



*Fitness Cycle
Owner's Manual*

"It All Starts With a Vision"

Congratulations on choosing a Vision Fitness Cycle. You've taken an important step in developing and sustaining an exercise program! Your Vision Fitness Cycle is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Vision Fitness Cycle 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 Vision Fitness Cycle 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 Vision Fitness Cycle in the comfort of your home.

This manual provides you with basic information on starting an exercise program. A more complete knowledge of your new fitness cycle will assist you in realizing your goal of a healthy lifestyle.

Some kinds of service to your Vision Fitness Cycle should only be performed by your Vision Fitness dealer. Please contact your authorized Vision Fitness dealer should service be required. If a question or problem arises which cannot be handled by your Vision Fitness dealer, please contact us:

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ABOUT HOME EXERCISE

Your Vision Fitness Cycle is the ideal choice to help you maintain year round fitness. You can use your Vision Fitness Cycle as the core of your exercise program, or as a supplement to other fitness activities. Many people will ride their bikes, hike, or swim in the more pleasant months, only to lose their improved fitness with the arrival of inclement weather. By placing a Vision Fitness Cycle in the convenience of your home, you can keep your exercise program going despite bad weather, early nightfalls, or an ever increasingly busy schedule.

Below are some of the advantages of having a Vision Fitness Cycle in your home:

- Exercise is not weather dependent.
- Saves you time by eliminating the drive time you would have to and from a health club.
- You can exercise before or after work when it might be dark.
- You can do multiple activities such as reading, watching TV, or listening to your favorite music.
- It's easier to control exercise intensity.
- It's a safe and comfortable environment.
- You can stay in shape while spending time with your children and family.
- You can avoid pollen during peak allergy times.

CAUTION: BEFORE BEGINNING ANY EXERCISE PROGRAM, ALWAYS CONSULT YOUR PHYSICIAN. IF YOU EXPERIENCE CHEST PAINS, NAUSEA, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISING AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.

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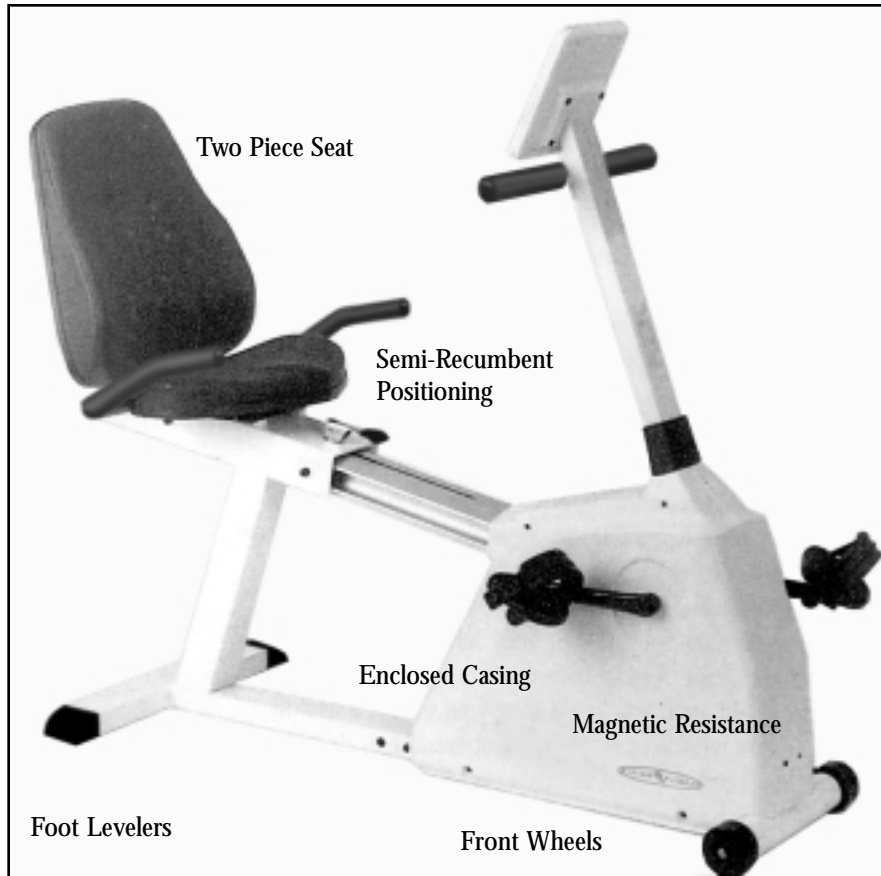
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SEMI-RECUMBENT FEATURES & BENEFITS

Semi-Recumbent Positioning

- Easy on and off.
- Uses gluteus, hamstring, and quadriceps muscles.

COMFORT ARC™ Two Piece Seat

- Lumbar support for lower back comfort.
- Bottom seat cushion uses cutaway design for free rotation of legs.
- Fore and aft bottom seat cushion positions.

Magnetic Resistance

- No wearing contact parts.
- Reliable and durable.
- Smooth feel.
- Noise free.

Belt Drive

- Near silent pedaling.
- Long Lasting

Enclosed Casing

- Improves safety.
- Further noise dampening.
- Protects internal mechanics from dust and corrosive sweat.

Foot Levelers

- For a solid ride on uneven floors.

Front Wheels

- Makes it easy to move your Fitness Cycle around your home.



UPRIGHT FEATURES & BENEFITS

Classic Cycling Positioning

- Ideal for training for outdoor cycling.

COMFORT ARC™ Upright Seat

- Wide rear anatomic padding for maximum comfort.
- Nose cutaway to reduce pressure on soft tissue area.

Ergonomic Handlebar Design

- Numerous comfortable hand positions.
- Upright or drop positioning.

Magnetic Resistance

- No wearing contact parts.
- Reliable and durable.
- Smooth feel.
- Noise free.

Belt Drive

- Near silent pedaling.
- Long Lasting

Enclosed Casing

- Improves safety.
- Further noise dampening.
- Protects internal mechanics from dust and corrosive sweat.

Foot Leveler

- For a solid ride on uneven floors.

Front Wheels

- Makes it easy to move your Fitness Cycle around your home.



DUAL ACTION FEATURES & BENEFITS

Dual Action Handlebar Design

- Synchronized arm and leg action.
- Total body muscle toning.
- Superior cardiovascular workout.

COMFORT ARC™ Upright Seat

- Wide rear anatomic padding for maximum comfort.
- Nose cutaway to reduce pressure on soft tissue area.

Magnetic Resistance

- No wearing contact parts.
- Reliable and durable.
- Smooth feel.
- Much quieter than air resistance bikes.

Wide Range of Resistance Levels

- Allows for proper warm up and cool down.

Belt & Chain Drive

- The combination of a belt and chain drive reduces noise.

Enclosed Casing

- Improves safety.
- Further noise dampening.
- Protects internal mechanics from dust and corrosive sweat.

Foot Levelers

- For a solid ride on uneven floors.

Front Wheels

- Makes it easy to move your Fitness Cycle around your home.



Synchronized arm and leg action provides a superior aerobic exercise.

TOTAL BODY WORKOUT ON DUAL ACTION BIKE

By combining upper and lower body exercise in one machine, you get total body benefits from every workout. Because you're spreading the workload over all your major muscle groups, you can workout at higher intensities without fatiguing any one particular muscle. And by keeping all your muscles working aerobically (oxygen burning), your body will burn fat cells up to 25% more efficiently compared to other types of exercise.

Synchronized Arm and Leg Connection

The pedals and arms on your Vision Dual Action Fitness Cycle are linked together to reproduce a natural walking motion. When walking or running, your arm motion serves as your body's natural counterbalance, and the synchronized action of the Vision Dual Action Cycle duplicates this benefit. With a fixed synchronized arm and leg action, you are assured of optimal body positioning at all times.

Pedal Cadence

The Vision Dual Action Fitness Cycle with variable magnetic resistance allows you to select the level of resistance and pedal cadence (Revolutions Per Minute or RPM's) of your choice. You can increase your workload (Watts) either by increasing the resistance level or by pedaling at a faster cadence. However, your Dual Action Cycle will feel more natural if you pedal at a walking cadence of between 40 and 70 RPM's instead of a usual cycling cadence of 80 RPM's or greater. Because your arms are in motion as well as your legs on a Dual Action Bike, a faster than walking cadence may feel awkward or unnatural.

Upper Body Toning

The total body workout of a dual action bike also helps tone your arm, shoulder, chest, and back muscles at the same time you enjoy the benefits of a superior aerobic exercise. You can focus the toning benefit on either your triceps (outer arm) and shoulder muscles or your biceps and chest muscles simply by changing your grip on the handlebar. With your palm facing down on the grip, the toning benefit will be focused on the triceps and shoulders. With your palm facing up on the grip, the toning benefit will be concentrated on the biceps and chest muscles. You might want to try changing your hand positions throughout your workout for variety and even body toning.

Upper Body Only Exercise

By placing your feet together on the black plastic top cap, you can isolate your workout on the upper body muscles. For a little variety, mix a few minutes of isolated upper body exercise into your total body workout. Sometimes it may be necessary to get the arms started in motion by pushing one of the pedals gently with your foot.

A Note on Gripping the Arms

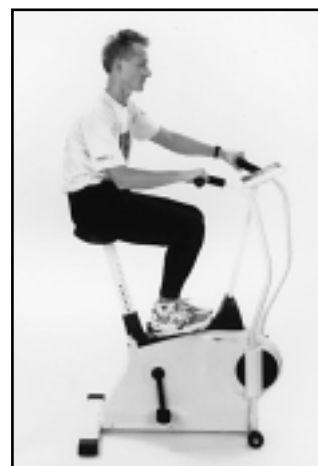
When using your Vision Dual Action Cycle, do not grip the arms tightly. Holding the grip tightly may elevate your blood pressure. Keep a loose, cupping hold as you push and pull the arms.



Palms Up Position Focuses Toning Benefits on Biceps and Chest.



Palms Down Position Focuses Toning Benefits on Triceps and Shoulders



Upper Body Only Exercise

PART 2 - GETTING STARTED

IMPORTANT SAFETY INSTRUCTIONS SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this Vision Fitness Cycle. (Note: Not all models use external power).

WARNING! - To reduce the risk of burns, fire, electrical shock, or injury to persons:

1. Use this exercise bike for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
2. Never operate this Vision Fitness Cycle if it has a damaged cord or plug, it is not working properly, if it has been damaged, or immersed in water. Return the fitness cycle to a dealer for examination and repair.
3. Keep the cord away from heated surfaces.
4. Never drop or insert any object into any opening.
5. Do not use outdoors.
6. To disconnect, turn the switch to the off position, then remove plug from outlet.
7. Only use the power supply provided with your Vision Fitness bike.
8. Never place the power cord under carpeting or place any object on top of the power cord.
9. Do not remove the fitness cycle side covers. Service should be performed only by an authorized Vision Fitness dealer.
10. Unplug your Vision Fitness Cycle before moving it.

CHILDREN

- Keep children off your Vision Fitness cycle at all times.
- When the Vision Fitness cycle is in use, young children and pets should be kept at least 10 feet away.

OTHER SAFETY TIPS

- **CAUTION!** If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not use your Vision Fitness Cycle in or near puddled water, where there is moisture on the floor, or near a swimming pool.
- Do not turn pedals by hand.
- Do not wear clothing that might catch on any part of the Fitness Cycle.
- Make sure seat and handlebars are secure before each use.
- Read this manual before operating this Fitness Cycle.

CLEANING

- Clean with soap and water cleaners only.
- Never use solvents on plastic parts.

ASSEMBLY

If you have elected to assemble this product yourself, for your safety please read and follow each of the steps in the enclosed assembly instructions. It is recommended, when possible, that assembly be performed by an authorized Vision Fitness dealer. If you have any questions regarding any part or function of your Fitness Cycle, contact your dealer.

MOVING YOUR VISION FITNESS CYCLE

Your Vision Fitness Cycle has a pair of transport wheels built into the front legs. It is easy to move your Vision Fitness Cycle by rolling it on the front transport wheels.

PLACEMENT IN YOUR HOME

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

Occasionally after long term use you will find a fine black dust below your Vision Fitness Cycle. This is normal wear from the drive belt and DOES NOT mean there is anything wrong with your Fitness Cycle. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a rubber or vinyl mat beneath your Fitness Cycle.

LEVELING THE FEET

If your Vision Fitness Cycle wobbles when you have placed it where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the rear leg support. Once you have leveled the Fitness Cycle, lock the levelers in place by tightening the winged lock nuts against the rear leg support.



How to move your Vision Fitness Cycle



Leveler with Locknut

ADJUSTING THE SEAT

SEMI-RECUMBENT MODELS

SEAT POSITION



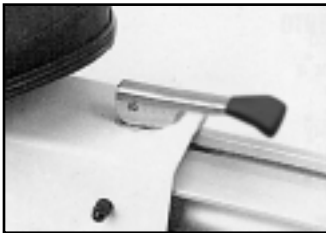
Proper Leg Position

The seat is at the proper position if your knee is slightly bent when the pedal is in the furthest position. To reposition the seat, lift the quick release seat lever and slide the seat forward or back. (Loosen the knob on the model R2000). It is best to adjust the seat position while you are seated with your feet on the pedals. Lock the seat into position by pressing the quick release lever down. If the quick release lever does not hold the seat tight, tighten the black knob on the underside of the seat rail. The seat rail is numbered for your convenience.

For full use of your leg muscles, center the ball of your foot on the pedal and use the toe strap to pull back and up on the pedal.

BOTTOM SEAT CUSHION FORE & AFT ADJUSTMENT

The bottom seat cushion can be attached to the frame in either a fore or aft position. A larger person may want to use the fore position to provide more saddle support. To change the bottom seat cushion position, remove the four bolts that hold the seat cushion to the frame and use the alternate mounting holes.



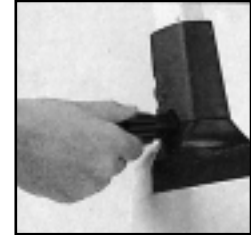
Quick Release Seat Adjust

UPRIGHT MODELS

SEAT HEIGHT

It is important for your comfort that the seat height be set properly. The seat is at the proper height if your knee is slightly bent when the pedal is in the lowest position.

For your convenience, the holes on your seat post are numbered. To raise or lower the seat, first turn the inside knob counterclockwise 2 complete turns to loosen the locking feature. Then pull the outside knob out and raise or lower the seat post. When you have positioned the seat post to the correct height, let the seat pin rest in the nearest hole. Relock the seat pin by turning the inside knob clockwise until tight. Make sure the pin is fully engaged before sitting on the seat.



Seat Pin Knob

SEAT TILT

The angle of the seat is also important for your comfort. It is usually best to have the seat positioned horizontally. The seat angle can be checked by placing a straight edge, such as a ruler, across the top of the seat. If you experience discomfort with this position, loosen the seat fixing bolt and angle the saddle nose down slightly. Retighten the seat fixing bolt before trying the new seat position. Make sure the seat nut is tight before using.

POWER SUPPLY

(MODELS R2200 & E3200 ONLY)

Your Vision Fitness Cycle uses a wall mount external power supply. Only use the power supply supplied with the bike. If you misplace this power supply, please contact your authorized Vision Fitness dealer for an original replacement.

Use of the wrong power supply may cause damage to your Fitness Cycle.

PART 3 - CONSOLES



Vision Console Computer

A. QUICK-SET™ PROGRAMMABLE CONSOLE (Models R2200, E3200)

Your Vision Fitness computer console offers 48 different programs. These programs are designed to make each exercise session enjoyable while you make progress toward your personal fitness goal.

SELECTING MILES OR KILOMETERS

The programmable console comes preset for use in miles. To change to kilometers, remove the console from the console mast and switch the position of the switch as shown on the diagram on the back of the console. All speed and distance feedback functions will then be in kilometers, weight will be in kilograms.

TURN POWER ON

The On/Off switch for your fitness cycle is located next to the power supply cord plug in. Flip this switch to the 'ON' position. You will hear a beep and the console will light up. You are ready to use your console.

CHOOSING THE PROGRAM

The course profile screen will now show the Mountain Program. The flashing column of program lights indicates that a Program is ready to be entered. By pressing either the UP or the DOWN arrow, you can move between the 6 different Program options. The course profiles will change as you view different Programs. The chart below provides you with the preset times and specific fitness benefits of each program.

Program	Preset Time	Fitness Benefits*
Mountain	24 minutes	General conditioning
Intervals	24 minutes	Improve strength, speed, and endurance
Rolling	32 minutes	Weight maintenance
Weight Loss	48 minutes	Weight Loss
Race	24 minutes	Improve cycling performance
Manual	Not preset	Customized workouts

* All the programs can provide an aerobic and cardiovascular benefit in addition to the specific benefits listed.

When the program you choose to use is displayed on the screen, press the ENTER button. The light next to the program name will stop flashing and remain lit. Now you are ready to choose your workout level.

CHOOSING THE WORKOUT LEVEL

The function light next to PROGRAM LEVEL will now begin to flash. The flashing number showing in the number screen indicates the current Program Level. Each Program has 8 different Levels to choose from, except for the Race Program which has 17 levels. You vary the Program Level by pressing either the UP or the DOWN arrow. The higher the number, the more difficult the Program will be. As you change the Program Level, the profile screen lights will move up or down to show the relative difficulty of the course.

When the Level you choose to use is displayed, press the ENTER button.

Reminder: When you are beginning an exercise program, it is better to start at a low level of intensity and gradually work up to higher levels. You might want to start with a Program Level of 1 or 2.

CHOOSING THE TIME

The function light next to TIME will now begin flashing. The flashing number showing in the number screen indicates the workout time. There are two ways to use the timer: Count Down Mode or Count Up Mode.

Count Down Mode

In count down mode, the timer starts with a set number of minutes and moves to zero. Count down times of between 5 minutes and 99 minutes can be selected. You vary the time by pressing either the UP or the DOWN arrows. The preset workout time for each Program has been chosen to match the Program's primary fitness goal. However, you may want to customize the workout time to fit your present fitness level, or to fit your personal fitness goals. When the time you choose to use is showing in the number screen, press the ENTER button.

Count Up Mode

In count up mode, the timer starts with zero and goes up. You select count up mode by setting the time to '00:00' and pressing the ENTER button. In count up mode each program segment will last 1 minute. When the program is finished, there will be a single beep and the program will immediately begin start over. Because there are 16 segments on the profile screen, each program cycle will take 16 minutes. Program time and other function data will accumulate until START•STOP is pressed and the program is changed. The Race Program does not operate in Count Up Mode.

ENTERING WEIGHT (Optional)

The function light next to WEIGHT will now begin flashing. The flashing number showing in number screen is weight in pounds. By entering your weight, the calorie feedback calculations will be more accurate. You vary the weight input by pressing either the UP or the DOWN arrow.

When your correct weight is showing in the numeric LED screen, press the ENTER button to review your selections or the START•STOP button to begin the program. You may choose to skip the weight step by pressing START•STOP immediately after pressing ENTER following your time selection. If you skip this step, the Vision Fitness console will calculate feedback for a 150 pound person.

START YOUR FITNESS CYCLE PROGRAM

You are now ready to start exercising. After you press the START•STOP button to begin the Program, the light next to 'ON' will light up and the first column of lights on the profile screen will begin flashing. As time elapses, the flashing column of lights will shift to the right indicating your position on the course profile. The chart below shows each segment time for the preset program times:

PROGRAM	PRESET TIME	PRESET SEGMENT TIME
MOUNTAIN	24 Minutes	1.5 Minutes
INTERVALS	24 Minutes	1.5 Minutes
MOUNTAIN	32 Minutes	2 Minutes
WEIGHT LOSS	48 Minutes	3 Minute
RACE	24 Minutes	1.5 Minute
MANUAL	Not preset	Not preset

If you have entered a time goal other than the preset time, each segment will be 1/16th of the time goal selected.

If you have programmed the timer to count up, each segment will be one minute long.

FINISH YOUR FITNESS CYCLE PROGRAM

When your program is completed, record your time and mileage in your personal exercise log book.

You can begin a new program by repeating the above instructions.

Turn the power switch off when you are done with your workout.

SPECIAL CONSOLE FEATURES (Models R2200, E3200)

Manual Start

If you wish to skip all programming steps, simply press START•STOP while all six program lights are flashing. The console will go to Manual Program, Level 3 and begin in count up mode. To change levels, press the UP or DOWN arrow.

Easy Start

Each Program has a 'default' Program Level. If a Program Level is not entered, then the Program will operate on Program Level 3. If you choose to use the default Program Level of 3, the preset program times and the preset weight of 150 lbs, you can press the START•STOP button immediately after choosing the Program and the Program will begin.

OR, if you choose to use the preset program time and the preset weight of 150 lbs, but want to customize only the Program Level, you can press the START•STOP button immediately after choosing the Level and the Program will begin with your selected Level.

Change Course Difficulty

Once the Program has begun, you can vary the level of each segment by using the UP or DOWN arrow. This feature allows you to adjust select sections of a course to meet your present fitness level.

If you wish to vary the Level of the entire Program, you must stop the Program you are in and start over.

Pause

You may stop a Program after it has begun by pressing the START•STOP button once. To resume the Program, press the START•STOP button again.

Reset

After a Program has begun, you may quit the Program by pressing and holding the START•STOP button for 2 seconds. The column of red program lights will flash and the console profile screen will show the Mountain Program.

Auto-Reset

If your Vision Fitness Cycle is not used for 5 minutes, it will automatically reset itself. (Auto-reset will not work when timer is operating in count up mode.)

TEN FEEDBACK FUNCTIONS

Once a program has begun, you may use the SELECT button to view the data of your choice on the number screen. The light next to the function name indicates which data is currently displayed. The following functions can be viewed:

DISPLAY DATA	USE THIS FUNCTION TO:
LOAD (Watts)	Evaluate your fitness progress over time.
SPEED	Compare your performance to simulated outdoor cycling speed.
AVERAGE SPEED	Set personal average speed goals for a specific program at a specific level. A faster average speed is an indication of improved physical conditioning.
RPM	Improve cycling technique while reducing leg muscle fatigue by pedaling at between 80 and 100 RPM's.
DISTANCE	Set personal goals for covering greater amounts of distance for each program. You can log mileage as a motivational tool.
CALORIES	View your total calorie expenditure.
CALORIES PER HOUR	View the rate you are currently burning calories.
PROGRAM LEVEL	View the current program level selected.
TIME	View the time remaining if the count down mode is used, or view the elapsed time if the count up time mode is used.
WEIGHT	Used to calculate more accurate calorie expenditure.

SCAN ON•OFF

When the SCAN button is pressed, the red LED next to 'SCAN' will light up indicating Scan is on. When Scan is on, the number display will cycle between each data function (except weight) showing a new data display every four seconds.

To turn Scan off, press the SCAN button again. The Scan light will no longer be on.

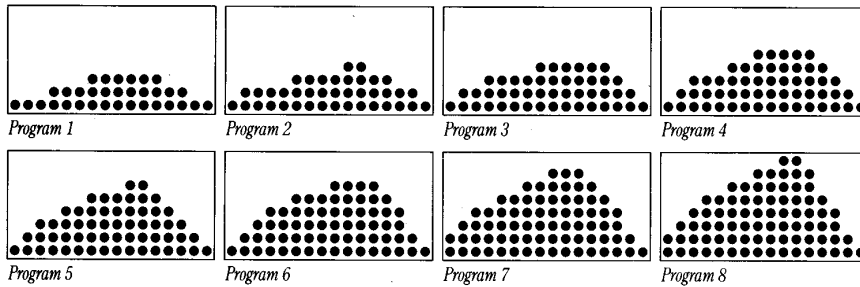
PROGRAM DETAILS

MOUNTAIN PROGRAM

Preset Time: 24 Minutes

Primary Fitness Goal: General conditioning

Course Description: The Mountain Program simulates a gradual climb up a mountain grade with a quicker descent for the cool down phase. It is a good general conditioning program that strengthens your leg muscles and improves your cardiovascular system.

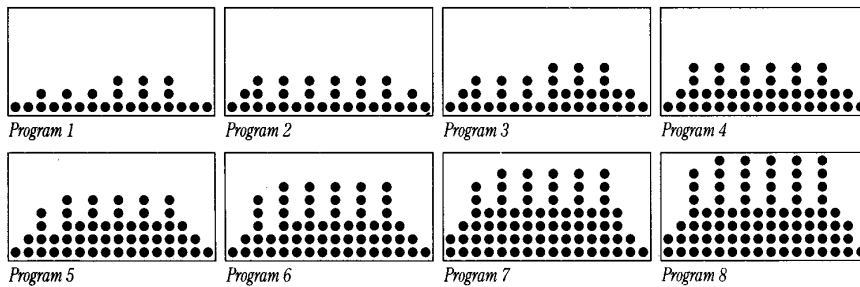


INTERVALS PROGRAM

Preset Time: 24 Minutes

Primary Fitness Goal: Improve strength, speed and endurance

Course Description: The Intervals Program is one of the most challenging workouts. The alternating high and low intensity load will improve your power, speed, and endurance while keeping your metabolism high for the entire workout.

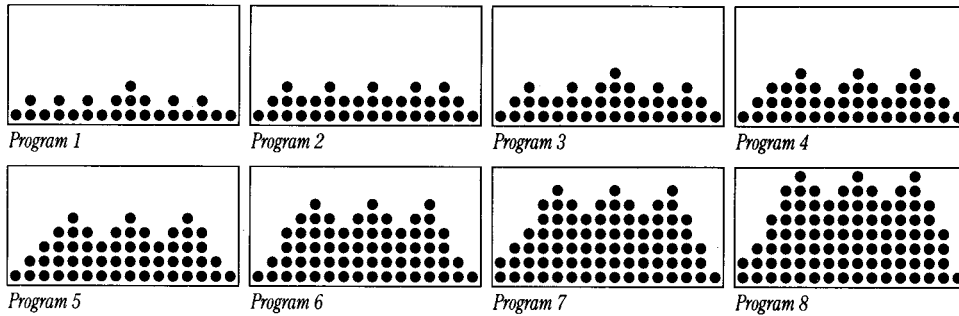


ROLLING PROGRAM

Preset Time: 32 Minutes

Primary Fitness Goal: Weight Maintenance

Course Description: The Rolling Program simulates rolling terrain with slow and gradual changes. This is a lower intensity cardiovascular workout that is ideal for weight maintenance.

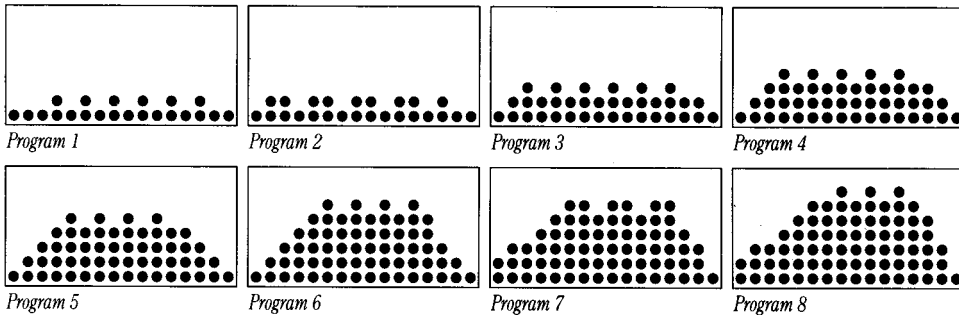


WEIGHT LOSS PROGRAM

Preset Time: 48 Minutes

Primary Fitness Goal: Weight Loss

Course Description: With regular use, the Weight Loss Program is a powerful tool for weight loss. The combination of low load intensity over a longer period of time has been found to be the most effective for weight control. The course profile changes are just enough to keep your workouts interesting.



RACE PROGRAM

Preset Time: 24 Minutes

Primary Fitness Goal: Improve Cycling Performance

Course Description: The Race Program is one of the most exciting and challenging programs on your Vision Fitness Cycle. It's a great motivating program for competitive individuals. With the Race Program, you compete with the computer pacer across the length of the profile screen. The pacer moves across the screen at a rate that puts it at the finish line in exactly the time entered. Prior to beginning the Race Program, the profile screen will read 'PACE'. This refers to the computer pace speed showing in the number screen.

LEVELS: In the race program, there are 17 different levels of difficulty (17 different pace levels). The figure shown in the number screen when the program level light flashes is the pace speed of the computer competitor in miles per hour. The computer pace can be set from 12.00 MPH to 28.00 MPH in increments of 1 mile per hour.

After a Race Program has begun, you use the UP and DOWN arrows as you would shift gears on a bike. Your goal in this Program is to beat the pacer to the finish line by covering an equal distance at a faster pace.

The solid light in the upper row of lights shows the computer pacer position. Your position on the screen is indicated by the flashing light on the lower row of lights. If you trail the pacer you should either 'shift' to a higher gear or spin at a faster RPM to regain ground lost to the pacer.

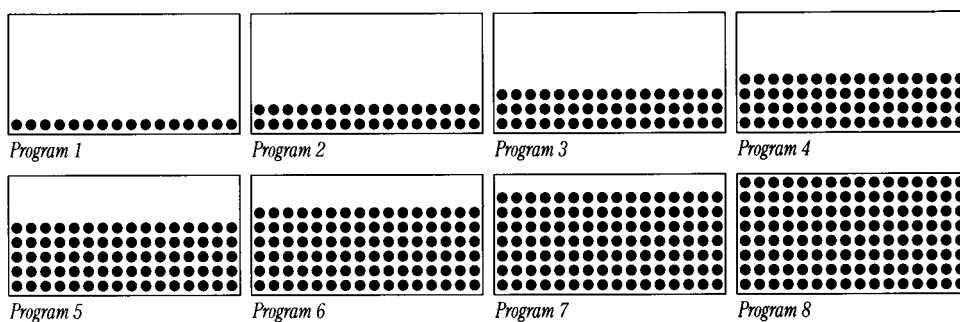
If you beat the pacer to the finish line, the profile screen will flash 'WIN!' and the Program will be over. Note that if you beat the pacer, the entire time goal will not have elapsed. If the pacer beats you to the finish, the full entire goal will have elapsed.

MANUAL PROGRAM

Preset Time: None

Primary Fitness Goal: Customized Workouts

Course Description: The Manual Program allows you to choose your own load levels any time during the program, or simply to maintain a constant load level throughout your workout. When the UP or DOWN arrows are pressed during the manual program operation, the load level of the entire program changes.



HEART RATE CONTROL CONSOLE (Models R2200HRC, E3200HRC)

Before proceeding, refer to instructions for programmable consoles on page 16. Console operation for the Heart Rate console is the same as for Programmable consoles except that the 'Heart Rate Control' program replaces the 'Mountain' program. The heart rate console on your Vision Fitness exercise bike includes both heart rate feedback and a heart rate control program. Using heart rate control to monitor your workout allows you to achieve the optimal workout. This console is manufactured with an internal wireless telemetric receiver that will receive heart rate signals sent to it by a transmitter that is worn around your chest. This wireless technology is accurate, continuous, and convenient. You should be positioned on the exercise bike seat for the system to operate.

MOISTENING TRANSMITTER ELECTRODES

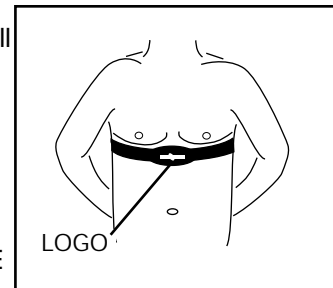
On the back side of your transmitter are two rubber strips several inches long. These rubber strips are the electrodes that will pick up the signals of your heart beat. It is very important to moisten these strips with several drops of water prior to placing the belt against your chest. This moisture will allow the signals to be conducted to the transmitting hardware. If you ever use the bike and the display is not showing a heart rate value, remoisten the electrodes.

PLACING STRAP AROUND CHEST

You will get the best results if you wear your transmitter directly against your skin. Once these electrodes are moistened, center the transmitter just below the breast or pectoral muscles with the Vision Fitness logo centered on the chest and facing out. Adjust the length of the elastic belt so that the transmitter presses securely against your skin, but not so tight as to be uncomfortable. The transmitter will begin sending a signal as soon as it is worn.

HEART RATE FEEDBACK

You can monitor your heart rate during any of the six programs. A program must be operating (green Profile LEDs will be flashing) for the heart rate readout to show on the number screen. Once a program has been started (see page 16), press the SELECT button until the light next to HEART RATE is lit. The number that now shows in the number screen is your current average heart rate. If your readout is '0', you are not getting a signal. Shift the transmitter to slightly different positions on your chest until a readout begins to show. If you still do not get a signal, remoisten the electrodes with more water and try again.



HEART RATE CONTROL

This console has an easy to operate heart rate control program that operates using the same sequence of steps as the other programs. The heart rate control program will take you through a warm-up phase, and gradually increase the resistance levels automatically until your actual heart rate is equal to your inputted target level (plus or minus five beats). During the last two segments of your workout, the resistance will be reduced gradually to allow your body a slow cool down period.

DETERMINING TARGET HEART RATE

Target heart rate is the number of beats per minute you determine to be ideal for achieving your personal fitness goals. If you have been sedentary, or have a history of heart disease always consult your physician to determine the target heart rate. Otherwise, please read pages 33 and 34 for further information to help you decide on the target rate best for you.

CHOOSE HEART RATE CONTROL PROGRAM

After turning on the power to your exercise bike, use either the UP or DOWN arrow to choose the HEART RATE CONTROL program. Press ENTER.

CHOOSE TARGET HEART RATE

The function light next to PROGRAM LEVEL will be flashing and 'H 80' will show in the number screen. You can choose a target heart rate from 80 to 170 in 5 beat increments by pressing the UP or DOWN arrow. Once your selected target level is showing in the number screen, press ENTER. The steps for entering TIME and WEIGHT are the same as all the other programs. After inputting your choices, press START.

MAINTAIN HIGH PEDALING RPM's

When using the Heart Rate Control program, you may find that the resistance levels rise higher than what your legs are accustomed to pedaling against. To avoid this, and reduce the stress on your joints, it is highly recommended that you pedal at a 'cyclists' cadence range of 80 to 100 RPM's. If you do not pedal at higher RPM's (80-100), you may find it impossible to achieve heart rate target level, since workload is determined by the combination of resistance and RPM's.

INDEXED CONSOLE (Models R2100, E4100, E3100)

Your easy to use Vision Fitness Indexed compute console provides the information you need to monitor your progress toward your personal fitness goals.

INSTALLING BATTERIES

Your Vision Indexed console uses two size AA batteries. These batteries are located in a snap open battery compartment in the back of the console. If your Fitness Cycle batteries have not already been installed by your dealer, please install them now.

SETTING CONSOLE FOR CORRECT MODEL

When the batteries are first installed, 'E4100 ML' will be blinking in the SPEED - DISTANCE window. Use this setting for the model E4100 if you wish to view speed and distance in miles. If you have the model R2100 or E3100, press any button to change the display until the console displays: 'R2100 ML'. If you wish to view the speed and distance in kilometers, press any button until either 'E4100KM' shows for the model E4100, or 'R2100KM' shows for the model R2100 or E3100. After you have selected the correct model and mile or kilometer setting, wait 30 seconds for the console display to stop blinking. After 30 seconds the console will beep, and '0:00' will begin flashing in the time window. The selection you have made will remain in the console program until the batteries are removed. If you wish to change the selection, remove the batteries and reinstall them. You can now select the model again.

TURNING SCREEN DISPLAY ON

To turn the screen display on, either press any console button or turn the pedals one complete revolution. When the display first comes on, the console will beep and '0:00' will be flashing in the TIME window.

Choosing Time and Starting

There are two ways to use the timer: Count Down Mode or Count Up Mode.

Count Down Mode

Use the UP or DOWN arrows to enter your workout time. Times of between 1 and 99 minutes can be selected. When the time you choose is showing in the TIME window, press the START•STOP button. The timer will begin counting down to zero. When the workout time is completed, the console will beep 3 times and the screen will flash 3 times.

Count Up Mode

To use the timer in count up mode, simply press START•STOP when '0:00' is flashing on the screen. The timer will count up till 99 minutes. When 99 minutes are reached, the console will beep 3 times and the screen will flash 3 times.



Vision Indexed Console

SELECTING SCREEN

Use the SELECT SCREEN button to choose the feedback display in the lower console windows. You can choose to view SPEED and RPM or DISTANCE and CALORIES. The top two windows, TIME and WATTS, will not change.

CHANGING RESISTANCE

There are two ways to increase your workload. You can pedal faster, or you can turn the tension knob located in the center of your console. There are 8 preset positions numbered from 1 to 8. Level 1 is the position of lowest resistance or easiest, level 8 the position of highest resistance or hardest. During the warm up and cool down phase of your workout, use a lower setting such as level 1 or 2 to gradually warm up and cool down.

FINISHING YOUR WORKOUT

When your workout is completed, record your time and mileage in your personal exercise log book (see log record forms in the back of this manual).

SPECIAL CONSOLE FEATURES

Pause

You can stop the timer at any time by pressing the START•STOP button once. To start the timer again, press START•STOP again. The timer can pause for up to 10 minutes. After 10 minutes, the console will turn off.

Reset Console

You can stop and reset the console data to zeroes by pressing and holding the START•STOP key for 2 seconds. When '0:00' is flashing in the TIME window, the console has been reset.

Auto-off

To extend battery life, the console will turn itself off if there is no RPM input for 10 minutes.

Position Sensor Check

Your Vision Indexed Fitness Cycle can provide accurate work load readouts because the computer knows what position the magnet is in through a sensor located at the base of the tension knob. To check this sensor, remove and reinstall the batteries. While the 'E4100 ML' icon is flashing, a number from 1 to 8 will show in the WORKLOAD window. This number indicates the position of the tension knob.

Turn the tension from 1 through 8 and check that the number in the WORKLOAD window matches the number on the tension knob. If it does not, contact your Vision Fitness dealer.

Be sure to select the correct computer model setting (described above) after completing this check.

6 FEEDBACK FUNCTIONS

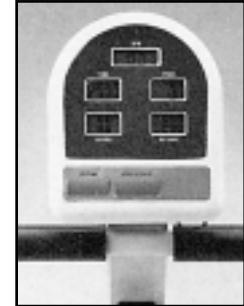
DISPLAY DATA	USE THIS FUNCTION TO:
TIME	View the time remaining if the count down mode is used, or view the elapsed time if the count up mode is used.
LOAD (Watts)	Evaluate your fitness progress over time.
SPEED	Compare your performance to simulated outdoor cycling speed.
DISTANCE	Set personal goals for covering greater amounts of distance. You can log your distance as a motivational tool.
RPM	Improve cycling technique by maintaining consistent pedal RPM's. On the Dual Action Cycles, an RPM of 40 to 70 is recommended.
CALORIES	View your calorie expenditure.

MANUAL CONSOLE (Models R2000, E3000)

Your easy to use Vision Fitness Manual computer console provides the information you need to monitor your progress toward your personal fitness goals.

INSTALLING BATTERIES

Your Vision Fitness Manual console uses two size AA batteries. These batteries are located in a snap open battery compartment in the back of the console. If your Fitness Cycle batteries have not already been installed by your dealer, please install them now.



Vision Manual Console

TURNING SCREEN DISPLAY ON

To turn the screen display on, either press any console button or turn the pedals one complete revolution. When the display first comes on, '0:00' will be flashing in the TIME window.

TURNING SCREEN DISPLAY OFF

The screen display will go off automatically after 5 minutes of non use.

CHOOSING TIME AND STARTING

There are two ways to use the timer: Count Down Mode or Count Up Mode.

Count Down Mode

Press the SET TIME button to enter your workout time. When the time you choose is showing in the TIME window, start pedaling. The timer will begin counting down to zero. When the workout time is completed, the console will beep and the screen will flash.

Count Up Mode

To use the timer in count up mode, simply start pedaling when '0:00' is flashing on the screen.

CHANGING RESISTANCE

There are two ways to increase your workload. You can pedal faster, or you can turn the tension knob which is located below the console.

During the warm up and cool down phase of your workout, use a lower setting to gradually warm up and cool down your muscles.

PARTIAL RESET

To reset time only, touch the HOLD TO RESET button. Time will return to '0:00' and not delete the values in the other windows.

FULL RESET

To reset all the console values, press and hold the HOLD TO RESET button. Time will return to '0:00' then all the other values will be deleted.

5 FEEDBACK FUNCTIONS

DISPLAY DATA

USE THIS FUNCTION TO:

TIME

View the time remaining if the count down mode is used, or view the elapsed time if the count up mode is used.

SPEED

Compare your performance to simulated outdoor cycling speed.

DISTANCE

Set personal goals for covering greater amounts of distance. You can log your distance as a motivational tool.

RPM

Improve cycling technique by maintaining consistent pedal RPM's.

CALORIES

View your total calorie expenditure.



Wall Push

PART 4 DEVELOPING A FITNESS PROGRAM

Stretch First

Before using your Vision Fitness Cycle, it is best to spend a few minutes doing a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion.

Wall Push

Stand 1 1/2 feet from a wall and lean forward pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 10. Do not bounce.



Standing
quadriceps stretch

Standing Quadriceps Stretch

Using the saddle of your Fitness Cycle to provide balance, grab your left ankle with your left hand and hold your foot against the back of your thigh for a count of 10. Repeat with your right foot and hand.

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 towards your toes and hold for a count of 10. Do not bounce.



Seated toe
touch stretch

THE IMPORTANCE OF THE WARM UP AND COOL DOWN

Warm Up

The first 2 to 5 minutes of a work out should be devoted to warming up. The warm up will limber your muscles and prepare them for more strenuous exercise. Warm up on your Vision Fitness Cycle by pedaling with low resistance.

Cool Down

Never stop exercising suddenly! A cool down period allows your heart to readjust to the decreased demand. Use a low resistance setting during the cool down to gradually lower your heart rate. After the cool down, repeat the stretching exercises described at the beginning of this chapter to loosen and relax your muscles.

EXERCISE GUIDELINES

Always consult your physician before beginning an exercise program.

How Often?

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit.

Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before your shower, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. If you are to be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

How Long?

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 32 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity.

If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

How Hard?

How hard you workout is also determined by your goals. If you use your Vision Fitness Cycle to prepare for racing, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate, and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

To monitor your heart rate you can use a pulse monitor or take your pulse with your fingers. Pulse monitors are a convenient tool for monitoring heart rate, but make sure you use an accurate one. An inaccurate pulse monitor is of little value. You can measure your pulse with your fingers by placing your first two fingers lightly over the blood vessel (carotid artery) on your neck located next to your Adam's apple. Count your pulse for ten seconds and multiply by six. This figure is your heart rate in beats per minute. Compare this number to the Target Heart Rate Zone for your age group.

Target Heart Rate Zone

The most common method for calculating your target heart rate is to first find your maximum heart rate. The standard formula for this is:

$$220 - \text{Your Age} = \text{Maximum heart rate.}$$

You do not want to workout at your maximum heart rate, you want to workout in your Target Heart Rate Zone. Your Target Heart Rate Zone is a percentage of your maximum heart rate. The American Heart Association recommends working out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. If you are just beginning an exercise program, exercise near or below the lower limit of your Target Zone.

$$\text{Lower Limit of Target Zone} = \text{Maximum heart rate} \times .6$$

$$\text{Upper Limit of Target Zone} = \text{Maximum heart rate} \times .75$$

You may find the chart below helpful for a quick reference.

Age	Target Zone 60%-75%
20	120-150
25	117-146
30	114-142
35	111-138
40	108-135
45	105-131
50	102-127
55	99-123
60	96-120
65	93-116
70	90-113

Perceived Exertion Level

The second and simpler way to gauge your exercise intensity is to evaluate your perceived exertion level. If while exercising you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of other warning signs to overexertion.

A Note On 'Workload' Or 'Watts'

The Vision Fitness Programmable and Indexed consoles have a workload readout. Workload is measured on your Vision Fitness Cycle in watts. You can use the workload readout to help you gauge your current workout intensity and make adjustments as needed.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your Vision Fitness Cycle to lose weight? Improve muscle tone? Burn stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below is a list of some common exercise goals:

- Weight Loss
- Weight Maintenance
- Improve Body Shape and Tone
- Strengthen Leg Muscles
- Increased Energy Level
- Improved Sleep Patterns
- Improved Cycling/Cross Sports Performance
- Improved Cardiovascular Endurance
- Stress Reduction

If possible try to define your personal goal in precise, measurable terms, and then put your goal in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly, then weekly segments. Longer term goals can lose some of the immediate motivating benefits. Short term goals are easier to achieve. Your Vision Fitness Cycle console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of these functions.

Sample Goals:

Goal setting is a popular motivational technique. It's important to set goals and reward yourself when initiating a new exercise program because you're attempting to break current patterns and form a new habit. Whether you use this technique or another, make fitness a priority in your life. You can achieve the ultimate reward to yourself - you can establish the exercise habit! Some sample goals may be:

- To strengthen my heart by exercising 24 minutes three days a week. (Goal Measurement: Exercise Time = 72 minutes a week.)
- To improve my body's ability to burn fat by exercising at a low intensity for 48 minutes per day, 5 days a week. (Goal Measurement: Exercise Time = 240 minutes per week.)
- To burn off work related stress by exercising for 20 minutes a day on work days. (Goal Measurement: Exercise Time = 100 minutes per week.)

Keeping an Exercise Dairy

Photocopy the weekly and annual log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

WEEK # _____		Weekly Goal: _____			
		Scheduled Workout Time: _____			
		My Reward is: _____			
Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

WEEK # _____		Weekly Goal: _____			
		Scheduled Workout Time: _____			
		My Reward is: _____			
Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

WEEK # _____		Weekly Goal: _____			
		Scheduled Workout Time: _____			
		My Reward is: _____			
Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

WEEK # _____		Weekly Goal: _____			
		Scheduled Workout Time: _____			
		My Reward is: _____			
Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

January		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

February		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

March		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

April		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

May		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

June		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

July		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

August		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

September		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

October		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

November		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

December		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

COMMON PRODUCT QUESTIONS

Are the sounds my bike makes normal?

Our bikes are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear some slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our bikes. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts. Remember, while you work out you're sometimes exerting the equivalent mechanical energy of a washing machine or dryer!

Why is the bike I had delivered louder than the one at the store?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. And finally, if a fitness product is placed close to a wall, there will be more reflected noise. Sometimes a heavy rubber mat will help reduce reverberation through the floor.

When should I be worried about a noise?

As long as the sounds your bike makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your bike is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

What kind of routine maintenance is required?

We use sealed bearings throughout our bike so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the bike after each use.

Will the magnets wear out over time?

No, we use permanent magnets that will retain their braking force indefinitely in this application. One of the big advantages of a magnetic brake is its long life since there is no physical contact between the flywheel and the magnet surface.

How long will the drive belt last?

The computer modeling we had done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

What does the watts readout mean?

Watts are a standard unit of work that allow you to monitor your progress from week to week and year to year. The higher the watts, the stronger you've become.

FURTHER READING ON FITNESS

ACSM Fitness Book
American College of Sport Medicine
Leisure Press

Exercise and Your Heart
Pamphlet by the American Heart Association
See your local American Heart Association Office

The New Fit or Fat
Covert Bailey
Houghton Mifflin Company

Fit or Fat for the 90's A 60 Minute Video
Covert Bailey
Pacific Arts

The Aerobics Program for Total Well Being
Kenneth H. Cooper, MD
Bantam Books

WARRANTIES FOR MODELS R2000, R2100, R2200HRC, E3000, E3100, E3200HRC, E4100

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.

ECB-PLUSTM BRAKE - LIFETIME

VISION FITNESS warrants the ECB-PLUSTM Magnetic Brake against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner. Only the Brake and Magnet assembly, and no other ancillary components or parts, are covered by this lifetime warranty.

ELECTRONICS & PARTS - TWO YEARS

VISION FITNESS warrants the Electronic components and all original Parts (other than the ECB-PLUSTM Magnetic Brake) against defects in workmanship and materials for a period of two 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 LIGHT COMMERCIAL WARRANTY - UP TO 3 HOURS OF USE PER DAY

LIGHT COMMERCIAL USES DEFINED

VISION FITNESS warrants models R2100, R2200HRC, E3100, E3200HRC, and E4100 for use in light commercial facilities including: Hotels, Resorts, Police & Fire Stations, Apartment Complexes, Corporate Fitness Centers, Hospitals, Rehabilitation and Sports Medicine Clinics, where average use is up to three hours per day. Not warranted for private health club, YMCA's or schools.

FRAME, ECB-PLUSTM BRAKE, ELECTRONICS & PARTS - ONE YEAR

VISION FITNESS warrants the Frame, ECB-PLUSTM Magnetic Brake, Electronic components and all original Parts against defects in workmanship and materials 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.

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.

WARRANTIES FOR MODELS R2600HRC & E3600HRC

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.

ECB-PLUSTM BRAKE - LIFETIME

VISION FITNESS warrants the ECB-PLUSTM Magnetic Brake against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner. Only the Brake and Magnet assembly, and no other ancillary components or parts, are covered by this lifetime warranty.

ELECTRONICS & PARTS - THREE YEARS

VISION FITNESS warrants the Electronic components and all original parts (other than the ECB-PLUSTM Magnetic Brake) against defects in workmanship and materials for a period of three years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - TWO YEARS

VISION FITNESS shall cover the labor cost for the repair of the device for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

LIMITED LIGHT COMMERCIAL WARRANTY - UP TO 5 HOURS OF USE PER DAY

LIGHT COMMERCIAL USES DEFINED

VISION FITNESS warrants models R2600HRC and E3600HRC for use in light commercial facilities including: Hotels, Resorts, Police & Fire Stations, Apartment Complexes, Corporate Fitness Centers, Hospitals, Rehabilitation and Sports Medicine Clinics, where average use is up to five hours per day. Not warranted for private health club, YMCA's or schools.

FRAME, ECB-PLUSTM BRAKE, ELECTRONICS & PARTS - TWO YEARS

VISION FITNESS warrants the Frame, ECB-PLUSTM Magnetic Brake, Electronic components and all original Parts against defects in workmanship and materials for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - TWO YEARS VISION FITNESS

Shall cover the Labor cost for the repair of the device for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

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 two years. All Labor shall be supplied by the local Retailer 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, ECB-PLUSTM Magnetic Brake, 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 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 web site 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.