

2009



Elliptical Trainers

# Elliptical Trainers

For the Home

- smooth
- quiet
- compact



Vision Fitness began as a division of the Trek® Bicycle Company, where we pioneered the development of the smoothest, quietest, and most comfortable fitness bikes available. In 1996, Vision Fitness was spun off by the Trek® Fitness management team to continue to bring to market innovative fitness products. We offer you the same combination of quality, value, and performance that has made our founding company the most requested bicycle brand in America.

Over the last 10-plus years, we have grown from offering three fitness bikes to a full lineup of award-winning treadmills, elliptical trainers, fitness bikes, and strength equipment. Today, we are one of the top fitness equipment companies in the world. We attribute our success to our dedication to high quality standards, the development of innovative products that motivate people to achieve their goals, and unsurpassed customer service.



VISION FITNESS headquarters  
located in Lake Mills, WI



To learn more about Vision Fitness and our complete line of quality fitness products, please visit our website:  
[www.visionfitness.com](http://www.visionfitness.com).

## Awards & Media

Vision Fitness prides itself in creating high-quality fitness products at an exceptional value that best help you achieve your fitness goals. Vision Fitness® products have earned numerous "Best Buy" awards since 1995. Below is a list of these award-winning products:

|   |                                    |
|---|------------------------------------|
| <b>T9200</b> - Platform Treadmill               | February 2008                      |
| <b>T9200</b> - Platform Treadmill               | February 2007                      |
| <b>R2250HRT</b> - Semi-Recumbent Fitness Bike   | Health Magazine - Jan./Feb. 2007   |
| <b>R2250HRT</b> - Semi-Recumbent Fitness Bike   | Consumers Digest - February 2007   |
| <b>E3200HRT</b> - Upright Fitness Bike          | Consumers Digest - February 2007   |
| <b>T9500</b> - Platform Treadmill               | February 2006                      |
| <b>T9200</b> - Platform Treadmill               | February 2006                      |
| <b>E3200HRT</b> - Upright Fitness Bike          | BBC Focus U.K. - January 2006      |
| <b>E3100</b> - Upright Fitness Bike             | Men's Fitness U.K. - March 2005    |
| <b>X6100</b> - Elliptical Trainer               | Health Magazine - Jan./Feb. 2005   |
| <b>T9200</b> - Platform Treadmill               | January 2005                       |
| <b>X6200HRT</b> - Elliptical Trainer            | Which? Magazine U.K. - August 2004 |
| <b>E3000</b> - Upright Fitness Bike             | Consumers Digest - February 2004   |
| <b>T9200</b> - Platform Treadmill               | January 2004                       |
| <b>T9200</b> - Platform Treadmill               | May 2003                           |
| <b>R2000</b> - Semi-Recumbent Fitness Bike      | Consumers Guide                    |
| <b>X6200</b> - Folding Elliptical Trainer       | Consumers Digest - Jan./Feb. 2001  |
| <b>R2200</b> - Semi-Recumbent Fitness Bike      | Consumers Digest - Jan./Feb. 2001  |
| <b>X6200</b> - Folding Elliptical Trainer       | Consumers Digest - Sept./Oct. 1998 |
| <b>R2200</b> - Semi-Recumbent Fitness Bike      | Consumers Digest - Sept./Oct. 1998 |
| <b>E4100</b> - Dual-Action Upright Fitness Bike | Consumers Digest - Sept./Oct. 1998 |
| <b>E3200</b> - Upright Fitness Bike             | Consumers Digest - Sept./Oct. 1998 |
| <b>E4100</b> - Dual-Action Upright Fitness Bike | Consumers Digest - Nov./Dec. 1997  |
| <b>R2200</b> - Semi-Recumbent Fitness Bike      | Consumers Digest - Nov./Dec. 1996  |
| <b>R2200</b> - Semi-Recumbent Fitness Bike      | Consumers Digest - Sept./Oct. 1995 |



Try an award-winning Vision Fitness® elliptical trainer at your local specialty fitness retailer. We are confident you will agree with the thousands of satisfied users and find our ellipticals are the smoothest and quietest you have ever used.



### All You April 2005 X6100

"SPACE SAVER

The Vision Fitness X6100 has seven feedback windows—so you don't have to switch between displays—five programs, heart-rate sensors and 16 resistance levels. Fold up the arms when you're done to save space."

### LA Times December 2005 X6200

"[The Vision X6200 is a] full-featured model that folds up. Fits in a closet when not in use; foot pedals and rails lift to vertical position in seconds, reducing 7-foot length by half. Large dot-matrix screen. SPRINT 8® interval program delivers a fun, challenging workout in 20 minutes..."



### Health magazine January 2005 "Best of Fitness Award Winner" X6100

"This elliptical trainer is made of heavy-gauge steel and folds to less than 4 feet long, making it a nice fit for nearly any room. The simple-to-decipher console offers five program options, in addition to displaying workout time, distance, calories burned, and three other types of workout feedback. The X6100 also has hand grips that detect your heart rate on contact and a reading rack in case you need a distraction."



## *Smooth*

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The goal at Vision Fitness was to develop the most comfortable elliptical motion possible. To accomplish this, we offer long pedal arms and pivoting footplates for a natural and fluid stride. Our dual-action arms are designed to keep you in a proper upright position and provide smooth upper-body movements. The variable-durometer (softness) footpads found on the **X6200** model ensure an extra-comfortable workout. All of these features, combined with our elongated 19.75-inch stride length, make our elliptical trainers more comfortable than competitively-priced elliptical trainers.

Vision Fitness pioneered the friction-free magnetic resistance system with no wearing parts for maximum performance and durability. Combine this system with our optimally-weighted flywheel, and you get the smoothest resistance mechanism available. When the resistance level is changed on the console (even in the middle of a workout), the transitions are smooth, gradual, and fluid. Vision Fitness is so confident in this system that we offer a Lifetime warranty for home use on the magnetic brake on all of our models.

## Quiet

Many people read a magazine or watch television while working out on a piece of home fitness equipment. Additionally, they may work out in the early morning or late evening and do not want to disturb others. Vision Fitness is aware of this and, therefore, developed our Quiet-Glide™ drive technology, which utilizes a multi-ribbed supersilent Poly-V belt, to ensure an extra-quiet workout. The large 10-ribbed Poly-V belts on our elliptical trainers give our products an advantage. The larger surface area puts less tension on the belt, which results in a longer lifespan of not only the belt but the entire drive system. Computer modeling on this drive system shows the expected life to exceed 20,000 hours—that's over 50 years of life when used one hour a day!



**Verisys**



**Registrars**

ISO 9001:2000

International Organization for Standardization (ISO) certification is attained by implementing and demonstrating the consistent manufacturing procedures that are necessary to produce a top quality product. All Vision Fitness® elliptical trainers are produced in plants that are ISO-certified.

## *Compact*

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Oftentimes, the size of a person's home or workout space prevents them from purchasing a large piece of cardio equipment. Our patented folding system on the **X6200** allows us to use extra-long pedal arms for smooth motion, with the added benefit of being easily folded out of the way. The pedal arms and guide rails conveniently lock together in an upright position when you want to use the room for other activities.

For those of you interested in a smaller, more affordable piece of equipment, we've developed our compact **X1500** model. With this model, we've loaded lots of comfortable, quality features into a small 57"L x 26"W footprint, including a long 18-inch stride length.

When incorporating space-saving features into our elliptical trainers, we made sure to address ergonomics. Our home ellipticals have small three-inch Q-Factors (the distance between your feet), which promotes a natural stance and helps reduce joint fatigue during longer exercise sessions. The position of our dual-action arms reduces the throw of most grip positions to prevent the forward lean that some smaller users may experience. This also keeps the wrists in a more neutral position throughout the entire range of motion.



The **X6200** can be folded to save space

The **X1500** Elliptical Trainer has a compact 57" x 26" footprint

# Customize Your Elliptical Trainer

Vision Fitness configured our home elliptical trainer frames so that they can be matched with any of our three console options. Simply choose the console that meets your needs, and add it to the frame that offers what you want. The result is the perfect elliptical trainer for you!

## 1 Choose your CONSOLE

### SIMPLE

- LCD Screen
- 7 Programs
- Easy Operation
- 16 Levels of Resistance
- Contact Heart Rate



### DELUXE

- Blue Backlit LCD Screen
- 7 Programs
- Scrolling Message Bar
- 20 Levels of Resistance
- Contact Heart Rate



### PREMIER

- Blue Backlit LCD Screen w/Upper Display
- 18 Programs
- Program Quick Keys
- Scrolling Message Bar
- 20 Levels of Resistance
- Telemetric & Contact Heart Rate



## 2 Select your FRAME

### X1500

- ECB Magnetic Brake
- 21-lb. Balanced Flywheel
- Roomy Footpads
- Compact Design w/18-inch Stride
- 2-year Parts/Electronics Warranty



### X6000

- ECB Magnetic Brake
- 21-lb. Balanced Flywheel
- Oversized Footpads
- Long 19.75-inch Stride
- 3-year Parts/Electronics Warranty



### X6200

- ECB-Plus™ Magnetic Brake
- 24-lb. Balanced Flywheel
- Variable-durometer Footpads
- Patented Folding Feature
- Long 19.75-inch Stride
- Home & Corporate Warranties



## 3 The PERFECT ELLIPTICAL TRAINER for you!



# Console Options

Key features found on all Vision Fitness® home elliptical trainer consoles:

- Quick Start Button—Simply press and go.
- Resistance Level, RPM, Time, Distance, Heart Rate, Calories, and Watts Readouts
- Integrated Reading Rack
- Program Profile Display—Illustrates resistance level and how much of the workout is complete.
- Easy-to-read LCD Display
- Preset Programs



**SIMPLE**

Our **Simple** console comes with seven preset programs and provides several important pieces of exercise feedback, including heart rate from the contact heart rate grips. If all you need is standard feedback, this is the console for you.



**DELUXE**

Our **Deluxe** console is for the user who wants more specialized programming but doesn't need all of the bells and whistles. This console features a blue backlit LCD display that provides more exercise feedback, such as Speed, METS, and % Max Heart Rate, and has a scrolling message bar that provides instructions and feedback during each program and its setup. The **Deluxe** console also offers 20 levels of resistance. Lastly, its reading rack has an MP3 holder, so users can easily access their music while working out.



**PREMIER**

Our **Premier** console has all of the features of the **Deluxe** and more. It has 18 programs, including five custom user programs, three interactive heart rate programs, three goal programs, and, like the **Deluxe**, our exclusive SPRINT 8® anaerobic workout. It is equipped with a telemetric heart rate chest strap, which allows you to monitor your heart rate without having to hold the contact heart rate grips. Important exercise feedback is displayed in three easy-to-read, individual, upper feedback windows.

# Frame Options

Key features found on all Vision Fitness® home elliptical trainer frames:

- Front Transport Wheels—Allow easy movement.
- Roomy Footplates—Give plenty of space for a safe and comfortable workout.
- Handlebars with Contact Heart Rate Sensors
- Extra-wide Poly-V Belts—Create less friction, resulting in a longer drive system life span.
- Properly-weighted Flywheels—Provide smooth and consistent resistance.



**X1500**  
ELLIPTICAL TRAINER

The **X1500** is our entry-level elliptical trainer but is still loaded with great features. It uses an ECB magnetic resistance system with a 21-lb. flywheel and a supersilent Quiet-Glide™ drive to create a durable machine that offers smooth resistance changes. The pivoting footplates, three-inch pedal spacing, and 18-inch stride length provide a comfortable and ergonomic stride motion. This model also comes standard with contact heart rate and heavy gauge construction.



**X6000**  
ELLIPTICAL TRAINER

The **X6000** offers all of the benefits of the **X1500** but in a larger and even more stable frame design. The larger frame and longer pedal arms allow us to offer an elongated elliptical motion and longer 19.75-inch stride length. The larger 15" x 6.5" footplates provide users with a roomy, stable base.



**X6200**  
ELLIPTICAL TRAINER

The **X6200** is our top-of-the-line home elliptical model, featuring the same larger frame design as the **X6000** but includes our patented folding pedal arms for compact storage. It also features our ECB-Plus™ magnetic resistance system and a larger 24-lb. flywheel for the ultimate stride motion. The variable-durometer footpads and multi-position handgrips provide added comfort and versatility.



| feature              | Premier   | Deluxe   | Simple  |
|----------------------|---|--|---|
| console and programs | BLUE BACKLIT LCD W/ UPPER DISPLAY SPRINT 8®, Manual, Intervals, Fat Burn, Mountain, Random, Watts, 3 HRT® Programs, 3 Goal Programs, 5 Custom User Programs Integrated Reading Rack | BLUE BACKLIT LCD SPRINT 8®, Manual, Intervals, Fat Burn, Mountain, Random, Watts Integrated Reading Rack | HTN LCD Manual, Muscle Toner, Intervals, Fat Burn, Incline, Rolling Hills, Mountain Integrated Reading Rack |
| console feedback     | Watts, Speed, Distance, Time, Resistance, Heart Rate, Calories, METs, RPM, % Heart Rate   | Watts, Speed, Distance, Time, Resistance, Heart Rate, Calories, METs, RPM, % Heart Rate                  | Watts, Distance, Time, Heart Rate, Calories, RPM, Program, Level  |
| heart rate           | Contact & Telemetric  | Contact  | Contact   |
| program levels       | 20  | 20   | 16  |

| feature                      | X6200   | X6000  | X1500   |
|------------------------------|---|--|---|
| resistance system            | ECB-PLUS™ Motor-Operated Permanent Magnet   | ECB Motor-Operated Permanent Magnet  | ECB Motor-Operated Permanent Magnet   |
| drive train                  | QUIET-GLIDE™ Supersilent Poly-V Belt  | QUIET-GLIDE™ Supersilent Poly-V Belt   | QUIET-GLIDE™ Supersilent Poly-V Belt  |
| flywheel                     | 24 lbs. Balanced  | 21 lbs. Balanced   | 21 lbs. Balanced  |
| frame                        | Heavy Gauge Steel Welded  | Heavy Gauge Steel Welded   | Heavy Gauge Steel Welded  |
| pedals                       | Variable-Durometer Footpads   | Standard Footpads  | Standard Footpads   |
| stride length                | 19 3/4"   | 19 3/4"  | 18"   |
| power                        | Plug-In   | Plug-In  | Plug-In   |
| home warranty*               | Lifetime Frame<br>Lifetime Magnetic Brake<br>3 Years Electronics/Parts<br>1 Year Labor  | Lifetime Frame<br>Lifetime Magnetic Brake<br>3 Years Electronics/Parts<br>1 Year Labor | Lifetime Frame<br>Lifetime Magnetic Brake<br>2 Years Electronics/Parts<br>1 Year Labor      |
| limited corporate warranty*  | Up to 3 Hours Use per Day<br>1 Year Frame<br>1 Year Magnetic Brake<br>1 Year Electronics/Parts<br>1 Year Labor                              | None   | None  |
| dimensions                   | 79"L x 27"W x 69"H  | 79"L x 27"W x 69"H   | 57"L x 26"W x 67"H  |
| folded dimensions            | 42"L x 27"W x 69"H  | NA   | NA  |
| product weight               | 199 lbs.  | 199 lbs.   | 172 lbs.  |
| max. user weight             | 300 lbs.  | 300 lbs.   | 300 lbs.  |
| upgrades from previous model | UPGRADES FROM X6000<br>Folding Pedal Arms, ECB-Plus™ Magnetic Resistance, Heavier Flywheel, Variable-Durometer Footpads, Corporate Warranty | UPGRADES FROM X1500<br>Stride Length, Larger Frame Design, Warranty                    | UPGRADES FROM SPORTING GOODS MODEL<br>Proven Ergonomics, Heavy Gauge Construction, Warranty |

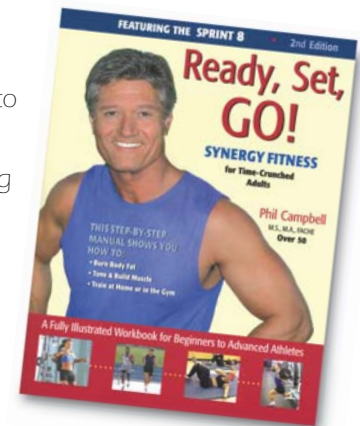
\* Refer to [www.visionfitness.com](http://www.visionfitness.com) for complete Warranty details.  
All product specifications are subject to change.



## The Perfect Fitness Solution ...

The SPRINT 8® program found on Vision Fitness® elliptical trainers was developed with Phil Campbell, MS, MA, and author of **Ready, Set, Go! Synergy Fitness**. Mr. Campbell is an expert in the field of anaerobic exercise, which has been cited by numerous medical publications as the cure for somatopause or the “middle-age spread.” The “middle-age spread” is the energy decline, weight-gain, loss of muscle, and wrinkled skin we experience after age 30.

Vision Fitness is the first fitness company to integrate anaerobic exercise programming (SPRINT 8) into our equipment that specifically promotes the natural release of human growth hormone. This hormone—the most powerful body-fat-cutting, muscle-toning, anti-aging substance known in science—is produced by the body during the SPRINT 8® workout.

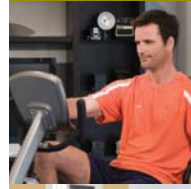


compact

quiet

smooth

*it all  
starts  
with a  
vision*



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