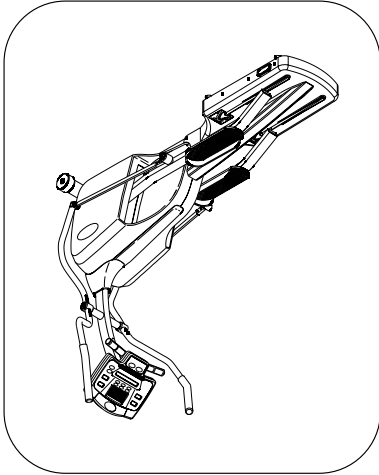


# Assembly Guide

IMPORTANT SAFETY  
INSTRUCTIONS SAVE  
THESE INSTRUCTIONS

Horizon Fitness  
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Rev. 1.1  
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or  
Horizon Fitness @ 1-888-993-3199  
Please contact:  
DO NOT RETURN TO THE STORE,  
In the event that a problem should arise,



ENDURANCE EXTREME ELLIPTICAL TRAINER



**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.

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

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and 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 time. Inclement 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 new Horizon Fitness Elliptical Trainer will assist you in realizing your goal of a healthy lifestyle.

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

## GETTING STARTED

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:

### SERIAL NUMBER AND MODEL NAME LOCATION:

Refer to this number when calling for service, and also enter this serial number on your Warranty Card and in your own records. Be sure to read the Safety Instructions and Owner's Guide before using your new Horizon Fitness elliptical trainer.



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## IMPORTANT SAFETY INSTRUCTIONS. SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed. Read all instructions before using this exercise product.

### WARNING!

To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this Owner's guide. Do not use attachments not recommended by the manufacture.
- Never drop or insert any object into any opening.
- Do not remove the elliptical trainer's side covers. Service should be performed only by an authorized Horizon Fitness service provider.
- Never operate this elliptical trainer if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water.
- Do not use outdoors.
- Only use the power cord provided with your Horizon Fitness elliptical trainer.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch or damage it.
- Unplug your Horizon Fitness elliptical trainer before moving it.

### OTHER SAFETY TIPS FOR YOUR HORIZON FITNESS ELLIPTICAL TRAINER.

### CAUTION!

- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not turn pedal arms by hand.
- Do not wear clothing that might catch on any part of the elliptical trainer.
- Make sure handlebars are secure before each use.
- Read the owner's guide before operating this elliptical trainer.
- Maintain a comfortable pace. Do not 'sprint' above 80 rpms on this machine.
- To maintain balance it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.

### CHILDREN

- Keep children off of your elliptical trainer at all times.
- When the elliptical is in use, young children and pets should be kept at least 10 feet away.

### CLEANING

- Clean with soap and slightly damp cloth only. Never use solvents.

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

penetration of the elliptical trainer after each use.  
make exercise a desirable daily activity for you, the Elliptical Trainer  
not needed. The most important maintenance step is to simply wipe your  
perforation of the elliptical trainer so lubrication is  
is required?

### MAINTENANCE

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

The computer modeling we have done indicated virtually thousands of  
maintenance free hours. Belts are now commonly used in far more  
demanding applications such as motorcycle drives.

### How long will the drive belt last?

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

When should I be worried about a noise?  
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  
overlaid floor. Sometimes a heavy rubber mat will help reduce reverbera-

will be more reflected noise.  
tion through the floor. If a fitness product is placed close to a wall, there  
overlaid floor. Sometimes a heavy rubber mat will help reduce reverbera-

the store?  
Why is the Elliptical Trainer I had delivered louder than the one at  
workout and over time because of thermal expansion of the parts.  
frame. It is also normal for these sounds to change slightly during a

part will generate some noise which will transmit through the casing and  
to a rapidly spinning flywheel. All bearings, belts and other rotating  
are normal and are caused by the transfer of significant amounts of ener-  
transfers. These sounds, which many or may not be heard, are the  
friction balls, or alternator noises to make these sounds on our elliptical  
mechanical noises. Unlike older, louder technologies, there are no fans,  
resistance system (real is so quiet, you will occasionally hear other slight

use belt drives and friction free magnetic resistance. We use the highest  
grade bearings and belts to minimize noise. However, because the  
Our elliptical trainers are some of the quietest available because they

### COMMON PRODUCT QUESTIONS

Are the sounds my Elliptical Trainer makes normal?

Our elliptical trainers are some of the quietest available because they



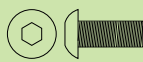
# ENDURANCE EXTREME

## UNPACKING

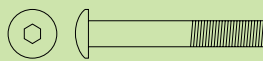
Unpack your elliptical trainer where you will be using it. Place your trainer on a level flat surface. It is recommended that you place a protective covering on your floor. You will only need to attach the following items. Verify that the following parts and tools are included:

Parts	Tools
• 1 Power Supply	• 5mm Allen Wrench
• 1 Front Foot Tube	• 4mm Allen Wrench
• 2 Upper Handlebars	• Screw Driver
• 2 Lower Handlebars	• Flat Wrench
Assemblies	
• 1 Console	
• 1 Hardware Pack (contents listed below)	

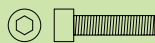
## Hardware (Actual Size)



A) 20mm bolt  
Quantity: 2



B) 54mm bolt  
Quantity: 3



C) 25mm bolt  
Quantity: 4



D) 10mm nut  
Quantity: 4



E) 8mm screw  
Quantity: 8

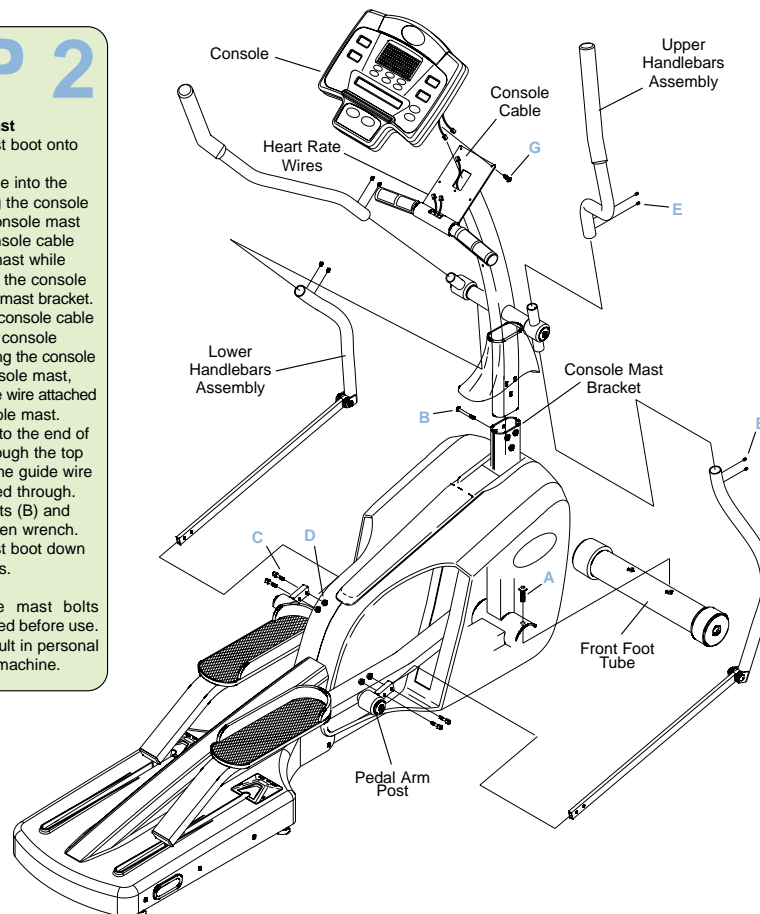
**NOTE:** It is recommended that you apply grease to the threads of each bolt as you assemble your elliptical trainer, to prevent loosening and noise. Also, during each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

## STEP 2

### Secure the console mast

- Slide the console mast boot onto the console mast.
- Slide the console cable into the console mast. Holding the console mast above the top console mast bracket, guide the console cable through the console mast while simultaneously sliding the console mast onto the console mast bracket. Continue to guide the console cable through the top of the console mast. To assist in pulling the console cable through the console mast, there should be a guide wire attached to the top of the console mast. Attach the guide wire to the end of the cable and pull through the top of the mast. Discard the guide wire once the cable is pulled through.
- Insert three 54mm bolts (B) and secure with a 5mm allen wrench.
- Slide the console mast boot down to cover the bolt heads.

**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 1

### Attaching the front foot tube

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

## STEP 3

### Attaching the bottom handlebars

- Slide the left lower handlebar assembly into the pedal arm post. Insert two 25mm bolts (C) and two 10mm nuts (D). Secure with a 5mm allen wrench and a flat wrench.
- Slide the top portion of the lower handlebar assembly into the console mast post. Secure with two 8mm screws (E) using the 4mm Allen wrench.
- Repeat the step for the left side.

## STEP 4

### Attach the top handlebars

- Attach the right upper handlebar onto the console mast post. Secure with two 8mm screws (E) using the 4mm Allen wrench.
- Repeat for the left side.

## STEP 5

### Attaching the console

- Insert the console cable into the console.
  - Insert the hand pulse wires into the console.
  - Attach the console to the console mast with four 15mm screws (G).
- Note:** Screws (G) are located in the backside of the console.
- Plug the power supply into the power jack located in the front of the machine, near the foot tube.