

Owner's Guide

VISION  FITNESS®

E3600HRT AND ***R2600HRT***
COMMERCIAL FITNESS BIKES

Congratulations 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

Table of Contents

ALL MODELS

SAFETY INSTRUCTIONS	4
ASSEMBLY, PLACEMENT, MOVING ...	6
SEAT ADJUSTMENTS	8

R 2600HRT

E 3600HRT CONSOLE

SETTING MPH/KPH	10
POWER, EASY-START	11
PROGRAM DETAILS	12
FEEDBACK DISPLAY	13
CHOOSING PROGRAM	14
CHOOSING TIME	15
USING THE HRT PROGRAM	16
USING THE HEART RATE STRAP	17

GENERAL

TROUBLESHOOTING:	
BIKES	18
HEART RATE MONITOR	19
COMMON QUESTIONS	20
HOME WARRANTY	22
CORPORATE WARRANTY	24
DEVELOPING FITNESS PROGRAM ..	26
FLEXIBILITY	27
EXERCISE GUIDELINES	29
TARGET HEART RATE	30
RATE OF PERCEIVED EXERTION	31
WEEKLY WORKOUT LOGS	34
MONTHLY WORKOUT LOGS	36

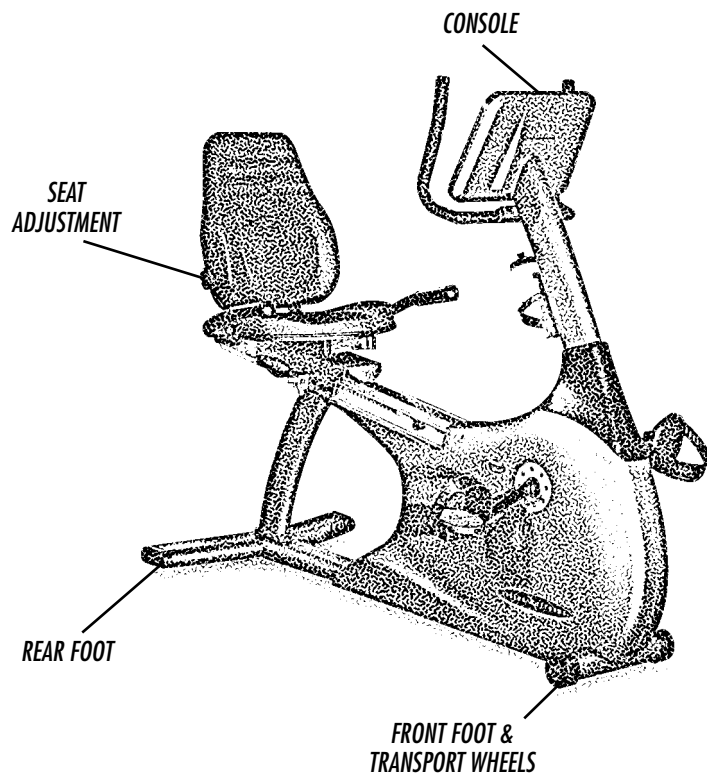
ALL MODELS

R2600HRT

E3600HRT

GENERAL

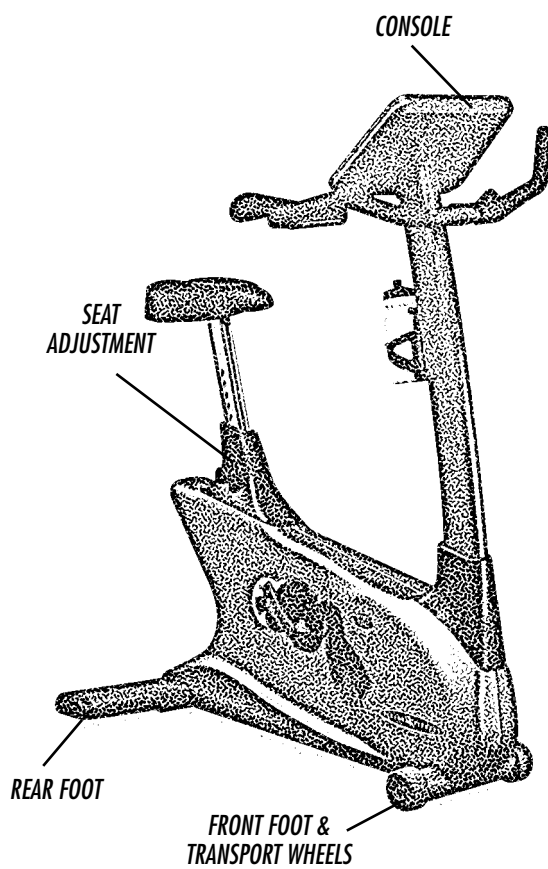
R2600HRT



2

R2600HRT

COMMERCIAL SEMI-RECUMBENT FITNESS BIKE



E3600HRT

E3600HRT
COMMERCIAL UPRIGHT FITNESS BIKE

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.

Your VISION FITNESS Bike is self-generating (requiring no external power source) and in this mode, must be pedaled to power-up the console.

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 is not working properly, if it has been damaged, or immersed in water. Return the Bike to a retailer for examination and repair.
- Do not use outdoors.

CHILDREN

- Keep children off 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

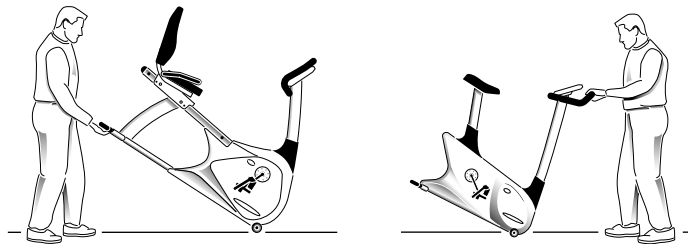
- Clean with soap and slightly damp cloth only; never use solvents.

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.



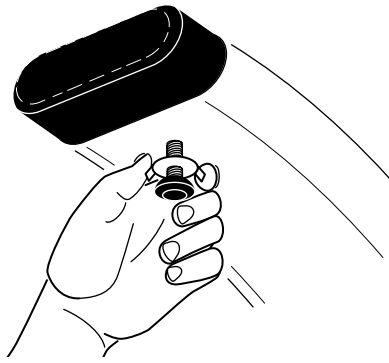
CAUTION: Our Bikes are well-built and heavy, weighing up to 160 lbs.! Use care and additional help if necessary.

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.



R2600HRT

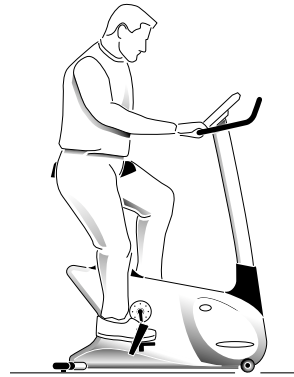
E3600HRT

SEAT ADJUSTMENT E3600HRT

To raise the seat, simply pull upward on the back of the seat to reach your desired position. To lower the seat, pull out the seat adjustment knob and push down on the seat to get to the desired position. Be sure to turn the knob in a clockwise direction until tight, to secure the seatpost in place prior to use.

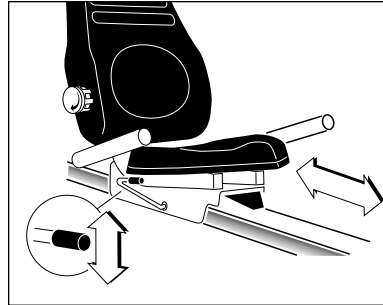
**SEAT POSITIONING**

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 R2600HRT

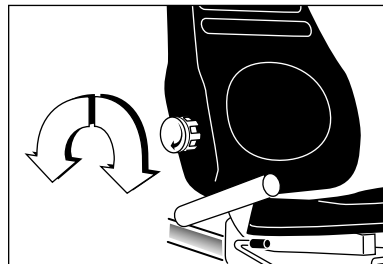
While seated on the Bike, lift the Seat Lever and slide the seat forward or back. When the seat is positioned properly, simply release the Seat Lever to lock the seat into position.



LUMBAR ADJUSTABLE SEAT R2600HRT

One of the principal reasons people do not exercise is because it is not comfortable for them. On the Semi-Recumbent Bike, the area that has the largest impact on comfort is the seat. If your seat is comfortable, you are more likely to finish your workouts and achieve your fitness goals. With the Vision Fitness lumbar control system, you can adjust the lumbar support specifically for your needs. This will allow a longer, more comfortable workout and will help you achieve your goals sooner.

To adjust the lumbar support, simply turn the knob located near the bottom of the backrest on the seat: to *increase* the lumbar support, turn the knob in a *clockwise* direction; to *decrease* support, turn the knob in a *counter-clockwise* direction.



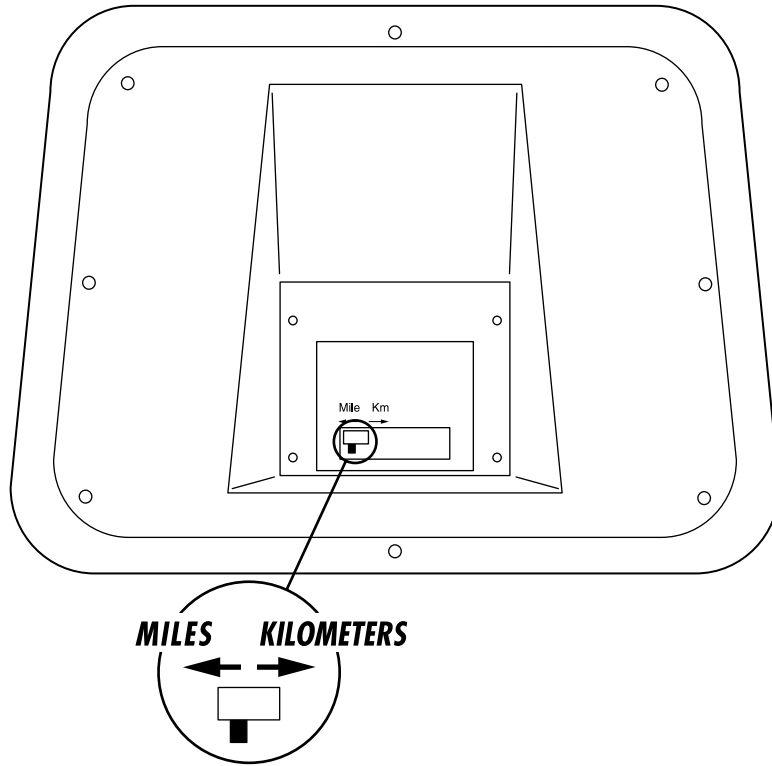
SEAT POSITIONING

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 R2600HRT/E3600HRT 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.

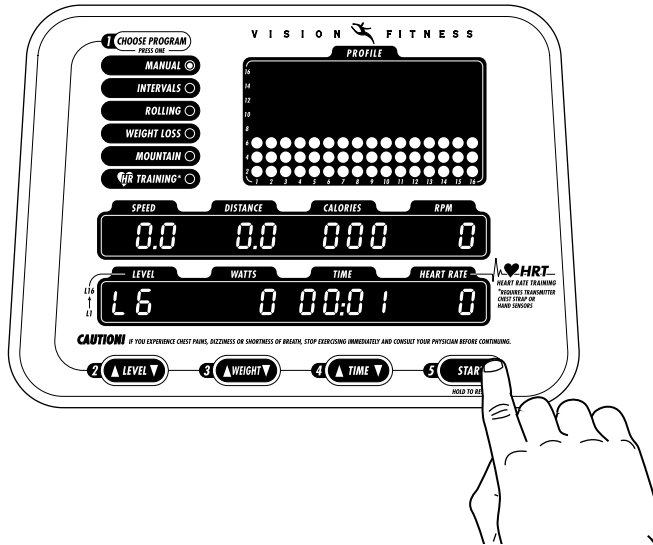


POWER

Your Bike is self-generating (requiring no external power source) and must be pedaled to power-up the console. Please be sure to plug in the 9-volt battery found in the back of the console.

EASY START

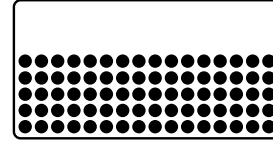
Simply press the START button to begin exercising in the MANUAL Program.




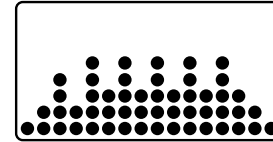
R2600HRT
E3600HRT


R2600HRT/E3600HRT PROGRAM DETAILS

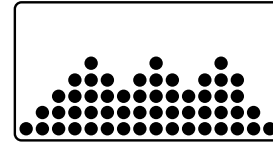
MANUAL  Press START for Quick-Start or customize your workout. No default time.




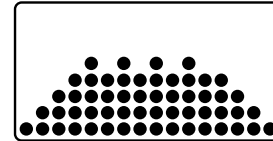
INTERVALS  The Intervals Program alternates between periods of high effort and recovery. This program will help you increase your aerobic capacity so you can function at a higher level of intensity. Time defaults to 24 minutes.




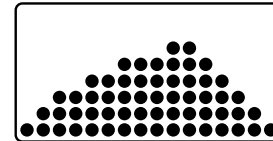
ROLLING  The series of hills will lead to improved endurance and aerobic capacity. It is also a great calorie-burner. Time defaults to 32 minutes.




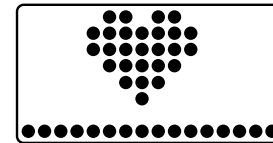
WEIGHT LOSS  This program promotes weight loss by keeping a consistent workload over an extended period of time. The small increases of intensity create additional calorie burn. Time defaults to 48 minutes.



MOUNTAIN  The Mountain Program gradually increases resistance over time. This program is designed to strengthen your heart in addition to the muscles of the lower body. 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.

FEEDBACK DISPLAY



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

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

FINISHING

If you want to view your feedback information, begin or continue pedaling within 30 seconds of completion of your workout. The console will display your feedback information for 30 seconds, as long as there is an RPM signal.

PROGRAM LEVEL

View 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

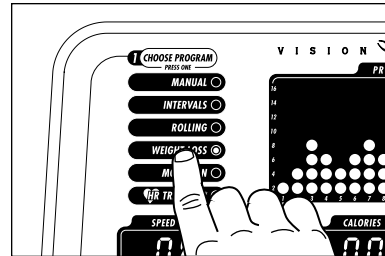
Shown as Revolutions-per-Minute. Improve cycling technique while reducing leg muscle fatigue by pedaling between 80 & 100 RPMs.

R2600HRT

E3600HRT

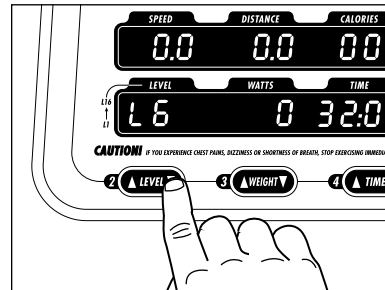
CHOOSING A PROGRAM

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.



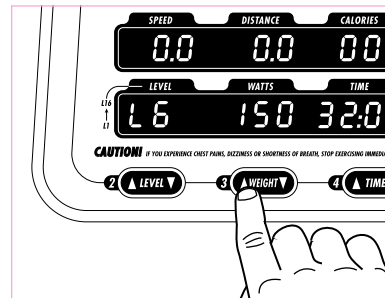
CHOOSING A LEVEL

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.



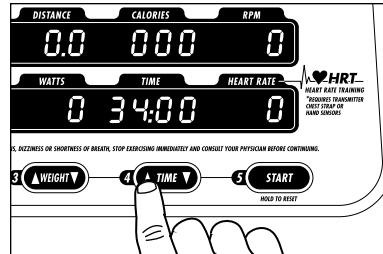
CHOOSING WIEGHT

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.



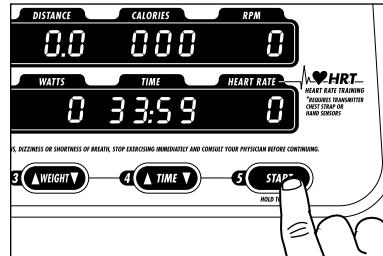
CHOOSING A TIME

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.

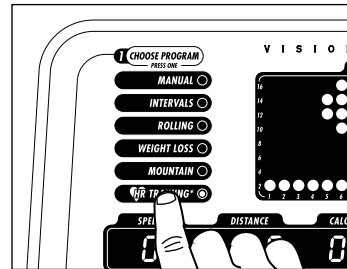


R2600HRT
E3600HRT

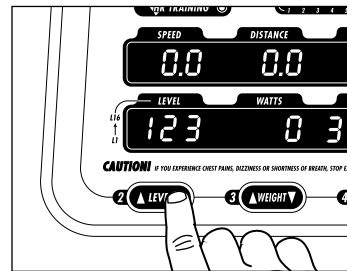
USING YOUR BIKE'S HRT PROGRAM

Use the chart on Page 17 to determine your Target Heart Rate. You can use the Heart Rate grips but, for better results, follow the instructions on Page 17 to place the wireless transmitter on your chest.

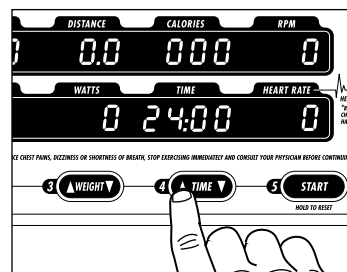
Choose the Heart Rate Program by pressing the ♥HR TRAINING button.



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.

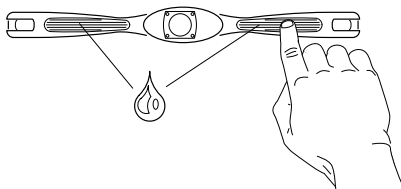


When you are ready to begin exercising, press START.

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 +/-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.

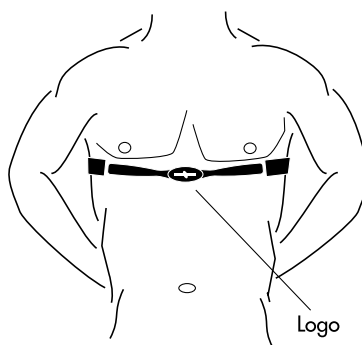
WIRELESS CHEST TRANSMITTER

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

		TARGET HEART RATE ZONES												
		Beats Per Minute												
ADVANCED 75 - 90%*	180	175	171	166	162	157	153	148	144	140	135			
	150	146	142	138	135	131	127	123	120	116	113			
INTERMEDIATE 60 - 75%*	150	146	142	138	135	131	127	123	120	116	113			
	120	117	114	111	108	105	102	99	96	93	90			
BEGINNING 50 - 60%*	120	117	114	111	108	105	102	99	96	93	90			
	100	97	95	92	90	87	85	82	80	77	75			
*Percentage of Maximum Heart Rate.														
AGE	20	25	30	35	40	45	50	55	60	65	70			

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.

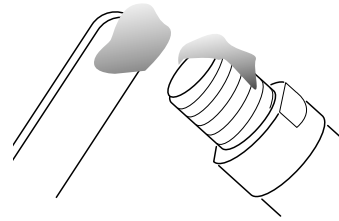
PROBLEM: The Console does not light up.

SOLUTION: 1) Pedal bike to light up console.

SOLUTION: 2) Replace 9-volt battery in back of console.

PROBLEM: The Bike is making a clicking noise.

SOLUTION: Using a 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.

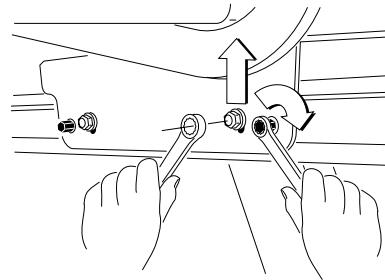
SOLUTION: The magnetic brake assembly is not working properly; please contact your retailer.

PROBLEM: The Bike makes a squeaking or creaking noise.

SOLUTION: Check and tighten all 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 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. Re moisten 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: Heart rate monitors may not function properly on some people for 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 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 flywheel 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. 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.

CAMBRIDGE MOTOR WORKS™ GENERATOR SYSTEM - LIFETIME VISION FITNESS warrants the Cambridge Motor Works™ Generator System against defects in workmanship and materials for the life of the product as long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS - THREE YEARS VISION FITNESS warrants the Electronic components, and all original Parts against defects in workmanship and materials for a period of three years from the date of purchase, as 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, as 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 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, Cambridge Motor Works™ Generator, 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. 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 Fitness Bike. Thank you for selecting a VISION FITNESS product.

LIMITED COMMERCIAL WARRANTY

COMMERCIAL USES DEFINED VISION FITNESS warrants the E3600HRT & R2600HRT Fitness Bikes for use in non-dues paying commercial facilities. Examples of non-dues paying commercial facilities include but are not limited to: Hotels, Resorts, Police and Fire Stations, Apartment Complexes, Rehabilitation and Sports Medicine Clinics, and Hospitals, Elementary, Middle, and High Schools. Please note: VISION FITNESS does not provide any warranties for the E3600HRT or R2600HRT when used in dues-paying facilities such as YMCAs, Private Health Clubs, or Colleges and Universities. For such facilities, all warranties including implied warranties of fitness for a particular purpose and merchantability are excluded.

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the lifetime of the original owner as long as the device remains in the possession of the original owner.

CAMBRIDGE MOTOR WORKS™ GENERATOR SYSTEM, ELECTRONICS & PARTS - THREE YEARS VISION FITNESS Warrants Generator System, Electronics & Parts against defects in workmanship and materials for a period of three years from date of original purchase, as long as the device remains in the possession of the original owner.

LABOR - ONE YEAR For a period of one year from date of purchase, VISION FITNESS, through its local retailers, will provide the necessary labor for repair and replacement of frames, electronics, motors, and parts under this warranty, as long as the device remains in the possession of the original owner.

LIMITED COMMERCIAL 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 the labor be limited to one year.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective frame, electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the product as sold. This 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 rights, and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at www.visionfitness.com. Inside the enclosed warranty card, you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Fitness 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:

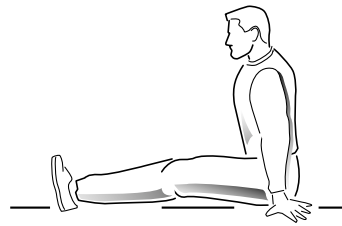
- Produce faster, more forceful muscle contractions.
- Increase your metabolic rate, so oxygen is delivered to the working muscles more quickly.
- Lead to efficient calorie burning by increasing your core body temperature.
- Prevent injuries by improving the elasticity of your muscles.
- Allow you to workout 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.

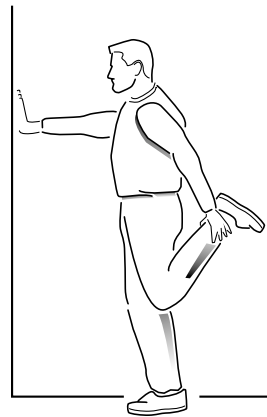
SEATED TOE TOUCH

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.



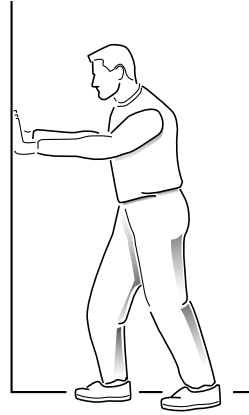
STANDING QUADRICEPS STRETCH

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 the number 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 toward 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 number 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

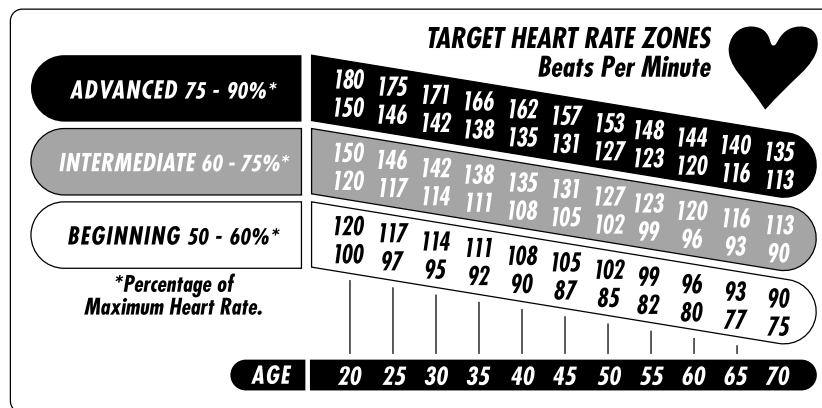
To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity. The three ways to monitor exercise intensity are Target Heart Rate, Perceived Exertion, and the Talk Test.

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 motivation 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 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 Goals: _____

Scheduled Workout Time: _____

Reward: _____

<i>Day</i>	<i>Date</i>	<i>Workload Level</i>	<i>Exercise Time</i>	<i>Distance</i>	<i>Comments</i>
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
Totals			<input style="width: 50px;" type="text"/>	<input style="width: 50px;" type="text"/>	

Week #

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

<i>Day</i>	<i>Date</i>	<i>Workload Level</i>	<i>Exercise Time</i>	<i>Distance</i>	<i>Comments</i>
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
Totals			<input style="width: 50px;" type="text"/>	<input style="width: 50px;" type="text"/>	

Week #

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals			<input type="text"/>	<input type="text"/>	

GENERAL

Week #

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals			<input type="text"/>	<input type="text"/>	

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

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

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

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

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

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

GENERAL

*it all
starts
with a
v i s i o n*



500 South CP Avenue • P.O. Box 280
Lake Mills, WI 53551
toll free 1.800.335.4348 • phone 1.920.648.4090
fax 1.920.648.3373
www.visionfitness.com

©2004 Vision Fitness. All Rights Reserved.
HRT is a Trademark of Vision Fitness.
1.04 Part #Z26RB59-OM4
OM18.20PRD
REV4