



Addendum for Consumer EX Equipment and Consoles

This addendum accompanies your equipment Owner's Manual and Quick Start Guide and is additional information concerning the Heart Rate and HeartZone features for your equipment and console.

Important

The Heart Rate and HeartZone features are intended for reference only. They may not be accurate for every user or at every intensity and are not intended for use as a medical device. Please read your Owner's Manual and visit www.vectrafitness.net/faqs.

FITNESS
VECTRA

Quick Start Card

EX SERIES
ELLIPTICALS



WELCOME TO THE **EX SERIES ELLIPTICALS**: REDEFINING HOME FITNESS

CAUTION: Before beginning any fitness program, see your physician for a thorough examination. Ask your physician about the appropriate target heart rate for your fitness level.

CHOOSE A WORKOUT

- Determine your level of fitness: beginner, intermediate, or advanced.
- Determine your immediate goal: endurance training, cardio conditioning, or weight loss.

If you are a beginner, start with a cardio conditioning workout to gradually adjust your body to the demands of exercise. Over a recommended eight week period, you will increase your endurance and strength.

For all fitness levels, plan to exercise at an appropriately challenging pace for 20 to 30 minutes a day. Wear a chest strap to monitor your heart rate. Supplement your plans with fitness workouts from the Vectra web site (vectrafitness.net). The Vectra web site also provides expert advice to help you reach your fitness goals.

MONITOR YOUR HEART RATE

The HeartZone and Heart Rate displays provide a visual reference of your body's response to exercise.

Important: The Heart Rate and HeartZone features are intended for reference only. They may not be accurate for every user or at every speed and are not intended for use as a medical device. Holding the Heart Rate handle touch sensor while running may also decrease accuracy of the heart rate reading and is not recommended. Also visit: www.vectrafitness.net/faqs.

Wear a Chest Strap

During a workout, the Heart Rate features appear on the display when you wear a chest strap. To receive an accurate reading, the chest strap needs to be in direct contact with your skin. After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.

1. Carefully dampen the back of the strap with tap water (Diagram A).

Important: Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive (Diagram B).
3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest (Diagram C).



Diagram A



Diagram B



Diagram C

Touch-Sensitive Handrail Grips

Vectra cannot guarantee the accuracy of any readings you may get, but for best results, follow these tips:

- Use both hands.
- Make sure both hands are moist (not dry).
- Avoid grasping the sensors too tightly.

Note: For the best heart rate monitoring results, wear a chest strap.

HEART ZONE FEATURES

When you begin an exercise session, a blinking segment in the Heart Zone display appears if you entered your age during the setup phase. The blinking segment indicates the current zone of your heart rate.

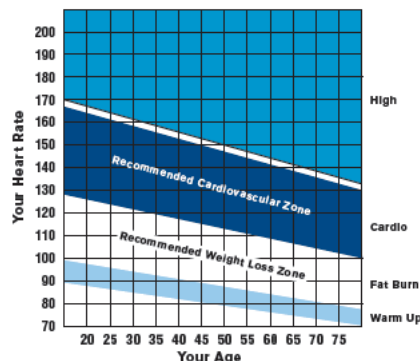
The calculation used for the heart rate target zone is your maximum aerobic heart rate:
 $207 - (\text{age} \times 0.67)$, multiplied by a percentage.

For the ideal weight loss range, your heart rate should remain between 55% and 69% of your maximum aerobic heart rate.

To improve your overall cardiovascular and respiratory fitness level, maintain your heart rate between 70% and 85% of your maximum aerobic heart rate. For the greatest benefits, maintain your heart rate in either zone for at least 30 minutes three times a week.

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate or go above your target zone (Diagram D).

Diagram D: Heart Rate Target Zones



COOL DOWN AFTER YOUR WORKOUT

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. Cooling down for at least three minutes helps provide a smooth transition that allows your heart rate to return to its normal, non-exercising state.

PO Box 600729
 San Diego, CA 92160
 1 844 832 8721
www.vectrafitness.net
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GETTING STARTED

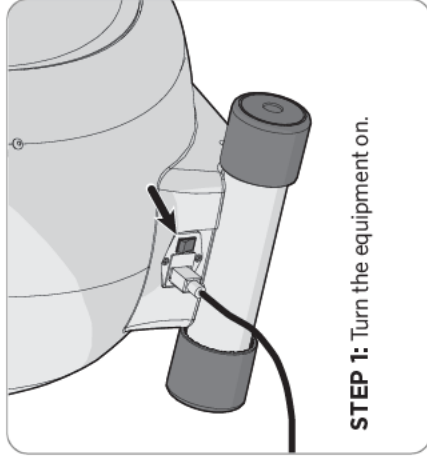
EX SERIES ELLIPTICALS

As you get to know your new Vectra Elliptical Fitness Cross trainer (EX) and your own fitness goals, you'll use the advanced features of the equipment more often. To begin with, though, here's an easy way to start out.

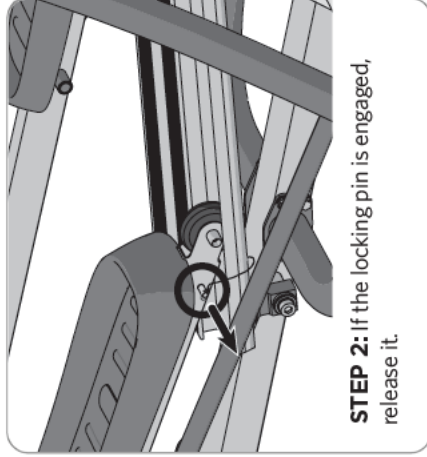
WARNING: Read through ALL of the safety information in the Owner's Manual, and make sure that the EX is properly connected to the electrical supply in your house, before you use the EX.

NOTE: These instructions assume that your EX has been completely installed and set up.

TO GET STARTED WITH YOUR NEW VECTRA EX:



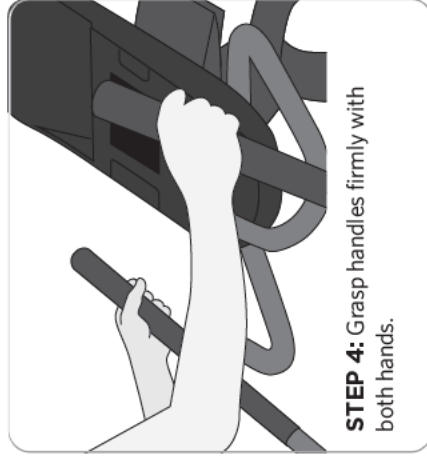
STEP 1: Turn the equipment on.



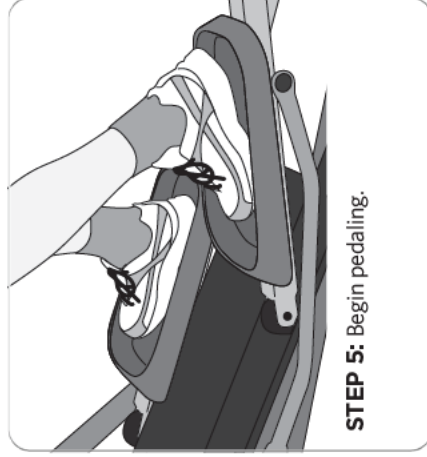
STEP 2: If the locking pin is engaged, release it.



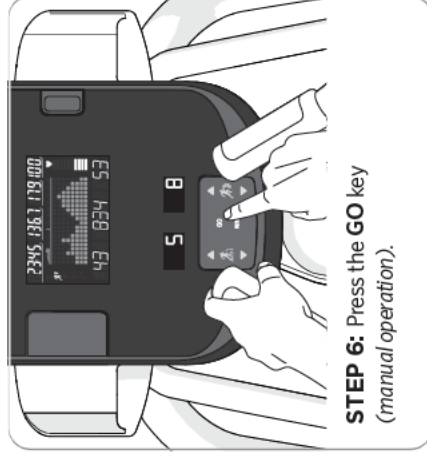
STEP 3: Hold one handrail and step onto the pedals.



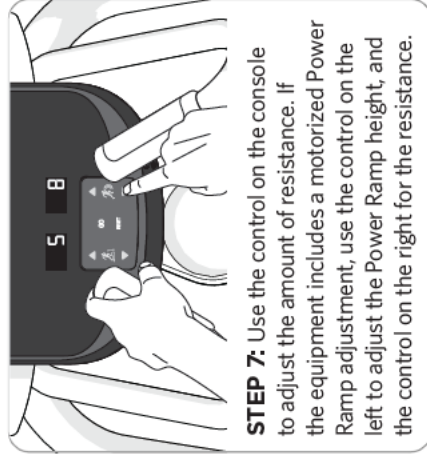
STEP 4: Grasp handles firmly with both hands.



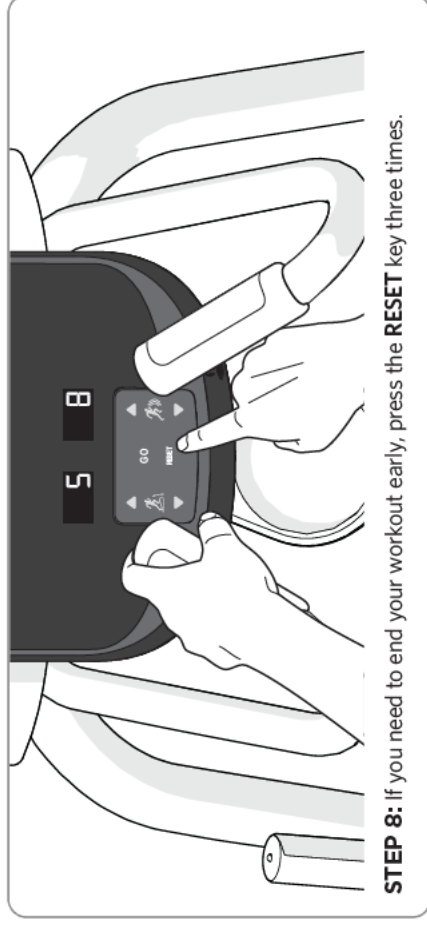
STEP 5: Begin pedaling.



STEP 6: Press the GO key (manual operation).



STEP 7: Use the control on the console to adjust the amount of resistance. If the equipment includes a motorized Power Ramp adjustment, use the control on the left to adjust the Power Ramp height, and the control on the right for the resistance.



STEP 8: If you need to end your workout early, press the RESET key three times.



Refer to your owner's manual for complete operational instructions and troubleshooting. See reverse for important heart rate information.