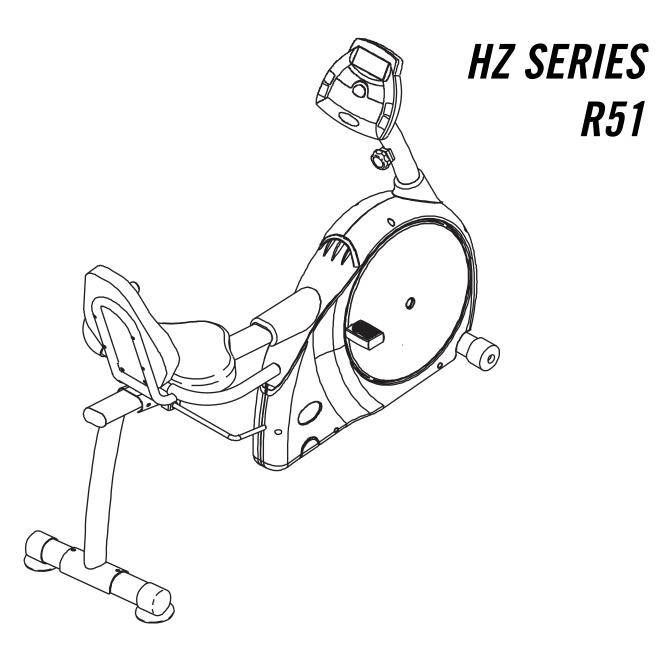


Designed for life.™



Recumbent Bike User's Guide

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

Important Precautions

SAVE THESE INSTRUCTIONS

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



WARNING!

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

- Use this exercise product for its intended use as described in this Owner's guide.
- Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the recumbent bike's side covers. Service should be performed only by an authorized Horizon Fitness service provider.
- Never operate this recumbent bike if it is not working properly, if it has been damaged, or immersed in water.
- Do not use outdoors.

OTHER SAFETY TIPS FOR YOUR HORIZON FITNESS RECUMBENT BIKE



CAUTION!

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

OPERATION

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

CHILDREN

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

CLEANING

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

USER CAPACITY

• 250 lbs

CAUTION!

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

IMPORTANT: PLEASE READ BEFORE USE!

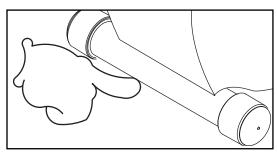
ASSEMBLY



CAUTION! There are several areas during the assembly process of a Horizon Fitness recumbent bike that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the recumbent bike could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the recumbent bike, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your recumbent bike's serial number and model name located on the front foot tube and enter it in the space provided below:

SERIAL NUMBER AND MODEL NAME LOCATION:



ENTER YOUR SERIAL NUMBER IN BOX BELOW:

Refer to this number when calling for service, and also enter this serial number on your Warranty Card and in your own records. Be sure to read the Safety Instructions and complete Owner's Guide before using your new Horizon Fitness recumbent bike.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to Horizon Fitness within thirty days of purchase or registered online at www.horizonfitness.com, before a warranty claim can be processed. Please keep receipt with owner's guide as it may be required for a warranty claim. Make sure to send in warranty registration card to validate your warranty.

Before You Begin

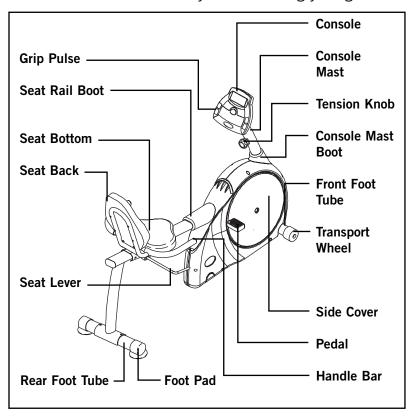
CONGRATULATIONS! on choosing a Horizon Series recumbent bike.

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

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

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

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



Assembly

UNPACKING

Unpack the product where you will be using it. Place the product on a level flat surface. It is recommended that you place a protective covering on your floor. Note: It is recommended that you apply grease to the threads of each bolt as you assemble the product, to prevent loosening and noise. Also, during each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY! Place your recumbent bike on a level flat surface. It is recommended that you place a protective covering on your floor.

Parts (see illustration on previous page)

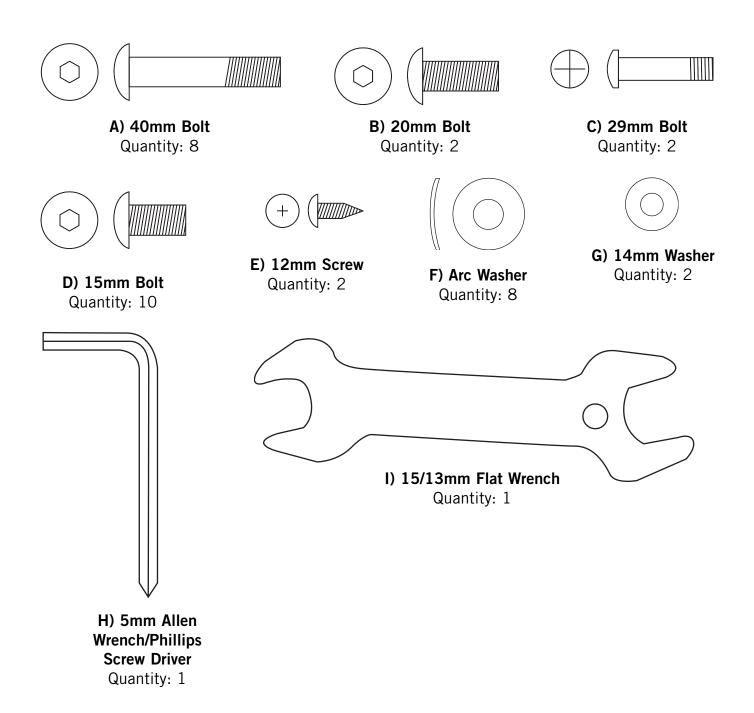
- 1 Rear Foot Tube
- 1 Handlebar Set
- 1 Seat Rail
- 1 Seat Back
- 1 Seat Frame
- 1 Console Mast
- 1 Console Mast Boot
- 2 Mobile Wheels
- 1 Console
- 2 Pedals
- 2 Wheel Sleeves
- 1 Tension Knob
- 1 Seat Rail Boot
- 2 AA Batteries (Hardware Pack)

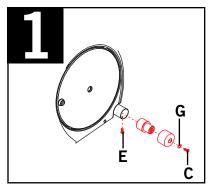
Tools (included)

- 5mm Allen Wrench/ Phillips Screw Driver
- 13/15mm Flat Wrench

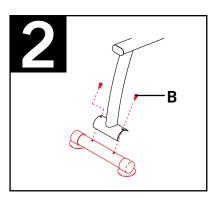
CONTACT HORIZON FITNESS CUSTOMER ASSISTANCE CENTER; TOLL FREE @ 1-800-244-4192 OR VISIT www.horizonfitness.com

HARDWARE

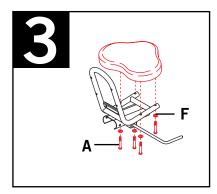




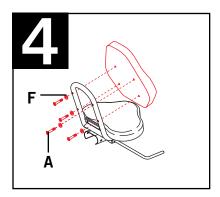
STEP 1: ATTACH MOBILE WHEELS AND WHEEL SLEEVES



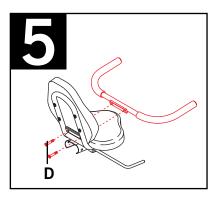
STEP 2: ATTACH REAR FOOT TUBE



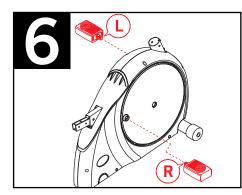
STEP 3: ATTACH SEAT BOTTOM



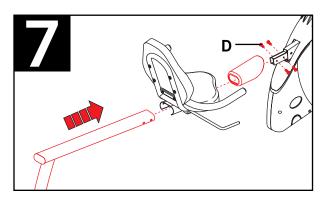
STEP 4: ATTACH SEAT BACK



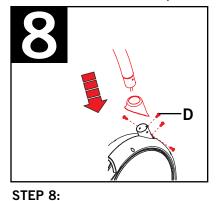
STEP 5: ATTACH HANDLEBAR SET



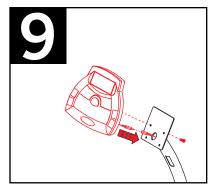
STEP 6: ATTACH LEFT FOOT PEDAL (TURN COUNTER CLOCKWISE) AND ATTACH RIGHT FOOT PEDAL (TURN CLOCK-WISE)



STEP 7: ATTACH SEAT RAIL AND SEAT BOOT

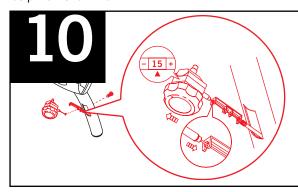


ATTACH CONSOLE MAST
Note: Do not pinch the wire.



STEP 9: ATTACH CONSOLE (Bolt is Pre-Attached) Note: Do not pinch the wire.

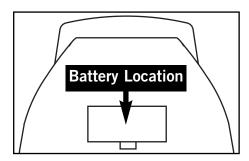
STEP 10: ATTACH TENSION KNOB TO CON-SOLE MAST.



Recumbent Operation & Adjustment

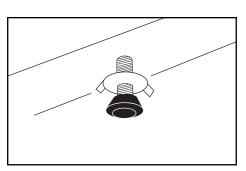
POWER

Your programmable recumbent bike is powered by 2 AA batteries, which are replaceable through the back side of the console.



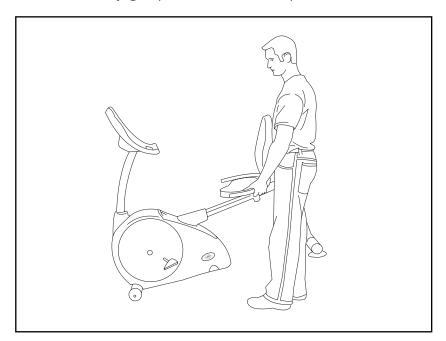
LEVELING

The recumbent bike should be level for optimum use. Once you have placed the recumbent bike where you intend to use it, raise or lower the adjustable leveler located under the rear portion of the side cover. Once you have leveled the recumbent bike, lock the levelers in place by tightening the wing nuts against the frame.



MOVING

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



Note: The console may not resemble your model.

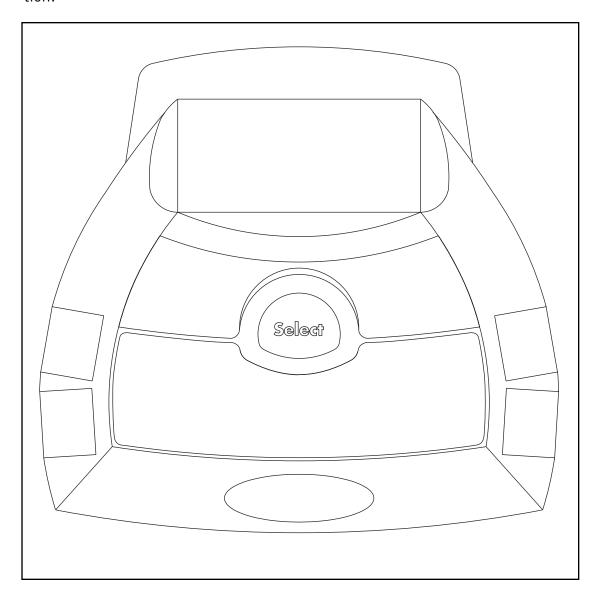


CAUTION! Our recumbent bikes are well built and heavy, weighing up to 150lbs.! Use care and additional help if necessary when moving.

Console Features & Display

QUICK START UP

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

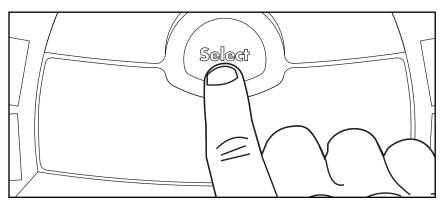


RESET

Press and hold the select button on the console.

SELECTING OPTIONAL FEEDBACK

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



STARTING YOUR WORKOUT

Start pedaling, the console will automaticly begin counting down.

CHOOSING YOUR RESISTANCE

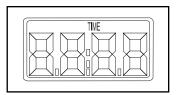
Adjust the tension knob located on the console mast. You can choose a resistance from 1 to 15, 1 being the easiest, 15 being the most difficult. Turn the tension knob clockwise to increase the resistance.

FINISHING YOUR WORKOUT

Remember to gradually slow down your pace before stopping your workout. After you have finished your workout, the console will 'beep' several times to let you know your workout is finished.

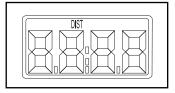
TIME

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



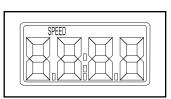
DISTANCE

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



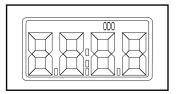
SPEED

Shown as your speed in miles per hour.



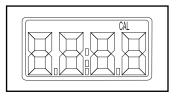
ODOMETER

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



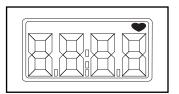
CALORIES

Shown as total accumulated calories burned during your workout.



PULSE

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



Maintenance & Troubleshooting Procedures

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

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

HOW DO I CLEAN MY HORIZON FITNESS RECUMBENT BIKE?

Clean with soap and water cleaners only. Never use solvents on plastic parts.

Cleanliness of your Horizon Fitness recumbent bike and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Horizon Fitness recommends that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)

- Wipe off the recumbent bike with a clean rag or towel.
- Never use solvents, as they can cause damage to the recumbent bike.

EVERY WEEK

Clean underneath the recumbent bike, following these steps:

- Move the recumbent bike to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the recumbent bike.
- Return the recumbent bike to its previous position.

EVERY MONTH

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

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

PROBLEM: There is no display on the console.

SOLUTION: Replace the batteries located on the back side of the console and confirm they are properly installed.

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

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

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

SOLUTION: Confirm proper installation of tension knob, making sure the tension cable is tight.

PROBLEM: Erratic or inconsistent heart rate readout.

SOLUTION: Check your exercise environment for sources of interference such as high power lines, large motors, etc. Outside interference sources such as computers, motors and fluorescent lights may cause the heart rate reading to be erratic.

You may experience an erratic readout under the following conditions:

- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate grips while exercising.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try moistening your palms or rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose skin on the measuring palms is especially thick.

If you have any questions, or if there are any missing parts, we will guarantee complete satisfaction.

PLEASE CALL OUR TOLL-FREE DIRECT CUSTOMER ASSISTANCE CENTER @ 1-888-993-3199

Mon.-Fri., 8 a.m.-5 p.m. CST (excluding holidays).

Common Product Questions

ARE THE SOUNDS MY RECUMBENT BIKE MAKES NORMAL?

Our recumbent bikes are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our recumbent bikes. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

WHY IS THE RECUMBENT BIKE I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

HOW LONG WILL THE DRIVE BELT LAST?

The computer modeling we have done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

CAN I MOVE THE RECUMBENT BIKE EASILY ONCE IT IS ASSEMBLED?

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

Conditioning Guidelines

Always consult your physician before beginning an exercise program.

HOW OFTEN?

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before your shower, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. If you are to be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG?

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 32 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD?

How hard you workout is also determined by your goals. If you use your Horizon Fitness recumbent bike to prepare for a 5K race, 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, and the second is by evaluating your perceived exertion level (this is simpler than it sounds!). Note: Always consult your physician before beginning an exercise program.

PERCEIVED EXERTION LEVEL

The second and simpler way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of other warning signs of overexertion.

Monitoring Your Heart Rate

FEEDBACK

Your Horizon Fitness recumbent bike offers two heart rate feedback options (chest strap not included). You may choose to use the heart rate handlebars, or the chest transmitter for a hands free workout.

HEART RATE GRIPS

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

TELEMETRIC CHEST TRANSMITTER (Not included)

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

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



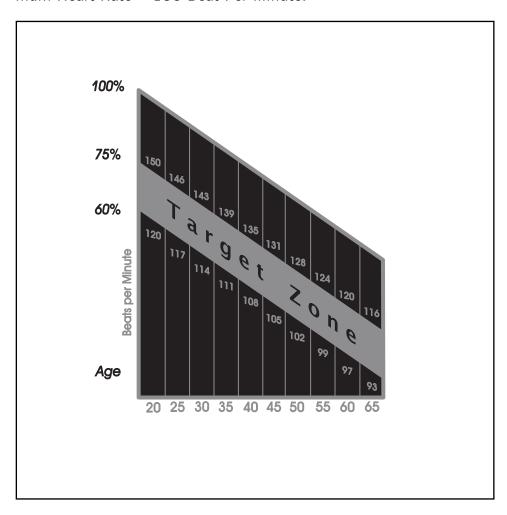
WARNING!

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

Heart Rate Chart

TARGET HEART RATE ZONE

Your 'Target Heart Rate Zone' is a percentage of your maximum heart rate. Target Zones will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a 'Target Heart Rate Zone' of between 60% and 75% of your maximum heart rate. See the chart below for convenient reference. **Example** for a 42-year old user: find AGE along the bottom of the chart (round to 40), follow AGE column up to the TARGET ZONE BAR. RESULTS: 60% of maximum Heart Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.



Developing A Fitness Program



STRETCH FIRST

Before using your Horizon Fitness 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.

WALL PUSH

Stand near a wall with the toes of one foot about 18" from the wall, and the other foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Alternate positions of your feet and repeat for a total of 8 repetitions.

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 a count of 15 seconds. Repeat with your right ankle and hand, and continue alternating for a total of 8 repetitions.

SEATED TOE TOUCH

Sit on the 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 for a total of 8 repetitions.

Warm Up & Cool Down

THE IMPORTANCE OF WARM UP AND COOL DOWN

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your Horizon Fitness product at a slow pace.

COOL DOWN

Never stop exercising suddenly! A cool-down period allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises to loosen and relax your muscles.

Achieving Your Fitness Goals

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your Horizon Fitness recumbent bike to lose weight? Improve muscle? Burn Stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

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

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your Horizon Fitness recumbent bike console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of test functions.

KEEPING AN EXERCISE DIARY

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

Weekly Log Sheets

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

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

WEE	K#	_	V	VEEKLY	GOAL:
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUN					
MON					
TUES					
WED					
THUR					
FRI					
SAT					
WEEKLY	TOTALS				

Monthly Log Sheets

MONTH	MONTHLY GOAL:				
WEEK#	DISTANCE	CALORIES	TIME		
MONTHLY TOTALS					

MONTH	MONTHLY GOAL:				
WEEK#	DISTANCE	CALORIES	TIME		
MONTHLY TOTALS					

MONTH	MONTHLY GOAL:				
WEEK#	DISTANCE	CALORIES	TIME		
MONTHLY TOTALS					

Limited Warranty

FRAME - LIFETIME

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

BRAKE - 5 YEARS

Horizon Fitness warrants the brake against defects in workmanship and materials for the five years of the original owner.

ELECTRONICS & PARTS - 1 YEAR

Horizon Fitness warrants the electronic components 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 - 90 DAYS

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

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective frame, electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the recumbent bike as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. Horizon Fitness shall not be responsible for incidental or consequential damages. All returns must be pre-authorized by Horizon Fitness. Horizon Fitness' obligation under this warranty is limited to replacing or repairing, at Horizon Fitness' option, the product at one of its authorized service centers. An Horizon Fitness authorized service center must receive all products for which a warranty claim is made. These products must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. Parts and electronic components reconditioned to As New Condition by Horizon Fitness or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. This warranty gives you specific legal rights, and your rights may vary from state to state. This warranty is applicable to sales made only by Horizon Fitness, its affiliates, subsidiaries and authorized distributors of Horizon Fitness products within the U.S. and Canada.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to Horizon Fitness within thirty days of purchase or registered online at www.horizonfitness.com, before a warranty claim can be processed. Please keep your receipt with the user's guide as it may be required for a warranty claim. Make sure to send in warranty registration card to validate your warranty.



Designed for life.™

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