

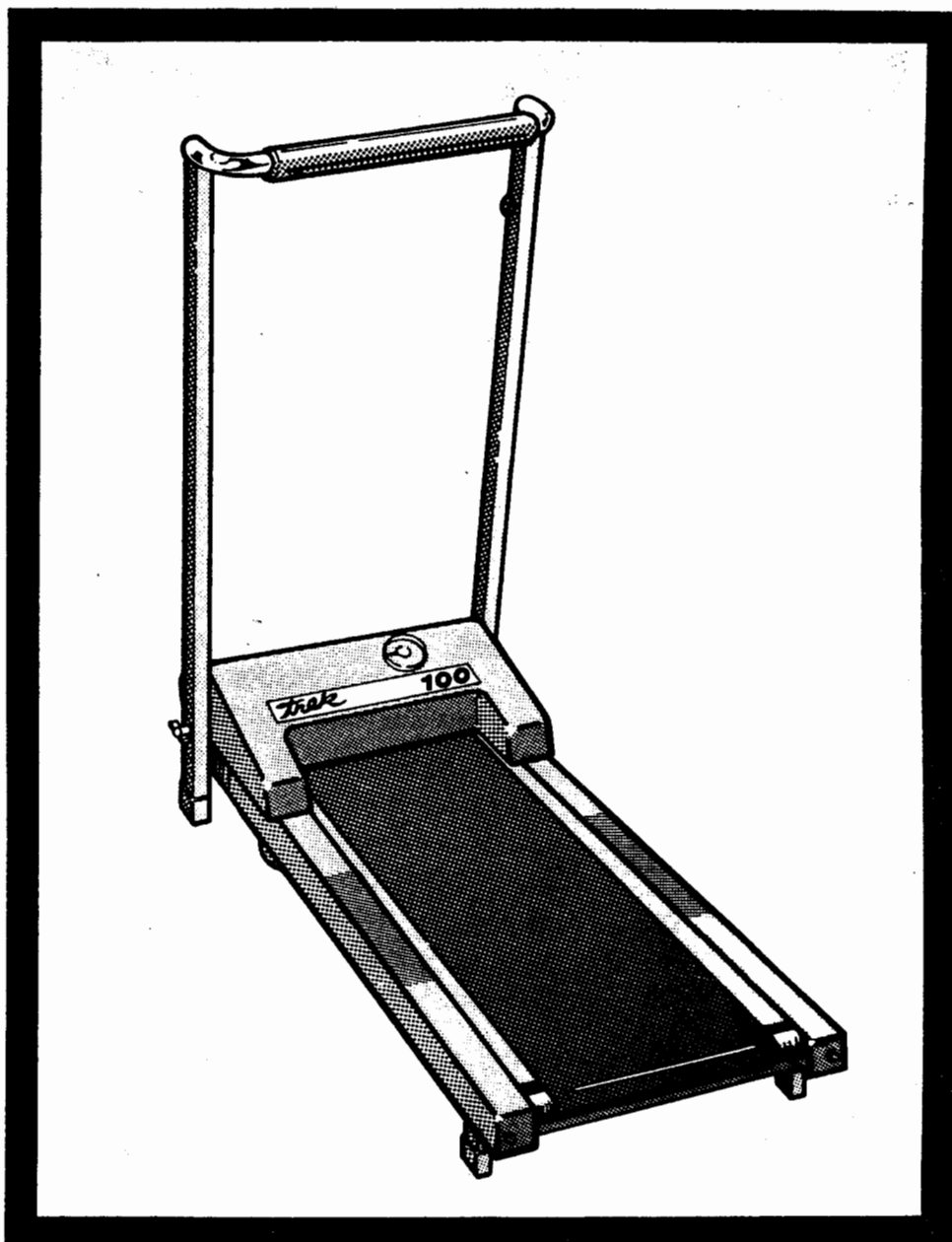
weslo

MODEL NO. TL040

- Assembly
- Adjustment
- Operation
- Training Program
- Maintenance
- Storage
- Reorder/Parts List
- Limited Warranty

***Trek* 100/200**

variable speed



**Owner's Manual
and Fitness Program**

Trek 100/200

variable speed

Owner's Manual and Fitness Program

BEFORE YOU BEGIN

For maximum enjoyment and benefit, become familiar with the operation of your Weslo Treadmill before initial use. If you have additional questions regarding assembly, parts, operation or your 90 day warranty, please call our

Customer Service Line toll-free at

1-800-999-3756

During regular business hours, Mon.-Fri., 8 a.m. – 5 p.m. Mountain Standard Time.

INTRODUCTION

Congratulations on your purchase of the Weslo treadmill. This walking treadmill is an innovation in home exercise equipment. With variable speed and adjustable incline you can tailor your workout to your individual fitness program.

Now you can enjoy one of the best forms of aerobic exercises at your convenience in the privacy of your home.

This Manual is for both the Trek 100 and the Trek 200 Treadmills.

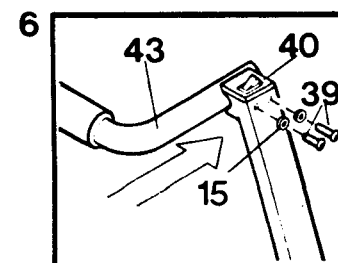
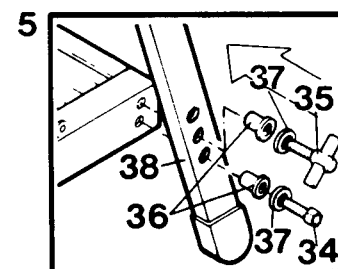
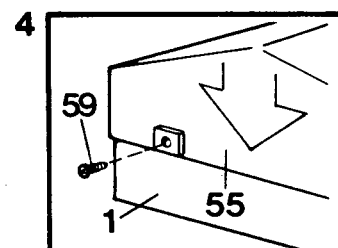
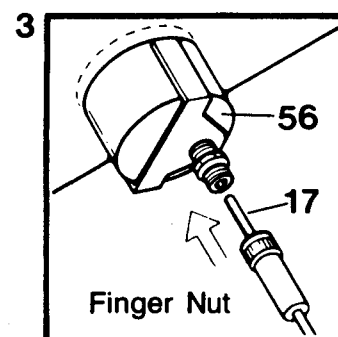
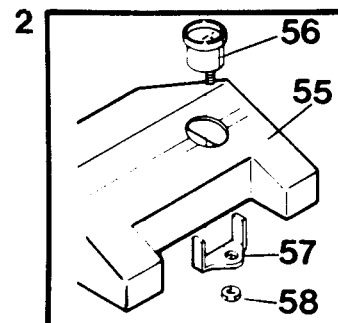
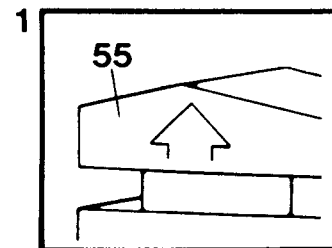
WARNING:

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 the Trek 100/200 Treadmill.

ASSEMBLY INSTRUCTIONS

IMPORTANT! Read all instructions carefully before beginning assembly. For part identification see the exploded drawing and the part list. Assembly can be completed with the tool provided. The assistance of a second person is required for step 5.

1. Set the treadmill in a clear area on the floor. Remove all packing materials. Lift the Motor Hood (55) and remove the styrofoam block.
2. Insert the Speedometer (56) down into the hole in the Motor Hood (55). Place the Speedometer Bracket (57) over the bottom of the Speedometer and attach with the Speedometer Nut (58).
3. Carefully insert the end of the Speedometer Cable (17) into the Speedometer (56) as shown and fasten it with the finger nut. Note: The finger nut may have slid down the Speedometer Cable, but cannot come off the cable.
4. Unscrew the Phillips Head Screws (59) from the hood mounts. Place the Motor Hood (55) over the Motor and fasten it by replacing the screws.
5. Place a Washer (37) and a Metal Bushing (36) on a Hex Head Bolt (34) and insert the bolt through the hole in the bottom of the Right Handrail Post (38). Place a Washer and a Metal Bushing on a T-wing Bolt (35) and insert the T-wing Bolt through the next higher hole in the Right Handrail Post. Tighten the Medium Bolt and the T-wing Bolt securely. Repeat for the Left Handrail Post (19).
6. Slide the Handrail (43) between the Plastic Endcaps (40 and 44) at the tops of the Handrail Posts. Attach it by inserting the four Handrail Bolts (39) and Washers (15).
7. Make sure that all the parts are securely tightened. Read the operating instructions before using your treadmill.

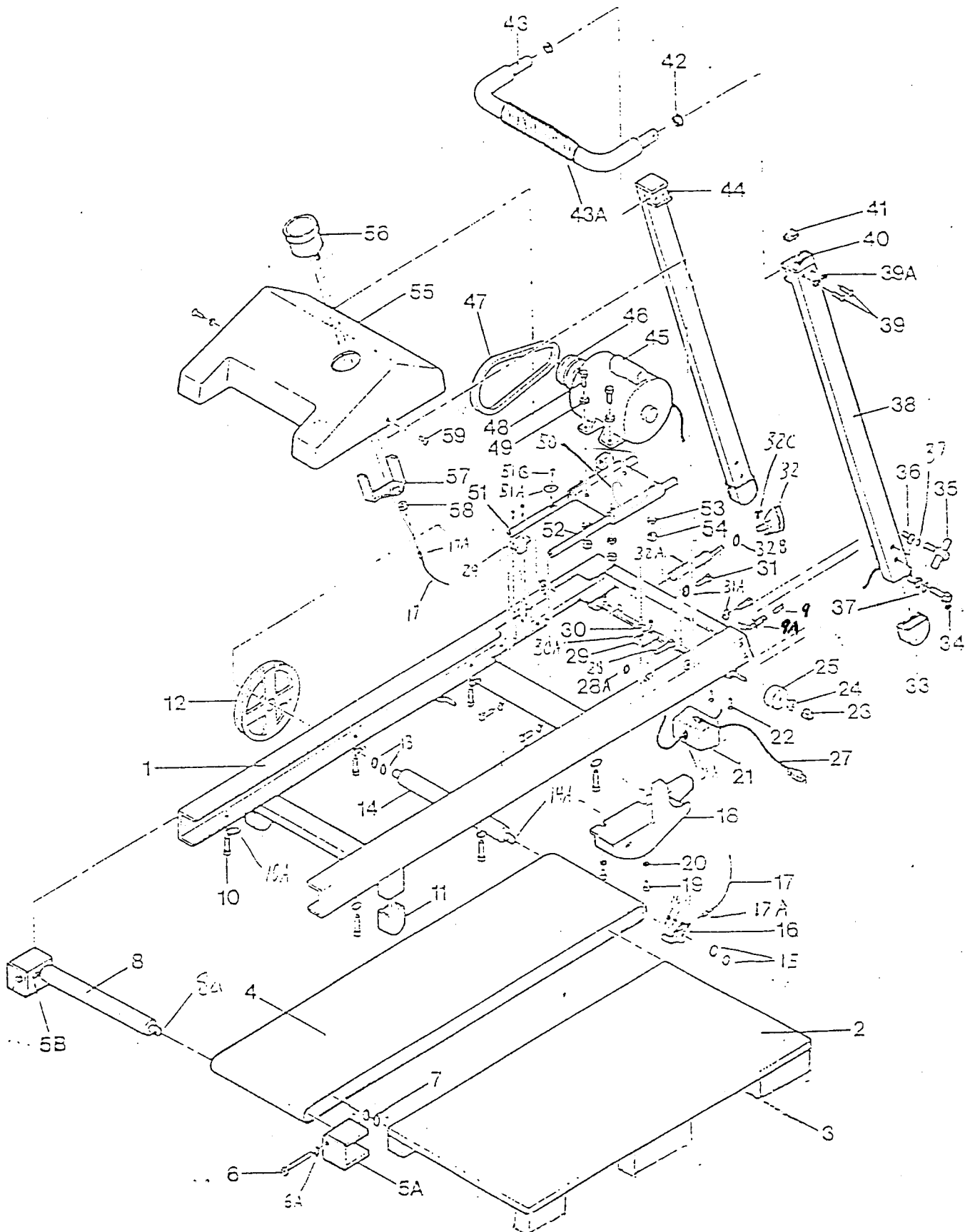


PART LIST - Model No. TL 040/200

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	35	2	"T" Wing Bolt
2	1	Low Friction Platform	36	4	Metal Bushing
3	6	Wood Support	37	4	Washer
4	1	Walking Belt	38	1	Right Handrail Post
5	1	Belt Adjustment Bracket (R)	39	4	Handrail Bolt
6	2	Belt Adjustment Bolt	40	1	Right Handrail Endcap
7	4	Rear Roller Spacer	41	1	Switch
8	1	Rear Roller	42	2	End Cap
9	1	Fuse	43	1	Handrail
10	6	Support Bolt	44	1	Left Handrail Endcap
11	4	Rubber End Cap	45	1	Motor 107833
12	1	Pulley Wheel	46	1	Variable Speed Pulley
13	4	Front Roller Spacer	47	1	V-Belt
14	1	Front Roller	48	2	Screw
15	4	Handrail Post Washer	49	4	Motor Mount Washer
16	1	Speedometer Drive	50	1	Motor Mount Plate
17	1	Speedometer Cable	51	1	Left Motor Mount Rail
18	1	Pulley Cover	52	1	Right Motor Mount Rail
19	2	Left Handrail Post	53	4	Lock Washer
20	2	Pulley Cover Washer	54	4	Nut
21	1	Junction Box	55	1	Motor Hood
22	2	Junction Box Bolt	56	1	Speedometer
23	2	Locknut	57	1	Bracket
24	4	Wheel Washer	58	1	Speedometer Nut
25	2	Wheel	59	2	Phillips Head Screw
26	1	Left Roller Lock	60	4	Knob Screw (Trek 200)
27	1	Electric Plug & Cord	61	1	Speed Knob (Trek 200)
28	1	Front Adjustment Bolt	62	2	Cover Screw (Trek 200)
29	1	Right Roller Lock	63	1	Belt Adjustment Bracket (L)
30	7	Bolt	64	1	Handgrip
31	8	Motor Mount Bolt	#	1	Hand Tool
32	1	Speed Knob (Trek 100)	#	1	Owner's Manual
33	2	Stop Bolt Washer			
34	2	Hex Head Bolt			

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-99WESLO (999-3756), during our business hours: Monday through Friday, 6 a.m. until 6 p.m. Mountain time. When ordering parts, please refer to the product name, model number, and serial number, and the key number and description of the part(s) needed.

TLC40 / TREK 100



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.

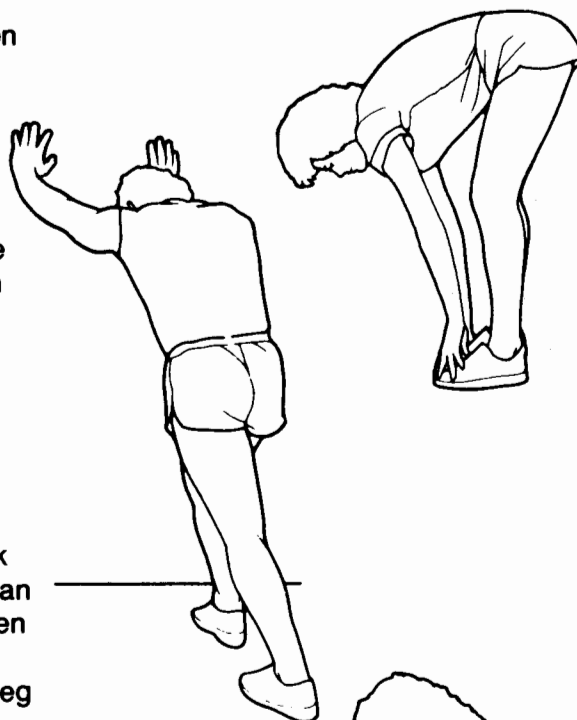
STRETCHING

All stretches should be performed slowly. Each position should be held for 15 counts and performed for three repetitions. 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.

Stretches: Ham strings, Back of Knees, Back.



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.

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.

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.

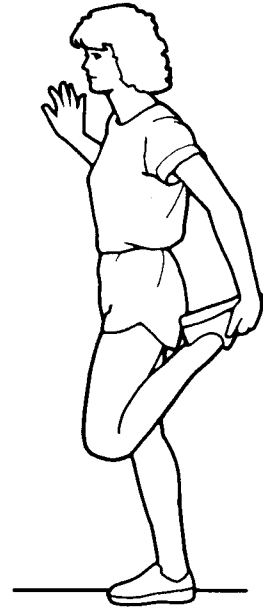
Stretches: Inner thigh muscles.



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.

Stretches: Quadriceps, Hip muscles.

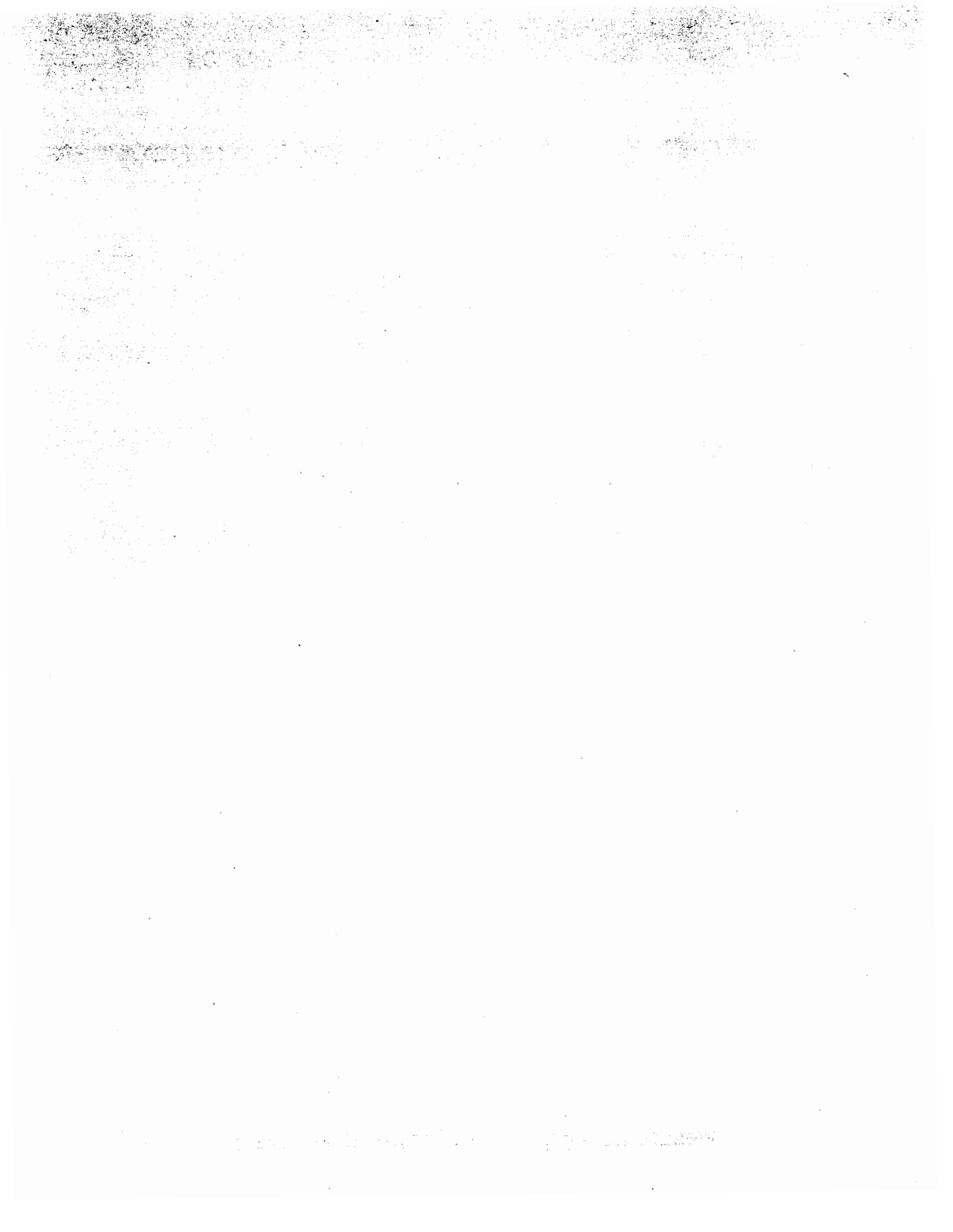


MAINTENANCE AND STORAGE

To maintain optimal treadmill performance, the following simple procedures should be performed periodically. **IMPORTANT: UNPLUG THE TREADMILL BEFORE PERFORMING THE MAINTENANCE PROCEDURES.**

1. To maintain the low-friction quality of the walking belt, apply silicone lubricant spray under the walking belt before initial use of the treadmill, and whenever a decrease in performance is noticed. Do not allow lubricant to get on the top surface of the belt.
2. Apply one or two drops of light oil to the ends of each roller bearing.
3. Tighten all nuts, bolts and screws.
4. Wipe exposed treadmill surfaces with a damp cloth and non-abrasive detergent.

Always unplug the power cord when the treadmill is not in use. The treadmill can be converted to a compact storage position by unscrewing the T-wing bolts and folding the handrail posts down. Be sure the power cord is not between the handrail posts and the frame when folding down or the power cord may be damaged. The treadmill can be moved by lifting the back end of the treadmill and pushing or pulling.



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