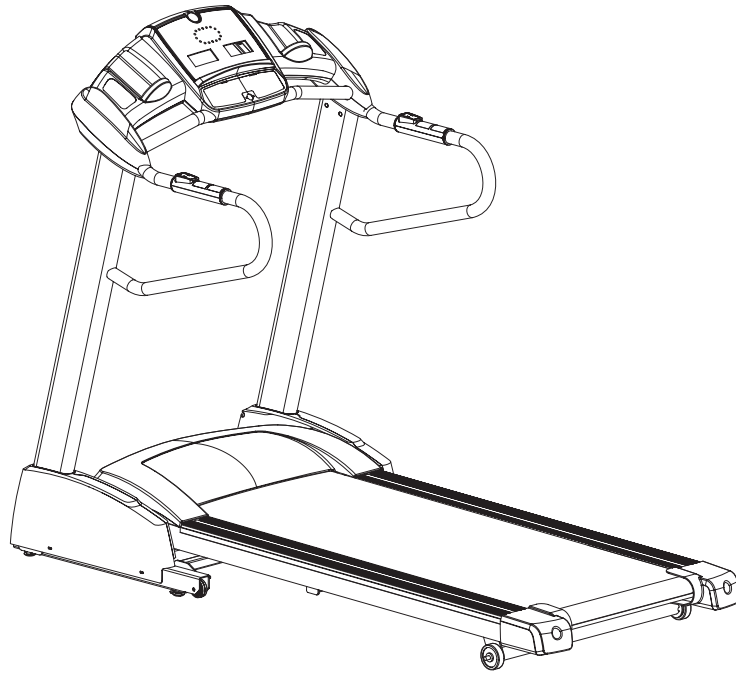


PARAGON SERIES



FOR MODELS :

PARAGON 308

PARAGON 408

PARAGON 508



HORIZON
FITNESS

TREADMILL OWNER'S GUIDE

INTRODUCTION

CONGRATULATIONS and THANK YOU for your purchase of this Paragon Series treadmill!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, an Paragon Series treadmill 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-motor warranty packages in the industry.

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

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IMPORTANT SAFETY INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

SAVE THESE INSTRUCTIONS

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



Connect this exercise product to a properly grounded outlet only. See grounding instructions.

GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.



Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is rated more than 10 amperes and is for use on a circuit having a nominal rating of 220 - 240 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.



OPERATION

To reduce the risk of damaging important components on your treadmill, it is strongly recommended that your treadmill is plugged into a dedicated 16 amp circuit, without the use of an additional extension cord and/or power strip. Failure to comply may void the warranty.

IMPORTANT:

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



TO REDUCE THE RISK OF INJURY TO PERSONS:

Stand on the side rails before starting the treadmill. Read Instruction Manual before using. Remove safety key when not in use and store out of reach of children.

When using an electrical appliance, basic precautions should always be followed, including the following. Read all instructions before using this appliance:



TO REDUCE THE RISK OF ELECTRIC SHOCK:

Always unplug this appliance (or treadmill) from the electrical outlet immediately after using and before cleaning.



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

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
 - Close supervision is necessary when this appliance (or treadmill) is used by, on, or near children, invalids, or disabled persons.
 - Use this appliance (or treadmill) only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
 - Never operate this appliance (or treadmill) if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance (or treadmill) to a service center for examination and repair.
 - Do not carry this appliance (or treadmill) by supply cord or use cord as a handle.
 - Keep the cord away from heated surfaces.
 - Never operate the appliance (or treadmill) with the air openings blocked. Keep the air openings free of lint, hair, and the like.
 - Never drop or insert any object into any opening.
 - Do not use outdoors.
 - Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
 - To disconnect, turn all controls to the off position, then remove plug from outlet.
 - Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Never use the treadmill before securing the safety tether clip to your clothing.
 - If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
 - Do not wear clothes that might catch on any part of the treadmill.
 - Always wear athletic shoes while using this equipment.
 - Do not jump on the treadmill.
 - Unplug treadmill before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
 - At no time should more than one person be on treadmill while in operation.
 - The treadmill should not be used by persons weighing more than 400 pounds. Failure to comply will void the warranty.
 - The treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
 - Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.

SAVE THESE INSTRUCTIONS



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

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

BEFORE YOU BEGIN

CONGRATULATIONS! on choosing your treadmill. You've taken an important step in developing and sustaining an exercise program! Your treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your treadmill can improve the quality of your life in so many ways. **HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:**

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- 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 Treadmill 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 Treadmill 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 Treadmill will assist you in realizing your goal of a healthy lifestyle.

LOCATION OF THE TREADMILL

Place the treadmill on a level surface. There should be 6 feet of clearance behind the treadmill, 3 feet on each side and one foot in front for folding and the power cord. Do not place the treadmill in any area that will block any vent or air openings. The treadmill should not be located in a garage, covered patio, near water or outdoors.



DO NOT STAND ON THE BELT

While you are preparing to use the treadmill, do not stand on the belt. Place your feet on the side rails before starting the treadmill. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a fast running speed and attempt to jump on!

SAFETY KEY

Your treadmill will not start unless the safety key is placed in position. Attach the clip end securely to your clothing. This safety key is designed to cut the power to the treadmill if you should fall. Check the operation of the safety key every 2 weeks.



NEVER USE THE TREADMILL WITHOUT SECURING THE SAFETY KEY CLIP TO YOUR CLOTHING. PULL ON THE SAFETY KEY CLIP FIRST TO MAKE SURE IT WILL NOT COME OFF YOUR CLOTHING.

PROPER USAGE

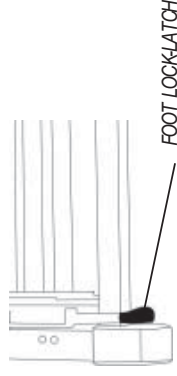
Your treadmill is capable of reaching high speeds. Always start off using a slower speed and adjust the speed in small increments to reach a higher speed level. Never leave the treadmill unattended while it is running. When not in use, remove the safety key, turn the on/off switch to off and unplug the power cord. Make sure to follow the MAINTENANCE schedule in this manual. Keep your body and head facing forward. Do not attempt to turn around or look backwards while the treadmill is running. Stop your workout immediately if you feel pain, faint, dizzy or are short of breath.



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

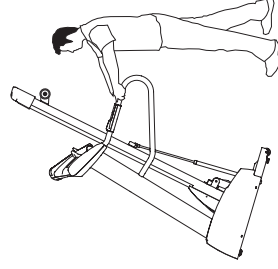
FOLDING

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



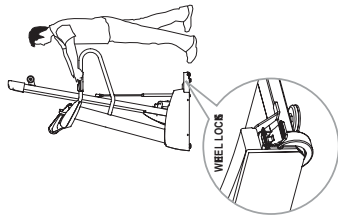
MOVING (PARAGON 308)

Your Horizon Fitness treadmill has a pair of transport wheels built into the base frame. To move, make sure the treadmill is folded and securely latched. Then firmly grasp the handbars, tilt treadmill back and roll.



MOVING (Paragon 408, Paragon 508)

Your treadmill has transport wheels built into the frame. To move, make sure the treadmill is folded and securely latched. To unlock wheels, push down on the top lever of the rear wheel locks located on the rear corners of the base frame. Then firmly grasp the handlebars, and slowly move the treadmill. After moving to the desired location, push down on the bottom lever of the rear wheel locks to lock the rear wheels. NOTE: Before moving your treadmill, make sure all levers were raised on highest position. NOTE: Both rear wheel locks MUST be locked before using the treadmill.



LEVELLING

The treadmill should be level for optimum use. Once you have placed the treadmill where you intend to use it, raise or lower the adjustable levellers located on the treadmill base frame. Once you have levelled the treadmill, lock the levellers in place by tightening the nuts against the frame. To assure the treadmill is level, a carpenter's level is recommended.



TURN POWER ON

Make sure that your treadmill is properly connected to a power outlet. The on/off switch is located next to the power cord. Flip this switch to the 'on' position, so that the switch is lit. You will hear a beep and the console will light up.

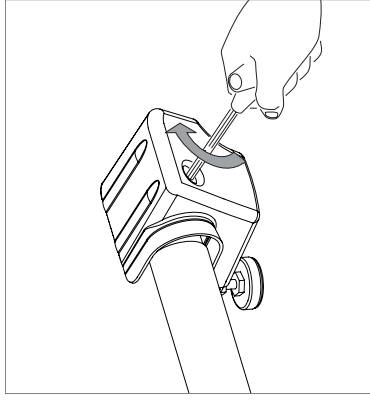


TENSIONING THE RUNNING BELT

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

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

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, TURN THE TREADMILL OFF and tension BOTH THE REAR ROLLER BOLTS using the supplied Allen wrench, turning them 1/4 TURN to the right as shown. Turn the treadmill on and check for slipping. Repeat if necessary, but NEVER TURN the roller bolts more than 1/4 turn at a time. Belt is properly tensioned when the slipping sensation is gone.



CENTERING THE RUNNING BELT

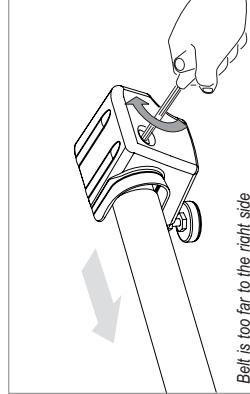
The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment. Before operating the treadmill, make sure the belt is centered and remains centered to maintain smooth operation.

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

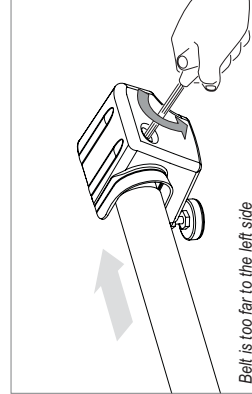
If the running belt is too far to the right side: With the treadmill running at 1 mph, turn the right adjustment bolt clockwise 1/4 TURN at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until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

If the running belt is too far to the left

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

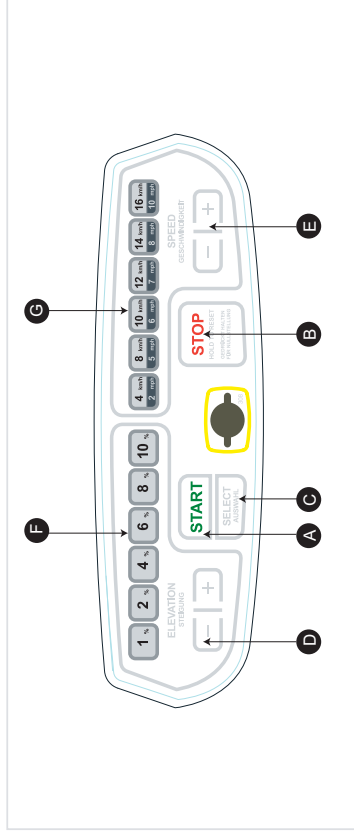


Belt is too far to the right side



Belt is too far to the left side

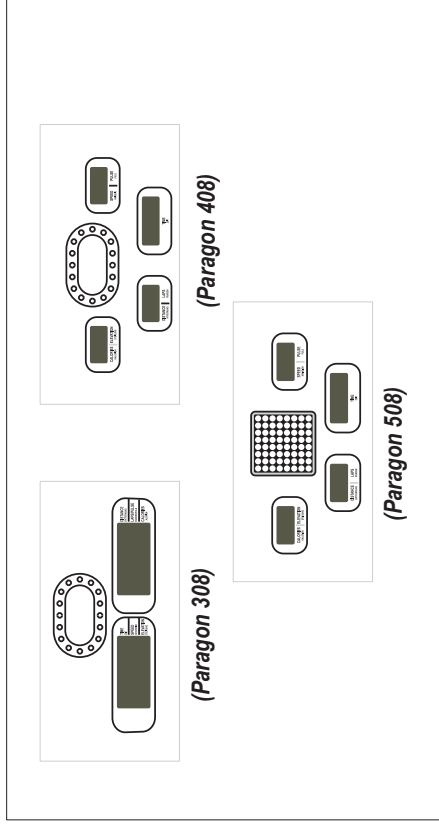
TREADMILL OPERATION



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

- A) START:** Press to begin exercising, starts your program, or resume exercising after pause.
- B) STOP:** Press to pause/end your workout. Hold for 3 seconds to reset the treadmill.
- C) SELECT:** Used to view alternate information such as Speed, Pulse, Laps, Elevation and Calories during your workout.
- D) INCLINE ARROW KEYS:** Used to adjust incline in small increments (0.5% increments).
- E) SPEED ARROW KEYS:** Used to adjust speed in small increments (0.1 mph increments).
- F) QUICK ADJUST INCLINE KEYS:** Used to reach desired incline quickly.
- G) QUICK ADJUST SPEED KEYS:** Used to reach desired speed quickly.

MONITOR DISPLAYS



CALORIES • Indicates the total number of calories burned during your workout.

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

DISTANCE • Indicates the miles or kilometers traveled during your workout.

ELEVATION • Indicates the incline of your walking or running surface.

SPEED • Indicates how fast your walking or running surface is moving.

LAPS • Indicates the number of times you have traveled around the lap profile window. One lap equals 14 of a mile.

PULSE • Pulse will be displayed if the heart rate handlebars are being used. The pulse reading is measured in beats per minute.

PROGRAM PROFILES (Paragon 508 Only) • Represents the profile of the program being used (speed during speed based programs and incline during incline based programs).

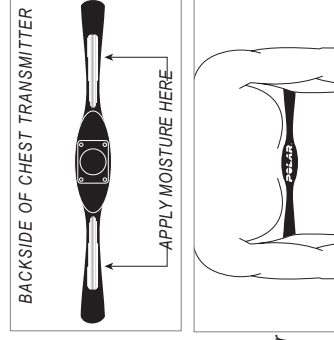
HEART RATE

PULSE GRIPS

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

WIRELESS CHEST TRANSMITTER

Prior to wearing the wireless 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 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. **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.



GETTING STARTED / SELECTING A PROGRAM

- 1) Check to make sure nothing is on or will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing.
- 5) Insert the safety key into the safety keyhole in the console.6) You have two options to start your workout:

METRIC & BRITISH SELECTION

- 0-Metric 1-British
1. Hold Stop Key for 5 seconds to enter the selection mode.
 2. Press '+' or '-' key to choose
 3. Press Select key to confirm.
 4. Hold Stop key for 3 seconds to quit out

QUICK START UP

Simply press the START key to begin working out.

QUICK SPEED KEYS

When in a programme user is able to press any of the desired quick keys to get to a specific speed more quickly. NOTE: When in a speed-based programme, if the user presses any of the quick speed keys, all of the remaining speed segments in the programme will be modified as well. For example, when in P2, the first segment default speed is 2.5 mph. If the user presses the 4 mph quick speed key, all of the remaining segments will increase by 1.5 mph as well.

CHANGING THE SPEED AND ELEVATION

When in a program, the user is able to change the difficulty of the programme by pressing the plus (+) or minus (-) buttons to the desired level. NOTE: the user is only able to increase the elevation or speed during the programme. When in a programme, if the user increases or decreases the difficulty of speed or elevation, all of the remaining programme speeds or elevation segment will be modified as well. For example, when in P2, the first segment default speed is 2.5mph. If the speed is increased by 1 mph, all of the remaining segments will increase by 1 mph as well.

CHOOSING A PROGRAM

Choose a Program by pressing the (+) or (-) buttons. Once the desired program is selected, press the Select button.

CHOOSING THE LEVEL

Choose the program difficulty level 1-10, by pressing the (+) or (-) buttons. Level has been chosen, press the 'Select' button. Once in a program, the user may change the difficulty level by pressing the (+) or (-) speed/incline keys or by pressing the quick speed/incline keys.

NOTE:

If one segment is changed, the entire program will in turn be changed. For example, when in a program, if the user increases the speed by 1 mph, all of the remaining segments will also be increased by 1 mph.

CHOOSING THE TIME

Choose Time by pressing the (+) or (-) speed buttons or use the default time. Once the desired time is selected, press the Start button.

FINISHING A WORKOUT

When your workout is finished, the treadmill console will beep and 'End' will be flashing in the Time window. Your workout information will stay displayed on the console for 30 seconds before it will reset.

PROGRAMME PROFILES

MANUAL

Customized workout, with no default time
(ALL MODELS)

INTERVALS

Speed changes; time defaults to 30 minutes
(ALL MODELS)

ROLLING

Speed changes; time defaults to 30 minutes
(ALL MODELS)

WEIGHT LOSS

Elevation changes; time defaults to 30 minutes
(ALL MODELS)

HILL RUN

Elevation and speed changes; time defaults to 30 minutes
(ALL MODELS)

HILL CLIMB

Elevation and speed changes; time defaults to 30 minutes
(PARAGON 508)

AFFER BURNER

Elevation changes; time defaults to 30 minutes
(PARAGON 508)

RACE

Speed changes; with no default time
(PARAGON 508)

PROGRAMME PROFILES

HRC1

Elevation changes to keep you in your target heart rate; time defaults to 30 minutes
(ALL MODELS)

HRC2

Speed changes to keep you in your target heart rate; time defaults to 30 minutes
(PARAGON 508)

CUSTOM 1 (USER PROGRAMME)

customised workout; time defaults to 30 minutes
(PARAGON 408, PARAGON 508)

CUSTOM 2 (USER PROGRAMME)

customised workout; time defaults to 30 minutes
(PARAGON 408, PARAGON 508)

CUSTOM 3 (USER PROGRAMME)

customised workout; time defaults to 30 minutes
(PARAGON 508)

CUSTOM 4 (USER PROGRAMME)

customised workout; time defaults to 30 minutes
(PARAGON 508)

CUSTOM 5 (USER PROGRAMME)

customised workout; time defaults to 30 minutes
(PARAGON 508)

PROGRAM : RACE

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:

- Once the Race Program is selected, Press 'select'.
- Choose the desired Pace (speed) using the (+) or (-) speed or incline keys and press 'select'. The selected pace is the pace you will be racing against. You will choose your own speed after the program has started.
- To choose your desired distance press the (+) or (-) speed or incline keys and press 'select'.
- Once the desired Pace (Speed) and distance has been chosen, press the 'Start' key.
- Upon pressing 'Start', the programme will be broken up into 16 segments (which will not be displayed on console as 8 LED lights). The first segment will be dedicated to a warm up, which will be half of the selected pace (Speed) and will be set at 2.5 minutes. Segments 2-15 will consist of the Race Program, with segment 16 being dedicated to a cool down period, which again will be half of the selected Pace (Speed), the warm up and cool down segment will not be displayed. If the user beats the pacer to the finish line, the speed window will flash, and the program will end.
- You can adjust your own speed at any time during the program by pressing the (+) or (-) speed keys or by using the quick speed keys.

PROGRAM: HILL CLIMB (PARAGON 508)

Elevation and speed changes; time defaults to 30 minutes

HILL CLIMB PROGRAM SEGMENTS

Level	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	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100																																																																																																				
Warm Up	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0	32.5	33.0	33.5	34.0	34.5	35.0	35.5	36.0	36.5	37.0	37.5	38.0	38.5	39.0	39.5	40.0	40.5	41.0	41.5	42.0	42.5	43.0	43.5	44.0	44.5	45.0	45.5	46.0	46.5	47.0	47.5	48.0	48.5	49.0	49.5	50.0	50.5	51.0	51.5	52.0	52.5	53.0	53.5	54.0	54.5	55.0	55.5	56.0	56.5	57.0	57.5	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5	80.0	80.5	81.0	81.5	82.0	82.5	83.0	83.5	84.0	84.5	85.0	85.5	86.0	86.5	87.0	87.5	88.0	88.5	89.0	89.5	90.0	90.5	91.0	91.5	92.0	92.5	93.0	93.5	94.0	94.5	95.0	95.5	96.0	96.5	97.0	97.5	98.0	98.5	99.0	99.5	100.0

Level	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	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100																																																																																																				
Warm Up	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0	32.5	33.0	33.5	34.0	34.5	35.0	35.5	36.0	36.5	37.0	37.5	38.0	38.5	39.0	39.5	40.0	40.5	41.0	41.5	42.0	42.5	43.0	43.5	44.0	44.5	45.0	45.5	46.0	46.5	47.0	47.5	48.0	48.5	49.0	49.5	50.0	50.5	51.0	51.5	52.0	52.5	53.0	53.5	54.0	54.5	55.0	55.5	56.0	56.5	57.0	57.5	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5	80.0	80.5	81.0	81.5	82.0	82.5	83.0	83.5	84.0	84.5	85.0	85.5	86.0	86.5	87.0	87.5	88.0	88.5	89.0	89.5	90.0	90.5	91.0	91.5	92.0	92.5	93.0	93.5	94.0	94.5	95.0	95.5	96.0	96.5	97.0	97.5	98.0	98.5	99.0	99.5	100.0

(WARM-UP last 6:00 minutes and COOL-DOWN last 4:00 minutes and are included in program times)

PROGRAM : AFFER BURNER (PARAGON 508)

Elevation changes; time defaults to 30 minutes

AFFER BURNER PROGRAM SEGMENTS

Level	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	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100																																																																																																				
Warm Up	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0	32.5	33.0	33.5	34.0	34.5	35.0	35.5	36.0	36.5	37.0	37.5	38.0	38.5	39.0	39.5	40.0	40.5	41.0	41.5	42.0	42.5	43.0	43.5	44.0	44.5	45.0	45.5	46.0	46.5	47.0	47.5	48.0	48.5	49.0	49.5	50.0	50.5	51.0	51.5	52.0	52.5	53.0	53.5	54.0	54.5	55.0	55.5	56.0	56.5	57.0	57.5	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5	80.0	80.5	81.0	81.5	82.0	82.5	83.0	83.5	84.0	84.5	85.0	85.5	86.0	86.5	87.0	87.5	88.0	88.5	89.0	89.5	90.0	90.5	91.0	91.5	92.0	92.5	93.0	93.5	94.0	94.5	95.0	95.5	96.0	96.5	97.0	97.5	98.0	98.5	99.0	99.5	100.0

(WARM-UP last 6:00 minutes and COOL-DOWN last 4:00 minutes and are included in program times)

Level	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	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100																																																																																																				
Warm Up	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0	32.5	33.0	33.5	34.0	34.5	35.0	35.5	36.0	36.5	37.0	37.5	38.0	38.5	39.0	39.5	40.0	40.5	41.0	41.5	42.0	42.5	43.0	43.5	44.0	44.5	45.0	45.5	46.0	46.5	47.0	47.5	48.0	48.5	49.0	49.5	50.0	50.5	51.0	51.5	52.0	52.5	53.0	53.5	54.0	54.5	55.0	55.5	56.0	56.5	57.0	57.5	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5	80.0	80.5	81.0	81.5	82.0	82.5	83.0	83.5	84.0	84.5	85.0	85.5	86.0	86.5	87.0	87.5	88.0	88.5	89.0	89.5	90.0	90.5	91.0	91.5	92.0	92.5	93.0	93.5	94.0	94.5	95.0	95.5	96.0	96.5	97.0	97.5	98.0	98.5	99.0	99.5	100.0

(WARM-UP last 6:00 minutes and COOL-DOWN last 4:

PROGRAM: HRC 1 (Elevation changes) & HRC 2 (Speed changes)

Once the HRC program is selected, press 'select'. Using the chart on page 21, 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 your target heart rate, press the plus (+) or minus (-) Speed or incline buttons.

Once you have chosen your target heart rate, press 'select'. Press the plus (+) or minus (-) speed buttons to adjust your time.

Once you choose your time, press the 'Start' button and begin your workout.

After the 5 minute warm up period, the elevation 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 elevation or speed level will remain at the current resistance level.

If the user is more than 25 beats per minute above the target heart rate zone, the console will shut down for safety reasons.

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

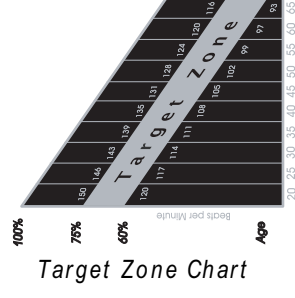
NOTE: The chest strap is required to use the HRC program

CHEST STRAP TRANSMITTER PLACEMENT AND MOISTENING THE ELECTRODES

TARGET ZONE

Your Target Zone is a percentage of your maximum heart rate. 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. 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 Heart Rate = 108 Beats Per Minute, 75% of maximum HeartRate = 135 Beat Per Minute.



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. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep loose, cupping hold. It is recommended that you hold the grip pulse handlebars only long enough to see your heart rate readout on the console. You may experience an erratic readout if consistently holding the grip pulse 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. 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.

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

1. Once the Custom Programme has been selected, press **Select**.
2. Choose your desired time using the **+** or **-** speed or incline keys and press **Select**.
3. Choose your desired speed using the **+** or **-** speed or incline keys and press **Select**. You will need to select a speed for all 30 segments, pressing **Select** after each segment.
4. Once all 30 speed segments have been chosen, you will need to select your desired incline level for each segment as well. Choose your desired incline level using the **+** or **-** speed or incline keys and press **Select**. Once you have chosen your desired incline level for all 30 segments, press **Start** to begin your programme. At this time, your programme has been successfully saved into memory, and can be used for future workouts.
5. To reset your programme information and delete it from memory, press and hold the **Select** button for 5 seconds once you have selected the Custom Programme in the start menu.
6. While using your saved programme in the Custom Programme, you are able to adjust the speed or incline, but any changes will not be saved.

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 treadmill 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 (using the grip pulse handlebars or a wireless chest transmitter - may be sold separately), 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.



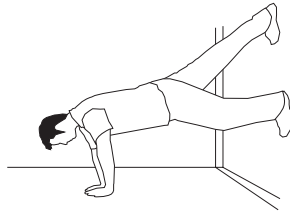
STRETCHING

TIPS THE IMPORTANCE OF WARM UP & COOL DOWN



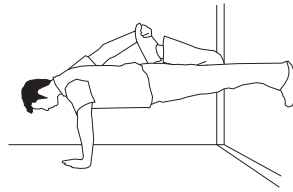
STRETCH FIRST

Before using your product, it is best to take a few minutes doing 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.



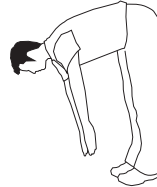
1. STANDING CALF MUSCLE STRETCH

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 QUADRICEPS STRETCH

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 15 seconds. Repeat with your right 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.

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.

WEEKLY LOG SHEETS

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

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

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

WEEKLY LOG SHEETS

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

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

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

MAINTENANCE

Cleanliness of your treadmill and its operation environment will keep maintenance problems and service calls to a minimum. For this reason, we recommend that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)

Clean and inspect, following these steps:

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

EVERY WEEK

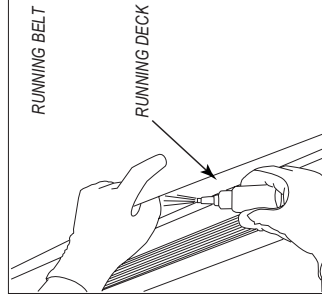
Clean underneath the treadmill, following these steps:

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

EVERY MONTH - IMPORTANT!

- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Inspect all assembly bolts of the machine for proper tightness.
- Turn off the treadmill and wait 60 seconds.
- Wait until ALL LED lights turn off.
- Remove screws holding motor cover to the frame. Remove the lower mast bolts in order to slide the motor cover upwards. While sliding the motor cover up the mast, be careful not to scratch the paint. Prop up the motor cover to continue.
- Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated. Failure to do so may result in premature failure of key electrical components.
- Vacuum and wipe down the belt with a damp cloth. Vacuum any black/white particles that may accumulate around the unit. These particles may accumulate from normal treadmill use.

LUBRICATION



EVERY 6 MONTHS OR 150 MILES

It is necessary to lubricate your treadmill running deck every six months or 150 miles to maintain optimal performance of your treadmill. Once the treadmill reaches 150 miles, the console will prompt you to lubricate the treadmill. Only use lubricant provided by Horizon Fitness!

- **TURN OFF THE TREADMILL** with the on/off switch, then unplug the power cord at the wall outlet.
- Loosen both the rear roller bolts. (For best results, place two removable marks on both sides of the frame and note roller position). Once the belt is loosened, take the bottle of lubricant and apply it to the entire top surface of the running deck. Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, insert the safety key, start the treadmill and walk on the belt for two minutes to spread the lubricant.
- Lubricate the air shocks with Teflon based spray.
- Once lubrication is complete, reset the console by pressing and holding 'STOP' and Speed '+' buttons for 5 seconds.

Please contact Horizon Fitness with questions about applying lubricant to your treadmill.

PROBLEM: The treadmill circuit breaker trips during a workout.

SOLUTION: Verify the following:

- Make sure the treadmill is plugged into a dedicated 20-amp circuit.
 - Verify that you do not have the machine on an extension cord or surge protector.
 - Confirm that the machine is not plugged into a GFCI-equipped outlet or on a circuit that has a GFCI-equipped outlet on it.
- PROBLEM:** The running belt does not stay centered during a workout.

SOLUTION: Verify the following:

- Make sure the treadmill is on a level surface.
- Verify that the belt is properly tightened and centered (Refer to the Adjustment section for detailed directions).

PROBLEM: Operating speed appears inaccurate.

SOLUTION: Auto-calibrate the treadmill:

- Power on the treadmill and have the safety key in position on the console. Press and hold the elevation "+", and speed "-" buttons for approximately 5 seconds to enter the Engineering Mode. The console will beep and "ENG0" appears in the display.
- Press the Speed "+", or "-" button until "ENG2" appears in the display.
- Press, "SELECT" to choose. Press, "START" to begin. The treadmill running belt will begin to move automatically and the auto-calibration sequence will properly set and store the speed values.
- Upon successful calibration, the treadmill will beep several times. The console will automatically exit Engineering Mode and return to the start-up screen.

DO NOT stand on running belt while calibrating – stand on the guide rails. Treadmill will fluctuate between low and high speeds for several minutes until calibration is complete.

TROUBLESHOOTING - HEART RATE

Check your exercise environment for sources of interference such as fluorescent lights, computers, underground fencing, home security systems or appliances containing large motors. These items may cause erratic heart rate readouts.

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 handlebars while exercising. If you are receiving erratic heart rate readouts, try to only hold the grips long enough to monitor your heart rate.
- 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 to moisten your palms by rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose skin on the measuring palm is especially thick.

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 treadmill 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 or the back? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- Has the machine been lubricated and maintained per the maintenance schedule?

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

LIMITED HOME-USE WARRANTY

EXCLUSIONS AND LIMITATIONS

Who IS covered:

- The original owner and is not transferable.

What IS covered:

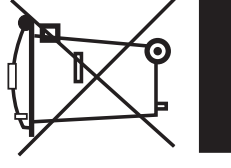
- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by Horizon Fitness.
- Incidental or consequential damages. Horizon Fitness is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment.
- Equipment used for commercial purposes or any use other than a single family or household, unless endorsed by Horizon Fitness for coverage.
- Equipment owned or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. Horizon Fitness is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and Horizon Fitness shall have no liability for any injury to the person or property arising from such repairs.

SERVICE/RETURNS

- In-home service is available within 150 miles of the nearest authorized repair center (Mileage beyond 150 miles from an authorized service center is the responsibility of the consumer).
- All returns must be pre-authorized by Horizon Fitness.
- Horizon Fitness' obligation under this warranty is limited to replacing or repairing, at Horizon Fitness' option, the same or comparable model at one of its authorized service centers.
- A Horizon Fitness authorized service center must receive all equipment for which a warranty claim is made. This equipment must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase.
- Replacement units, parts and electronic components reconditioned to As-new Condition by Horizon Fitness or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from state to state.



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: **Vervuideringsaanwijzing**

Horizon Fitness/Vision Fitness producten zijn recyclebaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzameelpunt).

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 a 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.**

Produkty firmy Horizon Fitness/Vision Fitness podlegają recyklingowi. Pod koniec okresu o ywainoEci prosz z oddać urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).



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