

# *Owner's Guide*



*iNetTV*<sup>™</sup>  
SEMI-RECUMBENT & UPRIGHT  
FITNESS BIKES AND ELLIPTICAL TRAINER





**C**ongratulations on choosing a VISION FITNESS product. You've taken an important step in developing and sustaining an exercise program! Your iNetTV™ Product is a tremendously effective tool for achieving your personal fitness goals. Regular use of your fitness equipment 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 fitness equipment 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 fitness equipment 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 fitness equipment will assist you in realizing your goal of a healthy lifestyle.

Some kinds of service 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:

VISION FITNESS  
500 South CP Avenue  
P.O. Box 280  
Lake Mills, WI 53551  
Ph: 1.800.335.4348  
Fax: 1.920.648.3373  
[www.visionfitness.com](http://www.visionfitness.com)

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ALL MODELS

E3600iNetTV

R2600iNetTV

X6600iNetTV

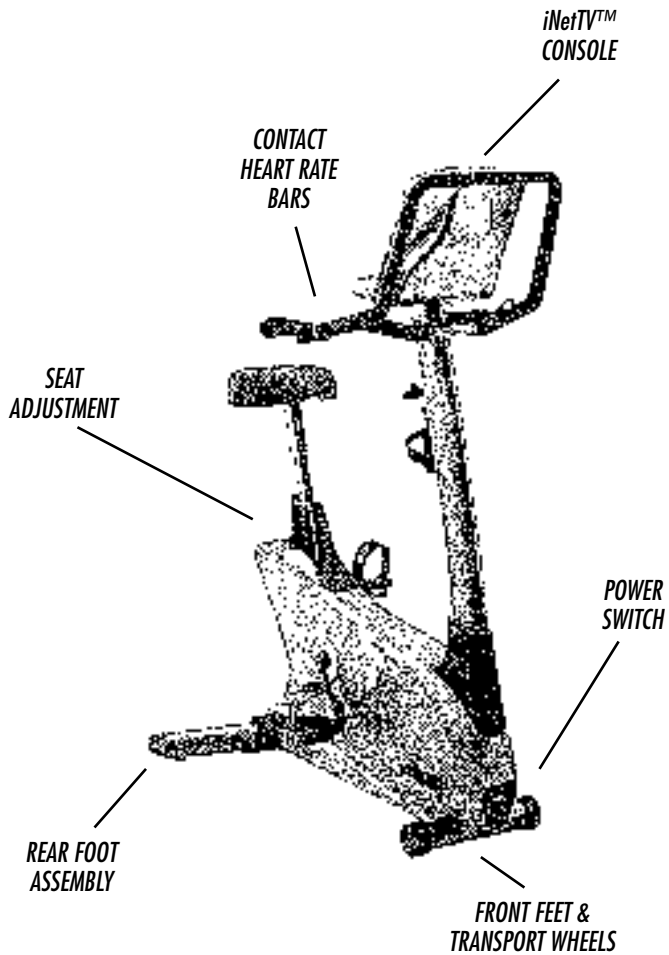
GENERAL

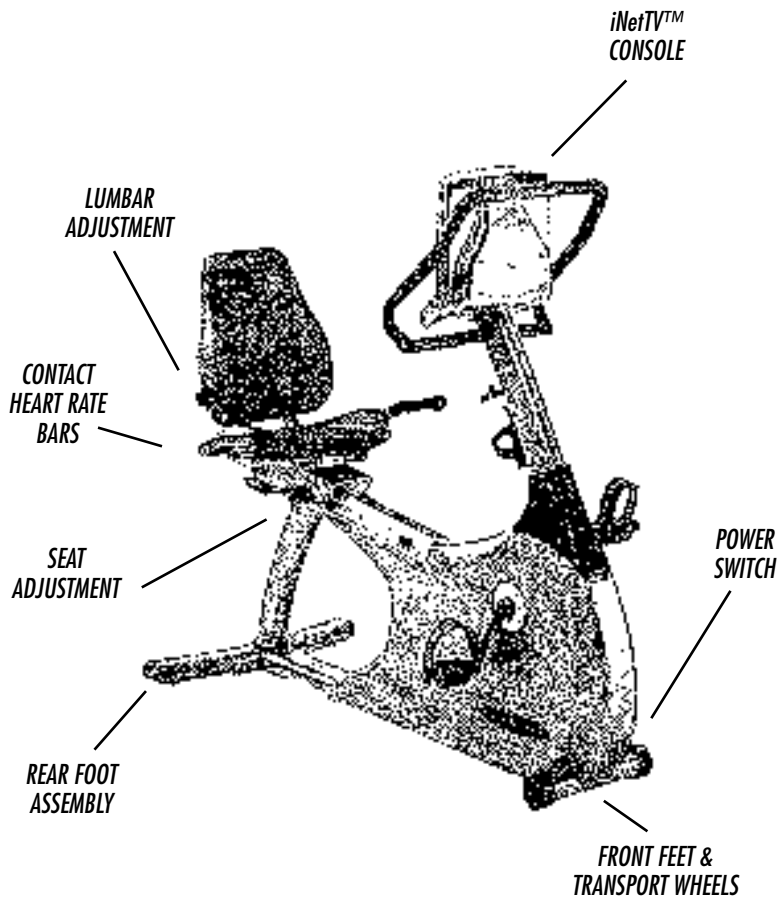
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## **GENERAL**

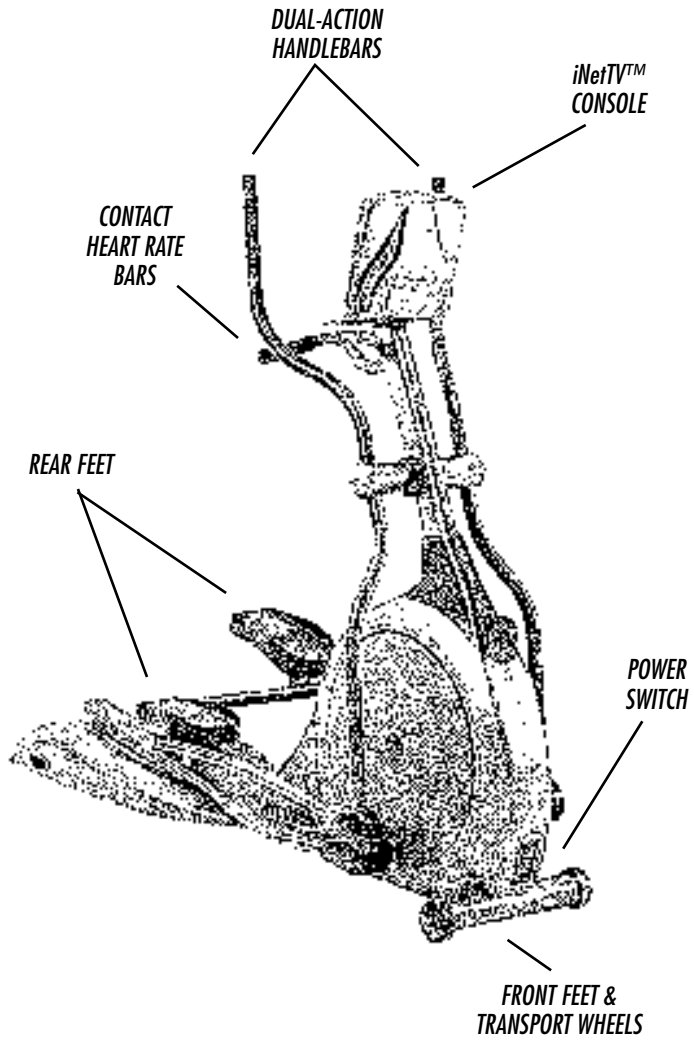
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**R2600iNetTV™**

SEMI-RECLINING FITNESS CYCLE







# 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 that are not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the iNetTV™ Product sidecovers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this iNetTV™ Product if it has a damaged cord or plug, is not working properly, has been damaged, or is immersed in water. Return the iNetTV™ Product to a retailer for examination and repair.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the console off, then turn the base switch to the OFF position and remove plug from outlet.
- Only use the power cord provided with your VISION FITNESS iNetTV™ Product.
- Never place the power cord under carpeting or place any object on top of the power cord, as it may pinch and damage it.
- Unplug your VISION FITNESS iNetTV™ Product before moving it.

### CHILDREN

- Keep children off of your VISION FITNESS iNetTV™ Product at all times.
- When the VISION FITNESS iNetTV™ Product is in use, young children and pets should be kept at least 10 feet away.

## OTHER SAFETY TIPS FOR YOUR VISION FITNESS iNetTV™ PRODUCT

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

- Do not wear clothing that might catch on any part of the Bike or Elliptical.
- Read this Owner's Guide before operating this iNetTV™ Product.

## CLEANING

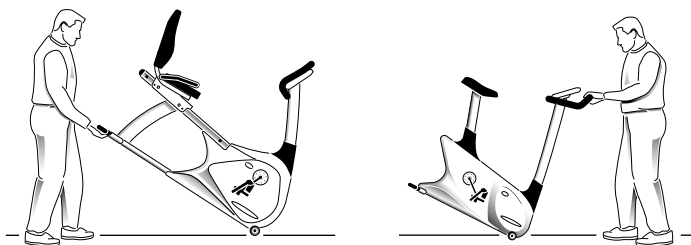
- Clean with soap and slightly damp cloth only; never use solvents.

## BIKE 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 retailer. If you have any questions regarding any part or function of your Bike, contact your retailer.

## BIKE MOVING

Your VISION FITNESS Bike has a pair of transport wheels built into the front support tube. To move your Semi-Recumbent Bike, firmly grasp the rear of the frame assembly, carefully lift, and roll on the transport wheels. To move your Upright Bike, firmly grasp the handlebars, carefully tip toward you, and roll on the transport wheels.



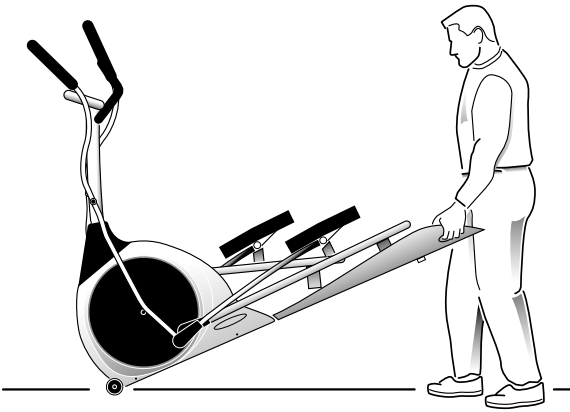
**CAUTION:** Our Bikes are well-built and heavy, weighing up to 160 lbs.! Use care and additional help if necessary.

## ELLIPTICAL 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 retailer. If you have any questions regarding any part or function of your Elliptical Trainer, contact your retailer.

## ELLIPTICAL MOVING

Your VISION FITNESS Elliptical Trainer has a pair of transport wheels built into the front of the frame. Firmly grasp the back end of the frame using the transport grips, carefully lift, and roll on the transport wheels.



**CAUTION:** Our Elliptical Trainers are well-built and heavy, weighing up to 270 lbs.! Use care and additional help if necessary.

## POWER CORD

Use only the power cord supplied with your iNetTV™ Product. If you misplace this power cord, please contact your authorized VISION FITNESS retailer for an original replacement. Use of the wrong power cord may cause damage to your iNetTV™ Product.

## LEVELING

The iNetTV™ Product should be level for optimum use. If it wobbles when you have placed it where you intend to use it, raise or lower the adjustable levelers located on the bottom. Once leveled, lock the levelers in place by tightening the wing nuts against the frame.



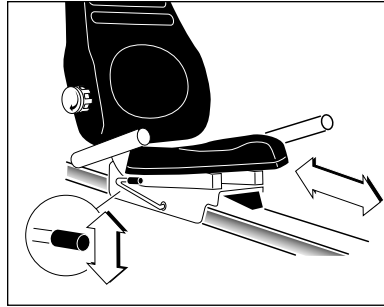
## SEAT POSITIONING (FOR BIKES ONLY)

The seat is at the proper position when your knee is slightly bent when the pedal is in the furthest position, with the ball of your foot centered on the pedal.



### SEAT ADJUSTMENT *R2600iNetTV*

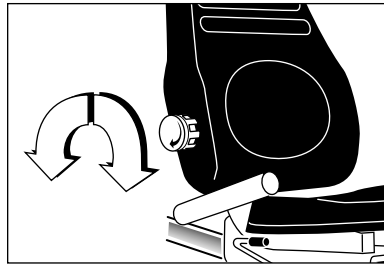
While seated on the Bike, lift the Seat Lever and slide the seat forward or back. When the seat is positioned properly, simply release the Seat Lever to lock the seat into position.



### LUMBAR ADJUSTABLE SEAT *R2600iNetTV*

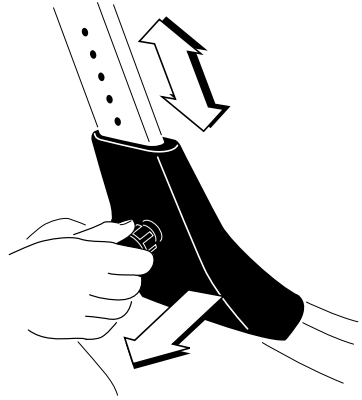
One of the principle reasons why people do not exercise is because it is not comfortable for them. On the Semi-Recumbent Bike, the area that has the largest impact on comfort is the seat. If your seat is comfortable, you are more likely to finish your workouts and achieve your fitness goals. With the Vision Fitness Lumbar Control System you can adjust the Lumbar Support specifically for your needs. This will lead to a longer, more comfortable workout and will help you achieve your goals earlier.

To adjust the Lumbar Support, simply turn the control knob located near the bottom of the backrest on the seat. To increase the Lumbar Support, turn the knob in a clockwise direction. To decrease support, turn the knob in a counter-clockwise direction.



### SEAT ADJUSTMENT *E3600iNetTV*

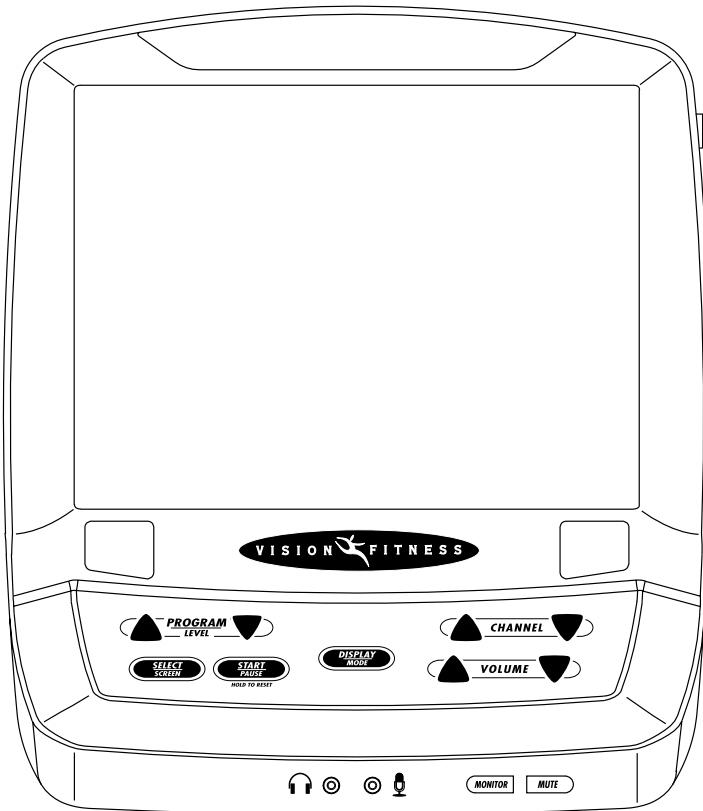
To raise the seat, simply pull up on the back of the seat to reach your desired position. To lower the seat, pull out the seat adjustment knob and push down on the seat to get to the desired position. Be sure to turn the knob in a clockwise position until tight to secure the seat post into place prior to use.





## SETTING MILES/KILOMETERS

Your iNefTV™ Console arrives preset to display Miles. If you wish to display Kilometers instead, remove the console cover from the back of the Console. Inside, there is a small two-position switch. Set this switch to the downward position to display Kilometers. Remount the console cover to the back of the iNefTV™ Console.

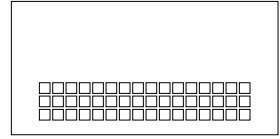


E3600iNefTV  
R2600iNefTV  
X6600iNefTV

## PROGRAM DETAILS

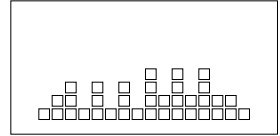
### MANUAL

Customize your workout; no default Time.



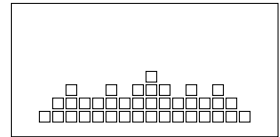
### INTERVALS

Improves your maximum aerobic capacity by alternating performance intervals and recovery intervals. A great workout that produces results and saves time; Time defaults to 24 minutes.



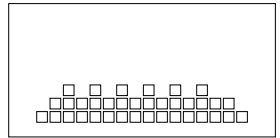
### ROLLING

Simulates rolling hills by gradually raising and lowering resistance. Ideal for weight maintenance; Time defaults to 32 minutes.



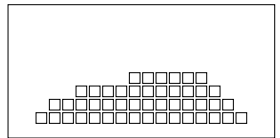
### WEIGHT LOSS

Promotes weight loss by raising and lowering resistance slightly to keep your heart in a fat-burning zone; Time defaults to 48 minutes.



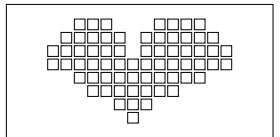
### MOUNTAIN

Simulates a gradual climb up a mountain and a quick descent for the cool-down. Great for building leg strength and increasing your cardiovascular system; Time defaults to 48 minutes.



### HR TRAINING\*

Set your Target Heart Rate and let the program adjust from there. The intensity will adjust to keep you in your Training Zone. A great way to optimize your exercise intensity; Time defaults to 32 minutes.



All programs have 16 levels of resistance.

## FEEDBACK DISPLAY

LEVEL	TIME	SPEED	DIST	RPM	CAL	WATTS	♥ HR
6	47:51	12.3	0.1	60	1	42	93

### 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 or the Time elapsed in your workout.

### SPEED

Shown as Miles per Hour or Kilometers per Hour. View the current Speed.

### DISTANCE (DIST)

Shown as Miles or Kilometers. View Distance during workout.

### FINISHING

When your work-out is complete, the Display will flash. Your workout information will remain for 30 seconds, allowing you to record it in your personal logbook.

### RPMS

Shown as Revolutions per Minute.

### CALORIES (CAL)

Shown as estimated total Calories burned during workout.

### WATTS

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

### HEART RATE (HR)

Use the contact grips or telemetric chest strap to monitor your Heart Rate at any time during a workout.

## UNDERSTANDING THE CONTROL PANEL

There are nine different touch areas on the control panel, in addition to two black buttons on the front of the console. Below is a brief description of each of their functions:

### PROGRAM ADJUSTMENTS

These touch areas are located to the lower left of the viewing screen. Program adjustment touch areas allow the user to select a program and set the parameters of the program to meet their fitness needs. They also allow the user to make a number of changes during the program such as "resistance adjustments" or "program pause."

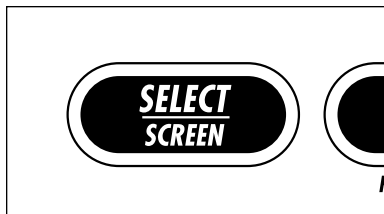
#### PROGRAM/LEVEL ARROWS

These are used to change the Program, Level and Time.



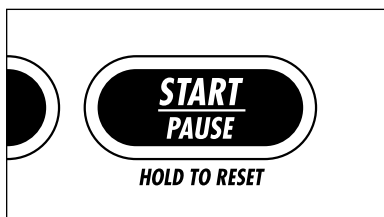
#### SELECT/SCREEN TOUCH AREA

This is to select Program, Level, and Time for the various workout programs. It is also used to change the data profile (view) while working out.



#### START/PAUSE TOUCH AREA

This is to start the program. Once started, pushing this touch area will put the program into Pause Mode. Once started, if pushed and held, the program will Reset.

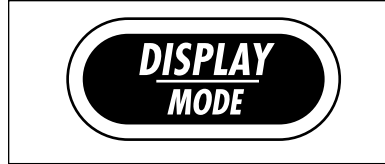


## MONITOR CONTROL ADJUSTMENTS

These touch areas are located to the lower middle and lower right of the viewing screen. Monitor Control touch areas allow the user to make changes to what they see on the console. They are not used to make any adjustments to the fitness program.

### DISPLAY/MODE TOUCH AREA

This is to select from the three (3) different screen modes: Cable TV, VGA, Video In.



### CHANNEL UP AND DOWN ARROWS

These are used to select the channel when the console is in Cable TV mode.



### VOLUME UP AND DOWN ARROWS

These are used to change the volume of the built-in console speakers. This touch area works in all three (3) modes (Cable TV, VGA, Video In).



### MONITOR BUTTON

This is to adjust the setting of the screen. This button can only be activated on initial start-up of the console.



### MUTE BUTTON

This is to Mute the sound from the built-in console speakers.



## GETTING STARTED

### STEP 1

Turn on the main power switch. Turn on the console power switch (located on the side of the console).

### STEP 2

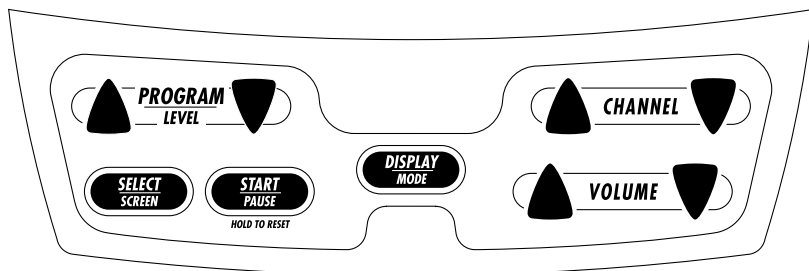
You will notice that the console will check for Cable TV input. If no Cable TV input is recognized, the console will default to the next available input from VGA or Video In. If no peripheral input is recognized, the monitor will default to Cable TV mode with a black screen.

### STEP 3

A "Choose Program" menu will appear on the console.

To begin workingout in Manual mode, simply press START, or:

- Press the Program/Level UP or DOWN Arrows to choose a Program. Press Select.
- Press the Program/Level UP or DOWN Arrows to choose the desired level. Press Select.
- Use the Program/Level UP or DOWN Arrows to change the amount of time. Press Start.



#### **STEP 4**

Once a program is started, you may want to press Select to change the way your program is viewed on screen. This will allow you to focus on your workout profile or one of the input devices you have chosen to use.

#### **STEP 5**

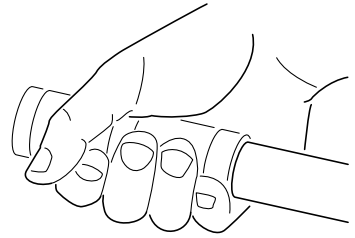
To change between Cable TV, VGA and Video In, press Mode. This will allow you to access one of three input devices.

## ABOUT HEART RATE TRAINING

Your VISION FITNESS iNefTV™ Product offers two options for Heart Rate Training and Feedback; you may choose to use the convenient *Hand Contact Bars* or the hands-free *Wireless Chest Transmitter* (recommended for the Heart Rate Training Program).

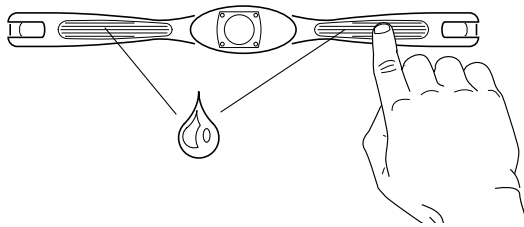
## CONTACT BAR HAND POSITION

Place the palm of your hands directly on the Contact Pads. *Both* hands must grip the bars for your Heart Rate to register.



## WIRELESS CHEST TRANSMITTER

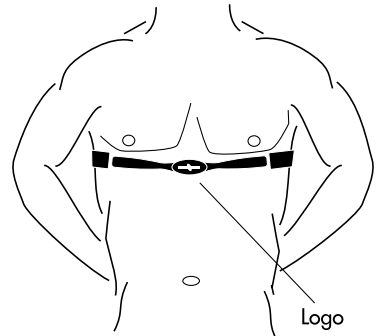
Prior to wearing the Strap on your chest, moisten the two rubber contact pads with several drops of water and spread about with your fingers.



## 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 to avoid bouncing or sliding.

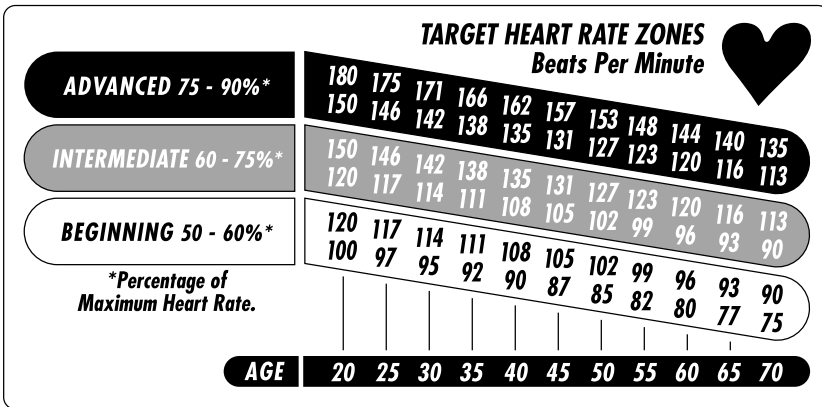




## TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. The Target Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 50 - 90% of the predicted maximum heart rate for most healthy adults. A guideline for Target Heart Rate follows:

- 50 - 60% Beginning Exercisers or Health Concerns
- 60 - 75% General Fitness or Weight Loss
- 75 - 90% Improve Aerobic Capacity or Athletic Performance



## TROUBLESHOOTING YOUR FITNESS BIKE

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

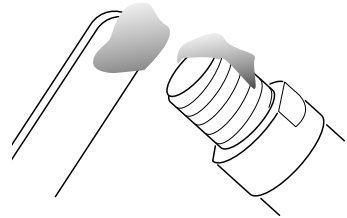
**PROBLEM:** The Console does not light up.

**SOLUTION:** 1) Pedal bike to light up console.

**SOLUTION:** 2) Replace 9 Volt battery in back of console.

**PROBLEM:** The Bike is making a clicking noise.

**SOLUTION:** Using a 15MM wrench, remove both the right and left pedals. Apply grease to the threaded portion of the pedals and reassemble the unit, making sure the pedals are as tight as possible.



**PROBLEM:** The Bike appears to work, but there is no resistance change.

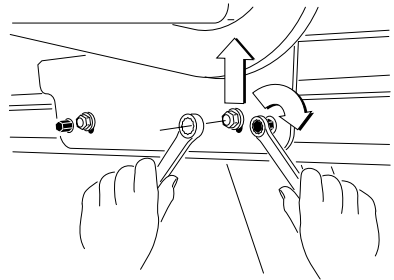
**SOLUTION:** The magnetic brake assembly is not working properly; please contact your retailer.

**PROBLEM:** The Bike makes a squeaking or creaking noise.

**SOLUTION:** Check and tighten all the bolts on the Bike again.

**PROBLEM:** The seat on your recumbent bike rocks from side to side.

**SOLUTION:** With a 13MM wrench, loosen the Fixing Nuts on the side of the seat frame. With an 11MM wrench, pivot the Adjusting Post so the Fixing Nut is at the top of the slot. Tighten the Fixing Nut with the 13MM wrench.



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

## 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 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:** Check and tighten all the bolts on the Elliptical Trainer.

**SOLUTION:** Clean the track and the roller wheels with a cloth and a mild cleaning detergent.

**NOTE:** If the above steps do not remedy the problem, discontinue use, unplug 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 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:** Heart rate monitors may not function properly on some people for a variety of reasons. It may be necessary to experiment with the fit and position of the chest strap. Outside interference sources such as computers, motors, electric dog fences, home security systems, CD player, fluorescent lights, etc., may cause problems for heart rate monitors.

## COMMON QUESTIONS

Q: Are the sounds my iNetTV™ Product makes normal?

A: Our fitness equipment is some of the quietest available because we 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. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to rapidly spinning components. 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 my iNetTV™ Product 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 be more reflected noise.

Q: When should I be worried about a noise?

A: As long as the sounds are no louder than a normal conversational tone of voice, it is considered normal noise. If your iNetTV™ Product 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, so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off 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. These 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. 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 - THREE 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 three years from the date of original purchase, so long as the device remains in the possession of the original owner.

**iNefTV™ CONSOLE - ONE YEAR** VISION FITNESS warrants iNefTV™ Console against defects in workmanship and materials for a period of one year from date of original purchase, as long as the device remains in the possession of the original owner.

**LABOR - TWO YEARS** VISION FITNESS shall cover the Labor cost for the repair of the device for a period of two years from the date of original purchase, as 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 two years. All Labor shall be supplied by the local Retailer who sold the Product, and the Product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

### EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, ECB-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](http://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 iNetTV™ product. Thank you for selecting a VISION FITNESS product.

## LIMITED COMMERCIAL WARRANTY

**COMMERCIAL USES DEFINED** VISION FITNESS warrants the iNetTV™ Products for use in non-dues paying commercial facilities. Examples of non-dues paying commercial facilities include but are not limited to: Hotels, Resorts, Police and Fire Stations, Apartment Complexes, Rehabilitation and Sports Medicine Clinics, and Hospitals. Please note: VISION FITNESS does not provide any warranties for the iNetTV™ Products when used in dues-paying facilities such as YMCAs, Private Health Clubs, or in Schools. For such facilities, all warranties including implied warranties of fitness for a particular purpose and merchantability are excluded.

**FRAME - LIFETIME** VISION FITNESS warrants the Frame against defects in workmanship and materials for the lifetime of the original owner, as long as the device remains in the possession of the original owner.

**ECB-PLUS™ BRAKE, ELECTRONICS & PARTS - THREE YEARS** VISION FITNESS Warrants ECB-PLUS™ Magnetic Brake, Electronics & 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.

**iNetTV™ CONSOLE - ONE YEAR** VISION FITNESS warrants iNetTV™ Console against defects in workmanship and materials for a period of one year from date of original purchase, as long as the device remains in the possession of the original owner.

**LABOR - ONE YEAR** For a period of one year from date of purchase, VISION FITNESS, through its local retailers, will provide the necessary labor for repair and replacement of frames, electronics, motors, and parts under this warranty, as long as the device remains in the possession of the original owner.



## LIMITED 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.

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## DEVELOPING A FITNESS PROGRAM

### WARM-UP

When you exercise, you need more oxygen to fuel your muscles. This oxygen is carried to the muscles through blood. The increasing demands of exercise will cause increased breathing rate, heart rate, blood flow and blood temperature. As your blood temperature rises and more oxygen is released, the temperature of your muscles will increase. This allows the muscles to burn calories and create energy for exercise.

A warm-up activity should be a progressive aerobic activity that utilizes the muscles you will be using during your workout. There is no set intensity with which to warm-up. A typical warm-up will produce a small amount of perspiration but not leave you feeling fatigued. Intensity and fitness level will affect the duration of your warm-up, but five to 10 minutes is usually recommended.

A gradual warm-up will do the following:

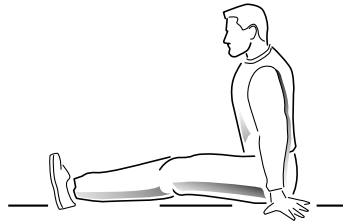
- Produce faster, more forceful muscle contractions.
- Increase your metabolic rate, so oxygen is delivered to the working muscles more quickly.
- Lead to efficient calorie burning by increasing your core body temperature.
- Prevent injuries by improving the elasticity of your muscles.
- Allow you to work out comfortably longer because your energy systems are able to exercise, preventing the buildup of lactic acid in the blood.
- Improve joint range of motion.
- Psychologically prepare you for higher intensities by increasing your arousal and focus on exercise.

## FLEXIBILITY

Before stretching, take a few minutes to warm-up, as stretching a cold muscle can cause injury. When stretching, you should start slowly, exhaling as you gently stretch the muscle. Try to hold each stretch for at least 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch is more effective and less of a risk for injury. Don't strain or push a muscle too far. If a stretch hurts, ease up.

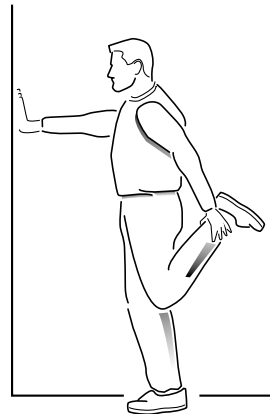
### SEATED TOE TOUCH

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 the stretch for 15 to 30 seconds. Return to the start position, and repeat the stretch as necessary.



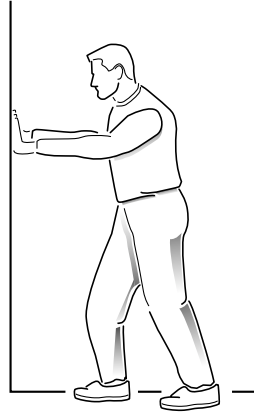
### STANDING QUADRICEPS STRETCH

Using a wall or your Elliptical Trainer to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing to the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg and continue to alternate for amount of desired repetitions.



## STANDING CALF STRETCH

Standing about 3 feet from a wall, take one step forward with your left foot. Place your hands on the wall in front of you. Slightly bend your elbows and point your shoulders, hips, and feet directly toward the wall. Bend your left leg slowly and use the movement to control the amount of stretch in the right calf. Your heels should stay on the ground. Slowly bring yourself back to the starting position and switch legs. Alternate for the number of desired repetitions.



## EXERCISE GUIDELINES

The American Council of Sports Medicine (ACSM) recommends the following exercise guidelines for healthy aerobic activity:

**Frequency:** Exercise three to five days each week.

**Warm-up:** Warm-up five to 10 minutes before aerobic activity.

**Duration:** Maintain your exercise intensity for 20 to 60 minutes.

**Cool-Down:** Gradually decrease the intensity of your workout, then stretch to cool down during the last five to 10 minutes.

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

## EXERCISE INTENSITY

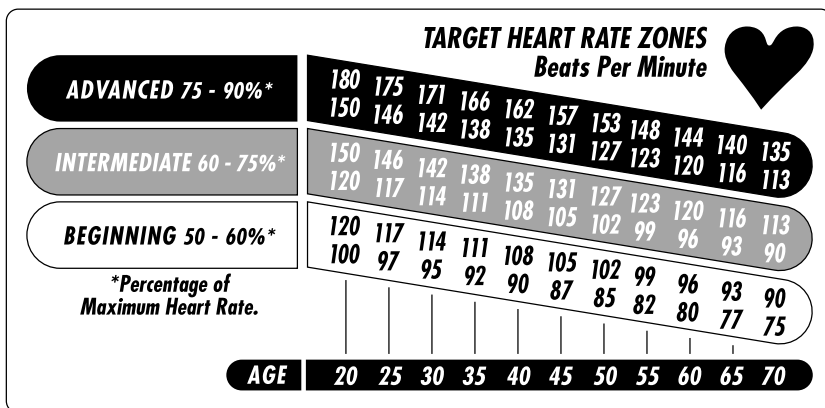
To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity. The three ways to monitor exercise intensity are Target Heart Rate, Perceived Exertion, and the Talk Test.

## TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 50 - 90% of the predicted maximum heart rate for most healthy adults. A guideline for Target Heart Rate follows:

- 50 - 60% Beginning Exercisers or Health Concerns
- 60 - 75% General Fitness or Weight Loss
- 75 - 90% Improve Aerobic Capacity or Athletic Performance

Use the chart below to determine your Target Heart Rate.



## 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 for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace; it is dependent on the feelings caused by the exertion.

### TALK TEST

The "Talk Test" is a quick and simple check of exercise intensity. If you have trouble completing a sentence, you are working too hard. You should be able to speak freely without gasping for air.

## 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 Product 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. Below are some common exercise goals:

- Weight Loss & Maintenance
- Improved Body Shape & Tone
- Increased Energy Level
- Improved Cycling/Cross Sports Performance
- Improved Cardiovascular Endurance
- Stress Reduction
- Improved Sleep Patterns
- Improved muscular strength

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 Product 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.





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"/>	

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**

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

**February**

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

**March**

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

**April**

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

**May**

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

**June**

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

## July

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

## August

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

## September

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

## October

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

## November

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

## December

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





*it all  
starts  
with a  
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