



ENDURANCE 4



ENDURANCE 5

ELLIPTICAL OWNER'S MANUAL



Read the ELLIPTICAL 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 elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your elliptical's serial number located on a white barcode sticker on the front stabilizer tube and enter it in the space provided below.

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

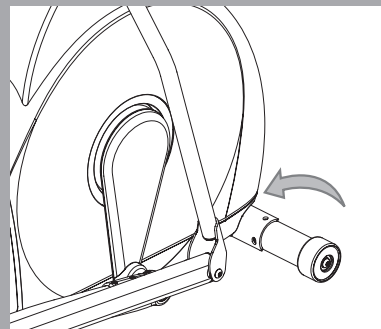
SERIAL NUMBER:

EP

MODEL NAME: **HORIZON**

ELLIPTICAL

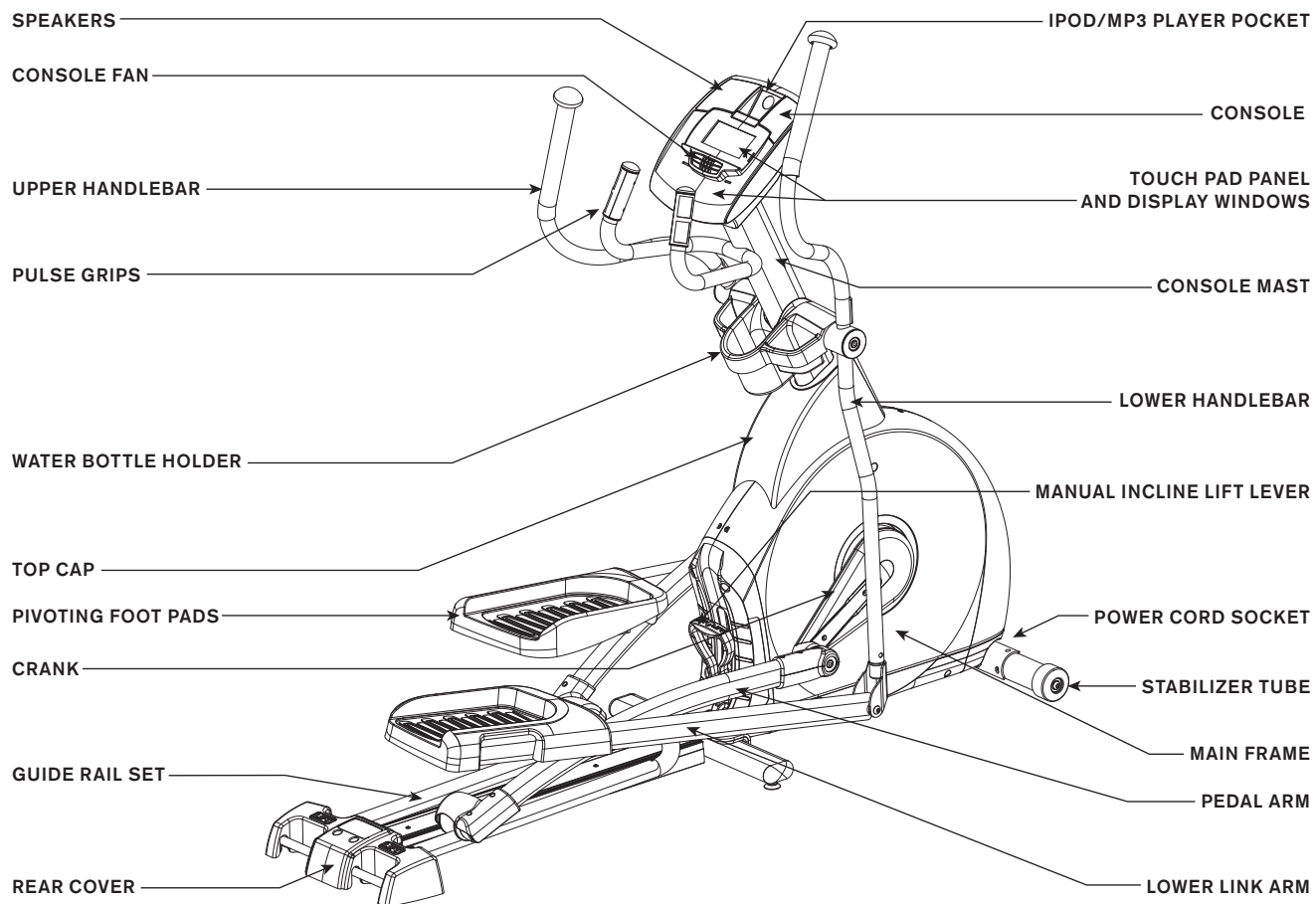
SERIAL NUMBER LOCATION

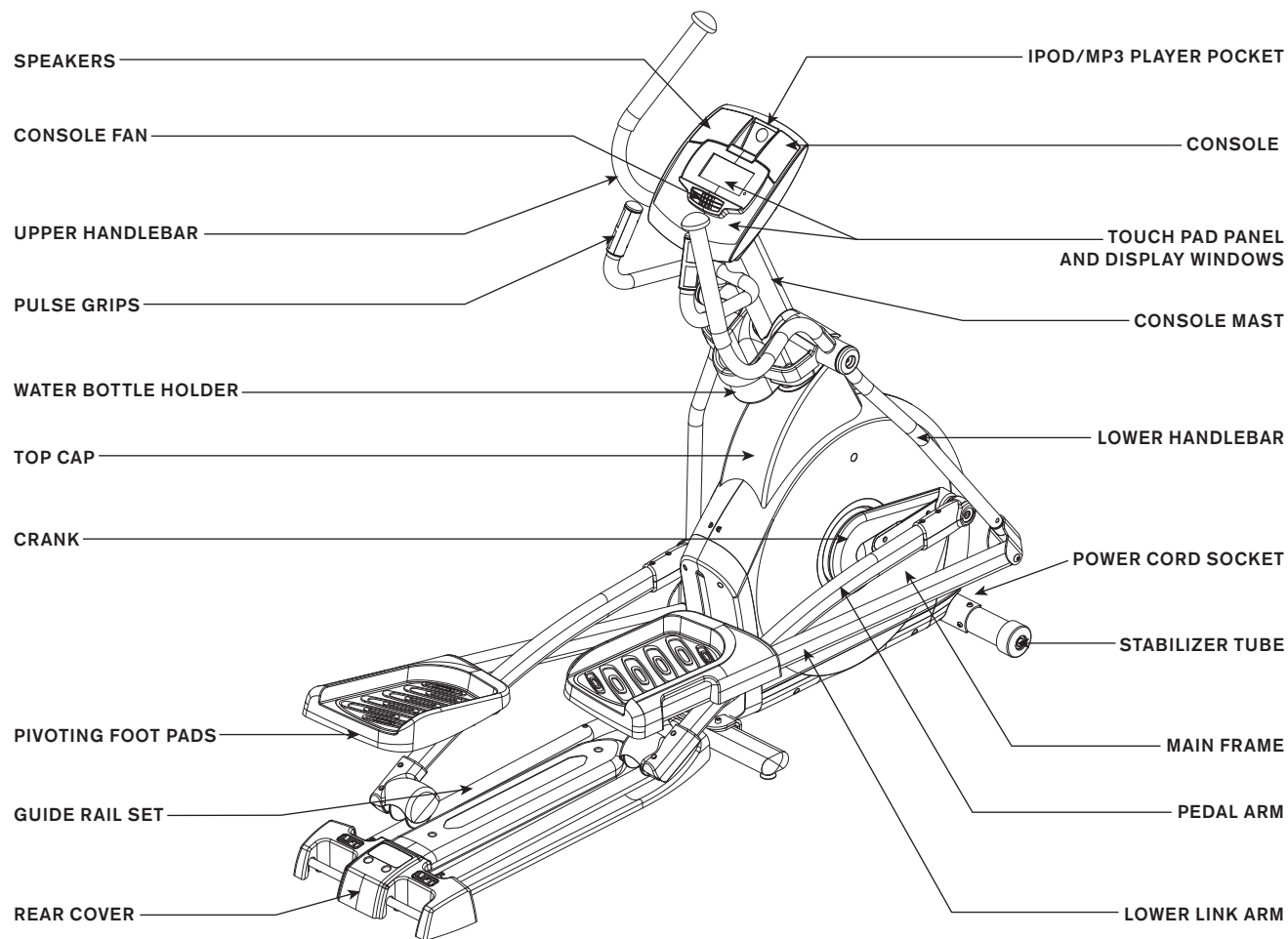


» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.



ENDURANCE 4
SHOWN





ENDURANCE 5
SHOWN



ALL
MODELS

TOOLS INCLUDED:

- ☐ 8 mm L-Wrench
- ☐ 5 mm L-Wrench / Screwdriver
- ☐ 13/15 mm Flat Wrench

PARTS INCLUDED:

- ☐ 1 Stabilizer Tube
- ☐ 1 Guide Rail Set
- ☐ 2 Pedal Arms
- ☐ 1 Manual Incline Set (Endurance 4 only)
- ☐ 2 Lower Handlebars
- ☐ 2 Upper Handlebars
- ☐ 2 Handlebar Caps
- ☐ 2 Lower Link Arms With Footpads
- ☐ 1 Top Cap (2 pieces)
- ☐ 1 Console Mast
- ☐ 1 Console Mast Boot
- ☐ 1 Console
- ☐ 2 Handlebar Caps
- ☐ 1 Water Bottle Holder
- ☐ 1 Rear Cover
- ☐ 1 Audio Adapter Cable
- ☐ 1 Power Cord
- ☐ 1 Hardware Kit

PRE ASSEMBLY

UNPACKING

Unpack the product where you will be using it. Place the elliptical carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

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.

NOTE: It is recommended that two people work together for ease and efficiency while assembling an elliptical.

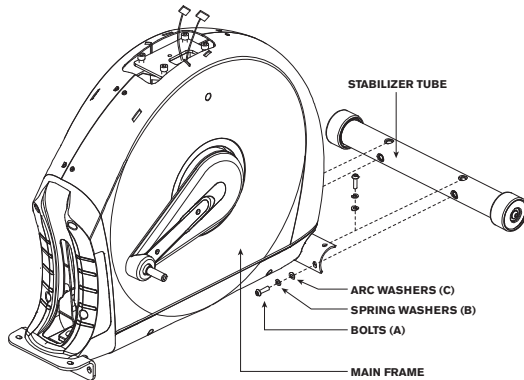


NEED HELP?

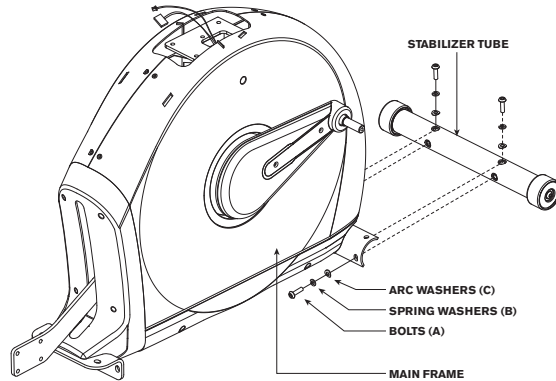
If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.

ASSEMBLY STEP 1

ENDURANCE 4 SHOWN



ENDURANCE 5 SHOWN



HARDWARE FOR STEP 1:



BOLT (A)
30 mm
Qty: 4



SPRING WASHER (B)
15 mm
Qty: 4



ARC WASHER (C)
17 mm
Qty: 4

- A Open **HARDWARE FOR STEP 1**.
- B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.



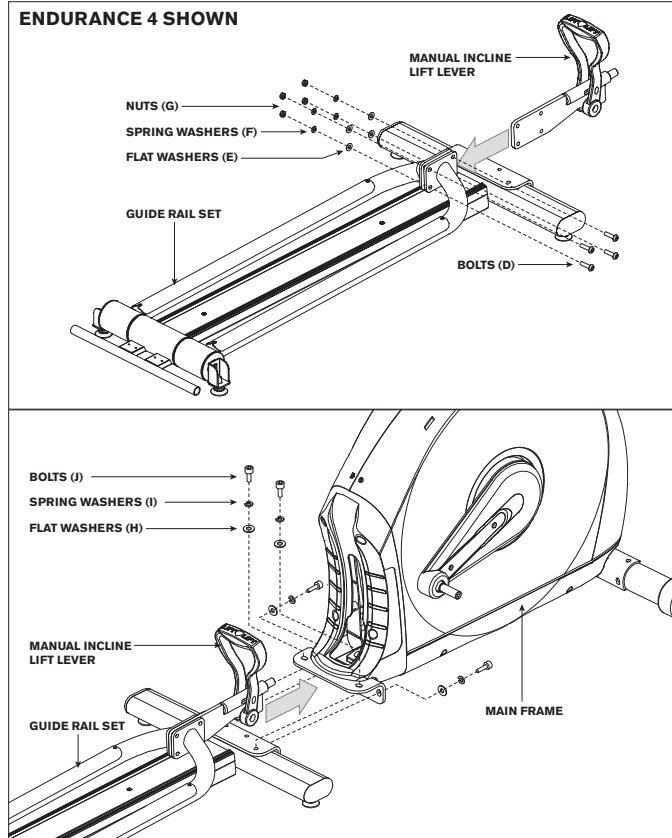
ALL
MODELS



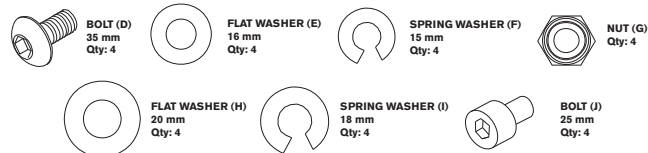
ENDURANCE 4
ONLY

ENDURANCE 4 ASSEMBLY STEP 2

ENDURANCE 4 SHOWN



HARDWARE FOR STEP 2



* This step is for ENDURANCE 4 only.

- Open **HARDWARE FOR STEP 2**.
- Attach **MANUAL INCLINE LIFT LEVER** to **GUIDE RAIL SET** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **NUTS (G)**.
- Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.
- Lift up on the **MANUAL INCLINE LIFT LEVER** and place it in one of the holes inside the **MAIN FRAME**.
- Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (J)**, 4 **FLAT WASHERS (H)** and 4 **SPRING WASHERS (I)**.

ENDURANCE 5 ASSEMBLY STEP 2

HARDWARE FOR STEP 2:



FLAT WASHER (D)
16 mm
Qty: 4



SPRING WASHER (E)
15 mm
Qty: 4



BOLT (F)
20 mm
Qty: 4



BOLT (G)
35 mm
Qty: 4



FLAT WASHER (H)
20 mm
Qty: 4

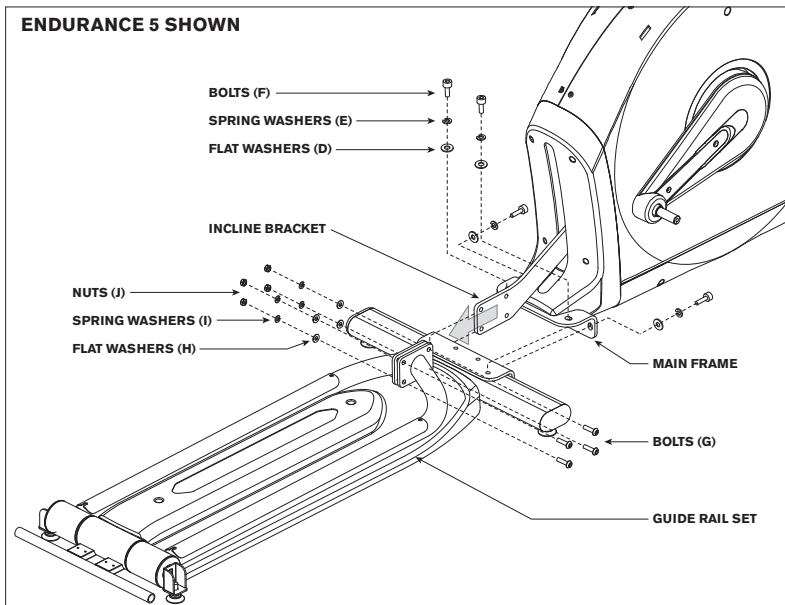


SPRING WASHER (I)
18 mm
Qty: 4



NUT (J)
Qty: 4

ENDURANCE 5 SHOWN



* This step is for ENDURANCE 5 models only.

- A Open **HARDWARE FOR STEP 2**.
- B Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (F)**, 4 **SPRING WASHERS (E)** and 4 **FLAT WASHERS (D)**.
- C Attach the **GUIDE RAIL SET** to the **INCLINE BRACKET** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)** and 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

NOTE: You may need to pull the incline bracket out of the main frame in order to connect it to the guide rail set.



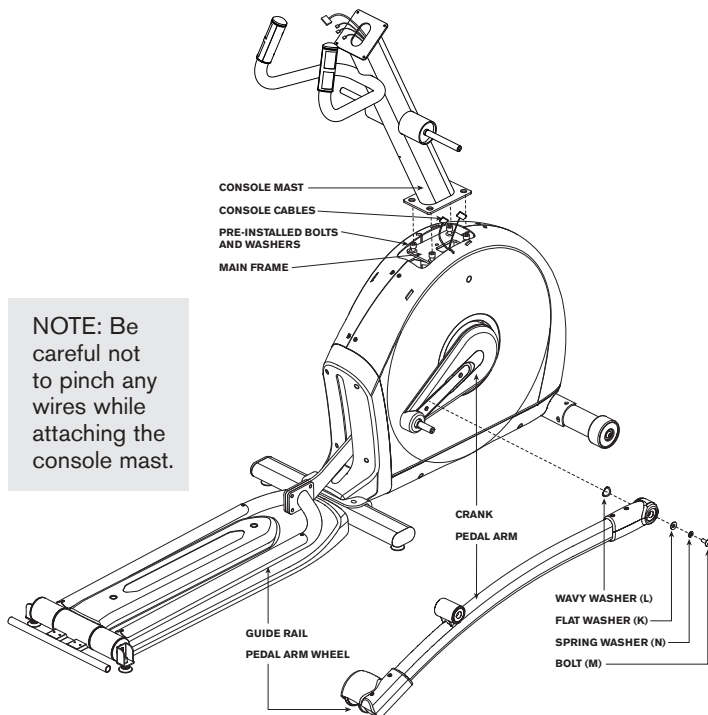
ENDURANCE 5
ONLY



ALL
MODELS

ASSEMBLY STEP 3

ENDURANCE 5 SHOWN



HARDWARE FOR STEP 3:



FLAT WASHER (K)
20 mm
Qty: 2



WAVY WASHER (L)
22.5 mm
Qty: 2



BOLT (M)
20 mm
Qty: 2



SPRING WASHER (N)
15 mm
Qty: 2

- A Open **HARDWARE FOR STEP 3**.
- B Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.
- C Attach **CONSOLE MAST** to **MAIN FRAME** using **PRE-INSTALLED BOLTS AND WASHERS**.
- D Slide **WAVY WASHER (L)** over **CRANK** followed by **PEDAL ARM** as shown. Rest **PEDAL ARM WHEEL** on **GUIDE RAIL**.
- E Attach the **PEDAL ARM** to the **CRANK** using 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (N)** and 1 **BOLT (M)**.
- F Repeat steps D–E on the opposite side of the elliptical.

ASSEMBLY STEP 4

HARDWARE FOR STEP 4:



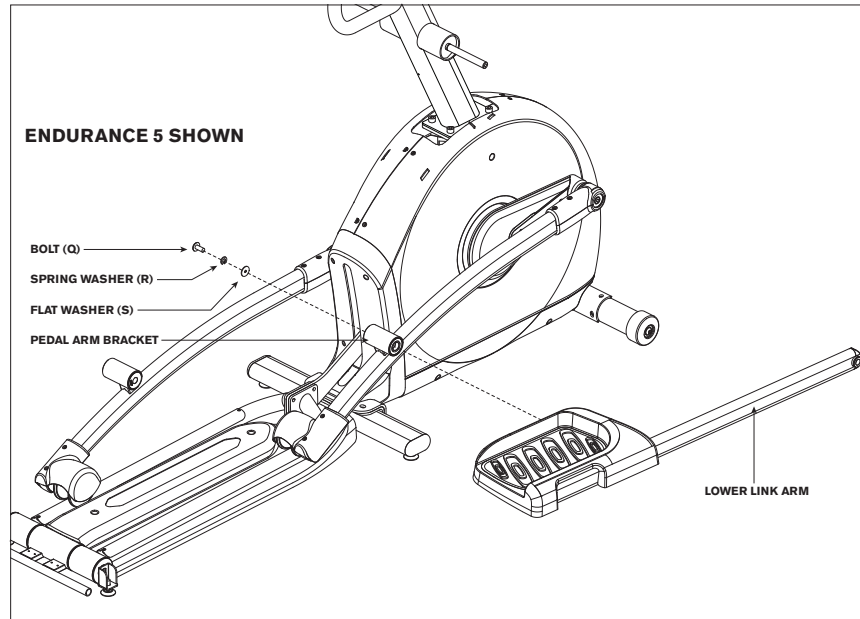
BOLT (Q)
20 mm
Qty: 2



SPRING WASHER (P)
15.4 mm
Qty: 2



FLAT WASHER (Q)
20 mm
Qty: 2



A Open **HARDWARE FOR STEP 4**.

B Slide the **LOWER LINK ARM** into the **PEDAL ARM BRACKET**.

C Attach the **LOWER LINK ARM** to the **PEDAL ARM BRACKET** using 1 **FLAT WASHER (S)**, 1 **SPRING WASHER (R)** and 1 **BOLT (Q)**.

D Repeat steps B–D on the opposite side of the elliptical.

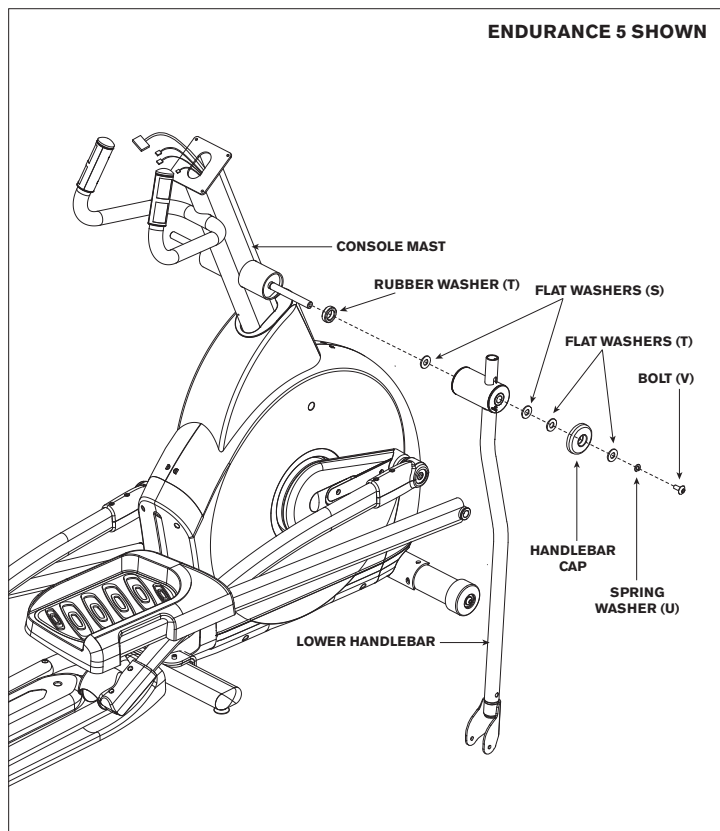


ALL
MODELS

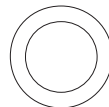


ALL
MODELS

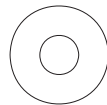
ASSEMBLY STEP 5



HARDWARE BAG 5 CONTENTS :



RUBBER
WASHER (R)
26 mm
Qty: 2



FLAT
WASHER (S)
25 mm
Qty: 4



FLAT
WASHER (T)
26 mm
Qty: 4



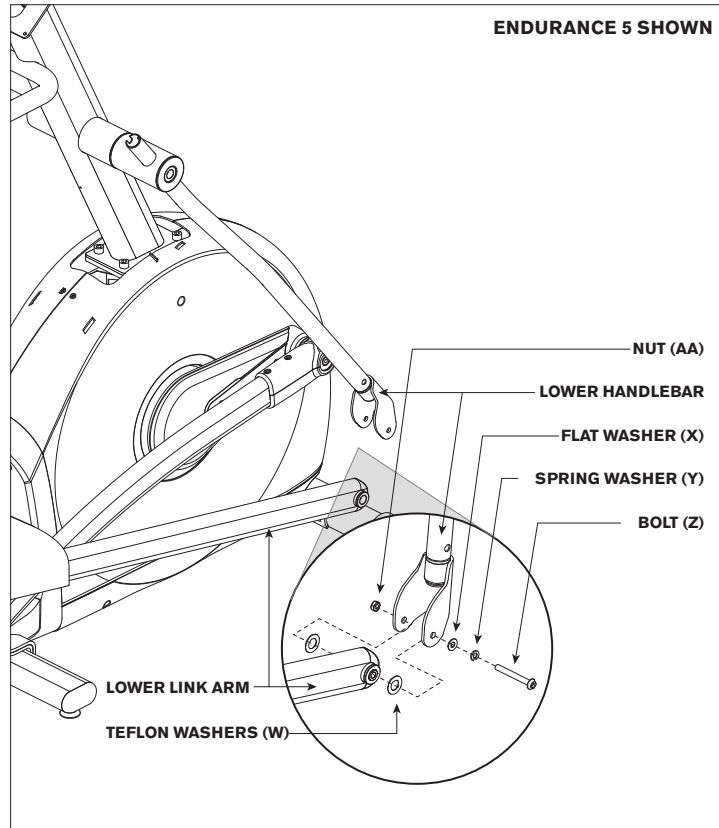
SPRING
WASHER (U)
15 mm
Qty: 2



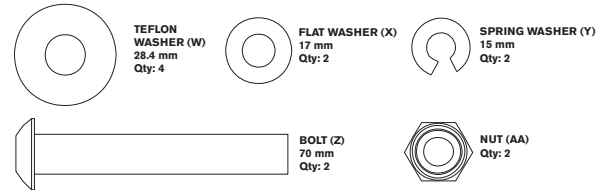
BOLT (V)
20 mm
Qty: 2

- A Open **HARDWARE FOR STEP 5**.
- B Slide 1 **RUBBER WASHER (R)** and 1 **FLAT WASHER (S)** onto the **CONSOLE MAST**.
- C Slide **LOWER HANDLEBAR** onto **CONSOLE MAST** and attach using 1 **FLAT WASHER (S)**, 1 **FLAT WASHER (T)**, 1 **HANDLEBAR CAP**, 1 **FLAT WASHER (T)**, 1 **SPRING WASHER (U)** and 1 **BOLT (V)**.
- D Repeat steps B–C on the other side.

ASSEMBLY STEP 6



HARDWARE BAG 6 CONTENTS :



- Open **HARDWARE BAG 6**.
- Align end of **LOWER LINK ARM** with bracket on bottom of **LOWER HANDLEBAR**.
- Place **TEFLON WASHERS (W)** on both sides of the **LOWER LINK ARM**. While holding **TEFLON WASHERS (W)** slide **LOWER LINK ARM** into bottom end of **LOWER HANDLEBAR**.
- Secure the joint with 1 **FLAT WASHER (X)**, 1 **SPRING WASHER (Y)**, 1 **BOLT (Z)** and secure with 1 **NUT (AA)**.
- Repeat steps B–D on the opposite side of the elliptical.

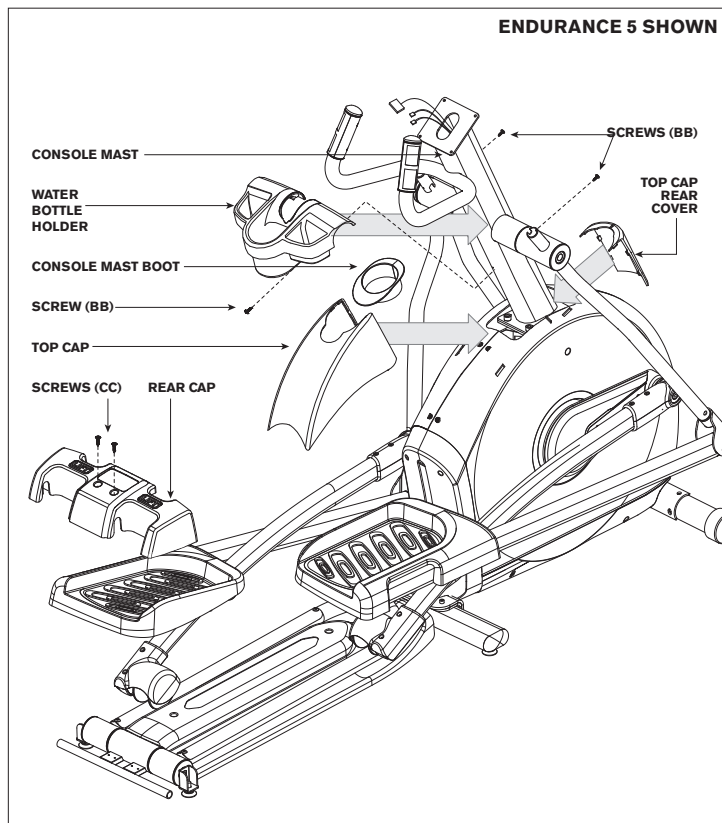


ALL
MODELS



ALL
MODELS

ASSEMBLY STEP 7



HARDWARE BAG 7 CONTENTS :



SCREW (BB)
12 mm
Qty: 3

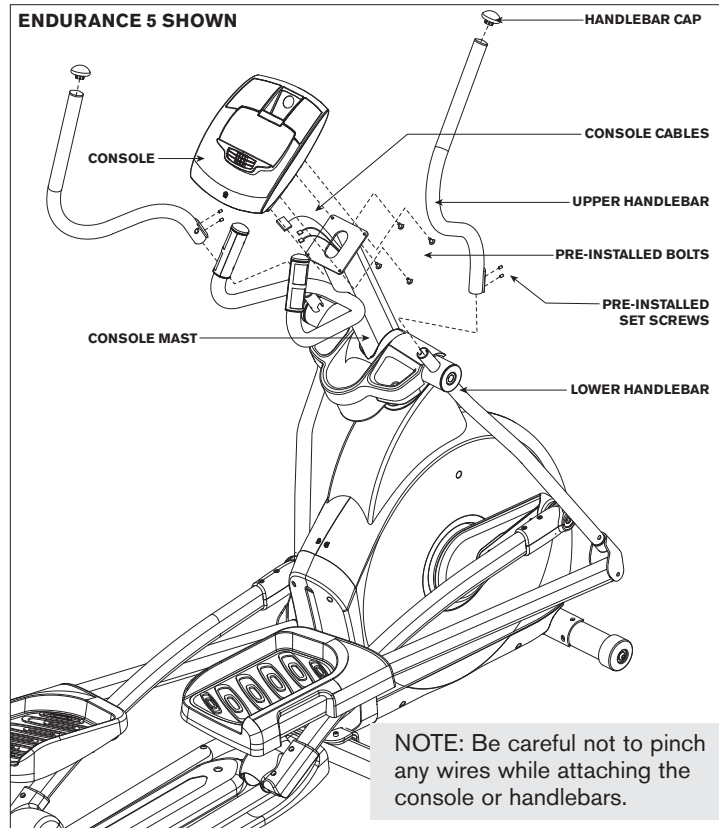


SCREW (CC)
15 mm
Qty: 2

- Open **HARDWARE BAG 7**.
- Slide **TOP CAP** and **TOP CAP REAR COVER** over **CONSOLE MAST** and snap into place.
- Insert **CONSOLE MAST BOOT** over **TOP CAP** and snap into place.
- Slide **WATER BOTTLE HOLDER** over **CONSOLE MAST** and attach using 3 **SCREWS (BB)**.
- Slide **REAR CAP** over **REAR STABILIZER** and attach using 2 **SCREWS (CC)**.

NOTE: Be careful not to pinch any wires while tightening screws.

ASSEMBLY STEP 8



NOTE: There is no hardware bag for this step.

- A Attach the **CONSOLE CABLES** to the **CONSOLE**.
- B Carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST** before attaching the **CONSOLE**. Attach **CONSOLE** to **CONSOLE MAST** using 4 **PRE-INSTALLED BOLTS**.
- C The **HANDLEBAR** to the **UPPER HANDLEBAR**.
- D Slide **UPPER HANDLEBAR** onto **LOWER HANDLEBAR** making sure handlebars are joined together completely. Secure **UPPER HANDLEBAR** to **LOWER HANDLEBAR** using **PRE-ATTACHED SET SCREWS**.
- E Repeat step E on other side.

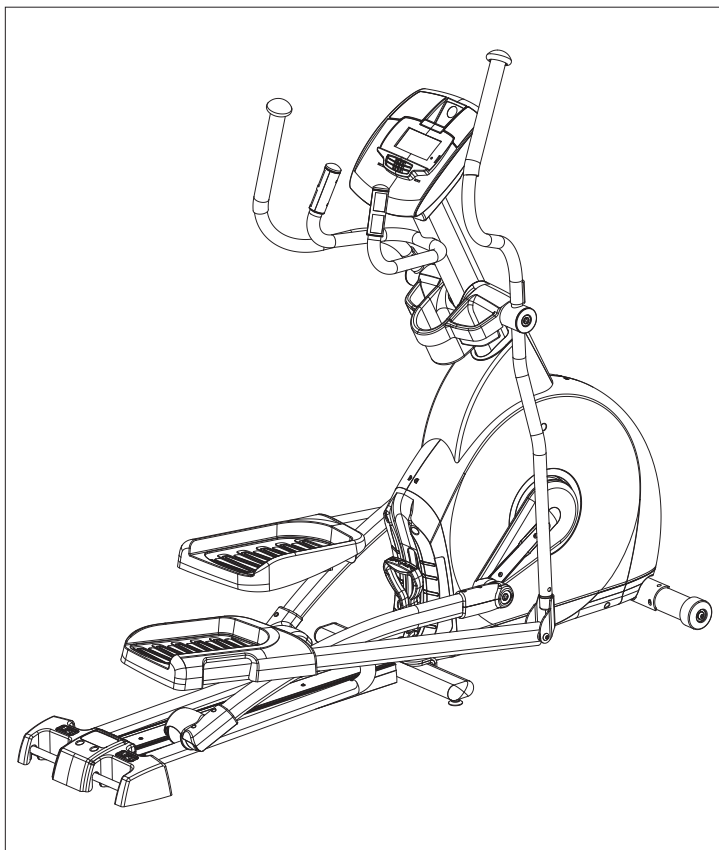
Make sure upper handlebars are as far down as possible. Handlebars can be damaged if not secured correctly.



ALL
MODELS



ENDURANCE 4
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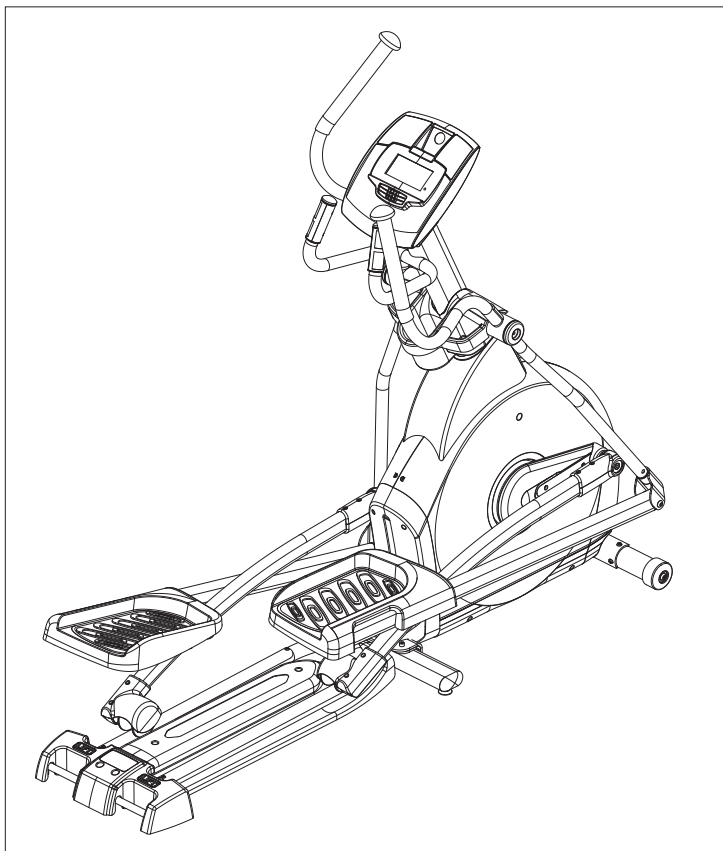
ASSEMBLY COMPLETE!

ENDURANCE 4

Max. User Weight: 136 kg / 300 lbs

Product Weight: 84 kg / 185 lbs

Overall Dimension: 190 x 62 x 168 cm / 75" x 24" x 66"



ENDURANCE 5

Max. User Weight: 148 kg / 325 lbs

Product Weight: 87 kg / 192 lbs

Overall Dimension: 190 x 62 x 168 cm / 75" x 24" x 66"



ENDURANCE 5
SHOWN

ELLIPTICAL OPERATION

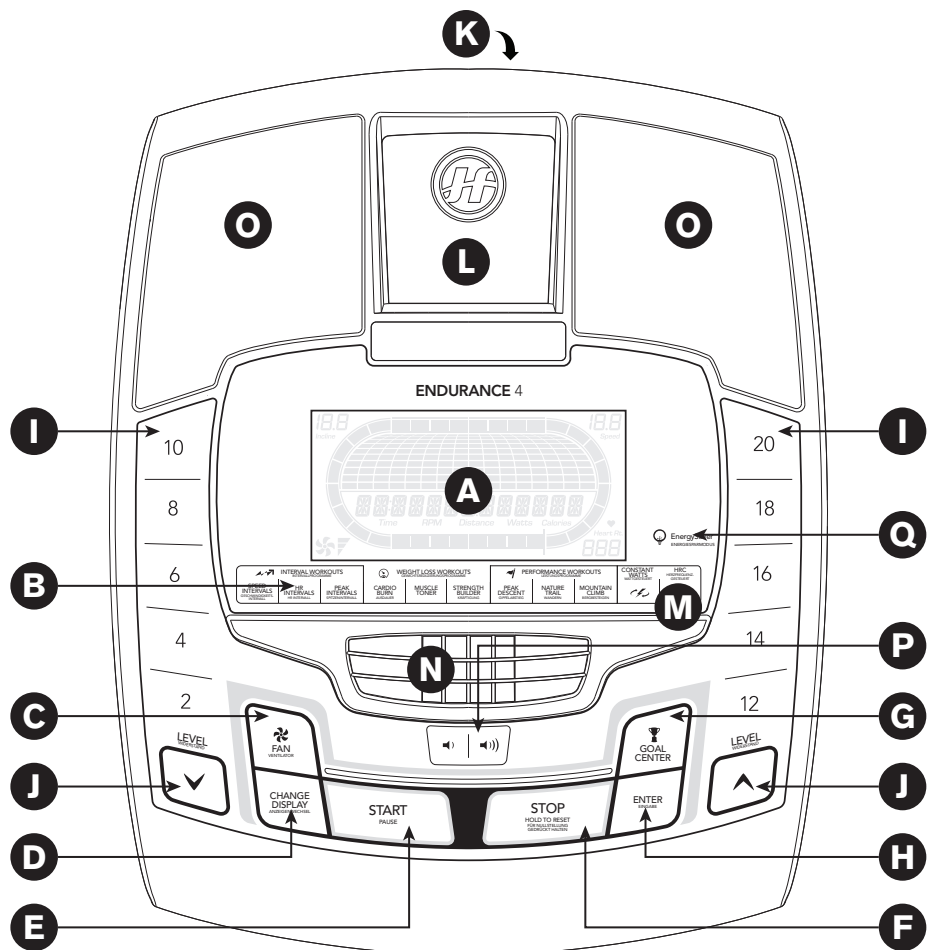


This section explains how to use your elliptical's console and programming.
The BASIC OPERATION section in the ELLIPTICAL GUIDE has instructions for the following:

- **LOCATION OF THE ELLIPTICAL**
- **POWER/GROUNDING INSTRUCTIONS**
- **FOOT POSITIONING**
- **MOVING THE ELLIPTICAL**
- **LEVELING THE ELLIPTICAL**
- **POWER/MANUAL INCLINE OPERATION**
- **USING THE HEART RATE FUNCTION**



ENDURANCE 4
SHOWN



ENDURANCE 4 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, calories, watts, RPM, speed, resistance level, heart rate, and fan.
- B) **PROGRAMS:** press to select which workout.
- C) **FAN BUTTON:** with each press of the button, the fan cycles from low to medium to high and off.
- D) **CHANGE DISPLAY:** press to change display feedback during 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) **GOAL CENTER:** press to set or view your goal. See page 32 for more information.
- H) **ENTER:** used to confirm a selection.
- I) **QUICK KEYS:** used to reach desired resistance level more quickly.
- J) **LEVEL ▼ ▲:** used to adjust resistance level.
- K) **AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- L) **MP3 PLAYER POCKET:** used to store your MP3 player.
- M) **READING RACK:** holds reading material.
- N) **FAN:** personal workout fan.
- O) **SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- P) **VOLUME BUTTONS:** adjust speaker volume up or down.
- Q) **ENERGY SAVER LIGHT:** Indicates if machine is in Energy Saver mode.

MANUAL INCLINE OPERATION

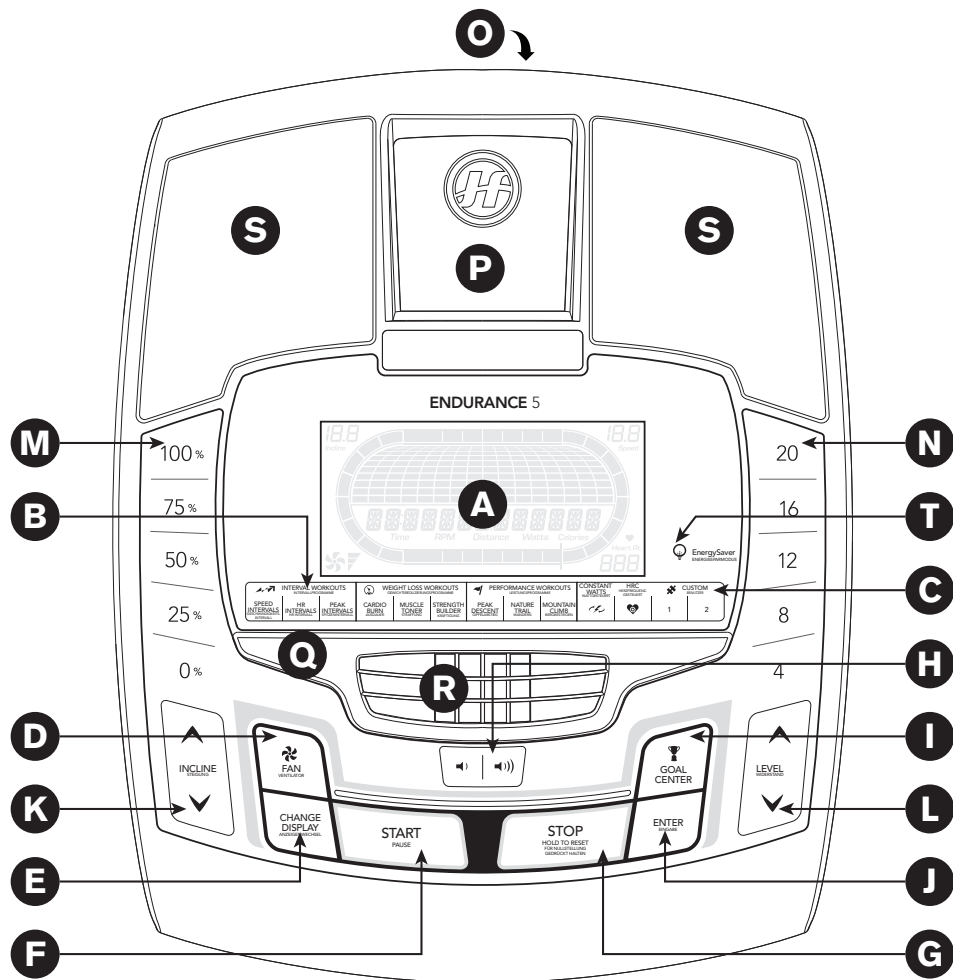
The Endurance 4 has an adjustable incline feature to add variety to your workouts. To adjust the incline up or down, stand on the side of the elliptical and place your hand firmly on the top of the shroud. With your other hand, grab the **MANUAL INCLINE LIFT LEVER** handle, pulling back and guiding it up or down. Ensure the pin is engaged in the slot at the preferred incline level.



ENDURANCE 4
SHOWN



ENDURANCE 5
SHOWN



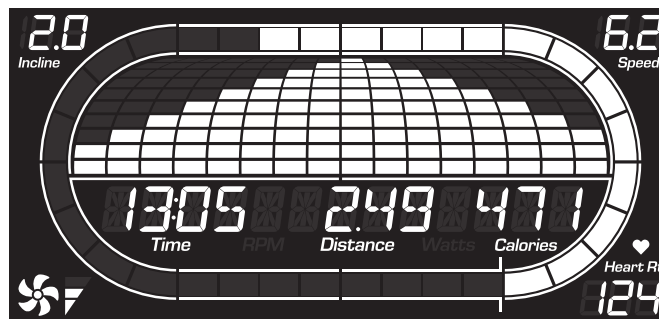
ENDURANCE 5 CONSOLE OPERATION

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, calories, watts, RPM, incline, speed, resistance level, heart rate, and fan.
- B) PROGRAMS:** press to select which workout.
- C) CUSTOM 1 & 2 KEYS:** press to select custom 1 or custom 2 program.
- D) FAN BUTTON:** with each press of the button, the fan cycles from low to medium to high and off.
- E) CHANGE DISPLAY:** press to change display feedback during workout.
- F) START:** press to begin exercising, start your workout, or resume exercising after pause.
- G) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- H) VOLUME BUTTONS:** adjust speaker volume up or down.
- I) GOAL CENTER:** press to set or view your goal. See page 32 for more information.
- J) ENTER:** used to confirm a selection.
- K) INCLINE ▼ ▲:** used to adjust incline level.
- L) LEVEL ▼ ▲:** used to adjust resistance level.
- M) INCLINE QUICK KEYS:** used to reach desired incline level more quickly.
- N) LEVEL QUICK KEYS:** used to reach desired resistance level more quickly.
- O) AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- P) MP3 PLAYER POCKET:** used to store your MP3 player.
- Q) READING RACK:** holds reading material.
- R) FAN:** personal workout fan.
- S) SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- T) ENERGY SAVER LIGHT:** Indicates if machine is in Energy Saver mode.



ENDURANCE 5
SHOWN



DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as miles or kilometres. Indicates distance traveled or distance remaining during your workout.
- **CALORIES:** Total calories burned or calories remaining left to burn during your workout.
- **RPM:** Rotations Per Minute.
- **WATTS:** Displays current user power output.
- **SPEED:** Shown as MPH or KMPH. Indicates how fast the foot pads are moving.
- **HEART RATE (HR):** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **LEVEL:** Shows the current level of resistance.
- **INCLINE (ENDURANCE 5 ONLY):** Shown as percent. Indicates the incline level of the power ramp. Will be displayed in the top left corner of window.
- **TRACK:** Follows progress around a simulated track. Segments light up with every 12.5 meters completed. One lap around the track is 400 meters (1/4 mile).
- **FAN:** Indicates when the fan is on and what level of strength it is on.

GETTING STARTED

- 1) Check to make sure no objects are nearby that will hinder the movement of the elliptical.
- 2) Plug in the power cord and turn the elliptical ON.
(Switch is located at the bottom-front of the elliptical.)
NOTE: Some ellipticals may not have a power switch and will turn on when power is supplied.
- 3) Select USER 1, USER 2, or GUEST using ▼▲ and press ENTER.
- 4) Select WEIGHT using ▼▲ and press ENTER.

A) QUICK START UP

Simply press the START key to begin working out. The time will count up from 0:00, the resistance level will default to level 1. Endurance 5 only: Incline will default to 0%. OR...

B) SELECT PROGRAM

- 1) Press a program button to select a workout.
- 2) Set workout time using ▼▲ and press ENTER.
- 3) Set workout level using ▼▲ and press ENTER.
- 4) Press START to begin workout.
NOTE: You can also adjust the level during your workout.

C) FINISHING YOUR WORKOUT

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

CHANGING YOUR PROGRAM MID-WORKOUT

Anytime during your workout (Except HR INTERVALS & HRC), press program button to select a new program. Press ENTER and a new workout will begin at the first segment. All workout statistics will roll over.

A new workout will begin at the first segment and all workout statistics will roll over.

NOTE: If you accidentally press a program button during a workout, do not press any other buttons and the current workout will not change.

TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the STOP button for 3 seconds.



PROGRAM INFORMATION



MANUAL: Adjust your resistance level manually during your workout.

INTERVAL WORKOUTS

SPEED INTERVALS: Improves your strength, speed and endurance by increasing and decreasing the resistance throughout your workout to involve your heart and other muscles. Segments repeat every 30 and 90 seconds.

SPEED INTERVALS																					
Segment	Warm Up					Program Segments - Repeat												Cool Down			
Seconds	60	60	60	60	30	90	90	30	30	90	30	90	90	30	30	90	60	60	60	60	
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
1	1	1	1	1	3	1	1	3	3	1	3	1	1	3	3	1	1	1	1	1	
2	1	1	1	2	3	1	1	3	3	1	3	1	1	3	3	1	2	1	1	1	
3	1	1	1	2	4	2	2	4	4	2	4	2	2	4	4	2	2	1	1	1	
4	1	1	1	3	4	2	2	4	4	2	4	2	2	4	4	2	3	1	1	1	
5	1	2	3	3	5	3	3	5	5	3	5	3	3	5	5	3	3	3	2	1	
6	1	2	3	4	5	3	3	5	5	3	5	3	3	5	5	3	4	3	2	1	
7	1	2	3	4	6	4	4	6	6	4	6	4	4	6	6	4	4	3	2	1	
8	1	2	3	5	6	4	4	6	6	4	6	4	4	6	6	4	5	3	2	1	
9	2	2	3	5	7	5	5	7	7	5	7	5	5	7	7	5	5	3	2	2	
10	2	2	4	6	7	5	5	7	7	5	7	5	5	7	7	5	6	4	2	2	

HR INTERVALS: Automatically adjusts work and rest resistance levels within your desired heart rate. Perfect for providing an intense workout with recovery bursts. Time-based goal.

- 1) Set WORK interval time using ▼ ▲ and press ENTER.
- 2) Set WORK interval target heart rate using and press ENTER.
- 3) Set REST interval time using ▼ ▲ and press ENTER.
- 4) Set REST interval target heart rate using ▼ ▲ and press ENTER.
- 5) Set TOTAL WORKOUT TIME using ▼ ▲ and press START to begin.

Segments	Warm Up	Work Interval	Rest Interval	Cool Down	
Time	4:00	The work interval and rest interval segment times are preset by the user and are repeated until the cool down		2:00 min	2:00 min
Resistance	1 or user selects	THR set by user for the work and rest intervals		1/2 current resistance	1

NOTES:

- The large LCD dot matrix window displays your heart rate during exercise. The middle row represents your target heart rate (THR) and the other rows equal +/-5 heart beats. If you are working out beneath your THR, the LCDs below the middle row will illuminate. If you are over, the LCDs above the middle row will illuminate. Your current heart rate is represented by the flashing column and the window will refresh every 5 seconds.
- There is a 4-minute warm-up built into this program at level 1 resistance or user selected resistance.
- After 4 minutes, the resistance will automatically adjust to bring your heart rate within 5 beats of the target number you selected at the beginning of the program.
- If there is no heart rate detected, the unit will not change resistance levels up or down.
- If your heart rate is 25 beats over your target zone the program will slow down.

PEAK INTERVALS: Improves your strength, speed and endurance by increasing and decreasing the resistance throughout your workout to involve your heart and other muscles. Segments repeat every 30 and 60 seconds.

PEAK INTERVALS																				
Segments	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	1	3	1	1	3	3	1	3	1	1	3	3	1	1	1	1	1
2	1	1	1	2	3	1	1	3	3	1	3	1	1	3	3	1	2	1	1	1
3	1	1	1	2	4	2	2	4	4	2	4	2	2	4	4	2	2	1	1	1
4	1	1	1	3	4	2	2	4	4	2	4	2	2	4	4	2	3	1	1	1
5	1	2	3	3	5	3	3	5	5	3	5	3	3	5	5	3	3	3	2	1
6	1	2	3	4	5	3	3	5	5	3	5	3	3	5	5	3	4	3	2	1
7	1	2	3	4	6	4	4	6	6	4	6	4	4	6	6	4	4	3	2	1
8	1	2	3	5	6	4	4	6	6	4	6	4	4	6	6	4	5	3	2	1
9	2	2	3	5	7	5	5	7	7	5	7	5	5	7	7	5	5	3	2	2
10	2	2	4	6	7	5	5	7	7	5	7	5	5	7	7	5	6	4	2	2





PROGRAM INFORMATION

WEIGHT LOSS WORKOUTS

CARDIO BURN: Promotes weight loss by increasing and decreasing the resistance, while keeping you in your fat burning zone. Segments repeat every 60 seconds.

MUSCLE TONER: Tones muscles by adjusting resistance gradually while keeping you in your fat burning zone. Segments change every 30 seconds. Time based goal with 10 difficulty levels to choose from.

STRENGTH BUILDER: Time segments vary from 30 to 90 seconds long to challenge your stamina and strength. Time based goal with 10 difficulty levels to choose from.

CARDIO BURN																				
Segment	Warm Up				60 Second Program Segments - Repeat												Cool Down			
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	3	1
2	1	2	2	3	4	4	5	5	6	6	6	5	5	4	4	3	2	2	2	1
3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1
4	1	2	2	5	6	6	7	7	8	8	8	7	7	6	6	5	2	2	2	1
5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2
6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2
7	2	3	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2
8	2	3	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	3	2
9	3	4	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	4	3
10	3	4	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	4	3
11	3	6	10	12	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3
12	3	6	10	13	14	14	15	15	16	16	16	16	15	15	14	14	13	10	6	3
13	5	9	13	14	15	15	16	16	17	17	17	17	16	16	15	15	14	13	9	5
14	5	9	13	15	16	16	17	17	18	18	18	18	17	17	16	16	15	13	9	5
15	5	9	13	16	17	17	18	18	19	19	19	19	18	18	17	17	16	13	9	5
16	5	9	13	17	18	18	19	19	20	20	20	20	19	19	18	18	17	13	9	5

MUSCLE TONER																				
Segment	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	60	60	60	60	30	30	30	30	30	30	30	30	30	30	30	30	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	2	2	2	3	3	2	2	3	3	2	2	3	3	2	1	1	1
2	1	1	2	3	2	3	3	4	2	3	3	4	2	3	3	4	3	2	1	1
3	1	2	2	3	3	3	4	4	3	3	4	4	3	3	4	4	3	2	2	1
4	2	2	2	3	3	4	4	5	3	4	4	5	3	4	4	5	3	2	2	2
5	3	3	3	3	4	4	5	5	4	4	5	5	4	4	5	5	3	3	3	3
6	3	3	3	4	4	5	5	6	4	5	5	6	4	5	5	6	4	3	3	3
7	4	4	4	4	6	6	7	7	6	6	7	7	6	6	7	7	4	4	4	4
8	4	4	4	5	7	7	8	8	7	7	8	8	7	7	8	8	5	4	4	4
9	4	4	5	5	8	8	9	10	8	8	9	11	8	8	11	11	5	5	4	4
10	4	5	5	6	9	11	11	11	9	9	12	12	9	9	13	13	6	5	5	4

STRENGTH BUILDER																				
Segment	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	60	60	60	60	30	60	90	60	90	45	60	45	90	90	30	30	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	2	2	2	2	1	2	2	1	2	2	1	2	2	2	1	1	1
2	1	1	1	2	3	2	3	2	2	3	2	2	3	2	2	3	2	1	1	1
3	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
4	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
5	1	2	2	2	5	5	5	4	5	5	4	5	5	4	5	5	2	2	2	1
6	1	2	2	3	6	5	6	5	5	6	5	5	6	5	5	6	3	2	2	1
7	1	2	2	3	7	6	7	5	6	7	5	6	7	5	6	7	3	2	2	1
8	1	1	1	2	9	8	9	8	8	9	8	8	9	8	8	9	2	1	1	1
9	2	2	2	3	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
10	2	3	4	5	12	12	12	11	12	12	11	12	12	11	12	12	3	2	2	1

PROGRAM INFORMATION

PERFORMANCE WORKOUTS

PEAK DESCENT: Promotes gradual changes of ascent and descent. Helps tone muscles and build cardiovascular fitness. Time based goal with 10 difficulty levels to choose from. For Endurance 4, please ignore elevation line.

PEAK DESCENT		Warm Up				60 Second Program Segments - Repeat																Cool Down			
Segments		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
Level 1	ELEVATION	0	10	10	20	20	20	30	30	30	30	30	30	30	30	20	20	20	10	10	0				
	RESISTANCE	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	2	1				
Level 2	ELEVATION	0	10	10	20	30	30	30	30	40	40	40	40	40	40	30	30	20	10	10	0				
	RESISTANCE	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1				
Level 3	ELEVATION	0	10	10	30	30	30	40	40	50	50	50	50	50	50	40	30	30	10	10	0				
	RESISTANCE	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1				
Level 4	ELEVATION	0	10	10	30	40	40	50	50	50	50	50	50	50	50	40	40	30	10	10	0				
	RESISTANCE	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1				
Level 5	ELEVATION	10	30	30	40	50	50	50	50	60	60	60	60	60	60	50	50	40	30	30	10				
	RESISTANCE	2	5	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	5	2				
Level 6	ELEVATION	10	30	30	50	50	50	60	60	70	70	70	70	70	70	50	50	50	30	30	10				
	RESISTANCE	2	5	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	5	2				
Level 7	ELEVATION	10	30	30	50	60	60	70	70	80	80	80	80	80	80	60	60	50	30	30	10				
	RESISTANCE	2	5	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	5	2				
Level 8	ELEVATION	10	30	30	60	70	70	80	80	80	80	80	80	80	80	70	70	60	30	30	10				
	RESISTANCE	2	5	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	5	2				
Level 9	ELEVATION	20	30	30	70	80	80	80	80	90	90	90	90	90	90	80	80	70	30	30	20				
	RESISTANCE	3	5	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	5	3				
Level 10	ELEVATION	20	50	50	80	80	80	90	90	90	90	90	90	90	90	80	80	80	50	50	20				
	RESISTANCE	3	8	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	8	3				

NATURE TRAIL: Simulates the ascent and descent of trail walking. Helps tone muscles and build cardiovascular fitness. Resistance changes. Time based goal with 10 difficulty levels to choose from.

NATURE TRAIL		Warm Up				60 Second Program Segments - Repeat																Cool Down			
Segment	Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
1	1	1	1	1	1	3	3	3	3	4	4	4	4	3	3	3	3	2	2	1	1				
2	1	1	1	2	2	4	4	4	4	5	5	5	5	4	4	4	4	2	2	1	1				
3	1	1	2	2	4	6	6	6	6	6	6	6	6	6	6	4	4	2	2	1	1				
4	1	1	3	3	5	5	6	6	7	8	8	7	6	6	5	5	2	2	1	1					
5	2	2	2	2	6	6	7	7	8	8	8	8	7	7	6	6	3	3	2	2					
6	2	2	3	3	6	6	8	8	8	9	9	8	8	8	6	6	3	3	2	2					
7	3	3	3	3	7	7	8	8	9	9	9	9	8	8	7	7	3	3	3	3					
8	3	3	3	3	8	8	9	9	9	10	10	9	9	9	8	8	3	3	3	3					
9	3	3	3	3	8	8	9	9	10	11	12	10	9	9	8	8	3	3	3	3					
10	3	3	3	3	9	9	10	10	11	12	12	10	10	9	9	3	3	3	3	3					

MOUNTAIN CLIMB: Experience changing resistance levels simulating an outdoor hiking experience. Helps tone muscles and build cardiovascular fitness. Time based goal with 10 difficulty levels to choose from.

MOUNTAIN CLIMB		Warm Up				Program Segments - Repeat																Cool Down			
Segment	Seconds	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60				
Level		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
1	1	1	1	2	3	5	5	6	6	6	6	6	6	6	7	7	7	7	3	2	1	1			
2	1	1	1	2	4	5	6	6	6	6	6	7	7	7	8	8	8	4	2	1	1				
3	1	1	1	1	6	6	6	7	8	8	8	7	8	8	7	8	8	1	1	1	1				
4	1	1	1	1	6	6	6	6	7	8	8	9	9	9	9	9	9	1	1	1	1				
5	1	1	1	1	2	5	6	6	6	7	8	9	9	9	9	10	10	1	2	2	1				
6	2	2	2	3	5	6	6	6	7	8	9	9	10	10	10	10	2	1	1	1					
7	2	3	3	4	6	6	6	6	7	7	8	9	9	10	11	11	2	2	1	1					
8	2	3	4	4	6	6	6	6	7	7	8	9	9	10	11	11	3	2	1	1					
9	2	4	4	5	7	7	7	7	8	8	9	9	9	10	11	12	12	3	2	1	1				
10	3	4	5	6	7	7	8	8	9	9	9	9	10	11	11	12	12	4	2	1	1				





PROGRAM INFORMATION

CONSTANT WATTS: This workout automatically adjusts the resistance to keep you within a set Watts range and maintains your desired level of exercise intensity.

- 1) Press CONSTANT WATTS program key and press ENTER to confirm .
- 2) Set time using ▼ ▲ and press ENTER .
- 3) Select desired watts using ▼ ▲ and press ENTER .
- 4) Press START to begin.

HRC: Simulate the intensity of your favorite sport as the program resistance automatically adjusts to maintain a set Target Heart Rate range.

- 1) Press HRC program key and press ENTER to confirm .
- 2) Select TIME using ▼ ▲ and press ENTER .
- 3) The HEART RATE will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate using ▼ ▲ and press ENTER.
- 4) Press START to begin.

NOTES:

- The large LCD dot matrix window displays your heart rate during exercise. The middle row represents your target heart rate (THR) and the other rows equal +/-5 heart beats.
If you are working out beneath your THR, the LCDs below the middle row will illuminate. If you are over, the LCDs above the middle row will illuminate. Your current heart rate is represented by the flashing column and the window will refresh every 5 seconds.
- There is a 4-minute warm-up built into this program at level 1 resistance.
- After 4 minutes, the resistance will automatically adjust to bring your heart rate within 5 beats of the target number you selected at the beginning of the program.
- If there is no heart rate detected, the unit will not change resistance levels up or down.
- If your heart rate is 25 beats over your target zone the program will slow down.

USING CUSTOM PROGRAMS (ENDURANCE 5 ONLY)

- 1) Press the CUSTOM 1 or 2 key to select a custom program. Press ENTER to confirm.
- 2) Set the workout time using ▼ ▲ and press ENTER.
- 3) Use ▼ ▲ to set the resistance level for each segment. Press ENTER to confirm the resistance setting for each segment of the workout.
- 4) Use ▼ ▲ to set the incline for each segment. Press ENTER to confirm the incline setting for each segment of the workout.
- 5) Press START to begin workout.



USING YOUR CD / MP3 PLAYER



- 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.

GOAL CENTER™



Research shows that those who create and track their fitness goals, on average, achieve greater success than those who do not. Because your new elliptical is equipped with Horizon's exclusive GOAL CENTER Performance Tracker, you've taken an important step towards achieving your fitness goals. GOAL CENTER is innovative new software, integrated into your console, that will allow you to track your fitness goals over time, without the need for paper journals or logs.

GOAL CENTER™ SETUP

- 1) Select USER 1 or USER 2.
 - 2) Press and hold the GOAL CENTER button for approximately five seconds.
 - 3) Select a time, distance or calorie goal using ▼ ▲. Press ENTER.
 - 4) Use ▼ ▲ to select a goal value. Press ENTER.
 - 5) Use ▼ ▲ to select the NUMBER OF DAYS to complete the goal.
 - 6) Press ENTER again to exit GOAL CENTER setup.
- NOTE: These steps can also be used to erase an existing goal and set a new one.

HOW TO SAVE WORKOUT DATA TO GOAL CENTER

At the end of your workout, the console will save your workout data towards your goal.

VIEWING GOAL PROGRESS

At any time during or before a workout, you can view your progress towards your goal by pressing the GOAL CENTER button. Use ▼ ▲ to select USER 1 or USER 2 and press ENTER. The console will scroll the remaining time, distance or calories, depending on the goal you set previously and will also scroll the time remaining to achieve your goal.

ENERGY SAVER (STANDBY MODE)



This elliptical has an energy saver mode. The display will automatically enter standby mode (energy saver mode) after 15 minutes of inactivity. Almost all power for the elliptical will be off except for some circuits that are needed to detect a key press or RPM detection, indicating the console should “wake up”.



This exploded view diagram illustrates the assembly of a stationary bike. The components are numbered 1 through 22, indicating the sequence of assembly. Key parts include the frame (1), pedals (2), crankset (3), flywheel (4), resistance unit (5), seat (6), handlebars (7), and rear wheel assembly (8). The diagram also shows various bolts, nuts, and other small components like the seat post (9), seat clamp (10), and handlebar clamp (11). The assembly is shown in a disassembled state to clearly show the relationship between parts and their correct orientation.

ENDURANCE 4 PARTS LIST

NO.	DESCRIPTION
1	FRAME SET;REAR;EP565B-SBOM;
2	CONSOLE MAST SET;SA;S-EP566B;
3	GUIDE RAIL SET;SA;R;S-EP566B;
4	GUIDE RAIL SET;SA;L;S-EP566B;
5	CONNECTING SET;SA;EP565B-SBOM;
6	PEDAL ARM SET;SA;L;S-EP566B;
7	PEDAL ARM SET;SA;R;S-EP566B;
8	ARM REST SET;SA;LU;S-EP566B;
9	ARM REST SET;SA;RU;S-EP566B;
10	ARM REST SET;SA;LD;S-EP566B;
11	ARM REST SET;SA;RD;S-EP566B;
12	LINK ARM;L;EP565B-SBOM
13	LINK ARM;R;EP565B-SBOM;
14	STABILIZER SET;SA;S-EP566B;
15	COVER SET;SA;B;EP565B-SBOM;
16	SIDE COVER SET;L;EP565B-SBOM;
19	DRIVE AXLE SET;SA;EP543-1US;S;
20	SIDE COVER SET;R;EP565B-SBOM;
21	SHIELD SET;MID STABILIZER ;EP565B-SBOM;-
AD3	ADJUSTMENT SET;EP565B-SBOM;GR;
AJ1	CRANK SET;WELDING;EP543-1US;
AN1	CONSOLE SET;SA;EP565B-2KM;
AZ1	HARDWARE SET;EP565B-2KM;
B12	CLIP; STANDARD; FE; ZNC
B16	SCREW;SH;M10X1.5PX15L;HS;BZN;BP

NO.	DESCRIPTION
B16	SCREW;SH;M10X1.5PX15L;HS;BZN;BP
B17	WASHER;FLT;Φ12.0XΦ23.0X2.5T;
B18	STOPPER BLOCK;CAM;GM30
B19	SCREW;BH;M8X1.25PX20L;HS;BP
B20	FOAM;SINGLE;45X20X4T
C06	BOTTLE HOLDER;ABS;DG;75140;EP565B-2KM;
D10	SCREW;BH;M8X1.25PX20L;HS;BP
D11	WASHER;FLT;Φ8.2XΦ20.0X1.5T;BZN;
D13	CABLE TIE;NYLON;BLACK;160L
D14	RIBBON(WHITE);760L
F10	FOOT PAD;ADJUST;RUBBER;W3/8-16UNC;FMW38A
G12	COVER;HAND ARM;NYLON+30%;B;EP217
J03	SCREW;FH;M5X0.8PX12L;PH;BAN;BP
J04	SCREW;SH;M10X1.5PX60L;22#;HS;G12.9;BAN;
J05	NUT;M10X1.5P;G10;BAN;
J06	WASHER;FLT;Φ10.2XΦ15.0X1.5T;BZN;
L02	BUSHING;MOVE WHEEL;BLACK;EP188
L03	WHEEL SET;RB106
L04	WASHER;FLT;Φ8.2XΦ25.0X1.5T;BZN;
L05	SCREW;BH;M8X1.25PX15L;HS;BZN;
L06	SCREW;BH;Φ4X15L;SM;PH;BZN;POT
M40	MOTOR ECB
M41	STEEL ROPE;ECB; 160L;L1+L2=65
M42	SCREW;BH;Φ4X12L;TC;PH;BAN;POT
M43	CABLE TIE;NYLON;300L;WHITE

NO.	DESCRIPTION
M44	SCREW;BH;Φ4X10L;TC;PH;BAN;POT
P02	WIRE;CONSOLE;DOWN1200MM(CKM254301-8P+SM-
P03	SENSOR WIRE
P04	POWER WIRE;DC;600MM(DC+CKM 25430101-2P)
P05	SCREW;BH;Φ3X10L;TC;PH;BOX;POT
P06	TIE STRAP ADHESIVE; NYLON66;HC-101;W
P07	CABLE TIE;NYLON;BLACK;160L
P12	ADAPTOR;USA;100-240V 12V/2A ;HZ
Q03	PLASTIC COVER;U;ABS;BS;877C;EP565B-2KM;
Q04	PLASTIC COVER;ABS;BS;877C;EP565B-2KM;
Q11	BOOT;CONSOLE;PVC;EP520-1US
Q13	CRANK COVER;ABS;877C;SILVERP565B-2KM;
Q14	SCREW;BH;Φ4X15L;TC;PH;G8.8;NKL;POT
Q15	BRACKET SIDE COVER
Q16	SCREW;BH;Φ4X15L;TC;PH;BAN;POT
Q17	CLIP; STANDARD; FE; ZNC
Q20	SCREW;BH;(Φ10.4);Φ4X15L;SM;PH;BAN;POT
Q24	PLASTIC COVER;PVC;877C;
R04	FLYWHEEL;8.0KG EP537-1US;
R06	BELT;POLY-V;RUBBER;490 J10;
R07	SCREW;EB;1/4-20UNCX55L;Φ12;BZN;
R08	NUT;HX;M12X1.75PX10L;G8;SS41
R09	NUT;NLK;1/4"-20UNC;BZN;
R14	FIX PLATE;EYE BOLT;SPC;1.3T;AB01
R17	WASHER;FLAT;Φ12.5XΦ20.0X2.0T;

NO.	DESCRIPTION
Z01	SCREW;BH;M8X1.25PX30L;HS;
Z02	WASHER;SPL;Φ8.2XΦ15.4X2.0T;
Z03	WASHER;ARC;Φ8.4XΦ17.0X1.0T;
Z06	WASHER;FLT;Φ10.2XΦ20.0X1.5T;BZN;
Z07	SCREW;SH;M10X1.5PX20L;HS;BZN;
Z08	WASHER;SPL;Φ10.2XΦ18.4X2.5T;BAN;
Z09	SCREW;BH;M8X1.25PX35L-20L;HS;P-T
Z10	WASHER;FLT;Φ8.2XΦ16.0X2.0T;BZN;
Z11	NUT;NLK;M8X1.25P;BZN;
Z12	WASHER;WW;Φ17.2XΦ22.5X0.5T;65MN
Z13	WASHER;FLT;Φ8.2XΦ20.0X1.5T;BZN;
Z14	WASHER;FLT;Φ16.0XΦ25.0X1.5T;
Z15	SCREW;BH;M8X1.25PX20L;HS;BP
Z16	SCREW;BH;M8X1.25PX70L-12L;HS;BP;P-T
Z17	WASHER;FLT;Φ8.4XΦ17.0X1.0T;BZN;
Z18	WASHER;FLT;Φ15.9XΦ28.4X1.0T;TFN;
Z20	RING;RUBBER;Φ26.2XΦ16.20X11.50
Z22	SCREW;BH;Φ4X15L;TC;PH;BAN;POT
Z23	SCREW;BH;M4X0.7PX12L;CT;PH;BAN;
R01	AXLE,TRANSIMMISSION;42CRMO;
R02	EENSOR MAGENT;Φ15X7T;1900GAUSS
R03	PULLEY;POLY-V;NYLON;Φ360 J10;
R05	BEARING;BALL;6005ZZ;Φ25XΦ47X12T;SL;
R11	KEY;ROUND;DUAL-END;6X6X14L;
R13	SNAP RING;EXTERNAL;CST;BAN;S-25;

NO.	DESCRIPTION
R15	NUT;LCK;AN05 M25X1.5P;SS41;BOX;
R16	KEY;ROUND;SIGNAL-END;6X6X20L;
R18	SCREW;BH;M6X1.0PX15L;MT;HS;G8.8;BAN;BP;
R19	WASHER;FLT;Φ6.2XΦ30.0X1.5T;
Q19	COVER;STABILIZER;B;PP;BLACK;EP537-1US
V03	LABEL;DROP MOULDING;STABILIZER;REAR;COVE
18	HP GRIP SET;S-EP554;
AC1	CONSOLE MAST SET;PAINTING;QF332S;EP568-2
C12	CABLE TIE;NYLON
C13	WARNING LABEL;CONSOLE MAST;EP562;
C14	WAVE TUBE;KSS R-07P*200L
AD2	GUIDE RAIL SET;L;PAINTING;QF332S;EP565B
D07	GUIDE RAIL ORNAMENT;NICKEL;EP520-1US
D08	SCREW;BH;M6X1.0PX15L;HS;ZN;
D09	FOAM;SINGLESIDE;30X1.5TX650L;55±5°,75M;
G13	BUSHING;Φ28.5XΦ22.30X12.5H;CU60%;40%
Q10	PIN SLEEVE;HANGARM;EP525-1US
AD1	GUIDE RAIL SET;R;PAINTING;QF332S;EP565B-
D07	GUIDE RAIL ORNAMENT;NICKEL;EP520-1US
D08	SCREW;BH;M6X1.0PX15L;HS;ZN;
D09	FOAM;SINGLESIDE;30X1.5TX650L;55±5°,75M;
G13	BUSHING;Φ28.5XΦ22.30X12.5H;CU60%;40%
Q10	PIN SLEEVE;HANGARM;EP525-1US
19	CRANK SLEEVE SET;SA;S-EP566;
20	MOVING WHEEL SET;SA;S-EP566;

NO.	DESCRIPTION
AE1	PEDAL ARM;L;PAINTING;QF332SEP565B-2KM
E09	WASHER;FLT;Φ8.5XΦ20.0X1.0T;
E10	SCREW;BH;M8X1.25PX15L;HS;BP
E11	SCREW;BH;Φ4X10L;TC;PH;BAN;POT
E13	SCREW;SH;M10X1.5PX45L-16L;MT;G10.9;CRMO;
E15	WASHER;FLT;Φ10.2XΦ20.0X1.0T;
E16	NUT;NLK;M10X1.5P;G10.0;BAN;
E17	BEARING;BALL;6004ZZ;Φ20XΦ42X12T;SL;
E18	BEARING;BALL;6302ZZ;Φ15XΦ42X13T;SL;
E20	WASHER;WAVE;Φ17.2XΦ22.5X0.5T;65MN;BAN
E22	SHIM;CRANK SLEEVE;SPHC;EP558;
Q05	COVER;PEDAL ARM;ABS;EP525-1US
Q07	COVER;PULLEY;L;EP525-1US
Q09	LINK ARM CAPS;EP525-1US
V05	WARNING STICKER(1);CAUTION;
V12	STICKER;INSTRUCTION;L;
19	CRANK SLEEVE SET;SA;S-EP566;
20	WHEEL SET;SA;S-EP566;
AE2	PEDAL ARM;R;PAINTING;QF332S;EP565B-2KM
E09	WASHER;FLT;Φ8.5XΦ20.0X1.0T;
E10	SCREW;BH;M8X1.25PX15L;HS;BP
E11	SCREW;BH;Φ4X10L;TC;PH;BAN;POT
E13	SCREW;SH;M10X1.5PX45L-16L;MT;G10.9;CRMO;
E15	WASHER;FLT;Φ10.2XΦ20.0X1.0T;
E16	NUT;NLK;M10X1.5P;G10.0;BAN;

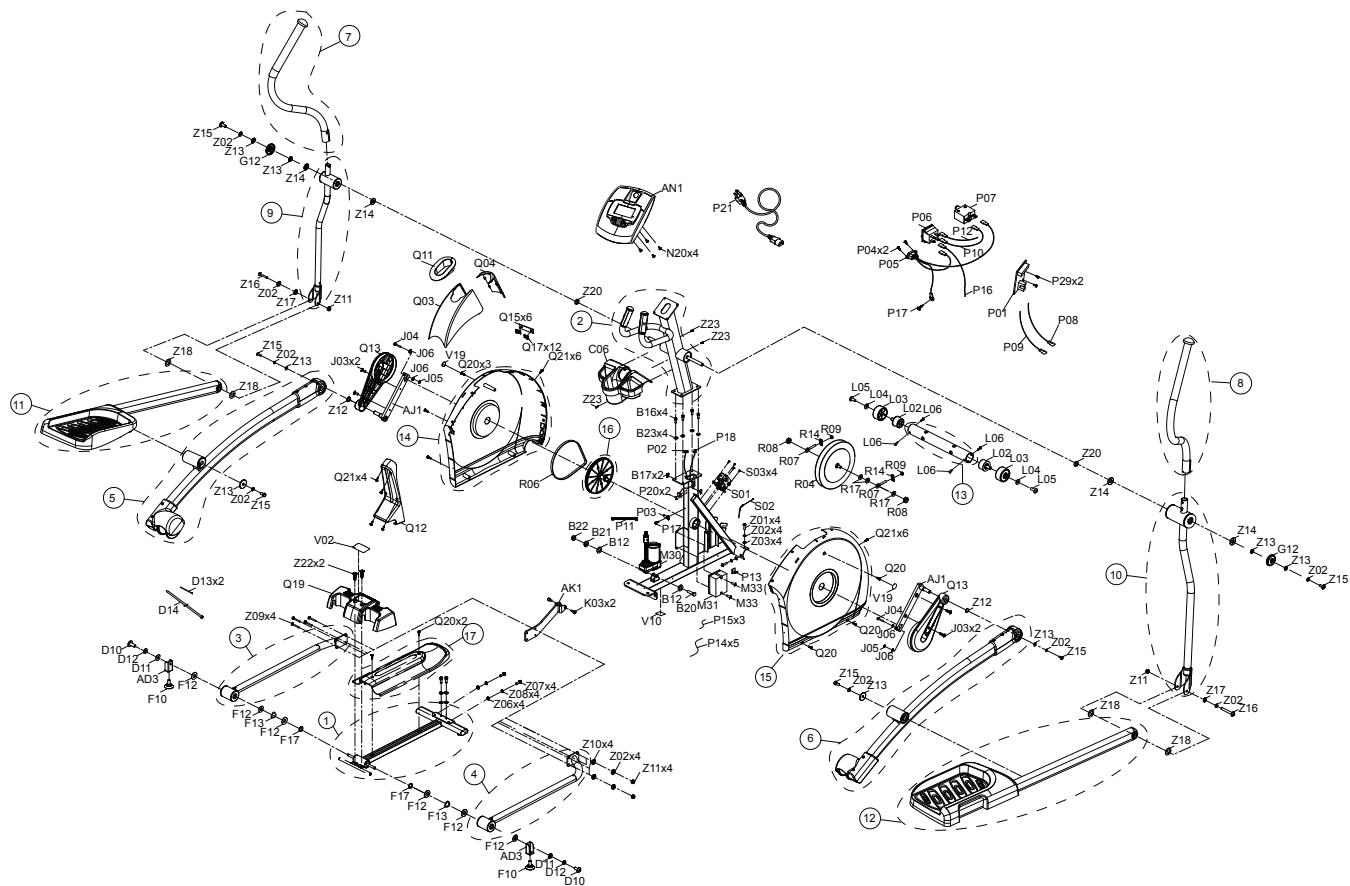
NO.	DESCRIPTION
E17	BEARING;BALL;6004ZZ;Φ20XΦ42X12T;SL;
E18	BEARING;BALL;6302ZZ;Φ15XΦ42X13T;SL;
E20	WASHER;WAVE;Φ17.2XΦ22.5X0.5T;65MN;BAN
E22	SHIM;CRANK SLEEVE;SPHC;EP558;
Q05	COVER;PEDAL ARM;ABS;EP525-1US
Q08	COVER;PULLEY;R;EP525-1US
Q09	LINK ARM CAPS;EP525-1US
V05	WARNING STICKER(1);CAUTION;
V16	STICKER;INSTRUCTON;R;
AG3	ARM REST SET;LU;PAINTING;QF332S;EP565B
G08	FOAM;HANDLE BAR;Φ31.8X3.0TX300L;
G09	CAP;TUBE;PVC;BLACK;EP03
G10	SCREW;SET;M10X1.5PX12L;BZN;BP
V12	STICKER;INSTRUCTION;L;
AG4	ARM REST SET;RU;PAINTING;QF332S;EP565B
G08	FOAM;HANDLE BAR;Φ31.8X3.0TX300L;
G09	CAP;TUBE;PVC;BLACK;EP03
G10	SCREW;SET;M10X1.5PX12L;BZN;BP
V16	STICKER;INSTRUCTON;R;
AG1	ARM REST SET;LD;PAINTING;QF332S;EP565B
AG5	HAND ARM SET;PAINTING;QF332S;EP565B-
G13	BUSHING;Φ28.5XΦ22.30X12.5H;CU60%;40%
G17	SCREW;BH;M8X1.25PX15L;HS;BP
G18	WASHER;FLT;X8.2XX27.0X2.0T;
G19	WASHER;FLT;Φ18.2XΦ30.0X1.0T;TFN;

NO.	DESCRIPTION
Q10	PIN SLEEVE;HANGARM;EP525-1US
V12	STICKER;INSTRUCTION;L;
AG2	ARM REST SET;RD;PAINTING;QF332S;EP565B
AG5	HAND ARM SET;PAINTING;QF332S;EP565B-
G13	BUSHING;Φ28.5XΦ22.30X12.5H;CU60%;40%
G17	SCREW;BH;M8X1.25PX15L;HS;BP
G18	WASHER;FLT;X8.2XX27.0X2.0T;
G19	WASHER;FLT;Φ18.2XΦ30.0X1.0T;TFN;
Q10	PIN SLEEVE;HANGARM;EP525-1US
V16	STICKER;INSTRUCTON;R;
L01	STABILIZER SET;F;PAINTING;QF332S;SILVE
L07	RVN;ALS7-8125-3.8(0.5-3.8);YZN;
AK1	ELEVATOR CON SET;MANUAL OPERATION;QF332S
K03	FIX SLEEVE;ELEVATOR;ZINC;20CRMO;EP537
K04	SPRING;COMPRESS;Φ2.2XΦ14.2X63LX13N;65MN;
K05	GRIP;U;ABS;BL;EP565
K06	GRIP;N66;MM314;
K07	STICKER;POLY;ELEVATOR HANDLE;EP537-1US
K08	SCREW;BH;M8X1.25PX54L(7L);HS
K09	SCREW;RND;M8X1.25PX40L(7L)HS
K10	NUT;NLK;M8X1.25P;BAN;
K11	SCREW;BH;Φ3X12L;TC;PH;BZN;POT
AF1	FRAME WELDING SET;B;QF332S;EP565B
F10	FOOT PAD;ADJUST;RUBBER;W3/8-16UNC;FMW38A
F12	WASHER;FLT;Φ16.0XΦ25.0X1.5T;

NO.	DESCRIPTION
F13	WASHER;WW;Φ17.2XΦ22.5X0.3T;
F14	END-CAP;GUIDE RAIL;PP;BL;EP136-B26B
F16	RVN;ALS7-616-150;YZN;
F17	CLAMP;EXTERNAL C-SHAPED;S-16;
F18	ADJUSTABLE FOOT PAD NUT
AH1	PEDAL ARM SET;L;PAINTING;QF332S;EP5
H06	SCREW;ANTI-SLIPPERY;TRHW;M5X0.8PX12L
H07	BUSHING;Φ28.5XΦ22.30X12.5H;CU60%;40%
H10	LINK ARM SWIVEL AXLE;EP525
H11	CABLE TIE;NYLON;200L;BL;KSS;CV-200MB
H13	FOOTPAD;LEFT;BLACK;SLIK-PRINT ERGOFLOW;E
Q23	LINK ARM CAPS;BLACK;EP525-1US
V10	STICKER;INSTRUCTION;L;
AH2	PEDAL ARM SET;R;PAINTING;QF332S;
H07	BUSHING;Φ28.5XΦ22.30X12.5H;CU60%;40%
H10	LINK ARM SWIVEL AXLE;EP525
H11	CABLE TIE;NYLON;200L;BL;KSS;CV-200MB
H14	FOOTPAD;RIGHT;BLACK;SLIK-PRINT ERGOFLOW;
H06	SCREW;ANTI-SLIPPERY;TRHW;M5X0.8PX12L
Q23	LINK ARM CAPS;BLACK;EP525-1US
V11	STICKER;INSTRUCTON;R;
Q02	SIDE COVER;RIGHT;ABS;75140
V03	DECORATED LABEL;SIDE COVER;ROUND;EP566
V19	STICKER ROUND;BLACK;EP518
Q01	SIDE COVER;LEFT;75140

NO.	DESCRIPTION
V03	DECORATED LABEL;SIDE COVER;ROUND;EP566
V19	LOGO STICKET;EP136-1US
C09	CAP;PVC;BL;TM67
N71	PULSE SENSOR SET
E08	CRANK PIN SLEEVE;ALUMINUM CASTING;EP558
E14	BEARING;BALL;6003ZZ;Φ17XΦ35X10T;SL;
E14	BEARING;BALL;6003ZZ;Φ17XΦ35X10T;SL;
Q06	ROLLER;PU;BLACK;EP525

ENDURANCE 5 EXPLODED VIEW



ENDURANCE 5 PARTS LIST

NO.	DESCRIPTION
1	FRAME SET;SA;B;S-EP566B;
2	CONSOLE MAST SET;SA;S-EP566B;
3	GUIDE RAIL SET;SA;L;S-EP566B;
4	GUIDE RAIL SET;SA;R;S-EP566B;
5	PEDAL ARM SET;SA;L;S-EP566B;
6	PEDAL ARM SET;SA;R;S-EP566B;
7	ARM REST SET;SA;LU;S-EP566B;
8	ARM REST SET;SA;RU;S-EP566B;
9	ARM REST SET;SA;LD;S-EP566B;
10	ARM REST SET;SA;RD;S-EP566B;
11	LINK ARM SET;SA;L;S-EP566B;
12	LINK ARM SET;SA;R;S-EP566B;
13	STABILIZER SET;SA;S-EP566B;
14	COVER SET;SA;L;S-EP566B;
15	COVER SET;SA;R;S-EP566B;
16	DRIVE AXLE SET;SA;EP543-1US;S;
17	COVER SET;SA;B;S-EP566B;
AD3	FIXING PLATE FOOT PAD;QF332S;EP565B
AJ1	CRANK SET;WELDING;EP543-1US;
AK1	SINGKANG IINKAGE SET;PAINTING;EP566B
AN1	CONSOLE SET;SA;ENDURANCE 5-02;EP566B-2KM
B12	WASHER;FLT;Φ10.5XΦ20.0X1.0T;TFN;
B16	SCREW;SH;M10X1.5PX15L;HS;BZN;BP
B17	CLIP; STANDARD; FE; ZNC
B20	SCREW;HH;3/8-16UNC-42L-14L;HE;P-T

NO.	DESCRIPTION
B20	SCREW;HH;3/8-16UNC-42L-14L;HE;P-T
B21	WASHER;FLT;Φ10.2XΦ19.0X2.0T;CHM;
B22	NUT;NLK;3/8'-16UNC;BAN;
B23	WASHER;FLT;Φ12.0XΦ23.0X2.5T;
C06	BOTTLE HOLDER;ABS;DG;75140;EP565B-2KM;
D10	SCREW;BH;M8X1.25PX20L;HS;BP
D11	WASHER;FLT;Φ8.2XΦ20.0X1.5T;BZN;
D12	WASHER;SPL;Φ8.2XΦ15.4X2.0T;
D13	CABLE TIE;NYLON;BLACK;160L
D14	RIBBON(WHITE);760L
F10	FOOT;BASE;PVC;3/8-16UNC;BLACK;TM616
F12	WASHER;FLT;Φ16.0XΦ25.0X1.5T;
F13	WASHER;WW;Φ17.2XΦ22.5X0.3T;
F17	CLAMP;EXTERNAL C-SHAPED;S-16;
G12	COVER;HAND ARM;NYLON+30%;B;EP217
J03	SCREW;FH;M5X0.8PX12L;PH;BAN;BP
J04	SCREW;SH;M10X1.5PX60L;22#;HS;G12.9;BAN;
J05	NUT;M10X1.5P;G10;BAN;
J06	WASHER;FLT;Φ10.2XΦ15.0X1.5T;BZN;
K03	SCREW;M10X1.5PX14L;HS;CRMO;SP
L02	BUSHING;MOVE WHEEL;BLACK;EP188
L03	WHEEL SET;RB106
L04	WASHER;FLT;Φ8.2XΦ25.0X1.5T;BZN;
L05	SCREW;BH;M8X1.25PX15L;HS;BZN;
L06	SCREW;BH;Φ4X15L;SM;PH;BZN;POT

NO.	DESCRIPTION
M30	MOTOR;AC ELEVATION;220V;175MM;104;10PIN
M31	LCB;DIGITAL INCLINE EP;100-240V;MLH1105;
M33	SCREW;BH;M4X0.7PX12L;CT;PH;BZN;
P01	NPUT FILTER;220V/3A
P02	WIRE;CONSOLE;DOWN1200MM(CKM254301-8P+SM-
P03	SENSOR WIRE
P04	SCREW;BH;Φ3X12L;SM;PH;BZN;POT
P05	WIRE;POWER SOCKET SET;250LOCK100m100
P06	POWER SWITCH;DOUBLE POLE;W/O LIGHT;125V/
P07	BREAKER 3A/125V
P08	WIRE POWER BLACK 16AWG
P09	WIRE POWER WHITE 16AWG
P10	WIRE;BS CON;BLACK;250LOCK2 60L;
P11	ECB MOTOR WIRE;CKM254301-8P+CKM254301-9
P12	SF CON WIRE;300L 16AWG;BL;TM140
P13	TIE STRAP ADHESIVE; NYLON66;HC-101;W
P14	CABLE TIE;NYLON;BLACK;160L
P15	CABLE TIE;NYLON;300L;WHITE
P16	SF CON WIRE;300L 16AWG;WHITE;TM140
P17	SCREW;BH;Φ4X10L;TC;PH;BAN;POT
P18	INSIDE RECEIVER SET;EP528
P20	SCREW;BH;Φ3X10L;TC;PH;BOX;POT
P21	PWR CORD;EXTERNAL;1.5MM;LONG2M
P21	PWR CORD;EXTERNAL;HK;1.5MM;LONG2M
P21	EXTERNAL PWD WIRE;(AFRICA);1.5MM 2M;

NO.	DESCRIPTION
P21	EXTERNAL PWD WIRE(JPN);1.25MM 2M;
P21	EXTERNAL PWR CORD;BRIZIL;1.5MM2;2M
P21	PWR CORD(CHINA);1.5MM;LONG2M
P21	PWR CORD;USA;16AWG;LONG2M
P21	PWR CORD GROUP;ISRAEL;1.5MM;LONG2M
P21	WIRE;EXTERNAL PWR;SET;CHILE USED;JIS2 U
P21	PWR CORD(INDIA);1.5MM;LONG2M
P21	PWR CORD;EXTERNAL(NZL);1.5MM;LONG2M
P21	EXTERNAL PWR(ARGENTINA)1.5MM 2M;
P21	EXTERNAL PWR CORD(SWITZERLAND);
P29	SCREW;TRH;Φ4X12L;TC;PH;BAN;POT
Q03	PLASTIC COVER;U;ABS;BS;877C;EP565B-2KM;
Q04	PLASTIC COVER;ABS;BS;877C;EP565B-2KM;
Q11	BOOT;CONSOLE;PVC;EP520-1US
Q12	PLASTIC COVER;M;ABS;877C;STABERLIZER MAS
Q13	CRANK COVER;ABS;877C;SILVERP565B-2KM;
Q15	BRACKET SIDE COVER
Q17	CLIP; STANDARD; FE; ZNC
Q19	PLASTIC COVER;PP;BL;STABILIZER;EP544-
Q20	SCREW;BH;(Φ10.4);Φ4X15L;SM;PH;BAN;POT
Q21	SCREW;BH;Φ4X15L;TC;PH;BAN;POT
R04	FLYWHEEL;8.0KG EP537-1US;
R06	BELT;POLY-V;RUBBER;490 J10;
R07	SCREW;EB;1/4-20UNCX55L;Φ12;BZN;
R08	NUT;HX;M12X1.75PX10L;G8;SS41

NO.	DESCRIPTION
R09	NUT;NLK;1/4'-20UNC;BZN;
R14	FIX PLATE;EYE BOLT;SPC;1.3T;AB01
R17	WASHER;FLAT;Φ12.5XΦ20.0X2.0T;
S01	ECB SET;8KG;EUP;
S02	STEEL ROPE;ECB; 160L;L1+L2=65
S03	SCREW;BH;Φ4X12L;TC;PH;BAN;POT
V02	LOGO LABEL;STABILIZER COVER;REAR;EP566
V10	SAFETY LABEL;CE EN957;EP566B-2KM;
V19	LOGO STICKET;EP136-1US
Z01	SCREW;BH;M8X1.25PX30L;HS;
Z02	WASHER;SPL;Φ8.2XΦ15.4X2.0T;
Z03	WASHER;ARC;Φ8.4XΦ17.0X1.0T;
Z06	WASHER;FLT;Φ10.2XΦ20.0X1.5T;BZN;
Z07	SCREW;SH;M10X1.5PX20L;HS;BZN;
Z08	WASHER;SPL;Φ10.2XΦ18.4X2.5T;BAN;
Z09	SCREW;BH;M8X1.25PX35L-20L;HS;P-T
Z10	WASHER;FLT;Φ8.2XΦ16.0X2.0T;BZN;
Z11	NUT;NLK;M8X1.25P;BZN;
Z12	WASHER;WW;Φ17.2XΦ22.5X0.5T;65MN
Z13	WASHER;FLT;Φ8.2XΦ20.0X1.5T;BZN;
Z14	WASHER;FLT;Φ16.0XΦ25.0X1.5T;
Z15	SCREW;BH;M8X1.25PX20L;HS;BP
Z16	SCREW;BH;M8X1.25PX70L-12L;HS;BP;P-T
Z17	WASHER;FLT;Φ8.4XΦ17.0X1.0T;BZN;
Z18	WASHER;FLT;Φ15.9XΦ28.4X1.0T;TFN;

NO.	DESCRIPTION
Z20	RING;RUBBER;Φ26.2XΦ16.20X11.50
Z22	SCREW;BH;Φ4X15L;TC;PH;G8.8;NKL;POT
Z23	SCREW;BH;M4X0.7PX12L;CT;PH;BAN;
R01	AXLE,TRANSIMMISSION;42CRM0;
R02	EENSOR MAGENT;Φ15X7T;1900GAUSS
R03	PULLEY;POLY-V;NYLON;Φ360 J10;
R05	BEARING;BALL;6005ZZ;Φ25XΦ47X12T;SL;
R11	KEY;ROUND;DUAL-END;6X6X14L;
R13	SNAP RING;EXTERNAL;CST;BAN;S-25;
R15	NUT;LCK;AN05 M25X1.5P;SS41;BOX;
R16	KEY;ROUND;SIGNAL-END;6X6X20L;
R18	SCREW;BH;M6X1.0PX15L;MT;HS;G8.8;BAN;BP;
R19	WASHER;FLT;Φ6.2XΦ30.0X1.5T;
AF1	FRAME WELDING SET;B;PAINTING;EP566B-2KM
F10	FOOT;BASE;PVC;3/8-16UNC;BLACK;TM616
F14	END-CAP;GUIDE RAIL;PP;BL;EP136-B26B
F16	RVN;ALS7-616-150;YZN;
F18	ADJUSTABLE FOOT PAD NUT
Q22	PLASTIC COVER;BACK FRAME;ABS;877C;EP566B
V01	DECORATED LABEL;REAR FRAME COVER;EP566B-
18	HP GRIP SET;S-EP554;
AC1	CONSOLE MAST SET;PAINTING;QF332S;EP568-2
C12	CABLE TIE;NYLON
C13	WARNING LABEL;CONSOLE MAST;EP562;
C14	WAVE TUBE;KSS R-07P*200L

NO.	DESCRIPTION
AD2	GUIDE RAIL SET;L;PAINTING;QF332S;EP565B
D07	GUIDE RAIL ORNAMENT;NICKEL;EP520-1US
D08	SCREW;BH;M6X1.0PX15L;HS;ZN;
D09	FOAM;SINGLESIDE;30X1.5TX650L;55±5°,75M;
G13	BUSHING;Φ28.5XΦ22.30X12.5H;CU60%;40%
Q10	PIN SLEEVE;HANGARM;EP525-1US
AD1	GUIDE RAIL SET;R;PAINTING;QF332S;EP565B-
D07	GUIDE RAIL ORNAMENT;NICKEL;EP520-1US
D08	SCREW;BH;M6X1.0PX15L;HS;ZN;
D09	FOAM;SINGLESIDE;30X1.5TX650L;55±5°,75M;
G13	BUSHING;Φ28.5XΦ22.30X12.5H;CU60%;40%
Q10	PIN SLEEVE;HANGARM;EP525-1US
19	CRANK SLEEVE SET;SA;S-EP566;
20	MOVING WHEEL SET;SA;S-EP566;
AE1	PEDAL ARM;L;PAINTING;QF332SEP565B-2KM
E09	WASHER;FLT;Φ8.5XΦ20.0X1.0T;
E10	SCREW;BH;M8X1.25PX15L;HS;BP
E11	SCREW;BH;Φ4X10L;TC;PH;BAN;POT
E13	SCREW;SH;M10X1.5PX45L-16L;MT;G10.9;CRMO;
E15	WASHER;FLT;Φ10.2XΦ20.0X1.0T;
E16	NUT;NLK;M10X1.5P;G10.0;BAN;
E17	BEARING;BALL;6004ZZ;Φ20XΦ42X12T;SL;
E18	BEARING;BALL;6302ZZ;Φ15XΦ42X13T;SL;
E20	WASHER;WAVE;Φ17.2XΦ22.5X0.5T;65MN;BAN
E22	SHIM;CRANK SLEEVE;SPHC;EP558;

NO.	DESCRIPTION
Q05	COVER;PEDAL ARM;ABS;EP525-1US
Q07	COVER;PULLEY;L;EP525-1US
Q09	LINK ARM CAPS;EP525-1US
V05	WARNING LABEL;ENGLISH AND GERMAN;CAUT
V12	STICKER;INSTRUCTION;L;
19	CRANK SLEEVE SET;SA;S-EP566;
20	MOVING WHEEL SET;SA;S-EP566;
AE2	PEDAL ARM;R;PAINTING;QF332S;EP565B-2KM
E09	WASHER;FLT;Φ8.5XΦ20.0X1.0T;
E10	SCREW;BH;M8X1.25PX15L;HS;BP
E11	SCREW;BH;Φ4X10L;TC;PH;BAN;POT
E13	SCREW;SH;M10X1.5PX45L-16L;MT;G10.9;CRMO;
E15	WASHER;FLT;Φ10.2XΦ20.0X1.0T;
E16	NUT;NLK;M10X1.5P;G10.0;BAN;
E17	BEARING;BALL;6004ZZ;Φ20XΦ42X12T;SL;
E18	BEARING;BALL;6302ZZ;Φ15XΦ42X13T;SL;
E20	WASHER;WAVE;Φ17.2XΦ22.5X0.5T;65MN;BAN
E22	SHIM;CRANK SLEEVE;SPHC;EP558;
Q05	COVER;PEDAL ARM;ABS;EP525-1US
Q08	COVER;PULLEY;R;EP525-1US
Q09	LINK ARM CAPS;EP525-1US
V05	WARNING LABEL;ENGLISH AND GERMAN;CAUT
V16	STICKER;INSTRUCTON;R;
AG3	ARM REST SET;LU;PAINTING;QF332S;EP565B
G08	FOAM;HANDLE BAR;Φ31.8X3.0TX300L;

NO.	DESCRIPTION
G09	CAP;TUBE;PVC;BLACK;EP03
G10	SCREW;SET;M10X1.5PX12L;BZN;BP
V12	STICKER;INSTRUCTION;L;
AG4	ARM REST SET;RU;PAINTING;QF332S;EP565B
G08	FOAM;HANDLE BAR;Φ31.8X3.0TX300L;
G09	CAP;TUBE;PVC;BLACK;EP03
G10	SCREW;SET;M10X1.5PX12L;BZN;BP
V16	STICKER;INSTRUCTON;R;
AG1	ARM REST SET;LD;PAINTING;QF332S;EP565B
AG5	HAND ARM SET;PAINTING;QF332S;EP565B-
G13	BUSHING;Φ28.5XΦ22.30X12.5H;CU60%;40%
G17	SCREW;BH;M8X1.25PX15L;HS;BP
G18	WASHER;FLT;X8.2XX27.0X2.0T;
G19	WASHER;FLT;Φ18.2XΦ30.0X1.0T;TFN;
Q10	PIN SLEEVE;HANGARM;EP525-1US
V12	STICKER;INSTRUCTION;L;
AG2	ARM REST SET;RD;PAINTING;QF332S;EP565B
AG5	HAND ARM SET;PAINTING;QF332S;EP565B-
G13	BUSHING;Φ28.5XΦ22.30X12.5H;CU60%;40%
G17	SCREW;BH;M8X1.25PX15L;HS;BP
G18	WASHER;FLT;X8.2XX27.0X2.0T;
G19	WASHER;FLT;Φ18.2XΦ30.0X1.0T;TFN;
Q10	PIN SLEEVE;HANGARM;EP525-1US
V16	STICKER;INSTRUCTON;R;
AH1	PEDAL ARM SET;L;PAINTING;QF332S;EP566B

NO.	DESCRIPTION
H05	SCREW;ANTI-SLIPPERY;TRHW;M5X0.8PX12L
H06	BUSHING;Φ28.5XΦ22.30X12.5H;CU60%;40%
H07	FOOTPAD;LEFT;ABS+20%PC;SLIKPRINT ERGOFLO
H10	LINK ARM SWIVEL AXLE;EP525
H11	CABLE TIE;NYLON;200L;BL;KSS;CV-200MB
H12	LINK ARM CAPS;BLACK;EP525-1US
V12	STICKER;INSTRUCTION;L;
AH2	PEDAL ARM SET;R;PAINTING;QF332S;EP566B
H05	SCREW;ANTI-SLIPPERY;TRHW;M5X0.8PX12L
H06	BUSHING;Φ28.5XΦ22.30X12.5H;CU60%;40%
H08	FOOTPAD;RIGHT;ABS+20%PC;SLIKPRINT ERGOFL
H10	LINK ARM SWIVEL AXLE;EP525
H11	CABLE TIE;NYLON;200L;BL;KSS;CV-200MB
H12	LINK ARM CAPS;BLACK;EP525-1US
V16	STICKER;INSTRUCTON;R;
L01	STABILIZER SET;F;PAINTING;QF332S;SILVE
L07	RVN;ALS7-8125-3.8(0.5-3.8);YZN;
Q01	PLASTIC COVER;L;ABS;75140;EP566B-2KM;
V03	DECORATED LABEL;SIDE COVER;ROUND;EP566
Q02	PLASTIC COVER;R;ABS;75140;PAD PRINT;EP5
V03	DECORATED LABEL;SIDE COVER;ROUND;EP566
C09	CAP;PVC;BL;TM67
N71	PULSE SENSOR SET
E08	CRANK PIN SLEEVE;ALUMINUM CASTING;EP558
E14	BEARING;BALL;6003ZZ;Φ17XΦ35X10T;SL;

NO.	DESCRIPTION
E14	BEARING;BALL;6003ZZ;Φ17XΦ35X10T;SL;
Q06	Roller;PU;Black;EP525

D: Entsorgungshinweis

Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB: Waste Disposal

Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

F: Remarque relative à la gestion des déchets

Les produits Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness sont recyclables. A la fin de sa durée d'utilisation, remettez l'appareil à un centre de gestion de déchets correct (collecte locale).

NL: Verwijderingsaanwijzing

Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness producten zijn recycleerbaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

E: Informaciones para la evacuación

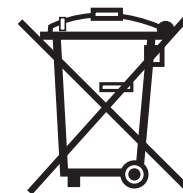
Los productos de Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness son reciclables. Cuando se termina la vida útil de un aparato o una máquina, entréguelos a una empresa local de eliminación de residuos para su reciclaje.

I: Indicazione sullo smaltimento

I prodotti Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness sono riciclabili. Quando l'apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunali).

PL: Wskazówka dotycząca usuwania odpadów.

Produkty firmy Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness podlegają recyklingowi. Pod koniec okresu użytkowania proszę oddać urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).





ELLIPTICAL OWNER'S MANUAL

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