



**7.0** **A**  
T R E A D M I L L

## OWNER'S MANUAL



Read the TREADMILL GUIDE before using this OWNER'S MANUAL.



# IMPORTANT PRECAUTIONS



## SAVE THESE INSTRUCTIONS

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. If you have any questions after reading this guide, contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL.

This 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.



## **DANGER**

### **TO REDUCE THE RISK OF ELECTRICAL SHOCK:**

Always unplug the treadmill from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

## **WARNING**

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

- The equipment shall be installed on a stable and levelled base.
- 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.
- Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
- When exercising, always maintain a comfortable pace.
- 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.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than specified in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Connect this exercise product to a properly grounded outlet only.
- 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. Incorrect or excessive exercise may damage your health.
- Do not remove the protected covers unless instructed by Professional and your local dealer. Service should only be done by and authorized service technician.
- Disconnect the safety key to prevent uncontrolled usage of third parties.
- While exercising, run within the logo printed on belt to prevent possible injury.
- The sound of treadmill is less than 70dB while no user on the machine, it is higher than 70dB while using. When you feel uncomfortable about the noise from treadmill, please stop exercise and take rest. Noise emission under load is higher than without load.
- Make sure the treadmill comes to complete stop before folding. Do not operate the treadmill when it is folded.
- Please note that the plastic parts, such as end caps, are susceptible to wear. The treadmill's safety level can only be maintained, if it is checked regularly for damage and wear.
- Make sure the edge of belt parallel with the lateral position of the side rail, and do not move under the side rail. If you find the belt is not centered, please always adjust it.





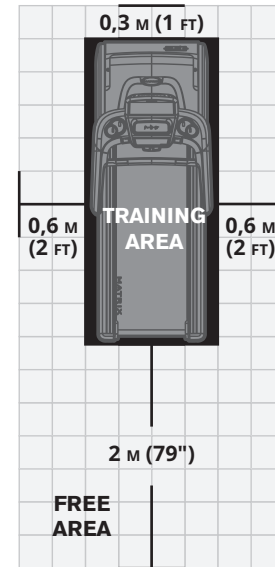
## **WARNING**

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

- At NO time should pets or children under the age of 13 be closer to the treadmill than 10 feet.
- At NO time should children under the age of 13 use the treadmill.
- Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
- Use the treadmill only for its intended use as described in the treadmill guide and owner's manual.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the treadmill to a service center for examination and repair.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- 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 will void the warranty.
- This 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 remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician.

It is essential that your treadmill is EN CLASS HB certified and use 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.

- Place the treadmill on a level and stable surface. There should be one foot of clearance in front of the treadmill for the power cord. Please leave a clear zone behind the treadmill that is at least the width of the treadmill and at least 79" (2 meters) long. This zone must be clear of any obstruction and provide the user a clear exit path from the machine. In case of an emergency, place both hands on the side arm rests to hold yourself up and place your feet onto the side rails. For ease of access, there should be an accessible space preferentially on both sides of the treadmill equal to 2 ft (0.6 meters) to allow a user access to the treadmill from either side. 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.





## 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.



## DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider 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 for use on a nominal local voltage circuit and has a grounding plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit.



## WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly.

Never operate any product if it appears damaged, or has been immersed in water.  
Contact Customer Tech Support for replacement or repair.



# ASSEMBLY



## WARNING

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

Before proceeding, find your treadmill's serial number located on a white barcode sticker near the on/off power switch and power cord and enter it in the space provided below.

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

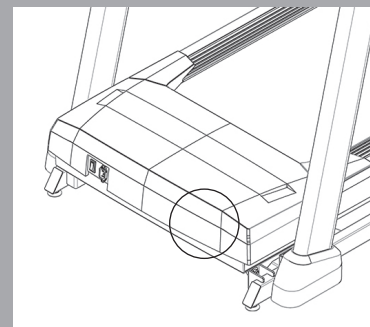
» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

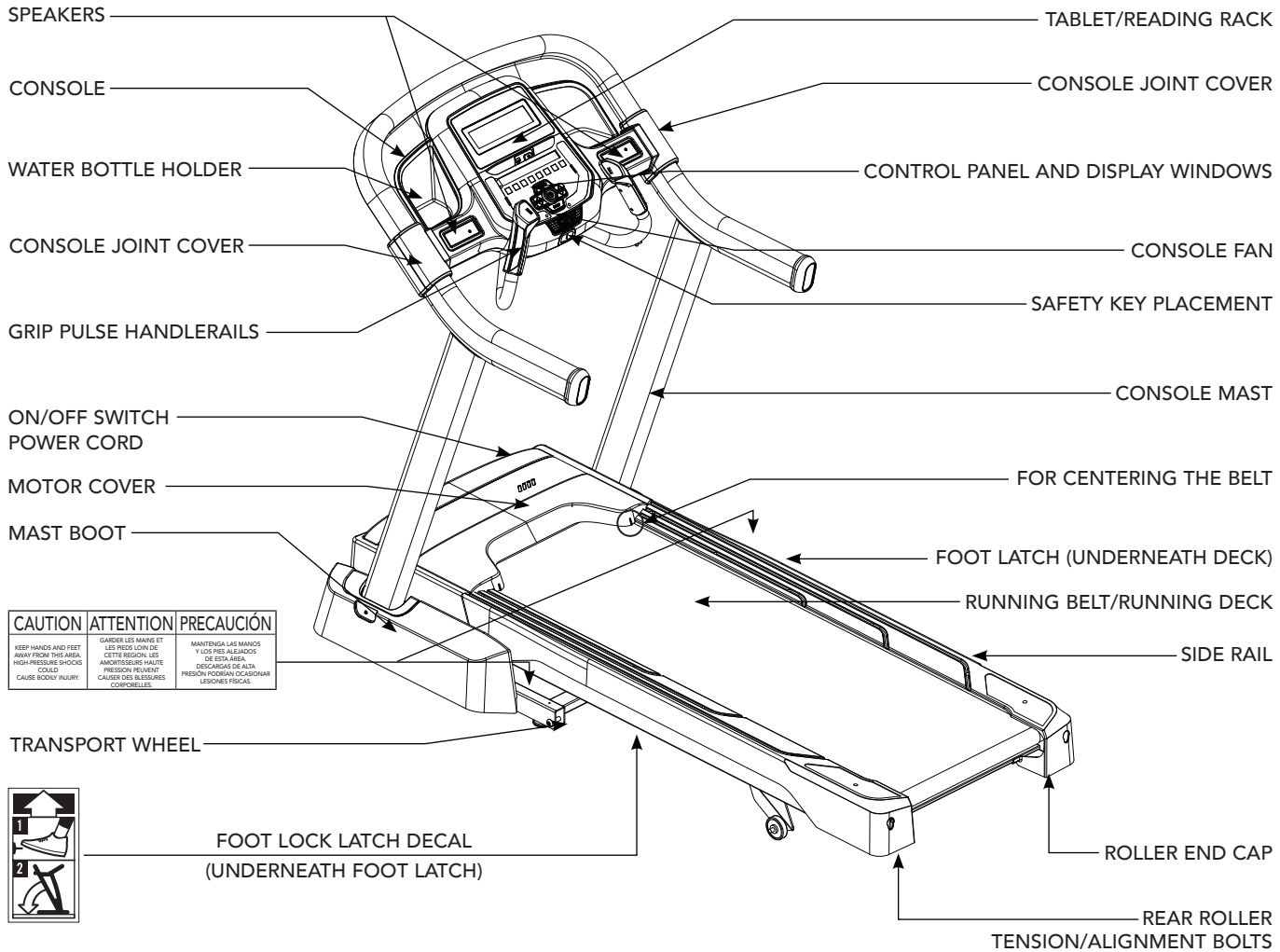
SERIAL NUMBER:

TM

MODEL NAME: **HORIZON 7.0AT TREADMILL**

SERIAL NUMBER LOCATION





## TOOLS INCLUDED:

- 6 mm T-Wrench
- 5 mm L-Wrench

## PARTS INCLUDED:

- 1 Main Frame
- 1 Console Assembly
- 2 Console Masts
- 2 Console Mast Boots
- 1 Hardware Kit
- 1 Safety Key
- 1 Audio Adapter Cable
- 1 Bottle of Silicone Lubricant (for 2 applications)
- 1 Power Cord
- 2 Console Joint Covers
- 2 Grip Pulse Handrails



### NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support.

# PRE ASSEMBLY

## UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take CAUTION when handling and transporting this unit. Never open box when it is on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled and in the upright folded position, with the lock latch secure. Unpack and assemble the unit where it will be used. The enclosed treadmill is equipped with high-pressure shocks and may spring open if mishandled. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill.

### WARNING

DO NOT ATTEMPT TO LIFT THE TREADMILL! Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.

### WARNING

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

**NOTE:** During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

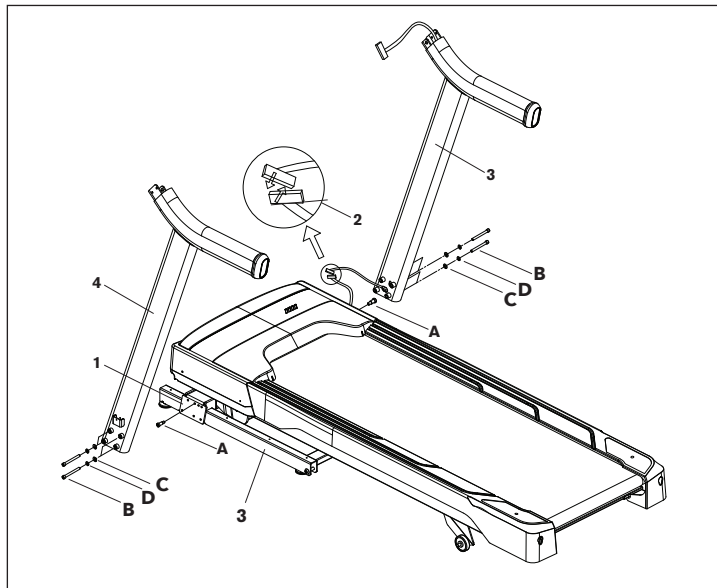
**NOTE:** A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.





## ASSEMBLY STEP 1

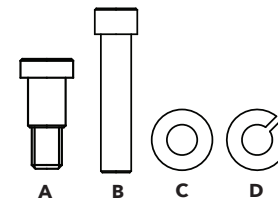
HARDWARE FOR STEP 1			
PART	TYPE	DESCRIPTION	QTY
A	UPRIGHT GUIDE BOLT	M8X1.25PX11L-D10X18.5L	2
B	BOLT	M8X1.25PX80L-20L	8
C	FLAT WASHER	8.4X15.5X1.6T	8
D	SPRING WASHER	8.2X15.4X2.0T	8



- A Cut the yellow banding straps and lift the running deck upward from the rear to remove all contents from underneath the running deck.
- B Open **HARDWARE FOR STEP 1**.
- C Insert **UPRIGHT GUIDE BOLT (A)** into **MAIN FRAME BRACKET (1)** and tighten.
- D Pull the **CONSOLE CABLE (2)** away from the treadmill base frame. Connect the **CONSOLE CABLE (2)** from the **MAIN FRAME (3)** to the **CONSOLE CABLE (2)** in the bottom of the **RIGHT CONSOLE MAST (3)**. The other end of the **CONSOLE CABLE (2)** should be located at the top of the mast.
- E Attach **RIGHT CONSOLE MAST (3)** to **MAIN FRAME (2)** using **4 BOLTS (A)**, **4 FLAT WASHERS (C)** AND **4 SPRING WASHERS (D)**
- F Repeat **STEP E** on the **LEFT SIDE**.

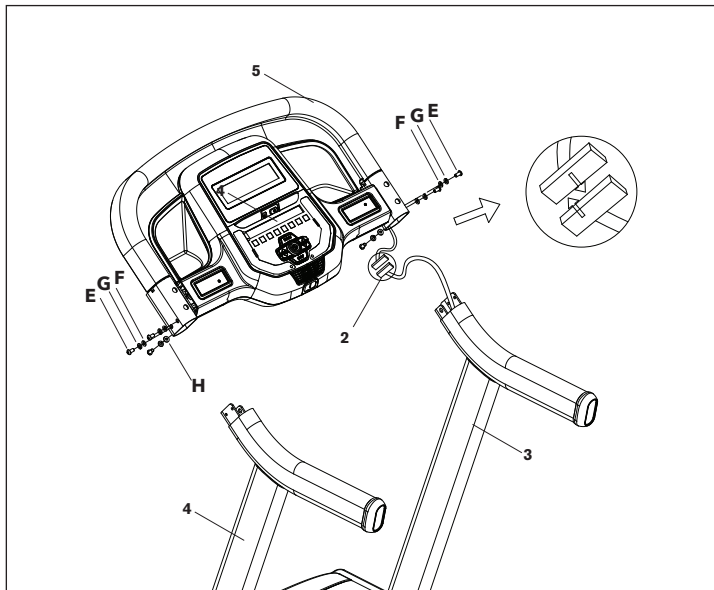
**NOTE:** Be careful not to pinch the console cable while attaching the right console mast.

**NOTE:** Do not fully tighten bolts until **STEP 3**.



## ASSEMBLY STEP 2

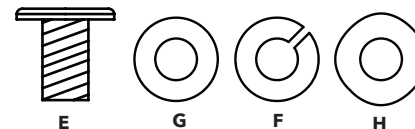
HARDWARE FOR STEP 2			
PART	TYPE	DESCRIPTION	QTY
E	HEX SOCKET BOLT	M8X1.25PX15L	6
F	FLAT WASHER	8.4X15.5X1.6T	4
G	SPRING WASHER	8.2X15.4X2.0T	6
H	ARC WASHER	8.2X18.0X1.5T	2



NOTE: Do not fully tighten bolts until **STEP 3**.

- Open **HARDWARE FOR STEP 2**.
- Gently place the **CONSOLE (5)** on top of the **CONSOLE MASTS (3&4)**. Attach the **LEFT SIDE** first using **3 BOLTS (E)**, **3 SPRING WASHERS (G)**, **2 FLAT WASHERS (F)** and **1 ARC WASHER (H)** on the bottom.
- The **CONSOLE CABLE (2)** is tucked into the **RIGHT CONSOLE MAST (3)**. Using the lead wire carefully pull the **CONSOLE CABLE (2)** out of the **RIGHT CONSOLE MAST (3)**. Detach and discard the **LEAD WIRE**. Connect the **CONSOLE CABLES (2)** and carefully tuck wires into the right mast to avoid damage.
- Attach the **RIGHT SIDE** of the **CONSOLE (5)** using **3 BOLTS (E)**, **3 SPRING WASHERS (G)**, **3 FLAT WASHERS (F)** and **1 ARC WASHER (H)** on the bottom.

NOTE: Be careful not to pinch any wires while assembling the console.



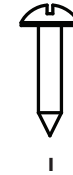
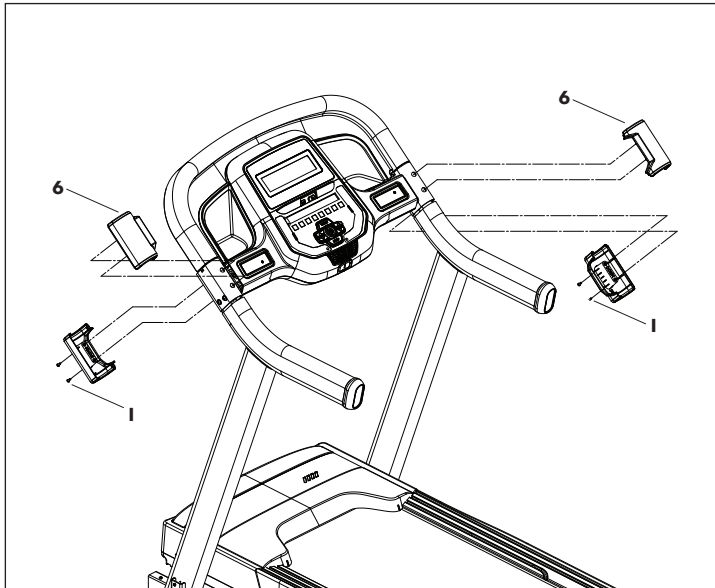


## ASSEMBLY STEP 3

HARDWARE FOR STEP 3			
PART	TYPE	DESCRIPTION	QTY
I	SCREW	4X15L	4

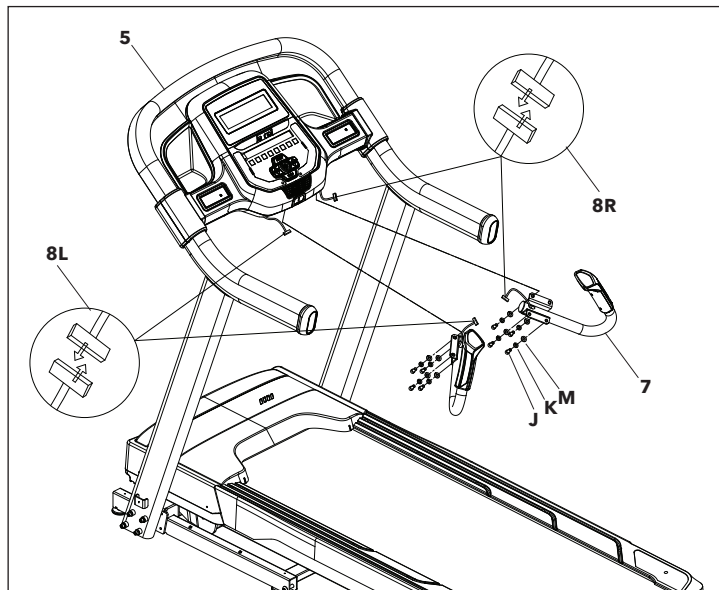
NOTE: Fully tighten all bolts from **STEPS 1 & 2.**

- A Open **HARDWARE FOR STEP 3.**
- B Attach the **RIGHT AND LEFT SIDE CONSOLE JOINT COVERS (6)** using **2 SCREWS (I).**

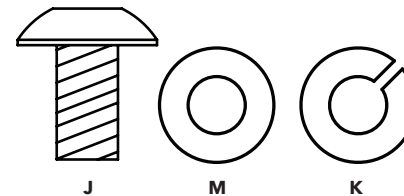


## ASSEMBLY STEP 4

HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
J	BOLT	M8X1.25PX15L	8
K	SPRING WASHER	8.2X15.4X2.0T	8
M	FLAT WASHER	8.4X15.5X1.6T	8



- A Open **HARDWARE FOR STEP 4**.
- B Attach **RIGHT SIDE PULSE RATE GRIP (7)** to the underside of the **CONSOLE (5)** using **4 BOLTS (J)**, **4 SPRING WASHERS (K)** and **4 FLAT WASHERS (M)**.
- C Connect the **RIGHT CONSOLE CABLES (8R)** and carefully tuck wires to avoid damage.
- D Repeat **STEP B** on the **LEFT SIDE**.
- E Connect the **LEFT CONSOLE CABLES (8L)** and carefully tuck wires to avoid damage.

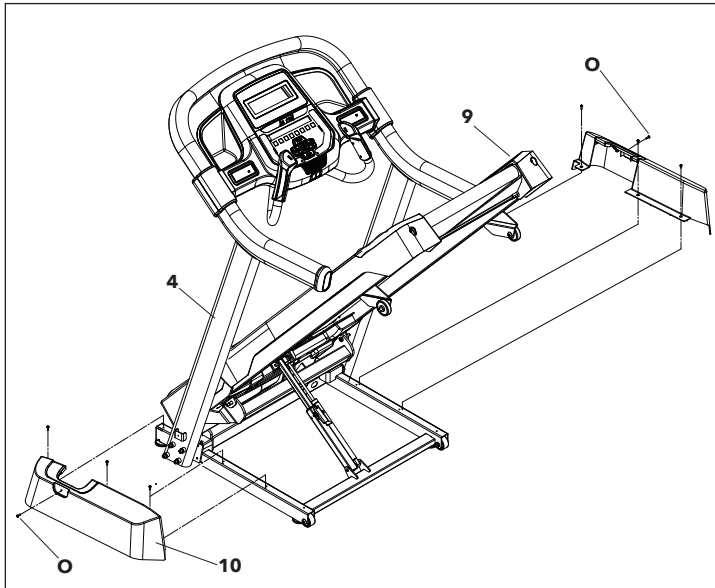




## ASSEMBLY STEP 5

HARDWARE FOR STEP 5			
PART	TYPE	DESCRIPTION	QTY
O	SCREW	4X15L	8

- A Open **HARDWARE FOR STEP 5**.
- B Lift **DECK (9)** to upright position.
- C Place **LEFT MAST BOOT (10)** on the bottom of the **LEFT CONSOLE MAST (4)**. Attach with **4 SCREWS (O)** from the top and side through the holes in the **LEFT MAST BOOT (10)** into the **LEFT UPRIGHT MAST (4)**.
- D Repeat **STEP C** on the right side.



### ASSEMBLY COMPLETE!

Before the first use, lubricate the treadmill deck by following the instructions in the **MAINTENANCE** section in the **TREADMILL GUIDE**.

7.0AT

Running Area: 152 × 51 cm / 60" × 20"

Product Weight: 115 kg / 254 lbs.

User Weight Capacity = 147 kg / 325 lbs.

Dimensions (L×W×H) : 193 x 92 x 152 cm / 76" x 36" x 60"



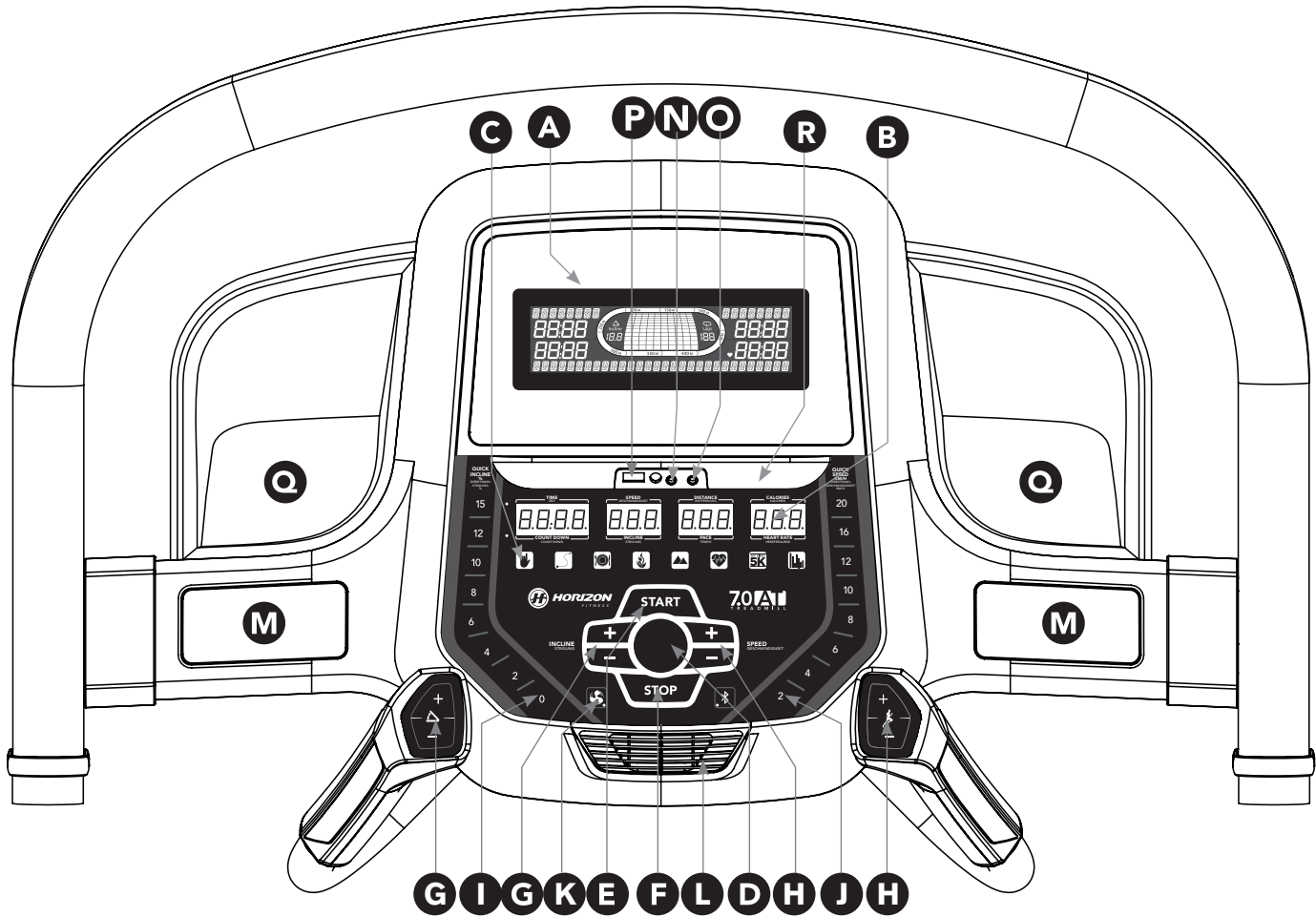
# TREADMILL OPERATION



This section explains how to use your treadmill's console and programming.

The **BASIC OPERATION** section in the **TREADMILL GUIDE** has instructions for the following:

- LOCATION OF THE TREADMILL
- USING THE SAFETY KEY
- FOLDING THE TREADMILL
- MOVING THE TREADMILL
- LEVELING THE TREADMILL
- TENSIONING THE RUNNING BELT
- CENTERING THE RUNNING BELT
- USING THE HEART RATE FUNCTION

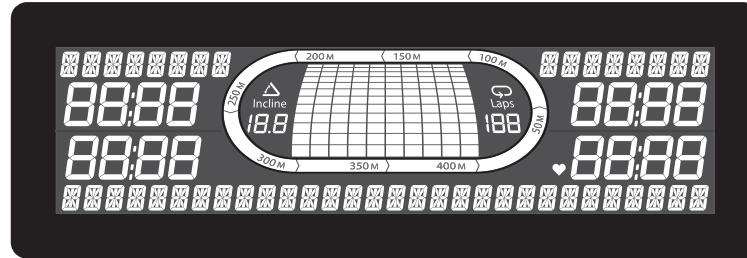


## CONSOLE OPERATION

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

- A) **LCD DISPLAY WINDOWS:** Watts, Pace, Calories/Hour, Heart Rate, Laps.
- B) **LED DISPLAY:** Time, Speed, Distance, Incline, Pace, Heart Rate, and Calories.
- C) **WORKOUT LED INDICATORS:** indicate what workout is set for the current program.
- D) **SELECT TARGET/WORKOUT KNOB:** rotate/press to select your desired workout/target
- E) **START:** press to begin exercising, start your workout, or resume exercising after pause.
- F) **STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- G) **INCLINE +/- KEYS:** used to adjust incline in small increments (0.5% increments).
- H) **SPEED +/- KEYS:** used to adjust speed in small increments (0.1 km/h increments).
- I) **INCLINE QUICK KEYS:** used to reach desired incline more quickly.
- J) **SPEED QUICK KEYS:** used to reach desired speed more quickly.
- K) **FAN KEY:** press to turn fan on and off.
- L) **FAN:** personal workout fan.
- M) **SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- N) **AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- O) **AUDIO OUT / HEADPHONE JACK:** plug your headphones into this jack to listen to your music through the headphones.  
Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
- P) **USB INPUT:** 1A/5V USB output power.
- Q) **WATER BOTTLE POCKETS:** holds personal workout equipment.
- R) **TABLET/READING RACK:** holds tablet or reading material.





## DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as kilometers. Indicates distance traveled during your workout.
- **SPEED:** Shown as km/h. Indicates how fast your walking or running surface is moving.
- **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.
- **CALORIES:** Total calories burned during your workout.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **PACE:** Indicates how many minutes it takes to complete a mile while running or walking at your current speed.
- **WATTS:** Indicates the power output at your current speed and incline.
- **CALORIES/ HOUR:** Indicates the number of calories you will burn in an hour at your current speed and incline.
- **TRACK:** Follows progress around a simulated track. Segments light up with every 50 meters completed.
- **LAPS:** Shows how many 400 meter (¼ mile) laps have been completed.

## GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON. (The ON/OFF switch is next to the power cord.)
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) You have two options to start your workout:

### A) QUICK START UP

Simply press the START key to begin working out.  
Time, distance, and calories will all count up from zero. OR...

### B) SELECT A WORKOUT OR TARGET

- 1) Select your **USER** by turning the workout knob and then pressing when your desired **USER** is displayed.
- 2) Select your **WEIGHT** by turning the workout knob and then pressing when your desired **WEIGHT** is displayed.
- 3) Select your **PROGRAM** by turning the workout knob and then pressing when your desired **PROGRAM** is displayed.
- 4) Adjust the **SETTING** by turning the workout knob and then pressing when your desired **SETTING** is displayed.
- 5) Press **START** to begin.





## WORKOUT PROFILES



1) **MANUAL:** Control everything about your workout – from start to finish. This program is a basic workout with no pre-defined settings, allowing you to manually adjust the machine at any time. It begins with an incline at 0 and speed at 0.8 km/h.



2) **HILL CLIMB:** Simulates a hill ascent and descent. This program helps tone muscle and improve cardiovascular ability. Incline changes and segments repeat every 30 seconds.

Incline changes and segments repeat every 30 seconds.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10
Time	4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec
Level 1	0	0	1	1.5	2	2.5	3	3	2.5	2	1.5	1
Level 2	0	0	1.5	2	2.5	3	3.5	3.5	3	2.5	2	1.5
Level 3	0	1	2	2.5	3	3.5	4	4	3.5	3	2.5	2
Level 4	0	1.5	2.5	3	3.5	4	4.5	4.5	4	3.5	3	2.5
Level 5	0	1.5	3	3.5	4	4.5	5	5	4.5	4	3.5	3
Level 6	0	1.5	3.5	4	4.5	5	5.5	5.5	5	4.5	4	3.5
Level 7	0	1.5	4	4.5	5	5.5	6	6	5.5	5	4.5	4
Level 8	0	2	4.5	5	5.5	6	6.5	6.5	6	5.5	5	4.5
Level 9	0	2	5	5.5	6	6.5	7	7	6.5	6	5.5	5
Level 10	0	2	5.5	6	6.5	7	7.5	7.5	7	6.5	6	5.5



3) **MY FIRST 5K:** This 9-week program is intended for inexperienced runners looking to run their first 5k or simply begin an exercise routine. It is designed specifically to keep you motivated and engaged, gradually building your strength, increasing your stamina and giving you the confidence it takes to complete your first 5k.



Week	Workout #1	Workout #2	Workout #3	Week	Workout #1	Workout #2	Workout #3		
1	5 minute warmup	5 minute warmup	5 minute warmup	4	5 minute warmup	5 minute warmup	5 minute warmup		
	1 min jog	1 min jog	1 min jog		3 minute jog	3 minute jog	3 minute jog		
	1.5 min walk	1.5 min walk	1.5 min walk		1.5 minute walk	1.5 minute walk	1.5 minute walk		
	1 min jog	1 min jog	1 min jog		5 minute jog	5 minute jog	5 minute jog		
	1.5 min walk	1.5 min walk	1.5 min walk		2.5 minute walk	2.5 minute walk	2.5 minute walk		
	1 min jog	1 min jog	1 min jog		3 minute jog	3 minute jog	3 minute jog		
	1.5 min walk	1.5 min walk	1.5 min walk		1.5 minute walk	1.5 minute walk	1.5 minute walk		
	1 min jog	1 min jog	1 min jog		5 minute jog	5 minute jog	5 minute jog		
	1.5 min walk	1.5 min walk	1.5 min walk		5 minute cooldown	5 minute cooldown	5 minute cooldown		
	1 min jog	1 min jog	1 min jog		5	5 minute warmup	5 minute warmup	5 minute warmup	
	1.5 min walk	1.5 min walk	1.5 min walk			5 minute jog	5 minute jog	5 minute jog	
	1 min jog	1 min jog	1 min jog			3 minute walk	3 minute walk	3 minute walk	
	1.5 min walk	1.5 min walk	1.5 min walk			5 minute jog	5 minute jog	5 minute jog	
	1 min jog	1 min jog	1 min jog			3 minute walk	3 minute walk	3 minute walk	
	1.5 min walk	1.5 min walk	1.5 min walk			5 minute jog	5 minute jog	5 minute jog	
	1 min jog	1 min jog	1 min jog			5 minute cooldown	5 minute cooldown	5 minute cooldown	
	1.5 min walk	1.5 min walk	1.5 min walk			6	5 minute warmup	5 minute warmup	5 minute warmup
	1 min jog	1 min jog	1 min jog				5 minute jog	10 minute jog	25 minute jog
1.5 min walk	1.5 min walk	1.5 min walk	3 minute walk	3 minute walk	5 minute cooldown				
1 min jog	1 min jog	1 min jog	8 minute jog	8 minute jog	10 minute jog				
1.5 min walk	1.5 min walk	1.5 min walk	3 minute walk	5 minute cooldown					
1 min jog	1 min jog	1 min jog	5 minute jog						
1.5 min walk	1.5 min walk	1.5 min walk	5 minute cooldown						
1 min jog	1 min jog	1 min jog	7	5 minute warmup	5 minute warmup		5 minute warmup		
1.5 min walk	1.5 min walk	1.5 min walk		25 minute jog	25 minute jog		25 minute jog		
1 min jog	1 min jog	1 min jog		5 minute cooldown	5 minute cooldown	5 minute cooldown			
1.5 min walk	1.5 min walk	1.5 min walk		8	5 minute warmup	5 minute warmup	5 minute warmup		
1 min jog	1 min jog	1 min jog			28 minute jog	28 minute jog	28 minute jog		
1.5 min walk	1.5 min walk	1.5 min walk			5 minute cooldown	5 minute cooldown	5 minute cooldown		
1 min jog	1 min jog	1 min jog			9	5 minute warmup	5 minute warmup	5 minute warmup	
1.5 min walk	1.5 min walk	1.5 min walk				30 minute jog	30 minute jog	30 minute jog	
1 min jog	1 min jog	1 min jog				5 minute cooldown	5 minute cooldown	5 minute cooldown	
1.5 min walk	1.5 min walk	1.5 min walk	Warmup and cooldown speeds 1.6 km/h or 75% of walk speed, whichever is greater						
1 min jog	1 min jog	1 min jog							
1.5 min walk	1.5 min walk	1.5 min walk							
1 min jog	1 min jog	1 min jog							
1.5 min walk	1.5 min walk	1.5 min walk							
1 min jog	1 min jog	1 min jog							
1.5 min walk	1.5 min walk	1.5 min walk							

Warmup and cooldown speeds 1.6 km/h or 75% of walk speed, whichever is greater



- 4) **FAT BURN:** Relatively slow and steady is the name of the game to maximize your weight-loss goals. Promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone.

Speed and Incline changes, segments repeat every 30 seconds.

( km/h )

Segment	Warm Up		Each segment is 30 seconds								
Time	4:00 Mins		1	2	3	4	5	6	7	8	
Level 1	Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5
	Speed	0.8	2.4	3.2	4.0	4.8	5.6	6.4	5.6	4.8	4.0
Level 2	Incline	0	0.5	1.5	1.5	1	0.5	1	0.5	1	1.5
	Speed	0.8	3.0	4.0	4.8	5.6	6.4	7.2	6.4	5.6	4.8
Level 3	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2
	Speed	0.8	3.7	4.8	5.6	6.4	7.2	8.0	7.2	6.4	5.6
Level 4	Incline	0.5	1	2	2	1.5	1	1	1	1.5	2
	Speed	1.6	4.2	5.6	6.4	7.2	8.0	8.8	8.0	7.2	6.4
Level 5	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5
	Speed	1.6	4.8	6.4	7.2	8.0	8.8	9.6	8.8	8.0	7.2
Level 6	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5
	Speed	1.6	5.4	7.2	8.0	8.8	9.6	10.4	9.6	8.8	8.0
Level 7	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3
	Speed	2.2	6.1	8.0	8.8	9.6	10.4	11.2	10.4	9.6	8.8
Level 8	Incline	1.5	2	3	3	2.5	2	2	2	2.5	3
	Speed	2.2	6.6	8.8	9.6	10.4	11.2	12.0	11.2	10.4	9.6
Level 9	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5
	Speed	2.2	7.2	9.6	10.4	11.2	12.0	12.8	12.0	11.2	10.4
Level 10	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5
	Speed	2.2	7.8	10.4	11.2	12.0	12.8	13.6	12.8	12.0	11.2



- 5) **CUSTOM:** Allows you to create and reuse your perfect workout with a combination of a specific speed, incline and time or distance. The ultimate in personal programming. This is a time or distance based goal program.



## TARGET PROFILES



- 1) **DISTANCE:** Push yourself and go further during your workout with 13 distance workouts. Choose from 1K, 3K, 5K, 8K, 10K, 13K, 15K, 16K, 20K, HALF MARATHON, 24K, 32K and MARATHON GOALS. You set your level.

Incline changes and all segments are 0.16Km.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km	0.16km
Level 1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Level 2	0	0.5	1	3	2	3	2	3	2.5	3.5	2.5	3	2	3	2	3	1
Level 3	0.5	1	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4	2.5	3.5	2.5	3.5	1.5	3.5	1.5
Level 4	0.5	1	1.5	3.5	2.5	3.5	2.5	3.5	3	4	3	3.5	2.5	3.5	2.5	3.5	1.5
Level 5	1	1.5	2	4	2	4	3	4	3	4.5	3	4	3	4	2	4	2
Level 6	1	1.5	2	4	3	4	3	4	3.5	4.5	3.5	4	3	4	3	4	2
Level 7	1.5	2	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5	3.5	4.5	3.5	4.5	2.5	4.5	2.5
Level 8	1.5	2	2.5	4.5	3.5	4.5	3.5	4.5	4	5	4	4.5	3.5	4.5	3.5	4.5	2.5
Level 9	2	2.5	3	5	3	5	4	5	4	5.5	4	5	4	5	3	5	3
Level 10	2	2.5	3	5	4	5	4	5	4.5	5.5	4.5	5	4	5	4	5	3



- 2) **CALORIES:** Set goals for burning calories from 20 to 980 calories in 20 calorie increments. You set your level to keep you in your fat burning zone.

Incline changes and all segments are 20 calories.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal	20 cal
Level 1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Level 2	0	0.5	1	3	2	3	2	3	2.5	3.5	2.5	3	2	3	2	3	1
Level 3	0.5	1	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4	2.5	3.5	2.5	3.5	1.5	3.5	1.5
Level 4	0.5	1	1.5	3.5	2.5	3.5	2.5	3.5	3	4	3	3.5	2.5	3.5	2.5	3.5	1.5
Level 5	1	1.5	2	4	2	4	3	4	3	4.5	3	4	3	4	2	4	2
Level 6	1	1.5	2	4	3	4	3	4	3.5	4.5	3.5	4	3	4	3	4	2
Level 7	1.5	2	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5	3.5	4.5	3.5	4.5	2.5	4.5	2.5
Level 8	1.5	2	2.5	4.5	3.5	4.5	3.5	4.5	4	5	4	4.5	3.5	4.5	3.5	4.5	2.5
Level 9	2	2.5	3	5	3	5	4	5	4	5.5	4	5	4	5	3	5	3
Level 10	2	2.5	3	5	4	5	4	5	4.5	5.5	4.5	5	4	5	4	5	3



- 3. TARGET HEART RATE:** This program is designed for you to improve your overall cardiovascular fitness levels. You simply set your target heart rate. The program will then monitor and adjust the intensity level to maintain your heart rate within your targeted range while you exercise – a proven method to maximize your weight loss and fitness goals. A chest strap is required and must be worn during the duration of this program. See below for calculating your target heart rate.

### Calculating Your Target Heart Rate

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training.

The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended.

This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is  $220 - 30 = 190$  bpm and 90% max HR is  $190 \times 0.9 = 171$  bpm.

Target Heart Rate Zone	Workout Duration	Example THR (age 30)	Your THR	Recommend For
<b>VERY HARD</b> 90 - 100%	< 5 min	171-190 BPM		Fit persons for athletic training
<b>HARD</b> 80 - 90%	2-10 min	152-171 BPM		Shorter Workouts
<b>MODERATE</b> 70 - 80%	10-40 min	133-152 BPM		Moderately long Workouts
<b>LIGHT</b> 60 - 70%	40-80 min	114-133 BPM		Longer and frequently repeated shorter exercises
<b>VERY LIGHT</b> 50 - 60%	20-40 min	104-114BPM		Weight management and active recovery

### **Additional target heart rate notes:**

- 1). The treadmill incline will automatically adjust to bring you near your specified heart rate.
- 2). If there is no heart rate detected, the unit will not change the incline.
- 3). If your heart rate is 25 beats over your target zone the program will shut down.



## **TO RESET THE CONSOLE**

Hold STOP key for 3 seconds.

## **FINISHING YOUR WORKOUT**

When your workout is complete, the unit will beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

## **BLUETOOTH HEART RATE MONITORING**

The 7.0AT is equipped with multi-channel Bluetooth which enables you to wirelessly connect compatible Bluetooth heart rate monitoring devices to this treadmill. You will need to ensure that your wireless heart rate monitoring device is Bluetooth 4.0 compatible and is also “open” to sharing data. Non-“open” or “closed” devices typically only share data with their proprietary apps. The 7.0AT needs an “open” device to receive data from the device. You may need to consult with your device’s owner’s manual or the manufacturer to confirm if it is an open device.

Pair the receiver to the app and the console will receive the information from the tablet. To use the Bluetooth chest strap without a tablet, press and hold the Bluetooth button to enable the console to communicate with the receiver. When paired with the chest strap the console will not pair with a tablet. To enable tablet communication press and hold the Bluetooth button for 5 seconds or reset power.

## **USING YOUR MUSIC DEVICE**

The 7.0AT treadmill will connect and stream music from your compatible music device. This includes many smart phones and traditional mp3 players.

Your 7.0AT comes equipped with Bluetooth speakers. Bluetooth compatible devices can stream music wirelessly from your device to the speakers. You can also connect your music device via an audio cable and stream music through the speakers. Instructions for both types of audio connection are detailed below.



### **CONNECTING VIA BLUETOOTH 4.0LE**

- 1) Check to ensure that your music device is Bluetooth 4.0 compatible
- 2) Go into your device's Bluetooth settings and scan for devices (Do not press the Bluetooth key).
- 3) On your music device, locate the Bluetooth device list. Select your treadmill or elliptical unit that appears on this list.  
Wait for your music device to finish pairing with the unit.
- 4) You will know when pairing is successful when your music device shows the treadmill or elliptical unit as now being a paired device.

### **WHEN UNIT IS POWERED OFF THEN BACK ON**

If you turn your treadmill or elliptical unit off, or if it goes into sleep mode, the next time it is powered on the unit will look to pair with the last music device with which it was paired. It will automatically pair at this time.

### **RE-PAIRING MUSIC DEVICES**

In the event that the unit cannot find the last paired music device (for example, the music device is off or not being used) then the unit will stop looking to pair with the music device. If this happens, and if you wish to use your music device again, then you will need to go through the pairing process listed above and re-pair through your music device's settings.

### **USING MULTIPLE MUSIC DEVICES**

If multiple devices are being paired with the unit (i.e.: multiple users are using the treadmill or elliptical unit and pairing their music devices with it) then the unit will look to pair with the last device used and "forget" other devices. If you wish to re-pair a "forgotten" music device, then you will need to un-pair the current paired device and then re-pair your device through the pairing procedure noted above.

### **CONNECTING VIA AN AUDIO CABLE**

- 1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the top right of the console and the headphone jack on your music device.
- 2) Use your CD / MP3 player buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.
- 4) If you don't want to use the SPEAKERS, you can plug your headphones into the AUDIO OUT JACK at the bottom of the console. This ensures that if you accidentally catch the headphone line while running, you won't drop your device to the ground.

**Eng: Waste Disposal**

VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness products are recyclable.  
At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

**Ger: Entsorgungshinweis**

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**Ita: Indicazione sullo smaltimento**

I prodotti VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness sono riciclabili. Quando l'apparecchio non servirà più, portarlo in un apposito punto di raccolta della propria città (punti di raccolta comunali).

**Spe: Gestión de residuos**

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