

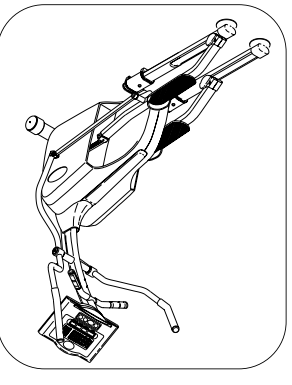
# Assembly Guide

IMPORTANT SAFETY INSTRUCTIONS  
PLEASE READ THESE INSTRUCTIONS



Horizon Fitness  
1888.993.3199  
www.horizonfitness.com

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www.horizonfitness.com  
OR  
Horizon Fitness at 1-888-993-3199  
Please contact  
DO NOT RETURN TO THE STORE.  
In the event that a problem should arise,



ENDURANCE PRO ELLIPTICAL TRAINER



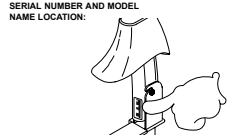
**Congratulations** on choosing a Horizon Fitness Elliptical Trainer. You've taken an important step in developing and sustaining an exercise program! Your Horizon Fitness Elliptical Trainer is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Horizon Fitness 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, DIZZINESS 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:



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 manufacturer.
  - Never drop or insert any object into any opening.
  - Do not remove the elliptical trainer's side cover panels. 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 or subjected to any other conditions that would present a risk of fire, electric shock, or other hazardous conditions.
  - Do not use outdoors.
  - Only use the power cord provided with your Horizon Fitness elliptical trainer.
  - Never place the power cord over 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 handrails are secure before each use.
- Read the owner's guide before operating this elliptical trainer.
- Maintain a comfortable pace. Do not rest "upside-down" above 90 degrees on this machine.
- To maintain balance it is recommended to keep a grip on the handrails 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.

**COMMON PROBLEM QUESTIONS**

Are the sounds my Elliptical Trainer make normal?

Our elliptical trainers are some of the quietest available because they use non-metallic bearings throughout our elliptical trainer so lubrication is not needed. The most frequent maintenance steps to improve your performance are in a scheduled maintenance.

What kind of maintenance is required?

Check to make sure the wheels have been lubricated. Your Horizon Fitness Elliptical Trainer has a year of transport wheels built into the front and rear. It is important that you check your wheels on a regular basis. It is easy to move your elliptical trainer by rolling it on the front transport wheels. Your Horizon Fitness Elliptical Trainer is designed to be moved through a doorway or a window. At all times, make sure you are moving it in a safe manner. The most frequent maintenance steps to improve your performance are in a scheduled maintenance.

How long will the warranty last?

The company including we has been included warranty providers for more than 20 years. We have a strong reputation for providing high quality products and excellent customer service. We have a strong reputation for providing high quality products and excellent customer service. We have a strong reputation for providing high quality products and excellent customer service.

What should I do if the product is not working properly?

If you are having trouble with your product, please contact our customer service department. We will be happy to help you. We will be happy to help you. We will be happy to help you.

Why is the product not working properly?

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**EXCLUSIONS AND LIMITATIONS**

This warranty applies only to the original owner and is not transferable. The warranty is void if the product is used for commercial purposes or if the product is damaged, altered, modified, repaired, or if the product is used in a manner not intended by the manufacturer. The warranty is void if the product is used in a manner not intended by the manufacturer. The warranty is void if the product is used in a manner not intended by the manufacturer.

**WARRANTY REGISTRATION**

Before a warranty claim can be processed, you must register your product. Please visit our website at [www.horizonfitness.com](http://www.horizonfitness.com) to register your product. Please visit our website at [www.horizonfitness.com](http://www.horizonfitness.com) to register your product.



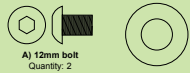
# ENDURANCE PRO

## 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 Tube                            | • 4mm Allen Wrench    |
| • 2 Upper Handlebars                      | • Screw Driver        |
| • 2 Lower Handlebar Assemblies            | • 13/17mm Flat Wrench |
| • 2 Pedal Arms                            |                       |
| • 1 Console                               |                       |
| • 2 Pedal Arm Sleeves                     |                       |
| • 1 Hardware Pack (contents listed below) |                       |

## Hardware (Actual Size)



A) 12mm bolt  
Quantity: 2



B) 20mm Bolt  
Quantity: 5



H) 22mm Wavy Washer  
Quantity: 2



E) Teflon Washer  
Quantity: 2



F) 4mm Screw  
Quantity: 5



I) 25mm Washer  
Quantity: 2



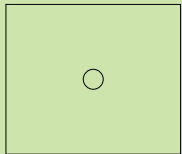
J) 28mm Washer (L.D. 17mm)  
Quantity: 2



C) 17mm Nylon Nut  
Quantity: 2



D) 28mm Washer (L.D. 10mm)  
Quantity: 2



K) Teflon Spacer  
Quantity: 2

**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 1

### Attaching the foot tube

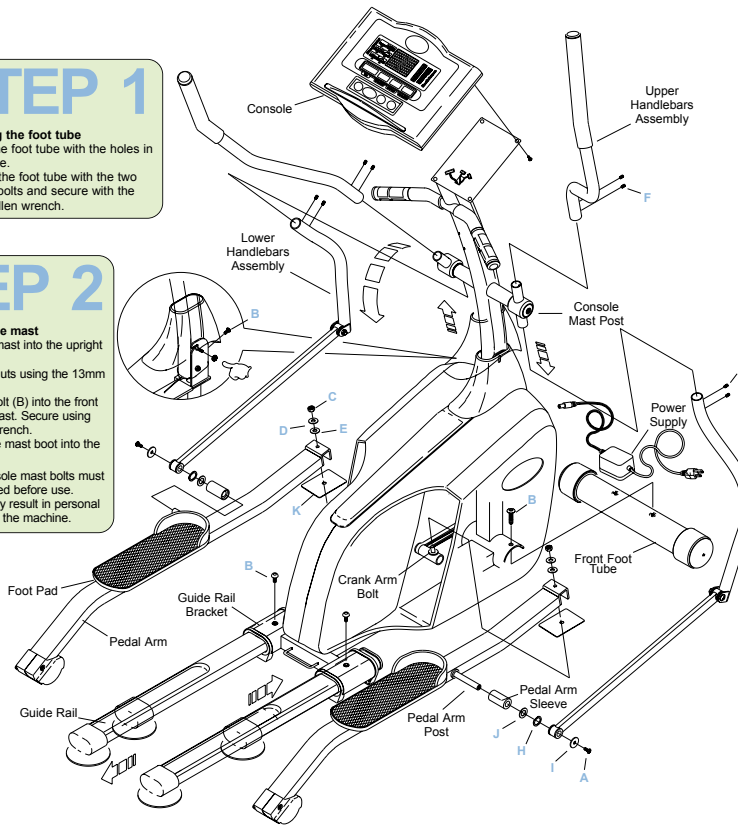
- Align the foot tube with the holes in the base.
- Attach the foot tube with the two 20mm bolts and secure with the 5mm Allen wrench.

## 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 (B) into the front of the console mast. Secure using the 5mm Allen wrench.
- Slide the console mast bolt 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 and pedal arms

- Pull out the right guide rail and align with the hole in the guide rail bracket. Secure with a 20mm bolt (B) using the 5mm Allen wrench.
- 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 the step for the left side.

## STEP 4

### Attach the handlebars

- Place a pedal arm sleeve, 28mm flat washer (J) and a 22mm way washer (H) onto the right pedal arm post.
- Slide a lower handlebar assembly onto the pedal arm post. Secure with a 25mm washer (I) and a 12mm bolt (A) using the 5mm Allen wrench.
- Slide the top portion of the lower handlebar assembly into the console mast post. Secure with two 8mm screws (F) using the 4mm Allen wrench.
- Attach the right upper handlebar onto the console mast post. Secure with two 8mm screws (F) using the 4mm Allen wrench.
- Repeat the step 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. Secure using the screwdriver.
- Note:** Screws 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.

CUSTOMER ASSISTANCE CENTER 1.888.993.3199 or [www.horizonfitness.com](http://www.horizonfitness.com)