



Comfort Series



# SEMI-RECUMBENT Owner's Guide





# TABLE OF CONTENTS

SAFETY INSTRUCTIONS.....	3
GETTING STARTED/POWER .....	6
MOVING/FOOT POSITION .....	7
KNOW YOUR SEMI-RECUMBENT BIKE (COMFORT 207) .....	8
QUICK START UP .....	9
PROGRAMMING .....	10
DISPLAY.....	11
KNOW YOUR SEMI-RECUMBENT BIKE (COMFORT 307) .....	12
QUICK START UP .....	13
DISPLAY.....	14
KNOW YOUR SEMI-RECUMBENT BIKE (COMFORT 407) .....	15
USING THE TRAINING COMPUTER .....	16
PROGRAM PROFILES .....	22
KNOW YOUR SEMI-RECUMBENT BIKE (COMFORT 507) .....	23
QUICK START UP .....	24
DISPLAY.....	26
CHOOSING A PROGRAM, RESISTANCE, TIMES & FINISH A WORKOUT .....	28
PROGRAM PROFILES .....	29
USING YOUR RACE PROGRAM .....	34
USING YOUR USER PROGRAM .....	35
USING YOUR HEART RATE .....	36
TROUBLESHOOTING .....	39
COMMON PRODUCT QUESTIONS .....	41
EXERCISE GUIDELINES .....	42
ROUTINE MAINTENANCE .....	43
DEVELOPING A FITNESS PROGRAM & WARM UP & COOL DOWN .....	45
FITNESS GOALS .....	46
WEEKLY LOG SHEETS .....	47
MONTHLY LOG SHEETS .....	48
HOME USE WARRANTY .....	49

## CAUTION

Read all precautions and instructions in this manual before using this equipment.  
Save this manual for future reference.

# IMPORTANT SAFETY INSTRUCTIONS

## SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed. Read all instructions before using this exercise product.

## WARNING!

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

- Use this exercise product for its intended use as described in this Owner's guide. Do not use attachments not recommended by the manufacture.
- Never drop or insert any object into any opening.
- Do not remove the semi-recumbent bike's side covers. Service should be performed only by an authorized Horizon Fitness service provider.
- Never operate this semi-recumbent bike if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- Only use the power cord provided with your Horizon Fitness semi-recumbent bike.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch or damage it.
- Unplug your Horizon Fitness semi-recumbent bike before moving it.

# **OTHER SAFETY TIPS FOR YOUR HORIZON FITNESS SEMI-RECUMBENT BIKE**

## **CAUTION!**

- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not turn pedal arms by hand.
- Do not wear clothing that might catch on any part of the semi-recumbent bike.
- Make sure handlebars are secure before each use.
- Read the owner's guide before operating this semi-recumbent bike.
- Maintain a comfortable pace. Do not 'sprint' above 125 rpms on this machine.
- To maintain balance it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.

## **OPERATION**

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

## **CHILDREN**

- Keep children off of your semi-recumbent bike at all times.
- When the semi-recumbent bike is in use, young children and pets should be kept at least 10 feet away.

## **CLEANING**

- Clean with soap and slightly damp cloth only. Never use solvents.

**CONGRATULATIONS!** on choosing a Horizon Fitness semi-recumbent bike. You've taken an important step in developing and sustaining an exercise program! Your Horizon Fitness semi-recumbent bike is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Horizon Fitness semi-recumbent bike can improve the quality of your life in so many ways.

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

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Horizon Fitness semi-recumbent bike will help you eliminate the obstacles that prevent you from getting in your exercise time. Inclement weather and darkness won't interfere with your workout when you use your Horizon Fitness semi-recumbent bike in the comfort of your home. This manual provides you with basic information for using and enjoying your new machine. A more complete knowledge of your new Horizon Fitness semi-recumbent bike will assist you in realizing your goal of a healthy lifestyle.

**CAUTION:** BEFORE BEGINNING ANY EXERCISE PROGRAM, ALWAYS CONSULT YOUR PHYSICIAN. IF YOU EXPERIENCE CHEST PAINS, NAUSEA, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISING AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.

**IMPORTANT: PLEASE READ BEFORE USE!**

#### **ASSEMBLY**

**CAUTION!** There are several areas during the assembly process of a Horizon Fitness semi-recumbent 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 semi-recumbent bike could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the semi-recumbent bike, the assembly instructions must be reviewed and corrective actions should be taken.

# GETTING STARTED

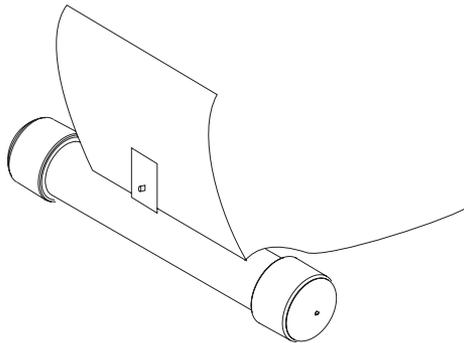
## POWER

The console on your semi-recumbent bike (Comfort 207) is powered by 2AA batteries, which are replaceable through the back side of the console. Your exercise bike itself, is powered by you.

The console on your semi-recumbent bike (Comfort 307) is powered by 2AA batteries, which are replaceable through the back side of the console. Your exercise bike itself, is powered by you.

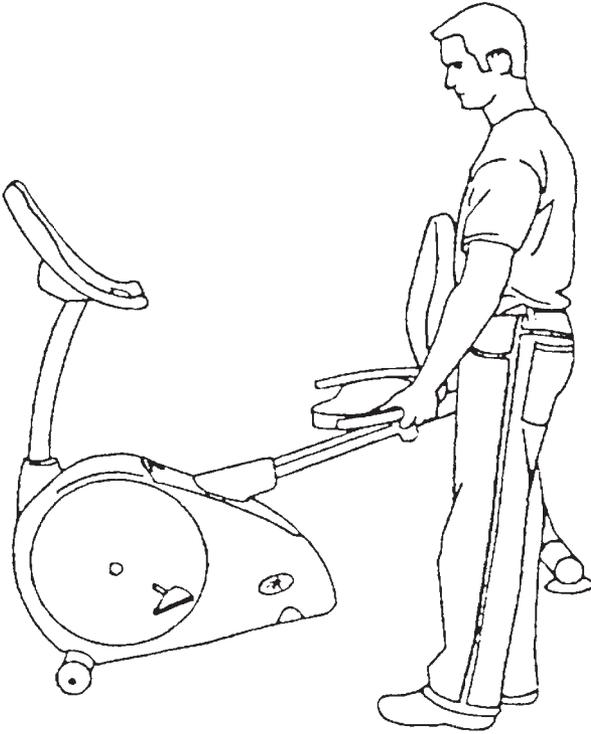
Your programmable semi-recumbent bike (Comfort 407) is powered by a power supply or 4C batteries. The power supply must be plugged into the power jack, which is located in the front of the machine near the front foot tube. The batteries are replaceable through the back side of console.

Your programmable semi-recumbent bike (Comfort 507) is powered by a power supply. The power supply must be plugged into the power jack, which is located in the front of the machine near the front foot tube.



## MOVING

Your Horizon Fitness semi-recumbent bike has a pair of transport wheels built into the front of the frame. To move, firmly grasp the vertical seat post and one of the side handlebars. Carefully lift and roll.

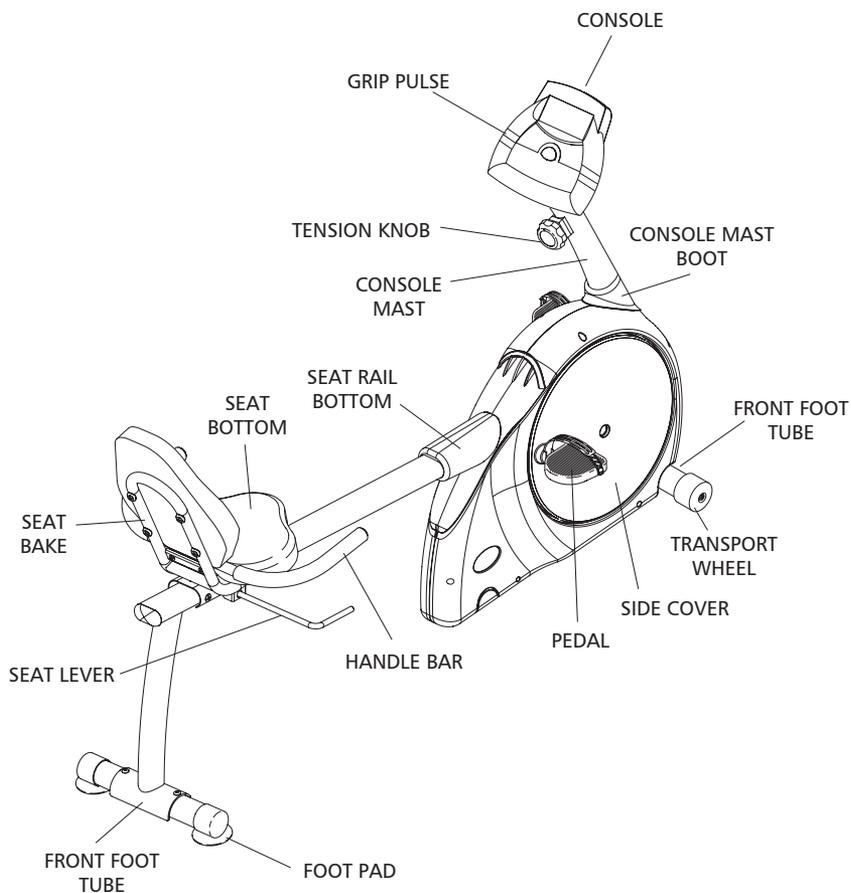


**CAUTION!** Our semi-recumbent bike are well built and heavy, weighting up to 150lbs.!

Use care and additional help if necessary when moving.

# KNOW YOUR SEMI - RECUMBENT BIKE

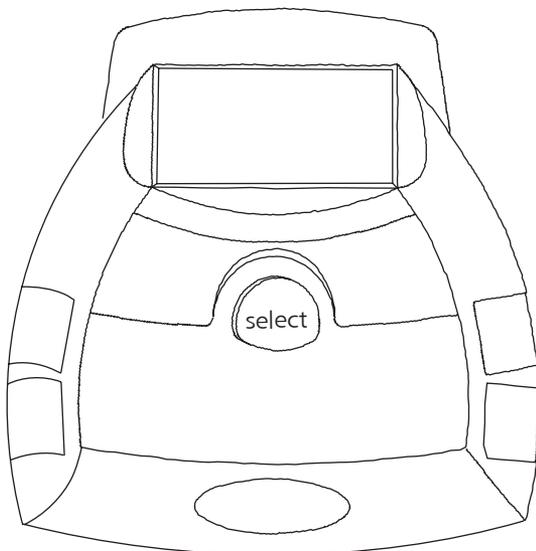
## Comfort 207



## QUICK START UP

### Comfort 207

Simply begin exercising. The console will automatically begin counting up and tracking your information.



### RESET

Press and hold the select button on the console.

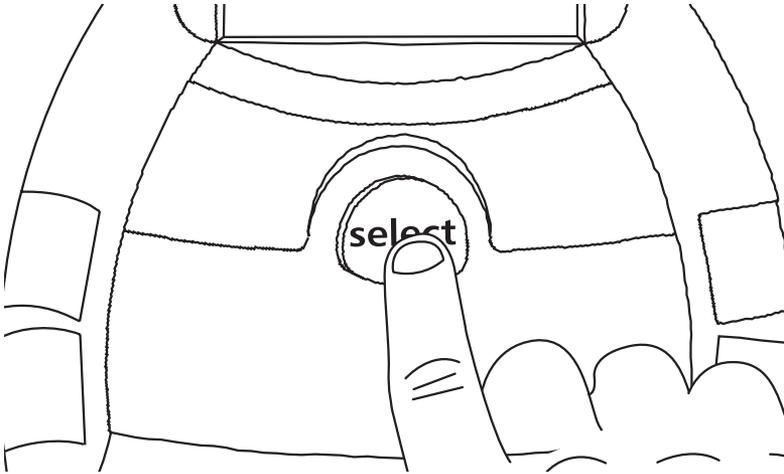
### mph/km CONVERSION

The speed readout on the console automatically defaults to mph when installing the batteries. To convert the speed readout to kilometers, press and hold the `Select` button for three seconds. At this time, the time display should register 0:00. Continue to press the `Select` button for an additional 2 seconds until the time display registers 0:00 once again. The console should now be set for km. To switch back to mph, simply remove the batteries in the console.

# PROGRAMMING

## SELECTING OPTIONAL FEEDBACK

Press the `SELECT' button on the console to scroll through and view your speed,time, distance, odometer, calories, and pulse.



## STARTING YOUR WORKOUT

Start pedaling, the console will automatically begin counting down.

## SCAN FUNCTION

During a workout, you can view alternate information such as speed, distance, calories, accumulated distance (odometer), and heart rate by pressing the `select' button. To continuously scan through all alternate readouts, press the `select' button until both scan and time are displayed. This will automatically allow the console to scan through all alternate readouts.

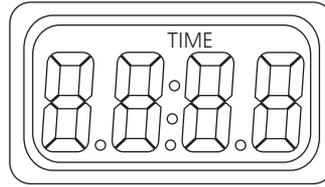
## FINISHING YOUR WORKOUT

Remember to gradually slow down your pace before stopping your workout. The machine will not stop moving if you stop your feet abruptly. After you have finished your workout, the console will `beep' several times to let you know your workout is finished.

# DISPLAY

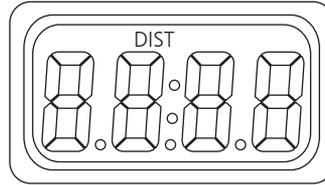
## TIME

Shown as Minutes: Seconds. View the time remaining or the time elapsed in your workout.



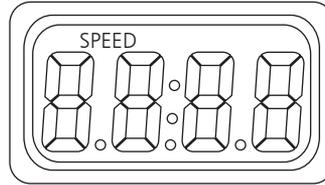
## DISTANCE

Shown as Miles. View the accumulated distance during your workout.



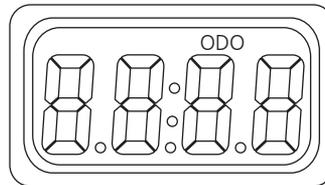
## SPEED

Shown as your speed in miles per hour.



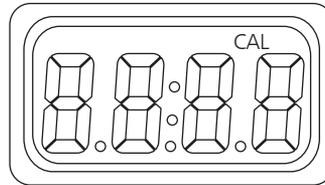
## ODOMETER

Shows your accumulated distance for all your previous workouts. It will continue to track this distance until the batteries die or are pulled out.



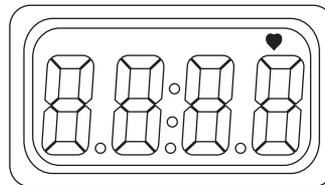
## CALORIES

Shown as total accumulated calories burned during your workout.



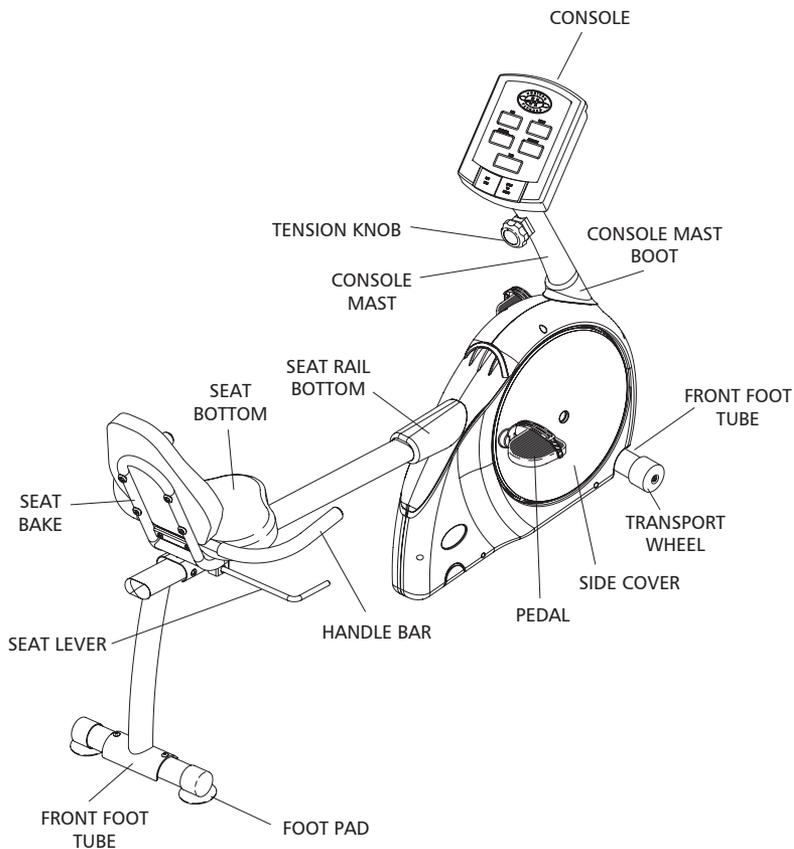
## PULSE

Shown as Beats Per Minute. Used to monitor your heart rate during your workout (displayed when contact is made with both grips. Pulse can only be viewed while on the pulse screen).



# KNOW YOUR SEMI - RECUMBENT BIKE

## Comfort 307

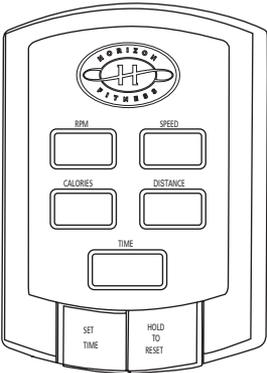


# QUICK START UP

## comfort 307

Your Exercise Bike is powered by you. There are no motors or brakes in this unit. The console is powered by 2 AA batteries, which are replaceable through the back side of the console. To begin working out on your Exercise Bike:

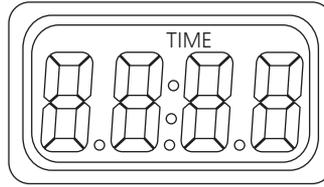
1. Sit down and place your feet on the pedals, adjust the pedal straps.
2. Press the Set/Time button or begin pedaling to start the console.  
To set the timer to count up as you exercise.  
Push and hold the Hold to Reset button to clear any existing data. To count up from zero simply start pedaling or push the Set/Time button. Note: if you stop pedaling your data will be retained even if the console shuts down after a period of time unless you push the Hold to Reset button.  
To set the timer for fixed period of time to exercise.  
Push and hold the button to scroll the minutes up to your desired length of time. Releasing the button will start the count down.
3. Begin moving your feet. Gradually increase your pace to your target heart rate or perceived exertion level. Warning! Try not to exceed 120 rpms on this machine. The amount of pedaling resistance can be adjusted by turning the tension knob. (easiest #1 through hardest #15).



# DISPLAY

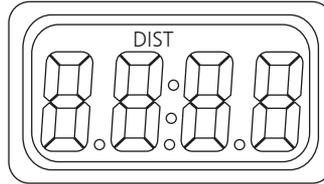
## TIME

Shown as Minutes: Seconds. View the time remaining or the time elapsed in your workout.



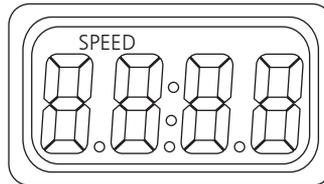
## DISTANCE

Shown as Miles. View the accumulated distance during your workout.



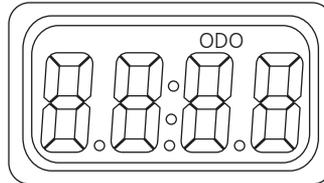
## SPEED

Shown as your speed in miles per hour.



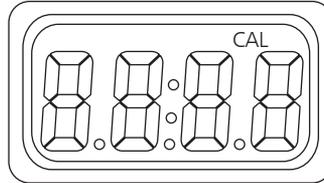
## ODOMETER

Shows your accumulated distance for all your previous workouts. It will continue to track this distance until the batteries die or are pulled out.



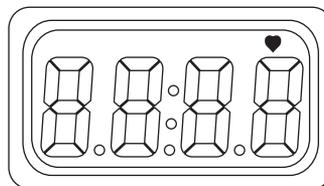
## CALORIES

Shown as total accumulated calories burned during your workout.



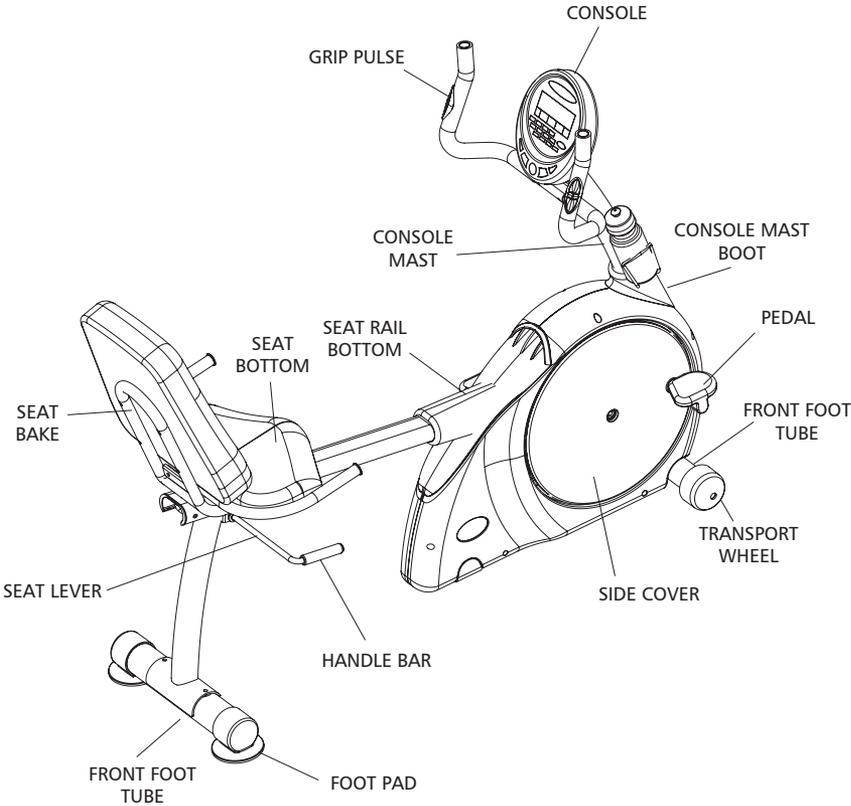
## PULSE

Shown as Beats Per Minute. Used to monitor your heart rate during your workout (displayed when contact is made with both grips. Pulse can only be viewed while on the pulse screen).



# KNOW YOUR SEMI - RECUMBENT BIKE

## Comfort 407



# USING THE TRAINING COMPUTER

## INITIAL OPERATING PROCESS: (AFTER THE COMPUTER HAS POWER WITH BATTERIES INSTALLED)

**STEP 1:** You may use UP or DOWN to select training mode in MANUAL or PROGRAM (12 different profiles) or USER or TARGET HEART RATE control (4 different options for training). If you select training with Target Heart Rate control mode, you need to input AGE data, and switch to next procedure.

**STEP 2:** You may use UP or DOWN to adjust the training LOAD/DIFFICULTY level from 1 to 16 under HILL PROGRAM and USER mode. (Exclude TARGET HEART RATE CONTROL mode)

**STEP 3:** You may use UP or DOWN to preset training function data, when each function data has been preset, press MODE/ ENTER.

Available preset training functions:

**TIME:** Preset area is from 00:00 to 99:00, each increment is 1:00 (minute).

**DISTANCE:** Preset area is from 0.00 to 99.90, each increment is 0.10 km or ml.

**CALORIE:** Preset area is from 0 to 990, each increment is 10 cal.

**WATT:** Preset area is from 10 to 350, each increment is 10 watt.  
(WATT can be preset under MANUAL mode only)

**PULSE:** Preset area is form 30 to 240, each increment is 1 BPM.  
(Exclude in TARGET H.R control mode)

**STEP 4:** Press START/ STOP button to start training.

# USING THE TRAINING COMPUTER

## TRAINING MODE INSTRUCTION:

### **To start your training:**

As soon as you press START/STOP button, the computer starts working:

### **Training with PRESET TIME:**

If you have preset TIME, each unit of the profiles switches forth to another per preset TIME divided by 16.

### **Training without preset time:**

If you do not preset TIME, each unit of the profile switches forth to another per 0.1 km or ml in counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

### **Tension difficulty adjustment:**

Training in HILL - You may adjust the tension load from 1 to 16 during training when you did not preset WATT data. If you have preset WATT, tension load will be auto-adjusted depending on the current speed and watt values you are working at.

### **There will be a symbol shown to help your training:**

This is to remind the current WATT is OVER SPEC, and you need to speed up or slow down training speed accordingly.

If you keep training under this mode for over 3 minutes, the computer has an ALARM with 6 beeps which sounds for 30 seconds, and the computer system will STOP automatically. During ALARM period, you can stop ALARM by pressing any function button.

# USING THE TRAINING COMPUTER

## **Training with 12 profiles**

You can adjust the tension difficulty during training at any time.

## **Training in TARGET HR control**

The tension difficulty will be auto-adjusted according to the current heart rate figure. If your heart rate figure is below the target heart rate zone (see page 38), the tension difficulty will be up-adjusted one level per 30 seconds, up to the maximum level 16. As soon as your heart rate figure is within the target heart rate zone, the computer will maintain your heart rate within this zone. If your heart rate is above this zone, the computer will down-adjust the tension difficulty one level per 15 seconds until level 1 (until the heart rate is within the target heart rate zone).

If your current heart rate is still over (or equal to) the target heart rate for 30 seconds when tension is at level 1, the computer will STOP and the ALARM will sound for 6 beeps to notify you according to training protection.

# USING THE TRAINING COMPUTER

## To stop your training:

### Training with PRESET function data:

As soon as the preset function data counts down to zero,(pulse figures excluded) the computer has 8 beep sounds to remind you. At this moment, the computer will stop working. You may press START/ STOP button to start the computer working and counting up from the previous data.

### Interrupt training:

You may press START/ STOP button to stop the computer working during training at any time.

### To reset program:

You may press RESET button to reset the PROGRAM and select the training mode and tension load or difficulties under STOP mode. If you hold down the RESET button for 2 seconds, all data(including personal data) will be totally reset.

## BUTTONS:

- ST/ STOP To start or stop training.
- MODE To select each function of Time, Distance, Pulse, Watt for presetting.
- UP To up adjust data.
- DOWN To down adjust data.
- RESET
1. To reset each function of Time, Distance, Pulse, Watt function figures.
  2. To reset program setting and back to initial selection mode with Manual,Program,user, or Target Heart Rate all blinking display.

**RECOVERY** To have pulse recovery function work.

# USING THE TRAINING COMPUTER

## **FUNCTIONS:**

### **TIME**

Count Up - The computer starts counting up from 00:00 up to 99:59 during training.

Count Down - The computer will count down from the pre-set Time to 00:00.

### **SPEED**

Displays the current SPEED from 0.0 to maximum 99.9 km or ml.

### **DISTANCE**

Count Up - The computer accumulates total workout distance from 0.00 to the max. 99.90 km or ml during training.

Count Down - The computer will count down from the pre-set Distance to 0.00.

### **CALORIES**

Count Up- The computer accumulates the calorie consumption from 0 to the max. 990 cal during training.

Count Down - The computer will count down from the pre-set Calories to 0.00. This data is a rough guide for comparison of different exercise sessions, and can not be used for medical treatment.

### **PULSE (Handpulse)**

The heart rate figure displays with the symbol flashing on the bottomfield of the console, after you hold the grips with both hands. The heart rate figure display range is from 0 to 240 BPM. You may preset the target pulse to assist with training.

The options you may have are as the following:

Alarm - If you preset the target pulse under training with Manual or Program1, the computer will alarm to remind as soon as your current heart rate is achieved at the preset figure.

Load tension adjustment - If you preset the target pulse under training with program 2, the load tension difficulty will be controlled by yourcurrent heart rate figure compared with the preset target. (Please refer the Training in program 2.)

## USING THE TRAINING COMPUTER

**RECOVERY:** After exercising for a period of time, keep holding onto the hand grips and press " RECOVERY " button, all function display will stop except " Time ". Time starts counting down from 00:60 - 00:59 - 00:58 - to 00:00. As soon as 00:00 is reached, the bottom area of LCD will show your heart rate recovery status with the grade F1, F2,...F6. F1 is the best, and F6 is the worst. You may keep exercising to improve the heart rate recovery status day by day from F6 up to F1.

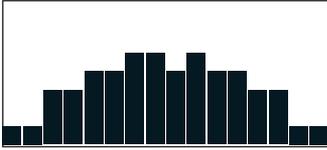
Press the RECOVERY button again to return the main display.

### **Note:**

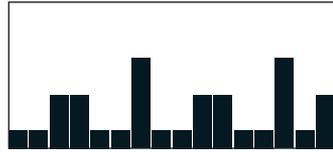
1. When there is no signal being transferred into the computer for 4 minutes, the LCD display will shut off automatically, and all previous training data will be stored. You may press any button to have the computer restart working.
2. There are some symbols behind monitor display that are not used for this meter functions, please ignore them:
3. If the LCD display is improper, please remove the battery and reinstall again.
4. The monitor can be powered with batteries (C size/1.5V\*4 pcs ) or the AC adaptor

# PROGRAM PROFILES

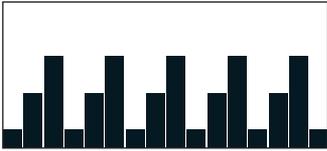
P1:Hill



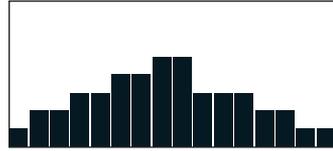
P7:Stress1



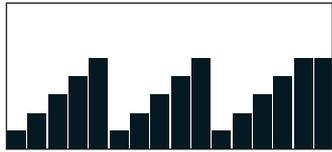
P2:Intervals



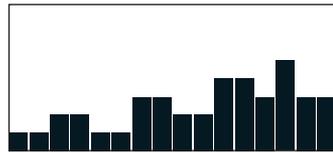
P8:Stress2



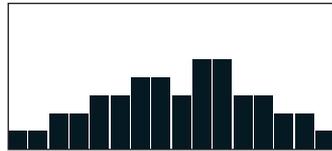
P3:Triplepeak



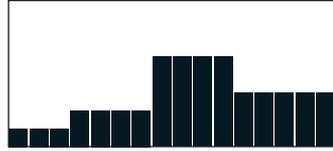
P9:Rolling



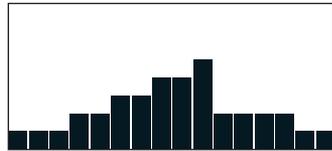
P4:Peak1



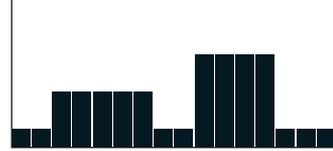
P10:Highland1



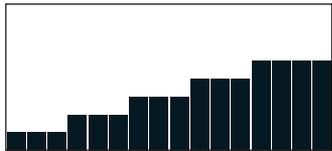
P5:Peak2



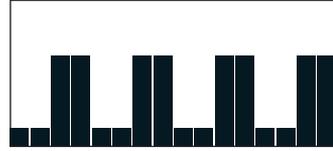
P11:Highland2



P6:Mountain

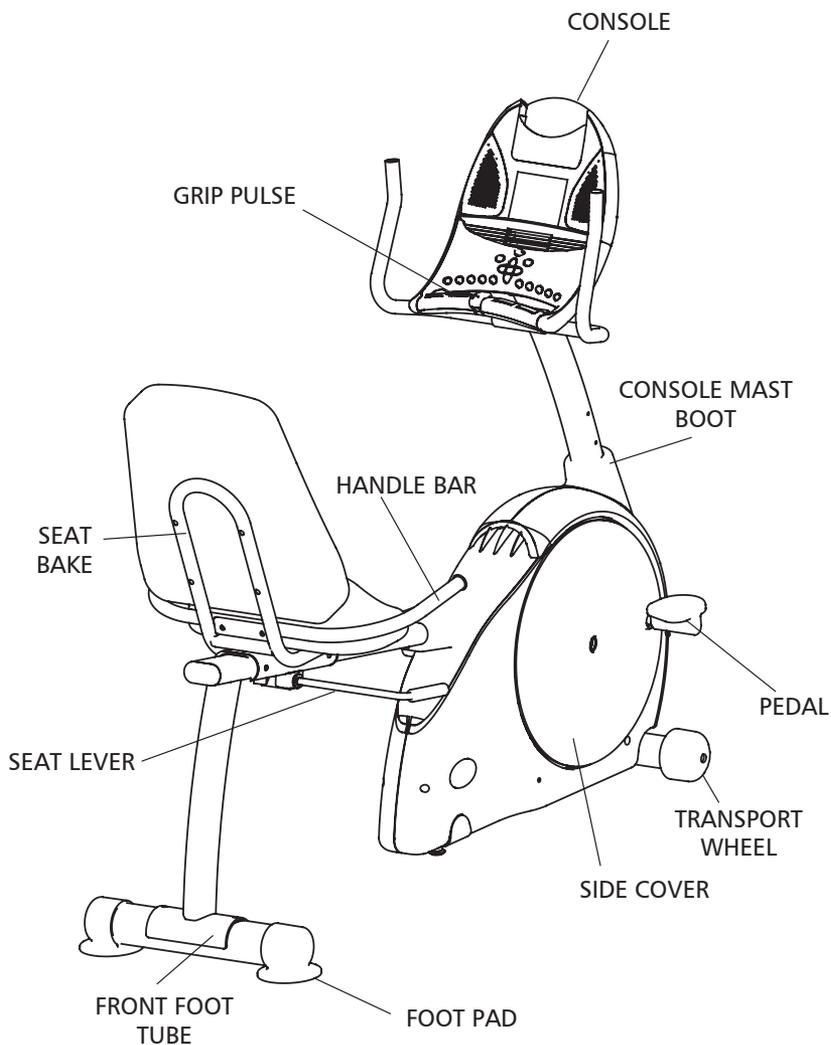


P12:Fatburn



# KNOW YOUR SEMI - RECUMBENT BIKE

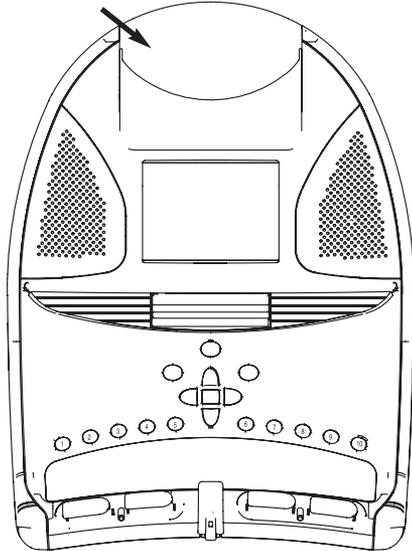
## Comfort 507



**QUICK START UP**

Simply press the 'Start' button to begin exercising. The program will automatically default to the Manual program unless another program is selected.

**CD/MP 3 PLAYER HOLDER**

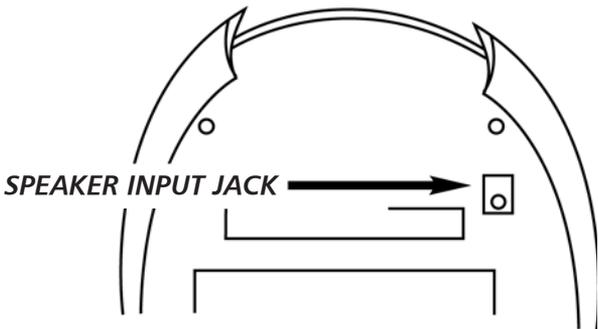


**RESET**

Press and hold the Stop button to reset the treadmill.

**LOCATING THE SPEAKER INPUT JACK**

Compatible with AM/FM and cassette, etc.



## **SELECTING OPTIONAL FEEDBACK**

Press the 'ENTER' button on the console to scroll through and view your speed, watts and rpms.

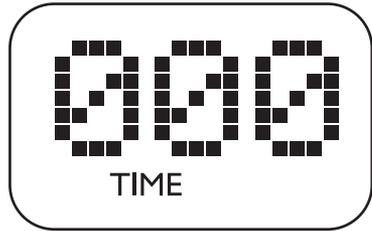
## **FINISHING YOUR WORKOUT**

Remember to gradually slow down your pace before stopping your workout. The machine will not stop moving if you stop your feet abruptly. After you have finished your workout, the console will 'beep' several times to let you know your workout is finished.

# DISPLAY

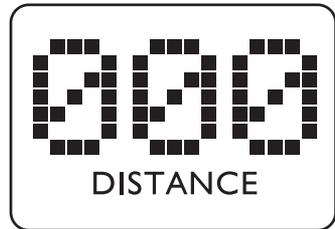
## TIME

Shown as Minutes: Serconds. View the time remaining or the time elapsed in your workout.



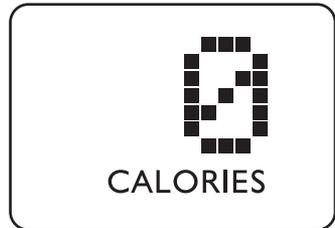
## DISTANCE

Shown as Miles. View the accumulated distance during your workout.



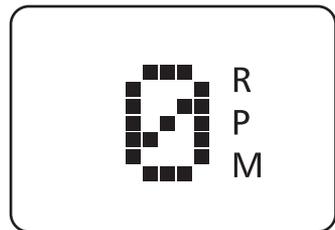
## CALORIES

Shown as total accumulated calories burned during your workout.



## RPM

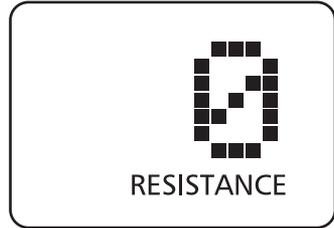
Shown as Revolutions per Minute. Improve striding technique while reducing leg muscle fatigue by striding between 60 & 70 RPM.



# DISPLAY

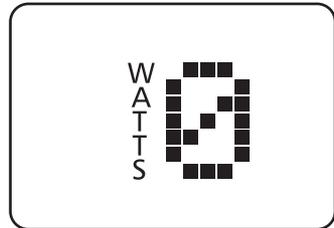
## RESISTANCE

During a workout, the amount of resistance can be adjusted by pressing the plus 'Up' or 'Down' buttons or the quick resistance keys on the console. The resistance levels vary from level 1 to 20 quick resistance keys (level 1 being the easiest and level 20 being the most difficult).



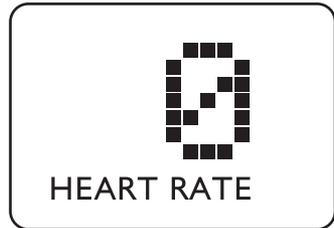
## WATTS

A measurement of your expending energy. May be used to evaluate and quantify your fitness progress over time.



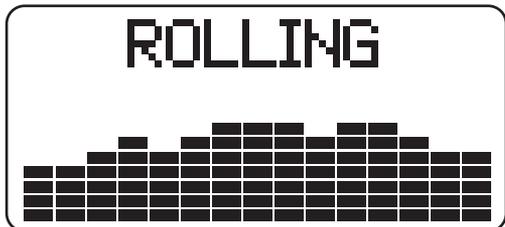
## HEART RATE

Shown as Beats per Minute. You can monitor your heart rate at any time during your workout by holding the heart rate grips.



## PROFILE

Allows you to view your program intensity while you exercise. Each horizontal row of bars represents 2 resistance levels.



## **CHOOSING A PROGRAM**

Press 'ENTER' with the program text scrolling,press the arrow keys to scroll through the different programs.Press enter to choose your desired program.Once you choose your program, you will see the resistance level scrolling across screen.

## **CHOOSING A RESISTANCE**

With the resistance text scrolling,press the arrow keys to scroll through the different resistance levels.Press enter to choose your desired resistance.Once you choose your resistance, you will see the time scrolling across the screen.

## **CHOOSING A TIME**

With the time text scrolling,press the arrow keys to scroll through the different times.Press enter to choose your desired time.Once you choose your time,press the 'ENTER' button to choose your desired weight.

## **CHOOSING YOUR WEIGHT**

With the weight text scrolling,press the arrow keys to scroll through the different weights.Press enter to choose your desired weight.Once you choose your weight,press the 'Start' button and begin your workout.

## **FINISHING YOUR WORKOUT**

Press the 'Stop' button to pause your workout,press and hold to reset your workout.Remember to gradually slow down your pace before stopping or pausing your workout.The machine will not stop moving if you stop your feet abruptly.After you have finished your workout,the console will retain the data from your workout for 45 seconds before resetting.

# PROGRAM PROFILES

## **Watts control**

Customized workout, allowing the user to adjust resistance level to the user's preference.

## **CROSS COUNTRY**

Improves your strength, speed, and endurance by raising and lowering the resistance levels throughout your workout to involve both your heart and muscles.

## **HILL RIDE**

Maintains weight by gradually raising and lowering the resistance level to gradually raise and lower your heart rate.

## **AFTER BURNER**

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

## **HILL CLIMB**

Simulates a gradual hill climb to strengthen your leg muscles and improve your cardiovascular health.

# PROGRAM PROFILES

## **ROCK CLIMB**

Improves performance and stamina by raising the resistance level to high peaks to simulate the most difficult outdoor terrains.

## **RACE**

A great motivational program for competitive individuals that allows the user to compete with a computer pacer to the finish line.

## **Heart Rate**

Benefits weight loss by maintaining an optimum exercise level to burn fat, while adjusting the resistance to keep you in your target heart rate zone.

Customized workout, time defaults to 30 minutes

CROSS COUNTRY: Resistance time defaults to 30 minutes

Level 1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Level 2	1	1	2	2	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	6	7	7	7	8	8	8	9	9	9	10	10
Level 3	1	2	2	2	4	4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	9	9	10	10	10	11	11	11	12	12	
Level 4	2	2	2	2	5	5	5	6	6	6	7	7	7	8	8	8	9	9	9	10	10	10	11	11	11	12	12	12	12	12	
Level 5	2	2	4	4	6	6	6	7	7	7	8	8	8	9	9	9	10	10	10	11	11	11	12	12	12	13	13	13	13	13	
Level 6	2	2	4	4	6	6	7	7	8	8	9	9	9	10	10	10	11	11	11	12	12	12	13	13	13	14	14	14	14	14	
Level 7	2	3	5	5	6	6	8	8	9	9	10	10	10	11	11	11	12	12	12	13	13	13	14	14	15	15	15	16	16	16	
Level 8	3	4	6	6	9	9	9	10	10	10	11	11	11	12	12	12	13	13	13	14	14	14	15	15	16	16	17	17	17	17	
Level 9	3	5	6	6	8	10	10	10	11	11	11	12	12	12	13	13	13	14	14	14	15	15	16	16	17	17	17	18	18	18	
Level 10	3	5	6	8	10	10	11	11	11	12	12	12	13	13	13	14	14	14	15	15	16	16	17	17	18	18	19	19	19	19	
Level 11	4	6	8	10	12	12	12	13	13	13	14	14	14	15	15	16	16	16	17	17	17	18	18	18	19	19	19	20	20	20	
Level 12	4	6	8	10	13	13	13	14	14	14	15	15	16	16	16	17	17	17	18	18	18	19	19	19	20	20	20	21	21	21	
Level 13	5	7	9	11	14	14	14	15	15	15	16	16	16	17	17	17	18	18	18	19	19	19	20	20	20	21	21	21	22	22	
Level 14	5	7	9	11	15	15	15	16	16	16	17	17	17	18	18	18	19	19	19	20	20	20	21	21	21	22	22	22	23	23	
Level 15	6	8	10	13	16	16	16	17	17	17	18	18	18	19	19	19	20	20	20	21	21	21	22	22	23	23	24	24	24	24	
Level 16	6	8	10	13	17	17	17	18	18	18	19	19	19	20	20	20	21	21	21	22	22	22	23	23	24	24	25	25	25	25	

HILL RUN: Resistance,time defaults to 30 minutes

Level 1	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Level 2	1	1	2	3	5	3	4	2	4	4	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2
Level 3	1	2	2	4	6	4	4	6	5	3	3	5	3	3	5	3	3	5	3	3	5	3	3	5	3	3	5	3	3	5	3
Level 4	1	2	2	5	7	5	7	7	5	7	7	5	7	7	5	7	7	5	7	7	5	7	7	5	7	7	5	7	7	5	7
Level 5	2	3	5	6	8	6	6	8	6	8	6	8	6	8	6	8	6	8	6	8	6	8	6	8	6	8	6	8	6	8	6
Level 6	2	3	5	7	9	7	9	7	9	7	9	7	9	7	9	7	9	7	9	7	9	7	9	7	9	7	9	7	9	7	9
Level 7	2	3	5	8	10	8	10	8	10	8	10	8	10	8	10	8	10	8	10	8	10	8	10	8	10	8	10	8	10	8	10
Level 8	2	3	5	9	11	9	11	9	11	9	11	9	11	9	11	9	11	9	11	9	11	9	11	9	11	9	11	9	11	9	11
Level 9	3	4	5	10	12	10	12	10	12	10	12	10	12	10	12	10	12	10	12	10	12	10	12	10	12	10	12	10	12	10	12
Level 10	3	4	8	11	13	11	13	11	13	11	13	11	13	11	13	11	13	11	13	11	13	11	13	11	13	11	13	11	13	11	13
Level 11	3	6	10	12	14	12	14	12	14	12	14	12	14	12	14	12	14	12	14	12	14	12	14	12	14	12	14	12	14	12	14
Level 12	3	6	10	13	15	13	15	13	15	13	15	13	15	13	15	13	15	13	15	13	15	13	15	13	15	13	15	13	15	13	15
Level 13	5	9	13	14	16	14	16	14	16	14	16	14	16	14	16	14	16	14	16	14	16	14	16	14	16	14	16	14	16	14	16
Level 14	5	9	13	15	17	15	17	15	17	15	17	15	17	15	17	15	17	15	17	15	17	15	17	15	17	15	17	15	17	15	17
Level 15	5	9	13	16	18	16	18	16	18	16	18	16	18	16	18	16	18	16	18	16	18	16	18	16	18	16	18	16	18	16	18
Level 16	5	9	13	17	19	17	19	17	19	17	19	17	19	17	19	17	19	17	19	17	19	17	19	17	19	17	19	17	19	17	19

## AFTER BURNER: Resistance,time defaults to 30 minutes

Level 1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						
Level 1	1	1	2	3	3	3	4	4	5	5	5	5	5	4	3	4	4	5	5	5	5	5	5	4	4	3	3	2	1	1						
Level 2	1	1	2	3	4	4	5	5	6	6	6	6	6	5	4	5	5	6	6	6	6	6	6	5	5	4	3	2	1	1						
Level 3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	6	6	7	7	7	6	6	5	5	4	2	2	1	1						
Level 4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1						
Level 5	2	3	5	6	7	8	8	9	9	9	9	8	8	7	7	8	8	9	9	9	9	9	8	8	7	7	6	5	3	2						
Level 6	2	3	5	7	8	8	9	9	10	10	10	9	9	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2	1						
Level 7	2	3	5	8	9	9	10	10	11	11	11	10	10	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2	1						
Level 8	2	3	5	9	10	10	11	11	12	12	12	11	11	10	10	11	11	12	12	12	11	11	10	10	9	8	5	3	2	1						
Level 9	3	4	5	10	11	11	12	12	13	13	13	12	12	11	11	12	12	13	13	13	12	12	11	11	10	5	4	3	2	1						
Level 10	3	4	8	11	12	12	13	13	14	14	14	13	13	12	12	13	13	14	14	14	13	13	12	12	11	8	4	3	2	1						
Level 11	3	6	10	12	13	14	14	15	15	15	15	14	14	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3	2	1					
Level 12	5	9	13	14	15	16	16	16	17	17	17	16	16	15	15	16	16	17	17	17	17	16	16	15	14	14	13	9	5	3	2					
Level 13	5	9	13	15	16	16	17	17	18	18	18	17	17	16	16	17	17	18	18	18	18	17	17	16	16	15	14	13	9	5	3	2				
Level 14	5	9	13	15	16	16	17	17	18	18	18	17	17	16	16	17	17	18	18	18	18	17	17	16	16	15	14	13	9	5	3	2				
Level 15	5	9	13	16	17	17	18	18	19	19	19	18	18	17	17	18	18	19	19	19	19	18	18	17	17	16	16	15	14	13	9	5	3	2		
Level 16	5	9	13	17	18	18	19	19	20	20	20	20	20	19	19	20	20	21	21	21	21	20	20	19	19	18	17	17	16	15	14	13	9	5	3	2

## HILL CLIMBS: Resistance,time defaults to 30 minutes

Level 1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
Level 1	1	1	2	3	5	1	1	5	5	1	5	1	5	1	5	1	5	1	5	1	5	1	5	1	5	3	2	1	1	1				
Level 2	1	1	2	4	7	3	6	2	6	6	2	6	6	2	6	2	6	2	6	2	6	2	6	2	6	3	2	1	1	1	1			
Level 3	1	2	2	4	7	3	7	3	7	3	7	3	7	3	7	3	7	3	7	3	7	3	7	3	7	4	2	2	1	1	1	1		
Level 4	1	2	2	5	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	5	2	2	1	1	1	1		
Level 5	2	3	5	6	9	5	5	9	5	5	9	5	5	9	5	5	9	5	5	9	5	5	9	5	5	6	5	3	2	1	1	1		
Level 6	2	3	5	7	10	6	6	10	6	10	6	6	10	6	10	6	10	6	10	6	10	6	10	6	10	6	10	7	5	3	2	1	1	
Level 7	2	3	5	8	11	7	11	7	11	7	11	7	11	7	11	7	11	7	11	7	11	7	11	7	11	8	5	3	2	1	1	1	1	
Level 8	2	3	5	9	12	8	12	8	12	8	12	8	12	8	12	8	12	8	12	8	12	8	12	8	12	9	5	3	2	1	1	1	1	
Level 9	3	4	5	10	13	9	13	9	13	9	13	9	13	9	13	9	13	9	13	9	13	9	13	9	13	10	5	4	3	2	1	1	1	
Level 10	3	4	8	11	14	10	14	10	14	10	14	10	14	10	14	10	14	10	14	10	14	10	14	10	14	10	14	11	8	4	3	2	1	1
Level 11	3	6	10	12	15	11	11	15	11	11	15	11	11	15	11	11	15	11	11	15	11	11	15	11	11	15	12	10	6	3	2	1	1	
Level 12	5	9	13	16	12	12	16	12	16	12	16	12	16	12	16	12	16	12	16	12	16	12	16	12	16	13	10	6	3	2	1	1	1	
Level 13	5	9	13	14	17	13	13	17	13	13	17	13	13	17	13	13	17	13	13	17	13	13	17	13	13	17	14	13	9	5	3	2	1	
Level 14	5	9	13	15	18	14	14	18	14	14	18	14	14	18	14	14	18	14	14	18	14	14	18	14	14	18	14	18	15	13	9	5	3	2
Level 15	5	9	13	16	19	15	15	19	15	15	19	15	15	19	15	15	19	15	15	19	15	15	19	15	15	19	15	19	16	13	9	5	3	2
Level 16	5	9	13	17	20	16	16	20	16	16	20	16	16	20	16	16	20	16	16	20	16	16	20	16	16	20	16	20	17	13	9	5	3	2

## ROCK: Resistance,time defaults to 30 minutes

Level 1	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Level 2	1	1	2	3	5	3	3	5	3	3	5	3	3	3	5	3	3	5	3	3	5	3	3	5	3	3	5	3	2	1	1		
Level 3	1	1	2	3	6	4	4	6	4	4	6	4	4	6	4	4	6	4	4	6	4	4	6	4	4	6	3	2	1	1			
Level 4	1	2	2	5	8	6	6	8	6	6	8	6	6	8	6	6	8	6	6	8	6	6	8	6	6	8	6	8	5	2	2	1	
Level 5	2	3	5	6	9	7	7	9	7	7	9	7	7	9	7	7	9	7	7	9	7	7	9	7	7	9	7	9	6	5	3	2	
Level 6	2	3	5	7	10	8	8	10	8	8	10	8	8	10	8	8	10	8	8	10	8	8	10	8	8	10	8	8	10	7	5	3	2
Level 7	2	3	5	8	11	9	9	11	9	9	11	9	9	11	9	9	11	9	9	11	9	9	11	9	9	11	9	9	11	8	5	3	2
Level 8	2	3	5	9	12	10	10	12	10	10	12	10	10	12	10	10	12	10	10	12	10	10	12	10	10	12	10	10	12	9	5	3	2
Level 9	3	4	5	10	13	11	11	13	11	11	13	11	11	13	11	11	13	11	11	13	11	11	13	11	11	13	11	11	13	10	5	4	3
Level 10	3	4	8	11	14	12	12	14	12	12	14	12	12	14	12	12	14	12	12	14	12	12	14	12	12	14	12	12	14	11	8	4	3
Level 11	3	6	10	12	15	13	13	15	13	13	15	13	13	15	13	13	15	13	13	15	13	13	15	13	13	15	13	13	15	12	10	6	3
Level 12	3	6	10	13	16	14	14	16	14	14	16	14	14	16	14	14	16	14	14	16	14	14	16	14	14	16	14	14	16	13	10	6	3
Level 13	5	9	13	14	17	15	15	17	15	15	17	15	15	17	15	15	17	15	15	17	15	15	17	15	15	17	15	17	14	13	9	5	
Level 14	5	9	13	15	18	16	16	18	16	16	18	16	16	18	16	16	18	16	16	18	16	16	18	16	16	18	16	18	15	13	9	5	
Level 15	5	9	13	16	19	17	17	19	17	17	19	17	17	19	17	17	19	17	17	19	17	17	19	17	17	19	17	19	16	13	9	5	
Level 16	5	9	13	17	20	18	18	20	18	18	20	18	18	20	18	18	20	18	18	20	18	18	20	18	18	20	18	18	20	17	13	9	5

## USING YOUR RACE PROGRAM

Your Race Program is designed to add motivation to a workout by allowing you to compete against a selected pacer. To use your Race Program, follow these instructions:

1. Choose the Race program by either pressing the "Up" or "Down" buttons or by pressing quick resistance key number 14. Press "Enter".
2. Choose the desired Pace (average speed) using the "Up" or "Down" buttons. There are a total of 17 Pace levels to choose from, ranging from 6 mph to 22 mph in increments of 1.0 mph, with 6.0 mph being the lowest and 22 mph being the highest. Once the desired Pace is selected, press "Enter".
3. Choose the desired Distance by pressing the "Up" or "Down" buttons. Press "Enter".
4. Choose your weight by pressing the "Up" or "Down" buttons. Press "Enter".
5. Press "Start" and begin your Race Program.

The time of the program will default accordingly to the pace (average speed) and distance that you entered. After the Race Program has started, press the "Up" or "Down" buttons or the quick resistance keys to adjust your resistance (levels 1-20). Your goal in this program is to beat the pacer to the finish line by covering an equal distance at a faster pace.

The top row of bars shows the computer pacer position. The bottom row of bars indicates your position. If you trail the pacer, you should pedal at a faster speed to catch and pass the pacer.

If you beat the pacer to the finish line, the screen will flash "Time O" and the program will end. Note: If you beat the pacer to the finish line, you will complete the program before the projected finish time. If the pacer beats you to the finish line, the entire program time will elapse.

## USING YOUR USER PROGRAM

Your User Program is designed to allow you to create your own programming, with the ability to save your program settings for future workouts. To use your User Program, follow these instructions:

1. Once the User Program has been selected, press "Enter".
2. Choose your desired time using the "Up" or "Down" buttons and press "Enter".
3. Choose your desired resistance using the "Up" or "Down" buttons and press "Enter". You will need to select a resistance for all 15 segments, pressing "Enter" after each segment.
4. Once you have chosen your desired resistance level for all 15 segments, press "Start" to begin your program. At this time, your program has been successfully saved into memory, and can be used for future workouts.
5. To reset your program information and delete it from memory, press and hold the "Enter" button for 5 seconds once you have selected the User Program in the start menu.
6. While using your saved program in the User Program, you are able to adjust the resistance, but any changes will not be saved.

# USING YOUR HEART RATE PROGRAM

Once the heart rate program key is selected, wait for 5 seconds and you will see the target heart rate flashing in the Heart Rate window. Using the chart on page 38, determine your target heart rate. Your target heart rate should be set at a number that you will be able to exercise at throughout the majority of your workout. To adjust the target heart rate, press the plus (+) or minus (-) buttons.

Once you have chosen your target heart rate, wait for five seconds and you will see the time flashing in the Time window. Press the plus (+) or minus (-) buttons to adjust your time. Once you choose your time, press the 'Start' button and begin your workout.

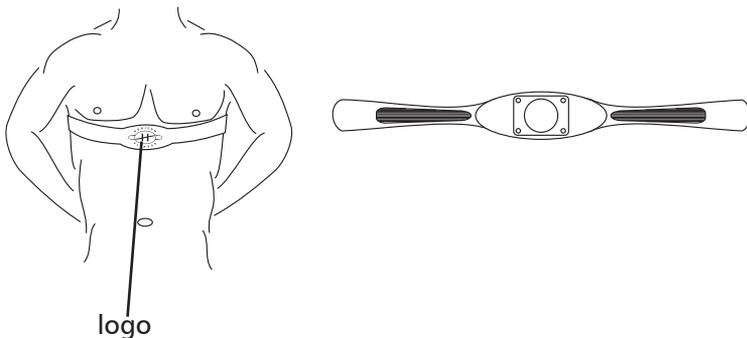
The heart rate program will have a 5 minute warm up time before it will get you in your 'target heart rate zone'.

After the 5 minute warm up period, the resistance level will increase gradually to get the user to the entered 'target heart rate zone'. Once the user is at the 'target heart rate zone', plus or minus 5 beats, the resistance level will remain at the current resistance level.

The last 5 minutes of the program will begin the cool down period. At this time, the program will gradually decrease the resistance level to give the user a smooth cool down.

Note: The Chest Strap Transmitter is required to use the heart rate program.

## CHEST STRAP TRANSMITTER PLACEMENT AND MOISTENING THE ELECTRODES



# MONITORING YOUR HEART RATE

## Feedback

Your Horizon Fitness semi-recumbent bike offers two heart rate feedback options. You may choose to use the heart rate handlebars, or the chest transmitter for a hands free workout.

## Heart Rate Handlebar

Place the palm of your hands directly on the heart rate handlebars. Both hands must grip the bars for your heart rate to register. When gripping the handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Try to maintain moderate pressure while holding onto the heart rate handlebars. It is recommended that you hold the handlebars only long enough to see your heart rate readout on the console. You may experience an erratic readout if consistently holding the handlebars.

## Telemetric Chest Transmitter

Prior to wearing the chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the Horizon Fitness logo facing out.

Note: The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.

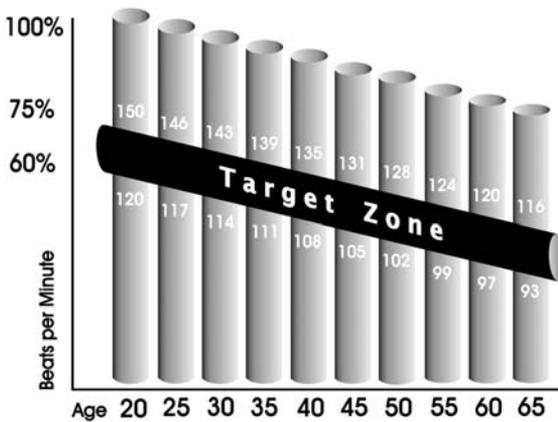
If you have any problems with the heart rate function please refer to pages in the troubleshooting section.

## Warning!

The heart rate function is not a medical device. Various factors may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid.

# TARGET HEART RATE ZONE

Your 'Target Heart Rate Zone' is a percentage of your maximum heart rate. Target Zones 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. See the chart below for convenient 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.



Heart Rate Chart

## TROUBLESHOOTING YOUR SEMI-RECUMBENT BIKE

Your Horizon Fitness semi-recumbent bike is designed to be reliable and maintenance free. However, if you do experience problems with your semi-recumbent bike, please reference the troubleshooting guide listed below.

**PROBLEM:** There is no display on the console.

**SOLUTION:** Remove the console and verify that the console cable is attached properly, making sure that the cable is securely inserted into the console.

**PROBLEM:** The semi-recumbent bike makes a squeaking or chirping noise.

**SOLUTION:** Loosen all bolts attached during the assembly process, grase the threads and tighten again.

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

**SOLUTION:** Reset the console and allow the resistance to reset to the default position. Restart the console and retry the resistance levels.

## HEART RATE TROUBLESHOOTING

**PROBLEM:** There is no heart rate reading

**SOLUTION:** If you are using the chest strap, there may be a poor connection between the electrodes and the skin. Remoisten the electrodes with water.

**SOLUTION:** The chest strap may not be positioned properly. Reposition the chest strap. It may be necessary to experiment with the fit and position of the chest strap.

**SOLUTION:** Verify that the distance between the chest strap and the console is not beyond the recommended range of 36 inches.

**SOLUTION:** The battery in the chest strap may be dead. Take the chest strap to a jewelry store or return to Horizon Fitness for a battery replacement.

**PROBLEM:** Erratic or inconsistent Readout.

**SOLUTION:** This is often caused by dry electrodes or a loose chest strap. Moisture on the rubber electrodes is required for proper operation. Try a more generous coating of water on the electrodes and tightening the chest strap.

Chest 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.

**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.

Please contact your local dealer for further assistance.

## COMMON PRODUCT QUESTIONS

### **ARE THE SOUNDS MY SEMI-RECUMBENT BIKE MAKES NORMAL?**

Our semi-recumbent 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 noise. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our semi-recumbent 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 SEMI-RECUMBENT 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 SEMI-RECUMBENT BIKE EASILY ONCE IT IS ASSEMBLED?**

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

# EXERCISE GUIDELINES

Always consult your physician before beginning an exercise program.

## HOW OFTEN?

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 your shower, 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. If you are 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?

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 32 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.

# ROUTINE MAINTENANCE

## WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

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

## HOW DO I CLEAN MY HORIZON FITNESS ELLIPTICAL TRAINER?

Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your Horizon Fitness elliptical trainer 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 elliptical trainer with the on/off switch, and unplug the power cord from the wall outlet.

### WARNING!

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

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

### EVERY WEEK

Clean underneath the elliptical, following these steps:

- Turn off the elliptical trainer with the on/off switch.
- Then unplug the power cord at the wall outlet.
- Move the elliptical trainer to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the elliptical.
- Return the elliptical trainer to its previous position.

## **EVERY MONTH**

- Inspect all assembly bolts and pedals on the machine for proper tightness.

## **HOW HARD?**

How hard you workout is also determined by your goals. If you use your Horizon Fitness Elliptical Trainer to prepare for a 5K run, 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 (see page 24), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

Note: Always consult your physician before beginning an exercise program.

## **PERCEIVED EXERTION LEVEL**

The second and simpler 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 other warning signs of overexertion.

# DEVELOPING A FITNESS PROGRAM

## STRENTCH FIRST

Before using your Horizon Fitness product, it is best to take a few minutes doing a few gentle stretching exercises. Stentching 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.

## WALL PUSH

Stand near a wall with the toes of one foot about 18" from the wall, and the other 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 strentching. Alternate positions of your feet and repeat for a total of 8 repetitions.

## STANDING QUADRICEPS STRENTCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for a count of 15 seconds. Repeat with your right ankle and hand, and continue alternating for a total of 8 repetitions.

## SEATED TOE TOUCH

Sit on the flook 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 for a total of 8 repetitions.

# THE IMPORTANCE OF WARM UP AND 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 Horizon Fitness product at a slow pace.

## COOL DOWN

Never stop exercising suddenly! A cool-down period 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 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 on your Horizon Fitness semi-recumbent bike to lose weight? Improve muscle? Burn 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:

- Improve Body Shape and Tone
  - Increased Energy Level
  - Improved Sports Performance
  - Improved Cardiovascular Endurance
- Maintenance
- Strengthen Leg Muscles
  - Improved Sleep Patterns
  - Stress Reduction

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 montly and weekfits. Short term goals are easier to achieve. Your Horizon Fitness semi-recumbent bike console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of test functions.

## KEEPING AN EXERCISE DIARY

Photocopy the weekly and montly log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

# WEEKLY LOG SHEET

WEEK # _____		WEEKLY GOAL: _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUN					
MON					
TUES					
WED					
THUR					
FRI					
SAT					
WEEKLY TOTALS					

WEEK # _____		WEEKLY GOAL: _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUN					
MON					
TUES					
WED					
THUR					
FRI					
SAT					
WEEKLY TOTALS					

# MONTHLY LOG SHEET

MONTH _____		MONTHLY GOAL: _____	
WEEK#	DIST ANCE	CALORIES	TIME
MONTHLY TOTALS			

MONTH _____		MONTHLY GOAL: _____	
WEEK#	DIST ANCE	CALORIES	TIME
MONTHLY TOTALS			

# LIMITED HOME USE WARRANTY

## **FRAME-LIFETIME**

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

## **ELECTRONICS & PARTS**

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

## **LABOR**

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

## **EXCLUSIONS AND LIMITATIONS**

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective frame, electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the elliptical trainer as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. Horizon Fitness shall not be responsible for incidental or consequential damages. 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. An 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.

**Please consult your local dealer for more warranty details.**



**D:**

**Entsorgungshinweis**

Horizon Fitness/Vision Fitness - Produkte sind recyclebar. Führen Sie das gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

**GB:**

Waste Disposal Horizon Fitness/Vision Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely ( local refuse sites).

**F:**

Remarque relative à la gestion des déchets Les produits Horizon Fitness/Vision Fitness sont recyclables. A la fin sa durée d'utilisation, remettez l'appareil à un centre de gestion de déchets correct (collecte locale).

**NL:**

Verwijderingsaanwijzing Horizon Fitness/Vision Fitness producten zijn recyclebaar. Breng het apparaat aan het einde van de gebruiksduur naar een vaekundig verzampelbunt voor recycling.

**E:**

Informaciones para la evacuación Los productos de Horizon Fitness/Vision Fitness son reciclables. Cuando se termina la vida útil de un aparato o una máquina, entréguelos an una empresa local de eliminación de residuos para su reciclaje.

**I:**

Indicazione sullo smaltimento I prodotti Horizon Fitness/Vision Fitness sono riciclabili. Quando l'apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunali).

**PL:**

Wskazówka dotycząca usuwania odpadów. Producty firmy Horizon Fitness/Vision Fitness podlegają recyklingowi. Pod koniec okresu o'ywalności pros'z oddac urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).



Horizon Fitness