



Adventure 1  
Adventure 3



Adventure 5  
Adventure 7



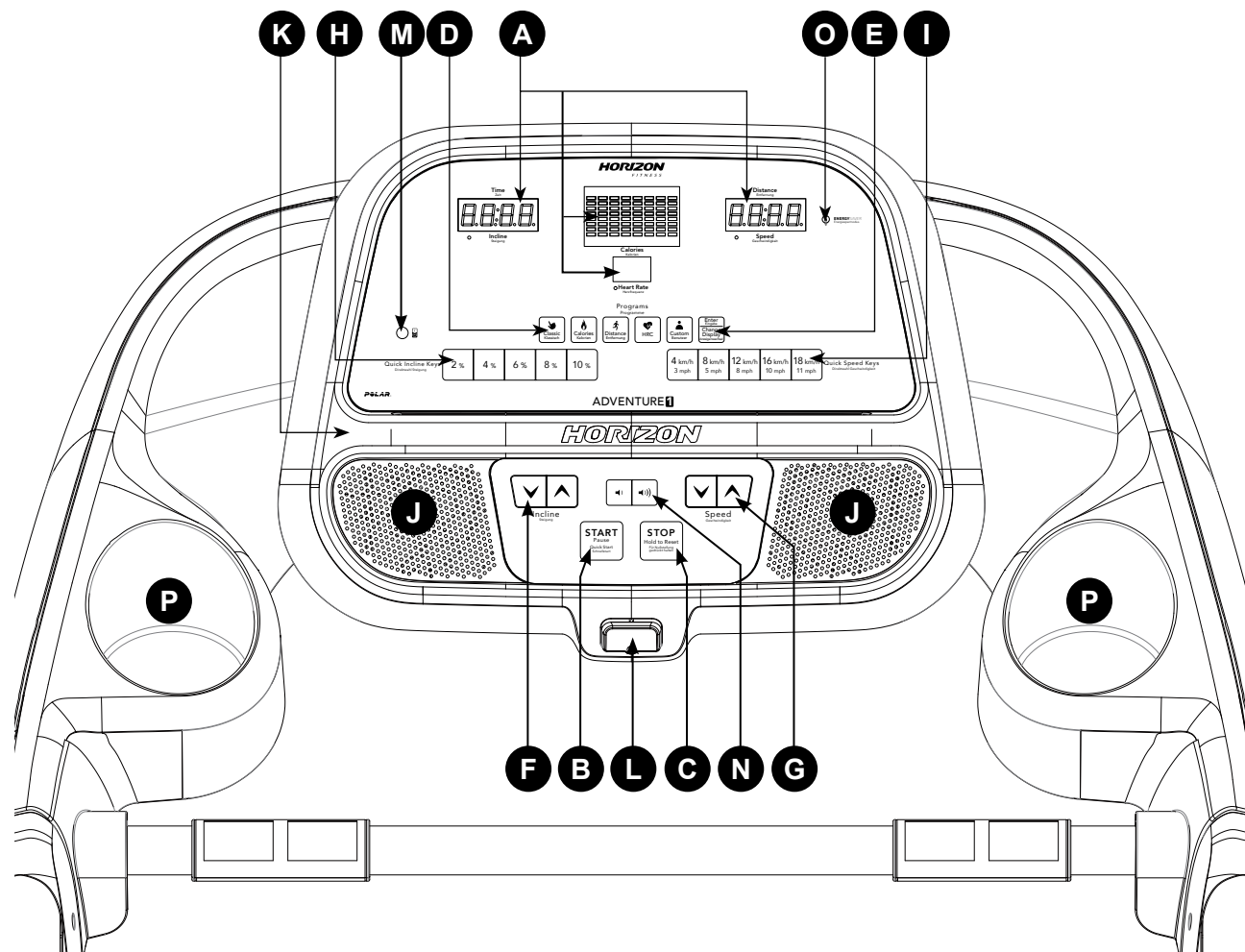
# OPERATION GUIDE

# 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
- FOLDING THE TREADMILL
- MOVING THE TREADMILL
- LEVELING THE TREADMILL
- TENSIONING THE RUNNING BELT
- CENTERING THE RUNNING BELT
- USING THE HEART RATE FUNCTION

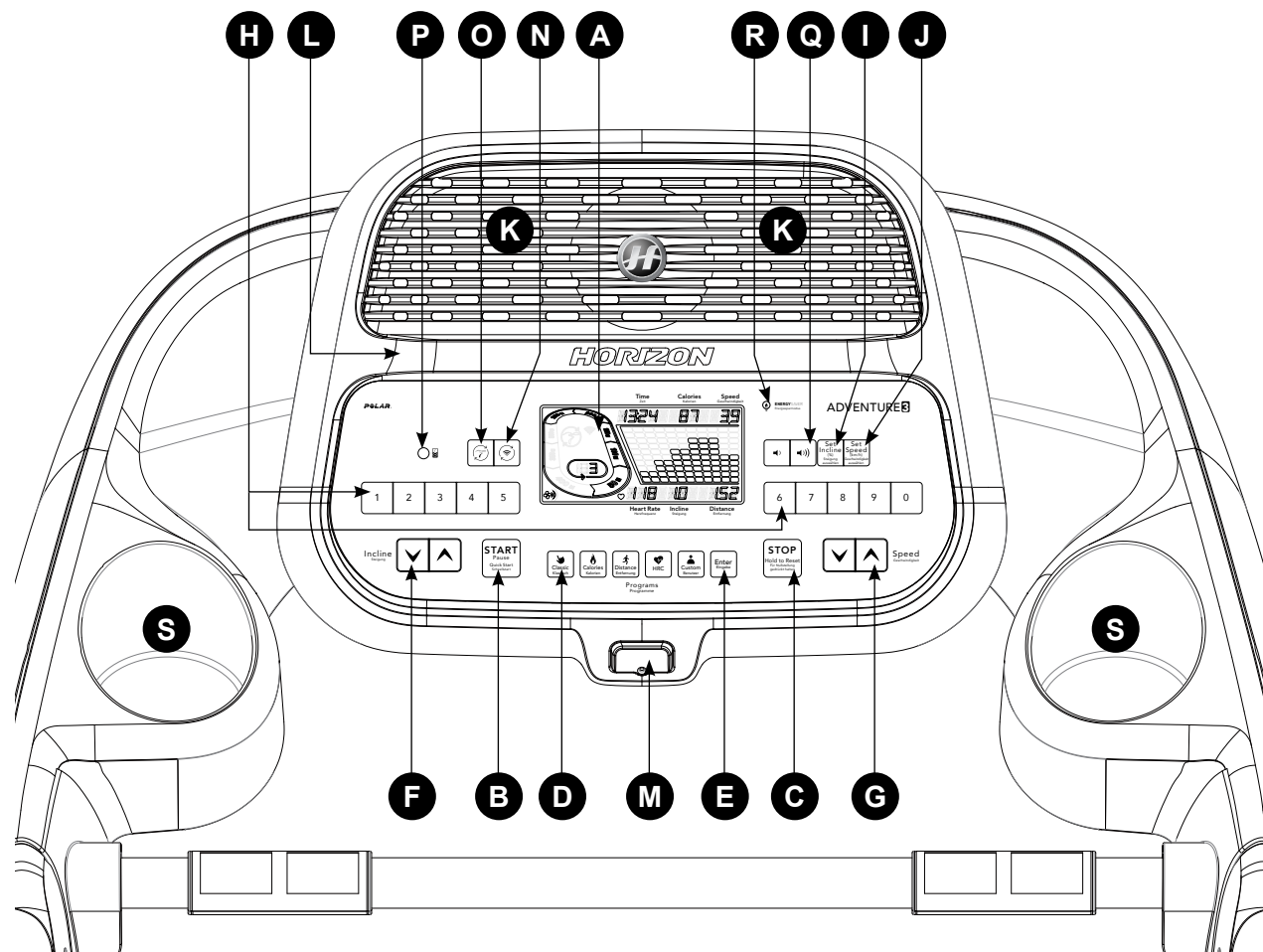


## ADVENTURE 1 CONSOLE OPERATION

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

- A) **LED DISPLAY WINDOW:** time, distance, speed, calories, incline and heart rate.
- B) **START/PAUSE KEY:** press to start workout and pause workout.
- C) **STOP KEY:** press to stop workout. Hold to reset console.
- D) **PROGRAM KEYS:** press to select workout.
- E) **ENTER KEY:** press to confirm selection during programming setup.
- F) **INCLINE ▼▲ KEYS:** press to adjust incline level.
- G) **SPEED ▼▲ KEYS:** press to adjust speed level.
- H) **INCLINE QUICK KEYS:** used to reach desired incline quickly.
- I) **SPEED QUICK KEYS:** used to reach desired speed quickly.
- J) **SPEAKERS:** plays music through speakers when connected to your media player.
- K) **READING RACK:** holds reading material.
- L) **SAFETY KEY:** enables treadmill when safety key is inserted.
- M) **AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- N) **VOLUME:** used to adjust volume up or down.
- O) **ENERGY SAVER LIGHT:** indicates if machine is in Energy Saver mode.
- P) **WATER BOTTLE HOLDER:** holds personal workout equipment.



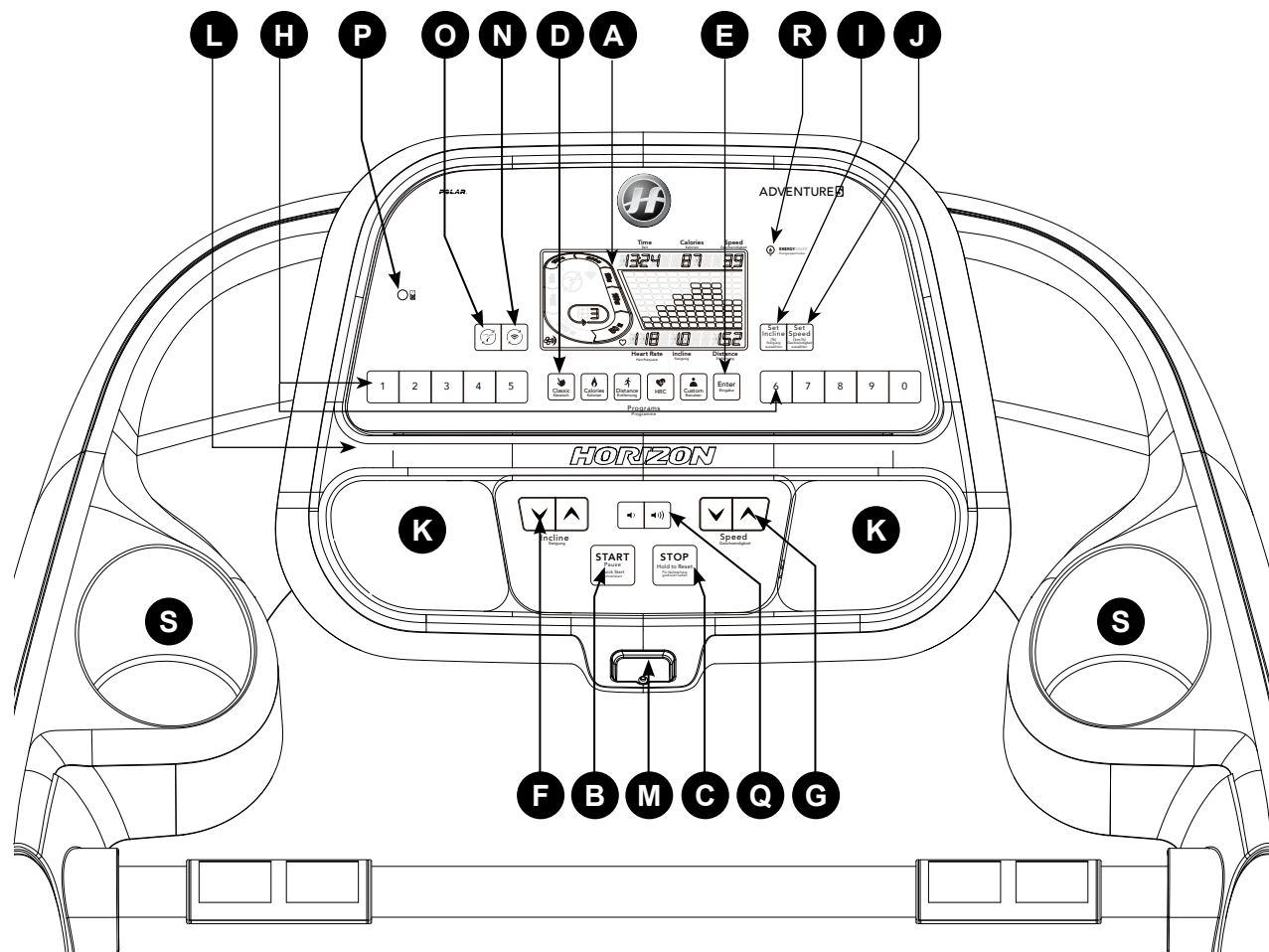


## ADVENTURE 3 CONSOLE OPERATION

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

- A) LCD DISPLAY WINDOW:** time, distance, speed, calories, incline, laps, and heart rate.
- B) START/PAUSE KEY:** press to start workout and pause workout.
- C) STOP KEY:** press to stop workout. Hold to reset console.
- D) PROGRAM KEYS:** press to select workout.
- E) ENTER KEY:** press to confirm selection during programming setup.
- F) INCLINE  $\nabla/\Delta$  KEYS:** press to adjust incline level.
- G) SPEED  $\nabla/\Delta$  KEYS:** press to adjust speed level.
- H) QUICK ADJUST KEYPAD:** quickly access any incline or speed level by typing the number and pressing SET INCLINE (I) or SET SPEED (J) keys. Examples:
  - To change the incline to 4.0%, press 4-0-SET INCLINE.
  - To change the speed level to 12, press 1-2-0-SET SPEED.
- I) SET INCLINE KEY:** press to change incline to level entered into keypad.
- J) SET SPEED KEY:** press to change speed to level entered into keypad.
- K) SPEAKERS:** plays music through speakers when connected to your media player.
- L) READING RACK:** holds reading material.
- M) SAFETY KEY:** enables treadmill when safety key is inserted.
- N) WI-FI CONNECT & SYNC & TIMEZONE:** press to reset and connect your wireless internet connection and set time zone. See Page 15 for more info.
- O) PASSPORT CONNECT & SYNC:** press to reset and connect your Passport box for Virtual Active programming.
- P) AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- Q) VOLUME:** used to adjust volume up or down.
- R) ENERGY SAVER LIGHT:** indicates if machine is in Energy Saver mode.
- S) WATER BOTTLE HOLDER:** holds personal workout equipment.



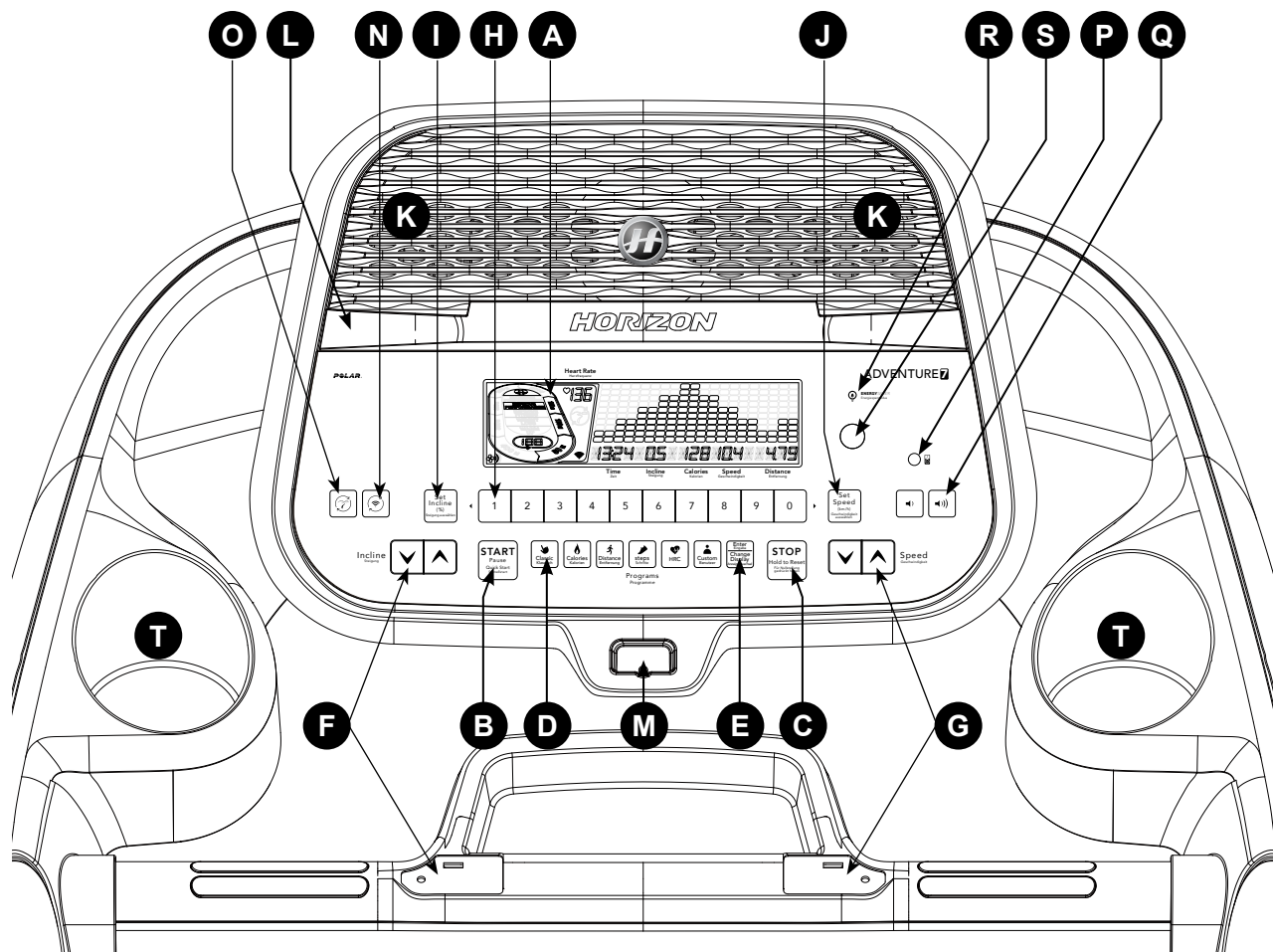


## ADVENTURE 5 CONSOLE OPERATION

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

- A) **LCD DISPLAY WINDOW:** time, distance, speed, calories, incline, laps, and heart rate.
- B) **START/PAUSE KEY:** press to start workout and pause workout.
- C) **STOP KEY:** press to stop workout. Hold to reset console.
- D) **PROGRAM KEYS:** press to select workout.
- E) **ENTER KEY:** press to confirm selection during programming setup.
- F) **INCLINE  $\nabla/\Delta$  KEYS:** press to adjust incline level.
- G) **SPEED  $\nabla/\Delta$  KEYS:** press to adjust speed level.
- H) **QUICK ADJUST KEYPAD:** quickly access any incline or speed level by typing the number and pressing SET INCLINE (I) or SET SPEED (J) keys. Examples:
  - To change the incline to 4.0%, press 4-0-SET INCLINE.
  - To change the speed level to 12, press 1-2-0-SET SPEED.
- I) **SET INCLINE KEY:** press to change incline to level entered into keypad.
- J) **SET SPEED KEY:** press to change speed to level entered into keypad.
- K) **SPEAKERS:** plays music through speakers when connected to your media player.
- L) **READING RACK:** holds reading material.
- M) **SAFETY KEY:** enables treadmill when safety key is inserted.
- N) **WI-FI CONNECT & SYNC & TIMEZONE:** press to reset and connect your wireless internet connection and set time zone. See Page 15 for more info.
- O) **PASSPORT CONNECT & SYNC:** press to reset and connect your Passport box for Virtual Active programming.
- P) **AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- Q) **VOLUME:** used to adjust volume up or down.
- R) **ENERGY SAVER LIGHT:** indicates if machine is in Energy Saver mode.
- S) **WATER BOTTLE HOLDER:** holds personal workout equipment.





## ADVENTURE 7 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) **LCD DISPLAY WINDOW:** time, distance, speed, calories, incline, laps, and heart rate.
- B) **START/PAUSE KEY:** press to start workout and pause workout.
- C) **STOP KEY:** press to stop workout. Hold to reset console.
- D) **PROGRAM KEYS:** press to select workout.
- E) **ENTER KEY:** press to confirm selection during programming setup.
- F) **INCLINE  $\nabla/\Delta$  KEYS:** press to adjust incline level.
- G) **SPEED  $\nabla/\Delta$  KEYS:** press to adjust speed level.
- H) **QUICK ADJUST KEYPAD:** quickly access any incline or speed level by typing the number and pressing SET INCLINE (I) or SET SPEED (J) keys. Examples:
  - To change the incline to 4.0%, press 4-0-SET INCLINE.
  - To change the speed level to 12, Press 1-2-0-SET SPEED.
- I) **SET INCLINE KEY:** press to change incline to level entered into keypad.
- J) **SET SPEED KEY:** press to change speed to level entered into keypad.
- K) **SPEAKERS:** plays music through speakers when connected to your media player.
- L) **READING RACK:** holds reading material.
- M) **SAFETY KEY:** enables treadmill when safety key is inserted.
- N) **WI-FI CONNECT & SYNC & TIMEZONE:** press to reset and connect your wireless internet connection and set time zone. See Page 15 for more info.
- O) **PASSPORT CONNECT & SYNC:** press to reset and connect your Passport box for Virtual Active programming.
- P) **AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- Q) **VOLUME:** used to adjust volume up or down.
- R) **ENERGY SAVER LIGHT:** indicates if machine is in Energy Saver mode.
- S) **POWER BUTTON:** used to power on/off console and also the console will into Energy Saver Mode when power off console.
- T) **WATER BOTTLE HOLDER:** holds personal workout equipment.





## ADVENTURE 1 DISPLAY



calories  
Kalorien

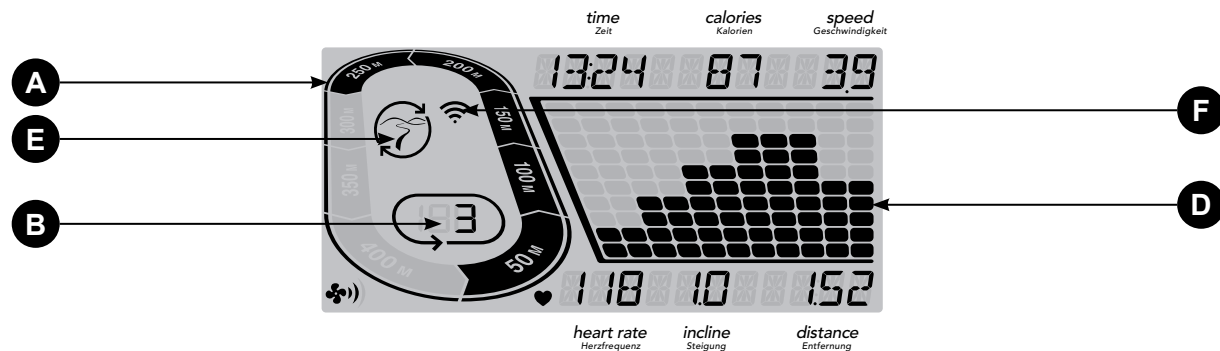


heart rate  
Herzfrequenz

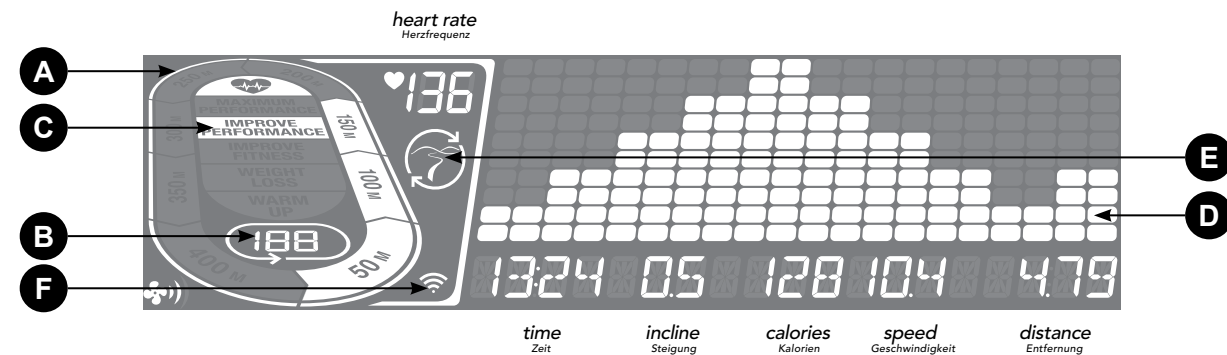


speed  
Geschwindigkeit

## ADVENTURE 3 / 5 DISPLAY



## ADVENTURE 7 DISPLAY





## DISPLAYS WINDOW

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **SPEED:** Shown as KM/H. Indicates how fast the foot pads is moving.
- **CALORIES:** Total calories burned or remaining for your workout.
- **DISTANCE:** Shown as KM. Indicates distance traveled or distance remaining during your workout.
- **INCLINE:** Shown as percent.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).

**A) TRACK:** Follows progress around a simulated track. Segments light up with every 50 meters completed.

**B) LAPS:** Shows how many laps have been completed. One lap is 400 meters.

**C) CARDIOCOMPASS™ HEART RATE WHEEL:** Displays what activity zone you are in during your workout.

- WARM UP: 0-60% of maximum heart rate
- WEIGHT LOSS: 60-70% of maximum heart rate
- IMPROVE FITNESS: 70-80% of maximum heart rate
- IMPROVE PERFORMANCE: 80-90% of maximum heart rate
- MAXIMUM PERFORMANCE: 90-100% of maximum heart rate

**D) PROGRAM PROFILE:** Represents the profile of the program being used (speed during speed based programs and incline during incline based programs).

**E) PASSPORT:** Indicates Passport box connection is present.

**F) WI-FI:** Indicates wireless connection is present and the strength (low, medium, high).

## SET UP XID ACCOUNT FOR VIEWFIT CONNECTIVITY


Creating an xID account will allow you to save and share workout data online at **viewfit.com**

Up to four users can be saved on a machine. This process is the first step in connecting your equipment. It must be done from a computer, tablet, or mobile device that is connected to the internet.

- 1) Visit the web site: **viewfit.com**
- 2) Once at the web site, select the CONNECT YOUR EQUIPMENT option on the top menu bar.
- 3) The first step in connecting your equipment will to be creating your xID account. This will be your login to ViewFit.
- 4) Enter your phone number or another easy-to-remember 10-14 digit number. This will be your account number.
- 5) Fill in your profile information to finish the xID account set up process. You will be asked to provide an email address not associated with any other xID account. Check your email after the set-up process for a link to validate your account.

## CONNECT WI-FI & SET TIMEZONE

Once you have created your xID account, you will be able to move on to activating the Wi-Fi on your equipment. Reminder, this requires you to use your computer, tablet, or mobile device that is connected to the internet.

- 6) Press and hold  for 3-5 seconds, Then enter your time zone, press ENTER button you will see the message ACTIVATED on your screen.
- 7) On your computer or other device, go to your Wi-Fi settings. You should select the network with your model name. Doing this enables you to connect your equipment to your wireless network.
- 8) A new window will pop up with the list of wireless networks your equipment can see. Select your home Wi-Fi network and connect.
- 9) The remaining step is to reconnect your computer or other device back to your Wi-Fi network. Go to your settings again and connect as you normally would.

Congratulations! You are now connected and ready to get started.





## 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. Insert the safety key into the safety keyhole in the console.
- 5) Select your xID account, User, Guest, or Edit a User using **▼▲** and press **ENTER**.
- 6) When you log in for the first time as User 1-4, you will be prompted to enter your xID information.
  - a) Enter your xID account number using NUMBER 0 to NUMBER 9, After the final input, press ENTER.
  - b) Enter your passcode using NUMBER 0 to NUMBER 9, After the final input, press ENTER.
  - c) If you key the incorrect number during entering your xID or passcode, press INCLINE DOWN or SPEED SLOW to delete the last entered number.

### A) QUICK START

Simply press **START** to begin working out. Time will count up from 0:00.  
The speed will default to 0.8 KM. Incline will default to 0%.

### B) SELECT A PROGRAM

- 1) Select a PROGRAM using **▼▲** and press **ENTER**.
- 2) Set workout program information using **▼▲** and press **ENTER** after each selection.
- 3) Press **START** to begin workout.

NOTE: You can adjust the speed and incline levels during your workout.

### C) FINISHING YOUR WORKOUT

When your workout is complete, your workout information will stay displayed on the console for 30 seconds and then is automatically saved to the user profile if xID Terms and Conditions were accepted.

### TO CLEAR CURRENT SELECTION

To clear the current program selection or screen, press and hold **STOP** for 3 seconds.

## PROGRAM INFORMATION



**CLASSIC:** MANUAL, INTERVALS (SPEED INTERVALS & PEAK INTERVALS), WEIGHT LOSS.

**MANUAL:** Adjust your speed and incline manually during your workout. User sets time, starting speed and incline.

**INTERVALS (SPEED INTERVALS & PEAK INTERVALS):** An effective fat-burning workout that helps you improve your fitness level. Choose from speed intervals, peak intervals.

**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.



**CALORIES:** Set goals for burning calories with three workouts. Choose from 100,300,500. User sets starting speed and incline levels. Calories burned are calculated using weight input of user profile.



**DISTANCE:** Push yourself and go further during your workout with 3 distance workouts. Choose from 1K, 5K, 10k. User sets starting speed and incline levels.



**STEPS:** Promotes healthy activity with 2 step-based workouts calculated using average stride length. Choose from 5000 and 10,000 step workouts. User sets starting speed and incline levels.





**TARGET HEART RATE PROGRAM (HR SPEED, HR INCLINE):** A workout designed to keep you in your specified target heart rate zone. This workout requires you to wear a wireless heart rate strap. See next page for calculating your target heart rate.

**HR SPPED:** Program adjusts speed to bring to your target heart rate.

**HR INCLINE:** Program adjusts incline to bring to your target heart rate.

### HEART RATE TRAINING

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR =  $220 - \text{your age}$ ). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended. This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is  $220 - 30 = 190$  bpm and 90% max HR is  $190 \times 0.9 = 171$  bpm.

Target Heart Rate Zone	Workout Duration	Example THR Zone (age 30)	Your THR Zone	Recommended For
VERY HARD 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
HARD 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
MODERATE 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
LIGHT 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
VERY LIGHT 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery

Your target heart rate should be set at a number that you will be able to exercise at throughout the majority of your workout. Once you have chosen your target rate, press the 'START' button and begin your workout.

### TARGET HEART RATE NOTE:

- The chest strap is required to use the HRC program, with HRC program you can only choose time as your workout target.
- Target heart rate is selected in multiples of 5 beats.
- Warm-up and cool-down each last 4 minutes.
- After warm-up 4 minutes, the speed or incline will automatically adjust to bring you near your specified heart rate.
- The display shows your heart rate during exercise. If you are working out beneath your THR, the treadmill will adjust speed or incline accordingly to bring you near your target.
- If there is no heart rate detected, the unit will not change the speed or incline level, and in speed remaining at the same level for maximum 60 seconds and then the console will show "NO HEART RATE DETECTED" and speed will decrease until the minimum speed is reached.
- If your heart rate is 25 beats over your target zone, the program will shut down.



**CUSTOM:** 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. Your custom workout will be saved automatically.

## PROGRAM CHARTS

### ADVENTURE 1&7

		Speed Intervals - Speed only					
Segment		Warm Up		1	2	Cool Down	
Time		4:00 Mins		90 sec	30 sec	4:00 Mins	
Level 1	Speed (km/h)	1.6	2.4	3.2	6.4	2.4	1.6
Level 2	Speed (km/h)	1.6	2.4	3.2	7.2	2.4	1.6
Level 3	Speed (km/h)	2.1	3	4	8	3	2.1
Level 4	Speed (km/h)	2.1	3	4	8.8	3	2.1
Level 5	Speed (km/h)	2.4	3.7	4.8	9.6	3.7	2.4
Level 6	Speed (km/h)	2.4	3.7	4.8	10.4	3.7	2.4
Level 7	Speed (km/h)	2.9	4.2	5.6	11.2	4.2	2.9
Level 8	Speed (km/h)	2.9	4.2	5.6	12	4.2	2.9
Level 9	Speed (km/h)	3.2	4.8	6.4	12.8	4.8	3.2
Level 10	Speed (km/h)	3.2	4.8	6.4	13.6	4.8	3.2

### ADVENTURE 3&5

		Speed Intervals-Speed changes					
Segment		Warm Up		1	2	Cool Down	
Time		4:00 Mins		90 sec	30 sec	4:00 Mins	
Level 1	Speed (km/h)	1.6	2.4	3.2	6.4	2.4	1.6
Level 2	Speed (km/h)	1.6	2.4	3.2	7.2	2.4	1.6
Level 3	Speed (km/h)	2	3	4	8	3	2
Level 4	Speed (km/h)	2	3	4	8.8	3	2
Level 5	Speed (km/h)	2.4	3.6	4.8	9.6	3.6	2.4
Level 6	Speed (km/h)	2.4	3.6	4.8	10.4	3.6	2.4
Level 7	Speed (km/h)	2.8	4.1	5.6	11.2	4.1	2.8
Level 8	Speed (km/h)	2.8	4.1	5.6	12	4.1	2.8
Level 9	Speed (km/h)	3.2	4.8	6.4	12.8	4.8	3.2
Level 10	Speed (km/h)	3.2	4.8	6.4	13.6	4.8	3.2

### ADVENTURE 3

		Peak Intervals-Speed and Incline changes					
Segment		Warm Up		1	2	Cool Down	
Time		4:00 Mins		90 sec	30 sec	4:00 Mins	
Level 1	Speed (km/h)	1.6	2.4	3.2	6.4	2.4	1.6
	Incline	1	1.5	0.5	1.5	1.5	0
Level 2	Speed (km/h)	1.6	2.4	3.2	7.2	2.4	1.6
	Incline	1.5	2.5	3	6.5	2.5	1.5
Level 3	Speed (km/h)	2	3	4	8	3	2
	Incline	2	3	4	7.5	3	2
Level 4	Speed (km/h)	2	3	4	8.8	3	2
	Incline	2	3	4	8.5	3	2
Level 5	Speed (km/h)	2.4	3.6	4.8	9.6	3.6	2.4
	Incline	2.5	3.5	4.5	9	3.5	2.5
Level 6	Speed (km/h)	2.4	3.6	4.8	10.4	3.6	2.4
	Incline	2.5	3.5	4.5	10	3.5	2.5
Level 7	Speed (km/h)	2.8	4.1	5.6	11.2	4.1	2.8
	Incline	2.5	4	5.5	10	4	3
Level 8	Speed (km/h)	2.8	4.1	5.6	12	4.1	2.8
	Incline	3	4	5.5	10	4	3
Level 9	Speed (km/h)	3.2	4.8	6.4	12.8	4.8	3.2
	Incline	3	4.5	6	10	5	3
Level 10	Speed (km/h)	3.2	4.8	6.4	13.6	4.8	3.2
	Incline	3	4.5	6	10	5	3

### ADVENTURE 5

		Peak Intervals-Speed and Incline changes					
Segment		Warm Up		1	2	Cool Down	
Time		4:00 Mins		90 sec	30 sec	4:00 Mins	
Level 1	Speed (km/h)	1.6	2.4	3.2	6.4	2.4	1.6
	Incline	1	1.5	0.5	1.5	1.5	0
Level 2	Speed (km/h)	1.6	2.4	3.2	7.2	2.4	1.6
	Incline	1.5	2.5	3	6.5	2.5	1.5
Level 3	Speed (km/h)	2	3	4	8	3	2
	Incline	2	3	4	7.5	3	2
Level 4	Speed (km/h)	2	3	4	8.8	3	2
	Incline	2	3	4	8.5	3	2
Level 5	Speed (km/h)	2.4	3.6	4.8	9.6	3.6	2.4
	Incline	2.5	3.5	4.5	9	3.5	2.5
Level 6	Speed (km/h)	2.4	3.6	4.8	10.4	3.6	2.4
	Incline	2.5	3.5	4.5	10	3.5	2.5
Level 7	Speed (km/h)	2.8	4.1	5.6	11.2	4.1	2.8
	Incline	2.5	4	5.5	10.5	4	3
Level 8	Speed (km/h)	2.8	4.1	5.6	12	4.1	2.8
	Incline	3	4	5.5	11.5	4	3
Level 9	Speed (km/h)	3.2	4.8	6.4	12.8	4.8	3.2
	Incline	3	4.5	6	12	5	3
Level 10	Speed (km/h)	3.2	4.8	6.4	13.6	4.8	3.2
	Incline	3	4.5	6	12	5	3



PROGRAM CHARTS

ADVENTURE 7

Peak Intervals -Speed and Incline changes							
Segment		Warm Up		1	2	Cool Down	
Time		4:00 Mins		90 sec	30 sec	4:00 Mins	
Level 1	Speed (km/h)	1.6	2.4	3.2	6.4	2.4	1.6
	Incline	1	1.5	0.5	1.5	1.5	0
Level 2	Speed (km/h)	1.6	2.4	3.2	7.2	2.4	1.6
	Incline	1.5	2.5	3	6.5	2.5	1.5
Level 3	Speed (km/h)	2.1	3	4	8	3	2.1
	Incline	2	3	4	7.5	3	2
Level 4	Speed (km/h)	2.1	3	4	8.8	3	2.1
	Incline	2	3	4	8.5	3	2
Level 5	Speed (km/h)	2.4	3.7	4.8	9.6	3.7	2.4
	Incline	2.5	3.5	4.5	9	3.5	2.5
Level 6	Speed (km/h)	2.4	3.7	4.8	10.4	3.7	2.4
	Incline	2.5	3.5	4.5	10	3.5	2.5
Level 7	Speed (km/h)	2.9	4.2	5.6	11.2	4.2	2.9
	Incline	2.5	4	5.5	10.5	4	3
Level 8	Speed (km/h)	2.9	4.2	5.6	12	4.2	2.9
	Incline	3	4	5.5	11.5	4	3
Level 9	Speed (km/h)	3.2	4.8	6.4	12.8	4.8	3.2
	Incline	3	4.5	6	12	5	3
Level 10	Speed (km/h)	3.2	4.8	6.4	13.6	4.8	3.2
	Incline	3	4.5	6	12	5	3

ADVENTURE 5

Weight Loss-Speed and Incline changes												
Segment		Warm Up		1	2	3	4	5	6	7	8	Cool Down
Time		4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	4:00 Mins
Level 1	Speed (km/h)	1.6	2.4	3.2	4	4.8	5.6	6.4	5.6	4.8	4	3.6
	Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5	0.5
Level 2	Speed (km/h)	2	3	4	4.8	5.6	6.4	7.2	6.4	5.6	4.8	4
	Incline	0	0.5	1.5	1.5	1	0.5	1	0.5	1	1.5	0.5
Level 3	Speed (km/h)	2.4	3.6	4.8	5.6	6.4	7.2	8	7.2	6.4	5.6	4.8
	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2	1
Level 4	Speed (km/h)	2.8	4.1	5.6	6.4	7.2	8	8.8	8	7.2	6.4	5.4
	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2	1
Level 5	Speed (km/h)	3.2	4.8	6.4	7.2	8	8.8	9.6	8.8	8	7.2	6
	Incline	1	1.5	2.5	2.5	2	1.5	1.5	2	2.5	1.5	1
Level 6	Speed (km/h)	3.6	5.4	7.2	8	8.8	9.6	10.4	9.6	8.8	8	6.5
	Incline	1	1.5	2.5	2.5	2	1.5	1.5	2	2.5	1.5	1
Level 7	Speed (km/h)	4	6	8	8.8	9.6	10.4	11.2	10.4	9.6	8.8	7.2
	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3	2
Level 8	Speed (km/h)	4.4	6.5	8.8	9.6	10.4	11.2	12.1	11.2	10.4	9.6	7.8
	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3	2
Level 9	Speed (km/h)	4.8	7.2	9.6	10.4	11.2	12.1	12.8	12.1	11.2	10.4	8.4
	Incline	2	2.5	3.5	3.5	3	2.5	2.5	3	3.5	2.5	2
Level 10	Speed (km/h)	5.2	7.8	10.4	11.2	12.1	12.8	13.6	12.8	12.1	11.2	8.9
	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5	2.5

ADVENTURE 7

Weight Loss-Speed and Incline changes												
Segment		Warm Up		1	2	3	4	5	6	7	8	Cool Down
Time		4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	4:00 Mins
Level 1	Speed (km/h)	1.6	2.4	3.2	4	4.8	5.6	6.4	5.6	4.8	4	3.6
	Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5	0.5
Level 2	Speed (km/h)	2	3	4	4.8	5.6	6.4	7.2	6.4	5.6	4.8	4
	Incline	0	0.5	1.5	1.5	1	0.5	1	0.5	1	1.5	0.5
Level 3	Speed (km/h)	2.4	3.6	4.8	5.6	6.4	7.2	8	7.2	6.4	5.6	4.8
	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2	1
Level 4	Speed (km/h)	2.8	4.1	5.6	6.4	7.2	8	8.8	8	7.2	6.4	5.4
	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2	1
Level 5	Speed (km/h)	3.2	4.8	6.4	7.2	8	8.8	9.6	8.8	8	7.2	6
	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5	1.5
Level 6	Speed (km/h)	3.6	5.4	7.2	8	8.8	9.6	10.4	9.6	8.8	8	6.5
	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5	1.5
Level 7	Speed (km/h)	4	6	8	8.8	9.6	10.4	11.2	10.4	9.6	8.8	7.2
	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3	2
Level 8	Speed (km/h)	4.4	6.5	8.8	9.6	10.4	11.2	12.1	11.2	10.4	9.6	7.8
	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3	2
Level 9	Speed (km/h)	4.8	7.2	9.6	10.4	11.2	12.1	12.8	12.1	11.2	10.4	8.4
	Incline	2	2.5	3.5	3.5	3	2.5	2.5	3	3.5	2.5	2
Level 10	Speed (km/h)	5.2	7.8	10.4	11.2	12.1	12.8	13.6	12.8	12.1	11.2	8.9
	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5	2.5





## USING YOUR MEDIA PLAYER



- 1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the left of the console and the headphone jack on your media player.
- 2) Use your media player buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.



## ENERGY SAVER (STANDBY MODE)

This machine has a special feature called Energy Saver mode. This mode is NOT automatically activated. When Energy Saver mode is activated, the display will automatically enter standby mode (Energy Saver mode) after 15 minutes of inactivity. This feature saves energy by disabling most power to the machine until a key is pressed on the console. This feature can be turned on or off in the engineering menu.

To enter the engineering menu, press and hold the **INCLINE** ▲ key and **SPEED** ▼ key for 3-5 seconds. Use ▼▲ to navigate to SWITCH FUNCTION and press **ENTER**. Press **ENTER** to select Energy Saver mode, use ▼▲ to select ENERGY SAVE ON or OFF. Press and hold **STOP** for 3-5 seconds to exit SWITCH FUNCTION. Press and hold **STOP** again for 3-5 seconds to exit the engineering menu.

## PASSPORT™ MEDIA PLAYER

The Passport player, featuring Virtual Active™ technology, is a high-definition experience that uses real destination footage and matching ambient sounds from stunning destinations around the world. The ultimate in workout entertainment, Passport lets you escape the confines of a regular workout routine while enjoying a dynamic experience.


A Passport player is available for purchase separately from your Horizon Fitness® retailer.

For more information, go to:

[www.passportplayer.com](http://www.passportplayer.com)



## SYNCING CONSOLE WITH PASSPORT

- 1) Use the arrow keys on the Passport remote to scroll to the setup icon and press select.
- 2) Follow the on-screen prompts to press  on the equipment console.
- 3) The message displayed on screen will notify you if the sync was a success or failure.

TIME ZONE LIST

CODE	TIME ZONE	TIME
10	Azores Standard Time	(GMT-01:00) Azores
12	Cape Verde Standard Time	(GMT-01:00) Cape Verde Islands
43	Mid-Atlantic Standard Time	(GMT-02:00) Mid-Atlantic
27	E. South America Standard Time	(GMT-03:00) Brasília
58	SA Eastern Standard Time	(GMT-03:00) Buenos Aires, Georgetown
35	Greenland Standard Time	(GMT-03:00) Greenland
51	Newfoundland Standard Time	(GMT-03:30) Newfoundland and Labrador
06	Atlantic Standard Time	(GMT-04:00) Atlantic Time (Canada)
60	SA Western Standard Time	(GMT-04:00) Caracas, La Paz
17	Central Brazilian Standard Time	(GMT-04:00) Manaus
54	Pacific SA Standard Time	(GMT-04:00) Santiago
59	SA Pacific Standard Time	(GMT-05:00) Bogota, Lima, Quito
28	Eastern Standard Time	(GMT-05:00) Eastern Time (US and Canada)
70	US Eastern Standard Time	(GMT-05:00) Indiana (East)
15	Central America Standard Time	(GMT-06:00) Central America
21	Central Standard Time	(GMT-06:00) Central Time (US and Canada)
22	Central Standard Time (Mexico)	(GMT-06:00) Guadalajara, Mexico City, Monterrey
11	Canada Central Standard Time	(GMT-06:00) Saskatchewan
71	US Mountain Standard Time	(GMT-07:00) Arizona
45	Mountain Standard Time (Mexico)	(GMT-07:00) Chihuahua, La Paz, Mazatlan
44	Mountain Standard Time	(GMT-07:00) Mountain Time (US and Canada)
55	Pacific Standard Time	(GMT-08:00) Pacific Time (US and Canada); Tijuana
02	Alaskan Standard Time	(GMT-09:00) Alaska
38	Hawaiian Standard Time	(GMT-10:00) Hawaii
61	Samoa Standard Time	(GMT-11:00) Midway Island, Samoa

CODE	TIME ZONE	TIME
36	Greenwich Standard Time	(GMT) Casablanca, Monrovia
34	GMT Standard Time	(GMT) Greenwich Mean Time : Dublin, Edinburgh, Lisbon, London
75	W. Europe Standard Time	(GMT+01:00) Amsterdam, Berlin, Bern, Rome, Stockholm, Vienna
18	Central Europe Standard Time	(GMT+01:00) Belgrade, Bratislava, Budapest, Ljubljana, Prague
56	Romance Standard Time	(GMT+01:00) Brussels, Copenhagen, Madrid, Paris
19	Central European Standard Time	(GMT+01:00) Sarajevo, Skopje, Warsaw, Zagreb
74	W. Central Africa Standard Time	(GMT+01:00) West Central Africa
37	GTB Standard Time	(GMT+02:00) Athens, Bucharest, Istanbul
29	Egypt Standard Time	(GMT+02:00) Cairo
64	South Africa Standard Time	(GMT+02:00) Harare, Pretoria
32	FLE Standard Time	(GMT+02:00) Helsinki, Kiev, Riga, Sofia, Tallinn, Vilnius
41	Israel Standard Time	(GMT+02:00) Jerusalem
26	E. Europe Standard Time	(GMT+02:00) Minsk
48	Namibia Standard Time	(GMT+02:00) Windhoek
05	Arabic Standard Time	(GMT+03:00) Baghdad
03	Arab Standard Time	(GMT+03:00) Kuwait, Riyadh
57	Russian Standard Time	(GMT+03:00) Moscow, St. Petersburg, Volgograd
24	E. Africa Standard Time	(GMT+03:00) Nairobi
40	Iran Standard Time	(GMT+03:30) Tehran
04	Arabian Standard Time	(GMT+04:00) Abu Dhabi, Muscat
09	Azerbaijan Standard Time	(GMT+04:00) Baku
33	Georgian Standard Time	(GMT+04:00) Tblisi
13	Caucasus Standard Time	(GMT+04:00) Yerevan
01	Afghanistan Standard Time	(GMT+04:30) Kabul
30	Ekaterinburg Standard Time	(GMT+05:00) Ekaterinburg

TIME ZONE LIST

CODE	TIME ZONE	TIME
76	West Asia Standard Time	(GMT+05:00) Islamabad, Karachi, Tashkent
39	India Standard Time	(GMT+05:30) Chennai, Kolkata, Mumbai, New Delhi
49	Nepal Standard Time	(GMT+05:45) Kathmandu
47	N. Central Asia Standard Time	(GMT+06:00) Almaty, Novosibirsk
16	Central Asia Standard Time	(GMT+06:00) Astana, Dhaka
65	Sri Lanka Standard Time	(GMT+06:00) Sri Jayawardenepura
46	Myanmar Standard Time	(GMT+06:30) Yangon (Rangoon)
62	SE Asia Standard Time	(GMT+07:00) Bangkok, Hanoi, Jakarta
53	North Asia Standard Time	(GMT+07:00) Krasnoyarsk
23	China Standard Time	(GMT+08:00) Beijing, Chongqing, Hong Kong SAR, Urumqi
52	North Asia East Standard Time	(GMT+08:00) Irkutsk, Ulaanbaatar
63	Singapore Standard Time	(GMT+08:00) Kuala Lumpur, Singapore
73	W. Australia Standard Time	(GMT+08:00) Perth
66	Taipei Standard Time	(GMT+08:00) Taipei
68	Tokyo Standard Time	(GMT+09:00) Osaka, Sapporo, Tokyo
42	Korea Standard Time	(GMT+09:00) Seoul
78	Yakutsk Standard Time	(GMT+09:00) Yakutsk
14	Cen. Australia Standard Time	(GMT+09:30) Adelaide
07	AUS Central Standard Time	(GMT+09:30) Darwin
25	E. Australia Standard Time	(GMT+10:00) Brisbane
08	AUS Eastern Standard Time	(GMT+10:00) Canberra, Melbourne, Sydney
77	West Pacific Standard Time	(GMT+10:00) Guam, Port Moresby
67	Tasmania Standard Time	(GMT+10:00) Hobart
72	Vladivostok Standard Time	(GMT+10:00) Vladivostok
20	Central Pacific Standard Time	(GMT+11:00) Magadan, Solomon Islands, New Caledonia

CODE	TIME ZONE	TIME
50	New Zealand Standard Time	(GMT+12:00) Auckland, Wellington
31	Fiji Standard Time	(GMT+12:00) Fiji Islands, Kamchatka, Marshall Islands
69	Tonga Standard Time	(GMT+13:00) Nuku'alofa



