



DYNAMIC 2

# STEPPER OWNER'S MANUAL

## INTRODUCTION

**CONGRATULATIONS** on choosing a Horizon Fitness Stepper. You've taken an important step in developing and sustaining an exercise program! Your Horizon Fitness Stepper is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Horizon Fitness Stepper can improve the quality of your life in so many ways.

Here are a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help in Countering Anxiety and Depression
- An Improved Self Image

## IMPORTANT SAFETY PRECAUTIONS

### WARNING

To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Manual.
3. Position the stepper on a level surface. The electric monitor must be out of the direct sunlight or the LCD display may be damaged.
4. Inspect and tighten all parts before using this equipment. Replace any worn parts immediately.
5. Always hold the handlebars when exercising on the stepper.
6. Keep hands away from moving parts.
7. Keep small children away from this equipment during use.
8. Wear appropriate workout attire, including running or aerobic shoes, when using the stepper.

### WARNING

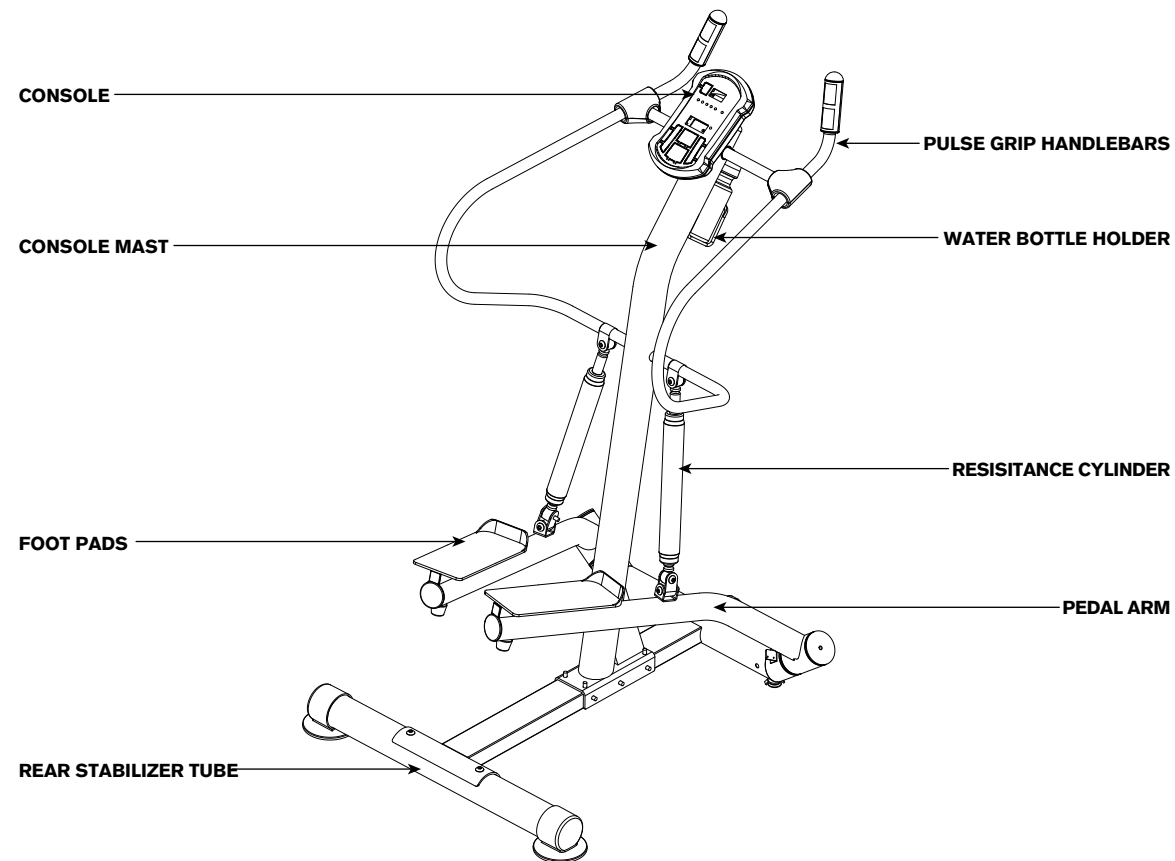
Before beginning any exercise program, always consult your physician. If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising and consult your physician before continuing.

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### TOOLS INCLUDED:

- ☐ 4 mm Allen Wrench
- ☐ 5 mm Allen Wrench
- ☐ 13/15 mm Flat Wrench
- ☐ Screwdriver

### PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Rear foot Assembly
- ☐ 1 Left handlebar
- ☐ 1 Right handlebar
- ☐ 1 Console
- ☐ 2 Resistance Cylinder
- ☐ 1 Round Cap

## PRE ASSEMBLY

### UNPACKING

Unpack the product where you will be using it. Place the bench on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

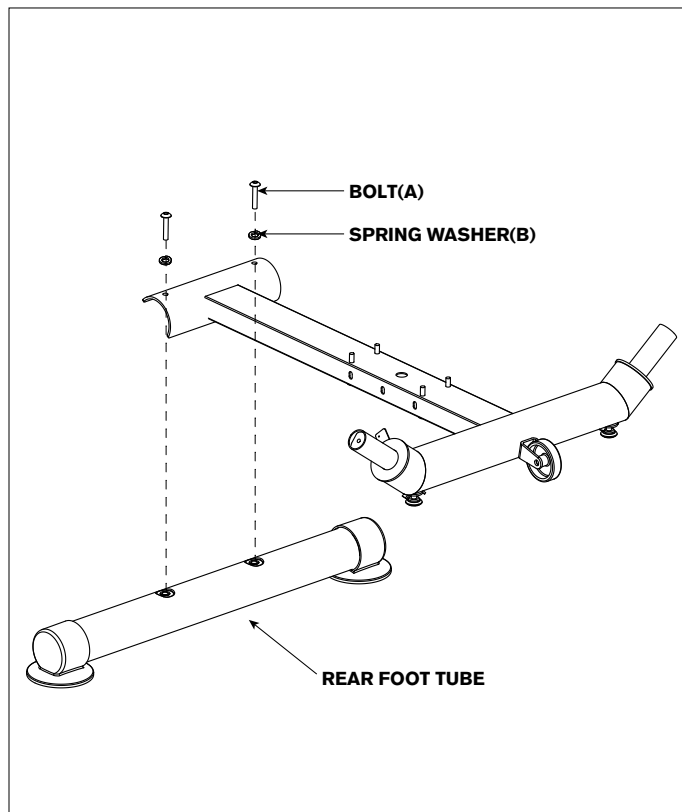
NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.

### NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support.



## ASSEMBLY STEP 1



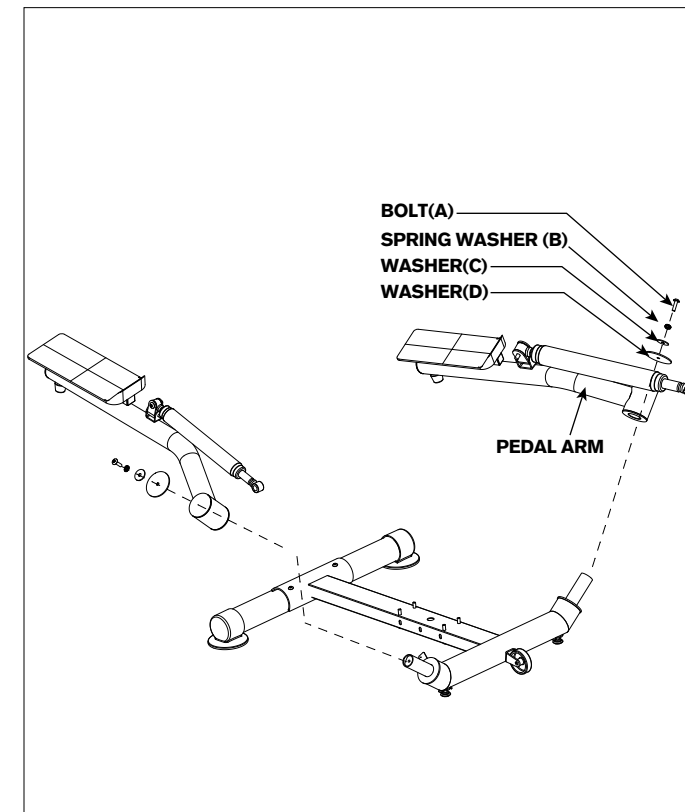
### HARDWARE BAG FOR STEP 1 CONTENTS :

 **BOLT(A)**  
Qty: 2

 **SPRING WASHER(B)**  
Qty: 2

- Open **HARDWARE BAG FOR STEP1**.
- Attach the **REAR FOOT TUBE** to the **BASE FRAME** using 2 **BOLTS (A)** and 2 **SPRING WASHERS (B)**.

## ASSEMBLY STEP 2



### HARDWARE BAG FOR STEP 2 CONTENTS :

 **BOLT(A)**  
Qty: 2

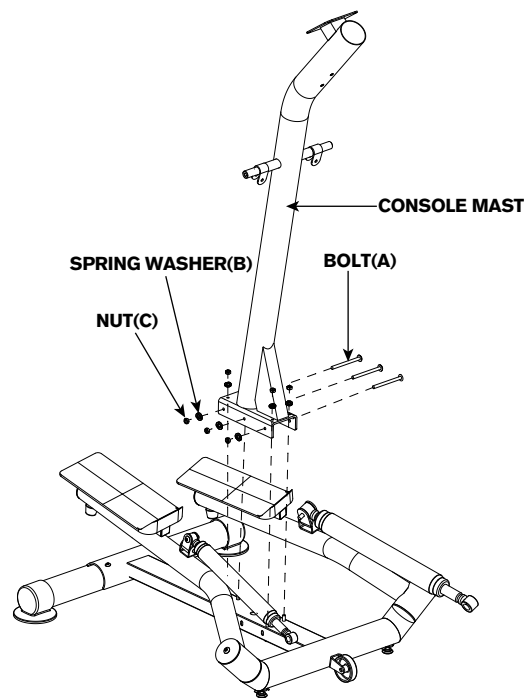
 **SPRING WASHER(B)**  
Qty: 2

 **WASHER(C)**  
Qty: 2

 **WASHER(D)**  
Qty: 2

- Open **HARDWARE BAG FOR STEP 2**.
- Attach the **LEFT PEDAL ARM** to the **BASE FRAME** using 1 **BOLT(A)**, 1 **SPRING WASHER (B)**, 1 **WASHER (C)** and 1 **WASHER(D)**.
- Repeat on the other side.

## ASSEMBLY STEP 3

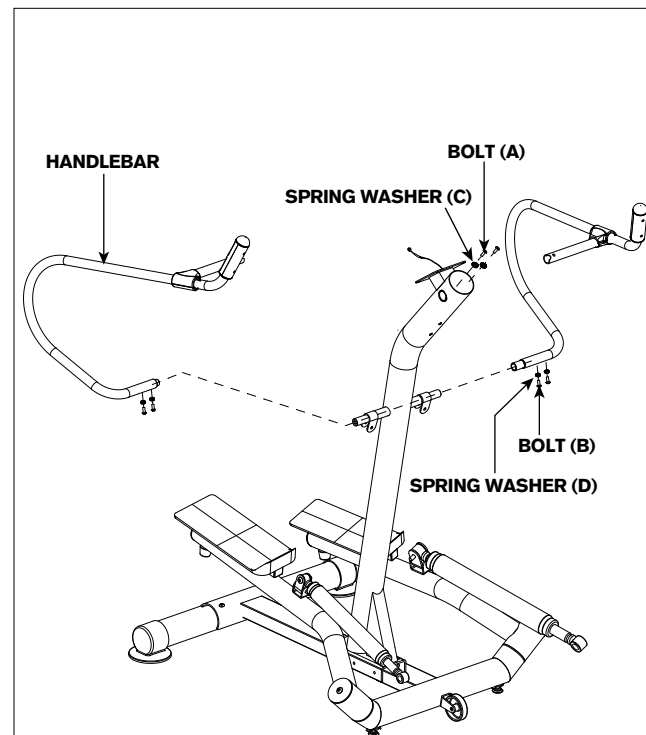


### HARDWARE BAG FOR STEP 3 CONTENTS :

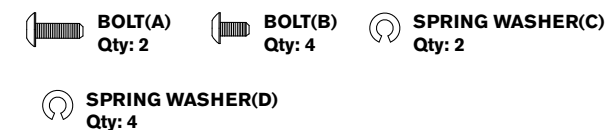


- Open **HARDWARE BAG FOR STEP 3**.
- Attach the **CONSOLE MAST** to the **BASE FRAME** using 3 **BOLTS (A)**, 7 **SPRING WASHERS (B)** and 7 **NUTS (C)**.

## ASSEMBLY STEP 4

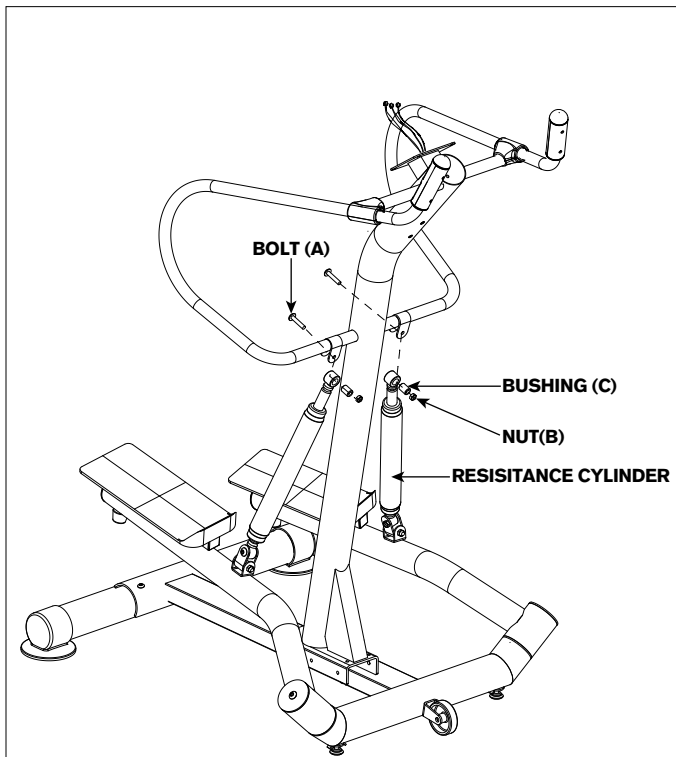


### HARDWARE BAG FOR STEP 4 CONTENTS :



- Open **HARDWARE BAG FOR STEP 4**.
- Attach the **LEFT HANDLEBAR** to the **CONSOLE MAST** using 1 **BOLT (A)**, 2 **BOLTS (B)**, 1 **SPRING WASHER (C)** And 2 **SPRING WASHER (D)**.
- Repeat on the other side.

## ASSEMBLY STEP 5

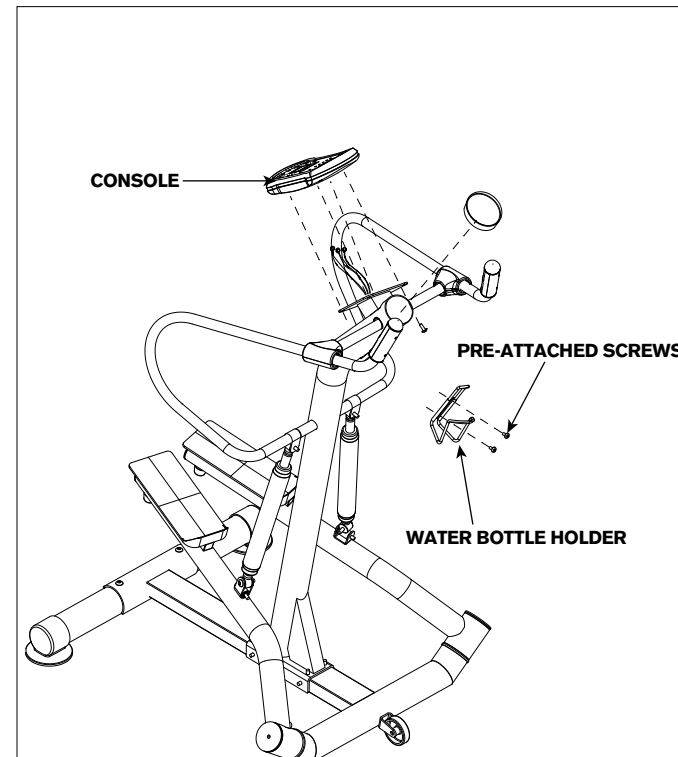


### HARDWARE BAG FOR STEP 5 CONTENTS :



- Open **HARDWARE BAG FOR STEP 5**.
- Attach the **RESISTANCE CYLINDER** to the **LEFT HANDLEBAR** using 1 **BOLT (A)**, 1 **BUSHING (C)** and 1 **NUT (B)**.
- Repeat on the other side.

## ASSEMBLY STEP 6

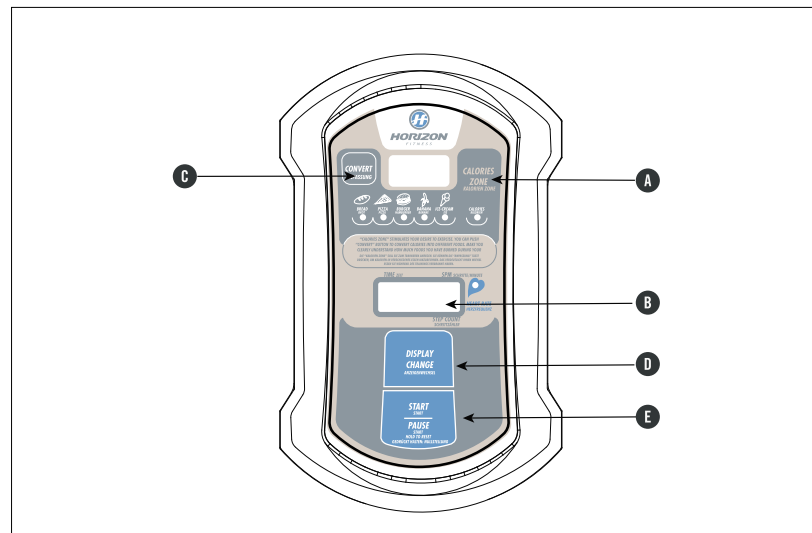


NOTE: There is no hardwarebag for this step.

- Attach **CONSOLE** to the **CONSOLE MAST** using pre-attached screws.
- Attach the **WATER BOTTLE HOLDER** to the **CONSOLE MAST** using pre-attached screws.
- Press the **ROUND CAP** into the top opening of **CONSOLE MAST**.

**ASSEMBLY COMPLETE!**

## CONSOLE DISPLAY



**NOTE:** There is a thin protective sheet of clear plastic on the overlay of the console and should be removed.

- A CALORIES ZONE:** Calories display. Show you how many calories you have burned during your workout.
- B MONITOR DISPLAY:** Time, SPM, Step count, Heart Rate.
- C CONVERT:** Press to convert calories into different types of food.
- D DISPLAY CHANGE:** Press to change the display among Time, SPM, Step count, Heart Rate.
- E START/PAUSE:** Press to START/PAUSE/HOLD TO RESET your workout.

## USING YOUR STEPPER

### GETTING STARTED

Yours stepper is powered by you. There is no motor or brake in this unit. The console is powered by 2 AA batteries, which are replaceable through the back side of the console.

### CHANGING RESISTANCE

To change resistance, simply turn the calibrate collar at the top of the resistance cylinder. There are 12 preset positions numbered form 1 to 12. The higher the number, the greater the resistance. Be sure that both cylinder are set at the same number. When exercising on the stepper, you can adjust the resistance to control the speed. During the warm up and cool down phase of your workout, use a lower setting such as level 1 or 2 to gradually warm up and cool down. For a good Cardiovas-cular workout, we recommend you to work at a fairly rapid pace, taking short fast steps.

### TO COUNT UP AS YOU EXERCISE

Push and hold the Hold to reset button to clear any existing date. To count up from zero simply start pedaling.

### CALORIES ZONE

"CALORIES ZONE" stimulates your desire to exercise. You can push "CONVERT" button to convert calories into different foods. Make you clearly understand how much foods you have burned during your workout.

### HOW TO SWITCH SOUND ON & OFF

1. Your stepper preset sound on.
2. Hold "CONVERT" key for 3 seconds to switch sound on & off during your exercise.



## LIMITED HOME USE WARRANTY

### FRAME • LIFETIME

Horizon Fitness warrants the frame against defects in workmanship and materials for the lifetime of the original owner.

### ELECTRONICS & PARTS

Horizon Fitness warrants the electronic components and all original parts for a period from the date of original purchase, so long as the device remains in the possession of the original owner.

### LABOR

Horizon Fitness shall cover the labor cost for the repair of the device for a period from the date of the original purchase, so long as the device remains in the possession of the original owner.

### EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. The warranty is expressly limited to the repair or replacement of a defective frame, electronic component or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the treadmill as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. Horizon Fitness shall not be responsible for incidental or consequential damages. All returns must be pre-authorized by Horizon Fitness. 'Horizon Fitness' obligation under this warranty is limited to replacing or repairing, at 'Horizon Fitness' option, the product at one of its authorized service centers. An Horizon Fitness authorized service center must receive all products for which a warranty claim is made. These products must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. Parts and electronic components reconditioned to As New Condition by Horizon Fitness or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. This warranty gives you specific legal rights, and your rights may vary from state to state.

## DEVELOPING A FITNESS PROGRAM

### STRETCH FIRST

Before using your Horizon Fitness product, it is best to take a few minutes doing a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

### WALL PUSH

Stand near a wall with the toes of one foot about 18" from the wall, and the other foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Alternate positions of your feet and repeat for a total of 8 repetitions. **STANDING QUADRICEPS STRETCH** Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for a count of 15 seconds. Repeat with your right ankle and hand, and continue alternating for a total of 8 repetitions.

### SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat for a total of 8 repetitions.







## THE IMPORTANCE OF WARM UP AND COOL DOWN

### WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your Horizon Fitness product at a slow pace.

### COOL DOWN

Never stop exercising suddenly! A cool down period allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool down, repeat the stretching exercises to loosen and relax your muscles.

## EXERCISE GUIDELINES

Always consult your physician before beginning an exercise program.

### HOW OFTEN

The American Heart Association recommends that you exercise at least 3 to 5 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before your shower, during lunch hour to while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. If you are to be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

### HOW LONG?

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 32 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

### HOW HARD?

How hard you work out is also determined by your goals. If you use your Horizon Fitness Stepper to prepare for a 5K run. You will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate, and the second is by evaluating your perceived exertion level (this is simpler than it sounds!)

### PERCEIVED EXERTION LEVEL

The second and simpler way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising if you are too winded to maintain a conversation without gasping. You are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of other warning signs of overexertion.

## ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your Horizon Fitness Stepper to lose weight? Improve muscle? Burn Stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals.

- Weight Loss
- Improve Body Shape and Tone
- Increased Energy Level
- Improved Sports Performance
- Improved Cardiovascular Endurance
- Weight Maintenance.
- Strengthen Leg Muscles.
- Improved Sleep Patterns.
- Stress Reduction.

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals are easier to achieve. Your Horizon Fitness Stepper console provides you with several read outs that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of test functions.

### KEEPING AN EXERCISE DAIRY

Photocopy the weekly and monthly log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.



WEEKLY LOG SHEETS



WEEK #		WEEKLY GOAL			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #		WEEKLY GOAL			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #		WEEKLY GOAL			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

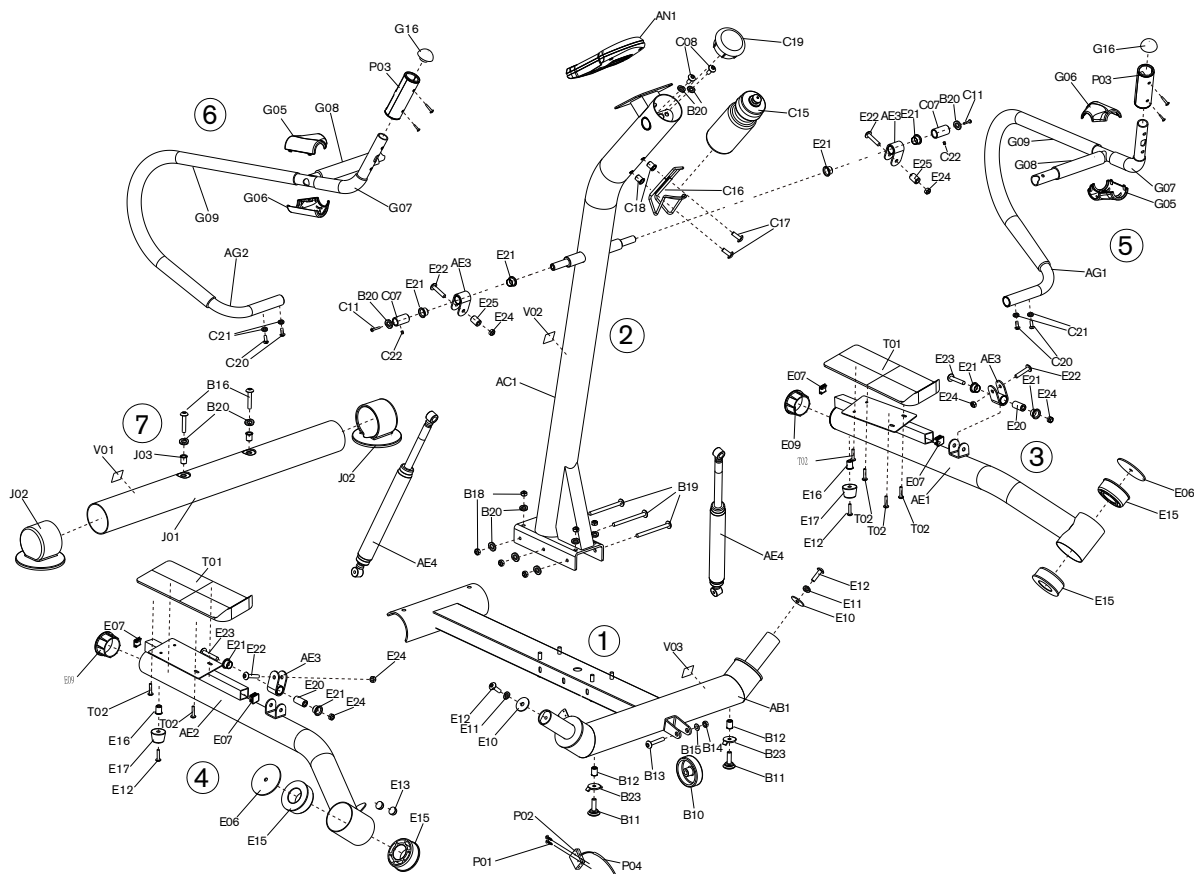
WEEK #		WEEKLY GOAL			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #		WEEKLY GOAL			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #		WEEKLY GOAL			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					



## DYNAMIC 2 EXPLODED VIEW



## DYNAMIC 2 PARTS LIST

NO.	DESCRIPTION	QTY
1	USER FRAME SET;SA;HS16-SBOM;	1
2	SUPPORT SET;SA;HS16-SBOM;	2
3	PEDAL ARM SET;SA;HS16-SBOM;	1
4	PEDAL ARM SET;SA;R;HS16-SBOM;	1
5	HANDLEBAR SET-SA;HS16-SBOM;	7
6	HANDLEBAR SET;SA;R;HS16-SBOM;	4
7	STABILIZER SET;SA;HS16-SBOM;	7
AE4	HYDRAULIC CYLINDER SET	1
AN1	CONSOLE SET;HS16-KM	1
AN1	CONSOLE SET;SA;HS16-KM;SIMPLIFIED CHI	1
P01	SCREW;2.5X8L;ZINC;**DISC NOT STOCKING	4
P02	SENSOR WIRE;OKI9216+2.5-2P;2150L	1 SET
P04	CONDUIT-FLEX;KSS NO.CR-07PX300L	2
Z01	DRIVERSCREWPHILLIP4.5X50L**USE 005408-A	2
Z02	WRENCH-OPEN 13X15	1
Z03	WRENCH;HEX;L-TYPE;5MM(80X120L)	2
Z03	CABLE TIE;NYLON;160;BL;KSS CV-160L	2
Z04	WRENCH;HEX;L-TYPE;M4;	1 SET
Z05	CABLE TIE;100M/ROL	1 SET
AB1	BASE SET;PAINTING;578-A;HS16	1
B10	WHEEL;NYLON;Φ74;TM27	1
B11	FOOT PAD;ADJUST;RUBBER;W3/8-16UNC;FMW38A	1
B12	RVN;ALS7-616-150(0.02-0.15);YZN;	1
B13	SCREW;BH;M10X1.5PX45L-15L;HS;ZN;P-T	1
B14	NUT;NLK;M10X1.5P;BAN;	1

NO.	DESCRIPTION	NO.
B15	WASHER;FLT;Φ10.2XΦ20X1.5T;	1
B23	PLATE ADJUSTABLE LEVELER-USE 000491-B	6
E10	WASHER;FLT;Φ8.2XΦ30.0X1.5T;CHM;	1
E11	WASHER;SPL;SW8 8.2X13.5X2.0T;CHM;	1
E12	SCREW;BH;M8X1.25PX20L;HS;CHM;	2
V03	STICKER;CE;HS16	2
AC1	SUPPORT TUBE SET;PAINTING;HS16;578-A	4
AE3	TWO DIRECTION BASE;HYDRAULIC CYLINDER;57	4
B18	NUT;AC;M8X1.25P;SS41;CHM;	2
B19	SCREW;BH;M8X1.25PX100L-20L;HS;CHM;P-T	2
B20	WASHER;SPL;SW8 8.2X13.5X2.0T;CHM;	2
C07	FIX BOLT;HANDLEBAR;HS16	4
C08	SCREW;BH;M8X1.25PX20L;HS;	2
C11	SCREW;BH;M8X1.25PX55L-20L;HS;CHM;P-T	4
C15	KETTLE;PEARL WHITE;PAHS;HORIZON ;	2
C16	RACK;KETTLE;STEEL;FC07	4
C17	SCREW;BH;M5X0.8PX15L;PH;CHM;	1
C18	RVN;ALS7-580-3.3(0.5-3.3);YZN;	1
C19	END-CAP;76 TUBE;HS16	4
C22	SCREW;SET;M4X0.7PX4L;CHM;	1
E21	BEARING;FLANGE DRY;CSB-11F16120;	1
E22	SCREW;BH;M8X1.25PX35L-10L;HS;P-T	2
E24	NUT;NLK;M8X1.25P;CHM;	2
E25	FIX SLEEVE;HYDRAULIC CYLINDER;HS16	2
V02	STICKER;CONSOLE MAST;HS16;	2

NO.	DESCRIPTION	QTY
AE1	PEDAL ARM SET;L;PAINTING;HS16;578-A	1
AE3	TWO DIRECTION BASE;HYDRAULIC CYLINDER;57	2
E06	WASHER;PEDAL ARM;PAINTING;Φ76XΦ8.4X3.0T	1
E07	END CAP 25.4X25.4X2	1
E09	CAP;TUBE;Φ60X1.6T;	7
E12	SCREW;BH;M8X1.25PX20L;HS;CHM;	4
E15	BUSHING;PEDAL ARM;POM;GY;HS10	7
E16	RVN;ALS7-8125-3.8(0.5-3.8);YZN;	1
E17	FOOT PAD;RUBBER;HS16	1
E20	AXLE;TWO DIRECTION BASE;HS16;	1
E21	BEARING;FLANGE DRY;CSB-11F16120;	4
E22	SCREW;BH;M8X1.25PX35L-10L;HS;P-T	1 SET
E23	SCREW;BH;M8X1.25PX45L-20L;HS;CHM;P-T	2
E24	NUT;NLK;M8X1.25P;CHM;	2
T01	PEDAL;BLACK;ABS;PAHS;HS16	1
T02	SCREW;BH;M4X0.7PX10L;CT;PH;BZN;	2
AG1	HANDLEBAR;L;PAINTING;HS16;578-A	2
C20	SCREW;BH;M6X1.0PX10L;HS;CHM;	1 SET
C21	WASHER;SPL;SW6 6.1X12.2X1.5T;CHM;	1 SET
G05	BOOT SET;HANDLEBAR;L;HS16;	1
G06	BOOT SET;HANDLEBAR;R;HS16;	1
G07	FOAM;ARM;BL;25DX5TX150.0L;CORRESPONDPAHS	1
G08	FOAM;ARM;BL;25DX5TX180.0L;CORRESPONDPAHS	1
G09	FOAM;ARM;BL;25DX5TX800.0L;CORRESPONDPAHS	1
G16	CAP;ARM REST;ABS;HS16;	1

NO.	DESCRIPTION	NO.
P03	PULSE SENSOR SET;PAHS;650(Φ25.4+2.5-2P)	1
B16	SCREW;BH;M8X1.25PX20L;HS;CHM;	6
B20	WASHER;SPL;SW8 8.2X13.5X2.0T;CHM;	1
J01	STABILIZER;REAR;PAINTING;HS16;578-A	1
J02	FOOT PAD;STABILIZER;R;	2
J03	RVN;ALS7-8125-3.8(0.5-3.8);YZN;	2
V01	STICKER;STABILIZER;REAR;HS16;	4
AE2	PEDAL ARM SET;R;PAINTING;HS16;578-A	4
AE3	TWO DIRECTION BASE;HYDRAULIC CYLINDER;57	2
E06	WASHER;PEDAL ARM;PAINTING;Φ76XΦ8.4X3.0T	2
E07	END CAP 25.4X25.4X2	2
E09	CAP;TUBE;Φ60X1.6T;	4
E12	SCREW;BH;M8X1.25PX20L;HS;CHM;	2
E13	MAGNET; 10X3T	4
E15	BUSHING;PEDAL ARM;POM;GY;HS10	2
E16	RVN;ALS7-8125-3.8(0.5-3.8);YZN;	4
E17	FOOT PAD;RUBBER;HS16	1
E20	AXLE;TWO DIRECTION BASE;HS16;	1
E21	BEARING;FLANGE DRY;CSB-11F16120;	4
E22	SCREW;BH;M8X1.25PX35L-10L;HS;P-T	1
E23	SCREW;BH;M8X1.25PX45L-20L;HS;CHM;P-T	1
E24	NUT;NLK;M8X1.25P;CHM;	2
T01	PEDAL;BLACK;ABS;PAHS;HS16	2
T02	SCREW;BH;M4X0.7PX10L;CT;PH;BZN;	2
AG2	HANDLEBAR;R;PAINTING;HS16;578-A	2

NO.	DESCRIPTION	QTY
C20	SCREW;BH;M6X1.0PX10L;HS;CHM;	1
C21	WASHER;SPL;SW6 6.1X12.2X1.5T;CHM;	2
G05	BOOT SET;HANDLEBAR;L;HS16;	1
G06	BOOT SET;HANDLEBAR;R;HS16;	1
G07	FOAM;ARM;BL;25DX5TX150.0L;CORRESPONDPAHS	7
G08	FOAM;ARM;BL;25DX5TX180.0L;CORRESPONDPAHS	4
G09	FOAM;ARM;BL;25DX5TX800.0L;CORRESPONDPAHS	7
G16	CAP;ARM REST;ABS;HS16;	1
P03	PULSE SENSOR SET;PAHS;650(Φ25.4+2.5-2P)	1

**D: Entsorgungshinweis**

Vision Fitness /Horizon Fitness/TEMPO Fitness /TREO Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

**GB: Waste Disposal**

Vision Fitness /Horizon Fitness/TEMPO Fitness /TREO Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

**F: Remarque relative à la gestion des déchets**

Les produits Vision Fitness /Horizon Fitness/TEMPO Fitness /TREO Fitness sont recyclables. A la fin de sa durée d'utilisation, remettez l'appareil à un centre de gestion de déchets correct (collecte locale).

**NL: Verwijderingsaanwijzing**

Vision Fitness /Horizon Fitness/TEMPO Fitness /TREO Fitness producten zijn recycleerbaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

**E: Informaciones para la evacuación**

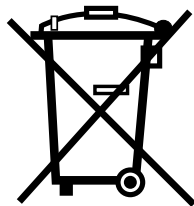
Los productos de Vision Fitness /Horizon Fitness/TEMPO Fitness /TREO Fitness son reciclables. Cuando se termina la vida útil de un aparato o una máquina, entréguelos a una empresa local de eliminación de residuos para su reciclaje.

**I: Indicazione sullo smaltimento**

I prodotti Vision Fitness /Horizon Fitness/TEMPO Fitness /TREO Fitness sono riciclabili. Quando l'apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunali).

**PL: Wskazówka dotycząca usuwania odpadów.**

Produkty firmy Vision Fitness /Horizon Fitness/TEMPO Fitness /TREO Fitness podlegają recyklingowi. Pod koniec okresu użytkowania proszę oddać urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).







# STEPPER OWNER'S MANUAL

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