

2007

*it all
starts
with a
vision*



HOME
Strength Training

SIMPLE • COMFORTABLE • VERSATILE

THE *vision* *fitness* DIFFERENCE

Whether your vision is a slimmer body, a healthier heart, stress management, or if you simply enjoy exercise, Vision Fitness has the strength equipment to help you achieve your goals.

We began as a division of the Trek® Bicycle Company, where we pioneered the development of the smoothest, quietest, and most comfortable fitness bikes available. In 1996, Vision Fitness was spun off by the Trek® Fitness management team to continue to bring to market innovative fitness products.

We offer you the same combination of quality, value, and performance that has made our founding company the most requested bicycle brand in America.

*Vision with action
can change the world.*

Joel Barker

Vision Fitness has been selling award-winning fitness bikes, elliptical trainers and treadmills for years. Our strength equipment offers the same industry-leading features and quality components. We take pride in our new strength offering and are confident you will find that our equipment is the simplest, most comfortable, and most versatile you have ever used.

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

Vision Fitness knows that not everyone is a Personal Trainer. Our objective was to create the first piece of strength equipment that is truly functional and versatile yet simple and comfortable to use. We kept it simple by numbering all of the movement points and then creating our Custom Fit Chart, which takes the guesswork out of each exercise. Next, we focused on comfort by adding such features as our co-molded handles and lumbar seat support.

Simple

Our instructional exercise cards show the start and finish points of each exercise and explain the proper positioning. The cards also have areas for you to note your specific adjustment point for the handles, seat bottom, seatback and amount of weight. These cards remove all the guesswork and make using our functional trainer especially simple.

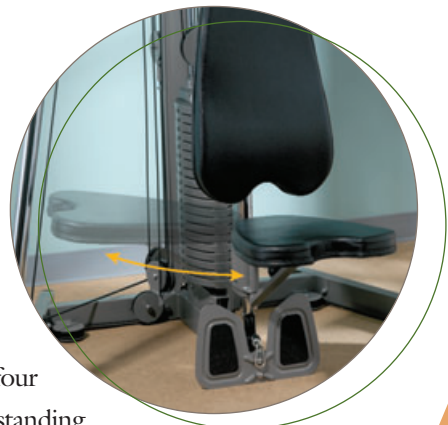


Comfortable

Our co-molded handles with dual-density (soft rubber) grips are especially comfortable for making adjustments and for doing each exercise. Our seatback offers lumbar support for added comfort. We also looked at seat position adjustment knobs and found that large, round handles are easier to adjust. The more comfortable you are while exercising, the easier it is to achieve your fitness goals.

Versatile

All functional trainers are versatile, but our patent-pending system allows the seat to swing out of the way to easily perform your exercises in either a standing or seated position. The seatback can be adjusted to give you comfortable support during the standing exercises. You have four workout options: seated, standing with support, standing without support, and using your own unstable devices (stability ball). You choose what best meets your needs.



Vision Fitness enters the strength training market with a design that offers multiple levels of progression, from beginner to advanced athlete. This design allows these progressions by offering an infinite amount of exercise possibilities in a small amount of floor space. Never has such a compact unit, that efficiently utilizes a small corner of your room, offered so much variety in the home exercise venue. The user is limited only by his or her imagination.



Unlike other companies that focus on one aspect of strength training, Vision Fitness set out to design a progressive resistance training machine that offers a combination of traditional and functional exercises, blending old and new technologies. This unit accommodates all ages, genders, and fitness levels. You can effectively isolate a specific muscle through single joint movements or target several muscle groups at the same time with multiple joint movements. The exerciser has the option of performing 1) independent movements with our comfortable, textured handles; 2) dependent movements with the multiple-attachment bar; or 3) functional sport-/work-related motions with the swiveling handle. Users may also incorporate other devices into their workout routine, such as stability balls, inflated discs, or wobble boards.

The Vision Fitness® *ST200* Functional Trainer is the first truly versatile piece of strength equipment to reach the home market. The exerciser can perform activities in seated and standing supported positions or in unsupported functional/unstable positions. There is no need to upgrade to a more advanced unit when your fitness level changes! Before the *ST200*, you would only find a piece with this many options in a health club setting.

For additional lower body exercise options, the Vision Fitness® *ST250* Leg Press can easily be integrated into the *ST200*. It incorporates a swivel footplate design, which allows the user to determine the angle of their feet (flexion or extension) throughout the movement. The one-piece, non-slip footplate gives the user three options: wide, narrow, or single foot placement. The step-thru design and lumbar seatback, with six range-of-motion positions, allow easy access and comfort while exercising. All of these features make it one of the most comfortable and efficient lower body pieces in the market!





*A vision is not just a picture of
what could be; it is an appeal to our better
selves, a call to become something more.*

Rosabeth Moss Kanter

The heart of a great workout...



4

*Vision is the art
of seeing the invisible.*
Jonathon Swift

Vision Fitness understands that choosing the right strength equipment is an important decision and a large investment. Not only is it important for the equipment to be built with quality components, it must also be assembled to exacting tolerances. All Vision Fitness® strength equipment is manufactured in an ISO 9001-certified facility.

Custom FIT SYSTEM

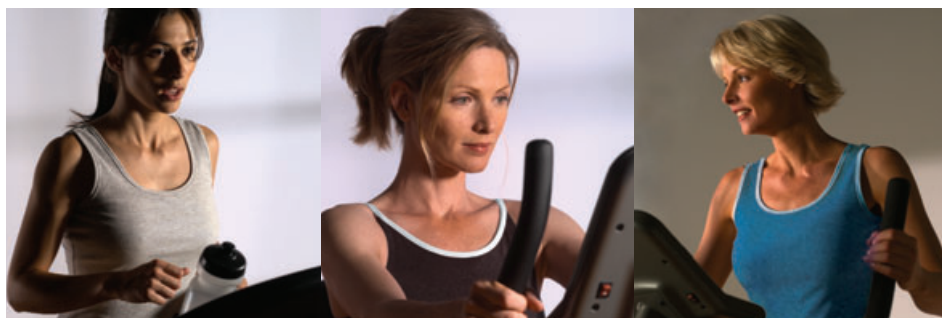
A functional trainer can be confusing. In which location do I put the pulley? How do I achieve the best result from each exercise? The combination of our instructional cards and your specialty retailer fitness consultant removes all the confusion. Set up a time with the fitness consultant to fill out the Custom Fit Chart below. Then, when your **ST200** is delivered, you will know exactly where to start on each of the exercises. Make sure to transfer this information to the exercise cards that come with your **ST200**. No longer is a truly functional trainer too confusing to use!

FEATURE	ST200 FUNCTIONAL TRAINER	ST250 LEG PRESS
LEVELS OF PROGRESSION	Several	NA
RESISTANCE	Each Upright: 50% Low Center: 100%	200% (maximum resistance of 430 lbs., with a 215-lb. weight stack)
MULTI-SWIVEL BAR EXERCISES	Infinite Possibilities	NA
SPORT/WORK TRAINING CAPABILITIES	Yes, Multiple Angles/Planes	NA
EXERCISE INSTRUCTION	4-Color Individual Rotating Exercise Cards	4-Color Individual Rotating Exercise Cards
PERSONAL DATA STORAGE	Exercise Positions, Weight, Sets, Reps; Accommodates 2 People	Exercise Positions, Weight, Sets, Reps; Accommodates 2 People
EXERCISE SPACE	Unrestricted	NA
TEXTURED SURFACES	Comfortable Co-Molded Surfaces (exercise and height positioning handles); 2" Diameter Round Pull Pin Handles	High Density Foam Handles
ACCESSORIES (INCLUDED)	2 Co-Molded Exercise Handles, 2 Extension Straps, 2 Foot Cuffs, Multi-Swivel Bar, Sport/Work Bar, 50-lb. Weight Plates, 5-lb. Add-on Weight	NA
SEATED EXERCISES	Yes, Supported	NA
STANDING EXERCISES	Supported, Unsupported	NA
UNSTABLE/FUNCTIONAL EXERCISES	Infinite Possibilities	NA
SEAT ADJUSTMENT	Vertical (9 levels), Rotational	NA
SEATBACK ADJUSTMENT	Vertical (16 levels), Horizontal (6 levels)	Horizontal (6 levels)
LUMBAR SUPPORT (CONTOURED)	Yes	Yes
LEG PRESS FOOT POSITION OPTIONS	NA	3 (shoulder-width, narrow, and single leg-centered positions)
PRODUCT WEIGHT	391 lbs.	88 lbs.
DIMENSIONS	63"L x 51"W x 83.875"H	95"L x 68"W x 83.875"H (attached to ST200)
FRAME CONSTRUCTION	Rectangular and Oval Tubing 40 x 80 x 2mm	Rectangular and Oval Tubing 40 x 80 x 2mm
WEIGHT STACK	160 lbs., Cast Iron	NA
GUIDE RODS	3/4" Chrome-Plated Tubing	NA
CHROME PLATING	Left, Right, and Center Tubes	NA
SAFETY LOCKOUT	Hole in Guide Rod for Lock Insertion	NA
VERTICAL TRAVEL OF WEIGHT STACK	41"	NA
CABLE DIAMETER	4 @ 3/16"	1 @ 1/4"
WARRANTY*	Lifetime Frame 10 Years Cables, Pulleys, Upholstery, Grips, Chrome Plating, Paint, and Hardware 1 Year Labor	Lifetime Frame 10 Years Cables, Pulleys, Upholstery, Grips, Chrome Plating, Paint, and Hardware 1 Year Labor

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

EXERCISE	PULLEY	SEATBACK	SEAT	WEIGHT
Seated Chest Press	_____	_____	_____	_____
Seated Chest Flye	_____	_____	_____	_____
Tricep Pushdown	_____	_____	_____	_____
Standing Tricep Extension	_____	_____	_____	_____
Close Grip Chest Press	_____	_____	_____	_____
Standing Tricep Kickback	_____	_____	_____	_____
Seated Shoulder Press	_____	_____	_____	_____
Standing Side Lateral Raise	_____	_____	_____	_____
Standing Front Raise	_____	_____	_____	_____
Standing Bar Curl	_____	_____	_____	_____
Standing Upright Row	_____	_____	_____	_____
Standing Shrug	_____	_____	_____	_____
Standing Alternate Curl	_____	_____	_____	_____
Standing Reverse Curl	_____	_____	_____	_____
Seated Lat Pulldown	_____	_____	_____	_____
Seated Cable Row	_____	_____	_____	_____
Kneeling Abdominal Crunch	_____	_____	_____	_____
Stability Ball Crunch	_____	_____	_____	_____
Leg Extension	_____	_____	_____	_____
Leg Press	_____	_____	_____	_____
Squat	_____	_____	_____	_____
Single Leg Lunge	_____	_____	_____	_____
Step Up	_____	_____	_____	_____
Calf Press	_____	_____	_____	_____
Standing Calf Raise	_____	_____	_____	_____
Seated Calf Raise	_____	_____	_____	_____
Standing Leg Curl	_____	_____	_____	_____
Hamstring Kickback	_____	_____	_____	_____
Leg Abduction	_____	_____	_____	_____
Leg Adduction	_____	_____	_____	_____

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