



Horizon Fitness
800 Burton Blvd

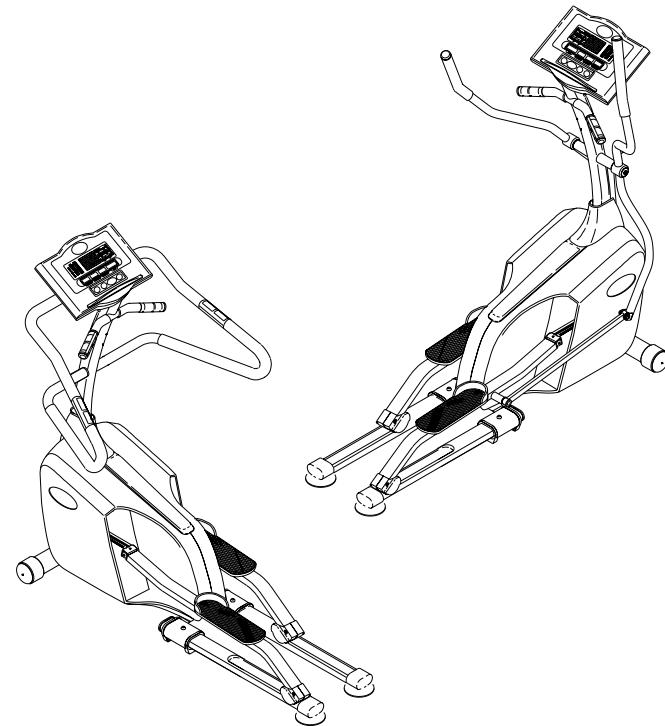
DeForest, Wisconsin 53532

Customer Assistance Center: 1.888.993.3199

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Rev 1.1

KINETIC PRO



ENDURANCE PRO

OWNER'S GUIDE

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MONTHLY LOG SHEETS

MONTH _____		MONTHLY GOALS _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS			

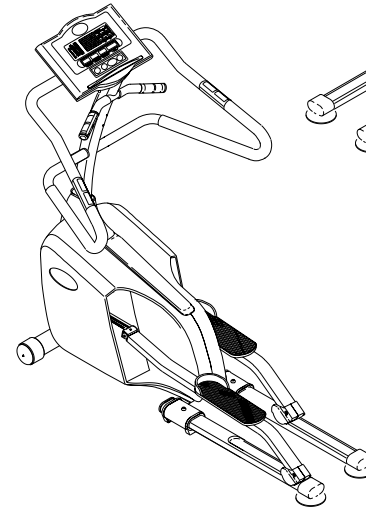
MONTH _____		MONTHLY GOALS _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS			

WEEKLY LOG SHEETS

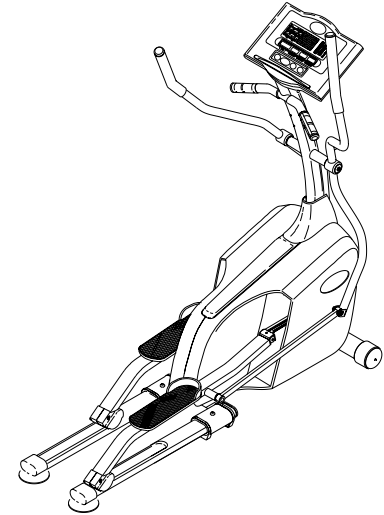
WEEK # _____		WEEKLY GOAL: _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUN					
MON					
TUES					
WED					
THUR					
FRI					
SAT					
WEEKLY TOTALS					

WEEK # _____		WEEKLY GOAL: _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUN					
MON					
TUES					
WED					
THUR					
FRI					
SAT					
WEEKLY TOTALS					

KINETIC PRO



ENDURANCE PRO



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.
- Keep the cord away from heated surfaces.
- 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.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your Horizon Fitness Treadmill to lose weight? Improve muscle? Burn Stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- | | |
|-------------------------------------|---------------------------|
| - Weight Loss | - Weight Maintenance |
| - Improve Body Shape and Tone | - Strengthen Leg Muscles |
| - Increased Energy Level | - Improved Sleep Patterns |
| - Improved Sports Performance | - Stress Reduction |
| - Improved Cardiovascular Endurance | |

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your Horizon Fitness Treadmill console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of test functions.

Keeping an exercise diary

Photocopy the weekly and monthly log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

How Hard?

How hard you workout is also determined by your goals. If you use your Horizon Fitness Treadmill to prepare for a 5K run, you will probably work out at a higher intensity than if your goal is general fitness.

Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to 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 it sounds!).

Perceived Exertion Level

The second and simpler way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of other warning signs of overexertion.

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.

MOVING

Your Horizon Fitness elliptical trainer has a pair of transport wheels built into the front of the frame. To move, firmly grasp the console mast, tilt back, and roll.

CAUTION!

Use care and additional help if necessary when moving your elliptical trainer.

EXERCISE GUIDELINES

Always consult your physician before beginning an exercise program.

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 other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before your shower, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. If you are to be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

How Long?

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 32 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

THE IMPORTANCE OF WARM UP AND COOL DOWN

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your Horizon Fitness product at a slow pace.

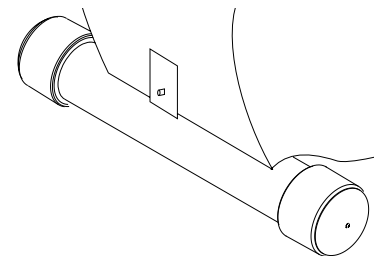
COOL DOWN

Never stop exercising suddenly! A cool-down period allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises on page 21 to loosen and relax your muscles.

GETTING STARTED

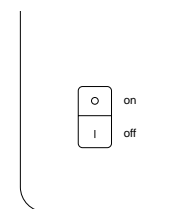
POWER

Your elliptical is powered by a power supply. The power supply must be plugged into the power jack, which is located in the front of the machine near the front foot tube.



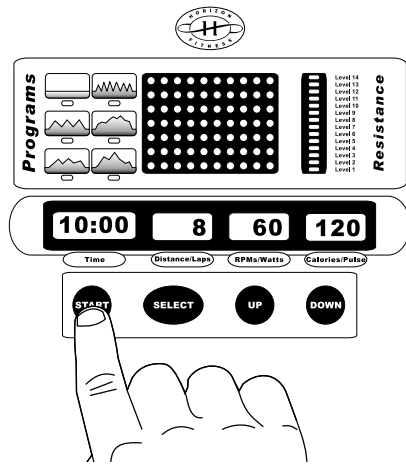
ON/OFF SWITCH

Make sure that your elliptical trainer is properly connected to a power outlet. The on/off switch is located on the backside of the console. Flip this switch to the 'on' position. You will hear a beep and the console will light up.



QUICK START UP

Simply press the Start button to begin exercising.



RESET

Press and hold the Stop button to reset the treadmill.

DEVELOPING A FITNESS PROGRAM

STRETCH FIRST

Before using your Horizon Fitness product, it is best to take a few minutes doing a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

WALL PUSH

Stand near a wall with the toes of one foot about 18" from the wall, and the other foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Alternate positions of your feet and repeat for a total of 8 repetitions.

STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for a count of 15 seconds. Repeat with your right ankle and hand, and continue alternating for a total of 8 repetitions.

SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat for a total of 8 repetitions.

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 - 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

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.

PROGRAM DETAILS

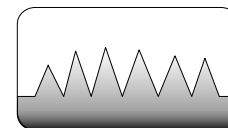
P1 - MANUAL

Customized workouts with no default time.



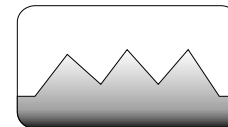
P2 - INTERVALS

Improves your strength, speed, and endurance by raising and lowering the resistance level throughout your workout to involve both your heart and muscles. Time defaults to 24 minutes.



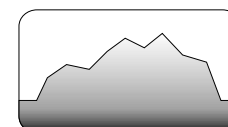
P3 - ROLLING

Maintains weight by gradually raising and lowering the resistance level to gradually raise and lower your heart rate. Time defaults to 32 minutes.



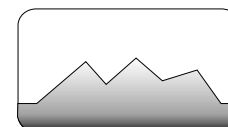
P4 - WEIGHT LOSS

Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat-burning zone. Time defaults to 48 minutes.



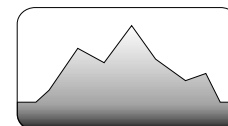
P5 - FOOTHILLS

Improves strength and endurance by offering a higher amount of resistance to simulate uphill walking. Time defaults to 30 minutes.



P6 - MOUNTAIN

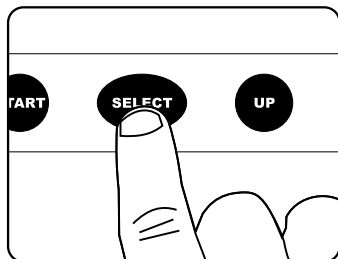
Improves performance by raising the resistance level to a high peak then lowering it again. Time defaults to 20 minutes.



DISPLAY

SCAN FUNCTION

During a workout, you can view alternate information such as laps, watts, and calories by pressing the Select button. Once pressed, the alternate information will be shown for a few seconds. The console will then default back to the original readout information.



Time - Shown as Minutes:Seconds. View the time remaining or the time elapsed in your workout.

Distance - Shown as Miles. View the accumulated distance during your workout.

Laps - One lap equals 1/4 of a mile. View the accumulated laps during your workout.

RPM - Shown as Revolutions per Minute. Improve striding technique while reducing leg muscle fatigue by striding between 60 & 70 RPM.

Watts - A measurement of your expending energy. May be used to evaluate and quantify your fitness progress over time.

Pulse - Shown as Beats per Minute. You can monitor your heart rate at any time during your workout.

Calories - Shown as total accumulated calories burned during your workout.

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 which will transmit 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 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.

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

The most important maintenance step is to simply wipe your perspiration off of the machine after each use. It is recommended to use soap and water to clean your machine. Never use solvents on the plastic pieces. It is especially important to clean the wheels and guide rails to prevent wear or scratching.

TROUBLESHOOTING

Horizon Fitness ellipticals are designed to be reliable and easy to use. However, if you have a problem, please reference the troubleshooting guide listed below.

PROBLEM: The console does not light up.

SOLUTION: Verify that the console cable is connected properly to the console.

PROBLEM: Heart rate readout appears to be erratic.

SOLUTION: If you are experiencing erratic readouts, it could be due to your exercise habits. Try to hold the heart rate pads only long enough to get a readout. Repeat this throughout the workout, but try not to constantly hold the heart rate pads.

PROBLEM: The elliptical trainer makes a squeaking or chirping noise.

SOLUTION: Tighten all bolts on the elliptical trainer. If problem persists, please see Maintenance Section.

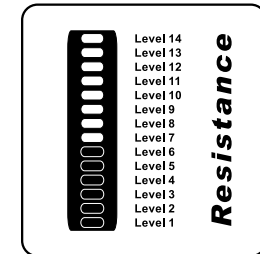
If the above troubleshooting section does not remedy the problem, discontinue use and turn the power off.

DO NOT RETURN TO THE STORE, PLEASE CONTACT THE HORIZON FITNESS CUSTOMER ASSISTANCE CENTER; TOLLFREE @ 1-888-993-3199.

DISPLAY

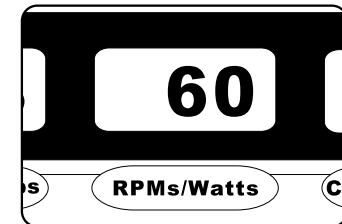
RESISTANCE

During a workout, the amount of pedaling resistance can be adjusted by pressing the Up or Down buttons on the console. The resistance levels vary from level 1 to level 14.



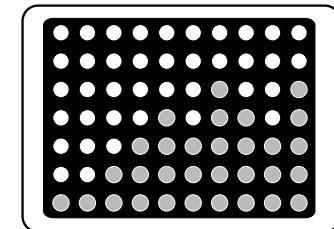
WATTS

Shown in the top right-hand display window. Indicates how fast your walking or running surface is moving.



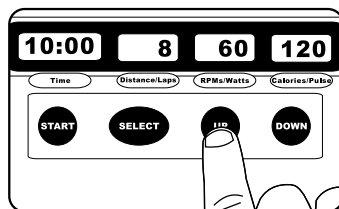
PROFILE

One lap around the profile window equals 1/4 of a mile



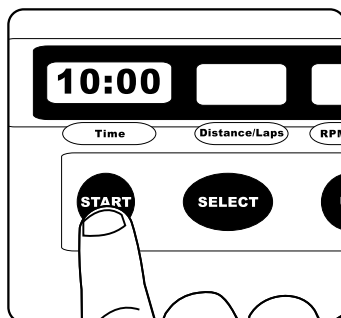
CHOOSING A PROGRAM

The program will automatically default to the Manual program unless another program is selected. To select a different program, press the UP or Down button. The program profile lights will show you which program you have selected. Once you choose a program, press the Select button.



CHOOSING THE TIME

After you choose a program, the default time will be shown. To choose a different time, press the Up or Down buttons. Once you choose a time, press the Start button.



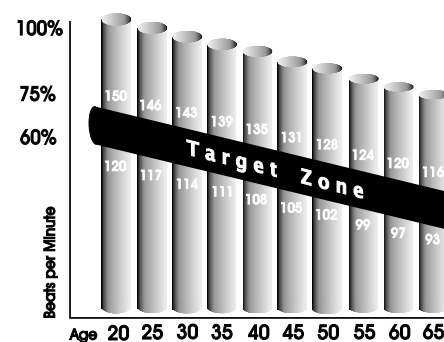
FINISHING A WORKOUT

To stop your workout, gradually slow down your pace. Remember you are in control of the speed of the foot pedals. The machine will not stop moving if you stop your feet abruptly. After you have completed your workout, the console will retain the data from your workout until you push and hold the Start button.

TARGET HEART RATE ZONE

Your Target Heart Rate Zone is a percentage of your maximum heart rate. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. See the chart below for convenient reference.

EXAMPLE for a 42-year old user: find AGE along the bottom of the chart (round to 40), follow AGE column up to the TARGET ZONE BAR. RESULTS: 60% of maximum Hear Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.



Heart Rate Chart

Monitoring Your Heart Rate

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. It is recommended that you hold the grip pulse handlebars only long enough to see your heart rate readout on the console. You may experience an erratic readout if consistently holding the grip pulse handlebars.