

PURSUIT 720D

dual action ergometer

Assembly

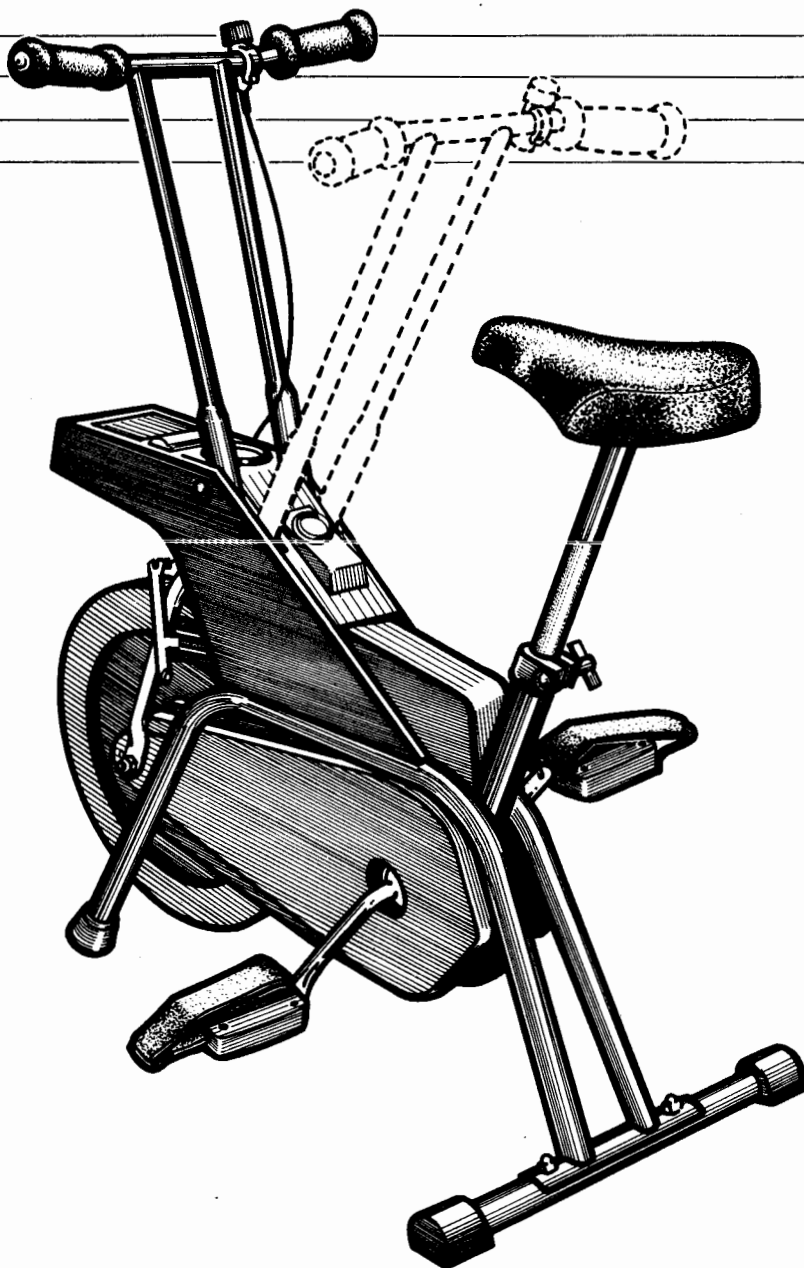
Reordering Information

Operation and Adjustments

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Warranty



veslo, inc

OWNER'S MANUAL

Part No. 046114 12/88

Model No. EB720D

PURSUIT

720D

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BEFORE YOU BEGIN

Thank you for purchasing a Weslo Pursuit 720D Dual-Action Ergometer exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The Pursuit 720D 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 the 90-day warranty, please call our **toll-free Customer Service line at 1-800-999-3756, (in Canada 1-800-824-8949)**, during regular business hours: Monday - Friday, 8 a.m. - 5 p.m. Mountain Standard Time.

In all communications regarding this product, please refer to the model number, found in the box below, and the serial number, found on the back of the bike frame. Write the serial number in the box below for easy reference.

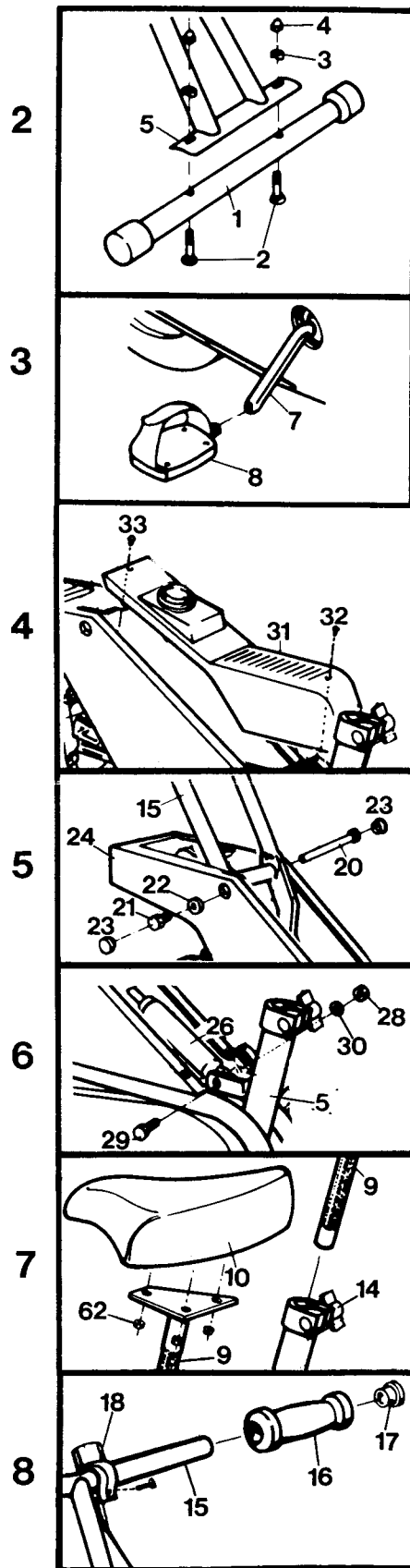
Model No. EB720D Serial No.:

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.**

ASSEMBLY

Please read all instructions carefully before beginning assembly. 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 (1) to the base of the Frame (5) with two Carriage Bolts (2), Molded Washers (3) and Acorn Nuts (4).
3. Thread the Pedal marked "Left" (8) counterclockwise into the left arm of the Crank (7). Thread the Pedal marked "Right" (6) clockwise into the right arm of the Crank. Tighten both pedals firmly.
4. Remove the two Screws (32, 33) from the Shock Hood (31) and lift off the Hood.
5. Position the pivot tube of the Handlebar (15) between the holes in the Meter Hood (24), and insert the Pivot Rod (20). Screw the Bolt (21) and Washer (22) into the end of the Pivot Rod, and snap the Plastic Caps (23) into the Meter Hood.
6. Place the end of the Hydraulic Shock (26) inside of the bracket on the seat tube of the Frame (5) and attach it with the Bolt (29), Washer (30) and Locknut (28). Reattach the Shock Hood with the two Screws.
7. Attach the Seat (10) to the Seat Post (9) with the three Seat Nuts (62). (The nuts must first be removed from the Seat.) Insert the Seat Post into the seat tube of the Frame and tighten the T-Wingnut (14) firmly. **The Seat Post must be inserted at least 2 inches.**
8. Remove the screw from the Resistance Control Knob (18), clip the Knob onto the right side of the Handlebar, then attach the Knob by replacing the screw. Moisten the ends of the Handlebar (15) with soapy water and push the Handgrips (16) on. Insert the Handgrip Caps (17) into the ends of the Handlebar.
9. Make sure that all parts are tightened securely before using the 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 tube counterclockwise to loosen it.
2. Raise or lower the seat as desired. The seat post must be inserted a minimum of 2 inches.
3. Firmly retighten the T-wingnut.

RESISTANCE ADJUSTMENT

The resistance against the pedals can be adjusted with the adjustment knob mounted on the handlebar. Turn the knob clockwise to increase the resistance. Turn the knob counterclockwise to decrease the resistance.

HANDLEBAR OPERATION

The handlebar is designed to be pushed forward and pulled back as you pedal to exercise the muscles of the arms, shoulders, chest and back. A hydraulic shock provides resistance against the handlebar. Moving the handlebar rapidly increases the resistance of the shock. Moving the handlebar slowly decreases the resistance.

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.

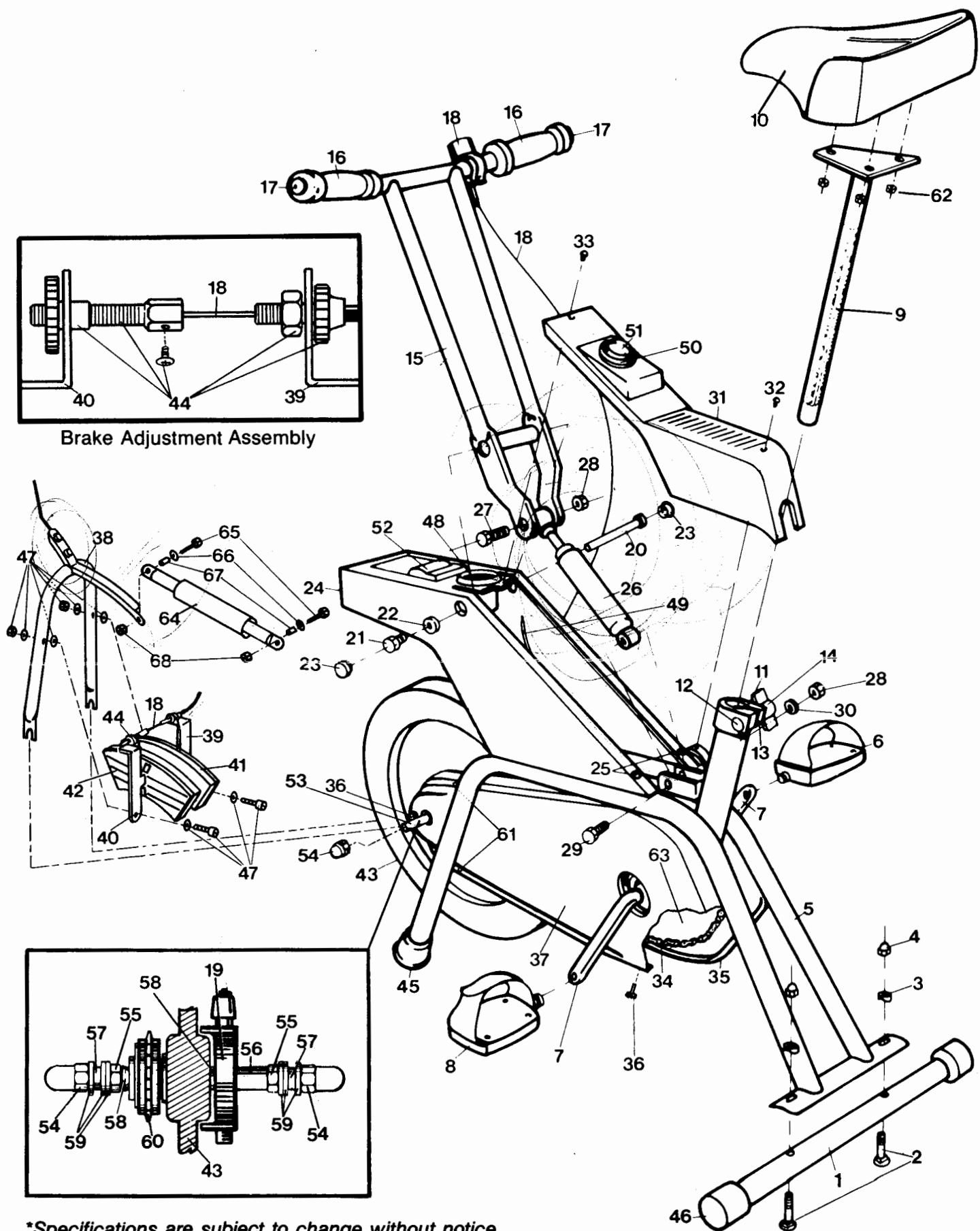
Store the bike in a cool, dry place out of direct sunlight. Remove the batteries from the electronic console during extended periods of non-use.

CONDITIONING GUIDELINES

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.

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.

EXPLODED DRAWING - Model No. EB720D



PART LIST - Model No. EB720D

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Rear Leg	37	1	Chain Guard Set, Left
2	2	Carriage Bolt	38	1	Brake Bracket
3	2	Molded Washer	39	1	Right Control Bar
4	2	Acorn Nut	40	1	Left Control Bar
5	1	Frame	41	1	Right Brake Shoe
6	1	Right Pedal	42	1	Left Brake Shoe
7	1	Crank	43	1	Flywheel
8	1	Left Pedal	44	1	Hollow Bolt Assembly
9	1	Seat Post	45	2	Rubber Endcap, Front
10	1	Seat	46	2	Rubber Endcap, Rear
11	1	Clamp	47	2	Bolt Set
12	1	Carriage Bolt	48	1	Speedometer
13	1	Washer	49	1	Speedometer Cable
14	1	T-Wingnut	50	1	Timer
15	1	Handlebar	51	1	Timer Knob
16	2	Handgrip	52	1	Newton Meter
17	2	Handlebar Endcap	53	1	Axle
18	1	Resistance Control/Cable	54	2	Axle Acorn Nut
19	1	Speedometer Drive	55	2	Thin Nut
20	1	Pivot Rod	56	1	Thick Spacer
21	1	Bolt	57	2	Thin Spacer
22	1	Washer	58	2	Tapered Spacer
23	2	Plastic Cap	59	6	Washer
24	1	Meter Hood	60	1	Small Sprocket
25	2	Meter Hood Screw	61	4	Small Side Cover Screw
26	1	Hydraulic Shock	62	3	Seat Mounting Nut
27	1	Bolt	63	1	Sprocket
28	2	Nut	64	1	Shock
29	1	Bolt	65	2	Shock Bolt
30	1	Washer	66	2	Shock Washer
31	1	Shock Hood	67	2	Shock Spacer
32	1	Long Screw	68	2	Shock Lock Nut
33	1	Short Screw		1	Owner's Manual
34	1	Chain		1	Wrench
35	1	Chain Guard Set, Right		1	Electronics Guide
36	4	Large Chain Guard Screw			

Replacement parts may be ordered by calling customer service toll-free at **1-800-999-3756** (in Canada **1-800-824-8949**) during regular business hours: 8 a.m. - 5 p.m., Mon.-Fri., Mountain Standard Time. When ordering parts please use the product name, model number, serial number, part description and key number.

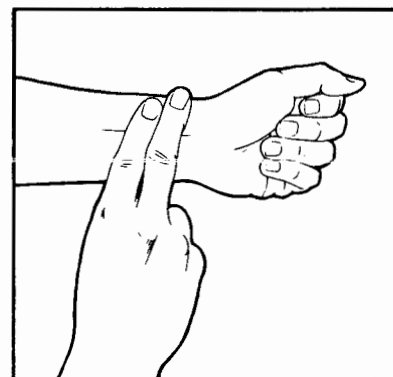
EXERCISE INTENSITY

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.

STRETCHING

The following stretches provide a good warm-up. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly — don't bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

Stretches: Hamstrings, lower back and groin.



INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

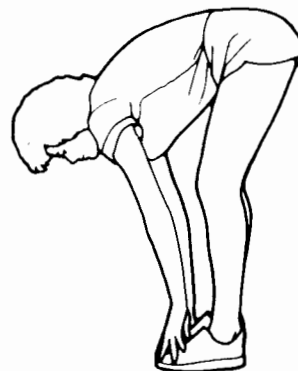
Stretches: Inner thigh muscles.



TOE TOUCHES

With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.

Stretches: Hamstrings, back of knees, back.



QUADRICEPS STRETCH

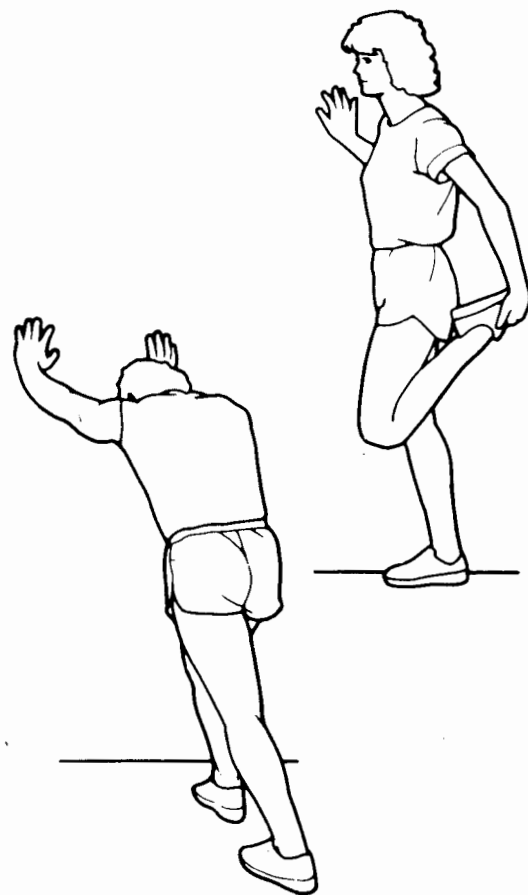
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, hip muscles.

CALF/ACHILLES STRETCH

With one leg in front of the other and arms forward, lean against the wall. Keep your back leg straight and back foot flat on the floor; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts. To cause further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, achilles tendons, and ankles.



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

FULL 90 DAY WARRANTY ON PARTS

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, Weslo will, free of charge, repair or replace any defective part, when this rower is used in a normal manner.

This warranty does not apply when the rower is used for commercial or rental purposes.

In the event that this product needs to be returned for repair, the shipping costs will be assessed to the customer.

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