OWNER'S GUIDE

VISION FITNESS ®

Simple AND *Deluxe*
TREADMILLS

*C*ongratulations on choosing a VISION FITNESS Treadmill. You've taken an important step in developing and sustaining an exercise program! Your 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 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 Treadmill in the comfort of your home. This Owner's Guide 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.

Service to your Treadmill should only be performed by your VISION FITNESS retailer. Please contact your authorized VISION FITNESS retailer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS retailer, please contact us:

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P.O. Box 280
Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

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GENERAL

IMPORTANT SAFETY INSTRUCTIONS

This Treadmill is intended for household use only. When using this Treadmill, basic precautions should always be followed, including the following:

Read all instructions before using this Treadmill:

DANGER — To reduce the risk of electric shock:

• Always unplug the Treadmill from the electrical outlet immediately after using and before cleaning.

WARNING — To reduce the risk of burns, fire, electric shock, or injury to persons:

• Do not remove the Treadmill motor covers or roller covers. Service should be performed only by an authorized VISION FITNESS retailer.
• Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.
• The Treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
• Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
• Close supervision is necessary when this Treadmill is used by, on, or near children, invalids, or disabled persons.
• Use this Treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
• Never operate this Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the Treadmill to a service center for examination and repair.
• Do not carry this Treadmill by supply cord or use cord as a handle.
• Keep the cord away from heated surfaces.
• Never operate the Treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.
• Never drop or insert any object into any opening.
• Do not use outdoors.
• Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
• To disconnect, turn all controls 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.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

This Treadmill must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This Treadmill 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 all 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 Treadmill is properly grounded. Do not modify the plug provided with the Treadmill – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

POWER REQUIREMENTS

This Treadmill is rated for more than 15 amperes and is for use on a circuit having a nominal rating of 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the Treadmill is connected to an outlet having the same configuration as the plug. No adapters, extension cords, or surge protectors should be used with this product. If the Treadmill must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel. Also, a GFI protected receptacle should not be used. It is recommended to use a 20 amp dedicated circuit.

3-POLE GROUNDED OUTLET

GROUNDED TREADMILL POWER CORD
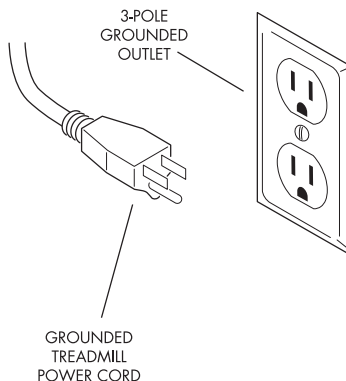
OTHER SAFETY TIPS FOR YOUR VISION FITNESS TREADMILL

CAUTION – RISK OF INJURY TO PERSONS – To avoid injury, stand on the siderails before starting Treadmill. Read Instruction Manual before using.

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.

ASSEMBLY

VISION FITNESS recommends this Treadmill be assembled and delivered by qualified personnel. If you have elected to assemble this Treadmill yourself, for your safety please read and follow each of the steps in the enclosed Assembly Guide. It is recommended, when possible, that assembly be performed by an authorized VISION FITNESS retailer. If you have any questions regarding any part or function of your Treadmill, contact your VISION FITNESS retailer.

PLACEMENT IN YOUR HOME

It is important that you place your Treadmill in a comfortable and inviting room. Your Treadmill is designed to use minimal floor space. 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.

NOTE: If you place your Treadmill facing out from a wall, you should leave three feet between the wall and the Treadmill to ensure safe operation.

POWER SWITCH

Ensure that your Treadmill is properly connected to a power outlet, then turn on the Power switch, located at the front of the main frame.
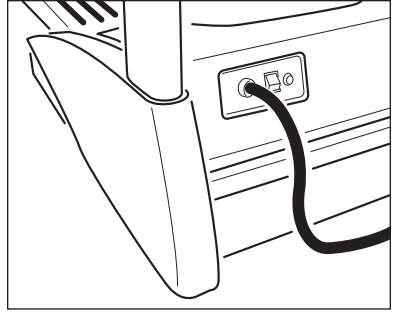
SAFETY MAGNET KEY & CLIP

Your VISION FITNESS Treadmill will not start unless the Safety Magnet Key is inserted into the circle in the front of the console. 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 Key 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 Key back in place. This will send you back to the start-up mode.
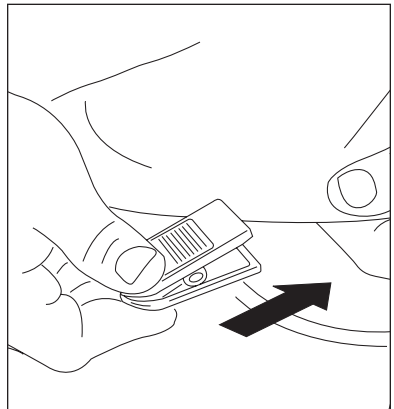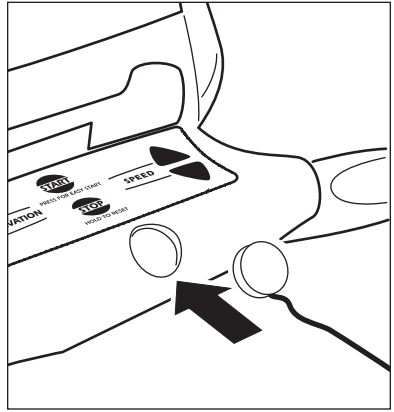
QUICK SPEED AND QUICK ELEVATION KEYS

Use the QUICK SPEED and QUICK ELEVATION keys as an option to increase and decrease the speed and elevation to your desired setting. First press the QUICK SPEED or QUICK ELEVATION key, then press the numbered keys (0-9).
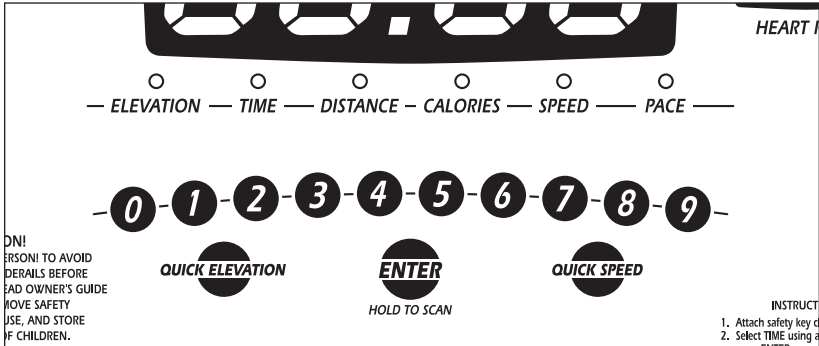
QUICK SPEED*

Examples of the QUICK SPEED key operation: to change the speed to 4.0 mph/kph, press QUICK SPEED, then 4. To change the speed to 4.5 mph/kph, press QUICK SPEED, then 4, then 5. The Quick Speed keys adjust the speed in 0.1 mph/kph increments. The maximum speed using the Quick Speed keys is 9.9 mph/kph.

QUICK ELEVATION*

Examples of the QUICK ELEVATION key operation: to change to 6% elevation, press QUICK ELEVATION, then 6. To go to 10% elevation, press QUICK ELEVATION then 1, then 0. The Quick Elevation keys adjust the elevation in 1% increments.

* May operate differently outside North America.

CONTACT HEART RATE

HAND PULSE HEART RATE SENSORS

The Contact Hand Pulse Sensors are included on this Treadmill 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. Although your signal will be displayed immediately, it may take the system a few seconds to zero in on your actual heart rate.
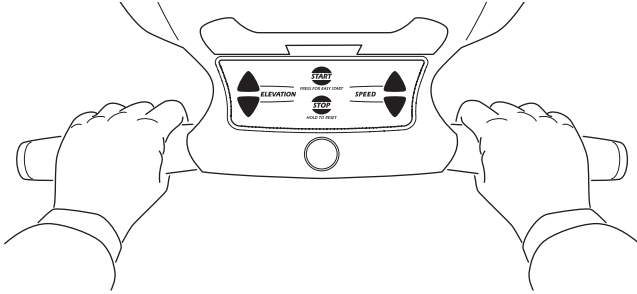
**NOTE:** For Heart Rate Training programs, you must use the chest transmitter. See Page 36.

CONSOLE

HANDLEBARS

SIDE
RAILS

MOTOR
COVER

RUNNING
BELT

LEVELERS

TRANSPORT WHEELS

SIMPLE   DELUXE
PLATFORM TREADMILL

PLATFORM TREADMILLS ONLY

MOVING YOUR VISION FITNESS *PLATFORM* TREADMILL

Your VISION FITNESS Treadmill has a pair of transport wheels built into the front legs. To move, firmly grasp the back end of the frame, carefully lift and roll.

CAUTION: Our Treadmills are well-built and heavy, weighing up to 300 pounds! Use care and additional help if necessary.
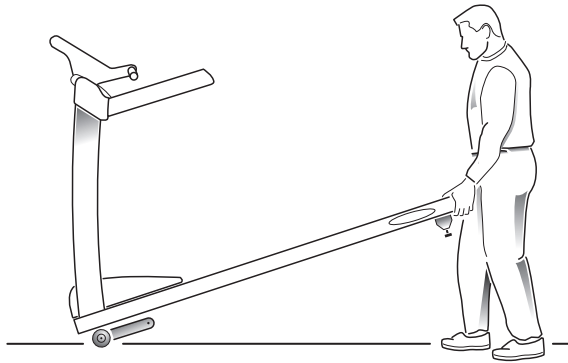
LEVELING

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.

CONSOLE

HANDLEBARS

SIDE
RAILS

RUNNING
BELT

MOTOR
COVER

TRANSPORT
WHEELS

SIMPLE **DELUXE**

FOLDING TREADMILL
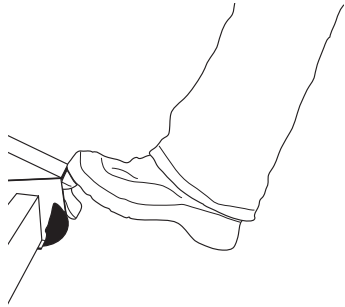
FOLDING TREADMILLS ONLY

TRANSPORT WHEEL LOCK

Your folding Treadmill comes with transport wheels on the front and back of the bottom frame that should be locked when the Treadmill is in use. Simply press down on the bottom latch with your foot on all four transport wheels.
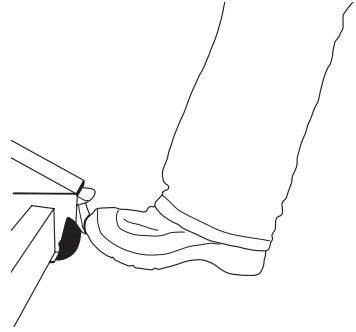
TRANSPORT WHEEL UNLOCK

To move your Treadmill, you will need to unlock the transport wheels. With the Treadmill folded, simply press down the top latch with your foot on all four transport wheels. This will release the locking mechanism on the wheels.
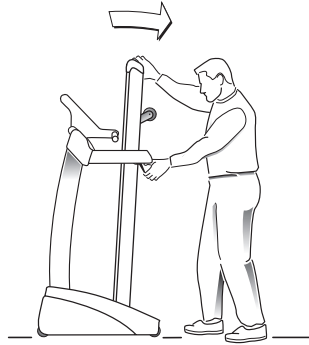
FOLDING

To fold your Treadmill in the upright position, first make sure the Elevation is set to 0; if it is not, lower the Elevation to 0 (if you do not set the Elevation to 0 the Treadmill will not fold and lock). Next, make sure the four transport wheels are locked. Then, simply lift the back end of the Treadmill with both hands and push it up. The Treadmill has a built-in locking mechanism that will automatically engage and click into place when you reach a vertical point.
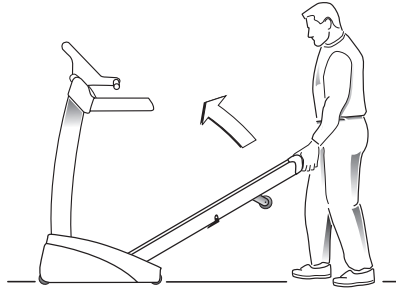
## UNFOLDING

To unfold your Treadmill from the upright position, simply lift the lever on the left side vertical rail. Guide the deck about half way down to the floor with both hands. You may then let go of the deck, and the shock spring will guide the deck down to the floor.

CAUTION: Our Treadmills are well-built and heavy, weighing up to 300 pounds! Use care and additional help if necessary.

MOVING YOUR VISION FITNESS *FOLDING* TREADMILL

Your VISION FITNESS Treadmill has four transport wheels built into the rear frame. Make sure the transport wheels are unlocked before moving the treadmill. To move, fold the Treadmill into the upright position, firmly grasp the frame by the handlebars, then carefully roll.
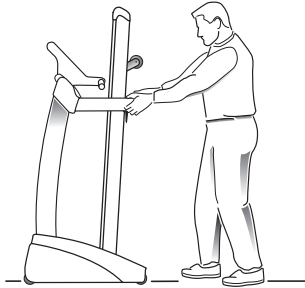
LEVELING

The Treadmill should be level for optimum use. If the Treadmill is on an un-level surface, raise or lower one or both of the adjustable levelers located on the front frame. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly.

INTRODUCTION TO THE *SIMPLE* TREADMILL

Simply press the START key to begin exercising, or you can select a workout time and enter your weight.

CHOOSING A TIME

Use the number keys or either set of arrow keys to select a workout time. Press START to start the workout or ENTER to enter your weight.

ENTERING YOUR WEIGHT

After selecting your workout time, you may enter your weight. Use the number keys or either set of arrow keys to enter your weight. Press ENTER. By selecting your weight, the totals for calories will be adjusted according to your entered weight.

If you are ready to begin exercising, press START.

PAUSE

Press STOP to pause during your workout.

RESET

Press and hold STOP to reset the Treadmill.

SIMPLE FEEDBACK DISPLAY

SCAN FUNCTION

To scan through the functions during your workout, press the ENTER key. To continuously scan, press and hold ENTER until the console double-beeps (about two seconds). The selected function is displayed when the function light is on above the word.
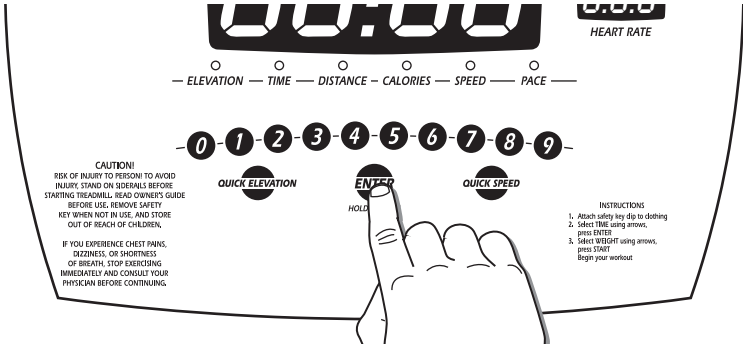
ELEVATION
Shown as a percentage of incline. This indicates how steeply inclined the running surface is to simulate walking/running on a hill.

TIME
Shown as (Minutes:Seconds). View the Time elapsed in your workout.

DISTANCE
Shown as miles or kilometers. View Distance traveled during workout.

CALORIES
Shown as estimated accumulated Calories burned during workout.

SPEED
Shown as Miles/Hour or Kilometers/Hour. This Indicates how fast the running surface is moving to simulate outdoor walking/running.

PACE
Shown as time (Minutes:Seconds) required to travel one mile/kilometer at current speed.

HEART RATE
Shown as beats per minute (BPM). You can monitor your heart rate by gripping the hand pulse heart rate sensors.

DELUXE TREADMILL FEATURES

USER LOG-IN

The DELUXE console has a special feature that allows you to log-in and save all data from your workout. To use this function follow these steps.

SET UP INITIAL USER NAME

Press ENTER while on start up screen to enter user log-in. To set up the initial user name, use the arrow keys to choose the first letter. When the correct letter is flashing press ENTER to move to the next letter. When all letters are correct press STOP to save the user name. Press ENTER to set age and weight.
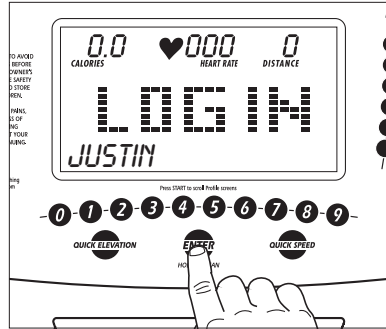
SET AGE & WEIGHT

Use arrow keys to set user age and press ENTER. Next use arrow keys to set user weight and press ENTER.
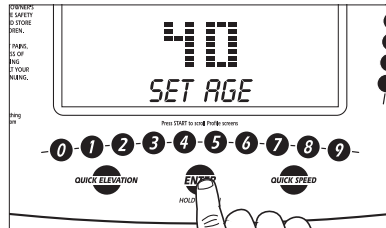
You will now be able to press START for an easy start workout, or select a specific program from the program keys.

ADDING A SECOND AND THIRD USER LOG-IN

Follow these instructions to add a second and third user log-in.

Press ENTER while on the start up screen to enter user log-in. The first log-in name should appear.
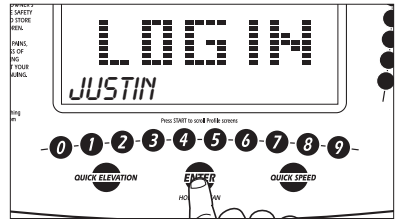
Next, press and hold the SPEED UP and SPEED DOWN arrows simultaneously for three seconds; the letter furthest to the left will be blinking.
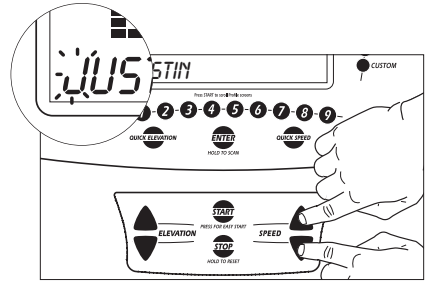
Next, to add a new user, press and hold the STOP key for three seconds. There will be several beeps. Wait for the blinking letter A to appear; this takes you to the next user. Follow the steps to enter the user name, age, and weight.
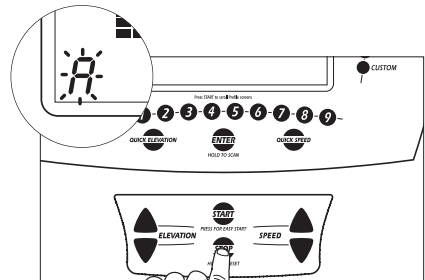
MODIFYING A USER NAME

To modify a user name, press and hold the SPEED UP and SPEED DOWN arrow simultaneously for three seconds. The letter furthest to the left will be blinking. You can now modify the user name by using the arrow keys, and pressing ENTER to select a letter. When your name is complete, press STOP and follow the remaining set up instructions.

USER LOG-IN

Once more than one user log-in is set up and you want to log-in as a specific user, press ENTER while on the start up screen to enter user log-in. Use the arrow keys to scroll the different user names. Press ENTER to select the user name.
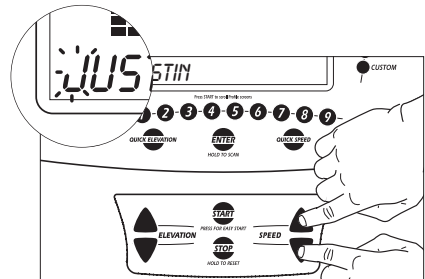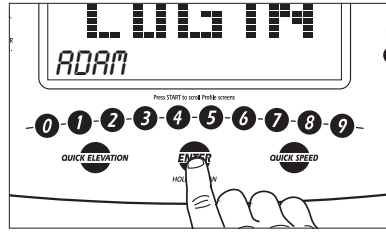

TOTALS ARE DISPLAYED

Now your accumulated totals for Time, Distance, and Calories are displayed. Press ENTER to scroll the data. NOTE: New users will have to complete a workout before totals are displayed. If you need to reset your workout totals, simply press and hold START. This will clear the user total information.
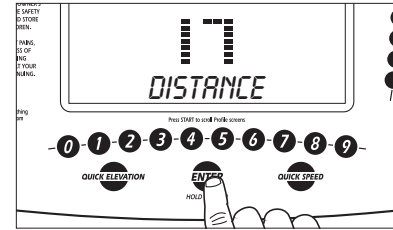
BEGIN WORKOUT

To begin working out as a logged in user, press STOP to exit the totals screen. You will now be able to press START for an easy start workout, or select a specific program from the program keys.
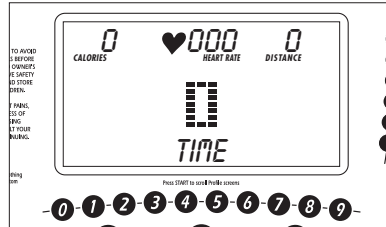
DELUXE

DELUXE TREADMILL PROGRAM DETAILS

EASY START
Customized workouts; with no default Time. Just press START.

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 32 for SPRINT 8 program details.
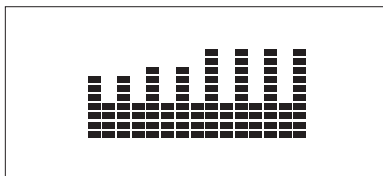
CLASSIC PROGRAMS MUSCLE TONER • ELEVATION CHANGES
Improves your strength, speed, and endurance by raising and lowering the elevation throughout your workout to involve both your heart and leg muscles; time defaults to 30 minutes.
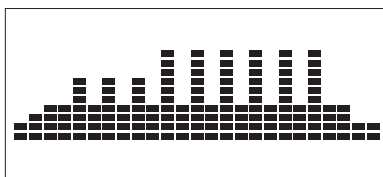
DELUXE TREADMILL PROGRAM DETAILS

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.
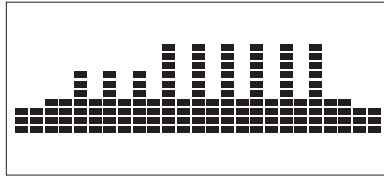
PACER

You race against the console. Set your race distance and beat the Pacer! (See Page 30 for program details)
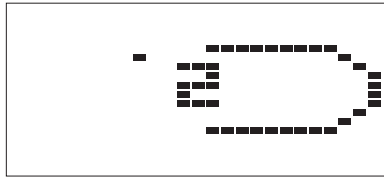
5K/10K PROGRAMS
5K/10K • SPEED AND ELEVATION CHANGES

Improves your cardiovascular training by simulating a 5K or 10K run with hills; no preset time with speed and elevation changes to keep intensity the same (i.e. elevation increases and speed decreases.)

HRT PROGRAMS

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

Program default is 30 minutes
The HRT® WEIGHT LOSS
program is designed to maintain
you at 65% of your predicted
maximum heart rate. The Treadmill

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♥

HRT WEIGHT LOSS
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has a three minute warm-up. During the warm-up you will control both speed and elevation.
After 3:00, if you have not achieved +/− 3 beats per minute (BPM) of your target heart rate, the Treadmill will control the elevation to bring you to +/− 3 BPM of your target heart rate. The timer begins to count down after the 3:00 warm-up. You will have control of the speed throughout the program.
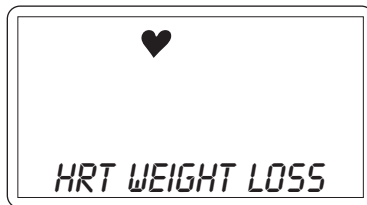
HRT® CARDIO
(80% OF PREDICTED MAXIMUM HEART
RATE) • ELEVATION ONLY

Program default is 30 minutes
The HRT® CARDIO program is
designed to maintain you at 80%
of your predicted maximum heart

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♥

HRT CARDIO
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rate. The Treadmill has a 5 minute warm-up time. During the warm-up you will control both speed and elevation. After 5:00, if you have not achieved +/− 3 beats per minute (BPM) of your target heart rate, the Treadmill will control the elevation to bring you to +/− 3 BPM of your target heart rate. The timer begins to count down after the 5:00 warm-up. You will have control of the speed throughout the program.
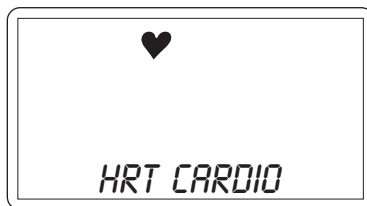
HRT PROGRAMS

HRT® ENDURANCE • SPEED & ELEVATION

Program default is 30:00 minutes
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 your target heart rate, the
Treadmill now controls your heart rate by speed and elevation. 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.
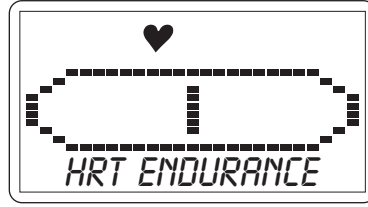
DELUXE EASY START

Simply press the START key to begin exercising in the manual mode.
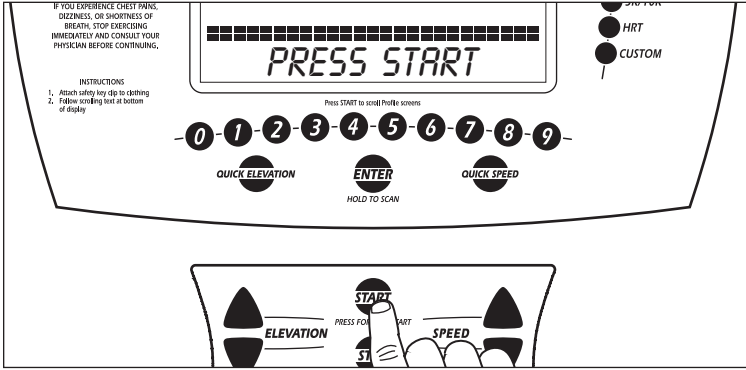
PAUSE

Press the STOP key to pause during your workout.

RESET

Press and hold the STOP key to reset the Treadmill.
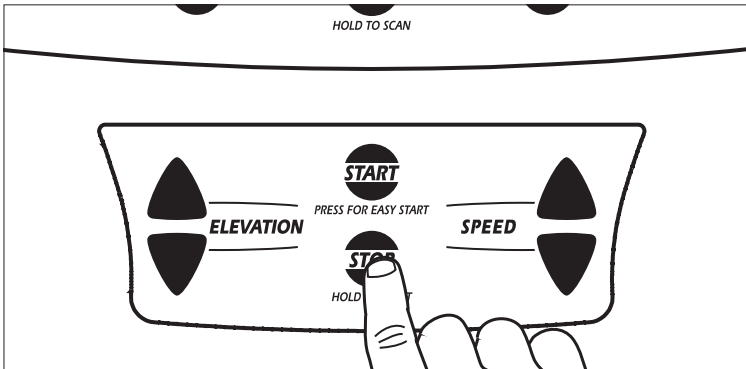
DELUXE FEEDBACK DISPLAY

SCAN FUNCTION

To scan through the functions during your workout, press the ENTER key. To continuously scan, press and hold ENTER until the console double-beeps (about two seconds). The selected function is displayed when the function name is illuminated in the display.
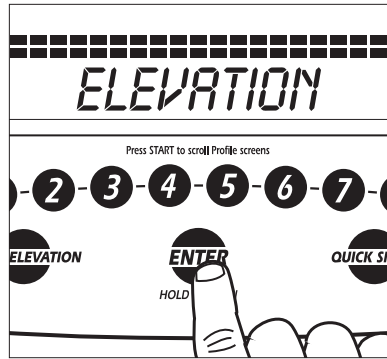
TIME Shown as (Minutes:Seconds). Time will be displayed as elapsed time or time remaining, depending on the program.

DISTANCE Shown as miles or kilometers. View Distance traveled during workout.

CALORIES Shown as estimated accumulated Calories burned during workout.

HEART RATE Shown as beats per minute. You can monitor your heart rate at any time during a workout by gripping the hand pulse heart rate sensors (see Page 8), or using the wireless chest transmitter (see Page 36 for more information).

% HEART RATE Displays % of maximum heart rate.

AVG SPEED Shown as Miles/Hour or Kilometers/Hour. Calculates the Average Speed of your workout based on accumulated time and accumulated distance.

PACE Shown as time (Minutes:Seconds) required to travel one mile/kilometer at current speed.

DELUXE FEEDBACK DISPLAY

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 Miles/Hour or Kilometers/Hour, Speed is visible in the right-hand LED window. Indicates how fast the running surface is moving to simulate outdoor walking/running.
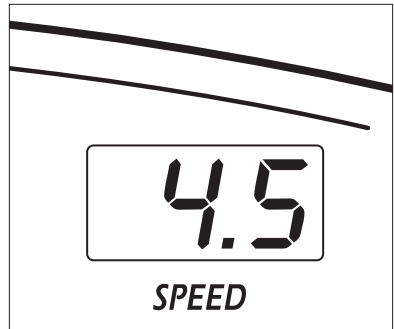
PROFILE

Shown as a graphical representation of the program you have chosen (Muscle Toner, Speed Intervals, etc.). Change Profile from Track, Elevation, or Speed by pressing START when in a program.
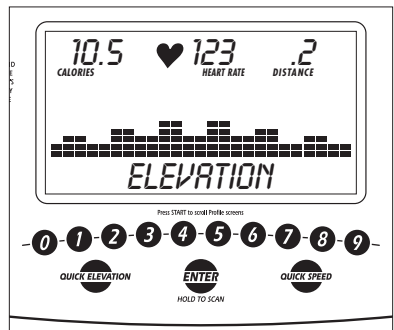
DELUXE FEEDBACK DISPLAY

CHOOSING A PROGRAM

Use the Program keys to choose a Program or Program category and the arrow keys to scroll through the Programs in each category. Press ENTER.

See Page 33 for Heart Rate Training programs, and see Page 38 for Custom programs.

ENTER AGE

Use the number keys or either set of arrow keys to enter your age. Press ENTER. Your age is used to determine your predicted maximum heart rate.

CHOOSING A LEVEL

Use the number keys or either set of arrow keys to choose one of the 10 levels (17 for P7-SPRINT 8); L0 provides the least resistance, L10 the most (L17 for SPRINT 8). Press ENTER.

CHOOSING A TIME

After you have chosen a level, the time will be set to the default time, depending on which program you have chosen, and then flash. You may use this default time or choose another time by using the number keys or either set of arrow keys. Press ENTER.

ENTERING YOUR WEIGHT

After you have chosen your workout time, you may now enter your weight. By entering your weight, the totals for calories will be adjusted according to your entered weight. Use the number keys or either set of arrow keys to enter your weight. Press ENTER.
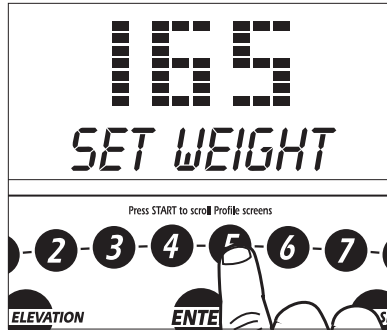
STARTING

When you are ready to begin exercising, press START.
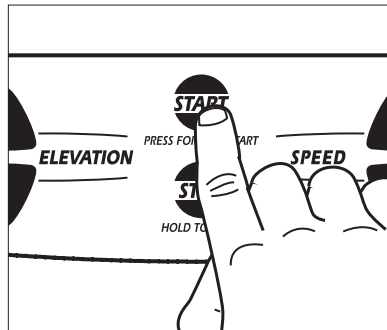
FINISHING

When your workout is complete, "END" will appear on the screen. The Treadmill will return to its starting position, and you will be able to use the ENTER key to scan through and check your DISTANCE, CALORIES, and AVERAGE SPEED.
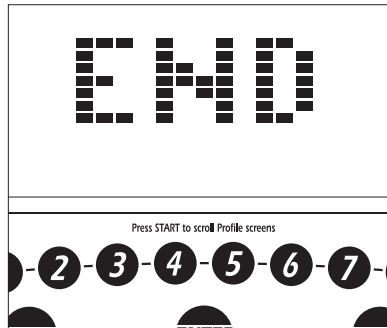
PACER PROGRAM DETAILS

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 outside dot is the pacer. You are the blinking dot on the inside row of the track. The dot matrix will keep track of your progress. (The dots will move around the dot matrix track for the duration of the program.) The time of the program will depend on how long it takes you to complete the distance. The program is finished when you have completed the distance.
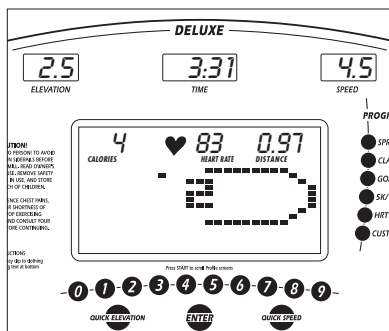
ENTER AGE

Use the number keys or either set of arrow keys to enter your age. Press ENTER. Your age is used to determine your predicted maximum heart rate.
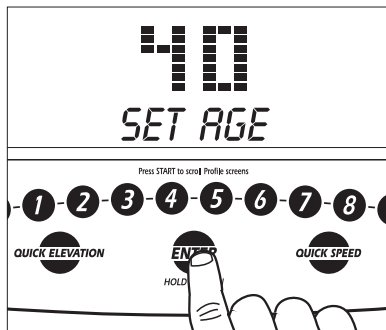
CHOOSING DISTANCE

Set the goal distance using the number keys or the arrow keys. Press ENTER.
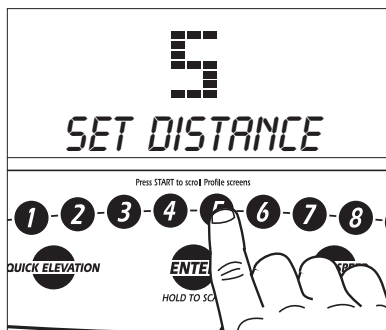
CHOOSING PACER SPEED

Use the number keys and/or the arrow keys to select the pacer speed. Press ENTER. This will be a consistent speed throughout the workout.
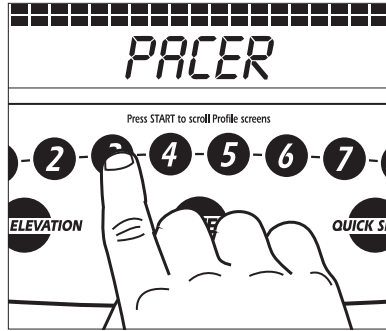
SET WEIGHT

Set your weight using the number keys or the arrow keys. Press ENTER. By entering your weight, the totals for calories will be adjusted according to your entered weight.
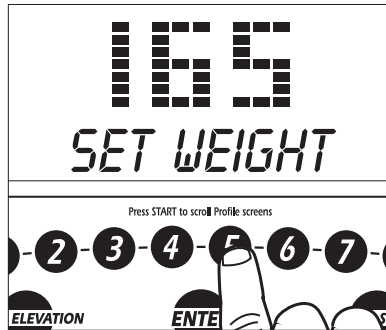
STARTING

When you are ready to begin, press START.

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** (3:00) 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.

CHOOSE THE HRT® WEIGHT LOSS, HRT® CARDIO & HRT® ENDURANCE

Press the HRT® HEART RATE key. Use either set of arrow keys to choose "HRT WEIGHT LOSS", "HRT CARDIO" or "HRT ENDURANCE. Press ENTER.
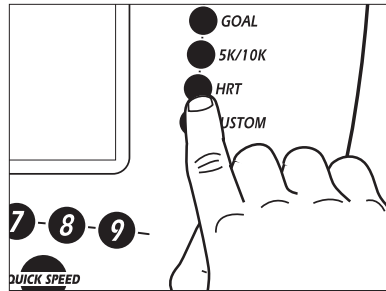
ENTER AGE

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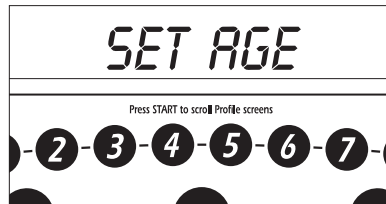

ENTER TARGET HEART RATE

You can change the target heart rate by using the number keys or either set of arrow keys, enter your target heart rate and press ENTER.
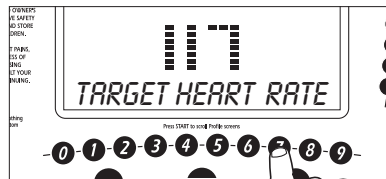
CHOOSE PROGRAM TIME

After you have chosen your target heart rate, the time window will show the program default time of 30:00. You may change the time, by using the number keys or either set of arrow keys. Press ENTER. The minimum time for this program is 5:00.
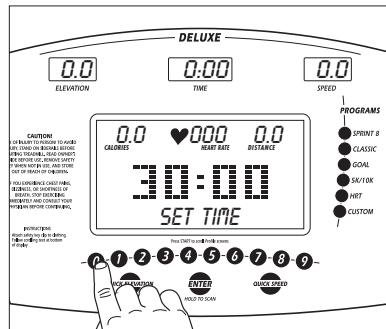
ENTERING YOUR WEIGHT

Enter weight using the number keys or either set of arrow keys. Press ENTER. 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.

PROGRAM MODE

The Treadmill will continue to adjust your elevation or speed, depending on the program (see program details on pages 22 to 23), 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.
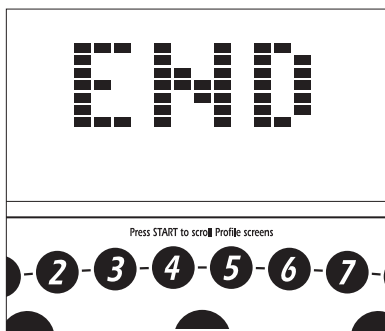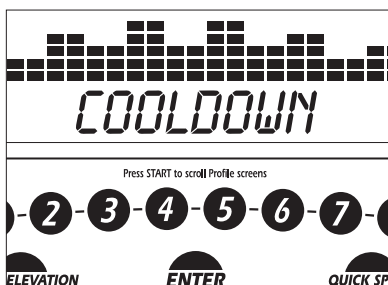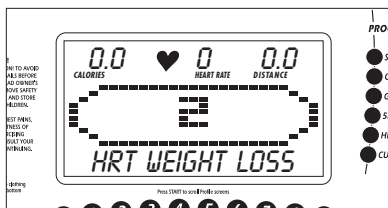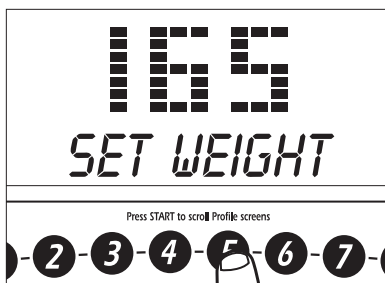
NOTES FOR YOUR HEART RATE TRAINING PROGRAM

• 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 screen will display a warning message.

• If the heart rate detected is higher than the target zone by 15 BPM, the console will "beep" and display a warning message. This process will repeat until heart rate has been reduced.

• If the user's heart rate is 20 beats over their target zone, the Treadmill will "beep" and shut down.

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

WIRELESS CHEST TRANSMITTER

Prior to wearing the strap on your chest, moisten the two rubber contact pads with several drops of water and spread with your fingers.
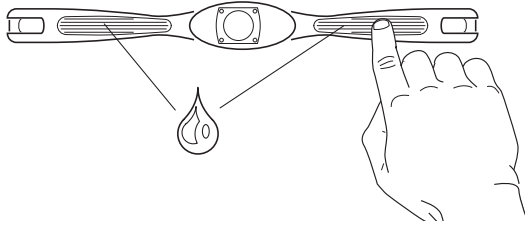
TRANSMITTER STRAP PLACEMENT

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.

Logo
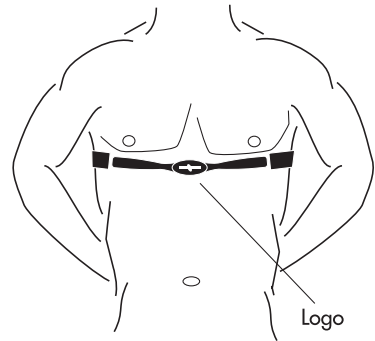
GENERAL HEART RATE TRAINING RECOMMENDATIONS

To use the Heart Rate Training program, it is important to determine your target heart rate zone, using the chart on Page 37. After determining your target zone, you should use the Treadmill in MANUAL mode to see if the target zone you have selected is correct. This will give you a good base to start your Heart Rate Training. If you feel your target zone 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.

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.

TARGET HEART RATE ZONES
Beats Per Minute

Percentage of Maximum Heart Rate	10	20	30	40	50	60	70	80	90	100
85%	178	170	161	153	144	136	127	119	110	102
75%	157	150	142	135	127	120	112	105	110	102
65%	136	130	123	117	110	104	97	91	97	90
55%	115	110	104	99	93	88	82	77	71	66
AGE	10	20	30	40	50	60	70	80	90	100

EXAMPLE:

If you are a 30-year-old, your predicted maximum heart rate is 190 based on the (220 minus age) formula.

$$220 - 30 = 190$$

Based on the chart above, your heart rate training zone is 104 to 161, which is 55%–85% of 190.

CUSTOM PROGRAMS 1-5

You can customize your own workout, including the segment time, by creating your own program in 1-5. Customize each of the the 25 segment times in addition to the segment speed and elevation. Follow the steps below to set up your custom program.

PROGRAMMING USER PROGRAMS 1-5

Select Custom 1 or Custom 5 using either set of arrow keys. Press ENTER.

ENTER AGE

Using the number keys or either set of arrow keys, enter your age and press ENTER.
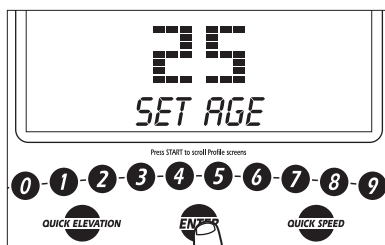
ENTERING YOUR WEIGHT

By entering your weight, the totals for calories will be adjusted according to your entered weight. Use the number keys or either set of arrow keys to enter your weight. Press ENTER.
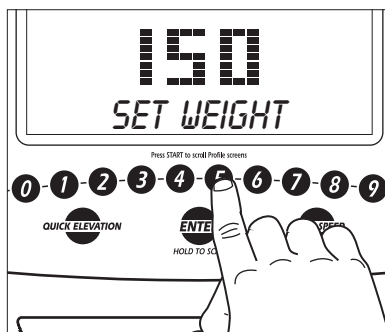
ENTER SEGMENT TIME, ELEVATION, AND SPEED

To program, press ENTER. Choose the segment time using the number keys and the Elevation and Speed using the Elevation and Speed arrow keys. Press ENTER.

DELUXE
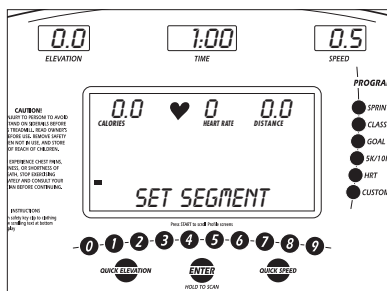
SAVING SEGMENT DATA

Press ENTER to store time, speed, and elevation, then proceed to the next column.

NOTE: Repeat entering segment time, speed, and segment elevation until all 25 segments are completed or you are content with your current workout. Press STOP.
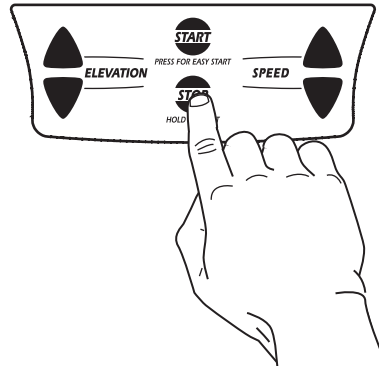
BEGINNING WORKOUT

Begin exercising in your new custom program by pressing the START button.

NOTE: This program will be saved permanently and may be reprogrammed by repeating the steps above and pressing ENTER after entering weight.
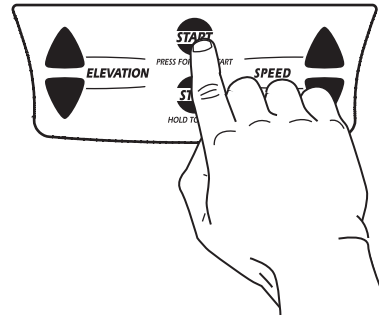
USER ENGINEERING MODE *(DELUXE Only)*

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 ENTER for three seconds while the treadmill is in any state of setting up a program. Press ENTER and the units screen will appear when entering user engineering. If the units are correct, press STOP. To access the data press the SPEED and ELEVATION keys to scroll through the available data/functions. To select the data/function, press ENTER. To save data, hold down ENTER until the treadmill beeps. To exit, press STOP.

UNITS

P6 represents units, English or Metric. You can select this configuration for your Treadmill.

MI or KM appears on the screen. If it is "MI", the Treadmill is configured in English units (miles/mph); "KM" represents a Metric configuration (kilometers/kph). Press the SPEED arrows to toggle between English and Metric.

In order to save the modified value, press and hold ENTER. 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.

MAX TIME

P7 represents the maximum time; press ENTER and the maximum time is displayed. This is the maximum time the treadmill will display. You can modify this time by using the number keys or SPEED or ELEVATION arrows. Press and hold ENTER to save the new value.

DEFAULT WEIGHT

P8 represents default weight; press ENTER and the weight is displayed. To modify weight, press the number keys or SPEED arrows. To save the new default weight, press and hold ENTER prior to exiting. If units type (MI or KM) is modified immediately prior, weight defaults to 150 lbs. or 68 kg.

ACCUMULATED TIME

P9 represents accumulated time in hours. To exit, press STOP. This information cannot be modified.

ACCUMULATED DISTANCE

P10 represents accumulated distance, in either miles or kilometers. To exit, press STOP. This information cannot be modified.

PAUSE TIME

P14 represents the pause time. The default pause time is five minutes. You can modify the pause time from 20 seconds to 10 minutes. You can modify this time by using the number keys or the SPEED or ELEVATION arrows. Press and hold ENTER to save the new value.

DEFAULT TIME

P15 represents the program default time. Most programs have a default time of 30 minutes. You can modify this time by using the number keys or the SPEED or ELEVATION arrows. Press and hold ENTER to save the new value.

DEFAULT AGE

P16 represents the default age. The Treadmill comes with the default age of 40. You can modify the age by using the number keys or the SPEED or ELEVATION arrows. Press and hold ENTER to save the new value.

DISABLE BEEP

P17 represents disable beep. You can disable the console beep using the SPEED or ELEVATION arrows to select either "0" (beep off) or "1" (beep on). Press and hold ENTER to save the new value.

SET LANGUAGE

P18 represents the default language. The Treadmill comes with the default language of English. You can modify the language by using the the SPEED or ELEVATION arrows. Press and hold ENTER to save the new value.

AUTO-CALIBRATION *(DELUXE Only)*
DO NOT STAND ON THE BELT WHEN PERFORMING THE AUTO-CALIBRATION!

When you enter the function, *"AUTO"* appears on the screen. To begin auto-calibration, press START. The Treadmill will run through minimum and maximum speed and maximum incline; this will take three to five minutes. Let the treadmill perform this complete function before exiting the Engineering Mode.

Elevation A/D or Elevation in % appears in the left window. PWM value or Speed appears in the right window. *"END"* will appear on the screen when the auto-calibration is complete. When auto-calibration is complete, the treadmill will return to the start-up screen.

EXIT USER ENGINEERING MODE
P21 represents exit mode. When you press ENTER to select the function, the console performs a reboot, returning to program setup.

USER ENGINEERING MODE *(SIMPLE Only)*
Your Treadmill offers a User Engineering Mode that can access certain data and help to troubleshoot your Treadmill. The User Engineering Mode is designed for you to access functions that will not affect important Treadmill settings. To access this mode, please hold down the SPEED DOWN and ENTER keys while the Treadmill is at the start-up mode. When in User mode, *"USER"* is displayed in the data window. Press ENTER. Use either set of arrow keys to access the available functions/data. Press ENTER to select the data/function. To save data, hold down ENTER until the Treadmill beeps. To exit, press STOP.

USER ENGINEERING MODE *(SIMPLE Only, Continued)*

UNITS
P6 represents units, Metric or English. You can change this configuration for your Treadmill. When you enter P6, the large window shows the model number and the small window shows the units. An even number represents English units (miles/mph), and an odd number represents Metric units (kilometers/kph). You can change the number using the SPEED arrow keys. Press and hold ENTER to save the data.

MAXIMUM TIME
P7 represents the maximum time the treadmill can be used (shown as minutes:seconds). Use the number keys or the SPEED arrow keys to change the time. To save the time, hold down ENTER until there are two beeps.

DEFAULT WEIGHT
P8 represents the default weight. You can change this configuration for your Treadmill. To modify the weight, use the number keys or press the SPEED arrow keys. To save the new default weight, hold down ENTER until there are two beeps

ACCUMULATED TIME
P9 represents accumulated time in hours. This information is for viewing only; the data cannot be modified.

ACCUMULATED DISTANCE
P10 represents accumulated distance, either in miles or kilometers. This information is for viewing only; the data cannot be modified.

PAUSE TIME
P14 represents the pause time. The default pause time is five minutes. You can modify the pause time from 20 seconds to 10 minutes. You can modify this time by using the number keys or the SPEED arrow keys. Press and hold ENTER to save the new value.

USER ENGINEERING MODE *(SIMPLE Only, Continued)*

DEFAULT TIME
P15 represents the program default time. You can modify this time by using the number keys or the SPEED or ELEVATION arrows. Press and hold ENTER to save the new value.

AUTO-CALIBRATION *(SIMPLE Only)*
DO NOT STAND ON THE BELT WHEN PERFORMING THE AUTO CALIBRATION!
"AUTO" appears in the data window for the auto-calibration function. To begin auto-calibration, press START. The Treadmill will run through minimum and maximum speed and elevation. The auto-calibration will take three to five minutes. When auto-calibration is complete, *"End"* will appear in the data window. The Treadmill will reboot and return to the start-up screen.

EXIT USER ENGINEERING MODE
P16 represents exit mode. When you press ENTER to select the function, the console performs a reboot, returning to the start-up screen.

GENERAL

COMMON TREADMILL QUESTIONS

Q: Are the sounds my Treadmill makes normal?
A: All Treadmills make a certain type of thumping noise due to the belt riding over the rollers. This noise will diminish over time, although it might not totally go away. With use, the belt will stretch, causing the belt to ride more smoothly over the rollers. It might appear that one Treadmill is louder than another. There are many reasons for this and may not be due to a defect.

Q: Why is the Treadmill I had delivered louder than the one at the store?
A: All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. This is due to many acoustic differences. A number of precautions can be taken to reduce noise. For instance, a heavy rubber mat can help reduce reverberation through the floor. And, finally, if a fitness product is placed close to a wall, there will be more reflected noise.

Q: When should I be worried about a noise?
A: As long as the sounds your Treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your Treadmill is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

GENERAL

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: Check to make sure the Treadmill is level.
SOLUTION: 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 the letter "E" and a number, (ex. "E5").
SOLUTION: Contact your VISION FITNESS retailer.

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

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 the electrode pads.
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 $^1/4$-turn at a time until the belt no longer slips.
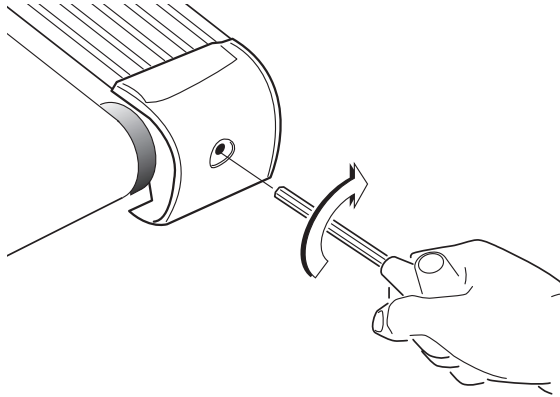
CENTERING THE BELT

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* $^1/4$-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 $^1/4$-turn at a time until the belt remains centered during use.
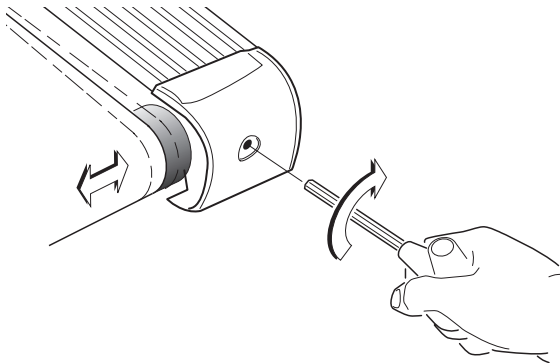
PREVENTIVE MAINTENANCE

Following are several tips on taking care of your VISION FITNESS Treadmill. The location of your Treadmill is important in maintaining it properly. 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.
- Every week, 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.
- Each week vacuum around and under the Treadmill.

QUARTERLY INSPECTION

- Every three months, check the tightness of the assembly bolts to ensure they are properly tightened.
- Every three months, check the power cord.

DECK WAXING

VISION FITNESS treadmills feature a wax lubricated phenolic deck, which may never require any maintenance. However, the deck is a wearable component and, under heavier use or in some environments, the wax lubricant can wear out. To maximize treadmill life, the decks can easily have wax reapplied.

No waxing is required for the first year of use. After one year, it is recommended to wax the deck once every six months. This will enhance the performance and life of the Treadmill. Weight can have an affect on how the wax wears on the deck. A heavier user (Example: 250 pounds and above) may need to wax more frequently. Also, running wears out wax faster than walking. Ask your VISION FITNESS retailer for information about treadmill maintenance.

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 - LIFETIME VISION FITNESS warrants the Motor against defects in workmanship and materials for the life of the Product, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS - FIVE 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 five 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.

*Limited Home-Use Warranty valid only in North America.

LIMITED HOME USE WARRANTY (continued)

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 one year. All Labor shall be supplied by the local Retailer who sold the Product 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 cover failure to follow instructions and warnings in the Owner's Guide or failure to provide reasonable and necessary maintenance. 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 website at 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.

DEVELOPING A FITNESS PROGRAM

By purchasing this piece of VISION FITNESS exercise equipment, you have made a commitment to exercise and now have the convenience of exercising in your own home. Your new equipment offers the flexibility to exercise at whatever time suits you best. It will be easier to maintain a consistent exercise program that will help you achieve your fitness goals.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal 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. If possible, try to define your personal goals in precise, measurable terms over specific periods of time. Examples of these goals might include:

- Decrease your waistline by two inches over the next two months.
- Run the local 5K race this summer.
- Lose 10 pounds in the next three months.
- Get 30 minutes of cardiovascular exercise at least five days per week.
- Improve your race time by two minutes over the next year.
- Move from walking a mile to jogging a mile within the next three months.

The more specific the goal, the easier it will be to track your progress. If your goals are long-term, divide them into monthly and weekly segments. Long-term goals can lose some of the motivational benefits. Short-term goals are easier to achieve and will allow you to see the progress you are making. Every time you reach a goal, it is important to set a new goal. This will lead to a healthier lifestyle and will provide the motivation that you will need to move forward.

TRACK YOUR PROGRESS

Now that you have set your exercise goals, it is time to write them down and make an exercise schedule that will help you achieve them. By keeping a fitness diary, you will stay motivated and know where you are in terms of reaching your goals. As time goes on, you will be able to look back with pride to see how far you've come. See the end of this section for weekly and annual exercise logs. Copy these logs to keep your own fitness diary.

EXERCISE GUIDELINES

WARM-UP

A warm-up activity should be a progressive aerobic activity that utilizes the muscles you will be using during the workout. There is no set warm-up intensity. A typical warm-up will produce a small amount of perspiration, but not leave you feeling fatigued. Intensity and fitness level will affect the duration of your warm-up, but 5-10 minutes is usually recommended.

EXERCISE DURATION

A common question asked is, "how much exercise do I need?" We recommend following the guidelines set up by the American College of Sports Medicine (ACSM) for healthy aerobic activity.

- Exercise three to five days per week.
- Warm up for five to 10 minutes before aerobic activity.
- Maintain your exercise activity for 30 to 45 minutes.
- Gradually decrease the intensity of your workout, then stretch to cool down during the last five to 10 minutes.

If weight loss is a major goal, participate in your aerobic activity at least 30 minutes for five days each week.

EXERCISE INTENSITY

The next question asked is, "how hard do I need to workout?" To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity range. We recommend monitoring your exercise heart rate to measure exercise intensity. Please see Page 37 for the Target Heart Rate Chart.

BALANCED FITNESS

While cardiovascular exercise has been the primary method of fitness for many programs over the years, it should not be the only method. Strength Training and Flexibility Training have become more popular as exercise has developed. Incorporating Strength and Flexibility Training into your current exercise program will give you the balance you need to improve your athletic performance, reduce susceptibility to injury, increase metabolic rate, increase bone density, and reach your goals faster.

STRENGTH TRAINING

Strength Training was once known as an activity performed by young males only. That has changed with the advances in scientific research on Strength Training over the last 20 years or so. Research has proven that, after age 30, we begin to lose muscle mass if we do not incorporate Strength Training into our exercise program. With this decrease in muscle mass, our ability to burn calories decreases, our physical ability to do work decreases and our susceptibility to injuries increases. The good news is that, with a proper Strength Training program, we can maintain or even build muscle as we age. A proper Strength Training program will work the muscle groups of the upper and lower body. There are now many options available for Strength Training including: yoga, Pilates, selectorized machines, free weights, stability balls or medicine balls, exercise tubing and body weight exercises, just to name a few.

Recommendations for a minimum Strength Training program include:

FREQUENCY: Two to three days per week

**VOLUME:** One to three sets consisting of eight to 12 repetitions.

STRETCHING

Flexibility Training is not associated with fitness as often as cardiovascular exercise or Strength Training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball tournament.

Before stretching, take a few minutes to warm up the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

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 toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.
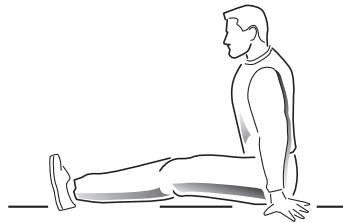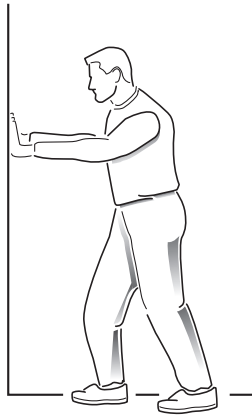
STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.
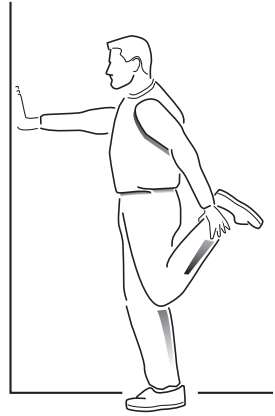
STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.

Week # _____

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week # _____

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

January

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

February

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

March

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

April

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

May

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

June

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

July

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

August

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

September

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

October

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

November

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

December

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		
Reward		

customizable

reliable

simple

it all
starts
with a
vision

VISION FITNESS ®