VISION FITNESS

Elliptical Trainer Owner's Manual

"It All Starts With a Vision"

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MET.1

Congratulations on choosing a Vision Fitness Elliptical Trainer. You've taken an important step in developing and sustaining an exercise program! Your Vision Fitness Elliptical Trainer is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Vision Fitness Elliptical Trainer can improve the quality of your life in so many ways.

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Vision Fitness Elliptical trainer will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your Vision Fitness Elliptical trainer in the comfort of your home. This manual provides you with basic information on starting an exercise program. A more complete knowledge of your new fitness Elliptical Trainer will assist you in realizing your goal of a healthy lifestyle.

Some kinds of service to your Vision Fitness Elliptical Trainer should only be performed by your Vision Fitness dealer. Please contact your authorized Vision Fitness dealer should service be required. If a question or problem arises which cannot be handled by your Vision Fitness dealer, please contact us:

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ABOUT HOME EXERCISE

Your Vision Fitness Elliptical Trainer is the ideal choice to help you maintain year round fitness. You can use your Vision Fitness Elliptical Trainer as the core of your exercise program, or as a supplement to other fitness activities. Many people will ride their bikes, hike, or swim in the more pleasant months, only to lose their improved fitness with the arrival
of inclement weather. By placing a Vision Fitness Elliptical Trainer in the convenience of your home, you can keep your exercise program going despite bad weather, early nightfalls, or an ever increasingly busy schedule.

Below are some of the advantages of having a Vision Fitness Elliptical Trainer in your home:

• Exercise is not weather dependent.
• Saves you time by eliminating the drive time you would have to and from a health club.
• You can exercise before or after work when it might be dark.
• You can do multiple activities such as reading, watching TV, or listening to your favorite music.
• It's easier to control exercise intensity.
• It's a safe and comfortable environment.
• You can stay in shape while spending time with your
   children and family.
• You can avoid pollen during peak allergy times.

CAUTION: BEFORE BEGINNING ANY EXERCISE PROGRAM, ALWAYS CONSULT YOUR PHYSICIAN. IF YOU EXPERIENCE CHEST PAINS, NAUSEA, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISING AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.

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ELLIPTICAL TRAINER FEATURES & BENEFITS

BIO-RADIUS™ Pedal Arms
• Extra long pedal arms for fluid motion.
• Ergonomically correct positioning

ECLIPSE™ Foldable System
• Arms fold up when not in use.
• Maximize use of floor space.

2 FOR 1 Pedal Positioning
• Your choice of STEP or GLIDE positions.
• Target a different set of muscles.

ECB-PLUS™ Magnetic Resistance
• No wearing contact parts.
• Reliable and durable.
• Smooth feel.
• Noise free.

Belt Drive
• Quiet pedaling.
• Long lasting

Enclosed Casing
• Improves safety.
• Further noise dampening.
• Protects internal mechanics from dust and corrosive sweat.

Guide Rail Levelers
• For a solid ride on uneven floors.

Front Wheels
• Makes it easy to move your Elliptical Trainer around your home.

PART 1 - GETTING STARTED

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:
Read all instructions before using this Vision Fitness Elliptical Trainer. (Note: Not all models use external
power).

WARNING! - To reduce the risk of burns, fire, electrical shock, or injury to persons:
1. Use this Elliptical Trainer for its intended use as described in this manual. Do not use attachments
    not recommended by the manufacturer.
2. Never operate this Elliptical Trainer if it has a damaged cord or plug, it is not working properly, if it
    has been damaged, or immersed in water. Return the Elliptical Trainer to a dealer for examination
    and repair.
3. Keep the cord away from heated surfaces.
4. Never drop or insert any object into any opening.
5. Do not use outdoors.
6. To disconnect, turn the switch to the off position, then remove plug from outlet.
7. Only use the power supply provided with your Elliptical Trainer.
8. Never place the power cord under carpeting or place any object on top of the power cord.
9. Do not remove the Elliptical Trainer side covers. Service should be performed only by an authorized
    Vision Fitness dealer.
10. Unplug your Elliptical Trainer before moving it.

CHILDREN
• Keep children off your Elliptical Trainer at all times.
• When the Elliptical Trainer is in use, young children and pets should be kept at least 10 feet away.
• Always attach the optional Child Safety Guards if you have young children in or visiting your home
   (see following page for details).

OTHER SAFETY TIPS
• CAUTION!: If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising
    immediately and consult your physician before continuing.
• Do not use your Elliptical Trainer in or near puddled water, where there is moisture on the floor, or
    near a swimming pool.
• Do not turn pedal arms by hand.
• Do not wear clothing that might catch on any part of the Elliptical Trainer.
• Make sure handlebars are secure before each use.
• Read this manual before operating this Elliptical Trainer.

CLEANING
• Clean with soap and water cleaners only.
• Never use solvents on plastic parts.

ASSEMBLY
If you have elected to assemble this product yourself, for your safety please read and follow each of the steps in the enclosed assembly instructions. It is recommended, when possible, that assembly be performed by an authorized Vision Fitness dealer. If you have any questions regarding any part or function of your Elliptical Trainer, contact your dealer.

MOVING YOUR VISION FITNESS ELLIPTICAL TRAINER
Your Vision Fitness Elliptical Trainer has a pair of transport wheels built into the front legs. It is easy to move your Elliptical Trainer by rolling it on the front transport wheels.

PLACEMENT IN YOUR HOME
It is important that you place your Vision Fitness Elliptical Trainer in a comfortable and inviting room. Your Elliptical Trainer is designed to use minimal floor space. Many people will place their Elliptical Trainers facing the TV or a picture window. If at all possible, avoid putting your Elliptical Trainer in an unfinished basement. To make exercise a desirable daily activity for you, the Elliptical Trainer should be in an attractive setting.

Occasionally after long term use you will find a fine black dust below your Elliptical Trainer. This is normal wear from the drive belt and DOES NOT mean there is anything wrong with your Elliptical Trainer. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a rubber or vinyl mat beneath your Elliptical Trainer.

LEVELING THE PEDAL ARM GUIDE RAILS
If your Elliptical Trainer wobbles when you have placed it where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the guide rails. Once you have leveled the Elliptical Trainer, lock the levelers in place by tightening the winged lock nuts against the guide rail.

POWER SUPPLY
(MODELS X6200 & X6200HRC)
Your Elliptical Trainer uses a wall mount external power supply. Only use the power supply supplied with your trainer. If you misplace this power supply, please contact your authorized Vision Fitness dealer for an original replacement. Use of the wrong power supply may cause damage to your Elliptical Trainer.
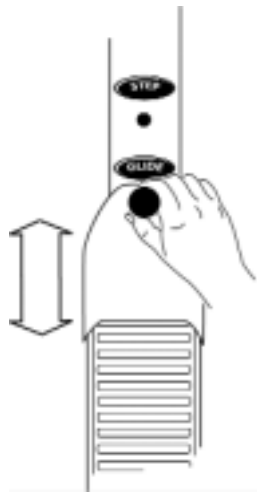
SELECTING FOOT POSITION

You have a choice of two different foot positions. We recommend starting with the foot toe piece in the GLIDE or rearmost position. This position offers a more elliptical or gliding pattern, and provides an excellent cardiovascular workout without overtaxing any one muscle group. As your conditioning improves, you can move the foot toe piece to the STEP or forwardmost position. This position will increase the intensity of your workout by increasing the height of each step.

FOLDING YOUR ELLIPTICAL TRAINER

It is important to always follow the correct order of steps when folding your Elliptical Trainer.
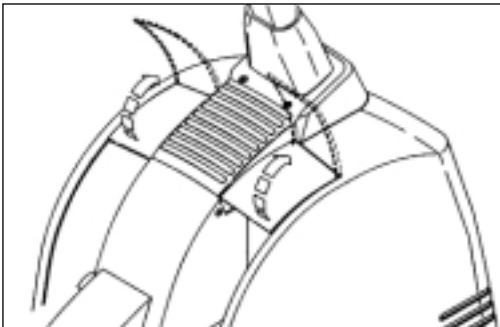
Step 1: Lift both flaps up on the side cover casing.
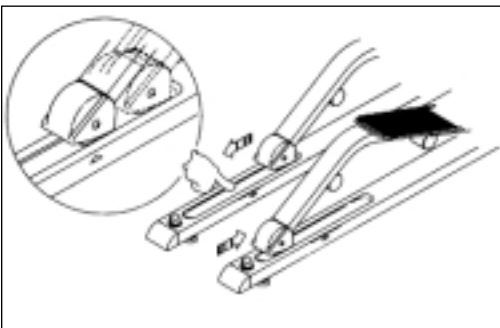
Step 2:   On the side of each Guide Rail you will find a decal indicating the correct position of the wheel center points. Move the Pedal Arms until both wheels align with these indicator decals.
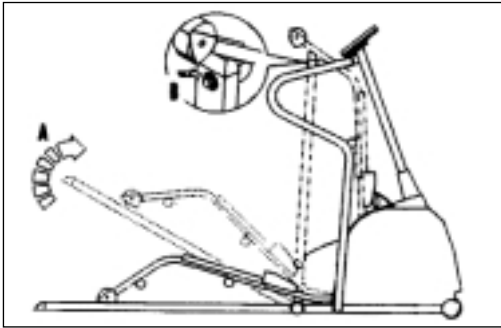
Step 3: One Pedal Arm will now be lower than the other. Simultaneously lift both the lowest Pedal Arm and the Guide Rail upon which it is resting to the vertical position (A). The lock pin protruding from the Guide Rail should now be aligned with the lock receiving mechanism on the underside of the Pedal Arm. Firmly push the Guide Rail until it clicks and locks into position (B). Check that it is secure before processing. Repeat these steps with the other Pedal Arm and Guide Rail to completely fold your Elliptical Trainer for compact storage.
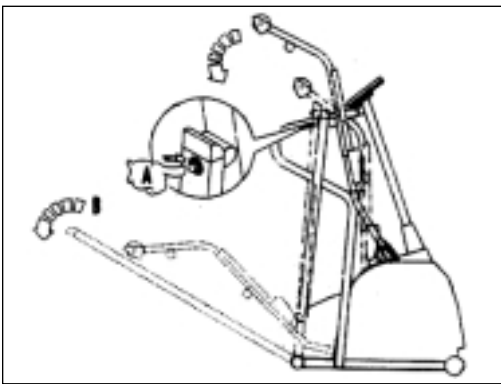
Step 4: To unfold your Elliptical Trainer, push the recessed lock button found on the underside of one Guide Rail (A). Carefully lower both the Pedal Arm and Guide Rail to the floor simultaneously (B). Repeat these steps with the other Pedal Arm and Guide Rail to completely unfold your Elliptical Trainer for use.

OPTIONAL CHILD SAFETY GUARDS

Always attach the child safety guards to the pedal arm guide rails if there are young children living in or ever visiting your house. Note that when these child safety guards are attached, the pedal arms cannot fold.

Vision Console Computer

"ON" Switch on Bottom

PART 2 - CONSOLES

A. QUICK-SET™ PROGRAMMABLE CONSOLE
(Models X6200, X6200HRC)

Your Vision Fitness computer console offers 48 different programs. These programs are designed to make each exercise session enjoyable while you make progress toward your personal fitness goal.

SELECTING MILES OR KILOMETERS
The programmable console comes preset for use in miles. To change to kilometers, remove the console from the console mast and switch the position of the switch as shown on the diagram on the back of the console. All speed and distance feedback functions will then be in kilometers, weight will be in kilograms.

TURN POWER ON
The On/Off switch for your Elliptical Trainer is located on the near underside of the console. Flip this switch to the 'ON' position. You will hear a beep and the console will light up. You are ready to use your console.

CHOOSING THE PROGRAM
The course profile screen will now show the Manual Program. The flashing column of program lights indicates that a Program is ready to be entered. By pressing either the UP or the DOWN arrow, you can move between the 6 different Program options. The course profiles will change as you view different Programs. The chart below provides you with the preset times and specific fitness benefits of each program.

Program	Preset Time	Fitness Benefits*
Manual	Not preset	Customized workouts
Intervals	24 minutes	Improve strength, speed,and endurance
Rolling	32 minutes	Weight maintenance
Weight Loss	48 minutes	Weight Loss
Race	24 minutes	Improve competition performance
Mountain	24 minutes	General conditioning

* All the programs can provide an aerobic and cardiovascular benefit in addition to the specific benefits listed.

When the program you choose to use is displayed on the screen, press the ENTER button. The light next to the program name will stop flashing and remain lit. Now you are ready to choose your workout level.

CHOOSING THE WORKOUT LEVEL

The function light next to PROGRAM LEVEL will now begin to flash. The flashing number showing in the number screen indicates the current Program Level. Each Program has 16 different Levels to choose from, except for the Race Program which has 17 levels. You vary the Program Level by pressing either the UP or the DOWN arrow. The higher the number, the more difficult the Program will be. As you change the Program Level, the profile screen lights will move up or down to show the relative difficulty of the course.

When the Level you choose to use is displayed, press the ENTER button.

Reminder: When you are beginning an exercise program, it is better to start at a low level of intensity and gradually work up to higher levels. You might want to start with a Program Level of 1 or 2.

CHOOSING THE TIME

The function light next to TIME will now begin flashing. The flashing number showing in the number screen indicates the workout time. There are two ways to use the timer: Count Down Mode or Count Up Mode.

Count Down Mode

In count down mode, the timer starts with a set number of minutes and moves to zero. Count down times of between 5 minutes and 99 minutes can be selected. You vary the time by pressing either the UP or the DOWN arrows. The preset workout time for each Program has been chosen to match the Program's primary fitness goal. However, you may want to customize the workout time to fit your present fitness level, or to fit your personal fitness goals. When the time you choose to use is showing in the number screen, press the ENTER button.

Count Up Mode

In count up mode, the timer starts with zero and goes up. You select count up mode by setting the time to '00:00' and pressing the ENTER button.   In count up mode each program segment will last 1 minute. When the program is finished, there will be a single beep and the program will immediately begin start over. Because their are 16 segments on the profile screen, each program cycle will take 16 minutes. Program time and other function data will accumulate until START•STOP is pressed and the program is changed. The Race Program does not operate in Count Up Mode.

ENTERING WEIGHT (Optional)

The function light next to WEIGHT will now begin flashing. The flashing number showing in number screen is weight in pounds. By entering your weight, the calorie feedback calculations will be more accurate. You vary the weight input by pressing either the UP or the DOWN arrow.

When your correct weight is showing in the numeric LED screen, press the ENTER button to review your selections or the START•STOP button to begin the program. You may choose to skip the weight step by pressing START•STOP immediately after pressing ENTER following your time selection. If you skip this step, the Vision Fitness console will calculate feedback for a 150 pound person.

START YOUR ELLIPTICAL TRAINER PROGRAM

You are now ready to start exercising. After you press the START•STOP button to begin the Program, the light next to 'ON' will light up and the first column of lights on the profile screen will begin flashing. As time elapses, the flashing column of lights will shift to the right indicating your position on the course profile. The chart below shows each segment time for the preset program times:

PROGRAM	PRESET TIME	PRESET SEGMENT TIME
MANUAL	Not preset	Not preset
INTERVALS	24 Minutes	1.5 Minutes
MOUNTAIN	32 Minutes	2 Minutes
WEIGHT LOSS	48 Minutes	3 Minute
RACE	24 Minutes	1.5 Minute
MOUNTAIN	24 Minutes	1.5 Minutes

If you have entered a time goal other than the preset time, each segment will be 1/16th of the time goal selected.

If you have programmed the timer to count up, each segment will be one minute long.

FINISH YOUR ELLIPTICAL TRAINER PROGRAM

When your program is completed, record your time and mileage in your personal exercise log book. You can begin a new program by repeating the above instructions. Turn the power switch off when you are done with your workout.

SPECIAL CONSOLE FEATURES
(Models X6200, X6200HRC)

Manual Start
If you wish to skip all programming steps, simply press START•STOP while all six program lights are flashing. The console will go to Manual Program, Level 6 and begin in count up mode. To change levels, press the UP or DOWN arrow.

Easy Start
Each Program has a 'default' Program Level. If a Program Level is not entered, then the Program will operate on Program Level 6. If you choose to use the default Program Level of 6, the preset program times and the preset weight of 150 lbs, you can press the START•STOP button immediately after choosing the Program and the Program will begin.

OR, if you choose to use the preset program time and the preset weight of 150 lbs, but want to customize only the Program Level, you can press the START•STOP button immediately after choosing the Level and the Program will begin with your selected Level.

Change Course Difficulty
Once the Program has begun, you can vary the level of each segment by using the UP or DOWN arrow. This feature allows you to adjust select sections of a course to meet your present fitness level.

If you wish to vary the Level of the entire Program, you must stop the Program you are in and start over.

Pause
You may stop a Program after it has begun by pressing the START•STOP button once. To resume the Program, press the START•STOP button again.

Reset
After a Program has begun, you may quit the Program by pressing and holding the START•STOP button for 2 seconds. The column of red program lights will flash and the console profile screen will show the Manual Program.

Auto-Reset
If your Vision Fitness Elliptical Trainer is not used for 5 minutes, it will automatically reset itself. (Auto-reset will not work when timer is operating
in count up mode.)

TEN FEEDBACK FUNCTIONS

Once a program has begun, you may use the SELECT button to view the data of your choice on the number screen. The light next to the function name indicates which data is currently displayed. The following functions can be viewed:

DISPLAY DATA	USE THIS FUNCTION TO:
LOAD (Watts)	Evaluate your fitness progress over time.
SPEED	Compare your performance to simulated outdoor running speed.
AVERAGE SPEED	Set personal average speed goals for a specific program at a specific level. A faster average speed is an indication of improved physical conditioning.
RPM	Improve running technique while reducing leg muscle fatigue by pedaling at between 60 and 70 strides-per-minute.
DISTANCE	Set personal goals for covering greater amounts of distance for each program. You can log mileage as a motivational tool.
CALORIES	View your total calorie expenditure.
CALORIES PER HOUR	View the rate you are currently burning calories.
PROGRAM LEVEL	View the current program level selected.
TIME	View the time remaining if the count down mode is used, or view the elapsed time if the count up time mode is used.
WEIGHT	Used to calculate more accurate calorie expenditure.

SCAN ON•OFF

When the SCAN button is pressed, the red LED next to 'SCAN' will light up indicating Scan is on. When Scan is on, the number display will cycle between each data function (except weight) showing a new data display every four seconds.

To turn Scan off, press the SCAN button again. The Scan light will no longer be on.

PROGRAM DETAILS

MANUAL PROGRAM

Preset Time: None
Primary Fitness Goal: Customized Workouts
Course Description: The Manual Program allows you to choose your own load levels any time during the program, or simply to maintain a constant load level throughout your workout. When the UP or DOWN arrows are pressed during the manual program operation, the load level of the entire program changes.

Programs 1-2   Programs 3-4   Programs 5-6   Programs 7-8

Programs 9-10   Programs 11-12   Programs 13-14   Program 15-16
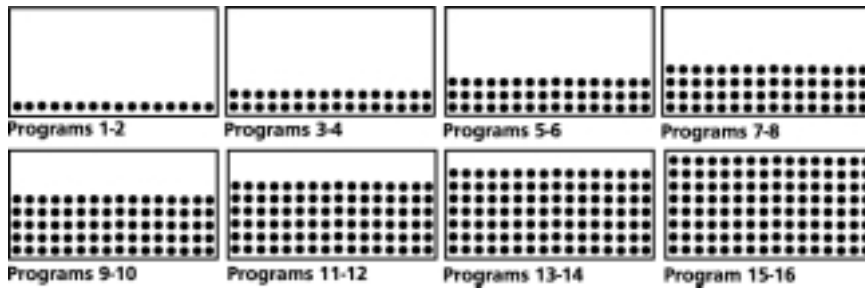
INTERVALS PROGRAM

Preset Time: 24 Minutes
Primary Fitness Goal: Improve strength, speed and endurance
Course Description: The Intervals Program is one of the most challenging workouts. The alternating high and low intensity load will improve your power, speed, and endurance while keeping your metabolism high for the entire workout.

Programs 1-2   Programs 3-4   Programs 5-6   Programs 7-8

Programs 9-10   Programs 11-12   Programs 13-14   Program 15-16
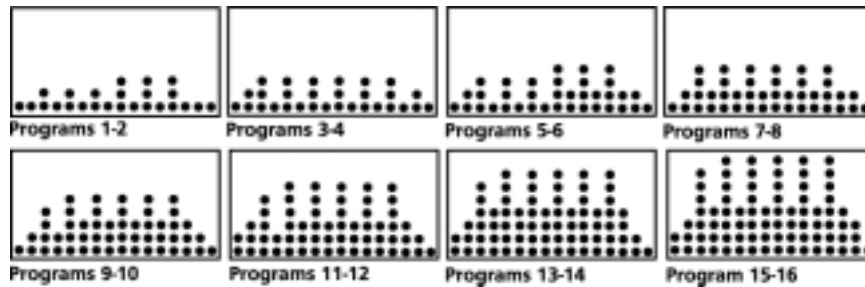
ROLLING PROGRAM

Preset Time: 32 Minutes
Primary Fitness Goal: Weight Maintenance
Course Description: The Rolling Program simulates rolling terrain with slow and gradual changes. This is a lower intensity cardiovascular workout that is ideal for weight maintenance.

| Programs 1-2 | Programs 3-4 | Programs 5-6 | Programs 7-8 |
| Programs 9-10 | Programs 11-12 | Programs 13-14 | Program 15-16 |
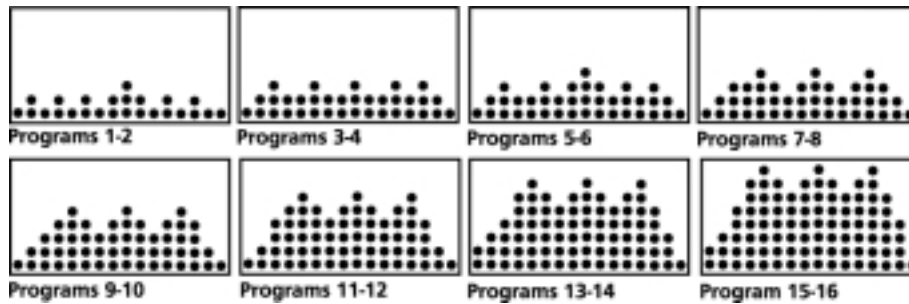
WEIGHT LOSS PROGRAM

Preset Time: 48 Minutes
Primary Fitness Goal: Weight Loss
Course Description: With regular use, the Weight Loss Program is a powerful tool for weight loss. The combination of low load intensity over a longer period of time has been found to be the most effective for weight control. The course profile changes are just enough to keep your workouts interesting.

| Programs 1-2 | Programs 3-4 | Programs 5-6 | Programs 7-8 |
| Programs 9-10 | Programs 11-12 | Programs 13-14 | Program 15-16 |
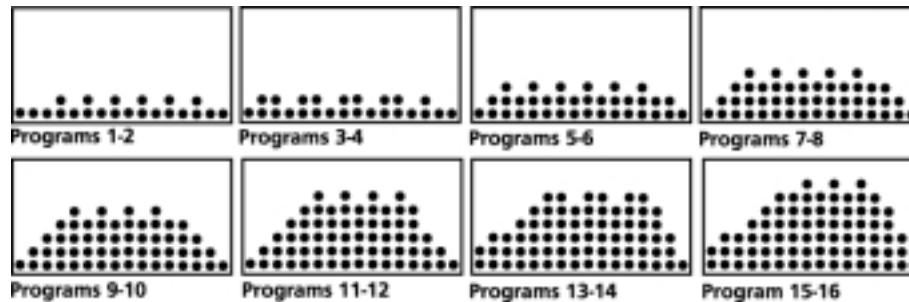
RACE PROGRAM

Preset Time: 24 Minutes

Primary Fitness Goal: Improve Competition Performance

Course Description: The Race Program is one of the most exciting and challenging programs on your Vision Fitness Elliptical Trainer. It's a great motivating program for competitive individuals. With the Race Program, you compete with the computer pacer across the length of the profile screen. The pacer moves across the screen at a rate that puts it at the finish line in exactly the time entered. Prior to beginning the Race Program, the profile screen will read 'PACE'. This refers to the computer pace speed showing in the number screen.

   LEVELS: In the race program, there are 17 different levels of difficulty (17 different pace levels). The figure shown in the number screen when the program level light flashes is the pace speed of the computer competitor in miles per hour. The computer pace can be set from 2.00 MPH to 18.00 MPH in increments of 1 mile per hour.

    After a Race Program has begun, you use the UP and DOWN arrows as you would shift gears on a bike. Your goal in this Program is to beat the pacer to the finish line by covering an equal distance at a faster pace.

    The solid light in the upper row of lights shows the computer pacer position. Your position on the screen is indicated by the flashing light on the lower row of lights. If you trail the pacer you should either 'shift' to a higher gear or step at a faster RPM to regain ground lost to the pacer.

    If you beat the pacer to the finish line, the profile screen will flash 'WIN!' and the Program will be over. Note that if you beat the pacer, the entire time goal will not have elapsed. If the pacer beats you to the finish, the full entire goal will have elapsed.

MOUNTAIN PROGRAM

Preset Time: 24 Minutes
Primary Fitness Goal: General conditioning
Course Description: The Mountain Program simulates a gradual
climb up a mountain grade with a quicker descent for the cool down
phase. It is a good general conditioning program that strengthens
your leg muscles and improves your cardiovascular system.

Programs 1-2   Programs 3-4   Programs 5-6   Programs 7-8

Programs 9-10   Programs 11-12   Programs 13-14   Program 15-16
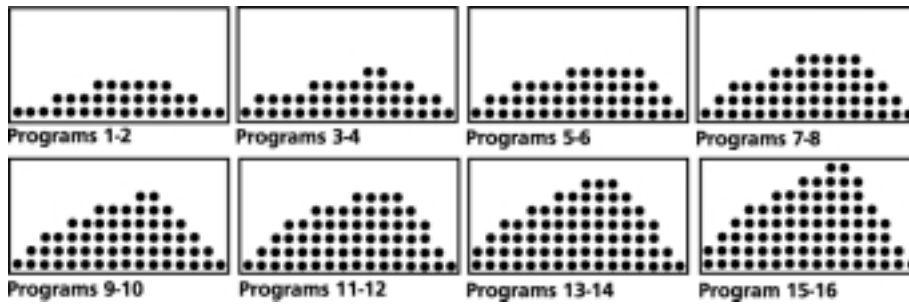
HEART RATE CONTROL CONSOLE
(Model X6200 HRC)

Before proceeding, refer to instructions for programmable consoles on page 10. Console operation for the Heart Rate console is the same as for Programmable consoles except that the 'Heart Rate Control' program replaces the 'Mountain' program. The heart rate console on your Vision Fitness Elliptical Trainer includes both heart rate feedback and a heart rate control program. Using heart rate control to monitor your workout allows you to achieve the optimal workout. This console is manufactured with an internal wireless telemetric receiver that will receive heart rate signals sent to it by a transmitter that is worn around your chest. This wireless technology is accurate, continuous, and convenient.

MOISTENING TRANSMITTER ELECTRODES
On the back side of your transmitter are two rubber strips several inches long. These rubber strips are the electrodes that will pick up the signals of your heart beat. It is very important to moisten these strips with several drops of water prior to placing the belt against your chest. this moisture will allow the signals to be conducted to the transmitting hardware. If you ever use the Elliptical Trainer and the display is not showing a heart rate value, remoisten the electrodes.

PLACING STRAP AROUND CHEST
You will get the best results if you wear your transmitter directly against your skin. Once these electrodes are moistened, center the transmitter just below the breast or pectoral muscles with the Vision Fitness logo centered on the chest and facing out. Adjust the length of the elastic belt so that the transmitter presses securely against your skin, but not so tight as to be uncomfortable. The transmitter will begin sending a signal as soon as it is worn.

HEART RATE FEEDBACK
You can monitor your heart rate during any of the six programs. A program must be operating (green Profile LEDs will be flashing) for the heart rate readout to show on the number screen. Once a program has been started (see page 16), press the SELECT button until the light next to HEART RATE is lit. The number that now shows in the number screen is your current average heart rate. If your readout is '0', you are not getting a signal. Shift the transmitter to slightly different positions on your chest until a readout begins to show. If you still do not get a signal, remoisten the electrodes with more water and try again.

LOGO
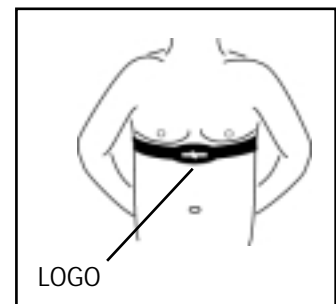
HEART RATE CONTROL
This console has an easy to operate heart rate control program that operates using the same sequence of steps as the other programs. The heart rate control program will take you through a warm-up phase, and gradually increase the resistance levels automatically until your actual heart rate is equal to your inputted target level (plus or minus five beats). During the last two segments of your workout, the resistance will be reduced gradually to allow your body a slow cool down period.

DETERMINING TARGET HEART RATE
Target heart rate is the number of beats per minute you determine to be ideal for achieving your personal fitness goals. If you have been sedentary, or have a history of heart disease always consult your physician to determine the target heart rate. Otherwise, please read pages 25 and 26 for further information to help you decide on the target rate best for you.

CHOOSE HEART RATE CONTROL PROGRAM
After turning on the power to your Elliptical Trainer, use either the UP or DOWN arrow to choose the HEART RATE CONTROL program. Press ENTER.

CHOOSE TARGET HEART RATE
The function light next to PROGRAM LEVEL will be flashing and 'H 80' will show in the number screen. You can choose a target heart rate from 80 to 170 in 5 beat increments by pressing the UP or DOWN arrow. Once your selected target level is showing in the number screen, press ENTER.
The steps for entering TIME and WEIGHT are the same as all the other programs. After inputting your choices, press START.

MAINTAIN HIGH PEDALING RPM's
When using the Heart Rate Control program, you may find that the resistance levels rise higher than what your legs are accustomed to working against. To avoid this, and reduce the stress on your joints, it is highly recommended that you step at a rapid cadence range of 60 to 70 RPM's. If you do not step at higher RPM's (60-70), you may find it impossible to achieve heart rate target level, since workload is determined by the combination of resistance and RPM's.

INDEXED CONSOLE
(Model X6100)

Your easy to use Vision Fitness Indexed computer console provides the information you need to monitor your progress toward your personal fitness goals.

INSTALLING BATTERIES
Your Vision Fitness Indexed console uses two size AA batteries. These batteries are located in a snap open battery compartment in the back of the console. If your Elliptical Trainer batteries have not already been installed by your dealer, please install them now.

TURNING SCREEN DISPLAY ON
To turn the screen display on, either press any console button or turn the pedal arms one complete revolution. When the display first comes on, the console will beep and '0:00' will be flashing in the TIME window.

Vision Indexed Console

Choosing Time and Starting
There are two ways to use the timer: Count Down Mode or Count Up Mode.

Count Down Mode
Use the UP or DOWN arrows to enter your workout time. Times of between 1 and 99 minutes can be selected. When the time you choose is showing in the TIME window, press the START•STOP button. The timer will begin counting down to zero. When the workout time is completed, the console will beep 3 times and the screen will flash 3 times.

Count Up Mode
To use the timer in count up mode, simply press START•STOP when '0:00' is flashing on the screen. The timer will count up till 99 minutes. When 99 minutes are reached, the console will beep 3 times and the screen will flash 3 times.

SELECTING SCREEN
Use the SELECT SCREEN button to choose the feedback display in the lower console windows. You can choose to view SPEED and RPM or DISTANCE and CALORIES. The top two windows, TIME and WATTS, will not change.

CHANGING RESISTANCE
There are two ways to increase your workload. You can pedal faster, or you can turn the tension knob located in the center of your console. There are 8 preset positions numbered from 1 to 8. Level 1 is the position of lowest resistance or easiest, level 8 the position of highest resistance or hardest. During the warm up and cool down phase of your workout, use a lower setting such as level 1 or 2 to gradually warm up and cool down.

FINISHING YOUR WORKOUT
When your workout is completed, record your time and mileage in your personal exercise log book (see log record forms in the back of this manual).

SPECIAL CONSOLE FEATURES
Pause
You can stop the timer at any time by pressing the START•STOP button once. To start the timer again, press START•STOP again. The timer can pause for up to 10 minutes. After 10 minutes, the console will turn off.

Reset Console
You can stop and reset the console data to zeroes by pressing and holding the START•STOP key for 2 seconds. When '0:00' is flashing in the TIME window, the console has been reset.

Auto-off
To extend battery life, the console will turn itself off if there is no RPM input for 10 minutes.

Position Sensor Check
Your Vision Fitness Indexed Elliptical Trainer can provide accurate work load readouts because the computer knows what position the magnet is in through a sensor located at the base of the tension knob. To check this sensor, remove and reinstall the batteries. A number from 1 to 8 will show in the WORKLOAD window. This number indicates the position of the tension knob. Turn the tension from 1 through 8 and check that the number in the WORKLOAD window matches the number on the tension knob. If it does not, contact your Vision Fitness dealer.

Be sure to select the correct computer model setting (described above) after completing this check.

6 FEEDBACK FUNCTIONS

DISPLAY DATA	USE THIS FUNCTION TO:
TIME	View the time remaining if the count down mode is used, or view the elapsed time if the count up mode is used.
LOAD (Watts)	Evaluate your fitness progress over time.
SPEED	Compare your performance to simulated outdoor running speed.
DISTANCE	Set personal goals for covering greater amounts of distance. You can log your distance as a motivational tool.
RPM	Improve running technique by maintaining consistent RPM's.
CALORIES	View your calorie expenditure.

PART 3
DEVELOPING A FITNESS PROGRAM

Stretch First
Before using your Vision Fitness Elliptical Trainer, it is best to spend a few minutes doing a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion.

Wall Push
Stand 1 1/2 feet from a wall and lean forward pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 10. Do not bounce.

Standing Quadriceps Stretch
Using a wall or chair to provide balance, grab your left ankle with your left hand and hold your foot against the back of your thigh for a count of 10. Repeat with your right foot and hand.

Seated Toe Touch
Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 10. Do not bounce.

THE IMPORTANCE OF THE WARM UP AND COOL DOWN

Warm Up
The first 2 to 5 minutes of a work out should be devoted to warming up. The warm up will limber your muscles and prepare them for more strenuous exercise. Warm up on your Elliptical Trainer by pedaling with low resistance.

Cool Down
Never stop exercising suddenly! A cool down period allows your heart to readjust to the decreased demand. Use a low resistance setting during the cool down to gradually lower your heart rate. After the cool down, repeat the stretching exercises described at the beginning of this chapter to loosen and relax your muscles.

EXERCISE GUIDELINES
Always consult your physician before beginning an exercise program.

How Often?
The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit.

Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before your shower, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. If you are to be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

How Long?
For aerobic exercise benefits, it's recommended that you exercise from between 24 and 32 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity.   If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

How Hard?
How hard you workout is also determined by your goals. If you use your Vision Fitness Elliptical Trainer to prepare for bicycle racing, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate, and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

To monitor your heart rate you can use a heart rate monitor or take your pulse with your fingers. Vision Fitness offers three models of quality Heart Rate Monitors to suit all skill levels and budgets. A Vision Fitness Heart Rate Monitor is a powerful tool for achieving your personal fitness goals. A heart rate monitor isn't just for the serious athlete. It's for anyone with limited time who wants to make the most of their workouts. See your Vision Fitness dealer for more information.

You can also measure your pulse with your fingers by placing your first two fingers lightly over the blood vessel (carotid artery) on your neck located next to your Adam's apple. Count your pulse for ten seconds and multiply by six. This figure is your heart rate in beats per minute. Compare this number to the Target Heart Rate Zone for your age group.

Target Heart Rate Zone

   The most common method for calculating your target heart rate is to first find your maximum heart rate. The standard formula for this is:

220—Your Age = Maximum heart rate.

   You do not want to workout at your maximum heart rate, you want to workout in your Target Heart Rate Zone. Your Target Heart Rate Zone is a percentage of your maximum heart rate. The American Heart Association recommends working out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. If you are just beginning an exercise program, exercise near or below the lower limit of your Target Zone.

Lower Limit of Target Zone = Maximum heart rate X .6
Upper Limit of Target Zone = Maximum heart rate X .75

You may find the chart below helpful for a quick reference.

Age	Target Zone 60%-75%
20	120-150
25	117-146
30	114-142
35	111-138
40	108-135
45	105-131
50	102-127
55	99-123
60	96-120
65	93-116
70	90-113

Perceived Exertion Level

   The second and simpler way to gauge your exercise intensity is to evaluate your perceived exertion level. If while exercising you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of other warning signs to overexertion.

A Note On 'Workload' Or 'Watts'

   The Vision Fitness Programmable and Indexed consoles have a workload readout. Workload is measured on your Vision Fitness Elliptical Trainer in watts. You can use the workload readout to help you gauge your current workout intensity and make adjustments as needed.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your Vision Fitness Elliptical Trainer to lose weight? Improve muscle tone? Burn stress? Prepare for summer activities? Knowing what your goals are will help you develop a more successful exercise program. Below is a list of some common exercise goals:

• Weight Loss
• Weight Maintenance
• Improve Body Shape and Tone
• Strengthen Leg Muscles
• Increased Energy Level
• Improved Sleep Patterns
• Improved Cycling/Cross Sports Performance
• Improved Cardiovascular Endurance
• Stress Reduction

If possible try to define your personal goal in precise, measurable terms, and then put your goal in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly, then weekly segments. Longer term goals can lose some of the immediate motivating benefits. Short term goals are easier to achieve. Your Vision Fitness Elliptical Trainer console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of these functions.

Sample Goals:

Goal setting is a popular motivational technique. It's important to set goals and reward yourself when initiating a new exercise program because you're attempting to break current patterns and form a new habit. Whether you use this technique or another, make fitness a priority in your life. You can achieve the ultimate reward to yourself - you can establish the exercise habit! Some sample goals may be:

• To strengthen my heart by exercising 24 minutes three days a week. (Goal Measurement: Exercise Time = 72 minutes a week.)
• To improve my body's ability to burn fat by exercising at a low intensity for 48 minutes per day, 5 days a week. (Goal Measurement: Exercise Time = 240 minutes per week.)
• To burn off work related stress by exercising for 20 minutes a day on work days. (Goal Measurement: Exercise Time = 100 minutes per week.)

Keeping an Exercise Diary

Photocopy the weekly and annual log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

| WEEK # _____ | Weekly Goal: _____ |
| Scheduled Workout Time: _____ |
| My Reward is: _____ |

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

| WEEK # _____ | Weekly Goal: _____ |
| Scheduled Workout Time: _____ |
| My Reward is: _____ |

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

WEEK # _____	Weekly Goal: _____
	Scheduled Workout Time: _____
	My Reward is: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

WEEK # _____	Weekly Goal: _____
	Scheduled Workout Time: _____
	My Reward is: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

January		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

February		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

March		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

April		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

May		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

June		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

July		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

August		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

September		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

October		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

November		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

December		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

COMMON PRODUCT QUESTIONS

Are the sounds my Elliptical Trainer makes normal?
Our trainers are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our trainers. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts. Remember, while you work out you're sometimes exerting the equivalent mechanical energy of a washing machine or dryer!

Why is the trainer I had delivered louder than the one at the store?
All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. And finally, if a fitness product is placed close to a wall, there will be more reflected noise. Sometimes a heavy rubber mat will help reduce reverberation through the floor.

When should I be worried about a noise?
As long as the sounds your trainer makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your trainer is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

What kind of routine maintenance is required?
We use sealed bearings throughout our Elliptical
Trainer so lubrication is not needed. The most important
maintenance step is to simply wipe your perspiration off
the trainer after each use.

Will the magnets wear out over time?
No, we use permanent magnets that will retain their brak-
ing force indefinitely in this application. One of the big
advantages of a magnetic brake is its long life since
there is no physical contact between the flywheel and the
magnet surface.

How long will the drive belt last?
The computer modeling we had done indicated virtually
thousands of maintenance free hours. Belts are now
commonly used in far more demanding applications
such as motorcycle drives.

What does the watts readout mean?
Watts are a standard unit of work that allow you to
monitor your progress from week to week and year to
year. The higher the watts, the stronger you've become.

FURTHER READING ON FITNESS

ACSM Fitness Book
American College of Sport Medicine
Leisure Press

Exercise and Your Heart
Pamphlet by the American Heart Association
See your local American Heart Association Office

The New Fit or Fat
Covert Bailey
Houghton Mifflin Company

Fit or Fat for the 90's A 60 Minute Video
Covert Bailey
Pacific Arts

The Aerobics Program for Total Well Being
Kenneth H. Cooper, MD
Bantam Books

WARRANTIES FOR MODELS: X6100, X6200, X6200HRC

LIMITED HOME USE WARRANTY

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.
VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

FRAME - LIFETIME
VISION FITNESS warrants the Frame against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner.

ECB-PLUS^{TM} BRAKE - LIFETIME
VISION FITNESS warrants the ECB-PLUS^{TM} Magnetic Brake against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner. Only the Brake and Magnet assembly, and no other ancillary components or parts, are covered by this lifetime warranty.

ELECTRONICS & PARTS - TWO YEARS
VISION FITNESS warrants the Electronic components and all original Parts (other than the ECB-PLUS^{TM} Magnetic Brake) against defects in workmanship and materials for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR
VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LIMITED LIGHT COMMERCIAL WARRANTY - Up to 3 hours use per day

LIGHT COMMERCIAL USES DEFINED
VISION FITNESS warrants models X6100, X6200, X6200HRC for use in light commercial facilities including: Hotels, Resorts, Police & Fire Stations, Apartment Complexes, Corporate Fitness Centers, Hospitals, Rehabilitation and Sports Medicine Clinics, where average use is up to five hours per day.   Not warranted for private health club, YMCA's or schools.

FRAME, ECB-PLUS^{TM} BRAKE, ELECTRONICS & PARTS - ONE YEAR
VISION FITNESS warrants the Frame, ECB-PLUS^{TM} Magnetic Brake, Electronic components and all original Parts against defects in workmanship and materials for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR
VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIVE REMEDY
The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to two years. All Labor shall be supplied by the local Retailer and the product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

EXCLUSIONS AND LIMITATIONS
This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective frame, electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Elliptical Trainer as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. Vision Fitness shall not be responsible for incidental or consequential damages. Parts and electronic components reconditioned to As New Condition by Vision Fitness or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. This warranty gives you specific legal rights, and your rights may vary from state to state.

WARRANTY REGISTRATION
Your warranty card must be completed and sent to Vision Fitness before a warranty claim can be processed. On the back of the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Elliptical Trainer. Thank you for selecting a Vision Fitness product.