



R40
R20



U40
U20

EXERCISE BIKE OWNER'S MANUAL



Read the BIKE GUIDE before using this OWNER'S MANUAL.


IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

When using an exercise product, basic precautions should always be followed, including the following: Read all instructions before using this exercise bike. It is the responsibility of the owner to ensure that all users of this exercise bike are adequately informed of all warnings and precautions. If you have any questions after reading this OWNER'S MANUAL, contact your authorized Vision Fitness retailer.

This bike is intended for in-home use only. Do not use this bike in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.




WARNING

READ AND SAVE ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING THIS EXERCISE BIKE. IT IS STRONGLY RECOMMENDED TO TAKE THE FOLLOWING SAFETY INSTRUCTIONS.

- CAUTION: If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Use this exercise bike for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never operate the exercise bike if it is not working properly or if it has been damaged. Please reference contact information on the back cover for assistance.
- Do not use the exercise bike without proper footwear. NEVER operate the exercise bike with bare feet.
- Do not wear any clothing that might catch on any moving parts of this exercise bike.
- Keep hands and feet clear at all times from moving parts to avoid injury. Never turn the pedal cranks by hand.
- Do not dismount the exercise bike until the pedals are at a complete STOP.
- Do not attempt to ride the exercise bike in a standing position at high RPMs until you have practiced at slower speeds.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the exercise bike.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by an authorized service technician.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Close supervision is necessary when used near children, invalids or disabled people.
- When the exercise bike is in use, young children and pets should be kept at least 3 meters / 310 cm (10 feet) away.
- Ensure that adjustment levers (seat and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.

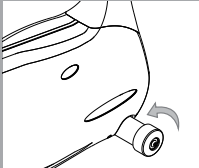
ASSEMBLY

 WARNING

There are several areas during the assembly process when special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the bike could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the bike, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your bike's serial number located on a white barcode sticker on the bottom-front of the bike as shown in this image.


SERIAL NUMBER LOCATION

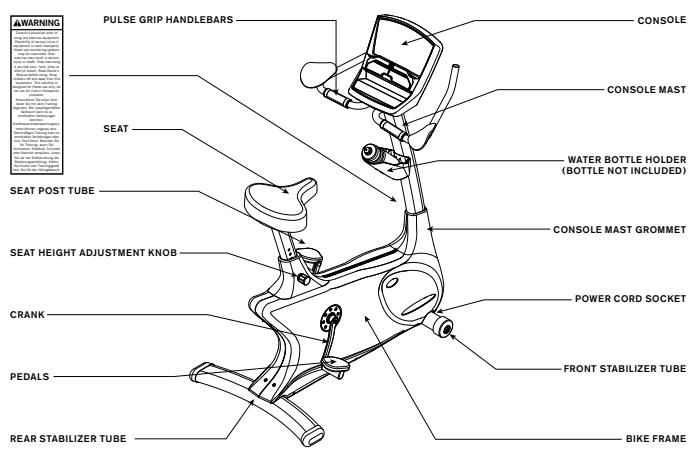
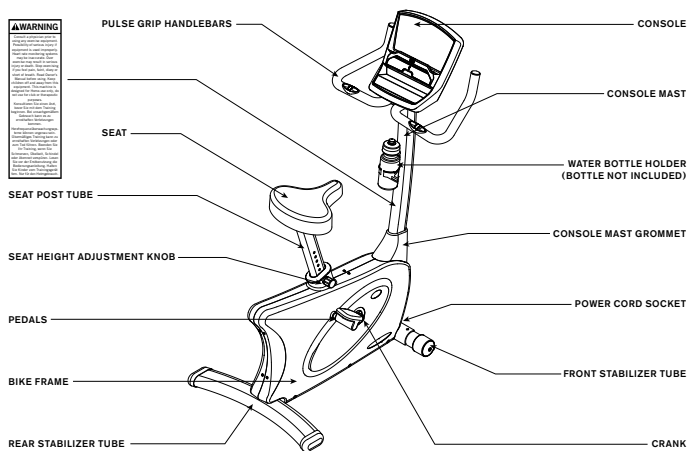


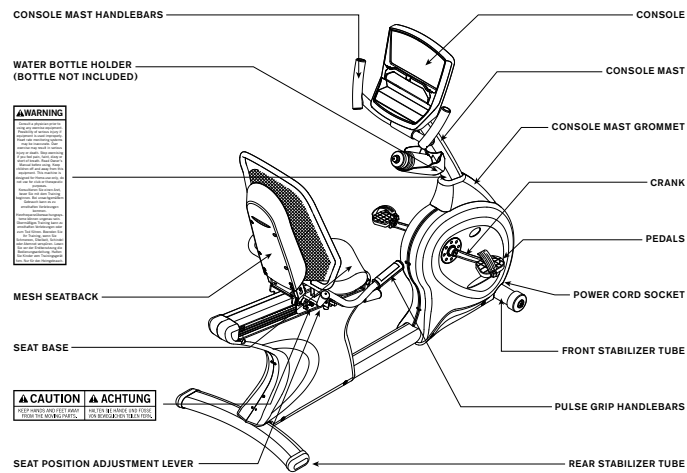
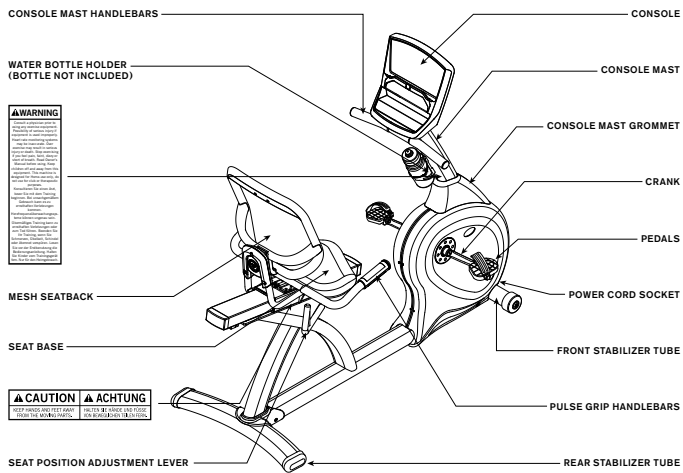
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

MODEL NAME: **VISION** **BIKE**







TOOLS INCLUDED:

- ☐ 15/17 mm Flat Wrench
- ☐ 4 mm L Wrench (U20/R20/R40)
- ☐ 5 mm T Wrench
- ☐ Screwdriver
- ☐ 5 mm L Wrench
- ☐ 14/17 mm Flat Wrench (U20/U40)

U20 & U40 PARTS INCLUDED:

- ☐ 1 Bike Frame
- ☐ 1 Rear Stabilizer Tube
- ☐ 1 Front Stabilizer Tube (U20 only)
- ☐ 1 Console Mast
- ☐ 1 Console Mast Grommet
- ☐ 1 Pulse Grip Handlebar
- ☐ 1 Water Bottle Holder
- ☐ 1 Seat Post Tube
- ☐ 1 Seat
- ☐ 1 Seat Adjustment Knob
- ☐ 2 Pedals with Straps
- ☐ 1 Power Cord
- ☐ 1 Hardware Kit

NEED HELP?

If you have questions or if there are any missing parts, contact your authorized Vision Fitness retailer.

R20 & R40 PARTS INCLUDED:

- ☐ 1 Bike Frame
- ☐ 1 Rear Stabilizer Tube
- ☐ 1 Seat Bottom
- ☐ 1 Seat Bottom Support (R40 only)
- ☐ 1 Mesh Seatback
- ☐ 1 Seat Handlebar
- ☐ 1 Seat Frame
- ☐ 1 Set Inside/Outside Seatback Covers (R20 only)
- ☐ 1 Console Mast
- ☐ 1 Console Mast Grommet
- ☐ 1 Console Handlebar
- ☐ 1 Water Bottle Holder
- ☐ 2 Pedals with Straps
- ☐ 1 Power Cord
- ☐ 1 Hardware Kit

PRE-ASSEMBLY

UNPACKING

Unpack the product where you will be using it. Place the carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

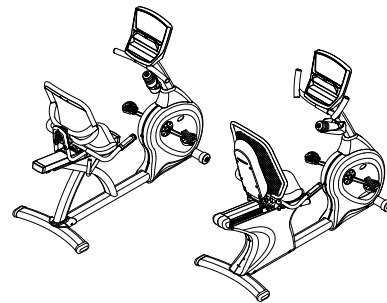
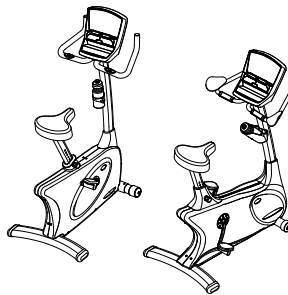
NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.

NOTE: It is recommended that two people work together for ease and efficiency while assembling.

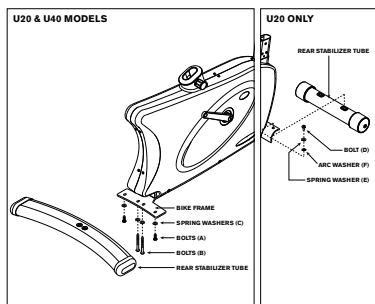
ASSEMBLY

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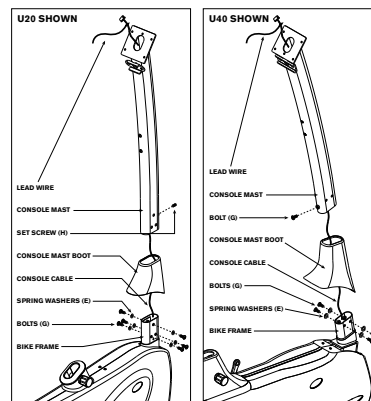
U20 & U40 ASSEMBLY STEP 1



| HARDWARE FOR STEP 1 : | | U20 ONLY: | |
|-----------------------|---|-----------|---|
| | BOLT (A) 25 mm Qty: 2 | | BOLT (D) 20 mm Qty: 2 |
| | BOLT (B) 70 mm Qty: 2 | | SPRING WASHER (E) 13.5 mm Qty: 2 |
| | SPRING WASHER (C) 15.4 mm Qty: 4 | | ARC WASHER (F) 18 mm Qty: 2 |

- Open **HARDWARE FOR STEP 1**.
- Attach the **REAR STABILIZER TUBE** to the **BIKE FRAME** using 2 **BOLTS (A)** , 2 **BOLTS (B)** and 4 **SPRING WASHERS (C)**.
- U20 ONLY: Attach the **FRONT STABILIZER TUBE** to the **BIKE FRAME** using 2 **BOLTS (D)**, 2 **SPRING WASHERS (E)** and 2 **ARC WASHERS (F)**.

U20 & U40 ASSEMBLY STEP 2



NOTE: Be careful not to pinch any wires while attaching the console mast.

| HARDWARE FOR U20: | | HARDWARE FOR U40: | |
|-------------------|---|-------------------|---|
| | BOLT (G) 15 mm Qty: 6 | | BOLT (G) 15 mm Qty: 5 |
| | SPRING WASHER (E) 13.5 mm Qty: 6 | | SPRING WASHER (E) 13.5 mm Qty: 4 |
| | SET SCREW (H) 10 mm Qty: 1 | | |

- Open **HARDWARE FOR STEP 2**.
- Slide **CONSOLE MAST GROMMET** from the bottom up the **CONSOLE MAST**.
- Attach **LEAD WIRE** to **CONSOLE CABLE** and pull through **CONSOLE MAST**. Slide **CONSOLE MAST** into **BIKE FRAME**.
- U20 ONLY: Attach the **CONSOLE MAST** to the **BIKE FRAME** using 6 **BOLTS (G)**, 6 **SPRING WASHERS (E)** and 1 **SET SCREW (H)**.
- U40 ONLY: Attach the **CONSOLE MAST** to the **BIKE FRAME** using 5 **BOLTS (G)** and 4 **SPRING WASHERS (E)**.
- Slide **CONSOLE MAST GROMMET** down over **BIKE FRAME**.

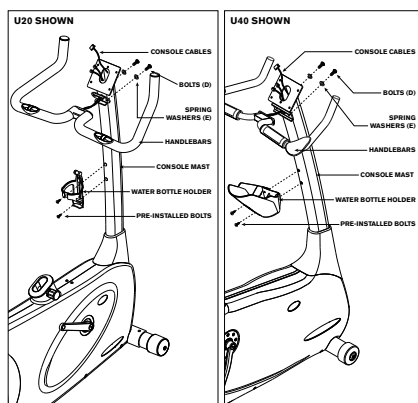


U20
U40

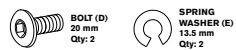
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U20 & U40 ASSEMBLY STEP 3



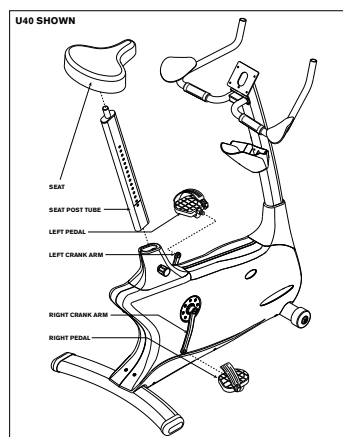
HARDWARE FOR STEP 3



- Open **HARDWARE FOR STEP 3**.
- Feed the **HANDLEBAR WIRES** through the hole in the **CONSOLE MAST** and out the top of the **CONSOLE MAST**.
- Attach the **HANDLEBARS** to the **CONSOLE MAST** using 2 **BOLTS (D)** and 2 **SPRING WASHERS (E)**.
- Attach the **WATER BOTTLE HOLDER** to the **CONSOLE MAST** using 2 **PRE-INSTALLED BOLTS**.

NOTE: Be careful not to pinch any wires while attaching the handlebars.

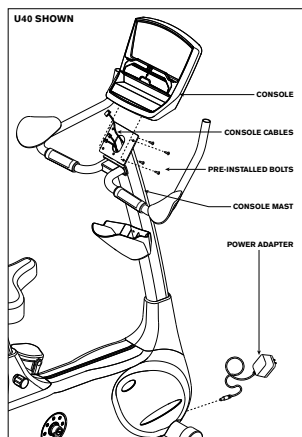
U20 & U40 ASSEMBLY STEP 4



NOTE: There is no hardware for this step.

- Attach **SEAT** to **SEAT POST TUBE** using seat clamp on bottom of **SEAT**, tightening it with the provided 14mm/17mm flat wrench.
- Pull the **SEAT HEIGHT ADJUSTMENT KNOB** outward while sliding the **SEAT POST TUBE** into the **BIKE FRAME**. (NOTE: It may be necessary to turn the **SEAT ADJUSTMENT KNOB** to the left to allow the **SEAT POST TUBE** to slide into the **BIKE FRAME**.) Secure by turning **SEAT ADJUSTMENT KNOB** to the right.
- Attach the **PEDAL STRAP** to the **RIGHT PEDAL**. Attach the **RIGHT PEDAL** to the **RIGHT CRANK ARM**, tightening it **CLOCKWISE** with the provided 15mm/17mm flat wrench.
- Attach the **PEDAL STRAP** to the **LEFT PEDAL**. Attach the **LEFT PEDAL** onto the **LEFT CRANK ARM**, tightening it **COUNTER-CLOCKWISE** with the provided 15mm/17mm flat wrench. (NOTE: The left crank arm is reverse-threaded, so it is very important that it is tightened counter-clockwise. Tightening it the opposite way can damage the pedal or the crank arm or both.)

U20 & U40 ASSEMBLY STEP 5



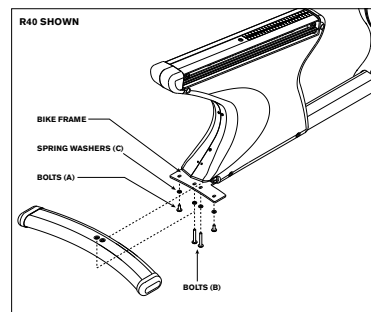
NOTE: All hardware is pre-installed.

- Connect the **CONSOLE CABLES** and carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST**.
- Attach the **CONSOLE** to the **CONSOLE MAST** using the 4 **PRE-INSTALLED BOLTS**.
- Plug in **POWER ADAPTER** as shown.

NOTE: Be careful not to pinch any wires while attaching the console.

U20 & U40 ASSEMBLY COMPLETE!

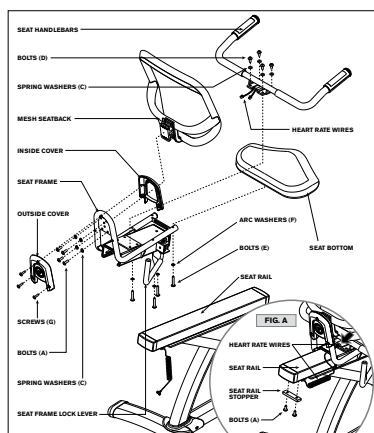
R20 & R40 ASSEMBLY STEP 1



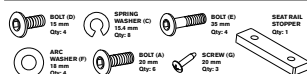
| HARDWARE FOR R20: | HARDWARE FOR R40: |
|--|--|
| <p>BOLT (A) 20 mm Qty: 2</p> | <p>BOLT (A) 25 mm Qty: 2</p> |
| <p>SPRING WASHER (C) 15.4 mm Qty: 4</p> | <p>SPRING WASHER (C) 15.4 mm Qty: 4</p> |
| <p>BOLT (B) 65 mm Qty: 2</p> | <p>BOLT (B) 70 mm Qty: 2</p> |

- Open **HARDWARE FOR STEP 1**.
- Attach the **REAR STABILIZER TUBE** to the **BIKE FRAME** using 2 **BOLTS (A)** and 2 **SPRING WASHERS (C)** to the outside holes and with 2 **BOLTS (B)** and 2 **SPRING WASHERS (C)** to the inside holes.

R20 ASSEMBLY STEP 2

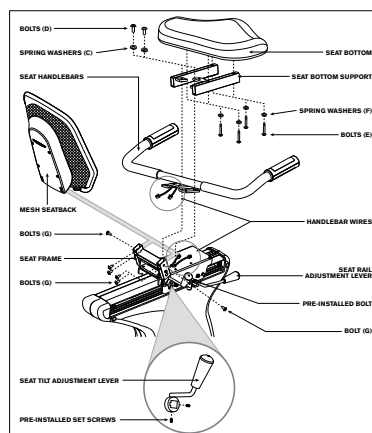


HARDWARE FOR STEP 2 :



- Open **HARDWARE FOR STEP 2**.
- Mount the **SEAT HANDLEBARS** to the **SEAT FRAME** with 4 **BOLTS (D)** and 4 **SPRING WASHERS (C)**.
- Mount the **SEAT BOTTOM** to the **SEAT FRAME** with 4 **BOLTS (E)** and 4 **ARC WASHERS (F)**.
- Place the **INSIDE COVER** over the **MESH SEATBACK** and mount the **MESH SEATBACK** to the **SEAT FRAME** with 4 **BOLTS (A)** and 4 **SPRING WASHERS (C)**.
- Attach the **OUTSIDE COVER** to the **SEAT FRAME** and **INSIDE COVER** with 3 **SCREWS (G)**.
- Push the **SEAT FRAME LOCK LEVER** forward and side the **SEAT FRAME** onto the **SEAT RAIL** from the rear of the bike.
- Connect the **HEART RATE WIRES** in the **SEAT HANDLEBARS** to the **HEART RATE WIRES** coming up from the **SEAT RAIL (FIG.A)**.
- Attach the **SEAT RAIL STOPPER (FIG.A)** to the **SEAT RAIL** with 2 **BOLTS (A)**.

R40 ASSEMBLY STEP 2

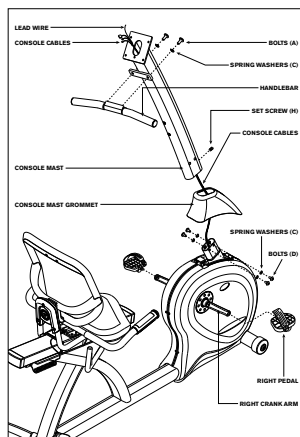


HARDWARE FOR STEP 2 :

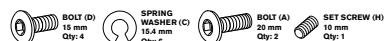


- Open **HARDWARE FOR STEP 2**.
- Remove the **PRE-INSTALLED BOLT** from the front hole in the **SEAT RAIL ADJUSTMENT LEVER**. Rotate the seat lever into alignment on the bracket. Reinsert the **PRE-INSTALLED BOLT** and tighten both bolts.
- Connect the **SEAT HANDLEBAR HEART RATE WIRES** to the **SEAT FRAME HEART RATE WIRES**. Attach the **SEAT HANDLEBARS** to the **SEAT FRAME** with 2 **BOLTS (D)** and 2 **SPRING WASHERS (C)** to the rear set of holes.
- Set the **SEAT BOTTOM SUPPORT** onto the main **SEAT FRAME** so that the rear set of holes line up over the front set of holes on the **SEAT HANDLEBAR**. Secure in place with 4 **BOLTS (E)** and 4 **SPRING WASHERS (F)**.
- Attach the **SEAT BOTTOM CUSHION** to the **SEAT BOTTOM SUPPORT** with 4 **BOLTS (D)** and 4 **SPRING WASHERS (F)**.
- Slide the **SEAT TILT ADJUSTMENT LEVER** in place over the **SEAT FRAME**, making sure the handle of the **SEAT TILT ADJUSTMENT LEVER** is pointing up. Tighten the two **SET SCREWS** in the **SEAT TILT ADJUSTMENT LEVER BRACKET**.
- Attach the **MESH SEATBACK** to the **SEAT FRAME** using 6 **BOLTS (G)**.

R20 ASSEMBLY STEP 3

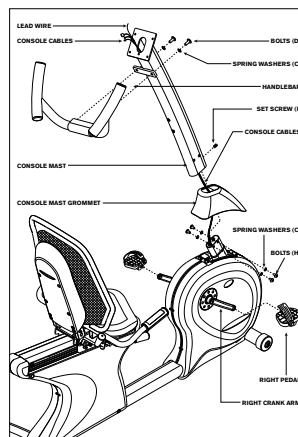


HARDWARE FOR STEP 3 :

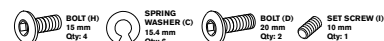


- Open **HARDWARE FOR STEP 3**.
- Slide the **CONSOLE MAST GROMMET** from the bottom up the **CONSOLE MAST**.
- Attach the **CONSOLE CABLES** from the **BIKE FRAME** to the **LEAD WIRE** in the bottom of the **CONSOLE MAST** and carefully pull the **LEAD WIRE** through the **CONSOLE MAST** until the **CONSOLE CABLES** are located at the top of the mast.
- Slide the **CONSOLE MAST** onto the **BIKE FRAME**. Detach and discard the **LEAD WIRE**.
- Attach the mast to the frame with 4 **BOLTS (D)**, 4 **SPRING WASHERS (C)** and 1 **SET SCREW (H)** and slide the **CONSOLE MAST GROMMET** down over the **BIKE FRAME**.
- Attach the **CONSOLE HANDLEBAR** to the **CONSOLE MAST** using 2 **BOLTS (A)** and 2 **SPRING WASHERS (C)**.
- Attach the **PEDAL STRAP** to the **RIGHT PEDAL**. Attach the **RIGHT PEDAL** to the **RIGHT CRANK ARM**, tightening it **CLOCKWISE** with the provided 15mm/17mm flat wrench.
- Attach the **PEDAL STRAP** to the **LEFT PEDAL**. Attach the **LEFT PEDAL** onto the **LEFT CRANK ARM**, tightening it **COUNTER-CLOCKWISE** with the provided 15mm/17mm flat wrench. (NOTE: The left crank arm is reverse-threaded so it is very important that it is tightened counter-clockwise. Tightening it the opposite way can damage the pedal or the crank arm or both.)

R40 ASSEMBLY STEP 3

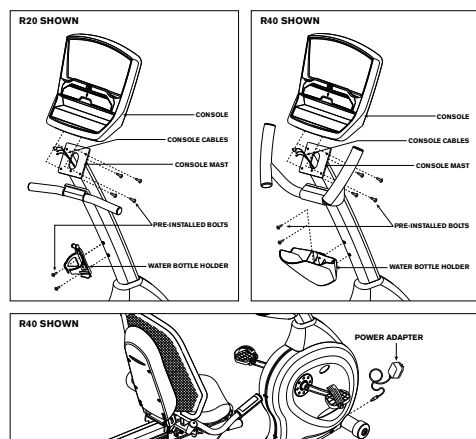


HARDWARE FOR STEP 3 :



- Open **HARDWARE FOR STEP 3**.
- Slide the **CONSOLE MAST GROMMET** from the bottom up the **CONSOLE MAST**.
- Attach the **CONSOLE CABLES** from the **BIKE FRAME** to the **LEAD WIRE** in the bottom of the **CONSOLE MAST** and carefully pull the **LEAD WIRE** through the **CONSOLE MAST** until the **CONSOLE CABLES** are located at the top of the mast.
- Carefully tuck all cables into the **BIKE FRAME** and slide the **CONSOLE MAST** onto the **BIKE FRAME**. Detach and discard the **LEAD WIRE**.
- Attach the mast to the frame with 4 **BOLTS (D)**, 4 **SPRING WASHERS (C)** and 1 **SET SCREW (H)** and slide the **CONSOLE MAST GROMMET** down over the bike frame.
- Attach the **CONSOLE HANDLEBAR** to the **CONSOLE MAST** using 2 **BOLTS (D)** and 2 **SPRING WASHERS (C)**.
- Attach the **PEDAL STRAP** to the **RIGHT PEDAL**. Attach the **RIGHT PEDAL** to the **RIGHT CRANK ARM**, tightening it **CLOCKWISE** with the provided 15mm/17mm flat wrench.
- Attach the **PEDAL STRAP** to the **LEFT PEDAL**. Attach the **LEFT PEDAL** onto the **LEFT CRANK ARM**, tightening it **COUNTER-CLOCKWISE** with the provided 15mm/17mm flat wrench. (NOTE: The left crank arm is reverse-threaded so it is very important that it is tightened counterclockwise. Tightening it the opposite way can damage the pedal or the crank arm or both.)

R20 & R40 ASSEMBLY STEP 4



- Remove **PRE-INSTALLED BOLTS** from **CONSOLE** and **CONSOLE MAST**.
 - Connect the **CONSOLE CABLES** and carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST**.
 - Attach the **CONSOLE** to the **CONSOLE MAST** using 4 **PRE-INSTALLED BOLTS**.
- NOTE:** Be careful not to pinch any wires while attaching the console.
- Attach the **WATER BOTTLE HOLDER** to the **CONSOLE MAST** using 2 **PRE-INSTALLED BOLTS**.
 - Plug in **POWER ADAPTER**.

R20 & R40 ASSEMBLY COMPLETE!

LIMITED HOME-USE WARRANTY

WEIGHT CAPACITY

R20 & U20 = 300 lbs (136 kilograms)
R40 & U40 = 325 lbs (148 kilograms)

FRAME

Manufacturer warrants the frame against defects in workmanship and materials for the period specified on the warranty policy from the date of original purchase, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

BRAKE

Manufacturer warrants the brake against defects in workmanship and materials for the period specified on the warranty policy from the date of original purchase, so long as the device remains in the possession of the original owner. Labor or installation of brake is not covered under the brake warranty.

ELECTRONICS & PARTS

Manufacturer warrants the electronic components, finish and all original parts for the period specified on the warranty policy from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR

Manufacturer shall cover the labor cost for the repair of the device for the period specified on the warranty policy from the date of the original purchase, so long as the device remains in the possession of the original owner.

NOTE: For further information on the warranty period, please refer to the warranty policy along with the equipment.

EXCLUSIONS AND LIMITATIONS

Who IS covered:

- The original owner and is not transferable.

What IS covered:

- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by the manufacturer.
- Incidental or consequential damages. The manufacturer is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment. The manufacturer does not provide monetary or other compensation for any such repairs or replacement parts costs, including but not limited to gym membership fees, work time lost, diagnostic visits, maintenance visits or transportation.
- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by the manufacturer for coverage.

SERVICE AND REPAIRS

- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. The manufacturer is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and the manufacturer shall have no liability for any injury to the person or property arising from such repairs.
- The warranty is limited to replacing or repairing, at the service's and/or manufacturer's option, the same or comparable model.
- Replacement units, parts and electronic components reconditioned to as-new condition by the manufacturer or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.

BIKE OPERATION

See BIKE GUIDE for instructions on the following:

- LOCATION OF THE BIKE
- POWER/GROUNDING INSTRUCTIONS
- SEAT POSITIONING
- MOVING THE BIKE
- LEVELING THE BIKE
- USING THE HEART RATE FUNCTION

See CONSOLE MANUAL for instructions on the following:

- CONSOLE OPERATION
- CONSOLE DISPLAY INFORMATION
- PROGRAM INFORMATION
- NIKE + IPOD OPERATION
- PASSPORT MEDIA PLAYER INFORMATION

go with confidence



www.visionfitness.com