

horizon dt650 manual

INTRODUCTION
 IMPORTANT PRECAUTIONS
 ASSEMBLY
 BEFORE YOU BEGIN
 TREADMILL OPERATION
 CONDITIONING GUIDELINES
 TROUBLESHOOTING & MAINTENANCE
 LIMITED WARRANTY

5000 PROGRAM: 5,000 STEPS (DT850 only)

Walk a series of alternating **INCLINE** levels. Distance based goal with 4 courses to choose from.

5,000 STEP PROGRAM SEGMENTS (all segments last 30 seconds)

	WARM-UP												SEGMENTS ARE REPEATED UNTIL SELECTED DISTANCE IS REACHED												COOL-DOWN												
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	
Flat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Rolling	0.0	0.0	0.5	0.5	1.0	0.5	1.0	0.5	2.0	3.0	2.0	4.0	2.0	4.0	2.0	3.0	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Hills	0.5	0.5	1.0	1.0	1.5	1.0	3.0	2.5	4.0	5.0	4.0	6.0	4.0	5.0	4.0	5.0	4.0	2.5	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
Mountain	1.5	1.5	2.0	2.0	2.5	3.5	5.0	4.5	6.0	7.0	6.0	8.0	6.0	7.0	6.0	7.0	6.0	4.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0

(WARM-UP and COOL-DOWN last 4:00 minutes each and are included in program times)
 NOTE: 5000 steps = 2.5 miles based on the average stride length. Actual step count may vary.

10000 PROGRAM: 10,000 STEPS (DT850 only)

Walk a series of alternating **INCLINE** levels. Distance based goal with 4 courses to choose from.

10,000 STEP PROGRAM SEGMENTS (all segments last 30 seconds)

	WARM-UP												SEGMENTS ARE REPEATED UNTIL SELECTED DISTANCE IS REACHED												COOL-DOWN												
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	
Flat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Rolling	0.0	0.0	0.5	0.5	1.0	0.5	1.0	0.5	2.0	3.0	2.0	4.0	2.0	4.0	2.0	3.0	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Hills	0.5	0.5	1.0	1.0	1.5	1.0	3.0	2.5	4.0	5.0	4.0	6.0	4.0	5.0	4.0	5.0	4.0	2.5	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
Mountain	1.5	1.5	2.0	2.0	2.5	3.5	5.0	4.5	6.0	7.0	6.0	8.0	6.0	7.0	6.0	7.0	6.0	4.5	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0

(WARM-UP and COOL-DOWN last 4:00 minutes each and are included in program times)
 NOTE: 10,000 steps = 5.0 miles based on the average stride length. Actual step count may vary.

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