

TORUS

Art.Nr. 1320305

HOME GYM OWNER'S MANUAL

INTRODUCTION

CONGRATULATIONS and **THANK YOU** for your purchase of this Horizon home gym! Whether your goal is to tone your muscles, increase your strength or simply enjoy a fuller, healthier lifestyle, a Horizon home gym can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with one of the strongest warranty packages in the industry.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

A Horizon home gym delivers.

IMPORTANT SAFETY PRECAUTIONS

FOR HOUSEHOLD USE ONLY

SAVE THESE INSTRUCTIONS

Read all instructions before using this home gym. Basic precautions should always be followed, including the following: Read all instructions before using this home gym. It is the responsibility of the owner to ensure that all users of this home gym are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact customer service at the number listed on the back cover of this manual.

WARNING

TO REDUCE THE RISK OF INJURY TO PERSONS:

- Close supervision is necessary when this home gym is used by, on, or near children, invalids, or disabled persons.
- Use this appliance (or home gym) only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- 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.
- Do not wear clothes that might catch on any part of the home gym.
- Always wear athletic shoes while using this equipment.
- Do not jump on the home gym.
- At no time should more than one person be on home gym while in operation.
- The home gym should not be used by persons weighing more than 300 pounds. Failure to comply will void the warranty.
- The home gym is intended for in-home use only.
- Do not use this home gym in any commercial, rental, school or institutional setting. Failure to comply will void the warranty. Do not use outdoors.



At NO time should pets or children under the age of 14 be closer to the home gym than 10 feet.
At NO time should children under the age of 14 use the home gym.
Children over the age of 14 should not use the home gym without adult supervision.



ASSEMBLY

IMPORTANT: READ THESE SAFETY INSTRUCTIONS BEFORE USE!

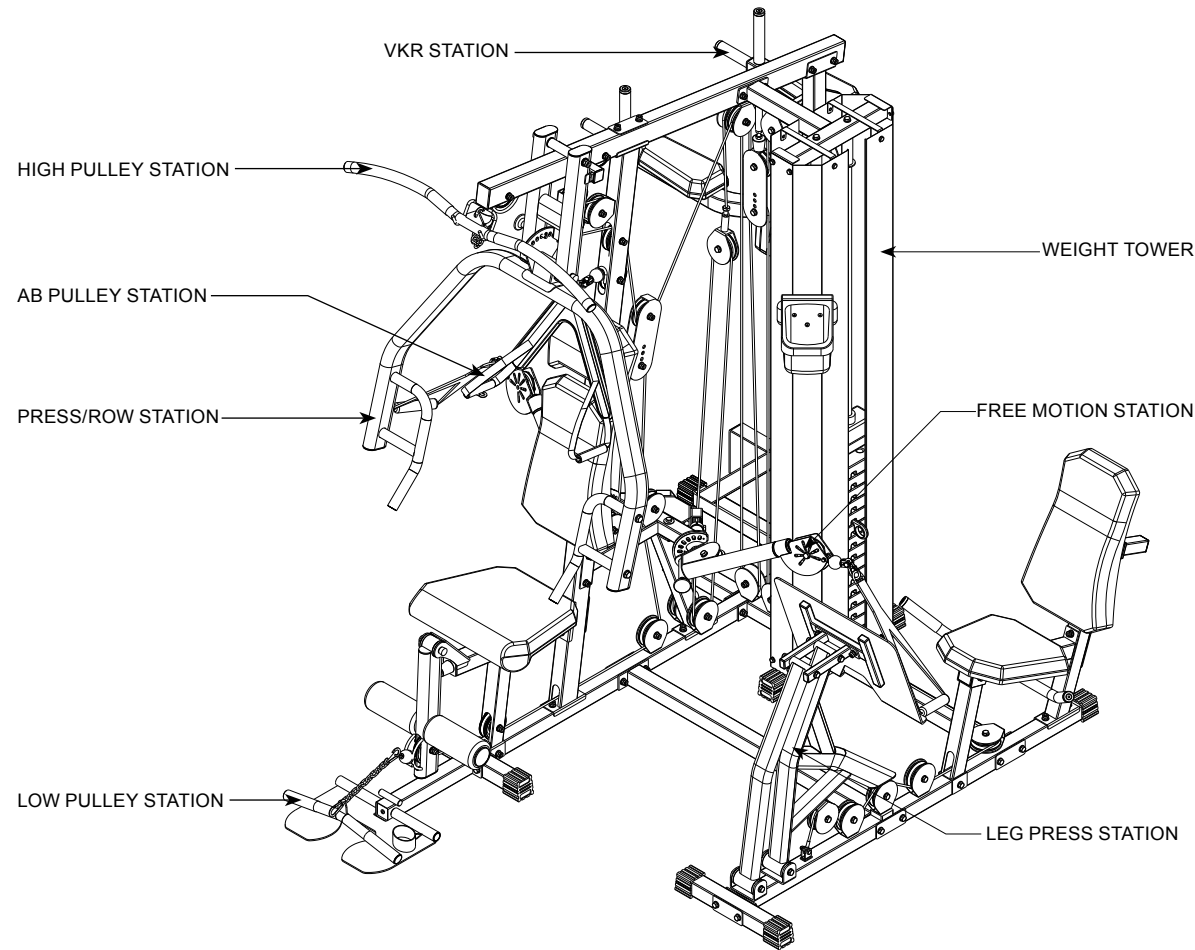
WARNING

During the assembly process there are several areas 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 home gym could have frame parts that are not tightened and will seem loose and may cause irritating noises. There should be no side-to-side play in the frame uprights. If there is any play in these areas, the home gym has not been properly assembled. To prevent damage to the home gym, the assembly instructions must be reviewed and corrective actions should be taken.

UNPACKING

Place the home gym 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. Unpack the unit where it will be used. FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!



**TOOLS INCLUDED:**

- Screwdriver
- 19 mm Flat Wrench
- 14 mm/17 mm Flat Wrench
- 3 mm Allen Wrench
- 5 mm Allen Wrench
- 6 mm Allen Wrench

TORUS3 INCLUDED:

- High Pulley Station
- Ab Pulley Station
- Press/row Station
- Low Pulley Station
- Free Motion Station
- Weight Tower

TORUS5 INCLUDED:

- Torus3
- VKR Station
- Leg Press Station

PRE ASSEMBLY**UNPACKING**

Unpack the product where you will be using it. Place the bench on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.















NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.













NOTE: Please check the packing details before assembly, if there is any missing parts, contact Customer Tech Support.

**NEED HELP?**














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














PACKING DETAILS

BOX NO.	DESCRIPTION	PART NO.	VIEW	QTY
BOX 1	IRON SHELL (LEFT)	25		1
	IRON SHELL (RIGHT)	26		1
	LOW ROW CONNECTOR	8		1
	FRONT UPRIGHT FRAME	28		2
	GUIDE ROD	5		1
	REAR UPRIGHT FRAME	1		1
BOX 2	BASE FRAME	2		1
	BASE FRAME CONNECTOR	3		1
	LOW ROW CONNECTOR	7		1
	SIDE CONNECTOR	9		1
	TOP FRAME	29		1
	WEIGHT ROD	30		1
	FREE MOTION ARM STRAP	46		2
	ROUND TUBE	37		2















BOX NO.	DESCRIPTION	PART NO.	VIEW	QTY
BOX 2	CABLE 1	119		1
	CABLE 2	120		1
	CABLE 3	121		1
	CABLE 4	122		1
	FOAM ROLLER	88		2
	PULLEY-Ø100	92	WITH 1 PC PULLEY	1
	PULLEY-Ø90	91	WITH 29 PCS PULLEY	1
	AXLE COLLAR	15		2
	GYRO WHEEL	33		2
	BUSHING	34		2
	KNOB	86		1
	SQUARE END CAP	79		7
	WEIGHT PIN	81		1
	BUFFER (B)	82		4














PACKING DETAILS

BOX NO.	DESCRIPTION	PART NO.	VIEW	QTY
BOX 2	BUFFER (C)	84		2
	FOAM CAP	89		2
	HOLE PLUG	94		27
	HARDWARE PACKAGE B1-B6			6
BOX 3	TOP BRACKET	10		1
	CENTRAL CONNECTOR	11		1
	SINGLE PULLEY BLOCK	12		1
	FREE MOTION ARM BRACKET	13		2
	FREE MOTION ARM	14		1
	SEAT BRACKET CONNECTOR	20		1
	LEG EXTENSION	21		1
	SEAT BRACKET	22		1
	JOINT PLATE	42		3
	BACK PAD BRACKET	24		1















BOX NO.	DESCRIPTION	PART NO.	VIEW	QTY
BOX 3	PRESS ARM CONNECTOR	17		1
	CROSS CONNECTOR	6		1
	FOOT PLATE	4		1
	ADJUSTABLE PULLEY BLOCK	27		2
	PULLEY BLOCK	41		4
	DOUBLE THREAD SCREW	36		2
BOX 4	PIVOT AXLE	31		1
	PRESS ARM	16		1
	HAND GRIP (LEFT)	18		1
	HAND GRIP (RIGHT)	19		1
	BACK PAD	47		1
	SEAT PAD	48		1
	HEAD PAD	49		1
	OWNER'S MANUAL			2

PACKING DETAILS

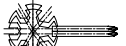


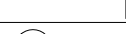
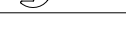











BOX NO.	DESCRIPTION	PART NO.	VIEW	QTY
BOX 5	WEIGHT PLATE	50		5
BOX 6	WEIGHT PLATE	50		5
BOX 7	WEIGHT PLATE	50		5
	TOP PLATE	51		1
BOX 8	CONNECTING TUBE (LONG)	52		1
	CONNECTING TUBE (SHORT)	53		1
	BASE FRAME CONNECTOR	2		1
	RIGHT ARMREST	54		1
	LEFT ARMREST	55		1
	LEG EXTENSION BASE FRAME	56		1
	REAR SUPPORT	57		1
	UPRIGHT SUPPORT	58		1
	SEAT SUPPORT	59		1
FOOT EXTENSION SUPPORT	64		1	

BOX NO.	DESCRIPTION	PART NO.	VIEW	QTY
BOX 8	BACK SUPPORT	60		1
	ROTATE BUSHING	61		2
	JOINT PLATE	42		5
	CABLE 5	109		1
	SQUARE END CAP	79		3
	KNOB	86		1
	SQUARE BLOCK	134		1
	HARDWARE PACKAGE B7-B8			1
BOX 9	FOOT PLATE (LARGE)	65		1
	FOOT EXTENSION POLE (REAR)	62		1
	FOOT EXTENSION POLE (FRONT)	63		1
	BACK PAD	47		1
	LEG PRESS SEAT PAD	67		1
	PULLEY-Ø90	91	WITH 6 PCS PULLEY	6











PACKING DETAILS








BOX NO.	DESCRIPTION	PART NO.	VIEW	QTY	
BOX 10	UPRIGHT HANDLE	68		2	
	LEFT SUPPORT HANDLE	69		1	
	RIGHT SUPPORT HANDLE	70		1	
	VKR FOOT SUPPORT	71		1	
	ARMREST PAD	72		2	
	BACK PAD	47		1	
	SQUARE END CAP	79		1	
	HARDWARE PACKAGE B9			1	
	BOX 11	LOW ROW BAR	73		1
		ABDOMINAL STRAP	74		1
ACCESSORIES HOOK		75		3	
ANKLE STRAP		76		1	
WATER BOTTLE HOLDER		78		1	
HARDWARE PACKAGE B10				1	









HARDWARE PACKAGE









1	COMBINATION WRENCH	
	WRENCH 3	
	WRENCH 5	
	WRENCH 6	
	14-17 WRENCH	
2	STEP 1	
	M10X75 2PCS	
	Ø10 4PCS	
	LOCK NUT M10 2PCS	
	STEP 2	
	M10X60 8PCS	
	Ø10 6PCS	
	LOCK NUT M10 6PCS	
	STEP 3	
	M10X90 2PCS	
	M10X75 2PCS	
	LOCK NUT M10 4PCS	
	Ø10 8PCS	
STEP 4		
SECURE BUSHING 1PC		

HARDWARE PACKAGE








STEP 5	
M10X75 2PCS	
M10X65 1PC	
M10X20 2PCS	
LOCK NUT M10 2PCS	
HEX NUT M10 2PCS	
Ø10X6PCS	
STEP 6	
M10X75 2PCS	
Ø10 4PCS	
LOCK NUT M10 2PCS	
STEP 7	
M6X10 1PC	








STEP 8	
M10X75 2PCS	
M10X65 2PCS	
LOCK NUT M10 4PCS	
BIG Ø10 2PCS	
Ø10 6PCS	
STEP 9	
M10X90 2PCS	
M10X75 1PC	

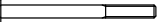










3	LOCK NUT M10 3PCS	
	Ø10 6PCS	
	STEP 10	
	M10X80 1PC	
	M10X40 1PC	
	LOCK NUT M10 1PC	
	Ø10 2PCS	
	NUT CUP M10 2PCS	
	STEP 11	
	M6X6 4PCS	



STEP 12	
Ø10 1PC	
LOCK NUT M10 1PC	
STEP 13	
Ø12 2PCS	
LOCK NUT M12 2PCS	
STEP 14	
Ø12 2PCS	
LOCK NUT M12 2PCS	
STEP 15	
Ø12 4PCS	
M12X20 4PCS	

HARDWARE PACKAGE




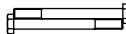




STEP 16	
M10X45 7PCS	
M10X70 3PCS	
M10X85 1PC	
LOCK NUT M10 11PCS	
Ø10 22PCS	
BUSHING 6PCS	
LOCK NUT M10 11PCS	






STEP 17	
M10X55 1PC	
M10X70 2PCS	
M10X45 4PCS	
LOCK NUT M10 7PCS	
SHORT BUSHING 2PCS	
Ø10 14PCS	
BUSHING 4PCS	




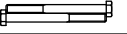
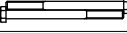


STEP 18	
M10X125 1PC	
M6X45 2PCS	
M10X45 1PC	
M10X50 6PCS	
LOCK NUT M10 8PCS	
LOCK NUT M6 2PCS	
Ø10 16PCS	
Ø10 4PCS	
STEP 19	
M10X45 3PCS	
LOCK NUT M10 3PCS	
Ø10 6PCS	




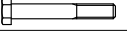



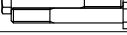




STEP 20	
M8X16 16PCS	
Ø8 16PCS	












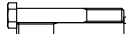



	STEP 21	
		
6	Ø6 4PCS	
	STEP 22	
	M8X16 2PCS	
	M8X85 2PCS	
	Ø8 4PCS	
	STEP 23	
	HOOK 2PCS	
	CHAN 1PC	
	STEP 24	
	HOOK 2PCS	





7	STEP 26 (FOR LEG PRESS)	
	M10X75 6PCS	
	LOCK NUT M10 6PCS	
	Ø10 12PCS	
	STEP 27 (FOR LEG PRESS)	
	M10X60 2PCS	
	M10X70 1PC	

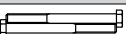



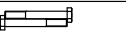

	LOCK NUT M10 3PCS	
	Ø10 4PCS	
	M10X20 1PC	
	STEP 28 (FOR LEG PRESS)	
	M10X115 2PCS	
	M10X135 2PCS	
	LOCK NUT M10 4PCS	
	Ø10 8PCS	



8	STEP 29 (FOR LEG PRESS)	
	M10X40 2PCS	
	LOCK NUT M10 2PCS	
	Ø10 2PCS	
	STEP 30 (FOR LEG PRESS)	
	M10X70 1PC	
	M10X75 2PCS	
	LOCK NUT M10 3PCS	
	Ø10 6PCS	
	STEP 31 (FOR LEG PRESS)	
	M10X75 2PCS	
	M6X20 4PCS	
	LOCK NUT M10 2PCS	
	Ø10 4PCS	
	Ø6 4PCS	

8	STEP 32 (FOR LEG PRESS)	
	M8X16 2PCS	
	Ø8 2PCS	
	STEP 33 (FOR LEG PRESS)	
M6X10 1PC		

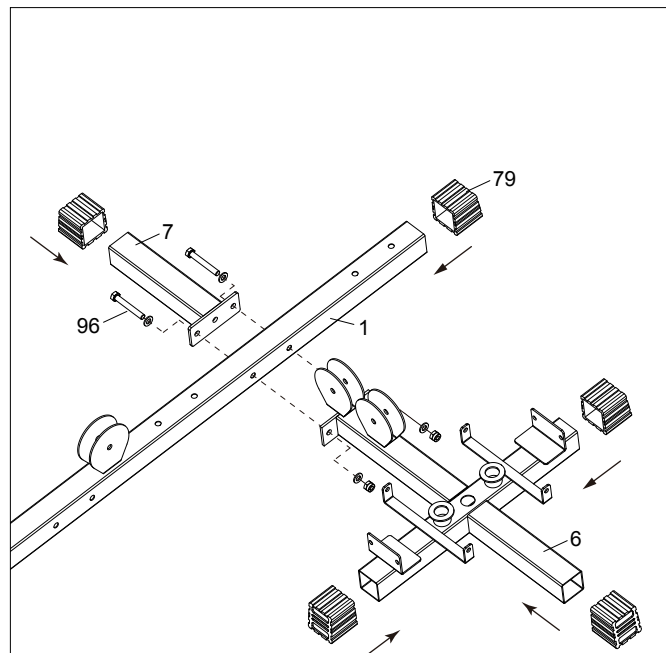
9	STEP 34 (FOR LEG PRESS)	
	M10X45 4PCS	
	M10X50 1PC	
	Ø10 9PCS	
	LOCK NUT M8 1PC	
	LOCK NUT M10 4PCS	
	M8X30 1PC	
	STEP 35 (FOR LEG PRESS)	
	M10X75 2PCS	
	LOCK NUT M10 2PCS	
M10X20 1PC		
Ø10 5PCS		

10	STEP 36 (FOR VKR)	
	M8X65 4PCS	
	M12X25 2PCS	
	Ø12 2PCS	
Ø8 4PCS		

10	STEP 37 (FOR VKR)	
	M10X115 2PCS	
	M10X70 2PCS	
	M10 4PCS	
	Ø10 8PCS	
	STEP 38 (FOR VKR)	
M8X65 2PCS		
Ø8 2PCS		

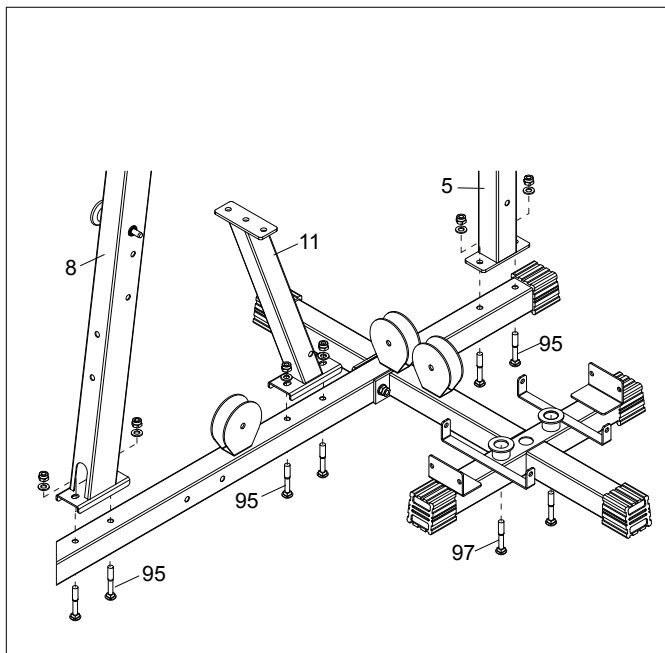
11	STEP 39	
	M10X115 2PCS	
	M10X70 2PCS	

ASSEMBLY STEP 1



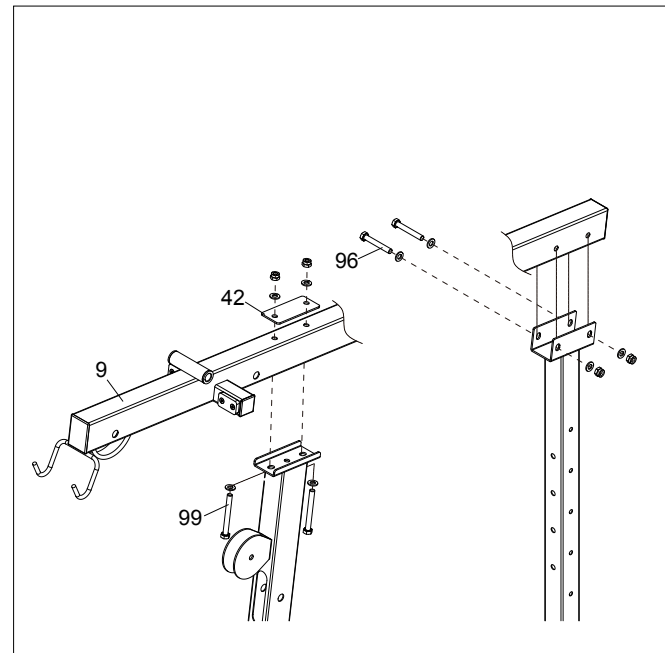
- | | | | | | | | |
|----------|--|--------|-----|-----|-------|-------|-------|
| 96
x2 | | M10x75 | Ø10 | M10 | BOX 1 | BOX 2 | BOX 3 |
|----------|--|--------|-----|-----|-------|-------|-------|

ASSEMBLY STEP 2



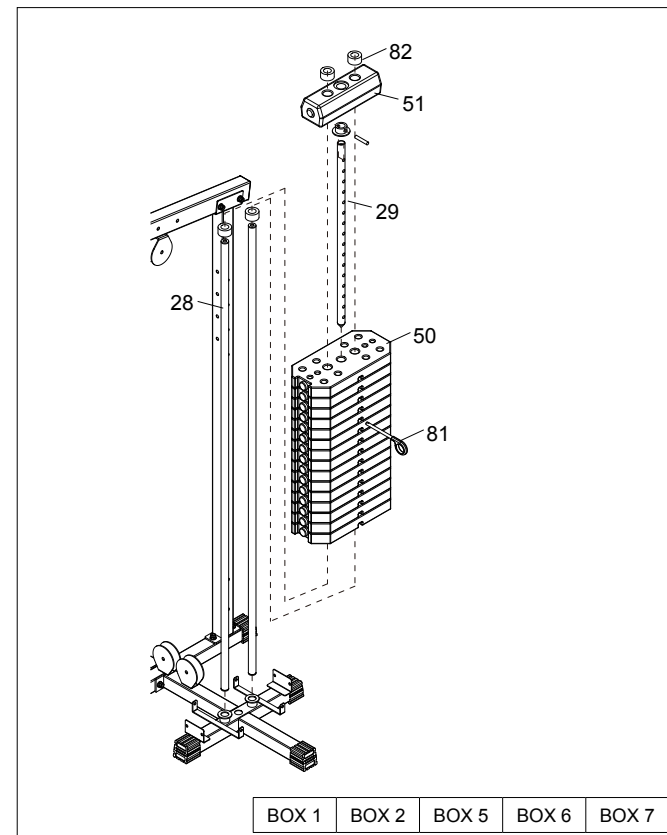
- | | | | | | | |
|----------|--|--------|-----|-----|-------|-------|
| 97
x2 | | M10x60 | | | BOX 1 | BOX 3 |
| 95
x6 | | M10x60 | Ø10 | M10 | BOX 1 | BOX 3 |

ASSEMBLY STEP 3



- | | | | | | | |
|----------|--|--------|-----|-----|-------|-------|
| 96
x2 | | M10x75 | Ø10 | M10 | BOX 2 | BOX 3 |
| 99
x2 | | M10x90 | Ø10 | M10 | BOX 2 | BOX 3 |

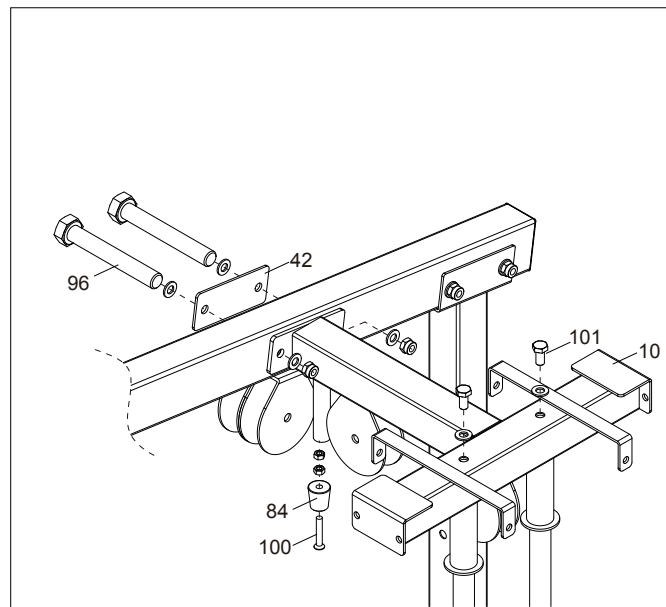
ASSEMBLY STEP 4



- | | | | | |
|-------|-------|-------|-------|-------|
| BOX 1 | BOX 2 | BOX 5 | BOX 6 | BOX 7 |
|-------|-------|-------|-------|-------|



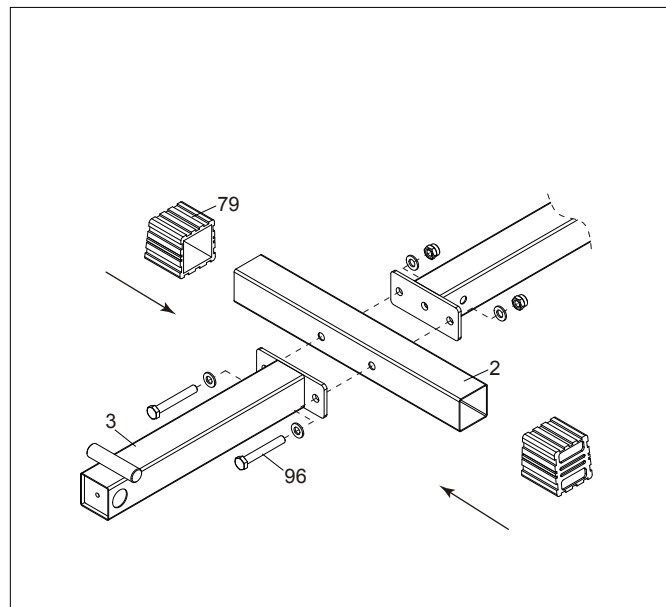
ASSEMBLY STEP 5



101 x2	
	M10x20 Ø10
100 x1	
	M10x65 M10
96 x2	
	M10x75 Ø10 M10

BOX 2 BOX 3

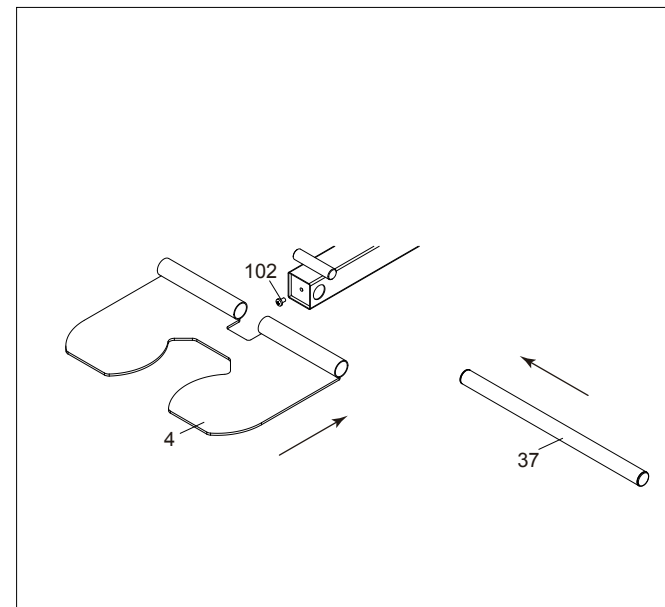
ASSEMBLY STEP 6



96 x2	
	M10x75 Ø10 M10

BOX 2

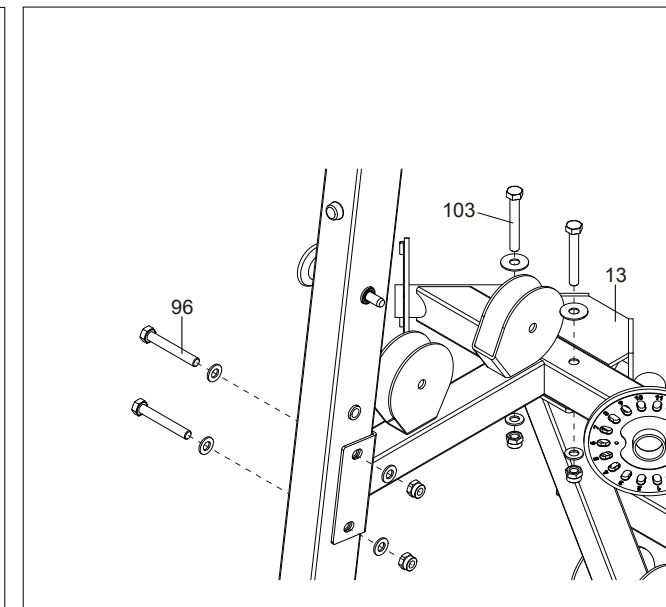
ASSEMBLY STEP 7



102 x1	
	M6x10

BOX 2 BOX 3

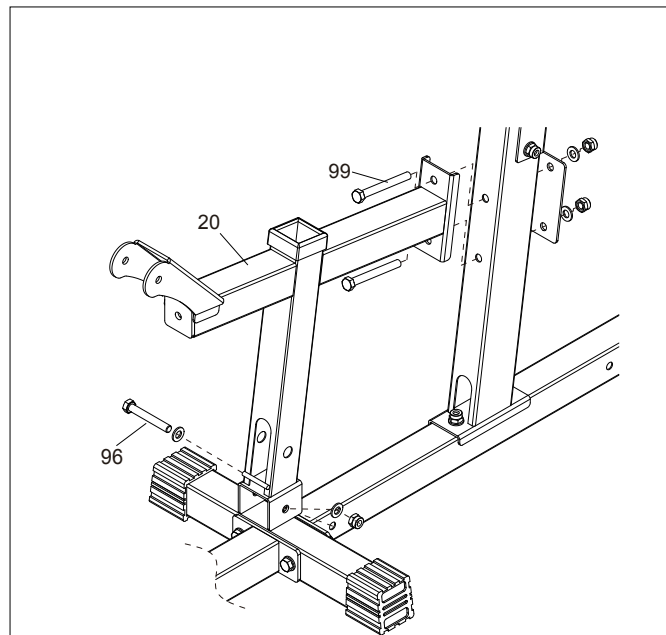
ASSEMBLY STEP 8



103 x2	
	M10x65 Ø10 Ø10 M10
96 x2	
	M10x75 Ø10 M10

BOX 3

ASSEMBLY STEP 9

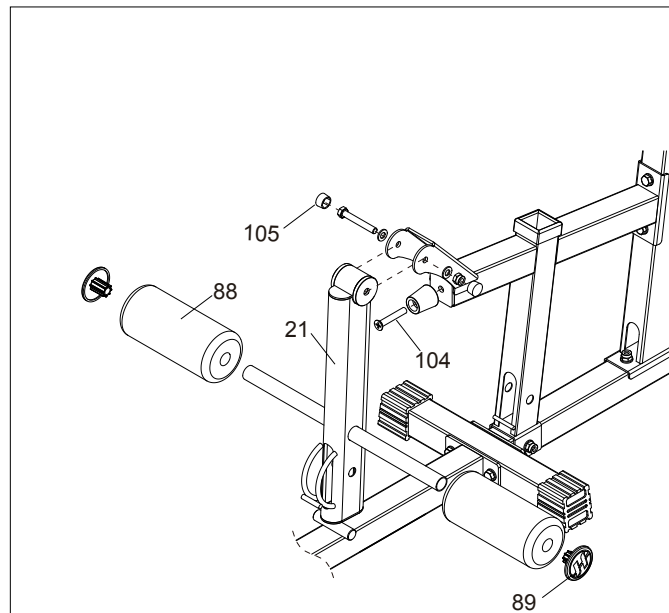


96
x1
M10x75 Ø10 M10

99
x2
M10x60 Ø10 M10

BOX 3

ASSEMBLY STEP 10



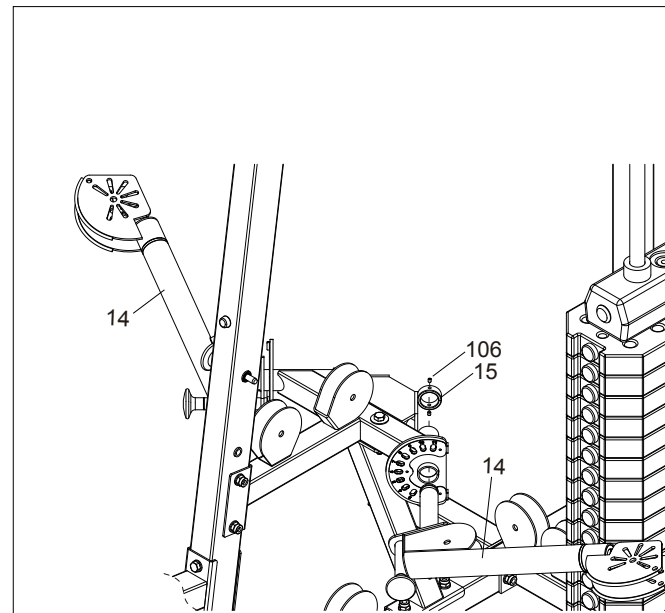
104
x1
M10x40

105
x1
M10x80 Ø10 M10

BOX 2

BOX 3

ASSEMBLY STEP 11

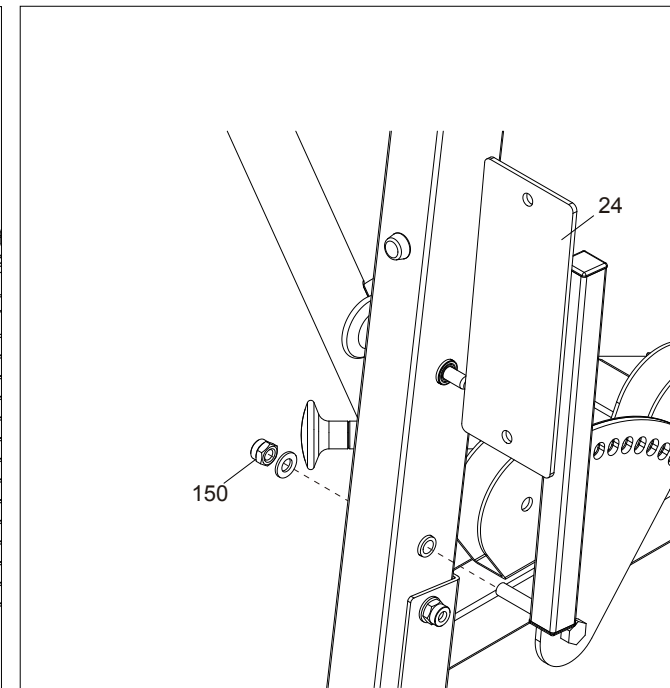


106
x4
M6x6

BOX 2

BOX 3

ASSEMBLY STEP 12

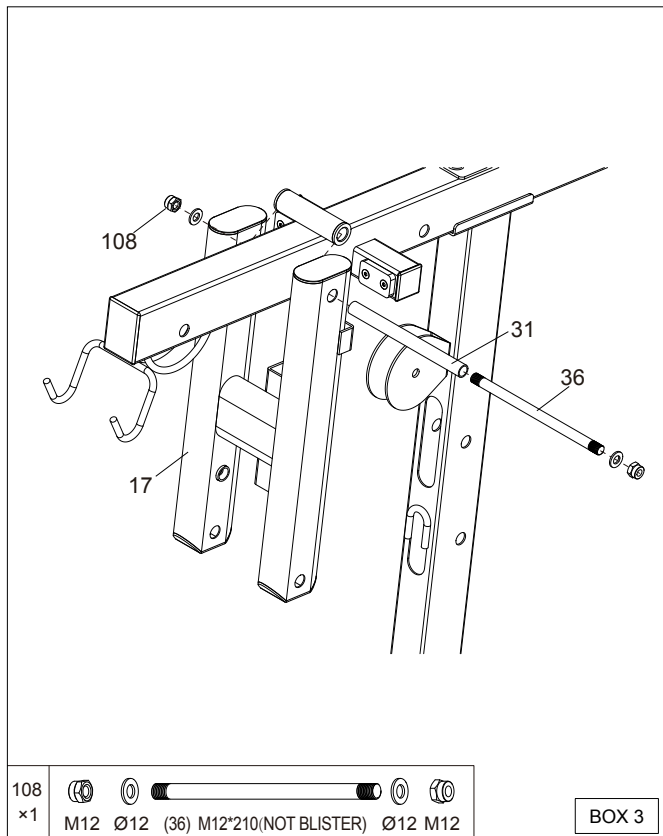


150
x1
Ø10 M10

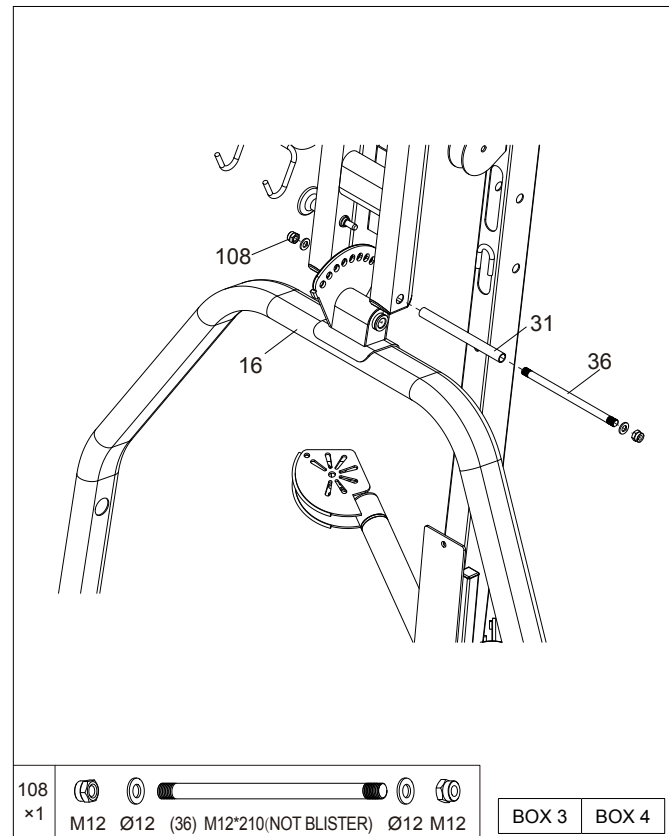
BOX 3



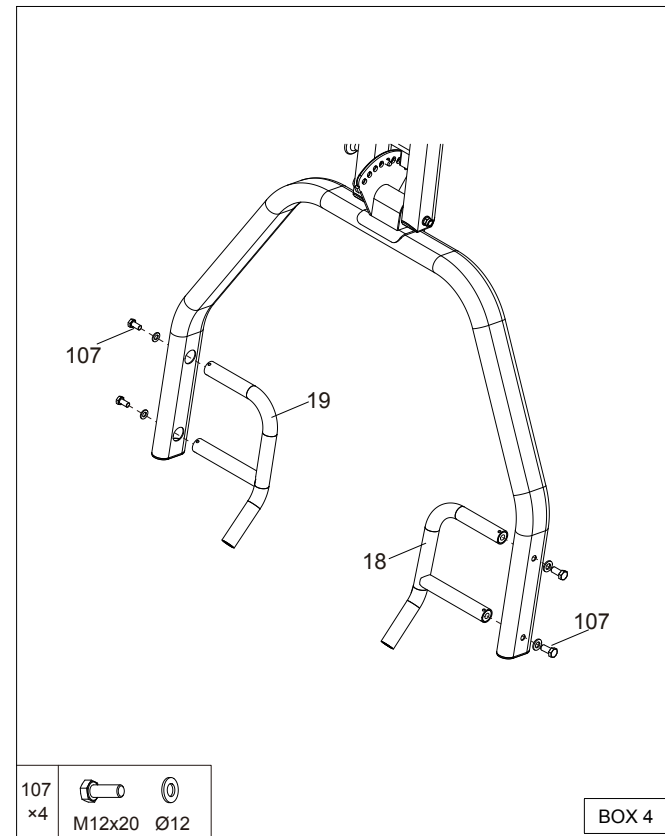
ASSEMBLY STEP 13



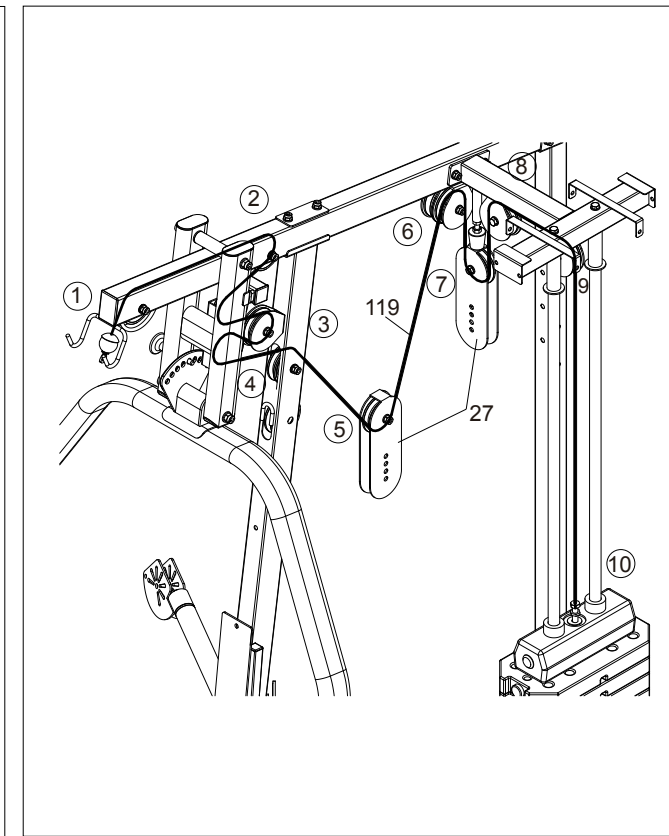
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ASSEMBLY STEP 15

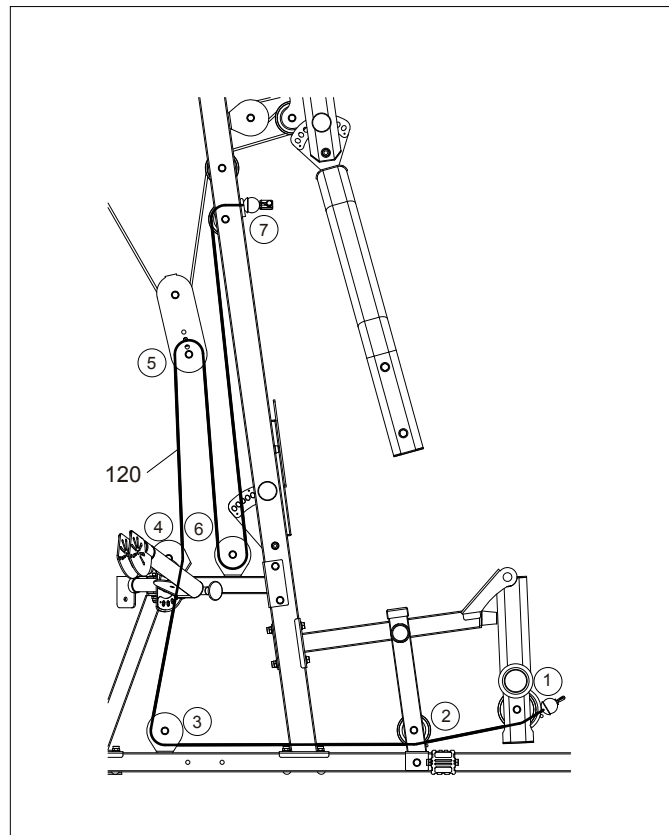
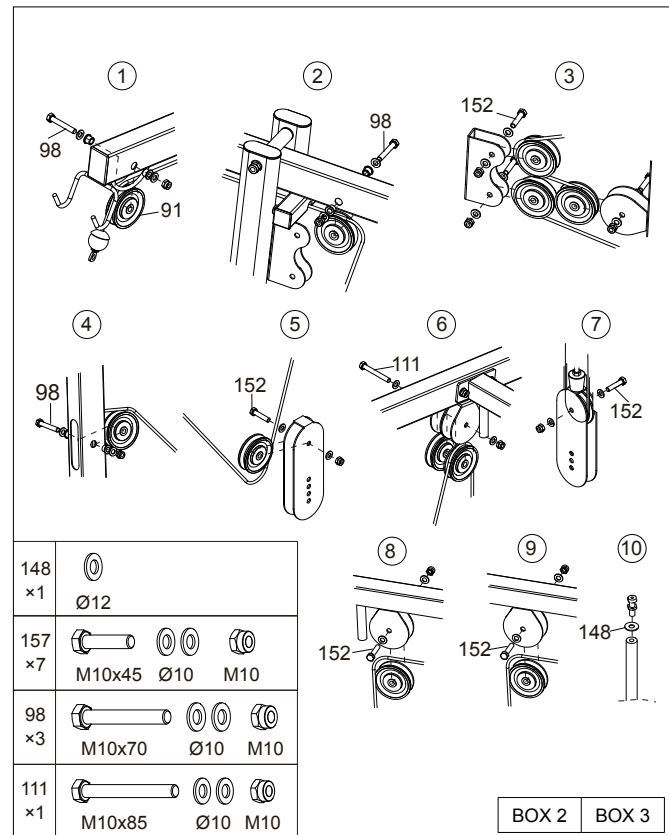


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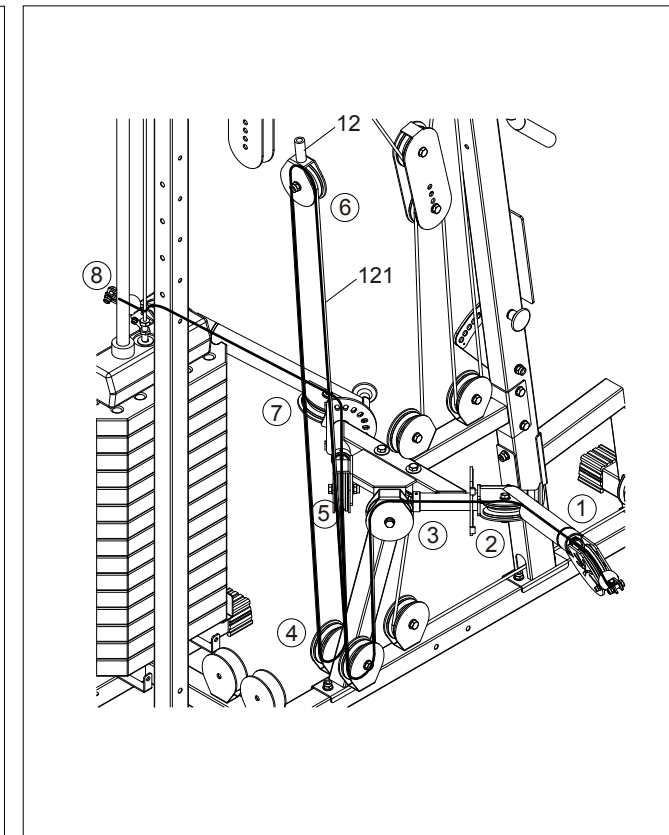
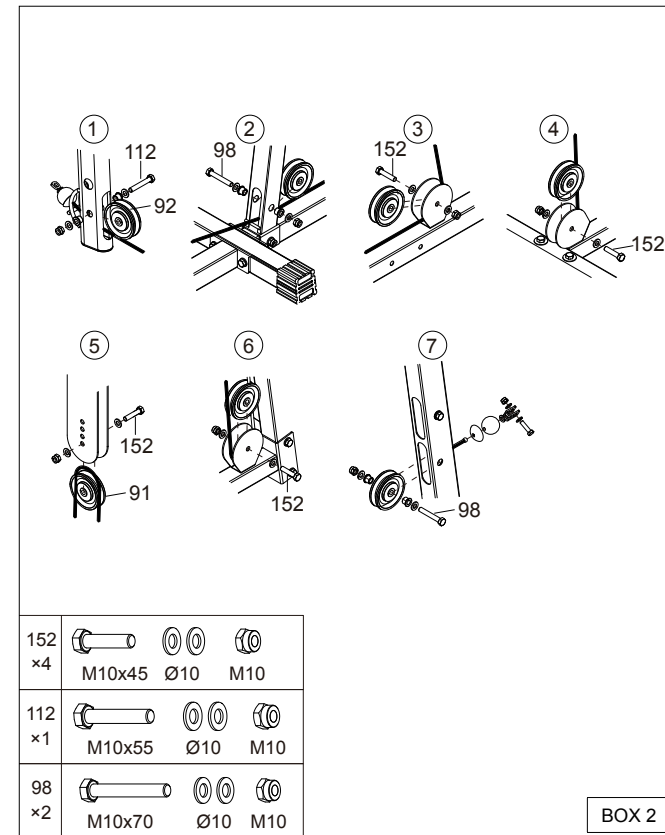




ASSEMBLY STEP 17



ASSEMBLY STEP 18





ASSEMBLY STEP 19

114 x2		M6x45	Ø6	M6
152 x1		M10x45	Ø10	M10
110 x6		M10x50	Ø10	M10
113 x1		M10x125	Ø10	M10

BOX 2 BOX 3

152 x3		M10x45	Ø10	M10
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BOX 2

ASSEMBLY STEP 20

115 x16		M8x16	Ø8
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BOX 1

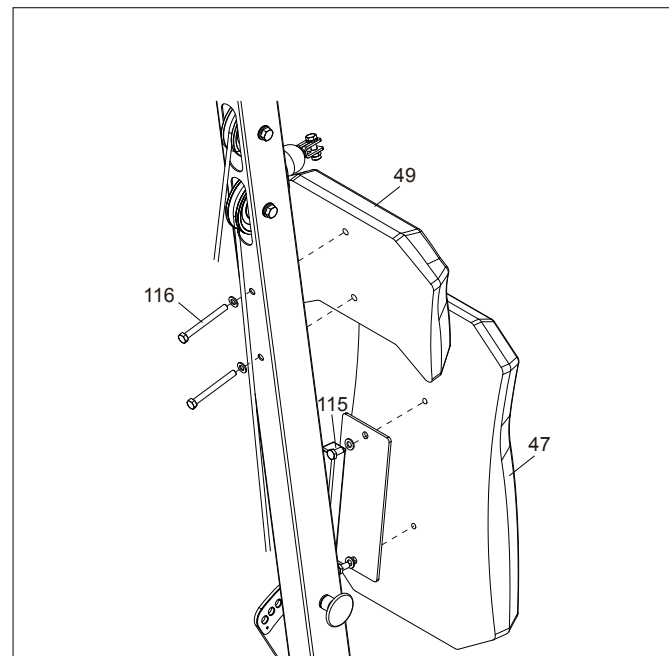
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



117 x4		M6x20	Ø6
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BOX 3 BOX 4



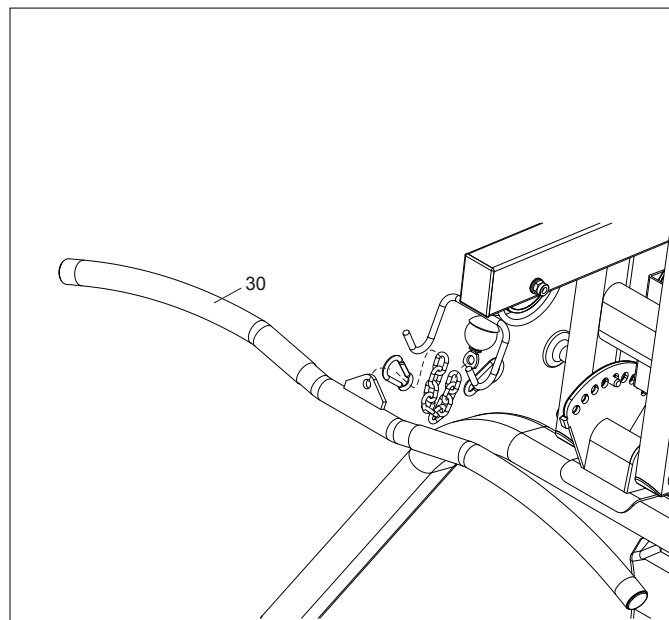
ASSEMBLY STEP 22



115 x2		
	M8x16	Ø8
116 x2		
	M8x85	Ø8

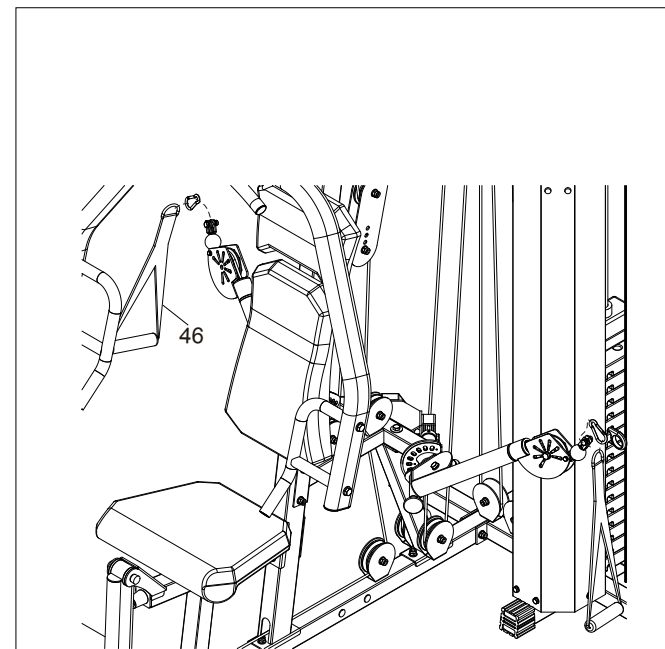
BOX 4

ASSEMBLY STEP 23



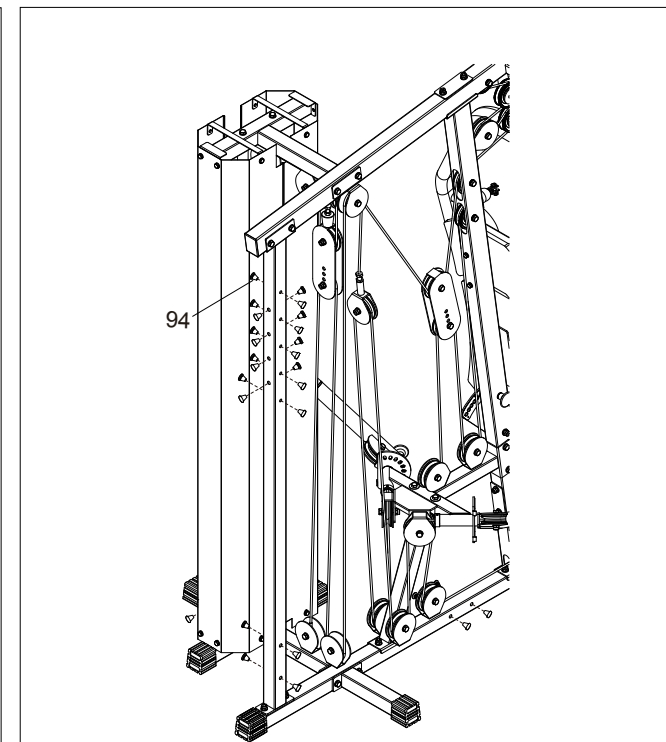
BOX 2

ASSEMBLY STEP 24



BOX 2

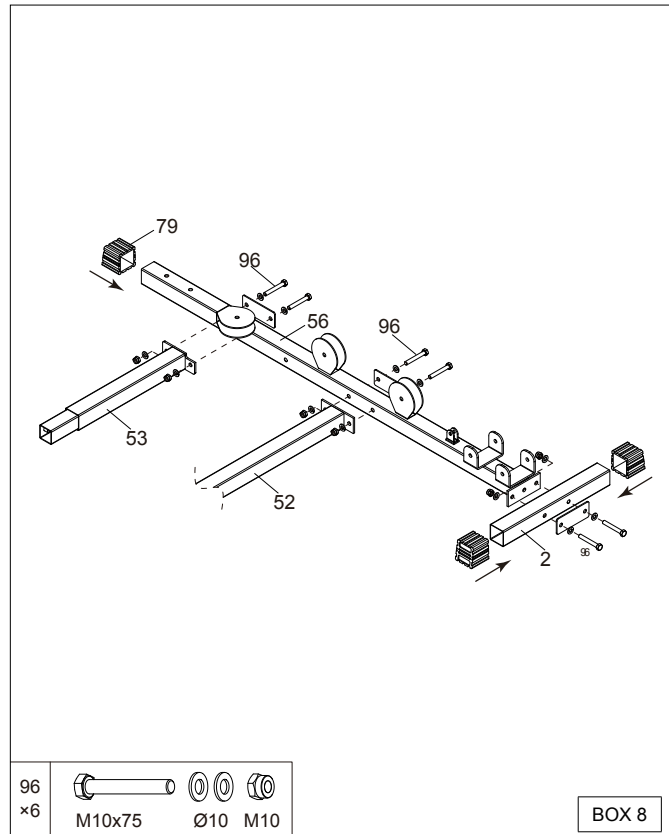
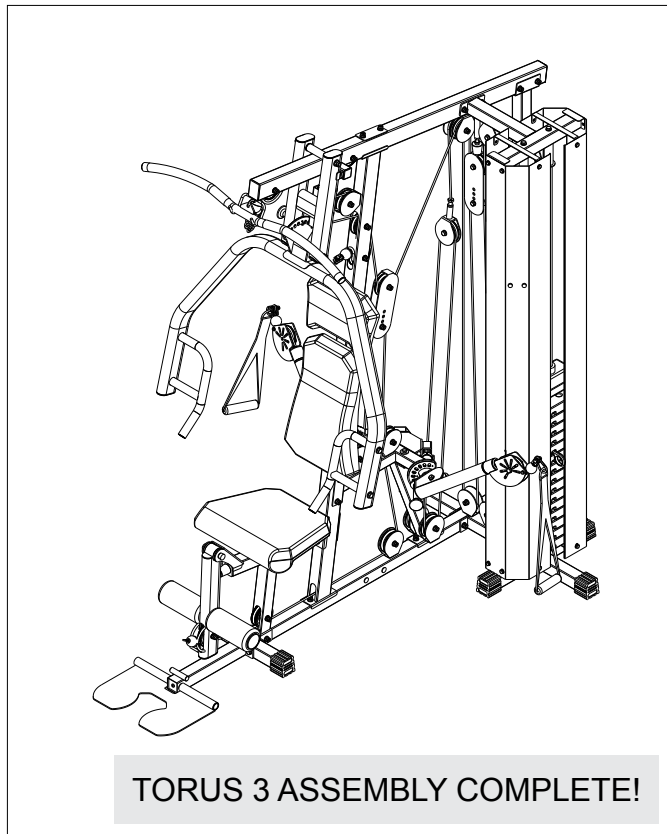
ASSEMBLY STEP 25



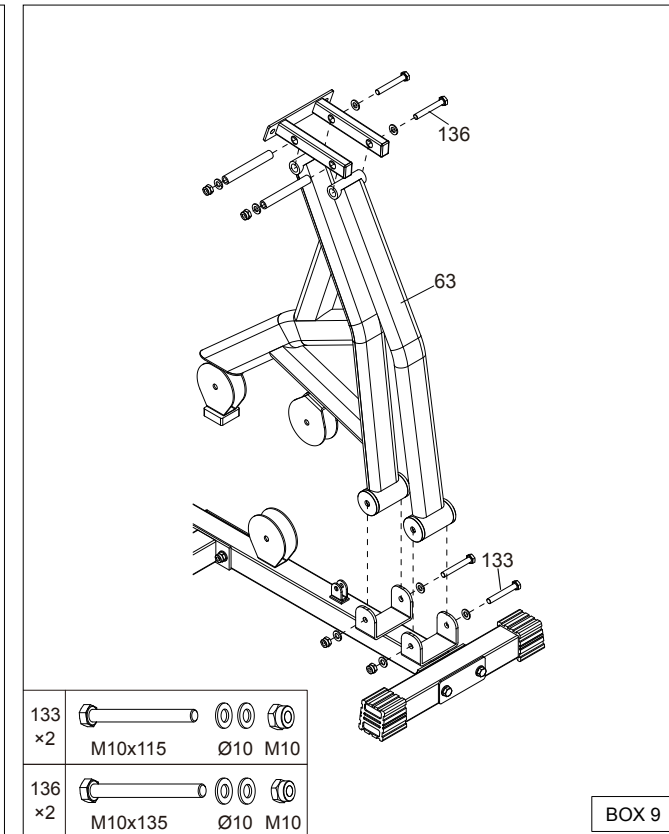
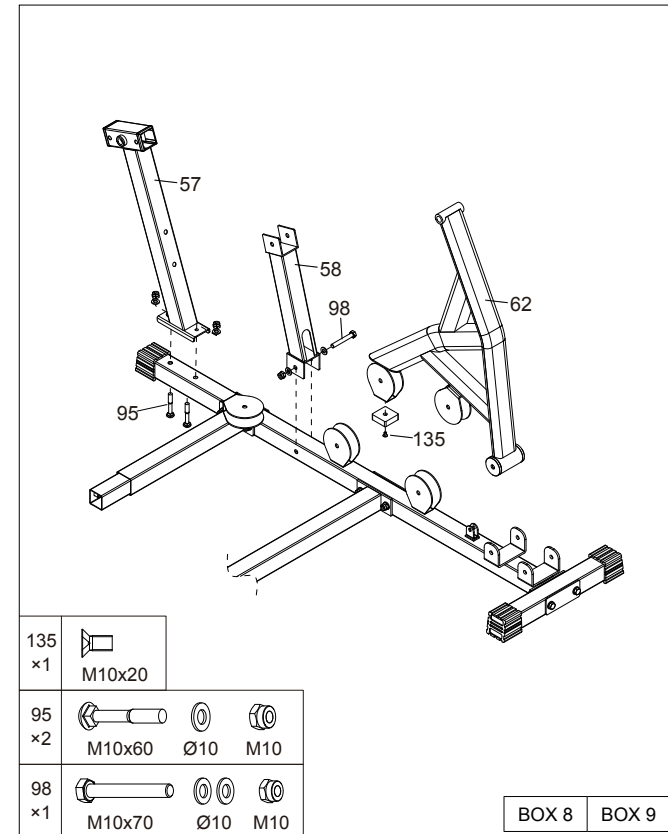
BOX 2 QTY: 27



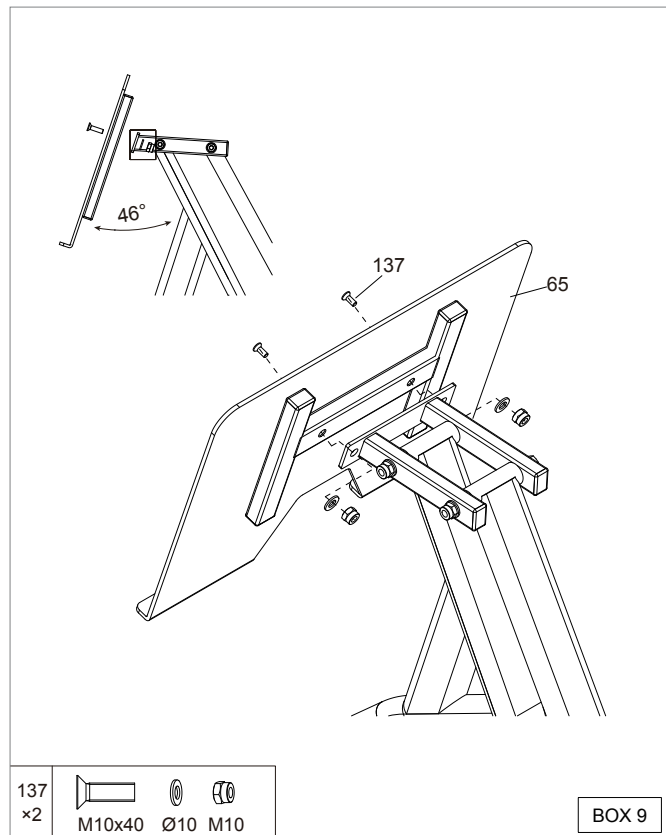
ASSEMBLY STEP 26 (FOR LEG PRESS)



ASSEMBLY STEP 27 (FOR LEG PRESS) ASSEMBLY STEP 28 (FOR LEG PRESS)

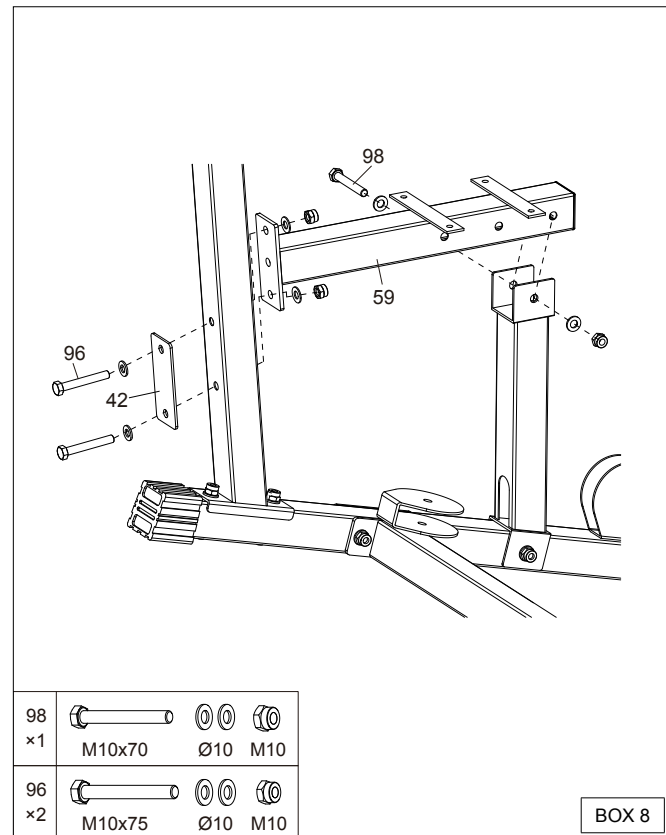


ASSEMBLY STEP 29 (FOR LEG PRESS) ASSEMBLY STEP 30 (FOR LEG PRESS)



137 x2			
	M10x40	Ø10	M10

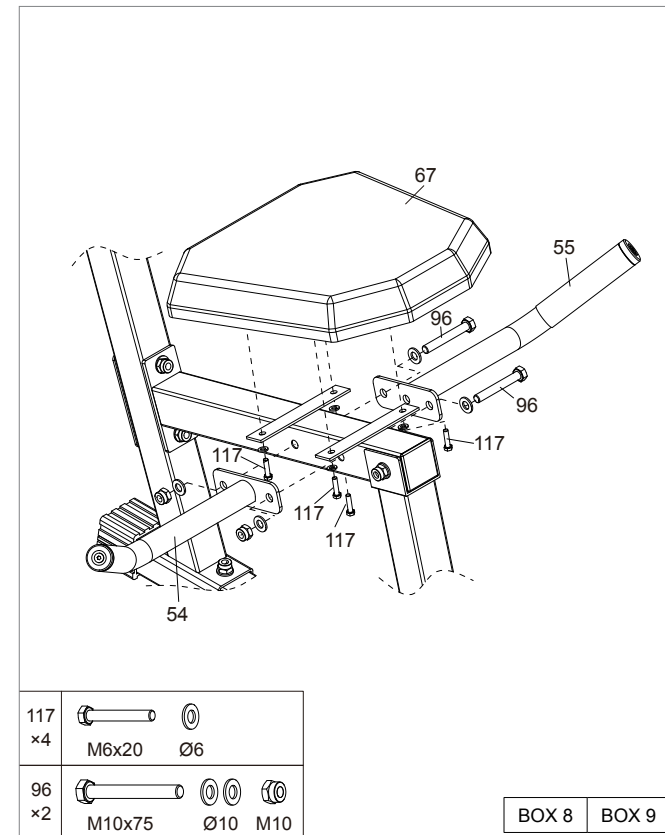
BOX 9



98 x1			
	M10x70	Ø10	M10
96 x2			
	M10x75	Ø10	M10

BOX 8

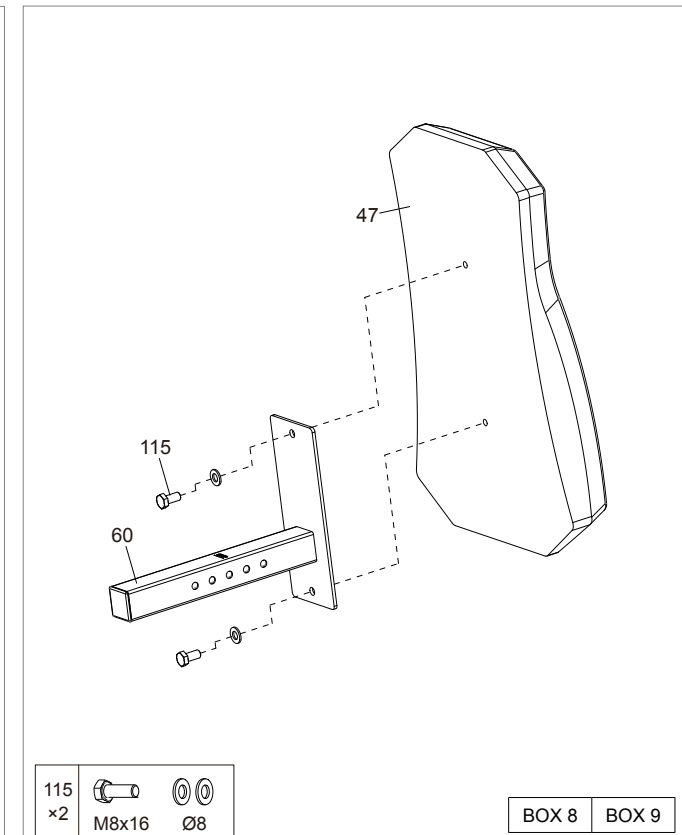
ASSEMBLY STEP 31 (FOR LEG PRESS) ASSEMBLY STEP 32 (FOR LEG PRESS)



117 x4			
	M6x20	Ø6	
96 x2			
	M10x75	Ø10	M10

BOX 8

BOX 9

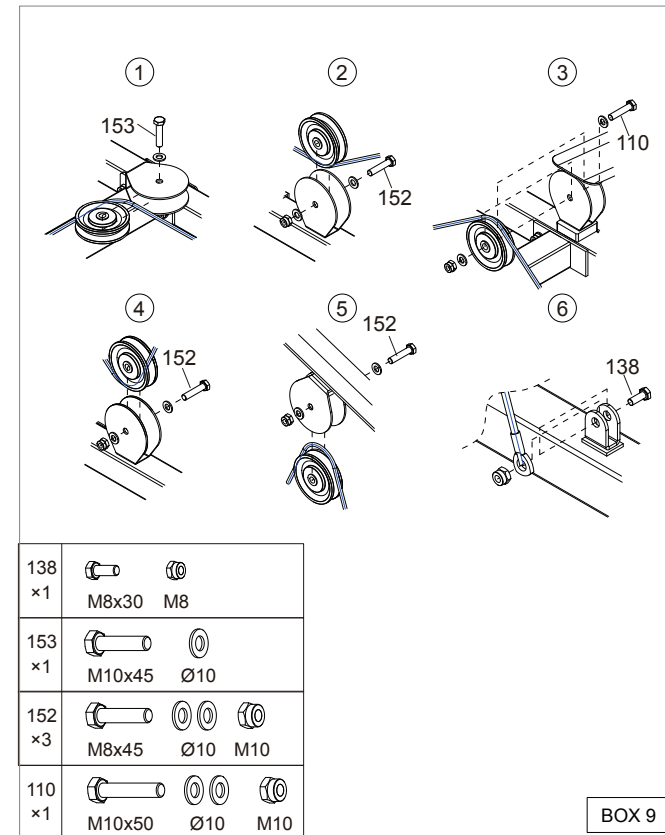
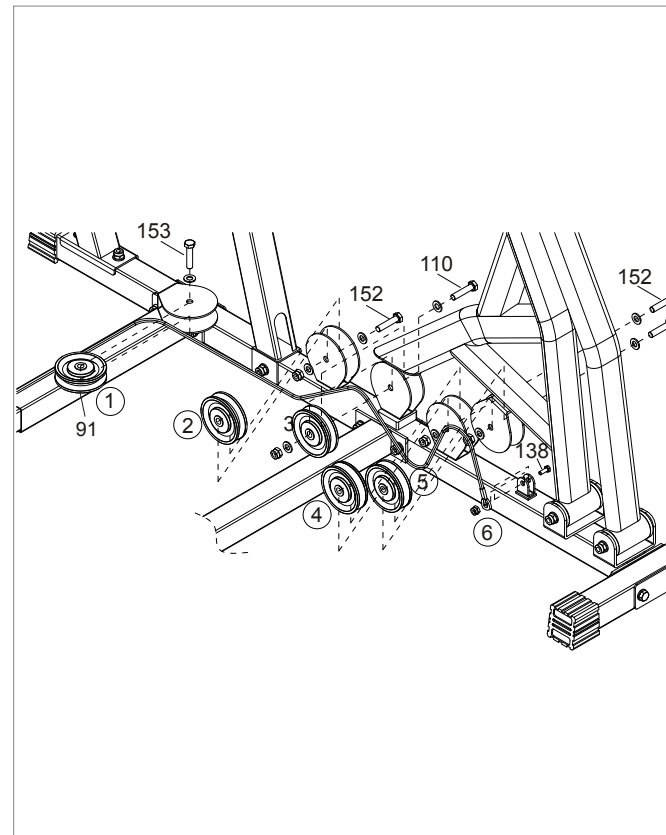
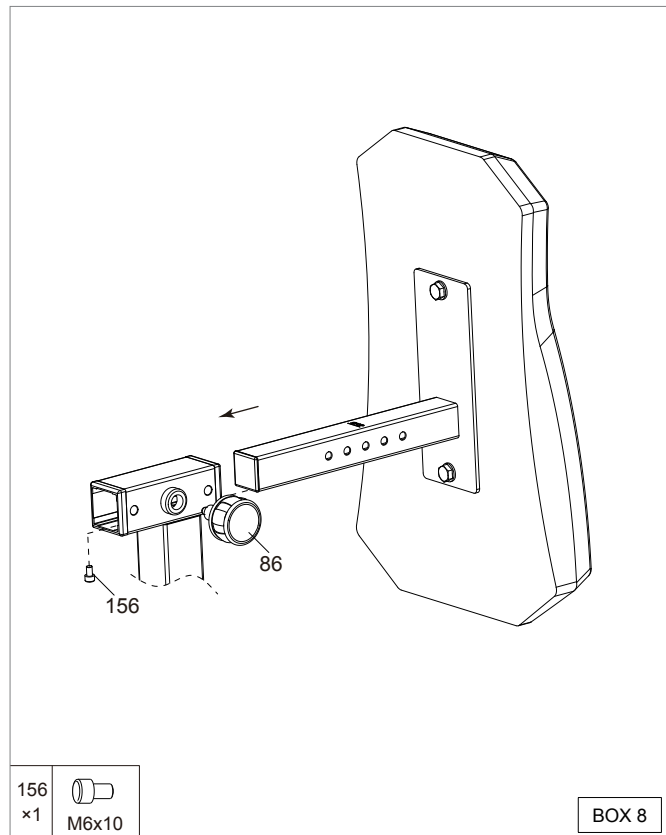


115 x2			
	M8x16	Ø8	

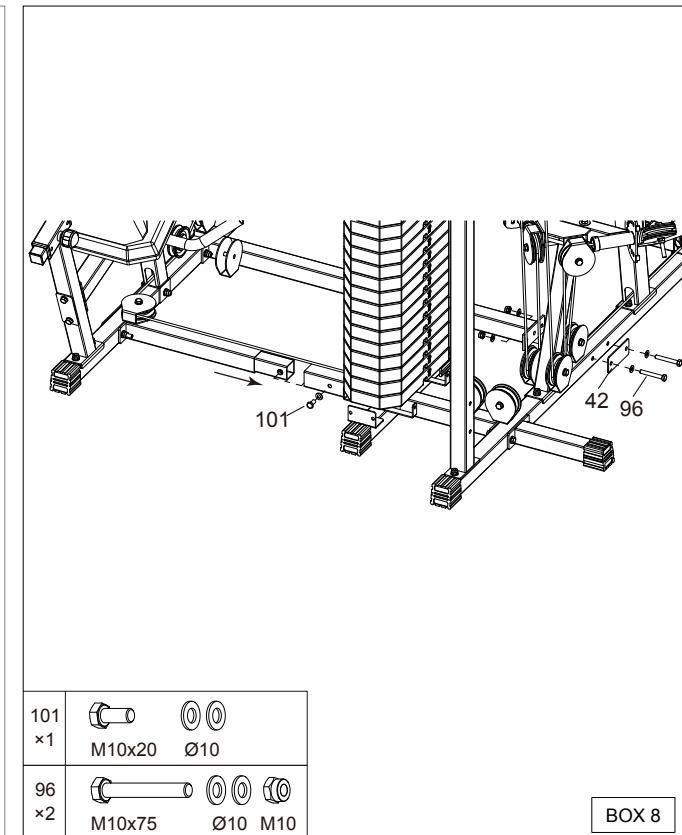
BOX 8

BOX 9

ASSEMBLY STEP 33 (FOR LEG PRESS) ASSEMBLY STEP 34 (FOR LEG PRESS)

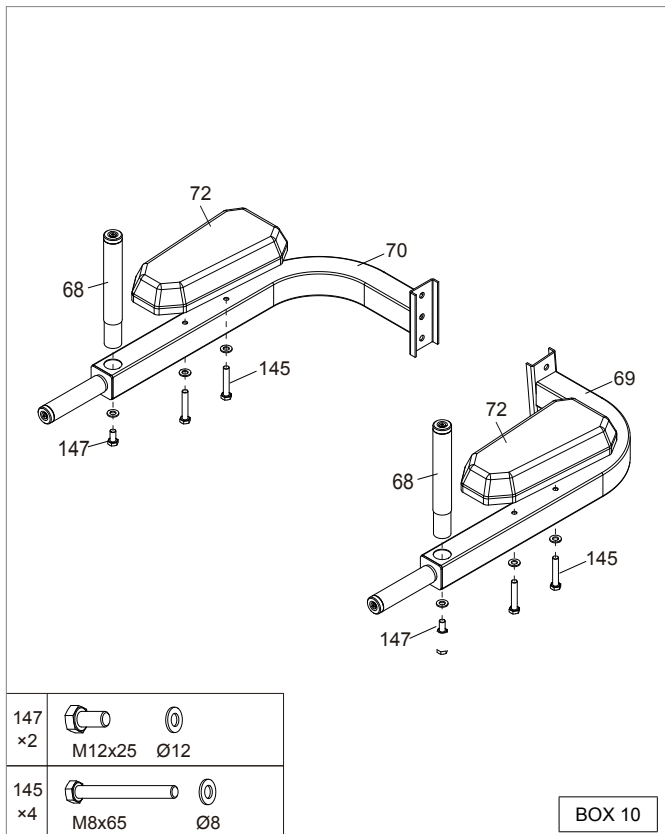
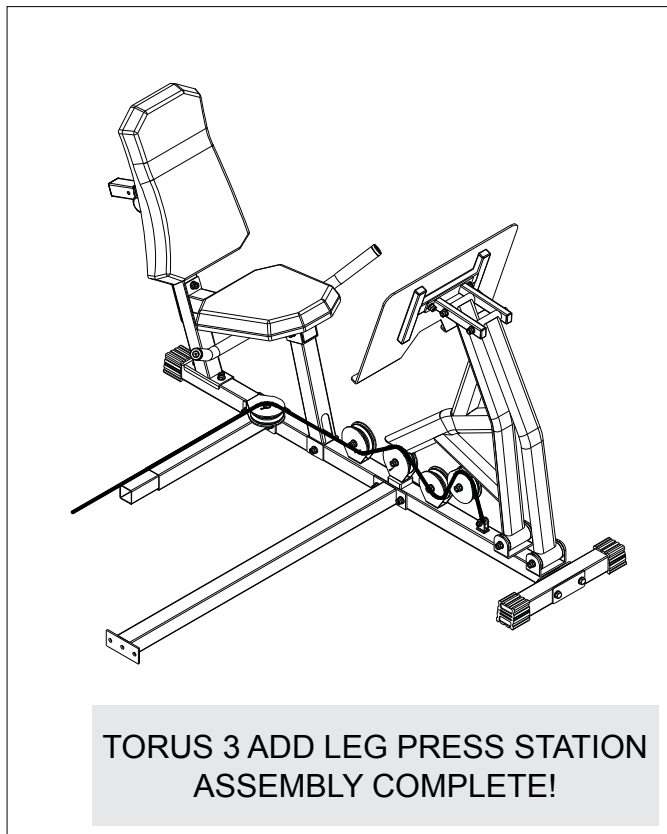


ASSEMBLY STEP 35 (FOR LEG PRESS)

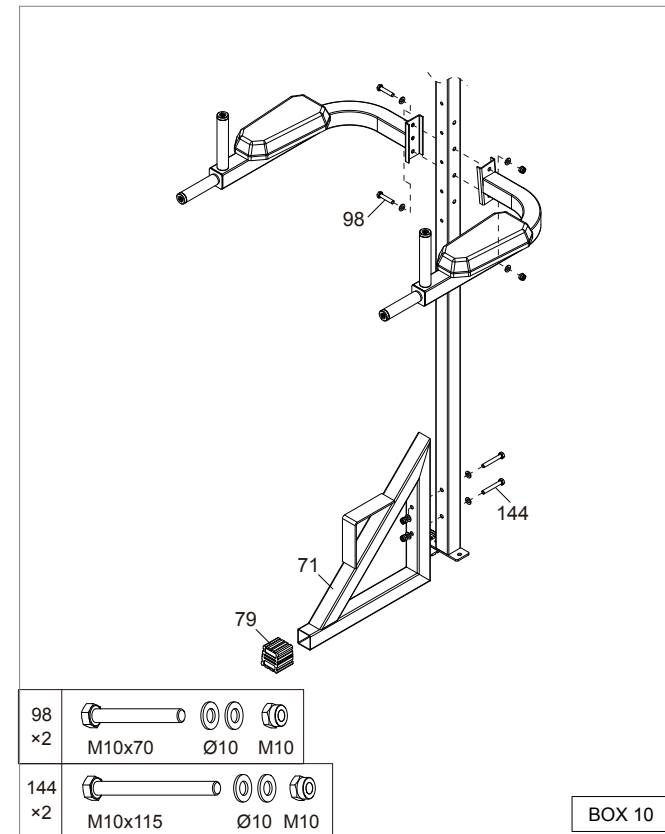




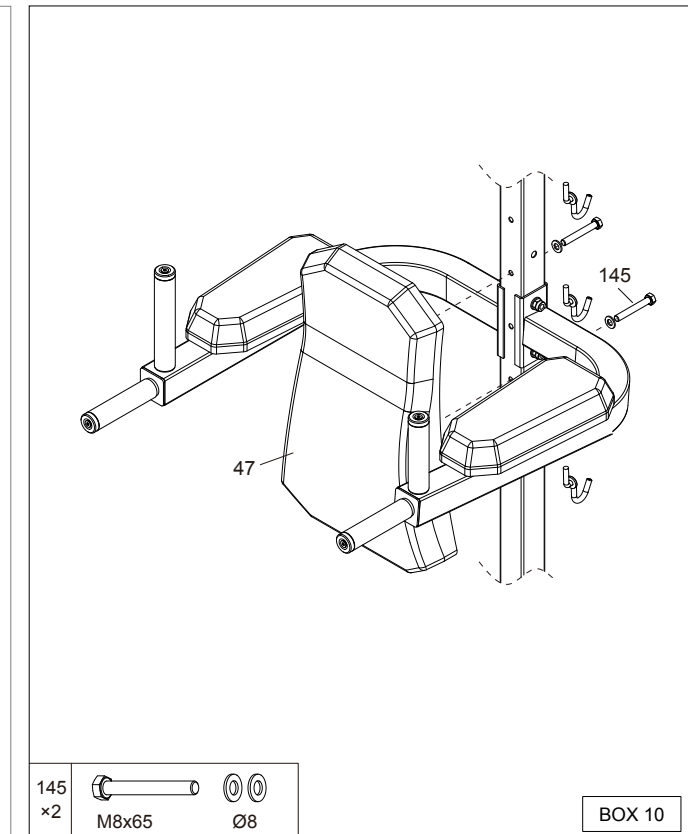
ASSEMBLY STEP 36 (FOR VKR)



ASSEMBLY STEP 37 (FOR VKR)

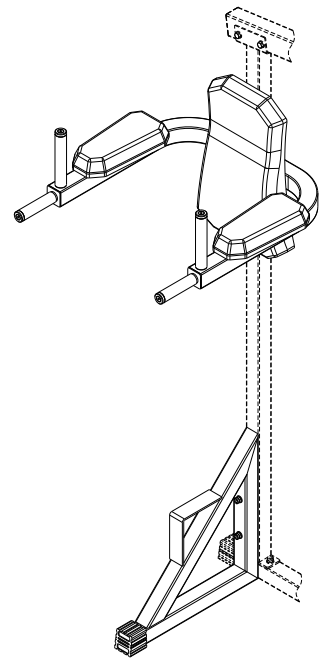


ASSEMBLY STEP 38 (FOR VKR)

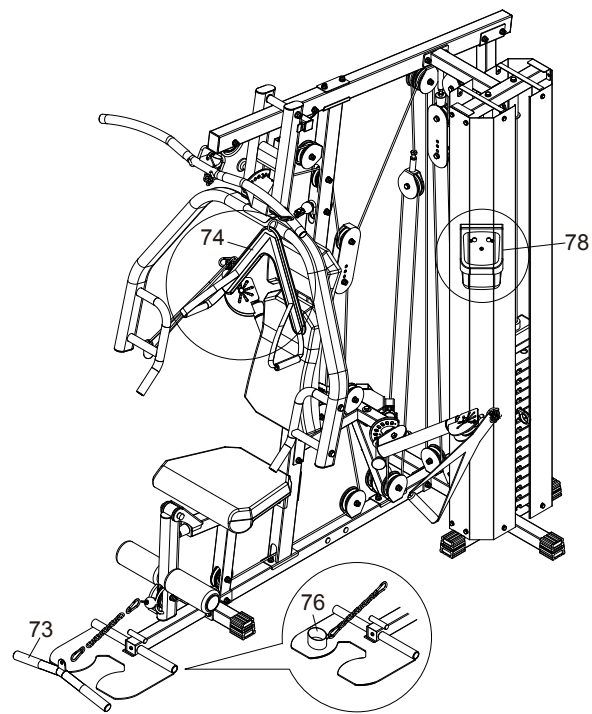




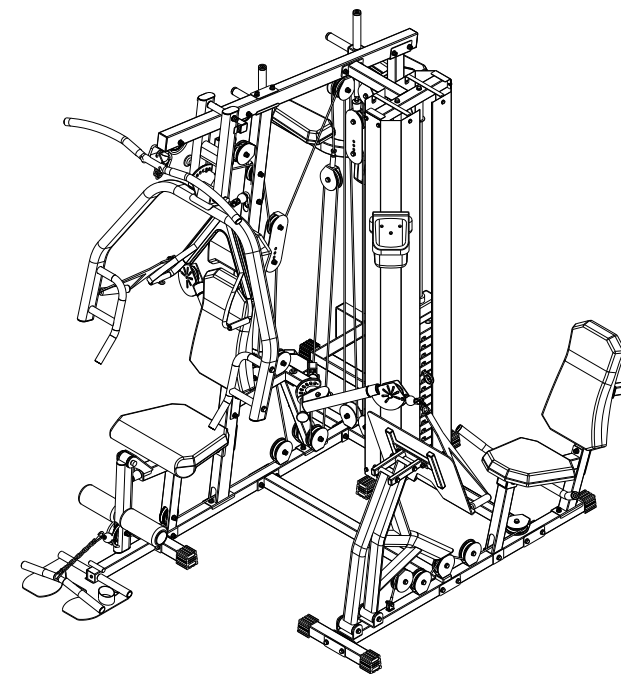
ASSEMBLY STEP 39



VKR ASSEMBLY COMPLETE!



BOX 11



TORUS 5 ASSEMBLY COMPLETE!



BEFORE YOU BEGIN

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

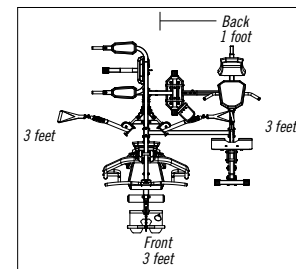
HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:

- Improved Muscle Tone and Strength
- Increased Daily Energy Levels
- A Healthier Heart
- Weight Loss

The key to reaping these benefits is to develop an exercise habit. Your new home gym will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your home gym in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE HOME GYM

Place the home gym on a level surface. There should be 1 foot of clearance behind the home gym, 3 feet on each side and 3 feet in front. Do not place the home gym in any area that will block any vent or air openings. The home gym should not be located outdoors.



⚠️ WARNING

SEAT ASSEMBLY PIN

Ensure that the seat assembly safety pin is fully inserted before using the home gym. Failure to do so may result in injury!

PROPER USAGE

Make sure to follow the MAINTENANCE schedule in this manual. Stop your workout immediately if you feel pain, faint, dizzy or are short of breath.

⚠️ WARNING

Do not operate the home gym if there is any noticeable damage to the cables or pulleys. If any damage is noticeable, contact customer tech support at the number located on the back panel of this manual.

CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain 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 breakfast, during lunch hour or 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. 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? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 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 5 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.

HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your home gym 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 (using the grip pulse handlebars or a wireless chest transmitter - may be sold separately), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

PERCEIVED EXERTION LEVEL

A simple 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 these warning signs of overexertion.

GENERAL STRENGTH TRAINING GUIDELINES

- It is recommended that you perform at least 5-10 minutes of cardiovascular exercise before beginning your strength routine in order to warm the muscles, increase the heart rate, and prepare your body for strength training.
- Always raise and lower the weight in a smooth, slow, and controlled motion.
- Try not to hold your breath during strength training exercises. It is recommended that you exhale as you raise the weight and inhale as you lower the weight.
- It is recommended that each muscle group be allowed to rest 48 hours between strength training.
- Complete each strength routine with a few simple stretches to maintain flexibility, and allow your body to cool-down after your session.

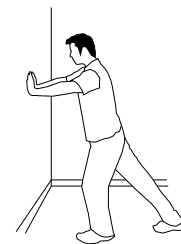
TIPS



STRETCHING

STRETCH FIRST

Before using your 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.

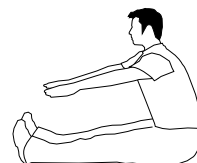
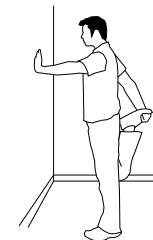


1. STANDING CALF MUSCLE STRETCH

Stand near a wall with the toes of your left foot about 18" from the wall, and the right 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. Repeat on the other side.

2. 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 15 seconds. Repeat with your right ankle and hand.



43. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

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 one time.



TIPS ✓ **THE IMPORTANCE OF WARM UP & COOL DOWN**

WARM UP

Always perform 10-15 minutes of aerobic activity before beginning your strength training session. This warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually increase your heart rate into your heart rate training zone and increase core body temperature.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Your cool-down period should consist of repeating the stretching exercises listed above to loosen and relax your muscles.

TIPS ✓ **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 to lose weight? Improve muscle tone and/or strength? Reduce stress? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss - lower intensity, longer duration workouts
- Improve Body Shape and Tone - interval workouts, alternate between hi and low intensities
- Increased Energy Level - more frequent daily workouts
- Improved Sports Performance - high intensity workouts

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 can lose some of the immediate motivation benefits. Short term goals are easier to achieve.

TRAINING INSTRUCTION



CABLE FLY

1. Turn the free motion arm upright.
2. Hold the free motion straps by your both hands and extend your arms as wide as possible.
3. Pull the straps forward until both of hands touch.
4. Slowly return to starting position.



LAT PULL DOWN

1. Sit on the machine, reach up, and grab the lat bar with a wide grip.
2. Pull the bar down toward your body in front of the chest.
3. Return slowly to starting position.





SEATED ABDOMINAL CRUNCH

1. Attach ab strap or free motion arm straps on the machine.
2. Sit upright with your back supported by the back pad.
3. Hold the straps and bend your torso towards your knees.
4. Slowly back to the starting position.



SEATED LEG EXTENSION

1. Adjust the seat height to place your knees as close as possible to the leg lever pivot.
2. Place the front of your shins behind the leg roller at the bottom of the machine.
3. With your back against the pad, extend your legs forward, straightening, but not locking, your knees.
4. Return slowly to starting position.



STANDARD CHEST PRESS

1. Adjust the seat height so either the upper or lower grips align vertically with the center of your chest.
2. Adjust the press arms with the adjustment mechanism, until they are in a comfortable forward to back position for your chest press.
3. Keeping arms as close to parallel to the floor as possible, press forward and return slowly.



SEATED CABLE ROW

1. Attach the short handle to the lower pulley.
2. Sit facing the machine with your legs slightly bent and keep them bent during the exercise.
3. Sit erect and pull your hands towards your upper abdominal area.
4. Slowly return to the starting position.





TRICEPS DIPS

1. Face the machine and grip the dip station handles firmly.
2. Use the step to assist in getting into the upright position with all your weight supported by your arms and hands.
3. Slowly bend your elbows until they reach 90 degrees and then press your body back up to the starting position.

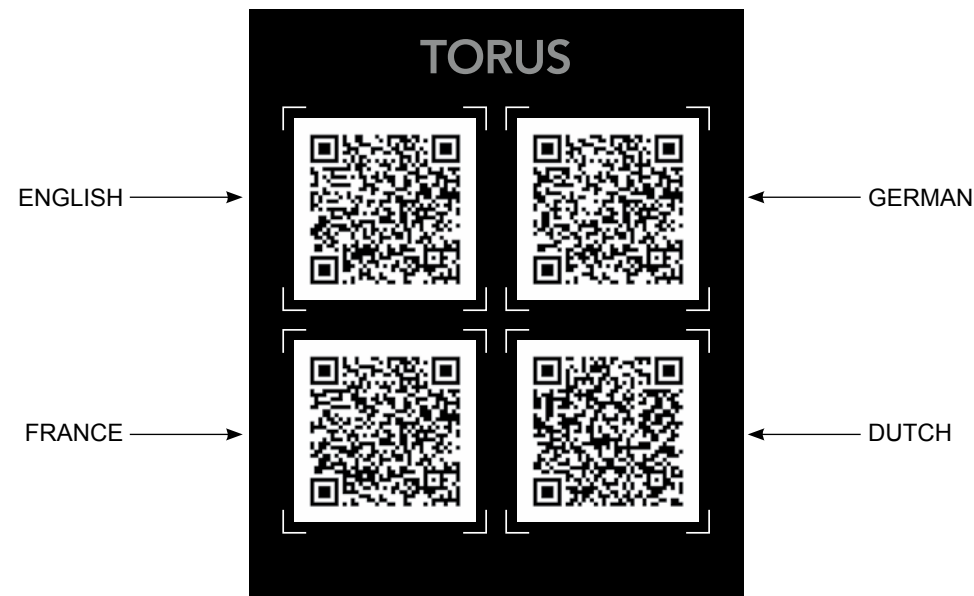


LEG PRESS

1. Sit on the leg press station and adjust the back pad to a comfortable position.
2. Put your feet on the foot plate and bend your knees to a 90 degree angle.
3. Press your knees straight while gripping the seat support handles.
4. Slowly return to starting position.

Training Guide

Scan the QR Code below for our Training Guide. This Training Guide includes set-up instructions and illustrates more than 40 exercises you can perform with your new equipment.



TROUBLESHOOTING

Your home gym is designed to be reliable and easy to use. However, if you experience a problem, please reference the troubleshooting guide listed below.

PROBLEM: The cables feel rough and are noisy during use.

SOLUTION: Verify the following:

IS THERE ANY NOTICABLE DAMAGE TO THE CABLES?

IF YES:

- Contact customer tech support and replace the cable(s).

IF NO:

- Verify that all cables are secured into the pulleys.
 - Verify that the weight stack guiderods are lubricated.
 - Verify that there is no excessive slack in the cables.
- NOTE: If there is excessive slack adjust cable tension (see next page)

PROBLEM: Weight selector pin cannot be inserted.

SOLUTION: Verify the following:

ARE THE HOLES ALLIGNED THROUGH THE WEIGHT PLATE AND BAYONETTE?

IF YES:

- Verify that the selector pin isn't bent or damaged.

IF NO:

- Adjust threaded bolt on top plate so that the holes in the bayonette align with the weight plate.
- NOTE: Always maintain at least 1/2" of threaded bolt in bayonette.

If the above troubleshooting section does not remedy the problem, discontinue use.

PLEASE CALL CUSTOMER TECH SUPPORT AT THE NUMBER ON THE BACK PANEL.

The following information may be asked of you when you call. Please have these items readily available:

- Model Name
- Serial Number
- Date of Purchase (receipt or credit card statement)

In order for Customer Tech Support to service your home gym they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front or the back? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- Has the machine been lubricated and maintained per the maintenance schedule?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your Horizon Fitness home gym functioning again!

MAINTENANCE

Cleanliness of your home gym and its operation environment will keep maintenance problems and service calls to a minimum. For this reason, we recommend that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)

- Wipe upholstery, handgrips, bars, and frame (if needed) with a mild cleaning solution.

EVERY WEEK

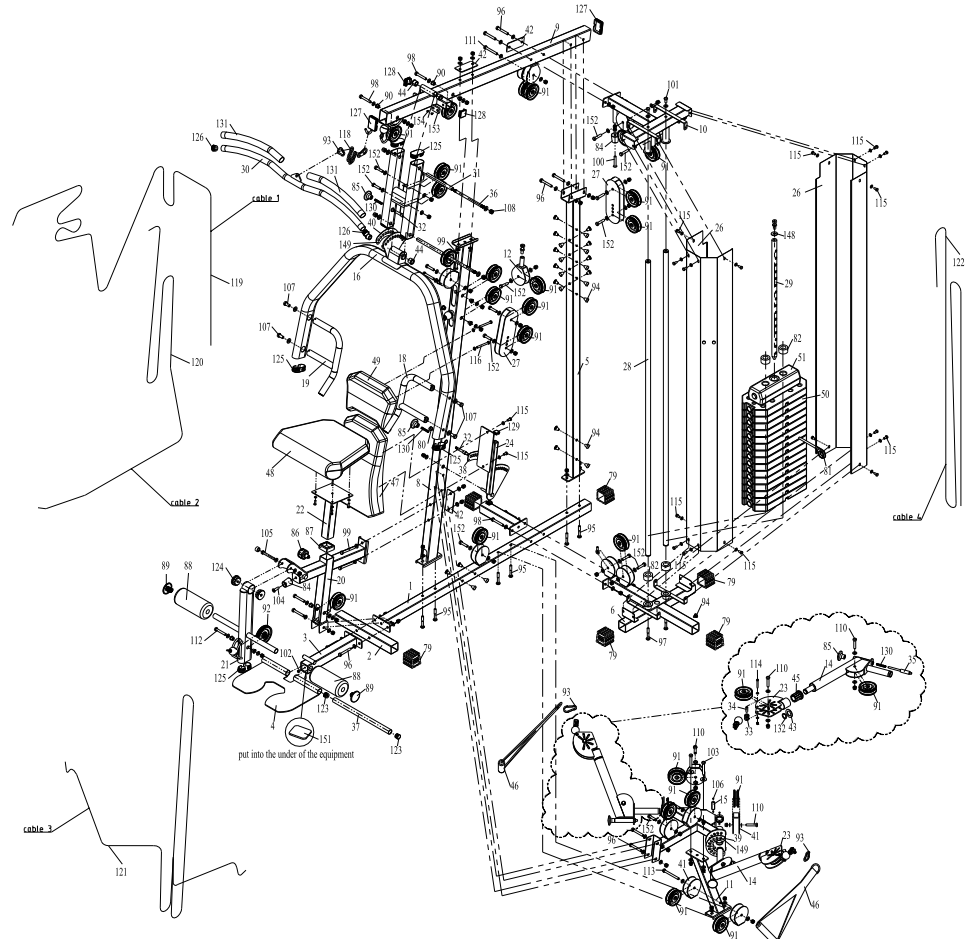
- Lubricate guide rods with a spray or gel silicone lubricant. • Inspect cable ends and cable insulation for damage.

EVERY MONTH - IMPORTANT!

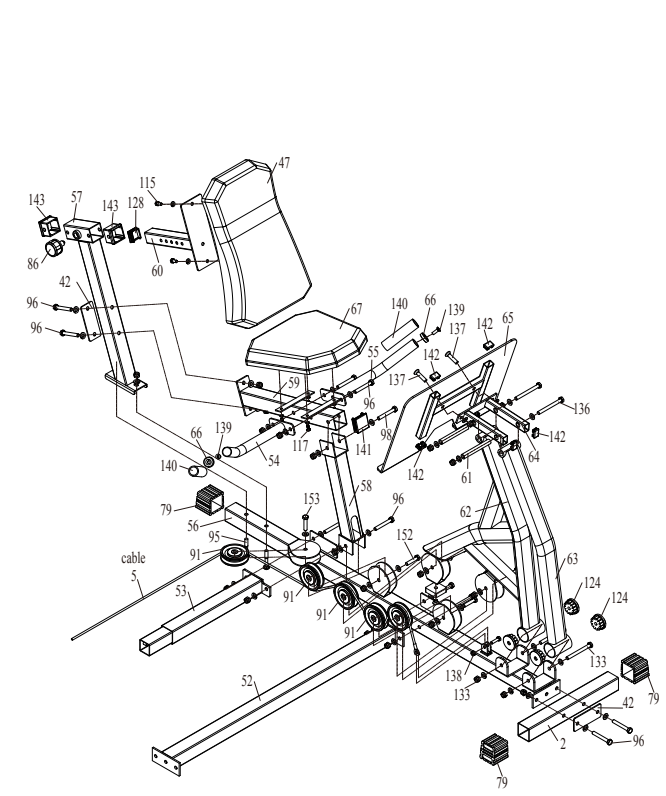
- Inspect all frame bolts and tighten as needed.

Please contact Horizon Fitness with questions about applying lubricant to your home gym.

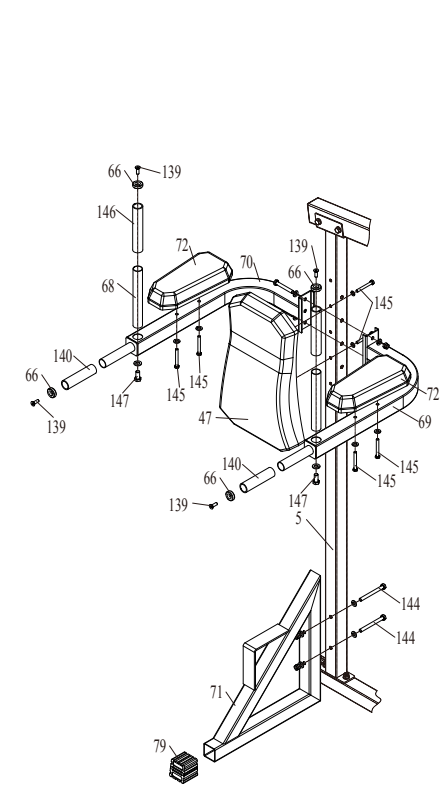
TORUS3 EXPLODED VIEW



LEG PRESS EXPLODED VIEW



VKR EXPLODED VIEW



TORUS PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	BASE FRAME	1	26	IRON SHELL (RIGHT)	1
2	FRONT BASE TUBE	1	27	ADJUSTABLE PULLEY BLOCK	2
3	LOW ROW CONNECTOR	1	28	GUIDE ROD	2
4	FOOT PLATE	1	29	WEIGHT ROD	1
5	REAR UPRIGHT	1	30	LAT BAR	1
6	BOTTOM CROSS CONNECTOR	1	31	PIVOT AXLE	2
7	SIDE ROW CONNECTOR	1	32	PULL PIN	2
8	FRONT UPRIGHT	1	33	GYRO WHEEL	2
9	TOP FRAME	1	34	BUSHING	2
10	FIXING BRACKET	1	35	INSERT PIN	2
11	REAR CONNECT	1	36	DOUBLE THREAD SCREW	2
12	SINGLE PULLEY BLOCK	1	37	ROUND TUBE	1
13	CABLE ARM ASSEMBLE	1	38	INTENSIFY PLATE (1)	1
14	CABLE ARM	2	39	INTENSIFY PLATE (2)	2
15	AXLE COLLAR	2	40	INTENSIFY PLATE (3)	1
16	PRESS ARM	1	41	PULLEY BLOCK	4
17	PRESS ARM SELECTOR	1	42	JOINT PLATE	3
18	HAND GRIP (LEFT)	1	43	BIG WASHER	2
19	HAND GRIP (RIGHT)	1	44	IRON BUSHING	4
20	SEAT CUSHION SUPPORT	1	45	PLASTIC BUSHING	2
21	LEG EXTENSION	1	46	FREE MOTION ARM STRAP	2
22	CUSHION SUPPORT	1	47	BACK PAD	1
23	ROTATIONAL PULLEY BLOCK	2	48	SEAT PAD	1
24	BACK CUSHION SUPPORT	1	49	HEAD PAD	1
25	IRON SHELL (LEFT)	1	50	WEIGHT PLATE	15

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
51	TOP PLATE	1	98	BOLT M10×70	5
79	SQUARE END CAP	7	98	WASHERS	10
80	BUFFER (A)	1	98	LOCK NUT	5
81	WEIGHT PIN	1	99	BOLT M10×90	4
82	BUFFER (B)	4	99	WASHERS	8
83	STABILIZER	1	99	LOCK NUT	4
84	BUFFER (C)	2	100	PHILLIPS SCREW M10×65	1
85	YELLOW HANDLE	4	100	NUT	2
86	KNOB	1	101	BOLT M10×20 + WASHER	2
87	SQUARE BUSHING-45	1	102	FLAT HEAD SCREW M6×10	1
88	FOAM ROLLER	2	103	BOLT M10×65	2
89	FOAM CAP	2	103	BIG WASHER	2
90	PLASTIC BUSHING	10	103	WASHER	2
90S	SHORT PLASTIC BUSHING	2	103	LOCK NUT	2
91	PULLEY - Ø90	29	104	PHILLIPS SCREW M10×40	1
92	PULLEY - Ø100	1	105	BOLT M10×80	1
93	HOIST HOOK	4	105	WASHERS	2
94	HOLE PLUG	27	105	LOCK NUT	1
95	SQUARE NECK BOLT M10×60	6	105	NELON CAP	2
95	WASHER	6	106	HEXAGON SOCKET HEAD SCREW M6×6	4
95	LOCK NUT	6	107	BOLT M12×20	4
96	HEX BOLT M10×75	11	107	WASHER	4
96	WASHERS	22	108	WASHER 12	4
96	LOCK NUT	11	108	LOCK NUT M12	4
97	SQUARE NECK BOLT M10×60	2	110	BOLT M10×50	6

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
110	WASHERS	12	123	ROUND PLUG-Φ25	2
	LOCK NUT	6	124	ROUND BUSHING-Φ50	2
111	BOLT M10×85	1	125	OVAL PLUG - 8040	5
	WASHERS	2	126	ROUND PLUG-Φ30	2
112	LOCK NUT	1	127	RECTANGLE PLUG - 7050	2
	BOLT M10×55	1	128	SQUARE PLUG - 38	2
	WASHER	2	129	SQUARE PLUG - 25	2
113	LOCK NUT	1	130	SPRING	4
	BOLT M10×125	1	131	FOAM TUBE LAT BAR	2
	WASHERS	2	132	CIRCLIPS FOR SHAFT	2
114	LOCK NUT	1	148	BIG WASHER 12	1
	BOLT M6×45	2	149	CORE PULLING RIVET	12
	WASHERS	4	150	WASHER 10 + LOCK NUT M10	1
115	LOCK NUT	2	151	PROTECT PAD	8
	BOLT M8×16	18	152	BOLT M10×45	15
WASHER	18	WASHER		30	
116	BOLT M8×85	2	LOCK NUT	15	
	WASHER	2	154	UBBER PLATE	2
117	BOLT M6×20	4	155	CROSS SOCKET HEAD SCREWS M5×10	4
	WASHER	4	#1	SQUARE NECK BOLT M10×60	8
118	CHAIN	1	#2	WASHER 10	101
119	CABLE 1	1	#3	LOCK NUT M10	54
120	CABLE 2	1	#4	BOLT M10×75	11
121	CABLE 3	1	#5	BOLT M10×70	5
122	CABLE 4	1	#6	BOLT M10×90	4

NO.	DESCRIPTION	QTY
#7	CROSS RECESSED COUNTERSUNK HEAD SCREW M10×65	1
#8	HEXAGON NUT M10	2
#9	BOLT M10×20	2
#10	CROSS PAD HEAD SCREW M6×10	1
#11	BIG WASHER 10	2
#12	CROSS RECESSED COUNTERSUNK HEAD SCREWS M10×40	1
#13	BOLT M10×80	1
#14	NELON CAP 10	2
#15	SET SCREW M6×6	4
#16	BOLT M12×20	4
#17	WASHER 12	8
#18	LOCK NUT M12	4
#19	BOLT M10×50	6
#20	BOLT M10×85	1
#21	BOLT M10×55	1
#22	BOLT M10×125	1
#23	BOLT M6×45	2
#24	WASHER 6	8
#25	LOCK NUT M6	2
#26	BOLT M8×16	18
#27	WASHER 8	20
#28	BOLT M8×85	2
#29	BOLT M6×20	4
#39	BOLT M10×65	2
#40	BOLT M10×45	15

LEG EXTENSION PART LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
52	CONNECTING TUBE (LONG)	1	96	WASHERS	24
53	CONNECTING TUBE (SHORT)	1		LOCK NUT	12
2	BASE FRAME CONNECTOR	1	98	BOLT M10×70	2
54	RIGHT ARMREST	1		WASHERS	4
55	LEFT ARMREST	1	133	LOCK NUT	2
56	LEG EXTENSION BASE FRAME	1		BOLT M10×115	2
57	REAR SUPPORT	1		WASHER	4
58	UPRIGHT SUPPORT	1	134	LOCK NUT	2
59	SEAT SUPPORT	1		SQUARE BLOCK	1
60	BACK SUPPORT	1	135	PHILLIPS SCREW M10×20	1
61	ROTATE BUSHING	2	136	BOLT M10×135	2
62	FOOT EXTENSION POLE (REAR)	1		TWO WASHERS	4
63	FOOT EXTENSION POLE (FRONT)	1	137	LOCK NUT	2
64	FOOT EXTENSION SUPPORT	1		HEX SOCKET HEAD SCREWS M10×40	2
65	FOOT PLATE (LARGE)	1	117	WASHER	2
42	JOINT PLATE	5		LOCK NUT	2
66	FOAM CHECK RING	2	86	BOLT M6×20	4
67	LEG PRESS SEAT PAD	1		WASHER	4
47	BACK PAD	1	115	KNOB	1
79	SQUARE END CAP	3		BOLT M8×16	2
91	PULLEY - Ø90	6	110	WASHER	2
95	SQUARE NECK BOLT M10×60	2		BOLT M10×50	1
	WASHER	2		WASHER	2
96	LOCK NUT	2	LOCK NUT	1	
	BOLT M10×75	12	138	BOLT M8×30	1

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
138	LOCK NUT	1	#29	BOLT M6×20	4
101	BOLT M10×20	1	#30	BOLT M10×115	2
	WASHER	1	#31	CROSS SOCKET HEAD SCREWS M10×20	1
139	HEX SOCKET HEAD SCREWS M8×20	2	#32	BOLT M10×135	2
140	FOAM TUBE - Ø32*125	2	#33	HEX SOCKET HEAD SCREWS M10×40	2
141	SQUARE PLUG - 50	1	#34	BOLT M8×30	1
124	ROUND BUSHING - Ø50	4	#36	HEX SOCKET HEAD SCREWS M8×20	2
142	RECTANGLE PLUG - 3020	6	#40	BOLT M10×45	4
143	SQUARE BUSHING - 50	2	#41	LOCK NUT M8	1
128	SQUARE PLUG - 38	1			
109	CABLE 5	1			
152	BOLT M10×45	3			
	WASHER	6			
	LOCK NUT	3			
153	BOLT M10×45 + WASHER	1			
#1	SQUARE NECK BOLT M10×60	2			
#2	WASHER 10	50			
#3	LOCK NUT M10	26			
#4	BOLT M10×75	12			
#5	BOLT M10×70	2			
#9	BOLT M10×20	1			
#19	BOLT M10×50	1			
#24	WASHER 6	4			
#26	BOLT M8×16	2			
#27	WASHER 8	2			

VKR PART LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
68	UPRIGHT HANDLE	2	#27	WASHER 8	6
69	LEFT SUPPORT HANDLE	1	#30	BOLT M10×115	2
70	RIGHT SUPPORT HANDLE	1	#37	BOLT M8×65	6
71	VKR FOOT SUPPORT	1	#38	BOLT M12×25	2
66	FOAM CHECK RING	4			
72	ARMREST PAD	2			
47	BACK PAD	1			
98	BOLT M10×70	2			
	WASHER	4			
	LOCK NUT	2			
139	HEX SOCKET HEAD SCREWS M8×20	4			
144	BOLT M10×115	2			
	WASHER	4			
	LOCK NUT	2			
145	BOLT M8×65	6			
	WASHER	6			
140	FOAM TUBE-Φ32*125	2			
146	FOAM TUBE-Φ32*170	2			
147	BOLT M12×25	2			
	WASHER	2			
79	SQUARE END CAP	1			
#2	WASHER 10	8			
#3	LOCK NUT M10	4			
#5	BOLT M10×70	2			
#17	WASHER 12	2			

ACCESSORIES PART LIST

NO.	DESCRIPTION	QTY
73	LOW ROW BAR	1
74	ABDOMINAL STRAP	1
75	ACCESSORIES HOOK	3
76	ANKLE STRAP	1
78	WATER BOTTLE HOLDER	1
93	HOIST HOOK	3
102	PHILLIP SCREW M6×16	3
118	CHAIN	1
125	OVAL PLUG - 8040	2
126	ROUND PLUG-Φ30	2
140	FOAM TUBE-Φ32*125	2
#35	CROSS PAD HEAD SCREW M6×16	3

TRAINING LOG SHEET

MUSCLE GROUP=UPPER BODY, TORSO, LOWER BODY

DAY	EXERCISE	MUSCLE GROUP	WEIGHT USED	FREQUENCY	TIME

DAY	EXERCISE	MUSCLE GROUP	WEIGHT USED	FREQUENCY	TIME



HOME GYM OWNER'S MANUAL

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