

A woman with blonde hair, wearing a red tank top, is shown from the waist up, smiling and running on a treadmill. The background is a plain, light color.

Owner's Guide

VISION  **FITNESS.**

T9800 Series
TREADMILLS

Congratulations on the purchase of your VISION FITNESS® T9800 Treadmill. You've taken an important step in offering your customers what they need to achieve their fitness goals with a treadmill that is designed specifically to meet your facility's needs. It is important to have complete knowledge of this piece of equipment before use. Please read this Owner's Guide before using your new treadmill.

General Specifications:

Height: 55" / 140 cm

Length: 84" / 213 cm

Width: 31" / 79 cm

Weight: 325 lbs / 148 kg

Maximum User Weight: 400 lbs / 180 kgs

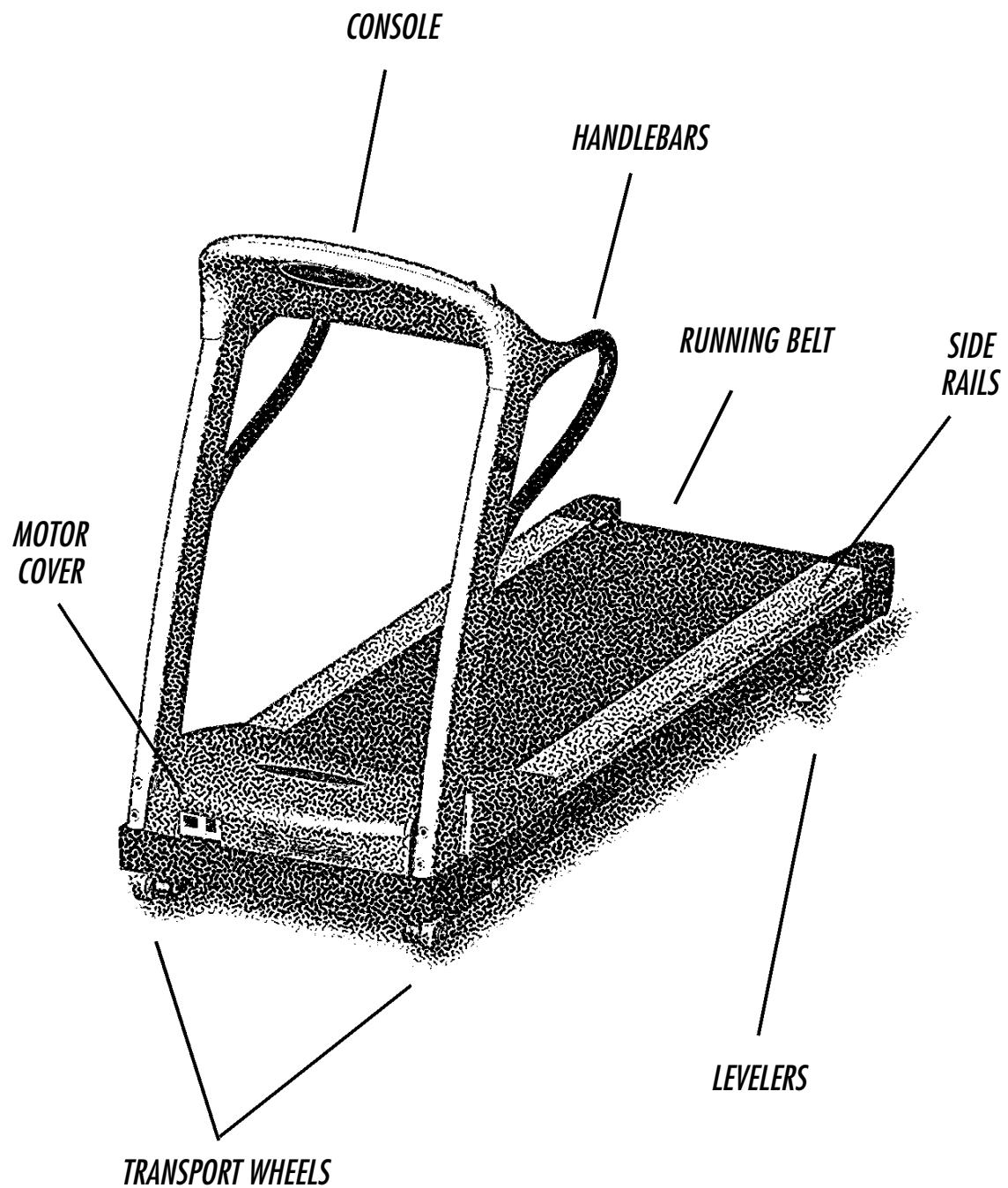
Belt Area: 22" x 63" / 56 cm x 160 cm

Speed: 0.5 – 12 mph / 0.8 – 20 kph

Elevation: 0 – 15%

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T 9800HRT
PLATFORM TREADMILLS

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 exercise product.

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

- Use this exercise product for its intended use as described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Keep the area behind the treadmill clear of any obstructions such as walls and other equipment. The minimum space required is 6 feet (2 meters) by 3 feet (1 meter).
- Do not remove the Treadmill motor covers or roller covers. Service should be performed only by an authorized VISION FITNESS service provider.
- 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. Contact your service provider for examination and repair.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch and damage it.
- Unplug your VISION FITNESS Treadmill before moving it.

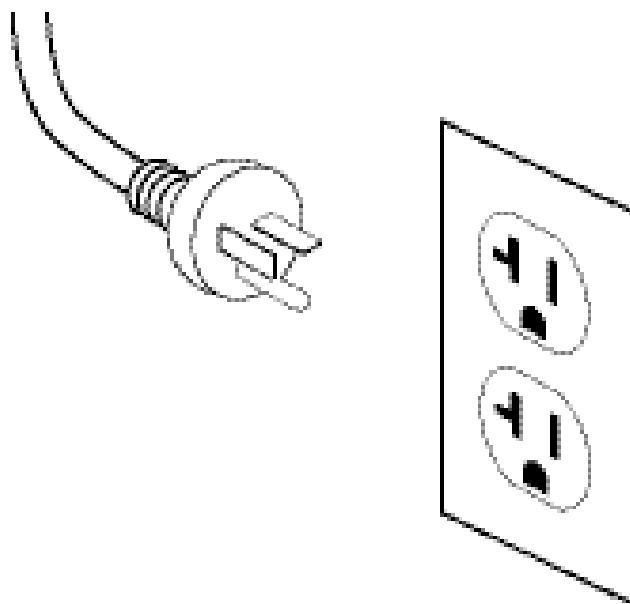
CHILDREN

- 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.

POWER REQUIREMENTS

This product is intended for use on a nominal 230-volt electrical circuit. Be sure the product is connected to an outlet with the same configuration (also shown below). This product requires a dedicated circuit. If a properly grounded dedicated circuit is not available, one must be installed by a qualified electrician in accordance with all local codes and ordinances.

An improper connection of the equipment grounding conductor can result in a risk of an electrical shock. DO NOT modify the plug that is provided with this product. If this plug does not fit into your outlet, have a qualified electrician install the proper outlet. Adapters, extension cords, and surge protectors should not be used with this product.



OTHER SAFETY TIPS FOR YOUR VISION FITNESS TREADMILL

CAUTION!: If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

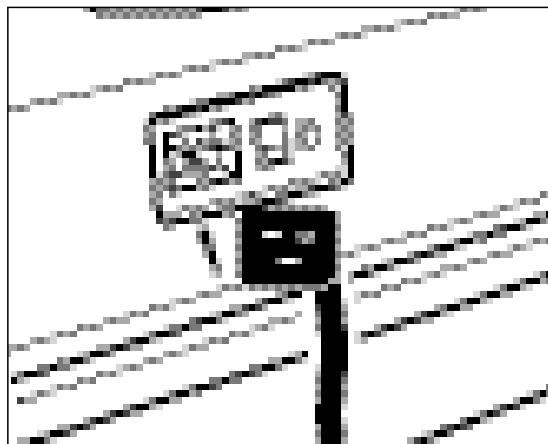
- Do not wear clothing that might catch on any part of the Treadmill.
- Read this Owner's Guide before operating this Treadmill.

LEVELING

Your Treadmill should be level for optimum use. Once you have placed your Treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the back of the Treadmill frame. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly. Once you have leveled your Treadmill, lock the levelers in place by tightening the nuts against the frame.

POWER

Ensure that your Treadmill is properly connected to the Treadmill and a power outlet, then turn on the power switch, located at the front of the main frame. For safety, remove the power cord when the Treadmill is not in use.



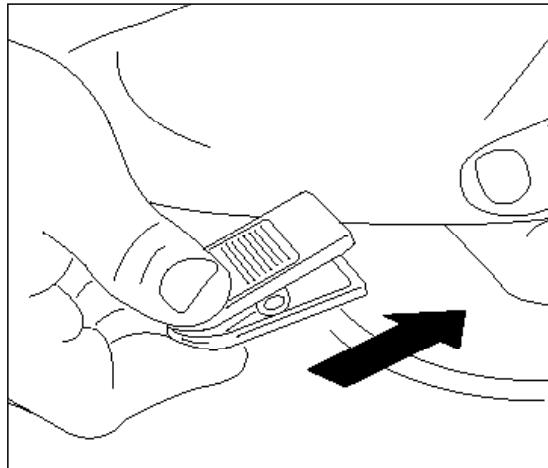
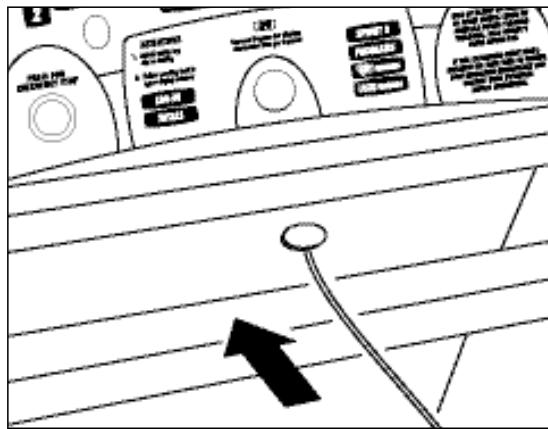
EMERGENCY STOP

If at any time you need to stop the Treadmill quickly, simply press the Emergency Stop button. This will instantly cut all power and the Treadmill will come to a stop. To resume your workout, you will need to re-enter any data.



SAFETY MAGNET

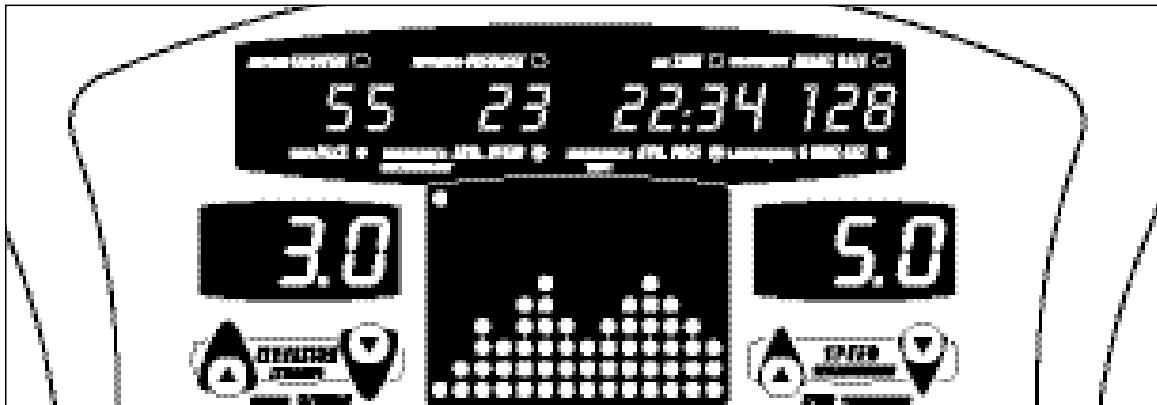
Your VISION FITNESS Treadmill will not start unless the Safety Magnet is inserted into the circle in the console overlay. You should attach the clip end to your clothing. If at any time you need to stop the Treadmill quickly simply pull the Safety Magnet off the console. This will cut all power to the Treadmill and it will come to a complete stop. To resume your workout, place the Safety Magnet back in place. This will send you back to the start-up mode.



T9800HRT FEEDBACK DISPLAY

ALPHANUMERIC MESSAGE CENTER

This is a display that will scroll the operation instructions in the top center display window. It will also display your feedback when the LED next to the appropriate word is lit.



CALORIES

Shown as estimated calories burned during workout.

PACE

Shown as Time (Minutes:Seconds) required to travel 1 mile at current Speed.

DISTANCE

Shown as Miles or Kilometers. View Distance traveled during workout.

Avg Speed

Shown as MPH or KPH. Equals accumulated distance plus elapsed time.

TIME

Shown as Minutes:Seconds. View the Time remaining or the Time elapsed in your workout.

Avg Pace

Shown as Time (minutes:seconds). Equals accumulated time divided by accumulated distance.

T9800HRT

FEEDBACK DISPLAY

HEART RATE

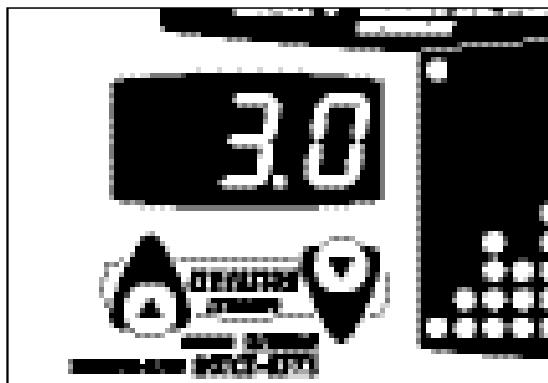
Shown as Beats-per-Minute. You can monitor your Heart Rate at any time during a workout by using a Heart Rate Chest Strap or gripping the Heart Rate Sensors on the front handlebar.

Avg Heart Rate

Displays percentage of maximum heart rate.

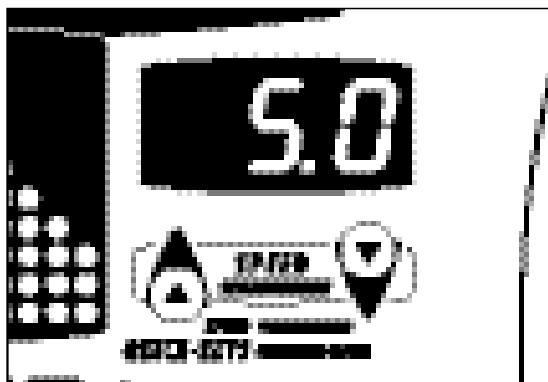
ELEVATION

Shown as percentage of incline, Elevation is visible in the left-hand LED window. Indicates how steeply inclined the running surface is, to simulate walking/running on a hill.



SPEED

Shown as MPH or KPH, Speed is visible in the right-hand LED window. Indicates how fast the running surface is moving, to simulate outdoor walking/running.

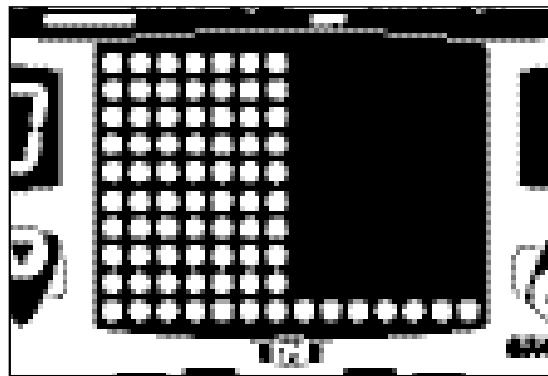


T9800HRT

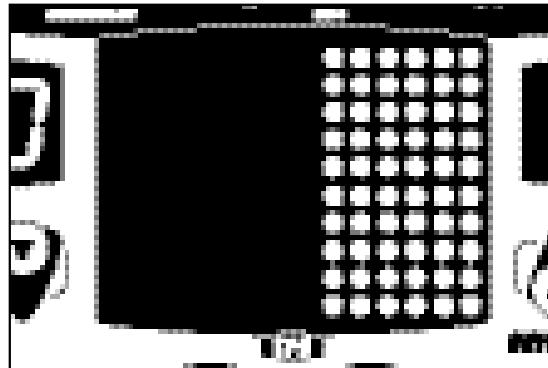
FEEDBACK DISPLAY

PROFILE MATRIX WINDOW

The Left dots #1-6 will show an Elevation Profile in 6 segments in ORANGE. This profile is not an exact representation of the elevation profile, but just a bar graph. The profile will scroll to the left during operation.



The Right dots #1-6 will show a Speed Profile in 6 segments in RED. This profile is not an exact representation of the speed profile, but just a bar graph. The profile will scroll to the left during operation.



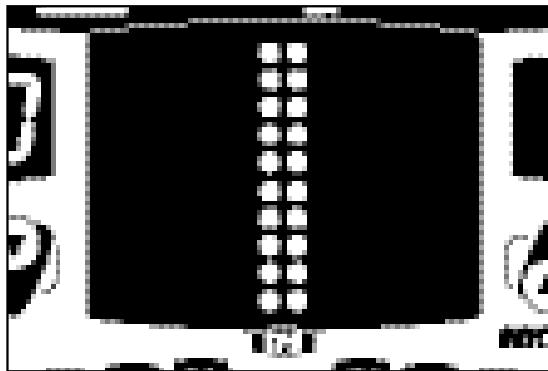
(continued on next page.)

T9800HRT

FEEDBACK DISPLAY

SPB-SEGMENT PROGRESS BAR

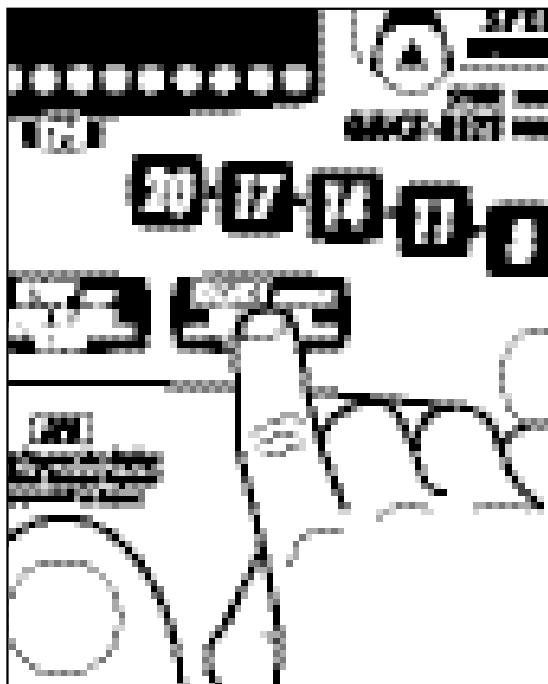
The center 2 columns on the dot matrix are the SPB (Segment Progress Bar). These two bars represent the accumulated time per segment. Each program has 20 segments. The SPB takes the segment time and divides it into 10 vertical dots. More dots appear as you progress in each segment. When the segment is complete the SPB starts over.



For example: if your workout is 20 minutes long, each segment is one minute. The SPB will divide the 1 minute into 10 dots, or 6 seconds per dot. The dots would clear and start counting up as each segment is complete.

SCAN FUNCTION

To scan the data during your workout, simply press the SELECT button. To continuously Scan, press and hold until the Console double-beeps (about 2 seconds.)



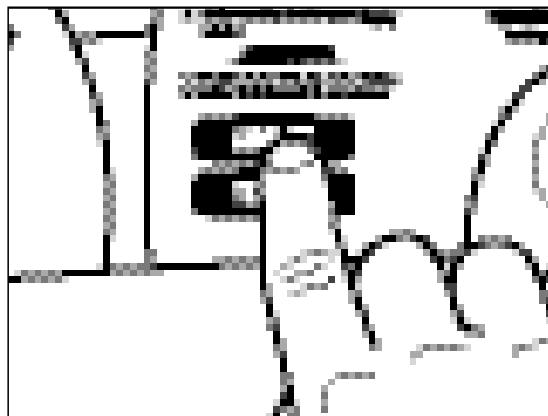
T9800HRT FEATURES

USER LOG-IN

The *T9800S* and *T9800HRT* consoles have a special feature that allows you to Log-In and save all data from your workout. To use this function follow these steps.

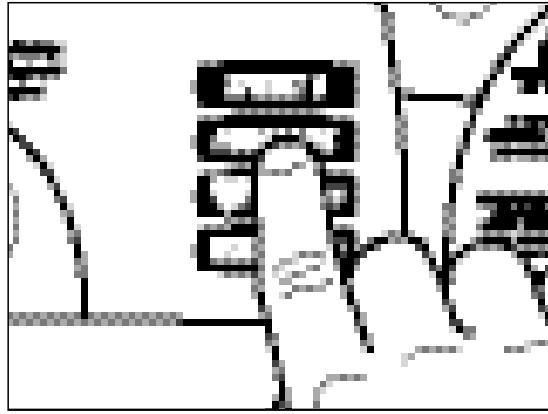
PRESS LOG-IN BUTTON

Use either set of arrow keys to choose a user I.D. number (1-10). This will appear in the Alphanumeric Message Center. Then press SELECT.



CHOOSE A PROGRAM

Select the desired program by using one of the Program Quick-Keys (see page 17 for program setup) or press START to enter Quick Start.



T9800HRT FEATURES

USER TOTALS BUTTON

To use this function you will need to use the same User Log-In code and follow these three steps.

PRESS TOTALS BUTTON

Use either set of arrow keys to enter your User I.D. Number. This is the same number that you use to log-in before you begin working out. Then press SELECT.



TOTALS ARE DISPLAYED

Now your accumulated totals for Distance, Hours, Calories, Average Speed, and Average Pace are displayed. Press SELECT to scroll the data. Press START to enter Quick Start or Program Quick Keys (T9800HRT ONLY)

RESET USER TOTALS

When reviewing your user totals, simply press and hold the STOP key on the overlay. This will clear the user total information.

T9800HRT FEATURES

SPEED QUICK KEYS

After pressing the START button, you can change the speed of the Treadmill by pressing one of the Speed Quick Key buttons numbered 2-8. Each key represents a mile/kilometer per hour. For example, when you press 3, the Treadmill will adjust the speed to 3 mph/kmph.



ELEVATION QUICK KEYS

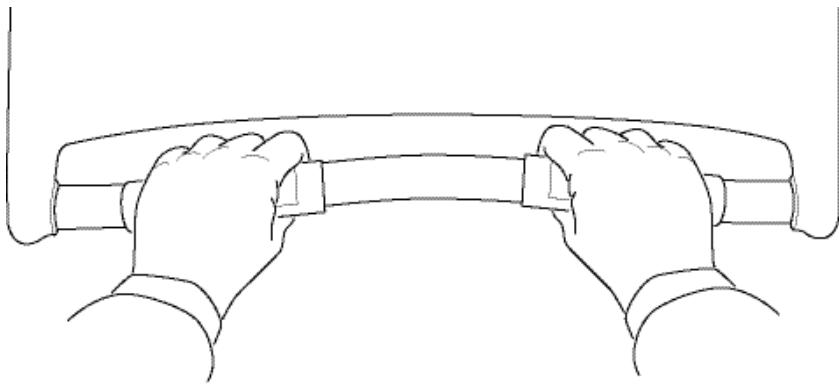
After pressing the START button, you can change the elevation of the Treadmill by pressing one of the Elevation Quick Key buttons numbered 2-8. Each key represents a % incline. For example if you press 3, the Treadmill will elevate to a 3% incline.



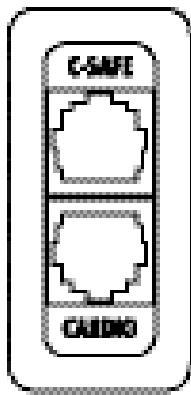
CONTACT HEART RATE

HAND PULSE HEART RATE SENSORS

The Contact Hand Pulse Sensors are included on this product to monitor your heart rate. To use, grasp both of the sensors with a comfortable grip during your workout. The console will display your heart rate.



NOTE: For the Heart Rate Training programs you must use a chest transmitter (not included).



C-SAFE

The top port on the back of the console enables the console to upload user workout statistics to a network database.

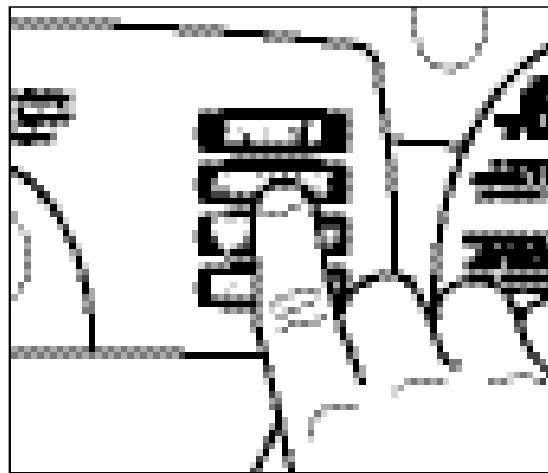
CARDIO PORT

A Cardio Port is located on the back of the console that is compatible to entertainment protocol such as Cardio Theater. The bottom port is the active port to use for this function.

T9800HRT FEATURES

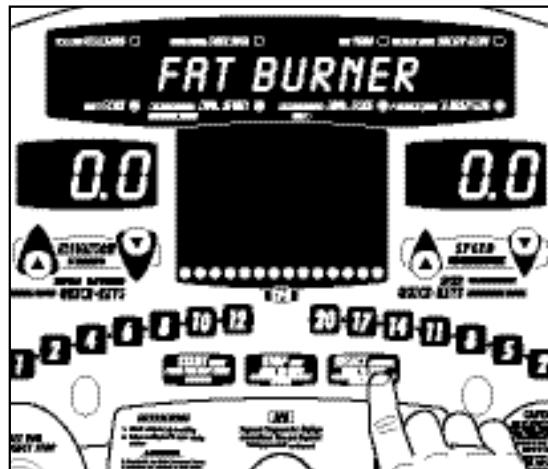
PROGRAM QUICK-KEYS

We have made choosing a program simple and easy with our program Quick-Key feature. All you need to do is select one of the keys and you are on your way. The SPRINT 8 button takes you directly to that program. PROGRAMS, HRT® PROGRAMS, and USER PROGRAMS are categories. Select these buttons and use the arrow keys to select your desired program.



CHOOSE A PROGRAM

Once a program category is selected, use either set of arrow keys to choose a program. Press SELECT.



T9800HRT FEATURES

CHOOSING A LEVEL

Choose level using arrow keys and press SELECT. The elevation & speed window will display the programs maximum elevation & speed. The Alphanumeric Message Center will also display "LEVEL1", etc..



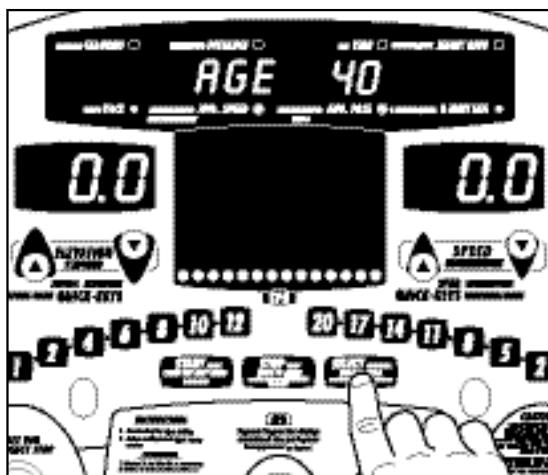
PROGRAM LEVELS

Most programs have 10 levels and SPRINT 8 has 17 levels. By having multiple levels to choose from, you can change the intensity of your workout as your fitness level improves. In general the beginner levels have lower level numbers and the most advanced levels have higher level numbers. For example, L17 will be the most advanced workout and L1 will be the beginner level. If you are not sure what fitness level you are at, you should start out at a lower level and work up to a comfortable level.

NOTE: All the programs can provide an aerobic and cardiovascular benefit in addition to the specific benefits listed.

ENTER AGE

Set your age using either set of arrow keys. Press SELECT. Your age is used to determine your predicted maximum heart rate.



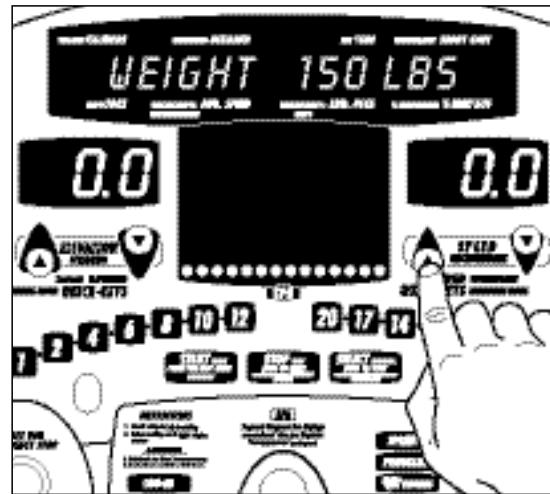
CHOOSING A TIME

Choose Time using either set of arrow keys and press SELECT.



ENTERING YOUR WEIGHT

Enter weight using either set of arrow keys and press SELECT. The Alphanumeric Message Center window will display the weight. After you press START the dot matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



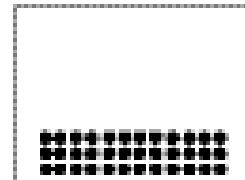
T9800HRT PROGRAM DETAILS

SPRINT 8 • ELEVATION & SPEED CHANGES

SPRINT 8 is an anaerobically-based interval program. It is effective in recruiting fast twitch muscle fibers and improving athletic performance. Medical research supports that this type of exercise will help combat somatopause, which inflicts adults in middle-age and is signified by weight gain, muscle loss, wrinkled skin, and lack of energy. See Page 21 for SPRINT 8 program details.

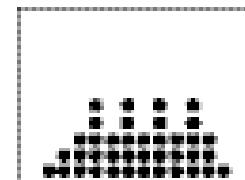
MANUAL

Customized workouts; with no default Time.



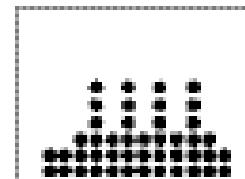
FAT BURNER • SPEED AND ELEVATION CHANGES

Promotes fat burning by raising and lowering your speed and elevation level while still keeping you within your fat-burning zone; Time defaults to 30 minutes.



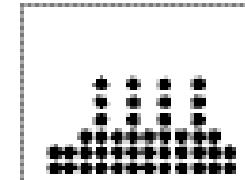
SPEED INTERVALS • SPEED CHANGES

Promotes weight loss by raising and lowering your speed level while still keeping you within your fat burning zone; Time defaults to 30 minutes.



MUSCLE TONER • ELEVATION CHANGES

Improves your strength, speed, and endurance by raising and lowering the elevation throughout your workout to involve both your heart and muscles; Time defaults to 30 minutes.

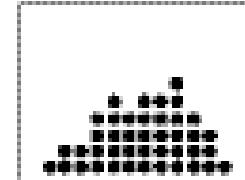


PACER

You race against the console. Set your race distance and beat the Pacer! (See page 22 for program details)

5K • ELEVATION CHANGES

Improves your cardiovascular training by simulating a 5K run with hills; no preset time with elevation changes.



USING THE SPRINT 8 PROGRAM

The SPRINT 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an effective way to burn fat and build lean muscle mass according to Phil Campbell, author of *Ready, Set, GO! SYNERGY FITNESS*. Please go to Mr. Campbell's website, www.readysetgofitness.com, for more details about this radical new approach to fitness.

The SPRINT 8 program features intense sprint intervals followed by recovery intervals. The program includes the following phases:

1. **WARM-UP** (3 minutes) should gradually increase your heart rate and increase respiration and blood flow to working muscles. The warm-up is controlled by the user to meet your specific needs.
2. **INTERVAL TRAINING** (14:30) starts immediately after the warm-up with a 30-second sprint interval; changing both speed and elevation. Seven recovery intervals of one minute and 30 seconds will alternate with the eight 30-second sprint intervals. The sprints will increase speed and elevation at the 3rd and 5th interval. The recovery speed is about 2–3 mph slower than your sprint and the recovery elevation is 0. You can alter your speed using the Speed Quick Keys or SPEED UP and DOWN arrows. To adjust the elevation; simply use the Elevation Quick Keys or ELEVATION UP and DOWN arrows.
3. **COOL-DOWN** (2:30) helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

In order to keep track of each segment/interval, the segment time is counted down in the timer. It takes only 20 minutes to complete the SPRINT 8 workout.

T980HRT

PACER PROGRAM DETAILS

This is a motivational program that allows you to race against the console. You determine the speed of the pacer and the distance of the workout. You control your own speed and elevation throughout the program. The top row of dots is the pacer. You are the blinking dots in the middle row of the dot matrix profile. The dot matrix will keep track of your progress. The time of the program will depend on how long it takes you to complete the distance. The program will not end until you have completed the distance.

ENTER AGE

Set your age using either set of arrow keys. Press SELECT. Your age is used to determine your predicted maximum heart rate.



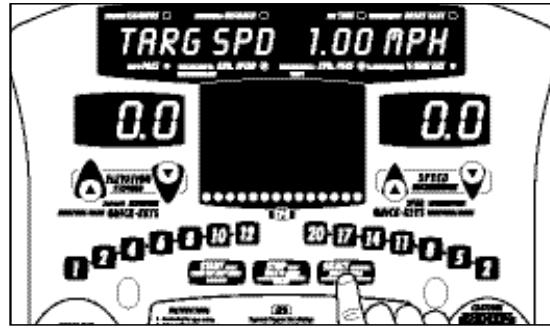
CHOOSING DISTANCE

Set the pacer goal distance by using either set of arrow keys. Press SELECT to enter.



CHOOSING TARGET SPEED

Use either set of arrow keys to select the Pacer speed. Press SELECT to enter. This will be a consistent speed throughout the workout.



SET WEIGHT

Set your weight using either set of arrow keys. Press SELECT to enter. By entering weight, the totals for calories will be adjusted according to your entered weight.

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STARTING

When you are ready to begin, press START.

T9800HRT HEART RATE TRAINING

NOTE: A CHEST TRANSMITTER IS NEEDED TO USE THE HEART RATE PROGRAMS

HRT® WEIGHT LOSS (65% OF PREDICTED MAXIMUM HEART RATE) • ELEVATION ONLY

Program default is 30:00 minutes

The HRT® WEIGHT LOSS program is designed to maintain you at 65% of your predicted maximum heart rate. The Treadmill has a 2 minute warm up time. During the warm up you will control both speed and elevation. After 2:00 the Treadmill will control the elevation to bring you to your target heart rate. Once you are +/- 5 beats per minute (BPM) of your target heart rate the Treadmill will beep and the program time will begin to count down. The Treadmill will maintain your heart rate +/- 5 BPM of the target heart rate. You will have control of the speed throughout the program.

HRT® CARDIO (80% OF PREDICTED MAXIMUM HEART RATE) • ELEVATION ONLY

Program default is 30:00 minutes

The HRT® CARDIO program is designed to maintain you at 80% of your predicted maximum heart rate. The Treadmill has a 2 minute warm up time. During the warm up you will control both speed and elevation. After 2:00 the Treadmill will control the elevation to bring you to your target heart rate. Once you are +/- 5 beats per minute (BPM) of your target heart rate the Treadmill will beep and the program time will begin to count down. The Treadmill will maintain your heart rate +/- 5 BPM of the target heart rate. You will have control of the speed throughout the program.

NOTE: Follow the instructions below for program setup or follow the instructions on the Alphanumeric Message Center.

CHOOSE THE HRT® WEIGHT LOSS & HRT® CARDIO

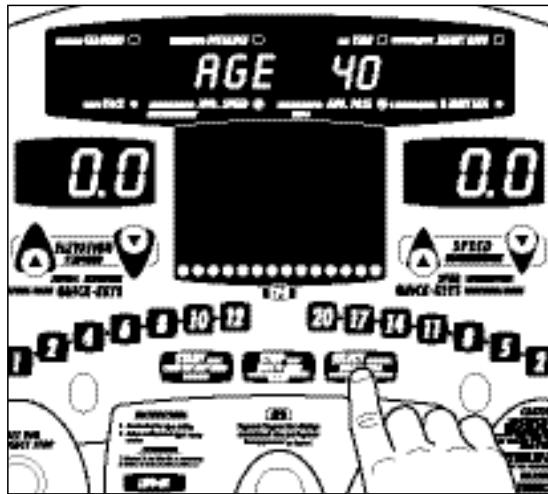
Press the HRT® PROGRAMS button. Use either set of arrow keys to choose "HRT WEIGHT LOSS" or "HRT CARDIO". Press SELECT.

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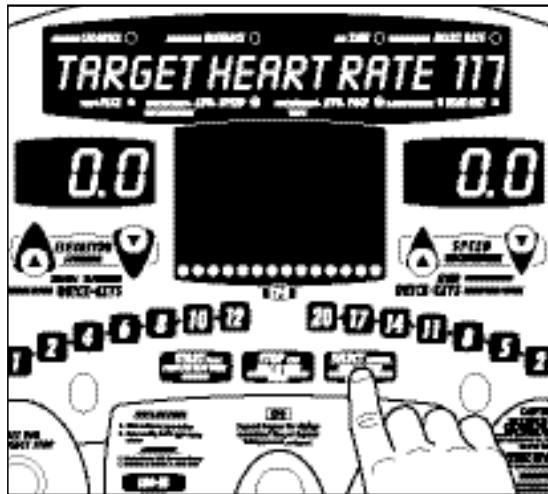
ENTER AGE

Set your age using either set of arrow keys. Press SELECT to enter. Your age is used to determine your predicted maximum heart rate.



ENTER TARGET HEART RATE

You can change the target heart rate by using either set of arrow keys, enter your Target Heart Rate and press the SELECT button.



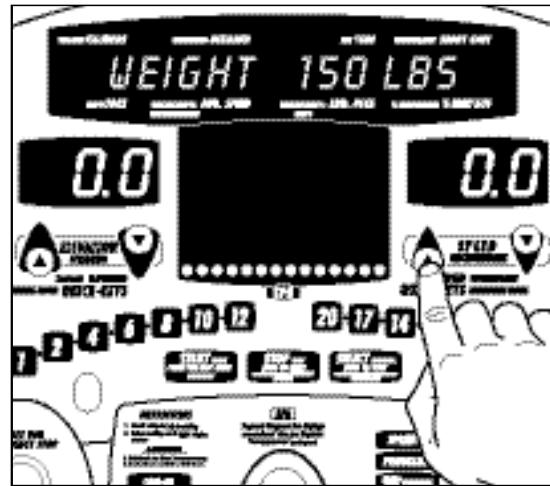
CHOOSE PROGRAM TIME

Set the time using either set of arrow keys. Press the SELECT button to enter your Time. The Minimum Time for this program is 5 minutes. If you are ready to begin exercising, press the START button. Optionally, if you wish to enter your weight, proceed to the next step.



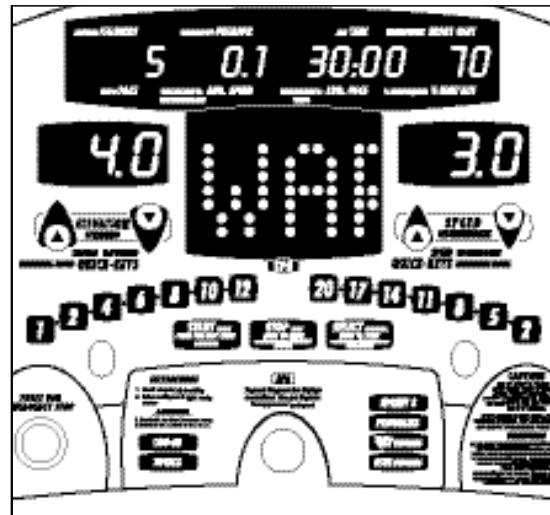
ENTERING YOUR WEIGHT

Enter weight using either set of arrow keys. The Alphanumeric Message Center window will display the weight. Press START to begin. After you press START the dot matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



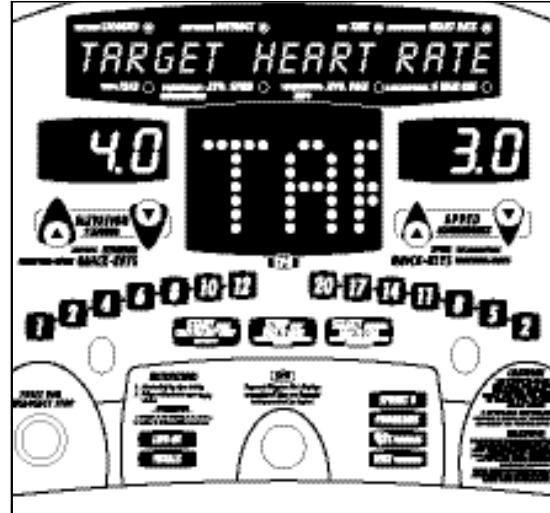
WARM-UP MODE

Now the Treadmill is in the 2:00 manual warm up mode. You are now in control of both the speed and elevation to reach your target Heart Rate Zone. Once a steady Heart Rate within +/- 5 Beats Per Minute of your entered Target Zone is found, the console will beep and then enter the Heart Rate Training mode.



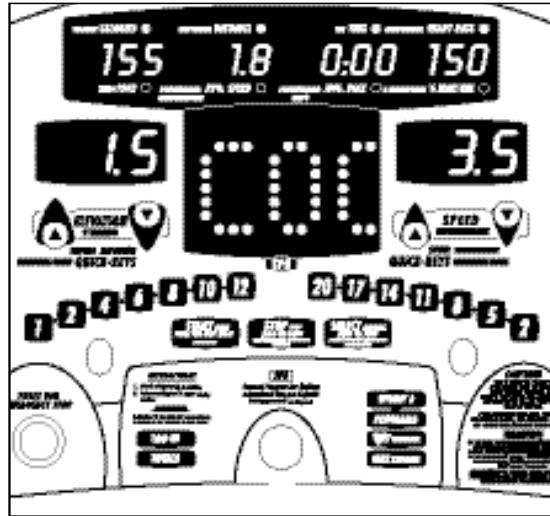
PROGRAM MODE

Now the Treadmill will automatically adjust your elevation to keep you in your Target Zone. This will repeat throughout the program.



COOL-DOWN MODE

After you have completed your timed workout, the console will display: "Cool Down". This is to let you know that your program has ended. You are now in a manual mode cool down and have control of the Speed and Elevation. This lets you cool down at your own pace.



ENDING THE PROGRAM

Once you feel your cool down has elapsed, press the STOP button and the Treadmill will stop.

NOTES FOR YOUR HEART RATE TRAINING PROGRAMS

- If there is no Heart Rate detected, the Treadmill will not adjust elevation.
- If the Heart Rate detected is higher than the Target Zone by 10 BPM the console will "beep" and the dot matrix will display a warning message.
- If the Heart Rate detected is higher than the Target Zone by 15 BPM, the console will "beep" and the dot matrix will display a warning message. This process will repeat until the Heart Rate has been reduced. If the treadmill is at 0% elevation, the speed will decrease by 1 mph.
- If the user's Heart Rate is 20 beats over their Target Zone, the Treadmill will Shut Down.

NOTE: At all times the speed and elevation keys are operative for the user.

T9800HRT

HRT® ENDURANCE • SPEED & ELEVATION

Program default is 30:00 minutes

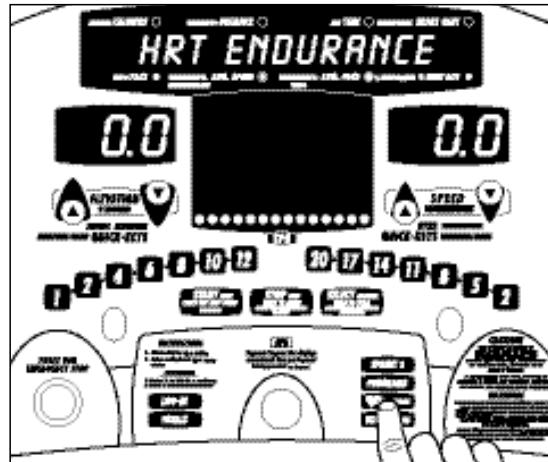
(program time does not begin until Target Heart Rate Achieved)

The Treadmill has a manual mode warm up until you reach your Target Heart Rate. During the warm up mode you control both speed and elevation. This does not count for the program time. Once you reach +/- 5 beats per minute (BPM) of the Target Heart Rate, the Treadmill will control your Heart Rate by Speed and Elevation within +/- 5 BPM of your Target Heart Rate. The speed will be automatically adjusted first up to 1 MPH greater or less than the current Target Heart Rate Speed. After the console automatically adjusts your speed up to 1 MPH more or less than the Target Heart Rate Speed, the elevation will take over and adjust your elevation to keep you in your Target Zone. This will repeat throughout the program.

NOTE: You can follow these instructions below or you can use the scrolling instructions in the Alphanumeric Message Center.

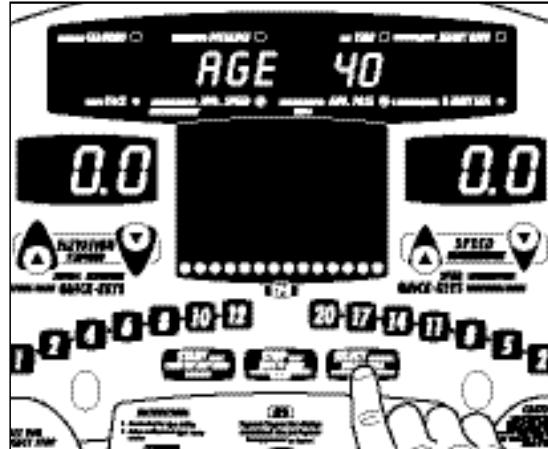
CHOOSE THE HRT® ENDURANCE PROGRAM

Press the HRT® PROGRAMS button. Use either set of arrow keys to choose "**HRT ENDURANCE**". Press SELECT to enter.



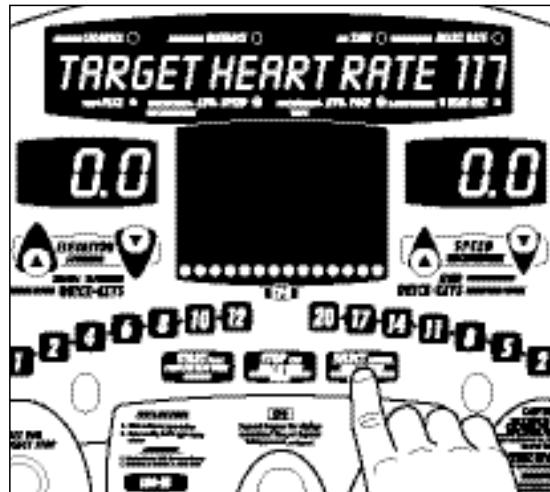
ENTER AGE

Set your age using either set of arrow keys. Press SELECT to enter. Your age is used to determine your predicted maximum heart rate.



ENTER TARGET HEART RATE

(See Page 35 to determine your recommended Target Heart Rate.) Using either set of arrow keys, enter your Target Heart Rate and press the SELECT button.



CHOOSE PROGRAM TIME

Set the Time using either set of arrow keys. Press the SELECT button to enter your Time. The Minimum Time for this program is 5 minutes. If you are ready to begin exercising, press the START button. Optionally, if you wish to enter your weight, proceed to the next step.



ENTERING YOUR WEIGHT

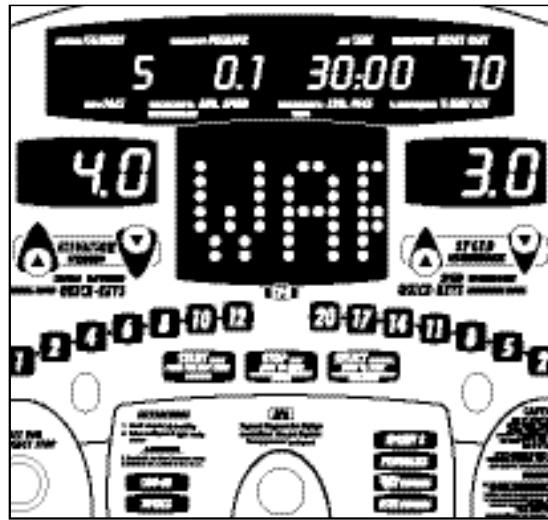
Enter weight using either set of arrow keys. The Alphanumeric Message Center window will display the weight. Press START to begin. After you press START the dot matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



WARM-UP MODE

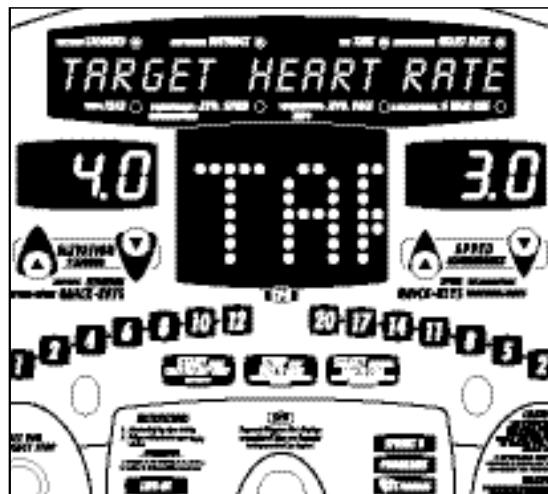
Now the Treadmill is in the manual warm up mode. You are now in control of both the speed and elevation to reach your target Heart Rate Zone. Once a steady Heart Rate within +/- 5 Beats Per Minute of your entered Target Zone is found, the console will beep and then enter the Heart Rate Training mode.

NOTE: The dot matrix window will scroll: "Target Heart Rate Achieved"



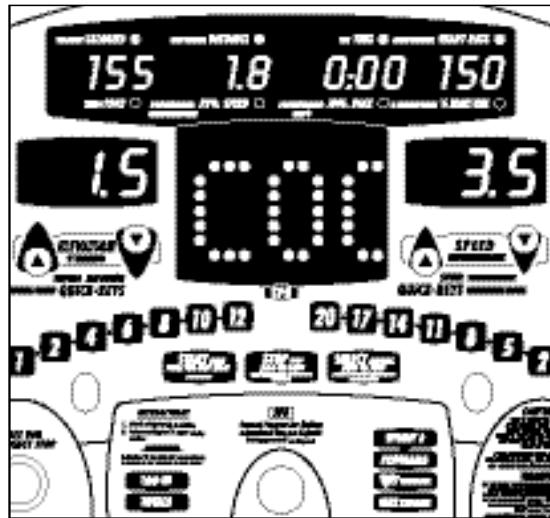
PROGRAM MODE

Now the Treadmill will automatically adjust your speed and elevation to keep you in your Target Zone. This will repeat throughout the program. It will adjust speed first, then elevation. Never both at the same time.



COOL-DOWN MODE

After you have completed your timed workout, the console will display: "Cool Down". This is to let you know that your program has ended. You are now in a manual mode cool down and have control of the Speed and Elevation. This lets you cool down at your own pace.



ENDING THE PROGRAM

Once you feel your cool down has elapsed, press the STOP button and the Treadmill will stop.

NOTES FOR YOUR HEART RATE TRAINING PROGRAMS

- If there is no Heart Rate detected, the Treadmill will not adjust speed or elevation.
- If the Heart Rate detected is higher than the Target Zone by 10 BPM the console will "beep" and the dot matrix will display a warning message.
- If the Heart Rate detected is higher than the Target Zone by 15 BPM, the console will "beep" and the dot matrix will display a warning message. The same process will repeat until the heart rate has been reduced. If the treadmill is at Elevation, the elevation will return to 0. If the heart rate is still 15 BPM over target heart rate, the speed will reduce by 1.0 mph.
- If the user's Heart Rate is 20 beats over their Target Zone, the Treadmill will Shut Down.

NOTE: At all times the speed and elevation keys are operative for the user.

T9800HRT

HRT® INTERVAL • SPEED ONLY

Program default is 30:00 minutes

(program time does not begin until 85% of Target Heart Rate Achieved)

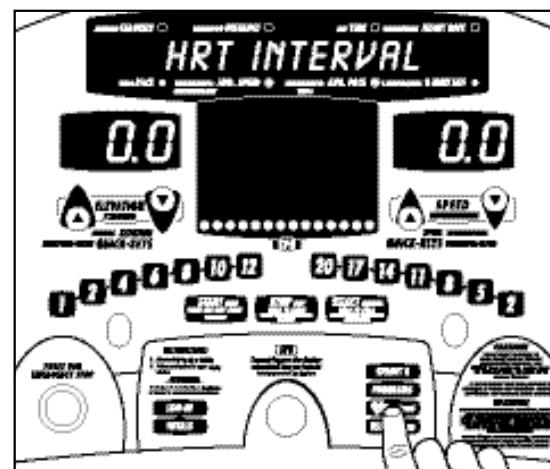
The HRT® INTERVAL has a manual warm up mode until you reach 85% of your target heart rate. During this warm up you control both speed and elevation. The warm up does not count for program time. Once you reach 85% of your target heart rate, the Treadmill will control the speed to reach your work interval of 95%–100% of your target heart rate +/- 5 BPM. The first 2 work intervals are 95% of your target heart rate and the remaining work intervals are 100% of your target heart rate. The work interval lasts for 1 minute from the time you reached the work interval heart rate. At the end of the one minute work interval the Treadmill will begin the recovery interval; adjusting the speed to bring you back to 85% of your target heart rate. The program will repeat the work interval/recovery interval until the program time is complete. The chart below displays the intervals.

WARM UP	WORK INTERVAL	RECOVERY INTERVAL	WORK INTERVAL	RECOVERY INTERVAL	WORK INTERVAL	RECOVERY INTERVAL
USER CONTROLS SPEED AND ELEVATION TO 85% OF TARGET HEART RATE	95% OF TARGET HEART RATE	85% OF TARGET HEART RATE	95% OF TARGET HEART RATE	85% OF TARGET HEART RATE	100% OF TARGET HEART RATE	85% OF TARGET HEART RATE

**REPEAT WORK INTERVAL AT 100% TARGET HEART RATE & RECOVERY
INTERVAL AT 85% TARGET HEART RATE UNTIL TIME RUNS OUT**

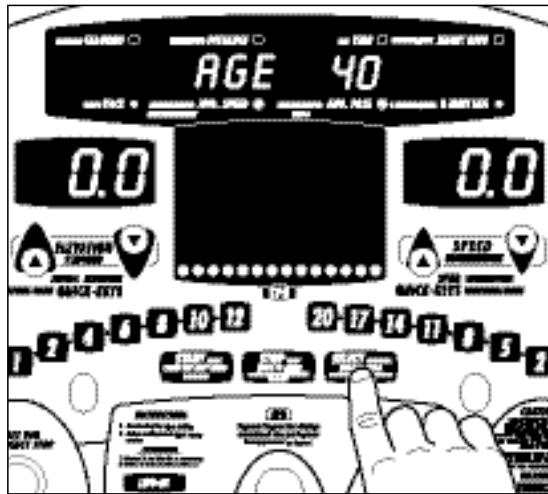
CHOOSE THE HRT® INTERVAL PROGRAM

Press the HRT® PROGRAMS button. Use either set of arrow keys to choose "HRT INTERVAL". Press SELECT to enter.



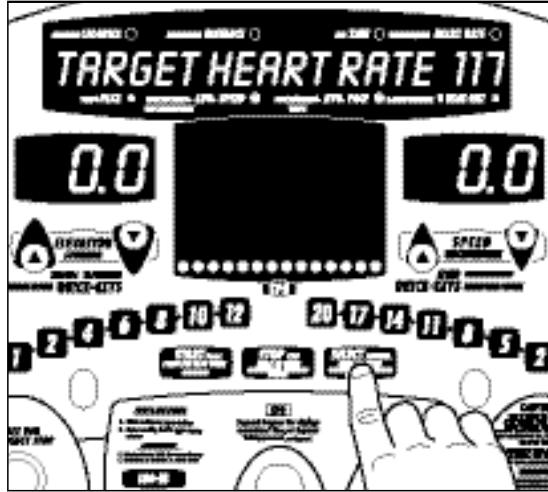
ENTER AGE

Set your age using either set of arrow keys. Press SELECT to enter. Your age is used to determine your predicted maximum heart rate.



ENTER TARGET HEART RATE

(See Page 35 to determine your recommended Target Heart Rate.) Using either set of arrow keys, enter your Target Heart Rate. This will be the maximum effort interval. Press SELECT.



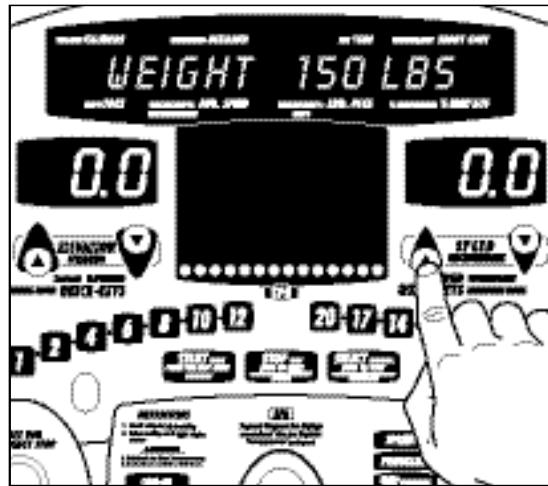
CHOOSE PROGRAM TIME

Set the Time using either set of arrow keys. Press the SELECT button to enter your Time.



ENTERING YOUR WEIGHT

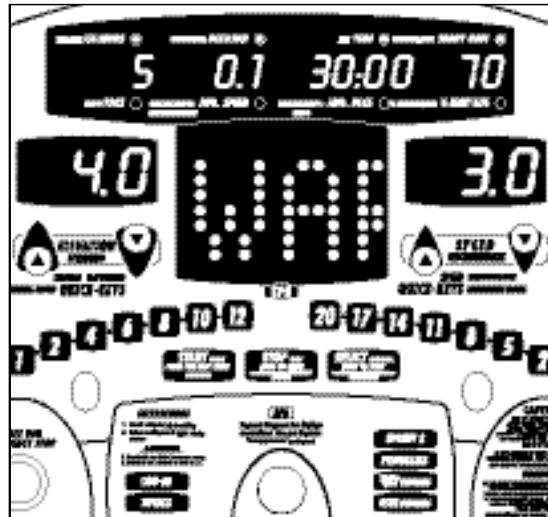
Enter weight using either set of arrow keys. The Alphanumeric Message Center window will display the weight. Press START to begin. After you press START the dot matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



WARM-UP MODE

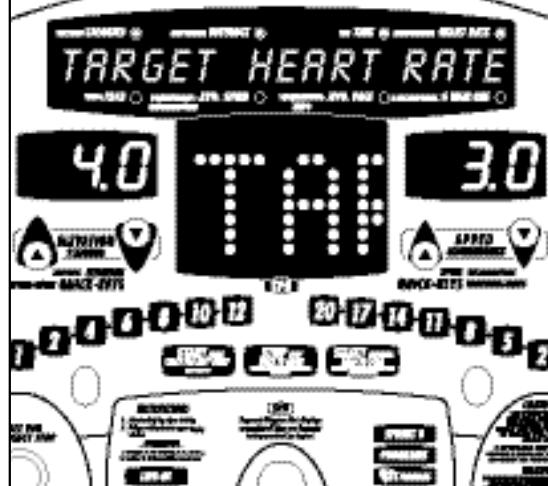
Now the treadmill is in the manual warm up mode. You are now in control of both the speed and elevation to reach 85% of your target heart rate. Once a steady Heart Rate within +/- 5 Beats Per Minute of your entered Target Zone is found, the console will beep and then enter the Heart Rate Training mode.

NOTE: The dot matrix window will scroll: "Target Heart Rate Achieved"



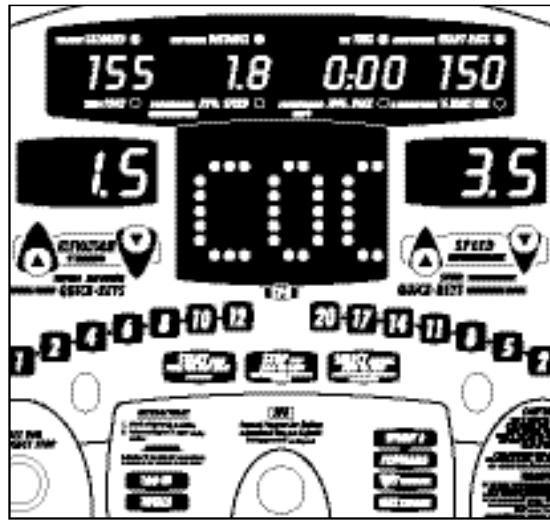
PROGRAM MODE

Now the Treadmill will automatically adjust the speed to reach your recovery heart rate and your work interval heart rate. This will repeat throughout the program.



COOL-DOWN MODE

After you have completed your timed workout, the console will display: "Cool Down". This is to let you know that your program has ended. You are now in a manual mode cool down and have control of the Speed and Elevation. This lets you cool down at your own pace.



ENDING THE PROGRAM

Once you feel your cool down has elapsed, press the STOP button and the Treadmill will stop.

NOTES FOR YOUR HEART RATE TRAINING PROGRAMS

- If there is no Heart Rate detected, the Treadmill will not adjust speed.
- If the Heart Rate detected is higher than the Target Zone by 10 BPM the console will "beep" and the dot matrix will display a warning message.
- If the Heart Rate detected is higher than the Target Zone by 15 BPM, the console will "beep" and the dot matrix will display a warning message. The same process will repeat until the heart rate has been reduced. If the treadmill is at Elevation, the elevation will return to 0. If the heart rate is still 15 BPM over target heart rate, the speed will reduce by 1.0 mph.
- If the user's Heart Rate is 20 beats over their Target Zone, the Treadmill will Shut Down.

NOTE: At all times the speed and elevation keys are operative for the user.

GENERAL HEART RATE TRAINING RECOMMENDATIONS

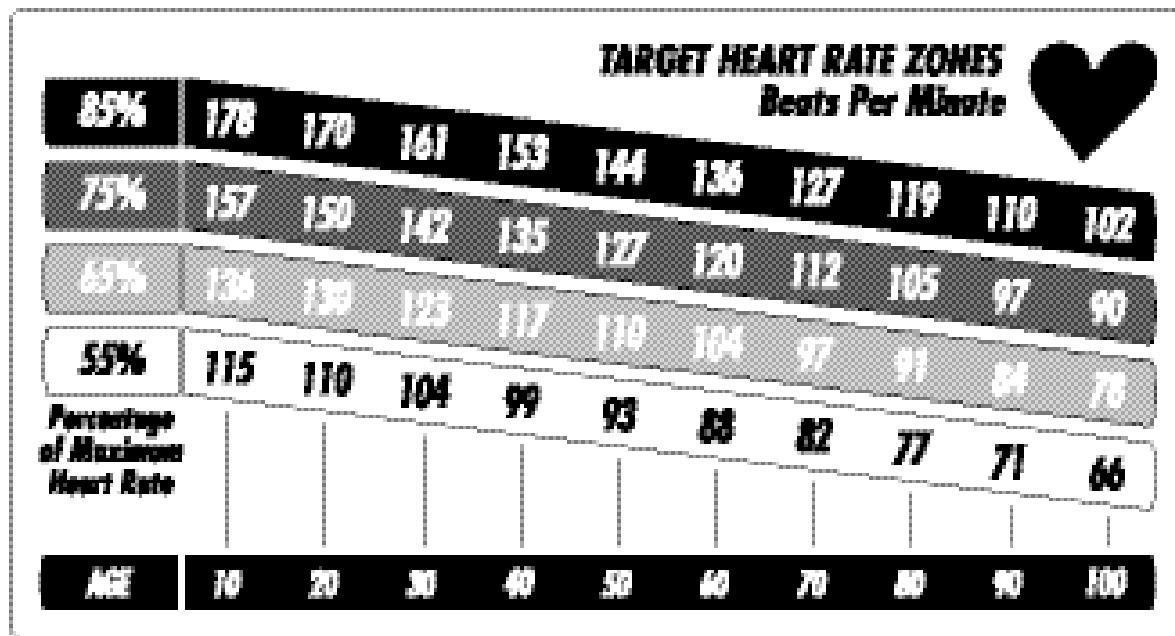
To use the Heart Rate Training Program, it is important to determine your Target Heart Rate, using the chart below. After determining your Target, you should use the Treadmill in MANUAL mode to see if the Target you have selected is correct. This will give you a good base to start your Heart Rate Training. If you feel your Target is too low or too high, keep using the Treadmill in the MANUAL mode until you feel comfortable during your workout; then you can begin using the Heart Rate Training Program.

EXERCISE INTENSITY

To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity. The two ways to monitor exercise intensity are Target Heart Rate, and Perceived Exertion.

TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 55% to 85% of your maximum heart rate. As a point of reference, we use the predicted maximum heart rate formula of (220 minus age) to determine your heart rate training zone. Please use the following chart to determine your predicted Target Heart Rate.



RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (R.P.E.) is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently RPE can be used alone or together with heart rate when monitoring exercise intensity.

RPE SCALE

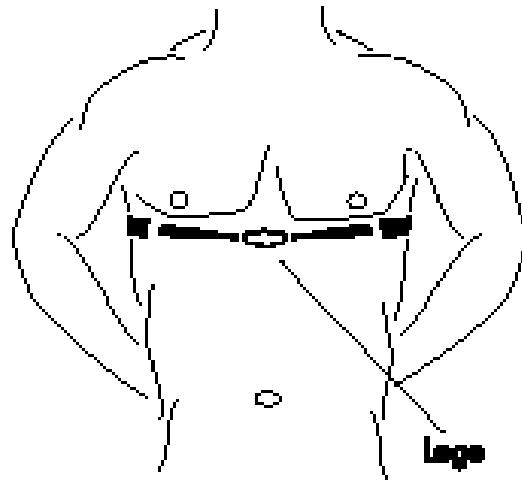
0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	Very strong
8	
9	
10	Very, very, strong
	Maximal

The recommended RPE range for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace; it is dependent on the feelings caused by the exertion.

USING A WIRELESS CHEST TRANSMITTER (NOT INCLUDED)

Center the Transmitter Strap just below the breast or pectoral muscles, directly over your sternum with the logo facing out.

Adjust the elastic strap length to avoid bouncing or sliding.



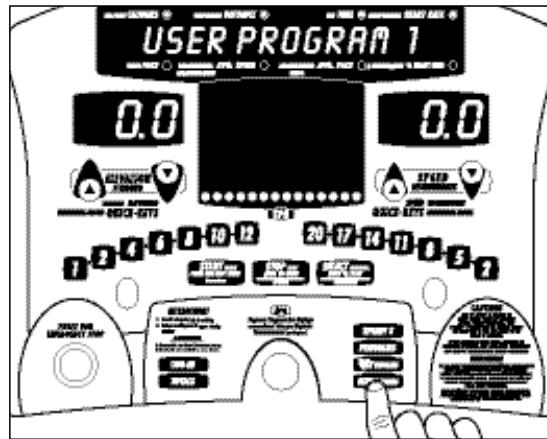
USER PROGRAMS 1-5

Design your own Programs by setting the desired Time, Speed, and Elevation of 20 different segments. By designing your own programs you now can control your fitness goals workout by workout. This allows you to modify your training based on certain events or milestones you may have set for yourself.

PROGRAM DETAILS

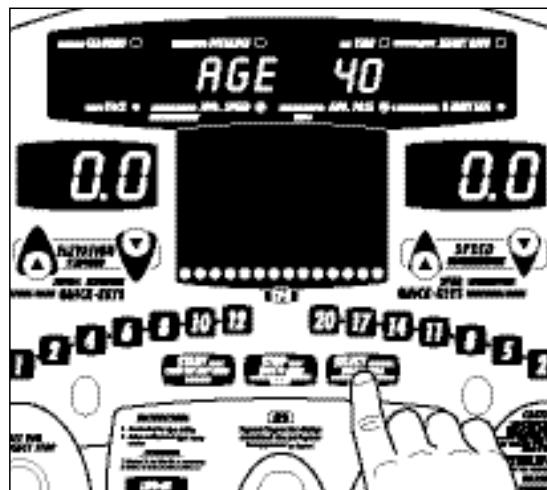
PROGRAMMING A USER PROGRAM

Select a user program by pressing the User Program button. Use either set of arrow keys to choose "**USER PROGRAMS 1, 2, 3, 4, OR 5**". Press SELECT to enter.



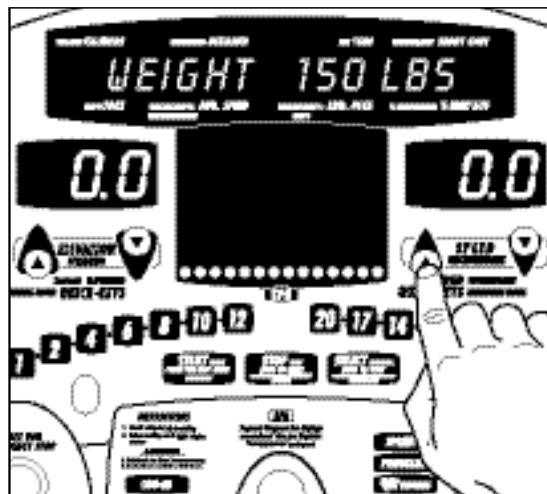
ENTER AGE

Set your age using either set of arrow keys. Press SELECT to enter. Your age is used to determine your predicted maximum heart rate.



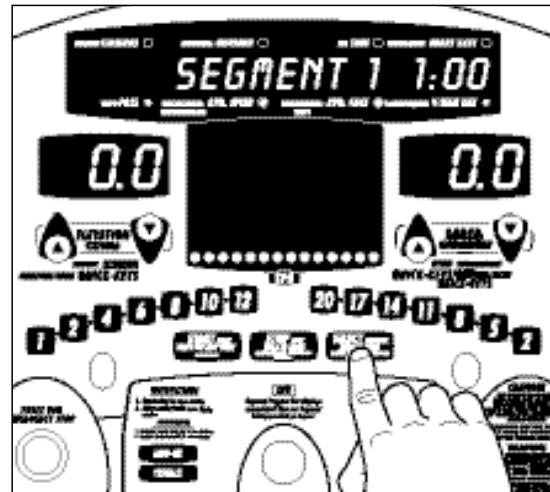
ENTERING YOUR WEIGHT

Enter your weight using either set of arrow keys. By entering your Weight, the totals for Calories will be adjusted according to your entered Weight. Press SELECT.



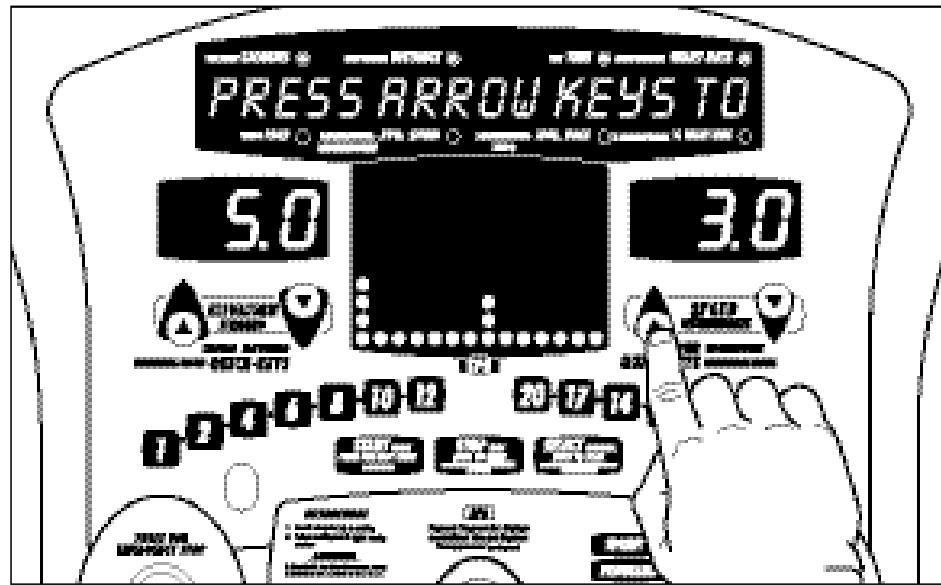
ENTER SEGMENT TIME

Modify the segment number using the elevation arrows and the segment time using the speed arrows. Press SELECT.



ENTER SEGMENT SPEED AND ELEVATION

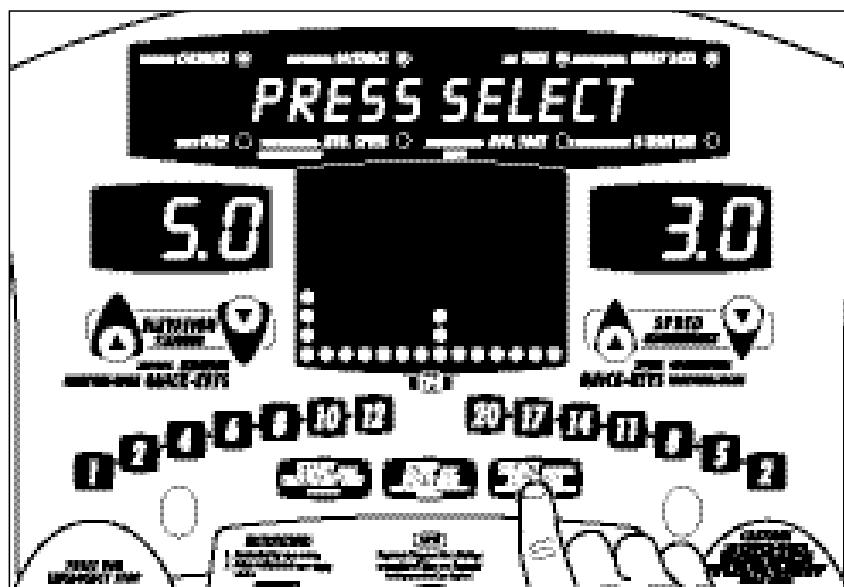
The #1 column will blink. Press the Speed Quick Keys, and/or the SPEED arrow keys to change the speed segment column (Speed numeric values changing with red column). Press Elevation Quick Keys and/or the ELEVATION arrows to change the elevation segment column (Elevation numeric values changing with orange column)



SAVING SEGMENT DATA

Press the SELECT button to store Speed and Elevation, then proceed to the next column.

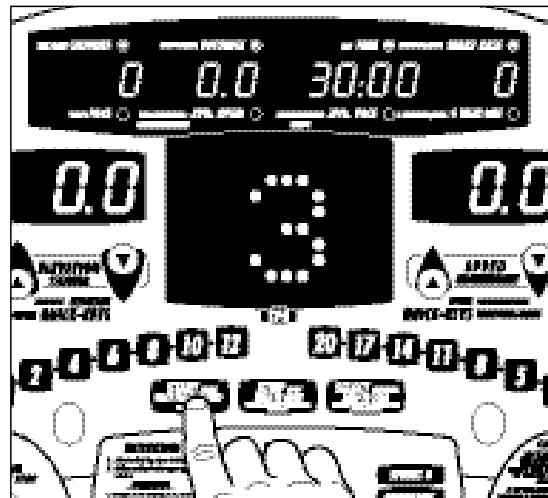
NOTE: Repeat entering segment time, speed, and segment elevation until all 20 segments are completed.



BEGINNING WORKOUT

Begin exercising in your new Custom Program by pressing the START button.

NOTE: This program will be saved permanently and may be changed by repeating the steps above.



USER ENGINEERING MODE

Your Treadmill offers a User Engineering Mode that can access certain data and help to troubleshoot your Treadmill. User Engineering Mode is designed for you to access functions that will not affect important Treadmill settings. To access this mode please hold down SPEED DOWN and SELECT for 5 seconds while the Treadmill is in any state of setting up a program. "**USER ENG MODE**" displays for 5 seconds in the alphanumeric window. Use the elevation arrow keys to scroll through the available data/functions. To choose the data/function press SELECT. To save the data/function, press SELECT. To exit, press STOP.

UNITS- ENGLISH/ METRIC

You can select this configuration for your treadmill. Use the speed arrow keys to select English or Metric and press SELECT to save. Note that changing units does affect the stored value of weight and clears any stored user programs. Changing units may also require you to perform auto calibration.

MAXIMUM WORKOUT TIME

Maximum workout time is 99 minutes. You can modify the maximum workout time by choosing the time using the speed arrow keys. Press SELECT to save.

PAUSE TIME

Pause time is 20 seconds. You can modify the pause time from 5 seconds to 10 minutes. Use the speed arrow keys to modify the time. Press SELECT to save.

USER ENGINEERING MODE *(continued)*

DEFAULT AGE

The default age is 40. You can modify the default age using the speed arrow keys. Press SELECT to save.

DEFAULT WEIGHT

Default weight is 150 lbs/ 68kg. You can modify the weight by using the speed arrow keys. Press SELECT to save.

SCROLL SPEED

The scroll speed default number is 3. You can change the speed of the text by using the speed arrows. A lower number will make the test scroll faster. A larger number will make the text go slower. Press SELECT to save.

MAXIMUM SPEED

This allows you to set the maximum speed of the treadmill; from 2.0 –12.0mph/3.2 – 20 kph. Use the speed arrows to modify the speed. Press SELECT to save.

ELEVATION ERRORS

This allows you to clear an elevation error. This will allow you to operate the treadmill without elevation. Use the speed arrows to turn off or on. Press SELECT to save.

USER ENGINEERING MODE *(continued)*

AUTO-CALIBRATION

DO NOT STAND ON THE BELT WHEN PERFORMING THE AUTO-CALIBRATION!

To begin auto-calibration, press SELECT. The Treadmill will run through minimum and maximum speed and maximum incline. This will take 3-5 minutes. Let the Treadmill perform this complete function before exiting the Engineering Mode.

"CALIBRATION PASSED" will appear when the auto-calibration is complete. The Treadmill will come to a complete stop and return to the start-up screen in the alphanumeric window.

TOTAL HOURS

View the total hours on the treadmill. This number can not be modified.

TOTAL DISTANCE

View the total distance on the treadmill. This number can not be modified.

BELT/ MOTOR HOURS

View the number of hours on the current belt/ motor. This number can not be modified.

LIFT MOTOR HOURS

View the number of hours on the current lift motor. This number can not be modified.

USER ENGINEERING MODE *(continued)*

LUBRICATE DECK MESSAGE

This is a service message that will appear on the console. Use the speed arrows to turn this message On or Off. Press SELECT to save.

CLEAN TREADMILL

This is a service message that will appear on the console. Use the speed arrows to turn this message On or Off. Press SELECT to Save

SOFTWARE VERSION

Displays the latest software version.

ERROR LOG

View the number of errors the treadmill has logged. This number can not be modified.

REPAIR LOG

View the repairs the treadmill has logged. This number can not be modified.

TROUBLESHOOTING YOUR TREADMILL

Our Treadmills are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may indicate the cause.

PROBLEM: The Console does not light up.

SOLUTION: Check to make sure the Treadmill is connected to a functioning outlet, and that the Treadmill is turned on.

PROBLEM: The Treadmill's built-in circuit breaker trips repeatedly, shutting-off for no apparent reason.

SOLUTION: The lubricating wax coating on the deck is wearing down and needs to be replenished; contact your VISION FITNESS retailer.

PROBLEM: The Treadmill shuts off when elevated.

SOLUTION: Check to make sure that the power cord is not stretched so tight that when the Treadmill is elevated the cord is pulled out of the wall outlet.

PROBLEM: The running belt does not stay in the center of the Treadmill when you are running on it.

SOLUTION: 1) Check to make sure the Treadmill is level. 2) The running belt is loose and needs to be properly tensioned (see Page 48 for proper procedure).

PROBLEM: The belt moves within 1/4" of – but does not touch – the side rail.

SOLUTION: There is nothing wrong, this is normal and will not cause any damage.

PROBLEM: An error message appears. An error message is designated by an E and a number (Example: "**E5**")

SOLUTION: Service is required.

NOTE: If the above steps do not remedy the problem, discontinue use, turn the power off and contact your VISION FITNESS retailer or VISION FITNESS customer service.

TROUBLESHOOTING YOUR HEART RATE MONITOR CHEST STRAP

PROBLEM: No pulse reading appears

SOLUTION: There may be a poor connection between the contact pads and skin. Remoisten electrodes.

SOLUTION: Transmitter is not properly positioned. Reposition the chest strap.

SOLUTION: Verify that the distance between transmitter and receiver is not beyond the recommended range of 36 inches.

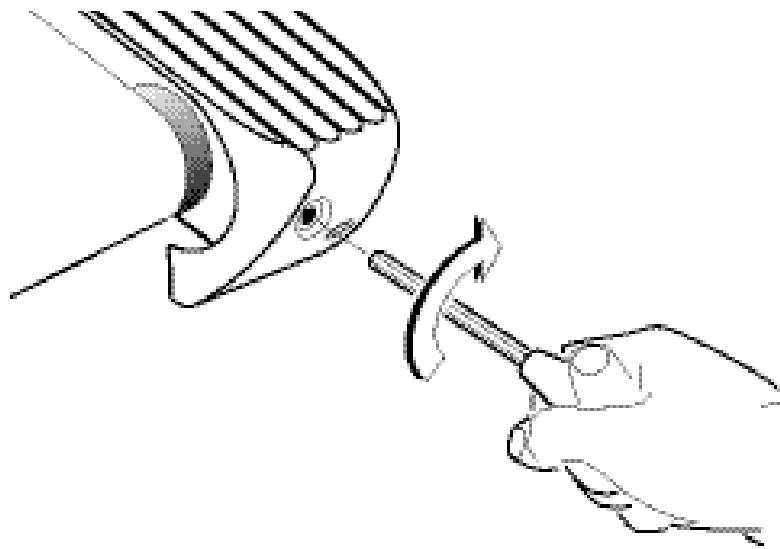
PROBLEM: There is an erratic pulse rate.

SOLUTION: Chest strap is too loose; readjust according to directions.

NOTE: It is possible that heart rate monitors will not function properly on some people due to a variety of reasons. It may be necessary to experiment with the fit and position of the chest strap. Outside interference sources such as computers, motors, etc. are also a major source of problems for heart rate monitors.

TENSIONING THE BELT

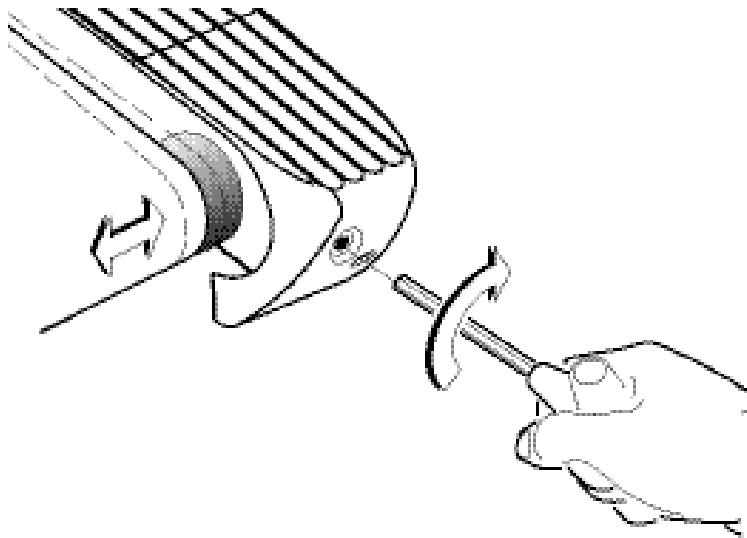
If the running belt slips when used, use the supplied 8mm Allen wrench to turn the left and right tension bolts clockwise $\frac{1}{4}$ -turn at a time until the belt no longer slips.



CENTERING THE BELT

Run the treadmill at 2.0 mph. If the running belt is too far to the *right* side, use the supplied 8mm Allen wrench to turn the *right* tension bolt clockwise $\frac{1}{4}$ -turn at a time until the belt remains centered during use.

If the running belt is too far to the *left* side, turn the *left* tension bolt clockwise $\frac{1}{4}$ -turn at a time until the belt remains centered during use.



PREVENTIVE MAINTENANCE

Following are several tips on taking care of your VISION FITNESS Treadmill. The location of your Treadmill is important in maintaining your Treadmill. Find a location that does not accumulate dust and dirt easily. A clean environment can help to prolong the life and improve the performance of your treadmill.

CLEANING TREADMILL

IMPORTANT: Before cleaning, be sure to turn off and unplug the treadmill.

- After each use wipe the perspiration off the console and treadmill surfaces.
- Clean the treadmill surfaces including the console, motor cover and side rails using a damp cloth. Do not use solvents as they may cause damage to the treadmill.
- A chart for recommended maintenance is on the following page.

FOR BEST PERFORMANCE WE RECOMMEND THE FOLLOWING MAINTENANCE SCHEDULE:

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
CONSOLE BOLTS			INSPECT	
FRAME	CLEAN			INSPECT
RUNNING BELT	CLEAN		INSPECT	
DECK	CLEAN (VACUUM)		INSPECT	
POWER CORD	INSPECT			
CONSOLE	CLEAN	INSPECT		
BOTTLE HOLDERS	CLEAN			
HANDLEBARS	CLEAN		INSPECT	
HANDLEBAR BOLTS			INSPECT	
FRONT/REAR ROLLER			INSPECT	
STOP KEY	INSPECT			
MOTOR DRIVE BELT			INSPECT	
WAX DECK		YES*		
DECK BOLTS			TIGHTEN	
DRIVE BELT			TENSION	
MOTOR MOUNT BOLTS			TIGHTEN	
CONSOLE UPRIGHTS			TIGHTEN	
RUNNING BELT		ASSURE TENSION		
UNDER MOTOR HOOD		VACUUM		

*No waxing is required the first six months of use. After six months, it is recommended to wax once a month for best performance.

*it all
starts
with a
vision*



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