
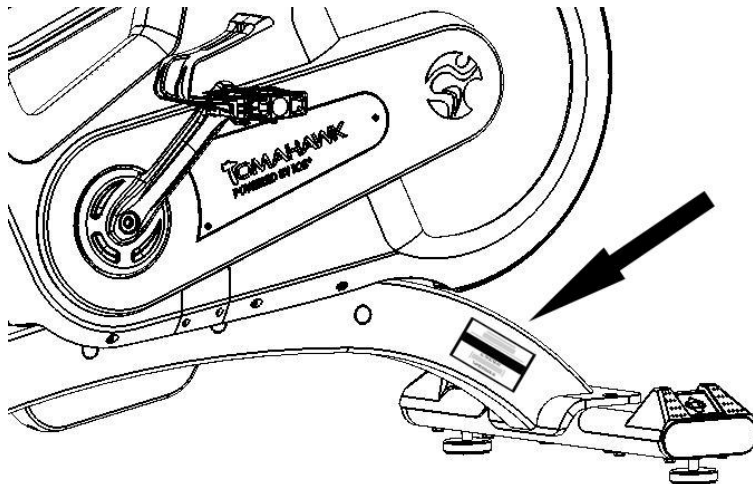


# INDOOR CYCLING

GROUP

TASK DESCRIPTION:		
 <ul style="list-style-type: none"> <li>• <b>Unpacking &amp; assembling TOMAHAWK IC5 &amp; IC7 / MATRIX IC5 &amp; IC7 Indoor Cycle</b></li> <li>• <b>IC7 console commissioning process</b></li> </ul>		
Applicable for Product:	-IC5 & IC7 Tomahawk powered by ICG -IC5 & IC7 Matrix powered by ICG	
Applicable for Product Version:	-IC5 & IC7 two-stage drivetrain	
Applicable for Product Art. No.: For both SKU's THK IC5 & IC7 powered by ICG and Matrix IC5 & IC7 powered by ICG	- THK: IC-TKIC5B-01 - MX: IC-MXIC5B-01 - THK: IC-TKIC7B-01 - MX: IC-MXIC7B-01	
Applicable for Product Serial No.:	- THK IC5: TAQB0000001-14D > ..... - MX IC5: LAQB0000001-14E > ..... - THK IC7: TARB0000001-14B > ..... - MX IC7: LARB0000001-14B > .....	

The product article number and product serial number information can be found on the tag plate label positioned on the lateral frame tube as shown below. Please make sure to identify the product prior to performing any repair work.





# INDOOR CYCLING

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GROUP

\* ALL PART DESCRIPTIONS / DRAWINGS INCLUDED IN THE OWNER MANUAL





**AFFECTED PARTS:**

SPARE PART	ICG ARTICLE NUMBER	PART DESCRIPTION	COMMENTS	NO. OF PARTS PER BIKE
A	110-01-00009-01	Upper HB kit	Includes: - UPPER HB WELDMENT 1x - COUNTER SUNK HEX SOCKET BOLT, M8 x 20 x 1.25P, 9.8 STEEL, DIN7991/ ISO10642 2x	1
B	140-02-00003-01	Front Stabilizer Weldment		1
C	<del>140-01-00004-01</del>	Front Stabilizer Protection Plate Kit, Left	Includes: - Washer, 12mm x 6.4mm x 1.6mm, BLK Oxide Steel, DIN125/ISO7090 4x - Hex Head Bolt, M6 x 12 x 1.0P, BLK Oxide Steel, DIN933/ISO4017 4x - Front Stabilizer Protection Plate, Left 1x	1
D	<del>140-01-00005-01</del>	Front Stabilizer Protection Plate Kit, Right	Includes: - Washer, 12mm x 6.4mm x 1.6mm, BLK Oxide Steel, DIN125/ISO7090 4x - Hex Head Bolt, M6 x 12 x 1.0P, BLK Oxide Steel, DIN933/ISO4017 4x - Front Stabilizer Protection Plate, Right 1x	1
E	<del>140-01-00003-01</del>	Transportation Wheel Assembly Kit	Includes: - Button Head Sleeve with Internal Thread, Hex Socket, M8 x35 x 1.5P, ss304 Stainless Steel 1x - Button Head Bolt, Hex Socket, M8 x12 x 1.5P, ss304 Stainless Steel, ISO7380 1x - Transport Wheel 1x	2
F	<del>140-02-00002-01</del>	Rear Stabilizer Weldment		1
G	<del>190-01-00004-01</del>	Stabilizer Mounting Kit	Includes: - Hex Head Bolt, M10 x 50 x 1.0P, ss304 Stainless Steel, DIN933/ISO4017 1x - Washer, 22mm x 10.5mm x 2.0mm, ss304 Stainless Steel, DIN125/ISO7089 1x - Distance Sleeve, 11.9mm x 15.9mm x 38mm, BLK Oxide Steel 1x - Plastic Pop Out - Stabilizer Mounting Bracket 1x	4
H	<del>140-01-00006-01</del>	Rear Stabilizer Stretch Plate Kit	Includes: - Washer, 12mm x 6.4mm x 1.6mm, BLK Oxide Steel, DIN125/ISO7090 4x - Hex Head Bolt, M6 x 12 x 1.0P, BLK Oxide Steel, DIN933/ISO4017 4x - Rear Stabilizer Stretch Plate 2x	2
I	<del>140-03-00001-01</del>	Stabilizer End Cap		4
J	900-10-00001-01	Levelling Feet, Rubber		4
K	120-01-00002-01	Comfort sport saddle (black/red)	Includes: -Saddle 1x -Saddle clamp 1x	1
L	150-01-00005-01	Combi Pedal Set	Includes: - Combi Pedal Right Side 1x - Combi Pedal Left Side 1x - Toe Clip 2x - Toe Strap 2x	2
M	320-00-00009-01	IC7 console kit	Includes: - IC7 BIKE CONSOLE 1x - CONSOLE MOUNTING BRACKET FOR HB BRIDGE 1x - ALLEN BOLT WITH SMALL HEAD, M4 x 25 x 0.7P, 8.8 STEEL, DIN6912 1x	1



**REQUIRED TOOLS:**

TOOLS	SIZE MM	QUANTITY
Open end spanner or equivalent	17mm	1
Pedal wrench	15mm	1
Hex. socket	13mm	1
Open end spanner or equivalent	10mm	1
Straight shaft round head 6mm Allen socket	6mm	1
Straight shaft Allen key	3mm	1
Straight shaft round head Allen key	2.5mm	1
Torque ratchet wrench	... > 60 Nm	1
Hex. socket	17mm	1
Allen key socket	6mm	1
Loctite threadlocker 2701		1
Cutter		1
Cleaning cloth		1



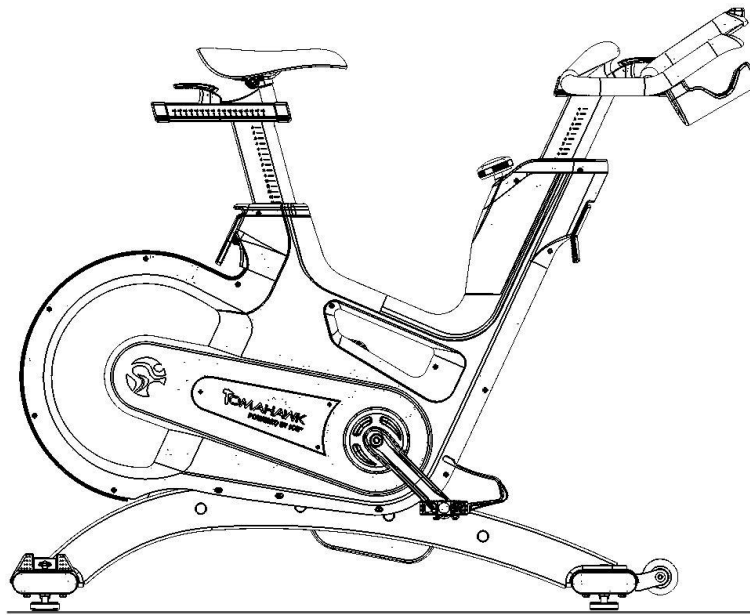
# INDOOR CYCLING

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## Warning!

Please ensure that the bike is in stable position and properly secured while repair work is being performed.



## Before assembly! (Please refer to our service video)

**WARNING! :** The IC7 indoor cycle is very heavy! It requires at least 2 people to remove the bike from the packaging and for assembly the bike as it's described in the next steps.

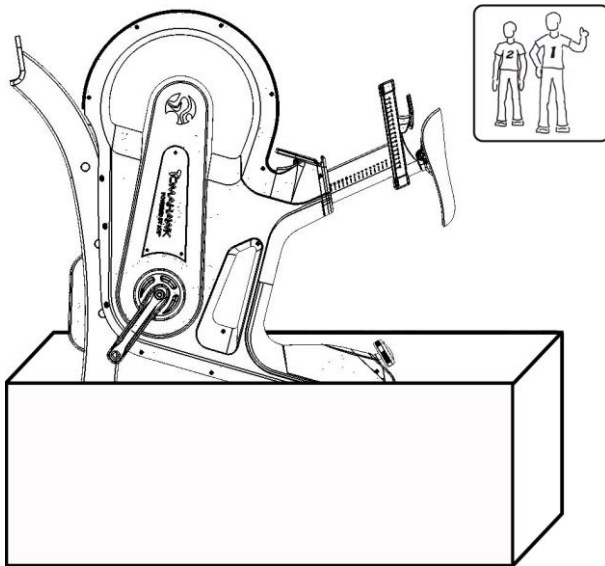
- a) Opening and removing of the cardboard packing.
- b) Unpack all parts and components with care and remove all plastic bags.  
Pay attention to unpack all components from the outer side of the Styrofoam.
- c) Pay attention to unpack all components placed inside the from Styrofoam once the Step 1 is performed.



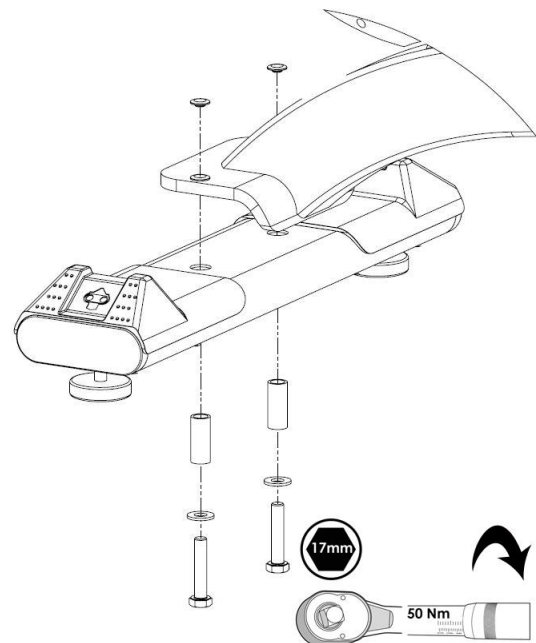
# INDOOR CYCLING GROUP

## 1) Rear stabilizer assembly

- a) Secure upper handlebar and seat post sliders.  
Tilt bike carefully until it rests on the floor supported by the front Styrofoam as shown on the picture.
- b) Mount the rear stabilizer as shown on the picture.  
Tighten with the 17mm deep socket wrench.  
Maximum torque: 50 Nm.



a)



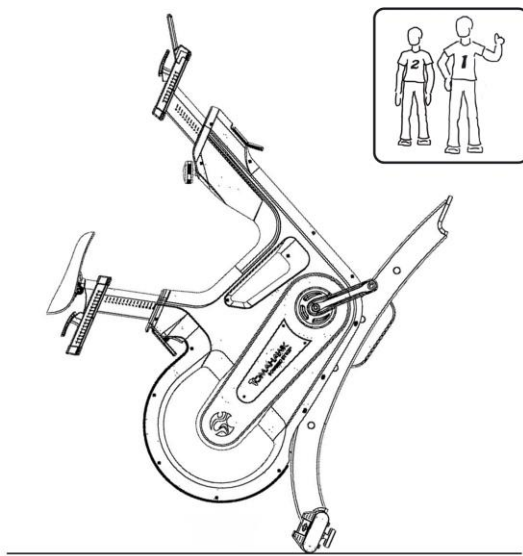
b)



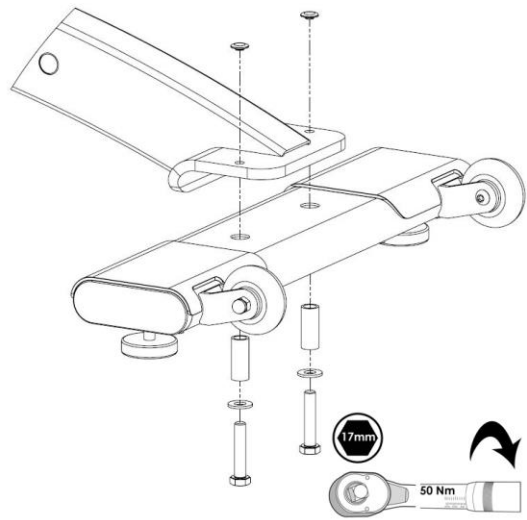
# INDOOR CYCLING GROUP

## 2) Front stabilizer assembly

- a) Carefully tilt bike until the rear part of the shroud rests on the Styrofoam as shown on the picture.
- b) Mount the front stabilizer as shown on the picture.  
Tighten with the 17mm deep socket wrench.  
Maximum torque: 50 Nm.



a)



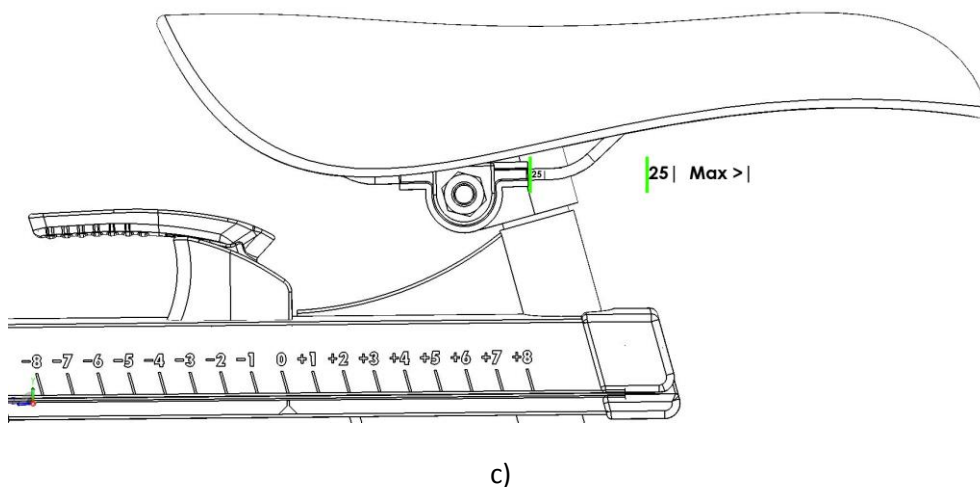
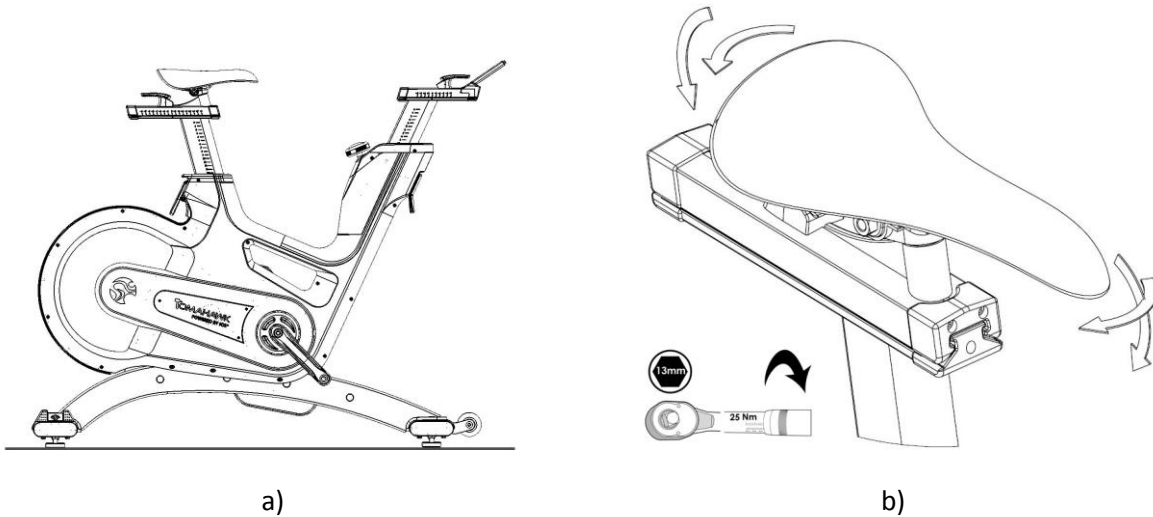
b)



# INDOOR CYCLING GROUP

## 3) Checking of saddle position

- Place the bike as shown on the picture.
- Make sure that the seat is fixed in a level horizontal and vertical position.  
Seat clamp must be tightened securely from both sides to minimize loosening during use.  
Firmly tighten with the 13mm open end spanner or equivalent.  
Maximum torque: 25Nm.
- ATTENTION!:** Position the rails of the saddle into the saddle clamp until you can see the position 25 as shown on the picture

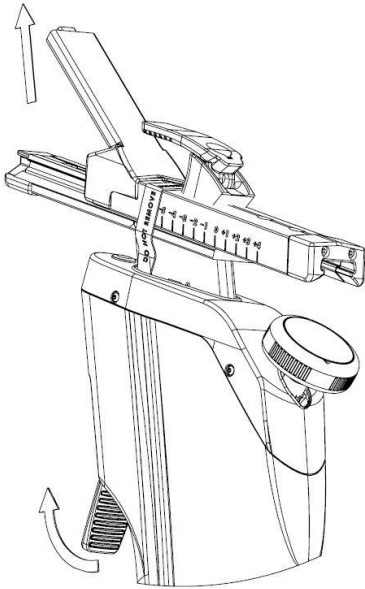




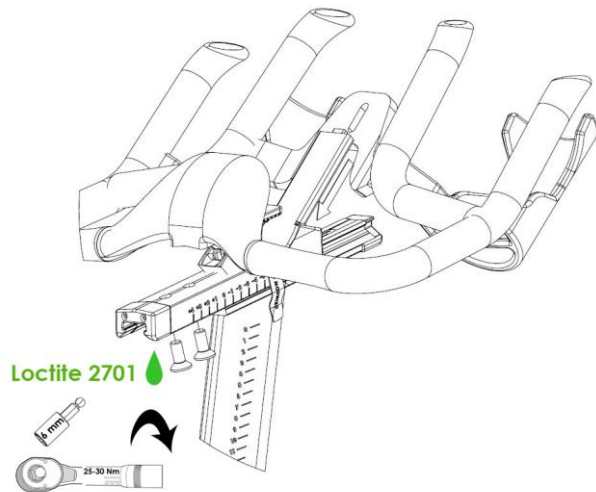
# INDOOR CYCLING GROUP

## 4) Handlebar assembly

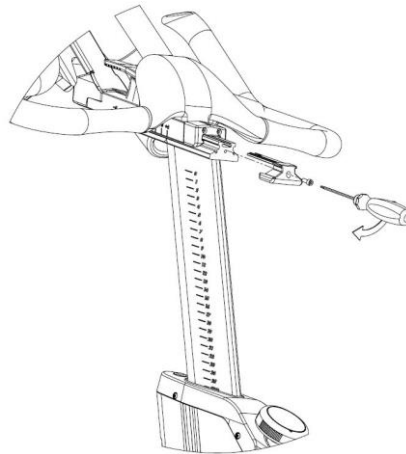
- a) Bring handlebar to its maximum vertical position. Do not remove warning tape on slider prior to handlebar is mounted to the upper slider.
- b) **ATTENTION!** Place the flat handlebar support under the console bracket as shown on the picture.  
Mount handlebar weldment using the M8 x 25 x 1.0P counter sunk hex. socket bolt from beneath using a straight shaft (round head) 6mm Allen key socket wrench.  
Maximum torque: 25-30 Nm.
- c) Mount the plastic end cap on the lower handlebar slider and check the horizontal and vertical adjustment as described in the separate SOP (FB TS HB7 01).



a)



b)



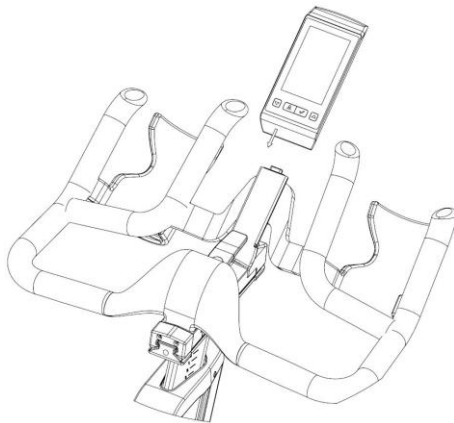
c)



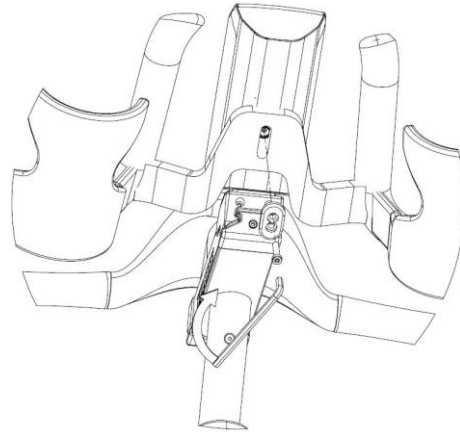
# INDOOR CYCLING GROUP

## 5) IC7 Console assembly

- a) Carefully slide the IC7 console into its console bracket.
- b) Tighten by hand the M-5 x 25 x 0.8P bolt attaching the IC7 console to the handlebar by using the 3mm Allen Key.



a)

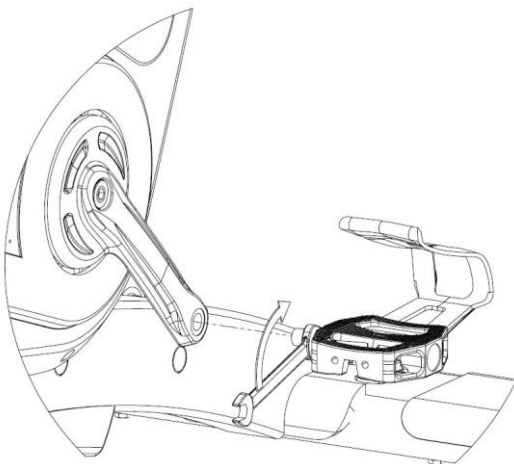


b)

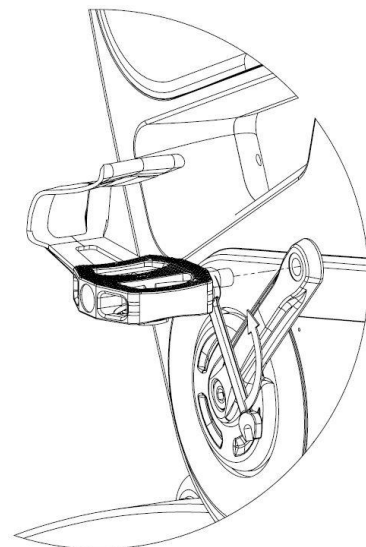
## 6) Pedal assembly

- a) Mount pedal marked "R" on the right crank arm and tighten tight the mounting bolt clockwise.
- b) Mount pedal marked "L" on the left crank arm and tighten tight the mounting bolt counter clockwise.

Maximum torque: 45Nm



a)



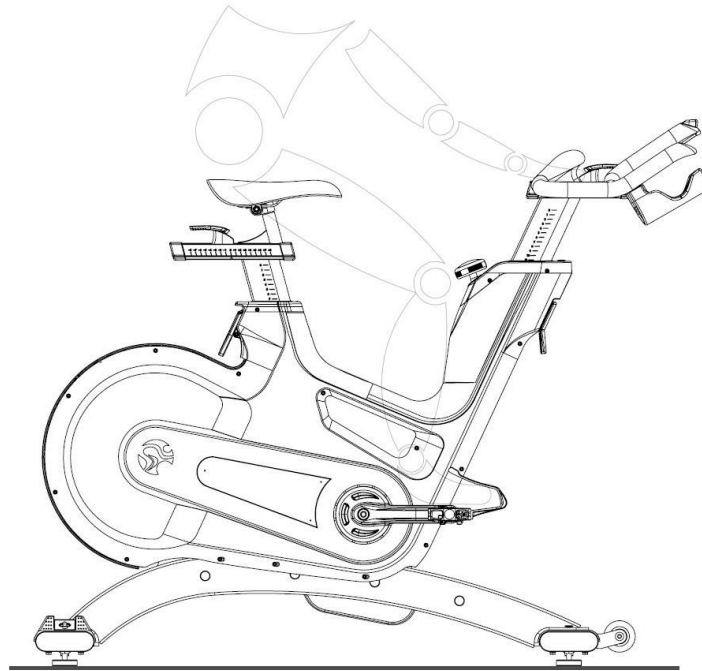
b)



# INDOOR CYCLING GROUP

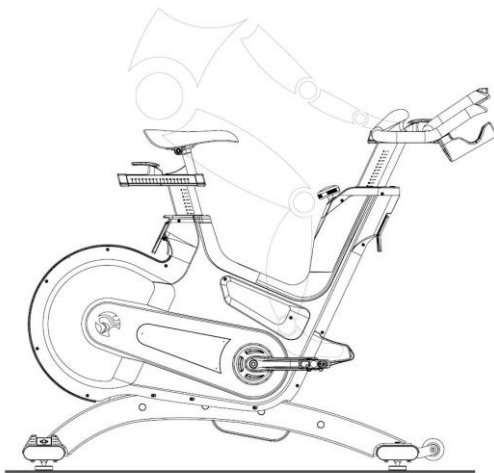
## 7) End of the assembly process

Simulate a brief session, checking the bike is in good working order.

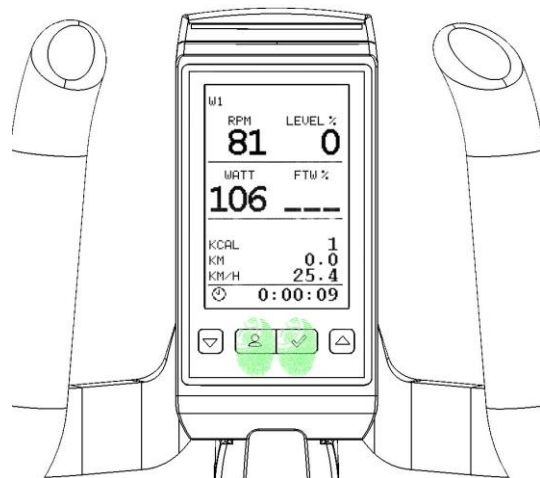


## 8) IC7 console commissioning

- Turn crank 2 full revolution to engage console power up mode.
- Press both buttons on the front of the IC7 console to access to the settings menu.



a)



b)



# INDOOR CYCLING GROUP

## 9) Settings

Select GENERAL from the main menu and follow the instructions until finalize the GENERAL settings.

<b>SETTINGS</b> <hr/> <b>GENERAL</b> BRAKE CALIBRATION OFFSET K-FACTOR FIRMWARE USER DEFAULT SYSTEM CHECK EXIT  ✓ NEXT ▼▲ SELECT	<b>GENERAL</b> <hr/> <b>LANGUAGE</b> <hr/> <b>ENGLISH</b> ESPAÑOL DEUTSCH ITALIANO FRANÇAIS NEDERLANDS PORTUGUÊS  ✓ NEXT ▼▲ SELECT ⏏ EXIT	<b>GENERAL</b> <hr/> <b>WEIGHT UNIT</b> <hr/> KG <b>LBS</b>  ✓ NEXT ▼▲ SELECT ⏏ EXIT
<b>GENERAL</b> <hr/> <b>DISTANCE UNIT</b> <hr/> KM <b>MILES</b>  ✓ NEXT ▼▲ SELECT ⏏ EXIT	<b>GENERAL</b> <hr/> <b>FRONT LED</b> <hr/> <b>ON</b> OFF  ✓ NEXT ▼▲ SELECT ⏏ EXIT	<b>GENERAL</b> <hr/> <b>CBC MODE</b> <hr/> <b>5 ZONES</b> 3 ZONES  ✓ NEXT ▼▲ SELECT ⏏ EXIT

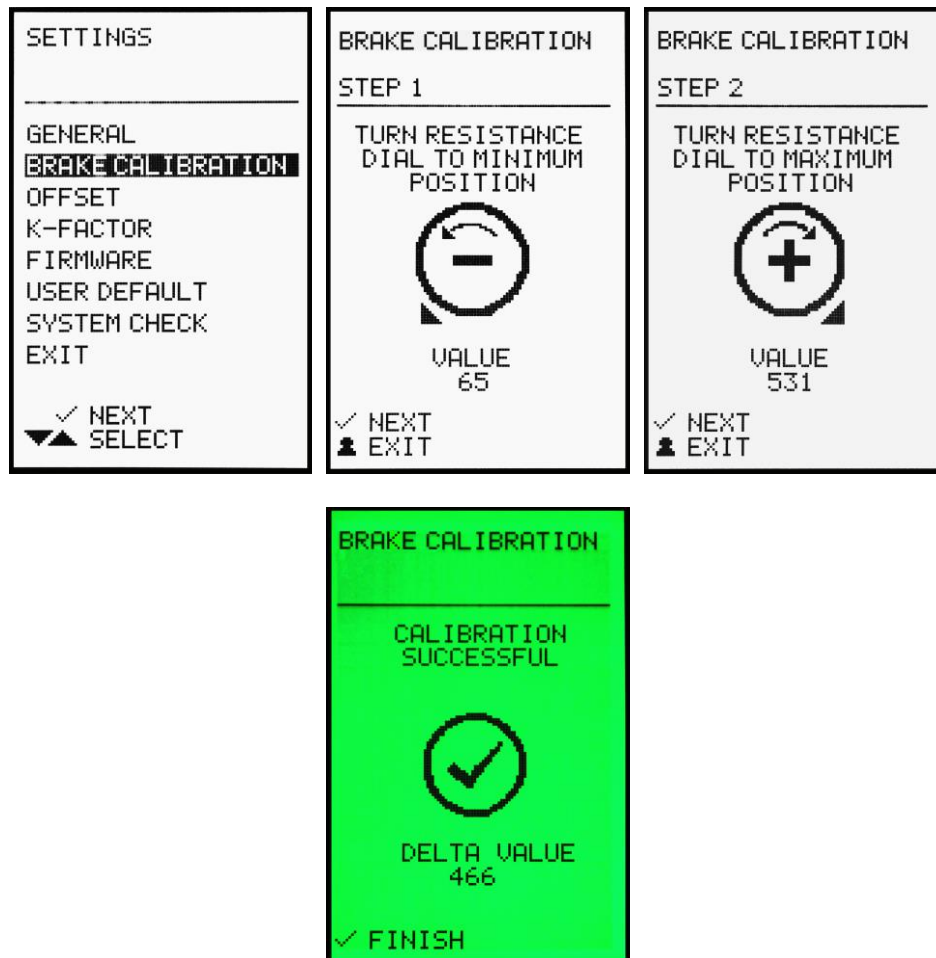




## 10) Brake Calibration

Select BRAKE CALIBRATION from the main menu and follow the instructions until finalize the BRAKE CALIBRATION process.

**IMPORTANT:** Repeat the brake calibration process if the result is not successful.









# INDOOR CYCLING GROUP

## 11) Offset

Select OFFSET from the main menu and follow the instructions until finalize the OFFSET process.

**IMPORTANT:** Repeat the OFFSET process if the result is not successful.

<p>SETTINGS</p> <hr/> <p>GENERAL BRAKE CALIBRATION <b>OFFSET</b> K-FACTOR FIRMWARE USER DEFAULT SYSTEM CHECK EXIT</p> <p>✓ NEXT ▼▲ SELECT</p>	<p>SET OFFSET</p> <hr/> <p>STEP 1</p> <p>TURN RESISTANCE DIAL TO MINIMUM POSITION</p>  <p>✓ NEXT ⏏ EXIT</p>	<p>OFFSET</p> <hr/> <p>STEP 2</p> <p>1. START PEDALING AND BRING CADENCE OVER 100 RPM</p> <p>2. STOP PEDALING AND LET FLYWHEEL RUN DOWN</p> <p>✓ NEXT ⏏ EXIT</p>
<p>SET OFFSET</p> <hr/> <p>BRING UP CADENCE</p> <p>RPM</p> <p>---</p> <p>⏏ EXIT</p>	<p>SET OFFSET</p> <hr/> <p>BRING UP CADENCE</p> <p>RPM</p> <p>100</p> <p>⏏ EXIT</p>	<p>SET OFFSET</p> <hr/> <p>STOP PEDALING</p> 
<p>SET OFFSET</p> <hr/> <p>PLEASE WAIT</p> 	<p>SET OFFSET</p> <hr/> <p>RESULT</p> <p>OFFSET SET SUCCESSFUL</p>  <p>OFFSET VALUE</p> <p>5967</p> <p>✓ FINISH</p>	

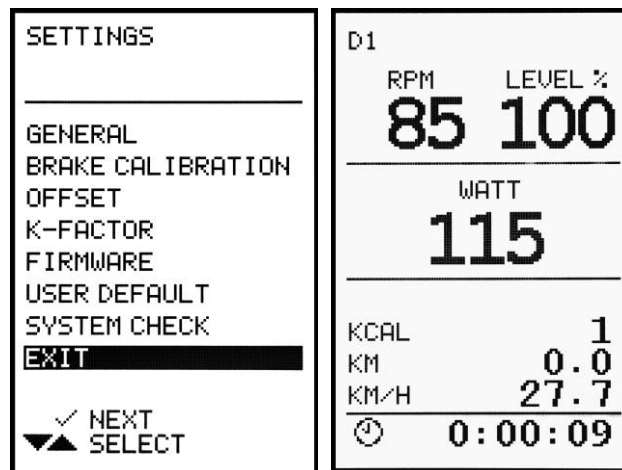


# INDOOR CYCLING GROUP

## 12) End of operation

Select EXIT once you finish the BRAKE CALIBRATION and OFFSET process.

Please refer to the IC7 console owner manual to program your best Coach By Color training session.



Simulate a brief session, checking the bike and IC7 console are in good working order.

