

SOLE F85 vs Horizon 7.4 AT Treadmills Compared: Differences, Specs & Price

Meta Description: SOLE F85 vs Horizon 7.4 AT: Compare motor power, rapid-response technology, incline/decline range, and features side by side to find the right treadmill for you.



Alt text: A man using the SOLE F85 treadmill.

Key Takeaways

- The SOLE F85 features a robust 4.0 HP motor that outperforms the Horizon 7.4 AT, providing superior power for intense, long-duration training.
- SOLE F85 offers both incline (15 levels) and decline (6 levels) capability for comprehensive hill training, while the Horizon provides only 0–15% incline without decline functionality.
- The SOLE F85 includes a larger 15.6" touchscreen with built-in streaming apps like Netflix and YouTube, while the Horizon features an 8.25" LCD display designed for app connectivity.
- The Horizon 7.4 AT features a RapidSync drive system and QuickDial controls designed for interval training adjustments.

- [The SOLE F85](#) delivers exceptional value with its spacious 22" x 60" running surface, 375-pound capacity, both incline and decline capability, 2.75" rollers, lifetime frame and motor warranty.

SOLE F85 vs Horizon 7.4 AT: Which Premium Treadmill Wins?

The SOLE F85 and Horizon 7.4 AT represent premium home treadmills built for serious fitness enthusiasts, but they approach the training experience from different angles. SOLE's best-selling F85 emphasizes raw power, built-in entertainment, and training versatility through its decline capability.

The Horizon 7.4 AT prioritizes rapid responsiveness and third-party app connectivity that appeals to interval training enthusiasts and virtual class followers.

Both treadmills feature generous 22" x 60" running surfaces and lifetime frame and motor warranties, reflecting commercial-grade construction standards. This comparison examines what matters most for different training priorities and which treadmill delivers superior value for your specific goals.

Award-Winning Commercial-Grade Treadmills for Your Home



Choose from 3 Proven Series:

- F6X like [F63](#) and [F65](#) for affordable durability
- F8X like [F85](#) and [F89](#) for premium features
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Why Choose SOLE:

- ✓ Commercial-grade steel frames with up to 4.0 HP motors
- ✓ Cushion Flex technology reduces joint impact by 40%
- ✓ Industry-leading lifetime warranty on frame & motor
- ✓ Weight capacity up to 400 lbs with whisper-quiet operation
- ✓ FREE curbside shipping + workout classes via SOLE+ app

30-Day Money-Back Guarantee: Love it or return it, no questions asked.

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Motor Power and Performance



Caption: Motor specifications determine how smoothly a treadmill handles sustained efforts and how quietly it operates under load.

Alt text: The SOLE F85 treadmill.

[The SOLE F85](#) houses a 4.0 HP motor, one of the largest in SOLE's lineup, engineered for continuous demanding use. This powerplant maintains unwavering belt speed through marathon training sessions, steep hill climbs, and repeated sprint intervals.

The motor runs cooler under sustained load than smaller alternatives, translating to quieter operation and extended component lifespan. Users up to 375 pounds can train aggressively without approaching the drive system's limits.

The Horizon 7.4 AT takes a different approach through its RapidSync drive system. Rather than emphasizing peak horsepower, Horizon optimized for response time—how quickly the belt adjusts when you change settings.

This engineering choice allows for faster transitions between speeds, a characteristic that is highly effective for interval training.

Distance runners logging steady miles will appreciate the SOLE's robust power reserves. [HIIT enthusiasts](#) toggling between sprint and recovery may utilize the Horizon's response features.

Running Surface and Frame Construction

Both treadmills feature identical 22-inch by 60-inch running surfaces—two inches wider than standard residential equipment.

This additional width accommodates natural arm swing and the lateral drift that occurs during fatiguing intervals. The 60-inch length provides ample room for taller runners at full stride.

The SOLE F85 incorporates a Z-shaped frame design that enhances rigidity during intense workouts. At 294 pounds assembled, this substantial mass anchors the machine firmly during high-speed efforts. The 2.75-inch crowned rollers guide the belt smoothly while distributing stress to extend component lifespan.

The Horizon 7.4 AT tips the scales heavier at 318 pounds, providing equally solid stability. The 60mm/46mm tapered roller design optimizes belt tracking and reduces edge wear. Both frames feel planted during aggressive running; neither wobbles or flexes under load.

How Do Incline and Decline Capabilities Differ?

The SOLE F85 delivers comprehensive terrain simulation through 15 incline levels plus 6 decline levels. Hill climbs build posterior chain strength and torch calories at rates flat running cannot match. Trail [runners](#) and those targeting hilly races gain preparation that is impossible to replicate on machines limited to flat and uphill terrain.

The Horizon 7.4 AT provides 0–15% incline capability without decline functionality. The motor adjusts elevation rapidly thanks to the responsive drive system, allowing quick transitions between grades during interval programs. However, runners preparing for courses with significant downhill sections must seek decline training elsewhere.

Cushioning Technology



Caption: Deck cushioning absorbs impact forces that accumulate through thousands of foot strikes during consistent training.

Alt text: SOLE F85 touchscreen console displaying workout metrics and streaming apps.

The SOLE F85 incorporates Cushion Flex Whisper Deck technology engineered to reduce joint impact by up to 40% compared to pavement running.

The cushioning remains consistent across the entire deck surface, delivering predictable feedback whether landing at front, middle, or rear positions. This uniformity suits distance runners who settle into rhythms disrupted by variable surface responses.

The Horizon 7.4 AT features 3-Zone Variable Response cushioning with softer absorption at the front impact zone, transitional support through the middle, and firmer response at the push-off rear. This zoned approach offers varying firmness, while SOLE's Cushion Flex Whisper Deck ensures consistent shock absorption to protect joints.

Pricing Comparison

The SOLE F85 is priced at \$2,299.99, reflecting its upgraded touchscreen and decline capabilities. Financing is available, and HSA/FSA eligibility allows you to use pre-tax health funds for savings.

Every F85 includes the FREE SOLE+ App delivering hundreds of fitness classes without subscription charges.

The Horizon 7.4 AT retails at \$1,599. The package includes a Bluetooth chest strap for heart rate monitoring during connected workouts.

Warranty and Long-Term Protection



Caption: Matching lifetime coverage on frames and motors reflects commercial-grade construction confidence from both manufacturers.

Alt text: The SOLE F85 screen.

The SOLE F85 carries lifetime warranty coverage on frame and motor, plus 3 years on deck, parts, and wear items, and 1 year on labor. This protection reflects SOLE's confidence in its commercial-grade engineering and long-term durability.

The Horizon 7.4 AT matches lifetime frame and motor coverage while extending parts protection to 5 years and labor to 2 years. This longer coverage on components and service gives Horizon an edge for issues arising during the first five years of ownership.

Both brands provide extensive coverage, with SOLE offering a lifetime warranty on the frame and motor to guarantee long-term reliability.

SOLE F85 vs Horizon 7.4 AT Comparison Table

Feature	SOLE F85	Horizon 7.4 AT
Price	\$2,299.99	\$1,599

Motor	4.0 HP	RapidSync Drive
Display	15.6" Touchscreen	8.25" LCD
Running Surface	22" x 60"	22" x 60"
Incline Range	15 Levels	0-15%
Decline Range	6 Levels	None
Max Speed	12 mph	12 mph
Weight Capacity	375 lbs	350 lbs
Roller Size	2.75"	60mm/46mm Tapered
Frame Warranty	Lifetime	Lifetime
Motor Warranty	Lifetime	Lifetime
Parts Warranty	3 Years	5 Years
Labor Warranty	1 Year	2 Years
Built-in Streaming	Yes (Netflix, YouTube)	No (app connectivity)
Peloton/Zwift Compatible	Via screen mirroring	Yes (Bluetooth FTMS)
Unit Weight	294 lbs	318 lbs
Best For	Distance runners, streaming	HIIT, virtual classes

Match Your Treadmill to Your Training Style With SOLE

[The SOLE F85](#) establishes itself as the superior choice for runners who prioritize motor power, training versatility, and built-in entertainment without subscription fees.

Its 4.0 HP motor outperforms the Horizon's drive system for demanding steady-state running, while the combination of 15 incline levels and 6 decline levels provides comprehensive elevation training that the Horizon cannot match.

Built-in streaming apps on the 15.6" touchscreen deliver entertainment freedom without monthly fees, and the [FREE SOLE+ App](#) provides hundreds of fitness classes at no additional cost.

For serious runners who understand that power, training versatility, and subscription-free entertainment create the foundation for long-term fitness success, the SOLE F85 represents the premium investment that delivers complete capability from day one.

[Shop the SOLE F85 Treadmill today!](#)

Frequently Asked Questions (FAQs)

Which treadmill has better warranty coverage?

Both treadmills offer lifetime frame and motor warranties, which is excellent protection for premium equipment.

Can I connect to Peloton classes on both treadmills?

The Horizon 7.4 AT connects directly to Peloton through Bluetooth FTMS technology, allowing the treadmill to automatically adjust speed and incline based on instructor cues during classes. The SOLE F85 can access Peloton content through screen mirroring from your phone or tablet.

Can both treadmills stream Netflix?

The SOLE F85 includes Netflix, YouTube, and Spotify preloaded on its 15.6-inch touchscreen, functional immediately using your existing streaming accounts. The Horizon 7.4 AT lacks built-in streaming—you would position a tablet in the multi-position holder and access content through your own device.

Why should I choose the SOLE F85 over the Horizon 7.4 AT?

[The SOLE F85](#) offers superior value for serious runners and those who want complete entertainment built into their treadmill. The 4.0 HP motor provides more power than the Horizon for demanding workouts, while the 15 incline levels plus 6 decline levels offer training versatility that the Horizon's incline-only design cannot match.

****Disclaimer:*** Products and prices mentioned in this article are accurate as of the date of publication and are subject to change. Please visit the [official SOLE website](#) for the most current information.