

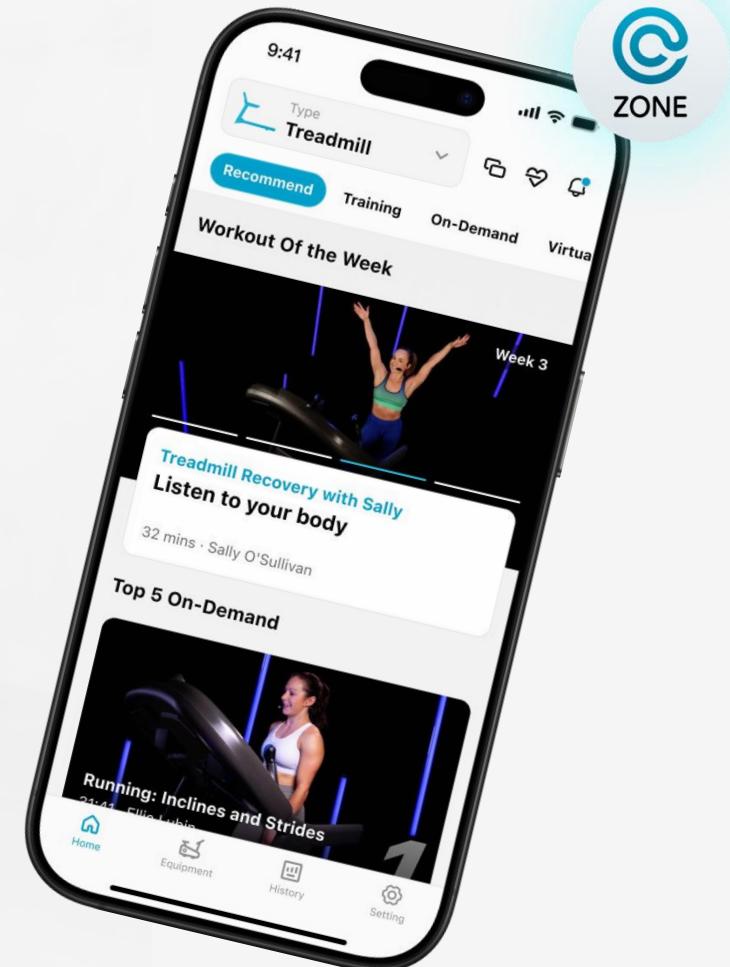


# **ATZONE APP**

## **2025 USER MANUAL**



- **Connection Abilities**
- **How to Begin**
- **Key Features**
- **Supportability**



# CONNECTION ABILITIES



# CONTENT

Horizon Equipment

**Strength**  
Products

**Cardio**  
Products

Bluetooth FTMS  
Standard Protocol

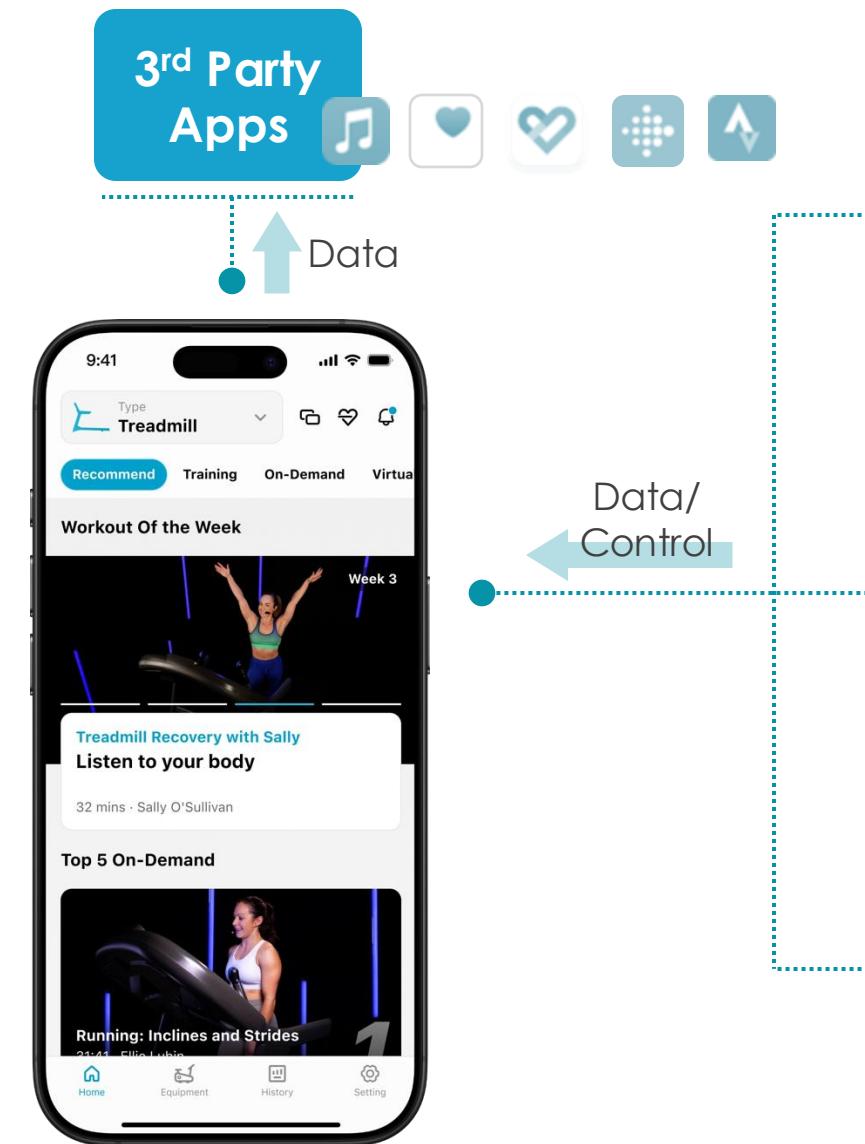
Command

Access

Access



Product  
Login



(Needed to set in the device's setting)



Heart Rate Strap



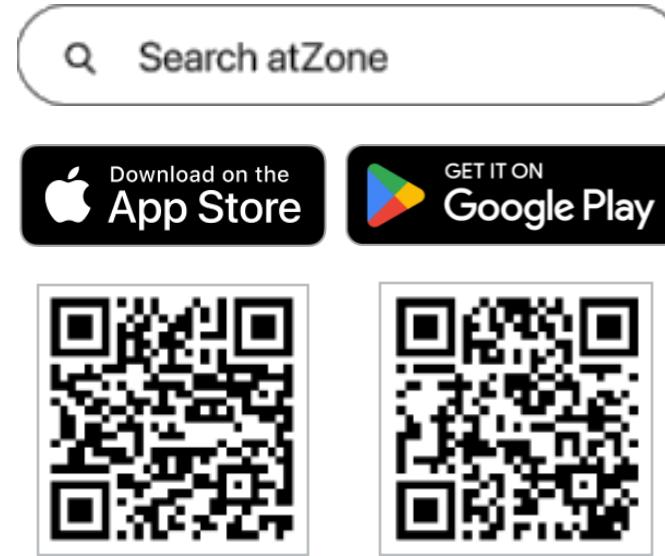
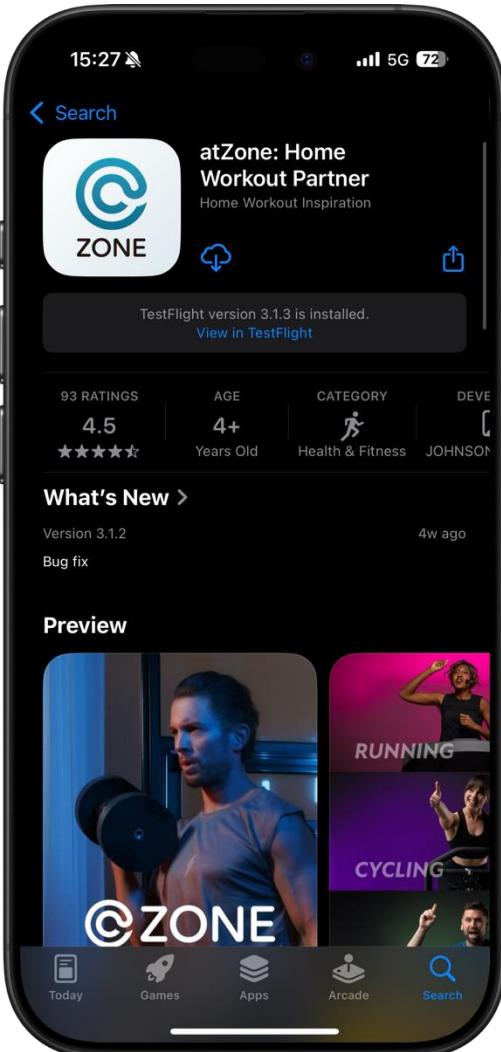
BT Audio Device



# *HOW TO BEGIN*



# DOWNLOAD ATZONE APP



## Method A.

- Step1: Go to App Store/Google Play on your Device
- Step2: Search “atZone” in the Store and find the atZone introduction page
- Step3: Press the “Download” button to install atZone into your devices.

## Method B.

- Step1: Scan the QR Code above for transferring to the atZone’s introduction page
- Step2: Press the “Download” button to install atZone into your devices.



# SIGN UP\_ WITH E-MAIL

## STEP 1

While jump into atZone  
Click "Sign up" button



## STEP 2

Enter a valid **Email** address/  
Enter **Password** (at least 8 characters)/  
Check checkboxes to continue

16:54 5G 27

Sign Up

Email\*  
Password\* Contains at least 8 characters

I have read and agree to [Privacy Policy\\*](#)  
I am over 18, have read and agreed to [Terms of Use\\*](#)

CONTINUE

or

Continue with Apple  
Continue with Google  
Continue with Facebook

## STEP 3

Check the email/  
enter **authentication code**

09:45 5G 82

Enter Authentication Code

Authentication code has been sent to  
**sandy32176549+3@gmail.com**

Authentication Code\*  
Authentication Code is 6 digits  
Resend authentication code in 51 seconds

CONTINUE

## STEP 4

Choose **Gender & Birth Date**/  
**Create New Account**

15:25 100

cannot be changed after account created

Gender\*  
Date of Birth\*  
Unit of Measurement  
Metric  
Height  
Weight

Your personal information will affect the accuracy of workout history data estimation.

Privacy Setting  
Users in atZone will see your avatar, nickname and region on the leaderboard.

CREATE NEW ACCOUNT



# SIGN UP\_ WITH SOCIAL ACCOUNT

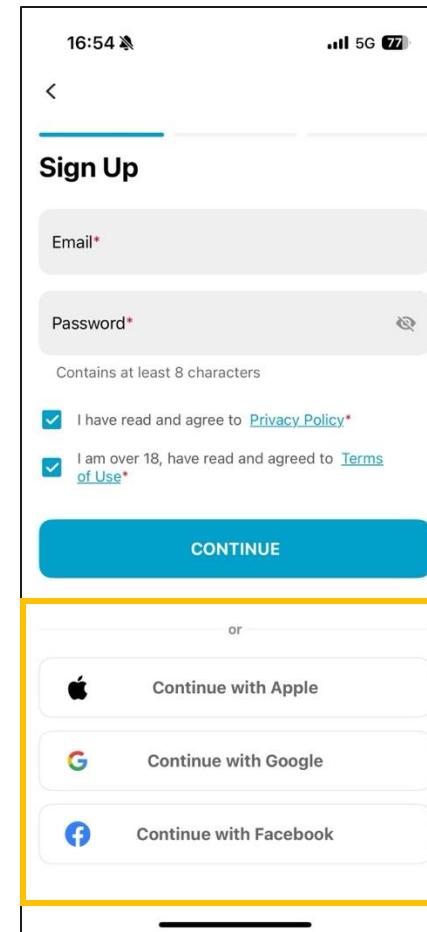
## STEP 1

While jump into atZone  
Click “Sign up” button



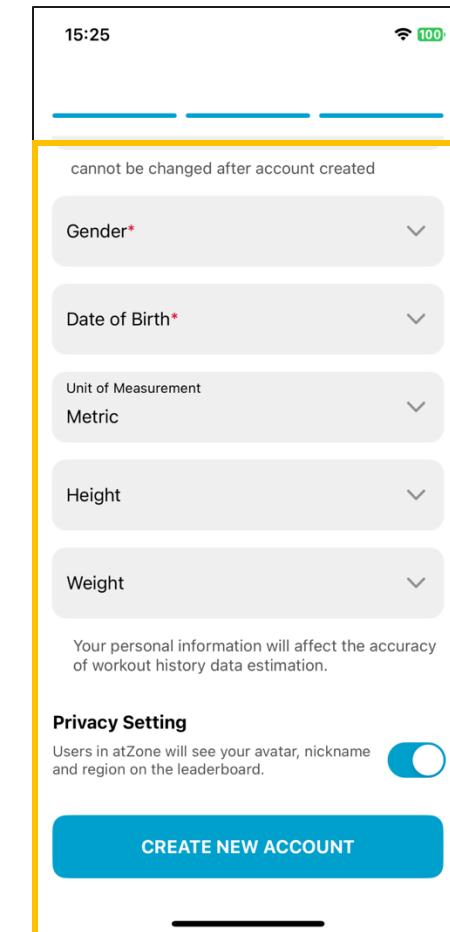
## STEP 2

Choose a social platform" to create an account via “Social Login”



## STEP 3

Choose **Gender & Birth Date/ Create New Account**





# SIGN IN

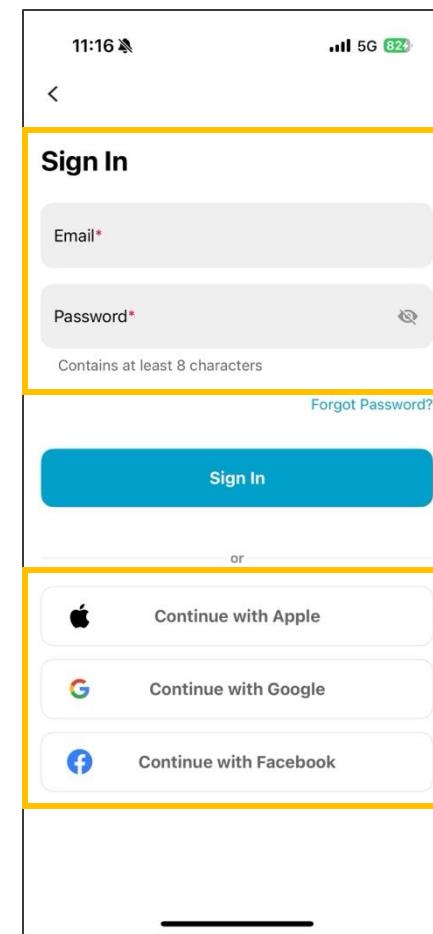
## STEP 1

While jump into atZone  
Click “**Sign In**” button



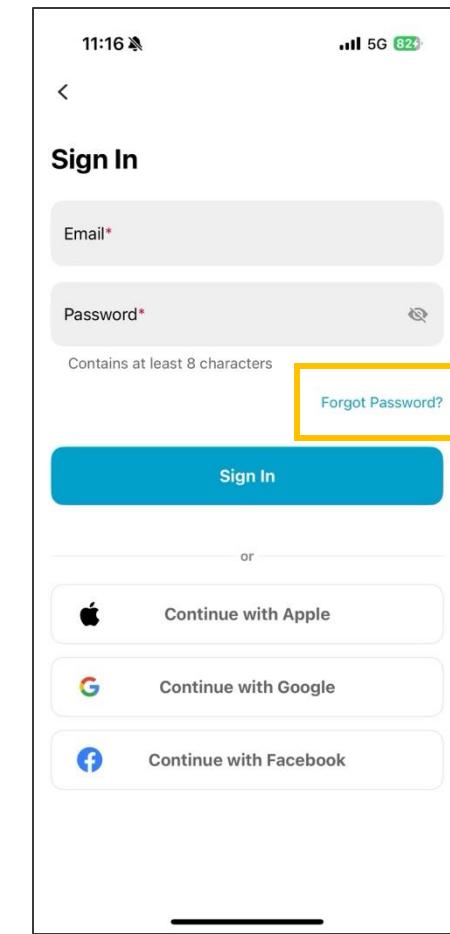
## STEP 2

Choose sign in  
with **Email Address**  
or **Social Account**



## STEP 3

If you forgot the password,  
Click “**Forgot Password**”  
to Reset the password





# FORGOT PASSWORD

## STEP 1

Click “Forgot Password” to Reset the password

11:16 5G 82%

Sign In

Email\*

Password\* Contains at least 8 characters

Forgot Password?

Sign In

or

Continue with Apple

Continue with Google

Continue with Facebook

## STEP 2

Enter the **Email Address** You signed up

09:50 5G 81%

Enter email address

Email\*

CONTINUE

## STEP 3

Check you Email for the **Authentication Code** and fill in

09:51 5G 81%

Enter Authentication Code

Authentication code has been sent to  
sandy32176549@gmail.com

Authentication Code\* Contains at least 8 characters

CONTINUE

## STEP 4

Reset your Password

09:52 5G 81%

Reset Password

New Password\* Contains at least 8 characters

SAVE

## STEP 5

Sign in with your New Password

09:50 5G 81%

Sign In

Email\*

Password\* Contains at least 8 characters

Forgot Password?

Sign In

or

Continue with Apple

Continue with Google

Continue with Facebook

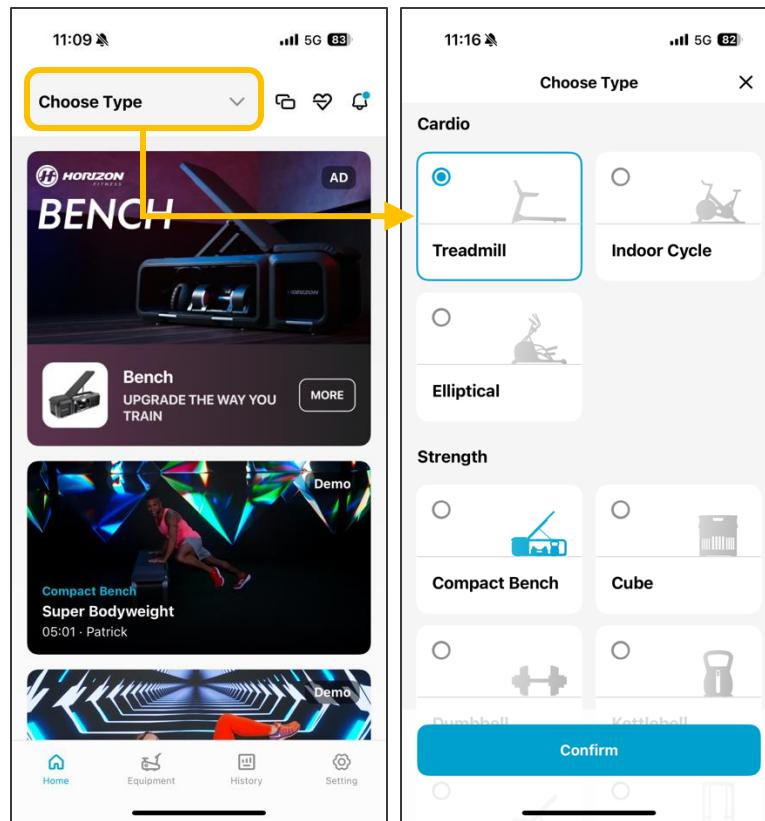


# CHOOSE THE EQUIPMENT TYPE

## STEP 1

After successfully sign-in into atZone, select the “**Equipment Type**” of your **Horizon Product** from the homepage.

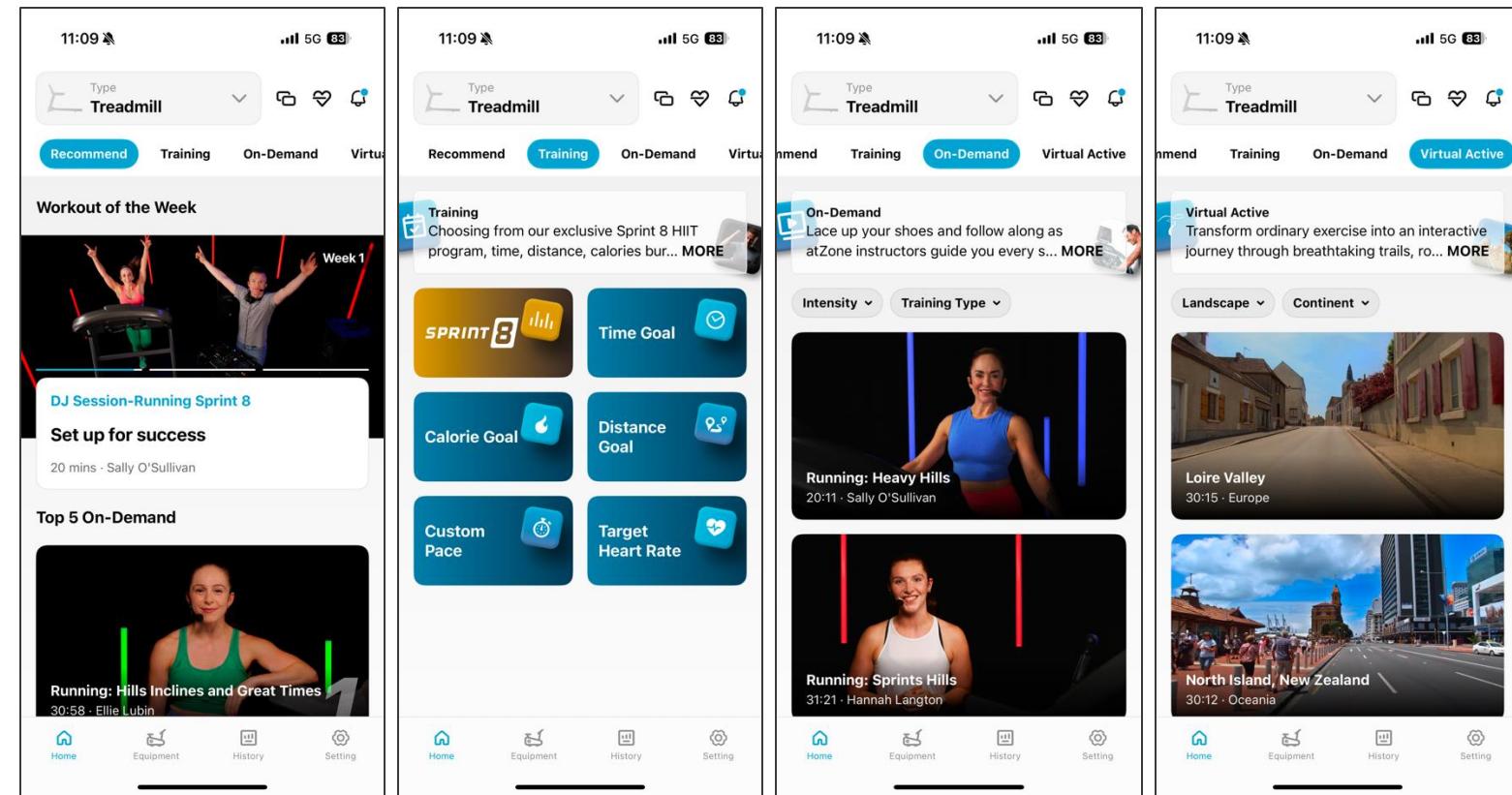
(Treadmill/Indoor Cycle/Elliptical/Compact bench/Cube/Dumbbell/Kettlebell/Bench/Rack)



## STEP 2

Once you select a specific equipment type, you will see all the **content** and **workout programs** related to that equipment type.

(Recommend/Training/On-Demand/Virtual Active)

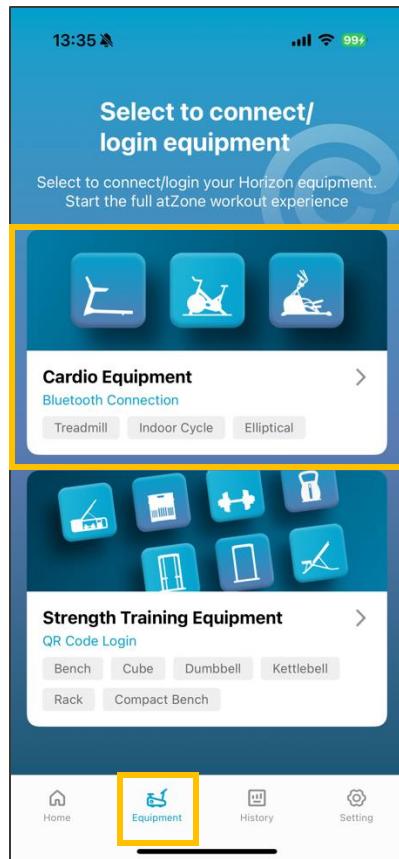




# CONNECT TO CARDIO EQUIPMENT \_ MANUAL SETTING

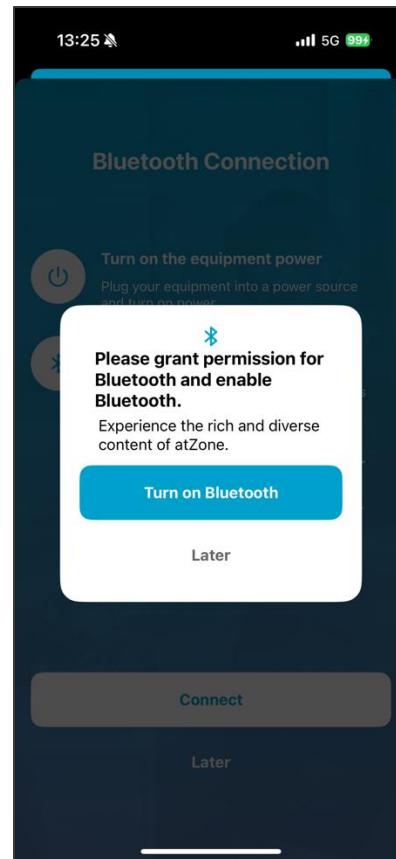
## STEP 1

Choose “**Cardio Equipment**”  
Type From the  
“**Equipment**” section



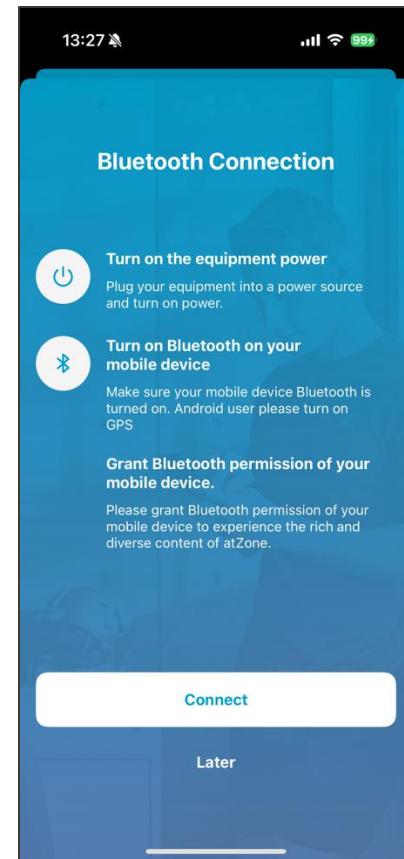
## STEP 2

Remember to turn on the  
“**Bluetooth Connection**”  
on your device



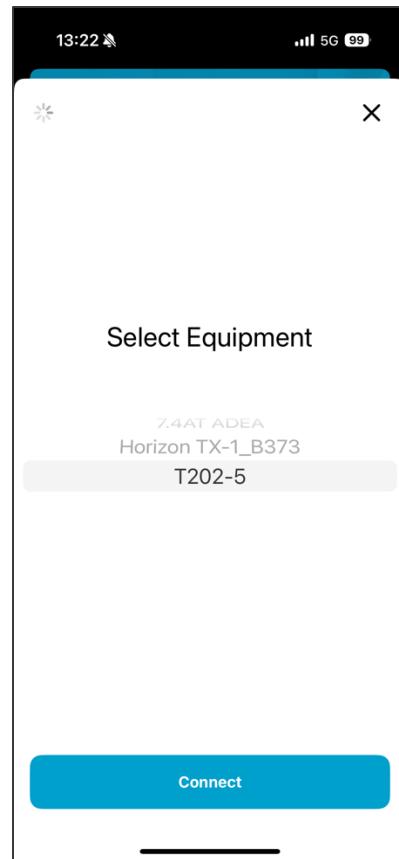
## STEP 3

Click “**Connection**”  
to connect



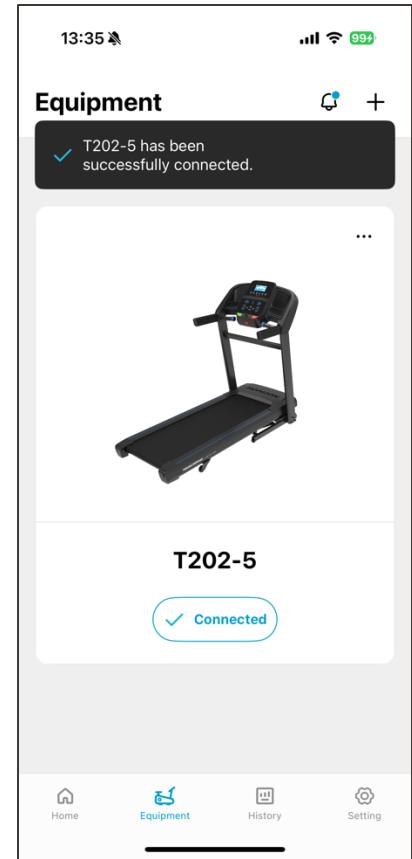
## STEP 4

Choose the “**Model**”  
you want to connect  
and hit connect



## STEP 5

If connected successfully,  
the model will show  
on the Equipment section





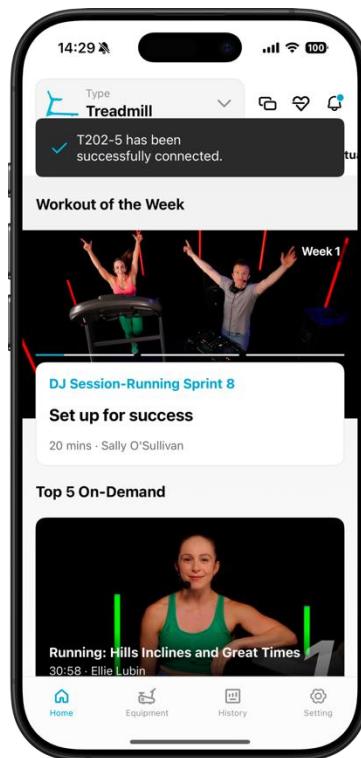
## CONNECT TO CARDIO EQUIPMENT \_ AUTO CONNECTION

# Bluetooth Auto Connection

atZone could auto-connect to the most recently connected equipment and help users start doing workouts without any connection settings once they open the app.

### Reminder

- Make sure users turn on the mobile Bluetooth function. (Android user should also turn on GPS)
- Make sure users hardware equipment is turned on.  
**The hardware equipment cannot be auto connected if user disconnect manually last time.**
- APP will detect the equipment's signal for 30 sec.



Horizon Equipment

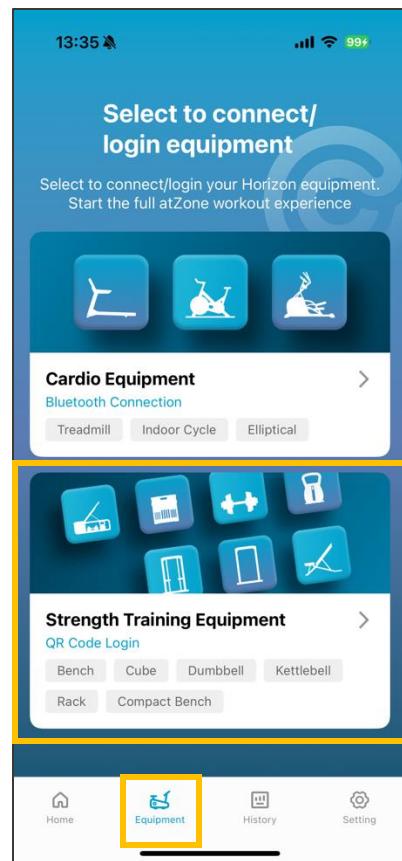




# REGISTER STRENGTH EQUIPMENT

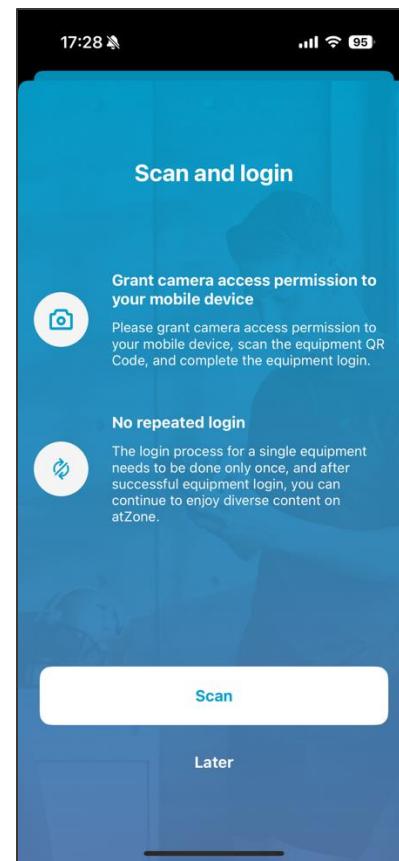
## STEP 1

Choose “Strength Training”  
Type From the  
“Equipment” section



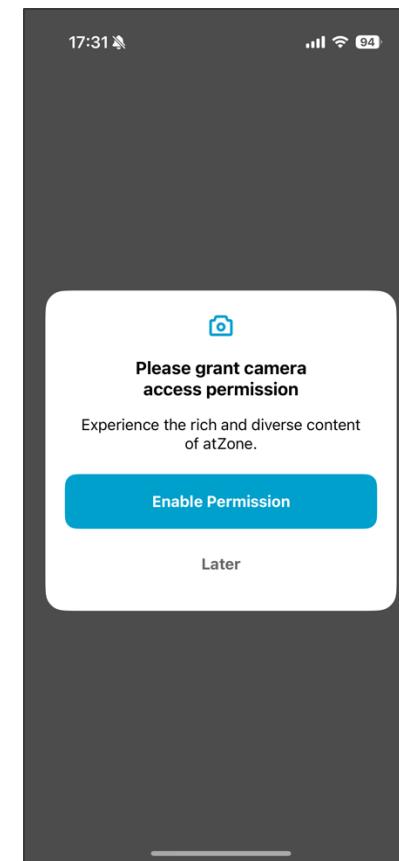
## STEP 2

Click “Scan”  
For scanning  
the QR Code



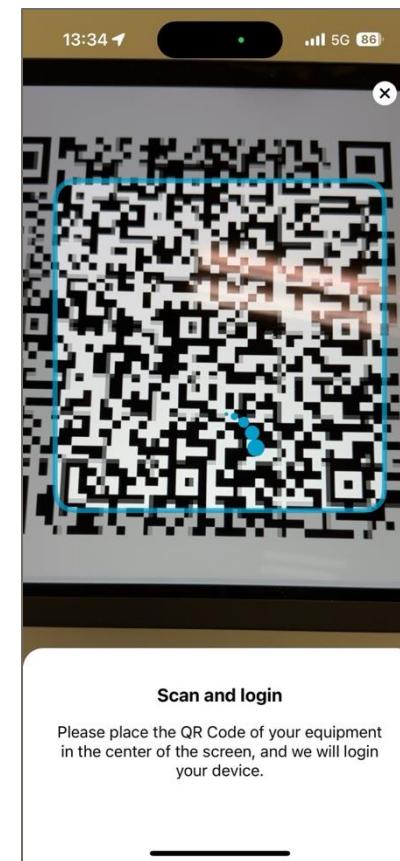
## STEP 3

Enable the **Camera Access Permission**  
to let atZone use camera



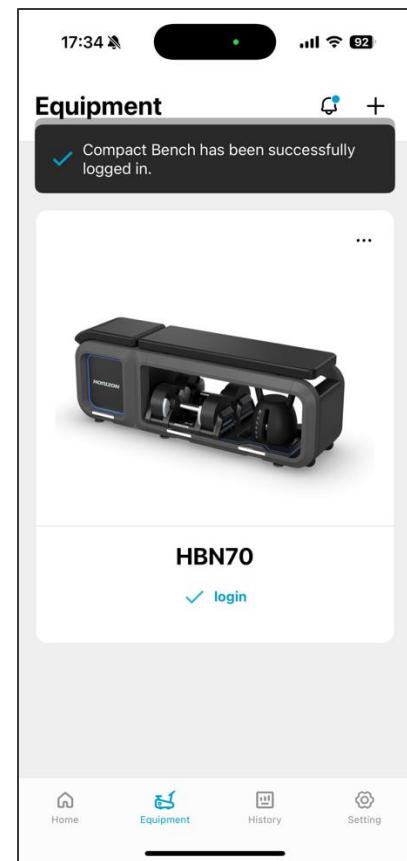
## STEP 4

Scan the **QR Code sticker**  
On the Strength Equipment  
for registration



## STEP 5

Users need to  
complete registration  
to access Strength features

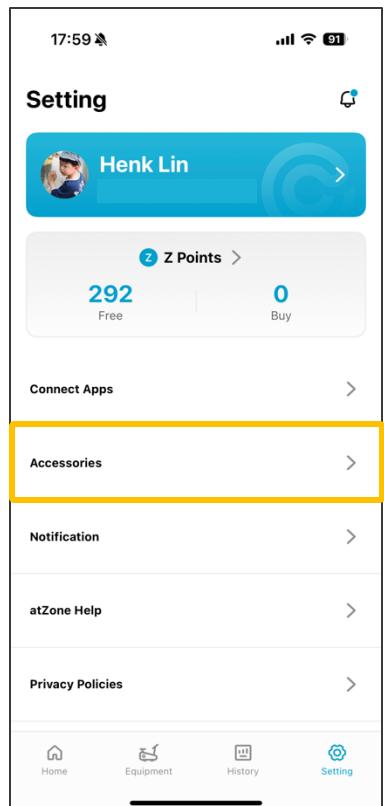




# CONNECT TO ACCESSORIES (BT HEART RATE DEVICE)

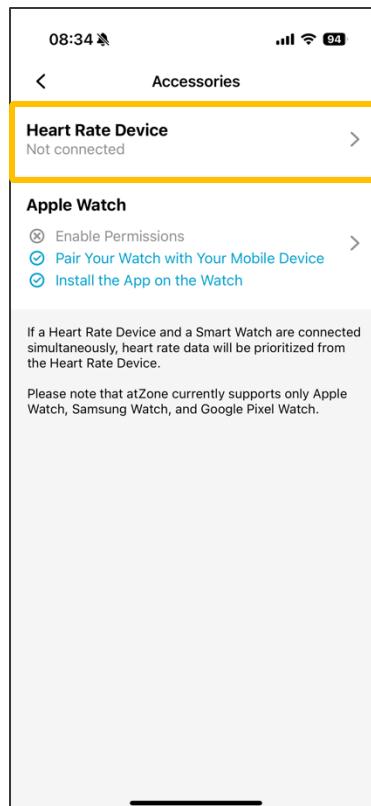
## STEP 1

Click “Accessories” for Heart Rate Strap connection setting



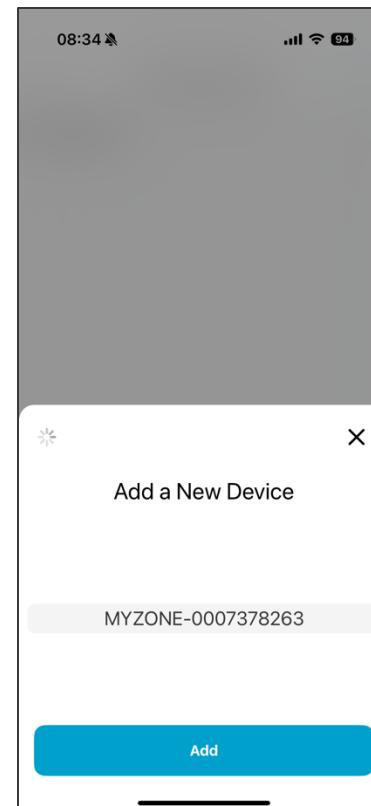
## STEP 2

Choose “Heart Rate Device” section



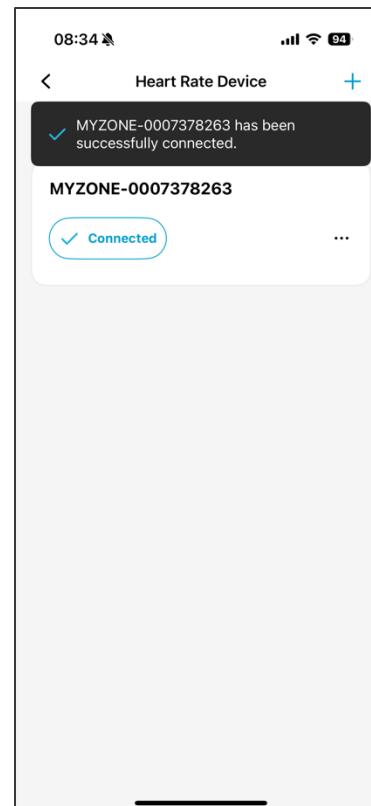
## STEP 3

Turn on Bluetooth & the Heart Rate Strap you want to connect with



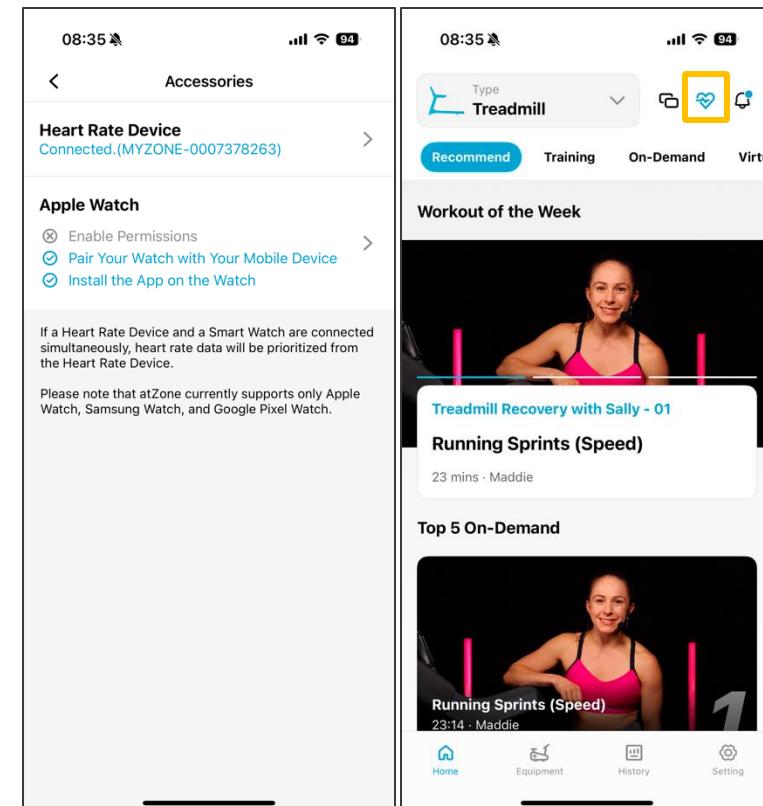
## STEP 4

If the connection is successful, the list will show “Connected”



## STEP 5

When the connection is maintained, both the **accessories page** and the **heart rate icon** on the homepage will indicate that the device is "still connected."





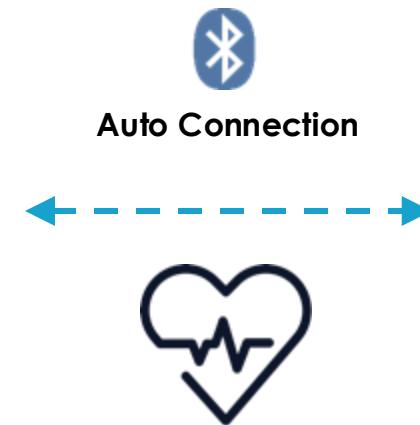
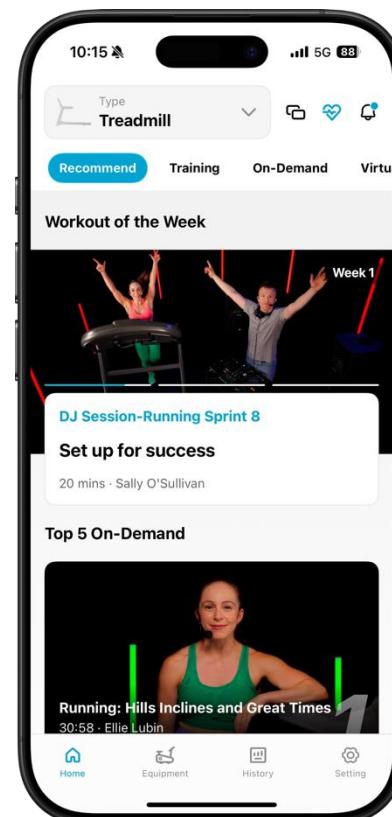
## CONNECT TO ACCESSORIES (BT HEART RATE DEVICE)

# Bluetooth Auto Connection

atZone could auto-connect to the most recently connected heart rate device once they open the app, eliminating the need for manual pairing.

### Reminder

- Make sure users turn on the mobile Bluetooth function. (Android user should also turn on GPS.)
- Make sure users heart rate device is turned on.
- **The heart rate device cannot be auto connected if user disconnect manually last time.**
- APP will detect the HR device's signal for 3 mins.



Heart Rate Strap

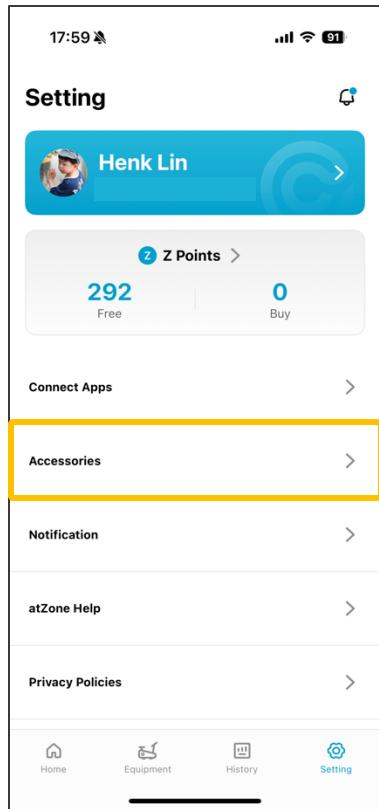




# CONNECT TO ACCESSORIES (SMARTWATCH)

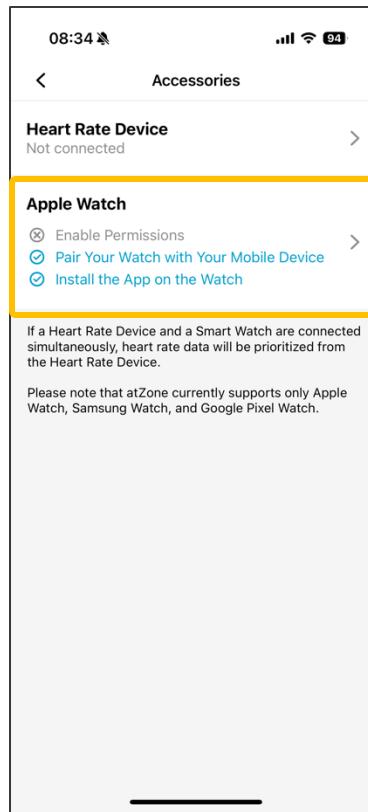
## STEP 1

Click “Accessories” for **Heart Rate Strap** connection setting



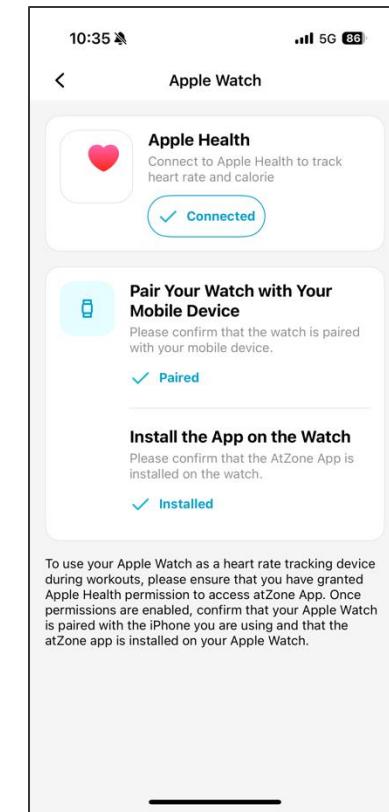
## STEP 2

Choose “Apple Watch(iOS)/Smart Watch(Android)” section



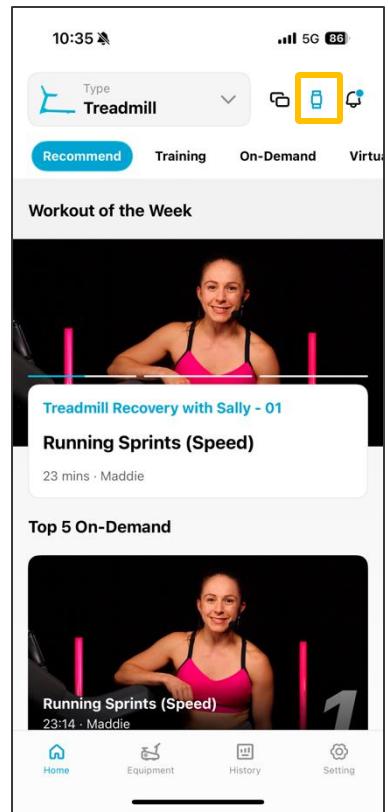
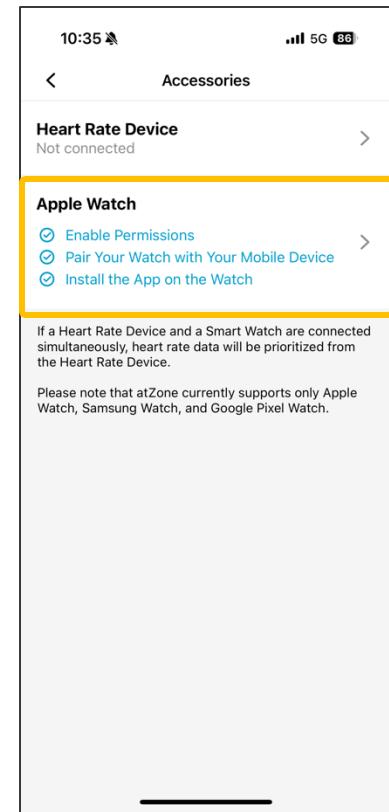
## STEP 3

Make sure you've **paired the watch** to your phone, **installed atZone** on the watch, and got the **permission** **To access the Health app**



## STEP 4

When the connection is maintained, both the **accessories page** and the **heart rate icon** on the homepage will indicate that your smart watch is "connected."



- ❖ If both the heart rate device and smartwatch are connected to atZone, the app will prioritize the data from the heart rate device.



# CONNECT TO ACCESSORIES (SMARTWATCH)

## Cardio Function

During Cardio workouts, users can monitor health data such as "**Heart Rate**" and "**Calories Burned**" through their smartwatches.

They can also check **Workout Duration** and even **End the workout** directly from the smartwatch.



## Strength Function

During Strength workouts, users can use their smartwatches as a remote controller for their mobile devices. The smartwatch allows users to control workout states, including **Pausing**, **Resuming**, **Skipping** workout phases, and **Ending** workouts.

They can also monitor **Heart Rate** and **Calories Burned** through their smartwatch.

### Strength VOD



### Strength Training

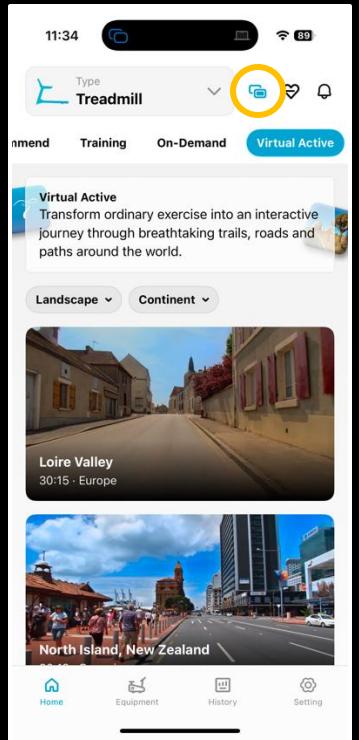




# SCREEN MIRRORING/CASTING

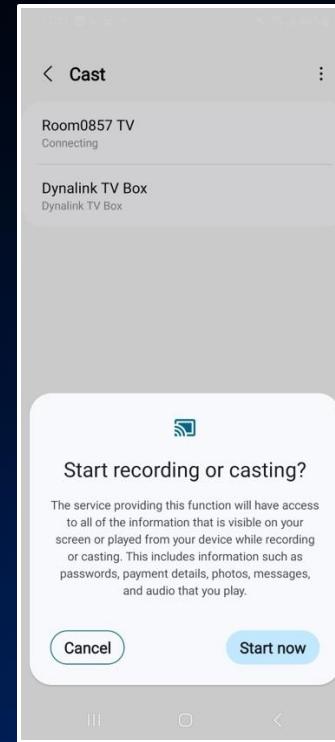
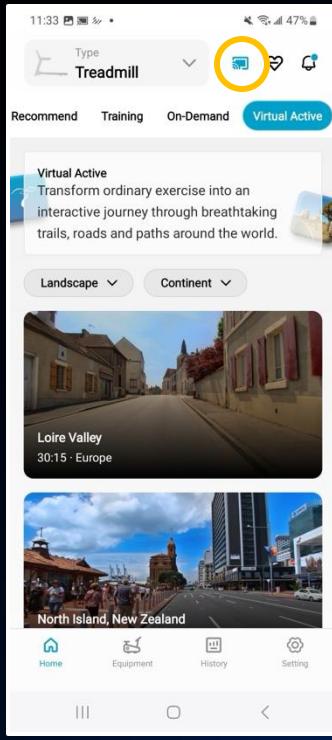
## Screen Mirroring

iOS/iPadOS



## Screen Casting

Android



# Mirroring/Casting to TV Screen

the Mirroring/casting **instructions** and **setup entrance** are located on the homepage, allowing users to configure screen Mirroring/casting in advance. This enables users to project their mobile screen onto a larger display, creating a more immersive workout experience.



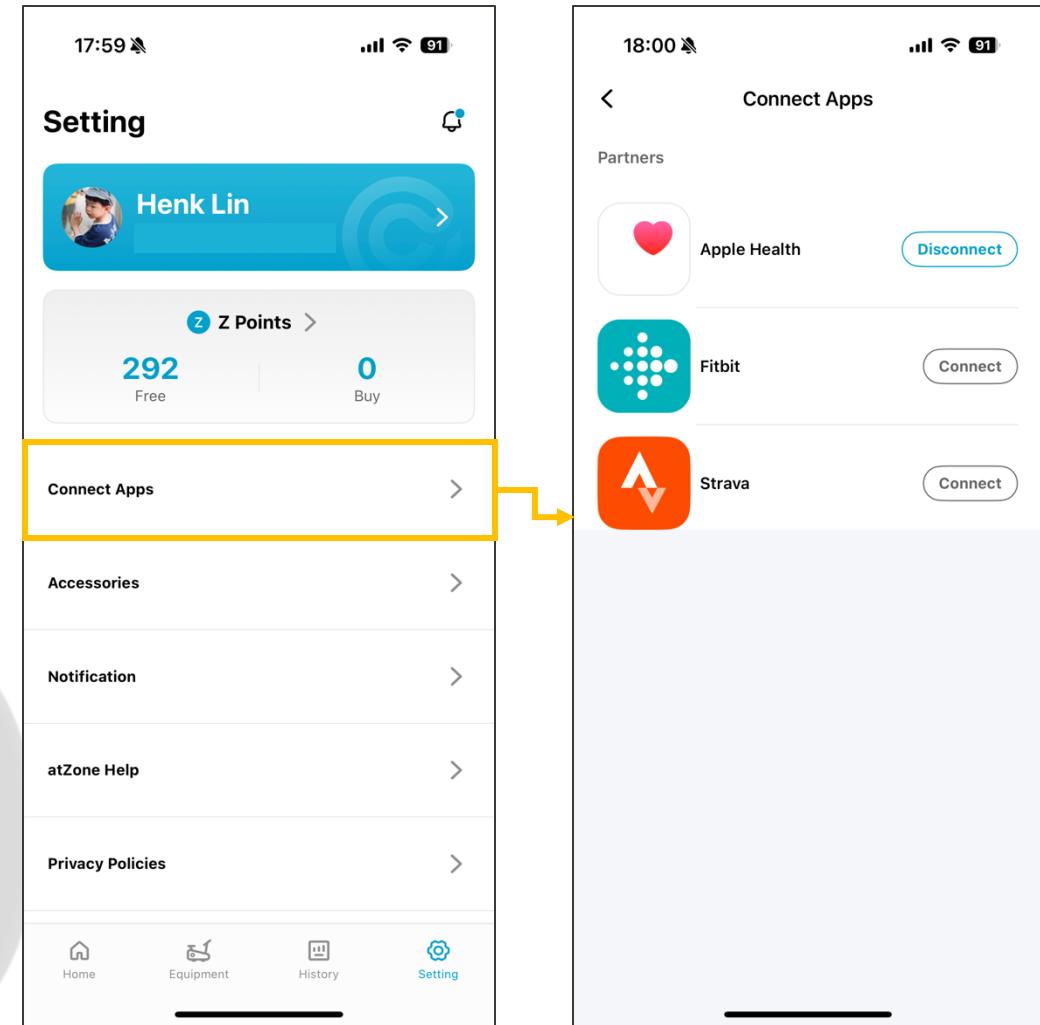
- Mirroring Function: for iOS/iPadOS users
- Casting Function: for Android users



# Work with multiple popular apps

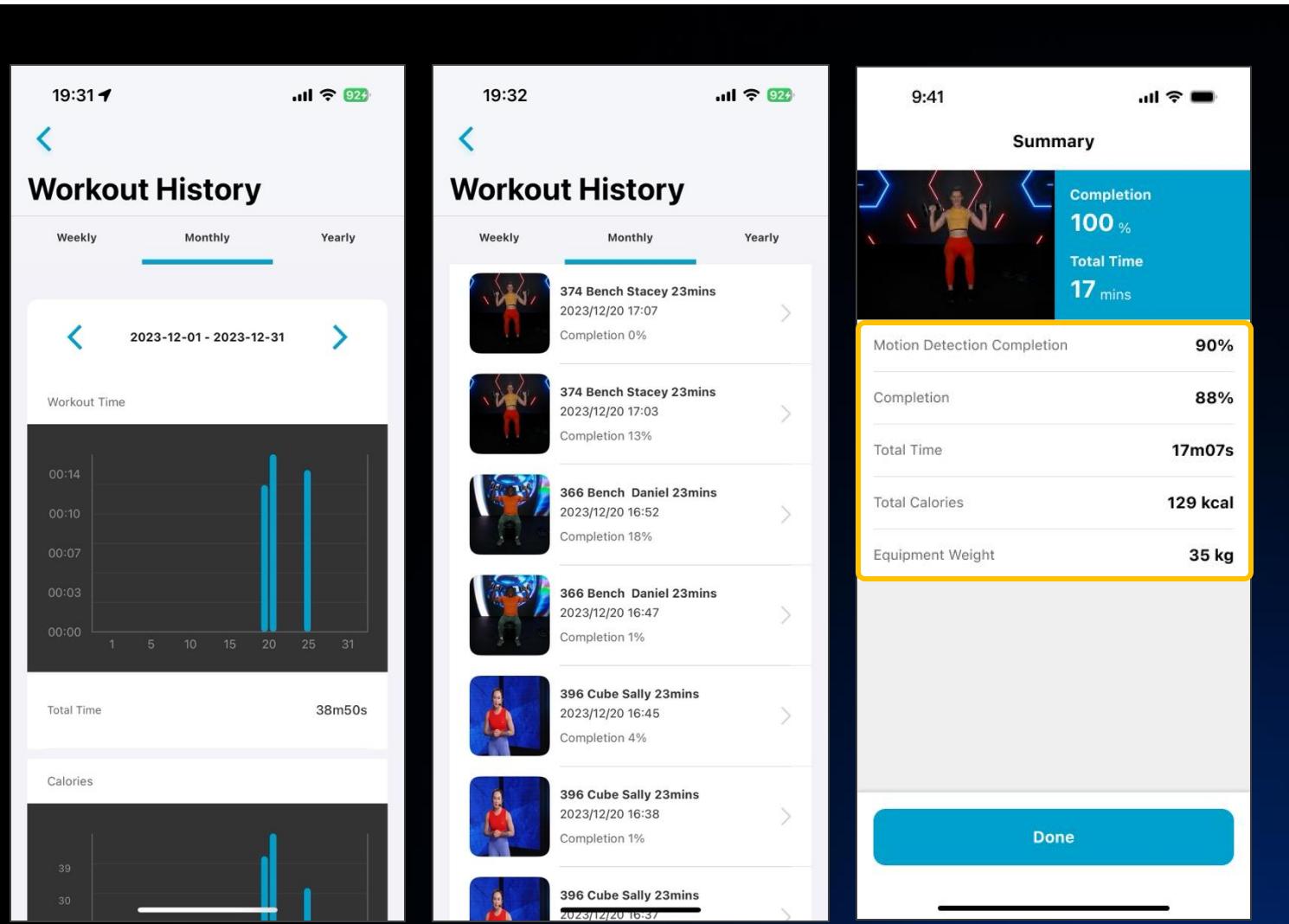
atZone can sync the workout data to 3<sup>rd</sup>-party apps and connects the smart watch to the user's heart rate.

- iOS: Apple Health, Fitbit, Strava, Apple Music
- Android: Google Fit, Fitbit, Strava
- Apple watch (Apple watchOS 8)
- Samsung watch (Android Wear OS11)





# TRACKING ALL THE WORKOUT



## Tracking Yourself

You can review all the workout history including Cardio and Strength workout types by Week, Month and Year.

Effortlessly tracking every workout to better understand your every time status and progress.

### Motion Detection Completion

The actual number of Reps the user is calculated by the AI model divided by the total coach workout count. If motion detection is not enabled, this data will be hidden.

### Completion

The actual time the user spent watching the video divided by the total video duration.



Z-POINTS

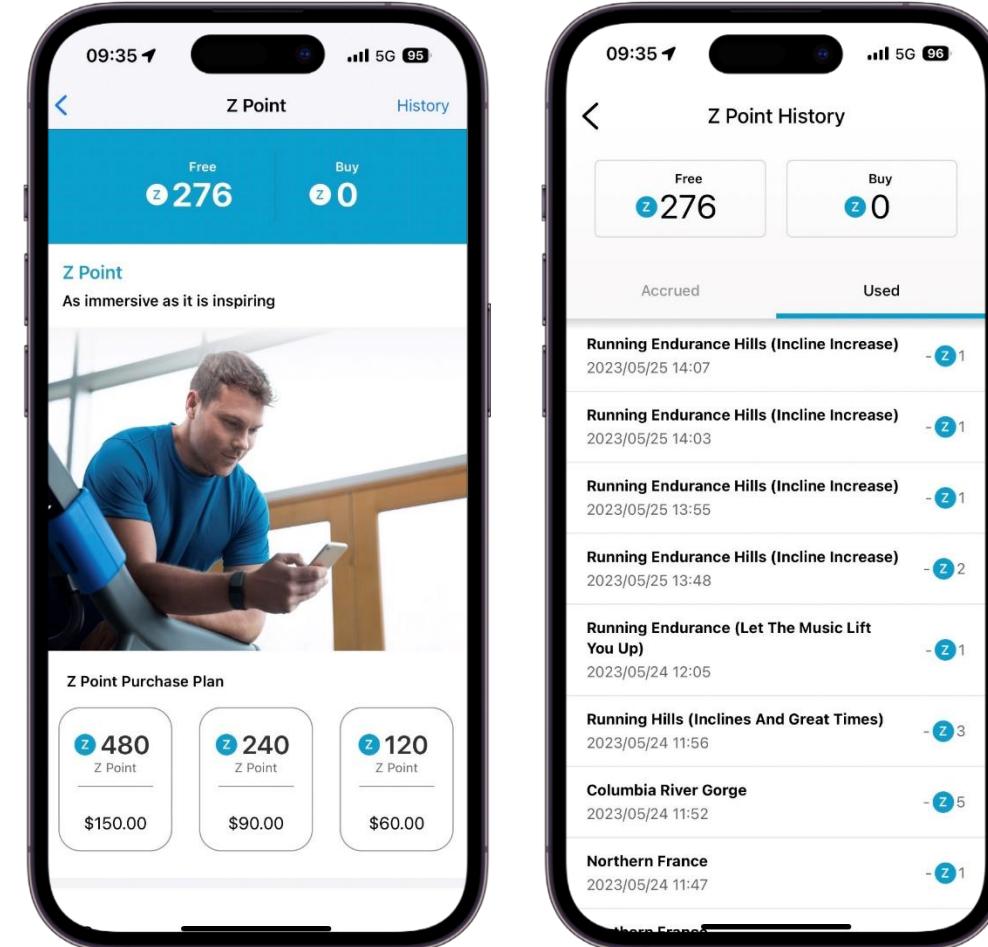
# Z Point implement

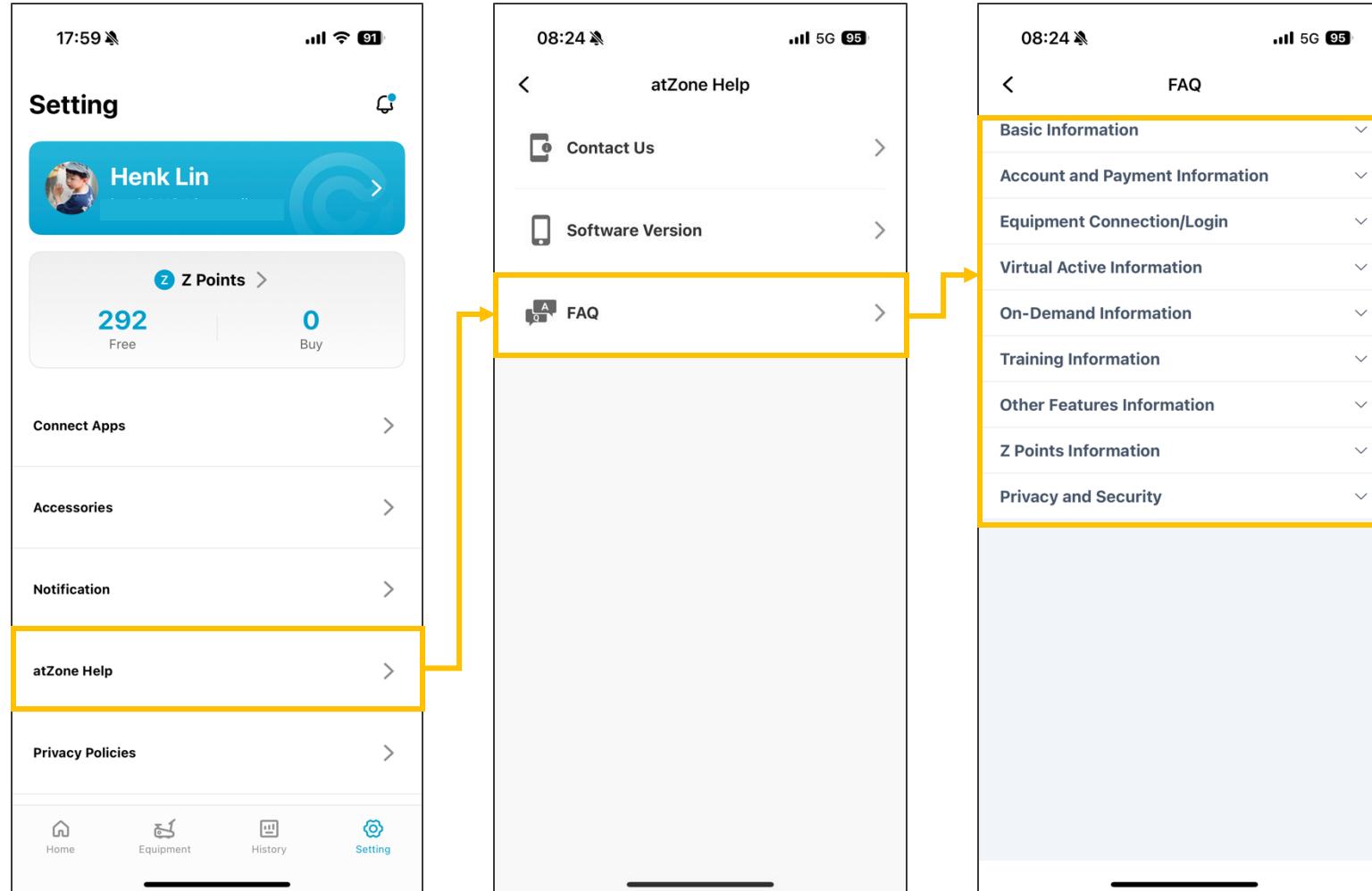
Any **streaming content** will consume Z points, including VA and VOD.

All users could get **300 FREE Z points** every months and it is automatic recharge to user account.

If user didn't use Z points ,it will turn to 0 point in the end of each months and get a 300 FREE points next month. If users need more Z points for workout, they can buy more points in the app.

\* Free Z Points plan is subject to change from HQ development team.





# Answers you might want to know

atZone provide in app FAQ section to help you find the answers you might want to know.

When you face any doubts or obstacles while using the app, you can find the answers you want to know in the FAQ section first.

# **KEY FEATURES**

| Recommend | Virtual Active | On-Demand | Training Program |



# RECOMMEND



Treadmill



Indoor cycle



Elliptical



Compact bench



Cube



Dumbbell



Kettlebell

## Workout of the Week

17:10 81% Type Treadmill

Recommend Training On-Demand Virtual

### Workout of the Week

**Week 4**

**Running Distance - Treadmill Journey**  
Running Distance with Patrick-04  
34 mins · Patrick

### Top 5 On-Demand

**1** Running: Push those Sprints 21:26 · Ellie Lubin

**2** Running: Sprint & Mix 2 23:05 · Holly Hayward

**3** Running: Inclines and Strides 31:41 · Ellie Lubin

**4** Running: Sprint & Mix 2 23:05 · Holly Hayward

**5** Running Distance - Treadmill Journey 34 mins · Patrick

Home Equipment History Setting

## Monthly Top 5

08:29 80% Type Treadmill

Recommend Training On-Demand Virtual

### Top 5 On-Demand

**1** Running: Inclines and Strides 31:41 · Ellie Lubin

**2** Running: Sprint & Mix 2 23:05 · Holly Hayward

**3** Running: Sprint & Mix 2 19:18 · Ellie Lubin

**4** Running: Sprint & Mix 2 23:05 · Holly Hayward

**5** Running Distance - Treadmill Journey 34 mins · Patrick

### Top 5 Virtual Active

**1** Bay Area 30:15 · North America

**2** Panama 30:15 · North America

**3** Meadows in the Parkways 30:19 · North America

**4** San Francisco 30:15 · North America

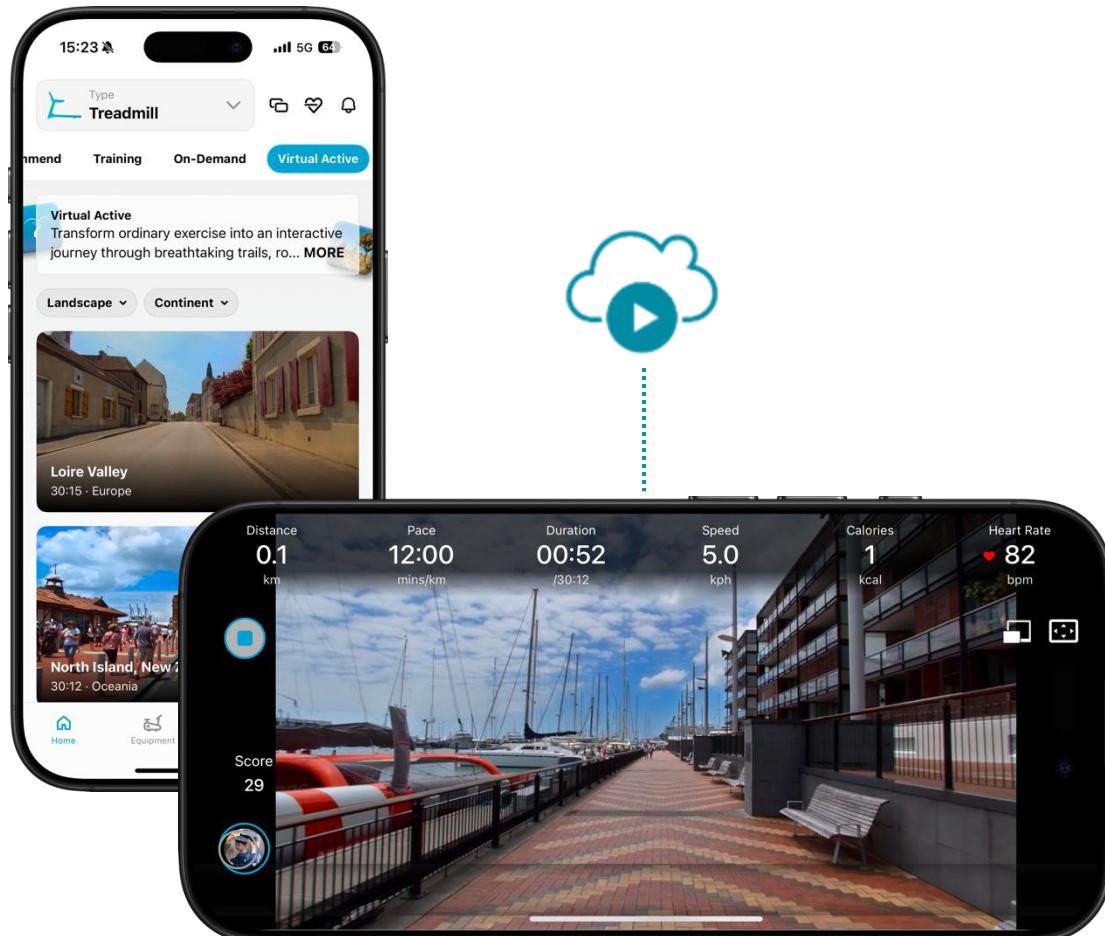
**5** Golden Gate Bridge 30:15 · North America

Home Equipment History Setting

# Monthly Courses Recommendation

The “**Recommendation**” section helps users skip excessive browsing or decision-making by offering direct access to atZone’s curated training programs (**Workout of the Week**) or the month’s popular VOD and VA courses (**Top 5**).

This allows users to dive straight into their workouts effortlessly.

 | VIRTUALACTIVE

Transform ordinary exercise into an interactive journey through breathtaking trails, roads and paths around the world.

- 20+ HD Virtual active video within atZone
- Using "Streaming Technology" and no need to download the whole content
- Run on a Virtual Active course at your own pace
- Support with incline and resistance function
- Knowing your best status and compete to others
- Consume Z Points for watching videos (300 Z-Points/month come free for users)



## Workout at your preferred level

Users can choose the level from **1 to 20**.  
Equipment will automatically enhance the **incline or resistance** according to the chosen level.

The first screenshot shows the app's main interface with a 'Virtual Active' tour selected. The second screenshot shows the tour details for 'North Island, New Zealand' with an 'EDIT' button highlighted. The third screenshot is a modal titled 'Level' showing a list of levels from 1 to 5, with 'Level 3' selected and highlighted.

## Knowing your position on the leaderboard

Users can review the best workout score of their own and others who have used the video

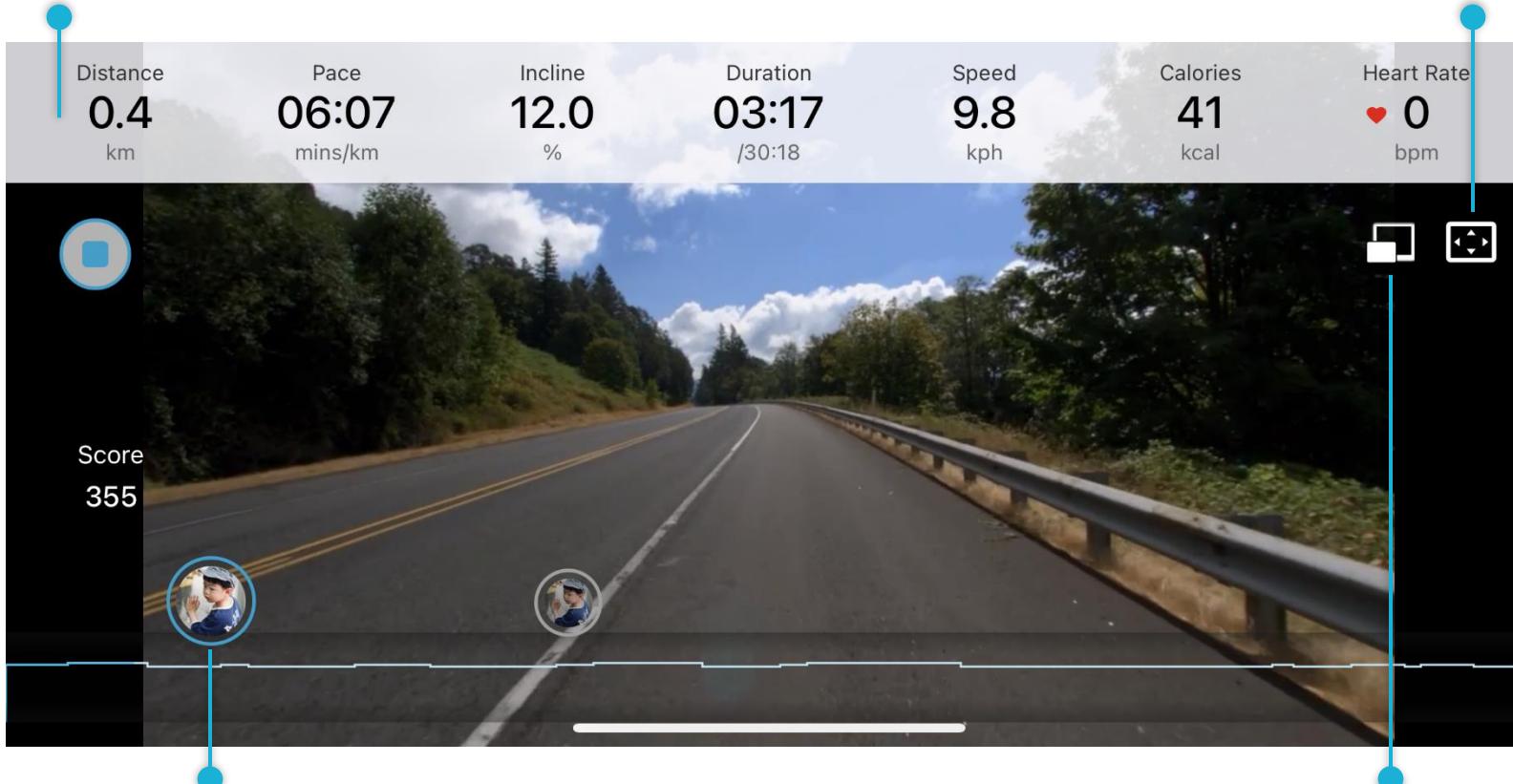
The left screenshot shows the tour details for 'North Island, New Zealand' with a '2024 Global Ranking' button highlighted. The right screenshot shows the 'Global Ranking' table, listing top users with their names, countries, and scores. The user 'Private Account' is at the top with a score of 18263.

Rank	User	Score
1	Private Account	18263
2	AM Japan	13747
3	山口 Japan	11633
4	Joel Australia	11599
5	Private Account	11378
6	カリビメ Japan	10812
7	ゆみ Japan	10570
8	yamazaru Japan	10532
9	マーぼー Japan	10460
10	Lumbered Japan	9811



## Dashboard

Users can see all the workout data in the dashboard when needed, and hide it when don't need it.



## Self Challenge

Compete to your best score and getting progress each day

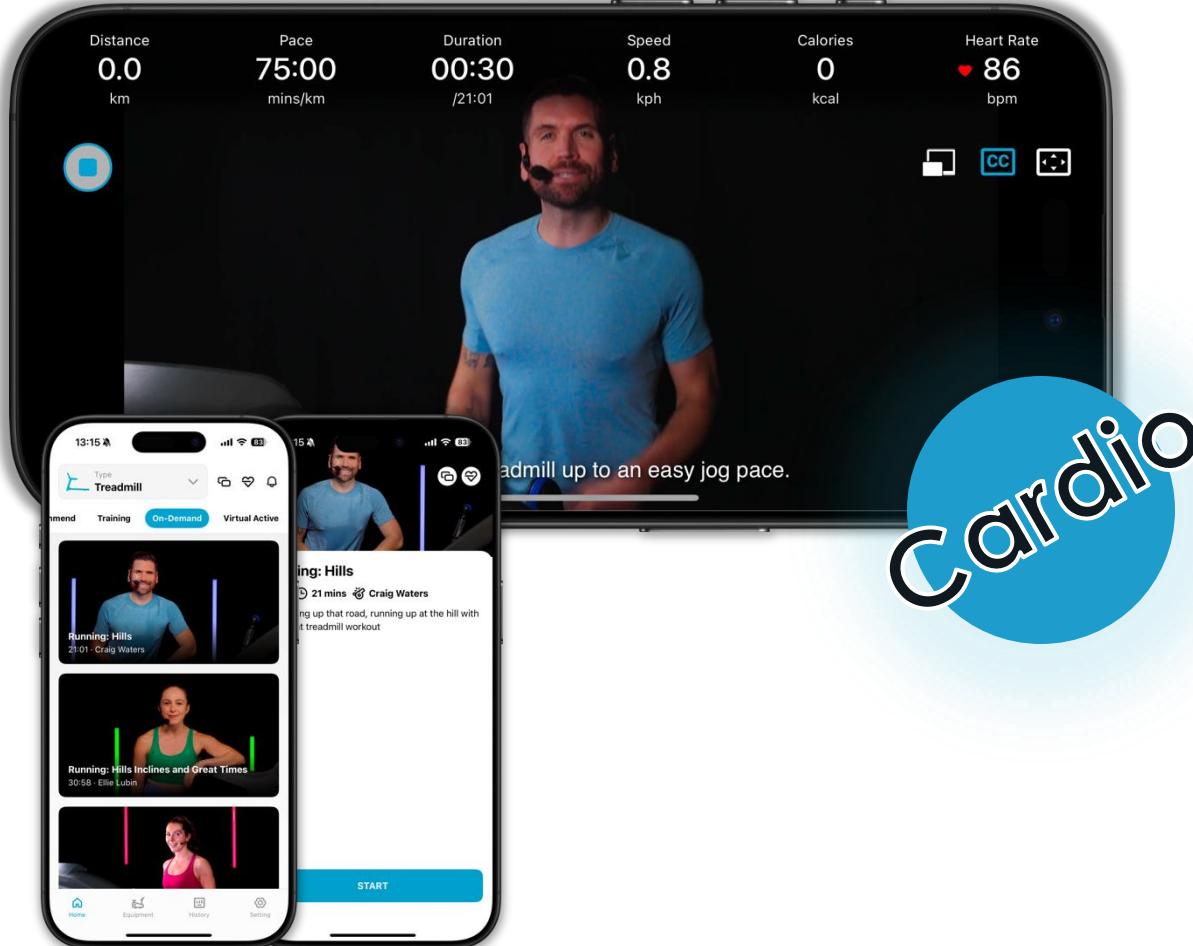
## Turn to full-screen

Let the VA Video fill your phone screen to have a more immersive experience



## Picture in Picture (iOS only)

Not missing any gorgeous view when you get other things to deal with on your phone



## VIDEO ON-DEMAND

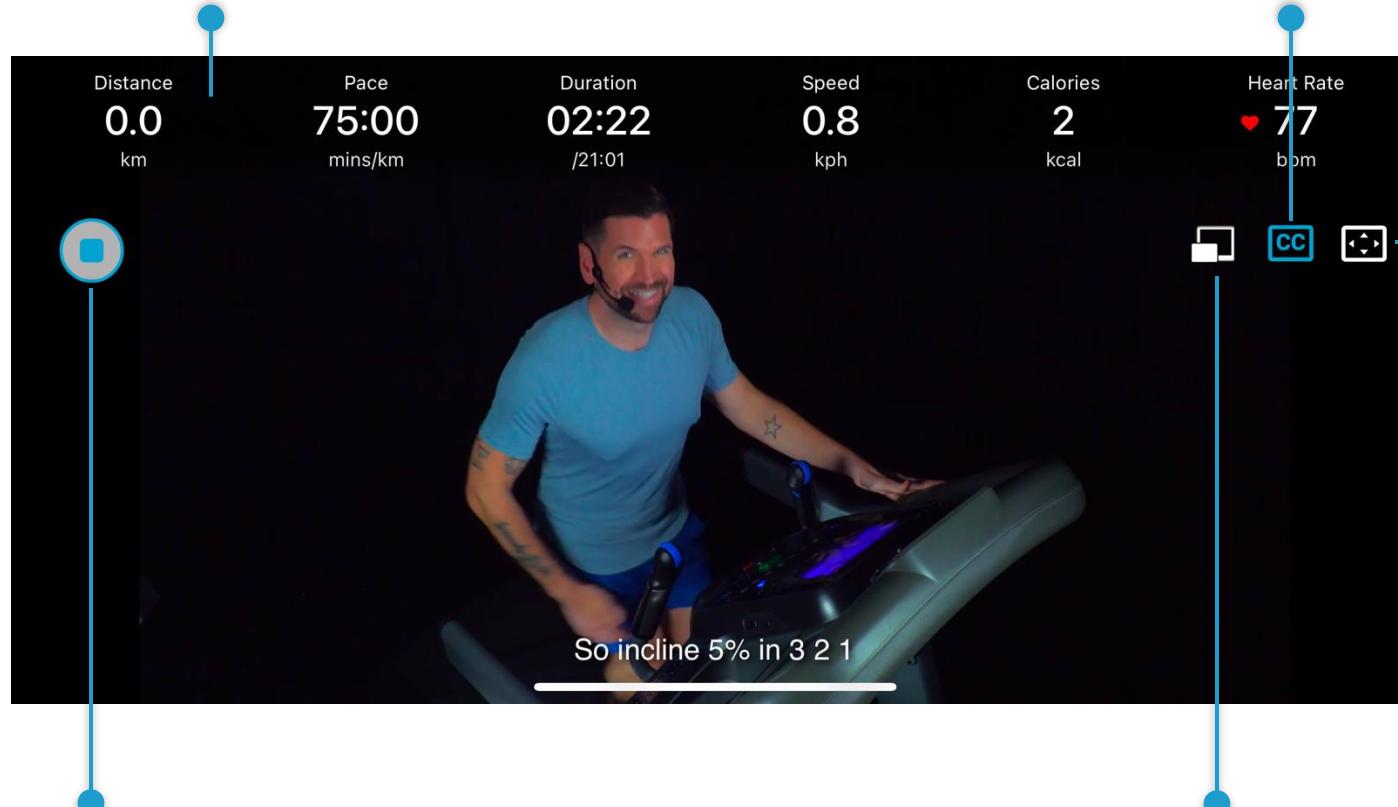
Pick a class and start a workout anytime.  
Feel the joy with Horizon equipment in a  
correct and effective way

- More than 60 on-demand cardio videos in total located in different cardio modalities
- Using "Streaming Technology" and no need to download the whole content
- Choose the class that you most prefer and totally for free
- Consume Z Points for watching videos (300 Z-Points/month come free for users)



## Dashboard

Users can see all the workout data in the dashboard when needed, and hide it when don't need it.



## Stop Workout

Not missing any gorgeous view when you get other things to deal with on your phone

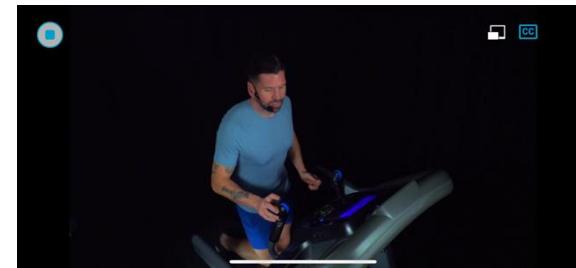
## Subtitle Switch

Users can tap the button to turn subtitles on or off and select different subtitle languages.



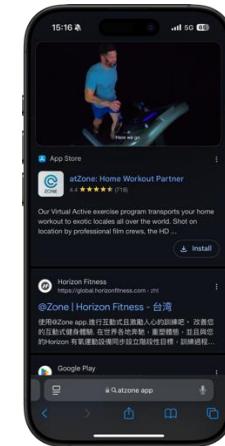
## Dashboard Switch

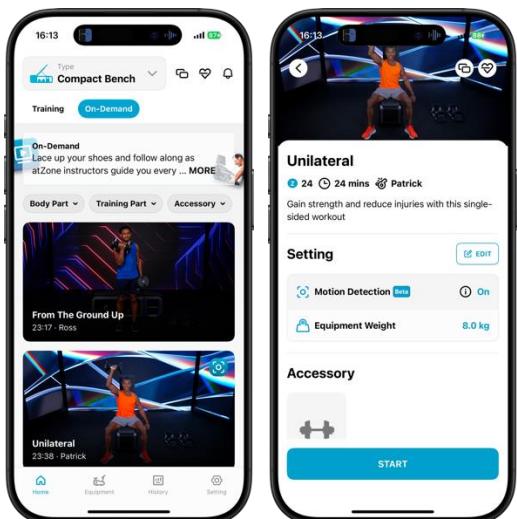
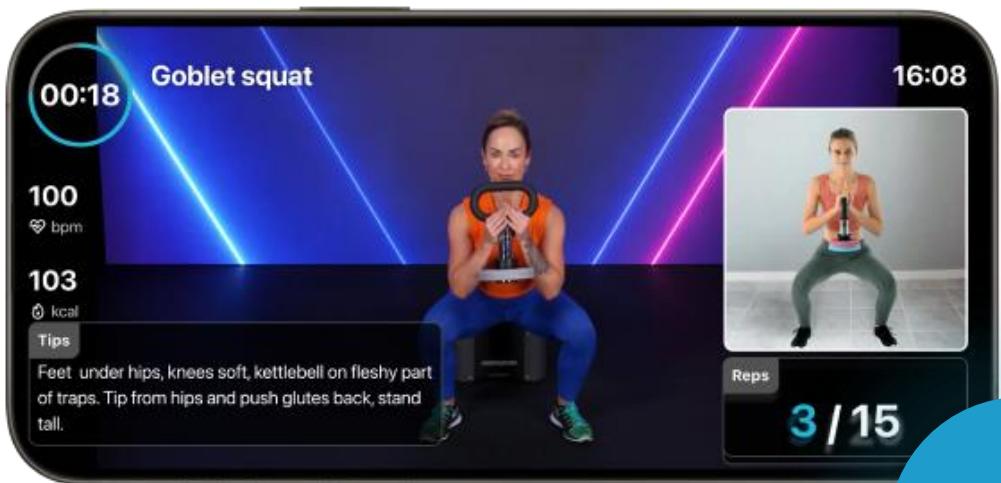
Users can tap the button to turn the Dashboard on/off. (as below shows)



## Picture in Picture (iOS only)

Not missing any coaching guide when you get other things to deal with on your phone





Strength



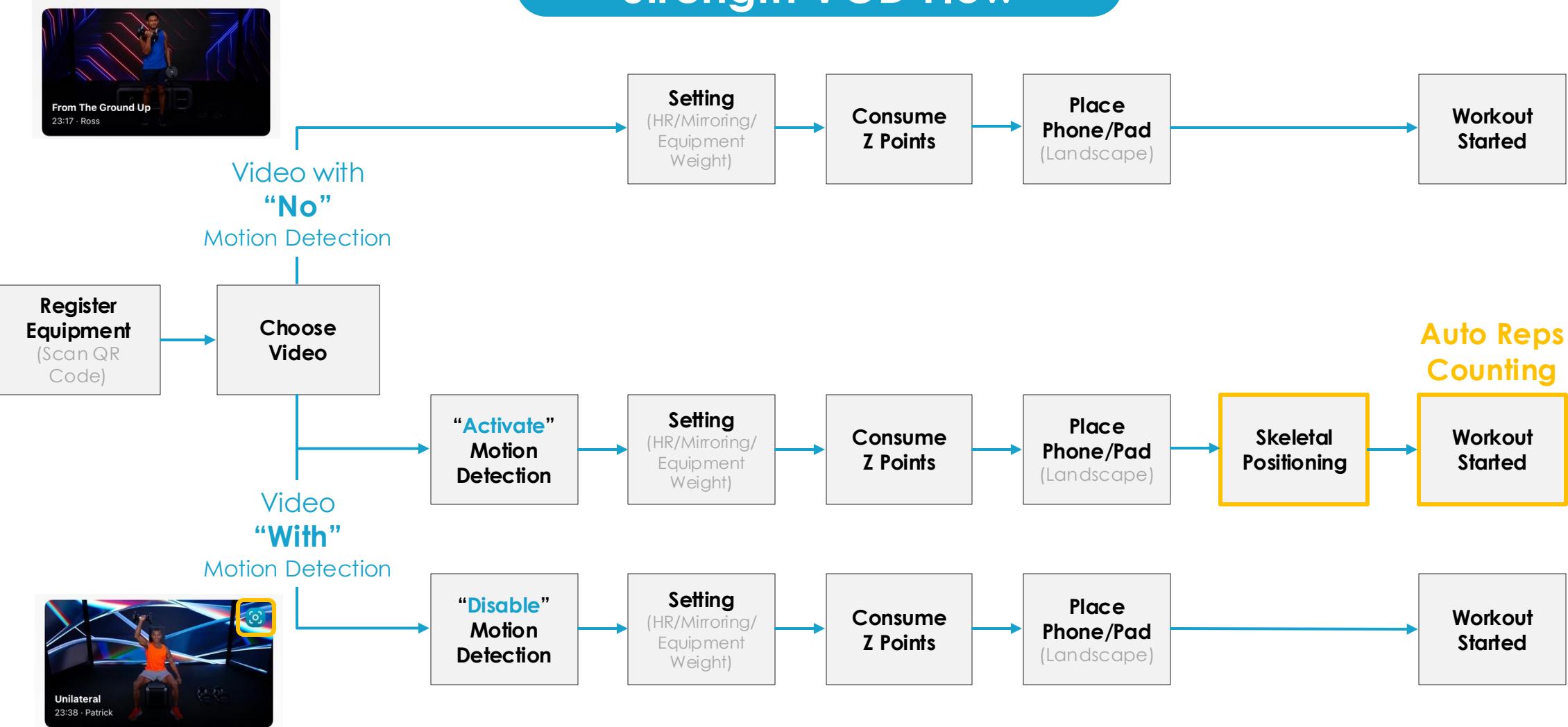
## VIDEO ON-DEMAND

Pick a class and start a workout anytime. Feel the joy with Horizon equipment in a correct and effective way

- More than 100 on-demand Strength videos in total located in **Compact Bench, Cube, Dumbbell, Kettlebell** modalities.
- Use “**AI Motion Detection technology**” to help you know the correctness of your movement and **count the reps** for you.
- Using “**Streaming Technology**” and no need to download the whole content
- Choose the class that you most prefer and totally for free
- Consume Z Points for watching videos (300 Z-Points/month come free for users)



## Strength VOD Flow





# ON-DEMAND \_ STRENGTH (MOTION DETECTION)



Compact bench



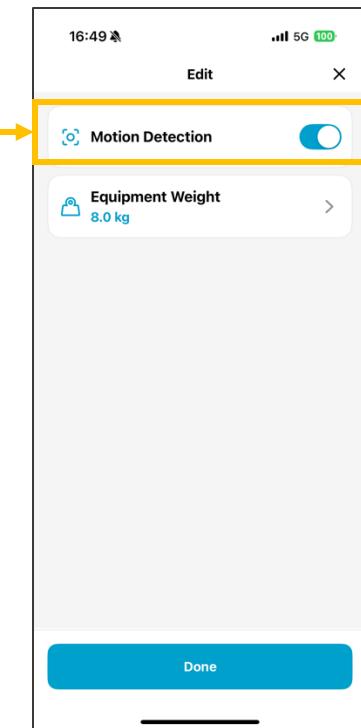
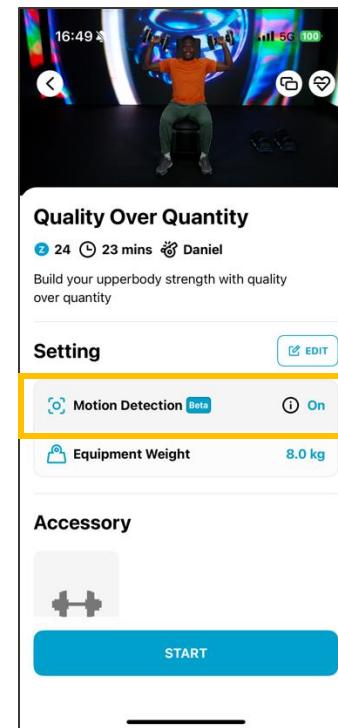
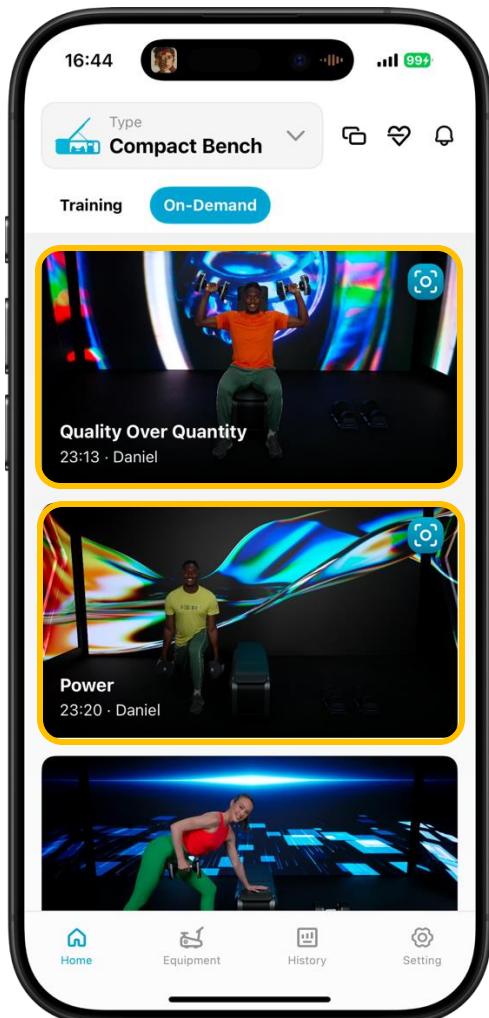
Cube



Dumbbell



Kettlebell



## Motion Detection

Turn on Motion Detection to let AI help you do the counting and track your every progress

\* Not every ST VOD works with the Motion Detection function.  
\* ST VOD with Motion Detection will show a icon on the Thumbnail.



Compact bench



Cube



Dumbbell



Kettlebell

## Skeletal Positioning

For enhance motion detection accuracy



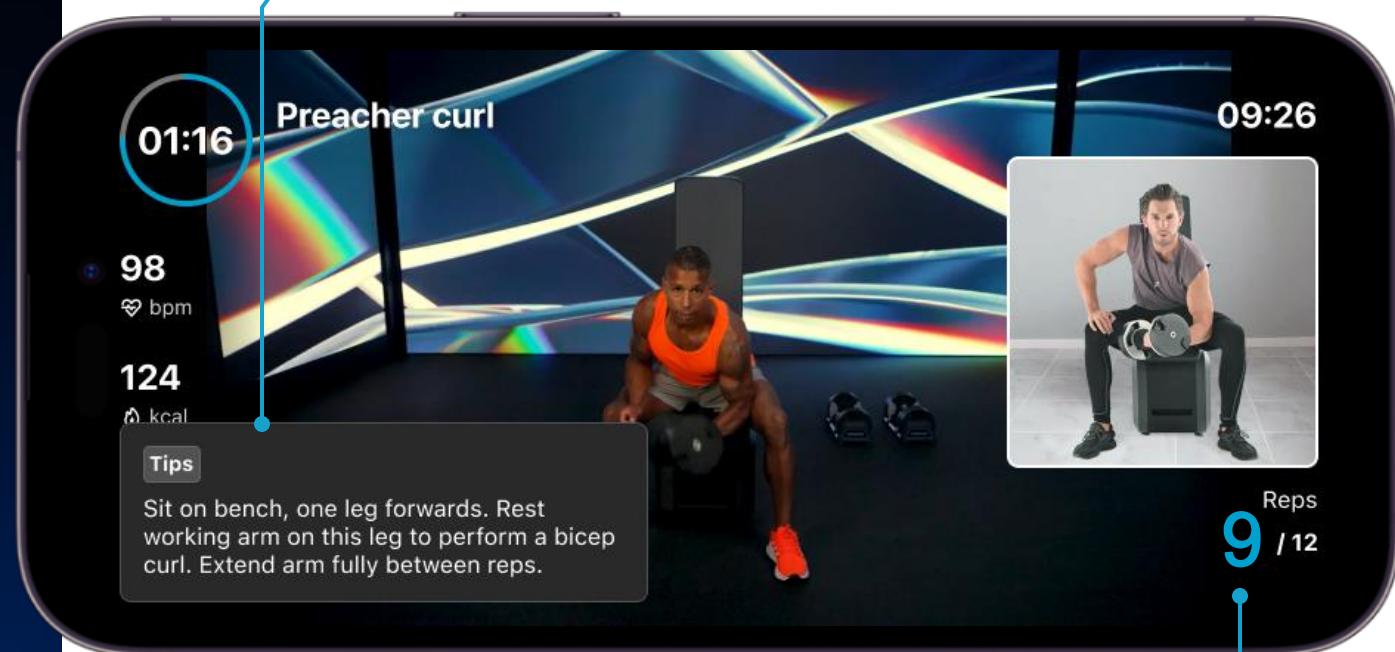
## Mirror Detection

Mirror the instructor's movements

## Full Body in Frame

Ensure the full body in frame

### Movement Guide



### Auto Counting



# ON-DEMAND \_ STRENGTH (REMOTE CONTROL)



Compact bench



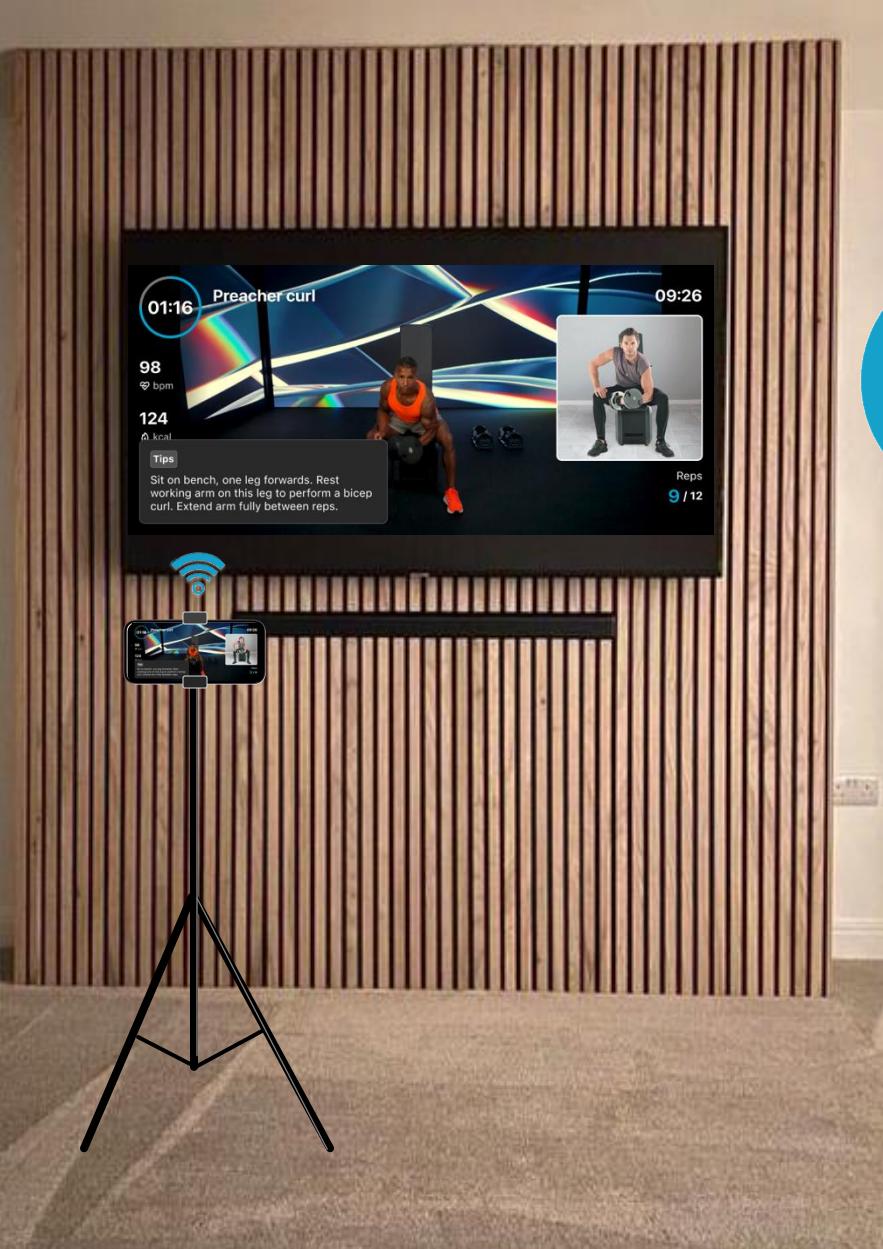
Cube



Dumbbell



Kettlebell



Control Playback



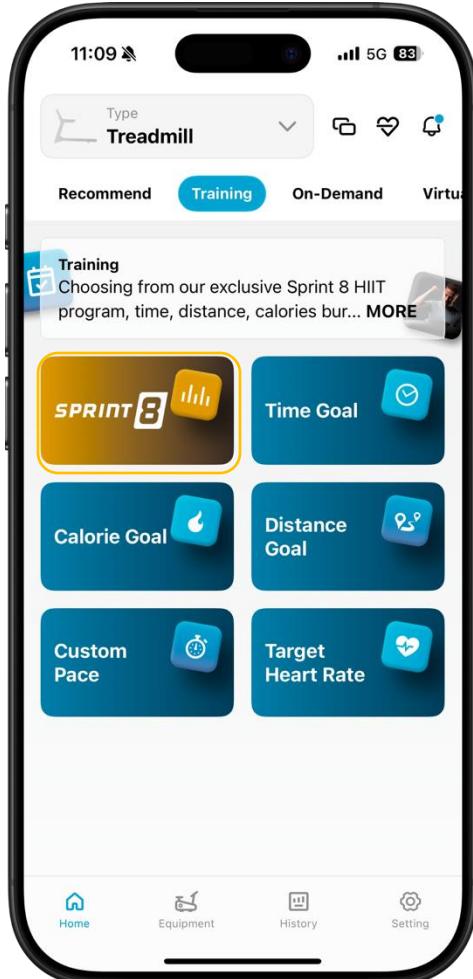
Monitor Status



Finish Workout

Your wearable device allows you to realize "**Remote Control**" during the workout without constantly returning to the mobile device.

You can skip the workout section or pause for short breaks anytime and resume the exercise whenever you want.



# SPRINT 8

Sprint 8® is an efficient, fat-burning sprint-intensity interval program that helps users to boost energy, reduce body fat and promote lean muscle.

- Significant results in efficient 20-min workouts that are perfect for busy life.
- Be able to choose from beginners to advanced athletes levels  
*(20 Levels in total/some levels depends on the equipment's capability)*
- atZone will set level of resistance, incline or speed automatically according user's setting.





# TRAINING PROGRAMS \_ SPRINT 8



Treadmill



Indoor Cycle



Elliptical

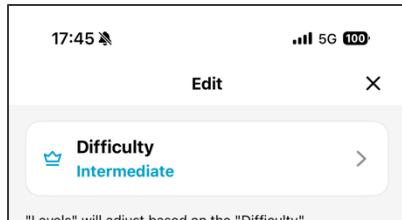
## STEP 1

Enter the  
“Sprint 8” detail page



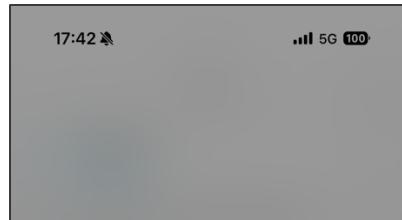
## STEP 2

Press “Edit” button  
and set the parameters



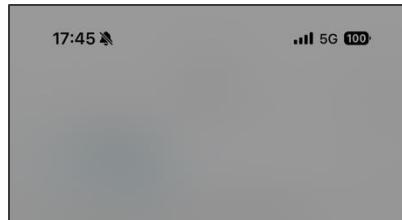
## STEP 3

Choose “Difficulty”  
suits your workout intensity



## STEP 4

Choose “Level”  
under the Difficulty,  
then start the workout



## Beginner

Level 1~5(default1)

## Intermediate

Level 6~10(default 6)

## Advanced

Level 11~15(default 11)

## Elite

Level 16~20 (default 16)

Different level will set speed, incline and resistance automatically.

(Sprint 8 must be used on the equipment with “incline” or “resistance”)



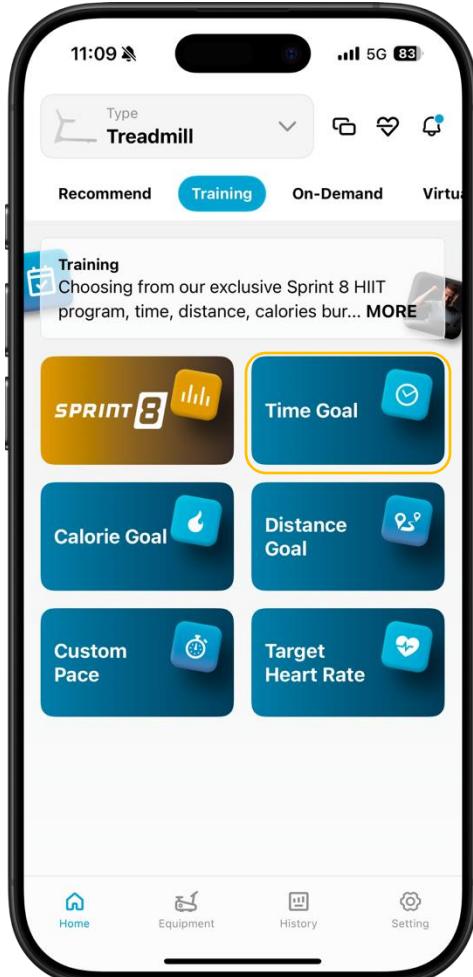
This section will show  
**next**  
**Incline/Resistance**

*(Displayed based on the equipment type)*

Blue Bar | Gray Bar  
**Sprint** | **Rest**

This section will show  
**next**  
**Speed/Resistance**

*(Displayed based on the equipment type)*



# Time Goal Training

With “**Time Goal**”, set your target workout duration in atZone and adjust the **Speed, Incline, Resistance** by your equipment. Once the time is up, the program automatically ends, making it easy to stay on track.

- Time Setting Range: 5–120 mins (5 mins per segment)
- Treadmill: Able to set the “Starting Speed” & “Starting Incline”
- Indoor Cycle: Able to set the “Starting Resistance”
- Elliptical: Able to set the “Starting Resistance”

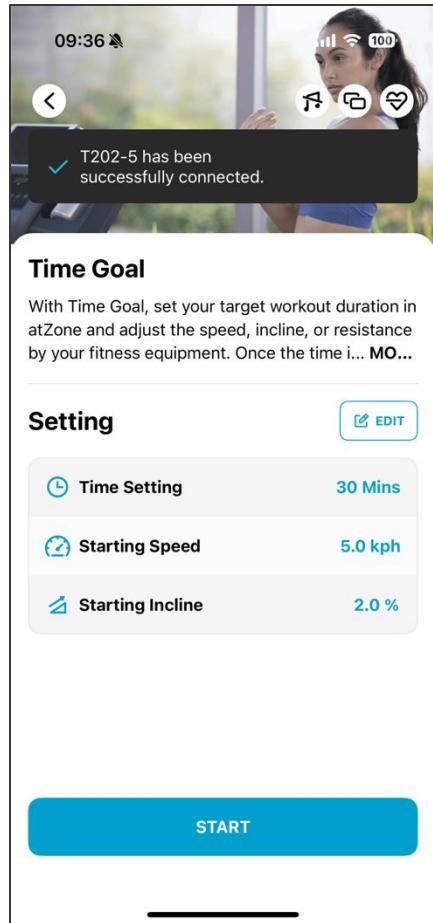


# TRAINING PROGRAMS \_ TIME GOAL



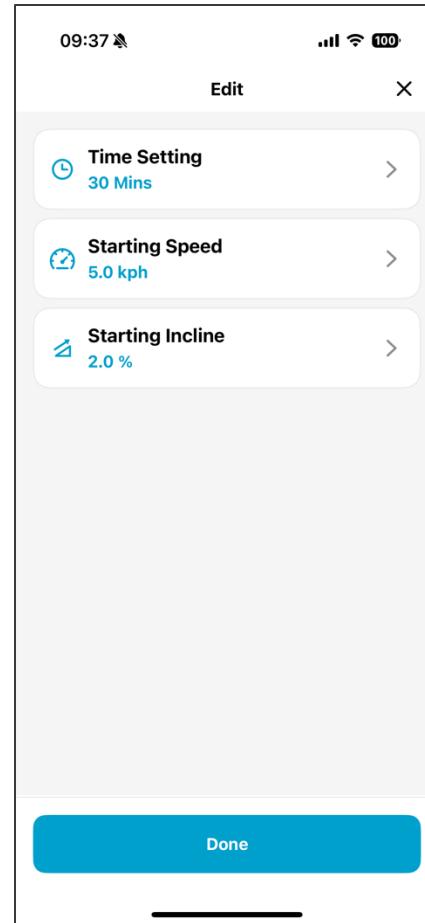
## STEP 1

Enter the  
“Time Goal” detail page



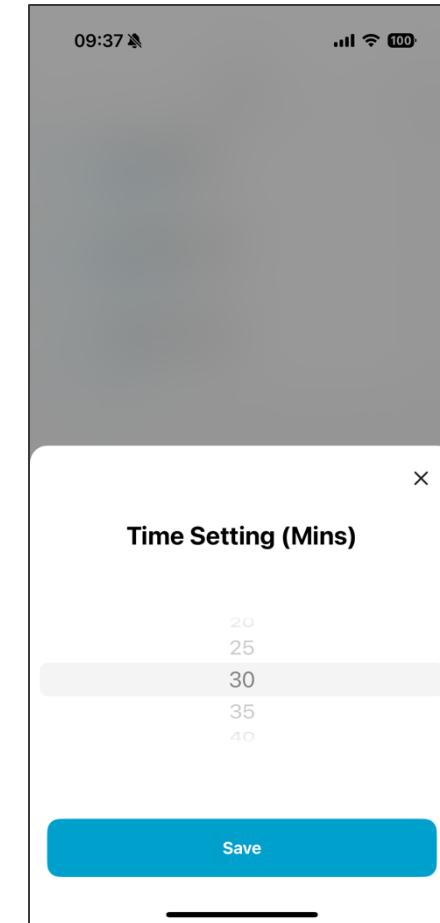
## STEP 2

Press “Edit” button  
and set the parameters



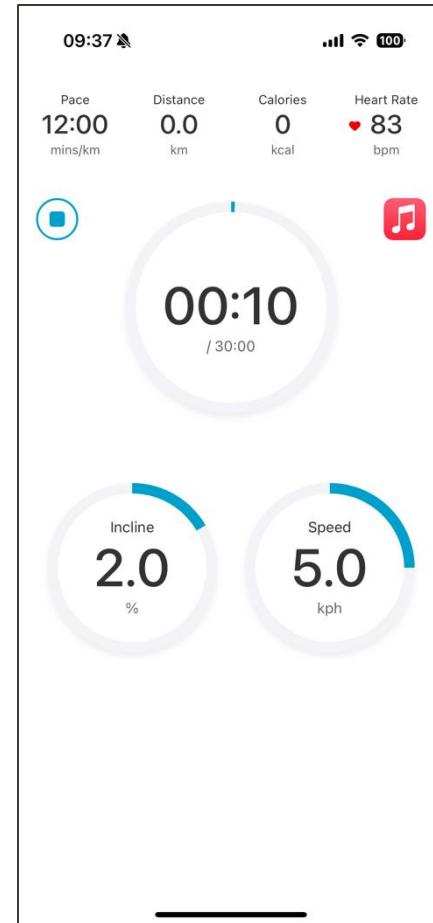
## STEP 3

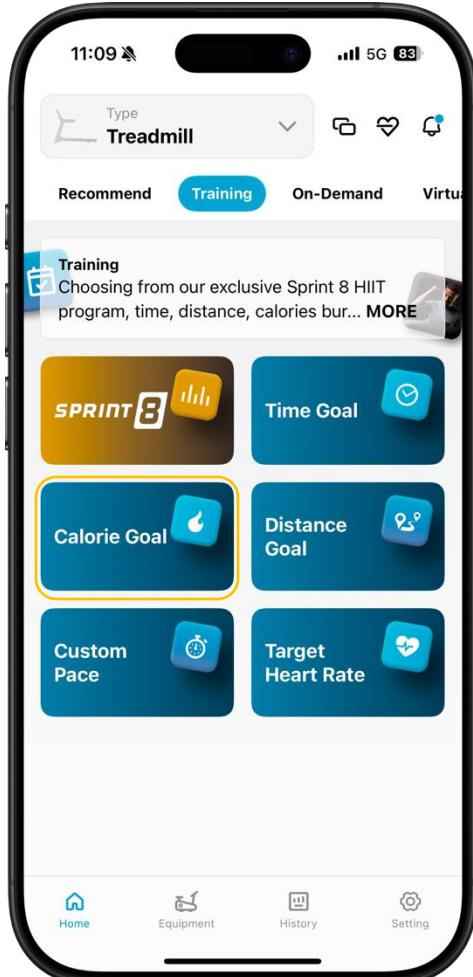
Choose the parameter  
you want to set and  
Select the value you want



## STEP 4

Save all the setting  
And back to detail page,  
Then press “Start” to start your workout





# Calorie Goal Training

With “**Calorie Goal**”, set your target calories in atZone and adjust the **Speed, Incline, Resistance** by your fitness equipment. Once you burn the set calories, the program automatically ends, making it easy to stay on track.

- Calorie Setting Range: 20 -1,000 kcal (10 per segment)
- Treadmill: Able to set the “Starting Speed” & “Starting Incline”
- Indoor Cycle: Able to set the “Starting Resistance”
- Elliptical: Able to set the “Starting Resistance”

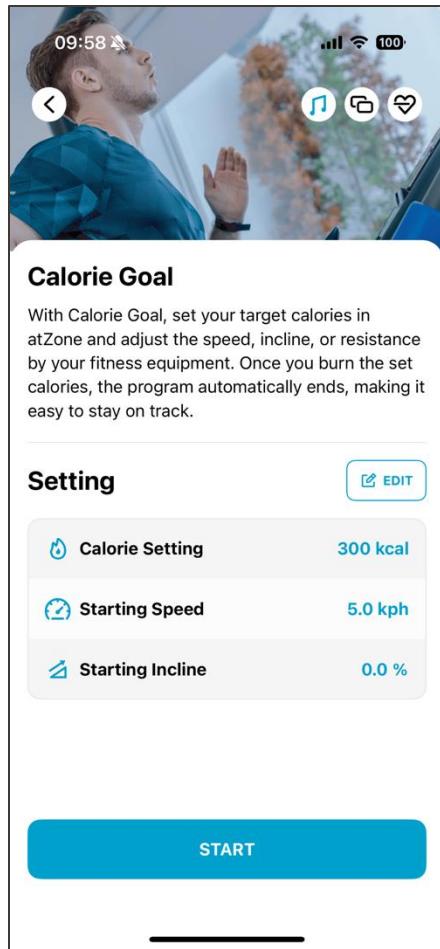


# TRAINING PROGRAMS \_ CALORIE GOAL



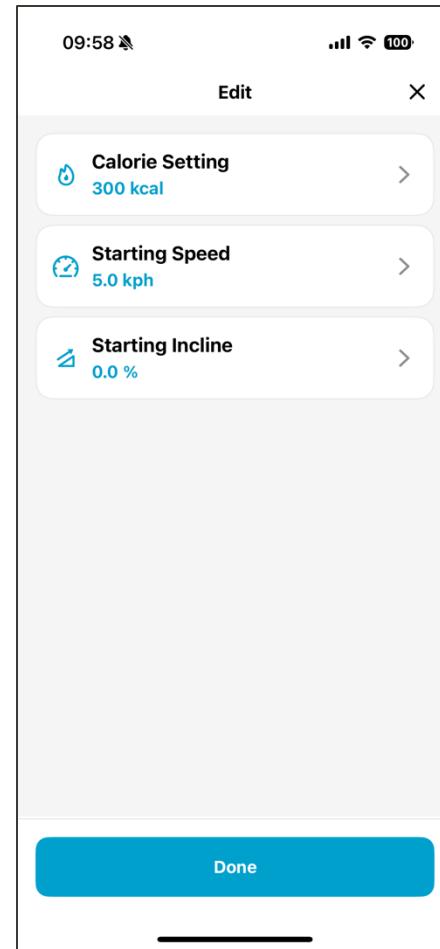
## STEP 1

Enter the  
“Calorie Goal” detail page



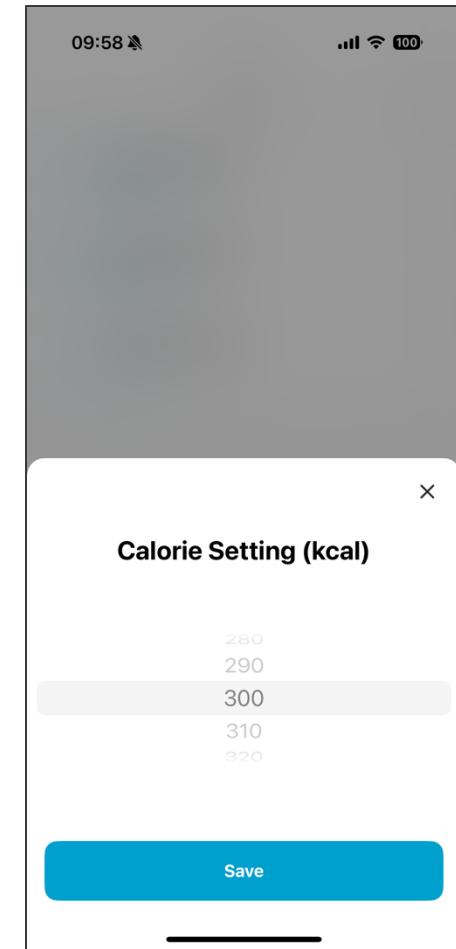
## STEP 2

Press “Edit” button  
and set the parameters



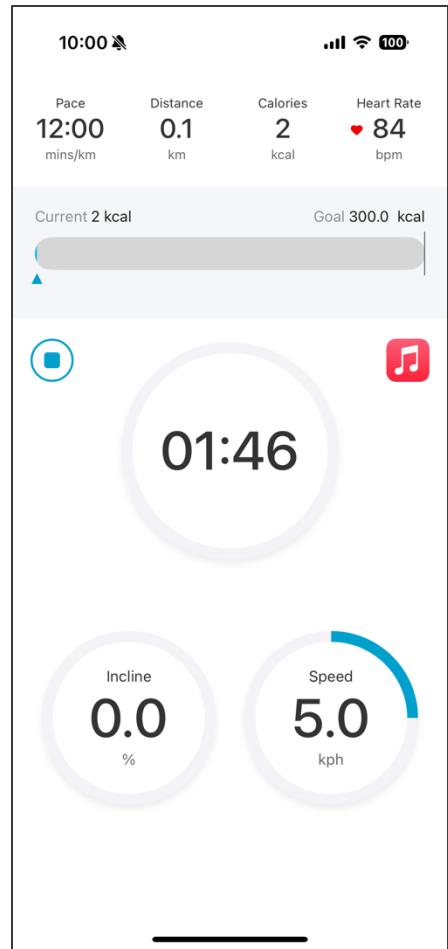
## STEP 3

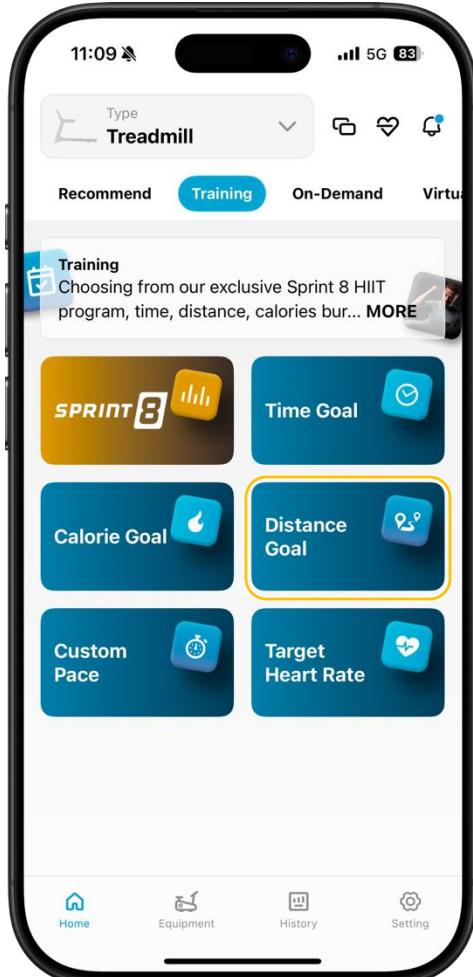
Choose the parameter  
you want to set and  
Select the value you want



## STEP 4

Save all the setting  
And back to detail page,  
Then press “Start” to start your workout





# Distance Goal Training

With “**Distance Goal**”, set your target calories in atZone and adjust the **Speed, Incline, Resistance** by your fitness equipment. Once you burn the set calories, the program automatically ends, making it easy to stay on track.

- Distance Setting Range: 1.0-50.0 km/1.0-31.9 miles (0.1 per segment)
- Most Popular Race Distance: 3K, 5K, 10K, 15K, Half Marathon, Marathon
- Treadmill: Able to set the “Starting Speed” & “Starting Incline”
- Indoor Cycle: Able to set the “Starting Resistance”
- Elliptical: Able to set the “Starting Resistance”

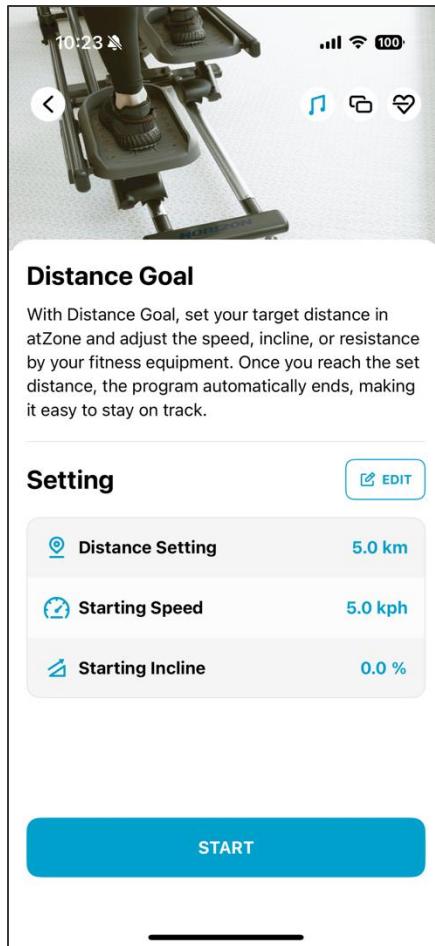


# TRAINING PROGRAMS \_ DISTANCE GOAL



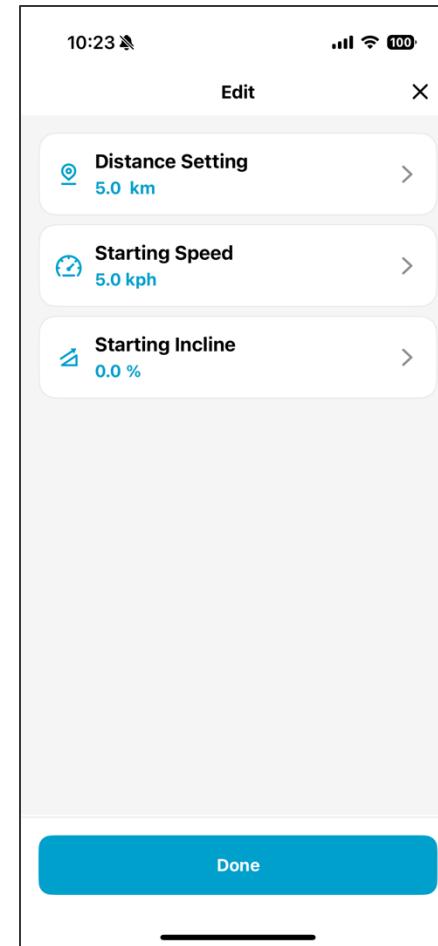
## STEP 1

Enter the  
**“Distance Goal”** detail page



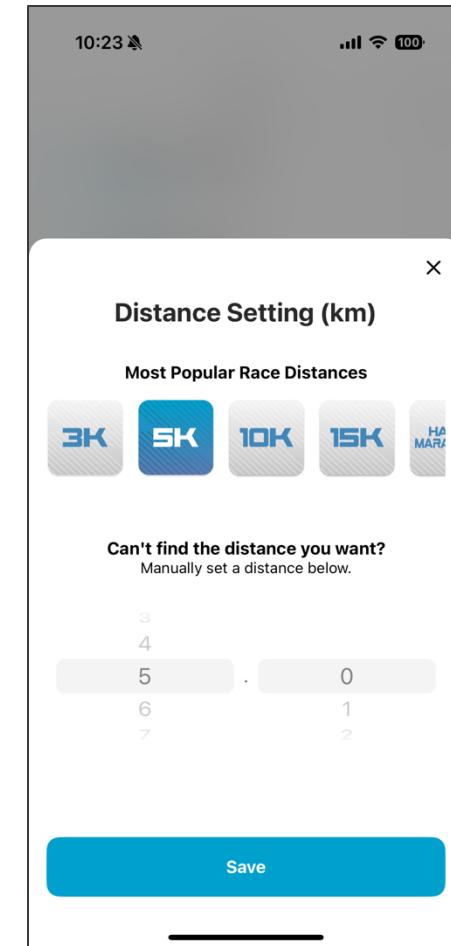
## STEP 2

Press “Edit” button  
and set the parameters



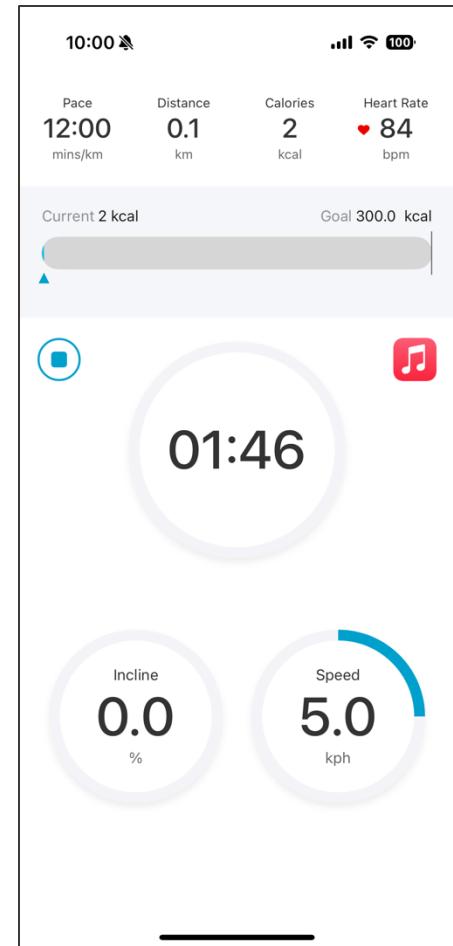
## STEP 3

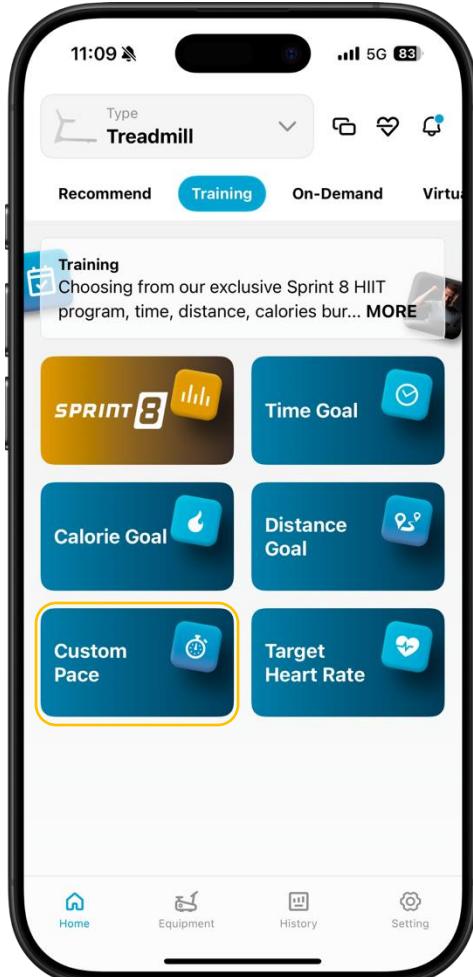
Choose the parameter  
you want to set and  
Select the value you want



## STEP 4

Save all the setting  
And back to detail page,  
Then press “Start” to start your workout





## Custom Pace Training

Fine-tune your running rhythm and push your limits. Set up to 10 custom speed and time segments based on your fitness level and goals. Achieve precise control over your workout and enhance your performance with targeted pacing.

- This training program is only available on the “Treadmill” type
- Select Segmentation: 2 -10 Segment
- Users can set the “Speed” & “Time” in each segment.

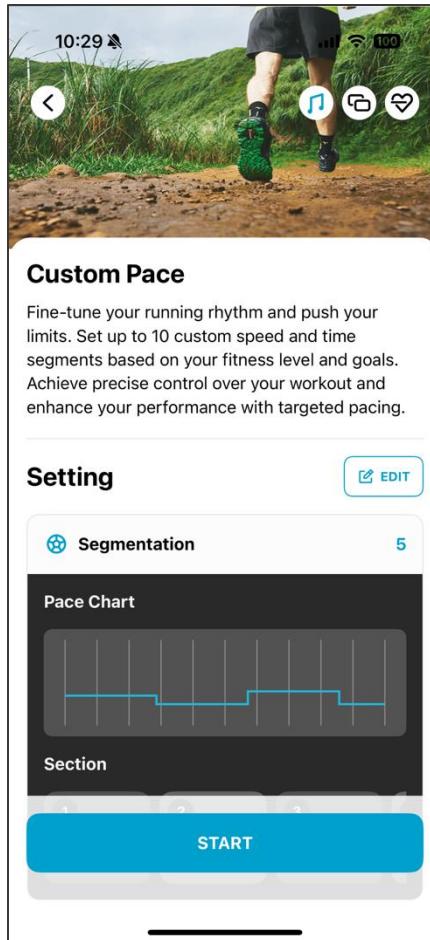


# TRAINING PROGRAMS \_ CUSTOM PACE



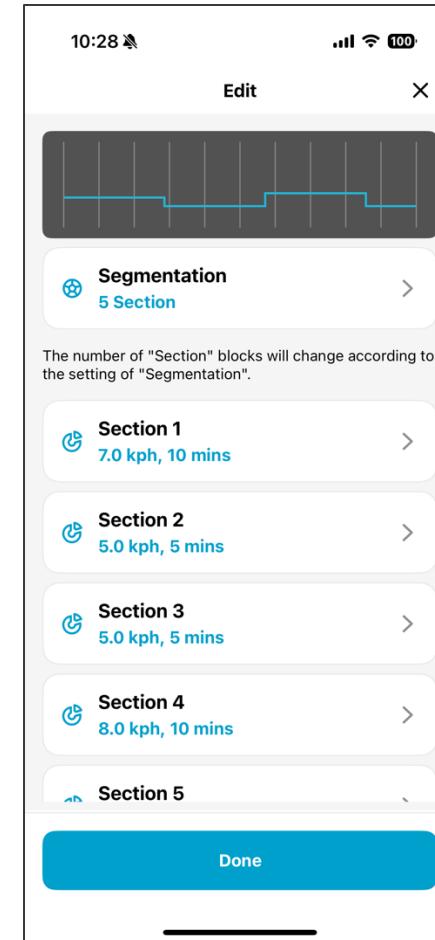
## STEP 1

Enter the  
“Custom Pace” detail page



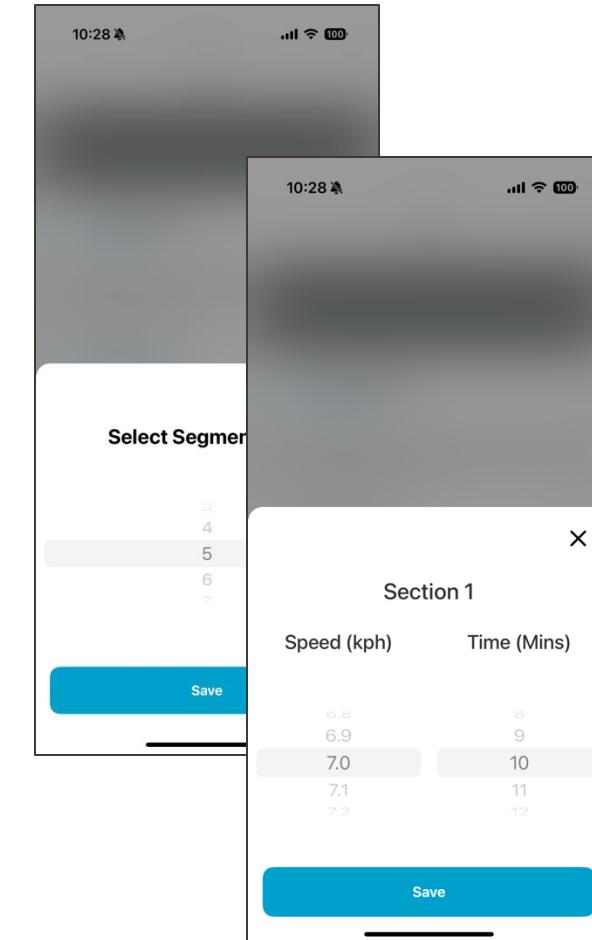
## STEP 2

Press “Edit” button  
and set the parameters



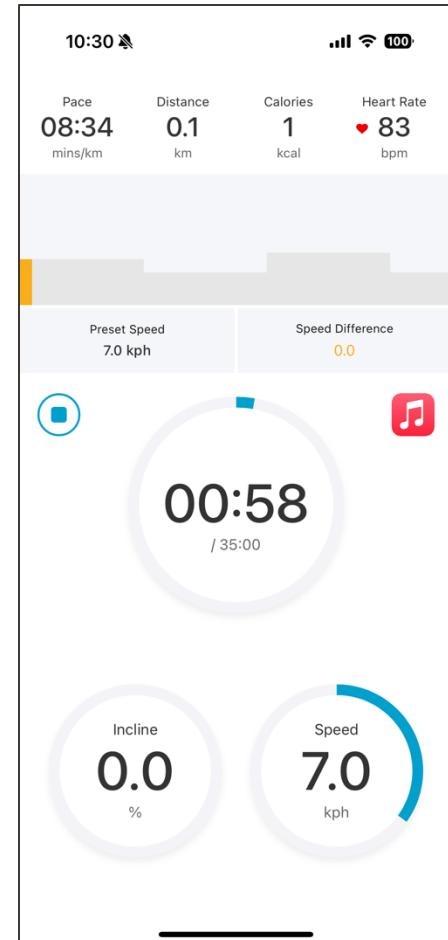
## STEP 3

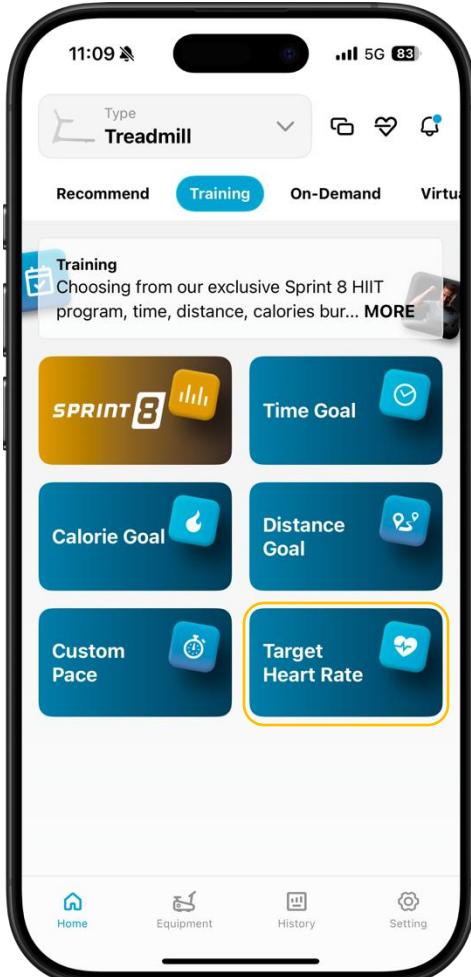
Choose the parameter  
you want to set and  
Select the value you want



## STEP 4

Save all the setting  
And back to detail page,  
Then press “Start” to start your workout





# Target Heart Rate Training

Set your workout time and target heart rate, and let atZone handle the rest. Using your heart rate data, the app will automatically adjust the speed, incline, or resistance of your fitness equipment to help you reach your target heart rate.

- Users can connect to a HR Strap or a Smartwatch as the HR monitor.
- Compatible smartwatch: Apple Watch, Samsung Watch, Google Pixel Watch
- If a HR Strap and a Smartwatch are connected simultaneously, heart rate data will be prioritized from the HR Strap.
- Time Setting Range: 5–120 mins (5 mins per segment)
- Target Heart Rate Range: 50–Max bpm (Max bpm = 220-User Age)
- Treadmill: Can choose the “Speed” or “Incline” as the “Auto Adjustments” variable
- Indoor Cycle: Can choose the “Resistance” as the “Auto Adjustments” variable
- Elliptical: Can choose the “Resistance” as the “Auto Adjustments” variable

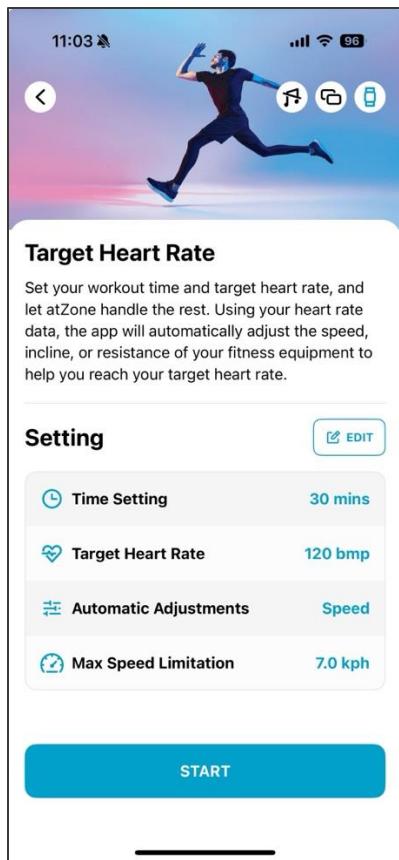


# TRAINING PROGRAMS \_ TARGET HEART RATE



## STEP 1

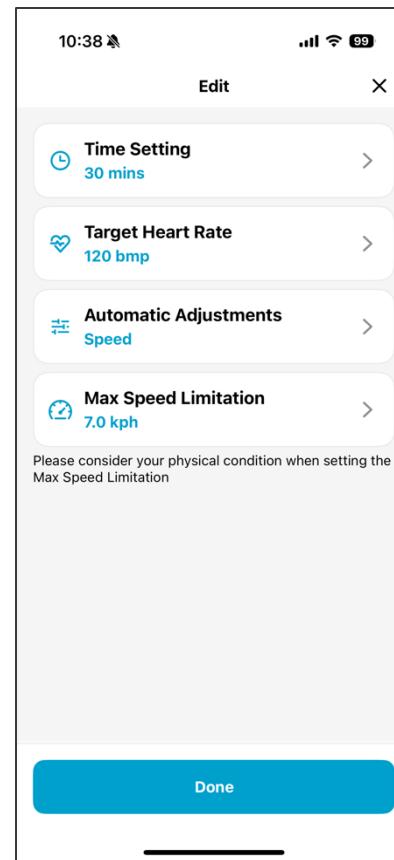
Enter the “THR” detail page/  
Make sure you connect to  
a HR Accessories  
(HR Strap/Smart Watch)



## STEP 2

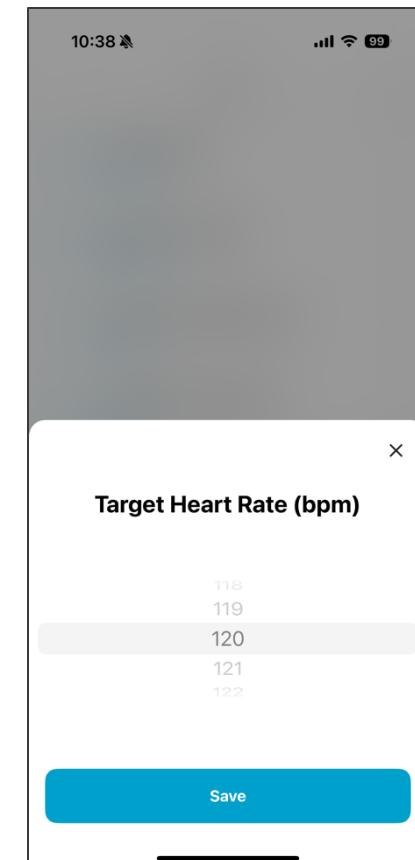
Press “Edit” button  
and set the parameters

(While you choose “Speed” as the Auto-adjust  
variable, you need to set the Max Speed Limitation)



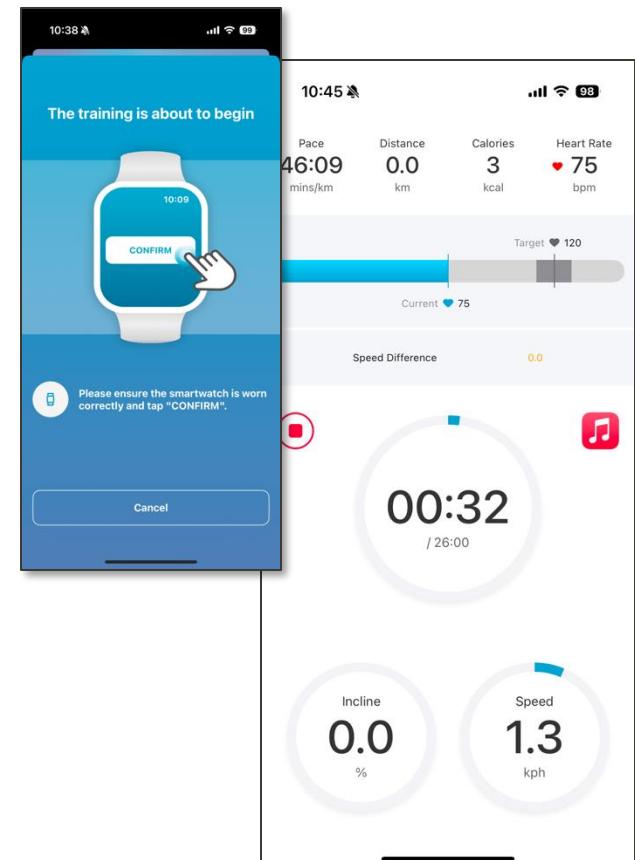
## STEP 3

Choose the parameter  
you want to set and  
Select the value you want



## STEP 4

Save all the setting/  
Press “Start” button on detail page  
(Press “Confirm” on your watch to start workout  
while you use Smart Watch as the HR monitor)





The screenshots show the app's main interface and two specific workout screens.

**Main Interface:**

- Top bar: Shows time (11:39), signal strength, battery (93%), and icons for Compact Bench, Training, On-Demand, and Strength assistance.
- Section: "Strength assistance" with the sub-instruction "Achieve your strength training goals or build specific muscles with our strength as... MORE".
- Filter buttons: "Training Goal" and "Body Part".
- Workout cards:
  - Body Sculpt** (Core Definition Series): Includes "American Swing", "Thruster", and "Overhead Sit Up".
  - Muscle Gain** (Core Power Boost): Includes "Single Arm Push Press Left" and "Single Arm Push Press Right".
  - Body Sculpt** (Leg Sculpting Routine): Includes "Single Leg Hip Thrust".
- Bottom navigation: Home, Equipment, History, Settings.

**Workout Screens:**

- Core Power Boost** (Muscle Gain): Intensify your core workouts with push presses, thrusters, and Russian twists. Perfect for building a powerful and resilient core.
- Movement List**:
  - Single Arm Push Press Left: Shoulders · Abs, 4 sets · 4 kg · 8 reps
  - Single Arm Push Press Right: Shoulders · Abs, 4 sets · 4 kg · 8 reps
  - Thruster: Quads · Glutes · Shoulders · Abs, 3 sets · 4 kg · 12 reps
  - Overhead Sit Up: Quads · Glutes · Shoulders · Abs, 3 sets · 4 kg · 12 reps
- START** button at the bottom.
- Core Definition Series** (Body Sculpt): Achieve a defined midsection with American swings, V-ups, and kettlebell windmills. Ideal for sculpting a strong, toned core.
- Movement List**:
  - American Swing: Glutes · Hamstrings, 3 sets · 4 kg · 12 reps
  - Thruster: Quads · Glutes · Shoulders · Abs, 3 sets · 4 kg · 12 reps
  - Overhead Sit Up: Quads · Glutes · Shoulders · Abs, 3 sets · 4 kg · 12 reps
- START** button at the bottom.

\* Work with Horizon HG Equipment.  
(Bench, Cube, Rack, Dumbbell, Kettlebell)



## Different Equipment Different Menus

App provides corresponding workout menus based on the user's logged "**Home Gym Equipment**".

## Menus Designed by Specific Goal

Users can select workout menu based on the "**Body Parts**" they want to train or their "**Training Goals**"  
(Muscle Gain / Body Sculpt)



The image displays three screenshots of a mobile application interface for a "Core & Side Sculpt" workout program:

- Screenshot 1 (Left):** Shows the "Movement List" with four exercises: Dual Thrusters, Single Arm Side Bend Right, Single Arm Side Bend Left, and V-up. Each exercise has a thumbnail, name, muscle groups, and stats (4 sets, 2 kg, 12 reps). A large blue "START" button is at the bottom.
- Screenshot 2 (Middle):** Shows a video thumbnail for "Chest Flys" with the text "Chest Shoulders". Below it is a detailed description: "Start lying on the bench with both dumbbells raised in line with the chest. Brace the core, set feet hip distance apart. Open the arms bringing both elbows out to the side making an arch with the arms. Squeeze the chest to bring the arms back up to the starting position, repeat the move."
- Screenshot 3 (Right):** Shows the "Dual Thrusters" setup screen with "Reset", "Edit", and "X" buttons. It lists 4 sets, 2.0 kg, and 12 reps. Below it are other movement cards: "Single Arm Side Bend Right" (4 sets, 2.0 kg, 12 reps), "Single Arm Side Bend Left" (4 sets, 2.0 kg, 12 reps), and "V-up" (4 sets, 2.0 kg, 12 reps). A blue "Save" button is at the bottom.

At the bottom of the image, there are icons for various gym equipment: Compact bench, Cube, Dumbbell, Kettlebell, Bench, and Rack.

## Preview Moves before Starting Workout

Each movement can be “**Previewed in advance**” to understand how to perform correctly before starting the workout.

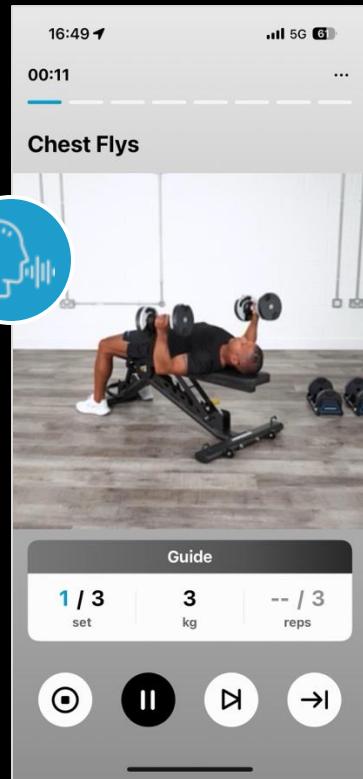
## Set Your Own Weight and Reps

All movement can be adjusted for “**Equipment Weight**” and “**Reps**” according to personal needs.



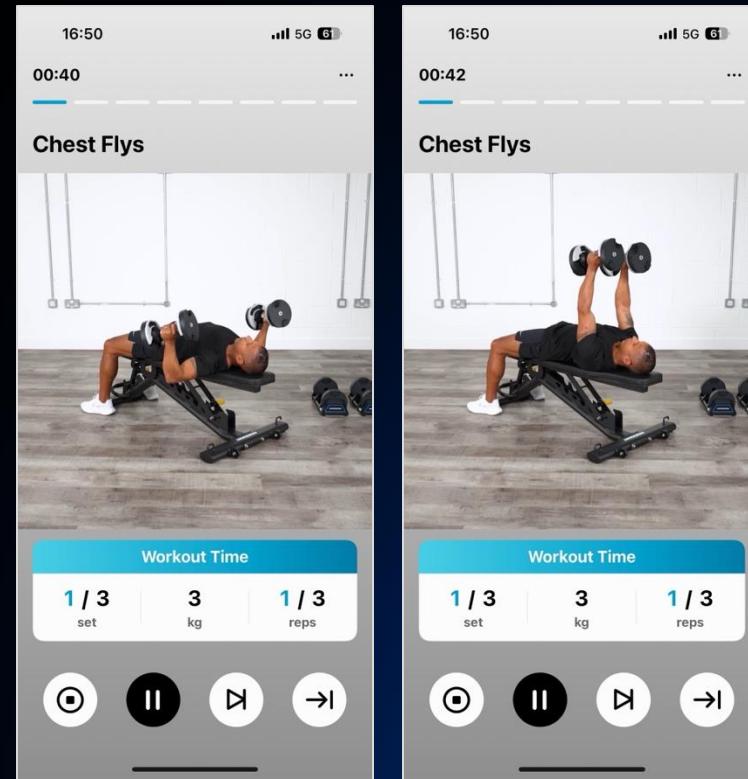
### Tips with Voiceover

Before each move, an “**Guide Video**” explains how to perform the movement.



### Full Demonstration

Repeat the “**Movement Clips**” according to the reps user set.



## Make Training Process More Human-centered

Get “**Real Coach Guidance**” with professional oral explanations and demonstrations of every movements during the workout.

Stay on track with a clear display of your workout status and progress, showing **required weights**, **current set** and **rep counts**, and **remaining reps**.



The app will automatically lower the music volume on your phone during coach voice instructions to ensure the coach's voice is clearly heard. (iOS only).



# TRAINING PROGRAMS \_ STRENGTH ASSISTANCE



Compact bench



Cube



Dumbbell



Kettlebell



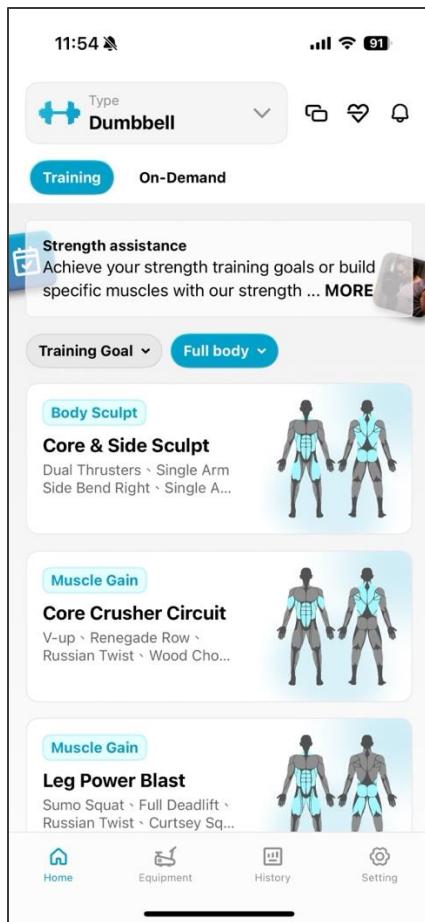
Bench



Rack

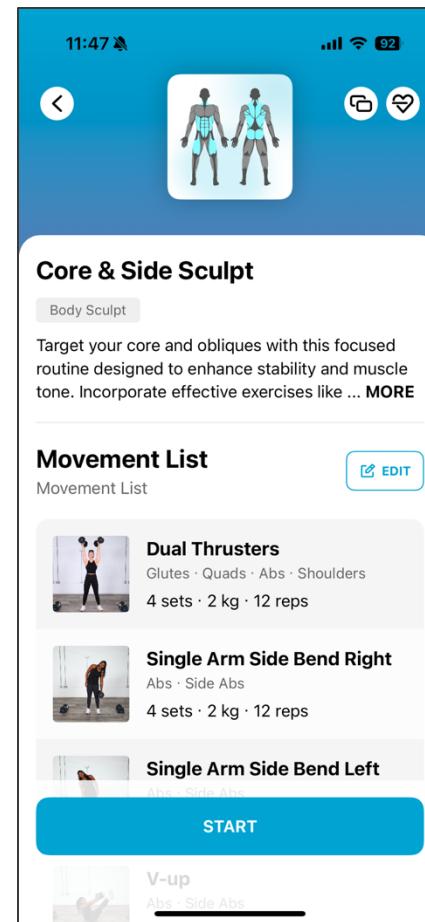
## STEP 1

Switch to your **ST Equipment**/  
Select “Training” Section/  
Choose “Training Menu”  
Based on the “Goal” or “Body Part”



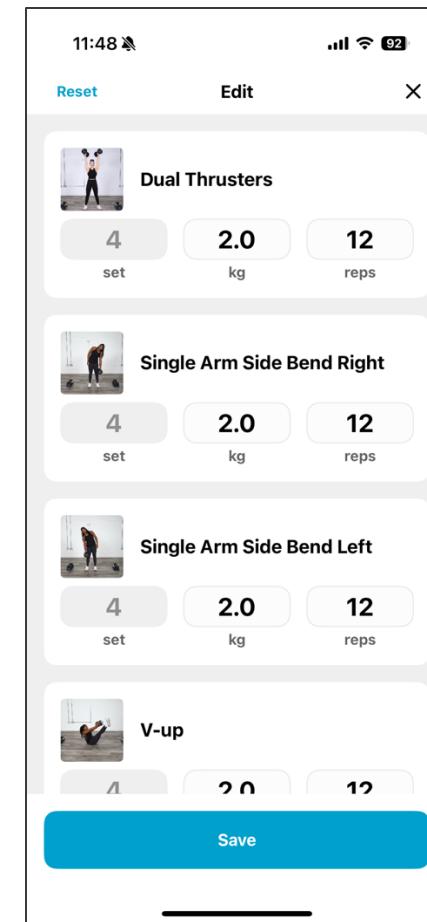
## STEP 2

Select a Menu you want to use/  
Review the movement List/  
Preview how to do the move



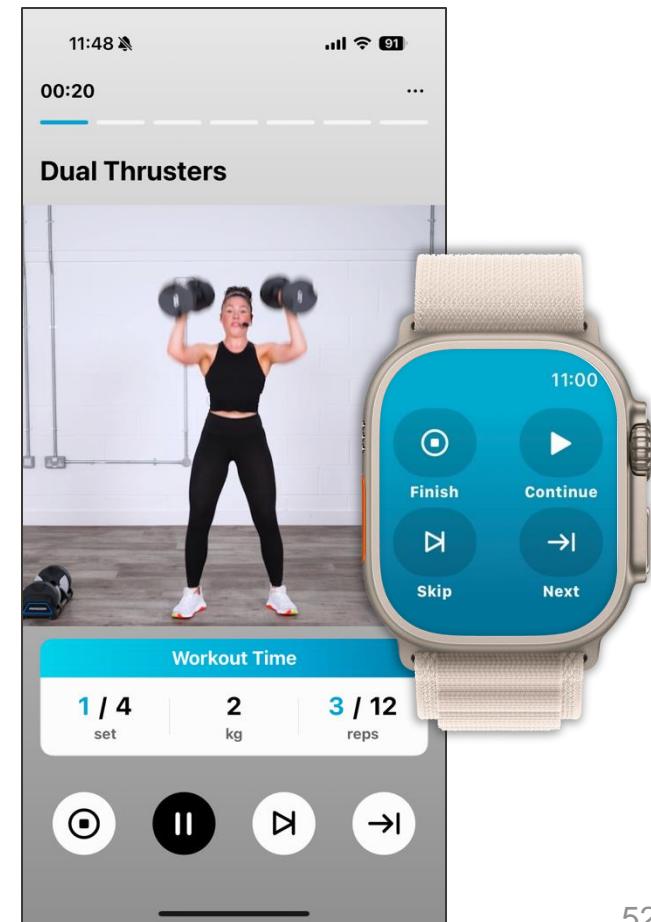
## STEP 3

Edit the Weight or Reps/  
Save the parameter/  
Start the training



## STEP 4

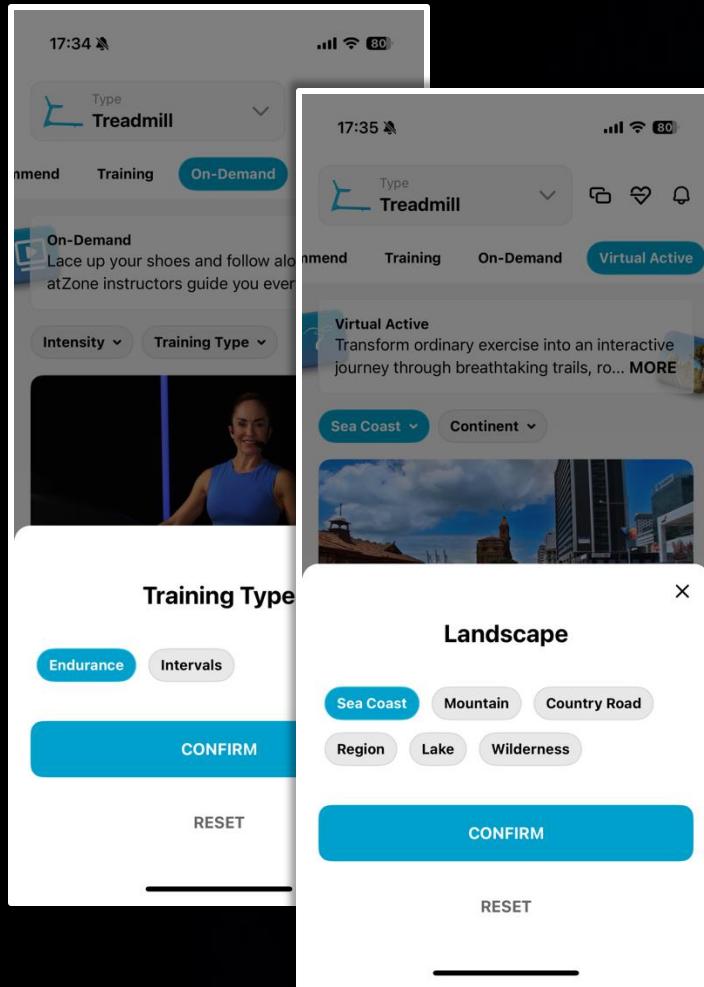
During the workout, you can choose to  
**Skip Sets, Jump to Next Move,**  
**Pause Workout** as you want  
(you can use smartwatch as a remote controller)



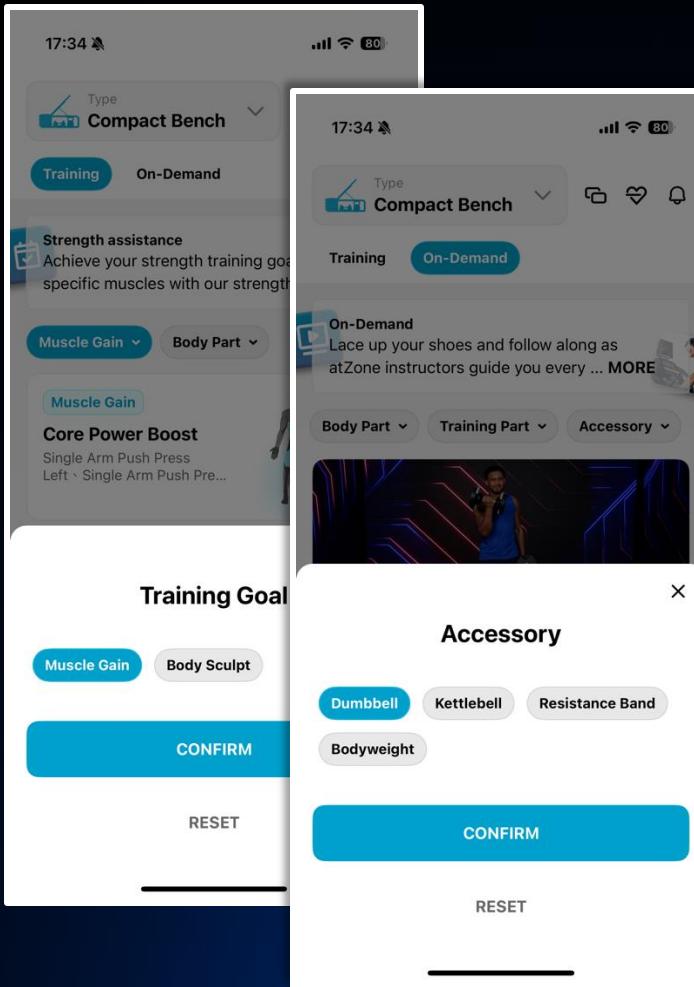


# FILTER FUNCTIONALITY

Filter for “Cardio”



Filter for “Strength”



# VOD/VA/Training Filtering Function

With the “**Filter feature**”, atZone allows users to quickly find the courses they want.

- For Cardio VOD courses, users can filter by Intensity and Training Type for quick selection.
- For Cardio VA courses, users can filter by Landscape and Continent for quick selection.
- For Strength Training courses, users can filter by Training Goal and Body Part for quick selection.
- For Strength VOD courses, users can filter by Body Part, Training Part, and Accessory for quick selection.

# **SUPPORTABILITY**



# CONNECT TO CARDIO EQUIPMENT



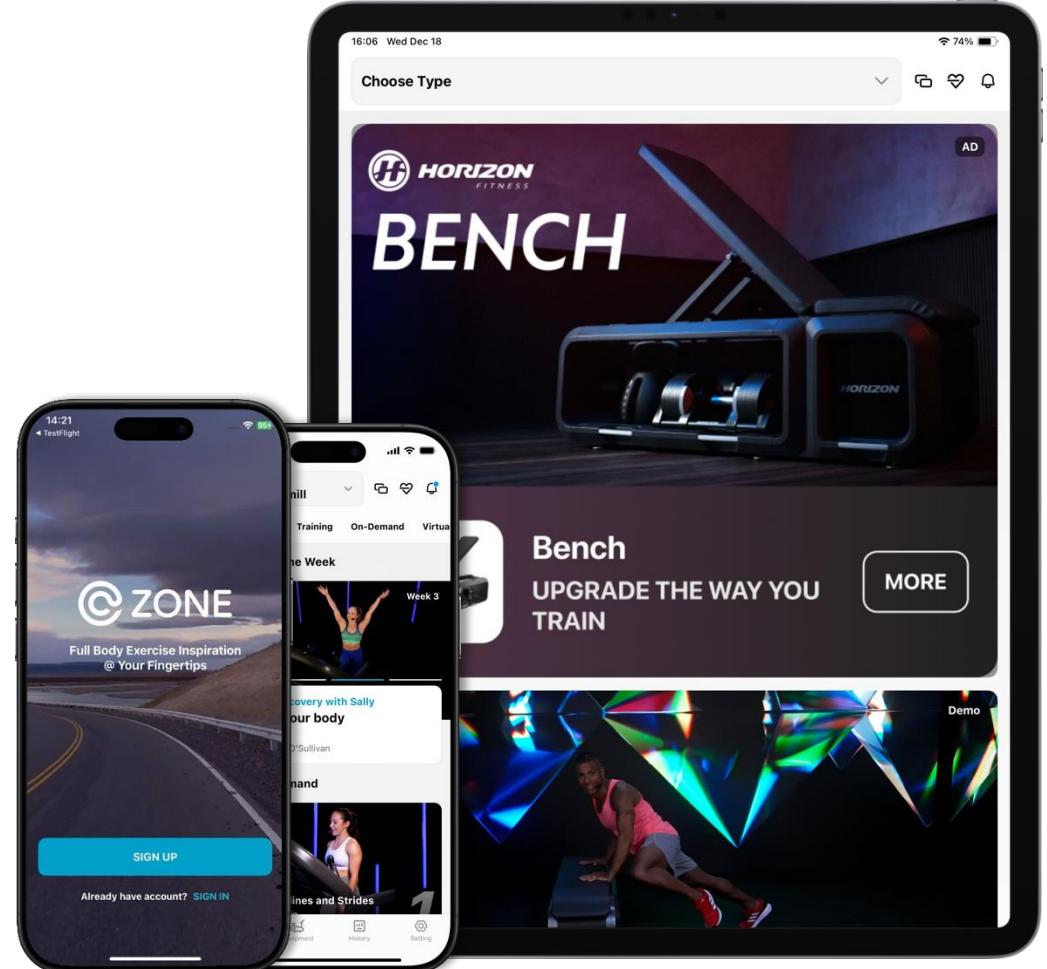
## Software requirements:

- iOS Devices: [iOS 15](#) and newer
- Android Devices: [Android Lollipop\(5.1\)](#) and newer

## Please note :

- Due to Andriod/IOS policy, please search “[atZone](#)” in app store, [not use “@” or “Space”](#) when you search.
- iPhones older than [the iPhone 7/7+](#) may have layout and other small functional issues.

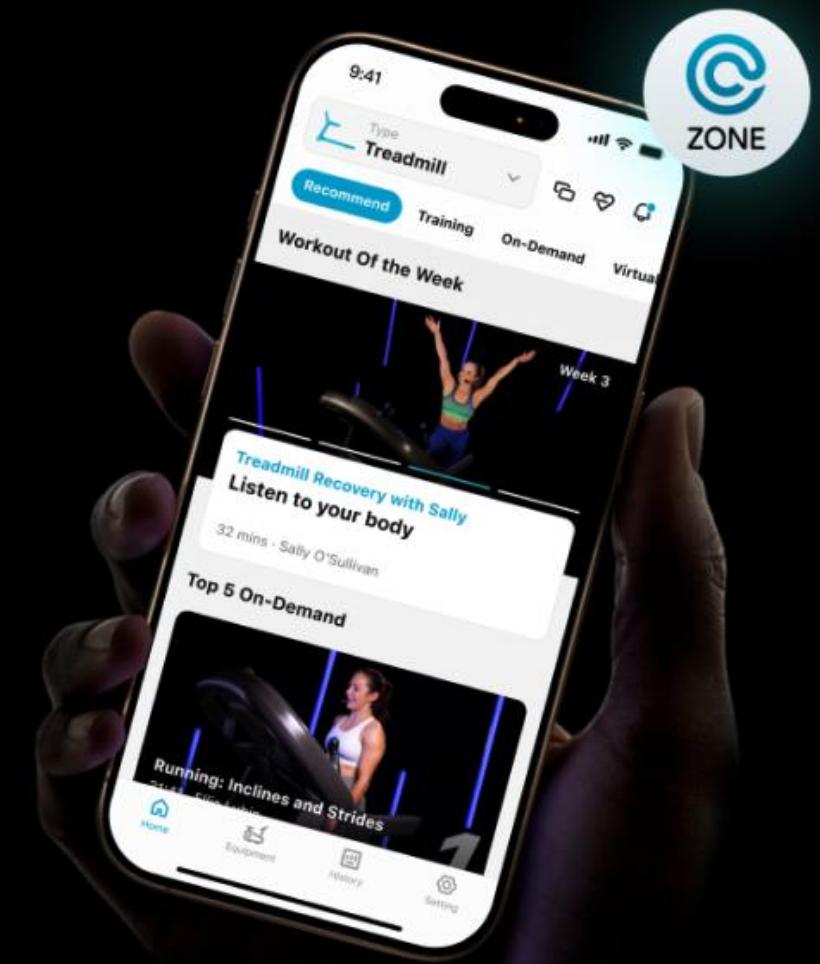
\*The version of China area is different as international version, for more details, please contact HQ-Digital Product Manager [Henklin@Johnsonfitness.com](mailto:Henklin@Johnsonfitness.com)





# COMPATIBLE LIST FOR HORIZON CARDIO PRODUCTS

Category	Model Name	Compatibility starting with serial number...
Treadmill	7.0AT-24	Compatible Since launch
	7.4AT-03	TM499D210900653
	7.4AT-24	Compatible Since launch
	Evolve 3.0	Compatible Since launch
	Elite T7.1	TM717D2110C00001
	Omega Z	**TM7372108C00371
	Paragon X	**TM7332110C00136
	T202-26	Compatible Since launch
	T202-SE	Compatible Since launch
	T101-27	Compatible Since launch
	TR3.0	Compatible Since launch
	TR5.0	Compatible Since launch
	Tread-XP	Compatible Since launch
	5.0AT-21	Compatible Since launch
	7.0AT-25	Compatible Since launch
Elliptical	Andes 7.1	Compatible Since launch
	Andes 5.1	Compatible Since launch
	EX59-24	Compatible Since launch
	Syros 3.0	Compatible Since launch
Bike	Paros 3.0	Compatible Since launch
	5.0U-21	Compatible Since launch
	5.0R-21	Compatible Since launch
Indoor Cycle	7.0IC-22	Compatible Since launch
	5.0IC-21	Compatible Since launch
	GR7	**FC2032106C000801-830/**FC2032106C000861-1060
	Cycle-XP	Compatible Since launch
	3.0SC	Compatible Since launch
Home Gym	HBN70 (Bench Set)	Compatible Since launch
	HDB70 (Adj. DB)	Compatible Since launch
	HDB50 (Adj. DB)	Compatible Since launch
	HKB70(Adj. KB)	Compatible Since launch
	HBN50	Compatible Since launch
	HBN30	Compatible Since launch
	HSR30	Compatible Since launch
	HHR50	Compatible Since launch
	HPR70	Compatible Since launch
	HPR70P	Compatible Since launch
	HCU30 (Cube)	Compatible Since launch



# THANK YOU