

2006

*it all  
starts  
with a  
vision*



HOME  
*Elliptical Trainers*

SMOOTH • QUIET • FOLDABLE

# THE *vision* *fitness* DIFFERENCE

Whether your vision is a slimmer body, a healthier heart, stress management, or if you simply enjoy exercise, Vision Fitness has the elliptical trainer to help you achieve your goals.

We 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.



We continue to win “Best Buy” awards for our fitness products year after year. Try one at your local specialty fitness retailer; we are confident you will agree with the reviewers and find that our elliptical trainers are the most comfortable, smoothest, and quietest you have ever used.

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).

**T**he mission was clear: develop the smoothest and quietest elliptical trainer that fits into any home. Elliptical trainers offer a great workout that is both weight-bearing and non-impact; however, the best designs use a long pedal arm to achieve the smooth motion. These large designs can take up most of a room but, if you shorten the pedal arms, you get a jerky, uneven motion. Our patented folding system allows us to use extra-long pedal arms for smooth motion, with the added benefit of being easily folded out of the way.

## Smooth

Our exclusive extra-long Bio-Radius™ pedal arms position your body over the center of the drive wheel for natural and fluid ergonomic positioning. Our extra-heavyweight flywheel keeps the action smooth, while the variable durometer (softness) footpads found on *X6200HRT* & *X6600HRT* models ensure an extra-comfortable workout.



## Quiet

Our Quiet-Glide™ drive technology utilizes a multi-ribbed supersilent Poly-V belt to assure an extra-quiet workout. The quieter the workout, the easier it is to read a book or watch TV, and you won't be disturbing others. 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.

## Foldable

Our patented *folding* design allows you to save space. Simply fold down the pedal arms when in use, and fold them up when you're done. The pedal arms and guide rails conveniently lock together in an upright position when you want to use the room for other activities.



# W

e didn't invent the elliptical trainer concept, but we did make the first club-quality trainer that will fit into any home. Though relatively new to the fitness market, elliptical trainers have already earned their floor space in health clubs. They offer a great workout that is both weight-bearing and non-impact.



The Vision Fitness® line of dual-action elliptical trainers—from our entry-level *XI400* to our fully-loaded *X6600HRT* Commercial elliptical trainer—helps you achieve your fitness goals.

Vision Fitness knows that 80% of people stop working out and do not reach their fitness goals due to boredom. Our elliptical trainers are designed to keep you going for that extra five to 10 minutes. Features, such as motivational programming and Bio-Radius™ pedal arms, keep you going just a little longer. It is amazing how quickly those extra minutes add up to achieving your goal.

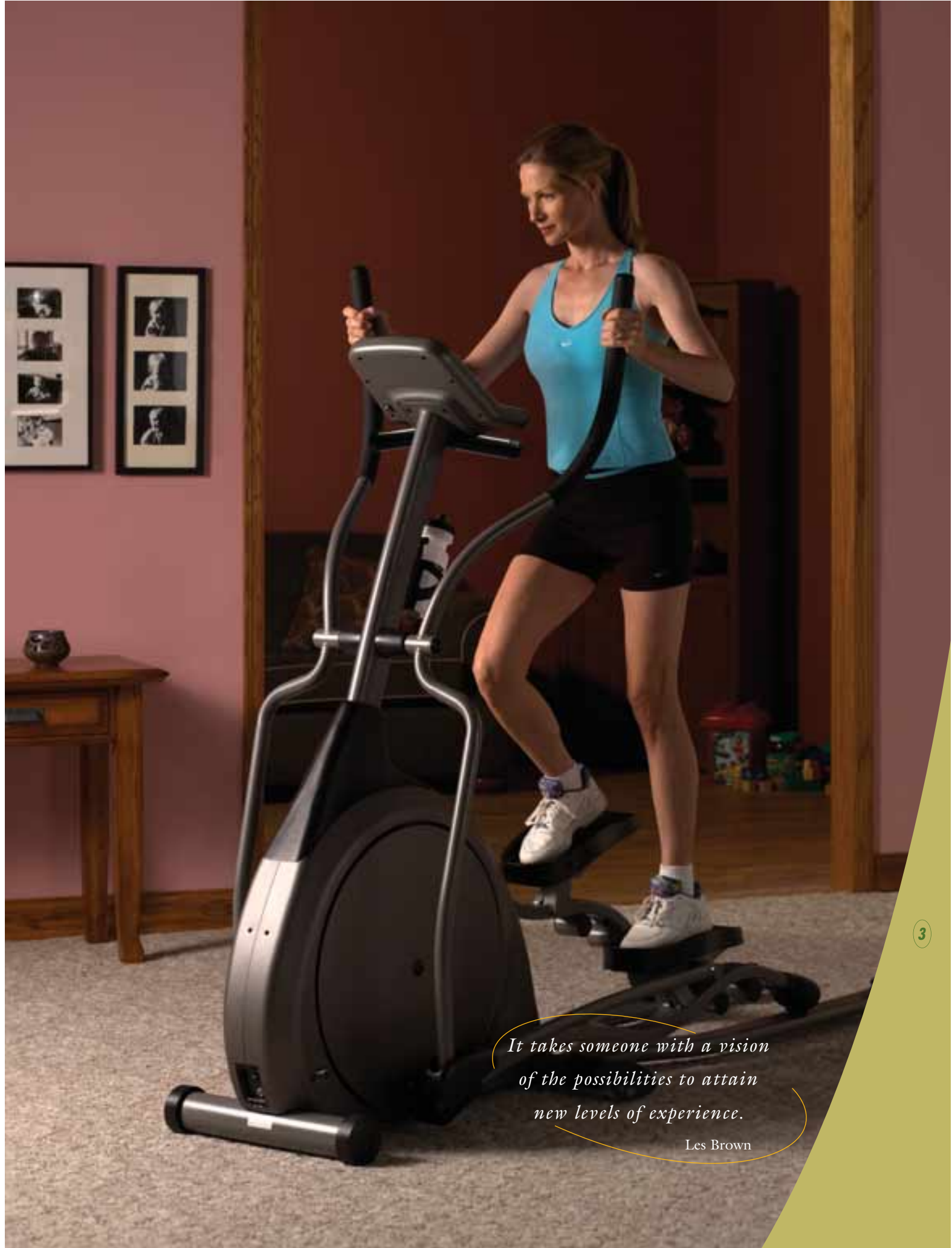
Our elliptical trainers have won numerous accolades from the media and our customers for providing the smoothest and quietest workout. If you must workout inside, you want to be sure your equipment is comfortable and quiet, so you can read a book (with the built-in reading rack) or watch TV without blasting the volume.

Our dual-action line offers the best of both worlds; it gives you the lower body workout while integrating upper body with our ergonomically designed handlebars. Our fully-padded handlebars offer multiple hand positions to custom fit each user. All of our elliptical trainers are backed by industry-leading warranties and are serviced by the best retailers in the industry.

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Our goal was to develop the most comfortable elliptical motion possible. We have accomplished that by combining several unique features, such as articulating (pivoting) footplates, long Bio-Radius™ pedal arms, and a 24-pound heavyweight flywheel. It is this combination, along with our long 19.75-inch stride length, that makes our elliptical trainers the smoothest and most comfortable available.





*It takes someone with a vision  
of the possibilities to attain  
new levels of experience.*

Les Brown



Large 8x16 Dot Matrix Profile Display graphically illustrates your workout and where you are in your workout.

LED Feedback Display shows eight types of feedback information.

HRT® Feedback Display shows actual Heart Rate, Percent of your Maximum Heart Rate, and your Target Heart Rate.

Innovative Programs, such as SPRINT 8, and the four Heart Rate Training (HRT®) programs keep you motivated and progressing toward your goals. Each program has its own button for easy setup and for easy program changes “on the fly.”

Integrated Reading Rack conveniently holds magazines for you to read as you exercise.

Up & Down Arrow Keys allow you to easily adjust the intensity level of your workout at any time.

Vision Fitness’s line of elliptical trainers boasts a modern console design. The example shown above is of the *X6200HRT* and depicts features that you will find on other elliptical trainers in our line-up.

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The Vision Fitness® *200HRT* and *600HRT* consoles feature four Heart Rate Training (HRT®) programs. These programs conveniently adjust resistance to keep you in your Target Heart Rate Zone for an efficient workout. Whether you prefer a moderate intensity workout such as HRT® Weight Loss, an intense workout such as HRT® Cardio or alternating intensity levels such as HRT® Interval or HRT® Hill, Vision Fitness has the HRT® program for you.

elliptical  
trainers

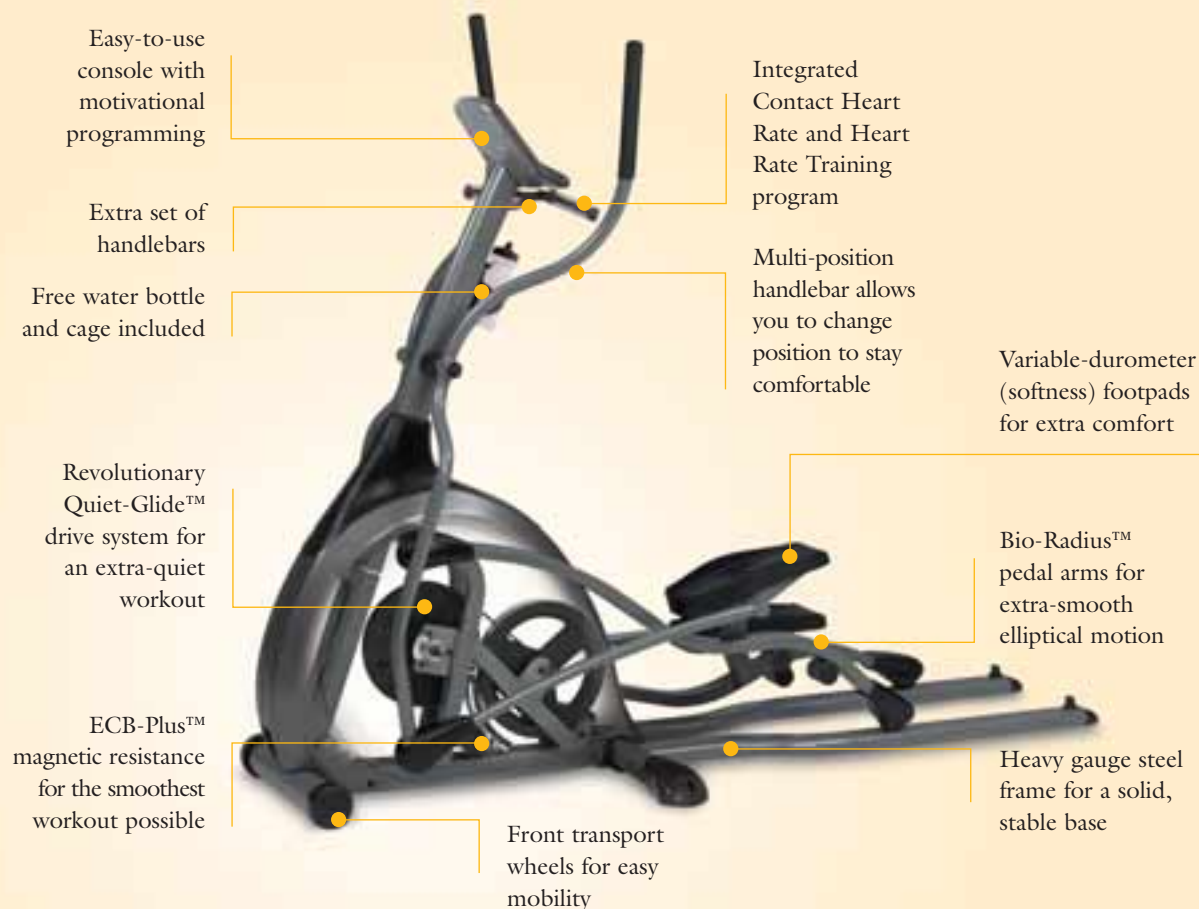


FEATURE

	<b>X6600HRT</b> PROGRAMMABLE	<b>X6200HRT</b> PROGRAMMABLE	<b>X6200</b> PROGRAMMABLE	<b>X6100</b> PROGRAMMABLE	<b>X1500</b> PROGRAMMABLE	<b>X1400</b> INDEXED
CONSOLE AND PROGRAMS	EASY-8™ LED CONTINUAL FEEDBACK Manual, Interval, Weight Loss, Constant Watts, Sprint 8, HRT Cardio, HRT Weight Loss, HRT Interval, HRT Hill, 5 Custom Programs Integrated Reading Rack	QUICK-SET™ LED Manual, Interval, Weight Loss, Constant Watts, Sprint 8, HRT Cardio, HRT Weight Loss, HRT Interval, HRT Hill, 4 Custom Programs Integrated Reading Rack	QUICK-SET™ LED Manual, Interval, Weight Loss, Constant Watts, Sprint 8, Random, Mountain, Rolling, Race Integrated Reading Rack	BLUE BACKLIT LCD Manual, Intervals, Weight Loss, Mountain, Constant Watts Integrated Reading Rack	BLUE BACKLIT LCD Manual, Intervals, Weight Loss, Mountain, Constant Watts Integrated Reading Rack	6-FUNCTION LCD Manual Programming Integrated Reading Rack
CONSOLE FEEDBACK	Speed, Distance, Calories, RPM, Level, Watts, Time, METS, Heart Rate, % Heart Rate, Target Heart Rate, Profile Display	Speed, Distance, Calories, RPM, Level, Watts, Time, METS, Heart Rate, % Heart Rate, Target Heart Rate, Profile Display	Speed, Distance, Calories, RPM, Level, Watts, Time, METS, Heart Rate, % Heart Rate, Profile Display	Heart Rate, Watts, Time, Speed, Distance, RPM, Calories, Program, Level, Profile Display	Heart Rate, Watts, Time, Speed, Distance, RPM, Calories, Program, Level, Profile Display	Heart Rate, RPM, Speed, Calories, Distance, Time
HEART RATE	Contact & Telemetric	Contact & Telemetric	Contact	Contact	Contact	Contact
TENSION CONTROL	Programmable, 20 Levels	Programmable, 16 Levels	Programmable, 16 Levels	Programmable, 16 Levels	Programmable, 16 Levels	Indexed Knob, 16 Levels
RESISTANCE SYSTEM	Cambridge Motor Works™ Generator	ECB-PLUS™ Motor-Operated Permanent Magnet	ECB-PLUS™ Motor-Operated Permanent Magnet	ECB-PLUS™ Motor-Operated Permanent Magnet	ECB-PLUS™ Motor-Operated Permanent Magnet	ECB Cable-Operated Permanent Magnet
DRIVE TRAIN	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt	QUIET-GLIDE™ Supersilent Poly-V Belt
FLYWHEEL	Integrated w/ Generator	24 lbs. Balanced	24 lbs. Balanced	24 lbs. Balanced	24 lbs. Balanced	24 lbs. Balanced
FRAME	Extra-Heavy Gauge Steel Welded	Heavy Gauge Steel Welded	Heavy Gauge Steel Welded	Heavy Gauge Steel Welded	Heavy Gauge Steel Welded	Heavy Gauge Steel Welded
PEDAL ARMS	BIO-RADIUS™	BIO-RADIUS™ Folding	BIO-RADIUS™ Folding	BIO-RADIUS™ Folding	Fixed	Fixed
PEDALS	Variable-Durometer Footpads	Variable-Durometer Footpads	Standard Footpads	Standard Footpads	Standard Footpads	Standard Footpads
STRIDE LENGTH	19 3/4"	19 3/4"	19 3/4"	19 3/4"	18"	18"
POWER	Self-Generating	Plug-In	Plug-In	Plug-In	Plug-In	2 AA Battery
HOME WARRANTY*	Lifetime Frame Lifetime Generator System 3 Years Electronics/Parts 2 Years Labor	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 3 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor	Lifetime Frame Lifetime Magnetic Brake 2 Years Electronics/Parts 1 Year Labor
COMMERCIAL WARRANTY* LIMITED CORPORATE	Lifetime Frame 3 Years Generator System 3 Years Electronics/Parts 1 Year Labor	▲ Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor	▲ Up to 3 Hours of Use per Day 1 Year Frame 1 Year Magnetic Brake 1 Year Electronics/Parts 1 Year Labor	None	None	None
DIMENSIONS	80"L x 27"W x 72"H	79"L x 27"W x 69"H	79"L x 27"W x 69"H	79"L x 27"W x 69"H	57"L x 26"W x 60"H	57"L x 26"W x 60"H
FOLDED DIMENSIONS	NA	42"L x 27"W x 69"H	42"L x 27"W x 69"H	42"L x 27"W x 69"H	NA	NA
PRODUCT WEIGHT	287 lbs.	199 lbs.	199 lbs.	199 lbs.	157 lbs.	157 lbs.
MAXIMUM USER WEIGHT	400 lbs.	300 lbs.	300 lbs.	300 lbs.	300 lbs.	300 lbs.
UPGRADES FROM PREVIOUS MODEL	UPGRADES FROM X6200HRT Console Feedback Warranty Generator System Accessory Tray C-SAFE	UPGRADES FROM X6200 Heart Rate Training Programs Custom Programs Variable-Durometer Footpads Telemetric Heart Rate	UPGRADES FROM X6100 Programming Warranties	UPGRADES FROM X1500 Folding Pedal Arms Stride Length Console	UPGRADES FROM X1400 Blue Backlit LCD Console Console Programming Console Feedback ECB-PLUS™ Motor-Operated Brake	UPGRADES FROM SPORTING GOODS MODEL Comfortable Elliptical Motion Warranty

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

# The heart of a great workout...



*Vision is the art  
of seeing the invisible.*  
Jonathon Swift

What separates Vision Fitness® elliptical trainers from all others? It's passion—the passion to develop the best elliptical trainers ever. This passion shows in the details that go into every Vision Fitness® elliptical trainer, whether it is the programming in our consoles that allows you to stay motivated, or the Bio-Radius™ pedal arms that provide an extra-smooth workout. Try one of our elliptical trainers, and you will feel the passion.

## The Perfect Fitness Solution...



The SPRINT 8 program found on our *X6600HRT* and *200* Series 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.

## Quality CHECKLIST

Vision Fitness understands that choosing the right elliptical trainer is an important decision and a large investment. We have provided a checklist below of some of the key quality features that you should look for in an elliptical trainer. Always make sure you test the elliptical before you buy it and ask, “Is the motion smooth and comfortable? Is it quiet? Can I fold it to save space? Will I use it?” Good luck at achieving your fitness goals!

- Compact Size** One of the drawbacks of elliptical trainers is that they either take up too much floor space or have a short, choppy stride action. We have solved this problem with our patented *folding* elliptical design; many Vision Fitness® elliptical trainers have long pedal arms for a smooth, natural stride, yet fold down to a compact 42"x 27" footprint.
- Poly-V Belts** Our Quiet-Glide™ Supersilent Poly-V Belts provide a smooth and quiet ride with a larger surface area than many of our competitors.
- Heavy Flywheels** The balanced 24-pound flywheel used on our elliptical trainers provides a smooth and consistent resistance.
- Magnetic Resistance System** Our ECB-Plus™ System provides smooth and accurate changes in resistance.
- Warranty** Vision Fitness® elliptical trainers come with a Lifetime Warranty on our Magnetic Resistance System. Make sure you buy a product that is backed by a company with a solid history.
- Motivational Programming** Test the different programs. Our elliptical trainers are loaded with programs to keep you going the extra distance, and they are easy to use.
- Specialty Fitness Retailer** There are many different options for buying an elliptical trainer (Internet, sporting goods stores and mass merchants), but they often sell bells and whistles without insuring you have the proper piece of fitness equipment. Specialty Fitness retailers specialize in fitness equipment. Your elliptical trainer should be delivered and installed in your home by experts.
- Heavy Gauge Steel Frame** To compare frame strength, lift the elliptical trainers you are considering. Be careful, though, our elliptical trainers are heavy.
- ISO 9001 Quality Manufacturing** All Vision Fitness® elliptical trainers are assembled in an ISO 9001-certified facility.

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with a  
v i s i o n*



500 South CP Avenue • P.O. Box 280 • Lake Mills, WI 53551  
toll free 800.335.4348 • phone 920.648.4090 • fax 920.648.3373  
[www.visionfitness.com](http://www.visionfitness.com)



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