go with confidence™

NOTE:

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 at:



USA/CANADA:
1-800-335-4348
www.visionfitness.com



OUTSIDE USA/CANADA:
www.visionfitness.com

LIMITED COMMERCIAL WARRANTY*

VISION FITNESS warrants models X40 and XF40 for use in commercial facilities including: Hotels; Resorts; Police & Fire Stations; Apartment Complexes; Corporate Fitness Centers; Hospitals; Rehabilitation and Sports Medicine Clinics, where average use is up to three hours per day. Not warranted for private Health Clubs, YMCA's or Schools.

FRAME, ECB, ELECTRONICS & PARTS - ONE YEAR
VISION FITNESS warrants the Frame, ECB Magnetic Brake, Electronic components and all original Parts against defects in workmanship and materials for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR VISION FITNESS shall cover the labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIVE REMEDY
The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to one year. All Labor shall be supplied by the local Retailer 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.

*Limited Commercial Warranty up to 3 hours of use per day. Valid in North America Only.

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 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 registration must be completed before a warranty claim can be processed. You may register via our website at www.visionfitness.com. We are certain you will enjoy your new Suspension Elliptical Trainer. Thank you for selecting a VISION FITNESS product.

EXCLUSIONS AND LIMITATIONS

Who IS covered:

- The original owner and is not transferable.

What IS covered:

- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by the manufacturer.
- Incidental or consequential damages. The manufacturer is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment. The manufacturer does not provide monetary or other compensation for any such repairs or replacement parts costs, including but not limited to gym membership fees, work time lost, diagnostic visits, maintenance visits or transportation.
- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by the manufacturer for coverage.

SERVICE AND REPAIRS

- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. The manufacturer is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and the manufacturer shall have no liability for any injury to the person or property arising from such repairs.
- The warranty is limited to replacing or repairing, at the servicer's and/or manufacturer's option, the same or comparable model.
- Replacement units, parts and electronic components reconditioned to as-new condition by the manufacturer or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from states to state.
- 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.

LIMITED HOME-USE WARRANTY

WEIGHT CAPACITY

X20 = 300 lbs (136 kilograms)
X40 = 325 lbs (147 kilograms)
XF40 = 325 lbs (147 kilograms)

FRAME • LIFETIME
Manufacturer warrants the frame against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

ELECTRONICS & PARTS • 5 YEARS
Manufacturer warrants the electronic components, finish and all original parts for the period specified above from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR • 2 YEARS
Manufacturer shall cover the labor cost for the repair of the device for the period specified above from the date of the original purchase, so long as the device remains in the possession of the original owner.

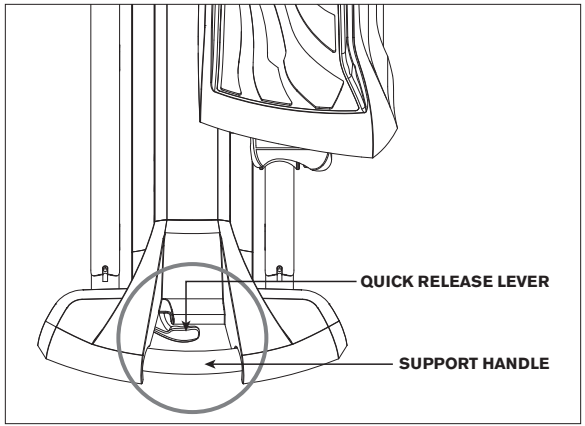
ELLIPTICAL OPERATION

See ELLIPTICAL GUIDE for instructions on the following:

- **LOCATION OF THE ELLIPTICAL**
- **POWER/GROUNDING INSTRUCTIONS**
- **FOOT POSITIONING**
- **MOVING THE ELLIPTICAL**
- **LEVELING THE ELLIPTICAL**
- **USING THE HEART RATE FUNCTION**

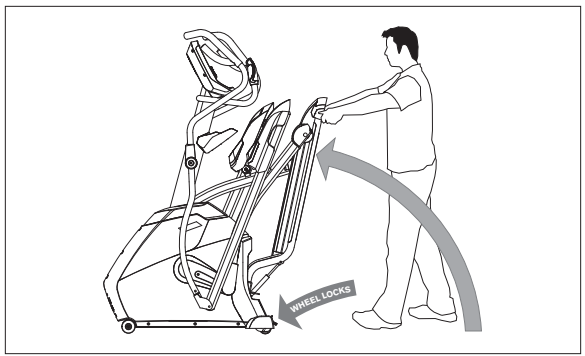
See CONSOLE MANUAL for instructions on the following:

- **CONSOLE OPERATION**
- **CONSOLE DISPLAY INFORMATION**
- **PROGRAM INFORMATION**
- **NIKE + IPOD OPERATION**
- **PASSPORT™ MEDIA PLAYER INFORMATION**



XF40 FOLDING & UNFOLDING

Firmly grasp the **SUPPORT HANDLE** and **QUICK RELEASE LEVER**, then squeeze. Once the lock has released, carefully lift the folding frame. Release the lever and continue to lift into the upright position until the lock latch pin engages and securely locks the folding frame into position. Make sure the deck is securely latched before letting go. To unfold, firmly grasp the **SUPPORT HANDLE** and **QUICK RELEASE** lever, push forward slightly and squeeze until the lock latch disengages. Release the lever and carefully lower the folding frame to the ground, allowing the lock latch pin to engage once it is in the down position.



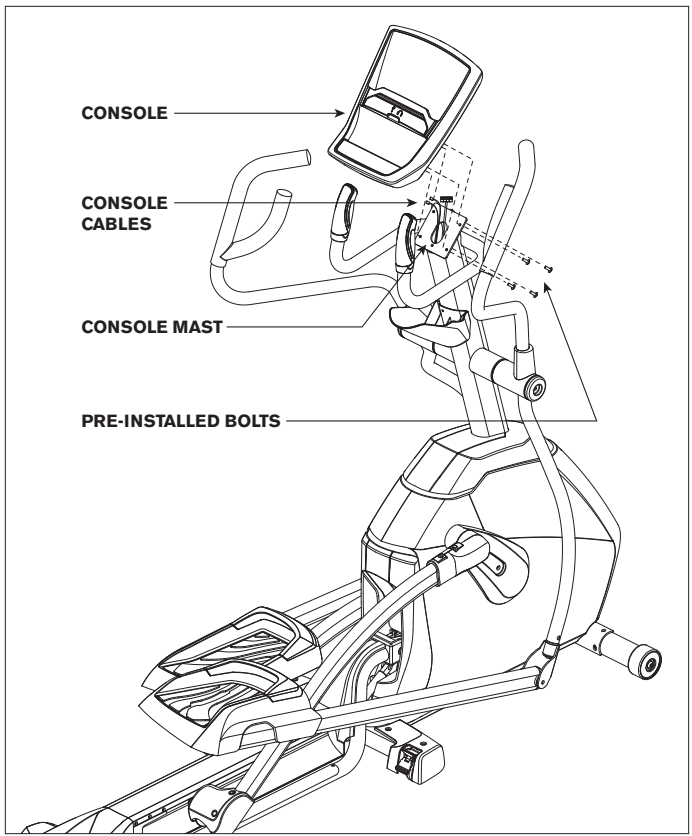
MOVING THE XF40 FOLDING ELLIPTICAL

Your folding elliptical has 4 transport wheels and 2 **WHEEL LOCKS** that must be released before moving. To unlock wheels, push down on the top lever of the rear **WHEEL LOCKS** located on the rear corners of the base frame. Then firmly grasp the handlebar and support tube, and slowly move the elliptical. After moving to the desired location, push down on the bottom lever of the rear wheel locks to lock the rear wheels. NOTE: Both rear wheel locks must be locked before using the elliptical.

⚠ WARNING

Do not attempt to move or transport elliptical unless it is in the upright, folded position with the lock latch secured. Failure to follow these instructions could result in injury.

XF40 ASSEMBLY **STEP 7**



A Remove **PRE-INSTALLED BOLTS** from **CONSOLE**.

B Attach the **CONSOLE CABLES** to the **CONSOLE**.

C Carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST** before attaching the **CONSOLE**.

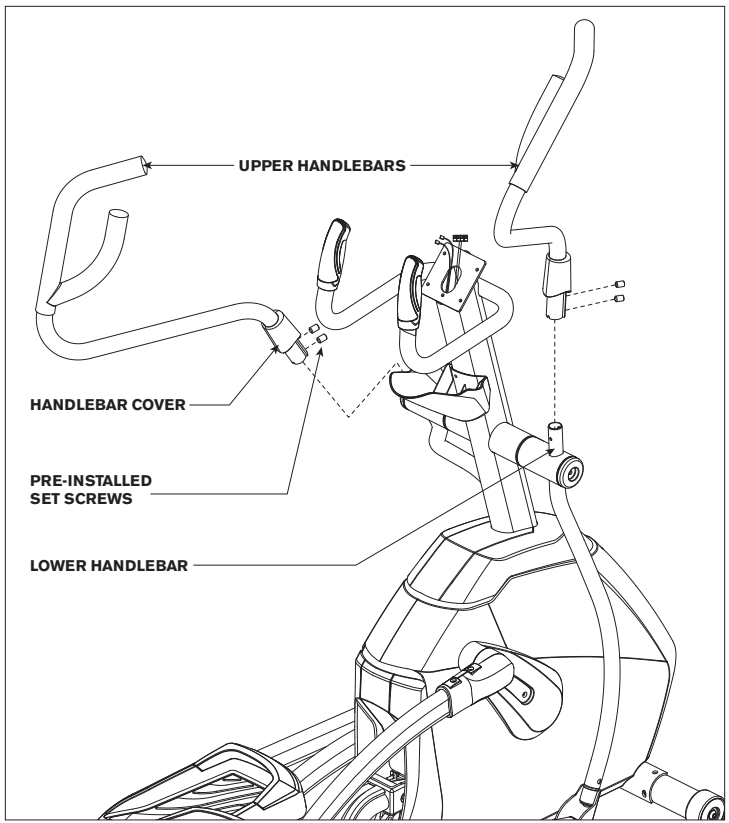
D Attach **CONSOLE** to **CONSOLE MAST** using 4 **PRE-INSTALLED BOLTS**.

NOTE: Be careful not to pinch any wires while attaching the console.

NOTE: An uneven product causes stress on joints, frame and bolts. Once you have placed your elliptical where you intend to use it, adjust the levelers located on the bottom of the elliptical frame. See ELLIPTICAL GUIDE for more details.

XF40 ASSEMBLY COMPLETE!

XF40 ASSEMBLY **STEP 6**

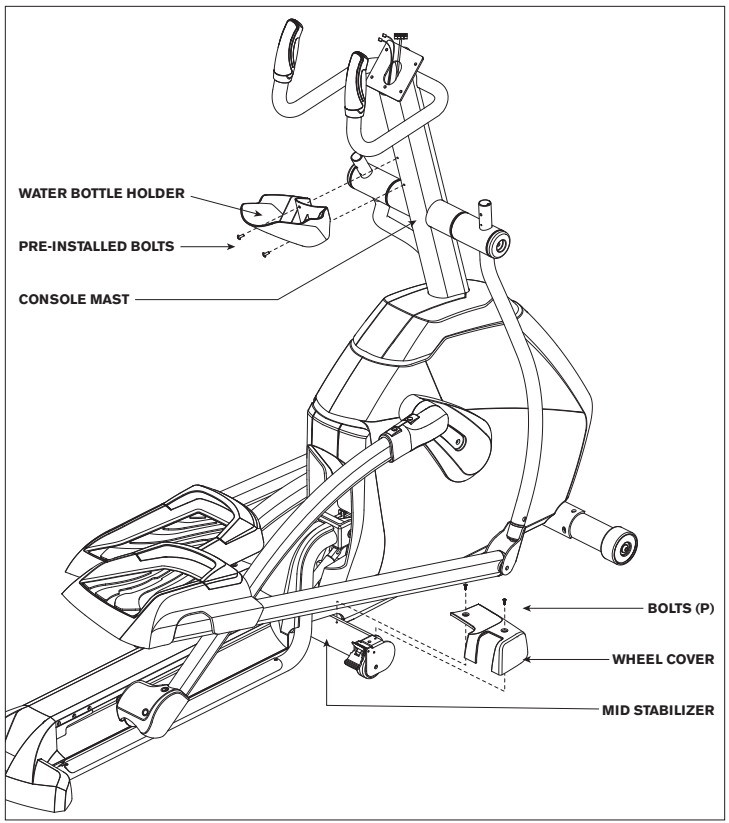


A Slide **UPPER HANDLEBAR** onto **LOWER HANDLEBAR** making sure handlebars are joined together completely. Secure **UPPER HANDLEBAR** to **LOWER HANDLEBAR** using **PRE-INSTALLED SET SCREWS**.

B Slide **HANDLEBAR COVER** down to cover hardware.

C Repeat steps A–B on other side.

XF40 ASSEMBLY STEP 5



HARDWARE FOR STEP 5:



BOLT (P)
15 mm
Qty: 4

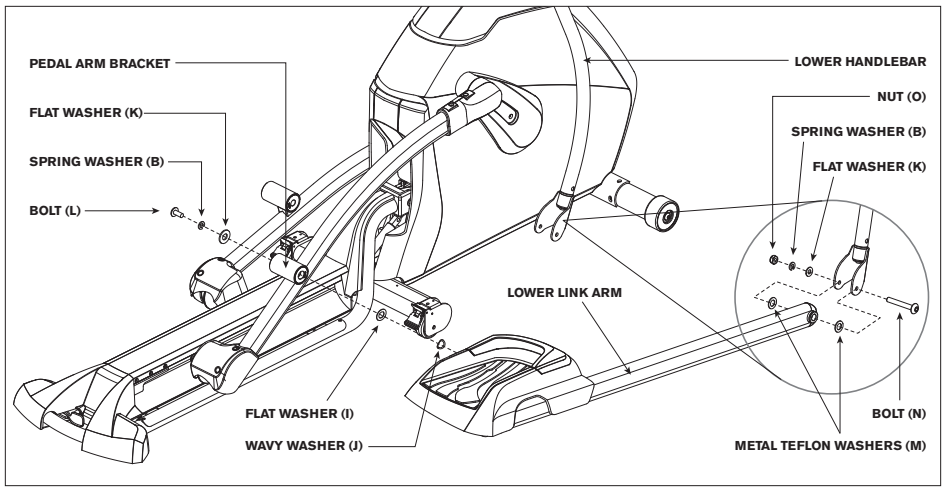
A Open **HARDWARE FOR STEP 5**.

B Remove 2 **PRE-INSTALLED BOLTS** from the **CONSOLE MAST**.

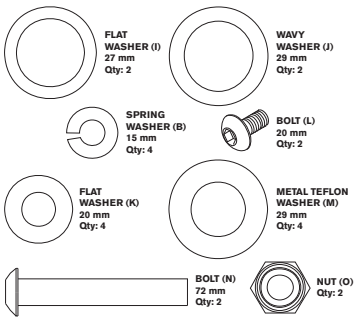
C Attach **WATER BOTTLE HOLDER** to the **CONSOLE MAST** using 2 **PRE-INSTALLED BOLTS**.

D Attach **WHEEL COVER** to **MID STABILIZER** using 2 **BOLTS (P)**. Repeat on other side.

XF40 ASSEMBLY **STEP 4**



HARDWARE FOR STEP 4:



NOTE: If hardware is not installed properly, elliptical could squeak or creak during use.

A Open **HARDWARE FOR STEP 4**.

B Slide 1 **FLAT WASHER (I)** and 1 **WAVY WASHER (J)** onto the **LOWER LINK ARM**.

C Slide the **LOWER LINK ARM** into the **PEDAL ARM BRACKET**.

D Attach the **LOWER LINK ARM** to the **PEDAL ARM BRACKET** using 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (B)** and 1 **BOLT (L)**.

E Repeat steps B–D on other side.

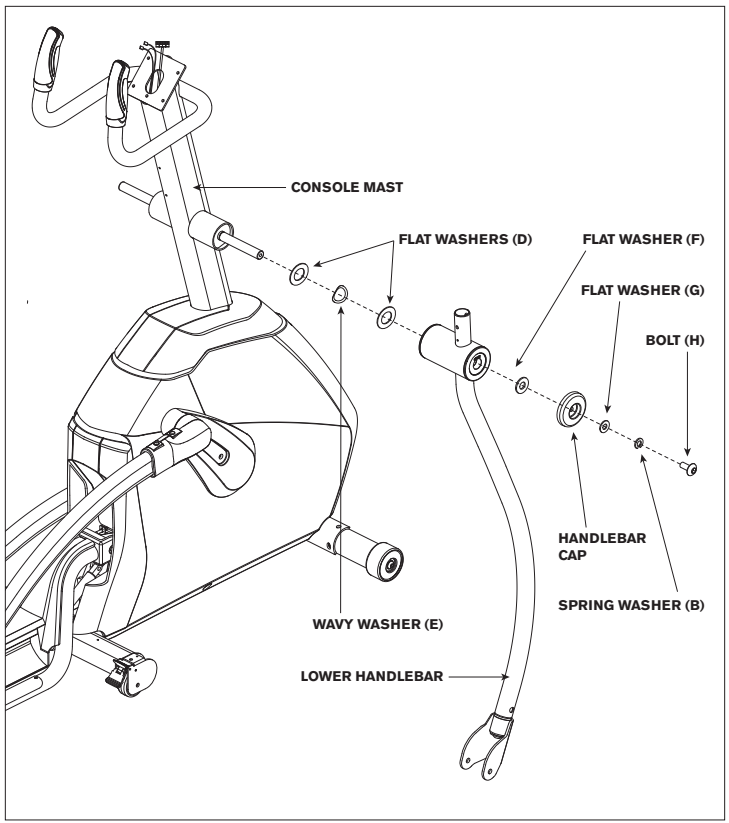
F Place 2 **METAL TEFLON WASHERS (M)** on either side of the **LOWER LINK ARM** before sliding **LOWER LINK ARM** into bottom of **LOWER HANDLEBAR**.

G While holding the **METAL TEFLON WASHERS (M)** in place, slide the **LOWER LINK ARM** into the base of the **LOWER LINK ARM** and insert 1 **BOLT (N)** through the **LOWER HANDLEBAR**.

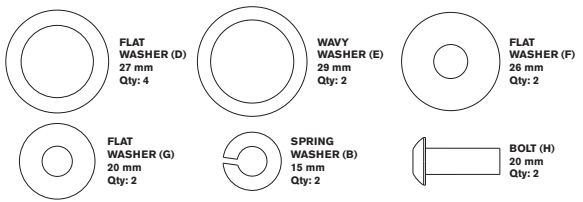
H Secure joint using 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (B)** and 1 **NUT (O)**.

I Repeat steps F–H on the other side.

XF40 ASSEMBLY STEP 3



HARDWARE FOR STEP 3:



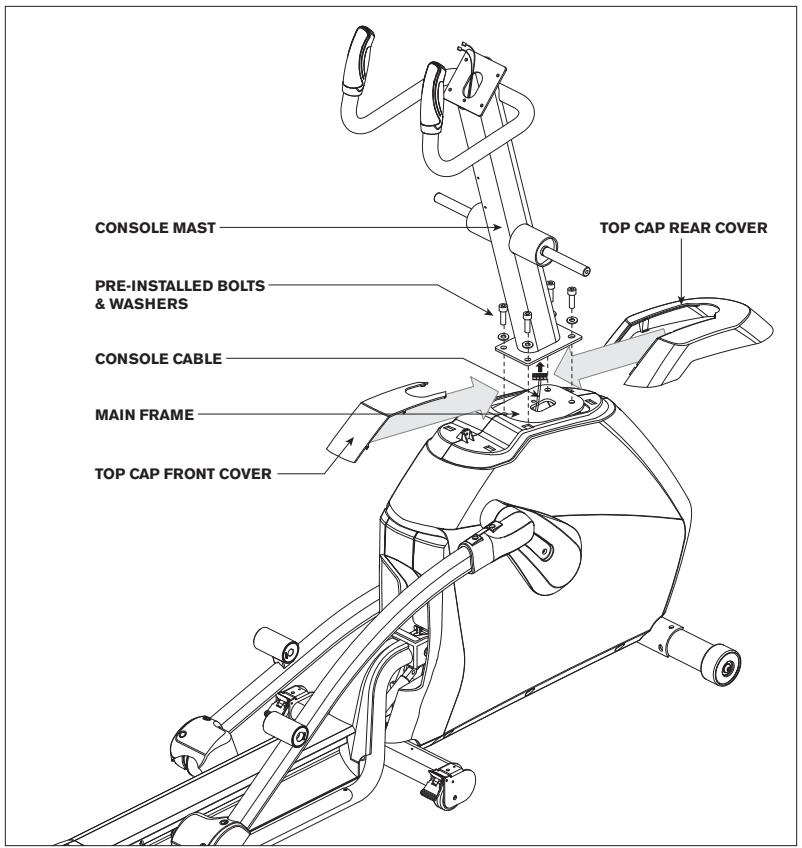
A Open **HARDWARE FOR STEP 3**.

B Slide 1 **FLAT WASHER (D)**, 1 **WAVY WASHER (E)** and 1 **FLAT WASHER (D)** onto the **CONSOLE MAST**.

C Slide **LOWER HANDLEBAR** onto **CONSOLE MAST** and attach using 1 **FLAT WASHER (F)**, 1 **HANDLEBAR CAP**, 1 **FLAT WASHER (G)**, 1 **SPRING WASHER (B)** and 1 **BOLT (H)**.

D Repeat steps B–C on the opposite side of the elliptical.

XF40 ASSEMBLY **STEP 2**



A Remove **PRE-INSTALLED BOLTS AND WASHERS** from **MAIN FRAME**.

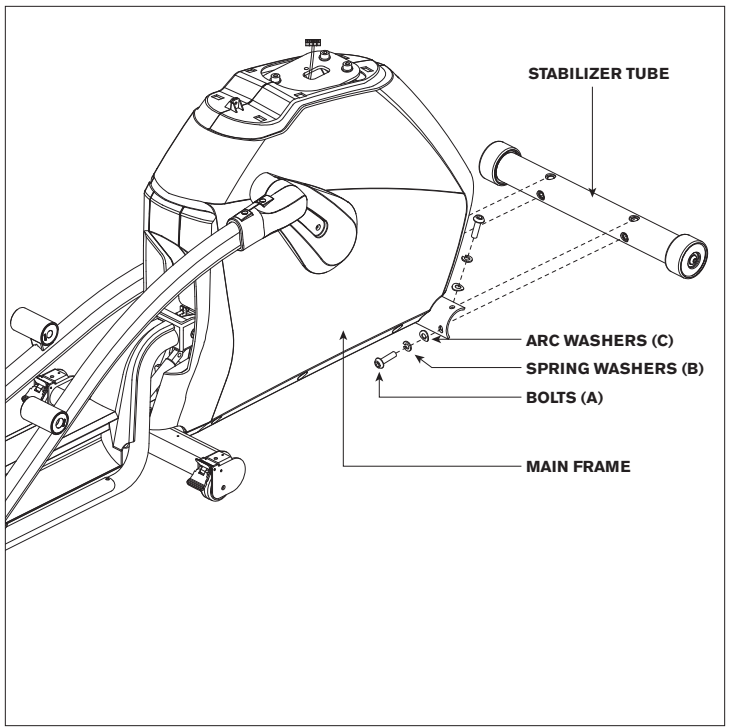
B Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.

C Attach **CONSOLE MAST** to **MAIN FRAME** using **PRE-INSTALLED BOLTS AND WASHERS**.

D Slide **TOP CAP REAR COVER** over **CONSOLE MAST** and snap into place.

E Slide **TOP CAP FRONT COVER** over **CONSOLE MAST** and snap into place.

XF40 ASSEMBLY **STEP 1**



HARDWARE FOR STEP 1:



BOLT (A)
30 mm
Qty: 4



SPRING WASHER (B)
15 mm
Qty: 4

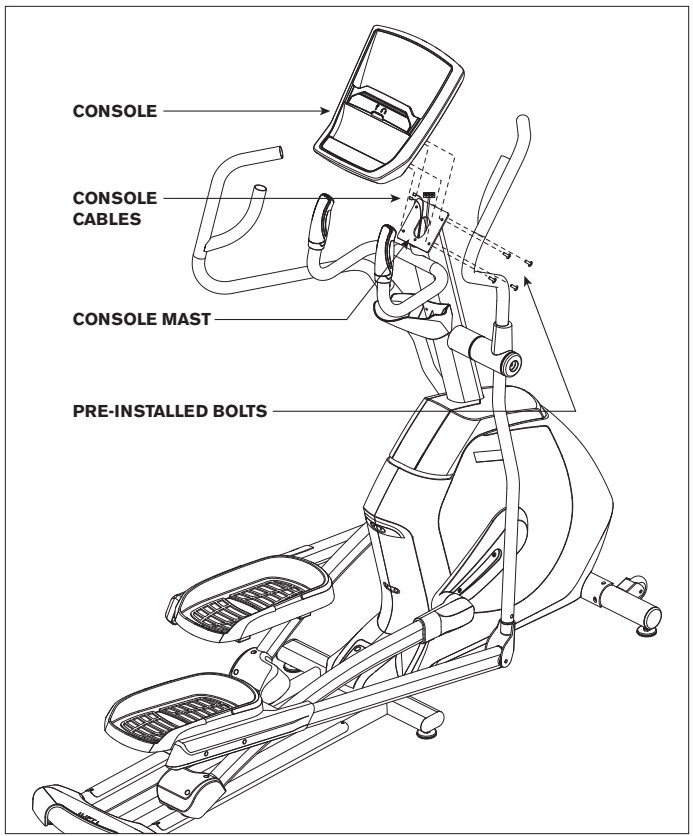


ARC WASHER (C)
17 mm
Qty: 4

A Open **HARDWARE FOR STEP 1**.

B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.

X20 & **X40** ASSEMBLY **STEP 7**



A Remove **PRE-INSTALLED BOLTS** from **CONSOLE**.

B Attach the **CONSOLE CABLES** to the **CONSOLE**.

C Carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST** before attaching the **CONSOLE**.

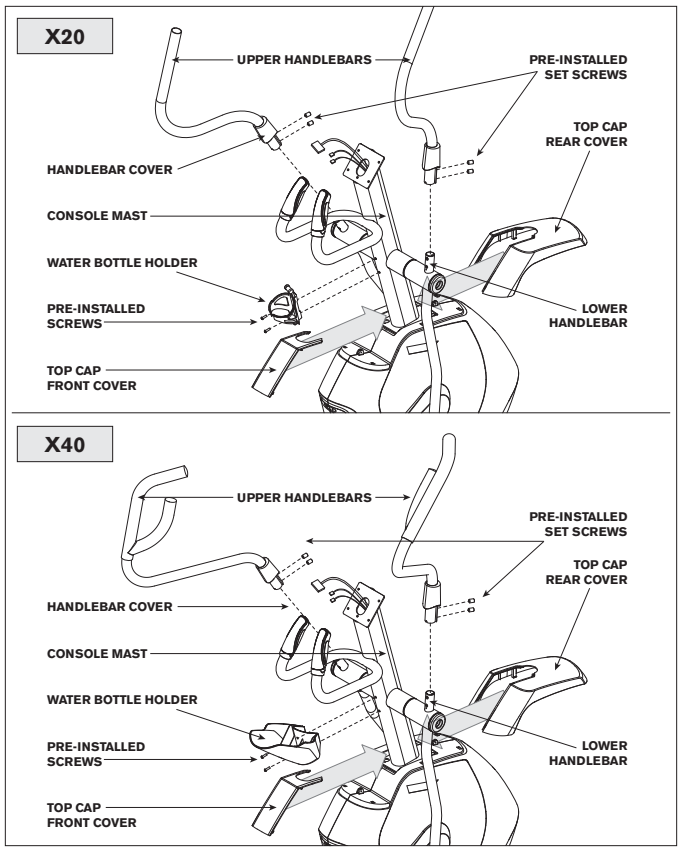
D Attach **CONSOLE** to **CONSOLE MAST** using 4 **PRE-INSTALLED BOLTS**.

NOTE: Be careful not to pinch any wires while attaching the console.

NOTE: An uneven product causes stress on joints, frame and bolts. Once you have placed your elliptical where you intend to use it, adjust the levelers located on the bottom of the elliptical frame. See ELLIPTICAL GUIDE for more details.

X20 & X40 ASSEMBLY COMPLETE!

X20 & X40 ASSEMBLY STEP 6



A Slide **TOP CAP REAR COVER** over **CONSOLE MAST** and snap into place.

B Slide **TOP CAP FRONT COVER** over **CONSOLE MAST** and snap into place.

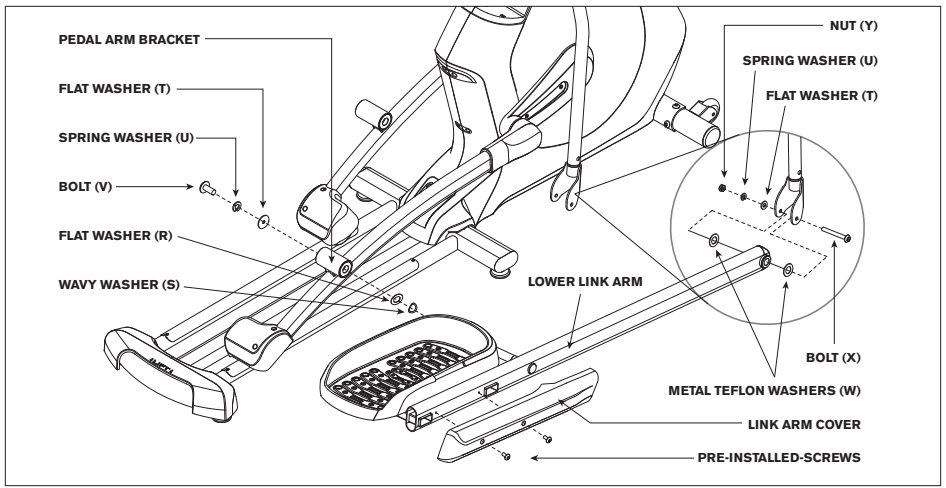
C Remove **PRE-INSTALLED SCREWS** from **CONSOLE MAST** and attach **WATER BOTTLE HOLDER** using **PRE-INSTALLED SCREWS**.

D Slide **UPPER HANDLEBAR** onto **LOWER HANDLEBAR** making sure handlebars are joined together completely. Secure **UPPER HANDLEBAR** to **LOWER HANDLEBAR** using **PRE-INSTALLED SET SCREWS**.

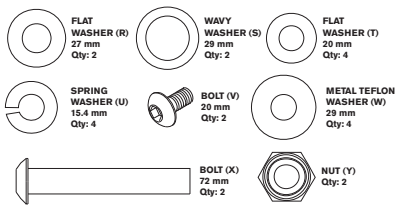
E Slide **HANDLEBAR COVER** down to cover hardware.

F Repeat steps D–F on other side.

X20 & **X40** ASSEMBLY **STEP 5**



HARDWARE FOR STEP 5:



NOTE: If hardware is not installed properly, elliptical could squeak or creak during use.

A Open **HARDWARE FOR STEP 5**.

B Slide 1 **FLAT WASHER (R)** and 1 **WAVY WASHER (S)** onto the **LOWER LINK ARM**.

C Slide the **LOWER LINK ARM** into the **PEDAL ARM BRACKET**.

D Attach the **LOWER LINK ARM** to the **PEDAL ARM BRACKET** using 1 **FLAT WASHER (T)**, 1 **SPRING WASHER (U)** and 1 **BOLT (V)**.

E Repeat steps B–D on other side.

F Place 2 **METAL TEFLON WASHERS (W)** on either side of the **LOWER LINK ARM** before sliding **LOWER LINK ARM** into bottom of **LOWER HANDLEBAR**.

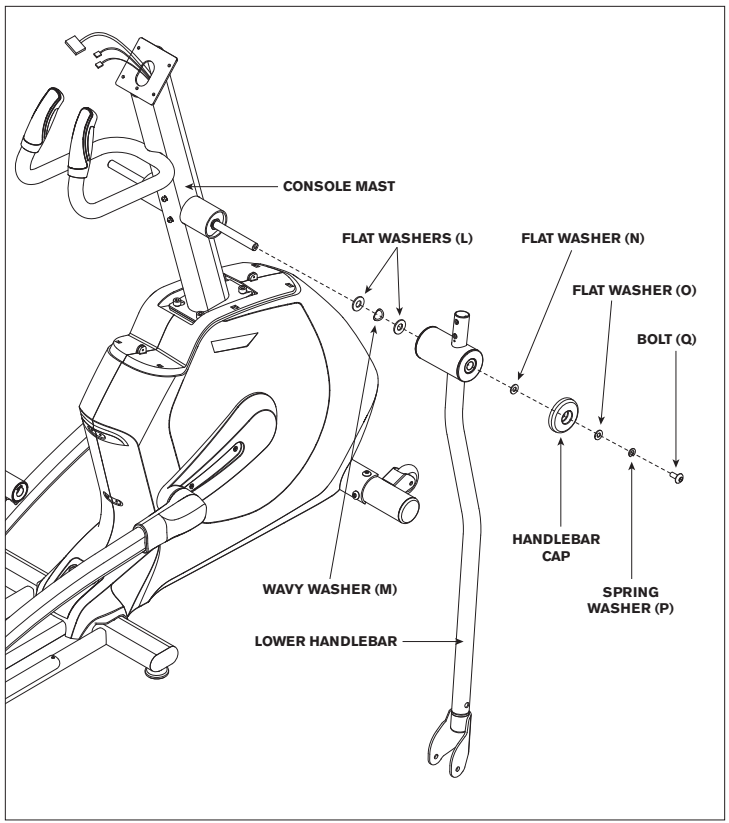
G While holding the **METAL TEFLON WASHERS (W)** in place, slide the **LOWER LINK ARM** into the base of the **LOWER LINK ARM** and insert 1 **BOLT (X)** through the **LOWER HANDLEBAR**.

H Secure joint using 1 **FLAT WASHER (T)**, 1 **SPRING WASHER (U)** and 1 **NUT (Y)**.

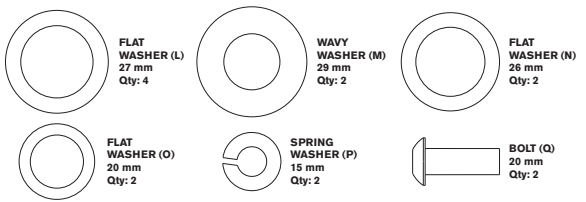
I Repeat steps F–H on the other side.

J Attach **LINK ARM COVERS** using 4 **PRE-INSTALLED SCREWS**.

X20 & X40 ASSEMBLY STEP 4



HARDWARE FOR STEP 4:



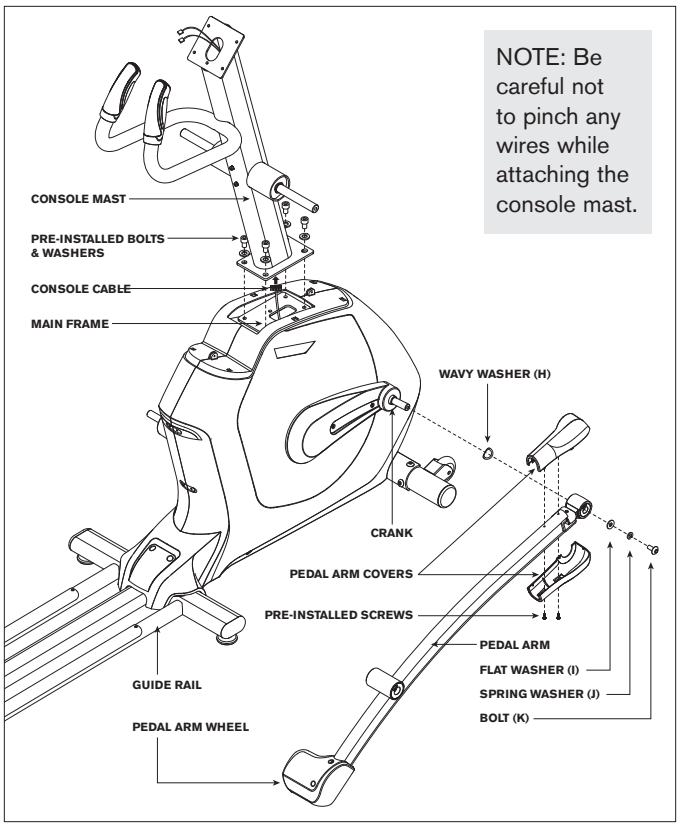
A Open **HARDWARE FOR STEP 4**.

B Slide 1 **FLAT WASHER (L)**, 1 **WAVY WASHER (M)** and 1 **FLAT WASHER (L)** onto the **CONSOLE MAST**.

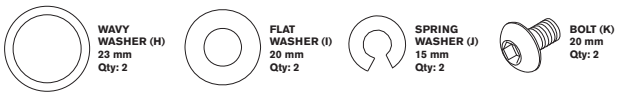
C Slide **LOWER HANDLEBAR** onto **CONSOLE MAST** and attach using 1 **FLAT WASHER (N)**, 1 **HANDLEBAR CAP**, 1 **FLAT WASHER (O)**, 1 **SPRING WASHER (P)** and 1 **BOLT (Q)**.

D Repeat steps B–C on the opposite side of the elliptical.

X20 & **X40** ASSEMBLY **STEP 3**



HARDWARE FOR STEP 3:



A Open **HARDWARE FOR STEP 3**.

B Remove **PRE-INSTALLED BOLTS AND WASHERS** from **MAIN FRAME**. Remove **PRE-INSTALLED SCREWS** from bottom of **PEDAL ARMS**.

C Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.

D Attach **CONSOLE MAST** to **MAIN FRAME** using **PRE-INSTALLED BOLTS AND WASHERS**.

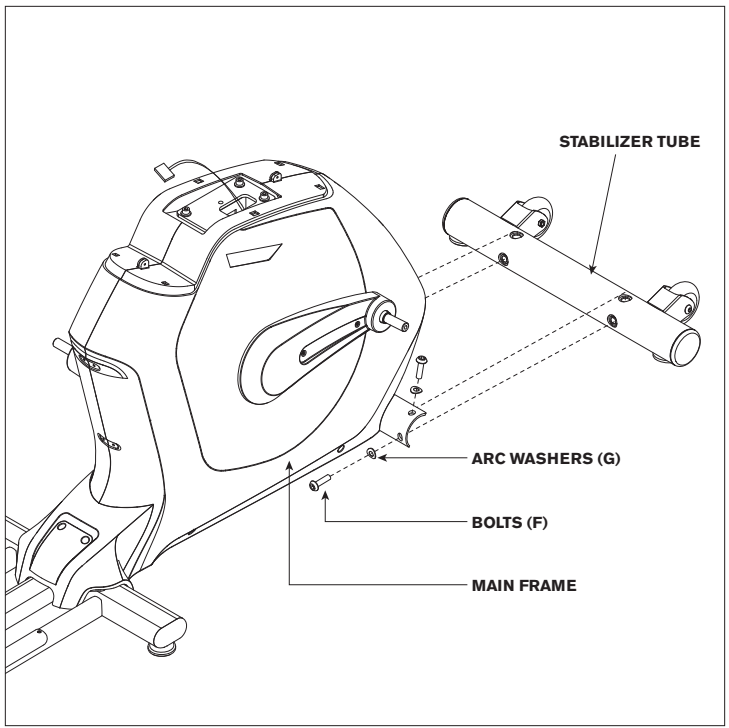
E Slide **WAVY WASHER (H)** over **CRANK** followed by **PEDAL ARM** as shown. Rest **PEDAL ARM WHEEL** on **GUIDE RAIL**.

F Attach the **PEDAL ARM** to the **CRANK** using 1 **FLAT WASHER (I)**, 1 **SPRING WASHER (J)** and 1 **BOLT (K)**.

G Attach **PEDAL ARM COVERS** to **PEDAL ARM** using **PRE-INSTALLED SCREWS**.

H Repeat steps E–G on the other side.

X20 & **X40** ASSEMBLY **STEP 2**



HARDWARE FOR STEP 2:



BOLT (F)
25 mm
Qty: 4



ARC WASHER (G)
17 mm
Qty: 4

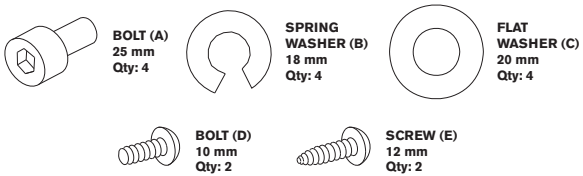
A Open **HARDWARE FOR STEP 2**.

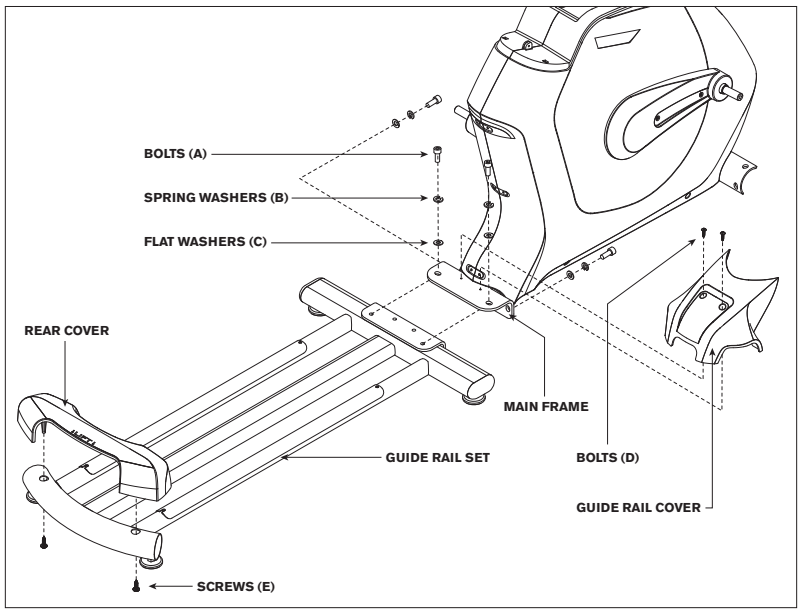
B Screw **LEVELERS** into bottom of **STABILIZER TUBE**.

C Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (F)** and 2 **ARC WASHERS (G)** on each side.

X20 & **X40** ASSEMBLY **STEP 1**

HARDWARE FOR STEP 1:





A Open **HARDWARE FOR STEP 1**.

B Attach the **REAR COVER** to the **GUIDE RAIL SET** using 2 **SCREWS (E)**.

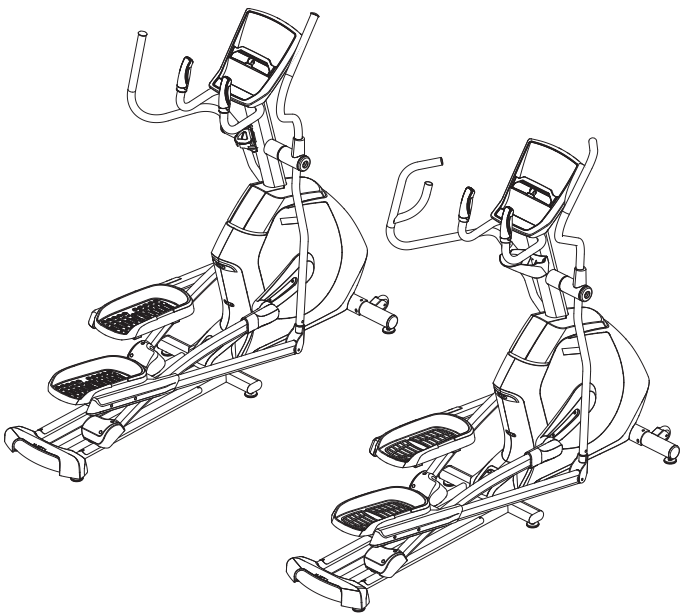
C Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (A)**, 4 **SPRING WASHERS (B)** and 4 **FLAT WASHERS (C)**.

D Attach the **GUIDE RAIL COVER** to the **MAIN FRAME** using 2 **BOLTS (D)**.

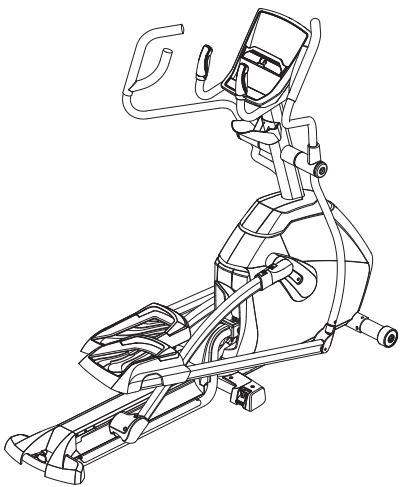
ASSEMBLY

ALL MODELS

X20 & X40 PAGE 13



XF40 PAGE 20



TOOLS INCLUDED:

- ☐ 8 mm L-Wrench
- ☐ 5 mm L-Wrench
- ☐ 13/15 mm Flat Wrench
- ☐ Screwdriver

☎ NEED HELP?

If you have questions or if there are any missing parts, contact your authorized Vision Fitness® retailer.

X20 & X40 PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Stabilizer Tube
- ☐ 1 Guide Rail Set
- ☐ 1 Rear Cover
- ☐ 1 Guide Rail Cover
- ☐ 1 Console Mast
- ☐ 2 Pedal Arms
- ☐ 2 Pedal Arm Cover Sets
- ☐ 2 Lower Handlebars
- ☐ 2 Lower Link Arms With Footpads
- ☐ 2 Link Arm Covers
- ☐ 1 Top Cap Front Cover
- ☐ 1 Top Cap Rear Cover
- ☐ 1 Water Bottle Holder
- ☐ 2 Upper Handlebars
- ☐ 2 Handlebar Caps
- ☐ 1 Hardware Kit
- ☐ 1 Power Adapter

XF40 PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Stabilizer Tube
- ☐ 1 Top Cap Front Cover
- ☐ 1 Top Cap Rear Cover
- ☐ 1 Console Mast
- ☐ 2 Lower Handlebars
- ☐ 2 Lower Link Arms With Footpads
- ☐ 1 Water Bottle Holder
- ☐ 2 Wheel Covers
- ☐ 2 Upper Handlebars
- ☐ 2 Handlebar Caps
- ☐ 1 Hardware Kit
- ☐ 1 Power Adapter

PRE-ASSEMBLY

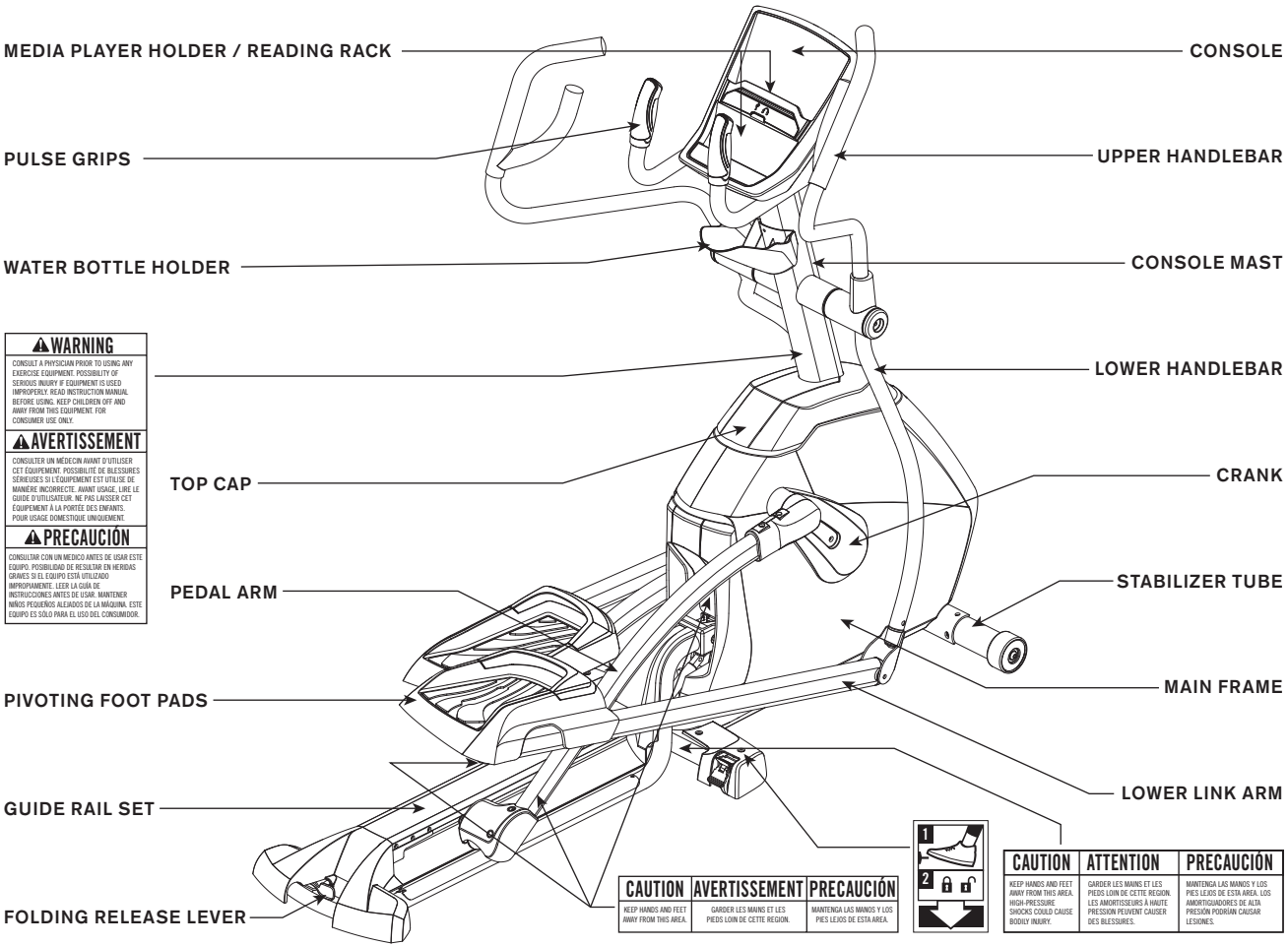
UNPACKING

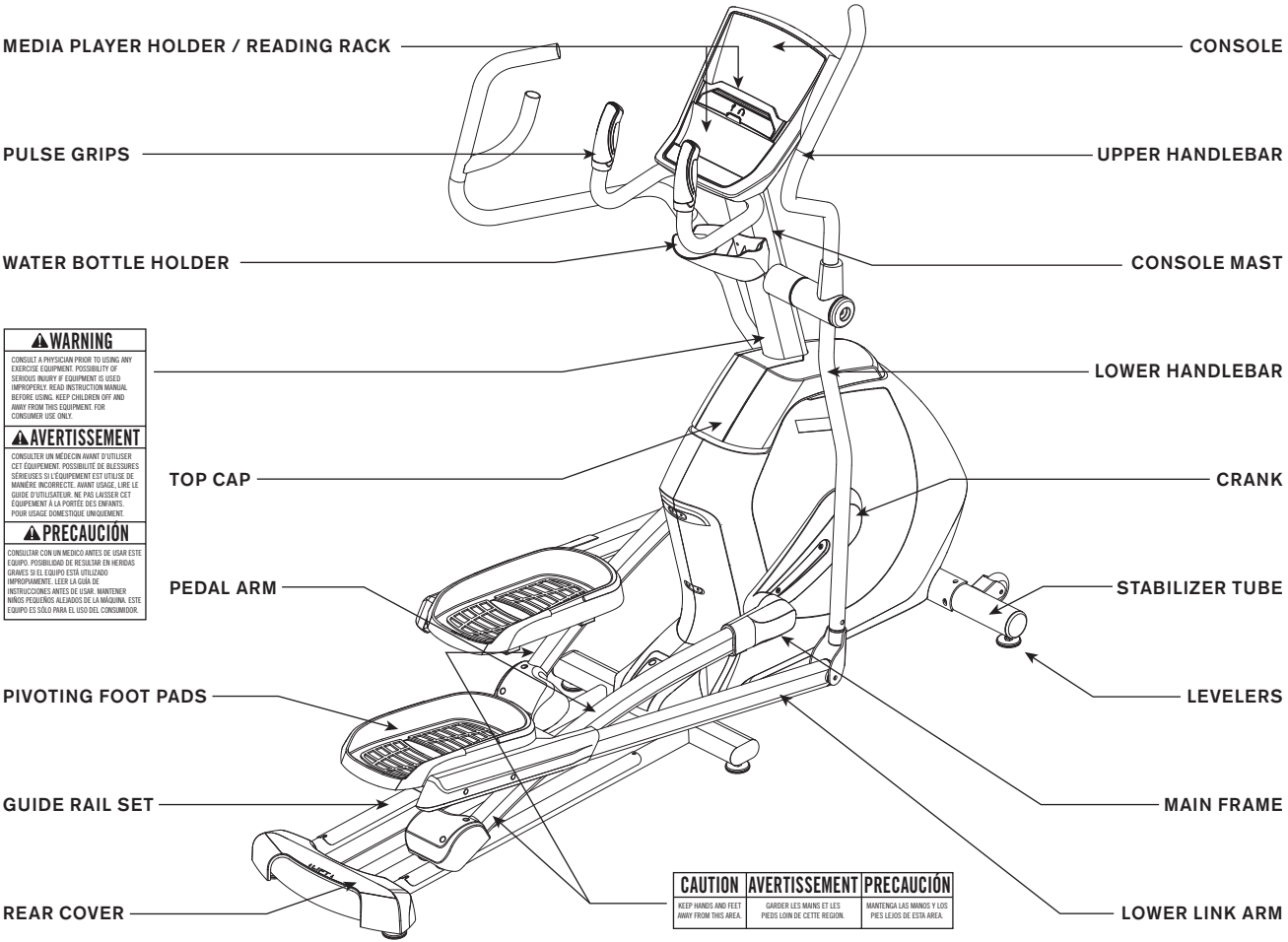
Unpack the product where you will be using it. Place the elliptical carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

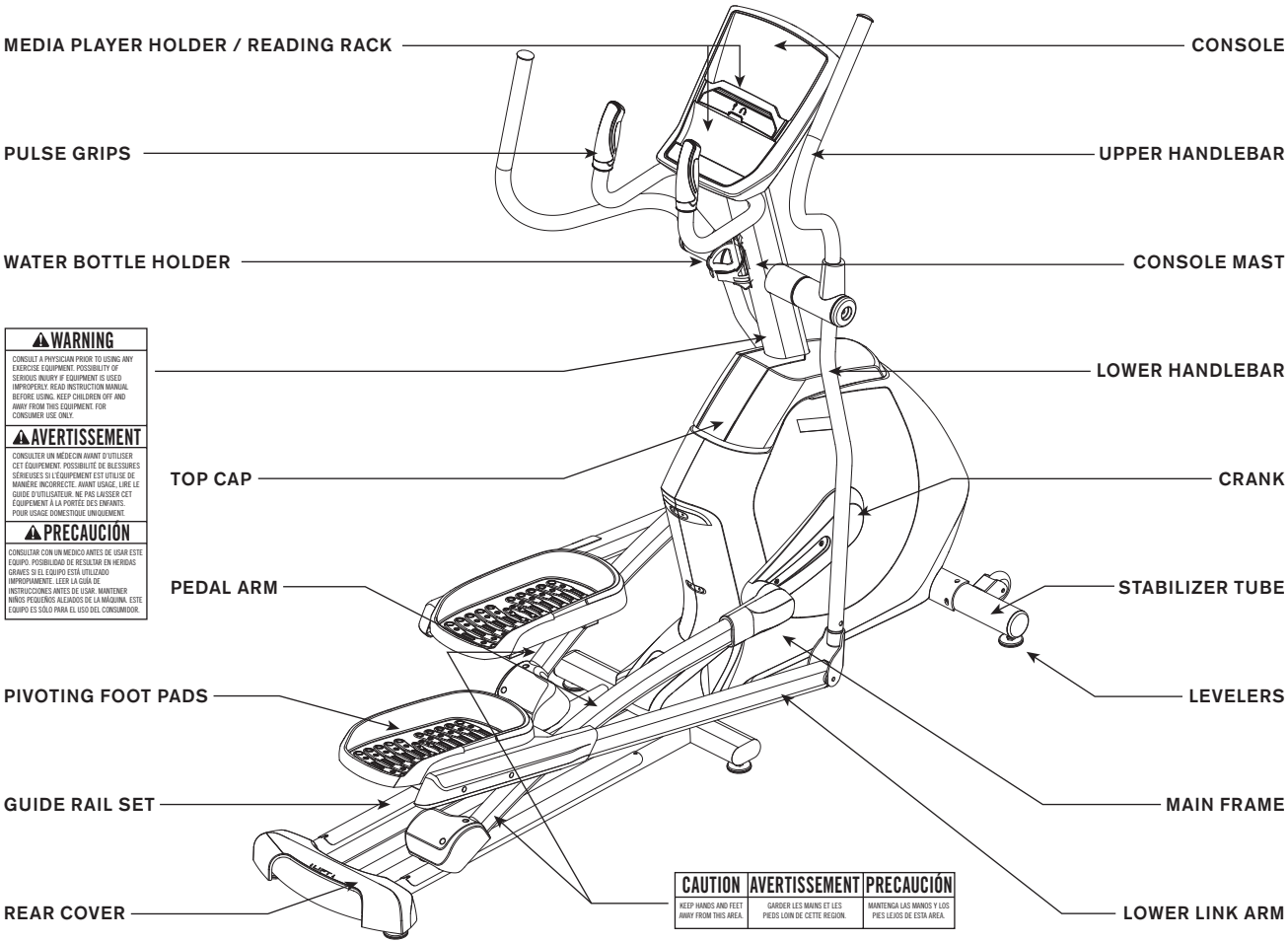
NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease, is recommended.

NOTE: It is recommended that two people work together for ease and efficiency while assembling an elliptical.


MEDIA PLAYER HOLDER / READING RACK
CONSOLE
PULSE GRIPS
UPPER HANDLEBAR
WATER BOTTLE HOLDER
CONSOLE MAST
LOWER HANDLEBAR
TOP CAP
CRANK
PEDAL ARM
STABILIZER TUBE
MAIN FRAME
PIVOTING FOOT PADS
LOWER LINK ARM
GUIDE RAIL SET
FOLDING RELEASE LEVER
WARNING
CONSULT A PHYSICIAN PRIOR TO USING ANY EXERCISE EQUIPMENT. POSSIBILITY OF SERIOUS INJURY IF EQUIPMENT IS USED IMPROPERLY. READ INSTRUCTION MANUAL BEFORE USING. KEEP CHILDREN OFF AND AWAY FROM THIS EQUIPMENT. FOR CONSUMER USE ONLY.
AVERTISSEMENT
CONSULTER UN MÉDECIN AVANT D'UTILISER CET ÉQUIPEMENT. POSSIBILITÉ DE BLESSURES SÉRIEUSES SI L'ÉQUIPEMENT EST UTILISÉ DE MANIÈRE INCORRECTE. AVANT USAGE, LIRE LE GUIDE D'UTILISATEUR. NE PAS LAISSER CET ÉQUIPEMENT À LA PORTÉE DES ENFANTS. POUR USAGE DOMESTIQUE UNIQUEMENT.
PRECAUCIÓN
CONSULTAR CON UN MÉDICO ANTES DE USAR ESTE EQUIPO. POSIBILIDAD DE RESULTAR EN HERIDAS GRAVES SI EL EQUIPO ESTÁ UTILIZADO IMPROPIAMENTE. LEER LA GUÍA DE INSTRUCCIONES ANTES DE USAR. MANTENER NIÑOS PEQUEÑOS ALEJADOS DE LA MÁQUINA. ESTE EQUIPO ES SÓLO PARA EL USO DEL CONSUMIDOR.
CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA.
AVERTISSEMENT
GARDER LES MAINS ET LES PIEDS LOIN DE CETTE REGION.
PRECAUCIÓN
MANTENGA LAS MANOS Y LOS PIES LEJOS DE ESTA AREA.
1
2
CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA. HIGH-PRESSURE SHOCKS COULD CAUSE BODILY INJURY.
ATTENTION
GARDER LES MAINS ET LES PIEDS LOIN DE CETTE REGION. LES AMORTISEURS À HAUTE PRESSION PEUVENT CAUSER DES BLESSURES.
PRECAUCIÓN
MANTENGA LAS MANOS Y LOS PIES LEJOS DE ESTA AREA. LOS AMORTIGUADORES DE ALTA PRESIÓN PODRÍAN CAUSAR LESIONES.


MEDIA PLAYER HOLDER / READING RACK
CONSOLE
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UPPER HANDLEBAR
WATER BOTTLE HOLDER
CONSOLE MAST
LOWER HANDLEBAR
TOP CAP
CRANK
PEDAL ARM
STABILIZER TUBE
PIVOTING FOOT PADS
LEVELERS
GUIDE RAIL SET
MAIN FRAME
REAR COVER
LOWER LINK ARM
WARNING
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MEDIA PLAYER HOLDER / READING RACK
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CAUTION
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AVERTISSEMENT
GARDER LES MAINS ET LES PIEDS LOIN DE CETTE REGION.
PRECAUCIÓN
MANTENGA LAS MANOS Y LOS PIES LEJOS DE ESTA AREA.

ASSEMBLY

⚠ WARNING

There are several areas during the assembly process when special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

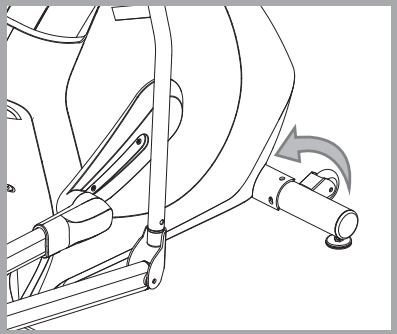
Before proceeding, find your elliptical's serial number located on a white barcode sticker on the bottom-front of the elliptical as shown in this image.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

MODEL NAME: **VISION** **ELLIPTICAL**

SERIAL NUMBER LOCATION



⚠ WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Use the elliptical only as described in the ELLIPTICAL GUIDE and OWNER'S MANUAL.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The elliptical should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock or injury to persons.
- At NO time should children under the age of 13 or pets be within 10 feet of the machine.
- At NO time should children under the age of 13 use the elliptical.
- Children over the age of 13 or disabled persons should not use the elliptical without adult supervision.
- Never operate the elliptical if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if it has been immersed in water.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- To disconnect, turn all controls to the OFF position, then remove plug from outlet.
- Do not remove the console covers. Service should only be done by an authorized service technician.

It is essential that your elliptical is used only indoors, in a climate-controlled room. If your elliptical has been exposed to colder temperatures or high-moisture climates, it is strongly recommended that the elliptical is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

⚠ WARNING

This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the elliptical from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

WARNING

- To reduce the risk of burns, fire, electrical shock or injury to persons:
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace. Do not sprint above 80 RPMs on this machine.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not turn pedal arms by hand.
- Make sure handlebars are secure before each use.
- Keep the topside of the foot support clean and dry.
- Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- Do not wear clothes that might catch on any part of the elliptical.
- Always wear athletic shoes while using this equipment.
- Do not jump on the elliptical.
- At no time should more than one person be on the elliptical while in operation.
- This elliptical should not be used by persons weighing more than the specified user capacity in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use elliptical in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply will void the warranty.
- To prevent electrical shock, never drop or insert any object into any opening.
- Connect this exercise product to a properly grounded outlet only.

IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read the ELLIPTICAL GUIDE before using this OWNER'S MANUAL. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this elliptical. It is the responsibility of the owner to ensure that all users of this elliptical are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact your authorized Vision Fitness® retailer.

This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.

VISION FITNESS



XF**40**
X**40**
X**20**

ELLIPTICAL OWNER'S MANUAL

Read the ELLIPTICAL GUIDE before using this OWNER'S MANUAL.