

A woman in a bright green tank top and black shorts is running on a suspension elliptical trainer. The machine is set up outdoors on a paved surface, with a chain-link fence and a red building in the background. The woman is captured in mid-stride, looking forward with a determined expression. The machine's white railings and black foot pedals are visible, creating a sense of motion and depth.

**SUSPENSION ELLIPTICAL™  
TRAINERS** FOR THE HOME

2011

**VISION  FITNESS®**

go with confidence™





be confident in yourself,  
in your vision, and in the  
products that can get  
you there. Vision Fitness...

go with  
**confidence™**

Our company began as a division of Trek® Bicycle Company over 15 years ago, where we pioneered the development of the best fitness bikes in the industry. Today, as part of Johnson Health Tech NA, one of the largest fitness equipment companies in the world, we stay true to our heritage and offer the best quality, value, and customer service you will find.



awards & media

Vision Fitness® products are recognized with more “best buy” awards than any other fitness brand. Below is a list of these award-winning products:

T9200	Platform Treadmill	February 2011
X20	Elliptical Trainer	February 2010
T9250	Folding Treadmill	February 2010
T9200	Platform Treadmill	February 2010
T9200	Platform Treadmill	February 2008
T9200	Platform Treadmill	February 2007
R2250HRT	Semi-Recumbent Fitness Bike	Health Magazine - Jan./Feb. 2007
R2250HRT	Semi-Recumbent Fitness Bike	February 2007
E3200HRT	Upright Fitness Bike	February 2007
T9500	Platform Treadmill	February 2006
T9200	Platform Treadmill	February 2006
E3200HR	Upright Fitness Bike	BBC Focus U.K. - January 2006
E3100	Upright Fitness Bike	Men's Fitness U.K. - March 2005
X6100	Folding Elliptical Trainer	Health Magazine - Jan./Feb. 2005
T9200	Platform Treadmill	January 2005
X6200HRT	Folding Elliptical Trainer	Which? Magazine U.K. - August 2004
E3000	Upright Fitness Bike	February 2004
T9200	Platform Treadmill	January 2004
T9200	Platform Treadmill	May 2003
R2000	Semi-Recumbent Fitness Bike	Consumers Guide
X6200	Folding Elliptical Trainer	Jan./Feb. 2001
R2200	Semi-Recumbent Fitness Bike	Jan./Feb. 2001
X6200	Folding Elliptical Trainer	Sept./Oct. 1998
R2200	Semi-Recumbent Fitness Bike	Sept./Oct. 1998
E4100	Dual-Action Upright Fitness Bike	Sept./Oct. 1998
E3200	Upright Fitness Bike	Sept./Oct. 1998
E4100	Dual-Action Upright Fitness Bike	Nov./Dec. 1997
R2200	Semi-Recumbent Fitness Bike	Nov./Dec. 1996
R2200	Semi-Recumbent Fitness Bike	Sept./Oct. 1995



**Fitness Professor Review, November 2010**  
**“Head of the Class”**  
**S7200HRT**

“With PerfectStride® technology, signature Vision software and a great overall design, it is one of the best ellipticals on the market and our Head of the Class winner for the third straight year!”

Los Angeles Times

**Los Angeles Times, February 2010**  
**S7100**

“A smooth, natural, health-club-quality feeling at all speeds. Automatically changes its stride length (from 20 to 21.5 inches) as you speed up and has 20 levels of resistance, with an incline that ranges from 18% to 37%. It has heart-rate grips on the handles and foot pads that stay relatively level through the ellipse. Length is a compact 57 inches, with no hang-over like the LifeCore.”



**Shape You, November 2009**  
**“Top Gear of the Year”**  
**S7100**

“The S7100 is unique because of its PerfectStride® system, which is exclusive to Vision Fitness. PerfectStride® technology offers the ideal combination of biomechanical and ergonomic features...”

Additional Awards & Recognition



S7200HRT



S7200HRT

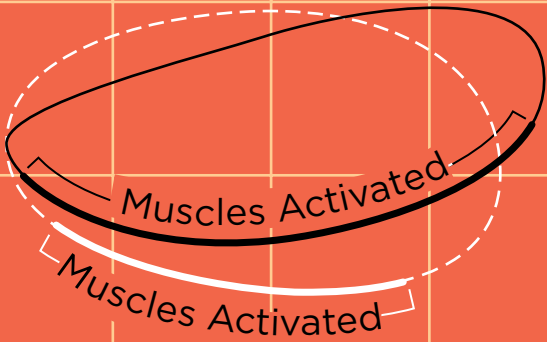


PerfectStride®  
improved biomechanics  
& ergonomics

When designing our Suspension Elliptical™ trainers, Vision Fitness performed years of research on biomechanics and ergonomics to develop the most natural and correct full-body movement, referred to as **PerfectStride®**. There are four key attributes that make up the **PerfectStride®** motion:

1.) **Correct foot positioning.** Vision Fitness analyzed users at every incline angle and pedaling direction to make sure the footplate would properly adjust with the change in stride. Some incline trainers push the toes upward sharply at certain points in the elliptical path. Our trainers avoid this with pivoting footpads that experience minimal change throughout the stride at all levels of incline. The pivoting feature provides a flat, stable and comfortable surface for users to apply force.

2.) **Ideal elliptical motion.** Our Suspension Elliptical™ trainers have the most natural elliptical footpath on the market. The shape of the ellipse creates a smooth and easy transition from the top of the ellipse, where your muscles are relatively inactive, to the bottom of the ellipse, where your muscles are used to propel you through the cycle. We eliminated the downward and forward force requirement found on traditional elliptical trainers to create a motion that places greater emphasis on the Gluteus, Hamstring and Quad muscles. As a result, you get a more effective workout than with other cross-trainers.



SUSPENSION  
ELLIPTICALS

TRADITIONAL  
ELLIPTICALS

NATURAL FOOTPATH

3.) **Optimal stride adjustments.** As the incline angle changes, the stride length adjusts to keep your motion natural and fluid at the new angle. Our adjustable stride helps you achieve a proper range of motion, keeping you in an optimal workout position.

4.) **Proper posture.** Our neutral footplate position throughout the entire stride results in proper alignment between the knee and hip joints and allows the user to have ideal upright posture at all times. Maintaining an upright posture is important because it removes emphasis from the low back muscles and places it on the leg muscles, where it belongs. It's easy to see why we call it **PerfectStride®**!

Our PerfectStride® motion mimics your own gait as closely as an elliptical machine can, helping you keep your knees behind your toes and, in turn, minimizing joint stress.





benefits of our variable stride

**more variety**  
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, producing greater results over time. Whether you are looking for weight loss, muscle gain, or cardiovascular improvement, consistent yet diverse workouts will help you achieve your goals more quickly and more easily. Our Suspension Elliptical™ trainers allow forward and backward pedaling; changes in resistance, speed and incline (which automatically adjusts stride length); various positions for your hands; and a multitude of programming options.

**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. As your fitness level increases, you can continue to adjust resistance and incline to increase the intensity with which your muscles are worked.

**muscle-targeting workouts**  
To determine how our variable stride physiologically affects users, we performed studies using sEMG (surface electromyography) to measure the connection between changes in leg muscle activity and changes in the stride length and incline angle.

**results of the sEMG:**  
At higher inclines, users burned more calories as a result of a greater amount of their muscle mass being activated (our studies showed as much as a 17.4% increase in muscle activation when users went from low to high inclines).

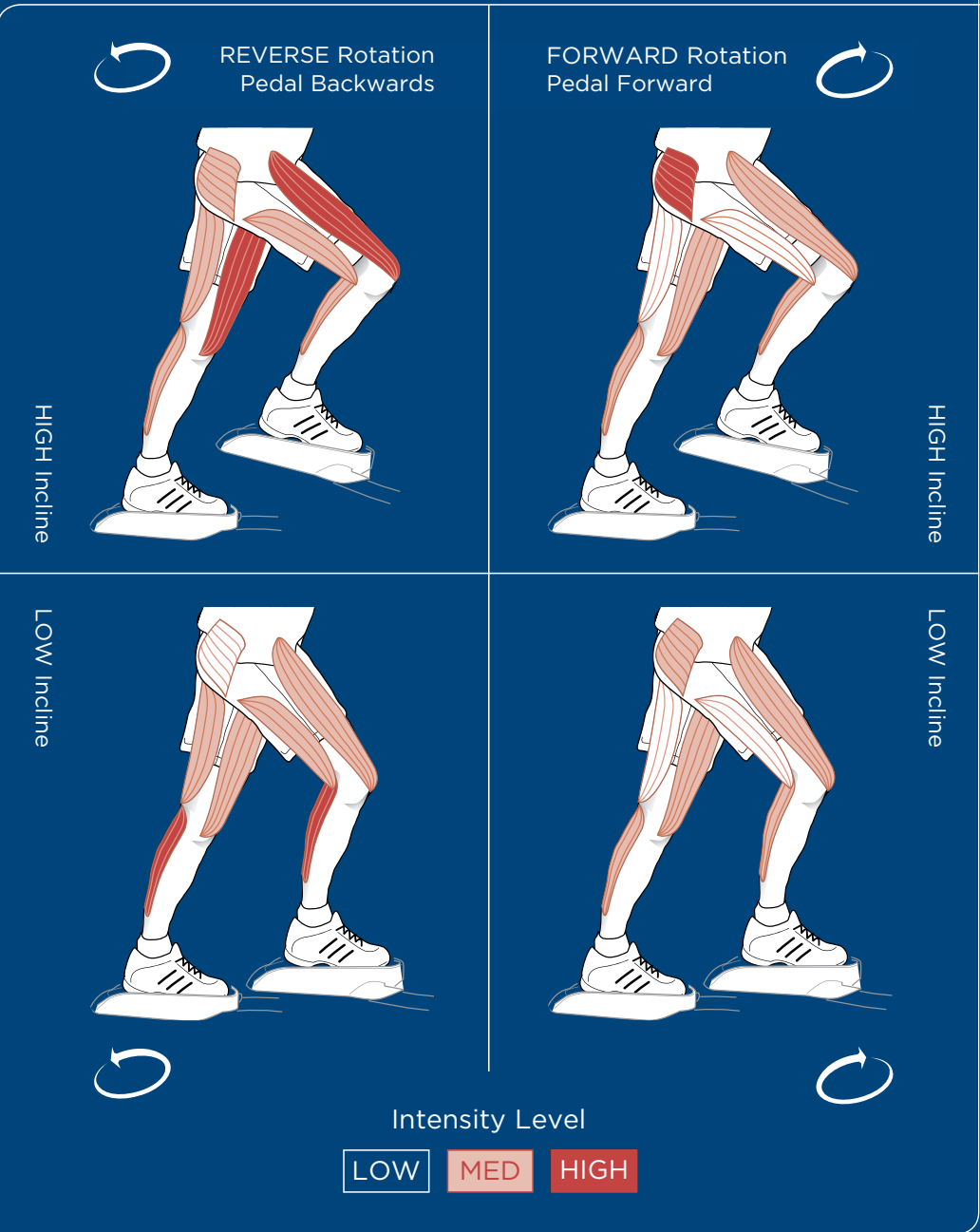
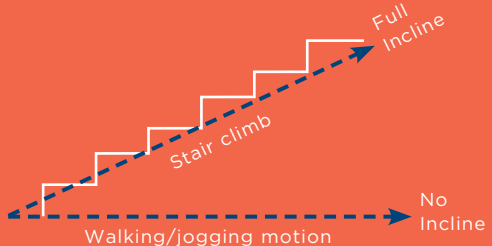
Different combinations of direction (pedaling forward or backward) and incline angle emphasize different muscle groups. Refer to the chart on Page 5.

Elliptical trainers that only adjust stride and not incline put focus on the hip flexors rather than large muscle groups. Additionally, they can produce more wear and tear on the joints over time since the workout angle never changes.



targeting specific muscles

Select a low incline level to simulate walking or jogging, or choose maximum incline to mimic a stair climb. The higher the incline, the more emphasis is put on the quadricep and gluteus muscles. You can specifically target the muscles you want to work most by following this chart:





versatile

For the utmost variety and versatility, the **S7200HRT** features 24 levels of incline with variable stride and forward/backward pedaling capability (you'll find 20 levels of incline on the **S7100**). Our adjusting stride allows you to simulate hills, increase intensity, and target different muscle groups with the touch of a button. As the incline angle increases, the stride length varies, keeping



Spacing is no more than two inches between our footpads for proper hip alignment. Unlike some competitors, we allow your *feet* to be two inches apart, not just the footpads.

you in a comfortable, ergonomic position at all times. Our trainers also provide upper-body workouts. The dual-action arms are designed to keep you in a proper upright position and produce smooth upper-body movement. The multi-position hand grips fit any user and allow different muscle emphasis. Additionally, multiple hand positions allow you to adjust your grip to help avoid the fatigue that could ultimately stop your workout.

smooth

Our Suspension Elliptical™ trainers are exceptionally smooth, stable and comfortable due to their unique suspension feature and sturdy, heavy gauge steel frames. There is no rolling resistance and, as a result, much less friction, which may create problems and noise over time. For ultimate comfort, we feature footpads that are only two inches apart or less. The narrow pedal spacing keeps your hips aligned properly during your workout, and the roomy, cushioned footpads allow you to vary your stance as needed so that you are always comfortable.

The footpads pivot to ensure proper alignment between the knee and hip joints, giving you a smooth, natural motion at all incline angles.

comfortable

We incorporate features that make it easy and comfortable to get on our trainers. The suspended pedal arms, for instance, remove the need for wheels and tracks and, in turn, keep the footpads low to the ground. We also provide convenient rear hand grips. And, like our traditional ellipticals, our Suspension Elliptical™ trainers use a front-drive system that places the motor and components up front and out of the way.



Low step-up height of nine inches or less

Together, these features allow you to easily step up onto the machine and begin your workout.

To engage you once you are on the trainer, we added convenience features, such as an integrated bottle holder and reading rack to easily hold magazines and newspapers. The **S7200HRT** also has a tray that provides ample room to securely hold your TV remote, MP3 player and cell phone.





S7200HRT

S7100



feature	S7200HRT CONSOLE
console & programs	QUICK-SET™ LED w/ multiple feedback windows; SPRINT 8®; intervals; fat burn; glute burn; summit hike; 4 custom user programs; 4 HRT® programs; GOALS: time, distance, calories, watts, calf toner, quad toner, total body; integrated reading rack
console feedback	incline, distance, time, strides/minute, resistance, watts, calories, METS, heart rate, percent of max HR, target HR, profile display
heart rate	contact & telemetric
program levels	24

feature	S7200HRT
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 year electronics/parts 1 year labor
limited corporate warranty*	up to 3 hours of use a day 1 year frame 1 year magnetic 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	350 lbs.

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

feature	S7100 PREMIER CONSOLE	S7100 DELUXE CONSOLE
console & programs	advanced full-color LCD screen, 6 user log-in profiles, 4 background scenes & 10 personal photos with slideshow, 12 classic programs (including SPRINT 8® workout & 4 sculptor), 3 HRT® programs, 3 goal programs, 5K, 10K, 15K Places-to-Go	blue backlit LCD screen, SPRINT 8®, manual, intervals, fat burn, random, watts, glute burn, summit hike, target heart rate
console feedback	incline, distance, time, strides/minute, resistance, watts, calories, heart rate, percent of max HR, profile display	incline, distance, time, strides/minute, resistance, watts, calories, heart rate, percent of max HR, profile display
heart rate	telemetric & contact	telemetric & contact
extras	DVD-compatible A/V ports, USB port for easy workout tracking on LIVESTRONG.COM, training calendar, telemetric HR strap included, integrated reading rack	telemetric HR strap included, integrated reading rack
program levels	20	20

feature	S7100
resistance system	ECB motor-operated permanent magnet
drive train	QUIET-GLIDE™ supersilent poly-v belt
incline angle	18% to 37%
frame	heavy gauge steel welded
pedals	large cushioned
stride length	20" to 21.5"
pedal spacing	2"
step-up height	8.5" at lowest incline
power	plug-in
home warranty*	lifetime frame lifetime electromagnetic brake 5 years electronics/parts 1 year labor
dimensions	61.5"l x 30"w x 65"h
product weight	240 lbs.
max. user weight	325 lbs.

big results in little time

Fit in a workout anytime with our SPRINT 8® program, medically proven to give you the best 20-minute workout possible. This unique program, found exclusively on Vision Fitness® products, 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 the “middle-age spread” or the energy decline, weight-gain, loss of muscle, and wrinkled skin we experience after age 30.



go with  
**confidence™**



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