

VISION  FITNESS



Owner's Guide

**X6000DA, X6200HRC,
& X6200HRC/DA**



Congratulations on choosing a VISION FITNESS Elliptical Trainer. You've taken an important step in developing and sustaining an exercise program! Your Elliptical Trainer is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Elliptical Trainer can improve the quality of your life in so many ways...

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Elliptical trainer will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your Elliptical Trainer in the comfort of your home. This Owner's Guide provides you with basic information on starting an exercise program. A more complete knowledge of your new Elliptical Trainer will assist you in realizing your goal of a healthy lifestyle.

Some kinds of service to your Elliptical Trainer should only be performed by your VISION FITNESS dealer. Please contact your authorized VISION FITNESS dealer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS dealer, please contact us:

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621-D East Lake St.
Lake Mills, WI 53551
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www.visionfitness.com

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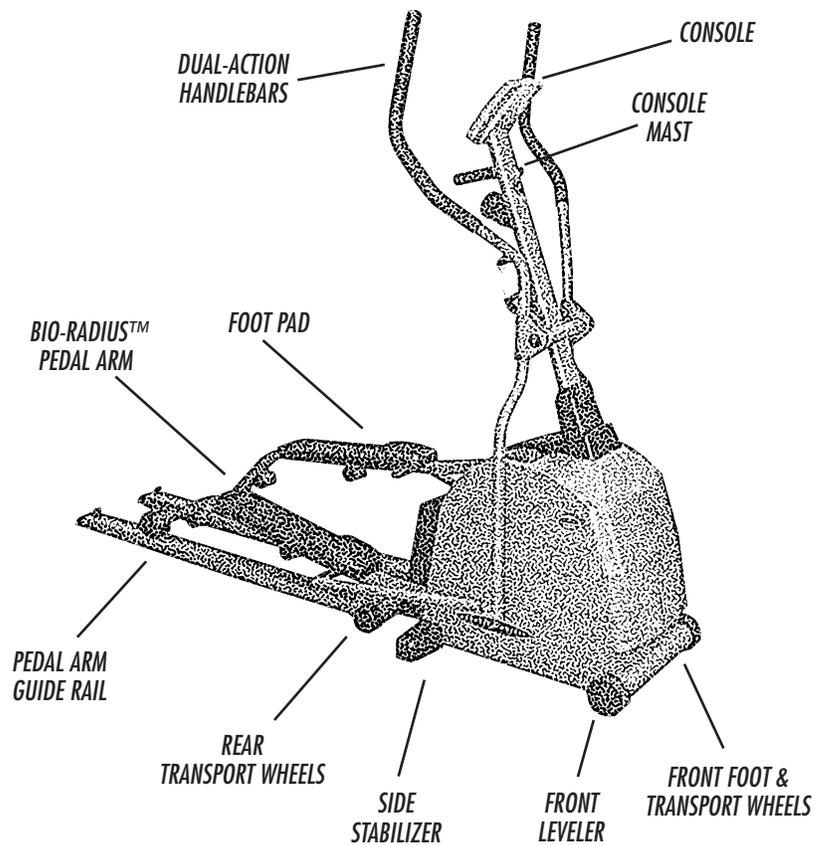
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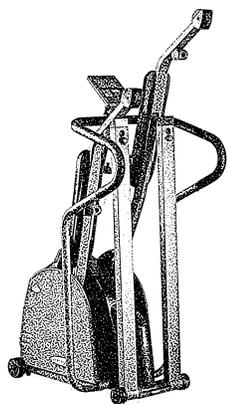
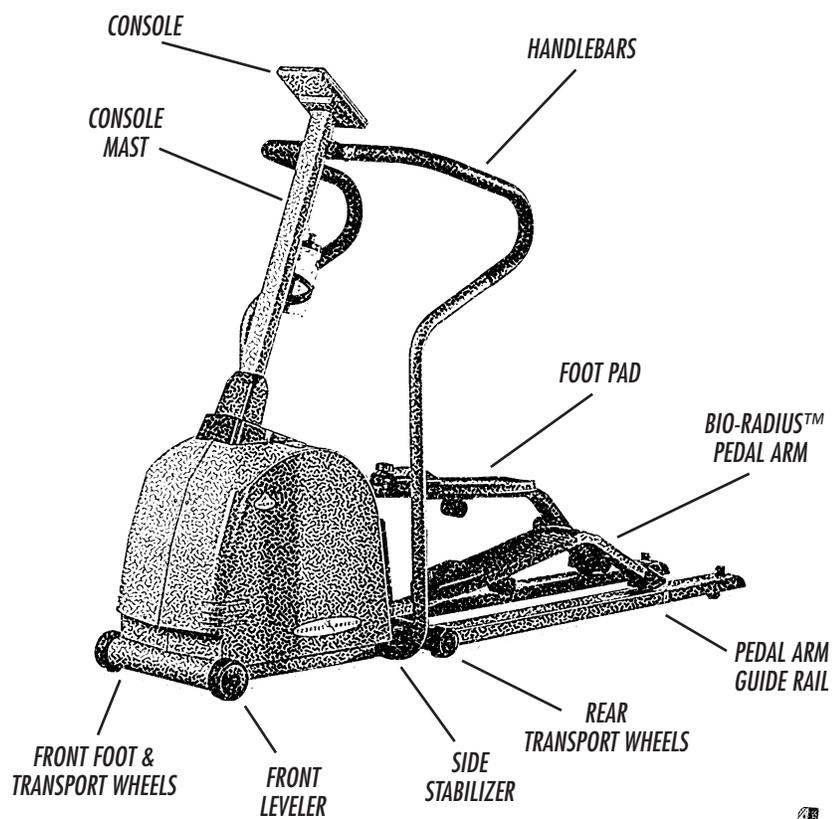


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X6000DA

X6200HRC/DA

dual-action ellipticals



elliptical trainer **X6200HRC**

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. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Elliptical Trainer sidecovers. Service should be performed only by an authorized VISION FITNESS retailer.
- Do not use outdoors.

ADDITIONAL WARNINGS FOR MODELS X6200HRC & X6200HRC/DA:

- Never operate this Elliptical Trainer if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the Elliptical Trainer to a retailer for examination and repair.
- Keep the cord away from heated surfaces.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Only use the power cord provided with your VISION FITNESS Elliptical Trainer.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch and damage it.
- Unplug your Elliptical Trainer before moving it.

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CHILDREN

- Keep children off your Elliptical Trainer at all times.
- When the Elliptical Trainer is in use, young children and pets should be kept at least 10 feet away.

ALL MODELS *safety*

OTHER SAFETY TIPS FOR YOUR VISION FITNESS 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 Elliptical Trainer.
- Read this Owner's Guide before operating this Elliptical Trainer.

CLEANING

- Clean with soap and slightly damp cloth only; never use solvents.

ASSEMBLY

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. It is recommended, when possible, that assembly be performed by an authorized VISION FITNESS dealer. If you have any questions regarding any part or function of your Elliptical Trainer, contact your dealer.

MOVING YOUR VISION FITNESS ELLIPTICAL TRAINER

Your Elliptical Trainer has a pair of transport wheels built into the front foot. It is easy to move your Elliptical Trainer by rolling it on the front transport wheels. Dual-Action Elliptical Trainers - X6000DA & X6200HRC/DA - are more easily moved by rolling on their rear transport wheels.

PLACEMENT IN YOUR HOME

It is important that you place your Elliptical Trainer in a comfortable and inviting room. Your Elliptical Trainer is designed to use minimal floor space. Many people will place their Elliptical Trainers facing the TV or a picture window. If at all possible, avoid putting your Elliptical Trainer in an unfinished basement. To make exercise a desirable daily activity for you, the Elliptical Trainer should be in an attractive setting.

Occasionally after long term use you will find a fine black dust below your Elliptical Trainer. This is normal wear from the drive belt and DOES NOT mean there is anything wrong with your Elliptical Trainer. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a rubber or vinyl mat beneath your Elliptical Trainer.

LEVELING YOUR ELLIPTICAL TRAINER

If your Elliptical Trainer wobbles when you have placed it where you intend to use it, raise or lower the adjustable levelers located in several places on the underside of your Elliptical Trainer:

- 1) the rear ends of the pedal arm guide rails,
- 2) the side stabilizers, and
- 3) the front foot near the front transport wheels.

Once you have leveled the Elliptical Trainer, lock the levelers in place by tightening the winged lock nuts against the underside of your Elliptical Trainer.



POWER SUPPLY (MODELS X6200HRC & X6200HRC/DA)

Your Elliptical Trainer uses a wall-mount external power supply. Use only the power supply supplied with your Elliptical Trainer. If you misplace this power supply, please contact your authorized VISION FITNESS dealer for an original replacement.

Use of the wrong power supply may cause damage to your Elliptical Trainer.

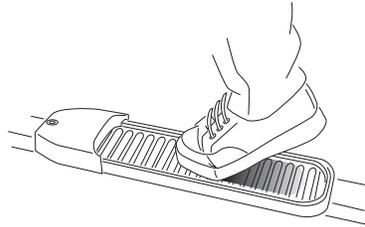
FOOT POSITION (MODEL X6000DA ONLY)

Your VISION FITNESS Elliptical Trainer has a large foot pad, offering you a variety of foot positions.

When using your Elliptical Trainer you may notice that your heel raises off the foot pad. This is a normal 'heel toe plant' walking or running motion and you should not try to prevent this.

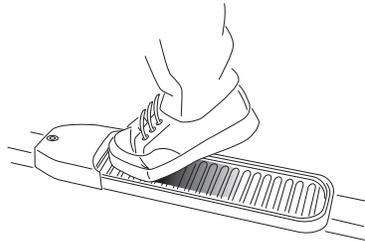
GLIDE POSITION

Placing your foot toward the back of the foot pad decreases your step height and keeps the step pattern elliptical; your workout will feel more like a ski glide, or smooth run or walk



STEP POSITION

Moving your foot to the forwardmost position of the foot pad increases your step height; your workout will feel similar to a step machine workout. This position is particularly effective for developing your quadricep muscles.

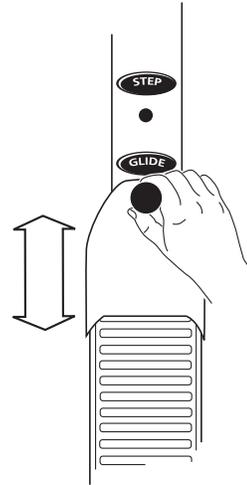


FOOT POSITION

(MODELS X6200HRC & X6200HRC/DA)

You have a choice of two different foot positions: STEP or GLIDE. To adjust, simply pull up on the adjustment knob, turn counter-clockwise, then move the toe piece forward or back. To lock, turn knob back clockwise.

We recommend starting with the foot toe piece in the GLIDE or rearmost position. As your conditioning improves, you can move the foot toe piece to the STEP or forward-most position.



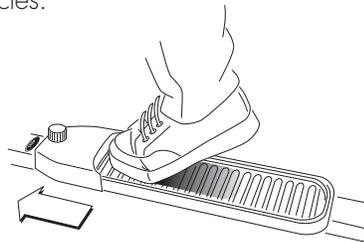
GLIDE POSITION

Placing your foot toward the back of the foot pad decreases your step height and keeps the step pattern elliptical; your workout will feel more like a ski glide, or smooth run or walk



STEP POSITION

Moving your foot to the forwardmost position of the foot pad increases your step height; your workout will feel similar to a step machine workout. This position is particularly effective for developing your quadricep muscles.



FOLDING YOUR ELLIPTICAL TRAINER

NOTE: It is important to always follow the correct order of steps when folding your Elliptical Trainer.

STEP 1: Lift up both flaps on the side cover casing.



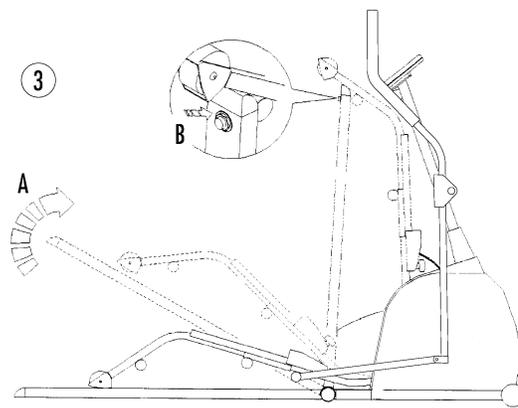
STEP 2: On the side of each Guide Rail you will find a decal indicating the correct position of the wheel center points. Move the Pedal Arms until both wheels align with these indicator decals.



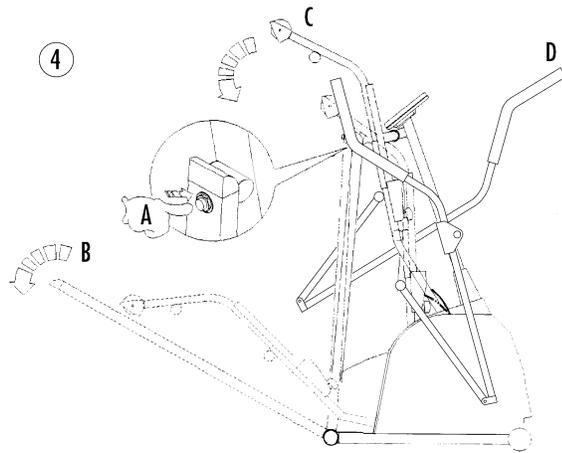
STEP 3: One Pedal Arm will now be lower than the other. Simultaneously lift both the lowest Pedal Arm and the Guide Rail upon which it is resting to the vertical position (A). The lock pin protruding from the Guide Rail should now be aligned with the lock receiving mechanism on the underside of the Pedal Arm. Firmly push the Guide Rail until it clicks and locks into position (B). Check that it is secure before proceeding.

Repeat these steps with the other Pedal Arm and Guide Rail to completely fold your Elliptical Trainer for compact storage.

NOTE: (See Illustration 4) On *Dual-Action* Elliptical trainers, the higher Pedal Arm (C) will have the lower Dual-Action Handlebar *behind* the Pedal Arm, and the Upper Dual-action Handlebar *forward* of the Console Mast (D).



STEP 4: To unfold your Elliptical Trainer, push the recessed lock button found on the underside of one Guide Rail (A). Carefully lower both the Pedal Arm and Guide Rail to the floor simultaneously (B). Repeat these steps with the other Pedal Arm and Guide Rail to completely unfold your Elliptical Trainer for use.



OPTIONAL CHILD SAFETY GUARDS

Always attach the child safety guards to the pedal arm guide rails if there are young children living in or ever visiting your house. Note that when these child safety guards are attached, the pedal arms cannot fold.

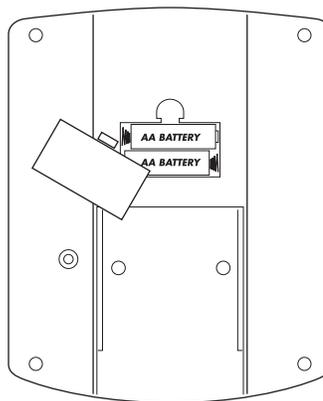


MANUAL CONSOLE (MODEL X6000DA)

Your easy-to-use VISION FITNESS MANUAL computer console provides the information you need to monitor your progress toward your personal fitness goals.

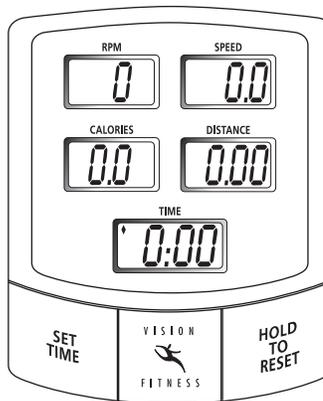
INSTALLING BATTERIES

Your MANUAL console uses two size AA batteries. These batteries are located in a snap-open battery compartment in the back of the console. If your Elliptical Trainer batteries have not already been installed by your dealer, please install them now.



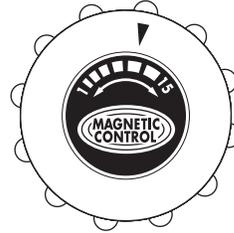
TURNING SCREEN DISPLAY ON

To turn the screen display on, press any console button or turn the pedals one complete revolution. When the display first comes on, '0:00' will be flashing in the TIME window.



CHANGING RESISTANCE

There are two ways to increase your workload. You can pedal faster, or you can turn the tension knob which is located below the console.



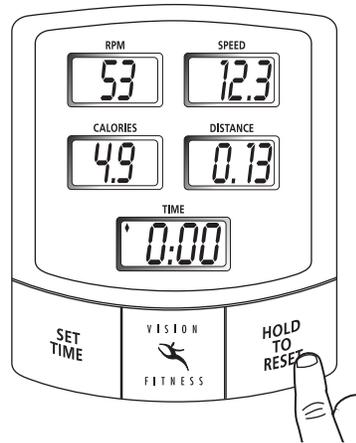
During the warm-up and cool-down phases of your workout, use a lower setting to gradually warm-up and cool-down your muscles.

PARTIAL RESET

To reset Time only, touch the HOLD TO RESET button. Time will return to '0:00' and not delete the values in the other windows.

FULL RESET

To reset all the console values, press and hold the HOLD TO RESET button. Time will return to '0:00' then all the other values will be deleted.



FIVE FEEDBACK FUNCTIONS

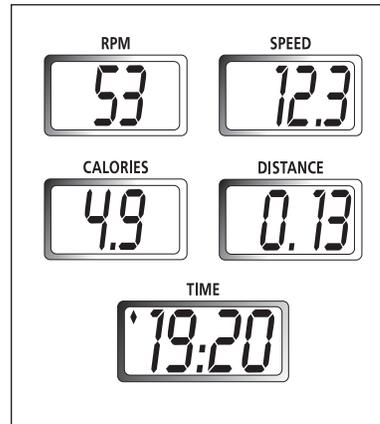
RPM Shown as Revolutions-per-Minute. Improve striding technique while reducing leg muscle fatigue by striding between 60 and 70 RPMs.

SPEED Shown as Miles-per-Hour. View your current striding speed.

CALORIES Shown as total accumulated Calories burned during workout.

DISTANCE Set personal goals for covering greater amounts of distance for each program. You can log mileage as a motivational tool.

TIME Shown as Minutes:Seconds. View the time remaining if the Count-Down mode is used, or view the elapsed time if the Count-Up mode is used.

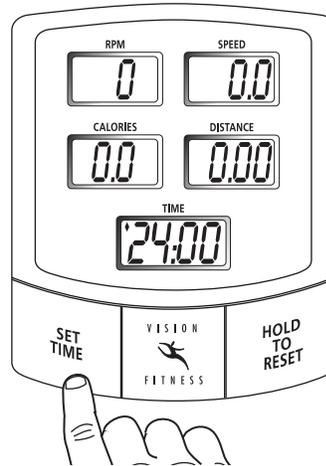


CHOOSING TIME AND STARTING

There are two ways to use the timer: Count-Down Mode or Count-Up Mode.

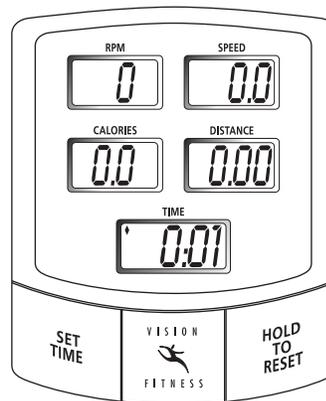
COUNT-DOWN MODE

Press the SET TIME button to enter your workout time. When the time you choose is showing in the TIME window, start pedaling. The timer will begin counting down to zero. When the workout time is completed, the console will beep for 5 seconds, then begin counting-up if you continue pedaling. To reset, press and hold the HOLD TO RESET button.



COUNT-UP MODE

To use the timer in count up mode, simply start pedaling when '0:00' is flashing on the screen.

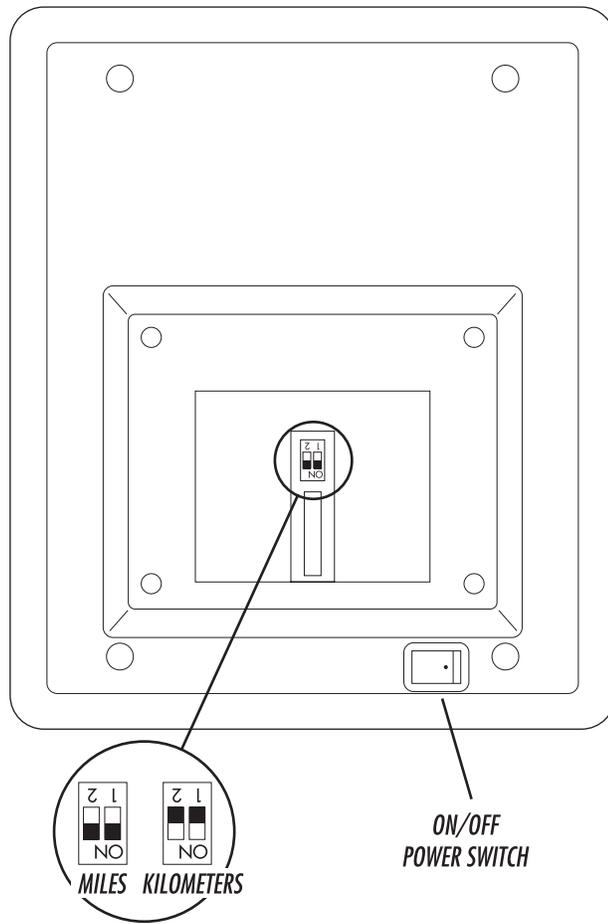


TURNING SCREEN DISPLAY OFF

The screen display will go off automatically after 5 minutes of non-use.

QUICK-SET™ CONSOLE (MODELS X6200HRC & X6200HRC/DA)

Your QUICK-SET™ Console arrives preset to display Miles. If you wish to display Kilometers instead, remove the Console from the Console Mast by removing the four mounting bolts. Inside the mounting recess you will find a small switch; move this Kilometers/Miles Conversion Switch to the left to display Kilometers. Remount the Console to the Console Mast.

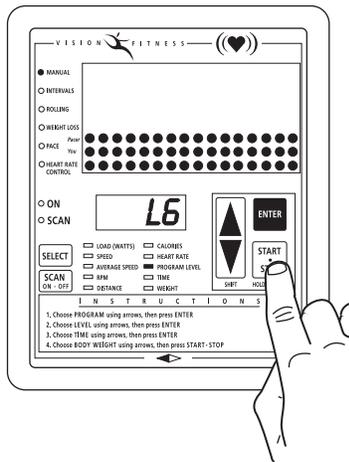


TURN POWER ON

The On/Off Power switch for your Elliptical Trainer is located on the near underside of the console (see illustration Page 18). Flip this switch to the 'ON' position. You will hear a beep and the console will light up. You are ready to use your console.

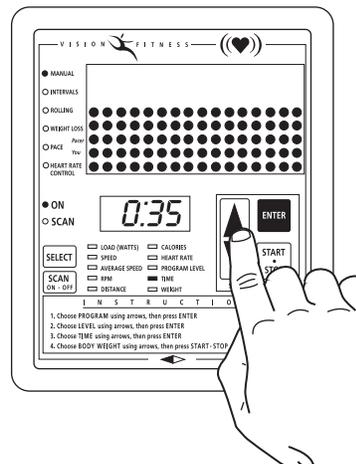
EASY START

Each Program has a 'default' Program Level. If a Program Level is not entered, then the Program will operate on Program Level 6. If you choose to use the default Program Level of 6, the preset program times and the preset weight of 150 lbs, you can press the **START•STOP** button immediately after choosing the Program and the Program will begin.



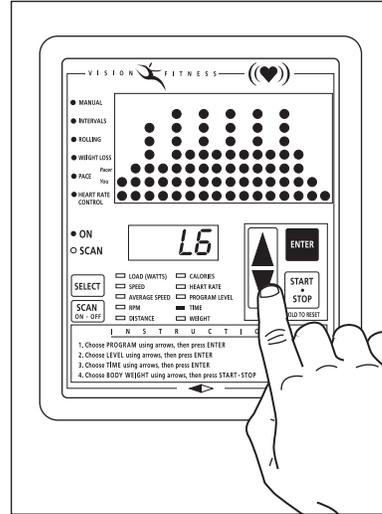
CHANGE COURSE DIFFICULTY

Once the Program has begun, you can vary the level of each segment by using the UP or DOWN Arrows. This feature allows you to adjust select sections of a course to meet your present fitness level. If you wish to vary the level of the entire Program, you must stop the Program you are in and start over.



CHOOSING A PROGRAM

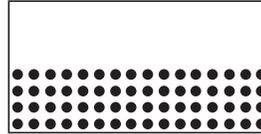
The course Profile screen will now show the MANUAL Program. The flashing column of program lights indicates that a Program is ready to be entered. By pressing either the UP or DOWN Arrows, you can move between the six different Program options. The course Profiles will change as you view different Programs. The chart on Page 21 provides you with the preset times and specific fitness benefits of each Program.



PROGRAM DETAILS
(ALL PROGRAMS SHOWN AT LEVEL 8)

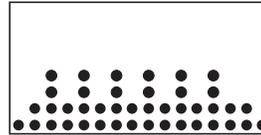
MANUAL

Customized workouts; with no default Time. Resistance Level may be changed by simply pressing UP or DOWN Arrows during workout.



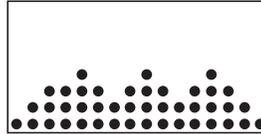
INTERVALS

Improves your strength, speed, and endurance by raising and lowering the resistance Level throughout your workout to involve both your heart and muscles; Time defaults to 24 minutes.



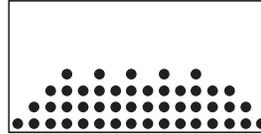
ROLLING

Maintains weight by gradually raising and lowering the resistance Level to gradually raise and lower your Heart Rate; Time defaults to 32 minutes.



WEIGHT LOSS

Promotes weight loss by raising and lowering the resistance Level, but still keeps you in your fat-burning zone; Time defaults to 48 minutes.



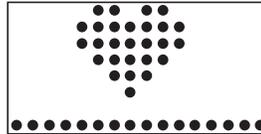
RACE

Improves performance by raising resistance Level to a high peak then lowering again; Time defaults to 48 minutes.



HEART RATE CONTROL

Saves time by making the most of your limited workout time; motivates and encourages you to achieve your fitness goals. Benefits weight loss by maintaining an optimum exercise level to burn fat; Time defaults to 24 minutes.



Pacer
You

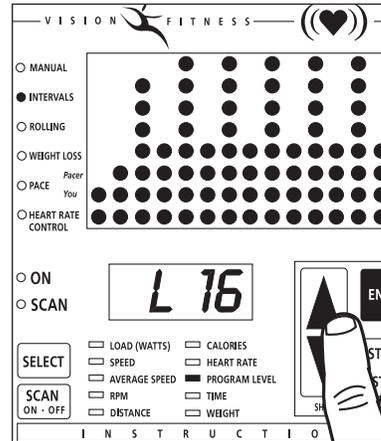
NOTE: In addition to the specific benefits listed, all the Programs will provide an aerobic and cardiovascular benefit.

CHOOSING THE WORKOUT LEVEL

The function light next to PROGRAM LEVEL will now begin to flash. The flashing number showing in the number screen indicates the current Program Level. Each Program has 16 different Levels to choose from, except for the Race Program which has 17 levels. You vary the Program Level by pressing either the UP or the DOWN Arrow. The higher the number, the more difficult the Program will be. As you change the Program Level, the profile screen lights will move up or down to show the relative difficulty of the course.

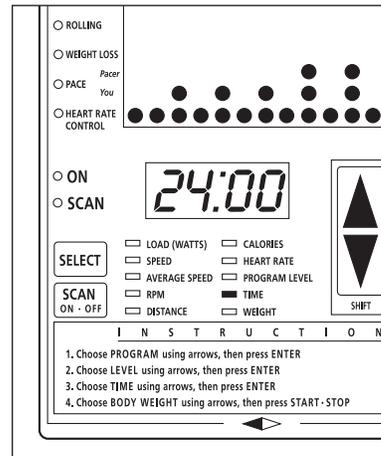
When the Level you choose to use is displayed, press the ENTER button.

REMINDER: When you are beginning an exercise program, it is better to start at a low level of intensity and gradually work up to higher levels. You might want to start with a Program Level of 1 or 2.



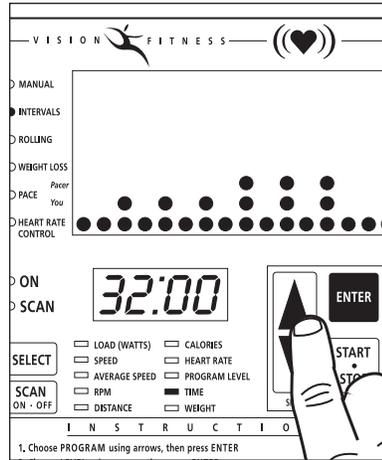
CHOOSING THE TIME

The function light next to TIME will now begin flashing. The flashing number showing in the number screen indicates the workout time. There are two ways to use the timer: Count-Down Mode or Count-Up Mode.



COUNT-DOWN MODE

In Count-Down mode, the timer starts with a set number of minutes and moves to zero. Count-Down times of between 5 minutes and 99 minutes can be selected. You vary the time by pressing either the UP or the DOWN Arrows. The preset workout time for each Program has been chosen to match the Program's primary fitness goal. However, you may want to customize the workout time to fit your present fitness level, or to fit your personal fitness goals. When the time you choose to use is showing in the number screen, press the ENTER button.

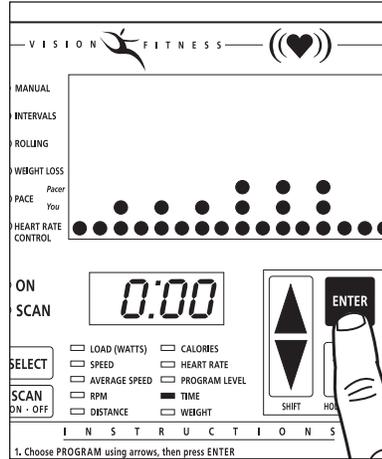


When the time you choose to use is showing in the number screen, press the ENTER button.

COUNT-UP MODE

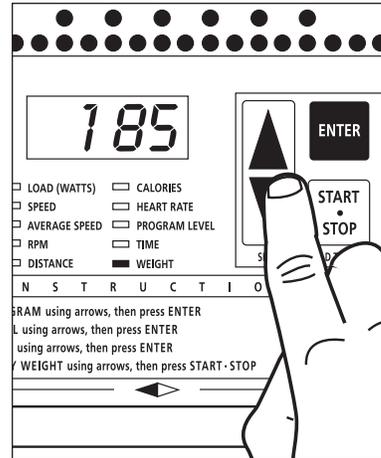
In Count-Up mode, the timer starts with zero and goes up. You select Count-Up mode by setting the time to '00:00' and pressing the ENTER button.

In Count-Up mode each program segment will last 1 minute. When the program is finished, there will be a single beep and the program will immediately begin start over. Because there are 16 segments on the profile screen, each program cycle will take 16 minutes. Program time and other function data will accumulate until START•STOP is pressed and the program is changed. The Race Program does not operate in Count-Up Mode.



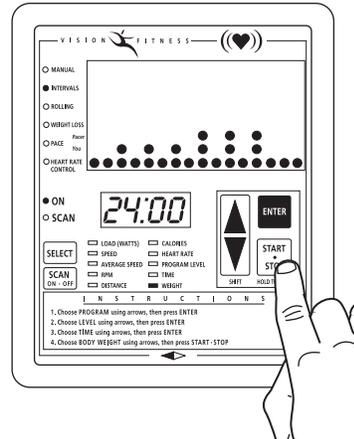
ENTERING WEIGHT (OPTIONAL)

The function light next to WEIGHT will now begin flashing. The flashing number showing in number screen is weight in pounds. By entering your weight, the calorie feedback calculations will be more accurate. You can vary the weight input by pressing either the UP or DOWN Arrows. When your correct weight is showing in the numeric LED screen, press the ENTER button to review your selections or the START•STOP button to begin the program. You may choose to skip the weight step by pressing START•STOP immediately after pressing ENTER following your time selection. If you skip this step, the QUICK-SET™ console will calculate feedback for a 150-pound person.



START YOUR PROGRAM

You are now ready to start exercising. After you press the START•STOP button to begin the Program, the light next to 'ON' will light up and the first column of lights on the profile screen will begin flashing. As time elapses, the flashing column of lights will shift to the right indicating your position on the course profile. The chart below shows each segment time for the preset program times:



PROGRAM	PRESET TIME	PRESET SEGMENT TIME
MANUAL	Not preset	Not preset
INTERVALS	24 Minutes	1.5 Minutes
ROLLING	32 Minutes	2 Minutes
WEIGHT LOSS	48 Minutes	3 Minute
RACE	24 Minutes	1.5 Minute
HEART RATE CONTROL	24 Minutes	1.5 Minutes

If you have entered a time goal other than the preset time, each segment will be 1/16th of the time goal selected.

If you have programmed the timer to count up, each segment will be one minute long.

FINISH YOUR ELLIPTICAL TRAINER PROGRAM

When your program is completed, record your time and mileage in your personal exercise log book.

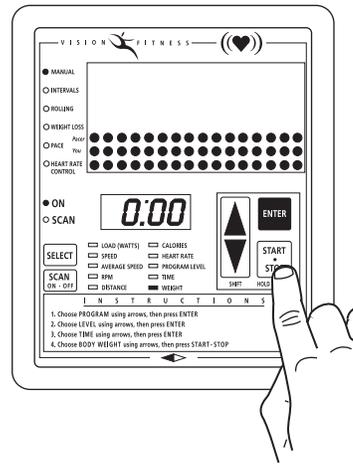
You can begin a new program by repeating the above instructions.

Turn the power switch off when you are done with your workout.

SPECIAL CONSOLE FEATURES

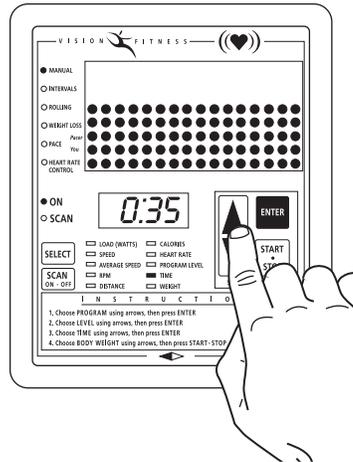
MANUAL START

If you wish to skip all programming steps, simply press START•STOP while all six program lights are flashing. The console will go to Manual Program, Level 6 and begin in Count-Up mode. To change levels, press the UP or DOWN Arrows.



CHANGE COURSE DIFFICULTY

Once the Program has begun, you can vary the level of each segment by using the UP or DOWN Arrows. This feature allows you to adjust select sections of a course to meet your present fitness level. If you wish to vary the level of the entire Program, you must stop the Program you are in and start over.

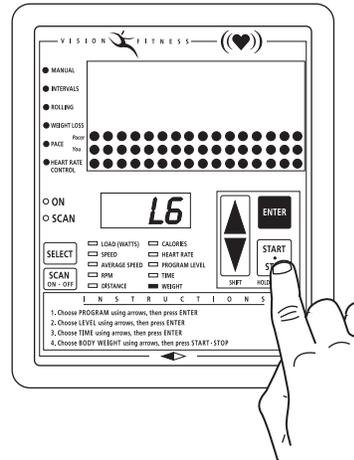


RESET

After a Program has begun, you may quit the Program by pressing and holding the START•STOP button for 2 seconds. The column of red program lights will flash and the console profile screen will show the Manual Program.

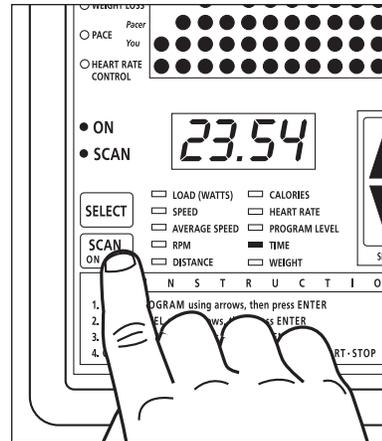
AUTO-RESET

If your Vision Fitness Elliptical Trainer is not used for 5 minutes, it will automatically reset itself. (Auto-reset will not work when the timer is operating in Count-Up mode.)



SCAN ON•OFF

When the SCAN button is pressed, the red LED next to 'SCAN' will light up, indicating Scan is on. When Scan is on, the number display will cycle between each data function (except weight) showing a new data display every four seconds. To turn Scan off, press the SCAN button again. The Scan light will no longer be on.



TEN FEEDBACK FUNCTIONS

Once a program has begun, you may use the SELECT button to view the data of your choice on the number screen. The light next to the function name indicates which data is currently displayed. The following functions can be viewed:

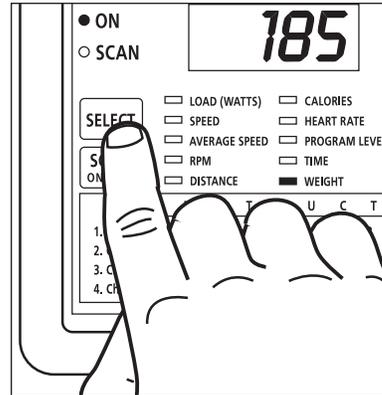
LOAD (Watts) A measurement of your expended energy. May be used to evaluate and quantify your fitness progress over time.

SPEED Shown as Miles-per-Hour or Kilometers-per-Hour. View your current striding speed

AVERAGE SPEED Set personal average speed goals for a specific program at a specific level. A faster average speed is an indication of improved physical conditioning.

RPM Shown as Revolutions-per-Minute. Improve striding technique while reducing leg muscle fatigue by striding between 60 and 70 RPMs.

DISTANCE Set personal goals for covering greater amounts of distance for each program. You can log mileage as a motivational tool.



CALORIES Shown as total accumulated Calories burned during workout.

HEART RATE Shown as Beats-per-Minute. You can monitor your Heart Rate at any time during a workout.

PROGRAM LEVEL View the current chosen Program Level. Indicates the difficulty of your workout, with L1 being the easiest and L16 being the most difficult.

TIME Shown as Minutes:Seconds. View the time remaining if the Count-Down mode is used, or view the elapsed time if the Count-Up mode is used.

WEIGHT Used to calculate more accurate calorie expenditure.

USING YOUR ELLIPTICAL TRAINER'S HRC PROGRAM

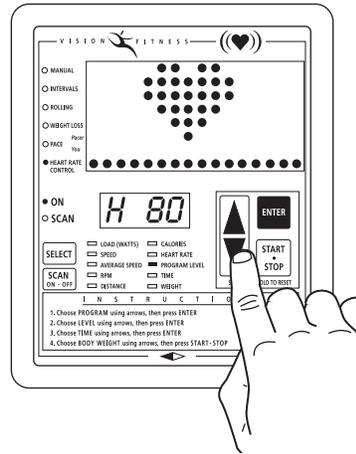
Use the chart on Page 32 to determine your Target Heart Rate, then follow the instructions on Page 33 to place the wireless transmitter on your chest.

CHOOSE HEART RATE CONTROL PROGRAM

After turning on the power for your Elliptical Trainer, use the UP and DOWN Arrows to choose the Heart Rate Control Program. Press ENTER.

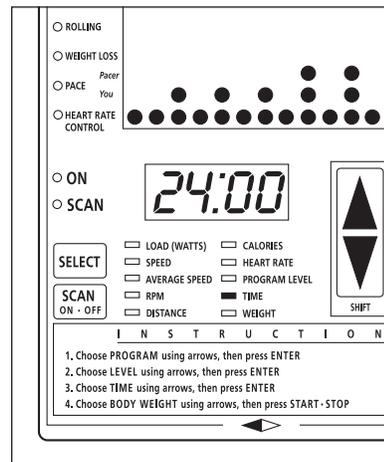
CHOOSE TARGET HEART RATE

The PROGRAM LEVEL function light will flash and "H 80" will appear in the number window. You can choose a Target Heart Rate of between 80 and 170 Beats-per-Minute in 5-beat increments. Choose a Target Heart Rate by pressing the UP and DOWN Arrows, then press ENTER.



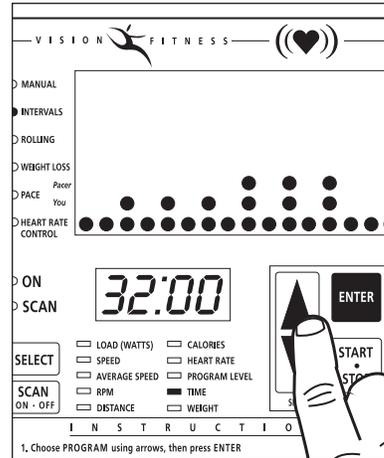
CHOOSING THE TIME

The function light next to TIME will now begin flashing. The flashing number showing in the number screen indicates the workout time. There are two ways to use the timer: Count-Down Mode or Count-Up Mode.



COUNT-DOWN MODE

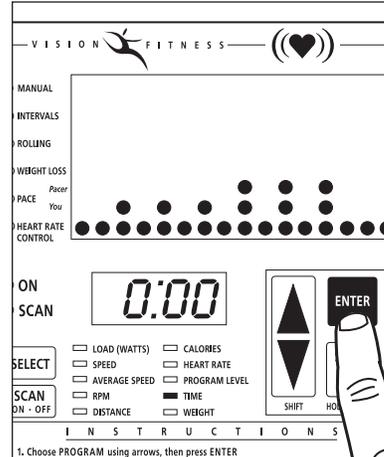
In Count-Down mode, the timer starts with a set number of minutes and moves to zero. Count-Down times of between 5 minutes and 99 minutes can be selected. You vary the time by pressing either the UP or the DOWN Arrows. The preset workout time for each Program has been chosen to match the Program's primary fitness goal. However, you may want to customize the workout time to fit your present fitness level, or to fit your personal fitness goals. When the time you choose to use is showing in the number screen, press the ENTER button.



COUNT-UP MODE

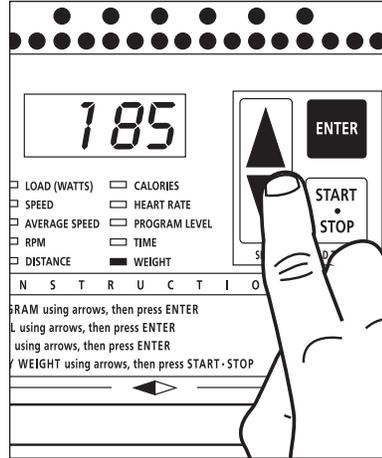
In Count-Up mode, the timer starts with zero and goes up. You select Count-Up mode by setting the time to '00:00' and pressing the ENTER button.

In Count-Up mode each program segment will last 1 minute. When the program is finished, there will be a single beep and the program will immediately begin start over. Because there are 16 segments on the profile screen, each program cycle will take 16 minutes. Program time and other function data will accumulate until START•STOP is pressed and the program is changed. The Race Program does not operate in Count-Up Mode.



ENTERING WEIGHT (OPTIONAL)

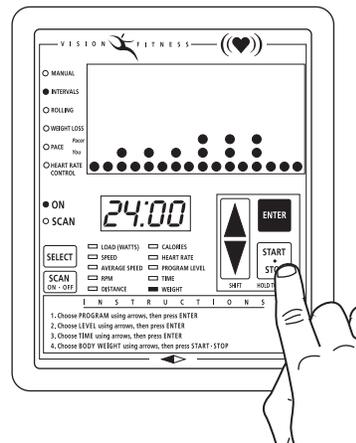
The function light next to WEIGHT will now begin flashing. The flashing number showing in number screen is weight in pounds. By entering your weight, the calorie feedback calculations will be more accurate. You can vary the weight input by pressing either the UP or DOWN Arrows. When your correct weight is showing in the numeric LED screen, press the ENTER button to review your selections or the START•STOP button to begin the program.



You may choose to skip the weight step by pressing START•STOP immediately after pressing ENTER following your time selection. If you skip this step, the QUICK-SET™ console will calculate feedback for a 150-pound person.

START YOUR PROGRAM

You are now ready to start exercising. After you press the START•STOP button to begin the Program, the light next to 'ON' will light up and the first column of lights on the profile screen will begin flashing. As time elapses, the flashing column of lights will shift to the right indicating your position on the course profile. The chart below shows each segment time for the preset program times:



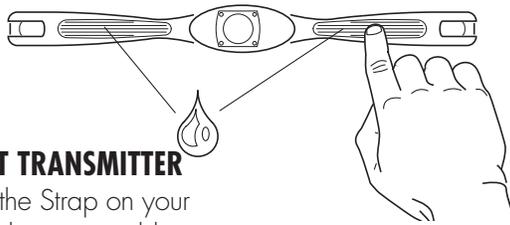
FINISH YOUR ELLIPTICAL TRAINER PROGRAM

When your program is completed, record your time and mileage in your personal exercise log book.

You can begin a new program by repeating the above instructions. Turn the power switch off when you are done with your workout.

ABOUT HEART RATE CONTROL

Your VISION FITNESS Elliptical Trainer offers Heart Rate Control and Feedback with the hands-free *Wireless Chest Transmitter*.



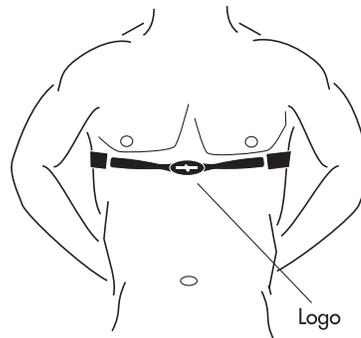
WIRELESS CHEST TRANSMITTER

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

TRANSMITTER STRAP PLACEMENT

Center the Transmitter Strap just below the breast or pectoral muscles, directly over your sternum with the VISION FITNESS logo facing out.

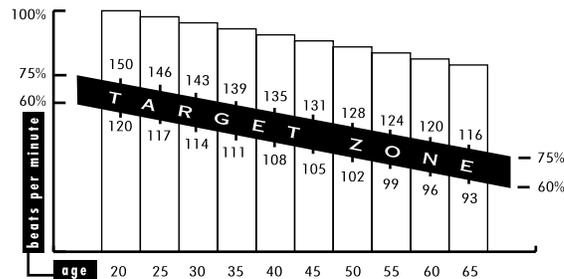
Adjust the elastic strap length as to avoid bouncing or sliding.



TARGET HEART RATE ZONE

Your Target Heart Rate Zone is a percentage of your maximum heart rate. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. See the chart below for convenient reference.

EXAMPLE for a 42-year old user: find AGE along bottom of chart (round to 40), follow AGE column up to TARGET ZONE bar. RESULTS: 60% of maximum Heart Rate = 108 Beats per Minute, 75% of maximum Heart Rate = 135 Beats per Minute. With this Target Zone of 108-135 Beats per Minute it is best to enter an average Target Heart Rate of about 122 Beats per Minute into the Console.



BENEFITS

- Weight Loss - Helps you maintain an optimum exercise level to burn fat.
- Efficient - Quantifies your exercise level for maximum benefit.
- Time Saver - Makes the most of your limited workout time.
- Motivation - Provides encouragement to achieve your fitness goals, and reach for new heights.

TOTAL BODY WORKOUT OF THE X6000DA & X6200HRC/DA DUAL-ACTION ELLIPTICAL TRAINERS

By combining upper and lower body exercise in one machine, you get total body benefits from every workout. Because you're spreading the workload over all your major muscle groups, you can workout at higher intensities without fatiguing any one particular muscle. And by keeping all your muscles working aerobically (oxygen burning), your body will burn fat cells up to 25% more efficiently compared to other types of exercise.

UPPER BODY TONING

The total body workout of the X6000DA & X6200HRC/DA Dual-Action Elliptical Trainers also helps tone your arm, shoulder, chest, back and leg muscles at the same time you enjoy the benefits of a superior aerobic exercise.

A NOTE ON GRIPPING THE ARMS

When using your Vision Fitness X6000DA & X6200HRC/DA Dual-Action Elliptical Trainers, do not grip the arms tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold as you push and pull the arms.

SYNCHRONIZED ARM AND LEG CONNECTION

The pedals and arms on your X6000DA & X6200HRC/DA Dual-Action Elliptical Trainers are linked together to reproduce a natural walking motion. When walking or running, your arm motion serves as your body's natural counterbalance, and the synchronized action of the X6000DA & X6200HRC/DA Dual-Action Elliptical Trainers duplicates this benefit. With a fixed synchronized arm and leg action, you are assured of optimal body positioning at all times.

TROUBLESHOOTING YOUR ELLIPTICAL TRAINER

Our Elliptical Trainers are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may indicate the cause.

PROBLEM: The Console does not light up (Model X6000DA only).

SOLUTION: Batteries are too weak; replace them.

PROBLEM: The Elliptical Trainer appears to work but there is no resistance change.

SOLUTION: The magnetic brake assembly is not working properly; please contact your retailer.

PROBLEM: The Elliptical Trainer makes a squeaking or creaking noise.

SOLUTION (All models): Check and tighten all the bolts on the Elliptical Trainer again.

SOLUTION (Dual-Action models only): Lubricate the bushings in the Dual-Action link arms.

NOTE: If the above steps do not remedy the problem, discontinue use, turn the power off and contact your retailer.

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 electrodes.

SOLUTION: Transmitter is not properly positioned. Reposition the chest strap.

SOLUTION: Verify that the distance between 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 due to 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, etc. are also a major source of problems for heart rate monitors.

COMMON ELLIPTICAL TRAINER QUESTIONS

Q: Are the sounds my Elliptical Trainer make normal?

A: Our Elliptical Trainers are some of the quietest available because they use belt drives and magnetic resistance. We use the highest grade European bearings and top quality belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear some slight mechanical noises from the drive train. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our Elliptical Trainers. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout, and over time, because of thermal expansion of the parts. Keep in mind that while you work-out you're sometimes exerting the equivalent mechanical energy of a washing machine or dryer!

Q: Why is the Elliptical Trainer I had delivered louder than the one at the store?

A: All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. And finally, if a fitness product is placed close to a wall, there will more reflected noise.

Q: When should I be worried about a noise?

A: As long as the sounds your Elliptical Trainer makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your Elliptical Trainer is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

Q: What kind of routine maintenance is required?

A: We use sealed bearings throughout our Elliptical Trainers so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the Elliptical Trainer after each use.

Q: Will the magnets wear out over time?

A: No, we use permanent magnets that will retain their braking force indefinitely in this application. One of the big advantages of a magnetic brake is its long life since there is no physical contact between the flywheel and the magnet surface.

Q: How long will the drive belt last?

A: The computer modeling we had done indicated virtually thousands of maintenance-free hours. Belts are now used in far more demanding applications such as motorcycle drives.

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-PLUS™ BRAKE - LIFETIME VISION FITNESS warrants the ECB-PLUS™ 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 - TWO YEARS VISION FITNESS warrants the Electronic components and all original Parts (other than the ECB-PLUS™ Magnetic Brake) against defects in workmanship and materials for a period of two 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 (continued)

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 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-PLUS™ 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 Elliptical Trainer. Thank you for selecting a VISION FITNESS product.

LIMITED LIGHT COMMERCIAL WARRANTY

Up to 3 hours use per day

LIGHT COMMERCIAL USES DEFINED VISION FITNESS warrants models X6200HRC & X6200HRC/DA for use in light commercial facilities including: Hotels, Resorts, Police & Fire Stations, Apartment Complexes, Corporate Fitness Centers, Hospitals, Rehabilitation and Sports Medicine Clinics, where average use is up to three hours per day. Not warranted for private Health Clubs, YMCA's or Schools.

FRAME, ECB-PLUS™ BRAKE, ELECTRONICS & PARTS - ONE YEAR VISION FITNESS warrants the Frame, ECB-PLUS™ Magnetic Brake, Electronic components and all original Parts against defects in workmanship and materials 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.

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.

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 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.

LIMITED LIGHT COMMERCIAL WARRANTY (continued)

Up to 3 hours use per day

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-PLUS™ 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 Elliptical Trainer. Thank you for selecting a VISION FITNESS product.

DEVELOPING A FITNESS PROGRAM

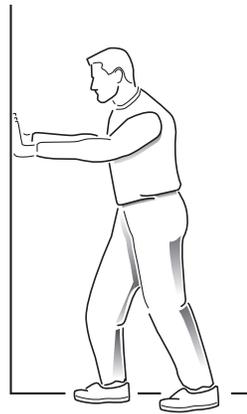
STRETCH FIRST

Before using your VISION FITNESS Elliptical Trainer, it is best to spend a few minutes during a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion.

WALL PUSH

Stand near a wall, with the toes of one foot about 18" from the wall, and the other foot about 12" behind that. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Do not bounce.

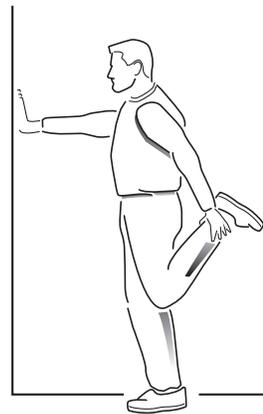
Alternate the positions of your feet and repeat for a total of 8 repetitions.



STANDING QUADRICEPS STRETCH

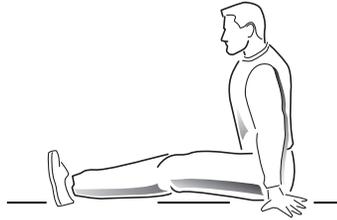
Using a wall or your Elliptical Trainer to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for a count of 15 seconds.

Repeat with your right ankle and hand, and continue alternating for a total of 8 repetitions.



SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15. Do not bounce. Sit upright again. Repeat for a total of 8 repetitions.



THE IMPORTANCE OF THE WARM-UP AND COOL-DOWN

WARM-UP

The first 2 to 5 minutes of a workout should be devoted to warming-up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Warm-up on your Elliptical Trainer at a slow pace.

COOL-DOWN

Never stop exercising suddenly! A cool-down period allows your heart to readjust to the decreased demand. Use a low resistance setting during the cool-down to gradually lower your heart rate. After the cool-down, repeat the above stretching exercises to loosen and relax your muscles.

EXERCISE GUIDELINES

Always consult your physician before beginning an exercise program.

HOW OFTEN?

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before your shower, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. If you are to be successful with your fitness program, you have to make it a priority in your life. So decide on the time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG?

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 32 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD?

How hard you workout is also determined by your goals. If you use your Vision Fitness Product to prepare for racing, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring

your heart rate, and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

PERCEIVED EXERTION LEVEL

The way to gauge your exercise intensity is to evaluate your perceived exertion level. If while exercising you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of other warning signs to overexertion.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your VISION FITNESS Elliptical Trainer to lose weight? Improve muscle? Burn Stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss
- Weight Maintenance
- Improve Body Shape and Tone
- Strengthen Leg Muscles
- Increased Energy Level
- Improved Sleep Patterns
- Improved Cycling/Cross Sports Performance
- Improved Cardiovascular Endurance
- Stress Reduction

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your VISION FITNESS Elliptical Trainer console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of test functions.

SAMPLE GOALS:

Goal-setting is a popular motivational technique. It's important to set goals and reward yourself when initiating a new exercise program because you're attempting to break current patterns and form a new habit. Whether you use this technique or another, make fitness a priority in your life. You can achieve the ultimate reward to yourself: you can establish the exercise habit!

Some sample goals may be:

- To strengthen my heart by exercising 24 minutes three days a week.
(Goal Measurement: Exercise Time=72 minutes a week).
- To improve my body's ability to burn fat by exercising at a low intensity for 48 minutes per day, 5 days a week.
(Goal Measurement: Exercise Time=240 minutes per week).
- To burn off work related stress by exercising for 20 minutes a day on work days.
(Goal Measurement: Exercise Time=100 minutes per week).

KEEPING AN EXERCISE DAIRY

Photocopy the weekly and annual log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

WEEK # _____		Weekly Goal: _____			
		Scheduled Workout Time: _____			
		My Reward is: _____			
Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

WEEK # _____		Weekly Goal: _____			
		Scheduled Workout Time: _____			
		My Reward is: _____			
Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

WEEK # _____ **Weekly Goal:** _____
Scheduled Workout Time: _____
My Reward is: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

WEEK # _____ **Weekly Goal:** _____
Scheduled Workout Time: _____
My Reward is: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

January		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

February		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

March		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

April		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

May		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

June		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

July		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

August		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

September		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

October		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

November		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

December		
Week #	Minutes	Distance
Monthly Total		
Monthly Reward		

vision fitness

the vision to succeed



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