



**CT5.1**

# TREADMILL OWNER'S MANUAL

## MANUEL D'UTILISATION DU TAPIS ROULANT



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

Lire le GUIDE DU TAPIS ROULANT avant de se servir du présent MANUEL D'UTILISATION.



# 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 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 near the on/off power switch and power cord and enter it in the space provided below.

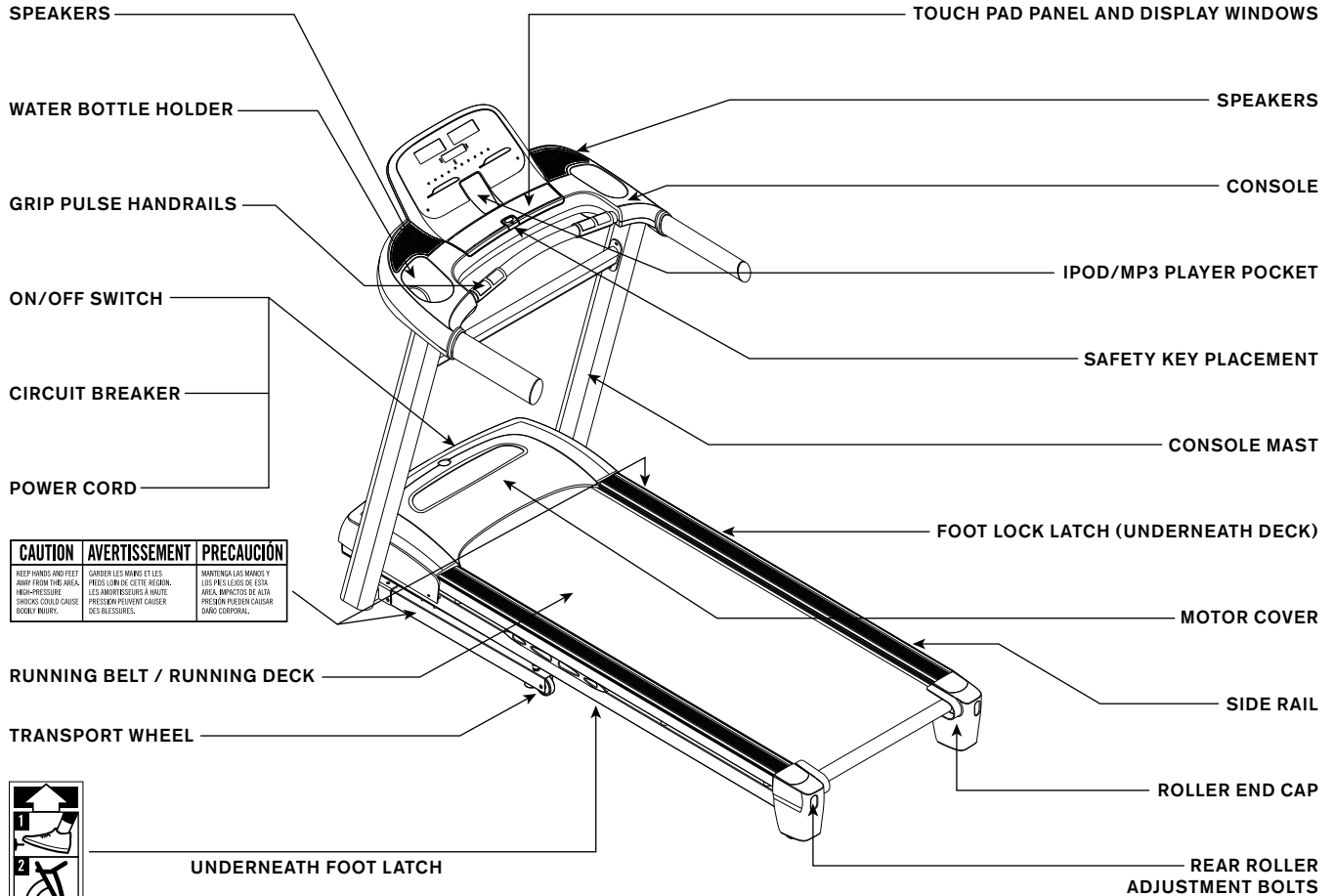
ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

SERIAL NUMBER:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

MODEL NAME: **HORIZON CT5.1 TREADMILL**

- » Refer to the SERIAL NUMBER and MODEL NAME when calling for service.
- » Be sure to enter both the SERIAL NUMBER and MODEL NAME on your warranty card.



CAUTION	AVERTISSEMENT	PRECAUCIÓN
KEEP HANDS AND FEET AWAY FROM THIS AREA. HIGH-PRESSURE SHOCKS COULD CAUSE SERIOUS INJURY.	GARDER LES MAINS ET LES PIEDS LOIN DE CETTE ZONE. LES AMORTISSEURS À HAUTE PRESSION PEUVENT CAUSER DES BLESSURES.	MANTENGA LAS MANOS Y LOS PIES LEJOS DE ESTA AREA. IMPACTOS DE ALTA PRESION PUEDE CAUSAR DAÑO CORPORAL.



UNDERNEATH FOOT LATCH

## TOOLS INCLUDED:

- Screwdriver
- 6 mm T-Wrench
- 5 mm L-Wrench
- 4 mm L-Wrench

## PARTS INCLUDED:

- 1 Console Assembly
- 2 Console Masts
- 1 Support Bar
- 2 Bottom Console Covers
- 5 Hardware Bags
- 1 Safety Key
- 1 Audio Adapter Cable
- 1 Bottle of Silicone Lubricant  
(for 2 applications)



## 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.

# 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 and in the upright folded position, with the lock latch secure. Unpack the unit where it will be used. The enclosed treadmill is equipped with high-pressure shocks and may spring open if mishandled. 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!**

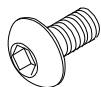
**NOTE:** During assembly, do not completely tighten any screws or bolts until step 4 is complete!

**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

## HARDWARE BAG 1 CONTENTS :



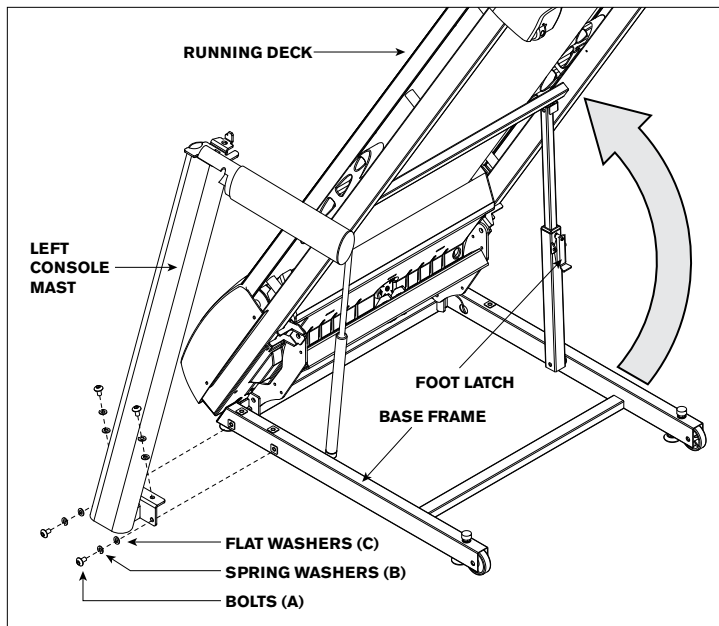
**BOLT (A)**  
20 mm  
Qty: 4



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



**FLAT WASHER (C)**  
15 mm  
Qty: 4

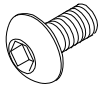


- A Cut the yellow banding straps and lift the **RUNNING DECK** upward until the **FOOT LATCH** locks. Remove all contents from underneath the running deck.
- B Open **HARDWARE BAG 1**.
- C With the **RUNNING DECK** in the raised position, attach the **LEFT CONSOLE MAST** to the **BASE FRAME** using 4 **BOLTS (A)**, 4 **SPRING WASHERS (B)** and 4 **FLAT WASHERS (C)**.

**NOTE:** Do not completely tighten any screws or bolts until **STEP 4** is complete!

# ASSEMBLY STEP 2

## HARDWARE BAG 2 CONTENTS :



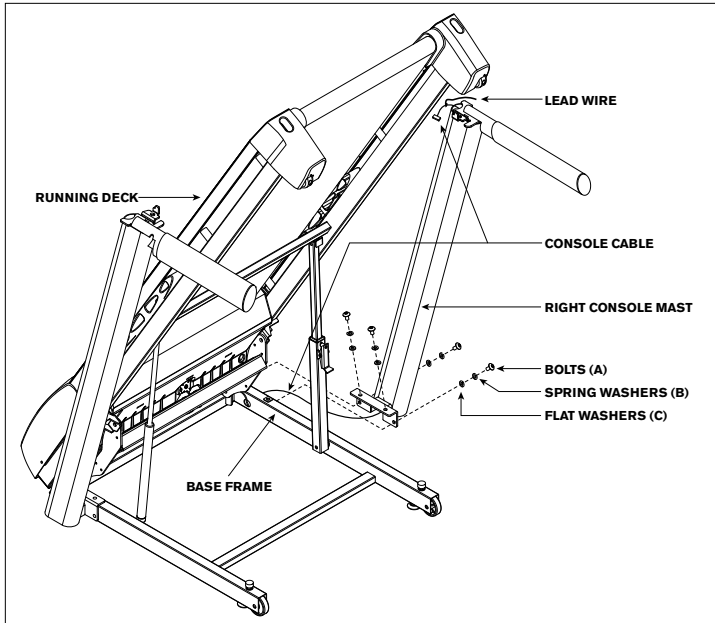
**BOLT (A)**  
20 mm  
Qty: 4



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



**FLAT WASHER (C)**  
15 mm  
Qty: 4



- A Open **HARDWARE BAG 2**.
- B 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 the lead wire.
- C With the **RUNNING DECK** in the raised position, attach the **RIGHT CONSOLE MAST** to the **BASE FRAME** using 4 **BOLTS (A)**, 4 **SPRING WASHERS (B)** and 4 **FLAT WASHERS (C)**.

**NOTE:** Do not completely tighten any screws or bolts until **STEP 4** is complete!

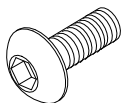
**NOTE:** Be careful not to pinch any wires while assembling the right console mast.



## ASSEMBLY STEP 3



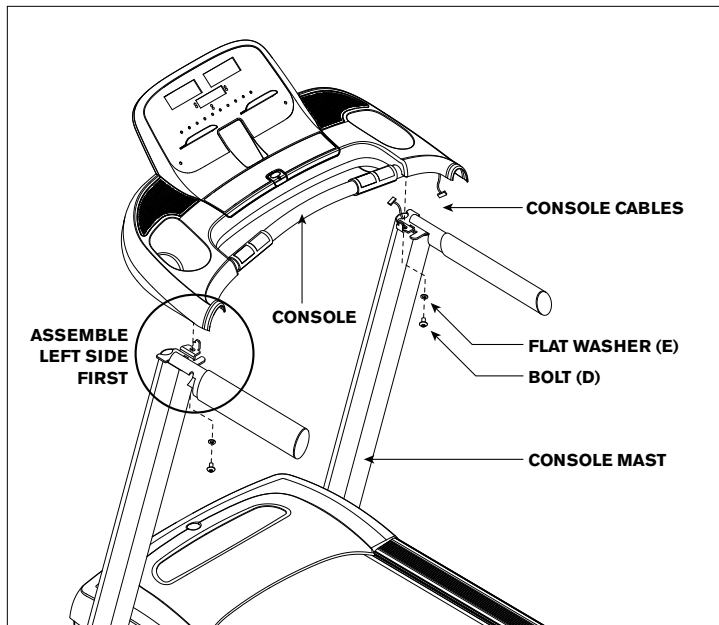
### HARDWARE BAG 3 CONTENTS :



**BOLT (D)**  
25 mm  
Qty: 2



**FLAT WASHER (E)**  
16 mm  
Qty: 2



- A Disengage the **DECK LOCK LATCH** with your foot to lower the **RUNNING DECK**.
- B Open **HARDWARE BAG 3**.
- C Gently place the **CONSOLE** on top of the **CONSOLE MASTS**. Attach the **LEFT SIDE** first using 1 **BOLT (D)** and 1 **FLAT WASHER (E)**.
- D Connect the **CONSOLE CABLES**, carefully tucking wires in masts to avoid damage.
- E Attach the **RIGHT SIDE** of the **CONSOLE** using 1 **BOLT (D)** and 1 **FLAT WASHER (E)**.

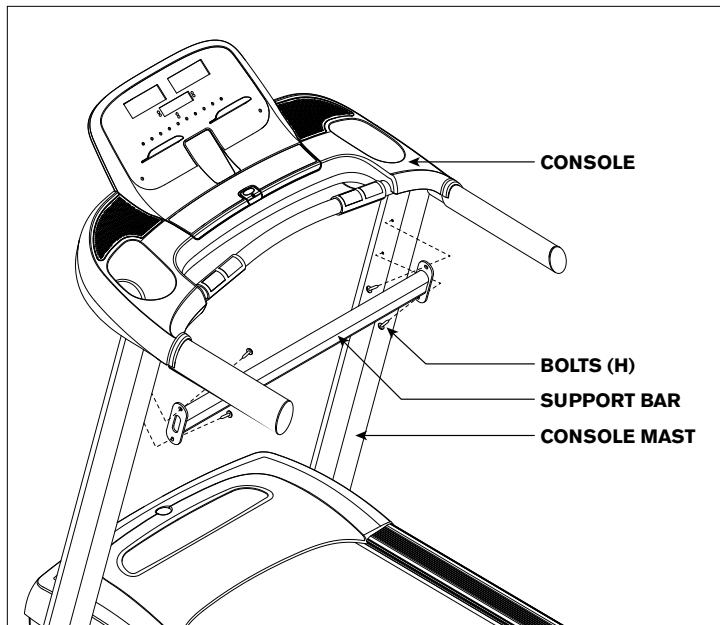
**NOTE:** Do not completely tighten any screws or bolts until **STEP 4** is complete!

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



# ASSEMBLY STEP 4

## HARDWARE BAG 4 CONTENTS :



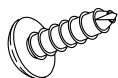
- A Open **HARDWARE BAG 4**.
- B Align **SUPPORT BAR** with holes in **CONSOLE MASTS**.
- C Insert **BOLTS (H)** into all 4 holes of the **SUPPORT BAR**.  
Note: look into holes in the right mast before inserting bolts to avoid pinching cables.
- D Tighten all **BOLTS** completely.



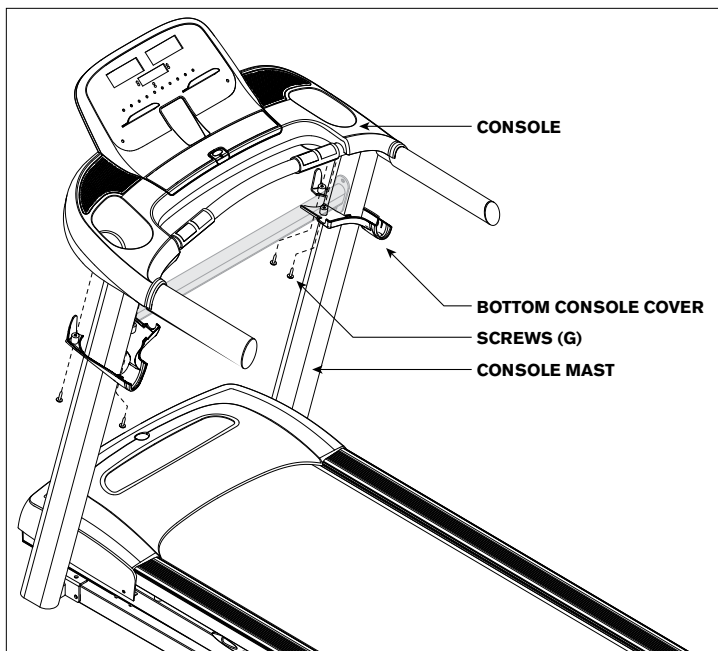
## ASSEMBLY STEP 5



### HARDWARE BAG 5 CONTENTS :



**SCREW (G)**  
15 mm  
Qty: 4



- A Open **HARDWARE BAG 5**.
- B Slide right **BOTTOM CONSOLE COVER** up **CONSOLE MAST** and align screw holes. Attach **BOTTOM CONSOLE COVER** to **CONSOLE** using 2 **SCREWS (G)**.
- C Repeat on other side.
- D Connect power plug to a power outlet. The ON/OFF switch is located next to the power cord. Flip this switch to the 'ON' position, so that the switch is lit. You will hear a beep and the console will turn on.
- E Before the first use, lubricate the treadmill deck by following the instructions in the **MAINTENANCE** section in the **TREADMILL GUIDE**.

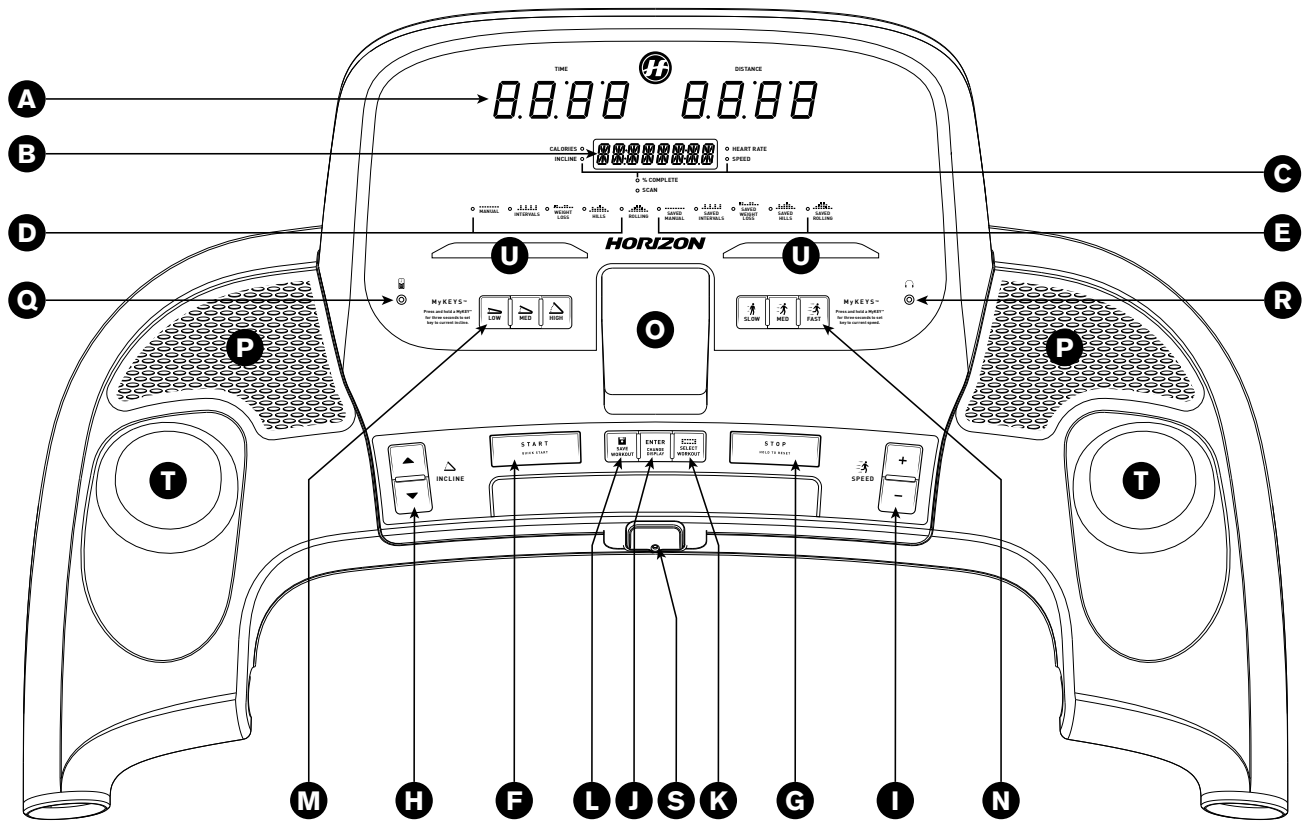
**YOU ARE FINISHED!**

# 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**



## 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) **LARGE LED WINDOWS:** time & distance.
- B) **LCD WINDOW:** calories, heart rate, incline, speed, % complete, and scan.
- C) **FEEDBACK LEDS:** indicate what workout feedback is currently being displayed in the lcd window.
- D) **PROGRAM LEDS:** indicate what program is currently selected.
- E) **SAVED PROGRAM LEDS:** indicate what saved program is currently selected.
- F) **START:** press start to begin exercising, starts your workout, or resume exercising after pause.
- G) **STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- H) **INCLINE ▲ / ▼ KEYS:** used to adjust incline in small increments (0.5% Increments).
- I) **SPEED + / - KEYS:** used to adjust speed in small increments (0.1 Mph increments).
- J) **ENTER:** used to select programs and confirm settings. Press to change display feedback during workout. To enter scan mode, press enter until scan led is illuminated.
- K) **SELECT WORKOUT KEY:** used to scroll through programs.
- L) **SAVE WORKOUT KEY:** after your workout, press to save a workout for future use.
- M) **INCLINE MYKEYS™:** used to reach desired incline more quickly. See next page for details.
- N) **SPEED MYKEYS™:** used to reach desired speed more quickly. See next page for details.
- O) **MP3 PLAYER POCKET:** used to store your mp3 player.
- P) **SPEAKERS:** music plays through speakers when your cd / mp3 player is connected to the console.
- Q) **AUDIO IN JACK:** plug your cd / mp3 player into the console using the included audio adaptor cable.
- R) **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.
- S) **SAFETY KEY POSITION:** enables treadmill when safety key is inserted.
- T) **WATER BOTTLE POCKETS:** holds personal workout equipment.
- U) **READING RACK:** holds reading material.






## MYKEYS™ KEY OPERATION

You can program the MyKeys to your desired speed or incline values.

The SPEED MyKeys defaults are:

-  Slow = 1 mph
-  Med = 3 mph
-  Fast = 5 mph

The INCLINE MyKeys defaults are:

-  Low = 0%
-  Med = 3%
-  High = 6%

To change the default value of any MyKEY, while in a program, first select the speed or incline level you would like to save, then press and hold the MyKEY you wish to change for 3 seconds. The current speed or incline level will flash on the console and beep three times indicating that the new level has been saved successfully. To use a Speed MyKEY during a workout, it is necessary to press ENTER after pressing the MyKEY to confirm the speed. This is only necessary for the Speed MyKEYs and not the Incline MyKEYs.

NOTE: Slow/Low cannot be set higher than Med and Med cannot be set higher than Fast/High. The console will beep once if the values are incorrect and the value will not be saved.

## TO RESET CONSOLE

Hold STOP key for 3 seconds.

## FINISHING YOUR WORKOUT

When your workout is complete, the monitor display will flash 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 4-5 seconds.

## PROGRAMS

- **MANUAL:** Allows “on the fly” manual speed and incline changes. Time-based goal.
- ..... **INTERVALS:** Improves your strength, speed and endurance by increasing and decreasing the speed throughout your workout to involve your heart and other muscles.
- ..... **WEIGHT LOSS:** Promotes weight loss by increasing and decreasing the speed, while keeping you in your fat burning zone.
- ..... **HILLS:** Simulates running up and down hills to improve stamina.
- ..... **ROLLING:** A less-intense version of the HILLS program.

## 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) Simply press the START key to begin working out or select a program.

## SELECTING A PROGRAM

- 1) Press SELECT WORKOUT to scroll through programs.
- 2) Press ENTER to select a program.
- 3) Use the + / - keys to set maximum speed or incline.
- 4) Press ENTER to confirm selection.
- 5) Use the + / - keys to set minimum speed or incline.
- 6) Press ENTER to confirm selection.
- 7) Use the + / - keys to set program duration.
- 8) Press the START button to begin program.



## SAVING A WORKOUT

If you had an especially challenging workout, you may want to save that one for the future.

- 1) At the end of your workout, the console will prompt you if you would like to save your completed workout by scrolling save workout.
- 2) If you would like to save the workout, press the **SAVE WORKOUT** key. If not, either press the **STOP** key or stop using the treadmill until the console resets itself.
- 3) The LED will flash next to the type of program you used. For example, if you used the **INTERVALS** program, the **SAVED INTERVALS LED** will flash.
- 4) Press and hold the **SAVE WORKOUT** key for 5 seconds to save the workout for future use.
- 5) If you would like to save over a previous workout, press and hold the **SAVE WORKOUT KEY** for 5 seconds.

**NOTE:** When using a saved workout, changes to speed or incline will not be saved.



# 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 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.)

**DRIVE MOTOR/ELEVATION • LIFETIME**

Horizon Fitness warrants the motor against defects in workmanship and materials for the lifetime of the owner, so long as the device remains in the possession of the original owner.

**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 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 purchase, use, repair or maintenance of the equipment.

## SERVICE/RETURNS

- 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.
- In-home service is available within 150 miles of the nearest authorized repair center (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 at one of its authorized service centers.
  - A Horizon Fitness authorized service center must receive all equipment for which a warranty claim is made. This equipment must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase.
  - 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 | SERVICE DE SOUTIEN TECHNIQUE À LA CLIENTÈLE

## 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.

Every employee at Horizon Fitness takes pride in providing you with a high quality product.

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 TREADMILL GUIDE before contacting Customer Tech Support. Additional product information is available on our website.



En cas de difficulté lors de l'assemblage ou si des pièces manquent,

## NE PAS RENVoyer L'APPAREIL AU DÉTAILLANT.

Pour un service rapide et amical, communiquer avec un de nos techniciens qualifiés, par téléphone, courriel ou notre site Web.

Chaque employé de Horizon Fitness est fier de fournir un produit de grande qualité.

Horizon Fitness tient à ce qu'on lui signale tout problème d'utilisation, afin de pouvoir y remédier.

REMARQUE : Lire la section DÉPANNAGE du GUIDE DU TAPIS ROULANT avant de contacter le service de soutien technique à la clientèle. Pour plus ample information sur le produit, visiter notre site Web.



Tel/Tél : **1-800-244-4192**

Email/Courriel : **comments@horizonfitness.com**

[www.horizonfitness.com](http://www.horizonfitness.com)



Horizon Fitness  
1600 Landmark Drive,  
Cottage Grove WI, 53527

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US 6682460	