

# SUSPENSION ELLIPTICAL TRAINER

versatile

smooth

accessible

## S7200HRT

PerfectStride™

- Footplates pivot to keep foot in proper position at all stride angles
- Most natural elliptical foot path on the market
- Stride length adjusts as incline changes for optimal range of motion
- Mimics natural gait to ensure ideal posture and proper alignment between knee and hip joints

### Versatile

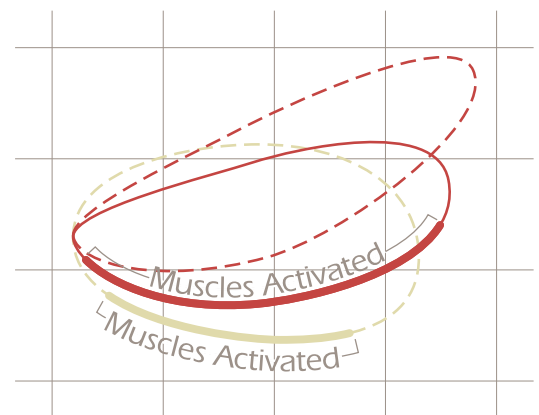
- 16 levels of incline ranging from 13 to 39% with forward/backward pedaling
- Stride adjusts from 20 to 23 inches based on incline level
- Multi-position hand grips fit any user and allow different muscle emphasis
- Multitude of programs from SPRINT 8 and Glute Burn to HRT® and Custom

### Smooth

- Suspended pedal arms produce less friction and noise
- Footplates are less than two inches apart for the best ergonomic workout position
- Friction-free magnetic resistance system
- Primary pivot points use roller bearings instead of bushings

### Accessible

- Suspended pedal arms keep footplates low to the ground
- Comfortable rear hand grips
- Front drive system keeps motor and components out of the way
- Multi-compartment accessory tray and reading rack



**S7200HRT**  
Suspension Elliptical  
Level 1  
Level 16

Traditional  
Ellipticals

### NATURAL FOOT PATH

The S7200HRT requires more muscle activation, giving you a more effective workout than other cross-trainers. At level 16, though it angles upward, the foot path remains essentially the same. To keep users in the most natural and comfortable position at this higher angle, the stride length increases slightly.



# Benefits of our Variable Stride

## More Variety

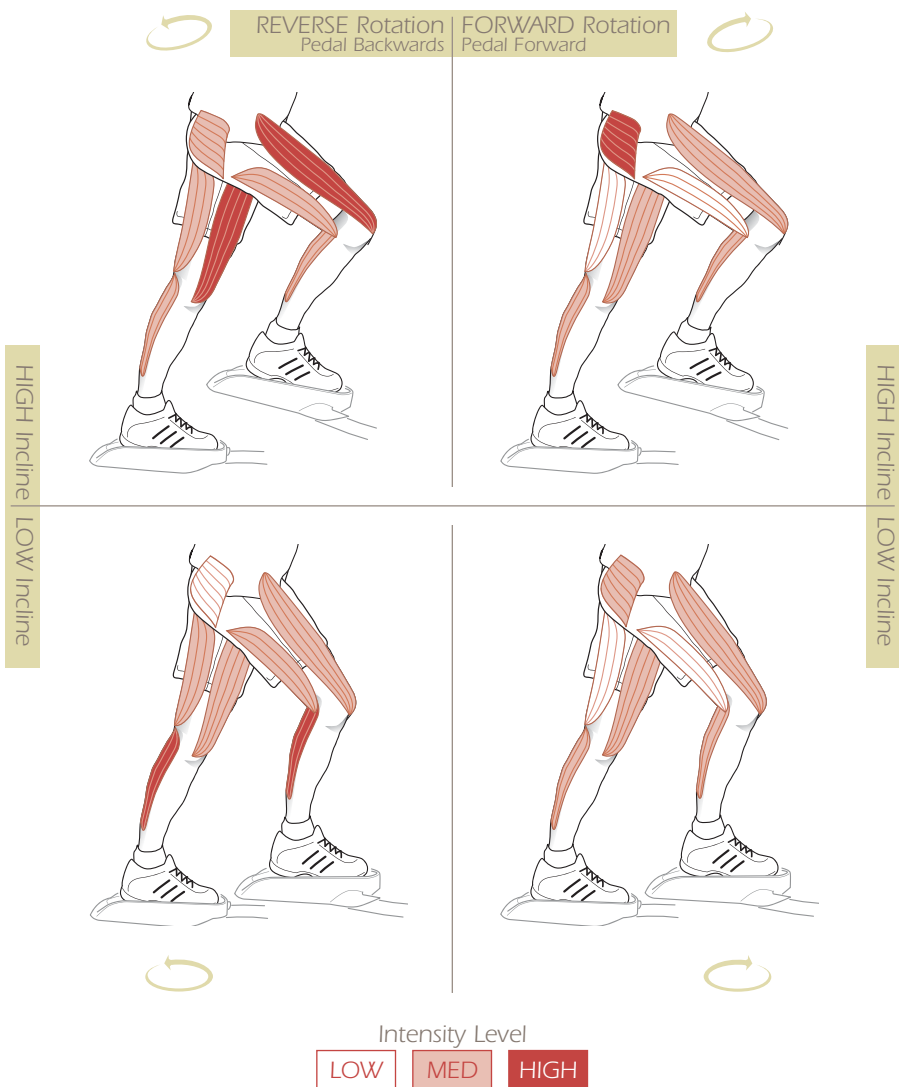
Research shows that variety in your exercise routine increases the likelihood that you'll stick to it. More importantly, variety keeps muscles "confused," minimizing the "plateau effect" that occurs when you do the same motion over and over again and, thus, producing greater results.

## Ability to Increase Intensity

By increasing the incline level, you increase the exercise intensity. This allows you to achieve a higher level of aerobic fitness and, thus, burn more calories than you would if no incline were available.

## Muscle-Targeting Workouts

Different combinations of direction (pedaling forward or backward) and incline angle (levels 1 to 16) emphasize different muscle groups. Refer to the chart below.



feature	<b>S7200HRT</b> Suspension Elliptical™ Trainer
console and programs	QUICK-SET™ LED w/ MULTIPLE FEEDBACK WINDOWS SPRINT 8; Intervals; Fat Burn; Glute Burn; Summit Hike; 4 User Programs; HRT Weight Loss; HRT Cardio; HRT Intervals; HRT Hill; Time, Distance, and Calorie Goals; Easy Start Integrated Reading Rack
console feedback	Incline, Distance, Time, Strides per Minute, Resistance, Watts, Calories, METS, Heart Rate, Percent of Max. Heart Rate, Target Heart Rate, Profile Display
heart rate	Contact & Telemetric
program levels	16
resistance system	ECB-PLUS™ Motor-Operated Permanent Magnet
drive train	QUIET-GLIDE™ Supersilent Poly-V Belt
incline angle	13% to 39%
frame	Extra-Heavy Gauge Steel Welded
pedals	Large Cushioned
stride length	20" to 23"
pedal spacing	Less than 2"
step-up height	9" at Lowest Incline
power	Plug-In
home warranty*	Lifetime Frame Lifetime Electromagnetic Brake 5 Years Electronics/Parts 1 Year Labor
limited corporate warranty*	1 Year Frame 1 Year Electromagnetic Brake 1 Year Electronics/Parts 1 Year Labor
dimensions	74"L x 36"W x 65.5"H
product weight	295 lbs.
max. user weight	300 lbs.



500 South CP Avenue ▪ P.O. Box 280 ▪ Lake Mills, WI 53551  
 toll free 800.335.4348 ▪ phone 920.648.4090 ▪ fax 920.648.3373  
[www.visionfitness.com](http://www.visionfitness.com)

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