

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will provide an adequate cool-down.

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 per week. The key to a successful program is REGULAR exercise.

PART LIST- Model No. WL720010

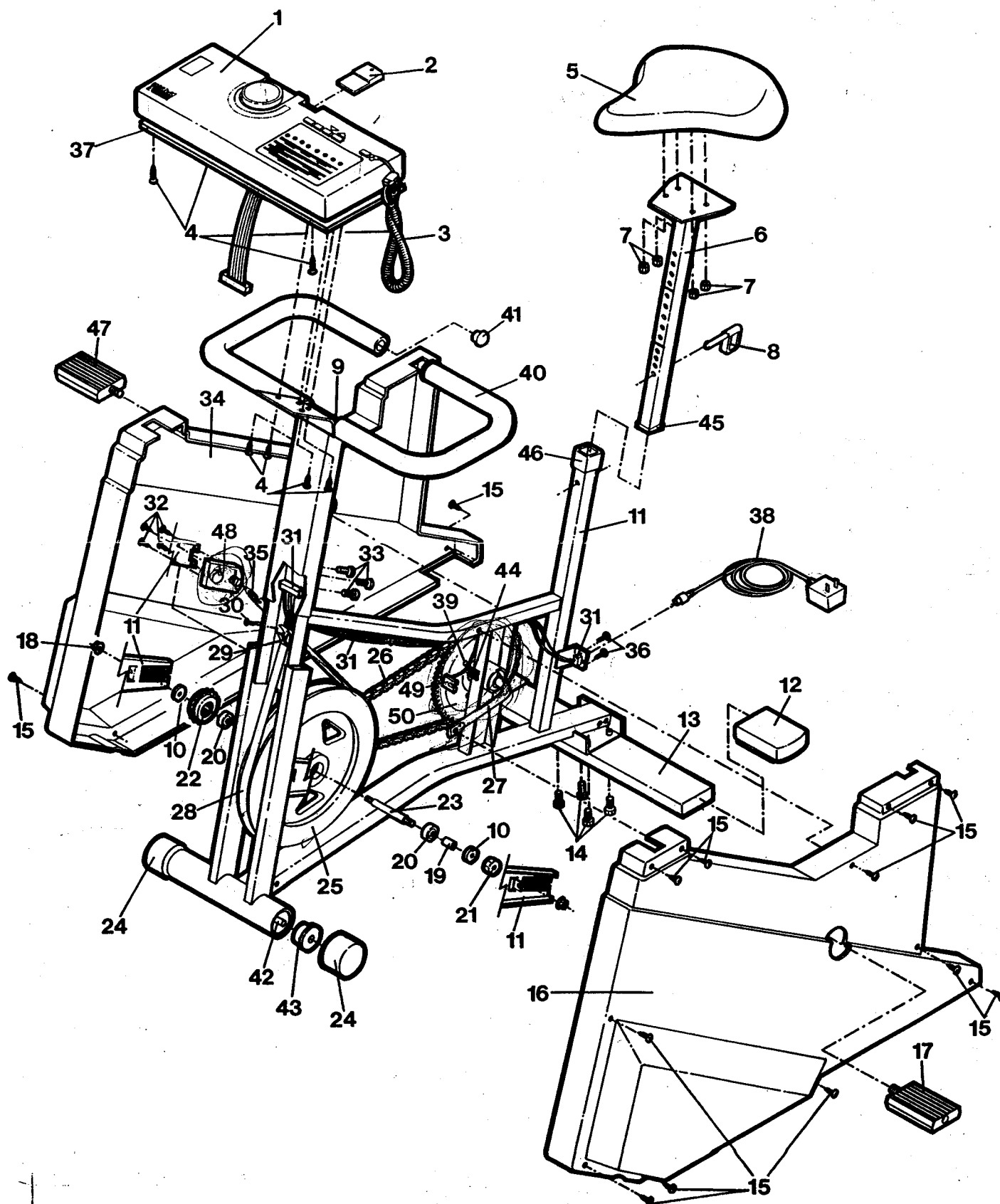
Rev. 10/91

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	Console Plate 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	Handlebar 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	Stabilizer 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	Tension Motor Assembly
24	2	Roller	49	1	Reed Switch/Wire
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.

EXPLODED DRAWING- Model No. WL720010

Rev. 10/91



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