

FOR MODEL : SXE 7.7



ELLIPTICAL ASSEMBLY & USER'S GUIDE

INTRODUCTION

CONGRATULATIONS and **THANK YOU** for your purchase of this Horizon Fitness elliptical!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, a Horizon Fitness elliptical *can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics* and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with one of the strongest frame-to-brake warranty packages in the industry.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

Horizon Fitness delivers.

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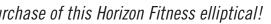
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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read all instructions before using this elliptical. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this elliptical. It is the responsibility of the owner to ensure that all users of this elliptical are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact Sears at the number listed on the back cover of this manual.



A WARNING To reduce the risk of burns, fire, electrical shock or injury to persons:

- If you experience any kind of pain, including, but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- 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.
- Do not wear clothes that might catch on any part of the elliptical.
- Do not turn pedal arms by hand.
- Make sure handlebars are secure before each use.
- Do not insert or drop any object into any opening.
- Unplug elliptical before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- This elliptical should not be used by persons weighing more than 275 pounds. Failure to comply will void the warranty.
- This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use elliptical in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- Use the elliptical only as described in this manual.
- Keep the topside of the foot support clean and dry.
- Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- Disconnect all power before servicing the equipment.



At NO time should pets or children under the age of 12 be closer to the elliptical than 10 feet. At NO time should children under the age of 12 use the elliptical. Children over the age of 12 should not use the elliptical without adult supervision.

It is essential that your elliptical is used only indoors, in a climate controlled room. If your elliptical has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the elliptical is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

ASSEMBLY

IMPORTANT: READ THESE SAFETY INSTRUCTIONS BEFORE USE!



There are several areas during the assembly process of a elliptical 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 elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

UNPACKING

Unpack the product where you will be using it. Place the product on a level flat surface. It is recommended that you place a protective covering on your floor. 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.

Before proceeding, find your elliptical's serial number located on the front stabilizer tube and enter it in the space provided below. Also locate the model name which is located on the side cover badge.

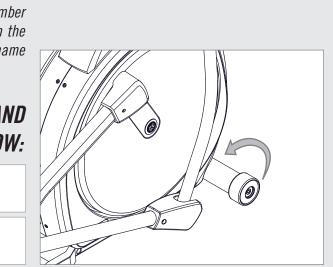
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

MODEL NAME:

* Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

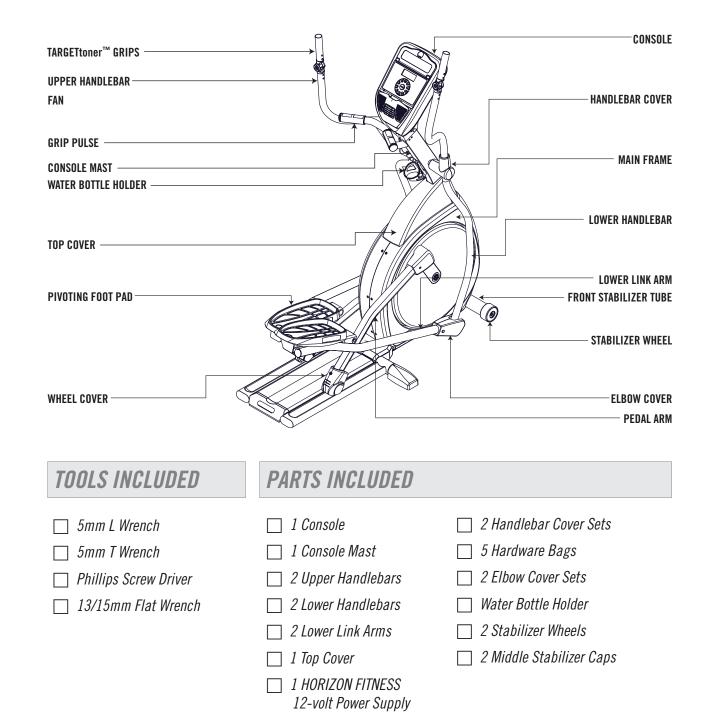
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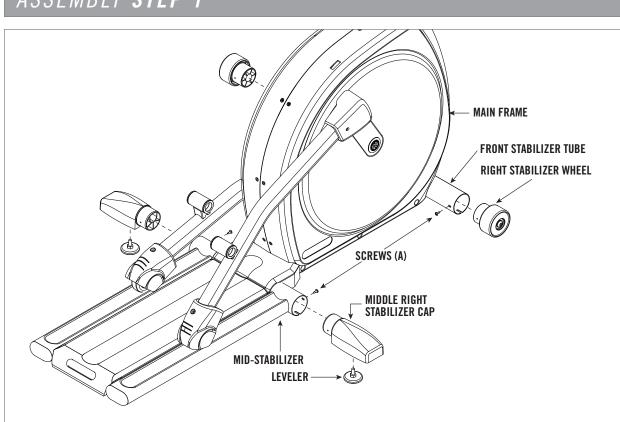




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ASSEMBLY STEP 1

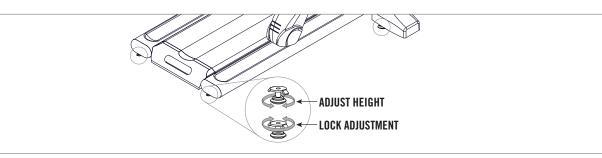


A) Open HARDWARE BAG FOR STEP 1.

B) Slide the **RIGHT STABILIZER WHEEL** into the **FRONT STABILIZER TUBE** and attach using 1 **SCREW (A)**.

C) Slide the MIDDLE RIGHT STABILIZER CAP into the MID-STABILIZER and attach using 1 SCREW (A).

D) Repeat on other side.



E) Adjust the **2 REAR LEVELERS** so the elliptical is level on the floor. Then adjust the 2 MIDDLE STABILIZER CAP LEVELERS so they are snug with the floor.

If you have questions or if there are any missing parts, contact 1-800-4-MY-HOME[®]. Further contact information is located on the back cover of this manual.

For a complete exploded diagram, see Quick Start and Parts Guide (included in User's Guide bag).



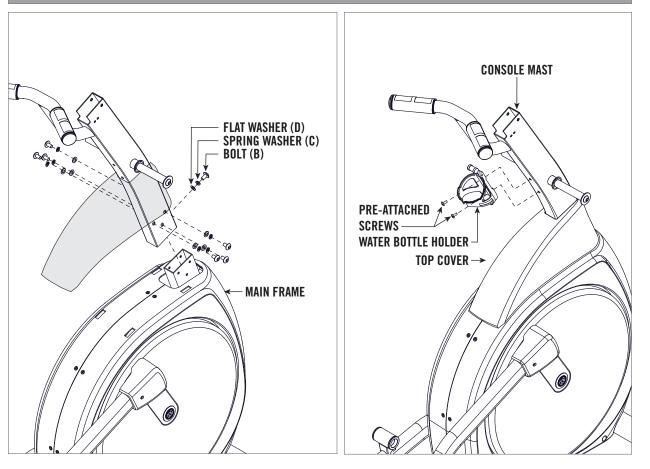
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SCREW (A) 10 mm Qty: 4





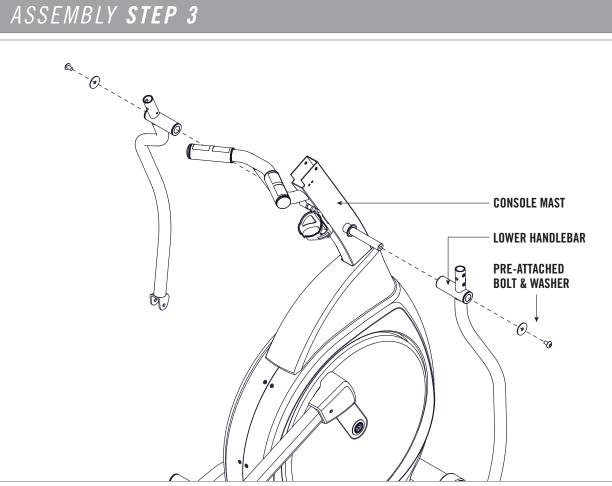
ASSEMBLY STEP 2



- A) Open HARDWARE BAG FOR STEP 2.
- B) Carefully slide the **TOP COVER** up over the **CONSOLE MAST**.
- C) Carefully pull the **CONSOLE WIRES** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST.**
- D) Attach the CONSOLE MAST to the MAIN FRAME using 7 BOLTS (B), 7 SPRING WASHERS (C) and 7 FLAT WASHERS (D).
- E) Slide the **TOP COVER** down onto the **MAIN FRAME**.
- F) Attach the WATER BOTTLE HOLDER to the CONSOLE MAST using 2 PRE-ATTACHED SCREWS.







A) There is no hardware bag for this step.

B) Remove PRE-ATTACHED BOLTS & WASHERS from CONSOLE MASTS.

C) Slide LOWER HANDLEBARS onto CONSOLE MAST and attach by using PRE-ATTACHED BOLTS & WASHERS.

Reminder: The upper and lower handlebars are marked with an L if they are to be used on the left-hand side of the elliptical or an **R** if they are to be used on the right-hand side of the elliptical. If the handlebars are assembled on the incorrect side of the elliptical, the unit will not function correctly.



After handlebars are assembled they will rotate freely – be cautious. Until the machine is fully assembled, do not grab the handlebars for support.

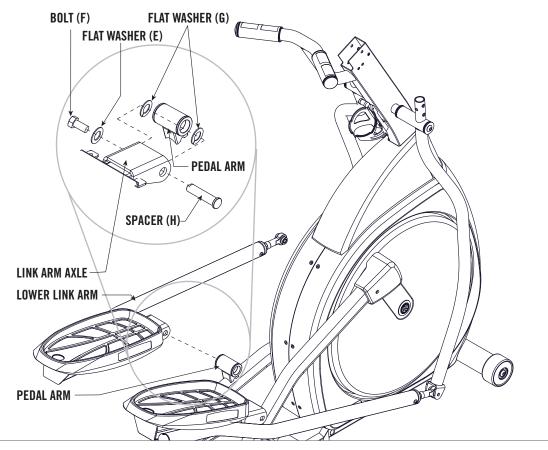
IMPORTANT PRECAUTIONS

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ASSEMBLY STEP 4



A) Open HARDWARE BAG FOR STEP 4.

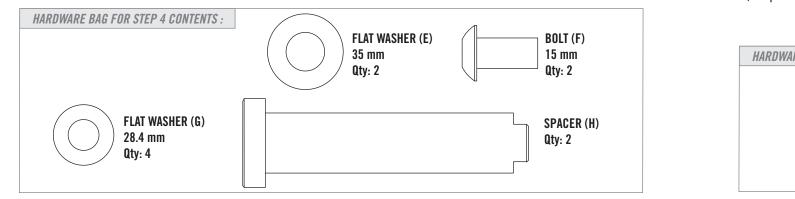
B) Align the LINK ARM AXLE on the LEFT LOWER LINK ARM with the RIGHT PEDAL ARM.

C) Slide the **SPACER (H)** through the **LINK ARM AXLE** and the **PEDAL ARM** until it can no longer rotate.

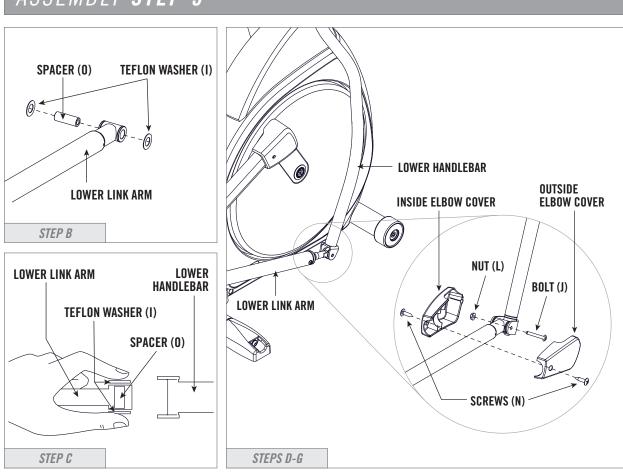
D) Insert 2 FLAT WASHERS (G) between the PEDAL ARM and the LINK ARM AXLE.

E) Secure the joint with a FLAT WASHER (E) and BOLT (F).

F) Repeat on the other side.



ASSEMBLY STEP 5



A) Open HARDWARE BAG FOR STEP 5.

B) Slide SPACER (0) into LOWER LINK ARM.

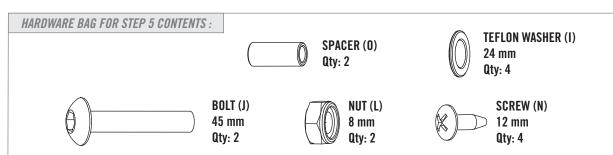
C) Place 2 TEFLON WASHERS (I) on both sides of SPACER (O). While holding TEFLON WASHERS (I), slide LOWER LINK ARM into bottom end of LOWER HANDLEBAR.

D) Insert 1 BOLT (J) into LOWER HANDLEBAR and secure using 1 NUT (L).

E) Repeat on other side.

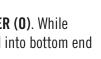
F) Attach the INSIDE and OUTSIDE ELBOW COVERS to the right LOWER LINK ARM using 2 SCREWS (N).

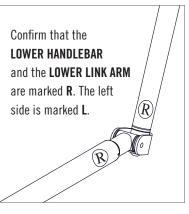
G) Repeat on other side.



IMPORTANT PRECAUTIONS

TROUBLESHOOTING & MAINTENANCE



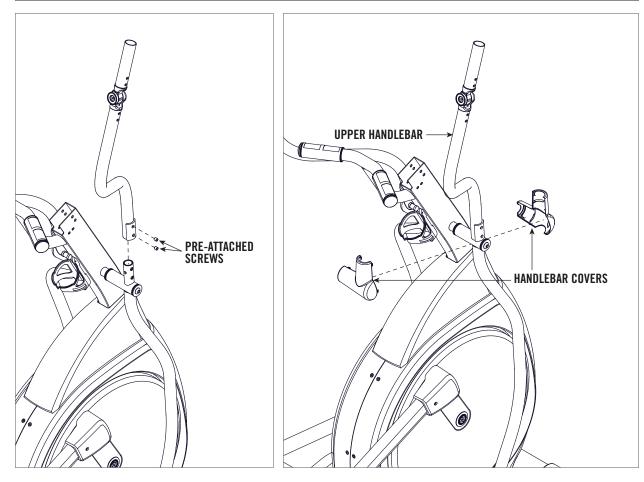








ASSEMBLY STEP 6

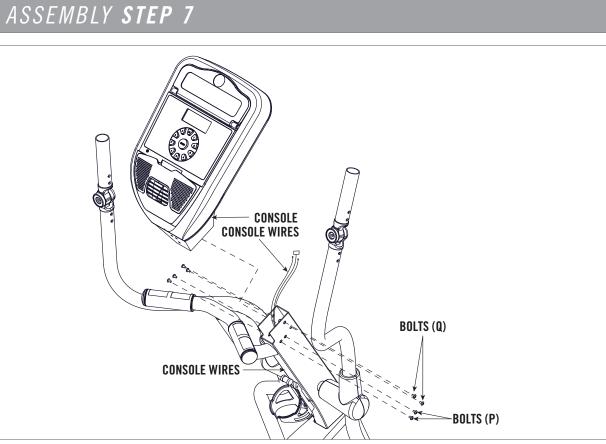


NOTE: There is NO hardware bag for this step.

- A) Slide UPPER HANDLEBARS onto LOWER HANDLEBARS and align NOTCH with TAB making sure handlebars are joined together completely. Secure UPPER HANDLEBARS to LOWER HANDLEBARS using PRE-ATTACHED SET SCREWS.
- B) Snap the front and back HANDLEBAR COVERS together onto the UPPER HANDLE BARS. Note the position of the snap tabs on the covers before snapping into position.

C) Repeat on other side.

Reminder: The upper and lower handlebars are marked with an **L** if they are to be used on the left-hand side of the elliptical or an **R** if they are to be used on the right-hand side of the elliptical. If the handlebars are assembled on the incorrect side of the elliptical, the unit will not function correctly.



A) Open HARDWARE BAG FOR STEP 7.

B) Attach the **CONSOLE MAST** wires to the **CONSOLE**.

C) Carefully tuck the **CONSOLE MAST** wires into the **CONSOLE MAST** before attaching the **CONSOLE**.

DO NOT PINCH WIRES!

D) Attach CONSOLE to the CONSOLE MAST using the 4 BOLTS (P) and 4 BOLTS (Q). NOTE: The longer bolts are closest to the user when on the Elliptical.

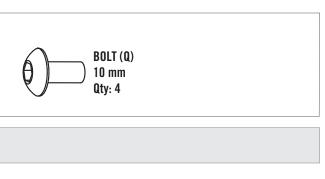
Connect AC ADAPTOR to the AC ADAPTOR INPUT, located at front of the main frame. Connect **ADAPTOR** to a power outlet. Flip the switch to the **ON** position. After a "beep", the **CONSOLE** will turn on.

HARDWARE BAG FOR STEP 7	CONTENTS :	BOLT (P)
	∇	Qty: 4

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BEFORE YOU BEGIN

CONGRATULATIONS! on choosing your elliptical. You've taken an important step in developing and sustaining an exercise program! Your elliptical is a tremendously effective tool for achieving your personal fitness goals. Regular use of your elliptical can improve the quality of your life in so many ways.

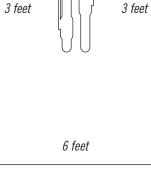
HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels

The key to reaping these benefits is to develop an exercise habit. Your new elliptical will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your elliptical in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE ELLIPTICAL

Place the elliptical on a level surface. There should be 6 feet of clearance behind the elliptical, 3 feet on each side and one foot in front for the power cord (See diagram to the right). Do not place the elliptical in any area that will block any vent or air openings. The elliptical should not be located in a garage, covered patio, near water or outdoors.



1 foot

ELLIPTICAL OPERATION

POWER

Your programmable elliptical is powered by a power supply. The power must be plugged into the power jack, which is located in the front of the machine near the STABILIZER TUBE. Make sure the console power switch is in in the ON position. Note: Not all units have an ON/OFF switch on the back side of the console.



Do not operate the elliptical if the power cord or plug is damaged. If the elliptical appears to not be working properly, do not use the elliptical.





Our ellipticals are well built and heavy, weighing up to 200 lbs! Use care and additional help if necessary when moving.

FOOT POSITIONING

Your elliptical offers a variety of foot positions. Moving your foot to the forward most position of the foot pad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the foot pad decreases your step height and creates more of a gliding feel, similar to a smooth walk or run.

Your elliptical also allows you to pedal both forward and backwards to offer a variation to your workout and to focus on other major leg muscle groups such as your hamstrings and calves.

TARGETtoner[™] GRIPS

Your SXE7.7 elliptical trainer with TARGETtoner™ Handgrips allows you to adjust your handlebar angle to five different positions. This breakthrough innovation delivers two key benefits: First, for beginners, it allows you to find the handgrip angle that's most comfortable to you, and will help you get started on your exercise program. Second, as you advance, you can adjust the handgrip position to tone different areas of your arms and shoulders.

To adjust the handgrip positions, simply push in the adjustment button and turn the handle to the desired position.

Note: Before beginning your workout, confirm that both the left and right handgrips are set to the same position.

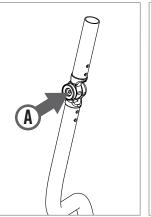
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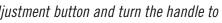
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MOVING

Your elliptical has a pair of transport wheels built into the FRONT STABILIZER TUBE. To move, first remove the power supply and firmly grasp the REAR STABILIZER BAR, carefully tilt and roll. Note: Be sure to grab the bar and not the plastic cover.











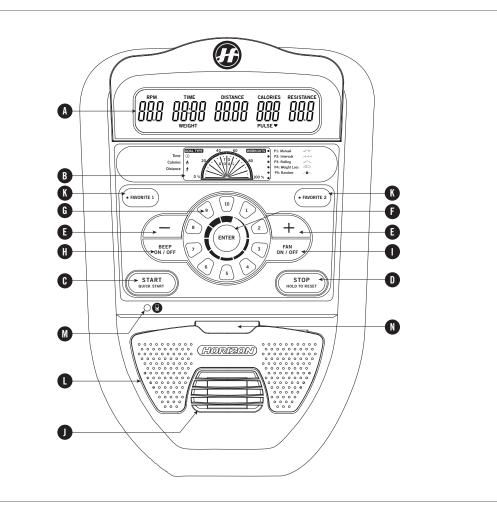








CONSOLE DISPLAY



- A) **PERFECTview[™]**: Displays RPM, Time, Distance, Calories, Pulse, Resistance.
- **B) GOALtracker[™]:** Displays progress throughout workout, goal type and selected program.
- **C) START/QUICK START:** Press to begin the selected workout goal or simply press to begin a manual program without setting up a workout goal.
- **D) STOP:** Press to stop or pause your current workout or hold for 3 seconds to reset the workout.
- E) +/- KEYS: Used to adjust program settings.
- F) ENTER: Used to confirm settings.
- G) QUICK RESISTANCE KEYS: Used to reach desired resistance more quickly.
- H) **BEEP ON/OFF:** Used to turn off indicator sound.
- I) FAN KEY: Used to adjust fan to 3 speed levels.
- J) FAN: Personal workout fan.
- **K) USER FAVORITE KEYS:** Retains a user's favorite program settings in memory.
- L) SPEAKERS: Play music through speakers when your personal music player is connected to console.
- M) AUDIO IN JACK: Plug your CD / MP3 player into the console using the included audio adaptor cable.
- N) MP3 PLAYER POCKET: Used to store your MP3 player.

CONSOLE OPERATION

QUICK START

- **1)** Turn on Elliptical (make sure power switch on the back of the console is turned on).
- 2) Press the **START** button and begin exercising.
- default to level 1.
- 4) The resistance level can be adjusted during workout using the + / key or QUICK RESISTANCE keys.

SELECTING WORKOUT GOALS

- **1)** Upon initial console power up the screen will flash and prompt you to enter your weight (this is needed to
- 2) Use the + / KEYS to select among the 3 different program goal types.
 - Time
 - Calories
 - Distance
- *3)* Press the **ENTER** button to select the **GOAL TYPE**.
- 4) Use the + / KEYS to increase or decrease the values of your goal. Press ENTER to select value.
- **5)** Use the **+** / **KEYS** to select one of the 5 different program profiles:
 - P1: Manual
 - P2: Intervals
 - P3: Rolling
 - P4: Weight Loss
 - P5: Random

6) Press the **START** or **ENTER** button to select the program profile and begin workout.

PROGRAM PROFILES

MANUAL (P1)

Allows you to adjust the resistance level to your preference.

INTERVALS (P2)

Improves your strength, speed and endurance by raising and lowering the resistance levels throughout your workout to involve both your heart and muscles.

ROLLING (P3)

Creates the feeling of moving up and down hills by gradually increasing and decreasing the resistance.



WEIGHT LOSS (P4)

Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat burning zone.

RANDOM (P5)

Provides even more workout variety by mixing up your resistance intervals in no particular order.

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GUIDELINES TROUBLESHOOTING & MAINTENANCE

3) Program will automatically default to MANUAL. The time will count up from 0:00 and the resistance will

accurately calculate calories burned). Use the + /- KEYS to enter your weight and press ENTER to continue.



















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CONSOLE OPERATION

USER FAVORITE KEYS

The USER FAVORITE KEYS allow up to two programs and program settings to be saved into memory. Using a favorite key enables you to begin your favorite program quickly. To set a **USER FAVORITE KEY**, follow the steps listed in the "SETTING FAVORITE KEYS" section.

SETTING FAVORITE KEYS

1) Press and hold the **FAVORITE 1** or **FAVORITE 2** key for five seconds until you hear three beeps. The LED inside the FAVORITE KEY will be flashing.

*NOTE: The FAVORITE KEYS cannot be programmed if you are already in a program.

- 2) The screen will flash and prompt you to enter your weight (this is needed to accurately calculate calories burned). Use the +/- KEYS to enter your weight and press ENTER to continue.
- 3) Select preferred goal type (Time, Calorie, Distance) using the +/- KEYS and press ENTER.
- 4) Use the +/- KEYS to increase or decrease the values of your goal. Press ENTER to select value.
- 5) Select preferred program profile (Manual, Intervals, Rolling, Weight Loss, Random) using the +/- KEYS.
- **6)** After you have saved your goal into memory, press **ENTER**. The **FAVORITE KEY** programming is complete and the LED inside the FAVORITE KEY will no longer flash. Press START to begin the program you just set.

*NOTE: At any time, you may reset a FAVORITE KEY with a new program or different program settings by following the six steps listed above.

USING FAVORITE KEYS

- 1) After you have programmed a **FAVORITE KEY** as listed in the "SETTING FAVORITE KEYS" section, you may use the FAVORITE KEY. Press the desired FAVORITE 1 or FAVORITE 2 key.
- 2) Press **START** to begin the program.
- *NOTE: The FAVORITE 1 and FAVORITE 2 keys may only be used before starting a program. The keys will not function while in a program.

CONSOLE OPERATION

¬⊢ PROGRAM: **MANUAL** (P1)

Allows 'On The Fly' manual **RESISTANCE** changes.

M PROGRAM: INTERVALS (P2)

A series of alternating **RESISTANCE** levels.

		WAR	M-UP		PROGRAM SEGMENTS - REPEAT							COOL-DOWN								
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Seconds	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60
Level 1	1	1	1	1	3	1	1	3	3	1	3	1	1	3	3	1	1	1	1	1

PROGRAM: ROLLING (P3)

Motivates with different combinations of **RESISTANCE**.

		WAR.	M-UP			PROGRAM SEGMENTS - REPEAT								COOL-DOWN				
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level 1	1	1	2	2	1	2	3	4	3	2	1	2	3	2	1	1	1	1

PROGRAM: WEIGHT LOSS (P4)

Challenges with various combinations of hills and valleys (RESISTANCE levels).

		WAR	M-UP			PROGRAM SEGMENTS - REPEAT									COOL-DOWN					
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level 1	1	1	2	2	2	2	2	2	3	3	3	3	2	2	2	2	1	1	1	1

(Cool-down occurs only during time-based goals.)

PROGRAM: RANDOM (P5)

Provides even more workout variety by mixing up your **RESISTANCE** intervals.

		WARI	M-UP		PROGRAM SEGMENTS - REPEAT								COOL-DOWN					
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level 1	1	1	2	2	1	3	5	2	4	6	2	3	6	1	1	1	1	1

(Cool-down occurs only during time-based goals.)

*NOTE: Warm-up and cool-down times are dependent on Goal Type selected.

Time Goal: 4:00 warm-up and cool-down. Distance or Calorie Goal: 4:00 warm-up only and the program ends when selected goal is reached.

**NOTE: When in a program, if the user adjusts the resistance, all of the remaining segments will be adjusted as well.

(Cool-down occurs only during time-based goals.)

(Cool-down occurs only during time-based goals.)















IMPORTANT PRECAUTIONS

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BEFORE YOU BEGIN

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HEART RATE

PULSE GRIPS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) 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. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

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 breakfast, 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. 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? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 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.

HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your machine to prepare for a 5K workout, 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 (using the grip pulse handlebars), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

PERCEIVED EXERTION LEVEL

A simple 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 these warning signs of overexertion.













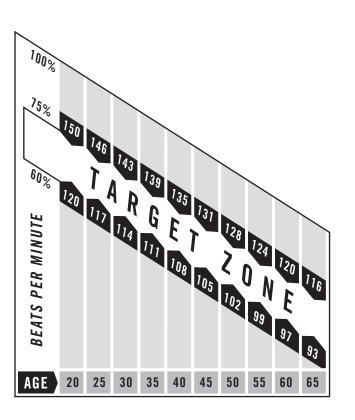




TARGET HEART RATE ZONE CHART

What is Target Heart Rate Zone?

Target Heart Rate Zone tells you the number of times per minute vour heart needs to beat to achieve a desired workout effect. It is represented as a percentage of the maximum number of times your heart can beat per minute. 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. A beginner will want to workout in the 60% range while a more experienced exerciser will want to workout in the 70-75% range. See chart for reference.





STRETCH FIRST

Before using your product, it is best to take a few minutes to do 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.



1. STANDING CALF MUSCLE STRETCH

Repeat on the other side.

2. 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 15 seconds. Repeat with your right ankle and hand.

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.*

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.



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 one time.

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Stand near a wall with the toes of your left foot about 18" from the wall, and the right 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.



3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH







TIPS 🗹

THE IMPORTANCE OF WARM UP & 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 product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes 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 listed above to loosen and relax your muscles.



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 to lose weight? Improve muscle? Reduce 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 lower intensity, longer duration workouts
- Improve Body Shape and Tone interval workouts, alternate between high and low intensities
- Increased Energy Level more frequent daily workouts
- Improved Sports Performance high intensity workouts
- Improved Cardiovascular Endurance moderate intensity, longer duration workouts

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 console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

KEEPING AN EXERCISE DIARY

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages, or you can print them off of your computer by going to:

<u>www.horizonfitness.com/guides/weeklylog.pdf</u> www.horizonfitness.com/guides/monthlylog.pdf

As your fitness improves, you can look back and see how far you've come!

WEEKLY LOG SHEETS

WEEK #			W E	EKLY GOAL		
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS	4NT ION
SUNDAY						ORT
MONDAY						IMPORTANT PRECAUTIONS
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						A18
SATURDAY						ASSEMBLY
WEEKLY T	OTALS :					ASS

WEEK #			WI	EEKLY GOAL_	
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TO	TALS :				

WEEK #			WI	EEKLY GOA	L
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY T	OTALS :				

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MONTHLY LOG SHEETS

IMPORTANT PRECAUTIONS

ASSEMBLY

MONTH	<i>M</i>	ONTHLY GOAL	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH	<i>M</i>	ONTHLY GOAL	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH	<i>N</i>	IONTHLY GOAL	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :	,		

TROUBLESHOOTING

Your Horizon Fitness elliptical is designed to be reliable. However, if you do experience problems with your elliptical, please reference the troubleshooting guide listed below.

PROBLEM: The console does not turn on. **SOLUTION:** Verify the following:

- The correct adapter is being used. Only use an adapter intended for Horizon Fitness Ellipticals.
- The adapter is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position (may not apply to all models).
- are secure and not damaged or pinched.

NOTE: If your console uses batteries, they may need to be replaced.

PROBLEM: The console turns on but the Time/RPM's do not count. **SOLUTION:** Verify the following:

- secure and not damaged or pinched.
- damaged.

PROBLEM: The resistance levels seem to be incorrect, seeming too hard or too easy. **SOLUTION:** Verify the following:

- The correct adapter is being used. Only use an adapter intended for Horizon Fitness Ellipticals.

PROBLEM: The roller wheels appear to be leaving particles on the guide rails. **SOLUTION:** This is considered normal wear of the elliptical wheels. To remove, simply wipe off the roller wheels and guide rails with a damp cloth.

PROBLEM: The elliptical makes a squeaking or chirping noise. **SOLUTION:** Verify the following:

- The elliptical is on a level surface.
- Loosen all bolts attached during the assembly process, grease the threads, and tighten again.

BEFORE YOU BEGIN

LIMITED WARRANT)

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• The outlet the machine is plugged into is functional. Double check that the house breaker has not tripped. • Turn off the machine and unplug power cord. Remove the console and check that all connections to the console

• Turn off machine and unplug power cord. Remove the console and check that all connections to the console are

• If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or

• Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

















HEART RATE TROUBLESHOOTING

PROBLEM: There is no heart rate reading.

SOLUTION: Remove the console and verify that the heart rate cables are attached properly, making sure that the cables are securely inserted into the console.

YOU MAY EXPERIENCE AN ERRATIC HEART RATE READOUT UNDER THE FOLLOWING CONDITIONS:

- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate grips while exercising.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try moistening your palms or rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose palm skin is especially thick.

NOTE: Outside interference sources such as computers, motors and fluorescent lights may cause the heart rate reading to be erratic. Check your exercise environment for sources of interference such as high power lines, large motors, etc.

If the above troubleshooting section does not remedy the problem, discontinue use, turn the power off, and contact Sears for service at 1-800-4-MY-HOME[®].

The following information may be asked of you when you call. Please have these items readily available:

- Model Name
- Serial Number

In order for a technician to service your elliptical, you may be asked detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front, back or inside? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- If you are having a resistance problem what is occurring? Is the resistance always too hard or too easy? Does the resistance respond when pushing the buttons on the console? Does the resistance constantly cycle through the levels during the workout?
- Has the machine been maintained per the maintenance schedule?
- Does the problem occur when using the handlebars? Without using the handlebars?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your Horizon Fitness elliptical running again!

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY ELLIPTICAL MAKES NORMAL?

Our ellipticals 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 ellipticals. 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 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 have 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 elliptical has a pair of transport wheels built into the front legs. It is easy to move your elliptical by rolling it on the front transport wheels. It is important that you place your elliptical in a comfortable and inviting room. Your elliptical is designed to use minimal floor space. Many people will place their ellipticals facing the TV or a picture window. If at all possible, avoid putting your elliptical in a unfinished basement. To make exercise a desirable daily activity for you, the elliptical should be in a comfortable setting.

CAN I PEDAL BACKWARDS ON MY ELLIPTICAL?

Your elliptical allows you to pedal both forward and backwards to exercise and strengthen a wider range of muscles.

IMPORTANT PRECAUTIONS











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MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

We use sealed bearings throughout our ellipticals so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the trainer after each use.

HOW DO I CLEAN MY ELLIPTICAL?

Clean with soap and water cleaners only. Never use solvents on plastic parts.

Cleanliness of your elliptical and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Horizon Fitness recommends that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)

Turn off the elliptical by unplugging the power cord from the wall outlet

- Wipe down the elliptical with a damp cloth. Never use solvents, as they can cause damage to the elliptical.
- Inspect the power cord. Replace the power cord if damaged.
- Make sure the power cord is not underneath the elliptical or in any other area where it can become pinched or cut.



To remove power from the elliptical, the power cord must be disconnected from the wall outlet.

WEEKLY

Clean underneath the elliptical, following these steps:

- Turn off the elliptical
- Move the elliptical to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the elliptical.
- Return the elliptical to its previous position.

EVERY MONTH

- Inspect all assembly bolts and pedals on the machine for proper tightness.
- Clean any debris off of the pedal arm wheels and guide rails.

Please refer to EXPLODED DRAWING on previous page.

Item #: Description:

AC1 Console Mast Set (includes P07) Pedal Arm(Includes E22) Handlebar Set.Lower Right(Includes G13) AE1 AG1 AG2 Handlebar Set, Lower Left(Includes G13) Handlebar Set, Upper Right(Includes G09,G15,G16,G12,G18,G15,G20,G21,G22,G23,G24,G25) Handlebar Set, Upper Right(Includes G09,G15,G16,G12,G18,G15,G20,G21,G22,G23,G24,G25) AG3 AG4 AGG Bracket, Lower Handlebar Lower Link Arm Right Lower Link Arm Left Crank Console Set Nut,Leveler Leveler End Cap,Frame Water Bottle Holde Cap,Pulse Grip Washer Washer Washer Bolt Roller Wheel Set (Includes E07,E09,E13) Screw Bushing Cover, Pedal Arm,L/R Washe Pivot Block Set (Includes E11) Washe Washer Cover,Roller Wheel Screw E20 E21 E22 E24 E25 E26 E26 E26 E27 G08 G09 G10 G11 G13 G14 Washer Bushing Nut Bolt Bolt Washer Washer Washer Set Screw Cap,Handlebar Cover.Handleba Cover, Handleba Bushing Set Screw Washer G30 G31 G32 H13 H14 H21 H22 H23 Bolt Washer Cover, Link Arm, Right Cover, Link Arm, Left Foot Pad Bolts Cap,Lower Link Arm J05 Disk,Large Side Cover Cap,Large Side Cover Disl J06 J07 KIT KIT L01 Screw Hardware Pack Owner's Manua Mobile Wheel L03 Stabilizer.Side L/R L04 L05 N09 P01 P02 P03 Leveler Sleeve.Wheel Axle Bracket, Console Bracket, Resistance Motor Screw Screw Console Cable AC Adapter P04 P05 P06 Bracket, Resistance Motor Grip Pulse with wires (includes attachment screws) P07 Q01 Q02 Q03 Q04 Q05 Q06 Q07 Q08 Side Cover, Right Side Cover,Left Top Cap Cover,Frame,Front Cover Frame Middl Cover, Frame, Back Bracket Tinnamen Nut Q09 R03 R04 R05 R07 Pedal Axle Set (Includes R16,R07,R12,R04,R06,R02) Spacer Ring Drive Axle C-Clip

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Part #:	Description:
R08	Nut
R09	Eye Bolt
R10	Washer
R11	Nut
R12	Bearing
R13	Nut
R14	Washer
R15	Drive Belt
R16	Magnet
R17	Screw
R18	Resistance Cable
R19	Resistance Motor
R20	Nut
Z01	Washer
Z02	Bolt
Z03	Screw
Z04	Axle,Link Arm
Z06	Washer
Z07	Bolt
Z08	Washer
Z15	Bushing
Z16	Nut
Z17	Bolt
Z18	Washer
Z19	Screw
Z22	Bolt
Z23	Bolt
Z24	Bolt
Z31	Lock Washer
Z32	Bolt
Z33	Washer



















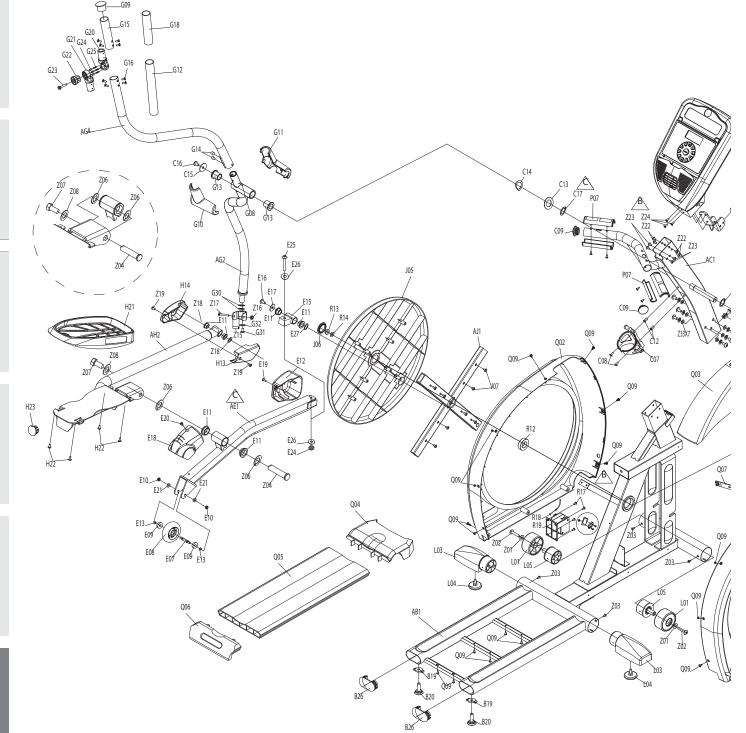
EXPLODED DRAWING

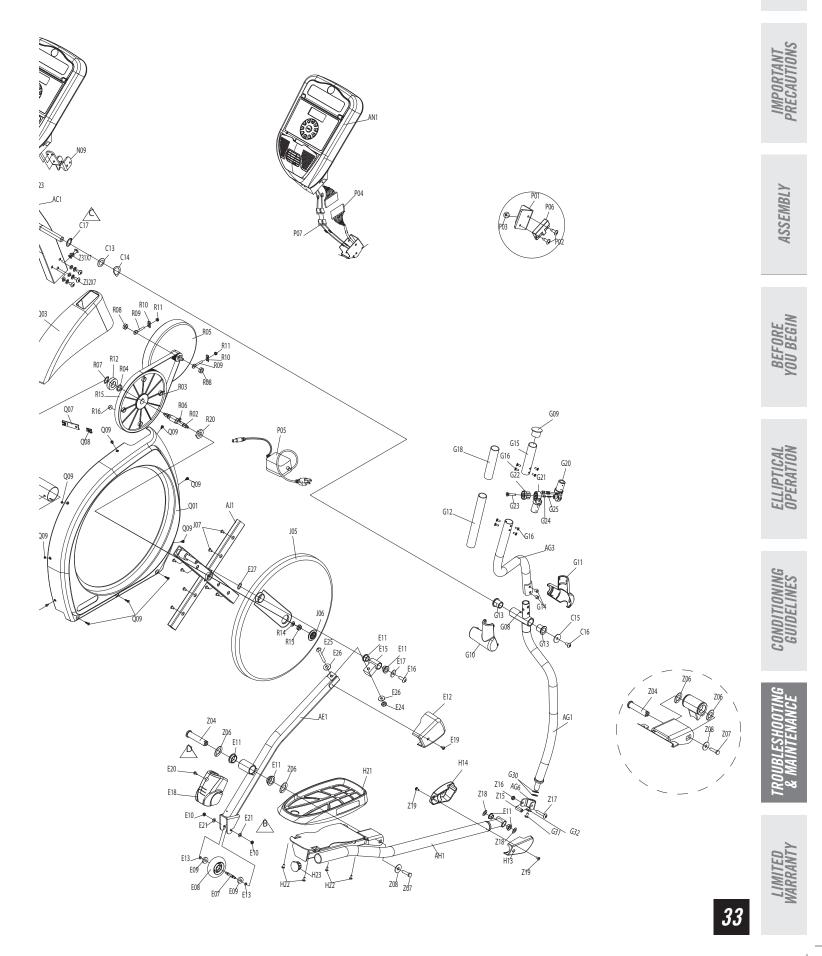
IMPORTANT PRECAUTIONS

INTRODUCTION



LIMITED WARRANTY







LIMITED WARRANTY

One Year Limited Warranty

When assembled, operated and maintained according to all instructions supplied with the product, if this Elliptical machine fails due to a defect in material or workmanship within one year from the date of purchase, call 1-800-4-MY-HOME® to arrange for free repair.

Additional Limited Warranty on Specific Parts

From the date of purchase for the time periods listed below, the following specific parts will be supplied free of charge if they fail due to a defect in material or workmanship. After the first year from the date of purchase, you pay for labor to have them installed.

BRAKE WARRANTY = Lifetime FRAME WARRANTY = Lifetime

All warranty coverage is void if this product is ever used for other than private household purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Sears, Roebuck and Co., Hoffman Estates, IL 60179

LIMITED WARRANTY

Get it fixed, at your home or ours!

Your Home

For repair – in your home – of all major brand appliances, lawn and garden equipment, or heating and cooling systems, no matter who made it, no matter who sold it!

For the replacement parts, accessories and owner's manuals that you need to do-it-yourself.

For Sears professional installation of home appliances and items like garage door openers and water heaters.

1-800-4-MY-HOME[®] (1-800-469-4663)

Call anytime, day or night (U.S.A. and Canada)

www.sears.com www.sears.ca

Our Home

For repair of carry-in items like vacuums, lawn equipment, and electronics, call or go on-line for the location of your nearest

Sears Parts & Repair Service Center

1-800-488-1222

Call anytime, day or night (U.S.A. only)

www.sears.com

To purchase a protection agreement (U.S.A.) or maintenance agreement (Canada) on a product serviced by Sears:

1-800-827-6655 (U.S.A.)

1-800-361-6665 (Canada)

Au Canada pour service en français:

Para pedir servicio de reparación a domicilio, y para ordenar piezas:

1-888-SU-HOGAR®

(1-888-784-6427) www.sears.com



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