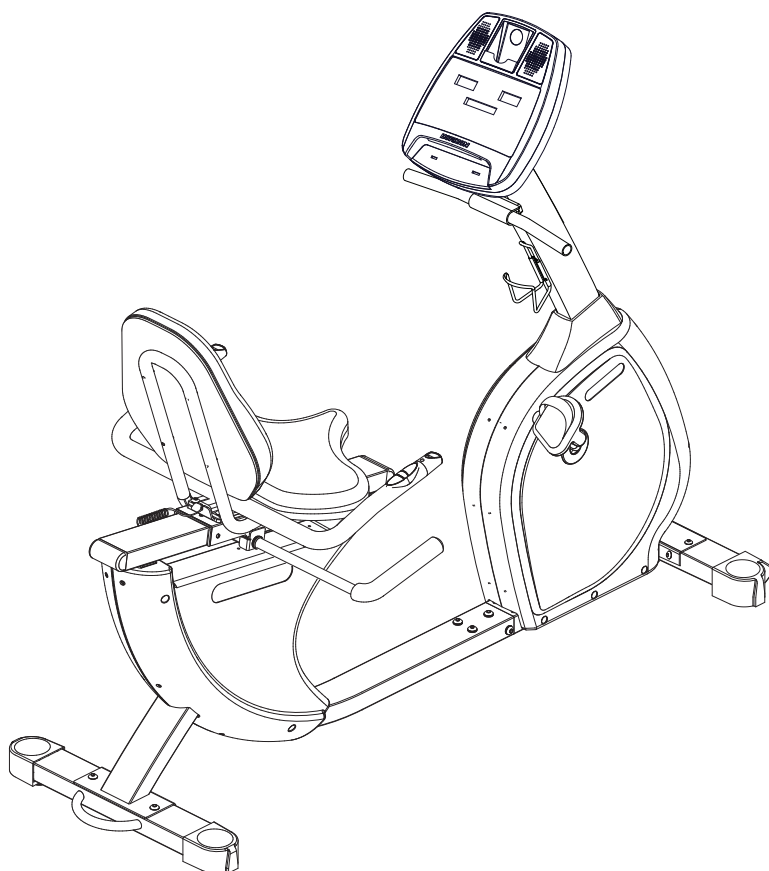# HORIZON PERFORMANCE

FOR MODEL:

B600

HORIZON
FITNESS

BIKE USER'S GUIDE

INTRODUCTION

CONGRATULATIONS and **THANK YOU** for your purchase of this Horizon Performance bike!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, a Horizon Performance bike 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 Performance bikes deliver.

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

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

⚠ **WARNING** 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 bike.
- 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 bike before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- This bike should not be used by persons weighing more than 300 pounds. Failure to comply will void the warranty.
- This bike is intended for in-home use only. Do not use this bike in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use the bike 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 bike 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 bike than 10 feet.
At NO time should children under the age of 12 use the bike.
Children over the age of 12 should not use the bike without adult supervision.

It is essential that your bike is used only indoors, in a climate controlled room. If your bike has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the bike 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!

⚠ **WARNING**

There are several areas during the assembly process of a bike 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 bike could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the bike, 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 bike'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 plastics.
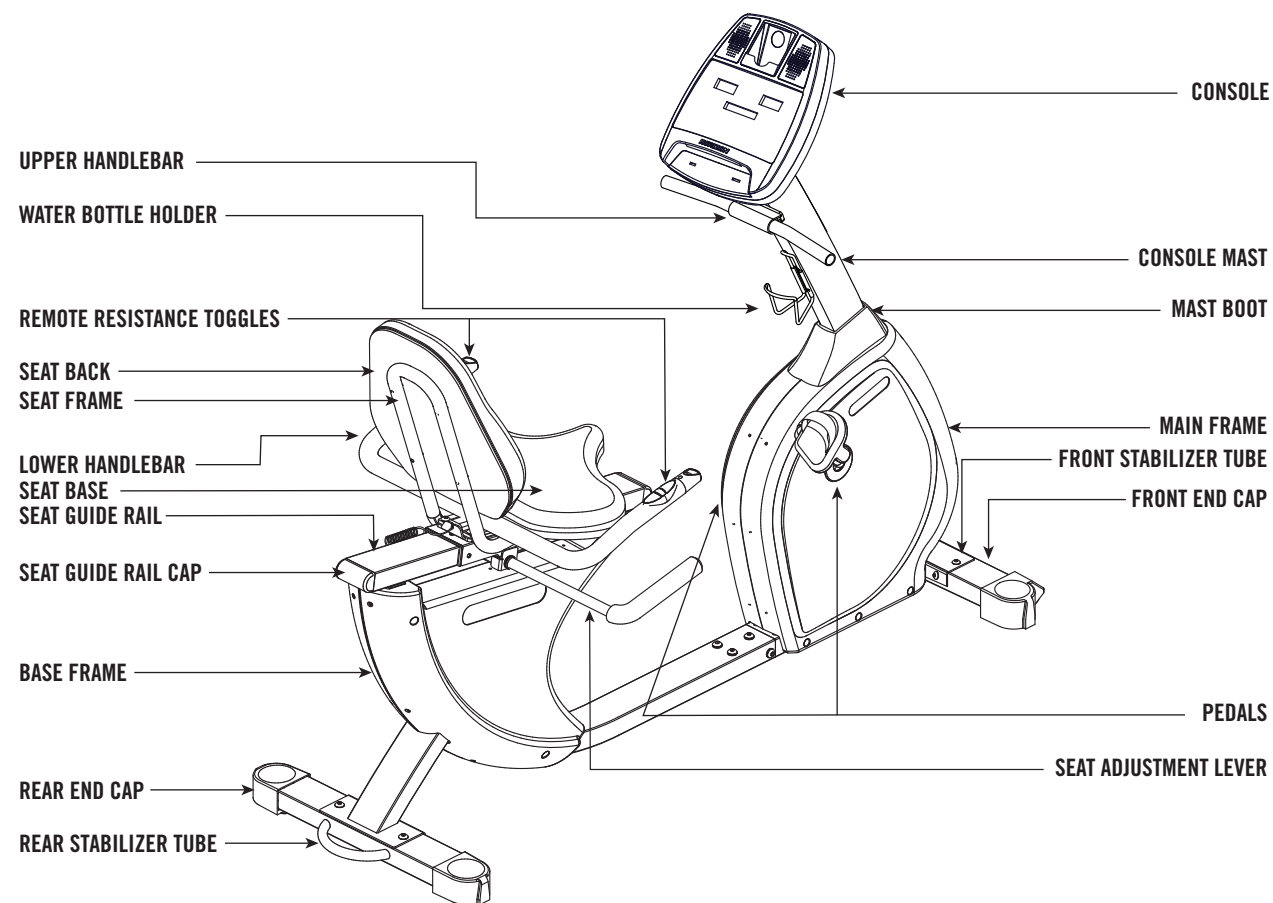
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

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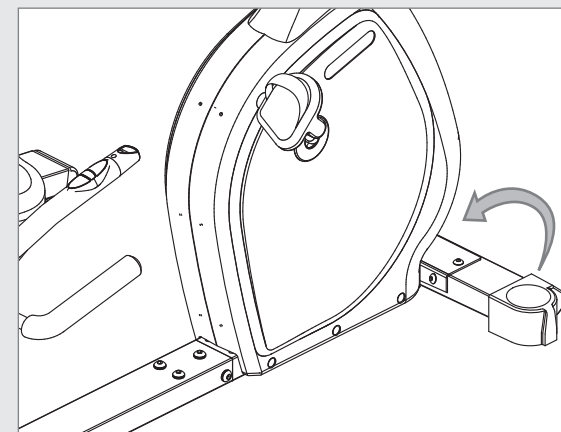
* Refer to the SERIAL NUMBER and MODEL NAME when calling for service.
* Also enter this serial number on your Warranty Card.

INTRODUCTION

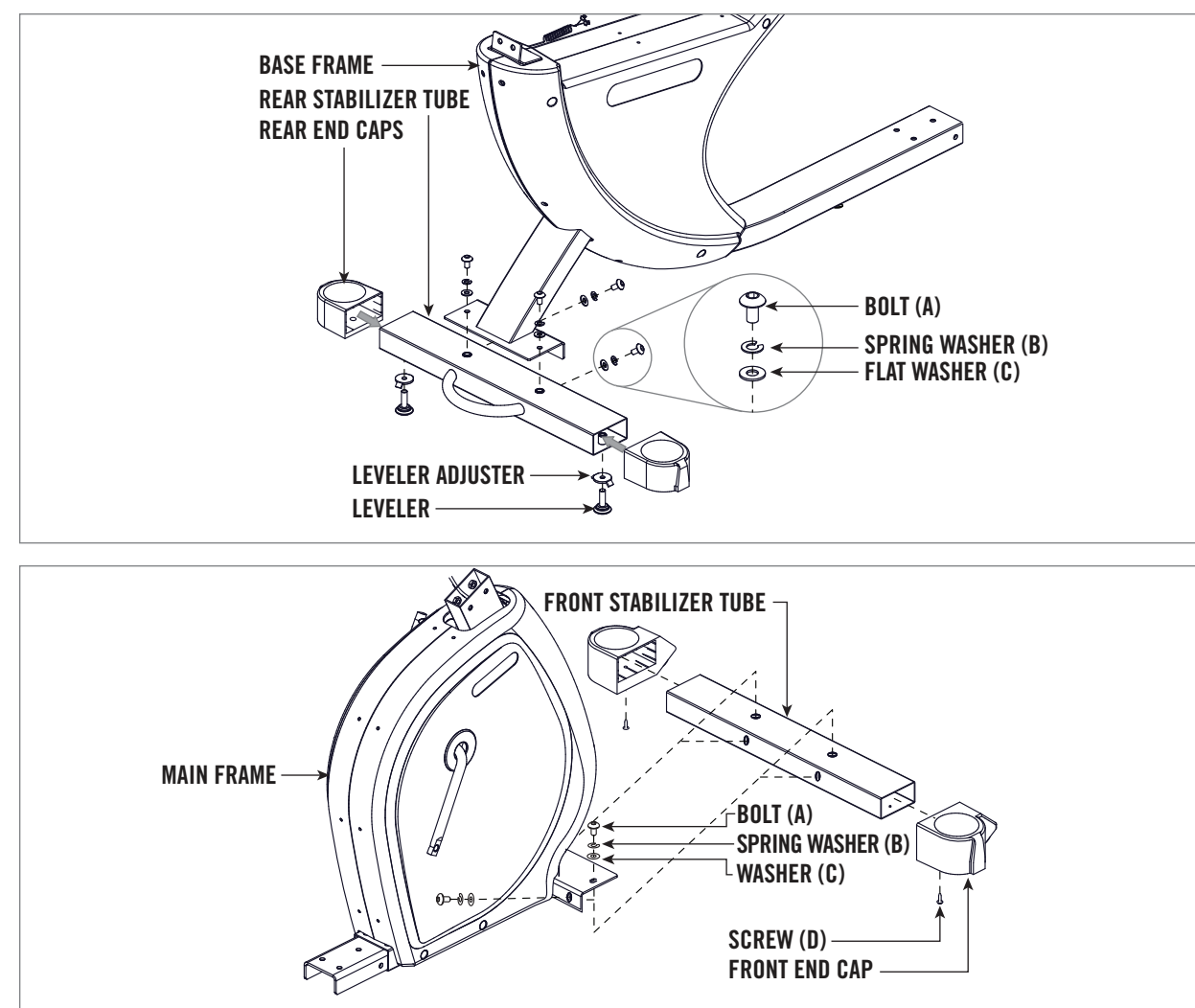IMPORTANT
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CONSOLE

UPPER HANDLEBAR

WATER BOTTLE HOLDER

CONSOLE MAST

REMOTE RESISTANCE TOGGLES

MAST BOOT

SEAT BACK
SEAT FRAME

MAIN FRAME
FRONT STABILIZER TUBE

LOWER HANDLEBAR
SEAT BASE
SEAT GUIDE RAIL

FRONT END CAP

SEAT GUIDE RAIL CAP

BASE FRAME

PEDALS

SEAT ADJUSTMENT LEVER

REAR END CAP

REAR STABILIZER TUBE

TOOLS INCLUDED

- ☐ Phillips Screwdriver
- ☐ 4mm L Wrench
- ☐ 5mm L Wrench
- ☐ 5mm T Wrench
- ☐ 13/15mm Flat Wrench

PARTS INCLUDED

- ☐ 1 Console
- ☐ 1 Console Mast
- ☐ 1 Main Frame
- ☐ 1 Base Frame
- ☐ 1 Front Stabilizer Tube
- ☐ 2 Pedals
- ☐ 1 Mast Boot
- ☐ 1 Seat Back
- ☐ 1 Seat Frame
- ☐ 1 Water Bottle Holder
- ☐ 1 Seat Base

- ☐ 1 Lower Handlebar
- ☐ 1 Upper Handlebar
- ☐ 5 Hardware Bags
- ☐ 1 Rear Stabilizer
- ☐ 1 Seat Guide Rail
- ☐ 4 iPod® Adaptors
- ☐ 2 Front End Caps
- ☐ 2 Rear End Caps
- ☐ 2 Seat Guide Rail Caps
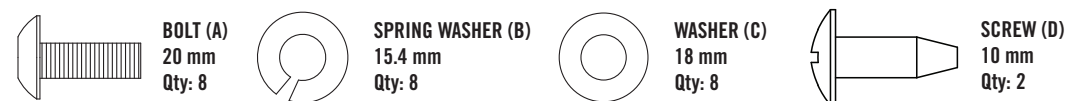- ☐ 2 Leveler Adjusters
- ☐ 2 Levelers

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

ASSEMBLY STEP 1

BASE FRAME
REAR STABILIZER TUBE
REAR END CAPS

BOLT (A)
SPRING WASHER (B)
FLAT WASHER (C)

LEVELER ADJUSTER
LEVELER

FRONT STABILIZER TUBE

MAIN FRAME

BOLT (A)
SPRING WASHER (B)
WASHER (C)

SCREW (D)
FRONT END CAP

A) Open **HARDWARE BAG FOR STEP 1.**

B) Slide **REAR END CAPS** onto **REAR STABILIZER TUBE**.

C) Attach 2 **LEVELERS** and **LEVELER ADUSTERS** (found in the hardware box) to the bottom of the **REAR STABILIZER TUBE** and secure tightly.

D) Attach the **REAR STABILIZER TUBE** to the **BASE FRAME** using 4 **BOLTS (A),** 4 **SPRING WASHERS (B)** and 4 **FLAT WASHERS (C)**.

E) Slide **FRONT END CAPS** into **FRONT STABILIZER TUBE** with wheels facing forward and attach using 2 **SCREWS (D)** with provided **PHILLIPS SCREWDRIVER**.

F) Attach the **FRONT STABILIZER TUBE** to the **MAIN FRAME** using 4 **BOLTS (A),** 4 **SPRING WASHERS (B)** and 4 **FLAT WASHERS (C)**.

HARDWARE BAG FOR STEP 1 CONTENTS :

BOLT (A)
20 mm
Qty: 8

SPRING WASHER (B)
15.4 mm
Qty: 8

WASHER (C)
18 mm
Qty: 8

SCREW (D)
10 mm
Qty: 2

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ASSEMBLY STEP 2

MAIN FRAME
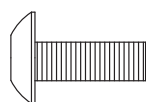
BASE FRAME

CONNECT WIRES

WASHER (C)
SPRING WASHER (B)
BOLT (A)
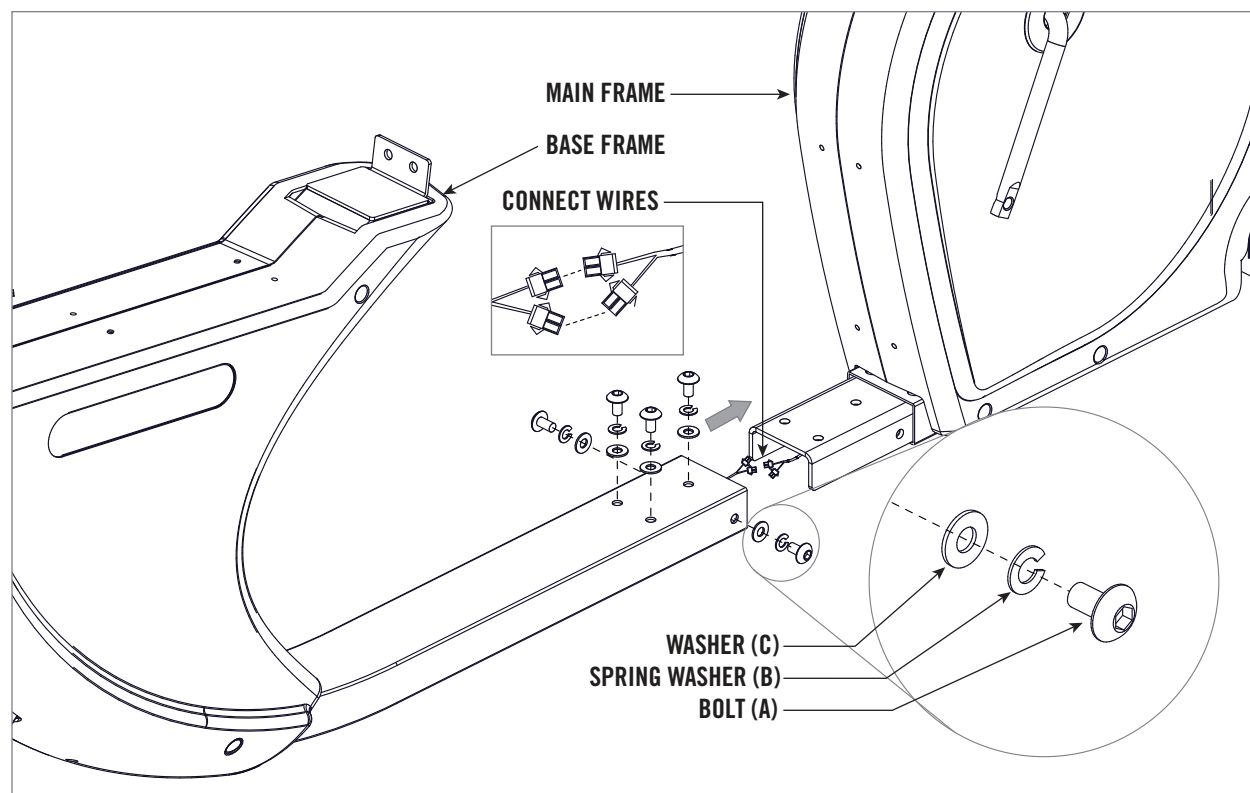
A) Open **HARDWARE BAG FOR STEP 2.**

B) Connect wires from **BASE FRAME** to **MAIN FRAME.**

C) Slide **MAIN FRAME** into **BASE FRAME.**

D) Attach the **BASE FRAME** to the **MAIN FRAME** using 5 **BOLTS (A)**, 5 **SPRING WASHERS (B)** and 5 **WASHERS (C)**.

DO NOT PINCH WIRES!

HARDWARE BAG FOR STEP 2 CONTENTS :

BOLT (A)
20 mm
Qty: 5

SPRING WASHER (B)
15.4 mm
Qty: 5
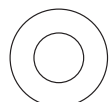
WASHER (C)
18 mm
Qty: 5

ASSEMBLY STEP 3

LEFT PEDAL

LEFT CRANK ARM

RIGHT PEDAL
RIGHT CRANK ARM
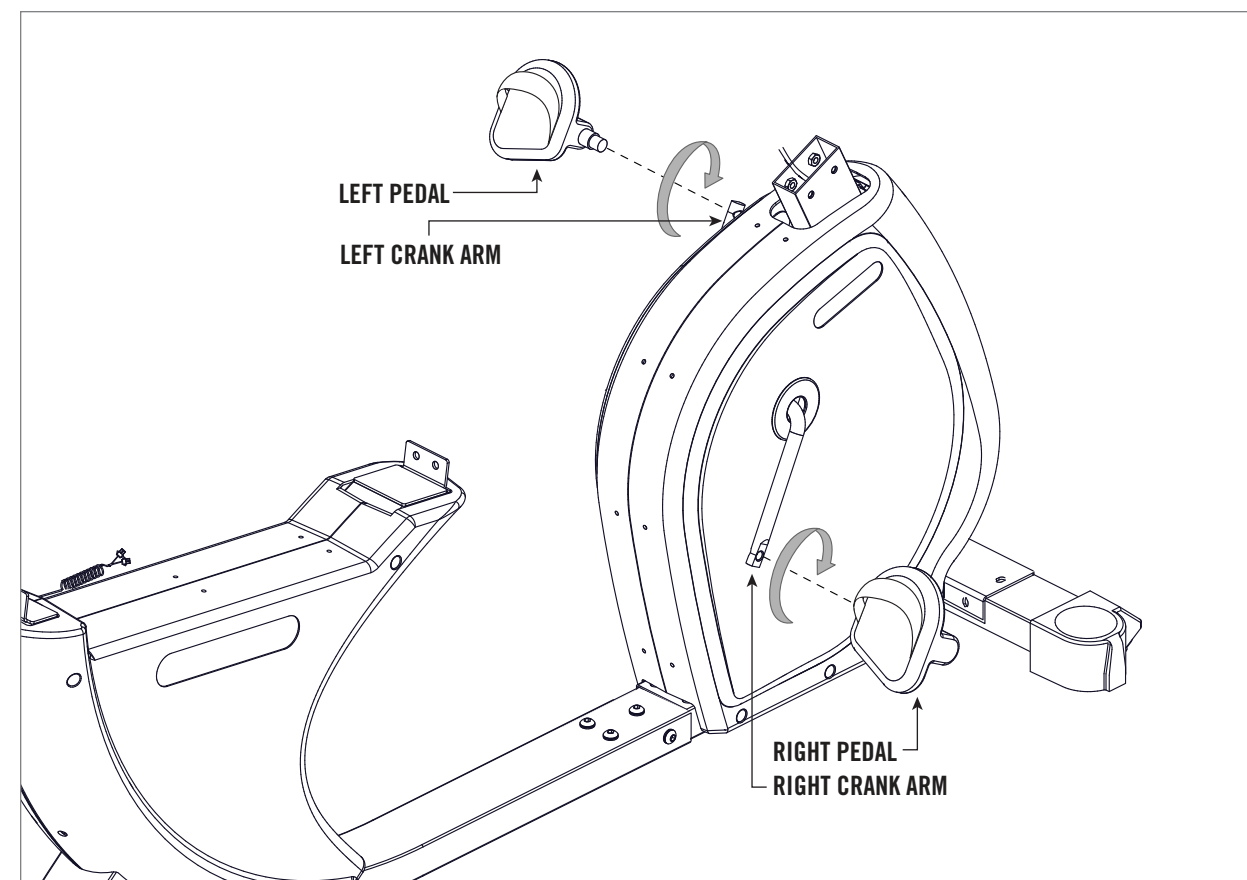
Note: There is no hardware bag for this step.

A. Attach the **RIGHT PEDAL** onto the **RIGHT CRANK ARM**, tightening it **CLOCKWISE** with the provided **13mm/15mm FLAT WRENCH**.

B. Attach the **LEFT PEDAL** onto the **LEFT CRANK ARM**, tightening it **COUNTER-CLOCKWISE** with the provided **13mm/15mm FLAT WRENCH**.

Note: The **LEFT CRANK ARM** is reverse threaded so it is very important that it is tightened **COUNTER-CLOCKWISE**. Tightening it the opposite way can damage the pedal or the crank arm or both.

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ASSEMBLY STEP 4

STEP B

SEAT BASE

SEAT FRAME

WAVY WASHERS (G)

BOLTS (F)

STEP D

SEAT FRAME — SEAT LEVER

SEAT GUIDE RAIL

SEAT LEVER CLAMP

NOTE: Be sure to keep **SEAT LEVER** positioned upward as shown. Orientate **SEAT LEVER CLAMP** with rounded edge facing away from **SEAT GUIDE RAIL** as shown above.

A. Open **HARDWARE BAG FOR STEP 4.**

B. Attach the **SEAT BASE** to the **SEAT FRAME** using 4 **BOLTS (F)** and 4 **WAVY WASHERS (G)**.

C. Remove **SEAT GUIDE RAIL CAPS**, then remove the **PRE-ATTACHED BOLTS, SPRING WASHERS** and **WASHERS** from both ends of the **SEAT GUIDE RAIL** and lift from **BASE FRAME**. Note the orientation of the seat guide rail.

D. Slide the **SEAT FRAME** through the rear of the **SEAT GUIDE RAIL** as shown above. Lock **SEAT FRAME** into place by pusing down on **SEAT LEVER**. NOTE: Seat lever will face forward when in locked position.

E. Attach the **RUBBER STOPPER** to the bottom of the **SEAT GUIDE RAIL** using 1 **SCREW (H)**.

F. Set assembled **SEAT GUIDE RAIL** on the grooves of the **BASE FRAME**.

G. Re-attach the **PRE-ATTACHED BOLTS, SPRING WASHERS** and **WASHERS** through the **BASE FRAME** into each end of the **SEAT GUIDE RAIL**. **DO NOT TIGHTEN UNTIL ALL FOUR BOLTS HAVE BEEN STARTED**.

H. Snap **SEAT GUIDE RAIL CAPS** back onto each end of **SEAT GUIDE RAIL**.

SEAT GUIDE RAIL

PRE-ATTACHED WASHERS
PRE-ATTACHED SPRING WASHERS
PRE-ATTACHED BOLTS

CAP

SEAT GUIDE RAIL CAP

RUBBER STOPPER
SCREW (H)

BASE FRAME
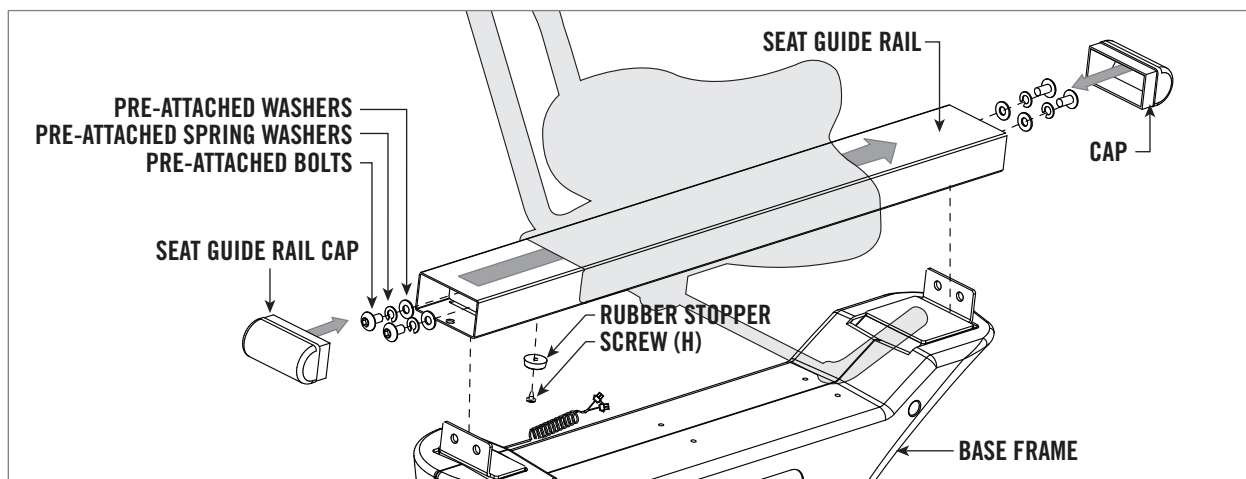
HARDWARE BAG FOR STEP 4 CONTENTS :

| BOLT (F) 35 mm Qty: 4 | WAVY WASHER (G) 18 mm Qty: 4 Side View | SCREW (H) 8 mm Qty: 4 | RUBBER STOPPER Qty: 1 |

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ASSEMBLY STEP 5

RECESS   EXPOSED WIRES

COVERED WIRE

LOWER HANDLEBAR

BOLTS (E)
SPRING WASHERS (B)

PULSE GRIP WIRES
SEAT FRAME WIRES

WIRE CLIP

A) Open **HARDWARE BAG FOR STEP 5.**

B) Connect the **SEAT FRAME WIRES** to the **PULSE GRIP WIRES** as shown above.

C) Press **COVERED WIRE** into **WIRE CLIP** just before **EXPOSED WIRES** as shown above. Tuck **EXPOSED WIRES** under **RECESS** in **LOWER HANDLEBAR**.

D) Attach the **LOWER HANDLEBAR** to the **SEAT FRAME** using 4 **BOLTS (E)** and 4 **SPRING WASHERS (B)**.

DO NOT PINCH WIRES!

E) Attach the **SEAT BACK** to the **SEAT FRAME** using 4 **BOLTS (F)** and 4 **WAVY WASHERS (G)**.

SEAT BACK

WAVY WASHERS (G)
BOLTS (F)
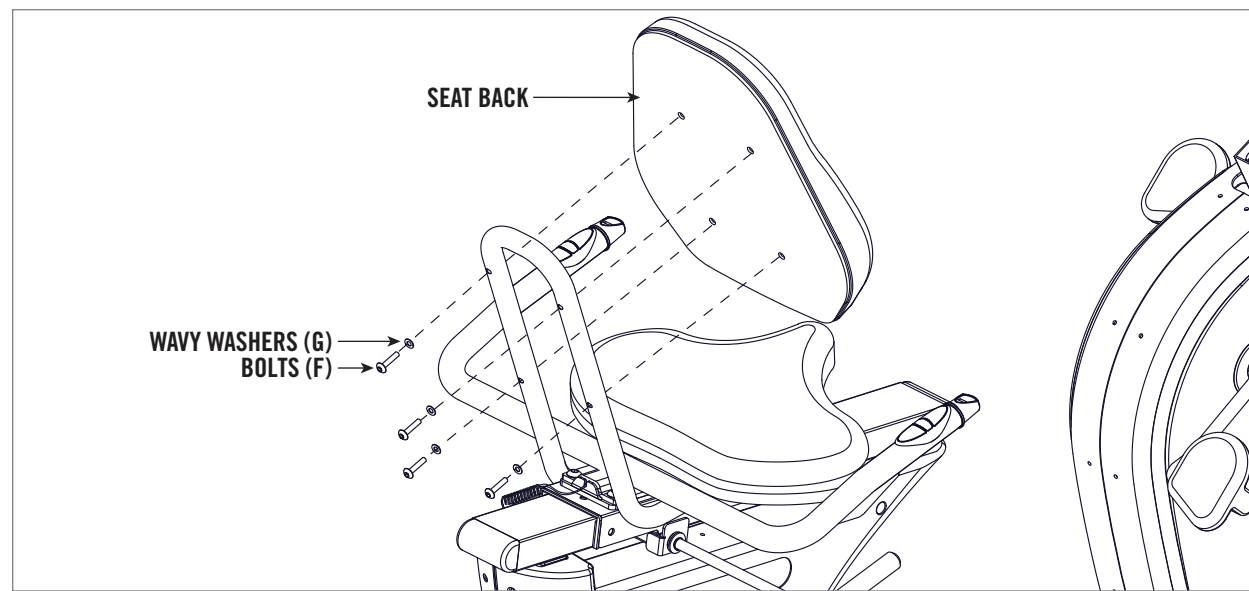
HARDWARE BAG FOR STEP 5 CONTENTS :

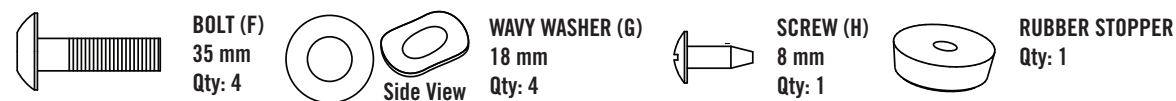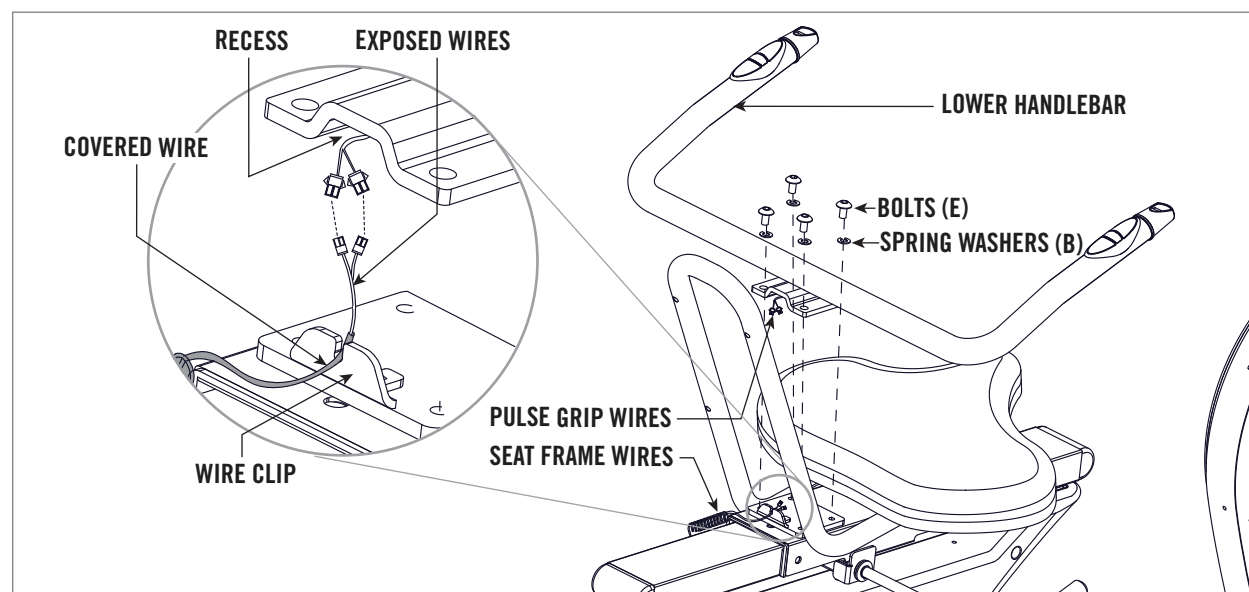| BOLT (E) 15 mm Qty: 4 | SPRING WASHER (B) 15.4 mm Qty: 4 | BOLT (F) 35 mm Qty: 4 | WAVY WASHER (G) 18 mm Qty: 4 Side View |

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ASSEMBLY *STEP 6*

UPPER HANDLEBAR
SPRING WASHER (B)
BOLT (K)
TOP CAP
SET SCREW (I)

BOLT (A)
SPRING WASHER (B)
FLAT WASHER (C)

CONSOLE MAST
CONSOLE WIRES

WATER BOTTLE CAGE

SCREWS (L)

A) Open **HARDWARE BAG FOR STEP 6.**

B) Slide the **TOP CAP** through the **MAST** as shown. Tie the **CONSOLE WIRES** to the pre-attached routing wire. Carefully pull console wires through the **CONSOLE MAST.** Discard wire when finished.

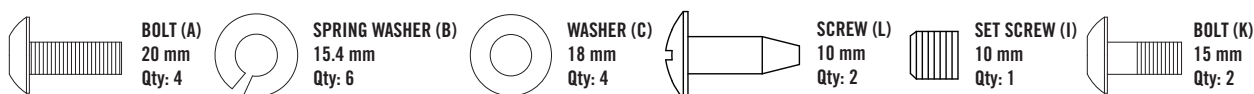C) Attach the **CONSOLE MAST** to the **MAIN FRAME** using 4 **BOLTS (A)**, 4 **SPRING WASHERS (B)** and 4 **FLAT WASHERS (C)** from the sides and 1 **SET SCREW (I)** from the front.

D. Carefully tuck the **CONSOLE MAST** wires into the **CONSOLE MAST** before attaching the **CONSOLE**.

E. Attach the **UPPER HANDLEBAR** to the **CONSOLE MAST** using 2 **BOLTS (K)** and 2 **SPRING WASHERS (B)**.

F. Attach **CONSOLE** to the **CONSOLE MAST** using the 4 **PRE-ATTACHED SCREWS** (screws will have to be removed from the console first). **DO NOT PINCH WIRES!**

G. Attach **WATER BOTTLE CAGE** using 2 **SCREWS (L)**.

Connect **AC ADAPTOR** *to the* **AC ADAPTOR INPUT,** *located at front of the main frame. Connect* **ADAPTOR** *to a power outlet.*

HARDWARE BAG FOR STEP 6 CONTENTS :

| BOLT (A) 20 mm Qty: 4 | SPRING WASHER (B) 15.4 mm Qty: 6 | WASHER (C) 18 mm Qty: 4 | SCREW (L) 10 mm Qty: 2 | SET SCREW (I) 10 mm Qty: 1 | BOLT (K) 15 mm Qty: 2 |

YOU'RE FINISHED!

BEFORE YOU BEGIN

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

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

ADJUSTING LEVELERS
Adjust the 2 rear levelers so that the bike is level on the floor. Then adjust the third leveler located under the BASE FRAME TUBE just so it is snug with the floor.

ADJUST HEIGHT

LOCK ADJUSTMENT

B600_Rev.1.6.indd   12-13   7/11/07   1:31:52 PM
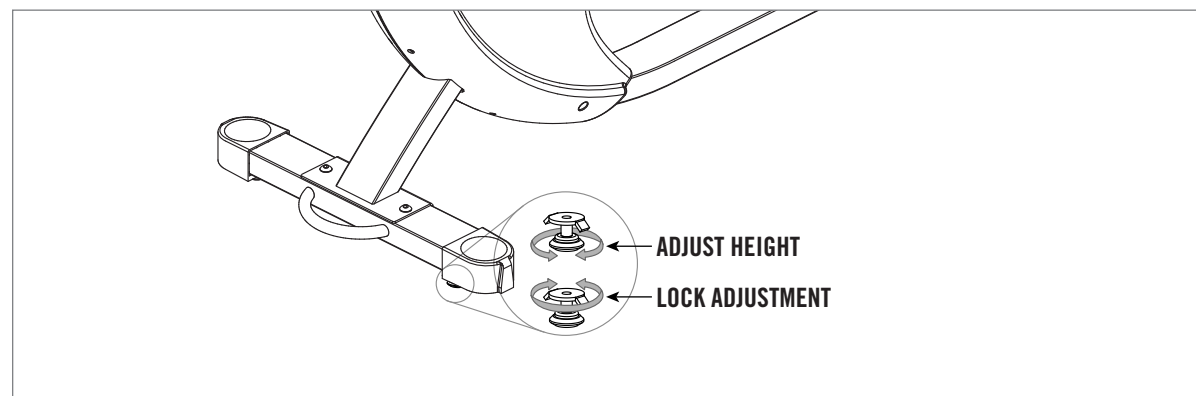
BIKE OPERATION

POWER

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

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

MOVING

Your bike has a pair of transport wheels built into the FRONT STABILIZER TUBE. To move, first remove the power supply and firmly grasp the handle on the rear stabilizer tube, carefully tilt and roll.

⚠ **WARNING**   Our bikes are well built and heavy, weighing up to 200 lbs! Use care and additional help if necessary when moving.

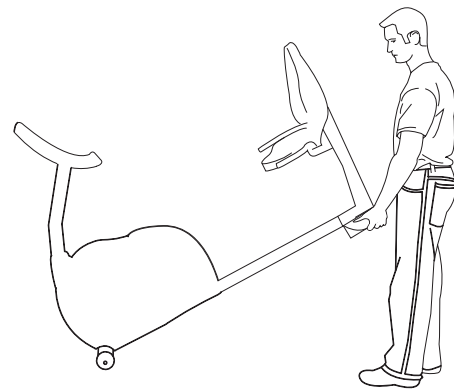### ADJUSTING THE SEAT

To adjust the seat turn the handle up into its middle position making the handle feel loose. Then, slide the seat to a position that puts you in a comfortable pedaling range (one that keeps a slight bend in your knee while your legs are in the extended position). Lock the mechanism by rotating it down until handle tightens.

NOTE: It is recommended that you do not sit on the seat while adjusting its position.

B600 CONSOLE DISPLAY
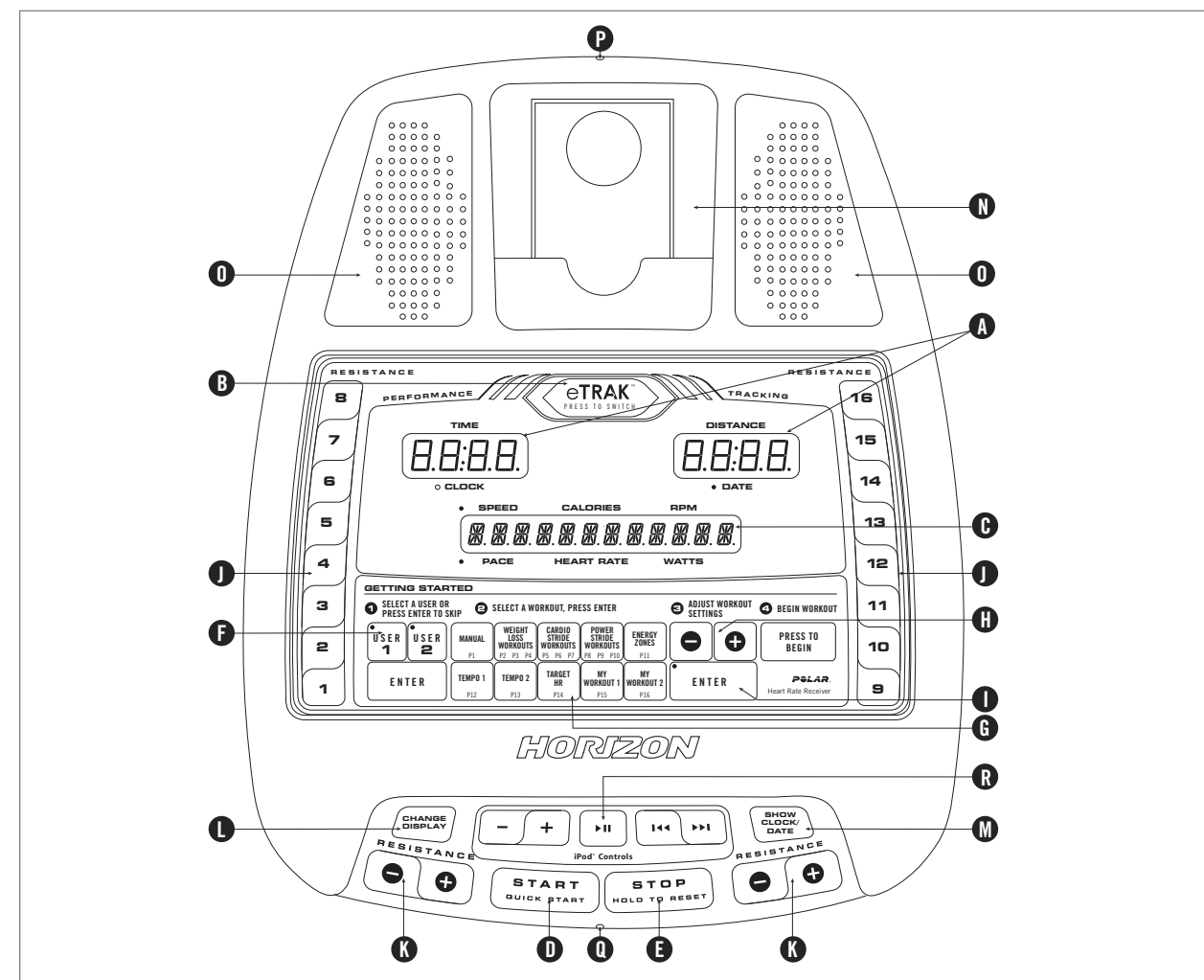
Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed.

A) **MONITOR DISPLAY:** Time, Distance, Clock and Date.

B) **eTRAK™ BUTTON:** Used to scroll through eTRAK™ display modes.

C) **ALPHA-NUMERIC WINDOW:** Indicates exercise feedback (speed, heart rate, calories and resistance) and help text.

D) **START:** Press start to begin exercising, starts your workout, or resume exercising after pause.

E) **STOP:** Press to pause/end your workout. Hold for 3 seconds to reset the bike.

F) **USER 1 / USER 2:** Used to select which user's eTRAK™ data to activate, access and update.

G) **WORKOUT QUICK KEYS:** Press to select a workout. Press ENTER to confirm selection.

H) **ADJUST WORKOUT QUICK KEYS:** Used to select / adjust your program and program settings.

I) **ENTER:** Used to set your workout and change workout settings.

J) **QUICK RESISTANCE KEYS:** Used to reach desired resistance more quickly.

K) **RESISTANCE + / - KEYS:** Used to adjust resistance in small increments (1 increments).

L) **CHANGE DISPLAY BUTTON:** Press to change display feedback during workout.

M) **CLOCK/DATE BUTTON:** Displays clock and date data in display windows.

N) **IPOD® DOCKING STATION / MP3 PLAYER POCKET:** Used to dock your iPod® or store your MP3 player.

O) **SPEAKERS:** Music plays through speakers when your CD / MP3 player is connected to the console.

P) **AUDIO IN JACK:** Plug your CD / MP3 player into the console using the included audio adaptor cable.

Q) **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.

R) **iPod® CONTROLS:** Allows you to control your docked iPod® while working out.

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B600 CONSOLE OPERATION

DATE & CLOCK SETUP

1) Enter Setup Mode: Press and hold **MANUAL** and **WEIGHT LOSS WORKOUTS** program buttons for 3 seconds.

2) Once in setup mode, use the **+/– KEYS** to scroll through settings.

3) Use the **ENTER** button to confirm settings.

4) Settings include: **MONTH, DAY, YEAR, HOUR, MINUTE**, and **AM/PM**.

5) Review Settings: You can review your settings at any time while in Setup Mode.   Use the **ENTER** button to scroll through settings.

6) Exit Setup Mode: To confirm the Date and Time, press and hold **ENTER** for 5 seconds.

7) To Reset: Simply reenter Setup Mode and adjust Date and Time to the correct setting.

QUICK START

1) Make sure the bike is plugged in and turned on.

2) Press **START** button and begin exercising.

3) Program will automatically default to **MANUAL** (P1), the time will count up from 0:00 and the resistance will default to level 1.

4) The resistance can be adjusted during the workout.

WORKOUT PROFILES

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

WEIGHT LOSS
Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat burning zone.

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

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

ENERGY ZONES
Automatically adjusts resistance levels to keep your watt output at the level you select.

TEMPO 1 & 2
Keeps you in the fat burning zone by informing you to pedal at high or low paces.

MY WORKOUT 1 & 2
Design and store your own custom exercise program.

TARGET HR
Automatically adjusts the resistance level to keep your heart rate in your desired range.

60% OF MAX HEART RATE: Used for beginners and longer workouts. Lower intensity and longer duration helps burn fat more efficiently.

65% OF MAX HEART RATE: Used for beginner to intermediate users and mid to long range workouts. Lower intensity and longer duration helps burn fat more efficiently.

70% OF MAX HEART RATE: For intermediate users and mid range cardio workouts. While this range burns fat it really challenges the cardiovascular system and helps strengthen the heart.

75% OF MAX HEART RATE: For advanced users and short to mid range cardio workouts. Burns fat, tones muscles and challenges the heart.

80% OF MAX HEART RATE: For advanced users and short workouts. Burns fat, strengthens and tones muscles, and challenges the entire cardiovascular system.

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WORKOUT INFORMATION

WORKOUT: *MANUAL*

Allows 'On The Fly' manual **RESISTANCE** *changes. Time-based goal.*

1) *Select* **USER 1, USER 2**, *or press* **ENTER** *to skip to* **STEP 2.**

2) *Select* **MANUAL (P1)** *using the* **WORKOUT QUICK KEY** *and press* **ENTER.**

3) *Set Time using the* **+/- KEYS** *and press* **ENTER.**
   Then set **RESISTANCE** *using the* **+/- KEYS** *and press* **ENTER**.

4) *Press the* **PRESS TO BEGIN** *key to start workout.*

WORKOUT: *WEIGHT LOSS WORKOUTS*

Challenges with various combinations of **RESISTANCE** *to keep you in the fat burning zone.*

1) *Select* **USER 1, USER 2**, *or press* **ENTER** *to skip to* **STEP 2.**

2) *Select* **WEIGHT LOSS WORKOUTS** *using the* **WORKOUT QUICK KEY** *and press* **ENTER**.
   NOTE: **WEIGHT LOSS WORKOUTS** *key represents multiple programs:* **P2**, **P3**, *and* **P4**. *Press* **WEIGHT LOSS WORKOUTS** *key once and* **P2** *will display, press twice for* **P3** *and press 3 times for* **P4**.

3) *Set Time using the* **+/- KEYS** *and press* **ENTER**.

4) *Press the* **PRESS TO BEGIN** *key to start workout.*

P2

	WARM-UP				WORKOUT SEGMENTS - REPEAT												COOL-DOWN			
SECONDS	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
LEVEL	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1

Warm up and cool-down last 4:00 minutes each

P3

	WARM-UP				WORKOUT SEGMENTS - REPEAT												COOL-DOWN			
SECONDS	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
LEVEL	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1

Warm up and cool-down last 4:00 minutes each

P4

	WARM-UP				WORKOUT SEGMENTS - REPEAT												COOL-DOWN			
SECONDS	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
LEVEL	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2

Warm up and cool-down last 4:00 minutes each

WORKOUT: *CARDIO WORKOUTS*

Motivates with different combinations of **RESISTANCE**. *TIme-based goal.*

1) *Select* **USER 1, USER 2**, *or press* **ENTER** *to skip to* **STEP 2.**

2) *Select* **CARDIO WORKOUTS** *using the* **WORKOUT QUICK KEY** *and press* **ENTER**.
   NOTE: **CARDIO WORKOUTS** *key represents multiple programs:* **P5, P6,** *and* **P7**.
   Press **CARDIO WORKOUTS** *key once and* **P5** *will display, press twice for* **P6** *and press 3 times for* **P7**.

3) *Set Time using the* **+/- KEYS** *and press* **ENTER**.

4) *Press the* **PRESS TO BEGIN** *key to start workout.*

P5

	WARM-UP				WORKOUT SEGMENTS - REPEAT										COOL-DOWN			
SECONDS	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
LEVEL	1	1	2	2	1	2	3	4	3	2	1	2	3	2	1	1	1	1

Warm up and cool-down last 4:00 minutes each

P6

	WARM-UP				WORKOUT SEGMENTS - REPEAT										COOL-DOWN			
SECONDS	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
LEVEL	2	2	3	3	3	4	5	6	7	8	7	6	5	4	2	1	1	1

Warm up and cool-down last 4:00 minutes each

P7

	WARM-UP				WORKOUT SEGMENTS - REPEAT										COOL-DOWN			
SECONDS	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
LEVEL	3	4	4	4	5	6	7	8	9	10	9	8	7	6	3	3	2	1

Warm up and cool-down last 4:00 minutes each

WORKOUT: *POWER WORKOUTS*

Challenges with various combinations of **RESISTANCE** *at specific* **INTERVALS**. *Time-based goal.*

1) *Select* **USER 1, USER 2**, *or press* **ENTER** *to skip to* **STEP 2.**

2) *Select* **POWER WORKOUTS** *using the* **WORKOUT QUICK KEY** *and press* **ENTER**.
    NOTE: **POWER WORKOUTS** *key represents multiple programs:* **P8, P9,** *and* **P10**.
    Press **POWER WORKOUTS** *key once and* **P8** *will display, press twice for* **P9** *and press 3 times for* **P10.**

3) *Set Time using the* **+/- KEYS** *and press* **ENTER**.

4) *Press the* **PRESS TO BEGIN** *key to start workout.*

P8

	WARM-UP				WORKOUT SEGMENTS - REPEAT												COOL-DOWN			
SECONDS	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
LEVEL	1	2	2	4	7	3	3	7	7	3	7	3	3	7	7	3	4	2	2	1

Warm up and cool-down last 4:00 minutes each

P9

	WARM-UP				WORKOUT SEGMENTS - REPEAT												COOL-DOWN			
SECONDS	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
LEVEL	2	3	5	6	9	5	5	9	9	5	9	5	5	9	9	5	6	5	3	2

Warm up and cool-down last 4:00 minutes each

P10

	WARM-UP				WORKOUT SEGMENTS - REPEAT												COOL-DOWN			
SECONDS	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
LEVEL	2	3	5	8	11	7	7	11	11	7	11	7	7	11	11	7	8	5	3	2

Warm up and cool-down last 4:00 minutes each

WORKOUT: *ENERGY ZONE*

A unique program that allows you to vary your cadence or RPM and the resistance will adjust accordingly to your selected goal. The quicker you pedal the less resistance for the goal selected.

1) *Select* **USER 1, USER 2**, *or press* **ENTER** *to skip to* **STEP 2.**

2) *Select* **ENERGY ZONES** *using the* **WORKOUT QUICK KEY** *and press* **ENTER**.

3) *Set* **TIME** *using the* **+/- KEYS** *and press* **ENTER**. *Then set* **WATTS** *using the* **+/- KEYS** *and press* **ENTER**.

4) *Press the* **PRESS TO BEGIN** *key to start workout.*

WORKOUT: *TEMPO 1 & 2*

Keeps you in the fat burning zone by informing you to pedal at high or low paces.

1) Select **USER 1, USER 2**, or press **ENTER** to skip to **STEP 2**.

2) Select **TEMPO 1 OR 2** using the **WORKOUT QUICK KEY** and press **ENTER**.

Press **TEMPO 1 OR 2** key once and **P12** will display or **P13** depending on selected workout.

3) Set Time using the **+/- KEYS** and press **ENTER**.

4) Set Level using the **+/- KEYS** and press **ENTER**.

5) Press the **PRESS TO BEGIN** key to start workout.

P12

				WORKOUT SEGMENTS - REPEAT															
SECONDS	60	60	60	60	90	45	90	30	45	90	30	45	90	30	45	90	60	60	60	60
PACE	WARM-UP				L	M	L	H	M	L	H	M	L	H	M	L	COOL-DOWN			
LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	2	1	1	2	3	2	3	1	2	3	1	2	3	1	2	3	2	1	1	1
2	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
3	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
4	1	1	1	3	6	5	6	4	5	6	4	5	6	4	5	6	3	1	1	1
5	1	2	3	3	7	6	7	5	6	7	5	6	7	5	6	7	3	2	1	1
6	1	2	3	4	8	7	8	6	7	8	6	7	8	6	7	8	4	3	2	1
7	1	2	3	4	9	8	9	7	8	9	7	8	9	7	8	9	4	3	2	1
8	1	2	3	5	10	9	10	8	9	10	8	9	10	8	9	10	5	3	2	1
9	1	1	1	2	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
10	1	1	1	2	12	11	12	10	11	12	10	11	12	10	11	12	2	1	1	1
11	2	2	2	3	13	12	13	11	12	13	11	12	13	11	12	13	2	1	1	1
12	3	3	3	4	14	13	14	12	13	14	12	13	14	12	13	14	3	1	1	1
13	3	4	4	5	15	14	15	13	14	15	13	14	15	13	14	15	3	3	2	1
14	3	4	5	6	16	15	16	14	15	16	14	15	16	14	15	16	4	3	2	1

Warm up and cool-down last 4:00 minutes each

P13

				WORKOUT SEGMENTS - REPEAT															
SECONDS	60	60	60	60	90	45	90	30	45	90	30	45	90	30	45	90	60	60	60	60
PACE	WARM-UP				L	M	L	H	M	L	H	M	L	H	M	L	COOL-DOWN			
LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	2	2	3	3	4	4	3	3	4	4	5	5	3	2	1	1	1
2	1	1	1	2	3	4	4	5	5	4	4	5	5	6	6	4	2	1	1	1
3	1	1	1	2	4	5	5	6	6	5	5	6	6	7	7	5	2	1	1	1
4	1	1	1	3	5	6	6	7	7	6	6	7	7	8	8	6	3	1	1	1
5	1	2	3	3	6	7	7	8	8	7	7	8	8	9	9	7	3	3	2	1
6	1	2	3	4	7	8	8	9	9	8	8	9	9	10	10	8	4	3	2	1
7	1	2	3	4	8	9	9	10	10	9	9	10	10	11	11	9	4	3	2	1
8	1	2	3	5	9	10	10	11	11	10	10	11	11	12	12	10	5	3	2	1
9	1	1	1	2	10	11	11	12	12	11	11	12	12	13	13	11	2	1	1	1
10	1	1	1	2	11	12	12	13	13	12	12	13	13	14	14	12	2	1	1	1
11	2	2	2	3	12	13	13	14	14	13	13	14	14	15	15	13	2	1	1	1
12	3	3	3	4	13	14	14	15	15	14	14	15	15	16	16	14	3	1	1	1

Warm up and cool-down last 4:00 minutes each

SELECTING *MY WORKOUT 1 & 2*

1) Select **USER 1, USER 2**, or press **ENTER** to skip to **STEP 2**.

2) Select **MY WORKOUT 1** or **MY WORKOUT 2** using the **WORKOUT QUICK KEYS** and press **ENTER**.

3) Set Time using the **+/- KEYS** and press **ENTER**.
Then set the **RESISTANCE PROFILES** using the **+/- KEYS** and press **ENTER** after each **RESITANCE PROFILE** is set to the desired level (repeat until all 15 segments are chosen).

4) Press the **PRESS TO BEGIN** key to start workout.
*NOTE: To reset the memory after the program is selected, press and hold the **ENTER** button for 5 seconds.*

SELECTING *TARGET HR* WORKOUT

1) Select **USER 1, USER 2**, or press **ENTER** to skip to **STEP 2**.

2) Select **TARGET HR** using the **WORKOUT QUICK KEY** and press **ENTER**.

3) Set **TARGET HR**.
The **HEART RATE** window will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate (from the chart on page 29) using the **+/- KEYS** and press **ENTER**.

NOTE: Target heart rate is selected in multiples of 5 beats.

4) Press the **PRESS TO BEGIN** key to start workout.

NOTES:

1) There is a 4-minute warm-up built into this program at level 1 resistance.

2) After 4 minutes the resistance will automatically adjust to bring your heart rate within 5 beats of the target number you selected at the beginning of the program.

3) If there is no Heart Rate detected, the unit will not change resistance levels up or down.

4) If your Heart Rate is 25 beats over your Target Zone the program will shut down.

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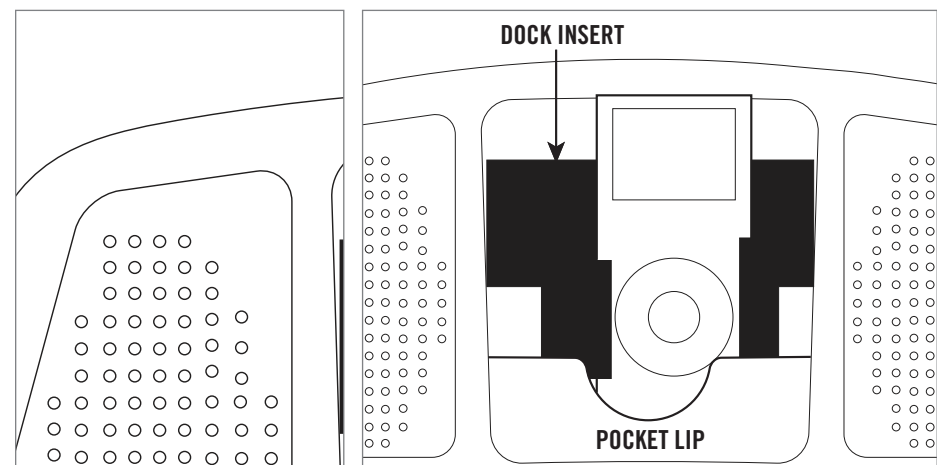### USING *SPEAKER/MP3 AUDIO FUNCTION*

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.

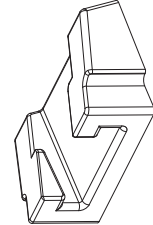**Using your iPod® Docking Station**

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 elliptical 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**.
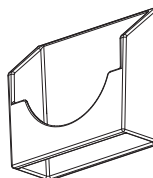
iPod® Dock Inserts
Note: Dock insert sizes vary for each iPod.
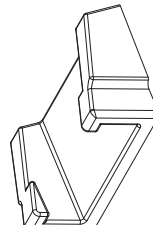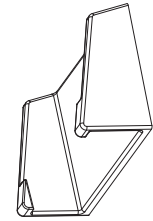
Universal MP3 Player Dock Insert

DOCK INSERT

POCKET LIP

Align iPod® dock insert to rest on top of the pocket lip.
NOTE: If you push the insert further into the pocket your iPod will not fit.

WORKOUT INFORMATION

USING *eTRAK™ PERFORMANCE TRACKER*

INTRODUCTION
   Research shows that those who journal their fitness routines or workouts, on average, achieve greater success than those who do not. Because your new bike is equipped with Horizon's exclusive eTRAK™ Performance Tracker, you've taken an important step towards achieving your fitness goals. Congratulations!

   eTRAK™ is an innovative new software, integrated into your bike console, that will allow you to track your fitness progress over time, without the need for paper journals or logs. eTRAK™ allows you to easily compare your current workout to your last, average or lifetime workout totals. With quick access to feedback like duration of workout or calories burned during previous workouts, you'll be able to quickly and easily see the progress you've made. Read further to learn about how eTRAK™ can help motivate you to enhance your performance.

eTRAK™ OPERATION

SETUP: To activate eTRAK™ a user MUST be chosen before the program begins. To select a user, simply press the User 1 or User 2 button. To deselect a user, press User button again. All accumulated data specifically relates to the user that is chosen.

   Note: If no user is selected and clock and date are not set, only lifetime data will be tracked. To set clock and date see page 16.

RESET: Reset all recorded information for User 1 or User 2 by selecting the user and then holding down the user button for 10 seconds. Note: This step is permanent and will delete ALL previously accumulated data for the chosen user.

ACCUMULATED DATA: Once eTRAK™ is activated, you can scroll through your accumulated data in multiple formats by pressing the eTRAK™ button. A workout is saved when: the program ends, the console is paused and not resumed within ten minutes, or the stop button is held to reset the console.

1. **CURRENT WORKOUT:** The console automatically defaults to Current Workout, displaying your progress in real time.

2. **AVERAGE WORKOUT:**   This option allows you to see your average accumulated data for the last 30 workouts. The following information will be shown in each display window:
      TIME - Average workout time.
      CALORIES - Average calories burned.
      DISTANCE - Average workout distance.
      SPEED - Average speed of workout.
      RPM - Average RPM of workout.
      WATTS - Average Watts of workout.
      PACE - Average Pace of workout.

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3. **LAST WORKOUT:** This option allows you to view your accumulated data from your last workout. The Current Workout becomes the Last Workout once a program has ended or the console has been reset. The following information will be shown in each display window:

TIME - Total time of last workout.
CALORIES - Total calories burned during last workout.
DISTANCE - Total distance of last workout.
SPEED - Average speed of last workout.
RPM - Average RPM of last workout.
WATTS - Average Watts of last workout.
PACE - Average Pace of workout.

4. **WEEKLY GOAL:** This option allows you to set and view your weekly time or distance goal based on a calendar week and will run concurrently with the WEEKLY TOTAL function. The following information will be shown in each display window:

"**GOAL**" or "**WEEKLY GOAL**"— Indicates the weekly goal you set. "**LEFT**" — Indicates the time or distance you have left to complete to meet your weekly goal.

TIME or **DISTANCE** — The total time or distance goal you selected and the time or distance you have left to complete to meet your weekly goal.

A. The "GOAL" and "LEFT" will display alternately every 3 seconds.

B. A "GOAL DONE" message will appear when goal is completed.

C. If the weekly goal is not set, WEEKLY GOAL will display dashes.

D. The WEEKLY GOAL will reset at the end of each week.

5. **WEEKLY TOTAL:** View your accumulated data from the last Sunday to the present day. Note: This data is based on week to date NOT the previous seven days. For instance, if you have not used the machine since Sunday, the console will read zeros. The following information will be shown in each display window:

TIME - Total time of weekly workout.
CALORIES - Average weekly calories burned.
DISTANCE - Total distance of weekly workout.
SPEED - Average speed of weekly workout.
RPM - Average RPM of weekly workout.
WATTS - Average Watts of weekly workout.
PACE - Average Pace of workout.

Note: If the Date and Clock are not set, Weekly Total will default to the Last Total Workout data.

6. **LIFETIME TOTAL:** This option allows you to view the total accumulated data from your first workout to your last saved workout. The following information will be shown in each display window:

TIME - Total accumulated time.

Note: If time is greater than 59:59, the time will no longer display minutes and will display hours only.

CALORIES - Average calories burned.
DISTANCE - Total accumulated distance.
SPEED - Average speed.
RPM - Average RPM's.
WATTS - Average Watts.
PACE - Average Pace of workout.

WEEKLY GOAL SETUP

1) Select **USER.**

2) Press **eTRAK™** button and scroll to **WEEKLY GOAL.**

3) Enter the Setup Mode: Press **ENTER**. Use **+/- KEYS** to set a time goal. (Leave time at 00:00 if you want to set a distance goal).

4) Press **ENTER** button again and use the **+/- KEYS** to set a distance goal. If the distance is changed from 0.00, distance will be the goal.
Note: You may only set a time or distance goal, not both.

5) Press **ENTER** button again to exit the **SETUP MODE**.

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.

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ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

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

HOW LONG? (Duration of Workouts)

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

HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your 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!).
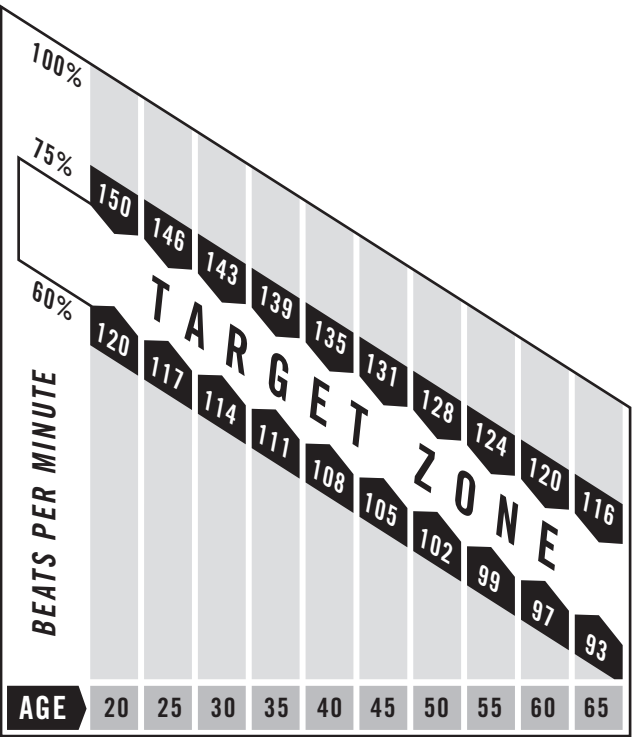
PERCEIVED EXERTION LEVEL

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.

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.

TARGET ZONE

BEATS PER MINUTE

	100%	75%	60%
		150	120
		146	117
		143	114
		139	111
		135	108
		131	105
		128	102
		124	99
		120	97
		116	93

AGE	20	25	30	35	40	45	50	55	60	65

EXAMPLE:

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

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

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TROUBLESHOOTING & MAINTENANCE

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TIPS ✓ STRETCHING

STRETCH FIRST
Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.
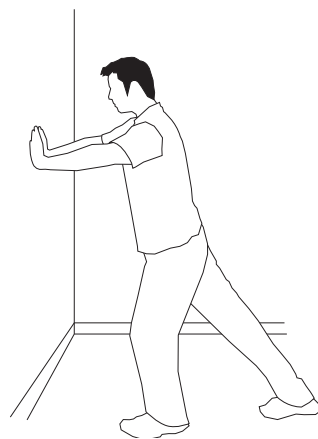
1. STANDING CALF MUSCLE STRETCH
Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.
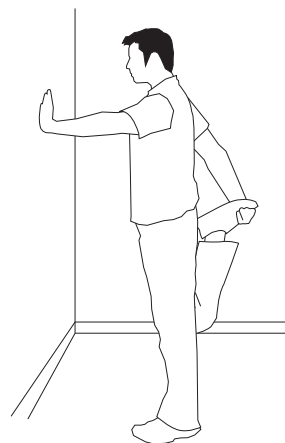
2. STANDING QUADRICEP STRETCH
Using a wall to provide balance, grasp your right ankle with your right hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your left ankle and hand.
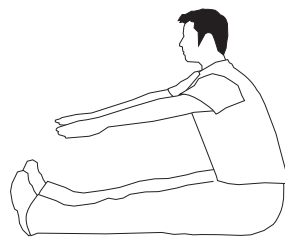
3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH
Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

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.

TIPS ✓ ACHIEVING YOUR FITNESS GOALS

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

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

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

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

www.horizonfitness.com/guides/weeklylog.pdf
www.horizonfitness.com/guides/monthlylog.pdf

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

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WEEKLY LOG SHEETS

WEEK #_____ **WEEKLY GOAL**_____

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

WEEK #_____ **WEEKLY GOAL**_____

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

MONTHLY LOG SHEETS

MONTH_____ **MONTHLY GOAL**_____

WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

TROUBLESHOOTING

Your Horizon Performance bike is designed to be reliable. However, if you do experience problems with your bike, 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 Fitness.
- 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).
- Unplug the power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.

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

SOLUTION: Verify the following:
- Unplug the power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.
- If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or 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 Fitness.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

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HEART RATE TROUBLESHOOTING

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 bike, 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 Performance bike running again!

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY BIKE MAKES NORMAL?
Our bikes 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 bikes. 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 BIKE 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 BIKE EASILY ONCE IT IS ASSEMBLED?
Your bike has a pair of transport wheels built into the front stabilizer bar. It is easy to move your bike by rolling it on the front transport wheels. It is important that you place your bike in a comfortable and inviting room. Your bike is designed to use minimal floor space. Many people will place their bikes facing the TV or a picture window. If at all possible, avoid putting your bike in a unfinished basement. To make exercise a desirable daily activity for you, the bike should be in a comfortable setting.

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MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

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

HOW DO I CLEAN MY BIKE?

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

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

AFTER EACH USE (DAILY)

Turn off the bike by unplugging the power cord from the wall outlet
• Wipe down the bike with a damp cloth. Never use solvents, as they can cause damage to the bike.
• Inspect the power cord. If the power cord is damaged, contact Horizon Fitness.
• Make sure the power cord is not underneath the bike or in any other area where it can become pinched or cut.

⚠ **WARNING**   To remove power from the bike, the power cord must be disconnected from the wall outlet.

WEEKLY

Clean underneath the bike, following these steps:
• Turn off the bike
• Move the bike to a remote location.
• Wipe or vacuum any dust particles or other objects that may have accumulated underneath the bike.
• Return the bike 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

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

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

ELECTRONICS & PARTS • 2 YEARS
Horizon Fitness warrants the electronic components and all original parts for a period of 2 years 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 1 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 product.
• Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by Horizon Fitness 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 unit.
• Any attempt to repair this equipment creates a risk of injury. Horizon Fitness is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and Horizon Fitness shall have no liability for any injury to the person or property arising from such repairs.

SERVICE/RETURNS

• In-home service is available only within 150 miles of the nearest authorized repair center.
• 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 product at one of its authorized service centers.
• A Horizon Fitness 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 of purchase.
• Parts and electronic components reconditioned to As New Condition by Horizon Fitness or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms.
• This warranty gives you specific legal rights, and your rights may vary from state to state.

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CUSTOMER TECH SUPPORT

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

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

*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 www.horizonfitness.com*

HORIZON *FITNESS*

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C o t t a g e G r o v e , W I 5 3 5 2 7
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