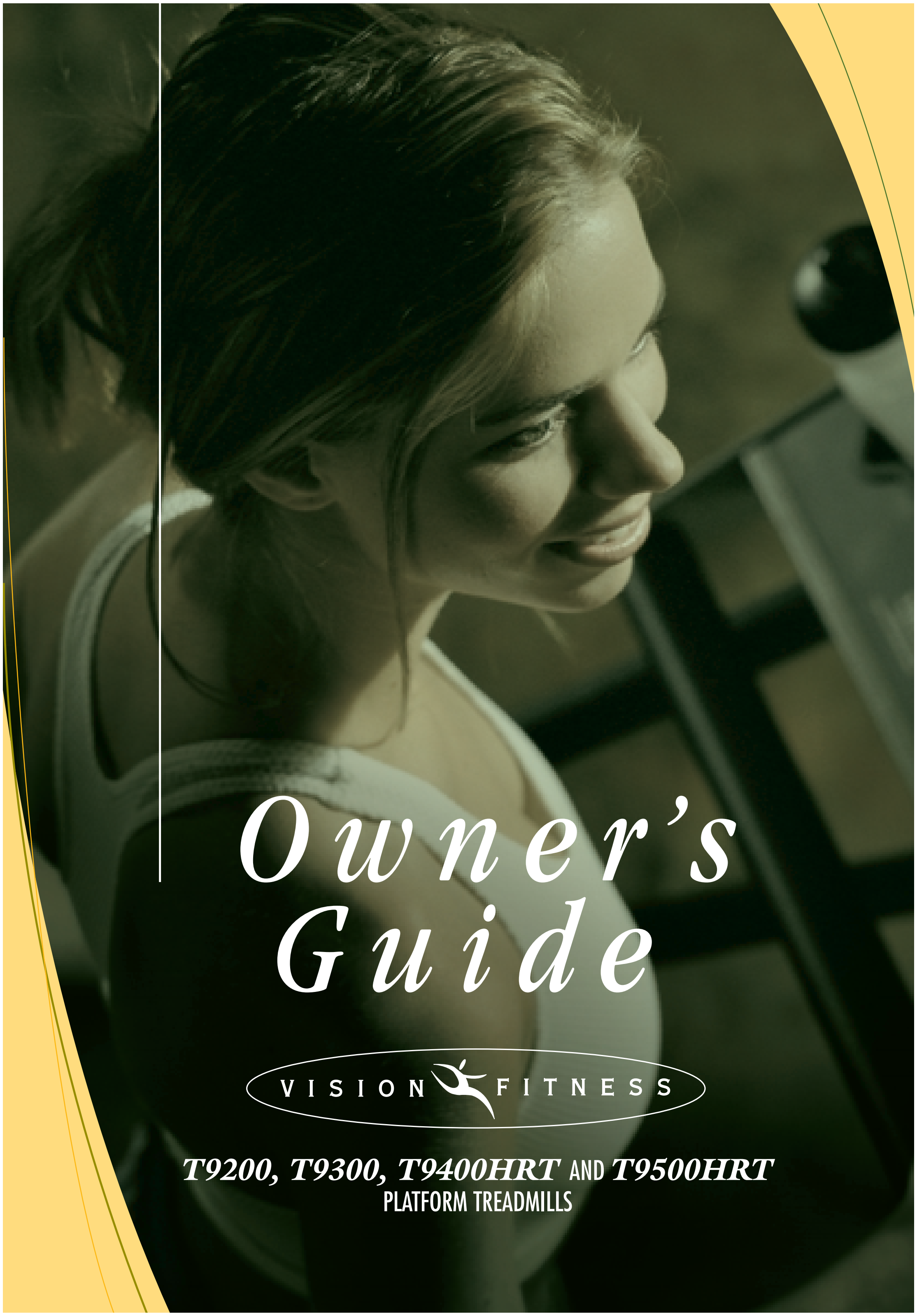

Owner's Guide

VISION FITNESS

T9200, T9300, T9400HRT AND *T9500HRT*
PLATFORM TREADMILLS

Congratulations 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.

Some kinds of 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:

VISION FITNESS
P.O. Box 280
500 South C.P. Avenue
Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

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T9400HRT

T9500HRT CONSOLE

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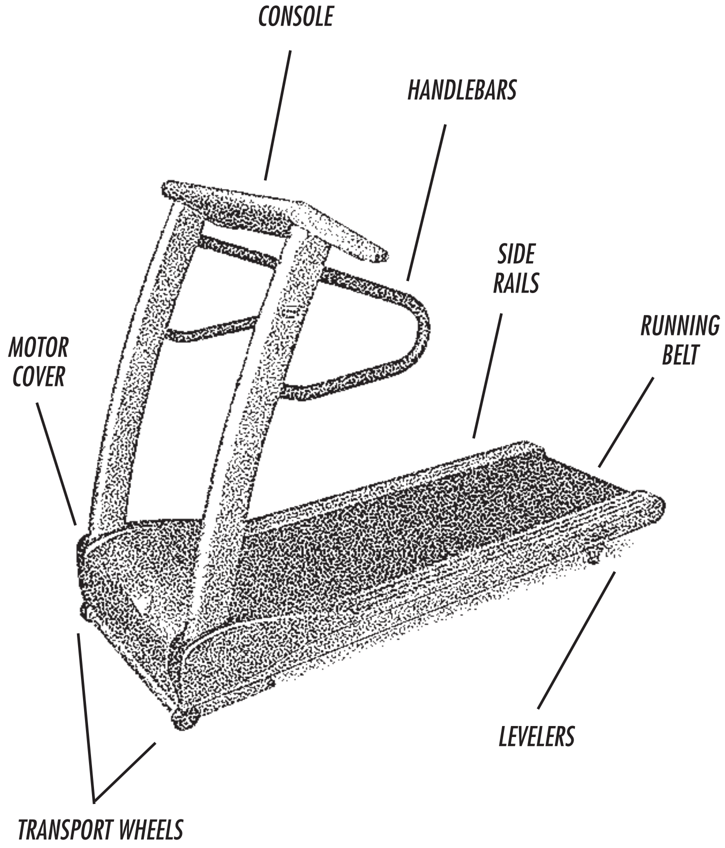

CONSOLE
HANDLEBARS
SIDE RAILS
RUNNING BELT
MOTOR COVER
LEVELERS
TRANSPORT WHEELS

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:

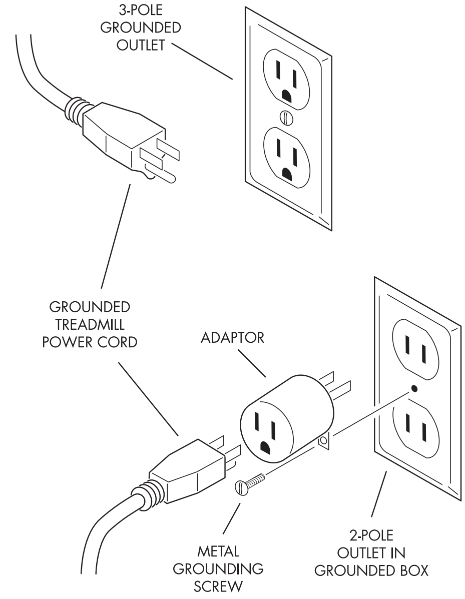
- Use this exercise product for its intended use as described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Treadmill motor covers or roller covers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the Treadmill to a retailer 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.

WALL POWER TO TREADMILL

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


3-POLE
GROUNDED
OUTLET
GROUNDED
TREADMILL
POWER CORD
ADAPTOR
METAL
GROUNDING
SCREW
2-POLE
OUTLET IN
GROUNDED BOX

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.

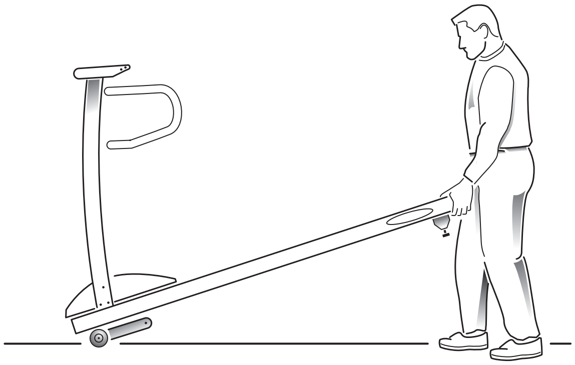
CLEANING

- Clean with soap and slightly damp cloth only; never use solvents.

MOVING YOUR VISION FITNESS 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 325 lbs.! Use care and additional help if necessary.



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.

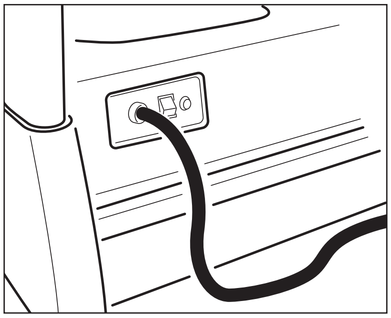
NOTE: If you place your Treadmill facing out from a wall, you should leave 3 feet between the wall and the Treadmill to ensure safe operation.

LEVELING

The Treadmill should be level for optimum use. Once you have placed the 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 the Treadmill, lock the levelers in place by tightening the nuts against the frame.

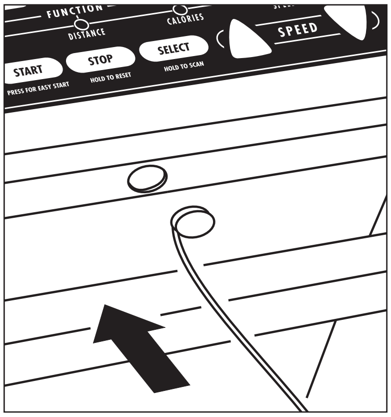
POWER

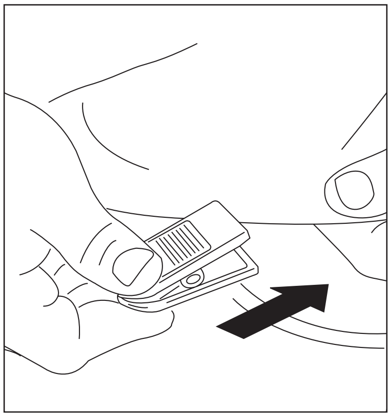
Ensure that your Treadmill is properly connected to a power outlet, then turn on the Power switch, located at the front of the main frame.



SAFETY KEY CLIP & TETHER

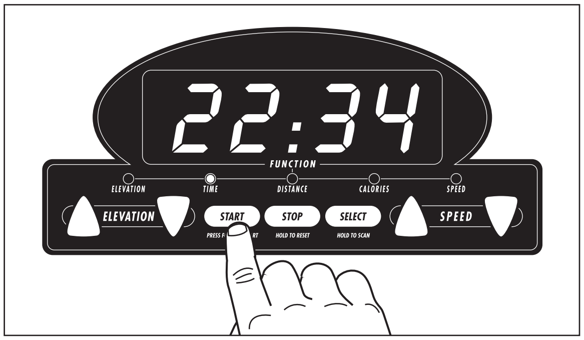
Your VISION FITNESS Treadmill will not start unless the Safety Key is inserted into the keyhole in the center of the console case. You should attach the clip end to your clothing. If at any time you need to stop the Treadmill quickly simply pull the Safety Key off the console. This will cut all power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


FUNCTION
DISTANCE
CALORIES
SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD TO SCAN



INTRODUCTION TO THE *T9200*

Simply press the Start Button to begin exercising.

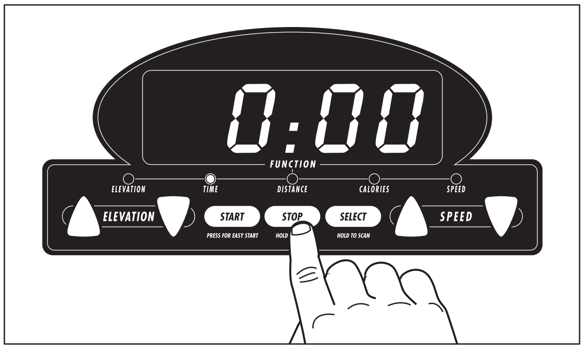

22:34
FUNCTION
ELEVATION
TIME
DISTANCE
CALORIES
SPEED
ELEVATION
START
STOP
SELECT
SPEED
HOLD TO RESET
HOLD TO SCAN

PAUSE

Press the Stop Button to pause during your workout.

RESET

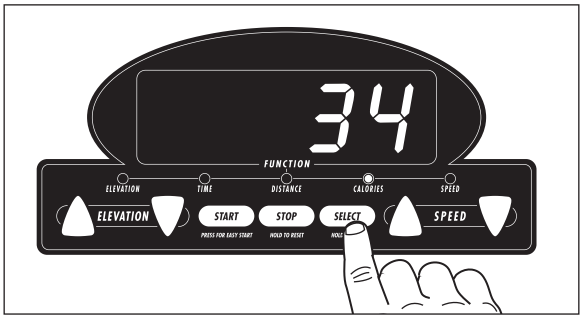
Press and hold the Stop Button to reset the Treadmill.


0:00
FUNCTION
ELEVATION
TIME
DISTANCE
CALORIES
SPEED
ELEVATION
START
STOP
SELECT
SPEED
PRESS FOR EASY START
HOLD TO SCAN

T9200 FEEDBACK DISPLAY

SCAN FUNCTION

To scan through the functions during your workout, press the SELECT button. To continuously Scan, press and hold until the console double-beeps (about 2 seconds). The selected function is displayed when the Function light is on above the word itself


34
FUNCTION
ELEVATION
TIME
DISTANCE
CALORIES
SPEED
ELEVATION
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD
SPEED

ELEVATION

Shown as a percentage of incline. This Indicates how steeply inclined the running surface is, to simulate 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

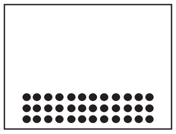
Shown as estimated accumulated Calories burned during workout.

SPEED

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

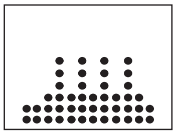
T9300 PROGRAM DETAILS

P1 - MANUAL



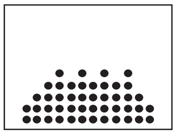
Customized workouts; with no default Time.

P2 - INTERVALS • SPEED CHANGES



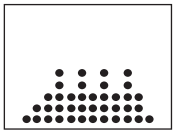
Improves your strength, speed, and endurance by raising and lowering the Speed throughout your workout to involve both your heart and muscles; Time defaults to 24 minutes.

P3 - WEIGHT LOSS • SPEED CHANGES



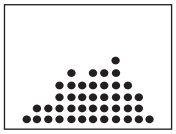
Promotes weight loss by raising and lowering your speed level while still keeping you within your fat burning zone; Time defaults to 48 minutes.

P4 - SPEED WALK • ELEVATION & SPEED CHANGE



Promotes weight loss by raising and lowering your Elevation level while still keeping you within your fat-burning zone; Time defaults to 32 minutes.

P5 - 5K BACKTRAIL RUN



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

P6 - 10K LAKESIDE RUN

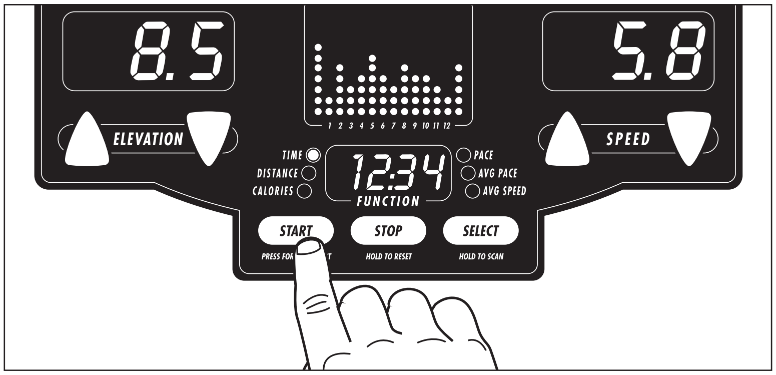
Improves your endurance training by simulating a 10K run with hills; no preset time with elevation changes.

Programs P2 - P6 have 9 levels. By having 9 levels to chose 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, L9 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.

T9300 EASY START

Simply press the Start Button to begin exercising in the MANUAL Program.

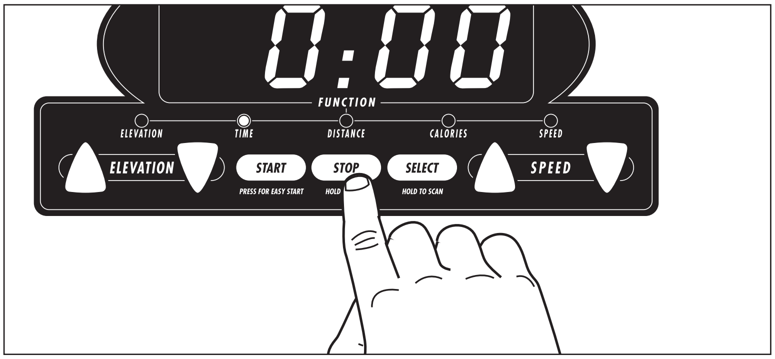

8.5
5.8
1 2 3 4 5 6 7 8 9 10 11 12
ELEVATION
SPEED
TIME
DISTANCE
CALORIES
12:34
PACE
AVG PACE
AVG SPEED
FUNCTION
START
STOP
SELECT
PRESS FOR
HOLD TO RESET
HOLD TO SCAN

PAUSE

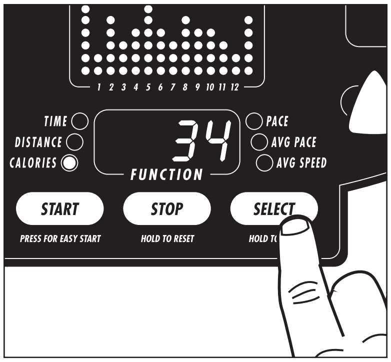
Press the Stop button to pause during your workout.

RESET

Press and hold the Stop button to reset the Treadmill.


0:00
FUNCTION
ELEVATION
TIME
DISTANCE
CALORIES
SPEED
ELEVATION
START
STOP
SELECT
SPEED
PRESS FOR EASY START
HOLD
HOLD TO SCAN

T9300 FEEDBACK DISPLAY


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
34
FUNCTION
PACE
AVG PACE
AVG SPEED
START
STOP
SELECT
PRESS FOR EASY START
HOLD TO RESET
HOLD TO

SCAN FUNCTION

To scan through the functions during your workout, press the SELECT button. To continuously Scan, press and hold until the console double-beeps (about 2 seconds). The selected function is displayed when the Function light is on above the word itself.

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.

PACE

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

AVERAGE PACE

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

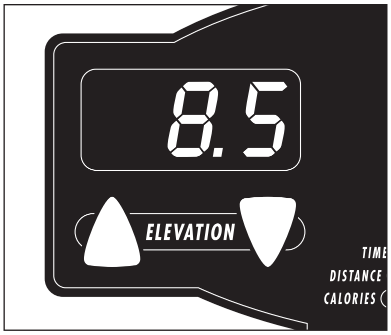
AVERAGE SPEED

Shown as Miles/Hour or Kilometers/Hour. Equals accumulated Distance plus elapsed Time. Corresponds to simulated outdoor walking or running Speed.

T9300 FEEDBACK DISPLAY

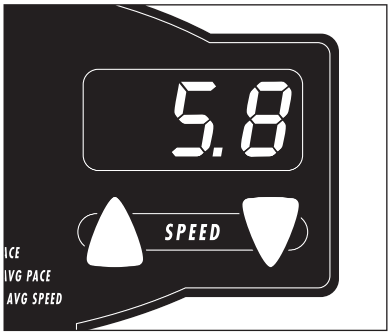
ELEVATION

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


8.5
ELEVATION
TIME
DISTANCE
CALORIES

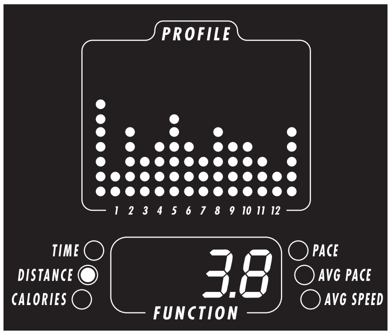
SPEED

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


5.8
SPEED
ACE
AVG PACE
AVG SPEED

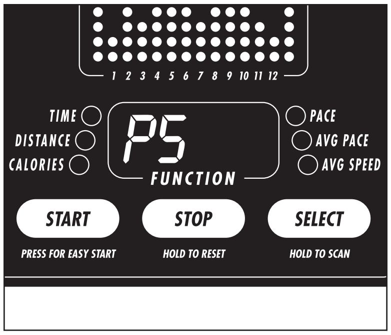
PROFILE

Shown as a graphical representation of the Program you have chosen (Intervals, Weight Loss, etc.). The left-most column of orange LEDs indicates Elevation and corresponds to the main Elevation window. The right-most column of green LEDs indicates Speed and corresponds to the main Speed window.


PROFILE
1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
3.8
FUNCTION
PACE
AVG PACE
AVG SPEED

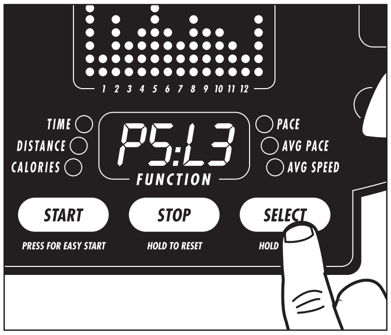
CHOOSING A PROGRAM

Use the Arrow buttons to choose one of the 7 Programs:
P1 - MANUAL, P2 - INTERVALS, etc.). Press the SELECT button.
See Page 18 for ***FITstrategy***™ Custom User Programs.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
P5
FUNCTION
PACE
AVG PACE
AVG SPEED
START
STOP
SELECT
PRESS FOR EASY START
HOLD TO RESET
HOLD TO SCAN

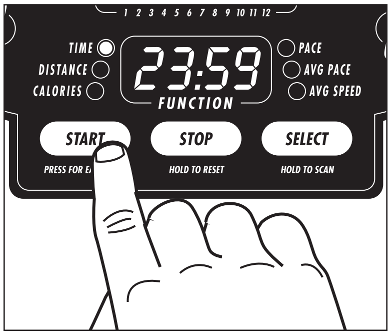
CHOOSING A LEVEL

Use the Arrow buttons to choose one of the 9 Levels; L1 provides the least resistance, L9 the most. Press the SELECT button.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
P5:L3
FUNCTION
PACE
AVG PACE
AVG SPEED
START
STOP
SELECT
PRESS FOR EASY START
HOLD TO RESET

CHOOSING A TIME

After you have chosen a Level, the Time will default, depending on which Program you have chosen, and then flash. You may use this default Time or choose another by using either set of Arrow buttons.

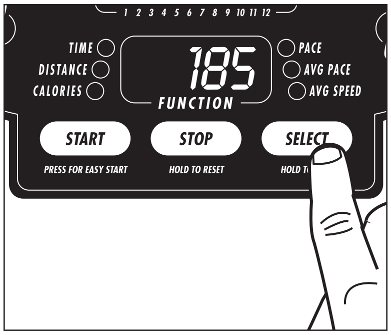

1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
23:59
FUNCTION
PACE
AVG PACE
AVG SPEED
START
STOP
SELECT
HOLD TO RESET
HOLD TO SCAN

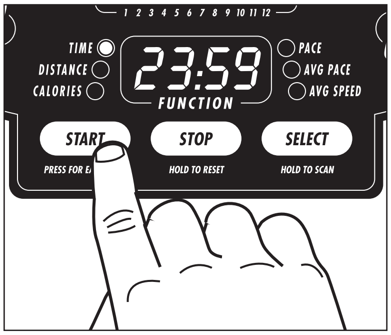
If you are ready to begin exercising press START. Optionally, if you wish to enter your weight, proceed first to the next step.

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.

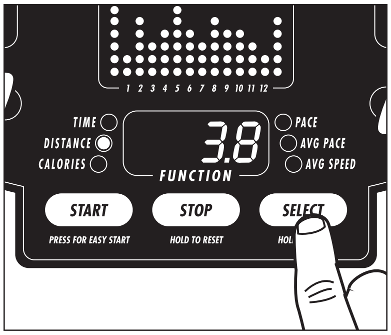
If you are ready to begin exercising press START.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
185
FUNCTION
PACE
AVG PACE
AVG SPEED
START
STOP
SELECT
PRESS FOR EASY START
HOLD TO RESET


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
23:59
FUNCTION
PACE
AVG PACE
AVG SPEED
START
STOP
SELECT
HOLD TO RESET
HOLD TO SCAN

FINISHING

When your work-out is complete the Speed window will beep and flash three times letting you know that your Program is complete. The Treadmill will return to its starting position and you will be able to use the SELECT button to scan through and check your DISTANCE, CALORIES, AVERAGE SPEED and PACE.

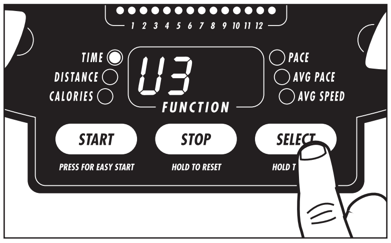

1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
3.8
FUNCTION
PACE
AVG PACE
AVG SPEED
START
STOP
SELECT
PRESS FOR EASY START
HOLD TO RESET

FITstrategy™ CUSTOM USER PROGRAMS U1-U5

Design your own Programs by setting the desired Speed and Elevation. All Programs have 12 intervals and a minimum Program Time of 12 minutes. 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.

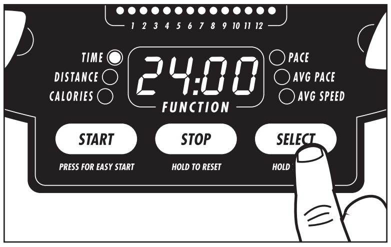
PROGRAMMING A USER PROGRAM

Select U1 thru U5 by pressing Arrows. Press the SELECT button.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
U3
FUNCTION
PACE
AVG PACE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT

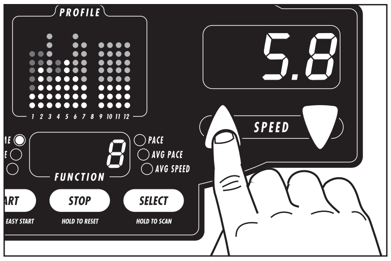
ENTER PROGRAM TIME

Enter Time using Arrows, then press the SELECT button to save total workout time.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
24:00
FUNCTION
PACE
AVG PACE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT

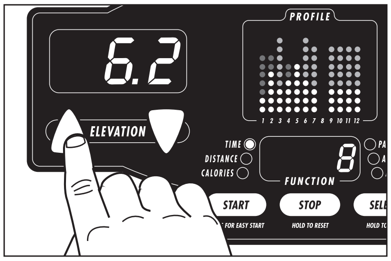
ENTER SEGMENT SPEED

The #1 column will blink. Press Speed Arrows to change the segment column Speed (Speed numeric values changing with red column).


PROFILE
1 2 3 4 5 6 7 8 9 10 11 12
5.8
SPEED
8
FUNCTION
PACE
AVG PACE
AVG SPEED
STOP
HOLD TO RESET
SELECT
HOLD TO SCAN

ENTER SEGMENT ELEVATION

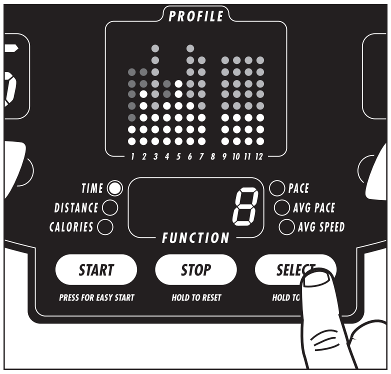
Then press the Elevation Arrows to change the segment column Elevation (notice Elevation numeric values changing with orange column).


PROFILE
6.2
ELEVATION
1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
8
FUNCTION
START
FOR EASY START
STOP
HOLD TO RESET

SAVING SEGMENT DATA

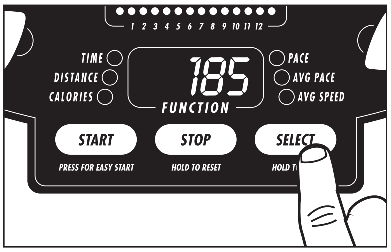
Press the SELECT button to store Speed and Elevation, then proceed to the next column.

NOTE: Repeat entering segment speed and segment elevation until all 12 segments are completed


PROFILE
1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
8
FUNCTION
PACE
AVG PACE
AVG SPEED
START
STOP
PRESS FOR EASY START
HOLD TO RESET

ENTERING YOUR WEIGHT

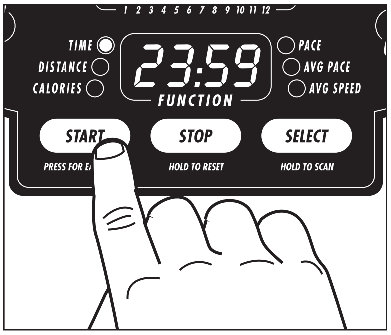
After you have chosen your workout time you may now enter your Weight. By entering your Weight, the totals for Calories will be adjusted according to your entered Weight.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
185
FUNCTION
PACE
AVG PACE
AVG SPEED
START
STOP
PRESS FOR EASY START
HOLD TO RESET

BEGINING WORKOUT

Begin your exercising in your new ***FITstrategy***™ custom user program by pressing the START button.

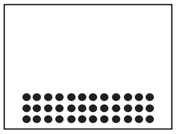
NOTE: This program will be saved permanentally and may be changed by repeating the steps above


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
23:59
FUNCTION
PACE
AVG PACE
AVG SPEED
STOP
SELECT
HOLD TO RESET
HOLD TO SCAN

T9400HRT & T9500HRT PROGRAM DETAILS

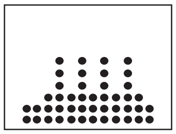
P1 - MANUAL

Customized workouts; with no default Time.



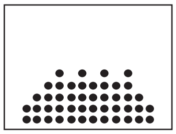
P2 - INTERVALS • SPEED CHANGES

Improves your strength, speed, and endurance by raising and lowering the Speed throughout your workout to involve both your heart and muscles; Time defaults to 24 minutes.



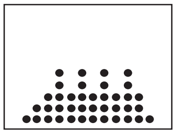
P3 - WEIGHT LOSS • SPEED CHANGES

Promotes weight loss by raising and lowering your speed level while still keeping you within your fat burning zone; Time defaults to 48 minutes.



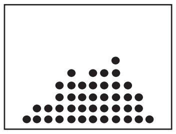
P4 - SPEED WALK • ELEVATION & SPEED CHANGE

Promotes weight loss by raising and lowering your elevation level while still keeping you within your fat-burning zone; Time defaults to 32 minutes.



P5 - 5K BACKTRAIL RUN

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

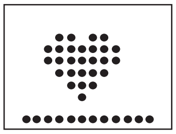


P6 - 10K LAKESIDE RUN

Improves your endurance training by simulating a 10K run with hills; no preset time with elevation changes.

P7 - HEART RATE TRAINING

Saves time by making the most of your limited workout time; motivates and encourages you to achieve your fitness goals. Benefits weight loss by maintaining an optimum exercise level to burn fat; Time defaults to 34 minutes.



(continued on next page)

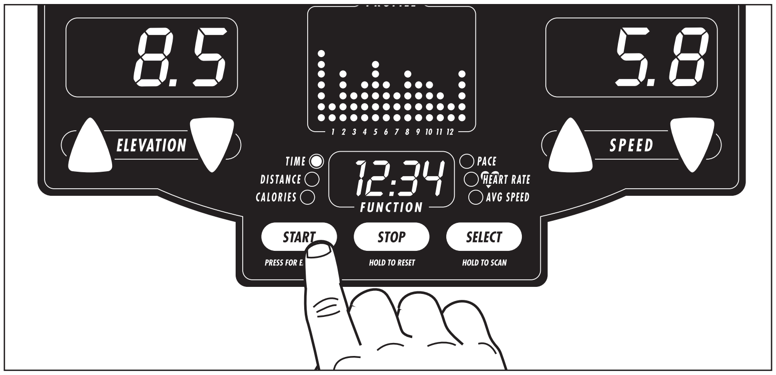
T9400HRT & T9500HRT PROGRAM DETAILS

Programs P2-P6 have 9 levels. By having 9 levels to chose 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, L9 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.

T9400HRT & T9500HRT EASY START

Simply press the START Button to begin exercising in the MANUAL Program.

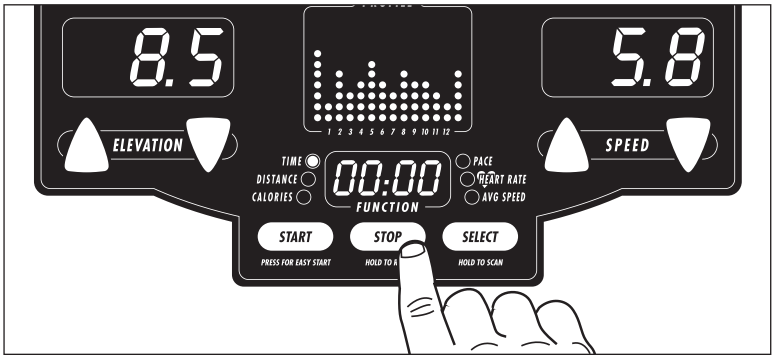

8.5
5.8
1 2 3 4 5 6 7 8 9 10 11 12
ELEVATION
SPEED
TIME
DISTANCE
CALORIES
12:34
FUNCTION
PACE
HEART RATE
AVG SPEED
START
STOP
SELECT
PRESS FOR E
HOLD TO RESET
HOLD TO SCAN

PAUSE

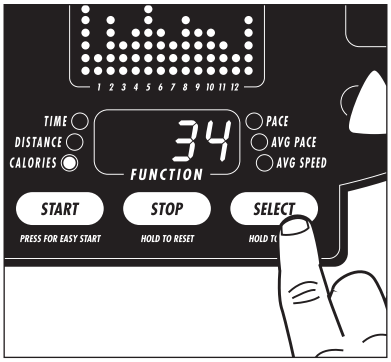
Press the STOP button to pause during your workout.

RESET

Press and hold the STOP button to reset the Treadmill.


8.5
5.8
1 2 3 4 5 6 7 8 9 10 11 12
ELEVATION
SPEED
TIME
DISTANCE
CALORIES
00:00
FUNCTION
PACE
HEART RATE
AVG SPEED
START
STOP
SELECT
PRESS FOR EASY START
HOLD TO
HOLD TO SCAN

T9400HRT & T9500HRT FEEDBACK DISPLAY


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
34
FUNCTION
PACE
AVG PACE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD TO

SCAN FUNCTION

To scan through the functions during your workout, press the SELECT button. To continuously Scan, press and hold until the console double-beeps (about 2 seconds). The selected function is displayed when the Function light is on above the word itself.

TIME

Shown as (Minutes:Seconds). View the Time remaining or 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.

HEART RATE

Shown as Beats-per-Minute. You can monitor your Heart Rate at any time during a workout.

AVERAGE SPEED

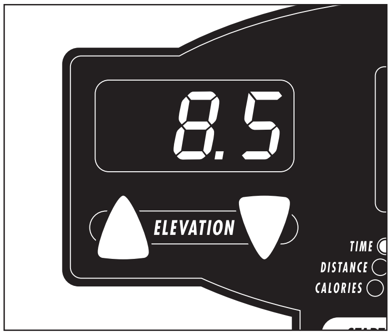
Shown as Miles/Hour or Kilometers/Hour. Equals accumulated Distance plus elapsed Time. Corresponds to simulated outdoor walking or running Speed.

PACE

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

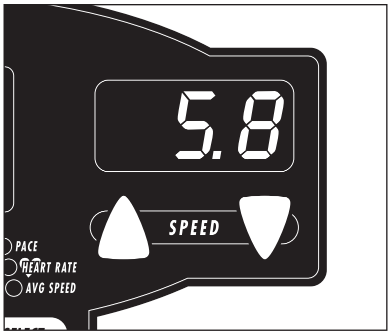
T9400HRT & T9500HRT FEEDBACK DISPLAY

ELEVATION


8.5
ELEVATION
TIME
DISTANCE
CALORIES

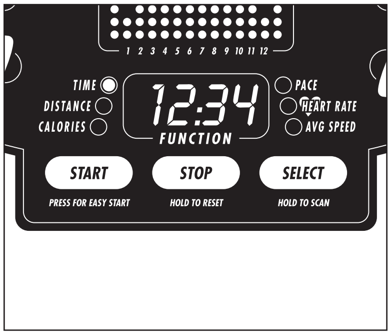
Shown as percentage of incline, Elevation is visible in the left-hand LED window. Indicates how steeply inclined the running surface is, to simulate running on a hill.

SPEED


5.8
SPEED
PACE
HEART RATE
AVG SPEED

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

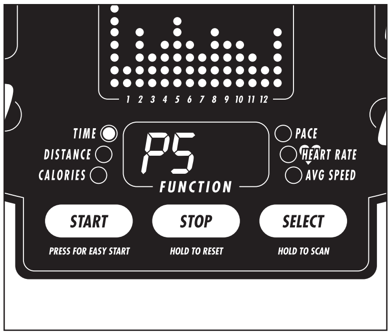
PROFILE


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
12:34
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD TO SCAN

Shown as a graphical representation of the Program you have chosen (Intervals, Weight Loss, etc.). The left-most column of orange LEDs indicates Elevation and corresponds to the main Elevation window. The right-most column of green LEDs indicates Speed and corresponds to the main Speed window.

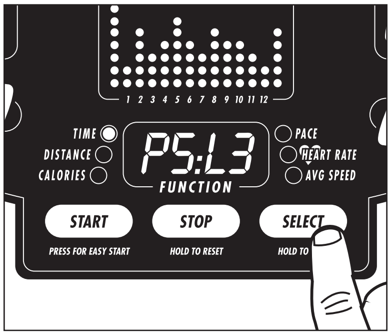
CHOOSING A PROGRAM

Use the Arrow buttons to choose one of the 7 Programs: (P1 - MANUAL, P2 - INTERVALS, etc.). Press SELECT. See Page 36 for ***FITstrategy***™ Custom User Programs.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
P5
FUNCTION
PACE
HEART RATE
AVG SPEED
START
STOP
SELECT
PRESS FOR EASY START
HOLD TO RESET
HOLD TO SCAN

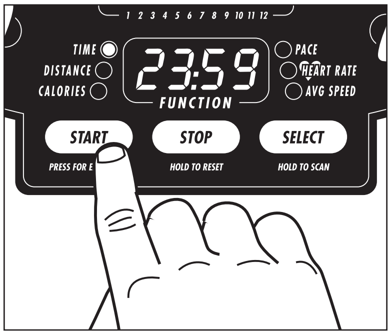
CHOOSING A LEVEL

Use the Arrow buttons to choose one of the 9 Levels; L1 provides the least resistance, L9 the most. Press SELECT.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
P5:L3
FUNCTION
PACE
HEART RATE
AVG SPEED
START
STOP
SELECT
PRESS FOR EASY START
HOLD TO RESET
HOLD TO

CHOOSING A TIME

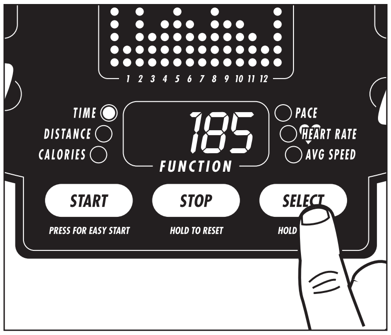
After you have chosen a Level, the Time will default, depending on which Program you have chosen, and then flash. You may use this default Time or choose another by using either set of Arrow buttons.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
23:59
FUNCTION
PACE
HEART RATE
AVG SPEED
START
STOP
SELECT
PRESS FOR E
HOLD TO RESET
HOLD TO SCAN

If you are ready to begin exercising press START. Optionally, if you wish to enter your weight, proceed first to the next step.

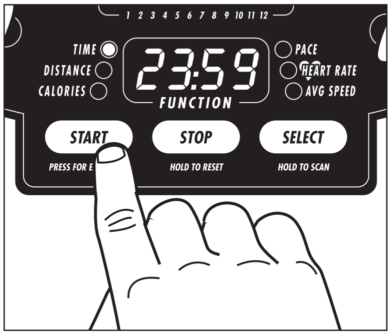
ENTERING YOUR WEIGHT

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.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
185
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD

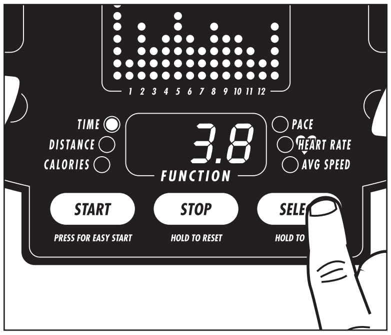
STARTING

When you are ready to begin exercising press START.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
23:59
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR E
STOP
HOLD TO RESET
SELECT
HOLD TO SCAN

FINISHING

When your work-out is complete the Speed window will beep and flash three times letting you know that your Program is complete. The Treadmill will return to its starting position and you will be able to use the SELECT button to scan through and check your DISTANCE, CALORIES, AVERAGE SPEED and PACE.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
3.8
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELE
HOLD TO

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 below. 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.

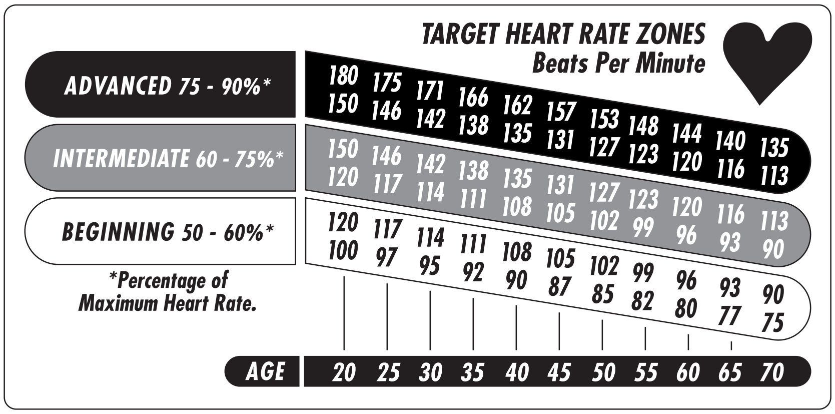
EXERCISE INTENSITY

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

TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Rate will very for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 50 - 90% of the predicted maximum heart rate for most healthy adults. A guideline for Target Heart Rate follows:

50 - 60%	Beginning Exercisers or Health Concerns
60 - 75%	General Fitness or Weight Loss
75 - 90%	Improve Aerobic Capacity or Athletic Performance



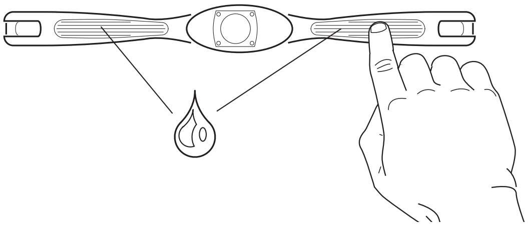
TARGET HEART RATE ZONES
Beats Per Minute

AGE	20	25	30	35	40	45	50	55	60	65	70
ADVANCED 75 - 90%*	180 150	175 146	171 142	166 138	162 135	157 131	153 127	148 123	144 120	140 116	135 113
INTERMEDIATE 60 - 75%*	150 120	146 117	142 114	138 111	135 108	131 105	127 102	123 99	120 96	116 93	113 90
BEGINNING 50 - 60%*	120 100	117 97	114 95	111 92	108 90	105 87	102 85	99 82	96 80	93 77	90 75

*Percentage of Maximum Heart Rate.

WIRELESS CHEST TRANSMITTER

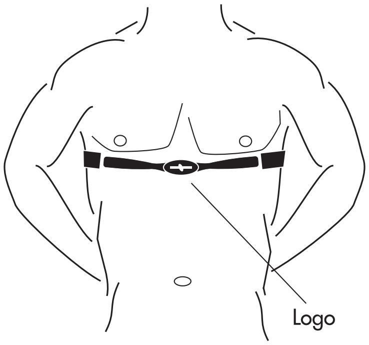
Prior to wearing the Strap on your chest, moisten the two rubber contact pads with several drops of water and spread about with your fingers.



TRANSMITTER STRAP PLACEMENT

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

Adjust the elastic strap length to avoid bouncing or sliding.



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.

TALK TEST

The "Talk Test" is a quick and simple check of exercise intensity. If you have trouble completing a sentence, you are working to hard. You should be able to speak freely without gasping for air.

HEART RATE CONTROL ELEVATION & SPEED

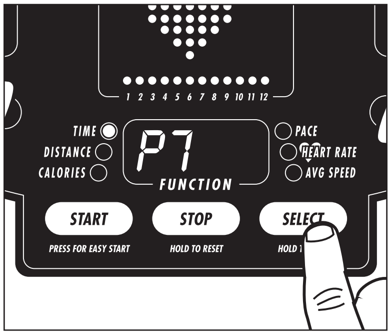
Program default is 34:00 minutes

Enter Target Heart Rate, Time & Weight.

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 controls Heart Rate by Speed and Elevation. The speed will be automatically adjusted; first up to 1 MPH greater than the current Target Heart Rate Speed. After the console automatically adjusts your speed up to 1 MPH more 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.

CHOOSE THE HRT PROGRAM

Using either set of Arrow buttons select "P7" Heart Rate Program and press the SELECT button.

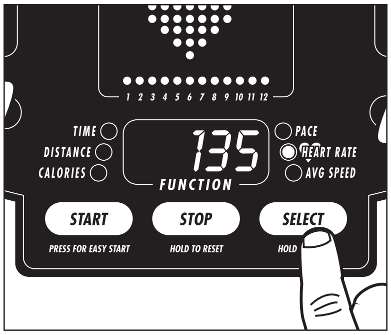


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
P7
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD

ENTER TARGET HEART RATE ZONE

Using either set of Arrow buttons, enter your Target Heart Rate and press the SELECT button.

NOTE: The Function Window will blink and the heart rate LED will be lit to let the user know what their Target Zone is.

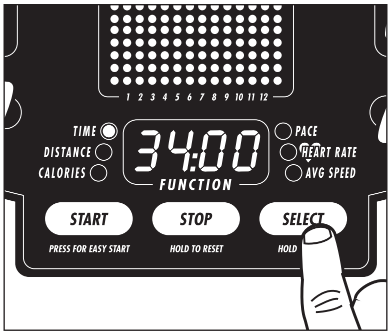


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
135
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD

CHOOSE TIME

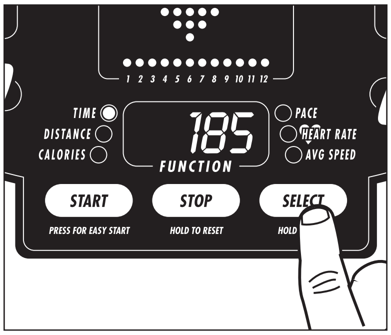
After you have chosen your Target Heart Rate, the Time wil show the program default time of 34:00. You may change the Time, using either set of Arrow buttons. Press the SELECT button to enter your Time.

NOTE: The Minimum Time 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.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
34:00
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD

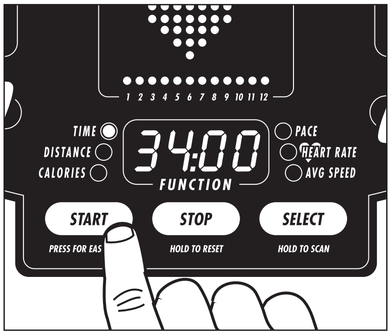
ENTER WEIGHT

Using either set of Arrow buttons, enter your Weight. Press the SELECT button.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
185
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD

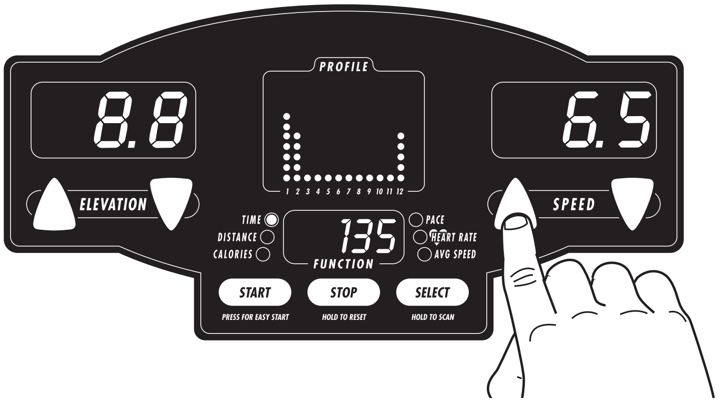
BEGIN THE PROGRAM

Press the START button. The console will begin three beep countdown. The belt will begin to move once this countdown is complete.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
34:00
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EAS
STOP
HOLD TO RESET
SELECT
HOLD TO SCAN

WARM UP MODE

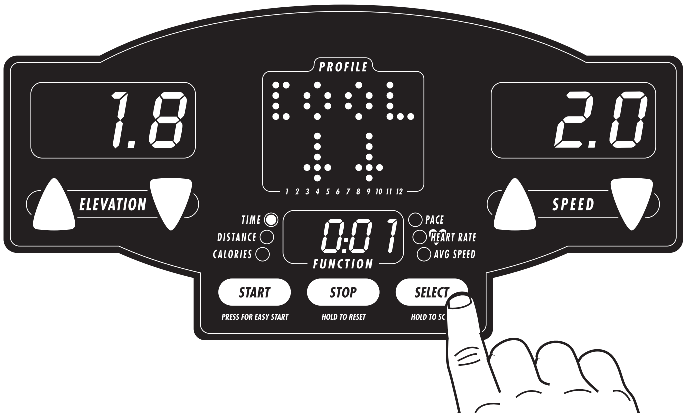
Now the Treadmill is in the manual warm up mode.
The user controls both the speed and elevation to reach their Target Heart Rate plus or minus 5 Beats-per-Minute (BPM). Once a steady Heart Rate is found, the console will beep 3 times and then enter the Heart Rate Training mode.


8.8
PROFILE
6.5
1 2 3 4 5 6 7 8 9 10 11 12
ELEVATION
SPEED
TIME
DISTANCE
CALORIES
135
FUNCTION
PACE
HEART RATE
AVG SPEED
START
STOP
SELECT
PRESS FOR EASY START
HOLD TO RESET
HOLD TO SCAN

After the user has reached their target zone, the speed will be adjusted first up to 1 MPH greater than the current target Heart Rate Speed in the program. The speed can always decrease greater than the current speed. After you speed up to 1 MPH more, the elevation will take over and control elevation to keep in zone. This would repeat throughout the program.

COOL DOWN MODE

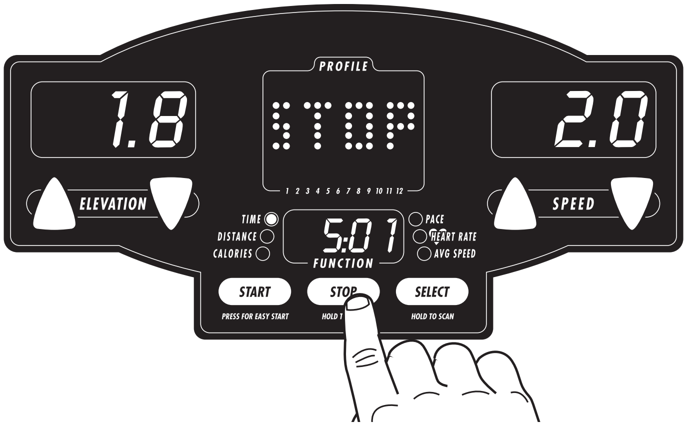
After you have completed your timed workout, the console will display "COOL DOWN'. This is to let you know that the program has ended. Now the user is in a manual mode cool down and has control of the Speed and Elevation buttons. This lets the user cool down at their own pace.



1.8
PROFILE
COOL
2.0
1 2 3 4 5 6 7 8 9 10 11 12
ELEVATION
SPEED
TIME
DISTANCE
CALORIES
0:01
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD TO SC

COMPLETING YOUR WORKOUT

Once you feel your cool down time is enough, press STOP and the Treadmill will stop.



1.8
PROFILE
STOP
2.0
1 2 3 4 5 6 7 8 9 10 11 12
ELEVATION
SPEED
TIME
DISTANCE
CALORIES
5:01
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD T
SELECT
HOLD TO SCAN

NOTES FOR YOUR HEART RATE TRAINING PROGRAM

- If there is no Heart Rate detected, the Treadmill will not speed up or down.

- If the Heart Rate detected is higher than the Target Zone by 10 BPM the console will “beep” 4 times to warn the user.

- If the Heart Rate detected is higher than the Target Zone by 15 BPM, the console will “beep” 4 times, stop, and then continue beeping 4 times again and the same process will repeat 5 times.

- If the user’s Heart Rate is 20 beats over their Target Zone, the Treadmill will “beep” 5 times then Shut Down.

- Once the user is in their Target Zone +/- 5 BPM, the speed will adjust to stay at the current Heart Rate until the last 5 minutes of the program.

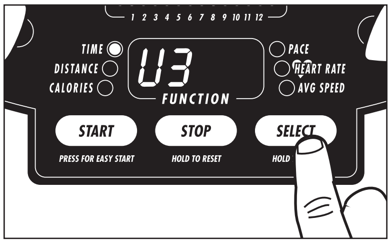
NOTE: At all times the speed and elevation keys are operative for the user.

FITstrategy™ CUSTOM USER PROGRAMS U1-U5

Design your own Programs by setting the desired Speed and Elevation. All Programs have 12 intervals and a minimum Program Time of 12 minutes. 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.

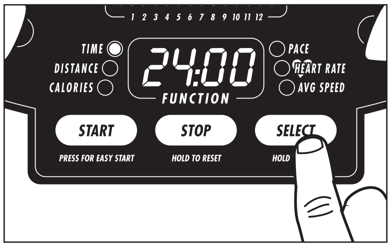
PROGRAMMING A USER PROGRAM

Select U1 thru U5 by pressing Arrows. Press the SELECT button.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
U3
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD

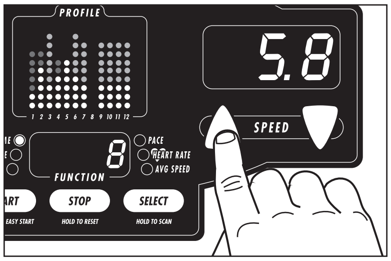
ENTER PROGRAM TIME

Enter Time using Arrows, then press the SELECT button to save total workout time.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
24:00
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD

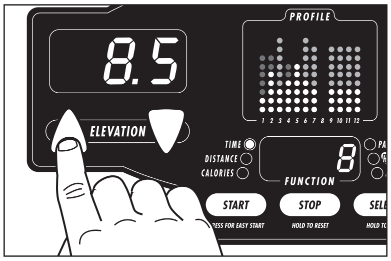
ENTER SEGMENT SPEED

The #1 column will blink. Press Speed Arrows to change the segment column Speed (Speed numeric values changing with red column).


PROFILE
1 2 3 4 5 6 7 8 9 10 11 12
5.8
SPEED
8
FUNCTION
PACE
HEART RATE
AVG SPEED
STOP
HOLD TO RESET
SELECT
HOLD TO SCAN

ENTER SEGMENT ELEVATION

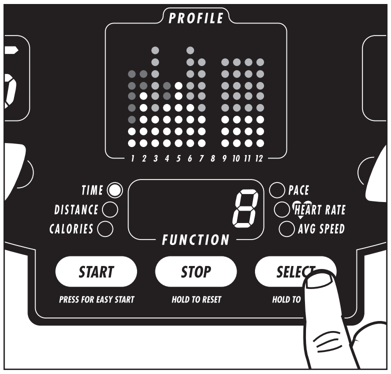
Then press the Elevation Arrows to change the segment column Elevation (notice Elevation numeric values changing with orange column).


PROFILE
8.5
ELEVATION
1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
8
FUNCTION
START
STOP
HOLD TO RESET

SAVING SEGMENT DATA

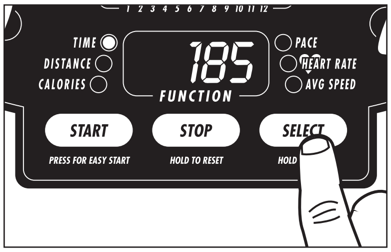
Press the SELECT button to store Speed and Elevation, then proceed to the next column.

NOTE: Repeat entering segment speed and segment elevation until all 12 segments are completed


PROFILE
1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
8
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD TO

ENTERING YOUR WEIGHT

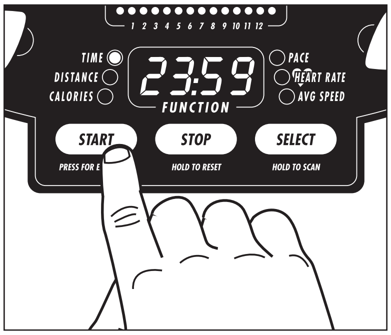
After you have chosen your workout time you may now enter your Weight. By entering your Weight, the totals for Calories will be adjusted according to your entered Weight.


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
185
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR EASY START
STOP
HOLD TO RESET
SELECT
HOLD

BEGINING WORKOUT

Begin your exercising in your new ***FITstrategy***™ custom user program by pressing the START button.

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


1 2 3 4 5 6 7 8 9 10 11 12
TIME
DISTANCE
CALORIES
23:59
FUNCTION
PACE
HEART RATE
AVG SPEED
START
PRESS FOR E
STOP
HOLD TO RESET
SELECT
HOLD TO SCAN

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 73 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.

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 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.

COMMON TREADMILL QUESTIONS

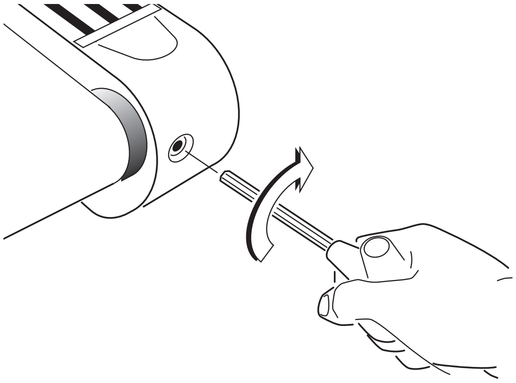
Q: Are the sounds my Treadmill makes normal?
A: All Treadmills make a certain type of thumping noise due to the belt riding over the rollers. This noise will diminish over time, although it might not totally go away. With use, the belt will stretch, causing the belt to ride more smoothly over the rollers.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

TENSIONING THE BELT

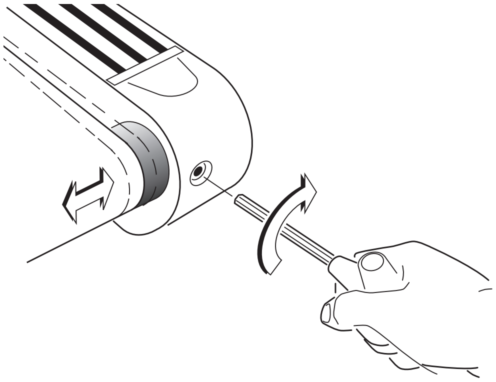
If the running belt slips when used, use the supplied 8MM Allen wrench to turn the left and right tension bolts clockwise 1/4-turn at a time until the belt no longer slips.



CENTERING THE BELT

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.



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

ELECTRONICS & PARTS* - TWO 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 two years from the date of original purchase, so long as the device remains in the possession of the original owner.
*ELECTRONIC & PARTS - THREE YEARS For Model T9500HRT

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 (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 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

WARM UP

When you exercise you need more oxygen to fuel your muscles. This oxygen is carried to the muscles through blood. The increasing demands of exercise will cause increased breathing rate, heart rate, blood flow and blood temperature. As your blood temperature rises and more oxygen is released, the temperature of your muscles will increase. This allows the muscles to burn calories and create energy for exercise.

A warm-up activity should be a progressive aerobic activity that utilizes the muscles you will be using during your workout. There is no set intensity to warm-up with. 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 to 10 minutes is usually recommended.

A gradual warm-up will do the following:

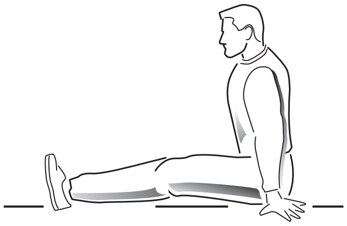
- Produce faster more forceful muscle contractions
- Increase your metabolic rate so oxygen is delivered to the working muscles more quickly
- Leads to efficient calorie burning by increasing your core body temperature
- Prevent injuries by improving the elasticity of your muscles
- Allow you to work out comfortably longer because your energy systems are able to exercise, preventing the buildup of lactic acid in the blood.
- Improves joint range of motion
- Psychologically prepares you for higher intensities by increasing your arousal and focus on exercise

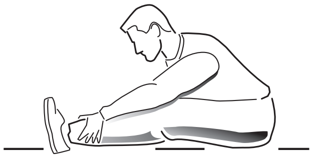
FLEXIBILITY

Before stretching, take a few minutes to warm-up as stretching a cold muscle can cause injury. When stretching you should start slowly, exhaling as you gently stretch the muscle. Try to hold each stretch for at least 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch is more effective and less of a risk for injury. Don't strain or push a muscle too far. If a stretch hurts, ease up.

SEATED TOE TOUCH

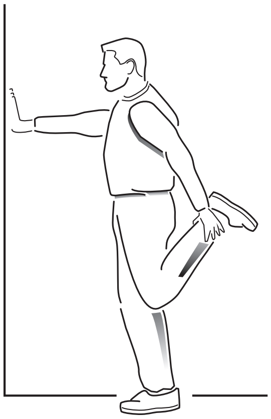
Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes exhaling as you go. Hold the stretch for 15 to 30 seconds. Return to the start position and repeat the stretch as necessary.





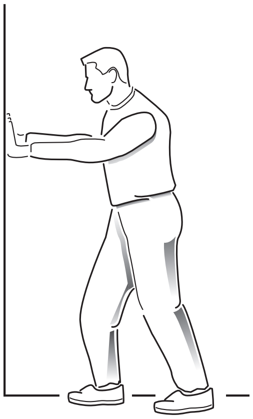
STANDING QUADRICEPS STRETCH

Using a wall or your Bike to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing to the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg and continue to alternate for amount of desired repetitions.



STANDING CALF STRETCH

Standing about 3 feet from a wall, take one step forward with your left foot. Place your hands on the wall in front of you. Your elbows slightly bent, shoulders, hips, and feet are pointed directly towards the wall. Bend your left leg slowly using the movement to control the amount of stretch in the right calf. Your heels should stay on the ground. Slowly bring yourself back to the starting position and switch legs. Alternate for the amount of desired repetitions.



EXERCISE GUIDELINES

The American Council of Sports Medicine (A.C.S.M.) recommends the following exercise guidelines, for healthy aerobic activity:

Frequency:	Exercise 3 to 5 days each week.
Warm-up:	Warm-up 5 to 10 minutes before aerobic activity.
Duration:	Maintain your exercise intensity for 20 to 60 minutes.
Cool Down:	Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes.

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

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your VISION FITNESS Product to lose weight? Improve muscle tone? Relieve stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss & Maintenance
- Improve Body Shape & Tone
- Increase Energy Level
- Improve Cycling/Cross Sports Performance
- Improve Cardiovascular Endurance
- Stress Reduction
- Improve Sleep Patterns
- Improve muscular strength

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

SAMPLE GOALS:

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

Some sample goals may be:

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

KEEPING AN EXERCISE DAIRY

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

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		

it all
starts
with a
vision

VISION FITNESS

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