

# SUSPENSION ELLIPTICAL TRAINER

**Vision Fitness**

**S60**



## DISPLAY CONSOLE OVERVIEW

The computerized display allows the user to select a workout that meets their desired fitness goals. It also allows the user to monitor the progress and feedback of each workout, so they can track improvements in overall fitness over time.

### **A. GO/ENTER/HOLD TO SCAN**

Press the GO key to begin MANUAL workout immediately without having to set individual information. When the program begins, you have the ability to adjust resistance levels with the ARROW keys. Feedback information will be calculated using default settings

ENTER – this key is used after entering each piece of information in setup such as weight, age or level.

HOLD TO SCAN – if you need to change the display of heart rate, you can do so by holding down the GO button for 3 seconds, the HEART RATE ZONE window will display HEART RATE, % MAX HEART HR, TARGET HR in sequence in HRT PROGRAMS.

### **B. STOP/HOLD TO RESET**

STOP – if you need to STOP your program during the workout, press the STOP key

RESET – if you need to reset the console during your workout you can do so by holding down GO for 3 seconds.

### **C. ARROW BUTTONS**

These keys are used during set up mode to change values prior to your workout. During your workout use them to change levels. In HRT programs they are used to change target heart rate.

### **D. PROGRAM BUTTONS**

These keys provide quick access to your favourite workouts. Press the arrow keys to select one of multiple workouts.

### **E. PROFILE DISPLAY**

This window provides a dot matrix profile of your workout segments. Those you are about to or have completed and the level of resistance for each

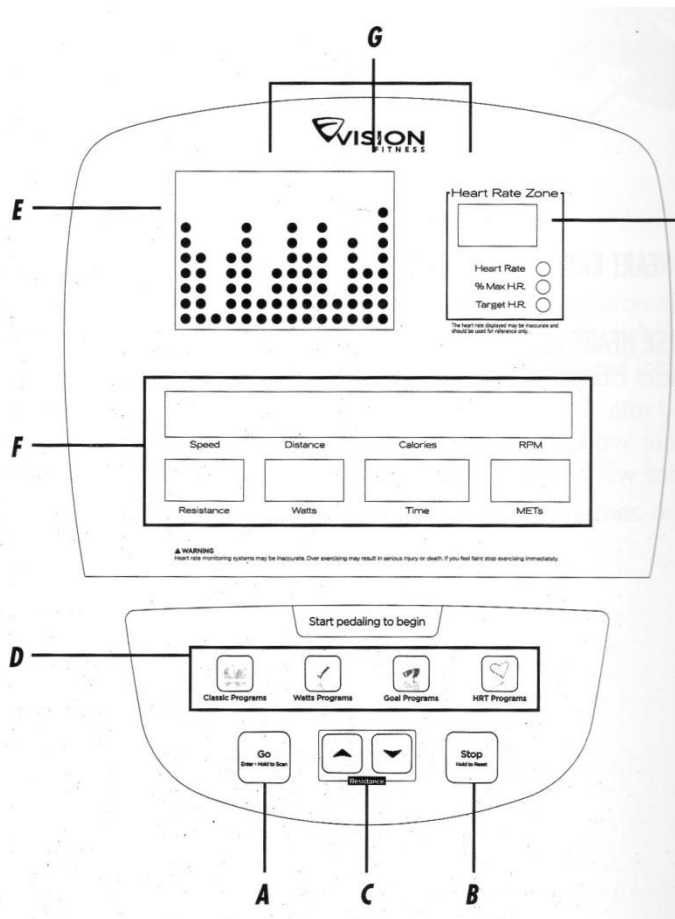
### **F. MESSAGE/FEEDBACK WINDOWS**

These windows provide step by step instructions in setup mode, instructions, feedback and motivation during your workout.

- TIME – time elapsed or time remaining in your workout.
- SPEED – The pedalling speed in miles or kilometres per hour
- DISTANCE – The total distance travelled in miles or kilometres since the start of your workout
- RPM – The pedal rate or revolutions per minute(RPM)
- WATTS – measurement of workload; one watt is equal to six kilogram-meters per minute.
- CALORIES – an estimate of calories burned since the start of the workout
- RESISTANCE – the current resistance level of your workout
- METS – a measurement of oxygen consumption; one MET equals the approximate amount of oxygen consumed by a person at rest.

### **G. HEART RATE/HRT FEEDBACK WINDOW**

This window provides feedback on your current heart rate and the percentage of your predicted maximum heart rate (&heart rate). It also includes you target heart rate when using one of the HRT programs.



## **PROGRAMS OVERVIEWS**

### **CLASSICS**

MANUAL – is a user controlled program in which the resistance remains at a set level unless you decide to change it.

INTERVAL – is an efficient workout that strengthens your cardiovascular system by alternating work & recover intervals. Be sure to challenge yourself with intense work intervals.

FAT BURN – is a program designed to target stored body fat. Generally used at a lower resistance level but runs for a longer duration.

RANDOM – a program which will give a different workout every time you workout. Resistance levels will change randomly providing a challenging workout.

### **WATTS PROGRAMS**

CONSTANT WATTS – allows you to set your target WATT output (energy output) Resistance will change automatically to keep you at your target WATTS

INTERVAL WATTS – choose a high and low WATTS value. The interval program will switch between them making for a very intense & effective workout.

HILL WATTS – lets you choose four WATT levels. Each WATT level will change at 1 minute intervals and repeat until your preset time is over.

### **GOAL PROGRAMS**

TIME GOAL – set your target workout time.

DISTANCE GOAL – set your workout distance.

CALORIES GOAL – set how many calories you want to consume during the workout

### **HRT PROGRAMS**

HRT INTERVAL – designed to increase your cardiovascular fitness capacity. Users MUST GRIP THE HAND PULSE SENSORS during use.

HRT WEIGHT LOSS – a lower intensity workout that will help your body burn a higher percentage of calories from your body's fat reserves. The user MUST GRIP THE HAND PULSE SENSORS during use.

## USING THE PROGRAMS

### CHOOSING EASY START

The easiest way to begin exercising is to simply press the GO key. You will begin exercising in MANUAL resistance program which will allow you to change the resistance levels to meet your goals. Current default settings will be used to calculate exercise feedback.

### CHOOSING A PROGRAM

Each program has it's own button. Some program buttons have multiple programs. Press the key of the program you'd like.

### ENTERING AGE

When prompted by message centre to enter your age use the UP ▲ or DOWN ▼ arrow to adjust to correct value. This information is necessary for HRT programs and will affect your % HEART RATE feedback.

### ENTERING TIME

When prompted by message centre to enter a time use the UP ▲ or DOWN ▼ arrow to adjust to the desired value.

### ENTERING RESISTANCE

When prompted by message centre to enter level use the UP ▲ or DOWN ▼ arrow to adjust the displayed resistance level. There are 25 levels to choose from in each program. The maximum resistance level varies by program.

### ENTERING WEIGHT

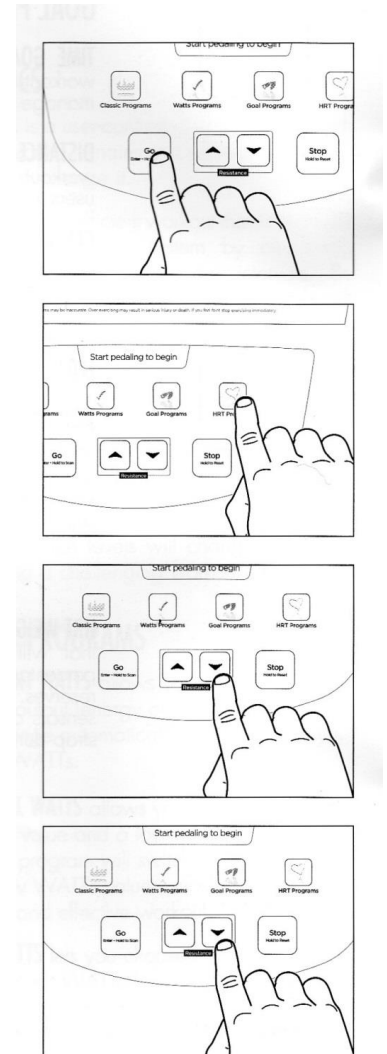
When prompted by message centre to enter weight use the UP ▲ or DOWN ▼ arrow to adjust the displayed weight to your correct body weight. This information is necessary to give accurate exercise feedback for calorie and MET calculations.

### WATTS PROGRAMS

WATTS programs will ask you to set the desired WATT level instead of resistance level. The WATT level will range from 40 to 250 in increments of 5.

### HRT PROGRAMS

The HRT programs will set your target heart rate in place of resistance level. The console will display your target heart rate and give you the opportunity to adjust this value if you wish.



## USING HEARTRATE TRAINING

### What is heart rate training?

Heart rate training means exercising at an intensity that keeps you in your ideal heart rate zone. Your personal heart rate training zone depends on your fitness goal, such as weight loss, cardiovascular endurance, or strength building. HRT programs are set up to keep you at a ideal heart rate based on your fitness goal. These programs automatically adjust resistance based on your heart rate readings.

The S60 console features two programs, HRT Weight Loss & HRT Interval, that offer the benefits of heart rate training. Refer to programs page for more info on these.

### Hand Pulse Heart Rate Sensors

The contact hand pulse sensors are included to monitor your heart rate. To use grasp the sensors with a comfortable grip during your workout. The console will display your heart rate. Although the signal will be displayed immediately it may take up to 20 seconds for it to zero in on your actual heart rate.

