



**EX-69**



**EX-79**

**ELLIPTICAL OWNER'S MANUAL**  
**MANUEL DU PROPRIÉTAIRE DE L'EXERCISEUR ELLIPTIQUE**  
**MANUAL DEL PROPIETARIO DE LA MÁQUINA ELÍPTICA**



Read the ELLIPTICAL GUIDE before using this OWNER'S MANUAL.

Lire le GUIDE D'UTILISATION DE L'EXERCISEUR ELLIPTIQUE avant de se servir du présent MANUEL DU PROPRIÉTAIRE.

Lea la GUÍA DEL USUARIO DE LA MÁQUINA ELÍPTICA antes de usar este MANUAL DEL PROPIETARIO.



# IMPORTANT PRECAUTIONS



## SAVE THESE INSTRUCTIONS

Read the ELLIPTICAL GUIDE before using this OWNER'S MANUAL. 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 guide, contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL.

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.



## **DANGER**

### **TO REDUCE THE RISK OF ELECTRICAL SHOCK:**

Always unplug the elliptical from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

## **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.
- When exercising, always 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 turn pedal arms by hand.
- Make sure handlebars are secure before each use.
- 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.
- Do not wear clothes that might catch on any part of the elliptical.
- Always wear athletic shoes while using this equipment.
- Do not jump on the elliptical.
- At no time should more than one person be on the elliptical while in operation.
- This elliptical should not be used by persons weighing more than the specified user capacity in the OWNER'S MANUAL WARRANTY SECTION. 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 will void the warranty.
- To prevent electrical shock, never drop or insert any object into any opening.
- Connect this exercise product to a properly grounded outlet only.

## **WARNING**

### **TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:**

- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Use the elliptical only as described in the elliptical guide and owner's manual.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The elliptical should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- At NO time should pets or children under the age of 13 be closer to the elliptical than 10 feet.
- At NO time should children under the age of 13 use the elliptical.
- Children over the age of 13 or disabled persons should not use the elliptical without adult supervision.
- Never operate the elliptical if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Contact tech support at the number on the back panel to schedule service.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician

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.

## **WARNING**

This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.





## GROUNDING INSTRUCTIONS

**If your elliptical has power incline with a 3-prong plug, you must follow these grounding instructions.**

This product must be grounded. If a elliptical 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.

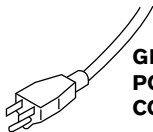
## DANGER

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 for use on a nominal 110-120 Volt circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This elliptical should be used with a minimum 15-amp circuit.

**3-POLE  
GROUNDED  
OUTLET**



**GROUNDED  
POWER  
CORD**

## WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

# ASSEMBLY



## WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the 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.

Before proceeding, find your elliptical's serial number located on a white barcode sticker on the front stabilizer tube and enter it in the space provided below.

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

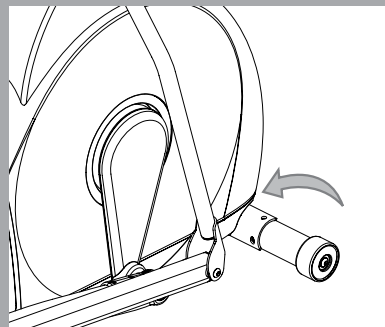
SERIAL NUMBER:

EP

MODEL NAME: **HORIZON**

**ELLIPTICAL**

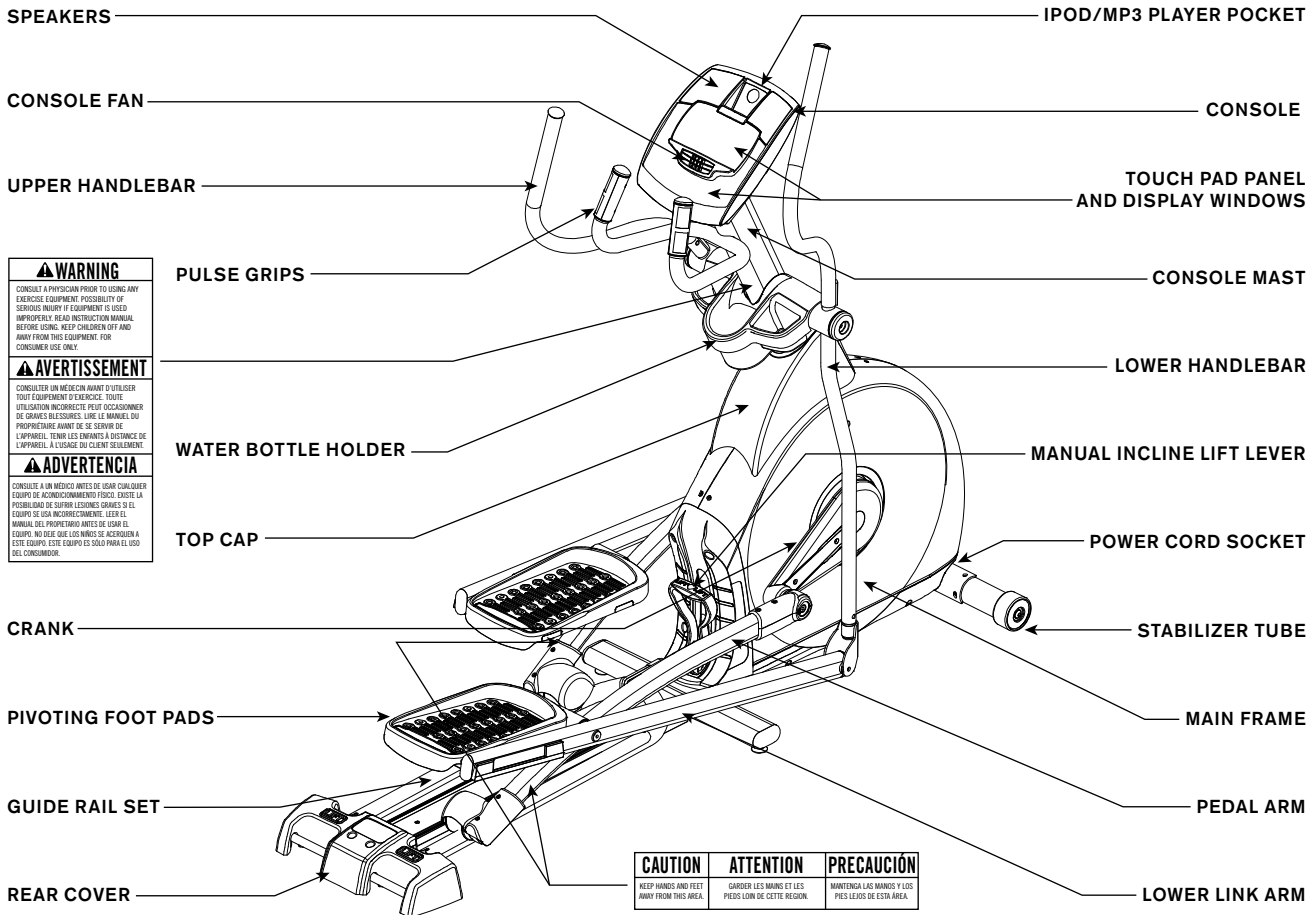
## SERIAL NUMBER LOCATION



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



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**⚠ WARNING**  
CONSULT A PHYSICIAN PRIOR TO USING ANY EXERCISE EQUIPMENT. POSSIBILITY OF SERIOUS INJURY IF EQUIPMENT IS USED IMPROPERLY. READ INSTRUCTION MANUAL BEFORE USING. KEEP CHILDREN OFF AND AWAY FROM THIS EQUIPMENT. FOR CONSUMER USE ONLY.

**⚠ AVERTISSEMENT**  
CONSULTEZ UN MÉDECIN AVANT D'UTILISER TOUT ÉQUIPEMENT D'EXERCICE. TOUTE UTILISATION INCORRECTE PEUT OCCASIONNER DE GRAVES BLESSURES. LIRE LE MANUEL DU PROPRIÉTAIRE AVANT DE SE SERVIR DE L'APPAREIL. TENIR LES ENFANTS À DISTANCE DE L'APPAREIL. À L'USAGE DU CLIENT SEULEMENT.

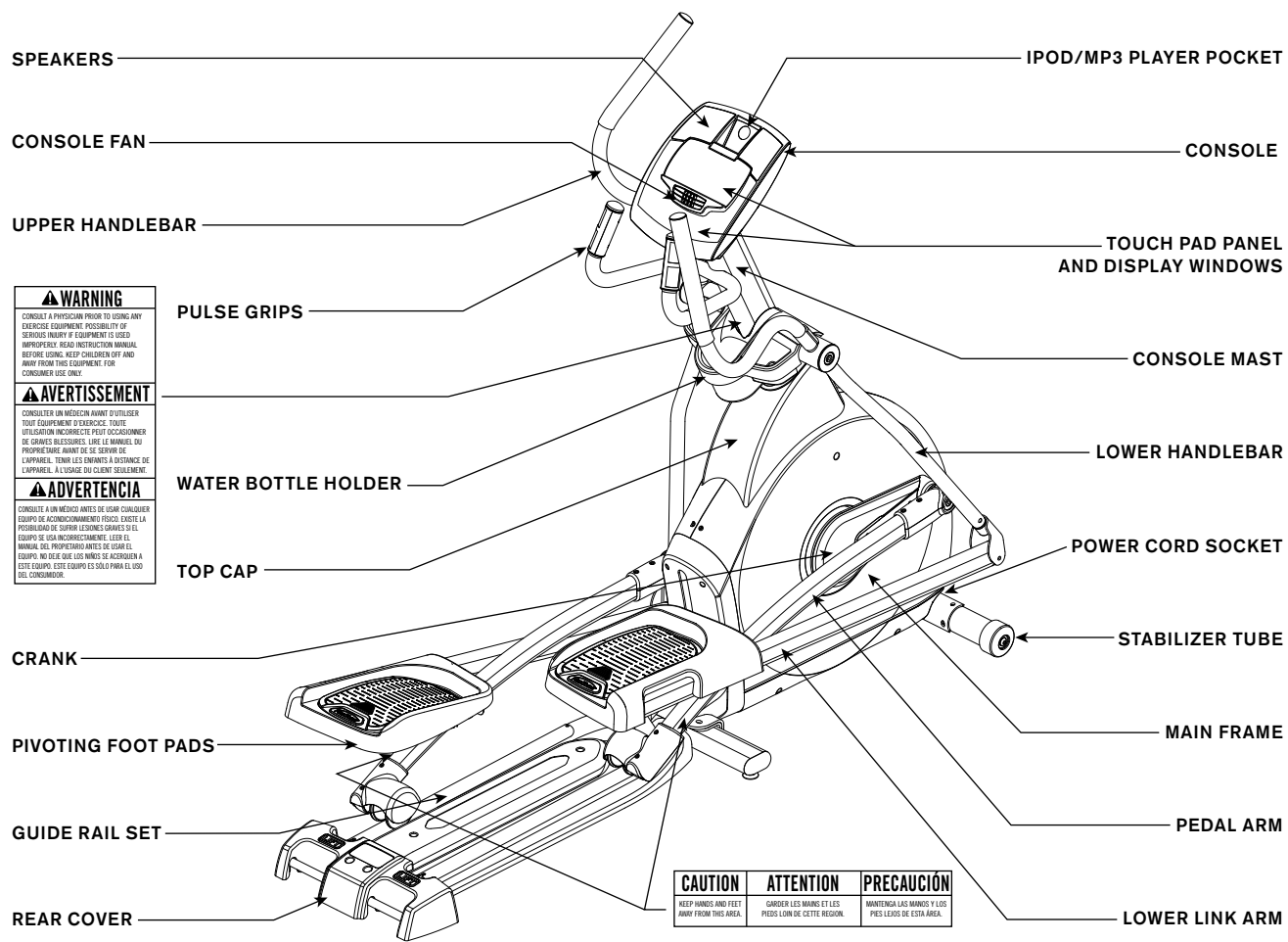
**⚠ ADVERTENCIA**  
CONSULTE A UN MÉDICO ANTES DE USAR CUALQUIER EQUIPO DE ACERCIONAMIENTO FÍSICO. EXISTE LA POSIBILIDAD DE SUFRIR LESIONES GRAVES SI EL EQUIPO SE USA INCORRECTAMENTE. LEE EL MANUAL DEL PROPIETARIO ANTES DE USAR EL EQUIPO. NO DEJE QUE LOS NIÑOS SE ACERCAREN A ESTE EQUIPO. ESTE EQUIPO ES SOLO PARA EL USO DEL CONSUMIDOR.

CAUTION	ATTENTION	PRECAUCIÓN
KEEP HANDS AND FEET AWAY FROM THIS AREA.	GARDEZ LES MAINS ET LES PIEDS LOIN DE CETTE RÉGION.	MANTENGA LAS MANOS Y LOS PIES LEJOS DE ESTA ÁREA.





EX-79



**⚠ WARNING**  
CONSULT A PHYSICIAN PRIOR TO USING ANY EXERCISE EQUIPMENT. POSSIBILITY OF SERIOUS INJURY IF EQUIPMENT IS USED IMPROPERLY. READ INSTRUCTION MANUAL BEFORE USING. KEEP CHILDREN OFF AND AWAY FROM THIS EQUIPMENT. FOR CONSUMER USE ONLY.

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<b>CAUTION</b> KEEP HANDS AND FEET AWAY FROM THIS AREA.	<b>ATTENTION</b> GARDER LES MAINS ET LES PIEDS LOIN DE CETTE RÉGION.	<b>PRECAUCIÓN</b> MANTENGA LAS MANOS Y LOS PIES LEJOS DE ESTA ÁREA.
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ALL  
MODELS

## TOOLS REQUIRED:

- ☐ 8 mm L-Wrench
- ☐ 5 mm L-Wrench / Screwdriver
- ☐ 13/15 mm Flat Wrench
- ☐ Screwdriver (not included)

## PARTS INCLUDED:

- ☐ 1 Stabilizer Tube
- ☐ 1 Guide Rail Set
- ☐ 2 Pedal Arms
- ☐ 1 Manual Incline Set (EX-69 only)
- ☐ 2 Lower Handlebars
- ☐ 2 Upper Handlebars
- ☐ 2 Lower Link Arms With Footpads
- ☐ 1 Top Cap (2 pieces)
- ☐ 1 Console Mast
- ☐ 1 Console Mast Boot
- ☐ 1 Console
- ☐ 2 Handlebar Caps
- ☐ 1 Water Bottle Holder
- ☐ 1 Rear Cover
- ☐ 1 Audio Adapter Cable
- ☐ 1 Power Cord
- ☐ 1 Hardware Kit

## PRE ASSEMBLY

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### UNPACKING

Unpack the product where you will be using it. Place the elliptical carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

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

NOTE: It is recommended that two people work together for ease and efficiency while assembling an elliptical.

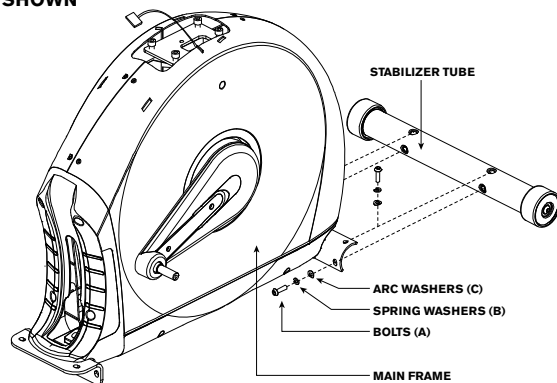


### NEED HELP?

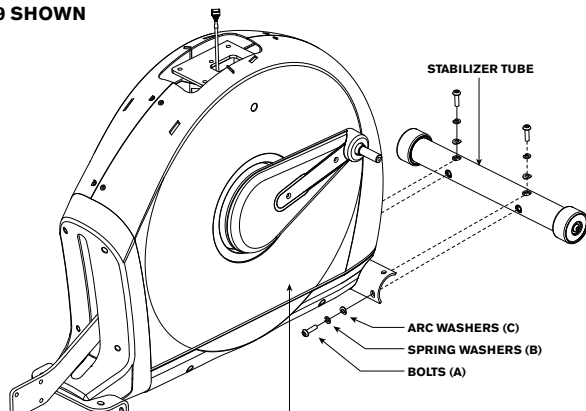
If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.

# ASSEMBLY STEP 1

EX-69 SHOWN



EX-79 SHOWN



## HARDWARE FOR STEP 1:



BOLT (A)  
30 mm  
Qty: 4



SPRING WASHER (B)  
15 mm  
Qty: 4



ARC WASHER (C)  
17 mm  
Qty: 4

- A Open **HARDWARE FOR STEP 1**.
- B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.



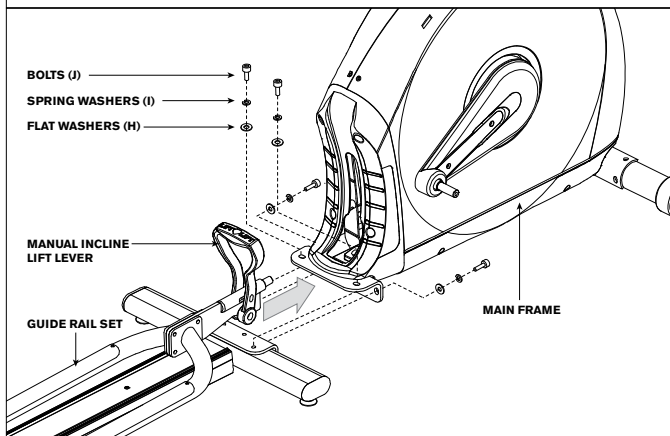
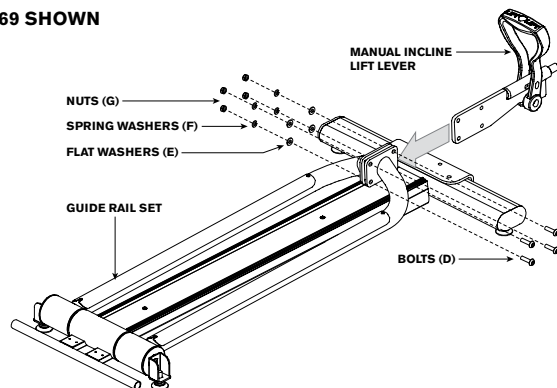
ALL  
MODELS

# EX-69 ASSEMBLY STEP 2

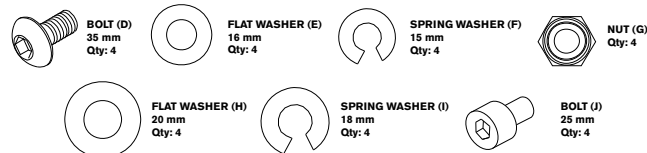


EX-69  
ONLY

## EX-69 SHOWN



## HARDWARE FOR STEP 2



\* This step is for EX-69 only.

- A Open **HARDWARE FOR STEP 2**.
- B Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **NUTS (G)**.
- C Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.
- D Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.
- E Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (J)**, 4 **FLAT WASHERS (H)** and 4 **SPRING WASHERS (I)**.

# EX-79 ASSEMBLY STEP 2

## HARDWARE FOR STEP 2:



FLAT WASHER (D)  
16 mm  
Qty: 4



SPRING WASHER (E)  
15 mm  
Qty: 4



BOLT (F)  
20 mm  
Qty: 4



BOLT (G)  
35 mm  
Qty: 4



FLAT WASHER (H)  
20 mm  
Qty: 4

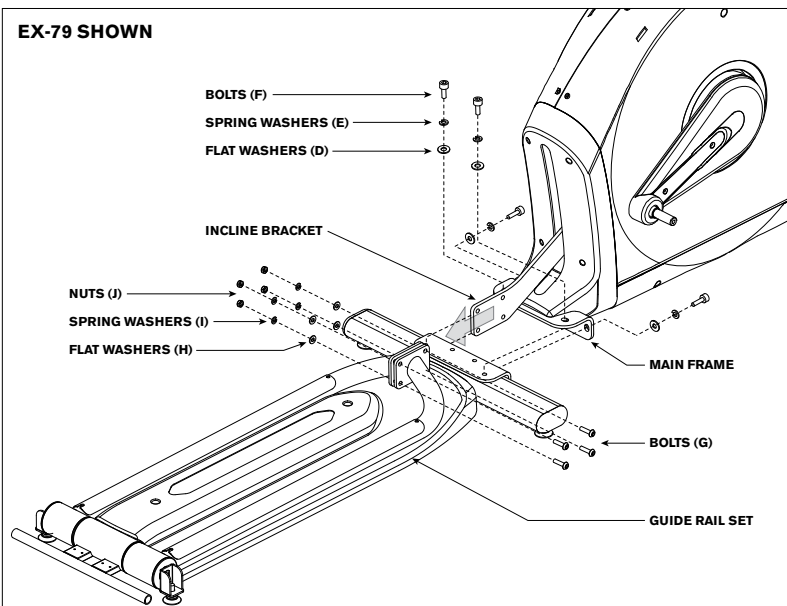


SPRING WASHER (I)  
18 mm  
Qty: 4



NUT (J)  
Qty: 4

### EX-79 SHOWN



\* This step is for EX-79 models only.

- A Open **HARDWARE FOR STEP 2**.
- B Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (G)**, 4 **SPRING WASHERS (E)** and 4 **FLAT WASHERS (D)**.
- C Attach the **GUIDE RAIL SET** to the **INCLINE BRACKET** using 4 **BOLTS (F)**, 4 **FLAT WASHERS (H)** and 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

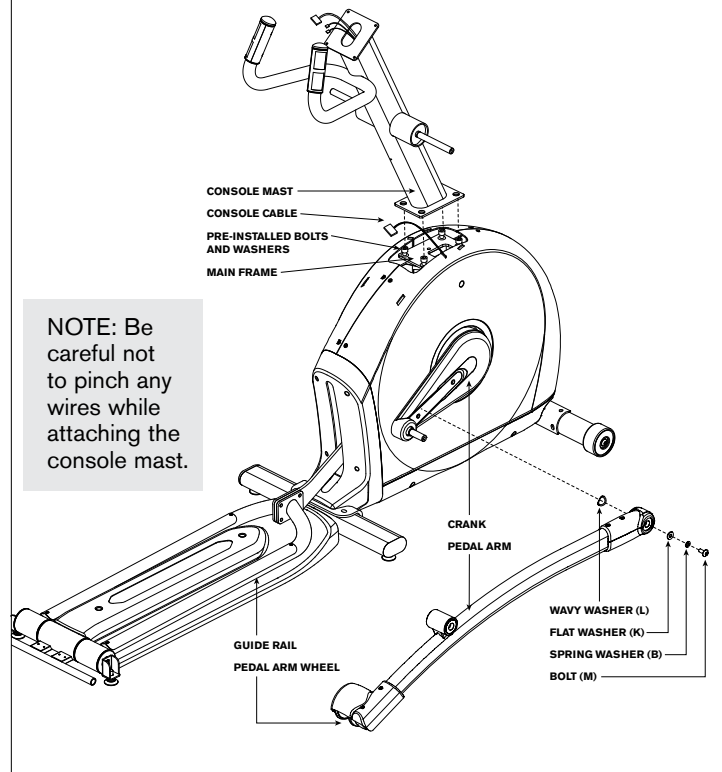
**NOTE:** You may need to pull the incline bracket out of the main frame in order to connect it to the guide rail set.



EX-79  
ONLY

## ASSEMBLY STEP 3

EX-79 SHOWN



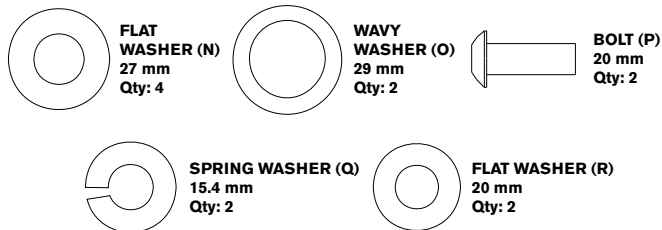
### HARDWARE FOR STEP 3:



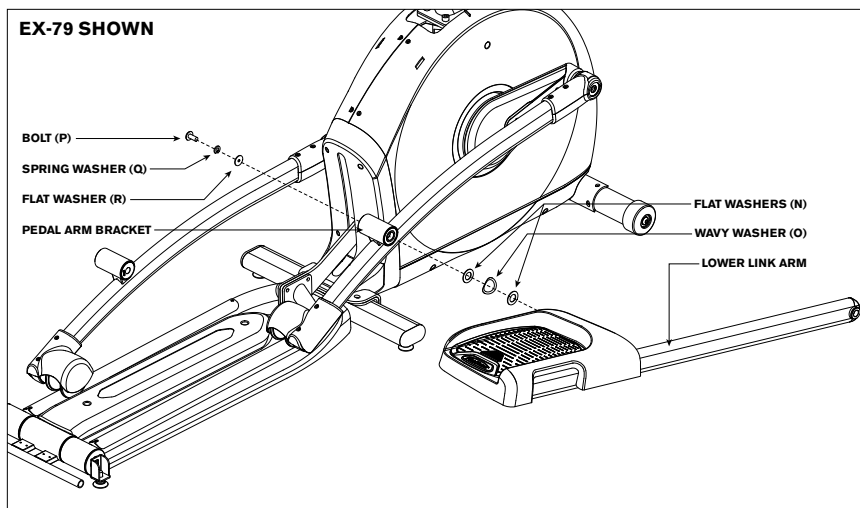
- Open **HARDWARE FOR STEP 3**.
- Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.
- Attach **CONSOLE MAST** to **MAIN FRAME** using **PRE-INSTALLED BOLTS AND WASHERS**.
- Slide **WAVY WASHER (L)** over **CRANK** followed by **PEDAL ARM** as shown. Rest **PEDAL ARM WHEEL** on **GUIDE RAIL**.
- Attach the **PEDAL ARM** to the **CRANK** using 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (B)** and 1 **BOLT (M)**.
- Repeat steps D–E on the opposite side of the elliptical.

## ASSEMBLY STEP 4

### HARDWARE FOR STEP 4:



### EX-79 SHOWN



- Open **HARDWARE FOR STEP 4**.
- Slide 1 **FLAT WASHER (N)**, 1 **WAVY WASHER (O)** and another **FLAT WASHER (N)** onto the **LOWER LINK ARM**.
- Slide the **LOWER LINK ARM** into the **PEDAL ARM BRACKET**.
- Attach the **LOWER LINK ARM** to the **PEDAL ARM BRACKET** using 1 **FLAT WASHER (R)**, 1 **SPRING WASHER (Q)** and 1 **BOLT (P)**.
- Repeat steps B–D on the opposite side of the elliptical.



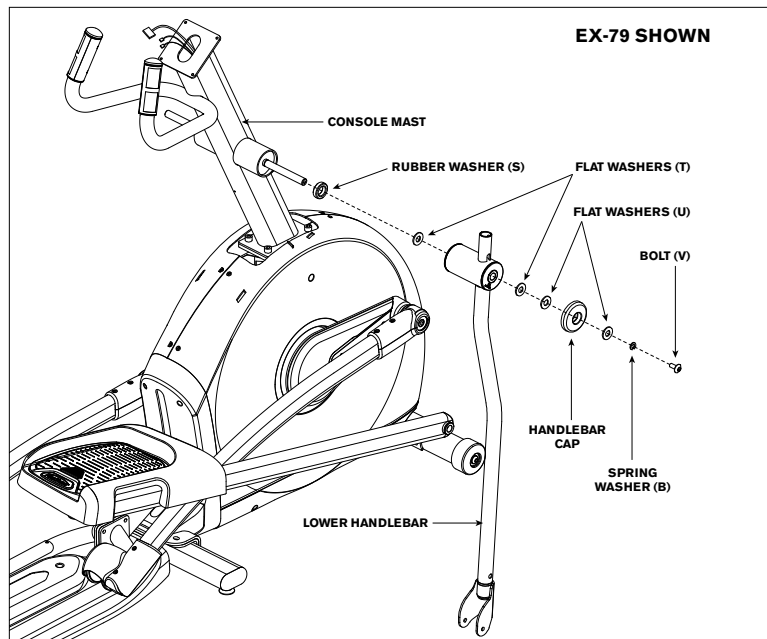
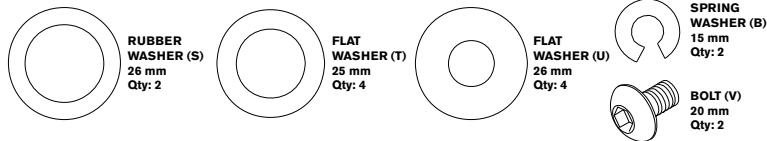
ALL  
MODELS

## ASSEMBLY STEP 5



ALL  
MODELS

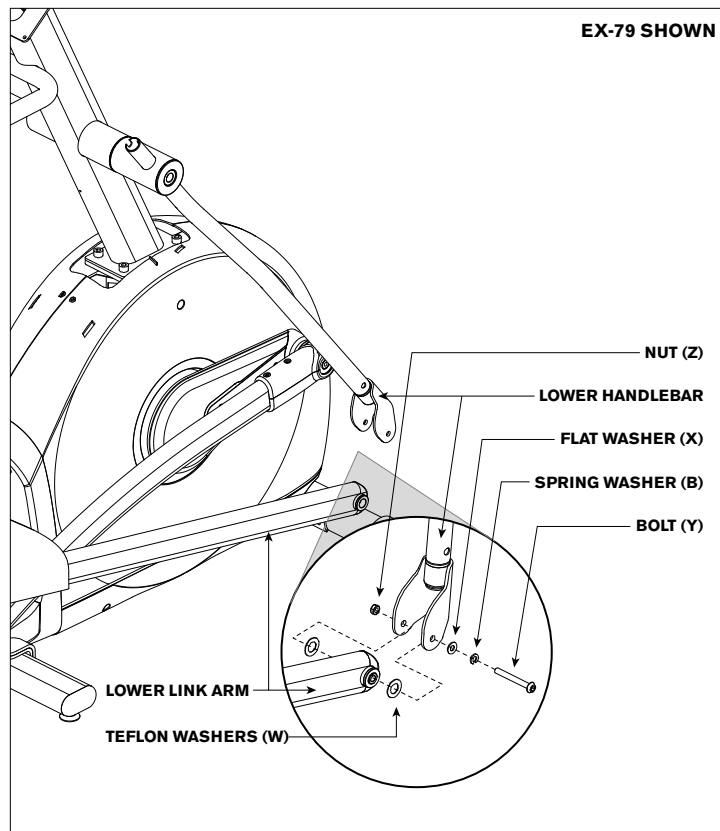
### HARDWARE FOR STEP 5:



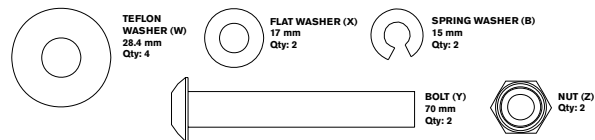
- A Open **HARDWARE FOR STEP 5**.
- B Slide 1 **RUBBER WASHER (S)** and 1 **FLAT WASHER (T)** onto the **CONSOLE MAST**.
- C Slide **LOWER HANDLEBAR** onto **CONSOLE MAST** and attach using 1 **FLAT WASHER (T)**, 1 **FLAT WASHER (U)**, 1 **HANDLEBAR CAP**, 1 **FLAT WASHER (U)**, 1 **SPRING WASHER (B)** and 1 **BOLT (V)**.
- D Repeat steps B–C on the other side.



# ASSEMBLY STEP 6



## HARDWARE BAG 6 CONTENTS :



- A Open **HARDWARE BAG 6**.
- B Align end of **LOWER LINK ARM** with bracket on bottom of **LOWER HANDLEBAR**.
- C Place **TEFLON WASHERS (W)** on both sides of the **LOWER LINK ARM**. While holding **TEFLON WASHERS (W)** slide **LOWER LINK ARM** into bottom end of **LOWER HANDLEBAR**.
- D Secure the joint with 1 **FLAT WASHER (X)**, 1 **SPRING WASHER (B)**, 1 **BOLT (Y)** and secure with 1 **NUT (Z)**.
- E Repeat steps B-D on the opposite side of the elliptical.

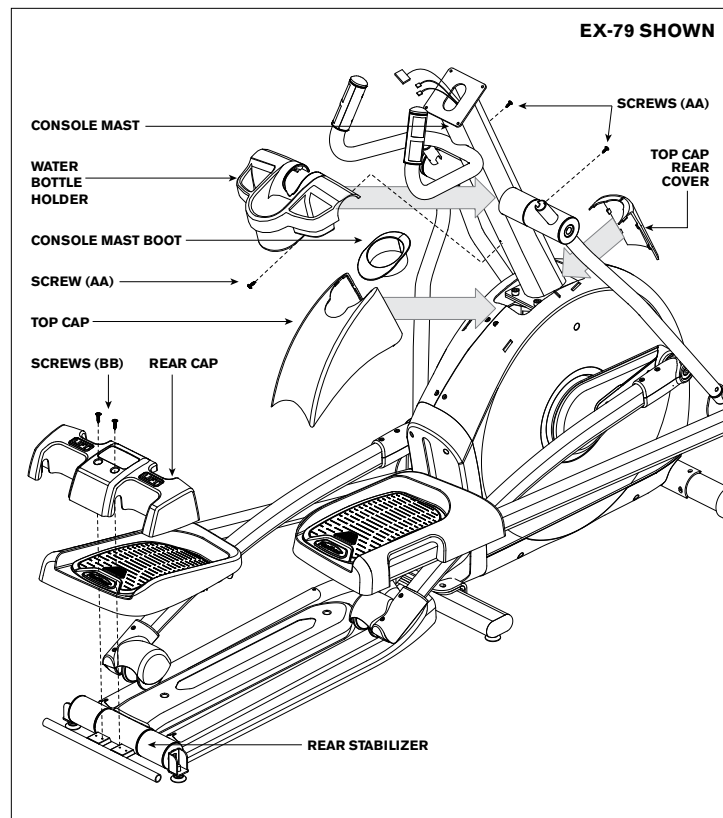


ALL  
MODELS

## ASSEMBLY STEP 7



ALL  
MODELS



### HARDWARE BAG 7 CONTENTS :



SCREW (AA)  
12 mm  
Qty: 3

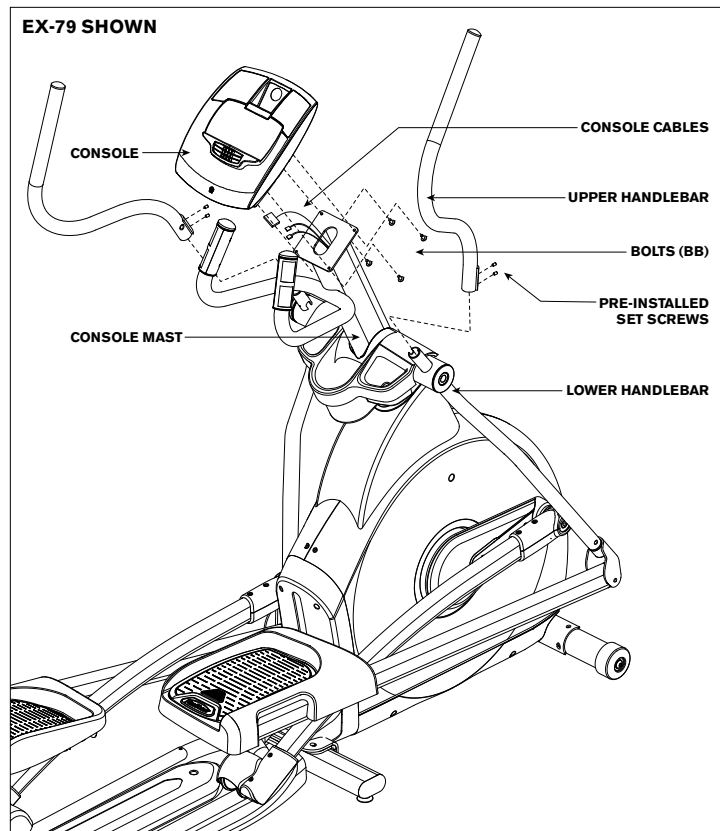


SCREW (BB)  
15 mm  
Qty: 2

- Open **HARDWARE BAG 7**.
- Slide **TOP CAP** and **TOP CAP REAR COVER** over **CONSOLE MAST** and snap into place.
- Insert **CONSOLE MAST BOOT** over **TOP CAP** and snap into place.
- Slide **WATER BOTTLE HOLDER** over **CONSOLE MAST** and attach using 3 **SCREWS (AA)**.
- Slide **REAR CAP** over **REAR STABILIZER** and attach using 2 **SCREWS (BB)**.

**NOTE:** Be careful not to pinch any wires while tightening screws.

## ASSEMBLY STEP 8



- A Remove 4 **PRE-INSTALLED BOLTS** from the **CONSOLE**.
- B Attach the **CONSOLE CABLES** to the **CONSOLE**.
- C Carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST** before attaching the **CONSOLE**. Attach **CONSOLE** to **CONSOLE MAST** using 4 **PRE-INSTALLED BOLTS**.

Note: Be careful not to pinch any wires while attaching the console or handlebars.

- D Slide the **UPPER HANDLEBAR** onto the **LOWER HANDLEBAR** making sure handlebars are joined together completely. Secure the **UPPER HANDLEBAR** to the **LOWER HANDLEBAR** using **PRE-ATTACHED SET SCREWS**.

Make sure upper handlebars are as far down as possible. Handlebars can be damaged if not secured correctly.

- E Repeat STEP D on other side.

**ASSEMBLY COMPLETE!**



**ALL  
MODELS**



# ELLIPTICAL OPERATION

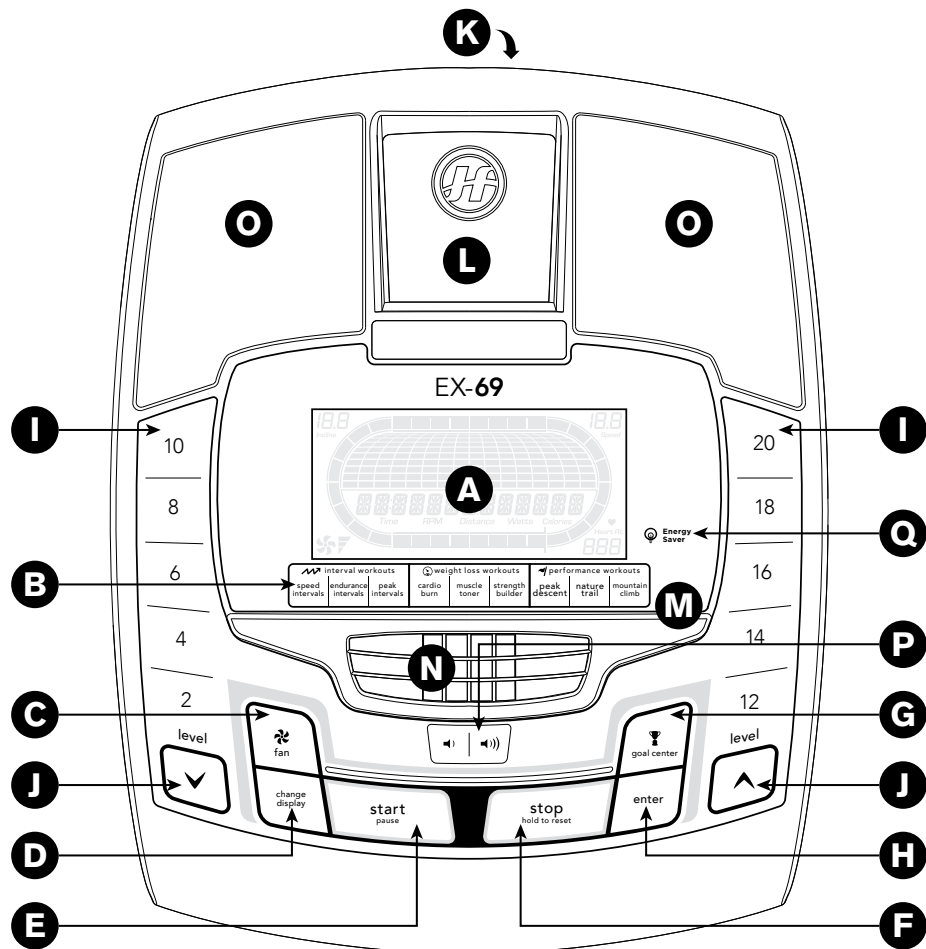


This section explains how to use your elliptical's console and programming.  
The BASIC OPERATION section in the ELLIPTICAL GUIDE has instructions for the following:

- **LOCATION OF THE ELLIPTICAL**
- **POWER/GROUNDING INSTRUCTIONS**
- **FOOT POSITIONING**
- **MOVING THE ELLIPTICAL**
- **LEVELING THE ELLIPTICAL**
- **POWER/MANUAL INCLINE OPERATION**
- **USING THE HEART RATE FUNCTION**



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## EX-69 CONSOLE OPERATION

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

- A) **LCD DISPLAY WINDOW:** time, distance, calories, watts, RPM, speed, resistance level, heart rate, and fan.
- B) **PROGRAMS:** press to select which workout.
- C) **FAN BUTTON:** with each press of the button, the fan cycles from low to medium to high and off.
- D) **CHANGE DISPLAY:** press to change display feedback during workout.
- E) **START:** press to begin exercising, start your workout, or resume exercising after pause.
- F) **STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- G) **GOAL CENTER:** press to set or view your goal. See page 32 for more information.
- H) **ENTER:** used to confirm a selection.
- I) **QUICK KEYS:** used to reach desired resistance level more quickly.
- J) **LEVEL ▼ ▲:** used to adjust resistance level.
- K) **AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- L) **MEDIA PLAYER POCKET:** used to store your media player.
- M) **READING RACK:** holds reading material.
- N) **FAN:** personal workout fan.
- O) **SPEAKERS:** music plays through speakers when your media player is connected to the console.
- P) **VOLUME BUTTONS:** adjust speaker volume up or down.
- Q) **ENERGY SAVER LIGHT:** Indicates if machine is in Energy Saver mode.

## MANUAL INCLINE OPERATION

The EX-69 has an adjustable incline feature to add variety to your workouts. To adjust the incline up or down, stand on the side of the elliptical and place your hand firmly on the top of the shroud. With your other hand, grab the **MANUAL INCLINE LIFT LEVER** handle, pulling back and guiding it up or down. Ensure the pin is engaged in the slot at the preferred incline level.



EX-69





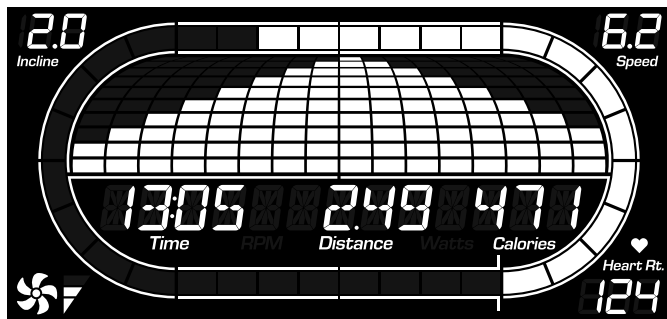
## EX-79 CONSOLE OPERATION

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

- A) **LCD DISPLAY WINDOW:** time, distance, calories, watts, RPM, speed, resistance level, heart rate, and fan.
- B) **PROGRAMS:** press to select which workout.
- C) **CUSTOM 1 & 2 KEYS:** press to select custom 1 or custom 2 program.
- D) **FAN BUTTON:** with each press of the button, the fan cycles from low to medium to high and off.
- E) **CHANGE DISPLAY:** press to change display feedback during workout.
- F) **START:** press to begin exercising, start your workout, or resume exercising after pause.
- G) **STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- H) **VOLUME BUTTONS:** adjust speaker volume up or down.
- I) **GOAL CENTER:** press to set or view your goal. See page 32 for more information.
- J) **ENTER:** used to confirm a selection.
- K) **INCLINE ▼ ▲:** used to adjust incline level.
- L) **LEVEL ▼ ▲:** used to adjust resistance level.
- M) **INCLINE QUICK KEYS:** used to reach desired incline level more quickly.
- N) **LEVEL QUICK KEYS:** used to reach desired resistance level more quickly.
- O) **AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- P) **MEDIA PLAYER POCKET:** used to store your media player.
- Q) **READING RACK:** holds reading material.
- R) **FAN:** personal workout fan.
- S) **SPEAKERS:** music plays through speakers when your media player is connected to the console.
- T) **ENERGY SAVER LIGHT:** Indicates if machine is in Energy Saver mode.



EX-79



## DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.
- **CALORIES:** Total calories burned or calories remaining left to burn during your workout.
- **RPM:** Rotations Per Minute.
- **WATTS:** Displays current user power output.
- **SPEED:** Shown as MPH. Indicates how fast the foot pads are moving.
- **HEART RATE (HR):** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **LEVEL:** Shows the current level of resistance.
- **INCLINE (EX-79 ONLY):** Shown as percent. Indicates the incline level of the power ramp. Will be displayed in the alphanumeric window.
- **TRACK:** Follows progress around a simulated track. Segments light up with every 12.5 meters completed. One lap around the track is 400 meters (1/4 mile).
- **FAN:** Indicates when the fan is on and what level of strength it is on.



## GETTING STARTED

- 1) Check to make sure no objects are nearby that will hinder the movement of the elliptical.
- 2) Plug in the power cord and turn the elliptical ON. (Switch is located at the bottom-front of the elliptical.)  
NOTE: Some ellipticals may not have a power switch and will turn on when power is supplied.
- 3) Select USER 1, USER 2, or GUEST using ▼▲ and press ENTER.
- 4) Set Weight using the ▼▲ and press ENTER.

### A) QUICK START UP

Simply press the START key to begin working out. The time will count up from 0:00, the resistance level will default to level 1. EX-79 only: Incline will default to 0%. OR...

### B) SELECT PROGRAM

- 1) Press a program button to select a workout.
- 2) Set workout time using ▼▲ and press ENTER.
- 3) Set workout level using ▼▲ and press ENTER.
- 4) Press START to begin workout.  
NOTE: You can also adjust the level during your workout.

### C) FINISHING YOUR WORKOUT

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

## CHANGING YOUR PROGRAM MID-WORKOUT

Anytime during your workout, press any program button to select a new program. Press ENTER and a new workout will begin at the first segment. All workout statistics will roll over.

A new workout will begin at the first segment and all workout statistics will roll over.

NOTE: If you accidentally press a program button during a workout, do not press any other buttons for 5 seconds and the current workout will not change.

## TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

## CLEAR CURRENT SELECTION

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

## PROGRAM INFORMATION

**MANUAL:** Adjust your resistance level manually during your workout.

### INTERVAL WORKOUTS

**SPEED INTERVALS:** Improves your strength, speed and endurance by increasing and decreasing the resistance throughout your workout to involve your heart and other muscles. Segments repeat every 30 and 90 seconds.

**ENDURANCE INTERVALS:** Build up your stamina with intervals meant to increase endurance. Time based goal with 7 difficulty levels to choose from.

**PEAK INTERVALS:** Improves your strength, speed and endurance by increasing and decreasing the resistance throughout your workout to involve your heart and other muscles. Segments repeat every 30 and 60 seconds.

SPEED INTERVALS																				
Segment	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	60	60	60	60	30	90	90	30	30	90	30	90	90	30	30	90	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	1	3	1	1	3	3	1	3	1	1	3	3	1	1	1	1	1
2	1	1	1	2	3	1	1	3	3	1	3	1	1	3	3	1	2	1	1	1
3	1	1	1	2	4	2	2	4	4	2	4	2	2	4	4	2	2	1	1	1
4	1	1	1	3	4	2	2	4	4	2	4	2	2	4	4	2	3	1	1	1
5	1	2	3	3	5	3	3	5	5	3	5	3	3	5	5	3	3	3	2	1
6	1	2	3	4	5	3	3	5	5	3	5	3	3	5	5	3	4	3	2	1
7	1	2	3	4	6	4	4	6	6	4	6	4	4	6	6	4	4	3	2	1
8	1	2	3	5	6	4	4	6	6	4	6	4	4	6	6	4	5	3	2	1
9	2	2	3	5	7	5	5	7	7	5	7	5	5	7	7	5	5	3	2	2
10	2	2	4	6	7	5	5	7	7	5	7	5	5	7	7	5	6	4	2	2

		ENDURANCE INTERVALS																		
Segment	Warm Up	60 Second Program Segments - Repeat																		Cool Down
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	2	2	1	2	3	2	1	2	3	2	1	2	3	2	1	1	1	1
2	1	2	2	3	2	3	4	3	2	3	4	3	2	3	4	3	2	1	1	1
3	2	2	3	3	3	4	5	4	3	4	5	4	3	4	5	4	3	1	1	1
4	2	3	3	4	4	5	6	5	4	5	6	5	4	5	6	5	4	1	1	1
5	3	4	4	4	5	6	7	6	5	6	7	6	5	6	7	6	5	3	2	1
6	3	5	4	5	6	7	8	7	6	7	8	7	6	7	8	7	6	3	2	1
7	4	5	5	5	6	7	7	8	8	7	7	8	7	7	8	8	7	3	2	1

		PEAK INTERVALS																		
Segments	Warm Up	Program Segments - Repeat																		Cool Down
Seconds	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	1	3	1	1	3	3	1	3	1	1	3	3	1	1	1	1	1
2	1	1	1	2	3	1	1	3	3	1	3	1	1	3	3	1	2	1	1	1
3	1	1	1	2	4	2	2	4	4	2	4	2	2	4	4	2	2	1	1	1
4	1	1	1	3	4	2	2	4	4	2	4	2	2	4	4	2	3	1	1	1
5	1	2	3	3	5	3	3	5	5	3	5	3	3	5	5	3	3	3	2	1
6	1	2	3	4	5	3	3	5	5	3	5	3	3	5	5	3	4	3	2	1
7	1	2	3	4	6	4	4	6	6	4	6	4	4	6	6	4	4	3	2	1
8	1	2	3	5	6	4	4	6	6	4	6	4	4	6	6	4	5	3	2	1
9	2	2	3	5	7	5	5	7	7	5	7	5	5	7	7	5	5	3	2	2
10	2	2	4	6	7	5	5	7	7	5	7	5	5	7	7	5	6	4	2	2

## WEIGHT LOSS WORKOUTS

**CARDIO BURN:** Promotes weight loss by increasing and decreasing the resistance, while keeping you in your fat burning zone. Segments repeat every 60 seconds.

**MUSCLE TONER:** Tones muscles by adjusting resistance gradually while keeping you in your fat burning zone. Segments change every 30 seconds. Time based goal with 10 difficulty levels to choose from.

**STRENGTH BUILDER:** Time segments vary from 30 to 90 seconds long to challenge your stamina and strength. Time based goal with 10 difficulty levels to choose from.

CARDIO BURN																				
Segment	Warm Up				60 Second Program Segments - Repeat												Cool Down			
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	3	1
2	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1
3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1
4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1
5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2
6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2
7	2	3	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2
8	2	3	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	3	2
9	3	4	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	4	3
10	3	4	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	4	3
11	3	6	10	12	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3
12	3	6	10	13	14	14	15	15	16	16	16	16	15	15	14	14	13	10	6	3
13	5	9	13	14	15	15	16	16	17	17	17	17	16	16	15	15	14	13	9	5
14	5	9	13	15	16	16	17	17	18	18	18	18	17	17	16	16	15	13	9	5
15	5	9	13	16	17	17	18	18	19	19	19	19	18	18	17	17	16	13	9	5
16	5	9	13	17	18	18	19	19	20	20	20	20	19	19	18	18	17	13	9	5

MUSCLE TONER																				
Segment	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	60	60	60	60	30	30	30	30	30	30	30	30	30	30	30	30	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	2	2	2	3	3	2	2	3	3	2	2	3	3	2	1	1	1
2	1	1	2	3	2	3	3	4	2	3	3	4	2	3	3	4	3	2	1	1
3	1	2	2	3	3	3	4	4	3	3	4	4	3	3	4	4	3	2	2	1
4	2	2	2	3	3	4	4	5	3	4	4	5	3	4	4	5	3	2	2	2
5	3	3	3	3	4	4	5	5	4	4	5	5	4	4	5	5	3	3	3	3
6	3	3	3	4	4	5	5	6	4	5	5	6	4	5	5	6	4	3	3	3
7	4	4	4	4	6	6	7	7	6	6	7	7	6	6	7	7	4	4	4	4
8	4	4	4	5	7	7	8	8	7	7	8	8	7	7	8	8	5	4	4	4
9	4	4	5	5	8	8	9	10	8	8	9	11	8	8	11	11	5	5	4	4
10	4	5	5	6	9	11	11	11	9	9	12	12	9	9	13	13	6	5	5	4

STRENGTH BUILDER																				
Segment	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	60	60	60	60	30	60	90	60	90	45	60	45	90	90	30	30	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	2	2	2	2	1	2	2	1	2	2	1	2	2	2	1	1	1
2	1	1	1	2	3	2	3	2	2	3	2	2	3	2	2	3	2	1	1	1
3	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
4	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
5	1	2	2	2	5	5	5	4	5	5	4	5	5	4	5	5	2	2	2	1
6	1	2	2	3	6	5	6	5	6	5	6	5	6	5	6	5	3	2	2	1
7	1	2	2	3	7	6	7	5	6	7	5	6	7	5	6	7	3	2	2	1
8	1	1	1	2	9	8	9	8	8	9	8	8	9	8	8	9	2	1	1	1
9	2	2	2	3	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
10	2	3	4	5	12	12	12	11	12	12	11	12	12	11	12	12	3	2	2	1

## PROGRAM INFORMATION

### PERFORMANCE WORKOUTS

**PEAK DESCENT:** Promotes gradual changes of ascent and descent. Helps tone muscles and build cardiovascular fitness. Time based goal with 10 difficulty levels to choose from. For EX-69, please ignore elevation line.

PEAK DESCENT		Warm Up				60 Second Program Segments - Repeat																Cool Down			
Level	Segments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
Level 1	ELEVATION	0	10	10	20	20	30	30	30	30	30	30	30	30	30	20	20	20	10	10	0				
	RESISTANCE	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	2	1				
Level 2	ELEVATION	0	10	10	20	30	30	30	30	40	40	40	40	40	40	30	30	20	10	10	0				
	RESISTANCE	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1				
Level 3	ELEVATION	0	10	10	30	30	30	40	40	50	50	50	50	50	50	40	30	30	10	10	0				
	RESISTANCE	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1				
Level 4	ELEVATION	0	10	10	30	40	40	50	50	50	50	50	50	50	50	40	30	10	10	0					
	RESISTANCE	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1				
Level 5	ELEVATION	10	30	30	40	50	50	50	50	60	60	60	60	60	60	50	50	40	30	10					
	RESISTANCE	2	5	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	5	2				
Level 6	ELEVATION	10	30	30	50	50	50	60	60	70	70	70	70	70	70	50	50	50	30	10					
	RESISTANCE	2	5	5	7	8	8	9	9	10	10	10	10	10	9	9	8	7	5	5	2				
Level 7	ELEVATION	10	30	30	50	60	60	70	70	80	80	80	80	80	80	60	60	50	30	10					
	RESISTANCE	2	5	5	8	9	9	10	10	11	11	11	11	11	10	9	9	8	5	5	2				
Level 8	ELEVATION	10	30	30	60	70	70	80	80	80	80	80	80	80	80	70	70	60	30	10					
	RESISTANCE	2	5	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	5	2				
Level 9	ELEVATION	20	30	30	70	80	80	80	80	90	90	90	90	90	90	80	80	70	30	10					
	RESISTANCE	3	5	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	5	3				
Level 10	ELEVATION	20	50	50	80	80	80	90	90	90	90	90	90	90	90	80	80	80	50	10					
	RESISTANCE	3	8	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	8	3				

**NATURE TRAIL:** Simulates the ascent and descent of trail walking. Helps tone muscles and build cardiovascular fitness. Resistance changes. Time based goal with 10 difficulty levels to choose from.

NATURE TRAIL																						
Segment	Warm Up				60 Second Program Segments - Repeat												Cool Down					
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
1	1	1	1	1	3	3	3	3	4	4	4	4	3	3	3	3	2	2	1	1		
2	1	1	2	2	4	4	4	4	5	5	5	5	4	4	4	4	2	2	1	1		
3	1	1	2	2	4	4	6	6	6	6	6	6	6	6	4	4	2	2	1	1		
4	1	1	3	3	5	5	6	6	7	8	8	7	6	6	5	5	2	2	1	1		
5	2	2	2	2	6	6	7	7	8	8	8	7	7	6	6	3	3	3	2	2		
6	2	2	3	3	6	6	8	8	8	9	9	8	8	8	6	6	3	3	2	2		
7	3	3	3	3	7	7	8	8	9	9	9	9	8	8	7	7	3	3	3	3		
8	3	3	3	3	8	8	9	9	9	10	10	9	9	9	8	8	3	3	3	3		
9	3	3	3	3	8	8	9	9	10	11	12	10	9	9	8	8	3	3	3	3		
10	3	3	3	3	9	9	10	10	11	12	12	12	10	10	9	9	3	3	3	3		

**MOUNTAIN CLIMB:** Experience changing resistance levels simulating an outdoor hiking experience. Helps tone muscles and build cardiovascular fitness. Time based goal with 10 difficulty levels to choose from.

MOUNTAIN CLIMB		Warm Up				60 Second Program Segments - Repeat																Cool Down			
Level	Segment	60	60	60	60	30	60	60	30	60	30	60	30	60	30	60	30	60	60	60	60				
1	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
2	1	1	1	2	3	5	6	6	6	6	6	6	6	6	7	7	7	3	2	1	1				
3	1	1	1	1	1	6	6	6	7	8	8	8	7	8	8	8	8	4	1	1	1				
4	1	1	1	1	1	6	6	6	6	7	8	8	9	9	9	9	9	1	1	1	1				
5	1	1	1	1	2	5	6	6	6	7	8	9	9	9	9	10	10	1	2	2	1				
6	2	2	2	2	3	5	6	6	6	7	8	9	9	10	10	10	10	2	1	1	1				
7	2	3	3	4	6	6	6	6	6	7	7	8	9	9	10	11	11	2	2	1	1				
8	2	3	4	4	6	6	6	6	7	7	8	8	9	9	10	11	11	3	2	1	1				
9	2	4	4	5	7	7	7	8	8	9	9	9	10	11	12	12	12	3	2	1	1				
10	3	4	5	6	7	7	8	8	9	9	9	10	11	11	12	12	12	4	2	1	1				

## USING CUSTOM PROGRAMS (EX-79 ONLY)

- 1) Press the CUSTOM 1 or 2 key to select a custom program. Press ENTER to confirm.
- 2) Set the workout time using ▼ ▲ and press ENTER.
- 3) Use ▼ ▲ to set the resistance level for each segment. Press ENTER to confirm the resistance setting for each segment of the workout.
- 4) Use ▼ ▲ to set the incline for each segment. Press ENTER to confirm the incline setting for each segment of the workout.
- 5) Press START to begin workout.



## USING YOUR CD / MP3 PLAYER



- 1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the top right of the console and the headphone jack on your CD / MP3 player.
- 2) Use your CD / MP3 player buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.

## GOAL CENTER™



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

### GOAL CENTER™ SETUP

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

### HOW TO SAVE WORKOUT STATS TO GOAL CENTER

At the end of your workout, the console will save your workout data towards your goal.

### VIEWING GOAL PROGRESS

At any time during or before a workout, you can view your progress towards your goal by pressing the GOAL CENTER button. Use ▼ ▲ to select USER 1 or USER 2 and press ENTER. The console will scroll the remaining time, distance or calories, depending on the goal you set previously and will also scroll the time remaining to achieve your goal.



## ENERGY SAVER (STANDBY MODE)



This elliptical has an energy saver mode. The display will automatically enter standby mode (energy saver mode) after 15 minutes of inactivity. Almost all power for the elliptical will be off except for some circuits that are needed to detect a key press or RPM detection, indicating the console should “wake up”. This feature can be turned ON or OFF by entering the engineering menu.

To enter the engineering menu, press and hold the ▼▲ buttons for 3-5 seconds. Use ▼▲ to navigate through the menu to ENG2. Press ENTER to select. Use ▼▲ to select STANDBY ON or OFF. Press and hold STOP for 3-5 seconds to exit ENG2. Press and hold STOP again for 3-5 seconds to exit the engineering menu.

The EX-69 comes with standby mode on. The EX-79 comes with standby mode off.





# LIMITED HOME-USE WARRANTY





## WEIGHT CAPACITY

**EX-69 = 300 lbs (136 kilograms)**

**EX-79 = 325 lbs (147.4 kilograms)**

## FRAME • LIFETIME

Horizon Fitness warrants the frame against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

## ELECTRONICS & PARTS • EX-69: 1 YEAR • EX-79: 2 YEARS

Horizon Fitness warrants the electronic components, finish and all original parts for the period specified above from the date of original purchase, so long as the device remains in the possession of the original owner.

## LABOR • 1 YEAR

Horizon Fitness shall cover the labor cost for the repair of the device for a period of one year from the date of the original purchase, so long as the device remains in the possession of the original owner.

## EX-79 INCLINE MOTOR • 1 YEAR EX-69 MANUAL INCLINE • 1 YEAR

Horizon Fitness warrants the incline motor/manual incline mechanism and parts against defects in workmanship and materials for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

## 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. Horizon Fitness does not provide monetary or other compensation for any such repairs or replacement parts costs, including but not limited to gym membership fees, work time lost, diagnostic visits, maintenance visits or transportation.
- 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.
- If you are out of the manufacturer's warranty but have an extended warranty, refer to your extended warranty contract for contact information regarding requests for extended warranty service or repair.

## SERVICE/RETURNS

- In-home service is available within 150 miles of the nearest authorized Service Provider (Mileage beyond 150 miles from an authorized service center is the responsibility of the consumer).
- All returns must be pre-authorized by Horizon Fitness.
- Horizon Fitness' obligation under this warranty is limited to replacing or repairing, at Horizon Fitness' option, the same or comparable model.
- Horizon Fitness may request defective components be returned to Horizon Fitness upon completion of warranty service using a prepaid return shipping label. If you have been advised to return parts and did not receive a label, please contact Customer Tech Support.
- Replacement units, parts and electronic components reconditioned to as-new condition by Horizon Fitness or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from state to state.





## CUSTOMER TECH SUPPORT

### **DO NOT RETURN TO THE RETAILER**

if you have any problems during assembly or if parts are missing.

For fast and friendly service, please contact one of our trained customer technicians via phone, email or our website.

We want to know if you have a problem and we want to have an opportunity to correct it for you.

NOTE: Please read the TROUBLESHOOTING section in the ELLIPTICAL GUIDE before contacting Customer Tech Support. Additional product information is available on our website.



## SERVICE DE SOUTIEN TECHNIQUE À LA CLIENTÈLE

En cas de difficulté lors de l'assemblage ou si des pièces manquent, **NE PAS RENVOYER L'APPAREIL AU DÉTAILLANT.**

Pour un service rapide et amical, communiquer avec un de nos techniciens qualifiés, par téléphone, courriel ou notre site Web.

Horizon Fitness tient à ce qu'on lui signale tout problème d'utilisation, afin de pouvoir y remédier.

REMARQUE : Lire la section DÉPANNAGE du GUIDE D'UTILISATION DE L'EXERCISEUR ELLIPTIQUE avant de contacter le service de soutien technique à la clientèle. Pour plus ample information sur le produit, visiter notre site Web.



## SERVICIO DE ASISTENCIA TÉCNICA A CLIENTES

Si tiene problemas durante el ensamblaje o si le faltan piezas **NO DEVUELVA ESTE APARATO AL VENDEDOR MINORISTA.**

Para obtener servicio rápido y amable, comuníquese por teléfono, correo electrónico o a través de nuestro sitio en Internet con alguno de nuestros técnicos capacitados en ayuda a clientes.

Nos interesa saber si usted tiene algún problema y queremos tener la oportunidad de corregir la situación.

NOTA: Antes de comunicarse con el servicio de asistencia técnica a clientes, lea la sección de RESOLUCIÓN DE PROBLEMAS en la GUÍA DEL USUARIO DE LA MÁQUINA ELÍPTICA. Puede encontrar información adicional del producto en nuestro sitio en Internet.



**1-800-244-4192**

**comments@horizonfitness.com**

**www.horizonfitness.com**

**Horizon Fitness**

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