

PURSUIT

SYNCHRO

Model No. AB30

BI-ACTION ELECTRONIC ERGOMETER

Warranty

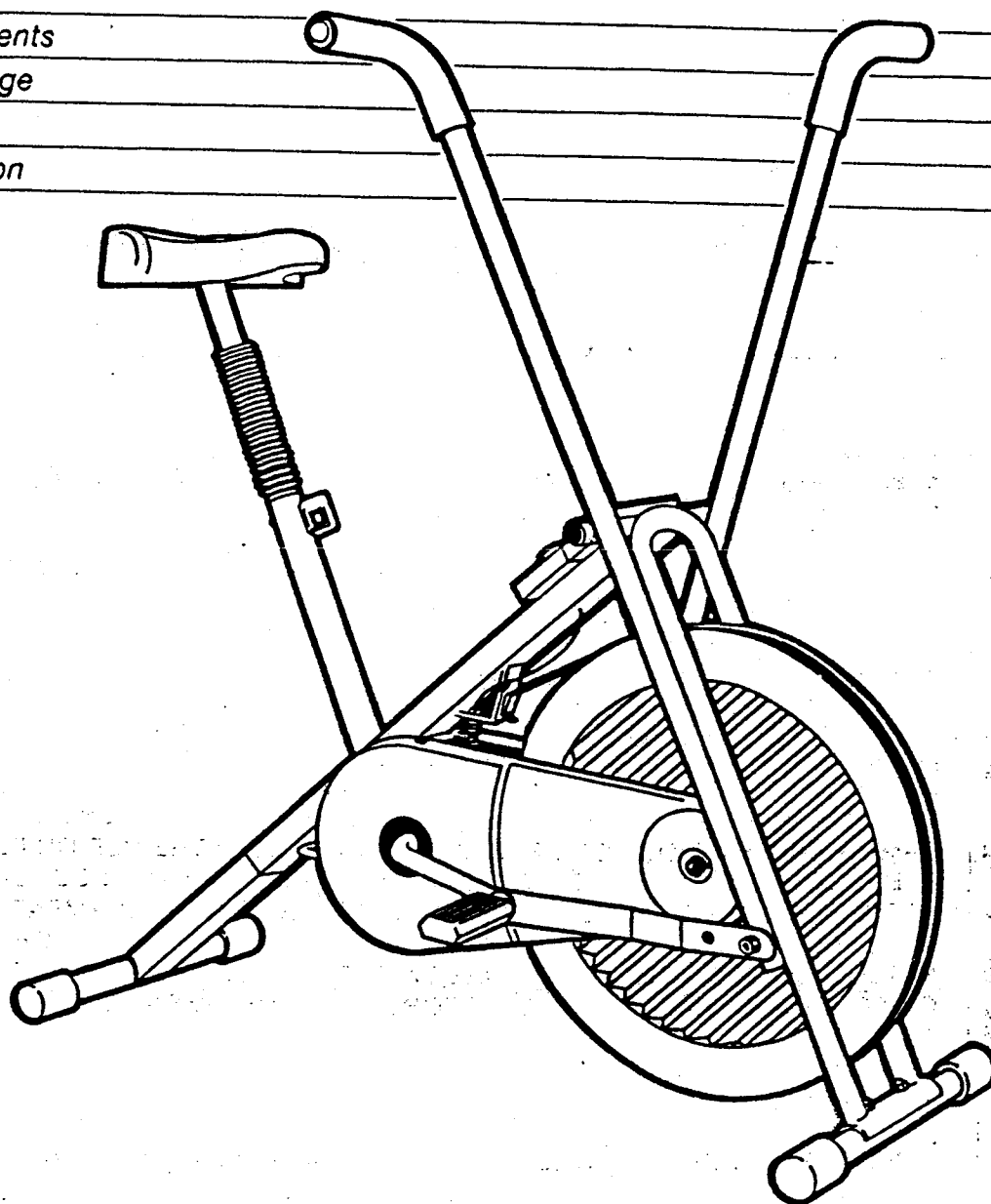
Assembly

Operation and Adjustments

Maintenance and Storage

Conditioning Guidelines

Part Ordering Information



weslo, inc.™

A Division of **weider** Health and Fitness

OWNER'S MANUAL

CAUTION: Read all instructions carefully before using this product. Retain this Owner's Manual for future reference.

Part No. 046263 7/89

LIMITED WARRANTY

Weslo, Inc. ("Weslo") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. Weslo's obligation under this Warranty is limited to replacing or repairing, at Weslo's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by Weslo at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by Weslo. Pre-authorization may be obtained by calling Weslo's Customer Service Department at 1-800-99WESLO. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a Weslo authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Weslo.

WESLO IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

WESLO INC., P.O. BOX 10, LOGAN, UT 84321

PURSUIT SYNCHRO

BI-ACTION ELECTRONIC ERGOMETER

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IMPORTANT SAFETY PRECAUTIONS

1. Always use this exercise bike on a clear, level surface.
2. Do not wear flowing clothing that could become caught in the exercise bike.
3. Keep your hands away from moving parts.
4. Keep small children away from the exercise bike during use.

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

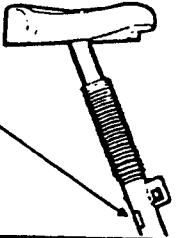
BEFORE YOU BEGIN

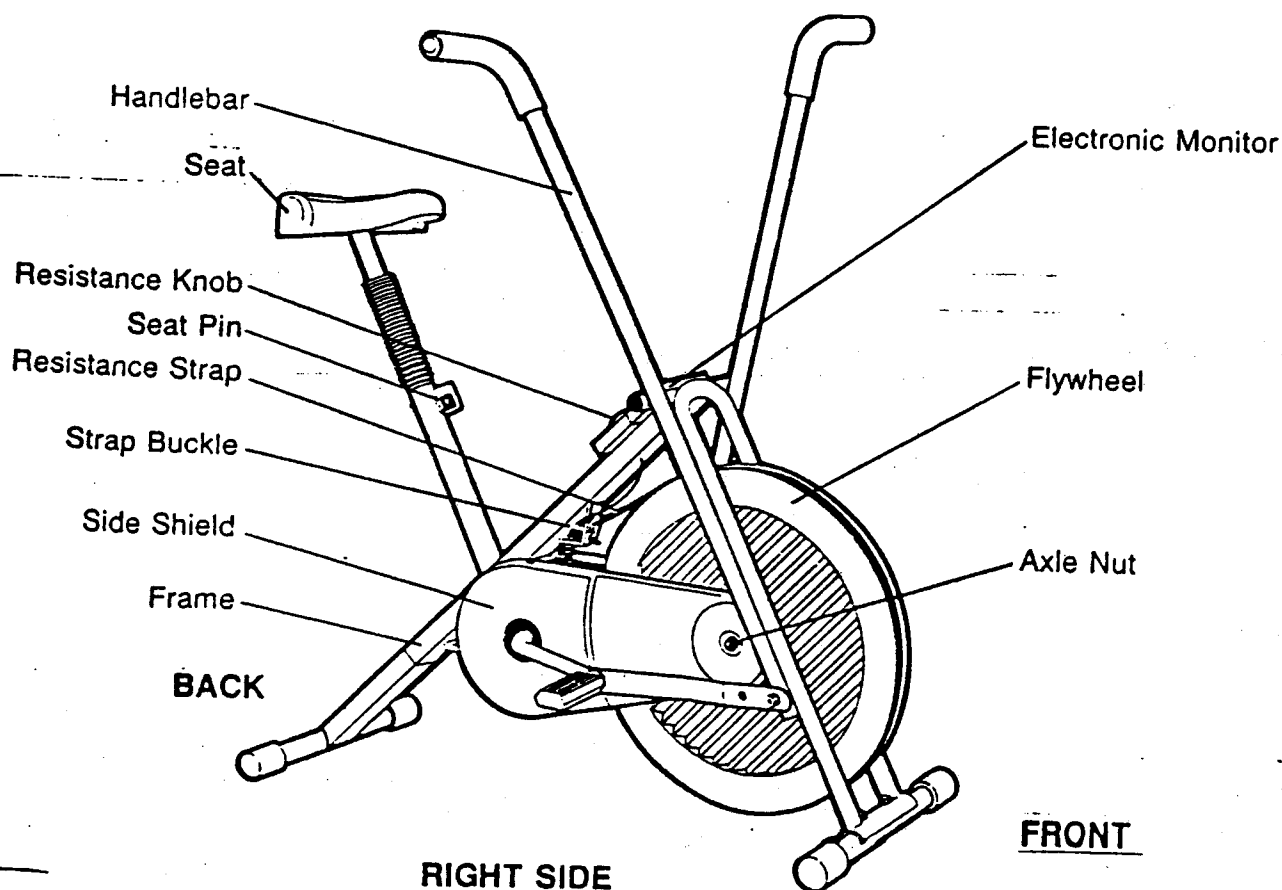
Thank you for purchasing a Weslo PURSUIT SYNCHRO exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The unique PURSUIT SYNCHRO combines advanced engineering with innovative design to let you enjoy this healthful exercise at your convenience, in the privacy of your own home. In addition, the SYNCHRO features synchronized-action handlebars to add the benefits of upper-body exercise to your workout!

This manual is designed to help you easily assemble, adjust and use this exercise bike. Read this manual carefully. If you have additional questions, please call our Customer Service Department toll-free at 1-800-99WESLO (999-3756), (in Canada at 1-800-824-8949), during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. If possible, place the exercise bike near your telephone when calling.

In all correspondence regarding this exercise bike, please refer to the product model number (see the box to the right) and the serial number (found on the decal located on the bike frame). Write the serial number in the box for easy reference.

To help you understand the instructions in this manual clearly, study the drawing below and familiarize yourself with the parts labeled.

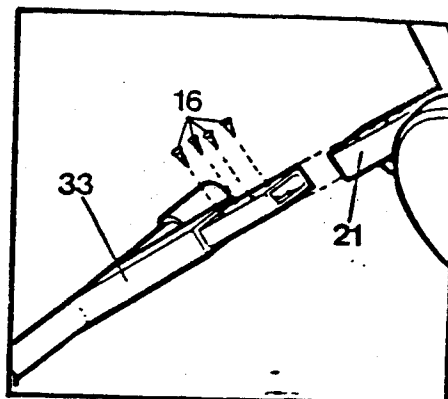

Identification Decal
Model No. AB30
Serial No.



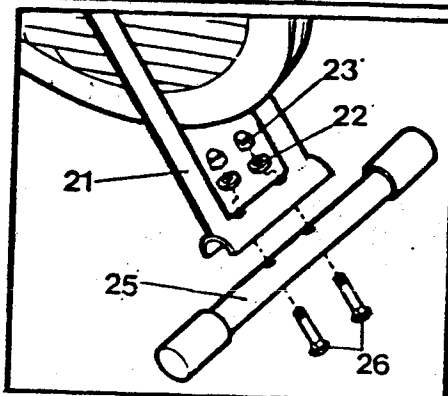
ASSEMBLY

Set all parts in a clear area on the floor and remove the packing materials. Be sure that all parts are included before disposing of the packing materials. Read the instructions below carefully before beginning assembly. Refer to the Exploded Drawing and the Part List on pages 10 and 11 for help in part identification. Assembly can be completed using the tool included.

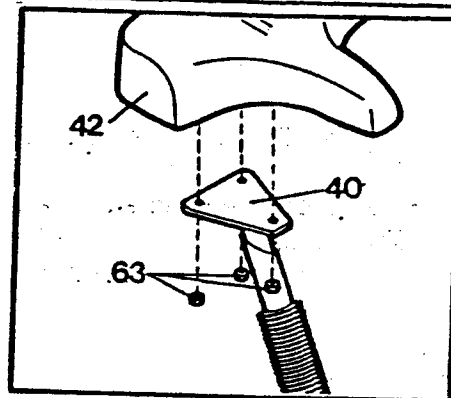
1. Attach the Rear Stabilizer (33) to the Frame (21) with the four Mounting Screws (16).



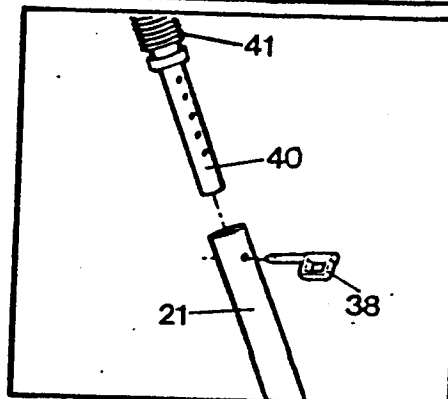
2. Attach the Front Stabilizer (25) to the Frame (21) with the two Carriage Bolts (26), Stabilizer Washers (22) and Acorn Nuts (23).



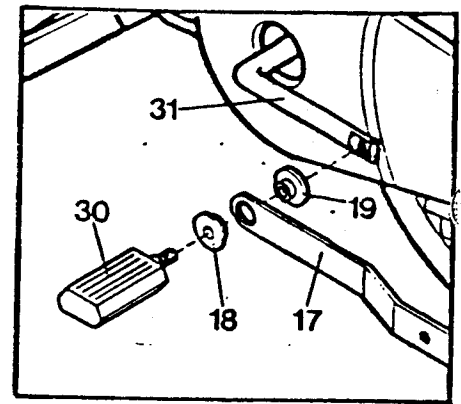
3. Remove the three Nuts (63) from the underside of the Seat (42). Attach the Seat to the bracket on the Seat Post (40) with the three Nuts.



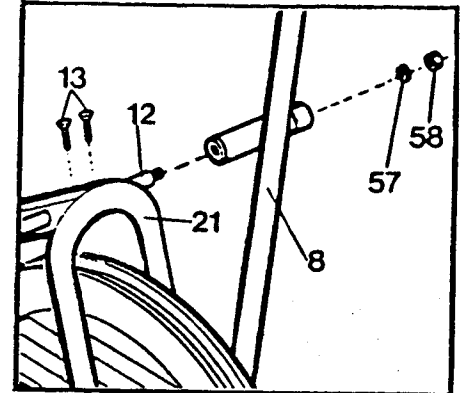
4. Raise the Bellows (41) and insert the Seat Post (40) into the seat tube of the Frame (21). Adjust the Seat to the desired height and slide the Seat Pin (38) through the Frame and the Seat Post. Pull the Bellows down over the top of the seat tube.



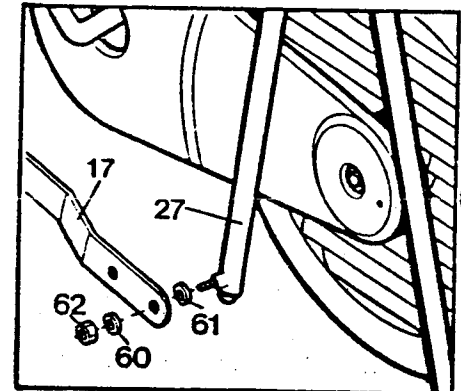
5. Slide a Handlebar Arm (17), a Large Arm Bushing (18) and a Small Arm Bushing (19) onto the shaft of the Right Pedal (30) as shown. (The shafts of the Pedals are marked with an "R" or an "L" for identification.) Tighten the Right Pedal clockwise into the right arm of the Crank (31). Slide the other Handlebar Arm and Arm Bushings onto the Left Pedal and tighten the Pedal counter-clockwise into the left arm of the Crank (not shown).



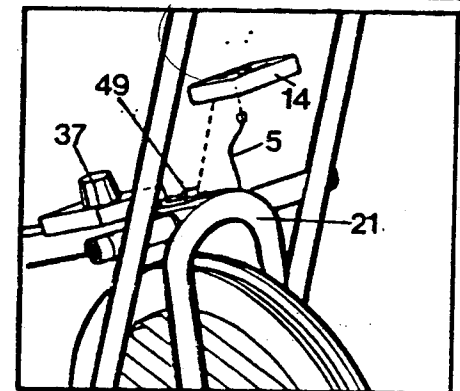
6. Slide the Pivot Shaft (12) into the Frame (21). Secure the Shaft with the two Shaft Screws (13). Slide the Left Handlebar (8) onto the left side of the Pivot Shaft as shown. Attach the Handlebar with a Pivot Washer (57) and Pivot Nut (58). Attach the Right Handlebar to the right side of the Pivot Shaft in the same manner (not shown).



7. Connect the right Handlebar Arm (17) to the lower end of the Right Handlebar (27) with a Brass Bushing (61), an Arm Washer (60) and an Arm Nut (62) as shown. (There are two holes in the end of the Handlebar Arm. Use the back hole if you are taller than average.) Connect the left Handlebar Arm to the Left Handlebar in the same manner (not shown).



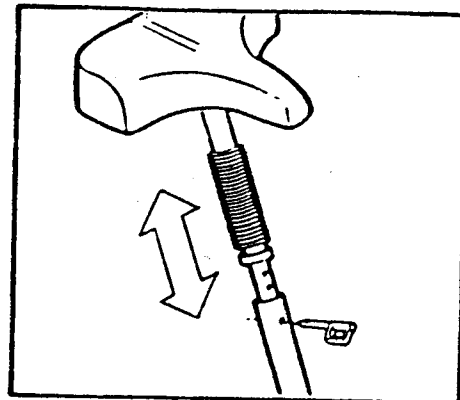
8. Plug the Sensor Wire (5) into the back of the Electronic Monitor (14). Slide the Monitor onto the Monitor Clip (49) located on the Frame (21) above the Resistance Knob (37). Make sure that all parts are tightened securely before using the exercise bike.



ADJUSTMENT AND OPERATION

SEAT ADJUSTMENT

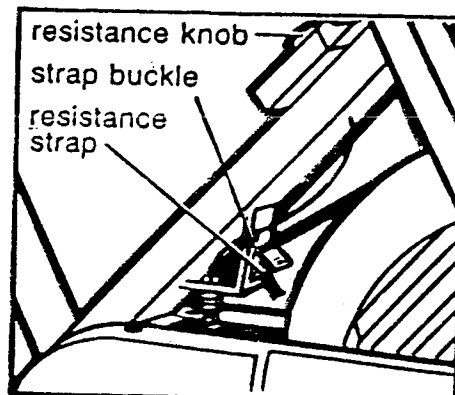
Proper seat height is important for efficient exercise. As you pedal the bike, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat, stand beside the bike, remove the seat pin, raise or lower the seat and replace the pin.



RESISTANCE ADJUSTMENT

To vary the level of exercise difficulty, the resistance against the pedals can be adjusted with the knob located below the electronic monitor. To increase resistance, turn the knob clockwise. To decrease resistance, turn the knob counterclockwise.

If the range of resistance is too high or too low, the range can be adjusted. Turn the resistance knob counterclockwise until it stops. Open the strap buckle mounted on the frame behind the flywheel. To lower the range of resistance, loosen the resistance strap and close the buckle. To raise the range of resistance, tighten the strap and close the buckle.



HANDLEBAR OPERATION

The handlebars are designed to move forward and back as you pedal to strengthen and tone the muscles of the arms, shoulders, chest and back. You can emphasize these muscles by lessening leg pressure and pushing with your arms as you exercise. Or you can emphasize the leg muscles by resting your hands on the handlebars and letting your legs do the work.

ELECTRONIC MONITOR OPERATION

See the OPERATION GUIDE accompanying this manual.

MAINTENANCE AND STORAGE

This exercise bike is designed to be virtually maintenance-free. Make sure that all parts are tightened securely before each use. Apply a few drops of multi-purpose oil to the chain every three months through the opening between the side shields. The bike can be cleaned using a damp cloth and non-abrasive detergent. Do not use solvents.

If the chain becomes loose, undo the axle nuts and pull the flywheel forward. Align the flywheel with the frame and retighten the axle nuts.

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems with monitors are the result of drained batteries.

Store the exercise bike in a cool, dry location, out of direct sunlight. Remove the batteries from the electronic monitor when storing the bike for extended periods of time.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. **However, before beginning this or any exercise program, consult your physician.** Remember that adequate rest and good nutrition are also essential to the success of any fitness program.

EXERCISE INTENSITY

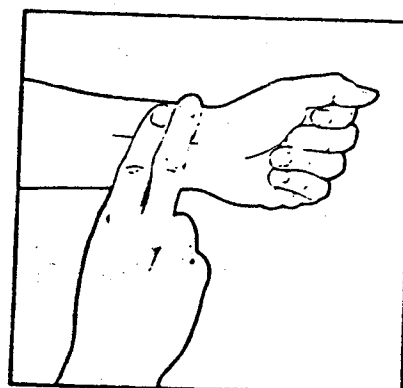
To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone."

You can determine your Training Zone by consulting the table below. Training Zones are given for both conditioned and unconditioned persons. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few weeks of your exercise program you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until you reach the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

To determine whether your heart rate is in your Training Zone, you must first exercise continuously for four minutes. After four minutes, pause briefly and take your pulse. The easiest way to measure your heart rate is to place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. Adding a 0 to the number will give you your heart beats per minute. (A six-second count is used because the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your Training Zone. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to 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 times per week. The key to a successful program is REGULAR EXERCISE.

PART LIST - Model No. AB30

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Key No.	Qty.	Description	Key No.	Qty.	Description
1NLA	1	Flywheel	34NLA	1	Axle Bushing
2NLA	1	Flywheel Plate	35	1	Strap Buckle Screw
3	4	Flywheel Sprocket Bolt	36	1	Resistance Knob Housing
4NLA	2	Bushing	37NLA	1	Resistance Knob/Cable
5NLA	1	Sensor Wire/Driver	38	1	Seat Pin
6NLA	2	Foam Handgrip	39	1	Seat Tube Liner
7NLA	4	Handlebar Cap	40NLA	1	Seat Post
8NLA	1	Left Handlebar	41NLA	1	Seat Post Bellows
9	1	Left Pedal	42	1	Seat
10	2	Small Handlebar Bushing	43NLA	1	Flywheel Sprocket
11	2	Large Handlebar Bushing	44	1	Large Crank Washer
12NLA	1	Pivot Shaft	45NLA	1	Flywheel Axle
13	2	Shaft Screw	46NLA	1	Spring Assembly
14	1	Electronic Monitor	47	1	Hollow Bolt Assembly
15NLA	1	Left Side Shield	48	1	Strap Buckle
16	10	Mounting Screw	49NLA	1	Monitor Clip
17NLA	2	Handlebar Arm	50	2	Clip Screw
18NLA	2	Large Arm Bushing	51	1	Spring Washer
19NLA	2	Small Arm Bushing	52	2	Inner Crank Bushing
20NLA	1	Resistance Strap	53NLA	2	Outer Crank Bushing
21NSP	1	Frame	54	2	Housing Screw
22	2	Stabilizer Washer	55NLA	7	Axle Washer
23	2	Acorn Nut	56NLA	4	Axle Nut
24	4	Stabilizer Endcap	57	2	Pivot Washer
25NLA	1	Front Stabilizer	58	2	Pivot Nut
26	2	Carriage Bolt	59NLA	2	Steel Washer
27NLA	1	Right Handlebar	60	2	Arm Washer
28NLA	1	Chain	61	2	Brass Bushing
29NLA	1	Right Side Shield	62	2	Arm Nut
30NLA	1	Right Pedal	63	3	Seat Nut
31	1	Crank w/Sprocket	64	1	Waved Washer
32NLA	1	Crank Pin	#	1	Tool
33NLA	1	Rear Stabilizer	#	1	Owner's Manual
			#NLA	1	Monitor Operation Guide

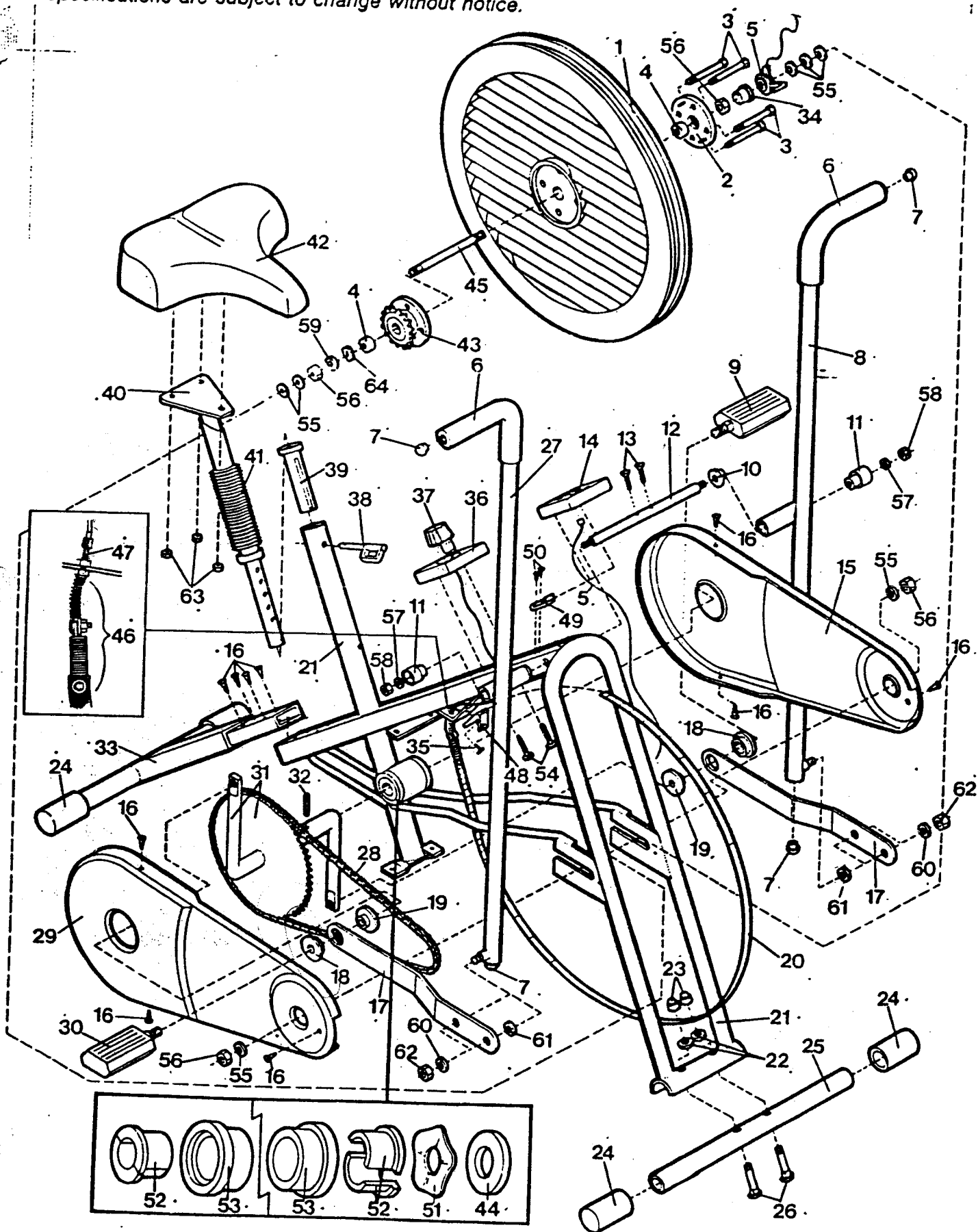
See the back cover of this manual for part reordering instructions.

NLA - no longer available

EXPLODED DRAWING - Model No. AB30

Rev. 7/89

*Specifications are subject to change without notice.



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-99WESLO (999-3756)**, (in Canada at **1-800-824-8949**), during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain time. When ordering parts, please be prepared to give the following information:

1. The name of the product (PURSUIT SYNCHRO).
2. The model number of the product (AB30).
3. The serial number of the product (see page 4).
4. The key number of the part from the Part List in this manual.
5. The description of the part from the Part List in this manual.

If possible, place the exercise bike near your telephone when calling.