



## Horizon Fitness Treadmill Paragon X



The innovative air cushion system of the Paragon X simulates with variable degrees of hardness on which surface the training takes place. The unique 3D program automatically adjusts the hardness level to changing incline and speed. At the touch of a button, you can choose between pre-programmed settings (beginner, cross-country, competition) or manually compile your own level of hardness - just as if you were running your individual outdoor running route on asphalt, in the woods or on a gravel path. Ultra-modern design with open frame, curved console with mirror-smooth surface, streamlined L-fold and contoured, chrome-accented design detail.

**CHF 2'349.00**

The Horizon Fitness Paragon X treadmill is equipped with the Bluetooth protocol FMTS (FiTness Machine Service). This ensures optimal compatibility with popular apps such as Zwift or Kinomap. A new addition is now the @Zone app, which can be used to complete a particularly captivating and motivating workout.

### **Equipment:**

- 3.25hp/2.39kW continuous power motor with digital drive system.
- Gradient electronically adjustable 0-15%.
- Speed electronically adjustable from 0.8-20km/h in 0.1km fine increments
- running belt with 2,2mm belt thickness
- Roller diameter 6cm
- Foldable - FEATHERlight folding system
- running surface 153 x 56cm
- Ascent height 21cm
- Incline and speed adjustment via integrated quick selection buttons in the handrails
- Cushioning system: Variable Response Cushioning + AirTrain Technology (air cushioning system)



- AirTrain Technology features an air cushioning system under the deck that varies cushioning in pre-programmed changes related to speed and incline. It is based on 10 real-life trail running races in North America, Europe and Asia. You can also manually compose your own cushioning levels, as if you were running your own outdoor running course alternating between asphalt, grass, gravel or dirt trails. A completely new kind of training in 3D dimensions
- training computer with 3 white LED windows displaying calories burned, speed, distance, time, heart rate, incline
- intuitive, capacitive touch buttons
- Sprint 8 program - anaerobic training program that promotes the natural production of growth hormones to help reduce weight, build muscle and prevent aging - maximum results in the shortest amount of time with the 20-minute HIIT workout proven to burn up to 27% body fat in just eight weeks
- Distance programs: 1k, 5k, 10k, half marathon
- Interval programs: Speed interval, distance interval
- Performance programs: Weight loss, Gerkin
- Heart rate programs: Target heart rate, % target heart rate
- Step programs: 5000, 10000
- AirTrain programs: Beginner, Cross Run, Competition
- 2 user programs
- One-touch control starts and stops workout
- Bluetooth compatibility connects accessories like heart rate chest straps and syncs workout data with popular fitness apps
- @Zone-APP\* - compatible - with @Zone, they can jog through exotic locations on virtual journeys, compete with people around the world, redefine their fitness with Sprint 8 HIIT, and keep challenging themselves with goal-based workouts. Workout progress can be documented to make progress visible. Those who like can even compare their own performance with the best @Zone users worldwide. The app can be downloaded now for free (App Store and Google Play).
- Kinomap APP\*\* - compatible -the Kinomap APP turns training into a motivating, interactive training experience, whether alone or in competition mode. Over 170'000 varied route kilometers for the different sports have already been uploaded by users
- compatible with ZWIFT\*\*\*
- EnergySaver mode - after 15 minutes of non-use, the device automatically switches to energy-saving mode
- belt stop safety key
- 4 transport rollers for upright transport (Up & Move)
- Height compensation
- UltraControlled Drop System
- Bottom cover
- Water bottle holder
- Smart-Device holder for storage of tablet or smartphone
- recommended guide price CHF 2'599.--

Use: home use, payload: approx. 180kg

Unit dimensions: L206 x W97 x H147cm, folding dimensions: L114 x W97 x H181cm, weight 125kg

Accessories: integrated receiver for Bluetooth chest strap transmitter, hand pulse sensors

Options: Horizon Fitness Bluetooth transmitter belt, floor protection mat

Warranty: 2 years complete warranty

**@Zone-APP\***- the free @Zone-APP connects the smartphone or tablet (iOS/Android) via Bluetooth to



the treadmill. **Little effort, maximum success** - with the exclusive HIIT training program Sprint 8, amazing results in terms of overall fitness and fat burning are achieved with three short training sessions per week. **Once around the world** - Virtual Active synchronizes high-definition footage of real routes with the speed and intensity of the workout. The incline or resistance changes automatically to match the landscape profile on the screen. Monthly 300 minutes of this program are included for free in the @Zone app. **Goal Training Programs** - with the 5 goal-based training programs (time, distance, calories burned, pace, and target heart rate), you can keep challenging yourself and target your performance. **Workout Tracking** - The workout history summarizes all data to document progress from workout to workout. If you like, you can even access the worldwide leaderboard to compare your performance with @Zone's top users.

**Kinomap APP\*\*** - the Kinomap APP turns workouts into a motivating, interactive training experience. The APP has videos for cross trainer, ergometer, treadmill and rowing machine. Via Bluetooth, the Kinomap APP is connected to the training device. Pick a route and ride, run or row as if you were there yourself. The progress of the route can be tracked on the map. Since the videos are geocoded, the APP also adjusts the resistance (on selected models) to the terrain profile of the training route. Train more than 170'000km alone or in competition with others - the Kinomap videos are uploaded by users. There are already more than 170'000 varied track kilometers available for the different sports. All videos are marked with location data, so you can not only watch the video, but also see on the map where you are and what the terrain profile looks like. The app also displays the most important training data during the workout, so you can keep an eye on your performance while running through Central Park, for example. The multiplayer sessions are also particularly challenging, where you can participate in public races or arrange to meet friends for a little race. Kinomap is available in a free basic version on both Google Play and the AppStore. Various license models are available for the full version.

**Zwift\*\*\*** - Zwift combines the fun of video games with the intensity of serious training. Explore the virtual worlds of Zwift in training or group rides and races with a global community that motivates you to get better every minute. Want to make your cardio training more interactive and challenging, and combine it with the gamification factor? With selected models from the Cardio portfolio and the Zwift training app, this is now possible! Zwift combines the fun of video games with the intensity of serious training and helps you get faster. Connect in the virtual worlds of Zwift with a community that motivates you every minute. Choose from training plans, group rides, races and much more. Immerse yourself in the Zwift world and get fitter and stronger than ever! Your personal training plan - Looking for a long-term strategy for your next competition? Or just want some targeted coaching for your training? Zwift has sophisticated cycling and running plans that are customized and tailored to your fitness level. You can also create individual workouts in the app to achieve specific goals. Your personal best - virtual training with thousands of other athletes and feedback on the display provide the motivation boost you often need. In addition, since the performance data from the workout (such as rpm and watts) is transferred to the app, points can be collected and real competitions can be contested. Zwift is available on Google Play and in the App Store.

Engine power: 3.25 HP / 2.39 kW continuous power motor with digital drive system  
Speed: 0,8-20km/h in 0.1 km/h steps  
Tread: 153 x 56 cm  
Gradient: 0-15% in 0.5% steps  
Training computer: 3 white LED windows



Displayed values: Calorie consumption, speed, distance, time, heart rate, incline

Training programs: 14

Pulse-controlled programs: 2

User-defined programs: 2

Hand pulse sensors: Yes

Pulse receiver: Bluetooth

Multimedia: Bluetooth interface, tablet holder, @Zone APP, Kinomap, Zwift

Foldable: Yes

Accessories: Drink holder

Options: Bluetooth transmitter belt, floor protection mat

Folding dimensions (length / width / height): L 114 x W 97 x H 181 cm

Dimensions (length / width / height): L 206 x W 97 x H 147 cm

Device weight: 125 kg

Payload: 180 kg

Insert: Home

Features: Cushioning system with Variable Response Cushioning + AirTrain Technology (air cushioning system)