

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to success is CONSISTENCY.

PART LIST—Model No. WL201513

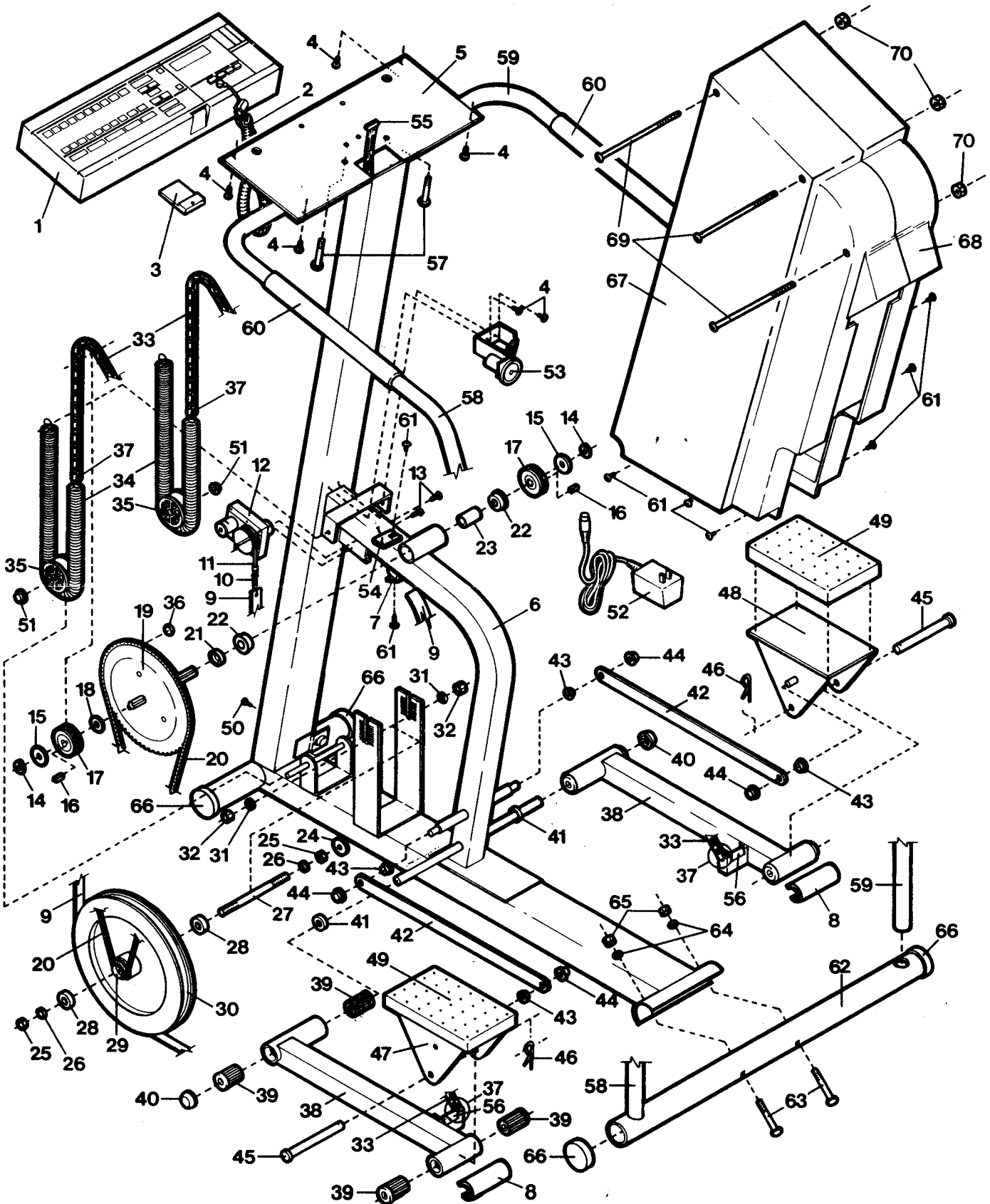
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	37	4	Master Link
2	1	Pulse Earclip	38	2	Pedal Arm
3	1	Power Key	39	8	Pedal Arm Bushing
4	6	Screw	40	2	Pedal Arm Pushnut
5	1	Console Plate	41	2	Pedal Arm Spacer
6	1	Frame	42	2	Link Arm
7	1	Tension Buckle	43	4	Link Arm Bushing
8	2	Large Bumper	44	4	Link Arm Pushnut
9	1	Resistance Strap	45	2	Clevis Pin
10	1	Spring Assembly	46	2	Cotter Pin
11	1	Tension Rope	47	1	Left Pedal
12	1	Tension Motor	48	1	Right Pedal
13	2	Tension Motor Screw	49	2	Pedal Foot Pad
14	2	Snap Ring	50	1	Power Plug Screw
15	2	Large Sprocket Washer	51	2	Spring Wheel Pushnut
16	2	Sprocket Key	52	1	Power Cord
17	2	Small Sprocket	53	1	Voltage Meter
18	1	Small Sprocket Washer	54	1	Reed Switch
19	1	Large Sprocket	55	1	Wire Harness
20	1	Large Sprocket Chain	56	2	Small Bumper
21	1	Sprocket Spacer Cup	57	2	Handrail Bolt
22	2	Sprocket Bearing	58	1	Left Handrail
23	1	Spacer	59	1	Right Handrail
24	1	Large Flywheel Washer	60	2	Handrail Foam
25	2	Thin Nut	61	8	Mounting Screw
26	2	Beveled Washer	62	1	Stabilizer
27	1	Flywheel Axle	63	2	Stabilizer Bolt
28	2	Flywheel Bearing	64	2	Stabilizer Washer
29	1	Flywheel Sprocket	65	2	Stabilizer Nut
30	1	Flywheel	66	4	Stabilizer Endcap
31	2	Small Flywheel Washer	67	2	Left Side Shield
32	2	Thick Nut	68	1	Right Side Shield
33	2	Large Chain	69	1	Side Shield Bolt
34	2	Spring	70	1	Side Shield Nut
35	2	Spring Wheel	#	1	Owner's Manual
36	1	Magnet	#	1	Grease

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WL201513

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