

- Read this Owner's Guide before operating this Treadmill.
 - Do not wear clothing that might catch on any part of the Treadmill.
 - Immediately and consult your physician before continuing.
 - If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising and consult your physician before continuing.
 - Do not wear clothes that might catch on any part of the treadmill.
 - Keep power cord away from heated surfaces.
 - Keep children off of treadmill at all times.
 - Do not use treadmill outdoors.
 - Unplug treadmill before moving it.
 - Do not remove the treadmill motor covers or roller covers. Service should be performed only by an authorized Horizon Fitness service provider.
 - Treadmill should be plugged into a dedicated 20amp circuit.
- CHILDREN**
- Keep children off your Treadmill at all times.
 - When the Treadmill is in use, young children and pets should be kept at least 10 feet away.
- CAUTION!** If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

www.horizonfitness.com

OR
1.888.993.3199
@
Horizon Fitness

please contact:

DO NOT RETURN TO THE STORE,

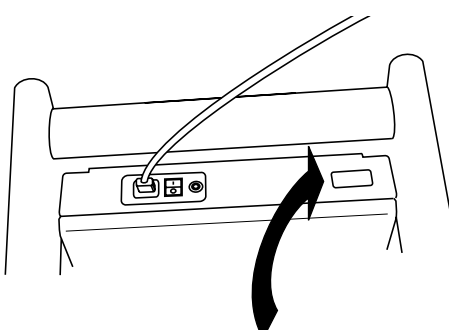
In the event that a problem should arise,

Refer to this number when calling for service, and also your own records. Be sure to read the Safety Instructions and Owner's Guide before using your new Horizon Fitness Treadmill.



NAME LOCATION AND MODEL SERIAL NUMBER AND MODEL

To avoid possible damage to this Treadmill, please follow these assembly steps in the correct order. Before proceeding, find your Treadmill's serial number and model name located to the left of the on/off power switch and power cord and enter it in the space provided below.



GETTING STARTED

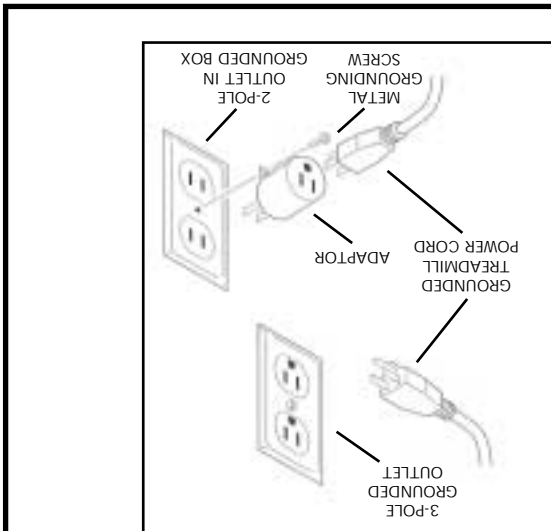
CAUTION: BEFORE BEGINNING ANY EXERCISE PROGRAM, ALWAYS CONSULT YOUR PHYSICIAN. IF YOU EXPERIENCE CHEST PAINS, NAUSEA, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISING AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.

The key to reaping these benefits is to develop the exercise habit. Your new Horizon Fitness Treadmill will help you eliminate the obstacles that prevent you from getting in your exercise time. Incremental weather and darkness won't interfere with your workout when you use your Horizon Fitness Treadmill in the comfort of your home. This manual provides you with basic information for using and enjoying your new machine. A more complete knowledge of your new Horizon Fitness Treadmill will assist you in realizing your goal of a healthy lifestyle.

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

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

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



IMPORTANT SAFETY INSTRUCTIONS. Read all instructions before using this Treadmill. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this HORIZON FITNESS Treadmill.

SAVE THESE INSTRUCTIONS

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter such as a plug illustrated below may be used to connect this plug to a 2-pole receptacle as shown, if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, 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.

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

WARNING! Connect this exercise product to a properly grounded outlet only. See grounding instructions.

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COMMON PRODUCT QUESTIONS

Are the sounds my treadmill makes normal?
All treadmills make a certain type of thumping noise due to the belt riding over the rollers, especially new treadmills. This noise will diminish over time, although may not totally go away. Over time, the belt will stretch, causing the belt to ride smoother over the rollers.

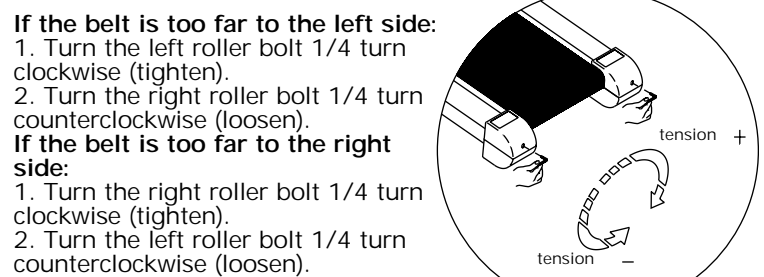
Why is the treadmill I had delivered louder than the one at the store?
All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

When should I be worried about a noise?
As long as the sounds your treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your treadmill is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

MAINTENANCE
What kind of routine maintenance is required?
We use sealed bearings throughout our treadmill so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the treadmill after each use.

How do I clean my Horizon Fitness Treadmill?
Clean with soap and water cleaners only. Never use solvents on plastic parts.

Tensioning the running belt
If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, tension both the rear roller bolts with the appropriate sized Allen wrench (Alpine - 8mm, Paragon II/Quantum II/Omega II - 6mm), turning it 1/4 TURN as shown below. Try the treadmill again to check for slipping. Repeat if necessary, but NEVER TURN the roller bolts more than 1/4 turn at a time. The belt tension is set properly when the running belt is 1/4 of an inch from the deck.



Centering the belt
If the running belt is too far to the right side, use the supplied Allen wrench to turn the right tension bolt clockwise 1/4 turn at a time until the belt remains centered during use.

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or
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LIMITED HOME USE WARRANTY

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

DRIVE MOTOR - 10 year
Horizon Fitness warrants the drive motor against defects in workmanship and materials for a period of ten years from the date of purchase, so long as the device remains in the possession of the original owner.

ELEVATION MOTOR - 10 year
Horizon Fitness warrants the elevation motor against defects in workmanship and materials for a period of ten years from the date of purchase, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS - 1 year
Horizon Fitness warrants the electronic components and all original parts for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - 1 year
Horizon Fitness shall cover the labor cost for the repair of the device for a period of one year 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. This warranty is expressly limited to the repair or replacement of a defective frame, motor, 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.

WARRANTY REGISTRATION
Your warranty card must be completed and sent to Horizon Fitness or register on line at www.horizonfitness.com, before a warranty claim can be processed.



Horizon Fitness
800 Burton Blvd
DeForest, Wisconsin 53532
Ph: 1-888-993-3199 Fax: 1-608-842-1660
www.horizonfitness.com

IMPORTANT SAFETY INSTRUCTIONS SAVE THESE INSTRUCTIONS

Assembly Guide



TREADMILL

ASSEMBLY GUIDE

UNPACKING

Unpack your treadmill and the contents inside the box. Do not attempt to move the treadmill until it is completely assembled. Leave the treadmill in the bottom portion of the treadmill box to assemble. Unpack your treadmill where you will be using it. Place your treadmill on a level flat surface. It is recommended that you place a protective covering on your floor. Your treadmill will arrive almost completely assembled. You will only need to attach the following items. Verify that the following parts and tools are included:

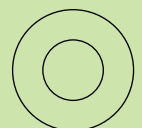
- | | |
|---|---|
| Parts | Tools |
| • 1 Power Cord | • 5mm Allen Wrench/
Phillips Screw Driver |
| • 1 Safety Key | • Flat Wrench |
| • 2 Water Bottle Holders | • 8mm Allen Wrench
(Alpine) |
| • 1 Hardware Pack (contents listed below) | • 6mm Allen Wrench
(Paragon II, Quantum II & Omega II) |

NOTE: It is recommended that you apply grease to the threads of each bolt as you assemble your Treadmill, to prevent loosening and noise. Also, during each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

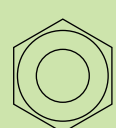
Hardware (Actual Size)



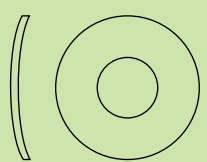
A) Base Bracket
60mm bolt
Quantity: 2



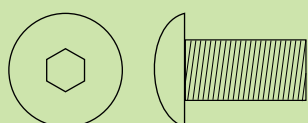
B) Base Bracket
16mm washer
Quantity: 2



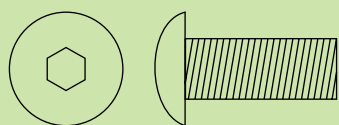
C) Base Bracket
13mm nylon nut
Quantity: 2



H) Arc Washer
Quantity: 2



D) Base Bracket
16mm bolt
Quantity: 2

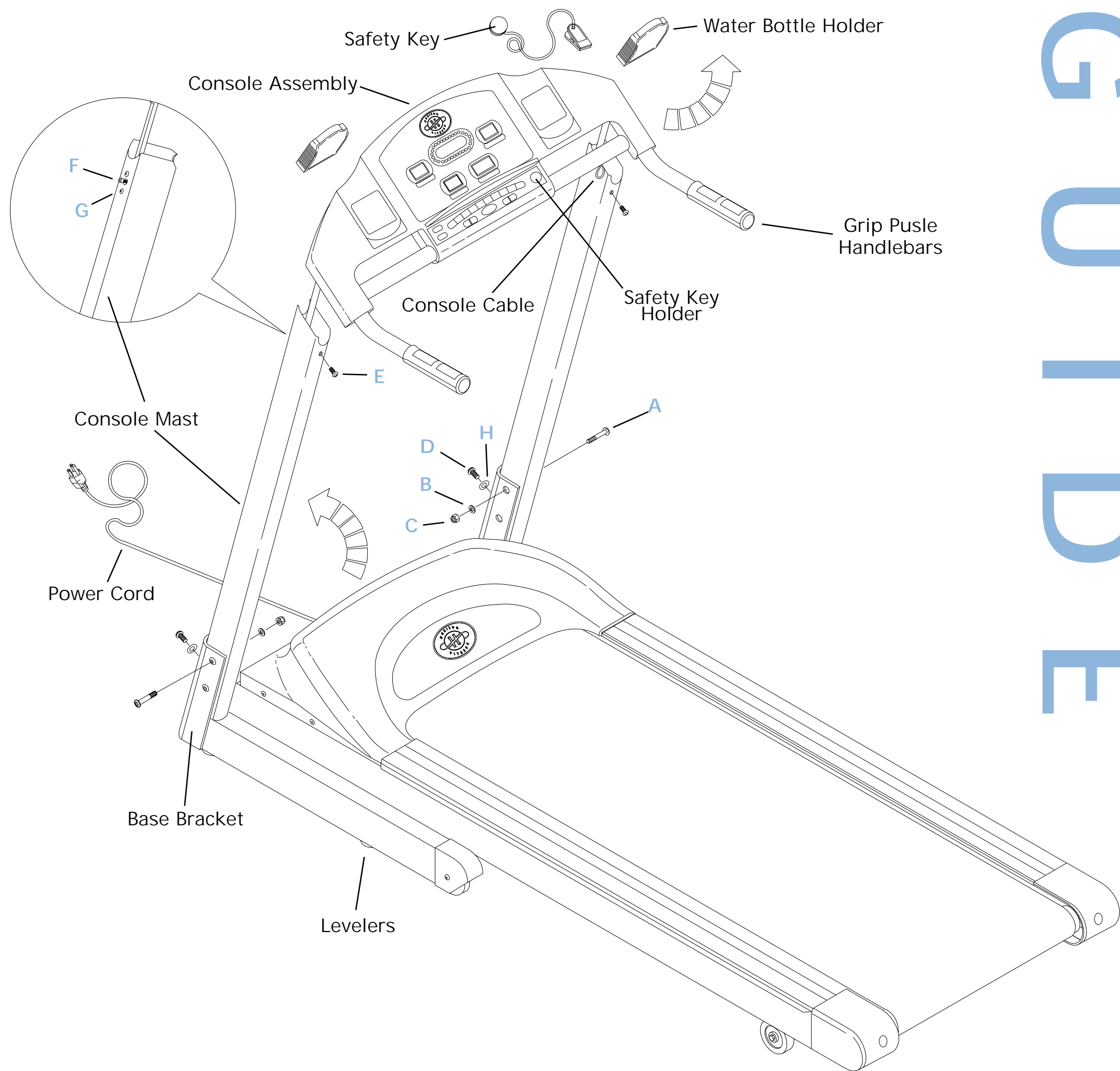


E) Console Assembly Bracket
20mm long bolt
Quantity: 2



F) Console Assembly
15mm bolt
Quantity: 2

NOTE: The assembly picture may not represent your exact treadmill model



STEP 1

Install Console Assembly

- Lift the console masts into the upright position.
- Align the console masts with the holes in the base bracket. Make sure that the console masts are inserted completely into the base bracket.
- Insert a 60mm bolt (A) with a 16mm washer (B) and a 13mm nylon nut (C) into the outside base bracket holes on both the left and right sides. Secure using a 5mm Allen wrench and 13mm flat wrench. Tighten the pre-installed 60mm bolt on both the left and right base brackets.
- Insert a 16mm bolt (D) and arc washers (H) into the front of the base bracket on both the right and left sides. Secure with a 5mm Allen wrench.

STEP 2

Install the Console Assembly

- Tilt the console assembly back, and lower the console assembly into place by sliding the console assembly axles into the receiving tubes. Align the left and right console assembly brackets holes with the holes in front of the console mast. Be sure not to pinch the console cable when lowering the console assembly into place.
- Insert a 20mm bolt (E) for both the left and right console assembly brackets.

STEP 3

Attach Console Assembly

- Make sure the console assembly is pressed down completely. Insert a 15mm bolt (F) into the back of the console mast to secure the console assembly on both the left and right sides. Secure with a 5mm Allen wrench. Tighten the pre-installed bolts (G) on both the left and right sides.
- Insert the 2 water bottle holders into the console.