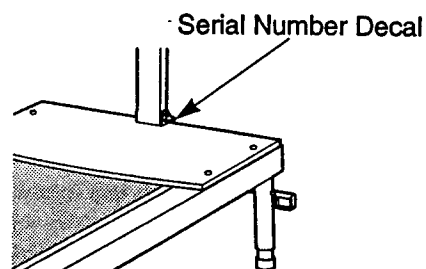


★ WESLO[®] *aerobic* WALK[™]

Model No. QVTL12050

Serial No. _____



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.

OWNER'S MANUAL

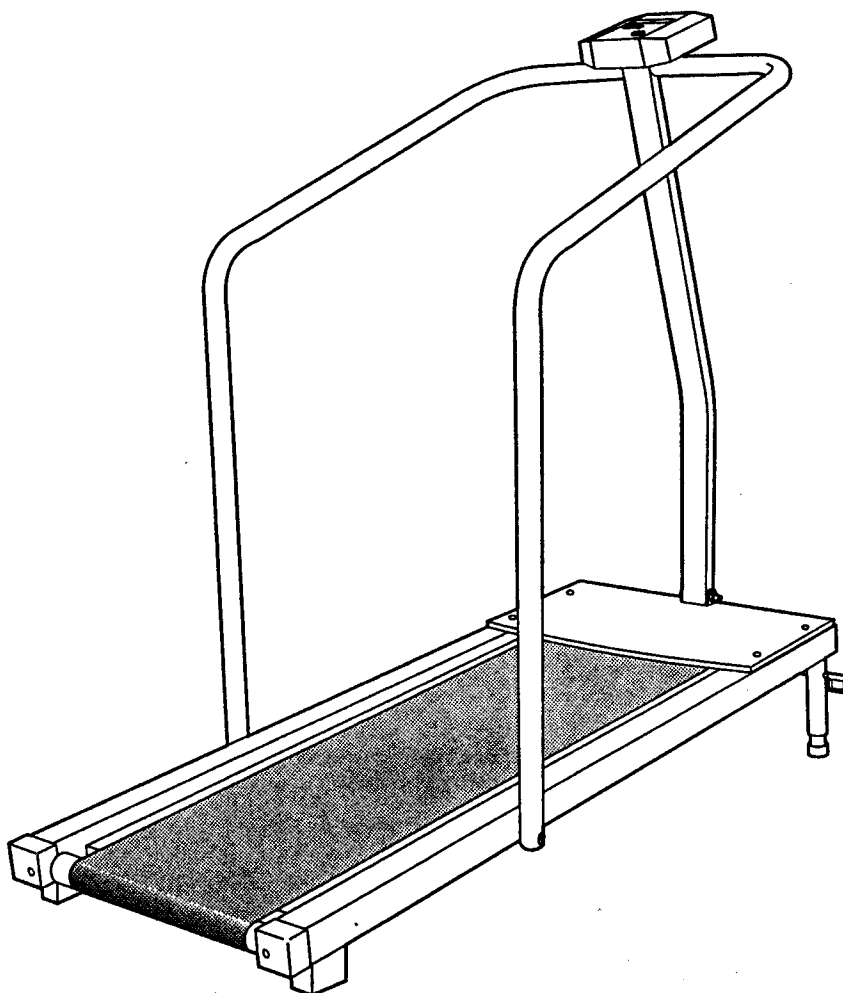


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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the AEROBIC WALK.

1. Place the AEROBIC WALK on a level surface, with at least 8 feet of clearance behind it. It is recommended that you cover the floor beneath the AEROBIC WALK.
2. Keep small children and pets away from the AEROBIC WALK at all times.
3. The AEROBIC WALK should be used only by persons weighing 250 pounds or less. Never allow more than one person on the AEROBIC WALK at a time.
4. Wear appropriate clothing when exercising. Never wear loose clothing that could become caught in the AEROBIC WALK. *Always wear athletic shoes; never use the AEROBIC WALK with bare feet, wearing only stockings, or in sandals.* Athletic support clothes are recommended for both men and women.
5. Inspect and tighten all parts regularly. Replace any worn parts immediately.
6. Do not use the AEROBIC WALK if it is not working properly.
7. Do not place hands or feet under the AEROBIC WALK while it is in use.
8. Always hold the handrails when exercising on the AEROBIC WALK.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
10. Use the AEROBIC WALK only as described in this manual.

SAVE THESE INSTRUCTIONS

⚠ 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 this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

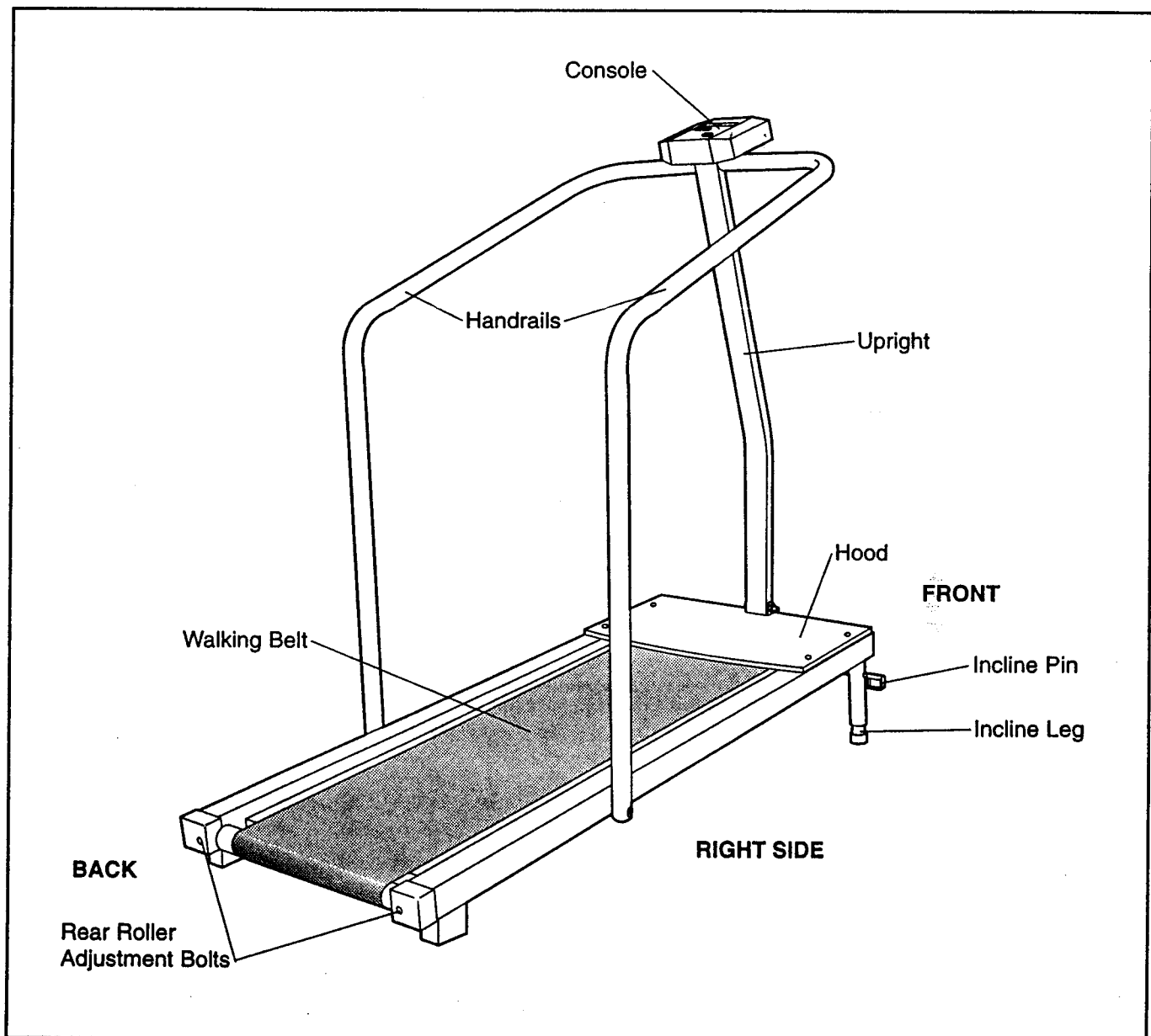
BEFORE YOU BEGIN

Thank you for selecting the WESLO® AEROBIC WALK Manual Treadmill. The natural motion and versatility of treadmills have made them the most popular way to get an effective cardiovascular workout. To help you get the most from your exercise, the AEROBIC WALK features an electronic console that provides feedback of speed, elapsed time, total distance, Calories burned, as well as your pulse. And the adjustability of the AEROBIC WALK allows you to work at your own level, whether you are just beginning or already exercise regularly.

For your benefit, read this manual carefully before

using the AEROBIC WALK. 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 before calling. The model number is QVTL12050. The serial number can be found on a decal attached to the AEROBIC WALK (see the front cover of this manual to find the location of the decal).

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



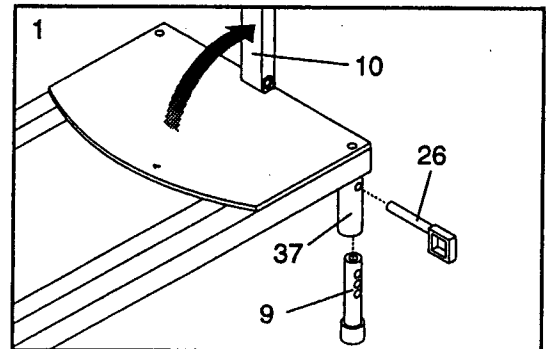
ASSEMBLY

Assembly requires two people. Set the AEROBIC WALK in a cleared area and remove all packing materials. Do not dispose of the packing materials until the AEROBIC WALK is fully assembled. **Assembly can be completed using an adjustable wrench (not included)** 

1. Insert an Incline Leg (9) into one of the adjustment posts on the Frame (37). Align one of the holes in the Incline Leg with the hole in the adjustment post. Insert an Incline Pin (26) through the adjustment post and the Incline Leg.

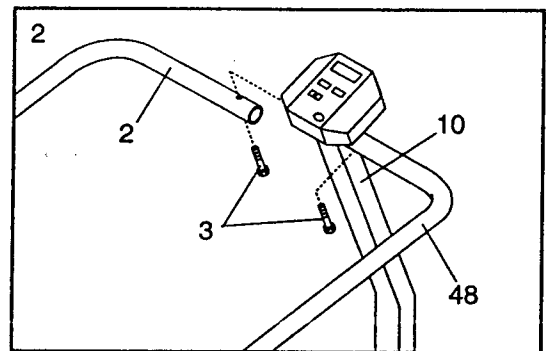
Attach the other Incline Leg (not shown) in the same manner. **Make sure that both Incline Legs are at the same height. Never use the treadmill with the Incline Pins removed.**

Raise the Upright (10) to the vertical position and hold it.



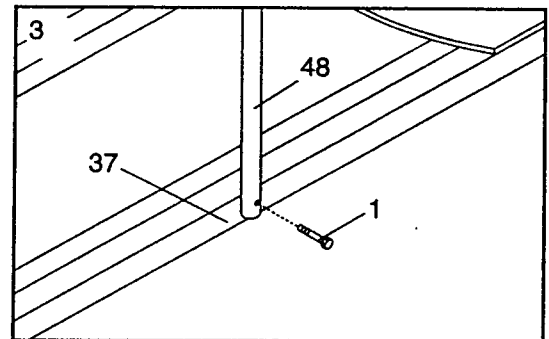
2. Attach the upper end of the Right Handrail (48) to the plate at the top of the Upright (10) with a $\frac{3}{8}$ " x $1\frac{3}{4}$ " Bolt (3) as shown. **Do not tighten the Bolt yet.**

Attach the upper end of the Left Handrail (2) in the same manner.

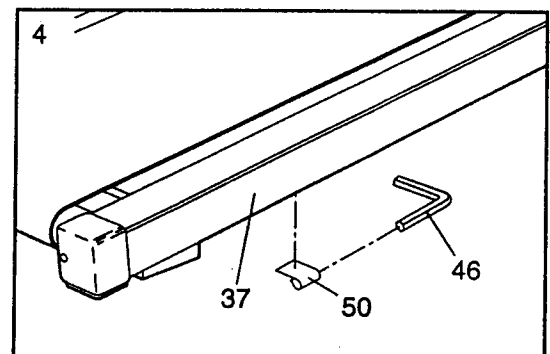


3. Attach the lower end of the Right Handrail (48) to the Frame (37) with a $\frac{3}{8}$ " x 4" Bolt (1).

Attach the lower end of the Left Handrail (not shown) in the same manner.



4. Remove the paper backing from the Wrench Clip (50). Press the Wrench Clip onto the underside of the Frame (37) in the location shown. Slide the Allen Wrench (46) into the Wrench Clip.



Because there are moving parts on the underside of the treadmill, it is recommended that you cover the floor beneath the treadmill. The walking platform is pre-lubricated with PERFORMANT LUBE™ high performance lubricant. During the first few hours of use, it is normal for a small amount of white powder to collect on the floor and on the sides of the walking belt. This powder is excess lubricant.

TREADMILL OPERATION

THE CONSOLE MODES

The console features a selection of six modes to provide you with continuous feedback as you exercise. The six modes are described below:

SPEED—Displays the speed of the walking belt, in miles per hour.

TIME—Displays the elapsed time. Note: If the walking belt stops for ten seconds or longer, the TIME mode will pause until you resume walking.

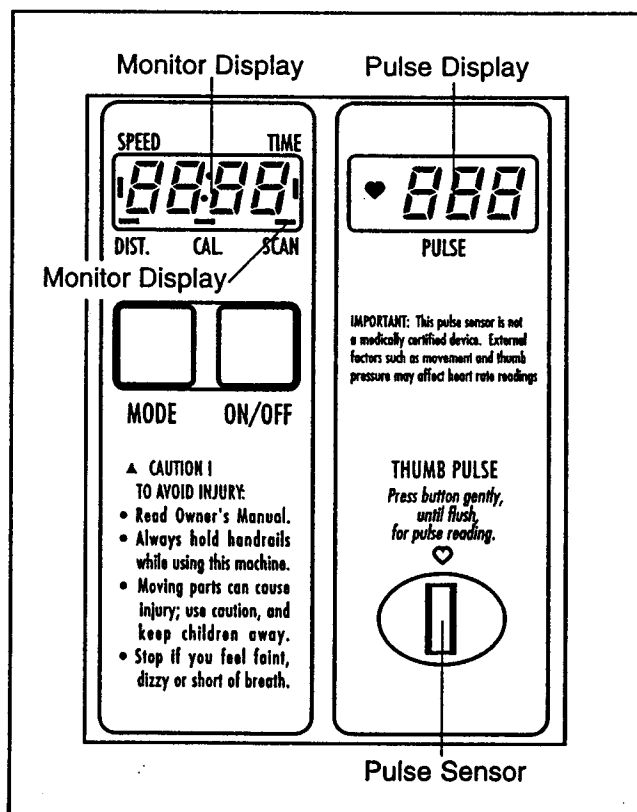
DISTANCE—Displays the total distance that you have walked, in miles.

CALORIE—Displays the total number of nutritional calories you have burned. Note: The number displayed is an approximate figure. The actual number may vary slightly depending on the incline of the treadmill.

SCAN—Displays all of the above modes, for five seconds each, in a repeating cycle.

PULSE—Displays your pulse.

DIAGRAM OF THE CONSOLE



Note: If there is a thin piece of clear plastic on the console, remove it before operating the console.

HOW TO OPERATE THE CONSOLE

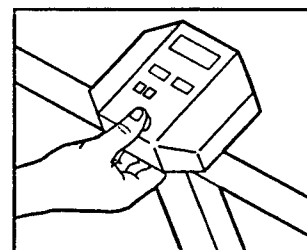
1. To turn on the power, press the on/off button or simply begin walking. The entire display will appear for two seconds; the console will then be ready for operation.

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 repeatedly pressing the mode button.

SPEED, TIME, DISTANCE or CALORIE 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.

PULSE—To use the pulse sensor, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure-activated. Fully press down the pulse sensor.



Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected. Next, slightly raise your thumb until the heart-shaped indicator in the PULSE display flashes steadily. Hold your thumb at this level. After 5 to 10 seconds, your pulse will be displayed. If the displayed pulse appears to be too high or low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the sensor. Try the sensor several times until you are familiar with it. Make sure to stand still while measuring your pulse.

3. To reset the modes, press the on/off button twice.
4. To turn off the power, press the on/off button. Note: If the walking belt is not moved and the console buttons are not pressed for about four minutes, the power will turn off automatically.

HOW TO WALK ON THE TREADMILL

Step onto the AEROBIC WALK, stand in the center of the walking belt, and hold the handrails. **Always hold the handrails when getting on and off the treadmill, and when exercising on the treadmill.** "Push off" against the handrails and slowly begin walking. Lean forward slightly and keep you back straight.

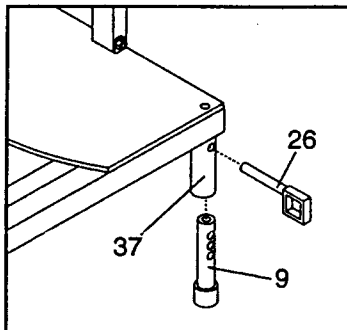
Because the AEROBIC WALK is a manual treadmill, you can set your own exercise pace. As you increase or decrease your walking speed, the walking belt responds immediately. **Do not adjust the walking belt in order to change the resistance on the walking belt. The walking belt must move smoothly for the treadmill to operate properly.**

HOW TO CHANGE THE INCLINE

To vary the intensity of your exercise, the incline of the treadmill can be changed. Lift the front of the treadmill slightly and remove

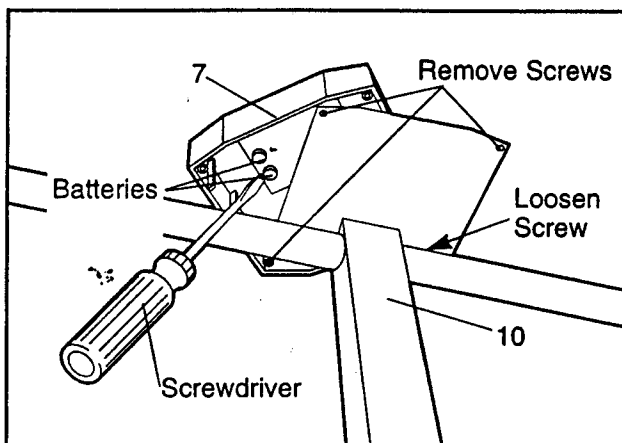
one Incline Pin (26). Align one of the three holes in the Incline Leg (9) with the hole in the adjustment post on the Frame (37). Insert the Incline Pin (26) through the adjustment post and the Incline Leg. Adjust the other

Incline Leg in the same manner. **Make sure that the Incline Pins are fully inserted and that both Incline Legs are at the same height. Do not use the treadmill with the Incline Pins removed.**



BATTERY REPLACEMENT

The Console (7) requires two "LR44" watch batteries. To replace the batteries, first remove three of the screws that attach the Console to the Upright (10). Loosen the fourth screw. Pivot the Console until the batteries are visible (see the drawing below).



Using a small screwdriver, push the batteries out of the Console (7). **Be sure to note which way the batteries are turned.** Insert two new batteries. Re-attach the Console to the Upright (10).

TREADMILL STORAGE

Remove the bolts from the upper and lower ends of the handrails. Lay the upright on the walking belt. **Be careful not to pinch the sensor wire in the Upright.** Keep the bolts in a secure place to prevent them from being lost.

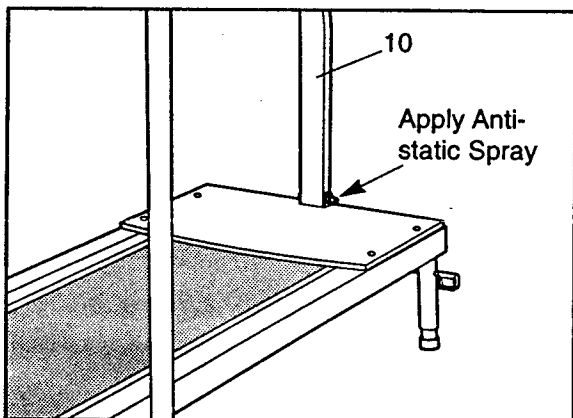
It is recommended that the treadmill be covered during extended periods of storage.

TROUBLE-SHOOTING

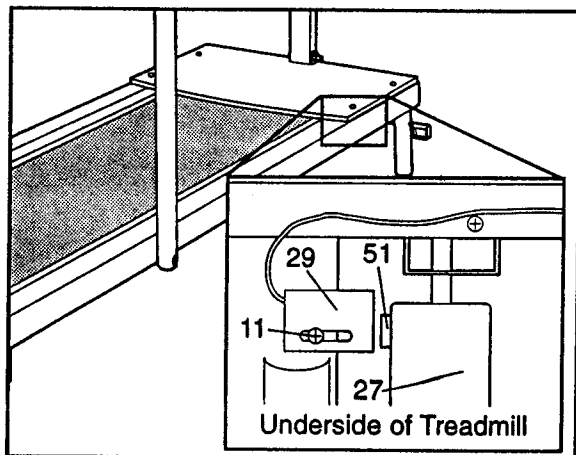
Most problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

1. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- a. Replace the batteries. (See BATTERY REPLACEMENT on page 6.)
- b. The console, like most electronics, is susceptible to static electricity build-up caused by certain types of clothing or machine operation. If the console blanks out or gives false readings, an anti-static spray should be applied to the Upright (10), especially the base of the Upright (see the drawing below). Anti-static spray is available where laundry supplies are sold.

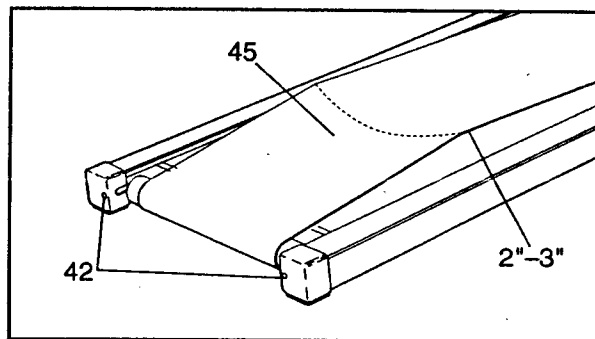


- c. Carefully tip the treadmill on its left side. Refer to the drawing below and locate the Reed Switch (29). Turn the Front Roller (27) until the Magnet (51) is aligned with the Reed Switch. Loosen the indicated Screw (11). Adjust the Reed Switch so that there is a $1/8$ " gap between the Reed Switch and the Magnet. Retighten the Screw.



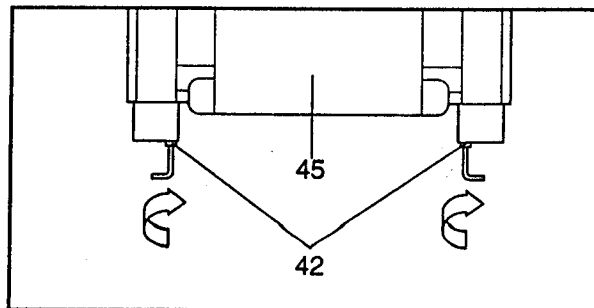
2. SYMPTOM: THE WALKING BELT DOES NOT MOVE SMOOTHLY

- a. If the Walking Belt (45) is overtightened, performance may be reduced and the Walking Belt may be permanently damaged. Using the included allen wrench, turn both Rear Roller Adjustment Bolts (42) counterclockwise $1/4$ of a turn. When the tension of the Walking Belt is correct, you should be able to lift each side of the walking belt 2 to 3 inches; the center of the Walking Belt should just touch the surface of the walking platform. Walk on the treadmill for a few minutes. Repeat until the Walking Belt is properly tightened. Be careful to keep the Walking Belt centered.

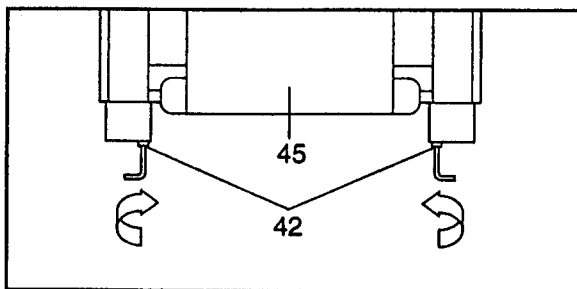


3. SYMPTOM: THE WALKING BELT SLIPS OR IS OFF-CENTER

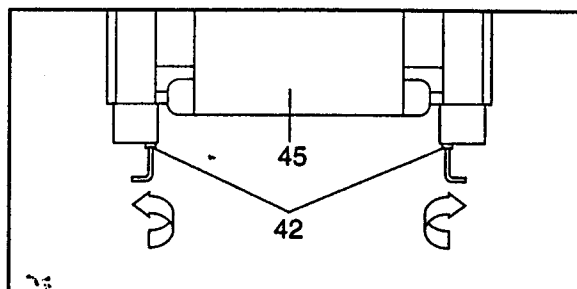
- a. If the Walking Belt (45) slips when walked on, use the allen wrench to turn both Rear Roller Adjustment Bolts (42) clockwise, $1/4$ of a turn. When the Walking Belt is correctly tightened, you should be able to lift each side of the Walking Belt 2 to 3 inches off the walking platform. The center of the Walking Belt should just touch the walking platform. Walk on the treadmill for a few minutes. Repeat until the Walking Belt is properly tightened. Be careful to keep the Walking Belt centered.



- b. If the Walking Belt (45) has shifted to the left side, use the allen wrench to turn the left Rear Roller Adjustment Bolt (42) clockwise, and the right Bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the Walking Belt. Walk on the treadmill for a few minutes. Repeat until the Walking Belt is centered.



- c. If the Walking Belt (45) has shifted to the right side, use the allen wrench to turn the left Rear Roller Adjustment Bolt (42) counterclockwise, and the right Bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the Walking Belt. Walk on the treadmill for a few minutes. Repeat until the Walking Belt is centered.



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 individuals over the age of 35 or individuals with pre-existing health problems.

WHY EXERCISE?

Exercise has proven essential for good health and general well-being. Regular participation in a well-rounded exercise program also results in a stronger and more efficient heart, improved respiratory function, increased stamina and endurance, better weight management and body fat control, increased ability to deal with stress, and greater self-esteem and confidence.

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 of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.

You can measure your heart rate using the pulse sensor on the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

⚠ WARNING: The pulse sensor is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

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 to increase 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. Whatever time you choose, be consistent and stick with it. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. QVTL12050

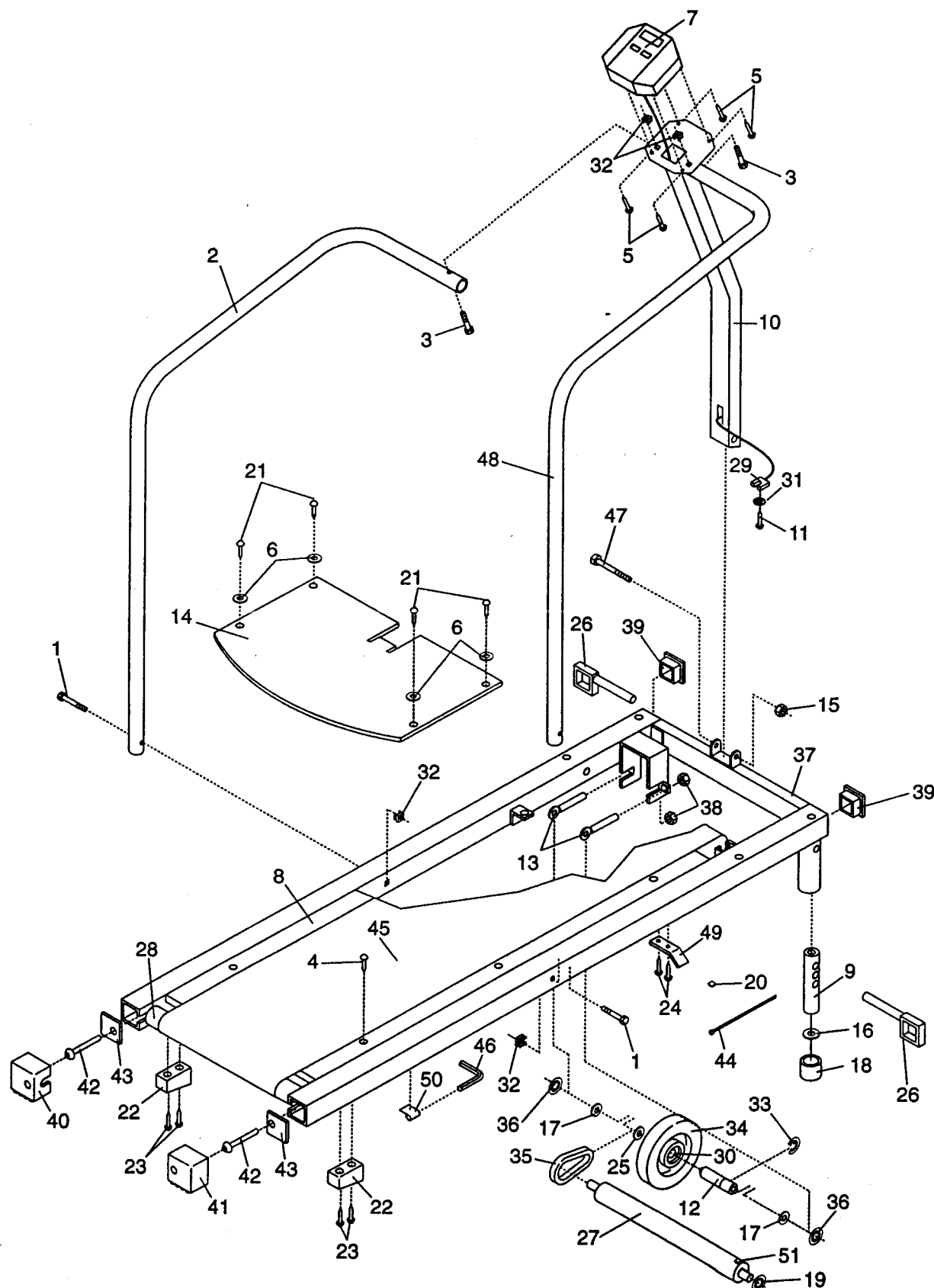
R895A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	3/8" x 4" Bolt	28	1	Rear Roller
2	1	Left Handrail	29	1	Reed Switch/Sensor Wire
3	2	3/8" x 1 3/4" Bolt	30	2	Flywheel Bearing
4	6	Platform Screw	31	1	Star Washer
5	4	Screw	32	2	Cage Nut
6	4	Washer	33	1	E-Ring
7	1	Console	34	1	Flywheel
8	1	Walking Platform	35	1	Flywheel Belt
9	2	Incline Leg	36	2	Retainer
10	1	Upright	37	1	Frame
11	1	Reed Switch Screw	38	2	Eye Bolt Nut
12	1	Flywheel Shaft	39	2	Frame Cap
13	2	Eye Bolt	40	1	Left Endcap
14	1	Hood	41	1	Right Endcap
15	1	Pivot Nut	42	2	Rear Roller Adjustment Bolt
16	2	Incline Leg Washer	43	2	Adjustment Plate
17	2	Flywheel Washer	44	1	Cable Tie
18	2	Incline Leg Cap	45	1	Walking Belt
19	1	Roller Push Nut	46	1	Allen Wrench
20	1	Cable Tie Clip	47	1	Pivot Bolt
21	4	Screw	48	1	Right Handrail
22	2	Rear Foot	49	2	Belt Guide
23	4	Rear Foot Screw	50	1	Wrench Clip
24	2	Belt Guide Screw	51	1	Magnet
25	1	Nylon Washer	#	1	Owner's Manual
26	2	Incline Pin			
27	1	Front Roller			

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. QVTL12050

R895A



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). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product. (QVTL12050)
- The NAME of the product. (WESLO® AEROBIC WALK treadmill)
- The SERIAL NUMBER of the product. (See the front cover of this manual)
- The KEY NUMBER of the part(s) needed. (See page 10 of this manual)
- The DESCRIPTION of the part(s) needed. (See page 10 of this manual)

If possible, place the AEROBIC WALK near your telephone for easy reference when calling.

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 or for products used for commercial or rental purposes. 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