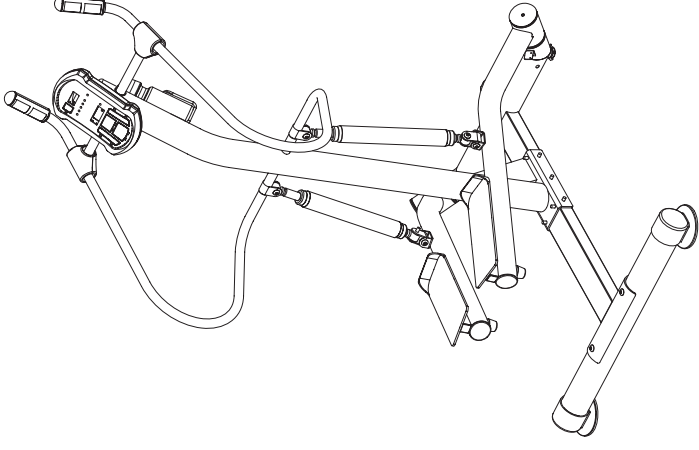


FOR MODEL :
Dynamic 208



DYNAMIC STEPPER USER'S GUIDE

INTRODUCTION

Congratulations on choosing a Horizon Fitness Stepper. You've taken an important step in developing and sustaining an exercise program! Your Horizon Fitness Stepper is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Horizon Fitness Stepper can improve the quality of your life in so many ways.

Here are a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help in Countering Anxiety and Depression
- An Improved Self Image

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IMPORTANT SAFETY PRECAUTIONS

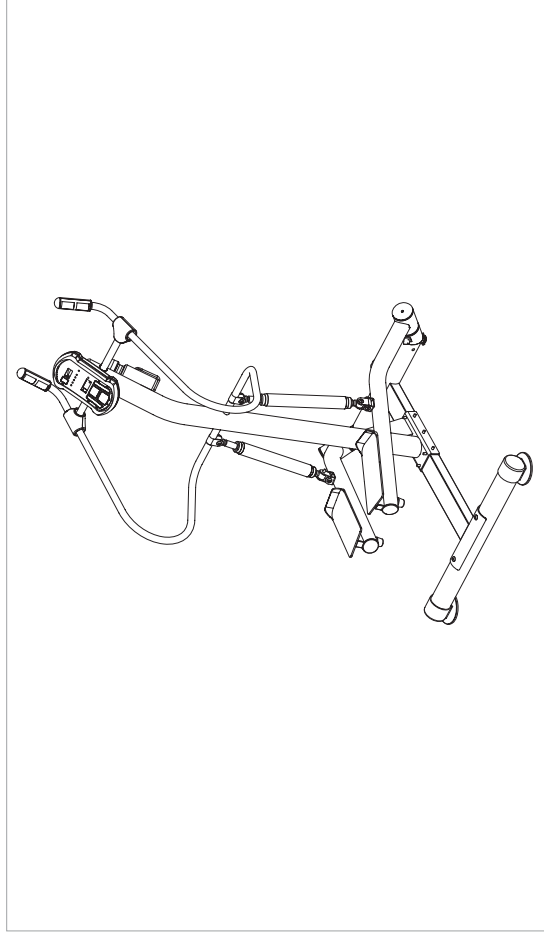
WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Manual.
3. Position the stepper on a level surface. The electric monitor must be out of the direct sunlight or the LCD display may be damaged.
4. Inspect and tighten all parts before using this equipment. Replace any worn parts immediately.
5. Always hold the handlebars when exercising on the stepper.
6. Keep hands away from moving parts.
7. Keep small children away from this equipment during use.
8. Wear appropriate workout attire, including running or aerobic shoes, when using the stepper.

WARNING: Before beginning any exercise program, always consult your physician. If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising and consult your physician before continuing.

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Warning: Before beginning any exercise program, always consult your physician. If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising and consult your physician before continuing.



TOOLS INCLUDED

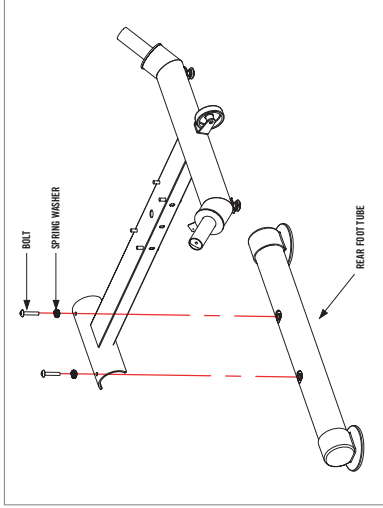
- 4 mm Allen Wrench
- 5 mm Allen Wrench
- 13/15 mm Flat Wrench
- Screwdriver

PARTS

- 1 Main Frame
- 1 Rear foot Assembly
- 1 Left handlebar
- 1 Right handlebar
- 1 Console
- 2 Resistance Cylinder
- 1 Round Cap

ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 1



HARDWARE BAG FOR STEP 1 CONTENTS :

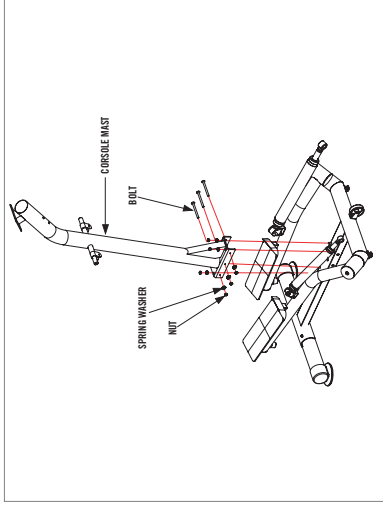


BOLT (A)
Qty: 2

SPRING WASHER (B)
Qty: 2

- Open **HARDWARE BAG FOR STEP 1**.
- Attach the **REAR FOOT TUBE** to the **BASE FRAME** using **2 BOLTS (A)** and **2 SPRING WASHERS (B)**.

ASSEMBLY STEP 3



HARDWARE BAG FOR STEP 3 CONTENTS :



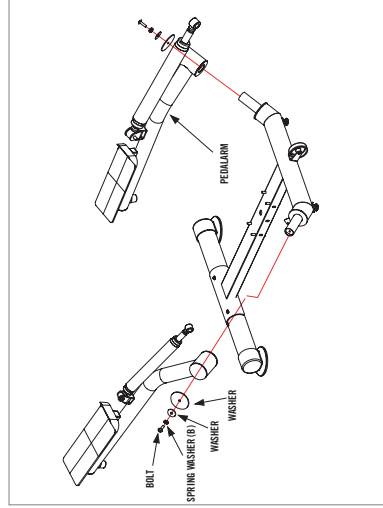
BOLT (A)
Qty: 3

SPRING WASHER (B)
Qty: 7

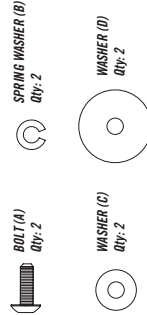
NUT (C)
Qty: 7

- Open **HARDWARE BAG FOR STEP 3**.
- Attach the **CONSOLE MAST** to the **BASE FRAME** using **3 BOLTS (A)**, **7 SPRING WASHERS (B)** and **7 NUTS (C)**.

ASSEMBLY STEP 2



HARDWARE BAG FOR STEP 2 CONTENTS :



BOLT (A)
Qty: 2

SPRING WASHER (B)
Qty: 2

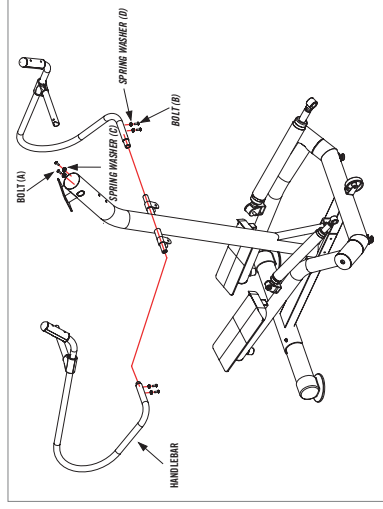
WASHER (C)
Qty: 2

WASHER (D)
Qty: 2

- Open **HARDWARE BAG FOR STEP 2**.
- Attach the **LEFT PEDAL ARM** to the **BASE FRAME** using **1 BOLT (A)**, **1 SPRING WASHER (B)**, **1 WASHER (C)** and **1 WASHER (D)**.

C) Repeat on the other side.

ASSEMBLY STEP 4



HARDWARE BAG FOR STEP 4 CONTENTS :



BOLT (A)
Qty: 2

BOLT (B)
Qty: 4

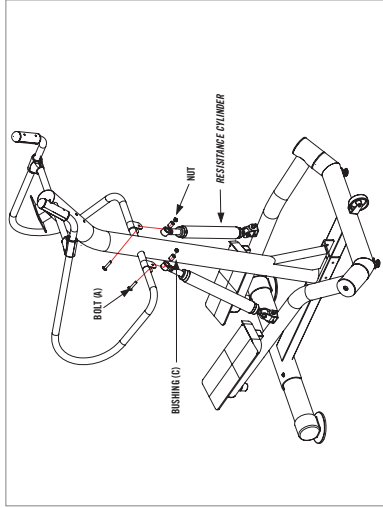
SPRING WASHER (C)
Qty: 2

SPRING WASHER (D)
Qty: 4

- Open **HARDWARE BAG FOR STEP 4**.
- Attach the **LEFT HANDLEBAR** to the **CONSOLE MAST** using **1 BOLT (A)**, **2 BOLTS (B)**, **1 SPRING WASHER (C)** and **2 SPRING WASHER (D)**.

C) Repeat on the other side.

ASSEMBLY STEP 5

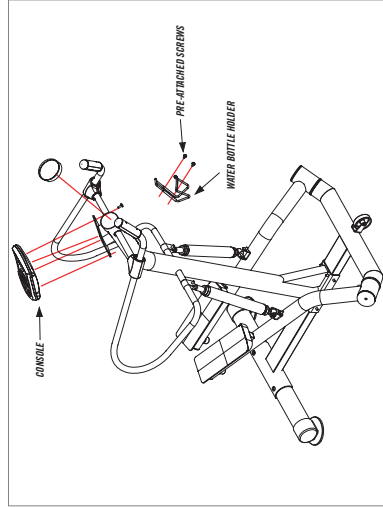


HARDWARE BAG FOR STEP 5 CONTENTS :



- Open **HARDWARE BAG FOR STEP 5**.
- Attach the **RESISTANCE CYLINDER** to the **LEFT HANDLE BAR** using **1 BOLT (A)**, **1 BUSHING (C)** and **1 NUT (B)**.
- Repeat on the other side.

ASSEMBLY STEP 6

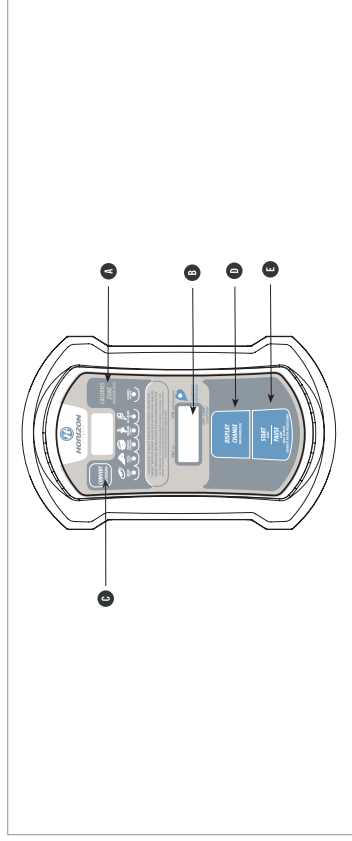


- Attach **CONSOLE** to the **CONSOLE MAST** using pre-attached **SCREWS**.
- Attach the **WATER BOTTLE HOLDER** to the **CONSOLE MAST** using pre-attached screws.
- Press the **ROUND CAP** into the top opening of **CONSOLE MAST**.

NOTE: There is no hardware bag for this step.

YOU'ER FINISHED!

CONSOLE DISPLAY



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

- CALORIES ZONE:** Calories display. Show you how many calories you have burned during your workout.
- MONITOR DISPLAY:** Time, SPM, Step count, Heart Rate.
- CONVERT:** Press to convert calories into different types of food.
- Display Change:** Press to change the display among Time, SPM, Step count and Heart Rate.
- START/PAUSE:** Press to start/Pause/Hold to reset your workout.

USING YOUR STEPPER

Getting started

Your stepper is powered by you. There is no motor or brake in this unit. The console is powered by 2 AA batteries, which are replaceable through the back side of the console.

Changing resistance

To change resistance, simply turn the calibrate collar at the top of the resistance cylinder. There are 12 preset positions numbered from 1 to 12. The higher the number, the greater the resistance. Be sure that both cylinders are set at the same number.

When exercising on the stepper, you can adjust the resistance to control the speed. During the warm up and cool down phase of your workout, use a lower setting such as level 1 or 2 to gradually warm up and cool down. For a good Cardiovascular workout, we recommend you to work at a fairly rapid pace, taking short fast steps.

To count up as you exercise

Push and hold the Hold to reset button to clear any existing date. To count up from zero simply start pedaling.

Calories zone

"CALORIES ZONE" stimulates your desire to exercise. You can push "CONVERT" button to convert calories into different foods. Make you clearly understand how much foods you have burned during your workout.

How to switch sound on & off

- Your stepper preset sound on.
- Hold "CONVERT" key for 3 seconds to switch sound on & off during your exercise.

LIMITED HOME USE WARRANTY

FRAME • LIFETIME

Horizon Fitness warrants the frame against defects in workmanship and materials for the lifetime of the original owner.

ELECTRONICS & PARTS

Horizon Fitness warrants the electronic components and all original parts for a period from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR

Horizon Fitness shall cover the labor cost for the repair of the device for a period from the date of the original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. The warranty is expressly limited to the repair or replacement of a defective frame, electronic component or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the treadmill as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. Horizon Fitness shall not be responsible for incidental or consequential damages. All returns must be pre-authorized by Horizon Fitness. 'Horizon Fitness' obligation under this warranty is limited to replacing or repairing, at 'Horizon Fitness' option, the product at one of its authorized service centers. An Horizon Fitness authorized service center must receive all products for which a warranty claim is made. These products must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. Parts and electronic components reconditioned to As New Condition by Horizon Fitness or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. This warranty gives you specific legal rights, and your rights may vary from state to state

DEVELOPING A FITNESS PROGRAM

STRETCH FIRST

Before using your Horizon Fitness product, it is best to take a few minutes doing a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

WALL PUSH

Stand near a wall with the toes of one foot about 18" from the wall, and the other foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Alternate positions of your feet and repeat for a total of 8 repetitions. **STANDING QUADRICEPS STRETCH**

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for a count of 15 seconds. Repeat with your right ankle and hand, and continue alternating for a total of 8 repetitions.

SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat for a total of 8 repetitions.

THE IMPORTANCE OF WARM UP AND COOL DOWN

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your Horizon Fitness product at a slow pace.

COOL DOWN

Never stop exercising suddenly! A cool down period allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool down, repeat the stretching exercises to loosen and relax your muscles.

EXERCISE GUIDELINES

Always consult your physician before beginning an exercise program.

HOW Often

The American Heart Association recommends that you exercise at least 3 to 5 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before your shower, during lunch hour to while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. If you are to be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

How Long?

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 32 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

How Hard?

How hard you work out is also determined by your goals. If you use your Horizon Fitness Stepper to prepare for a 5K run, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate, and the second is by evaluating your perceived exertion level (this is simpler than it sounds!)

Perceived Exertion Level

The second and simpler way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising if you are too winded to maintain a conversation without gasping. You are working out too hard! A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of other warning signs of overexertion.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your Horizon Fitness Stepper to lose weight? Improve muscle? Burn Stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals.

- Weight Loss
- Improve Body Shape and Tone
- Increased Energy Level
- Improved Sports Performance
- Improved Cardiovascular Endurance
- Weight Maintenance
- Strengthen Leg Muscles
- Improved Sleep Patterns
- Stress Reduction

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals are easier to achieve. Your Horizon Fitness Stepper console provides you with several read outs that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of test functions.

Keeping an exercise diary

Photocopy the weekly and monthly log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

WEEKLY LOG SHEETS

WEEK #		WEEKLY GOAL		
DAY	DATE	DISTANCE	CALORIES	TIME
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
WEEKLY TOTALS :				

WEEK #		WEEKLY GOAL		
DAY	DATE	DISTANCE	CALORIES	TIME
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
WEEKLY TOTALS :				

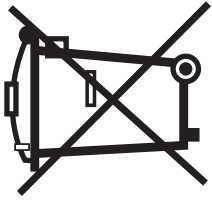
WEEK #		WEEKLY GOAL		
DAY	DATE	DISTANCE	CALORIES	TIME
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
WEEKLY TOTALS :				

MONTHLY LOG SHEETS

MONTH		MONTHLY GOAL	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH		MONTHLY GOAL	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH		MONTHLY GOAL	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			



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

GB: *Waste Disposal*
Horizon Fitness/Vision 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 Horizon Fitness/Vision Fitness sont recyclables. A la fin sa durée d'utilisation, remettez l'appareil à un centre de gestion de déchets correct (collecte locale).

NL: *Verwijderingsaanwijzing*
Horizon Fitness/Vision Fitness producten zijn recyclebaar. 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 Horizon Fitness/Vision Fitness son reciclables. Cuando se termina la vida útil de un aparato o una máquina, entreguelos a una empresa local de eliminación de residuos para su reciclaje.

I: *Indicazione sullo smaltimento*
I prodotti Horizon Fitness/Vision 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 Horizon Fitness/Vision Fitness podlegają recyklingowi. Pod koniec okresu użytkowania oddać urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).