



**T7.6**

# TREADMILL OWNER'S MANUAL



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

# 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.

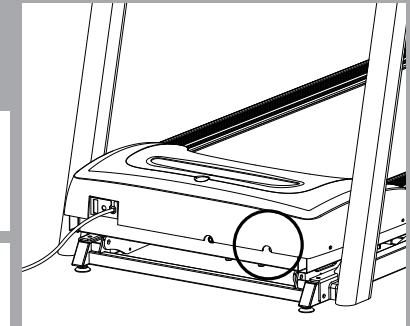
ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

SERIAL NUMBER:

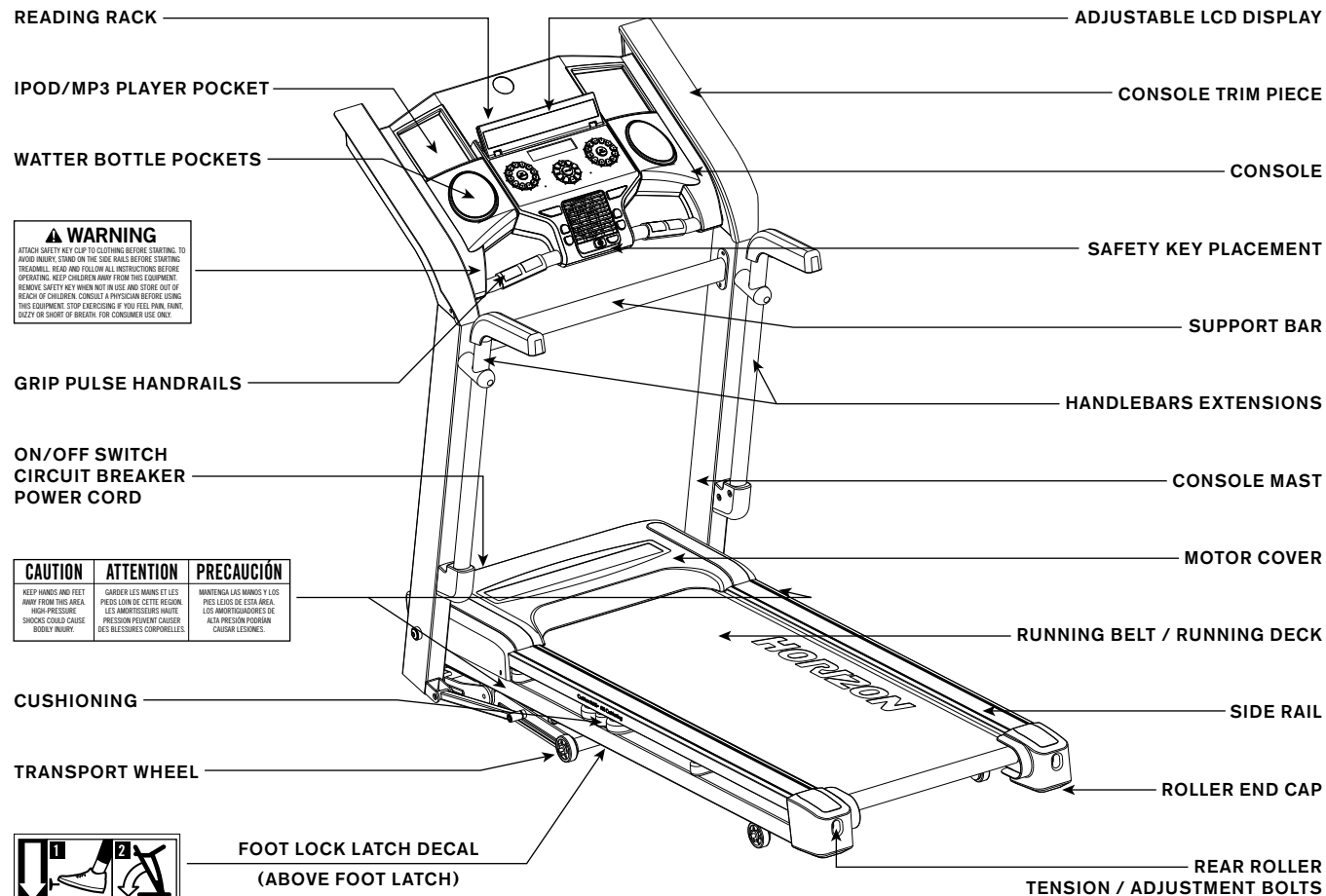
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MODEL NAME: **HORIZON T7.6 TREADMILL**

## SERIAL NUMBER LOCATION



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

**TOOLS INCLUDED:**

- 10 mm L-Wrench
- 6 mm T-Wrench
- 5 mm L-Wrench
- 4 mm L-Wrench
- 17 mm Flat Wrench
- Screwdriver

**PARTS INCLUDED:**

- 1 Console Assembly
- 2 Console Masts
- 2 Console Trim Pieces
- 1 Hardware Kit
- 1 Power Cord
- 1 Safety Key
- 1 Bottle of Silicone Lubricant (for 2 applications)

**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 the unit where it will be used. 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**

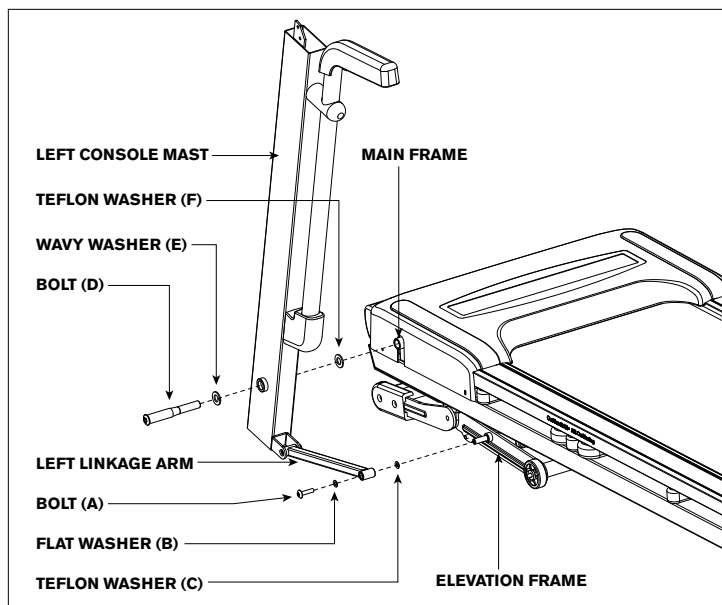
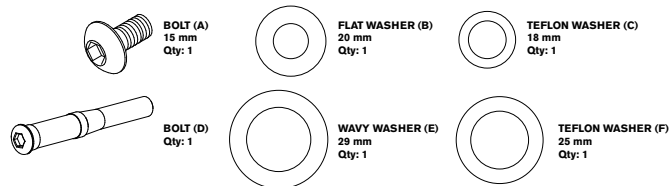
**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!**

**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

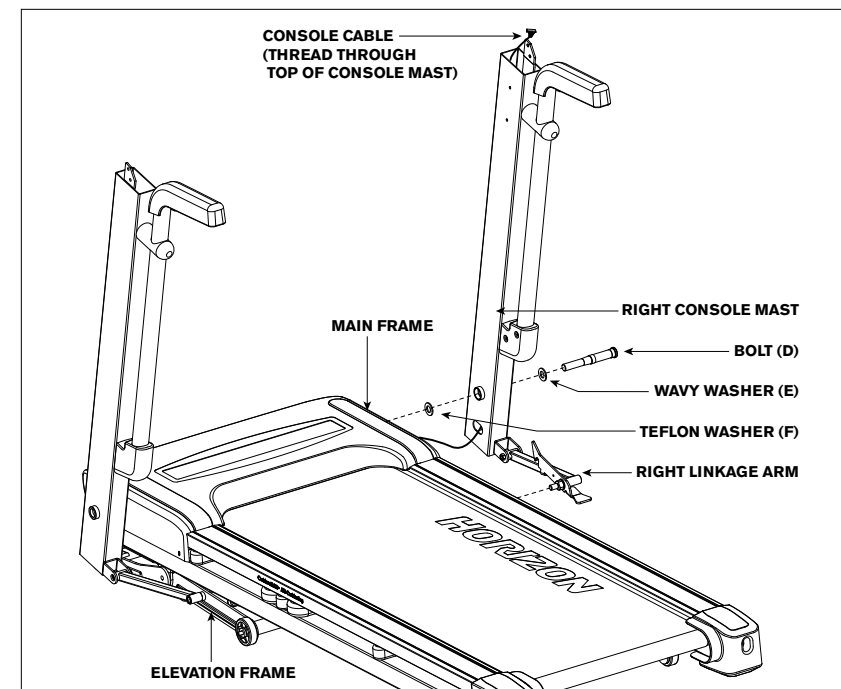
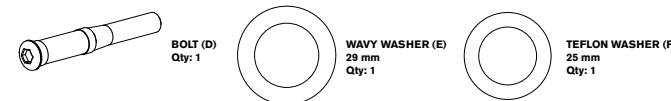
### HARDWARE BAG 1 CONTENTS :



- A Open **HARDWARE BAG 1**.
- B Cut banding straps. Do not move or lift treadmill from packaging.
- C Move **LEFT LINKAGE ARM** into position. Insert 1 **BOLT (A)** and 1 **FLAT WASHER (B)** into **LEFT LINKAGE ARM** followed by 1 **TEFLON WASHER (C)** and attach to elevation frame.
- D Lift **LEFT CONSOLE MAST** into upright position. Be sure to hold the console mast firmly, as it will not stay in the upright position on its own.
- E Insert 1 **BOLT (D)** and 1 **FLAT WASHER (E)** through **LEFT CONSOLE MAST** followed by 1 **WAVY WASHER (F)** and attach to **MAIN FRAME**.

## ASSEMBLY STEP 2

### HARDWARE BAG 2 CONTENTS :



- A Open **HARDWARE BAG 2**.
- 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 Move **RIGHT LINKAGE ARM** into position and attach it to the main frame using the L-wrench.
- D Insert 1 **BOLT (D)** and 1 **FLAT WASHER (E)** through **RIGHT CONSOLE MAST** followed by 1 **WAVY WASHER (F)** and attach to **MAIN FRAME**.

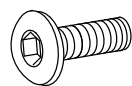
**NOTE:** Be careful not to pinch any wires while assembling the masts.

## ASSEMBLY STEP 3

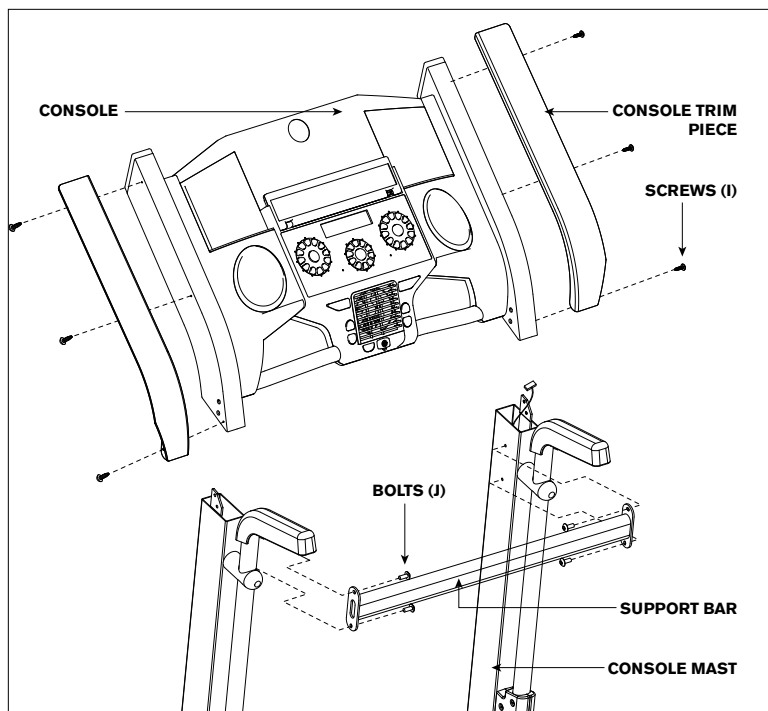
### HARDWARE BAG 4 CONTENTS :



**SCREW (I)**  
10 mm  
Qty: 6



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



- Open **HARDWARE BAG 4**.  
**NOTE:** Be sure to use **HARDWARE BAG 4** for this step and not **HARDWARE BAG 3**.
- Attach the **CONSOLE TRIM PIECES** to the **CONSOLE** using 6 **SCREWS (I)**.
- Align **SUPPORT BAR** with holes in **CONSOLE MASTS**.
- Insert **BOLTS (J)** into all 4 holes of the **SUPPORT BAR**.

**NOTE:** Do not completely tighten the support bar bolts until **STEP 4** is complete!

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## ASSEMBLY STEP 4

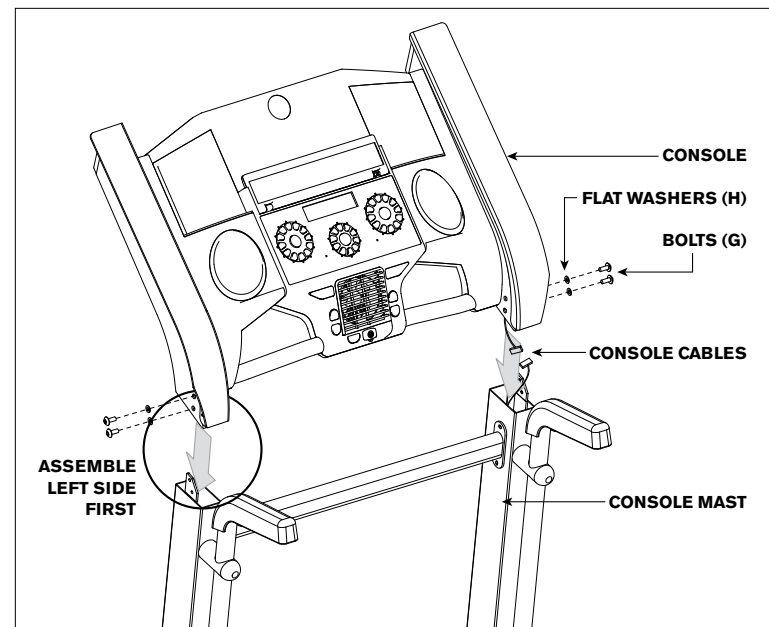
### HARDWARE BAG 3 CONTENTS :



**BOLT (G)**  
12 mm  
Qty: 4



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



- Open **HARDWARE BAG 3**.  
**NOTE:** Be sure to use **HARDWARE BAG 3** for this step and not **HARDWARE BAG 4**.
- Gently place the **CONSOLE** on top of the **CONSOLE MASTS**. Attach the **LEFT SIDE** first using 2 **BOLTS (G)** and 2 **FLAT WASHERS (H)**.
- Connect the **CONSOLE CABLES**, carefully tucking wires in masts to avoid damage.
- Attach the **RIGHT SIDE** of the **CONSOLE** using 2 **BOLTS (G)** and 2 **FLAT WASHERS (H)**.
- Tighten all support bar bolts (STEP 3) and console bolts (ABOVE) completely.

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

**YOU ARE FINISHED!**

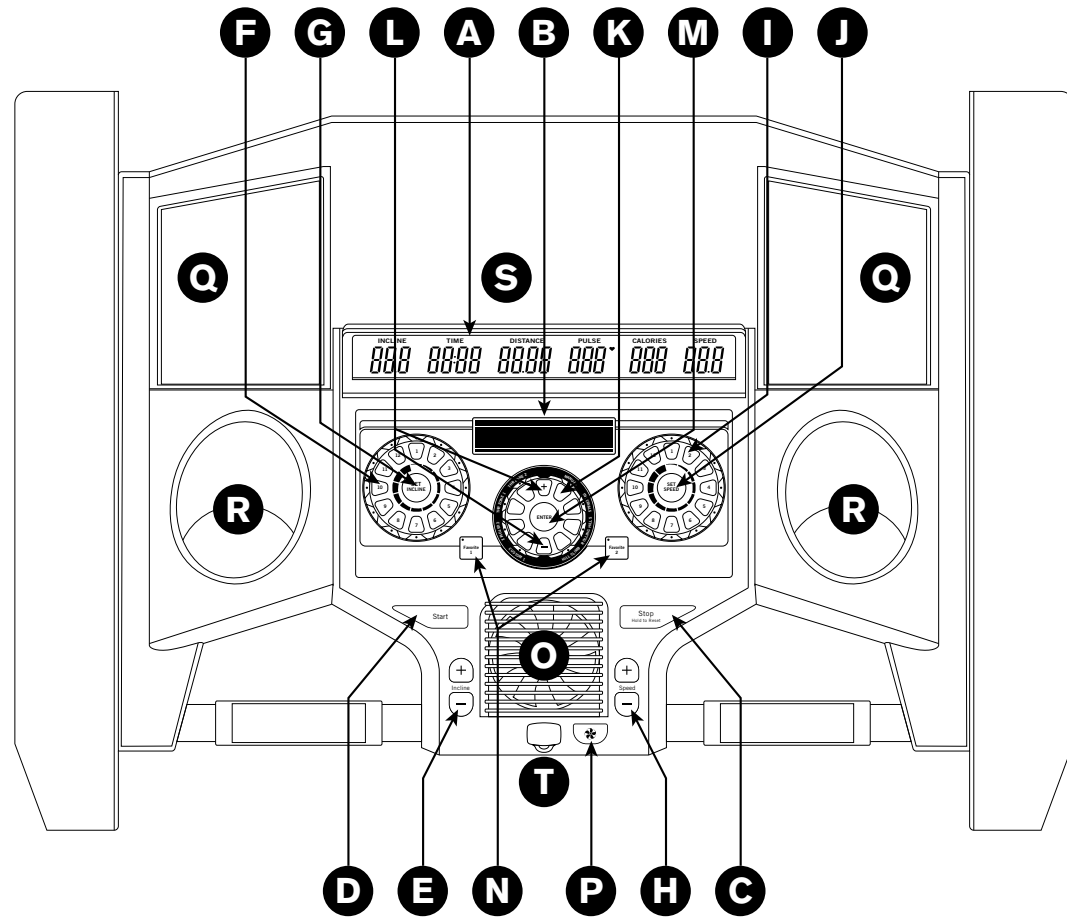
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# TREADMILL OPERATION



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**

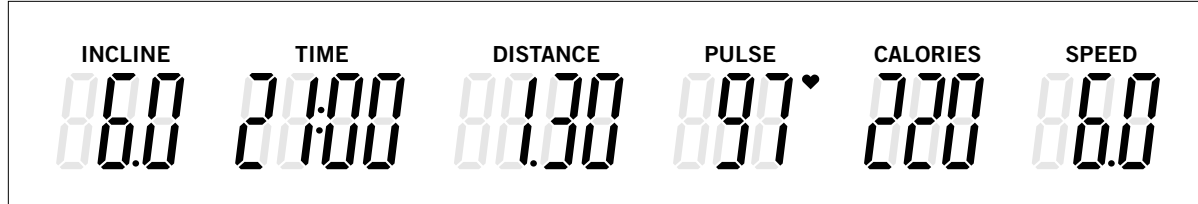


## CONSOLE OPERATION

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

- A) ADJUSTABLE LCD DISPLAY:** incline, time, distance, pulse, calories, and speed.
- B) PROGRAM PROFILE DISPLAY:** displays program profiles and scrolling messages.
- C) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the treadmill.
- D) START:** simply press to begin exercising.
- E) INCLINE ARROW KEYS:** press to adjust incline (0.5% increments).
- F) QUICK INCLINE KEYS:** press to reach desired incline more quickly. Select before pressing set incline key.
- G) SET INCLINE KEY:** used to confirm incline change. Press after selecting incline with quick incline keys.
- H) SPEED ARROW KEYS:** press to adjust speed (0.1 MPH increments).
- I) QUICK SPEED KEYS:** press to reach desired speed more quickly. Select before pressing set speed key.
- J) SET SPEED KEY:** used to confirm speed change. Press after selecting speed with quick speed keys.
- K) PROGRAM KEYS:** used to select your program.
- L) +/- KEYS:** used to adjust program settings.
- M) ENTER:** used to confirm settings.
- N) USER FAVORITE KEYS:** retains a user's favorite program settings in memory.
- O) FAN:** personal workout fan.
- P) FAN KEY:** press to turn fan on and off.
- Q) MP3 HOLDER:** holds personal workout equipment.
- R) WATER BOTTLE POCKET:** holds personal workout equipment.
- S) READING RACK:** holds reading material.
- T) SAFETY KEY POSITION:** enables treadmill operation when safety key is in place.





### ADJUSTABLE MONITOR DISPLAY

- **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.
- **TIME:** Shown as minutes:seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as miles. Indicates distance traveled during your workout.
- **PULSE:** Shown as beats per minute. Used to monitor your heart rate (displayed when contact is made with the pulse grips).
- **CALORIES:** Total calories burned during your workout.
- **SPEED:** Shown as MPH. Indicates how fast your walking or running surface is moving.

### QUICK KEY OPERATION

Once you have started a program, you can use the QUICK KEYS to quickly change your speed or incline level. Press the number of your desired speed/incline then press the SET SPEED or SET INCLINE KEY. The SET KEY confirms that this is the speed or incline you want and the treadmill will adjust the speed or incline accordingly.

### 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.
- 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 PROGRAM

- 1) Use the PROGRAMMING KEYS to select a program and press ENTER to confirm.
- 2) Use the + / - KEYS to select a program level and press ENTER to confirm.
- 3) Use the + / - KEYS to set the time and press START to begin your workout.

Note: If the MANUAL (P1) program is selected, set TIME, INCLINE, and SPEED using the +/- KEYS. Press ENTER to confirm each selection then press START. For more information regarding the custom program or THR Zone program, please see the "PROGRAM INFORMATION" section.

### FINISHING YOUR WORKOUT

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

### CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the STOP button for 4 seconds.

### TO RESET THE CONSOLE

Hold STOP key for 3 seconds.





## PROGRAM INFORMATION

**P1) MANUAL:** Adjust your speed and incline manually during your workout.

**P2) INTERVALS:** Walk or run a series of alternating speed levels. Time-based goal with 10 difficulty levels to choose from. (Warm-up and cool-down last 4:00 minutes each and are included in program times. Units are MPH.)

	Warm-up								Segments are repeated until selected time is reached	Cool-down	
Time	4:00 MIN				1:30	:30	1:30	:30		4:00 MIN	
Level 1	1.0	1.5	2.0	4.0	2.0	4.0	2.0	4.0	1.5	1.0	
Level 2	1.0	1.5	2.0	4.5	2.0	4.5	2.0	4.5	1.5	1.0	
Level 3	1.3	1.9	2.5	5.0	2.5	5.0	2.5	5.0	1.9	1.3	
Level 4	1.3	1.9	2.5	5.5	2.5	5.5	2.5	5.5	1.9	1.3	
Level 5	1.5	2.3	3.0	6.0	3.0	6.0	3.0	6.0	2.3	1.5	
Level 6	1.5	2.3	3.0	6.5	3.0	6.5	3.0	6.5	2.3	1.5	
Level 7	1.8	2.6	3.5	7.0	3.5	7.0	3.5	7.0	2.6	1.8	
Level 8	1.8	2.6	3.5	7.5	3.5	7.5	3.5	7.5	2.6	1.8	
Level 9	2.0	3.0	4.0	8.0	4.0	8.0	4.0	8.0	3.0	2.0	
Level 10	2.0	3.0	4.0	8.5	4.0	8.5	4.0	8.5	3.0	2.0	

**P3) ROLLING HILLS:** Motivates with different combinations of speed. Time-based goal with 10 difficulty levels to choose from. (Warm-up and cool-down last 4:00 minutes each and are included in program times. Units are MPH.)

	Warm-up								Segments are repeated until selected time is reached	Cool-down				
TIME	4:00 MIN									:30	:30	:30	:30	4:00 MIN
Level 1	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5	2.3	1.5		
Level 2	1.3	1.9	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0	2.6	1.8		
Level 3	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5	3.0	2.0		
Level 4	1.8	2.6	3.5	4.0	4.5	5.0	5.5	5.0	4.5	4.0	3.4	2.3		
Level 5	2.0	3.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5	3.8	2.5		
Level 6	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0	4.1	2.8		
Level 7	2.5	3.8	5.0	5.5	6.0	6.5	7.0	6.5	6.0	5.5	4.5	3.0		
Level 8	2.8	4.1	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0	4.9	3.3		
Level 9	3.0	4.5	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5	5.3	3.5		
Level 10	3.3	4.9	6.5	7.0	7.5	8.0	8.5	8.0	7.5	7.0	5.6	3.8		

**P4) HILL CLIMB:** Simulates climbing and descending a hill by automatically varying incline. 10 difficulty levels to choose from. (Warm-up and cool-down last 4:00 minutes each and are included in program times. Units in % grade.)

Incline Time	Warm -up		1	2	3	4	5	6	7	8	9	10	Segments are repeated until selected time is reached	Cool-down	
	4:00 MIN		:30	:30	:30	:30	:30	:30	:30	:30	:30	:30		4:00 MIN	
Level 1	0.0	0.0	1.0	1.5	2.0	2.5	3.0	3.0	2.5	2.0	1.5	1.0	0.0	0.0	
Level 2	0.0	0.0	1.5	2.0	2.5	3.0	3.5	3.5	3.0	2.5	2.0	1.5	0.0	0.0	
Level 3	0.0	1.0	2.0	2.5	3.0	3.5	4.0	4.0	3.5	3.0	2.5	2.0	1.0	0.0	
Level 4	0.0	1.5	2.5	3.0	3.5	4.0	4.5	4.5	4.0	3.5	3.0	2.5	1.5	0.0	
Level 5	0.0	1.5	3.0	3.5	4.0	4.5	5.0	5.0	4.5	4.0	3.5	3.0	1.5	0.0	
Level 6	0.0	1.5	3.5	4.0	4.5	5.0	5.5	5.5	5.0	4.5	4.0	3.5	1.5	0.0	
Level 7	0.0	1.5	4.0	4.5	5.0	5.5	6.0	6.0	5.5	5.0	4.5	4.0	1.5	0.0	
Level 8	0.0	2.0	4.5	5.0	5.5	6.0	6.5	6.5	6.0	5.5	5.0	4.5	2.0	0.0	
Level 9	0.0	2.0	5.0	5.5	6.0	6.5	7.0	7.0	6.5	6.0	5.5	5.0	2.0	0.0	
Level 10	0.0	2.0	5.5	6.0	6.5	7.0	7.5	7.5	7.0	6.5	6.0	5.5	2.0	0.0	

**P5) CUSTOM 1 AND 2:** Create and reuse the perfect workout for you with specific speed, incline and time combinations. The ultimate in personal programming. Time-based goal.

- Select CUSTOM 1 or 2 using the PROGRAM KEYS and press ENTER to confirm.
- Set TIME using the +/- KEYS and press ENTER to confirm.  
NOTE: If the program is previously stored, after you set the time and press START, the previously stored program will begin.
- Choose the desired SPEED for each segment, using the SPEED ARROW KEYS and press ENTER.  
NOTE: You will need to press ENTER after each segment.
- Choose the desired INCLINE for each segment, using the INCLINE ARROW KEYS and press ENTER.  
NOTE: You will need to press ENTER after each segment.
- Press START to begin your program. At this time, your program has been successfully saved into memory, and can be used for future workouts.
  - To RESET your program information and delete it from memory, press and hold the ENTER key for 5 seconds (after you have selected the CUSTOM 1 or 2 program).
  - While using your saved program, you are able to adjust the speed or incline, but any changes will not be saved.

## PROGRAM INFORMATION

**P7) THR ZONE 1 AND 2:** Automatically adjusts incline to maintain your Target Heart Rate. Perfect for simulating the intensity of your favorite sport or everyday activity. Time-based goal.

- 1) Select THR ZONE 1 or 2 using program keys, then press enter.
- 2) Choose a target heart rate using the +/- KEYS and press enter. NOTE: Use the chart to the right to determine your target heart rate.
- 3) Set time using the +/- keys and press enter.
- 4) Press Start to begin your program.
  - At this time, your program has been successfully saved into memory, and can be used for future workouts.
  - To reset your program information and delete it from memory, press and hold the enter key for 5 seconds (after you have selected the THR ZONE 1 or 2 program).

After the warm-up period, the INCLINE level will increase gradually to get you to the entered TARGET HEART RATE ZONE. Once you are at the TARGET HEART RATE ZONE (plus or minus 5 beats per minute) the INCLINE level will remain until you rise above or drop below your TARGET HEART RATE ZONE at which time the incline would adjust accordingly. If there is no heart rate detected, the incline will not change. If your heart rate is 25 beats over your target zone the program will shut down. There is a cool down at the end of the program. At this time, the program will gradually decrease the incline level to give you a smooth cool down.

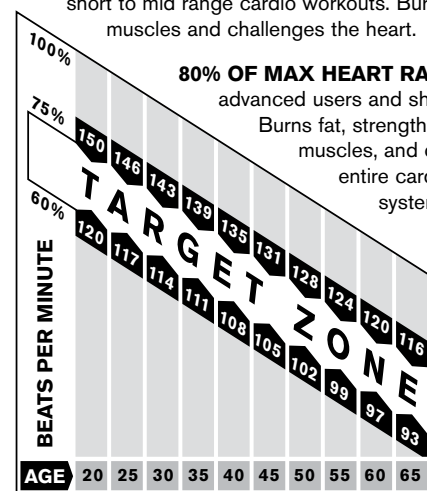
**60% OF MAX HEART RATE:** Used for beginners and longer workouts. Lower intensity and longer duration helps burn fat more efficiently.

**65% OF MAX HEART RATE:** Used for beginner to intermediate users and mid to long range workouts. Lower intensity and longer duration helps burn fat more efficiently.

**70% OF MAX HEART RATE:** Used for intermediate users and mid range cardio workouts. While this range burns fat it really challenges the cardiovascular system and helps strengthen the heart.

**75% OF MAX HEART RATE:** Used for advanced users and short to mid range cardio workouts. Burns fat, tones muscles and challenges the heart.

**80% OF MAX HEART RATE:** Used for advanced users and short workouts. Burns fat, strengthens and tones muscles, and challenges the entire cardiovascular system.



## USER FAVORITE KEYS

The user favorite keys allow up to two programs and program settings to be saved into memory. Using a favorite key enables you to begin your favorite program quickly. To set a user favorite key, follow the steps below.

### SETTING FAVORITE KEYS:

- 1) Press and hold the FAVORITE 1 or FAVORITE 2 key for five seconds until you hear three beeps. The LED inside the FAVORITE KEY will be flashing. NOTE: The FAVORITE KEYS cannot be programmed if you are already in a program.
- 2) Select preferred program using the PROGRAM KEYS and press ENTER. NOTE: The CUSTOM 1 and 2 PROGRAMS (P5-P6) and THR ZONE 1 and 2 PROGRAMS (P7-P8) cannot be saved into a FAVORITE key.
- 3) For P1, set TIME, INCLINE, and SPEED using the +/- KEYS and press ENTER after setting each value. For programs P2 through P4, set LEVEL and TIME using the +/- KEYS and press ENTER after setting each value.
- 4) After you have selected your settings, press the FAVORITE key to save the settings or press START to begin your program and your settings will automatically be saved.

# LIMITED HOME-USE WARRANTY



## WEIGHT CAPACITY = 325 lbs (147.4 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.

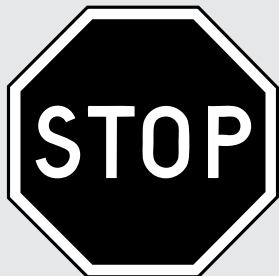


# CUSTOMER TECH SUPPORT



Tel: **1-800-244-4192**

Email: **comments@horizonfitness.com**



## **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.

Every employee at Horizon Fitness takes pride in providing you with a high quality product.

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 Owner's Manual fully before contacting Customer Tech Support. Additional product information is available on our website.

[www.horizonfitness.com](http://www.horizonfitness.com)



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