



Elite T**3000**
Elite T**4000**

TREADMILL OWNER'S MANUAL



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

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

Before proceeding, find your treadmill's serial number located on the front stabilizer tube and enter it in the space provided below. Also locate the model name which is next to the serial number.

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

SERIAL NUMBER:

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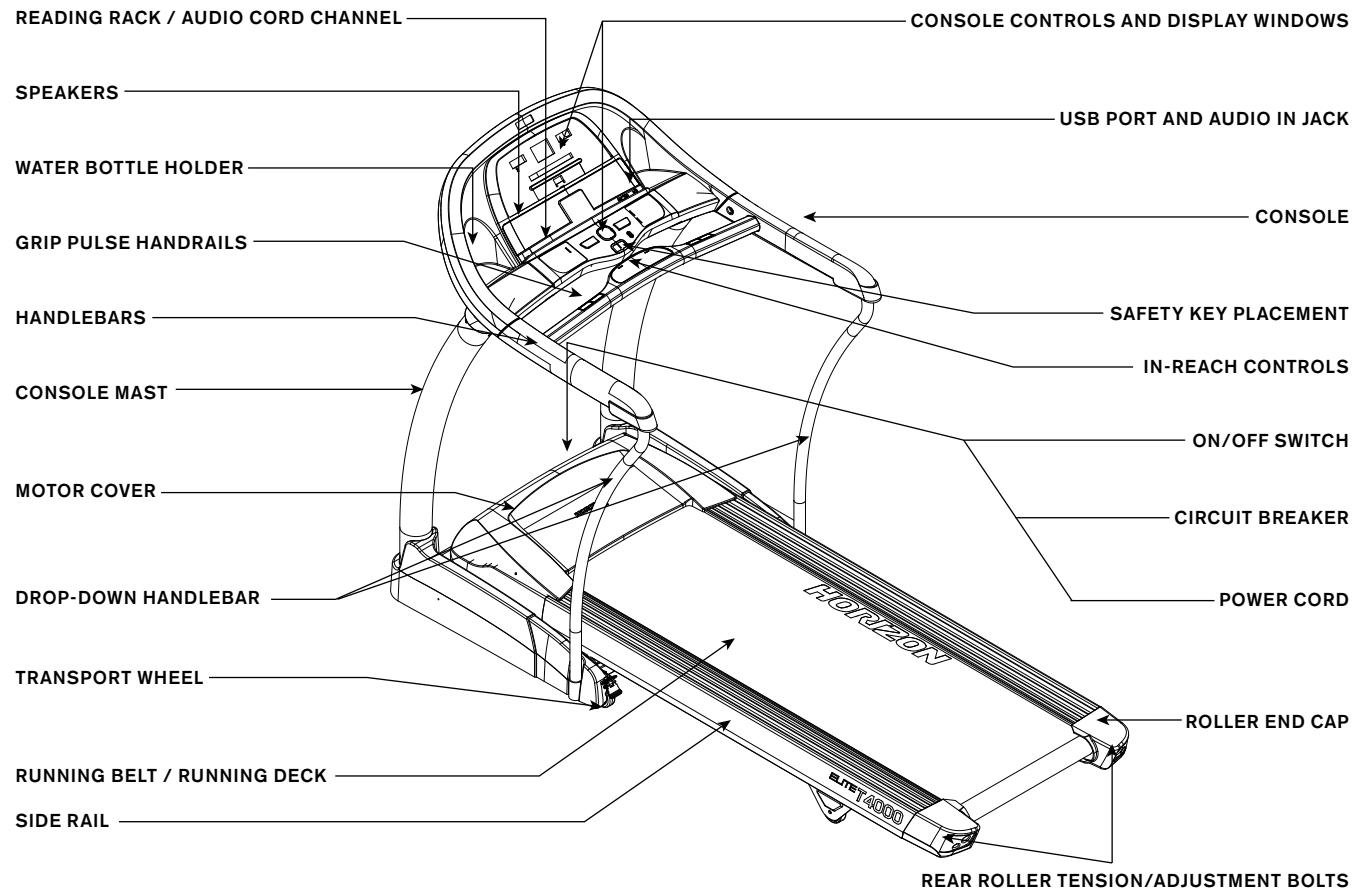
MODEL NAME: **HORIZON**

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TREADMILL



T4000
SHOWN



(T4000)

TOOLS INCLUDED:

- ☐ 8 mm T-Wrench
- ☐ 5 mm T-Wrench
- ☐ 5 mm L-Wrench
- ☐ Screwdriver

PARTS INCLUDED:

- ☐ 1 Console Assembly
- ☐ 2 Console Masts
- ☐ 1 Hardware Kit
- ☐ 1 Safety Key
- ☐ 1 Power Cord
- ☐ 1 Audio Adapter Cable



NEED HELP?

If you have questions or if there are any missing parts, contact your local dealer.

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 on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled. Unpack and assemble the unit where it will be used. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill.



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!

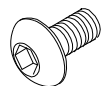
NOTE: During each assembly step, ensure that **ALL** nuts and bolts are in place and partially threaded in before completely tightening any **ONE** bolt.

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



ASSEMBLY STEP 1-1 (T3000 ONLY)

HARDWARE FOR STEP 1-1 :



BOLT (A)
M8x20 mm
Qty: 6



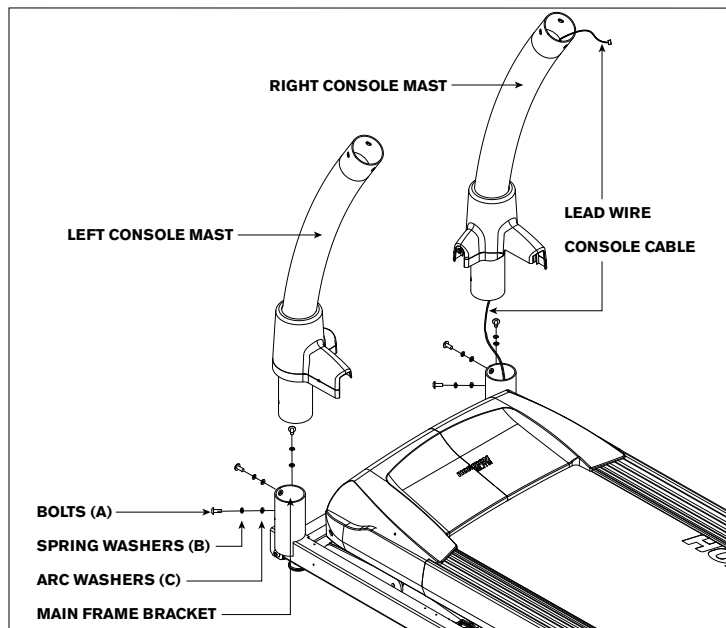
SPRING WASHER (B)
8.2 mm
Qty: 6



ARC WASHER (C)
Ø8.2xØ17 mm
Qty: 6



SCREW (D)
Ø4x12 mm
Qty: 4



(T3000)

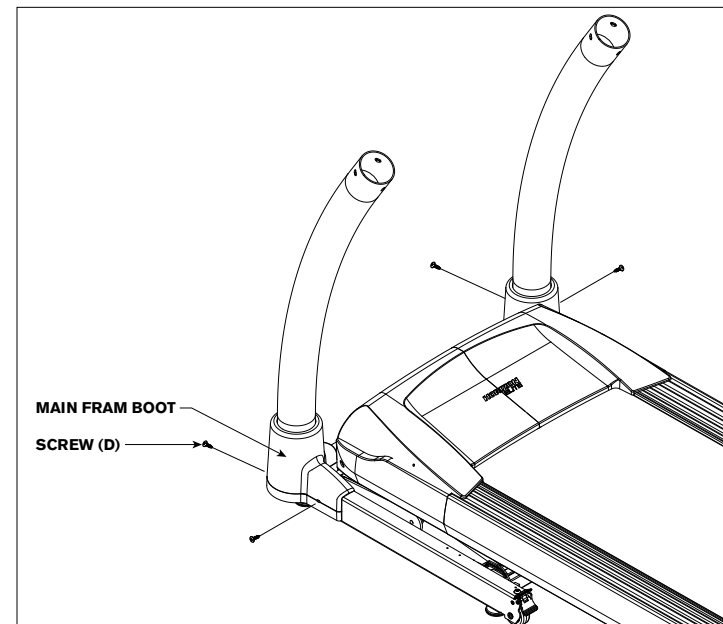
* This step is for T3000 models only.

- A Cut the yellow banding straps and lift the running deck upward to remove all contents from underneath the running deck.
- B Open **HARDWARE FOR STEP 1**.
- C Slide **MAIN FRAME BOOT** up **CONSOLE MAST**. Pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the **LEAD WIRE** through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard **LEAD WIRE**.

NOTE: Do not pinch console cable when placing the mast onto the main frame bracket.

- D Place **RIGHT CONSOLE MAST** over **MAIN FRAME BRACKET**.
- E Attach **CONSOLE MAST** to **MAIN FRAME BRACKET** using 3 **BOLTS (A)**, 3 **SPRING WASHERS (B)** and 3 **ARC WASHERS (C)**.

ASSEMBLY STEP 1-1 (T3000 ONLY)

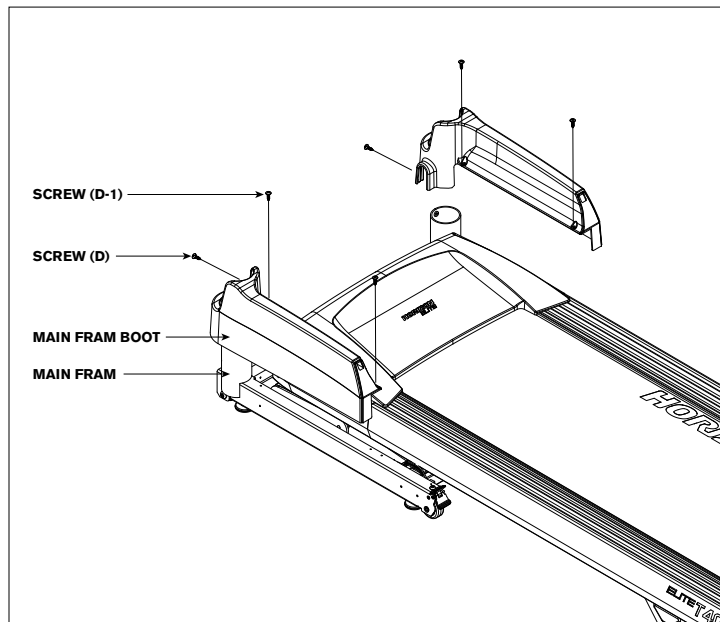
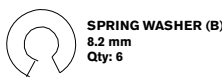


(T3000)

- F Slide **MAIN FRAME BOOT** down over **MAIN FRAME BRACKET**.
- G Repeat steps D–F on other side.
- H Attach **MAIN FRAME BOOTS** to main frame using 4 **SCREWS (D)**.

ASSEMBLY STEP 1-2 (T4000 ONLY)

HARDWARE FOR STEP 1-2 :

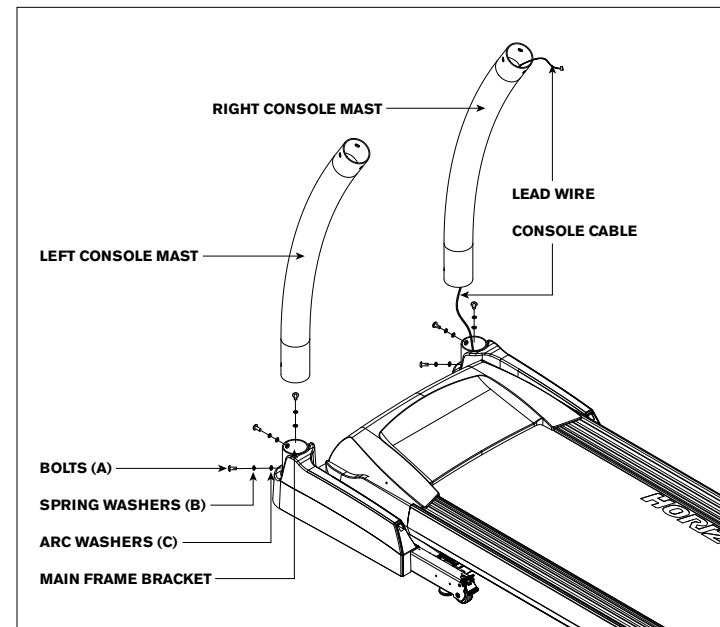


(T4000)

* This step is for T4000 models only.

- A Cut the yellow banding straps and lift the running deck upward to remove all contents from underneath the running deck.
- B Open **HARDWARE FOR STEP 1**.
- C Place **MAIN FRAME BOOTS** over **MAIN FRAME** as shown.
- D Attach **MAIN FRAME BOOTS** to **MAIN FRAME** using 10 **SCREWS (D)**.

ASSEMBLY STEP 1-2 (T4000 ONLY)



(T4000)

- E Pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the **LEAD WIRE** through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard **LEAD WIRE**.

NOTE: Do not pinch console cable when placing the mast onto the main frame bracket.

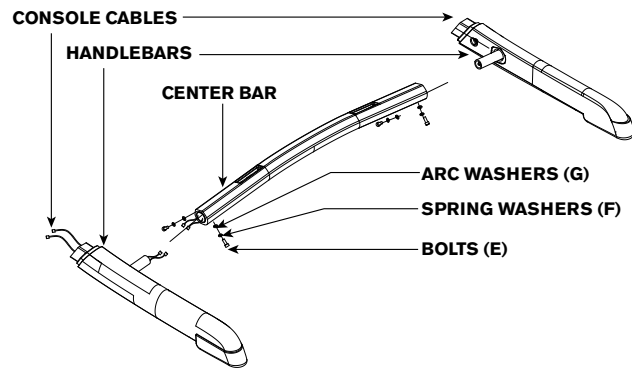
- F Place **RIGHT CONSOLE MAST** over **MAIN FRAME BRACKET**.
- G Attach **CONSOLE MAST** to **MAIN FRAME BRACKET** using 3 **BOLTS (A)**, 3 **SPRING WASHERS (B)** and 3 **ARC WASHERS (C)**.

NOTE: Do not tighten bolts until step 3 is complete.

- H Repeat steps F-G on other side.

ASSEMBLY STEP 2

HARDWARE FOR STEP 2

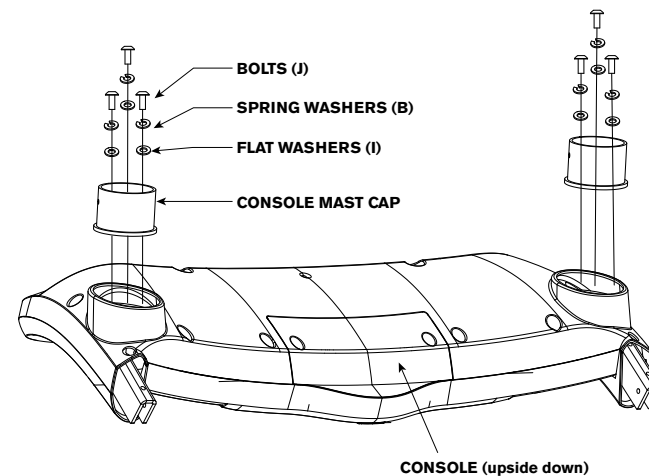


- Open **HARDWARE FOR STEP 2**.
- CONNECT HANDLEBAR CABLES**, and slide **HANDLEBARS** into **CENTER BAR**.
- Attach **HANDLEBARS** to **CENTER BAR** using 4 **BOLTS (E)**, 4 **SPRING WASHERS (F)** and 4 **ARC WASHERS (G)**.

NOTE: Do not pinch wires while attaching the handlebars. Please do not tighten the screws of handlebar, tighten them when assembly process is completed.

ASSEMBLY STEP 3

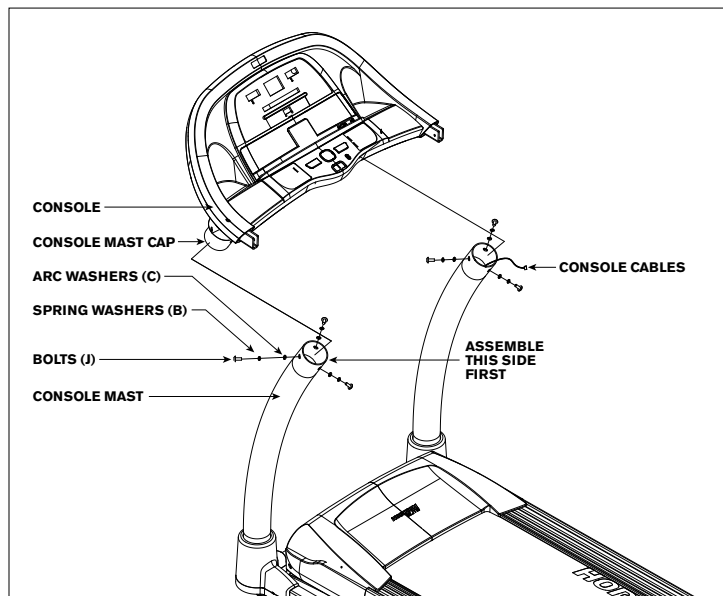
HARDWARE FOR STEP 3



- Open **HARDWARE FOR STEP 3**.
- With the **CONSOLE** upside down, attach the **CONSOLE MAST CAPS** to the **CONSOLE** using 6 **BOLTS (J)**, 6 **SPRING WASHERS (B)** and 6 **FLAT WASHERS (I)**.

ASSEMBLY STEP 4

HARDWARE FOR STEP 4 :

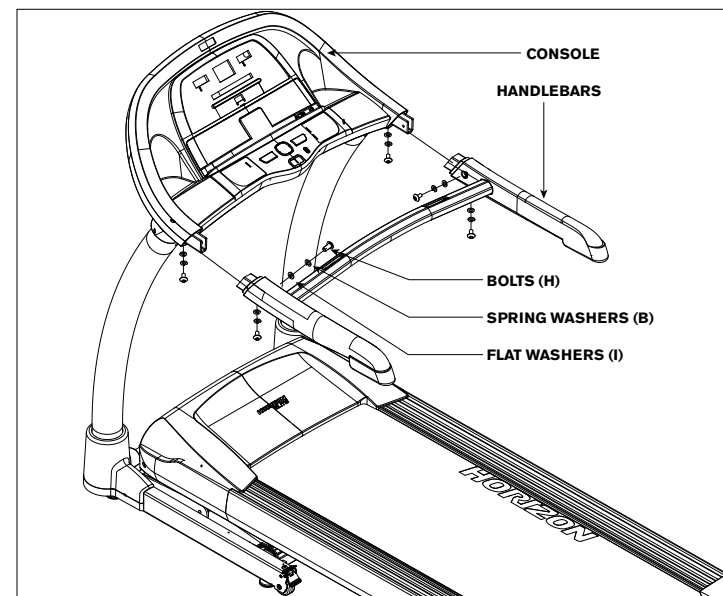


- Open **HARDWARE FOR STEP 4**.
- Gently place the **CONSOLE** on top of the **CONSOLE MASTS**. Attach the **LEFT SIDE** first using 3 **BOLTS (J)**, 3 **SPRING WASHERS (B)** and 3 **ARC WASHERS (C)**.
- Connect the **CONSOLE CABLES**, carefully tucking wires in masts to avoid damage.
- Attach the **RIGHT SIDE** of the **CONSOLE** using 3 **BOLTS (J)**, 3 **SPRING WASHERS (B)** and 3 **ARC WASHERS (C)**.

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

ASSEMBLY STEP 5

HARDWARE FOR STEP 5



- Attach **CONSOLE CABLES** from **HANDLEBARS** to **CONSOLE CABLES** from **CONSOLE**. Gently tuck excess cable into **CONSOLE** before sliding the **HANDLEBARS** onto **CONSOLE**.
- Attach **HANDLEBARS** to **CONSOLE** using 6 **BOLTS (H)**, 6 **SPRING WASHERS (B)** and 6 **FLAT WASHERS (I)**.

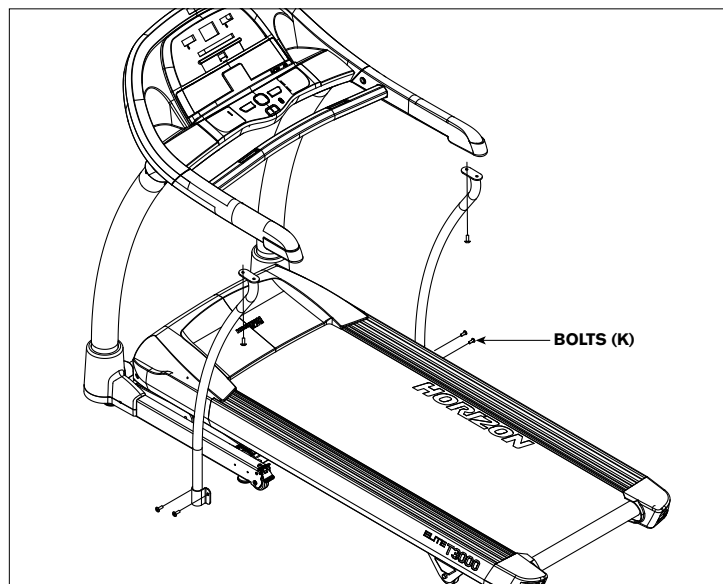
NOTE: Be careful not to pinch any wires while assembling.

ASSEMBLY STEP 6-1 (T3000 ONLY)

HARDWARE FOR STEP 6-1



BOLT (K)
M6 x 12mm
Qty: 6



(T3000)

- A Open **HARDWARE FOR STEP 6**.
- B Attach **LEFT** and **RIGHT DROP DOWN HANDLEBAR** to the **LONG HANDLEBAR** and **BASE FRAME** by using 6 **BOLTS(K)**.

ASSEMBLY STEP 6-2 (T4000 ONLY)

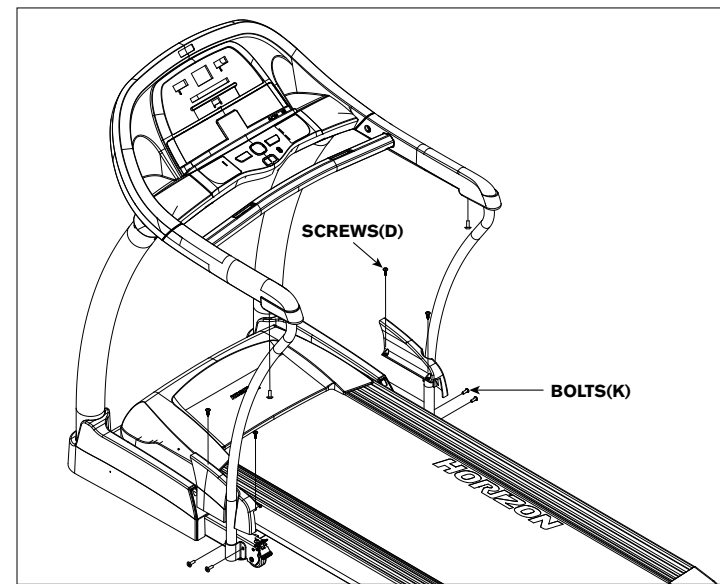
HARDWARE FOR STEP 6-2 :



BOLT (K)
M6 x 12mm
Qty: 6



SCREW (D)
M 4 x 12
Qty: 4



(T4000)

- A Open **HARDWARE FOR STEP 6**.
- B Attach **LEFT** and **RIGHT DROP DOWN HANDLEBAR** to the **LONG HANDLEBAR** and **BASE FRAME** by using 6 **BOLTS(K)**.
- C Carefully slide the **DROP DOWN HANDLEBAR COVER** and fix to the **BASE FRAME** using 4 **SCREWS(L)**.



T3000
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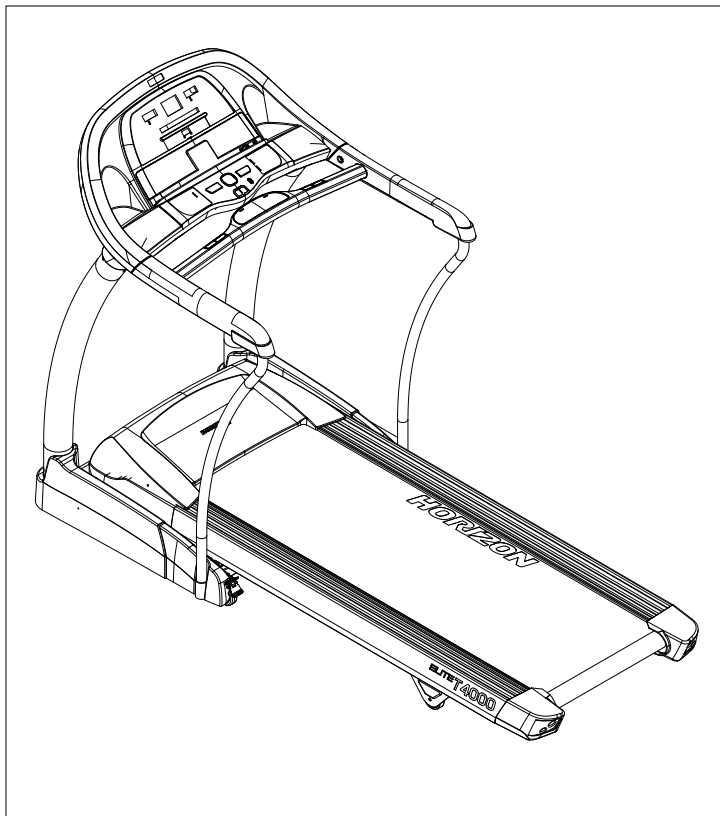


T4000
ONLY

ASSEMBLY STEP 7



T4000
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(T4000)

YOU ARE FINISHED!

Elite T3000

Max. User Weight: 160 kg / 350 lbs

Product Weight: 122kg / 268lbs

Overall Dimension: 205 x 93.5 x 145 cm / 673" x 307" x 476"

Elite T4000

Max. User Weight: 170 kg/ 375 lbs

Product Weight: 130kg / 286 lbs

Overall Dimension: 215 x 93.5 x 145 cm / 705" x 307" x 476"

TREADMILL OPERATION

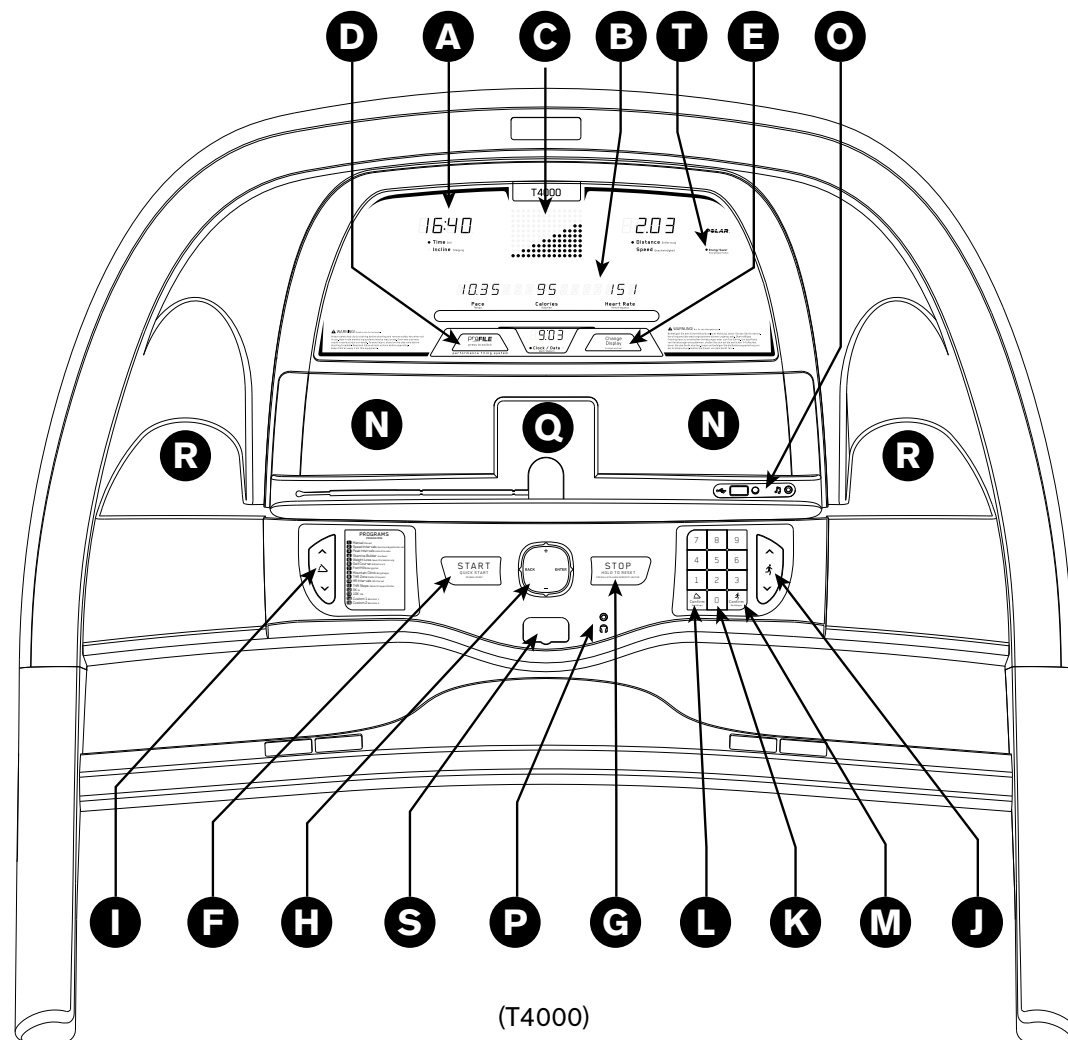


This section explains how to use your treadmill's console and programming. The BASIC OPERATION section in the TREADMILL GUIDE has instructions for the following:

- 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



T4000
SHOWN



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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, incline, distance, speed, date and clock.
- B) ALPHANUMERIC DISPLAY WINDOW:** calories, heart rate, pace and PROFILE™ display information.
- C) DOT MATRIX DISPLAY WINDOW:** displays workout level and progress.
- D) PROFILE™ BUTTON:** used to scroll through PROFILE™ display modes. Must be pressed after selecting user.
- E) CHANGE DISPLAY BUTTON:** used to scroll through display modes. Press to change display feedback during workout.
- F) START:** press to begin exercising, start your workout, or resume exercising after pause.
- G) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- H) PROGRAMMING BUTTON:** used to select program, level and time, and other options.
- I) INCLINE ∇/Δ KEYS:** used to adjust incline in small increments (0.5% Increments).
- J) SPEED ∇/Δ KEYS:** used to adjust speed in small increments (0.1 MPH increments).
- K) QUICK ADJUST KEYPAD:** used to reach desired speed or incline more quickly.
- L) CONFIRM INCLINE:** used to change incline to level entered into keypad.
- M) CONFIRM SPEED:** used to change speed to level entered into keypad.
- N) SPEAKERS:** music plays through speakers when your media player is connected to the console.
- O) AUDIO IN JACK / USB PORT:** plug your media player into the console using the included audio adaptor cable. USB port is used for software updates.
- P) 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.
- Q) READING RACK / MEDIA PLAYER HOLDER:** holds reading material or your media player.
- R) WATER BOTTLE POCKETS:** holds personal workout equipment.
- S) SAFETY KEY POSITION:** enables treadmill when safety key is inserted.
- T) ENERGY SAVER :** To minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 10 mins) and could be quickly waken up with a touch of a button.

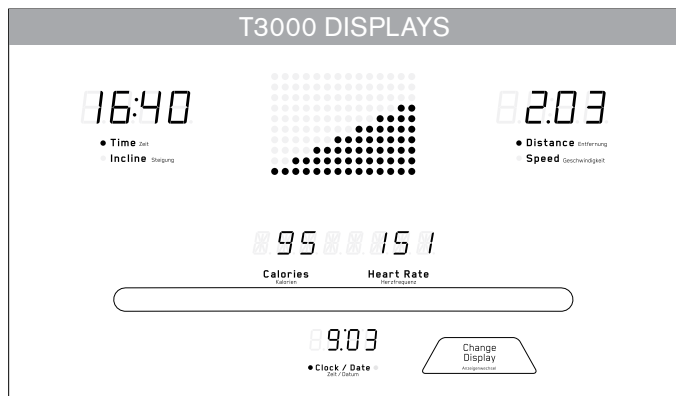
QUICK ADJUST KEYPAD (K)



Quickly access any speed or incline level by typing the number and pressing CONFIRM SPEED (M) or CONFIRM INCLINE(L) keys. Examples:

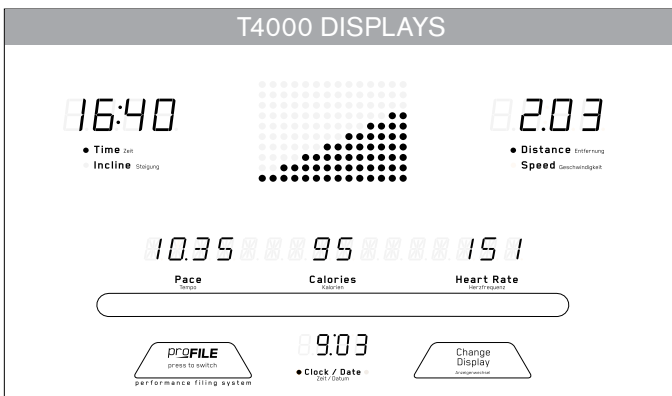
- To change the speed to 10 KMH, press 1-0-0-CONFIRM SPEED.
- To change the incline to 10%, press 1-0-0-SET INCLINE (NOTE: If there is no decimal point, you still must enter 0).





DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as km / miles. Indicates distance traveled.
- **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.
- **SPEED:** Shown as KMPH / MPH. Indicates how fast your walking or running surface is moving.
- **PACE(T4000 ONLY):** Indicates how many minutes it takes to complete a mile while running or walking at your current speed. For example: If at your current speed it will take you 10 minutes to complete a mile, the treadmill will display '10.0' as your pace.



- **CALORIES:** Total calories burned.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **DOT MATRIX LED WINDOW (10 × 14) PROGRAM PROFILES:** Represents the profile of the program being used (speed during speed based programs and incline during incline based programs).
- **CLOCK/DATE:** Displays time or date.

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.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) You have two options to start your workout:

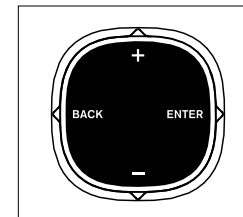
A) QUICK START UP

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

B) SELECT A PROGRAM

- 1) Select USER 1, USER 2 or GUEST using ▲ ▼ on the PROGRAMMING BUTTON and press ENTER to confirm.
- 2) Select a program using ▲ ▼ on the PROGRAMMING BUTTON and press ENTER to confirm.
- 3) Complete the program setup using ▲ ▼ on the PROGRAMMING BUTTON and press ENTER to confirm.
- 4) When setup is complete, press START to begin your workout.

Programming Button



DATE AND CLOCK SETUP

- 1) Enter Setup mode: Press and hold the 1 and 2 buttons for 3 seconds.
- 2) Use ▲ ▼ on the PROGRAMMING BUTTON to change settings and press ENTER to confirm.
- 3) Settings include: Month, Day, Year, Hour, Minute, and AM/PM.
- 4) Review settings: You can review your settings at any time while in setup mode. Press ENTER to scroll through settings.
- 5) Exit setup mode: To confirm the date and time, press and hold ENTER for 3 seconds.

TO CLEAR SELECTION/RESET THE CONSOLE

Hold STOP key for 3 seconds.

FINISHING YOUR WORKOUT

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





PROGRAM INFORMATION

NOTE: If speed or incline are changed during your workout, the remaining segments will be affected accordingly.

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

2) **SPEED INTERVALS:** Walk or run a series of alternating speed levels. Time-based goal with 10 difficulty levels to choose from. Warm-up and cool-down last 4:00 minutes each and are included in program times.

Segments	Warm-Up		1	2	3	4	Segments are repeated until selected time is reached	Cool Down	
Time	4:00 MIN		90 SEC	30 SEC	90 SEC	30 SEC		4:00 MIN	
Level 1	1.0	1.5	2.0	4.0	2.0	4.0		1.5	1.0
Level 2	1.0	1.5	2.0	4.5	2.0	4.5		1.5	1.0
Level 3	1.3	1.9	2.5	5.0	2.5	5.0		1.9	1.3
Level 4	1.3	1.9	2.5	5.5	2.5	5.5		1.9	1.3
Level 5	1.5	2.3	3.0	6.0	3.0	6.0		2.3	1.5
Level 6	1.5	2.3	3.0	6.5	3.0	6.5		2.3	1.5
Level 7	1.8	2.6	3.5	7.0	3.5	7.0		2.6	1.8
Level 8	1.8	2.6	3.5	7.5	3.5	7.5		2.6	1.8
Level 9	2.0	3.0	4.0	8.0	4.0	8.0		3.0	2.0
Level 10	2.0	3.0	4.0	8.5	4.0	8.5		3.0	2.0

3) **PEAK INTERVALS:** Walk or run a series of alternating speed and incline levels. Time-based goal with 10 difficulty levels to choose from.

	Segment	Warm-Up		1	2	Segments are repeated until selected time is reached	Cool Down	
	Time	4:00 MIN		90 SEC	30 SEC		4:00 MIN	
Level 1	Incline	1.0	1.5	2.0	4.0		1.5	1.0
	Speed	1.0	1.5	0.5	1.5		1.5	0
Level 2	Incline	1.0	1.5	2.0	4.5		1.5	1.0
	Speed	1.5	2.5	3.0	6.5		2.5	1.5
Level 3	Incline	1.3	1.9	2.5	5.0		1.9	1.3
	Speed	2.0	3.0	4.0	7.5		3.0	2.0
Level 4	Incline	1.3	1.9	2.5	5.5		1.9	1.3
	Speed	2.0	3.0	4.0	8.5		3.0	2.0
Level 5	Incline	1.5	2.3	3.0	6.0		2.3	1.5
	Speed	2.5	3.5	4.5	9.0		3.5	2.5
Level 6	Incline	1.5	2.3	3.0	6.5		2.3	1.5
	Speed	2.5	3.5	4.5	10.0		3.5	2.5
Level 7	Incline	1.8	2.6	3.5	7.0		2.6	1.8
	Speed	2.5	4.0	5.5	10.5		4.0	3.0
Level 8	Incline	1.8	2.6	3.5	7.5		2.6	1.8
	Speed	3.0	4.0	5.5	11.5		4.0	3.0
Level 9	Incline	2.0	3.0	4.0	8.0		3.0	2.0
	Speed	3.0	4.5	6.0	12.0		5.0	3.0
Level 10	Incline	2.0	3.0	4.0	8.5		3.0	2.0
	Speed	3.0	4.5	6.0	12.0		5.0	3.0

4) **STAMINA BUILDER:** Promotes weight loss by increasing and decreasing the incline, while keeping you in your fat burning zone. Segments are repeated until selected time is reached.

Segment	Warm Up							1	2	3	4	5	6	Cool Down	
Level 1	Seconds	60	60	30	30	30	30	60	120	120	120	120	120	4:00 MIN	
35:00	Incline	2.0	2.0	3.0	3.0	3.0	3.0	3.0	4.0	2.0	4.0	3.0	4.0	3.0	2.0

Segment	Warm Up							1	2	3	4	5	6	7	8	9	10	11	Cool Down	
Level 2	Seconds	60	60	30	30	30	30	60	60	60	120	120	60	60	60	60	60	120	4:00 MIN	
35:00	Incline	2.0	2.0	3.0	3.0	3.0	4.0	2.0	2.0	3.0	5.0	3.0	6.0	1.0	2.0	5.0	5.0	2.0	2.0	2.0

Segment	Warm Up							1	2	3	4	5	6	7	8	9	10	11	12	Cool Down	
Level 3	Seconds	60	60	30	30	30	30	60	60	120	60	60	120	60	60	120	60	60	120	4:00 MIN	
35:00	Incline	2.0	2.0	3.0	3.0	3.0	3.0	1.0	2.0	5.0	1.0	2.0	6.0	2.0	3.0	6.0	2.0	3.0	7.0	3.0	2.0

Segment	Warm Up							1	2	3	4	5	6	7	8	9	10	11	12	13	14	Cool Down	
Level 4	Seconds	60	60	30	30	30	30	120	120	120	60	60	60	120	60	60	60	60	60	60	60	4:00 MIN	
35:00	Incline	2.0	2.0	3.0	3.0	3.0	3.0	5.0	6.0	6.0	1.0	4.0	4.0	3.0	4.0	7.0	2.0	5.0	1.0	6.0	1.0	1.0	1.0

Segment	Warm Up							1	2	3	4	5	6	7	8	9	10	11	Cool Down	
Level 5	Seconds	60	60	30	30	30	30	60	60	60	120	120	60	60	60	60	60	120	4:00 MIN	
50:00	Incline	2.0	2.0	3.0	3.0	3.0	3.0	2.0	2.0	3.0	5.0	3.0	6.0	1.0	2.0	5.0	5.0	2.0	2.0	2.0

Segment	Warm Up							1	2	3	4	5	6	7	8	9	10	11	12	Cool Down	
Level 6	Seconds	60	60	30	30	30	30	60	60	120	60	60	120	60	60	120	60	60	120	4:00 MIN	
55:00	Incline	2.0	2.0	3.0	3.0	3.0	3.0	1.0	2.0	5.0	1.0	2.0	6.0	2.0	3.0	6.0	2.0	3.0	7.0	3.0	2.0

Segment	Warm Up							1	2	3	4	5	6	7	8	9	10	11	12	13	14	Cool Down	
Level 7	Seconds	60	60	30	30	30	30	120	120	120	60	60	60	120	60	60	60	60	60	60	60	4:00 MIN	
60:00	Incline	2.0	2.0	3.0	3.0	4.0	4.0	5.0	6.0	7.0	1.0	4.0	4.0	3.0	4.0	7.0	2.0	5.0	1.0	6.0	1.0	1.0	1.0





PROGRAM INFORMATION

5) 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.

6) GOLF COURSE: Simulates various inclines and yardages for holes on a golf course, with four 9-hole courses and four 18-hole courses. Distance-based goal.

Segment		Warm Up		1	2	3	4	5	6	7	8	Cool Down	
Time		4:00 MIN		Each segment is 30 seconds								4:00 MIN	
Level 1	Incline	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5	0.5	0.0
	Speed	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5	2.3	1.5
Level 2	Incline	0.0	0.5	1.5	1.5	1.0	0.5	1.0	0.5	1.0	1.5	0.5	0.0
	Speed	1.3	1.9	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0	2.6	1.8
Level 3	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5	3.0	2.0
Level 4	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	1.8	2.6	3.5	4.0	4.5	5.0	5.5	5.0	4.5	4.0	3.4	2.3
Level 5	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	2.0	3.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5	3.8	2.5
Level 6	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0	4.1	2.8
Level 7	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	2.5	3.8	5.0	5.5	6.0	6.5	7.0	6.5	6.0	5.5	4.5	3.0
Level 8	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	2.8	4.1	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0	4.9	3.3
Level 9	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	3.0	4.5	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5	5.3	3.5
Level 10	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	3.3	4.9	6.5	7.0	7.5	8.0	8.5	8.0	7.5	7.0	5.6	3.8

		9-Hole Golf Course									18-Hole Golf Course									Total
Segment		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Distance
Tee 1	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5										757m / 2482 ft.
	Distance	309	359	283	256	113	387	91	351	333										
Tee 2	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5										876m / 2875 ft.
	Distance	331	427	330	295	129	466	97	369	431										
Tee 3	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5										915m / 3003 ft.
	Distance	345	460	337	308	142	484	97	389	441										
Tee 4	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5										990m / 3250 ft.
	Distance	376	502	374	327	187	500	106	416	462										
Tee 5	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5	3.5	2.5	2.0	4.0	2.5	3.0	2.0	5.0	2.0	1584 m / 5198 ft.
	Distance	309	359	283	256	113	387	91	351	333	301	301	165	288	434	312	310	150	455	
Tee 6	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5	3.5	2.5	2.0	4.0	2.5	3.0	2.0	5.0	2.0	1864 m / 6116 ft.
	Distance	331	427	330	295	129	466	97	369	431	407	339	179	368	548	349	376	166	509	
Tee 7	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5	3.5	2.5	2.0	4.0	2.5	3.0	2.0	5.0	2.0	1946 m / 6348 ft.
	Distance	345	460	337	308	142	484	97	389	441	413	349	187	376	560	373	383	172	532	
Tee 8	Incline	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5	3.5	2.5	2.0	4.0	2.5	3.0	2.0	5.0	2.0	2053 m / 6737 ft.
	Distance	376	502	374	327	187	500	106	416	462	430	373	201	393	572	396	401	178	543	

7) FOOT HILLS: Simulates a hill ascent and descent. This program helps tone muscle and improve cardiovascular ability. Incline changes and segments repeat every 30 seconds.

8) MOUNTAIN CLIMB: A more-intense version of FOOT HILLS. Simulates a mountain 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	11	12	13	14	15	Cool Down	
Time	4:00 <small>MIN</small>				Each segment is 30 seconds																4:00 <small>MIN</small>
Level 1	0.0	0.5	0.0	0.5	1.0	3.0	1.0	3.0	2.0	3.0	2.0	3.5	2.0	3.0	2.0	3.0	1.0	3.0	1.0	0.5	0.0
Level 2	0.0	0.5	0.0	0.5	1.0	3.0	2.0	3.0	2.0	3.0	2.5	3.5	2.5	3.0	2.0	3.0	2.0	3.0	1.0	0.5	0.0
Level 3	0.5	1.0	0.5	1.0	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4.0	2.5	3.5	2.5	3.5	1.5	3.5	1.5	1.0	0.5
Level 4	0.5	1.0	0.5	1.0	1.5	3.5	2.5	3.5	2.5	3.5	3.0	4.0	3.0	3.5	2.5	3.5	2.5	3.5	1.5	1.0	0.5
Level 5	1.0	1.5	1.0	1.5	2.0	4.0	2.0	4.0	3.0	4.0	3.0	4.5	3.0	4.0	3.0	4.0	2.0	4.0	2.0	1.5	1.0
Level 6	1.0	1.5	1.0	1.5	2.0	4.0	3.0	4.0	3.0	4.0	3.5	4.5	3.5	4.0	3.0	4.0	3.0	4.0	2.0	1.5	1.0
Level 7	1.5	2.0	1.5	2.0	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5.0	3.5	4.5	3.5	4.5	2.5	4.5	2.5	2.0	1.5
Level 8	1.5	2.0	1.5	2.0	2.5	4.5	3.5	4.5	3.5	4.5	4.0	5.0	4.0	4.5	3.5	4.5	3.5	4.5	2.5	2.0	1.5
Level 9	2.0	2.5	2.0	2.5	3.0	5.0	3.0	5.0	4.0	5.0	4.0	5.5	4.0	5.0	4.0	5.0	3.0	5.0	3.0	2.5	2.0
Level 10	2.0	2.5	2.0	2.5	3.0	5.0	4.0	5.0	4.0	5.0	4.5	5.5	4.5	5.0	4.0	5.0	4.0	5.0	3.0	2.5	2.0

Segment		Warm Up		1	2	3	4	5	6	7	8	9	10	Cool Down	
Time		4:00 MIN		Each segment is 30 seconds										4:00 MIN	
Level 1		0.0	0.0	1.0	1.5	2.0	2.5	3.0	3.0	2.5	2.0	1.5	1.0	0.0	0.0
Level 2		0.0	0.0	1.5	2.0	2.5	3.0	3.5	3.5	3.0	2.5	2.0	1.5	0.0	0.0
Level 3		0.0	1.0	2.0	2.5	3.0	3.5	4.0	4.0	3.5	3.0	2.5	2.0	1.0	0.0
Level 4		0.0	1.5	2.5	3.0	3.5	4.0	4.5	4.5	4.0	3.5	3.0	2.5	1.5	0.0
Level 5		0.0	1.5	3.0	3.5	4.0	4.5	5.0	5.0	4.5	4.0	3.5	3.0	1.5	0.0
Level 6		0.0	1.5	3.5	4.0	4.5	5.0	5.5	5.5	5.0	4.5	4.0	3.5	1.5	0.0
Level 7		0.0	1.5	4.0	4.5	5.0	5.5	6.0	6.0	5.5	5.0	4.5	4.0	1.5	0.0
Level 8		0.0	2.0	4.5	5.0	5.5	6.0	6.5	6.5	6.0	5.5	5.0	4.5	2.0	0.0
Level 9		0.0	2.0	5.0	5.5	6.0	6.5	7.0	7.0	6.5	6.0	5.5	5.0	2.0	0.0
Level 10		0.0	2.0	5.5	6.0	6.5	7.0	7.5	7.5	7.0	6.5	6.0	5.5	2.0	0.0





PROGRAM INFORMATION

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 – 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 x 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

- 9) **THR ZONE:** Automatically adjusts incline to maintain your Target Heart Rate. Perfect for simulating the intensity of your favorite sport or everyday activity. Time-based goal.
- 1) Select THR Zone program using ▲ ▼ and press ENTER on the PROGRAMMING BUTTON.
 - 2) Select TIME using ▲ ▼ and press ENTER on the PROGRAMMING BUTTON.
 - 3) The HEART RATE window will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate (from this chart) using ▲ ▼ on the PROGRAMMING BUTTON and press START to begin program.

NOTES:

- Target heart rate is selected in multiples of 5 beats.
- The large LED dot matrix window displays your heart rate during exercise. The middle row represents your target heart rate (THR) and the other rows equal +/-2 heart beats. If you are working out beneath your THR, the LEDs below the middle row will illuminate. If you are over, the LEDs above the middle row will illuminate. Your current heart rate is represented by the flashing column and the window will refresh every 5 seconds.
- There is a 4-minute warm-up built into this program at level 1 resistance.
- After 4 minutes, the resistance will automatically adjust to bring your heart rate within 5 beats of the target number you selected at the beginning of the program.
- If there is no heart rate detected, the unit will not change resistance levels up or down.
- If your heart rate is 25 beats over your target zone the program will shut down.

10) **HR INTERVALS(T4000 ONLY):** Automatically adjusts peak and valley incline levels within your desired heart rate. Perfect for providing an intense workout with recovery bursts. Time-based goal.

- 1) Set WORK interval time using ▲ ▼ on the PROGRAMMING BUTTON or the KEYPAD and press ENTER.
- 2) Set WORK interval target heart rate using ▲ ▼ or the KEYPAD and press ENTER.
- 3) Set REST interval time using ▲ ▼ or the KEYPAD and press ENTER.
- 4) Set REST interval target heart rate using ▲ ▼ or the KEYPAD and press ENTER.
- 5) Set TOTAL WORKOUT TIME using ▲ ▼ or the KEYPAD and press START to begin program.

	WARM UP	WORK INTERVAL	REST INTERVAL	COOL DOWN	
TIME	4:00 MIN	The work interval and rest interval segment times are preset by the user and are repeated until the cool down.		2:00 MIN	2:00 MIN
INCLINE %	0% Or user selects	THR set by user for the work and rest intervals. Incline changes per definition.		50% Current incline	0%

11) **THR STEPS:** Set custom target heart rates for 4 different steps. Incline is automatically adjusted to maintain your goal for each step. Time based goal.

	WARM UP	WORK INTERVAL	REST INTERVAL	COOL DOWN	
TIME	4:00 MIN	Step segment time preset by user and repeated until cool down.		2:00 MIN	2:00 MIN
INCLINE %	0% Or user selects	THR set by user for each step. Incline changes to achieve desired goal.		50% Current incline	0%





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PROGRAM INFORMATION

12-13) 5K & 10K: Walk a series of alternating incline levels. Distance based goal with 4 difficulty levels to choose from. Distance shown as kilometers. Segments repeat until distance is reached.

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down			
INCLINE %	4:00 MIN				0.16 KM	0.16 KM	0.16 KM	0.16 KM	0.16 KM	0.16 KM	0.16 KM	0.16 KM	0.16 KM	0.16 KM	0.16 KM	0.16 KM	4:00 MIN			
Flat	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Rolling	0	0	0.5	0.5	1	0.5	1	0.5	2	3	2	4	2	3	2	0.5	0.5	0.5	0	0
Hills	0.5	0.5	1	1	1.5	1	3	2.5	4	5	4	6	4	5	4	2.5	1	1	0.5	0.5
Mountain	1.5	1.5	2	2	2.5	3.5	5	4.5	6	7	6	8	6	7	6	4.5	2	2	1.5	1.5

- 14-15) CUSTOM PROGRAMS:** 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.
- 1) Select CUSTOM 1 or 2 using ▲▼ and press ENTER on the PROGRAMMING BUTTON.
 - 2) Select WEIGHT using ▲▼ and press ENTER on the PROGRAMMING BUTTON.
 - 3) Select TIME using ▲▼ and press ENTER on the PROGRAMMING BUTTON.
 - 4) Select SPEED for segments 1 through 15 using ▲▼ and press ENTER to set each segment.
 - 5) Select INCLINE for segments 1 through 15 using ▲▼ and press ENTER to set each segment.
 - 6) Press START to begin exercising. At this time, your program has been successfully saved into memory and can be used for future workouts.

NOTES:

- If BACK is pressed on the PROGRAMMING BUTTON, it will take you back to previous segment.
- While using your saved program, you are able to adjust the speed or incline, but any changes will not be saved.
- To reset the memory, press and hold ENTER for 5 seconds.

PROFILE™ PERFORMANCE TRACKER

Research shows that those who journal their fitness routines or workouts, on average, achieve greater success than those who do not. Because your new elliptical is equipped with HORIZON's exclusive PROFILE™ Performance Tracker, you've taken an important step towards achieving your fitness goals.

The integrated PROFILE™ software allows you to track your fitness progress over time without the need for paper journals or logs. With PROFILE™, you can easily compare your current workout to your last, average or lifetime workout totals. With quick access to feedback like duration of workout or calories burned during previous workouts, you'll be able to see the progress you've made. Read further to learn about how PROFILE™ can help motivate you to enhance your performance.

SETUP

To activate PROFILE™, a user MUST be chosen before the program begins. To select a USER 1 or 2, use the PROGRAMMING BUTTON and press ENTER to confirm. All accumulated data specifically relates to the user that is chosen. NOTE: If no user is selected and clock and date are not set, no data will be tracked.

RESET

Reset all recorded information for USER 1 or USER 2 by selecting the user and then holding down the PROFILE™ button for 10 seconds. Note: This step is permanent and will delete ALL previously accumulated data for the chosen user.

ACCUMULATED DATA

Once PROFILE™ is activated, you can scroll through your accumulated data in multiple formats by pressing the PROFILE™ button. A workout is saved when: the program ends, the console is paused and not resumed within 5 minutes, or the STOP button is held to reset the console.

- 1) CURRENT WORKOUT:** The console automatically defaults to current workout, displaying your progress in real time.
- 2) AVERAGE WORKOUT:** This option allows you to see your average accumulated data for the last 30 workouts. The following information will be shown in each display window:
 - INCLINE - Average incline level.
 - TIME - Average workout time.
 - CALORIES - Average calories burned.
 - PACE - Average pace of workouts.
 - DISTANCE - Average workout distance.
 - SPEED - Average speed of workouts.





- 3) **WEEKLY TOTAL:** View your accumulated data from the last Sunday to the present day.
NOTE: This data is based on week to date NOT the previous seven days. For instance, if you have not used the machine since Sunday, the console will read zeros. The following information will be shown in each display window:
- INCLINE - Average incline level.
 - TIME - Total time of workout.
 - CALORIES - Average calories burned.
 - DISTANCE - Total distance of workout.
 - SPEED - Average speed of weekly workout.
- NOTE: If the date and clock are not set, weekly total will default to the last workout data.
- 4) **LIFETIME TOTAL:** This option allows you to view the total accumulated data. The following information will be shown in each display window:
- INCLINE - Average incline level.
 - TIME - Total accumulated time. NOTE: If time is greater than 59:59, the time will no longer display minutes and will display hours only.
 - CALORIES - Average calories burned.
 - DISTANCE - Total accumulated distance.
 - SPEED - Average speed.

USING YOUR CD / MP3 PLAYER



- 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.



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TREADMILL OWNER'S MANUAL

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