



**T101**  
**CT5.2**

**TREADMILL OWNER'S MANUAL**  
**MANUEL DU PROPRIÉTAIRE DU TAPIS ROULANT**  
**MANUAL DEL PROPIETARIO DE LA CAMINADORA**



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

Lire le GUIDE DU TAPIS ROULANT avant de se servir du présent MANUEL DU PROPRIÉTAIRE.

Lea la GUÍA DE LA CAMINADORA antes de usar este MANUAL DEL PROPIETARIO.

# 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:

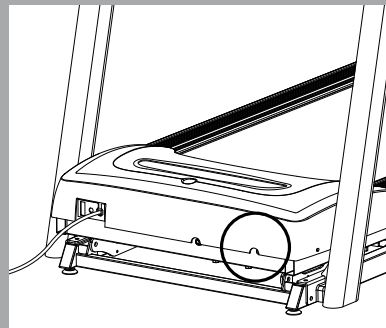
SERIAL NUMBER:

TM

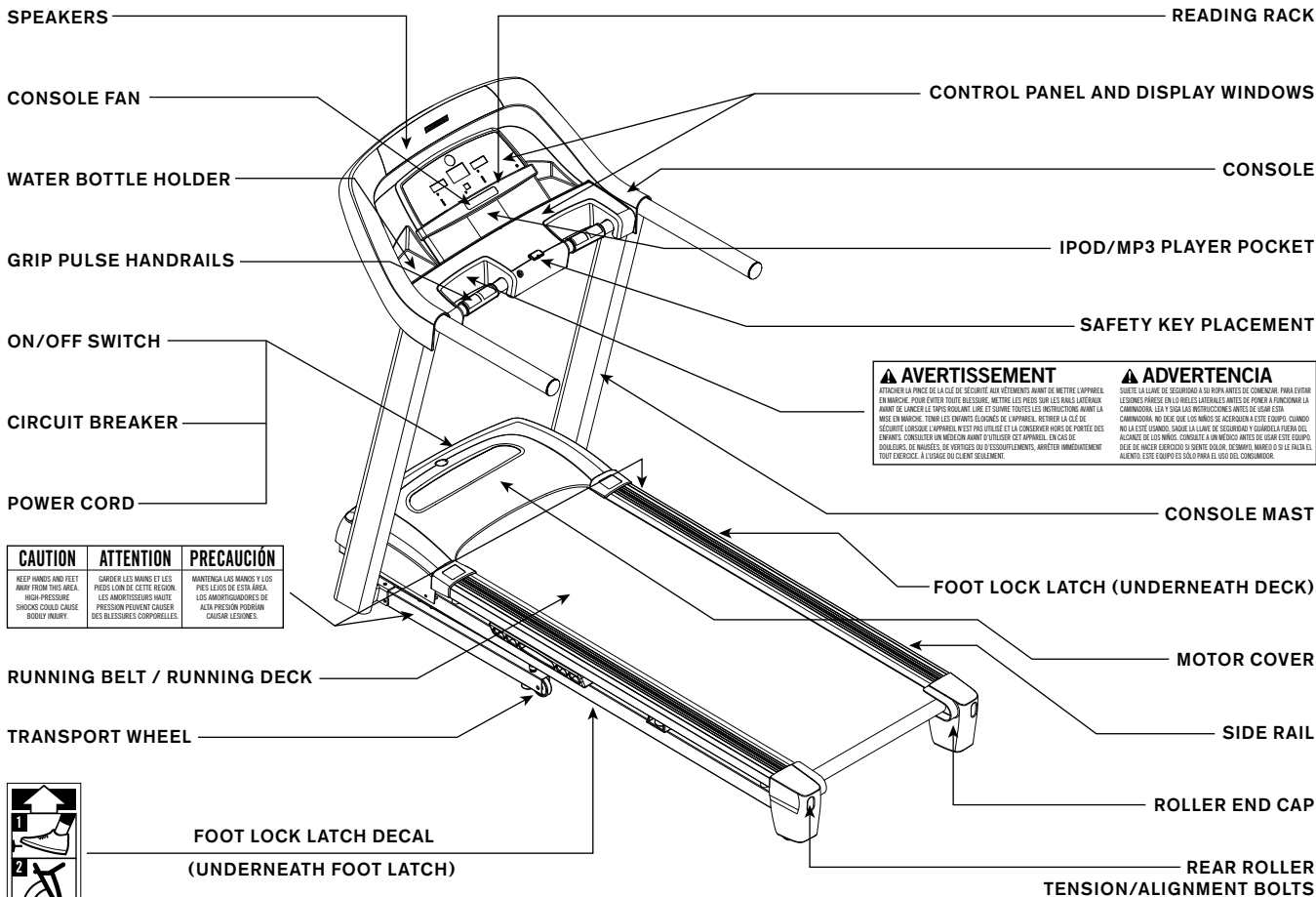
MODEL NAME: **HORIZON**

**TREADMILL**

## SERIAL NUMBER LOCATION



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



<p><b>⚠ AVERTISSEMENT</b></p> <p>ATTACHER LA PINCE DE LA CLÉ DE SÉCURITÉ AUX VÊTEMENTS AVANT DE METTRE L'APPAREIL EN MARCHÉ. POUR ÉVITER TOUTE BLESSURE, METTRE LES PIEDS SUR LES RAILS LATÉRAUX AVANT DE LANCER LE TAPIS ROULANT. LIRE ET SUIVRE TOUTES LES INSTRUCTIONS AVANT LA MISE EN MARCHÉ. TENIR LES ENFANTS ÉLOIGNÉS DE L'APPAREIL. RÉTENIR LA CLÉ DE SÉCURITÉ CORRESPONDANT À L'APPAREIL ET LA CONSERVER HORS DE PORTÉE DES ENFANTS. CONSULTER UN MÉDECIN AVANT D'UTILISER CET APPAREIL. EN CAS DE DOULEURS, DE MAUX DE DOS, DE VERTIGES OU D'ÉCROULEMENTS, ARRÊTER IMMÉDIATEMENT TOUT EXERCICE, À L'USAGE DU CLIENT SEULEMENT.</p>	<p><b>⚠ ADVERTENCIA</b></p> <p>SUJETE LA LLAVE DE SEGURIDAD A SU ROPA ANTES DE COMENZAR. PARA EVITAR LESIONES PASESE EN LOS RIELS LATERALES ANTES DE PONER A FUNCIONAR LA CAMBINATORIA. LEA Y SIGA LAS INSTRUCCIONES ANTES DE EMPEZAR A CAMBINAR. NO DEJE QUE LOS NIÑOS SE ACERCEN A ESTE EQUIPO. CUANDO NO LA ESTE USANDO, SÁQUELA LA LLAVE DE SEGURIDAD Y GUÁRDALA FUERA DEL ALCANCE DE LOS NIÑOS. CONSULTE A UN MÉDICO ANTES DE USAR ESTE EQUIPO. DEBE DE PARAR EL EJERCICIO SI SIENTE DOLOR, RESACA, MAREOS O SI LE PUEDE EL ALIENTO. ESTE EQUIPO ES SOLO PARA EL USO DEL CONSUMIDOR.</p>
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CAUTION	ATTENTION	PRECAUCIÓN
KEEP HANDS AND FEET AWAY FROM THIS AREA. HIGH-PRESSURE SHOCKS COULD CAUSE BODILY INJURY.	GARDER LES MAINS ET LES PIEDS LOIN DE CETTE RÉGION. LES MANŒUVRES HAUTES PRESSION PEUVENT CAUSER DES BLESSURES CORPORELLES.	MANTENGA LAS MANOS Y LOS PIEDS LEJOS DE ESTA ÁREA. LOS MANEJOS FUERTES PUEDEN CAUSAR LESIONES.



## TOOLS INCLUDED:

- ☐ 6 mm T-Wrench
- ☐ 5 mm L-Wrench
- ☐ 4 mm T-Wrench

## PARTS INCLUDED:

- ☐ 1 Console Assembly
- ☐ 2 Console Masts
- ☐ 2 Console Mast Brackets
- ☐ 4 Hardware Bags
- ☐ 1 Safety Key
- ☐ 1 Audio Adapter Cable
- ☐ 1 Bottle of Silicone Lubricant  
(for 2 applications)
- ☐ 2 Water Bottle Holder Pockets



## NEED HELP?

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

# 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

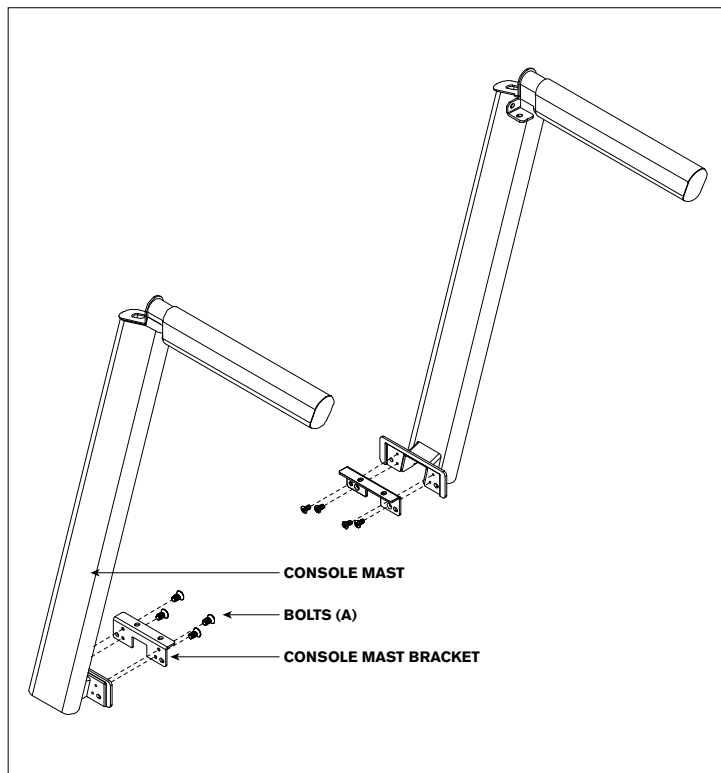
**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!**

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

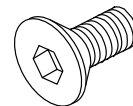
**NOTE:** A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.



# ASSEMBLY STEP 1



## HARDWARE BAG 1 CONTENTS :

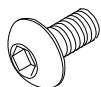


**BOLT (A)**  
**10 mm**  
**Qty: 8**

- A Cut the yellow banding straps and lift the **RUNNING DECK** upward until the **FOOT LATCH** locks. Remove all contents from underneath the running deck.
- B Open **HARDWARE BAG 1**.
- C Attach **CONSOLE MAST BRACKETS** to the **CONSOLE MASTS** using 8 **BOLTS (A)**.

## ASSEMBLY STEP 2

### HARDWARE BAG 2 CONTENTS :



**BOLT (B)**  
20 mm  
Qty: 4

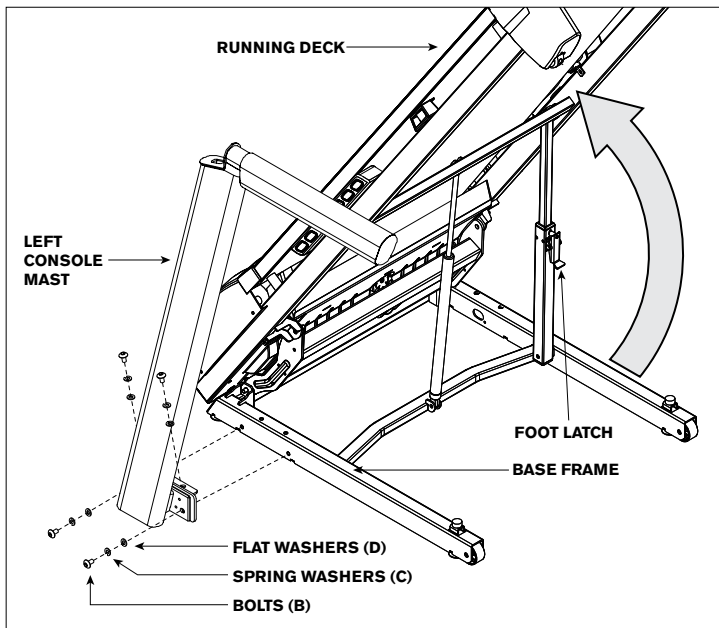


**SPRING WASHER (C)**  
15 mm  
Qty: 4



**FLAT WASHER (D)**  
15 mm  
Qty: 4

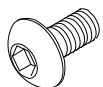
- A Open **HARDWARE BAG 2**.
- B With the **RUNNING DECK** in the raised position, attach the **LEFT CONSOLE MAST** to the **BASE FRAME** using 4 **BOLTS (B)**, 4 **SPRING WASHERS (C)** and 4 **FLAT WASHERS (D)**.



## ASSEMBLY STEP 3



### HARDWARE BAG 3 CONTENTS :



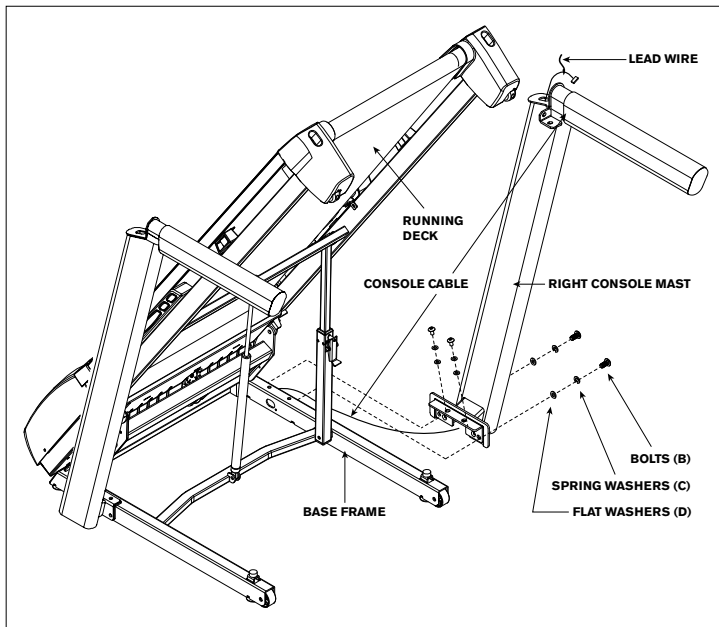
**BOLT (B)**  
20 mm  
Qty: 4



**SPRING WASHER (C)**  
15 mm  
Qty: 4



**FLAT WASHER (D)**  
15 mm  
Qty: 4



- A Open **HARDWARE BAG 3**.
- B Pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the lead wire through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard the lead wire.
- C With the **RUNNING DECK** in the raised position, attach the **RIGHT CONSOLE MAST** to the **BASE FRAME** using 4 **BOLTS (B)**, 4 **SPRING WASHERS (C)** and 4 **FLAT WASHERS (D)**.

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

# ASSEMBLY STEP 4

## HARDWARE BAG 4 CONTENTS :



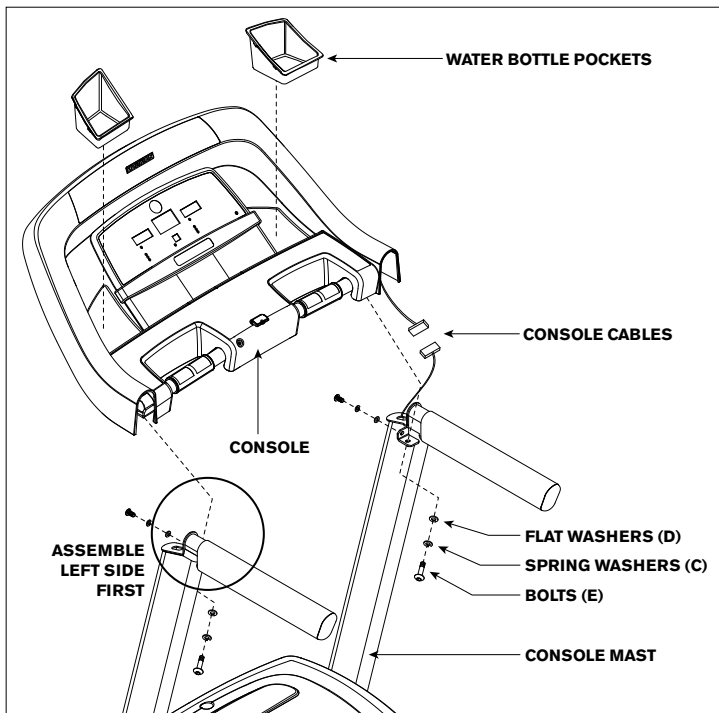
**BOLT (E)**  
15 mm  
Qty: 4



**SPRING WASHER (C)**  
15 mm  
Qty: 4



**FLAT WASHER (D)**  
15 mm  
Qty: 4



- A Disengage the **DECK LOCK LATCH** with your foot to lower the **RUNNING DECK**.
- B Open **HARDWARE BAG 4**.
- C Gently place the **CONSOLE** on top of the **CONSOLE MASTS**. Attach the **LEFT SIDE** first using 2 **BOLTS (E)**, 2 **SPRING WASHERS (C)** and 2 **FLAT WASHERS (D)**.
- D Connect the **CONSOLE CABLES**, carefully tucking wires in masts to avoid damage.
- E Attach the **RIGHT SIDE** of the **CONSOLE** using 2 **BOLTS (E)**, 2 **SPRING WASHERS (C)** and 2 **FLAT WASHERS (D)**.

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

- F Insert **WATER BOTTLE POCKETS** into **CONSOLE**.
- G Before the first use, lubricate the treadmill deck by following the instructions in the **MAINTENANCE** section in the **TREADMILL GUIDE**.

**YOU ARE FINISHED!**





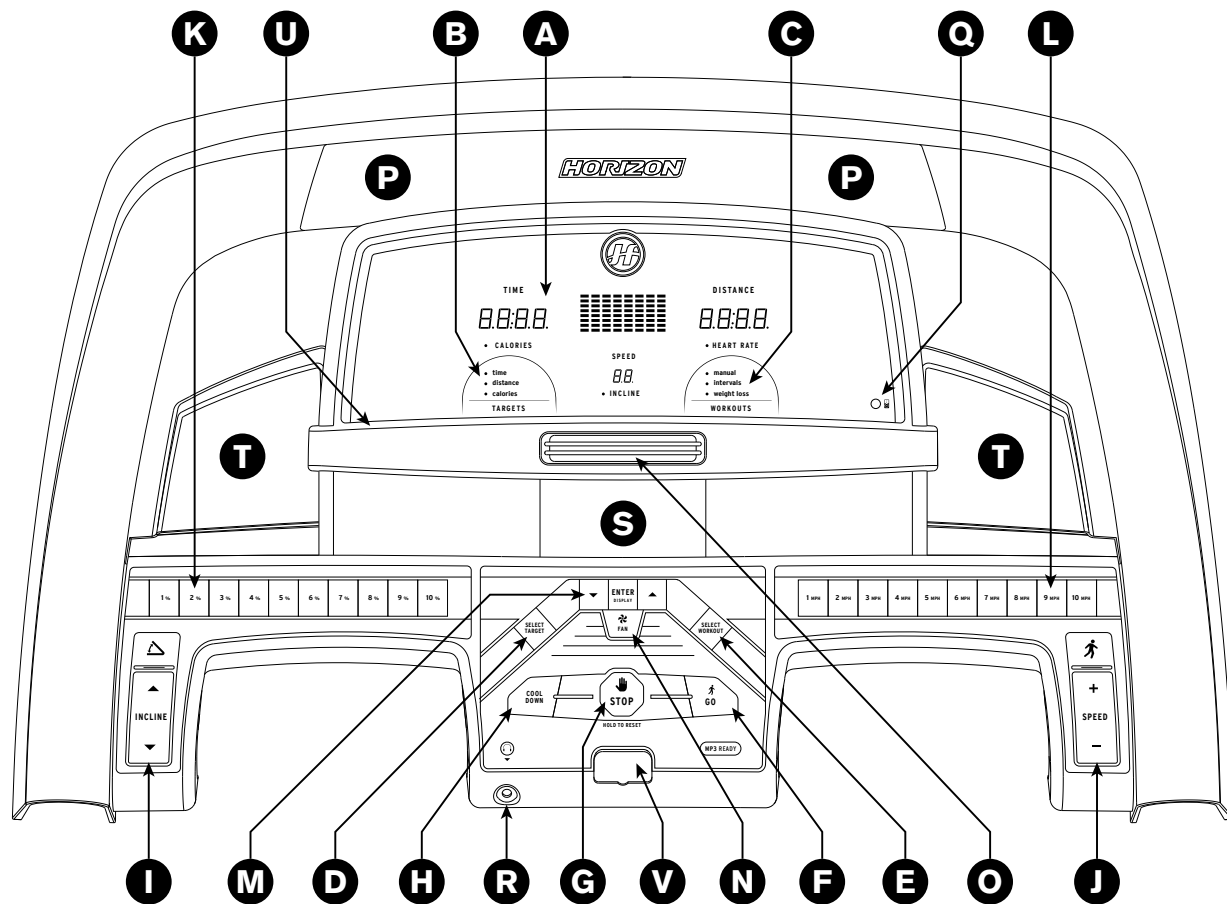
# TREADMILL OPERATION



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**

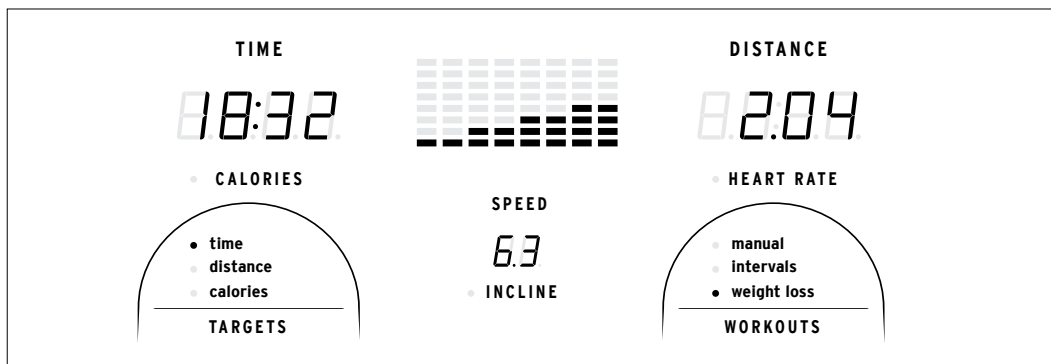


## CONSOLE OPERATION

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

- A) **LED DISPLAY WINDOWS:** time, distance, calories, heart rate, speed, incline and workout profiles.
- B) **TARGET LED INDICATORS:** indicate what target (if any) is set for the current program.
- C) **WORKOUT LED INDICATORS:** indicate what workout is set for the current program.
- D) **SELECT TARGET:** press to select your desired target.
- E) **SELECT WORKOUT:** press to select your desired workout.
- F) **GO:** press to begin exercising, start your workout, or resume exercising after pause.
- G) **STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- H) **COOL DOWN:** press to enter cool down mode. Cool down lasts for 4 minutes and reduces speed and incline to allow your heart to readjust to decreased demand.
- I) **INCLINE ▲ / ▼ KEYS:** used to adjust incline in small increments (0.5% increments).
- J) **SPEED + / - KEYS:** used to adjust speed in small increments (0.1 mph increments).
- K) **INCLINE QUICK KEYS:** used to reach desired incline more quickly.
- L) **SPEED QUICK KEYS:** used to reach desired speed more quickly.
- M) **ENTER AND ▲ / ▼ KEYS:** used to adjust target and workout settings. Press ENTER to change display feedback during workout.
- N) **FAN KEY:** press to turn fan on and off.
- O) **FAN:** personal workout fan.
- P) **SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- Q) **AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- R) **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.
- S) **MP3 PLAYER POCKET:** used to store your MP3 player.
- T) **WATER BOTTLE POCKETS:** holds personal workout equipment.
- U) **READING RACK:** holds reading material.
- V) **SAFETY KEY POSITION:** enables treadmill when safety key is inserted.





## DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Shown as MPH. 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 or calories remaining left to burn 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).
- **PROGRAM PROFILES:** Represents the profile of the program being used (speed during speed based programs and incline during incline based programs).
- **TARGETS:** LED lights up next to currently selected target. If no LED is lit, no target is activated.
- **WORKOUTS:** LED lights up next to currently selected workout.

## 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 GO/START key to begin working out.  
Time, distance, and calories will all count up from zero. OR...





### B) SELECT A TARGET AND WORKOUT

- 1) Select a TARGET using the SELECT TARGET key.
- 2) Adjust the TARGET settings using the ARROW keys.
- 3) Press ENTER to advance.
- 4) Select a WORKOUT using the SELECT WORKOUT key.
- 5) Press GO/START to begin workout.



## TARGET PROFILES



-  **TARGET 1 – TIME:** Allows user to set a target based on how long they would like to workout. Time targets can range from 15:00 – 99:00. TIME will count down. DISTANCE and CALORIES will count up from zero.
-  **TARGET 2 – DISTANCE:** Allows user to set a target based on distance they would like to complete. Distance target can range from 0.25 – 26.25 miles. DISTANCE will count down. TIME and CALORIES will count up from zero.
-  **TARGET 3 – CALORIES:** Allows user to set a target based on the number of calories they would like to burn. Calories target can range from 20 – 980 calories. CALORIES will count down. TIME and DISTANCE will count up from zero.
-  **NO TARGET:** Allows user to select a workout profile that has no specified time, distance, or calorie target. TIME, DISTANCE, and CALORIES will all count up from zero.

## WORKOUT PROFILES

- 1) **MANUAL:** Adjust your speed and incline manually during your workout.
- 2) **INTERVALS:** Improves your strength, speed and endurance by increasing and decreasing the speed and incline throughout your workout to involve your heart and other muscles.

Segment	Warm Up		1	2	Segments 1 & 2 repeat until target is complete
Time	4:00 Mins		90 sec	30 sec	
Speed	1	1.5	2	4	
Incline	1	1.5	0.5	1.5	



- 3) WEIGHT LOSS:** Promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone.

Segment	Warm Up		1	2	3	4	5	6	7	8	Segments 1–8 repeat until target is complete
Time	4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	
Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5	
Speed	1	1.5	2	2.5	3	3.5	4	3.5	3	2.5	

## TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

## COOL DOWN

Puts treadmill into cool down mode. Cool down lasts for four minutes and reduces speed and incline to allow your heart to readjust to decreased demand.

## FINISHING YOUR WORKOUT

When your workout is complete, the monitor display will flash “GOAL COMPLETED” and beep. Your workout information will stay displayed on the console for 30-45 seconds and then reset.


## CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the STOP button for 3-5 seconds.



## USING YOUR CD / MP3 PLAYER



- 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 CD / MP3 player.
- 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.



# LIMITED HOME-USE WARRANTY





**WEIGHT CAPACITY = 300 lbs (136 kilograms)**

### **FRAME • LIFETIME**

Horizon Fitness warrants the frame against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

### **MOTOR • LIFETIME**

Horizon Fitness warrants the motor against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. Labor or installation of motor is not covered under the motor warranty.

### **ELECTRONICS & PARTS • 1 YEAR**

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

### **LABOR • 1 YEAR**

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

## **EXCLUSIONS AND LIMITATIONS**

Who IS covered:

- The original owner and is not transferable.

What IS covered:

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

What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by Horizon Fitness.
- Incidental or consequential damages. Horizon Fitness is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment. Horizon Fitness does not provide monetary or other compensation for any such repairs or replacement parts

costs, including but not limited to gym membership fees, work time lost, diagnostic visits, maintenance visits or transportation.

- 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.
- If you are out of the manufacturer's warranty but have an extended warranty, refer to your extended warranty contract for contact information regarding requests for extended warranty service or repair.

## SERVICE/RETURNS

- In-home service is available within 150 miles of the nearest authorized Service Provider (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.
- Horizon Fitness may request defective components be returned to Horizon Fitness upon completion of warranty service using a prepaid return shipping label. If you have been advised to return parts and did not receive a label, please contact Customer Tech Support.
- 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.





## CUSTOMER TECH SUPPORT

### **DO NOT RETURN TO THE RETAILER**

if you have any problems during assembly or if parts are missing.

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

We want to know if you have a problem and we want to have an opportunity to correct it for you.

**NOTE:** Please read the TROUBLESHOOTING section in the TREADMILL GUIDE before contacting Customer Tech Support. Additional product information is available on our website.



## SERVICE DE SOUTIEN TECHNIQUE À LA CLIENTÈLE

En cas de difficulté lors de l'assemblage ou si des pièces manquent, **NE PAS RENVoyer L'APPAREIL AU DÉTAILLANT.**

Pour un service rapide et amical, communiquer avec un de nos techniciens qualifiés, par téléphone, courriel ou notre site Web.

Horizon Fitness tient à ce qu'on lui signale tout problème d'utilisation, afin de pouvoir y remédier.

**REMARQUE :** Lire la section DÉPANNAGE du GUIDE DU TAPIS ROULANT avant de contacter le service de soutien technique à la clientèle. Pour plus ample information sur le produit, visiter notre site Web.



## SERVICIO DE ASISTENCIA TÉCNICA A CLIENTES

Si tiene problemas durante el ensamblaje o si le faltan piezas **NO DEVUELVA ESTE APARATO AL VENDEDOR MINORISTA.**

Para obtener servicio rápido y amable, comuníquese por teléfono, correo electrónico o a través de nuestro sitio en Internet con alguno de nuestros técnicos capacitados en ayuda a clientes.

Nos interesa saber si usted tiene algún problema y queremos tener la oportunidad de corregir la situación.

**NOTA:** Antes de comunicarse con el servicio de asistencia técnica a clientes, lea la sección de RESOLUCIÓN DE PROBLEMAS en la GUÍA DE LA CAMINADORA. Puede encontrar información adicional del producto en nuestro sitio en Internet.



**USA: 1-800-244-4192** [comments@horizonfitness.com](mailto:comments@horizonfitness.com)  
**CAN: 1-877-922-6234** [ctsupport@horizonfitness.com](mailto:ctsupport@horizonfitness.com)  
[www.horizonfitness.com](http://www.horizonfitness.com)

**Horizon Fitness**  
1600 Landmark Drive,  
Cottage Grove WI, 53527