

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. 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. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and help to decrease post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is CONSISTENCY.

PART LIST- Model No. WL680030

Rev. 5/93

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	26	1	Chain
2	1	Power Key	27	1	Crank
3	1	Pulse Earclip	28	1	Resistance Strap
4	8	3/4" Phillips Screw	29	1	Tension Buckle
5	1	Seat	30	1	Tension Buckle Screw
6	1	Seat Post	31	1	Main Wire Harness Assembly
7	4	Seat Nut	32	4	Motor Mounting Screw
8	1	Seat Pin	33	3	3/16" Allen Head Screw
9	1	Handlebar	34	1	Right Side Shield
10	2	Washer	35	1	Tension Spring Assembly
11	1	Frame	36	2	Power Plug Screw
12	2	Stabilizer Endcap	37	1	Console Plate
13	1	Stabilizer	38	1	Power Cord
14	4	1 1/4" Hex Head Bolt	39	1	Magnet
15	14	Side Shield Screw	40	2	Foam Grip
16	1	Left Side Shield	41	2	Handlebar Endcap
17	1	Left Pedal	42	1	Roller Axle
18	2	Flange Nut	43	2	Roller Bushing
19	1	Spacer	44	1	Reed Switch Fastener
20	2	Bearing	45	1	Seat Post Glide
21	1	Nut	46	1	Seat Post Collar
22	1	Small Sprocket	47	1	Right Pedal
23	1	Flywheel Axle	48	1	Reed Switch/Wire
24	2	Roller	49	1	Tension Motor Assembly
25	1	Flywheel	50	1	Sprocket
			#	1	Owner's Manual

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

