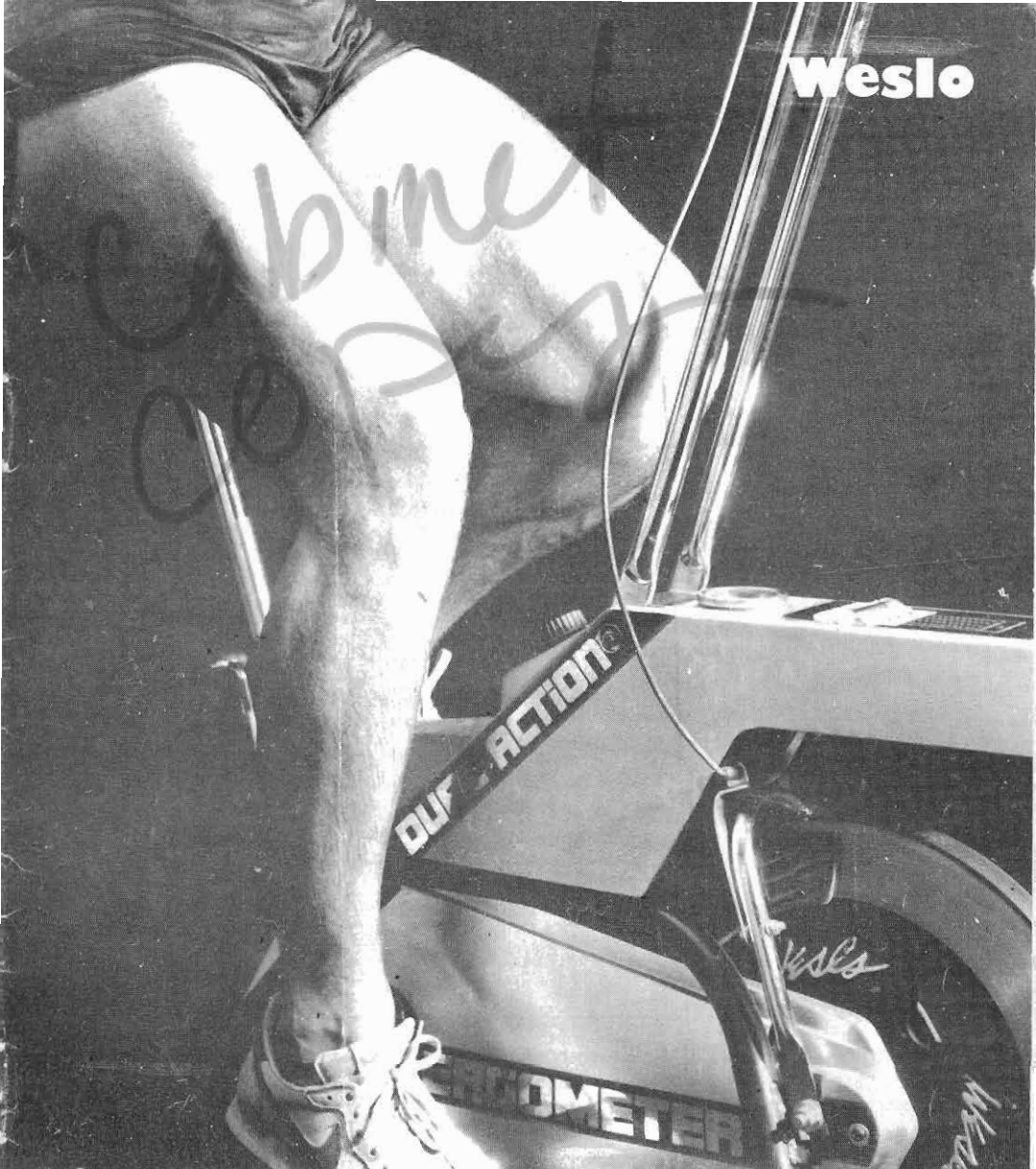




Weslo

Model EB 7720 • Model EB 7721 Dual Action

Horizon **ERGOMETERS**

Instruction Manual and Workout Guide



Weslo

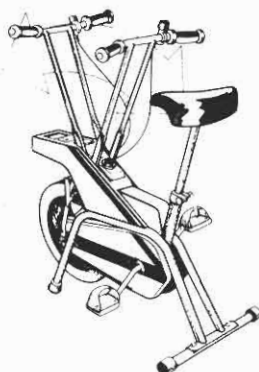
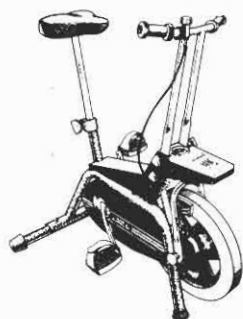
ERGOMETERS

Instruction Manual and Workout Guide

TABLE OF CONTENTS

Introduction	2
Ergometer Adjustment	3
Seat	3
Handlebar	3
Tension	3
Ergometer Conditioning	4
Training Program	4
Stretching	6
Condition Measuring and Monitoring	7
Setting Work Load	8
Calculating Energy Consumption	8
Exclusive Dual Action Information	9
Adjustments	9
Product Innovations	9
Benefits	9
Maintenance and Storage	10

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INTRODUCTION

Congratulations on your purchase of a Weslo Ergometer. Your Ergometer allows you to measure and monitor your fitness level; while you partake in one of the best forms of cardio-vascular muscle toning workouts — cycling.

This manual is designed for use with Weslo Ergometer #7720 and Weslo Dual Action Ergometer #7721. All information regarding the Ergometer is relative to the Dual Action as well, unless otherwise specified. The last portion of this manual deals with information relative only to the Dual Action Ergometer.

WARNING:

Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 years or persons with pre-existing health problems. Read all instructions and safety precautions before using. We assume NO responsibility for personal injury or property damage sustained by or through the use of the Weslo Ergometers.

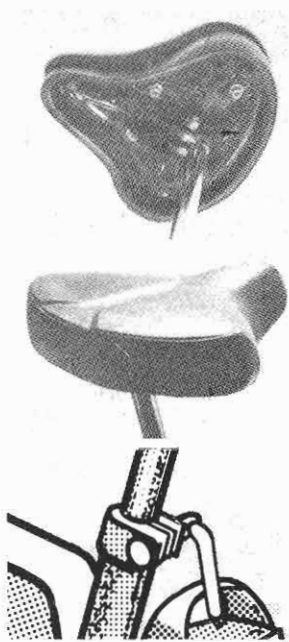
ERGOMETER ADJUSTMENT

Before you actually use your exercycle, it is important that you become familiar with its workings and adjustment procedures.

SEAT ADJUSTMENT

It is important that the seat be adjusted to a correct height for you so as to maximize cycling benefit and minimize chances of injury. To adjust the seat:

1. Angle Adjustment
Adjust the angle of the seat to a comfortable position.
 - A. To adjust the seat angle loosen bolt under the seat (counter clockwise.) Set to desired angle. Retighten.
2. Height Adjustment
Place your heels on the pedals. Position one pedal to its lowest position. Your heel should just reach the pedal without a bend in the knee.
 - A. If there is a bend in the knee the seat is too low.
 - B. If your heel comes off the pedal in its lowest position the seat is too high.
 - C. To raise or lower the seat simply loosen the quick clamp by turning it counter clockwise. Adjust to proper height. Retighten.



HANDLEBAR ADJUSTMENT

1. The Ergometer #7720 comes with adjustable handlebars that you can position and lock in one of three desired distances from the bike seat.
 - A. To adjust handlebars loosen the top pair of locking knobs by turning counter clockwise. Place in one of three settings. Retighten.
2. The Dual Action Ergometer allows for constant movement of the handlebars (Dual Action) thus adjustment is not required.



TENSION ADJUSTMENT

1. When you begin your cycling program you may wish to increase or decrease the amount or resistance in pedaling.
 - A. To adjust the tension simply turn the resistance knob control counter clockwise to decrease tension, clockwise to increase it.



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TRAINING PROGRAM

A. Intensity (Target Heart Rate)

To maximize your benefits from using the Weslo Ergometers, your level of exertion must exceed mild demands while falling short of fatigue or breathlessness. This level of exercise will be achieved if you reached what is referred to a "Target Heart Rate" during your workout.

Your target heart rate falls between 70% and 85% of the highest heart rate that you can achieve during exercise. You can estimate your target heart range by following this simple formula.

$$\frac{220 \text{ (average maximal heart rate for a child)} - \text{YOUR AGE}}{= \text{YOUR MAXIMUM HEART RATE}}$$

Maximum Heart Rate multiplied by .70 = Low end of Target Heart Range.

Maximum Heart Rate multiplied by .85 = High end of Target Heart Range.

Simply subtract your age from 220. Multiply that number by .70 (70%). That will give you the low end of your range in beats-per-minute. To get the high end of your range, subtract your age from 220 and multiply the result by .80 (80%).

For example, if you were 30 years old you would use this formula:

$$\begin{array}{r} 220 \\ - 30 \\ \hline 190 \end{array}$$

$$190 \times .70 = 133 \text{ (Low end of Target Heart Range)}$$

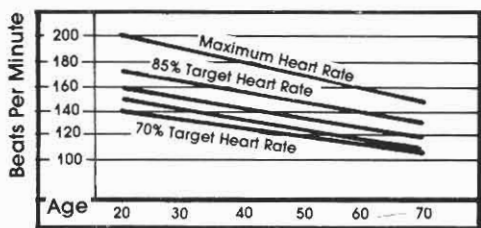
$$190 \times .85 = 161.5 \text{ (High end of Target Heart Range)}$$

Target Heart Range for a 30 year old is 133-162.

This level of exertion usually causes perspiration, and increase in breathing and slight fatigue.

For your first time using the Ergometer you should work towards obtaining a 70% target heart rate. As time goes by you should work on increasing your heart rate, at a pace of about 5% every 4 weeks, until you reach 85%. As your body adapts to the workout, more and more workload will be required to reach your target heart rate. This can be easily accomplished by increasing your speed and or tension. A need for increased workload is a definite indicator of improved physical condition.

Below is a quick reference chart to help estimate your beats/minute target rate.



B. Duration/Frequency.

To maximize benefits gained from the use of the Weslo Ergometers you should exercise at your prescribed heart rate for at least 20 minutes 3 times a week. Alternating a day of rest between workouts is advised.

C. Exercise Pattern. Your exercise pattern should consist of a basic 5 step pattern.

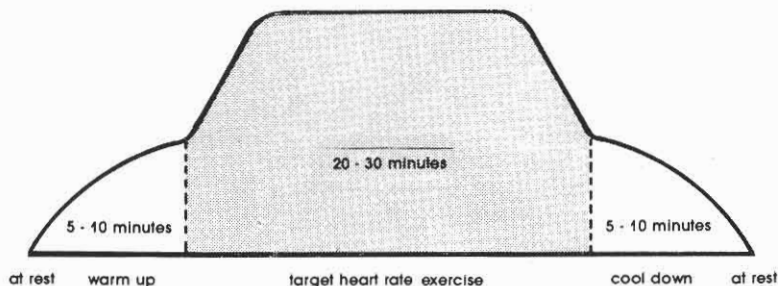
- At rest
- Warm up
- Target Heart Range Exercise
- Cool-Down
- At Rest

1. Warm up and cool down are important steps in the prevention of injuries and should not be taken lightly. Warm up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. Warm up can be achieved through stretching exercises and light calisthenics for a period of 5-10 minutes prior to use of the Ergometer. Then start your Ergometer training with several minutes of light pedaling prior to heart rate training.

2. Target Heart Rate, as discussed earlier in this section, is a fundamental concept in exercise efficiency and benefit. You should pedal on your ergometer at a speed and tension that causes your heart rate to fall within your target heart range. You need to maintain this level for a period of 20-30 minutes to maximize benefits.

3. Cool down is essential to preventing injuries. Stopping abruptly after vigorous exercise is likely to cause blood pooling in the extremities, a condition that causes the heart to work harder and increases the potential for muscle soreness. Again, cool down can be achieved through stretching or simply pedaling at a slower pace.

Below is a quick reference chart of a basic exercise program.



STRETCHING

Before beginning use of the Ergometer, a stretching routine is recommended. The following stretching routine provides a good warm-up.

All stretches should be performed slowly. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly--don't bounce.

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.



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.



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.



Quadriceps Stretch

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

Stretches: Quadriceps, Hip muscles.





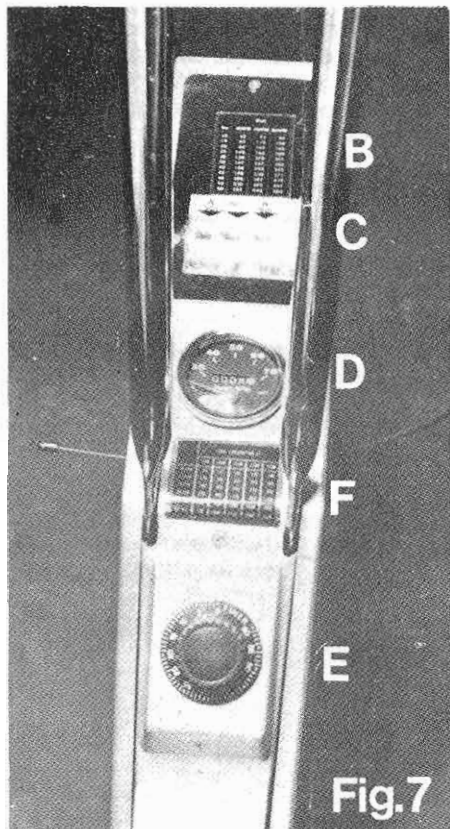
Calf/Achilles Stretch

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

Stretches: Calves, Achilles tendons, and Ankles.

CONDITION MEASUREMENT AND MONITORING

Your Ergometer functions to measure your physical condition improving it, and monitoring variations in your health. To understand how this is done, first become familiar with the measuring instruments and guides on your Ergometer.



- A. adjustment of pedaling resistance with hand-operated brake adjuster
- B. table showing the effort in watts (W) at pedaling speeds 40, 70 and 80 rpm when the crank torque in newtonmeters (Nm) is known
- C. ribbon gauge shows the crank torque in Nm (newtonmeters) and the effort in watts at speeds 50 to 60 rpm. Intensity range of 25 W to 450 W
- D. pedaling speedometer (rpm) and revolution counter (the white digit changes after 100 revolutions)
- E. a timer (0-60 minutes with audible signal)
- F. table for determining the quantity of total energy consumption in kilojoules (kJ), when knowing the pedaling intensity (watts, W), and time spent on pedaling (minutes)

1. Setting work load. One great advantage of an ergometer is that work load may be adjusted to be safe and effective for each person. As noted in the Training Program section fundamental to an effective exercise program is working to achieve and maintain an intensity high enough to bring you to a target heart rate. To find that level of intensity with your Ergometer simply follow the following steps.

- A. Pedal to a pace of 50 or 60 rpms (check odometer See Figure 7)
- B. Adjust tension knob to a comfortable pressure level.
- C. After pedaling for a period of approximately 4 minutes, take your pulse while continuing to pedal.
- D. If you have not reached your target heart rate. (See Training Program Section A Intensity) further adjustment of the tension knob is required to increase pressure level — intensity.
- E. Remain pedaling for another 2 minutes and again check pulse.
- F. Repeat steps D-E until target heart rate is achieved.

Once you have achieved your target heart rate. Take note from the ribbon gauge (See Figure 7) as to the crank torque in newton meters (NM). That is where you should set your work load (tension adjustment to achieve your target heart rate while pedaling at 50 to 60 rpms.)

2. Calculating Energy Consumption (Calories Burned). Once you have set your work load and know the cranks torque in NM. You can simply by referring to the instrument panel estimate your exercise intensity level in watts and ultimately know the amount of total energy consumption in kilojoules (kJ). To calculate total energy consumption simply follow these steps:

- A. Through setting your work load (Previous Section) you have determined the cranks torque in (NM). Refer to that number to calculate your exercise intensity in watts (W)
- B. To calculate watts (W) simply refer to either the ribbon gauge (Figure 7C) or watt table (Figure 7B) and note the effort in watts corresponding to your previously determined NM level and your rate of rpms (Figure 7B)
- C. Now that you have calculated effort in watts (W) simply take that number and check the energy consumption table (Figure 7E). Refer to the horizontal column corresponding to the amount of time spent exercising at the prescribed level, and you can determine how much energy you have consumed in kilojoules (kJ).

NOTE: Over time, as your physical condition improves you will need to reevaluate your prescribed target heart rate as well as resetting your work load. (approximately every four weeks)

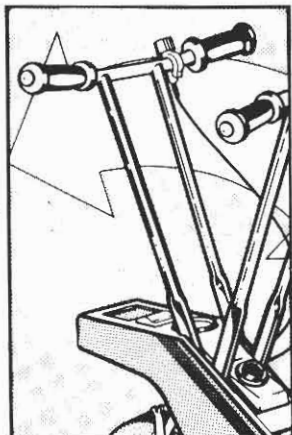
EXCLUSIVE DUAL ACTION INFORMATION

ADJUSTMENT

The Dual Action Ergometer is adjusted in similar fashion as the Ergometer in all respects except (as previously mentioned in the Ergometer Adjustment Section) the Dual Action handlebars need no adjustment as they rather than lock, move back and forth (See Illustration)

PRODUCT INNOVATION

This back and forth movement of the Dual Action handlebars is the mainstay behind production of this revolutionary product. The handle bars are connected to a hydraulic shock which adds a variable resistance to the handlebar's movements. The harder and faster you move the handlebars the more resistance you are given.



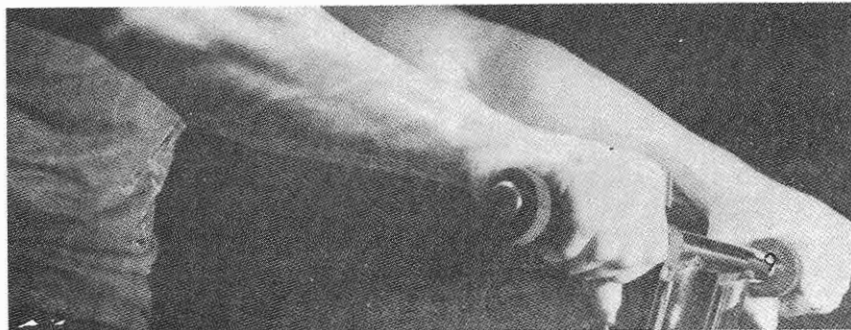
BENEFITS

***The result:** The pumping motion of the arms will add to the intensity of the workout. This will cause your cardio-vascular system to get that much more out of the Dual Action exercise.

***Note:** Keep the increased workload from pumping arms in mind when setting your workload. As high of tension in pedaling will not be required to reach the same intensity.

*Follow the same format for setting the work load for the Dual Action Ergometer as prescribed for the Ergometer. The only difference being while taking pulse, you may wish to continue handlebar movement with one arm.

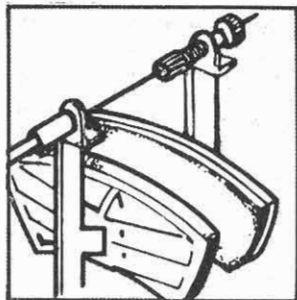
Not only will your cardio-vascular workout be enhanced through the Dual Action feature, the hydraulic shock resistance provides an excellent upper body workout. The pumping action of the arms will add muscle tone and strength to the arms, shoulders, chest, and back. Considering the fact that your leg muscles are being worked as well, the Dual Action Ergometer actually provides a complete body workout.



MAINTENANCE AND STORAGE

Weslo Ergometers are precision exercise machines with accurate gauges for the measurement of pedaling effort and crank torque. To extend their life span and keep them accurate and in good condition, a little adjustment and maintenance should be carried out from time to time. Your Ergometer should be stored in a cool dry place.

1. Brake Adjust Cable. If brake cannot be adjusted to maximum loading the wire should be tightened. Tighten the brake cable by turning the screw clockwise.



2. Brake Shoes. Under normal wear the brake shoes will last for hundreds of hours. Periodical cleaning of the friction surface is recommended. If replacement is required contact customer service at 1-800-824-3109.

3. Flywheel Braking Surfaces. Dirt on the surface may cause vibration in the ribbon gauge. Surfaces should be cleaned by turning the flywheel with the crank and pressing fine sand paper against the surface.

4. Chain. Lubricate with a few drops of oil twice a year.

5. Seat Clamp. Lubricate with grease once a year.

6. Calibration. Being that the Ergometers are precision exercise machines with accurate gauges, calibration of those gauges is required from time to time. This can be done by most bike shops.

For any questions on Ergometer maintenance call our toll free customer service 1-800-824-3109.

Workout Record

[illegible]

801/750/5000

Weslo, Inc.

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