

HOME INCLINE ELLIPTICAL TRAINERS

versatile

smooth

quiet

*it all
starts
with a*

vision



VISION  FITNESS®

2008

| the Vision Fitness Difference

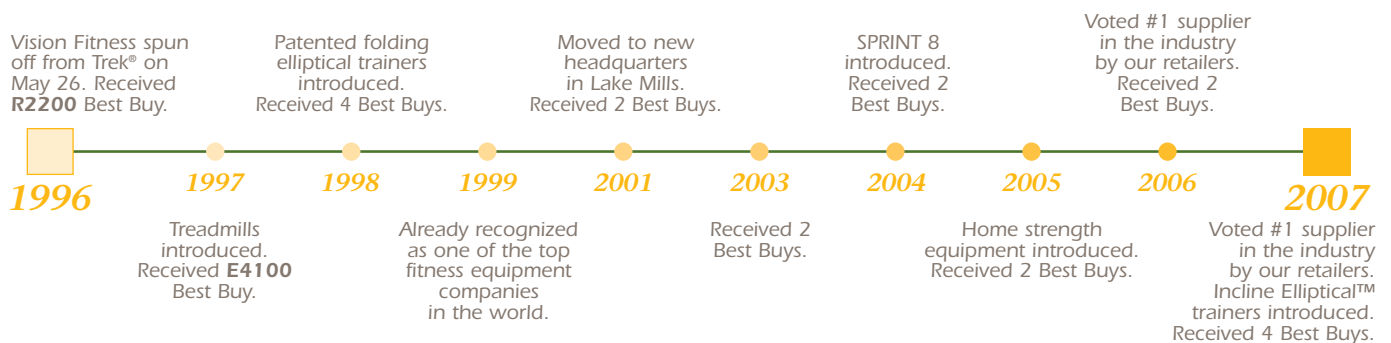
If you are looking for a piece of fitness equipment that gives you an effective, non-impact workout with endless variety, then a Vision Fitness® Incline Elliptical™ Trainer is exactly what you need.

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.



VISION FITNESS
headquarters
located in
Lake Mills, WI

In May 2006, we celebrated our 10-year anniversary. Over the last 10-plus years, we have grown from offering three fitness bikes to a full lineup of treadmills, elliptical trainers, fitness bikes, and strength equipment. As you can see in the timeline below, we quickly became one of the top fitness equipment companies in the world. We attribute our success to our dedication to high quality standards and developing innovative products that motivate people to achieve their goals. It all starts with a Vision ...



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

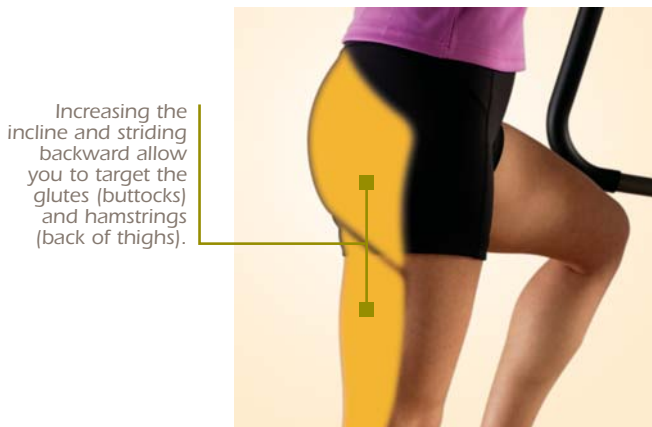
versatile

Elliptical trainers are known for giving users a wonderful non-impact workout. Vision Fitness® elliptical trainers are especially smooth, comfortable, and easy on your joints. To add more versatility to your elliptical trainer workouts, we now offer our Incline Elliptical™ trainers. Our incline ramp allows you to simulate hills, increase intensity, and target different muscle groups with the touch of a button.

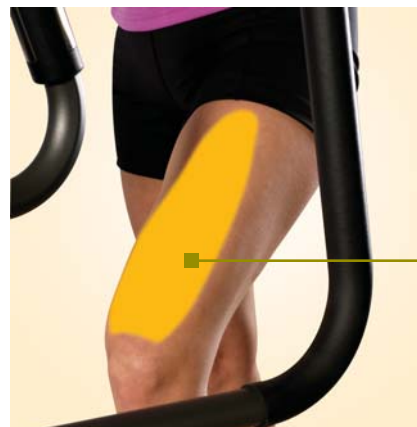


At HIGH resistance/ HIGH incline, you get a total lower-body workout with emphasis on the glutes (buttocks), quadriceps (thighs), and hamstrings (back of thighs). The calves and hamstrings are more impacted when you stride backward.

Our Incline Elliptical™ ramp offers **16 levels** of incline, ranging from 4 to 21 degrees. The stride length increases from 18 ¾" to 19 ½" as the incline goes up.



Increasing the incline and striding backward allow you to target the glutes (buttocks) and hamstrings (back of thighs).



Striding forward will allow you to focus on the quadriceps (thighs).

Programs unique to our Incline Elliptical™ trainers are Glute Burn and Summit Hike. Glute Burn is a challenging program designed to tone the lower body by incorporating repeated incline changes. It also prompts users to vary speed and direction. Summit Hike is a program that makes a variety of incline changes to target your muscles from different angles.

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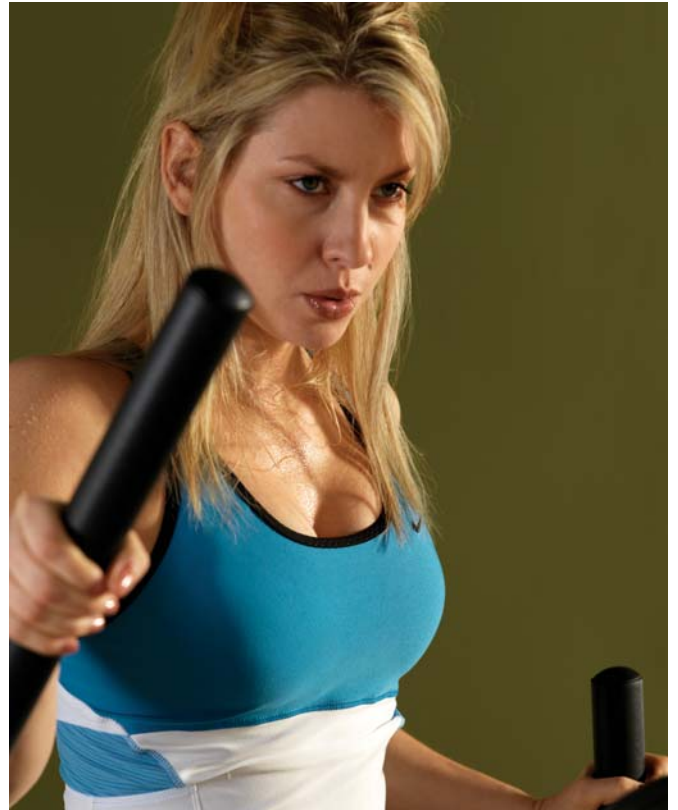
versatile

No one wants to experience jerky or uneven motion when working out on an elliptical trainer. With our Incline Elliptical™ trainers, the goal at Vision Fitness was to develop the smoothest incline changes and elliptical motions possible. To accomplish this, we offer long pedal arms 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



The adjustable ramp gives you 16 levels of incline, ranging from 4 to 21 degrees.

movements. The 24-pound heavy-weight flywheel on our elliptical trainers also helps to keep the motion smooth, while the large, soft footpads ensure an extra-comfortable workout. All of these features combine to make



our elliptical trainers the most comfortable fitness products on the market.

Vision Fitness pioneered the friction-free magnetic resistance system with no wearing parts for maximum performance and durability. When the resistance and incline levels are 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 on the magnetic brake/generator on all of our models.

Our dual-action arms provide an upper-body workout and are rarely found on elliptical trainers with incline ramps in our price range.

quiet

In addition to providing exercisers with versatile upper and lower body workouts and offering a smooth, comfortable ride unmatched in the industry, our Incline Elliptical™ trainers are exceptionally quiet. This is important, as many people read a magazine or watch television while working out on their home fitness equipment. Additionally, users may work out in the early morning or late evening and do



Quiet-Glide™
drive system

not want to disturb others. Our Quiet-Glide™ drive technology, which utilizes a multi-ribbed supersilent Poly-V belt, ensures an extra-quiet workout. The large 10-ribbed Poly-V belts on our elliptical trainers give our products an advantage over



competitors who use clogged or smaller belts. 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!

To ensure the utmost in quality, all Vision Fitness® elliptical trainers are produced in ISO-certified facilities.

The **X6250HRT** comes with an accessory tray that conveniently stores such items as your water bottle, cell phone, TV remote, and MP3 player.



Registrars
ISO 9001:2000

versatile

smooth

quiet

elliptical trainer console features

Vision Fitness's Incline Elliptical™ trainers boast a modern console design. The example shown here is of the **X6250HRT**.

Large 8x16 Dot Matrix Profile Display graphically illustrates your workout and where you are in your workout.

Innovative Programs, such as SPRINT 8, and the four Heart Rate Training (HRT®) programs keep you motivated and progressing toward your goals. Each program has its own button for easy setup and for easy program changes "on the fly."

Integrated Reading Rack conveniently holds magazines for you to read as you exercise.

Up & Down Arrow Keys allow you to easily adjust the incline and intensity level of your workout at any time.

HRT® Feedback Display shows actual Heart Rate, Percent of your Maximum Heart Rate, and your Target Heart Rate.

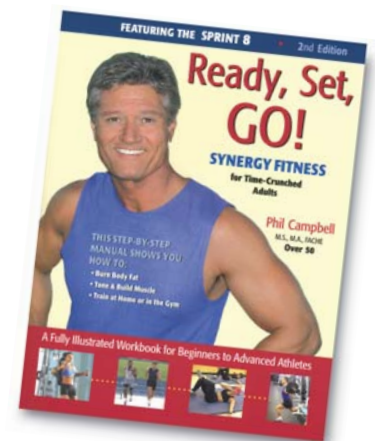
LED Feedback Display shows eight types of feedback information.

The **X6250HRT** comes with both contact heart rate grips and a telemetric heart rate strap.

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.





feature	X6850HRT commercial	X6750HRT commercial	X6250HRT incline	X6150 incline
console and programs	QUICK-SET™ BLUE BACKLIT LCD w/ MULTIPLE FEEDBACK WINDOWS & FAN Manual, Interval, Fat Burn, Glute Burn, Summit Hike, SPRINT 8, Total Body, HRT Cardio, HRT Weight Loss, HRT Intervals, HRT Hill, 5 Custom Programs Integrated Reading Rack	EASY-8™ LED CONTINUAL FEEDBACK Manual, Intervals, Fat Burn, Glute Burn, Summit Hike, SPRINT 8, HRT Cardio, HRT Weight Loss, HRT Intervals, HRT Hill, 5 Custom Programs Integrated Reading Rack	QUICK-SET™ LED Manual, Intervals, Fat Burn, Glute Burn, Summit Hike, SPRINT 8, HRT Cardio, HRT Weight Loss, HRT Intervals, HRT Hill, 4 Custom Programs Integrated Reading Rack	BLUE BACKLIT LCD Manual, Interval, Glute Burn, Summit Hike, SPRINT 8 Integrated Reading Rack
console feedback	Workout Time, Time of Day, Heart Rate, Percent of Max Heart Rate, Strides Per Minute, Incline, Distance, Calories, Watts, METs, Level, Profile Display	Workout Time, Heart Rate, Percent of Max Heart Rate, Target Heart Rate, Strides Per Minute, Incline, Distance, Calories, Watts, METs, Level, Profile Display	Workout Time, Heart Rate, Percent of Max Heart Rate, Target Heart Rate, Strides Per Minute, Incline, Distance, Calories, Watts, METs, Level, Profile Display	Incline, Distance, Calories, Strides Per Minute, Level, Time, Heart Rate, Profile Display
heart rate	Contact & Telemetric	Contact & Telemetric	Contact & Telemetric	Contact
program levels	20	20	16	16
resistance system	Cambridge Motor Works™ Electromagnetic Brake	Cambridge Motor Works™ Electromagnetic Brake	ECB-PLUS™ Motor-Operated Permanent Magnet	ECB-PLUS™ Motor-Operated Permanent Magnet
drive train	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt
incline	20 Levels 4 to 21 Degrees	20 Levels 4 to 21 Degrees	16 Levels 4 to 21 Degrees	16 Levels 4 to 21 Degrees
frame	Extra-Heavy Gauge Steel Welded	Extra-Heavy Gauge Steel Welded	Heavy Gauge Steel Welded	Heavy Gauge Steel Welded
pedals	Large Cushioned	Large Cushioned	Large Cushioned	Large Cushioned
stride length	18 ¾ to 19 ½"	18 ¾ to 19 ½"	18 ¾ to 19 ½"	18 ¾ to 19 ½"
power	Plug-In	Plug-In	Plug-In	Plug-In
home warranty*	Lifetime Frame Lifetime Electromagnetic Brake Lifetime Electronics/Parts 2 Years Labor	Lifetime Frame Lifetime Electromagnetic Brake 10 Years Electronics/Parts 2 Years Labor	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor
commercial warranty* limited corporate▲	Lifetime Frame 5 Years Electromagnetic Brake 5 Years Electronics/Parts 2 Years Labor	Lifetime Frame 5 Years Electromagnetic Brake 5 Years Electronics/Parts 2 Years Labor	▲Up to 3 Hours Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor	NA
dimensions	78"L x 30"W x 74"H	78"L x 30"W x 74"H	76"L x 28"W x 72"H	76"L x 28"W x 72"H
product weight	335 lbs.	335 lbs.	280 lbs.	273 lbs.
max. user weight	400 lbs.	400 lbs.	300 lbs.	300 lbs.
upgrades from previous model	UPGRADES FROM X6750HRT Console Display, Programming, Fan, Home Warranty	UPGRADES FROM X6250HRT Commercial Construction, Warranty, CSAFE, Maximum User Weight, Console Display, Program Levels, Incline Levels, Electromagnetic Brake	UPGRADES FROM X6150 Heart Rate Training Programs, Custom Programs, Telemetric Heart Rate, Accessory Tray	UPGRADES FROM X6200HRT Incline Elliptical™ Ramp, Incline Programming

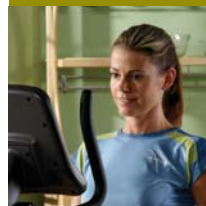
* Refer to www.visionfitness.com for complete Warranty details. All product specifications are subject to change.

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

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