



GS1050T

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

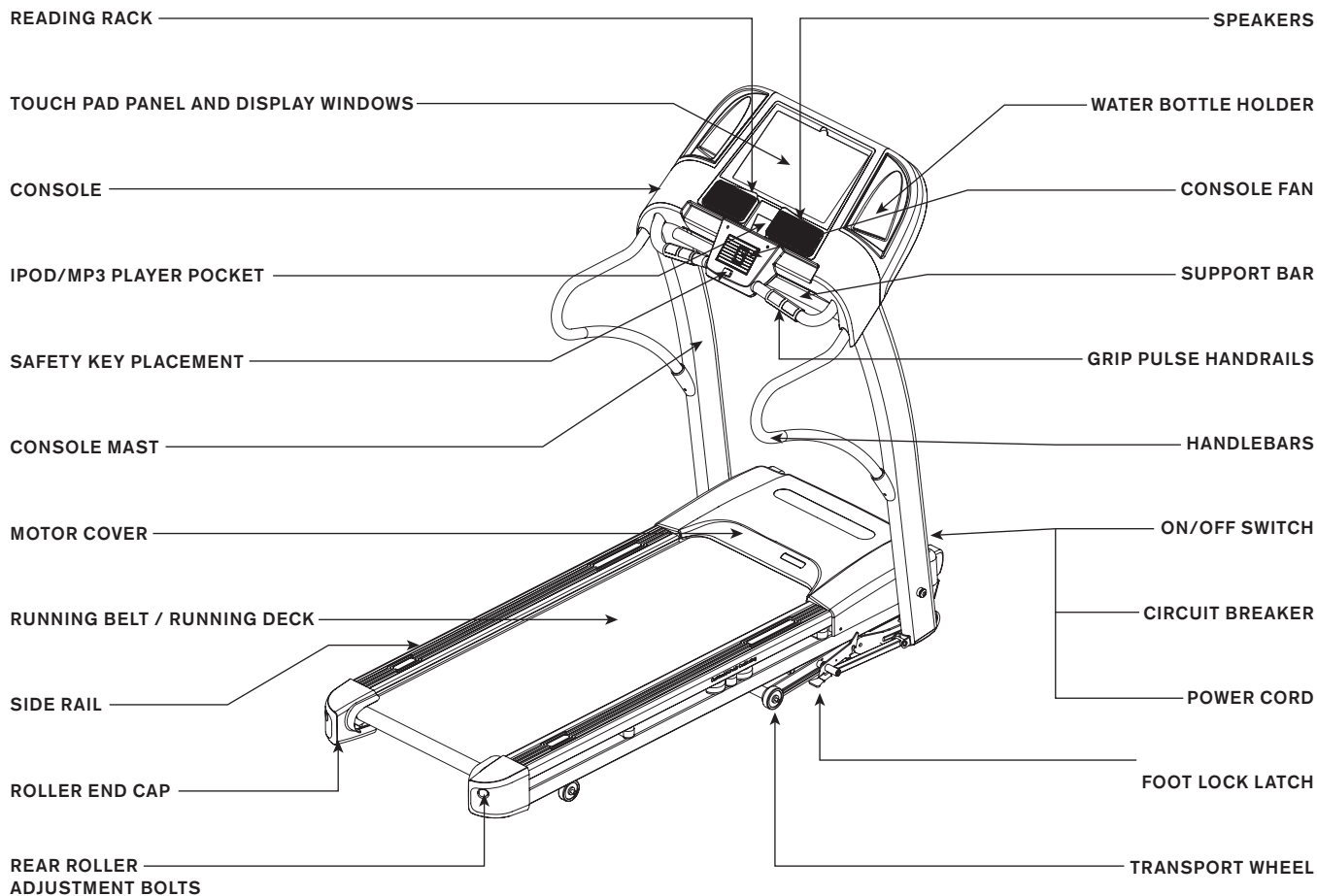
ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

SERIAL NUMBER:

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MODEL NAME: **HORIZON GS1050T 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.



TOOLS INCLUDED:

- ☐ 4 mm L-wrench
- ☐ 6 mm L-wrench
- ☐ 10 mm L-wrench
- ☐ 6 mm T-wrench
- ☐ 17mm Flat Wrench
- ☐ Screwdriver

PARTS INCLUDED:

- ☐ 1 Console Assembly
- ☐ 2 Console Masts
- ☐ 2 Handlebars
- ☐ 2 Handlebar Boots
- ☐ 1 Support Bar
- ☐ 5 Hardware Bags
- ☐ 1 Safety Key
- ☐ 1 Power Cable
- ☐ 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 each assembly step, ensure that **ALL** nuts and bolts are in place and partially threaded in before completely tightening any **ONE** bolt.

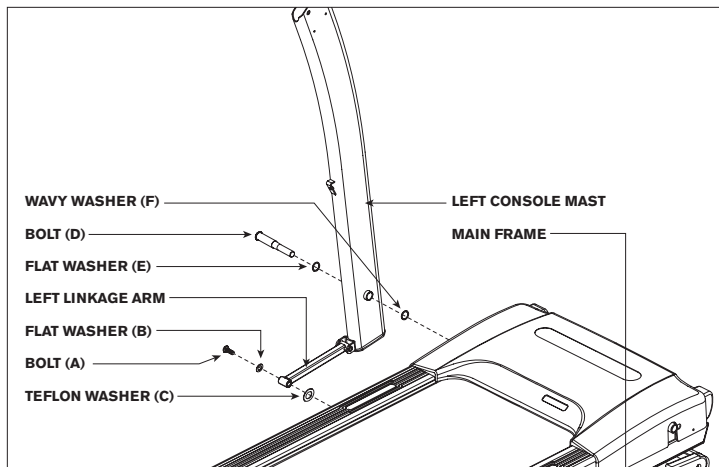
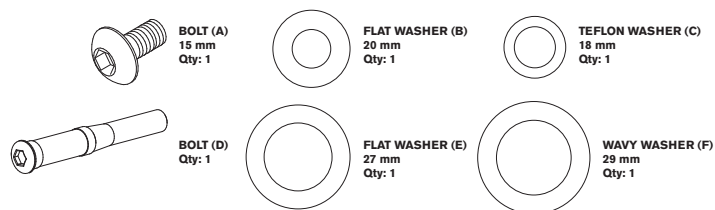
NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.



ASSEMBLY STEP 1



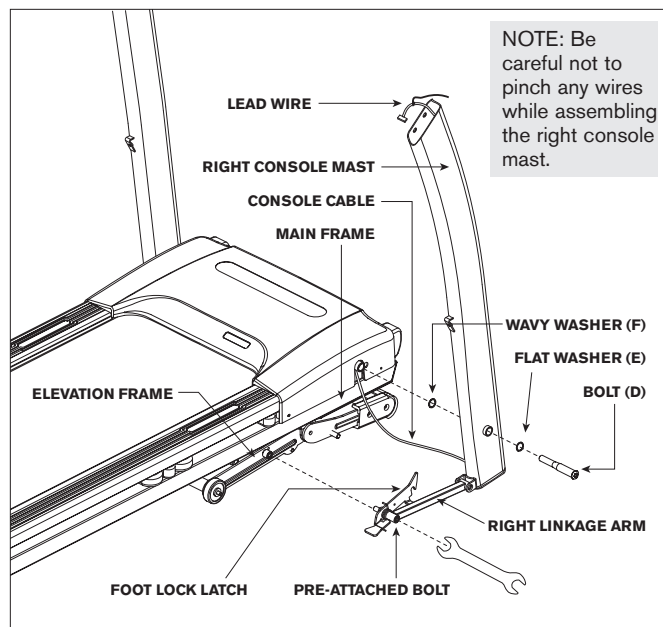
HARDWARE BAG 1 CONTENTS :



- A Open **HARDWARE BAG 1**.
- B Cut banding straps. Do not move or lift treadmill from packaging.
- C Move **LEFT LINKAGE ARM** into position. Insert **BOLT (A)** and **FLAT WASHER (B)** into **LEFT LINKAGE ARM** followed by a **TEFLON WASHER (C)** and attach to elevation frame.
- D Lift **LEFT CONSOLE MAST** into upright position. Be sure to hold the console mast firmly, as it will not stay in the upright position on its own.
- E Insert **BOLT (D)** and 1 **FLAT WASHER (E)** through **LEFT CONSOLE MAST** followed by a **WAVY WASHER (F)** and attach to **MAIN FRAME**.

ASSEMBLY STEP 2

HARDWARE BAG 2 CONTENTS :



⚠ ATTENTION

If you have attempted to move the treadmill from the box and the machine has sprung open and cannot be assembled, refer to the troubleshooting section in the TREADMILL GUIDE in order to restore the treadmill to its proper position.

- A Pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the lead wire through the mast, the top of the **CONSOLE CABLES** should be located at the top of the mast. Detach and discard **LEAD WIRE**.
- B Open **HARDWARE BAG 2**.
- C Move **RIGHT LINKAGE ARM** into position and attach to **ELEVATION FRAME**. While holding **RIGHT CONSOLE MAST** in the upright position, tighten **PRE-ATTACHED BOLT** using flat wrench to attach **RIGHT LINKAGE ARM**.
- D Attach **RIGHT CONSOLE MAST** to **MAIN FRAME** using 1 **BOLT (D)**, 1 **FLAT WASHER (E)** and 1 **WAVY WASHER (F)**.
- E Lift the **RUNNING DECK** until **FOOT LOCK LATCH** on side of treadmill is fully engaged.
- F Remove **CONSOLE** from box and place out of the way.
- G Lower the treadmill **RUNNING DECK** from the folded position by stepping on **FOOT LOCK LATCH** on lower right side.



ASSEMBLY STEP 3



HARDWARE BAG 3 CONTENTS :



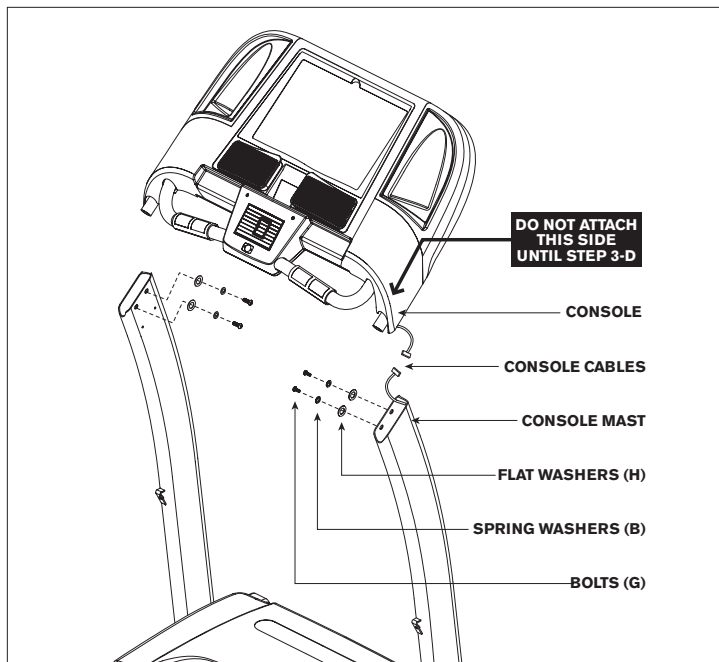
BOLT (G)
15 mm
Qty: 4



SPRING WASHER (B)
15 mm
Qty: 4



FLAT WASHER (H)
20 mm
Qty: 4



- 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 2 **BOLTS (G)**, 2 **SPRING WASHERS (B)** and 2 **FLAT WASHERS (H)**.

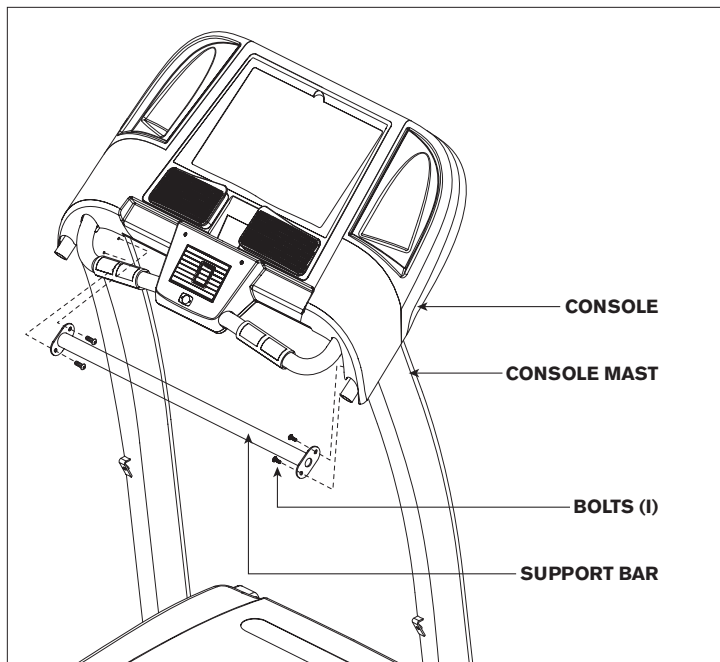
NOTE: Do not completely tighten **BOLTS (G)** until step 4-D.

- D Connect the **CONSOLE CABLES**, carefully tucking wires in masts to avoid damage.
- E Attach the **RIGHT SIDE** of the **CONSOLE** using 2 **BOLTS (D)**, 2 **SPRING WASHERS (B)** and 2 **FLAT WASHERS (C)**.

NOTE: Be careful not to pinch any wires while attaching the console.

ASSEMBLY **STEP 4**

HARDWARE BAG 4 CONTENTS :



- A Open **HARDWARE BAG 4**.
- B Align **SUPPORT BAR** with holes in **CONSOLE MASTS**.
- C Insert **BOLTS (I)** 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 **CONSOLE** bolts (step 3) and **SUPPORT BAR** bolts (step 4) completely.



ASSEMBLY STEP 5

HARDWARE BAG 5 CONTENTS :



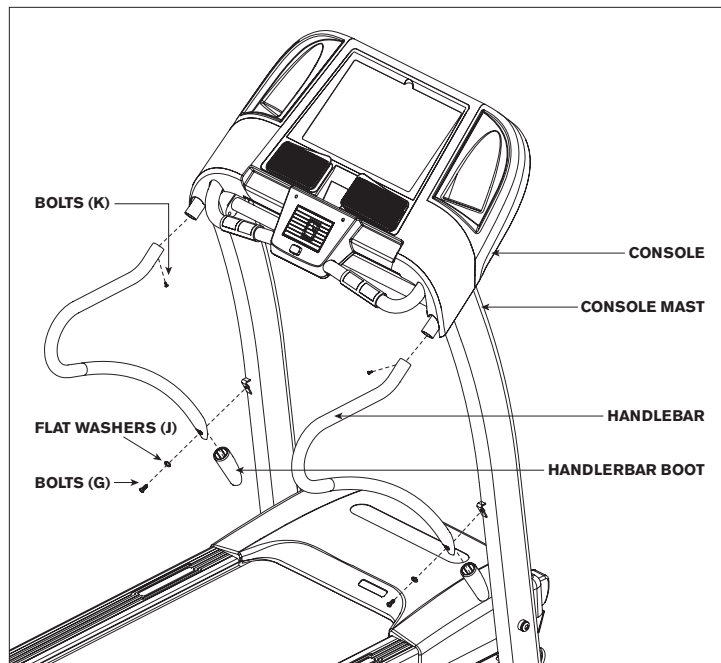
BOLT (K)
12 mm
Qty: 2



FLAT WASHER (J)
15 mm
Qty: 2



BOLT (G)
15 mm
Qty: 2



- A Open **HARDWARE BAG 5**.
- B Slide left **HANDLEBAR** to **CONSOLE** and attach using 1 **BOLT (K)**.
- C Slide **HANDLEBAR BOOT UP** over bottom of **HANDLEBAR**.
- D Attach left **HANDLEBAR** to **CONSOLE MAST** using 1 **BOLT (G)** and 1 **FLAT WASHER (J)**.
- E Slide **HANDLEBAR BOOT** down to cover **HANDLEBAR-MAST** connection.
- F Repeat on other side.
- G Connect power plug to the treadmill and connect the cord 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.
- H Before the first use, lubricate the treadmill deck by following the instructions in the **MAINTENANCE** section in the **TREADMILL GUIDE**.

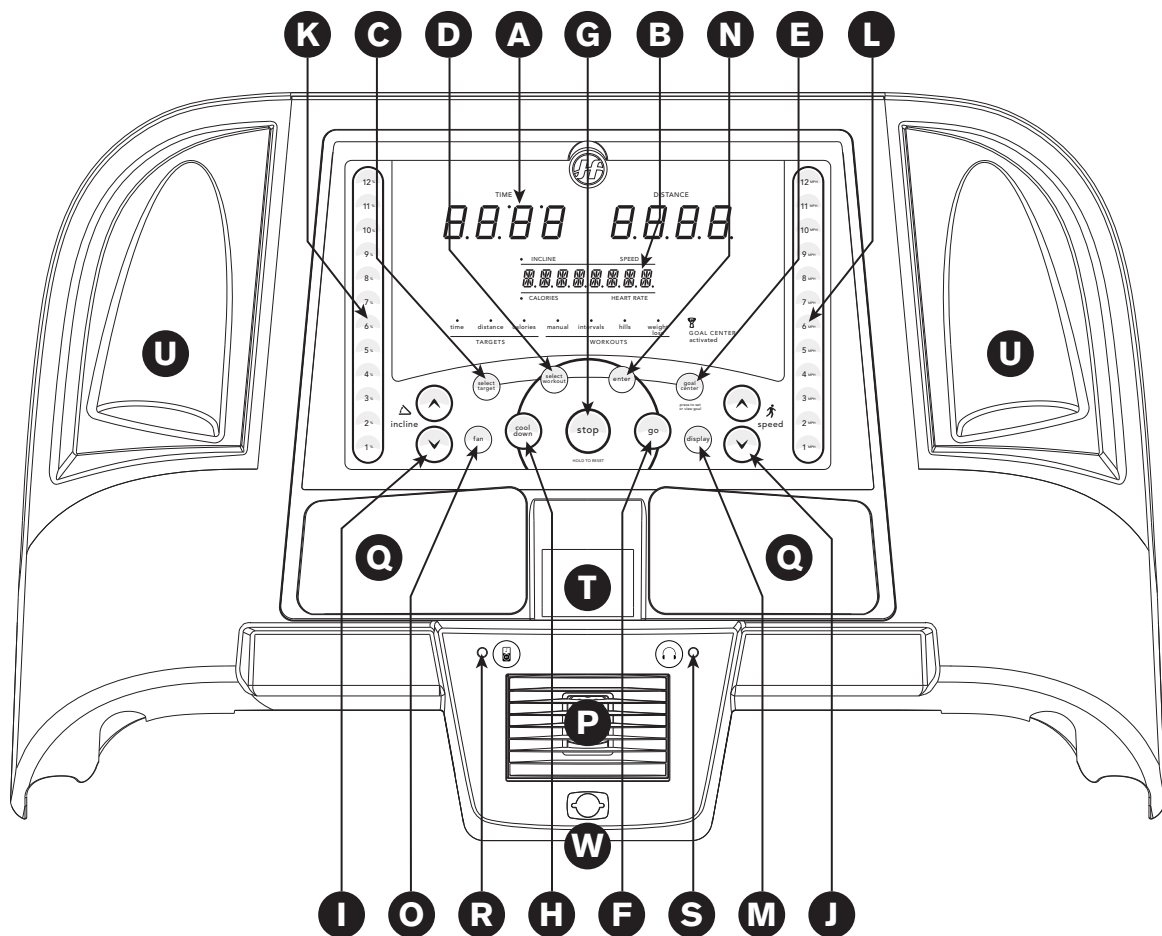
ASSEMBLY COMPLETE!

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**

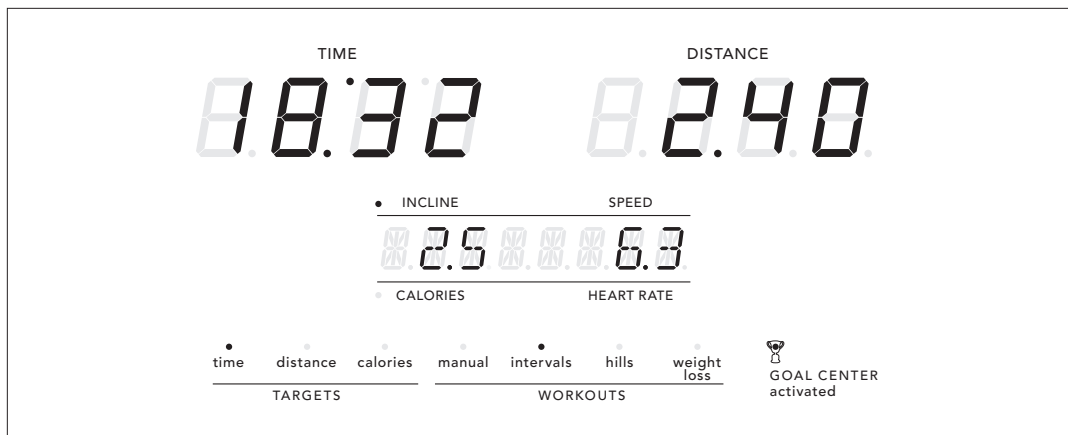


CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) **DISPLAY WINDOWS:** time, distance, calories, heart rate, speed and incline.
- B) **ALPHANUMERIC DISPLAY:** displays goal and program information.
- C) **SELECT TARGET:** press to select your desired target.
- D) **SELECT WORKOUT:** press to select your desired workout.
- E) **GOAL CENTER™:** press to set or view your goal.
- F) **GO:** 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) **COOL DOWN:** press to enter cool down mode. Cool down lasts for 4 minutes and reduces speed and incline to allow your heart to readjust to decreased demand.
- I) **INCLINE ▲ / ▼ KEYS:** used to adjust incline in small increments (0.5% increments).
- J) **SPEED ▲ / ▼ KEYS:** used to adjust speed in small increments (0.1 MPH increments).
- K) **INCLINE QUICK KEYS:** used to reach desired incline more quickly.
- L) **SPEED QUICK KEYS:** used to reach desired speed more quickly.
- M) **DISPLAY:** press to change display feedback during workout.
- N) **ENTER:** used to confirm target and workout settings.
- O) **FAN KEY:** press to turn fan on and off.
- P) **FAN:** personal workout fan.
- Q) **SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- R) **AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- S) **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.
- T) **MP3 PLAYER POCKET:** used to store your MP3 player.
- U) **WATER BOTTLE POCKETS:** holds personal workout equipment.
- V) **READING RACK:** holds reading material.
- W) **SAFETY KEY POSITION:** enables treadmill when safety key is inserted.





DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.
- **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.
- **SPEED:** Shown as MPH. Indicates how fast your walking or running surface is moving.
- **CALORIES:** Total calories burned or calories remaining left to burn during your workout.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **TARGETS:** LED lights up next to currently selected target. If no LED is lit, no target is activated.
- **WORKOUTS:** LED lights up next to currently selected workout.
- **GOAL CENTER™:** LED lights up when GOAL CENTER™ is activated.

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 GO key to begin working out.
Time, distance, and calories will all count up from zero.
OR...

B) SELECT A TARGET AND WORKOUT

- 1) Select a TARGET using the SELECT TARGET key.
- 2) Adjust the TARGET settings using the ARROW keys.
- 3) Press ENTER to advance.
- 4) Select a WORKOUT using the SELECT WORKOUT key.
- 5) Press GO to begin workout.

NOTE: If no TARGET or WORKOUT is selected, the program will function as a MANUAL program. All changes in speed and incline will need to be from the user in this setting.

CHANGING YOUR TARGET MID-WORKOUT

You can change your Target “on-the-fly” without losing your current workout stats.

Anytime during your workout, press the SELECT TARGET key until you have selected the new TARGET you would like.

Use the ▲ / ▼ keys to enter in the value of your new TARGET and press ENTER. All previous workout statistics will be rolled into the new TARGET, so you’ll never miss a beat.

NOTE: If you accidentally press the SELECT TARGET key during a workout, if no buttons are pressed after 5 seconds, the current target will resume.

CHANGING YOUR WORKOUT MID-WORKOUT

You can change your Workout “on-the-fly”.

Anytime during your workout, press the SELECT WORKOUT key until you have selected the new WORKOUT you would like. Press ENTER.

New WORKOUT will begin at the first segment after warm up and all workout statistics will roll over.

NOTE: If you accidentally press the SELECT WORKOUT button during a workout, if no buttons are pressed after 5 seconds the current program will resume.



TARGET PROFILES



TARGET 1 – TIME: Allows user to set a target based on how long they would like to workout. Time targets can range from 15:00 – 99:00. TIME will count down. DISTANCE and CALORIES will count up from zero.



TARGET 2 – DISTANCE: Allows user to set a target based on distance they would like to complete. Distance target can range from 0.25 – 26.25 miles. DISTANCE will count down. TIME and CALORIES will count up from zero.



TARGET 3 – CALORIES: Allows user to set a target based on the number of calories they would like to burn. Calories target can range from 20 – 980 calories. CALORIES will count down. TIME and DISTANCE will count up from zero.



NO TARGET: Allows user to select a workout profile that has no specified time, distance, or calorie target. TIME, DISTANCE, and CALORIES will all count up from zero.

WORKOUT PROFILES

NOTE: Adjusting the speed and/or incline during your workout will affect the program intensity resulting in the speed and incline changing accordingly for each program segment.

- 1) MANUAL:** Allows 'on the fly' manual speed and incline changes.
- 2) INTERVALS:** Improves your strength, speed and endurance by increasing and decreasing the speed throughout your workout to involve your heart and other muscles.

Segment	Warm Up		1	2	Segments 1 & 2 repeat until target is complete
Time	4:00 Mins		90 sec	30 sec	
Speed	1	1.5	2	4	
Incline	1	1.5	0.5	1.5	



3) HILLS: Simulates running up and down hills to improve stamina.

Segment	Warm Up		1	2	3	4	5	6	7	8	Segments 1–8 repeat until target is complete
Time	4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	
Incline	1	1.5	2	2.5	3	3.5	4	3.5	3	2.5	

4) WEIGHT LOSS: Promotes weight loss by increasing and decreasing the speed, while keeping you in your fat burning zone.

Segment	Warm Up		1	2	3	4	5	6	7	8	Segments 1–8 repeat until target is complete
Time	4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	
Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5	
Speed	1	1.5	2	2.5	3	3.5	4	3.5	3	2.5	



GOAL CENTER™

Research shows that those who create and track their fitness goals, on average, achieve greater success than those who do not. Because your new treadmill is equipped with Horizon's exclusive GOAL CENTER™ Performance Tracker, you've taken an important step towards achieving your fitness goals. GOAL CENTER™ is innovative new software, integrated into your treadmill console, that will allow you to track your fitness goals over time, without the need for paper journals or logs. Read further to learn about how GOAL CENTER™ can help motivate you to enhance your performance.

GOAL CENTER™ SETUP

- 1) Select USER 1 or USER 2 using the ▲ / ▼ keys and press ENTER.
 - 2) Press and hold GOAL CENTER™ for approximately five seconds.
 - 3) Press SELECT TARGET key to select time, distance or calorie goal.
 - 4) Use ▲ / ▼ keys to select goal value and press ENTER.
 - 5) Use the ▲ / ▼ keys to select the NUMBER OF DAYS to complete the goal.
 - 6) Press ENTER again to exit the setup mode.
- NOTE: These steps can also be used to erase an existing goal and set a new one.

VIEWING GOAL PROGRESS

When logged into your user profile, you can view progress toward your goal by pressing the GOAL CENTER™ key. The console will scroll the remaining time, distance or calories, depending on the goal selected and will also scroll the time remaining to achieve that goal.

NOTE: For workout data to accumulate towards a user's goal, you MUST first select that user before beginning a workout.

TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

COOL DOWN

Puts treadmill into cool down mode. Cool down lasts for four minutes and reduces speed and incline to allow your heart to readjust to decreased demand.

FINISHING YOUR WORKOUT

When your workout is complete, the monitor display will flash "FINISHED" and beep. Your workout information will stay displayed on the console for 30-45 seconds and then reset.

CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the STOP button for 3-5 seconds.

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.



LIMITED HOME-USE WARRANTY





WEIGHT CAPACITY = 325 lbs (147 kilograms)

FRAME • LIFETIME

Horizon Fitness warrants the frame against defects in workmanship and materials for the lifetime of the original 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.)

MOTOR • LIFETIME

Horizon Fitness warrants the motor against defects in workmanship and materials for the lifetime of the original 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.

- 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.

SERVICE/RETURNS

- 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.





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.



1-800-244-4192
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Horizon Fitness
1600 Landmark Drive,
Cottage Grove WI, 53527

MAY BE COVERED BY ONE OR MORE
PATENTS OR PATENTS PENDING

US 6273843	TW 586429
TW 494765	US 7104930
CN 03206094.7	CN 01230904.4
US 6682460	