



**TT5.0**



# ASSEMBLY GUIDE

# 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 vibrate 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.

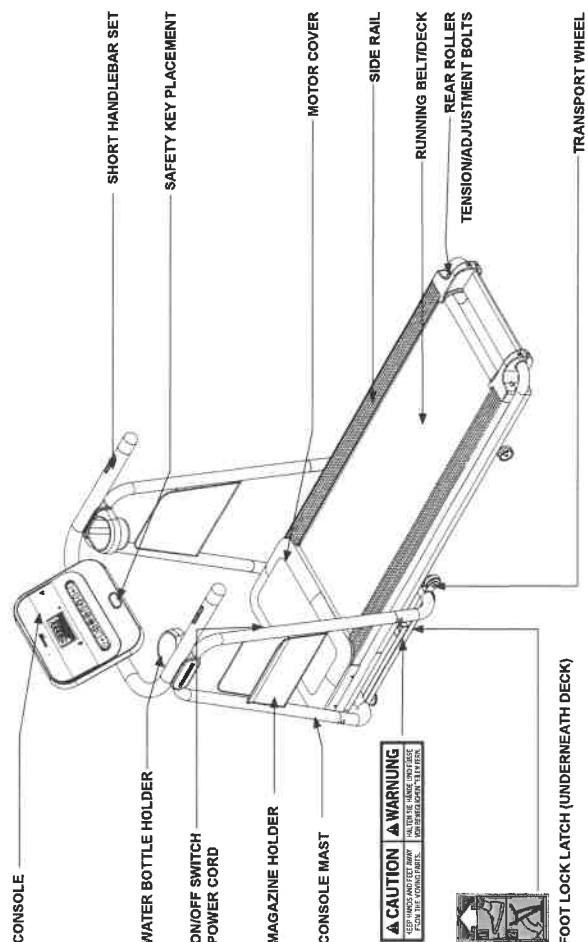
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW.

SERIAL NUMBER:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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MODEL NAME: HORIZON

TREADMILL



**CAUTION** ⚠️ **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.  
 FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!



FOOT LOCK LATCH (UNDERNEATH DECK)

**TOOLS INCLUDED:**

- T-Wrench
- L-Wrench
- Screwdriver

**PARTS INCLUDED:**

- 1 CONSOLE SET
- 4 CONSOLE MAST
- 1 SHORT HANDLE BAR SET
- 1 BASE FRAME
- 2 BOTTLE HOLDER
- 2 MAGAZINE HOLDER
- 1 SAFETY KEY
- 1 POWER COARD
- 1 SILICON OIL

**NEED HELP?**

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back cover 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 and assemble 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.
- **FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!**

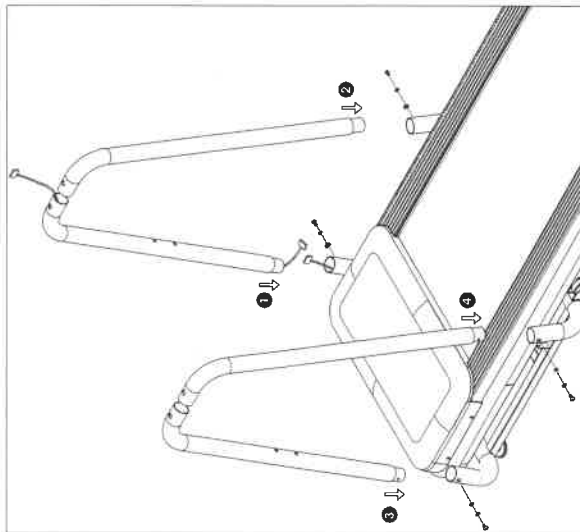
**IMPORTANT NOTES**

- During each assembly step, ensure that **ALL** nuts and bolts are in place and partially threaded. It is recommended you complete the full assembly of your unit before completely tightening any **ONE** bolt.
- Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium bike grease is recommended.

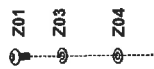




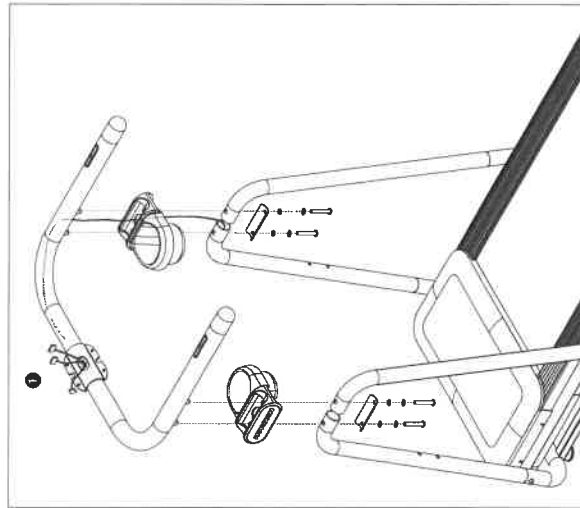
### ASSEMBLY STEP 1



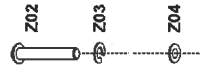
- A Open the **HARDWARE PACK 1**
- B See No.1 on the drawing, pick the console mast which with the **CONSOLE CABLE**, and connect to the cable from **BASE FRAME**, then attach this console mast to **BASE FRAME** and screw by 1 x hardware assembly (**Z01+Z03+Z04**)
- C See No.2 on the drawing, connect **CONSOLE MAST** to the **BASE FRAME** and screw by 1 x hardware assembly. Refer to the assembly process of No.2, then repeat on No.3 and No.4



### ASSEMBLY STEP 2



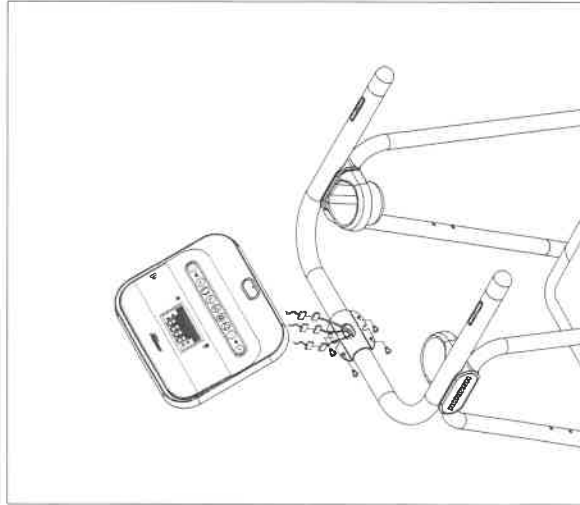
- A Attach 2 x **WATER BOTTLE HOLDER** on the both side of **CONSOLE MAST**, then put the **CONSOLE CABLE** through **WATER BOTTLE HOLDER** in the right side
- B Tight the **CONSOLE CABLE** to **CONNECTION CABLE** which is on the **SHORT HANDLEBAR**, then pull the **CONNECTION CABLE** until get the **CONSOLE CABLE**
- C Attach **SHORT HANDLEBAR** on the both side of **WATER BOTTLE HOLDER**
- D Open **HARDWARE PACK 2**, attach **BRACE PLATE** beneath the **CONSOLE MAST** on the left side then screw by 1 x hardware assembly (**Z02+Z03+Z04**)
- E Repeat the process C on the right side



**ATTENTION**  
DO NOT PINCH THE CABLE !!



### ASSEMBLY STEP 3



- A Open the **HARDWARE PACK 3**
- B Connect **1 x CONSOLE CABLE** and **2 x HEART RATE CABLE** to **CONSOLE SET**
- C Attach **CONSOLE SET** to **SHORT HANDLEBAR** and screw by **4 x BOLT (Z05)**

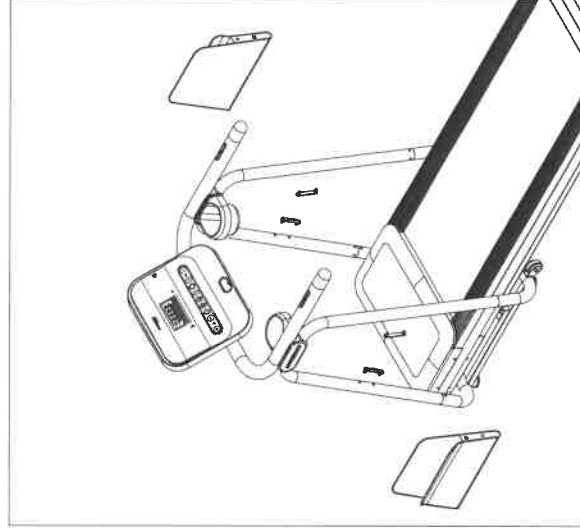


**ATTENTION**  
DO NOT PINCH THE CABLE !!

 Z05



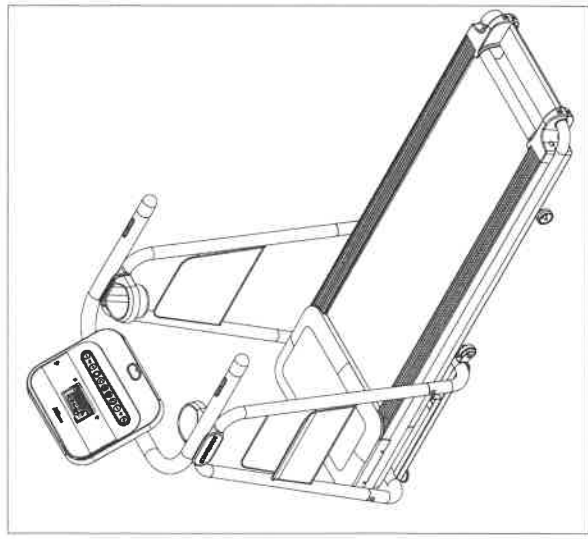
### ASSEMBLY STEP 4



- A Attach **1x MAGAZINE HOLDER** onto the **CONSOLE MAST** and fix by **2 x PLASTIC FIXER** on the right side
- B Repeat the process on the left side



### ASSEMBLY STEP 5



A TT 5.0 ASSEMBLY COMPLETE



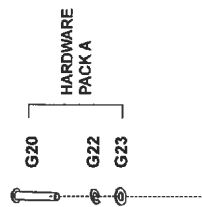


### LONG HANDLEBAR STEP 2

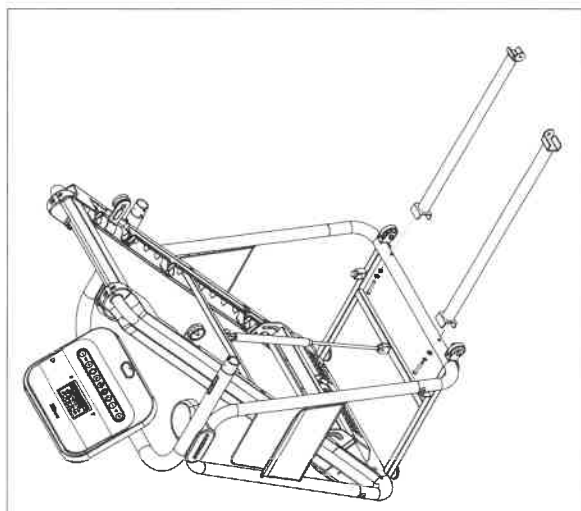
- A Fold up the running deck
- B Attach the **LINKAGE BAR** to the **BASE FRAME** by 1 x hardware assembly (G20+G22+G23) on the left side
- C Repeat the process B on the right side

#### ⚠ ATTENTION

DO NOT TIGHTEN THE BOLTS AT THIS STEP !!



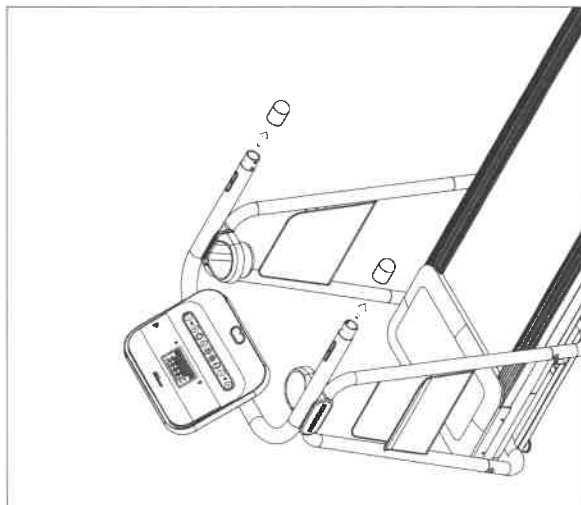
## OPTIONAL ACCESSORIES



### LONG HANDLEBAR STEP 1

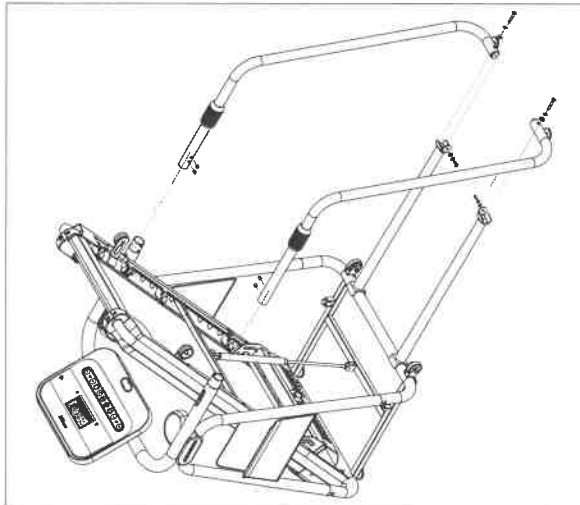
- A Take the **END CAP** on the **SHORT HANDLEBAR** off

## OPTIONAL ACCESSORIES





## OPTIONAL ACCESSORIES

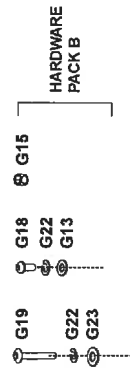


### LONG HANDLEBAR STEP 3

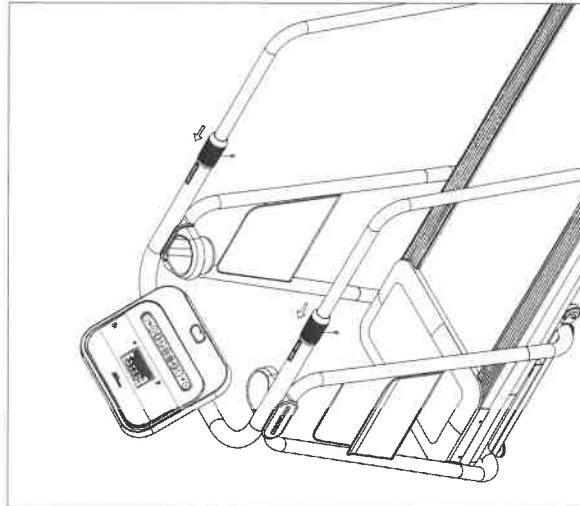
- A Attach **LONG HANDLE BAR** in the right side to **SHORT HANDLE BAR** and fix by 2 x **BOLT (G15)**
- B Attach **LONG HANDLE BAR** to the **LINKAGE BAR** and screw by 1 x hardware assembly (**G19+G22+G23**) from the rear and 1 x hardware assembly (**G13+G22+G18**) from the side
- C Repeat the process on the left side

#### **ATTENTION**

TIGHTEN ALL BOLTS AT THIS STEP !!

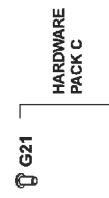


## OPTIONAL ACCESSORIES



### LONG HANDLEBAR STEP 4

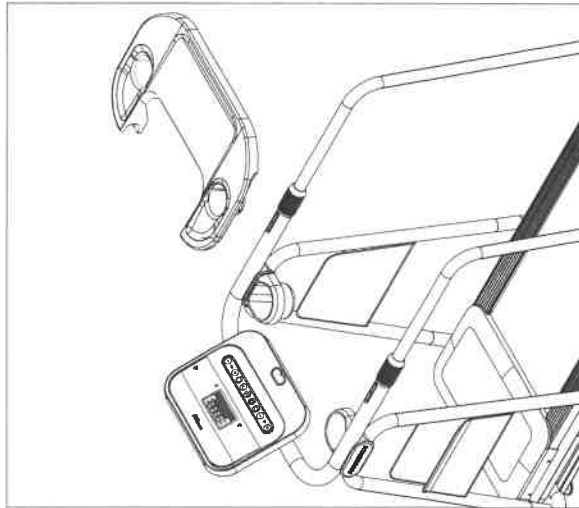
- A Slide the **HANDLEBAR SLEEVE** to the end of **LONG HANDLEBAR** then fix by 1 x **BOLT(G21)** on the left side
- B Repeat the process A on the right side







### OPTIONAL ACCESSORIES

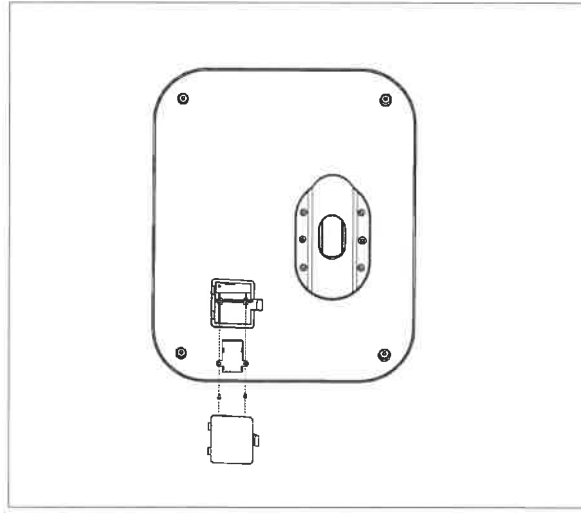


#### DESK TRAY

- A Put on the **DESK TRAY**



### OPTIONAL ACCESSORIES



#### WiFi MODULE

- A Open the **WiFi MODULE COVER** on the back of **CONSOLE SET**
- B Attach the optional **WiFi module** and screw by 2 x **BOLT (N24)** on the board of **CONSOLE**
- C Put the **WiFi MODULE COVER** back to **CONSOLE SET**

N24







**TT5.0**

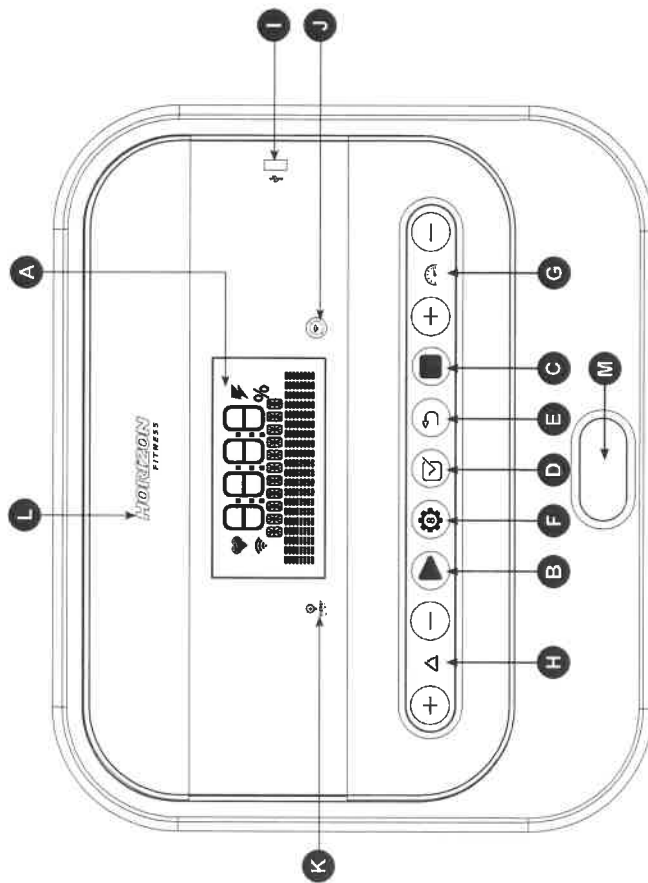


# OPERATION GUIDE

# TREADMILL OPERATION

This section explains how to use your treadmill's console and programming.





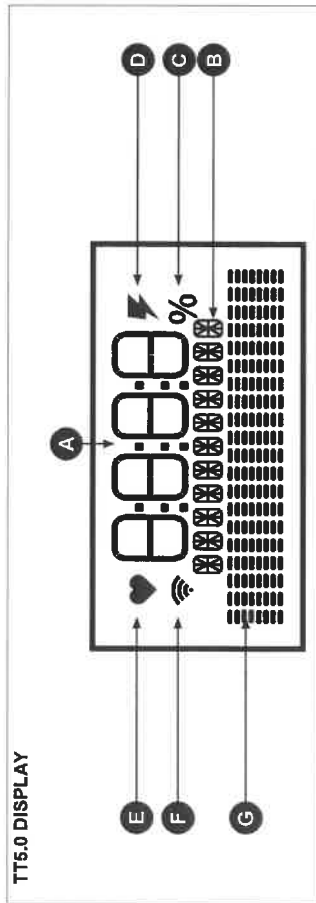
### TT 5.0 CONSOLE OPERATION

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

- A) LCD DISPLAY WINDOW: Time, distance, speed, steps, calories, incline and heart rate
- B) START: Press to start workout
- C) STOP: Press to stop workout. Hold to reset console
- D) ENTER KEY: Press to confirm selection during programming setup. Or press to change the display during exercise.
- E) BACK: Press to go back to last selection
- F) PROGRAM KEYS: Press to select workout
- G) SPEED  $\oplus$   $\ominus$  KEYS: Press to adjust speed level
- H) INCLINE  $\oplus$   $\ominus$  KEYS: Press to adjust incline level
- I) USE: Provide 1 AMP power charging
- J) WIFI CONNECT (OPTIONAL): Press to reset or connect to your wireless connection. See page 8 for more info.
- K) ENERGY SAVER: Indicates if machine is in energy save mode
- L) HORIZON BRAND LED: Light on when the power be turned on
- M) SAFETY KEY POSITION: Enable the treadmill when safety key is inserted



### TT5.0 DISPLAY



### DISPLAYS WINDOW

- A) **WORKOUT INFORMATION:** Show time, speed, steps, calories, distance, incline and heart rate
- B) **MEASUREMENT OF WORKOUT INFORMATION:** Show as KM, KMH, CAL, etc.
- C) **INCLINE PERCENT:** Shown incline range
- D) **CHARGING:** Shown the icon when a device is charging
- E) **HEART RATE:** When contact is made with both pulse grips, the heart rate icon is blinking
- F) **WI-FI:** Indicates wireless connection is present and the strength (low, medium, high)
- G) **PROGRAM PROFILE:** Represent the profile of the program being used




## SET UP xID ACCOUNT FOR VIEWFIT CONNECTIVITY

Creating an xID account will allow you to save and share workout data online at [viewfit.com](http://viewfit.com). Up to four users can be saved on a machine. This process is the first step in connecting your equipment. It must be done from a computer, tablet, or mobile device that is connected to the internet.




- 1) Visit the web site: [viewfit.com](http://viewfit.com)
- 2) Once at the web site, select the **CONNECT YOUR EQUIPMENT** option on the top menu bar.
- 3) The first step in connecting your equipment will be creating your xID account. This will be your login to ViewFit.
- 4) Enter your phone number or another easy-to-remember 10-14 digit number. This will be your account number.
- 5) Fill in your profile information to finish the xID account set up process. You will be asked to provide an email address not associated with any other xID account. Check your email after the set-up process for a link to validate your account.

## CONNECT WI-FI & SET TIMEZONE

Once you have created your xID account, you will be able to move on to activating the Wi-Fi on your equipment. Reminder, this requires you to use your computer, tablet, or mobile device that is connected to the internet.

- 6) Press and hold  for 3-5 seconds. Then enter your time zone. Press **ENTER** button you will see the message **ACTIVATED** on your screen.
  - 7) On your computer or other device, go to your Wi-Fi settings. You should select the network with your model name. Doing this enables you to connect your equipment to your wireless network.
  - 8) A new window will pop up with the list of wireless networks your equipment can see. Select your home Wi-Fi network and connect.
  - 9) The remaining step is to reconnect your computer or other device back to your Wi-Fi network. Go to your settings again and connect as you normally would.
- Congratulations! You are now connected and ready to get started.

## 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. Insert the safety key into the safety keyhole in the console.
- 5) Select your xID account, User, Guest, or Edit a User using  and press **ENTER**.
- 6) When you log in for the first time as User 1-4, you will be prompted to enter your xID information.
  - a) Enter your xID account number using , press **ENTER** to confirm the number you selected. After the final input, press **ENTER**.
  - b) Enter your passcode using , press **ENTER** to confirm the number you selected. After the final input, press **ENTER**.
  - c) If you key the incorrect number during entering your xID or passcode, press **BACK** to reenter your xID or passcode.

### A) QUICK START

Simply press **START** to begin working out. Time will count up from 0:00. The speed will default to 0.8 KM. Incline will default to 0%.

### B) SELECT A PROGRAM

- 1) Select a **PROGRAM** using  or  and press **ENTER**.
- 2) Set workout program information using  and press **ENTER** after each selection.
- 3) Press **START** to begin workout.

**NOTE:** You can adjust the speed and incline levels during your workout.

### C) FINISHING YOUR WORKOUT

When your workout is complete, your workout information will stay displayed on the console for 30 seconds and then is automatically saved to the user profile if xID Terms and Conditions were accepted.

### TO CLEAR CURRENT SELECTION

To clear the current program selection or screen, press and hold **STOP** for 3 seconds.





## PROGRAM INFORMATION



**MANUAL:** allows manual set up speed, incline, workout time, etc., all data will be accumulated from zero.

**5000 STEPS:** Promotes healthy activity with 2 step-based workouts calculated using average stride length.

**ROOLING HILLS:** Simulates running up and down hills to improve stamina.

**MOUNTAIN CLIMB:** A more intense version of HILL RUN that simulates a mountain ascent and descent, this helps to improve cardiovascular ability.

**WEIGHT LOSS:** Promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your weight loss zone.

**INTERVAL:** Improves your strength, speed and endurance by increasing and decreasing the speed throughout your workout

**HR SPPEED:** Program adjusts speed to bring to your target heart rate.

**CUSTOM:** Lets you create and reuse a perfect workout for you with specific speed, incline and time combination. The ultimate in personal programming. Time-based goal. Your custom workout will be saved automatically.

## PROGRAM CHARTS

**Rolling Hills (10 Levels) Speed only**

Incline changes and repetitions repeat every 30 seconds.

Segment	Warm Up	1	2	3	4	5	6	7	8	Cool Down
Time	4:00 Mins	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	4:00 Mins
Level 1	0.5	1.5	2	2.5	3	3.5	4	3	2.5	2.3
Level 2	0.5	2.3	3	3.5	4.5	5	4.5	3.5	3	1.8
Level 3	0.5	2.6	3.5	4	4.5	5	5.5	4.5	4	3.4
Level 4	1	3	4	4.5	5	5.5	6	5.5	5	4.5
Level 5	1	3.4	4.5	5	5.5	6	6.5	6	5.5	4.1
Level 6	1.4	3.8	5	5.5	6	6.5	7	6.5	6	4.5
Level 7	1.4	4.5	5.5	6.5	7.5	8	7.5	6.5	6	4.5
Level 8	1.4	4.5	6.5	7.5	8.5	8	7.5	6.5	6	3.3
Level 9	1.4	4.9	6.5	7.5	8.5	8	7.5	6.5	7	5.6
Level 10	1.4	4.9	6.5	7.5	8.5	8	7.5	6.5	7	3.8

**Mountain Climb (12 Levels)**

Incline changes and repetitions repeat every 30 seconds.

Segment	Warm Up	1	2	3	4	5	6	7	8	9	10	Cool Down
Time	4:00 Mins	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	4:00 Mins
Level 1	0	0	1	1.5	2	2.5	3	2.5	2	1.5	1	0
Level 2	0	0	1.5	2	2.5	3	3.5	3	2.5	2	1.5	0
Level 3	0	1	2	2.5	3	3.5	4	3.5	3	2.5	2	1
Level 4	0	1.5	2.5	3	3.5	4	4.5	4	3.5	3	2.5	1.5
Level 5	0	1.5	3	3.5	4	4.5	5	4.5	4	3.5	3	1.5
Level 6	0	1.5	3.5	4	4.5	5	5.5	5	4.5	4	3.5	1.5
Level 7	0	1.5	4	4.5	5	5.5	6	5.5	5	4.5	4	1.5
Level 8	0	2	4.5	5	5.5	6	6.5	6.5	6	5.5	5	2
Level 9	0	2	5	5.5	6	6.5	7	6.5	6	5.5	5	2
Level 10	0	2	5.5	6	6.5	7	7.5	7.5	7	6.5	6	2
Level 11	1	2	6	6.5	7	7.5	8	7.5	7	6.5	6	2
Level 12	1	2	6.5	7	7.5	8	8.5	8.5	8	7.5	7	2



**With 10 Levels (10 Levels)**

Segment Time	Speed and Incline (min/Sec)										Cool Down 4:00 Mins	
	Warm Up 4:00 Mins	1	2	3	4	5	6	7	8	9		
Incline	0	0.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	0
Level 1	Speed	0.5	1.5	2	2.5	3	3.5	4	3.5	3	2.5	2.3
Level 2	Incline	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	1.5
Level 3	Incline	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	1.5
Level 4	Incline	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	1.5
Level 5	Incline	1	1.5	2.5	2.5	2	1.5	1.5	1.5	2	2.5	2.5
Level 6	Incline	1	3.4	4.5	5	5.5	6	6.5	6	5.5	5	4.1
Level 7	Incline	1.5	2	3	3	2.5	2	2	2	2	2	1.5
Level 8	Incline	1.4	3.8	5	6.5	6	6.5	7	6.5	6	5.5	4.5
Level 9	Incline	1.3	4.1	5.5	6	6.5	7	7.5	7	6.5	6	4.9
Level 10	Incline	2	2.5	3.5	3.5	3	2.5	2.5	2.5	3	3.5	2.5
Speed	1.4	4.9	6.5	7	7.5	8	8.5	8	7.5	7	5.5	3.8

**Interval 2 (10 Levels)**

Segment Time	Speed and Incline (min/Sec)										Cool Down 4:00 Mins	
	Warm Up 4:00 Mins	1	2	3	4	5	6	7	8	9		
Level 1	Incline	1	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1
Level 2	Incline	1.3	1.9	1.9	2.5	4.5	4.5	4.5	4.5	4.5	4.5	1.3
Level 3	Incline	1.3	1.9	1.9	2.5	5.5	5.5	5.5	5.5	5.5	5.5	1.3
Level 4	Incline	1.5	2.3	2.3	3	6	6	6	6	6	6	1.5
Level 5	Incline	1.5	2.3	2.3	3	6.5	6.5	6.5	6.5	6.5	6.5	1.5
Level 6	Incline	1.8	2.6	2.6	3.5	7.5	7.5	7.5	7.5	7.5	7.5	1.8
Level 7	Incline	2	3	3	4	8	8	8	8	8	8	2
Level 8	Incline	2	3	3	4	8.5	8.5	8.5	8.5	8.5	8.5	2
Level 9	Incline	2	3	3	4	8.5	8.5	8.5	8.5	8.5	8.5	2
Level 10	Incline	2	3	3	4	8.5	8.5	8.5	8.5	8.5	8.5	2



**ENERGY SAVER (STANDBY MODE)**

This machine has a special feature called Energy Saver mode. This mode is NOT automatically activated. When Energy Saver mode is activated, the display will automatically enter standby mode (Energy Saver mode) after 15 minutes of inactivity. This feature saves energy by disabling most power to the machine until a key is pressed on the console. This feature can be turned on or off in the engineering menu.

TIME ZONE LIST

CODE	TIME ZONE	TIME
10	Azores Standard Time	(GMT-01:00) Azores
12	Cape Verde Standard Time	(GMT-01:00) Cape Verde Islands
43	Mid-Atlantic Standard Time	(GMT-02:00) Mid-Atlantic
27	E. South America Standard Time	(GMT-03:00) Brasilia
58	SA Eastern Standard Time	(GMT-03:00) Buenos Aires, Georgetown
35	Greenland Standard Time	(GMT-03:00) Greenland
51	Newfoundland Standard Time	(GMT-03:30) Newfoundland and Labrador
06	Atlantic Standard Time	(GMT-04:00) Atlantic Time (Canada)
60	SA Western Standard Time	(GMT-04:00) Caracas, La Paz
17	Central Brazil Standard Time	(GMT-04:00) Manaus
54	Pacific SA Standard Time	(GMT-04:00) Santiago
59	SA Pacific Standard Time	(GMT-05:00) Bogota, Lima, Quito
28	Eastern Standard Time	(GMT-05:00) Eastern Time (US and Canada)
70	US Eastern Standard Time	(GMT-05:00) Indiana (East)
15	Central America Standard Time	(GMT-06:00) Central America
21	Central Standard Time	(GMT-06:00) Central Time (US and Canada)
22	Central Standard Time (Mexico)	(GMT-06:00) Guadalajara, Mexico City, Monterrey
11	Canada Central Standard Time	(GMT-06:00) Saskatchewan
71	US Mountain Standard Time	(GMT-07:00) Arizona
46	Mountain Standard Time (Mexico)	(GMT-07:00) Chihuahua, La Paz, Mazatlan
44	Mountain Standard Time	(GMT-07:00) Mountain Time (US and Canada)
55	Pacific Standard Time	(GMT-08:00) Pacific Time (US and Canada); Tijuana
02	Alaskan Standard Time	(GMT-09:00) Alaska
38	Hawaiian Standard Time	(GMT-10:00) Hawaii
61	Samoa Standard Time	(GMT-11:00) Midway Island, Samoa

TIME ZONE LIST

CODE	TIME ZONE	TIME
36	Greenwich Standard Time	(GMT) Casablanca, Monrovia
34	GMT Standard Time	(GMT) Oresund Time Zone, Dublin, Edinburgh, Lisbon, London
76	W. Europe Standard Time	(GMT+01:00) Amsterdam, Berlin, Bonn, Rome, Stockholm, Vienna
18	Central Europe Standard Time	(GMT+01:00) Belgrade, Bratislava, Budapest, Ljubljana, Prague
56	Romania Standard Time	(GMT+01:00) Bucharest, Copenhagen, Madrid, Paris
19	Central European Standard Time	(GMT+01:00) Sargasso, Shopt, Warsaw, Zagreb
74	W. Central Africa Standard Time	(GMT+01:00) West Central Africa
37	GTB Standard Time	(GMT+02:00) Athens, Bucharest, Istanbul
29	Egypt Standard Time	(GMT+02:00) Cairo
64	South Africa Standard Time	(GMT+02:00) Harare, Pretoria
32	FLE Standard Time	(GMT+02:00) Helsinki, Kiev, Riga, Sofia, Tallinn, Vilnius
41	Israel Standard Time	(GMT+02:00) Jerusalem
26	E. Europe Standard Time	(GMT+02:00) Minsk
48	Namibia Standard Time	(GMT+02:00) Windhoek
05	Arabic Standard Time	(GMT+03:00) Baghdad
03	Arab Standard Time	(GMT+03:00) Kuwait, Riyadh
57	Russian Standard Time	(GMT+03:00) Moscow, St. Petersburg, Volgograd
24	E. Africa Standard Time	(GMT+03:00) Nairobi
40	Iran Standard Time	(GMT+03:30) Tehran
04	Arabic Standard Time	(GMT+04:00) Abu Dhabi, Muscat
09	Azerbaijan Standard Time	(GMT+04:00) Baku
33	Georgian Standard Time	(GMT+04:00) Tbilisi
13	Caucasus Standard Time	(GMT+04:00) Yerevan
01	Afghanistan Standard Time	(GMT+04:30) Kabul
30	Easterberg Standard Time	(GMT+05:00) Ekaterinburg

TIME ZONE LIST

CODE	TIME ZONE	TIME
76	West Asia Standard Time	(GMT+05:00) Islamabad, Karachi, Tashkent
39	India Standard Time	(GMT+05:30) Chennai, Kolkata, Mumbai, New Delhi
49	Nepal Standard Time	(GMT+05:45) Kathmandu
47	N. Central Asia Standard Time	(GMT+06:00) Almaty, Novosibirsk
16	Central Asia Standard Time	(GMT+06:00) Astana, Dhaka
65	Sri Lanka Standard Time	(GMT+06:00) Sri Jayawardenepura
46	Myanmar Standard Time	(GMT+06:30) Yangon (Rangoon)
62	SE Asia Standard Time	(GMT+07:00) Bangkok, Hanoi, Jakarta
53	North Asia Standard Time	(GMT+07:00) Kratieyarak
23	China Standard Time	(GMT+08:00) Beijing, Chongqing, Hong Kong SAR, Urumqi
52	North Asia East Standard Time	(GMT+08:00) Irkutsk, Ulaanbaatar
63	Singapore Standard Time	(GMT+08:00) Kuala Lumpur, Singapore
73	W. Australia Standard Time	(GMT+08:00) Perth
66	Taipei Standard Time	(GMT+08:00) Taipei
68	Tokyo Standard Time	(GMT+09:00) Osaka, Sapporo, Tokyo
42	Korea Standard Time	(GMT+09:00) Seoul
78	Yakutsk Standard Time	(GMT+09:00) Yakutsk
14	Can. Australia Standard Time	(GMT+09:30) Adelaide
07	AUS Central Standard Time	(GMT+09:30) Darwin
25	E. Australia Standard Time	(GMT+10:00) Brisbane
08	AUS Eastern Standard Time	(GMT+10:00) Canberra, Melbourne, Sydney
77	West Pacific Standard Time	(GMT+10:00) Guam, Port Moresby
67	Tasmania Standard Time	(GMT+10:00) Hobart
72	Vladivostok Standard Time	(GMT+10:00) Vladivostok
20	Central Pacific Standard Time	(GMT+11:00) Magadan, Solomon Islands, New Caledonia

