



OWNER'S GUIDE



S7100
SUSPENSION ELLIPTICAL™ TRAINER

Table of Contents

S7100

SAFETY INSTRUCTIONS	4
POWER REQUIREMENTS	5
ASSEMBLY & MOVING	6
PLACEMENT, STABILIZING, & POWER	7
CONTACT HEART RATE	8
VARIABLE INCLINE	9

DELUXE CONSOLE

CONSOLE OVERVIEW	10
CONSOLE DESCRIPTIONS	11
PROGRAM OVERVIEWS	13
USING THE PROGRAMS	15
USING THE SPRINT 8 PROGRAM	17
USING THE HRT PROGRAM	18
ENGINEERING MODE	21

PREMIER CONSOLE

CONSOLE OVERVIEW	22
BASIC NAVIGATION	25
PROGRAM OVERVIEWS	28
PLACES TO GO	30
GOAL PROGRAMMING	31
HRT PROGRAMMING	32
USING THE SPRINT 8 PROGRAM	36
AUDIO/VIDEO/USB CAPABILITIES	38
ENGINEERING MODE	42

WARRANTY

HOME WARRANTY	44
---------------------	----

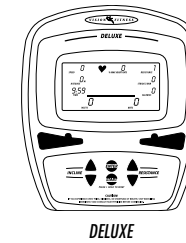
S7100

DELUXE

PREMIER

WARRANTY

AVAILABLE CONSOLE OPTIONS:



S7100

SUSPENSION ELLIPTICAL TRAINER

S7100

2

3

IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:

Read all instructions before using this exercise product.

WARNING!

- To reduce the risk of burns, fire, electrical shock or injury to persons:
- Use this exercise product for its intended use as described in this Owner's Guide. Only use attachments recommended by the manufacturer.
 - Never drop or insert any object into any opening.
 - Do not remove the Suspension Elliptical™ Trainer sidecovers. Service should be performed only by an authorized VISION FITNESS retailer.
 - Never operate this Suspension Elliptical™ Trainer if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or immersed in water. Please contact your authorized VISION FITNESS retailer for service.
 - Keep the cord away from heated surfaces.
 - Do not use the Suspension Elliptical™ Trainer in any location that is not temperature controlled, such as, but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
 - To disconnect, turn the switch on the front of the unit to the OFF position, then remove plug from outlet.
 - Only use the power cord provided with your VISION FITNESS Suspension Elliptical™ Trainer.
 - Never place the power cord under carpeting or place any object on top of the power cord that may pinch and damage it.
 - Unplug your Suspension Elliptical™ Trainer when not in use, before cleaning, and before moving it.
 - This Suspension Elliptical™ Trainer should not be used by persons weighing more than 300 pounds. Failure to comply will void the warranty.
 - Unplug Suspension Elliptical™ Trainer before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
 - Keep the topside of the foot support clean and dry.
 - Do not turn pedals by hand.
 - This Suspension Elliptical™ Trainer is intended for in-home use only. Do not use this Suspension Elliptical™ Trainer in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
 - Disconnect all power before servicing the equipment.

IMPORTANT — The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

CHILDREN

- At NO time should pets or children under the age of 13 be closer to the Suspension Elliptical™ Trainer than 10 feet.
- At NO time should children under the age of 13 use the Suspension Elliptical™ Trainer.
- Children over the age of 13 should not use the Suspension Elliptical™ Trainer without adult supervision.

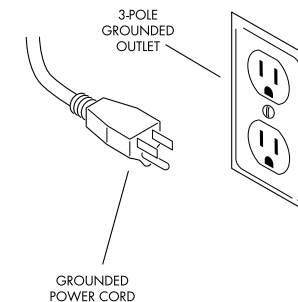
OTHER SAFETY TIPS FOR YOUR VISION FITNESS SUSPENSION ELLIPTICAL TRAINER

CAUTION! If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear loose clothing that might catch on any part of the Suspension Elliptical™ Trainer.
- Read this Owner's Guide before operating this Suspension Elliptical™ Trainer.

POWER REQUIREMENTS

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated. An improper connection of the equipment grounding conductor can result in a risk of an electrical shock. Do not modify the plug that was provided with this product. If this plug does not fit into your outlet, have a qualified electrician install the proper outlet. Adapters, extension cords and surge protectors should not be used with this product.

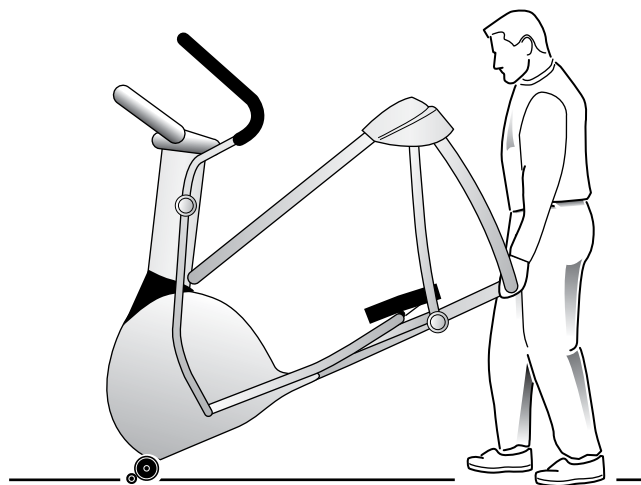


ASSEMBLY

It is recommended, when possible, that an authorized VISION FITNESS retailer assemble your Suspension Elliptical™ Trainer. If you have elected to assemble this product yourself, for your safety, please read and follow each of the steps in the enclosed assembly instructions. If you have any questions regarding any component or function of your Suspension Elliptical™ Trainer, contact your retailer.

MOVING

Your VISION FITNESS Suspension Elliptical™ Trainer has transport wheels included for ease of mobility. To move, firmly grasp the rear of the frame assembly. Carefully lift and roll on the transport wheels.



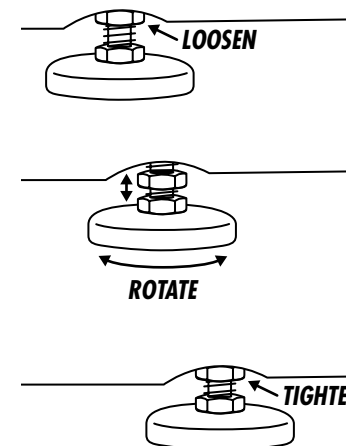
CAUTION: Our Suspension Elliptical™ Trainers are well-built and heavy, weighing up to 300 pounds! Use care and additional help if necessary.

PLACEMENT IN YOUR HOME

Please follow the safety instructions to place the Suspension Elliptical™ Trainer in the location where it will best be used. It is important that you place your Suspension Elliptical™ Trainer in a comfortable and inviting room. Avoid putting your Suspension Elliptical™ Trainer in an unfinished basement or undesirable setting. Exercise adherence will be easier to achieve only if you exercise in an attractive setting.

STABILIZING THE SUSPENSION ELLIPTICAL TRAINER

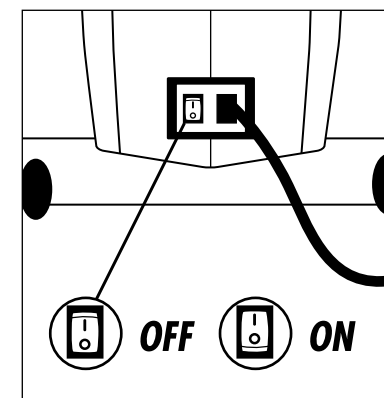
After positioning the Suspension Elliptical™ Trainer in its intended location, check the unit's stability. Rocking or wobbling indicates that your Suspension Elliptical™ Trainer needs to be leveled. Determine which leveler is not resting completely on the floor. Loosen the nut at the base of the leveler to allow the leveler to rotate. Now rotate the leveler to the left or right until the Suspension Elliptical™ Trainer is stable. Lock the adjustment by tightening the nut against the support tube.



TURNING THE UNIT ON AND OFF

Use the power switch on the front of the unit to turn the machine ON and OFF. It is recommended to turn the machine off when not in use.

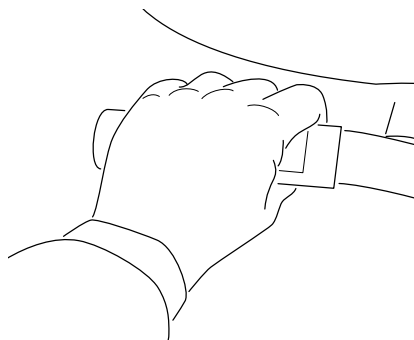
NOTE: You can also turn the power off at the console.



CONTACT HEART RATE

HAND PULSE HEART RATE SENSORS

The Contact Hand Pulse Sensors are included on each product to monitor your heart rate. To use, grasp both of the sensors with a comfortable grip during your workout. The console will display your heart rate. It may take the system a few seconds to zero in on your actual heart rate. Most people have a grip that is conductive enough to transmit a good signal. However, some people have erratic heart rates or improper body chemistry to transmit a good signal through the touch sensitive hand pulse grips.



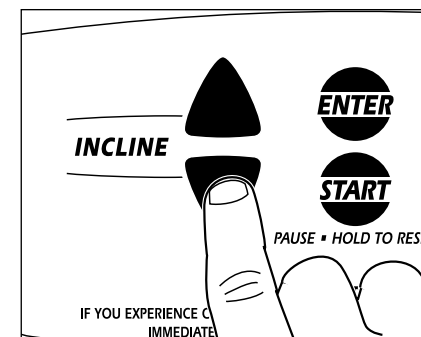
WARNING

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

VARIABLE INCLINE

Press the INCLINE UP or DOWN arrows to adjust the incline from level 1 to 20. This incline setting represents a range of motion.

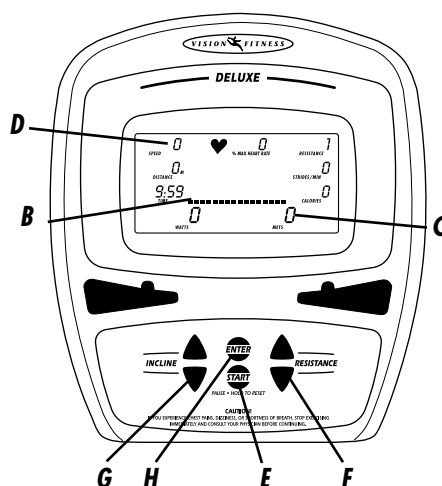
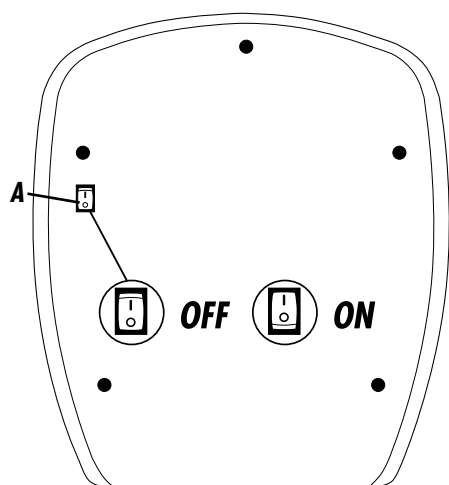
Incline changes are not immediate. They will take time to get to the target incline angle.



DELUXE CONSOLE

DISPLAY CONSOLE OVERVIEW

The computerized display allows the user to select a workout that meets their desired fitness goals. It also allows the user to monitor the progress and feedback of each workout, so they can track improvements in overall fitness over time.



DELUXE CONSOLE DISPLAY DESCRIPTIONS

A. POWER SWITCH

Turn off power to your console if it will not be used for an extended period of time.

B. PROFILE DISPLAY

The LCD display screen provides a profile of your workout, this includes the workout segments you are about to complete as well as the ones you have already completed, and the level of resistance for each segment.

C. MESSAGE BAR

The LCD display has an alpha-numeric scrolling text bar which provides step-by-step instructions in the setup mode, and instructions, feedback or motivational messages during your workout and at the end of your workout.

D. FEEDBACK DISPLAY

During your workout, these display exercise feedback about your workout, including:

TIME: the time elapsed or the time remaining in your workout.

DISTANCE: the total distance traveled in miles or kilometers since the start of your workout.

STRIDES/MIN: this window provides feedback on the stride rate, per minute.

WATTS: measurement of workload; one watt is equal to six kilogram-meters per minute.

CALORIES: an estimate of calories burned since the start of the workout

RESISTANCE: the current resistance level of your workout.

INCLINE: the level of incline. There are 20 levels that represent a 19% grade change.

HEART RATE: displays your heart rate in beats per minute when using the hand pulse grips.

% OF MAX HEART RATE: displays the percent of your predicted maximum heart rate.

METS: a measurement of oxygen consumption; one MET equals the approximate amount of oxygen consumed per minute by a person at rest.

DELUXE CONSOLE DISPLAY DESCRIPTIONS (continued)

E. START/PAUSE/HOLD TO RESET KEY

Press the START key to begin a MANUAL workout immediately without having to set individual information. When the program begins, you have the ability to adjust incline and resistance levels with the ARROW keys. Feedback information will be calculated using default settings.

PAUSE: If you need to PAUSE your program during a workout, pressing the START key will PAUSE your program for five minutes. Pressing START will return you to your workout.

RESET: If you need to RESET the console during your workout, you can do so by holding down the START key for three seconds or until the display resets.

F. RESISTANCE ARROW KEYS

These keys are used to change values in setup mode prior to your workout. During your workout, they are used to change resistance levels.

G. INCLINE ARROW KEYS

These keys can be used to change values in setup mode prior to your workout. During your workout, they are used to change incline levels.

H. ENTER/HOLD TO CHANGE FEEDBACK DISPLAY

This key is used after entering each piece of information in setup such as Age, Weight, or Level.

SCAN: When exercising in a program, pressing the ENTER key will allow you to change what is displayed in the Heart Rate Feedback window. Press ENTER to switch between Heart Rate and % Max. Heart Rate. If you hold down the ENTER key for three seconds during your workout, the SCAN function will automatically alternate feedback display views.

THE DELUXE CONSOLE PROGRAMS

WORKOUT OVERVIEW

QUICK START

Simply press START and you will skip the setup of specific workouts and begin exercising at a constant level (manual) workout. The resistance and incline levels do not change automatically, but you can adjust the resistance or incline with the arrows as you choose.

NOTE: Because you did not go through setup mode, the computer will use default values to calculate your feedback information.

MANUAL is a workout in which the resistance and incline levels do not change unless you change them.



SPRINT 8™ is an anaerobically-based interval program. It is effective in recruiting fast twitch muscle fibers and improving athletic performance.



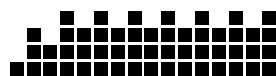
INTERVALS is an efficient workout that strengthens your cardiovascular system by alternating work intervals with recovery intervals. Be sure to challenge yourself with intense work intervals.



FAT BURN is a program intended to target your stored body fat. This program is generally used at a slightly lower intensity, but runs for longer durations than other programs (30 to 60 minutes is recommended).



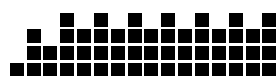
RANDOM is a program for users who enjoy variety in their daily workout routine. When this program is selected the computer will randomly select resistance and incline levels for each segment of the workout based on the resistance level that the user chose in set-up mode.



WATTS is a program that lets the user exercise at a set work level. As you increase your strides per minute, your resistance will decrease; if you decrease your strides per minute, your resistance will increase.



GLUTE BURN contains eight 45 second sets of increased muscular effort. These sets focus effort on the hamstring and gluteals by utilizing muscle targeting incline angles and increased resistance. This unique program design results in a workout that is not only great cardiovascular and calorie burning exercise but also allows users to add strength and muscle tone to their hamstring and gluteal regions.



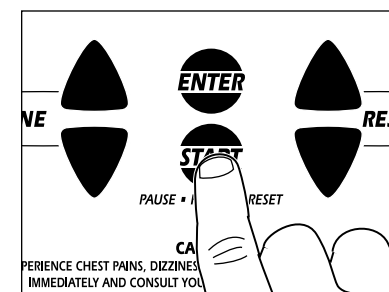
SUMMIT HIKE is a variable incline program that adds variety and targets your muscles from different angles.



USING THE PROGRAMS

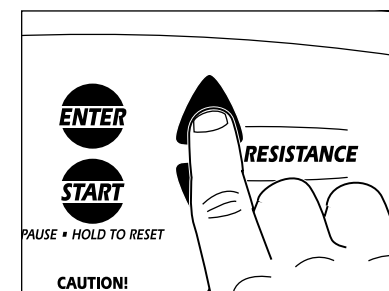
SELECTING QUICK START

The easiest way to begin exercising is to simply press the START key. You will begin exercising at a MANUAL program in which you can change the resistance and incline levels to meet your goals. Current default settings will be used to determine exercise feedback.



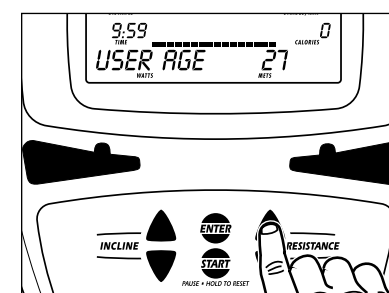
CHOOSING A PROGRAM

Press the UP ▲ or DOWN ▼ keys to scroll through the program selections (Manual, SPRINT 8, Intervals, Fat Burn, Random, Watts, Glute Burn, Summit Hike). When you arrive at your chosen workout, press the ENTER key.



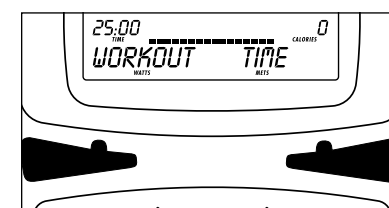
ENTERING AGE

When prompted by the message center to enter your age, use the UP ▲ arrow or DOWN ▼ arrow to adjust displayed age to the correct value. This information will affect your "% Max. Heart Rate" feedback.



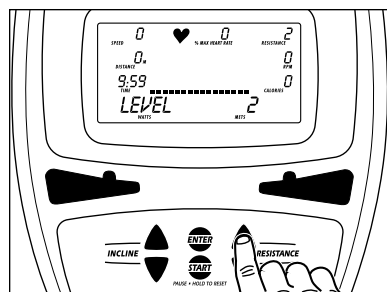
ENTERING TIME

When prompted by the message center to enter a time, use the UP ▲ arrow and DOWN ▼ arrow to adjust the displayed exercise time to a desired value.



ENTERING RESISTANCE LEVEL

When prompted by the message center to enter resistance level, use the UP ▲ arrow and DOWN ▼ arrow to adjust the displayed resistance level. There are 20 levels of resistance to choose from in each program. The resistance level varies by program.

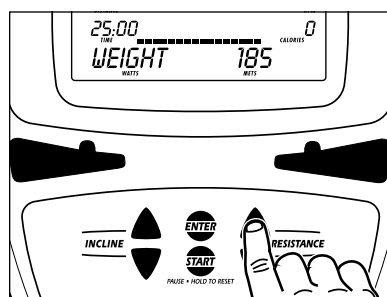


The SUMMIT HIKE program will first ask you to set the desired INCLINE level. When this is set it will then ask you to choose your resistance level.

The WATTS program will ask you to set the desired WATT level instead of resistance levels. The WATT level will range from 40 to 250 in increments of five.

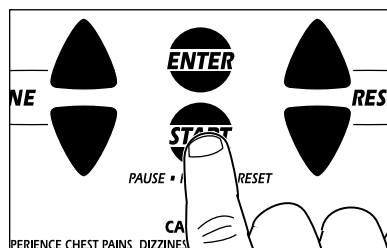
ENTERING WEIGHT

When prompted by the message center to enter weight, use the UP ▲ arrow and DOWN ▼ arrow to adjust the displayed weight to equal your current body weight. This information is necessary to give accurate exercise feedback for calorie and MET calculations.



STARTING

Press START to begin your workout.



USING THE SPRINT 8 PROGRAM

The SPRINT 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an effective way to burn fat and build lean muscle mass according to Phil Campbell, author of *Ready, Set, Go! Synergy Fitness*. Please go to Mr. Campbell's website www.readysetgofitness.com for more details about this radical new approach to fitness.

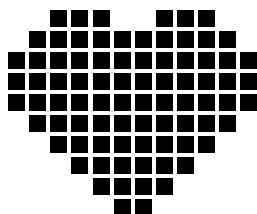
The SPRINT 8 program features intense sprint intervals followed by recovery intervals. The program includes the following phases:

1. **WARM-UP** should gradually increase your heart rate and increase respiration and blood flow to working muscles. The warm-up is controlled by the user to meet your specific needs.
2. **INTERVAL TRAINING** starts immediately after the warm-up with a 30-second sprint interval. Seven recovery intervals of one minute and 30 seconds will alternate with the eight 30-second sprint intervals. The message display will prompt you to increase your strides per minute (SPM) during the sprint interval and decrease SPM during the recovery interval. A difference of 40 to 60 SPM between sprint interval and recovery interval is recommended.
3. **COOL-DOWN** helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

Due to the fact that this is a specialized training program, total workout time is not displayed during the program. The interval time is displayed in the time window instead. It takes only 20 minutes to complete the SPRINT 8 workout.

TARGET HRT PROGRAM

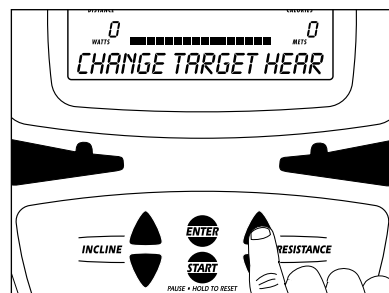
The TARGET HRT program is designed to maintain your heart rate at 70% of your predicted maximum heart rate. It is intended to improve efficiency and endurance of your cardiovascular system by working your heart, lungs and circulatory systems. This is a great workout for anyone, but beginners may want to start lower and build their way up to 70% of their predicted maximum heart rate.



During the workout, the user will grasp the hand pulse sensors or wear the telemetric chest strap to send their heart rate signal to a receiver in the console. The console will continuously monitor the heart rate, adjusting the resistance level to keep your heart rate within several beats of your Target Heart Rate. By using the SCAN key, the heart rate feedback window conveniently displays your Heart Rate and % of Max. Heart Rate to keep you informed about your current heart rate. Each program will begin with a two-minute warm-up. When the workout time has been completed, the console will begin a five-minute cool-down. The user will be responsible for adjusting resistance to meet their needs during the warm-up and cool-down.

ADJUSTING TARGET HEART RATE

While exercising in one of the HRT® programs, you may decide the Target Heart Rate needs to be adjusted. To adjust your Target Heart Rate, use the UP ▲ arrow or DOWN ▼ arrow. Press ENTER to select.



USING HEART RATE TRAINING

WHAT IS HEART RATE TRAINING?

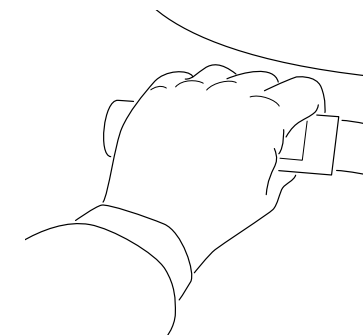
Heart Rate Training means exercising at an intensity that keeps you in your ideal heart rate zone. Your personal heart rate training zone depends on your fitness goal, such as weight loss, cardiovascular endurance, or strength building. VISION FITNESS HRT® programs are set up to keep you at an ideal heart rate based on your fitness goal. These programs automatically adjust resistance based on your heart rate readings.

This console offers all the benefits of Heart Rate Training.

- *This program uses the predicted maximum heart rate formula (220 minus age) to determine your predicted maximum heart rate. Some individuals have higher or lower maximum heart rates than determined by this formula. This program allows you to modify your Target Heart Rate to achieve your personal goals.*

HAND PULSE HEART RATE SENSORS

The Contact Hand Pulse Sensors are included on each product to monitor your heart rate. To use, grasp the sensors with a comfortable grip during your workout. The console will display your heart rate. Although your signal will be displayed immediately, it may take the system a few seconds to zero in on your actual heart rate.



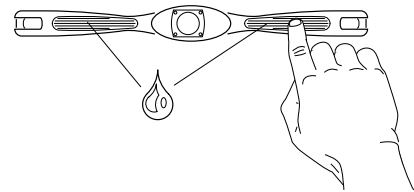
NOTE: The Contact Hand Pulse Sensors will work for the HRT® programs, but it is recommended to use the telemetric chest strap for an uninterrupted signal and ease of use.

WARNING

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

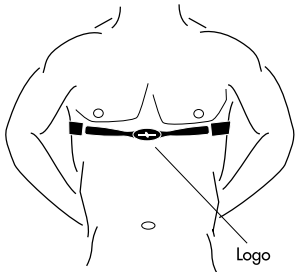
TELEMETRIC HEART RATE CHEST STRAP

The wireless Telemetric Chest Strap uses a pair of electrodes on the underside of the strap to send your heart rate signal to the console. Prior to wearing the chest strap, moisten the two rubber electrode pads with several drops of water. These electrodes must remain wet to provide an accurate signal. We advise using the chest strap against your skin, but it also functions through a thin layer of wet clothing.



STRAP PLACEMENT

Center the transmitter strap just below the breast or pectoral muscles, directly over your sternum with the logo facing out. Adjust the elastic strap so it is snug but comfortable enough for proper breathing.



TROUBLESHOOTING YOUR HEART RATE MONITOR CHEST STRAP

- PROBLEM:** No pulse reading appears.
SOLUTION: There may be a poor connection between the contact pads and skin; remoisten the electrode pads.
SOLUTION: Transmitter is not properly positioned; reposition the chest strap.
SOLUTION: Verify that the distance between the transmitter and receiver is not beyond the recommended range of 36 inches.

- PROBLEM:** There is an erratic pulse rate.
SOLUTION: Chest strap is too loose; readjust according to directions.

NOTE: It is possible that heart rate monitors will not function properly on some people for a variety of reasons. It may be necessary to experiment with the fit and position of the chest strap. Outside interference sources such as computers, motors, electric dog fences, home security systems, remote controls, CD players, fluorescent lights, etc., may cause problems for heart rate monitors.

ENGINEERING MODE

Engineering mode consists of 17 optional settings. Use the engineering mode to enable certain features or displays on your console.

ENTERING AND USING ENGINEERING MODE

- Press and hold the UP ▲ and DOWN ▼ resistance keys for approximately three seconds.
- The console will beep and display engineering modes and optional settings. Use the UP ▲ or DOWN ▼ keys to scroll through the options. Press the ENTER key to select the appropriate mode or setting.

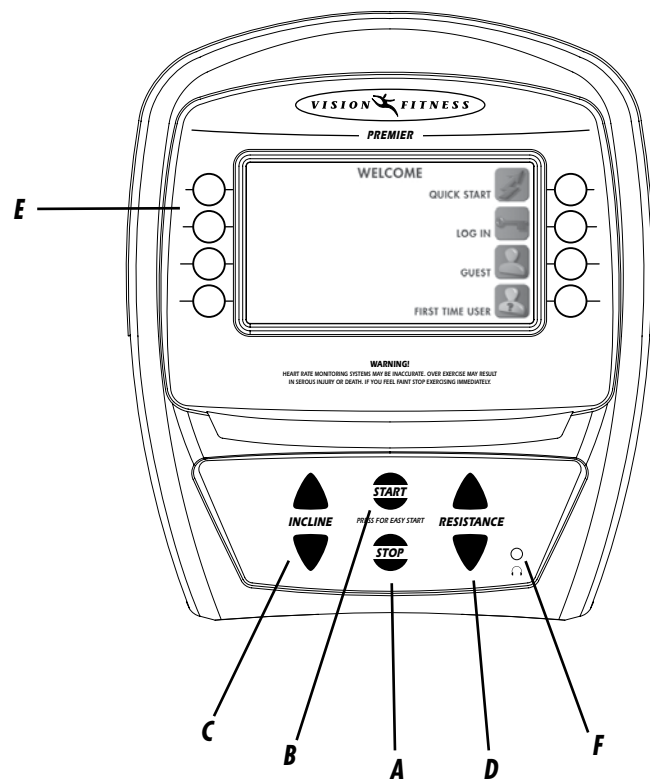
OPTIONAL SETTINGS

SETTING	DESCRIPTION
P1 – SET MAX TIME	ALLOWS YOU TO SET THE MAXIMUM TIME A PROGRAM CAN RUN FOR.
P2 – SET USER TIME	ALLOWS YOU TO SET THE TIME THAT THE COMPUTER WILL DEFAULT TO FOR ALL PROGRAMS.
P3 – SET USER AGE	ALLOWS YOU TO SET THE AGE THAT THE COMPUTER WILL DEFAULT TO DURING SETUP.
P4 – SET WEIGHT	ALLOWS YOU TO SET THE WEIGHT THAT THE COMPUTER WILL DEFAULT TO DURING SETUP.
P5 – DEFAULT RESISTANCE LEVEL	ALLOWS YOU TO SET THE RESISTANCE LEVEL THAT THE COMPUTER WILL DEFAULT TO FOR ALL PROGRAMS.
P6 – DEFAULT INCLINE LEVEL	ALLOWS YOU TO SET THE INCLINE LEVEL THAT THE COMPUTER WILL DEFAULT TO FOR ALL PROGRAMS.
P7 – DEFAULT LANGUAGE	ALLOWS YOU TO CHOOSE, FROM THE AVAILABLE LANGUAGES, WHAT LANGUAGE TEXT WILL BE DISPLAYED IN.
P8 – UNIT	ALLOWS YOU TO SET EXERCISE FEEDBACK TO ENGLISH (MILES) OR METRIC (KILOMETERS) SYSTEM.
P9 – ACCUMULATED DATA	ALLOWS YOU TO VIEW THE TOTAL TIME IN HOURS AND TOTAL DISTANCE IN MILES OR KILOMETERS ACCUMULATED ON YOUR PRODUCT.
P10 – DISPLAY TEST	TEST USED BY SERVICE TECHNICIANS TO TEST LCD DISPLAYS.
P11 – HARDWARE TEST	TEST USED BY SERVICE TECHNICIANS TO TEST EDDIE CURRENT BRAKE SYSTEM.
P12 – INCLINE RESET	ALLOWS YOU TO TURN ON OR OFF THE INCLINE RESET AT THE END OF THE WORKOUT.
P13 – INCLINE CALIBRATION	AUTO-CALIBRATION OF ELEVATION MOTOR TO SET MIN, MAX, AND ZERO POSITIONS.
P14 – ADJUST INCLINE	ALLOWS YOU TO ADJUST THE MINIMUM AND MAXIMUM INCLINE LEVELS.
P15 – BEEPER MODE	ALLOWS YOU TO TURN THE BEEPER ON OR OFF.
P16 – SAFETY MODE	ALLOWS YOU TO SET UNIT SO RESISTANCE IS FULLY ENGAGED WHEN NOT IN USE.
P17 – VERSION	ALLOWS SERVICE TECHNICIANS TO VIEW SOFTWARE VERSION USED BY CONSOLE.

- Use the UP ▲ and DOWN ▼ keys within each setting to change the setting.
- Press the ENTER key to save settings.
- To EXIT engineering mode, press and hold the START key for three seconds.

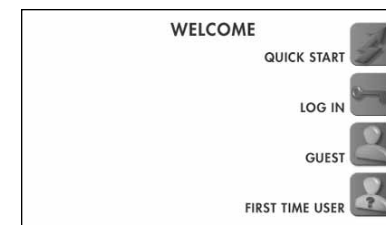
PREMIER CONSOLE OVERVIEW

- A. Stop Key
- B. Start Key
- C. Incline Arrows
- D. Resistance Arrows
- E. Screen Keys
- F. Audio Out Jack (headphones)



WELCOME SCREEN

The welcome screen will take you through the log in process as a first time user or return user. The QUICK START function is also accessible from this screen.

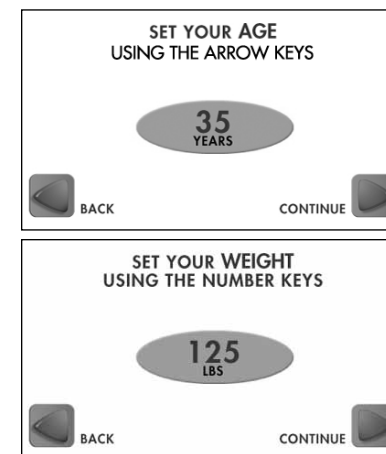


LOG IN AS A GUEST

To log in as a GUEST select GUEST and enter your age and weight.

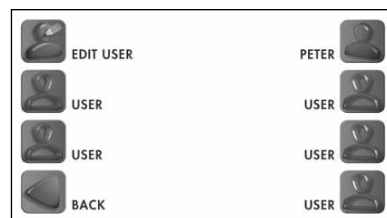
SET USER AGE OR WEIGHT

To set user age use the arrow keys and select CONTINUE when finished.



LOG IN OPERATION

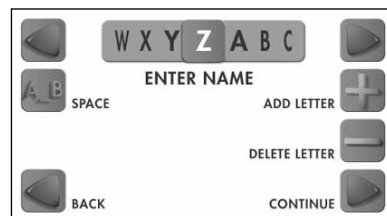
Once you have selected LOG IN on the Welcome Screen press any key next to a User Profile Icon that is not filled in. From there enter a user name, set age and weight and you are set to go. To edit a User Profile select EDIT USER.



ADDING USERS:

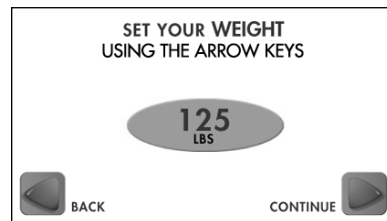
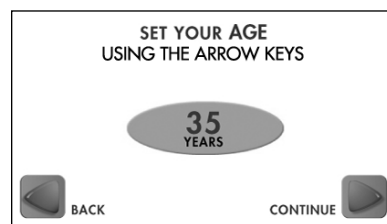
ENTER NAME

To enter a user name select the blue scrolling arrows to highlight a letter. To choose that letter select ADD LETTER. Select DELETE LETTER to delete. When finished select CONTINUE to progress to the next screen. To go back to the previous screen select BACK.



SET USER AGE OR WEIGHT

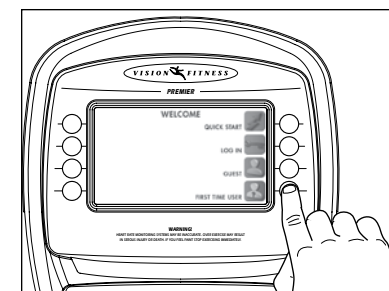
To set user age use the arrow keys and select CONTINUE when finished.



BASIC NAVIGATION

ATM STYLE KEYS

The Premier console is set up like a ATM machine with function keys next to icons on the screen for modifying screen data. To select a function or modify screen data simply press the key next to the icon you wish to choose.



RUN SCENES

There are 4 scenes available as backgrounds during any of the console programs. To scroll through the available screens select the 'Camera' icons to scroll forward or back.



BEACH



FOREST



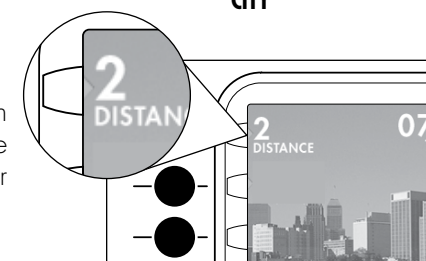
MOUNTAIN



CITY

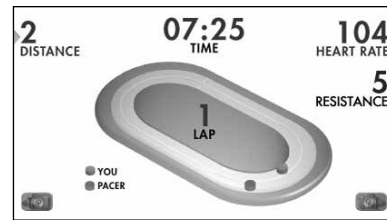
YELLOW ARROWS

The yellow arrows next the screen keys indicate that key may be used to change a screen item or enter a function.



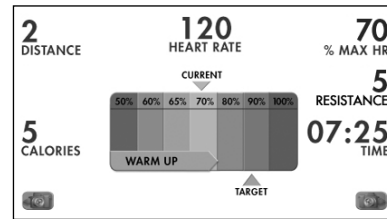
TRACK

Follow the colored dot around the quarter mile track and watch the laps count up during your workout.



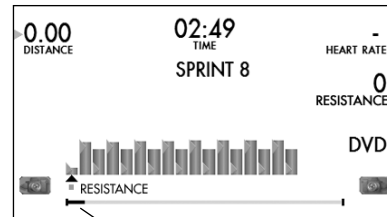
HEART RATE SCREEN

Only available for HRT programs. The colored graph shows target and current heart rate as well as the percent of your maximum heart rate.



PROFILE

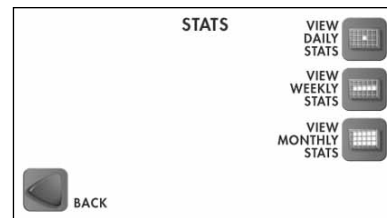
View your workout as a bar graph where the purple bars indicate speed and the yellow flags elevation. At the bottom of the profile screen is the segment progress bar indicating time left for the current segment.



SEGMENT PROGRESS BAR

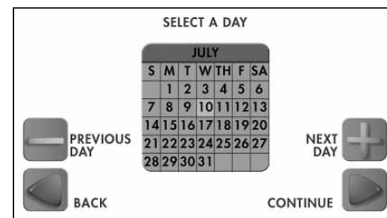
TRAINING CALENDAR

To view your Training Calendar log in as yourself and press the key next to the Training Calendar. From there you can select daily, weekly or monthly stats. Any day, week or month with an activity will be a lighter shade of green on the calendar.



DAILY STATS

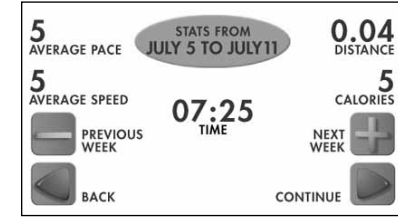
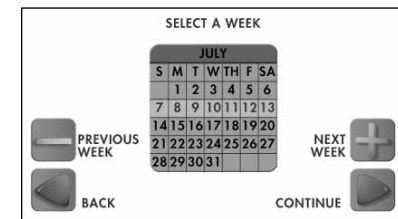
To view daily stats select DAILY STATS then choose the day you would like to view by selecting



NEXT DAY or PREVIOUS DAY and then selecting CONTINUE. Your stats for that day will be displayed on the screen. From this screen you may go to the next or previous calendar day by selecting NEXT DAY or PREVIOUS DAY. To get back to the calendar select BACK.

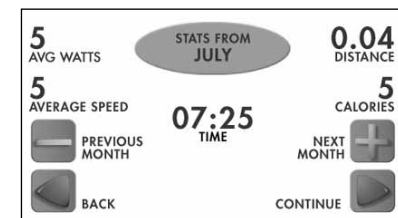
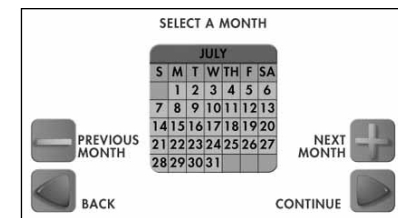
WEEKLY STATS

To view your stats for a given week select WEEKLY STATS then choose a week you would like to view by selecting NEXT WEEK or PREVIOUS WEEK and then selecting CONTINUE. Your stats for that week will be displayed on the screen. From this screen you may go to the next or previous week by selecting NEXT WEEK or PREVIOUS WEEK. To get back to the calendar select BACK.



MONTHLY STATS

To view your stats for a given month select MONTHLY STATS then choose a month you would like to view by selecting NEXT MONTH or PREVIOUS MONTH and then selecting CONTINUE. Your stats for that month will be displayed on the screen. From this screen you may go to the next or previous month by selecting NEXT MONTH or PREVIOUS MONTH. To get back to the calendar select BACK.



PROGRAM OVERVIEWS

For all programs follow the instructions given on the display. For additional information select INFORMATION/HELP.



SPRINT 8

Exclusive to Vision Fitness, this is an anaerobic workout that includes eight 30 second sprint intervals followed by 90 second recovery intervals. Designed to burn fat, tone muscle, increase energy and more!



MANUAL

In this program you manually control your workout intensity.



INTERVALS

An efficient workout that strengthens your cardiovascular system by alternating work intervals with recovery intervals.



FAT BURNER

This program is designed to target your stored body fat. This program is generally used at a slightly lower resistance level but runs for longer durations than other programs.



RANDOM

In this program the resistance levels will change at random keeping your body guessing.



PACER

This is a race against the console. Set your distance and the Pacer speed and the race is on!



WATTS

Watts is a program that lets the user exercise at a set work level. As you increase your RPMs, your resistance will decrease; if you decrease your RPMs, your resistance will increase.

SCULPTOR PROGRAMS



GLUTE BURN

This workout contains eight 45 second sets of increased muscular effort. These sets focus effort on the hamstring and gluteals by utilizing muscle targeting incline angles and increased resistance. This unique program design results in a workout that is not only great cardiovascular and calorie burning exercise but also allows users to add strength and muscle tone to their hamstring and gluteal regions.



CALF TONER

This workout was created to do just that, tone your calf and lower leg while burning calories necessary to give you slimmer legs. This program utilizes eight 45 second sets of increased resistance along with direction changes to place emphasis on the muscles in the lower legs. Standing on the balls of the feet during these sets is an effective way to further recruit these lower leg muscles.



QUAD TONER

This workout was designed to target the quadriceps muscle group, increasing strength and muscle tone through eight 45 second sets of increased resistance and incline changes while simultaneously burning calories and working the cardiovascular system. This combination of strength and aerobic exercise will lead to more eye-catching and defined legs.



TOTAL BODY

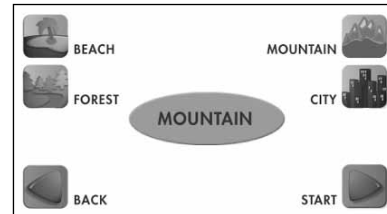
This workout has eight 45 second sets that use changes in body position, resistance and incline to target all the muscle groups in your body. This program is great for overall strength and conditioning.

PLACES TO GO

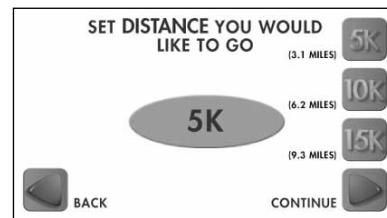
5K/10K/15K PROGRAMS

These consistent effort programs improve your cardiovascular fitness by simulating 5K/10K/15K distance based workouts with hills.

CHOOSE YOUR BACKGROUND

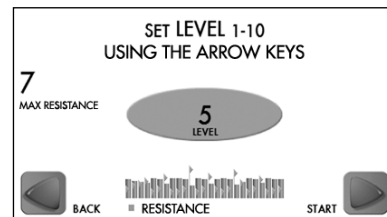


CHOOSE YOUR DISTANCE



CHOOSE YOUR LEVEL*

(*Level 1 follows elevation profile with user determined speed)



GOAL PROGRAMS



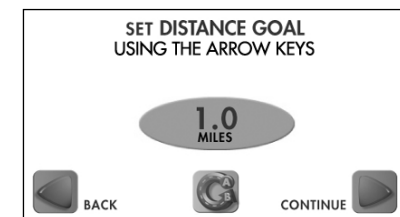
CALORIE GOAL

Select the number of calories you would like to burn. The program will keep going until you reach your goal. A cool down starts once the goal is achieved.



DISTANCE GOAL

Select the Distance you would like to go. The program will keep going until you reach your goal. A cool down starts once the goal is achieved.



TIME GOAL

Select the time you would like to workout. The program will keep going until you reach your goal. A cool down starts once the goal is achieved.



HRT PROGRAMS



TARGET HRT

Target HRT allows you to set your target heart rate percentage. The machine will automatically change resistance levels to keep you at your preset heart rate target. The user must grasp the hand pulse sensors or wear a telemetric heart rate chest strap during use.



HRT HILLS

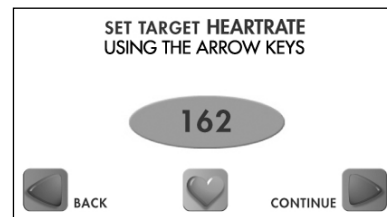
HRT Hills increases your intensity level from 65% and increases to 70%, 75%, and then to 80% of your predicted maximum heart rate. This will repeat throughout the duration of the workout, which is designed to promote cardiovascular strength and endurance.



HRT INTERVALS

HRT Interval alternates between effort intervals of 80% and 70% of your predicted maximum heart rate. This program is designed to increase your cardiovascular fitness capacity. The user must grasp the hand pulse sensors or wear a telemetric heart rate chest strap during use.

Once you have selected an HRT program a recommended Target HR will be shown. Either select this HR or use the arrows to change the Target HR.

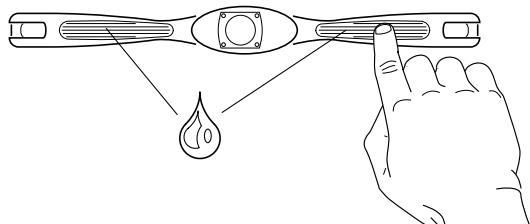


NOTES FOR YOUR HEART RATE TRAINING PROGRAM

- If there is no heart rate detected, the program will not adjust resistance.
- If the heart rate detected is higher than the target zone by 10 BPM, the console will “beep” and the screen will display a warning message.
- If the heart rate detected is higher than the target zone by 15 BPM, the console will “beep” and display a warning message. This process will repeat until heart rate has been reduced.
- If the user’s heart rate is 20 beats over their target zone, the console will “beep” and shut down.

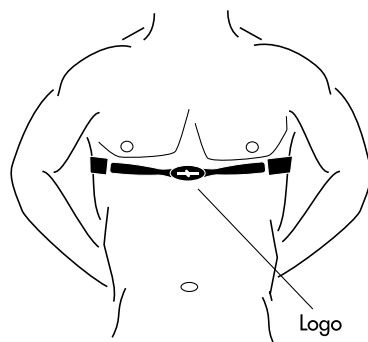
WIRELESS CHEST TRANSMITTER

Prior to wearing the strap on your chest, moisten the two rubber contact pads with several drops of water and spread with your fingers.



TRANSMITTER STRAP PLACEMENT

Center the Transmitter Strap just below the breast or pectoral muscles, directly over your sternum with the logo facing out. Adjust the elastic strap length to avoid bouncing or sliding.



GENERAL HEART RATE TRAINING RECOMMENDATIONS

To use the Heart Rate Training program, it is important to determine your target heart rate zone, using the chart on next page. After determining your target zone, you should use the Treadmill in MANUAL mode to see if the target zone you have selected is correct. This will give you a good base to start your Heart Rate Training. If you feel your target zone is too low or too high, keep using the Treadmill in the MANUAL mode until you feel comfortable during your workout; then you can begin using the Heart Rate Training program.

WARNING

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 55% to 85% of your maximum heart rate. As a point of reference, we use the predicted maximum heart rate formula of (220 minus age) to determine your heart rate training zone. Please use the following chart to determine your predicted Target Heart Rate.

TARGET HEART RATE ZONES Beats Per Minute											Percentage of Maximum Heart Rate
85%	178	170	161	153	144	136	127	119	110	102	
75%	157	150	142	135	127	120	112	105	97	90	
65%	136	130	123	117	110	104	97	91	84	78	
55%	115	110	104	99	93	88	82	77	71	66	
AGE	10	20	30	40	50	60	70	80	90	100	

EXAMPLE:

If you are a 30-year-old, your predicted maximum heart rate is 190 based on the (220 minus age) formula.

$$220 - 30 = 190$$

Based on the chart above, your heart rate training zone is 104 to 161, which is 55%–85% of 190.

USING THE SPRINT 8 PROGRAM

The SPRINT 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an effective way to burn fat and build lean muscle mass according to Phil Campbell, author of *Ready, Set, Go! Synergy Fitness*. Please go to Mr. Campbell's website www.readysetgofitness.com for more details about this radical new approach to fitness.

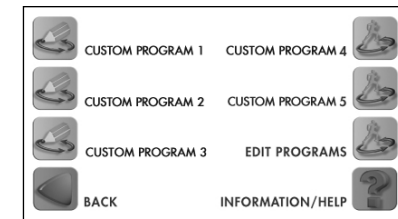
The SPRINT 8 program features intense sprint intervals followed by recovery intervals. The program includes the following phases:

1. **WARM-UP** should gradually increase your heart rate and increase respiration and blood flow to working muscles. The warm-up is controlled by the user to meet your specific needs.
2. **INTERVAL TRAINING** starts immediately after the warm-up with a 30-second sprint interval. Seven recovery intervals of one minute and 30 seconds will alternate with the eight 30-second sprint intervals. The message display will prompt you to increase your RPMs during the sprint interval and decrease RPMs during the recovery interval. A difference of 30 to 50 RPM between sprint interval and recovery interval is recommended for bikes. A difference of 20 to 30 RPMs between sprint interval and recovery interval is recommended for elliptical trainers.
3. **COOL-DOWN** helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

Due to the fact that this is a specialized training program, total workout time is not displayed during the program. The interval time is displayed in the time window instead. It takes only 20 minutes to complete the SPRINT 8 workout.

CUSTOM USER PROGRAMS

Run these programs like a manual program and the console will save your changes. When you are done you just save the program to replay it another day. You can create five different custom programs.



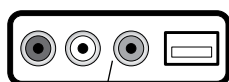
PREMIER CONSOLE AUDIO/VIDEO CAPABILITIES

The Premier console has a port on its backside that contains RCA connectors for use with A/V equipment (DVD, CD, VCR, etc.). Plug in your A/V device and select the DVD function (3rd key down on the right side) while a program is in use. Headphones can be plugged directly into the console face for sound.

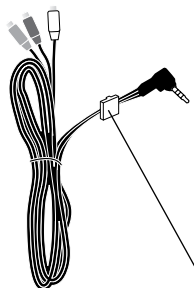


KEY FUNCTIONS IN DVD MODE

- | | |
|--------------------------|----------------------------|
| A. Volume Up | B. Volume Down |
| C. Display Adjustment | D. Return to Run Screen |
| E. Display Adjustment Up | F. Display Adjustment Down |



**A/V CONNECTORS
ON BACK OF CONSOLE**



CORD MANAGEMENT CLIP:

Use the included clip to attach the dvd cord to the console mast to keep the cord from interfering with your workout.

**A/V CORD NOT INCLUDED*

PREMIER CONSOLE USB CAPABILITIES

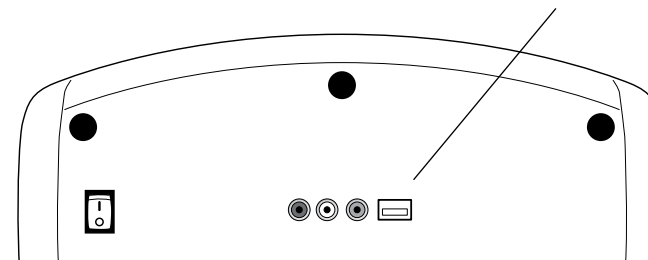
The Premier console has three USB features:

- Save workout to USB for www.livestrong.com workout tracking
- Import Pictures for Viewing on Console
- Software Updates

The Advanced Feature allows users to view their workout history on www.livestrong.com by using the Save Workout to USB function. *Note: An internet connection and compatible web browser is necessary to view workouts online.

The USB Menu will appear on the Home Screen after you plug in a USB drive into the console.

USB PLUG ON BACK OF CONSOLE



SAVE WORKOUT TO USB FOR [WWW.LIVESTRONG.COM](http://www.livestrong.com) WORKOUT TRACKING

This feature allows users to save their last 10 workouts to a USB drive. Once the information is saved to a USB drive, you can upload the workout information to www.livestrong.com. In order to save and view your workout information on www.livestrong.com, follow these instructions:

- You must first create an account on www.livestrong.com.
- Insert a USB drive into the console. "USB MENU" will appear. Select: Save workout to USB. Select User for which you want to save workout information. Press: Save to USB. Once the workout information has copied to the USB drive you can safely remove the USB from the console.
- Plug USB drive with saved workout information into a PC/MAC. Go to www.livestrong.com/equipment. Select "Browse". Direct the file browser to your USB location containing the .xml files from your workout. Select Save.

Now you will be able to keep track and view all of your workouts completed on your equipment through www.livestrong.com.

IMPORT PICTURES FOR VIEWING ON CONSOLE

You can load up to 10 pictures onto the console for viewing during your workout. First you must convert the images to the proper format and then load them onto the console.

- Convert Images: Images to be loaded onto your console must be formatted to the following format: **JPEG OR PNG. THE SIZE MUST BE: 480 X 234 PIXELS.** Many image formatting tools are available on the internet for free.
- Once you have converted the images to JPEG or PNG 480 x 234, you can now transfer these to a USB drive. **CREATE A FOLDER CALLED "PICS" ON THE ROOT DIRECTORY OF YOUR USB DRIVE.** Copy the converted images to the PICS folder on the USB drive. Up to 10 images can be stored on the console memory. You can delete and add new pictures using the image manager.
- Insert the USB with the formatted images in the PICS folder into the console. The USB MENU option will appear on the console. Select USB MENU, then select IMPORT PICS. The Image Manager will appear. Select the images you want to import by checking them. Then press IMPORT. The images checked will be copied to your console.

VIEWING IMPORTED PICTURES ON YOUR CONSOLE

After you have imported personal images onto your console, you can view a slide show or manually scroll through images.

SLIDE SHOW FEATURE

The console is set up to display imported images in a Slide Show with 30 second intervals. Once you have begun a program you can view images in a slide show by pressing the Camera Icon in the lower left hand corner. The images will automatically scroll every 30 seconds (unless another slide show time has been selected in Engineering Mode – see Adjusting Slide Show Intervals below). You can pause on an image by pressing Pause and resume the slide show by pressing Play. You can exit the slide show and return to your workout screens by pressing Exit.

MANUALLY VIEW IMAGES

If you chose to turn the slide show feature OFF, you can manually select which image to display. Press the Camera Icon in the lower left hand corner. You can scroll through your imported images by pressing NEXT in the lower right hand corner. You can exit the image viewer by pressing EXIT in the lower left hand corner.

ADJUSTING SLIDE SHOW INTERVALS

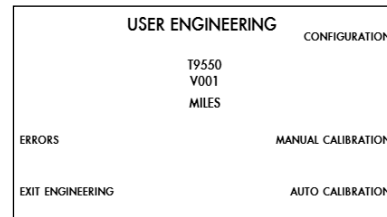
You can adjust the interval time of the slide show or turn it off. The slide show intervals available are: 15 seconds, 30 seconds, 45 seconds, 60 seconds, and 2 minutes (the default slide show time is 30 seconds). The slide show feature can also be turned off, which allows you to manually select images. To adjust the slide show intervals, follow these steps:

- Press and Hold the Up and Down Resistance Arrows for 5 seconds. You will enter the Engineering Menu. Select the PICS SLIDE SHOW option. Select your desired Slide Show Interval time or turn it off to manual view images.

USER ENGINEERING

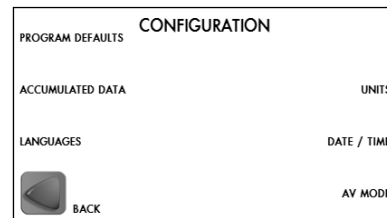
ENGINEERING MODE SCREEN

To enter user engineering mode, press and hold the RESISTANCE UP and RESISTANCE DOWN arrows simultaneously.



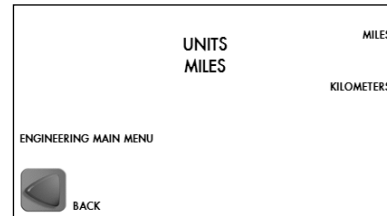
CONFIGURATION SCREEN

From this screen you can adjust program defaults, check accumulated time, change the language or change the unit of measure.



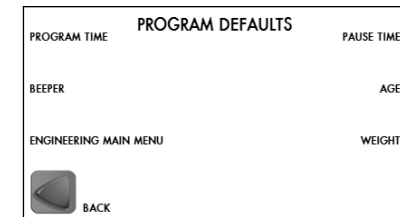
UNIT SELECTION

To change the unit of measure select MI or KM and check to see your desired unit of measure is displayed under UNITS and select BACK to return to the previous screen.



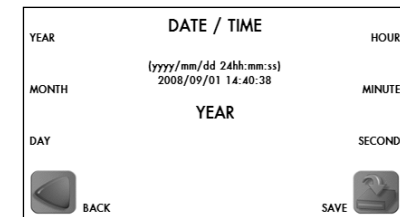
SETTING PROGRAM DEFAULTS

To set program defaults select the setting you would like to change, make the necessary change and select BACK to return to the previous screen. Continue selecting BACK to return to main user engineering screen.



SETTING DATE/TIME

Select DATE/TIME when in the CONFIGURATION screen. Select the information that needs to be changed (YEAR, MONTH, DAY, HOUR, MIN, SECOND) and use the arrow keys to modify. Select SAVE when the date and time are set and BACK to return to the CONFIGURATION screen.



LIMITED HOME USE WARRANTY*

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

FRAME – LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner.

ECB BRAKE – LIFETIME VISION FITNESS warrants the ECB Magnetic Brake against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner. Only the Brake and Magnet assembly, and no other ancillary components or parts, are covered by this lifetime warranty.

ELECTRONICS & PARTS – FIVE YEARS VISION FITNESS warrants the Electronic components and all original Parts (other than the ECB Magnetic Brake) against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR – ONE YEAR VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

*Limited Home Use Warranty valid in North America Only

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to one year. All Labor shall be supplied by the local Retailer who sold the Product, and the Product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, ECB Magnetic Brake, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights, and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at www.visionfitness.com. Inside the enclosed warranty card, you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Suspension Elliptical™ Trainer. Thank you for selecting a VISION FITNESS product.

accessible

smooth

versatile

*it all
starts
with a
vision*



toll free 800.335.4348 ■ www.visionfitness.com

© 2009 Vision Fitness. All Rights Reserved. ECB-Plus, HRT, PerfectStride, Quick-Set, Quiet-Glide, SPRINT 8, and Suspension Elliptical are Trademarks of Vision Fitness. May be covered by one or more patents or patents pending: US 5540637, US 5573480, US 5813949, US 5924962, US 5938567, US 6135927, US 6149551, TW 364373, TW 371899, CN 99808486.7

OM18.76PRD
REV3