



Owner's Guide



ES600
INDOOR CYCLE

Congratulations on choosing a VISION FITNESS Bike. You've taken an important step in developing and sustaining an exercise program! Your Bike is a tremendously effective tool for achieving your facility's fitness goals. Regular use of your Bike can improve the quality of your members' lives 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 Bike will be an important tool in helping your members achieve this exercise habit. This Owner's Guide provides you with basic information on using this VISION FITNESS Bike. A more complete knowledge of your new Bike will assist you in helping your members achieve their goals.

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

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www.visionfitness.com

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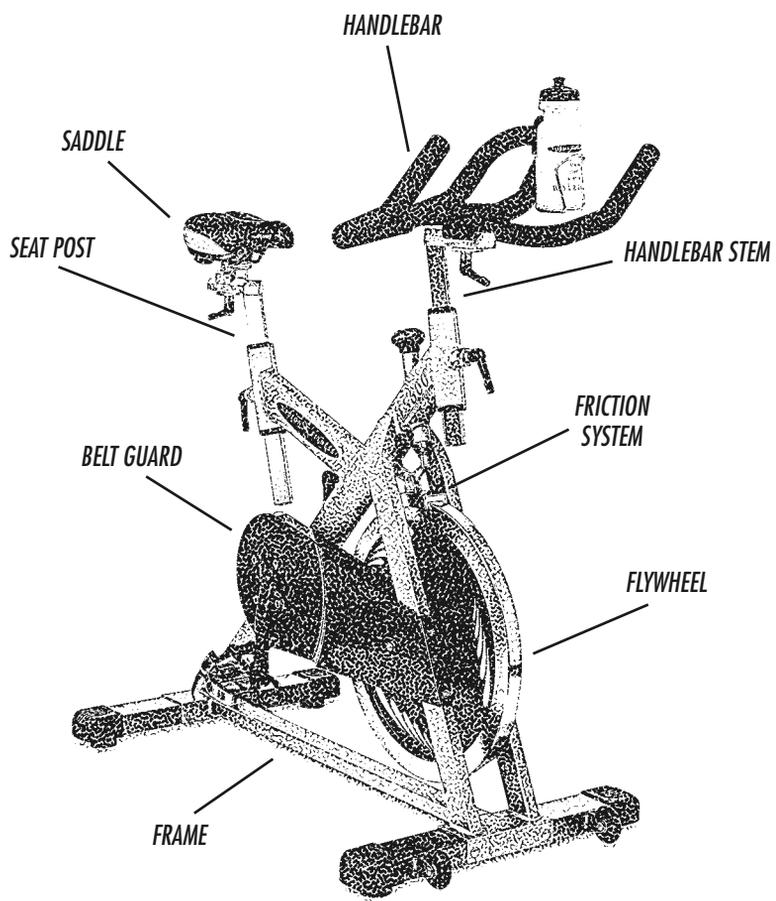
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FRAME – Zinc coated, heavy gauge steel

BELT GUARD – Black Plastic

HANDLEBAR STEM – Stainless steel stem with adjustment scale for height and fore/aft positioning

HANDLEBAR – Ergonomic PVC coated design that includes aerobars and fore/aft adjustment

SADDLE – The comfortable and generously padded Velo saddle features elastomer-mounted rails to absorb shock and an ozone relief area to eliminate pressure points.

SEAT POST – Stainless steel stem with adjustment scale for height and fore/aft positioning

BOTTOM BRACKET – ultra strong heat treated Cro-Moly design

CRANKS – Hi-Carbon heat-treated steel

PEDALS AND STRAPS – Alloy body and cage with toe clip & straps

BOTTLE CAGES – Conveniently located on handlebar

LOCKING SYSTEM – Easy/high performance “V” block tightening and locking system

DRIVE BELT – Quality Hutchinson Poly-N Belt

FLYWHEEL – 47.3 lbs. (21.5 kgs.) high tension, fixed wheel with ultra strong axle and SKF sealed roller bearings

FRICTION SYSTEM – Dual function design for friction and emergency braking

COLOR – Silver

NET WEIGHT – 124 lbs. (61.5 kgs.)

IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THIS EXERCISE EQUIPMENT.

- Keep children off your Bike at all times.
- When the Bike is in use, young children and pets should be kept at least 10 feet away.
- Use this Bike only for its intended use as described in the manual.
- Keep your hands away from all moving parts. Never turn the pedal crank arms by hand.
- Do not remove your feet from the pedals while they are in motion.
- After exercising, push down on the tension knob or turn the tension knob in a clockwise direction to slow the flywheel down and decrease the potential for injury.
- Do not dismount the Bike until both the pedals and flywheel have come to a complete stop.
- Do not attempt to use this Bike at high speeds or in standing positions until you have practiced and are comfortable at lower speeds.
- Rotate the tension knob clock wise to add resistance to the flywheel prior to standing on the pedals.
- Never drop or insert any object into any opening on this Bike.
- Do not use without proper footwear.

To assure that the safety level of this Bike is maintained, examine components for wear and tear on a regular basis. Components that are worn excessively or inoperable should be replaced immediately or the Bike should be put out of use until it is repaired.

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

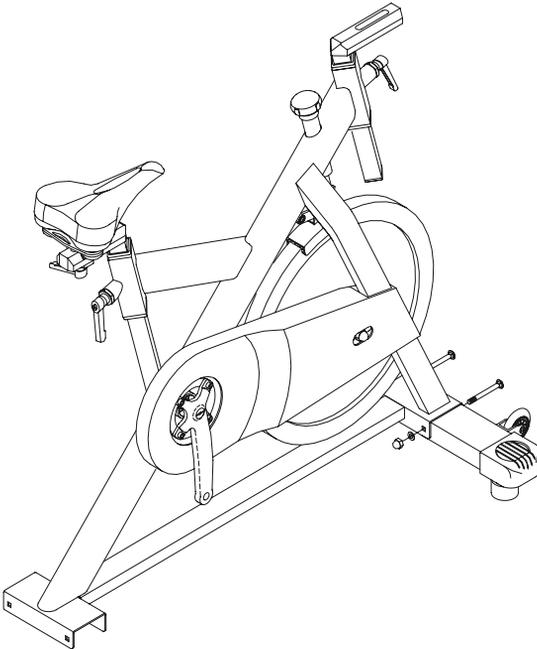
ASSEMBLY

Tools needed: 4mm Allen Wrench, 5mm Allen Wrench, and 15mm Pedal Wrench.

STEP 1

FRONT FOOT

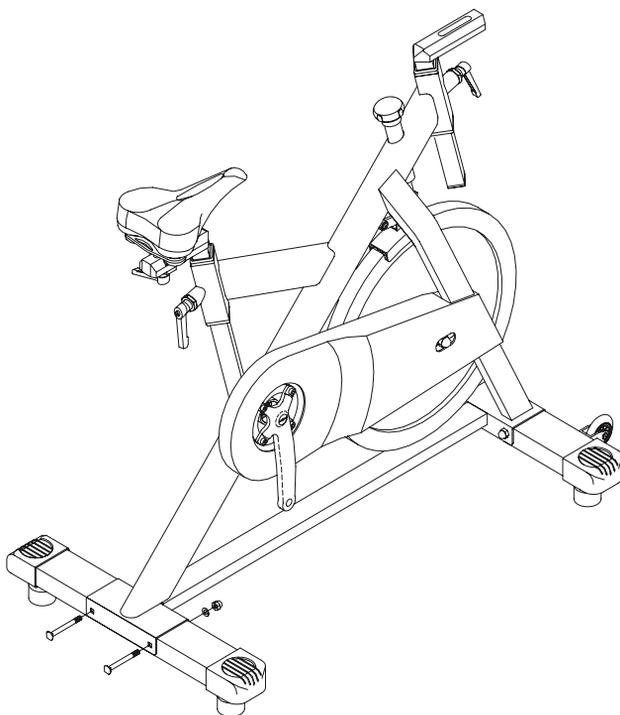
- Remove bolts, washers, and nuts from the frame bracket for the front foot.
- Remove the plastic spacers from the bracket of the front foot.
- Attach the front foot using the bolts, washers, and nuts removed earlier. The wheels should face forward.



STEP 2

REAR FOOT

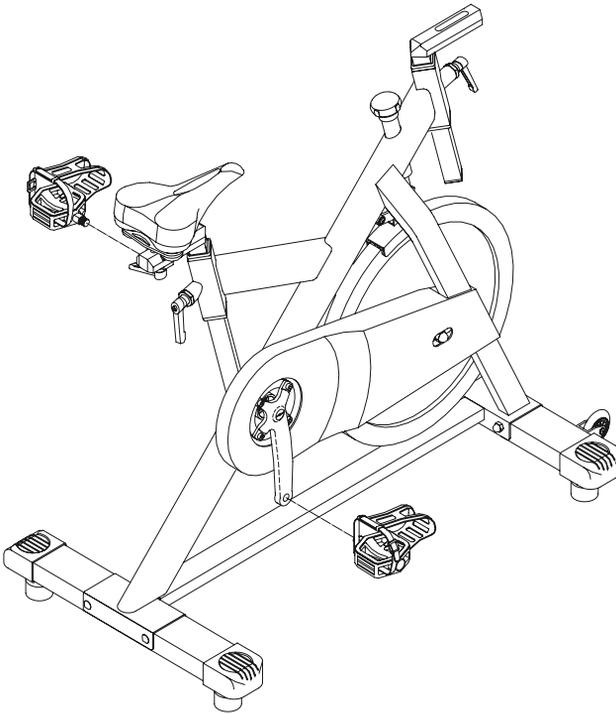
- Remove bolts, washers, and nuts from the frame bracket for the rear foot.
- Remove the plastic spacers from the bracket of the rear foot.
- Attach the rear foot using the bolts, washers, and nuts removed earlier.



STEP 3

PEDALS

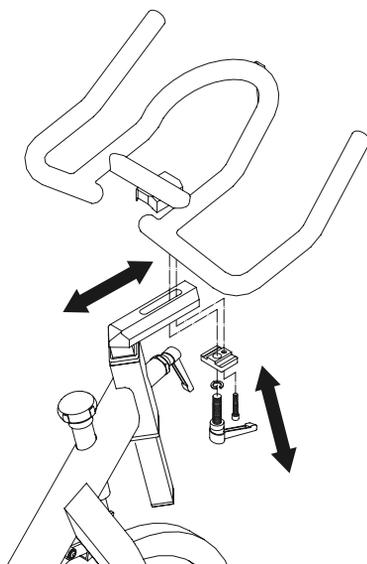
- Attach the pedals to the crank arms. Each pedal is marked with the letter L (left) or R (right) to denote the side of the spinning bike they are on. Be careful to align the threads correctly to avoid damage. A little grease on the threads should help the pedals to screw in easily and correctly. Tighten with a 15mm wrench. The threads on both pedals should tighten towards the front of the bike.



STEP 4

HANDLEBARS

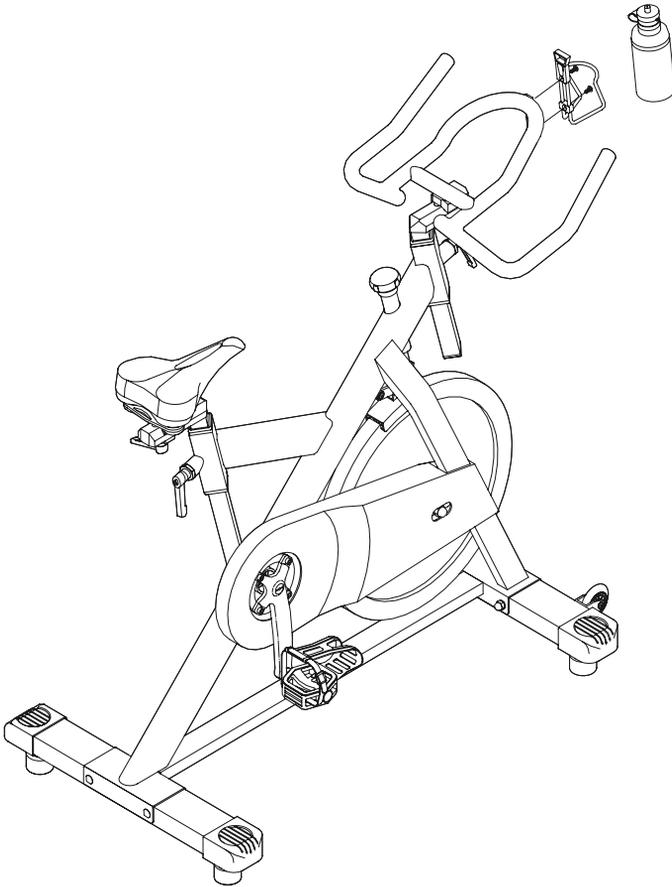
- Place the handlebar on the handlebar stem. Position handlebar bracket beneath the handlebar stem and insert the socket head cap screw so that it inserts into the bottom of the handlebar. Tighten with the 5mm allen wrench.
- Insert the quick release lever through the bottom bracket and into the handlebar. Turn counter-clockwise to tighten.
- To adjust the position of the handlebar, loosen quick release lever and slide to the desired location. If the handlebar does not slide easily, loosen the socket head cap screw slightly until the handlebar slides easily.



STEP 5

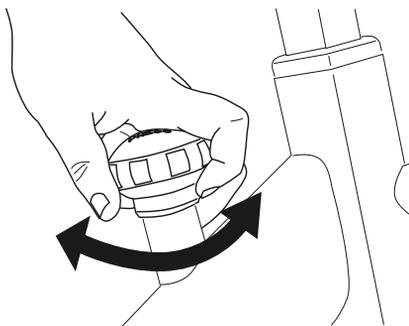
WATER BOTTLE CAGE

- Attach water bottle cage to the handlebars using the provided screws. Tighten with a 4mm allen wrench.



RESISTANCE ADJUSTMENT

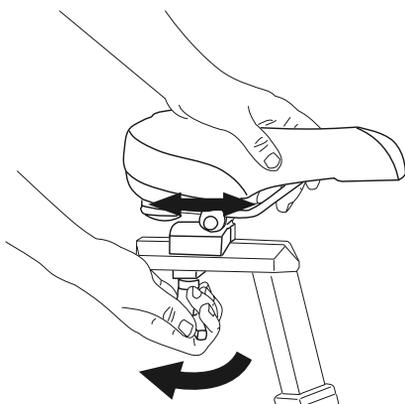
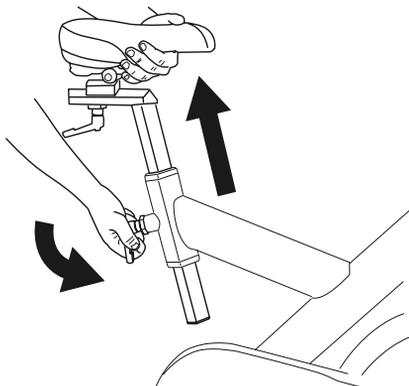
The ergonomic resistance control knob located just below the handlebars on the bike frame easily controls pedaling resistance. Turning the knob in a clockwise direction increases pedal resistance. Turning the knob in a counter clockwise direction decreases pedal resistance.



SEAT ADJUSTMENT

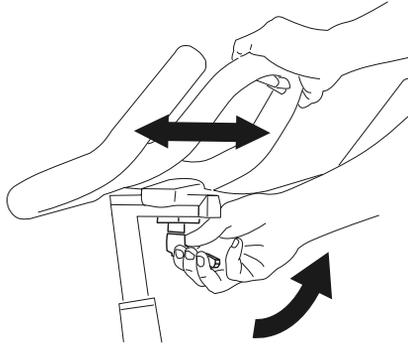
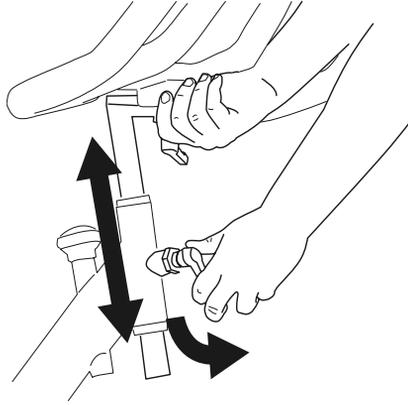
To ensure maximum comfort, exercise efficiency, and injury prevention make sure the seat is adjusted to the proper position.

- Adjust the seat height so that you have a very slight bend in the knee at the bottom of the pedal stroke.
- When the proper seat height has been achieved, adjust the seat forward or back so that the feet are at the 3 o'clock and 9 o'clock positions and the forward knee is directly over the pedal axle.
- When a comfortable seat position is found, make note of the seat height and fore/aft position for future use.



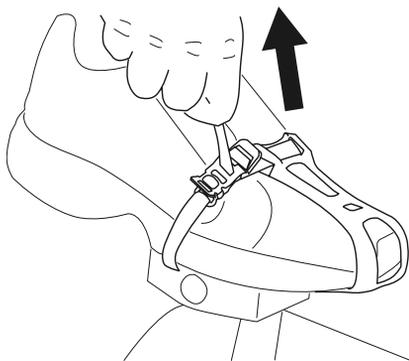
HANDLEBAR ADJUSTMENT

The handlebar position is based on comfort and may be adjusted to more accurately simulate the upper body position on a road bike. Typically the handlebar position is positioned slightly higher than the seat position for beginning cyclists. More advanced cyclists may prefer a lower handlebar position.

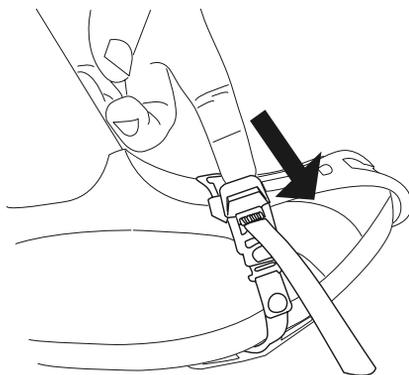


PEDAL STRAP ADJUSTMENT

Place the ball of each foot in the toe clip so the shoe fits snugly into the clip of the cage. Rotate one of the pedals to within arms reach. Pull on the strap of the clip to tighten the clip snugly around your shoe and tuck in excess strap. Repeat for the other foot. Make sure toes are pointing straight ahead to ensure maximum pedal efficiency.



To remove your foot from the toe clip, push on the plastic tab to loosen the strap.



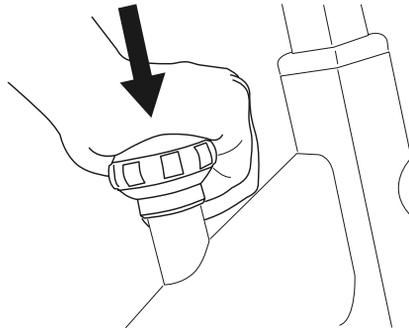
DISMOUNTING THE UNIT

WARNING! The ES600 uses a fixed flywheel that builds momentum and will keep the pedals turning even after the user stops pedaling or if the users feet slip off. **DO NOT ATTEMPT TO REMOVE YOUR FEET FROM THE PEDALS OR DISMOUNT THE MACHINE UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE COMPLETELY STOPPED.**

Use one of the following methods to stop the pedals:

- Reduce your pedal speed until you come to a complete stop.
- Push down on the brake knob to come to a complete stop.
- Increase the resistance by turning the resistance knob in a clockwise position until you come to a complete stop.

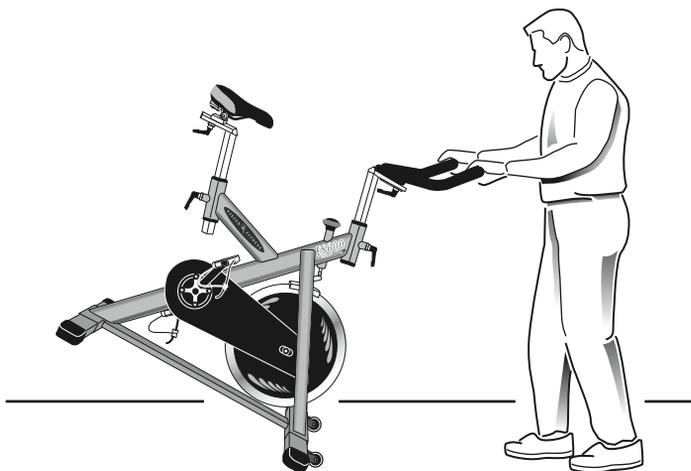
Failure to follow these instructions may lead to loss of control and the potential for serious injury.



MOVING THE *ES600*

Make sure the quick release levers for the handlebar are tight. Stand in front of the bike, grasping the end of the handlebars. Place one foot on the bike's front support foot to stabilize the bike and begin tilting the bike toward you. The transport wheels should now be in contact with the ground and can easily roll in any direction. Be careful when moving the bike to prevent a sudden impact that could harm the bike or its surroundings.

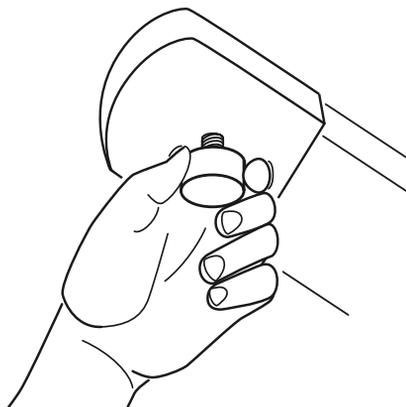
ES600



LEVELING THE *ES600*

The *ES600* should operate on a level surface with no lateral movement. There are height adjuster caps located on the bottom side of the front foot and rear foot. Turn these caps clockwise or counter-clockwise until the bike is stable.

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PREVENTATIVE MAINTENANCE TIPS

- Locate Bike in a cool, dry place.

DAILY

- Before each session, check the pedals to make sure they are tight.
- Use a cotton cloth with water and a mild, non-abrasive, cleaning product to clean the Bike of sweat and moisture following use. Do not use ammonia or acid-based cleaners.

PERIODICALLY

- Check to make sure the crank arms are tight to the bottom bracket. Use a 15mm socket wrench to tighten.
- Inspect all parts, nuts, bolts, or screws for adjustments, replacements or maintenance.

COMMERCIAL WARRANTY

COMMERCIAL USES DEFINED VISION FITNESS warrants the *ES600* Indoor Cycle for use in commercial facilities. Examples of commercial facilities include but are not limited to: Hotels; Resorts; Police and Fire Stations; Apartment Complexes; Rehabilitation and Sports Medicine Clinics; Hospitals; Elementary, Middle, and High Schools; YMCAs; Private Health Clubs; Colleges and Universities.

FRAME - 15 YEARS VISION FITNESS warrants the Frame against defects in workmanship and materials for a period of 15 years from the date of original purchase, so long as the device remains in the possession of the original owner.

PARTS - THREE YEARS VISION FITNESS warrants Parts against defects in workmanship and materials for a period of three years from date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR For a period of one year from the date of purchase, VISION FITNESS, through its local service providers, will provide the necessary Labor for repair and replacement of Frames and Parts under this warranty, so long as the device remains in the possession of the original owner.

WEAR ITEMS - 90 DAYS VISION FITNESS warrants Wear Items, such as pedals, seat, friction resistance system, etc., against defects in workmanship and materials for a period of 90 days from date of original purchase, so long as the device remains in possession of the original owner.

COMMERCIAL 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 the Labor be limited to one year.

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, 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 product as sold. This 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 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. We suggest that commercial facilities register via our website at www.visionfitness.com and complete the commercial customer survey. Your care in completing the survey will be of value to us in serving you in the future. You may also register by filling out and mailing in the enclosed warranty card. Comments and suggestions are always welcome. We are certain you will enjoy your new Fitness Bike. Thank you for selecting a VISION FITNESS product.

DEVELOPING A FITNESS PROGRAM

By purchasing this piece of VISION FITNESS exercise equipment, you have made a commitment to exercise and now have the convenience of exercising in your own home. Your new equipment offers the flexibility to exercise at whatever time suits you best. It will be easier to maintain a consistent exercise program that will help you achieve your fitness goals.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal to lose weight? Improve muscle tone? Relieve stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. If possible, try to define your personal goals in precise, measurable terms over specific periods of time. Examples of these goals might include:

- Decrease your waistline by two inches over the next two months.
- Run the local 5K race this summer.
- Get 30 minutes of cardiovascular exercise at least five days per week.
- Improve your race time by two minutes over the next year.
- Move from walking a mile to jogging a mile within the next three months.

The more specific the goal, the easier it will be to track your progress. If your goals are long-term, divide them into monthly and weekly segments. Long-term goals can lose some of the motivational benefits. Short-term goals are easier to achieve and will allow you to see the progress you are making. Every time you reach a goal, it is important to set a new goal. This will lead to a healthier lifestyle and will provide the motivation that you will need to move forward.

TRACK YOUR PROGRESS

Now that you have set your exercise goals, it is time to write them down and make an exercise schedule that will help you achieve them. By keeping a fitness diary, you will stay motivated and know where you are in terms of reaching your goals. As time goes on, you will be able to look back with pride to see how far you've come. For your convenience, we have included exercise log sheets at the end of this manual.

EXERCISE GUIDELINES

EXERCISE DURATION

A common question asked is, “how much exercise do I need?” We recommend following the guidelines set up by the American College of Sports Medicine (ACSM) for healthy aerobic activity.

- Exercise three to five days per week.
- Warm up for five to 10 minutes before aerobic activity.
- Maintain your exercise activity for 30 to 45 minutes.
- Gradually decrease the intensity of your workout, then stretch to cool down during the last five to 10 minutes.

If weight loss is a major goal, participate in your aerobic activity at least 30 minutes for five days each week.

EXERCISE INTENSITY

The next question asked is, “how hard do I need to work out?” To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity range. We recommend using one of two methods to measure exercise intensity. These two methods are performed by monitoring your exercise heart rate or by using the Rate of Perceived Exertion (RPE).

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											
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	
Percentage of Maximum Heart Rate											
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.

RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (RPE) is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently, RPE can be used alone or together with heart rate when monitoring exercise intensity.

RPE SCALE

0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	Very strong
8	
9	
10	Very, very, strong
	Maximal

The recommended RPE range during exercise for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace.

BALANCED FITNESS

While cardiovascular exercise has been the primary method of fitness for many programs over the years, it should not be the only method. Strength Training and Flexibility Training have become more popular as exercise has developed. Incorporating Strength and Flexibility Training into your current exercise program will give you the balance you need to improve your athletic performance, reduce susceptibility to injury, increase metabolic rate, increase bone density, and reach your goals faster.

STRENGTH TRAINING

Strength Training was once known as an activity performed by young males only. That has changed with the advances in scientific research on Strength Training over the last 20 years or so. Research has proven that, after age 30, we begin to lose muscle mass if we do not incorporate Strength Training into our exercise program. With this decrease in muscle mass, our ability to burn calories decreases, our physical ability to do work decreases and our susceptibility to injuries increases. The good news is that, with a proper Strength Training program, we can maintain or even build muscle as we age. A proper Strength Training program will work the muscle groups of the upper and lower body. There are now many options available for Strength Training including: yoga, Pilates, selectorized machines, free weights, stability balls or medicine balls, exercise tubing and body weight exercises, just to name a few.

Recommendations for a minimum Strength Training program include:

FREQUENCY: Two to three days per week

VOLUME: One to three sets consisting of eight to 12 repetitions

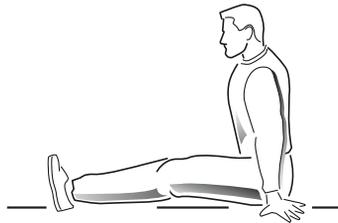
STRETCHING

Flexibility Training is not associated with fitness as often as cardiovascular exercise or Strength Training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball tournament.

Before stretching, take a few minutes to warm up the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

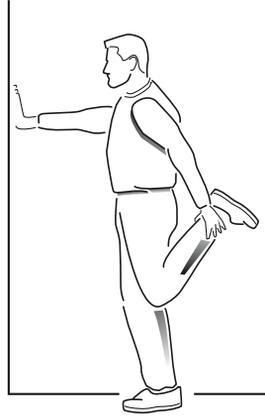
SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.



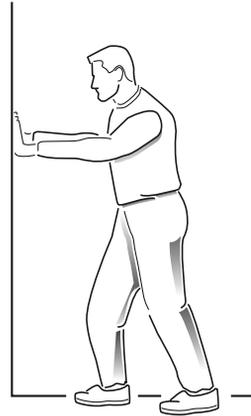
STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.



STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.



Week #

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals			<input type="text"/>	<input type="text"/>	

Week #

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals			<input type="text"/>	<input type="text"/>	

Week #

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals			<input type="text"/>	<input type="text"/>	

GENERAL

Week #

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals			<input type="text"/>	<input type="text"/>	

January		
Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	_____	

February		
Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	_____	

March		
Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	_____	

April		
Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	_____	

May		
Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	_____	

June		
Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	_____	

July

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

August

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

September

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

October

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

November

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

December

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

*it all
starts
with a
v i s i o n*



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