



HORIZON 7.0 at Studio Series Smart Treadmill with Bluetooth and Incline User Guide

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

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before assembly or use of 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 equipment from the electrical outlet 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:

- Use this equipment only for its intended use as described in this Owner's Manual.
- At NO time should children under the age of 14 use the equipment.
- At NO time should pets or children under the age of 14 be closer to the equipment than 10 feet / 3 meters.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they are supervised or have been given instruction concerning use of the equipment by a person responsible for their safety.
- Always wear athletic shoes while using this equipment. NEVER operate the exercise equipment with bare feet.
- Do not wear any clothing that might catch on any moving parts of this equipment.
- Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death.
- Incorrect or excessive exercise may result in serious injury or death. 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.
- Do not jump on the equipment.
- At no time should more than one person be on the equipment.
- Set up and operate this equipment on a solid level surface.
- Never operate the equipment if it is not working properly or if it has been damaged.
- Use handlebars to maintain balance when mounting and dismounting, and for additional stability while

exercising.

- To avoid injury, do not expose any body parts (for example, fingers, hands, arms or feet) to the drive mechanism or other potentially moving parts of the equipment.
- Connect this exercise product to a properly grounded outlet only.
- This equipment should never be left unattended when plugged in. When not in use, and prior to servicing, cleaning, or moving equipment, turn off power, then unplug from outlet.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Technical Support or an authorized dealer.
- Never operate this equipment if it has been dropped, damaged, or is not working properly, has a damaged cord or plug, is located in a damp or wet environment, or has been immersed in water.



WARNING

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

- Keep power cord away from heated surfaces. Do not pull on this power cord or apply any mechanical loads to this cord.
- Do not remove any protective covers unless instructed by Customer Technical Support. Service should only be done by an authorized service a technician.
- 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.
- This equipment should not be used by persons weighing more than the specified maximum weight capacity as listed in the equipment Owner's Manual. Failure to comply will void the warranty.
- This equipment must be used in an environment that is both temperature and humidity controlled. Do not use this equipment in locations such as, but not limited to: outdoors, garages, car ports, porches, bathrooms, or located near a swimming pool, hot tub, or steam room. Failure to comply will void the warranty.
- Contact Customer Technical Support or an authorized dealer for examination, repair and/or service.
- Never operate this exercise equipment with the air opening blocked. Keep the air opening and internal components clean, free of lint, hair, and the like.
- Do not modify this exercise device or use unapproved attachments or accessories. Modifications to this equipment or use of unapproved attachments or accessories will void your warranty and may cause injury.
- To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents.
- When exercising, always maintain a comfortable and controlled pace.
- To avoid injury, use extreme caution when stepping onto or off of a moving belt. Stand on the siderails when starting the treadmill.
- To avoid injury, attach safety clip to clothing before use.
- Disconnect the safety key from treadmill when not using to prevent uncontrolled usage by third parties.
- Ensure that the edge of the belt is parallel with the lateral position of the side rail and does not move under the side rail. If the belt is not centered, it must be adjusted before use.
- When there is no user on the treadmill (unloaded condition) and when the treadmill is running at 12 km/ hour (7.5 mph), the A-weighted\ sound pressure level is no greater than 70 dB when sound level is measured at typical head height.
- Noise emission measurement of treadmill under load is higher than with no load.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.

- Make sure the treadmill comes to complete stop before folding. Do not operate the treadmill when it is folded.
- When moving the treadmill, DO NOT lift treadmill or turn it upside down or place treadmill on its side. Treadmill is equipped with highpressure springs which can cause the lower base frame to spring open if mishandled, potentially causing injury. Transport unit ONLY on the ground, and ONLY after it is fully assembled and in the upright folded position with the lock latch secured.

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.



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.

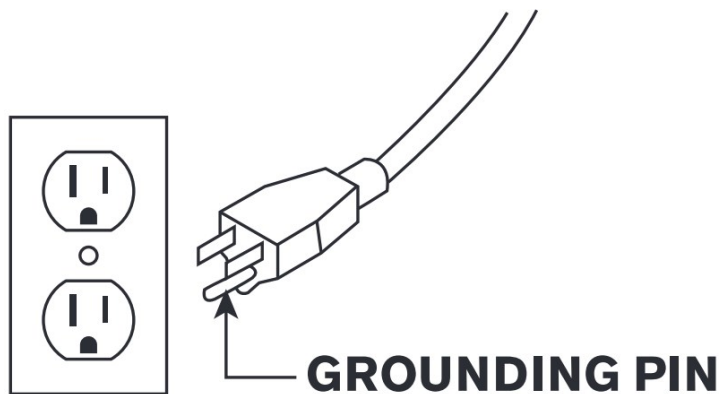
If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-120 Volt circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the 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. This treadmill should be used with a minimum 15-amp circuit

3-POLE GROUNDED OUTLET



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



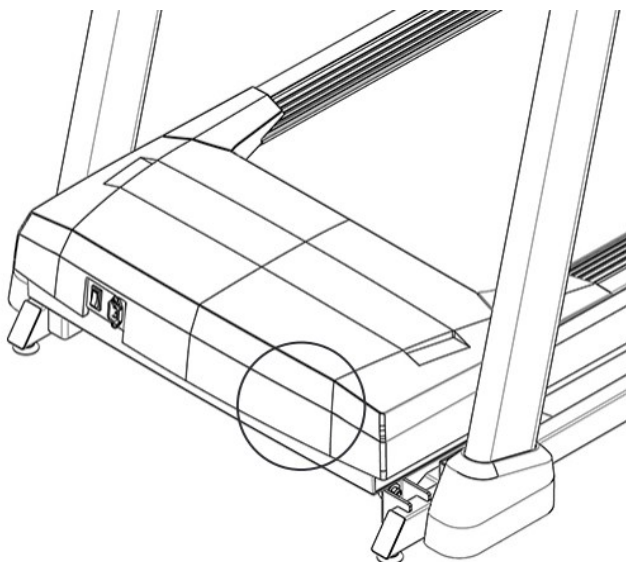
There are several steps during the assembly process where special attention must be paid. It is very important to follow the assembly instructions and to ensure the product is assembled correctly to reduce the risk of injury. Make sure all parts are firmly tightened before using the treadmill to ensure that the treadmill is stable and structurally sound.

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:

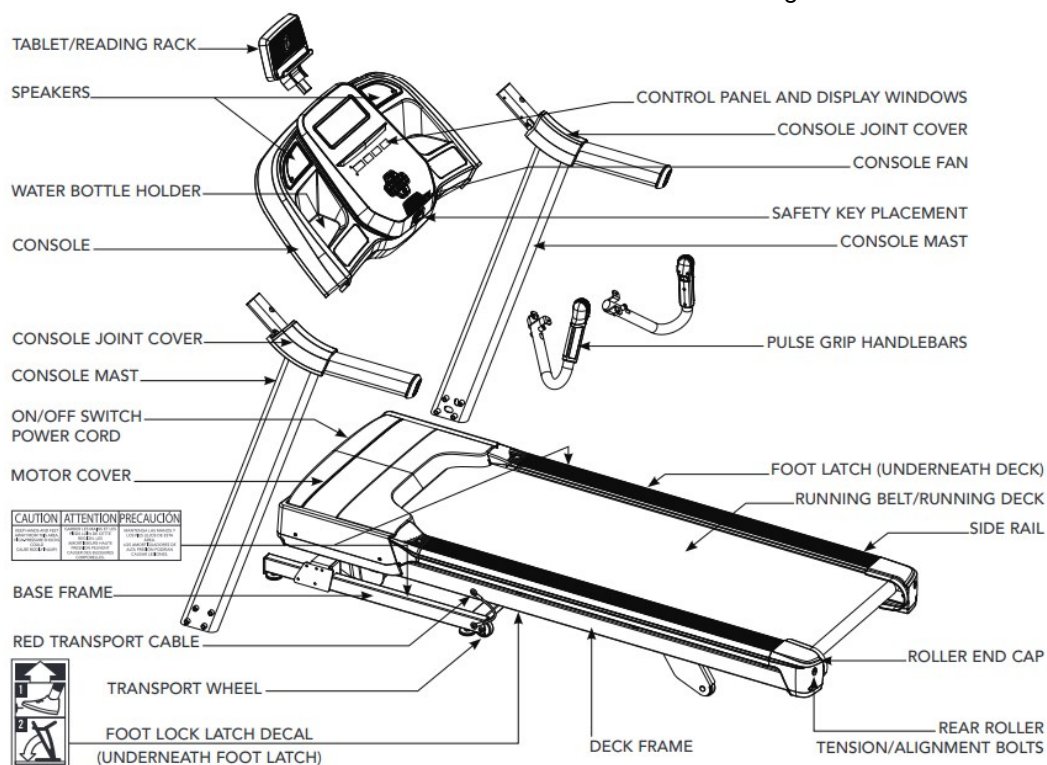
SERIAL NUMBER:

SERIAL NUMBER LOCATION



MODEL NAME: HORIZON 7.0AT TREADMILL

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



TOOLS INCLUDED:

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

PARTS INCLUDED:

- 1 Main Frame
- 1 Console Assembly
- 2 Console Masts
- 1 Tablet Holder
- 1 Hardware Kit
- 1 Safety Key
- 1 Audio Adapter Cable
- 1 Bottle of Silicone Lubricant (for 2 applications)
- 1 Bluetooth Chest Strap
- 2 Grip Pulse Handlebars



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.



WARNING

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!



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

Never open box when it is positioned upside-down or on its side.

Unpack and assemble the unit where it will be used.

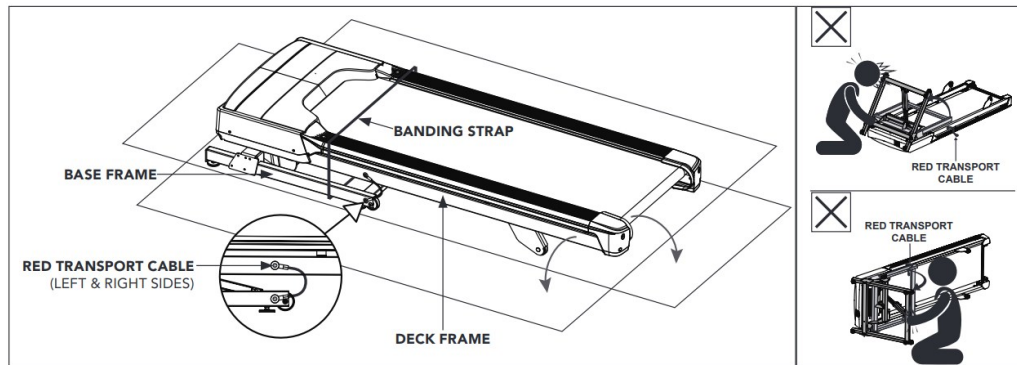
The enclosed treadmill is equipped with high-pressure springs which can cause the lower base frame to spring open if mishandled.

The red transport cables are installed between the upper deck frame and the lower base frame to prevent the movement of the lower base frame. DO NOT remove red transport cables until instructed to do so.

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- UNPACKING



A Place the treadmill carton on a level flat surface with the bottom of the box on the ground.

B Cut banding straps on outside of box and remove box lid.

C DO NOT lift treadmill out of the box. Instead, tear down corners of bottom of treadmill box as shown. Treadmill should be assembled on flattened treadmill box as shown to protect floor surface.

D Cut the banding straps inside the box and remove everything but the treadmill frame.

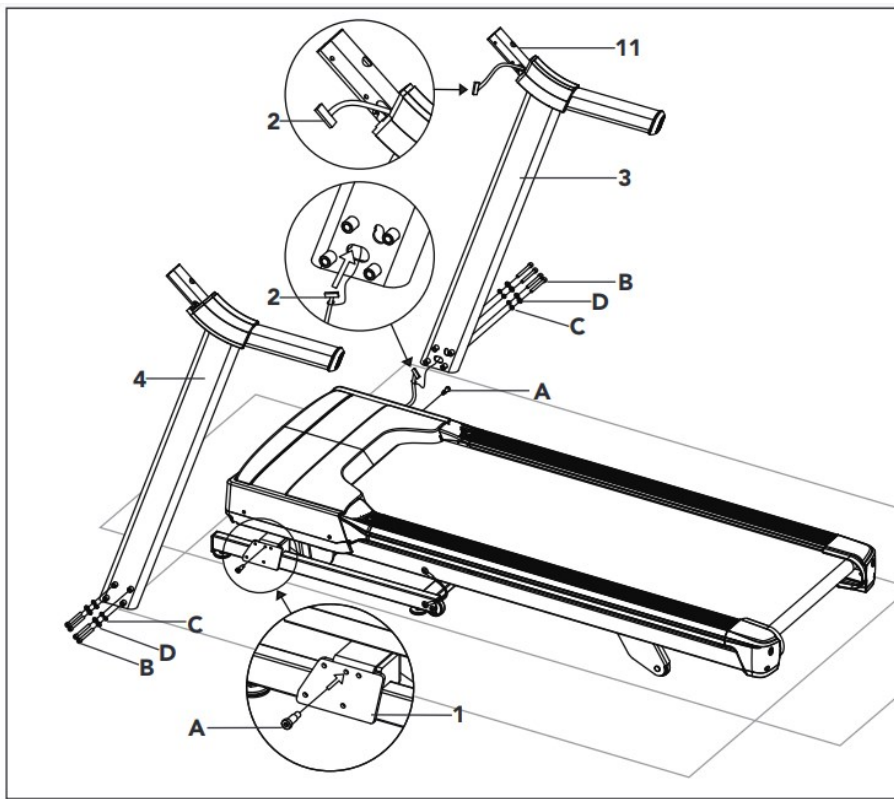
E Partially lift the running deck upward from the rear to remove all contents from underneath the running deck. Red transport cables on either side of treadmill will prevent the treadmill deck from fully lifting.



NEVER tip treadmill upsidedown or on its side. DO NOT use tools to remove the red transport cables until instructed to do so. If a component requires tools to remove, wait until the Assembly Instructions instructs you how to safely remove the component

ASSEMBLY STEP 2

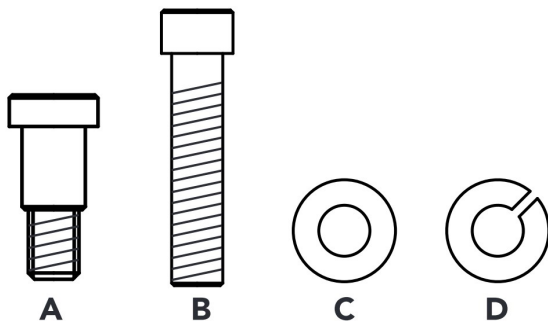
HARDWARE FOR STEP 1			
PART	TYPE	DESCRIPTION	QTY
A	UPRIGHT GUIDE BOLT	M8X1.25PX11L-D10X18.5L	2
B	BOLT	M8X1.25PX80L-20L	8
C	FLAT WASHER	Ø8.2XØ15.0X1.2T	8
D	SPRING WASHER	Ø8.0XØ13.0X1.5T	8



1. Open **HARDWARE FOR STEP 2**
2. Gently place the **CONSOLE (5)** on top of the **CONSOLE MASTS (3&4)**. 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)**.
3. Attach the **CONSOLE (5)** using 4 **BOLTS (E)**, 4 **SPRING WASHERS (G)** and 4 **FLAT WASHERS (F)**.
4. Carefully tuck wires into the **RIGHT CONSOLE MAST (3)** to avoid damage.

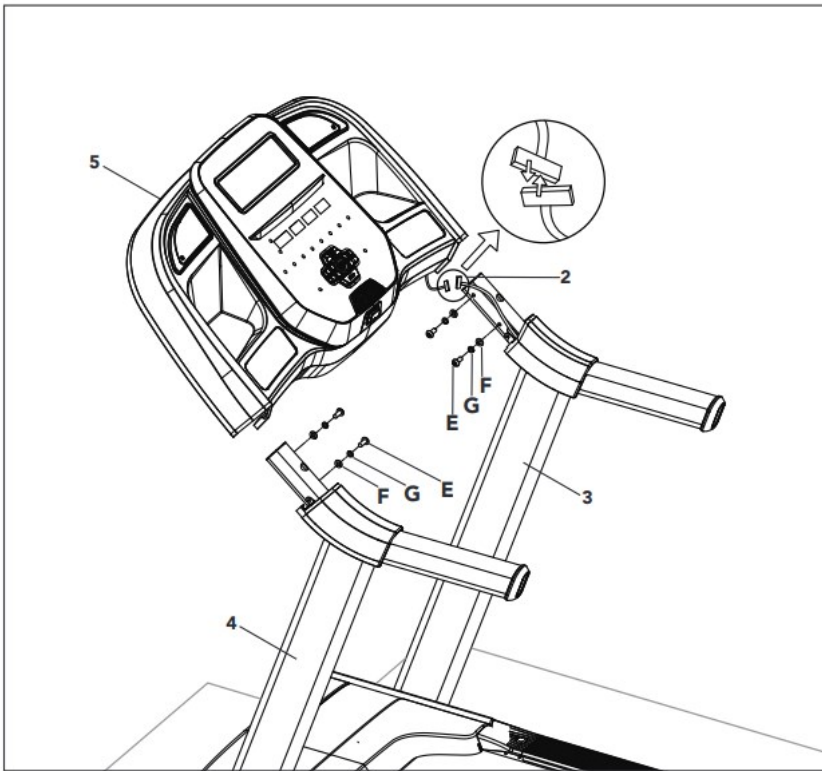
NOTE: Be careful not to pinch any wires while assembling the console.

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



ASSEMBLY STEP 2

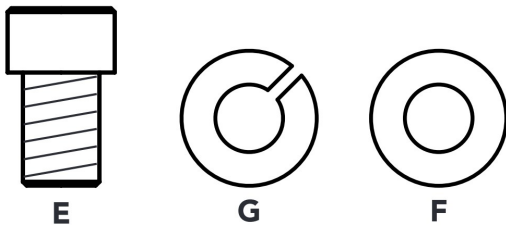
HARDWARE FOR STEP 2			
PART	TYPE	DESCRIPTION	QTY
E	HEX SOCKET BOLT	M8X1.25PX15L	4
F	FLAT WASHER	Ø8.2XØ15.0X1.2T	4
G	SPRING WASHER	Ø8.0XØ13.0X1.5T	4



1. Open HARDWARE FOR STEP 2.
2. Gently place the CONSOLE (5) on top of the CONSOLE MASTS (3&4). 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)
3. Attach the CONSOLE (5) using 4 BOLTS (E), 4 SPRING WASHERS (G) and 4 FLAT WASHERS (F).
4. Carefully tuck wires into the RIGHT CONSOLE MAST (3) to avoid damage.

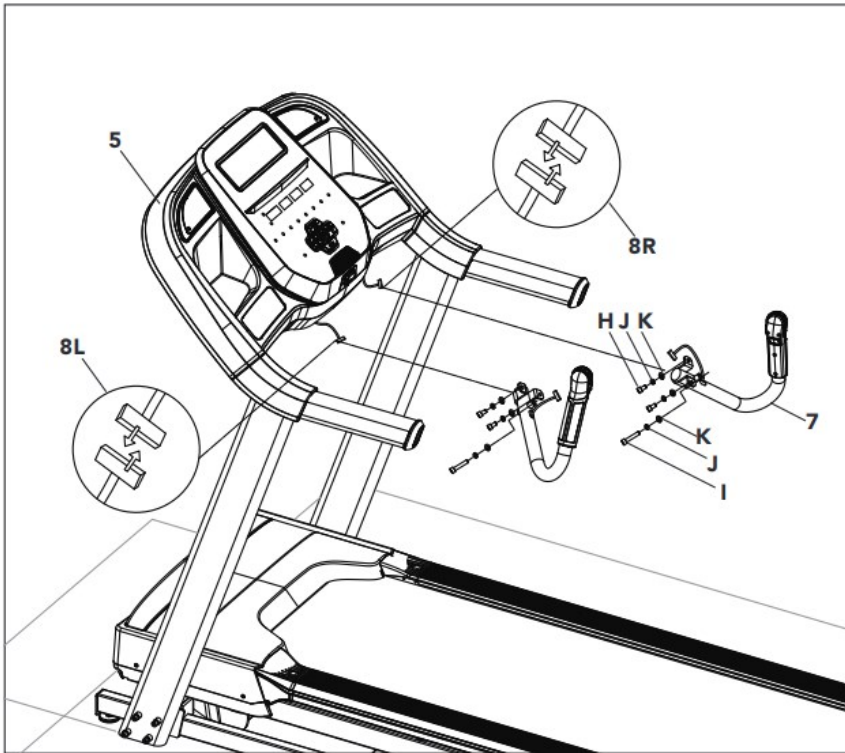
NOTE: Be careful not to pinch any wires while assembling the console.

NOTE: Fully tighten all bolts from STEPS 1 & 2

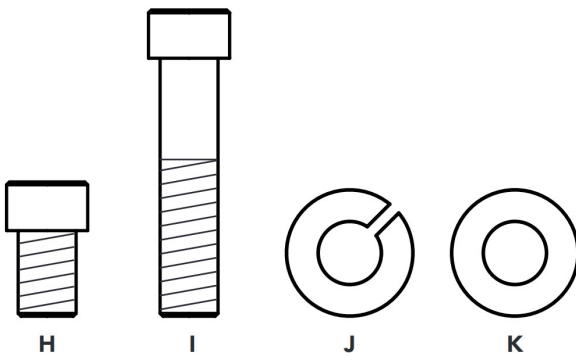


ASSEMBLY STEP 3

HARDWARE FOR STEP 3			
PART	TYPE	DESCRIPTION	QTY
H	BOLT	M8X1.25PX15L	4
I	BOLT	M8X1.25PX60L-30L	2
J	SPRING WASHER	Ø8.0XØ13.0X1.5T	6
K	FLAT WASHER	Ø8.2XØ15.0X1.2T	6

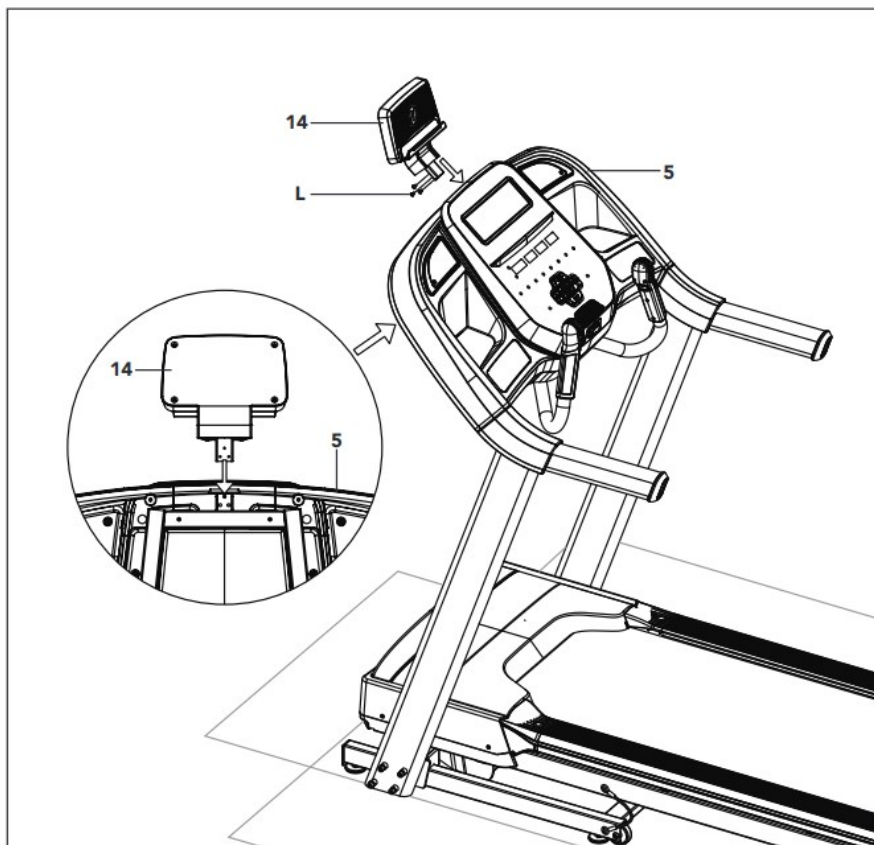


1. Open HARDWARE FOR STEP 3.
2. Attach RIGHT SIDE PULSE RATE GRIP (7) to the underside of the CONSOLE (5) using 3 BOLTS (H & I), 3 SPRING WASHERS (J) and 3 FLAT WASHERS (K).
3. Connect the RIGHT CONSOLE CABLES (8R) and carefully tuck wires to void damage.
4. Repeat STEP 3.2 on the LEFT SIDE.
5. Connect the LEFT CONSOLE CABLES (8L) and carefully tuck wires to avoid damage.

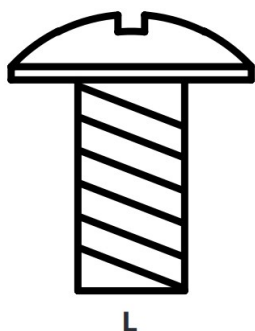


ASSEMBLY STEP 4

HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
L	BOLT	M4X0.7PX10L	3



1. Open **HARDWARE FOR STEP 4**
2. Insert **TABLET HOLDER (14)** into opening on **CONSOLE (5)** and attach with 3 **BOLTS (L)**.



Documents / Resources

	<p>HORIZON 7.0 at Studio Series Smart Treadmill with Bluetooth and Incline [pdf] User Guide 7.0 at Studio Series Smart Treadmill with Bluetooth and Incline, 7.0 at, Studio Series Smart Treadmill with Bluetooth and Incline, Bluetooth and Incline</p>
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References