



2008

S7200HRT

Suspension Elliptical Trainer
with PerfectStride™

versatile

smooth

accessible



Vision Fitness began as a division of the Trek® Bicycle Company, where we pioneered the development of the smoothest, quietest, and most comfortable fitness bikes available. In 1996, Vision Fitness was spun off by the Trek® Fitness management team to continue to bring to market innovative fitness products. We offer you the same combination of quality, value, and performance that has made our founding company the most requested bicycle brand in America.

Over the last 10-plus years, we have grown from offering three fitness bikes to a full lineup of award-winning treadmills, elliptical trainers, fitness bikes, and strength equipment. Today, we are one of the top fitness equipment companies in the world. We attribute our success to our dedication to high quality standards, the development of innovative products that motivate people to achieve their goals, and unsurpassed customer service.



VISION FITNESS headquarters
located in Lake Mills, WI



To learn more about Vision Fitness and our complete line of quality fitness products, please visit our website:
www.visionfitness.com.

versatile, smooth, accessible

If you are looking for a sophisticated yet easy-to-use piece of fitness equipment that gives you an effective, non-impact workout with endless variety, then a Vision Fitness® Suspension Elliptical™ Trainer is exactly what you need. The **S7200HRT**, with our **PerfectStride™** technology, will give you an exceptional workout experience, time and time again.

Elliptical trainers are known for giving users a wonderful non-impact workout. Vision Fitness® elliptical trainers, in particular, are especially smooth and comfortable, providing a stress-free experience for your joints. Our new **S7200HRT** Suspension Elliptical™ Trainer adds more versatility to your elliptical workouts by offering **PerfectStride™**. While other elliptical trainers may give you adjustable stride and, perhaps, incline changes, our **PerfectStride™** motion better simulates your natural gait. **PerfectStride™** is the combination of our ergonomically-correct foot positioning, proven elliptical motion, optimal stride length adjustments, and proper posturing at all incline angles. Additionally, our suspension design provides you with a smoother product that is easier to access.



To ensure the utmost in quality, the Vision Fitness® Suspension Elliptical™ trainer is produced in an ISO-certified facility.



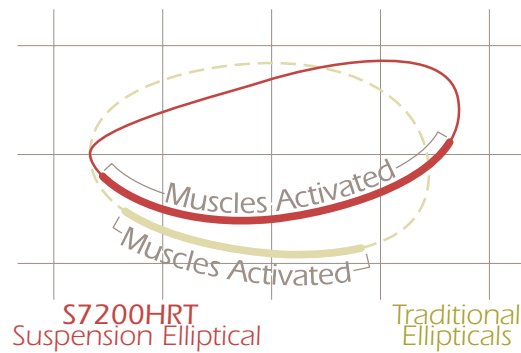
PerfectStride™

Improved Biomechanics & Ergonomics

Vision Fitness performed a significant amount of research on biomechanics and ergonomics, aimed at developing the most natural and correct full-body movement, when designing our Suspension Elliptical™ trainer and ultimately developed the **PerfectStride™** motion. **PerfectStride™** starts with correct foot positioning. Vision Fitness analyzed users at every incline angle and pedaling direction to make sure that the footplate would properly adjust with the change in stride. Some companies' incline trainers fail to maintain a natural, ergonomic foot position by pushing the toes upward sharply (known as dorsiflexion) at certain points in the elliptical path. The **S7200HRT** avoids this by ensuring that the footplate experiences minimal change throughout the stride at all levels of incline. A key design feature is that the footplates pivot, providing a flat, stable, and comfortable surface for users to apply force.



The second component of **PerfectStride™** is an ideal elliptical motion. The **S7200HRT** has the most natural elliptical foot path on the market. The shape of the ellipse creates a smooth and easy transition from the top of the ellipse, where the muscles are relatively inactive (the swing phase of the gait cycle), to the bottom of the ellipse, where the muscles are activated to propel the user through the cycle. Our removal of the downward and forward force requirement, as found on traditional elliptical trainers, allows for an earlier posterior force, resulting in a workout that places greater emphasis on the muscles that extend the leg (that is, the Gluteus, Hamstrings, and Quads). As a result, the **S7200HRT** requires more muscle activation, which will, in turn, give you a more effective workout than other cross-trainers.



S7200HRT
Suspension Elliptical

Traditional
Ellipticals

NATURAL FOOT PATH

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



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



Our PerfectStride™ motion mimics your own gait as closely as an elliptical machine can, helping you keep your knees behind your toes and, therefore, reducing joint stress.

Benefits of our Variable Stride

More Variety

Research shows that variety in your exercise routine increases the likelihood that you'll stick to it. More importantly, variety keeps muscles "confused," minimizing the "plateau effect" that occurs when you do the same motion over and over again and, thus, producing greater results. Whether you are looking for weight loss, muscle gain, or cardiovascular improvement, consistent yet diverse workouts will help you achieve your goals more quickly and more easily. Our Suspension Elliptical™ allows forward and backward pedaling; changes in resistance, speed and incline (which automatically adjusts stride length); various positions for your hands; and a multitude of programming options.

Ability to Increase Intensity

By increasing the incline level, you increase the exercise intensity. This allows you to achieve a higher level of aerobic fitness and, thus, burn more calories than you would if no incline were available. As your fitness level increases, you can continue to adjust resistance and incline to increase the intensity with which your muscles are worked.

Muscle-Targeting Workouts

To determine how our variable stride physiologically affects users, we performed studies using sEMG (surface electromyography) to measure the connection between changes in leg muscle activity and changes in the stride length and incline angle. An increase in the electrical activity detected through sEMG indicates increased activity of the muscle being monitored.

Results of the sEMG:

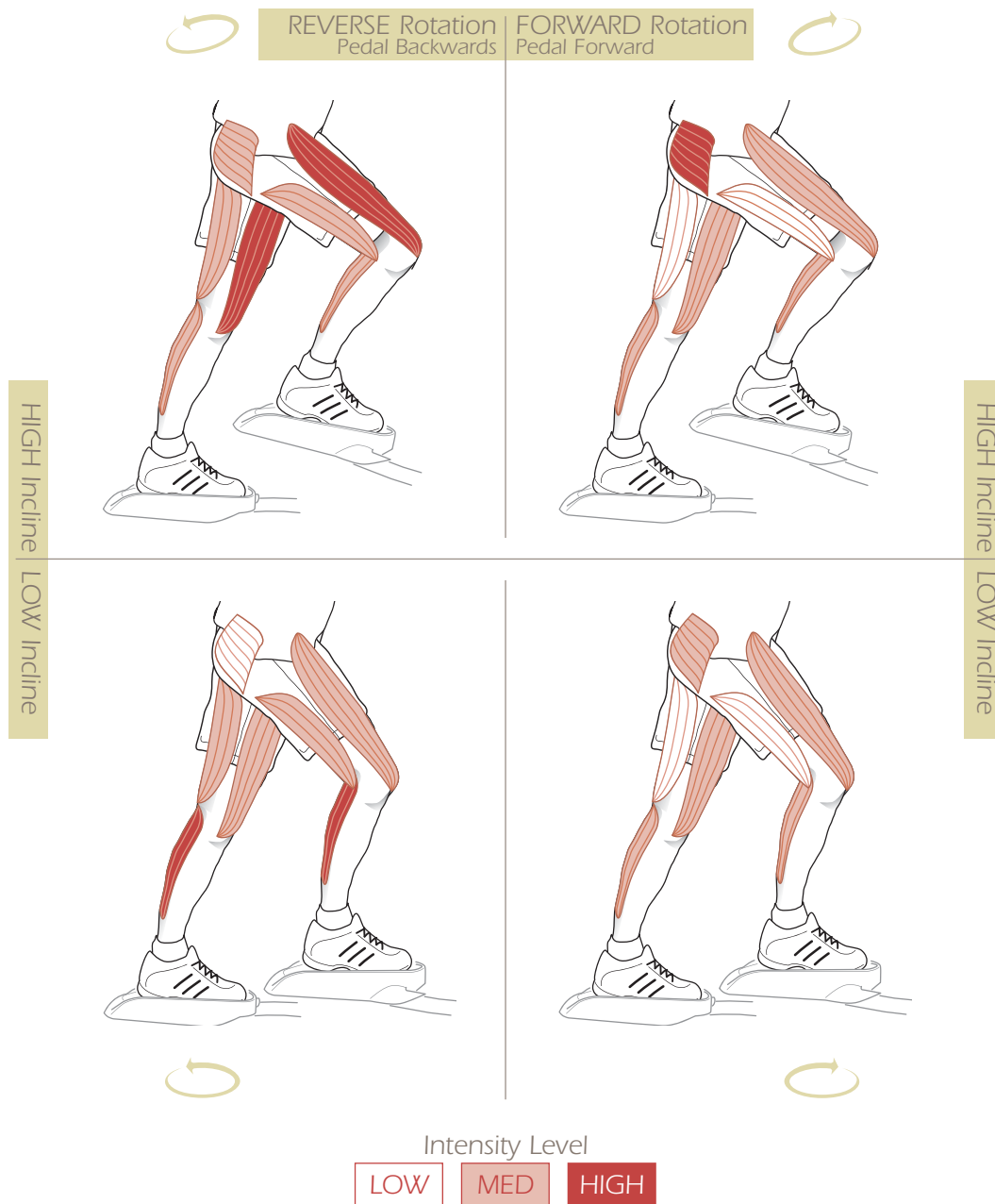
In the forward direction, exercise at full incline (level 16) resulted in a significant increase in muscle activity when compared to forward exercise at level 1. At higher inclines, users burn more calories as a result of a greater amount of their muscle mass being active.

Different combinations of direction (pedaling forward or backward) and incline angle (levels 1 to 16) emphasize different muscle groups. Refer to the chart on Page 5.



Targeting Specific Muscles

Do you have specific areas of your body that you'd like to see more toned? Do you want more shapely or more muscular legs? You can specifically target the muscles you want to work most by following this chart:





Versatile

For a workout with ultimate variety and versatility, the **S7200HRT** features 16 levels of incline with variable stride and forward/backward pedaling capability. Our adjustable stride allows you to simulate hills, increase intensity, and target different muscle groups with the touch of a button. You can choose to work out at an incline as low as 13% grade or up to 39% grade to simulate a steep mountain climb. As the incline angle increases, the stride length varies between 20 and 23 inches, keeping you in a comfortable, ergonomic position at all times. Vision Fitness uses pivoting (or articulating) footplates to keep the user's knee and hip joints aligned, regardless of the height or length of their stride. Your comfort is of the utmost importance.

INCLINE LEVEL	STRIDE LENGTH	INCLINE ANGLE
1	20"	13%
8	21"	26%
16	23"	39%

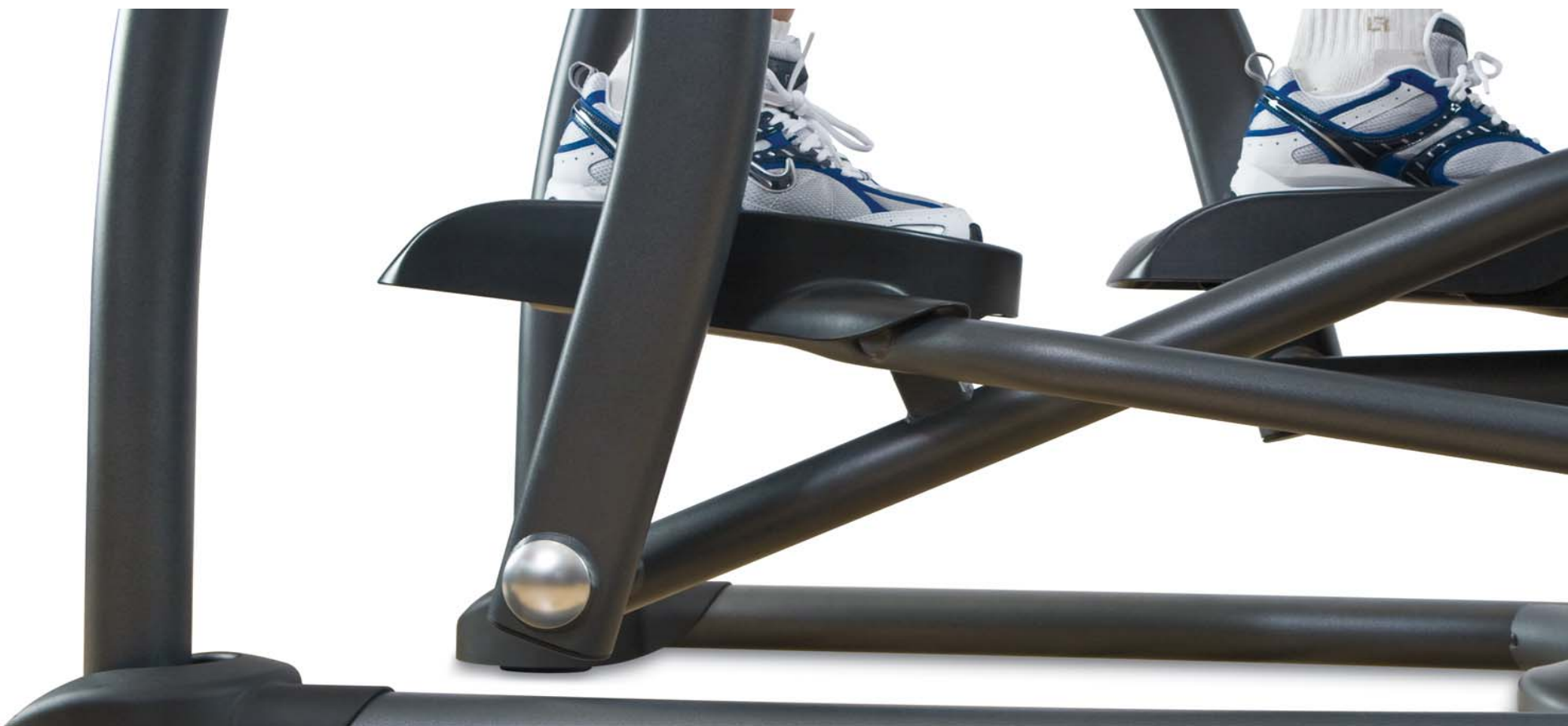


The **S7200HRT** is one of the only home cross-trainers that features both a variable-stride system **and** upper-body action. Our dual-action arms are designed to keep you in a proper upright position and provide smooth upper-body movement. The multi-position hand grips fit any user, allow different muscle emphasis, and add variety to your workout. Additionally, multiple hand positions allows you to adjust your grip to help avoid the fatigue that could ultimately stop your workout.



The **S7200HRT** console features an impressive array of programming options, including the exclusive SPRINT 8 anaerobic workout, intervals, fat burn, four heart rate training programs, three goal programs, and four custom (user) profiles. Programs specifically designed to adjust the stride and incline include Glute Burn and Summit Hike. The alphanumeric display scrolls motivational messages and, depending on the program, prompts users to change their pedaling direction (forward versus backward) and speed during the workout. Most of the programs have a dedicated Quick-Set™ button for easy setup.





Smooth

The Suspension Elliptical™ trainer is exceptionally smooth and comfortable, due to its unique suspension feature. There is no rolling resistance and, as a result, much less friction, which may create problems and noise over time.

User comfort was considered foremost in every phase of design and development of our Suspension Elliptical™ trainer. For this very reason, we feature footplates that are less than two inches apart. The narrow pedal spacing keeps your hips aligned properly during your workout, and the roomy, cushioned footplates allow you to vary your stance as needed so that you are always comfortable. Additionally, the footplates pivot to ensure proper alignment between the knee and hip joints, giving you a smooth, natural motion at all incline angles.



Spacing is less than two inches between our footplates for proper hip alignment. Unlike some competitors, we allow your *feet* to be two inches apart, not just the footplates.



Vision Fitness pioneered the friction-free magnetic resistance system with no wearing parts for maximum performance and durability. When the resistance and incline levels are changed on the console (even in the middle of a workout), the transitions are smooth, gradual, and fluid. Vision Fitness is so confident in this system that we offer a Lifetime warranty for home use on the magnetic brake.

ECB-Plus™ magnetic resistance
for the smoothest stride possible



S7200HRT internal view

Quiet-Glide™ drive system
for an extra-quiet workout



Accessible

A versatile, high-end piece of fitness equipment can be intimidating. How does Vision Fitness make the Suspension Elliptical™ trainer accessible, inviting and engaging? First, we incorporate features that make it easy and comfortable to get on the product. The pedal arms, for instance, are suspended, which removes the need for wheels and tracks and, in turn, keeps the footplates low to the ground.



Low step-up height

Second, we provide comfortable rear hand grips. And, like our traditional elliptical trainers, our Suspension Elliptical™ uses a front-drive system that places the motor and components up front and out of the way. Together, our low step-up height, convenient hand grips, and front-drive system allow users to easily step up onto the machine and begin their workout.



To engage users once they are on the trainer, we added convenience features, such as our multi-compartment accessory tray. This tray provides ample room to securely hold your water bottle, TV remote, MP3 player and cell phone. There is also an integrated reading rack to easily hold magazines and newspapers.



Finally, the diverse program offering includes our exclusive 20-minute SPRINT 8 anaerobic program, programs that target specific muscle groups, custom workouts, and heart rate training routines. You can experience a different workout each time you use your Suspension Elliptical™ trainer!



Large 8x16 Dot Matrix Profile Display graphically illustrates your workout and where you are in your workout.

LED Feedback Display shows eight types of feedback information.

Innovative Programs, such as SPRINT 8, and the four Heart Rate Training (HRT®) programs keep you motivated and progressing toward your goals.

Vision Fitness's **S7200HRT** boasts a modern console design.



HRT® Feedback Display shows actual Heart Rate, Percent of your Maximum Heart Rate, and your Target Heart Rate.

Integrated Reading Rack conveniently holds magazines for you to read as you exercise.

Up & Down Arrow Keys allow you to easily adjust the incline and intensity (resistance) level of your workout at any time.

The **S7200HRT** comes with both contact heart rate grips and a telemetric heart rate strap.

The **S7200HRT** features many innovative programs, including the variable stride-based GLUTE BURN and SUMMIT HIKE programs. The GLUTE BURN program prompts users to vary their stride speed and pedaling direction, while automatically changing incline levels to specifically target the glute (buttocks) muscles. The SUMMIT HIKE program changes incline levels to simulate hiking up a hill or mountain. During each of these programs, users can control the intensity by adjusting the incline or resistance.

Our SPRINT 8® program was developed with Phil Campbell, an expert in the field of anaerobic exercise and author of **Ready, Set, Go! Synergy Fitness**. Vision Fitness is the first fitness company to integrate anaerobic exercise programming (SPRINT 8) into our equipment that specifically promotes the natural release of human growth hormone. This hormone—the most powerful body-fat-cutting, muscle-toning, anti-aging substance known in science—is produced by the body during the SPRINT 8® workout.

feature	S7200HRT suspension elliptical™
console and programs	QUICK-SET™ LED w/ MULTIPLE FEEDBACK WINDOWS SPRINT 8; Intervals; Fat Burn; Glute Burn; Summit Hike; 4 User Programs; HRT Weight Loss; HRT Cardio; HRT Intervals; HRT Hill; Time, Distance, and Calorie Goals; Easy Start Integrated Reading Rack
console feedback	Incline, Distance, Time, Strides per Minute, Resistance, Watts, Calories, METS, Heart Rate, Percent of Max. Heart Rate, Target Heart Rate, Profile Display
heart rate	Contact & Telemetric
program levels	16
resistance system	ECB-PLUS™ Motor-Operated Permanent Magnet
drive train	QUIET-GLIDE™ Supersilent Poly-V Belt
incline angle	13% to 39%
frame	Extra-Heavy Gauge Steel Welded
pedals	Large Cushioned
stride length	20" to 23"
pedal spacing	Less than 2"
step-up height	9" at Lowest Incline
power	Plug-In
home warranty*	Lifetime Frame Lifetime Electromagnetic Brake 5 Years Electronics/Parts 1 Year Labor
limited corporate warranty*	1 Year Frame 1 Year Electromagnetic Brake 1 Year Electronics/Parts 1 Year Labor
dimensions	74"L x 36"W x 65.5"H
product weight	295 lbs.
max. user weight	300 lbs.



* Refer to www.visionfitness.com for complete Warranty details.
All product specifications are subject to change.



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May be covered by one or more patents or patents pending:
US 5540637, US 5573480, US 5813949, US 5924962, US 5938567,
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