



7.0 **A**
T R E A D M I L L

TREADMILL OWNER'S MANUAL
MANUEL DU PROPRIÉTAIRE DU TAPIS ROULANT
MANUAL DEL PROPIETARIO DE LA CAMINADORA



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

Lire le GUIDE D'UTILISATION DU TAPIS ROULANT avant de se référer au présent MANUEL DU PROPRIÉTAIRE.

Lea la GUÍA DE LA CAMINADORA antes de utilizar este MANUAL DEL PROPIETARIO.

3	ENGLISH
34	FRANÇAIS
66	ESPAÑOL

IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before assembly or use of 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 guide, contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL.

This treadmill is 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.

DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the equipment from the electrical outlet 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:

- Use this equipment only for its intended use as described in this Owner's Manual.
- At NO time should children under the age of 14 use the equipment.
- At NO time should pets or children under the age of 14 be closer to the equipment than 10 feet / 3 meters.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they are supervised or have been given instruction concerning use of the equipment by a person responsible for their safety.
- Always wear athletic shoes while using this equipment. NEVER operate the exercise equipment with bare feet.
- Do not wear any clothing that might catch on any moving parts of this equipment.
- Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death.
- Incorrect or excessive exercise may result in serious injury or death. 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.
- Do not jump on the equipment.
- At no time should more than one person be on the equipment.
- Set up and operate this equipment on a solid level surface.
- Never operate the equipment if it is not working properly or if it has been damaged.
- Use handlebars to maintain balance when mounting and dismounting, and for additional stability while exercising.
- To avoid injury, do not expose any body parts (for example, fingers, hands, arms or feet) to the drive mechanism or other potentially moving parts of the equipment.
- Connect this exercise product to a properly grounded outlet only.
- This equipment should never be left unattended when plugged in. When not in use, and prior to servicing, cleaning, or moving equipment, turn off power, then unplug from outlet.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Technical Support or an authorized dealer.
- Never operate this equipment if it has been dropped, damaged, or is not working properly, has a damaged cord or plug, is located in a damp or wet environment, or has been immersed in water.

WARNING

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

- Keep power cord away from heated surfaces. Do not pull on this power cord or apply any mechanical loads to this cord.
- Do not remove any protective covers unless instructed by Customer Technical Support. Service should only be done by an authorized service a technician.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- This equipment should not be used by persons weighing more than the specified maximum weight capacity as listed in the equipment Owner's Manual. Failure to comply will void the warranty.
- This equipment must be used in an environment that is both temperature and humidity controlled. Do not use this equipment in locations such as, but not limited to: outdoors, garages, car ports, porches, bathrooms, or located near a swimming pool, hot tub, or steam room. Failure to comply will void the warranty.
- Contact Customer Technical Support or an authorized dealer for examination, repair and/or service.
- Never operate this exercise equipment with the air opening blocked. Keep the air opening and internal components clean, free of lint, hair, and the like.
- Do not modify this exercise device or use unapproved attachments or accessories. Modifications to this equipment or use of unapproved attachments or accessories will void your warranty and may cause injury.
- To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents.
- When exercising, always maintain a comfortable and controlled pace.
- To avoid injury, use extreme caution when stepping onto or off of a moving belt. Stand on the siderails when starting the treadmill.
- To avoid injury, attach safety clip to clothing before use.
- Disconnect the safety key from treadmill when not using to prevent uncontrolled usage by third parties.
- Ensure that the edge of the belt is parallel with the lateral position of the side rail and does not move under the side rail. If the belt is not centered, it must be adjusted before use.
- When there is no user on the treadmill (unloaded condition) and when the treadmill is running at 12 km/ hour (7.5 mph), the A-weighted sound pressure level is no greater than 70 dB when sound level is measured at typical head height.
- Noise emission measurement of treadmill under load is higher than with no load.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Make sure the treadmill comes to complete stop before folding. Do not operate the treadmill when it is folded.
- When moving the treadmill, DO NOT lift treadmill or turn it upside down or place treadmill on its side. Treadmill is equipped with high-pressure springs which can cause the lower base frame to spring open if mishandled, potentially causing injury. Transport unit ONLY on the ground, and ONLY after it is fully assembled and in the upright folded position with the lock latch secured.





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.

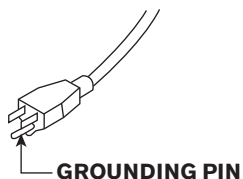
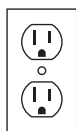
DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider 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 treadmill should be used with a minimum 15-amp circuit.

**3-POLE
GROUNDED
OUTLET**



GROUNDING PIN

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 steps during the assembly process where special attention must be paid. It is very important to follow the assembly instructions and to ensure the product is assembled correctly to reduce the risk of injury. Make sure all parts are firmly tightened before using the treadmill to ensure that the treadmill is stable and structurally sound.

Before proceeding, find your treadmill's serial number located on a white barcode sticker near the on/off power switch and power cord and enter it in the space provided below.

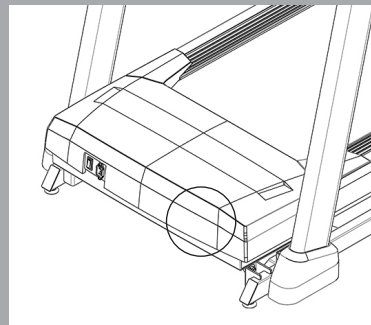
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

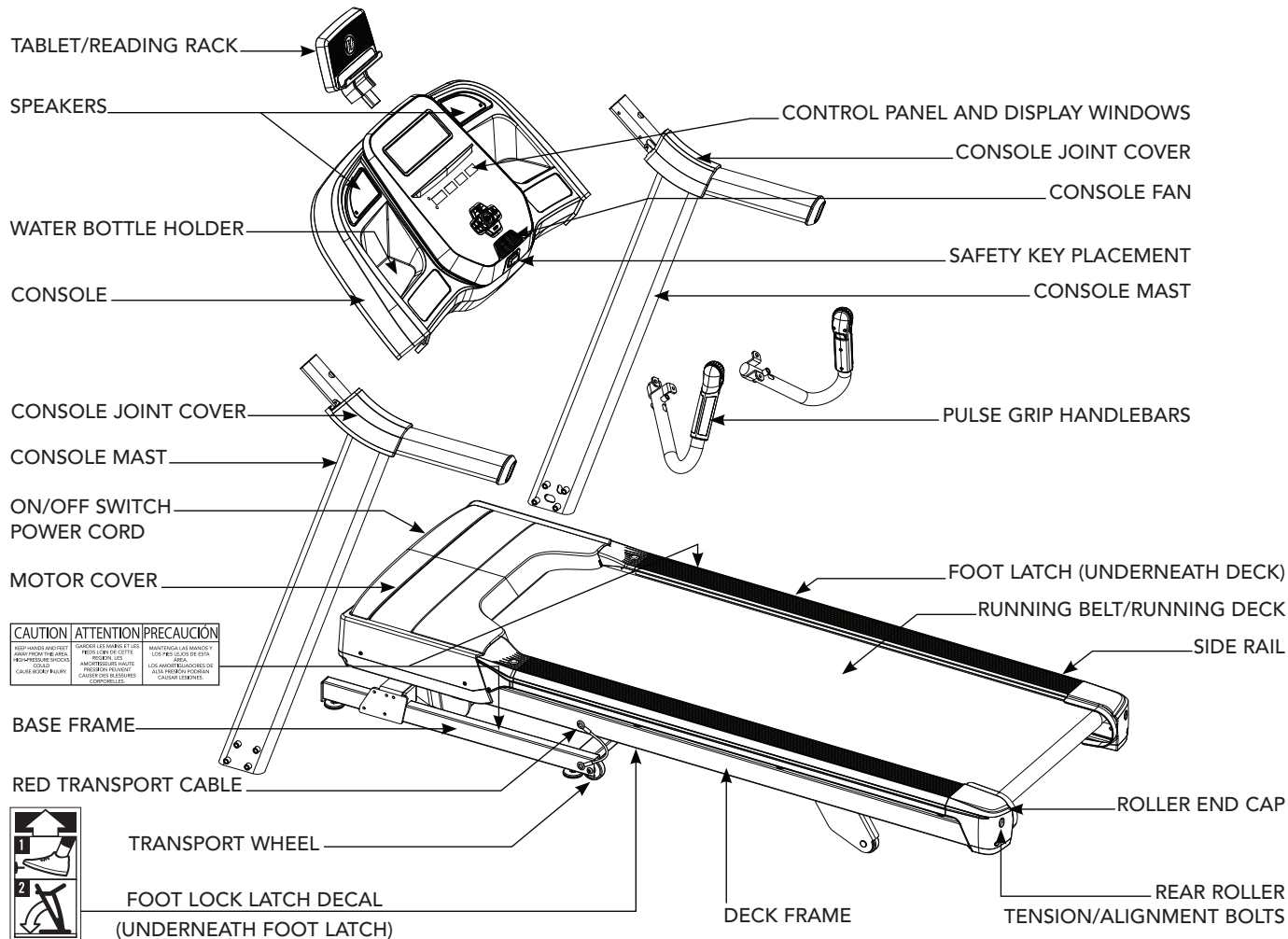
TM

MODEL NAME: **HORIZON 7.0AT TREADMILL**

SERIAL NUMBER LOCATION



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



TOOLS INCLUDED:

- ☐ 6 mm T-Wrench
- ☐ 6 mm L-Wrench
- ☐ 5 mm L-Wrench
- ☐ Screwdriver

PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Console Assembly
- ☐ 2 Console Masts
- ☐ 1 Tablet Holder
- ☐ 1 Hardware Kit
- ☐ 1 Safety Key
- ☐ 1 Audio Adapter Cable
- ☐ 1 Bottle of Silicone Lubricant
(for 2 applications)
- ☐ 1 Bluetooth Chest Strap
- ☐ 2 Grip Pulse Handlebars



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.

WARNING

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

WARNING

DO NOT ATTEMPT TO LIFT THE TREADMILL! Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.

WARNING

Never open box when it is positioned upside-down or on its side.

Unpack and assemble the unit where it will be used.

The enclosed treadmill is equipped with high-pressure springs which can cause the lower base frame to spring open if mishandled.

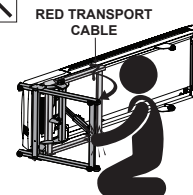
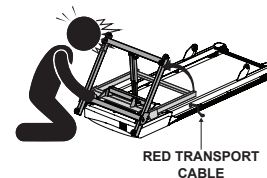
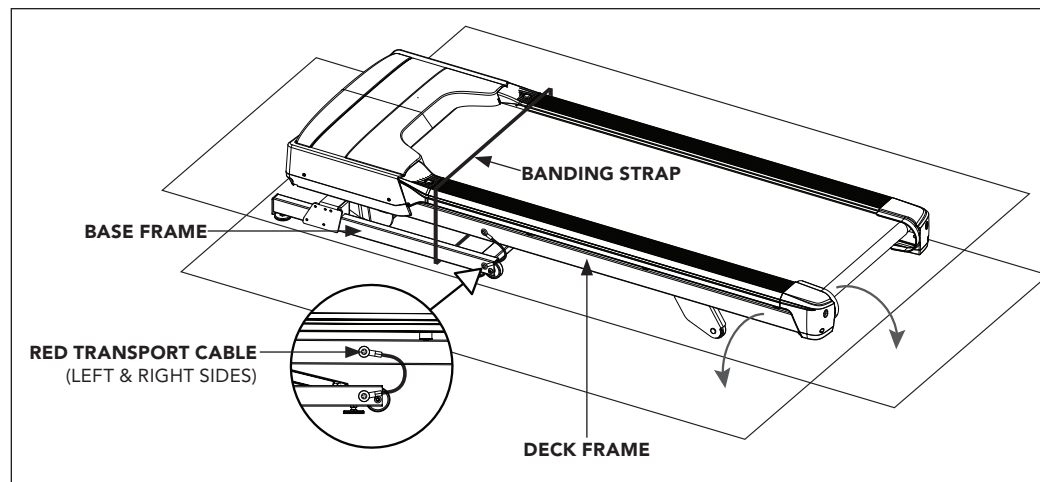
The red transport cables are installed between the upper deck frame and the lower base frame to prevent the movement of the lower base frame. DO NOT remove red transport cables until instructed to do so.

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

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



ASSEMBLY STEP- UNPACKING



- A Place the treadmill carton on a level flat surface with the bottom of the box on the ground.
- B Cut banding straps on outside of box and remove box lid.
- C DO NOT lift treadmill out of the box. Instead, tear down corners of bottom of treadmill box as shown. Treadmill should be assembled on flattened treadmill box as shown to protect floor surface.
- D Cut the banding straps inside the box and remove everything but the treadmill frame.
- E Partially lift the running deck upward from the rear to remove all contents from underneath the running deck. Red transport cables on either side of treadmill will prevent the treadmill deck from fully lifting.

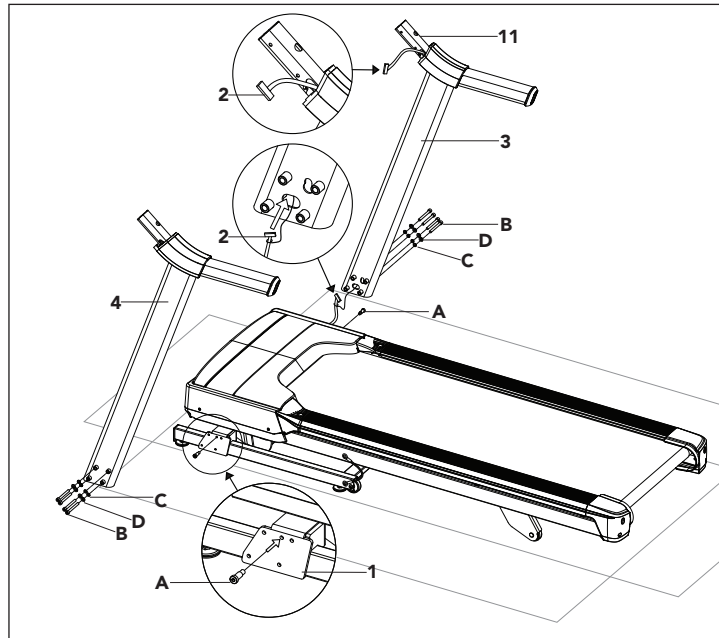


WARNING

NEVER tip treadmill upside-down or on its side. DO NOT use tools to remove the red transport cables until instructed to do so. If a component requires tools to remove, wait until the Assembly Instructions instructs you how to safely remove the component.

ASSEMBLY STEP 1

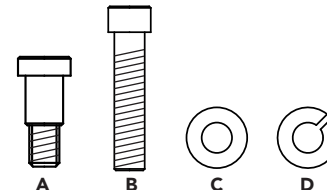
HARDWARE FOR STEP 1			
PART	TYPE	DESCRIPTION	QTY
A	UPRIGHT GUIDE BOLT	M8X1.25PX11L-D10X18.5L	2
B	BOLT	M8X1.25PX80L-20L	8
C	FLAT WASHER	Ø8.2XØ15.0X1.2T	8
D	SPRING WASHER	Ø8.0XØ13.0X1.5T	8



- 1.1 Open **HARDWARE FOR STEP 1**.
- 1.2 Insert **UPRIGHT GUIDE BOLT (A)** into **MAIN FRAME BRACKET (1)** and fully tighten.
- 1.3 Attach **LEAD WIRE** to bottom end of **CONSOLE CABLE (2)**. Pull **LEAD WIRE** through **RIGHT CONSOLE MAST (3)**. After pulling the wire through the mast, the top of the **CONSOLE CABLE (2)** should be located at the **ATTACHMENT BRACKET (11)**.
- 1.4 Attach **RIGHT CONSOLE MAST (3)** to **MAIN FRAME BRACKET (1)** using **4 BOLTS (B)**, **4 SPRING WASHERS (D)** and **4 FLAT WASHERS (C)**.
- 1.5 Repeat **STEP 1.4** on the **LEFT SIDE**.

NOTE: Be careful not to pinch the console cable while attaching the right console mast.

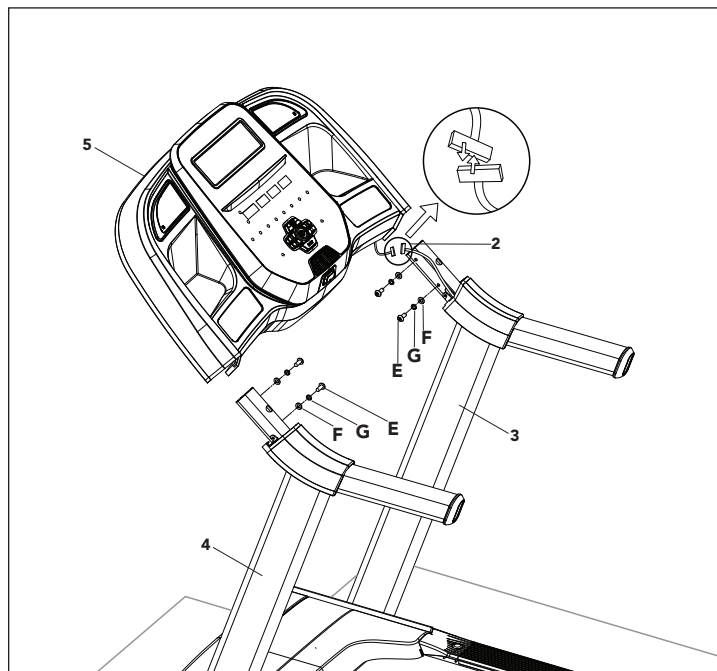
NOTE: Do not fully tighten bolts until end of **STEP 2**.





ASSEMBLY STEP 2

HARDWARE FOR STEP 2			
PART	TYPE	DESCRIPTION	QTY
E	HEX SOCKET BOLT	M8X1.25PX15L	4
F	FLAT WASHER	Ø8.2XØ15.0X1.2T	4
G	SPRING WASHER	Ø8.0XØ13.0X1.5T	4



2.1 Open **HARDWARE FOR STEP 2**.

2.2 Gently place the **CONSOLE (5)** on top of the **CONSOLE MASTS (3&4)**. The **CONSOLE CABLE (2)** is tucked into the **RIGHT CONSOLE MAST (3)**. Using the lead wire carefully pull the **CONSOLE CABLE (2)** out of the **RIGHT CONSOLE MAST (3)**. Detach and discard the **LEAD WIRE**. Connect the **CONSOLE CABLES (2)**.

2.3 Attach the **CONSOLE (5)** using **4 BOLTS (E)**, **4 SPRING WASHERS (G)** and **4 FLAT WASHERS (F)**.

2.4 Carefully tuck wires into the **RIGHT CONSOLE MAST (3)** to avoid damage.

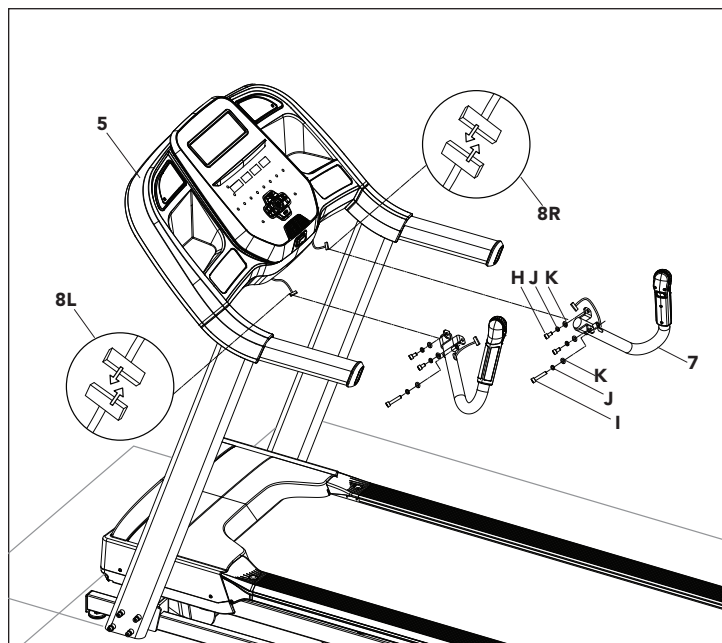
NOTE: Be careful not to pinch any wires while assembling the console.

NOTE: Fully tighten all bolts from **STEPS 1 & 2**.



ASSEMBLY STEP 3

HARDWARE FOR STEP 3			
PART	TYPE	DESCRIPTION	QTY
H	BOLT	M8X1.25PX15L	4
I	BOLT	M8X1.25PX60L-30L	2
J	SPRING WASHER	Ø8.0XØ13.0X1.5T	6
K	FLAT WASHER	Ø8.2XØ15.0X1.2T	6



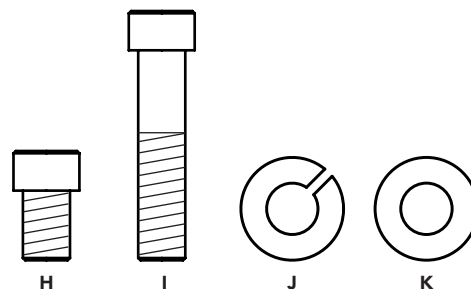
3.1 Open **HARDWARE FOR STEP 3**.

3.2 Attach **RIGHT SIDE PULSE RATE GRIP (7)** to the underside of the **CONSOLE (5)** using **3 BOLTS (H & I)**, **3 SPRING WASHERS (J)** and **3 FLAT WASHERS (K)**.

3.4 Connect the **RIGHT CONSOLE CABLES (8R)** and carefully tuck wires to avoid damage.

3.5 Repeat **STEP 3.2** on the **LEFT SIDE**.

3.6 Connect the **LEFT CONSOLE CABLES (8L)** and carefully tuck wires to avoid damage.



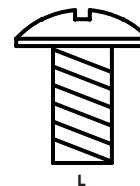
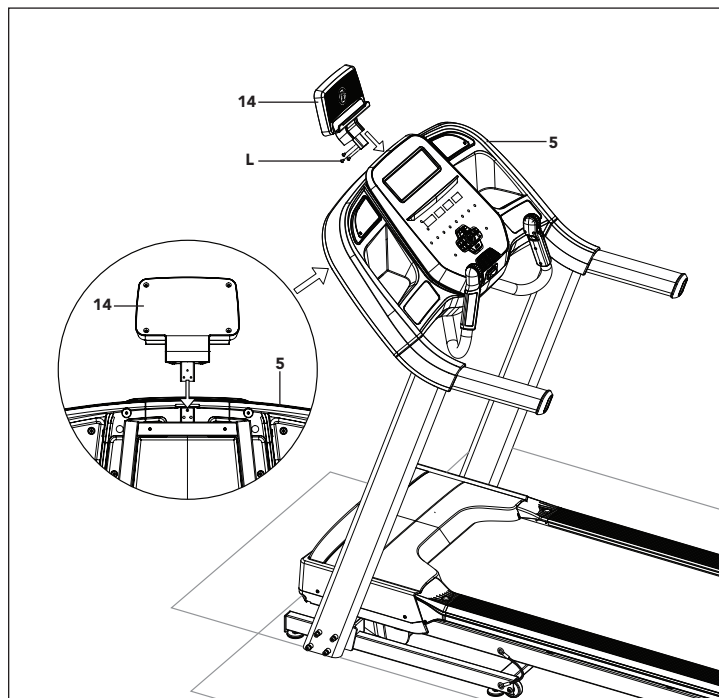


ASSEMBLY STEP 4

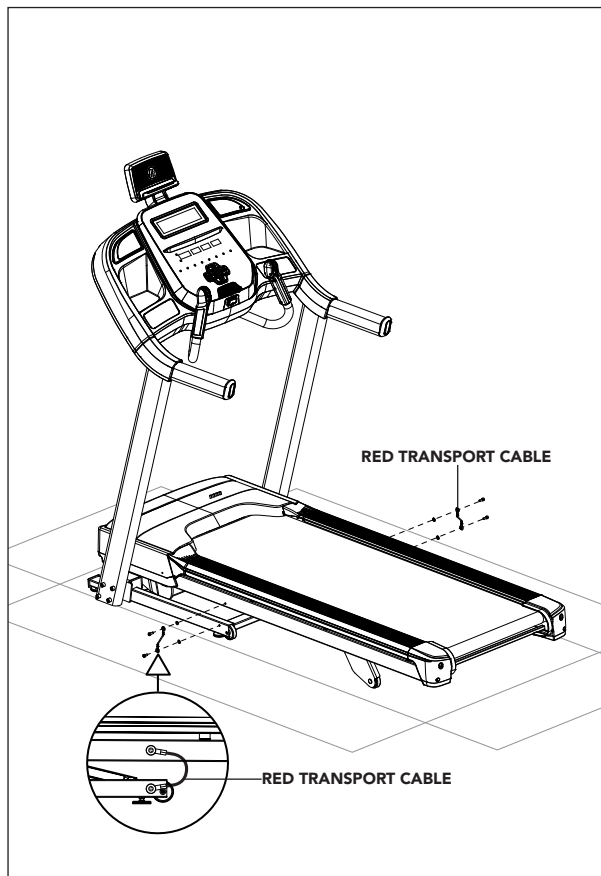
HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
L	BOLT	M4X0.7PX10L	3

4.1 Open **HARDWARE FOR STEP 4**.

4.2 Insert **TABLET HOLDER (14)** into opening on **CONSOLE (5)** and attach with **3 BOLTS (L)**.



ASSEMBLY STEP 5 - REMOVAL OF RED TRANSPORT CABLES



⚠ WARNING

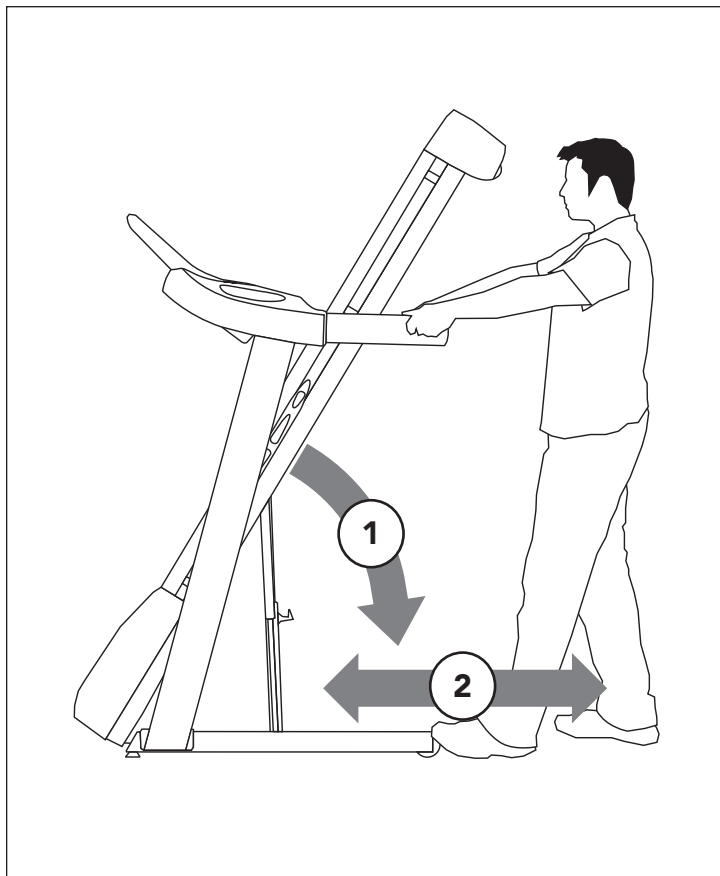
FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

Once the red transport cables have been detached from the treadmill, high pressure springs can cause the lower base frame to spring open. **NEVER** tip treadmill upside-down or on its side, and **NEVER** lift this unit if red transport cables are not connecting the upper deck frame to the lower base frame.

- 5.1 Ensure that treadmill is resting with all wheels supported by the floor.
- 5.2 On left side of treadmill, use the 6mm L-wrench (provided in box) to remove the two bolts connecting the red transport cable to the upper deck frame and the lower base frame.
- 5.3 Replace both bolts (one in the upper deck frame and one in the lower base frame) and fully tighten to lock in place. Note that to prevent the lower base frame from springing open during transport or disassembly of the treadmill in the future, the red transport cable can be reattached to the treadmill using these same bolts.
- 5.4 Perform same operation on right side of treadmill to remove the two bolts connecting the red transport cable to the upper deck frame and the lower base frame.
- 5.5 Replace both bolts and fully tighten to lock in place.
- 5.6 Save both red transport cables for future use by placing cables into clear poly bag alongside the owner's manual.
- 5.7 When red transport cables are not installed, transport unit **ONLY** on the ground, and **ONLY** after it is fully assembled and in the upright folded position with the lock latch secured.



ASSEMBLY STEP 6 - MOVING TREADMILL



- 6.1 To move, make sure the treadmill is folded and securely latched. Then firmly grasp the handlebars, tilt the treadmill back (1) and roll (2).
- 6.2 Move treadmill off flattened box and into its final position, ready for use. Dispose of cardboard box.

NOTE: If treadmill must be disassembled or lifted in the future, use the 6mm L-wrench to re-attach red transport cables to the upper deck frame and lower base frame on both the left side and right side of the treadmill. Check to ensure that the lower base frame cannot spring open before lifting or disassembling treadmill.

ASSEMBLY COMPLETE!

Before the first use, lubricate the treadmill deck by following the instructions in the MAINTENANCE section in the TREADMILL GUIDE.

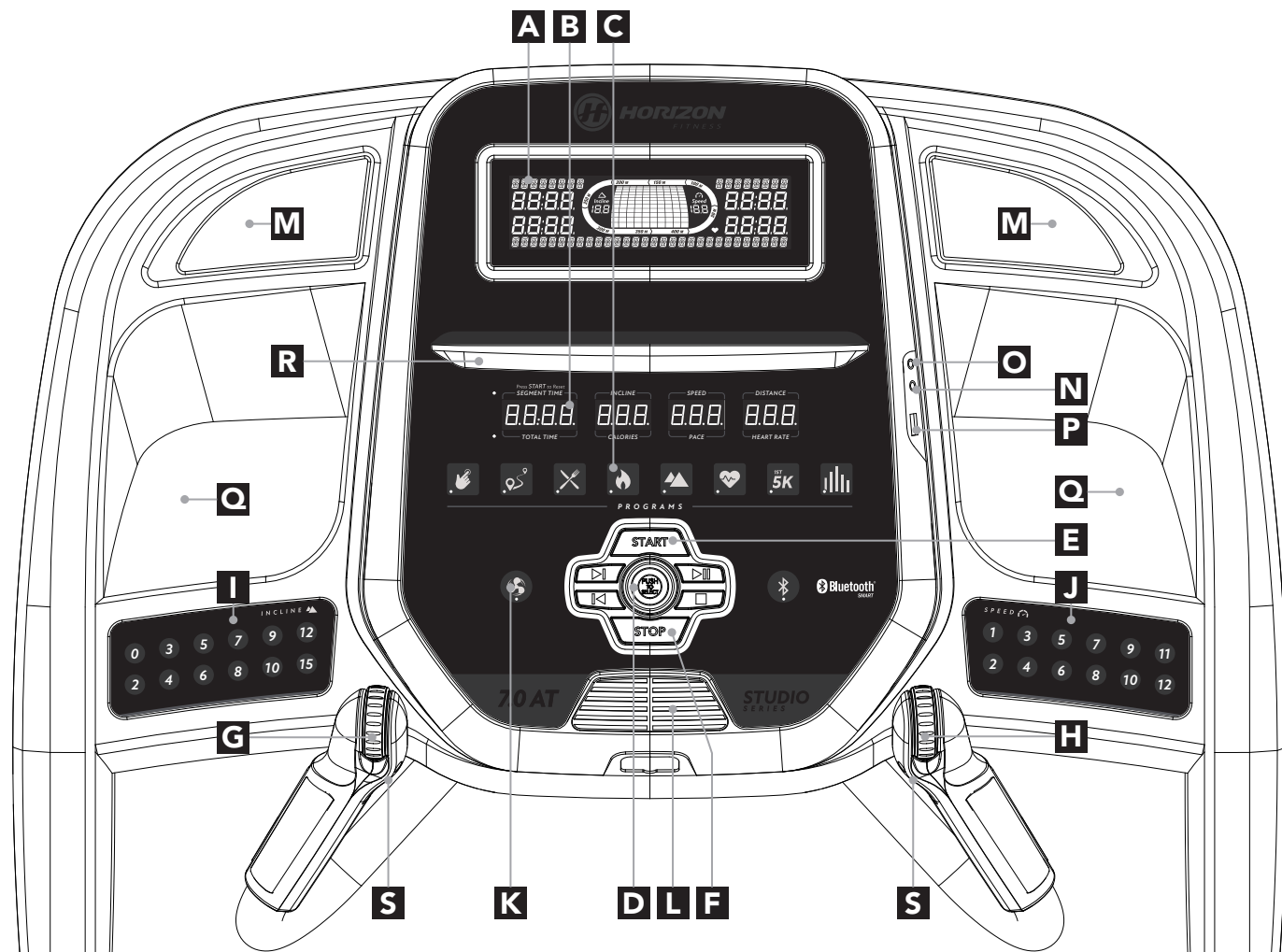
TREADMILL OPERATION



This section explains how to use your treadmill's console and programming.

The **BASIC OPERATION** section in the **TREADMILL GUIDE** has instructions for the following:

- LOCATION OF THE TREADMILL
- USING THE SAFETY KEY
- FOLDING THE TREADMILL
- MOVING THE TREADMILL
- LEVELING THE TREADMILL
- TENSIONING THE RUNNING BELT
- CENTERING THE RUNNING BELT
- USING THE HEART RATE FUNCTION

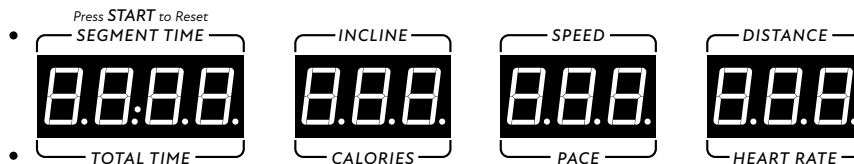
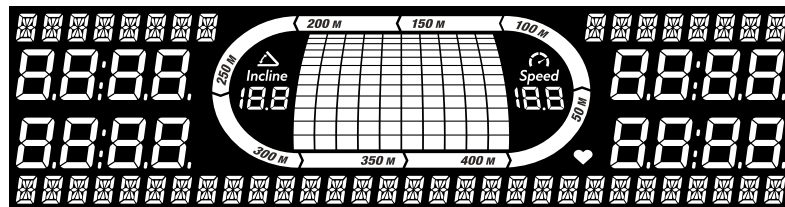


CONSOLE OPERATION

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



- A) **LCD DISPLAY WINDOWS:** Calories, Pace, Total Time, Heart Rate, Incline, Speed.
- B) **LED DISPLAY:** Segment Time, Incline, Speed, Distance, Total Time, Calories, Pace, Heart Rate.
- C) **WORKOUT LED INDICATORS:** indicates what workout is set for the current program.
- D) **SELECT TARGET/WORKOUT KNOB:** rotate/press to select your desired workout/target.
- E) **START (SPLIT):** press to START workout. When in a workout, press the START button to activate the SPLIT function and reset the segment timer to 0.
- F) **STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- G) **INCLINE SCROLL WHEEL:** used to adjust incline in small increments (.5%).
- H) **SPEED SCROLL WHEEL:** used to adjust speed in small increments (.1 MPH).
- I) **INCLINE QUICK KEYS:** used to reach desired incline more quickly.
- J) **SPEED QUICK KEYS:** used to reach desired speed more quickly.
- K) **FAN KEY:** press to turn fan on and off.
- L) **FAN:** personal workout fan.
- M) **SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- N) **AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- O) **AUDIO OUT / HEADPHONE JACK:** plug your headphones into this jack to listen to your music through the headphones. Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
- P) **USB INPUT:** 1A/5V USB output power.
- Q) **WATER BOTTLE POCKETS:** holds personal workout equipment.
- R) **TABLET/READING RACK:** holds tablet or reading material.
- S) **INTERVAL KEYS:** these are programmable keys. When an user is selected, they can be programmed to a desired speed and incline setting.



DISPLAY WINDOWS

- **SEGMENT TIME:** Timer that counts up from 0 seconds and resets to 0 when you press the START/SPLIT key during a workout.
- **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.
- **SPEED:** Shown as MPH. Indicates how fast your walking or running surface is moving.
- **DISTANCE:** Shown as miles. Indicates distance traveled during your workout.
- **TOTAL TIME:** Shows either the total time elapsed or remaining; depending on the workout selected.
- **CALORIES:** Total calories burned during your workout.
- **PACE:** Indicates how many minutes it takes to complete a mile while running or walking at your current speed.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **TRACK:** Follows progress around a simulated track. Segments light up with every 50 meters completed.

GETTING STARTED



- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON. (The ON/OFF switch is next to the power cord.)
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) You have two options to start your workout:

A) QUICK START UP

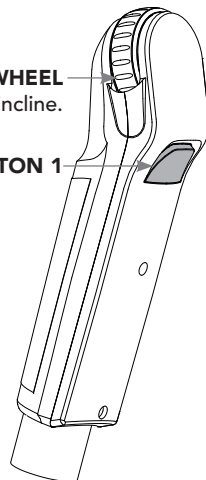
Simply press the START key to begin working out.
Time, distance, and calories will all count up from zero. OR...

B) SELECT A WORKOUT OR TARGET

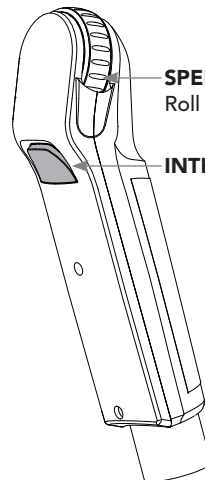
- 1) Select your **USER** by turning the workout knob and then pressing when your desired **USER** is displayed.
- 2) Select your **WEIGHT** by turning the workout knob and then pressing when your desired **WEIGHT** is displayed.
- 3) Select your **PROGRAM** by turning the workout knob and then pressing when your desired **PROGRAM** is displayed.
- 4) Adjust the **SETTING** by turning the workout knob and then pressing when your desired **SETTING** is displayed.
- 5) Press **START** to begin.

**INCLINE SCROLL WHEEL**

Roll forward/backward to increase/decrease incline.

INTERVAL BUTTON 1**SPEED SCROLL WHEEL**

Roll forward/backward to increase/decrease speed

INTERVAL BUTTON 2

HOW TO PROGRAM AND USE CUSTOM INTERVAL BUTTONS

The programmable interval buttons located on the pulse rate grips are designed to help you customize this machine to match whatever workout you like to do the most.

The **LEFT** and **RIGHT INTERVAL BUTTONS** are programmable for speed and incline.

To program the **INTERVAL** button, **you must select a user**, start the machine, set the desired speed and incline, press and hold the desired **INTERVAL** button for three seconds until the treadmill beeps. Now the **INTERVAL** button is programmed to your settings. After programming the **INTERVAL** button, it will remember the setting for that user until reprogrammed.

Now when the **INTERVAL** button is pressed, the treadmill speed and incline will change to the settings you programmed for that button.

The most common type of workout these keys will help with is interval training. We suggest programming one of the **INTERVAL** buttons to your high intensity segments and the other to your recovery segments.

Another common use is to set one **INTERVAL** button to your warm up and cool down settings and the other to your desired workout settings.

These buttons should allow you to customize the settings of your treadmill to quickly fit the type of workout you enjoy most.

WORKOUT PROFILES



- 1) **MANUAL:** Control everything about your workout – from start to finish. This program is a basic workout with no pre-defined settings, allowing you to manually adjust the machine at any time. It begins with an incline at 0 and speed at 0.5 mph.



- 2) **DISTANCE:** Push yourself and go further during your workout with 13 distance workouts. Choose from 1 mile, 2 miles, 5k, 5 miles, 10k, 8 miles, 15k, 10 miles, 20k, half marathon, 15 miles, 20 miles, and marathon goals. You set your level.

Incline changes and all segments are 0.16Km.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Distance	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km
Level 1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Level 2	0	0.5	1	3	2	3	2	3	2.5	3.5	2.5	3	2	3	2	3	1
Level 3	0.5	1	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4	2.5	3.5	2.5	3.5	1.5	3.5	1.5
Level 4	0.5	1	1.5	3.5	2.5	3.5	2.5	3.5	3	4	3	3.5	2.5	3.5	2.5	3.5	1.5
Level 5	1	1.5	2	4	2	4	3	4	3	4.5	3	4	3	4	2	4	2
Level 6	1	1.5	2	4	3	4	3	4	3.5	4.5	3.5	4	3	4	3	4	2
Level 7	1.5	2	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5	3.5	4.5	3.5	4.5	2.5	4.5	2.5
Level 8	1.5	2	2.5	4.5	3.5	4.5	3.5	4.5	4	5	4	4.5	3.5	4.5	3.5	4.5	2.5
Level 9	2	2.5	3	5	3	5	4	5	4	5.5	4	5	4	5	3	5	3
Level 10	2	2.5	3	5	4	5	4	5	4.5	5.5	4.5	5	4	5	4	5	3



- 3) **CALORIES:** Set goals for burning calories from 20 to 980 calories in 20 calorie increments. You set your level to keep you in your fat burning zone.

Incline changes and all segments are 20 calories.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Distance	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal
Level 1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Level 2	0	0.5	1	3	2	3	2	3	2.5	3.5	2.5	3	2	3	2	3	1
Level 3	0.5	1	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4	2.5	3.5	2.5	3.5	1.5	3.5	1.5
Level 4	0.5	1	1.5	3.5	2.5	3.5	2.5	3.5	3	4	3	3.5	2.5	3.5	2.5	3.5	1.5
Level 5	1	1.5	2	4	2	4	3	4	3	4.5	3	4	3	4	2	4	2
Level 6	1	1.5	2	4	3	4	3	4	3.5	4.5	3.5	4	3	4	3	4	2
Level 7	1.5	2	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5	3.5	4.5	3.5	4.5	2.5	4.5	2.5
Level 8	1.5	2	2.5	4.5	3.5	4.5	3.5	4.5	4	5	4	4.5	3.5	4.5	3.5	4.5	2.5
Level 9	2	2.5	3	5	3	5	4	5	4	5.5	4	5	4	5	3	5	3
Level 10	2	2.5	3	5	4	5	4	5	4.5	5.5	4.5	5	4	5	4	5	3



- 4) **FAT BURN:** Relatively slow and steady is the name of the game to maximize your weight-loss goals. Promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone.

Speed and Incline changes, segments repeat every 30 seconds.

Segment		Warm Up		1	2	3	4	5	6	7	8
Time		4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec
Level 1	Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5
	Speed	0.5	1.5	2	2.5	3	3.5	4	3.5	3	2.5
Level 2	Incline	0	0.5	1.5	1.5	1	0.5	1	0.5	1	1.5
	Speed	0.5	1.9	2.5	3	3.5	4	4.5	4	3.5	3
Level 3	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2
	Speed	0.5	2.3	3	3.5	4	4.5	5	4.5	4	3.5
Level 4	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2
	Speed	1	2.6	3.5	4	4.5	5	5.5	5	4.5	4
Level 5	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5
	Speed	1	3	4	4.5	5	5.5	6	5.5	5	4.5
Level 6	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5
	Speed	1	3.4	4.5	5	5.5	6	6.5	6	5.5	5
Level 7	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3
	Speed	1.4	3.8	5	5.5	6	6.5	7	6.5	6	5.5
Level 8	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3
	Speed	1.4	4.1	5.5	6	6.5	7	7.5	7	6.5	6
Level 9	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5
	Speed	1.4	4.5	6	6.5	7	7.5	8	7.5	7	6.5
Level 10	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5
	Speed	1.4	4.9	6.5	7	7.5	8	8.5	8	7.5	7



- 5) **HILL CLIMB:** Simulates a hill ascent and descent. This program helps tone muscle and improve cardiovascular ability.

Incline changes and segments repeat every 30 seconds.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10
Time	4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec
Level 1	0	0	1	1.5	2	2.5	3	3	2.5	2	1.5	1
Level 2	0	0	1.5	2	2.5	3	3.5	3.5	3	2.5	2	1.5
Level 3	0	1	2	2.5	3	3.5	4	4	3.5	3	2.5	2
Level 4	0	1.5	2.5	3	3.5	4	4.5	4.5	4	3.5	3	2.5
Level 5	0	1.5	3	3.5	4	4.5	5	5	4.5	4	3.5	3
Level 6	0	1.5	3.5	4	4.5	5	5.5	5.5	5	4.5	4	3.5
Level 7	0	1.5	4	4.5	5	5.5	6	6	5.5	5	4.5	4
Level 8	0	2	4.5	5	5.5	6	6.5	6.5	6	5.5	5	4.5
Level 9	0	2	5	5.5	6	6.5	7	7	6.5	6	5.5	5
Level 10	0	2	5.5	6	6.5	7	7.5	7.5	7	6.5	6	5.5



- 6) **TARGET HEART RATE:** This program is designed for you to improve your overall cardiovascular fitness levels. You simply set your target heart rate. The program will then monitor and adjust the intensity level to maintain your heart rate within your targeted range while you exercise – a proven method to maximize your weight loss and fitness goals. A chest strap is required and must be worn during the duration of this program. See below for calculating your target heart rate.



Calculating Your Target Heart Rate

The first step in knowing the right intensity for your training is to find out your maximum heart rate ($\text{max HR} = 220 - \text{your age}$). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training.

The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended.

This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is $220 - 30 = 190$ bpm and 90% max HR is $190 \times 0.9 = 171$ bpm.

Additional target heart rate notes:

- 1). The treadmill incline will automatically adjust to bring you near your specified heart rate.
- 2). If there is no heart rate detected, the unit will not change the incline.
- 3). If your heart rate is 25 beats over your target zone the program will shut down.

Target Heart Rate Zone	Workout Duration	Example THR (age 30)	Your THR	Recommend For
VERY HARD 90 - 100%	< 5 min	171-190 BPM		Fit persons for athletic training
HARD 80 - 90%	2-10 min	152-171 BPM		Shorter Workouts
MODERATE 70 - 80%	10-40 min	133-152 BPM		Moderately long Workouts
LIGHT 60 - 70%	40-80 min	114-133 BPM		Longer and frequently repeated shorter exercises
VERY LIGHT 50 - 60%	20-40 min	104-114BPM		Weight management and active recovery



7) **MY FIRST 5K:** This 9-week program is intended for inexperienced runners looking to run their first 5k or simply begin an exercise routine. It is designed specifically to keep you motivated and engaged, gradually building your strength, increasing your stamina and giving you the confidence it takes to complete your first 5k.



Week	Workout #1	Workout #2	Workout #3	Week	Workout #1	Workout #2	Workout #3		
1	5 minute warmup	5 minute warmup	5 minute warmup	4	5 minute warmup	5 minute warmup	5 minute warmup		
	1 min jog	1 min jog	1 min jog		3 minute jog	3 minute jog	3 minute jog		
	1.5 min walk	1.5 min walk	1.5 min walk		1.5 minute walk	1.5 minute walk	1.5 minute walk		
	1 min jog	1 min jog	1 min jog		5 minute jog	5 minute jog	5 minute jog		
	1.5 min walk	1.5 min walk	1.5 min walk		2.5 minute walk	2.5 minute walk	2.5 minute walk		
	1 min jog	1 min jog	1 min jog		3 minute jog	3 minute jog	3 minute jog		
	1.5 min walk	1.5 min walk	1.5 min walk		1.5 minute walk	1.5 minute walk	1.5 minute walk		
	1 min jog	1 min jog	1 min jog		5 minute jog	5 minute jog	5 minute jog		
	1.5 min walk	1.5 min walk	1.5 min walk		5 minute cooldown	5 minute cooldown	5 minute cooldown		
	1 min jog	1 min jog	1 min jog						
	1.5 min walk	1.5 min walk	1.5 min walk						
	1 min jog	1 min jog	1 min jog						
	1.5 min walk	1.5 min walk	1.5 min walk						
	1 min jog	1 min jog	1 min jog						
	1.5 min walk	1.5 min walk	1.5 min walk						
	5 minute cooldown	5 minute cooldown	5 minute cooldown						
	2	5 minute warmup	5 minute warmup		5 minute warmup	6	5 minute warmup	5 minute warmup	5 minute warmup
		1.5 minute jog	1.5 minute jog		1.5 minute jog		5 minute jog	10 minute jog	25 minute jog
2 minute walk		2 minute walk	2 minute walk	3 minute walk	3 minute walk		5 minute cooldown		
1.5 minute jog		1.5 minute jog	1.5 minute jog	8 minute jog	10 minute jog				
2 minute walk		2 minute walk	2 minute walk	3 minute walk	5 minute cooldown				
1.5 minute jog		1.5 minute jog	1.5 minute jog	5 minute jog					
2 minute walk		2 minute walk	2 minute walk	5 minute cooldown					
1.5 minute jog		1.5 minute jog	1.5 minute jog						
2 minute walk		2 minute walk	2 minute walk						
1.5 minute jog		1.5 minute jog	1.5 minute jog						
2 minute walk		2 minute walk	2 minute walk						
1.5 minute jog		1.5 minute jog	1.5 minute jog						
2 minute walk		2 minute walk	2 minute walk						
5 minute cooldown		5 minute cooldown	5 minute cooldown						
3		5 minute warmup	5 minute warmup	5 minute warmup	9		5 minute warmup	5 minute warmup	5 minute warmup
		1.5 minute jog	1.5 minute jog	1.5 minute jog			30 minute jog	30 minute jog	30 minute jog
		1.5 minute walk	1.5 minute walk	1.5 minute walk			5 minute cooldown	5 minute cooldown	5 minute cooldown
		3 minute jog	3 minute jog	3 minute jog					
	3 minute walk	3 minute walk	3 minute walk						
	1.5 minute jog	1.5 minute jog	1.5 minute jog						
	1.5 minute walk	1.5 minute walk	1.5 minute walk						
	3 minute jog	3 minute jog	3 minute jog						
	3 minute walk	3 minute walk	3 minute walk						
	5 minute cooldown	5 minute cooldown	5 minute cooldown						
	Warmup and cooldown speeds 1.0 mph or 75% of walk speed, whichever is greater								

Warmup and cooldown speeds 1.0 mph or 75% of walk speed, whichever is greater



- 8) **CUSTOM:** Allows you to create and reuse your perfect workout with a combination of a specific speed, incline and time or distance. The ultimate in personal programming. This is a time or distance based goal program.



TO RESET THE CONSOLE

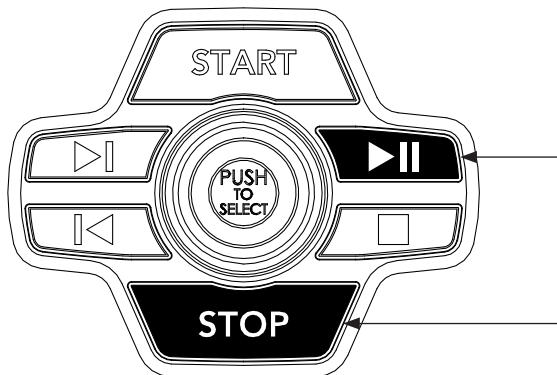
Hold STOP key for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the unit will beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

TO RESET THE LUBE BELT WARNING

The treadmill will flash “LUBE BELT” reminder every 150 mi. After lubricating belt, reset warning by holding down STOP and PLAY/PAUSE buttons for 5 seconds.



BLUETOOTH HEART RATE MONITORING



The 7.0AT is equipped with multi-channel Bluetooth which enables you to wirelessly connect compatible Bluetooth heart rate monitoring devices to this treadmill. You will need to ensure that your wireless heart rate monitoring device is Bluetooth 4.0 compatible and is also “open” to sharing data. Non-“open” or “closed” devices typically only share data with their proprietary apps. The 7.0AT needs an “open” device to receive data from the device. You may need to consult with your device’s owner’s manual or the manufacturer to confirm if it is an open device.

Pair the receiver to the app and the console will receive the information from the tablet. To use the Bluetooth HR monitor without a tablet, press and hold the Bluetooth button to enable the console to communicate with the receiver. When paired with the Bluetooth HR monitor the console will not pair with a tablet. To enable tablet communication press and hold the Bluetooth button for 5 seconds or reset power.

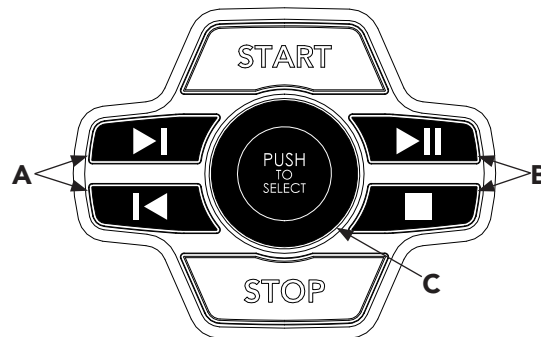
USING YOUR MUSIC DEVICE

The 7.0AT treadmill will connect and stream music from your compatible music device. This includes many smart phones and traditional mp3 players.

Your 7.0AT comes equipped with Bluetooth speakers. Bluetooth compatible devices can stream music wirelessly from your device to the speakers. You can also connect your music device via an audio cable and stream music through the speakers. Instructions for both types of audio connection are detailed below.

CONSOLE AUDIO CONTROLS

- A) **MEDIA SKIP KEYS:** Used to skip to previous or next audio track.
- B) **MEDIA RUN/PAUSE/STOP KEYS:** Top button used to pause/play media, bottom button stops media.
- C) **WORKOUT KNOB:** controls speaker volume during workout. Ensure your device volume is turned up.



CONNECTING VIA BLUETOOTH 4.0LE

- 1) Check to ensure that your music device is Bluetooth 4.0 compatible
- 2) Go into your device's Bluetooth settings and scan for devices.
- 3) On your music device, locate the Bluetooth device list. Select your treadmill or elliptical unit that appears on this list.
Wait for your music device to finish pairing with the unit.
- 4) You will know when pairing is successful when your music device shows the treadmill or elliptical unit as now being a paired device.



WHEN UNIT IS POWERED OFF THEN BACK ON

If you turn your treadmill or elliptical unit off, or if it goes into sleep mode, the next time it is powered on the unit will look to pair with the last music device with which it was paired. It will automatically pair at this time.

RE-PAIRING MUSIC DEVICES

In the event that the unit cannot find the last paired music device (for example, the music device is off or not being used) then the unit will stop looking to pair with the music device. If this happens, and if you wish to use your music device again, then you will need to go through the pairing process listed above and re-pair through your music device's settings.

USING MULTIPLE MUSIC DEVICES

If multiple devices are being paired with the unit (i.e.: multiple users are using the treadmill or elliptical unit and pairing their music devices with it) then the unit will look to pair with the last device used and "forget" other devices. If you wish to re-pair a "forgotten" music device, then you will need to un-pair the current paired device and then re-pair your device through the pairing procedure noted above.

CONNECTING VIA AN AUDIO CABLE

- 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 media device.
- 2) Use your media device buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.
- 4) If you don't want to use the SPEAKERS, you can plug your headphones into the AUDIO OUT JACK at the bottom of the console. This ensures that if you accidentally catch the headphone line while running, you won't drop your device to the ground.

HORIZON CONNECTED FITNESS SYSTEM

Your Horizon machine is Bluetooth ready, allowing you to use Bluetooth 4.0 technology to wirelessly connect your device and other apps to your Horizon treadmill. For a complete list of 3rd party fitness apps compatible with your Horizon treadmill follow the link below:

<http://horizonfit.co/7-0AT-04>





LIMITED HOME-USE WARRANTY



WEIGHT CAPACITY = 325 lbs (147 kilograms)



FRAME • LIFETIME

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

MOTOR • LIFETIME

Horizon Fitness warrants the original motor against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. Labor or installation of motor is not covered under the motor warranty. Defects in workmanship and/or materials in the original motor must be confirmed and identified as the cause of the product malfunction by Horizon Fitness or by one of its certified technicians before a replacement motor will be authorized under warranty. Only one (1) replacement motor is authorized under this warranty.

ELECTRONICS & PARTS • 3 YEAR

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

LABOR • 1 YEAR

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

EXCLUSIONS AND LIMITATIONS

Who IS covered:

- The original owner and is not transferable.

What IS covered:

- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by Horizon Fitness.
- Incidental or consequential damages. Horizon Fitness is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment. 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 TREADMILL GUIDE before contacting Customer Tech Support.

Additional product information is available on our website.



ASSISTANCE TECHNIQUE

NE PAS RETOURNER L'APPAREIL AU DÉTAILLANT

en cas de difficulté lors de l'assemblage ou si des pièces manquent.

Pour obtenir un service rapide et utile, veuillez communiquer avec un de nos techniciens formés au soutien à la clientèle par téléphone, courriel ou notre site Web.

Si vous avez un problème, n'hésitez pas à nous contacter afin que nous puissions vous aider à le résoudre.

REMARQUE : lire la section DÉPANNAGE du GUIDE D'UTILISATION DU TAPIS ROULANT avant de communiquer avec l'assistance technique. Des renseignements supplémentaires sur le produit sont disponibles sur notre site Web.



SERVICIO DE ASISTENCIA TÉCNICA PARA CLIENTES

NO DEVOLVER AL VENDEDOR

si tiene algún inconveniente durante el armado o si faltan piezas.

Para obtener un servicio rápido y grato, comuníquese con uno de nuestros técnicos capacitados para la atención de clientes vía teléfono, correo electrónico o nuestro sitio web.

Queremos saber si tiene un problema y queremos tener la oportunidad de corregirlo para usted.

NOTA: Antes de comunicarse con el Servicio de asistencia técnica para clientes, lea la sección de RESOLUCIÓN DE PROBLEMAS en la GUÍA DE LA CAMINADORA. En nuestro sitio web hay información adicional sobre el producto.



USA & CANADA:

1-855-396-2524

techsupport@horizonfitness.com

www.horizonfitness.com

For technical support, how-to videos and more, please visit:
<https://horizonfit.co/support>

