



**TF40**  
**TF20**  
**T40**

## TREADMILL OWNER'S MANUAL



Read the TREADMILL GUIDE before using this OWNER'S MANUAL.

# IMPORTANT PRECAUTIONS



## SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact your authorized Vision Fitness retailer.

This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.



## IMPORTANT

This treadmill has a pre-waxed belt and should never be lubricated. Waxing the belt can cause damage that is not covered by the warranty.



## **DANGER**

### **TO REDUCE THE RISK OF ELECTRICAL SHOCK:**

Always unplug the treadmill from the electrical outlet immediately after using, and before cleaning, performing maintenance and putting on or taking off parts.

## **WARNING**

### **TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:**

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than specified in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock or injury to persons.
- Connect this exercise product to a properly grounded outlet only.
- Do not tip the machine on its side at any time.

## **WARNING**

### **TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:**

- At NO time should children under the age of 13 or pets be within 310 cm (10 feet) of the treadmill.
- At NO time should children under the age of 13 use the treadmill.
- Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
- Use the treadmill only for its intended use as described in the TREADMILL GUIDE and OWNER'S MANUAL.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair and the like.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not remove the console covers. Service should only be done by an authorized service technician.

It is essential that your treadmill is used only indoors, in a climate-controlled room. If your treadmill has been exposed to colder temperatures or high-moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.



## GROUNDING INSTRUCTIONS



This product must be grounded. If a treadmill should malfunction or break down, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

### DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 20-amp circuit.

### WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact your authorized Vision Fitness retailer for replacement or repair.

# ASSEMBLY



### WARNING

There are several areas during the assembly process when special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the treadmill could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your treadmill's serial number located on a white barcode sticker on the base frame as shown in this image.

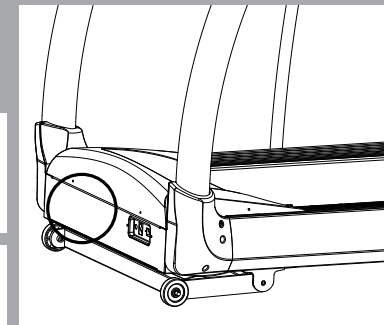
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

MODEL NAME: **VISION**

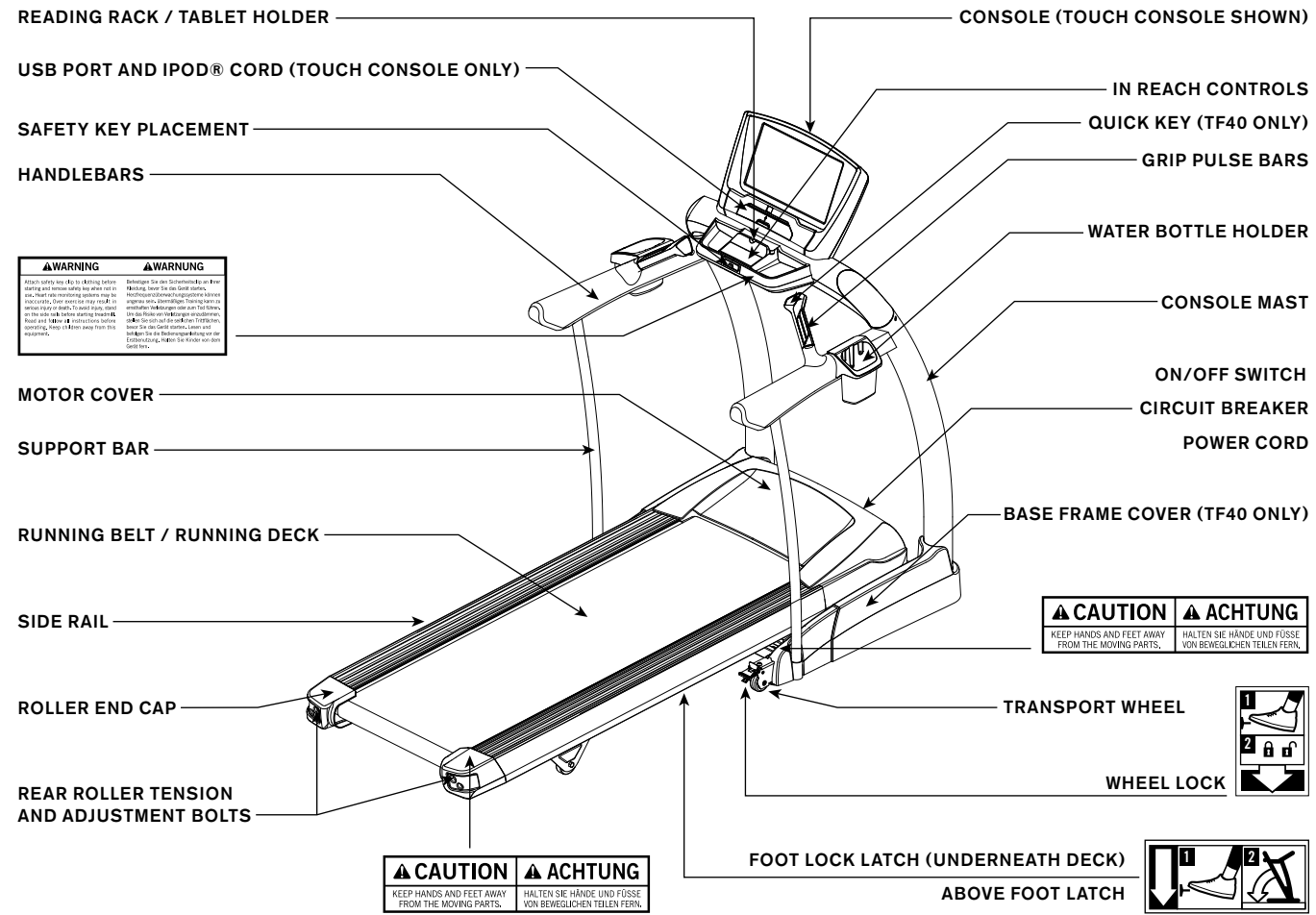
**TREADMILL**

#### SERIAL NUMBER LOCATION

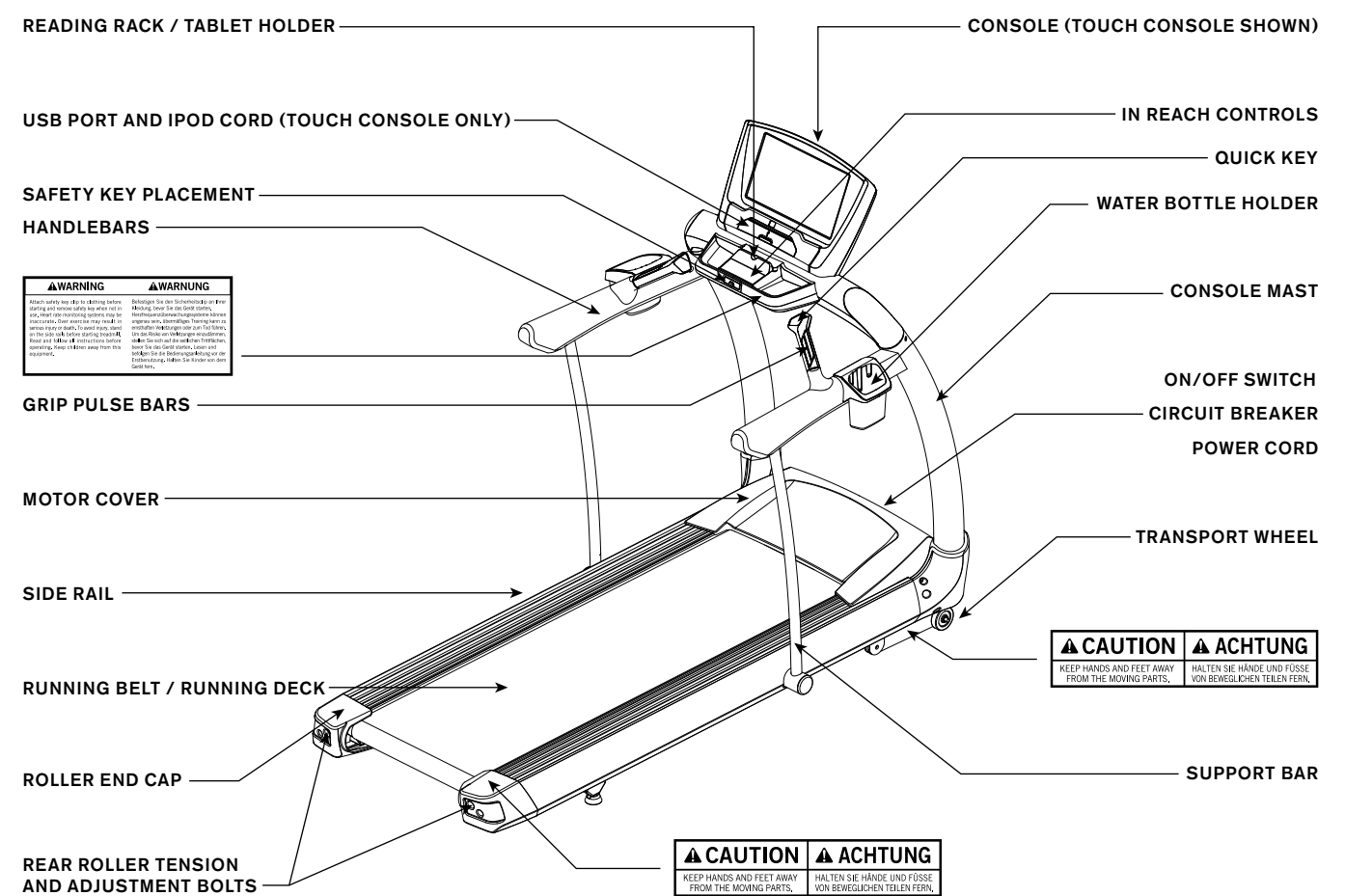




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ALL MODELS

### TOOLS INCLUDED:

- 5 mm T-Wrench
- 13 mm Hex Wrench
- 4 mm L-Wrench
- 5 mm L-Wrench
- 6 mm T-Wrench
- 8 mm T Wrench
- Screwdriver

### PARTS INCLUDED:

- 2 Console Masts
- 2 Handlebars
- 2 Support Bars
- 2 Support Bar Caps (T40)
- 2 Sets Base Frame Covers
- 1 Console Base
- 1 Console Base Cover
- 1 Water Bottle Holder
- 1 Accessory Holder
- 1 Hardware Kit
- 1 Safety Key
- 1 Power Cord

### NEED HELP?

If you have questions or if there are any missing parts, contact your authorized Vision Fitness retailer.

## PRE-ASSEMBLY

### UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take **CAUTION** when handling and transporting this unit. Once the banding straps have been removed, do not transport this unit unless it is fully assembled. Unpack and assemble the unit where it will be used. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill. Lift the treadmill from the roller end caps area while a second person removes the parts packed under the treadmill.

### WARNING

**DO NOT ATTEMPT TO LIFT THE TREADMILL!** Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.

### WARNING

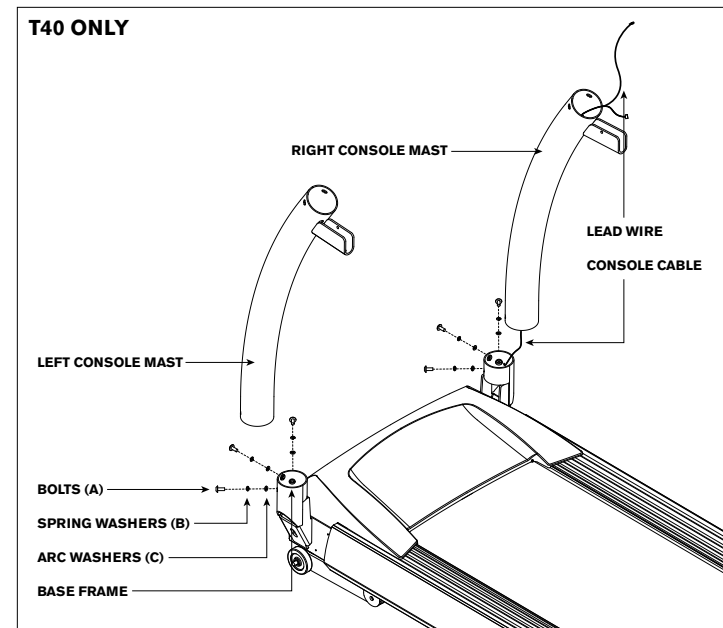
**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!**

**NOTE:** During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

**NOTE:** A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease, is recommended.

## T40 ASSEMBLY STEP 1

### T40 HARDWARE FOR STEP 1 :



**NOTE:** This step is for T40 models only.

- A Open **HARDWARE FOR STEP 1**.
- B Attach **LEAD WIRE** to **CONSOLE CABLE** and pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the **LEAD WIRE** through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard **LEAD WIRE**.

**NOTE:** Do not pinch console cable when placing the mast onto the base frame.

- C Attach **CONSOLE MAST** to **BASE FRAME** using 3 **BOLTS (A)**, 3 **SPRING WASHERS (B)** and 3 **ARC WASHERS (C)**.

**NOTE:** Do not tighten bolts until step 4 is complete.

- D Repeat step C on other side.



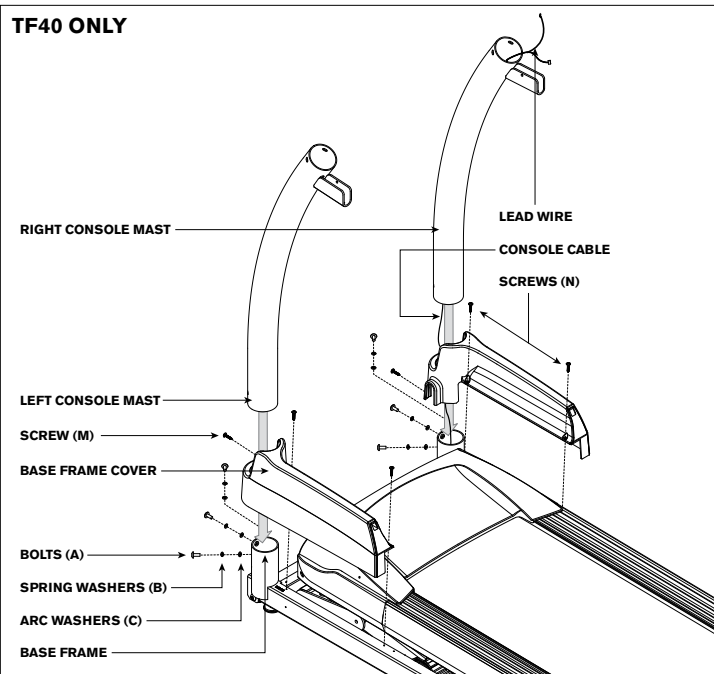
T40 ONLY

## TF40 ASSEMBLY STEP 1

### TF40 HARDWARE FOR STEP 1 :



#### TF40 ONLY



NOTE: This step is for TF40 models only.

- A Open **HARDWARE FOR STEP 1**.
- B Slide **BASE FRAME COVERS** over **BASE FRAME**. Attach **BASE FRAME COVERS** using 2 **SCREWS (M)** and 4 **SCREWS (N)**.
- C Attach **LEAD WIRE** to **CONSOLE CABLE** and pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the **LEAD WIRE** through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard **LEAD WIRE**.

NOTE: Do not pinch console cable when placing the mast onto the base frame.

- D Attach **CONSOLE MAST** to **BASE FRAME** using 3 **BOLTS (A)**, 3 **SPRING WASHERS (B)** and 3 **ARC WASHERS (C)**.

NOTE: Do not tighten bolts until step 4 is complete.

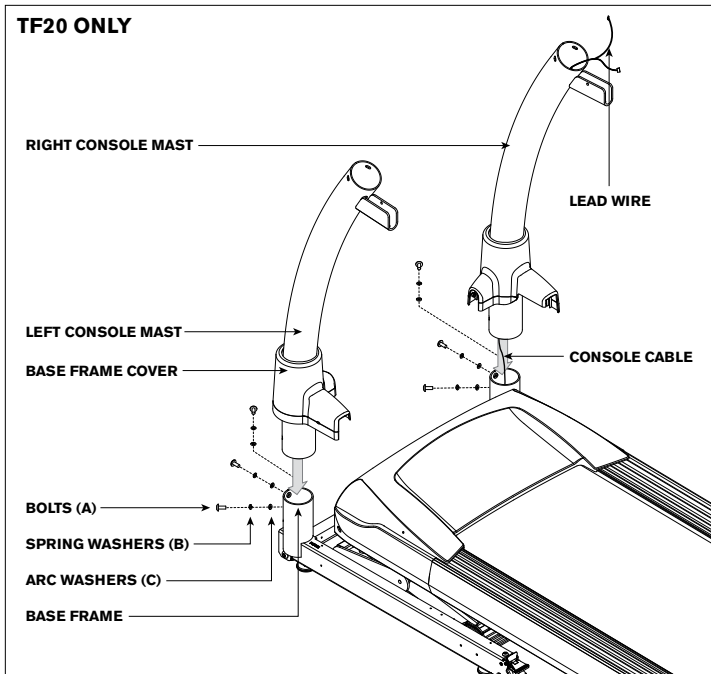
- E Repeat step C on other side.

## TF20 ASSEMBLY STEP 1

### TF20 HARDWARE FOR STEP 1 :



#### TF20 ONLY



NOTE: This step is for TF20 models only.

- A Open **HARDWARE FOR STEP 1**.
- B Slide **BASE FRAME COVER** up **RIGHT CONSOLE MAST**. Attach **LEAD WIRE** to **CONSOLE CABLE** and pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the **LEAD WIRE** through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard **LEAD WIRE**.

NOTE: Do not pinch console cable when placing the mast onto the base frame.

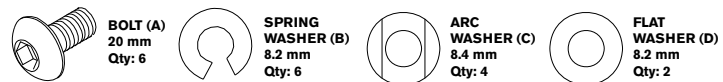
- C Place **RIGHT CONSOLE MAST** over **BASE FRAME**.
- D Attach **CONSOLE MAST** to **MAIN FRAME BRACKET** using 3 **BOLTS (A)**, 3 **SPRING WASHERS (B)** and 3 **ARC WASHERS (C)**.

NOTE: Do not tighten bolts until step 4 is complete.

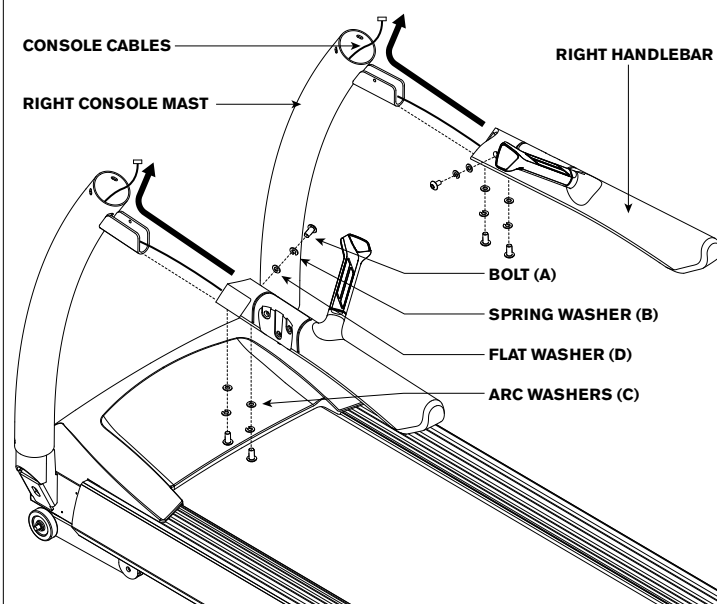
- E Slide **BASE FRAME COVER** up **LEFT CONSOLE MAST**. Repeat **STEP D** to attach **LEFT CONSOLE MAST**.
- F Slide **BASE FRAME COVERS** down.

## ASSEMBLY STEP 2

### HARDWARE FOR STEP 2 :



### T40 SHOWN



- Open **HARDWARE FOR STEP 2**.
- Guide **CONSOLE CABLES** from **HANDLEBARS** through and out of the tops of the **CONSOLE MASTS**.
- Slide **HANDLEBARS** onto **CONSOLE MASTS**.

NOTE: Do not pinch console cables while attaching the handlebars.

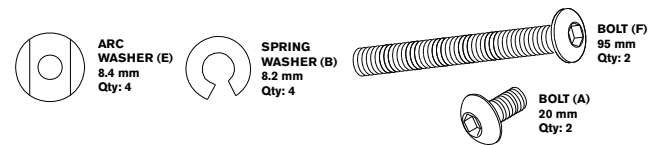
- Attach right **HANDLEBAR** to right **CONSOLE MAST** using 1 **FLAT WASHER (D)**, 1 **SPRING WASHER (B)** and 1 **BOLT (A)** from the inside and 2 **ARC WASHERS (C)**, 2 **SPRING WASHERS (B)** and 2 **BOLTS (A)** from below.

NOTE: Do not tighten bolts until step 4 is complete.

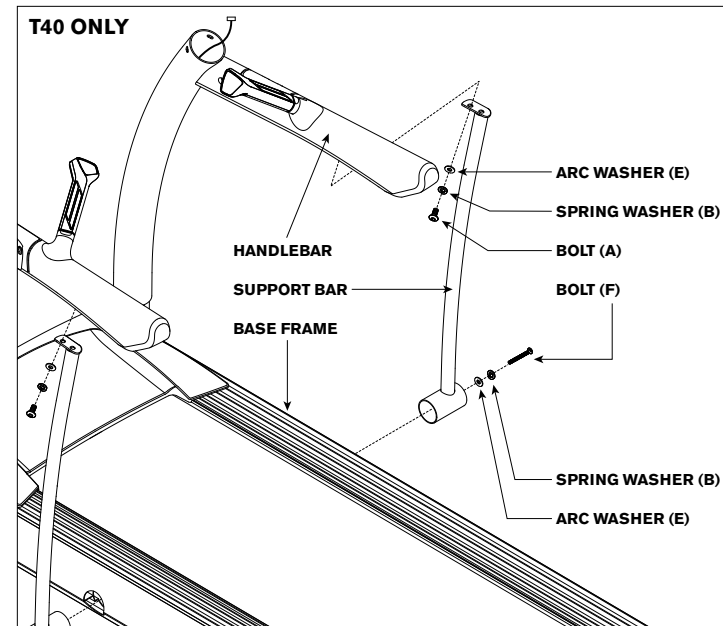
- Repeat on other side.

## T40 ASSEMBLY STEP 3

### T40 HARDWARE FOR STEP 3 :



### T40 ONLY



NOTE: This step is for T40 models only.

- Open **HARDWARE FOR STEP 3**.
- Attach the right **SUPPORT BAR** to the **BASE FRAME** using 1 **ARC WASHER (E)**, 1 **SPRING WASHER (B)** and 1 **BOLT (F)**.

NOTE: Do not tighten bolts until step 4 is complete.

- Attach the right **SUPPORT BAR** to the **HANDLEBAR** using 1 **ARC WASHER (E)**, 1 **SPRING WASHER (B)** and 1 **BOLT (A)**.
- Repeat on other side.



T40 ONLY



ALL MODELS

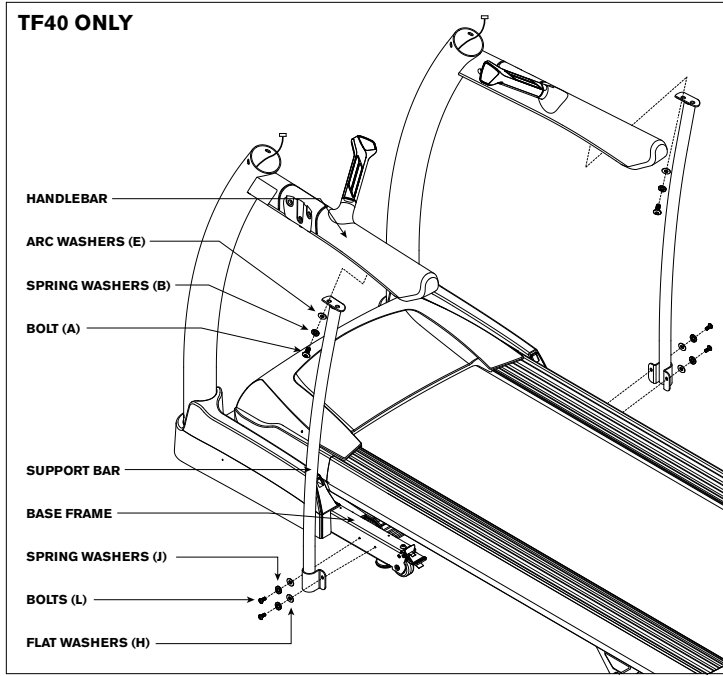
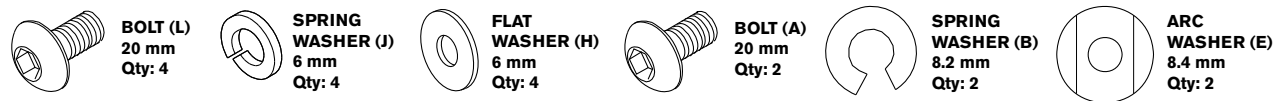


## TF40 ASSEMBLY STEP 3



TF40 ONLY

### TF40 HARDWARE FOR STEP 3 :



NOTE: This step is for TF40 models only.

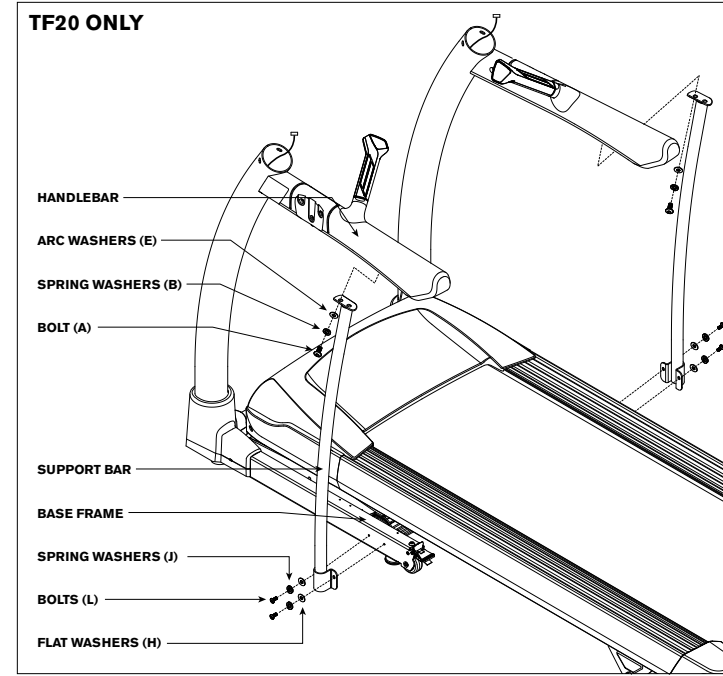
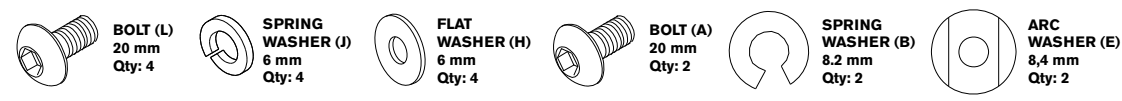
- A Open **HARDWARE FOR STEP 3**.
- B Attach the bottom of the **SUPPORT BAR** to the **BASE FRAME** using 2 **FLAT WASHERS (H)**, 2 **SPRING WASHERS (J)** and 2 **BOLTS (L)**.
- NOTE: Do not tighten bolts until step 4 is complete.
- C Attach the top of the **SUPPORT BAR** to the **HANDLEBAR** using 1 **ARC WASHER (E)**, 1 **SPRING WASHER (B)** and 1 **BOLT (A)**.
- D Repeat on other side.

## TF20 ASSEMBLY STEP 3



TF20 ONLY

### TF20 HARDWARE FOR STEP 3 :

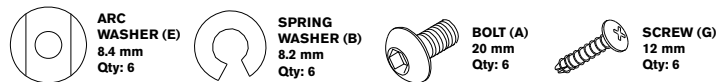


NOTE: This step is for TF20 models only.

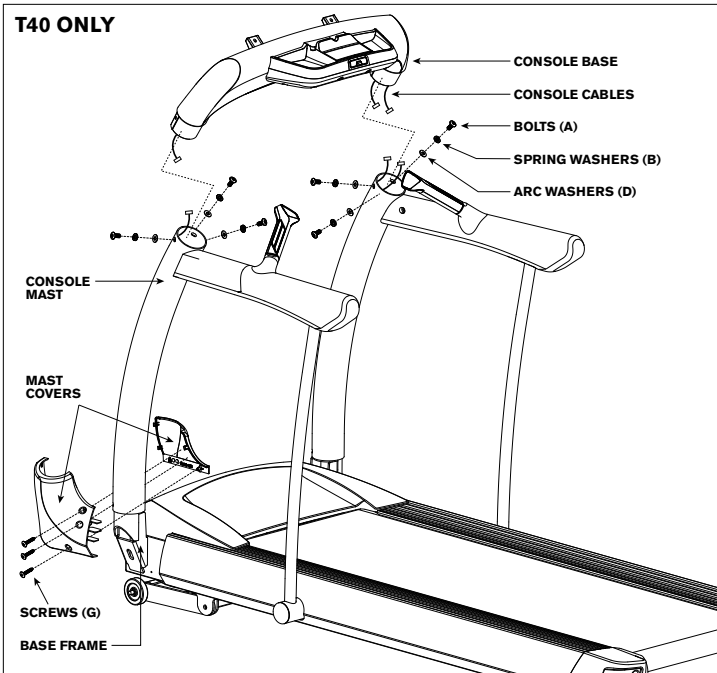
- A Open **HARDWARE FOR STEP 3**.
- B Attach the bottom of the **SUPPORT BAR** to the **BASE FRAME** using 2 **FLAT WASHERS (H)**, 2 **SPRING WASHERS (J)** and 2 **BOLTS (L)**.
- NOTE: Do not tighten bolts until step 4 is complete.
- C Attach the top of the **SUPPORT BAR** to the **HANDLEBAR** using 1 **ARC WASHER (E)**, 1 **SPRING WASHER (B)** and 1 **BOLT (A)**.
- D Repeat on other side.

## T40 ASSEMBLY STEP 4

### HARDWARE FOR STEP 4 :



#### T40 ONLY



NOTE: This step is for T40 models only.

- A Open **HARDWARE FOR STEP 4**.
- B Gently place **CONSOLE BASE** on top of **CONSOLE MASTS**.

NOTE: Be careful not to pinch the console cables while attaching the console base.

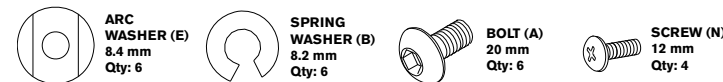
- C Connect the **CONSOLE CABLES** and tuck them inside the **CONSOLE MASTS** and slide **CONSOLE BASE** into **CONSOLE MASTS**.
- D Connect the **CONSOLE BASE** to **CONSOLE MASTS** using 6 **ARC WASHERS (E)**, 6 **SPRING WASHERS (B)** and 6 **BOLTS (A)**.

NOTE: Tighten all bolts from STEPS 1–3.

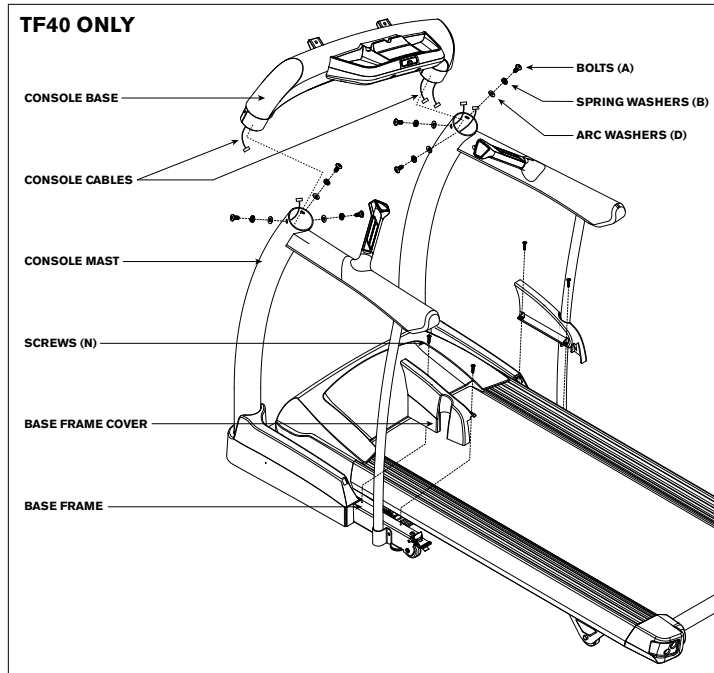
- E Attach **MAST COVERS** to **BASE FRAME** using 3 **SCREWS (G)**.
- F Repeat on other side.

## TF40 ASSEMBLY STEP 4

### HARDWARE FOR STEP 4 :



#### TF40 ONLY



NOTE: This step is for TF40 models only.

- A Open **HARDWARE FOR STEP 4**.
- B Gently place **CONSOLE BASE** on top of **CONSOLE MASTS**.

NOTE: Be careful not to pinch the console cables while attaching the console base.

- C Connect the **CONSOLE CABLES** and tuck them inside the **CONSOLE MASTS** and slide **CONSOLE BASE** into **CONSOLE MASTS**.
- D Connect the **CONSOLE BASE** to **CONSOLE MASTS** using 6 **ARC WASHERS (E)**, 6 **SPRING WASHERS (B)** and 6 **BOLTS (A)**.

NOTE: Tighten all bolts from STEPS 1–3.

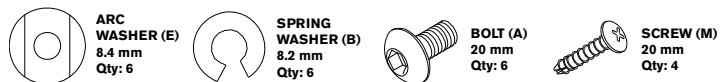
- E Attach the **BASE FRAME COVERS** to the **BASE FRAME** using 4 **SCREWS (N)**.

T40 ONLY

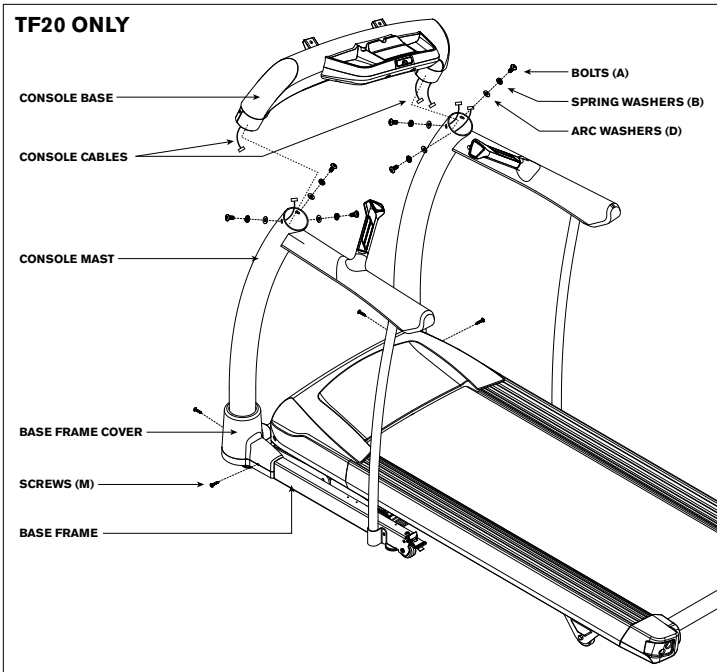
TF40 ONLY

## TF20 ASSEMBLY STEP 4

### HARDWARE FOR STEP 4 :



#### TF20 ONLY



NOTE: This step is for TF20 models only.

- Open **HARDWARE FOR STEP 4**.
- Gently place **CONSOLE BASE** on top of **CONSOLE MASTS**.

NOTE: Be careful not to pinch the console cables while attaching the console base.

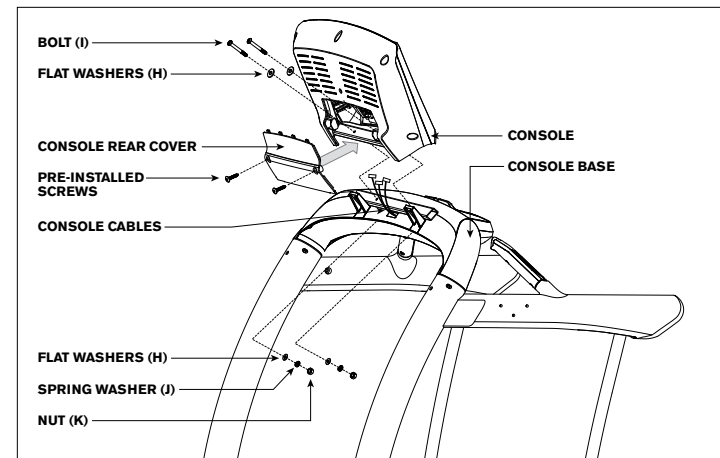
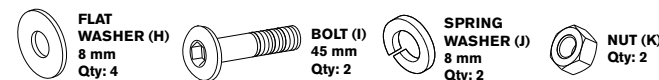
- Connect the **CONSOLE CABLES** and tuck them inside the **CONSOLE MASTS** and slide **CONSOLE BASE** into **CONSOLE MASTS**.
- Connect the **CONSOLE BASE** to **CONSOLE MASTS** using 6 **ARC WASHERS (E)**, 6 **SPRING WASHERS (B)** and 6 **BOLTS (A)**.

NOTE: Tighten all bolts from STEPS 1–3.

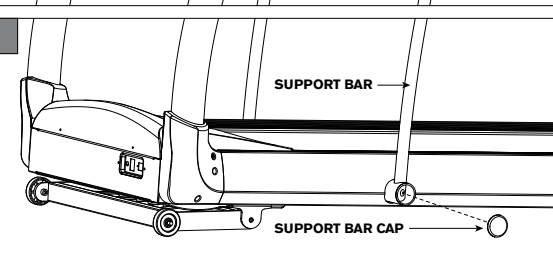
- Attach **BASE FRAME COVERS** to **BASE FRAME** using 4 **SCREWS (M)**.

## ASSEMBLY STEP 5

### HARDWARE FOR STEP 5 :



#### T40 ONLY:



- Open **HARDWARE FOR STEP 5**.
- Remove 2 **PRE-INSTALLED SCREWS** to remove **CONSOLE REAR COVER** from the **CONSOLE**.
- Attach the **CONSOLE** to the **CONSOLE BASE** using 2 **BOLTS (I)** and 2 **FLAT WASHERS (H)** from above and 2 **FLAT WASHERS (H)**, 2 **SPRING WASHERS (J)** and 2 **NUTS (K)** from below.
 

NOTE: Be careful not to pinch the console cables while attaching the console.
- Connect the **CONSOLE CABLES** to the **CONSOLE**.
- Re-attach the **CONSOLE REAR COVER** to the **CONSOLE** using 2 **PRE-INSTALLED SCREWS**.
- T40 ONLY: Insert **SUPPORT BAR CAPS** into bottom of **SUPPORT BARS**.



TF20 ONLY



ALL MODELS

## ASSEMBLY STEP 6

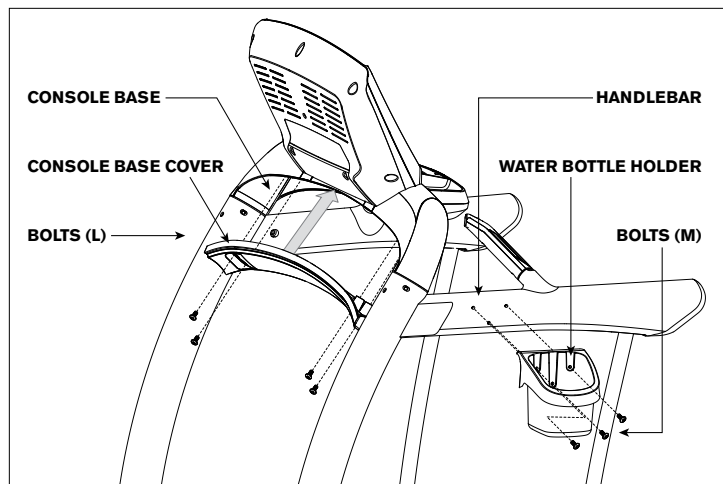
### HARDWARE FOR STEP 6 :



**BOLT (L)**  
20 mm  
Qty: 4



**BOLT (M)**  
20 mm  
Qty: 6



- A Open **HARDWARE FOR STEP 6**.
- B Attach the **CONSOLE BASE COVER** to the **CONSOLE BASE** using 4 **BOLTS (L)**.
- C Attach **WATER BOTTLE HOLDER** and **ACCESSORY HOLDER** to left and right **HANDLEBARS** using 6 **BOLTS (M)**.

### **IMPORTANT**

This treadmill has a pre-waxed belt and should never be lubricated. Waxing the belt can cause damage that is not covered by the warranty.

**ASSEMBLY COMPLETE!**

# LIMITED HOME-USE WARRANTY

## WEIGHT CAPACITY

T40 = 400 lbs (182 kilograms)  
TF40 = 400 lbs (182 kilograms)  
TF20 = 375 lbs (170 kilograms)

## FRAME

Warranty on the frame against defects in workmanship and materials for the period specified on the warranty policy from the date of original purchase, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

## DRIVE MOTOR/ELEVATION MOTOR

Warranty on the drive/elevation motors against defects in workmanship and materials for the period specified on the warranty policy from the date of original purchase, so long as the device remains in the possession of the original owner. Labor or installation of motor is not covered under the motor warranty.

NOTE: For further information on the warranty period, please refer to the warranty policy along with the equipment.

## ELECTRONICS & PARTS

Warranty on the electronic components, finish and all original parts for the period specified on the warranty policy from the date of original purchase, so long as the device remains in the possession of the original owner.

## LABOR

Warranty shall cover the labor cost for the repair of the device for the period specified on the warranty policy from the date of the original purchase, so long as the device remains in the possession of the original owner.



## EXCLUSIONS AND LIMITATIONS

Who IS covered:

- The original owner and is not transferable.

What IS covered:

- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by the manufacturer.
- Incidental or consequential damages. The manufacturer is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment. The manufacturer does not provide monetary or other compensation for any such repairs or replacement parts costs, including but not limited to gym membership fees, work time lost, diagnostic visits, maintenance visits or transportation.
- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by the manufacturer for coverage.

## SERVICE AND REPAIRS

- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. The manufacturer is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken **AT YOUR OWN RISK** and the manufacturer shall have no liability for any injury to the person or property arising from such repairs.
- The warranty is limited to replacing or repairing, at the servicer's and/or manufacturer's option, the same or comparable model.
- Replacement units, parts and electronic components reconditioned to as-new condition by the manufacturer or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.

# TREADMILL OPERATION

See **TREADMILL GUIDE** for instructions on the following:

- **LOCATION OF THE TREADMILL**
- **USING THE SAFETY KEY**
- **FOLDING THE TREADMILL**
- **MOVING THE TREADMILL**
- **LEVELING THE TREADMILL**
- **TENSIONING THE RUNNING BELT**
- **CENTERING THE RUNNING BELT**
- **USING THE HEART RATE FUNCTION**

See **CONSOLE MANUAL** for instructions on the following:

- **CONSOLE OPERATION**
- **CONSOLE DISPLAY INFORMATION**
- **PROGRAM INFORMATION**
- **NIKE + IPOD OPERATION**
- **PASSPORT PLAYER INFORMATION**





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