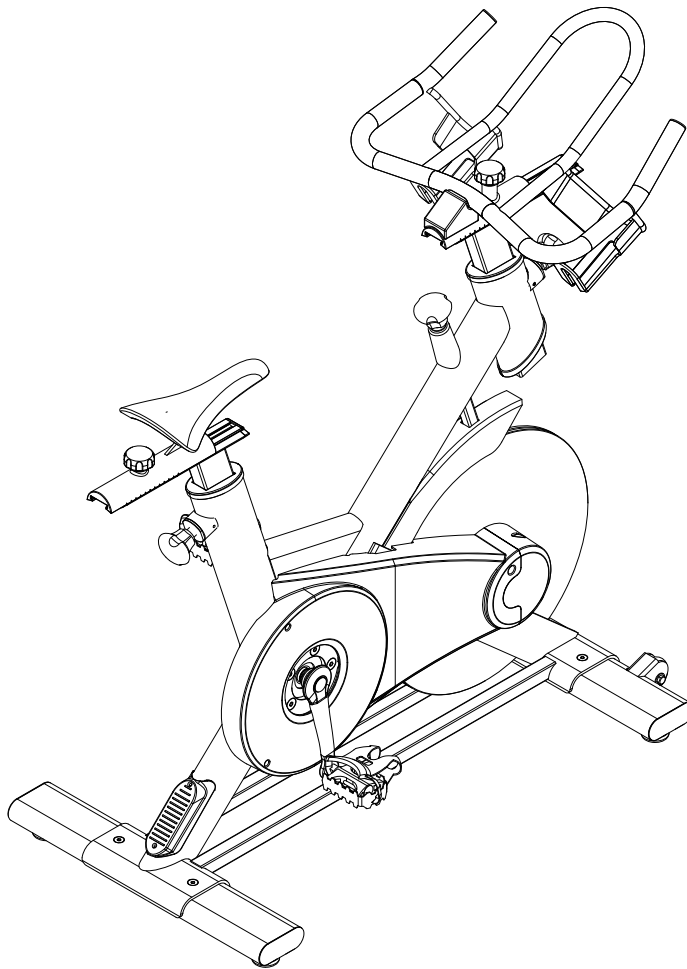
11-2015

OWNER'S  
MANUAL



# INSPIRE

*Indoor Cycle*  
*IC 2*



255 Airport Cir., Corona, CA 92880  
Tel:(877) 738-1729 Fax: (714) 738-1728  
[www.inspirefitness.com](http://www.inspirefitness.com)

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## Before You Begin

Thank you for selecting the INSPIRE 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.

# **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. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine. The mechanism 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 pedals while in use.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. 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.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the machine.
9. Disabled persons should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. Maximum user weight 300 lbs.

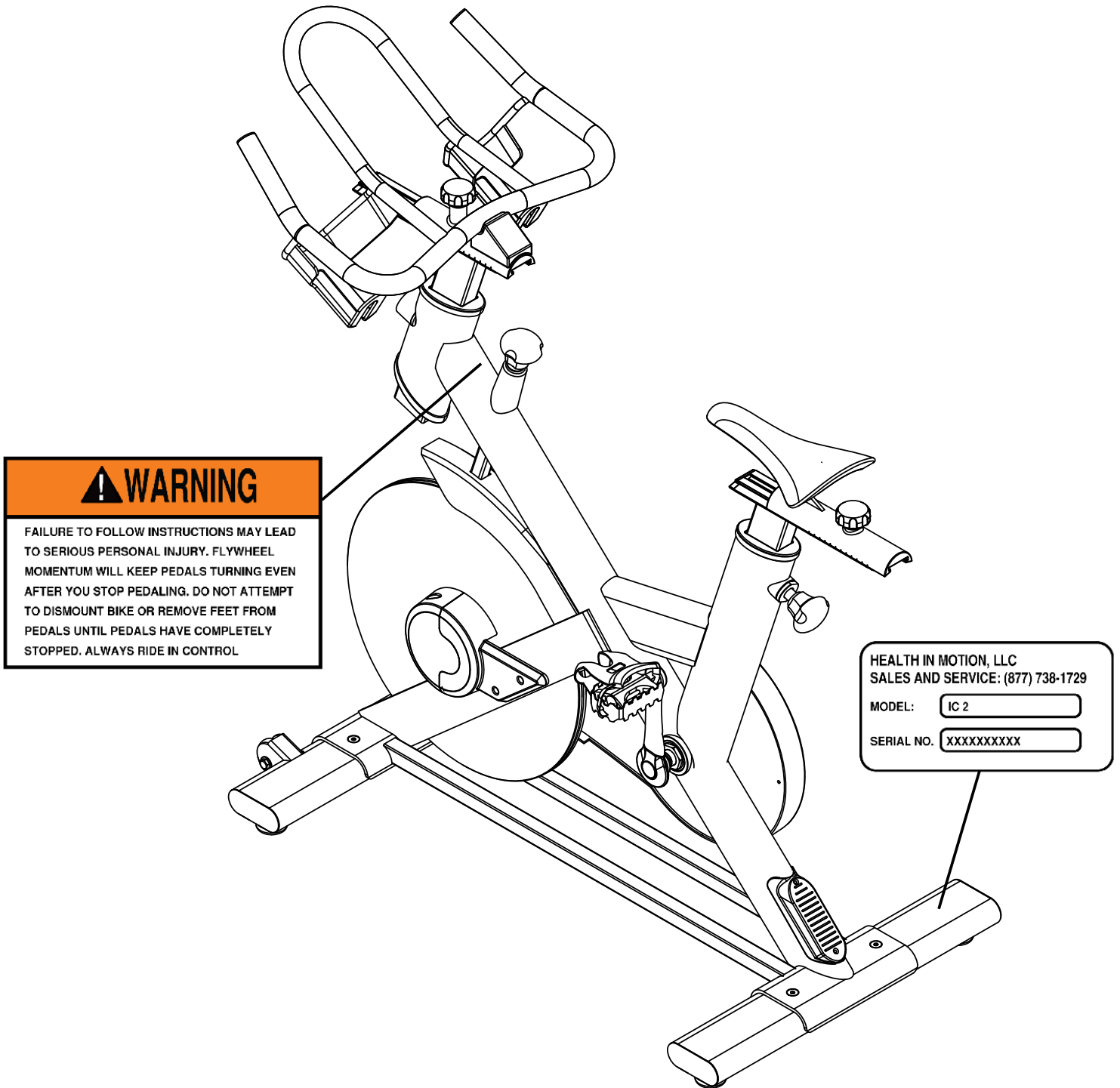
## **CARE AND MAINTENANCE**

1. Keep seat and handlebar sliders clean.
2. Lubricate the adjustment tubes by spraying a coat of WD40 and wiping it off, monthly.
3. Inspect and tighten all parts before using the machine.
4. 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. Neither Health In Motion, LLC. nor FG1, LLC. ASSUMES ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

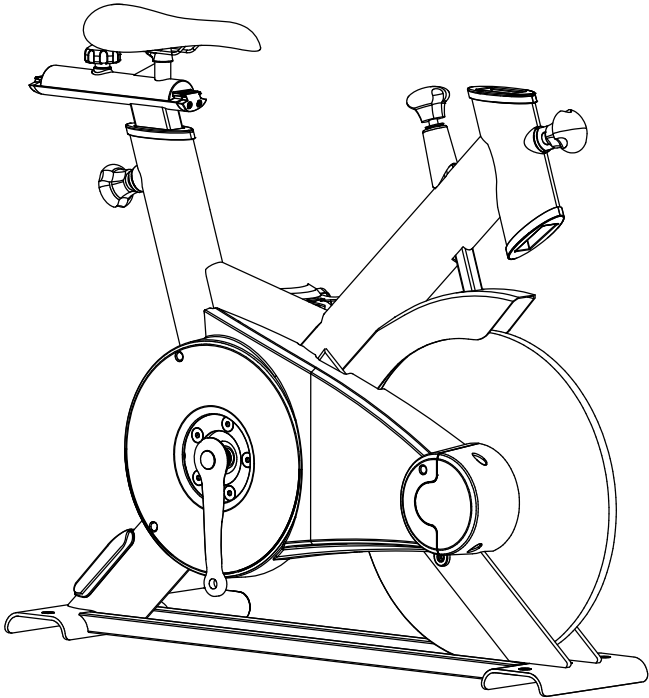
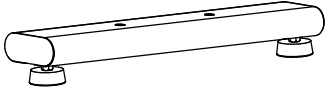
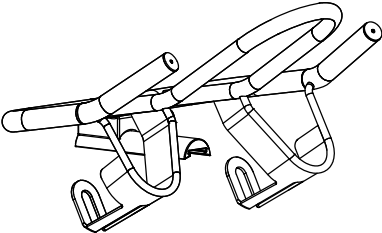
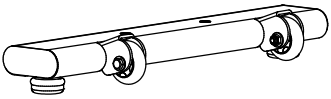
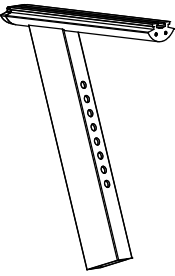

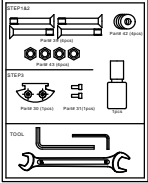


## Warning Label Placement



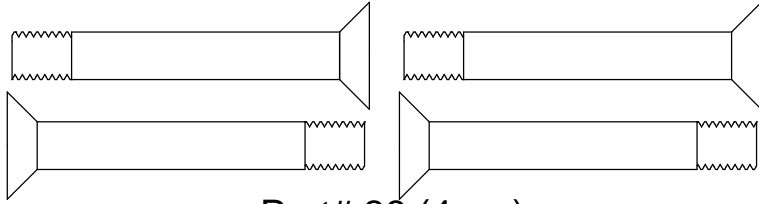
The warning label has been placed on the unit at the location shown. If the label is missing or illegible, please call customer service at 1-877-738-1729 for replacements. Apply the labels in the locations shown.

# Contents of Packaging

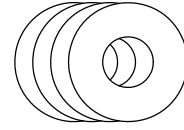
	<b>1</b>		<b>1</b>
	<b>1</b>		<b>1</b>
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			<b>1</b>

# Hardware Pack

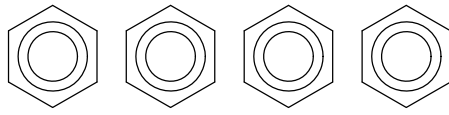
## STEP1&2



Part# 39 (4pcs)

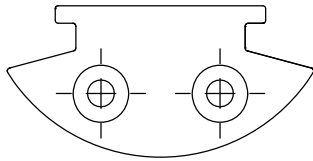


Part# 42 (4pcs)

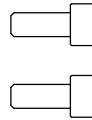


Part# 43 (4pcs)

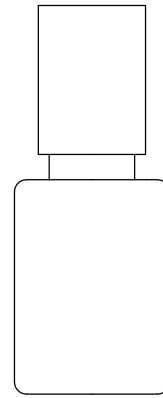
## STEP3



Part# 30 (1pcs)

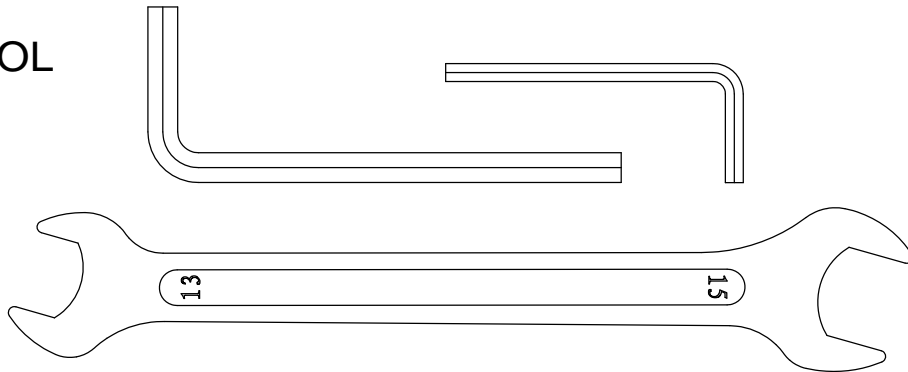


Part# 31(1pcs)

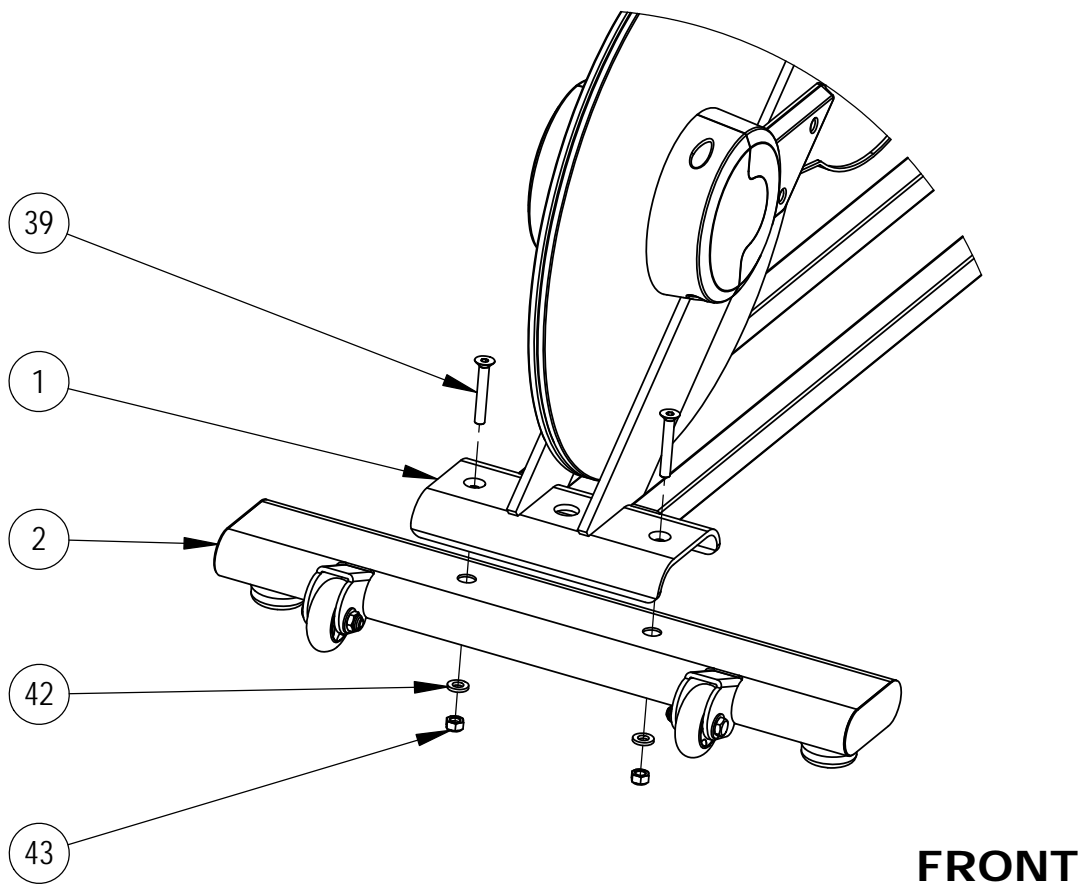
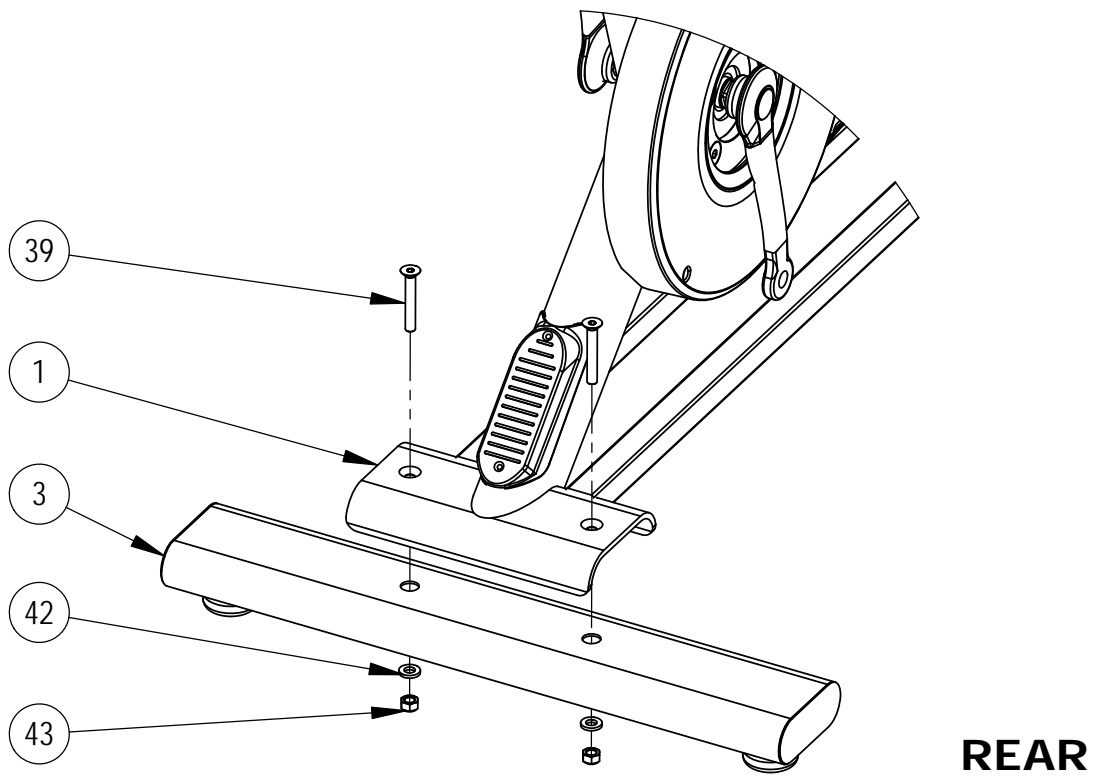


1pcs

## TOOL



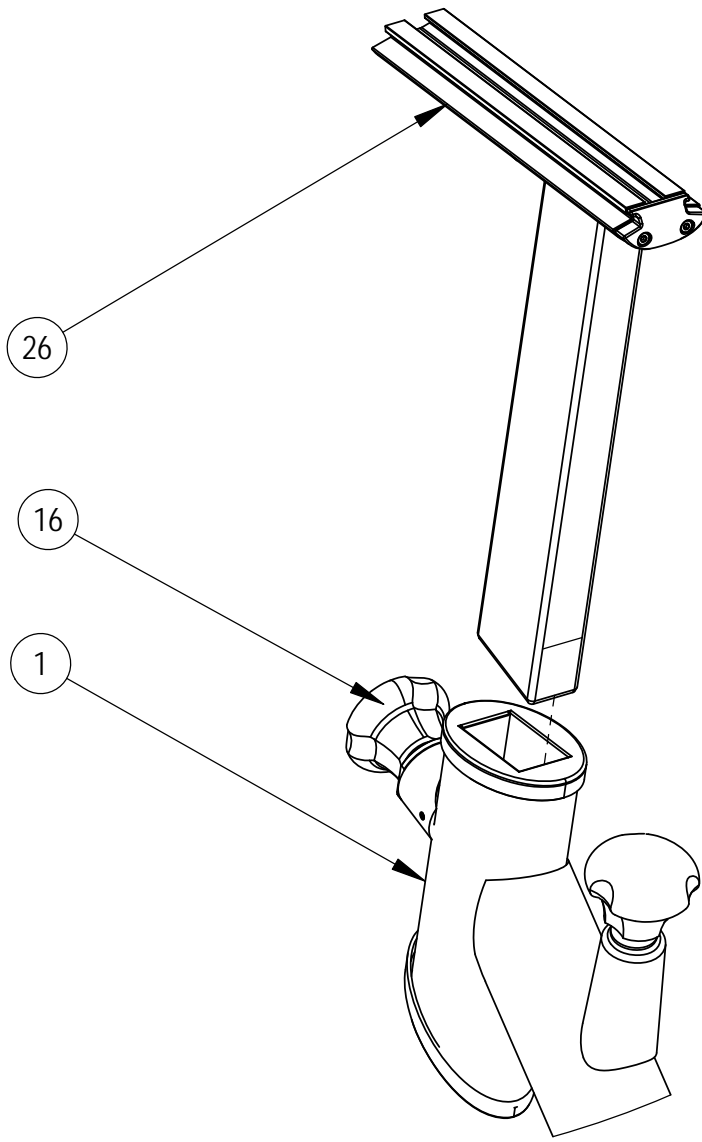
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure components.



### Step 1

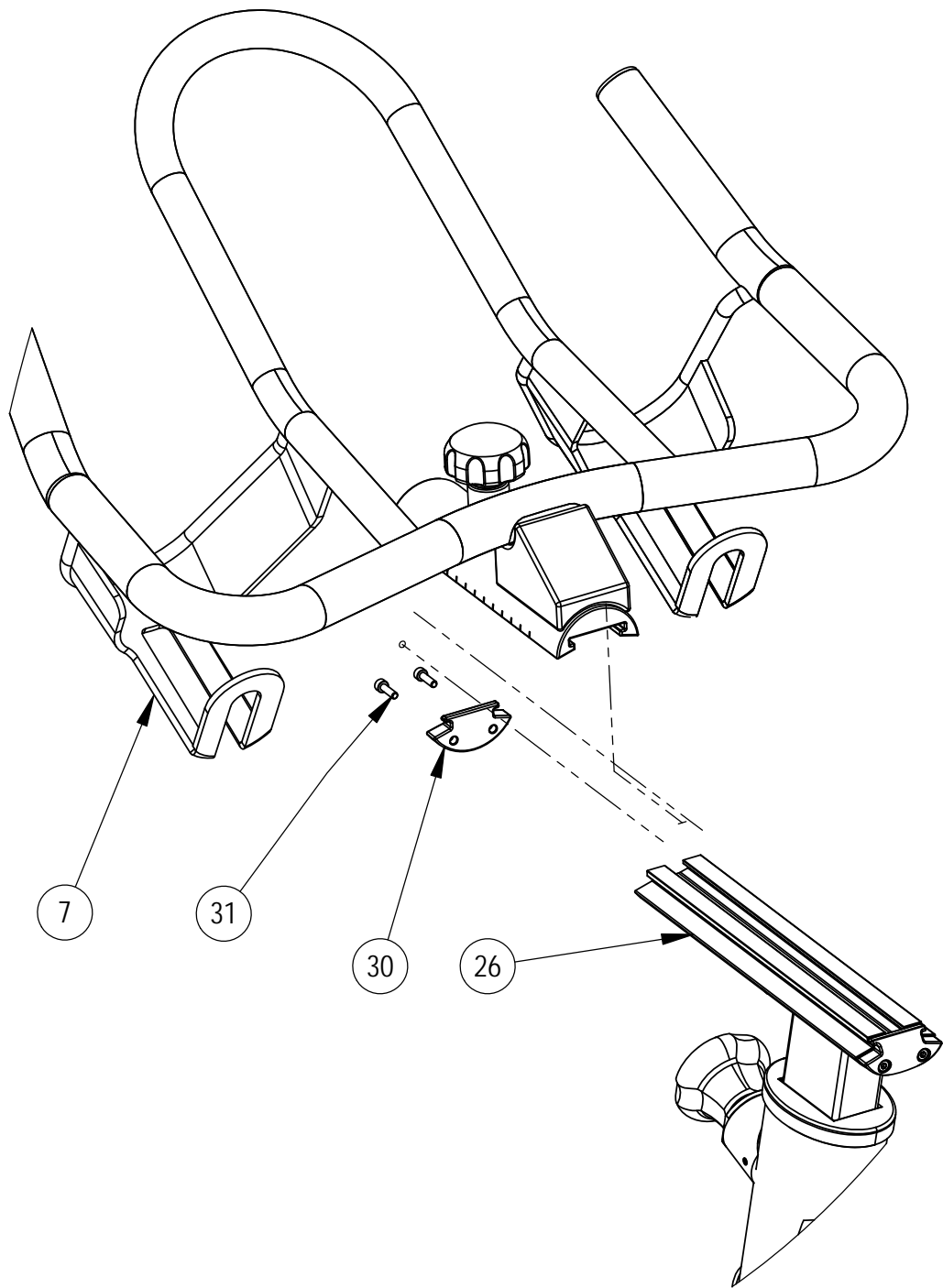
- A Install the Rear Stabilizer (3) onto the Main Frame (1) using 2-M8 Bolts (39), 2-M8 Washers (42), and 2-M8 Nuts (43).
- B Install the Front Stabilizer (2) onto the Main Frame (1) using 2-M8 Bolts (39), 2-M8 Washers (42), and 2-M8 Nuts (43).





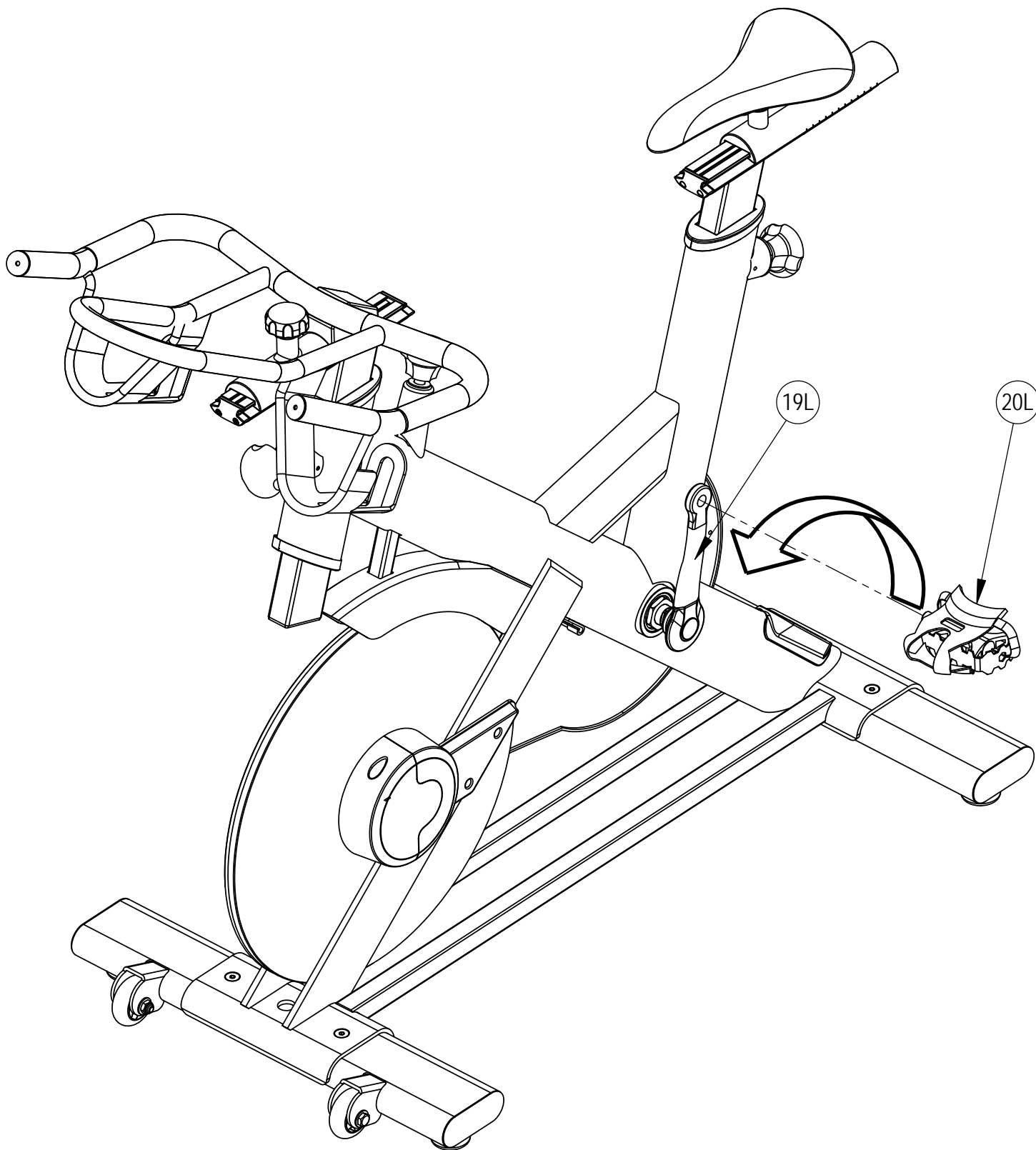
## Step 2

- A Insert the Handlebar Post (26) into the front of the Main Frame (1).
- B Lock down or loosen the Handlebar Post (26) by threading the Pop Pin (16).



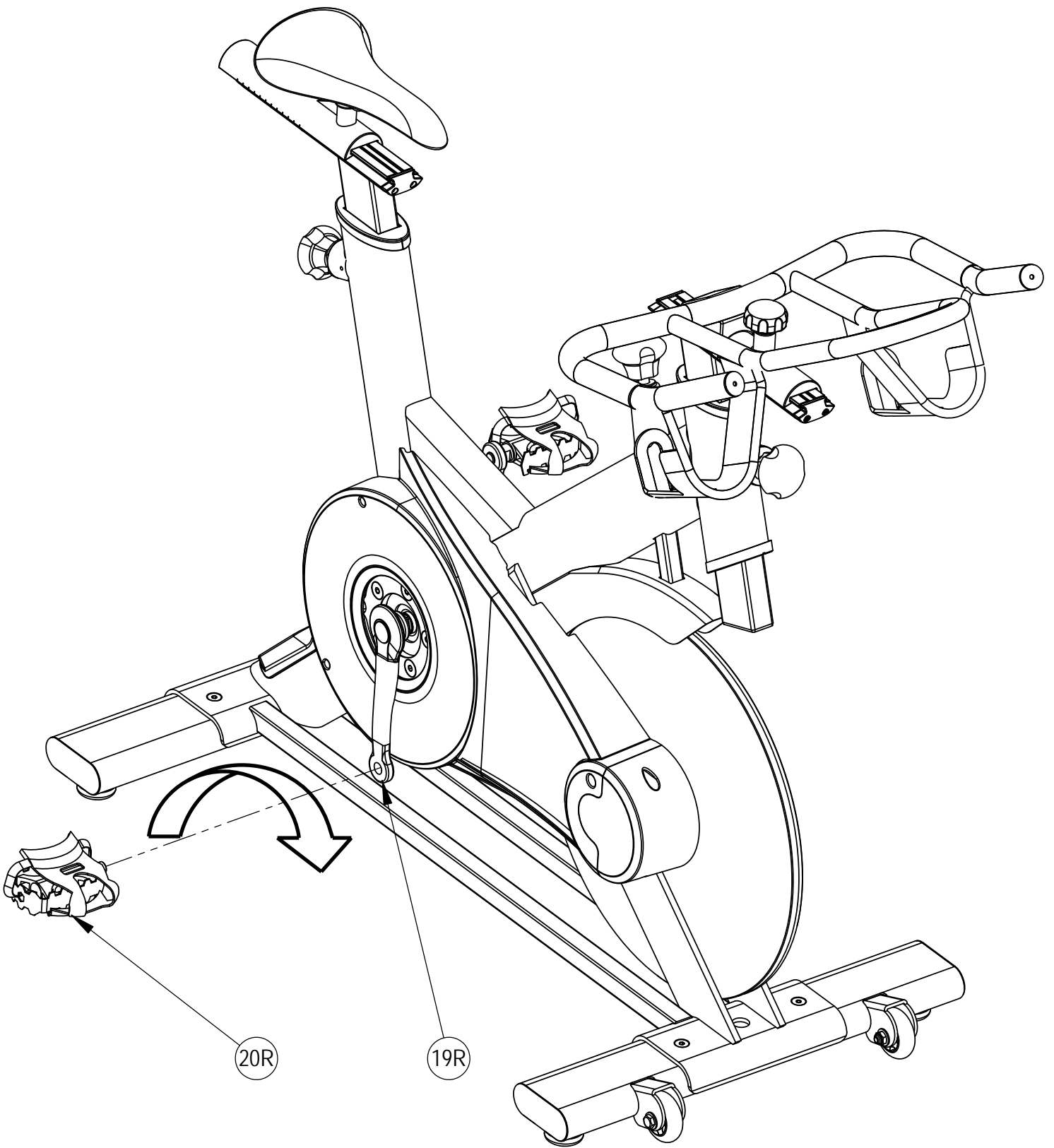
### Step 3

- A Insert the Handlebars (7) into the Lower Handlebar Post (26).
- B Attach the Handlebar Slider End Cap (30) using 2-M4 Bolts (31).



## Step 4

- A Attach the Left Pedal (20L) to the Left Crank (19L). Turn the threads **COUNTERCLOCKWISE** to install the Left Pedal(20L).



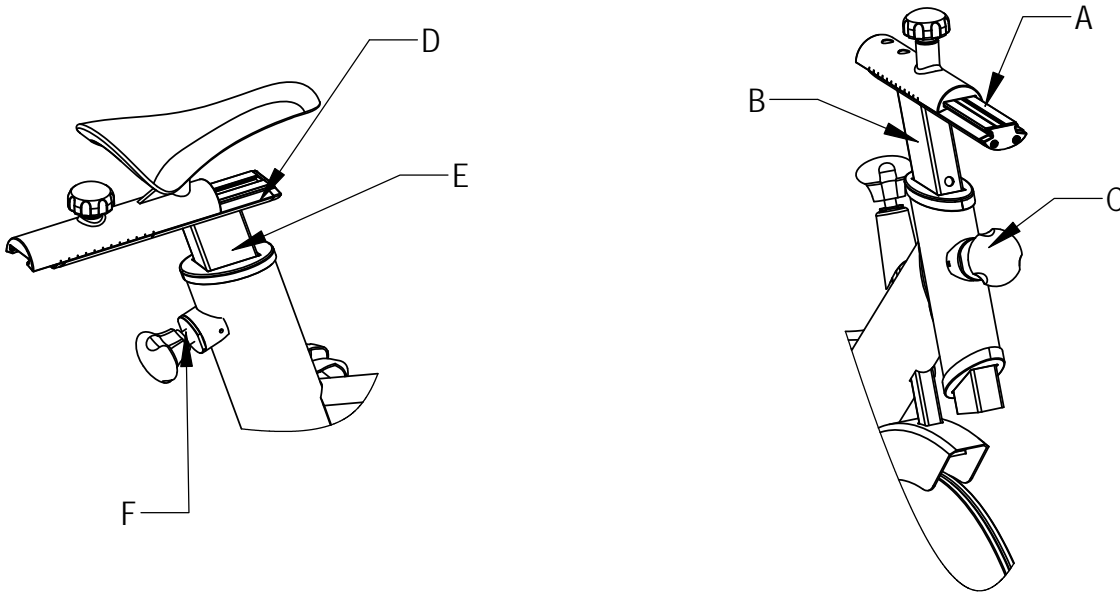
## Step 5

- A Attach the Right Pedal (20R) to the Right Crank (19R). Turn the threads **CLOCKWISE** to install the Right Pedal(20R).

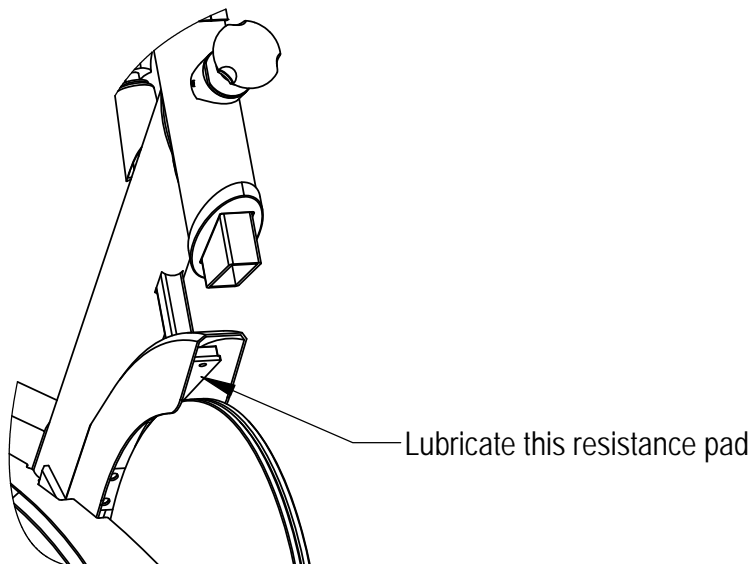
# Maintenance

## Monthly Maintenance

1. The adjustment tubes should be lubricated monthly to ensure smooth adjustability. Raise the Seat Post and Handlebar Post to their highest positions. Apply WD40 or a similar spray lubricant at locations A, B, D, and E. Rub the lubrication with a soft cloth. Unthread the pop pins shown at C and F on the picture. Lubricate the threads and wipe off any excess spray.



2. Apply lubrication to the resistance pad. We recommend using 3-in-1 Oil to lubricate the leather pad. Do **NOT** use any lubrication containing silicone. Make sure the brake pad is thoroughly oiled from end to end. Wipe off any excess oil.

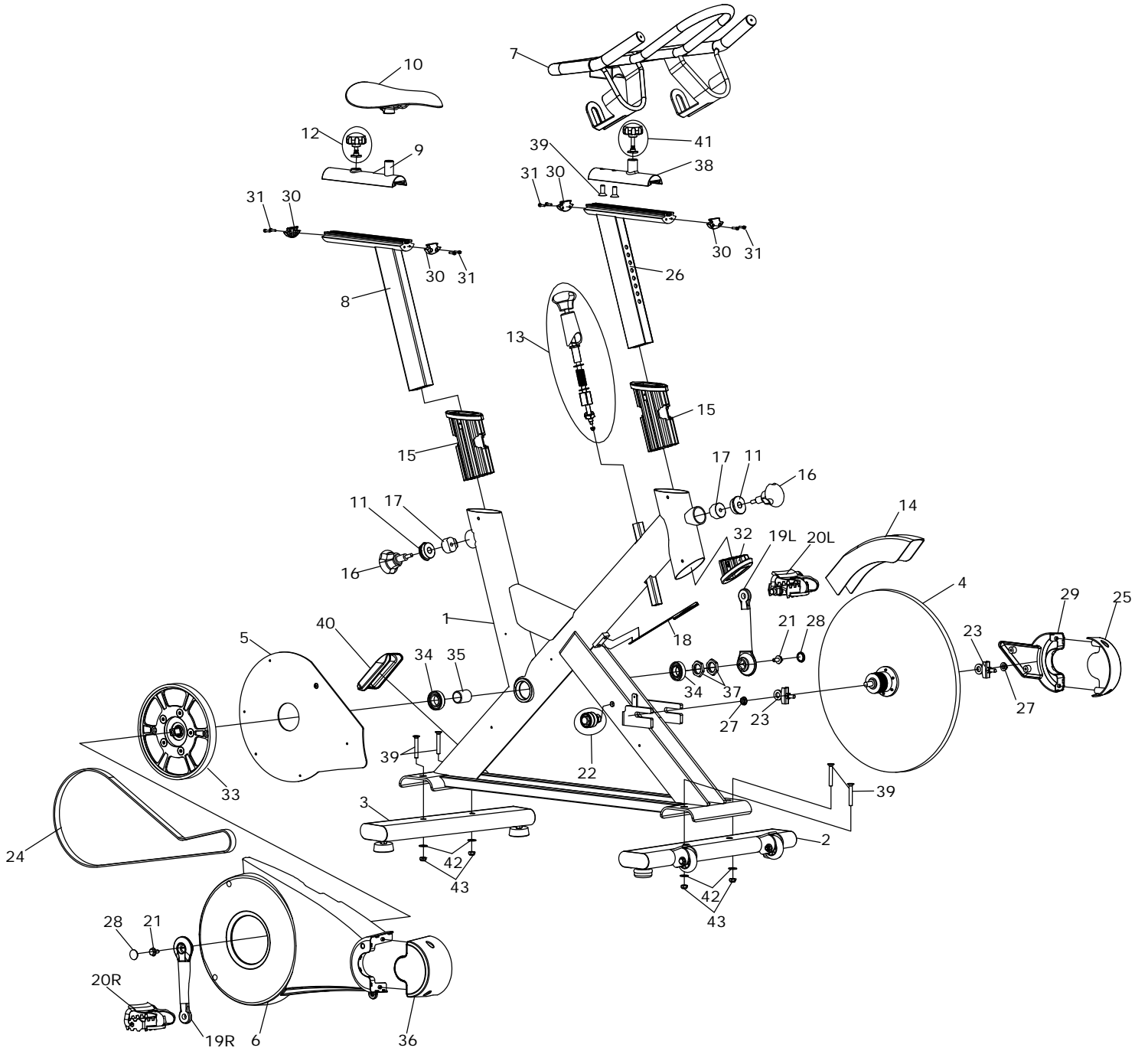


## Parts List

<b>Item #</b>	<b>Part No.</b>	<b>Description</b>	<b>Qty</b>
1	BC497-200-000	Main Frame Weldment	1
2	BC497-330-002PZ	Front Stabilizer	1
3	BC497-330-001PZ	Rear Stabilizer	1
4	BC496-561-003PZ	Flywheel Assembly	1
5	BC497-881-007PZ	Inner Shroud	1
6	BC497-881-001PZ	Outer Shroud	1
7	BC497-881-008	Handle Bar	1
8	BC497-560-001	Seat Post Weldment	1
9	BC497-560-002PZ	Seat Post Free Rail	1
10	BC495-401-001A	Seat Pad	1
11	BC497-561-003	Friction Plate Housing Nut	2
12	BC497-881-011PZ	Seat Lock Knob Assembly	1
13	BC496-881-003PZ	Resistance Assembly Dial	1
14	BC495-801-005PZ	Flywheel Shroud	1
15	BC497-881-012PZ	Upper Plastic Sleeve	2
16	BC497-881-009	Pop Pin	2
17	BC497-561-011	Friction Plate	2
18	BC495-881-002PZ	Resistance Pad Assembly	1
19L	BC850-561-012	Crank Pedal, L	1
19R	BC850-561-002	Crank Pedal, R	1
20L	BC495-340-001L	Pedal, L	1
20R	BC495-340-001R	Pedal, R	1
21	0111-208-251	Hex Flanged Bolt	2
22	0111-012-509PZ	Idler Assembly	1
23	BC496-561-004PZ	Belt Tensioning Assembly	2
24	BC496-561-007	Belt	1
25	BC497-881-004PZ	Left Shroud Cap	1
26	BC497-560-003	Handlebar Post Weldment	1

27	0110-412-599	Hex Flange Nut	2
28	BC20-221-41	Plastic Cap	2
29	BC497-881-003PZ	Shroud, L	1
30	BC497-881-005	Adjustable Rail End Cap	4
31	0113-204-109	Hex Bolt	8
32	BC495-881-013APZ	Lower Plastic Sleeve	1
33	BC496-561-010APZ	Crankshaft Assembly	1
34	0200-300-086	Crankshaft Bearing	2
35	BC497-561-005	Crankshaft Bearing Spacer	1
36	BC497-881-002PZ	Right Shroud Cap	1
37	BC496-561-014	Crankshaft Locknut	2
38	BC497-560-004PZ	Handlebar Rail, Free	1
39	0113-310-259	Hex Bolt	2
40	BC497-881-006PZ	Calf Stretcher	1
41	BC497-881-010PZ	Handlebar Adjustment Knob	1
42	0116-008-009	Flat Washer	4
43	0110-708-029A	Lock Nut	4
44	BC497-891-002PZ	Hardware Pack	4

# Exploded View





# INSPIRE

## Warranty

This Warranty applies to Inspire Cardio products manufactured or distributed by FG1 LLC.

### RESIDENTIAL WARRANTY:

#### 10 YEAR FRAME:

Includes Main Frame and Welds

#### 3 YEAR PARTS:

Excluding Paint and Finish (unless defective out of box)

#### 1 YEAR LABOR

### LIGHT COMMERCIAL WARRANTY:

#### 10 YEAR FRAME:

Includes Main Frame and Welds

#### 1 YEAR PARTS:

Excluding Paint and Finish (unless defective out of box)

#### 1 YEAR LABOR

FG1, LLC. warrants that the Product you have purchased for personal, family or household use from FG1 LLC or from an authorized FG1 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 FG1 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 FG1 may replace defective parts with, at the option of FG1, 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 FG1. FG1 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 FG1 or an authorized FG1 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 FG1 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 FG1 LLC or from an authorized FG1 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 FG1; (c) by modification of the Product; (d) as a result of service by anyone other than FG1, or an authorized FG1 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 FG1 receipt of payment or acceptable arrangement of payment.

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