

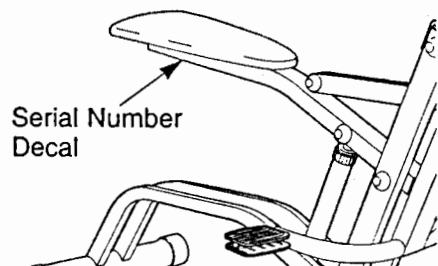
WESLO®

CARDIO SHAPER

TOTAL BODY WORKOUT • MUSCLE TONER

Model No. QVCR34060

Serial No. _____



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

PATENT PENDING

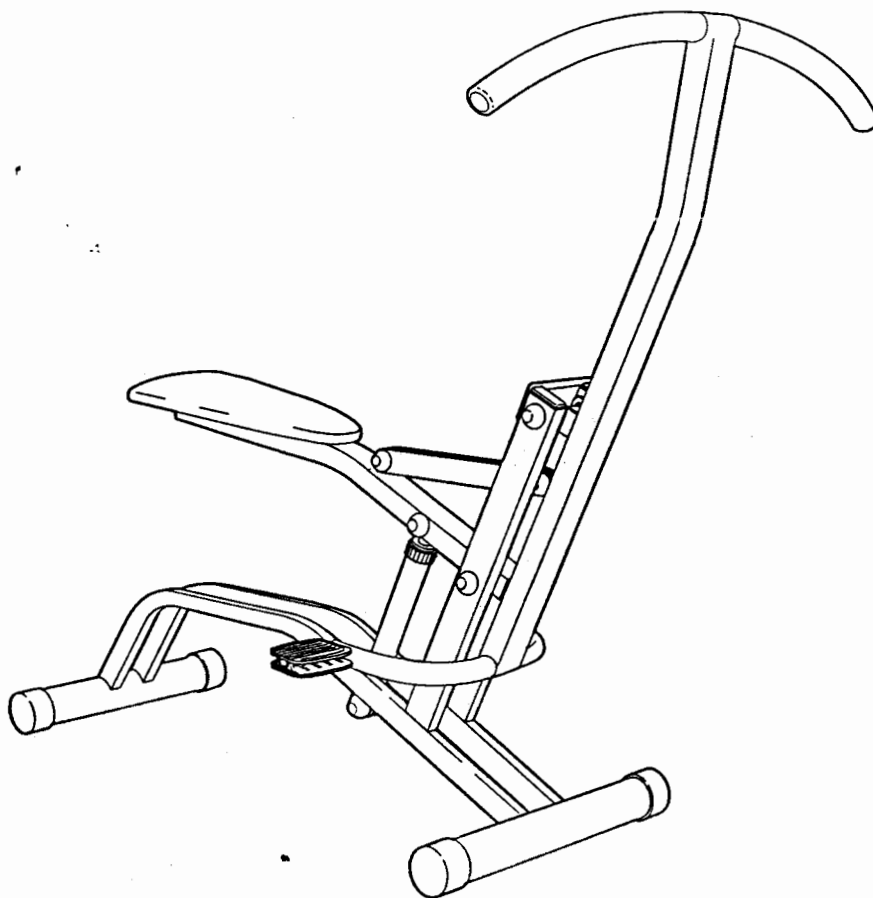


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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following Important precautions before using the CARDIO SHAPER.

1. It is the responsibility of the owner to ensure that all users of the CARDIO SHAPER are adequately informed of all precautions.
2. Use the CARDIO SHAPER only as described in this manual.
3. Use the CARDIO SHAPER only on a level surface.
4. Keep small children and pets away from the CARDIO SHAPER at all times.
5. The CARDIO SHAPER is designed to be used by only one person at a time.
6. The CARDIO SHAPER should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the CARDIO SHAPER. Always wear athletic shoes for foot protection.
8. The resistance cylinder becomes very hot during use; allow the resistance cylinder to cool before touching it. Note: Due to the nature of resistance cylinders, it is recommended that the floor under the CARDIO SHAPER be covered in case of slight oil leakage.

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

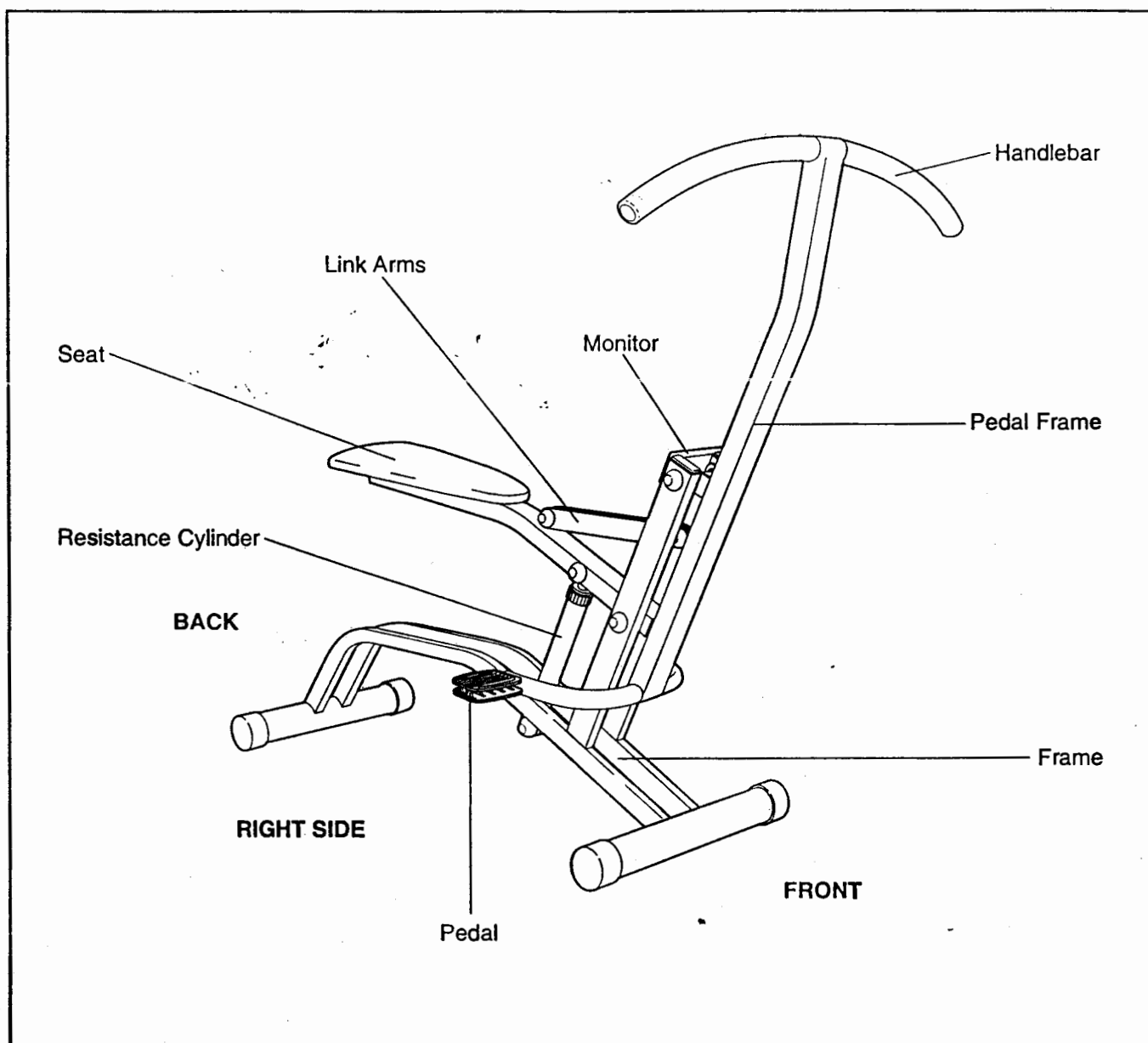
BEFORE YOU BEGIN

Thank you for selecting the WESLO® CARDIO SHAPER. The CARDIO SHAPER offers a unique form of low-impact exercise that uses both the upper body and lower body for increased cardiovascular benefits and greater toning results. For a more complete workout, the CARDIO SHAPER features an adjustable resistance cylinder that allows you to tailor the intensity of your exercise to your individual fitness level.

For your benefit, read this manual carefully before using the CARDIO SHAPER. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday

through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number when calling. The model number is QVCR34060. The serial number can be found on a decal attached to the CARDIO SHAPER (see the front cover of this manual for the location of the decal).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is complete.
- During assembly, read each assembly step before you begin and make sure that all parts are oriented as shown in the drawings.

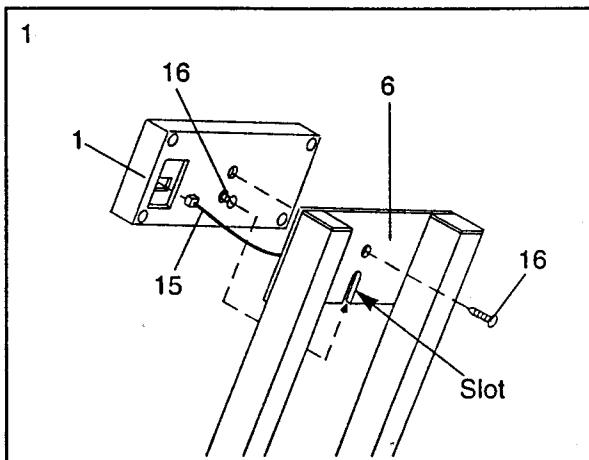
- Tighten all parts as you assemble them, unless instructed to do otherwise.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- one phillips screwdriver 
- one rubber mallet 

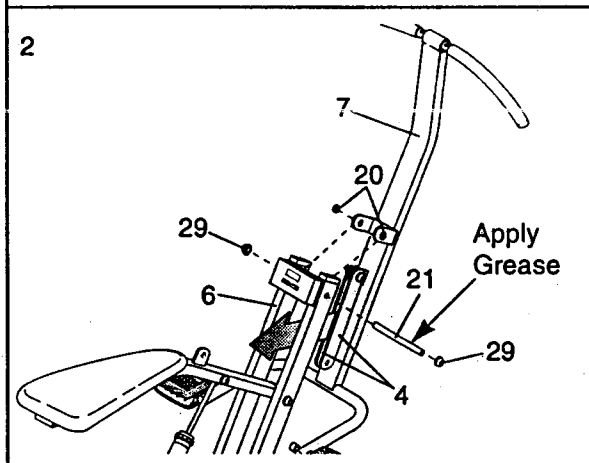
1. Plug the Sensor Wire (15) into the back of the Monitor (1).

Thread a #6 x 3/8" Screw (16) into the lower hole in the back of the Monitor (1). **There must be a 1/8" gap between the head of the Screw and the Monitor.** Slide the head of the Screw up into the indicated slot in the Frame (6). **Make sure that the Sensor Wire (15) is not pinched between the Monitor and the Frame.** Attach the Monitor to the Frame with another #6 x 3/8" Screw (16) as shown.

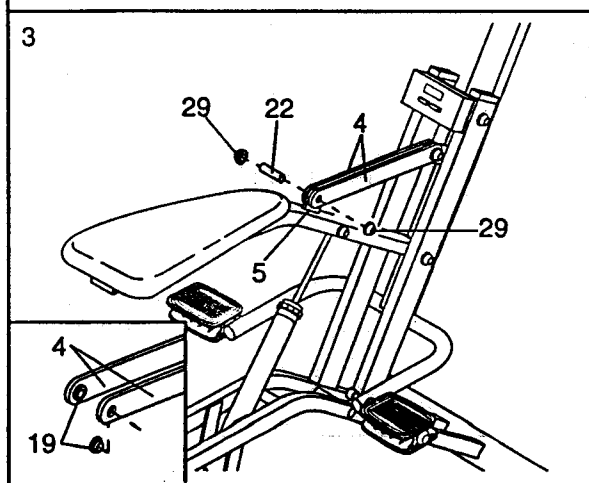


2. **IMPORTANT:** Before attaching the 1/2" Dome Caps (29), be sure that all parts are oriented as shown. The Dome Caps can be used only once; if they are removed, new Dome Caps will need to be ordered.

Apply grease to the 6" Pivot Axle (21). Make sure that there are two 1/2" Pivot Bushings (20) in the indicated bracket on the Pedal Frame (7). Hold the Pedal Frame so the bracket is between the holes near the upper end of the Frame (6). Insert the ends of the Link Arms (4) through the Frame. Insert the 6" Pivot Axle (21) through the Pedal Frame and the Frame. Tap a 1/2" Dome Cap (29) onto each end of the Pivot Axle.

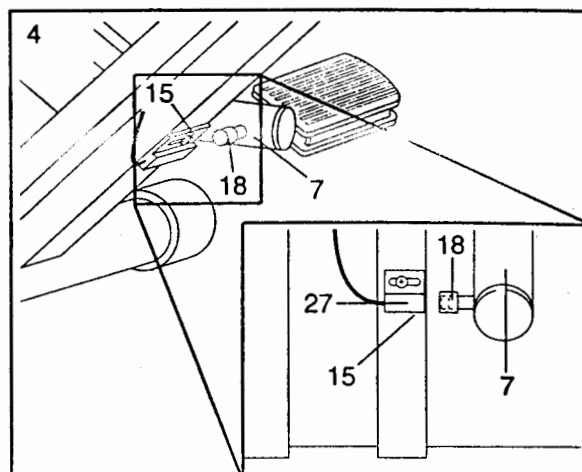


3. Make sure that there is a 1/2" Link Arm Bushing (19) in the end of each Link Arm (4) (see the inset drawing). Align the ends of the Link Arms with the indicated bracket on the Seat Tube (5). Insert the 1 3/4" Axle (22) through the Link Arms and the bracket. Tap a 1/2" Dome Cap (29) onto each end of the Axle.



4. Before using the CARDIO SHAPER, check the Magnet (18) and the Reed Switch (15). Pivot the Pedal Frame (7) until the Magnet is aligned with the Reed Switch. See the inset drawing. Loosen the #8 x 3/4" Screw (27). Slide the Reed Switch slightly closer to the Magnet. Tighten the #8 x 3/4" Screw. Exercise on the CARDIO SHAPER for a moment. Repeat until the monitor displays correct feedback. **Make sure that the Magnet does not hit the Reed Switch.**

Make sure that all parts of the CARDIO SHAPER are properly tightened.

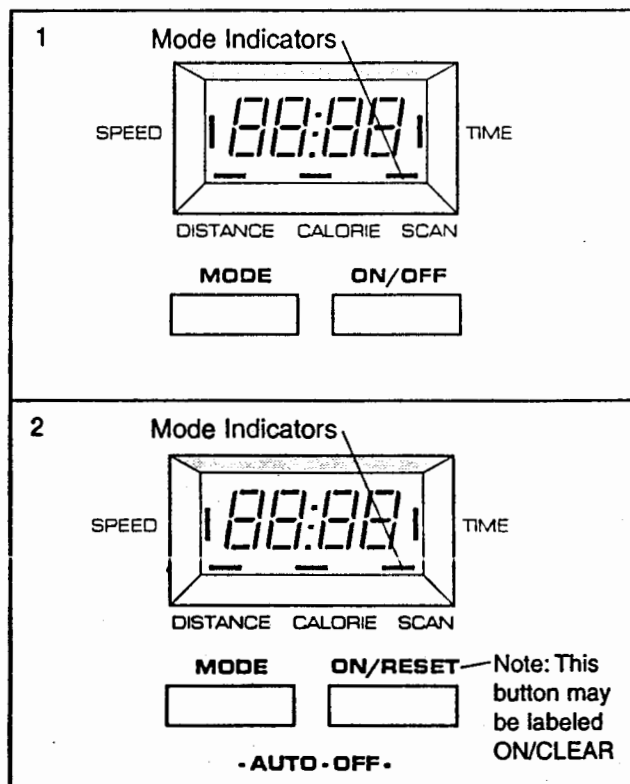


ADJUSTMENT AND OPERATION

Place the **CARDIO SHAPER** on a level surface. Keep the electronic monitor out of direct sunlight, or the display may be damaged. It is recommended that the floor underneath the **CARDIO SHAPER** be covered in case of slight oil leakage.

DESCRIPTION OF THE MONITOR MODES

The **CARDIO SHAPER** features one of the two monitors shown below. Both monitors have exactly the same modes. The modes are described below:



Speed—Displays your speed, in repetitions per minute.

Time—Displays the length of time you have exercised.
Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.

Distance—Displays the total number of repetitions you have completed, up to 999 or 9,999. The display will then reset to zero and continue counting.

Calories—Displays the approximate number of Calories you have burned. Note: If the resistance is on the highest or lowest setting, the actual number of Calories you have burned will be slightly higher or lower than the number displayed.

Scan—Displays the speed, time, distance and calories modes, for about 5 seconds each, in a repeating cycle.

HOW TO OPERATE THE MONITOR

Note: If there is a thin sheet of clear film on the front of the monitor, remove it before operating the monitor.

1. To turn on the power, press the on/off button or the on/reset button, or simply begin exercising. The entire display will appear for two seconds. The monitor will then be ready for operation.
2. Select one of the five modes:

Scan mode—When the power is turned on, the scan mode will be selected automatically. One mode indicator will show that the scan mode has been selected, and a second mode indicator will show which mode is currently displayed. The scan mode can also be selected by pressing the mode button.

Speed, time, distance or calories mode—These modes can be selected by repeatedly pressing the mode button. The mode indicators will show which mode has been selected. (Make sure that the scan mode is not selected.) The modes will be selected in the following order: speed, time, distance, calories.

3. To reset the display, press the on/off button twice if you have monitor 1, or the on/reset button if you have monitor 2.
4. To turn off the power, press the on/off button if you have monitor 1, or simply wait for four minutes if you have monitor 2. **Both monitors have auto-off features. If the pedals are not moved and the monitor buttons are not pressed for about four minutes, the power will turn off automatically.**

EXERCISING ON THE CARDIO SHAPER

Sit on the seat, place your feet on the pedals and hold the handlebar. To add variety to your exercise, you can place your hands close together or far apart, or hold the handlebar with an overhand or underhand grip.

To begin exercising, pull the handlebar towards your waist while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. Move through the full range of motion, maintain a steady pace, and keep your back straight.

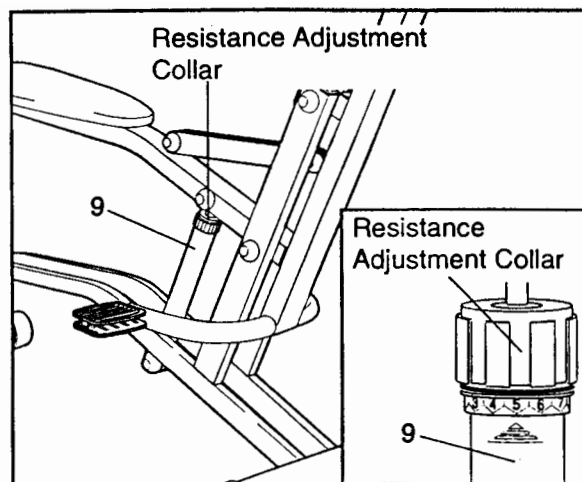
ABDOMINAL EXERCISE

To exercise your abdominal muscles, keep your arms straight and bend back at the waist as you exercise. Remember to keep your back straight.

RESISTANCE ADJUSTMENT

To vary the intensity of your exercise, the resistance of the CARDIO SHAPER can be changed. There are 9 resistance levels: level 1 is the easiest, and level 9 is the most difficult. To change the resistance, turn the resistance adjustment collar on the Resistance Cylinder (9). The arrow on the Resistance Cylinder will show which resistance level you have selected.

CAUTION: The Resistance Cylinder becomes very hot during use. Allow the Resistance Cylinder to cool before touching it.



MAINTENANCE AND TROUBLE-SHOOTING

MONITOR CARE

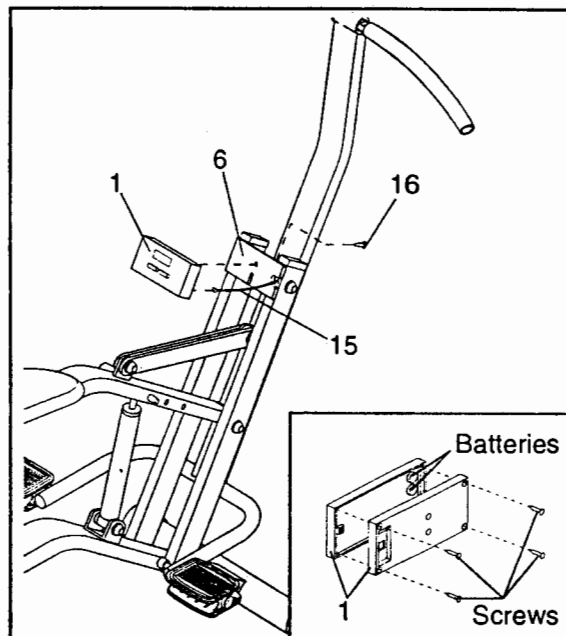
Tighten all parts of the CARDIO SHAPER regularly. The CARDIO SHAPER can be cleaned with a soft, damp cloth. Do not allow liquid to come in contact with the monitor. Keep the monitor out of direct sunlight or the LCD display may be damaged.

REPLACING THE BATTERIES

If the display of the Monitor (1) becomes dim, if it does not show speed accurately, or if the power will not turn on or off, the two L1154 watch batteries should be replaced.

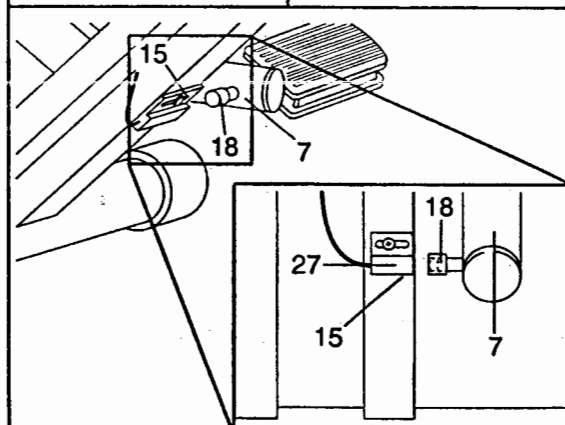
Remove the upper #6 x 3/8" Screw (16) from the Frame (6) and the Monitor (1). Slide the Monitor downward until it is free of the Frame. Unplug the Sensor Wire (15) from the Monitor. See the inset drawing. Remove the four screws from the back of the Monitor. Remove the back cover. Push the two old batteries out of the battery clips. **Make sure to remember which way each battery is turned.** Insert two new batteries.

Reattach the back cover of the Monitor (1). Plug the Sensor Wire (15) into the back of the Monitor. Insert any excess wire into the Frame (6). Reattach the Monitor to the Frame with the #6 x 3/8" Screw (16). (See assembly step 1.)



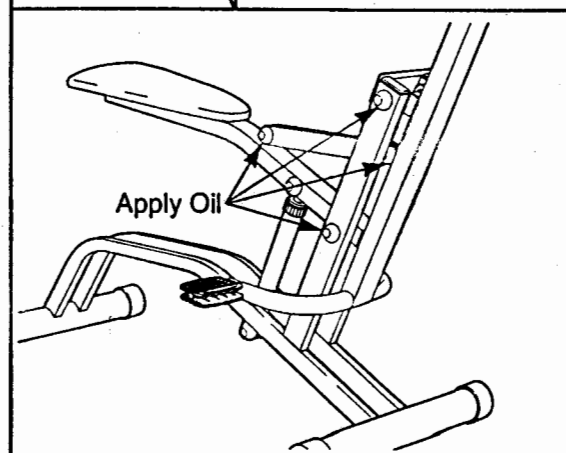
ADJUSTING THE MAGNET AND REED SWITCH

If the monitor displays incorrect feedback, the Magnet (18) and Reed Switch (15) should be checked. Pivot the Pedal Frame (7) until the Magnet is aligned with the Reed Switch. See the inset drawing. Loosen the #8 x 3/4" Screw (27). Slide the Reed Switch slightly closer to the Magnet. Tighten the #8 x 3/4" Screw. Exercise on the CARDIO SHAPER for a moment. Repeat until the monitor displays correct feedback. **Make sure that the Magnet does not hit the Reed Switch.**



LUBRICATING THE CARDIO SHAPER

The CARDIO SHAPER should be oiled every six months in the locations shown at the right. Apply a few drops of light multi-purpose oil between each of the indicated dome caps and the frame. Be sure to apply oil to each side of the CARDIO SHAPER.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

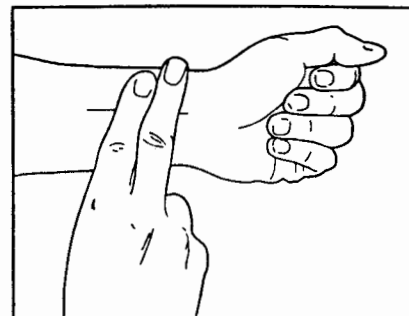
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.

To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the



result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

WORKOUT GUIDELINES

A well-rounded workout should include the following three phases:

A warm-up phase, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate and circulation in preparation for strenuous exercise. Stretching also guards against muscle, tendon and ligament sprains.

A cardiovascular phase, including 20-30 minutes of exercising with your heart rate in your training zone.

A cool-down phase, consisting of 5-10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is often most effective during this phase. This phase should leave you relaxed and comfortably tired.

After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. QVCR34060

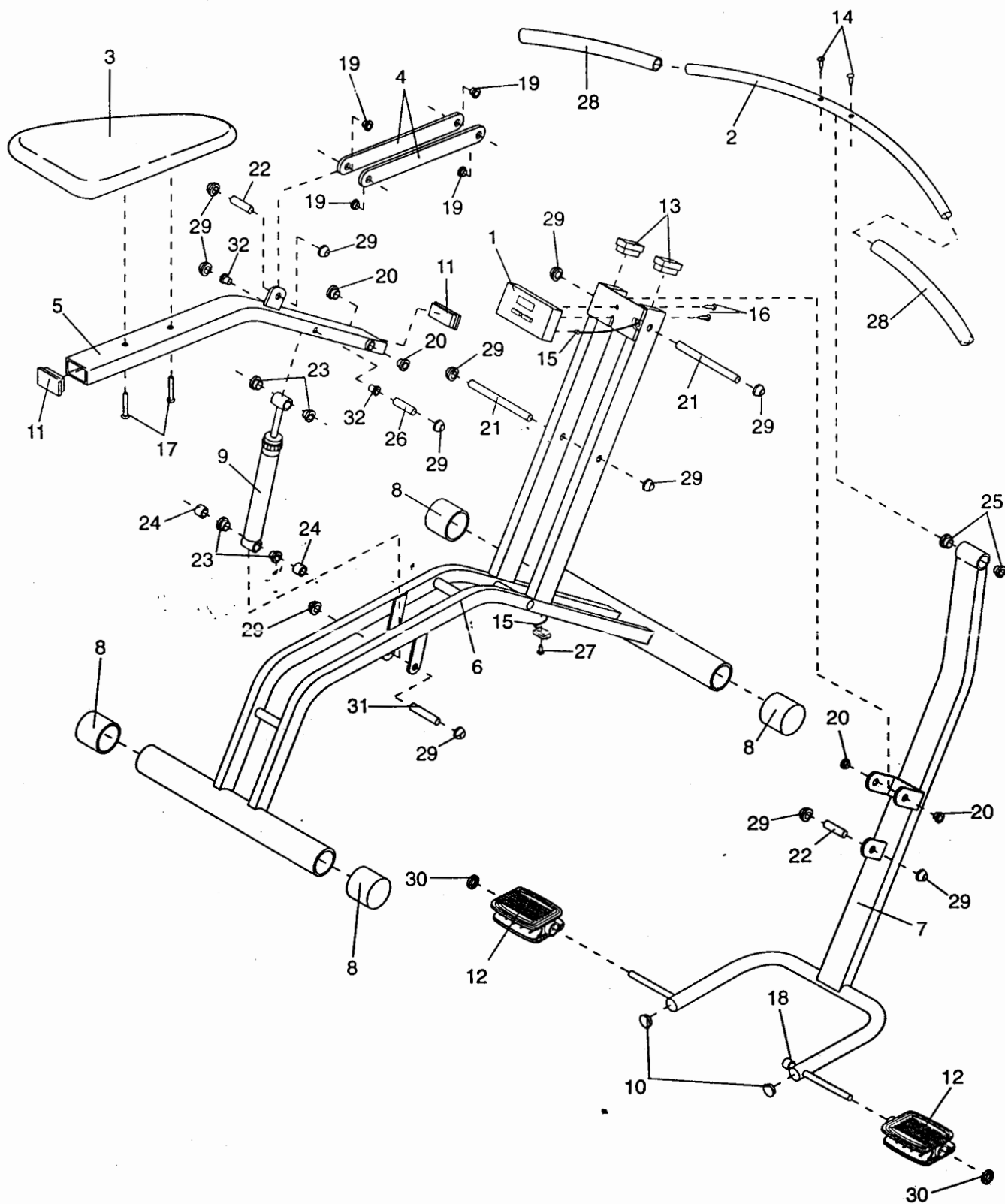
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Monitor	18	1	Magnet/Retainer
2	1	Handlebar	19	4	1/2" Link Arm Bushing
3	1	Seat	20	4	1/2" Pivot Bushing
4	2	Link Arm	21	2	6" Pivot Axle
5	1	Seat Tube	22	2	1 3/4" Axle
6	1	Frame	23	2	1/2" Cylinder Bushing Set
7	1	Pedal Frame	24	2	3/4" Spacer
8	4	Large Round Endcap	25	2	1" Bushing
9	1	Resistance Cylinder	26	1	1/2" x 3" Axle
10	2	1 1/4" Endcap	27	1	#8 x 3/4" Screw
11	2	1 1/2" x 2" Endcap	28	2	Handlebar Foam Grip
12	2	Pedal	29	12	1/2" Dome Cap
13	2	1" x 2" Endcap	30	2	1/2" Push Nut
14	2	#8 x 1/2" Screw	31	1	1/2" x 3 3/4" Axle
15	1	Reed Switch/Sensor Wire	32	2	Plastic Spacer
16	2	#6 x 3/8" Screw	#	1	User's Manual
17	2	1/4" x 2" Screw			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. QVCR34060

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ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (QVCR34060).
2. The NAME of the product (WESLO® CARDIO SHAPER).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see page 10 of this manual).

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), 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. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON 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 ICON. 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 an ICON authorized service center, for products used for commercial or rental purposes, or for products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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 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.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813