



**OMEGA Z**



## ASSEMBLY GUIDE



Read the **TREADMILL GUIDE** before using this **ASSEMBLY GUIDE**.



# IMPORTANT PRECAUTIONS



## SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL.

This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.



## **WARNING**

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

- Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than specified in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect all power before moving the equipment.
- The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Connect this exercise product to a properly grounded outlet only.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing. Incorrect or excessive exercise may damage your health.
- Do not remove the protected covers unless instructed by Professional and your local dealer. Service should only be done by and authorized service technician.
- Disconnect the safety key to prevent uncontrolled usage.
- While exercising, run within the logo printed on belt to prevent possible injury.
- The noise level of the treadmill is less than 70 dB when there is no user on it and more than 70 dB when it is in use. If the noise of treadmill bothers you, stop exercising and take a break. Noise emission under load is higher than without load.
- Make sure the treadmill comes to complete stop before folding. Do not operate the treadmill when it is folded.
- Please note that the plastic parts, such as end caps, are susceptible to wear. The treadmill's safety level can only be maintained if it is checked regularly for damage and wear.
- Make sure the edge of the belt is parallel with the side rail and does not move under the side rail. If the belt is not centered, it must be adjusted before use.
- At NO time should pets or children under the age of 13 be closer to the treadmill than 10 feet.
- At NO time should children under the age of 13 use the treadmill.
- Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
- Use the treadmill only for its intended use as described in the treadmill guide and owner's manual.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Return the unit to a service center for examination and repair.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
- To prevent electrical shock, never drop or insert any object into any opening.

- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply will void the warranty.
- This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician.

## GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

### DANGER!

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal local voltage circuit and has a grounding plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit.

### WARNING!

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.





## LOCATION OF THE TREADMILL

Place the treadmill on a level and stable surface. There should be one foot of clearance in front of the treadmill for the power cord. Please leave a clear zone behind the treadmill that is at least the width of the treadmill and at least 79" (2 meters) long. This zone must be clear of any obstruction and provide the user a clear exit path from the machine. In case of an emergency, place both hands on the side arm rests to hold yourself up and place your feet onto the side rails.

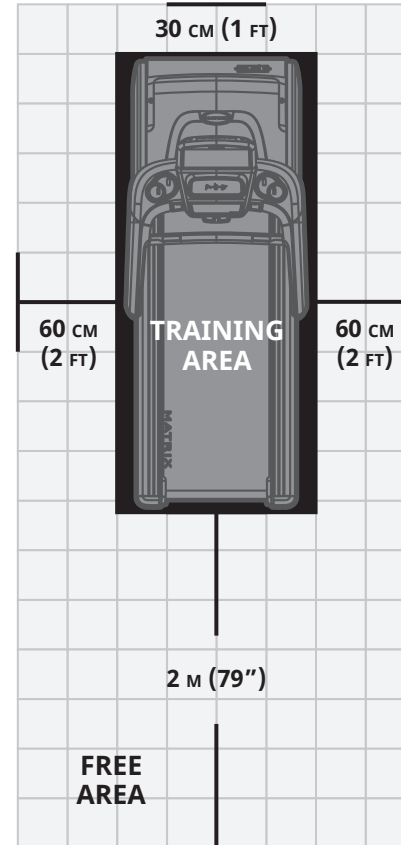
For ease of access, there should be an accessible space preferentially on both sides of the treadmill equal to 2 ft (0.6 meters) to allow a user access to the treadmill from either side.

Do not place the treadmill in any area that will block any vent or air openings. The treadmill should not be located in a garage, covered patio, near water or outdoors.

## WARNING!

Our treadmills are heavy; use care and additional help if necessary when moving. Do not attempt to move or transport treadmill unless it is in the upright, folded position with the lock latch secured. Failure to follow these instructions could result in injury.

It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use.



# 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:

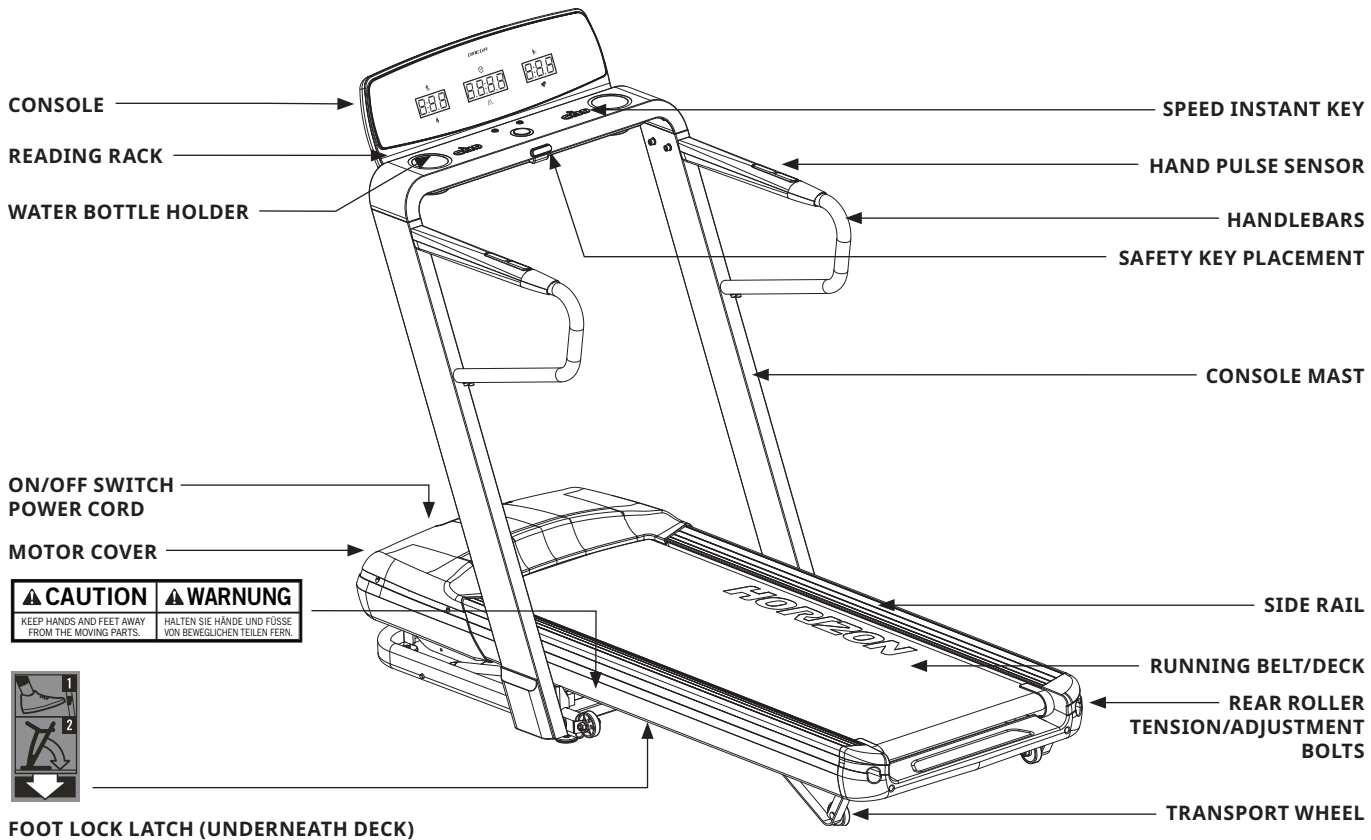
SERIAL NUMBER:

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MODEL NAME: **HORIZON**

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**TREADMILL**



## TOOLS INCLUDED:

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

## PARTS INCLUDED:

- 2 Console Masts
- 1 Console Assembly
- 2 Handlebars
- 1 Hardware Kit
- 1 Safety Key
- 1 Power Cord
- 1 Bottle of Silicone Lubricant



## NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support.

# 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!

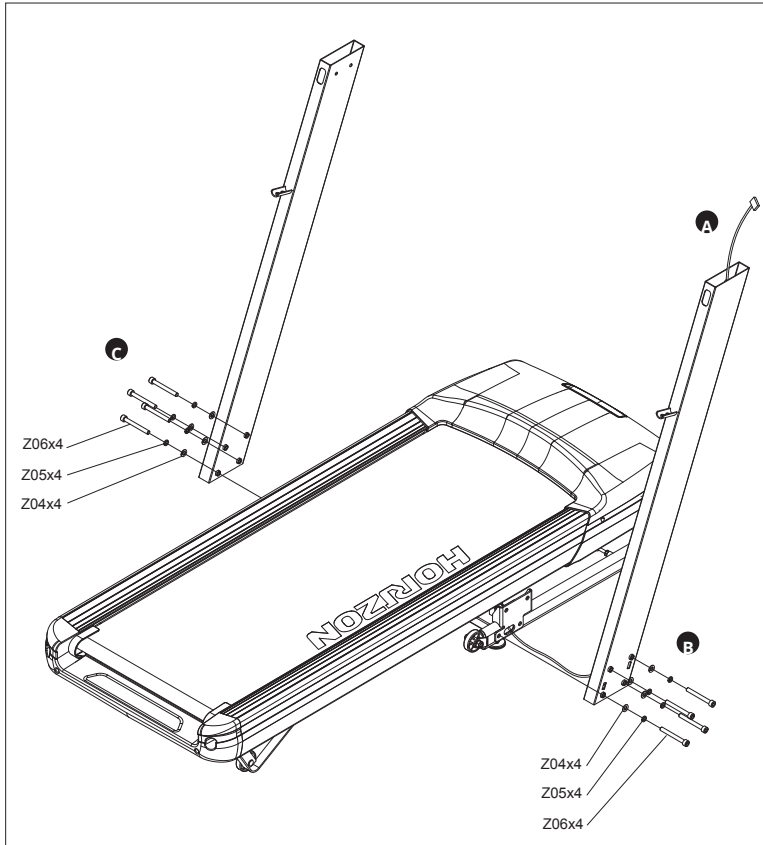
### IMPORTANT NOTES

- 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.
- Removal of fixed guards should be done ONLY by a qualified service technician. Ensure all fasteners are properly reinstalled after replacing fixed guards.





## ASSEMBLY STEP 1

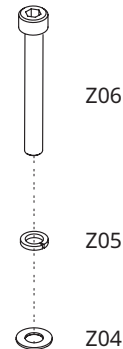


Open **HARDWARE FOR STEP 1**.

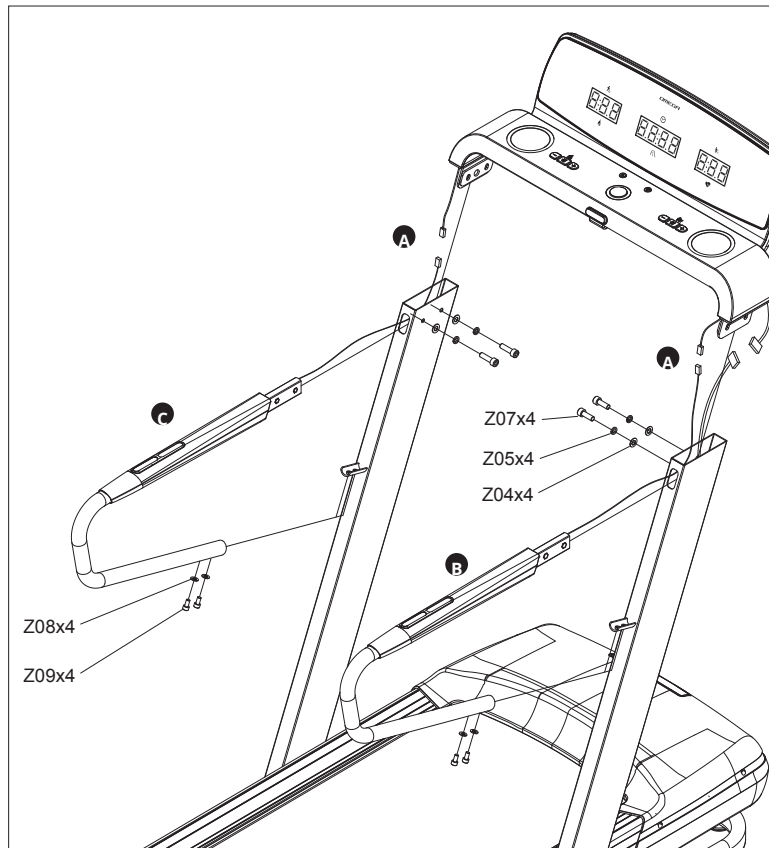
- A Insert the **CONSOLE CONTROL CABLE** from the **BASE FRAME** through the **CONSOLE MAST (RIGHT)**.
- B Align the **CONSOLE MAST (RIGHT)** to the **BASE FRAME**, then screw by 4 x hardware assembly (Z04+Z05+Z06).
- C Align the **CONSOLE MAST (LEFT)** to the **BASE FRAME**, then screw by 4 x hardware assembly (Z04+Z05+Z06).

### **ATTENTION**

DO NOT PINCH THE WIRE !!



## ASSEMBLY STEP 2



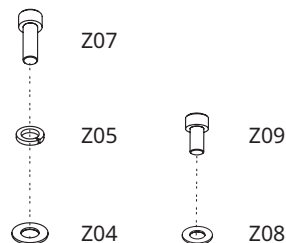
Open **HARDWARE FOR STEP 2**.



- A Insert the **HANDLEBAR CABLE** through the hole of the **CONSOLE MAST**; Connect all Cables among **CONSOLE, CONSOLE MAST** and **HANDLEBAR** according to connector's size and color; Attach **CONSOLE SET** onto **CONSOLE MAST (RIGHT)** and **CONSOLE MAST (LEFT)**.
- B Attach **HANDLEBAR (RIGHT)** onto **CONSOLE MAST (RIGHT)**, then screw by 4 x hardware assembly (Z04+Z05+Z07) and 4 x hardware assembly (Z08+Z09).
- C Attach **HANDLEBAR (LEFT)** onto **CONSOLE MAST (LEFT)**, then screw by 4 x hardware assembly (Z04+Z05+Z07) and 4 x hardware assembly (Z08+Z09).

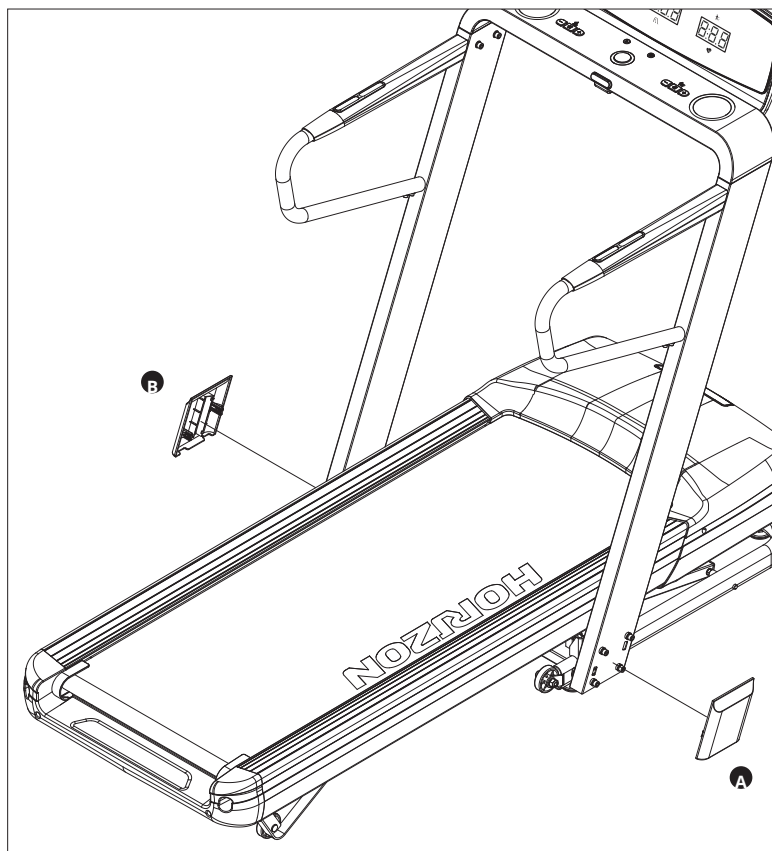
### **ATTENTION**

DO NOT PINCH THE WIRE !!





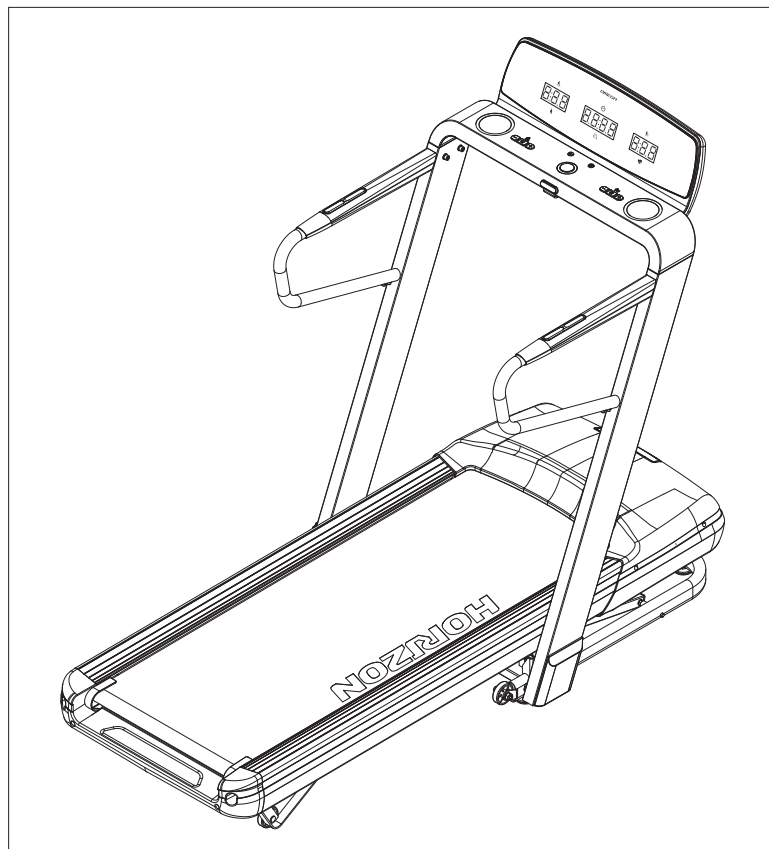
## ASSEMBLY STEP 3



A Assemble the **SCREW COVER (RIGHT)** onto **CONSOLE MAST (RIGHT)**.

B Assemble the **SCREW COVER (LEFT)** onto **CONSOLE MAST (LEFT)**.

## ASSEMBLY STEP 4



### OMEGA Z

Running Area: 140 x 53 cm / 55" x 21"

Product Weight: 93 kg / 205 lbs.

User Weight Capacity: 171 kg / 376 lbs.

Dimensions (L×W×H) : 183 x 89 x 144 cm /  
72" x 35" x 57"

Folded Dimensions (L×W×H) : 103 x 89 x 169 cm /  
41" x 35" x 67"









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