



E4100

ASSEMBLY INSTRUCTIONS

To avoid possible damage to this Fitness Cycle,
please follow these assembly instructions.
Carefully remove all its parts from the box,
lay them out and review the parts list.

If any parts are missing, please call 1-800-335-4348, Ext 12

Before proceeding, find your Fitness Cycle's serial number,
located on the underside of main frame, and enter here:

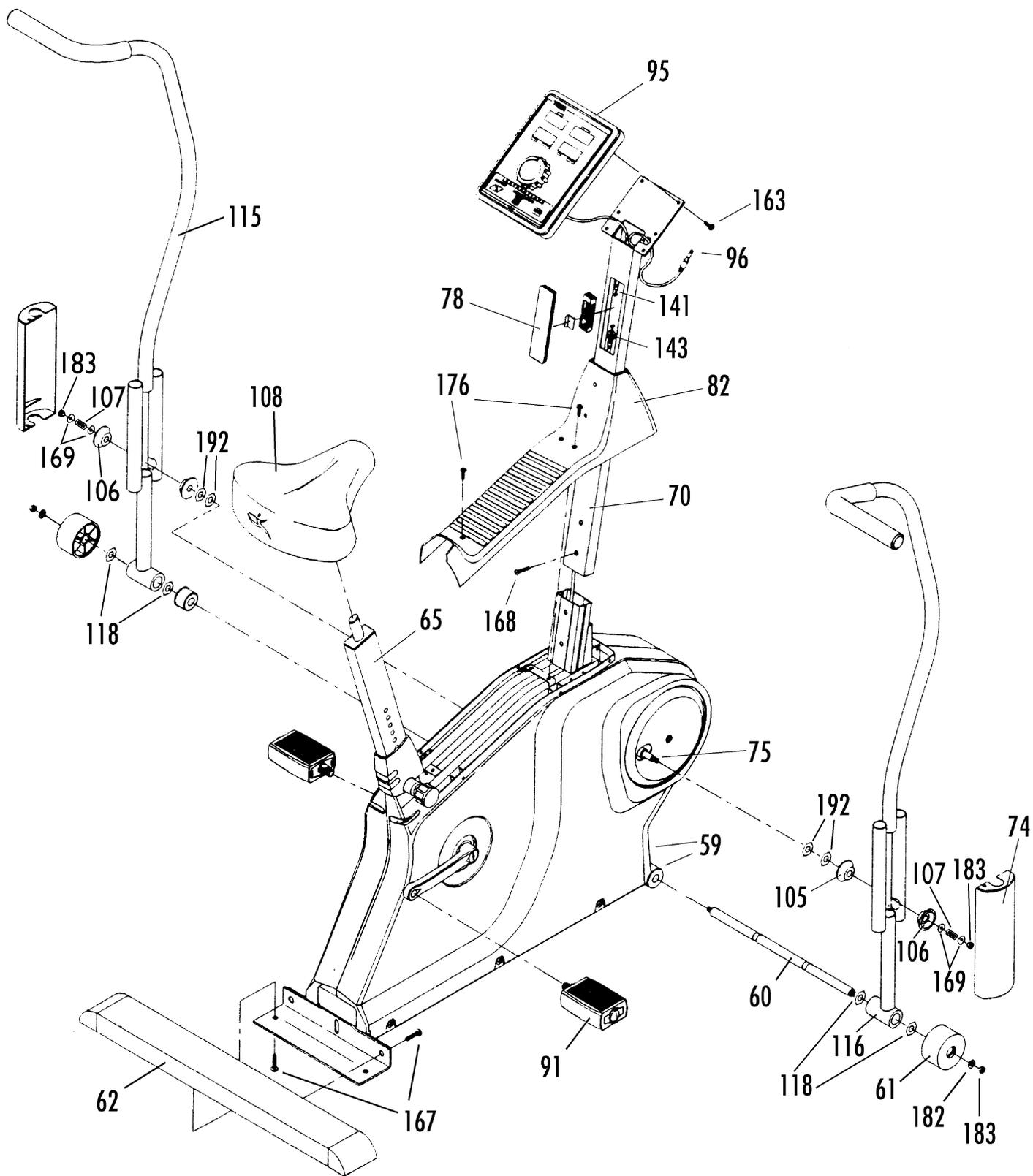
Refer to this number when calling for service.

A41.2



IT ALL STARTS WITH A VISION

***E4100* Parts Diagram**



***E4100* Parts**

VISION FITNESS *E4100* Parts Description

| <u>Part #</u> | <u>Description</u> | <u>Count</u> | <u>Dimensions</u> |
|-------------------------------|--------------------------|--------------|-------------------|
| <i>Front Wheel Parts</i> | | | |
| #60 | Front Foot Wheel Axle | 1 | |
| #61 | Front Transport Wheels | 2 | |
| #182 | Outside Wheel Washers | 2 | |
| #183 | Wheel Attachment Nuts | 2 | |
| <i>Arm Assembly Parts</i> | | | |
| #116 | Right Arm | 1 | |
| #115 | Left Arm | 1 | |
| #74 | Plastic Arm Cam Cover | 2 | |
| #105 | Inside Cam Pulley | 2 | |
| #106 | Outside Cam Pulley | 2 | |
| #169 | Pulley Washer | 4 | Flat |
| #107 | Cam Pulley Spring | 2 | |
| #183 | Cam Pulley Locknuts | 2 | |
| <i>Frame Parts</i> | | | |
| #62 | Rear Foot Assembly | 1 | |
| #167 | Rear Foot Attach Bolts | 4 | 20mm L x 8mm D |
| #65 | Seat Post | 1 | |
| #108 | Seat | 1 | |
| #82 | Top Cap | 1 | |
| #176 | Top Cap Screws | 3 | |
| <i>Console Assembly Parts</i> | | | |
| #70 | Console Mast | 1 | |
| #78 | Console Mast Plug | 1 | |
| #168 | Console Mast Bolts | 2 | 38mm L x 8mm D |
| #95 | Console | 1 | |
| #96 | RPM Sensor Wire | 1 | |
| #179 | Upper Magnet Shift Cable | 1 | |
| #143 | Lower Magnet Shift Cable | 1 | |
| #163 | Console Attachment Bolts | 6 | 11mm L x 5mm D |
| <i>Other Parts</i> | | | |
| #91 | Pedals | 2 | |

***E4100* Assembly**

NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

Step 1 • Rear Foot

1: Secure the Rear Foot Assembly (62) to the Frame by using the four Rear Foot Attachment Bolts (167).

Step 2 • Seat and Seat Post

1: Slide the Seat Post (65) into the frame seat post receiver tube. The seat post numbers should be facing the right or seat pin side of the Fitness Cycle.

NOTE: Both nuts in the Seat Clamp should be tightened at the same time, to ensure a proper fit.

2: Attach the Seat (108) to the Seat Post (65) and tighten securely. To avoid scratching the seat post paint, always hold the the seat pin knob out when adjusting the seat post height.

Step 3 • Console Mast

1: Remove the Top Cap Screws (176) which hold the Top Cap (82) to the frame. Then remove the Top Cap (82).

NOTE: DO NOT thread in the Water Bottle Cage Bolts yet. Never slide the Top Cap (82) on or off with the Waterbottle Cage Bolts threaded in, as they will scratch the paint on the Console Mast (70).

2: Slide the Top Cap (82) over the bottom of the Console Mast (70). The VISION decal on the Console Mast (70) should be facing forward, away from the rider.

3: Locate the RPM Sensor Wire (96) and the Lower Magnet Shift Cable (143). Holding the Top Cap (82) and Console Mast (70) above the frame console mast receiver tube, guide the RPM Sensor Wire (96) and the Lower magnet Cable (143) through the Console Mast (70) while simultaneously sliding the Console Mast (70) into the receiver tube.

4: Lift the Top Cap (82) up, install the two 38mm-long Console Mast Allen bolts (168) and tighten securely.

5: Now slide the Top Cap (82) back into place. Make sure that the back end of the Top Cap (82) is nested fully into the Seat Cap groove. Secure the Top Cap (82) by threading the three Top Cap Screws back into their holes.

NOTE: Check that there are no large gaps between the Top Cap (82) and the Side Covers.

Step 4 • Console

1: Feed the Upper Magnet Shift Cable (179) into the topmost opening of the Console Mast (70).

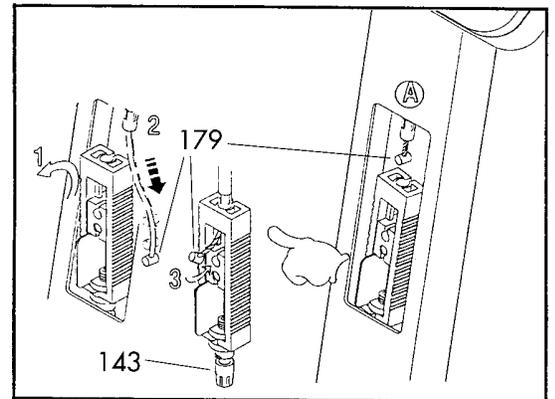
2: Plug the RPM Sensor Wire (96) into the Console (95). DO NOT PINCH the RPM Sensor Wire (96) between the Console (95) and the Console Mast (70). Make sure the cable fits in the slot cut in the Console Mast Mount.

3: Mount the Console (95) to the Console Mast (70) using the six Console Attachment Phillip Head Bolts (163).

E4100 Assembly

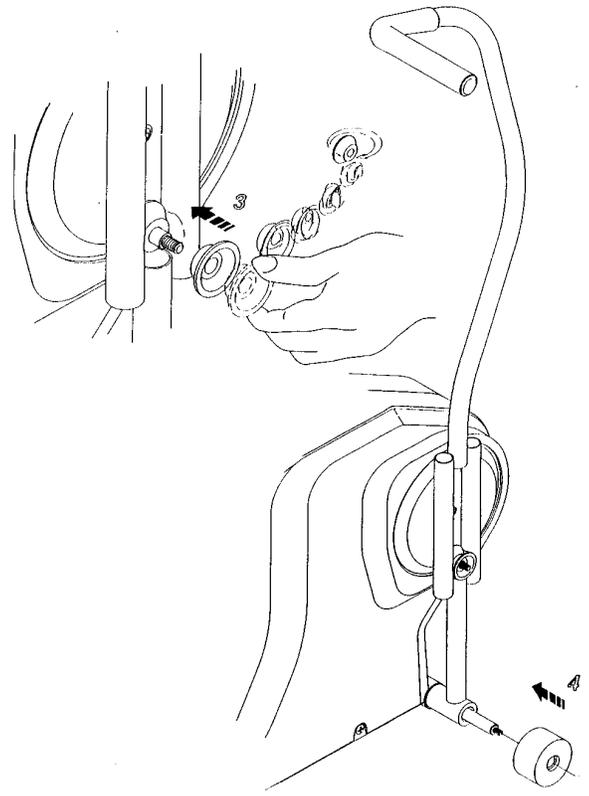
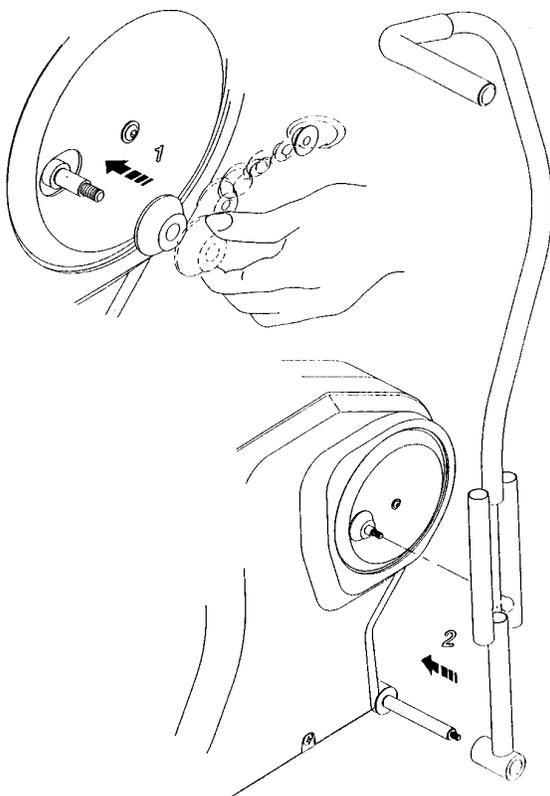
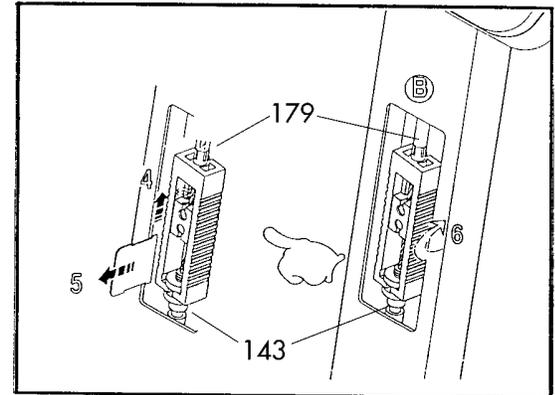
Step 5 • Connect Magnet Shift Cable

- 1: Turn the Tension Knob to position 8. Reach inside the opening of the Console Mast (70) and connect the Upper Magnet Shift Cable (179) to the rectangular red cable-slide on the end of the Lower Magnet Shift Cable (143), as shown in the accompanying illustrations.
- 2: While holding the metal separating tab (Figure 5), turn the Tension Knob to Level 1 and then pull the tab out and discard.
- 3: Press the Console Mast Plug (78) into the opening of the Console Mast (70).



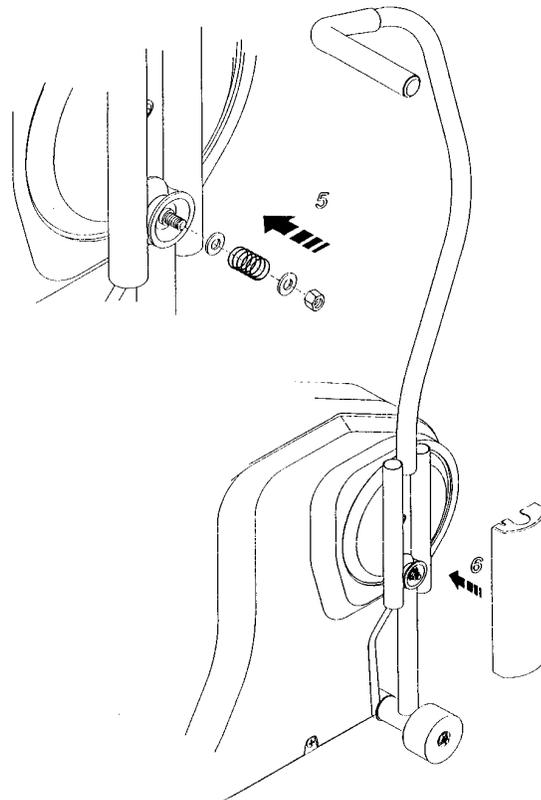
Step 6 • Install Arms and Front Wheels

- 1: Tip the Fitness Cycle back until it is balanced on the Seat and the back of the Rear Foot Support. Place cardboard beneath the seat to avoid tearing or marring the seat cover.
- 2: Identify the Left and Right Arms (115 & 116). Insert the Front Foot Wheel Axle (60) through the frame axle hole.
- 3: Remove the Cam Pulley Locknut (183), the two Pulley Spring Washers (107), and the Outside Cam Pulley (106) from the Cam Pulley Arm (75). Note the *order* and *direction* of these parts before removal.
- 4: Place the bottom hole of the Right Arm (116) onto the Front Foot Wheel Axle (60). Position the Right Arm (116) so that the chromed slot rests against the inside Cam Pulley (105).
- 5: Place a thin layer of grease on the pulley surfaces. Reassemble the parts removed in the above steps onto the Cam Pulley Arm (75). Do not yet tighten the Cam Pulley Locknut (183).



***E4100* Assembly**

- 6: Slip the Front Transport Wheel (61) onto the right side of the Front Foot Wheel Axle (60). Secure this wheel with the Outside Wheel Washer (182) and the Wheel Attach Nut (183). This nut should be tightened until the wheel has no side-to-side play, but it can still be easily rotated with your fingers.
- 7: Tighten the Cam Pulley Locknut (183). **NOTE:** This nut must be tightened all the way down or the Pulleys may loosen. When the Locknut is properly adjusted, the Outside Cam Pulley (106) can be turned with your fingers, and there will be no side-to-side play in the arm.
NOTE: Production models prior to 3/97 had TWO Cam Pulley locknuts instead of the newer SINGLE Cam Pulley Locknut (183).
- 8: Repeat the above procedure with the Left Arm (115).
- 9: Tighten the Axle Bushing Allen Bolts (157). Snap the Plastic Arm Cam Covers (74) into place on each arm. Check that they are secure and even.



NOTE

Symptom: Too much resistance.

Cause: The black Cam Follower Pulleys OR the Wheel Axle Nuts have been overtightened. When the nylock Cam Pulley Locknut (183) has been tightened, the cam pulley should be able to be turned with your fingers. If it cannot be turned, the nylock nut is too tight. Also check that the wheel axle nuts are not too tight. The wheels should also be able to be turned with your fingers. If not, the axle nut is too tight.

***E4100* Final Assembly**

Step 7 • Pedals

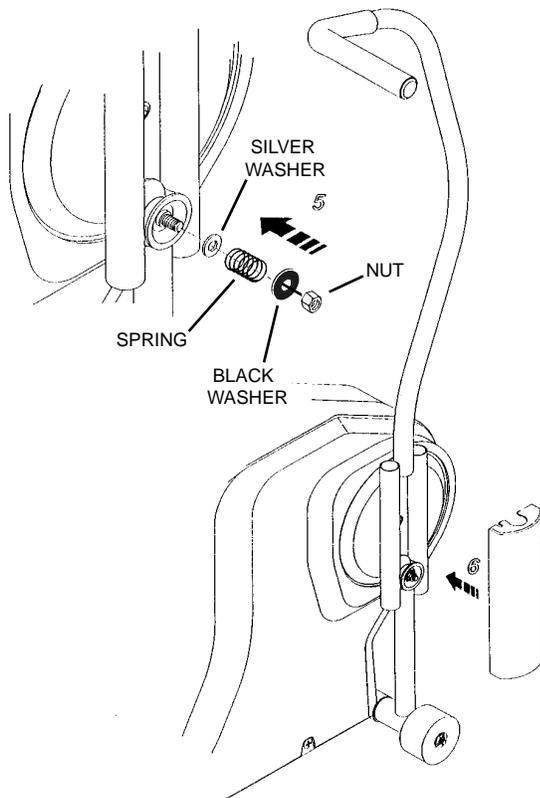
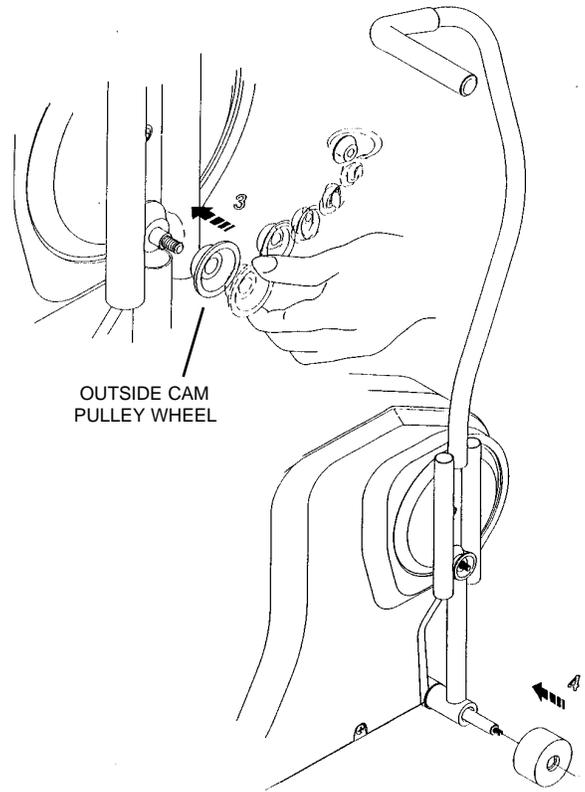
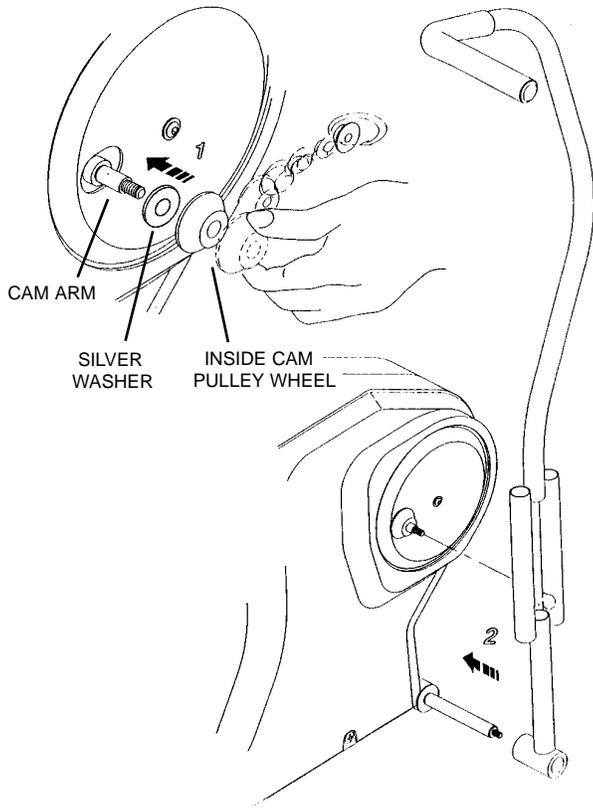
1: Identify the left and right Pedals (91). Grease the Pedal threads, thread each Pedal into the correct left and right crank arms and tighten.

NOTE: It is very important to FULLY TIGHTEN each pedal using a long wrench. Failure to do so will result in loosening and NOISE.

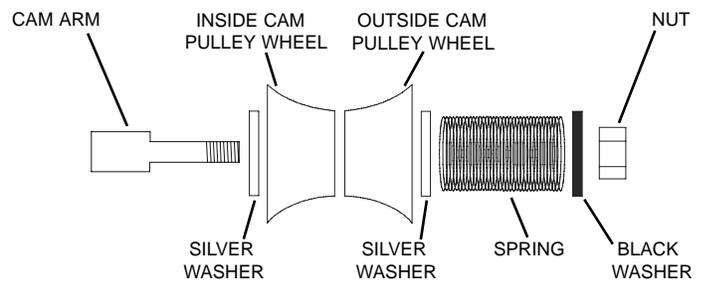
Step 8 • Install Batteries and Test Operation

- 1: Remove the battery compartment lid on the back of the Console (95) and install the Batteries. Two AA-cell batteries are required.
- 2: The Console provides accurate workload readouts because it knows which position the magnet is in through a sensor located at the base of the tension knob. To check the operation of this sensor, immediately after battery installation the 'ML' icon will be flashing and a number from 1 to 8 will show in the WORKLOAD window. This number should indicate the position of the tension knob. Turn the tension knob from 1 through 8 and check that the number in the WORKLOAD window matches the number on the tension knob. Once any key is pressed, the 'ML' icon will stop flashing and WORKLOAD window will display only watts.
- 3: To change the display to Kilometers, consult the Owner's Manual.
- 4: Test ride the bike and make sure that all console feedback functions are operational.

E4100 CAM PULLEY WHEEL W/SPRING INSTRUCTIONS (SERIAL #1198-CURRENT)



COMPLETE SIDE VIEW





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