

Tomahawk IC-TKIC1B-01

Tomahawk Adult Indoor Bike IC1 User Manual

Model: IC-TKIC1B-01

INTRODUCTION

Thank you for choosing the Tomahawk Adult Indoor Bike IC1. This manual provides essential information for the safe and efficient operation, assembly, maintenance, and troubleshooting of your new indoor bike. Please read this manual thoroughly before assembly and use, and keep it for future reference.

The Tomahawk IC1 is designed for indoor fitness, offering a robust and reliable platform for your cycling workouts. Its high-quality frame and components ensure durability and a smooth riding experience.

SAFETY INFORMATION

Before using the Tomahawk IC1 Indoor Bike, please observe the following safety precautions:

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the bike during operation.
- Place the bike on a flat, stable surface. Use a mat to protect the floor.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- The emergency brake system should be used to stop the flywheel quickly in case of an emergency.
- Do not exceed the maximum user weight limit (if specified, otherwise assume standard).
- Perform regular maintenance as described in this manual to ensure safe operation.

SETUP AND ASSEMBLY

The Tomahawk IC1 Indoor Bike requires some assembly. Please follow these steps carefully:

1. **Unpacking:** Carefully remove all components from the packaging. Check against the parts list (not provided in input, so generalize).
2. **Stabilizer Installation:** Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are securely fastened.

3. **Pedal Installation:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into the crank arms. Tighten firmly with a wrench.
4. **Seat Post and Handlebar Post Installation:** Insert the seat post and handlebar post into their respective receivers on the main frame. Adjust to your desired height and secure with the quick-release levers or adjustment knobs.
5. **Handlebar Attachment:** Attach the handlebar to the handlebar post. The special handlebar design offers multiple grip variations. Secure it firmly.
6. **Computer Installation:** Mount the cycle computer onto the handlebar as per its specific instructions. Connect any necessary sensor wires (e.g., hand sensors).
7. **Final Check:** Before first use, double-check all connections, bolts, and adjustment knobs to ensure they are tight and secure.



Figure 1: Front angled view of the Tomahawk Adult Indoor Bike IC1, showcasing its robust frame and flywheel.



Figure 2: Side view of the Tomahawk Adult Indoor Bike IC1, highlighting the drive system and pedal assembly.

OPERATING INSTRUCTIONS

Adjusting the Bike

- **Seat Height:** Loosen the adjustment knob on the seat post, raise or lower the seat to a comfortable height (your leg should have a slight bend at the knee at the bottom of the pedal stroke), and re-tighten the knob securely.
- **Seat Fore/Aft:** Loosen the adjustment knob under the seat, slide the seat forward or backward to align your knee over the pedal spindle, and re-tighten.
- **Handlebar Height:** Loosen the adjustment knob on the handlebar post, raise or lower the handlebar to a comfortable position that allows for a slight bend in your elbows, and re-tighten.

Resistance Adjustment and Emergency Brake

The Tomahawk IC1 features a resistance adjustment knob and an emergency brake system.

- **Resistance:** Turn the resistance knob clockwise to increase resistance and counter-clockwise to decrease

resistance. Adjust to your desired workout intensity.

- **Emergency Brake:** To stop the flywheel quickly in an emergency or at the end of your workout, press down firmly on the resistance knob. This will engage the emergency brake.

Cycle Computer Operation

The integrated cycle computer displays various workout metrics. It is powered by 2 AA batteries (included).



Figure 3: Close-up view of the cycle computer mounted on the handlebar, showing its display and integrated hand sensors. The computer shows the following metrics:

- **Heart Rate:** Measured via integrated hand sensors. Grip the sensors firmly during your workout.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered during your workout.
- **Calories Burned:** An estimate of calories expended.

Refer to the separate computer manual (if applicable, otherwise assume basic operation) for detailed instructions on mode selection, resetting values, and battery replacement.

MAINTENANCE

Regular maintenance is crucial for the longevity and safe operation of your Tomahawk IC1 Indoor Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check and lubricate moving parts such as the chain/belt (if applicable, assume belt drive for indoor bikes unless specified) and pedal bearings with appropriate lubricant.
- **Bolt and Nut Check:** Regularly inspect all bolts, nuts, and connections for tightness. Re-tighten as necessary to prevent loosening during use.
- **Flywheel and Brake Pad:** Keep the flywheel clean. Check the brake pad for wear and replace if necessary (contact customer support for replacement parts).
- **Battery Replacement:** Replace the cycle computer batteries (2 AA) when the display becomes dim or stops functioning.

TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|---|--|--|
| Bike is unstable or wobbles. | Uneven floor; loose stabilizer bolts. | Adjust the leveling feet on the stabilizer bars. Tighten all stabilizer bolts. |
| Resistance is inconsistent or too low/high. | Resistance knob not properly adjusted; worn brake pad. | Adjust the resistance knob. Inspect and replace the brake pad if worn. |
| Cycle computer not displaying. | Dead batteries; loose sensor connection. | Replace AA batteries. Check all sensor connections. |
| Squeaking or grinding noise. | Loose parts; lack of lubrication; worn bearings. | Inspect and tighten all bolts. Lubricate moving parts. Contact customer support if noise persists. |

If you encounter problems not listed here, or if the suggested solutions do not resolve the issue, please contact Tomahawk customer support.

SPECIFICATIONS

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|-------------------------|---|
| Model Number | IC-TKIC1B-01 |
| Dimensions (L x W x H) | 120 x 53 x 110 cm |
| Product Weight | 48 Kilograms |
| Color | Matte Black |
| Power Source (Computer) | 2 AA Batteries (included) |
| Display Metrics | Heart Rate, Time, Distance, Calories Burned |
| Recommended Use | Fitness, Transport (via wheels) |
| First Available | October 16, 2014 |





WARRANTY AND SUPPORT



For warranty information, technical support, or to order replacement parts, please contact Tomahawk customer service. Keep your purchase receipt and model number (IC-TKIC1B-01) handy when contacting support.

Please note: Specific warranty terms may vary by region and retailer. Refer to your purchase documentation for detailed warranty coverage.

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Related Documents - IC-TKIC1B-01

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| <div><div>TOMAHAWK</div><div><div>TSCP8</div><div>ELECTRIC FLOOR SCRAPER</div><div>Parts Manual</div></div><div></div></div> | <p>Tomahawk TSCP8 Electric Floor Scraper Parts Manual</p> <p>Detailed parts manual for the Tomahawk TSCP8 Electric Floor Scraper, including an exploded view diagram description and a comprehensive list of components with drawing numbers and quantities.</p> |
| <div><div>TOMAHAWK</div><div><div>TOS38</div><div>PUSH SWEEPER</div><div>Operation Manual</div></div><div></div></div> | <p>Tomahawk TOS38 Push Sweeper Operation Manual</p> <p>Comprehensive operation manual for the Tomahawk TOS38 Push Sweeper, covering safety information, equipment data, specifications, assembly, operation, troubleshooting, maintenance, replacement parts, and warranty.</p> |
| <div><div>TOMAHAWK</div><div><div>TR68H</div><div>VIBRATORY RAMMER</div><div>Operations Manual</div></div><div></div></div> | <p>Tomahawk TR68H Vibratory Rammer Operations Manual</p> <p>Comprehensive operations manual for the Tomahawk TR68H Vibratory Rammer, providing detailed parts lists for the Tank and Handle, Crank Case, and Cylinder and Foot assemblies. Also includes information on the Tomahawk Power Rammer Transport Wheel Kit and company contact details.</p> |
| <div><div>TOMAHAWK</div><div><div>TWG120A</div><div>WELDER GENERATOR</div><div>Parts Manual</div></div><div></div></div> | <p>Tomahawk TWG120A Welder Generator Parts Manual</p> <p>This parts manual provides detailed diagrams and part lists for the Tomahawk TWG120A Welder Generator, covering the rotor and frame assembly, engine assembly, and handles and wheels assembly.</p> |

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|---|--|
| <div><div>TOMAHAWK</div><div><div>TG1700i INVERTER GENERATOR</div><div>Parts Manual</div></div><div></div></div> | <p>Tomahawk TG1700i Inverter Generator Parts Manual - Components and Part Numbers</p> <p>Comprehensive parts manual for the Tomahawk TG1700i Inverter Generator. Find detailed lists of all components, part numbers, and quantities for maintenance and repair.</p> |
| <div><div>TOMAHAWK</div><div><div>TG5500i INVERTER GENERATOR</div><div>Operation Manual</div></div><div></div></div> | <p>Tomahawk TG5500i Inverter Generator Operation Manual</p> <p>Comprehensive operation manual for the Tomahawk TG5500i inverter generator, detailing parts, assemblies, and specifications for maintenance and use. Includes part numbers and quantities for each component.</p> |