



Horizon Fitness Paros 3.0



The compact Paros 3.0 ergometer impresses with its modern design and precise, electronic resistance adjustment using a magnetic brake. Find your perfect training position with the variable handlebars and ergonomic touring saddle. The Paros 3.0 from Horizon Fitness offers intuitive controls and quick selection buttons for changing the resistance on the handlebars.

CHF 649.00

Equipment:

- ECB magnetic brake
- External power supply with mains adapter
- flywheel mass approx. 7kg
- Training computer with 14cm backlit LCD window with profile display and display for resistance, time, distance, cadence, calories, speed and heart rate
- Recovery and body fat display
- Program profile
- Preset option
- 20 electronically controlled resistance levels
- Quick selection buttons on the handlebars to change the resistance
- 10 programs: Manual, interval, weight reduction, hill, cadence, target distance, target calories, competition, target heart rate, user-defined
- Bluetooth 4.0 FTMS: compatible with popular fitness apps, such as @Zone*, Kinomap**, Zwift*** and Bluetooth chest strap
- Hand pulse sensors
- Integrated heart rate receiver for Bluetooth chest strap
- low entry
- front transport wheels
- Ergonomic touring saddle
- quick seat height adjustment
- vertical and horizontal saddle adjustment
- infinitely adjustable multi-position handlebars
- quick, easy handlebar adjustment



- self-righting pedals with adjustable straps
- energy-saving mode
- tablet holder
- bottle holder
- Powder-coated frame
- Smartphone / tablet not included in the scope of delivery
- Target price CHF 849.--

Application: home use, payload: approx. 135kg

Device dimensions: L107 x W53 x H144cm, weight 32kg

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

Options: Bluetooth heart rate transmitter belt

Warranty: 2-year full warranty, 30 years on frame and magnetic brake

@Zone-APP*- the free @Zone-APP connects the smartphone or tablet (iOS/Android) to the treadmill via Bluetooth. Low 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 from training to training is documented. If you like, you can even access the worldwide leaderboard to compare your performance with the top @Zone users.

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 adapts 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. There are various license models 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 contested. Zwift is available from both Google Play and the App Store.