



2009

Elliptical Trainers

For the Home

smooth

quiet

compact



Vision Fitness 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.

Over the last 10-plus years, we have grown from offering three fitness bikes to a full lineup of award-winning treadmills, elliptical trainers, fitness bikes, and strength equipment. Today, we are one of the top fitness equipment companies in the world. We attribute our success to our dedication to high quality standards, the development of innovative products that motivate people to achieve their goals, and unsurpassed customer service.



VISION FITNESS headquarters



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

Awards & Media

Vision Fitness prides itself in creating high-quality fitness products at an exceptional value that best help you achieve your fitness goals. Vision Fitness® products have earned numerous “Best Buy” awards since 1995. Below is a list of these award-winning products:

T9200 - Platform Treadmill	February 2008
T9200 - Platform Treadmill	February 2007
R2250HRT - Semi-Recumbent Fitness Bike	Health Magazine - Jan./Feb. 2007
R2250HRT - Semi-Recumbent Fitness Bike	Consumers Digest - February 2007
E3200HRT - Upright Fitness Bike	Consumers Digest - February 2007
T9500 - Platform Treadmill	February 2006
T9200 - Platform Treadmill	February 2006
E3200HRT - Upright Fitness Bike	BBC Focus U.K. - January 2006
E3100 - Upright Fitness Bike	Men's Fitness U.K. - March 2005
X6100 - Folding Elliptical Trainer	Health Magazine - Jan./Feb. 2005
T9200 - Platform Treadmill	January 2005
X6200HRT - Folding Elliptical Trainer	Which? Magazine U.K. - August 2004
E3000 - Upright Fitness Bike	Consumers Digest - February 2004
T9200 - Platform Treadmill	January 2004
T9200 - Platform Treadmill	May 2003
R2000 - Semi-Recumbent Fitness Bike	Consumers Guide
X6200 - Folding Elliptical Trainer	Consumers Digest - Jan./Feb. 2001
R2200 - Semi-Recumbent Fitness Bike	Consumers Digest - Jan./Feb. 2001
X6200 - Folding Elliptical Trainer	Consumers Digest - Sept./Oct. 1998
R2200 - Semi-Recumbent Fitness Bike	Consumers Digest - Sept./Oct. 1998
E4100 - DualAction Upright Fitness Bike	Consumers Digest - Sept./Oct. 1998
E3200 - Upright Fitness Bike	Consumers Digest - Sept./Oct. 1998
E4100 - DualAction Upright Fitness Bike	Consumers Digest - Nov./Dec. 1997
R2200 - Semi-Recumbent Fitness Bike	Consumers Digest - Nov./Dec. 1996
R2200 - Semi-Recumbent Fitness Bike	Consumers Digest - Sept./Oct. 1995



Try an award-winning Vision Fitness® elliptical trainer at your local specialty fitness retailer. We are confident you will agree with the thousands of satisfied users and find our ellipticals are the smoothest and quietest you have ever used.



All You April 2005 X6100

“SPACE SAVER
The Vision Fitness **X6100** has seven feedback windows—so you don’t have to switch between

displays—five programs, heart-rate sensors and 16 resistance levels. Fold up the arms when you’re done to save space.”

LA Times December 2005 X6200

“[The Vision **X6200** is a] full-featured model that folds up. Fits in a closet when not in use; foot pedals and rails lift to vertical position in seconds, reducing 7-foot length by half. Large dot-matrix screen. SPRINT 8® interval program delivers a fun, challenging workout in 20 minutes...”



Health magazine January 2005 “Best of Fitness Award Winner” X6100

“This elliptical trainer is made of heavy-gauge steel and folds to less than 4 feet long, making it a nice fit for nearly any room. The simple-to-decipher console offers five program options, in addition to displaying workout time, distance, calories burned, and three other types of workout feedback. The **X6100** also has hand grips that detect your heart rate on contact and a reading rack in case you need a distraction.”



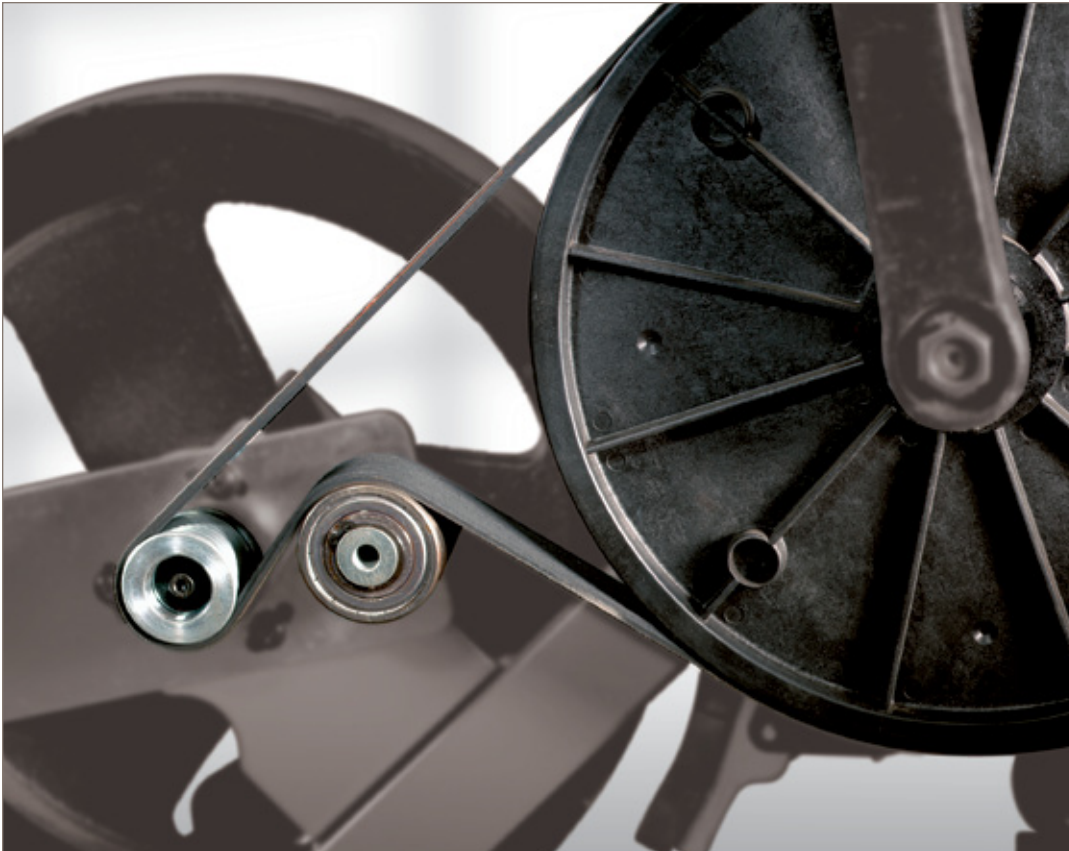
Smooth

The goal at Vision Fitness was to develop the most comfortable elliptical motion possible. To accomplish this, we offer long pedal arms and pivoting footplates for a natural and fluid stride. Our dual-action arms are designed to keep you in a proper upright position and provide smooth upper-body movements. The variable-durometer (softness) footpads found on the **X6200** model ensure an extra-comfortable workout. All of these features, combined with our elongated 19.75-inch stride length, make our elliptical trainers more comfortable than competitively-priced elliptical trainers.

Vision Fitness pioneered the friction-free magnetic resistance system with no wearing parts for maximum performance and durability. Combine this system with our optimally-weighted flywheel, and you get the smoothest resistance mechanism available. When the resistance level is changed on the console (even in the middle of a workout), the transitions are smooth, gradual, and fluid. Vision Fitness is so confident in this system that we offer a Lifetime warranty for home use on the magnetic brake on all of our models.

Quiet

Many people read a magazine or watch television while working out on a piece of home fitness equipment. Additionally, they may work out in the early morning or late evening and do not want to disturb others. Vision Fitness is aware of this and, therefore, developed our Quiet-Glide™ drive technology, which utilizes a multi-ribbed supersilent Poly-V belt, to ensure an extra-quiet workout. The large 10-ribbed Poly-V belts on our elliptical trainers give our products an advantage. The larger surface area puts less tension on the belt, which results in a longer lifespan of not only the belt but the entire drive system. 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!



ISO 9001:2000

International Organization for Standardization (ISO) certification is attained by implementing and demonstrating the consistent manufacturing procedures that are necessary to produce a top quality product. All Vision Fitness® elliptical trainers are produced in plants that are ISO-certified.

Compact

Oftentimes, the size of a person's home or workout space prevents them from purchasing a large piece of cardio equipment. Our patented folding system on the **X6200** allows us to use extra-long pedal arms for smooth motion, with the added benefit of being easily folded out of the way. The pedal arms and guide rails conveniently lock together in an upright position when you want to use the room for other activities.

For those of you interested in a smaller, more affordable piece of equipment, we've developed our compact **X1500** model. With this model, we've loaded lots of comfortable, quality features into a small 57"L x 26"W footprint, including a long 18-inch stride length.

When incorporating space-saving features into our elliptical trainers, we made sure to address ergonomics. Our home ellipticals have small three-inch Q-Factors (the distance between your feet), which promotes a natural stance and helps reduce joint fatigue during longer exercise sessions. The position of our dual-action arms reduces the throw of most grip positions to prevent the forward lean that some smaller users may experience. This also keeps the wrists in a more neutral position throughout the entire range of motion.



The **X6200** can be folded to save space

The **X1500** Elliptical Trainer has a compact 57" x 26" footprint

Customize Your Elliptical Trainer

Vision Fitness configured our home elliptical trainer frames so that they can be matched with any of our three console options. Simply choose the console that meets your needs, and add it to the frame that offers what you want. The result is the perfect elliptical trainer for you!

1 Choose your CONSOLE

SIMPLE

- LCD Screen
- 7 Programs
- Easy Operation
- 16 Levels of Resistance
- Contact Heart Rate



DELUXE

- Blue Backlit LCD Screen
- 7 Programs
- Scrolling Message Bar
- 20 Levels of Resistance
- Contact Heart Rate



PREMIER

- Blue Backlit LCD Screen w/Upper Display
- 18 Programs
- Program Quick Keys
- Scrolling Message Bar
- 20 Levels of Resistance
- Telemetric & Contact Heart Rate



2 Select your FRAME

X1500

- ECB Magnetic Brake
- 21-lb. Balanced Flywheel
- Roomy Footpads
- Compact Design w/18-inch Stride
- 2-year Parts/Electronics Warranty



X6000

- ECB Magnetic Brake
- 21-lb. Balanced Flywheel
- Oversized Footpads
- Long 19.75-inch Stride
- 3-year Parts/Electronics Warranty



X6200

- ECB-Plus™ Magnetic Brake
- 24-lb. Balanced Flywheel
- Variable-durometer Footpads
- Patented Folding Feature
- Long 19.75-inch Stride
- Home & Corporate Warranties



3 The PERFECT ELLIPTICAL TRAINER for you!



Console Options

Key features found on all Vision Fitness® home elliptical trainer consoles:

- Quick Start Button—Simply press and go.
- Resistance Level, RPM, Time, Distance, Heart Rate, Calories, and Watts Readouts
- Integrated Reading Rack
- Program Profile Display—Illustrates resistance level and how much of the workout is complete.
- Easy-to-read LCD Display
- Preset Programs



SIMPLE

Our **Simple** console comes with seven preset programs and provides several important pieces of exercise feedback, including heart rate from the contact heart rate grips. If all you need is standard feedback, this is the console for you.



DELUXE

Our **Deluxe** console is for the user who wants more specialized programming but doesn't need all of the bells and whistles. This console features a blue backlit LCD display that provides more exercise feedback, such as Speed, METS, and % Max Heart Rate, and has a scrolling message bar that provides instructions and feedback during each program and its setup. The **Deluxe** console also offers 20 levels of resistance. Lastly, its reading rack has an MP3 holder, so users can easily access their music while working out.



PREMIER

Our **Premier** console has all of the features of the **Deluxe** and more. It has 18 programs, including five custom user programs, three interactive heart rate programs, three goal programs, and, like the **Deluxe**, our exclusive SPRINT 8® anaerobic workout. It is equipped with a telemetric heart rate chest strap, which allows you to monitor your heart rate without having to hold the contact heart rate grips. Important exercise feedback is displayed in three easy-to-read, individual, upper feedback windows.

Frame Options

Key features found on all Vision Fitness® home elliptical trainer frames:

- Front Transport Wheels—Allow easy movement.
- Roomy Footplates—Give plenty of space for a safe and comfortable workout.
- Handlebars with Contact Heart Rate Sensors
- Extra-wide Poly-V Belts—Create less friction, resulting in a longer drive system life span.
- Properly-weighted Flywheels—Provide smooth and consistent resistance.



X1500
ELLIPTICAL TRAINER

The **X1500** is our entry-level elliptical trainer but is still loaded with great features. It uses an ECB magnetic resistance system with a 21-lb. flywheel and a supersilent Quiet-Glide™ drive to create a durable machine that offers smooth resistance changes. The pivoting footplates, three-inch pedal spacing, and 18-inch stride length provide a comfortable and ergonomic stride motion. This model also comes standard with contact heart rate and heavy gauge construction.



X6000
ELLIPTICAL TRAINER

The **X6000** offers all of the benefits of the **X1500** but in a larger and even more stable frame design. The larger frame and longer pedal arms allow us to offer an elongated elliptical motion and longer 19.75-inch stride length. The larger 15" x 6.5" footplates provide users with a roomy, stable base.



X6200
ELLIPTICAL TRAINER

The **X6200** is our top-of-the-line home elliptical model, featuring the same larger frame design as the **X6000** but includes our patented folding pedal arms for compact storage. It also features our ECB-Plus™ magnetic resistance system and a larger 24-lb. flywheel for the ultimate stride motion. The variable-durometer footpads and multi-position handgrips provide added comfort and versatility.



feature	Premier	Deluxe	Simple
console and programs	BLUE BACKLIT LCD W/ UPPER DISPLAY SPRINT 8°, Manual, Intervals, Fat Burn, Mountain, Random, Watts, 3 HRT® Programs, 3 Goal Programs, 5 Custom User Programs Integrated Reading Rack	BLUE BACKLIT LCD SPRINT 8°, Manual, Intervals, Fat Burn, Mountain, Random, Watts Integrated Reading Rack	HTN LCD Manual, Muscle Toner, Intervals, Fat Burn, Incline, Rolling Hills, Mountain Integrated Reading Rack
console feedback	Watts, Speed, Distance, Time, Resistance, Heart Rate, Calories, METs, RPM, % Heart Rate	Watts, Speed, Distance, Time, Resistance, Heart Rate, Calories, METs, RPM, % Heart Rate	Watts, Distance, Time, Heart Rate, Calories, RPM, Program, Level
heart rate	Contact & Telemetric	Contact	Contact
program levels	20	20	16



feature	X6200	X6000	X1500
resistance system	ECB-PLUS™ Motor-operated Permanent Magnet	ECB Motor-operated Permanent Magnet	ECB Motor-operated Permanent Magnet
drive train	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt
flywheel	24 lbs. Balanced	21 lbs. Balanced	21 lbs. Balanced
frame	Heavy Gauge Steel Welded	Heavy Gauge Steel Welded	Heavy Gauge Steel Welded
pedals	Variable-durometer Footpads	Standard Footpads	Standard Footpads
stride length	19 3/4"	19 3/4"	18"
power	Plug-In	Plug-In	Plug-In
home warranty*	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor
limited corporate warranty*	Up to 3 Hours Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor	None	None
dimensions	79"L x 27"W x 69"H	79"L x 27"W x 69"H	57"L x 26"W x 67"H
folded dimensions	42"L x 27"W x 69"H	NA	NA
product weight	199 lbs.	199 lbs.	172 lbs.
max. user weight	300 lbs.	300 lbs.	300 lbs.
upgrades from previous model	UPGRADES FROM X6000 Folding Pedal Arms, ECB-Plus™ Magnetic Resistance, Heavier Flywheel, Variable-durometer Footpads, Multi-position Hand Grips, Corporate Warranty	UPGRADES FROM X1500 Stride Length, Larger Frame Design, Warranty	UPGRADES FROM SPORTING GOODS MODEL Proven Ergonomics, Heavy Gauge Construction, Warranty

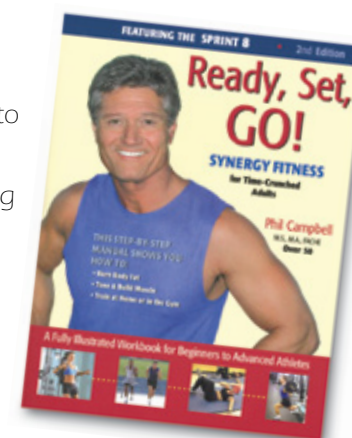
* Refer to www.visionfitness.com for complete Warranty details.
All product specifications are subject to change.



The Perfect Fitness Solution ...

The SPRINT 8® program found on Vision Fitness® elliptical trainers was developed with Phil Campbell, MS, MA, and author of **Ready, Set, Go! Synergy Fitness**. Mr. Campbell is an expert in the field of anaerobic exercise, which has been cited by numerous medical publications as the cure for somatopause or the “middle-age spread.” The “middle-age spread” is the energy decline, weight-gain, loss of muscle, and wrinkled skin we experience after age 30.

Vision Fitness is the first fitness company to integrate anaerobic exercise programming (SPRINT 8) into our equipment that specifically promotes the natural release of human growth hormone. This hormone—the most powerful body-fat-cutting, muscle-toning, anti-aging substance known in science—is produced by the body during the SPRINT 8® workout.

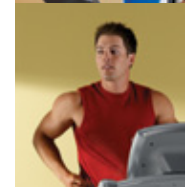
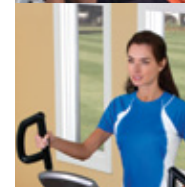
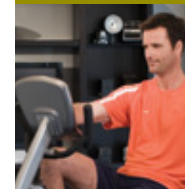


compact

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*it all
starts
with a
vision*



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May be covered by one or more patents or patents pending:

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