

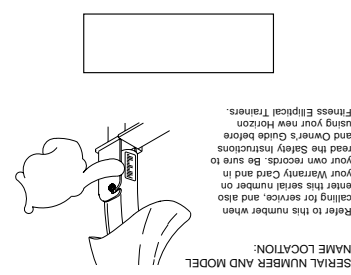
CAUTION:
 BEFORE
 ASSEMBLING
 YOUR
 HORIZON
 FITNESS
 ELLIPTICAL
 TRAINER,
 PLEASE
 READ
 THE
 FOLLOWING
 INSTRUCTIONS
 CAREFULLY
 TO
 PREVENT
 PERSONAL
 INJURY
 OR
 PROPERTY
 DAMAGE.
 CONSULT
 YOUR
 PHYSICIAN
 BEFORE
 BEGINNING
 YOUR
 EXERCISE
 PROGRAM.

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

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

- A Healthier Heart
- Improved Muscle Tone
- Reduced Daily Energy Levels
- Help in Controlling Anxiety
- Aid in Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Horizon Fitness Elliptical Trainer will help you eliminate the obstacles that prevent you from getting in your exercise routine. Inherent weather and darkness won't interfere with your workout when you use your Horizon Fitness Elliptical Trainer 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 Horizon Fitness Elliptical Trainer will assist you in reaching your goal of a healthy lifestyle.



- USING YOUR TRAINER**
- Getting Started**
 This console is powered by 2 AA batteries, which are replaceable through the back side of the console. To begin working out on your elliptical trainer:
1. Grasp the handrails and step on the foot pedals.
 2. Press the Start/Time button or begin pedaling to start the console.
 3. To set the time to count up as exercises:
 Press and hold the Hold to Reset button to clear any existing data. To count up from zero simply start pedaling or just the Start/Time button. Now, if you stop pedaling your feet will be returned when the console starts count after a period of time when you push the Hold to Reset button.
 4. Press and hold the Hold to Reset button to start the console. To avoid possible damage to this Elliptical Trainer, please follow these assembly steps in the correct order: Before proceeding, find your Elliptical Trainer's serial number and model name located and enter it in the space provided below.
- WARNING!**
 Do not use the Elliptical Trainer for any purpose not intended by the manufacturer. Use only attachments recommended by the manufacturer. Do not remove the Elliptical Trainer side covers. Service should be performed only by an authorized Horizon Fitness Service Technician.
- CHILDREN**
 • Keep children off your Elliptical Trainer at all times.
 • When the Elliptical Trainer 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.
 • Do not wear clothing that might catch on any part of the Elliptical Trainer.
 • Do not use pedals unless by hand.
 • Make sure handrails are secure before each use.
 • Read this manual before operating this Elliptical Trainer.
 • Maintain a comfortable pace. Do not sprint above 60 rpm on this machine.
 • To maintain balance it is recommended to keep a grip on the handrails while exercising, mounting or dismounting the machine.

- SAFETY! IMPORTANT SAFETY INSTRUCTIONS. SAVE THESE INSTRUCTIONS.**
1. Use this Elliptical Trainer for intended use as described in this manual. Use only attachments recommended by the manufacturer.
 2. Never drop or insert any object into any opening.
- PERCEIVED EXERCISE LEVEL**
 You can measure your pulse with your first two fingers lightly over the blood vessel (located artery) on your neck located next to your Adam's apple. Count your pulse for ten seconds and multiply by six. This figure is your heart rate in beats per minute. Compare this number to the target heart rate zone for your age group.
- Monitor your heart rate**
 After you have completed your workout on the console will begin the data "break" rest or stop moving if you stop your feet abruptly.
- 4. Be gentle moving your feet.** Gradually increase your pace to your target rpm on the machine. The amount of pedaling resistance can be adjusted by turning the tension knob. (easiest #1 through hardest #15).
- 3. Begin moving your feet.** Gradually increase your pace to your target rpm on the machine. The amount of pedaling resistance can be adjusted by turning the tension knob. (easiest #1 through hardest #15).
- 2. Press the Start/Time button or begin pedaling to start the console.**
- 1. Grasp the handrails and step on the foot pedals.**

COMMON PRODUCT QUESTIONS
 Are the sounds my Elliptical Trainer makes normal?

Our elliptical trainers are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our elliptical trainers. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

Why is the Elliptical Trainer 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 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 elliptical trainer makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your elliptical trainer is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

How long will the drive belt last?
 The computer modeling we has done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

Can I move the trainer easily once it is assembled?
 Your Horizon Fitness Elliptical Trainer has a pair of transport wheels built into the front legs. It is easy to move your Elliptical Trainer by rolling it on the front transport wheels. It is important that you place your Horizon Fitness Elliptical Trainer in a comfortable and inviting room. Your Elliptical Trainer is designed to use minimal floor space. Many people will place their Elliptical Trainers facing the TV or a picture window. If at all possible, avoid putting your Elliptical Trainer in a unfinished basement. To make exercise a desirable daily activity for you, the Elliptical Trainer should be in a attractive setting.

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

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

In the event that a problem should arise,
DO NOT RETURN TO THE STORE,
 please contact:
 Horizon Fitness @ 1-888-993-3199
 or
 www.horizonfitness.com

LIMITED HOME USE WARRANTY

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

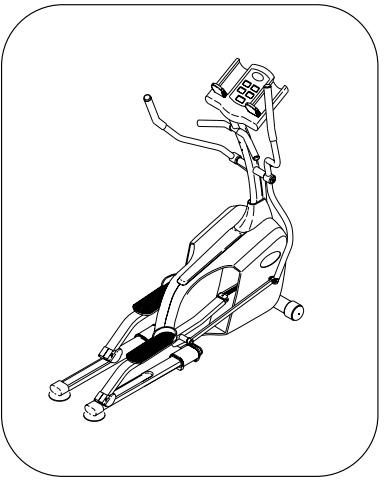
LABOR - 90 days
 Horizon Fitness shall cover the labor cost for the repair of the device for a period of 90 days from the date of the original purchase, so long as the device remains in the possession of the original owner.

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, 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 elliptical trainer 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.



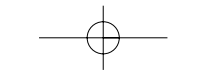
ENDURANCE ELLIPTICAL TRAINER



Owner's & Assembly Guide

IMPORTANT SAFETY INSTRUCTIONS
 SAVE THESE INSTRUCTIONS

HORIZON FITNESS
 Horizon Fitness
 800 Burton Blvd
 Deforest, Wisconsin 53532
 Ph: 1-888-993-3199 Fax: 1-608-839-8518
 www.horizonfitness.com



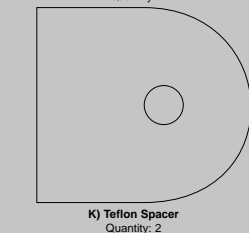
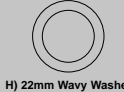
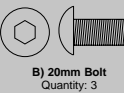
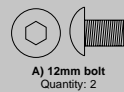
E N D U R A N C E

U N P A C K I N G

Unpack your elliptical trainer where you will be using it. Place your trainer on a level flat surface. It is recommended that you place a protective covering on your floor. You will only need to attach the following items. Verify that the following parts and tools are included:

- | | |
|-------------------------------------------|-----------------------|
| Parts | Tools |
| • 1 Front Tube | • 5mm Allen Wrench |
| • 2 Upper Handlebars | • 4mm Allen Wrench |
| • 2 Lower Handlebar Assemblies | • Screw Driver |
| • 2 Pedal Arms | • 13/17mm Flat Wrench |
| • 1 Console | |
| • 2 Pedal Arm Sleeves | |
| • 1 Hardware Pack (contents listed below) | |

H a r d w a r e (Actual Size)



NOTE: It is recommended that you apply grease to the threads of each bolt as you assemble your elliptical trainer, 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.

STEP 1

Attaching the foot tube

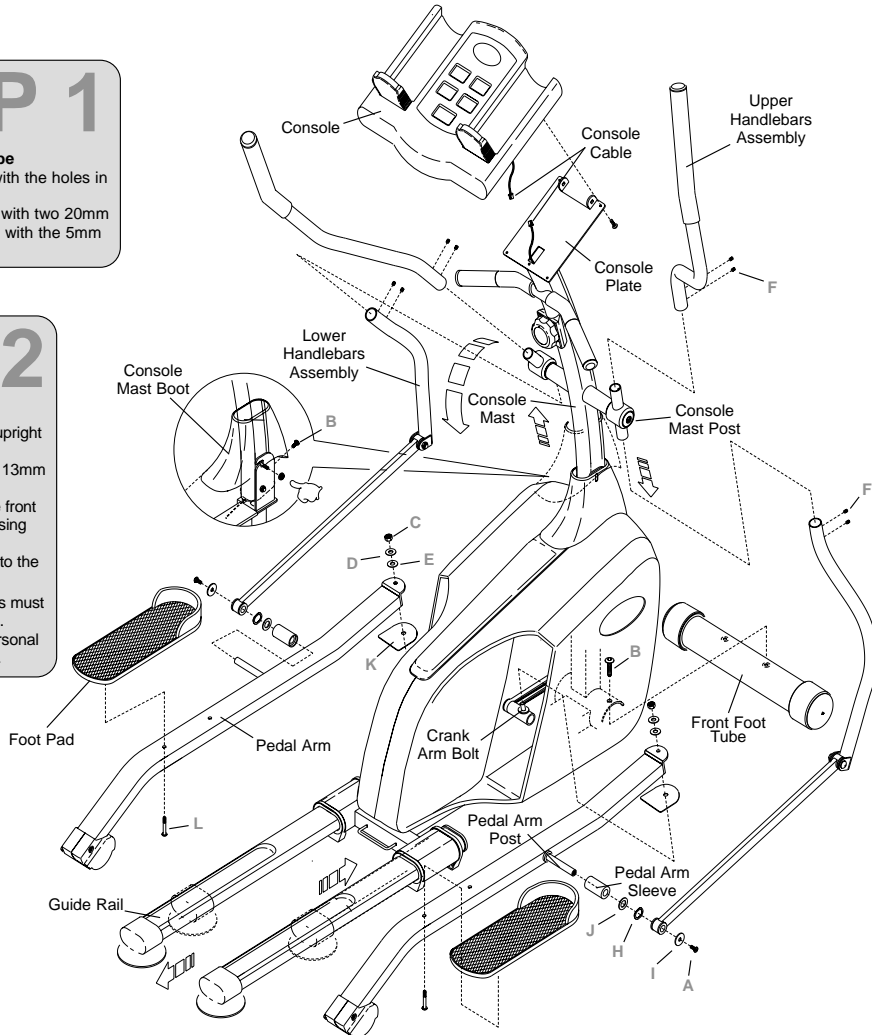
- Align the foot tube with the holes in the base.
- Attach the foot tube with two 20mm bolts (B) and secure with the 5mm Allen wrench.

STEP 2

Secure the console mast

- Lift the console mast into the upright position.
- Secure the two nuts using the 13mm flat wrench.
- Insert a 20mm bolt (B) into the front of the console mast. Secure using the 5mm Allen wrench.
- Slide the console mast boot into the correct position.

Warning! The console mast bolts must be securely tightened before use. Failure to do so may result in personal injury or damage to the machine.



STEP 3

Installing the foot pads & pedal arms

- Secure the right foot pad to the right pedal arm with two 30mm bolts (L) using the screwdriver.
- Pull out the right guide rail until it is fully extended.
- Attach a Teflon spacer (K) onto the right crank arm bolt.
- Place the right pedal arm onto the crank arm bolt.
- Attach a Teflon washer (E), a 28mm flat washer (D) and a 17mm nut (C) onto the crank arm bolt. Secure using the 17mm flat wrench.
- Repeat all the steps for the left side.

STEP 4

Attach the handlebars

- Place a pedal arm sleeve, 28mm flat washer (J) and a 22mm wavy washer (H) onto the right pedal arm post.
- Slide a lower handlebar assembly onto the pedal arm post. Secure with a 25mm washer (I) and a 12mm bolt (A) using the 5mm Allen wrench.
- Slide the top portion of the lower handlebar assembly into the console mast post. Secure with two 8mm screws (F) using the 4mm Allen wrench.
- Attach the right upper handlebar onto the console mast post. Secure with two 8mm screws (F) using the 4mm Allen wrench.
- Repeat all the steps for the left side.

STEP 5

Attaching the console

- Open the battery cover on the back of the console, insert the two AA batteries into the console and replace the battery cover.
- Connect the two ends of the console cable together, making sure the two ends 'snap' together tight.
- Attach the console to the console plate with four 15mm screws. Secure using the screwdriver.

Note: Screws are located in the back side of the console.

