

*Home fitness at its best*

IT ALL STARTS

Fitness Cycle  
*Catalogue*  
&  
buying guide

WITH A VISION

V I S I O N  F I T N E S S

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I<sup>7</sup> Integrated, Quiet-Glide, T-Glide and Quick-Set are Trademarks of Vision Fitness. 2.00 Part #Y0054010  
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## THE STORY OF VISION FITNESS

Vision Fitness began as the fitness division of Trek® Bicycle Company, one of the world's largest manufacturers of quality outdoor bicycles. At Trek, we pioneered the development of the smoothest and quietest exercise bikes available. In 1996, Vision Fitness was spun off by the former Trek Fitness management team to continue to bring to market innovative fitness products. We offer our customers the same combination of quality, value, and performance that has made our founding company the most asked for bicycle brand in America.

Our goal is to provide you with the fitness tools you need to create a better, healthier life. All our bikes are designed with the realities of home exercise in mind. Our COMFORT ARC™ seats are well suited for short or long workouts. The QUIET-GLIDE™ drive train is quiet enough to allow other activities such as watching TV or listening to the radio.

In the most recent Health & Fitness Buying Guide by *Consumers Digest*, we were awarded three Best Buys for our bikes and one for our elliptical trainer. That's more Best Buy awards than any of our competitors. In fact, our bikes have won Best Buy awards every year since 1995.

We invite you to test ride any of our models at your local Vision Fitness dealer and experience for yourself the joy of exercise.

Thank you

*Nathan Pyles*      *Greg Waters*

NATHAN PYLES

GREG WATERS

For more information about our entire line of fitness products please visit us at our website: [www.visionfitness.com](http://www.visionfitness.com)

### UPRIGHTS

E3100 F <sup>1</sup> INDEXED	E3000 INDEXED	E4100 F <sup>1</sup> INDEXED
6 Function 4 Large Window LCD	5 Function 5 Window LCD	6 Function 4 Large Window LCD
Watts, Time, Speed, Distance, RPM, Calories, Level on Knob	RPM, Speed, Time, Distance, Calories	Watts, Time, Speed Distance, RPM, Calories, Level on Knob
F <sup>1</sup> Indexed™	Indexed	F <sup>1</sup> Indexed™
ECB-PLUS™ Cable Operated Permanent Magnet	ECB™ Cable Operated Permanent Magnet	Cable Operated Permanent Magnet
QUIET-GLIDE™ Super Silent Poly-V Belt	Super Silent Poly-V Belt	Chain & Poly-V Belt
24 lbs. Balanced	19 lbs. Balanced	16.5 lbs. Balanced
COMFORT ARC™ Upright	COMFORT ARC™ Upright	COMFORT ARC™ Upright
Steel	Steel	Steel
Multi-Position	Multi-Position	Multi-Position
Self-balancing w/Straps	Self-balancing w/Straps	Double-Sided Strapless
2 AA Battery	2 AA Battery	2 AA Battery
Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor*	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor*	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor*
Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Years Electronics/Parts 1 Year Labor*	None	Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Years Electronics/Parts 1 Year Labor*
4' X 3'	4' X 3'	4.5' X 3'
300 lbs.	300 lbs.	300 lbs.

## Quality CHECKLIST

### Heavy Gauge Steel Frame

- Simply lift the exercise bikes you're considering to determine the comparative gauge of steel used

### ECB-PLUS™ Magnetic Resistance

- Heavyweight balanced flywheel
- Friction-free durability
- Limited lifetime home warranty

### QUIET-GLIDE™ Belt Drive

- You can still hear the TV or radio
- 8-Ribbed Poly-V Belt
- Top Quality One-Way Bearing
- Spring Loaded Idler for minimal maintenance

### Program Profile Levels

- Programs have both level and time-set options

### COMFORT ARC™ Seats

- Body-Contoured Foam
- Free range of motion
- Lumbar Support (Semi-Recumbent)
- Wide Pelvic Support Area (Upright & Dual Action)

### ISO Quality Manufacturer

- State of the art quality manufacturing facility and procedures
- Each bike is calibrated on a dynamometer for consistent and accurate resistance

before you buy



FEATURE COMPONENT	SEMI-RECUMBENTS					
	R2600HRC PROGRAMMABLE	R2200HRC PROGRAMMABLE	R2100 I <sup>2</sup> INDEXED	R2000 INDEXED	E3600HRC PROGRAMMABLE	E3200HRC PROGRAMMABLE
CONSOLE	EASYS <sup>®</sup> ™ LED CONTINUAL FEEDBACK W/ TELEMETRIC & CONTACT HEART RATE CONTROL Manual, Intervals, Rolling, Weight Loss, Mountain, Heart Rate Control Integrated Reading Rack	QUICK-SET™ LED W/ HEART RATE CONTROL Manual, Intervals, Rolling, Weight Loss, Race, Heart Rate Control	6 Function 4 Large Window LCD	5 Function 5 Window LCD	EASYS <sup>®</sup> ™ LED CONTINUAL FEEDBACK W/ TELEMETRIC & CONTACT HEART RATE CONTROL Manual, Intervals, Rolling, Weight Loss, Mountain, Heart Rate Control Integrated Reading Rack	QUICK-SET™ LED W/ HEART RATE CONTROL Manual, Intervals, Rolling, Weight Loss, Race, Heart Rate Control
CONSOLE FEEDBACK	CONSTANT FEEDBACK Watts, Speed, RPM, Distance, Time, Calories, Heart Rate, Program, Level	Watts, Speed, Avg Speed RPM, Distance, Time, Calories, Heart Rate, Program, Level, Weight	Watts, Time, Speed, Distance, RPM, Calories, Level on Knob	RPM, Speed, Time, Distance, Calories	CONSTANT FEEDBACK Watts, Speed, RPM, Distance, Time, Calories, Heart Rate, Program, Level	Watts, Speed, Avg Speed, RPM, Distance, Time, Calories, Heart Rate, Program, Level, Weight
TENSION CONTROL	Programmable	Programmable	I <sup>2</sup> Indexed™	Indexed	Programmable	Programmable
RESISTANCE SYSTEM	CAMBRIDGE MOTOR WORKS™ ECB-PLUS™ Generator	ECB-PLUS™ Motor Operated Permanent Magnet	ECB-PLUS™ Cable Operated Permanent Magnet	ECB™ Cable Operated Permanent Magnet	CAMBRIDGE MOTOR WORKS™ ECB-PLUS™ Generator	ECB-PLUS™ Motor Operated Permanent Magnet
DRIVE TRAIN	QUIET-GLIDE™ Super Silent Poly-V Belt	QUIET-GLIDE™ Super Silent Poly-V Belt	QUIET-GLIDE™ Super Silent Poly-V Belt	Super Silent Poly-V Belt	QUIET-GLIDE™ Super Silent Poly-V Belt	QUIET-GLIDE™ Super Silent Poly-V Belt
FLYWHEEL	24 lbs. Balanced	24 lbs. Balanced	24 lbs. Balanced	19 lbs. Balanced	24 lbs. Balanced	24 lbs. Balanced
SEAT	Club COMFORT ARC™ w/ Lumbar Support	COMFORT ARC™ w/ Lumbar Support	COMFORT ARC™ w/ Lumbar Support	COMFORT ARC™ w/ Lumbar Support	COMFORT ARC™ Upright	COMFORT ARC™ Upright
SEAT RAIL	Aluminum	Aluminum	Aluminum	Steel	Steel	Steel
HANDLEBARS	Extended Seat & Console	Seat & Console	Seat & Console	Seat & Console	Wrap-Around Multi-Position	Multi-Position
PEDALS	Self-balancing w/Straps	Self-balancing w/Straps	Self-balancing w/Straps	Self-balancing w/Straps	Self-balancing w/Straps	Self-balancing w/Straps
POWER	Self-Generating	6V 1 Amp Plug-In	2 AA Battery	2 AA Battery	Self-Generating	6V 1 Amp Plug-In
HOME WARRANTY*	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 2 Years Labor*	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor*	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor*	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor*	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 2 Years Labor*	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor*
LIGHT INSTITUTIONAL WARRANTY*	Up to 5 Hours of Use per Day 2 Years Frame 2 Years Magnetic Brake 2 Years Electronics/Parts 2 Years Labor*	Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Years Electronics/Parts 1 Year Labor*	Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Years Electronics/Parts 1 Year Labor*	None	Up to 5 Hours of Use per Day 2 Years Frame 2 Years Magnetic Brake 2 Years Electronics/Parts 2 Years Labor*	Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Years Electronics/Parts 1 Year Labor*
FLOOR SPACE	5' X 3'	5' X 3'	5' X 3'	5.5' X 3'	4' X 3'	4' X 3'
MAXIMUM USER WEIGHT	400 lbs.	300 lbs.	300 lbs.	300 lbs.	400 lbs.	300 lbs.

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

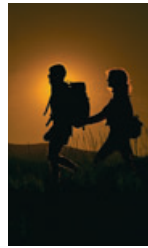
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ALL OUR PRODUCTS ARE DESIGNED WITH THE REALITIES OF HOME EXERCISE IN MIND.

## selecting the right equipment for you



■ **WHAT TYPE OF EQUIPMENT WILL YOU USE?** Don't be overly concerned about which type of equipment is 'best'. Nearly all types of aerobic equipment will deliver a beneficial workout. The more important question is this - *Which type of equipment will you use?*

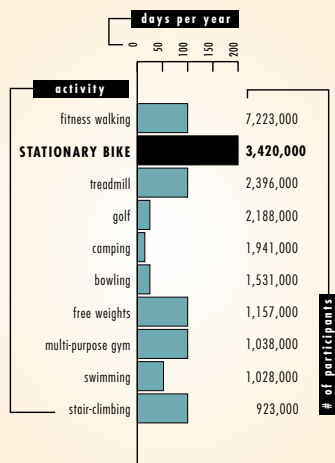
■ **TRY IT FIRST.** Always try a new fitness product first. Spend 5 minutes or more on the equipment to make sure it fits you and that the motion is fluid and natural, not awkward. Also, make sure the resistance levels can be adjusted to meet your needs.

■ **CAN I HEAR THE TV OR RADIO?** Home exercise can get boring - so plan ahead and make sure you can combine your home workout with other activities such as reading magazines or watching the TV. Can I see around the console? Can I hear the TV without disturbing everyone else in the house?

■ **IS IT BOTH AFFORDABLE AND GOOD QUALITY?** Some types of equipment such as treadmills deliver a good workout, but are inherently more expensive for an equivalent level of quality than a fitness cycle.



WHICH  
EXERCISE  
IS BEST?  
THE ONE  
YOU'LL DO!



■ **WARRANTY AND RETAILER SUPPORT?** Vision Fitness offers a limited lifetime warranty on the frame and ECB-PLUS™ resistance system, and a two-year parts and electronics warranty for home use. We're that confident in our quality. Should service be needed, your local retailer is qualified to perform any necessary repairs.

■ **WHY BUY FROM A SPECIALTY FITNESS RETAILER?** It's really quite simple; it all boils down to service. We can build the best fitness products, however, if they are not assembled and set up by a professional, they may not perform as intended. A specialty retailer can also guide you to the proper type of equipment to help you meet your fitness goals.

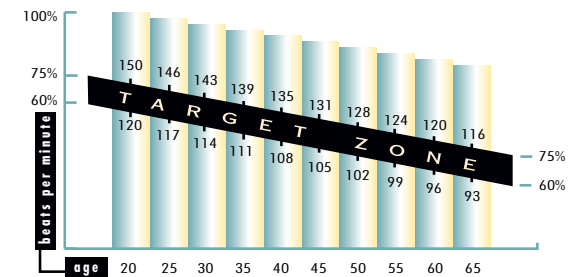
STATIONARY BIKE USE  
AMONG SENIORS RANKS #1  
FOR INDOOR EQUIPMENT

*Study by American Sports Data, Inc.  
courtesy of SGMA. Seniors aged 55 and above.*

## using a heart rate monitor

The American Heart Association recommends that you exercise 3 to 4 days per week at 60 to 75% of your maximum heart rate to maintain cardiovascular fitness. By monitoring your heart rate while you exercise, you can achieve the optimally beneficial workout in the minimum amount of time.

### TARGET HEART RATE ZONE



### VISION FITNESS HEART MONITORS

A Vision Fitness heart rate monitor can be used with or without our bikes. A heart rate monitor is a convenient tool for monitoring your workout as well as your fitness progress over time. By monitoring your heart rate, you have the information you need to workout smart.

#### All Vision Fitness Heart Rate Monitors Feature:

- ECG Accurate Heart Rate
- Wireless Telemetric Design
- Easy to Read Display
- Replaceable Batteries

#### Our Full Function VF-III Pictured Here Also Includes:

- Backlight Display
- Stopwatch
- Day & Date Calendar
- Audio & Visual Alarm
- High/Low Target Alarm Settings
- Clock



### ASK YOUR DEALER FOR OTHER POPULAR ACCESSORIES:

Water Bottles · Reading Racks · Sweat Shirts · Polo Shirts

## basic fitness guidelines\*



**STRETCH FIRST** Before beginning your workout, spend a few minutes doing gentle stretching exercises.



**WARM UP** The first 2 to 5 minutes of a workout should be devoted to warming up. The warm up will gradually prepare your muscles for the more vigorous workout.

### THE HEART OF YOUR WORKOUT

#### how often?

The American Heart Association recommends that you exercise at least 3 to 4 times per week to maintain cardiovascular fitness. If you have other fitness goals, such as weight loss or athletic conditioning, you will achieve your goal faster working out 5 to 6 times per week.

#### how long?

For aerobic conditioning benefits, it's recommended that you exercise from 24 to 32 minutes per session. Be sure to start slowly and gradually increase your time. If your primary fitness goal is weight loss, longer sessions at lower intensities have been found to be most effective.

#### how hard?

Always begin an exercise program at low intensities. Aerobic exercise does not have to be painful to be effective. If while exercising you are too winded to maintain a conversation without gasping, you are working out too hard.



**COOL DOWN** Use a lower resistance setting at the end of your workout to gradually lower your heart rate. A cool down period allows your heart to adjust to the decreased demand.

*\*Always consult your physician before beginning an exercise program. The owner's manual you receive with your purchase covers these guidelines in more detail.*



Vision Fitness has developed a customizable internet portal specifically for the individual interested in the latest health & fitness information. You can get the latest news on topics that range from running, walking, heart research to weight management. There are also health calculators, including target heart rate, body mass, and diet analysis. The locator section will help you find a personal trainer, workout-friendly hotel or a local health club. Finally there is a workout log that allows you to set goals and track the progress from any computer in the world. Visit [MyFitness.com](http://MyFitness.com), your personal fitness connection.

## benefits of home exercise

We recommend participating in a variety of aerobic activities. The variety will keep you more involved and more likely to sustain your fitness program over time. Vision Fitness treadmills, exercise bikes and elliptical trainers are all excellent tools to keep you involved and healthy enough to enjoy your favorite outdoor activities - whether it's walking, cycling, in-line skating, or skiing.

The most important thing is to stay consistently active. In fact, the US Surgeon General recently issued a warning stating that lack of regular exercise is a recognized health risk.

*Further advantages of having a quality fitness product in your home:*

**independence** *Your workouts are not weather or daylight dependent.*

**control** *You control your schedule, you control the intensity - you control your health.*

**timesaver** *Combine your workout with other activities such as watching television. Eliminate the drive time to and from the health club.*

**more family** *Time is what we have the least of. No difficult trade-offs or balancing acts are necessary - You can have more family time while you workout.*

**safety** *Workout comfortably in the safety of your own home.*



## Smooth & Quiet DESIGN

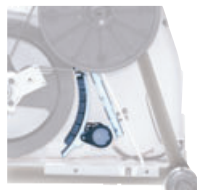
### The mission was clear - to develop the smoothest and quietest exercise bikes ever.

That forced us to re-think the way resistance and drive train systems were designed. We pioneered the development of the magnetic resistance system, completely eliminating the wear and noise of belts, pads and fans. Then we turned to the drive, replacing the common bicycle chain with an 8-Ribbed Poly-V Belt to create the quietest exercise bike possible. Just as important, this combination of a friction-free magnetic resistance system with a belt drive train also created a far more reliable exercise bike.

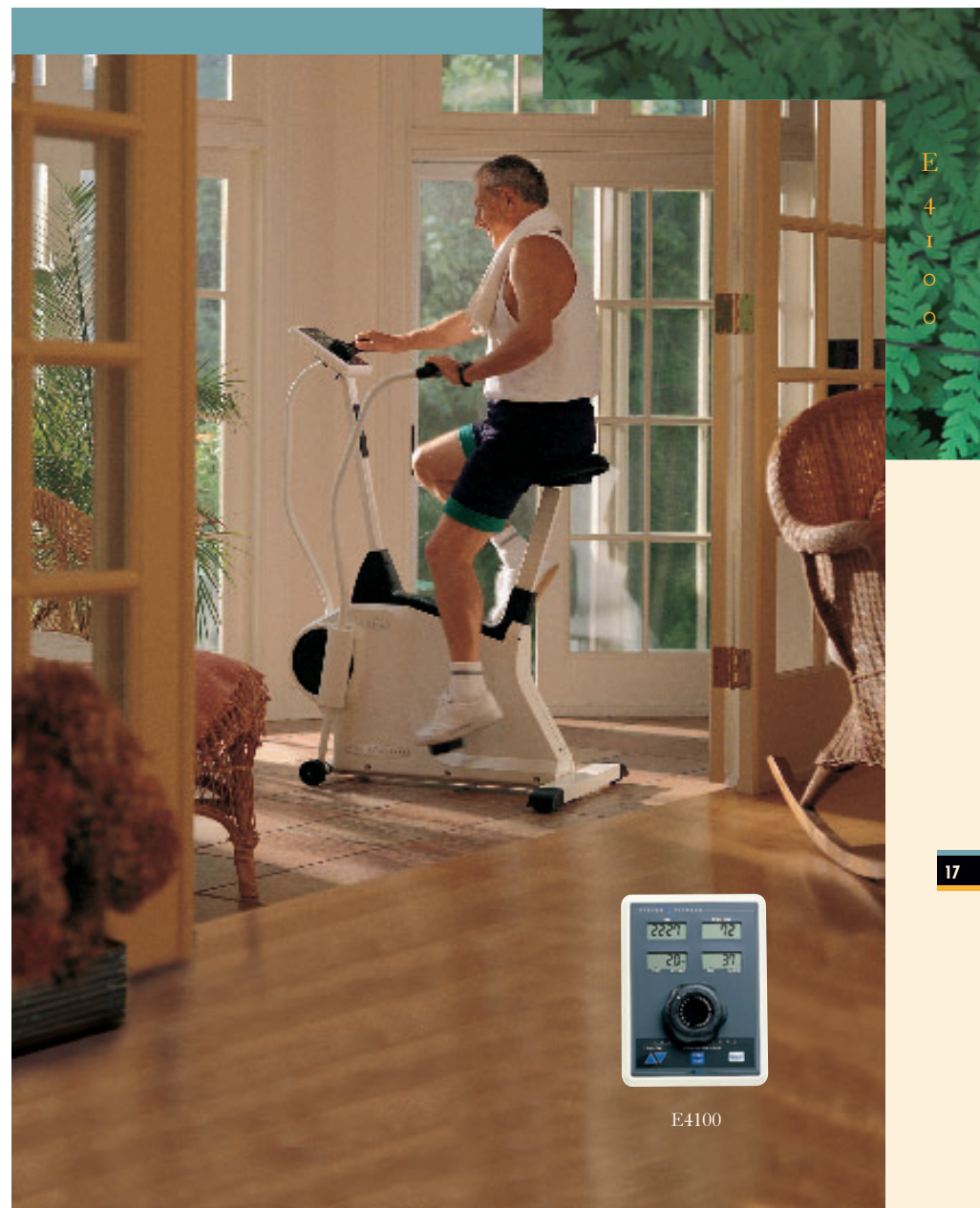


**QUIET-GLIDE™ DRIVE** We revolutionized the industry with our Quiet-Glide™ Drive technology. The 8-Ribbed Poly-V Belt and top quality one way bearing assure an extra quiet workout. A quiet bike allows you to watch TV without having to crank the volume. Make sure to test ride the bikes you are considering, and experience for yourself the quietness of a Vision Fitness bike. Computer modeling on this drive shows that the expected belt life would exceed 20,000 hours. That's over 50 years of life, when used one hour a day.

**ECB-PLUS™ RESISTANCE** This permanent magnet resistance system has no wearing contact parts for maximum durability. Combine this friction-free resistance with our heavy flywheel and you get the best performing resistance mechanism available. When you increase the tension while riding, the pedal motion stays fluid, not jerky. In addition to proven performance, we also offer a limited lifetime warranty on the ECB-PLUS™ brake for home use.



**THE HEAVYWEIGHT** The heavier the machine the more stable the unit. We use a heavy gauge steel frame that provides for a more solid, stable base. The extra heavyweight flywheel offers additional stability and a smoother cycling motion. So although you may be trying to trim weight, we don't mind being called a heavyweight.



E4100

# E4100

## dual action



**SUPERIOR AEROBIC BENEFIT** The Vision Fitness E4100 Dual Action Bike combines upper and lower body exercise in one machine to give you one of the best aerobic workouts possible. Because you're spreading the workload over all your major muscle groups, you can workout at higher intensities without fatiguing any one particular muscle.

*"The E4100 beat out (the) long-time industry leader... Instead of using noisy air resistance, however, the E4100 uses magnetic technology"*

Consumers Digest

**RESISTANCE FOR THE FUTURE** For 20 years, air resistance has been the standard for dual action bikes. But with the latest magnetic technology offered in the E4100 you can say good-bye to the shake, rattle and roll of a by-gone era and join the quiet revolution. Let's face it, the biggest problem with home exercise is boredom, and the most effective home fitness products are going to be quiet enough that they allow you to watch the TV or listen to the radio while you work out. Testing has proven that the E4100 is one of the quietest dual action bikes on the market – by a long shot.

### DUAL ACTION COMPARISON

FEATURE	VISION FITNESS E4100	POPULAR BRAND AIR BIKE
RESISTANCE	Variable Magnetic	Air
NOISE INTENSITY*	59dB (Talking Level)	72dB (City Traffic, 20 times greater intensity)
RESISTANCE INDEPENDENT OF PEDAL SPEED	Yes	No
STARTS AT LOWER RESISTANCE LEVELS	Yes	No
LCD DISPLAY	4 Windows	2 Windows
FULLY ENCLOSED, SAFER COVERS	Yes	No

\* Fundamentals of Physics, Halliday & Resnick

## home fitness at its best

**FULLY ENCLOSED CASING** All of our exercise bikes have fully enclosed casings. The fully enclosed casing increases safety while protecting the frame and drive train from corrosive perspiration.



**COMFORT ARC™ SEATS** There is nothing more important than a comfortable seat. Our seats are designed for a long comfortable ride. The Body-Contoured foam conforms to your body and the free range of motion built into our seats offers a more comfortable ride. The Semi-Recumbent seats also offer lumbar support and an extra set of handlebars for varied hand placement. The Upright and Dual Action seats have a cut-out in the nose to reduce pressure on the soft tissue areas.



**EASY TO OPERATE** All our consoles are designed with ease-of-operation in mind - we believe an exercise bike should challenge your body, not your patience.



**ISO 9001 QUALITY CONTROL** Final assembly of Vision Fitness exercise bikes is performed with consistency and precision in an ISO 9001 Quality Certified facility. ISO is an internationally recognized quality methodology designed to assure the highest standards of production. In addition, each Vision Fitness exercise bike is calibrated on a dynamometer to assure consistent and accurate resistance.

the quiet revolution

## R2600HRC light institutional semi-recumbent

**COMFORTABLE AND EFFECTIVE** Imagine an exercise bike that puts you in a relaxed position but still gives you a great workout. Our Semi-Recumbent bikes deliver an aerobic workout just as effective as an upright bike, but in a more comfortable position.

**BUILT FOR THE LONG HAUL** The R2600HRC is built for the light institutional market, which includes hotels, rehabilitation centers, corporate fitness centers and municipal facilities. These markets require products that are designed to hold up to many hours of use and abuse. Every component of the R2600HRC is built to meet these demanding specifications. This attention to detail makes it the perfect light institutional bike, or the ultimate home bike.

**YOUR HEART KNOWS BEST** Heart rate training is the most effective way to burn fat and lose weight. Best of all, it's easy to do; simply enter your target heart rate into the console (turn to page 19 to find your target heart rate). The console then automatically adjusts the tension on the bike to keep you in your heart rate zone. The R2600HRC comes with *both* telemetric and contact heart rate to give you the best of both worlds. The telemetric heart rate utilizes a wireless transmitter worn around your chest to send your heart rate information to the console. The contact heart rate is even easier; simply grab hold of the contact handles and pedal away.



**EASY-TO-USE SEAT ADJUSTMENT LEVER**  
Numbered seating position allows you to quickly go to your position each time.

*a sense of smoothness*

U P R I G H T

S E R I E S



E3000



E3100



E3200 HRC



# E3200HRC/E3100/E3000

## uprights

**HEALTH CLUB FEATURES, HOME PRICE** The Upright Series has the feel and features of health club bikes, but at a price suited to a home budget. When you have a Vision Fitness bike in your home, you control your schedule, you control your workouts, you control your health ...

**CYCLIST FRIENDLY** With our heritage of beginning as a division of the best bicycle company in the world, you can bet our upright bikes are designed with cyclists in mind. Our pedals are positioned at the optimum angle to the seat, to approximate standard cycling positioning.

*"The Vision Fitness E3200HRC tested better than other bikes costing hundreds of dollars more"*

Consumers Digest

**MODEL 3200HRC** Heart Rate Control helps you achieve the most efficient workouts possible. A wireless transmitter worn around your chest sends heart rate information to the console. Input your target heart rate into the console and resistance will automatically adjust to keep you in your target zone. Our Quick-Set™ programmable console offers six programs with multiple levels keep your workouts interesting and fun. The LED display is bright and easy to read even in a dimly lit room. You can even race against a computerized competitor.

**MODEL E3100** Utilizes our P Indexed™ console to change the magnetic resistance with a knob and cable instead of electronically. This console is easy to operate and easy to read with its large four window LCD display. It also displays your workout level in watts, giving you the ability to monitor and track your progress. A great choice for rehabilitation settings because of its simplicity and durability

**MODEL E3000** Uses our Manual console. The indexed knob tension control changes the magnetic resistance with a cable. Unlike many bikes in its price range, the E3000 uses a quiet belt drive instead of a noisier chain.



cyclist friendly



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CONSOLE FEATURES AN INTEGRATED READING RACK



R2600 HRC EASY-8™ LED

## R2200HRC/R2100 semi-recumbents

**THE BEST SEAT IN THE HOUSE** Semi-Recumbents are one of the fastest growing categories of exercise equipment, and for good reason. The Vision Fitness Semi-Recumbents put to rest the myth that exercise has to hurt to be effective. The Comfort Arc™ Seat provides lower back support, while the thick, contoured foam base allows free range of motion for your legs. And don't be misled by the comfort. The Semi-Recumbent positioning delivers an aerobic workout just as effective as an upright bike while using even more leg muscles, including the quadriceps, hamstrings, and gluteus.

*"If you want a great bike..., the Vision Fitness R2200HRC is the model for you."*  
Consumers Digest



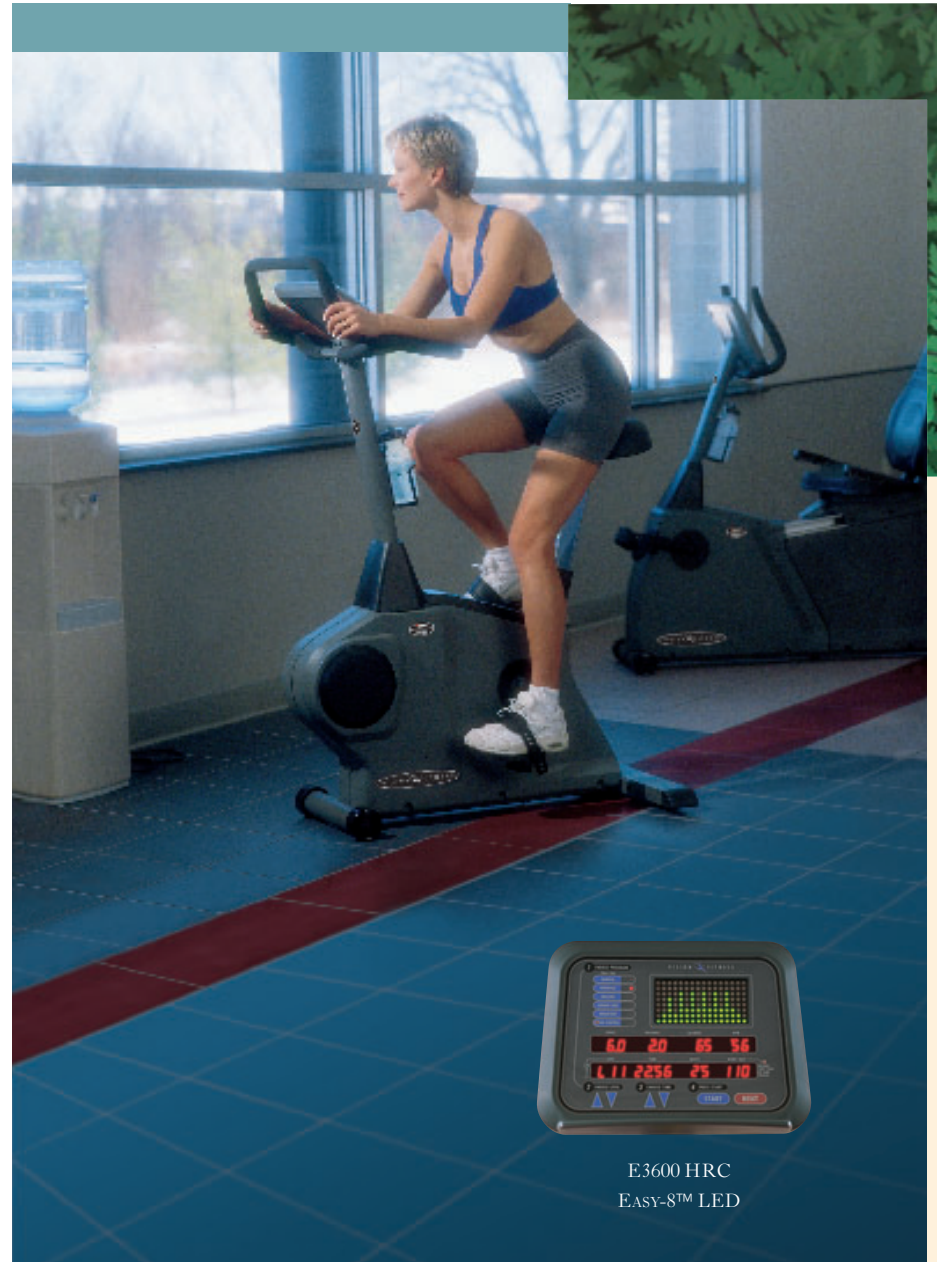
**MODEL R2200HRC** Heart Rate Control helps you to achieve the most efficient workouts possible. A wireless transmitter worn around your chest sends heart rate information to the console. Input your target heart rate into the console and resistance will automatically adjust to keep you in your target zone. Our Quick-Set™ programmable console offers six programs with multiple levels to keep your workouts interesting and fun. The LED display is bright and easy to read. You can even race against a computerized competitor.

**MODEL R2100** The R2100 uses our I<sup>2</sup> Integrated™ Indexed console to change the magnetic resistance with a knob and cable instead of electronically. This console is easy to operate and easy to read with its large four window LCD display. It displays your workout level in watts, allowing you to monitor and track your progress. So simple and solid, the R2100 is becoming a favorite among rehabilitation professionals.

OPTIONAL  
READING RACK



the best seat in the house



E3600 HRC  
EASY-8™ LED

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C

## E3600HRC light institutional upright

**SUPERIOR PERFORMANCE** The E3600HRC, like our R2600HRC, is designed for the light institutional market. These markets require products that are built to last. Our exclusive Cambridge Motor Works™ braking system combined with the Quiet-Glide™ Drive Train delivers both reliability and performance.

**FOLLOW YOUR HEART** Heart rate training is the smartest and most effective way to get a workout in the least amount of time. The console automatically adjusts the tension on the bike to keep you in your heart rate zone. The E3600HRC comes with both telemetric and contact heart rate to give you the best of both worlds. The telemetric heart rate utilizes a wireless transmitter worn around your chest to send your heart rate information to the console. The contact heart rate is even easier, if you are not wearing your transmitter, you simply grab hold of the contact handles and pedal away.

**EASY TO USE CONSOLE** The Easy-8 Continual Feedback™ Console allows you to get on the bike and ride with the simple push of the Start button. It also allows you to pick between six motivating programs, from intervals to weight loss to mountains, while constantly displaying eight different types of feedback. In addition, the console has an integrated reading rack to hold your favorite book or magazine.



*club features, home price*



SEMI-RECUMBENT

SERIES



R2100



R2200 HRC

## R2000

### semi-recumbent

**LITTLE BROTHER'S NOT SO LITTLE** The R2000 features the same Comfort Arc™ Seat and Semi-Recumbent positioning as its big brothers. But to make the R2000 more affordable it uses a steel seat rail and an open frame design. This is still one beefy home exercise bike at an unbelievable value.

**WORKING OUT DOESN'T HAVE TO BE A GRIND** Chains are great for outdoor bikes, but in the quiet confines of your home, you'll immediately appreciate the smoothness and quietness of our super silent Poly-V belt drive system.

**FRICTION FREE IS THE WAY TO BE** Like all our bikes, the R2000 uses magnetic resistance for smooth and durable resistance. There are no friction belts or pads to wear out. The magnetic brake is so simple and so reliable, we offer a limited lifetime warranty.

**EASY TO READ CONSOLE** The R2000 uses our Manual console. The 5 window console is easy to read from any seat position. The 2-Button operation couldn't be simpler; just set your workout time and start pedaling.



INDEXED TENSION ADJUSTMENT KNOB

*unbelievable value*



R2000