HORIZON *FITNESS*

T-X

TREADMILL OWNER'S MANUAL

Read the TREADMILL GUIDE before using this OWNER'S MANUAL.

IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact your local dealer.

⚠ DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the treadmill from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

⚠WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than Max. user weight. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Connect this exercise product to a properly grounded outlet only.

⚠️ WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

• At NO time should pets or children under the age of 13 be closer to the treadmill than 10 feet.
• At NO time should children under the age of 13 use the treadmill.
• Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
• Use the treadmill only for its intended use as described in the treadmill guide and owner's manual.
• Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
• Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the treadmill to a service center for examination and repair.
• Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
• Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
• To prevent electrical shock, never drop or insert any object into any opening.
• Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
• To disconnect, turn all controls to the off position, then remove plug from outlet.
• Do not use treadmill in any location that is not temperature controlled, such as but not limited to porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
• This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
• Do not remove the console covers unless instructed by your local dealer. Service should only be done by an authorized service technician

It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or break down, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

⚠ DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 220 Volt circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 10-amp circuit.

⚠ WARNING

3-POLE GROUNDED OUTLET
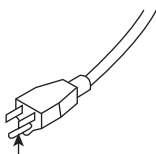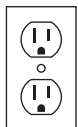
GROUNDING PIN

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact your local dealer for replacement or repair.

ASSEMBLY

⚠ WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the treadmill could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your treadmill's serial number and model name located on a white barcode sticker near the on/off power switch and power cord and enter them in the space provided below.

SERIAL NUMBER LOCATION

ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

SERIAL NUMBER:

TM

MODEL NAME: **HORIZON** **TREADMILL**
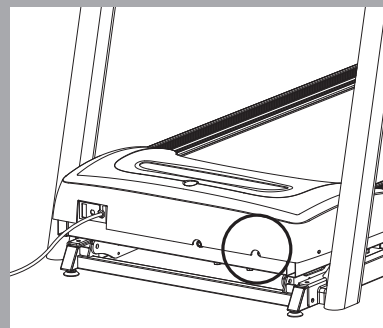
» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

READING RACK

AUDIO IN / OUT JACKS

USB PORT

WATER BOTTLE HOLDER

HANDLEBARS

CONSOLE MAST

MOTOR COVER

TRANSPORT WHEEL

WHEEL LOCK

CONSOLE

CONSOLE CONTROLS AND DISPLAY WINDOWS

GRIP PULSE HANDRAILS

SAFETY KEY PLACEMENT

ON/OFF SWITCH

CIRCUIT BREAKER

POWER CORD

RUNNING BELT / RUNNING DECK

SIDE RAIL

ROLLER END CAP

REAR ROLLER
TENSION/ADJUSTMENT BOLTS
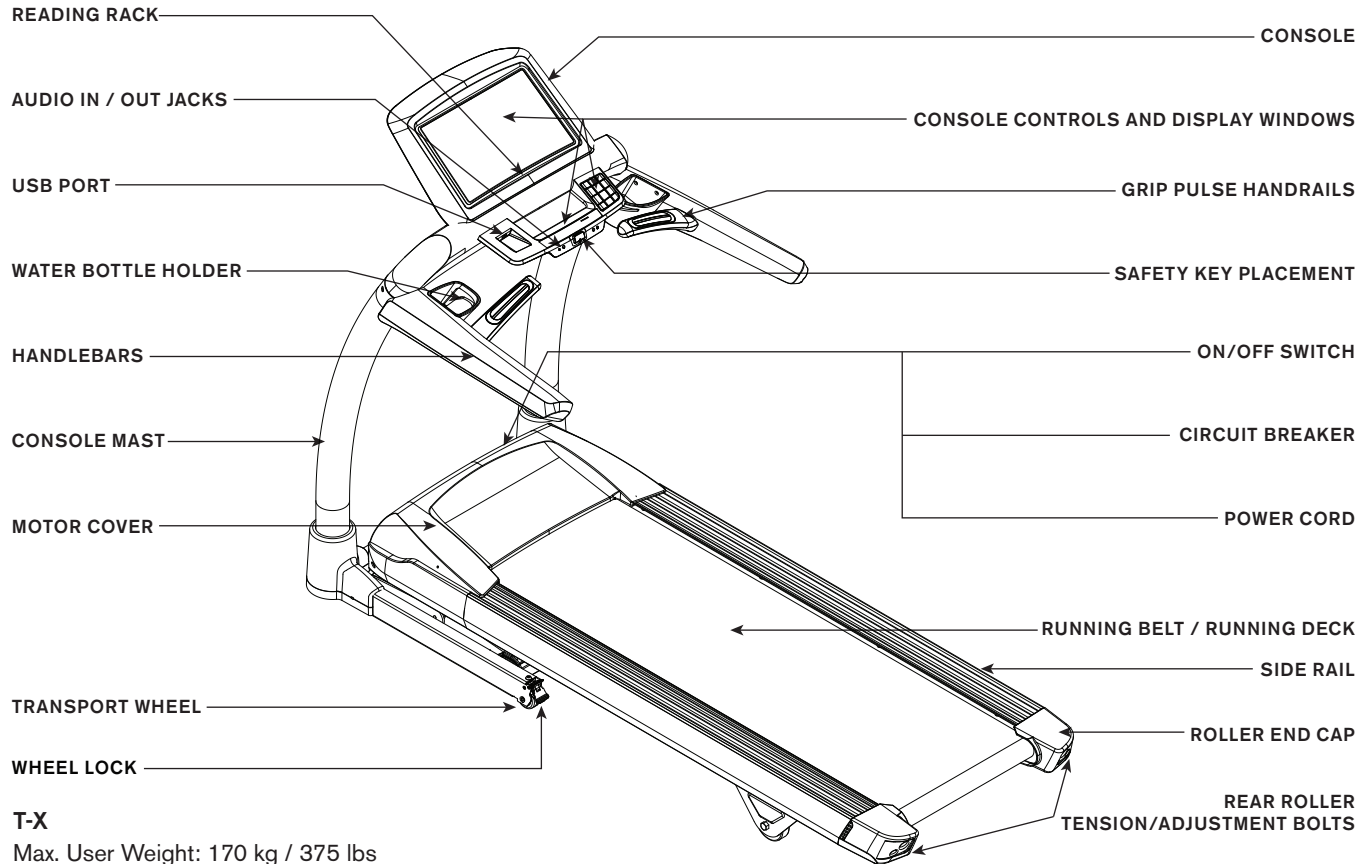
T-X
Max. User Weight: 170 kg / 375 lbs
Product Weight: 126 kg / 278 lbs
Overall Dimensions: 211 x 96 x 151 cm / 83" x 38" x 59.5"

TOOLS INCLUDED:

- [ ] 5 mm T-Wrench
- [ ] 8 mm T-Wrench
- [ ] Screwdriver

PARTS INCLUDED:

- [ ] 1 Console Assembly
- [ ] 2 Handlebars
- [ ] 2 Console Masts
- [ ] 1 Hardware Kit
- [ ] 1 Safety Key
- [ ] 1 USB Cover
- [ ] 1 Audio Adapter Cable
- [ ] 1 Power Cord
- [ ] 2 Main Frame Boots
- [ ] 2 End Caps
- [ ] 1 Bottle of Silicone Lubricant

☎ NEED HELP?

If you have questions or if there are any missing parts, contact your local dealer. Contact information is located on the back panel of this manual.

PRE ASSEMBLY

UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take CAUTION when handling and transporting this unit. Once the banding straps have been removed, do not transport this unit unless it is fully assembled. Unpack and assemble the unit where it will be used. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill. Lift the treadmill from the roller end caps area while a second person removes the parts packed under the treadmill.

⚠ WARNING

DO NOT ATTEMPT TO LIFT THE TREADMILL! Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.

⚠ WARNING

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

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.

HARDWARE FOR STEP 1 :

BOLT (A)
20 mm
Qty: 6

SPRING WASHER (B)
8.2 mm
Qty: 6

ARC WASHER (C)
8.4 mm
Qty: 6

RIGHT CONSOLE MAST

LEAD WIRE

CONSOLE CABLE

MAIN FRAME BOOT

LEFT CONSOLE MAST

BOLTS (A)

SPRING WASHERS (B)

ARC WASHERS (C)
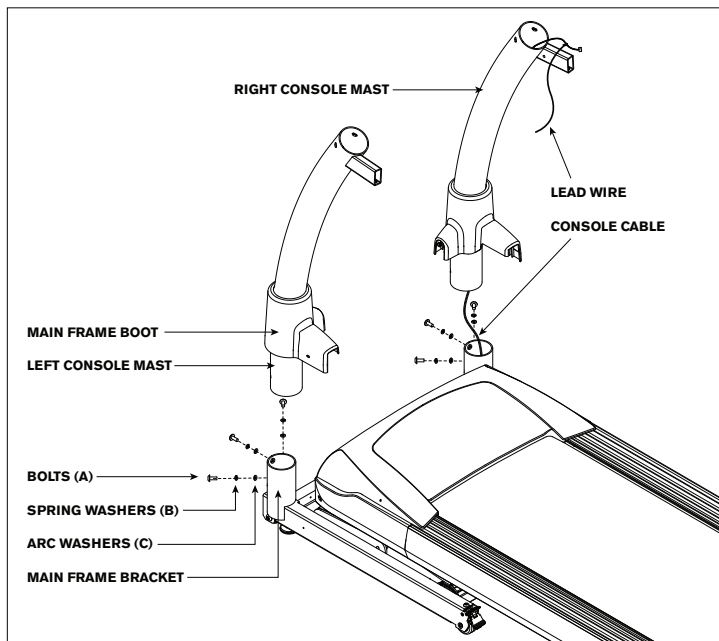
MAIN FRAME BRACKET

A   Cut the yellow banding straps and lift the running deck upward to remove all contents from underneath the running deck.

B   Open **HARDWARE FOR STEP 1**.

C   Slide **MAIN FRAME BOOT** up **CONSOLE MAST**. Place **RIGHT CONSOLE MAST** over **MAIN FRAME BRACKET**.

D   Pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the **LEAD WIRE** through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard **LEAD WIRE**.

> NOTE: Do not pinch console cable when placing the mast onto the main frame bracket.

E   Attach **CONSOLE MAST** to **MAIN FRAME BRACKET** using 3 **BOLTS (A)**, 3 **SPRING WASHERS (B)** and 3 **ARC WASHERS (C)**.

> NOTE: Do not tighten bolts until step 3 is complete.

F   Slide **MAIN FRAME BOOT** down over **MAIN FRAME BRACKET**.

G   Repeat steps D–F on other side.

T-**X** ASSEMBLY **STEP 2**

HARDWARE FOR STEP 2 :

BOLT (A)
20 mm
Qty: 6

SPRING WASHER (B)
8.2 mm
Qty: 6

FLAT WASHER (D)
8.2 mm
Qty: 6

HANDLEBAR CABLE

CONSOLE MAST

CONSOLE MAST BRACKET

HANDLEBARS

FLAT WASHERS (D)

SPRING WASHERS (B)
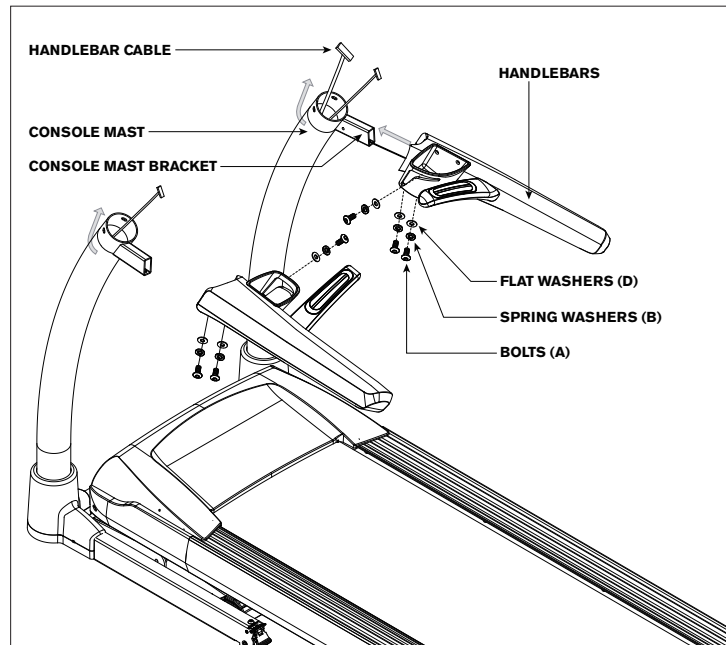
BOLTS (A)

A   Open **HARDWARE FOR STEP 2**.

B   Feed **HANDLEBAR CABLE** through **CONSOLE MAST BRACKET** and out top of **CONSOLE MAST**.

C   Slide **HANDLEBAR** onto **CONSOLE MAST BRACKET** and attach using 3 **BOLTS (A)**, 3 **SPRING WASHERS (B)** and 3 **FLAT WASHERS (D)**.

D   Repeat on other side.

NOTE: Be careful not to pinch any wires while attaching the handlebars.

T-**X** ASSEMBLY **STEP 3**

HARDWARE FOR STEP 3 :

BOLT (A)
20 mm
Qty: 6

SPRING WASHER (B)
8.2 mm
Qty: 6

ARC WASHER (C)
8.4 mm
Qty: 6

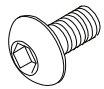CONSOLE

CONSOLE &
HANDLEBAR
CABLES

BOLTS (A)

SPRING WASHERS (B)

ARC WASHERS (C)
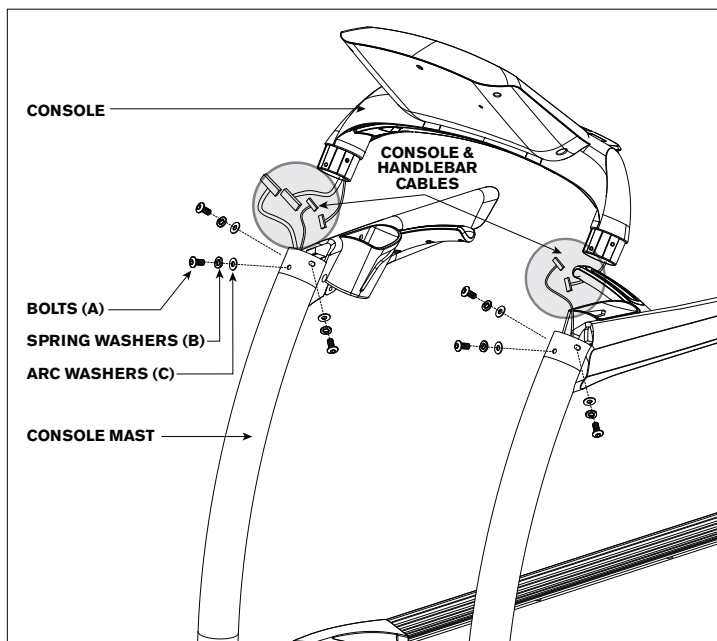
CONSOLE MAST

A   Open **HARDWARE FOR STEP 3**.

B   Gently hold the **CONSOLE** above the **CONSOLE MASTS**.

C   Connect the **CONSOLE** & **HANDLEBAR CABLES**, carefully tucking wires in masts to avoid damage.

D   Attach each side of the **CONSOLE** using **3 BOLTS (A)**, 3 **SPRING WASHERS (B)** and 3 **ARC WASHERS (C)**.

E   Fold the deck into the upright position until the foot latch engages. Rotate the **CONSOLE MASTS** until the spacing between the handlebars and the deck are the same. Tighten **BOLTS** from step 1 and then step 3.

SCREWS (E)   MAIN FRAME BOOT

END CAPS

BOLTS (F)
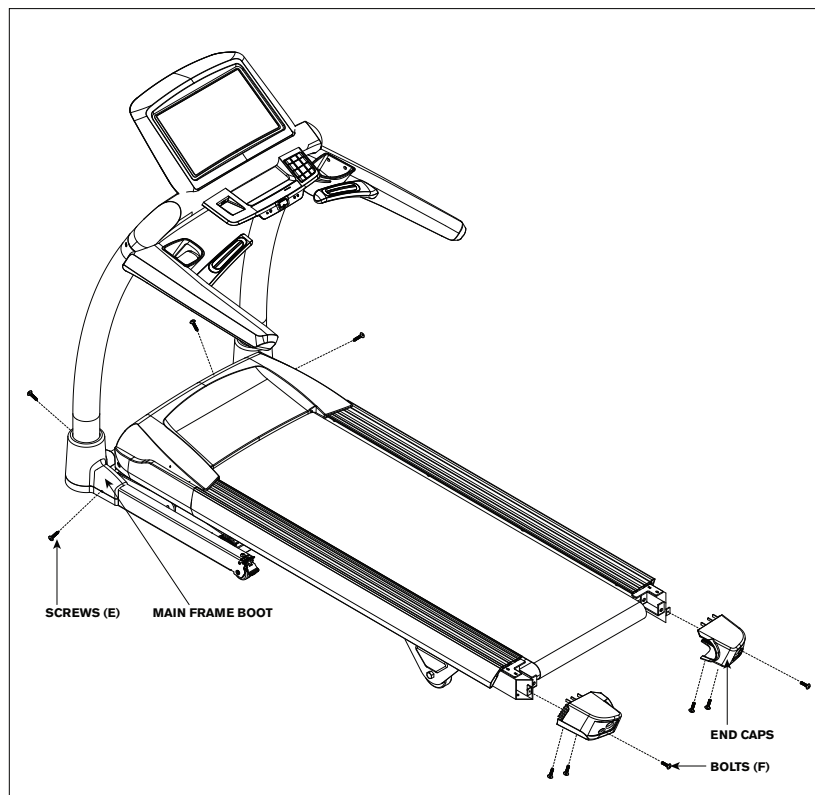
HARDWARE FOR STEP 4 :

SCREW (E)
20 mm
Qty: 4

BOLT (F)
15 mm
Qty: 6

A   Open **HARDWARE FOR STEP 4**.

B   Attach **MAIN FRAME BOOTS** using 4 **SCREWS (E)**.

C   Attach **END CAPS** using 6 **SCREWS (F)**.

ASSEMBLY COMPLETE!

TREADMILL OPERATION

This section explains how to use your treadmill's console and programming. The BASIC OPERATION section in the TREADMILL GUIDE has instructions for the following:

- **LOCATION OF THE TREADMILL**

- **USING THE SAFETY KEY**

- **MOVING THE TREADMILL**

- **LEVELING THE TREADMILL**

- **TENSIONING THE RUNNING BELT**

- **CENTERING THE RUNNING BELT**

- **USING THE HEART RATE FUNCTION**

A

B

R

THR ZONE P9
HR INTERVALS P10
THR STEPS P11
5K P12
10K P13
CUSTOM 1 P14
CUSTOM 2 P15
CUSTOM 3 P16

MANUAL P1
SPEED INTERVALS P2
PEAK INTERVALS P3
STAMINA BUILDER P4
WEIGHT LOSS P5
GOLF COURSE P6
FOOT HILLS P7
MOUNTAIN CLIMB P8

13:06

INCLINE   DISTANCE   SPEED
5.0   3.8   6.7
CALORIES   PACE   HEART RATE

N

C   J   D

O

P   P

7 8 9
4 5 6
1 2 3
   0

START ENTER STOP

Q

K   L   H   I

M   E   F   G
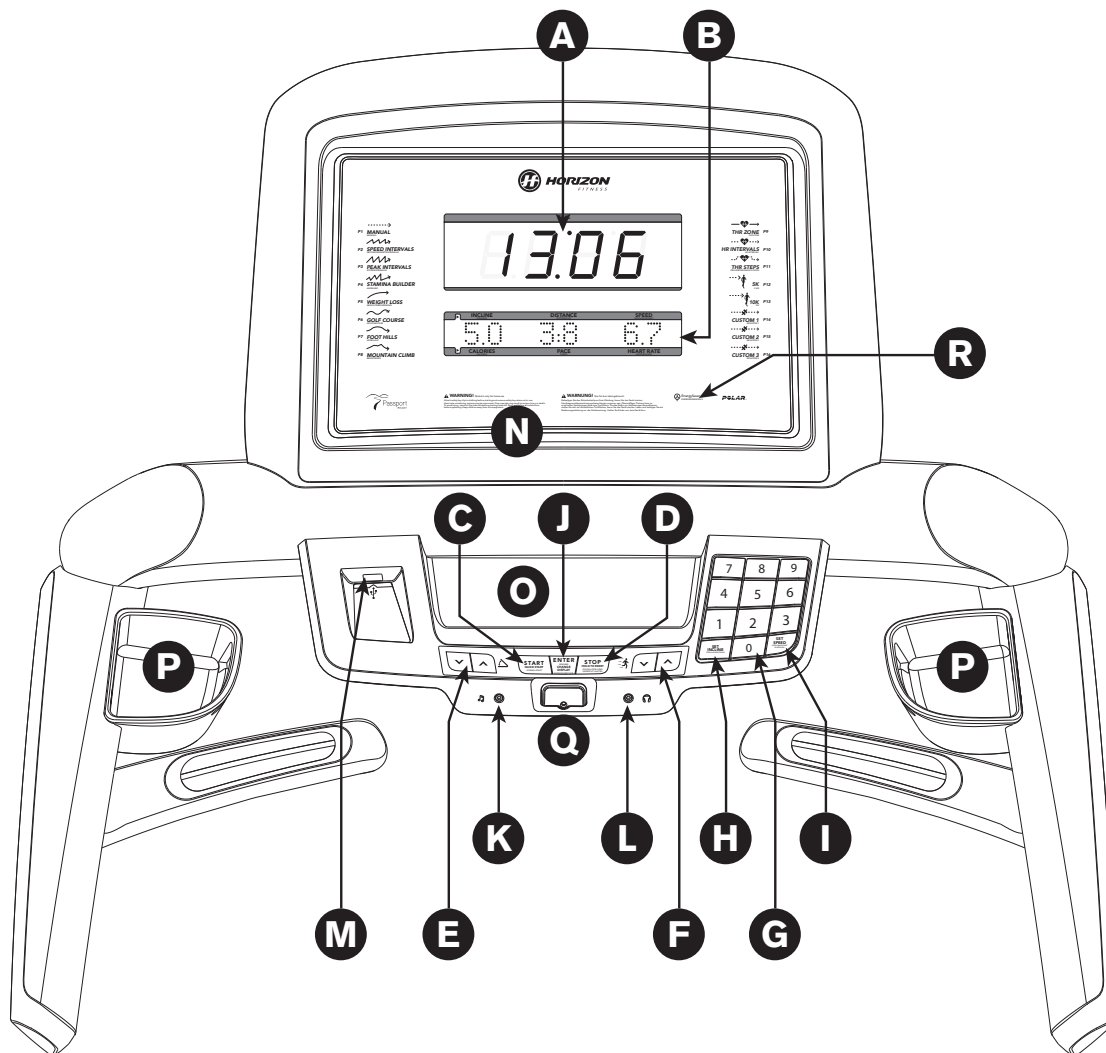
CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) **LARGE LED DISPLAY WINDOW**: displays workout time.

B) **ALPHANUMERIC DISPLAY WINDOW**: displays incline, distance, speed, calories, pace, workout profile and heart rate.

C) **START**: press to begin exercising, start your workout, or resume exercising after pause.

D) **STOP**: press to pause/end your workout. Hold for 3 seconds to reset the console.

E) **INCLINE ⌃⌄ KEYS**: used to adjust incline in small increments (0.5% Increments).

F) **SPEED + – KEYS**: used to adjust speed in small increments (0.1 MPH or 0.1KM/H increments).

G) **QUICK ADJUST KEYPAD**: used to reach desired speed or incline more quickly.

H) **SET INCLINE KEY**: used to change incline to level entered into keypad.

I) **SET SPEED KEY**: used to change speed to level entered into keypad.

J) **ENTER / CHANGE DISPLAY KEY**: Press to confirm programming selections during workout setup. Press to change display feedback during workout.

K) **AUDIO IN JACK**: plug your media player into the console using the included audio adaptor cable.

L) **AUDIO OUT / HEADPHONE JACK**: plug your headphones into this jack to listen to your music through the headphones.

M) **USB PORT**: insert USB stick here to update software.

N) **READING RACK**: holds reading material.

O) **MEDIA PLAYER HOLDER**: holds your media player.

P) **WATER BOTTLE POCKETS**: holds personal workout equipment.

Q) **SAFETY KEY POSITION**: enables treadmill when safety key is inserted.

R) **ENERGY SAVER**: To minimize energy consumption, your machine will enter energy saver mode automatically(after entering stand-by mode for 15 mins) and could be quickly waken up with a touch of a button.

QUICK ADJUST KEYPAD (G)


```
  7     8     9

  4     5     6

  1     2     3

 SET          SET
INCLINE  0   SPEED
STEIGUNG EINSTELLEN   GESCHWINDIGKEIT
                      EINSTELLEN
```
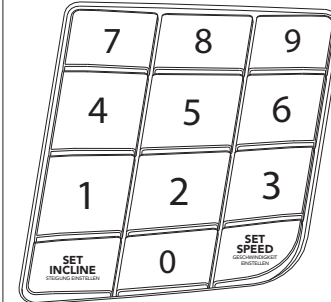
Quickly access any speed or incline level by typing the number and pressing SET SPEED (I) or SET INCLINE (H) keys.
Examples:
• To change the speed to 6.5 MPH or KM/H, press 6–5–SET SPEED.
• To change the incline to 10%, press 1–0–0–SET INCLINE. (NOTE: If there is no decimal point, you still must enter 0).

TIME

INCLINE | DISTANCE | SPEED
5.0 | 3.8 | 6.7
CALORIES | PACE | HEART RATE
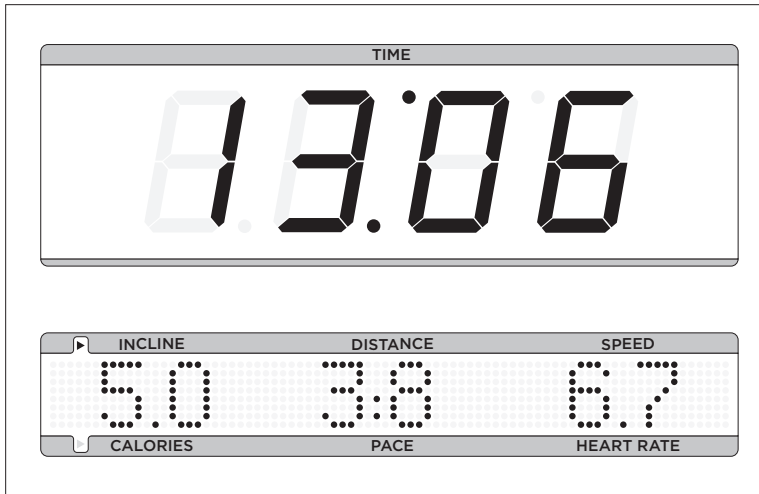
WORKOUT PROFILE: Shows the incline level of selected workout.

INCLINE | DISTANCE | SPEED
CALORIES | PACE | HEART RATE
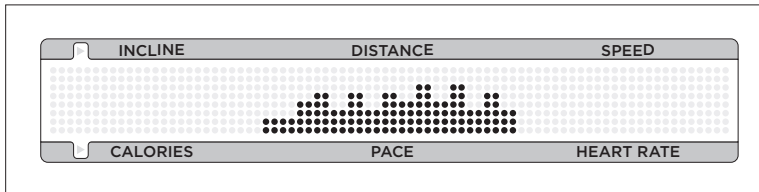
The dot matrix will show the incline profile as you progress through a program.

DISPLAY WINDOWS

• **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.

• **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.

• **DISTANCE:** Shown as miles or kilometres. Indicates distance traveled or distance remaining during your workout.

• **SPEED:** Shown as MPH or KM/H. Indicates how fast your walking or running surface is moving.

• **CALORIES:** Total calories burned or calories remaining to burn during your workout.

• **PACE**: Indicates how many minutes it takes to complete a mile or kilometre while running or walking at your current speed. For example: If at your current speed it will take you 10 minutes to complete a mile or kilometre, the treadmill will display 10'0" as your pace.

• **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).

GETTING STARTED

1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.

2) Plug in the power cord and turn the treadmill ON.

3) Stand on the side rails of the treadmill.

4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.

5) Insert the safety key into the safety keyhole in the console.

6) You have two options to start your workout:

A) QUICK START

Simply press the START key to begin working out.
Time, distance, and calories will all count up from zero. OR...

B) SELECT A PROGRAM

1) Select USER 1, USER 2 or GUEST using ⌃⌄ or **+/−** and press ENTER to confirm.

2) Select a program using ⌃⌄ or **+/−** and press ENTER to confirm.

3) Complete the program setup using ⌃⌄ or **+/−** and press ENTER to confirm.

4) When setup is complete, press START to begin your workout.

DATE AND CLOCK SETUP

1) Enter Setup mode: Press and hold the 1 and 2 buttons for 3 seconds.

2) Use the ⌃⌄ KEYS to change settings and press ENTER to confirm.

3) Settings include: Month, day, year, hour, minute, and am/pm.

4) Review settings: You can review your settings at any time while in setup mode. Press ENTER to scroll through settings.

5) Exit setup mode: To confirm the date and time, press and hold ENTER for 3 seconds.

6) To reset: simply re-enter setup mode and adjust date and time to the correct setting.

TO CLEAR SELECTION/RESET THE CONSOLE

Hold STOP key for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the display will flash "WORKOUT COMPLETE" and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

PROGRAM INFORMATION

P1) MANUAL: Adjust your speed and incline manually during your workout.

P2) SPEED INTERVALS: Improves your strength, speed and endurance by increasing and decreasing the speed throughout your workout to involve your heart and other muscles. Speed changes and segments repeat 90 seconds and 30 seconds.

British

Segment	Warm Up		1	2	Cool Down	
Time	4:00 MIN		90 SEC	30 SEC	4:00 MIN	
Level 1	1.0	1.5	2.0	4.0	1.5	1.0
Level 2	1.0	1.5	2.0	4.5	1.5	1.0
Level 3	1.3	1.9	2.5	5.0	1.9	1.3
Level 4	1.3	1.9	2.5	5.5	1.9	1.3
Level 5	1.5	2.3	3.0	6.0	2.3	1.5
Level 6	1.5	2.3	3.0	6.5	2.3	1.5
Level 7	1.8	2.6	3.5	7.0	2.6	1.8
Level 8	1.8	2.6	3.5	7.5	2.6	1.8
Level 9	2.0	3.0	4.0	8.0	3.0	2.0
Level 10	2.0	3.0	4.0	8.5	3.0	2.0

Metric

Segment	Warm Up		1	2	Cool Down	
Time	4:00 min		90 sec	30 sec	4:00 min	
Level 1	1.6	2.4	3.2	6.4	2.4	1.6
Level 2	1.6	2.4	3.2	7.2	2.4	1.6
Level 3	2.0	3.0	4.0	8.0	3.0	2.0
Level 4	2.0	3.0	4.0	8.8	3.0	2.0
Level 5	2.4	3.6	4.8	9.6	3.6	2.4
Level 6	2.4	3.6	4.8	10.4	3.6	2.4
Level 7	2.8	4.1	5.6	11.2	4.1	2.8
Level 8	2.8	4.1	5.6	12.0	4.1	2.8
Level 9	3.2	4.8	6.4	12.8	4.8	3.2
Level 10	3.2	4.8	6.4	13.6	4.8	3.2

P3) PEAK INTERVALS: Improves your strength, speed and endurance by increasing and decreasing the speed and incline throughout your workout to involve your heart and other muscles. Speed and Incline changes, segments repeat 90 seconds and 30 seconds.

British

Segment		Warm Up		1	2	Cool Down	
Time		4:00 MIN		90 SEC	30 SEC	4:00 MIN	
Level 1	Speed	1.0	1.5	2.0	4.0	1.5	1.0
	Incline	1.0	1.5	0.5	1.5	1.5	0.0
Level 2	Speed	1.0	1.5	2.0	4.5	1.5	1.0
	Incline	1.5	2.5	3.0	6.5	2.5	1.5
Level 3	Speed	1.3	1.9	2.5	5.0	1.9	1.3
	Incline	2.0	3.0	4.0	7.5	3.0	2.0
Level 4	Speed	1.3	1.9	2.5	5.5	1.9	1.3
	Incline	2.0	3.0	4.0	8.0	3.0	2.0
Level 5	Speed	1.5	2.3	3.0	6.0	2.3	1.5
	Incline	2.5	3.5	4.5	8.5	3.5	2.5
Level 6	Speed	1.5	2.3	3.0	6.5	2.3	1.5
	Incline	2.5	3.5	4.5	9.0	3.5	2.5
Level 7	Speed	1.8	2.6	3.5	7.0	2.6	1.8
	Incline	2.5	4.0	5.5	9.5	4.0	3.0
Level 8	Speed	1.8	2.6	3.5	7.5	2.6	1.8
	Incline	3.0	4.0	5.5	9.5	4.0	3.0
Level 9	Speed	2.0	3.0	4.0	8.0	3.0	2.0
	Incline	3.0	4.5	6.0	10.0	5.0	3.0
Level 10	Speed	2.0	3.0	4.0	8.5	3.0	2.0
	Incline	3.0	4.5	6.0	10.0	5.0	3.0

Metric

Segment		Warm Up		1	2	Cool Down	
Time		4:00 MIN		90 SEC	30 SEC	4:00 MIN	
Level 1	Speed	1.6	2.4	3.2	6.4	2.4	1.6
	Incline	1.0	1.5	0.5	1.5	1.5	0.0
Level 2	Speed	1.6	2.4	3.2	7.2	2.4	1.6
	Incline	1.5	2.5	3.0	6.5	2.5	1.5
Level 3	Speed	2.0	3.0	4.0	8.0	3.0	2.0
	Incline	2.0	3.0	4.0	7.5	3.0	2.0
Level 4	Speed	2.0	3.0	4.0	8.8	3.0	2.0
	Incline	2.0	3.0	4.0	8.0	3.0	2.0
Level 5	Speed	2.4	3.6	4.8	9.6	3.6	2.4
	Incline	2.5	3.5	4.5	8.5	3.5	2.5
Level 6	Speed	2.4	3.6	4.8	10.4	3.6	2.4
	Incline	2.5	3.5	4.5	9.0	3.5	2.5
Level 7	Speed	2.8	4.1	5.6	11.2	4.1	2.8
	Incline	2.5	4.0	5.5	9.5	4.0	3.0
Level 8	Speed	2.8	4.1	5.6	12.0	4.1	2.8
	Incline	3.0	4.0	5.5	9.5	4.0	3.0
Level 9	Speed	3.2	4.8	6.4	12.8	4.8	3.2
	Incline	3.0	4.5	6.0	10.0	5.0	3.0
Level 10	Speed	3.2	4.8	6.4	13.6	4.8	3.2
	Incline	3.0	4.5	6.0	10.0	5.0	3.0

P4) STAMINA BUILDER: Promotes weight loss by increasing and decreasing the incline, while keeping you in your fat burning zone. Segments are repeated until selected time is reached.

Segment	Warm Up						1	2	3	4	5	6	Cool Down	
Level 1 Seconds	60	60	30	30	30	30	60	120	120	120	120	120	4:00 MIN	
35:00 Incline	2.0	2.0	3.0	3.0	3.0	3.0	3.0	4.0	2.0	4.0	3.0	4.0	3.0	2.0

Segment	Warm Up						1	2	3	4	5	6	7	8	9	10	11	Cool Down	
Level 2 Seconds	60	60	30	30	30	30	60	60	60	120	120	60	60	60	60	60	120	4:00 MIN	
35:00 Incline	2.0	2.0	3.0	3.0	3.0	4.0	2.0	2.0	3.0	5.0	3.0	6.0	1.0	2.0	5.0	5.0	2.0	2.0	2.0

Segment	Warm Up						1	2	3	4	5	6	7	8	9	10	11	12	Cool Down	
Level 3 Seconds	60	60	30	30	30	30	60	60	120	60	60	120	60	60	120	60	60	120	4:00 MIN	
35:00 Incline	2.0	2.0	3.0	3.0	3.0	3.0	1.0	2.0	5.0	1.0	2.0	6.0	2.0	3.0	6.0	2.0	3.0	7.0	3.0	2.0

Segment	Warm Up						1	2	3	4	5	6	7	8	9	10	11	12	13	14	Cool Down	
Level 4 Seconds	60	60	30	30	30	30	120	120	120	60	60	60	120	60	60	60	60	60	60	60	4:00 MIN	
35:00 Incline	2.0	2.0	3.0	3.0	3.0	3.0	5.0	6.0	6.0	1.0	4.0	4.0	3.0	4.0	7.0	2.0	5.0	1.0	6.0	1.0	1.0	1.0

Segment	Warm Up						1	2	3	4	5	6	7	8	9	10	11	Cool Down	
Level 5 Seconds	60	60	30	30	30	30	60	60	60	120	120	60	60	60	60	60	120	4:00 MIN	
50:00 Incline	2.0	2.0	3.0	3.0	3.0	3.0	2.0	2.0	3.0	5.0	3.0	6.0	1.0	2.0	5.0	5.0	2.0	2.0	2.0

Segment	Warm Up						1	2	3	4	5	6	7	8	9	10	11	12	Cool Down	
Level 6 Seconds	60	60	30	30	30	30	60	60	120	60	60	120	60	60	120	60	60	120	4:00 MIN	
55:00 Incline	2.0	2.0	3.0	3.0	3.0	3.0	1.0	2.0	5.0	1.0	2.0	6.0	2.0	3.0	6.0	2.0	3.0	7.0	3.0	2.0

Segment	Warm Up						1	2	3	4	5	6	7	8	9	10	11	12	13	14	Cool Down	
Level 7 Seconds	60	60	30	30	30	30	120	120	120	60	60	60	120	60	60	60	60	60	60	60	4:00 MIN	
60:00 Incline	2.0	2.0	3.0	3.0	4.0	4.0	5.0	6.0	7.0	1.0	4.0	4.0	3.0	4.0	7.0	2.0	5.0	1.0	6.0	1.0	1.0	1.0

P5) WEIGHT LOSS: Promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone. Speed and Incline changes, segments repeat every 30 seconds.

British

Segment		Warm Up		1	2	3	4	5	6	7	8	Cool Down	
Time		4:00 MIN		Each segment is 30 seconds								4:00 MIN	
Level 1	Incline	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5	0.5	0.0
	Speed	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5	2.3	1.5
Level 2	Incline	0.0	0.5	1.5	1.5	1.0	0.5	1.0	0.5	1.0	1.5	0.5	0.0
	Speed	1.3	1.9	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0	2.6	1.8
Level 3	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5	3.0	2.0
Level 4	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	1.8	2.6	3.5	4.0	4.5	5.0	5.5	5.0	4.5	4.0	3.4	2.3
Level 5	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	2.0	3.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5	3.8	2.5
Level 6	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0	4.1	2.8
Level 7	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	2.5	3.8	5.0	5.5	6.0	6.5	7.0	6.5	6.0	5.5	4.5	3.0
Level 8	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	2.8	4.1	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0	4.9	3.3
Level 9	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	3.0	4.5	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5	5.3	3.5
Level 10	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	3.3	4.9	6.5	7.0	7.5	8.0	8.5	8.0	7.5	7.0	5.6	3.8

Metric

Segment		Warm Up		1	2	3	4	5	6	7	8	Cool Down	
Time		4:00 MIN		Each segment is 30 seconds								4:00 MIN	
Level 1	Incline	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5	0.5	0.0
	Speed	1.6	2.4	3.2	4.0	4.8	5.6	6.4	5.6	4.8	4.0	3.6	2.4
Level 2	Incline	0.0	0.5	1.5	1.5	1.0	0.5	1.0	0.5	1.0	1.5	0.5	0.0
	Speed	2.0	3.0	4.0	4.8	5.6	6.4	7.2	6.4	5.6	4.8	4.1	2.8
Level 3	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	2.4	3.6	4.8	5.6	6.4	7.2	8.0	7.2	6.4	5.6	4.8	3.2
Level 4	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	2.8	4.1	5.6	6.4	7.2	8.0	8.8	8.0	7.2	6.4	5.4	3.6
Level 5	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	3.2	4.8	6.4	7.2	8.0	8.8	9.6	8.8	8.0	7.2	6.0	4.0
Level 6	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	3.6	5.4	7.2	8.0	8.8	9.6	10.4	9.6	8.8	8.0	6.5	4.4
Level 7	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	4.0	6.0	8.0	8.8	9.6	10.4	11.2	10.4	9.6	8.8	7.2	4.8
Level 8	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	4.4	6.5	8.8	9.6	10.4	11.2	12.0	11.2	10.4	9.6	7.8	5.2
Level 9	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	4.8	7.2	9.6	10.4	11.2	12.0	12.8	12.0	11.2	10.4	8.4	5.6
Level 10	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	5.2	7.8	10.4	11.2	12.0	12.8	13.6	12.8	12.0	11.2	8.9	6.0

P6) GOLF COURSE: Simulates various inclines and yardages for holes on a golf course, with four 9-hole courses and four 18-hole courses. Distance-based goal.

Segment		9-Hole Golf Course									18-Hole Golf Course									Total Distance
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Tee 1	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5										757m / 2482 ft.
	Distance	309	359	283	256	113	387	91	351	333										
Tee 2	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5										876m / 2875 ft.
	Distance	331	427	330	295	129	466	97	369	431										
Tee 3	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5										915m / 3003 ft.
	Distance	345	460	337	308	142	484	97	389	441										
Tee 4	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5										990m / 3250 ft.
	Distance	376	502	374	327	187	500	106	416	462										
Tee 5	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5	3.5	2.5	2.0	4.0	2.5	3.0	2.0	5.0	2.0	1584 m / 5198 ft.
	Distance	309	359	283	256	113	387	91	351	333	301	301	165	288	434	312	310	150	455	
Tee 6	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5	3.5	2.5	2.0	4.0	2.5	3.0	2.0	5.0	2.0	1864 m / 6116 ft.
	Distance	331	427	330	295	129	466	97	369	431	407	339	179	368	548	349	376	166	509	
Tee 7	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5	3.5	2.5	2.0	4.0	2.5	3.0	2.0	5.0	2.0	1946 m/ 6348 ft.
	Distance	345	460	337	308	142	484	97	389	441	413	349	187	376	560	373	383	172	532	
Tee 8	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5	3.5	2.5	2.0	4.0	2.5	3.0	2.0	5.0	2.0	2053 m / 6737 ft.
	Distance	376	502	374	327	187	500	106	416	462	430	373	201	393	572	396	401	178	543	

P7) FOOT HILLS: Simulates a hill ascent and descent. This program helps tone muscle and improve cardiovascular ability. Incline changes and segments repeat every 30 seconds.

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Cool Down	
Time	4:00 MIN				Each segment is 30 seconds															4:00 MIN	
Level 1	0.0	0.5	0.0	0.5	1.0	3.0	1.0	3.0	2.0	3.0	2.0	3.5	2.0	3.0	2.0	3.0	1.0	3.0	1.0	0.5	0.0
Level 2	0.0	0.5	0.0	0.5	1.0	3.0	2.0	3.0	2.0	3.0	2.5	3.5	2.5	3.0	2.0	3.0	2.0	3.0	1.0	0.5	0.0
Level 3	0.5	1.0	0.5	1.0	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4.0	2.5	3.5	2.5	3.5	1.5	3.5	1.5	1.0	0.5
Level 4	0.5	1.0	0.5	1.0	1.5	3.5	2.5	3.5	2.5	3.5	3.0	4.0	3.0	3.5	2.5	3.5	2.5	3.5	1.5	1.0	0.5
Level 5	1.0	1.5	1.0	1.5	2.0	4.0	2.0	4.0	3.0	4.0	3.0	4.5	3.0	4.0	3.0	4.0	2.0	4.0	2.0	1.5	1.0
Level 6	1.0	1.5	1.0	1.5	2.0	4.0	3.0	4.0	3.0	4.0	3.5	4.5	3.5	4.0	3.0	4.0	3.0	4.0	2.0	1.5	1.0
Level 7	1.5	2.0	1.5	2.0	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5.0	3.5	4.5	3.5	4.5	2.5	4.5	2.5	2.0	1.5
Level 8	1.5	2.0	1.5	2.0	2.5	4.5	3.5	4.5	3.5	4.5	4.0	5.0	4.0	4.5	3.5	4.5	3.5	4.5	2.5	2.0	1.5
Level 9	2.0	2.5	2.0	2.5	3.0	5.0	3.0	5.0	4.0	5.0	4.0	5.5	4.0	5.0	4.0	5.0	3.0	5.0	3.0	2.5	2.0
Level 10	2.0	2.5	2.0	2.5	3.0	5.0	4.0	5.0	4.0	5.0	4.5	5.5	4.5	5.0	4.0	5.0	4.0	5.0	3.0	2.5	2.0

P8) MOUNTAIN CLIMB: A more-intense version of FOOT HILLS. Simulates a mountain ascent and descent. This program helps tone muscle and improve cardiovascular ability. Incline changes and segments repeat every 30 seconds.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10	Cool Down	
Time	4:00 MIN		Each segment is 30 seconds										4:00 MIN	
Level 1	0.0	0.0	1.0	1.5	2.0	2.5	3.0	3.0	2.5	2.0	1.5	1.0	0.0	0.0
Level 2	0.0	0.0	1.5	2.0	2.5	3.0	3.5	3.5	3.0	2.5	2.0	1.5	0.0	0.0
Level 3	0.0	1.0	2.0	2.5	3.0	3.5	4.0	4.0	3.5	3.0	2.5	2.0	1.0	0.0
Level 4	0.0	1.5	2.5	3.0	3.5	4.0	4.5	4.5	4.0	3.5	3.0	2.5	1.5	0.0
Level 5	0.0	1.5	3.0	3.5	4.0	4.5	5.0	5.0	4.5	4.0	3.5	3.0	1.5	0.0
Level 6	0.0	1.5	3.5	4.0	4.5	5.0	5.5	5.5	5.0	4.5	4.0	3.5	1.5	0.0
Level 7	0.0	1.5	4.0	4.5	5.0	5.5	6.0	6.0	5.5	5.0	4.5	4.0	1.5	0.0
Level 8	0.0	2.0	4.5	5.0	5.5	6.0	6.5	6.5	6.0	5.5	5.0	4.5	2.0	0.0
Level 9	0.0	2.0	5.0	5.5	6.0	6.5	7.0	7.0	6.5	6.0	5.5	5.0	2.0	0.0
Level 10	0.0	2.0	5.5	6.0	6.5	7.0	7.5	7.5	7.0	6.5	6.0	5.5	2.0	0.0

P9) THR ZONE: Automatically adjusts incline to maintain your Target Heart Rate. Perfect for simulating the intensity of your favorite sport or everyday activity. Time-based goal.

1) Select THR Zone program and press ENTER.

2) Select TIME using ⌃⌄ and press ENTER.

3) The HEART RATE window will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate (from this chart) using ⌃⌄ and press START to begin program.

P10) HR INTERVALS: Automatically adjusts peak and valley incline levels within your desired heart rate. Perfect for providing an intense workout with recovery bursts. Time-based goal.

1) Set WORK interval time using ⌃⌄ or the KEYPAD and press ENTER.

2) Set WORK interval target heart rate using ⌃⌄ or the KEYPAD and press ENTER.

3) Set REST interval time using ⌃⌄ or the KEYPAD and press ENTER.

4) Set REST interval target heart rate using ⌃⌄ or the KEYPAD and press ENTER.

5) Set TOTAL WORKOUT TIME using ⌃⌄ or the KEYPAD and press START to begin program.

	WARM UP	WORK INTERVAL	REST INTERVAL	COOL DOWN	
TIME	4:00	The work interval and rest interval segment times are preset by the user and are repeated until the cool down.		2:00	2:00
INCLINE %	0% Or user selects	THR set by user for the work and rest intervals. Incline changes per definition.		50% Current incline	0%

P11) THR STEPS: Set custom target heart rates for 4 different steps. Incline is automatically adjusted to maintain your goal for each step. Time based goal.

	WARM UP	WORK INTERVAL	REST INTERVAL	COOL DOWN	
TIME	4:00 MIN	Step segment time preset by user and repeated until cool down.		2:00 MIN	2:00 MIN
INCLINE %	0% Or user selects	THR set by user for each step. Incline changes to achieve desired goal.		50% Current incline	0%

P12-13) 5K/10K: Programs that allow you to set and work toward a distance goal. Treadmill automatically adjusts incline to simulate running on an actual course. Incline changes and all segments are 0.16 Km.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Cool Down	
Distance	4:00 MIN		Each segment is 0.16 KM															4:00 MIN	
Level 1	0.0	0.5	1.0	3.0	1.0	3.0	2.0	3.0	2.0	3.5	2.0	3.0	2.0	3.0	1.0	3.0	1.0	0.5	0.0
Level 2	0.0	0.5	1.0	3.0	2.0	3.0	2.0	3.0	2.5	3.5	2.5	3.0	2.0	3.0	2.0	3.0	1.0	0.5	0.0
Level 3	0.5	1.0	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4.0	2.5	3.5	2.5	3.5	1.5	3.5	1.5	1.0	0.5
Level 4	0.5	1.0	1.5	3.5	2.5	3.5	2.5	3.5	3.0	4.0	3.0	3.5	2.5	3.5	2.5	3.5	1.5	1.0	0.5
Level 5	1.0	1.5	2.0	4.0	2.0	4.0	3.0	4.0	3.0	4.5	3.0	4.0	3.0	4.0	2.0	4.0	2.0	1.5	1.0
Level 6	1.0	1.5	2.0	4.0	3.0	4.0	3.0	4.0	3.5	4.5	3.5	4.0	3.0	4.0	3.0	4.0	2.0	1.5	1.0
Level 7	1.5	2.0	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5.0	3.5	4.5	3.5	4.5	2.5	4.5	2.5	2.0	1.5
Level 8	1.5	2.0	2.5	4.5	3.5	4.5	3.5	4.5	4.0	5.0	4.0	4.5	3.5	4.5	3.5	4.5	2.5	2.0	1.5
Level 9	2.0	2.5	3.0	5.0	3.0	5.0	4.0	5.0	4.0	5.5	4.0	5.0	4.0	5.0	3.0	5.0	3.0	2.5	2.0
Level 10	2.0	2.5	3.0	5.0	4.0	5.0	4.0	5.0	4.5	5.5	4.5	5.0	4.0	5.0	4.0	5.0	3.0	2.5	2.0

P14-P16) CUSTOM 1, 2 AND 3: Lets you create and reuse a perfect workout for you with specific speed, incline and time combination. The ultimate in personal programming. Time-based goal.

1) Select CUSTOM 1 or 2 using ⌃⌄ and press ENTER.

2) Select WEIGHT using ⌃⌄ and press ENTER.

3) Select TIME using ⌃⌄ and press ENTER.

4) Select SPEED for segments 1 through 15 using ⌃⌄ and press ENTER to set each segment.

5) Select INCLINE for segments 1 through 15 using ⌃⌄ and press ENTER to set each segment.

6) Press START to begin exercising. At this time, your program has been successfully saved into memory and can be used for future workouts.

NOTES:
• While using your saved program, you are able to adjust the speed or incline, but any changes will not be saved.
• To reset the memory, press and hold ENTER for 5 seconds.

USING YOUR CD / MP3 PLAYER

1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the bottom left of the console and the headphone jack on your CD / MP3 player.

2) Use your CD / MP3 player buttons to adjust song settings.

3) Remove the AUDIO ADAPTOR CABLE when not in use.

4) Plug your headphones into the AUDIO OUT JACK at the bottom right of the console.

D: Entsorgungshinweis

HORIZON Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB: Waste Disposal

HORIZON Fitness products are recyclable. At the end if its useful life please dispose of this article correctly and safely (local refuse sites).

F: Remarque relative à la gestion des dèchets

HORIZON Fitness sont recyclables. A la fin sa durrèe d`utilisation, remettez l´appareil à un centre de gestion de dèchets correct (collecte locale).

NL: Verwijderingsaanwijzing

HORIZON Fitness producten zijn recycleerbaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).
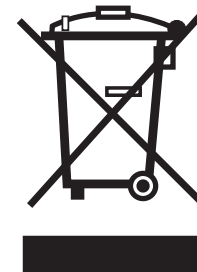
E: Informaciones para la evacuaciòn

HORIZON Fitness son riciclables. Cuando se termina la vida ùtil de un aparato o una màquina, entrèguelos an una impresa local de eleiminaciòn de residuos para su reciclaje.
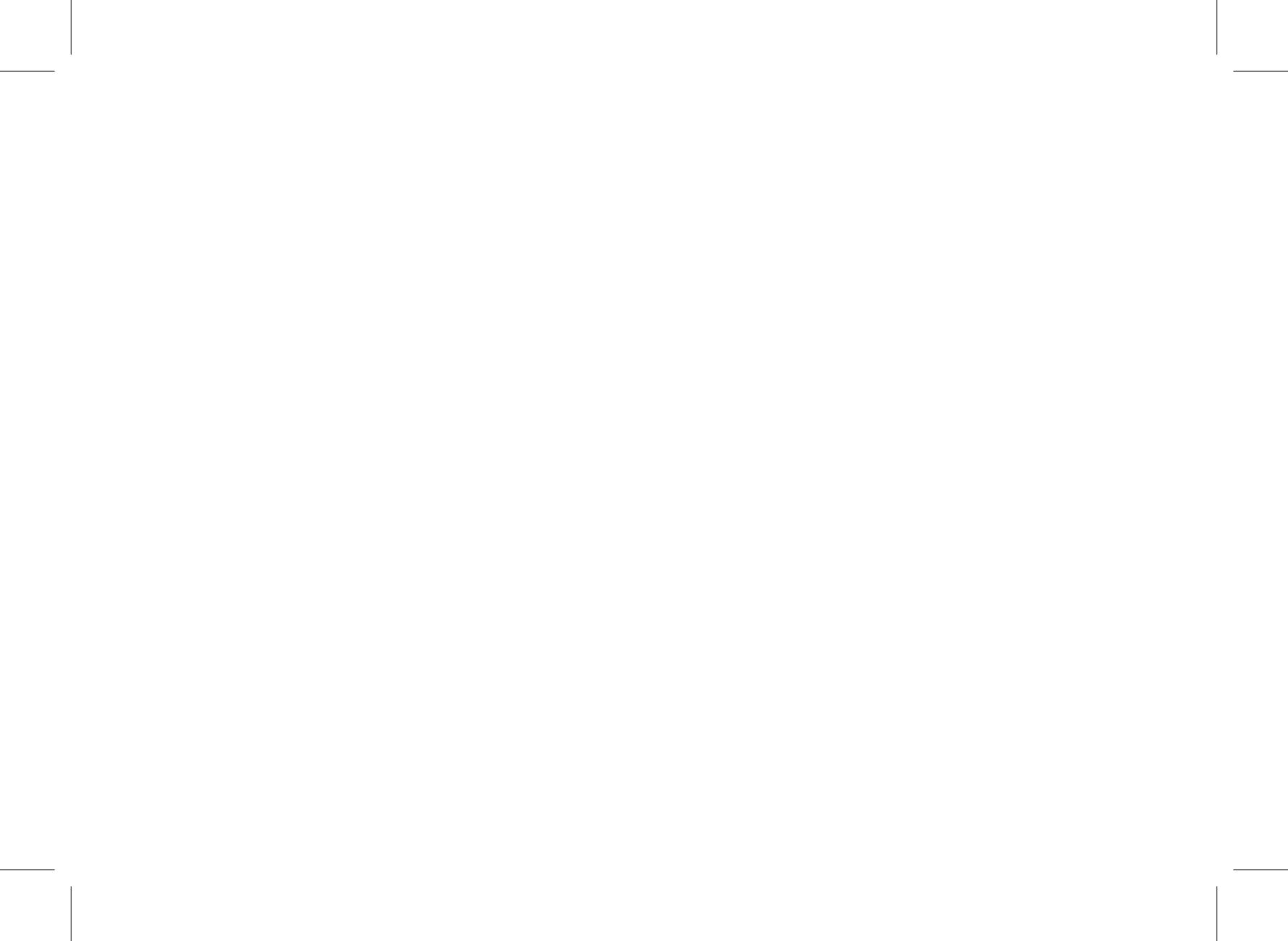
I: Indicazione sullo smaltimento

HORIZON Fitness sono reciclabill. Quando l`apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunall).

PL: Wskazòwka dotyczàca usuwania odpadòw.

Producty firmy HORIZON Fitness podlegajà recyklingowi. Pod koniec okresu o`ywalnoÈcl pros`z oddac urzàdzenie do wlaÈciwego punkto usuwania odpadòw (lokalny punkt zbiorczy).

TREADMILL OWNER'S MANUAL