

PURSUIT 720

Model No. EB720

ergometer

Assembly

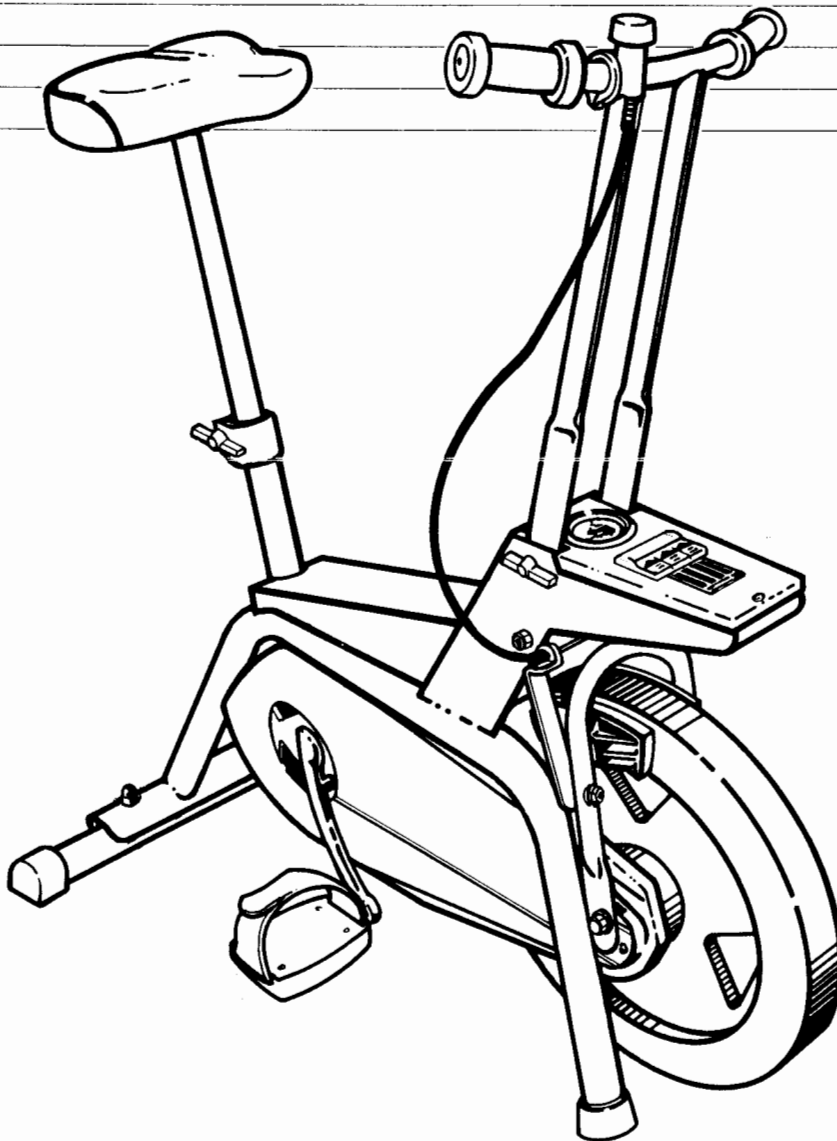
Reordering Information

Operation and Adjustments

Exercise Guidelines

Maintenance and Storage

Warranty



weslo, inc

OWNER'S MANUAL

Part No. 046115 1/89

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.

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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

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 the Weslo exercise bike.

PURSUIT 720

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BEFORE YOU BEGIN

Thank you for purchasing a Weslo Pursuit 720 exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The Pursuit 720 is designed to provide you with this healthful exercise in the convenience and privacy of your own home.

For your benefit and safety, please read this manual carefully before initial use of the exercise bike. If you have additional questions regarding assembly, parts, operation or your 90-day warranty, please call **Customer Service toll-free at 1-800-99WESLO (999-3756), (In Canada 1-800-824-8949)**, during regular business hours: Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

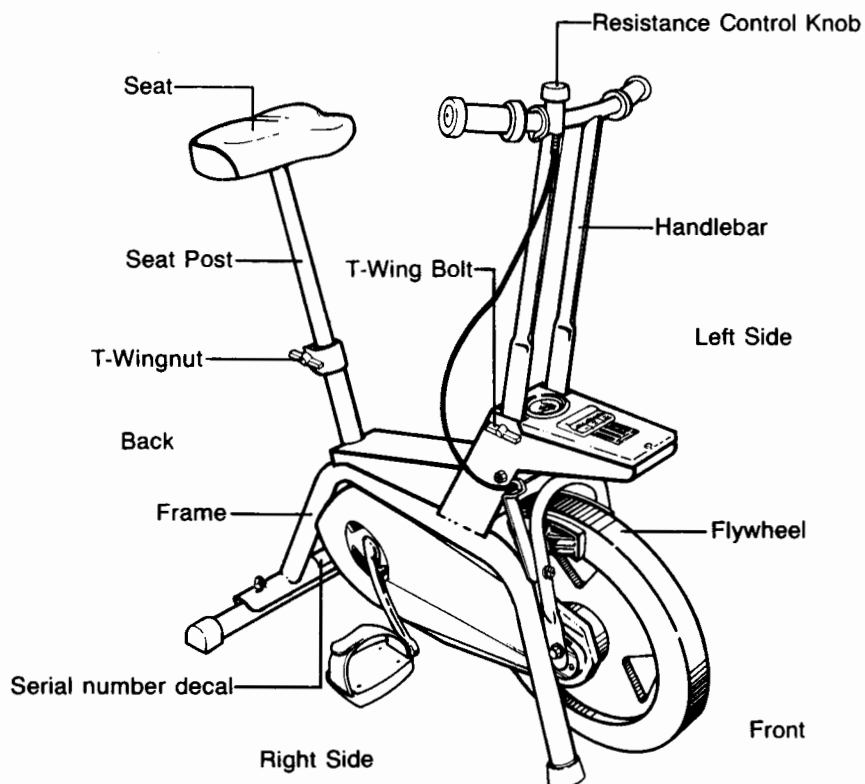
Please state the model number and the serial number of your bike when calling. The model number is EB720. The serial number can be found on the back of the bike frame. Write the serial number in the box below for easy reference.

Serial No.

Please review the Exploded Drawing and the Part List before calling. If possible, place your telephone near the bike for easy reference.

ORIENTATION DIAGRAM

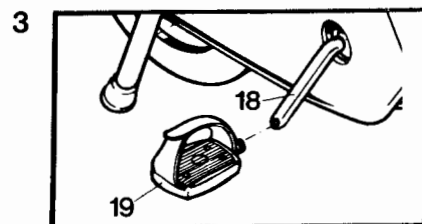
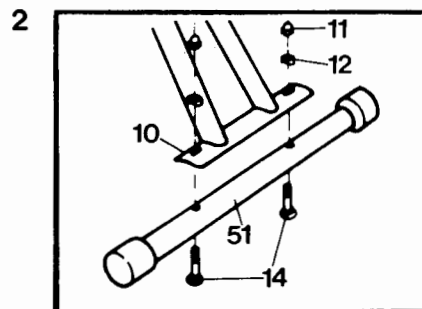
To help you understand the descriptions in this manual clearly, please examine the drawing below and familiarize yourself with the parts identified.



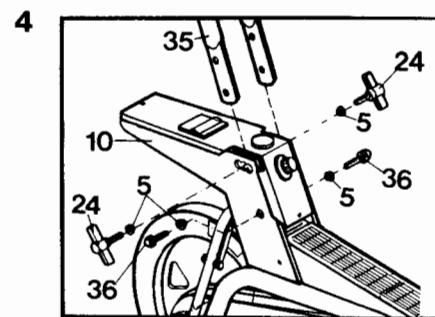
ASSEMBLY

Please read all instructions carefully before beginning assembly. Refer to the Part List and the Exploded Drawing for help in part identification. Assembly can be completed using the tool provided.

1. Place all bike parts in a clear area on the floor and remove the packing materials. Make sure that all parts are included before disposing of the packing materials.
2. Attach the Rear Leg (51) to the Frame (10) with the two Carriage Bolts (14), Molded Washers (12) and Acorn Nuts (11).
3. Thread the Pedal marked "Left" (19) counterclockwise into the left arm of the Crank (18). Thread the Pedal marked "Right" (8) clockwise into the right arm of the Crank. Tighten both pedals firmly.

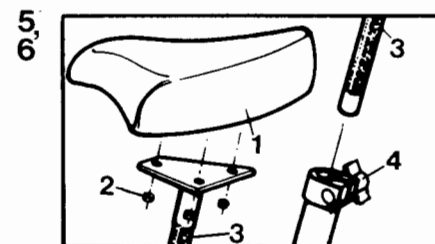


4. Slide the Handlebar (35) into the Frame (10) as shown. Attach the Handlebar to the Frame with two Stepped Washers (5) and Acorn Bolts (36) through the lower holes in the Frame, and two Stepped Washers and T-Wingbolts (24) through the upper holes in the Frame.



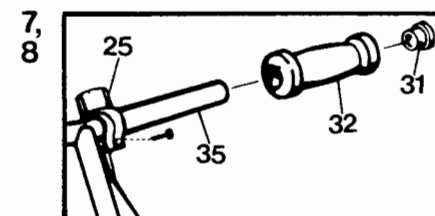
5. Remove the three Nuts (2) from the bottom of the Seat (1). Attach the Seat to the bracket at the top of the Seat Post (3) with the three Nuts.

6. Insert the Seat Post into the seat tube of the Frame and tighten the T-Wingnut (4) firmly. **Caution: the Seat Post must be inserted a minimum of 2 inches.**



7. Remove the small screw from the Resistance Control Knob (25). Clip the Knob onto the Handlebar (35) and replace and tighten the small screw.

8. Moisten the ends of the Handlebar (35) with soapy water and push the Handgrips (32) on. Insert the Handgrip Caps (31) into the ends of the Handlebar.



9. Make sure that all parts are tightened securely before using the exercise bike.

ADJUSTMENT AND OPERATION

SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. When you pedal the bike, there should be a slight bend in your knees when the pedals are at their lowest position. To adjust the seat height:

1. Turn the t-wingnut on the seat clamp counterclockwise until the seat post can be raised or lowered.
2. Adjust the seat to the desired height. **CAUTION: The seat post must be inserted a minimum of 2 inches.**
3. Firmly retighten the t-wingnut.

HANDLEBAR ADJUSTMENT

The angle of the handlebar can be adjusted to any one of three settings. To adjust the angle, loosen the t-wingbolts on the handlebar, move the handlebar forward or backward, and re-tighten the t-wingbolts.

PEDALING RESISTANCE ADJUSTMENT

As you pedal the bike, you can increase or decrease the amount of pedaling resistance using the control knob mounted on the handlebar. To increase the resistance, turn the knob clockwise. To decrease the resistance, turn the knob counterclockwise.

If the range of resistance is too high or low, it can be adjusted with the Brake Adjustment Nut (49) on the Hollow Bolt Assembly (54), located above the Flywheel.

MAINTENANCE AND STORAGE

This exercise bike is designed to be virtually maintenance-free. Make sure that all parts are kept tightened securely. Apply a few drops of light multi-purpose oil to the chain every three months. If the chain becomes loose, undo the nuts on the ends of the flywheel axle, pull the flywheel forward until the chain is tight and retighten the nuts.

Store the bike in a cool, dry place out of direct sunlight. Remove the batteries from the electronic console during extended periods of non-use.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. For more complete and detailed information consult your physician or obtain a book at your library.

EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of 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

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.



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.

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 to 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**.

CALCULATING CALORIES BURNED

1. Pedal at a pace between 40 and 80 rpm.
2. Set the pedaling resistance at a comfortable level with the Resistance Control Knob (25).
3. Once you have reached a steady rate of pedaling, set the Timer (55) and time your workout.
4. Check the Watts/Newton Meter (29) for the number of watts being used at 50 or 60 rpm, or the number of newtonmeters being used at 40, 70 or 80 rpm. You will use these numbers to calculate the total number of calories burned during your workout. (A newtonmeter is the amount of force required to push one kilogram of mass one meter per second.)
5. Try to maintain a steady watt level during your entire workout.
6. After your workout, if you were pedaling at 50 or 60 rpm, use the number in the appropriate watts column. If you were pedaling at 40, 70 or 80 rpm, use the Nm reading from your workout and transfer it to the watt chart, located on the Console Hood (27) above the Newton Meter (29). Line it up with appropriate rpm column and find the watt level at the intersection.
7. Use the watt level and the elapsed time of your workout on the Total Kcal Consumption Chart, (see below), to calculate the number of Kcals used during your workout. (A Kcal is equal to a dietary calorie.)

TOTAL KCAL CONSUMPTION *per minutes shown:*

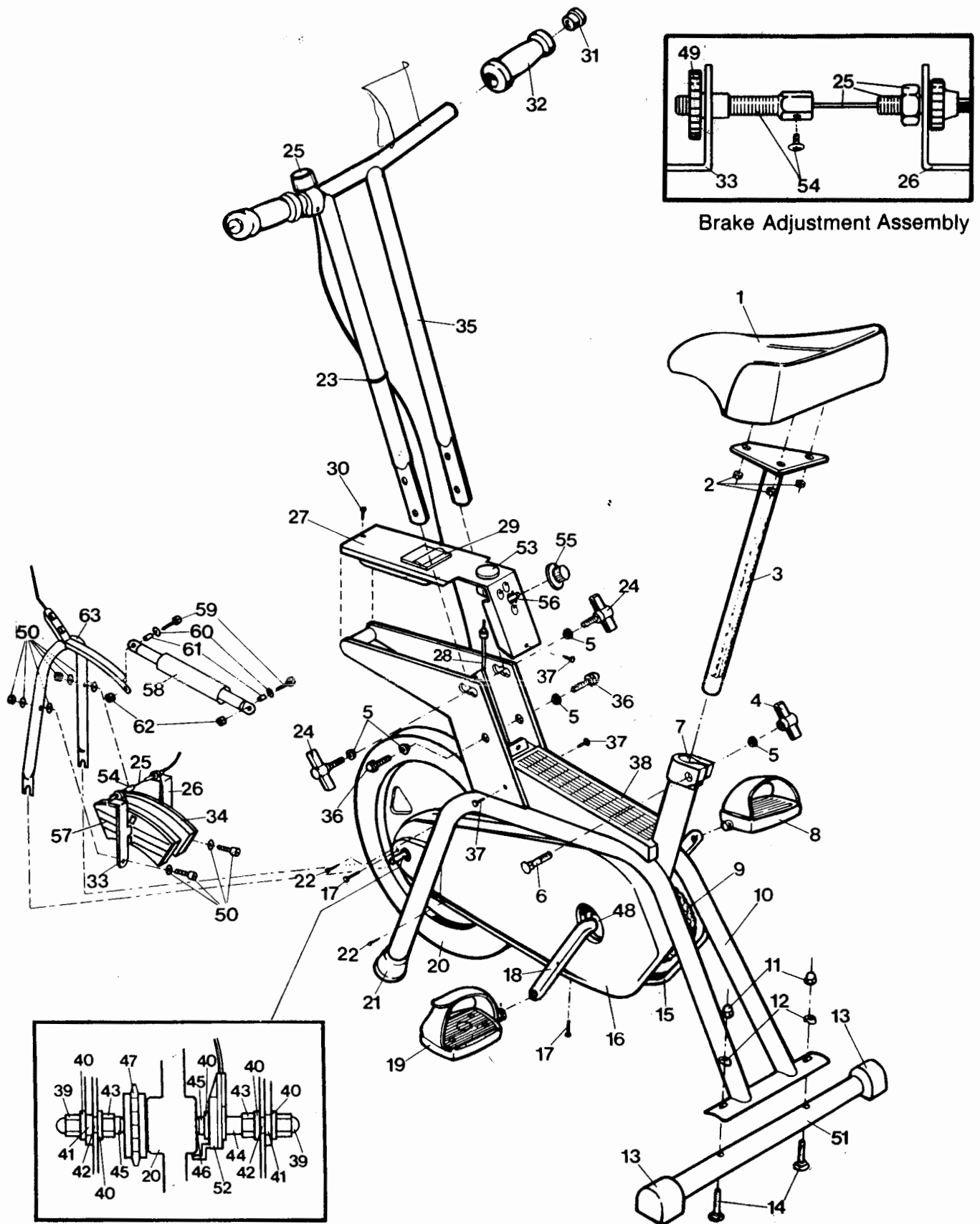
Watts	5 min.	10 min.	20 min.	30 min.	60 min.
50	3.6	7.2	14.3	21.5	43.0
70	5.0	10.0	20.1	30.1	60.2
75	5.4	10.7	21.5	32.2	64.4
100	7.2	14.3	28.7	43.0	86.0
140	10.0	20.1	40.1	60.2	120.4
150	10.7	21.5	43.0	64.5	129.0
175	12.5	25.1	50.2	75.2	150.5
200	14.3	28.7	57.3	86.0	172.0
210	15.0	30.1	60.2	90.3	180.6
225	16.1	32.2	64.5	96.7	193.5
245	17.6	35.1	70.2	105.3	210.7
250	18.0	35.8	71.7	107.5	215.0
275	19.7	39.4	78.8	118.2	236.4
280	20.1	40.1	80.2	120.4	240.7
300	21.5	43.0	86.0	129.0	257.9
315	22.6	45.1	90.3	135.4	270.8
325	23.3	46.6	93.1	139.7	279.4
350	25.1	50.2	100.3	150.5	300.9

PART LIST - Model No. EB720

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat	33	1	Left Control Bar
2	3	Seat Mounting Nut	34	1	Right Brake Pad
3	1	Seat Post	35	1	Handlebar
4	1	T-Wing Nut	36	2	Acorn Bolt
5	5	Step Washer	37	3	Hood Screw
6	1	Clamp Bolt	38	1	Plastic Hood
7	1	Aluminum Clamp	39	2	Axle Acorn Nut
8	1	Right Pedal	40	5	Washer
9	1	Chain	41	2	Thin Spacer
10	1	Frame	42	1	Axle
11	2	Acorn Nut	43	2	Nut
12	2	Molded Washer	44	1	Spacer
13	2	Leg Cap	45	2	Beveled Washer
14	2	Carriage Bolt	46	2	Flywheel Bearing
15	1	Right Chain Guard Set	47	1	Freewheel Sprocket
16	1	Left Chain Guard Set	48	2	Crank Bearings
17	4	Chain Guard Bolt	49	1	Brake Adjustment Nut
18	1	Crank Assembly	50	2	Hardware Set
19	1	Left Pedal	51	1	Rear Leg
20	1	Flywheel	52	1	Speedometer Driver
21	2	Front Leg Cap	53	1	Speedometer
22	4	Small Chain Guard Screw	54	1	Hollow Bolt Set
23	1	Cable Clip	55	1	Timer Knob
24	2	T-Wing Bolt	56	1	Timer
25	1	Resistance Control/Cable	57	1	Left Brake Pad
26	1	Right Control Bar	58	1	Shock
27	1	Console Hood	59	2	Shock Bolt
28	1	Speedometer Cable	60	2	Shock Washer
29	1	Newton Meter	61	2	Shock Spacer
30	1	Console Hood Screw	62	2	Shock Lock Nut
31	2	Handlebar End Cap	63	1	Brake Bracket
32	2	Handgrip	#	1	Owner's Manual
			#	1	Tool

See the back cover of this manual for information on ordering replacement parts.

EXPLODED DRAWING - Model No. EB720



*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 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 PRODUCT (Pursuit 720).
2. The MODEL NUMBER OF THE PRODUCT (EB720).
3. The SERIAL NUMBER OF THE PRODUCT (See page 4 of this manual).
4. The KEY NUMBER OF THE PART from the Part List found in this manual.
5. The DESCRIPTION OF THE PART from the Part List found in this manual.

If possible, place your telephone near the bike for easy reference.