

Horizon DUAL ACTION ERGOMETER

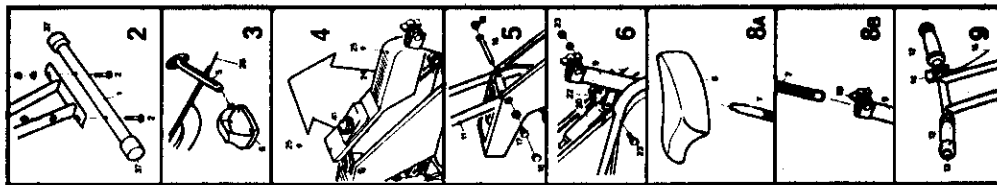
Assembly Instructions

IMPORTANT! Read all instructions carefully before beginning assembly.

1. Unpack carton. Check parts list to make sure all parts are included.
2. Position Crosbar (1) as shown, and attach with Bolts and Nuts (2) to the back of the Frame (3).
3. Thread the Right Pedal (4) onto the right side of the Crank (5) and tighten. Repeat on the left side with the Left Pedal (6).
4. Take the Screws (25) out of the Shock/Timer Hood (24) and remove the Hood.
5. Line up the Pivot Shaft (11A) on the Handlebar (11) and the hole in the Meter Hood (19) and push the Pivot Rod (16) through. Screw in the Bolt and Washer (17) and snap on the Hood Caps (18).
6. Put the end of the Hydraulic Shock (20) in the Shock Bracket (22) and insert the Bolt, Washer, and Nut (23).
7. Replace the Shock/Timer Hood (24) and put the Screws (25) back in.
8. Insert the Seat Post (7) into the Seat (8) and tighten the nut. Push the Seat and Seat Post into the Seat Tube (9) and tighten the Wingnut (10). (Seat Post must be at least 2 inches or 5 cm deep.)
9. With the screw out, snap the Resistance Control Knob (14) on the right side of the Handlebar (11). Insert screw and tighten to secure in place.
10. Make sure all nuts and bolts are tightened before using the Dual Action Ergometer.

NOTE:
The surface of the Flywheel (34) has been coated with an anti-corrosive wax to avoid rusting during transportation and storage. To achieve maximum efficiency in use, remove the coating with the enclosed piece of sandpaper. Simply loosen the Adjustment Screw (35) and remove the Brake Shoes (32 & 33) before polishing. After polishing is completed, replace the Brake Shoes and tighten the screw.

FOR BEST USE:
The Horizon Dual Action Ergometer is a precision exercise machine with accurate gauges for the measurement of pedaling effort and crank torque.
For optimum efficiency and precise gauge operation, calibration (which can be done by most bike shops and exercise equipment dealers) is recommended.



Model 7721

DUAL ACTION ERGOMETER Parts List

No.	Description	Qty.
1	Crosbar	1
2	Bolt, Washer, & Nut	2 sets
3	Main Frame	1
4	Right Pedal	1
5	Crank	1
6	Left Pedal	1
7	Seat Post	1
8	Seat	1
9	Seat Tube (1 On frame)	1
10	Clamp and T. Wingnut	1
11	Handlebar w/Pivot Shaft (11A)	1
12	Hand Grips	2
13	Cap Ends	2
14	Resistance Control Knob	1
15	Resistance Control Cable	1
16	Pivot Rod	1
17	Bolt and Washer	1 set
18	Hood Caps	2
19	Meter Hood	1
20	Hydraulic Shock	1
21	Bolt and Nut	1 set
22	Shock Bracket (1 On frame)	1
23	Bolt, Washer, & Nut	1 set
24	Shock/Timer Hood	1
25	Hood Mounting Screws	4
26	Chain	1
27	Right Chain Guard Set	1
28	Left Chain Guard Set	1
29	Brake Bracket	1
30	Right Brake Bracket Control Bar	1
31	Left Brake Bracket Control Bar	1
32	Right Brake Shoe	1
33	Left Brake Shoe	1
34	Flywheel	1
35	Brake Adjustment Screw	1
36	Front Rubber End Cap	2
37	Rear Rubber End Cap	2
38	Plastic Bolt Cover	2
39	Bolt, Washer, & Nut	2 sets
40	Speedometer	2
41	Turner	1
42	Weight Meter	1
43	Water Drain	1
44	Wrench	1

Replacement parts may be ordered quickly and easily from the Weslo Factory offices. If you need to order parts, please call Weslo Customer Service toll-free at 800-824-3109 (or in Canada, 800-824-8949) during regular business hours: 8 a.m.-5 p.m. Mountain Standard Time.

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KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
1	006004	CROSSBAR	1
2	012011	CARRIAGE BOLT	2
3	NSP	FRAME	1
4	038006	RIGHT PEDAL W/STRAP	1
5	.	CRANK	1
5	.	IS THERE A PEG ON YOUR	0
5	.	CRANK THAT INSERTS INTO	0
5	.	THE SPROCKET?	0
5	.	YES	0
5	.	023019 CRANK	1
5	.	024003 SPROCKET	1
5	.	NO	0
5	.	023018 CRANK	1
5	.	024011 SPROCKET	1
6	038005	LEFT PEDAL W/STRAP	1
7	.	SEAT POST	1
7	.	IS THERE A PLATE WELDED	0
7	.	ON YOUR SEAT POST?	0
7	.	YES	0
7	.	007037 POST	1
7	.	042005 SEAT	1
7	.	NO	0
7	.	007003 POST	1
7	.	042004 SEAT	1
7	.	008048 SEAT BRACKET	1
8	.	SEE #7	0
9	.	SEAT TUBE (ON FRAME)	0
10	016001	CLAMP	1
11	001006	HANDLEBAR W/PIVOT	1
12	041001	HAND GRIP	2
13	040004	HAND GRIP CAP	2
14	072006	RESISTANCE KNOB & CABLE	1
15	028001	SPEEDOMETER DRIVE	1
16	049004	PIVOT ROD	1
	.	(NOTE: EACH PIVOT ROD IS	0
	.	SENT WITH EACH #17)	0
17	.	BOLT, WASHER & BOLT	1
17	.	013020 BOLT	1
17	.	014003 WASHER	1
17	.	013400 BOLT	1
18	040124	HOOD CAP	2
19	009005	METER HOOD	1
20	043001	HYDRAULIC SHOCK	1
21	013010	BOLT	1
22	012002	NUT	1
23	013010	BOLT	1
24	009003	SHOCK/TIMER HOOD	1
25	013028	HOOD MOUNTING SCREW	1
26	025002	CHAIN	1
27	010007	RIGHT CHAIN GUARD SET	1
28	010008	LEFT CHAIN GUARD SET	1
29	008002	BRAKE BRACKET	1
30	072003	RIGHT BRAKE CONTROL BAR	1
31	072002	LEFT BRAKE CONTROL BAR	1

MODEL NUMBER: EB7721

MODEL/PART BOOK LISTING

PAGE 2

VERSION: 00

INI023P1

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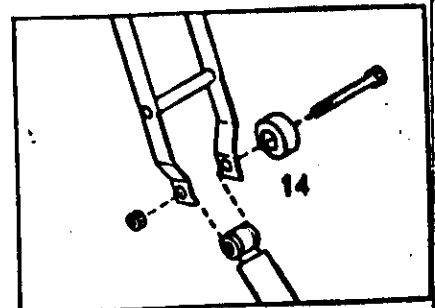
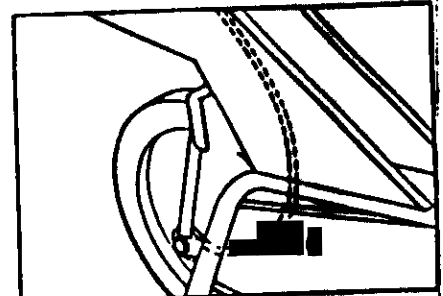
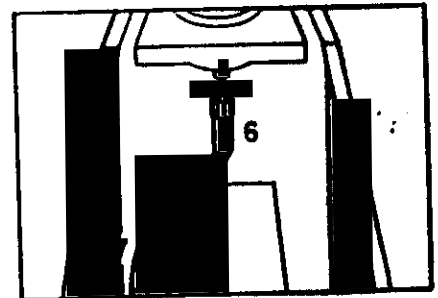
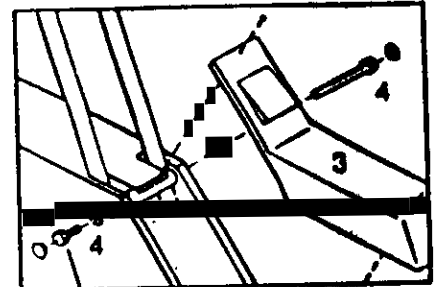
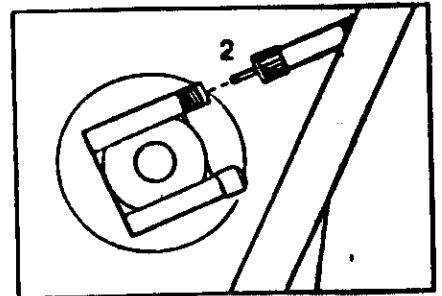
KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
32	036001	RIGHT BRAKE SHOE	1
33	036002	LEFT BRAKE SHOE	1
34	021007	FLYWHEEL	1
35	013019	BRAKE ADJUSTMENT SCREW	1
36	040008	FRONT RUBBER ENDCAP	2
37	040006	BACK RUBBER ENDCAP	2
38	017010	PLASTIC BOLT COVER	2
39	013018	BOLT	1
40	027006	SPEEDOMETER	1
41	029001	TIMER	1
42	037001	NEWTON METER ASSEMBLY	1
	.	034007 METER FRAME	1
	.	073003 PLASTIC COVER	1
	.	034006 CLOTH CHART	1
	.	034009 FRONT ROLLER	1
	.	034008 BACK ROLLER	1
	.	034004 SPRING CLIP	2
	.	044011 DECAL	1
43	.	SEE #42	0
44	070080	AXLE ASSEMBLY	1
#	014006	MULDED WASHER	2
#	012001	ACORN NUT	2
#	013001	BOLT	1
#	014041	WASHER	1
#	017001	T-WINGNUT	1
#	019022	BUSHING FOR PIVOT	2
#	044017	RIGHT DECAL	1
#	044018	LEFT DECAL	1
#	014041	WASHER	1
#	013141	SHORT SCREW	5
#	044009	RIGHT CHAIN GUARD DECAL	1
#	044010	LEFT CHAIN GUARD DECAL	1
#	013021	CHAIN GUARD SCREW	4
#	014003	WASHER	2
#	012004	NUT	1
#	019007	SPACER	1
#	026005	SPEEDOMETER CABLE	1
#	017025	TIMER KNOB	1
#	.	QUESTION	1
#	.	IS THERE A SPRING OR	0
#	.	SMALL SHOCK FOR THE	0
#	.	NEWTON METER?	0
#	.	058003 SPRING	1
#	.	043011 SHOCK	1
#	019174	FRAME BUSHING	2
#	019077	SHOCK BUSHING	2
#	025012	FLYWHEEL BELT	1
#	045004	SOCKET/DRIVER/WRENCH 2 PC	1
#	024001	FLYWHEEL SPROCKET	1
#	046021	OWNERS MANUAL	1

EB7721
Horizon Dual-Action Ergometer
Sears model number 29123

Speedometer Cable
Replacement Guide

Read through all steps before beginning. A phillips-head screwdriver and two adjustable wrenches are required to make repair.

1. Remove the front section of the Left Chain Guard by unscrewing the three small Screws.
2. Unscrew the Finger Nut on the Speedometer Cable and remove the Cable from the Speedometer Drive.
3. Remove the Shock Hood by unscrewing the two small Screws.
4. Pry the plastic Hood Caps off and remove the Pivot Rod from the Handlebar Pivot Shaft.
5. Pull the Handlebar back and lean it against the Seat.
6. Reach into the Hood and unscrew the Finger Nut on the Speedometer Cable and remove the Cable from the Speedometer.
7. Pull the Speedometer Cable from the Cable Clip and discard the Cable.
8. Attach the new Speedometer Cable to the Speedometer. NOTE: The Speedometer Cable has a long metal piece on one end, and a short metal piece on the other end. Attach the short metal piece to the Speedometer.
9. Push the Speedometer Cable into the Cable Clip and press the Clip closed.
10. Feed the Speedometer Cable through the Left Chain Guard and attach the end to the Speedometer Drive.
11. Replace the front section of the Chain Guard with the three small Screws.
12. Pull the Handlebar all the way forward and lay it on the front of the Hood.
13. Remove the Bolt and Nut connecting the Handlebar to the Shock. Discard the Bolt.
14. Place the white Spacer on the new Bolt. Insert the Bolt through the Handlebar and Shock and tighten it with the Nut. NOTE: the white Spacer MUST be on the RIGHT side of the Handlebar.
15. Reposition the Handlebar and insert the Pivot Rod into the Handlebar Pivot Shaft, tightening the Nut onto the end.
16. Replace the plastic Hood Caps.
17. Replace the Shock Hood with the two small Screws.



EB7721

04-13-87 GVB

REF. NUMBER	DESCRIPTION	ORDER NUMBER	PRICE
1	CROSS BAR	006003	1.82
2	BOLT, WASHER & NUT	070019	2.98
3	BIKE FRAME	004005	38.74
4	RIGHT PEDAL	038006	1.19
5	CRANK	023002	5.65
6	LEFT PEDAL	038005	1.19
7	SEAT POST	007003	4.04
8	SEAT	042004	5.73
9	SEAT TUBE	ON FRAME	
10	CLAMP & "T" WINGNUT	070017	2.75
11	HANDLEBAR W/PIVOT	001006	10.76
11A	BUSHING FOR PIVOT	019022	1.24
12	HANDGRIPS	041001	1.68
13	CAP ENDS	040004	.11
14	RESTNCE CNTRL KNOB	072006	4.13
15	RESTNCE CNTRL CABLE	072006	4.13
16	PIVOT ROD	049004	1.09
17	BOLT & WASHER	070018	.11
18	HOOD CAPS	040011	.22
19	METER HOOD	009005	4.52
20	HYDRAULIC SHOCK	043001	13.68
21	BOLT & NUT	013052	.27
22	SHOCK BRACKET	ON FRAME	
23	BOLT, WASHER & NUT	070020	2.75
24	SHOCK/TIMER HOOD	009007	6.59
26	HOOD MNTG SCREWS	013016	.22
27	R CHAIN GUARD SET	010007	5.53
28	L CHAIN GUARD SET	010008	5.53
29	BRAKE BRACKET	008002	.99
30	R BRAKE BRKT CNTRL	072003	2.66
31	L BRAKE BRKT CTRL	072002	2.66
32	RIGHT BRAKE SHOE	036001	6.02
33	LEFT BRAKE SHOE	036002	6.02
34	FLYWHEEL	021007	30.57
35	BRAKE ADJ. SCREW	016006	1.29
36	FRNT RUBBER END CAP	040001	.27
37	BACK RUBBER END CAP	040006	.27
38	PLASTIC BOLT COVER	017010	.69
39	BOLT, WASHER & NUT	070054	.60
41	TIMER	029001	4.56
42	NEWTON METER	070022	6.47
43	METER CHART	034005	1.63
44	WRENCH	045001	.27
45	ASEMBLY INSTRUCTION	047019	.69
46	OWNERS MANUAL	046021	.79
47	SPEEDOMETER CABLE	026005	1.91
48	SPEEDODRIVE	028001	2.71
	SPEEDOMETER	027011	8.67
	RUBBER FLYWHEEL BELT	025012	5.53