OWNER'S GUIDE

VISION FITNESS ®

Premier

TREADMILLS

*C*ongratulations on choosing a VISION FITNESS Treadmill. You've taken an important step in developing and sustaining an exercise program! Your Treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Treadmill 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 Treadmill 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 Treadmill in the comfort of your home. This Owner's Guide provides you with basic information on starting an exercise program. A more complete knowledge of your new Treadmill will assist you in realizing your goal of a healthy lifestyle.

Service to your Treadmill should only be performed by your VISION FITNESS retailer. Please contact your authorized VISION FITNESS retailer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS retailer, please contact us:

VISION FITNESS
500 South CP Avenue
P.O. Box 280
Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

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IMPORTANT SAFETY INSTRUCTIONS

This Treadmill is intended for household use only. When using this Treadmill, basic precautions should always be followed, including the following:

   Read all instructions before using this Treadmill:

DANGER – To reduce the risk of electric shock:

- Always unplug the Treadmill from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

- Do not remove the Treadmill motor covers or roller covers. Service should be performed only by an authorized VISION FITNESS retailer.
- Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.
- 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.
- Close supervision is necessary when this Treadmill is used by, on, or near children, invalids, or disabled persons.
- Use this Treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the Treadmill to a service center for examination and repair.
- Do not carry this Treadmill by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the Treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch and damage it.
- Unplug your VISION FITNESS Treadmill before moving it.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

This Treadmill must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This Treadmill 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 all 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 Treadmill is properly grounded. Do not modify the plug provided with the Treadmill – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

POWER REQUIREMENTS

This Treadmill is rated for more than 15 amperes and is for use on a circuit having a nominal rating of 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the Treadmill is connected to an outlet having the same configuration as the plug. No adapters, extension cords, or surge protectors should be used with this product. If the Treadmill must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel. Also, a GFI protected receptacle should not be used. It is recommended to use a 20 amp dedicated circuit.

3-POLE
GROUNDED
OUTLET

GROUNDED
TREADMILL
POWER CORD
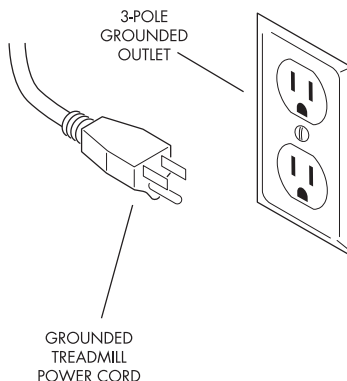
OTHER SAFETY TIPS FOR YOUR VISION FITNESS TREADMILL

CAUTION – RISK OF INJURY TO PERSONS – To avoid injury, stand on the siderails before starting Treadmill. Read Instruction Manual before using.

CAUTION!: If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing that might catch on any part of the Treadmill.
- Read this Owner's Guide before operating this Treadmill.

ASSEMBLY

VISION FITNESS recommends this Treadmill be assembled and delivered by qualified personnel. If you have elected to assemble this Treadmill yourself, for your safety please read and follow each of the steps in the enclosed Assembly Guide. It is recommended, when possible, that assembly be performed by an authorized VISION FITNESS retailer. If you have any questions regarding any part or function of your Treadmill, contact your VISION FITNESS retailer.

PLACEMENT IN YOUR HOME

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

NOTE: If you place your Treadmill facing out from a wall, you should leave three feet between the wall and the Treadmill to ensure safe operation.

POWER SWITCH

Ensure that your Treadmill is properly connected to a power outlet, then turn on the Power switch, located at the front of the main frame.
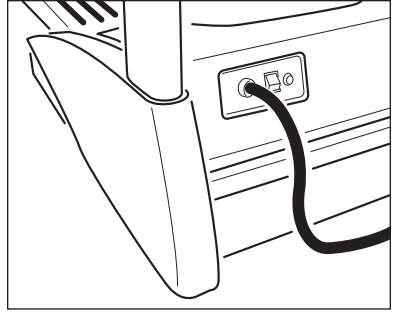
SAFETY MAGNET KEY & CLIP

Your VISION FITNESS Treadmill will not start unless the Safety Magnet Key is inserted into the circle in the front of the console. You should attach the clip end to your clothing. If at any time you need to stop the Treadmill quickly, simply pull the Safety Magnet Key off the console. This will cut all power to the Treadmill, and it will come to a complete stop. To resume your workout, place the Safety Magnet Key back in place. This will send you back to the start-up mode.
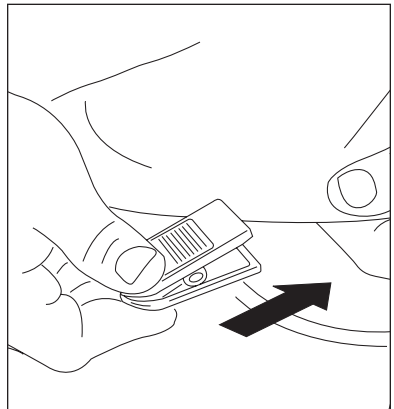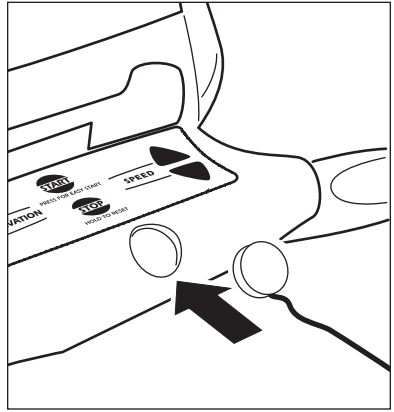
QUICK SPEED AND QUICK ELEVATION KEYS

Use the QUICK SPEED and QUICK ELEVATION keys as an option to increase and decrease the speed and elevation to your desired setting. First press the QUICK SPEED or QUICK ELEVATION key, then press the numbered keys (0-9).
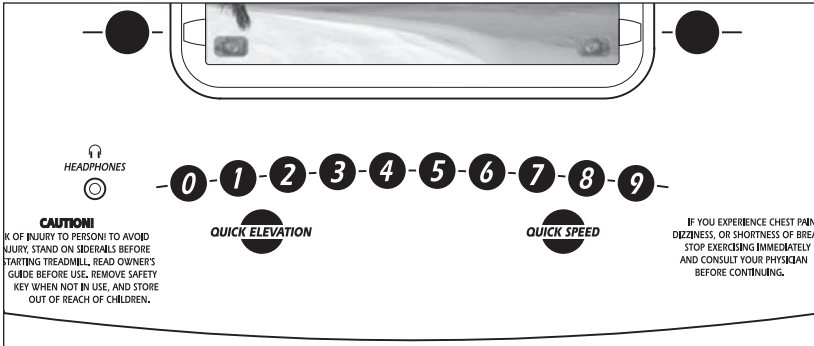
QUICK SPEED*

Examples of the QUICK SPEED key operation: to change the speed to 4.0 mph/kph, press QUICK SPEED, then 4. To change the speed to 4.5 mph/kph, press QUICK SPEED, then 4, then 5. The Quick Speed keys adjust the speed in 0.1 mph/kph increments. The maximum speed using the Quick Speed keys is 9.9 mph/kph.

QUICK ELEVATION*

Examples of the QUICK ELEVATION key operation: to change to 6% elevation, press QUICK ELEVATION, then 6. To go to 10% elevation, press QUICK ELEVATION then 1, then 0. The Quick Elevation keys adjust the elevation in 1% increments.

* May operate differently outside North America.

CONTACT HEART RATE

HAND PULSE HEART RATE SENSORS

The Contact Hand Pulse Sensors are included on this Treadmill to monitor your heart rate. To use, grasp both of the sensors with a comfortable grip during your workout. The console will display your heart rate. Although your signal will be displayed immediately, it may take the system a few seconds to zero in on your actual heart rate.
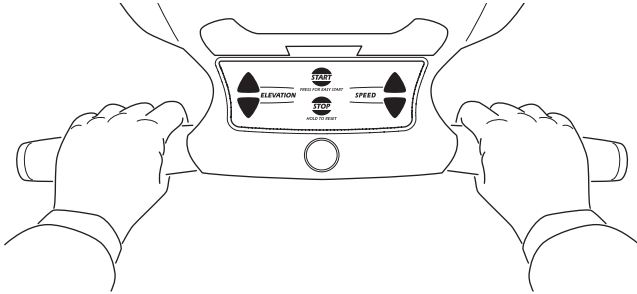
NOTE: For Heart Rate Training programs, you must use the chest transmitter. See Page 29.

CONSOLE

HANDLEBARS

SIDE
RAILS

MOTOR
COVER

RUNNING
BELT

LEVELERS

TRANSPORT WHEELS

P R E M I E R
PLATFORM TREADMILL

PLATFORM TREADMILLS ONLY

MOVING YOUR VISION FITNESS *PLATFORM* TREADMILL

Your VISION FITNESS Treadmill has a pair of transport wheels built into the front legs. To move, firmly grasp the back end of the frame, carefully lift and roll.

CAUTION: Our Treadmills are well-built and heavy, weighing up to 300 pounds! Use care and additional help if necessary.
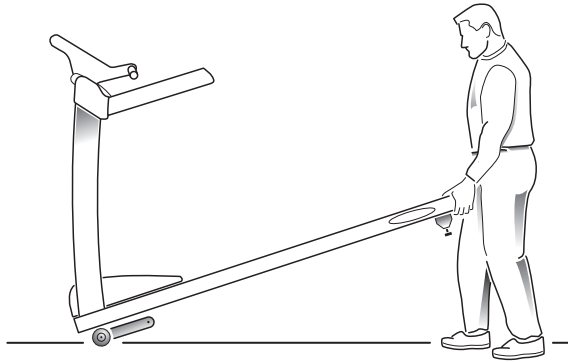
LEVELING

Your Treadmill should be level for optimum use. Once you have placed your Treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the back of the Treadmill frame. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly. Once you have leveled your Treadmill, lock the levelers in place by tightening the nuts against the frame.

CONSOLE

HANDLEBARS

SIDE
RAILS

RUNNING
BELT

MOTOR
COVER
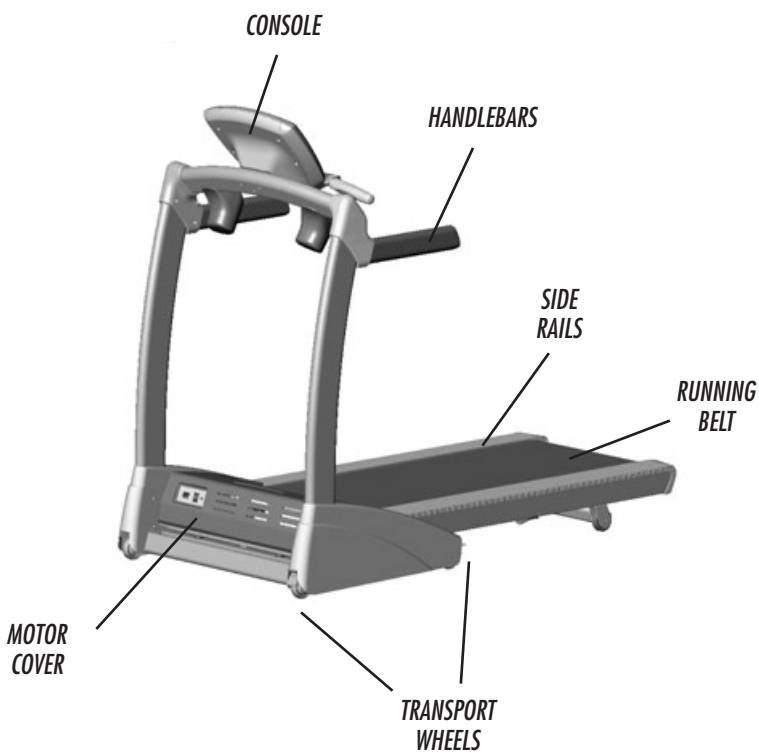
TRANSPORT
WHEELS

PREMIER

FOLDING TREADMILL

FOLDING TREADMILLS ONLY

TRANSPORT WHEEL LOCK

Your folding Treadmill comes with transport wheels on the front and back of the bottom frame that should be locked when the Treadmill is in use. Simply press down on the bottom latch with your foot on all four transport wheels.
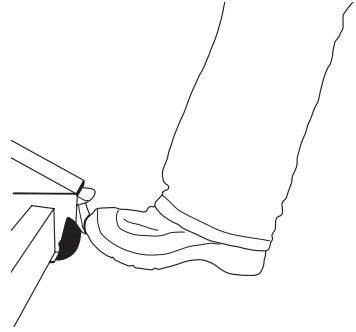
TRANSPORT WHEEL UNLOCK

To move your Treadmill, you will need to unlock the transport wheels. With the Treadmill folded, simply press down the top latch with your foot on all four transport wheels. This will release the locking mechanism on the wheels.
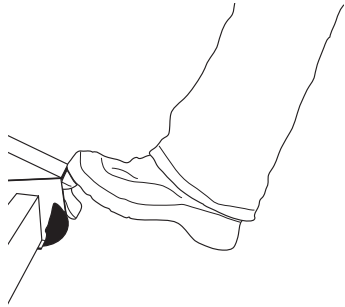
FOLDING

To fold your Treadmill in the upright position, first make sure the Elevation is set to 0; if it is not, lower the Elevation to 0 (if you do not set the Elevation to 0 the Treadmill will not fold and lock). Next, make sure the four transport wheels are locked. Then, simply lift the back end of the Treadmill with both hands and push it up. The Treadmill has a built-in locking mechanism that will automatically engage and click into place when you reach a vertical point.
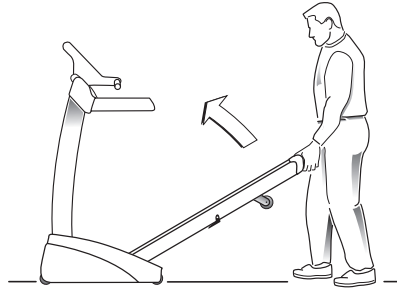
UNFOLDING

To unfold your Treadmill from the upright position, simply lift the lever on the left side vertical rail. Guide the deck about half way down to the floor with both hands. You may then let go of the deck, and the shock spring will guide the deck down to the floor.
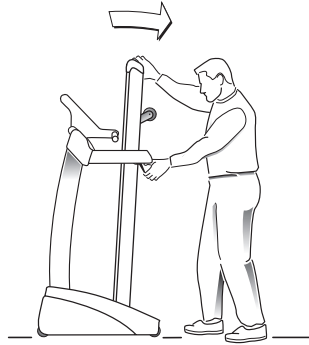
CAUTION: Our Treadmills are well-built and heavy, weighing up to 300 pounds! Use care and additional help if necessary.

MOVING YOUR VISION FITNESS *FOLDING* TREADMILL

Your VISION FITNESS Treadmill has four transport wheels built into the rear frame. Make sure the transport wheels are unlocked before moving the treadmill. To move, fold the Treadmill into the upright position, firmly grasp the frame by the handlebars, then carefully roll.
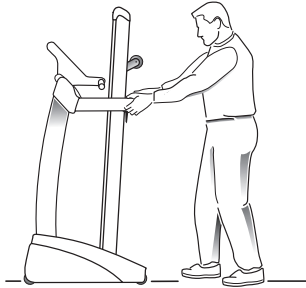
LEVELING

The Treadmill should be level for optimum use. If the Treadmill is on an un-level surface, raise or lower one or both of the adjustable levelers located on the front frame. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly.

PREMIER CONSOLE OVERVIEW
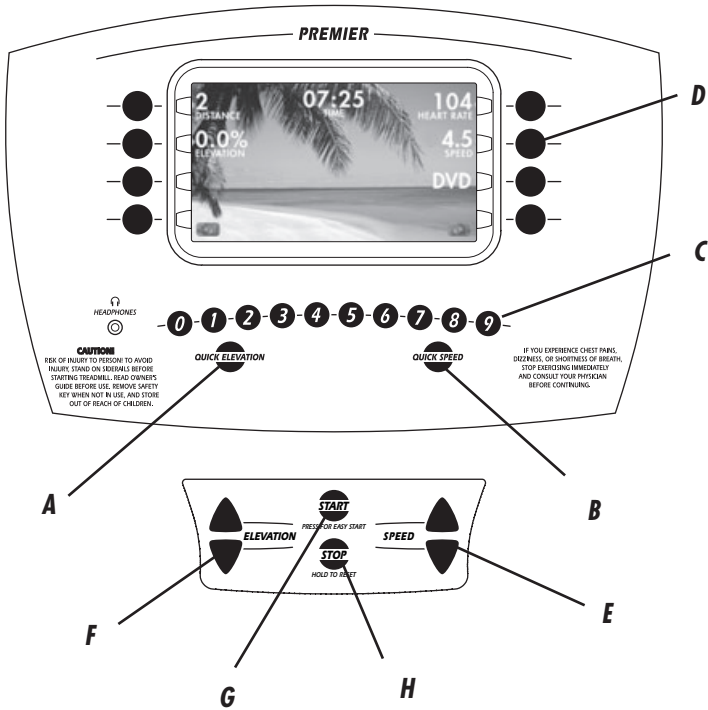
A. Quick Elevation Key   **B.** Quick Speed Key

C. Number Keys   **D.** Screen Keys

E. Speed Arrows   **F.** Elevation Arrows

G. Start Key   **H.** Stop Key

PREMIER

WELCOME SCREEN

The welcome screen will take you through the log in process as a first time user or return user. The QUICK START function is also accessible from this screen.

LOG IN AS A GUEST

To log in as a GUEST select GUEST and enter your age and weight.

SET USER AGE OR WEIGHT

To set user age use the number keys and select CONTINUE when finished.
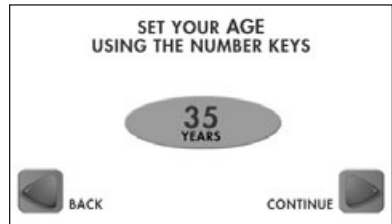
LOG IN OPERATION

Once you have selected LOG IN on the Welcome Screen press any key next to a User Profile Icon that is not filled in. From there enter a user name, set age and weight and you are set to go. To edit a User Profile select EDIT USER.
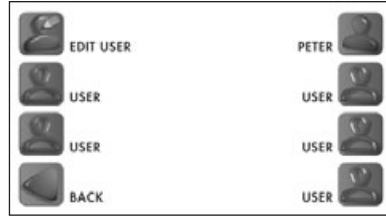
ADDING USERS:

ENTER NAME

To enter a user name select the blue scrolling arrows to highlight a letter. To choose that letter select ADD LETTER. Select DELETE LETTER to delete. When finished select CONTINUE to progress to the next screen. To go back to the previous screen select BACK.

SET USER AGE OR WEIGHT

To set user age use the number keys and select CONTINUE when finished.
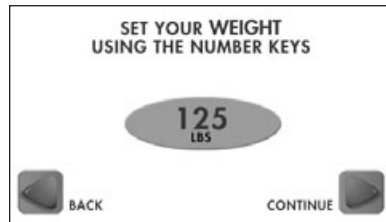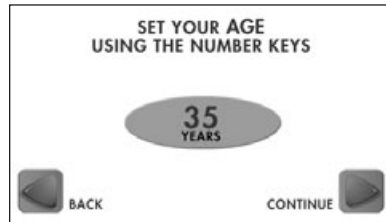
BASIC NAVIGATION

ATM STYLE KEYS

The Premier console is set up like a ATM machine with function keys next to icons on the screen for modifying screen data. To select a function or modify screen data simply press the key next to the icon you wish to choose.
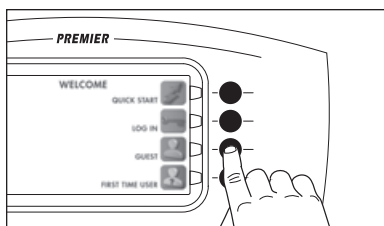
RUN SCENES

There are 4 scenes available as backgrounds during any of the console programs. To scroll through the available screens select the 'Camera' icons to scroll forward or back.

FOREST

MOUNTAIN

BEACH

CITY

YELLOW ARROWS

The yellow arrows next the screen keys indicate that key may be used to change a screen item or enter a function.
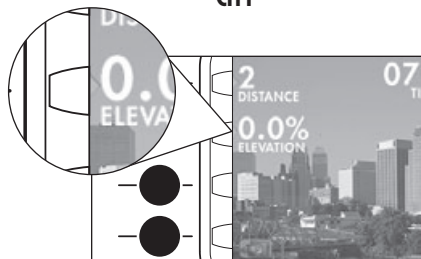
TRACK

Follow the colored dot around the quarter mile track and watch the laps count up during your workout.

HEART RATE SCREEN

Only available for HRT programs. The colored graph shows target and current heart rate as well as the percent of your maximum heart rate.
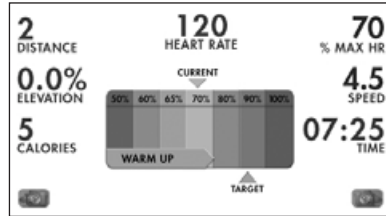
PROFILE

View your workout as a bar graph where the purple bars indicate speed and the yellow flags elevation. At the bottom of the profile screen is the segment progress bar indicating time left for the current segment. Available for SPRINT 8, Places to Go, Muscle Toner, Fat Burner, Speed Intervals, and Custom Programs.
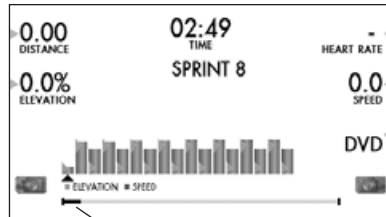
SEGMENT PROGRESS BAR

TRAINING CALENDAR

To view your Training Calendar log in as yourself and press the key next to the Training Calendar. From there you can select daily, weekly or monthly stats. Any day, week or month with an activity will be a lighter shade of green on the calendar.

DAILY STATS

To view daily stats select DAILY STATS then choose the day you would like to view by selecting NEXT DAY or PREVIOUS DAY and then selecting CONTINUE. Your stats for that day will be displayed on the screen. From this screen you may go to the next or previous calendar day by selecting NEXT DAY or PREVIOUS DAY. To get back to the calendar select BACK.

WEEKLY STATS

To view your stats for a given week select WEEKLY STATS then choose a week you would like to view by selecting NEXT WEEK or PREVIOUS WEEK and then selecting CONTINUE. Your stats for that week will be displayed on the screen. From this screen you may go to the next or previous week by selecting NEXT WEEK or PREVIOUS WEEK. To get back to the calendar select BACK.
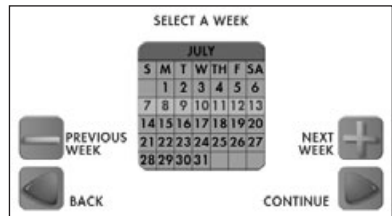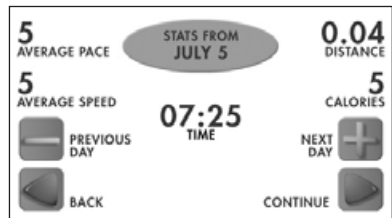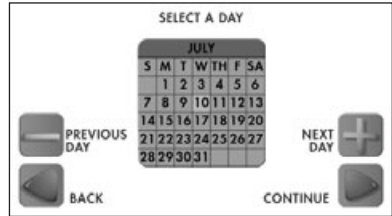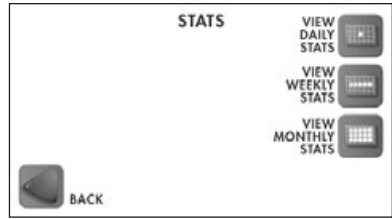
MONTHLY STATS

To view your stats for a given month select MONTHLY STATS then choose a month you would like to view by selecting NEXT MONTH or PREVIOUS MONTH and then selecting CONTINUE. Your stats for that month will be displayed on the screen. From this screen you may go to the next or previous month by selecting NEXT MONTH or PREVIOUS MONTH To get back to the calendar select BACK.

SELECT A MONTH

JULY

S	M	T	W	TH	F	SA
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

PREVIOUS MONTH

NEXT MONTH

BACK

CONTINUE

5 AVERAGE PACE

STATS FROM JULY

0.04 DISTANCE

5 AVERAGE SPEED

07:25 TIME

5 CALORIES

PREVIOUS MONTH

NEXT MONTH

BACK

CONTINUE
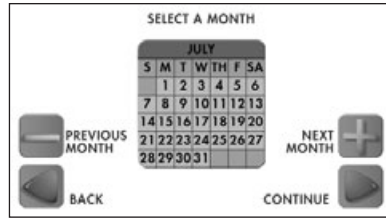
PROGRAM OVERVIEWS

For all programs follow the instructions given on the display. For additional information select INFORMATION/HELP.

SPRINT 8

Exclusive to Vision Fitness. This is an anaerobic workout that includes 8, 30 second sprint intervals followed by 90 second recovery intervals. The speed and elevation will change during the sprint intervals. Designed to burn fat, tone muscle, increase energy, and more! Choose from 17 different levels. See Page 31 for SPRINT 8 program details.

MUSCLE TONER

This is a great program to tone leg muscles. This program will alternate intervals of high and low elevation. Choose from 10 different levels.

FAT BURNER

Makes changes to speed and elevation to help you burn fat. Choose from 10 different levels.

PACER

This is a race against the console. Set your distance and the Pacer speed and the race is on!

SPEED INTERVALS

A great program to increase your speed and endurance; it will alternate intervals at higher and lower speed. Choose from 10 different levels.

PLACES TO GO

5K/10K/15K PROGRAMS

These consistent effort programs improve your cardiovascular fitness by simulating a 5K, 10K or 15K run with hills; no preset time with speed and elevation changes to keep intensity the same (i.e. elevation increases and speed decreases.)

CHOOSE YOUR BACKGROUND
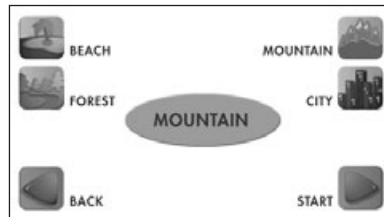
CHOOSE YOUR DISTANCE
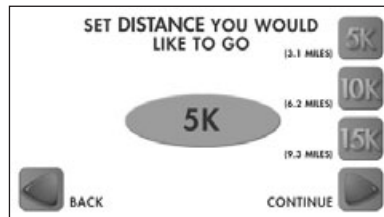
CHOOSE YOUR LEVEL*

(*Level 0 follows elevation profile with user determined speed)
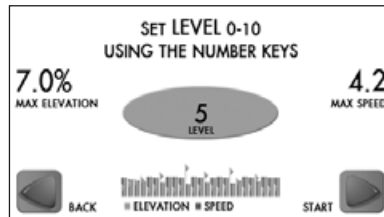
FITNESS TEST

This program requires you to wear a heart rate transmitter. The program is a 5 minute test that will give you an evaluation based on age, gender, and heart rate.

ENTER GENDER
THEN PRESS START
HEART RATE STRAP REQUIRED FOR FITNESS TEST

FEMALE

MALE   FEMALE

BACK   START

YOUR SCORE
45
GOOD

END
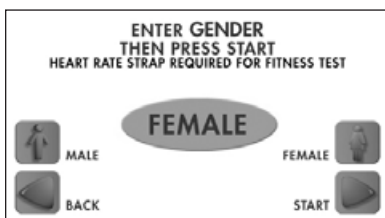
FITNESS TEST RESULT:

M E N

RATING	AGE	ESTIMATED VO2 MAX (ML/KG/MIN) PER AGE CATEGORY				
		POOR	FAIR	AVERAGE	GOOD	EXCELLENT
	15 – 19	< 42	48 – 51	52 – 57	56 – 61	> 61
	20 – 29	< 38	38 – 43	44 – 51	52 – 57	> 57
	30 – 39	< 34	34 – 39	40 – 47	48 – 51	> 51
	40 – 49	< 30	30 – 35	36 – 43	44 – 48	> 48
	50 – 59	< 25	25 – 31	32 – 39	40 – 44	> 44
	60 +	< 21	21 – 26	27 – 35	36 – 40	> 40

W O M E N

RATING	AGE	ESTIMATED VO2 MAX (ML/KG/MIN) PER AGE CATEGORY				
		POOR	FAIR	AVERAGE	GOOD	EXCELLENT
	15 – 19	< 30	30 – 36	37 – 45	46 – 52	> 52
	20 – 29	< 28	28 – 34	35 – 43	44 – 50	> 50
	30 – 39	< 27	27 – 33	34 – 41	42 – 46	> 46
	40 – 49	< 25	25 – 31	32 – 40	41 – 46	> 46
	50 – 59	< 21	21 – 27	28 – 36	37 – 42	> 42
	60 +	< 17	17 – 23	24 – 31	32 – 37	> 37

GOAL PROGRAMS

CALORIE GOAL

Select the number of calories you would like to burn. The treadmill will keep going until you reach your goal. A cool down starts once the goal is achieved.

```
SET CALORIE GOAL
USING THE NUMBER KEYS

        200
       CALORIES

BACK              CONTINUE
```

DISTANCE GOAL

Select the Distance you would like to go. The treadmill will keep going until you reach your goal. A cool down starts once the goal is achieved.

```
SET DISTANCE GOAL
USING THE NUMBER KEYS

        1.0
       MILES

BACK              CONTINUE
```

TIME GOAL

Select the time you would like to workout. The treadmill will keep going until you reach your goal. A cool down starts once the goal is achieved.

```
SET YOUR TIME
USING THE NUMBER KEYS

       20:00
       MINUTES

BACK              START
```

HRT PROGRAMS

HRT WEIGHT LOSS

After a 3 minute warm up the treadmill will adjust the elevation to keep you at 65% of your maximum heart rate ($+/-$ 3BPM). After the program time runs out there is a cool down.

HRT CARDIO

After a 5 minute warm up the treadmill will adjust the elevation to maintain you at 80% of your maximum heart rate ($+/-$ 3BPM). After the program time runs out there is a cool down.

HRT ENDURANCE

Warm up to your target heart rate, then the treadmill controls the speed and elevation to keep you at your target heart rate. After the program time runs out there is a cool down. Default heart rate is 65% of your maximum heart rate ($+/-$ 3BPM).

Once you have selected an HRT program a recommended Target HR will be shown. Either select this HR or use the number or Speed/Elevation arrows to change the Target HR.

SET TARGET **HEARTRATE**
USING THE NUMBER KEYS

162

BACK   CONTINUE

HRT INTERVAL

After a 5 minute warm up the treadmill will increase speed to your preset work interval rate for 1 minute. After the 1 minute interval the speed is reduced to 60% of your work interval rate. When your heart rate comes back down to your recovery target the next 1 minute interval will begin. This repeats for the duration of the program. After the time runs out there is a cool down. Default recovery heart rate is 70% of your maximum heart rate.

SET RECOVERY **HEARTRATE**
USING THE NUMBER KEYS

85

BACK   CONTINUE

SET THE WORK INTERVAL SPEED
USING THE NUMBER KEYS

0.8
MPH

BACK   CONTINUE

0.00
DISTANCE

74
HEART RATE

38%
% MAX HR

0.0%
ELEVATION

CURRENT

0.8
SPEED

30% 40% 50% 60% 70% 80% 90%

0
CALORIES

19:53
TIME
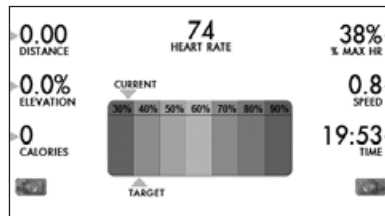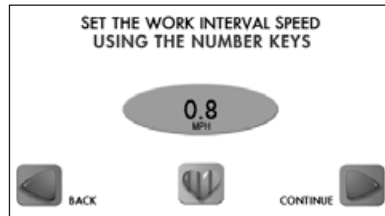
TARGET

HRT RUN SCREEN

NOTES FOR YOUR HEART RATE TRAINING PROGRAM

• If there is no heart rate detected, the Treadmill will not adjust speed or elevation.

• If the heart rate detected is higher than the target zone by 10 BPM, the console will "beep" and the screen will display a warning message.

• If the heart rate detected is higher than the target zone by 15 BPM, the console will "beep" and display a warning message. This process will repeat until heart rate has been reduced.

• If the user's heart rate is 20 beats over their target zone, the Treadmill will "beep" and shut down.

NOTE: At all times, the speed and elevation keys are operative for the user.

WIRELESS CHEST TRANSMITTER

Prior to wearing the strap on your chest, moisten the two rubber contact pads with several drops of water and spread with your fingers.
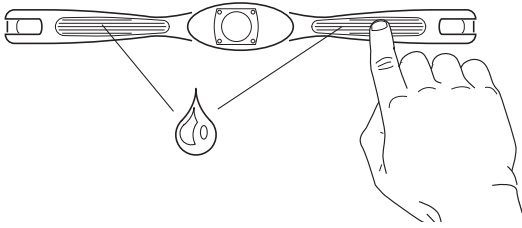
TRANSMITTER STRAP PLACEMENT

Center the Transmitter Strap just below the breast or pectoral muscles, directly over your sternum with the logo facing out.
Adjust the elastic strap length to avoid bouncing or sliding.

Logo
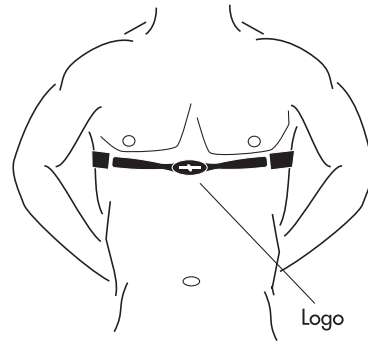
GENERAL HEART RATE TRAINING RECOMMENDATIONS

To use the Heart Rate Training program, it is important to determine your target heart rate zone, using the chart on Page 30. After determining your target zone, you should use the Treadmill in MANUAL mode to see if the target zone you have selected is correct. This will give you a good base to start your Heart Rate Training. If you feel your target zone is too low or too high, keep using the Treadmill in the MANUAL mode until you feel comfortable during your workout; then you can begin using the Heart Rate Training program.

TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 55% to 85% of your maximum heart rate. As a point of reference, we use the predicted maximum heart rate formula of (220 minus age) to determine your heart rate training zone. Please use the following chart to determine your predicted Target Heart Rate.

TARGET HEART RATE ZONES
Beats Per Minute

Percentage of Maximum Heart Rate	10	20	30	40	50	60	70	80	90	100
85%	178	170	161	153	144	136	127	119	110	102
75%	157	150	142	135	127	120	112	105	97	90
65%	136	130	123	117	110	104	97	91	84	78
55%	115	110	104	99	93	88	82	77	71	66
AGE	10	20	30	40	50	60	70	80	90	100
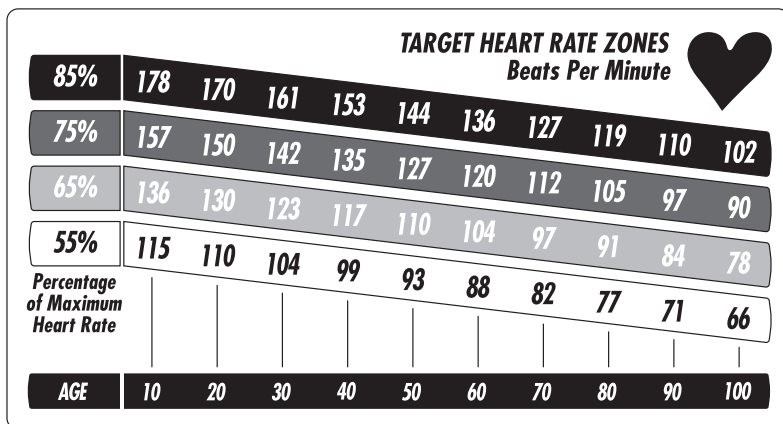
EXAMPLE:

If you are a 30-year-old, your predicted maximum heart rate is 190 based on the (220 minus age) formula.

$$220 - 30 = 190$$

Based on the chart above, your heart rate training zone is 104 to 161, which is 55%–85% of 190.

USING THE SPRINT 8 PROGRAM

The SPRINT 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an effective way to burn fat and build lean muscle mass according to Phil Campbell, author of *Ready, Set, Go! Synergy Fitness*. Please go to Mr. Campbell's website, www.readysetgofitness.com, for more details about this radical new approach to fitness.

The SPRINT 8 program features intense sprint intervals followed by recovery intervals. The program includes the following phases:

1. **WARM-UP** (3:00) should gradually increase your heart rate and increase respiration and blood flow to working muscles. The warm-up is controlled by the user to meet your specific needs.
2. **INTERVAL TRAINING** (14:30) starts immediately after the warm-up with a 30-second sprint interval; changing both speed and elevation. Seven recovery intervals of one minute and 30 seconds will alternate with the eight 30-second sprint intervals. The sprints will increase speed and elevation at the 3rd and 5th interval. The recovery speed is about 2–3 mph slower than your sprint and the recovery elevation is 0. You can alter your speed using the Speed Quick Keys or SPEED UP and DOWN arrows. To adjust the elevation; simply use the Elevation Quick Keys or ELEVATION UP and DOWN arrows.
3. **COOL-DOWN** (2:30) helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

In order to keep track of each segment/interval, the segment time is counted down in the timer. It takes only 20 minutes to complete the SPRINT 8 workout.

PREMIER

CUSTOM PROGRAM OPERATIONS

Set up your own course by programming time, speed, and elevation for each segment in a program. Once you are satisfied with your program select PROGRAM COMPLETE and then SAVE to save the program. An asterisk should appear next to the program icon to show the custom program is filled. To use your custom program select that program and go. Program up to 25 segments.
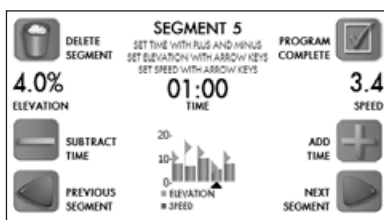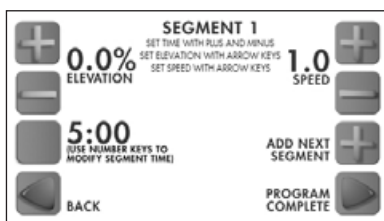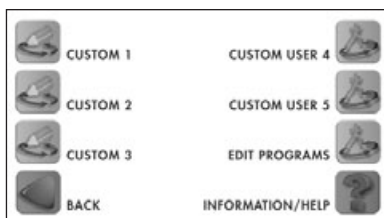
CUSTOM USER PROGRAMS

The Premier console gives you the option of creating a program before you start (Custom Program) or saving a program you have just completed (Custom User Program).

Select the Custom User Program and run the program making speed and elevation changes as you wish. When you are finished with your program press STOP twice and your program will be saved.

PREMIER CONSOLE AUDIO/VIDEO CAPABILITIES

The Premier console has a port on its underside that contains RCA connectors for use with A/V equipment (DVD, CD, VCR, etc.). Simply remove the port cover by unscrewing the screw under the console to reveal the RCA connectors and plug in your A/V device and select the DVD function (3rd key down on the right side) while the treadmill is in use. Headphones can be plugged directly into the console face for sound.
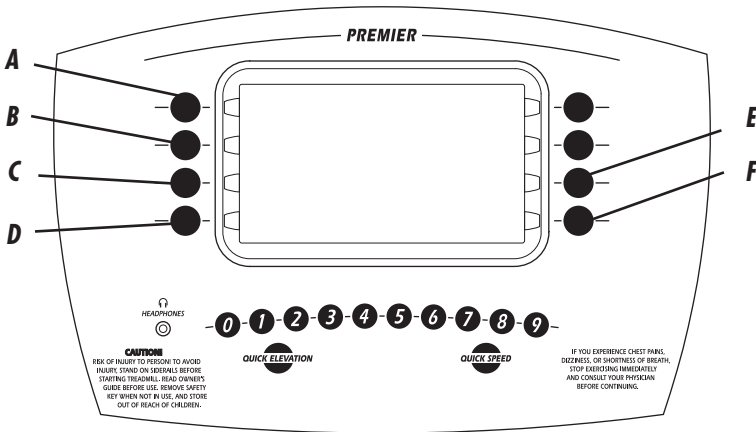
KEY FUNCTIONS IN DVD MODE

A. Volume Up

B. Volume Down

C. Display Adjustment

D. Return to Run Screen

E. Display Adjustment Up

F. Display Adjustment Down
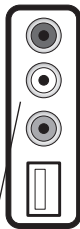
**A/V CONNECTORS
ON BACK OF CONSOLE**
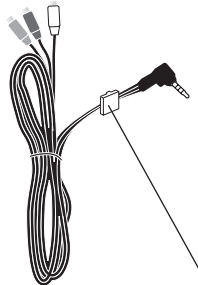
CORD MANAGEMENT CLIP:
Use the included clip to attach the dvd cord to the console mast to keep the cord from interfering with your workout.
*A/V CORD NOT INCLUDED

USER ENGINEERING

ENGINEERING MODE SCREEN
To enter user engineering mode, press and hold the SPEED UP and SPEED DOWN arrows simultaneously.

```
              USER ENGINEERING
                                    CONFIGURATION
                      T9550
                      V001
                      MILES

ERRORS                              MANUAL CALIBRATION


EXIT ENGINEERING                    AUTO CALIBRATION
```
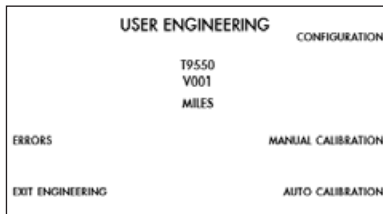
CONFIGURATION SCREEN
From this screen you can adjust program defaults, check accumulated time, change the language or change the unit of measure.

```
PROGRAM DEFAULTS       CONFIGURATION

ACCUMULATED DATA                         UNITS

LANGUAGES                            DATE / TIME

                                      AV MODE
      BACK
```
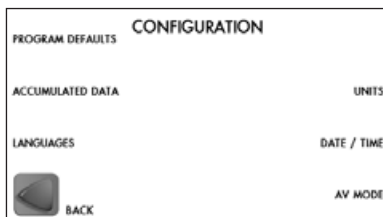
UNIT SELECTION
To change the unit of measure select MI or KM and check to see your desired unit of measure is displayed under UNITS and select BACK to return to the previous screen.

```
                                    MILES
                 UNITS
                 MILES
                                    KILOMETERS

ENGINEERING MAIN MENU

      BACK
```
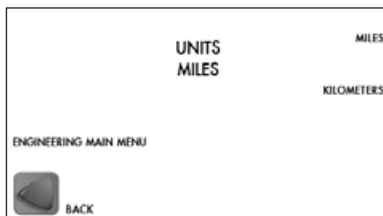
USER ENGINEERING   (continued)

SETTING PROGRAM DEFAULTS

To set program defaults select the setting you would like to change, make the necessary change and select BACK to return to the previous screen. Continue selecting BACK to return to main user engineering screen.
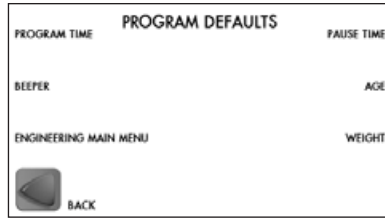
SETTING DATE/TIME

Select DATE/TIME when in the CONFIGURATION screen. Select the information that needs to be changed (YEAR, MONTH, DAY, HOUR, MIN, SECOND) and use the arrow keys to modify. Select SAVE when the date and time are set and BACK to return to the CONFIGURATION screen.
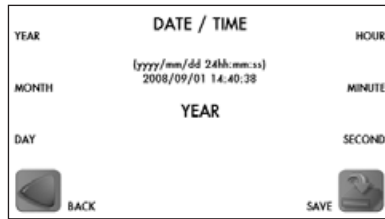
COMMON TREADMILL QUESTIONS

Q: Are the sounds my Treadmill makes normal?
A: All Treadmills make a certain type of thumping noise due to the belt riding over the rollers. This noise will diminish over time, although it might not totally go away. With use, the belt will stretch, causing the belt to ride more smoothly over the rollers. It might appear that one Treadmill is louder than another. There are many reasons for this and may not be due to a defect.

Q: Why is the Treadmill I had delivered louder than the one at the store?
A: All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. This is due to many acoustic differences. A number of precautions can be taken to reduce noise. For instance, a heavy rubber mat can help reduce reverberation through the floor. And, finally, if a fitness product is placed close to a wall, there will be more reflected noise.

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

TROUBLESHOOTING YOUR TREADMILL

Our Treadmills are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may indicate the cause.

PROBLEM: The console does not light up.
SOLUTION: Check to make sure the Treadmill is connected to a functioning outlet and that the Treadmill is turned on.

PROBLEM: The Treadmill's built-in circuit breaker trips repeatedly, shutting off for no apparent reason.
SOLUTION: The lubricating wax coating on the deck is wearing down and needs to be replenished; contact your VISION FITNESS retailer.

PROBLEM: The Treadmill shuts off when elevated.
SOLUTION: Check to make sure that the power cord is not stretched so tight that when the Treadmill is elevated the cord is pulled out of the wall outlet.

PROBLEM: The running belt does not stay in the center of the Treadmill when you are running on it.
SOLUTION: Check to make sure the Treadmill is level.
SOLUTION: The running belt is loose and needs to be properly tensioned (see Page 39 for proper procedure).

PROBLEM: The belt moves within 1/4" of – but does not touch – the side rail.
SOLUTION: There is nothing wrong, this is normal and will not cause any damage.

PROBLEM: An error message appears. An error message is designated by the letter "E" and a number, (ex. "E5").
SOLUTION: Contact your VISION FITNESS retailer.

NOTE: If the above steps do not remedy the problem, discontinue use, turn the power off and contact your VISION FITNESS retailer.

TROUBLESHOOTING YOUR HEART RATE MONITOR CHEST STRAP

PROBLEM: No pulse reading appears.
SOLUTION: There may be a poor connection between the contact pads and skin; remoisten the electrode pads.
SOLUTION: Transmitter is not properly positioned. Reposition the chest strap.
SOLUTION: Verify that the distance between transmitter and receiver is not beyond the recommended range of 36 inches.

PROBLEM: There is an erratic pulse rate.
SOLUTION: Chest strap is too loose; readjust according to directions.

NOTE: It is possible that heart rate monitors will not function properly on some people due to a variety of reasons. It may be necessary to experiment with the fit and position of the chest strap. Outside interference sources such as computers, motors, etc., are also a major source of problems for heart rate monitors.

TENSIONING THE BELT

If the running belt slips when used, use the supplied 8mm Allen wrench to turn the left and right tension bolts clockwise $1/4$-turn at a time until the belt no longer slips.
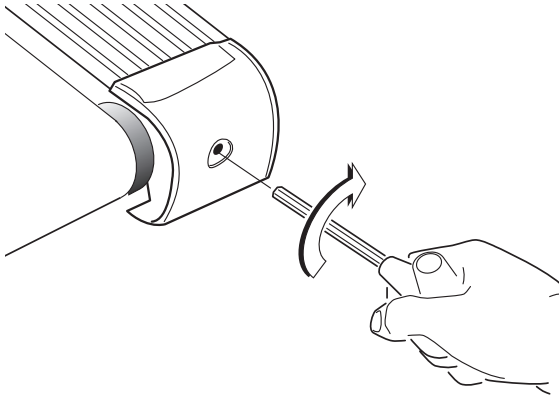
CENTERING THE BELT

Run the treadmill at 2.0 mph. If the running belt is too far to the *right* side, use the supplied 8mm Allen wrench to turn the *right* tension bolt *clockwise* $1/4$-turn at a time until the belt remains centered during use.

If the running belt is too far to the *left* side, turn the *left* tension bolt clockwise $1/4$-turn at a time until the belt remains centered during use.
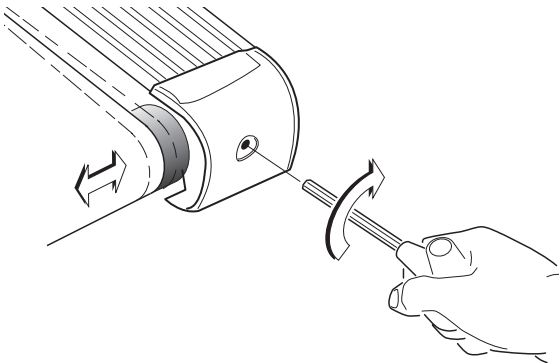
PREVENTIVE MAINTENANCE

Following are several tips on taking care of your VISION FITNESS Treadmill. The location of your Treadmill is important in maintaining it properly. Find a location that does not accumulate dust and dirt easily. A clean environment can help to prolong the life and improve the performance of your Treadmill.

CLEANING TREADMILL

IMPORTANT: Before cleaning, be sure to turn off and unplug the Treadmill.

- After each use, wipe the perspiration off the console and Treadmill surfaces.
- Every week, clean the Treadmill surfaces including the console, motor cover and side rails using a damp cloth. Do not use solvents as they may cause damage to the Treadmill.
- Each week vacuum around and under the Treadmill.

QUARTERLY INSPECTION

- Every three months, check the tightness of the assembly bolts to ensure they are properly tightened.
- Every three months, check the power cord.

DECK WAXING

VISION FITNESS treadmills feature a wax lubricated phenolic deck, which may never require any maintenance. However, the deck is a wearable component and, under heavier use or in some environments, the wax lubricant can wear out. To maximize treadmill life, the decks can easily have wax reapplied.

No waxing is required for the first year of use. After one year, it is recommended to wax the deck once every six months. This will enhance the performance and life of the Treadmill. Weight can have an affect on how the wax wears on the deck. A heavier user (Example: 250 pounds and above) may need to wax more frequently. Also, running wears out wax faster than walking. Ask your VISION FITNESS retailer for information about treadmill maintenance.

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.

MOTOR - LIFETIME VISION FITNESS warrants the Motor against defects in workmanship and materials for the life of the Product, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS - FIVE YEARS VISION FITNESS warrants the Electronic components and all original Parts (other than the Motor) against defects in workmanship and materials for a period of five 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 Home-Use Warranty valid only in North America.

LIMITED HOME USE WARRANTY (continued)

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 one year. All Labor shall be supplied by the local Retailer who sold the Product 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 Fitness Product as sold. The warranty does not cover failure to follow instructions and warnings in the Owner's Guide or failure to provide reasonable and necessary maintenance. 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. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. 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. You may also register via our website at www.visionfitness.com. Inside 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 Treadmill. Thank you for selecting a VISION FITNESS product.

DEVELOPING A FITNESS PROGRAM

By purchasing this piece of VISION FITNESS exercise equipment, you have made a commitment to exercise and now have the convenience of exercising in your own home. Your new equipment offers the flexibility to exercise at whatever time suits you best. It will be easier to maintain a consistent exercise program that will help you achieve your fitness goals.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal to lose weight? Improve muscle tone? Relieve stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. If possible, try to define your personal goals in precise, measurable terms over specific periods of time. Examples of these goals might include:

- Decrease your waistline by two inches over the next two months.
- Run the local 5K race this summer.
- Lose 10 pounds in the next three months.
- Get 30 minutes of cardiovascular exercise at least five days per week.
- Improve your race time by two minutes over the next year.
- Move from walking a mile to jogging a mile within the next three months.

The more specific the goal, the easier it will be to track your progress. If your goals are long-term, divide them into monthly and weekly segments. Long-term goals can lose some of the motivational benefits. Short-term goals are easier to achieve and will allow you to see the progress you are making. Every time you reach a goal, it is important to set a new goal. This will lead to a healthier lifestyle and will provide the motivation that you will need to move forward.

TRACK YOUR PROGRESS

Now that you have set your exercise goals, it is time to write them down and make an exercise schedule that will help you achieve them. By keeping a fitness diary, you will stay motivated and know where you are in terms of reaching your goals. As time goes on, you will be able to look back with pride to see how far you've come. See the end of this section for weekly and annual exercise logs. Copy these logs to keep your own fitness diary.

EXERCISE GUIDELINES

WARM-UP

A warm-up activity should be a progressive aerobic activity that utilizes the muscles you will be using during the workout. There is no set warm-up intensity. A typical warm-up will produce a small amount of perspiration, but not leave you feeling fatigued. Intensity and fitness level will affect the duration of your warm-up, but 5-10 minutes is usually recommended.

EXERCISE DURATION

A common question asked is, "how much exercise do I need?" We recommend following the guidelines set up by the American College of Sports Medicine (ACSM) for healthy aerobic activity.

- Exercise three to five days per week.
- Warm up for five to 10 minutes before aerobic activity.
- Maintain your exercise activity for 30 to 45 minutes.
- Gradually decrease the intensity of your workout, then stretch to cool down during the last five to 10 minutes.

If weight loss is a major goal, participate in your aerobic activity at least 30 minutes for five days each week.

EXERCISE INTENSITY

The next question asked is, "how hard do I need to workout?" To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity range. We recommend monitoring your exercise heart rate to measure exercise intensity. Please see Page 30 for the Target Heart Rate Chart.

BALANCED FITNESS

While cardiovascular exercise has been the primary method of fitness for many programs over the years, it should not be the only method. Strength Training and Flexibility Training have become more popular as exercise has developed. Incorporating Strength and Flexibility Training into your current exercise program will give you the balance you need to improve your athletic performance, reduce susceptibility to injury, increase metabolic rate, increase bone density, and reach your goals faster.

STRENGTH TRAINING

Strength Training was once known as an activity performed by young males only. That has changed with the advances in scientific research on Strength Training over the last 20 years or so. Research has proven that, after age 30, we begin to lose muscle mass if we do not incorporate Strength Training into our exercise program. With this decrease in muscle mass, our ability to burn calories decreases, our physical ability to do work decreases and our susceptibility to injuries increases. The good news is that, with a proper Strength Training program, we can maintain or even build muscle as we age. A proper Strength Training program will work the muscle groups of the upper and lower body. There are now many options available for Strength Training including: yoga, Pilates, selectorized machines, free weights, stability balls or medicine balls, exercise tubing and body weight exercises, just to name a few.

Recommendations for a minimum Strength Training program include:

FREQUENCY: Two to three days per week

**VOLUME:** One to three sets consisting of eight to 12 repetitions.

STRETCHING

Flexibility Training is not associated with fitness as often as cardiovascular exercise or Strength Training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball tournament.

Before stretching, take a few minutes to warm up the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

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 toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.
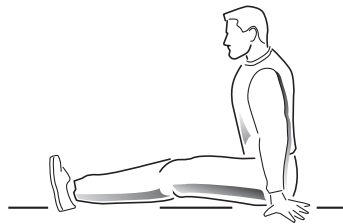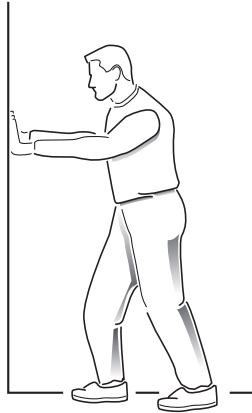
STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.
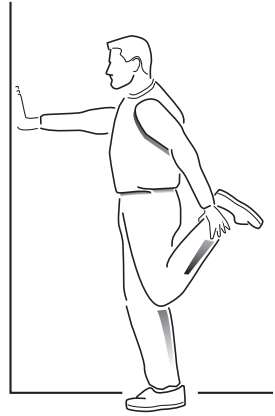
STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

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

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

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

Week # ⬭

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

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

Week # ⬭

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

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

January

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

February

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

March

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

April

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

May

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

June

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

July

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

August

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

September

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

October

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

November

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

December

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

customizable

reliable

simple

*it all
starts
with a
vision*

VISION FITNESS ®

9.08
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