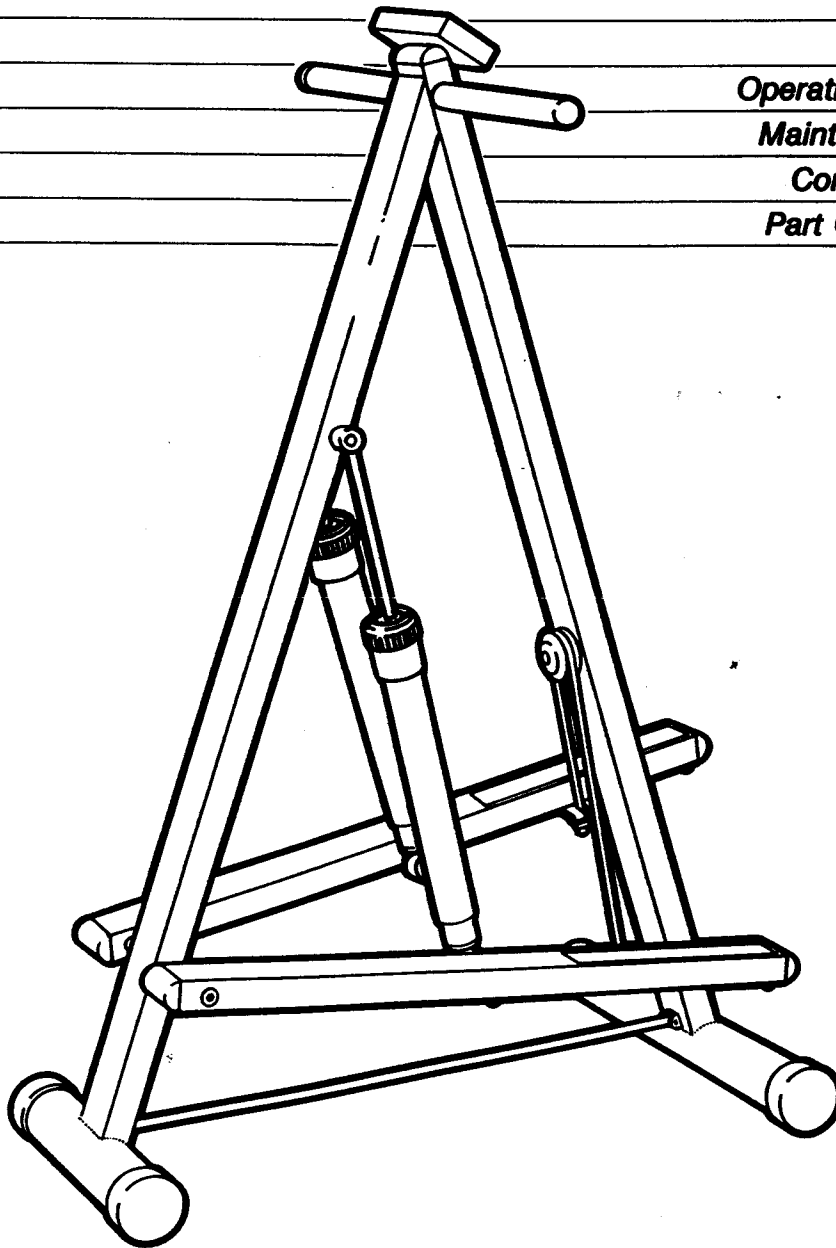


ALTA[™] **VARIABLE RESISTANCE** **STEPPER**

Model No. ST30



Warranty
Assembly
Operation and Adjustments
Maintenance and Storage
Conditioning Guidelines
Part Ordering Information

weslo,inc[™]

A Division of **weider**[®] Health and Fitness

OWNER'S MANUAL

CAUTION: Read all instructions carefully before using this product. Retain this Owner's Manual for future reference.

Part No. 046182 6/89

LIMITED WARRANTY

Weslo, Inc. ("Weslo") 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. Weslo's obligation under this Warranty is limited to replacing or repairing, at Weslo's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by Weslo 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 Weslo. Pre-authorization may be obtained by calling Weslo's Customer Service Department at 1-800-99WESLO. 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 a Weslo authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Weslo.

WESLO 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 OTHER 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.

WESLO INC., P.O. BOX 10, LOGAN, UT 84321

ALTA™ VARIABLE RESISTANCE STEPPER

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SAFETY PRECAUTIONS

1. Always use the STEPPER on a firm, level surface.
2. Always hold the handlebar when using the STEPPER.
3. Do not wear flowing clothing that could get caught in the pulley.
4. Keep small children away from the STEPPER while exercising.
5. Make sure that all parts are tightened securely before each use.

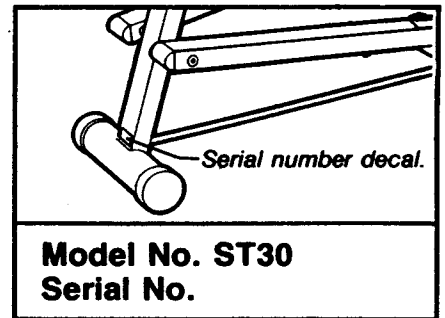
WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

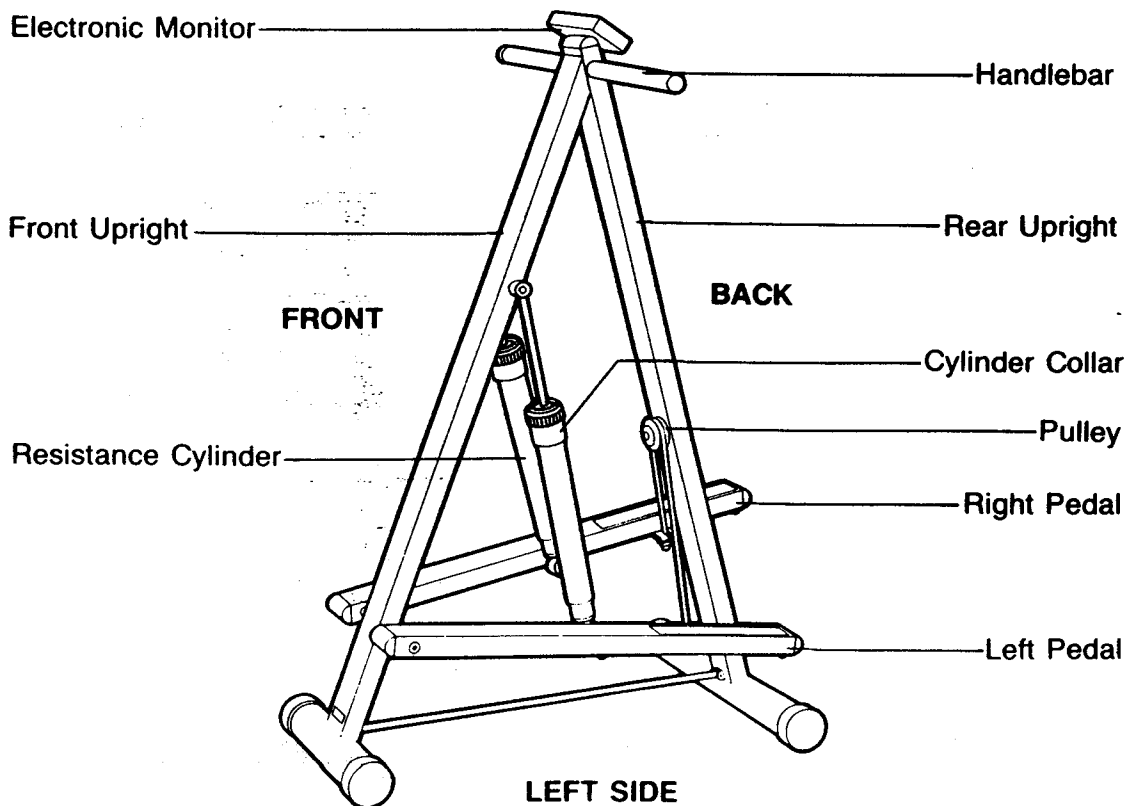
Thank you for purchasing a Weslo ALTA STEPPER. There are numerous benefits to be gained from participating in a regular exercise program. Exercising aids in weight control, strengthens and tones the muscles, improves the condition of the heart and lungs, and in many other ways helps you to feel and look better. The innovative ALTA STEPPER is designed to provide you with a unique form of low-impact cardiovascular exercise in the convenience and privacy of your own home.

For your safety and benefit, please read this manual carefully before initial use of the ALTA STEPPER. If you have additional questions regarding assembly, operation, parts or the warranty, please call our Customer Service Department toll-free at 1-800-99WESLO (999-3756), (in Canada at 1-800-824-8949), during our regular business hours: Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

In all communications regarding the ALTA STEPPER, please refer to the product model number and serial number. The model number is ST30. The serial number can be found on a decal located at the base of the Front Upright (see the drawing to the right). Record the serial number under the drawing for easy reference. If possible, place your telephone near the ALTA STEPPER when calling.



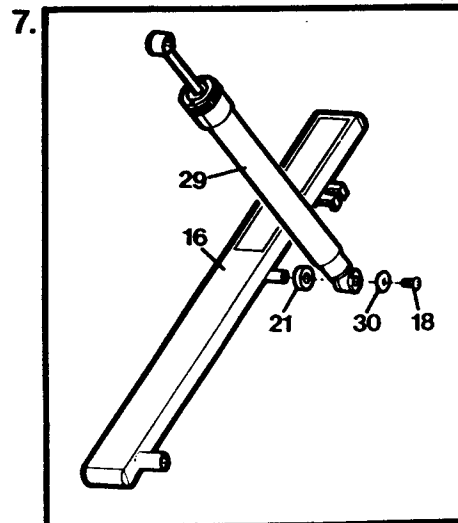
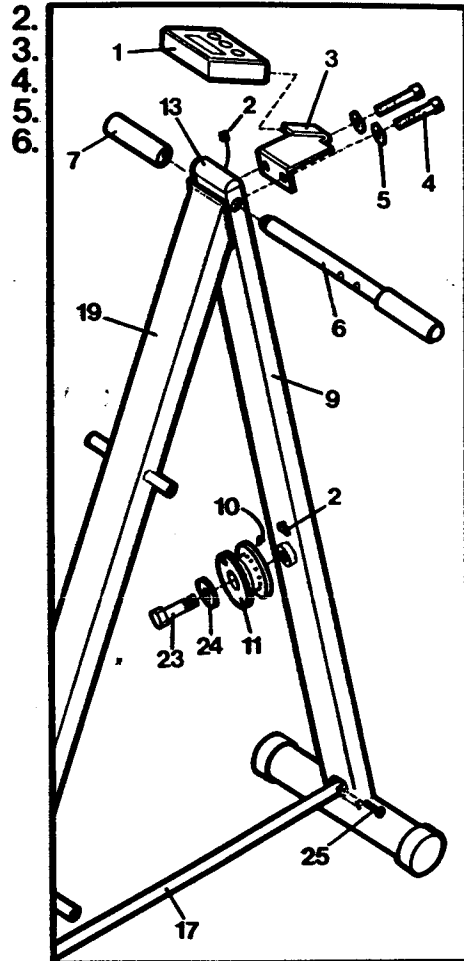
To help you understand clearly the instructions in this manual, please study the drawing below and familiarize yourself with the parts identified.



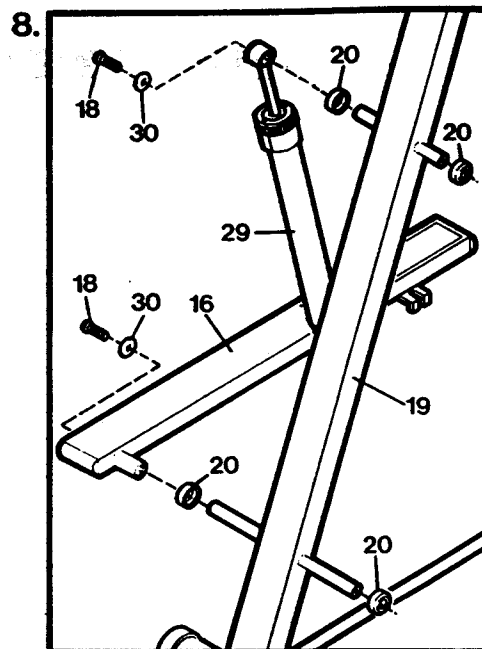
ASSEMBLY INSTRUCTIONS

Please read all assembly steps before beginning. Refer to the Exploded Drawing and the Part List in this manual for help identifying parts. Assembly can be completed using the tool included.

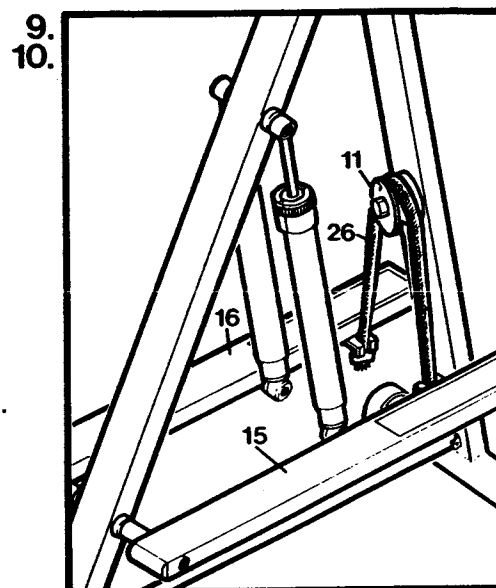
1. Lay all parts in a clear area on the floor and remove the packing materials. Make sure that all parts are included before disposing of the packing materials.
2. Lean the Front and Rear Uprights (19, 9) together with the holes at the top aligned as shown. Slide the Handlebar (6) through the Rear Upright and align the two holes in the Handlebar with those in the Uprights. (Be careful not to pinch the Sensor Wire [2] while inserting the Handlebar.) Untape and lift the Sensor Wire to the top of the elongated hole. Position the Monitor Bracket (3) against the Rear Upright as shown. (The Sensor Wire should exit the Upright above the Monitor Bracket.) Thread the two Frame Bolts (4), with Lock Washers (5), into the Uprights. Do not tighten the Bolts yet.
3. Position the Frame Bar (17) between the brackets at the bases of the Uprights (19, 9) and secure it with two Phillips Head Bolts (25).
4. Tighten the Frame Bolts (4) at the top of the Uprights (19, 9). Plug the Sensor Wire (2) into the jack on the back of the Electronic Monitor (1). Slide the Monitor onto the Monitor Bracket (3).
5. Moisten the Handlebar (6) with soapy water and slip the Foam Grip (7) on.
6. With the Pulley Magnet (10) facing the Reed Switch (2), attach the Pulley (11) to the Rear Upright (9) with the Pulley Mounting Bolt (23) and Washer (24).
7. Place a Cylinder Spacer (21) and a Resistance Cylinder (29) on the post in the middle of the Right Pedal (16). Secure the Cylinder with a Button Head Bolt (18) and Flat Washer (30). Attach the other Resistance Cylinder to the Left Pedal in the same manner.



8. Slide a Leg Spacer (20) onto each of the four posts on the Front Upright (19), with the open ends of the Spacers toward the Upright. Carefully lift the Right Pedal (16)/Resistance Cylinder (29) assembly up to the Front Upright. Slide the Pedal onto the lower post and the Cylinder onto the upper post at the same time. Secure them with Button Head Bolts (18) and Flat Washers (30). Attach the Left Pedal/Resistance Cylinder assembly to the left side in the same manner.



9. Place one end of the Cord (26) in the bracket on the Right Pedal (16) and pull the Cord up to trap the end under the bracket. Lift the Right Pedal, drape the Cord over the Pulley (11) and connect the Cord to the Left Pedal (15) in the same manner.
10. Position the Pedals (15, 16) side by side. If the arrow on the Pulley (11) is not pointed straight up, lift one Pedal slightly to reduce tension on the Cord (26) and turn the Pulley until the arrow points up. The arrow must be pointed straight up when the Pedals are side by side or the Electronic Monitor will not display accurate information.
11. Make sure that all parts are tightened securely before using the ALTA STEPPER. If the Electronic Monitor does not turn on (see the ELECTRONIC MONITOR OPERATION GUIDE) test the Monitor with new batteries. Most Monitor problems are simply the result of drained batteries.



OPERATION

EXERCISING ON THE STEPPER

Hold the handlebar with an overhand grip. Press one of the pedals down to the lowest position and place your foot on the pedal. Place your other foot on the raised pedal. To exercise, alternately press the right and left pedals down with a smooth, rhythmic motion.

For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid steps with low resistance (see RESISTANCE ADJUSTMENT below). To strengthen the muscles, long, slow steps at high resistance are more effective.

As you exercise, you can position your feet flat on the pedals to emphasize the quadriceps muscles of the upper legs, or you can rise on your toes to concentrate on the calf muscles. Stand erect as you exercise, or lean forward slightly, being sure to keep your back straight.

RESISTANCE ADJUSTMENT

The resistance against the pedals can be adjusted by turning the collars at the upper ends of the resistance cylinders. There are 5 resistance levels, indicated by the numbers 1-5 on the collars. To select the desired resistance level, align the numbers on the collars with the indicators on the cylinders. **CAUTION:** The resistance cylinders may become heated after extended use.

It is more beneficial to use the STEPPER with a relatively low resistance setting. A resistance setting equal to or greater than the users weight will have the effect of leaving the user standing on the pedals as the pedals slowly sink.

MAINTENANCE

The ALTA STEPPER is designed to be virtually maintenance-free. Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the STEPPER can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not use solvents.

Store the ALTA STEPPER in a cool, dry place, out of direct sunlight. Remove the batteries from the monitor when storing the STEPPER for extended periods of time.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. **However, before beginning this or any exercise program, consult your physician.** Remember that adequate rest and good nutrition are also essential to the success of any fitness program.

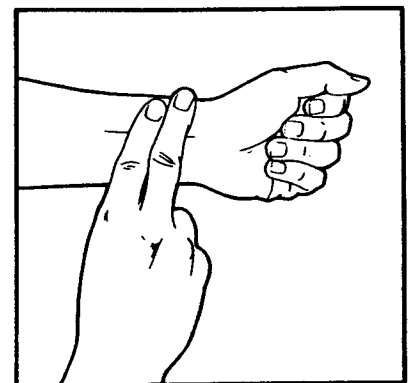
EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of causing 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**.

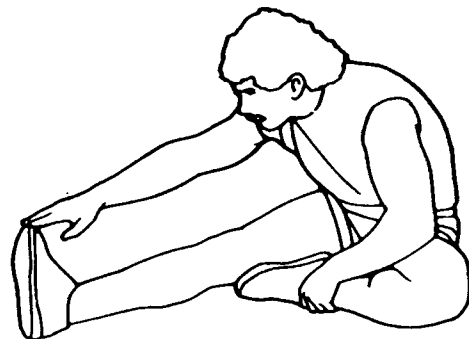
STRETCHING

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.



QUADRICEPS STRETCH

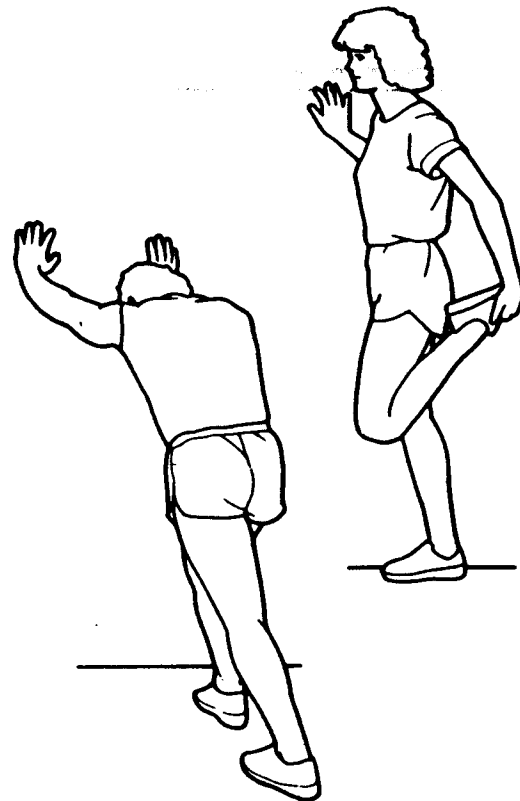
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

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.



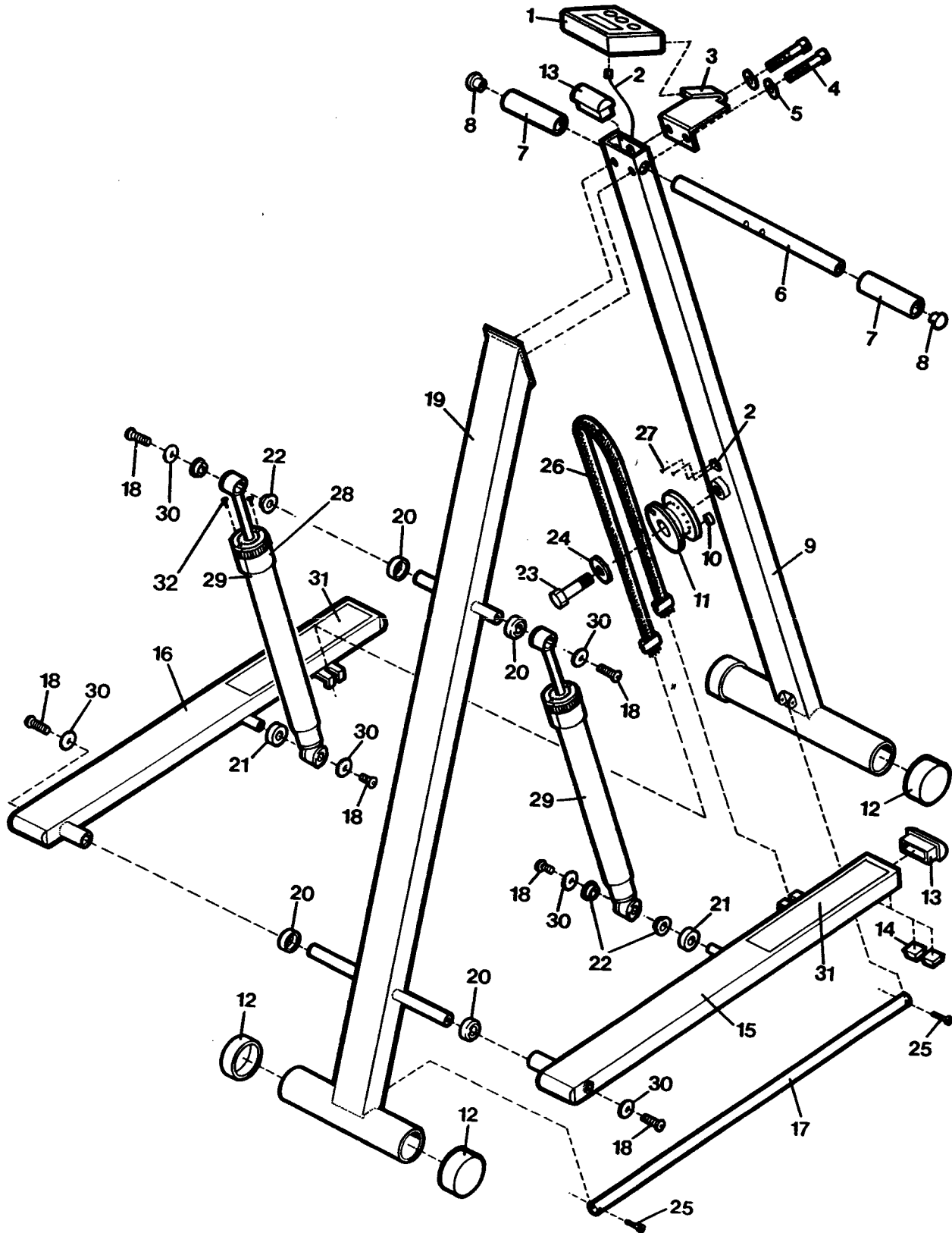
PART LIST - Model No. ST30

Rev. 6/89

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Electronic Monitor	19	1	Front Upright
2	1	Sensor Wire/Reed Switch	20	4	Leg Spacer
3	1	Monitor Bracket	21	2	Cylinder Spacer
4	2	Frame Bolt	22	4	Cylinder Bushing (Set)
5	2	Lock Washer	23	1	Pulley Mounting Bolt
6	1	Handlebar	24	1	Pulley Mounting Washer
7	2	Foam Grip	25	2	Phillips Head Bolt
8	2	Handlebar End Cap	26	1	Cord
9	1	Rear Upright	27	2	Small Screw
10	1	Pulley Magnet	28	4	Cylinder Collar Segment
11	1	Pulley	29	2	Resistance Cylinder
12	4	Leg Cap	30	6	Flat Washer
13	5	End Cap	31	2	Grip Tape
14	4	Rubber Bumper	32	4	Cylinder Collar Screw
15	1	Left Pedal	#	1	Owner's Manual
16	1	Right Pedal	#	1	Electronics Operation Guide
17	1	Frame Bar	#	2	Allen Wrench
18	6	Button Head Bolt			

EXPLODED DRAWING - Model No. ST30

Rev. 6/89



*Specifications are subject to change without notice.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-99WESLO (999-3756)**, (in Canada at **1-800-824-8949**) during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m., Mountain Time.

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

1. The **MODEL NUMBER OF THE PRODUCT** (Model No. ST30).
2. The **NAME OF THE PRODUCT** (ALTA STEPPER).
3. The **SERIAL NUMBER OF THE PRODUCT** (see page 4 of this manual).
4. The **KEY NUMBER OF THE PART** from the Part List in this manual).
5. The **DESCRIPTION OF THE PART** from the Part List in this manual.

If possible, place your telephone near the STEPPER for easy reference.