

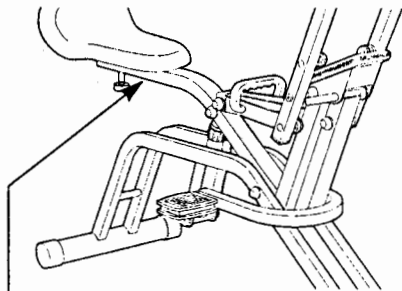
WESLO®

CARDIOTRAINER *plus*

PUSH & PULL EXERCISES • LOW IMPACT

Model No. QVCR97058

Serial No. _____



Serial Number Decal

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.

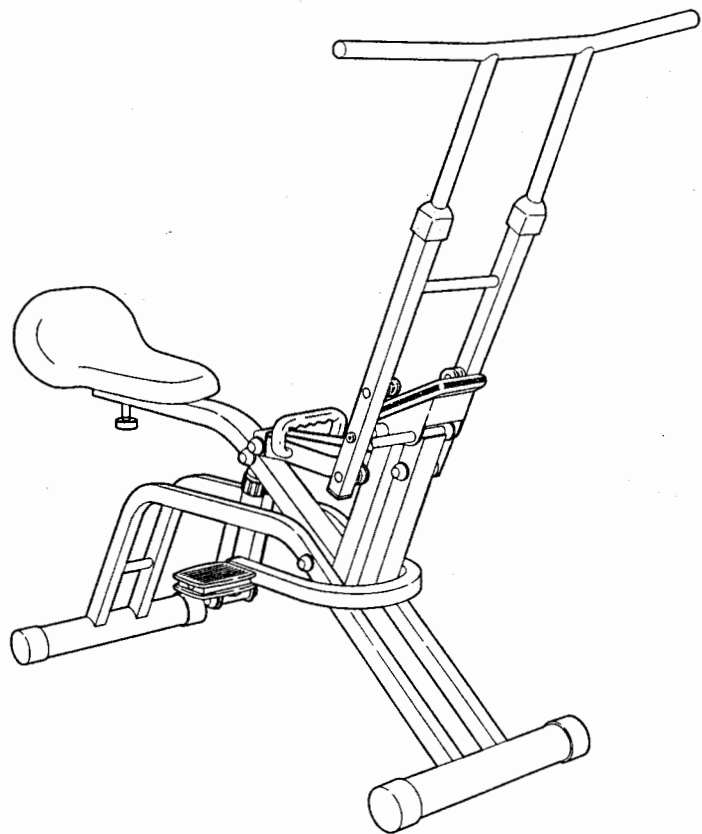
CUSTOMER HOT LINE:

1-800-999-3756

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

CAUTION

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



PUSH MODE



PULL MODE

PATENT PENDING

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	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
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 includes the following three phases:

A warm-up phase, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches. This will increase the body temperature, heart rate, and circulation in preparation for strenuous exercise.

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

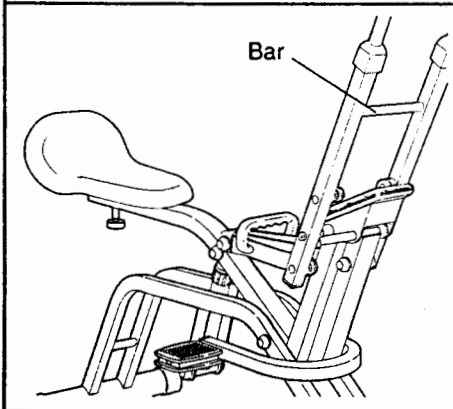
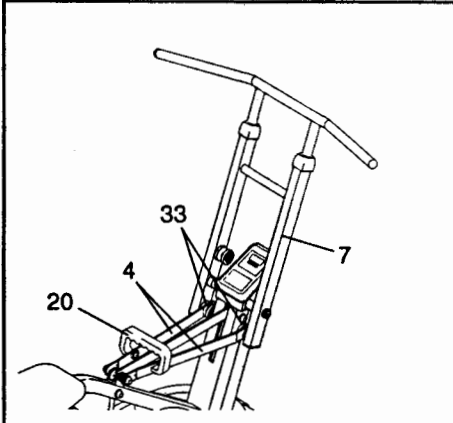
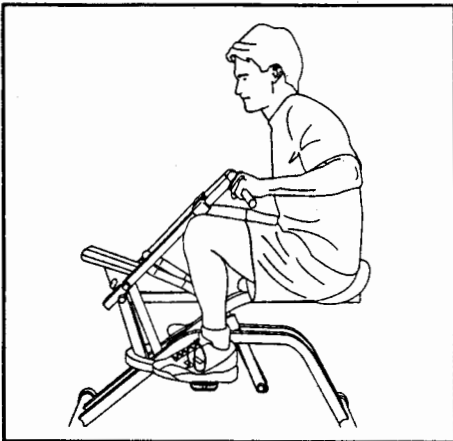
A cool-down phase, consisting of 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is often most effective during this phase. This phase should leave you relaxed and comfortably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

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Find the best time of day for your workouts, and then stick with it.

Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST

Key No.	Qty.	Description
1	1	Monitor
2	1	Handlebar
3	1	Seat
4	1	Link Arm
5	1	Seat Frame
6	1	Frame
7	1	Handlebar
8	4	Round End
9	1	Resistance
10	4	1 1/4" x 1 1/4"
11	1	1 1/2" x 2"
12	2	Pedal
13	2	Domed End
14	1	Bumper
15	1	Reed Switch
16	*6	#8 x 1/2" S
17	1	1/2" x 5/8"
18	1	#8 x 3/4" S
19	1	Center Link
20	1	Handle
21	1	1/2" x 9 7/8"
22	2	1/2" x 3 1/4"
23	2	1/2" Cylinder
24	2	.925" ABS
25	6	1/2" Bushing
26	1	Foam Pad
27	1	Magnet/Reed
28	1	1/2" x 6" Axle
29	*11	1/2" Dome
30	*6	1/2" Push Nut
31	1	1/2" x 4" Axle
32	1	Pedal Frame
33	4	Roller
34	1	Spring
35	1	Seat Adjuster
36	5	Slide Bushing
37	4	1/4" Nut
38	1	Seat Knob
39	1	1/2" x 6 1/2"
40	2	3/4" x 1 1/4"
41	2	5/16" Washer
42	2	1/4" Screw
43	2	Bushing
44	1	1/2" x 3 3/4"
45	2	Spring Spacers
46	2	5/8" Plastic
47	2	1/2" Link Arm
48	2	Clip
49	2	#12 x 1/2" Washer
50	2	Handlebar
51	1	Rubber Washer
#	1	User's Manual
#	1	Pedal Tool



ELECTRONIC MONITOR

The simple-to-operate electronic monitor features five different modes to provide you with instant exercise feedback. The five 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." The display will then reset to "0" and continue counting.

Calories—Displays the approximate number of Calories you have burned. Note: If the resistance is near 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 approximately 5 seconds each, in a repeating cycle.

OPERATING THE ELECTRONIC MONITOR

1. To turn on the power, press the on/reset button or simply begin exercising on the CARDIO TRAINER PLUS. (Note: On some monitors, the on/reset button may be labeled on/clear.) The entire display will appear for two seconds. The monitor will then be ready for operation. You can reset the console by pressing the on/reset button.

2. Select one of the five modes:

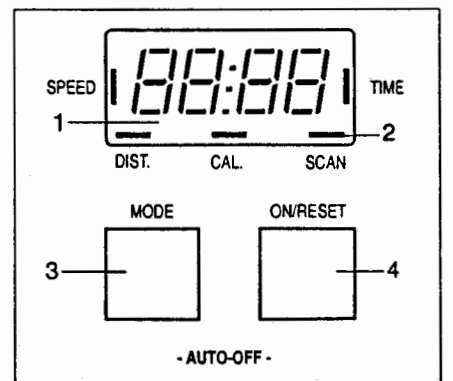
Scan mode—When the power is turned on, the scan mode will be selected automatically. The scan mode can also be selected by repeatedly pressing the mode button. One mode indicator will show that the scan mode has been selected, and a second mode indicator will show which mode is currently displayed.

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 turn off the power, simply wait about four minutes. The monitor has an "auto-off" feature; if the pedals are not moved and the monitor buttons are not pressed for four minutes, the

ELECTRONIC MONITOR DIAGRAM

1. LCD display—Displays all modes.
2. Mode indicators—Show which mode has been selected.
3. Mode button—Selects all modes except the scan mode.
4. On/reset button—Turns the power on and resets the monitor. Note: On some monitors, this button may be labeled on/clear.



MAINTENANCE AND TROUBLE-SHOOTING

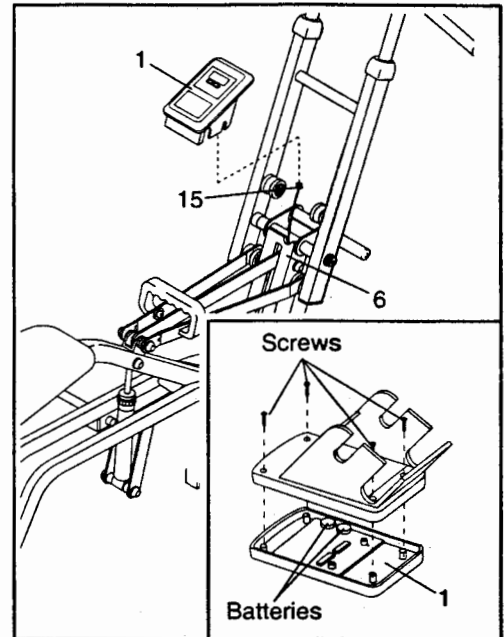
Inspect and tighten all parts of the **CARDIO TRAINER PLUS** regularly. The **CARDIO TRAINER PLUS** can be cleaned with a soft, damp cloth. Keep liquid away from the monitor. Keep the monitor out of direct sunlight or the display may be damaged. When storing the **CARDIO TRAINER PLUS**, remove the batteries from the monitor.

The **CARDIO TRAINER PLUS** features a precision resistance cylinder; due to the nature of resistance cylinders, it is recommended that the floor under the **CARDIO TRAINER PLUS** be covered in case of slight oil leakage. A small amount of oil leakage is normal during use.

HOW TO REPLACE THE BATTERIES

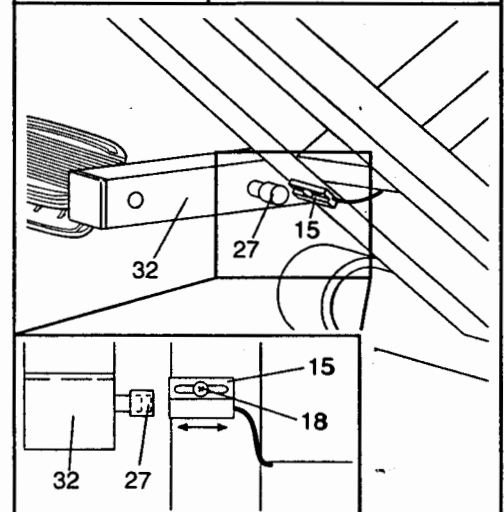
If the display of the Monitor (1) becomes dim, the **two L1154 watch batteries** should be replaced. Lift the Monitor off the Frame (6). Disconnect the Sensor Wire (15) from the Monitor. Remove the four screws from the back cover of the Monitor and remove the back cover (see the inset drawing). Push the two old batteries out of the battery clips, noting which way each battery is turned. Insert two new batteries.

Reattach the back cover of the Monitor (1). Connect the Sensor Wire (15) to the Monitor. Insert all excess wire into the Frame (6). Press the Monitor onto the Frame.



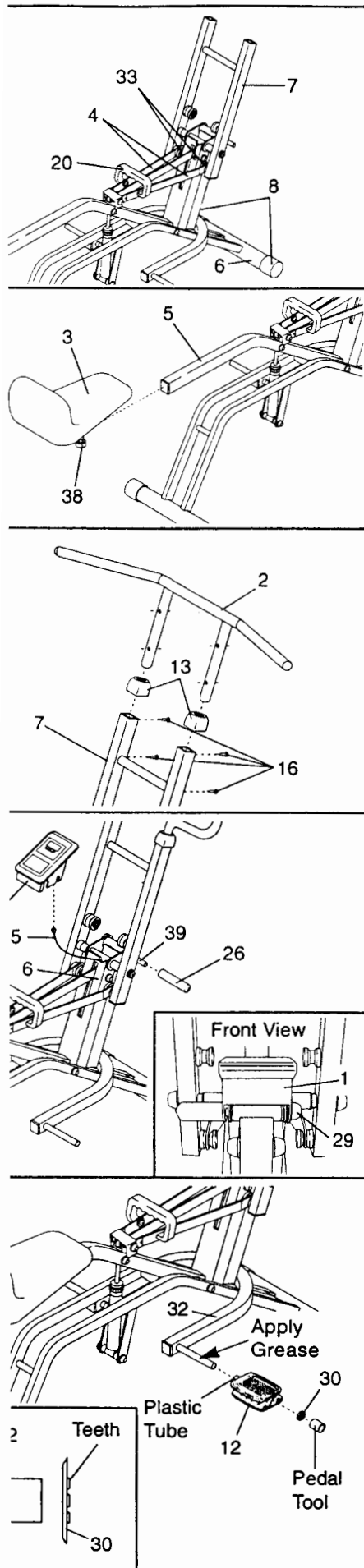
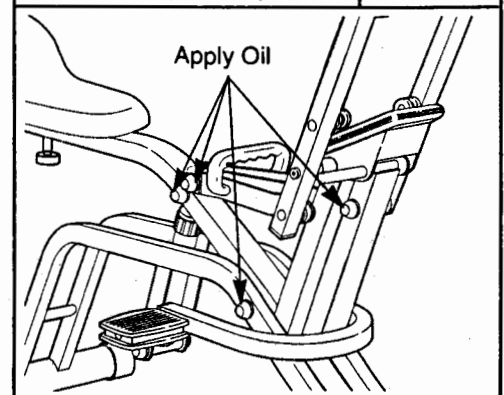
HOW TO ADJUST THE MAGNET AND REED SWITCH

If the monitor displays incorrect feedback, the Magnet (27) and the Reed Switch (15) should be checked. Pivot the Pedal Frame (32) until the Magnet is aligned with the Reed Switch. See the inset drawing. Slightly loosen the #8 x 3/4" Screw (18) in the Reed Switch. Slide the Reed Switch slightly closer to the Magnet. Tighten the #8 x 3/4" Screw. Exercise on the **CARDIO TRAINER PLUS** for a moment. Repeat until the monitor displays correct feedback. **Make sure that the Magnet does not hit the Reed Switch.**



HOW TO LUBRICATE THE **CARDIO TRAINER PLUS**

Every three months, a small amount of light multi-purpose oil should be applied to the **CARDIO TRAINER PLUS**. Apply a few drops of oil between the dome caps and the frame in the locations shown at the right. Make sure to apply oil to both sides of the **CARDIO TRAINER PLUS**.



IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following Important precautions before using the WESLO® CAR-DIO TRAINER PLUS.

1. It is the responsibility of the owner to ensure that all users of the CAR-DIO TRAINER PLUS are adequately informed of all precautions.
2. Use the CARDIO TRAINER PLUS only on a level surface.
3. The CARDIO TRAINER PLUS features a precision resistance cylinder; due to the nature of resistance cylinders the floor underneath should be covered in case of slight oil leakage.
4. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the CARDIO TRAINER PLUS. Always wear athletic shoes for foot protection.
5. Keep small children and pets away from the CARDIO TRAINER PLUS at all times.
6. The CARDIO TRAINER PLUS should not be used by persons weighing more than 250 pounds.
7. Before exercising, make sure that the link arms are securely connected to the upper or lower rollers on the handlebar frame.

8. After adjusting the position of the seat, push on the seat to make sure that the seat knob is engaged in one of the holes in the underside of the seat frame. Do not use the CARDIO TRAINER PLUS unless the seat is securely locked in position.
9. Do not use the CARDIO TRAINER PLUS when the resistance cylinder is below room temperature or damage may occur.
10. The resistance cylinder becomes very hot during use. Allow the resistance cylinder to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.
11. Always keep your back straight when using the CARDIO TRAINER PLUS. Do not arch your back.
12. Inspect and tighten all parts regularly. Replace any worn parts immediately.
13. Use the CARDIO TRAINER PLUS only as described in this manual.

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.

1. Raise the Handlebar Frame (7) to the position shown. Hold the Handle (20) and hook the Link Arms (4) onto the lower Rollers (33) on the Handlebar Frame.

Press two Round Endcaps (8) onto the stabilizer at the front of the Frame (6). Press two Round Endcaps onto the stabilizer at the rear of the Frame (not shown).

2. Turn the Seat Knob (38) to loosen it. Pull down the Seat Knob and slide the Seat (3) onto the Seat Frame (5). Slide the Seat to the desired position and release the Seat Knob. Retighten the Seat Knob. Push on the Seat to make sure that the Seat Knob is engaged in one of the holes in the underside of the Seat Frame.
3. Press the two Domed Endcaps (13) onto the upper end of the Handlebar Frame (7).

Insert the Handlebar (2) into the Handlebar Frame (7). The sides of the Handlebar must bend toward the seat (not shown). Tighten the four #8 x 1/2" Screws (16) into the Handlebar Frame and the Handlebar.

4. Connect the Sensor Wire (15) to the wire on the Monitor (1). Insert all excess wire into the Frame (6).

Hold the Monitor (1) with both hands, and slide it down onto the Frame (6). Refer to the inset drawing. Be sure that the side of the Monitor is between the Frame and the indicated 1/2" Dome Cap (29). Push the 1/2" Dome Cap against the side of the Monitor.

Slide the Foam Pad (26) onto the end of the 1/2" x 6 1/2" Axle (39).

5. Apply a small amount of grease to the shaft on the right side of the Pedal Frame (32). Slide a Pedal (12) onto the shaft. Make sure that the Pedal is turned so the plastic tube is facing the Pedal Frame. Using the included pedal tool, tap a 1/2" Push Nut (30) onto the shaft. **Make sure that the Push Nut is turned as shown in the inset drawing.**

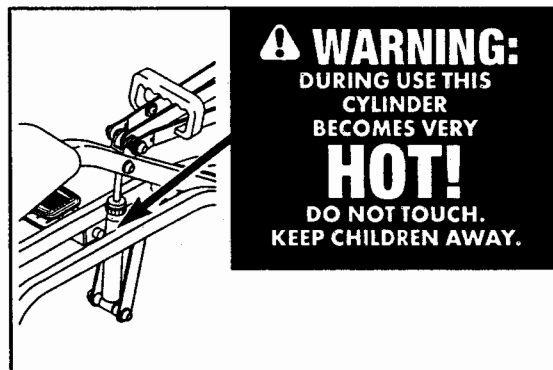
Attach the other Pedal (not shown) in the same manner.

Note: Extra 1/2" Push Nuts (30) may have been included. Save the Push Nuts and the pedal tool in case replacement Push Nuts are needed in the future.

WARNING DECAL PLACEMENT

The decal shown at the right has been placed on the resistance cylinder of your CARDIO TRAINER PLUS.


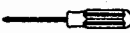
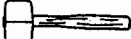
If the decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown at the right.



ASSEMBLY

Place all parts of the CARDIO TRAINER PLUS in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY:

- The Included pedal tool 
- A phillips screwdriver 
- A rubber mallet 

HOW TO USE THE CARDIO TRAINER PLUS

HOW TO ADJUST THE POSITION OF THE SEAT

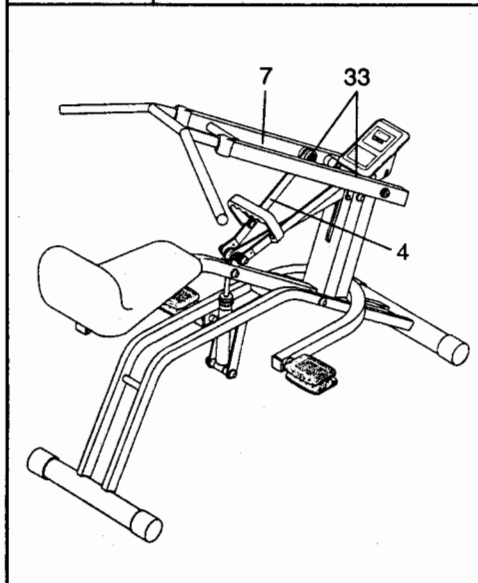
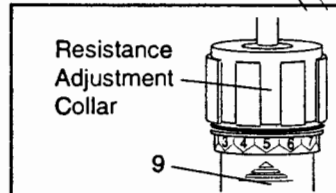
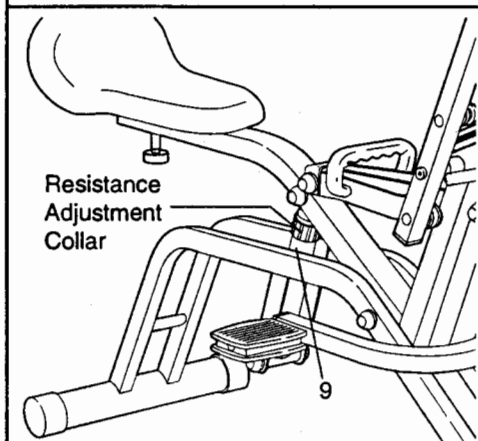
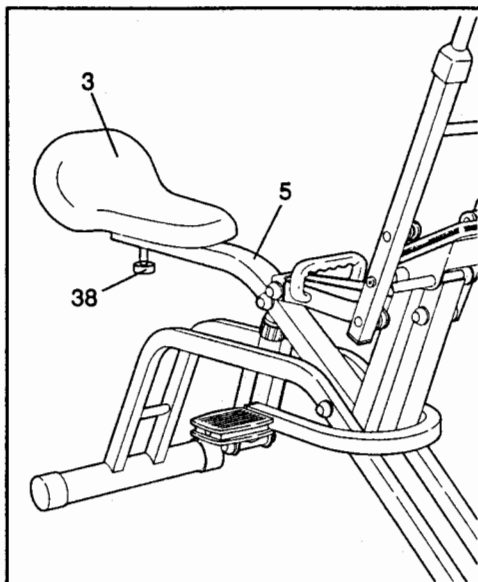
Before you begin exercising, the Seat (3) should be adjusted to the most comfortable position. Turn the Seat Knob (38) to loosen it. Pull down the Seat Knob, slide the Seat to the desired position, and release the Seat Knob. Retighten the Seat Knob. Push on the Seat to make sure that the Seat Knob is engaged in one of the holes in the underside of the Seat Frame (5). Do not use the **CARDIO TRAINER PLUS** unless the seat is securely locked in position.

HOW TO ADJUST THE RESISTANCE

To vary the intensity of your exercise, the resistance of the **CARDIO TRAINER PLUS** can be adjusted. There are 9 resistance levels. Level 1 is the easiest, and level 9 is the most challenging. 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. When adjusting the resistance, touch only the resistance adjustment collar.**

HOW TO USE THE PUSH MODE

To convert the **CARDIO TRAINER PLUS** to the push mode, hold the Handlebar Frame (7) with one hand and hold the Handle (20) with the other hand. Lift the Handle to disconnect the Link Arms (4) from the Handlebar Frame. Pivot the Handlebar Frame toward the seat and hook the Link Arms onto the upper Rollers (33) on the Handlebar Frame. **CAUTION: Make sure that the Link Arms are securely connected to the upper Rollers.**



Sit on the seat, place your feet on the pedals and hold the handlebar with an overhand grip. If necessary, adjust the position of the seat before beginning exercise, pushing the handlebar away from your legs while pushing the pedals away from your legs. Return to the starting position. This completes one repetition. Repeat, moving in a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady pace. **CAUTION: To avoid injury, keep your back straight. Do not arch your back.**

HOW TO USE THE PULL MODE

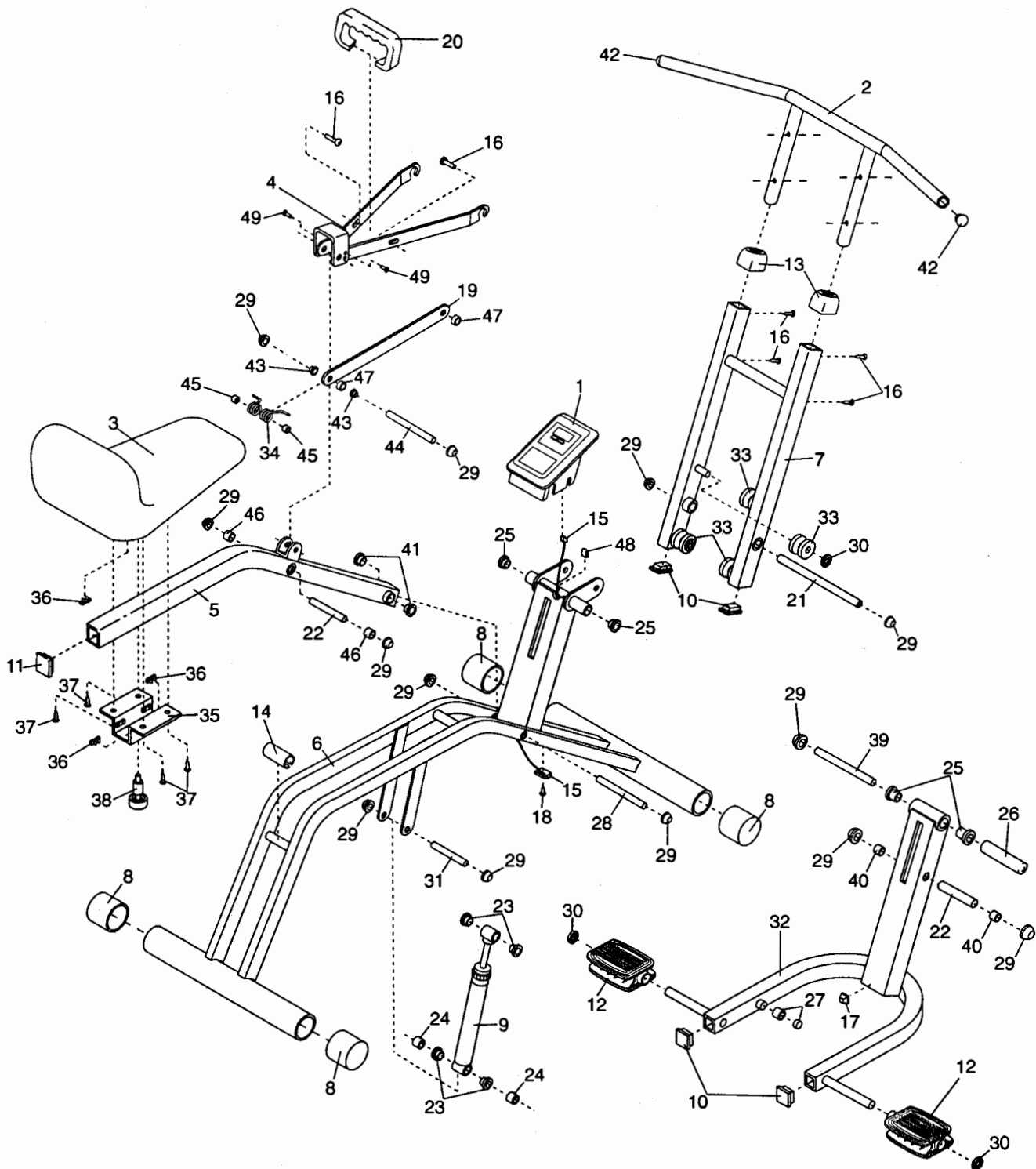
To convert the **CARDIO TRAINER PLUS** to the pull mode, hold the Handlebar Frame with one hand and hold the Handle (20) with the other hand. Lift the Handle to disconnect the Link Arms (4) from the Handlebar Frame. Pivot the Handlebar Frame away from the seat and hook the Link Arms onto the lower Rollers (33) on the Handlebar Frame. **CAUTION: Make sure that the Link Arms are securely connected to the lower Roller.**

Sit on the seat, place your feet on the pedals and hold the handlebar. Your hands can be positioned in an overhand or underhand grip. If necessary, adjust the position of the seat before beginning exercise, pulling the handlebar toward your waist while pushing the pedals away from your legs. Return to the starting position. This completes one repetition. Repeat, moving in a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady pace. **CAUTION: To avoid injury, keep your back straight. Do not arch your back.**

To focus on the muscles of the lower body, rest your hands on the indicated bar as you exercise. To focus on your calf muscles, place your toes as you push the pedals away. As you return to the starting position, raise your toes and rotate your heels downward. **CAUTION: To avoid injury, keep your feet firmly on the pedals to prevent them from slipping. To exercise your abdominal muscles, keep your arms straight and bend at the waist as you exercise. Remember to keep your back straight.**

EXPLODED DRAWING—Model No. QVCR97058

R0396A



•Note: One extra #8 x 1/2" Screw, one extra 1/2" Dome Cap, and extra 1/2" Push Nuts may have been included.

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 (QVCR97058).
2. The NAME of the product (WESLO® CARDIO TRAINER PLUS).
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 the PART LIST and EXPLODED DRAWING in this manual).

LIMITED LIFETIME 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. ICON extends a limited lifetime warranty on the frame. 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, to products used for commercial or rental purposes, or to 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