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## HORIZON PAROS3.0

# Horizon PAROS 3.0 Fitness Bike User Manual

Model: PAROS 3.0

## 1. PRODUCT OVERVIEW

The Horizon PAROS 3.0 Fitness Bike is a compact and quiet exercise cycle designed for home use. It offers a stable and comfortable riding experience, making it suitable for users of all ages. With its advanced features and app connectivity, it helps users achieve their fitness goals effectively.





Image: The Horizon PAROS 3.0 Fitness Bike, a sleek black and silver upright exercise bike with a digital console and tablet holder.

## 2. KEY FEATURES

- **Quiet Operation:** Utilizes a 20-level electronic control magnetic resistance system for extremely quiet workouts, suitable for any time of day.
- **Adjustable Handlebar:** The multi-grip handlebar can be adjusted to various angles, allowing for different riding postures from sporty forward-leaning to upright.
- **Space-Saving Design:** A compact footprint makes it ideal for home environments where space is a consideration.
- **Comfortable Ride:** Designed to provide a stable and comfortable experience for extended periods, accommodating a wide range of users.
- **Clear Display:** Features a 5.5-inch blue-backlit LCD display that presents workout information clearly and legibly during exercise.
- **App Connectivity:** Bluetooth connectivity allows synchronization with popular fitness apps like @ZONE and ZWIFT for interactive and engaging workouts.
- **Adjustable Seat:** The ergonomic upright seat can be adjusted both horizontally and vertically (10 levels vertically, approx. 68-98cm from floor; approx. 0-6cm horizontally) for optimal comfort.



フィットネスマシン  
専門メーカー  
HORIZON が作る  
コンパクト / 静音の  
フィットネスバイク  
**PAROS 3.0**



騒音を起こさない  
マグネットブレーキ

省スペース設計で  
邪魔にならない

軽量ボディなので  
移動も簡単

Image: The PAROS 3.0 highlighting its quiet magnetic brake, space-saving design, and lightweight for easy movement.



## 非接触構造により 極静音



## 平均 40db 以下の音量

\* 他に騒音のない部屋、マシン真横での計測



# ワンタッチで簡単操作！

速度変更もボタン一つ！  
その日の調子に合わせて  
運動を止めることなく  
強度を調整可能。

ハンドルバーの先端にも  
トグルスイッチがあり、  
簡単に負荷を変更できます。



## 体に合わせて正しく運動

3段階のハンドルバー サドル調節は前後上下



Image: Close-up of the console and adjustable handlebar, demonstrating the ease of changing resistance levels and adjusting the seat for proper exercise posture.



# どこでも置ける 軽量・省スペース

**PAROS 3.0**

**GR7**

**弊社従来品**



設置  
面積

**107 × 53 cm**   **150 × 57 cm**   **120 × 55 cm**

重量

**32 kg**

**51 kg**

**39 kg**

## キャスター付きで 移動も楽々



Image: The PAROS 3.0 shown with a user tilting it to easily move it using its integrated casters, highlighting its lightweight and compact dimensions compared to other models.

### 3. SETUP GUIDE

Before beginning assembly, ensure all parts are present and undamaged. It is recommended to assemble the bike in the location where it will be used due to its weight.

#### Unpacking and Preparation:

1. Carefully remove all components from the packaging.
2. Place all parts on a clean, flat surface.
3. Verify that all hardware and tools listed in the packing list are included.

#### Assembly Steps:

1. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers.
2. **Install Pedals:** Attach the left and right pedals to the crank arms. Note that the left pedal is reverse-threaded.
3. **Mount Seat Post and Seat:** Insert the seat post into the main frame and secure it. Attach the seat to the seat post.
4. **Assemble Handlebar Post and Handlebar:** Connect the handlebar post to the main frame. Attach the handlebar to the handlebar post, ensuring all cables are properly routed.
5. **Connect Console:** Carefully connect the console cables to the main unit. Mount the console onto the handlebar post.
6. **Final Checks:** Ensure all bolts are tightened, and the bike is stable. Plug in the power adapter.

For detailed visual instructions, please refer to the official Horizon Fitness website for any available assembly videos specific to the PAROS 3.0 model.

### 4. OPERATING INSTRUCTIONS

#### Getting Started:

- Plug the power adapter into a standard 100V outlet and connect it to the bike.
- Adjust the seat height and handlebar angle to a comfortable position for your body.
- Step onto the pedals and begin cycling. The console will automatically activate.

#### Console Functions:

The 5.5-inch blue-backlit LCD display shows various workout metrics:

- Time
- Distance
- Calories burned
- Speed
- RPM (Revolutions Per Minute)
- Heart Rate (via contact grips or Bluetooth chest strap)

- Resistance Level

## Programs and Resistance:

- The PAROS 3.0 offers 10 pre-set workout programs, including Manual, Interval, Weight Loss, Rolling, RPM Target, Distance Target, Calorie Target, Heart Rate Target, and Custom programs.
- Adjust the resistance level from 1 to 20 using the buttons on the console or the toggle switch on the handlebar.

## App Connectivity (Bluetooth):

Enhance your workout experience by connecting to compatible fitness apps:

- **@ZONE App:** Horizon's dedicated app offers virtual active routes, Sprint 8 HIIT programs, and video-on-demand workouts. Track your progress and compete with other users globally.
- **ZWIFT & Kinomap:** Connect to popular third-party apps for immersive virtual cycling experiences. The electronic magnetic resistance system accurately reflects power output (watts) in these apps, providing a realistic feel.

*Note: Automatic resistance adjustment based on virtual course incline is not supported.*

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your fitness bike.

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspecting Connections:** Periodically check all bolts and nuts to ensure they are tight. Re-tighten if necessary.
- **Lubrication:** The PAROS 3.0 uses a magnetic resistance system, which typically requires minimal lubrication. Refer to the full manual for any specific lubrication points if applicable.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## 6. TROUBLESHOOTING

If you encounter any issues with your Horizon PAROS 3.0 Fitness Bike, please refer to the following common troubleshooting tips:

- **No Power to Console:**
  - Check if the power adapter is securely plugged into both the wall outlet and the bike.
  - Ensure the wall outlet is functional by testing it with another device.
  - Verify that all console cables are properly connected.
- **Resistance Not Changing:**



- Ensure the power adapter is connected, as electronic resistance requires power.
- Check for any loose connections to the resistance mechanism.

- **Unstable or Wobbly Bike:**

- Ensure the bike is placed on a flat, level surface.
- Check and tighten all assembly bolts, especially those on the stabilizer bars.

- **Bluetooth Connectivity Issues:**

- Ensure Bluetooth is enabled on your smart device.
- Make sure no other devices are currently connected to the bike via Bluetooth.
- Restart both the bike (unplug and replug) and your smart device.

If the problem persists after attempting these steps, please contact Horizon Fitness customer support for assistance.

## 7. SPECIFICATIONS

<b>Product Model</b>	PAROS 3.0
<b>Color</b>	Black
<b>Material</b>	Plastic
<b>Max User Weight</b>	130 kg
<b>Product Dimensions (L x W x H)</b>	107 x 53 x 144 cm
<b>Product Weight</b>	32 kg
<b>Flywheel Weight</b>	7 kg
<b>Resistance Levels</b>	1-20 (Electronic Control Magnetic Brake)
<b>Display</b>	5.5-inch Blue-Backlit LCD
<b>Programs</b>	10 types
<b>Heart Rate Monitoring</b>	Contact grips, POLAR compatible (Bluetooth)
<b>App Compatibility</b>	@ZONE, ZWIFT (automatic resistance not supported)
<b>Power Source</b>	100V
<b>Minimum User Height</b>	145 cm
<b>Additional Features</b>	Water bottle holder, adjustable seat (fore/aft, up/down), casters for easy movement

Image: A table summarizing the detailed specifications of the Horizon PAROS 3.0 Fitness Bike, including dimensions, weight, resistance levels, and display type.

## 8. WARRANTY AND SUPPORT

All Horizon fitness equipment, including treadmills, bikes, ellipticals, and rowing machines, comes with a **1-year manufacturer's warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal household use.

Horizon Fitness maintains 98% of machine parts in its domestic warehouse. In the event of repairs or parts replacement, our customer service team can promptly visit or send necessary parts from 170 locations nationwide (both in-house and external partners) free of charge during the warranty period.






### Contacting Support:

For warranty claims, technical assistance, or any inquiries regarding your PAROS 3.0 Fitness Bike, please contact Horizon Fitness customer support. Have your product model and purchase date ready when contacting support.

For more information, visit the official Horizon Fitness website or refer to the contact details provided with your purchase documentation.

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### Related Documents - PAROS3.0

	<p><a href="#">Horizon Fitness Paros &amp; Paros Pro Exercise Bike Owner's Manual</a></p> <p>This manual provides comprehensive instructions for the assembly, operation, and maintenance of the Horizon Fitness Paros and Paros Pro exercise bikes. It includes safety precautions, workout tips, and a parts list.</p>
	<p><a href="#">Horizon Fitness Upright Bike Owner's Manual - Assembly &amp; Operation Guide</a></p> <p>This owner's manual provides detailed assembly instructions, console operation guides, and an overview of workout programs for the Horizon Fitness Upright Bike, model Paros 3.0 (Art.Nr. 3626809).</p>
	<p><a href="#">Horizon Fitness Upright Bike (Paros 3.0) Owner's Manual</a></p> <p>User manual for the Horizon Fitness Paros 3.0 upright exercise bike, detailing assembly, console operation, workout programs, and usage guidelines.</p>
	<p><a href="#">Horizon Fitness Paros 2.0 Owner's Manual</a></p> <p>Comprehensive owner's manual for the Horizon Fitness Paros 2.0 exercise bike, covering setup, basic operation, safety precautions, and maintenance.</p>
	<p><a href="#">Horizon Fitness 5.0U Upright Bike Owner's Manual - Operation, Assembly &amp; Safety</a></p> <p>Discover how to safely operate, adjust, and assemble your Horizon Fitness 5.0U Upright Bike with this comprehensive owner's manual. Includes detailed instructions and safety guidelines.</p>



### [Horizon 7.0IC Indoor Cycle Owner's Manual and Assembly Guide](#)

Comprehensive owner's manual and assembly guide for the Horizon 7.0IC Indoor Cycle, covering setup, operation, console features, and workout programs.