

1.888.993.3199 OR WWW.HORIZONFITNESS.COM

CAUTION
BEFORE
CONSULT YOUR
PHYSICIAN
EXPRESSING AND
PROGRAM USE
OF BURNING
PAIN, NAUSEA, DIZZY,
EXPERIENCE CHEST
PHYSICIAN IF YOU
CONSULT YOUR
PROGRAM ALWAYS
BEGINNING
BEFORE
CAUTION

Congratulations on choosing a Horizon Fitness
developing and sustaining an exercise program.
Horizon Fitness Elliptical is a
temporarily receive tool for achieving
your personal fitness goals. Regular use
of your Horizon Fitness Elliptical 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
will help you eliminate the
obstacles that prevent you
from getting in your
exercise time. Incremental
weather and distance
won't interfere with your use
of your Horizon Fitness
Elliptical in the comfort
of your home. This
manual provides you
with basic information
complete knowledge of your
new machine. A more
new Horizon Fitness Elliptical
goal of a healthy lifestyle.



Refer to the 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.

SERIAL NUMBER AND MODEL NAME LOCATION:

Using Your Trainer

Getting started
The console on your elliptical trainer is powered by 2 AA batteries, which
you can replace as needed. Your Horizon Fitness Elliptical trainer
will automatically begin exercising when you step on the pedals.
To begin exercising, you will need to:

1. Stand on the elliptical trainer and place your feet on the pedals.
2. Press the Select button or begin pedaling to turn on the console.
3. Once the console is lit, and you begin to pedal, the time will begin to
count up. **Note:** The time can be set to a specific time.

Scan Function
During a workout, you can view alternate information such as speed,
distance, calories and accumulated distance. To view any of these
alternating readouts, or can be held down for 3 seconds to scan automatically.
through all of the alternate readouts.

Resetting the Console
Press and hold the Select button to reset any accumulated information. In
order to reset the Odometer reading (accumulated distance), the batteries
must be removed from the back of the console.

Warning!
To stop your workout, gradually slow down your speed. Remember you should
never stop exercising abruptly. After you have completed your workout, the
console will remain the default from your workout until the console is reset. To
return your console to the default, you will need to hold down the Stop button for
three seconds. The console will automatically shut off after a short period of
time.

Name Location:
The second nameplate is located on the right side of the console. It contains
your name, the name of the elliptical trainer, and the name of the manufacturer.
Read all instructions before using the Elliptical Trainer.
SAFETY IMPORTANT SAFETY INSTRUCTIONS, SAVE THESE INSTRUCTIONS

Monitor your heart rate
The second nameplate is located on the right side of the console. It contains
your name, the name of the elliptical trainer, and the name of the manufacturer.
Read all instructions before using the Elliptical Trainer.
SAFETY IMPORTANT SAFETY INSTRUCTIONS, SAVE THESE INSTRUCTIONS

How Long?
For exercise benefits, it's recommended that you exercise from between 22 and 32 minutes per session. But start slowly and gradually increase your exercise time. If you've been sedentary during the past year, it may be a good idea to keep your exercise sessions at 10-15 minutes per session. If you use your new Horizon Fitness Elliptical Trainer to prepare for bicycling, you will probably want to start at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always measure your exercise intensity. The first is by monitoring your heart rate, and the second is by evaluating your perceived exertion level (this is simpler than 10 counts).

How Hard?
You can measure your heart rate by placing your fingers lightly over the blood vessel (radial artery) on your wrist. Compare this number to the Target Heart Rate Zone for your age group.
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How Often?
The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have the time and desire, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 5 days per week, you should aim to exercise at least 30 minutes per session. If you have the time and desire, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 5 days per week, you should aim to exercise at least 30 minutes per session. If you have the time and desire, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 5 days per week, you should aim to exercise at least 30 minutes per session.

How to Clean Your Trainer
Clean with soap and water cleaners only. Never use solvents on plastic parts.

COMMON PRODUCT QUESTIONS

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 rubber mat will help reduce reverberation through the floor. If a fitness 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 an unfinished basement. To make exercise a desirable daily activity for you, the Elliptical Trainer should be in an 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.

LIMITED HOME USE WARRANTY

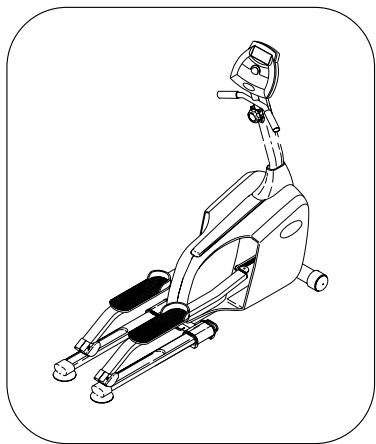
FRAME - LIFETIME
Horizon Fitness warrants the frame against defects in workmanship and materials for the lifetime of the original owner.

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 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 conditioned 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.



Owner's & Assembly Guide

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE INSTRUCTIONS

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

HORIZON FITNESS
Horizon Fitness
P.O. Box 219, 3236 County Hwy N
Collings Grove, Wisconsin 53527
Ph: 1-888-993-3199 Fax: 1-608-839-8518
www.horizonfitness.com



K I N E T I C

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 (A) 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

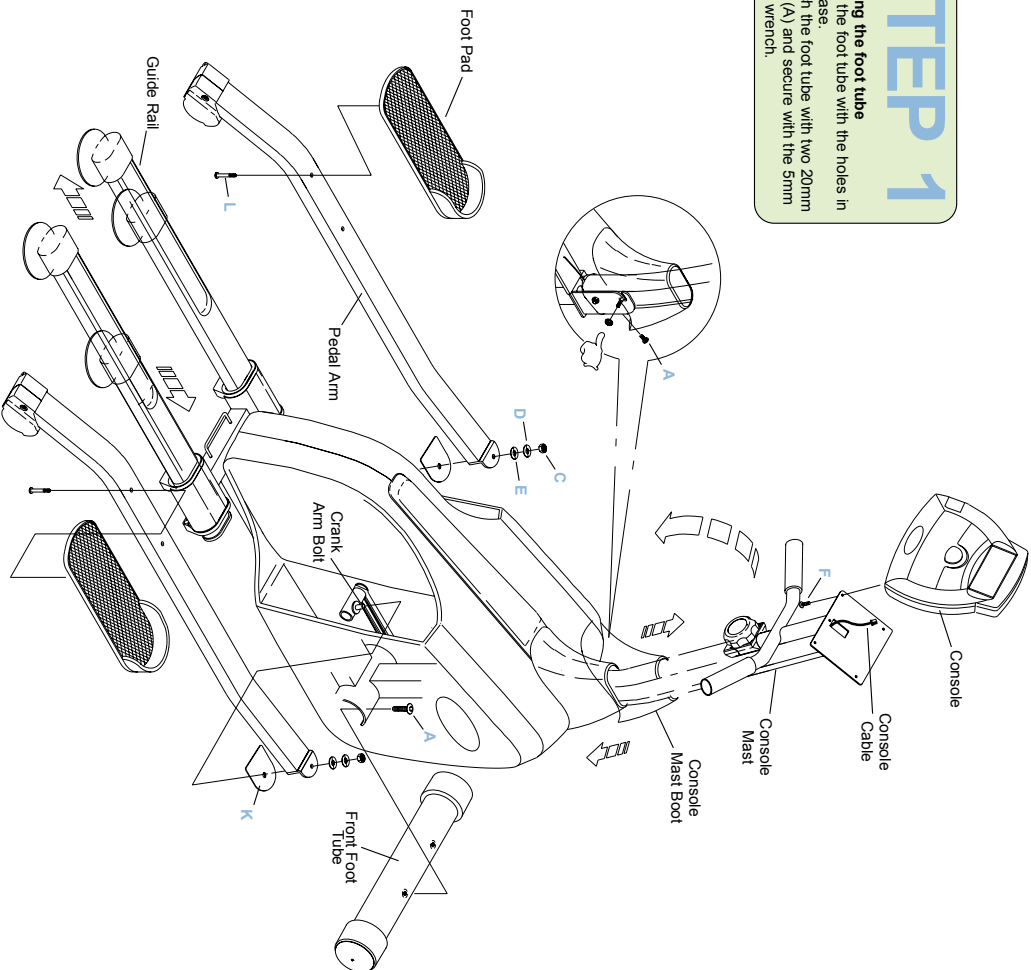
Attaching the console

- 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 (F). Secure using the screwdriver.
- Note:** Screws (F) are located in the back side of the console.

STEP 1

Attaching the foot tube

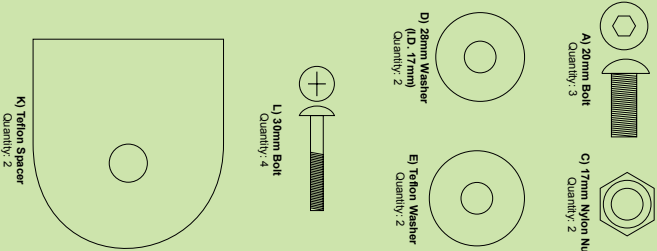
- Align the foot tube with the holes in the base.
- Attach the foot tube with two 20mm bolts (A) and secure with the 5mm Allen wrench.



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:

- Tools**
- 5mm Allen Wrench
 - Screw Driver
 - 13/17mm Flat Wrench
- Parts**
- 1 Front Tube
 - 2 Pedal Arms
 - 1 Console
 - 2 Foot Pads
 - 1 Hardware Pack (contents listed below)

Hardware (Actual Size)



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

CUSTOMER ASSISTANCE CENTER 1.888.993.3199 OR www.horizonfitness.com