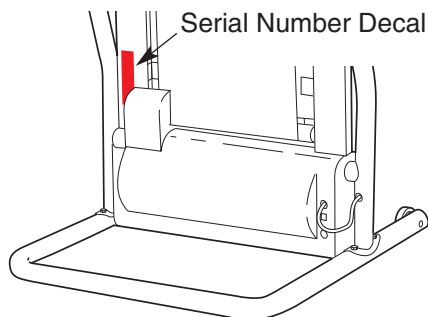




Model No. WETL21022

Serial No. _____



USER'S MANUAL

QUESTIONS?

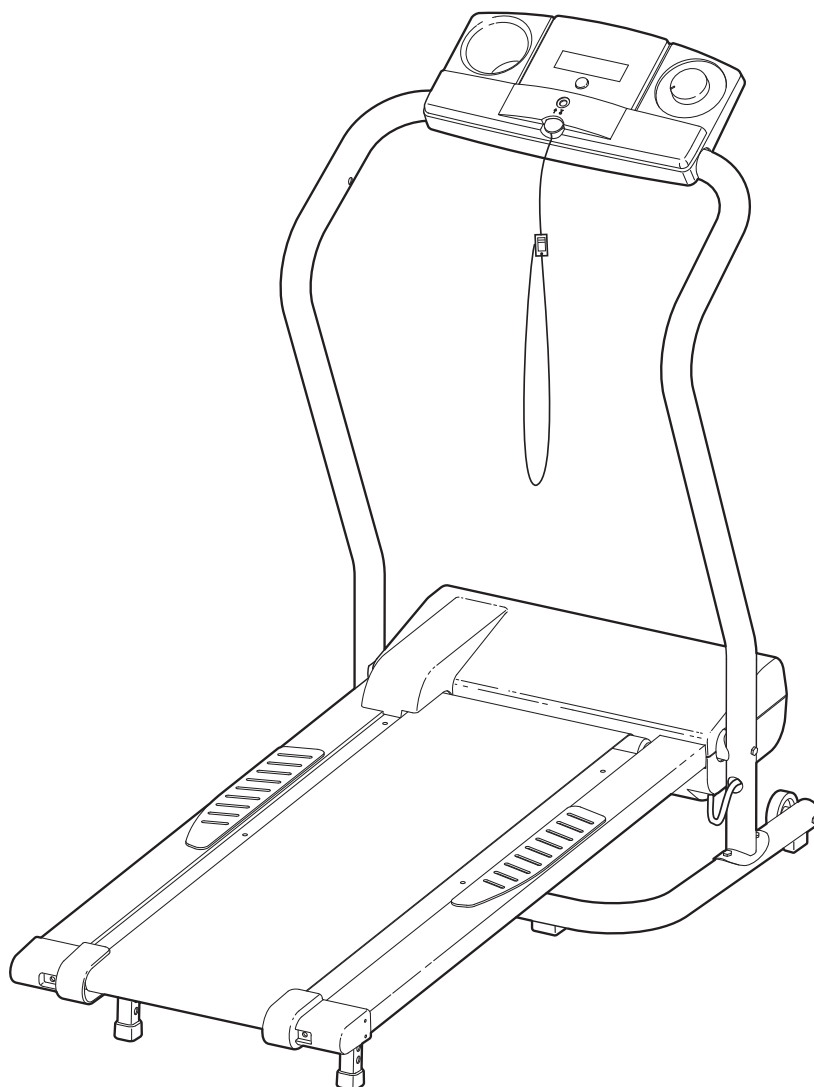
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

csuk@iconeurope.com



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.proform.com

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	4
ASSEMBLY	5
OPERATION AND ADJUSTMENT	7
HOW TO FOLD AND MOVE THE TREADMILL	10
MAINTENANCE AND TROUBLESHOOTING	12
CONDITIONING GUIDELINES	14
ORDERING REPLACEMENT PARTS	Back Cover

Note: An EXPLODED DRAWING and a PART LIST are attached in the centre of this manual.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 115 kg (250 lbs.).
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill.
10. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 7), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.
11. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).
12. Keep the power cord away from heated surfaces.
13. Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)
14. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

16. Never leave the treadmill unattended whilst it is running. Always remove the key and unplug the power cord when the treadmill is not in use.

17. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5 and HOW TO FOLD AND MOVE THE TREADMILL on page 10.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

18. When folding or moving the treadmill, make sure that the storage latch is fully closed.

19. Do not change the incline of the treadmill by placing objects under the treadmill.

20. Inspect and properly tighten all parts of the treadmill regularly.

21. Never drop or insert any object into any opening.

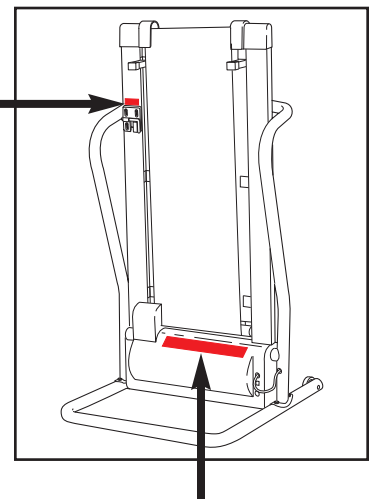
22. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.

23. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown have been placed on your treadmill. If a decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the replacement decal in the location shown.



Note: The decal below is shown at 40% of actual size.

⚠ WARNING:

Protect yourself and others from risk of serious injury. Read the user's manual and:

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.



- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.



- Never allow children on or around treadmill.
- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

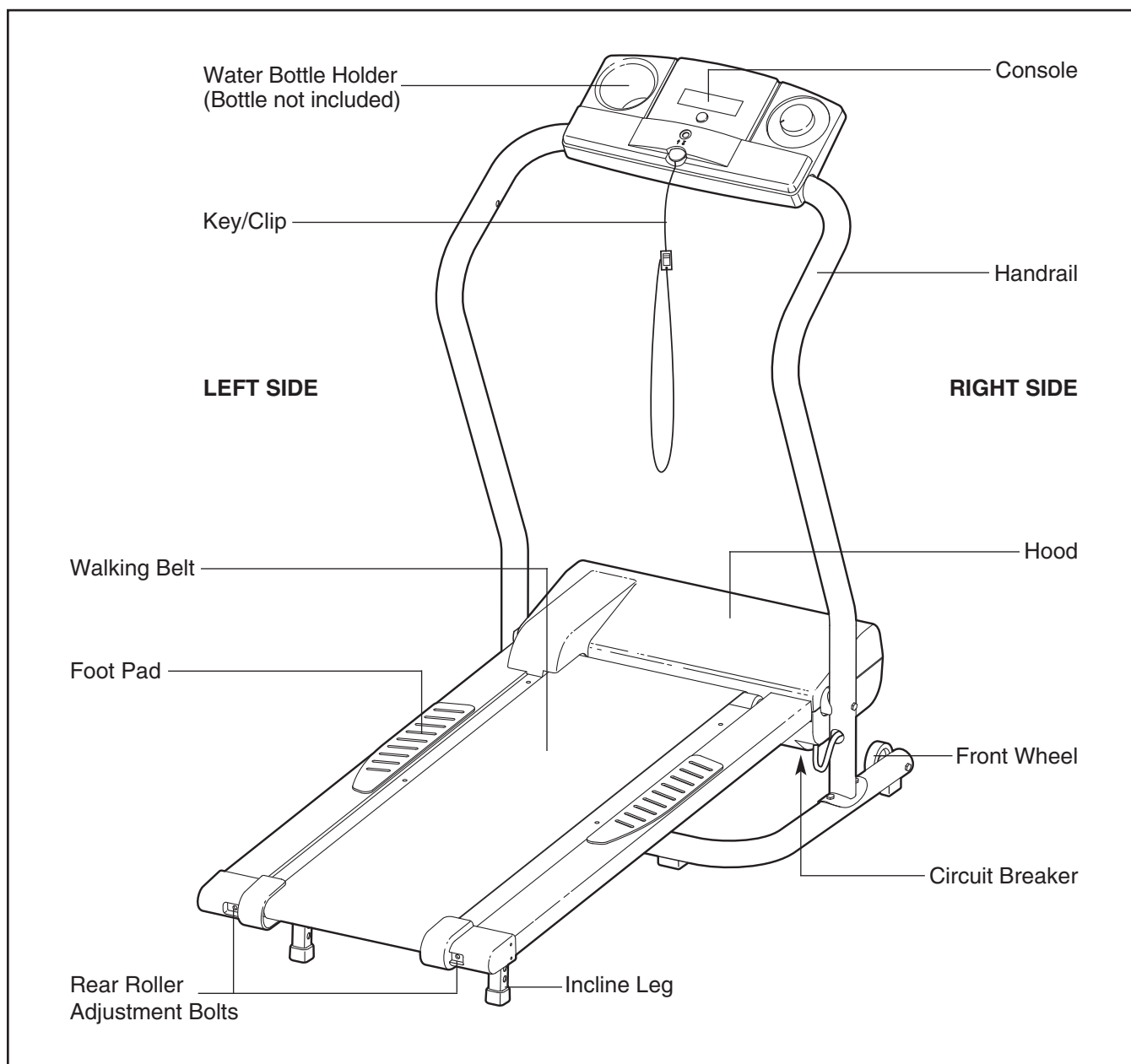
BEFORE YOU BEGIN

Thank you for selecting the WESLO CADENCE® 630 treadmill. The CADENCE 630 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CADENCE 630 can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions,

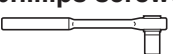
please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WETL21022. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarise yourself with the labelled parts.



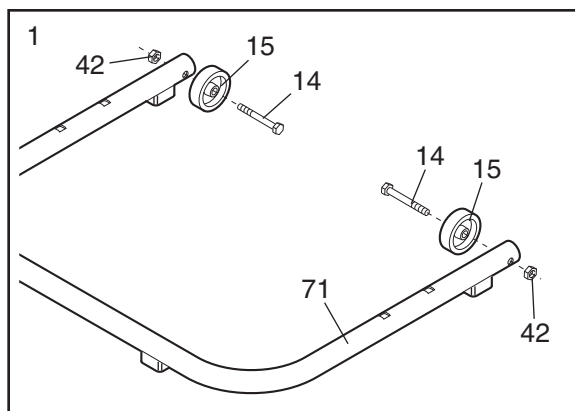
ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrench  and your own phillips screwdriver , adjustable spanners , and 9/16" socket spanner .

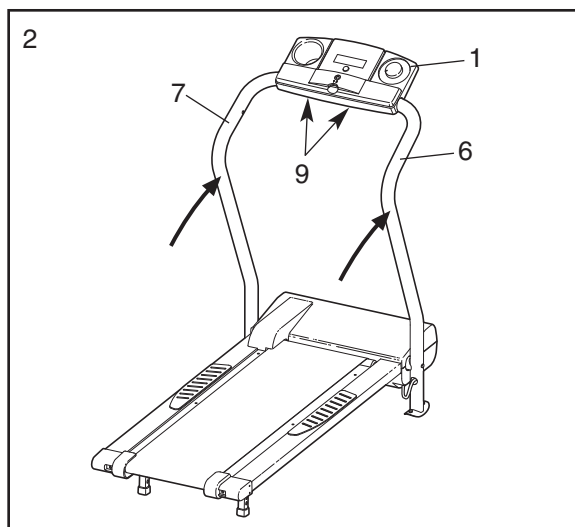
⚠ WARNING: Do not plug in the power cord until the treadmill is completely assembled.

1. Using two adjustable spanners, attach the Wheels (15) to the Base (71) with the two Wheel Bolts (14) and the two Wheel Nuts (42) as shown. **Do not overtighten the Wheel Bolts; the Wheels should turn freely.**



2. With the help of a second person, carefully raise the Right and Left Handrails (6, 7) to the position shown.

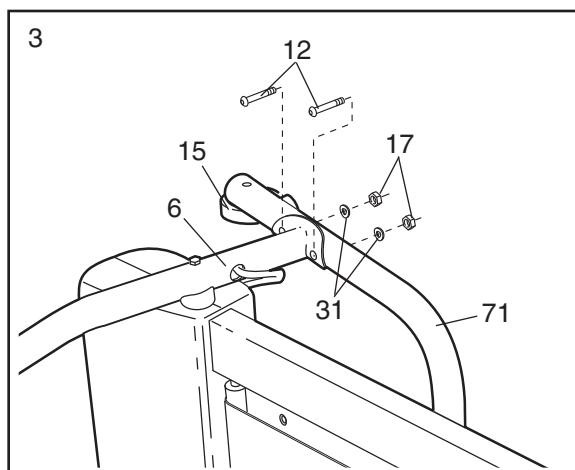
Loosen the two Console Bolts (9) underneath the Console (1).



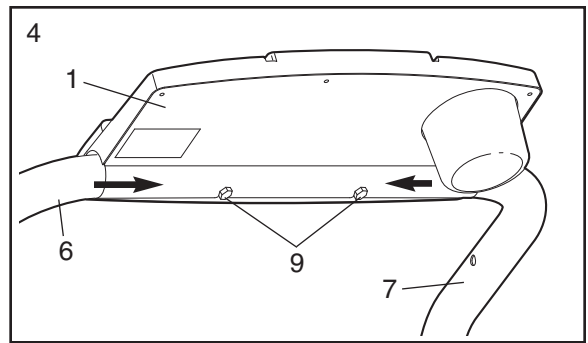
3. With the help of a second person, carefully tip the treadmill onto its left side. Hold the Base (71) against the Right Handrail (6) and the Left Handrail (not shown). **Make sure that the Wheels (15) are toward the front of the treadmill as shown.**

Using a 9/16" socket spanner, attach the Base (71) to the Right Handrail (6) with two Handrail Bolts (12), two Handrail Washers (31), and two Handrail Nuts (17). **Do not tighten the Handrail Nuts yet.** Attach the Base to the Left Handrail (not shown) in the same way. **Tighten all four Handrail Nuts.**

Tip the treadmill back to the position shown in step 1.

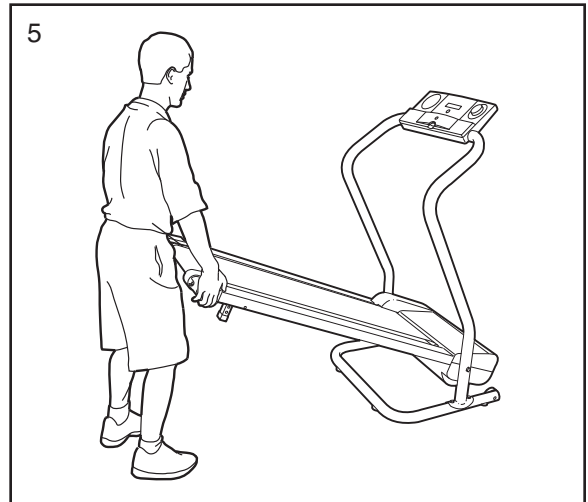


4. Rotate the Console to the position shown. Push the Right and Left Handrails (6, 7) inward whilst you tighten the two Console Bolts (9).



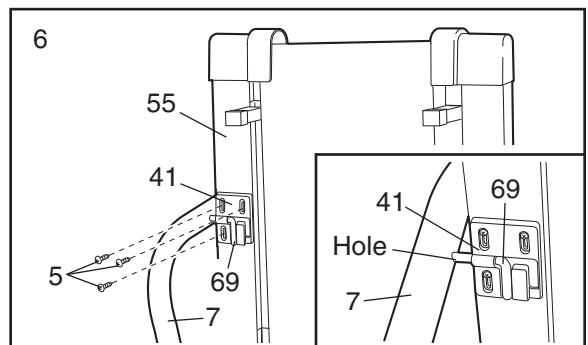
5. **CAUTION: You must be able to safely lift 20 kg (45 lbs.) in order to do this step.**

Hold the treadmill with your hands in the locations shown. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill to the vertical position.

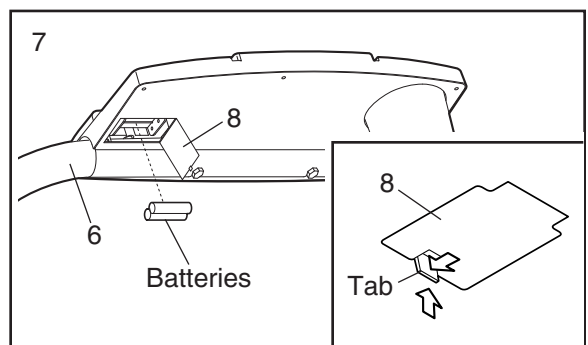


6. Make sure that the Latch Pin (69) is in the Storage Latch (41) as shown.

Attach the Storage Latch (41) to the Frame (55) with the three Screws (5). **Do not fully tighten the Screws yet.** Position the Storage Latch so that the Latch Pin (69) is aligned with the hole in the Left Handrail (7). Slide the Latch Pin into the hole as shown in the inset drawing. Then, tighten the three Screws.



7. The console requires two 1.5 V batteries (included). Alkaline batteries are recommended. To install batteries, first **touch the Handrail (6) to discharge any static.** Next, open the Battery Cover (8). Press the batteries into the battery compartment, with the negative (–) ends of the batteries touching the springs. Close the battery cover, push up on the tab, and then push the tab forward as shown in the inset drawing. Be sure that the tab locks into place.



8. **Make sure that all parts are tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 13). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

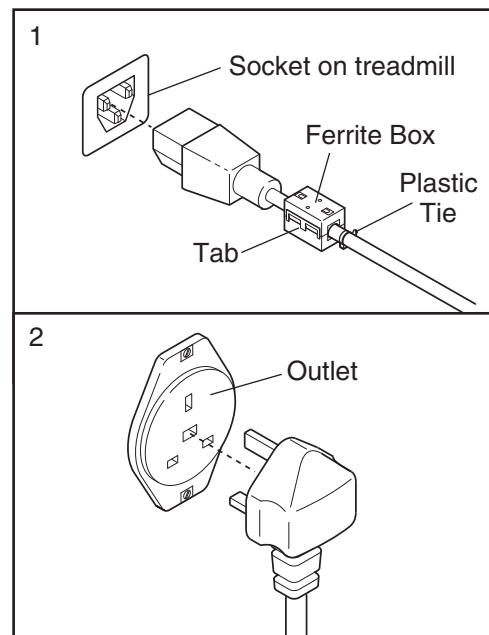
Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and an earthing plug.

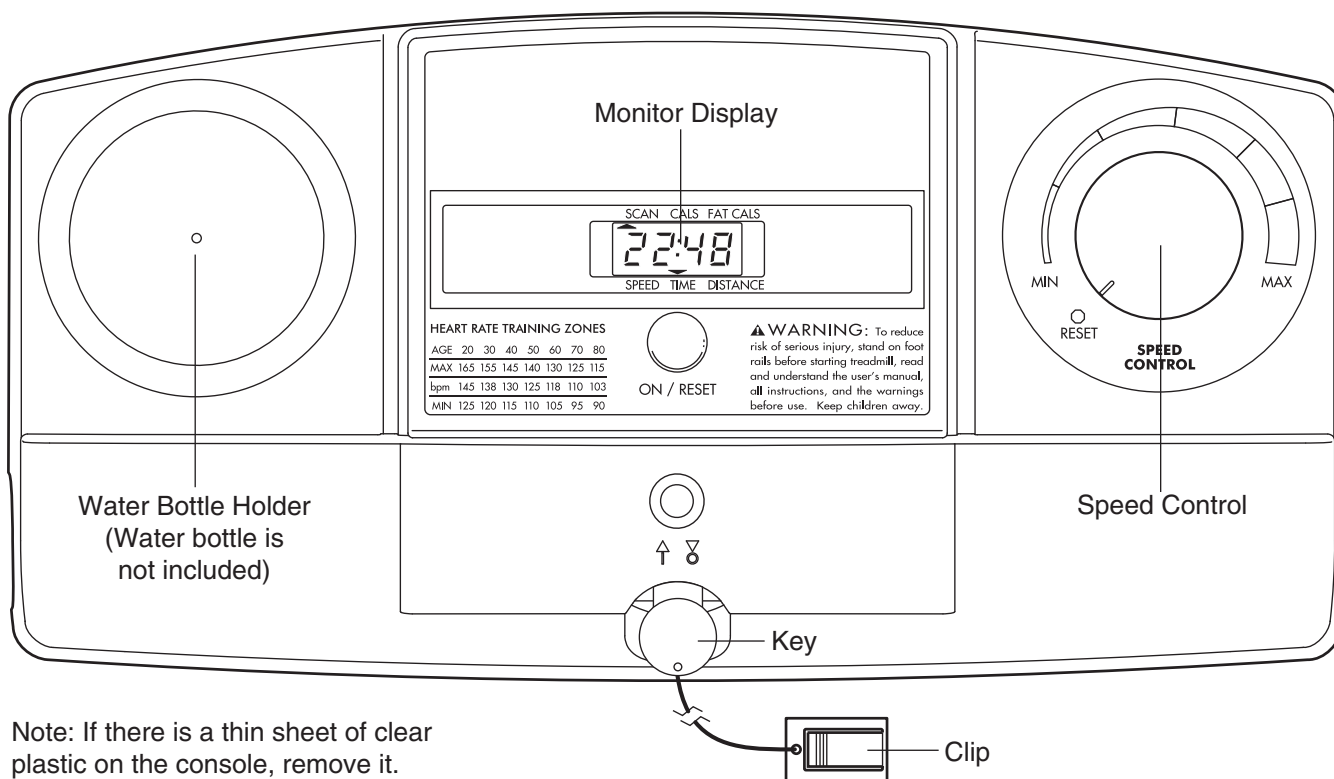
Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1, and plug the indicated end of the power cord into the socket on the treadmill. Next, lift the indicated tab on the ferrite box and clamp the ferrite box around the power cord. The ferrite box should not be allowed to slide along the power cord. Please fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: In Italy, an adaptor (not included) must be used between the power cord and the outlet. Important: The treadmill is not compatible with GFCI-equipped outlets.

If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

DIAGRAM OF THE CONSOLE



Note: If there is a thin sheet of clear plastic on the console, remove it.

CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) whilst operating the treadmill. When the key is removed from the console, the walking belt will stop.
- Adjust the speed in small increments.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.

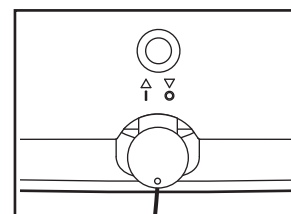
STEP-BY-STEP CONSOLE OPERATION

Step onto the foot pads on the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.** Then, remove the key from the console.

Follow the steps below and on page 9 to operate the console.

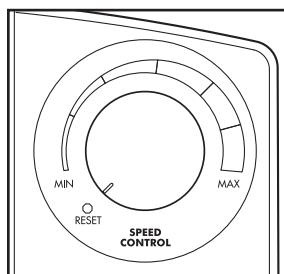
1 Insert the key fully into the power switch.

Inserting the key will not turn on the display. The display will turn on when the ON/RESET button is pressed or when the walking belt is started. Note: If you just installed batteries, the display will already be on.



2 Reset the console and start the walking belt.

Turn the speed control to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be turned to the RESET position before the walking belt can be restarted.**

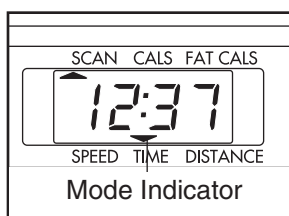


Next, slowly turn the speed control until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin walking. Change the speed of the walking belt as desired by turning the speed control.

To stop the walking belt, step onto the foot pads and turn the speed control to the RESET position.

3 Follow your progress with the monitor modes

When the power is turned on, a mode indicator will point to the word SCAN and the console will automatically scan through five modes. A flashing mode indicator will show which mode is currently displayed. The modes are described below.



- Speed—This mode shows your speed.
- Time—This mode shows the elapsed time. Note: If you stop exercising for ten seconds or longer, the time mode will pause.
- Distance—This mode shows the total distance you have walked or run.
- Fat Calories (FAT CALS)—This mode shows the approximate number of fat calories you have burned. (See Fat Burning on page 14.)
- Calories (CALS)—This mode shows the approximate number of calories you have burned.

If desired, reset the display by pressing the ON/RESET button.

4 When you are finished exercising, stop the walking belt and remove the key.

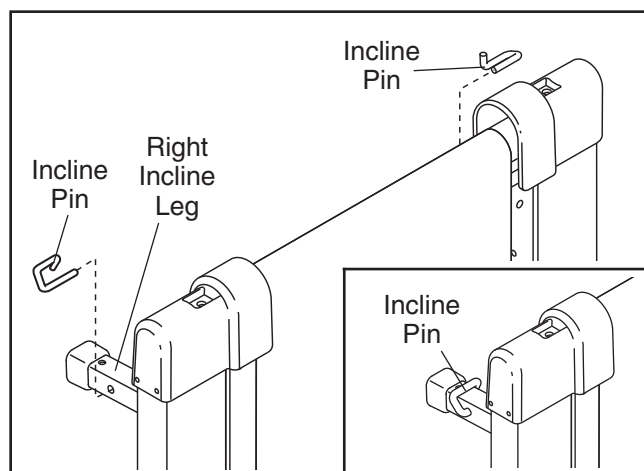
Step onto the foot pads, stop the walking belt, and remove the key from the console. The displays will turn off a few minutes after the key is removed.

Note: The display will automatically turn off in order to conserve the batteries any time that the walking belt is stopped and the ON/RESET button is not pressed for a few minutes.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are three incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 10).

To change the incline, remove the incline pin from the right incline leg as shown below. Adjust the incline leg to the desired height and fully reinsert the incline pin. Make sure that the incline pin is in the “locked” position shown in the inset drawing. Adjust the left incline leg in the same way. **Make sure that both incline pins are inserted from the direction shown.**



CAUTION: Before using the treadmill, make sure that both incline pins are fully inserted at the same height. Do not use the treadmill with the incline pins removed.

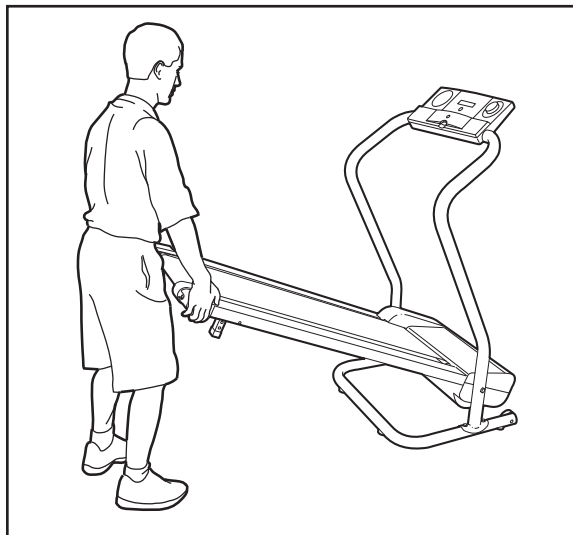
After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 11).

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

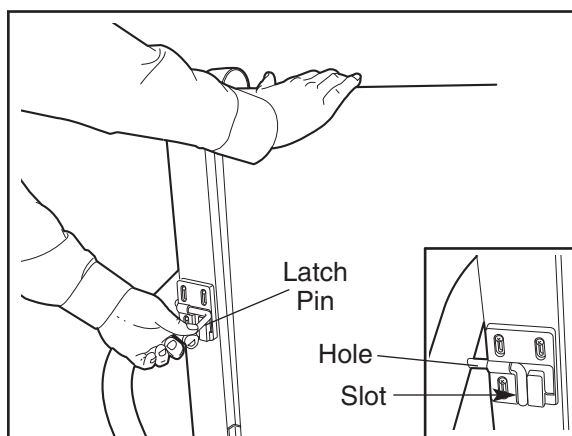
Unplug the power cord. **CAUTION:** You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the latch pin is aligned with the hole in the left handrail. Slide the latch pin into the hole. **Make sure that the latch pin is inserted as far as possible into the hole.** Lock the pin by pressing the end of the pin into the slot in the storage latch as shown in the inset drawing.

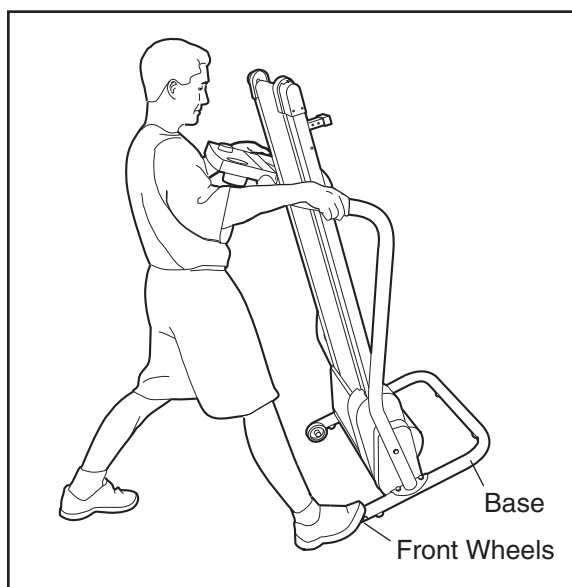
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



HOW TO MOVE THE TREADMILL

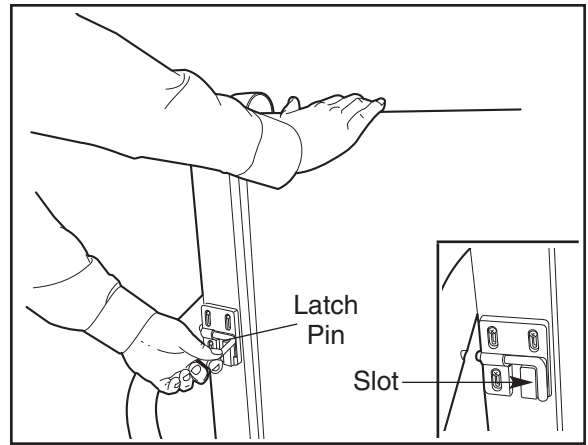
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the hole in the handrail and locked into place as described above.**

1. Hold the handrails and place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

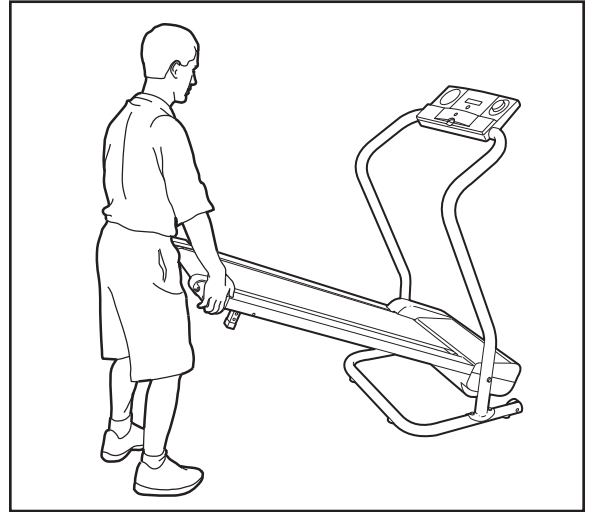


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, slide the latch pin to the right. Lock the pin in place by pressing the end of the pin into the slot in the storage latch as shown in the inset drawing.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



MAINTENANCE AND TROUBLESHOOTING

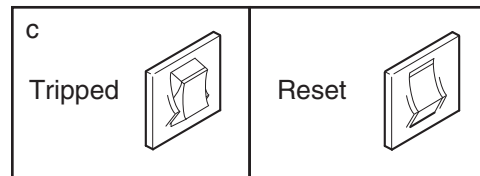
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 7.) If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key fully into the console.

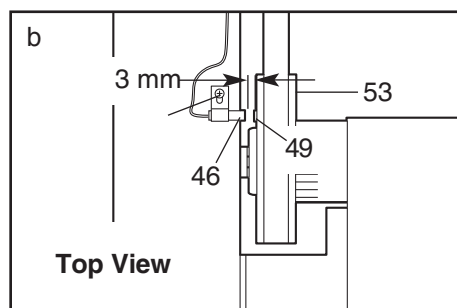
d. If the treadmill still will not run, please call our Customer Service Department.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. **UNPLUG THE POWER CORD.** Check the batteries in the console (see assembly step 7 on page 6). Most problems are the result of drained batteries.

b. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the screws from the hood, and carefully remove the hood.

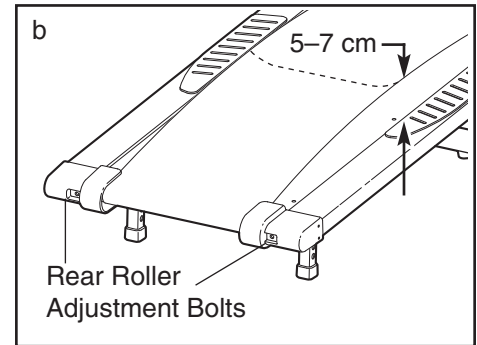
Locate the Reed Switch (46) and the Magnet (49) on the left side of the Pulley (53). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (26) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

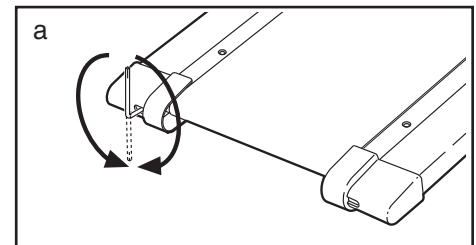
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



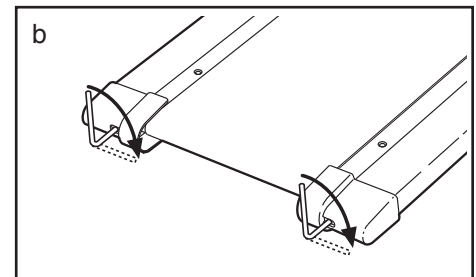
- c. If the walking belt still slows when walked on, please call our Customer Service Department.

PROBLEM: The walking belt is off-centre or slips when walked on

SOLUTION: a. If the walking belt is off-centre, first remove the key and **UNPLUG THE POWER CORD**. If the walking belt has shifted to the left, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES

AGE	20	30	40	50	60	70	80
MAX	165	155	145	140	130	125	115
bpm	145	138	130	125	118	110	103
MIN	125	120	115	110	105	95	90

To find the proper heart rate for you, first find your age at the top of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone.

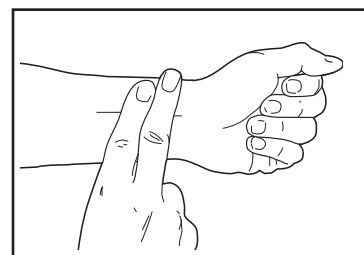
Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown.

Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.



WORKOUT GUIDELINES

Each workout should include the following three important parts:

A Warm-up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up (see SUGGESTED STRETCHES on page 15).

Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest be-

tween workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

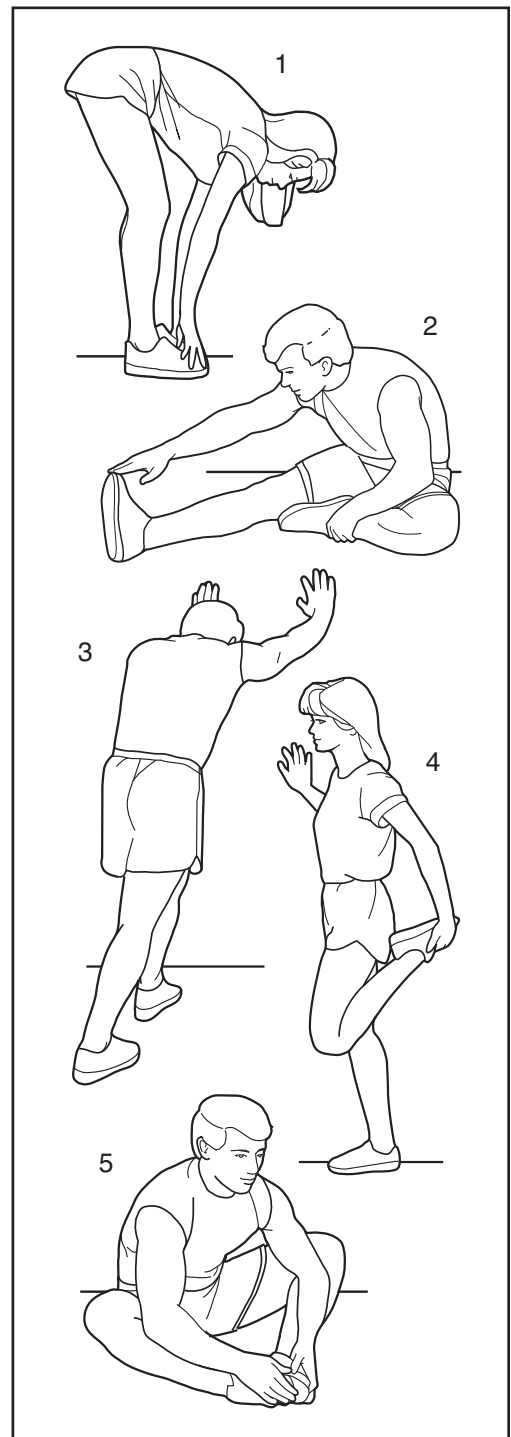
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



HOW TO ORDER REPLACEMENT PARTS

If you encounter any problems with this product, or if you need to order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Beeston
Leeds, LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

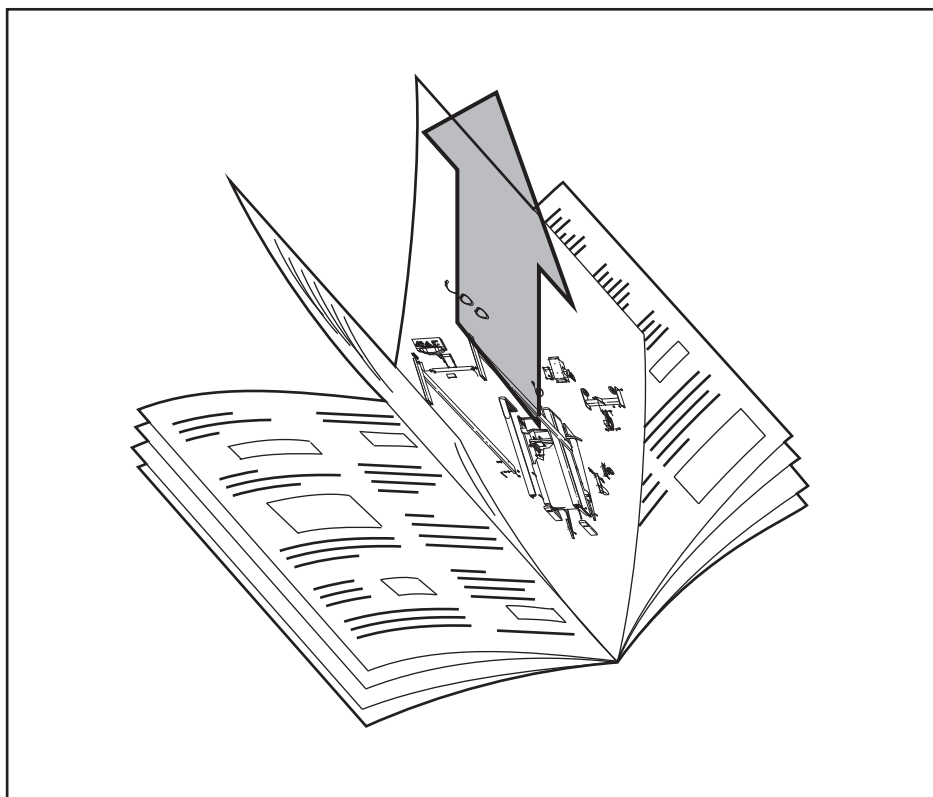
When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WETL21022)
- the NAME of the product (WESLO® CADENCE 630 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual).

WESLO is a registered trademark of ICON Health & Fitness, Inc.

**REMOVE THIS EXPLODED DRAWING AND PART LIST
FROM THE MANUAL.**

Save this page for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

PART LIST—Model No. WETL21022

R0104A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	48	1	Reed Switch Clip
2	1	Speed Control	49	1	Magnet
3	1	Key/Clip	50	1	Belt
4	1	Console Plate	51	2	Roller Adj. Bolt
5	15	Screw	52	6	Platform Screw
6	1	Right Handrail	53	1	Front Roller/Pulley
7	1	Left Handrail	54	1	Foot Pad (Right)
8	1	Battery Cover	55	1	Frame
9	3	Console Bolt/Motor Tension Bolt	56	1	Walking Belt
10	2	Frame Pivot Bolt	57	1	Walking Platform
11	2	Washer	58	2	Incline Pin
12	4	Handrail Bolt	59	1	Ground Screw
13	2	Frame Spacer	60	1	Ground Wire
14	2	Wheel Bolt	61	5	8" Cable Tie
15	2	Wheel	62	1	Ferrite Box
16	2	Base Cap	63	2	Incline Leg
17	4	Handrail Nut	64	2	Incline Leg Washer
18	1	Handrail Grommet	65	2	Incline Leg Endcap
19	4	Base Pad	66	2	Roller Adj. Washer
20	4	Belly Pan Screw	67	2	Frame Endcap
21	1	Latch Warning Decal	68	4	Endcap Screw
22	1	Wire Harness	69	1	Latch Pin
23	1	Hood	70	2	Cage Nut
24	3	Hood Screw/Clamp Screw	71	1	Base
25	1	Belly Pan	72	1	Rear Roller
26	5	Small Screw	73	9	Console Screw/Base Pad Screw
27	2	Belt Guide	74	1	Allen Wrench
28	2	Roller Spacer	75	2	Small Star Washer
29	1	Receptacle	76	1	Ground Screw
30	1	Circuit Breaker	77	1	Ground Star Washer
31	4	Handrail Washer	78	1	Ground Nut
32	1	Controller Bracket	79	3	Nylon Washer
33	1	Filter	80	2	1 1/2" x 3" Plate
34	1	Choke	81	1	Motor Pivot Sleeve
35	1	Controller	82	2	Motor Pivot Bushing
36	1	Motor Bolt	83	1	Wire Clamp
37	1	Foot Pad (Left)	84	2	3/8" Nut
38	1	Motor Tension Nut	#	1	4" Green/Yellow Wire, F/Ring
39	1	Star Washer	#	1	8" White Wire, 2F
40	1	Motor Tension Washer	#	1	8" Black Wire, M/F
41	1	Storage Latch	#	1	4" Black Wire, 2F
42	3	Frame Pivot Nut/Wheel Nut	#	1	10" White Wire, 2F
43*	1	Motor Assembly	#	1	10" Black Wire, 2F
44	1	Euro Power Cord Set	#	1	User's Manual
45	1	Large Warning Decal			
46	1	Reed Switch			
47	1	Wire Tie Clamp			

* Includes all parts shown in the box

These parts are not illustrated

EXPLODED DRAWING—Model No. WETL21022

R0104A

