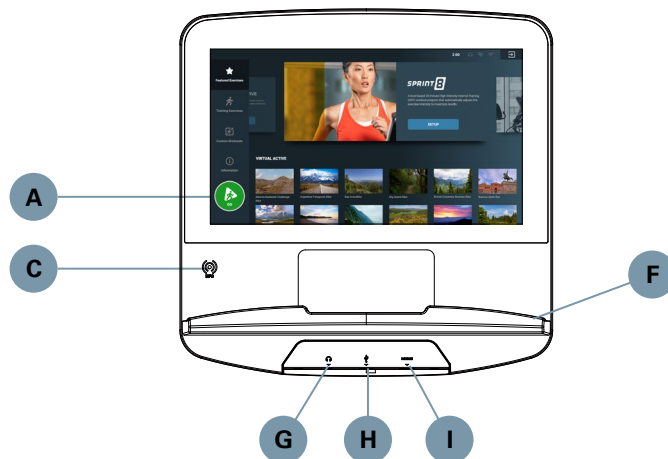
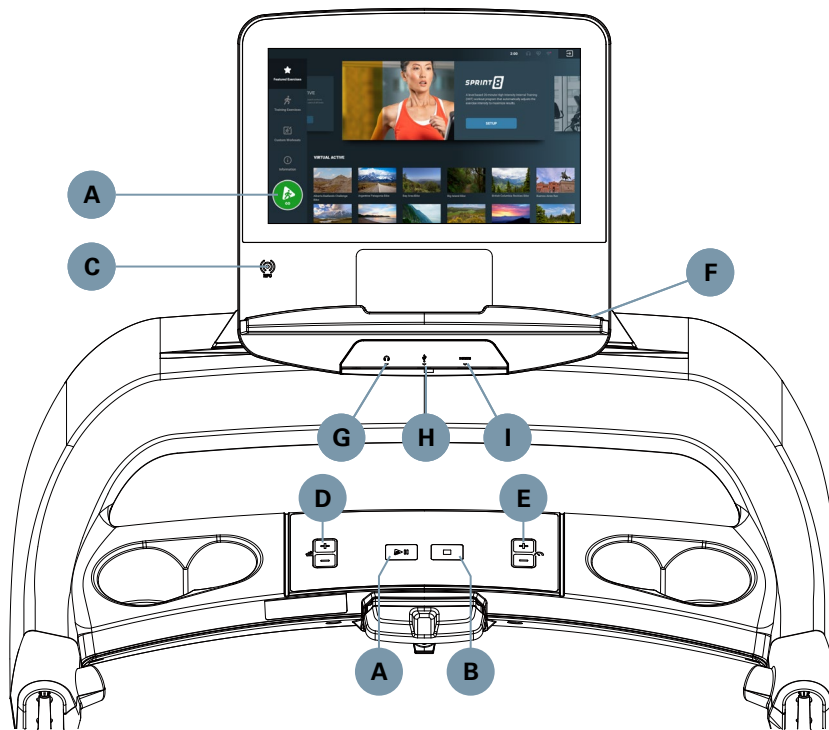






## CONSOLE DESCRIPTION

The machine is inspected before it is packaged. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

The console has a fully integrated touch screen display. All information required for workouts is explained on-screen. Exploration of the interface is highly encouraged. The information explaining how to program for various workouts will give an explanation about the contents of each screen on the console.

- A) **GO:** One Touch Start.
  - B) **|| STOP:** Ends workout and shows workout summary data..
  - C) **NFC:** Wireless connect and transmit the workout data to Vision Fitness APP.
  - D) **- + INCLINE:** Adjust incline and make program selections
  - E) **- + SPEED:** Adjust speed and make program selections.
  - F) **READING RACK:** Holds reading material or electronic device.
  - G) **HEADPHONE JACK:** Outputs audio from console to connected 3.5mm headphones.
  - H) **USB 2.0 PORT:** Device charging (output rating 5V $\overline{\text{---}}$  /2A), device media, and software updates.
  - I) **HDMI HDMI IN PORT:** screen cast of smart devices which supports HDMI out to console \*
- \* Cables and smart devices NOT included in our package.

The term HDMI and the HDMI Logo are trademarks or registered trademarks of HDMI Licensing Administrator, Inc.

**Note:** Power consumption of cardio equipment when plugged in:

- Power consumption in off mode:  $\leq 0.3W$
- Power consumption in standby mode, without display:  $\leq 0.5W$

## CONSOLE GUIDE

Before proceeding, find the serial numbers located on barcode stickers and enter them in the spaces provided below. Use the information below when calling for service.

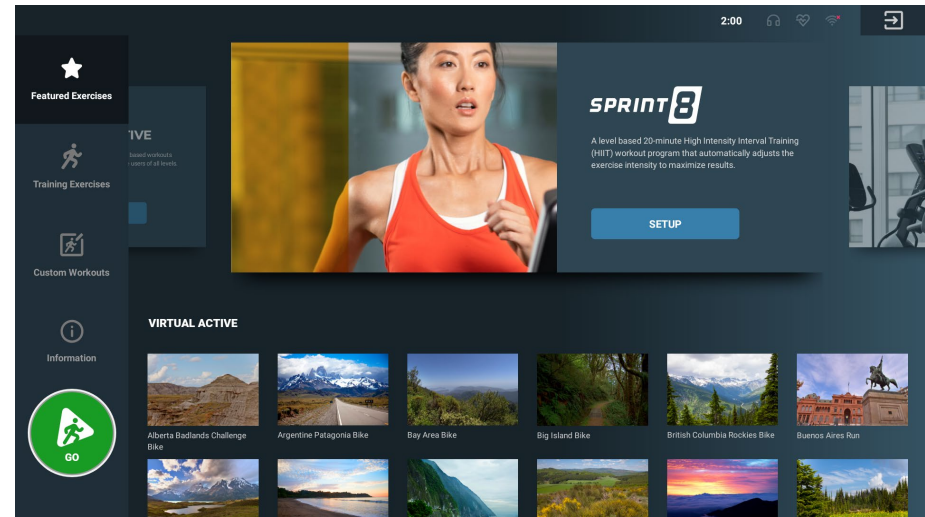
**CONSOLE SERIAL NUMBER** (Located on back of the console)

**FRAME SERIAL NUMBER** (Located on front lower frame)

## CONSOLE OPERATION

### GETTING STARTED

- To change language, touch .
- Touch  to begin working out immediately.
- Touch  to setup WIFI



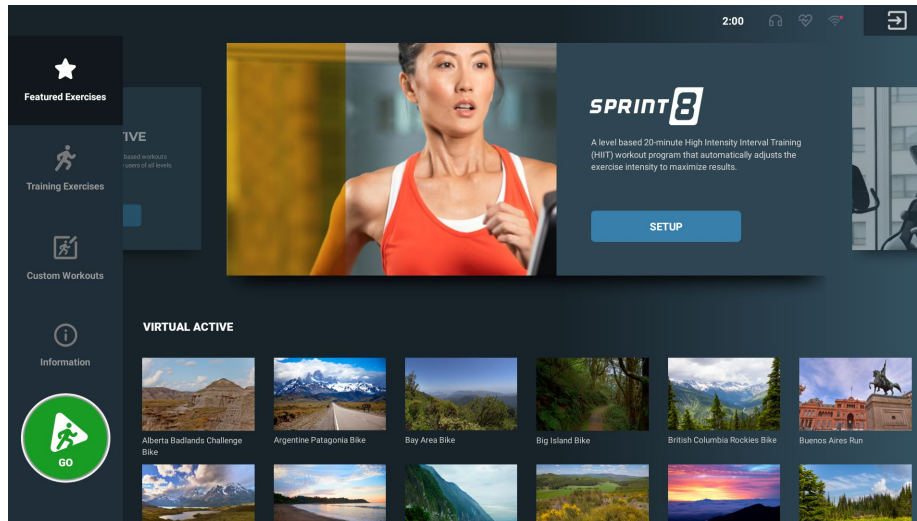
## PROGRAM SETUP

- 1) After selecting a **WORKOUT**, adjust the program settings appropriately and/or begin your exercise using the default program settings.
- 2) Adjust your program settings.
- 3) Press **START WORKOUT** to begin your workout.

**Note:** Workouts and features vary based on model type, console configurations and software versions.



ENGLISH



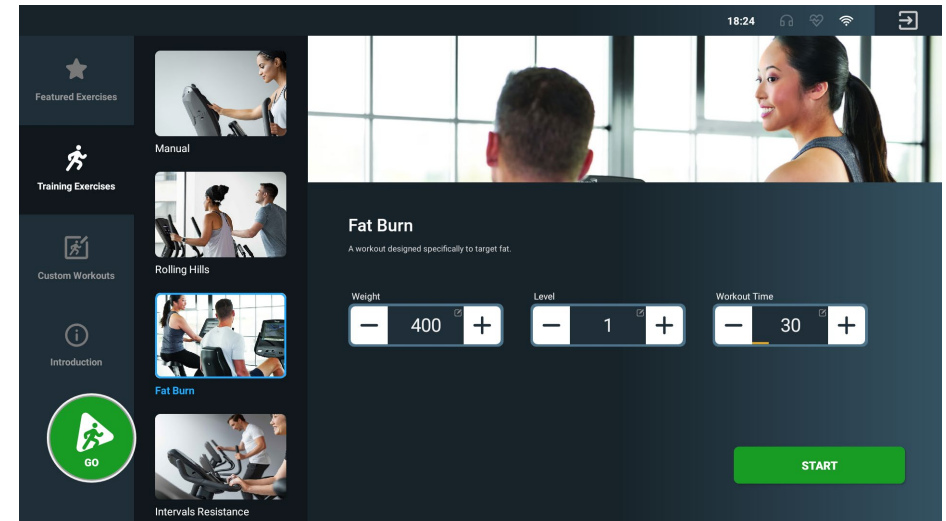
## GETTING STARTED

- 1) Check to make sure no objects are nearby that will hinder the movement of the equipment.
- 2) Plug in the **POWER CORD** and turn the equipment **ON**.

**Note:** Some equipment does not have a power switch.

## TREADMILLS ONLY

- 3) Stand on the **SIDE RAILS** of the treadmill.
- 4) Attach the **SAFETY KEY CLIP** to part of your clothing making sure that it is secure and will not become detached during operation.
- 5) Insert the **SAFETY KEY** into the **SAFETY KEYHOLE**.



## WORKOUT SETUP

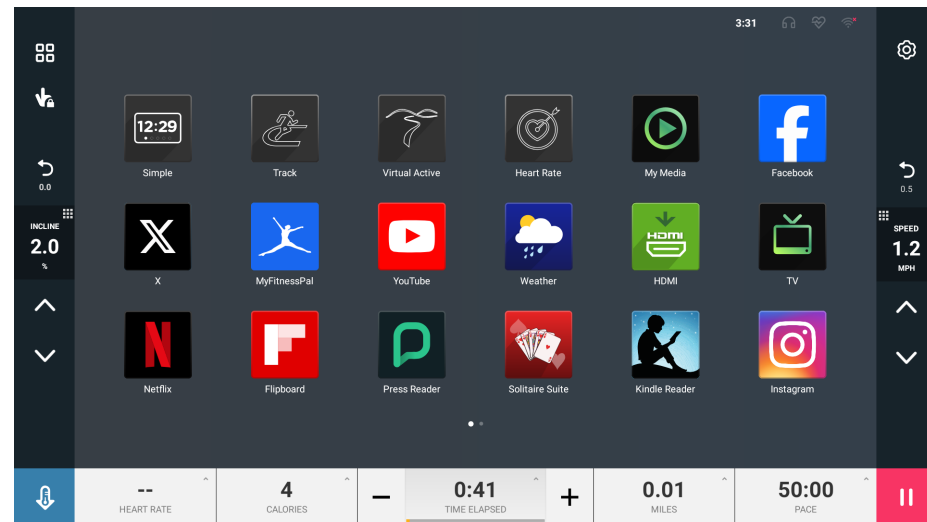
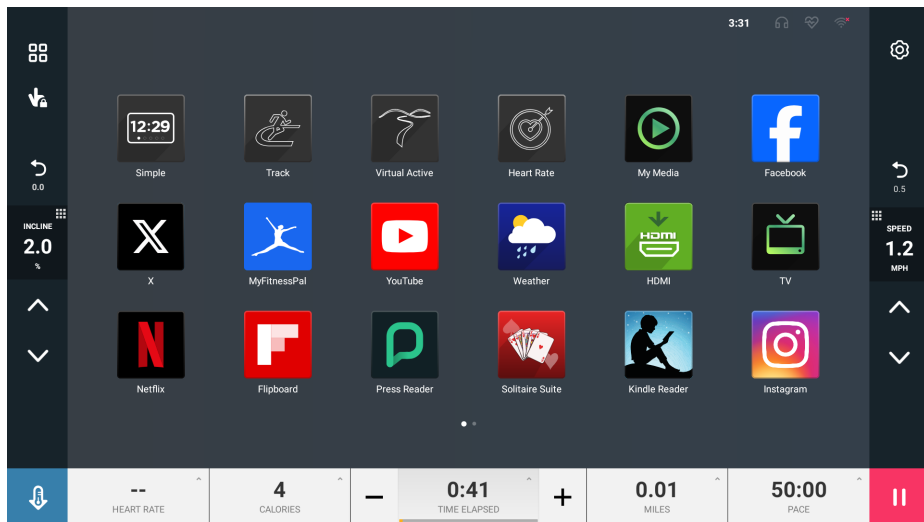
- 1) Touch **GO** to begin a **MANUAL WORKOUT**. **TIME**, **DISTANCE**, and **CALORIES** will all count up from zero. OR...
- 2) Select an option from the **FEATURED**, **TRAINING**, **RECENT** or **APPS** screens.
  - Use **– +** to adjust your workout settings.
  - Touch  to open a keypad to enter numbers.
- 3) Touch **START** to begin your workout.

## FINISHING YOUR WORKOUT

When your workout is complete, your workout results will continue to display on the console for 2 minutes and is automatically saved to the Vision Fitness App.



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## HOME SCREEN

- Touch to change **WORKOUT FEEDBACK** displays at the bottom of the screen.
- While using an app, touch to go back to the home screen.
- Touch to adjust **VOLUME**, pair a **BLUETOOTH** device or to change **AUDIO SOURCE** (Netflix, My Media, Virtual Active, etc.).
- Touch to increase or decrease the resistance level, speed or incline.
- Touch to use the keypad to set resistance level, speed or incline. Press to confirm change.
- Touch to change resistance level, speed or incline back to previous setting.
- Touch to temporarily pause your workout and touch to resume. While paused, touch to end workout.
- Touch to increase or decrease the duration of your workout.
- Touch to enter cool down mode. Cool down lasts for five minutes while reducing the workout intensity, allowing your body to recover from your workout.
- Touch to lock the screen. Touch it again to unlock the screen and allow screen touches.

## BLUETOOTH

The console can connect via Bluetooth to one device per category:

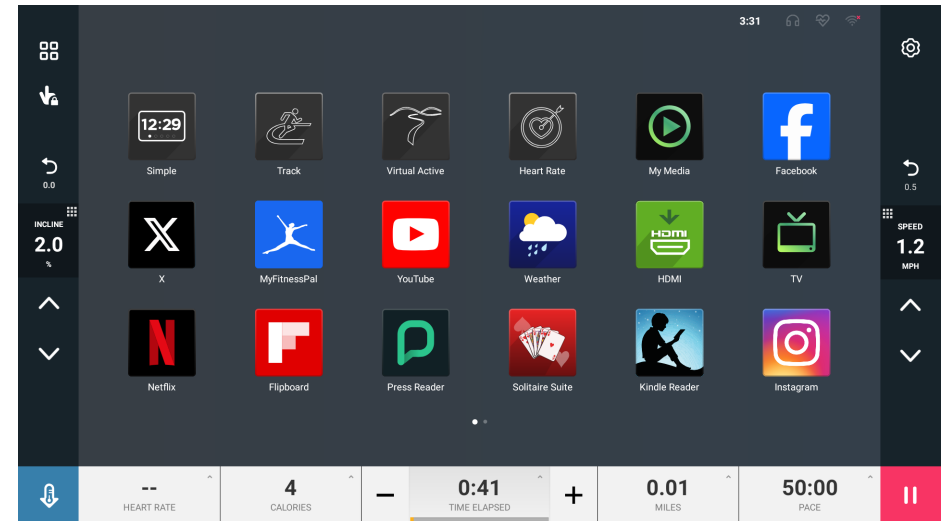
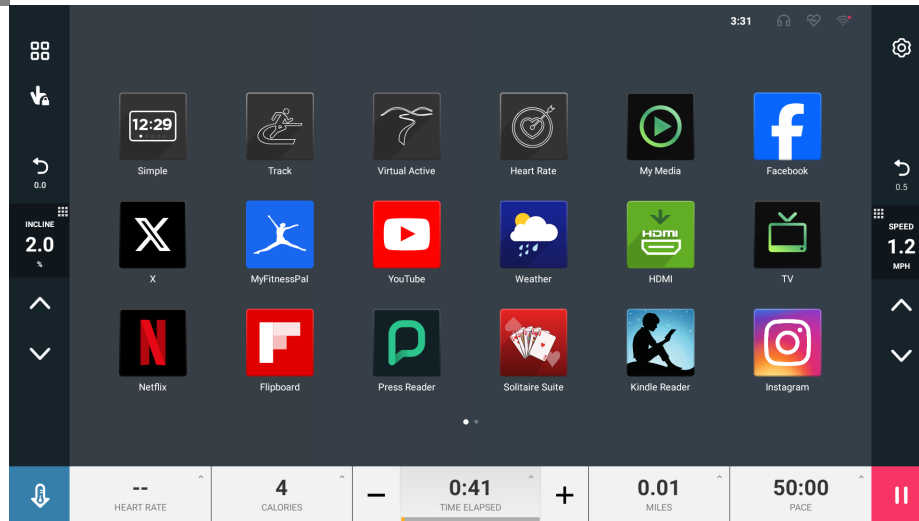
- Speakers / headphones
- Heart rate monitors
- Bluetooth FTMS-enabled fitness apps
- Vision Fitness App

## TO CONNECT YOUR COMPATIBLE DEVICE

- **DEVICE PAIRING** can be accessed from the **SETTINGS MENU** .
- Enable **BLUETOOTH** on your device and make sure it is discoverable.
- Touch the appropriate category from the list. The Bluetooth device should appear to the right after a few seconds.
- Touch the device name and follow the on-screen prompts to pair the device. Once paired, or will be highlighted and appear in the top right corner of the message bar.



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## USB AUDIO/VIDEO

The console can stream media in the **MY MEDIA APP** via **USB**. Supported devices include **USB** flash drives (up to 16 GB), Windows phones/tablets, and Android phones/tablets.

The media types supported are:

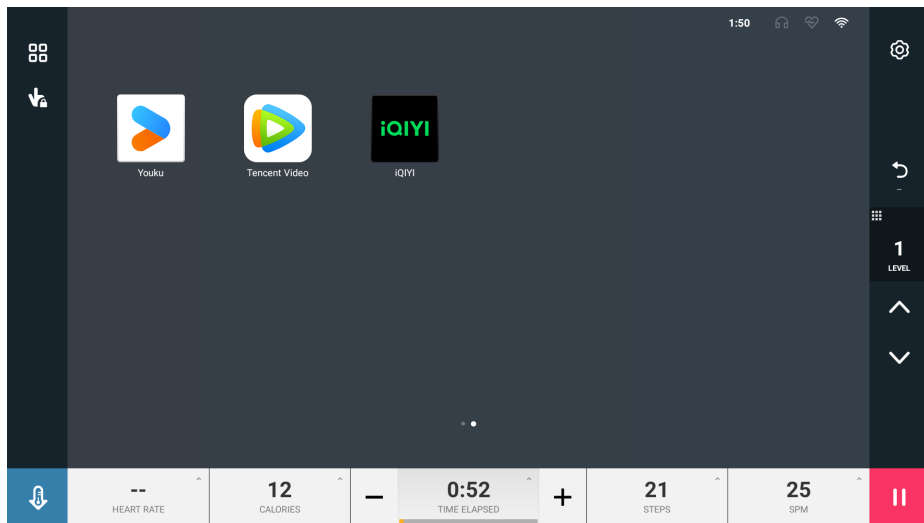
- Audio - AAC, 3GP, MP4, M4A, AAC, MP3 and WAV
- Video - H.263 (3GP, MP4) and H.264 (MP4, MOV)

## TO PLAY MEDIA DURING YOUR WORKOUT

- 1) Unlock and connect your device to the USB port  located beneath the display.
- 2) Open the **MY MEDIA APP** and select the USB device name from the Media Source list.
- 3) Select the Audio  or Video  tab at the top to access your files and play your media.

## AUDIO IN/OUT

You can play audio through the console speakers by connecting a device to the audio in jack  located beneath the display. Plug your headphones into the audio out jack  to use them instead of the console speakers.



## GAMES & APPS SUITE

Allows individual users to download, install, and explore a variety of additional entertainment applications while exercising.

To access these new applications:

- Open the Games & Apps suite by touching the icon.
- Tap the desired game or application to quickly download and install it on the machine.
- The downloaded application will appear last in the list on the home screen, so users may need to swipe from right to left on the screen to access the second page.
- To begin using the application, simply touch the new app tile.
- At the end of the workout, the downloaded application will be removed (uninstalled) from the machine.

Games & Apps applications might vary by market or region.



## APPS AND ENTERTAINMENT

Availability of apps are subject to change. Some apps are not available in all areas. Additional apps may become available. Workouts and features vary based on model type, console configurations, software versions and options purchased.



### MY MEDIA

Connect and control audio and video files on-screen via USB port.



### FACEBOOK

Browse your Facebook page while you work out.



### KINDLE READER

Access and read your ebooks while you work out.



### HDMI

Easily connect with your phone or tablet via HDMI to mirror your device on the High-Resolution Screen. Or play your favorite apps from your streaming media device.



### TWITTER

Access your Twitter feed while you work out



### FLIPBOARD

Browse all-you-can-read digital newsstand while you work out.



### NETFLIX

Browse and watch Netflix videos while you work out. Netflix account required to access content.



### INSTAGRAM

Browse your Instagram feed while you work out.



### PRESS READER

Browse all-you-can-read digital newsstand while you work out.



### SPOTIFY

Browse and listen to your favorite music while you work out.



### MYFITNESSPAL

Browse and check your nutrition data while you work out.



### SOLITAIRE SUITE

Play online solitaire games while you work out.



### YOUTUBE

Browse and watch YouTube videos while you work out.



### WEATHER

Get local weather info.



### PLUTO TV

Users can access and utilize Pluto TV services and features directly on the console. (Only in America and Europe.)

## WIFI INFORMATION

- a) Wifi modules : AP6398S
- b) Wifi operating frequencies : 2.4GHz ISM Band & 5GHz UNII Band
- c) Wifi transmission power :
  - 2.4G Wi-Fi: 19.54 dBm
  - 5G Wi-Fi: 5150-5350 MHz: 16.83 dBm
  - 5470-5725 MHz: 18.19 dBm
  - 5725-5850 MHz: 18.84 dBm

**NOTE:**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

**FCC RF Radiation Exposure Statement:**

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body

Please visit Vision website for further console information:  
**visionfitness.com**



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