



# *Owner's Guide*

VISION  FITNESS

***R2200HRT, R2200,  
E3200HRT, AND E3200***  
FITNESS CYCLES





**C**ongratulations on choosing a VISION FITNESS Bike. You've taken an important step in developing and sustaining an exercise program! Your Bike is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Bike 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 Bike 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 Bike 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 Bike will assist you in realizing your goal of a healthy lifestyle.

Some kinds of service to your Bike 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](http://www.visionfitness.com)

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## R 2200HRT

### E 3200HRT CONSOLE

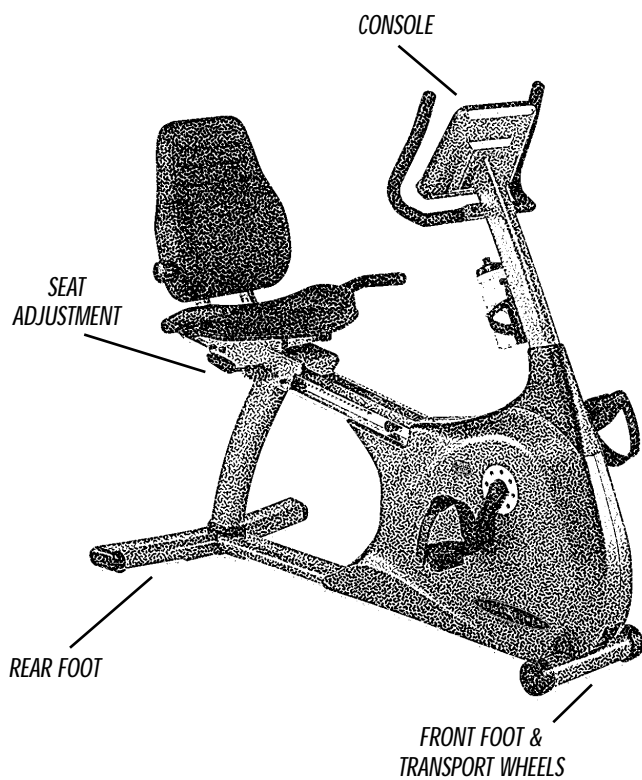
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R2200

R2200HRT

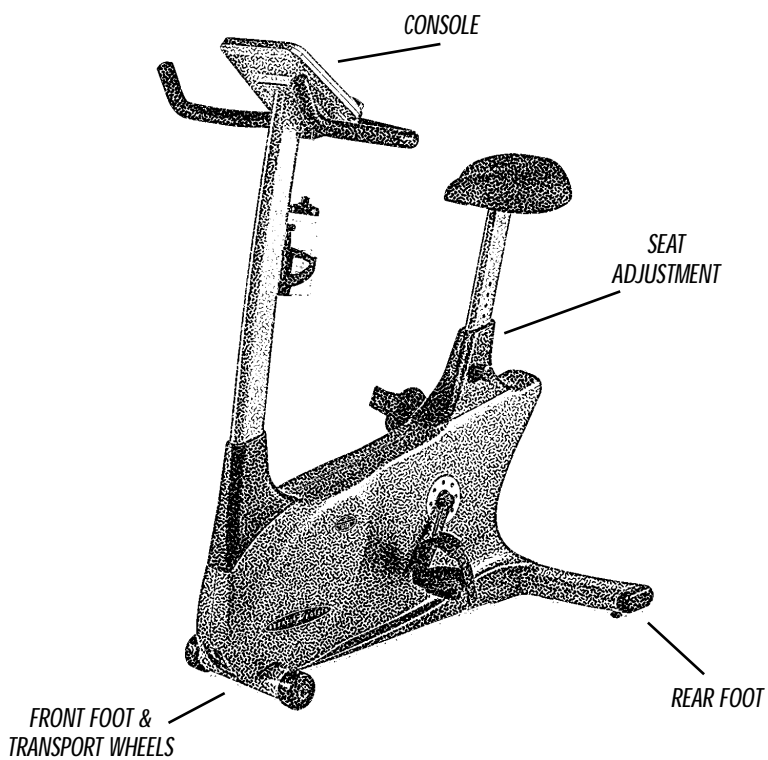


2

**R2200**

**R2200HRT**

SEMI-RECUMBENT FITNESS CYCLES



E3200

E3200HRT

**E3200**

**E3200HRT**

UPRIGHT FITNESS CYCLES

# 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 exercise product.

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

- Use this exercise product for its intended use as described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Bike sidecovers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this Bike if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or if it is immersed in water. Return the Bike to a retailer for examination and repair.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Only use the power cord provided with your VISION FITNESS Bike.
- Never place the power cord under carpeting or place any object on top of the power cord that may pinch and damage it.
- Unplug your Bike before moving it.

### CHILDREN

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



## OTHER SAFETY TIPS FOR YOUR VISION FITNESS BIKE

**CAUTION!** If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear loose clothing that might catch on any part of the Bike.
- Read this Owner's Guide before operating this Bike.
- Drink plenty of fluids during your workout.

## CLEANING

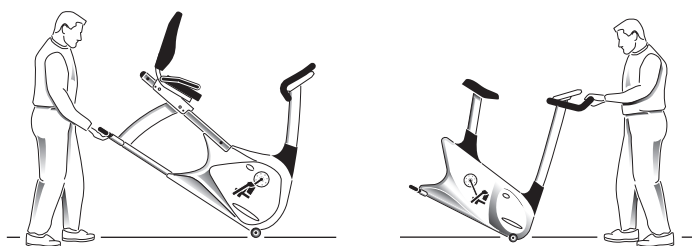
- Clean with soap and slightly damp cloth only; never use solvents.

## 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 retailer. If you have any questions regarding any part or function of your Bike, contact your retailer.

## MOVING

Your VISION FITNESS Bike has a pair of transport wheels built into the front support tube. To move your semi-recumbent Bike, firmly grasp the rear of the frame assembly carefully lift, and roll on the transport wheels. To move your upright Bike, firmly grasp the handlebars, carefully tip toward you and roll on the transport wheels.



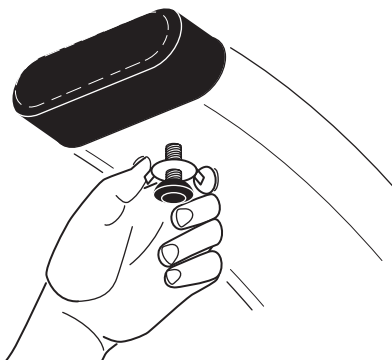
**CAUTION:** Our Bikes are well-built and heavy, weighing up to 140 lbs.! Use care and additional help if necessary.

## PLACEMENT IN YOUR HOME

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

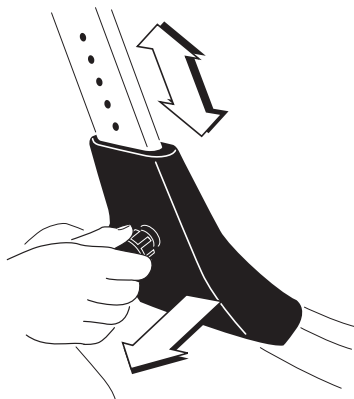
## LEVELING

The Bike should be level for optimum use. If your Bike wobbles, raise or lower one or both of the adjustable levelers located on the bottom of the rear foot support. Once you have leveled the Bike, lock the levelers in place by tightening the wing nuts against the rear foot support.



## SEAT ADJUSTMENT

Grasp the Seat Adjustment Knob located at the base of the seatpost. Pull the Knob out, then raise or lower the seatpost to the desired height. Release the Knob, and allow the seatpost to lock into position.



## SEAT POSITIONING

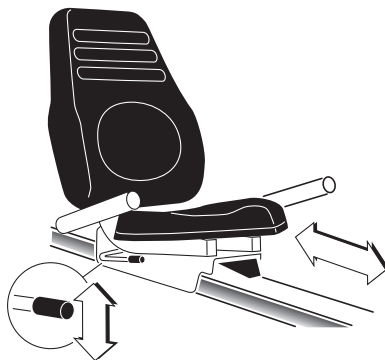
The seat is in the proper position when your knee is bent slightly at the furthest pedal position. The ball of your foot should be centered on the pedal.



## SEAT ADJUSTMENT

### *R2200*

While seated on the Bike, pull the Seat Lever up and slide the seat forward or back. When the seat is positioned properly, simply push the Seat Lever down to lock the seat into position.

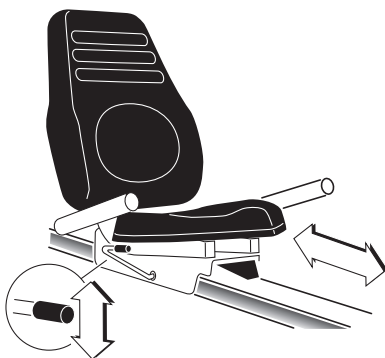


R2200

## SEAT ADJUSTMENT

### *R2200HRT*

While seated on the Bike, lift the Seat Lever and slide the seat forward or back. When the seat is positioned properly, simply release the Seat Lever to lock the seat into position.



R2200HRT

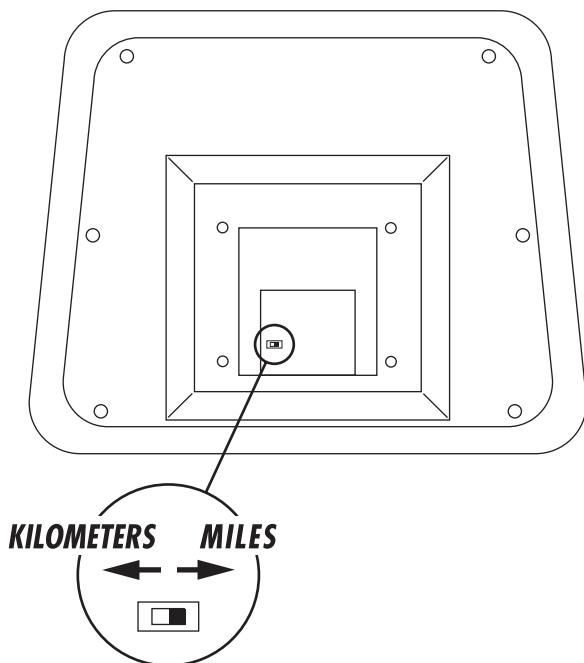
## SEAT POSITIONING

The seat is at the proper position when your knee is slightly bent when the pedal is in the furthest position, with the ball of your foot centered on the pedal.



## SETTING MPH & KPH

Your *R2200/E3200* Console arrives preset to display Miles. If you wish to display Kilometers, remove the Console from the Console Mast by removing the four mounting screws. Inside the mounting recess, you will find a small switch; move this Kilometers/Miles Conversion Switch to the left to display Kilometers. Remount the Console to the Console Mast.

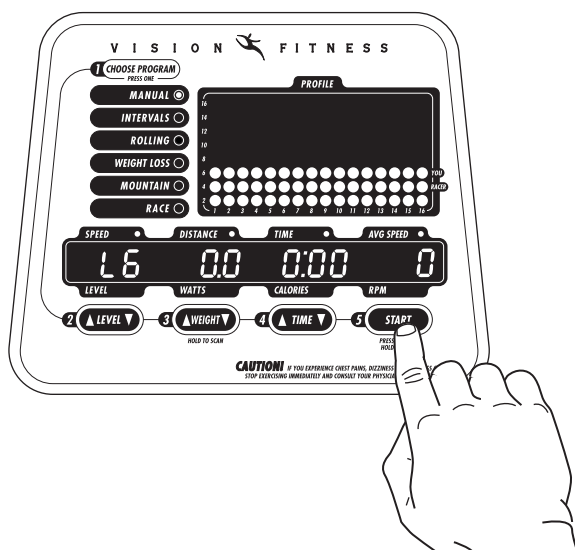


R2200

E3200

# QUICK START

Simply press the START button to begin exercising in the MANUAL Program.



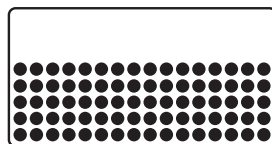
R2200

E3200

## PROGRAM DETAILS

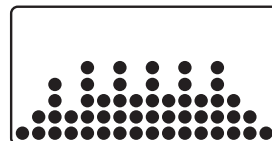
### MANUAL

Press START for Quick-Start or customize your workout. No default time.



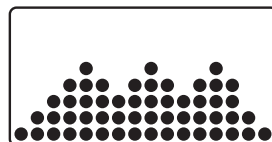
### INTERVALS

The Intervals Program alternates between periods of high effort and recovery. This program will help you increase your aerobic capacity so you can function at higher levels of intensity. Time defaults to 24 minutes.



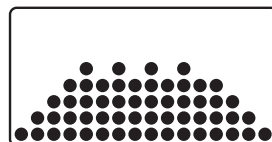
### ROLLING

The series of hills will lead to improved endurance and aerobic capacity. It is also a great calorie-burner. Time defaults to 32 minutes.



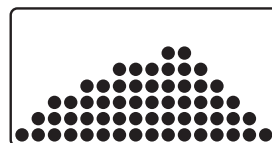
### WEIGHT LOSS

Promotes weight loss by keeping a consistent workload over an extended period of time. The small increases of intensity create additional calorie burn. Time defaults to 48 minutes.



### MOUNTAIN

The Mountain Program gradually increases resistance over time. This program is designed to strengthen your heart, as well as the muscles you are working. Program defaults to 48 minutes.



### RACE

Compete with the racer across the profile screen. A challenging workout that helps you improve cycling performance. Time defaults to 24 minutes.



All programs have 16 levels of resistance. Low-end resistance begins at Level 1 and increases to the high-end resistance of 16.



## FEEDBACK DISPLAY



Use the WEIGHT button to change the readout of the feedback information. The SPEED, DISTANCE, TIME and AVG SPEED feedback will be displayed. To view the LEVEL, WATTS, CALORIES, and RPM feedback, press a WEIGHT arrow button. To scan through all feedback, press and hold one of the WEIGHT arrow buttons for 3 seconds.

### SPEED

Shown as Miles-per-Hour or Kilometers-per-Hour. View the current cycling Speed.

### DISTANCE

Shown as Miles or Kilometers. View Distance during workout.

### TIME

Shown as Minutes:Seconds. View the Time remaining or the Time elapsed in your workout.

### AVERAGE SPEED

Shown as Miles-per-Hour. Equals accumulated Distance  $\div$  elapsed Time. Corresponds to simulated outdoor biking Speed.

### FINISHING

When your work-out is complete, the Display windows will begin flashing your workout information, allowing you to record it in your personal logbook.

### PROGRAM LEVEL

Shows the chosen Program Level. Indicates the difficulty of your workout, with L1 being the lowest workload and L16 the highest.

### WATTS

A measurement of your workload. Can be used to evaluate and quantify your fitness progress over time.

### CALORIES

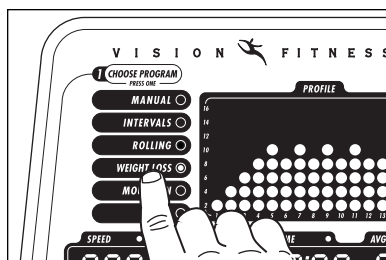
Shown as estimated total Calories burned during workout.

### RPM

Shown as Revolutions-per-Minute. Improve cycling technique while reducing leg muscle fatigue by pedaling between 80 & 100 RPM.

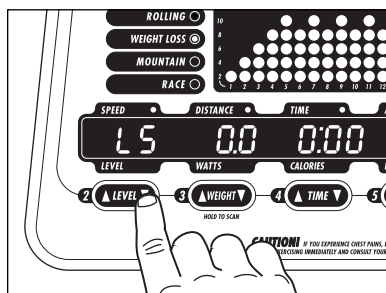
## CHOOSING A PROGRAM

If you do not choose a Program, the console will default to the MANUAL Program. If you wish to choose another Program, simply press one of the other Program buttons.



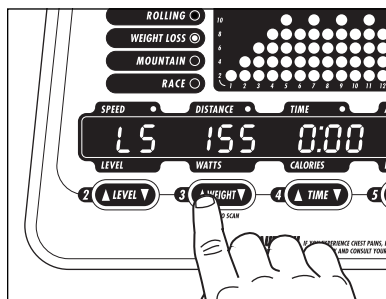
## CHOOSING A LEVEL

After you have chosen a Program, the Level will default to L6 and then flash. You may use this default Level or choose another by using the LEVEL ▲ or ▼ button; L1 provides the least resistance, L16 the most.



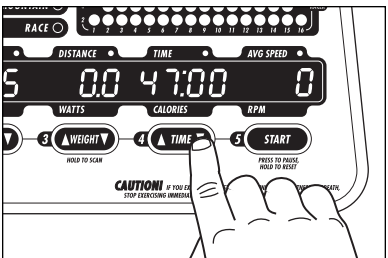
## CHOOSING WEIGHT

A weight of 150 pounds or 75 kilograms will be displayed in the WATTS window. To adjust this weight, press the WEIGHT ▲ or ▼ button until you reach your desired weight.



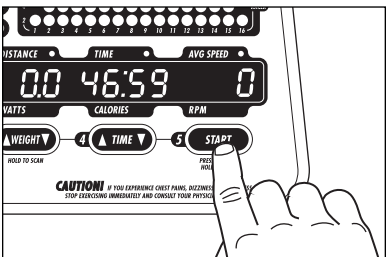
# CHOOSING A TIME

To set exercise time, press the TIME ▲ or ▼ button until the desired time is displayed.



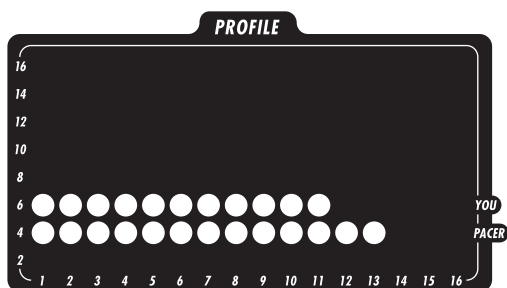
# STARTING

When you are ready to begin exercising, press START.



## USING YOUR BIKE'S RACE PROGRAM

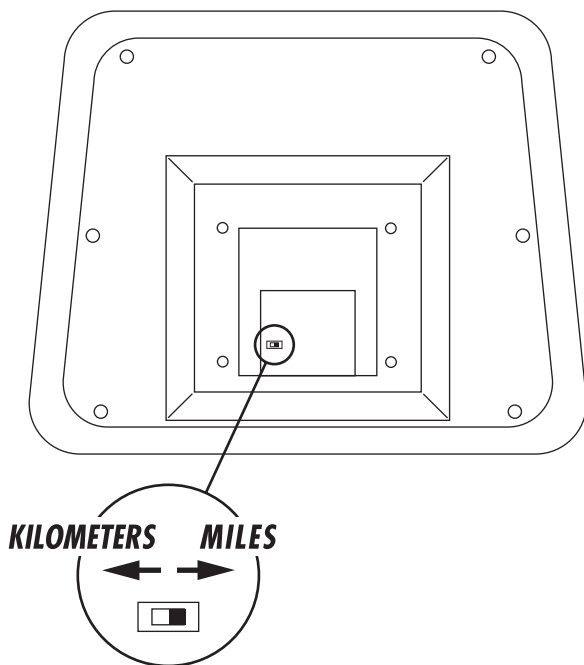
The RACE Program is exclusive to the *E3200/R2200* console. It is a challenging program that simulates an outdoor bike race. You determine the speed of the "Racer" by selecting the LEVEL when you start the program. The speed of the "Racer" at Level 1 is 12 MPH. The speed will increase by 1 MPH for each increase in LEVEL. Simply adjust your pedal RPM or change gears by using the LEVEL button to exceed that pace throughout the program. If you beat the "Racer," the message "WIN" will appear on your screen. Note that the entire time goal will not have elapsed. If the "Racer" beats you, the entire race time will elapse.





### ***R2200HRT/E3200HRT SETTING MPH & KPH***

Your *R2200HRT/E3200HRT* Console arrives preset to display Miles. If you wish to display Kilometers, remove the Console from the Console Mast by removing the four mounting screws. Inside the mounting recess, you will find a small switch; move this Kilometers/Miles Conversion Switch to the left to display Kilometers. Remount the Console to the Console Mast.

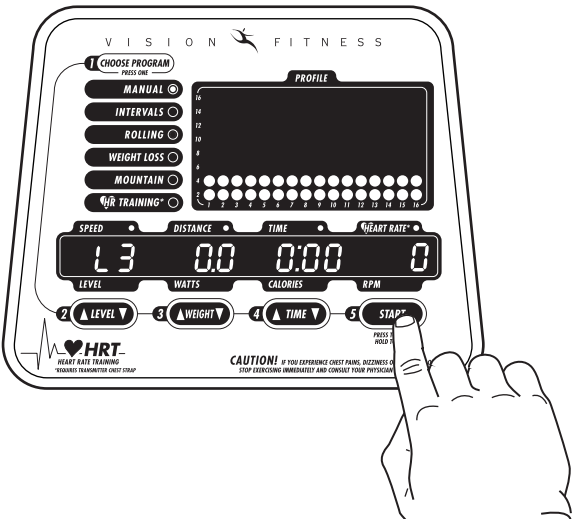


R2200HRT

E3200HRT

# QUICK-START

Simply press the START button to begin exercising in the MANUAL Program.



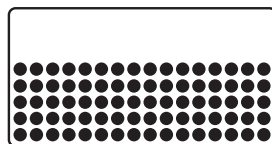
R2200HRT

E3200HRT

## R2200HRT/E3200HRT PROGRAM DETAILS

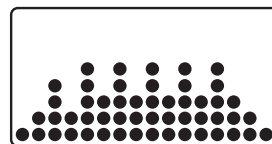
### MANUAL

Press START for Quick-Start or customize your workout. No default time.



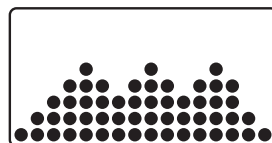
### INTERVALS

The Intervals Program alternates between periods of high effort and recovery. This program will help you increase your aerobic capacity so you can function at higher levels of intensity. Time defaults to 24 minutes.



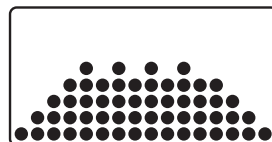
### ROLLING

The series of hills will lead to improved endurance and aerobic capacity. It is also a great calorie-burner. Time defaults to 32 minutes.



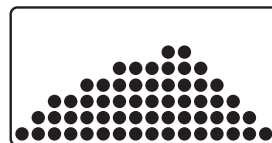
### WEIGHT LOSS

Promotes weight loss by keeping a consistent workload over an extended period of time. The small increases of intensity create additional calorie burn. Time defaults to 48 minutes.



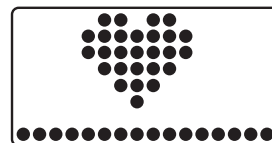
### MOUNTAIN

The Mountain Program gradually increases resistance over time. This program is designed to strengthen your heart, as well as the muscles you are working. Program defaults to 48 minutes.



### HR TRAINING\*

Set your exercise Target Heart Rate, and the computer will adjust the resistance according to your Heart Rate. This is a great program to optimize your exercise intensity. Time defaults to 32 minutes.



All programs have 16 levels of resistance. Low-end resistance begins at Level 1 and increases to the high-end resistance of 16.



## R2200HRT/E3200HRT FEEDBACK DISPLAY



Use the WEIGHT button to change the readout of the feedback information. The SPEED, DISTANCE, TIME and HEART RATE feedback will be displayed. To view the LEVEL, WATTS, CALORIES, and RPM feedback, press a WEIGHT arrow button. To scan through all feedback, press and hold a WEIGHT arrow button for 3 seconds.

### **SPEED**

Shown as Miles-per-Hour or Kilometers-per-Hour. View the current cycling Speed.

### **DISTANCE**

Shown as Miles or Kilometers. View Distance during workout.

### **TIME**

Shown as Minutes:Seconds. View the Time remaining or the Time elapsed in your workout.

### **HEART RATE**

Shown as Beats per Minute. Use the contact grips or telemetric chest strap to monitor your Heart Rate at any time during a workout.

### **PROGRAM LEVEL**

Shows the chosen Program Level. Indicates the difficulty of your workout, with L1 being the lowest workload and L16 the highest.

### **WATTS**

A measurement of workload. May be used to evaluate and quantify your fitness progress over time.

### **CALORIES**

Shown as estimated total Calories burned during workout.

### **RPM**

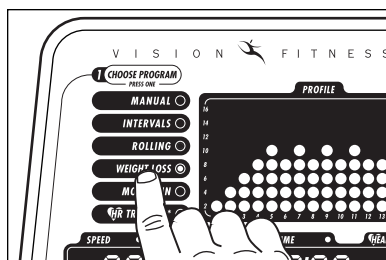
Shown as Revolutions-per-Minute. Improve cycling technique while reducing leg muscle fatigue by pedaling between 80 & 100 RPM.

### **FINISHING**

When your work-out is complete, the Display windows will begin flashing your workout information, allowing you to record it in your personal logbook.

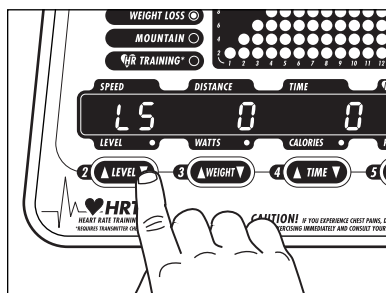
## CHOOSING A PROGRAM

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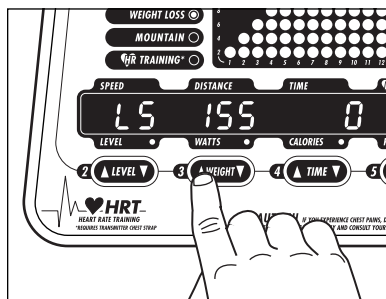
## CHOOSING A LEVEL

After you have chosen a Program, the Level will default to L6 and then flash. You may use this default Level or choose another by using the LEVEL ▲ or ▼ button; L1 provides the least resistance, L16 the most.



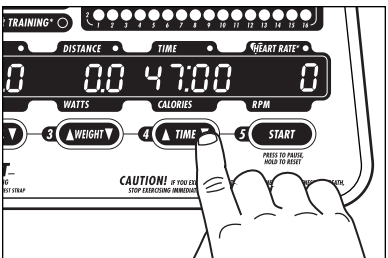
## CHOOSING WEIGHT

A weight of 150 pounds or 75 kilograms will be displayed in the WATTS window. To adjust this weight, press the WEIGHT ▲ or ▼ button until you reach your desired weight.



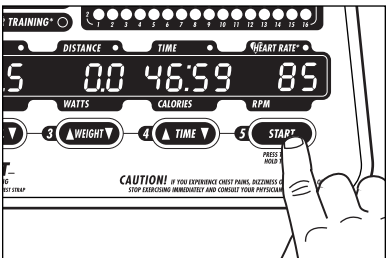
# CHOOSING A TIME

To set exercise time, press the TIME ▲ or ▼ button until the desired time is displayed.



# STARTING

When you are ready to begin exercising, press START.



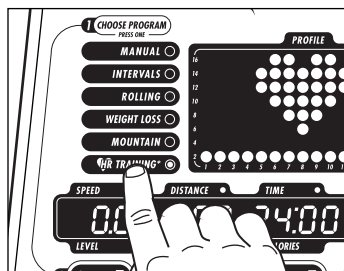
R2200HRT

E3200HRT

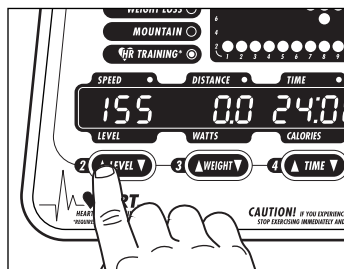
## USING YOUR BIKE'S HRT PROGRAM

Use the chart on Page 25 to determine your Target Heart Rate. You can use the Heart Rate Grips but, for better results, follow the instructions on Page 25 to place the wireless transmitter on your chest.

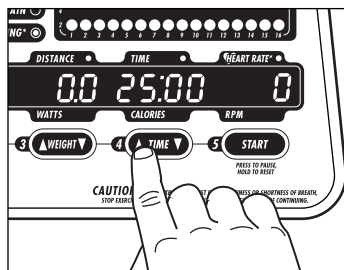
Choose the Heart Rate Program by pressing the ♥HR TRAINING button.



Using the LEVEL ▲ or ▼ button, select your Target Heart Rate, visible in the LEVEL window.



Using the TIME ▲ or ▼ button, select your Time, or you may use the default time of 24 Minutes.

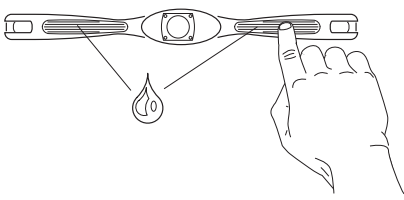


When you are ready to begin exercising, press START.

The first three segments in the program will be a warm-up period that will start at Level 1. You can adjust the warm-up to your desired intensity. Beginning in the fourth segment, the program will begin to adjust resistance until you are within  $\pm 5$  beats-per-minute of your Target Heart Rate. During the final two segments, you will begin your cool-down at 50% of your ending resistance level. You can adjust the resistance to your desired cool-down level.

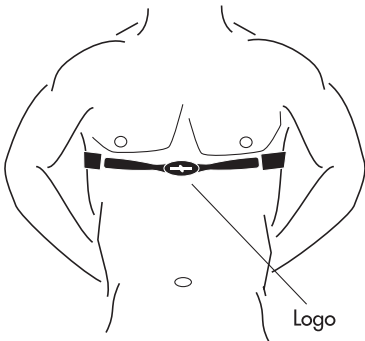
# WIRELESS CHEST TRANSMITTER

Prior to wearing the Strap on your chest, moisten the two rubber contact pads with several drops of water and spread about with your fingers.



# TRANSMITTER STRAP PLACEMENT

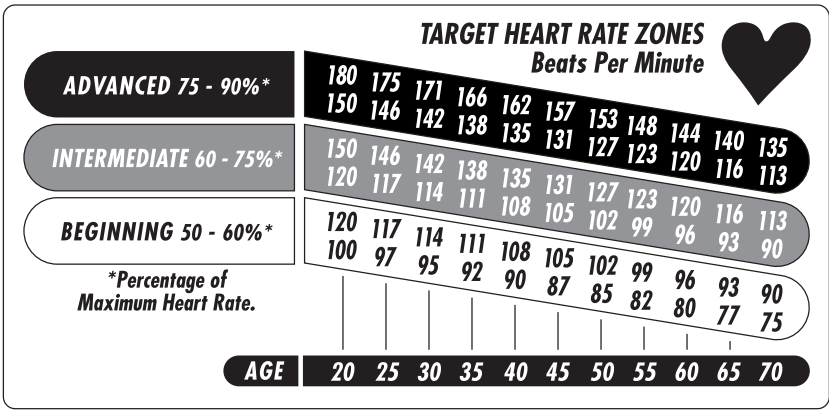
Center the Transmitter Strap just below the breast or pectoral muscles, directly over your sternum with the VISION FITNESS logo facing out. Adjust the elastic strap length to avoid bouncing or sliding.



# TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 50 - 90% of the predicted maximum heart rate for most healthy adults. A guideline for Target Heart Rate follows:

- 50 - 60% Beginning Exercisers or Health Concerns
- 60 - 75% General Fitness or Weight Loss
- 75 - 90% Improve Aerobic Capacity or Athletic Performance



## TROUBLESHOOTING YOUR FITNESS BIKE

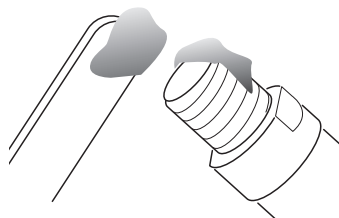
Our Bikes are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may indicate the cause.

**PROBLEM:** The Console does not light up.

**SOLUTION:** 1) Check to make sure the Bike is turned on (switch is located near power supply).

**PROBLEM:** The Bike is making a clicking noise.

**SOLUTION:** Using the supplied 15MM wrench, remove both the right and left pedals, apply grease to the threaded portion of the pedals and reassemble the unit, making sure the pedals are as tight as possible.



**PROBLEM:** The Bike appears to work, but there is no resistance change.

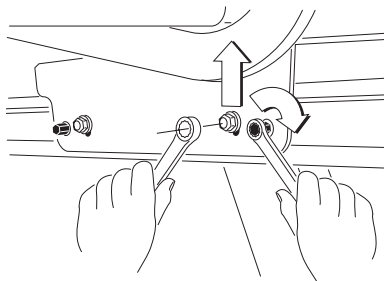
**SOLUTION:** The magnetic brake assembly is not working properly; please contact your retailer.

**PROBLEM:** The Bike makes a squeaking or creaking noise.

**SOLUTION:** Check and tighten all of the bolts on the Bike again.

**PROBLEM:** The seat on your recumbent Bike rocks from side to side.

**SOLUTION:** With a 13MM wrench, loosen the Fixing Nuts on the side of the seat frame. With an 11MM wrench, pivot the Adjusting Post so the Fixing Nut is at the *top* of the slot. Tighten the Fixing Nut with the 13MM wrench.



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

**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, electric dog fences, home security systems remote controls, CD players, fluorescent lights, etc., may cause problems for heart rate monitors.

## COMMON BIKE QUESTIONS

Q: Are the sounds my Bike makes normal?

A: Our Bikes are some of the quietest available because they use belt drives and magnetic resistance. We use the highest grade European bearings and top quality belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear some slight mechanical noises from the drive train. Unlike older, louder technologies, there are no fans or friction belts 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. Keep in mind that, while you workout, you're sometimes exerting the equivalent mechanical energy of a washing machine or dryer!

Q: Why is the Bike 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. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes, a heavy rubber mat will 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 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.



Q: What kind of routine maintenance is required?

A: We use sealed bearings throughout our Bikes, so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off of the Bike after each use.

Q: Will the magnets wear out over time?

A: 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 fly-wheel and the magnet surface.

Q: How long will the drive belt last?

A: The computer modeling we had done indicated virtually thousands of maintenance-free hours. These belts are now used in far more demanding applications such as motorcycle drives.

## 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-PLUS™ BRAKE - LIFETIME** VISION FITNESS warrants the ECB-PLUS™ 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-PLUS™ 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 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, ECB-PLUS™ 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 website at [www.visionfitness.com](http://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 Bike. Thank you for selecting a VISION FITNESS product.

## LIMITED CORPORATE WARRANTY

Up to 3 hours use per day

**CORPORATE USES DEFINED** VISION FITNESS warrants models *R2200*, *R2200HRT*, *E3200*, and *E3200HRT* for use in limited corporate 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 Clubs, YMCAs or Schools.

**FRAME, ECB-PLUS™ BRAKE, ELECTRONICS & PARTS - ONE YEAR** VISION FITNESS warrants the Frame, ECB-PLUS™ 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.

### 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.

## LIMITED CORPORATE WARRANTY (continued)

Up to 3 hours use per day

### 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-PLUS™ 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 website at [www.visionfitness.com](http://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 Bike. Thank you for selecting a VISION FITNESS product.

## DEVELOPING A FITNESS PROGRAM

### WARM UP

When you exercise, you need more oxygen to fuel your muscles. This oxygen is carried to the muscles through blood. The increasing demands of exercise will cause increased breathing rate, heart rate, blood flow and blood temperature. As your blood temperature rises and more oxygen is released, the temperature of your muscles will increase. This allows the muscles to burn calories and create energy for exercise.

A warm-up activity should be a progressive aerobic activity that utilizes the muscles you will be using during your workout. There is no set intensity with which to warm-up. 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 five to 10 minutes is usually recommended.

A gradual warm-up will do the following:

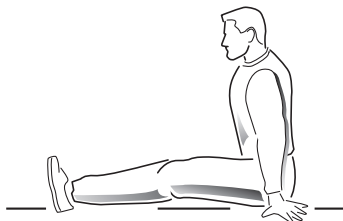
- Produce faster, more forceful muscle contractions
- Increase your metabolic rate, so oxygen is delivered to the working muscles more quickly
- Lead to efficient calorie burning by increasing your core body temperature
- Prevent injuries by improving the elasticity of your muscles
- Allow you to work out comfortably longer because your energy systems are able to exercise, preventing the buildup of lactic acid in the blood.
- Improve joint range of motion
- Psychologically prepare you for higher intensities by increasing your arousal and focus on exercise

## FLEXIBILITY

Before stretching, take a few minutes to warm-up, as stretching a cold muscle can cause injury. When stretching, you should start slowly, exhaling as you gently stretch the muscle. Try to hold each stretch for at least 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch is more effective and less of a risk for injury. Don't strain or push a muscle too far. If a stretch hurts, ease up.

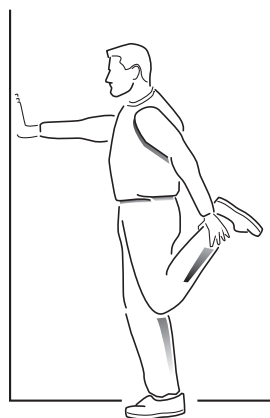
### SEATED TOE TOUCH

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 the stretch for 15 to 30 seconds. Return to the start position, and repeat the stretch as necessary.



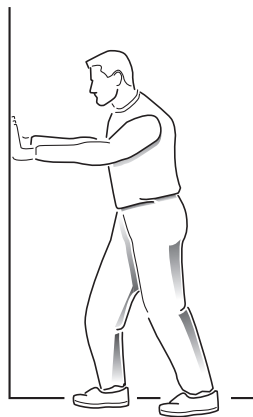
### STANDING QUADRICEPS STRETCH

Using a wall or your Bike to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing to the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate for amount of desired repetitions.



## STANDING CALF STRETCH

Standing about 3 feet from a wall, take one step forward with your left foot. Place your hands on the wall in front of you. Slightly bend your elbows and point your shoulders, hips, and feet directly towards the wall. Bend your left leg slowly, using the movement to control the amount of stretch in the right calf. Your heels should stay on the ground. Slowly bring yourself back to the starting position, and switch legs. Alternate for the amount of desired repetitions.





## EXERCISE GUIDELINES

The American College of Sports Medicine (ACSM.) recommends the following exercise guidelines for healthy aerobic activity:

**Frequency:** Exercise three to five days each week.

**Warm-up:** Warm-up five to 10 minutes before aerobic activity.

**Duration:** Maintain your exercise intensity for 20 to 60 minutes.

**Cool Down:** Gradually decrease the intensity of your workout, then stretch to cool down during the last five to 10 minutes.

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

# EXERCISE INTENSITY

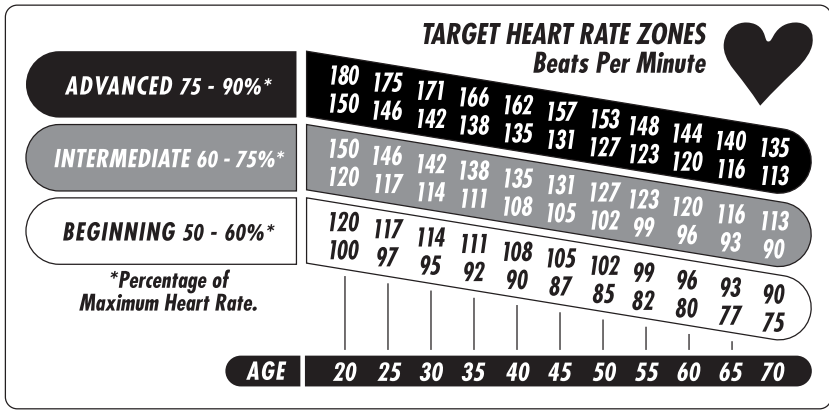
To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity. The three ways to monitor exercise intensity are Target Heart Rate, Perceived Exertion, and the "Talk Test."

## TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 50 - 90% of the predicted maximum heart rate for most healthy adults. A guideline for Target Heart Rate follows:

- 50 - 60%    Beginning Exercisers or Health Concerns
- 60 - 75%    General Fitness or Weight Loss
- 75 - 90%    Improve Aerobic Capacity or Athletic Performance

Use the chart below to determine your Target Heart Rate.



## RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (RPE.) is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently, RPE can be used alone or together with heart rate when monitoring exercise intensity.

### RPE SCALE

0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	very strong
8	
9	
10	Very, very, strong
	Maximal

The recommended RPE range for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace; it is dependent on the feelings caused by the exertion.

### TALK TEST

The "Talk Test" is a quick and simple check of exercise intensity. If you have trouble completing a sentence, you are working too hard. You should be able to speak freely without gasping for air.

## 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 Product 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. Below are some common exercise goals:

- Weight Loss & Maintenance
- Improved Body Shape & Tone
- Increased Energy Level
- Improved Cycling/Cross Sports Performance
- Improved Cardiovascular Endurance
- Stress Reduction
- Improved Sleep Patterns
- Improved muscular strength

If possible, try to define your personal goals in precise, measurable terms, and then put your goals 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 and weekly segments. Longer term goals can lose some of the immediate motivational benefits. Short-term goals are easier to achieve. Your VISION FITNESS Product console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

## KEEPING AN EXERCISE DIARY

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 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	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

February		
Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

March		
Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

April		
Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

May		
Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

June		
Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	



## July

Week	Minutes	Distance
1		
2		
3		
4		
5		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	<input type="text"/>	

## August

Week	Minutes	Distance
1		
2		
3		
4		
5		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	<input type="text"/>	

## September

Week	Minutes	Distance
1		
2		
3		
4		
5		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	<input type="text"/>	

## October

Week	Minutes	Distance
1		
2		
3		
4		
5		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	<input type="text"/>	

## November

Week	Minutes	Distance
1		
2		
3		
4		
5		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	<input type="text"/>	

## December

Week	Minutes	Distance
1		
2		
3		
4		
5		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	<input type="text"/>	





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