



T-R01

OWNER'S MANUAL

IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

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

- The equipment shall be installed on a stable and levelled base.
- Never use the treadmill without securing the safety key clip to your clothing. Pull on the safety key clip first to make sure it will not come off your clothing.
- Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than specified in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- 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 treadmill 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.
- Connect this exercise product to a properly grounded outlet only.
- 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. Incorrect or excessive exercise may damage your health.
- Do not remove the protected covers unless instructed by Professional and your local dealer. Service should only be done by and authorized service technician.
- Disconnect the safety key to prevent uncontrolled usage of third parties.
- While exercising, run within the logo printed on belt to prevent possible injury.
- The sound of treadmill is less than 70dB while no user on the machine, it is higher than 70dB while using. When you feel uncomfortable about the noise from treadmill, please stop exercise and take rest. Noise emission under load is higher than without load.
- Make sure the treadmill comes to complete stop before folding. Do not operate the treadmill when it is folded.
- Please note that the plastic parts, such as end caps, are susceptible to wear. The treadmill's safety level can only be maintained, if it is checked regularly for damage and wear.
- Make sure the edge of belt parallel with the lateral position of the side rail, and do not move under the side rail. If you find the belt is not centered, please always adjust it.





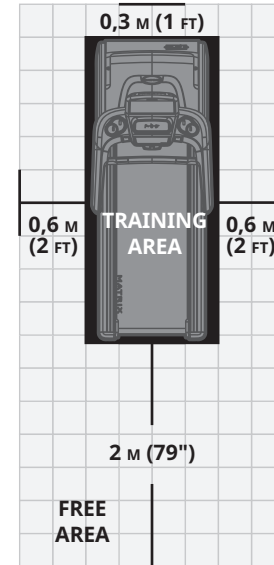
WARNING

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

- At NO time should pets or children under the age of 13 be closer to the treadmill than 10 feet.
- At NO time should children under the age of 13 use the treadmill.
- Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
- Use the treadmill only for its intended use as described in the treadmill guide and owner's manual.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the treadmill 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. Return the treadmill to a service center for examination and repair.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
- 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.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use treadmill 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.
- 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.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service a technician.

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

- Place the treadmill on a level and stable surface. There should be one foot of clearance in front of the treadmill for the power cord. Please leave a clear zone behind the treadmill that is at least the width of the treadmill and at least 79" (2 meters) long. This zone must be clear of any obstruction and provide the user a clear exit path from the machine. In case of an emergency, place both hands on the side arm rests to hold yourself up and place your feet onto the side rails. For ease of access, there should be an accessible space preferentially on both sides of the treadmill equal to 2 ft (0.6 meters) to allow a user access to the treadmill from either side. Do not place the treadmill in any area that will block any vent or air openings. The treadmill should not be located in a garage, covered patio, near water or outdoors.





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 local voltage circuit and has a grounding 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.



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.

WARNING

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

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience 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. Incorrect or excessive exercise may damage your health.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- At no time should more than one person be on treadmill while in operation.
- Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- To prevent electrical shock, never drop or insert any object into any opening.
- The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- 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)
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Do not remove the protected covers unless instructed by Professional and your local dealer. Service should only be done by and authorized service technician.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint and hair.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Use the treadmill only as described in the treadmill guide and owner's manual.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect the safety key to prevent uncontrolled usage of third parties.
- The equipment shall be installed on a stable and levelled base.
- Lubricate and centering the running belt regularly with instruction given.
- While exercising, run within the logo printed on belt to prevent possible injury.
- The sound of treadmill is less than 70dB while no user on the machine, it is higher than 70dB while using. When you feel uncomfortable about the noise from treadmill, please stop exercise and take rest. Noise emission under load is higher than without load.



At NO time should children under the age of 13 or pets be within 3 m (10 feet) of the treadmill.
At NO time should children under the age of 13 use the treadmill.
Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.

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

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.

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 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.

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 your Local Dealer for replacement or repair.

The material of shoes may cause of static issue. To avoid electrical shock, wear athletic shoes with plastic bottom and make sure the grounding cable is well connected. If you are pregnant, consult a physician and read the OWNER'S MANUAL and TREADMILL GUIDE before starting your workout.

BASIC OPERATION



CONGRATULATIONS ON CHOOSING YOUR TREADMILL!

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

Here are just a few of the health benefits of exercise:

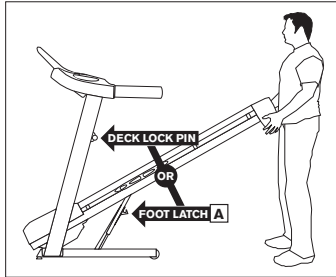
- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels

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



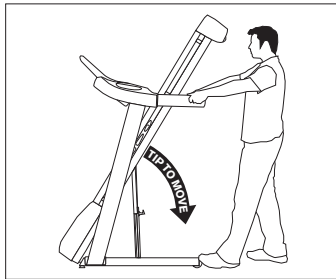
EMERGENCY DISMOUNT

In case of an emergency, place both hands on the side arm rests to hold yourself up and place your feet onto the side rails.



FOLDING THE TREADMILL

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



THE TREADMILL

Your treadmill has 2 transport wheels* built into the frame. To move, make sure the treadmill is folded and securely latched. Then firmly grasp the handlebars, tilt the treadmill back and roll.

WARNING

Make sure the treadmill comes to complete stop before folding. Do not operate the treadmill when it is folded.

WARNING

Our Treadmills are heavy, use care and additional help if necessary when moving. Do not attempt to move or transport treadmill unless it is in the upright, folded position with the lock latch secured. Failure to follow these instructions could result in injury.

TENSIONING THE RUNNING BELT

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

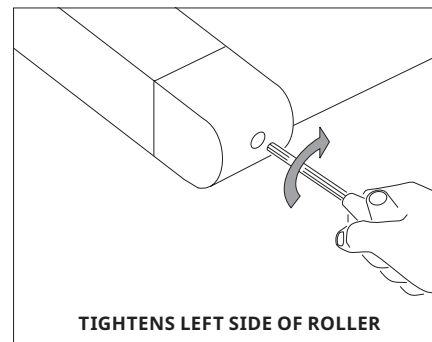
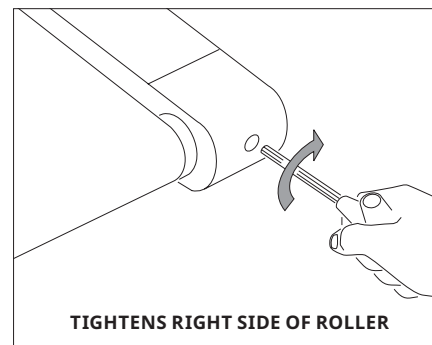
CAUTION

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

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

LEVELING THE TREADMILL

Your treadmill should be leveled for optimum use. Once you have placed your treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the treadmill frame*. A carpenter's level is recommended. If your treadmill is not level, the running belt may not track properly. Once you have leveled your treadmill, lock the levelers in place by tightening the nuts against the frame (Some treadmills do not have levelers).





CENTERING THE RUNNING BELT

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

CAUTION

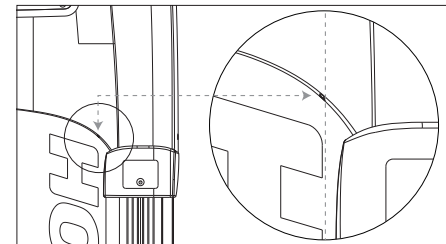
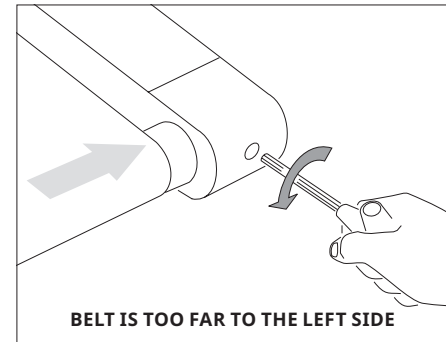
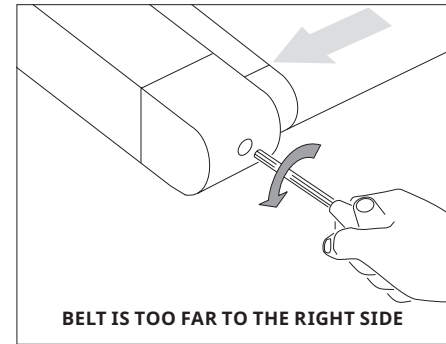
Do not run belt faster than 1 mph or 1.6 kmh while centering. Keep fingers, hair and clothing away from belt at all times.

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

If the running belt is too far to the left side: With the treadmill running at 1 mph or 1.6 kmh, turn the right adjustment bolt counter-clockwise $\frac{1}{4}$ turn at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.

For centering the belt: For centering the belt you may refer to the marking dot on motor cover to line-up the edge of the logo on belt.

*NOTE: Folding, moving and leveling information might vary according to the model you buy. Please see Owner's manual for further information.



USING THE HEART RATE FUNCTION

Your treadmill could be equipped with either heart rate pulse grips or a thumb pulse sensor. To find out what your model has, refer to the beginning of the ASSEMBLY section of your OWNER'S MANUAL.



The heart rate function on this product is not a medical device. While heart rate grips or a thumb pulse sensor can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

PULSE GRIPS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

CAUTION

Always stand still on side rails when measuring your heart rate. Checking your heart rate while in motion will cause inaccurate readings. Do not press excessively hard on the sensor as this may cause damage.

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 treadmill could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

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

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

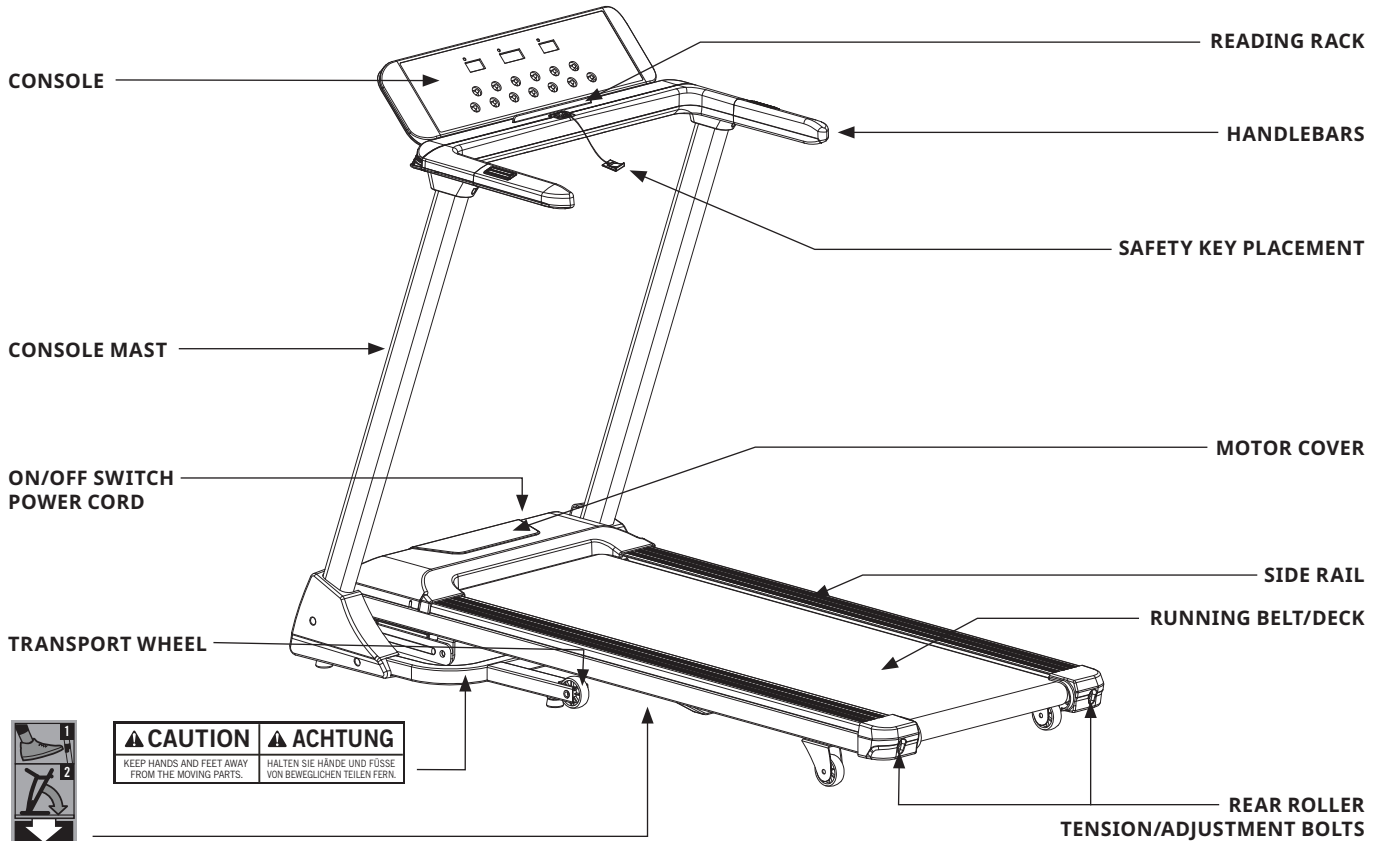
SERIAL NUMBER:

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MODEL NAME: **HORIZON**

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TREADMILL



▲ CAUTION	▲ ACHTUNG
KEEP HANDS AND FEET AWAY FROM THE MOVING PARTS.	HALTEN SIE HÄNDE UND FÜSSE VON BEWEGLICHEN TEILEN FERN.

FOOT LOCK LATCH (UNDERNEATH DECK)

TOOLS INCLUDED:

- 5 mm L-Wrench /screwdriver
- 6 mm L-Wrench

PARTS INCLUDED:

- 1 Main System
- 1 Safety Key
- 1 Power Cord
- 1 Bottle of Silicone
- 1 Left Console Mast Cover
- 1 Right Console Mast Cover



NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support.

PRE ASSEMBLY

UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take CAUTION when handling and transporting this unit. Never open box when it is on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled and in the upright folded position, with the lock latch secure. Unpack and assemble the unit where it will be used. The enclosed treadmill is equipped with high-pressure shocks and may spring open if mishandled. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill.

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.
- FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

IMPORTANT NOTES

- During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded. It is recommended you complete the full assembly of your unit before completely tightening any ONE bolt.
- Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium bike grease is recommended.
- Removal of fixed guards should be done ONLY by a qualified service technician. Ensure all fasteners are properly reinstalled after replacing fixed guards.



ASSEMBLY STEP 1







- A Open all the package and check all the parts.
- B Follow the picture to pull up the **CONSOLE MAST**.

NOTE: Please do not damage or fold any wire during assembly.

ASSEMBLY STEP 2



HARDWARE PARTS:

	BOLT (A) M8 X 45 QTY: 2		BOLT (B) M8 X 16 QTY: 2
	WASHER (C) Φ8 QTY: 2		WASHER (D) Φ8 QTY: 2

- A Open the component bags.
- B Follow the picture to stabilize **LEFT CONSOLE MAST** by using **(A)+(C)** and **(B)+(D)**.
- C Follow Step **B** to stabilize the **RIGHT CONSOLE MAST**.
- D After both **CONSOLE MAST** are set up, please follow the arrow direction in the picture to make the **HANDLE BAR** to horizon position.

NOTE: Please do not damage any wire during assembly.





ASSEMBLY STEP 3



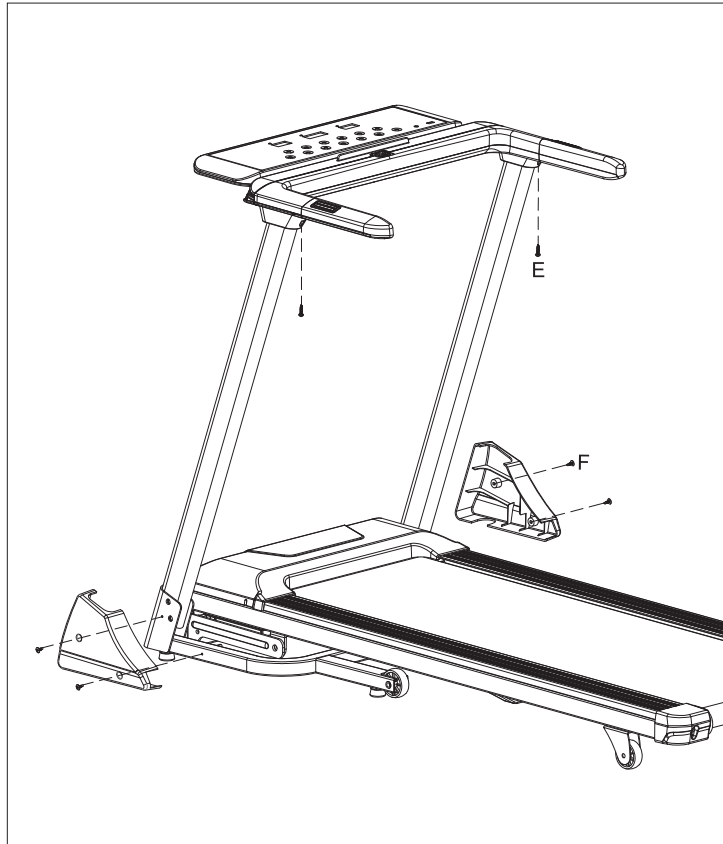
HARDWARE PARTS:

	BOLT (B) M8 X 16 QTY: 2		WASHER (D) Φ8 QTY: 2
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- A Attach the **RIGHT HANDLE BAR** with **RIGHT CONSOLE MAST** by **(B)+(D)**.
- B Follow the same step to set up the **LEFT HANDLE BAR**.
- C Follow the arrow direction in the picture to set the **CONSOLE BASE COVER** till the **CONSOLE BASE**.

NOTE: Please do not damage any wire while setting up.

ASSEMBLY STEP 4



HARDWARE PARTS:



BOLT (F)
M4 X 10
QTY: 4



BOLT (E)
ST4.0 X 12
QTY: 2

- A Attach the **RIGHT** and **LEFT CONSOLE MAST COVER** with **CONSOLE MAST** by (F).
- B Attach the **RIGHT** and **LEFT CONSOLE BASE COVER** with **CONSOLE BASE** by (E).





ASSEMBLY STEP 5



- A Plug in the **POWER CORD** and bend up the **CONSOLE** than you are all set.

ASSEMBLY COMPLETE!

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Product Weight: 43 kg / 95 lbs.

User Weight Capacity: 100 kg / 220 lbs.

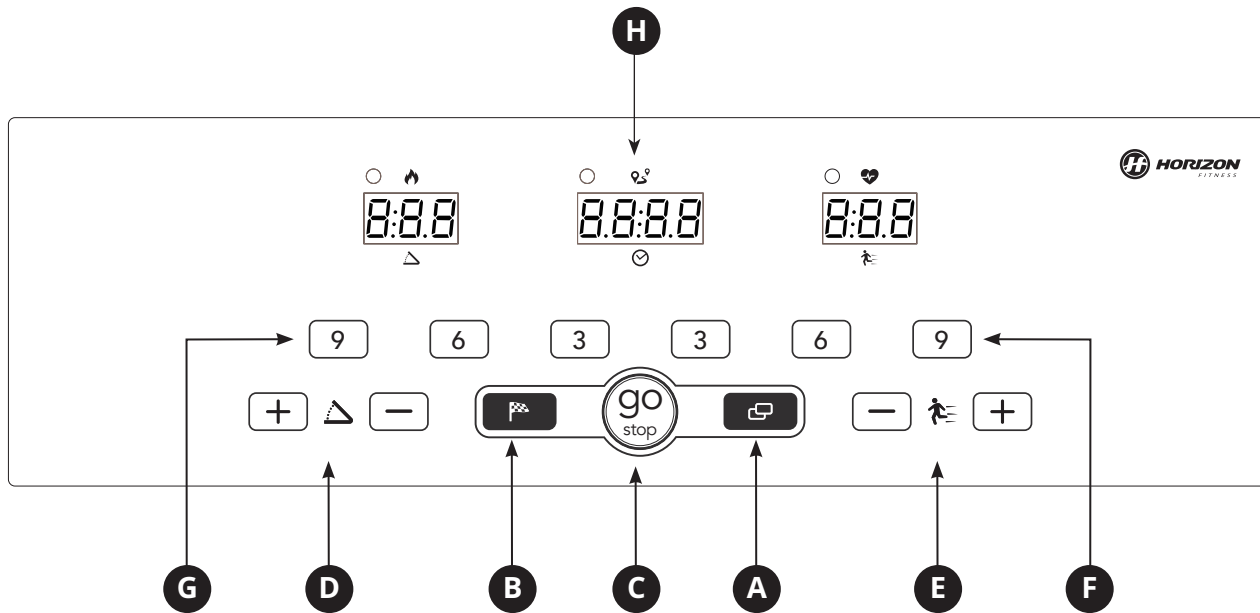
Dimensions (L×W×H) : 147 x 74 x 114.5 cm /
57.8" x 29.1" x 45"

Folded Dimensions (L×W×H) : 78 x 74 x 131.5 cm /
30.7" x 29.1" x 51.7"

TREADMILL OPERATION

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





T-R01 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) **MODE:** Choose from P1 to P25 while the system is stop. Press "Clear/Set" bottom to exit.
- B) **CLEAR/SET:** Edit timer, distance or calories when system was stopped. Reset timer, distance and calories while the system is working.
- C) **START/STOP:** Press to start exercise, during workout press to end your workout.
- D) **INCLINE KEYS:** "+" Elevate the incline of your walking or running surface. "-" Reduce the incline of your walking or running surface. (Continuously increase/decrease by long press)
- E) **SPEED KEYS:** "+" Touch keys, gentle touch to adjust speed in small increment (0.1 km/h increments). "-" Gentle touch to adjust speed in small decrement (0.1 km/h decrements). (Continuously increase/decrease by long press).
- F) **QUICK SPEED:** Allow user to switch to speed 3/6/9 by pressing the button.
- G) **QUICK INCLINE:** Allow user to switch to incline 3/6/9 by pressing the button.
- H) **LED DISPLAY WINDOW:** Display Time, Speed, Distance, Calories, Heart Rate, Incline.



DISPLAYS WINDOW



-  **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
-  **SPEED:** Adjust speed during workout. Shown as KM/H.
-  **CALORIES:** Total calories burned or remaining for your workout.
-  **DISTANCE:** Shown as KM. Indicates distance traveled or distance remaining during your workout.
-  **INCLINE:** Adjust incline during workout. Shown as level.
-  **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).

PROGRAM INFORMATION

1. WALKING AND JOGGING

P.1

1 MIN	2-5MIN	6-25 MIN	26-28MIN	29-30MIN	30MINS
1KM	2KM	3KM	2KM	1KM	STOP

P.2

1 MIN	2-5MIN	6-25 MIN	26-28MIN	29-30MIN	30MINS
1KM	3KM	4KM	2KM	1KM	STOP

P.3

1 MIN	2-5MIN	6-20 MIN	21-25MIN	26-30MIN	30MINS
1KM	3KM	4KM	5KM	3KM	STOP

P.4

1 MIN	2-5MIN	6-25 MIN	26-28MIN	29-30MIN	30MIN
1KM	4KM	6KM	3KM	2KM	STOP

P.5

1 MIN	2-5MIN	6-25 MIN	26-28MIN	29-30MIN	30MIN
1KM	4KM/LV4	6KM/LV10	3KM/LV4	2KM/LV2	STOP

2. JOGGING AND RUNNING

P6

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-29MIN	30MIN	30MINS
2KM	6KM	4KM	5KM	3KM	1KM	STOP

P7

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-29MIN	30MIN	30MINS
2KM	6KM	5KM	6KM	3KM	1KM	STOP

P8

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-29MIN	30MIN	30MINS
3KM	6KM	7KM	6KM	3KM	1KM	STOP





PROGRAM INFORMATION

2. JOGGING AND RUNNING

P9

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-29MIN	30MIN	30MINS
3KM	6KM	7KM	6KM	8KM	3KM	STOP

P10

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-29MIN	30MIN	30MINS
3KM	6KM	6KM	9KM	4KM	1KM	STOP

3. INCLINE TRAINING

P11

1 MIN	2-8 MIN	9-15MIN	16-22MIN	23-29MIN	30MIN	30MINS
2KM	6KM/LV5	4KM/LV5	5KM/LV5	3KM/LV5	1KM	STOP

P12

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-29MIN	30MIN	30MINS
2KM	6KM/LV6	5KM/LV6	6KM/LV6	3KM/LV6	1KM	STOP

P13

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-29MIN	30MIN	30MINS
3KM	4KM/LV8	7KM/LV8	11KM/LV8	3KM/LV8	1KM	STOP

P14

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-29MIN	30MIN	30MINS
3KM	4KM/LV9	7KM/LV9	12KM/LV9	3KM/LV9	1KM	STOP

P15

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-29MIN	30MIN	30MINS
3KM	4KM/LV10	7KM/LV10	12KM/LV10	3KM/LV10	1KM	STOP



4. SPEED TRAINING

P16

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-28MIN	29-30MIN	30MINS
2KM	4KM	7KM	9KM	12KM	3KM	STOP

P17

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-28MIN	29-30MIN	30MINS
3KM	5KM	8KM	10KM	13KM	3KM	STOP

P18

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-28MIN	29-30MIN	30MINS
2KM	5KM	9KM	10KM	14KM	4KM	STOP

P19

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-28MIN	29-30MIN	30MINS
2KM	4KM/LV3	7KM/LV6	9KM/LV10	4KM/LV3	4KM	STOP

P20

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-28MIN	29-30MIN	30MINS
3KM	4KM	7KM	12KM	12KM	4KM	STOP

5. JOGGING AND HIKING

P21

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-28MIN	29-30MIN	30MINS
2KM	4KM	5KM	5KM	4KM	2KM	STOP

P22

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-28MIN	29-30MIN	30MINS
2KM	3KM	4KM	5KM	6KM	7KM	STOP



PROGRAM INFORMATION

5. JOGGING AND HIKING

P23

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-28MIN	29-30MIN	30MINS
2KM	4KM	6KM	8KM	7KM	5KM	STOP

P24

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-28MIN	29-30MIN	30MINS
2KM/LV9	4KM/LV9	6KM/LV9	8KM/LV9	5KM/LV9	3KM/LV9	STOP

P25

1 MIN	2-8MIN	9-15MIN	16-22MIN	23-28MIN	29-30MIN	30MINS
2KM/LV10	4KM/LV10	6KM/LV10	8KM/LV10	6KM/LV10	5KM/LV10	STOP

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.
- 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. Insert the safety key into the safety keyhole in the console.
- 5) Select mode, P1 to P25.



A) QUICK START

Simply press **START** ► to begin working out. Time will count up from 0:00.
The speed will default to 1.0 KM. Incline will default to 0.

B) SELECT A PROGRAM

- 1) Press “MODE” to begin select a program.
- 2) Press Start to begin the selected program.

C) FINISHING YOUR WORKOUT

Press **STOP** ■ to finish your work out.

**HEART RATE ZONE INCLUDES TARGET HR, % TARGET HR:**

A workout designed to keep you in your specified heart rate zone.

TARGET HEART RATE:

The first step is knowing the right intensity for your training is to find out your maximum heart rate (max HR=220-age). The age-based method provides an average statistical prediction of your max. HR is a good method for the majority of people. Take 30 year old person for instance, the max HR is $220 - 30 = 190$ bpm. So 190 bpm is the target of this program, incline ranges very automatically based on your heart rate changes during workout.

% TARGET HR:

There are 3 percentage values can be chosen, %55 (weight management and active recovery), %70 (moderately long workouts) and %85 (fit persons and for athletic training). Target heart rate is calculated by $(220 - \text{age}) * \%HR$, for example 30 year-old person would like to take the weight management and active recovery (%55), target heart rate is $(220 - 30) * 55\% = 105$ bpm.

Heart Rate	Function	Vary
12+ under THR	every 3 seconds	Speed + 0.1
7 - 11 under THR	every 5 seconds	Speed + 0.1
4 - 6 under THR	every 8 seconds	Speed + 0.1
+/- 3 of THR	No Change	
4 - 6 over THR	every 8 seconds	Speed - 0.1
7 - 11 over THR	every 5 seconds	Speed - 0.1
12 - 15 over THR	every 3 seconds	Speed - 0.1
16 - 24 over THR	every 2 seconds	Speed - 0.1
25+ over THR	Program END	

WARNING

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.



TARGET HEART RATE ZONE CHART

WHAT IS TARGET HEART RATE ZONE?

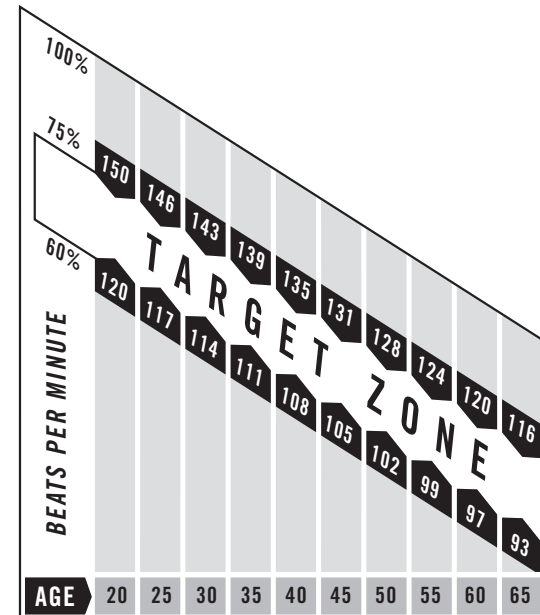
Target Heart Rate Zone tells you the number of times per minute your heart needs to beat to achieve a desired workout effect. It is represented as a percentage of the maximum number of times your heart can beat per minute. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. A beginner will want to workout in the 60% range while a more experienced exerciser will want to workout in the 70-75% range. See chart for reference.

EXAMPLE:

For a 42-year-old user: Find age along the bottom of the chart (round to 40), follow age column up to the target zone bar. Results: 60% of maximum Heart Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.

Always consult your physician before beginning an exercise program.

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.





MAINTENANCE

Preventative maintenance is the key to smooth operating equipment, as well as keeping the users liability to a minimum. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

AFTER EACH USE (DAILY)

Clean and inspect, following these steps:

- Turn off the treadmill with the ON/OFF switch, then unplug the power cord at the wall outlet.
- Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
- Inspect the power cord. If the power cord is damaged, contact your local dealer.
- Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
- Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.

EVERY WEEK

Clean underneath the treadmill, following these steps:

- Turn off the treadmill with the ON/OFF switch, then unplug the power cord at the wall outlet.

- Fold the treadmill into the upright position, making sure that the lock latch is secure.
- Move the treadmill to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.
- Return the treadmill to its previous position and re-level.

EVERY MONTH - IMPORTANT!

- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet. Wait 60 seconds
- Inspect all assembly bolts of the machine for proper tightness.
- Remove the motor cover. Wait until ALL display screens turn off.
- Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated. Failure to do so may result in premature failure of key electrical components.
- Vacuum and wipe down the belt with a damp cloth. Vacuum any black/white particles that may accumulate around the unit. These particles may accumulate from normal treadmill use.

EVERY 6 MONTHS OR 240 KM (150 miles)

- It is necessary to lubricate your treadmill running deck every six months or 240 km (150 miles) to maintain optimal performance of your treadmill. Please contact your local dealer with questions about applying lubricant to your treadmill.
- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.

Eng: Waste Disposal

VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

Ger: Entsorgungshinweis

Die Produkte VISION Fitness/HORIZON Fitness/TEMPO Fitness/TREO Fitness sind recycelbar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

Dut: Verwijderingsaanwijzing

VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness producten zijn recyclebaar. Breng het apparaat aan het einde van de gebruiksduur naar een in recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

Fre: Remarque relative à la gestion des déchets

Les produits VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness sont recyclables. Lorsque cet appareil arrive en fin de vie, veuillez l'éliminer de manière correcte et en toute sécurité en le déposant dans une déchetterie communale.

Ita: Indicazione sullo smaltimento

I prodotti VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness sono riciclabili. Quando l'apparecchio non servirà più, portarlo in un apposito punto di raccolta della propria città (punti di raccolta comunali).

Spe: Gestión de residuos

Los productos de VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness son reciclables. Cuando se termine su vida útil, por favor deshágase de este artículo de forma correcta y segura en un punto limpio.

Prb: Descarte

Os produtos VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness são recicláveis. No final de sua vida útil, descarte este equipamento corretamente e com segurança (sites de locais de lixo).

ChT: 廢棄物處理

VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness 產品為可回收產品。產品的使用年限期滿後，請依照正確且安全的方式處理本廢棄商品（當地的廢棄場）。

ChS: 废弃物处理

VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness 产品是可回收利用的。在其使用期结束后，请正确安全地（在本地垃圾处理场）处理本品。

