



Horizon Fitness Omega Z "Dark Edition" treadmill



The Horizon Fitness Omega Z treadmill combines an open, clean design with color-based target training and intuitive console with clear feedback for a simple yet smart workout experience that fits your goals and your home. The exclusive PulseTrain program provides a challenging, motivating workout that leads to measurable cardiovascular improvements. Enjoy a goal-oriented workout on this innovative treadmill with minimalist aesthetics.

CHF 1'590.00

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

Features:

- 3PS/2.2kW continuous power motor with digital drive system
- Electronically adjustable incline 0-12%
- Speed electronically adjustable from 0.8-20km/h in 0.1 km fine increments
- Running belt with 1.6 mm belt thickness
- Foldable - FEATHERlight folding system
- Running surface 140 x 53cm
- Cushioning system: Variable Response Cushioning (VRC) - three-zone system for an optimal running experience in every phase of a stride
- Training computer with 3 color LED window displaying calorie consumption, speed, distance, time, heart rate, incline
- **PULSETRAIN TECHNOLOGY** - the PulseTrain program uses your heart rate and the universal color language to keep you motivated on the way to your goals. Whether endurance training, aerobic training, threshold training or anaerobic training, the console constantly checks your heart rate and signals with bright colors whether you are in the target range or should make a little more or less effort
- Sprint 8 program - anaerobic training program that promotes the natural production of growth



hormones and thus helps to reduce weight, build muscle and prevent ageing - maximum results in the shortest possible time with the 20-minute HIIT workout, which has been proven to burn up to 27% body fat in just eight weeks

- Pulse Train: Pulse 1, 2, 3, 4
- Distance programs: 1k, 5k, 10k
- Calorie target: 300kcal, 500kcal, 700kcal
- Interval programs: Speed interval, distance interval
- Weight reduction
- Heart rate programs: Target heart rate, % target heart rate
- Step programs: 5000, 10000
- User program
- One-touch control starts and ends the workout
- Bluetooth compatibility connects accessories such as heart rate chest straps and synchronizes training data with popular fitness apps
- @Zone APP* - compatible - with @Zone you can jog through exotic locations on virtual journeys, compete with people around the world, redefine your fitness with Sprint 8 HIIT and keep challenging yourself with goal-based workouts. The training progress can be documented to make progress visible. If you like, you can even compare your own performance with the best @Zone users worldwide. The app can now be downloaded free of charge (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 various sports have already been uploaded by users
- Compatible with ZWIFT***
- EnergySaver mode - after 15 minutes of inactivity, the device automatically switches to energy-saving mode
- Band stop safety key
- round handrails provide support for users of all sizes
- angled bars provide comfortable support during active recovery of high intensity interval training
- the forward inclined frame design creates enough space for challenging sprints
- 4 transport wheels for upright transportation (Up & Move)
- height compensation
- UltraControlled Drop System
- Underbody cover
- Water bottle holder
- Recommended retail price CHF 1'799.--

Use: home use, payload: approx. 159kg

Equipment dimensions: L183 x W89 x H144cm, folding dimensions: L103 x W89 x H169cm, weight 93kg

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

Options: Horizon Fitness Bluetooth transmitter belt, floor protection mat

Warranty: 2-year full warranty

@Zone-APP*

The free @Zone-APP connects your smartphone or tablet (iOS/Android) to the treadmill via Bluetooth.

Little effort, maximum success - with the exclusive HIIT training program Sprint 8, amazing results in



terms of general fitness and fat burning are achieved with three short training sessions per week. **Once around the world** - Virtual Active synchronizes high-resolution film footage of real routes with the speed and intensity of the workout. The incline or resistance changes automatically and adapts to the landscape profile on the screen. Every month, 300 minutes of this program are included free of charge in the @Zone app. **Target training programs** - with the 5 target-based training programs (time, distance, calorie consumption, pace and target heart rate) you can always set yourself new challenges and increase your performance in a targeted manner. **Workout tracking** - All data is summarized in the training history so that progress is documented from training session to training session. If you like, you can even access the worldwide leaderboard to compare your own performance with the top users of @Zone.

Kinomap APP**

The Kinomap APP turns training into a motivating, interactive training experience. The app provides videos for cross trainers, ergometers, treadmills and rowing machines. The Kinomap APP is connected to the training device via Bluetooth. Choose a route and cycle, run or row as if you were there yourself. You can track your progress on the map. As the videos are geocoded, the app also adjusts the resistance (on selected models) to the terrain profile of the training route. Train more than 170,000 km alone or in competition with others - the Kinomap videos are uploaded by users. There are already over 170,000 kilometers of varied routes available for the various 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 that you can keep an eye on your performance while you are running through Central Park, for example. The multiplayer sessions are also particularly challenging, where you can take part in public races or arrange to meet up with friends for a little race. Kinomap is available in a free basic version from 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. Would you like 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 to 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 before! Your personal training plan - Are you looking for a long-term strategy for your next competition? Or simply want targeted coaching for your training? Zwift has sophisticated cycling and running plans that are individually tailored and adapted to your fitness level. You can also create individual training sessions in the app to achieve specific goals. Your personal best performance - virtual training with thousands of other athletes and feedback on the display often provide the necessary motivational boost. As the performance data from the training (such as rpm and watts) is transferred to the app, points can also be collected and real competitions can be held. Zwift is available from both Google Play and the App Store.

Engine power: 3 HP/2.2 kW (Digital Drive)
Speed: 0,8-20km/h in 0.1 km/h steps
Tread: 140 x 53 cm



Gradient: 0-12% in 1% steps

Training computer: 3 coloured LED windows

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

Training programs: 15

Pulse-controlled programs: 2

User-defined programs: 1

Hand pulse sensors: Yes

Pulse receiver: Bluetooth

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

Foldable: Yes

Accessories: Drink holder, tablet tray

Options: Bluetooth transmitter belt, floor protection mat

Folding dimensions (length / width / height): L103 x W89 x H169cm

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Device weight: 93 kg

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Insert: Home