

Bikes and Ellipticals – Level Charts for P4 and P5



This document details the levels of the Fat Burn (P4) and Intervals (P5) workout programs on Horizon bikes and ellipticals. Please see the Program Information section in your owner’s manual for an overview of all of the programs that are available on your equipment.

P4 - Fat Burn

Resistance changes, segments repeat every 60 seconds

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down				
Time	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	
Level 1	10	10	10	10	20	20	20	20	30	30	30	30	20	20	20	20	20	10	10	10	10
Level 2	10	10	10	20	20	20	30	30	30	30	30	30	30	30	20	20	20	20	10	10	10
Level 3	10	10	10	20	30	30	30	30	40	40	40	40	30	30	30	30	30	20	10	10	10
Level 4	10	10	10	30	30	30	40	40	40	40	40	40	40	40	30	30	30	30	10	20	10
Level 5	10	20	30	30	40	40	40	40	50	50	50	50	40	40	40	40	40	30	30	20	10
Level 6	10	20	30	40	40	40	50	50	50	50	50	50	50	50	40	40	40	40	30	20	10
Level 7	10	20	30	40	50	50	50	50	60	60	60	60	50	50	50	50	50	40	30	20	10
Level 8	10	20	30	50	50	50	60	60	60	60	60	60	60	60	50	50	50	50	30	20	10
Level 9	20	20	30	50	60	60	60	60	70	70	70	70	60	60	60	60	60	50	30	20	20
Level 10	20	20	40	60	60	60	70	70	70	70	70	70	70	70	60	60	60	60	40	20	20

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P5 - Intervals

- Resistance changes and segments repeat; Segment 1 = 30 seconds and Segment 2 = 90 seconds
- Total workout time = 30 minutes (4 minute warm up + segment 1/2 repeat + 4 minute cool down)

Segment	Warm Up				1	2	Cool Down			
Time	60	60	60	60	30	90	60	60	60	60
Level 1	10	10	10	10	30	10	10	10	10	10
Level 2	10	10	10	20	40	10	20	10	10	10
Level 3	10	10	10	20	50	20	20	10	10	10
Level 4	10	10	10	30	50	30	30	10	10	10
Level 5	10	20	30	30	60	30	30	30	10	10
Level 6	10	20	30	40	70	40	40	30	20	10
Level 7	10	20	30	40	70	50	40	30	20	10
Level 8	10	20	30	50	80	50	50	30	20	10
Level 9	20	20	30	50	90	60	50	30	20	20
Level 10	20	20	40	60	100	60	60	40	20	20