



ANDES 3



ANDES 5



ANDES 7i



OPERATION GUIDE

ELLIPTICAL OPERATION

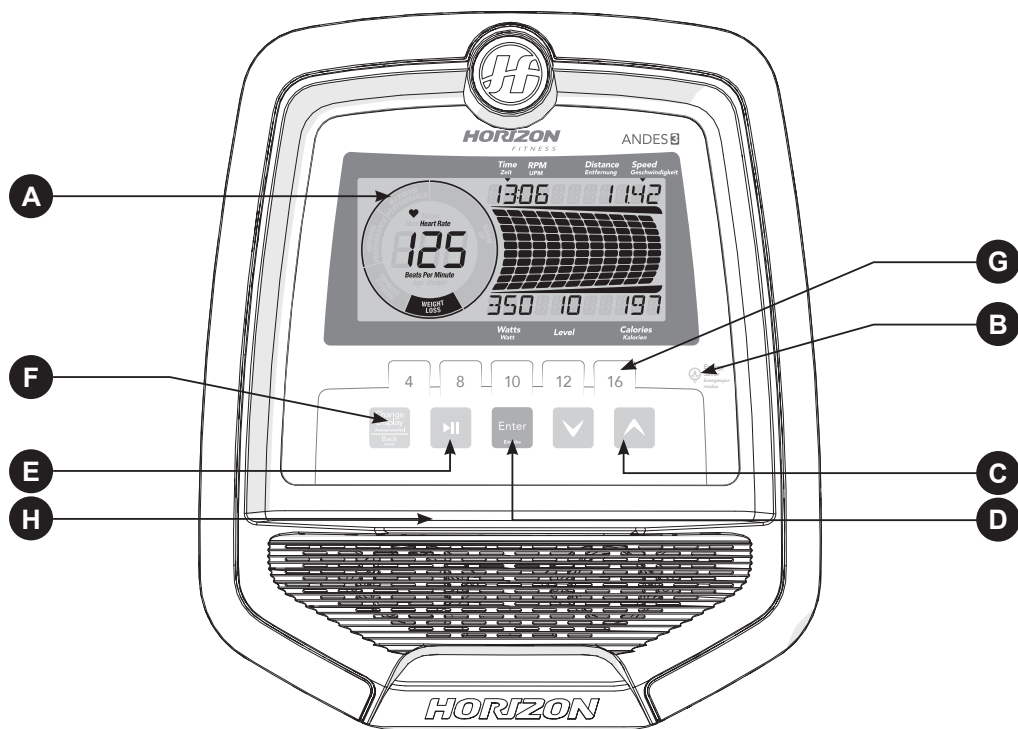


This section explains how to use your elliptical's console and programming.
The BASIC OPERATION section in the ELLIPTICAL GUIDE has instructions for the following:

- LOCATION OF THE ELLIPTICAL
- POWER/GROUNDING INSTRUCTIONS
- FOOT POSITIONING
- MOVING THE ELLIPTICAL
- LEVELING THE ELLIPTICAL
- POWER/MANUAL INCLINE OPERATION
- USING THE HEART RATE FUNCTION



ANDES 3



ANDES 3 CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

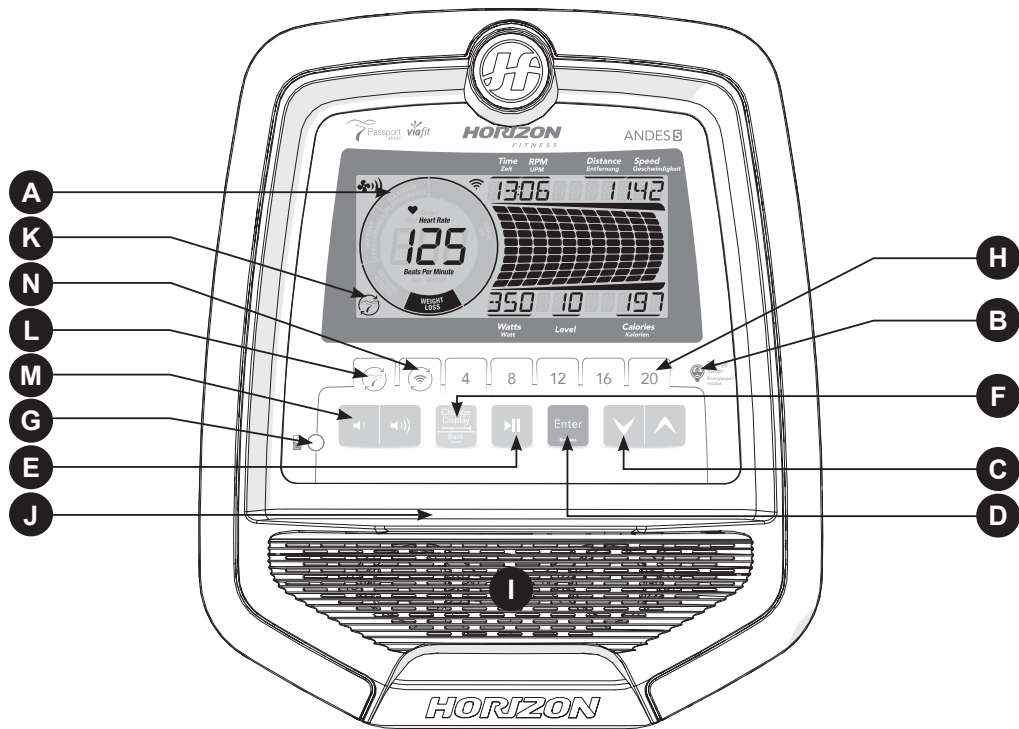
- A) **LCD DISPLAY WINDOWS:** Time, Distance, Speed, RPM, Resistance Level, Heart Rate, Calories, Watts, HR Wheel, Resistance Profile.
- B) **ENERGY SAVER:** to minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 15 mins) and can be quickly woken up with a touch of a button.
- C) **▼ ▲ ARROW BUTTONS:** used up and down arrow button to select program, set up your console or change resistance while exercising.
- D) **ENTER BUTTON:** used to confirm setting of workout program or user profile.
- E) **▶|| START AND STOP BUTTON:** press to begin exercising, pause your workout or resume exercising after pause. Hold for 3 seconds to reset the console.
- F) **CHANGE DISPLAY / BACK BUTTON :** used to scroll through display modes and workout feedbacks. Press to switch display column and change between profile display mode for resistance(upper bar displayed) or watt profile for your current workout watt (lower bar displayed).
also used to navigate back to the user setup progress.
- G) **RESISTANCE DIRECT BUTTON:** use the direct button to chose your desired workout resistance.
- H) **SMART DEVICE AND READING RACK:** holds your smart phone, tablet or reading materials.



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ANDES 5 CONSOLE OPERATION

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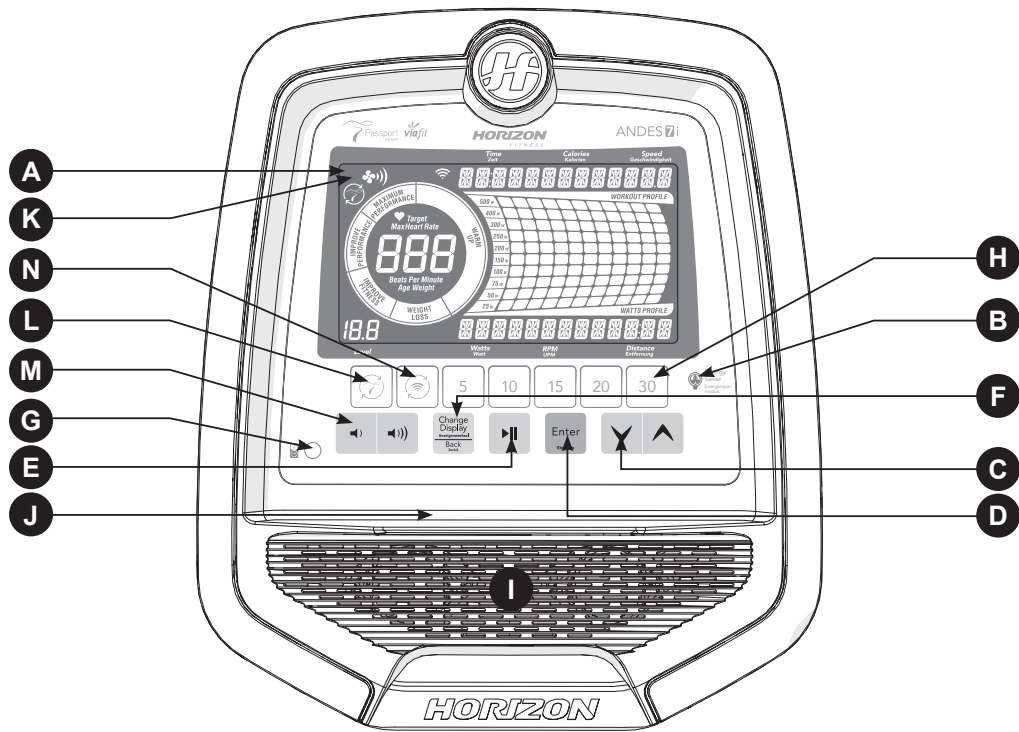
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also used to navigate back to the user setup progress.
- G) **AUDIO IN JACK:** use to connect with your cellphone or MP3 to play your workout music with integrated speaker.
- H) **RESISTANCE DIRECT BUTTON:** use the direct button to chose your desired workout resistance.
- I) **SPEAKER:** play music through speakers when connected to your media player.
- J) **SMART DEVICE AND READING RACK:** holds your smart phone, tablet or reading materials.
- K) **PASSPORT:** It will on screen when connect to Passport.
- L) **PASSPORT QUICK KEY:** used to connect to Passport. Press and sync with Passport.
- M) **VOLUME BUTTON:** used to turn up and turn down the volume.
- N) **WI-FI CONNECT & SYNC & TIMEZONE:** press to reset and connect your wireless internet connection and set time zone. See Page 12 for more info.



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ANDES 7i CONSOLE OPERATION

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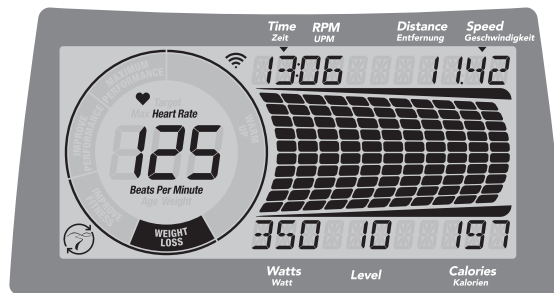
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ANDES 7i

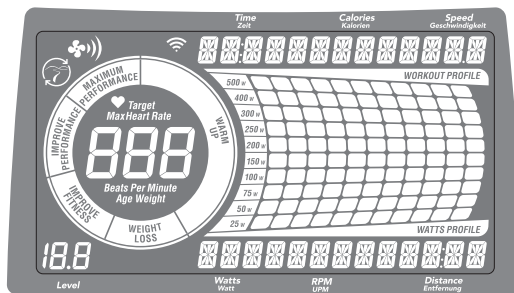


ANDES 3
ANDES 5



ANDES 3/5 DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **RPM:** Revolutions Per Minute.
- **DISTANCE:** Shown as km. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Shown as KM/H. Indicates how fast the wheels are moving.
- **WATTS:** Displays current user power output.
- **LEVEL:** Shows the current level of resistance.
- **CALORIES:** Total calories burned during your workout.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate.
- **MAXIMUM HEART RATE:** Shows your maximum heart rate. The Change Display button switches between your MAXIMUM HEART RATE and your current HEART RATE. The MAXIMUM HEART RATE is calculated as (220-age).
- **HEART RATE WHEEL:** Displays your current activity zone during your workout. With this Heart rate wheel you can be certain if your exercise level fits your workout goal.
 - WARM UP: 0-60% of maximum heart rate.
 - WEIGHT LOSS: 60-70% of maximum heart rate.
 - IMPROVE FITNESS: 70-80% of maximum heart rate.
 - IMPROVE PERFORMANCE: 80-90% of maximum heart rate.
 - MAXIMUM PERFORMANCE: 90-100% of maximum heart rate.
- **PASSPORT (ANDES 5 ONLY):** Indicates when the machine is in Passport mode to sync with Passport.
- **WI-FI (ANDES 5 ONLY):** Indicates wireless connection is present and the strength (low, medium, high).



ANDES 7i

ANDES 7i DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **RPM:** Revolutions Per Minute.
- **DISTANCE:** Shown as km. Indicates distance traveled or distance remaining during your workout.
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 - IMPROVE PERFORMANCE: 80-90% of maximum heart rate.
 - MAXIMUM PERFORMANCE: 90-100% of maximum heart rate.
- **WATT SCALE AND PROFILE DISPLAY:** shows your current workout watt. ex. 50W dot will light up to show when reaching or selecting 25-50 watt. You may use change display key to switch back to workout profile display.
 - Note: Scale will only show up to 400w in Watts programs to reflect your target watt range of 25-400 watt.
- **PASSPORT:** Indicates when the machine is in Passport mode to sync with Passport.
- **WI-FI:** Indicates wireless connection is present and the strength (low, medium, high).




SET UP XID ACCOUNT FOR VIA FIT™ CONNECTIVITY

Creating an xID account will allow you to save and share workout data using the Via Fit Wi-Fi. Up to four users can be saved on a machine. This process is the first step in connecting your equipment. It must be done from a computer, tablet, or mobile device.

- 1) Visit the web site: **www.ViaFitness.com**
- 2) Once at the web site, select the CONNECT YOUR EQUIPMENT option on the top menu bar.
- 3) The first step in connecting your equipment will be creating your xID account. This will be your login to Via Fit.
- 4) Enter your phone number or another easy-to-remember 10-14 digit number. This will be your account number.
- 5) Fill in your profile information to finish the xID account set up process. You will be asked to provide an email address not associated with any other xID account. Check your email after the set-up process for a link to validate your account.

CONNECT WI-FI

Once you have created your xID account, you will be able to move on to activating the Wi-Fi on your equipment. Reminder, this requires you to use your computer, tablet, or mobile device that is connected to the internet.

- 1) Press and hold  for 3-5 seconds you can use up/down button to set your time zone, please refer to time zone code in the last page, then press enter button you will see the message ACTIVATED on your screen.
- 2) On your computer or other device, go to your Wi-Fi settings. You should select the "Via Fit" network. Doing this enables you to connect your equipment to your wireless network.
- 3) A new window will pop up with the list of wireless networks your equipment can see. Select your home Wi-Fi network and connect.
- 4) The remaining step is to reconnect your computer or other device back to your Wi-Fi network. Go to your settings again and connect as you normally would.

Congratulations! You are now connected and ready to get started.

GETTING STARTED

Select your xID account, Use, Guest, or Edit a Use using ▲ ▼ and press ENTER.

When you log in for the first time as Use 1-4, you will be prompted to enter your xID information.

- a) Enter your xID account number using ▲ ▼ each number you should press ENTER to confirm it .After the final input, press ENTER.
- b) Enter your passcode using ▲ ▼ each number you should press ENTER to confirm it .After the final input, press ENTER.
- c) If you key the incorrect number during entering your xID or passcode, press CHANGE DISPLAY to delete the last entered number.

QUICK START

- 1) Make sure the power is on.
- 2) Press START / STOP ►|| to start exercise in MANUAL mode.
- 3) Press ▲ ▼ to adjust resistance level during the workout.

START YOUR WORKOUT

- 1) Select guest / user1 / user2 / user3 / user4.
- 2) Select your weight.
- 3) Select your age.
- 4) Select your desired program.
- 5) Select your gender (required only under Fit-Test program).
- 6) Select the program settings, time, level, etc.
- 7) Press Start/Stop ►|| to start your workout.

Note: Console will save your setting for user 1 / 2 / 3 / 4 ready for next workout.

TO CLEAR SELECTION/RESET THE CONSOLE

Hold START/STOP ►|| for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the bike will stop and beep. You can unplug the machine or it will enter Energy Saver Mode in 15 mins.

PROGRAM INFORMATION




Andes 3: 10 programs (Manual, Intervals, Game, Weight Loss, Rolling, Reverse Train, Random, Constant Watts, THR Zone, Custom)

Andes 5: 12 Programs (Manual, Intervals, Game, Weight Loss, Rolling, Reverse Train, Random, Constant Watts, THR Zone, %THR, Strength Builder, Custom)

Andes 7i: 14 programs (Manual, Intervals, Game, Fit Test, Weight Loss, Weight Loss Plus, Rolling, Reverse Train, Constant Watts, Interval Watts, THR Zone, %THR, Strength Builder, Custom)

- 1) **MANUAL:** Allows you to adjust the resistance level to your preference, without a preset program. Adjust your resistance manually during your workout. User sets time and resistance using (up/down arrow) and ENTER.
- 2) **INTERVALS:** Improves your strength, speed, and endurance by raising and lowering the resistance levels throughout your workout to involve both your heart and muscles. Time based program with 16 levels to choose from. User sets time and level using (up/down arrows) and ENTER.
- 3) **GAME:** This warm up game simulates a Car Racing Game. To control the car up and down, you pedal faster or slower. Try to avoid those barriers and keep on track. Your remaining chances will be shown on upper LCD with 10 dots and each time you hit a barrier one dot will be removed. You only have 11 chances to complete the circuit, so be careful.
- 4) **FIT-TEST (ANDES 7i ONLY):** Test your current level of physical condition. Keep RPM between 60 and 80 during test, program will change resistance automatically during test per an embedded chart. Try to keep your RPM until you can not go any further. Console will look up the table and give you your current physical condition estimation.
- 5) **WEIGHT LOSS:** Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat burning zone. Time based program with 16 levels to choose from. User sets time and level using (up/down arrows) and ENTER. Please drink enough water while and after doing exercise to enhance the weight loss results.

- 
- 6) **WEIGHT LOSS PLUS (ANDES 7i ONLY):** Promotes weight loss by increasing and decreasing the resistance, while keeping you in your fat burning zone. Time based program with 15 levels to choose from and greater intensity than the weight loss program. User sets time and level using (up/down arrows) and ENTER. Please drink enough water while and after doing exercise to enhance the weight loss results.
 - 7) **ROLLING:** Maintains weight by gradually raising and lowering the resistance level to gradually raise and lower your heart rate.
 - 8) **REVERSE TRAIN:** Special training program to build your muscle. This program will gradually increases resistance level and prompt you to pedal at a Forward (F), or Reverse (R) to help you reach your fitness goal.
 - 9) **RANDOM (ANDES 3/5 ONLY):** Special designed chart based program that will simulate resistance being changed randomly.
 - 10) **CONSTANT WATTS:** This workout automatically adjusts the resistance to keep you within a set Watts range and maintains your desired level of exercise intensity.
 - 1) Select Constant Watts program using ▲ ▼ and press ENTER.
 - 2) Set time using ▲ ▼ and press ENTER.
 - 3) Select desired watts using ▲ ▼ and press ENTER.
 - 4) Press START ►|| to begin the program.
 - 11) **INTERVAL WATT PROGRAM (ANDES 7i ONLY):** Allows you to choose a high WATTS value and a low WATTS value. The interval program will switch between High and Low WATTS values, making for a very intense and effective workout.
 - 1) Select Constant Watts program using and press enter.
 - 2) Set time using and press enter .
 - 3) Select your desired low watts target and press enter .
 - 4) Select your desired high watts target and press enter .
 - 5) Press START ►|| to begin the program.



12) THR ZONE: Simulate the intensity of your favorite sport as the program resistance automatically adjusts to maintain a set Target Heart Rate range. (Suggest to use chest belt with this program. You may purchase chest belt separately from your dealer)

- 1) Select THR Zone program using ▲ ▼ and press ENTER.
- 2) Select TIME using ▲ ▼ and press ENTER.
- 3) The HEART RATE window will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate (from heart rate training chart) using ▲ ▼ and press ENTER.
- 4) Press START ▶|| to begin.

HEART RATE TRAINING

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended. This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is 220 – 30 = 190 bpm and 90% max HR is $190 \times 0.9 = 171$ bpm.

13)% THR (ANDES 5/7i ONLY): Benefits weight loss by maintaining an optimum exercise level to burn fat, while adjusting the resistance to keep you in your target heart rate zone. First set up your personal data (your machine will automatically calculate your maximum workout heart rate) and select the percentage you wish to workout base on your maximum heart rate. (Suggest to use chest belt with this program. You may purchase chest belt separately from your dealer)

Note: The heart rate program is base on your heart rate target. Resistance will change automatically according to your pedaling speed and make sure you keep your workout in your target heart rate. Please do not pedal too slow or too fast. If you are out of the target zone LCD will show arrow sign beside RPM column to tell you to adjust your speed. Upper arrow for speed up your RPM and arrow down for slowing down your workout.

14)STRENGTH BUILDER (ANDES 5/7i ONLY): Help you gradually increase your muscle strength with a preset workout program. Time based program with 20 levels to choose from. User sets time and level using (up/down arrows) and ENTER.

15)CUSTOM: Customized workout, time defaults to 15 minutes.

- 1) First enter the program setting and profile display will guide you through all the workout column.
- 2) Use upper and lower arrow to change the resistance and press enter to confirm. Console will display your current segment number and guide you through segment 1 to segment 15.
- 3) After finish all setting press START ►|| to begin.
- 4) Program resets if press ENTER is held for 5 seconds.



PROGRAM CHARTS



(Andes 3)

		Intervals																									
		Warm Up				Program Segments - Repeat																Cool Down					
Seconds	Level	60	60	60	60	30	90	90	30	30	90	30	90	90	30	30	90	30	90	90	30	30	90	60	60	60	60
1	1	1	1	1	1	7	1	1	7	7	1	7	1	1	7	1	1	7	1	1	1	1	1	1	1	1	1
2	1	1	1	1	2	8	2	2	8	8	2	8	2	2	8	2	2	8	2	2	2	2	2	2	1	1	1
3	1	1	1	1	2	9	3	3	9	9	3	9	3	3	9	3	3	9	3	3	3	3	2	1	1	1	1
4	1	1	1	1	3	10	4	4	10	10	4	10	4	4	10	4	4	10	4	4	4	4	3	1	1	1	1
5	1	2	3	3	11	5	5	11	11	5	11	5	5	11	5	5	11	5	5	5	5	3	3	2	1	1	1
6	1	2	3	4	12	6	6	12	12	6	12	6	6	12	6	6	12	6	6	6	6	4	3	2	1	1	1
7	1	2	3	4	13	7	7	13	13	7	13	7	7	13	7	7	13	7	7	7	7	4	3	2	1	1	1
8	1	2	3	5	14	8	8	14	14	8	14	8	8	14	8	8	14	8	8	8	8	5	3	2	1	1	1
9	2	2	3	5	15	9	9	15	15	9	15	9	9	15	9	9	15	9	9	9	9	5	3	2	2	2	2
10	2	2	4	6	16	10	10	16	16	10	16	10	10	16	10	10	16	10	10	10	10	6	4	2	2	2	2

(Andes 5)

		INTERVALS																									
		Warm Up				Program Segments - Repeat																Cool down					
Seconds	Level	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60
1	1	1	2	2	3	5	1	1	5	5	1	5	1	1	5	5	1	5	5	1	3	2	2	2	1	1	1
2	1	2	2	2	3	6	2	2	6	6	2	6	2	2	6	6	2	6	6	2	3	2	2	2	1	1	1
3	1	2	2	4	7	3	3	7	7	3	7	3	3	7	3	3	7	3	3	7	3	4	2	2	1	1	1
4	1	2	2	5	8	4	4	8	8	4	8	4	4	8	4	4	8	4	4	8	4	5	2	2	1	1	1
5	2	3	5	6	9	5	5	9	9	5	9	5	5	9	5	5	9	5	5	9	5	6	5	3	2	2	2
6	2	3	5	7	10	6	6	10	10	6	10	6	6	10	6	6	10	6	6	10	6	7	5	3	2	2	2
7	2	3	5	8	11	7	7	11	11	7	11	7	7	11	7	7	11	7	7	11	7	8	5	3	2	2	2
8	2	3	5	9	12	8	8	12	12	8	12	8	8	12	8	8	12	8	8	12	8	9	5	3	2	2	2
9	3	4	5	10	13	9	9	13	13	9	13	9	9	13	9	9	13	9	9	13	9	10	5	4	3	3	3
10	3	4	8	11	14	10	10	14	14	10	14	10	10	14	10	10	14	10	10	14	10	11	8	4	3	3	3
11	3	6	10	12	15	11	11	15	15	11	15	11	11	15	11	11	15	11	11	15	11	12	10	6	3	3	3
12	3	6	10	13	16	12	12	16	16	12	16	12	12	16	12	12	16	12	12	16	12	13	10	6	3	3	3
13	5	9	13	14	17	13	13	17	17	13	17	13	13	17	13	13	17	13	13	17	13	14	13	9	5	5	5
14	5	9	13	15	18	14	14	18	18	14	18	14	14	18	14	14	18	14	14	18	14	15	13	9	5	5	5
15	5	9	13	16	19	15	15	19	19	15	19	15	15	19	15	15	19	15	15	19	15	16	13	9	5	5	5
16	5	9	13	17	20	16	16	20	20	16	20	16	16	20	16	16	20	16	16	20	16	17	13	9	5	5	5



(Andes 7i)

INTERVALS																								
	Warm Up				Program Segments - Repeat																Cool down			
Seconds	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	30	30	60				
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
1	1	3	3	4	7	1	1	7	7	1	7	1	1	7	7	1	4	3	3	1				
2	1	3	3	4	9	3	3	9	9	3	9	3	3	9	9	3	4	3	3	1				
3	1	3	3	6	10	4	4	10	10	4	10	4	4	10	10	4	6	3	3	1				
4	1	3	3	7	12	6	6	12	12	6	12	6	6	12	12	6	7	3	3	1				
5	3	4	7	9	13	7	7	13	13	7	13	7	7	13	13	7	9	7	4	3				
6	3	4	7	10	15	9	9	15	15	9	15	9	9	15	15	9	10	7	4	3				
7	3	4	7	12	16	10	10	16	16	10	16	10	10	16	16	10	12	7	4	3				
8	3	4	7	13	18	12	12	18	18	12	18	12	12	18	18	12	13	7	4	3				
9	4	6	7	15	19	13	13	19	19	13	19	13	13	19	19	13	15	7	6	4				
10	4	6	12	16	21	15	15	21	21	15	21	15	15	21	21	15	16	12	6	4				
11	4	9	15	18	22	16	16	22	22	16	22	16	16	22	22	16	18	15	9	4				
12	4	9	15	19	24	18	18	24	24	18	24	18	18	24	24	18	19	15	9	4				
13	7	13	19	21	25	19	19	25	25	19	25	19	19	25	25	19	21	19	13	7				
14	7	13	19	22	27	21	21	27	27	21	27	21	21	27	27	21	22	19	13	7				
15	7	13	19	24	28	22	22	28	28	22	28	22	22	28	28	22	24	19	13	7				
16	7	13	19	25	30	24	24	30	30	24	30	24	24	30	30	24	25	19	13	7				

(Andes 7i)

Protocol for Men

FIT - TEST		
Stage	Time(min)	Intensity(Watts)
1	0 - 2	35
2	2 - 4	70
3	4 - 6	105
4	6 - 8	140
5	8 - 10	175
6	10 - 12	210
7	12 - 14	245
8	14 - 16	280
9	16 - 18	315
10	18 - 20	350
11	20 - 22	385
12	22 - 24	420
13	24 - 26	455
14	26 - 28	490
15	28 - 30	525

(Andes 7i)

Protocol for Women

FIT - TEST		
Stage	Time(min)	Intensity(Watts)
1	0 - 2	25
2	2 - 4	50
3	4 - 6	75
4	6 - 8	100
5	8 - 10	125
6	10 - 12	150
7	12 - 14	175
8	14 - 16	200
9	16 - 18	225
10	18 - 20	250
11	20 - 22	275
12	22 - 24	300
13	24 - 26	325
14	26 - 28	350
15	28 - 30	375



(Andes 3)

		Weight Loss																			
		Warm Up				Program Segments - Repeat												Cool down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
1	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	2	1	
2	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1	
3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1	
4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1	
5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2	
6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2	
7	2	3	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2	
8	2	3	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	3	2	
9	3	4	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	4	3	
10	3	4	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	4	3	
11	3	6	10	12	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3	
12	3	6	10	13	14	14	15	15	16	16	16	16	15	15	14	14	13	10	6	3	

(Andes 5)

		WEIGHT LOSS																			
		Warm Up				Program Segments - Repeat												Cool down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
1	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	2	1	
2	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1	
3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1	
4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1	
5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2	
6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2	
7	2	3	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2	
8	2	3	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	3	2	
9	3	4	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	4	3	
10	3	4	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	4	3	
11	3	6	10	12	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3	
12	3	6	10	13	14	14	15	15	16	16	16	16	15	15	14	14	13	10	6	3	
13	5	9	13	14	15	15	16	16	17	17	17	17	16	16	15	15	14	13	9	5	
14	5	9	13	15	16	16	17	17	18	18	18	18	17	17	16	16	15	13	9	5	
15	5	9	13	16	17	17	18	18	19	19	19	19	18	18	17	17	16	13	9	5	
16	5	9	13	17	18	18	19	19	20	20	20	20	19	19	18	18	17	13	9	5	



(Andes 7i)

WEIGHT LOSS																				
Seconds	Warm Up				Program Segments - Repeat												Cool down			
	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	3	3	4	4	4	6	6	7	7	7	7	6	6	4	4	4	3	3	1
2	1	3	3	4	6	6	7	7	9	9	9	9	7	7	6	6	4	3	3	1
3	1	3	3	6	7	7	9	9	10	10	10	10	9	9	7	7	6	3	3	1
4	1	3	3	7	9	9	10	10	12	12	12	12	10	10	9	9	7	3	3	1
5	3	4	7	9	10	10	12	12	13	13	13	13	12	12	10	10	9	7	4	3
6	3	4	7	10	12	12	13	13	15	15	15	15	13	13	12	12	10	7	4	3
7	3	4	7	12	13	13	15	15	16	16	16	16	15	15	13	13	12	7	4	3
8	3	4	7	13	15	15	16	16	18	18	18	18	16	16	15	15	13	7	4	3
9	4	6	7	15	16	16	18	18	19	19	19	19	18	18	16	16	15	7	6	4
10	4	6	12	16	18	18	19	19	21	21	21	21	19	19	18	18	16	12	6	4
11	4	9	15	18	19	19	21	21	22	22	22	22	21	21	19	19	18	15	9	4
12	4	9	15	19	21	21	22	22	24	24	24	24	22	22	21	21	19	15	9	4
13	7	13	19	21	22	22	24	24	25	25	25	25	24	24	22	22	21	19	13	7
14	7	13	19	22	24	24	25	25	27	27	27	27	25	25	24	24	22	19	13	7
15	7	13	19	24	25	25	27	27	28	28	28	28	27	27	25	25	24	19	13	7
16	7	13	19	25	27	27	28	28	30	30	30	30	28	28	27	27	25	19	13	7

(Andes 7i)

WEIGHT LOSS PLUS																				
Seconds	Warm Up				Program Segments - Repeat												Cool down			
	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	3	3	4	6	4	6	7	7	4	6	9	9	7	6	4	4	3	3	1
2	3	4	4	4	7	6	7	9	9	6	7	10	10	9	7	6	4	4	4	3
3	3	4	6	6	9	7	9	10	10	7	9	12	12	10	9	7	6	6	4	3
4	3	6	6	7	10	9	10	12	12	9	10	13	13	12	10	9	7	6	6	3
5	4	6	7	9	12	10	12	13	13	10	12	15	15	13	12	10	9	7	6	4
6	4	7	9	9	13	12	13	15	15	12	13	16	16	15	13	12	9	9	7	4
7	6	9	10	10	15	13	15	16	16	13	15	18	18	16	15	13	10	10	9	6
8	6	9	10	12	16	15	16	18	18	15	16	19	19	18	16	15	12	10	9	6
9	6	10	12	13	18	16	18	19	19	16	18	21	21	19	18	16	13	12	10	6
10	7	10	13	13	19	18	19	21	21	18	19	22	22	21	19	18	13	13	10	7
11	7	12	13	15	21	19	21	22	22	19	21	24	24	22	21	19	15	13	12	7
12	9	13	15	16	22	21	22	24	24	21	22	25	25	24	22	21	16	15	13	9
13	9	13	16	18	24	22	24	25	25	22	24	27	27	25	24	22	18	16	13	9
14	9	15	16	18	25	24	25	27	27	24	25	28	28	27	25	24	18	16	15	9
15	10	15	18	19	27	25	27	28	28	25	27	30	30	28	27	25	19	18	15	10



(Andes 3)

		Rolling																							
		Warm Up				Program segments - Repeat																Cool Down			
Seconds		60	60	60	60	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	60	60	60	60	
Level		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
1		1	1	1	2	1	2	3	4	1	2	3	4	1	2	3	4	2	1	1	1				
2		1	1	1	3	2	3	4	5	2	3	4	5	2	3	4	5	3	1	1	1				
3		2	2	2	3	3	4	5	6	3	4	5	6	3	4	5	6	3	2	2	2				
4		2	2	2	4	4	5	6	7	4	5	6	7	4	5	6	7	4	2	2	2				
5		3	3	3	4	5	6	7	8	5	6	7	8	5	6	7	8	4	3	3	3				
6		3	3	3	5	6	7	8	9	6	7	8	9	6	7	8	9	5	3	3	3				
7		4	4	4	5	7	8	9	10	7	8	9	10	7	8	9	10	5	4	4	4				
8		4	4	4	6	8	9	10	11	8	9	10	11	8	9	10	11	6	4	4	4				
9		5	5	5	6	9	10	11	12	9	10	11	12	9	10	11	12	6	5	5	5				
10		5	5	5	7	10	11	12	13	10	11	12	13	10	11	12	13	7	5	5	5				
11		5	5	6	7	11	12	13	14	11	12	13	14	11	12	13	14	7	6	5	5				
12		6	6	6	8	12	13	14	15	12	13	14	15	12	13	14	15	8	6	6	6				
13		6	6	7	8	13	14	15	16	13	14	15	16	13	14	15	16	8	7	6	6				
14		6	7	7	9	14	15	16	16	14	15	16	16	14	15	16	16	9	7	7	6				
15		6	7	8	9	15	16	16	16	15	16	16	16	15	16	16	16	9	8	7	6				

(Andes 5)

		Rolling																					
		Warm up				Program Segments - Repeat														Cool down			
Seconds		60	60	60	60	30	30	30	30	30	30	30	30	30	30	30	30	30	30	60	60	60	60
Level		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18				
1		1	1	2	2	1	2	3	4	3	2	1	2	3	2	1	1	1	1				
2		1	2	2	3	2	3	4	5	4	3	2	1	2	3	2	1	1	1				
3		2	2	3	3	3	4	5	6	7	8	7	6	5	4	2	1	1	1				
4		2	3	3	4	4	5	6	7	8	9	8	7	6	5	3	1	1	1				
5		3	4	4	4	5	6	7	8	9	10	9	8	7	6	3	3	2	1				
6		3	5	4	5	6	7	8	9	10	10	10	9	8	7	4	3	2	1				
7		4	5	5	5	7	7	8	8	9	9	10	10	9	8	4	3	2	1				
8		4	5	5	5	8	8	9	9	10	10	11	11	10	9	4	3	2	1				
9		4	5	5	5	9	9	10	10	11	11	12	12	11	10	5	4	3	1				
10		4	5	6	6	10	10	11	11	12	12	13	13	12	11	6	5	4	1				
11		4	5	7	7	11	11	12	12	13	13	14	14	13	12	6	5	4	1				
12		4	5	8	8	12	12	13	13	14	14	15	15	14	13	7	6	5	1				
13		4	5	9	9	13	13	14	14	15	15	16	16	15	14	7	6	5	1				
14		4	5	9	9	14	14	15	15	16	16	17	17	16	15	8	7	6	1				



(Andes 7i)

Seconds	Rolling																	
	Warm up				Program Segments - Repeat												Cool down	
	60	60	60	60	30	30	30	30	30	30	30	30	30	30	30	30	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	1	1	3	3	1	3	4	6	4	3	1	3	4	3	1	1	1	1
2	1	3	3	4	3	4	6	7	6	4	3	1	3	4	3	1	1	1
3	3	3	4	4	4	6	7	9	10	12	10	9	7	6	3	1	1	1
4	3	4	4	6	6	7	9	10	12	13	12	10	9	7	4	1	1	1
5	4	6	6	6	7	9	10	12	13	15	13	12	10	9	4	4	3	1
6	4	7	6	7	9	10	12	13	15	15	15	13	12	10	6	4	3	1
7	6	7	7	7	10	10	12	12	13	13	15	15	13	12	6	4	3	1
8	6	7	7	7	12	12	13	13	15	15	16	16	15	13	6	4	3	1
9	6	7	7	7	13	13	15	15	16	16	18	18	16	15	7	6	4	1
10	6	7	9	9	15	15	16	16	18	18	19	19	18	16	9	7	6	1
11	6	7	10	10	16	16	18	18	19	19	21	21	19	18	9	7	6	1
12	6	7	12	12	18	18	19	19	21	21	22	22	21	19	10	9	7	1
13	6	7	13	13	19	19	21	21	22	22	24	24	22	21	10	9	7	1
14	6	7	13	13	21	21	22	22	24	24	25	25	24	22	12	10	9	1

(Andes 3)

Seconds	Reverse Train																			
	Warm up										Cool down									
	60	60	60	60	30	60	90	60	90	45	60	45	90	90	30	30	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	2	3	2	3	1	2	3	1	2	3	1	2	3	2	1	1	1
2	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
3	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
4	1	1	1	3	6	5	6	4	5	6	4	5	6	4	5	6	3	1	1	1
5	1	2	3	3	7	6	7	5	6	7	5	6	7	5	6	7	3	3	2	1
6	1	2	3	4	8	7	8	6	7	8	6	7	8	6	7	8	4	3	2	1
7	1	2	3	4	9	8	9	7	8	9	7	8	9	7	8	9	4	3	2	1
8	1	2	3	5	10	9	10	8	9	10	8	9	10	8	9	10	5	3	2	1
9	1	1	1	2	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
10	1	1	1	2	12	11	12	10	11	12	10	11	12	10	11	12	2	1	1	1
11	2	2	2	3	13	12	13	11	12	13	11	12	13	11	12	13	2	1	1	1
12	3	3	3	4	14	13	14	12	13	14	12	13	14	12	13	14	3	1	1	1
13	3	4	4	5	15	14	15	13	14	15	13	14	15	13	14	15	3	3	2	1
14	3	4	5	6	16	15	16	14	15	16	14	15	16	14	15	16	4	3	2	1



(Andes 5)

Time	Warm up				Reverse Train																Cool down			
	60	60	60	60	90	45	90	30	45	90	30	45	90	30	45	90	30	45	90	60	60	60	60	
Level	1	2	3	4	F	R	F	R	F	R	F	R	F	R	F	R	F	R	F	R	17	18	19	20
1	1	1	1	2	3	2	3	1	2	3	1	2	3	1	2	3	1	2	3	2	1	1	1	
2	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1	
3	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1	
4	1	1	1	3	6	5	6	4	5	6	4	5	6	4	5	6	4	5	6	3	1	1	1	
5	1	2	3	3	7	6	7	5	6	7	5	6	7	5	6	7	5	6	7	3	3	2	1	
6	1	2	3	4	8	7	8	6	7	8	6	7	8	6	7	8	6	7	8	4	3	2	1	
7	1	2	3	4	9	8	9	7	8	9	7	8	9	7	8	9	7	8	9	4	3	2	1	
8	1	2	3	5	10	9	10	8	9	10	8	9	10	8	9	10	8	9	10	5	3	2	1	
9	1	1	1	2	11	10	11	9	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1	
10	1	1	1	2	12	11	12	10	11	12	10	11	12	10	11	12	10	11	12	2	1	1	1	
11	2	2	2	3	13	12	13	11	12	13	11	12	13	11	12	13	11	12	13	2	1	1	1	
12	3	3	3	4	14	13	14	12	13	14	12	13	14	12	13	14	12	13	14	3	1	1	1	
13	3	4	4	5	15	14	15	13	14	15	13	14	15	13	14	15	13	14	15	3	3	2	1	
14	3	4	5	6	16	15	16	14	15	16	14	15	16	14	15	16	14	15	16	4	3	2	1	
15	3	5	6	7	17	16	17	15	16	17	15	16	17	15	16	17	15	16	17	4	3	2	1	
16	4	6	7	8	18	17	18	16	17	18	16	17	18	16	17	18	16	17	18	5	3	2	1	

(Andes 7i)

Time	Warm up				Reverse Train																Cool down			
	60	60	60	60	90	45	90	30	45	90	30	45	90	30	45	90	30	45	90	60	60	60	60	
Level	1	2	3	4	F	R	F	R	F	R	F	R	F	R	F	R	F	R	F	R	17	18	19	20
1	1	1	1	3	4	3	4	1	3	4	1	3	4	1	3	4	1	3	4	3	1	1	1	
2	1	1	1	3	6	4	6	3	4	6	3	4	6	3	4	6	3	4	6	3	1	1	1	
3	1	1	1	3	7	6	7	4	6	7	4	6	7	4	6	7	4	6	7	3	1	1	1	
4	1	1	1	4	9	7	9	6	7	9	6	7	9	6	7	9	6	7	9	4	1	1	1	
5	1	3	4	4	10	9	10	7	9	10	7	9	10	7	9	10	7	9	10	4	4	3	1	
6	1	3	4	6	12	10	12	9	10	12	9	10	12	9	10	12	9	10	12	6	4	3	1	
7	1	3	4	6	13	12	13	10	12	13	10	12	13	10	12	13	10	12	13	6	4	3	1	
8	1	3	4	7	15	13	15	12	13	15	12	13	15	12	13	15	12	13	15	7	4	3	1	
9	1	1	1	3	16	15	16	13	15	16	13	15	16	13	15	16	13	15	16	3	1	1	1	
10	1	1	1	3	18	16	18	15	16	18	15	16	18	15	16	18	15	16	18	3	1	1	1	
11	3	3	3	4	19	18	19	16	18	19	16	18	19	16	18	19	16	18	19	3	1	1	1	
12	4	4	4	6	21	19	21	18	19	21	18	19	21	18	19	21	18	19	21	4	1	1	1	
13	4	6	6	7	22	21	22	19	21	22	19	21	22	19	21	22	19	21	22	4	4	3	1	
14	4	6	7	9	24	22	24	21	22	24	21	22	24	21	22	24	21	22	24	6	4	3	1	
15	4	7	9	10	25	24	25	22	24	25	22	24	25	22	24	25	22	24	25	6	4	3	1	
16	6	9	10	12	27	25	27	24	25	27	24	25	27	24	25	27	24	25	27	7	4	3	1	

(Andes 3)

		Random																		
		Warm Up				Program Segments - Repeat										Cool Down				
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
1	1	1	2	2	1	4	3	5	2	7	4	1	6	3	1	1	1	1		
2	1	2	2	3	2	5	4	6	3	8	5	2	7	4	2	1	1	1		
3	2	2	3	3	3	6	5	7	4	9	6	3	8	5	2	1	1	1		
4	2	3	3	4	4	7	6	8	5	10	7	4	9	6	3	1	1	1		
5	3	4	4	4	5	8	7	9	6	11	8	5	10	7	3	3	2	1		
6	3	5	4	5	6	9	8	10	7	12	9	6	11	8	4	3	2	1		
7	4	5	5	5	7	10	9	11	8	13	10	7	12	9	4	3	2	1		
8	4	5	5	5	8	11	10	12	9	14	11	8	13	10	4	3	2	1		
9	4	5	5	5	9	12	11	13	10	15	12	9	14	11	5	4	3	1		
10	4	5	6	6	10	13	12	14	11	16	13	10	15	12	5	4	3	1		



(Andes 5)

		Random																		
		Warm up				Program Segments										Cool down				
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
1	1	1	2	2	1	3	5	2	4	7	2	3	6	1	1	1	1	1		
2	1	2	2	3	2	4	6	3	5	8	3	4	7	2	2	1	1	1		
3	2	2	3	3	3	5	7	4	6	9	4	5	8	3	2	1	1	1		
4	2	3	3	4	4	6	8	5	7	10	5	6	9	4	3	1	1	1		
5	3	4	4	4	5	7	9	6	8	11	6	7	10	5	3	3	2	1		
6	3	5	4	5	6	8	10	7	9	12	7	8	11	6	4	3	2	1		
7	4	5	5	5	7	9	11	8	10	13	8	9	12	7	4	3	2	1		
8	4	5	5	5	8	10	12	9	11	14	9	10	13	8	4	3	2	1		
9	4	5	5	5	9	11	13	10	12	15	10	11	14	9	5	4	3	1		
10	4	5	6	6	10	12	14	11	13	16	11	12	15	10	5	4	3	1		
11	4	5	7	7	11	13	15	12	14	17	12	14	16	11	6	5	4	1		
12	4	5	8	8	12	14	16	13	15	18	13	14	17	12	6	5	4	1		
13	4	5	9	9	13	15	17	14	16	19	14	15	18	13	7	6	5	1		
14	4	5	9	9	14	16	18	15	17	20	15	16	19	14	7	6	5	1		



Target Heart Rate Zone	Workout Duration	Example THR Zone (age 30)	Your THR Zone	Recommended For
VERY HARD 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
HARD 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
MODERATE 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
LIGHT 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
VERY LIGHT 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery

(Andes 5)

Seconds Segment	Strength Builder																			
	Warm up				Program Segments - Repeat												Cool down			
	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
1	1	1	2	2	1	3	1	3	1	3	1	3	1	3	1	3	2	2	1	1
2	1	1	2	2	2	3	2	4	2	3	2	4	2	3	2	4	2	2	1	1
3	1	1	2	2	3	3	2	3	3	2	3	3	2	3	3	2	2	2	1	1
4	1	2	2	3	4	4	2	4	4	2	4	4	2	4	4	2	3	2	2	1
5	2	3	3	3	3	5	3	5	3	5	3	5	3	5	3	5	3	3	3	2
6	2	3	4	4	4	6	4	6	4	6	4	6	4	6	4	6	4	4	3	2
7	3	4	5	6	6	8	5	8	6	7	5	8	6	7	5	8	6	5	4	3
8	3	4	5	6	8	8	6	8	8	6	8	8	6	8	8	6	6	5	4	3
9	4	6	7	7	8	10	8	10	8	10	8	10	8	10	8	10	7	7	6	4
10	4	6	7	7	10	10	8	10	10	8	10	10	8	10	10	8	7	7	6	4
11	4	7	8	9	10	12	10	12	10	12	10	12	10	12	10	12	9	8	7	4
12	4	7	8	9	12	12	10	12	12	10	12	12	10	12	12	10	9	8	7	4
13	5	8	9	10	12	14	12	14	12	14	12	14	12	14	12	14	10	9	8	5
14	5	8	9	10	14	14	12	14	14	12	14	14	12	14	14	12	10	9	8	5
15	6	9	11	12	14	16	14	16	14	16	14	16	14	16	14	16	12	11	9	6
16	6	9	11	12	16	16	14	16	16	14	16	16	14	16	16	14	12	11	9	6
17	6	10	11	12	17	17	15	17	17	15	17	17	15	17	17	15	12	11	10	6
18	7	10	12	13	18	18	16	18	18	16	18	18	16	18	18	16	13	12	10	7
19	7	11	13	14	19	19	17	19	19	17	19	19	17	19	19	17	14	13	11	7
20	8	12	14	15	20	20	17	20	20	17	20	20	17	20	20	17	15	14	12	8

(Andes 7i)

Time	Strength Builder																			
	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
Level	Warm up				F	R	F	R	F	R	F	R	F	R	F	R	Cool down			
1	1	1	3	3	1	4	1	4	1	4	1	4	1	4	1	4	3	3	1	1
2	1	1	3	3	3	4	3	6	3	4	3	6	3	4	3	6	3	3	1	1
3	1	1	3	3	4	4	3	4	4	3	4	4	3	4	4	3	3	3	1	1
4	1	3	3	4	6	6	3	6	6	3	6	6	3	6	6	3	4	3	3	1
5	3	4	4	4	4	7	4	7	4	7	4	7	4	7	4	7	4	4	4	3
6	3	4	6	6	6	9	6	9	6	9	6	9	6	9	6	9	6	6	4	3
7	4	6	7	9	9	12	7	12	9	10	7	12	9	10	7	12	9	7	6	4
8	4	6	7	9	12	12	9	12	12	9	12	12	9	12	12	9	9	7	6	4
9	6	9	10	10	12	15	12	15	12	15	12	15	12	15	12	15	10	10	9	6
10	6	9	10	10	15	15	12	15	15	12	15	15	12	15	15	12	10	10	9	6
11	6	10	12	13	15	18	15	18	15	18	15	18	15	18	15	18	13	12	10	6
12	6	10	12	13	18	18	15	18	18	15	18	18	15	18	18	15	13	12	10	6
13	7	12	13	15	18	21	18	21	18	21	18	21	18	21	18	21	15	13	12	7
14	7	12	13	15	21	21	18	21	21	18	21	21	18	21	21	18	15	13	12	7
15	9	13	16	18	21	24	21	24	21	24	21	24	21	24	21	24	18	16	13	9
16	9	13	16	18	24	24	21	24	24	21	24	24	21	24	24	21	18	16	13	9
17	9	15	16	18	25	25	22	25	25	22	25	25	22	25	25	22	18	16	15	9
18	10	15	18	19	27	27	24	27	27	24	27	27	24	27	27	24	19	18	15	10
19	10	16	19	21	28	28	25	28	28	25	28	28	25	28	28	25	21	19	16	10
20	12	18	21	22	30	30	25	30	30	25	30	30	25	30	30	25	22	21	18	12

USING YOUR MEDIA PLAYER



- 1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the console and the headphone jack on your media player.
- 2) Use your media player buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.

ENERGY SAVER MODE

This machine is equipped with Energy Saver mode. When Energy Saver mode is activated, the display will automatically enter standby mode (Energy Saver mode) after 15 minutes of inactivity. This feature saves energy by disabling most power to the machine until a key is pressed on the console.

PASSPORT™ MEDIA PLAYER

The Passport player, featuring Virtual Active™ technology, is a high-definition experience that uses real destination footage and matching ambient sounds from stunning destinations around the world. The ultimate in workout entertainment, Passport lets you escape the confines of a regular workout routine while enjoying a dynamic experience.

A Passport player is available for purchase separately from your Horizon Fitness® retailer.

For more information, go to: www.passportplayer.com



SYNCING WITH PASSPORT

- 1) Using the arrow key on the passport remote control to scroll to the setup icon and press the Select.
- 2) Follow the on-screen prompt to press and hold the PASSPORT QUICK KEY buttons on the equipment's console for 3-5 seconds.
- 3) Once your sync is successful, the display on the console will show PASSPORT icon.
- 4) The message displayed on-screen will notify you if the sync was successful or failed.

TIME ZONE LIST

CODE	TIME ZONE	TIME
10	Azores Standard Time	(GMT-01:00) Azores
12	Cape Verde Standard Time	(GMT-01:00) Cape Verde Islands
43	Mid-Atlantic Standard Time	(GMT-02:00) Mid-Atlantic
27	E. South America Standard Time	(GMT-03:00) Brasilia
58	SA Eastern Standard Time	(GMT-03:00) Buenos Aires, Georgetown
35	Greenland Standard Time	(GMT-03:00) Greenland
51	Newfoundland Standard Time	(GMT-03:30) Newfoundland and Labrador
6	Atlantic Standard Time	(GMT-04:00) Atlantic Time (Canada)
60	SA Western Standard Time	(GMT-04:00) Caracas, La Paz
17	Central Brazilian Standard Time	(GMT-04:00) Manaus
54	Pacific SA Standard Time	(GMT-04:00) Santiago
59	SA Pacific Standard Time	(GMT-05:00) Bogota, Lima, Quito
28	Eastern Standard Time	(GMT-05:00) Eastern Time (US and Canada)
70	US Eastern Standard Time	(GMT-05:00) Indiana (East)
15	Central America Standard Time	(GMT-06:00) Central America
21	Central Standard Time	(GMT-06:00) Central Time (US and Canada)
22	Central Standard Time (Mexico)	(GMT-06:00) Guadalajara, Mexico City, Monterrey
11	Canada Central Standard Time	(GMT-06:00) Saskatchewan
71	US Mountain Standard Time	(GMT-07:00) Arizona
45	Mountain Standard Time (Mexico)	(GMT-07:00) Chihuahua, La Paz, Mazatlan
44	Mountain Standard Time	(GMT-07:00) Mountain Time (US and Canada)
55	Pacific Standard Time	(GMT-08:00) Pacific Time (US and Canada); Tijuana
2	Alaskan Standard Time	(GMT-09:00) Alaska
38	Hawaiian Standard Time	(GMT-10:00) Hawaii
61	Samoa Standard Time	(GMT-11:00) Midway Island, Samoa

CODE	TIME ZONE	TIME
36	Greenwich Standard Time	(GMT) Casablanca, Monrovia
34	GMT Standard Time	(GMT) Greenwich Mean Time : Dublin, Edinburgh, Lisbon, London
75	W. Europe Standard Time	(GMT+01:00) Amsterdam, Berlin, Bern, Rome, Stockholm, Vienna
18	Central Europe Standard Time	(GMT+01:00) Belgrade, Bratislava, Budapest, Ljubljana, Prague
56	Romance Standard Time	(GMT+01:00) Brussels, Copenhagen, Madrid, Paris
19	Central European Standard Time	(GMT+01:00) Sarajevo, Skopje, Warsaw, Zagreb
74	W. Central Africa Standard Time	(GMT+01:00) West Central Africa
37	GTB Standard Time	(GMT+02:00) Athens, Bucharest, Istanbul
29	Egypt Standard Time	(GMT+02:00) Cairo
64	South Africa Standard Time	(GMT+02:00) Harare, Pretoria
32	FLE Standard Time	(GMT+02:00) Helsinki, Kiev, Riga, Sofia, Tallinn, Vilnius
41	Israel Standard Time	(GMT+02:00) Jerusalem
26	E. Europe Standard Time	(GMT+02:00) Minsk
48	Namibia Standard Time	(GMT+02:00) Windhoek
5	Arabic Standard Time	(GMT+03:00) Baghdad
3	Arab Standard Time	(GMT+03:00) Kuwait, Riyadh
57	Russian Standard Time	(GMT+03:00) Moscow, St. Petersburg, Volgograd
24	E. Africa Standard Time	(GMT+03:00) Nairobi
40	Iran Standard Time	(GMT+03:30) Tehran
4	Arabian Standard Time	(GMT+04:00) Abu Dhabi, Muscat
9	Azerbaijan Standard Time	(GMT+04:00) Baku
33	Georgian Standard Time	(GMT+04:00) Tblisi
13	Caucasus Standard Time	(GMT+04:00) Yerevan
1	Afghanistan Standard Time	(GMT+04:30) Kabul
30	Ekaterinburg Standard Time	(GMT+05:00) Ekaterinburg

CODE	TIME ZONE	TIME
76	West Asia Standard Time	(GMT+05:00) Islamabad, Karachi, Tashkent
39	India Standard Time	(GMT+05:30) Chennai, Kolkata, Mumbai, New Delhi
49	Nepal Standard Time	(GMT+05:45) Kathmandu
47	N. Central Asia Standard Time	(GMT+06:00) Almaty, Novosibirsk
16	Central Asia Standard Time	(GMT+06:00) Astana, Dhaka
65	Sri Lanka Standard Time	(GMT+06:00) Sri Jayawardenepura
46	Myanmar Standard Time	(GMT+06:30) Yangon (Rangoon)
62	SE Asia Standard Time	(GMT+07:00) Bangkok, Hanoi, Jakarta
53	North Asia Standard Time	(GMT+07:00) Krasnoyarsk
23	China Standard Time	(GMT+08:00) Beijing, Chongqing, Hong Kong SAR, Urumqi
52	North Asia East Standard Time	(GMT+08:00) Irkutsk, Ulaanbaatar
63	Singapore Standard Time	(GMT+08:00) Kuala Lumpur, Singapore
73	W. Australia Standard Time	(GMT+08:00) Perth
66	Taipei Standard Time	(GMT+08:00) Taipei
68	Tokyo Standard Time	(GMT+09:00) Osaka, Sapporo, Tokyo
42	Korea Standard Time	(GMT+09:00) Seoul
78	Yakutsk Standard Time	(GMT+09:00) Yakutsk
14	Cen. Australia Standard Time	(GMT+09:30) Adelaide
7	AUS Central Standard Time	(GMT+09:30) Darwin
25	E. Australia Standard Time	(GMT+10:00) Brisbane
8	AUS Eastern Standard Time	(GMT+10:00) Canberra, Melbourne, Sydney
77	West Pacific Standard Time	(GMT+10:00) Guam, Port Moresby
67	Tasmania Standard Time	(GMT+10:00) Hobart
72	Vladivostok Standard Time	(GMT+10:00) Vladivostok
20	Central Pacific Standard Time	(GMT+11:00) Magadan, Solomon Islands, New Caledonia

CODE	TIME ZONE	TIME
50	New Zealand Standard Time	(GMT+12:00) Auckland, Wellington
31	Fiji Standard Time	(GMT+12:00) Fiji Islands, Kamchatka, Marshall Islands
69	Tonga Standard Time	(GMT+13:00) Nuku'alofa

