FOR MODELS :

1.2T

2.2T

3.2T

4.2T

5.2T

HORIZON
FITNESS

Designed for life.™

TREADMILL USER'S GUIDE

INTRODUCTION

CONGRATULATIONS and **THANK YOU** for your purchase of this Elite Series treadmill!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, an Elite Series treadmill 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-motor warranty packages in the industry.

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

The Elite Series delivers.

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⚠ WARNING *Read all precaution and instructions in this manual before using this equipment. Save this manual for future reference.*

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SAVE THESE INSTRUCTIONS

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

⚠ WARNING *Connect this exercise product to a properly grounded outlet only. See grounding instructions.*

GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

⚠ WARNING *Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product — If it will not fit the outlet, have a proper outlet installed by a qualified electrician.*

This product is rated more than 15 amperes and is for use on a circuit having a nominal rating of 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electrical circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

GROUNDING METHOD

GROUNDED OUTLET

GROUNDING PIN
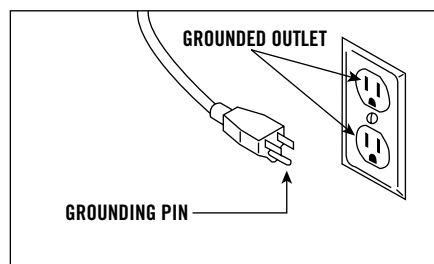
DANGER: *To reduce the risk of electric shock: Always unplug this treadmill from the electrical outlet immediately after using and before cleaning.*

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

- *Never use the treadmill before securing the safety tether clip to your clothing.*
- *If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.*
- *Do not wear clothes that might catch on any part of the treadmill.*
- *Always wear athletic shoes while using this equipment.*
- *Do not jump on the treadmill.*
- *Keep power cord away from heated surfaces.*
- *Do not insert or drop any object into any opening.*
- *At no time should more than one person be on treadmill while in operation.*
- *The treadmills should not be used by persons weighing more than 275 pounds (1.2T), 300 pounds (2.2T), 325 pounds (3.2T), 375 pounds (4.2T) and 400 pounds (5.2T). Failure to comply will void the warranty.*
- *The treadmills are intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.*
- *Do not use treadmill in any location that is not temperature controlled, such as garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.*
- *Use the treadmill only as described in this manual.*
- *An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.*
- *Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons.*
- *Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.*
- *Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Return the treadmill to a service center for examination and repair.*
- *Do not use outdoors.*
- *Do not operate where aerosol (spray) products are being used or where oxygen is being administered.*
- *To disconnect, turn off all controls to the off position, them remove plug from outlet.*
- *Stand on the side rails before starting treadmill.*
- *Remove safety key when not in use and store out of reach of children.*

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

OTHER SAFETY TIPS FOR YOUR TREADMILL

⚠**WARNING** **OPERATION**
To reduce the risk of damaging important components on your treadmill, it is strongly recommended that your treadmill is plugged into a dedicated 20 amp outlet, without the use of an additional extension cord and/or power strip.

IMPORTANT: *The treadmill is not compatible with GFCI-equipped outlets.*
It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

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IMPORTANT: READ THESE SAFETY INSTRUCTIONS BEFORE USE!

⚠ **WARNING**

During the assembly process of the treadmill there are several areas 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 frame parts that are not tightened and will seem loose and may cause irritating noises. There should be no side-to-side play in the console masts or any forward and back play in the console assembly or handlebars. If there is any play in these areas, the treadmill has not been properly assembled. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

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. FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

Before proceeding, find your treadmill's serial number and model name located to the left of the on/off power switch and power cord and enter it in the space provided below.

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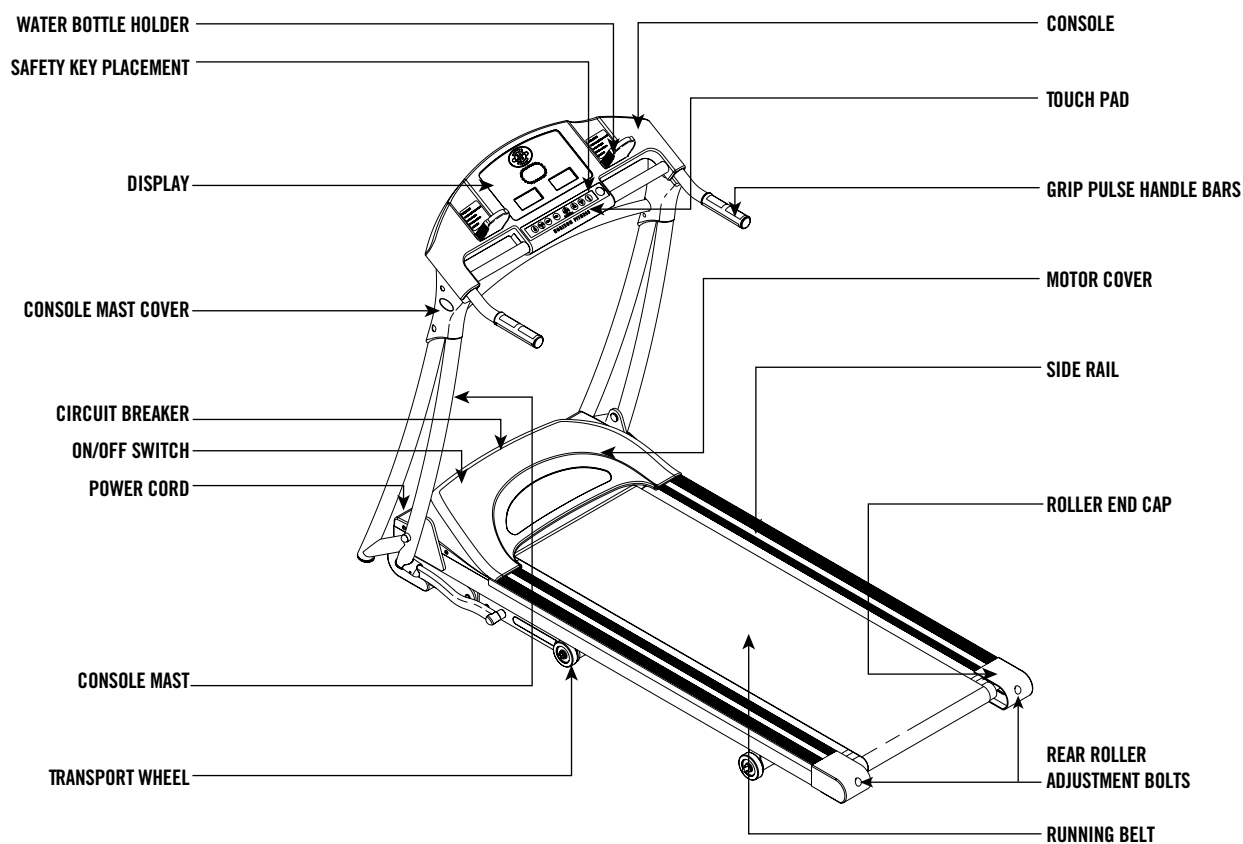
SERIAL NUMBER:

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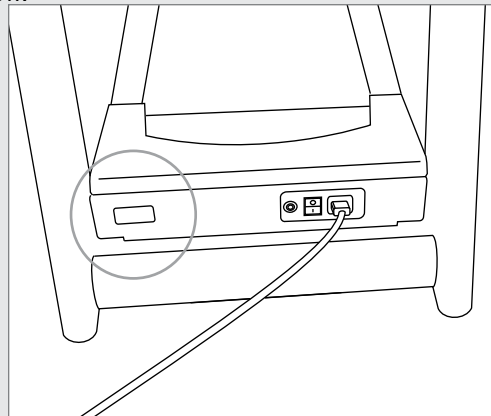
* Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

* Also enter this serial number on your Warranty Card.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to Horizon Fitness within thirty days of purchase or registered online at www.horizonfitness.com, before a warranty claim can be processed. Please keep your receipt with the user's guide as it may be required for a warranty claim. Make sure to send in your warranty registration card to validate your warranty.

1.2T ASSEMBLY

WATER BOTTLE HOLDER

SAFETY KEY PLACEMENT

DISPLAY

CONSOLE MAST COVER

CIRCUIT BREAKER

ON/OFF SWITCH

POWER CORD

CONSOLE MAST

TRANSPORT WHEEL

CONSOLE

TOUCH PAD

GRIP PULSE HANDLE BARS

MOTOR COVER

SIDE RAIL

ROLLER END CAP

REAR ROLLER
ADJUSTMENT BOLTS

RUNNING BELT

PARTS

☐ 1 Console Assembly

☐ 1 Power Cord

☐ 1 Safety Key

☐ 2 Water Bottle Holders

☐ 3 Hardware Bags

☐ Left and right outer Console Mast Covers

TOOLS (INCLUDED)

☐ 5mm Allen Wrench

☐ Flat Wrench

☐ 6mm T-Wrench

NOTE : If you have questions or if there are any missing parts, we will guarantee complete satisfaction. Customer Tech Support contact information is located on the back panel of this manual.

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# 1.2T ASSEMBLY

PRE-ASSEMBLY

⚠ WARNING **DO NOT CUT STRAPS UNTIL STEP 1-E!** * *Disassemble box and remove the cardboard packaging that is not beneath the treadmill. Do not attempt to lift the treadmill at this time. Remove plastic wrap from console masts.*

NOTE: *It is recommended that you apply grease to the threads of each bolt as you assemble your treadmill, to prevent loosening and noise. Also, during each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.*

ASSEMBLY **STEP 1**

HARDWARE BAG 1 CONTENTS :

BOLT (A)
45 mm
Qty: 2

top view

CONSOLE MAST

LINK ARM COVER

BOLT (A)   LOWER
LINKAGE
ARM
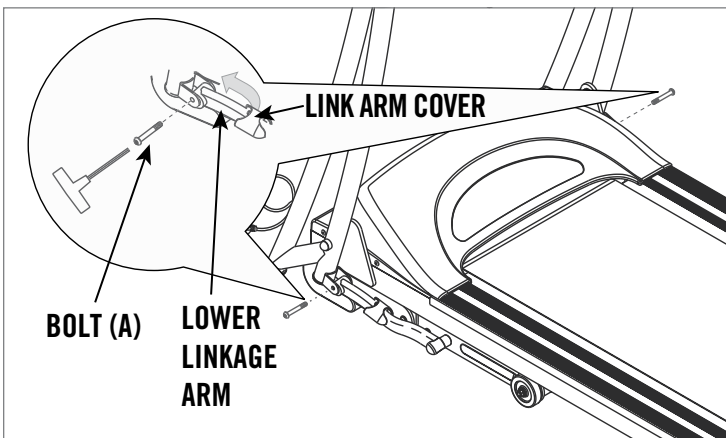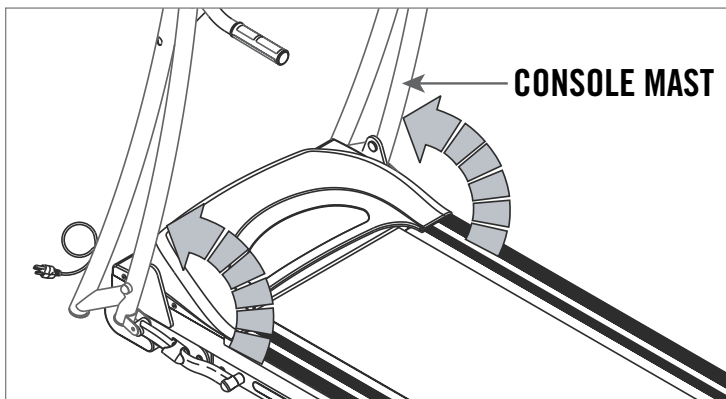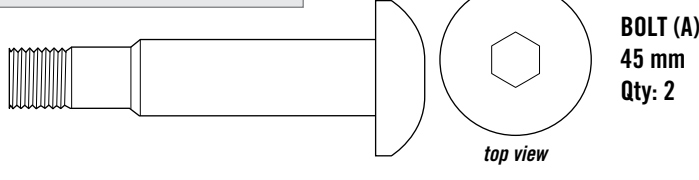
A *Open **HARDWARE BAG 1**.*

B *Raise the **CONSOLE MAST** to the vertical position. Be sure to hold the console mast firmly, as it will not stay in the upright position on it's own.*

C *Move **LEFT SIDE LINKAGE ARM** into position. Insert **BOLT (A)** and tighten. Slide **LINK ARM COVER** over **LOWER LINK ARM** joint.*

D *Repeat on the right side.*

E *Now cut the banding straps and remove remaining packaging material.**

> ***NOTE:** If the straps have been removed before completing step 1-D and the linkage arms cannot be aligned, refer to the TROUBLESHOOTING section (page 35) in order to restore the treadmill to its proper position.*

ASSEMBLY **STEP 2**

HARDWARE BAG 2 CONTENTS :

BOLT (B)
40 mm
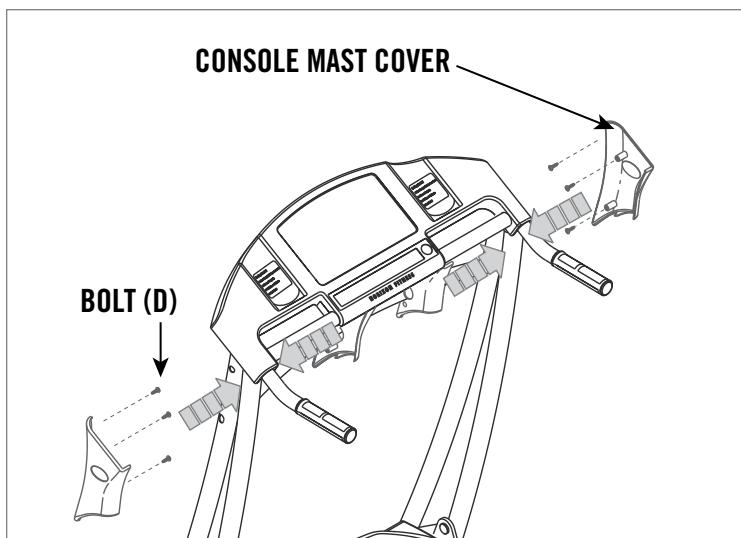Qty: 2

NYLON
NUT (C)
13 mm
Qty: 2

BOLT (B) NUT (C)
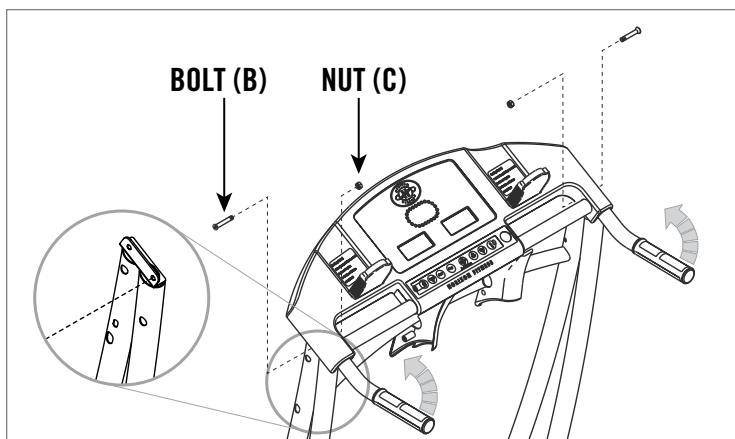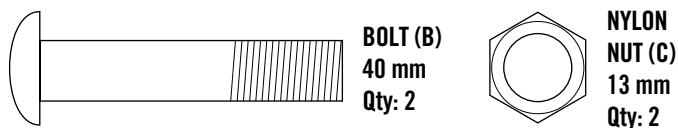
A Open **HARDWARE BAG 2**.

B Lift **CONSOLE** (as shown) to lock it into place.

C Insert **BOLT (B)** through **CONSOLE MAST** and secure using **NUT (C)**.
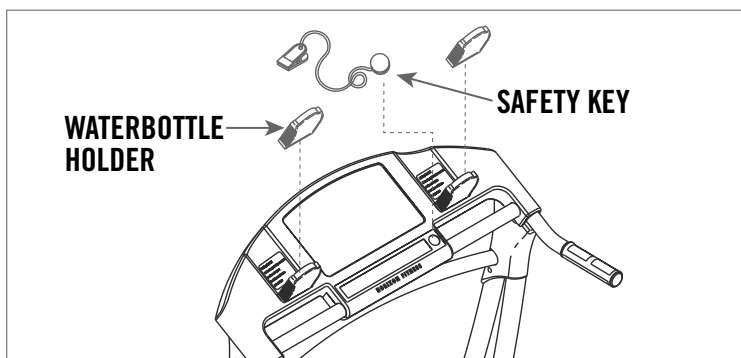
D Repeat on other side.

Note: Do not pinch the wires.

ASSEMBLY **STEP 3**

CONSOLE MAST COVER

BOLT (D)

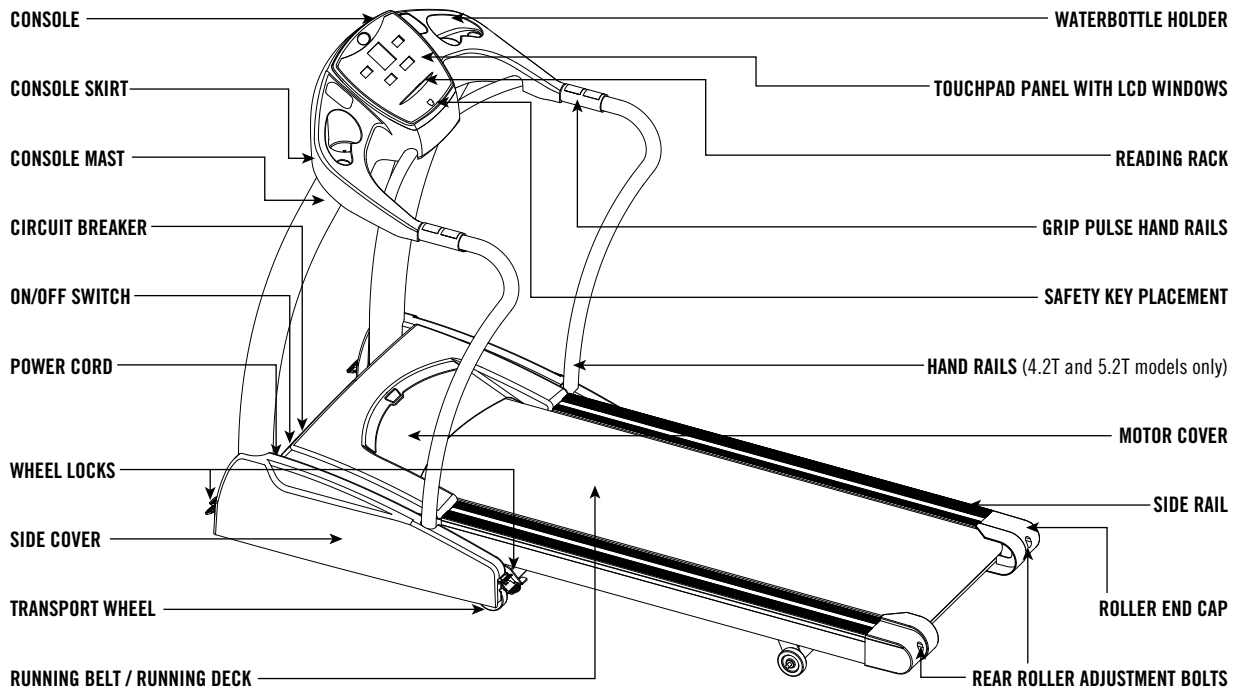**HARDWARE BAG 3 CONTENTS :**

BOLT (D)
16 mm
Qty: 6

A Open **HARDWARE BAG 3**.

B Place **CONSOLE MAST COVERS** over **CONSOLE MASTS** as shown.

C Attach **CONSOLE MAST COVERS** using 6 **BOLTS (D)**.

D Place **WATER BOTTLE HOLDERS** and **SAFETY KEY** into the correct positions. It is now safe to plug in your treadmill.

SAFETY KEY

WATERBOTTLE
HOLDER

YOU'RE FINISHED!

2.2T – 5.2T ASSEMBLY

CONSOLE

CONSOLE SKIRT

CONSOLE MAST

CIRCUIT BREAKER

ON/OFF SWITCH

POWER CORD

WHEEL LOCKS

SIDE COVER

TRANSPORT WHEEL

RUNNING BELT / RUNNING DECK

WATERBOTTLE HOLDER

TOUCHPAD PANEL WITH LCD WINDOWS

READING RACK

GRIP PULSE HAND RAILS

SAFETY KEY PLACEMENT

HAND RAILS (4.2T and 5.2T models only)

MOTOR COVER

SIDE RAIL

ROLLER END CAP

REAR ROLLER ADJUSTMENT BOLTS

PARTS

- ☐ 1 Power Cord
- ☐ 1 Safety Key
- ☐ 1 Console Skirt
- ☐ 1 Console Assembly
- ☐ Left and Right Side Covers
- ☐ Left and Right Console Masts
- ☐ Left and Right Hand Rails (4.2T & 5.2T only)
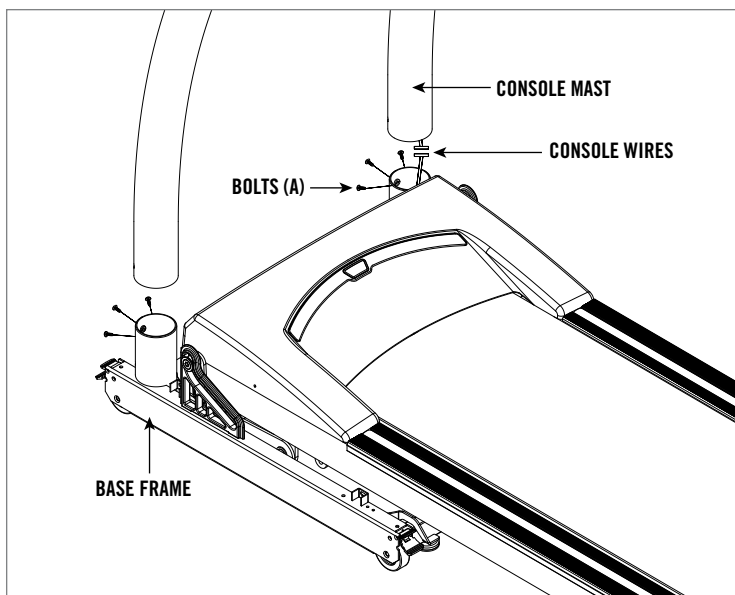- ☐ 4 Hardware Bags (2.2T, 3.2T) / 5 Hardware Bags (4.2T, 5.2T)

TOOLS (INCLUDED)

- ☐ 5mm Allen Wrench
- ☐ 6mm Allen Wrench (1.2T, 2.2T, 3.2T)
- ☐ 8mm Allen Wrench (4.2T, 5.2T)
- ☐ Flat Wrench (1.2T only)

NOTE: It is recommended that you apply grease to the threads of each bolt as you assemble your treadmill, to prevent loosening and noise. Also, during each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.
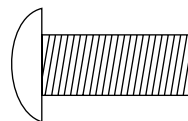
NOTE : If you have questions or if there are any missing parts, we will guarantee complete satisfaction. Customer Tech Support contact information is located on the back panel of this manual.
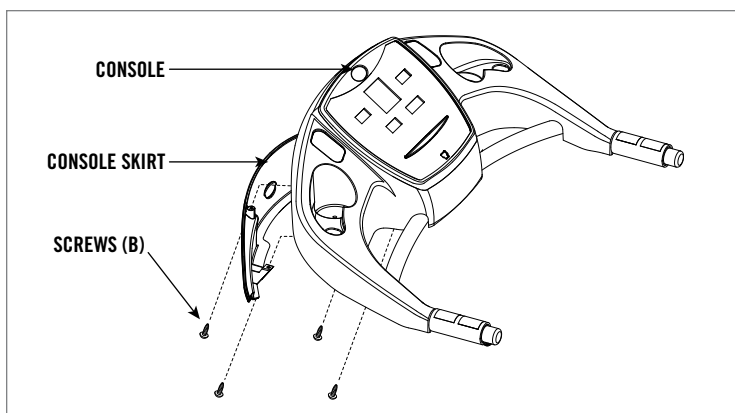
2.2T – 5.2T ASSEMBLY

ASSEMBLY STEP 1

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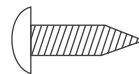LIMITED WARRANTY

HARDWARE BAG 1 CONTENTS :

BOLT (A)
20 mm
Qty: 6

A Open **HARDWARE BAG 1**.

B Connect **CONSOLE WIRES**.

C Attach **CONSOLE MASTS** to **BASE FRAME** using 6 **BOLTS (A)**.

D Secure and tighten all bolts.
NOTE: Do not pinch the wires.

ASSEMBLY STEP 2

STEP D: UPSIDE DOWN VIEW OF CONSOLE

Outer tabs must be snapped together in order to insert screws

HARDWARE BAG 2 CONTENTS :

SCREW (B)
15 mm
Qty: 4

A Open **HARDWARE BAG 2**.

B Place the console upside down on a padded surface.

C Attach the **CONSOLE SKIRT** by partially inserting 2 **SCREWS (B)** in the two inner attachment holes.

D Align the **CONSOLE SKIRT** and **CONSOLE SHELL SEAM**. While holding the two pieces together, snap the outer console skirt screw hole onto the console shell screw tab. Partially insert **SCREW (B)** and repeat for other side.

E Fully tighten all screws.
Note: If the console skirt and shell are not snapped together properly, you will not be able to insert the screws all of the way.

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ASSEMBLY STEP 3

BOLT (C)

CONSOLE

CONSOLE WIRES

CONSOLE MAST

HARDWARE BAG 3 CONTENTS :

BOLT (C)
50 mm
Qty: 2

A Open **HARDWARE BAG 3**.

B Connect **CONSOLE WIRES**.

C Attach **CONSOLE** to **CONSOLE MASTS** using 2 **BOLTS (C)**.

D Secure and tighten bolts.
NOTE: Do not pinch the wires.

ASSEMBLY STEP 4

BOLTS (A)
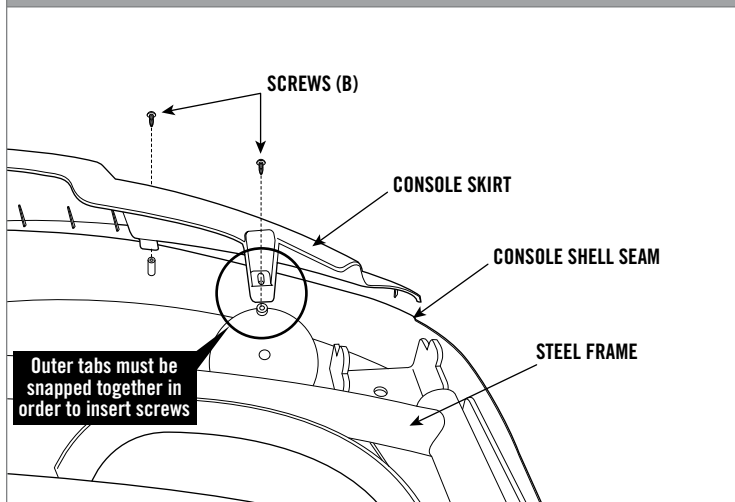
HAND RAIL

GRIP PULSE
HAND RAILS
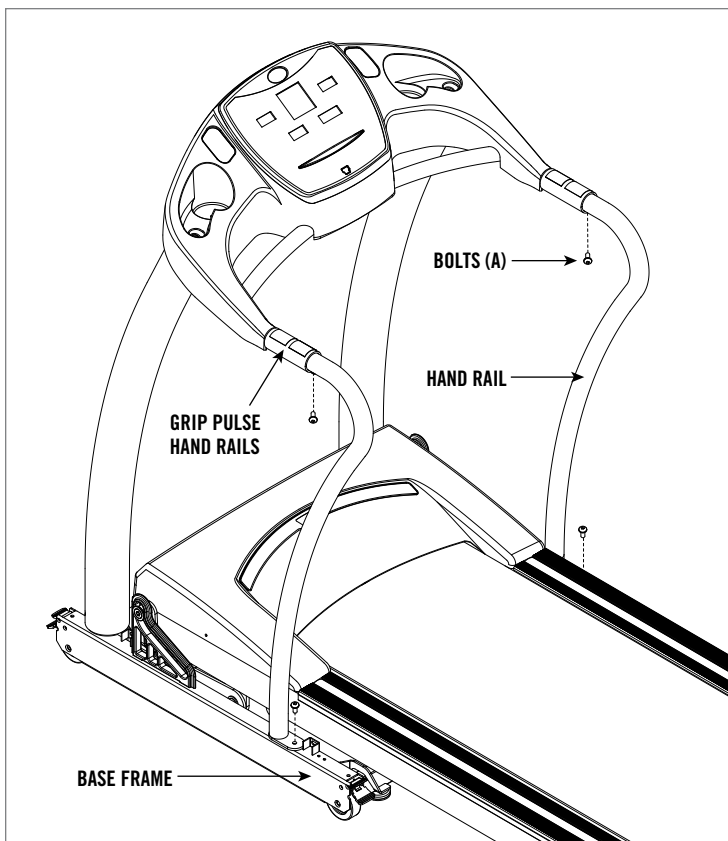
BASE FRAME

HARDWARE BAG 4 CONTENTS :
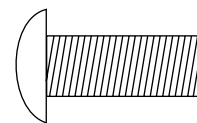
BOLT (A)
20 mm
Qty: 6

4.2T & 5.2T models only:

A Open **HARDWARE BAG 4**.

B Attach left and right **HAND RAILS** to **GRIP PULSE HAND RAILS** and **BASE FRAME** using 4 **BOLTS (A)**.

NOTE: Since only 4.2T and 5.2T include hand rails, this step is skipped for models 2.2T and 3.2T. Those models will NOT include HARDWARE BAG 4 in the parts box.

ASSEMBLY *STEP 5*

SCREWS (C)
BASE FRAME
SIDE COVERS
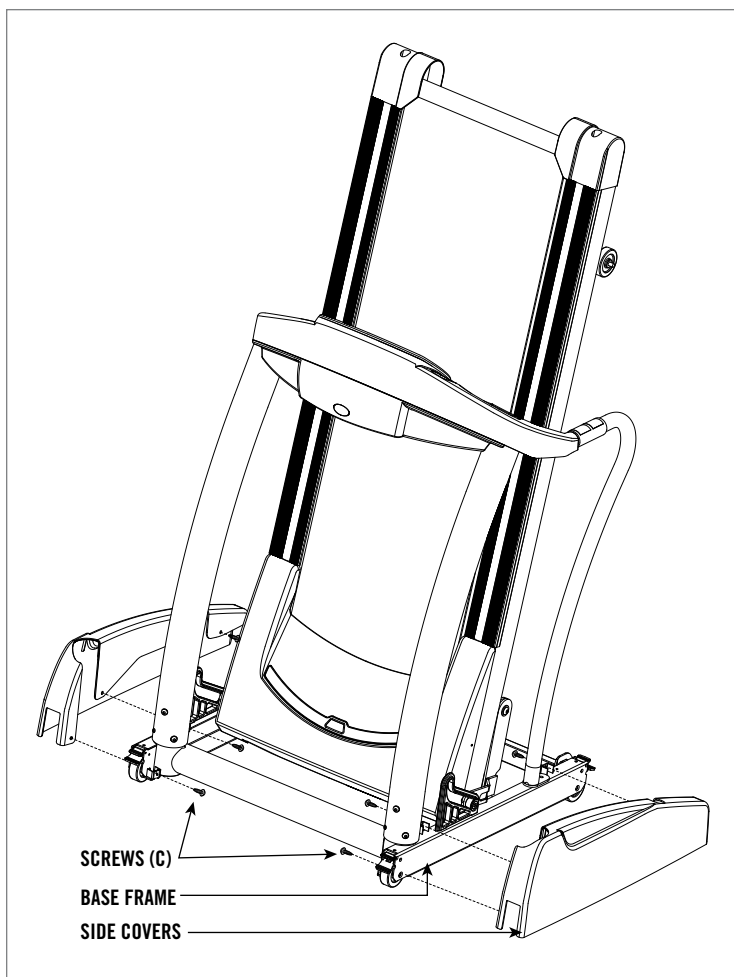
HARDWARE BAG 5 CONTENTS :
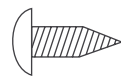
SCREW (D)
12 mm
Qty: 6

A Open **HARDWARE BAG 5**.

B Lift **RUNNING DECK** to upright position.

C Attach **SIDE COVERS** to **BASE FRAME** using 6 **SCREWS (D)**.

YOU'RE FINISHED!

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BEFORE YOU BEGIN

CONGRATULATIONS! *on choosing your treadmill. You've taken an important step in developing and sustaining an exercise program! Your treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your treadmill 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 treadmill 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 treadmill in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine. A more complete knowledge of your new treadmill will assist you in realizing your goal of a healthy lifestyle.

LOCATION OF THE TREADMILL
Place the treadmill on a level surface. There should be 6 feet of clearance behind the treadmill, 3 feet on each side and one foot in front for folding and the power cord. Do not place the treadmill in any area that will block any vent or air openings. The treadmill should not be located in a garage, covered patio, near water or outdoors.

1 foot

3 feet   *3 feet*

6 feet

⚠ WARNING
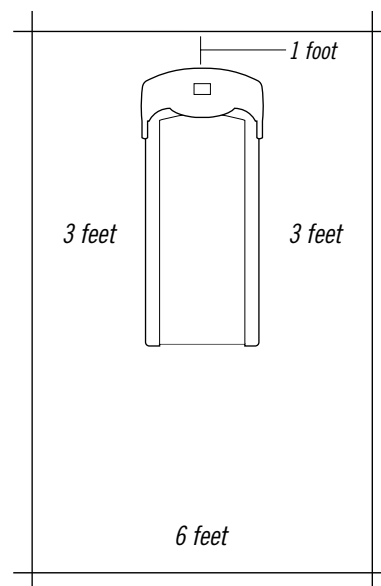
DO NOT STAND ON THE BELT
While you are preparing to use the treadmill, do not stand on the belt. Place your feet on the side rails before starting the treadmill. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a fast running speed and attempt to jump on!

SAFETY KEY
Your treadmill will not start unless the safety key is placed in position. Attach the clip end securely to your clothing. This safety key is designed to cut the power to the treadmill if you should fall. Check the operation of the safety key every 2 weeks.

⚠ WARNING
NEVER USE THE TREADMILL WITHOUT SECURING THE SAFETY KEY CLIP TO YOUR CLOTHING. PULL ON THE SAFETY KEY CLIP FIRST TO MAKE SURE IT WILL NOT COME OFF YOUR CLOTHING.

PROPER USAGE

Your treadmill is capable of reaching high speeds. Always start off using a slower speed and adjust the speed in small increments to reach a higher speed level. Never leave the treadmill unattended while it is running. When not in use, remove the safety key, turn the on/off switch to off and unplug the power cord. Make sure to follow the MAINTENANCE schedule located on page 37 in this manual. Never step onto the treadmill when it is moving more than 0.5 mph. Keep your body and head facing forward. Do not attempt to turn around or look backwards while the treadmill is running. Stop your workout immediately if you feel pain, faint, dizzy or are short of breath.

⚠ **WARNING**
Do not operate the treadmill if the power cord or plug is damaged.
If the treadmill appears to not be working properly, do not use the treadmill.
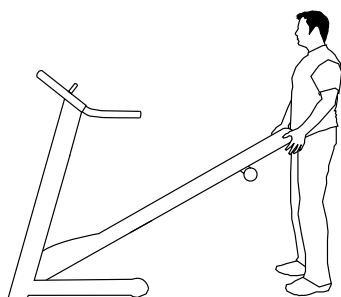
FOLDING

Firmly grasp the back end of the treadmill. Carefully lift the end of the treadmill deck into the upright position until the foot lock latch engages and securely locks the deck into position. Make sure the deck is securely latched before letting go. To unfold, firmly grasp the back end of the treadmill. Gently press down on the foot lock latch with your foot until the lock latch disengages. Carefully lower the deck to the ground.

MOVING - 1.2T

Your treadmill has a pair of transport wheels built into the frame. To move, make sure the treadmill is folded and securely latched. Then firmly grasp the handlebars, tilt the treadmill back and roll.

MOVING - 2.2T-5.2T

Your treadmill has 4 transport wheels built into the frame. To move, make sure the treadmill is folded and securely latched. To unlock wheels, push down on the top lever of all 4 wheel locks located on the corners of the base frame. Then firmly grasp the handlebars, and slowly move the treadmill. After moving to the desired location, push down on the bottom lever of all 4 wheel locks.

WHEEL LOCKS

NOTE: All 4 wheels MUST be locked before using the treadmill.
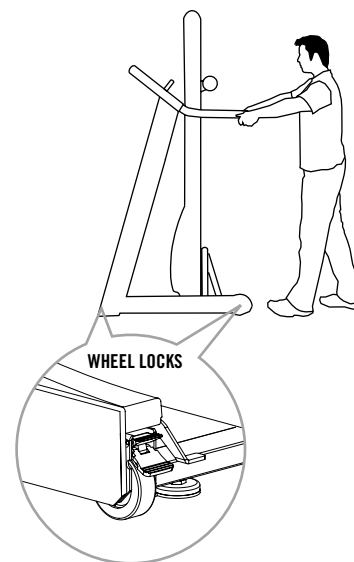
⚠ **WARNING**
Our Treadmills are heavy, use care and additional help if necessary when moving. Do not attempt to move or transport treadmill unless it is in the upright, folded position with the lock latch secured. Failure to follow these instructions could result in injury.
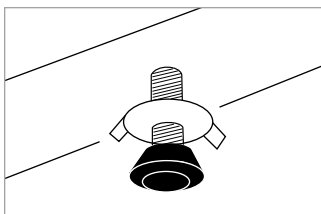
LEVELING

The treadmill should be level for optimum use. Once you have placed the treadmill where you intend to use it, raise or lower the adjustable levelers located on the treadmill base frame. Once you have leveled the treadmill, lock the levelers in place by tightening the nuts against the frame.
NOTE: 1.2T leveling not needed (there are no levelers).

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TURN POWER ON

Make sure that your treadmill is properly connected 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 light up.
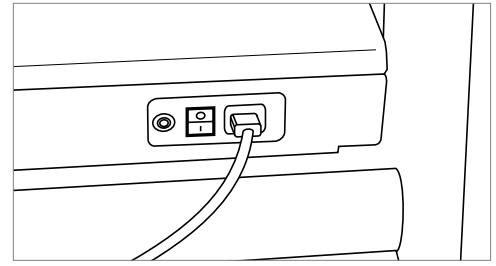
TENSIONING THE RUNNING BELT

The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment.

CAUTION: *Running belt should NOT be moving during tensioning. Over-tightening the running belt can cause excessive wear on the treadmill as well as its components. Never over-tighten the belt.*

*If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, turn the treadmill off and tension **BOTH THE REAR ROLLER BOLTS** using the supplied Allen wrench, turning them 1/4 TURN to the right as shown. Turn the treadmill on and check for slipping. Repeat if necessary, but NEVER TURN the roller bolts more than 1/4 turn at a time. Belt is properly tensioned when the slipping sensation is gone.*

Belt is too far to the right side

CENTERING THE RUNNING BELT

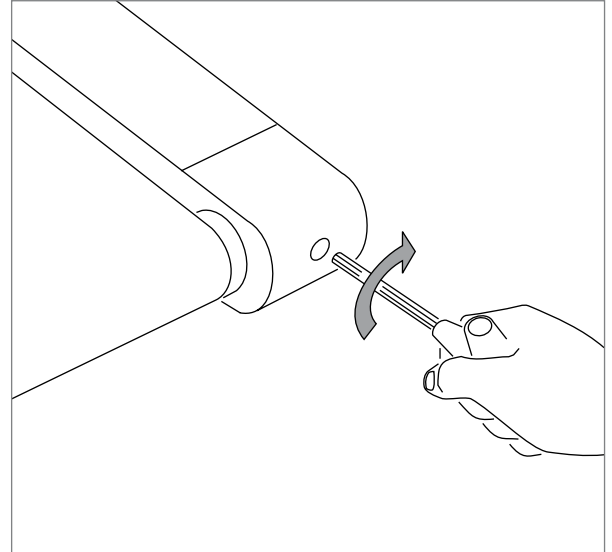*The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment. Before operating the treadmill, make sure the belt is centered and remains centered to maintain smooth operation.*

CAUTION: *Do not run belt faster than 1/2 mph while centering. Keep fingers, hair and clothing away from belt at all times.*

If the running belt is too far to the right side:
With the treadmill running at 1/2 mph, turn the right adjustment bolt clockwise 1/4 TURN at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.

If the running belt is too far to the left side:
With the treadmill running at 1/2 mph, turn the right adjustment bolt counter-clockwise 1/4 TURN at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.

Belt is too far to the left side
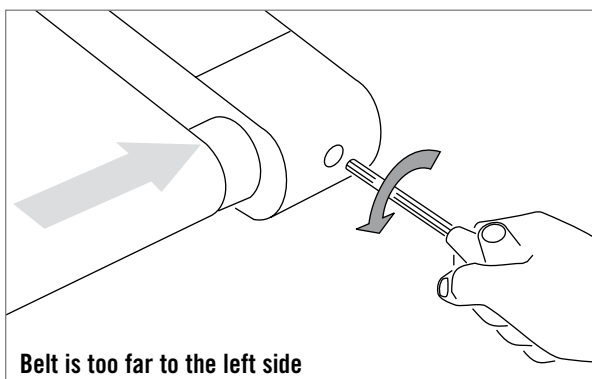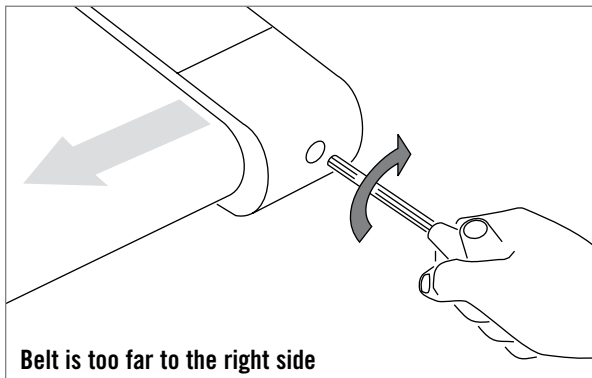
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1.2T, 2.2T CONSOLE FEATURES & DISPLAY

QUICK START UP

Simply press the **START** button to begin exercising.
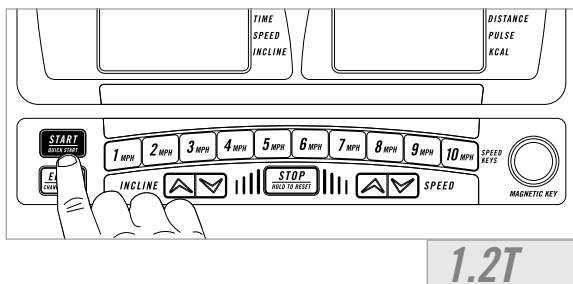
1.2T
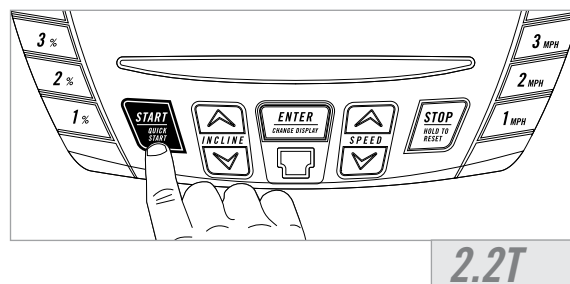
2.2T

PAUSE

Press the **STOP** button to pause your workout.

RESET

Press and hold the **STOP** button to reset the treadmill.

ONE TOUCH™ SPEED KEYS
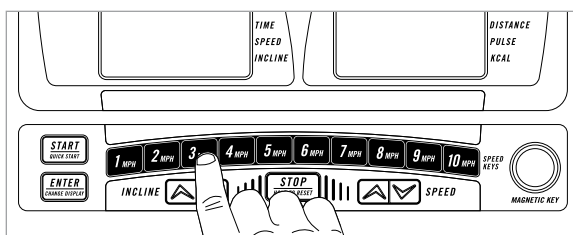
2.2T also has One Touch™ Incline Keys

When in a program, the user is able to press any of the desired **ONE TOUCH™ KEYS** to get to a specific speed more quickly. **NOTE:** When in a speed-based program, if the user presses any of the **ONE TOUCH™ SPEED KEYS**, all of the remaining speed segments in the program will be modified as well. For example, when in P2, the first segment default speed is 2.5 mph. If the user presses the 4 mph **ONE TOUCH™ SPEED KEY**, all of the remaining segments will increase by 1.5 mph as well.

CHANGING THE SPEED AND INCLINE
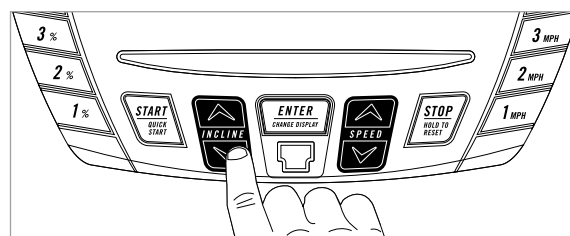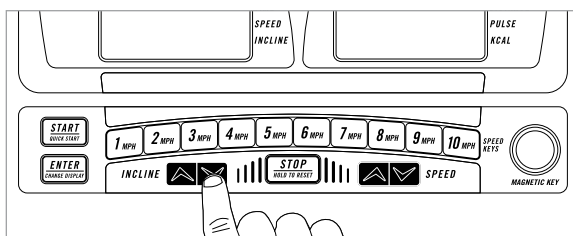
When in a program, the user is able to change the difficulty of the program by pressing the ︿ or ﹀ buttons to the desired level. **NOTE:** The user is only able to increase or decrease the incline or speed during the program. When in a program, if the user increases or decreases the difficulty of speed or incline, all of the remaining program speeds or incline segments will be modified as well. For example, when in P2, the first segment default speed is 2.5 mph. If the user increases the speed, all of the remaining segments will be increased by 1 mph as well.

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SCAN

Press **ENTER** to view alternate information such as **SPEED**, **PULSE**, **ELEVATION**, and **CALORIES** during your workout.
NOTE: The console will automatically default back to show Time/Distance.
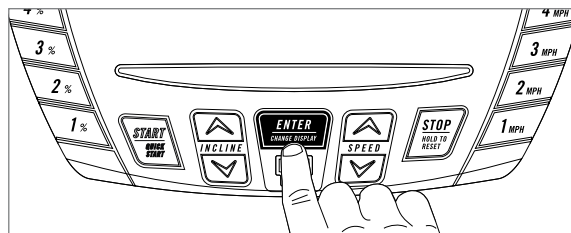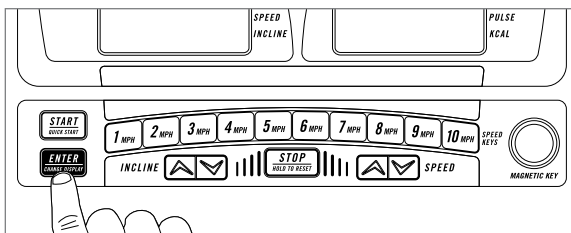
GETTING STARTED / SELECTING A PROGRAM

Each program has different options from which to choose.

1) Select a **PROGRAM** using the **ARROW** keys; once a program has been chosen, press **ENTER**.
   For Manual Program:
        - Select a **SPEED** using the **ARROW** keys; once a speed has been chosen, press **ENTER**.
        - Select an **INCLINE %** using the **ARROW** keys; once an incline % is chosen, press **ENTER**.
   For ALL other Programs:
        - Select a **LEVEL** using the **ARROW** keys; once a level has been chosen, press **ENTER**.
2) Select a **TIME** using the **ARROW** keys; once a time has been chosen, press **ENTER**.
3) Press the **START** button to begin the program.

FINISHING A WORKOUT

When your workout is finished, the treadmill console will beep and End will be flashing in the **TIME** window. Your workout information will stay displayed on the console for 30   seconds before it will reset.

TIME

Indicates how long you've been working out.
Shown as 'Minutes:Seconds'.

SPEED

Indicates how fast your walking or running surface is moving.
Shown as Miles Per Hour (MPH).

INCLINE

Indicates the incline of your walking or running surface.
Shown as Percentage.

DISTANCE

Indicates the miles traveled during your workout.
Shown as Miles.

PULSE

Pulse will be displayed if the heart rate handlebars are being used. The pulse reading is measured in beats per minute. It may take 15–20 seconds to get an accurate reading.
Shown as Beats Per Minute.

CALORIES

Indicates the total number of calories burned during your workout.

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3.2T, 4.2T, 5.2T CONSOLE FEATURES & DISPLAY

QUICK START UP

Simply press the **START** button to begin exercising.
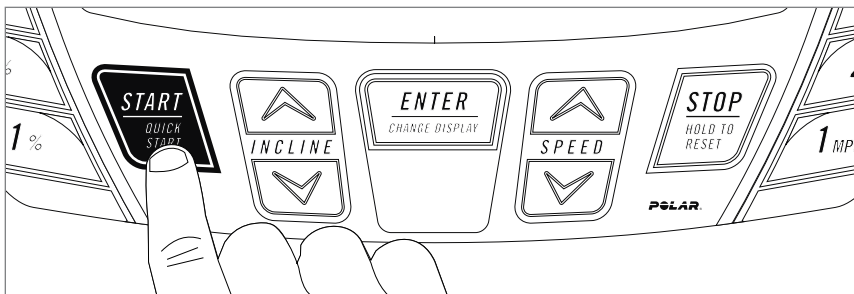
PAUSE

Press the **STOP** button to pause your workout.

RESET

Press and hold the **STOP** button to reset the treadmill.
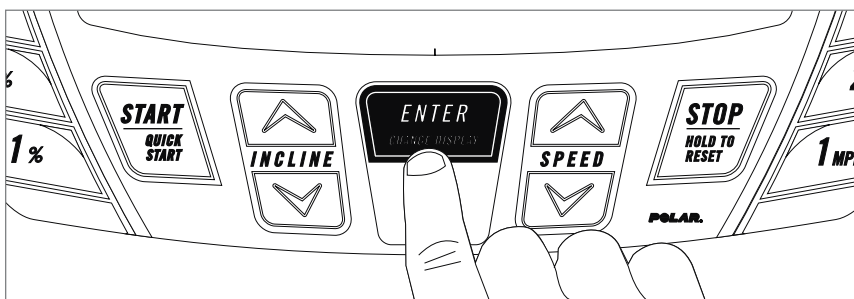
CHANGING THE SPEED

When in a program, the user is able to press any of the desired **ONE TOUCH™ SPEED KEYS** or up and down buttons to get to a specific speed more quickly. **NOTE:** When in a speed-based program, if the user presses any of the **ONE TOUCH™ SPEED KEYS**, all of the remaining speed segments in the program will be modified as well. For example, when in P2, the first segment default speed is 2.5 mph. If the user presses the 4 mph **ONE TOUCH™ SPEED KEY**, all of the remaining segments will increase by 1.5 mph as well. This holds true for the incline based programs as well.
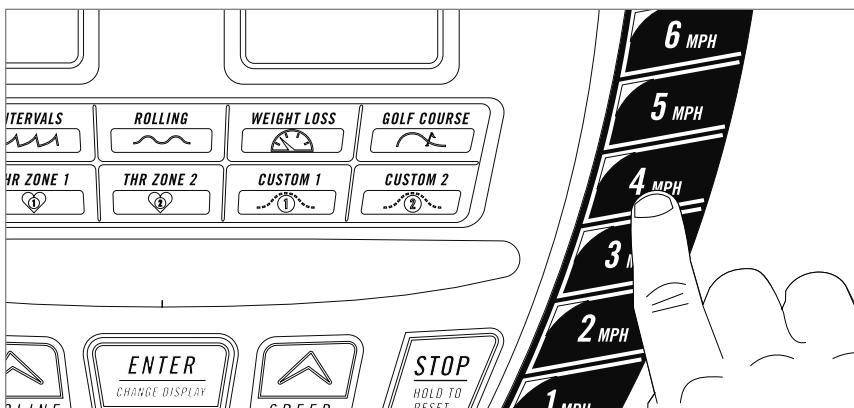
CHANGING THE INCLINE

When in a program, the user is able to change the incline of the treadmill by pressing the **ONE TOUCH™ INCLINE KEYS** or up and down buttons to the desired level. **NOTE:** The user is only able to increase or decrease the incline or speed during the program. When in a program, if the user increases or decreases the difficulty of speed or incline, all of the remaining program speeds or incline segments will be modified as well.
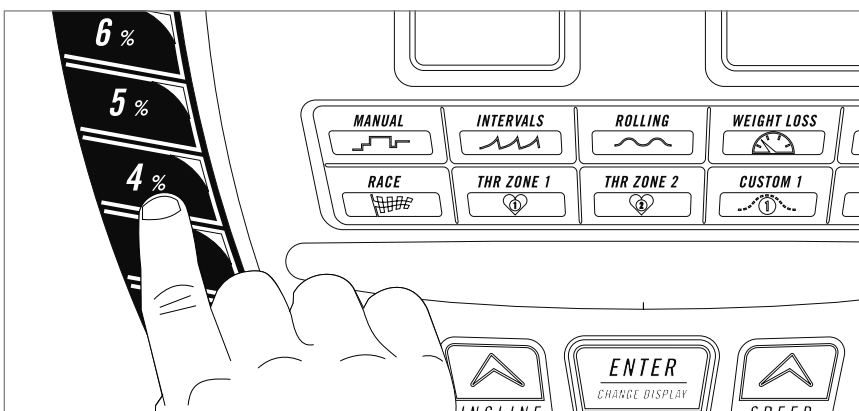
CHOOSING A PROGRAM

Choose a **PROGRAM** by pressing the program keys, or up or down buttons. Once the desired programs is selected, press the **ENTER** button.
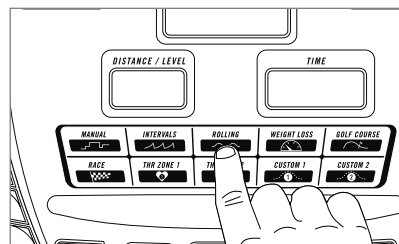
CHOOSING THE LEVEL

Choose the program difficulty level by pressing the up or down buttons.

NOTE: Available only on certain programs.

Once the program level has been chosen, press the **ENTER** button. Once in a program, the user may change the difficulty level by pressing the up or down buttons or by pressing the **ONE TOUCH™ SPEED KEYS**.

NOTE: If one segment is changed, the entire program will in turn be changed. For example, when in a program, if the user increases the speed 1 mph, all of the remaining segments will also be increased by 1 mph.

CHOOSING THE TIME

Choose **TIME** by pressing the up or down buttons or use the default time. Once the desired time is selected, press the **START** button.
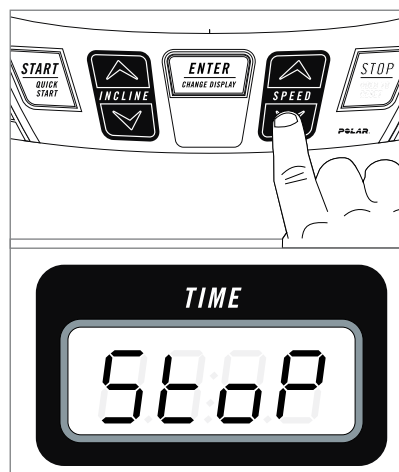
FINISHING A WORKOUT

When your workout is finished, the treadmill console will beep and **STOP** will be flashing in the **TIME** window. Your workout information will stay displayed on the console for 30 seconds before it will reset.

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ENTER
Used to view your Calories and Laps during your workout.
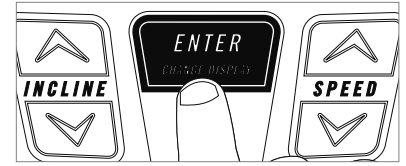
CALORIES
Total Calories burned during your workout.

DISTANCE
Miles traveled during your workout. Shown as Miles.

LEVEL *(not shown)*
Difficulty level of current program.
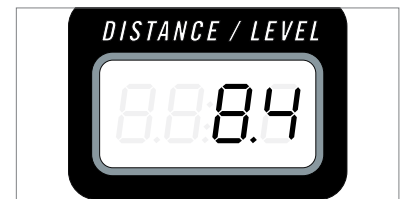
TIME
View the time remaining or the time elapsed in your workout.
Shown as Minutes:Seconds.

SPEED
Indicates how fast your walking or running surface is moving.
Shown as MPH.
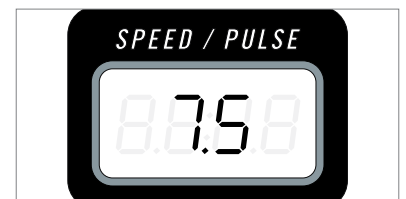
PULSE
Used to monitor your heart rate during your workout (displayed when contact is made with both grips or the chest strap is used). It may take 15–20 seconds to get an accurate reading.
Shown as Beats Per Minute.

INCLINE
Indicates the incline of your walking or running surface.
Shown as percentage.

PROGRAM PROFILE

Represents the Program profile that you have chosen.
(4.2T, 5.2T models)
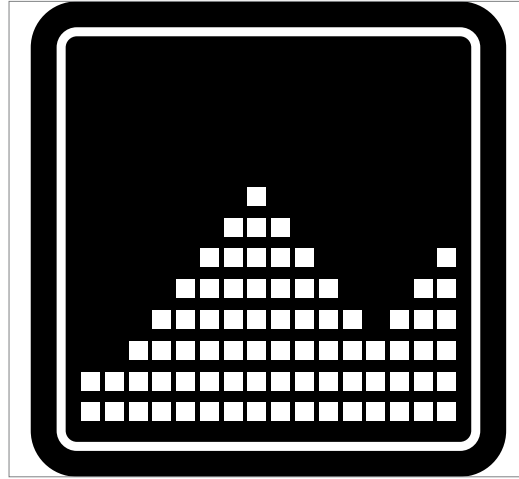
LAP PROFILE

(1.2T, 2.2T, 3.2T models)
The lap profile will advance as the program advances. One lap equals the total workout time.

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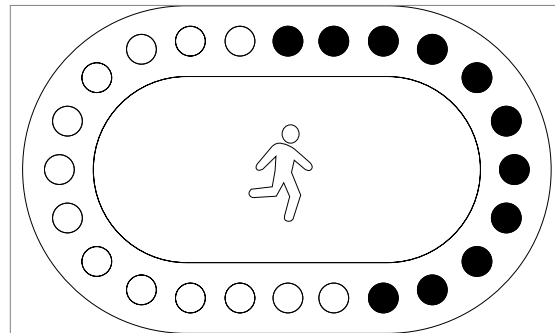
PROGRAM *PROFILES*

MANUAL (1.2T, 2.2T, 3.2T, 4.2T, 5.2T MODELS)
Allows 'On The Fly' manual speed and incline changes. Time-based goal.

INTERVALS (1.2T, 2.2T, 3.2T, 4.2T, 5.2T MODELS)
Walk or run a series of alternating paced speed levels. Time-based goal with 10 difficulty levels to choose from.

WEIGHT LOSS (1.2T, 2.2T, 3.2T, 4.2T, 5.2T MODELS)
Challenges with various combinations of hills and valleys. Time-based goal with 10 difficulty levels to choose from.

GOLF COURSE (3.2T, 4.2T, 5.2T MODELS)
Simulates various inclines and yardages for holes on a golf course, with 4 tee-off boxes and 9 or 18 holes to choose from. Distance-based goal.

RACE (3.2T, 4.2T, 5.2T MODELS)
Challenge the computer to a Race, customize pace speed and distance. Program is designed to add motivation to a workout by allowing you to compete against a selected pacer.

ROLLING (4.2T, 5.2T MODELS)
Motivates with different combinations of speed. Time-based goal with 10 difficulty levels to choose from.

CUSTOM 1 (USER PROGRAM) (2.2T, 3.2T, 4.2T, 5.2T MODELS)
Lets you create and reuse a perfect workout for you with specific speed, incline and time combination. The ultimate in personal programming. Time-based goal.

CUSTOM 2 (USER PROGRAM) (5.2T MODEL ONLY)
Lets you create and reuse a perfect workout for you with specific speed, incline and time combination. The ultimate in personal programming. Time-based goal.

THR ZONE PROGRAM 1 (4.2T, 5.2T MODELS)
Automatically adjusts incline to maintain your target heart rate. Perfect for simulating the intensity of your favorite sport or everyday activity. Time-based goal (Requires wireless transmitter).

THR ZONE PROGRAM 2 (5.2T MODEL)
Automatically adjusts incline to maintain your target heart rate. Perfect for simulating the intensity of your favorite sport or everyday activity. Time-based goal (Requires wireless transmitter).

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PROGRAM: *MANUAL*

*Allows 'On The Fly' manual **SPEED** and **INCLINE** changes. Time-based goal.*

PROGRAM: *INTERVALS*

*Walk or run a series of alternating **SPEED** levels. Time-based goal with 10 difficulty levels to choose from.*

INTERVALS PROGRAM SEGMENTS
(peak segments last 30 seconds, valley segments last 90 seconds)

MPH	WARM-UP		1	2	3	4	SEGMENTS ARE REPEATED UNTIL SELECTED TIME IS REACHED	COOL DOWN	
Level 1	1.0	1.5	2.0	4.0	2.0	4.0		1.5	1.0
Level 2	1.0	1.5	2.0	4.5	2.0	4.5		1.5	1.0
Level 3	1.3	1.9	2.5	5.0	2.5	5.0		1.9	1.3
Level 4	1.3	1.9	2.5	5.5	2.5	5.5		1.9	1.3
Level 5	1.5	2.3	3.0	6.0	3.0	6.0		2.3	1.5
Level 6	1.5	2.3	3.0	6.5	3.0	6.5		2.3	1.5
Level 7	1.8	2.6	3.5	7.0	3.5	7.0		2.6	1.8
Level 8	1.8	2.6	3.5	7.5	3.5	7.5		2.6	1.8
Level 9	2.0	3.0	4.0	8.0	4.0	8.0		3.0	2.0
Level 10	2.0	3.0	4.0	8.5	4.0	8.5		3.0	2.0

(WARM-UP and COOL-DOWN last 5:00 minutes each and are included in program times)

PROGRAM: *ROLLING*

*Motivates with different combinations of **SPEED**. Time-based goal with 10 difficulty levels to choose from.*

ROLLING PROGRAM SEGMENTS *(all segments last 30 seconds)*

MPH	WARM-UP		1	2	3	4	5	6	7	8	SEGMENTS ARE REPEATED UNTIL SELECTED TIME IS REACHED	COOL-DOWN	
Level 1	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5		2.3	1.5
Level 2	1.3	1.9	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0		2.6	1.8
Level 3	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5		3.0	2.0
Level 4	1.8	2.6	3.5	4.0	4.5	5.0	5.5	5.0	4.5	4.0		3.4	2.3
Level 5	2.0	3.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5		3.8	2.5
Level 6	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0		4.1	2.8
Level 7	2.5	3.8	5.0	5.5	6.0	6.5	7.0	6.5	6.0	5.5		4.5	3.0
Level 8	2.8	4.1	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0		4.9	3.3
Level 9	3.0	4.5	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5		5.3	3.5
Level 10	3.3	4.9	6.5	7.5	7.5	8.0	8.5	8.0	7.5	7.0		5.6	3.8

(WARM-UP and COOL-DOWN last 5:00 minutes each and are included in program times)

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PROGRAM: *WEIGHT LOSS*

Challenges with various combinations of hills and valleys (**INCLINE & SPEED** levels). Time-based goal with 10 difficulty levels to choose from.

WEIGHT LOSS PROGRAM SEGMENTS (all segments last 30 seconds)

		WARM-UP		1	2	3	4	5	6	7	8		COOL-DOWN	
Level 1	Elevation	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5		0.5	0.0
	Speed	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5		2.3	1.5
Level 2	Elevation	0.0	0.5	1.5	1.5	1.0	0.5	1.0	0.5	1.0	1.5		0.5	0.0
	Speed	1.3	1.9	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0		2.6	1.8
Level 3	Elevation	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0		1.0	0.5
	Speed	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5		3.0	2.0
Level 4	Elevation	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0		1.0	0.5
	Speed	1.8	2.6	3.5	4.5	4.5	5.0	5.5	5.0	4.5	4.5		3.4	2.3
Level 5	Elevation	1.5	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5		1.5	1.0
	Speed	2.0	3.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5		3.8	2.5
Level 6	Elevation	1.5	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5		1.5	1.0
	Speed	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0		4.1	2.8
Level 7	Elevation	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0		2.0	1.5
	Speed	2.5	3.8	5.0	5.5	6.0	6.5	7.5	6.5	6.0	5.5		4.5	3.0
Level 8	Elevation	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0		2.0	1.5
	Speed	2.8	4.1	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0		4.9	3.3
Level 9	Elevation	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5		2.5	2.0
	Speed	3.0	4.5	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5		5.3	3.5
Level 10	Elevation	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5		2.5	2.0
	Speed	3.3	4.9	6.5	7.0	7.5	8.0	8.5	8.5	7.5	7.0		5.6	3.8

(SEGMENTS ARE REPEATED UNTIL SELECTED TIME IS REACHED)

(WARM-UP and COOL-DOWN last 5:00 minutes each and are included in program times)

PROGRAM: *GOLF COURSE*

Simulates various **INCLINES** and yardages for holes on a golf course, with 4 tee-off boxes and 9 or 18 holes to choose from. Distance-based goal.

GOLF COURSE PROGRAM SEGMENTS

HOLE NUMBER:		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	TOTAL DISTANCE
Red tee 9 holes	Elevation	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5										2482
	Distance	309	359	283	256	113	387	91	351	333										
White tee 9 holes	Elevation	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5										2875
	Distance	331	427	330	295	129	466	91	369	431										
Blue tee 9 holes	Elevation	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5										3003
	Distance	345	460	337	308	142	484	97	389	441										
Black tee 9 holes	Elevation	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5										3250
	Distance	376	502	374	327	187	500	106	416	462										
Red tee 18 holes	Elevation	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5	3.5	2.5	2.0	4.0	2.5	3.0	2.0	5.0	2.0	5198
	Distance	309	359	283	256	113	387	91	351	333	301	301	165	288	434	312	310	150	455	
White tee 18 holes	Elevation	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5	3.5	2.5	2.0	4.0	2.5	3.0	2.0	5.0	2.0	6116
	Distance	331	427	330	295	129	466	97	369	431	407	339	179	368	548	349	376	166	509	
Blue tee 18 holes	Elevation	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.0	1.5	3.5	2.5	2.0	4.0	2.5	3.0	2.0	5.0	2.0	6348
	Distance	345	460	337	308	142	484	97	389	441	413	349	187	376	560	373	383	383	532	
Black tee 18 holes	Elevation	0.0	1.0	2.0	3.0	2.5	1.0	2.0	2.5	1.5	3.5	2.5	2.0	4.0	2.5	3.0	2.0	5.0	2.0	6737
	Distance	376	502	374	327	187	500	106	416	462	430	373	201	393	572	396	401	178	543	

Distance = Yards

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PROGRAM: *RACE*

*Challenge the computer to a Race, customize pace **SPEED** and **DISTANCE**. Program is designed to add motivation to a workout by allowing you to compete against a selected pacer.*

> **1.** *Once the **RACE PROGRAM** has been chosen, press **ENTER**.*
>
> **2.** *Choose a desired Pace (Speed) using the **SPEED ARROW KEYS** and press **ENTER**. The selected pace is the pace you will be racing against. You will choose your own speed **after** the program has started and **WARM-UP** is complete.*
>
> **3.** *Choose a desired Distance (Miles) using the **SPEED ARROW KEYS** and press **ENTER**.*
>
> **4.** *Press **START** to begin workout.*
>
> ***Note:** this is a distance-based program. The time it will take you to complete the race is determined by the speed and distance selected.*

- *Upon pressing **START**, the program will be broken up into 16 segments. The first segment will be dedicated to a **WARM-UP**, which will be half of the selected pace (Speed). The middle segments will consist of the RACE, with the last segment dedicated to a **COOL-DOWN**, which will be half of the selected Pace (your speed will automatically be reduced for cool-down segment). **NOTE:** The race distance does not include the time for **WARM-UP** and **COOL-DOWN** (as they are a set time of 2.5 minutes each).*
- *You can adjust your own speed at any time during the program by pressing the **SPEED KEYS** or by using the **ONE TOUCH™ SPEED KEYS**.*
- *You can set the Pace (speed) from 1.0 mph - 12.0 mph (in .5 mph increments) and Distance from 1 - 10 miles (in 1 mile increments). **NOTE:** 3.2T model sets Pace (speed) from 1.0 mph - 10.0 mph)*
- *If you beat the pacer to the finish line, the console will flash and scroll **YOU WIN** and begin your cool-down. If the pacer wins, the console will flash and scroll **PACER WINS**. Then, you will finish the race and begin your cool-down.*

PROGRAM: **THR ZONE 1 & 2**

*Once the **THR ZONE 1** or **THR ZONE 2** program key is selected (4.2T, 5.2T models), you will see the **TARGET HEART RATE** flashing in the **PULSE** window. Using the heart rate chart (page 30), determine your target heart rate. Your target heart rate should be set at a number that you will be able to exercise at throughout the majority of your workout. To adjust the target heart rate, press the up or down buttons.*

- *Once you have chosen your target heart rate, wait for five seconds and you will see the time flashing in the Time window. Press the up or down buttons to adjust your time. Once you choose your time, press the **START** button and begin your workout.*
- *The **THR ZONE 1** or **THR ZONE 2** program will have a 5 minute warm up time before it will get you in your 'target heart rate zone'.*
- *After the 5 minute warm up period, the incline level will increase gradually to get the user to the entered 'target heart rate zone'. Once the user is at the 'target heart rate zone', plus or minus 5 beats, the incline level will remain at the current incline level.*
- *The last 5 minutes of the program will begin the cool down period. At this time, the program will gradually decrease the incline level to give the user a smooth cool down.*

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HEART RATE

HANDLEBARS

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.

WIRELESS CHEST TRANSMITTER (Included with 5.2T)

Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out. **NOTE:** The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout. **WARNING!** The heart rate function is not a medical device. Various factors may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid.

BACKSIDE OF CHEST TRANSMITTER

APPLY MOISTURE HERE
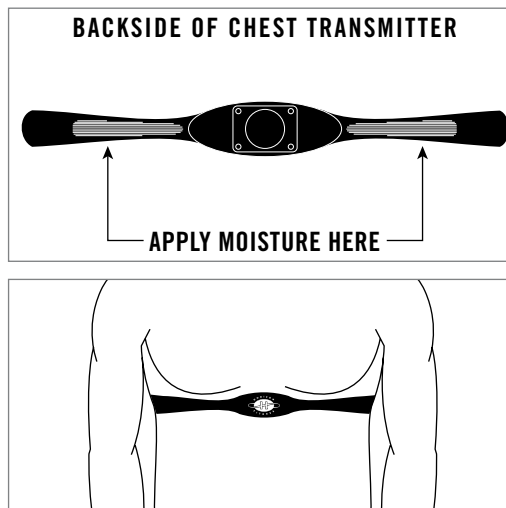
*NOTE: The Chest Strap Transmitter is required to use the THR ZONE 1 & 2 program (the chest strap is not included with the 4.2T model, must purchase separately).

❷ PROGRAM: CUSTOM 1 & 2

Your Custom Programs 1 & 2 are designed to allow you to create your own programming, with the ability to save your program settings for future workouts. To use your Custom Programs 1 & 2, follow these instructions:

1. Once the Custom Programs 1 & 2 has been chosen, press **ENTER.**

2. Choose your desired time using the up or down buttons or incline keys and press **ENTER**.

3. Choose your desired speed using the up or down buttons or incline keys and press **ENTER**. You will need to select a speed for all 16 segments, pressing **ENTER** after each segment. Note: 2.2T & 3.2T have 15 segments.

4. Once all 16 speed segments have been chosen, you will need to select your desired incline level for each segment as well. Choose your desired incline level using the up or down buttons or incline keys and press **ENTER**. Once you have chosen your desired incline level for all 16 segments, press **START** to begin your program. At this time, your program has been successfully saved into memory, and can be used for future workouts.

5. To **RESET** your program information and delete it from memory, press and hold the **ENTER** key for 5 seconds once you have selected the Custom Programs 1 & 2 in the start menu.

6. While using your saved program in the Custom Programs 1 & 2, you are able to adjust the speed or incline, but any changes will not be saved.

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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 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 (using the grip pulse handlebars or a wireless chest transmitter - may be sold separately), 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.

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TARGET HEART RATE ZONE CHART

What is Target Heart Rate Zone?

Target Heart Rate Zone tells you the number of times per minute your 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.
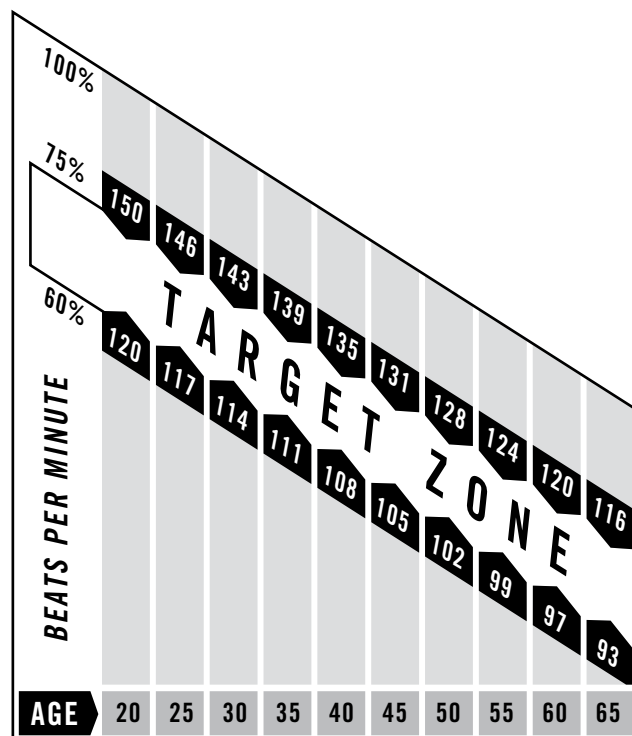

EXAMPLE:

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.

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STRETCHING

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.
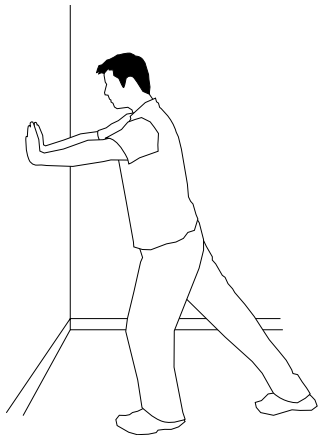
1. STANDING CALVE MUSCLE STRETCH
Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.
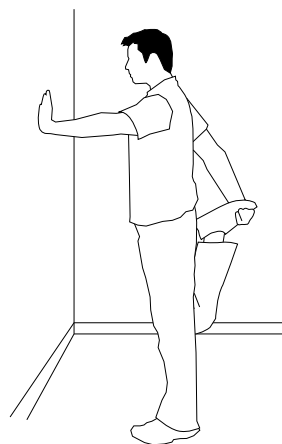
2. STANDING QUADRICEPS STRETCH
Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.
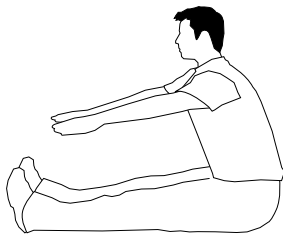
3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH
Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

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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.

TIPS ✓ *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 hi 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:

www.horizonfitness.com/guides/weeklylog.pdf
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 #_____ WEEKLY GOAL _____

DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #_____ WEEKLY GOAL _____

DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #_____ WEEKLY GOAL _____

DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

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MONTHLY LOG SHEETS

MONTH _____ MONTHLY GOAL _____

WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH _____ MONTHLY GOAL _____

WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH _____ MONTHLY GOAL _____

WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

TROUBLESHOOTING

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY TREADMILL MAKES NORMAL?

All treadmills make a certain type of thumping noise due to the belt riding over the rollers, especially new treadmills. This noise will diminish over time, although may not totally go away. Over time, the belt will stretch, causing the belt to ride smoother over the rollers.

WHY IS THE TREADMILL I PURCHASED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

WHEN SHOULD I BE WORRIED ABOUT A NOISE?

As long as the sounds your treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise.

TROUBLESHOOTING - TREADMILL

Your treadmill is designed to be reliable and easy to use. However, if you experience a problem, please reference the troubleshooting guide listed below.
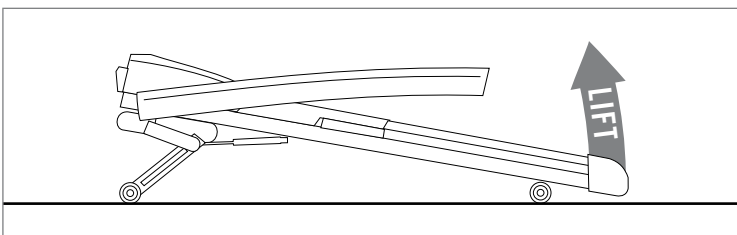
PROBLEM: *(1.2T ONLY) The banding straps were removed before **ASSEMBLY STEP 1** was complete and the machine has sprung open and cannot be assembled.*

SOLUTION: *The air shocks have been engaged prematurely. To correct this, tilt the machine on it's nose by lifting the deck (light end) upwards. Step on the foot latch and fold down the deck so that it is horizontal. You may now proceed with **ASSEMBLY STEP 1**.*

PROBLEM: *The console does not light up.*

SOLUTION: *Verify the following:*

DOES THE RED LIGHT ON THE ON/OFF SWITCH LIGHT UP?

IF YES:
- *Double check that all connections are secure, especially the console cable. Unplug and reconnect the console cable to verify.*
- *Make sure the console cable is not pinched or damaged in any way.*
- *2.2T - 5.2T: Raise elevation to 6% incline.*
- *Turn the power off and wait 60 seconds. Remove motor cover. Wait until all red LED lights have gone off on the motor control board before proceeding. Next, verify that no wires are loose or disconnected.*

IF NO:
- *Verify that the outlet the machine is plugged into is functional. Double check that the breaker has not tripped, it is on a dedicated 20-amp circuit, it is not on a GFCI equipped outlet, and it is not plugged into a surge protector or extension cord.*
- *The power cord is not pinched or damaged and is properly plugged into the outlet AND the machine.*
- *The power switch is turned to the ON position.*

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PROBLEM: *The treadmill circuit breaker trips during a workout.*
SOLUTION: *Verify the following:*
- *Make sure the treadmill is plugged into a dedicated 20-amp circuit.*
- *Verify that you do not have the machine on an extension cord or surge protector.*

- *Confirm that the machine is not plugged into a GFCI-equipped outlet or on a circuit that has a GFCI-equipped outlet on it.*

PROBLEM: *The treadmill shuts off when elevating.*
SOLUTION: *Verify the following:*
- *Make sure there is enough slack in the power cord to reach to the wall during elevation*
- *Verify that the console cable is not pinched between the handlebars and console mast.*
- *Turn the power off and wait 60 seconds. Remove motor cover. Wait until all red LED lights have gone off on the motor control board before proceeding. Next, verify that no wires are loose or disconnected.*

PROBLEM: *The running belt does not stay centered during a workout.*
SOLUTION: *Verify the following:*
- *Make sure the treadmill is on a level surface.*
- *Verify that the belt is properly tightened and centered (Refer to the Adjustment section for detailed directions).*

TROUBLESHOOTING - HEART RATE

Check your exercise environment for sources of interference such as fluorescent lights, computers, or appliances containing large motors. These items may cause erratic heart rate readouts.

You may experience an erratic 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 handlebars while exercising. If you are receiving erratic heart rate readouts, try to only hold the grips long enough to monitor your heart rate.*
- *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 to moisten your palms by rubbing them together to warm.*
- *Anyone with heavy arrhythmia.*
- *Anyone with arteriosclerosis or peripheral circulation disorder.*
- *Anyone whose skin on the measuring palm is especially thick.*

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

PLEASE CALL CUSTOMER TECH SUPPORT AT THE NUMBER ON THE BACK PANEL.

The following information may be asked of you when you call. Please have these items readily available:
- *Model Name*
- *Serial Number*
- *Date of Purchase (receipt or credit card statement)*

In order for Customer Tech Support to service your treadmill they may need to ask 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 or the back? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?*
- *Has the machine been lubricated and maintained per the maintenance schedule?*

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 treadmill running again!

MAINTENANCE

Cleanliness of your treadmill and its operation environment will keep maintenance problems and service calls to a minimum. For this reason, we recommend that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)
Clean and inspect, following these steps:
- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
- Inspect the power cord. If the power cord is damaged, contact Horizon Fitness.
- Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
- Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.

EVERY WEEK
Clean underneath the treadmill, following these steps:
- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Fold the treadmill into the upright position, making sure that the lock latch is secure.
- Move the treadmill to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.
- Return the treadmill to its previous position.

EVERY MONTH - IMPORTANT!
- Inspect all assembly bolts of the machine for proper tightness.
- 2.2T-5.2T: Raise the elevation to 6% incline.
- Turn off the treadmill with the on/off switch, then unplug the power cord and wait 60 seconds.
- Remove the motor cover. Wait until ALL LED lights turn off.
- Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated. Failure to do so may result in premature failure of key electrical components.

EVERY 6 MONTHS
It may be necessary to lubricate your treadmill running deck every six months to maintain optimal performance of your treadmill. Only use lubricant provided by Horizon Fitness! Please contact Horizon Fitness with questions about applying lubricant to your treadmill.

- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Loosen both the rear roller bolts. (For best results, place two removable marks on both sides of the frame and note roller position). Once the belt is loosened, take the bottle of lubricant and apply it to the entire top surface of the running deck. Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, insert the safety key, start the treadmill and walk on the belt for two minutes to spread the lubricant.
- Lubricate the air shocks with Teflon based spray.

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

DRIVE MOTOR/ELEVATION • 25 YEARS
Horizon Fitness warrants the drive/elevation motors against defects in workmanship and materials for a period of twenty-five years from the date of purchase, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS • 1.2T / 2.2T - 2 YEARS
Horizon Fitness warrants the electronic components, finish and all original parts for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

3.2T / 4.2T / 5.2T - Up to 5 YEARS
To be eligible for the extended warranty (3.2T, 4.2T, 5.2T only), you must register your treadmill within 30 days of purchase. Upon registration, Horizon Fitness will automatically extend the parts and electronics warranty on these models from two to FIVE years – a three-year extension. This extended warranty is limited to those items listed below, and excludes replacement of the tread belt, front and rear rollers and running deck.

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 equipment 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.
• 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.

CUSTOMER TECH SUPPORT

*If you have any questions or comments, you may contact one of our
trained customer technicians via phone, email or our website.*

Customer Tech Support Hotline: **1-800-244-4192**
Email: **comments@horizonfitness.com**
Website: **www.horizonfitness.com**

Customer Tech Support hours: Monday - Friday, 8 am - 5 pm CST (excluding holidays)
NOTE: *Please read the TROUBLESHOOTING section before contacting Customer Tech Support.
DO NOT return the treadmill to the store.*

HORIZON FITNESS

Designed for life.™

800 Burton Blvd
DeForest, WI 53532
Tel: 1.800.244.4192
Fax: 608.842.1660