

FOR MODEL: AT1501 ASCENT TRAINER



ASCENT TRAINER USER'S GUIDE

INTRODUCTION

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

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

Horizon Fitness ascent trainers deliver.

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

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

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



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

- If you experience any kind of pain, including, but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Maintain a comfortable pace.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not wear clothes that might catch on any part of the ascent trainer.
- Do not turn pedals by hand.
- Make sure handlebars are secure before each use.
- Do not insert or drop any object into any opening.
- Unplug ascent trainer before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- This ascent trainer should not be used by persons weighing more than 300 pounds. Failure to comply will void the warranty.
- This ascent trainer is intended for in-home use only. Do not use this ascent trainer in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use the ascent trainer in any location that is not temperature controlled, such as, but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- Use the ascent trainer only as described in this manual.
- Keep the pedals clean and dry.
- Care should be taken when mounting or dismounting the equipment.
- Disconnect all power before servicing the equipment.



At NO time should pets or children under the age of 12 be closer to the ascent trainer than 10 feet. At NO time should children under the age of 12 use the ascent trainer.

Children over the age of 12 should not use the ascent trainer without adult supervision.

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

ASSEMBLY

IMPORTANT: READ THESE SAFETY INSTRUCTIONS BEFORE USE!



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

UNPACKING

Unpack the product where you will be using it. Place the product on a flat level surface. It is recommended that you place a protective covering on your floor. During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

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

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

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

SERIAL NUMBER:

MODEL NAME:

* Refer to the **SERIAL NUMBER** and **MODEL NAME** when calling for service. * Also enter this serial number on your Warranty Card.

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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.



A Open HARDWARE BAG 1.

B Attach the FRONT STABILIZER TUBE to the MAIN FRAME using 4 BOLTS (A) and 4 WASHERS (B).

C Attach the BASE RAIL to the MAIN FRAME using 4 BOLTS (A) and 4 WASHERS (B).

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- A Open HARDWARE BAG 2.
- B Attach the REAR UPRIGHTS to the BASE FRAME using 4 BOLTS (C), 4 WASHERS (D), 4 BASE RAIL CAPS and 2 AXLES.
 - NOTE: Assemble the TOP HANDRAILS so they are parallel to the floor. Do not assemble with the TOP HANDRAIL resting on the floor.

NOTE: Assemble the REAR UPRIGHTS so they curve toward the MAIN FRAME as illustrated.

C Partially thread the TOP HANDRAILS to the REAR UPRIGHTS using 8 BOLTS (C) and 8 ARC WASHERS (E).



- A Open HARDWARE BAG 3.
- **B** Attach each **TOP HAND RAIL** to the **INCLINE ARM** using 4 **BOLTS (F)** and 4 **NUTS (G)**. To make assembly easier, lightly tighten all four bolts to begin, then tighten firmly after all bolts have been started. NOTE: The INCLINE ARM extends from the front of the REAR MAST COVER. **NOTE:** Tighten all hardware from **Assembly Step 2**.

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ASSEMBLY STEP 5

HARDWARE BAG 5 CONTENTS:

- A Open HARDWARE BAG 5.
- **B** Run wires from **MAIN FRAME BRACKET** through the **CONSOLE MAST**.
- C Attach CONSOLE MAST to the MAIN FRAME BRACKET using 4 BOLTS (C) and 4 WASHERS (L).
- **D** Attach wires to back of **CONSOLE**. **NOTE:** Do not pinch wires.
- **E** Attach **CONSOLE** to the **CONSOLE MAST** using 4 **PRE-ATTACHED BOLTS**.
- F Slide WATER BOTTLE HOLDER into back of CONSOLE.

- A Open HARDWARE BAG 4.
- **B** Slide 1 WAVY WASHER (J) onto each HANDLEBAR SHAFT.
- **C** Slide the **LEFT LOWER HANDLEBAR** onto the **HANDLEBAR SHAFT**. Be sure the **LEFT LOWER HANDLEBAR** is positioned the same as shown in the diagram.
- D Slide the LEFT UPPER HANDLEBAR onto the HANDLEBAR SHAFT. Using 4 BOLTS (H) connect the UPPER and LOWER HANDLEBAR as shown in the diagram. Do not tighten any bolts until all 4 are started.
- **E** Secure the handlebar assembly using 1 **WASHER (I)** and 1 **BOLT (C)**.
- **F** Repeat **STEPS C-E** on the opposite side. NOTE: Be sure to attach WASHER (I) as shown in STEP E DIAGRAM.

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ASSEMBLY STEP 6 HARDWARE BAG 6 CONTENTS: BOLT (K) WASHER (L) 12 mm 18 mm Qty: 8 Qty: 8 ASSEMBLY STEP 6: FOOTPAD LINK ARM WASHERS (L)

- A Open HARDWARE BAG 6.
- B Attach FOOTPAD to the footpad support on the right LINK ARM using 4 BOLTS (K) and 4 WASHERS (L).

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BOLTS (K)

C Repeat with the left **LINK ARM**.

ASSEMBLY STEP 7 HARDWARE BAG 7 CONTENTS: BOLT (C) 16 mm Qty: 2 ASSEMBLY STEP 7: WASHER (K) BOLT (C) G.

- A Open HARDWARE BAG 7.
- **B** Attach right LINK ARM to right PEDAL ARM using 1 BOLT (C), 1 WASHER (K) and 1 WAVY WASHER (M).
- **C** Repeat on opposite side.
- **D** Discard packaging plastic.













- **A** Lay waste packaging plastic over the **BASE RAIL**. This will prevent the **PEDAL ARM** assembly from scratching the ascent trainer's paint.
- B Open HARDWARE BAG 8.
- C Place 1 WAVY WASHER (J) onto CRANK.
- D Attach the right PEDAL ARM of the assembly to the right CRANK using 1 WASHER (D) and 1 BOLT (C).
- E Attach right SWING ARM to TOP HANDRAIL using 2 SWING CAPS, 2 BOLTS (C), 1 SHAFT and 2 WASHERS (D).
- F Attach the CRANK CAP to the CRANK
- **G** Repeat on opposite side.



- A Open HARDWARE BAG 9.
- **B** Slide 1 **ROD BEARING SHAFT** into the joint end of right **LINK ARM**.
- C Fit 1 SPACER on each side of each ROD BEARING SHAFT after the ROD BEARING SHAFTS are in LINK ARM.
- D Attach right LINK ARM to the right LOWER HANDLEBAR using 1 BOLT (N), 1 WASHER (L) and 1 NUT (G).
- **E** Repeat on opposite side.

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ASSEMBLY STEP 10



- A Open HARDWARE BAG 10.
- **B** Attach JOINT COVERS to the joint between the right LINK ARM and the right LOWER HANDLEBARS using 3 SCREWS (0).
- **C** Repeat on opposite side.

BEFORE YOU BEGIN

CONGRATULATIONS on choosing your ascent trainer. You've taken an important step in developing and sustaining an exercise program! Your ascent trainer is a tremendously effective tool for achieving your personal fitness goals. Regular use of your ascent trainer 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 ascent trainer will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your ascent trainer in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE ASCENT TRAINER

Place the ascent trainer on a level surface. Do not place the ascent trainer in any area that will block any vent or air openings. The ascent trainer should not be located in a garage, covered patio, near water or outdoors.

ADJUSTING LEVELERS

Adjust the 2 rear levelers so that the ascent trainer is level on the floor. Then adjust the center leveler located under the **BASE RAIL** just so it is snug with the floor.



YOU'RE FINISHED!

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ASSEMBLY

ASCENT TRAINER OPERATION

POWER

Your ascent trainer is powered by a power supply. The power must be plugged into the power jack, which is located in the front of the ascent trainer near the **FRONT STABILIZER TUBE**.



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

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MOVING

Your ascent trainer has a pair of transport wheels built into the FRONT STABILIZER TUBE. To move. first remove the power supply and firmly grasp the base carefully tilt and role.



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





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

A) WORKOUT DISPLAY: Indicates exercise feedback. (Time, distance, calories, heart rate, speed and resistance) **B) PROGRAM WINDOW:** Indicates current workout program selection. (Manual, Boulder Run, Canyon Hill, Mountain Ascent, 30 Forward/30 Reverse, 45 Forward/45 Reverse, 30 Forward/60 Reverse or 60 Forward/30 Reverse) **C) START:** Press start to begin exercising, starts your workout, or resume exercising after pause. **D) STOP:** Press to pause/end your workout. Hold for 3 seconds to reset the ascent trainer. E) ENTER/CHANGE DISPLAY BUTTON: Used to set your workout and to change display feedback during workout. F) SELECT PROGRAM BUTTON: Used to choose your desired workout program. **G) RESISTANCE** + / - **KEYS**: Used to adjust resistance in small increments (1 increments). H) IPOD[®] DOCKING STATION / MP3 PLAYER POCKET: Used to dock your iPod[®] or store your MP3 player. I) SPEAKERS: Music plays through speakers when your CD / MP3 player is connected to the console. **NOTE:** When headphones are plugged into the headphone jack the sound will no longer come out through the speakers. J) AUDIO IN JACK: Plug your CD / MP3 player into the console using the included audio adaptor cable. Located on the top side of the console, above the workout display.

K) AUDIO OUT / HEADPHONE JACK: Plug your headphones into this jack to listen to your music through the headphones. Located on the bottom side of the console, underneath the **START** and **STOP** buttons. L) **ELEVATION BUTTONS:** Press to raise or lower the elevation of the ascent trainer. *M*) *iPOD[®] CONTROLS:* Allows you to control your docked *iPod[®]* while working out.

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WORKOUT PROFILES

MANUAL

Allows you to adjust the resistance level to your preference, ••••••••••••• without a preset program.

BOULDER RUN

••••••••••••• Creates an intense cardio workout by raising and lowering *resistance levels through-out your workout.*

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CANYON HILL

Enhances your strength, speed and endurance by increasing *and decreasing resistance at specific intervals.*

MOUNTAIN ASCENT

Automatically adjusts resistance levels to provide an intense mountain type workout.

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30 FORWARD/30 REVERSE

Creates an intense cardio workout by reversing the direction of *rotation, working the muscle groups differently.*

45 FORWARD/45 REVERSE

Creates an intense cardio workout by reversing the direction of

30 FORWARD/60 REVERSE

Creates an intense cardio workout by reversing the direction of rotation, working the muscle groups differently.

60 FORWARD/30 REVERSE

Creates an intense cardio workout by reversing the direction of

rotation, working the muscle groups differently.

SELECTING PROGRAMS

1) Select a program using the **SELECT PROGRAM** key and press **ENTER**.

NOTE: If you press **START** instead of **ENTER**, the program will begin and counts up from 0:00 for the **MANUAL** program, and counts down from 30:00 for all other programs. The level defaults to 1.

- 2) Set TIME using the +/- KEYS on the keypad and press ENTER.
- 3) Select a LEVEL using the +/- KEYS on the keypad and press START.

PROGRAM PROFILES

P1: MANUAL

- **1)** Turn on ascent trainer.
- 2) Press **START** button and begin exercising.
- will default to level 1 and the elevation will default to 0.
- 4) The resistance level and the elevation can be adjusted during the workout.

P2: BOULDER RUN

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		WAR	M-UP		W	JRKOU	I SEGI	IENIS	- REPE	:AI		COOL-DOWN		
1	TIME	<u>2:00</u>	<u>2:00</u>	<u>60</u>	<u>90</u>	<u>60</u>	<u>90</u>	<u>60</u>	<u>90</u>	<u>60</u>	<u>90</u>	<u>2:00</u>	<u>2:00</u>	
SEC	GMENT	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	Ζ	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	
LEVEL 1	ELEVATION	5	10	5	15	5	15	5	30	5	30	10	5	
LEVEL I	RESISTANCE	1	2	1	3	1	3	1	6	1	6	2	1	
LEVEL 2	ELEVATION	10	15	15	35	15	35	15	40	15	40	15	10	
LEVELZ	RESISTANCE	2	3	3	7	3	7	3	8	3	8	3	2	
LEVEL 3	ELEVATION	15	15	30	55	30	55	35	60	35	60	25	15	
LEVELS	RESISTANCE	3	3	6	11	6	11	7	12	7	12	5	3	
LEVEL 4	ELEVATION	20	20	45	70	45	70	50	75	50	75	25	15	
LEVEL 4	RESISTANCE	4	4	9	14	9	14	10	15	10	15	5	3	
LEVEL 5	ELEVATION	20	25	70	90	70	90	75	90	75	90	25	15	
LEVEL J	RESISTANCE	4	5	14	18	14	18	15	18	15	18	5	3	

Warm up and cool-down last 2:00 minutes each

P3: CANYON HILL

				r													
		WAR	M-UP				W	ORKOU	T SEGN	<u>MENTS</u>	- REPE	EAT				COOL-	-DOWN
1	TIME	<u>2:00</u>	<u>2:00</u>	<u>60</u>	<u>60</u>	<u>60</u>	<u>60</u>	<u>60</u>	<u>60</u>	<u>2:00</u>	<u>2:00</u>						
SEC	GMENT	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	Ζ	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
LEVEL 1	ELEVATION	5	10	15	15	15	10	10	10	10	10	10	15	15	15	5	5
LEVEL I	RESISTANCE	1	2	4	4	5	5	6	6	6	6	5	5	4	4	3	2
LEVEL 2	ELEVATION	10	15	30	30	30	25	25	25	25	25	25	30	30	30	15	15
LEVELZ	RESISTANCE	2	3	7	7	9	9	10	10	10	10	9	9	7	7	3	2
LEVEL 3	ELEVATION	15	15	50	50	50	45	45	45	45	45	45	50	50	50	25	25
LEVELS	RESISTANCE	3	3	9	9	11	11	12	13	13	12	11	11	9	9	4	3
LEVEL 4	ELEVATION	20	20	70	70	70	65	65	65	65	65	65	70	70	70	35	35
LEVEL 4	RESISTANCE	4	4	11	11	13	13	14	15	15	14	13	13	11	11	5	4
LEVEL 5	ELEVATION	20	25	100	100	100	90	90	90	90	90	90	100	100	100	40	40
LLVEL J	RESISTANCE	4	5	14	14	16	16	17	18	18	17	16	16	14	14	5	4

Warm up and cool-down last 2:00 minutes each

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3) Program will automatically default to **MANUAL** (P1), the time will count up from 0:00, and the resistance





















PROGRAM PROFILES

P4: MOUNTAIN ASCENT

		WAR	M-UP		W	ORKOU	T SEGI	NENTS	- REPE	EAT .		COOL	DOWN
ī	TIME	<u>2:00</u>	<u>2:00</u>	<u>120</u>	<u>60</u>	<u>120</u>	<u>60</u>	<u>120</u>	<u>60</u>	<u>120</u>	<u>60</u>	<u>2:00</u>	<u>2:00</u>
SEG	GMENT	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	Z	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
LEVEL 1	ELEVATION	0	5	0	10	0	10	0	10	0	10	5	0
LEVEL I	RESISTANCE	1	2	1	3	1	3	1	6	1	6	2	1
LEVEL 2	ELEVATION	5	10	10	30	10	30	10	35	10	35	10	5
LEVELZ	RESISTANCE	2	3	3	7	3	7	3	8	3	8	3	2
LEVEL 3	ELEVATION	10	10	25	50	25	50	30	55	30	55	20	10
LEVELS	RESISTANCE	3	3	6	11	6	11	7	12	7	12	5	3
LEVEL 4	ELEVATION	15	15	40	65	40	65	45	70	45	70	20	10
LEVEL 4	RESISTANCE	4	4	9	14	9	14	10	15	10	15	5	3
LEVEL 5	ELEVATION	15	20	45	70	45	70	50	75	50	75	20	10
LEVEL J	RESISTANCE	4	5	10	15	10	15	11	16	11	16	5	3

Warm up and cool-down last 2:00 minutes each

P5: 30 FORWARD/30 REVERSE

		WAR	M-UP			WOR	KOUT SEGN	MENTS - RE	PEAT		
SEG	MENT	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	Z	<u>8</u>	<u>9</u>	<u>10</u>
LEVEL 1	RESISTANCE	1	2	1	3	1	3	1	6	1	6
LEVEL I	CYCLES	10F/10R	15F/15R	15F/15R	15F/15R	30F/30R	15F/15R	15F/15R	30F/30R	15F/15R	30F/30R
LEVEL 2	RESISTANCE	2	3	3	7	3	7	3	8	3	8
LEVEL Z	CYCLES	10F/10R	15F/15R	15F/15R	30F/30R	15F/15R	30F/30R	15F/15R	30F/30R	30F/30R	30F/30R
LEVEL 3	RESISTANCE	3	3	6	11	6	11	7	12	7	12
LEVEL S	CYCLES	15F/15R	15F/15R	30F/30R	30F/30R	15F/15R	30F/30R	30F/30R	20F/20R	30F/30R	30F/30R
LEVEL 4	RESISTANCE	4	4	9	14	9	14	10	15	10	15
LEVEL 4	CYCLES	15F/15R	20F/20R	30F/30R	30F/30R	30F/30R	30F/30R	20F/20R	30F/30R	30F/30R	30F/30R
LEVEL 5	RESISTANCE	4	5	11	16	11	16	12	17	12	17
LEVEL J	CYCLES	20F/20R	20F/20R	30F/30R	30F/30R	30F/30R	30F/30R	30F/30R	30F/30R	20F/20R	30F/30R

P6: 45 FORWARD/45 REVERSE

		WAR	M-UP			WOR	KOUT SEGN	NENTS - RE	PEAT		
SEG	GMENT	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
LEVEL 1	RESISTANCE	1	2	1	3	1	3	1	6	1	6
LEVEL I	CYCLES	15F/15R	15F/15R	15F/15R	15F/15R	45F/45R	15F/15R	15F/15R	45F/45R	15F/15R	45F/45R
LEVEL 2	RESISTANCE	2	3	3	7	3	7	3	8	3	8
LEVELZ	CYCLES	15F/15R	20F/20R	45F/45R	30F/30R	30F/30R	45F/45R	15F/15R	30F/30R	45F/45R	20F/20R
LEVEL 3	RESISTANCE	3	3	6	11	6	11	7	12	7	12
LEVELS	CYCLES	15F/15R	15F/15R	45F/45R	45F/45R	15F/15R	45F/45R	30F/30R	45F/45R	30F/30R	45F/45R
LEVEL 4	RESISTANCE	4	4	9	14	9	14	10	15	10	15
LEVEL 4	CYCLES	15F/15R	20F/20R	45F/45R	45F/45R	20F/20R	45/45R	30F/30R	45F/45R	45F/45R	45F/45R
LEVEL 5	RESISTANCE	4	5	11	16	11	16	12	17	12	17
LEVEL J	CYCLES	20F/20R	20F/20R	45F/45R	45F/45R	30F/30R	45F/45R	45F/45R	45F/45R	45F/45R	45F/45R

PROGRAM PROFILES

P7: 30 FORWARD/60 REVERSE

		WARI	M-UP			WOR	KOUT SEGN	MENTS - RE	PEAT		
SEG	GMENT	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
LEVEL 1	RESISTANCE	1	2	1	3	1	3	1	6	1	6
LEVEL I	CYCLES	5F/10R	5F/10R	10F/20R	10F/20R	30F/60R	10F/20R	20F/40R	30F/60R	10F/20R	30F/60R
LEVEL 2	RESISTANCE	2	3	3	7	3	7	3	8	3	8
LEVELZ	CYCLES	5F/10R	10F/20R	30F/60R	30F/60R	10F/20R	30F/60R	20F/40R	15F/30R	20F/40R	30F/60R
LEVEL 3	RESISTANCE	3	3	6	11	6	11	7	12	7	12
LEVEL S	CYCLES	10F/20R	10F/20R	30F/60R	30F/60R	20F/40R	30F/60R	10F/20R	30F/60R	20F/40R	30F/60R
LEVEL 4	RESISTANCE	4	4	9	14	9	14	10	15	10	15
LEVEL 4	CYCLES	10F/20R	15F/30R	30F/60R	30F/60R	25F/50R	30F/60R	25F/50R	30F/60R	30F/60R	30F/60R
LEVEL 5	RESISTANCE	4	5	11	16	11	16	12	17	12	17
LEVEL J	CYCLES	10F/20R	20F/40R	30F/60R	30F/60R	25F/50R	30F/60R	30F/60R	30F/60R	30F/60R	30F/60R

P8: 60 FORWARD/30 REVERSE

		WARI	M-UP			WOR	KOUT SEGI	MENTS - RE	PEAT		
SEG	GMENT	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	Z	<u>8</u>	<u>9</u>	<u>10</u>
LEVEL 1	RESISTANCE	1	2	1	3	1	3	1	6	1	6
LEVEL I	CYCLES	10F/5R	10F/5R	20F/10R	20F/10R	60F/30R	20F/10R	40F/20R	60F/30R	20F/10R	60F/30R
LEVEL 2	RESISTANCE	2	3	3	7	3	7	3	8	3	8
LEVEL Z	CYCLES	10F/5R	20F/10R	60F/30R	60F/30R	20F/10R	60F/30R	40F/20R	30F/15R	40F/20R	60F/30R
LEVEL 3	RESISTANCE	3	3	6	11	6	11	7	12	7	12
LEVEL S	CYCLES	20F/10R	20F/10R	60F/30R	60F/30R	40F/20R	60F/30R	20F/10R	60F/30R	40F/20R	60F/30R
LEVEL 4	RESISTANCE	4	4	9	14	9	14	10	15	10	15
LEVEL 4	CYCLES	20F/10R	30F/15R	60F/30R	60F/30R	50F/25R	60/30R	50F/25R	60F/30R	60F/30R	60F/30R
LEVEL 5	RESISTANCE	4	5	11	16	11	16	12	17	12	17
LEVEL J	CYCLES	20F/10R	40F/20R	60F/30R	60F/30R	50F/25R	60F/30R	60F/30R	60F/30R	60F/30R	60F/30R

HEART RATE

HANDLEBARS

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

IMPORTANT: The heart rate function on this product is not a medical device. While heart rate grips 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.

IMPORTANT PRECAUTIONS

LIMITED WARRANTY

















USING SPEAKER/MP3 AUDIO FUNCTION

1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the top of the CONSOLE and the HEADPHONE JACK on your CD / MP3 player.

2) Use your CD / MP3 player buttons to adjust song settings.

NOTE: 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**.

3) Remove the AUDIO ADAPTOR CABLE when not in use.

iPod® DOCKING STATION (iPod® NOT INCLUDED)

The Horizon Performance iPod[®] Docking Station is the ultimate iPod® docking solution for your workouts. Various models of iPod[®] with a dock connector can fit in the iPod® Docking Station with the use of interchangeable inserts. This Docking Station includes different inserts.

Using your iPod[®] Docking Station

1) Remove rubber plug from bottom of **DOCKING STATION**.

2) Place the proper insert that fits your **iPod**® model into the **DOCKING STATION**. See image below for dock insert instructions.

3) Plug in your *iPod*® by matching the dock connector pin on the ascent trainer with the dock connector on your **iPod**®.

NOTE: If you want to connect a different-size **iPod**®, simply lift out the insert and replace with a new one.

4) Use the **iPod**[®] controls on the bottom of the **CONSOLE** to adjust volume and song settings.

NOTE: 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.

5) Replace the rubber plug into the bottom of the **DOCKING STATION** when the station is not in use.

NOTE: iPod® audio will not play through speakers if audio adaptor cable is plugged in while iPod® is in the **DOCKING STATION**.



iPod[®] Dock Inserts

Note: Dock insert sizes

vary for each iPod.

CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staving with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your machine to prepare for a 5K workout, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate using the grip pulse handlebars and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

PERCEIVED EXERTION LEVEL

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.



NOTE: If you push the insert further into the pocket your iPod will not fit.

IMPORTANT PRECAUTIONS

TROUBLESHOOTING & MAINTENANCE

LIMITED WARRANT)





TARGET HEART RATE ZONE CHART

What is Target Heart Rate Zone?

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

EXAMPLE:

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

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.





STRETCH FIRST

Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.



2. STANDING QUADRICEP STRETCH

Using a wall to provide balance, grasp your right ankle with your right hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your left ankle and hand.



3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.



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1. STANDING CALF MUSCLE STRETCH

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other.















INTRODUCTION



TIPS 🗹

THE IMPORTANCE OF A WARM-UP & COOL DOWN

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.



ACHIEVING YOUR FITNESS GOALS

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss lower intensity, longer duration workouts
- Improve Body Shape and Tone interval workouts, alternate between hi and low intensities
- Increased Energy Level more frequent daily workouts
- Improved Sports Performance high intensity workouts
- Improved Cardiovascular Endurance moderate intensity, longer duration workouts

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short-term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track distance, calories or time.

KEEPING AN EXERCISE DIARY

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

www.horizonfitness.com/guides/weeklylog.pdf

www.horizonfitness.com/guides/monthlylog.pdf

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

WEEKLY LOG SHEETS

WEEK #			W/	EEKLY GOAL	
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOT	TALS :				

WEEK #			WE	EKLY GOAL	
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOT	ALS :				

WEEK #			W E	EKLY GOAL	
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TO	TALS :				



















MONTHLY LOG SHEET

MONTH	MONTHLY GOAL									
WEEK #	DISTANCE	CALORIES	TIME							
MONTHLY TOTALS :										

MONTH	MON		
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH	MON		
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

TROUBLESHOOTING

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

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

- The outlet the machine is plugged into is functional. Double check that the breaker has not tripped.
- The correct adapter is being used. Only use the adapter provided or authorized by Horizon.
- The adapter is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position (may not apply to all models).
- damaged or pinched.

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

- damaged or pinched.
- damaged.

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

- The correct adapter is being used. Only use the adapter provided or authorized by Horizon.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

IMPORTANT PRECAUTIONS

BEFORE YOU BEGIN

LIMITED WARRANTY

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• Unplug the power cord. Remove the console and check that all connections to the console are secure and not

• Unplug the power cord. Remove the console and check that all connections to the console are secure and not

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



















HEART RATE TROUBLESHOOTING

COMMON PRODUCT QUESTIONS

PROBLEM: There is no heart rate reading.

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

Check your exercise environment for sources of interference such as high power lines, large motors, etc.

YOU MAY EXPERIENCE AN ERRATIC READOUT UNDER THE FOLLOWING CONDITIONS:

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

NOTE: Outside interference sources such as computers, motors and fluorescent lights may cause the heart rate reading to be erratic.

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

CALL CUSTOMER TECH SUPPORT AT THE NUMBER ON THE BACK PANEL. WHEN YOU ARE NEAR THE EQUIPMENT

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

- Model Name
- Serial Number
- Date of Purchase (receipt or credit card statement)

In order for Customer Tech Support to service your ascent trainer, they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

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

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

ARE THE SOUNDS MY ASCENT TRAINER MAKES NORMAL?

Our ascent trainers are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our ascent trainers. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

WHY IS THE ASCENT TRAINER I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?

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

HOW LONG WILL THE DRIVE BELT LAST?

The computer modeling we have done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

CAN I MOVE THE ASCENT TRAINER EASILY ONCE IT IS ASSEMBLED?

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

IMPORTANT PRECAUTIONS

LIMITED WARRANT)







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MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

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

HOW DO I CLEAN MY ASCENT TRAINER?

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

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

AFTER EACH USE (DAILY)

Turn off the ascent trainer by unplugging the power cord from the wall outlet

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



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

WEEKLY

Clean underneath the ascent trainer, following these steps:

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

EVERY MONTH

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

LIMITED HOME-USE WARRANTY

WEIGHT CAPACITY = 300 lbs

Who is covered:

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

BRAKE • LIFETIME

FRAME • LIFETIME

Horizon warrants the brake against defects in workmanship and materials for the lifetime of the original owner.

ELECTRONICS & PARTS • 1 YEAR

Horizon warrants the electronic components and all original parts for a period of 1 year from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR • 1 YEAR

Horizon shall cover the labor cost for the repair of the device for a period of 1 year from the date of the original purchase, so long as the device remains in the possession of the original owner.

- unit

SERVICE/RETURNS

- of purchase.
- state to state.

LIMITED WARRANT)

EXCLUSIONS AND LIMITATIONS

• 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.

• Incidental or consequential damages. Horizon 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 product.

• Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by Horizon for coverage.

• Equipment owner 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

• Any attempt to repair this equipment creates a risk of injury. Horizon 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 shall have no liability for any injury to the person or property arising from such repairs.

• In-home service is available only within 150 miles of the nearest authorized repair center.

• All returns must be pre-authorized by Horizon.

• Horizon's obligation under this warranty is limited to replacing or repairing, at Horizon's option, the product at one of its authorized service centers.

• A Horizon authorized service center must receive all products for which a warranty claim is made. These products must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof

• Parts and electronic components reconditioned to As New Condition by Horizon or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms.

• This warranty gives you specific legal rights, and your rights may vary from



















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.

Customer Tech Support Hotline: 1-877-501-4327 Email: comments@horizonfitness.com Website: <u>www.horizonfitness.com</u>

Every employee at Horizon Fitness takes pride in providing you with a high quality product. 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 before contacting Customer Tech Support. To receive additional product information, visit us at <u>www.horizonfitness.com</u>



1620 Landmark Drive, Cottage Grove WI, 53527 Tel: 1.877.501.4327

	MAY BE COVERED BY ONE OR MORE PATENTS OR PATENTS PENDING			
US 5540637	US 6149551			
US 5573480	US 7316633			
US 5813949	CN 99808486.7			
US 5924962	TW 364373			
US 5938567	TW 371899			
US 6135927				

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