HORIZON FITNESS



ANDES 3.1



ANDES 5.1



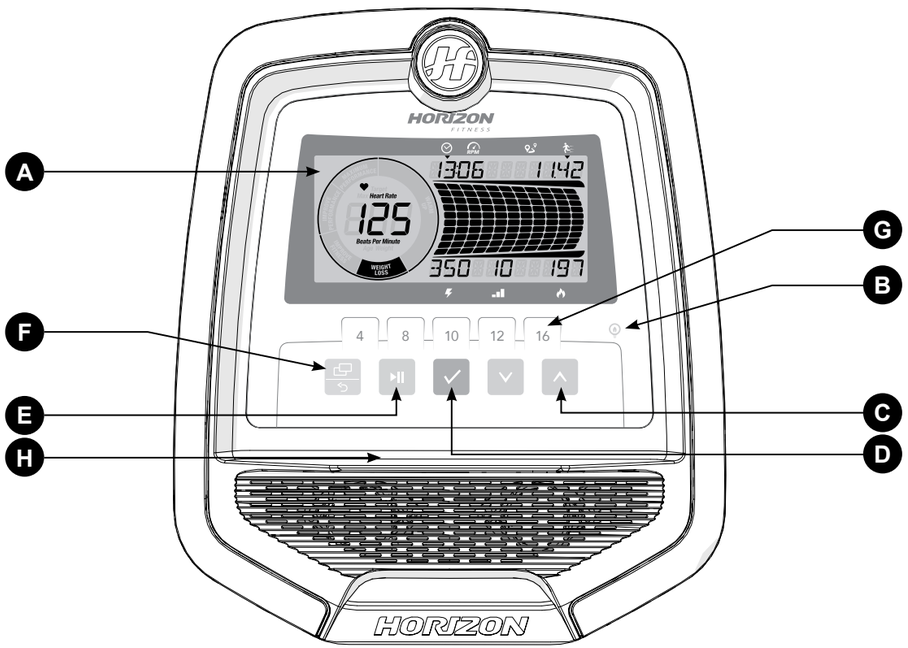
ANDES 7.1

OPERATION GUIDE

ELLIPTICAL OPERATION

This section explains how to use your elliptical's console and programming.
The BASIC OPERATION section in the ELLIPTICAL GUIDE has instructions for the following:

- **LOCATION OF THE ELLIPTICAL**
- **POWER/GROUNDING INSTRUCTIONS**
- **FOOT POSITIONING**
- **MOVING THE ELLIPTICAL**
- **LEVELING THE ELLIPTICAL**
- **POWER/MANUAL INCLINE OPERATION**
- **USING THE HEART RATE FUNCTION**



ANDES 3.1 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) **LCD DISPLAY WINDOWS:** Time, Distance, Speed, RPM, Resistance Level, Heart Rate, Calories, Watts, HR Wheel, Resistance Profile.

B) **ENERGY SAVER:** to minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 15 mins) and can be quickly woken up with a touch of a button.

C) **ARROW BUTTONS:** used up and down arrow button to select program, set up your console or change resistance while exercising.

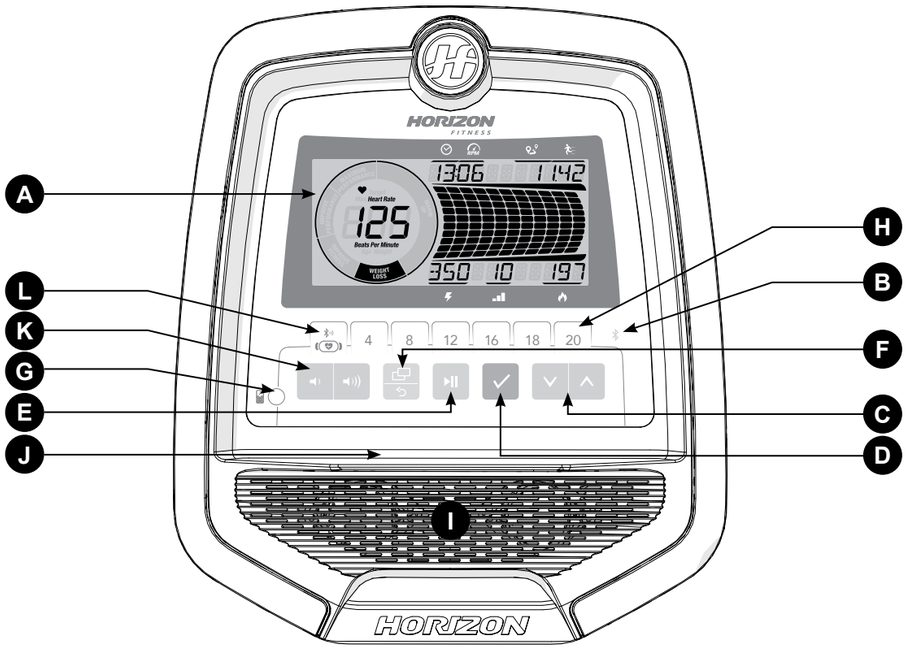
D) **ENTER BUTTON:** used to confirm setting of workout program or user profile.

E) **START AND STOP BUTTON:** press to begin exercising, pause your workout or resume exercising after pause. Hold for 3 seconds to reset the console.

F) **CHANGE DISPLAY / BACK BUTTON :** used to scroll through display modes and workout feedbacks. Press to switch display column and change between profile display mode for resistance(upper bar displayed) or watt profile for your current workout watt (lower bar displayed).
also used to navigate back to the user setup progress.

G) **RESISTANCE DIRECT BUTTON:** use the direct button to chose your desired workout resistance.

H) **SMART DEVICE AND READING RACK:** holds your smart phone, tablet or reading materials.



ANDES 5.1 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) **LCD DISPLAY WINDOWS:** Time, Distance, Speed, RPM, Resistance Level, Heart Rate, Calories, Watts, HR Wheel, Resistance Profile.

B) **BLUETOOTH:** the light will be consistently on once the Bluetooth was connected.

C) **ARROW BUTTONS:** used up and down arrow button to select program, set up your console or change resistance while exercising.

D) **ENTER BUTTON:** used to confirm setting of workout program or user profile.

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G) **AUDIO IN JACK:** use to connect with your cellphone or MP3 to play your workout music with integrated speaker.

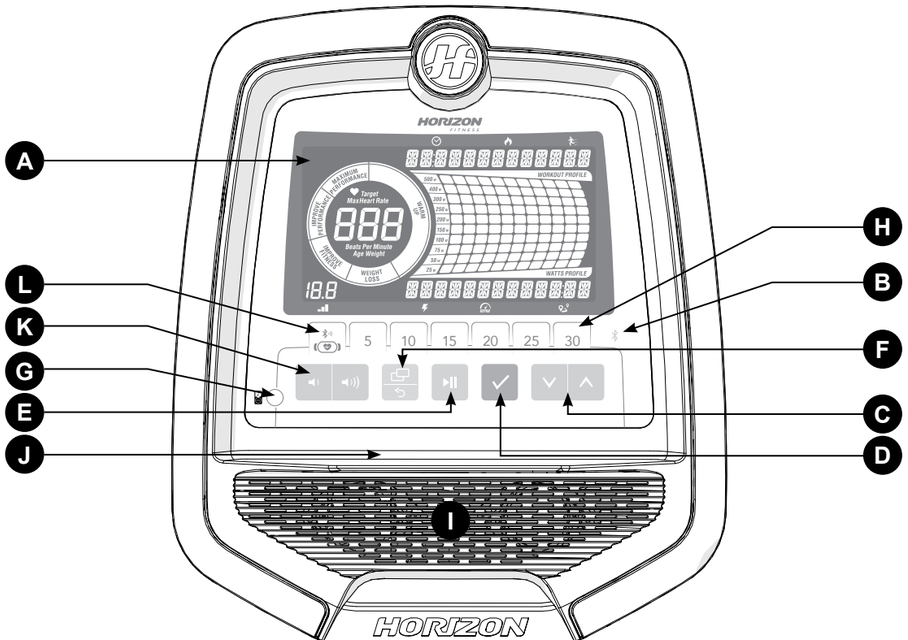
H) **RESISTANCE DIRECT BUTTON:** use the direct button to chose your desired workout resistance.

I) **SPEAKER:** play music through speakers when connected to your media player.

J) **SMART DEVICE AND READING RACK:** holds your smart phone, tablet or reading materials.

K) **VOLUME BUTTON:** used to turn up and turn down the volume.

L) **BLUETOOTH HEART RATE**: press and hold 3 sec to connect to the Bluetooth heart rate strap.
(APP & BT heart rate strap could only connect one at a time)



ANDES 7.1 CONSOLE OPERATION

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

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ANDES 3.1/5.1 DISPLAY WINDOWS

TIME: Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.

RPM: Revolutions Per Minute.

DISTANCE: Shown as km. Indicates distance traveled or distance remaining during your workout.

SPEED: Shown as KM/H. Indicates how fast the wheels are moving.

WATTS: Displays current user power output.

LEVEL: Shows the current level of resistance.

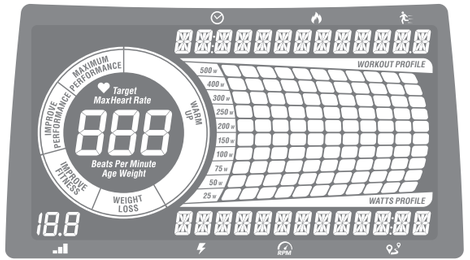
CALORIES: Total calories burned during your workout.

HEART RATE: Shown as BPM (beats per minute). Used to monitor your heart rate.

MAXIMUM HEART RATE: Shows your maximum heart rate. The Change Display button switches between your MAXIMUM HEART RATE and your current HEART RATE. The MAXIMUM HEART RATE is calculated as (220-age).

HEART RATE WHEEL: Displays your current activity zone during your workout. With this Heart rate wheel you can be certain if your exercise level fits your workot goal.

WARM UP: 0-60% of maximum heart rate.
WEIGHT LOSS: 60-70% of maximum heart rate.
IMPROVE FITNESS: 70-80% of maximum heart rate.
IMPROVE PERFORMANCE: 80-90% of maximum heart rate.
MAXIMUM PERFORMANCE: 90-100% of maximum heart rate.



ANDES 7.1 DISPLAY WINDOWS

TIME: Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.

RPM: Revolutions Per Minute.

DISTANCE: Shown as km. Indicates distance traveled or distance remaining during your workout.

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IMPROVE PERFORMANCE: 80-90% of maximum heart rate.
MAXIMUM PERFORMANCE: 90-100% of maximum heart rate.

WATT SCALE AND PROFILE DISPLAY: shows your current workout watt. ex. 50W dot will light up to show when reaching or selecting 25-50 watt. You may use change display key to switch back to workout profile display.
Note: Scale will only show up to 400w in Watts programs to reflect your target watt range of 25-400 watt.

GETTING STARTED

QUICK START

1) Make sure the power is on.
2) Press START / STOP ⏯ to start exercise in MANUAL mode.
3) Press ⌄ ⌃ to adjust resistance level during the workout.

START YOUR WORKOUT

1) Select guest / user1 / user2 / user3 / user4.
2) Select your weight.
3) Select your age.
4) Select your desired program.
5) Select your gender (required only under Fit-Test program).
6) Select the program settings, time, level, etc.
7) Press Start/Stop ⏯ to start your workout.

Note: Console will save your setting for user 1 / 2 / 3 / 4 ready for next workout.

TO CLEAR SELECTION/ RESET THE CONSOLE

Hold START/STOP ⏯ for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the bike will stop and beep. You can unplug the machine or it will enter Energy Saver Mode in 15 mins.

PROGRAM INFORMATION

Andes 3.1: 10 programs (Manual, Intervals, Game, Weight Loss, Rolling, Reverse Train, Random, Constant Watts, THR Zone, Custom)

Andes 5.1: 12 Programs (Manual, Intervals, Game, Weight Loss, Rolling, Reverse Train, Random, Constant Watts, THR Zone, %THR, Strength Builder, Custom)

Andes 7.1: 14 programs (Manual, Intervals, Game, Fit Test, Weight Loss, Weight Loss Plus, Rolling, Reverse Train, Constant Watts, Interval Watts, THR Zone, %THR, Strength Builder, Custom)

1) **MANUAL**: Allows you to adjust the resistance level to your preference, without a preset program. Adjust your resistance manually during your workout. User sets time and resistance using (up/down arrow) and ENTER.

2) **INTERVALS:** Improves your strength, speed, and endurance by raising and lowering the resistance levels throughout your workout to involve both your heart and muscles. Time based program with 16 levels to choose from. User sets time and level using (up/down arrows) and ENTER.

3) **GAME:** This warm up game simulates a Car Racing Game. To control the car up and down, you pedal faster or slower. Try to avoid those barriers and keep on track. Your remaining chances will be shown on upper LCD with 10 dots and each time you hit a barrier one dot will be removed. You only have 11 chances to complete the circuit, so be careful.

4) **FIT-TEST (ANDES 7.1 ONLY):** Test your current level of physical condition. Keep RPM between 60 and 80 during test, program will change resistance automatically during test per an embedded chart. Try to keep your RPM until you can not go any further. Console will look up the table and give you your current physical condition estimation.

5) **WEIGHT LOSS:** Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat burning zone. Time based program with 16 levels to choose from. User sets time and level using (up/down arrows) and ENTER. Please drink enough water while and after doing exercise to enhance the weight loss results.

6) **WEIGHT LOSS PLUS (ANDES 7.1 ONLY):** Promotes weight loss by increasing and decreasing the resistance, while keeping you in your fat burning zone. Time based program with 15 levels to choose from and greater intensity than the weight loss program. User sets time and level using (up/down arrows) and ENTER.Please drink enough water while and after doing exercise to enhance the weight loss results.

7) **ROLLING:** Maintains weight by gradually raising and lowering the resistance level to gradually raise and lower your heart rate.

8) **REVERSE TRAIN:** Special training program to build your muscle. This program will gradually increases resistance level and prompt you to pedal at a Forward (F), or Reverse (R) to help you reach your fitness goal.

9) **RANDOM (ANDES 3.1/5.1 ONLY):** Special designed chart based program that will simulate resistance being changed randomly.

10) **CONSTANT WATTS:** This workout automatically adjusts the resistance to keep you within a set Watts range and maintains your desired level of exercise intensity.
    1) Select Constant Watts program using ⌄ ⌃ and press ENTER.
    2) Set time using ⌄ ⌃ and press ENTER.
    3) Select desired watts using ⌄ ⌃ and press ENTER.
    4) Press START ⏯ to begin the program.

11) **INTERVAL WATT PROGRAM (ANDES 7.1 ONLY):** Allows you to choose a high WATTs value and a low WATTs value. The interval program will switch between High and Low WATTs values, making for a very intense and effective workout.
    1) Select Constant Watts program using and press enter.
    2) Set time using and press enter .
    3) Select your desired low watts target and press enter .
    4) Select your desired high watts target and press enter .
    5) Press START ⏯ to begin the program.

12) **THR ZONE:** Simulate the intensity of your favorite sport as the program resistance automatically adjusts to maintain a set Target Heart Rate range. (Suggest to use chest belt with this program. You may purchase chest belt separately from your dealer)
    1) Select THR Zone program using ⌄ ⌃ and press ENTER.
    2) Select TIME using ⌄ ⌃ and press ENTER.
    3) The HEART RATE window will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate (from heart rate training chart) using ⌄ ⌃ and press ENTER.
    4) Press START ⏯ to begin.

HEART RATE TRAINING

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended. This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is 220 – 30 = 190 bpm and 90% max HR is 190 × 0.9 = 171 bpm.

13) **% THR (ANDES 5.1/7.1 ONLY):** Benefits weight loss by maintaining an optimum exercise level to burn fat, while adjusting the resistance to keep you in your target heart rate zone. First set up your personal data (your machine will automatically calculate your maximum workout heart rate) and select the percentage you wish to workout base on your maximum heart rate. (Suggest to use chest belt with this program. You may purchase chest belt separately from your dealer)

    Note: The heart rate program is base on your heart rate target. Resistance will change automatically according to your pedaling speed and make sure you keep your workout in your target heart rate. Please do not pedal too slow or too fast. If you are out of the target zone LCD will show arrow sign beside RPM column to tell you to adjust your speed. Upper arrow for speed up your RPM and arrow down for slowing down your workout.

14) **STRENGTH BUILDER (ANDES 5.1/7.1 ONLY):** Help you gradually increase your muscle strength with a preset workout program. Time based program with 20 levels to choose from. User sets time and level using (up/down arrows) and ENTER.

15) CUSTOM: Customized workout, time defaults to 15 minutes.

1) First enter the program setting and profile display will guide you through all the workout column.

2) Use upper and lower arrow to change the resistance and press enter to confirm. Console will display your current segment number and guide you through segment 1 to segment 15.

3) After finish all setting press START ▶II to begin.

4) Program resets if press ENTER is held for 5 seconds.

PROGRAM CHARTS

(Andes 3.1)

INTERVALS																				
	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	60	60	60	60	30	90	90	30	30	90	30	90	90	30	30	90	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	1	7	1	1	7	7	1	7	1	1	7	1	1	1	1	1	1
2	1	1	1	2	8	2	2	8	8	2	8	2	2	8	2	2	2	1	1	1
3	1	1	1	2	9	3	3	9	9	3	9	3	3	9	3	3	2	1	1	1
4	1	1	1	3	10	4	4	10	10	4	10	4	4	10	4	4	3	1	1	1
5	1	2	3	3	11	5	5	11	11	5	11	5	5	11	5	5	3	3	2	1
6	1	2	3	4	12	6	6	12	12	6	12	6	6	12	6	6	4	3	2	1
7	1	2	3	4	13	7	7	13	13	7	13	7	7	13	7	7	4	3	2	1
8	1	2	3	5	14	8	8	14	14	8	14	8	8	14	8	8	5	3	2	1
9	2	2	3	5	15	9	9	15	15	9	15	9	9	15	9	9	5	3	2	2
10	2	2	4	6	16	10	10	16	16	10	16	10	10	16	10	10	6	4	2	2

(Andes 5.1)

INTERVALS																				
	Warm Up				Program Segments - Repeat												Cool down			
Seconds	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	5	1	1	5	5	1	5	1	1	5	5	1	3	2	2	1
2	1	2	2	3	6	2	2	6	6	2	6	2	2	6	6	2	3	2	2	1
3	1	2	2	4	7	3	3	7	7	3	7	3	3	7	7	3	4	2	2	1
4	1	2	2	5	8	4	4	8	8	4	8	4	4	8	8	4	5	2	2	1
5	2	3	5	6	9	5	5	9	9	5	9	5	5	9	9	5	6	5	3	2
6	2	3	5	7	10	6	6	10	10	6	10	6	6	10	10	6	7	5	3	2
7	2	3	5	8	11	7	7	11	11	7	11	7	7	11	11	7	8	5	3	2
8	2	3	5	9	12	8	8	12	12	8	12	8	8	12	12	8	9	5	3	2
9	3	4	5	10	13	9	9	13	13	9	13	9	9	13	13	9	10	5	4	3
10	3	4	8	11	14	10	10	14	14	10	14	10	10	14	14	10	11	8	4	3
11	3	6	10	12	15	11	11	15	15	11	15	11	11	15	15	11	12	10	6	3
12	3	6	10	13	16	12	12	16	16	12	16	12	12	16	16	12	13	10	6	3
13	5	9	13	14	17	13	13	17	17	13	17	13	13	17	17	13	14	13	9	5
14	5	9	13	15	18	14	14	18	18	14	18	14	14	18	18	14	15	13	9	5
15	5	9	13	16	19	15	15	19	19	15	19	15	15	19	19	15	16	13	9	5
16	5	9	13	17	20	16	16	20	20	16	20	16	16	20	20	16	17	13	9	5

PROGRAM CHARTS

(Andes 7.1)

INTERVALS																				
	Warm Up				Program Segments - Repeat												Cool down			
Seconds	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	3	3	4	7	1	1	7	7	1	7	1	1	7	7	1	4	3	3	1
2	1	3	3	4	9	3	3	9	9	3	9	3	3	9	9	3	4	3	3	1
3	1	3	3	6	10	4	4	10	10	4	10	4	4	10	10	4	6	3	3	1
4	1	3	3	7	12	6	6	12	12	6	12	6	6	12	12	6	7	3	3	1
5	3	4	7	9	13	7	7	13	13	7	13	7	7	13	13	7	9	7	4	3
6	3	4	7	10	15	9	9	15	15	9	15	9	9	15	15	9	10	7	4	3
7	3	4	7	12	16	10	10	16	16	10	16	10	10	16	16	10	12	7	4	3
8	3	4	7	13	18	12	12	18	18	12	18	12	12	18	18	12	13	7	4	3
9	4	6	7	15	19	13	13	19	19	13	19	13	13	19	19	13	15	7	6	4
10	4	6	12	16	21	15	15	21	21	15	21	15	15	21	21	15	16	12	6	4
11	4	9	15	18	22	16	16	22	22	16	22	16	16	22	22	16	18	15	9	4
12	4	9	15	19	24	18	18	24	24	18	24	18	18	24	24	18	19	15	9	4
13	7	13	19	21	25	19	19	25	25	19	25	19	19	25	25	19	21	19	13	7
14	7	13	19	22	27	21	21	27	27	21	27	21	21	27	27	21	22	19	13	7
15	7	13	19	24	28	22	22	28	28	22	28	22	22	28	28	22	24	19	13	7
16	7	13	19	25	30	24	24	30	30	24	30	24	24	30	30	24	25	19	13	7

(Andes 7.1) Protocol for Men

FIT -TEST		
Stage	Time(min)	Intensity(Watts)
1	0 - 2	35
2	2 - 4	70
3	4 - 6	105
4	6 - 8	140
5	8 - 10	175
6	10 - 12	210
7	12 - 14	245
8	14 - 16	280
9	16 - 18	315
10	18 - 20	350
11	20 - 22	385
12	22- 24	420
13	24- 26	455
14	26 - 28	490
15	28 - 30	525

(Andes 7.1) Protocol for Women

FIT -TEST		
Stage	Time(min)	Intensity(Watts)
1	0 - 2	25
2	2 - 4	50
3	4 - 6	75
4	6 - 8	100
5	8 - 10	125
6	10 - 12	150
7	12 - 14	175
8	14 - 16	200
9	16 - 18	225
10	18 - 20	250
11	20 - 22	275
12	22- 24	300
13	24- 26	325
14	26 - 28	350
15	28 - 30	375

(Andes 3.1)

WEIGHT LOSS																				
	Warm Up				Program Segments - Repeat												Cool down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	2	1
2	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1
3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1
4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1
5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2
6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2
7	2	3	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2
8	2	3	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	3	2
9	3	4	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	4	3
10	3	4	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	4	3
11	3	6	10	12	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3
12	3	6	10	13	14	14	15	15	16	16	16	16	15	15	14	14	13	10	6	3

(Andes 5.1)

WEIGHT LOSS																				
	Warm Up				Program Segments - Repeat												Cool down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	2	1
2	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1
3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1
4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1
5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2
6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2
7	2	3	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2
8	2	3	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	3	2
9	3	4	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	4	3
10	3	4	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	4	3
11	3	6	10	12	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3
12	3	6	10	13	14	14	15	15	16	16	16	16	15	15	14	14	13	10	6	3
13	5	9	13	14	15	15	16	16	17	17	17	17	16	16	15	15	14	13	9	5
14	5	9	13	15	16	16	17	17	18	18	18	18	17	17	16	16	15	13	9	5
15	5	9	13	16	17	17	18	18	19	19	19	19	18	18	17	17	16	13	9	5
16	5	9	13	17	18	18	19	19	20	20	20	20	19	19	18	18	17	13	9	5

PROGRAM CHARTS

(Andes 7.1)

WEIGHT LOSS																				
	Warm Up				Program Segments - Repeat												Cool down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	3	3	4	4	4	6	6	7	7	7	7	6	6	4	4	4	3	3	1
2	1	3	3	4	6	6	7	7	9	9	9	9	7	7	6	6	4	3	3	1
3	1	3	3	6	7	7	9	9	10	10	10	10	9	9	7	7	6	3	3	1
4	1	3	3	7	9	9	10	10	12	12	12	12	10	10	9	9	7	3	3	1
5	3	4	7	9	10	10	12	12	13	13	13	13	12	12	10	10	9	7	4	3
6	3	4	7	10	12	12	13	13	15	15	15	15	13	13	12	12	10	7	4	3
7	3	4	7	12	13	13	15	15	16	16	16	16	15	15	13	13	12	7	4	3
8	3	4	7	13	15	15	16	16	18	18	18	18	16	16	15	15	13	7	4	3
9	4	6	7	15	16	16	18	18	19	19	19	19	18	18	16	16	15	7	6	4
10	4	6	12	16	18	18	19	19	21	21	21	21	19	19	18	18	16	12	6	4
11	4	9	15	18	19	19	21	21	22	22	22	22	21	21	19	19	18	15	9	4
12	4	9	15	19	21	21	22	22	24	24	24	24	22	22	21	21	19	15	9	4
13	7	13	19	21	22	22	24	24	25	25	25	25	24	24	22	22	21	19	13	7
14	7	13	19	22	24	24	25	25	27	27	27	27	25	25	24	24	22	19	13	7
15	7	13	19	24	25	25	27	27	28	28	28	28	27	27	25	25	24	19	13	7
16	7	13	19	25	27	27	28	28	30	30	30	30	28	28	27	27	25	19	13	7

(Andes 7.1)

WEIGHT LOSS PLUS																				
	Warm Up				Program Segments - Repeat												Cool down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	3	3	4	6	4	6	7	7	4	6	9	9	7	6	4	4	3	3	1
2	3	4	4	4	7	6	7	9	9	6	7	10	10	9	7	6	4	4	4	3
3	3	4	6	6	9	7	9	10	10	7	9	12	12	10	9	7	6	6	4	3
4	3	6	6	7	10	9	10	12	12	9	10	13	13	12	10	9	7	6	6	3
5	4	6	7	9	12	10	12	13	13	10	12	15	15	13	12	10	9	7	6	4
6	4	7	9	9	13	12	13	15	15	12	13	16	16	15	13	12	9	9	7	4
7	6	9	10	10	15	13	15	16	16	13	15	18	18	16	15	13	10	10	9	6
8	6	9	10	12	16	15	16	18	18	15	16	19	19	18	16	15	12	10	9	6
9	6	10	12	13	18	16	18	19	19	16	18	21	21	19	18	16	13	12	10	6
10	7	10	13	13	19	18	19	21	21	18	19	22	22	21	19	18	13	13	10	7
11	7	12	13	15	21	19	21	22	22	19	21	24	24	22	21	19	15	13	12	7
12	9	13	15	16	22	21	22	24	24	21	22	25	25	24	22	21	16	15	13	9
13	9	13	16	18	24	22	24	25	25	22	24	27	27	25	24	22	18	16	13	9
14	9	15	16	18	25	24	25	27	27	24	25	28	28	27	25	24	18	16	15	9
15	10	15	18	19	27	25	27	28	28	25	27	30	30	28	27	25	19	18	15	10

(Andes 3.1)

ROLLING																				
	Warm Up				Program segments - Repeat												Cool Down			
Seconds	60	60	60	60	30	30	30	30	30	30	30	30	30	30	30	30	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	2	1	2	3	4	1	2	3	4	1	2	3	4	2	1	1	1
2	1	1	1	3	2	3	4	5	2	3	4	5	2	3	4	5	3	1	1	1
3	2	2	2	3	3	4	5	6	3	4	5	6	3	4	5	6	3	2	2	2
4	2	2	2	4	4	5	6	7	4	5	6	7	4	5	6	7	4	2	2	2
5	3	3	3	4	5	6	7	8	5	6	7	8	5	6	7	8	4	3	3	3
6	3	3	3	5	6	7	8	9	6	7	8	9	6	7	8	9	5	3	3	3
7	4	4	4	5	7	8	9	10	7	8	9	10	7	8	9	10	5	4	4	4
8	4	4	4	6	8	9	10	11	8	9	10	11	8	9	10	11	6	4	4	4
9	5	5	5	6	9	10	11	12	9	10	11	12	9	10	11	12	6	5	5	5
10	5	5	5	7	10	11	12	13	10	11	12	13	10	11	12	13	7	5	5	5
11	5	5	6	7	11	12	13	14	11	12	13	14	11	12	13	14	7	6	5	5
12	6	6	6	8	12	13	14	15	12	13	14	15	12	13	14	15	8	6	6	6
13	6	6	7	8	13	14	15	16	13	14	15	16	13	14	15	16	8	7	6	6
14	6	7	7	9	14	15	16	16	14	15	16	16	14	15	16	16	9	7	7	6
15	6	7	8	9	15	16	16	16	15	16	16	16	15	16	16	16	9	8	7	6

(Andes 5.1)

ROLLING																		
	Warm up				Program Segments - Repeat												Cool down			
Seconds	60	60	60	60	30	30	30	30	30	30	30	30	30	30	30	30	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	2	2	1	2	3	4	3	2	1	2	3	2	1	1	1	1	1	1
2	1	2	2	3	2	3	4	5	4	3	2	1	2	3	2	1	1	1	1	1
3	2	2	3	3	3	4	5	6	7	8	7	6	5	4	2	1	1	1	1	1
4	2	3	3	4	4	5	6	7	8	9	8	7	6	5	3	1	1	1	1	1
5	3	4	4	4	5	6	7	8	9	10	9	8	7	6	3	3	2	1	1	1
6	3	5	4	5	6	7	8	9	10	10	10	9	8	7	4	3	2	1	1	1
7	4	5	5	5	7	7	8	8	9	9	10	10	9	8	4	3	2	1	1	1
8	4	5	5	5	8	8	9	9	10	10	11	11	10	9	4	3	2	1	1	1
9	4	5	5	5	9	9	10	10	11	11	12	12	11	10	5	4	3	1	1	1
10	4	5	6	6	10	10	11	11	12	12	13	13	12	11	6	5	4	1	1	1
11	4	5	7	7	11	11	12	12	13	13	14	14	13	12	6	5	4	1	1	1
12	4	5	8	8	12	12	13	13	14	14	15	15	14	13	7	6	5	1	1	1
13	4	5	9	9	13	13	14	14	15	15	16	16	15	14	7	6	5	1	1	1
14	4	5	9	9	14	14	15	15	16	16	17	17	16	15	8	7	6	1	1	1

PROGRAM CHARTS

(Andes 7.1)

ROLLING																		
	Warm up				Program Segments - Repeat										Cool down			
Seconds	60	60	60	60	30	30	30	30	30	30	30	30	30	30	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	1	1	3	3	1	3	4	6	4	3	1	3	4	3	1	1	1	1
2	1	3	3	4	3	4	6	7	6	4	3	1	3	4	3	1	1	1
3	3	3	4	4	4	6	7	9	10	12	10	9	7	6	3	1	1	1
4	3	4	4	6	6	7	9	10	12	13	12	10	9	7	4	1	1	1
5	4	6	6	6	7	9	10	12	13	15	13	12	10	9	4	4	3	1
6	4	7	6	7	9	10	12	13	15	15	15	13	12	10	6	4	3	1
7	6	7	7	7	10	10	12	12	13	13	15	15	13	12	6	4	3	1
8	6	7	7	7	12	12	13	13	15	15	16	16	15	13	6	4	3	1
9	6	7	7	7	13	13	15	15	16	16	18	18	16	15	7	6	4	1
10	6	7	9	9	15	15	16	16	18	18	19	19	18	16	9	7	6	1
11	6	7	10	10	16	16	18	18	19	19	21	21	19	18	9	7	6	1
12	6	7	12	12	18	18	19	19	21	21	22	22	21	19	10	9	7	1
13	6	7	13	13	19	19	21	21	22	22	24	24	22	21	10	9	7	1
14	6	7	13	13	21	21	22	22	24	24	25	25	24	22	12	10	9	1

(Andes 3.1)

REVERSE TRAIN																				
Seconds	60	60	60	60	30	60	90	60	90	45	60	45	90	90	30	30	60	60	60	60
	Warm up				F	R	F	R	F	R	F	R	F	R	F	R	Cool down			
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	2	3	2	3	1	2	3	1	2	3	1	2	3	2	1	1	1
2	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
3	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
4	1	1	1	3	6	5	6	4	5	6	4	5	6	4	5	6	3	1	1	1
5	1	2	3	3	7	6	7	5	6	7	5	6	7	5	6	7	3	3	2	1
6	1	2	3	4	8	7	8	6	7	8	6	7	8	6	7	8	4	3	2	1
7	1	2	3	4	9	8	9	7	8	9	7	8	9	7	8	9	4	3	2	1
8	1	2	3	5	10	9	10	8	9	10	8	9	10	8	9	10	5	3	2	1
9	1	1	1	2	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
10	1	1	1	2	12	11	12	10	11	12	10	11	12	10	11	12	2	1	1	1
11	2	2	2	3	13	12	13	11	12	13	11	12	13	11	12	13	2	1	1	1
12	3	3	3	4	14	13	14	12	13	14	12	13	14	12	13	14	3	1	1	1
13	3	4	4	5	15	14	15	13	14	15	13	14	15	13	14	15	3	3	2	1
14	3	4	5	6	16	15	16	14	15	16	14	15	16	14	15	16	4	3	2	1

(Andes 5.1)

REVERSE TRAIN																				
Time	60	60	60	60	90	45	90	30	45	90	30	45	90	30	45	90	60	60	60	60
	Warm up				F	R	F	R	F	R	F	R	F	R	F	R	Cool down			
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	2	3	2	3	1	2	3	1	2	3	1	2	3	2	1	1	1
2	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
3	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
4	1	1	1	3	6	5	6	4	5	6	4	5	6	4	5	6	3	1	1	1
5	1	2	3	3	7	6	7	5	6	7	5	6	7	5	6	7	3	3	2	1
6	1	2	3	4	8	7	8	6	7	8	6	7	8	6	7	8	4	3	2	1
7	1	2	3	4	9	8	9	7	8	9	7	8	9	7	8	9	4	3	2	1
8	1	2	3	5	10	9	10	8	9	10	8	9	10	8	9	10	5	3	2	1
9	1	1	1	2	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
10	1	1	1	2	12	11	12	10	11	12	10	11	12	10	11	12	2	1	1	1
11	2	2	2	3	13	12	13	11	12	13	11	12	13	11	12	13	2	1	1	1
12	2	2	3	3	14	13	14	12	13	14	12	13	14	12	13	14	3	1	1	1
13	3	3	3	4	14	13	14	12	13	14	12	13	14	12	13	14	3	1	1	1
14	3	4	4	5	15	14	15	13	14	15	13	14	15	13	14	15	3	3	2	1
15	3	5	6	7	17	16	17	15	16	17	15	16	17	15	16	17	4	3	2	1
16	4	6	7	8	18	17	18	16	17	18	16	17	18	16	17	18	5	3	2	1

(Andes 7.1)

REVERSE TRAIN																				
Time	60	60	60	60	90	45	90	30	45	90	30	45	90	30	45	90	60	60	60	60
	Warm up				F	R	F	R	F	R	F	R	F	R	F	R	Cool down			
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	3	4	3	4	1	3	4	1	3	4	1	3	4	3	1	1	1
2	1	1	1	3	6	4	6	3	4	6	3	4	6	3	4	6	3	1	1	1
3	1	1	1	3	7	6	7	4	6	7	4	6	7	4	6	7	3	1	1	1
4	1	1	1	4	9	7	9	6	7	9	6	7	9	6	7	9	4	1	1	1
5	1	3	4	4	10	9	10	7	9	10	7	9	10	7	9	10	4	4	3	1
6	1	3	4	6	12	10	12	9	10	12	9	10	12	9	10	12	6	4	3	1
7	1	3	4	6	13	12	13	10	12	13	10	12	13	10	12	13	6	4	3	1
8	1	3	4	7	15	13	15	12	13	15	12	13	15	12	13	15	7	4	3	1
9	1	1	1	3	16	15	16	13	15	16	13	15	16	13	15	16	3	1	1	1
10	1	1	1	3	18	16	18	15	16	18	15	16	18	15	16	18	3	1	1	1
11	3	3	3	4	19	18	19	16	18	19	16	18	19	16	18	19	3	1	1	1
12	4	4	4	6	21	19	21	18	19	21	18	19	21	18	19	21	4	1	1	1
13	4	6	6	7	22	21	22	19	21	22	19	21	22	19	21	22	4	4	3	1
14	4	6	7	9	24	22	24	21	22	24	21	22	24	21	22	24	6	4	3	1
15	4	7	9	10	25	24	25	22	24	25	22	24	25	22	24	25	6	4	3	1
16	6	9	10	12	27	25	27	24	25	27	24	25	27	24	25	27	7	4	3	1

PROGRAM CHARTS

(Andes 3.1)

RANDOM																			
	Warm Up				Program Segments - Repeat										Cool Down				
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
1	1	1	2	2	1	4	3	5	2	7	4	1	6	3	1	1	1	1	
2	1	2	2	3	2	5	4	6	3	8	5	2	7	4	2	1	1	1	
3	2	2	3	3	3	6	5	7	4	9	6	3	8	5	2	1	1	1	
4	2	3	3	4	4	7	6	8	5	10	7	4	9	6	3	1	1	1	
5	3	4	4	4	5	8	7	9	6	11	8	5	10	7	3	3	2	1	
6	3	5	4	5	6	9	8	10	7	12	9	6	11	8	4	3	2	1	
7	4	5	5	5	7	10	9	11	8	13	10	7	12	9	4	3	2	1	
8	4	5	5	5	8	11	10	12	9	14	11	8	13	10	4	3	2	1	
9	4	5	5	5	9	12	11	13	10	15	12	9	14	11	5	4	3	1	
10	4	5	6	6	10	13	12	14	11	16	13	10	15	12	5	4	3	1	

(Andes 5.1)

RANDOM																			
	Warm up				Program Segments										Cool down				
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
1	1	1	2	2	1	3	5	2	4	7	2	3	6	1	1	1	1	1	
2	1	2	2	3	2	4	6	3	5	8	3	4	7	2	2	1	1	1	
3	2	2	3	3	3	5	7	4	6	9	4	5	8	3	2	1	1	1	
4	2	3	3	4	4	6	8	5	7	10	5	6	9	4	3	1	1	1	
5	3	4	4	4	5	7	9	6	8	11	6	7	10	5	3	3	2	1	
6	3	5	4	5	6	8	10	7	9	12	7	8	11	6	4	3	2	1	
7	4	5	5	5	7	9	11	8	10	13	8	9	12	7	4	3	2	1	
8	4	5	5	5	8	10	12	9	11	14	9	10	13	8	4	3	2	1	
9	4	5	5	5	9	11	13	10	12	15	10	11	14	9	5	4	3	1	
10	4	5	6	6	10	12	14	11	13	16	11	12	15	10	5	4	3	1	
11	4	5	7	7	11	13	15	12	14	17	12	14	16	11	6	5	4	1	
12	4	5	8	8	12	14	16	13	15	18	13	14	17	12	6	5	4	1	
13	4	5	9	9	13	15	17	14	16	19	14	15	18	13	7	6	5	1	
14	4	5	9	9	14	16	18	15	17	20	15	16	19	14	7	6	5	1	

Target Heart Rate Zone	Workout Duration	Example THR Zone (age 30)	Your THR Zone	Recommended For
VERY HARD 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
HARD 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
MODERATE 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
LIGHT 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
VERY LIGHT 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery

(Andes 5.1)

STRENGTH BUILDER																			
	Warm up				Program Segments - Repeat										Cool down				
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	2	2	1	3	1	3	1	3	1	3	1	3	1	3	2	2	1	1
2	1	1	2	2	2	3	2	4	2	3	2	4	2	3	2	4	2	2	1	1
3	1	1	2	2	3	3	2	3	3	2	3	3	2	3	3	2	2	2	1	1
4	1	2	2	3	4	4	2	4	4	2	4	4	2	4	4	2	3	2	2	1
5	2	3	3	3	3	5	3	5	3	5	3	5	3	5	3	5	3	3	3	2
6	2	3	4	4	4	6	4	6	4	6	4	6	4	6	4	6	4	4	3	2
7	3	4	5	6	6	8	5	8	6	7	5	8	6	7	5	8	6	5	4	3
8	3	4	5	6	8	8	6	8	8	6	8	8	6	8	8	6	6	5	4	3
9	4	6	7	7	8	10	8	10	8	10	8	10	8	10	8	10	7	7	6	4
10	4	6	7	7	10	10	8	10	10	8	10	10	8	10	10	8	7	7	6	4
11	4	7	8	9	10	12	10	12	10	12	10	12	10	12	10	12	9	8	7	4
12	4	7	8	9	12	12	10	12	12	10	12	12	10	12	12	10	9	8	7	4
13	5	8	9	10	12	14	12	14	12	14	12	14	12	14	12	14	10	9	8	5
14	5	8	9	10	14	14	12	14	14	12	14	14	12	14	14	12	10	9	8	5
15	6	9	11	12	14	16	14	16	14	16	14	16	14	16	14	16	12	11	9	6
16	6	9	11	12	16	16	14	16	16	14	16	16	14	16	16	14	12	11	9	6
17	6	10	11	12	17	17	15	17	17	15	17	17	15	17	17	15	12	11	10	6
18	7	10	12	13	18	18	16	18	18	16	18	18	16	18	18	16	13	12	10	7
19	7	11	13	14	19	19	17	19	19	17	19	19	17	19	19	17	14	13	11	7
20	8	12	14	15	20	20	17	20	20	17	20	20	17	20	20	17	15	14	12	8

PROGRAM CHARTS

(Andes 7.1)

STRENGTH BUILDER																				
Time	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
	Warm up				F	R	F	R	F	R	F	R	F	R	F	R	Cool down			
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	3	3	1	4	1	4	1	4	1	4	1	4	1	4	3	3	1	1
2	1	1	3	3	3	4	3	6	3	4	3	6	3	4	3	6	3	3	1	1
3	1	1	3	3	4	4	3	4	4	3	4	4	3	4	4	3	3	3	1	1
4	1	3	3	4	6	6	3	6	6	3	6	6	3	6	6	3	4	3	3	1
5	3	4	4	4	4	7	4	7	4	7	4	7	4	7	4	7	4	4	4	3
6	3	4	6	6	6	9	6	9	6	9	6	9	6	9	6	9	6	6	4	3
7	4	6	7	9	9	12	7	12	9	10	7	12	9	10	7	12	9	7	6	4
8	4	6	7	9	12	12	9	12	12	9	12	12	9	12	12	9	9	7	6	4
9	6	9	10	10	12	15	12	15	12	15	12	15	12	15	12	15	10	10	9	6
10	6	9	10	10	15	15	12	15	15	12	15	15	12	15	15	12	10	10	9	6
11	6	10	12	13	15	18	15	18	15	18	15	18	15	18	15	18	13	12	10	6
12	6	10	12	13	18	18	15	18	18	15	18	18	15	18	18	15	13	12	10	6
13	7	12	13	15	18	21	18	21	18	21	18	21	18	21	18	21	15	13	12	7
14	7	12	13	15	21	21	18	21	21	18	21	21	18	21	21	18	15	13	12	7
15	9	13	16	18	21	24	21	24	21	24	21	24	21	24	21	24	18	16	13	9
16	9	13	16	18	24	24	21	24	24	21	24	24	21	24	24	21	18	16	13	9
17	9	15	16	18	25	25	22	25	25	22	25	25	22	25	25	22	18	16	15	9
18	10	15	18	19	27	27	24	27	27	24	27	27	24	27	27	24	19	18	15	10
19	10	16	19	21	28	28	25	28	28	25	28	28	25	28	28	25	21	19	16	10
20	12	18	21	22	30	30	25	30	30	25	30	30	25	30	30	25	22	21	18	12

USING YOUR MEDIA PLAYER (ANDES 5.1/7.1)

1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the console and the headphone jack on your media player.
2) Use your media player buttons to adjust song settings.
3) Remove the AUDIO ADAPTOR CABLE when not in use.

ENERGY SAVER MODE

This machine is equipped with Energy Saver mode. 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.

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