



# *Treadmill Owner's Manual*

*"It All Starts With a Vision"*

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*TR1*

Congratulations on choosing a Vision Fitness Treadmill. You've taken an important step in developing and sustaining an exercise program! Your Vision Fitness Treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Treadmill 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 the exercise habit. Your new Vision Fitness Treadmill will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your Vision Fitness Treadmill in the comfort of your home. This manual provides you with basic information on starting an exercise program. A more complete knowledge of your new treadmill will assist you in realizing your goal of a healthy lifestyle.

Some kinds of service to your Vision Fitness Treadmill should only be performed by your Vision Fitness dealer. Please contact your authorized Vision Fitness dealer should service be required. If a question or problem arises which cannot be handled by your dealer, please contact us:

Vision Fitness  
P.O. Box 280  
621-D East Lake St.  
Lake Mills, WI 53551  
Ph: 1-800-335-4348

## ABOUT HOME EXERCISE

Your Vision Fitness Treadmill is the ideal choice to help you maintain year round fitness. You can use your Vision Fitness Treadmill as the core of your exercise program, or as a supplement to other fitness activities. Many people will ride their bikes, hike, or swim in the more pleasant months, only to lose their improved fitness with the arrival of inclement weather. By placing a Vision Fitness Treadmill in the convenience of your home, you can keep your exercise program going despite bad weather, early nightfalls, or an ever increasingly busy schedule.

Below are some of the advantages of having a Vision Fitness Treadmill in your home:

- Exercise is not weather dependent.
- Saves you time by eliminating the drive time you would have to and from a health club.
- You can exercise before or after work when it might be dark.
- You can do multiple activities such as watching TV, or listening to your favorite music.
- It's easier to control exercise intensity.
- It's a safe and comfortable environment.
- You can stay in shape while spending time with your children and family.
- You can avoid pollen during peak allergy times.

**CAUTION! BEFORE BEGINNING ANY EXERCISE PROGRAM, ALWAYS CONSULT YOUR PHYSICIAN. IF YOU EXPERIENCE CHEST PAINS, NAUSEA, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISING AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.**

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## **PART 1 - TREADMILL FEATURES & BENEFITS T8500/T8400 FULL PLATFORM TREADMILLS**

### **Spacious**

- Spacious 20" wide running area

### **Powerful 2 HP Continuous Duty Industrial Grade Motor**

- U.S. made industrial grade motor with full sealed bearing construction
- Easy access to motor brushes
- Open frame design for superior ventilation

### **Push Button Elevation**

- Powerful 700lb thrust elevation motor

### **TRIFECTIVE™ Flywheel**

- Dynamically balanced for smooth, vibration-free performance
- Built-in 10 vent fan for superior motor cooling to extend motor life

### **Low Maintenance, Pre-Waxed Slik-Deck®**

- Thick phenolic coating for long surface life
- Wax impregnated surface needs little maintenance
- Elastomer cushioned deck eliminates jarring and joint stress

### **Extra Thick 2-Ply Belt**

- Extra thickness minimizes stretch
- Lays flat to provide a level walking surface

### **Time Tested Electronics**

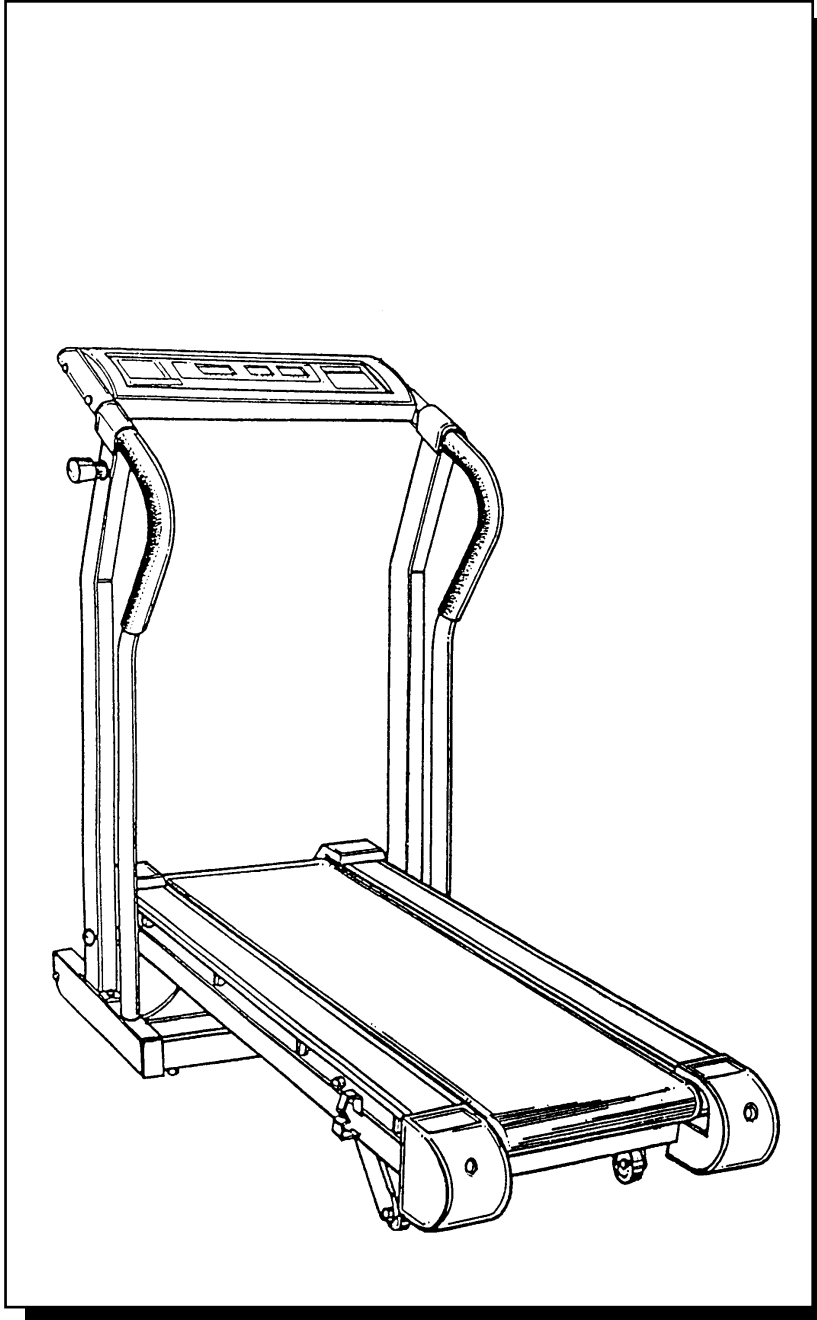
- Smooth, even belt speed from the PWM motor control made by one of America's most experienced treadmill electronics manufacturers
- Current limit automatically cuts power to the board and motor if overloaded, preventing costly repairs

### **Easy to Operate Console**

- 6 Preprogramed profiles keep your workouts interesting
- Bright, 3 window LED display for easy reading
- Push-button controls for easy and accurate settings

### **Base Levelers**

- For a solid, stable workout on uneven floors



## **T8200/T8100 FOLDING TREADMILLS**

### **Folding**

- Saves space
- Convenient for moving
- Shock assisted for easy folding and unfolding

### **Open Frame Design**

- Maximizes usable running surface
- Motor is hidden beneath the deck for quieter operation
- No obtrusive motor covers to impede feet or legs

### **Powerful 2 HP Continuous Duty Industrial Grade Motor**

- U.S. made industrial grade motor with full sealed bearing construction
- Easy access to motor brushes
- Open frame design for superior ventilation

### **TRIFECTIVE™ Flywheel**

- Dynamically balanced for smooth, vibration-free performance
- Built in 10 vent fan for superior motor cooling to extend motor life

### **Low Maintenance, Pre-Waxed Slik-Deck®**

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- Smooth, even belt speed from the PWM motor control made by one of America's most experienced treadmill electronics manufacturers
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- Bright, 3 window LED display for easy reading
- Push-button controls for easy and accurate settings

### **Base Levelers**

- For a solid, stable workout on uneven floors



## PART 2 - GETTING STARTED

# 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 Vision Fitness Treadmill.

### WARNING!

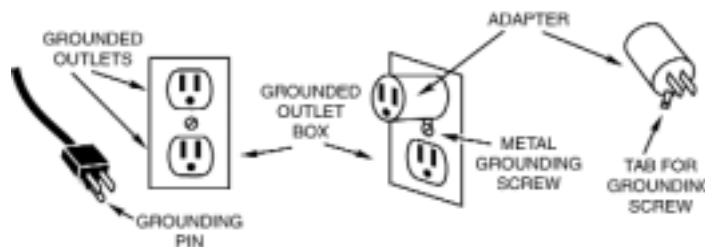
Connect this appliance to a properly grounded outlet only. See grounding Instructions.

### GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

**DANGER!** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in sketch A below, Page 5. A temporary adapter that looks like the adapter is illustrated below may be used to connect this plug to a 2-pole receptacle as shown, if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



## **WARNING!**

To reduce the risk of burns, fire, electrical shock, or injury to persons:

1. Use this treadmill for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
2. Never operate this Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the Treadmill to a dealer for examination and repair.
3. Keep the cord away from heated surfaces.
4. Never drop or insert any object into any opening.
5. Do not use outdoors.
6. To disconnect, turn the switch to the off position, then remove plug from outlet.
7. Only use the power cord provided with your Vision Fitness treadmill.
8. Never place the power cord under carpeting or place any object on top of the power cord.
9. Do not remove the Treadmill motor covers or roller covers. Service should be performed only by an authorized Vision Fitness dealer.
10. Unplug your Vision Fitness Treadmill before moving it.

### **CHILDREN**

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

### **OTHER SAFETY TIPS**

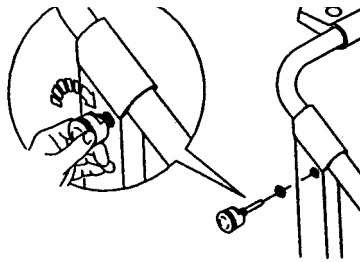
- NEVER USE THIS TREADMILL WITHOUT FIRST SECURING THE SAFETY TETHER CLIP TO YOUR CLOTHING
- CAUTION!: If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not use your Vision Fitness Treadmill in or near puddled water, where there is moisture on the floor, or near a swimming pool.
- Do not turn belt by hand.
- Do not wear clothing that might catch on any part of this Treadmill.
- Read this manual before operating this Treadmill.

### ASSEMBLY - T8200/T8100

The Vision Fitness T8200/T8100 Treadmills comes preassembled. Please follow the instructions below for proper unboxing and initial testing. It is recommended, when possible, that the treadmill be unboxed and initially tested by an authorized Vision Fitness dealer. If you have any questions regarding any part or function of your treadmill, contact your dealer.

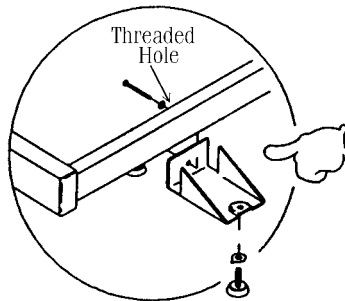
#### ATTACH DECK LOCKING KNOB

Remove the deck locking knob from the parts box, and thread it into the left side support. By twisting this knob the locking pin will engage the deck.



#### ATTACH FRAME STABILIZER

Thread the rubber based foot into the frame stabilizer, so that the rubber side will rest on the floor. Attach the frame stabilizer to the frame using the enclosed 5mm allen wrench and bolt.



### ASSEMBLY - T8500/T8400

See assembly instructions included with your Vision Fitness T8500/T8400 treadmill.

### **ASSEMBLY - T8500/T8400**

See assembly instructions included with your Vision Fitness T8500/T8400 treadmill.

### **MOVING YOUR VISION FITNESS TREADMILL**

Your Vision Fitness T8200/T8100 Folding Treadmills have a pair of transport wheels built into the front legs. It is easy to move your Vision Fitness Treadmill by rolling it on the front transport wheels. Before moving your treadmill:

- 1) Turn power switch off.
- 2) Always unplug and remove power cord.
- 3) Make sure the deck locking pin is engaged in the slot.



### **Moving your T8500/T8400 Treadmill**

The T8500/T8400 treadmill also has wheels at the front. To move, lift the back end of the treadmill, lift and roll. Caution! All our treadmills are well built and heavy. Use care and additional help if necessary.

### **PLACEMENT IN YOUR HOME**

It is important that you place your Vision Fitness Treadmill in a comfortable and inviting room. Your Vision Fitness Treadmill is designed to use minimal floor space and go nicely in your family room, den, or bedroom. Many people will place their treadmills facing the TV or a picture window. If at all possible, avoid putting your Treadmill in an unfinished basement. To make exercise a desirable daily activity for you, the treadmill should be in an attractive setting.

Occasionally after long term use you will find a fine black dust below your Vision Fitness Treadmill. This is normal wear, mostly from your sneakers and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a rubber or vinyl mat beneath your treadmill.

### **LEVELING THE BASE**

If your Vision Fitness Treadmill wobbles when you have placed it where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the base. Once you have leveled the Fitness Treadmill, lock the levelers in place by tightening the winged lock nuts against the base frame.

### **POWER CORD AND SWITCH**

Plug the power cord into the plug receptacle located at the front of the treadmill deck. Plug the cord into a grounded 115V wall socket and turn the power switch on.

### **USE DEDICATED CIRCUIT**

The outlet selected should be a dedicated circuit. It is particularly important that no sensitive electrical equipment, such as computer or TVs, share the same circuit.

## **PART 3 - USING YOUR CONSOLE**

### **PROGRAMMABLE CONSOLE**

Your Vision Fitness computer console offers variety of different profiles. These profiles are designed to make each exercise session enjoyable while you make progress toward your personal fitness goal.

#### **TURN POWER ON**

The On/Off switch for your Treadmill is located next to the power supply cord plug in. Flip this switch to the 'ON' position. You will hear a beep and the console will light up. You are ready to use your console.

#### **SAFETY KEY TETHER AND CLIP**

Your treadmill will not start unless the Safety Key is placed on the key holder in the center of the console. The other end of the Safety Key should be securely clipped to your clothing. The Safety Key is designed to cut power to the treadmill should you fall. NEVER USE THE TREADMILL WITHOUT SECURING THE SAFETY KEY CLIP TO YOUR CLOTHING. PULL ON THE SAFETY KEY CLIP FIRST TO MAKE SURE IT WILL NOT COME OFF YOUR CLOTHING BEFORE THE SAFETY KEY DISENGAGES.

#### **DO NOT STAND ON THE BELT**

While you are preparing to use the Treadmill, do not stand on the belt. Place your feet on the sides of the treadmill deck. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a running speed and attempt to get on while it is moving fast.

## T8500/T8400 CONSOLE INSTRUCTIONS

### CHOOSING THE PROFILE

The profile option 'P1' will now show in the middle LED window. By pressing either the UP or DOWN arrow, you can move between the 3 different Profile options. When the Profile you choose to use is displayed on the screen, press the SELECT button. Now you are ready to choose your workout level.

<b>Profile #</b>	<b>Profile</b>	<b>Preset Time</b>	<b>Fitness Benefits*</b>
P1	Manual	Not preset	Customized workouts
P2	Intervals Speed Changes	24 minutes	Improve strength, speed and endurance
P3	Weight Loss Speed Changes	48 minutes	Weight Loss
P4	Weight Loss Elevation Changes	48 minutes	Weight Loss
P5	5-K Run Elevation Changes	None	Cardiovascular Training
P6	10-K Run Elevation Changes	None	Endurance Training

\* All the profiles can provide an aerobic and cardio-vascular benefit in addition to the specific benefits listed.

### **CHOOSING THE WORKOUT LEVEL**

If you have selected Profile P1 (Manual), the console will skip this step and go directly to setting time option described below.

If you have selected either Profile P2 to P6, 'L1' will now be showing in the furthest right display window. Each Profile has 9 different Levels to choose from. You vary the Profile Level by pressing either the UP or the DOWN arrow. The higher the number, the more difficult the workout will be. When the Level you choose to use is displayed, press the SELECT button. You are now ready to choose your workout time.

Reminder: When you are beginning an exercise program, it is better to start at a low level of intensity and gradually work up to higher levels. If you have been sedentary in the past 6 months, you might want to start with a Level of 1 or 2.

### **CHOOSING THE TIME**

The number in the furthest right LED display now shows workout time. There are two ways to use the timer in Profile P1 Manual : Count Down Mode or Count Up Mode. When using Profiles P2 to P4, the timer can be operated in Count Down Mode only. When using P5 or P6, the timer will only operate in count up mode. When the preset distance is completed, the timer and program will stop.

#### **Count Down Mode**

In count down mode, the timer starts with a set number of minutes and moves to zero. Count down times of between 5 minutes and 99 minutes can be selected. You vary the time by pressing either the UP or the DOWN arrows. The preset workout time for each Profile has been chosen to match the Profile's primary fitness goal. However, you may want to customize the workout time to fit your present fitness level, or to fit your personal fitness goals. When the time you choose to use is showing in the number screen, press the SELECT button.

#### **Count Up Mode**

In count up mode, the timer starts with zero and goes up.



### **STARTING YOUR TREADMILL**

You are now ready to start exercising. After you press the START button to begin the workout, the console will beep and the belt will begin to move. Begin walking on the Treadmill belt now. You may change the speed at any time by pressing the UP or DOWN speed arrows.

### **FINISH YOUR FITNESS TREADMILL PROGRAM**

To finish a workout, press the DOWN Speed arrow until the treadmill speed is slow. Then press the STOP KEY. When your program is completed, record your time and mileage in your personal exercise log book. You can begin a new program by repeating the above instructions.

### **ALWAYS TURN POWER OFF**

Always turn the power switch off when you are done with your workout. Remove the Safety key to prevent children from operating the treadmill.

### **PUSH BUTTON ELEVATION**

An electric motor is used to change the elevation on the Model T8500/T8400. Press the UP or DOWN ELEVATION arrows to adjust. As you change the elevation, the percent of grade of elevation will show on your console.

## **SPECIAL CONSOLE FEATURES**

### **Manual Start**

If you wish to skip all programming steps, simply press START, and the treadmill will start in Manual Profile mode, P1, at the speed of 1 MPH. To change speeds, press the UP or DOWN arrow.

### **Easy Start**

Each Profile has a 'default' Level. If a Profile Level is not entered, then the Profile will operate on Level 1. If you choose to use the default Level of 1 and the preset profile times, you can press the START button immediately after selecting the Profile and the workout will begin.

OR, if you choose to use the preset profile time, but want to customize only the Level, you can press the START button immediately after selecting the Level and the Profile will begin with your selected Level.

### **Change Difficulty**

Once your workout has begun, you can vary the level of each segment by using the UP or DOWN SPEED arrow. This feature allows you to adjust select sections of a course to meet your present fitness level.

If you wish to vary the Level of the entire Profile, you must stop the Profile you are in and start over.

### **Pause**

You may stop a Program after it has begun by pressing the STOP button once. To resume the Program, press the START button.

### **Reset**

After a Program has begun, you may quit the Program by pressing and holding the STOP button for 3 seconds. The console will fully reset.

## **FEEDBACK FUNCTIONS**

Once a program has begun, you may use the SELECT button to view the data of your choice on the number screen. The light next to the function name indicates which data is currently displayed. The following functions can be viewed:

### **DISPLAY DATA**

DISTANCE

### **USE THIS FUNCTION TO:**

Set personal goals for covering greater amounts of distance for each program. You can log mileage as a motivational tool.

CALORIES

View your total calorie expenditure.

TIME

View the time remaining if the count down mode is used, or view the elapsed time if the count up time mode is used.

PACE

Compare running times. This number indicates how many minutes it would take to complete a mile at the current speed.

## **SCAN ON/OFF**

When the SELECT button is pressed and held for 2 seconds, the console will scan through each of the four feedback functions showing a new data display every four seconds.

To turn Scan off, press the SELECT button once.

## PROFILE DETAILS

### P1 - MANUAL PROFILE

**Preset Time:** None

**Primary Fitness Goal:** Customized Workouts

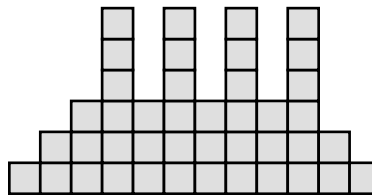
**Course Description:** The Manual Profile allows you to choose your own speed at any time during the workout.

### P2 - INTERVALS PROFILE - SPEED CHANGES

**Preset Time:** 24 Minutes

**Primary Fitness Goal:** Improve strength, speed and endurance

**Course Description:** The Intervals Profile is one of the most challenging workouts. The alternating high and low intensity load will improve your power, speed, and endurance while keeping your metabolism high for the entire workout.



#### P2 INTERVALS

##### Speed Range MPH

<u>LEVEL</u>	<u>L1</u>	<u>L2</u>	<u>L3</u>	<u>L4</u>	<u>L5</u>	<u>L6</u>	<u>L7</u>	<u>L8</u>	<u>L9</u>
<b>Start Speed</b> ▶	1	1.5	2	2.5	2.5	3	3.5	4	4
<b>Peak Speed</b> ▶	4	4.5	5	6.5	7	7	7.5	8	10

##### Speed Range KPH

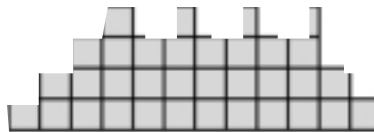
<u>LEVEL</u>	<u>L1</u>	<u>L2</u>	<u>L3</u>	<u>L4</u>	<u>L5</u>	<u>L6</u>	<u>L7</u>	<u>L8</u>	<u>L9</u>
<b>Start Speed</b> ▶	1.5	2.2	3	3.7	3.7	4.5	5.2	6	6
<b>Peak Speed</b> ▶	6	6.7	7.5	8.2	9.7	10.5	11.2	12	15

### P3 - WEIGHT LOSS PROFILE - SPEED CHANGES

**Preset Time:** 48 Minutes

**Primary Fitness Goal:** Weight Loss

**Course Description:** With regular use, the Weight Loss Profile is a powerful tool for weight loss. The combination of low load intensity over a longer period of time has been found to be the most effective for weight control.



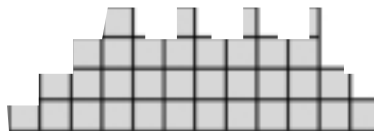
		Speed Range MPH								
LEVEL		L1	L2	L3	L4	L5	L6	L7	L8	L9
<b>Start Speed</b>	▶	1	1.5	2	2.5	2.5	3	3.5	4	4
<b>Peak Speed</b>	▶	3	3.5	4	4.5	5	5.5	6	6.5	7
		Speed Range KPH								
LEVEL		L1	L2	L3	L4	L5	L6	L7	L8	L9
<b>Start Speed</b>	▶	1.5	2.2	3	3.7	3.7	4.5	5.2	6	6
<b>Peak Speed</b>	▶	4.5	5.2	6	6.7	7.5	8.2	9	9.7	10.5

### P4 - WEIGHT LOSS PROFILE - ELEVATION CHANGES

**Preset Time:** 32 Minutes

**Primary Fitness Goal:** Weight Loss

**Course Description:** With regular use, the Weight Loss Profile is a powerful tool for weight loss. By using elevation instead of speed to vary intensity, a more vigorous workout can be achieved while maintaining a walking pace.



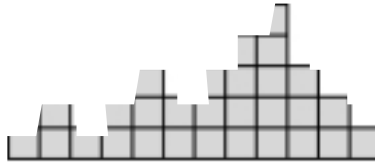
		Elevation Range Percent Grade								
LEVEL		L1	L2	L3	L4	L5	L6	L7	L8	L9
<b>Peak Elev.</b>	▶	2	2.5	3	3.5	5	5.5	6	6.5	8

**P5 - 5 KILOMETER RUN - ELEVATION CHANGES**

**Preset Time:** None - Distance Program

**Primary Fitness Goal:** Cardiovascular Conditioning

**Course Description:** Simulates a short hilly course that is ideal for a quick but efficient cardiovascular workout.



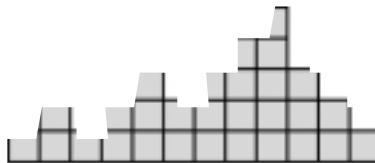
		Elevation Range Percent Grade								
<u>LEVEL</u>		<u>L1</u>	<u>L2</u>	<u>L3</u>	<u>L4</u>	<u>L5</u>	<u>L6</u>	<u>L7</u>	<u>L8</u>	<u>L9</u>
<b>Peak Elev.</b>	▶	2.5	3	3.5	4	5	5.5	6	6.5	8

**P6 - 10 KILOMETER RUN - ELEVATION CHANGES**

**Preset Time:** None - Distance Program

**Primary Fitness Goal:** Endurance Training

**Course Description:** A hilly course that is great training for long distance runs.



		Elevation Range Percent Grade								
<u>LEVEL</u>		<u>L1</u>	<u>L2</u>	<u>L3</u>	<u>L4</u>	<u>L5</u>	<u>L6</u>	<u>L7</u>	<u>L8</u>	<u>L9</u>
<b>Peak Elev.</b>	▶	2.5	3	3.5	4	5	5.5	6	6.5	8

## T8200/T8100 CONSOLE INSTRUCTIONS

### CHOOSING THE PROFILE

The profile option 'P1' will now show in the middle LED window. By pressing either the UP or DOWN arrow, you can move between the 3 different Profile options. When the Profile you choose to use is displayed on the screen, press the SELECT button. Now you are ready to choose your workout level.

<b>Profile #</b>	<b>Profile</b>	<b>Preset Time</b>	<b>Fitness Benefits*</b>
P1	Manual	Not preset	Customized workouts
P2	Intervals	24 minutes	Improve strength, speed and endurance
P3	Weight Loss	48 minutes	Weight Loss

\* All the profiles can provide an aerobic and cardiovascular benefit in addition to the specific benefits listed.

## **CHOOSING THE WORKOUT LEVEL**

If you have selected Profile P1 (Manual), the console will skip this step and go directly to setting time option described below.

If you have selected either Profile P2 or P3, 'L1' will now be showing in the furthest right display window. Each Profile has 9 different Levels to choose from. You vary the Profile Level by pressing either the UP or the DOWN arrow. The higher the number, the more difficult the workout will be. When the Level you choose to use is displayed, press the SELECT button. You are now ready to choose your workout time.

Reminder: When you are beginning an exercise program, it is better to start at a low level of intensity and gradually work up to higher levels. If you have been sedentary in the past 6 months, you might want to start with a Level of 1 or 2.

## **CHOOSING THE TIME**

The number in the furthest right LED display now shows workout time. There are two ways to use the timer in Profile P1 Manual : Count Down Mode or Count Up Mode. When using Profiles P2 or P3, the timer can be operated in Count Down Mode only.

### **Count Down Mode**

In count down mode, the timer starts with a set number of minutes and moves to zero. Count down times of between 5 minutes and 99 minutes can be selected. You vary the time by pressing either the UP or the DOWN arrows. The preset workout time for each Profile has been chosen to match the Profile's primary fitness goal. However, you may want to customize the workout time to fit your present fitness level, or to fit your personal fitness goals. When the time you choose to use is showing in the number screen, press the SELECT button.

### **Count Up Mode**

In count up mode, the timer starts with zero and goes up.



### **STARTING YOUR TREADMILL**

You are now ready to start exercising. After you press the START button to begin the workout, the console will beep and the belt will begin to move. Begin walking on the Treadmill belt now. You may change the speed at any time by pressing the UP or DOWN speed arrows.

### **FINISH YOUR FITNESS TREADMILL PROGRAM**

To finish a workout, press the DOWN Speed arrow until the treadmill speed is slow. Then press the STOP KEY. When your program is completed, record your time and mileage in your personal exercise log book. You can begin a new program by repeating the above instructions.

### **ALWAYS TURN POWER OFF**

Always turn the power switch off when you are done with your workout. Remove the Safety key to prevent children from operating the treadmill.

### **PUSH BUTTON ELEVATION - MODEL T8200**

An electric motor is used to change the elevation on the Model T8200. Press the UP or DOWN ELEVATION arrows to adjust. As you change the elevation, the percent of grade of elevation will show on your console

### **TOGGLE BUTTON ELEVATION - MODEL T8100**

The deck elevation may be adjusted on this model by pressing the toggle button switch located on the right side of the console support upright. The steeper the incline, the more strenuous your workout will be.

## **SPECIAL CONSOLE FEATURES**

### **Manual Start**

If you wish to skip all programming steps, simply press START, and the treadmill will start in Manual Profile mode, P1, at the speed of 1 MPH. To change speeds, press the UP or DOWN arrow.

### **Easy Start**

Each Profile has a 'default' Level. If a Profile Level is not entered, then the Profile will operate on Level 1. If you choose to use the default Level of 1 and the preset profile times, you can press the START button immediately after selecting the Profile and the workout will begin.

OR, if you choose to use the preset profile time, but want to customize only the Level, you can press the START button immediately after selecting the Level and the Profile will begin with your selected Level.

### **Change Difficulty**

Once your workout has begun, you can vary the level of each segment by using the UP or DOWN SPEED arrow. This feature allows you to adjust select sections of a course to meet your present fitness level.

If you wish to vary the Level of the entire Profile, you must stop the Profile you are in and start over.

You can also change the difficulty at any time by changing the elevation using the UP or DOWN ELEVATION arrows (T8200) or the toggle switch (T8100).

### **Pause**

You may stop a Program after it has begun by pressing the STOP button once. When console is in pause mode, 'Pause' will display in the LED windows. To resume the Program, press the START button.

### **Reset**

After a Program has begun, you may quit the Program by pressing and holding the STOP button for 3 seconds. The console will fully reset.

## FEEDBACK FUNCTIONS

Once a program has begun, you may use the SELECT button to view the data of your choice on the number screen. The light next to the function name indicates which data is currently displayed. The following functions can be viewed:

### **DISPLAY DATA**

DISTANCE

### **USE THIS FUNCTION TO:**

Set personal goals for covering greater amounts of distance for each program. You can log mileage as a motivational tool.

CALORIES

View your total calorie expenditure.

TIME

View the time remaining if the count down mode is used, or view the elapsed time if the count up time mode is used.

PACE

Compare running times. This number indicates how many minutes it would take to complete a mile at the current speed.

## SCAN ON/OFF

When the SELECT button is pressed and held for 2 seconds, the console will scan through each of the four feedback functions showing a new data display every four seconds.

To turn Scan off, press the SELECT button once.

## PROFILE DETAILS

### P1 - MANUAL PROFILE

**Preset Time:** None

**Primary Fitness Goal:** Customized Workouts

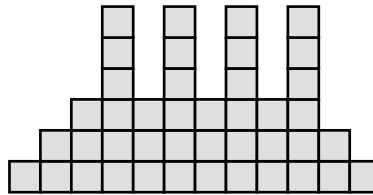
**Course Description:** The Manual Profile allows you to choose your own speed at any time during the workout.

### P2 - INTERVALS PROFILE - SPEED CHANGES

**Preset Time:** 24 Minutes

**Primary Fitness Goal:** Improve strength, speed and endurance

**Course Description:** The Intervals Profile is one of the most challenging workouts. The alternating high and low intensity load will improve your power, speed, and endurance while keeping your metabolism high for the entire workout.



### P2 INTERVALS

#### Speed Range MPH

<u>LEVEL</u>	<u>L1</u>	<u>L2</u>	<u>L3</u>	<u>L4</u>	<u>L5</u>	<u>L6</u>	<u>L7</u>	<u>L8</u>	<u>L9</u>
<b>Start Speed</b> ▶	1	1.5	2	2.5	2.5	3	3.5	4	4
<b>Peak Speed</b> ▶	4	4.5	5	6.5	7	7	7.5	8	10

#### Speed Range KPH

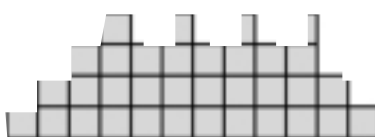
<u>LEVEL</u>	<u>L1</u>	<u>L2</u>	<u>L3</u>	<u>L4</u>	<u>L5</u>	<u>L6</u>	<u>L7</u>	<u>L8</u>	<u>L9</u>
<b>Start Speed</b> ▶	1.5	2.2	3	3.7	3.7	4.5	5.2	6	6
<b>Peak Speed</b> ▶	6	6.7	7.5	8.2	9.7	10.5	11.2	12	15

### P3 - WEIGHT LOSS PROFILE - SPEED CHANGES

**Preset Time:** 48 Minutes

**Primary Fitness Goal:** Weight Loss

**Course Description:** With regular use, the Weight Loss Profile is a powerful tool for weight loss. The combination of low load intensity over a longer period of time has been found to be the most effective for weight control. The course profile changes are just enough to keep your workouts interesting.



#### P3 WEIGHT LOSS

##### Speed Range MPH

<u>LEVEL</u>	<u>L1</u>	<u>L2</u>	<u>L3</u>	<u>L4</u>	<u>L5</u>	<u>L6</u>	<u>L7</u>	<u>L8</u>	<u>L9</u>
<b>Start Speed</b> ▶	1	1.5	2	2.5	2.5	3	3.5	4	4
<b>Peak Speed</b> ▶	3	3.5	4	4.5	5	5.5	6	6.5	7

##### Speed Range KPH

<u>LEVEL</u>	<u>L1</u>	<u>L2</u>	<u>L3</u>	<u>L4</u>	<u>L5</u>	<u>L6</u>	<u>L7</u>	<u>L8</u>	<u>L9</u>
<b>Start Speed</b> ▶	1.5	2.2	3	3.7	3.7	4.5	5.2	6	6
<b>Peak Speed</b> ▶	4.5	5.2	6	6.7	7.5	8.2	9	9.7	10.5

## **PART 4 - MAINTENANCE**

### **CLEANING**

- Remove dust with a vacuum or slightly damp cloth.
- Never use solvents on the deck or belt. Use of solvents can reduce critical lubrication of deck and belt

### **CENTERING THE BELT**

Your Vision Fitness Treadmill is built with a crowned roller to assure proper tracking of the belt on the center of the deck.

When you run or walk, you may push off harder with one foot than the other. This uneven deflection can cause the belt to move off center. Occasionally the belt may need further adjustment to keep it centered. To center the belt, use the enclosed Allen wrench to adjust the rear roller position.

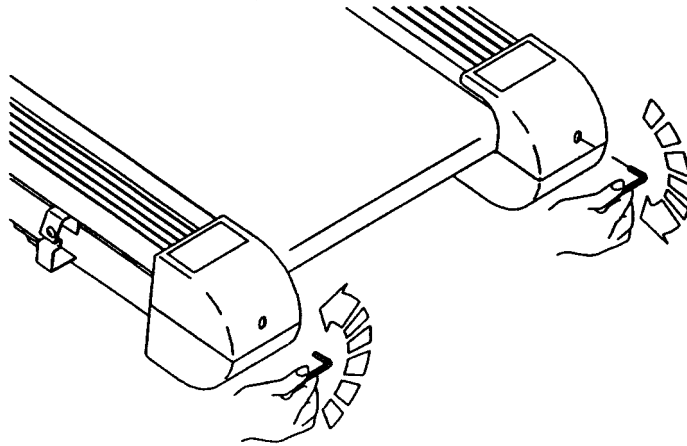
Centering Belt Procedure:

- 1) Do not wear loose clothing, neckties, or loose jewelry while making this adjustment.
- 2) Never turn the bolts more than 1/4 turn at a time.
- 3) Always tighten one side and loosen the other to prevent over tightening or loosening the belt.
- 4) Select manual program and press start. Adjust belt speed using console keys to 4 mph (6.4 kph).

After making the adjustment walk on the belt for 5 minutes to test. If necessary, repeat the procedure but never turn the bolts more than 1/4 turn at a time. Over tightening the belt can significantly shorten the belt life.

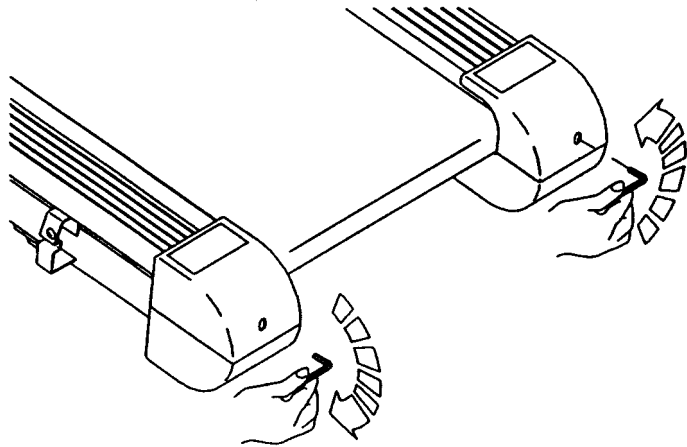
**If Belt is too far to the left side:**

- 1) Turn the left roller bolt 1/4 turn clockwise (tighten)
- 2) Turn the right roller bolt 1/4 turn counterclockwise (loosen)



**If Belt is too far to the right side:**

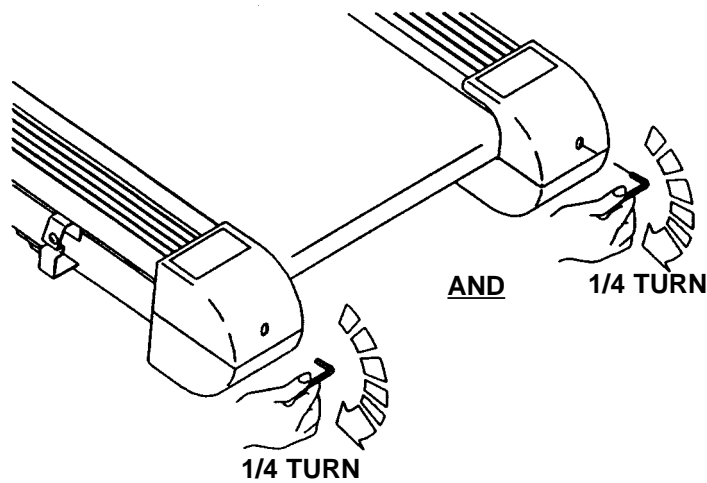
- 1) Turn the right roller bolt 1/4 turn clockwise (tighten)
- 2) Turn the left roller bolt 1/4 turn counterclockwise (loosen)



## TENSIONING THE BELT

### Running Belt

If when you plant your foot on the belt, you can feel a slipping sensation then the belt has stretched and is slipping across the rollers. This is a normal and common adjustment on a new treadmill. To eliminate this slipping, tension both the rear roller Allen bolts 1/4 TURN as shown above. Try the treadmill again to check for slipping. Repeat if necessary, but NEVER TURN the roller bolts more than 1/4 turn at a time. CAUTION: OVERTIGHTENING OF THE ROLLER WILL SEVERELY SHORTEN THE LIFE OF THE BELT AND MAY CAUSE FURTHER DAMAGE TO OTHER COMPONENTS.



### Drive Belt

If you have tensioned the running belt and are still experiencing a slipping sensation, call your Vision Fitness Dealer. Tensioning of the drive belt should only be performed by an authorized dealer.



## **PART 5 - DEVELOPING A FITNESS PROGRAM**

### **Stretch First**

Before using your Vision Fitness Treadmill, it is best to spend a few minutes doing a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion.

### **Wall Push**

Stand 1 1/2 feet from a wall and lean forward pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 10. Do not bounce.

### **Standing Quadriceps Stretch**

Using a wall or chair to provide balance, grab your left ankle with your left hand and hold your foot against the back of your thigh for a count of 10. Repeat with your right foot and hand.

### **Seated Toe Touch**

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 10. Do not bounce.

## **THE IMPORTANCE OF THE WARM UP AND COOL DOWN**

### **Warm Up**

The first 2 to 5 minutes of a work out should be devoted to warming up. The warm up will limber your muscles and prepare them for more strenuous exercise. Warm up on your Vision Fitness Treadmill by walking at slow speeds.

### **Cool Down**

Never stop exercising suddenly! A cool down period allows your heart to readjust to the decreased demand. Use a low speed setting during the cool down to gradually lower your heart rate. After the cool down, repeat the stretching exercises described at the beginning of this chapter to loosen and relax your muscles.

## **EXERCISE GUIDELINES**

Always consult your physician before beginning an exercise program.

### **How Often?**

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit.

Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before your shower, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. If you are to be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

### **How Long?**

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 32 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

### **How Hard?**

How hard you workout is also determined by your goals. If you use your Vision Fitness Treadmill to prepare for racing, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate, and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

To monitor your heart rate you can use a pulse monitor or take your pulse with your fingers. Pulse monitors are a convenient tool for monitoring heart rate, but make sure you use an accurate one. An inaccurate pulse monitor is of little value. You can measure your pulse with your fingers by placing your first two fingers lightly over the blood vessel (carotid artery) on your neck located next to your Adam's apple. Count your pulse for ten seconds and multiply by six. This figure is your heart rate in beats per minute. Compare this number to the Target Heart Rate Zone for your age group.

### Target Heart Rate Zone

The most common method for calculating your target heart rate is to first find your maximum heart rate. The standard formula for this is:

$220 - \text{Your Age} = \text{Maximum heart rate.}$

You do not want to workout at your maximum heart rate, you want to workout in your Target Heart Rate Zone. Your Target Heart Rate Zone is a percentage of your maximum heart rate. The American Heart Association recommends working out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. If you are just beginning an exercise program, exercise near or below the lower limit of your Target Zone.

Lower Limit of Target Zone = Maximum heart rate X .6

Upper Limit of Target Zone = Maximum heart rate X .75

You may find the chart below helpful for a quick reference.

Age	Target Zone 60%-75%
20	120-150
25	117-146
30	114-142
35	111-138
40	108-135
45	105-131
50	102-127
55	99-123
60	96-120
65	93-116
70	90-113

### Perceived Exertion Level

The second and simpler way to gauge your exercise intensity is to evaluate your perceived exertion level. If while exercising you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of other warning signs to overexertion.

## **ACHIEVING YOUR FITNESS GOALS**

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your Vision Fitness Treadmill 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. Below is a list of some common exercise goals:

- Weight Loss
- Weight Maintenance
- Improve Body Shape and Tone
- Strengthen Leg Muscles
- Increased Energy Level
- Improved Sleep Patterns
- Improved Sports Performance
- Improved Cardiovascular Endurance
- Stress Reduction

If possible try to define your personal goal in precise, measurable terms, and then put your goal in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly, then weekly segments. Longer term goals can lose some of the immediate motivating benefits. Short term goals are easier to achieve. Your Vision Fitness Treadmill console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of these functions.

### **Sample Goals:**

Goal setting is a popular motivational technique. It's important to set goals and reward yourself when initiating a new exercise program because you're attempting to break current patterns and form a new habit. Whether you use this technique or another, make fitness a priority in your life. You can achieve the ultimate reward to yourself - you can establish the exercise habit! Some sample goals may be:

- To strengthen my heart by exercising 24 minutes three days a week. (Goal Measurement: Exercise Time = 72 minutes a week.)
- To improve my body's ability to burn fat by exercising at a low intensity for 48 minutes per day, 5 days a week. (Goal Measurement: Exercise Time = 240 minutes per week.)
- To burn off work related stress by exercising for 20 minutes a day on work days. (Goal Measurement: Exercise Time = 100 minutes per week.)

### **Keeping an Exercise Dairy**

Photocopy the weekly and annual log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

<b>WEEK #</b> _____		<b>Weekly Goal:</b> _____			
		<b>Scheduled Workout Time:</b> _____			
		<b>My Reward is:</b> _____			
Day	Date	Workload Level	Exercise Time	Distance	Comments
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<b>Weekly Totals</b>					

<b>WEEK #</b> _____		<b>Weekly Goal:</b> _____			
		<b>Scheduled Workout Time:</b> _____			
		<b>My Reward is:</b> _____			
Day	Date	Workload Level	Exercise Time	Distance	Comments
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<b>Weekly Totals</b>					

<b>WEEK #</b> _____		<b>Weekly Goal:</b> _____			
		<b>Scheduled Workout Time:</b> _____			
		<b>My Reward is:</b> _____			
Day	Date	Workload Level	Exercise Time	Distance	Comments
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<b>Weekly Totals</b>					

<b>WEEK #</b> _____		<b>Weekly Goal:</b> _____			
		<b>Scheduled Workout Time:</b> _____			
		<b>My Reward is:</b> _____			
Day	Date	Workload Level	Exercise Time	Distance	Comments
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<b>Weekly Totals</b>					

January		
Week #	Minutes	Distance
<b>Monthly Total</b>		
<b>Monthly Reward</b>		

February		
Week #	Minutes	Distance
<b>Monthly Total</b>		
<b>Monthly Reward</b>		

March		
Week #	Minutes	Distance
<b>Monthly Total</b>		
<b>Monthly Reward</b>		

April		
Week #	Minutes	Distance
<b>Monthly Total</b>		
<b>Monthly Reward</b>		

May		
Week #	Minutes	Distance
<b>Monthly Total</b>		
<b>Monthly Reward</b>		

June		
Week #	Minutes	Distance
<b>Monthly Total</b>		
<b>Monthly Reward</b>		

July		
Week #	Minutes	Distance
<b>Monthly Total</b>		
<b>Monthly Reward</b>		

August		
Week #	Minutes	Distance
<b>Monthly Total</b>		
<b>Monthly Reward</b>		

September		
Week #	Minutes	Distance
<b>Monthly Total</b>		
<b>Monthly Reward</b>		

October		
Week #	Minutes	Distance
<b>Monthly Total</b>		
<b>Monthly Reward</b>		

November		
Week #	Minutes	Distance
<b>Monthly Total</b>		
<b>Monthly Reward</b>		

December		
Week #	Minutes	Distance
<b>Monthly Total</b>		
<b>Monthly Reward</b>		



## **FURTHER READING ON FITNESS**

ACSM Fitness Book  
American College of Sport Medicine  
Leisure Press

Exercise and Your Heart  
Pamphlet by the American Heart Association  
See your local American Heart Association Office

The New Fit or Fat  
Covert Bailey  
Houghton Mifflin Company

Fit or Fat for the 90's A 60 Minute Video  
Covert Bailey  
Pacific Arts

The Aerobics Program for Total Well Being  
Kenneth H. Cooper, MD  
Bantam Books

**WARRANTIES FOR MODELS: T8100, T8200, T8200HRC T8400, T8400HRC, T8500HRC**

**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, so long as it remains in the possession of the original owner.

**MOTOR - FIVE YEARS**

VISION FITNESS warrants the Motor against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner.

**ELECTRONICS & PARTS - THREE YEARS**

VISION FITNESS warrants the Electronic components and all original Parts (other than the Motor) 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.

**WARRANTIES FOR MODELS: T8600HRC, T8600S, & T8900**

**LIMITED HOME USE WARRANTY**

**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.

**MOTOR - FIVE YEARS**

VISION FITNESS warrants the Motor against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner.

**ELECTRONICS & PARTS - THREE YEARS**

VISION FITNESS warrants the Electronic components and all original Parts (other than the Motor) 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 - 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.

**WARRANTIES FOR MODELS: T8600HRC, T8600S, & T8900 (continued)**

**LIMITED LIGHT COMMERCIAL WARRANTY - Up to 5 hours use per day**

**LIGHT COMMERCIAL USES DEFINED**

VISION FITNESS warrants models T8600S & T8600HRC for use in light 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 five hours per day.

**FRAME, MOTOR, ELECTRONICS, PARTS - TWO YEARS**

VISION FITNESS warrants the Frame, Motor, Electronic components and all original Parts against defects in workmanship and materials for a period of two years from the date of original purchase.

**LABOR - TWO YEARS**

VISION FITNESS warrants the Labor used in 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.

**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, 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 card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our web site at [www.visionfitness.com](http://www.visionfitness.com). Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Treadmill. Thank you for selecting a VISION FITNESS product.

## Free Manuals Download Website

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<http://www.luxmanual.com>

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