

It all starts with a vision



IT ALL STARTS

Treadmill Catalogue

&

buying guide

WITH A VISION



621-D East Lake Street • P.O. Box 280 • Lake Mills, WI 53551
toll free 1.800.335.4348 • phone 1.920.648.4090 • fax 1.920.648.3373
www.visionfitness.com





THE STORY OF VISION FITNESS



Vision Fitness began as the fitness division of Trek® Bicycle Company, one of the world's largest manufacturers of quality outdoor bicycles. At Trek, we pioneered the development of the smoothest and quietest exercise bikes available. In 1996, Vision Fitness was spun off by the former Trek Fitness management team to continue to bring to market innovative fitness products. We offer our customers the same combination of quality, value, and performance that has made our founding company the most asked for bicycle brand in America.

Our goal is to provide you with the fitness tools you need to create a better, healthier life. Like our award winning exercise bikes, our treadmills are designed for uncompromising long term performance. The T8200 and T8100 folding treadmills are simply the most solid, well-built folding treadmills you'll find, while the T8500 provides you with the most spacious running surface of any home treadmill.

We invite you to walk or run on any of our treadmills at your local Vision Fitness dealer and experience for yourself the *joy of exercise*.

Thank you

Nathan Pyles

Greg Waters

Quality CHECKLIST

Heavy Gauge Steel Frame

- ☐ Simply lift the treadmills you're considering to determine the comparative gauge of steel used

2 hp D.C. Motor

- ☐ 2 hp continuous duty (not peak rating)
- ☐ Insulation rating of F or H
- ☐ Ball bearings on both ends of shaft
- ☐ Accessible motor brushes

PWM Motor Controller

- ☐ Fuseless current limit
- ☐ No stall performance

Program Profile Levels

- ☐ Programs have both level and time set options

Prewaxed Phenolic Coated Deck

- ☐ Does not require frequent lubrication

2-Ply Belt

- ☐ Lays flatter and will not stretch as much as a 1-Ply

2.5" Roller

- ☐ Reduces wear on belt and entire drive system
- ☐ Uses larger, top grade bearings

Crowned Roller Belt Tracking

- ☐ Are quieter than belt guides and will not cause belt fraying or curling

ISO Quality Manufacturer

- ☐ State of the art quality manufacturing facility and procedures
- ☐ 44 point inspection checklist included with every treadmill



We recognize that a treadmill is a large investment. Use the checklist (left) to better understand the differences in the treadmills you are considering. The more boxes you check, the more likely the treadmill you are considering will hold up to years of use. Nearly all the quality features listed are found on far more expensive health club treadmills, for the very same reason you want these features on your home model - long product life with minimal service and maintenance.

before you buy





Final assembly of our treadmills is performed with consistency and precision in an ISO 9001 Quality Certified facility. ISO standards are an internationally recognized quality methodology designed to assure the highest standards of production.

In addition, each treadmill goes through a final detailed 44 point inspection. Important standards such as vibration and decibel readings are taken to assure only the highest quality treadmill is shipped. A copy of each inspection sheet is included with every treadmill.

All specifications are subject to change.

FEATURE COMPONENT	VISION FITNESS TREADMILLS		
	T8100	T8200	T8500
FRAME	Heavy Gauge Steel Welded Frame	Heavy Gauge Steel Welded Frame	Heavy Gauge Steel Welded Frame
RUNNING AREA	54" x 16.5"	54" x 16.5"	56" x 20"
DIMENSIONS	62" Long x 30" Wide	62" Long x 30" Wide	75" Long x 28" Wide
FOLDED DIMENSIONS	22" Long x 30" Wide	22" Long x 30" Wide	N/A
MOTOR	2 hp Continuous Duty Leeson Motor	2 hp Continuous Duty Leeson Motor	2 hp Continuous Duty Baldor or Lesson Motor
MOTOR CONTROL	Digital Concepts PWM with Fuseless Current Limit	Digital Concepts PWM with Fuseless Current Limit	Digital Concepts PWM with Fuseless Current Limit
ELEVATION	0 to 10% Toggle Control No Elevation Display 700 lb.Thrust Motor	0 to 10% Push Button Elevation Display 700 lb.Thrust Motor	0 to 12% Push Button Elevation Display 700 lb.Thrust Motor
DECK	Low Maintenance Prewaxed Phenolic Single Side Coat	Low Maintenance Prewaxed Phenolic Single Side Coat	Low Maintenance Prewaxed Phenolic Both Sides Coated
CUSHIONING	8 Elastomer Cushions	8 Elastomer Cushions	8 Elastomer Cushions Hidden
BELT	54" x 16.5" 2.1mm 2-Ply	54" x 16.5" 2.1mm 2-Ply	56" x 20" 2.1mm 2-Ply
ROLLERS	2.5" Crowned with Large O.D. Bearing	2.5" Crowned with Large O.D. Bearing	2.5" Crowned with Large O.D. Bearing
BELT TRACKING Crowned Roller	Quiet & Non-fraying Crowned Roller Quiet & Non-fraying	Crowned Roller Quiet & Non-fraying	
PROGRAMS	19 Total 9 Levels of 2 Profiles plus manual Intervals•Speed Change Weight Loss•Speed Change	19 Total 9 Levels of 2 Profiles plus manual Intervals•Speed Change Weight Loss•Speed Change	46 Total 9 Levels of 5 Profiles plus manual Intervals•Speed Change Weight Loss•Speed Change Weight Loss•Elevation Change 5K-Run•Elevation Change 10K-Run•Elevation Change
HOME WARRANTY	Lifetime Frame 3 Year Motor 2 Year Electronic/Parts	Lifetime Frame 3 Year Motor 2 Year Electronic/Parts	Lifetime Frame 3 Year Motor 2 Year Electronic/Parts

SELECTING THE RIGHT EQUIPMENT FOR YOU	2
BENEFITS OF HOME EXERCISE	3
NO-COMPROMISE DESIGN	4
T8500 - FULL PLATFORM TREADMILL	6
T8200 & T8100 - FOLDING TREADMILLS	8
BASIC FITNESS GUIDELINES	10
USING A HEART RATE MONITOR	11
SPECIFICATIONS	12
QUALITY FEATURE CHECKLIST	13



All our products are designed with the realities of home exercise in mind.

selecting the right equipment for you

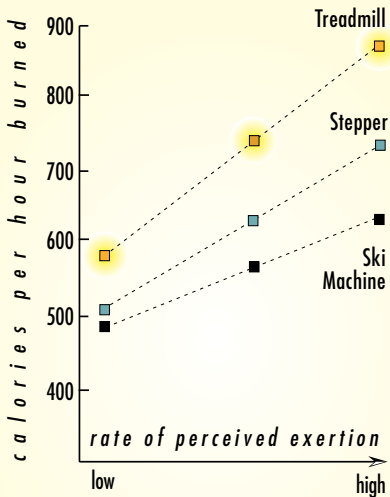


■ **WHAT TYPE OF EQUIPMENT WILL YOU USE?** Don't be overly concerned about which type of equipment is 'best'. Nearly all types of aerobic equipment will deliver a beneficial workout. The more important question is this - Which type of equipment will you use? Walking and running are America's #1 participation activities with over 67 million people participating last year. A treadmill lets you bring your favorite outdoor activity indoors.

■ **TRY IT FIRST.** Always try a new fitness product first. Spend 5 minutes or more on the equipment to make sure it fits you and that the motion is fluid and natural, not awkward. Also, make sure the levels can be adjusted to meet your needs.

■ **IS IT BOTH AFFORDABLE AND GOOD QUALITY?** Some types of equipment such as treadmills deliver a good workout, but are inherently more expensive than other types of fitness products. Since treadmill prices vary over a wide range, make sure no shortcuts have been taken by reviewing our No-Compromise Design section.

■ **WARRANTY AND DEALER SUPPORT?** Vision Fitness offers a limited lifetime warranty on the frame, a three-year motor, and a two-year parts and electronics warranty for home use. We're that confident in our quality. Should service be needed, your local dealer is qualified to perform any necessary repairs.



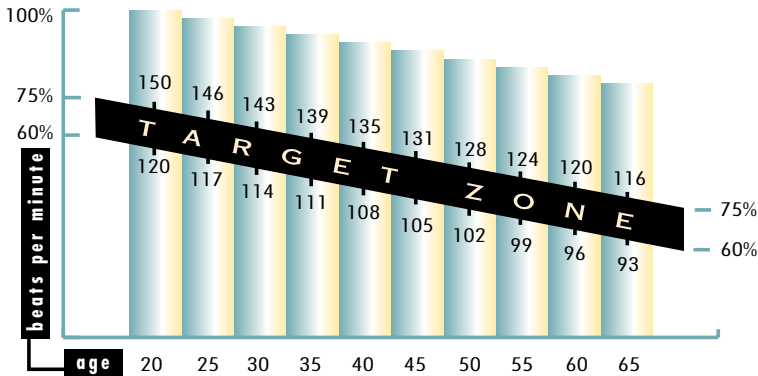
take the easy street One big plus about working out on a treadmill is that the perceived exertion level is lower than on any other type of indoor equipment including cross country ski machines. Because a workout on a treadmill feels less strenuous for equivalent calorie expenditures, you are more likely to workout longer and stay with your fitness program. In short, you'll find it easier and more enjoyable to keep fit on a treadmill.

Zeni et al. "Energy Expenditure With Indoor Exercise Machines" *Journal of American Medical Association* 275.18 (1996): 1424.

using a heart rate monitor

The American Heart Association recommends that you exercise 3 to 4 days per week at 60 to 75% of your maximum heart rate to maintain cardiovascular fitness. By monitoring your heart rate while you exercise, you can achieve the optimally beneficial workout in the minimum amount of time.

TRAINING ZONE RATE



VISION FITNESS HEART MONITORS

A Vision Fitness heart rate monitor can be used with or without our treadmill. A heart rate monitor is a convenient tool for monitoring your workout as well as your fitness progress over time. By monitoring your heart rate, you have the information you need to workout smart.



All Vision Fitness Heart Rate Monitors Feature:

- ECG Accurate Heart Rate
- Wireless Telemetric Design
- Easy to Read Display
- Replaceable Batteries

Our Full Function VF-III Pictured Here Also Includes:

- Backlight Display
- Stopwatch
- Day & Date Calendar
- Audio & Visual Alarm
- High/Low Target Alarm Settings
- Clock

ASK YOUR DEALER FOR OTHER POPULAR ACCESSORIES:

Water Bottles • Vision Fitness Caps • Sweat Shirts • Polo Shirts

basic fitness guidelines*



S T R E T C H F I R S T Before beginning your workout, spend a few minutes doing gentle stretching exercises.



W A R M U P The first 2 to 5 minutes of a workout should be devoted to warming up. The warm up will gradually prepare your muscles for the more vigorous workout.

THE HEART OF YOUR WORKOUT

how often?

The American Heart Association recommends that you exercise at least 3 to 4 times per week to maintain cardiovascular fitness. If you have other fitness goals, such as weight loss or athletic conditioning, you will achieve your goal faster working out 5 to 6 times per week.

how long?

For aerobic conditioning benefits, it's recommended that you exercise from 24 to 32 minutes per session. Be sure to start slowly and gradually increase your time. If your primary fitness goal is weight loss, longer sessions at lower intensities have been found to be most effective.

how hard?

Always begin an exercise program at low intensities. Aerobic exercise does not have to be painful to be effective. If while exercising you are too winded to maintain a conversation without gasping, you are working out too hard.



C O O L D O W N Use a lower speed setting at the end of your workout to gradually lower your heart rate. A cool down period allows your heart to adjust to the decreased demand.

**Always consult your physician before beginning an exercise program. The owner's manual you receive with your purchase covers these guidelines in more detail.*

benefits of home exercise

We recommend participating in a variety of aerobic activities. The variety will keep you more involved and more likely to sustain your fitness program over time. Vision Fitness treadmill and exercise bikes are both excellent tools to keep you involved and healthy enough to enjoy your favorite outdoor activities - whether it's walking, cycling, in-line skating, or skiing.

The most important thing is to stay consistently active. In fact, the US Surgeon General recently issued a warning stating that lack of regular exercise is a recognized health risk.

Further advantages of having a quality fitness product in your home:

independence *Your workouts are not weather or daylight dependent.*

control *You control your schedule, you control the intensity - you control your health.*

timesaver *Combine your workout with other activities such as watching television. Eliminate the drive time to and from the health club.*

more family *Time is what we have the least of. No difficult trade-offs or balancing acts are necessary - You can have more family time while you workout.*

safety *Workout comfortably in the safety of your own home.*

