



X6100/6200

ASSEMBLY INSTRUCTIONS

To avoid possible damage to this Elliptical Trainer,
please follow these assembly instructions.

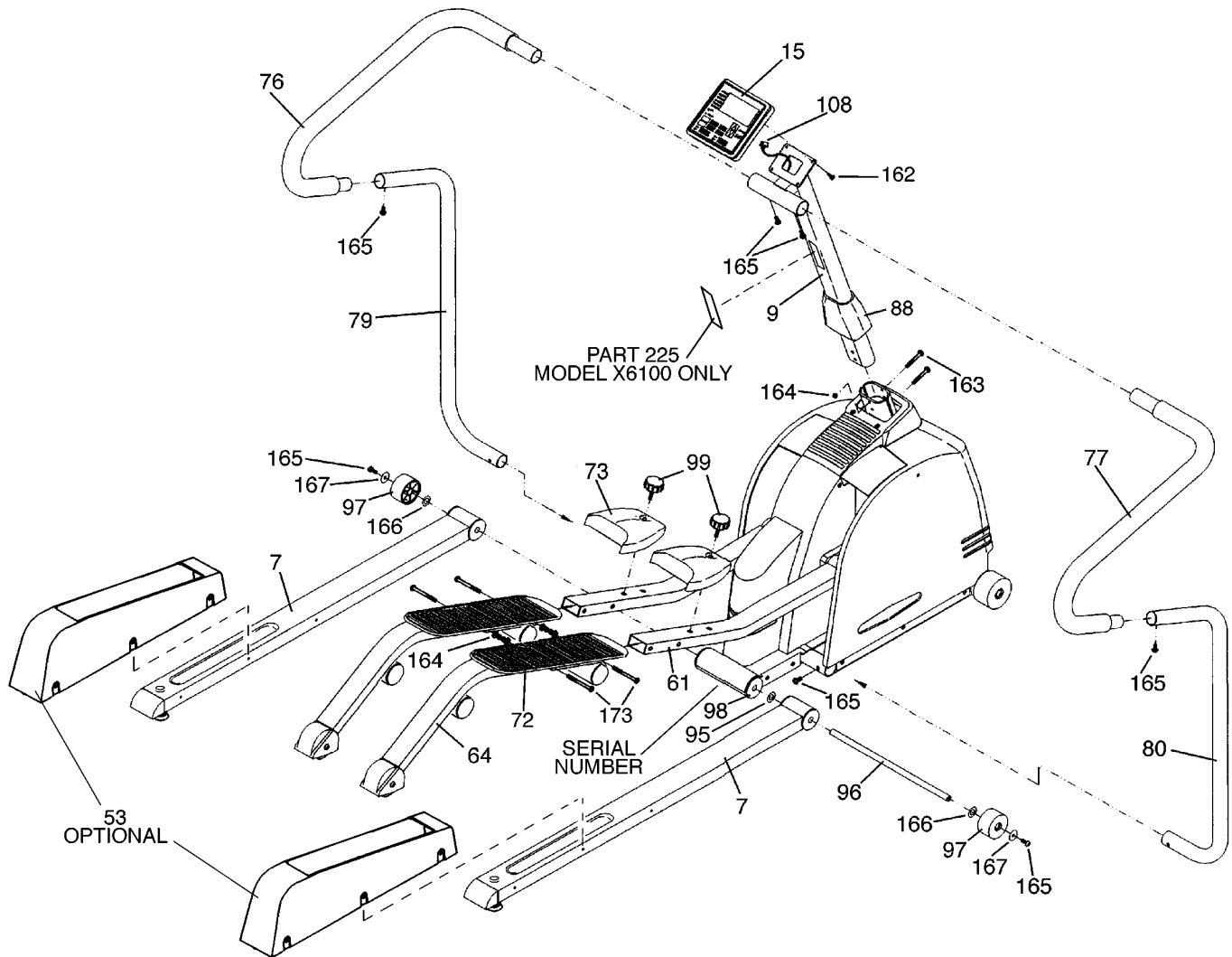
Carefully remove all its parts from the box,
lay them out and review the parts list.

If any parts are missing, please call 1-800-335-4348, Ext 12

Before proceeding, find your Elliptical Trainer's serial number,
located on the frame between the folding pedal arm
guide rails, and enter here:

Refer to this number when calling for service.

X6100 / 6200 Parts Diagram



X6100/6200 Parts

VISION FITNESS X6100/6200 Parts Description

<u>Part #</u>	<u>Description</u>	<u>Count</u>	<u>Dimensions</u>
<i>Front Wheel Parts</i>			
#203	Front Transport Wheels	2	
#205	Wheel Attachment C-clips	2	
#206	Front Transport Wheel Covers	2	
<i>Rear Wheel Parts</i>			
#95	Wavy Washers	2	
#96	Rear Foot Wheel Axle	1	
#98	Rear Foot Nylon Sleeves	4	
#97	Rear Transport Wheels	2	
#166	Inside Wheel Washers	2	
#167	Outside Wheel Washers	2	
#165	Wheel Attachment Bolts	2	20mm L x 8mm D
<i>Handrail Parts</i>			
#80	Lower Handrail Tubes	2	
#77	Upper Handrail Tubes	2	
#165	Handrail Attachment Bolts	6	20mm L x 8mm D
<i>Pedal Arm Guide Rail Parts</i>			
#7	Pedal Arm Guide Rails	2	
<i>Pedal Arm Parts</i>			
#64	Pedal Arms	2	
#173	Pedal Arm Attachment Bolts	4	
#164	Pedal Arm Attachment Nuts	4	
#72	Pedal Arm Foot Pads	2	
#73	Foot Toe Pieces	2	
#99	Foot Toe Piece Locking Knobs	2	
<i>Console Parts</i>			
#9	Console Mast	1	
#163	Console Mast Attachment Bolts	2	
#164	Console Mast Attachment Nuts	2	
#88	Rubber Console Mast Cover	1	
#15	Console	1	
#162	Console Attachment Bolts	4	11mm L x 5mm D
<i>Other Parts</i>			
#207	Power Supply (Model X6200 only)	1	
<i>Additional Parts - Model X6100 only</i>			
#220	Upper Magnet Shift Cable	1	
#66	Lower Magnet Shift Cable	1	
#225	Indexed Mast Cover	1	
#64	RPM Sensor Wire	1	
<i>Optional Parts</i>			
#53	Child Safety Guards	2	

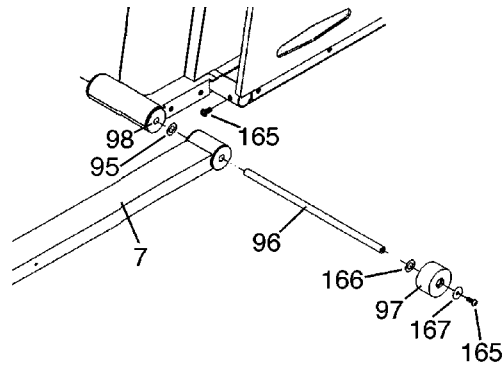
X6100 / 6200 Assembly

NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

NOTE: Always read the Owner's Manual before operating your Vision Fitness Elliptical Trainer.

Step 1 • Rear Wheel & Guide Rail Assembly - All Models

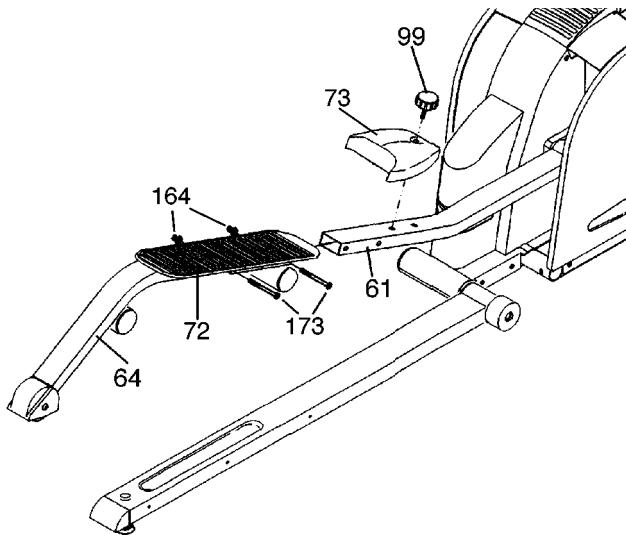
- 1: Slide the Rear Foot Axle (96) through the Rear Foot Nylon Sleeves (98).
- 2: Place a Wavy Washer (95) over each end of the Rear Foot Axle (96).
- 3: Slide the Pedal Arm Guide Rails (7) onto the Rear Foot Wheel Axle (96).
- 4: Place the Inside Wheel Washers (166) on the Rear Foot Wheel Axle (96).
- 5: Slip the Rear Transport Wheels (97) onto the Rear Foot Wheel Axle (96) and secure them with the Outside Wheel Washers (167) and the Wheel Attachment Bolts (165) using the 5mm Allen wrenches.



X6100 / 6200 Assembly

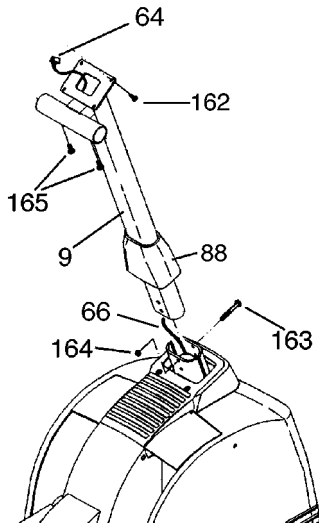
Step 2 • Pedal Arm Assembly - All Models

- 1:** Slide the rear half of the Right Pedal Arm (64) into the front half of the Right Pedal Arm (61) and secure using the two Pedal Arm Attachment Bolts (173) and the two Pedal Arm Attachment Nuts (164).
- 2:** Repeat the above step with the Left Pedal Arm.
- 3:** Place the Pedal Arm Foot Pads (72) on the Pedal Arms (64).
- 4:** Place the Foot Toe Pieces (73) on the Pedal Arms (64), securing them with the Foot Toe Piece Locking Knobs (99).



X6100 / 6200 Assembly

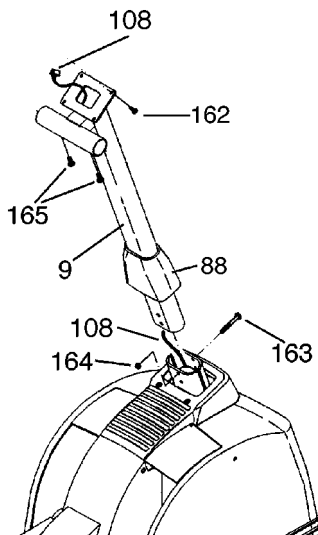
NOTE: Assembly Step 3 refers to Model X6100 only.
For Models X6200/ X6200HRC proceed to Step 4 for Console Mast installation.



Step 3 • Console Mast - Model X6100 only

- 1:** Unfold the RPM Sensor Wire (64) that is folded into the Frame Console Mast bracket. Straighten this cable and remove any kinks by drawing the cable through your fingers.
- 2:** Slide the Rubber Console Mast Cover (88) onto the Console Mast (9) until it is above the first waterbottle screw.
- 3:** Holding the Console Mast (9) above the Frame Console Mast Bracket, guide the RPM Sensor Wire (64) and Lower Magnet Shift Cable (66) through the Console Mast while simultaneously sliding the Console Mast onto the frame bracket.
- 4:** Bolt the Console Mast (9) to the frame using the two Console Mast Attachment Bolts (163) and Nuts (164). Make sure these bolts are very tight. Now slide the Rubber Console Mast Cover (88) back down to cover the bolt heads.

NOTE: Assembly Step 4 refers to Models X6200/ X6200HRC only.
For Model X6100 proceed to Step 5 for Handrail installation.



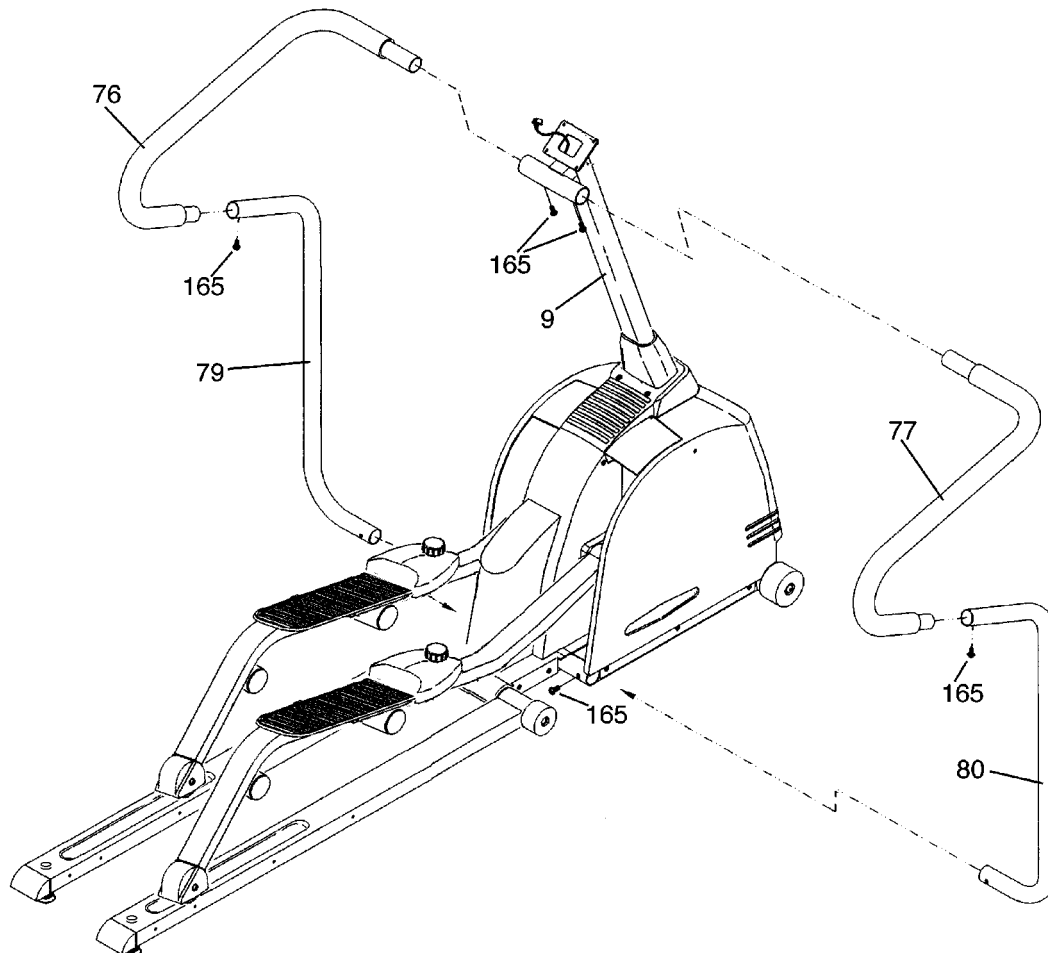
Step 4 • Console Mast - Models X6200/ X6200HRC only.

- 1:** Unfold the Console Cable (108) that is folded into the Frame Console Mast bracket. Straighten this cable and remove any kinks by drawing the cable through your fingers. Find the string that is attached to the inside of the Console Mast (9), but do not remove yet.
- 2:** Slide the Rubber Console Mast Cover (88) onto the Console Mast (9) until it is above the first waterbottle screw.
- 3:** Now attach the Console Cable (108) to the string located inside the Console Mast. Holding the Console Mast (9) above the Frame Console Mast Bracket, guide the Console Cable (108) through the Console Mast while simultaneously sliding the Console Mast onto the frame bracket.
- 4:** Bolt the Console Mast (9) to the frame using the two Console Mast Attachment Bolts (163) and Nuts (164). Make sure these bolts are very tight. Now slide the Rubber Console Mast Cover (88) back down to cover the bolt heads.

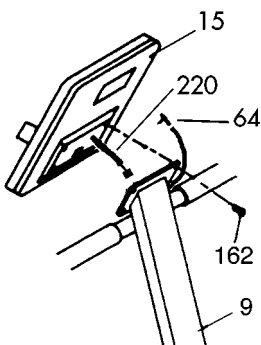
X6100 / 6200 Assembly

Step 5 • Handrail Assembly - All Models

- 1: Locate the Left Lower Hand Rail (79) and Left Upper Hand Rail (76).
- 2: Insert the Left Upper Hand Rail (76) into the Upper Hand Rail Support located on the Console Mast just below the Console.
- 3: Slide one end of the Left Lower Hand Rail (79) into the Left Upper Hand Rail (76), and the other end into the Lower Hand Rail Support located on the lower portion of the Frame, just ahead of the Rear Transport Wheels (97).
- 4: Secure the Hand Rail together using the three Hand Rail Attachment Bolts (165).
- 5: Repeat the above steps for the Right Hand Rail assembly.



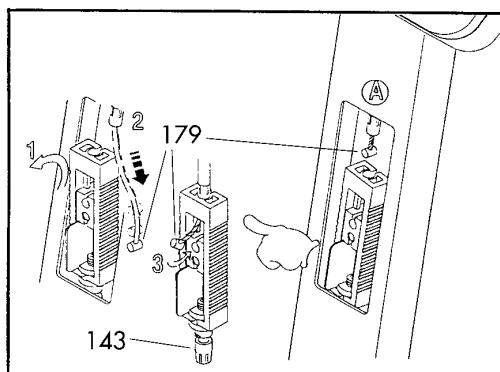
X6100 Operation



NOTE: Assembly Steps 6, 7, and 8 refer to Model X6100 only. For Models X6200/ X6200HRC proceed to Step 9 for Console installation.

Step 6 • Console - Model X6100 only

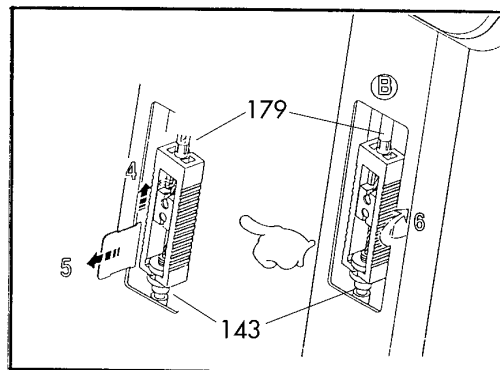
- 1: Insert Upper Magnet Shift Cable (220) into the top of the Console Mast (9).
- 2: Mount the Console (15) to the Console Mast (9) using the four Console Attachment Bolts (162). Make sure you **DO NOT PINCH** the Upper Magnet Shift Cable (220) and RPM Sensor Wire (64) between the Console (15) and Console Mast (9).
- 3: Plug the RPM Sensor Wire (64) into the receptacle located on the back of the Console (15). Make sure the RPM Sensor Wire fits in the slot cut in the left side of the Console Mast (9).



Step 7 • Cable Connection - Model X6100 only

- 1: Turn the Tension Knob to position 8. Reach inside the opening of the Console Mast (9) and connect the Upper Magnet Shift Cable (220) to the rectangular red cable-slide on the end of the Lower Magnet Shift Cable (66), as shown in the accompanying illustrations.
- 2: While holding the metal separating tab (5), turn the Tension Knob to Level 1 and then pull the tab out and discard.
- 3: Press the Console Mast Cover (225) into the opening of the Console Mast (9).

NOTE: Always read the Owner's Manual before operating your Vision Fitness Elliptical Trainer.



Step 8 • Install Batteries and Test Operation

Model X6100 only.

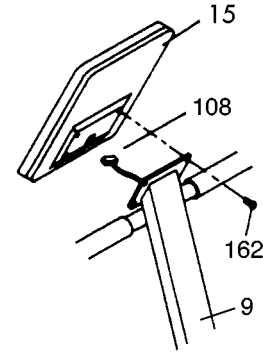
- 1: Remove the battery compartment lid on the back of the Console (15) and install the Batteries. Two C-cell batteries are required.
- 2: Use arrows on Console panel to select either Miles (ML) or Kilometers (KM). Wait 30 seconds for Console to stop flashing. Console will hold setting until batteries are removed.
- 3: The Console provides accurate workload readouts because it knows which position the magnet is in through a sensor located at the base of the tension knob. To check the operation of this sensor, immediately after battery installation the 'ML' icon will be flashing and a number from 1 to 8 will show in the WORKLOAD window. This number should indicate the position of the tension knob. Turn the tension knob from 1 through 8 and check that the number in the WORKLOAD window matches the number on the tension knob. Once the 'ML' icon stops flashing, the WORKLOAD window will display only watts.
- 4: Operate the Elliptical Trainer and make sure that all console feedback functions are operational.

X6200 Operation

NOTE: Assembly Steps 9, 10 and 11 refer to Models X6200/ X6200HRC only. For Model X6100 proceed to Step 12 for folding instructions.

Step 9 • Console - Models X6200/ X6200HRC only.

- 1:** Plug the Console Cable (108) into the Console (15). The cable Connectors are slotted and will only fit properly one way. DO NOT FORCE the connection.
- 2:** Mount the Console (15) to the Console Mast (9) using the four Console Attachment Bolts (162). Make sure you DO NOT PINCH the Console Cable between the Console and the Console Mast.
- 3:** Plug the Power Supply Cord (207) into the receptacle located at the front of the Elliptical Trainer just above the Front Transport Wheels. Plug the Power Supply (207) into an electrical outlet and begin testing procedures.



NOTE: Always read the Owner's Manual before operating your Vision Fitness Elliptical Trainer.

Step 10 • Operation Test - Models X6200/ X6200HRC only.

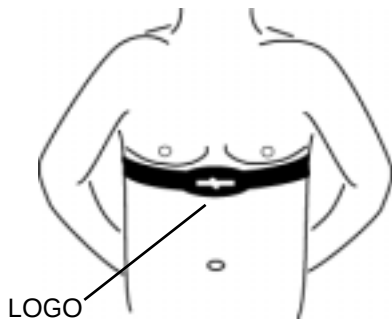
Run this simple optional test prior to using.

- 1:** Choose Intervals program, Level 16.
- 2:** Choose Time of "00:00", and press Start.
- 3:** Your machine will now operate indefinitely. After several hours of operation, check for proper functioning of:
 - A: Resistance Change -- change load one level at a time using the up and down arrows. Listen for motor noise ("whirr") following each change in load, or pedal to feel load change.
 - B: Check for display in RPMs while pedaling.
 - C: Check that all LEDs will light.

X6200HRC Operation

Step 11 • Heart Rate Control Console Model X6200HRC only.

This console is manufactured with an internal wireless telemetric receiver that will receive heart rate signals sent to it by a transmitter that is worn around your chest. This wireless technology is accurate, continuous, and convenient. You should be positioned on the Elliptical Trainer pedals for the system to operate.



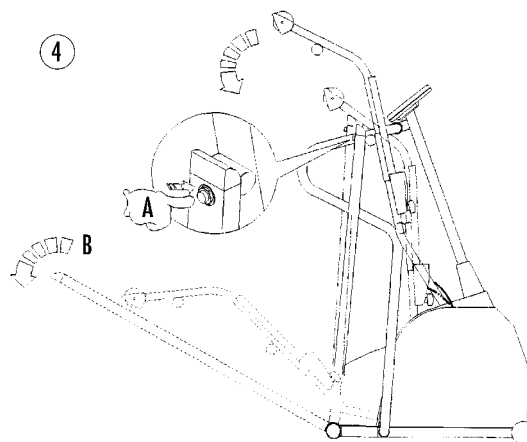
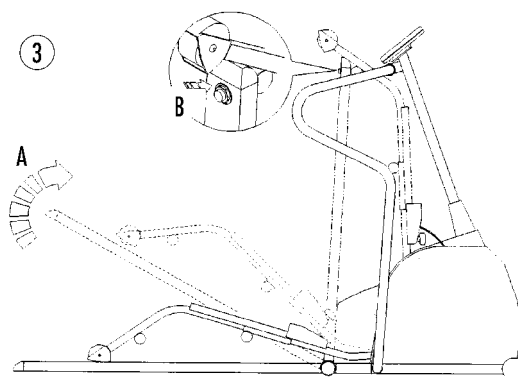
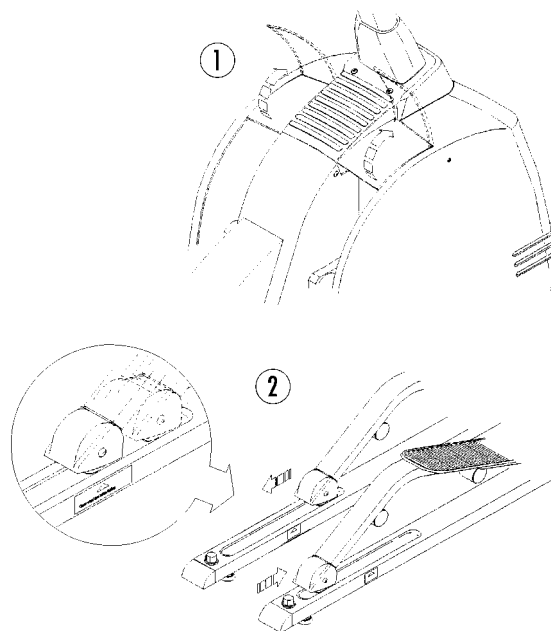
- 1:** On the back side of your transmitter are two rubber strips several inches long. These rubber strips are the electrodes that will pick up the signals of your heart beat. It is very important to moisten these strips with several drops of water prior to placing the belt against your chest. This moisture will allow the signals to be conducted to the transmitting hardware. If you ever use the bike and the display does not show a heart rate value, remoisten the electrodes.
- 2:** You will get the best results if you wear the transmitter directly against your skin. Once these electrodes are moistened, center the transmitter just below the breast or pectoral muscles with the Vision Fitness logo centered on the chest and facing out. Adjust the length of the elastic belt so that the transmitter presses firmly against your skin, but not so tight as to be uncomfortable. The transmitter will begin sending a signal as soon as it is worn.
- 3:** Check for heart rate feedback by testing the console in Heart Rate mode. Pedal the Elliptical Trainer to confirm that the console is picking up the signal from the transmitter.

X6100 / 6200 Folding

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

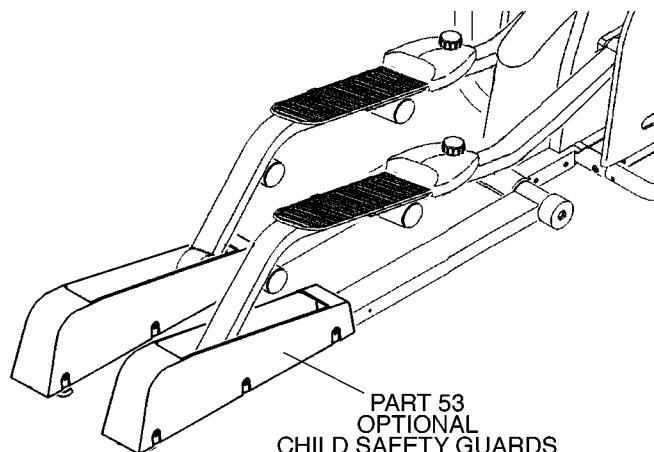
Step 12 • Folding your Elliptical Trainer - All Models

- 1: Lift up both flaps on the side cover casing.
- 2: On the side of each Guide Rail you will find a decal indicating the correct position of the wheel center points. Move the Pedal Arms until both wheels align with these indicator decals.
- 3: One Pedal Arm will now be lower than the other. Simultaneously lift *both* the *lowest* Pedal Arm and the Guide Rail upon which it is resting to the vertical position (A). The lock pin protruding from the Guide Rail should now be aligned with the lock receiving mechanism on the underside of the Pedal Arm. Firmly push the Guide Rail until it clicks and locks into position (B). Check that it is secure before proceeding. Repeat these steps with the other Pedal Arm and Guide Rail to completely fold your Elliptical Trainer for compact storage.
- 4: To unfold your Elliptical Trainer, push the recessed lock button found on the underside of one Guide Rail (A). Carefully lower *both* the Pedal Arm and Guide Rail to the floor simultaneously (B). Repeat these steps with the other Pedal Arm and Guide Rail to completely unfold your Elliptical Trainer for use.



Step 13 • Optional Child Safety Guards - All Models

Always attach the optional Child Safety Guards to the Guide Rails if there are young children living in or ever visiting your home. *Note that when these Child Safety Guards are installed, the Pedal Arms and Guide Rails cannot fold.*





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