



# *R2200/2200 HRC* 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:

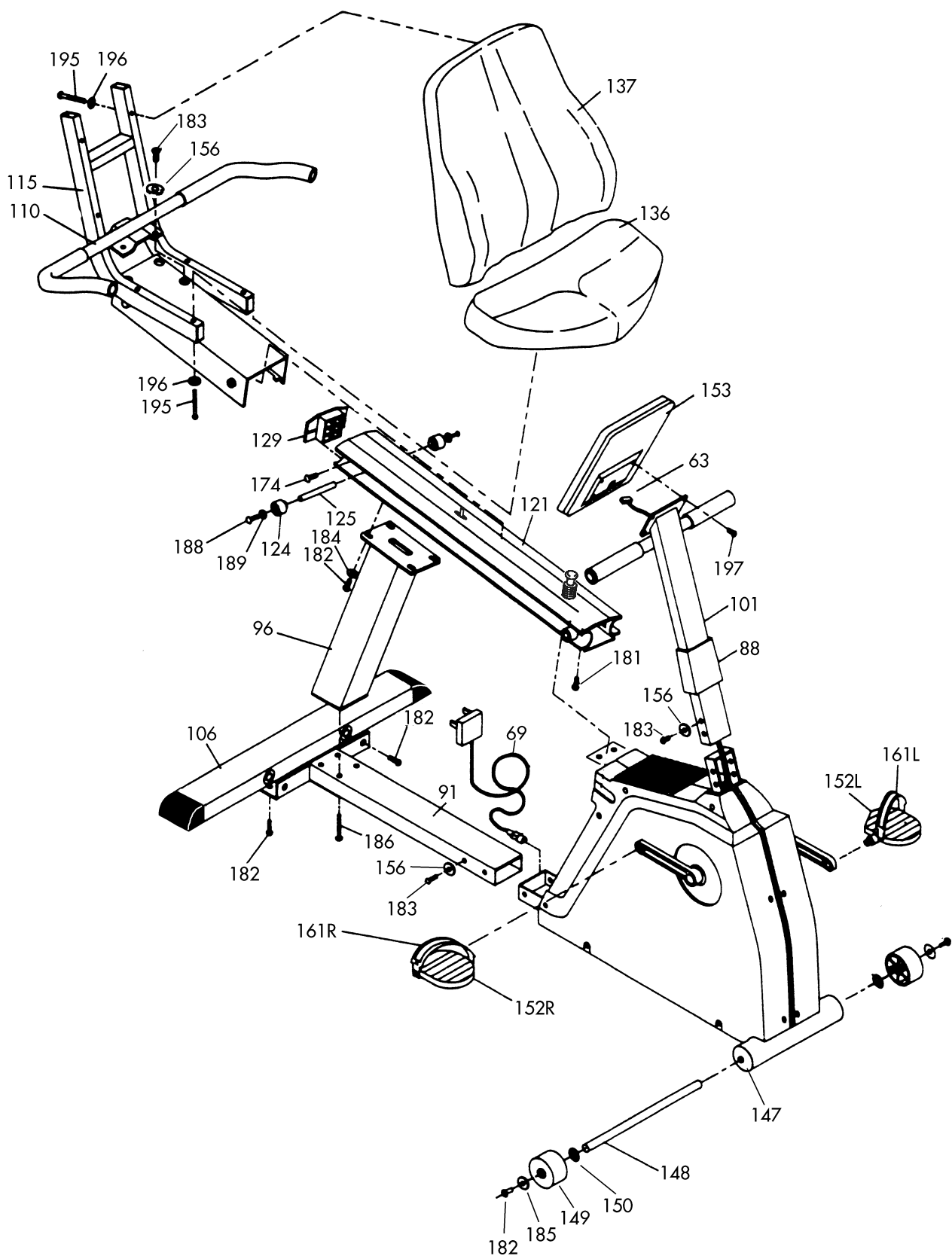
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Refer to this number when calling for service.



IT ALL STARTS WITH A VISION

# R2200 Parts Diagram



# R2200 Parts

## VISION FITNESS R2200 Parts Description

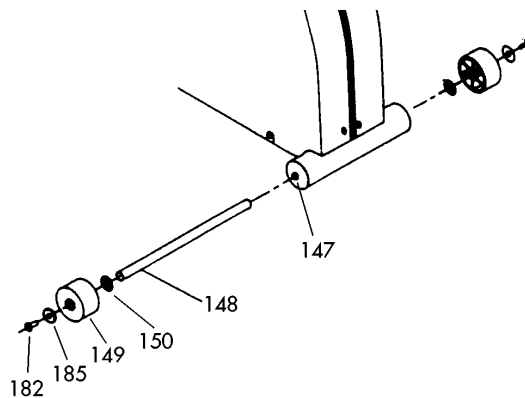
<u>Part #</u>	<u>Description</u>	<u>Count</u>	<u>Dimensions</u>
<i>Front Wheel Parts</i>			
#148	Front Foot Wheel Axle	1	
#149	Front Transport Wheels	2	
#150	Inside Wheel Washers	2	
#185	Outside Wheel Washers	2	
#182	Wheel Attachment Bolts	2	20mm L x 8mm D
<i>Rear Rail Support Bars</i>			
#106	Rear Foot Assembly	1	
#182	Rear Foot Attachment Bolts	4	20mm L x 8mm D
#91	Rear Foot Frame Extension	1	
#182	Frame Extension Bolts	4	20mm L x 8mm D
#96	Seat Rail Support Post	1	
#186	Support Post Bolts-Bottom	4	55mm L x 8mm D
#182	Support Post Bolts-Top	4	20mm L x 8mm D
#184	Top Post Bolt Washers	4	
#121	Aluminum Seat Rail	1	
#181	Seat Rail Mount Bolts	2	20mm L x 8mm D
#125	Seat Stop Bumper Rod	1	
#124	Seat Stop Bumpers	2	
#188	Bumper Rod Bolts	2	10mm L x 3mm D
#189	Bumper Rod Lock Washers	2	
#129	Seat Rail End Cap	1	
#174	Seat Rail End Cap Screws	2	
<i>Seat Parts</i>			
#115	Seat Frame	1	
#137	Seat Cushion Back	1	
#136	Seat Cushion Bottom	1	
#195	Seat Cushion Bolts	8	55mm L x 6mm D
#196	Seat Cushion Bolt Washers	8	
#110	Seat Mount Handlebars	1	
#182	Seat Mount Handlebar Bolts	4	20mm L x 8mm D
<i>Console Parts</i>			
#101	Console Mast	1	
#182	Console Mast Allen Bolts	6	20mm L x 8mm D
#88	Rubber Console Mast Cover	1	
#153	Console	1	
#220	Console Cable	1	
#197	Console Attachment Bolts	6	11mm L x 5mm D
<i>Other Parts</i>			
#152	Pedals	2	
#199	Pedal Straps	2	
#107	Power Supply	1	

# R2200 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.

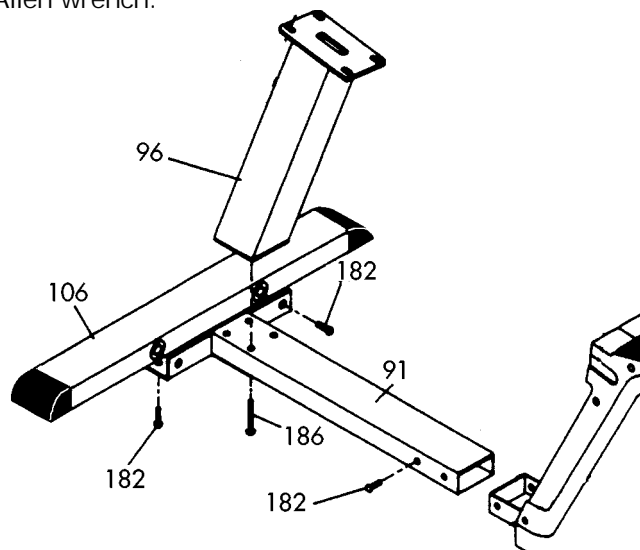
## Step 1 • Front Wheel Assembly

- 1: Slide the Front Foot Axle (148) through the Front Foot Nylon Sleeves (147).
- 2: Place the Inside Wheel Washers (150) on the Front Foot Axle (148).
- 3: Slip the Front Transport Wheels (149) onto the Front Foot Wheel Axle and secure them with the outside Wheel Washers (185) and the Wheel Attachment Bolts (182) using two 5mm Allen wrenches.



## Step 2 • Seat Support and Rear Foot

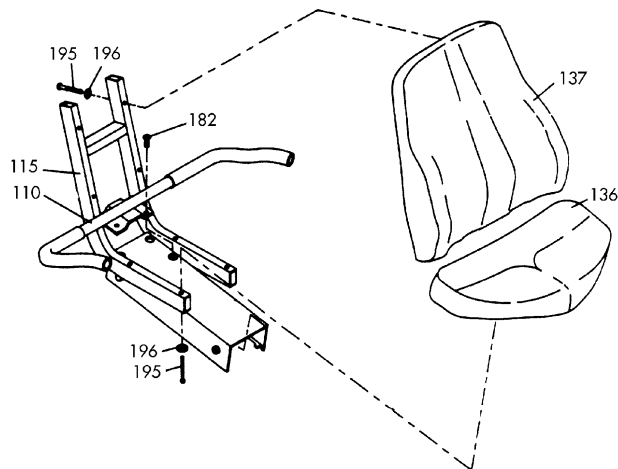
- 1: Attach the Seat Rail Support Post (96) to the top of the Rear Foot Frame Extension (91) with four Bottom Support Post Bolts (186). Tighten with a 5mm Allen wrench.
- 2: Secure the Rear Foot Frame Extension (91) to the frame bracket using the four Frame Extension Bolts (182).
- 3: Secure the Rear Foot Assembly (106) to the Rear Foot Frame Extension (91) using the four Rear Foot Attachment Bolts (182). Tighten with a 5mm Allen wrench.



# R2200 Assembly

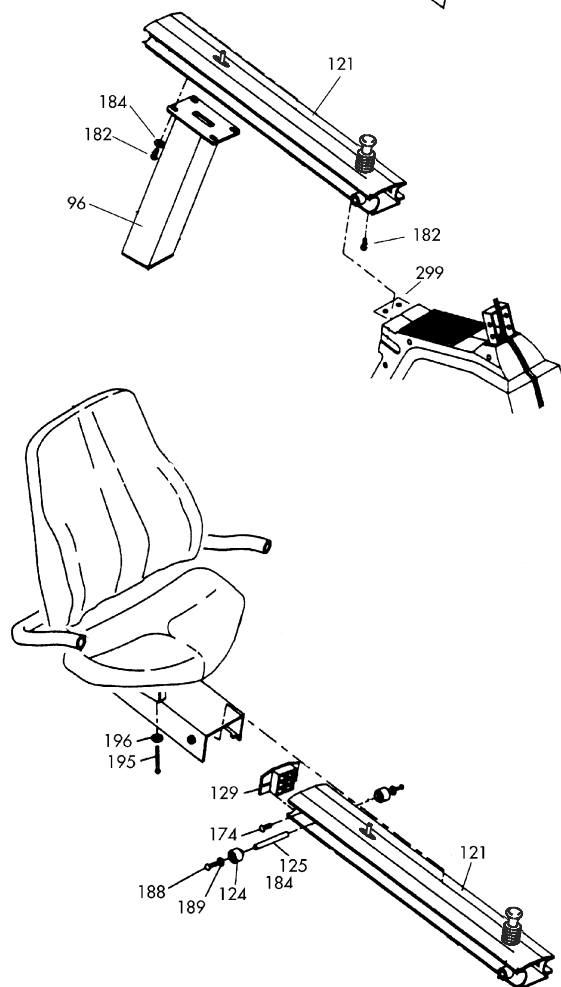
## Step 3 • Seat Assembly

- 1: Secure the Seat Mount Handlebars (110) to the Seat Frame (115) with four Seat Mount Handlebar Bolts (182).
- 2: When mounting the Seat Cushion Bottom (136), you have two sets of holes to choose from. Using the rear set of holes is recommended for most people. For a smaller person, you may choose to use the forward set of bolt holes. Mount the Seat Cushion Bottom (136) to the Seat Frame (115) with four of the Seat Cushion Bolts (195) and Seat Cushion Bolt Washers (196) using a 4mm Allen wrench. Do not fully tighten any bolt until all four bolts are started.
- 3: Mount the Seat Cushion Back (137) to the Seat Frame (115) using the remaining four Seat Cushion Bolts (195) and Washers (196). Do not fully tighten any bolt until all four bolts are started.



## Step 4 • Aluminum Seat Rail

- 1: Place the Aluminum Seat Rail (121) on the Seat Rail Support (96) and align the two holes in the Seat Rail with the two holes in the Frame Lip (299). Thread the Seat Rail Mount Bolts (182) through the Frame Lip (299) into the Aluminum Seat Rail but do not tighten yet.
- 2: Secure the Aluminum Seat Rail (121) to the Seat Rail Support Post (96) with the four Top Support Post Bolts (182) and Top Post Bolt Washers (184). Tighten these four bolts. Now fully tighten the two Seat Rail Mount Bolts (182) at the front of the seat rail.
- 3: Slide the Seat Frame (115) onto the Aluminum Seat Rail (121) while lifting the knob, so the seat frame will slide to the front of the seat rail.
- 4: Slide the Seat Stop Bumper Rod (125) with one Seat Stop Bumper (124) already attached through the hole in the back of the Aluminum Seat Rail (121). Attach the second Seat Stop Bumper to the other end of this rod using the Bumper Rod Screw (188) and Bumper Rod Lock Washer (189).
- 5: Press the Seat Rail End Cap (129) into the Aluminum Seat Rail and secure with the Seat Rail End Cap Screws (174).

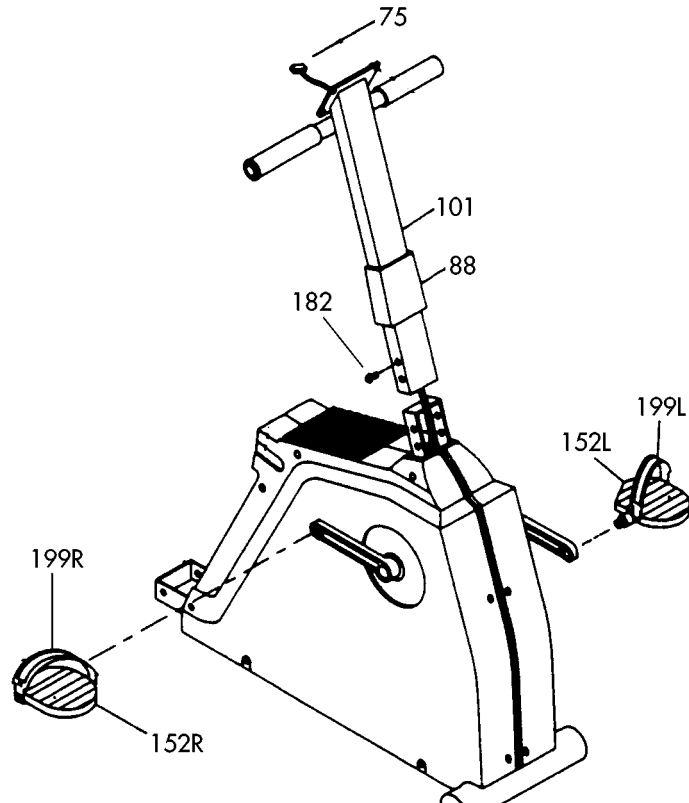


# R2200 Assembly

## Step 5 • Pedals

1: Identify the left and right Pedals (152) and the left and right Pedal Straps (199). Attach the correct straps to each pedal, then thread each Pedal into the correct left and right crank arms and tighten.

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



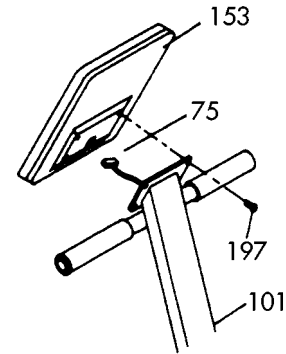
## Step 6 • Console Mast

- 1: Unfold the Console Cable (75) that is folded into the Frame Console Mast bracket. Straighten this cable and remove any kinks by drawing the cable through your fingers. Find the string that is attached to the inside of the Console Mast (101), but do not remove yet.
- 2: Slide the Rubber Console Mast Cover (88) onto the Console Mast (101) until it is above the first waterbottle screw.
- 3: Now attach the Console Cable (75) to the string located inside the Console Mast. Holding the Console Mast (101) above the Frame Console Mast Bracket, guide the Console Cable (75) through the Console Mast while simultaneously sliding the Console Mast onto the frame bracket.
- 4: Bolt the Console Mast (101) to the frame using the six Console Mast Allen bolts (182). Make sure these bolts are very tight. Now slide the Rubber Console Mast Cover (88) back down to cover the bolt heads.

# R2200 Final Assembly

## Step 7 • Console

- 1: Plug the Console Cable (75) into the Console (153). The cable connectors are slotted and will only fit properly one way. DO NOT FORCE the connection.
- 2: Mount the Console (153) to the Console Mast (101) using the four Console Attachment Bolts (197). Make sure you DO NOT PINCH the Console Cable between the Console and the Console Mast.
- 3: Plug the Power Supply Cord into the receptacle located at the base of the Fitness Cycle below the Seat rail. Plug the Power Supply (107) into an electrical outlet and begin testing procedures.



## Step 8 • Operation Test

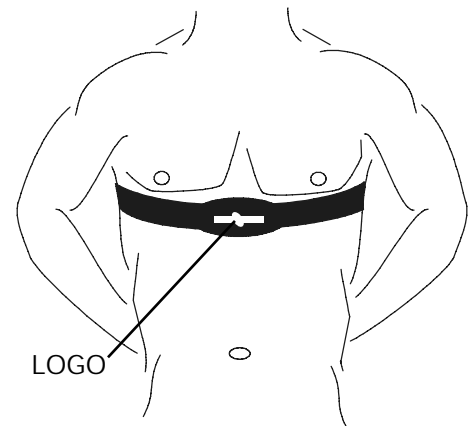
Run this simple test prior to using.

- 1: Choose Intervals program, Level 8.
- 2: Choose Time of "00:00", and press Start.
- 3: Your machine will now operate indefinitely. After several hours of operation, check for proper functioning of:
  - A: Resistance Change -- change load one level at a time using the up and down arrows. Listen for motor noise ("whirr") following each change in load, or pedal to feel load change.
  - B: Check for display in RPMs while pedaling.
  - C: Check that all LEDs will light.

## Heart Rate Control Console

This console is manufactured with an internal wireless telemetric receiver that will receive heart rate signals sent to it by a transmitter that is worn around your chest. This wireless technology is accurate, continuous, and convenient. You should be positioned on the Fitness Cycle seat for the system to operate.

- 1: On the back side of your transmitter are two rubber strips several inches long. These rubber strips are the electrodes that will pick up the signals of your heart beat. It is very important to moisten these strips with several drops of water prior to placing the belt against your chest. This moisture will allow the signals to be conducted to the transmitting hardware. If you ever use the bike and the display does not show a heart rate value, remoisten the electrodes.
- 2: You will get the best results if you wear the transmitter directly against your skin. Once these electrodes are moistened, center the transmitter just below the breast or pectoral muscles with the Vision Fitness logo centered on the chest and facing out. Adjust the length of the elastic belt so that the transmitter presses firmly against your skin, but not so tight as to be uncomfortable. The transmitter will begin sending a signal as soon as it is worn.
- 3: Check for heart rate feedback by testing the console in Heart Rate mode. Ride the Fitness Cycle at the full range of seat adjustments to confirm that the console is picking up the signal from the transmitter.





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