VISION FITNESS

OWNER'S GUIDE



S70

Commercial Suspension Elliptical Trainer

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Congratulations on choosing a VISION FITNESS Suspension Elliptical™ Trainer. You've taken an important step in developing and sustaining an exercise program! Your Suspension Elliptical™ Trainer is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Suspension Elliptical™ Trainer 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 an exercise habit. Your new Suspension Elliptical™ Trainer will help eliminate the obstacles that prevent you from getting in your exercise time. Neither bad weather or darkness will interfere with your workout when you have your Suspension Elliptical™ Trainer 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 Suspension Elliptical™ Trainer will assist you in realizing your goal of a healthy lifestyle.

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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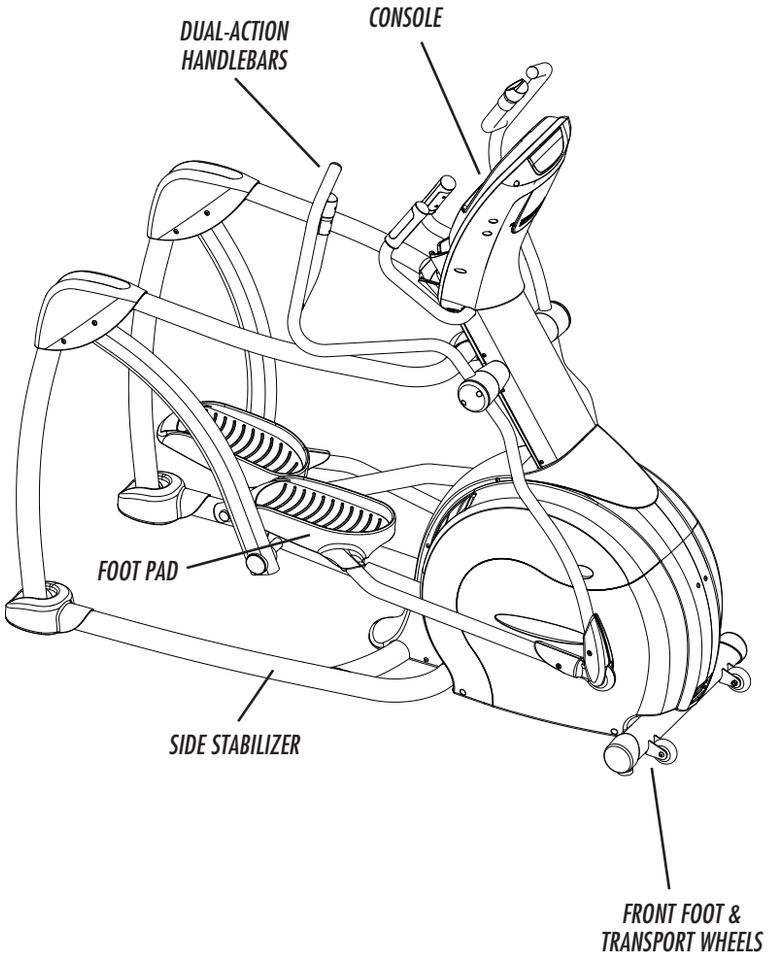
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*Chest strap not included.

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S70

SUSPENSION ELLIPTICAL TRAINER

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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. Only use attachments recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Suspension Elliptical™ Trainer side covers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this Suspension Elliptical™ Trainer if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or immersed in water. Please contact your authorized VISION FITNESS retailer for service.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Only use the power cord provided with your VISION FITNESS Suspension Elliptical™ Trainer.
- Never place the power cord under carpeting or place any object on top of the power cord that may pinch and damage it.
- Unplug your Suspension Elliptical™ Trainer when not in use and before moving it.

CHILDREN

- Keep children off your Suspension Elliptical™ Trainer at all times.
- When the Suspension Elliptical™ Trainer is in use, young children and pets should be kept at least 10 feet away.

OTHER SAFETY TIPS FOR YOUR VISION FITNESS SUSPENSION ELLIPTICAL TRAINER

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

- Do not wear loose clothing that might catch on any part of the Suspension Elliptical™ Trainer.
- Read this Owner's Guide before operating this Suspension Elliptical™ Trainer.

CLEANING

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

SELF-POWERED FEATURE

The *S70 is a* self-powered unit, requiring no external power source. When a user pedals at a speed above 25 revolutions per minute (RPM), the power is generated to allow the unit to function properly. If "Battery Low" displays on your console, you should plug the S70 into the wall for 6 – 12 hours to recharge the battery fully. Be sure to turn the power switch to the "On" position to charge the battery or to use plug-in feature.

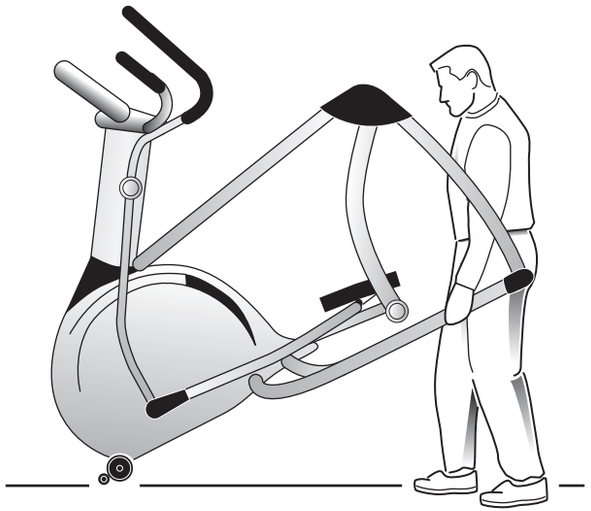
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ASSEMBLY

It is recommended, when possible, that an authorized VISION FITNESS retailer assemble your Suspension Elliptical™ Trainer. 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. If you have any questions regarding any component or function of your Suspension Elliptical™ Trainer, contact your retailer.

MOVING

Your VISION FITNESS Suspension Elliptical™ Trainer has transport wheels included for ease of mobility. To move, firmly grasp the rear of the frame assembly. Carefully lift and roll on the transport wheels.



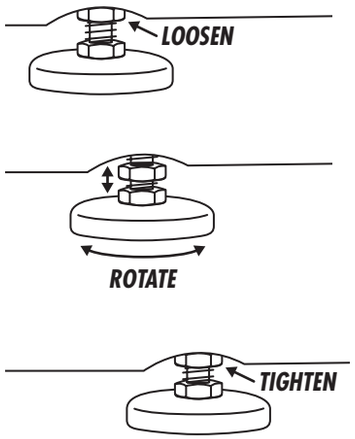
CAUTION: Our Suspension Elliptical™ Trainers are well-built and heavy, weighing up to 340 pounds! Use care and additional help if necessary.

PLACEMENT IN YOUR HOME

Please follow the safety instructions to place the Suspension Elliptical™ Trainer in the location where it will best be used. It is important that you place your Suspension Elliptical™ Trainer in a comfortable and inviting room. Avoid putting your Suspension Elliptical™ Trainer in an unfinished basement or undesirable setting. Exercise adherence will be easier to achieve only if you exercise in an attractive setting.

STABILIZING THE SUSPENSION ELLIPTICAL TRAINER

After positioning the Suspension Elliptical™ Trainer in its intended location, check the unit's stability. Rocking or wobbling indicates that your Suspension Elliptical™ Trainer needs to be leveled. Determine which leveler is not resting completely on the floor. Loosen the nut at the base of the leveler to allow the leveler to rotate. Now rotate the leveler to the left or right until the Suspension Elliptical™ Trainer is stable. Lock the adjustment by tightening the nut against the support tube.

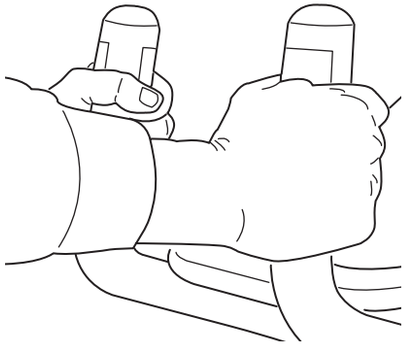


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CONTACT HEART RATE

HAND PULSE HEART RATE SENSORS

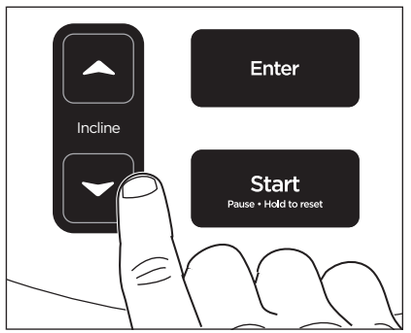
The Contact Hand Pulse Sensors are included on each product to monitor your heart rate. To use, grasp both of the sensors with a comfortable grip during your workout. The console will display your heart rate. It may take the system a few seconds to zero in on your actual heart rate. Most people have a grip that is conductive enough to transmit a good signal. However, some people have erratic heart rates or improper body chemistry to transmit a good signal through the touch sensitive hand pulse grips.



VARIABLE INCLINE

Press the INCLINE UP or DOWN arrows to adjust the incline from level 1 to 20. This incline setting represents a range of motion.

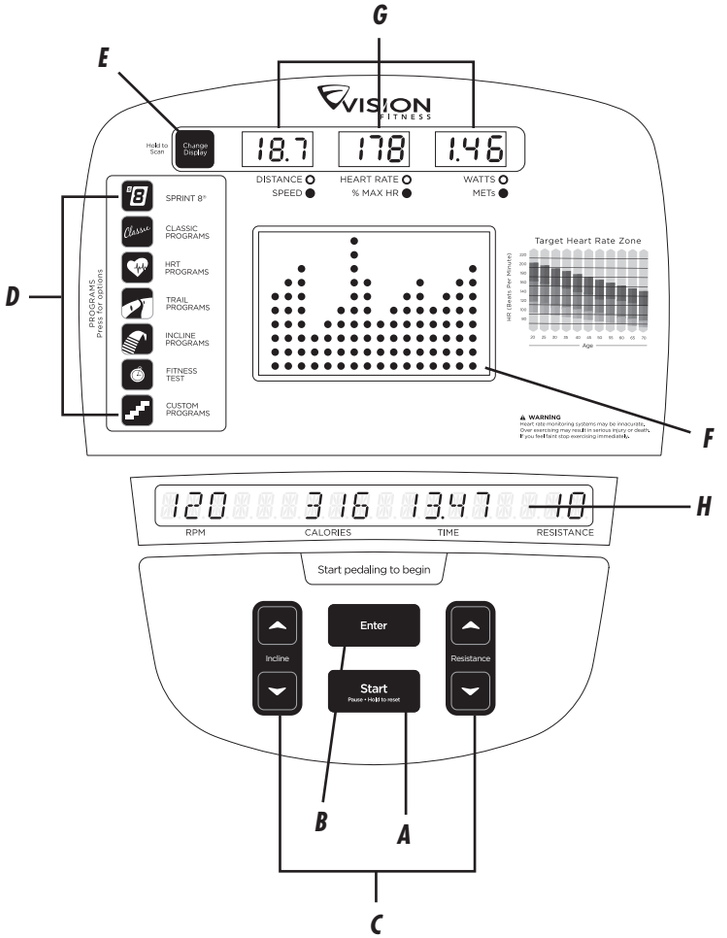
Incline changes are not immediate. They will take time to get to the target incline angle.



S70 CONSOLE

DISPLAY CONSOLE OVERVIEW

The computerized display allows the user to select a workout that meets their desired fitness goals. It also allows the user to monitor the progress and feedback of each workout so they can track improvements in overall fitness over time.



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DISPLAY CONSOLE DESCRIPTIONS

A. START/HOLD TO RESET

Press the START key to begin a MANUAL workout immediately without having to set individual information. When the program begins, you have the ability to adjust resistance levels with the ARROW keys. Feedback information will be calculated using default settings.

PAUSE: If you need to PAUSE your program during a workout, pressing the START key will PAUSE your program for 30 seconds. Pressing START will return you to your workout.

RESET: If you need to RESET the console during your workout, you can do so by holding down the START button for three seconds or until the display resets.

B. ENTER

This key is used after entering each piece of information in setup such as age, weight, or level.

C. ARROW BUTTONS

These keys are used to change values in setup mode prior to your workout. During your workout, they are used to change workout levels. In HRT® programs, they are used to change your target heart rate.

D. PROGRAM BUTTONS

These keys provide quick access to your favorite workouts. Press the program repeatedly or use the arrow keys to select one of multiple workouts.

E. CHANGE DISPLAY / HOLD TO SCAN

Press to change display information. Press and hold to scan automatically between the two display options.

DISPLAY CONSOLE DESCRIPTIONS (continued)

F. PROFILE DISPLAY

This window provides a dot matrix profile of the workout segments you are about to complete, as well as those you have already completed, and the level of resistance for each segment.

G. FEEDBACK WINDOWS

These windows provide step-by-step instructions in the setup mode, instructions, feedback and motivational messages during your workout.

FEEDBACK:

During your workout, these windows display exercise feedback about your workout, including:

SPEED: the pedaling speed in miles or kilometers per hour.

DISTANCE: the total distance traveled in miles or kilometers since the start of your workout.

WATTS: a measurement of workload; one watt is equal to six kilogram-meters per minute.

INCLINE: the level of incline. There are 20 levels that represent a 23% grade change.

METS: a measurement of oxygen consumption; one MET equals the approximate amount of oxygen consumed per minute by a person at rest.

HEART RATE/HRT FEEDBACK WINDOW

This window provides feedback on your current heart rate and the percent of your predicted maximum heart rate (% Heart Rate). It also includes your target heart rate when using one of the HRT® programs.

NOTE: At the end of your workout, the totals will be displayed as averages of your total workout time. The only exceptions are distance and calories, which are program totals.

H. MESSAGE WINDOW

This window provides step-by-step instructions in the setup mode, instructions, feedback and motivational messages during your workout.

TIME: the time elapsed or the time remaining in your workout.

RPM: the pedal rate or Revolutions Per Minute (RPM).

CALORIES: an estimate of calories burned since the beginning of the workout.

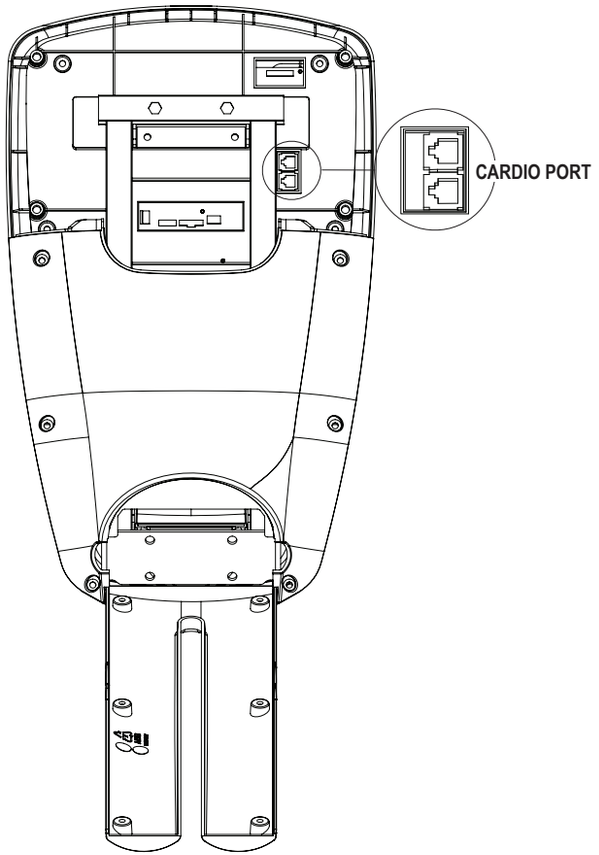
RESISTANCE: the current resistance level you are currently in.

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CARDIO PORT

A Cardio Port is located on the back of the console that is compatible to entertainment protocol, such as Cardio Theatre. The bottom port is the active port to use for this function

These ports are located on the backside of the console and are enclosed by removable covers.



BATTERY: The S70 is equipped with a Sealed Lead Acid battery inside the frame to power the incline and console. It is suggested to plug the S70 in for 6 – 12 hours after initial install to fully charge the battery. Be sure the power switch is turned to the "On" position to ensure the battery will charge. After that time, the unit will function properly when self-powered. When stored, the battery should be kept in a cool, dry area.

PROGRAM OVERVIEWS



SPRINT 8 is an anaerobically-based interval program. It is effective in recruiting fast twitch muscle fibers and improving athletic performance.



CLASSICS

MANUAL is a user-controlled program in which the resistance remains at a set level unless you decide to change it.

INTERVAL is an efficient workout that strengthens your cardiovascular system by alternating work intervals and recovery intervals. Be sure to challenge yourself with intense work intervals.

FAT BURN is a program designed to target your stored body fat. This program is generally used at a slightly lower resistance level but runs for longer durations than other programs.

RANDOM is a program that will give you a different workout every time you workout. The resistance levels will change randomly, providing a challenging workout.

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HRT® PROGRAMS

TARGET HRT allows you set your target heart rate percentage. The machine will automatically change resistance levels to keep you at your preset heart rate target. The user must grasp the hand pulse sensors or wear a telemetric heart rate chest strap during use.

HRT WEIGHT LOSS is a lower intensity workout that will help your body burn a higher percentage of calories from your body's fat reserves. The user must grasp the hand pulse sensors or wear a telemetric heart rate chest strap during use. The program will automatically adjust resistance to keep you at 65% of your predicted maximum heart rate.

HRT INTERVAL alternates between effort intervals of 80% and 70% of your predicted maximum heart rate. This program is designed to increase your cardiovascular fitness capacity. The user must grasp the hand pulse sensors or wear a telemetric heart rate chest strap during use.

HRT HILL increases your intensity level from 65%, to 70%, to 75%, to 80% of your predicted maximum heart rate to promote cardiovascular strength and endurance.



TRAILS

TRAIL 2K is a distance based program that ends after you complete the 2K. See if you can beat your previous time!

TRAIL 5K is a distance based program that ends after you complete the 5K. See if you can beat your previous time!

TRAIL 8K is a distance based program that ends after you complete the 8K. See if you can beat your previous time!



INCLINE PROGRAMS

GLUTE BURN is a challenging program designed to tone the lower half of the body. This program includes incline changes and user prompts for maximum effectiveness.

SUMMIT HIKE is a variable incline program that adds variety and targets your muscles from different angles.

MOUNTAIN TREK is an incline based workout to simulate running up a mountain trail. You set your desired Incline and Resistance Level and get ready for an intense workout.

STAIR CLIMB is an incline based workout that will give you a similar workout to climbing stairs. Your Quads will get a great workout. Set your desired Incline and Resistance Level and get climbing.

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FITNESS TEST is a heart rate based fitness test. The test lasts 5 minutes and is based on your V02 level and maximum heart rate achieved to provide an accurate fitness level. This is a great program to track your increase in fitness levels. The user must grasp the hand pulse sensors or wear a telemetric heart rate chest strap during use.

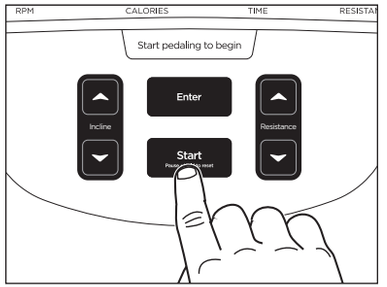
CUSTOM

CUSTOM 1-5 allows you to preset up to five workout profiles by setting the workload of each segment in the program. You have the ability to save or change the workouts whenever you wish.

USING THE PROGRAMS

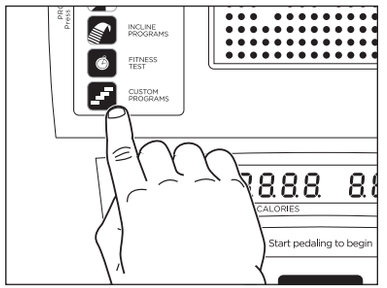
SELECTING EASY START

The easiest way to begin exercising is to simply press the START key. You will begin exercising in a MANUAL resistance program in which you can change the resistance levels to meet your goals. Current default settings will be used to determine exercise feedback.



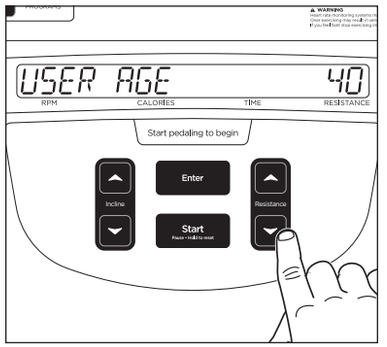
SELECTING A PROGRAM

Each program has its own program key. Press the key of the program you would like to use. You can also use the arrow keys to scroll through the program options and see the exercise profiles for each of the programs.



ENTERING AGE

When prompted by the message center to enter your age, use the UP ▲ arrow or DOWN ▼ arrow to adjust displayed age to the correct value. This information is necessary for the HRT® programs and will affect your "% Heart Rate" feedback.

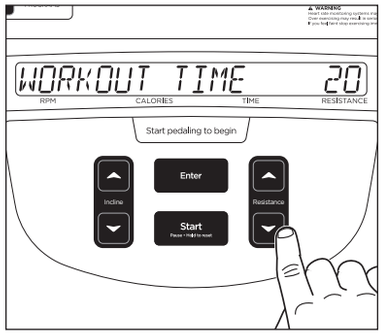


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USING THE PROGRAMS (continued)

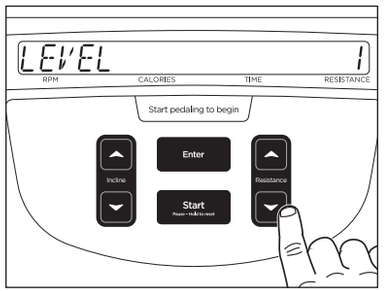
ENTERING TIME

When prompted by the message center to enter a time, use the UP ▲ arrow and DOWN ▼ arrow to adjust the displayed exercise time to a desired value.



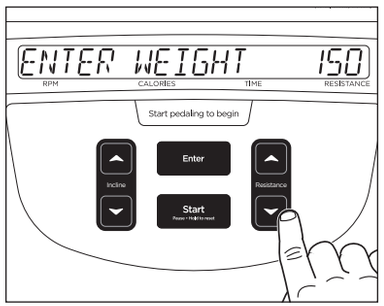
ENTERING RESISTANCE

When prompted by the message center to enter level, use the UP ▲ arrow and DOWN ▼ arrow to adjust the displayed resistance level. There are 20 levels of resistance to choose from in each program. The maximum resistance level varies by program.



ENTERING WEIGHT

When prompted by the message center to enter weight, use the UP ▲ arrow and DOWN ▼ arrow to adjust the displayed weight to equal your current body weight. This information is necessary to give accurate exercise feedback for calorie and MET calculations.



The HRT® programs will set your target heart rate in the place of resistance level. The console will display your target heart rate and give you the opportunity to adjust this value if you wish.

USING THE SPRINT 8 PROGRAM

The Sprint 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an effective way to burn fat and build lean muscle mass according to Phil Campbell, author of *Ready, Set, Go! Synergy Fitness*. Please go to Mr. Campbell's website www.readysetgofitness.com for more details about this radical new approach to fitness.

The SPRINT 8 program features intense sprint intervals followed by recovery intervals. The program includes the following phases:

1. **WARM-UP** should gradually increase your heart rate and increase respiration and blood flow to working muscles. The warm-up is controlled by the user to meet your specific needs.
2. **INTERVAL TRAINING** starts immediately after the warm-up with a 30-second Sprint interval. Seven Recovery Intervals of 90 seconds will alternate with the eight 30–second Sprint Intervals. The message display will prompt you to increase your stride rate during the Sprint Interval and decrease stride rate during the Recovery Interval. A difference of 40 to 60 Strides Per Minute between Sprint Interval and Recovery Interval is recommended.
3. **COOL-DOWN** helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

Due to the fact that this is a specialized training program, total workout time is not displayed during the program. The interval time is displayed in the time window instead. It takes only 20 minutes to complete the SPRINT 8 workout.

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USING HEART RATE TRAINING

WHAT IS HEART RATE TRAINING?

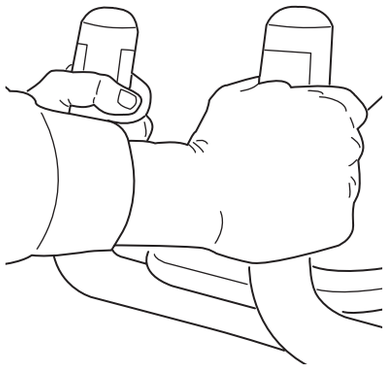
Heart Rate Training means exercising at an intensity that keeps you in your ideal heart rate zone. Your personal heart rate training zone depends on your fitness goal, such as weight loss, cardiovascular endurance, or strength building. Refer to page 38 for more information on heart rate training zones. VISION FITNESS HRT® programs are set up to keep you at an ideal heart rate based on your fitness goal. These programs automatically adjust resistance based on your heart rate readings.

The *S70* console features four programs (HRT Weight Loss, HRT Cardio, HRT Interval, and HRT Hill) that offer the benefits of Heart Rate Training.

- *These programs use the predicted maximum heart rate formula (220 minus age) to determine your predicted maximum heart rate. Some individuals have higher or lower maximum heart rates than determined by this formula. The programs allow you to modify your Target Heart Rate to achieve your personal goals.*

HAND PULSE HEART RATE SENSORS

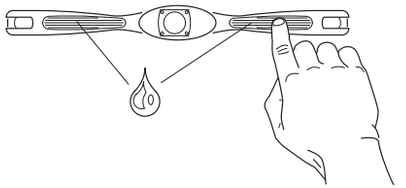
The Contact Hand Pulse Sensors are included on each product to monitor your heart rate. To use, grasp the sensors with a comfortable grip during your workout. The console will display your heart rate. Although your signal will be displayed immediately, it may take the system a few seconds to zero in on your actual heart rate.



NOTE:

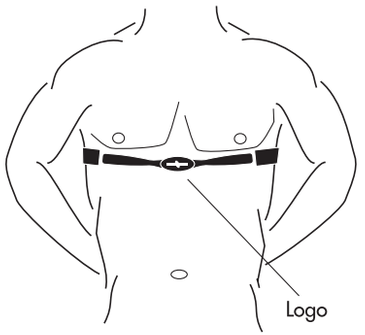
TELEMETRIC HEART RATE CHEST STRAP*

The wireless Telemetric Chest Strap uses a pair of electrodes on the underside of the strap to send your heart rate signal to the console. Prior to wearing the chest strap, moisten the two rubber electrode pads with several drops of water. These electrodes must remain wet to provide an accurate signal. We advise using the chest strap against your skin, but it also functions through a thin layer of wet clothing.



STRAP PLACEMENT

Center the transmitter strap just below the breast or pectoral muscles, directly over your sternum with the logo facing out. Adjust the elastic strap so it is snug but comfortable enough for proper breathing.



*Chest strap not included.

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ALL HRT PROGRAMS

During the workout, the user will grasp the hand pulse sensors or wear a telemetric chest strap* to send their heart rate signal to a receiver in the console. The console will continuously monitor the heart rate, adjusting the resistance level of the Suspension Elliptical™ Trainer to keep your heart rate within several beats of your Target Heart Rate. By using the SCAN key, the heart rate feedback window conveniently displays your Heart Rate or % Heart Rate to keep you informed about your current heart rate. Each program will begin with a two-minute warm-up. When the workout time has been completed, the console will begin a five-minute cool-down. The user will be responsible for adjusting resistance to meet their needs during the warm-up and cool-down.

ADJUSTING TARGET HEART RATE

While exercising in one of the HRT® programs, after the two-minute warm-up, you may decide the Target Heart Rate needs to be adjusted. To adjust your Target Heart Rate, use the UP ▲ or DOWN ▼ arrow keys. Push ENTER to select.

*Chest strap not included.

USING CUSTOM PROGRAMS

The CUSTOM programs allow five separate workout choices to be saved for future use. Press the Custom program button and select your desired CUSTOM program (1, 2, 3, 4, or 5). Set your age, time, and weight and begin your workout.

During initial setup, the program will function as a Manual program. Change your resistance levels as you want. At the end of the workout the console will ask if you would like to save your workout. Press and Hold ENTER to save the workout you just completed.

The next time you select that Custom program, the workout profile will show a representation of the changes in resistance levels on the brickyard. When you enter a Custom workout, any changes you make during the program can be saved at the end of the workout.

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ENGINEERING MODE

Engineering mode consists of 17 optional settings. Use the engineering mode to enable certain features or displays on your console.

ENTERING AND USING ENGINEERING MODE

- Press and hold the UP and DOWN Resistance buttons for approximately 3 seconds.
- The console will beep three times.

OPTIONAL SETTINGS

SETTING	DESCRIPTION
MAX TIME	SET A MAXIMUM WORKOUT TIME
USER TIME	SET A DEFAULT TIME FOR ALL PROGRAMS
DF AGE	SET A DEFAULT AGE FOR ALL PROGRAMS
DF WEIGHT	SET A DEFAULT WEIGHT FOR ALL PROGRAMS
DF LEVEL	SET A DEFAULT LEVEL FOR ALL PROGRAMS
DF GENDER	SET A DEFAULT GENDER FOR ALL PROGRAMS
UNIT	SET THE DISTANCE VALUE TO MILES OR KILOMETERS
MACHINE	SET THE CONSOLE TO BIKE OR ELLIPTICAL MODE
AC TIME	DISPLAY ACCUMULATED HOURS OF USE
AC DIST	DISPLAY ACCUMULATED MILES OR KM OF USE
DISPLAY TEST	USED BY SERVICE TECHNICIANS TO TEST LED DISPLAYS
MACHINE TEST	USED BY SERVICE TECHNICIANS TO TEST MECHANICAL AND CSAFE FUNCTIONS
KEYPAD TEST	TEST TO ENSURE ALL BUTTONS ARE FUNCTIONING PROPERLY
VERSION	DISPLAY CURRENT SOFTWARE VERSION
LANGUAGE	CHANGE THE DEFAULT LANGUAGE IF AVAILABLE
INCLINE CAL	CALIBRATE THE INCLINE OF THE UNIT
INCLINE HOMING	ENABLE OR DISABLE AUTOMATIC RESET OF INCLINE AFTER WORKOUT

- Use the Up and Down buttons to change the setting.
- Press and Hold Enter for 3 seconds to save the change.
- To back out of sub menu or exit to main menu, Press and Hold Start for 3 seconds.

SERVICE AND TROUBLESHOOTING

PREVENTATIVE MAINTENANCE TIPS

- Locate Suspension Elliptical™ Trainer in a cool, dry place.
- Make sure all bolts and fasteners are kept tight.
- Keep the display console free from fingerprints and salt build-up caused by sweat.
- Use a cotton cloth with water and a mild cleaning product to clean the Suspension Elliptical™ Trainer. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia or acid-based cleaners.
- Clean the exterior of the machine thoroughly on a regular basis.

PREVENTATIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

ITEM	DAILY	MONTHLY	BI-ANNUALLY	ANNUALLY
DISPLAY CONSOLE		CLEAN		
ALL BOLTS AND HARDWARE				
FRAME		CLEAN		INSPECT
HANDLEBARS		CLEAN		
PLASTIC COVERS		CLEAN		
FOOTPLATES		CLEAN		
POWER CORD				INSPECT

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TROUBLESHOOTING

Our Suspension Elliptical™ Trainers are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may reveal the cause.

PROBLEM: The console does not light up.
SOLUTION: Check to make sure the power switch located on the backside of the console is turned on.
SOLUTION: Make sure the power cord is plugged into the base of the Suspension Elliptical™ Trainer, and the power switch located near the plug is on.
Make sure the wire harness is plugged into the back of the console.

PROBLEM: You feel a thump or hitch in the stride motion.
SOLUTION: Check assembly and tightness of all hardware.
SOLUTION: Check the bolts and the bracket under the footplate.

NOTE: If the above steps fail to remedy the problem, discontinue use, turn the power off and contact your retailer.

PROBLEM: No pulse reading appears.
SOLUTION: There may be a poor connection between the contact pads and skin. Remoisten the contact pads.
SOLUTION: Transmitter is not properly positioned; reposition the chest strap.
SOLUTION: Verify that the distance between the 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.

It is possible that heart rate monitors will 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, remote controls, CD players, fluorescent lights, etc., may cause problems for heart rate monitors.

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LIMITED HOME USE WARRANTY

NOTE: Warranty subject to change. For latest warranty information, please visit www.visionfitness.com.

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.

CAMBRIDGE MOTOR WORKS™ GENERATOR SYSTEM - LIFETIME
VISION FITNESS warrants the Cambridge Motor Works ™ Generator System against defects in workmanship and materials for the life of the product, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS - SEVEN YEARS VISION FITNESS warrants the Electronic components and all original Parts against defects in workmanship and materials for a period of seven years from the date of purchase, so 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, so long as the device remains in the possession of the original owner.

S70 Limited Home Use Warranty valid in North America only

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 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, Cambridge Motor Works™, Generator, 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.

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COMMERCIAL WARRANTY

NOTE: Warranty subject to change. For latest warranty information, please visit www.visionfitness.com.

COMMERCIAL USES DEFINED VISION FITNESS warrants the S70 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 six hours per day.

FRAME - LIFETIME VISION FITNESS 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.

CAMBRIDGE MOTOR WORKS™ GENERATOR SYSTEM, ELECTRONICS & PARTS - FIVE YEARS VISION FITNESS warrants the Generator System, Electronics & Parts against defects in workmanship and materials for a period of five years from date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - TWO YEARS For a period of two years from the 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, so long as the device remains in the 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 – including but not limited to pedals, hand grips, entertainment ports, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness 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 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.

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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 in the wellness tools section of our website at **www.visionfitness.com**.

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.

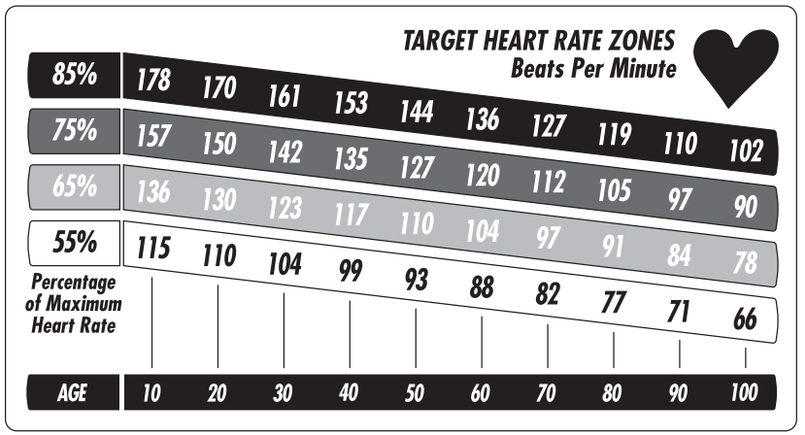
EXERCISE INTENSITY

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 monitoring your exercise heart rate to measure exercise intensity.

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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.



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.

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.

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MOVE WITH CONFIDENCE

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