

	User Guide: Connecting Fitness Watches to Cardio Equipment
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Compatible Watches: Apple Watch – Series 5, 6, 7, 8, 9, SE, SE2, and Ultra; with WatchOS 10.6.1 Samsung – Galaxy Watch 6 or newer with Samsung Health App 4.8	

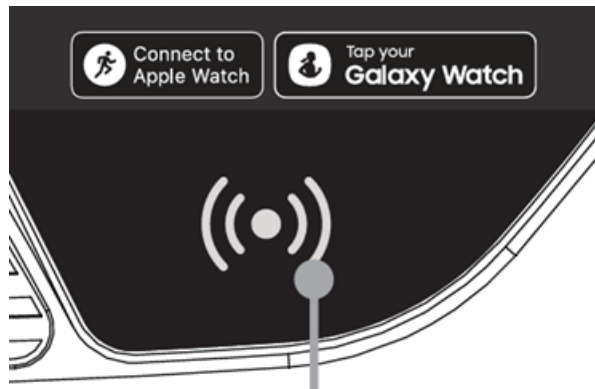
SUMMARY

Apple Watch and Samsung Galaxy Watch can pair with new Horizon and BowFlex treadmill models to provide information about your workout such as speed, distance, time, heart rate, and calories burned.

See [page 3](#) for troubleshooting connection issues.

To track your workout with an Apple Watch or Samsung Galaxy Watch:

1. Pair your fitness watch with your phone if that is required by the watch model.
2. Make sure fitness equipment is compatible—the console will have the logo “Connect to Apple Watch” or “Tap your Galaxy Watch”.



Contactless Reader

Connect to Apple Watch	Tap your Galaxy Watch
Reference Video: Connecting Your Treadmill to Apple Watch 3. Make sure your watch is set to detect gym equipment - open the Settings app on your Apple Watch, tap Workout, then turn on “Detect Gym Equipment.”	3. Make sure your Samsung Galaxy Watch is set to detect gym - open the Settings app on your Galaxy Watch, tap Connections, tap NFC then tap NFC switch to turn on NFC.

4. Hold the face of the Apple Watch over the contactless reader for about 5 seconds. (Ensure that the watch is not in Low Power Mode, as this may prevent the reader from recognizing it.)



Wait for the beep and the Bluetooth CONNECTED light to illuminate on the console. You may also feel a tap from your Apple Watch with haptic feedback.

5. Select one of the workout types on your Apple Watch.



6. Wait for your Apple Watch to read "Start the Treadmill."



7. On the treadmill, select user and set up your program or simply press START.

The console should show "Apple watch connected" if the pairing is successful.

- Confirm that the heart rate displayed on the watch and the console match.
- Confirm that the total time, distance, pace, total calories, and active calories readings from the console match what is displayed on the watch.

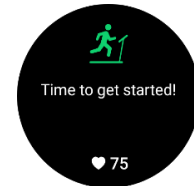


4. Hold the face of the Galaxy Watch over the contactless reader for about 5 seconds. (Ensure that the watch is not in Power Saving Mode, as this may prevent the reader from recognizing it.)



The watch will show "Connecting..." Wait for the beep and the Bluetooth CONNECTED light to illuminate on the console.

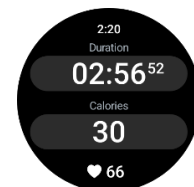
"Samsung Watch Connected" will display on the console and "Time to get started!" will display on your Galaxy Watch at the same time.



Note: You might first need to accept some terms and conditions on your Galaxy Watch before seeing "Time to get started!"

5. On the treadmill, select user and set up your program or simply press START.

The watch will display your metrics during the work out.



- Confirm that the heart rate displayed on the watch and the console match.
- Confirm that the total time, distance, pace, total calories, and active calories readings from the console match what is displayed on the watch.



TROUBLESHOOTING

If you are experiencing any connection issues, confirm that the console and GymKit software versions are at this version or higher:

- **Horizon 7.0AT:** GUI v2.003 and GymKit 10.5.47
- **BowFlex T9:** GUI v2.3 and GymKit 10.5.48

The GymKit version can be checked in the Engineering menu.

Current software is available at [Horizon Software Updates](#) and [BowFlex Software Updates](#).

“My watch app crashes after I start a workout, but the treadmill still shows as connected.”

- ➔ Power cycle the watch. Repeat the connection process.

“The treadmill isn’t responding after I power on my watch.”

- ➔ Power cycle the treadmill to reset the RFID reader/BT module connection.

“I’ve tried everything and my watch is still not connecting to the treadmill.”

- ➔ Check the antenna connection inside the treadmill console.



1. Make sure the antenna wire is connected to the RFID board (GymKit module).
2. **BowFlex T9:** The antenna wire routing may cause interference from the UCB. Route the antenna as shown in the image.
3. Replace the antenna wire.
4. Contact Customer Technical Service if necessary.