

V I S I O N F I T N E S S

Home fitness at its best

IT ALL STARTS

Elliptical
Catalogue
&
buying guide

WITH A VISION



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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. The Vision Fitness elliptical trainers offer the best of both worlds for the home – superior performance with optimum space efficiency.

In the most recent Health & Fitness Buying Guide by Consumers Digest, we were awarded a Best Buy for our elliptical trainer. We were also awarded Best Customer Service in the industry by our retailers at the recent Health and Fitness Trade Show. We at Vision Fitness take great pride in offering the best service in the industry to all our customers.

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

Thank you

Greg Waters

GREG WATERS

For more information about our entire line of fitness products please visit us at our website: www.visionfitness.com

Quality CHECKLIST

Heavy Gauge Steel Frame

- ❑ Lift the elliptical trainers you're considering to determine the comparative gauge of steel used

ECB-PLUS™ Magnetic Resistance

- ❑ 24 lb balanced flywheel
- ❑ Friction-free durability
- ❑ Photo-optic positioning
- ❑ Limited lifetime home warranty

QUIET-GLIDE™ Belt Drive System

- ❑ Smooth, quiet operation
- ❑ No maintenance needed

Program Profile Levels

- ❑ Programs have both level and time set options

BIO-RADIUS™ Pedal Arms

- ❑ Long pedal arms for smooth, fluid motion
- ❑ Comfortable positioning
- ❑ Optional Child Safety Guard

Folding System

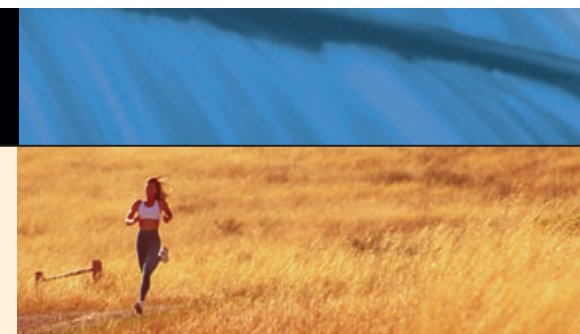
- ❑ Folds up for minimal storage space (only 33" x 27" for Single-Action models, 47" x 27" for Dual-Action models)

2 For 1 Foot Plate

- ❑ GLIDE or STEP position

ISO Quality Manufacturer

- ❑ State of the art quality manufacturing facility and procedures



We recognize that an elliptical trainer is a large investment.

Use this easy checklist to better understand the differences in the products you are considering. The more boxes you check, the more likely the trainer you are considering will hold up to years of use. Our goal is to design fitness products that will provide you with years of performance with minimal maintenance or service.

before you buy

FEATURE COMPONENT	VISION FITNESS ELLIPTICAL TRAINERS					
	X6600HRC/DA DUAL-ACTION PROGRAMMABLE	X6600HRC SINGLE-ACTION PROGRAMMABLE	X6200HRC/DA DUAL-ACTION PROGRAMMABLE	X6200HRC SINGLE-ACTION PROGRAMMABLE	X6000DA DUAL-ACTION INDEXED	X6000 SINGLE-ACTION INDEXED
CONSOLE	EASY8™ LED CONTINUAL FEEDBACK W/ TELEMETRIC & CONTACT HEART RATE CONTROL Manual, Intervals, Rolling, Weight Loss, Mountain, Heart Rate Control Integrated Reading Rack	EASY8™ LED CONTINUAL FEEDBACK W/ TELEMETRIC & CONTACT HEART RATE CONTROL Manual, Intervals, Rolling, Weight Loss, Mountain, Heart Rate Control Integrated Reading Rack	QUICK-SET™ LED W/ HEART RATE CONTROL Manual, Intervals, Rolling, Weight Loss, Race, Heart Rate Control	QUICK-SET™ LED W/ HEART RATE CONTROL Manual, Intervals, Rolling, Weight Loss, Race, Heart Rate Control	5 Function 5 Window LCD	5 Function 5 Window LCD
CONSOLE FEEDBACK	CONSTANT FEEDBACK Watts, Speed, RPM, Distance, Time, Calories, Heart Rate, Program, Level	CONSTANT FEEDBACK Watts, Speed, RPM, Distance, Time, Calories, Heart Rate, Program, Level	Watts, Speed, Avg Speed, RPM, Distance, Time, Calories, Heart Rate, Program, Level	Watts, Speed, Avg Speed, RPM, Distance, Time, Calories, Heart Rate, Program, Level	RPM, Speed, Time, Distance, Calories	RPM, Speed, Time, Distance, Calories
TENSION CONTROL	Programmable	Programmable	Programmable	Programmable	Indexed	Indexed
RESISTANCE SYSTEM	Cambridge Motor Works™ ECB-PLUS™ Generator	Cambridge Motor Works™ ECB-PLUS™ Generator	ECB-PLUS™ Motor Operated Permanent Magnet	ECB-PLUS™ Motor Operated Permanent Magnet	ECB™ Cable Operated Permanent Magnet	ECB™ Cable Operated Permanent Magnet
DRIVE TRAIN	QUIET-GLIDE™ Super Silent Poly-V Belt	QUIET-GLIDE™ Super Silent Poly-V Belt	QUIET-GLIDE™ Super Silent Poly-V Belt	QUIET-GLIDE™ Super Silent Poly-V Belt	Super Silent Poly-V Belt	Super Silent Poly-V Belt
FLYWHEEL	Club, 24 lbs. Balanced	Club, 24 lbs. Balanced	24 lbs. Balanced	24 lbs. Balanced	24 lbs. Balanced	24 lbs. Balanced
FRAME	Xtra Heavy Gauge Steel Welded	Xtra Heavy Gauge Steel Welded	Heavy Gauge Steel Welded	Heavy Gauge Steel Welded	Heavy Gauge Steel Welded	Heavy Gauge Steel Welded
PEDAL ARMS	BIO-RADIUS™	BIO-RADIUS™	BIO-RADIUS™ Folding	BIO-RADIUS™ Folding	BIO-RADIUS™ Folding	BIO-RADIUS™ Folding
PEDALS	Fixed Position	Fixed Position	2 For 1 Step & Glide Positions	2 For 1 Step & Glide Positions	Fixed Position	Fixed Position
POWER	Self-Generating & 13.5V Plug-In	Self-Generating & 13.5V Plug-In	7.5V 1Amp Plug-In	7.5V 1Amp Plug-In	2 AA Battery	2 AA Battery
HOME WARRANTY*	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 2 Years Labor*	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 2 Years Labor*	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor*	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor*	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor*	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor*
LIGHT INSTITUTIONAL* WARRANTY	Up to 5 Hours of Use per Day 2 Years Frame 2 Years Magnetic Brake 2 Years Electronics/Parts 2 Years Labor*	Up to 5 Hours of Use per Day 2 Years Frame 2 Years Magnetic Brake 2 Years Electronics/Parts 2 Years Labor*	Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor*	Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor*	None	None
IN-USE SPACE	82" x 27"	82" x 27"	82" x 27"	82" x 27"	84" x 27"	82" x 27"
FOLDED SPACE	N/A	N/A	47" x 27"	33" x 27"	47" x 27"	33" x 27"
MAX. USER WEIGHT	400 lbs.	400 lbs.	300 lbs.	300 lbs.	300 lbs.	300 lbs.
* Refer to www.visionfitness.com for complete Warranty details. All product specifications are subject to change.						

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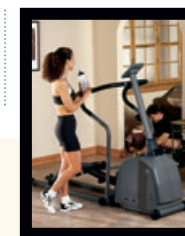
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ALL OUR PRODUCTS
ARE DESIGNED WITH
THE REALITIES OF
HOME EXERCISE
IN MIND.

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?*

■ **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 resistance 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. Next to the treadmill, the elliptical trainer provides a great weight bearing workout most similar to running or walking. Unlike a treadmill though, an expensive motorized drive-train isn't required so a quality elliptical product can be manufactured for less than a quality treadmill. A workout on an elliptical trainer has the advantage of being non-impact which can reduce joint stress.

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

■ **WHY BUY FROM A SPECIALTY FITNESS RETAILER?** It's really quite simple; it all boils down to service. We can build the best fitness products, however, if they are not assembled and set up by a professional, they may not perform as intended. A specialty retailer can also guide you to the proper type of equipment to help you meet your fitness goals.

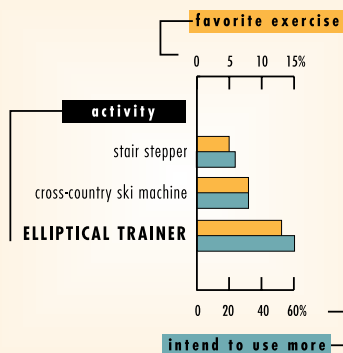


enjoy what you do

A recent survey shows that the elliptical trainer is the exercise of choice among users of indoor equipment who have tried it. And more elliptical trainer users intend to participate more in the coming year than users of any other type of equipment.

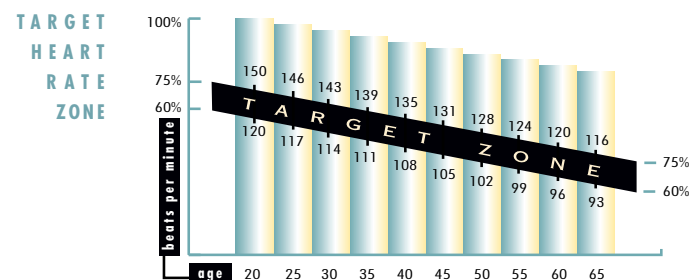
So enjoy what you do, and do what you enjoy - anything else is just work.

Study conducted by American Sports Data, Inc. for Sporting Goods Manufacturers Association



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.



VISION FITNESS HEART MONITORS

A Vision Fitness heart rate monitor can be used with or without our elliptical trainers. 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 · Reading Racks · Vision Fitness Clothing

basic fitness guidelines*



STRETCH FIRST Before beginning your workout, spend a few minutes doing gentle stretching exercises.



WARM UP 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.



COOL DOWN Use a lower resistance 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 Guide you receive with your purchase covers these guidelines in more detail.*



Vision Fitness has teamed up with the experts at **FitAdvisor.com™** to offer you a special training and motivational program. Simply purchase a quality Vision Fitness elliptical trainer, and receive a FREE 8-week fitness program prepared and monitored by a physiologist/A.C.E.-certified personal trainer.

The **FitAdvisor.com™** program asks you certain health and fitness questions, along with your personal schedule, then develops a program that is especially suited for you to achieve your goals. The personalized tracking log allows you to monitor your progress on a daily basis. You are regularly sent e-mails providing feedback and encouragement.

To learn more about the 8-week offer and **FitAdvisor.com™**, please visit your local retailer or visit online at visionfitness.com or FitAdvisor.com™.

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 treadmills, exercise bikes and elliptical trainers are all 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:

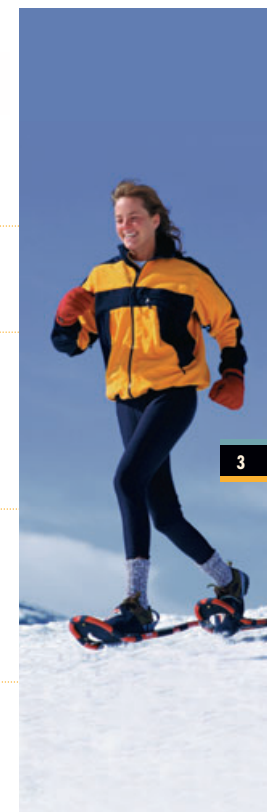
independence *Your workouts are not weather or daylight dependent.*

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.*



Home Friendly DESIGN

We didn't invent the elliptical trainer concept, but we did make the first club quality trainer that will fit any home.

Though relatively new on the fitness horizon, elliptical trainers have already earned their floor space in the health clubs. Elliptical trainers offer a great workout that is both weight bearing and non-impact. When we set out to build an elliptical trainer for the home, we immediately ran into a big stumbling block. The best elliptical designs use a long pedal arm to achieve the smooth motion. These large designs can take up most of a room in a home. If you shorten the pedal arms, you get a jerky, uneven motion that is frankly, too unpleasant to use. Since our goal has always been to design home products with a club-like performance and feel, we had to find a solution -- and thankfully, our design team achieved the best of both worlds; superior performance with optimum space efficiency, with our Patent-Pending Folding System.



BIO-RADIUS™ PEDAL ARM The BIO-RADIUS™ Pedal Arm positions your body over the center of the drive wheel for the most natural and fluid ergonomic positioning. The extra long arm provides for the smoothest elliptical motion possible.

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X 6 0 0 0



X6000
SINGLE-ACTION

X6000 Dual-Action & X6000 folding elliptical trainers

EASY-TO-ADJUST RESISTANCE SYSTEM The X6000 Series utilizes our cable-operated ECB Permanent Magnetic system. To adjust the tension, simply turn the knob located on the console mast. When the tension is adjusted on our ECB Permanent Magnetic system the magnet gets closer to the flywheel, which increases the tension, or gets further away which decreases the tension. The whole time the magnet is moving the elliptical motion stays smooth and fluid.

DON'T SWEAT THE DETAILS - WE DID When designing the X6000 Series we set out to bring high quality, affordable dual- & single-action elliptical trainers to our customers. We accomplished this by using proven suppliers and components based on our years of experience. Whether it's our ECB Magnetic Resistance System or our Bio-Radius™ Pedal Arms, you can be sure that each component is designed to work together. In addition, each of our elliptical trainers is assembled in an ISO 9001 Quality Certified facility.

FOLD IT UP You can place the Vision Fitness elliptical trainer in the room of your choice. When not in use, optimize your floor space by simply folding the pedal arms up. Folded, the X6000 Series takes up only a 47" x 27" area, which is less than a third the space required by some other brands.

EASY-TO-READ CONSOLE The X6000 Series uses our Manual console. The 5-window console is easy to read. The 2-button operation couldn't be simpler; just set your workout time and start your workout. The console gives constant feedback in RPM, Speed, Time, Distance and Calories



**X6000 SERIES
MANUAL**

Upgrades from sporting goods elliptical trainer

- ECB Resistance
- Quiet-Glide™ Belt Drive
- Folding Design
- Bio-Radius™ Pedal Arms
- Warranty
- Professional Assembly & Service
- 300 lb. User Weight

a quiet glide

home fitness at its best

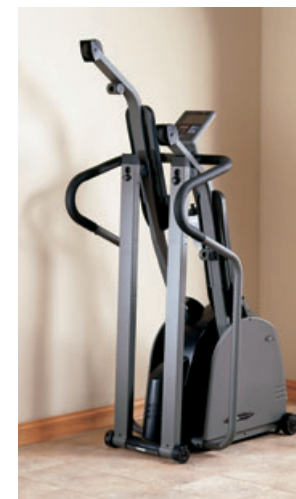
HEAVIER THE BETTER We use heavy gauge steel in our elliptical trainers to assure a solid and stable support for your workout. The extra heavy weight flywheel in our elliptical trainers adds to the stability and makes for a smoother motion. Our 4-Point Front Frame provides a sturdy base for the folding arms. Built-in wheels for ease of moving your elliptical trainer.



YOUR HEART KNOWS BEST Heart rate training is the most effective way to burn fat and lose weight. Best of all it's easy to do; simply enter your target heart rate into the console (turn to

Page 15 to find your target heart rate). The console then automatically adjusts the tension on the X6600HRC Series & X6200HRC Series to keep you in your target heart rate zone. The heart rate control utilizes a wireless telemetric strap that is worn around your chest to send your heart rate information to the console.

PATENT PENDING FOLDING SYSTEM Save the space. Fold down the pedal arms when in use, fold them up when you're done. The pedal arms and guide rails conveniently lock together in the upright position when you want to use the room for other activities. When folded, our elliptical trainers take up an area of only 33" x 27" (Single-Action models) and 47" x 27" (Dual-Action models).



Home Friendly DESIGN

Vision Fitness elliptical trainers

ECB-PLUS™ RESISTANCE The ECB-PLUS™ Resistance system has been a proven performer on our exercise bike line since 1993. This permanent magnetic resistance system has no wearing contact parts for maximum durability. Combine this friction free resistance with a 24lb. flywheel and you get the best performing resistance mechanism available. In addition to proven performance, we also offer a limited lifetime warranty on the ECB-PLUS™ brake for home use.



QUIET-GLIDE™ DRIVE We revolutionized the industry with our Quiet-Glide™ Drive technology when we introduced it on our award winning exercise bikes back in 1993. The Multi-Ribbed Super Silent Poly-V Belt and top quality one way bearing assure an extra quiet work-out. A quiet piece of exercise equipment makes it easier to read a book or watch TV without disturbing others. Computer modeling on this drive system shows the expected life to exceed 20,000 hours. That's over 50 years of life, when used one hour a day.

WARRANTY AND RETAILER SUPPORT Vision Fitness offers a limited lifetime warranty on the frame and ECB-PLUS™ resistance system, and a two-year parts and electronics warranty for home use. We're that confident in our quality. Should service be needed, your local retailer is qualified to perform any necessary repairs.

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X6200HRC
SINGLE-ACTION

X6200HRC / Dual-Action & X6200HRC folding elliptical trainers



STAY MOTIVATED The Quick-Set™ console on the X6200HRC Series gives you five different programs to choose from and each has 16 different levels plus you get heart rate control. That gives you a total of 81 different options to keep your workout both fun and motivating. The dot matrix LED display shows you the progress of your workout, while you are able to get immediate feedback on Watts, Speed, Average Speed, RPM, Distance, Calories, Heart Rate, Program Level and elapsed Time.

"Most of our testers felt the Vision Fitness X6200HRC had an extremely natural elliptical motion."

Consumers Digest

SINGLE-ACTION OR DUAL-ACTION The X6200HRC Series comes in either a single- or dual-action model. The single-action allows you to focus specifically on your lower body, while the dual-action integrates moving arms to add an upper body workout. Both models offer the 2-for-1 variable footplate. The 'Glide' position keeps the step pattern elliptical and the workout will feel more like a ski glide, or a smooth run or walk. The 'Step' position will increase the step height and the workout will feel more similar to a step machine workout. This position is particularly effective for developing your quadriceps muscles. The toe piece can be easily repositioned without tools.



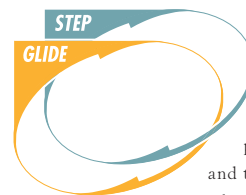
YOUR HEART KNOWS BEST Heart Rate training is the smartest and most effective way to get a workout in the least amount of time. The console automatically adjusts the tension on the X6200HRC Series to keep you in your target heart rate zone.



X6200HRC SERIES
PROGRAMMABLE

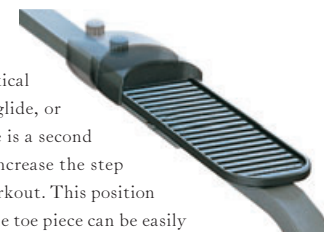
Upgrades from X6000DA | Heart Rate Control • Quick-Set™ Programmable Console • Adjustable Foot Plate
Motor-operated ECB-PLUS™ Resistance • Light Institutional Warranty

home fitness at its best



2-FOR-1 VARIABLE FOOT PLATE X6200HRC SERIES ONLY

The 'GLIDE' or rearmost pedal position keeps the step pattern elliptical and the workout will feel more like a ski glide, or smooth run or walk. For a little variety, there is a second foot position option. The 'STEP' or forward most position will increase the step height and the workout will feel more similar to a step machine workout. This position is particularly effective for developing your quadricep muscles. The toe piece can be easily repositioned without tools.



ISO 9001 QUALITY CONTROL The first step is to select the right components, the second, and equally important is to assemble these components with consistency and precision. Final assembly of Vision Fitness elliptical trainers is performed with consistency and precision in an ISO 9001 Quality Certified facility. ISO is an internationally recognized quality system.



CHILD SAFETY GUARDS Always use the optional Child Safety Guards (X6200HRC & X6000 Series) if you have young children living in or visiting your home.

a sense of fluidity

X6600HRC / Dual-Action & X6600HRC light institutional elliptical trainers

BUILT FOR THE LONG HAUL The X6600HRC Series is built for the light institutional market, which includes hotels, rehabilitation centers, corporate fitness centers and municipal facilities. These markets require products that are designed to hold up to hours of use and abuse. Every component of the X6600HRC Series is built to meet these demanding specifications. This attention to detail makes it the perfect light institutional elliptical trainer or the ultimate home elliptical trainer.

SINGLE-ACTION OR DUAL-ACTION The X6600HRC Series comes in either a single- or dual-action model. The single-action allows you to focus specifically on your lower body, while the dual-action integrates moving arms to add an upper body workout. Both models offer telemetric and contact heart rate to give you the best of both worlds. The telemetric heart rate utilizes a wireless transmitter worn around your chest to send your heart rate information to the console. The contact heart rate is even easier; simply grab hold of the contact handles. The console then automatically adjusts the tension to keep you in your target heart rate zone.

MOTIVATION AT ITS BEST The EASY-8™ LED Continual Feedback console has six different programs, each with 16 different levels to keep you interested and motivated during your workout. If you get tired of intervals, a simple push of a button puts you in the mountains of Colorado or the rolling hills of Vermont. With the EASY-8™ and a little imagination, you can go everywhere without going anywhere.



X6600HRC / DA
EASY-8™ LED

Upgrades from X6200HRC

Contact Heart Rate Control • EASY-8™ Console • Integrated Reading Rack
Cambridge Motor Works™ Generator System • 400lb. User Weight
2-Year Labor, 3-Year Parts/Electronics Warranty

light institutional durability

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X6600HRC
SINGLE-ACTION