



# ***E3100/3200*** **ASSEMBLY INSTRUCTIONS**

To avoid possible damage to this Fitness Cycle,  
please follow these assembly instructions.  
Carefully remove all its parts from the box,  
lay them out and review the parts list.

If any parts are missing, please call 1-800-335-4348, Ext 12

Before proceeding, find your Fitness Cycle's serial number,  
located on the underside of main frame, and enter here:

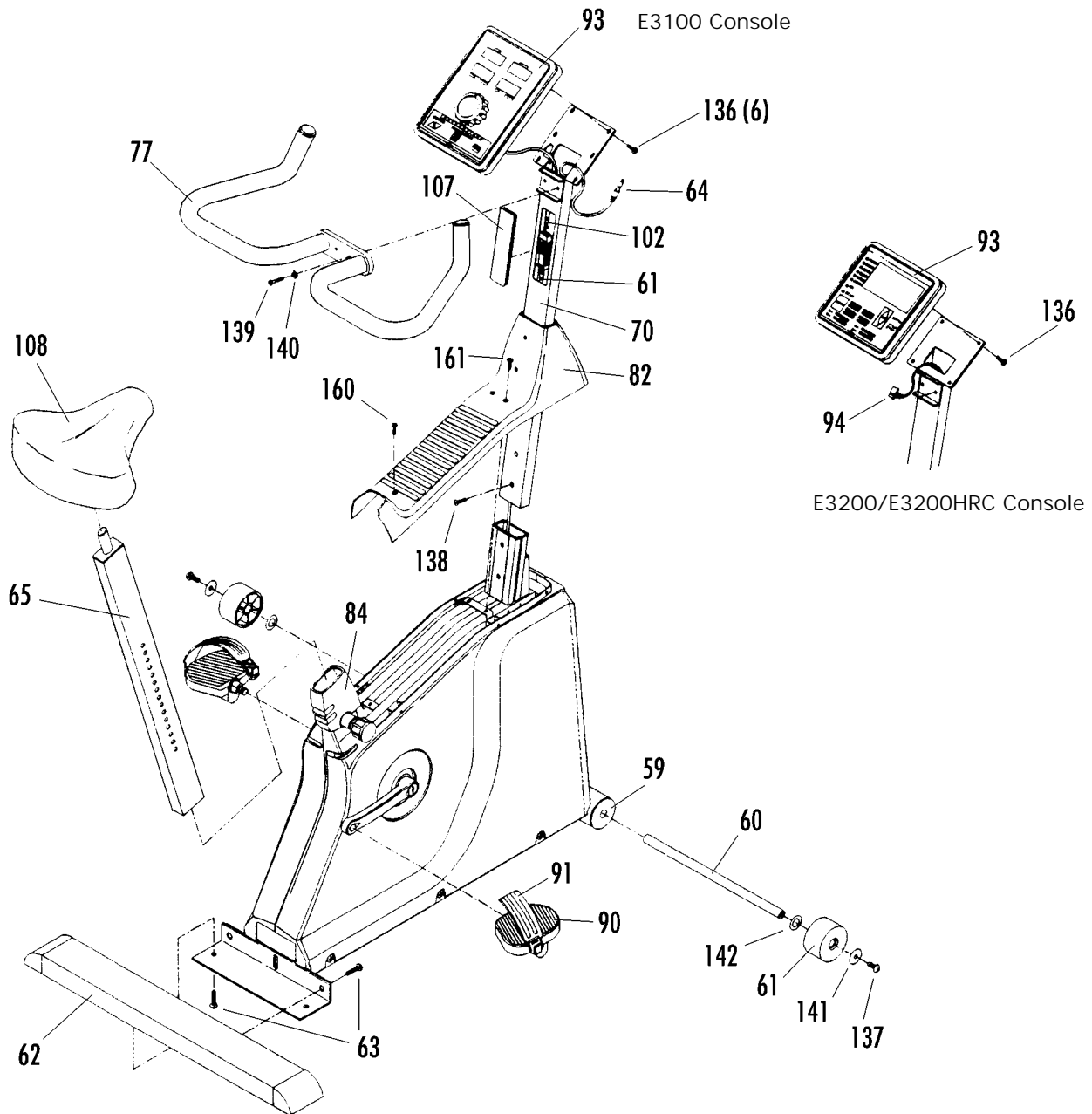
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Refer to this number when calling for service.



**IT ALL STARTS WITH A VISION**

# E3100/3200 Parts Diagram



# E3100/3200 Parts

## **VISION FITNESS *E3100/3200* Parts Description**

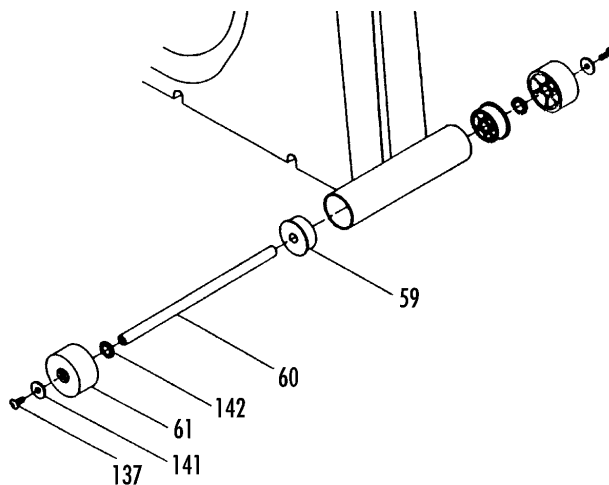
<u>Part #</u>	<u>Description</u>	<u>Count</u>	<u>Dimensions</u>
<i>Front Wheel Parts</i>			
#60	Front Foot Wheel Axle	1	
#61	Front Transport Wheels	2	
#142	Inside Wheel Washers	2	
#141	Outside Wheel Washers	2	
#137	Wheel Fixing Bolts	2	20mm L x 8mm D
<i>Rear Foot Parts</i>			
#62	Rear Foot Assembly	1	
#63	Rear Foot Attachment Bolts	4	20mm L x 8mm D
<i>Seat Parts</i>			
#108	Seat	1	
#65	Seat Post	1	
#84	Rubber Seat Post Cover	1	
<i>Handlebar Parts</i>			
#77	Handlebars	1	
#139	Handlebar Allen Bolts	2	40mm L x 8mm D
#140	Handlebar Lockwashers	2	
<i>Console Parts</i>			
#93	Console	1	
#136	Console Attachment Bolts	6	E3100 only
#136	Console Attachment Bolts	4	E3200 only
#70	Console Mast	1	
#138	Console Mast Attachment Bolts	2	45mm L x 8mm D
#160	Long Top Cap Screw	1	
#161	Short Top Cap Screws	2	
#107	Console Mast Cover	1	E3100 only
<i>Pedals</i>			
#91	Pedals	2	
#90	Pedal Straps	2	

# E3100/3200 Assembly

**NOTE:** During assembly, it is recommended that all bolt threads are greased to ensure proper tightening and prevent seizing due to corrosion.

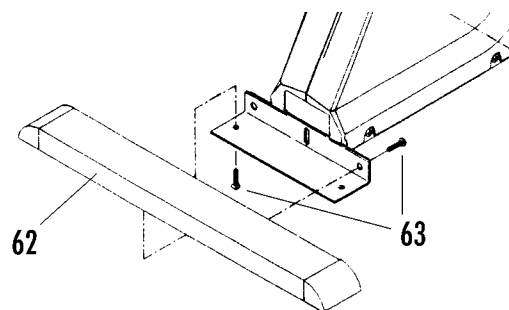
## Step 1 • Front Wheel Assembly

- 1: Slide the Front Foot Axle (60) through the Front Foot Nylon Sleeves (59).
- 2: Place the Inside Wheel Washers (142) onto the Front Foot Wheel Axle (60).
- 3: Slip the Front Transport Wheels (61) onto the Front Foot Wheel Axle and secure them with the Outside Wheel Washers (141) and the Wheel Fixing Allen Bolts (137).



## Step 2 • Rear Foot

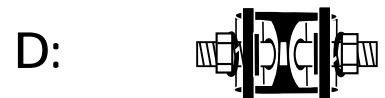
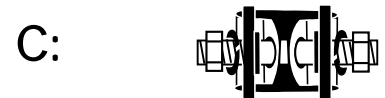
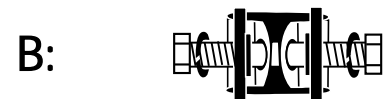
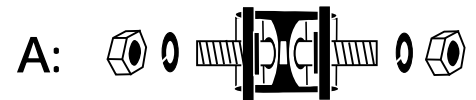
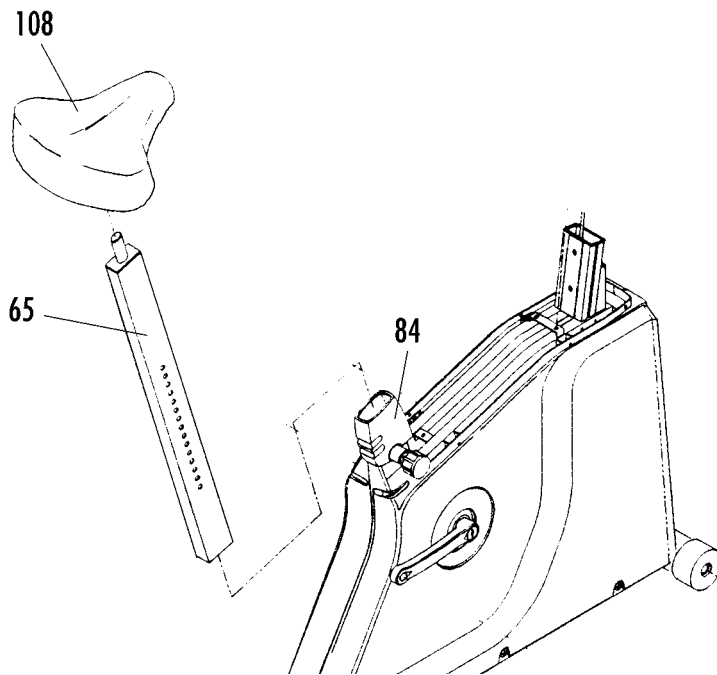
- 1: Secure the Rear Foot Assembly (62) to the frame using the four Rear Foot Attachment Allen Bolts (63).



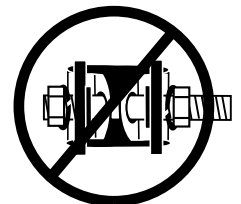
# E3100/3200 Assembly

## Step 3 • Seat and Seat Post

- 1: Slide the Seat Post (65) through the Rubber Seat Post Cover (84) and into the frame Seat Post receiver tube. The Seat Post numbers should be facing the right or Seat Pin side of the Fitness Cycle. Be sure to liberally grease the threads on the Seat Clamp Bolt.
- 2: Attach the Seat (108) to the Seat Post (65).  
**NOTE:** These Seat Clamp nuts should be tightened alternately (see illustration);  
**A:** First snug one nut, then the other.  
**B:** Partially tighten one nut, then the other.  
**C:** Finally, fully tighten one nut, then the other.  
**DO NOT TIGHTEN ONLY ONE SIDE.**
- 3: To avoid scratching the Seat Post paint, always hold the Seat Pin Knob out when adjusting the Seat Post height. Turn the inner knob clockwise to lock in place.



Wrong!



# E3100/3200 Assembly

## Step 4 • Console Mast and Top Cap

1: Remove the Top Cap Screws (160 and 161) that hold the Top Cap (82) to the Frame. Remove the Top Cap.

**NOTE:** The two Phillips head bolts in the portion of the Top Cap facing the rider are for mounting the waterbottle cage. Sliding the Top Cap on or off with the waterbottle cage bolts fully threaded in can scratch the paint on the Console Mast.

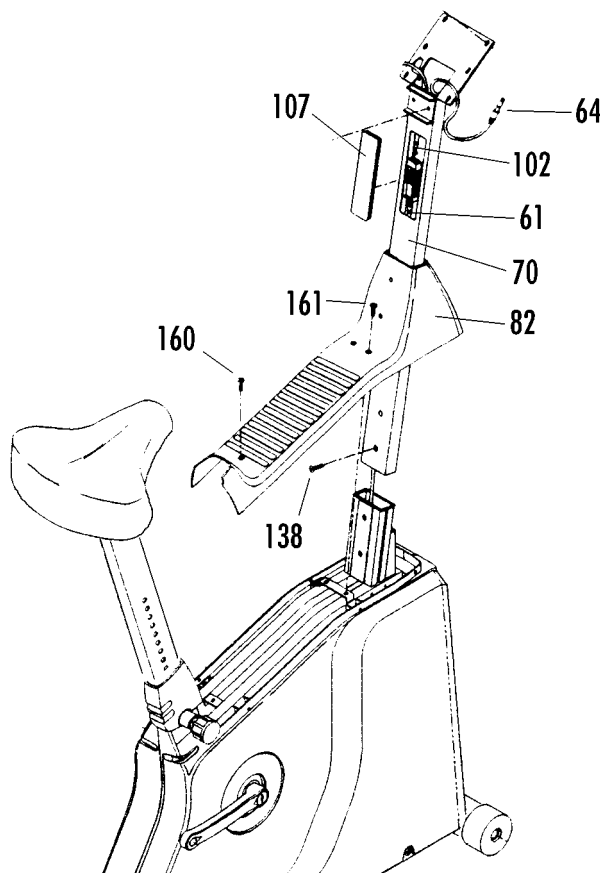
2: Slide the Top Cap (82) over the bottom of the Console Mast (70). The VISION FITNESS decal on the Console Mast should be facing forward, away from the rider.

3: Locate the Console Cable (64) that is folded into the Frame. Attach the bottom end of the wire in the Console Mast to this Console Cable. You will use this wire to pull the cable through the Console Mast.

4: Rest the Top Cap back into place. Holding the Console Mast above the frame, pull the Console Cable (64) through the Console Mast while simultaneously sliding the Console Mast into the Frame.

5: Lift the Top Cap again and install the two Console Mast Attachment Bolts (138) and tighten.

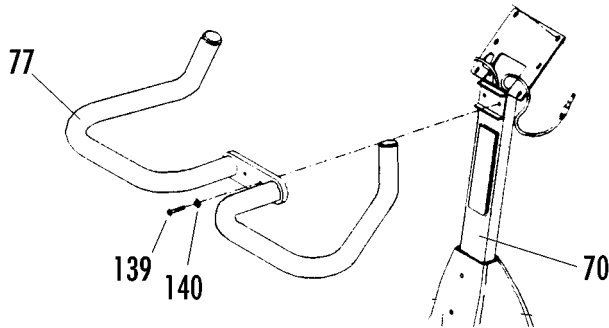
6: Slide the Top Cap back into place. Make sure that the back end of the Top Cap is nested fully into the Seat Cap groove. Secure the Top Cap by threading two Short Top Cap screws (161) back into the front holes and a single Long Top Cap Screw (160) into the rear hole.



# E3100/3200 Assembly

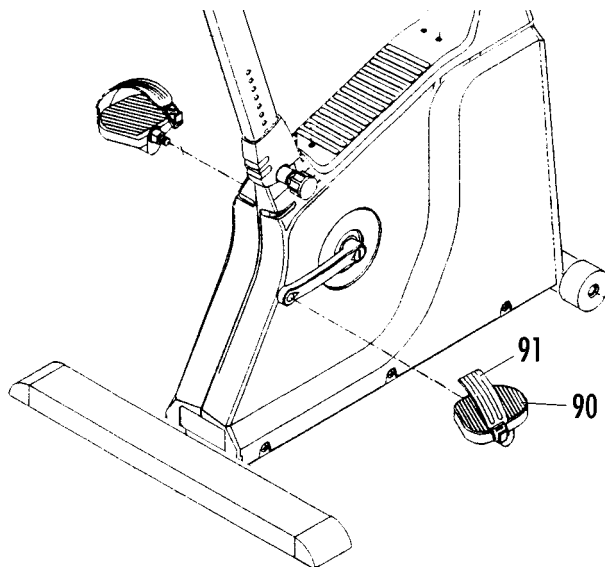
## Step 5 • Handlebars

- 1: Bolt the Handlebars (77) to the Console Mast (70) using the two 1 1/2" Allen Bolts (139) and Lock Washers (140).

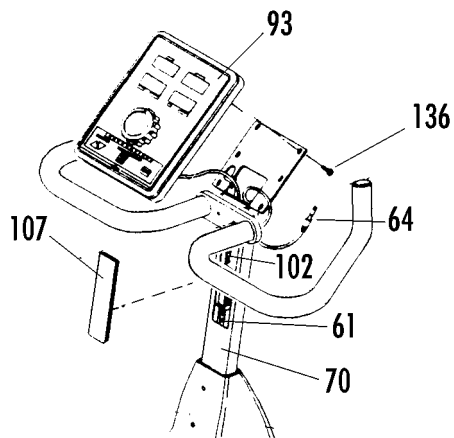


## Step 6 • Pedals

- 1: Attach the left and right Pedal Straps (90) to the matching pedal (91). The Straps are marked L and R for Left and Right.
- 2: Grease the Pedal threads prior to Pedal installation. Thread pedals into the correct crank arm and tighten.



# E3100 Final Assembly



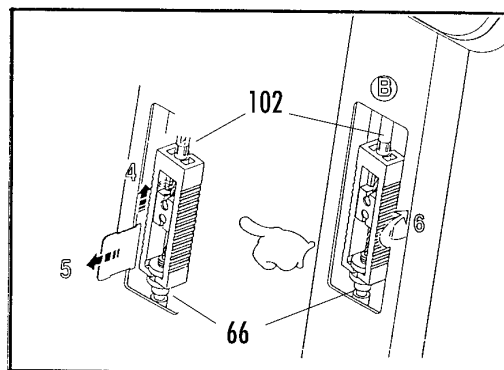
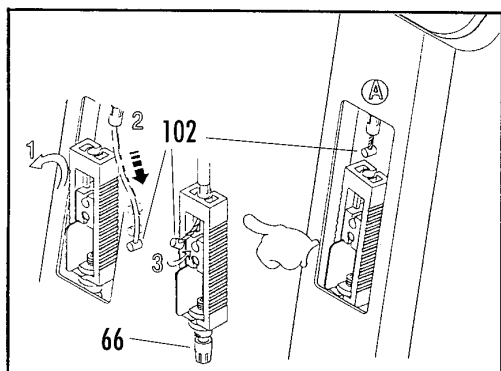
**NOTE:** Assembly Steps 7, 8 and 9 refer to Model E3100 only. For Models E3200/E3200HRC proceed to Step 10 for Console installation.

## Step 7 • Console - Model E3100 only

- 1: Insert Upper Magnet Shift Cable (102) into the top of the Console mast (70).
- 2: Mount the Console (93) to the Console Mast (70) using the six Console Attachment Bolts (136). Make sure you **DO NOT PINCH** the Upper Magnet Shift Cable (102) and RPM Sensor Wire (64) between the Console (93) and Console Mast (70).
- 3: Plug the RPM Sensor Wire (64) into the receptacle located on the back of the Console (93). Make sure the RPM Sensor Wire fits in the slot cut in the left side of the Console Mast (70).

## Step 8 • Cable Connection - Model E3100 only

- 1: Turn the Tension Knob to position 8. Reach inside the opening of the Console Mast (70) and connect the Upper Magnet Shift Cable (102) to the rectangular red cable-slide on the end of the Lower Magnet Shift Cable (66), as shown in the accompanying illustrations.
- 2: While holding the metal separating tab (5), turn the Tension Knob to Level 1 and then pull the tab out and discard.
- 3: Press the Console Mast Cover (107) into the opening of the Console Mast (70).



## Step 9 • Operation Test - Model E3100 only

Run this simple test prior to using.

- 1: Choose Intervals program, Level 8.
- 2: Choose Time of "00:00", and press Start.
- 3: Your machine will now operate indefinitely. After several hours of operation, check for proper functioning of:
  - A: Resistance Change -- change load one level at a time using the dial knob on console. Pedal to feel for load change.
  - B: Check for display in RPMs while pedaling.
  - C: Check that all LCDs are working.

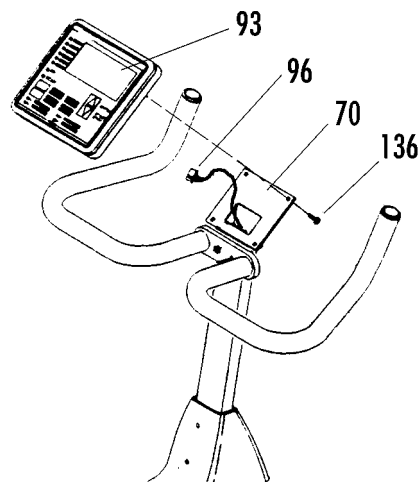


# E3200 Final Assembly

**NOTE:** Assembly Steps 10 and 11 refer to Models E3200/E3200HRC only.

## Step 10 • Console - Models E3200/E3200HRC only

- 1: Plug the Console Cable (96) into the Console (93).  
**NOTE:** These connections are slotted and will only fit properly one way. **DO NOT FORCE** the connection. Make sure you **DO NOT PINCH** the Console Cable between the Console and the Console Mast.
- 2: Mount the Console (93) to the Console Mast (70) using the four Console Attachment Bolts (136). Make sure you **DO NOT PINCH** the Console Cable (96) between the Console (93) and the Console Mast (70).
- 3: Plug the Power Supply Cord into the receptacle located at the base of the Fitness Cycle below the Seat Rail. Plug the Power Supply into an electrical outlet and begin testing procedures.



## Step 11 • Operation Test Models E3200/E3200HRC only.

Run this simple test prior to using.

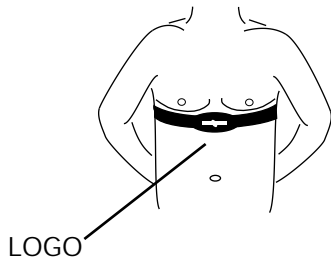
- 1: Choose INTERVALS program, Level 8.
- 2: Choose TIME of "00:00" and press START.
- 3: Your machine will now operate indefinitely. After several hours of operation, check for proper functioning of:
  - A: Resistance Change—change load one level at a time, using the up and down arrows. Listen for motor noise ("whir") following each change in load, or pedal to feel load change.
  - B: Check for display in RPMs while pedaling.
  - C: Check that all LEDs will light.

# E3200HRC Operation

## Step 12 • Heart Rate Control Console Model

E3200HRC only.

This console is manufactured with an internal wireless telemetric receiver that will receive heart rate signals sent to it by a transmitter that is worn around your chest. This wireless technology is accurate, continuous, and convenient. You should be positioned on the Fitness Cycle seat for the system to operate.



- 1:** On the back side of your transmitter are two rubber strips several inches long. These rubber strips are the electrodes that will pick up the signals of your heart beat. It is very important to moisten these strips with several drops of water prior to placing the belt against your chest. This moisture will allow the signals to be conducted to the transmitting hardware. If you ever use the bike and the display does not show a heart rate value, remoisten the electrodes.
- 2:** You will get the best results if you wear the transmitter directly against your skin. Once these electrodes are moistened, center the transmitter just below the breast or pectoral muscles with the Vision Fitness logo centered on the chest and facing out. Adjust the length of the elastic belt so that the transmitter presses firmly against your skin, but not so tight as to be uncomfortable. The transmitter will begin sending a signal as soon as it is worn.
- 3:** Check for heart rate feedback by testing the console in Heart Rate mode. Pedal the Elliptical Trainer to confirm that the console is picking up the signal from the transmitter.



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