



Adventure **2** Plus
Adventure **3** Plus

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 frame 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 the front stabilizer tube and enter it in the space provided below. Also locate the model name which is next to the serial number.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

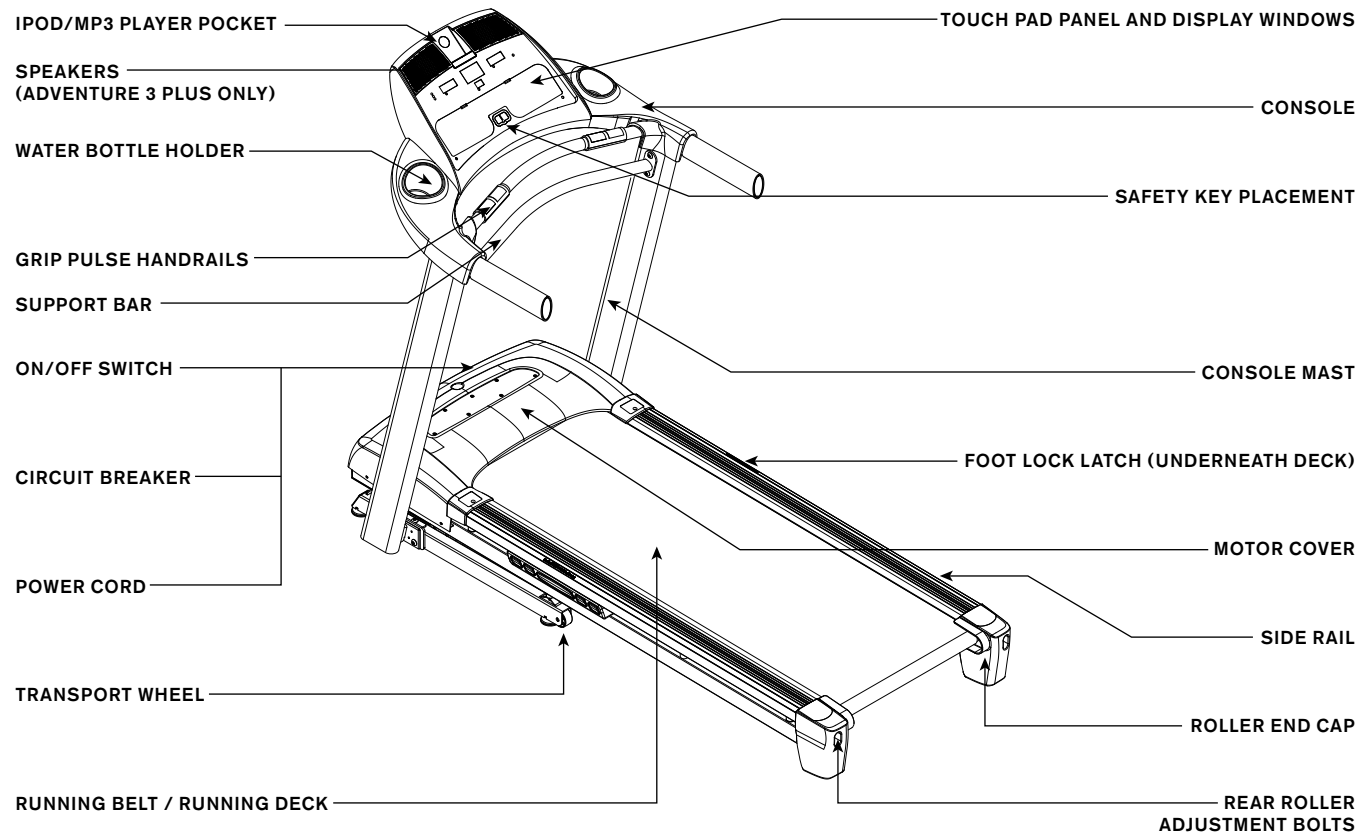
MODEL NAME: **HORIZON**

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TREADMILL



ALL MODELS



TOOLS INCLUDED:

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

PARTS INCLUDED:

- 1 Console Assembly
- 2 Console Masts
- 2 Socket
- 1 Support Bar
- 5 Hardware Bags
- 1 Safety Key
- 1 Bottle of Silicone Lubricant (for 2 applications)
- 1 Power Cord

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. 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.



ALL MODELS

ASSEMBLY STEP 1

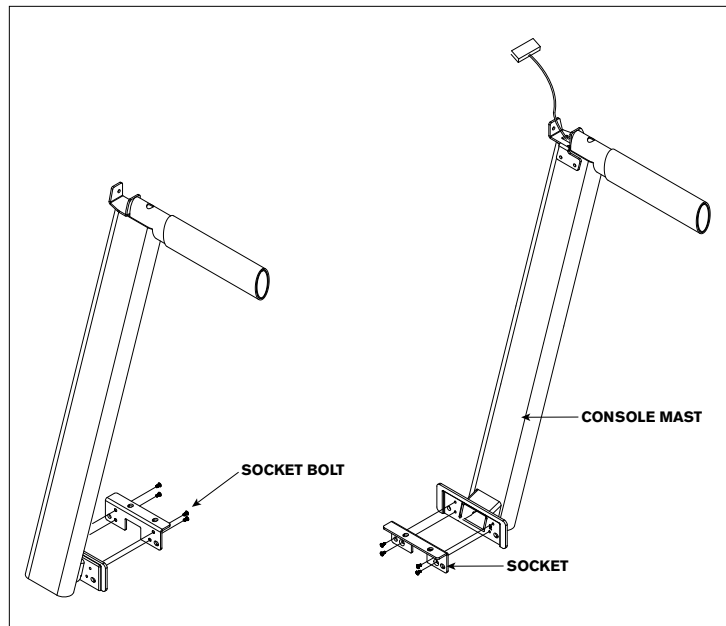


ALL MODELS

HARDWARE BAG 1 CONTENTS :



SOCKET BOLT
10 mm
Qty: 8



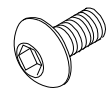
- A Open **HARDWARE BAG 1**.
- B Cut the yellow banding and get console mast out
- C Attach the **LEFT SOCKET** to the **LEFT CONSOLE MAST** using 4 **SOCKET BOLTS**.
- D Attach the **RIGHT SOCKET** to the **RIGHT CONSOLE MAST** using 4 **SOCKET BOLTS**.

ASSEMBLY STEP 2



ALL MODELS

HARDWARE BAG 2 CONTENTS :



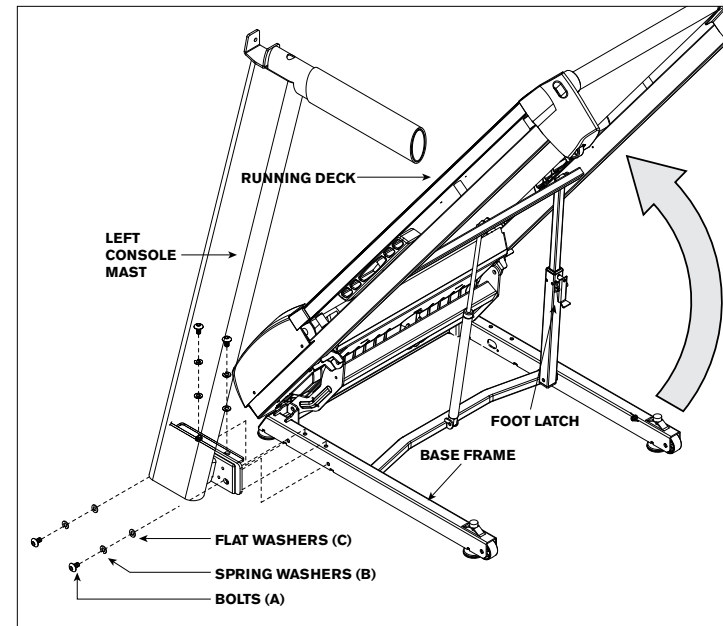
BOLT (A)
20 mm
Qty: 4



SPRING WASHER (B)
15 mm
Qty: 4



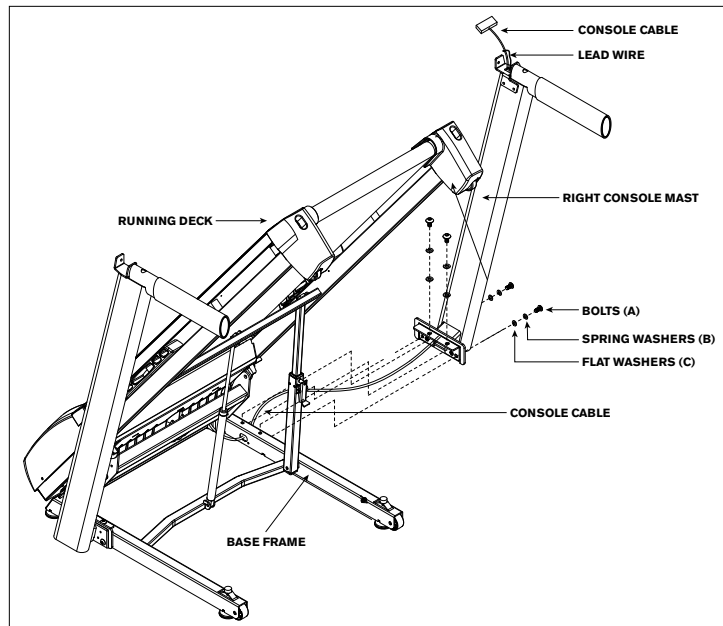
FLAT WASHER (C)
15 mm
Qty: 4



- A Lift the **RUNNING DECK** upward until the **FOOT LATCH** locks. Remove all contents from underneath the running deck.
- B Open **HARDWARE BAG 2**.
- C With the **RUNNING DECK** in the raised position, attach the **LEFT CONSOLE MAST** to the **BASE FRAME** using 4 **BOLTS (A)**, 4 **SPRING WASHERS (B)** and 4 **FLAT WASHERS (C)**.

ASSEMBLY STEP 3

HARDWARE BAG 3 CONTENTS :

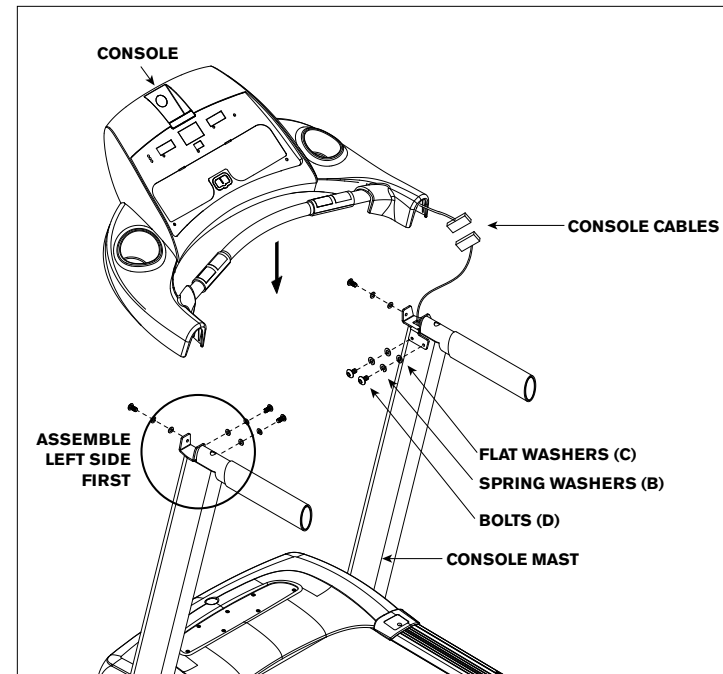


- Open **HARDWARE BAG 3**.
- Pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the lead wire through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard the lead wire.
- With the **RUNNING DECK** in the raised position, attach the **RIGHT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

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

ASSEMBLY STEP 4

HARDWARE BAG 4 CONTENTS :



- Disengage the **DECK LOCK LATCH** with your foot to lower the **RUNNING DECK**.
- Open **HARDWARE BAG 4**.
- Gently place the **CONSOLE** on top of the **CONSOLE MASTS**. Attach the **LEFT SIDE** first using 3 **BOLTS (D)**, 3 **SPRING WASHERS (B)** and 3 **FLAT WASHERS (C)**.
- Connect the **CONSOLE CABLES**, carefully tucking wires in masts to avoid damage.
- Attach the **RIGHT SIDE** of the **CONSOLE** using 3 **BOLTS (D)**, 3 **SPRING WASHERS (B)** and 3 **FLAT WASHERS (C)**.

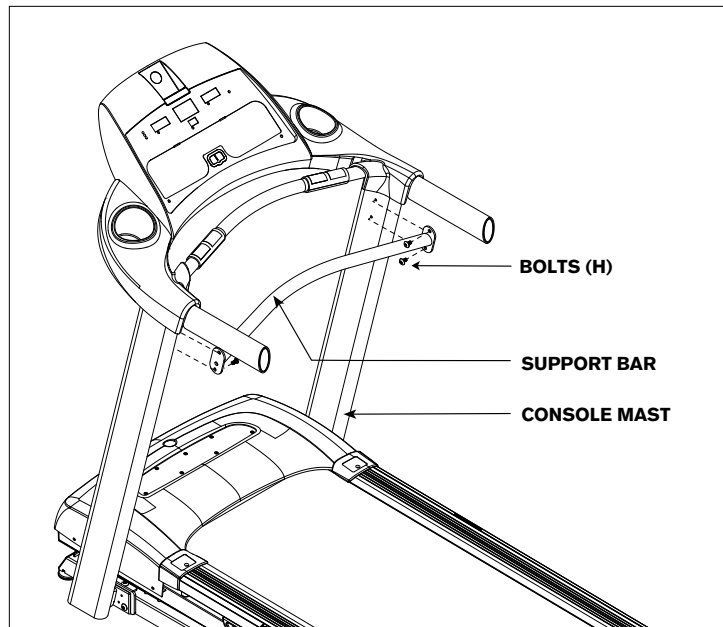
NOTE: Be careful not to pinch any wires while assembling the masts.

ASSEMBLY STEP 5

HARDWARE BAG 3 CONTENTS :



BOLT (H)
15 mm
Qty: 4

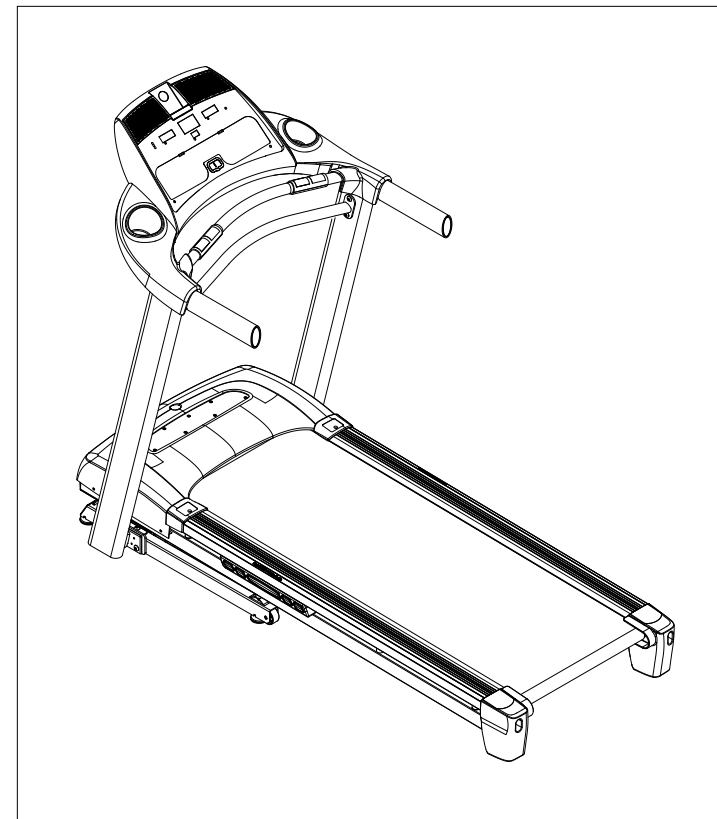


- A Open **HARDWARE BAG 5**.
- B Align **SUPPORT BAR** with holes in **CONSOLE MASTS**.
- C Insert **BOLTS (H)** into all 4 holes of the **SUPPORT BAR**.

NOTE: Look into holes in the right mast before inserting bolts to avoid pinching cables.

- F Tighten all console bolts (Step 4) and support bar bolts (Step C above) completely

ASSEMBLY STEP 6



YOU ARE FINISHED!

Adventure 2 Plus

Max. User Weight: 125 kg / 275 lbs.

Product Weight: 85 kg / 187 lbs

Overall Dimension: 181 x 86 x 137 cm / 71" x 34" x 54"

Adventure 3 Plus

Max. User Weight: 135 kg / 300 lbs.

Product Weight: 86.5 kg / 190 lbs

Overall Dimension: 181 x 86 x 137 cm / 71" x 34" x 54"



ALL
MODELS



ALL
MODELS

TREADMILL OPERATION

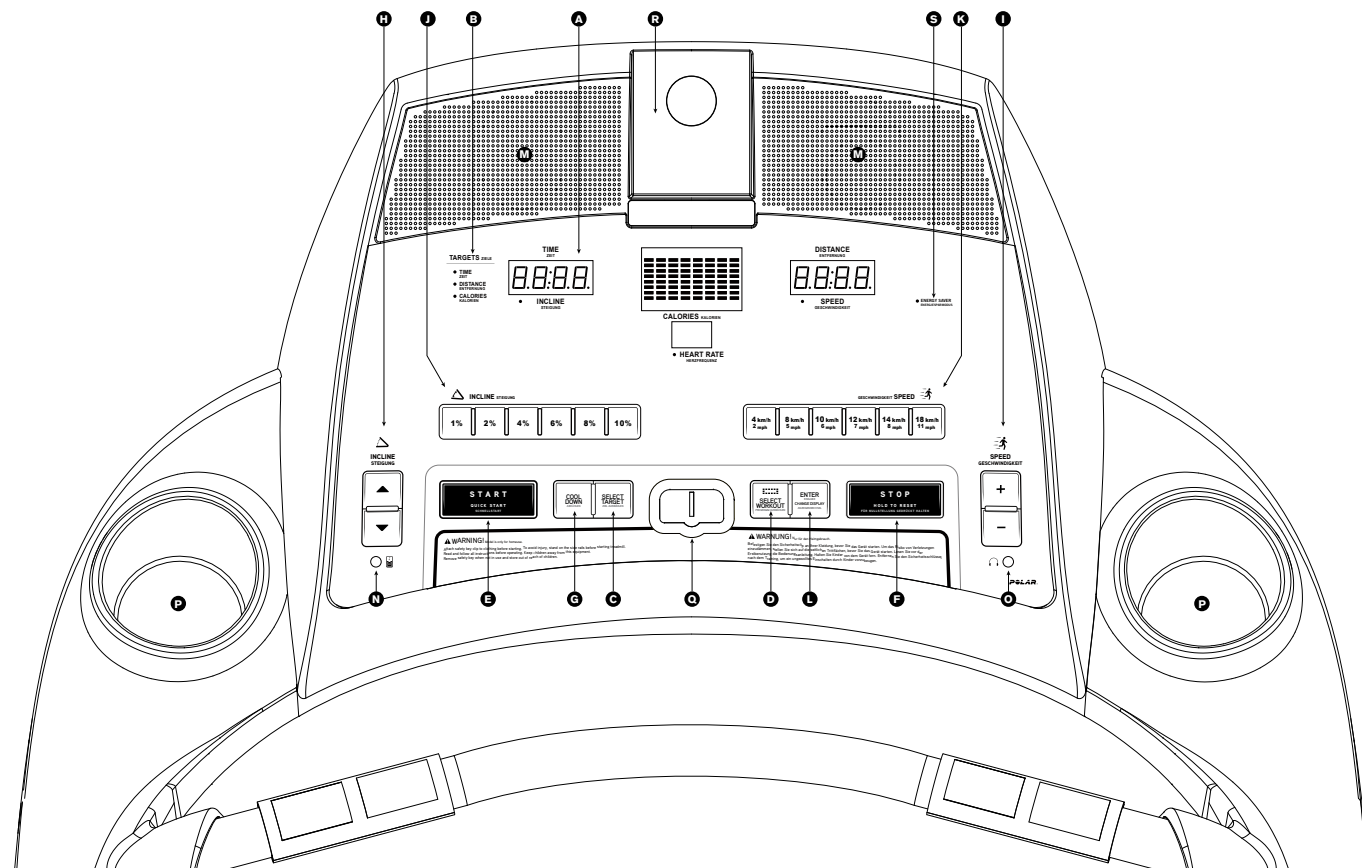


This section explains how to use your treadmill's console and programming. The BASIC OPERATION section in the TREADMILL GUIDE has instructions for the following:

- **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**



ALL MODELS



ADVENTURE 2 PLUS AND ADVENTURE 3 PLUS 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) SELECT TARGET:** press to select your desired target.
- D) SELECT WORKOUT:** press to select your desired workout.
- E) START:** press to begin exercising, start your workout, or resume exercising after pause.
- F) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- G) 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.
- H) INCLINE ▲ / ▼ KEYS:** used to adjust incline in small increments (0.5% Increments).
- I) SPEED + / - KEYS:** used to adjust speed in small increments (0.1 Mph or 0.1 KMph increments).
- J) INCLINE QUICK KEYS:** used to reach desired incline more quickly.
- K) SPEED QUICK KEYS:** used to reach desired speed more quickly.
- L) ENTER / CHANGE DISPLAY KEYS:** used to adjust target and workout settings. Press ENTER to change display feedback during workout.
- M) SPEAKERS (ADVENTURE 3 PLUS ONLY):** music plays through speakers when your CD / MP3 player is connected to the console.
- N) AUDIO IN JACK (ADVENTURE 3 PLUS ONLY):** plug your CD / MP3 player into the console using the included audio adaptor cable.
- O) AUDIO OUT / HEADPHONE JACK (ADVENTURE 3 PLUS ONLY):** 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.
- P) WATER BOTTLE POCKETS:** holds personal workout equipment.
- Q) SAFETY KEY POSITION:** enables treadmill when safety key is inserted.
- R) MP3 PLAYER POCKET:** used to store your MP3 player.
- S) ENERGY SAVER :** after entering stand-by mode for 10 mins energy saver will run automatically to minimize energy consumption.

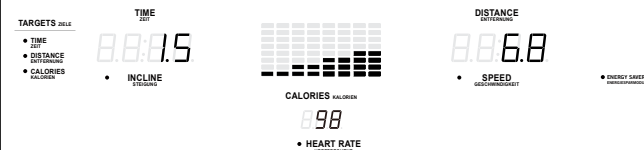
* Note: LED windows show the upper message when in use, will change display to the lower message with lower LED lighting up. Calories and Heart Rate are shown in the middle low LED window.



ALL MODELS

DISPLAY WINDOWS

Adventure 2 Plus and Adventure 3 Plus DISPLAYS



- **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 or KMPH. 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.
- 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.

NOTE: If no TARGET or WORKOUT is selected, the program will function as a MANUAL program. All changes in speed and incline will need to be from the user in this setting.

CHANGING YOUR TARGET MID-WORKOUT

You can change your Target "on-the-fly" without losing your current workout stats.

Anytime during your workout, press the SELECT TARGET key until you have selected the new TARGET you would like.

Use the ▲ / ▼ or + / - keys to enter in the value of your new TARGET and press ENTER. All previous workout statistics will be rolled into the new TARGET, so you'll never miss a beat.

NOTE: If you accidentally press the SELECT TARGET key during a workout, if no buttons are pressed after 5 seconds, the current target will resume.

CHANGING YOUR WORKOUT MID-WORKOUT





You can change your Workout "on-the-fly".

Anytime during your workout, press the SELECT WORKOUT key until you have selected the new WORKOUT you would like. Press ENTER.

New WORKOUT will begin at the first segment after warm up and all workout statistics will roll over.

NOTE: HRC is not available for workout changing. If you accidentally press the SELECT WORKOUT button during a workout, if no buttons are pressed after 5 seconds the current program will resume.

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 MILE or 0.4-42 KM. 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 – ALL MODELS:** Allows 'on the fly' manual speed and incline changes.
- 2) **INTERVALS – ALL MODELS:** Improves your strength, speed and endurance by increasing and decreasing the speed throughout your workout to involve your heart and other muscles.

Segment	Warm Up		1	2	Segments 1 & 2 repeat until target is complete
Time	2:00 Mins	2:00 Mins	90 sec	30 sec	
Incline	1	1.5	0.5	1.5	
Speed (British)	1	1.5	2	4	
Speed (Metric)	1.6	2.4	3.2	6.4	

- 3) **WEIGHT LOSS – ALL MODELS:** Promotes weight loss by increasing and decreasing the speed, 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		
Level 1	Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1		1.5
	Speed(British)	1	1.5	2	2.5	3	3.5	4	3.5	3		2.5
	Speed (Metric)	1.6	2.4	3.2	4.0	4.8	5.6	6.4	5.6	4.8		4.0

- HRC – ALL MODELS:** Once the HRC program is selected, press 'enter'. To adjust your target heart rate, press the plus (+) or minus (-) incline buttons.

Your target heart rate should be set at a number that you will be able to exercise at throughout the majority of your workout. Once you have chosen your target heart rate, press the 'Start' button and begin your workout.

After the 4 minute warm up period, the elevation level will increase gradually to get the user to the entered target heart rate zone. Once the user is at the target heart rate zone, plus or minus 5 beats, the elevation level will remain at the current level.

If the user is more than 25 beats per minute above the target heart rate zone, the console will shut down for safety reasons.

NOTE: HRC program is designed with Time target, you can choose this under Target 1. The chest strap is required to use the HRC program, with HRC program you can only choose time as your workout target.

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 "FINISHED" 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 (ADVENTURE 3 PLUS ONLY)

-  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.



TREADMILL OWNER'S MANUAL

Adventure 2 Plus & Adventure 3 Plus Treadmill Owner's Manual 111912' Rev1.2 © 2012 Horizon Fitness