

## EXERCISE FREQUENCY

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 times per week. The key to a successful program is REGULAR EXERCISE.

## ***PART LIST - Model No. WL610500***

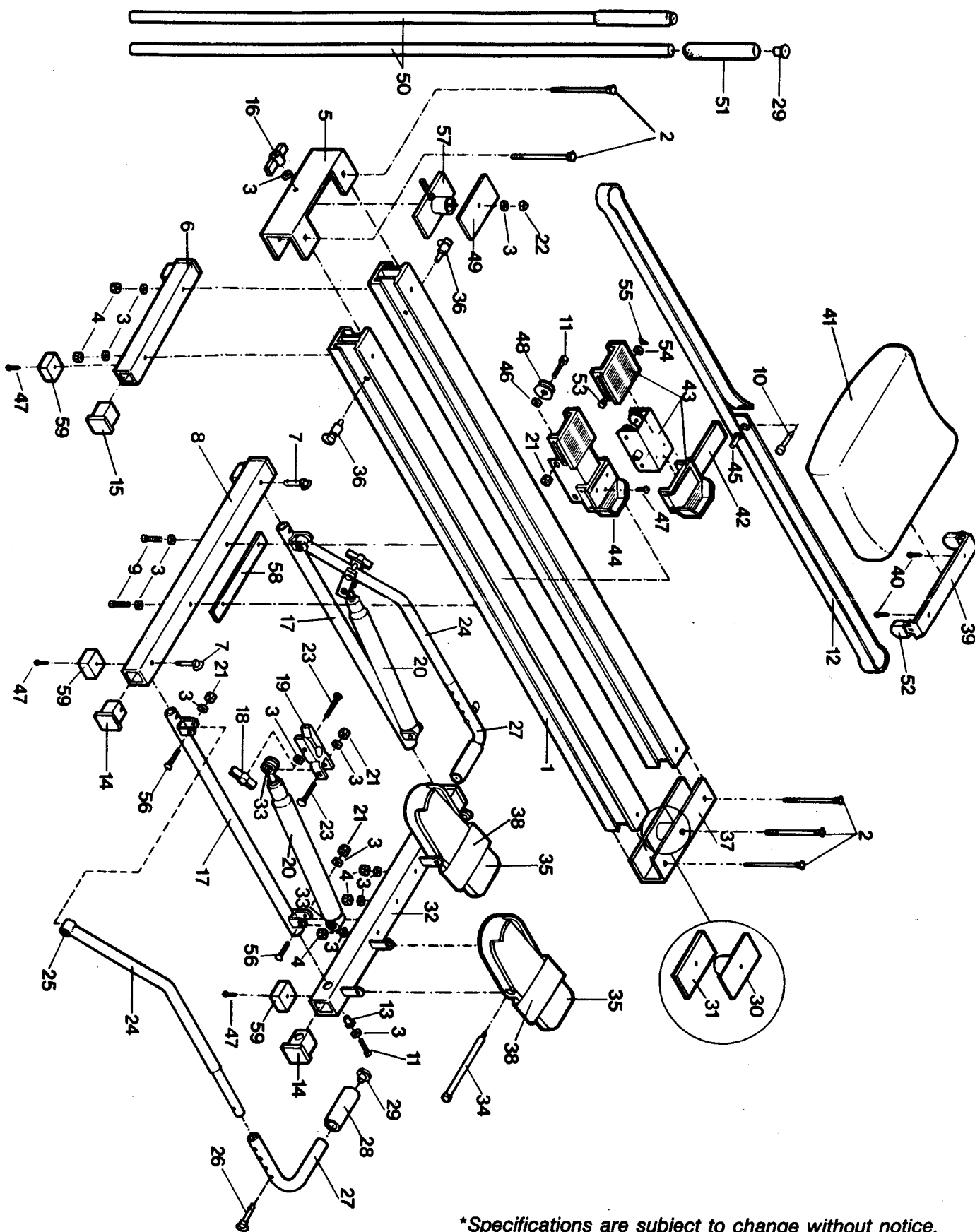
6/90

| <b>Key<br/>No.</b> | <b>Qty.</b> | <b>Description</b>         | <b>Key<br/>No.</b> | <b>Qty.</b> | <b>Description</b>    |
|--------------------|-------------|----------------------------|--------------------|-------------|-----------------------|
| 1                  | 2           | Aluminum Rail              | 32                 | 1           | Front Crossbar        |
| 2                  | 5           | Bracket Bolt               | 33                 | 4           | Shock Bushing         |
| 3                  | 19          | Washer                     | 34                 | 2           | Footrest Shaft        |
| 4                  | 5           | Bracket Nut                | 35                 | 2           | Footrest              |
| 5                  | 1           | Rear Bracket               | 36                 | 2           | Pin w/Rubber Stopper  |
| 6                  | 1           | Rear Crossbar              | 37                 | 1           | Front Bracket         |
| 7                  | 2           | Swivel Tube Hitch Pin      | 38                 | 2           | Footrest Strap        |
| 8                  | 1           | Middle Crossbar            | 39                 | 1           | Seat Bracket          |
| 9                  | 2           | Crossbar Bolt              | 40                 | 2           | Seat Bolts            |
| 10                 | 1           | Long Strap Hitch Pin       | 41                 | 1           | Rowing Seat           |
| 11                 | 10          | Bolt                       | 42                 | 2           | Skiing Pedal Strap    |
| 12                 | 1           | Nylon Strap                | 43                 | 1           | Left Skiing Pedal     |
| 13                 | 2           | Swivel Tube Bushing        | 44                 | 1           | Right Skiing Pedal    |
| 14                 | 4           | Crossbar Endcap            | 45                 | 1           | Short Strap Hitch Pin |
| 15                 | 2           | Rear Crossbar Endcap       | 46                 | 8           | Wheel Spacer          |
| 16                 | 1           | Resistance Adjustment Knob | 47                 | 12          | Screw                 |
| 17                 | 2           | Swivel Tube                | 48                 | 8           | Wheel                 |
| 18                 | 2           | T-Wingnut                  | 49                 | 1           | Rear Drum Plate       |
| 19                 | 2           | H-Clamp                    | 50                 | 2           | Skiing Pole           |
| 20                 | 2           | Hydraulic Shock            | 51                 | 2           | Long Foam Handgrip    |
| 21                 | 14          | Locknut                    | 52                 | 2           | Bracket Cap           |
| 22                 | 1           | Acorn Nut                  | 53                 | 2           | Pedal Bolt            |
| 23                 | 4           | H-Clamp Bolt               | 54                 | 2           | Pedal Washer          |
| 24                 | 2           | Rowing/Skiing Arm          | 55                 | 2           | Pedal Wingnut         |
| 25                 | 2           | Arm Bushing                | 56                 | 4           | Swivel Tube Bolt      |
| 26                 | 2           | Arm Hitch Pin              | 57                 | 1           | Rear Drum             |
| 27                 | 2           | Rowing Handle              | 58                 | 1           | Crossbar Plate        |
| 28                 | 2           | Short Foam Handgrip        | 59                 | 6           | Plastic Foot          |
| 29                 | 4           | Handle Endcap              | #                  | 2           | Tool                  |
| 30                 | 1           | Front Drum                 | #                  | 1           | Owner's Manual        |
| 31                 | 1           | Front Drum Plate           |                    |             |                       |

Note: "#" indicates a non-illustrated part.

# EXPLODED DRAWING - Model No. WL610500

6/90



\*Specifications are subject to change without notice.