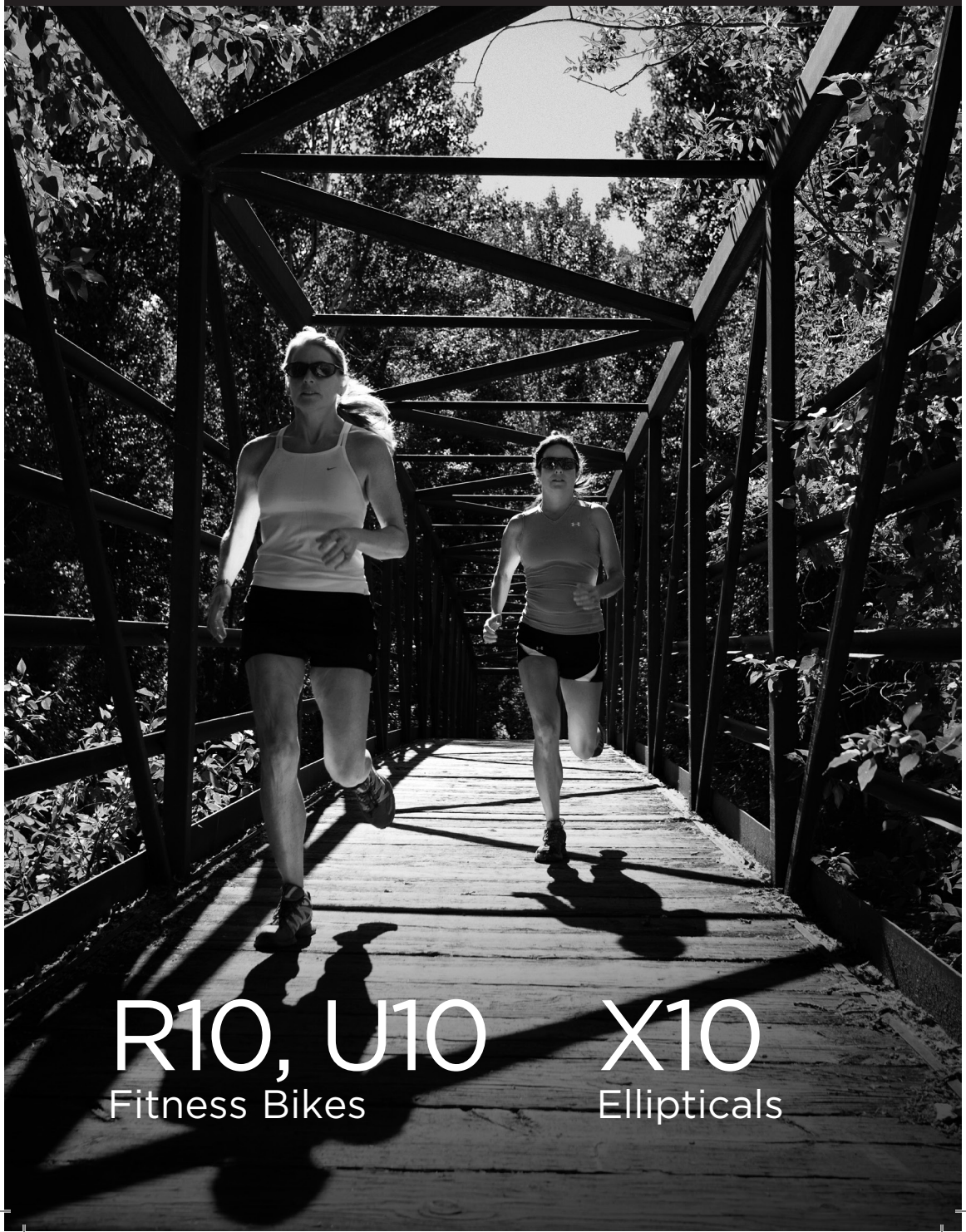
VISION FITNESS

OWNER'S GUIDE



R10, U10 Fitness Bikes

X10 Ellipticals

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IMPORTANT SAFETY INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:
Read all instructions before using this treadmill:

WARNING: TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC 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 product side covers. Service should be performed only by an authorized Vision Fitness retailer.
- Never operate this product 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 product.
- 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 product before moving it.

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

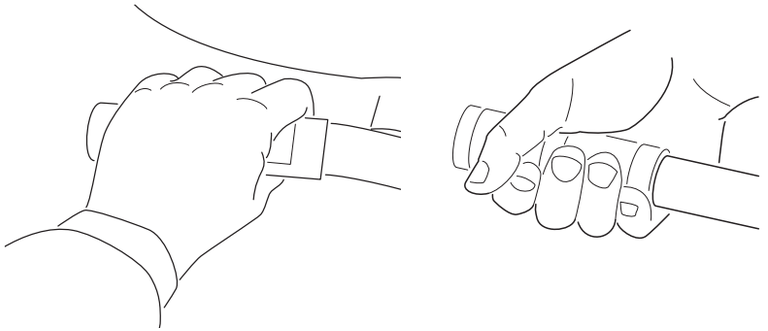
CAUTION! If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear loose clothing that might catch on any part of the product.
- Read this Owner's Guide before operating this product.

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

SAVE THESE INSTRUCTIONS

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 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.



WARNING
Heart rate monitoring systems may be inaccurate. Over exercise may result in serous injury or death. If you feel faint stop exercising immediately.

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R10



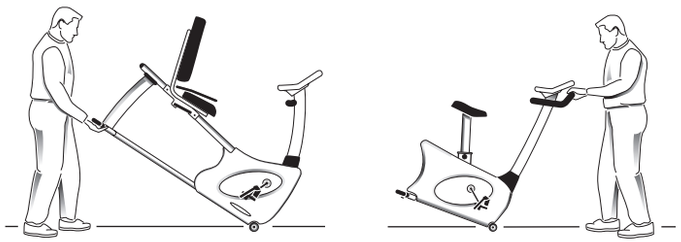
U10

ASSEMBLY

It is recommended, when possible, that an authorized Vision Fitness retailer assemble your Bike. 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 Bike, contact your retailer.

MOVING

Your Vision Fitness Bike has transport wheels included for ease of mobility. To move your semi-recumbent Bike, firmly grasp the rear of the seat rail or 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 150 pounds! Use care and additional help if necessary.

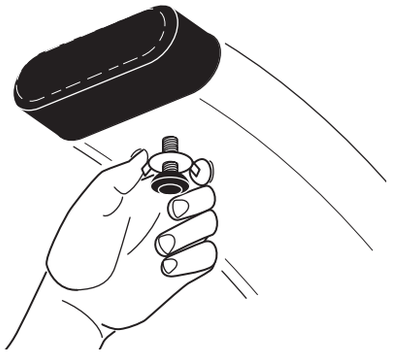
PLACEMENT IN YOUR HOME

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

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STABILIZING THE BIKE

After positioning your Bike in its intended location, check its stability by attempting to rock it side to side. Rocking or wobbling indicates that the Bike needs to be leveled. Determine which leveler is not resting completely on the floor. Loosen the wing nut at the base of the leveler to allow the leveler to rotate. Now rotate the leveler to the left or right until your Bike is stable. Lock the adjustment by tightening the wing nut against the rear foot support.



SEAT POSITIONING

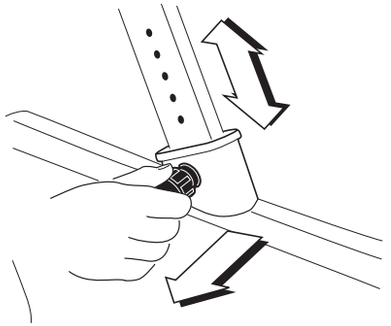
To determine proper seat position, sit on the seat and position the ball of your foot on the center of the pedal. Your knee should bend slightly at the furthest pedal position. You should be able to pedal without locking your knees or shifting your weight from side to side.





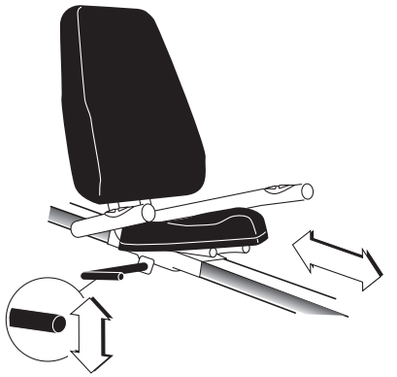
U10 UPRIGHT SEAT ADJUSTMENT

The Upright Bikes feature a locking seat adjustment pin to easily and safely adjust the seat height. To adjust, loosen the adjustment knob by turning it two half turns counter-clockwise. Pull out the knob to unlock the post, and adjust the post up or down to the desired setting. Release the knob to lock in place. Turn the knob clockwise until tightened. Please check to be sure seat post is locked in place before each use.



R10 SEMI-RECUMBENT SEAT ADJUSTMENT

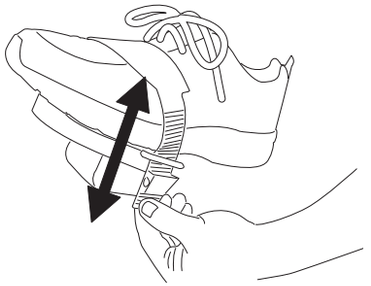
While seated on the Bike, lift the seat lever on the right side of the seat to make adjustments. Slide the seat forward or backward to desired location. Push the seat lever down to lock in place.



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PEDAL STRAP ADJUSTMENT

The straps are designed to fit your individual foot size and should be adjusted tight enough to keep your feet from slipping. The pedals include spring-loaded clips for easy adjustment. To tighten the strap, pull down the open end of the strap. To loosen the strap, push down on the top of the clip and pull the strap up. Release the clip to lock in place.



POWER SUPPLY

Your Bike uses a wall mount external power supply. Use only the power supply provided with your Bike. If you misplace this power supply, please contact your authorized Vision Fitness retailer for an original replacement. Use of the wrong power supply may cause damage to your Bike.

SERVICE AND TROUBLESHOOTING

PREVENTATIVE MAINTENANCE TIPS

- Locate Bike in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Make sure pedals are kept tight to crank arms.
- 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 bike. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia or acid-based cleaners.
- Clean the housing thoroughly on a regular basis.

PREVENTATIVE MAINTENANCE SCHEDULE

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

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
DISPLAY CONSOLE	CLEAN	INSPECT		
CONSOLE MOUNTING BOLTS			INSPECT	
FRAME	CLEAN			INSPECT
SEAT FRAME	CLEAN	INSPECT		
HANDLEBARS	CLEAN	INSPECT		
PLASTIC COVERS	CLEAN	INSPECT		
PEDALS AND STRAPS	CLEAN	INSPECT		
POWER CORD				INSPECT

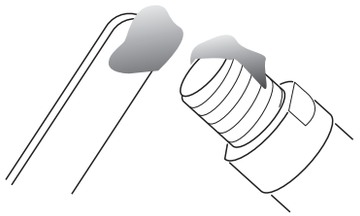
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TROUBLESHOOTING

Our Bikes 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 adapter is plugged into the base of the Bike.
SOLUTION: Make sure the wire harness is plugged into the back of the console.

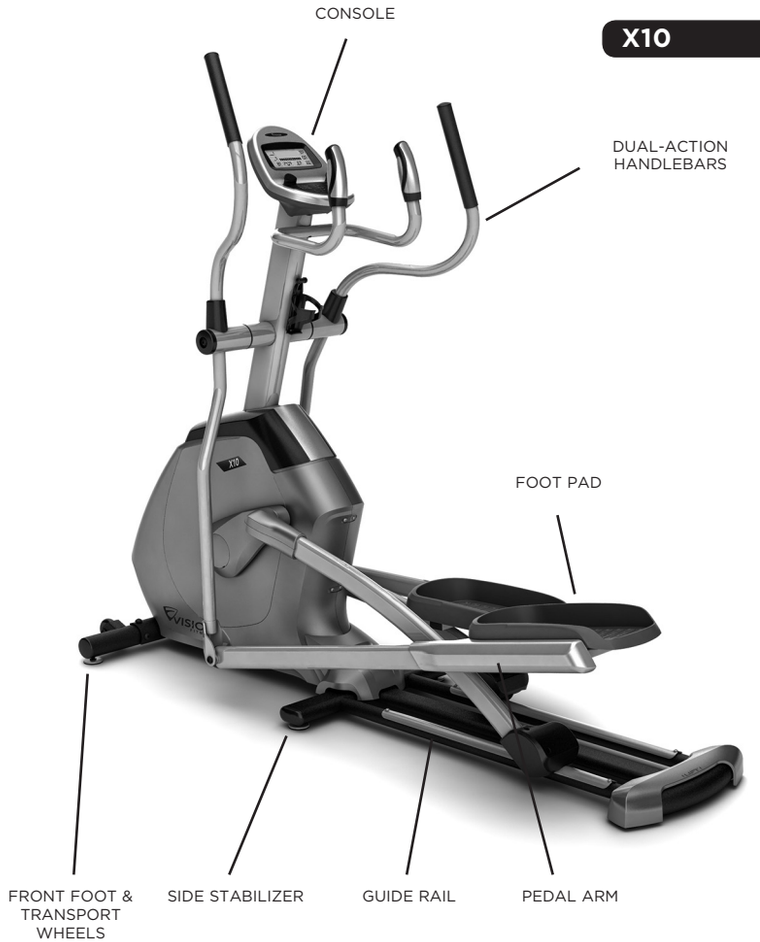
PROBLEM: The Bike is making a clicking noise.
SOLUTION: Using the pedal wrench supplied with your Bike, remove both the left and right pedals, apply grease to the threaded portion and reassemble the pedals onto the Bike. Make sure the pedals are tight.



SOLUTION: Make sure the pedal straps or your shoe laces are not hitting the side cover.
SOLUTION: Assure seat adjustment is tight (See page 8)

PROBLEM: The Bike makes a squeaking or creaking noise.
SOLUTION: Check and tighten all hardware.

X10



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ASSEMBLY

It is recommended, when possible, that an authorized Vision Fitness retailer assemble your 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 Elliptical Trainer, contact your retailer.

MOVING

Your Vision Fitness Elliptical Trainer has transport wheels included for ease of mobility. To move, firmly grasp the guide rails at rear of the machine. Slowly lift the machine and roll on the front transport wheels.

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

STABILIZING THE ELLIPTICAL TRAINER



After positioning the Elliptical Trainer in its intended location, check its stability by attempting to rock it side to side. Excessive rocking or wobbling indicates that your Elliptical Trainer needs to be leveled. Your Elliptical Trainer has levelers located under the guide rails and under the side stabilizers. Determine which leveler is not resting completely on the floor. Loosen the wing nut to the base of the leveler to allow the leveler to rotate. Now rotate the leveler to the left or right until the Elliptical Trainer is stable. Lock the adjustment by tightening the wing nut against the stabilizer or guide rail.

POWER SUPPLY

Your Elliptical Trainer uses a wall mount external power supply. Use only the power supply provided with your Elliptical Trainer. If you misplace this power supply, please contact your authorized Vision Fitness retailer for an original replacement. Use of the wrong power supply may cause damage to your Elliptical Trainer.

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SERVICE AND TROUBLESHOOTING

PREVENTATIVE MAINTENANCE TIPS

- Locate 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 Elliptical Trainer. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia or acid-based cleaners.
- Clean the housing thoroughly on a regular basis.

PREVENTATIVE MAINTENANCE SCHEDULE

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

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
DISPLAY CONSOLE	CLEAN	INSPECT		
ALL BOLTS AND HARDWARE			INSPECT	
FRAME	CLEAN			INSPECT
HANDLEBARS	CLEAN	INSPECT		
GUIDE RAILS	CLEAN			
ROLLER WHEELS			INSPECT	
PLASTIC COVERS	CLEAN			
FOOTPLATES	CLEAN			
POWER CORD				INSPECT

TROUBLESHOOTING

Our 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 adapter is plugged into the base of the Elliptical Trainer.
SOLUTION: Make sure the wire harness is plugged into the back of the console.

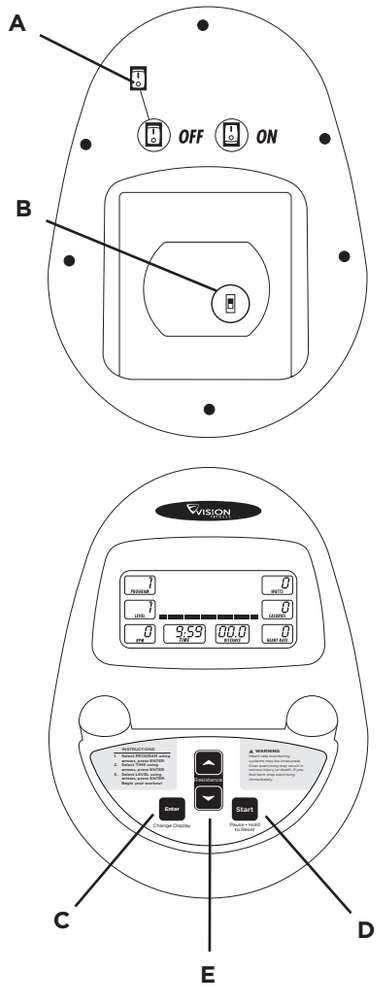
PROBLEM: You feel a thump or hitch in the stride motion.
SOLUTION: Check assembly and tightness of all hardware.
SOLUTION: Wipe off the roller wheels and tracks. They could have taken on debris that is causing the thump.
SOLUTION: Check the bolts and the bracket under the footplate. At times, these can be over-tightened which cause friction to the pivoting footplate and may lead to a thump or hitch.

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

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CONSOLE DISPLAY OVERVIEW

The computerized display allows you to select a workout that helps you achieve your fitness goals. It also allows you to monitor the progress and feedback of each workout, so you can track improvements in fitness over time.



CONSOLE HARDWARE DESCRIPTIONS

A. POWER SWITCH
Turn off power to your console if it will not be used for an extended period of time.

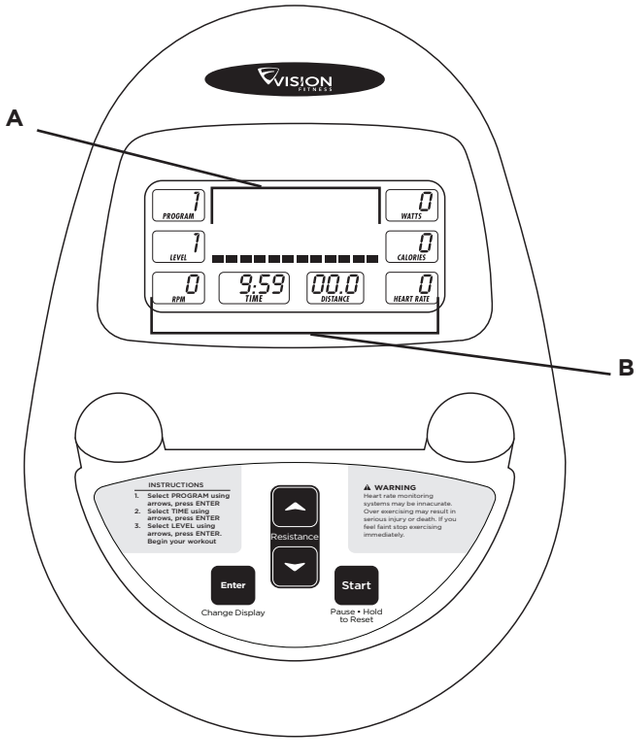
B. MILES/KILOMETER SWITCH
Changes your exercise feedback to the English or Metric system.

C. ENTER KEY
Use this key in setup mode to select your program, exercise time, and resistance level.

D. START/PAUSE/HOLD TO RESET KEY
Press the START key to begin exercising in manual mode at the set default time. When exercising, press the START key to pause your workout. To reset press and hold the START key for three seconds.

E. UP OR DOWN ARROWS
Use these keys to change program number, exercise time, and resistance level in setup. During the workout use these keys to increase or decrease resistance.

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CONSOLE DISPLAY DESCRIPTIONS

A. PROFILE DISPLAY

This window provides an 8x12 block profile of your program profile. Each horizontal row of blocks represents your segment time, which is total workout time divided by twelve. Each vertical column of blocks represents the resistance level, which is one block for every two levels.

B. FEEDBACK DISPLAY

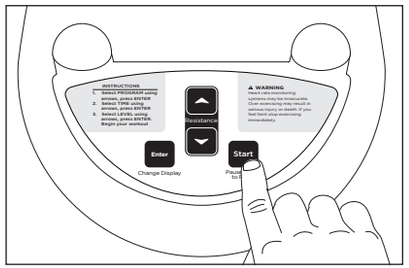
During your workout these windows display exercise feedback about your workout including:

- PROGRAM: A number that represents one of seven program profiles that the console may be set to
- LEVEL: the current resistance level of your workout
- RPM: Revolutions Per Minute (RPM)
- TIME: the time elapsed or time remaining in your workout
- DISTANCE: the total distance traveled in miles or kilometers since the start of the workout
- HEART RATE: displays your heart rate in beats per minute when using the hand pulse grips
- CALORIES: an estimate of calories burned since the start of the workout
- WATTS: a measurement of workload. It is determined by resistance level and stride rate

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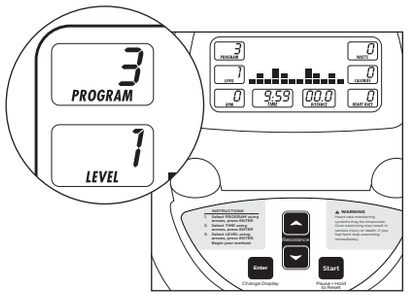
QUICK START

The quickest and easiest way to begin exercising is to simply press START. You will begin exercising in manual mode for a default time at the default resistance level. You can change the resistance manually with the arrow keys.



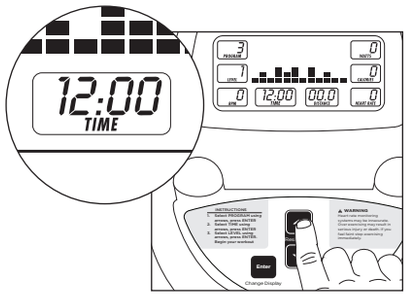
CHOOSING A PROGRAM

The default program number will be flashing in the PROGRAM window. Press the UP or DOWN keys to scroll through the seven program profile options. Press the ENTER key to select a program.



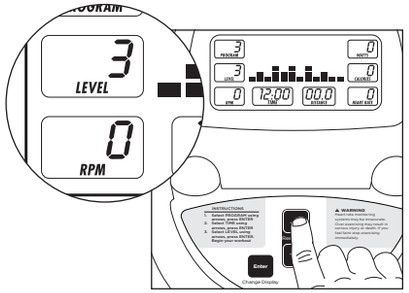
CHOOSING EXERCISE TIME

The default exercise time will be flashing in the TIME window. Use the UP or DOWN keys to set your desired workout time. Press ENTER to select.



CHOOSING RESISTANCE LEVEL

The default resistance level will be flashing in the LEVEL window. Use the UP or DOWN keys to set your desired workout resistance level. Press ENTER to select.



PROGRAMS



PROGRAM 1 (MANUAL)



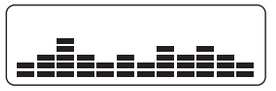
PROGRAM 2 (INTERVAL)



PROGRAM 3 (INCLINE)



PROGRAM 4 (FAT BURN)



PROGRAM 5 (ROLLING HILLS)



PROGRAM 6 (MUSCLE TONER)



PROGRAM 7 (MOUNTAIN)

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ENGINEERING MODE

Engineering mode consists of six optional settings. Use the engineering mode to access information and enable certain features or displays on your console.

ENTERING AND USING ENGINEERING MODE

- Press and hold the UP and DOWN keys for approximately three seconds.
- The console will beep and display engineering modes and optional settings. Use the UP or DOWN keys to scroll through the options. Press the ENTER key to select the appropriate mode or setting.

OPTIONAL SETTINGS

SETTING	DESCRIPTION
ENG1 – LCD TEST	TEST USED BY SERVICE TECHNICIANS TO TEST LCD DISPLAYS
ENG2 – HARDWARE TEST	TEST USED BY SERVICE TECHNICIANS TO TEST EDDIE CURRENT BRAKE SYSTEM
ENG2 – ACCUMULATED TIME/	MEASURES TOTAL TIME USED IN HOURS AND MEASURES TOTAL DISTANCE USED IN MILES
ACCUMULATED DISTANCE	USED BY SERVICE TECHNICIANS TO CHECK IF THE CONSOLE IS SET TO BIKE MODE OR
ENG3 – MACHINE AND	ELLIPTICAL MODE, SHOWS YOU IF THE EXERCISE FEEDBACK IS SET TO THE ENGLISH
UNITS MODE	(MILES) OR METRIC (KILOMETERS) SYSTEM AND DISPLAYS THE SOFTWARE VERSION
ENG4 – DEFAULT TIME SET	ALLOWS YOU TO SET THE TIME THAT THE COMPUTER WILL DEFAULT TO FOR ALL PROGRAMS
ENG5 – DEFAULT LEVEL SET	ALLOWS YOU TO CONFIGURE YOUR CONSOLE TO THE PROPER PRODUCT (BIKE OR
ENG6 – PRODUCT SELECTION	ELLIPTICAL) AND MODEL NUMBER IF IT WAS NOT DONE CORRECTLY IN THE INITIAL SET UP

- Use the UP and DOWN keys within each setting to change the setting.
- Press the ENTER key until you hear 3 beeps to save settings.
- To EXIT engineering mode, press and hold the START key for three seconds.

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X10 , U10, R10 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 only. 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, as long as it remains in the possession of the original owner.

ELECTRONICS & PARTS - THREE YEARS Vision Fitness warrants the Electronic components and all original Parts 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.

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.

*Limited Home-Use Warranty valid only in North America.

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.

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VISION FITNESS

R10, U10, X10

go with confidence™

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REV 1.3