



# OWNER'S GUIDE



*Fitness Bikes AND  
Elliptical Trainers*

SIMPLE, DELUXE, AND PREMIER



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# 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. Only use attachments recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the product sidecovers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this product if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or immersed in water. Please contact your authorized VISION FITNESS retailer for service.
- 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 product.
- 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 product before moving it.

### CHILDREN

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

## **OTHER SAFETY TIPS FOR YOUR VISION FITNESS PRODUCT**

**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 product.
- Read this Owner's Guide before operating this product.

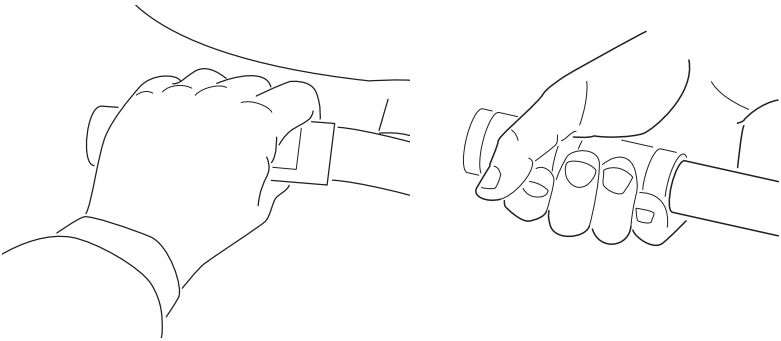
## **CLEANING**

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

## CONTACT HEART RATE

### HAND PULSE HEART RATE SENSORS

The Contact Hand Pulse Sensors are included on each product to monitor your heart rate. To use, grasp the sensors with a comfortable grip during your workout. The console will display your heart rate. Although your signal will be displayed immediately, it may take the system a few seconds to zero in on your actual heart rate.



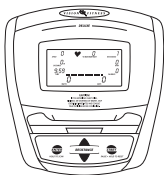
### WARNING

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

## AVAILABLE CONSOLE OPTIONS



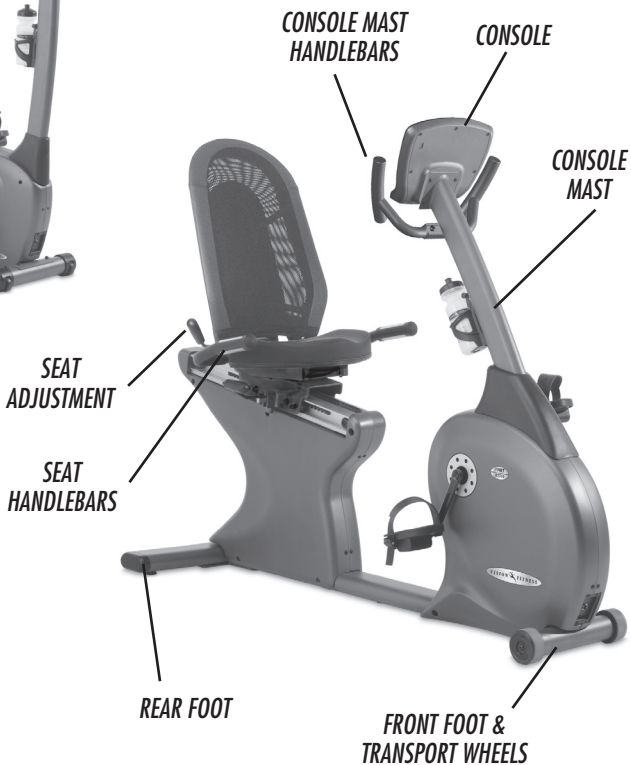
SIMPLE



DELUXE



PREMIER



**E1500**

**E3200**

**R1500**

**R2050**

**R2250**

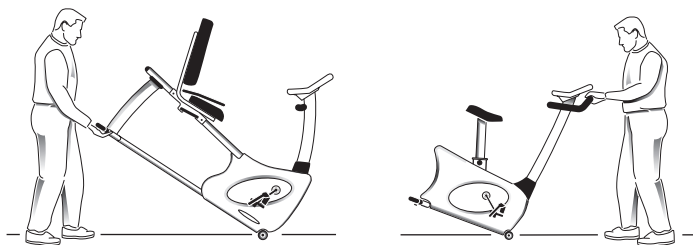
UPRIGHT & SEMI-RECUMBENT FITNESS BIKES

## ASSEMBLY

It is recommended, when possible, that an authorized VISION FITNESS retailer assemble your Bike. 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. If you have any questions regarding any component or function of your Bike, contact your retailer.

## MOVING

Your VISION FITNESS Bike has transport wheels included for ease of mobility. To move your semi-recumbent Bike, firmly grasp the rear of the seat rail or 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 150 pounds! Use care and additional help if necessary.

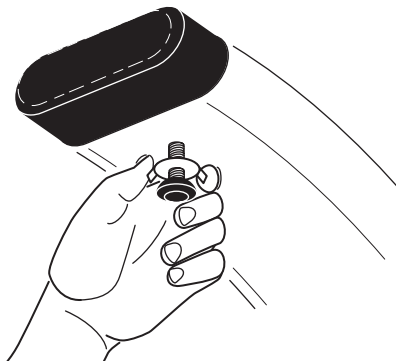
## PLACEMENT IN YOUR HOME

Please follow the safety instructions to place your Bike in the location where it will best be used. It is important that you place your Bike in a comfortable and inviting room. Avoid putting your Bike in an unfinished basement or undesirable setting. Exercise adherence will be achieved only if you exercise in an attractive setting.



## STABILIZING THE BIKE

After positioning your Bike in its intended location, check its stability by attempting to rock it side to side. Rocking or wobbling indicates that the Bike needs to be leveled. Determine which leveler is not resting completely on the floor. Loosen the wing nut at the base of the leveler to allow the leveler to rotate. Now rotate the leveler to the left or right until your Bike is stable. Lock the adjustment by tightening the wing nut against the rear foot support.



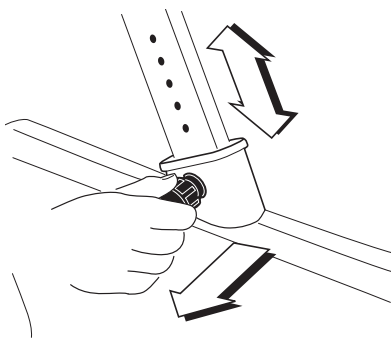
## SEAT POSITIONING

To determine proper seat position, sit on the seat and position the ball of your foot on the center of the pedal. Your knee should bend slightly at the furthest pedal position. You should be able to pedal without locking your knees or shifting your weight from side to side.



## UPRIGHT SEAT ADJUSTMENT

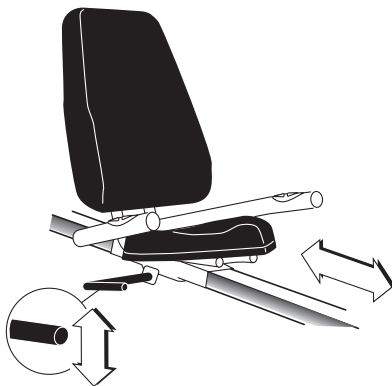
The Upright Bikes feature a locking seat adjustment pin to easily and safely adjust the seat height. To adjust, loosen the adjustment knob by turning it two half turns counter-clockwise. Pull out the knob to unlock the post, and adjust the post up or down to the desired setting. Release the knob to lock in place. Turn the knob clockwise until tightened. Please check to be sure seat post is locked in place before each use.



## R1500

### SEMI-RECLINABLE SEAT ADJUSTMENT

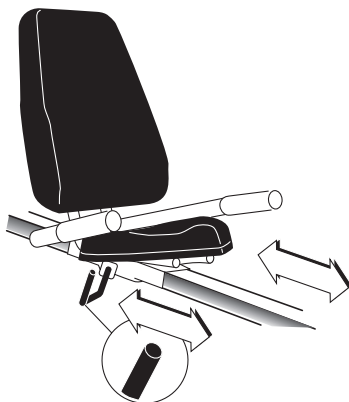
While seated on the Bike, lift the seat lever on the right side of the seat to make adjustments. Slide the seat forward or backward to desired location. Push the seat lever down to lock in place.



## R2050

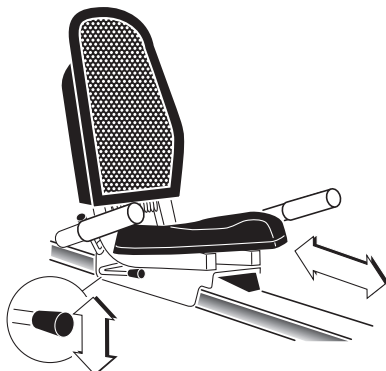
### SEMI-RECLINABLE SEAT ADJUSTMENT

While seated on the Bike, push the seat lever forward on the right side of the seat to make adjustments. Slide the seat forward or backward to desired location. Pull the seat lever back to lock in place.



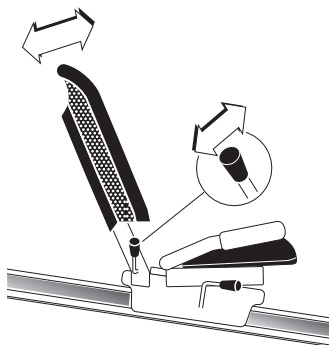
**R2250****SEMI-RECUMBENT SEAT ADJUSTMENT**

While seated on your Bike, lift the spring-loaded seat lever on the right side of the seat to make adjustments. Slide the seat forward or backward to desired location. Release the spring-loaded seat lever and gently attempt to rock forward and backward to assure it is locked in place.

**R2250****TILTING MESH SEAT BACK**

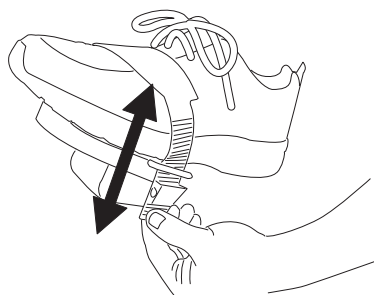
The R2250 comes equipped with a tilting mesh seat back. Tilt adjustments are made with a rotating lever on the user's right side, located slightly behind the handlebar.

To adjust the tilt angle of the seat, rotate the lever down (counter-clock wise) and lean back on the mesh seat until the desired position is achieved. When the position is set, rotate the lever upward (clock wise) until it is snug. The seat comes equipped with a spring return system to return the seat back to its original position when the friction lever is released and the user is not leaning against the backrest.



## PEDAL STRAP ADJUSTMENT

The straps are designed to fit your individual foot size and should be adjusted tight enough to keep your feet from slipping. The pedals include spring-loaded clips for easy adjustment. To tighten the strap, pull down the open end of the strap. To loosen the strap, push down on the top of the clip and pull the strap up. Release the clip to lock in place.



## POWER SUPPLY

Your Bike uses a wall mount external power supply. Use only the power supply provided with your Bike. If you misplace this power supply, please contact your authorized VISION FITNESS retailer for an original replacement. Use of the wrong power supply may cause damage to your Bike.

## SERVICE AND TROUBLESHOOTING

### PREVENTATIVE MAINTENANCE TIPS

- Locate Bike in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Make sure pedals are kept tight to crank arms.
- Keep the display console free from fingerprints and salt build-up caused by sweat.
- Use a cotton cloth with water and a mild cleaning product to clean the bike. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia or acid-based cleaners.
- Clean the housing thoroughly on a regular basis.

### PREVENTATIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

<b>ITEM</b>	<b>WEEKLY</b>	<b>MONTHLY</b>	<b>BI-ANNUALLY</b>	<b>ANNUALLY</b>
DISPLAY CONSOLE	CLEAN	INSPECT		
CONSOLE MOUNTING BOLTS			INSPECT	
FRAME	CLEAN			INSPECT
SEAT FRAME	CLEAN	INSPECT		
HANDLEBARS	CLEAN	INSPECT		
PLASTIC COVERS	CLEAN	INSPECT		
PEDALS AND STRAPS	CLEAN	INSPECT		
POWER CORD				INSPECT

## TROUBLESHOOTING

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

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

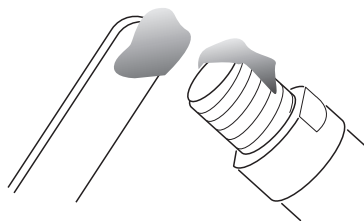
**SOLUTION:** Check to make sure the power switch located on the backside of the console is turned on.

**SOLUTION:** Make sure the power adapter is plugged into the base of the Bike.

**SOLUTION:** Make sure the wire harness is plugged into the back of the console.

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

**SOLUTION:** Using the pedal wrench supplied with your Bike, remove both the left and right pedals, apply grease to the threaded portion and reassemble the pedals onto the Bike. Make sure the pedals are tight.



**SOLUTION:** Make sure the pedal straps or your shoe laces are not hitting the side cover.

**SOLUTION:** Assure seat adjustment is tight (See page 8)

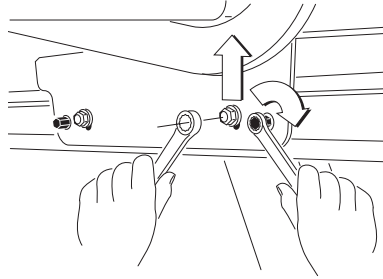
**PROBLEM:** The Bike makes a squeaking or creaking noise.

**SOLUTION:** Check and tighten all hardware.

**R2250 ONLY**

**PROBLEM:** The seat on your semi-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 fail to remedy the problem, discontinue use, turn the power off and contact your retailer.

## AVAILABLE CONSOLE OPTIONS



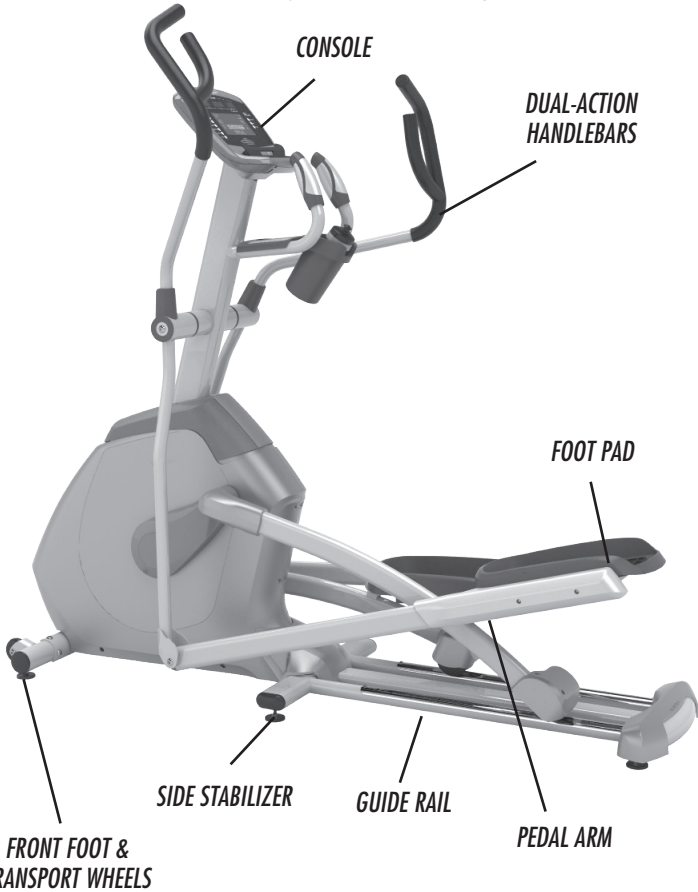
SIMPLE



DELUXE



PREMIER





## ASSEMBLY

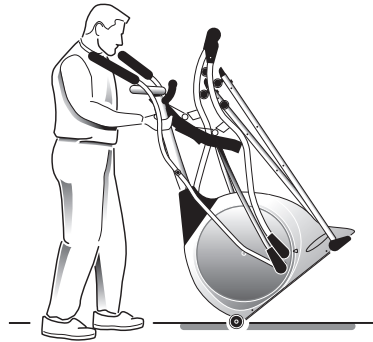
It is recommended, when possible, that an authorized VISION FITNESS retailer assemble your Elliptical Trainer. If you have elected to assemble this product yourself, for your safety, please read and follow each of the steps in the enclosed assembly instructions. If you have any questions regarding any component or function of your Elliptical Trainer, contact your retailer.

## MOVING (X20, X30)

Your VISION FITNESS Elliptical Trainer has transport wheels included for ease of mobility. To move, firmly grasp the guide rails at rear of the machine. Slowly lift the machine and roll on the front transport wheels.

## MOVING (X6200)

Your VISION FITNESS Elliptical Trainer has transport wheels included for ease of mobility. To move, fold up your Elliptical Trainer, firmly grasp the console mast handlebars, tilt the machine toward you, and roll on the front transport wheels. When tilting, you may need to use your foot supported against the front support tube to prevent the machine from rolling forward.



**CAUTION:** Our Elliptical Trainers are well built and heavy, weighing up to 200 pounds. Use care and additional help if necessary.

## PLACEMENT IN YOUR HOME

Please follow the safety instructions to place the Elliptical Trainer in the location where it will best be used. It is important that you place your Elliptical Trainer in a comfortable and inviting room. Avoid putting your Elliptical Trainer in an unfinished basement or undesirable setting. Exercise adherence will be achieved only if you exercise in an attractive setting.

## STABILIZING THE ELLIPTICAL TRAINER

After positioning the Elliptical Trainer in its intended location, check its stability by attempting to rock it side to side. Excessive rocking or wobbling indicates that your Elliptical Trainer needs to be leveled. Your Elliptical Trainer has levelers located under the guide rails and under the side stabilizers. Determine which leveler is not resting completely on the floor. Loosen the wing nut to the base of the leveler to allow the leveler to rotate. Now rotate the leveler to the left or right until the Elliptical Trainer is stable. Lock the adjustment by tightening the wing nut against the stabilizer or guide rail.



## POWER SUPPLY

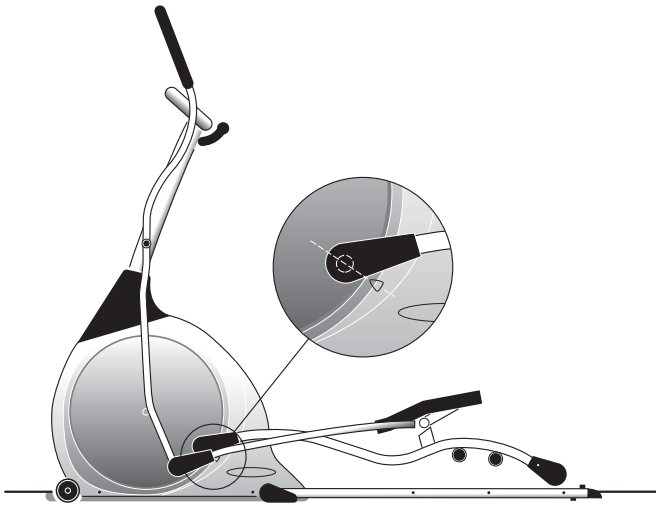
Your Elliptical Trainer uses a wall mount external power supply. Use only the power supply provided with your Elliptical Trainer. If you misplace this power supply, please contact your authorized VISION FITNESS retailer for an original replacement. Use of the wrong power supply may cause damage to your Elliptical Trainer.

## X6200 ONLY

### FOLDING YOUR ELLIPTICAL TRAINER

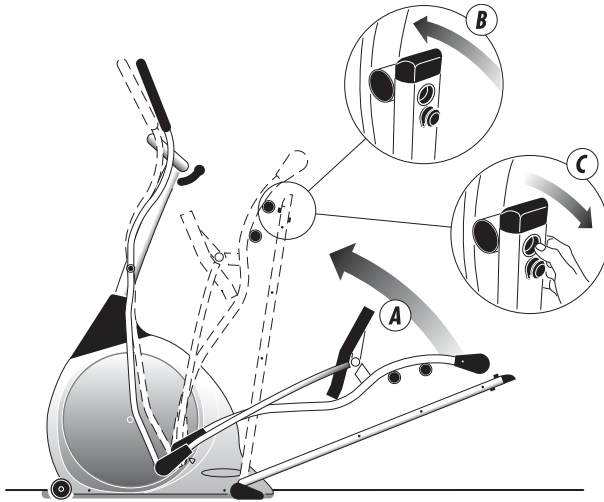
It is important to always follow steps in the correct order when folding your Elliptical Trainer.

**STEP 1:** On the left side of the machine, locate the arrow on the side cover that points to the four o'clock position of the disk. Rotate the disk so that the arrow is pointing to the disk axle (the point where the disk and pedal arm connect.)



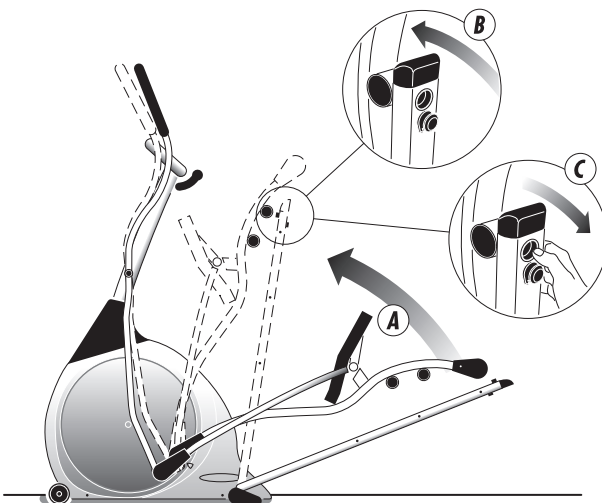
**STEP 2:** Move to the right side of the machine. Simultaneously lift both the pedal arm and the guide rail upon which the pedal arm rests to the vertical position (image A). The locking device, which is mounted to the guide rail, should now be aligned with the cylinder on the backside of the pedal arm. Firmly push the guide rail so it locks in place (image B) with the pedal arm. Check to be sure it is secure before proceeding.

If secure, move to the left side and lift the pedal arm and guide rail into place and lock them into position.



**STEP 3:** To unfold your Elliptical Trainer, push the recessed lock key, found on the underside of the guide rail (image C), to release the lock. Pull the guide rail away from the pedal arm, and lower both to the floor.

Repeat this step on the opposite side to completely unfold your Elliptical Trainer.



## SERVICE AND TROUBLESHOOTING

### PREVENTATIVE MAINTENANCE TIPS

- Locate Elliptical Trainer in a cool, dry place.
- Make sure all bolts and fasteners are kept tight.
- Keep the display console free from fingerprints and salt build-up caused by sweat.
- Use a cotton cloth with water and a mild cleaning product to clean the Elliptical Trainer. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia or acid-based cleaners.
- Clean the housing thoroughly on a regular basis.

### PREVENTATIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

<b><i>ITEM</i></b>	<b>WEEKLY</b>	<b>MONTHLY</b>	<b>BI-ANNUALLY</b>	<b>ANNUALLY</b>
DISPLAY CONSOLE	CLEAN	INSPECT		
ALL BOLTS AND HARDWARE			INSPECT	
FRAME	CLEAN			INSPECT
HANDLEBARS	CLEAN	INSPECT		
GUIDE RAILS	CLEAN			
ROLLER WHEELS			INSPECT	
PLASTIC COVERS	CLEAN			
FOOTPLATES	CLEAN			
POWER CORD				INSPECT

## TROUBLESHOOTING

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

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

**SOLUTION:** Check to make sure the power switch located on the backside of the console is turned on.

**SOLUTION:** Make sure the power adapter is plugged into the base of the Elliptical Trainer.

**SOLUTION:** Make sure the wire harness is plugged into the back of the console.

**PROBLEM:** You feel a thump or hitch in the stride motion.

**SOLUTION:** Check assembly and tightness of all hardware.

**SOLUTION:** Wipe off the roller wheels and tracks. They could have taken on debris that is causing the thump.

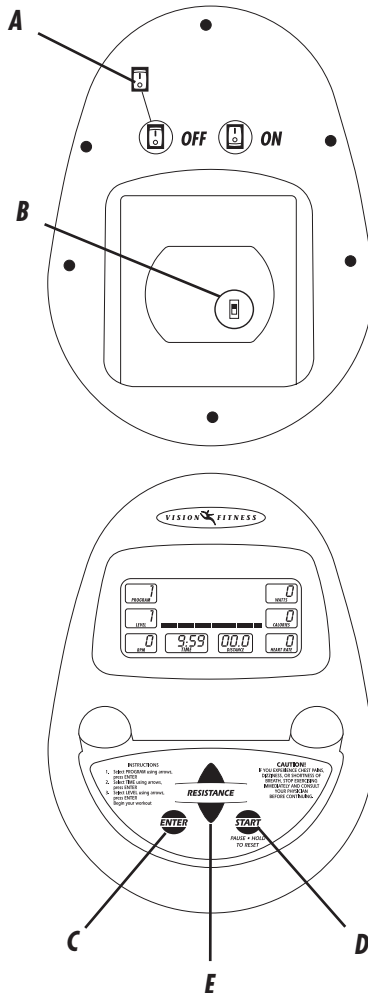
**SOLUTION:** Check the bolts and the bracket under the footplate. At times, these can be over-tightened which cause friction to the pivoting footplate and may lead to a thump or hitch.

**NOTE:** If the above steps fail to remedy the problem, discontinue use, turn the power off and contact your retailer.

## SIMPLE CONSOLE

### DISPLAY CONSOLE OVERVIEW

The computerized display allows you to select a workout that helps you achieve your fitness goals. It also allows you to monitor the progress and feedback of each workout, so you can track improvements in fitness over time.





## CONSOLE HARDWARE DESCRIPTIONS

### A. POWER SWITCH

Turn off power to your console if it will not be used for an extended period of time.

### B. MILES/KILOMETER SWITCH

Changes your exercise feedback to the English or Metric system.

### C. ENTER KEY

Use this key in setup mode to select your program, exercise time, and resistance level.

### D. START/PAUSE/HOLD TO RESET KEY

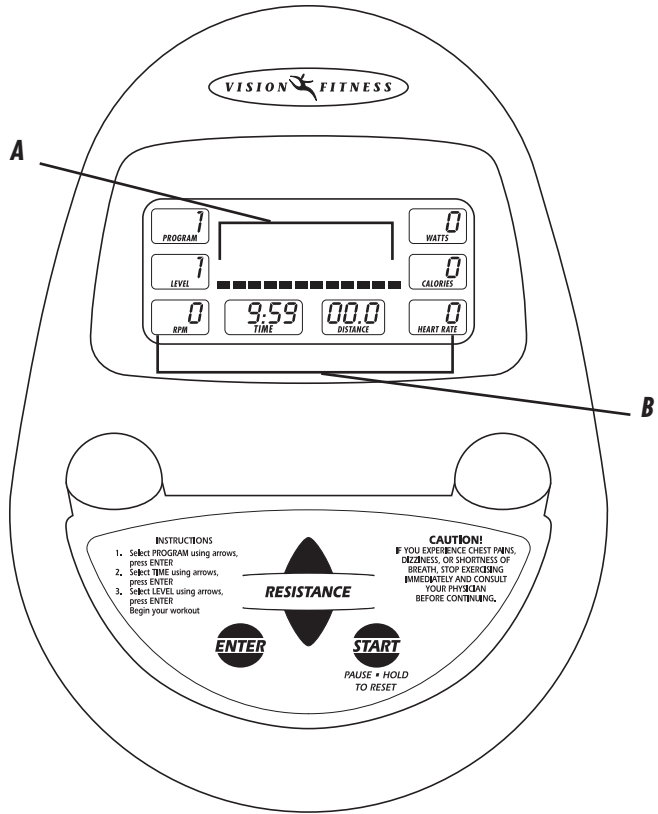
Press the START key to begin exercising in manual mode at the set default time. When exercising, press the START key to pause your workout. To reset press and hold the START key for three seconds.

### E. UP ▲ OR DOWN ▼ ARROWS

Use these keys to change program number, exercise time, and resistance level in setup. During the workout use these keys to increase or decrease resistance.

# SIMPLE CONSOLE

SIMPLE



## SIMPLE CONSOLE DISPLAY DESCRIPTIONS

### A. PROFILE DISPLAY

This window provides an 8x12 block profile of your program profile. Each horizontal row of blocks represents your segment time, which is total workout time divided by twelve. Each vertical column of blocks represents the resistance level, which is one block for every two levels.

### B. FEEDBACK DISPLAY

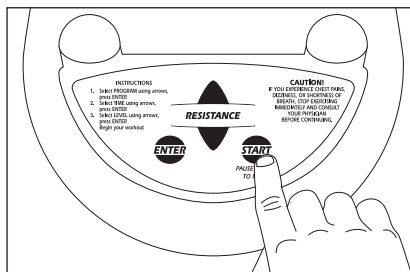
During your workout these windows display exercise feedback about your workout including:

- **PROGRAM:** A number that represents one of seven program profiles that the console may be set to
- **LEVEL:** the current resistance level of your workout
- **RPM:** Revolutions Per Minute (RPM)
- **TIME:** the time elapsed or time remaining in your workout
- **DISTANCE:** the total distance traveled in miles or kilometers since the start of the workout
- **HEART RATE:** displays your heart rate in beats per minute when using the hand pulse grips
- **CALORIES:** an estimate of calories burned since the start of the workout
- **WATTS:** a measurement of workload. It is determined by resistance level and stride rate

## USING THE SIMPLE CONSOLE

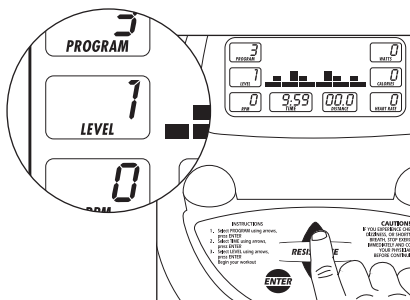
### QUICK START

The quickest and easiest way to begin exercising is to simply press START. You will begin exercising in manual mode for a default resistance level. You can change the resistance manually with the arrow keys.



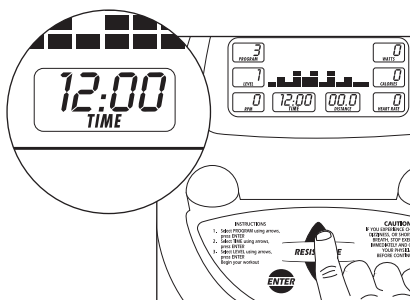
### CHOOSING A PROGRAM

The default program number will be flashing in the PROGRAM window. Press the UP ▲ or DOWN ▼ keys to scroll through the seven program profile options. Press the ENTER key to select a program.



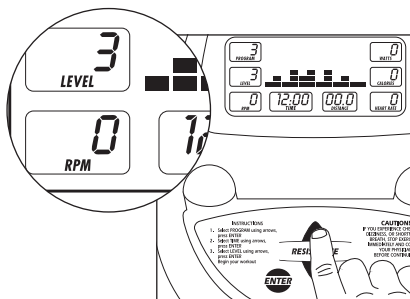
### CHOOSING EXERCISE TIME

The default exercise time will be flashing in the TIME window. Use the UP ▲ or DOWN ▼ keys to set your desired workout time. Press ENTER to select.



### CHOOSING RESISTANCE LEVEL

The default resistance level will be flashing in the LEVEL window. Use the UP ▲ or DOWN ▼ keys to set your desired workout resistance level. Press ENTER to select.



# SIMPLE PROGRAMS



PROGRAM 1 (MANUAL)



PROGRAM 5 (ROLLING HILLS)



PROGRAM 2 (INTERVAL)



PROGRAM 6 (MUSCLE TONER)



PROGRAM 3 (INCLINE)



PROGRAM 7 (MOUNTAIN)



PROGRAM 4 (FAT BURN)

SIMPLE

## ENGINEERING MODE

Engineering mode consists of six optional settings. Use the engineering mode to access information and enable certain features or displays on your console.

### ENTERING AND USING ENGINEERING MODE

- Press and hold the UP ▲ and DOWN ▼ keys for approximately three seconds.
- The console will beep and display engineering modes and optional settings. Use the UP ▲ or DOWN ▼ keys to scroll through the options. Press the ENTER key to select the appropriate mode or setting.

### OPTIONAL SETTINGS

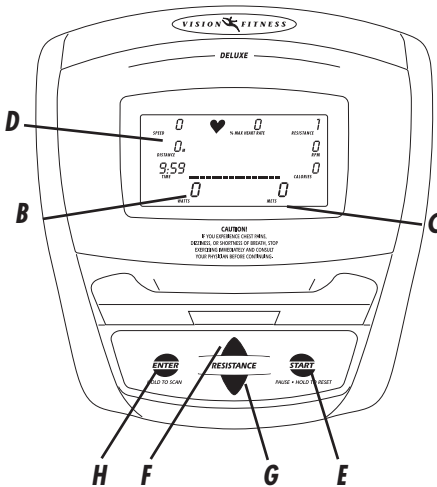
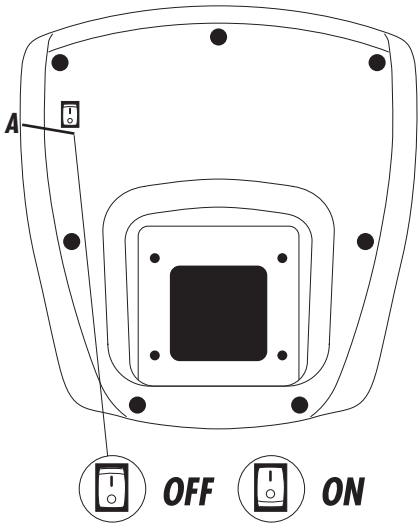
<b>SETTING</b>	<b>DESCRIPTION</b>
ENG1 – LCD TEST	TEST USED BY SERVICE TECHNICIANS TO TEST LCD DISPLAYS
ENG2 – HARDWARE TEST	TEST USED BY SERVICE TECHNICIANS TO TEST EDDIE CURRENT BRAKE SYSTEM
ENG2 – ACCUMULATED TIME/ ACCUMULATED DISTANCE	MEASURES TOTAL TIME USED IN HOURS AND MEASURES TOTAL DISTANCE USED IN MILES
ENG3 – MACHINE AND UNITS MODE	USED BY SERVICE TECHNICIANS TO CHECK IF THE CONSOLE IS SET TO BIKE MODE OR ELLIPTICAL MODE, SHOWS YOU IF THE EXERCISE FEEDBACK IS SET TO THE ENGLISH (MILES) OR METRIC (KILOMETERS) SYSTEM AND DISPLAYS THE SOFTWARE VERSION
ENG4 – DEFAULT TIME SET	ALLOWS YOU TO SET THE TIME THAT THE COMPUTER WILL DEFAULT TO FOR ALL PROGRAMS
ENG5 – DEFAULT LEVEL SET	ALLOWS YOU TO SET THE LEVEL THAT THE COMPUTER WILL DEFAULT TO FOR ALL PROGRAMS
ENG6 – PRODUCT SELECTION AND MODEL CONFIGURATION	ALLOWS YOU TO CONFIGURE YOUR CONSOLE TO THE PROPER PRODUCT (BIKE OR ELLIPTICAL) AND MODEL NUMBER IF IT WAS NOT DONE CORRECTLY IN THE INITIAL SET UP

- Use the UP ▲ and DOWN ▼ keys within each setting to change the setting.
- Press the ENTER key until you hear 3 beeps to save settings.
- To EXIT engineering mode, press and hold the START key for three seconds.

# DELUXE CONSOLE

## DISPLAY CONSOLE OVERVIEW (DESCRIPTIONS ON NEXT PAGE)

The computerized display allows the user to select a workout that meets their desired fitness goals. It also allows the user to monitor the progress and feedback of each workout, so they can track improvements in overall fitness over time.



DELUXE

## DELUXE CONSOLE DISPLAY DESCRIPTIONS

### A. POWER SWITCH

Turn off power to your console if it will not be used for an extended period of time.

### B. PROFILE DISPLAY

This window provides a 10x16 block profile of the workout segments you are about to complete or have completed and the level of resistance for each segment. Each column represents 1/16 of your total workout time. Each row represents two resistance levels.

### C. MESSAGE BAR

The LCD display has an alpha-numeric scrolling text bar which provides step-by-step instructions in the setup mode, and instructions, feedback or motivational messages during your workout and at the end of your workout.

### D. FEEDBACK DISPLAY

During your workout, these display exercise feedback about your workout, including:

**TIME:** the time elapsed or the time remaining in your workout.

**SPEED:** the speed you are exercising at in miles or kilometers per hour.

**DISTANCE:** the total distance traveled in miles or kilometers since the start of your workout.

**RPM:** this window provides feedback on the stride rate, pedal rate in Revolutions Per Minute (RPM); one revolution is two full strides.

**WATTS:** measurement of workload; one watt is equal to six kilogram-meters per minute.

**CALORIES:** an estimate of calories burned since the start of the workout

**RESISTANCE:** the current resistance level of your workout.

**HEART RATE:** displays your heart rate in beats per minute when using the hand pulse grips.

**% OF MAX HEART RATE:** displays the percent of your predicted maximum heart rate.

**METS:** a measurement of oxygen consumption; one MET equals the approximate amount of oxygen consumed per minute by a person at rest.



**E. START/PAUSE/HOLD TO RESET KEY**

Press the START key to begin exercising at the set default time. Press START when instructed to by the scrolling LCD message center to begin a program. When exercising, press the START key to pause your workout. To reset press and hold the START key for three seconds.

**F. UP ▲ KEY**

Use this key in setup mode to select programs and change display values. During your workout, use this key to increase resistance.

**G. DOWN ▼ KEY**

Use this key in setup mode to select programs and change display values. During your workout, use this key to decrease resistance.

**H. ENTER KEY**

Use this key in setup mode to select your personal settings prior to your workout. During your workout, use this key to toggle between Heart Rate and % Max. Heart Rate feedback.

## THE DELUXE CONSOLE PROGRAMS

### WORKOUT OVERVIEW

#### QUICK START

Simply press START and you will skip the setup of specific workouts and begin exercising at a constant level (manual) workout. The resistance levels do not change automatically, but you can adjust the resistance with the arrows as you choose.

**NOTE:** Because you did not go through setup mode, the computer will use default values to calculate your feedback information.

**MANUAL** is a workout in which the resistance level does not change unless you change it.



**SPRINT 8™** is an anaerobically-based interval program. It is effective in recruiting fast twitch muscle fibers and improving athletic performance.



**INTERVAL** is an efficient workout that strengthens your cardiovascular system by alternating work intervals with recovery intervals. Be sure to challenge yourself with intense work intervals.



**FAT BURN** is a program intended to target your stored body fat. This program is generally used at a slightly lower intensity, but runs for longer durations than other programs (30 to 60 minutes is recommended).



**MOUNTAIN** features gradual increases in resistance to simulate riding through a mountain range. This is a great program for building strength and endurance.



**RANDOM** is a program for users who enjoy variety in their daily workout routine. When this program is selected the computer will randomly select a resistance level for each segment of the workout based on the resistance level that the user chooses in set-up mode.



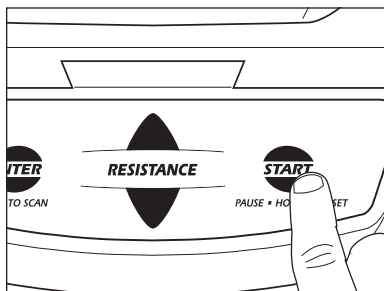
**WATTS** is a program that lets the user exercise at a set work level. As you increase your RPM, your resistance will decrease; if you decrease your RPM, your resistance will increase.



## USING THE PROGRAMS

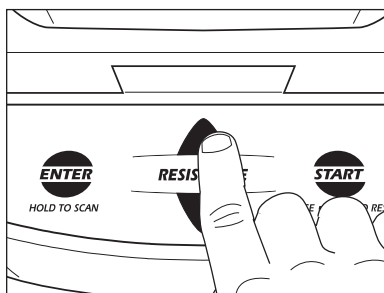
### SELECTING QUICK START

The easiest way to begin exercising is to simply press the **START** key. You will begin exercising at a **MANUAL** resistance program in which you can change the resistance levels to meet your goals. Current default settings will be used to determine exercise feedback.



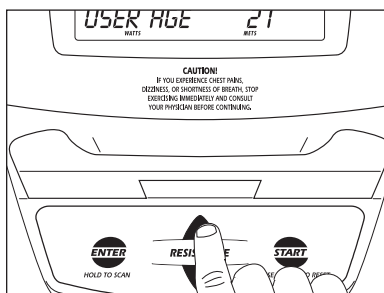
### CHOOSING A PROGRAM

Press the **UP ▲** or **DOWN ▼** keys to scroll through the program selections (Manual, SPRINT 8, Intervals, Fat Burn, Mountain, Random, Watts). When you arrive at your chosen workout, press the **ENTER** key.



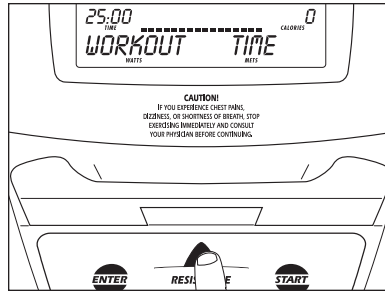
### ENTERING AGE

When prompted by the message center to enter your age, use the **UP ▲** arrow or **DOWN ▼** arrow to adjust displayed age to the correct value. This information will affect your "% Max. Heart Rate" feedback.



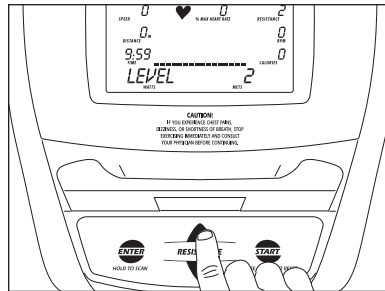
## ENTERING TIME

When prompted by the message center to enter a time, use the UP ▲ arrow and DOWN ▼ arrow to adjust the displayed exercise time to a desired value.



## ENTERING RESISTANCE LEVEL

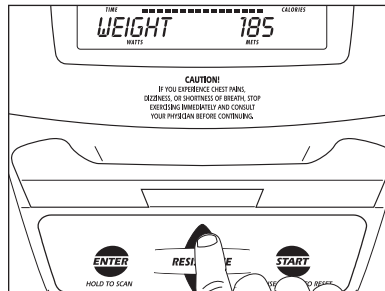
When prompted by the message center to enter resistance level, use the UP ▲ arrow and DOWN ▼ arrow to adjust the displayed resistance level. There are 20 levels of resistance to choose from in each program. The resistance level varies by program.



The WATTS program will ask you to set the desired WATT level instead of resistance levels. The WATT level will range from 40 to 250 in increments of five.

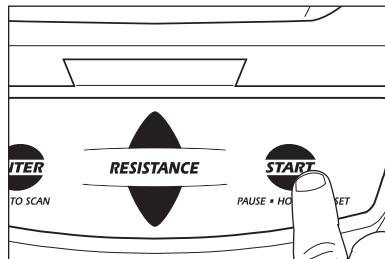
## ENTERING WEIGHT

When prompted by the message center to enter weight, use the UP ▲ arrow and DOWN ▼ arrow to adjust the displayed weight to equal your current body weight. This information is necessary to give accurate exercise feedback for calorie and MET calculations.



## STARTING

Press START to begin your workout.



## USING THE SPRINT 8 PROGRAM

The SPRINT 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an effective way to burn fat and build lean muscle mass according to Phil Campbell, author of *Ready, Set, Go! Synergy Fitness*. Please go to Mr. Campbell's website [www.readysetgofitness.com](http://www.readysetgofitness.com) for more details about this radical new approach to fitness.

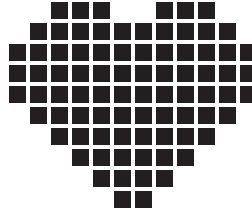
The SPRINT 8 program features intense sprint intervals followed by recovery intervals. The program includes the following phases:

1. **WARM-UP** should gradually increase your heart rate and increase respiration and blood flow to working muscles. The warm-up is controlled by the user to meet your specific needs.
2. **INTERVAL TRAINING** starts immediately after the warm-up with a 30-second sprint interval. Seven recovery intervals of one minute and 30 seconds will alternate with the eight 30-second sprint intervals. The message display will prompt you to increase your RPMs during the sprint interval and decrease RPMs during the recovery interval. A difference of 30 to 50 RPM between sprint interval and recovery interval is recommended for bikes. A difference of 20 to 30 RPMs between sprint interval and recovery interval is recommended for elliptical trainers.
3. **COOL-DOWN** helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

Due to the fact that this is a specialized training program, total workout time is not displayed during the program. The interval time is displayed in the time window instead. It takes only 20 minutes to complete the SPRINT 8 workout.

## TARGET HRT PROGRAM

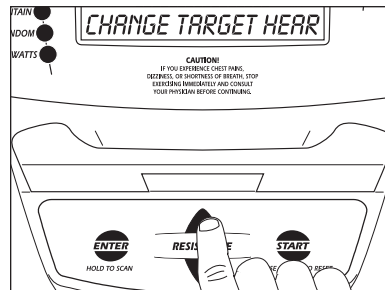
The TARGET HRT program is designed to maintain your heart rate at 70% of your predicted maximum heart rate. It is intended to improve efficiency and endurance of your cardiovascular system by working your heart, lungs and circulatory systems. This is a great workout for anyone, but beginners may want to start lower and build their way up to 70% of their predicted maximum heart rate.



During the workout, the user will grasp the hand pulse sensors or wear the telemetric chest strap to send their heart rate signal to a receiver in the console. The console will continuously monitor the heart rate, adjusting the resistance level to keep your heart rate within several beats of your Target Heart Rate. By using the SCAN key, the heart rate feedback window conveniently displays your Heart Rate and % of Max. Heart Rate to keep you informed about your current heart rate. Each program will begin with a two-minute warm-up. When the workout time has been completed, the console will begin a five-minute cool-down. The user will be responsible for adjusting resistance to meet their needs during the warm-up and cool-down.

## ADJUSTING TARGET HEART RATE

While exercising in one of the HRT® programs, you may decide the Target Heart Rate needs to be adjusted. To adjust your Target Heart Rate, use the UP ▲ arrow or DOWN ▼ arrow. Press ENTER to select.



## USING HEART RATE TRAINING

### WHAT IS HEART RATE TRAINING?

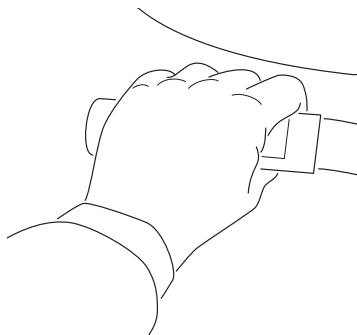
Heart Rate Training means exercising at an intensity that keeps you in your ideal heart rate zone. Your personal heart rate training zone depends on your fitness goal, such as weight loss, cardiovascular endurance, or strength building. VISION FITNESS HRT® programs are set up to keep you at an ideal heart rate based on your fitness goal. These programs automatically adjust resistance based on your heart rate readings.

This console offers all the benefits of Heart Rate Training.

- *This program uses the predicted maximum heart rate formula (220 minus age) to determine your predicted maximum heart rate. Some individuals have higher or lower maximum heart rates than determined by this formula. This program allows you to modify your Target Heart Rate to achieve your personal goals.*

### HAND PULSE HEART RATE SENSORS

The Contact Hand Pulse Sensors are included on each product to monitor your heart rate. To use, grasp the sensors with a comfortable grip during your workout. The console will display your heart rate. Although your signal will be displayed immediately, it may take the system a few seconds to zero in on your actual heart rate.

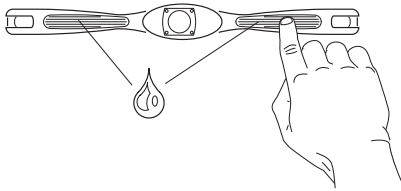


**NOTE:** The Contact Hand Pulse Sensors will work for the HRT® programs, but it is recommended to use the telemetric chest strap for an uninterrupted signal and ease of use.



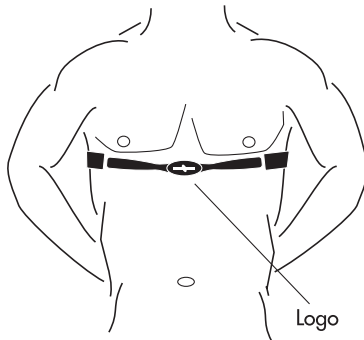
## TELEMETRIC HEART RATE CHEST STRAP

The wireless Telemetric Chest Strap uses a pair of electrodes on the underside of the strap to send your heart rate signal to the console. Prior to wearing the chest strap, moisten the two rubber electrode pads with several drops of water. These electrodes must remain wet to provide an accurate signal. We advise using the chest strap against your skin, but it also functions through a thin layer of wet clothing.



## STRAP PLACEMENT

Center the transmitter strap just below the breast or pectoral muscles, directly over your sternum with the logo facing out. Adjust the elastic strap so it is snug but comfortable enough for proper breathing.



## 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 the electrode pads.

**SOLUTION:** Transmitter is not properly positioned; reposition the chest strap.

**SOLUTION:** Verify that the distance between the 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 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.

### WARNING

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

## ENGINEERING MODE

Engineering mode consists of 13 optional settings. Use the engineering mode to enable certain features or displays on your console.

### ENTERING AND USING ENGINEERING MODE

- Press and hold the UP ▲ and DOWN ▼ keys for approximately three seconds.
- The console will beep and display engineering modes and optional settings. Use the UP ▲ or DOWN ▼ keys to scroll through the options. Press the ENTER key to select the appropriate mode or setting.

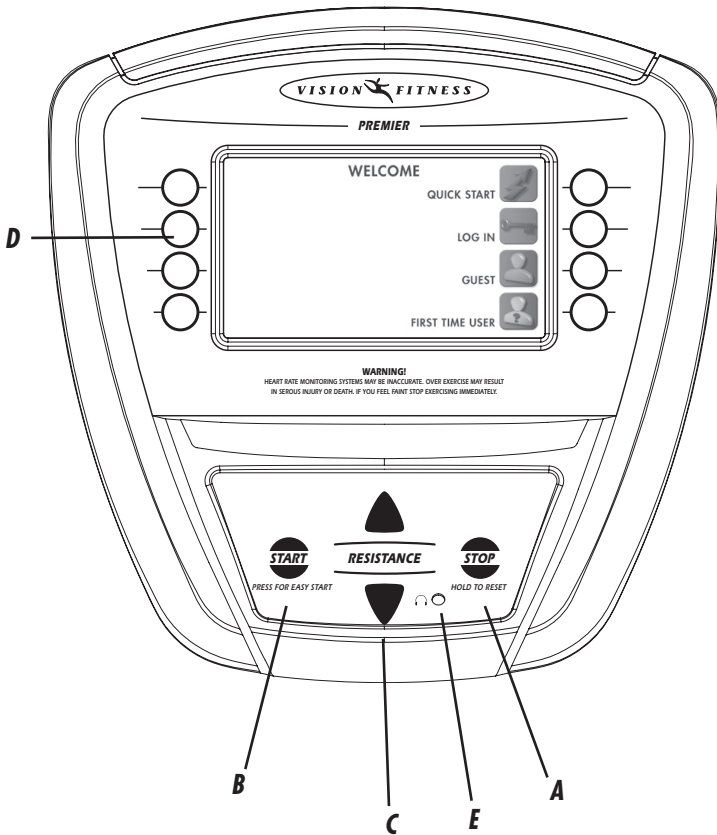
### OPTIONAL SETTINGS

<b>SETTING</b>	<b>DESCRIPTION</b>
P1 – SET MAX TIME	ALLOWS YOU TO SET THE MAXIMUM TIME A PROGRAM CAN RUN FOR.
P2 – SET USER TIME	ALLOWS YOU TO SET THE TIME THAT THE COMPUTER WILL DEFAULT TO FOR ALL PROGRAMS.
P3 – SET USER AGE	ALLOWS YOU TO SET THE AGE THAT THE COMPUTER WILL DEFAULT TO DURING SETUP.
P4 – SET WEIGHT	ALLOWS YOU TO SET THE WEIGHT THAT THE COMPUTER WILL DEFAULT TO DURING SETUP.
P5 – DEFAULT RESISTANCE LEVEL	ALLOWS YOU TO SET THE RESISTANCE LEVEL THAT THE COMPUTER WILL DEFAULT TO FOR ALL PROGRAMS.
P6 – DEFAULT LANGUAGE	ALLOWS YOU TO CHOOSE, FROM THE AVAILABLE LANGUAGES, WHAT LANGUAGE TEXT WILL BE DISPLAYED IN.
P7 – UNIT	ALLOWS YOU TO SET EXERCISE FEEDBACK TO ENGLISH (MILES) OR METRIC (KILOMETERS) SYSTEM.
P8 – MACHINE TYPE	ALLOWS YOU TO SET YOUR CONSOLE TO BIKE MODE OR ELLIPTICAL MODE.
P9 – ACCUMULATED DATA	ALLOWS YOU TO VIEW THE TOTAL TIME IN HOURS AND TOTAL DISTANCE IN MILES OR KILOMETERS ACCUMULATED ON YOUR PRODUCT.
P10 – DISPLAY TEST	TEST USED BY SERVICE TECHNICIANS TO TEST LCD DISPLAYS.
P11 – HARDWARE TEST	TEST USED BY SERVICE TECHNICIANS TO TEST EDDIE CURRENT BRAKE SYSTEM.
P12 – BEEPER MODE	ALLOWS YOU TO TURN THE BEEPER ON OR OFF.
P13 – VERSION	ALLOWS SERVICE TECHNICIANS TO VIEW SOFTWARE VERSION USED BY CONSOLE.

- Use the UP ▲ and DOWN ▼ keys within each setting to change the setting.
- Press the ENTER key until you hear 3 beeps to save settings.
- To EXIT engineering mode, press and hold the START key for three seconds.

## PREMIER CONSOLE OVERVIEW

- A. Stop Key
- B. Start Key
- C. Resistance Arrows
- D. Screen Keys
- E. Audio Out Jack (headphones)



## WELCOME SCREEN

The welcome screen will take you through the log in process as a first time user or return user. The QUICK START function is also accessible from this screen.

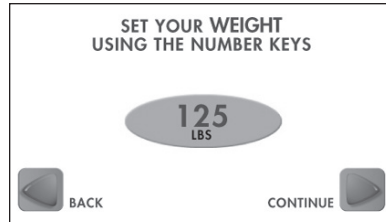
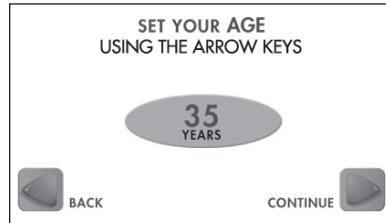


## LOG IN AS A GUEST

To log in as a GUEST select GUEST and enter your age and weight.

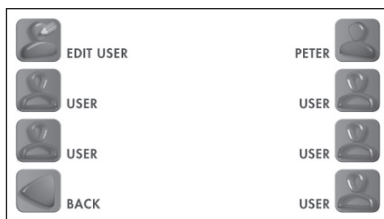
## SET USER AGE OR WEIGHT

To set user age use the arrow keys and select CONTINUE when finished.



## LOG IN OPERATION

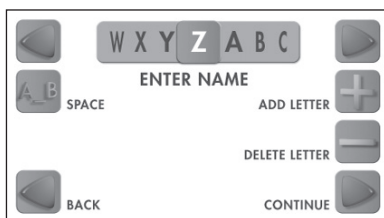
Once you have selected LOG IN on the Welcome Screen press any key next to a User Profile Icon that is not filled in. From there enter a user name, set age and weight and you are set to go. To edit a User Profile select EDIT USER.



## ADDING USERS:

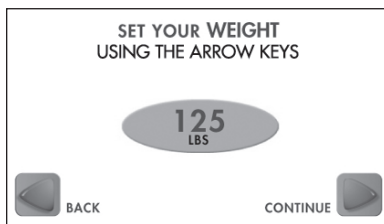
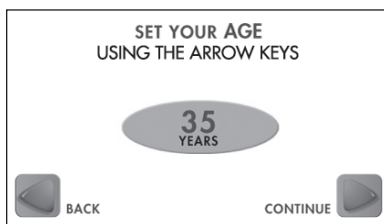
### ENTER NAME

To enter a user name select the blue scrolling arrows to highlight a letter. To choose that letter select ADD LETTER. Select DELETE LETTER to delete. When finished select CONTINUE to progress to the next screen. To go back to the previous screen select BACK.



### SET USER AGE OR WEIGHT

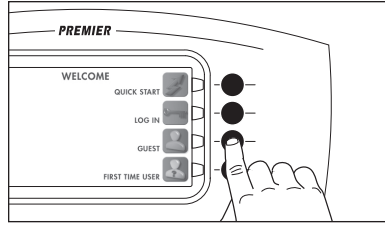
To set user age use the arrow keys and select CONTINUE when finished.



# BASIC NAVIGATION

## ATM STYLE KEYS

The Premier console is set up like a ATM machine with function keys next to icons on the screen for modifying screen data. To select a function or modify screen data simply press the key next to the icon you wish to choose.



## RUN SCENES

There are 4 scenes available as backgrounds during any of the console programs. To scroll through the available screens select the 'Camera' icons to scroll forward or back.



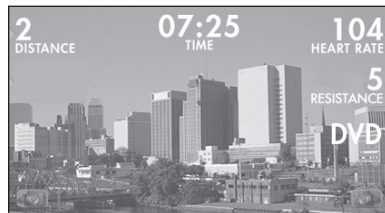
**BEACH**



**FOREST**



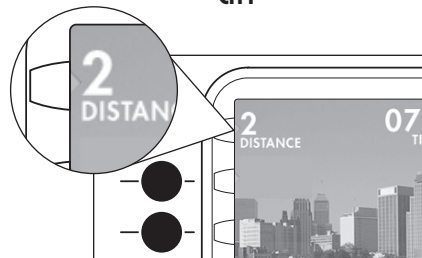
**MOUNTAIN**



**CITY**

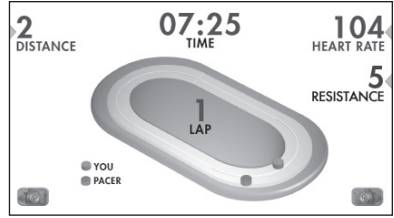
## YELLOW ARROWS

The yellow arrows next the screen keys indicate that key may be used to change a screen item or enter a function.



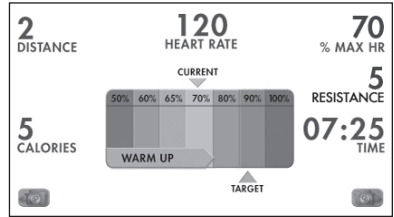
## TRACK

Follow the colored dot around the quarter mile track and watch the laps count up during your workout.



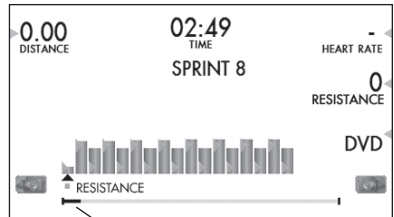
## HEART RATE SCREEN

Only available for HRT programs. The colored graph shows target and current heart rate as well as the percent of your maximum heart rate.



## PROFILE

View your workout as a bar graph where the purple bars indicate speed and the yellow flags elevation. At the bottom of the profile screen is the segment progress bar indicating time left for the current segment.



**SEGMENT PROGRESS BAR**



## TRAINING CALENDAR

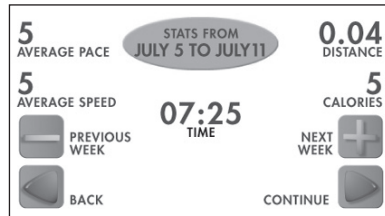
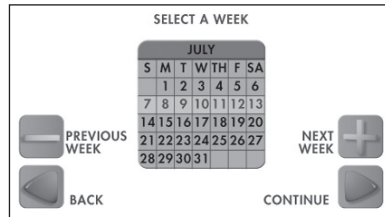
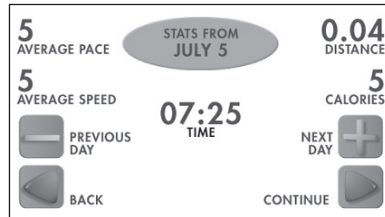
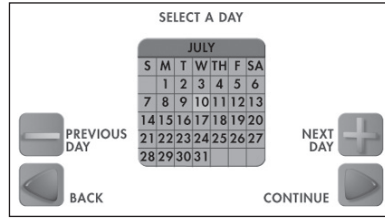
To view your Training Calendar log in as yourself and press the key next to the Training Calendar. From there you can select daily, weekly or monthly stats. Any day, week or month with an activity will be a lighter shade of green on the calendar.

## DAILY STATS

To view daily stats select DAILY STATS then choose the day you would like to view by selecting NEXT DAY or PREVIOUS DAY and then selecting CONTINUE. Your stats for that day will be displayed on the screen. From this screen you may go to the next or previous calendar day by selecting NEXT DAY or PREVIOUS DAY. To get back to the calendar select BACK.

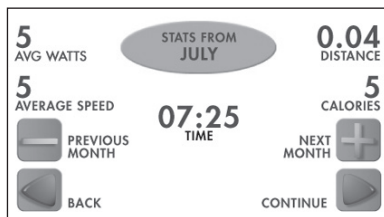
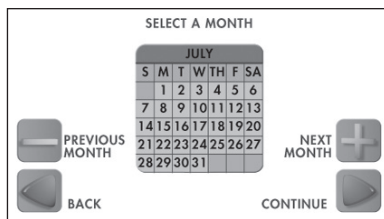
## WEEKLY STATS

To view your stats for a given week select WEEKLY STATS then choose a week you would like to view by selecting NEXT WEEK or PREVIOUS WEEK and then selecting CONTINUE. Your stats for that week will be displayed on the screen. From this screen you may go to the next or previous week by selecting NEXT WEEK or PREVIOUS WEEK. To get back to the calendar select BACK.



## MONTHLY STATS

To view your stats for a given month select MONTHLY STATS then choose a month you would like to view by selecting NEXT MONTH or PREVIOUS MONTH and then selecting CONTINUE. Your stats for that month will be displayed on the screen. From this screen you may go to the next or previous month by selecting NEXT MONTH or PREVIOUS MONTH To get back to the calendar select BACK.



## PROGRAM OVERVIEWS

For all programs follow the instructions given on the display. For additional information select INFORMATION/HELP.



### SPRINT 8

Exclusive to Vision Fitness, this is an anaerobic workout that includes eight 30 second sprint intervals followed by 90 second recovery intervals. Designed to burn fat, tone muscle, increase energy and more!



### MANUAL

In this program you manually control your workout intensity.



### INTERVALS

An efficient workout that strengthens your cardiovascular system by alternating work intervals with recovery intervals.



### **FAT BURNER**

This program is designed to target your stored body fat. This program is generally used at a slightly lower resistance level but runs for longer durations than other programs.



### **HILL CLIMB**

Hill Climb is a variable resistance program that adds variety and targets your muscles from different angles.



### **RANDOM**

In this program the resistance levels will change at random keeping your body guessing.



### **PACER**

This is a race against the console. Set your distance and the Pacer speed and the race is on!



### **WATTS**

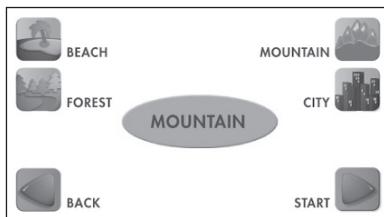
Watts is a program that lets the user exercise at a set work level. As you increase your RPMs, your resistance will decrease; if you decrease your RPMs, your resistance will increase.

## PLACES TO GO

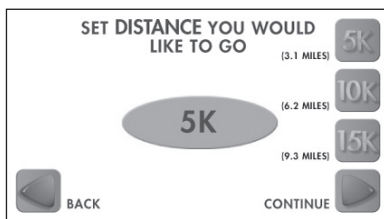
### 5K/10K/15K PROGRAMS (10K/20K/30K FOR BIKES)

These consistent effort programs improve your cardiovascular fitness by simulating 5K/10K/15K (10K/20K/30K for bikes) distance based workouts with hills.

## CHOOSE YOUR BACKGROUND

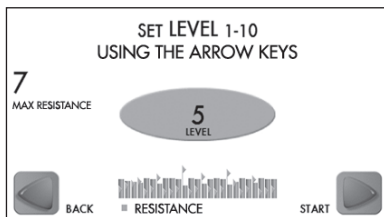


## CHOOSE YOUR DISTANCE



## CHOOSE YOUR LEVEL\*

(\*Level 1 follows elevation profile with user determined speed)



# GOAL PROGRAMS



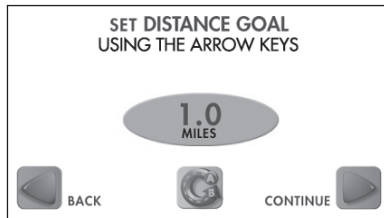
## CALORIE GOAL

Select the number of calories you would like to burn. The program will keep going until you reach your goal. A cool down starts once the goal is achieved.



## DISTANCE GOAL

Select the Distance you would like to go. The program will keep going until you reach your goal. A cool down starts once the goal is achieved.



## TIME GOAL

Select the time you would like to workout. The program will keep going until you reach your goal. A cool down starts once the goal is achieved.



## HRT PROGRAMS



### TARGET HRT

Target HRT allows you to set your target heart rate percentage. The machine will automatically change resistance levels to keep you at your preset heart rate target. The user must grasp the hand pulse sensors or wear a telemetric heart rate chest strap during use.



### HRT HILLS

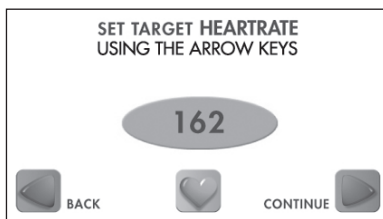
HRT Hills increases your intensity level from 65% and increases to 70%, 75%, and then to 80% of your predicted maximum heart rate. This will repeat throughout the duration of the workout, which is designed to promote cardiovascular strength and endurance.



### HRT INTERVALS

HRT Interval alternates between effort intervals of 80% and 70% of your predicted maximum heart rate. This program is designed to increase your cardiovascular fitness capacity. The user must grasp the hand pulse sensors or wear a telemetric heart rate chest strap during use.

Once you have selected an HRT program a recommended Target HR will be shown. Either select this HR or use the arrows to change the Target HR.

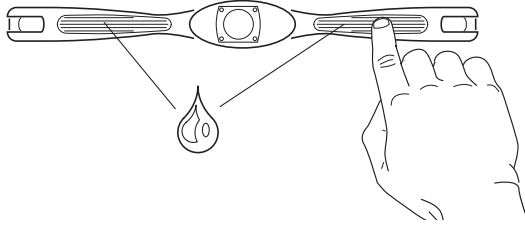


## NOTES FOR YOUR HEART RATE TRAINING PROGRAM

- If there is no heart rate detected, the program will not adjust resistance.
- If the heart rate detected is higher than the target zone by 10 BPM, the console will “beep” and the screen will display a warning message.
- If the heart rate detected is higher than the target zone by 15 BPM, the console will “beep” and display a warning message. This process will repeat until heart rate has been reduced.
- If the user’s heart rate is 20 beats over their target zone, the console will “beep” and shut down.

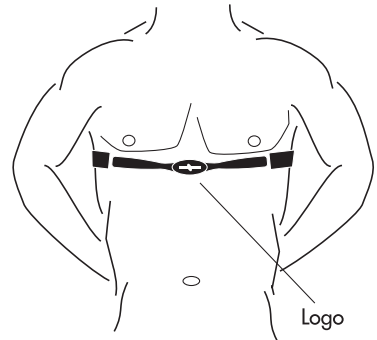
## WIRELESS CHEST TRANSMITTER

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



## TRANSMITTER STRAP PLACEMENT

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




## GENERAL HEART RATE TRAINING RECOMMENDATIONS

To use the Heart Rate Training program, it is important to determine your target heart rate zone, using the chart on next page. After determining your target zone, you should use the Elliptical Trainer in MANUAL mode to see if the target zone you have selected is correct. This will give you a good base to start your Heart Rate Training. If you feel your target zone is too low or too high, keep using the Elliptical Trainer in the MANUAL mode until you feel comfortable during your workout; then you can begin using the Heart Rate Training program.



## TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 55% to 85% of your maximum heart rate. As a point of reference, we use the predicted maximum heart rate formula of (220 minus age) to determine your heart rate training zone. Please use the following chart to determine your predicted Target Heart Rate.

TARGET HEART RATE ZONES										
Beats Per Minute 										
85%	178	170	161	153	144	136	127	119	110	102
75%	157	150	142	135	127	120	112	105	97	90
65%	136	130	123	117	110	104	97	91	84	78
55%	115	110	104	99	93	88	82	77	71	66
Percentage of Maximum Heart Rate										
AGE	10	20	30	40	50	60	70	80	90	100

### EXAMPLE:

If you are a 30-year-old, your predicted maximum heart rate is 190 based on the (220 minus age) formula.

$$220 - 30 = 190$$

Based on the chart above, your heart rate training zone is 104 to 161, which is 55%–85% of 190.

### WARNING

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

## USING THE SPRINT 8 PROGRAM

The SPRINT 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an effective way to burn fat and build lean muscle mass according to Phil Campbell, author of *Ready, Set, Go! Synergy Fitness*. Please go to Mr. Campbell's website [www.readysetgofitness.com](http://www.readysetgofitness.com) for more details about this radical new approach to fitness.

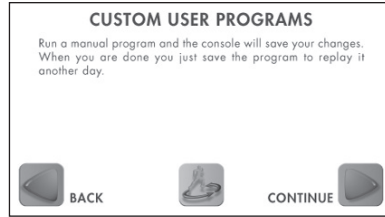
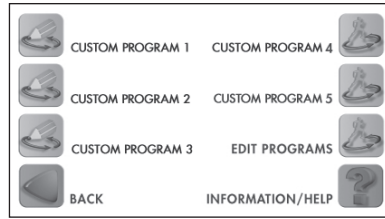
The SPRINT 8 program features intense sprint intervals followed by recovery intervals. The program includes the following phases:

1. **WARM-UP** should gradually increase your heart rate and increase respiration and blood flow to working muscles. The warm-up is controlled by the user to meet your specific needs.
2. **INTERVAL TRAINING** starts immediately after the warm-up with a 30-second sprint interval. Seven recovery intervals of one minute and 30 seconds will alternate with the eight 30-second sprint intervals. The message display will prompt you to increase your RPMs during the sprint interval and decrease RPMs during the recovery interval. A difference of 30 to 50 RPM between sprint interval and recovery interval is recommended for bikes. A difference of 20 to 30 RPMs between sprint interval and recovery interval is recommended for elliptical trainers.
3. **COOL-DOWN** helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

Due to the fact that this is a specialized training program, total workout time is not displayed during the program. The interval time is displayed in the time window instead. It takes only 20 minutes to complete the SPRINT 8 workout.

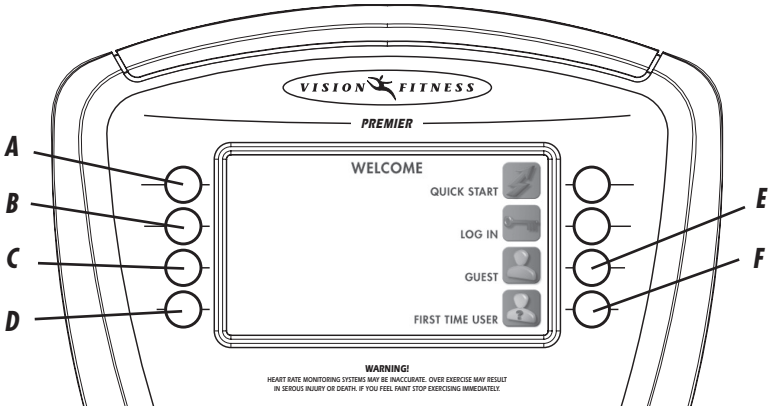
## CUSTOM USER PROGRAMS

Run these programs like a manual program and the console will save your changes. When you are done you just save the program to replay it another day. You can create five different custom programs.



## PREMIER CONSOLE AUDIO/VIDEO CAPABILITIES

The Premier console has a port on its backside that contains RCA connectors for use with A/V equipment (DVD, CD, VCR, etc.). Plug in your A/V device and select the DVD function (3rd key down on the right side) while a program is in use. Headphones can be plugged directly into the console face for sound.

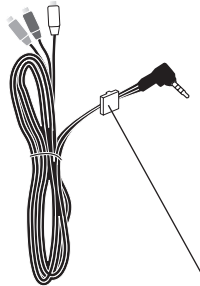


### KEY FUNCTIONS IN DVD MODE

- A. Volume Up
- B. Volume Down
- C. Display Adjustment
- D. Return to Run Screen
- E. Display Adjustment Up
- F. Display Adjustment Down



**A/V CONNECTORS  
ON BACK OF CONSOLE**



### CORD MANAGEMENT CLIP:

Use the included clip to attach the dvd cord to the console mast to keep the cord from interfering with your workout.

\*A/V CORD NOT INCLUDED

## **PREMIER CONSOLE USB CAPABILITIES**

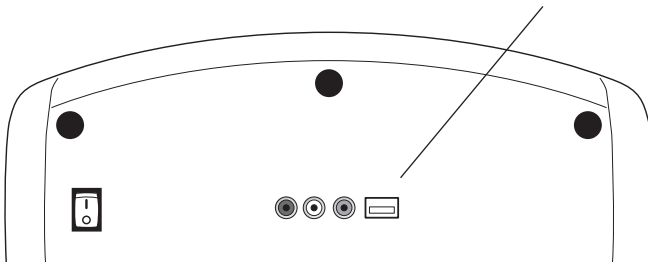
The Premier console has three USB features:

- Save workout to USB for [www.livestrong.com](http://www.livestrong.com) workout tracking
- Import Pictures for Viewing on Console
- Software Updates

The Advanced Feature allows users to view their workout history on [www.livestrong.com](http://www.livestrong.com) by using the Save Workout to USB function. \*Note: An internet connection and compatible web browser is necessary to view workouts online.

The USB Menu will appear on the Home Screen after you plug in a USB drive into the console.

### **USB PLUG ON BACK OF CONSOLE**



## **SAVE WORKOUT TO USB FOR [WWW.LIVESTRONG.COM](http://WWW.LIVESTRONG.COM) WORKOUT TRACKING**

This feature allows users to save their last 10 workouts to a USB drive. Once the information is saved to a USB drive, you can upload the workout information to [www.livestrong.com](http://www.livestrong.com). In order to save and view your workout information on [www.livestrong.com](http://www.livestrong.com), follow these instructions:

- You must first create an account on [www.livestrong.com](http://www.livestrong.com).
- Insert a USB drive into the console. "USB MENU" will appear. Select: Save workout to USB. Select User for which you want to save workout information. Press: Save to USB. Once the workout information has copied to the USB drive you can safely remove the USB from the console.
- Plug USB drive with saved workout information into a PC/MAC. Go to [www.livestrong.com/equipment](http://www.livestrong.com/equipment). Select "Browse". Direct the file browser to your USB location containing the .xml files from your workout. Select Save.

Now you will be able to keep track and view all of your workouts completed on your equipment through [www.livestrong.com](http://www.livestrong.com).

## **IMPORT PICTURES FOR VIEWING ON CONSOLE**

You can load up to 10 pictures onto the console for viewing during your workout. First you must convert the images to the proper format and then load them onto the console.

- Convert Images: Images to be loaded onto your console must be formatted to the following format: **JPEG OR PNG. THE SIZE MUST BE: 480 X 234 PIXELS.** Many image formatting tools are available on the internet for free.
- Once you have converted the images to JPEG or PNG 480 x 234, you can now transfer these to a USB drive. **CREATE A FOLDER CALLED "PICS" ON THE ROOT DIRECTORY OF YOUR USB DRIVE.** Copy the converted images to the PICS folder on the USB drive. Up to 10 images can be stored on the console memory. You can delete and add new pictures using the image manager.
- Insert the USB with the formatted images in the PICS folder into the console. The USB MENU option will appear on the console. Select USB MENU, then select IMPORT PICS. The Image Manager will appear. Select the images you want to import by checking them. Then press IMPORT. The images checked will be copied to your console.

## ***VIEWING IMPORTED PICTURES ON YOUR CONSOLE***

After you have imported personal images onto your console, you can view a slide show or manually scroll through images.

### ***SLIDE SHOW FEATURE***

The console is set up to display imported images in a Slide Show with 30 second intervals. Once you have begun a program you can view images in a slide show by pressing the Camera Icon in the lower left hand corner. The images will automatically scroll every 30 seconds (unless another slide show time has been selected in Engineering Mode – see Adjusting Slide Show Intervals below). You can pause on an image by pressing Pause and resume the slide show by pressing Play. You can exit the slide show and return to your workout screens by pressing Exit.

### ***MANUALLY VIEW IMAGES***

If you chose to turn the slide show feature OFF, you can manually select which image to display. Press the Camera Icon in the lower left hand corner. You can scroll through your imported images by pressing NEXT in the lower right hand corner. You can exit the image viewer by pressing EXIT in the lower left hand corner.

### ***ADJUSTING SLIDE SHOW INTERVALS***

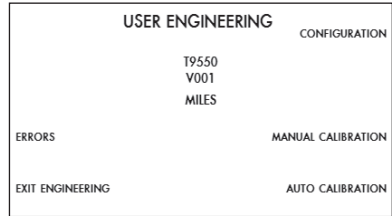
You can adjust the interval time of the slide show or turn it off. The slide show intervals available are: 15 seconds, 30 seconds, 45 seconds, 60 seconds, and 2 minutes (the default slide show time is 30 seconds). The slide show feature can also be turned off, which allows you to manually select images. To adjust the slide show intervals, follow these steps:

- Press and Hold the Up and Down Resistance Arrows for 5 seconds. You will enter the Engineering Menu. Select the PICS SLIDE SHOW option. Select your desired Slide Show Interval time or turn it off to manual view images.

## USER ENGINEERING

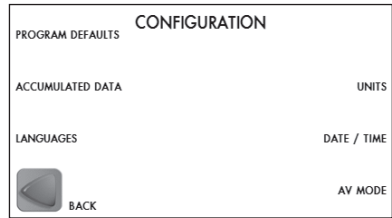
### ENGINEERING MODE SCREEN

To enter user engineering mode, press and hold the UP and DOWN arrows simultaneously.



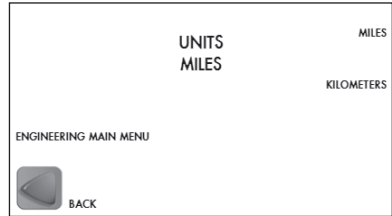
### CONFIGURATION SCREEN

From this screen you can adjust program defaults, check accumulated time, change the language or change the unit of measure.



### UNIT SELECTION

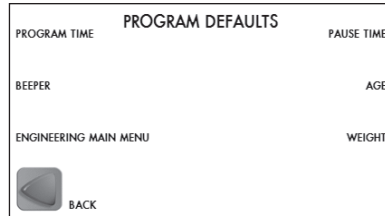
To change the unit of measure select MI or KM and check to see your desired unit of measure is displayed under UNITS and select BACK to return to the previous screen.





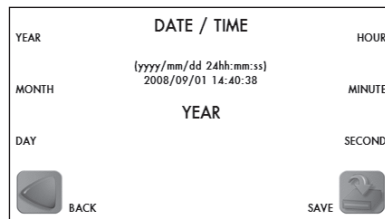
## SETTING PROGRAM DEFAULTS

To set program defaults select the setting you would like to change, make the necessary change and select BACK to return to the previous screen. Continue selecting BACK to return to main user engineering screen.



## SETTING DATE/TIME

Select DATE/TIME when in the CONFIGURATION screen. Select the information that needs to be changed (YEAR, MONTH, DAY, HOUR, MIN, SECOND) and use the arrow keys to modify. Select SAVE when the date and time are set and BACK to return to the CONFIGURATION screen.



## ***X20 , E1500, R1500 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, as long as it remains in the possession of the original owner.

**ECB BRAKE - LIFETIME** VISION FITNESS warrants the ECB Magnetic Brake against defects in workmanship and materials for the life of the product, as 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 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 valid only in North America.

## 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 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 fitness product. Thank you for selecting a VISION FITNESS product.

## ***X30, R2050, X6200, E3200, R2250 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 BRAKE and ECB-PLUS™ BRAKE - LIFETIME** VISION FITNESS warrants the ECB Magnetic Brake and 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 - THREE 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 three 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 valid only in North America.

## 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 fitness product. Thank you for selecting a VISION FITNESS product.

## **LIMITED CORPORATE WARRANTY\***

Up to 3 hours use per day

**CORPORATE USES DEFINED** VISION FITNESS warrants model X6200, E3200, and R2250 for use in 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, YMCA's 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 valid only in North America.

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

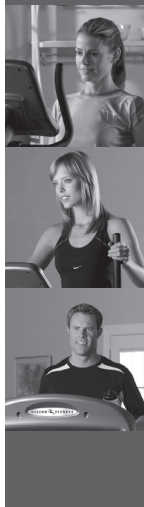
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comfortable

quiet

smooth

*it all  
starts  
with a  
vision*



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