



**HORIZON**  
FITNESS

**TREADMILL**

# OWNER'S MANUAL



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

# ASSEMBLY



## ⚠ WARNING

There are several steps during the assembly process where special attention must be paid. It is very important to follow the assembly instructions and to ensure the product is assembled correctly to reduce the risk of injury. Make sure all parts are firmly tightened before using the treadmill to ensure that the treadmill is stable and structurally sound.

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

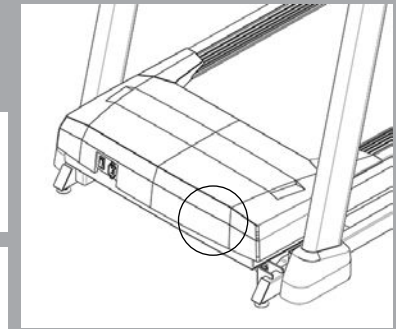
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

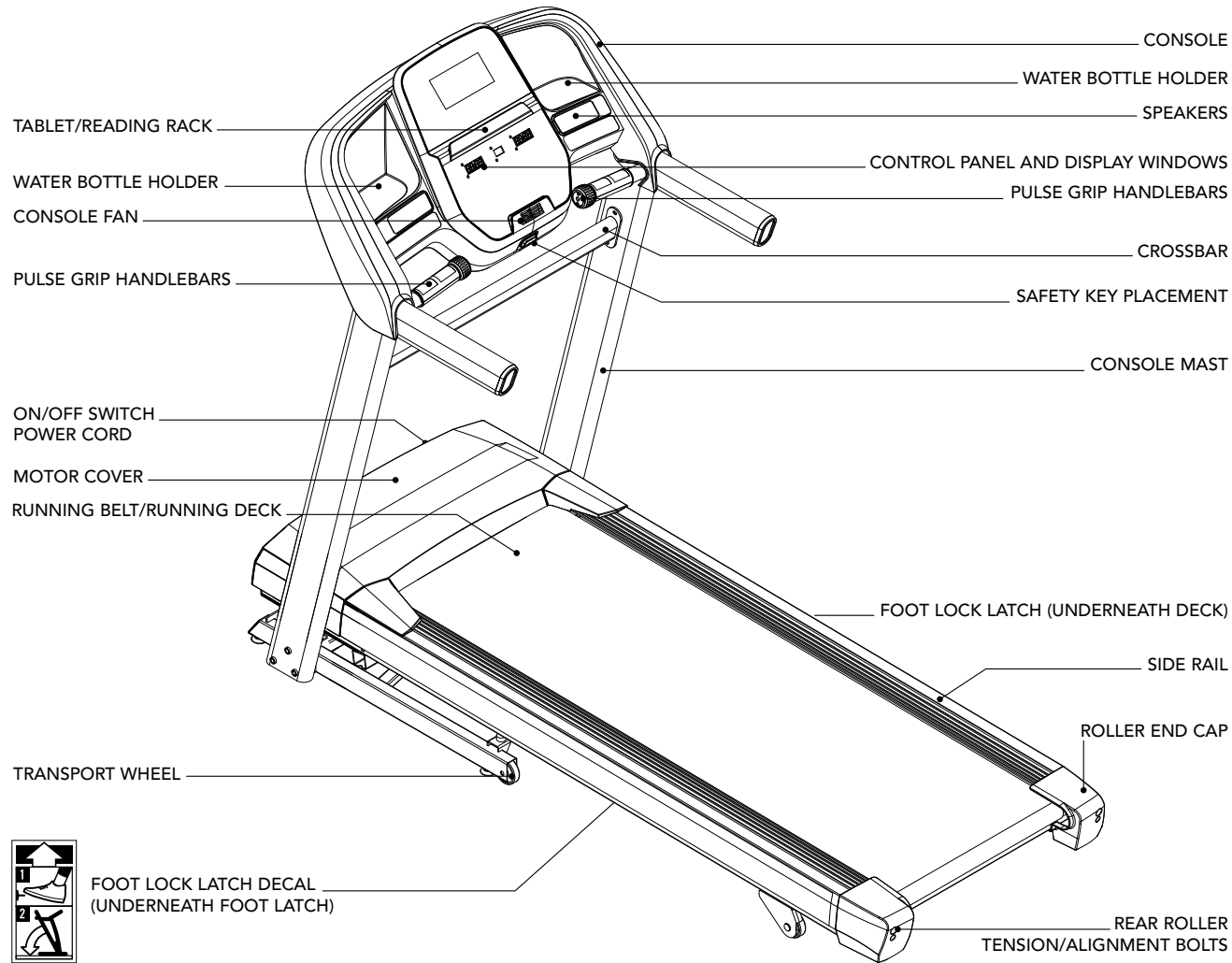
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MODEL NAME: **HORIZON**  **TREADMILL**

### SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.



## TOOLS INCLUDED:

- 6 mm T-Wrench
- 6 mm L-Wrench
- 5 mm L-Wrench

## PARTS INCLUDED:

- 1 Console Assembly
- 2 Console Masts
- 1 Crossbar
- 1 Hardware Kit
- 1 Safety Key
- 1 Audio Adapter Cable
- 1 Bottle of Silicone Lubricant  
(for 2 applications)

## NEED HELP?

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

## 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. Never open box when it is upside down or on its side. Once the red banding straps have been removed, do not lift or transport this unit unless it is fully assembled and in the upright folded position, with the lock latch secure. Unpack and assemble the unit where it will be used. The enclosed treadmill is equipped with high-pressure shocks that may spring open if mishandled. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill. Transport unit ONLY on the ground, and ONLY after it is fully assembled and in the upright folded position with the lock latch secured.

### 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

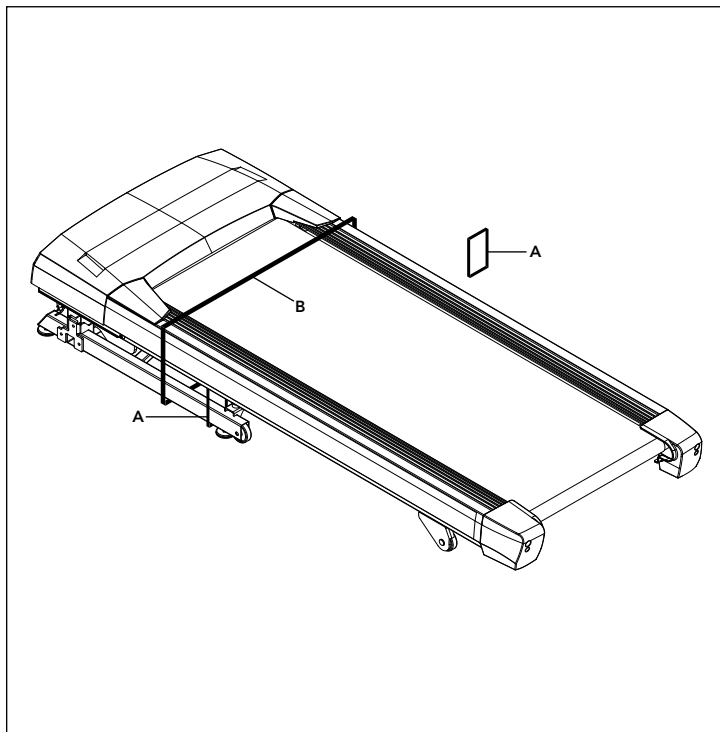
FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

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.



## UNBOXING



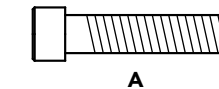
- A Cut the yellow banding straps and remove console masts and other components from the box.
- B After the treadmill is placed on a level floor, cut off the **BANDING STRAPS (A)** on the left and right sides.
- C Cut the **RED STRAP (B)** to release the deck from being strapped to the folding frame.

**NOTE:** Once the red strap(s) are cut, **DO NOT** lift treadmill or turn it upside down or place treadmill on its side. Treadmill has high pressure gas-shocks which can spring open, potentially causing injury. Transport unit **ONLY** on the ground, and **ONLY** after it is fully assembled and in the upright folded position with the lock latch secured.

- D Carefully lift the running deck upward from the rear to remove all contents from underneath the running deck. Do not turn the treadmill on its side, and do not lift treadmill from the front.

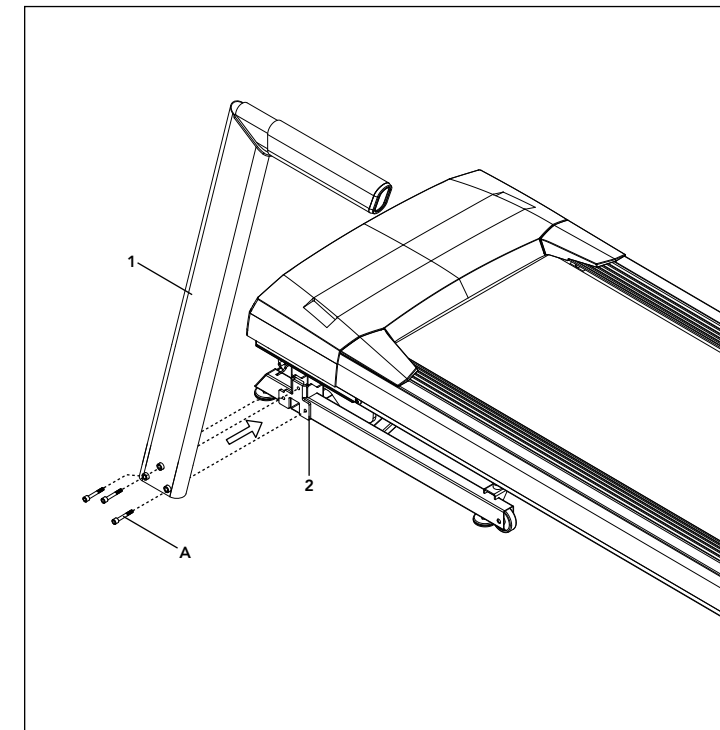
## ASSEMBLY STEP 1

HARDWARE FOR STEP 1			
PART	TYPE	DESCRIPTION	QTY
A	BOLT	M8	3



- A Open **HARDWARE FOR STEP 1**.
- B Attach the **LEFT CONSOLE MAST (1)** to the **BASE FRAME (2)** using 3 **BOLTS (A)**.

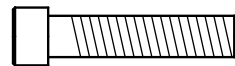
**NOTE:** Do not fully tighten bolts until the end of **STEP 4**.



## ASSEMBLY STEP 2

### HARDWARE FOR STEP 2

PART	TYPE	DESCRIPTION	QTY
A	BOLT	M8	3



A

- Open **HARDWARE FOR STEP 2**.
- Pull the **CONSOLE CABLE (3)** away from the treadmill base frame. Connect the **CONSOLE CABLE (3)** from the **MAIN FRAME (2)** to the **CONSOLE CABLE (3)** in the bottom of the **RIGHT CONSOLE MAST (4)**. The other end of the **CONSOLE CABLE (3)** should be located at the top of the mast.
- Attach **RIGHT CONSOLE MAST (4)** to **MAIN FRAME (2)** using **3 BOLTS (A)**.

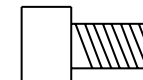
**NOTE:** Be careful not to pinch any wires while assembling the console.

**NOTE:** Do not fully tighten bolts until the end of **STEP 4**.

## ASSEMBLY STEP 3

### HARDWARE FOR STEP 3

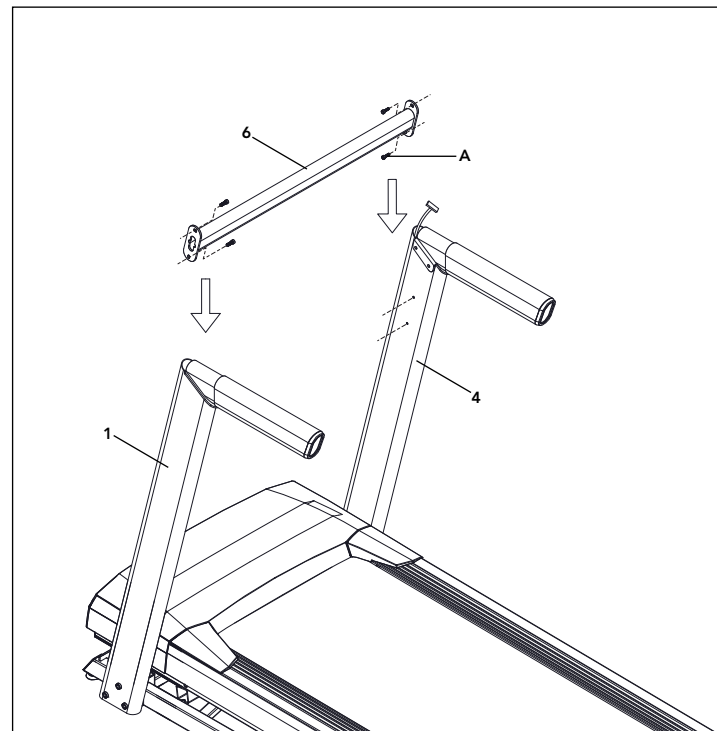
PART	TYPE	DESCRIPTION	QTY
A	BOLT	M6	4



A

- Open **HARDWARE FOR STEP 3**.
- Attach **LEFT SIDE** of the **CROSSBAR (6)** to the **UPRIGHT MAST (1)** loosely using **2 BOLTS (A)**.
- Attach **RIGHT SIDE** of the **CROSSBAR (6)** to the **UPRIGHT MAST (4)** loosely using **2 BOLTS (A)**.

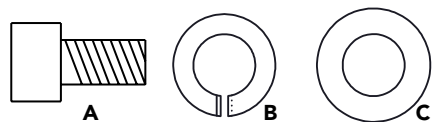
**NOTE:** Do not fully tighten bolts until the end of **STEP 4**.



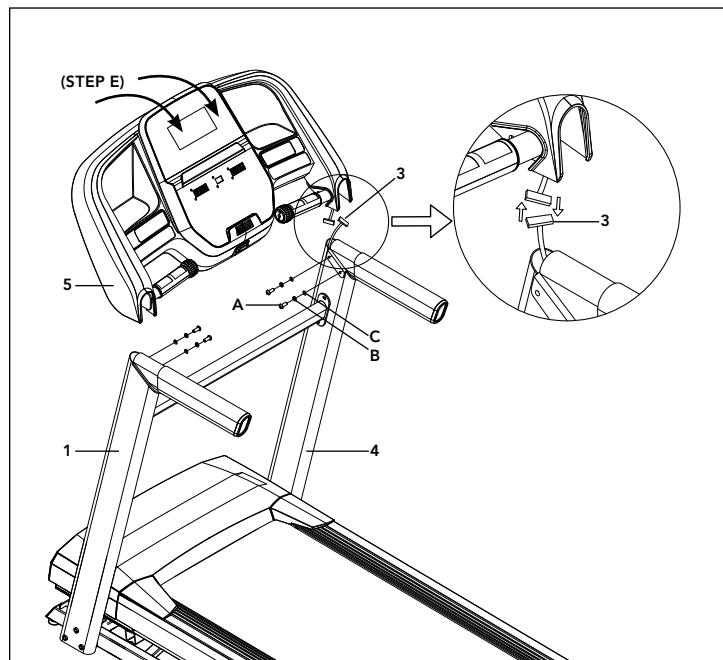
## ASSEMBLY STEP 4



HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
A	BOLT	M8	4
B	SPRING WASHER	Ø8.2	4
C	FLAT WASHER	Ø8.2	4



**NOTE:** Be careful not to pinch any wires while assembling the console.



- A Open **HARDWARE FOR STEP 4**.
- B Gently place the **CONSOLE (5)** on top of the **CONSOLE MASTS (1&4)**. Attach the **LEFT SIDE** first using **2 BOLTS (A)**, **2 SPRING WASHERS (B)** and **2 FLAT WASHERS (C)**.
- C The **CONSOLE CABLES (3)** are tucked into the **RIGHT CONSOLE MAST (4)**. Using the lead wire carefully pull the **CONSOLE CABLE (3)** out of the **RIGHT CONSOLE MAST (4)**. Detach and discard the **LEAD WIRE**. Connect the **CONSOLE CABLES (3)** and carefully tuck wires in masts to avoid damage.
- D Attach the **RIGHT SIDE** of the **CONSOLE (5)** using **2 BOLTS (A)**, **2 SPRING WASHERS (B)** and **2 FLAT WASHERS (C)**.
- E Pull the top of the **CONSOLE (5)** towards the back of the treadmill and **HOLD** while **TIGHTENING THE LEFT AND RIGHT SIDE BOLTS (A)**.
- F **REMEMBER** to tighten **ALL BOLTS & SCREWS** completely now that assembly is finished.



### ASSEMBLY COMPLETE!

Before the first use, lubricate the treadmill deck by following the instructions in the **MAINTENANCE** section in the **TREADMILL GUIDE**.

PRODUCT WEIGHT  
87 kg / 191 lbs.

USER WEIGHT CAPACITY  
147 kg / 325 lbs.

DIMENSIONS (LxWxH)  
192 x 84 x 146 cm / 76" x 33" x 57"

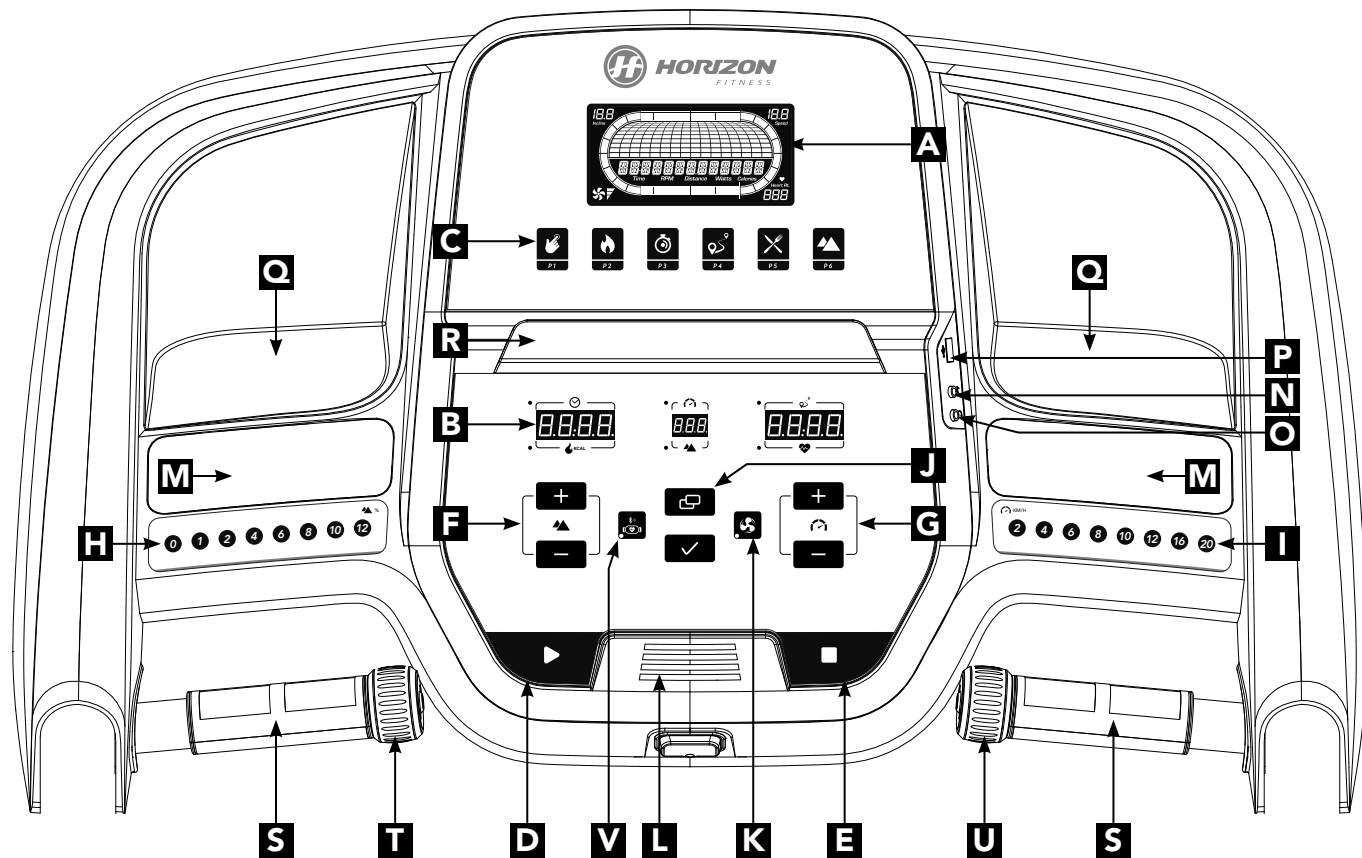
# TREADMILL OPERATION



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

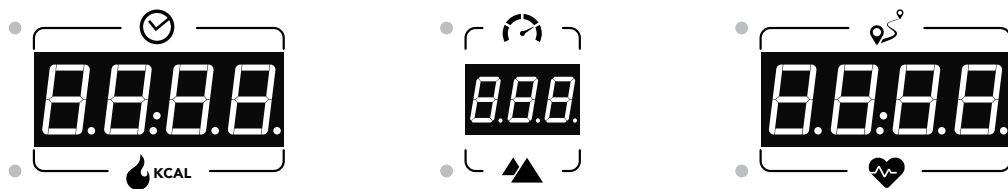
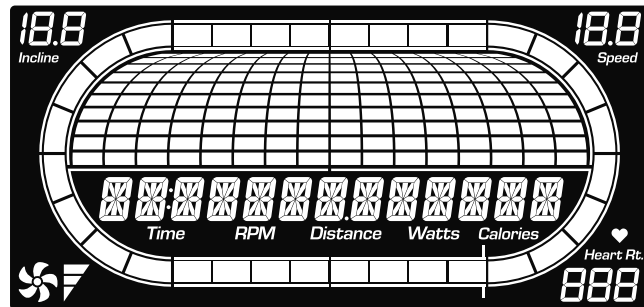


## CONSOLE OPERATION

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:** Time, RPM, Distance, Watts, Calories, Incline, Speed, Heart Rate, Fan Speed.
- B) **LED DISPLAY:** Time, Speed, Distance, Calories, Incline, Heart Rate.
- C) **PROGRAM:** training program.
- D) **START:** press to begin exercising, start your workout, or resume exercising after pause.
- E) **STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- F) **INCLINE +/- KEYS:** used to adjust incline in small increments (0.5% increments).
- G) **SPEED +/- KEYS:** used to adjust speed in small increments (0.1 km/h increments).
- H) **INCLINE QUICK KEYS:** used to reach desired incline more quickly.
- I) **SPEED QUICK KEYS:** used to reach desired speed more quickly.
- J) **CHANGE DISPLAY:** press to change display feedback during workout.
- K) **FAN KEY:** press to turn fan on and off.
- L) **FAN:** personal workout fan.
- M) **SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- N) **AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- O) **AUDIO OUT / HEADPHONE JACK:** plug your headphones into this jack to listen to your music through the headphones. Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
- P) **USB INPUT:** 1A/5V USB output power.
- Q) **WATER BOTTLE POCKETS:** holds personal workout equipment.
- R) **TABLET/READING RACK:** holds tablet or reading material.
- S) **HEART RATE PULSE GRIPS:** used to measure heart rate.
- T) **INCLINE SCROLL WHEEL:** used to adjust incline in small increments (0.5%).
- U) **SPEED SCROLL WHEEL:** used to adjust speed in small increments (0.1 km/h).
- V) **BLUETOOTH HEART RATE OR TABLET:** Bluetooth default to connect to tablet, press and hold 5 sec to connect to the Bluetooth heart rate strap. When paired with the chest strap the console will not pair with a tablet; to enable tablet communication press and hold the Bluetooth button for 5 seconds or reset power. The led will be lit when the console is paired with BT device.  
\*If using a 3rd party App, please turn on your device's Bluetooth (BT) and follow the App pairing instructions. Ensure the console is not connected to any other BT devices by checking that the BT symbol  is not lit on the console.





## DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **SPEED:** Shown as km/h. Indicates how fast your walking or running surface is moving.
- **DISTANCE:** Shown as kilometers. Indicates distance traveled or distance remaining during your workout.
- **CALORIES:** Total calories burned or calories remaining left to burn during your workout.
- **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.
- **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. (The ON/OFF switch is next to the power cord.)
- 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 UP

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

### B) SELECT A WORKOUT OR TARGET

- 1) Select your PROGRAM with the +/- buttons and press ENTER when your desired PROGRAM is displayed.
- 2) Adjust the SETTING with the +/- buttons and press ENTER when your desired SETTING is displayed.
- 3) Press START to begin.



## WORKOUT PROFILES



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



**P2) FAT BURN:** A workout designed specifically to target fat. Promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone. Includes 10 levels.

Speed and Incline changes, segments repeat every 30 seconds.

Segment		Warm Up		1	2	3	4	5	6	7	8
Time		4:00 Mins		30 Sec	30 Sec	30 Sec	30 Sec	30 Sec	30 Sec	30 Sec	30 Sec
Level 1	Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5
	Speed (mph)	0.5	1.5	2	2.5	3	3.5	4	3.5	3	2.5
	Speed (km/h)	0.8	2.4	3.2	4	4.8	5.6	6.4	5.6	4.8	4
Level 2	Incline	0	0.5	1.5	1.5	1	0.5	1	0.5	1	1.5
	Speed (mph)	0.5	1.9	2.5	3	3.5	4	4.5	4	3.5	3
	Speed (km/h)	0.8	3	4	4.8	5.6	6.4	7.2	6.4	5.6	4.8
Level 3	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2
	Speed (mph)	0.5	2.3	3	3.5	4	4.5	5	4.5	4	3.5
	Speed (km/h)	0.8	3.7	4.8	5.6	6.4	7.2	8	7.2	6.4	5.6
Level 4	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2
	Speed (mph)	1	2.6	3.5	4	4.5	5	5.5	5	4.5	4
	Speed (km/h)	1.6	4.2	5.6	6.4	7.2	8	8.8	8	7.2	6.4
Level 5	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5
	Speed (mph)	1	3	4	4.5	5	5.5	6	5.5	5	4.5
	Speed (km/h)	1.6	4.8	6.4	7.2	8	8.8	9.6	8.8	8	7.2
Level 6	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5
	Speed (mph)	1	3.4	4.5	5	5.5	6	6.5	6	5.5	5
	Speed (km/h)	1.6	5.4	7.2	8	8.8	9.6	10.4	9.6	8.8	8
Level 7	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3
	Speed (mph)	1.4	3.8	5	5.5	6	6.5	7	6.5	6	5.5
	Speed (km/h)	2.2	6.1	8	8.8	9.6	10.4	11.2	10.4	9.6	8.8
Level 8	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3
	Speed (mph)	1.4	4.1	5.5	6	6.5	7	7.5	7	6.5	6
	Speed (km/h)	2.2	6.6	8.8	9.6	10.4	11.2	12	11.2	10.4	9.6

Segment		Warm Up		1	2	3	4	5	6	7	8
Time		4:00 Mins		30 Sec	30 Sec	30 Sec	30 Sec	30 Sec	30 Sec	30 Sec	30 Sec
Level 9	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5
	Speed (mph)	1.4	4.5	6	6.5	7	7.5	8	7.5	7	6.5
	Speed (km/h)	2.2	7.2	9.6	10.4	11.2	12	12.8	12	11.2	10.4
Level 10	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5
	Speed (mph)	1.4	4.9	6.5	7	7.5	8	8.5	8	7.5	7
	Speed (km/h)	2.2	7.8	10.4	11.2	12	12.8	13.6	12.8	12	11.2



**P3) INTERVALS:** Improves your strength, speed and endurance by increasing and decreasing the speed throughout your workout to involve your heart and other muscles. Includes 10 levels.

Speed and Incline changes, segments repeat every 30 seconds.

Segment		Warm Up		1	2	Cool Down	
Time		4:00 Mins		90 sec	30 sec	4:00 Mins	
Level 1	mph	0.5	1.5	2	4	1.5	1
	km/h	0.8	2.4	3.2	6.4	2.4	1.6
Level 2	mph	0.5	1.5	2	4.5	1.5	1
	km/h	0.8	2.4	3.2	7.2	2.4	1.6
Level 3	mph	0.5	1.9	2.5	5	1.9	1.3
	km/h	0.8	3	4	8	3	2.1
Level 4	mph	1	1.9	2.5	5.5	1.9	1.3
	km/h	1.6	3	4	8.8	3	2.1
Level 5	mph	1	2.3	3	6	2.3	1.5
	km/h	1.6	3.7	4.8	9.6	3.7	2.4
Level 6	mph	1	2.3	3	6.5	2.3	1.5
	km/h	1.6	3.7	4.8	10.4	3.7	2.4
Level 7	mph	1.4	2.6	3.5	7	2.6	1.8
	km/h	2.2	4.2	5.6	11.2	4.2	2.9
Level 8	mph	1.4	2.6	3.5	7.5	2.6	1.8
	km/h	2.2	4.2	5.6	12	4.2	2.9
Level 9	mph	1.4	3	4	8	3	2
	km/h	2.2	4.8	6.4	12.8	4.8	3.2
Level 10	mph	1.4	3	4	8.5	3	2
	km/h	2.2	4.8	6.4	13.6	4.8	3.2





**P4) DISTANCE:** Push yourself and go further during your workout with 13 distance workouts. Choose from 1 mile, 2 miles, 5k, 5 miles, 10k, 8 miles, 15k, 10 miles, 20k, half marathon, 15 miles, 20 miles and marathon goals. User sets starting speed levels.



**P5) CALORIES:** Set goals for burning calories. Calories burned are calculated using distance and speed.



**P6) HILL CLIMB:** 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
Time	4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec
Level 1	0	0	1	1.5	2	2.5	3	3	2.5	2	1.5	1
Level 2	0	0	1.5	2	2.5	3	3.5	3.5	3	2.5	2	1.5
Level 3	0	1	2	2.5	3	3.5	4	4	3.5	3	2.5	2
Level 4	0	1.5	2.5	3	3.5	4	4.5	4.5	4	3.5	3	2.5
Level 5	0	1.5	3	3.5	4	4.5	5	5	4.5	4	3.5	3
Level 6	0	1.5	3.5	4	4.5	5	5.5	5.5	5	4.5	4	3.5
Level 7	0	1.5	4	4.5	5	5.5	6	6	5.5	5	4.5	4
Level 8	0	2	4.5	5	5.5	6	6.5	6.5	6	5.5	5	4.5
Level 9	0	2	5	5.5	6	6.5	7	7	6.5	6	5.5	5
Level 10	0	2	5.5	6	6.5	7	7.5	7.5	7	6.5	6	5.5

## TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

## FINISHING YOUR WORKOUT

When your workout is complete, the unit will beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

## USING YOUR CD / MP3 PLAYER / BLUETOOTH SPEAKERS

- 1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the top right 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) If you don't want to use the SPEAKERS, you can plug your headphones into the AUDIO OUT JACK on the right side of the console.
- 5) To connect to the Bluetooth speakers open your Bluetooth settings, turn on Bluetooth, scan for new devices, look for Horizon MODEL NUMBER in the list and select connect. The Bluetooth led will be lit when connected.



### Waste Disposal

HORIZON Fitness products are recyclable.

At the end of its useful life please dispose of this article correctly and safely (local refuse sites).



