



# *Owner's Guide*

VISION  FITNESS

**T9000 AND T9100**  
PLATFORM 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.

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 CP Avenue  
Lake Mills, WI 53551  
Ph: 1.800.335.4348  
Fax: 1.920.648.3373  
[www.visionfitness.com](http://www.visionfitness.com)

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T9000

T9100

GENERAL

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## T9100 CONSOLE

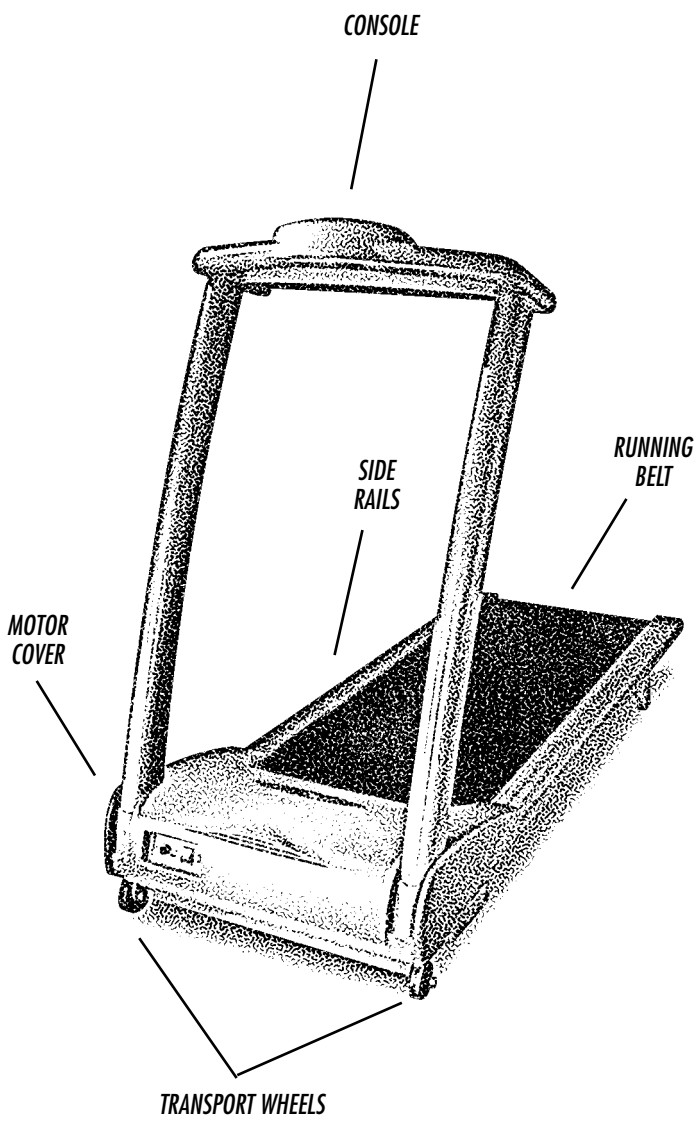
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## GENERAL

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T9000

T9100



**T9000**

**T9100**

FULL PLATFORM TREADMILLS



# IMPORTANT SAFETY INSTRUCTIONS

## SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:

Read all instructions before using this exercise product.

**NOTICE:** Before starting any exercise program, consult your physician or health professional. He or she can help establish your exercise frequency, intensity, and duration appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heart beat, shortness of breath, feel faint or have any discomfort while you exercise, **STOP!** Consult your physician before continuing.

**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.

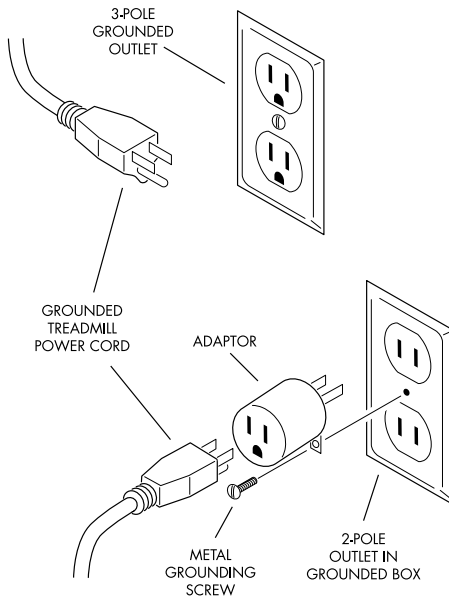
### CHILDREN

- 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.



## 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.

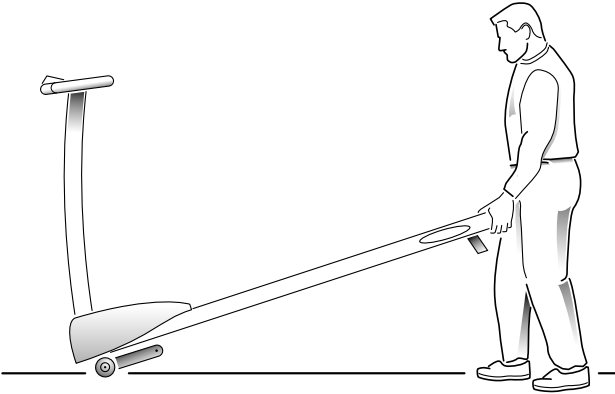
## CLEANING

- 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.

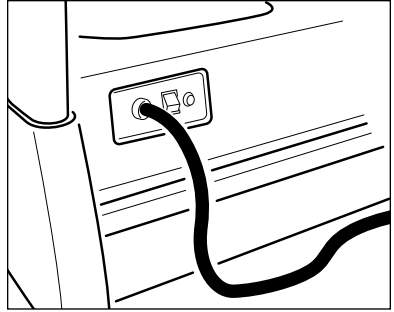
**NOTE:** If you place your Treadmill facing out from a wall, you should leave 3 feet between the wall and the Treadmill to ensure safe operation.

## LEVELING

The Treadmill should be level for optimum use. Place the Treadmill where you intend to use it. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly.

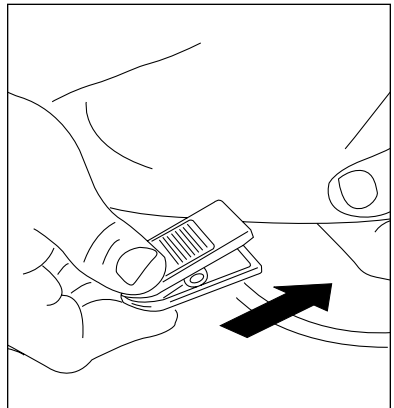
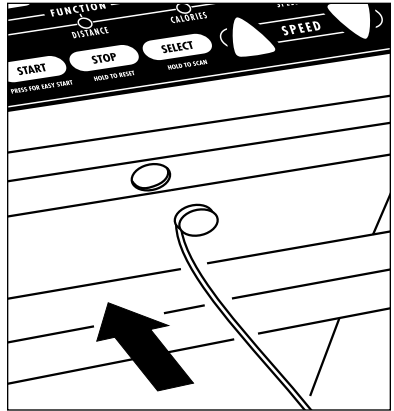
## POWER

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 startup mode.

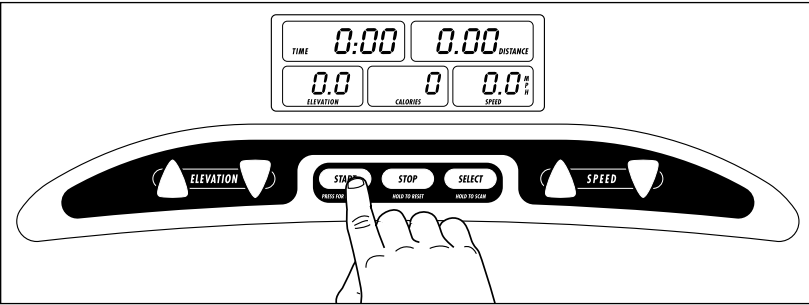


## INTRODUCTION TO THE T9000

Simply press the START button to begin exercising. The Time will begin to count up.

If you would like to enter your weight for a more accurate calorie count, press Select twice. Use the Arrow buttons to choose your correct weight then press Select to enter your weight. Press Start and begin to exercise.

If you would like the Time to count down, press Select then use the Arrow buttons to choose the desired time. Press Start and begin to exercise.

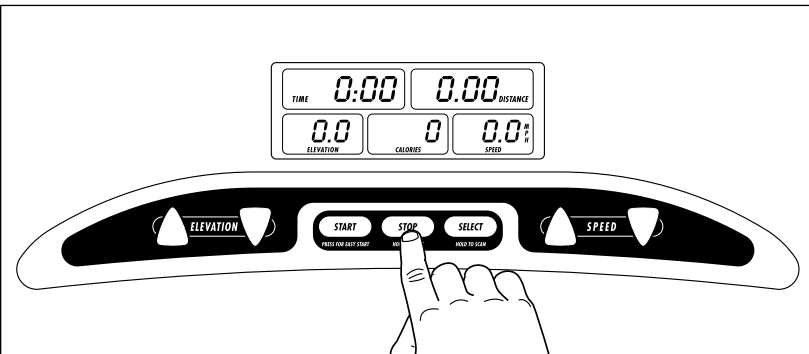


## PAUSE

Press the Stop Button to pause during your workout.

## RESET

Press and hold the Stop Button to reset the Treadmill.



## T9000 FEEDBACK DISPLAY



### ELEVATION

Shown as a percentage of incline. This indicates how steeply inclined the belt surface is, to simulate moving up a hill.

### TIME

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

### DISTANCE

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

### CALORIES

Shown as estimated accumulated Calories burned during workout.

### SPEED

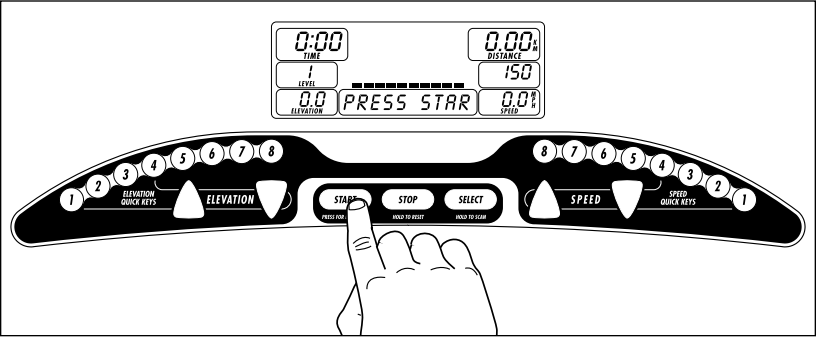
Shown as Miles/Hour or Kilometers/Hour. This indicates how fast the belt is moving.



## T9100 EASY START

Simply press the Start Button to begin exercising. The Time will begin to count up.

If you would like the Time to count down, press Select then use the Arrow buttons to choose the desired time. Press Start and begin to exercise.

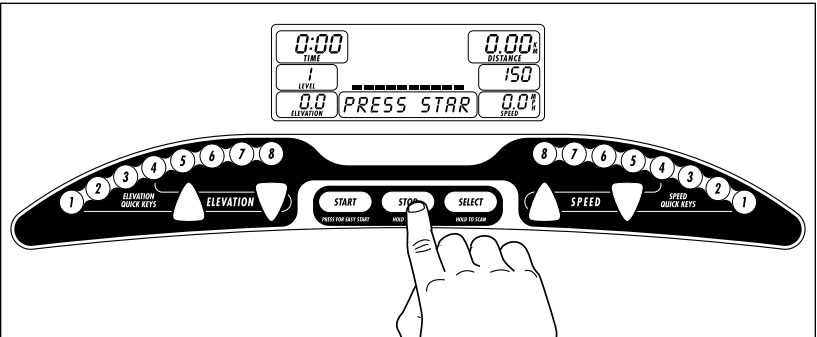


## PAUSE

Press the Stop button to pause during your workout.

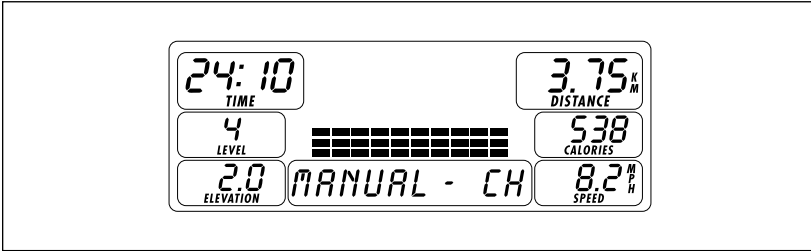
## RESET

Press and hold the Stop button to reset the treadmill.





## T9100 FEEDBACK DISPLAY



### TIME

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

### DISTANCE

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

### ELEVATION

Shown as percentage of incline. This indicates how steeply inclined the belt surface is, to simulate moving up a hill.

### CALORIES

Shown as estimated accumulated Calories burned during workout.

### SPEED

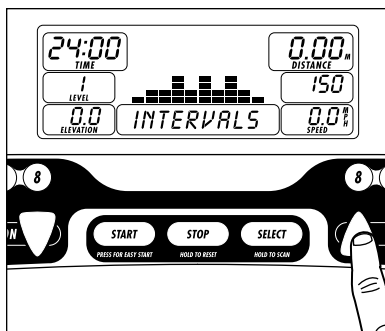
Shown as Miles/Hour or Kilometers/Hour. This indicates how fast the belt is moving.

### PROFILE

Shown as graphical representation of the program you have chosen (Intervals, Weight Loss, Speed Walk, Pacer).

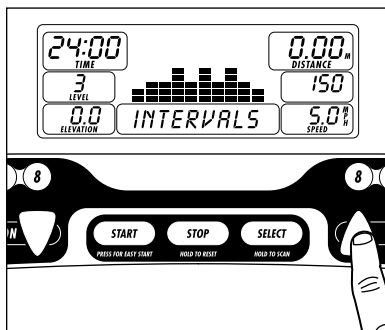
## CHOOSING A PROGRAM

Press Select, then use the Arrow buttons to choose one of the 5 programs: Manual, Intervals, Weight Loss, Speed Walk, Pacer. Press the Select button.



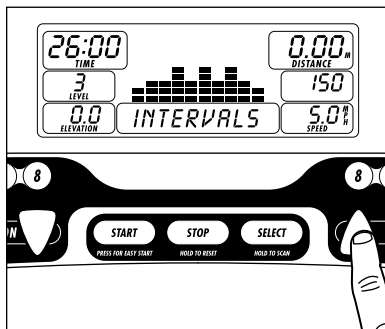
## CHOOSING A LEVEL

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



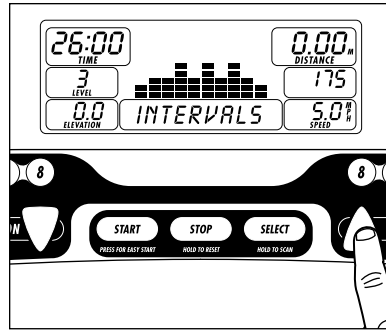
## CHOOSING A TIME

After you have chosen a Level, the time will default, depending on the program you have chosen, and flash. You may use this default time or choose another by using the Arrow buttons.

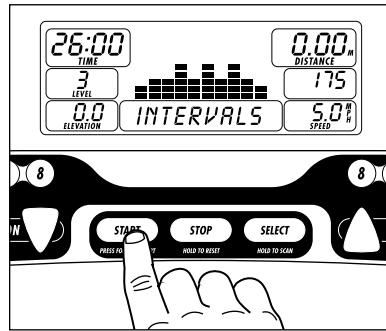


## ENTERING YOUR WEIGHT

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.

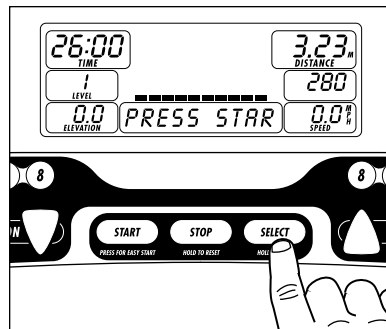


If you are ready to begin exercising press START.



## FINISHING

When your workout is complete, the speed window will flash three times and the console will beep letting you know that your program has completed. The treadmill will then return to its starting position.



## T9100 PROGRAM DETAILS

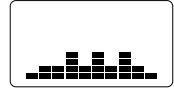
### MANUAL

Customized workouts; with no default Time.



### INTERVALS • SPEED CHANGES

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



### WEIGHT LOSS • ELEVATION CHANGE

Promotes weight loss by raising and lowering the elevation. Time defaults to 24 minutes.



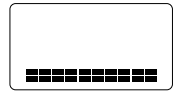
### SPEED WALK • ELEVATION & SPEED CHANGE

Promotes weight loss by raising and lowering your elevation and speed. Time defaults to 24 minutes.



### PACER PROGRAM

A motivational program to test yourself against a pacer. You determine the speed of the Pacer by selecting the Level when you start the program. The speed of the Pacer at Level 1 is 2 MPH. The speed increases by 1/2 MPH for each increase in level. Simply adjust your speed by using the Speed arrow buttons to exceed the Pacer throughout the program. A solid row of lights indicates the Pacer and a flashing row of lights indicates your pace. If you beat the Pacer, the message "WIN" will appear on the Scrolling Message Center. NOTE: The entire time will not have elapsed. If the Pacer beats you, the entire time will have elapsed. Time defaults to 24 minutes.





## 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 20 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.

## 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?

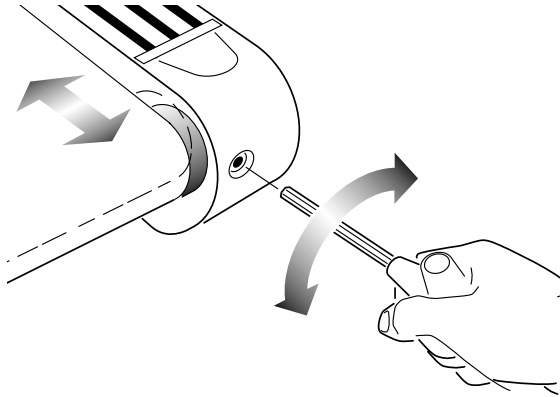
A: All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. This is due to many acoustic differences. A number of precautions can be taken to reduce noise. For instance, a heavy rubber mat can help reduce reverberation through the 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.

## TENSIONING THE BELT

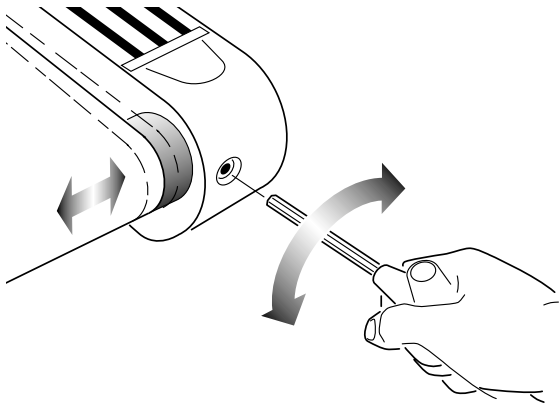
If the running belt slips when used, use the supplied 6<sup>mm</sup> Allen wrench to turn the left and right tension bolts clockwise 1/4-turn at a time until the belt no longer slips.



## CENTERING THE BELT

If the running belt is too far to the *right* side, use the supplied 6<sup>mm</sup> 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.

**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](http://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:

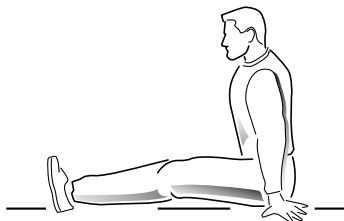
- Produce faster more forceful muscle contractions
- Increase your metabolic rate so oxygen is delivered to the working muscles more quickly
- Leads to efficient calorie burning by increasing your core body temperature
- Prevent injuries by improving the elasticity of your muscles
- Allow you to work 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.

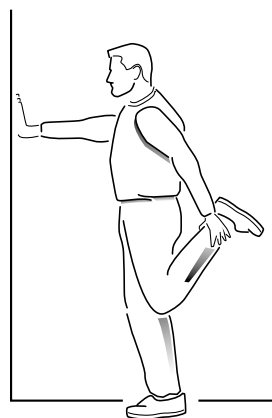
### SEATED TOE TOUCH

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.



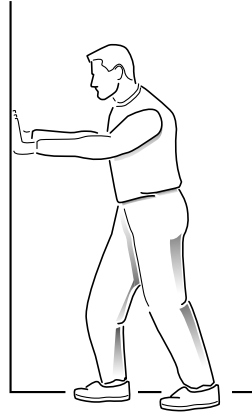
### STANDING QUADRICEPS STRETCH

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 College 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 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: \_\_\_\_\_

<i>Day</i>	<i>Date</i>	<i>Workload Level</i>	<i>Exercise Time</i>	<i>Distance</i>	<i>Comments</i>
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
<b>Totals</b>			<input type="text"/>	<input type="text"/>	

Week # 

Weekly Goals: \_\_\_\_\_

Scheduled Workout Time: \_\_\_\_\_

Reward: \_\_\_\_\_

<i>Day</i>	<i>Date</i>	<i>Workload Level</i>	<i>Exercise Time</i>	<i>Distance</i>	<i>Comments</i>
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
<b>Totals</b>			<input type="text"/>	<input type="text"/>	

Week #

Weekly Goals: \_\_\_\_\_

Scheduled Workout Time: \_\_\_\_\_

Reward: \_\_\_\_\_

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
<b>Totals</b>			<input type="text"/>	<input type="text"/>	

GENERAL

Week #

Weekly Goals: \_\_\_\_\_

Scheduled Workout Time: \_\_\_\_\_

Reward: \_\_\_\_\_

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
<b>Totals</b>			<input type="text"/>	<input type="text"/>	

**January**

<i>Week</i>	<i>Minutes</i>	<i>Distance</i>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	_____	

**February**

<i>Week</i>	<i>Minutes</i>	<i>Distance</i>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	_____	

**March**

<i>Week</i>	<i>Minutes</i>	<i>Distance</i>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	_____	

**April**

<i>Week</i>	<i>Minutes</i>	<i>Distance</i>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	_____	

**May**

<i>Week</i>	<i>Minutes</i>	<i>Distance</i>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	_____	

**June**

<i>Week</i>	<i>Minutes</i>	<i>Distance</i>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	_____	

## July

Week	Minutes	Distance
1		
2		
3		
4		
5		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	_____	

## August

Week	Minutes	Distance
1		
2		
3		
4		
5		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	_____	

## September

Week	Minutes	Distance
1		
2		
3		
4		
5		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	_____	

## October

Week	Minutes	Distance
1		
2		
3		
4		
5		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	_____	

## November

Week	Minutes	Distance
1		
2		
3		
4		
5		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	_____	

## December

Week	Minutes	Distance
1		
2		
3		
4		
5		
<b>Totals</b>	<input type="text"/>	<input type="text"/>
<b>Reward</b>	_____	





*it all  
starts  
with a  
v i s i o n*

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