



PARAGON X



OPERATION GUIDE

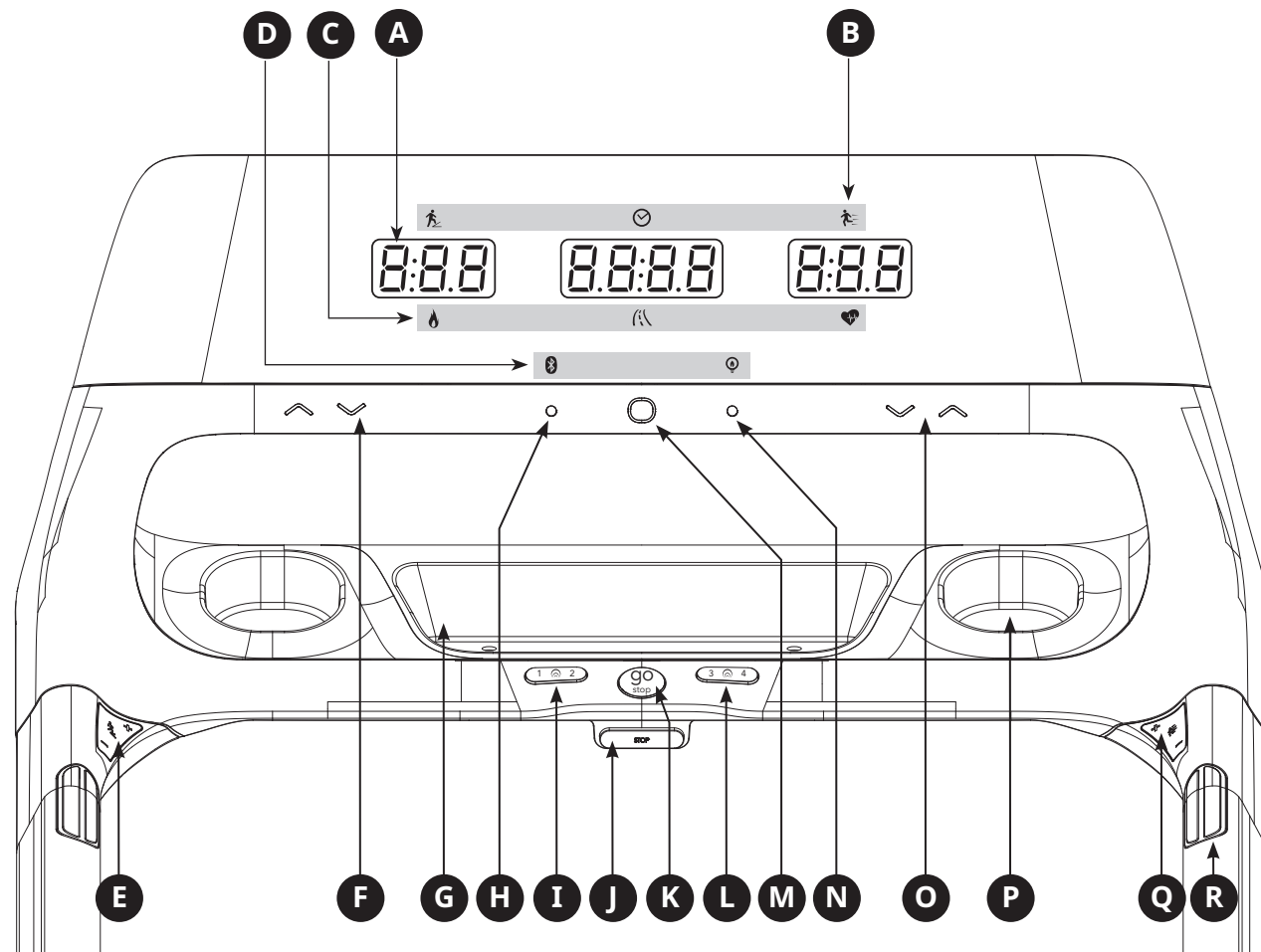


Read the TREADMILL GUIDE before using this OPERATION GUIDE.

TREADMILL OPERATION



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



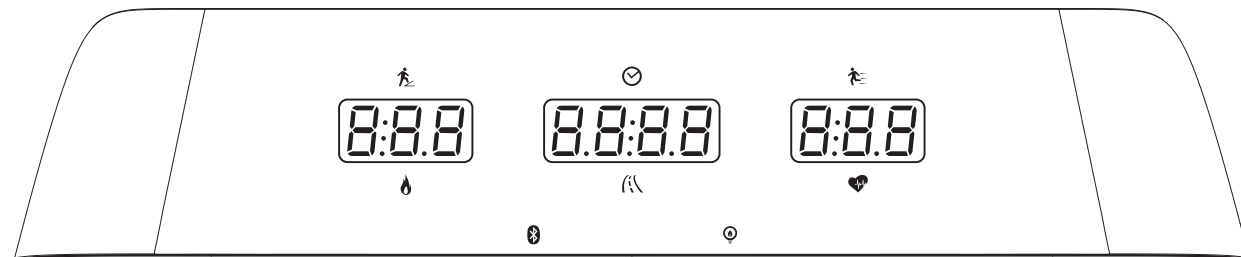
PARAGON X CONSOLE OPERATION







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

- A) **LED DISPLAY WINDOWS:** Time, Speed, Incline, Distance, Calories, Heart Rate
- B) **LED INDICATOR:** Incline, Time, Speed
- C) **LED INDICATOR:** Calories, Distance, Heart Rate
- D) **LED INDICATOR:** Bluetooth and ErP
- E) **INCLINE INSTANT KEY:** Press to increase or decrease incline range
- F) **INCLINE KEYS:** Touch keys, gentle touch to adjust incline in small increments (0.5% increments)
- G) **ACCESSORY TRAY:** Holds personal equipment
- H) **BLUETOOTH CHEST BELT CONNECTION:** Press and hold for 3 seconds to connect Bluetooth chest belt
- I) **CUSHION FIRMNESS CONTROL:** There are four levels of cushion firmness, 1 to 4 from soft to hard. Press the left hand side of this button, select level 1, press the right hand side of this button, select level 2.
- J) **SAFETY KEY POSITION:** Enables treadmill when safety key is inserted
- K) **GO/STOP:** Press to start exercise, during workout press to pause/end your workout. Hold for 3 seconds to reset the console
- L) **CUSHION FIRMNESS CONTROL:** There are four levels of cushion firmness, 1 to 4 from soft to hard. Press the left hand side of this button, select level 3, press the right hand side of this button, select level 4.
- M) **ENTER/CHANGE DISPLAY:** Press to confirm the setting. Press to change the display from Speed, Time, Incline to Heart Rate, Distance, Calories during workout

- N) **ENERGY SAVER MODE:** Press to quickly enter sleep mode. Under sleep model, press any key to wake the console up
- O) **SPEED KEYS:** Touch keys, gentle touch to adjust speed in small increment (0.1 km/h increments)
- P) **WATER BOTTLE HOLDER:** Holds water bottle
- Q) **SPEED INSTANT KEY:** Press to increase or decrease speed range
- R) **HEART RATE SENSOR:** Hold the sensor in the both side of handlebar to get your heart rate data

DISPLAYS WINDOW



-  **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
-  **SPEED:** Shown as KM/H. Indicates how fast the foot pads is moving.
-  **CALORIES:** Total calories burned or remaining for your workout.
-  **DISTANCE:** Shown as KM. Indicates distance traveled or distance remaining during your workout.
-  **INCLINE:** Shown as percent.
-  **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).

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 user, U1-U4 using up and down key and press ENTER to confirm

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 \wedge \vee and press ENTER.
- 2) Set workout program information using \wedge \vee 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.

TO CLEAR CURRENT SELECTION

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

PROGRAM INFORMATION

PROGRAM

P0	P1	P2				P3		
MANUAL	SPRINT9	DISTANCE				CALORIES		
		P2.1	P2.2	P2.3	P2.4	P3.1	P3.2	P3.3
		1K	5K	10K	Half Marathon	300K	500K	700K

P4		P5		P6		P7	
INTERVALS		PERFORMANCE		HEART RATE		STEPS	
P4.1	P4.2	P5.1	P5.2	P6.1	P6.2	P7.1	P7.2
Speed Intervals	Peak Intervals	Weight Loss	Gerkin	Target HR	%Target HR	5000	10000

P8									
AIR TRAIN									
P8.1	P8.2	P8.3	P8.4	P8.5	P8.6	P8.7	P8.8	P8.9	P8.10
Beginner	Obstacle	Challenge	5K (1)	5K (2)	5K (3)	5K (4)	10K (1)	10K (2)	50K

P9	
CUSTOM	
P9.1	P9.2
Custom 1	Custom 2

SPRINT 8: The SPRINT 8 program is an anaerobic High Intensity Interval Training program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body.



DISTANCE: Push yourself and go further during your workout with five distance workouts. Choose from 1K, 5K, 10K, half marathon, marathon.



CALORIES: Set goals for burning calories with three workouts. Choose from 300, 500, 700. User sets starting speed and incline levels. Calories burned are calculated using weight input of user profile.



INTERVALS: An effective fat-burning workout that helps you improve your fitness level. Choose from speed intervals, peak intervals, endurance intervals.



PERFORMANCE: Include Weight Loss and Gerkin. Promote weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone. And Gerkin Protocol tests cardiopulmonary health.



STEPS: Promotes healthy activity with 2 step-based workouts calculated using average stride length. Choose from 5000 and 10000 step workouts. User sets starting speed and incline levels.



HEART RATE ZONE INCLUDES TARGET HR, % TARGET HR:

A workout designed to keep you in your specified heart rate zone. This workout requires you to wear a wireless heart rate strap.

TARGET HEART RATE:

The first step is knowing the right intensity for your training is to find out your maximum heart rate (max HR=220-age). The age-based method provides an average statistical prediction of your max. HR is a good method for the majority of people. Take 30 year old person for instance, the max HR is 220 - 30 = 190 bpm. So 190 bpm is the target of this program, incline ranges very automatically based on your heart rate changes during workout.

% TARGET HR:

There are 3 percentage values can be chosen, %55 (weight management and active recovery), %70 (moderately long workouts) and %85 (fit persons and for athletic training). Target heart rate is calculated by (220-age)*%HR, for example 30 year-old person would like to take the weight management and active recovery (%55), target heart rate is (220-30) * 55% = 105 bmp.

Heart Rate	Incline Function	Incline Very
20+ under target	Increase every 10 seconds	0.50%
6-19 under target	Increase every 35 seconds	0.50%
+/- 5 of target	No change	0
6-19 over target	Decrease every 35 seconds	-0.50%
20-24 over target	Decrease every 10 seconds	-0.50%
25+ over target	Program stop	Console reset

AIR TRAIN TABLE

P8.9	Distance	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200			
	Incline	1	3	5	7	10	7	5	3	1	2	3	4	5	5	6	6	7	7	7	7	8	8	9	10	11	12
	Firmness	1	1	1	1	4	4	4	4	4	4	4	4	2	2	2	2	2	2	2	2	3	3	3	3	4	
	Speed	6	6	6	6	6	6	6	6	6	6	7	7	7	7	7	7	7	7	7	7	7	8	8	8	8	7

P8.9	Distance	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	
	Incline	8	4	2	1	1	1	1	1	4	8	10	12	10	8	4	1	1	1	1	1	1	1	1	1	1
	Firmness	4	4	4	4	4	4	4	2	2	2	2	4	4	4	4	1	1	1	1	1	1	1	1	1	1
	Speed	7	7	7	7	7	7	7	6	6	6	6	6	8	8	8	8	8	8	8	8	8	8	8	8	8

P8.10	Distance	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	
	Incline	1	3	5	7	10	7	5	3	1	3	5	7	10	10	10	10	10	7	5	3	1	2	3	4	5
	Firmness	1	1	1	1	3	3	3	3	1	1	1	1	3	3	3	3	3	3	3	3	2	2	2	2	2
	Speed	5	5	5	5	6	6	6	6	6	6	6	6	7	7	7	7	7	6	6	6	6	6	7	7	7

P8.10	Distance	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	
	Incline	6	7	8	10	10	11	11	12	12	12	12	12	12	11	11	10	7	5	2	1	1	1	1	1	1
	Firmness	2	2	2	4	4	4	4	4	4	4	4	4	4	4	4	3	3	3	3	1	1	1	1	1	1
	Speed	7	7	7	6	6	6	6	6	7	7	7	7	7	7	7	8	8	8	8	8	8	8	8	8	8

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

PROGRAM CHARTS

Speed Intervals - Speed only							
Segment		Warm Up	1	2	Cool Down		
Time		4:00 Mins	90 sec	30 sec	4:00 Mins		
Level 1	Speed(MPH)	1	1.5	2	4	1.5	1
	Speed(KMH)	1.6	2.4	3.2	6.4	2.4	1.6
Level 2	Speed(MPH)	1	1.5	2	4.5	1.5	1
	Speed(KMH)	1.6	2.4	3.2	7.2	2.4	1.6
Level 3	Speed(MPH)	1.3	1.9	2.5	5	1.9	1.3
	Speed(KMH)	2	3	4	8	3	2
Level 4	Speed(MPH)	1.3	1.9	2.5	5.5	1.9	1.3
	Speed(KMH)	2	3	4	8.8	3	2
Level 5	Speed(MPH)	1.5	2.3	3	6	2.3	1.5
	Speed(KMH)	2.4	3.7	4.8	9.6	3.7	2.4
Level 6	Speed(MPH)	1.5	2.3	3	6.5	2.3	1.5
	Speed(KMH)	2.4	3.7	4.8	10.4	3.7	2.4
Level 7	Speed(MPH)	1.8	2.6	3.5	7	2.6	1.8
	Speed(KMH)	2.8	4.1	5.6	11.2	4.1	2.8
Level 8	Speed(MPH)	1.8	2.6	3.5	7.5	2.6	1.8
	Speed(KMH)	2.8	4.1	5.6	12	4.1	2.8
Level 9	Speed(MPH)	2	3	4	8	3	2
	Speed(KMH)	3.2	4.8	6.4	12.8	4.8	3.2
Level 10	Speed(MPH)	2	3	4	8.5	3	2
	Speed(KMH)	3.2	4.8	6.4	13.6	4.8	3.2

Peak Intervals-Speed and Incline changes							
Segment		Warm Up	1	2	Cool Down		
Time		4:00 Mins	90 sec	30 sec	4:00 Mins		
Level 1	Speed(MPH)	1	1.5	2	4	1.5	1
	Speed(KMH)	1.6	2.4	3.2	6.4	2.4	1.6
	Incline	1	1.5	0.5	1.5	1.5	0
Level 2	Speed(MPH)	1	1.5	2	4.5	1.5	1
	Speed(KMH)	1.6	2.4	3.2	7.2	2.4	1.6
	Incline	1.5	2.5	3	6.5	2.5	1.5
Level 3	Speed(MPH)	1.3	1.9	2.5	5	1.9	1.3
	Speed(KMH)	2	3	4	8	3	2
	Incline	2	3	4	7.5	3	2
Level 4	Speed(MPH)	1.3	1.9	2.5	5.5	1.9	1.3
	Speed(KMH)	2	3	4	8.8	3	2
	Incline	2	3	4	8.5	3	2
Level 5	Speed(MPH)	1.5	2.3	3	6	2.3	1.5
	Speed(KMH)	2.4	3.7	4.8	9.6	3.7	2.4
	Incline	2.5	3.5	4.5	9	3.5	2.5
Level 6	Speed(MPH)	1.5	2.3	3	6.5	2.3	1.5
	Speed(KMH)	2.4	3.7	4.8	10.4	3.7	2.4
	Incline	2.5	3.5	4.5	10	3.5	2.5
Level 7	Speed(MPH)	1.8	2.6	3.5	7	2.6	1.8
	Speed(KMH)	2.8	4.1	5.6	11.2	4.1	2.8
	Incline	2.5	4	5.5	10.5	4	3
Level 8	Speed(MPH)	1.8	2.6	3.5	7.5	2.6	1.8
	Speed(KMH)	2.8	4.1	5.6	12	4.1	2.8
	Incline	3	4	5.5	11.5	4	3
Level 9	Speed(MPH)	2	3	4	8	3	2
	Speed(KMH)	3.2	4.8	6.4	12.8	4.8	3.2
	Incline	3	4.5	6	12	5	3
Level 10	Speed(MPH)	2	3	4	8.5	3	2
	Speed(KMH)	3.2	4.8	6.4	13.6	4.8	3.2
	Incline	3	4.5	6	12	5	3

PROGRAM CHARTS

Conversion Table for Gerkin Protocol				
Stage	Total Time	Predicted VO2 max ml/kg/min	Speed (mph)	% Grade
0 (warm-up)	0:00 - 0:30	13.3	1.0	0.0
	0:30 - 1:00	13.3	1.5	0.0
	1:30 - 2:00	13.3	2.0	0.0
	2:00 - 2:30	13.3	2.5	0.0
	2:30 - 3:00	13.3	3.0	0.0
1	3:00 - 3:30	15.3	4.5	0.0
	3:30 - 4:00	17.4		
2	4:00 - 4:30	19.4	4.5	2.0
	4:30 - 5:00	21.5		
3	5:00 - 5:30	23.6	5.0	2.0
	5:30 - 6:00	27.6		
4	6:00 - 6:30	28.7	5.0	4.0
	6:30 - 7:00	29.8		
5	7:00 - 7:30	31.2	5.5	4.0
	7:30 - 8:00	32.7		
6	8:00 - 8:30	33.9	5.5	6.0
	8:30 - 9:00	35.1		
7	9:00 - 9:30	36.6	6.0	6.0
	9:30 - 10:00	38.2		
8	10:00 - 10:30	39.5	6.0	8.0
	10:30 - 11:00	40.9		
9	11:00 - 11:30	42.6	6.5	8.0
	11:30 - 12:00	44.3		
10	12:00 - 12:30	45.7	6.5	10.0
	12:30 - 13:00	47.2		
11	13:00 - 13:30	49.0	7.0	10.0
	13:30 - 14:00	50.8		
12	14:00 - 14:30	52.3	7.0	12.0
	14:30 - 15:00	53.9		
13	15:00 - 15:30	55.8	7.5	12.0
	15:30 - 16:00	57.8		
14	16:00 - 16:30	59.5	7.5	14.0
	16:30 - 17:00	61.2		
15	17:00 - 17:30	63.2	8.0	14.0
	17:30 - 18:00	65.3		
16	18:00 - 18:30	67.1	8.0	16.0
	18:30 - 19:00	68.9		
17	19:00 - 19:30	71.1	8.5	16.0
	19:00 - 19:30	71.1		

Gerkin Scoring										
	Males:					Females:				
	VO2 max (ml/kg/min)					VO2 max (ml/kg/min)				
	Age					Age				
	Percentile	20-29	30-39	40-49	50-59	Percentile	20-29	30-39	40-49	50-59
SUPERIOR	99	>58.8	>58.9	>55.4	>52.5	99	>53.0	>48.7	>46.8	>42.0
	95	54.0	52.5	50.4	47.1	95	46.8	43.9	41.0	36.8
EXCELLENT	90	53.9	52.4	50.3	47.0	90	46.7	43.8	40.9	36.7
	80	48.2	46.8	44.1	41.0	80	41.0	38.6	36.3	32.3
GOOD	70	48.1	46.7	44.0	40.9	70	40.9	38.5	36.2	32.2
	60	44.2	42.4	39.9	36.7	60	36.7	34.6	32.3	29.4
FAIR	50	44.1	42.3	39.8	36.6	50	36.6	34.5	32.2	29.3
	40	41.0	38.9	36.7	33.8	40	33.8	32.3	29.5	26.9
POOR	30	40.9	38.8	36.6	33.7	30	33.7	32.2	29.4	26.8
	20	37.1	35.4	33.0	30.2	20	30.6	28.7	26.5	24.3
VERY POOR	10	37.0	35.3	32.9	30.1	10	30.5	28.6	26.4	24.2
	5	31.6	30.9	28.3	25.1	5	25.9	25.1	23.5	21.1



APP CONNECTION (if supported)

FitDisplay

FitDisplay will enable you to control your treadmill's operating functions via your device.

Kinomap

Kinomap turns your bike trainer, exercise bike, treadmill or rowing machine into a powerful and fun fitness device.

www.kinomap.com

Zwift

Zwift is an at home training app connecting cyclists around the world.

www.zwift.com

Download from App Store for IOS or from Google Play for Android.

You can find more Horizon machine compatible apps on Horizon website.



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.

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 Brazilian 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
45	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

CODE	TIME ZONE	TIME
36	Greenwich Standard Time	(GMT) Casablanca, Monrovia
34	GMT Standard Time	(GMT) Greenwich Mean Time : Dublin, Edinburgh, Lisbon, London
75	W. Europe Standard Time	(GMT+01:00) Amsterdam, Berlin, Bern, Rome, Stockholm, Vienna
18	Central Europe Standard Time	(GMT+01:00) Belgrade, Bratislava, Budapest, Ljubljana, Prague
56	Romance Standard Time	(GMT+01:00) Brussels, Copenhagen, Madrid, Paris
19	Central European Standard Time	(GMT+01:00) Sarajevo, Skopje, 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	Arabian Standard Time	(GMT+04:00) Abu Dhabi, Muscat
09	Azerbaijan Standard Time	(GMT+04:00) Baku
33	Georgian Standard Time	(GMT+04:00) Tblisi
13	Caucasus Standard Time	(GMT+04:00) Yerevan
01	Afghanistan Standard Time	(GMT+04:30) Kabul
30	Ekaterinburg 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) Krasnoyarsk
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	Cen. 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

CODE	TIME ZONE	TIME
50	New Zealand Standard Time	(GMT+12:00) Auckland, Wellington
31	Fiji Standard Time	(GMT+12:00) Fiji Islands, Kamchatka, Marshall Islands
69	Tonga Standard Time	(GMT+13:00) Nuku'alofa



Traitement des déchets

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OPERATION GUIDE