



Horizon Fitness Athos Cross Trainer

Category	Review of...	Means
Assembly	Ease of Assembly	No problems during assembly – goes together well.
	No. of people required	Can be done by 1 person, but we recommend having a second person around to help with some of the holding and when fitting the arms onto the console mast.
	Time to assemble	30 – 40 minutes
	Clarity of Assembly Guide	Good clear instructions to follow and all tools needed are provided.
Quality	Paintwork	Nice crisp finish to the white paintwork.
	Plastics	There aren't many plastics parts on this machine but where there is the quality is good.
	Build Quality	Given the price the quality of these machines is superb. Miles better than most other cross trainers in this price range.
Usability	How easy is the machine to use	Simple – easy to mount and simple to operate.
	Clarity of Instruction Manual	Simple enough to follow – we managed to find all of the information that we needed very quickly.
	Stride Length	16" – ideal for anyone up to around 6' tall.
	Controls	Controls on the console are easily accessible. It would have been better if the heart rate monitors were on the hand grips instead of a separate handlebar – that said you're better off with a chest strap if you want to accurately monitor your heart rate.
	Console and Feedback	It's not the most stylish console that you'll find but it gives you all of the information that you'll need.
Ownership	Maintenance Requirements	Keep clean and occasionally check that the bearings are well greased (it's worth smearing grease over the bearings when building the machine as an extra precaution)
	Storage	Has transport wheels and can be moved.
	Length of Warranty	Excellent warranty – Lifetime on Frame and Motor and 3 years parts and labour.
	Manufacturer Service	Horizon Fitness have a team of engineers who will visit your home to fix the machine as required.



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How we review fitness equipment

All reviews are carried out by one of the team at Inspire Fitness. Our reviews cover all aspects of the machine, including how easy it is to build, what is it like to use, how easy can it be stored away when it's not in use and what happens if it goes wrong.

We give an honest assessment of the equipment and, based on our experience, rate the product for "Value for Money".

What the review information means

Category	Review of...	Means
Assembly	Ease of Assembly	How easy is the machine to build? Could anyone build it or do you need to be a DIY expert?
	No. of people required	Will it take more than one person to build or can you do it alone?
	Time to assemble	How much time will you need to set aside to build the machine?
	Clarity of Assembly Guide	Are the assembly instructions easy to follow?
Quality	Paintwork	How good is the paintwork on the machine and will it stand the test of time?
	Plastics	Do the plastics and mouldings fit properly?
	Build Quality	How robust does the machine feel when it's built? Will it be hard wearing?
Usability	How easy is the machine to use	Can you get going straight away or do you need to spend time working out what to do?
	Clarity of Instruction Manual	Is the instruction manual simple to understand?
	Stride Length	How long is the stride pattern on the machine and what size person will it suit?
	Controls	Are the controls easily accessible when you're using the machine?
	Console and Feedback	Does the console give you all of the information that you need?
Ownership	Maintenance Requirements	Are there any routine maintenance requirements?
	Storage	Is the machine easy to store away when not in use?
	Length of Warranty	How does the warranty compare?
	Manufacturer Service	If there's a problem, what response will you get from the manufacturer
Overall Value for Money		Does the product offer good value for money when compared to other products in the price range? (see website for details)

Inspire Fitness

www.inspire-fitness.co.uk

www.inspire-fitness-reviews.co.uk

Call: 01782 624349

Email: info@inspire-fitness.co.uk

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