

2005

*it all  
starts  
with a  
vision*



HOME  
*Fitness Bikes*

SMOOTH • QUIET • COMFORTABLE

# THE *vision* *fitness* DIFFERENCE

Whether your vision is a slimmer body, a healthier heart, stress management, or if you simply enjoy exercise, Vision Fitness has the bike to help you achieve your goals.

We began as a division of the Trek® Bicycle Company, where we pioneered the development of the smoothest, quietest, and most comfortable fitness bikes available. In 1996, Vision Fitness was spun off by the Trek® Fitness management team to continue to bring to market innovative fitness products. We offer you the same combination of quality, value, and performance that has made our founding company the most requested bicycle brand in America.



We continue to win “Best Buy” awards for our fitness products year after year. Take a test ride at your local specialty fitness retailer; we are confident you will agree with the reviewers and find that our fitness bikes are not only a great value but the smoothest, quietest, and most comfortable you have ever ridden.

To learn more about Vision Fitness and our complete line of quality fitness products, please visit our website: [www.visionfitness.com](http://www.visionfitness.com).

**T**he mission was clear: develop the smoothest, quietest, and most comfortable fitness bikes ever. To do this, we first pioneered the friction-free magnetic resistance system, completely eliminating the wear and noise of belts, pads, and fans. Then, we replaced the common bicycle chain with an eight-ribbed Poly-V belt to create the quietest fitness bike possible. This combination of smooth and quiet components also created a more reliable bike.

## Smooth

Our permanent magnetic resistance system has no wearing contact parts for maximum durability. Combine this friction-free resistance with our heavyweight flywheel, and you get the smoothest resistance mechanism available.



## Quiet

Our Quiet-Glide™ drive technology utilizes a multi-ribbed supersilent Poly-V belt to assure an extra-quiet workout. The quieter the workout, the easier it is to read a book or watch TV, and you won't be disturbing others. Computer modeling on this drive system shows the expected life to exceed 20,000 hours—that's over 50 years of life when used one hour a day.

## Comfortable

A bike's seat is your primary contact point. Our Comfort Arc™ seats, with body-contoured foam and free range of motion, will have you smiling for miles. Our semi-recumbent seat offers adjustable lumbar support, while the upright seat has a cutout in the nose to reduce pressure.



**D**on't be misled by the comfort of Vision Fitness® semi-recumbent bikes; they are a great way to achieve your cardio workout. The semi-recumbent positioning, like the upright bike, delivers an effective aerobic workout, plus it works the legs, hips, and gluteus more efficiently.



The Vision Fitness® lines of semi-recumbent and upright bikes, from our entry-level *000* Series models to our fully-loaded *600* Series Commercial bikes, help you achieve your fitness goals. Our bikes have won numerous accolades from the media and our customers for having the smoothest, quietest, and most comfortable ride. If you must ride a bike indoors, you certainly want it to be comfortable and quiet, so you can read a book (with the built-in reading rack) or watch TV without blasting the volume.

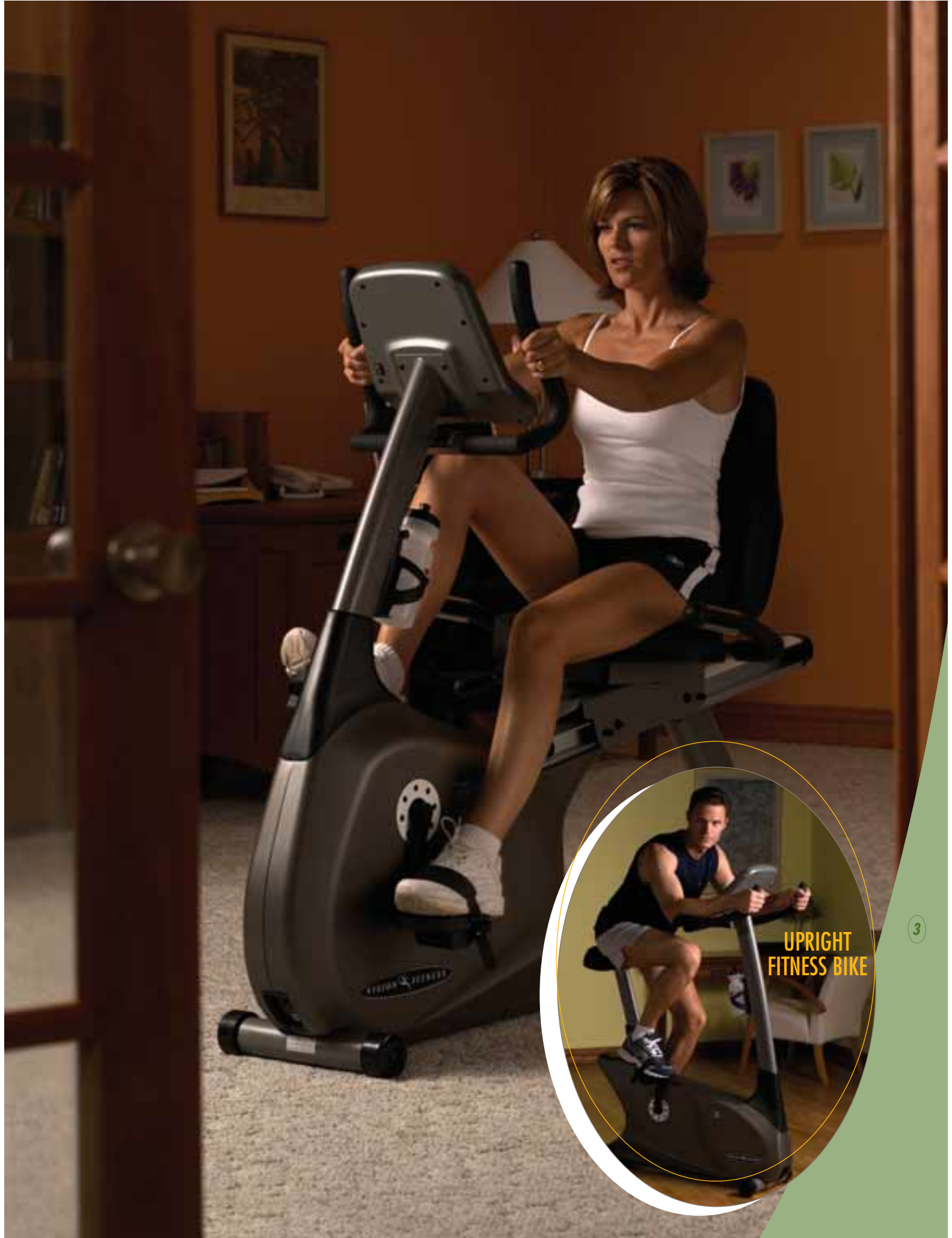
Vision Fitness® consoles are designed to keep you motivated. The *R2000/E3000* console provides basic feedback, while the *R2600HRT/E3600HRT* offers additional interactive programs: Manual, Sprint 8, Intervals, Weight Loss, Constant Watts, four Heart Rate Training, and five Custom. So, if you tire of Intervals, a simple touch of the button allows you to focus on Weight Loss or exercise based on your Heart Rate. With the custom programming built into Vision Fitness® exercise bikes, your workout options are virtually limitless!

Our bikes offer you the tools and comfort to go that extra mile and help you achieve your goals sooner. All of our bikes are backed by industry-leading warranties and are serviced by the best retailers in the industry.

This Poly-V belt is part of our Quiet-Glide™ drive system and helps to give you a smooth ride. The large eight-ribbed Poly-V belts on our *200* and *600* Series models give our products a competitive advantage. The larger surface area puts less tension on the belt, which results in a longer lifespan of not only the belt but of the entire drive system.







**UPRIGHT  
FITNESS BIKE**



Large 8x16 Dot Matrix Profile Display graphically illustrates your workout and where you are in your workout.

LED Feedback Display shows eight types of feedback information.

HRT® Feedback Display shows actual Heart Rate, Percent of your Maximum Heart Rate, and your Target Heart Rate.

Innovative Programs, such as SPRINT 8, and the four Heart Rate Training (HRT®) programs keep you motivated and progressing toward your goals. Each program has its own button for easy setup and for easy program changes “on the fly.”

Integrated Reading Rack conveniently holds magazines for you to read as you exercise.

Up & Down Arrow Keys allow you to easily adjust the intensity level of your workout at any time.

Vision Fitness’s line of fitness bikes boasts a modern console design. The example shown above is of the **R2200HRT/E3200HRT** and depicts features that you will find on most of the fitness bikes in our line-up.

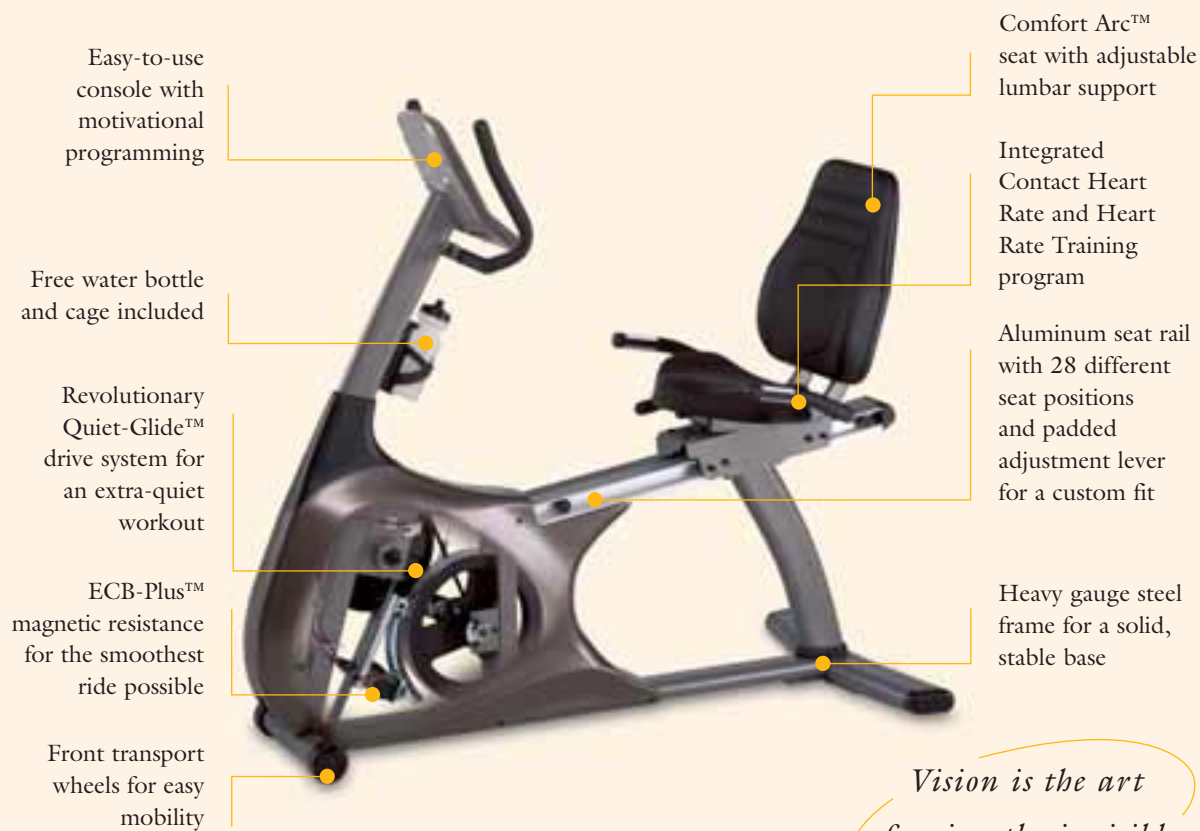
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The SPRINT 8 program found on our 200 and 600 Series fitness bikes was developed with Phil Campbell, MS, MA, and author of *Ready, Set, Go! Synergy Fitness*. Mr. Campbell is an expert in the field of anaerobic exercise, which has been cited by numerous medical publications as the cure for somatopause or the “middle-age spread.” The “middle-age spread” is signified by energy decline, weight-gain, loss of muscle, and wrinkled skin after age 30.

Vision Fitness is the first fitness company to integrate anaerobic exercise programming (SPRINT 8) into their equipment that specifically promotes the natural release of human growth hormone. The most powerful body-fat-cutting, muscle-toning, anti-aging substance known in science—human growth hormone—is produced by the body with this type of exercise program.

# The heart of a great ride...



*Vision is the art of seeing the invisible.*  
Jonathon Swift

**V**ision Fitness understands that choosing the right fitness bike is an important decision and a large investment. We have provided a checklist below of some of the key quality features that you should look for in a fitness bike. Always make sure you test the fitness bike before you buy it and ask, “Is it smooth when I change resistance levels? Is it quiet? Is it comfortable? Will I use it?” Good luck at achieving your fitness goals!

- Comfortable Seats** Comfort Arc™ Seats from Vision Fitness are recognized as the most comfortable in the fitness industry.
- Poly-V Belts** Our Quiet-Glide™ Supersilent Poly-V Belts provide a smooth and quiet ride with a larger surface area than many of our competitors.
- Heavy Flywheels** The balanced 24-pound flywheel used on our bikes provides smooth and consistent resistance.
- Magnetic Resistance System** Our ECB-Plus™ System provides smooth and accurate changes in resistance.
- Warranty** Vision Fitness® bikes come with a Lifetime Warranty on our Magnetic Resistance System. Make sure you buy a product that is backed by a company with a solid history.
- Motivational Programming** Test the different programs. Our fitness bikes are loaded with programs to keep you going the extra distance, and they are easy to use.
- Specialty Fitness Retailer** There are many different options for buying a fitness bike (Internet, sporting goods stores and mass merchants), but they often sell bells and whistles without insuring you have the proper piece of fitness equipment. Specialty Fitness retailers specialize in fitness equipment. Your fitness bike should be delivered and installed in your home by experts.
- Heavy Gauge Steel Frame** To compare frame strength, lift the fitness bikes you are considering. Be careful, though, our bikes are heavy.
- ISO 9001 Quality Manufacturing** All Vision Fitness® bikes are assembled in an ISO 9001-certified facility.

*semi-recumbent fitness bikes*



FEATURE	<b>R2600HRT</b> PROGRAMMABLE	<b>R2200HRT</b> PROGRAMMABLE	<b>R2200</b> PROGRAMMABLE	<b>R2100</b> PROGRAMMABLE	<b>R2000</b> INDEXED
CONSOLE AND PROGRAMS	EASY8™ LED CONTINUAL FEEDBACK Manual, Interval, Weight Loss, Constant Watts, Sprint 8, HRT Cardio, HRT Weight Loss, HRT Interval, HRT Hill, 5 Custom Programs Integrated Reading Rack	QUICK-SET™ LED Manual, Interval, Weight Loss, Constant Watts, Sprint 8, HRT Cardio, HRT Weight Loss, HRT Interval, HRT Hill, 4 Custom Programs Integrated Reading Rack	QUICK-SET™ LED Manual, Intervals, Weight Loss, Constant Watts, Sprint 8, Random, Mountain, Rolling, Race Integrated Reading Rack	BLUE BACKLIT LCD Manual, Intervals, Weight Loss, Mountain, Constant Watts Integrated Reading Rack	6-FUNCTION LCD Manual Programming Integrated Reading Rack
CONSOLE FEEDBACK	Speed, Distance, Calories, RPM, Level, Watts, Time, METS, Heart Rate, % Heart Rate, Target Heart Rate, Profile Display	Speed, Distance, Calories, RPM, Level, Watts, Time, METS, Heart Rate, % Heart Rate, Target Heart Rate, Profile Display	Speed, Distance, Calories, RPM, Level, Watts, Time, METS, Heart Rate, % Heart Rate, Profile Display	Heart Rate, Watts, Time, Speed, Distance, RPM, Calories, Program, Level, Profile Display	Heart Rate, RPM, Speed, Calories, Distance, Time
HEART RATE	Contact & Telemetric	Contact & Telemetric	Contact	Contact	Contact
TENSION CONTROL	Programmable, 20 Levels	Programmable, 16 Levels	Programmable, 16 Levels	Programmable, 16 Levels	Indexed Knob, 16 Levels
RESISTANCE SYSTEM	Cambridge Motor Works™ Generator	ECB-PLUS™ Motor-Operated Permanent Magnet	ECB-PLUS™ Motor Operated Permanent Magnet	ECB-PLUS™ Motor-Operated Permanent Magnet	ECB Cable-Operated Permanent Magnet
DRIVE TRAIN	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt	Supersilent Poly-V Belt	Supersilent Poly-V Belt
FLYWHEEL	Integrated w/ Generator	24 lbs. Balanced	24 lbs. Balanced	24 lbs. Balanced	24 lbs. Balanced
SEAT	Club COMFORT ARC™ w/ Adjustable Lumbar Control	COMFORT ARC™ w/ Adjustable Lumbar Control	COMFORT ARC™ w/ Lumbar Support	COMFORT ARC™ w/ Lumbar Support	COMFORT ARC™ w/ Lumbar Support
SEAT RAIL	Aluminum, 28 Positions	Aluminum, 28 Positions	Aluminum, 28 Positions	Steel	Steel
HANDLEBARS	Extended Console & Seat w/ Contact Heart Rate	Extended Console & Seat w/ Contact Heart Rate	Console & Seat w/ Contact Heart Rate	Console & Seat w/ Contact Heart Rate	Console & Seat w/ Contact Heart Rate
PEDALS	Self-balancing w/ Easy-Adjust Straps	Self-balancing w/ Easy-Adjust Straps	Self-balancing w/ Easy-Adjust Straps	Self-balancing w/ Easy-Adjust Straps	Self-balancing w/ Easy-Adjust Straps
POWER	Self-Generating	Plug-In	Plug-In	Plug-In	2 AA Battery
HOME WARRANTY*	Lifetime Frame Lifetime Generator System 3 Years Electronics/Parts 2 Years Labor	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor
COMMERCIAL WARRANTY* LIMITED CORPORATE▲	Lifetime Frame 3 Years Generator System 3 Years Electronics/Parts 1 Year Labor	▲Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor	▲Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor	None	None
DIMENSIONS	60"L x 26"W x 52"H	60"L x 26"W x 52"H	60"L x 26"W x 52"H	66"L x 26"W x 50"H	66"L x 26"W x 50"H
PRODUCT WEIGHT	161 lbs.	124 lbs.	124 lbs.	111 lbs.	111 lbs.
MAXIMUM USER WEIGHT	400 lbs.	300 lbs.	300 lbs.	300 lbs.	300 lbs.
<b>UPGRADES FROM PREVIOUS MODEL</b>	UPGRADES FROM R2200HRT Console Feedback Warranty Generator System Accessory Tray CSAFE	UPGRADES FROM R2200 Heart Rate Training Programs Custom Programs Adjustable Lumbar Seat Telemetric Heart Rate Extended Console Handlebar	UPGRADES FROM R2100 Aluminum 28-Position Seat Rail Integrated Frame Programming Three-Piece Crank Warranties	UPGRADES FROM R2000 Blue Backlit LCD Console Feedback Programmable Console ECB-PLUS™ Motor-Operated Brake	UPGRADES FROM SPORTING GOODS BIKE Adjustable Magnetic Resistance Warranty Heavy Gauge Frame COMFORT ARC™ Seat

\* Refer to [www.visionfitness.com](http://www.visionfitness.com) for complete Warranty details.  
All product specifications are subject to change.



# upright fitness bikes



FEATURE	<b>E3600HRT</b> PROGRAMMABLE	<b>E3200HRT</b> PROGRAMMABLE	<b>E3200</b> PROGRAMMABLE	<b>E3100</b> PROGRAMMABLE	<b>E3000</b> INDEXED	<b>E4000</b> INDEXED
CONSOLE AND PROGRAMS	EASY-8™ LED CONTINUAL FEEDBACK Manual, Interval, Weight Loss, Constant Watts, Sprint 8, HRT Cardio, HRT Weight Loss, HRT Interval, HRT Hill, 5 Custom Programs Integrated Reading Rack	QUICK-SET™ LED Manual, Interval, Weight Loss, Constant Watts, Sprint 8, HRT Cardio, HRT Weight Loss, HRT Interval, HRT Hill, 4 Custom Programs Integrated Reading Rack	QUICK-SET™ LED Manual, Intervals, Weight Loss, Constant Watts, Sprint 8, Random, Mountain, Rolling, Race Integrated Reading Rack	BLUE BACKLIT LCD Manual, Intervals, Weight Loss, Mountain, Constant Watts Integrated Reading Rack	6-FUNCTION LCD Manual Programming Integrated Reading Rack	5-Function 5-Window LCD
CONSOLE FEEDBACK	Speed, Distance, Calories, RPM, Level, Watts, Time, METS, Heart Rate, % Heart Rate, Target Heart Rate, Profile Display	Speed, Distance, Calories, RPM, Level, Watts, Time, METS, Heart Rate, % Heart Rate, Target Heart Rate, Profile Display	Speed, Distance, Calories, RPM, Level, Watts, Time, METS, Heart Rate, % Heart Rate, Target Heart Rate, Profile Display	Heart Rate, Watts, Time, Speed, Distance, RPM, Calories, Program, Level, Profile Display	Heart Rate, RPM, Speed, Calories, Distance, Time	RPM, Speed, Calories, Distance, Time
HEART RATE	Contact & Telemetric	Contact & Telemetric	Contact	Contact	Contact	None
TENSION CONTROL	Programmable, 20 Levels	Programmable, 16 Levels	Programmable, 16 Levels	Programmable, 16 Levels	Indexed Knob, 16 Levels	Indexed
RESISTANCE SYSTEM	Cambridge Motor Works™ Generator	ECB-PLUS™ Motor-Operated, Permanent Magnet	ECB-PLUS™ Motor-Operated, Permanent Magnet	ECB-PLUS™ Motor-Operated, Permanent Magnet	ECB Cable-Operated, Permanent Magnet	ECB Cable-Operated, Permanent Magnet
DRIVE TRAIN	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt	Supersilent Poly-V Belt	Supersilent Poly-V Belt	Chain & Poly-V Belt
FLYWHEEL	Integrated w/ Generator	24 lbs. Balanced	24 lbs. Balanced	24 lbs. Balanced	24 lbs. Balanced	16.5 lbs. Balanced
SEAT	Club COMFORT ARC™ Upright	COMFORT ARC™ Upright	COMFORT ARC™ Upright	COMFORT ARC™ Upright	COMFORT ARC™ Upright	COMFORT ARC™ Upright
SEAT POST	Ratchet Adjustable, Chrome Plated Steel	Steel	Steel	Steel	Steel	Steel
HANDLEBARS	Multi-Position w/ Armrests	Multi-Position w/ Armrests	Multi-Position	Multi-Position	Multi-Position	Multi-Position
PEDALS	Self-balancing w/ Easy-Adjust Straps	Self-balancing w/ Easy-Adjust Straps	Self-balancing w/ Easy-Adjust Straps	Self-balancing w/ Easy-Adjust Straps	Self-balancing w/ Easy-Adjust Straps	Double-Sided Strapless
POWER	Self-Generating	Plug-In	Plug-In	Plug-In	2 AA Battery	2 AA Battery
HOME WARRANTY*	Lifetime Frame Lifetime Generator System 3 Years Electronics/Parts 2 Years Labor	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor
COMMERCIAL WARRANTY* LIMITED CORPORATE▲	Lifetime Frame 3 Years Generator System 3 Years Electronics/Parts 1 Year Labor	▲Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor	▲Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor	None	None	▲Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor
DIMENSIONS	41"L x 26"W x 56"H	41"L x 26"W x 56"H	41"L x 26"W x 56"H	41"L x 26"W x 56"H	41"L x 26"W x 56"H	38"L x 27"W x 53"H
PRODUCT WEIGHT	122 lbs.	104 lbs.	104 lbs.	95 lbs.	95 lbs.	97 lbs.
MAXIMUM USER WEIGHT	400 lbs.	300 lbs.	300 lbs.	300 lbs.	300 lbs.	300 lbs.
<b>UPGRADES FROM PREVIOUS MODEL</b>	UPGRADES FROM <b>E3200HRT</b> Console Feedback Warranty Generator System Accessory Tray CSAFE	UPGRADES FROM <b>E3200</b> Heart Rate Training Programs Custom Programs Telemetric Heart Rate Handlebar Armrests	UPGRADES FROM <b>E3100</b> Programming Three-Piece Crank Warranties	UPGRADES FROM <b>E3000</b> Blue Backlit LCD Console Feedback Programmable Console ECB-PLUS™ Motor-Operated Brake	UPGRADES FROM <b>SPORTING GOODS BIKE</b> Magnetic Resistance Warranty Heavy Gauge Frame COMFORT ARC™ Seat	UPGRADES FROM <b>POPULAR AIR BIKE</b> Adjustable Magnetic Resistance COMFORT ARC™ Seat Quieter Workout Heavy Gauge Frame

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