



**HORIZON**  
FITNESS

**EX-59**

## **ELLIPTICAL OWNER'S MANUAL**

MANUEL DU PROPRIÉTAIRE DE L'EXERCISEUR ELLIPTIQUE  
MANUAL DEL PROPIETARIO DE LA MÁQUINA ELÍPTICA



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

Lire le GUIDE D'UTILISATION DE L'EXERCISEUR ELLIPTIQUE avant de se référer au présent MANUEL DU PROPRIÉTAIRE.

Lea la GUÍA DE LA MÁQUINA ELÍPTICA antes de utilizar este MANUAL DEL PROPIETARIO.

3	ENGLISH
24	FRANÇAIS
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# 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 elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your elliptical's serial number located on a white barcode sticker on the front stabilizer tube and enter it in the space provided below.

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

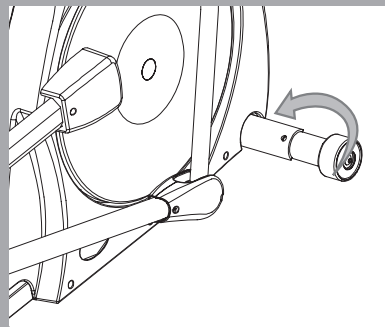
SERIAL NUMBER:

EP

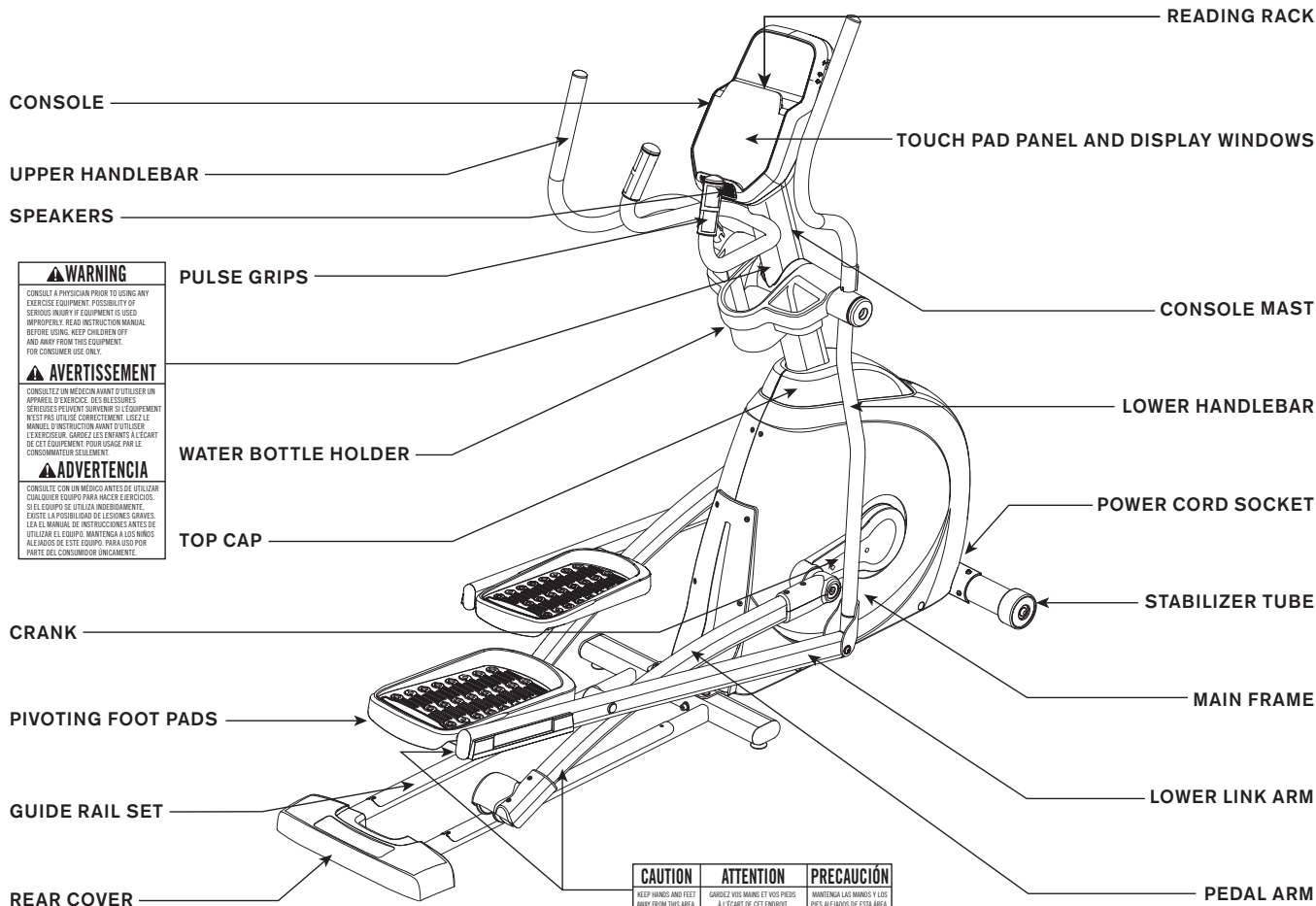
MODEL NAME: **HORIZON**

**ELLIPTICAL**

### SERIAL NUMBER LOCATION



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



**⚠ WARNING**  
CONSULT A PHYSICIAN PRIOR TO USING ANY EXERCISE EQUIPMENT. POSSIBILITY OF SERIOUS INJURY IF EQUIPMENT IS USED IMPROPERLY. READ INSTRUCTION MANUAL BEFORE USING. KEEP CHILDREN OFF AND AWAY FROM THIS EQUIPMENT. FOR CONSUMER USE ONLY.

**⚠ AVERTISSEMENT**  
CONSULTEZ UN MÉDECIN AVANT D'UTILISER UN APPAREIL D'EXERCICE. DES BLESSURES SÉRIEUSES PEUVENT SURVENIR SI L'ÉQUIPEMENT N'EST PAS UTILISÉ CORRECTEMENT. Lisez le MANUEL D'INSTRUCTION AVANT D'UTILISER L'EXERCISEUR. GARDEZ LES ENFANTS À L'ÉCART DE CET ÉQUIPEMENT. POUR USAGE PAR LE CONSOMMATEUR SEULEMENT.

**⚠ ADVERTENCIA**  
CONSULTE CON UN MÉDICO ANTES DE UTILIZAR CUALQUIER EQUIPO PARA HACER EJERCICIOS. SI EL EQUIPO SE UTILIZA INDEBIDAMENTE, EXISTE LA POSIBILIDAD DE LESIONES GRAVES. LEA EL MANUAL DE INSTRUCCIONES ANTES DE UTILIZAR EL EQUIPO. MANTÉNGALO A LOS NIÑOS ALEJADOS DE ESTE EQUIPO. PARA USO POR PARTE DEL CONSUMIDOR ÚNICAMENTE.

CAUTION	ATTENTION	PRECAUCIÓN
KEEP HANDS AND FEET AWAY FROM THIS AREA.	GARDEZ VOS MAINS ET VOS PIEDS À L'ÉCART DE CET ÉQUIPEMENT.	MANTÉNGALO LAS MANOS Y LOS PIES ALEJADOS DE ESTA ÁREA.

## TOOLS INCLUDED:

- ☐ Screwdriver
- ☐ 5 mm L-Wrench
- ☐ 8 mm L-Wrench
- ☐ 13/17 mm Flat Wrench

## PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Stabilizer Tube
- ☐ 1 Guide Rail Set
- ☐ 2 Pedal Arms
- ☐ 2 Lower Handlebars
- ☐ 2 Upper Handlebars
- ☐ 2 Lower Link Arms With Footpads
- ☐ 1 Top Cap
- ☐ 1 Console Mast
- ☐ 1 Console Mast Boot
- ☐ 1 Console
- ☐ 2 Handlebar Caps
- ☐ 1 Water Bottle Holder
- ☐ 1 Audio Adapter Cable
- ☐ 1 Power Cord
- ☐ 1 Hardware Kit

## PRE ASSEMBLY

### UNPACKING

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

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

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

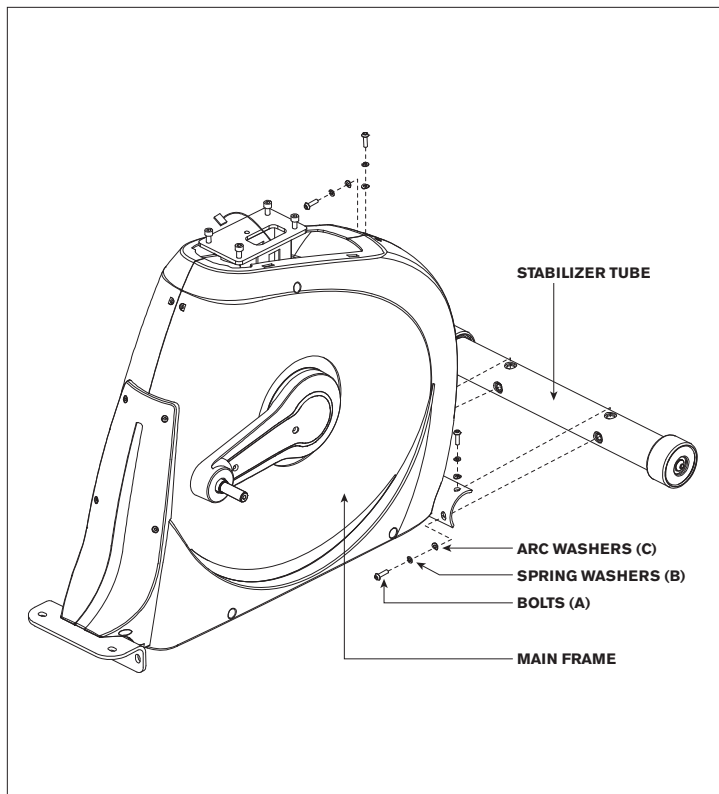


### NEED HELP?

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



# ASSEMBLY STEP 1



## HARDWARE BAG 1 CONTENTS:



**BOLT (A)**  
30 mm  
Qty: 4



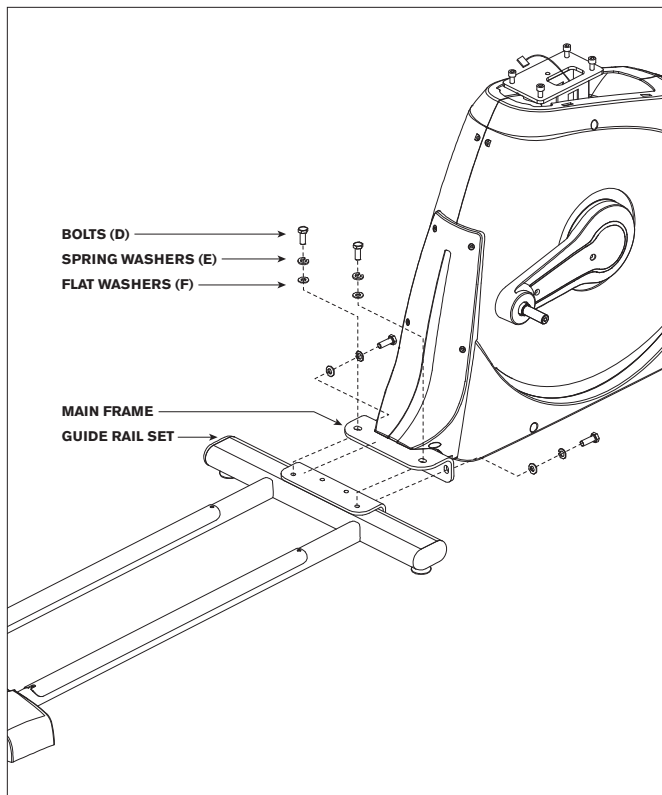
**SPRING WASHER (B)**  
15 mm  
Qty: 4



**ARC WASHER (C)**  
17 mm  
Qty: 4

- A Open **HARDWARE BAG 1**.
- B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 4 **BOLTS (A)**, 4 **SPRING WASHERS (B)** and 4 **ARC WASHERS (C)**.

## ASSEMBLY STEP 2



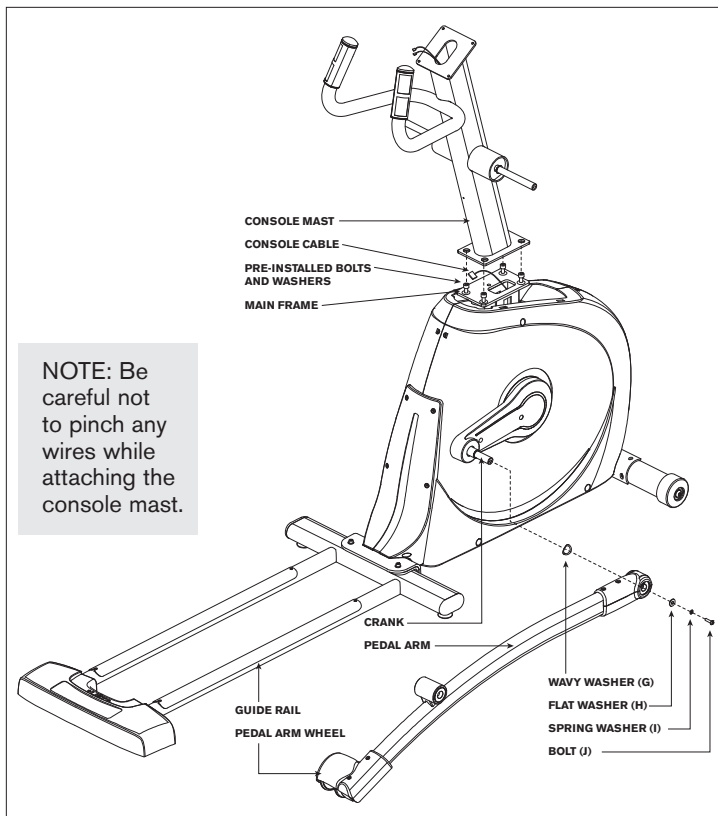
### HARDWARE BAG 2 CONTENTS:



- A Open HARDWARE BAG 2.
- B Align GUIDE RAIL SET with MAIN FRAME as shown.
- C Attach the GUIDE RAIL SET to the MAIN FRAME using 4 BOLTS (D), 4 SPRING WASHERS (E) and 4 FLAT WASHERS (F).



## ASSEMBLY STEP 3



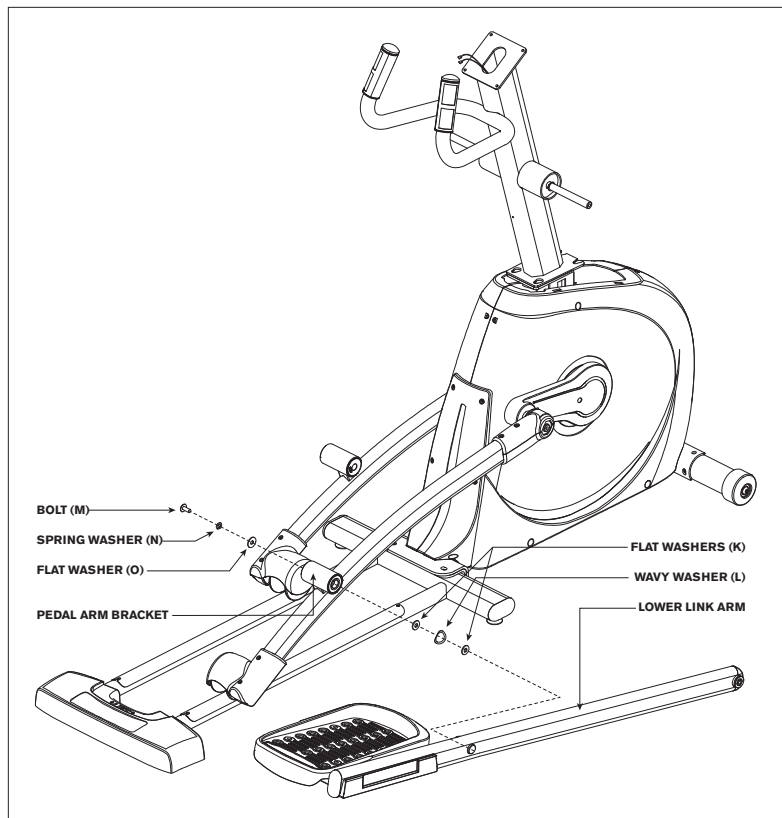
### HARDWARE BAG 3 CONTENTS:



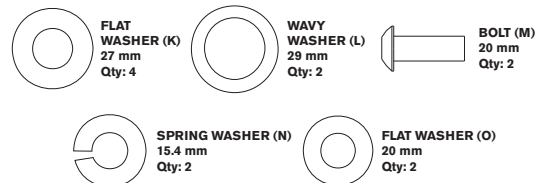
- A Open **HARDWARE BAG 3**.
- B Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.
- C Attach **CONSOLE MAST** to **MAIN FRAME** using **PRE-INSTALLED BOLTS AND WASHERS**.
- D Slide **WAVY WASHER (G)** over **CRANK** followed by **PEDAL ARM** as shown. Rest **PEDAL ARM WHEEL** on **GUIDE RAIL**.
- E Attach the **PEDAL ARM** to the **CRANK** using 1 **FLAT WASHER (H)**, 1 **SPRING WASHER (I)** and 1 **BOLT (J)**.
- F Repeat steps D–E on the opposite side of the elliptical.



# ASSEMBLY STEP 4



## HARDWARE BAG 4 CONTENTS:

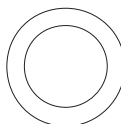


- Open **HARDWARE BAG 4**.
- Slide 1 **FLAT WASHER (K)**, 1 **WAVY WASHER (L)** and another **FLAT WASHER (K)** onto the **LOWER LINK ARM**.
- Slide the **LOWER LINK ARM** into the **PEDAL ARM BRACKET**.
- Attach the **LOWER LINK ARM** to the **PEDAL ARM BRACKET** using 1 **FLAT WASHER (O)**, 1 **SPRING WASHER (N)** and 1 **BOLT (M)**.
- Repeat steps B–D on the opposite side of the elliptical.

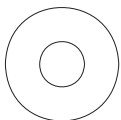
## ASSEMBLY STEP 5



### HARDWARE BAG 5 CONTENTS:



**RUBBER WASHER (P)**  
26 mm  
Qty: 2



**FLAT WASHER (Q)**  
25 mm  
Qty: 4



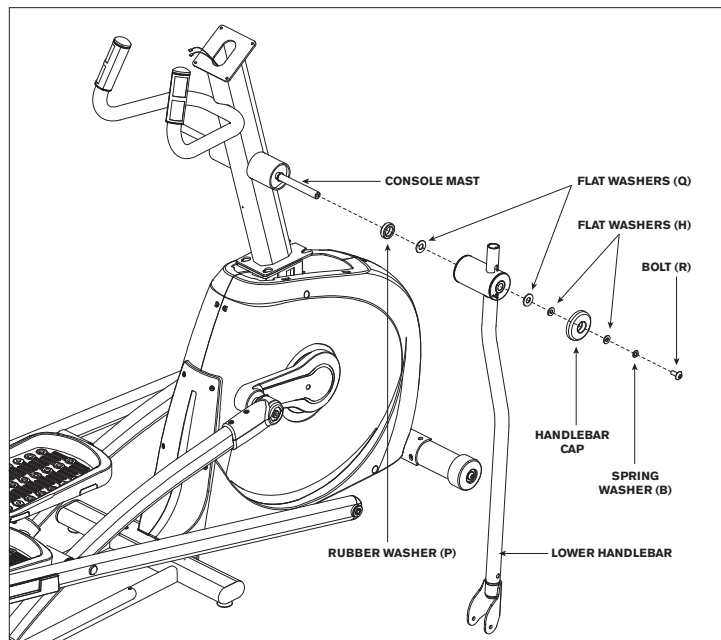
**FLAT WASHER (H)**  
20 mm  
Qty: 4



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

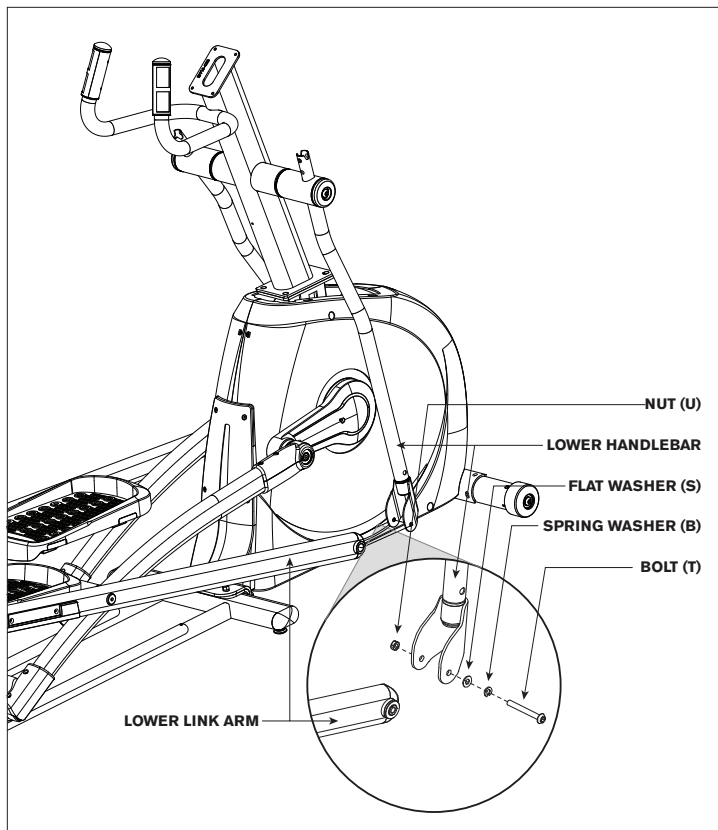


**BOLT (R)**  
20 mm  
Qty: 2



- A Open **HARDWARE BAG 5**.
- B Slide 1 **RUBBER WASHER (P)**, 1 **FLAT WASHER (Q)** onto the **CONSOLE MAST**.
- C Slide **LOWER HANDLEBAR** onto **CONSOLE MAST** and attach using 1 **FLAT WASHER (Q)**, 1 **FLAT WASHER (H)**, 1 **HANDLEBAR CAP**, 1 **FLAT WASHER (H)**, 1 **SPRING WASHER (B)** and 1 **BOLT (R)**.
- D Repeat steps B–C on the opposite side of the elliptical.

## ASSEMBLY STEP 6



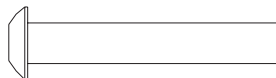
### HARDWARE BAG 6 CONTENTS:



FLAT WASHER (S)  
17 mm  
Qty: 2



SPRING WASHER (B)  
15 mm  
Qty: 2



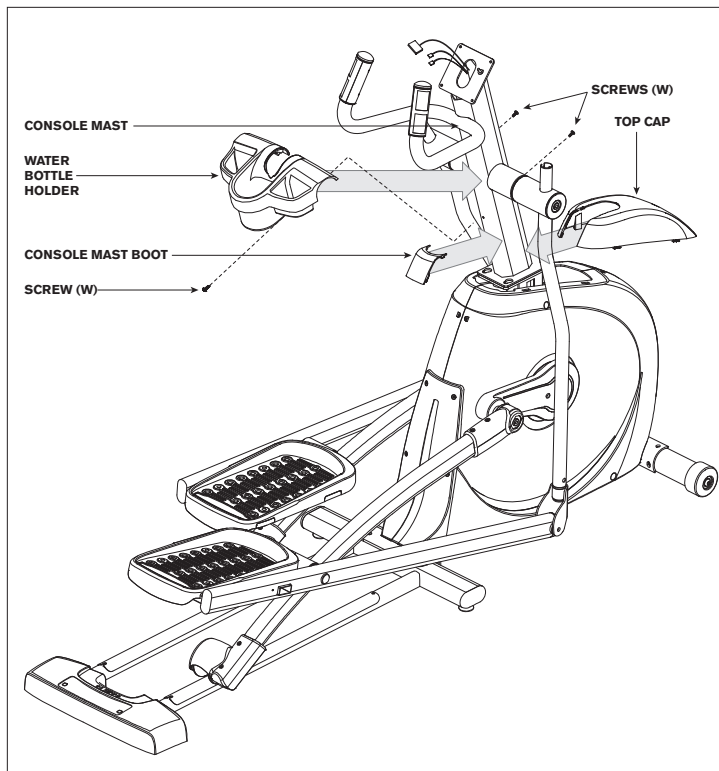
BOLT (T)  
70 mm  
Qty: 2



NUT (U)  
Qty: 2

- A Open HARDWARE BAG 6.
- B Slide LOWER LINK ARM into bottom end of LOWER HANDLEBAR.
- C Secure the joint with 1 BOLT (T), 1 SPRING WASHER (B), 1 FLAT WASHER (S) and 1 NUT (U).
- D Repeat steps B–C on the opposite side of the elliptical.

## ASSEMBLY STEP 7



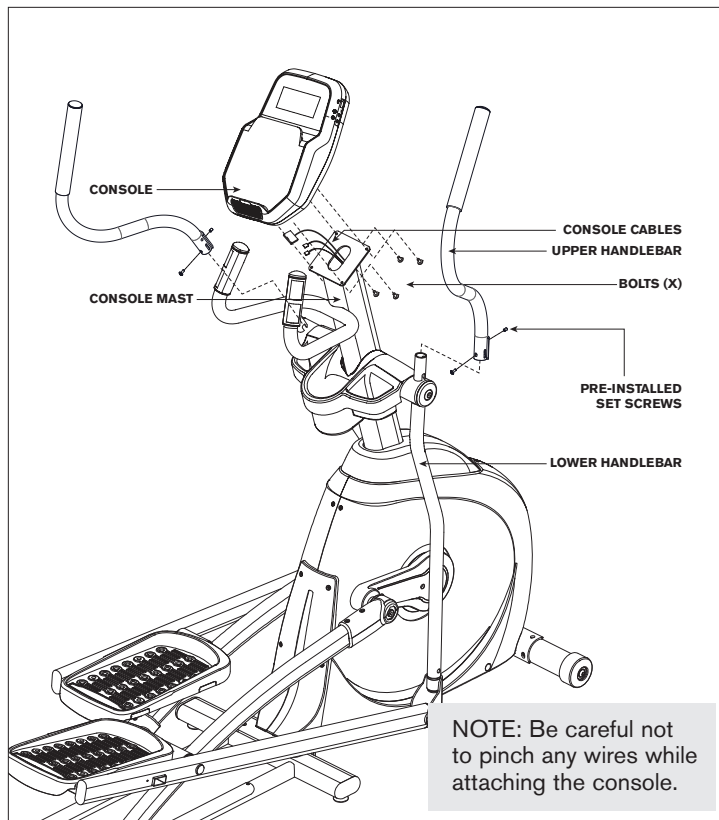
### HARDWARE BAG 7 CONTENTS:



SCREW (W)  
12 mm  
Qty: 3

- Open **HARDWARE BAG 7**.
- Slide **TOP CAP** over **CONSOLE MAST** and snap into place.
- Insert **CONSOLE MAST BOOT** over **TOP CAP** and snap into place.
- Slide **WATER BOTTLE HOLDER** over **CONSOLE MAST** and attach using 3 **SCREWS (W)**.

## ASSEMBLY STEP 8



### HARDWARE BAG 8 CONTENTS:



**BOLT (X)**  
10 mm  
Qty: 4

- A Open **HARDWARE BAG 8**.
  - B Attach the **CONSOLE CABLES** to the **CONSOLE**.
  - C Carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST** before attaching the **CONSOLE**. Attach **CONSOLE** to **CONSOLE MAST** using 4 **BOLTS (X)**.
  - D Slide the **RIGHT UPPER HANDLEBAR** onto the **RIGHT LOWER HANDLEBAR** making sure handlebars are joined together completely. Secure the **RIGHT UPPER HANDLEBAR** to the **RIGHT LOWER HANDLEBAR** using **PRE-ATTACHED SET SCREWS**.
- Make sure upper handlebars are as far down as possible. Handlebars can be damaged if not secured correctly.
- E Repeat step D on the opposite side of the elliptical.

**YOU ARE FINISHED!**





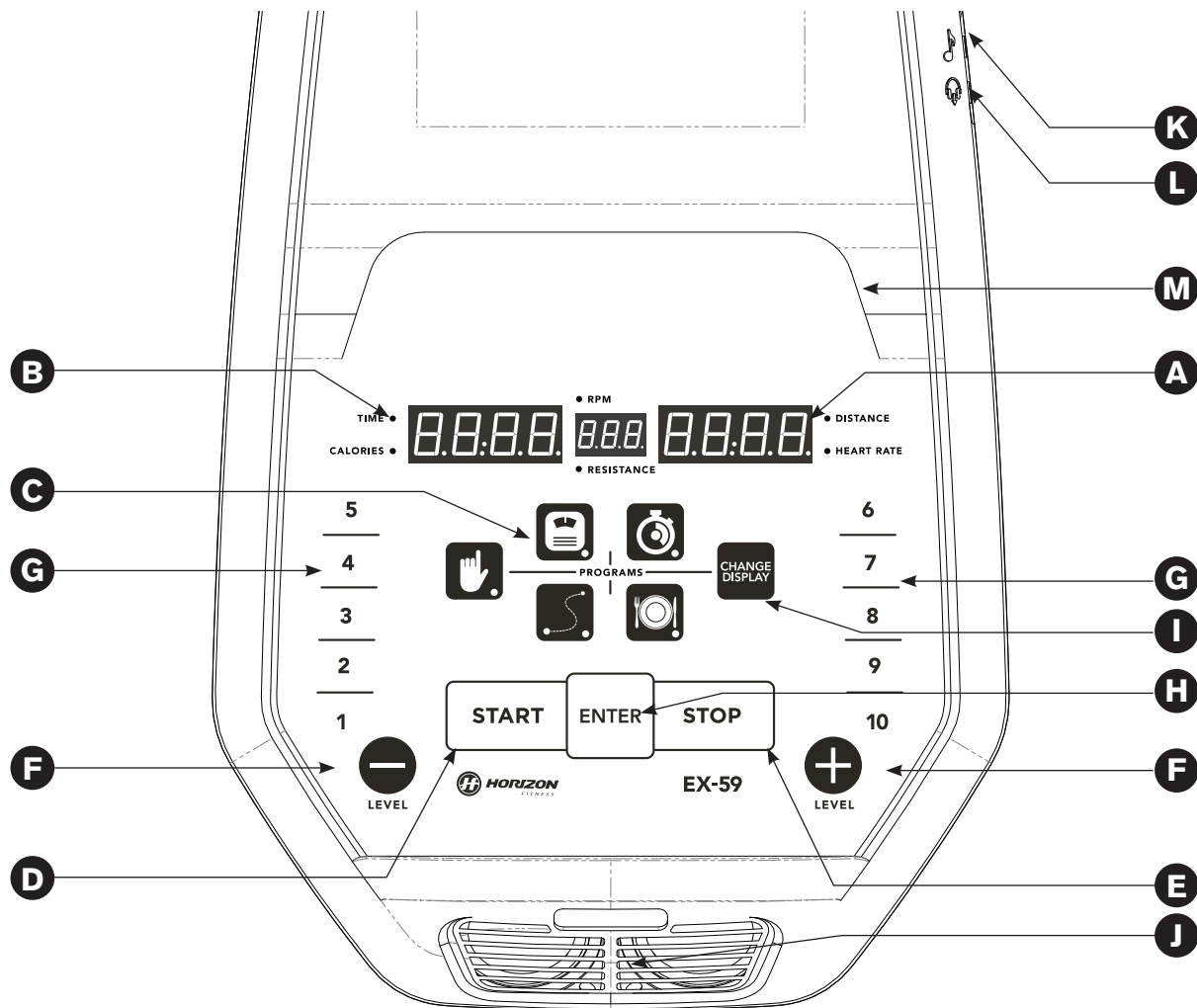
# ELLIPTICAL OPERATION



This section explains how to use your elliptical's console and programming.

The BASIC OPERATION section in the ELLIPTICAL GUIDE has instructions for the following:

- **LOCATION OF THE ELLIPTICAL**
- **POWER/GROUNDING INSTRUCTIONS**
- **FOOT POSITIONING**
- **MOVING THE ELLIPTICAL**
- **LEVELING THE ELLIPTICAL**
- **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) **LED DISPLAY WINDOWS:** time, distance, calories, heart rate, RPM and resistance level.
- B) **LED DISPLAY INDICATORS:** indicates what information is being displayed.
- C) **SELECT WORKOUT:** press to select your desired workout.
- 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) **+ / – KEYS:** used to adjust resistance level.
- G) **QUICK KEYS:** used to reach desired resistance level more quickly.
- H) **ENTER:** used to confirm a selection.
- I) **CHANGE DISPLAY:** press to change display feedback during workout.
- J) **SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- K) **AUDIO IN JACK:** plug your CD / MP3 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.  
Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
- M) **READING/TABLET RACK:** holds reading materials or tablet.





## DISPLAY WINDOWS

- **TIME:** Shown as minutes: seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.
- **RPM:** Indicates how fast the foot pedals are moving.
- **CALORIES:** Total calories burned or calories remaining left to burn during your workout.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **RESISTANCE:** Shows the current level of resistance.

## PROGRAM INFORMATION



**MANUAL:** Adjust your resistance manually during your workout.



**TARGET 1 – 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.



**TARGET 2 – CALORIES:** Set goals for burning calories. Calories burned are calculated using weight input of user profile.



**WEIGHT LOSS:** A workout designed specifically to target fat. Promotes weight loss by increasing and decreasing the resistance, while keeping you in your fat burning zone. Includes 10 levels.



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



**CHANGE DISPLAY:** Press this button to change which information is displayed on the LED screen. LED indicators light up next to displayed information.



## GETTING STARTED

- 1) Check to make sure no objects are nearby that will hinder the movement of the elliptical.
- 2) Plug in the power cord and turn the elliptical ON. (Switch is located at the bottom-front of the elliptical.) NOTE: Some ellipticals may not have a power switch and will turn on when power is supplied.

### A) QUICK START UP

Simply press the START key to begin working out. The time will count up from 0:00, the resistance level will default to level 1. OR...

### B) SELECT A WORKOUT

Change selection with the +/- keys, confirm with ENTER Key.

1. Select User - U1 is default.  
Confirm with ENTER key.
2. Select a program. When selected you will see a lighted indicator LED next to the program. Press ENTER to confirm selection.
3. Adjust workout parameter displayed on LED screen. Press ENTER to confirm your selection.
4. Press START to begin workout.

NOTE: If no WORKOUT is selected, the program will function as a MANUAL program. All changes in resistance level will need to be from the user in this setting.

## TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

## FINISHING YOUR WORKOUT

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

## CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the STOP button for 3 seconds.

## 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 at the bottom of the console.
- 5) To connect to the Bluetooth speakers open your Bluetooth settings, turn on Bluetooth, scan for new devices, look for Horizon EX59-3 and select connect.



# LIMITED HOME-USE WARRANTY





**WEIGHT CAPACITY = 300 lbs (136 kilograms).**

### **FRAME • LIFETIME**

Horizon Fitness warrants the frame against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

### **BRAKE • 20 YEARS**

Horizon Fitness warrants the brake against defects in workmanship and materials for the period specified above from the date of original purchase, so long as the device remains in the possession of the original owner. Labor or installation of brake is not covered under the motor warranty.

### **ELECTRONICS & PARTS • 1 YEAR**

Horizon Fitness warrants the electronic components, finish and all original parts 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.

### **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**

Who IS covered:

- The original owner and is not transferable.

What IS covered:

- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by Horizon Fitness.
- Incidental or consequential damages. Horizon Fitness is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the Horizon Fitness does not provide monetary or other compensation for any such repairs or replacement parts costs, including but not limited to gym membership fees,

work time lost, diagnostic visits, maintenance visits or transportation.

- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by Horizon Fitness for coverage.
- Equipment owned or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. Horizon Fitness is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken **AT YOUR OWN RISK** and Horizon Fitness shall have no liability for any injury to the person or property arising from such repairs.
- If you are out of the manufacturer's warranty but have an extended warranty, refer to your extended warranty contract for contact information regarding requests for extended warranty service or repair.

## SERVICE/RETURNS

- In-home service is available within 150 miles of the nearest authorized Service Provider (Mileage beyond 150 miles from an authorized service center is the responsibility of the consumer).
- 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 same or comparable model.
- Horizon Fitness may request defective components be returned to Horizon Fitness upon completion of warranty service using a prepaid return shipping label. If you have been advised to return parts and did not receive a label, please contact Customer Tech Support.
- Replacement units, parts and electronic components reconditioned to as-new condition by Horizon Fitness or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from state to state.





## CUSTOMER TECH SUPPORT

### **DO NOT RETURN TO THE RETAILER**

if you have any problems during assembly or if parts are missing.

For fast and friendly service, please contact one of our trained customer technicians via phone, email or our website.

We want to know if you have a problem and we want to have an opportunity to correct it for you.

**NOTE:** Please read the TROUBLESHOOTING section in the ELLIPTICAL GUIDE before contacting Customer Tech Support. Additional product information is available on our website.



## ASSISTANCE TECHNIQUE

### **NE PAS RETOURNER L'APPAREIL AU DÉTAILLANT**

en cas de difficulté lors de l'assemblage ou si des pièces manquent.

Pour obtenir un service rapide et utile, veuillez communiquer avec un de nos techniciens formés au soutien à la clientèle par téléphone, courriel ou notre site Web.

Si vous avez un problème, n'hésitez pas à nous contacter afin que nous puissions vous aider à le résoudre.

**REMARQUE :** Veuillez lire la section DÉPANNAGE du GUIDE DE L'EXERCISEUR ELLIPTIQUE avant de communiquer avec le service d'assistance technique à la clientèle. Des renseignements supplémentaires sur le produit sont disponibles sur notre site Web.



## SERVICIO DE ASISTENCIA TÉCNICA PARA CLIENTES

**NO DEVOLVER AL VENDEDOR** si tiene algún inconveniente durante el armado o si faltan piezas.

Para obtener un servicio rápido y grato, comuníquese con uno de nuestros técnicos capacitados para la atención de clientes vía teléfono, correo electrónico o nuestro sitio web.

Queremos saber si tiene un problema y queremos tener la oportunidad de corregirlo para usted.

**NOTA:** Lea la sección de RESOLUCIÓN DE PROBLEMAS en la GUÍA DE LA MÁQUINA ELÍPTICA antes de comunicarse con el Servicio de asistencia técnica a clientes. En nuestro sitio web hay información adicional sobre el producto.



### **USA & CANADA:**

**1-855-396-2524**

**techsupport@horizonfitness.com**

**www.horizonfitness.com**

### **Horizon Fitness**

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Cottage Grove WI, 53527**