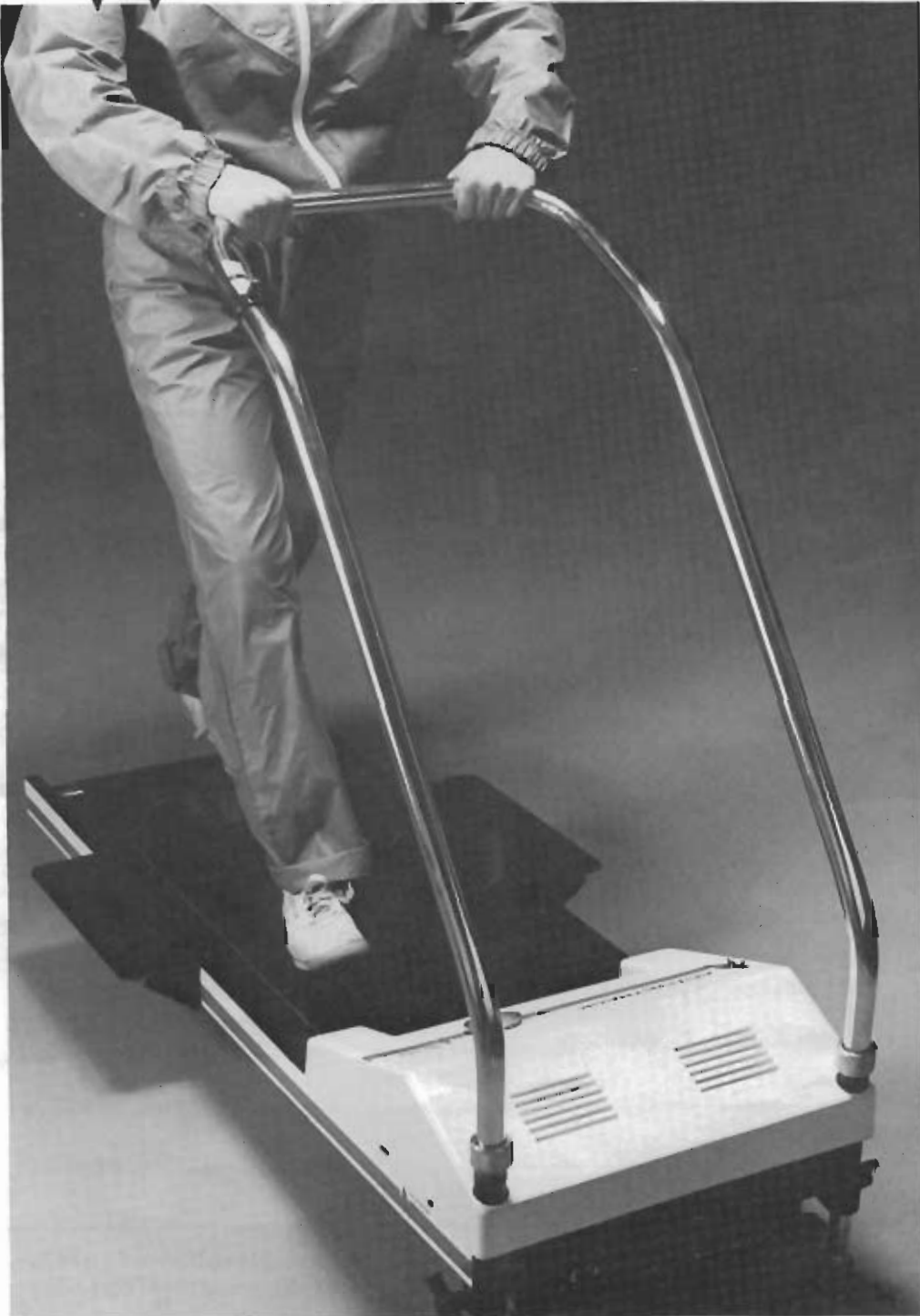


Weslo

# ACTIVETRACK

## MOTORIZED TREADMILL



ActiveTrack  
Motorized  
Treadmill  
Model #  
TL050

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

# Instruction Manual and Workout Guide

## **WARNING:**

Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 years or persons with pre-existing health problems. Read all instructions and safety precautions before using. We assume NO responsibility for personal injury or property damage sustained by or through the use of the ActiveTrack Treadmill.

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## **INTRODUCTION**

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Congratulations on your purchase of the Active Track Treadmill. This walking treadmill is truly an innovative piece of equipment. With the ActiveTrack's variable speed adjustment you have an infinite number of speed settings available.

Weslo's ActiveTrack Treadmill will provide you the opportunity to experience one of the best forms of aerobic exercise — walking — while in the comfort of your own home.

# Assembly Instructions and Parts List

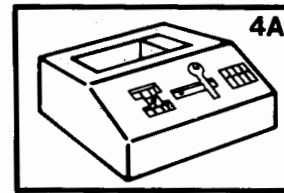
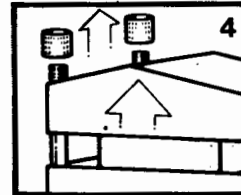
ActiveTrack  
Motorized  
Treadmill  
Model #  
TL050

**IMPORTANT! Read all instructions before assembly is begun.**

**FOR PART IDENTIFICATION, SEE DRAWING AND PARTS LIST.**

## UNPACKING

1. Make sure you'll have enough room to work, then fold down the sides of the box.
2. Remove all parts from the box and set aside. (Don't forget the parts underneath the treadmill.)
3. Remove all plastic bags and tape from around all treadmill parts except for the tape on the Incline Clamps (29). Remove all styrofoam.
4. Unscrew the Aluminum Lock Rings (34) and remove. Pull off the Motor Hood (18) and take the styrofoam block off the Motor (5). **Remove all styrofoam from around the motor (5).** Note: This block has the Adjustment Wrench (49) and several other small parts taped to it. Set these aside.

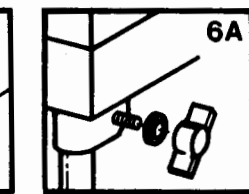
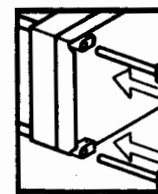
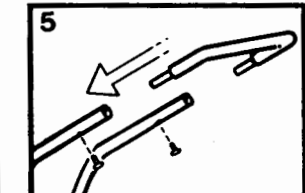
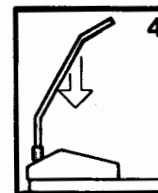
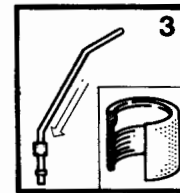
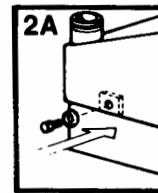
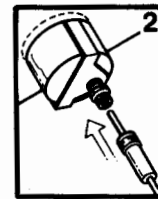
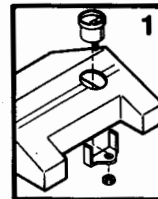


**IMPORTANT! Make sure all packing materials are removed before assembling.**

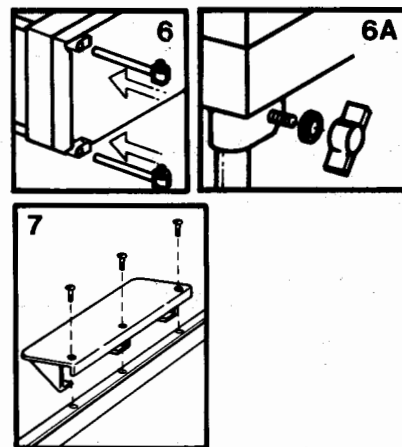
## ASSEMBLY

Some parts may have been pre-assembled and may have to be disassembled before final assembly can be completed.

1. Insert the Speedometer (18A) into the hole in the Motor Hood (18). Push the Speedometer Bracket (18C) under the Speedometer as shown, then screw the Nut (18B) onto the Speedometer.
2. Carefully insert the end of the Speedometer Cable (19A) into the Speedometer (18A) and fasten with the Finger Nut (19B). NOTE: The Finger Nut is threaded onto the Speedometer Cable and may have slid to the other end.
3. Slide the Aluminum Lock Rings (34) down the front of the Chrome Handrails (35) to the bottom. Note: The Lock Rings have a top ridge, not threaded, that must be up. Slide it on the rail so that it will end right-side up.
4. Take the Handrails (35 & 36) and push them into the Front Posts (2) and tighten down Lock Rings (34).
5. Push the Center Bar (36) into the Hand Rails and secure with Screws (37) on each side.
6. Lay the Treadmill on its side, then with the writing on the Chrome Legs (26) facing the front of the Treadmill, push the Legs into the Incline Clamps (29). Note: You may have to wiggle it to get it in. Stand the Treadmill upright, remove the tape from around the Clamps, and screw the "T" Wingnuts (33) on.



6. Lay the Treadmill on its side, then with the writing on the Chrome Legs (26) facing the front of the Treadmill, push the Legs into the Incline Clamps (29). Note: You may have to wiggle it to get it in. Stand the Treadmill upright, remove the tape from around the Clamps, and screw the "T" Wingnuts (33) on.
7. Attach the Footpads (40) with the Screws (41) supplied.
8. Make sure all nuts and bolts have been tightened before using the ActiveTrack Treadmill.



## PARTS LIST

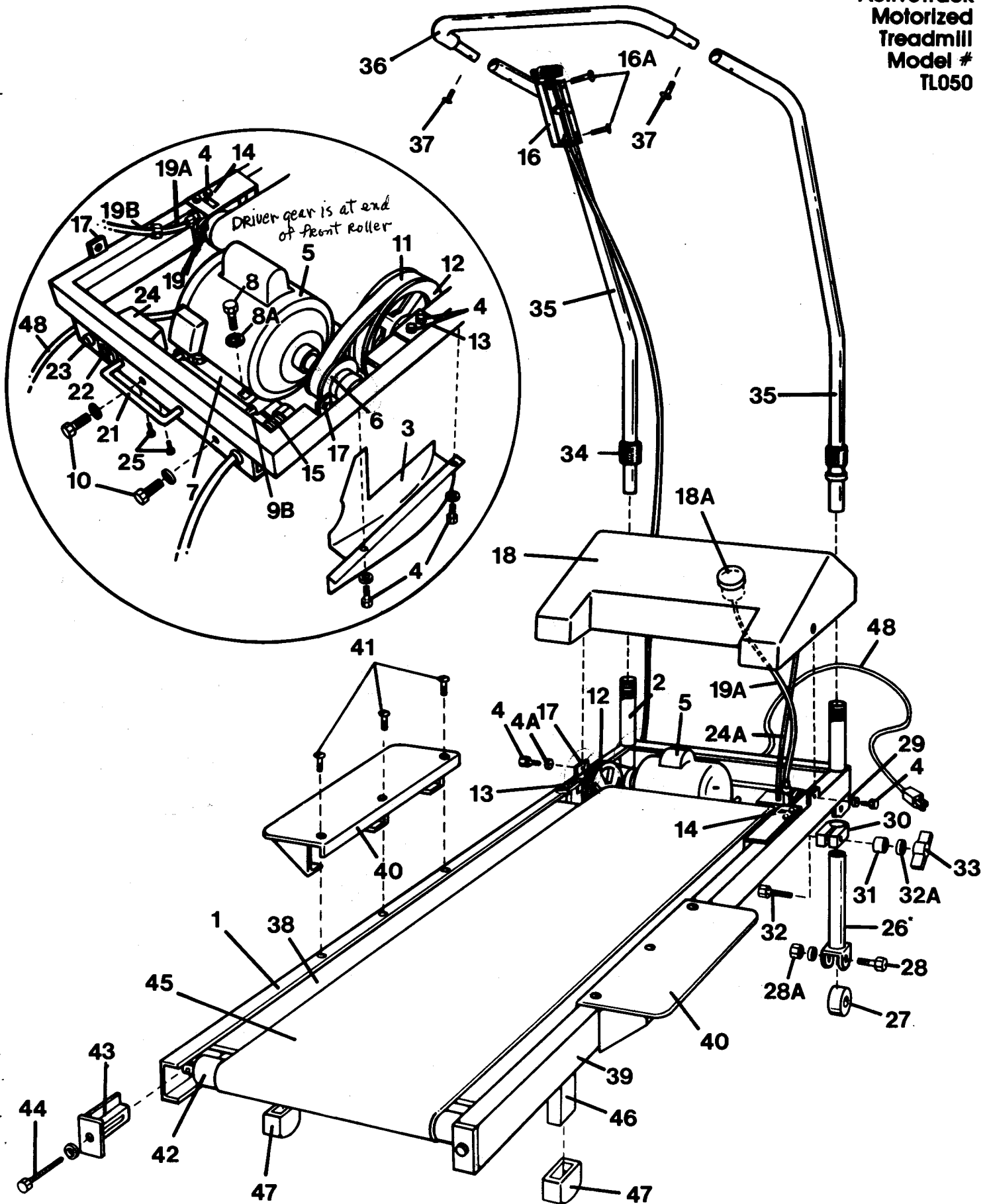
### Motorized Treadmill

#### Model # TL050

Part No.	Reorder No.	Description	Qty.	Part No.	Reorder No.	Description	Qty.
1	004016	Treadmill Frame	1	22	031014	On/Off Switch	1
2		Front Post (On Frame)	2	23	031001	Fuse, 15 amp	1
3	010019	Pulley Cover	1	24	031005	Electric Connection Cover	1
4	013020	Short Bolt, 6mm x 11mm long	8	25	013083	Cover Screw	2
4a	014012	Small (6mm) Washer	8	26	007009	Front Chrome Leg	2
5	030001	Motor	1	27	052003	Wheel	2
6	020001	Variable Speed Self-Centering Pulley	1	28	013082	Bolt, 10mm x 39mm long	2
7	031010	Motor Mount Plate	1	28a	012033	Nylon Lock Nut	2
7a	019018	Motor Mount Bushing	4	29		Incline Clamp Bracket (On Frame)	2
8	013060	Motor Mount/Frame Bolt, 8mm x 19mm long hex head	10	30	016001	Aluminum Clamp	2
8a	014012	Large (8mm) Washer	16	31	019016	Spacer	2
8b	012003	Nut 8mm	4	32	013059	Carriage Bolt, 8mm x 50mm long	2
9a	049012	Motor Slide Rail (left)	1	32a	014010	Washer (8mm I.D. 22mm O.D.)	2
9b	049011	Motor Slide Rail (right)	1	33	017001	"T" Wingnut	2
11	025005	V-Belt	1	34	016014	Aluminum Lock Ring	2
12	020002	Belt Pulley with Front Roller and Axle	1	35	007012	Chrome Handrail	2
12a	022002	Front Roller	1	36	003002	Chrome Center Bar	1
12b	049013	Front Roller Axle	1	37	013036	Handrail Screw	2
12c	061001	Pressure Plate	1	38	053002	Low Friction Platform	1
12d	013068	Adjustment Bolt	1	39	012029	Furniture Nut (6mm)	8
13	016012	Roller Lock (left)	1	39a	013062	Long Bolt	8
14	016015	Roller Lock (right)	1	39b	014020	Lock Washer (6mm)	8
15	013034	Speed Adjustment Shaft	1	40	039003	Footpad	2
16	072008	Speed Adjustment Knob w/Cable	1	41	013084	Footpad Screw	6
16a	013121	Screw	2	42	022003	Rear Roller	1
17		Hood Mount (On Frame)	2	42a	049014	Rear Roller Axle	1
18	009010	Motor Hood	1	42b	019014	Spacer (may vary in number)	6
18a	027008	Speedometer	1	42c	018009	Roller Bearings	4
18b	012034	Nut (19mm thread)	1	43	008011	Belt Adjusting Bracket	2
18c	008015	Speedometer Bracket	1	44	013070	Belt Adjusting Bolt	2
18d	019025	Large Metal Spacer	1	45	025004	Treadmill Walking Belt	1
19	028001	Speedometer Driver Gear	1	46		Rear Leg	2
19a	026008	Speedometer Cable	1	47	040020	Rubber Cap	2
21		Handle (On Frame)	1	48	031006	Electric Cord and Plug	1
				49	045003	Adjustment Wrench	1

Due to changes in our manufacturing processes your ActiveTrack Treadmill may differ slightly from the one in the assembly drawing and instructions found in your owner's manual.

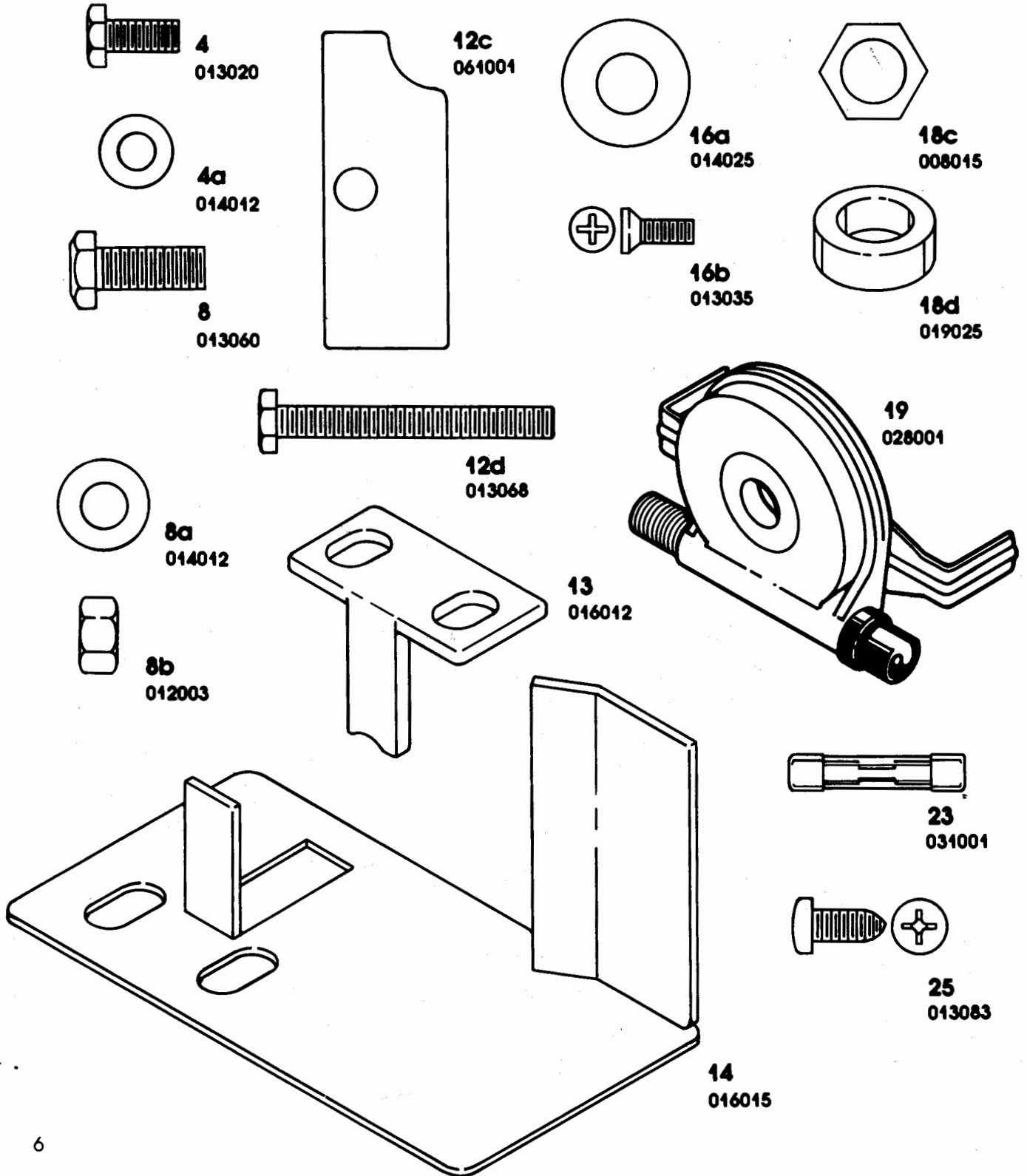
ActiveTrack  
Motorized  
Treadmill  
Model #  
TL050

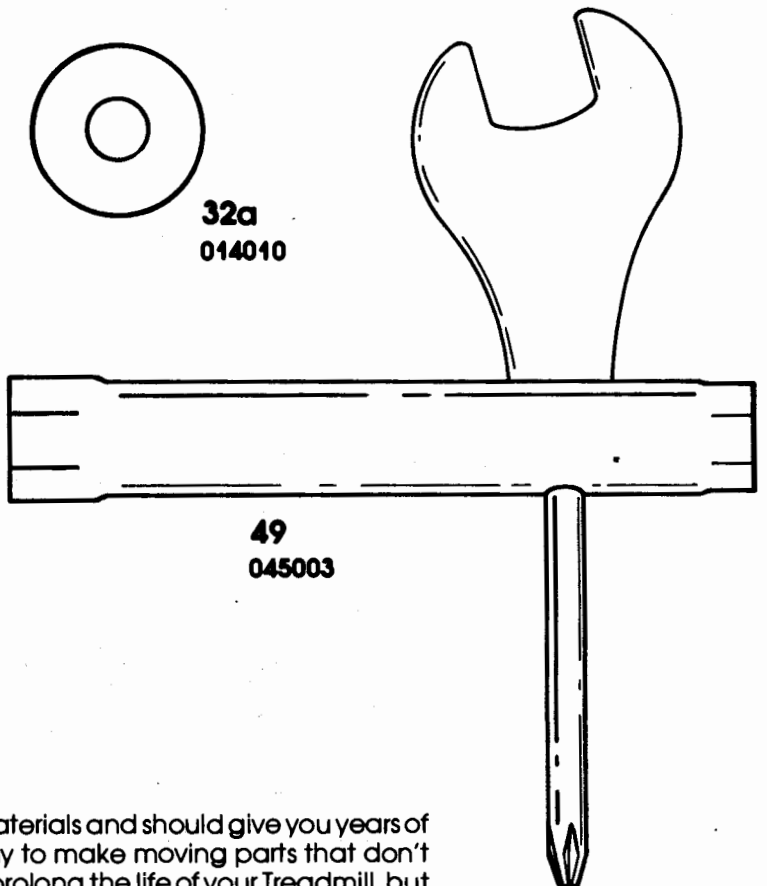
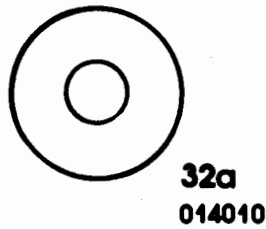
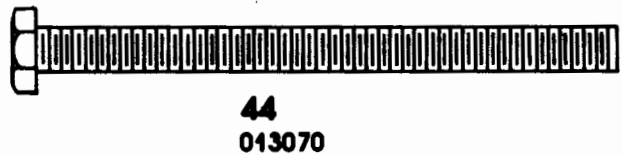
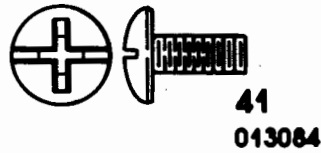
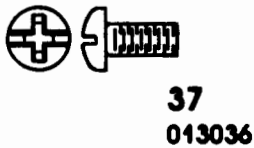
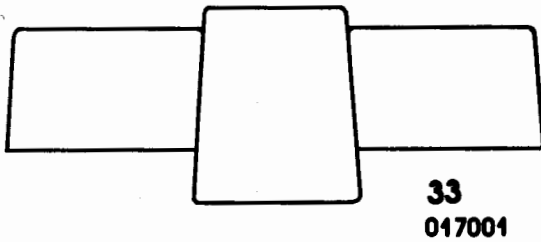
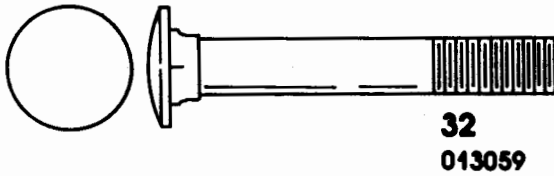
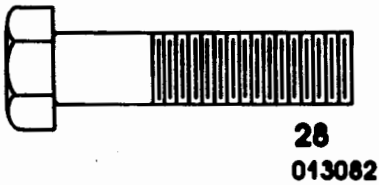


# SMALL PARTS IDENTIFICATION

Parts may vary slightly and/or be changed without notice.

Replacement parts may be ordered quickly and easily from the Weslo Factory offices. If you need to order parts, please call Weslo Customer Service toll-free at 800-824-3109 (or in Canada, 800-824-8949) during regular business hours: 8 a.m.-5 p.m. Mountain Standard Time.





## NOTICE OF WEAR

Your ActiveTrack Treadmill has been made with the best materials and should give you years of trouble free service. Unfortunately we haven't found a way to make moving parts that don't wear as they are used. Proper care and maintenance will prolong the life of your Treadmill, but when the inevitable happens, you may order replacement parts by contacting the Customer Service Department in the USA at 800-824-3109, or in Canada at 800-824-8949.

## OPERATING YOUR TREADMILL

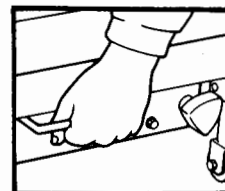
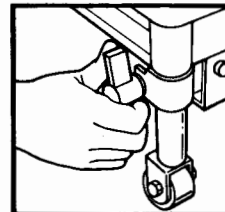
Before you actually use your treadmill, it is important that you become familiar with its workings:

### 1. ANGLE ADJUSTMENT

You may wish to increase your workload by increasing the angle of the walking surface. To do this, simply complete these steps:

- A. Loosen T-Wingnuts on both sides of hood with a counter-clockwise turn.
- B. Grab incline adjustment handle and pull to desired incline angle.
- C. Tighten the T-Wingnuts.

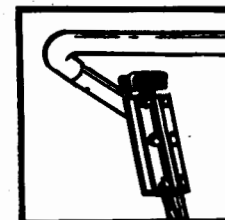
**NOTE:** The lines scored on the front of the legs of your Treadmill are useful in getting a level setting when you adjust the angle. If the Treadmill is uneven, the Walking Belt will rub against the frame.



### 2. SPEED ADJUSTMENT

A special feature of the ActiveTrack Treadmill is that it has a variable speed walking surface that can be easily adjusted by a turn of the handle.

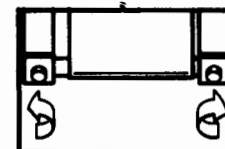
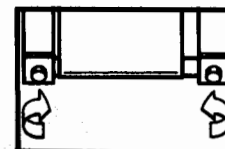
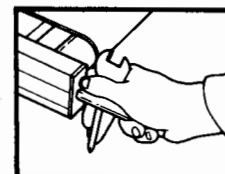
- A. To increase the speed of the walking surface, turn the speed adjustment knob counter-clockwise to go faster, clockwise to go slower.



### 3. RUNNING SURFACE/DRIVE BELT TENSION ADJUSTMENT

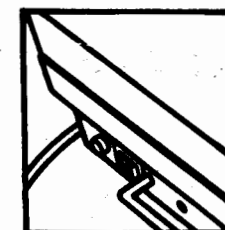
During shipping the running surface may have shifted, causing the walking surface to be too far to the right or left on platform. To adjust this problem, first locate adjustment bolts at the rear of the frame (see illustration).

- A. If the belt has shifted to the left, using the adjustment tool provided, slightly loosen the right hand bolt, and slightly tighten the left hand bolt.
- B. If the belt has shifted to the right, reverse instructions in step A.
- C. If, when using your Treadmill, you notice the platform belt slips, belt tension adjustment is required. Simply tighten both bolts until platform belt does not slip. Note: Be careful not to tighten one bolt more than the other as it will cause belt shifting.



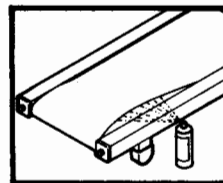
### 4. STARTING PROCEDURE

- A. Make sure the walking surface is clear of anyone or anything.
- B. Plug in the electric cord to standard house current.
- C. Flip power switch on.



## CONSUMER NOTICE:

To assure smooth operation and prolong the life of your ActiveTrack Treadmill, we recommend using a "dry" silicone lubricant spray under the Walking Belt before initial use and periodically as you use your Treadmill.



**ActiveTrack  
Motorized  
Treadmill  
Model #  
TL050**

## TRAINING INSTRUCTIONS

### WARNING:

Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 years or persons with pre-existing health problems. Read all instructions and safety precautions before using. We assume NO responsibility for personal injury or property damage sustained by or through the use of the Weslo ActiveTrack Treadmill.

## 1. SAFETY PRECAUTIONS

**A. Follow all instructions given to you by your physician.**

**B. Wear proper shoes when using the ActiveTrack Treadmill.**

Tennis shoes or similar shoes with rubber soles are recommended for use on the walking surface.

**C. Keep shoes and walking surface clean and dry.**

A slightly moistened rag should be used occasionally to wipe off walking surface and shoes before starting your exercise. Be sure both shoes and walking surface are dry before proceeding.

**D. Follow mounting and dismounting procedures found in this booklet for the safest use of your ActiveTrack Treadmill.**

**E. Be sure motor hood is securely in place.**

For your protection, keep hood on while running.

**F. Wear suitable clothing.**

Do not wear robes or gowns when using ActiveTrack. Clothing allowing for free movement such as exercise suits, or shorts and T-shirts are recommended.

**G. Avoid getting water in the motor switches or power cord.**

**H. Position the ActiveTrack Treadmill on a flat and level surface.**

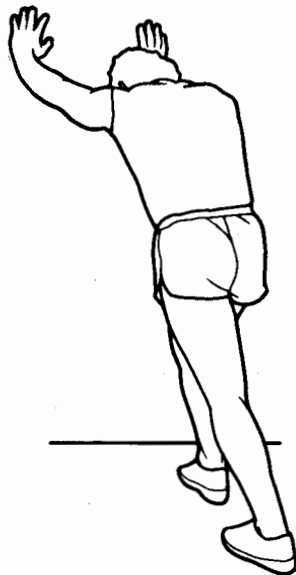
**I. Keep all others, especially small children, away from the ActiveTrack when in operation.**

## 2. STRETCHING

Before beginning use of the Treadmill, a stretching routine is recommended. The following stretching routine provides a good warm-up.

All stretches should be performed slowly. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly — don't bounce.

**NOTE:** It is a good idea to use stretching to cool down as well as to warm up when you exercise. This will increase your flexibility and is another precaution against injury.



### **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.

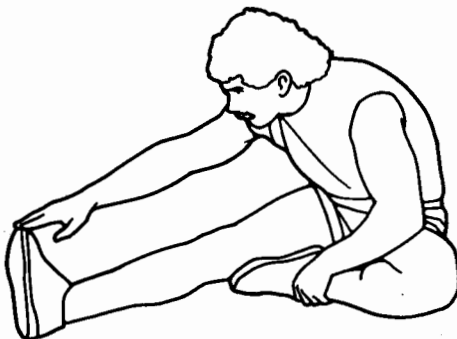
**Stretches: Calves, Achilles tendons, and Ankles.**



### **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.**



### **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.

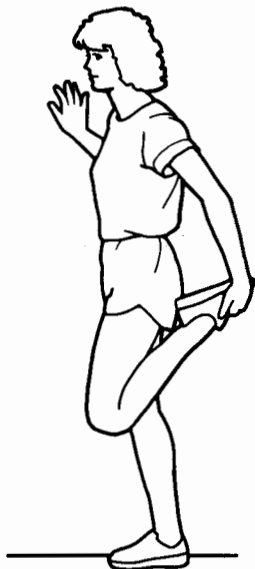
**Stretches: Hamstrings, Lower back and Groin.**



### **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 and hold for 15 counts. Repeat.

**Stretches: Hamstrings, Back of Knees, Back.**



### **Quadriceps Stretch**

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

**Stretches: Quadriceps, Hip muscles.**

### 3. TRAINING PROGRAM

ActiveTrack  
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#### A. Intensity (Target Heart Rate)

To maximize your benefits from using the ActiveTrack Treadmill, your level of exertion must exceed mild demands while falling short of fatigue or breathlessness. This level of exercise will be achieved if you reached what is referred to as "Target Heart Rate" during your workout.

Your target heart rate falls between 70% and 85% of the highest heart rate that you can achieve during exercise. You can estimate your target heart range by following this simple formula.

$$\frac{220 \text{ (average maximal heart rate for a child)} - \text{YOUR AGE}}{=} \text{YOUR MAXIMUM HEART RATE}$$

Maximum Heart Rate multiplied by .70 = Low end of Target Heart Range.

Maximum Heart Rate multiplied by .85 = High end of Target Heart Range.

Simply subtract your age from 220. Multiply that number by .70 (70%). That will give you the low end of your range in beats-per-minute. To get the high end of your range, subtract your age from 220 and multiply the result by .80 (80%).

For example, if you were 30 years old you would use this formula:

$$\begin{array}{r} 220 \\ -30 \\ \hline 190 \end{array}$$

$$190 \times .70 = 133 \text{ (Low end of Target Heart Range)}$$

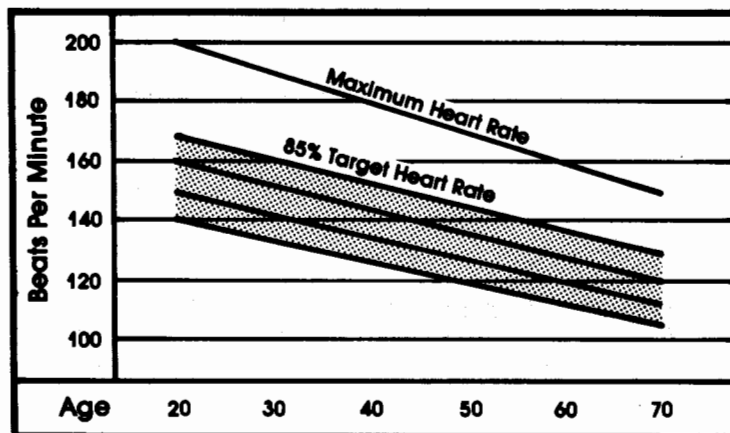
$$190 \times .85 = 161.5 \text{ (High end of Target Heart Range)}$$

**Target Heart Range for a 30 year old is 133-162.**

This level of exertion usually causes perspiration, and increase in breathing and slight fatigue.

For your first time using the ActiveTrack Treadmill you should work towards obtaining a 70% target heart rate. As time goes by you should work on increasing your heart rate, at a pace of about 5% every 4 weeks, until you reach 85%. As your body adapts to the workout, more and more workload will be required to reach your target heart rate. This can be easily accomplished by increasing your speed or angle (see operating your treadmill #1 & #2). A need for increased workload is a definite indicator of improved physical condition.

Below is a quick reference chart to help estimate your beats/minute target rate.



## **B. Duration/Frequency**

The ActiveTrack Treadmill provides you the opportunity, while in your own home, to engage in one of the best forms of aerobic exercise — walking. With adjustable speed and incline features, the intensity of that exercise can be tailored to help you reach and maintain your target heart rate.

To maximize benefits gained from the use of the ActiveTrack Treadmill, you should exercise at your prescribed heart rate for at least 20 minutes 3 times a week. Alternating a day of rest between workouts is advised.

## **C. Exercise Pattern**

Your exercise pattern should consist of a basic 5 step pattern:

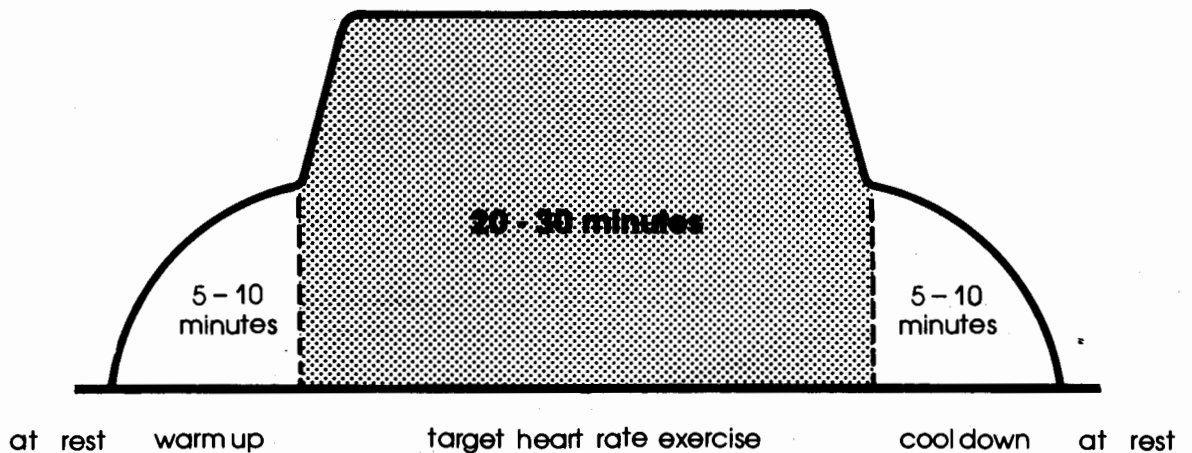
- At rest
- Warm up
- Target Heart Range Exercise
- Cool Down
- At Rest

1. Warm up and cool down are important steps in the prevention of injuries and should not be taken lightly. Warm up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. Warm up can be achieved through stretching exercises and light calisthenics for a period of 5-10 minutes prior to use of the treadmill.

2. Target Heart Rate, as discussed earlier in this section, is a fundamental concept in exercise efficiency and benefit. You should walk on your treadmill at a speed and incline that causes your heart rate to fall within your target heart range. You need to maintain this level for a period of 20-30 minutes to maximize benefits.

3. Cool down is essential to preventing injuries. Stopping abruptly after vigorous exercise is likely to cause blood pooling in the extremities, a condition that causes the heart to work harder and increases the potential for muscle soreness. Again, cool down can be achieved through stretching or simply walking at a slower pace after the Target Heart Rate portion of the workout.

Below is a quick reference chart of a basic exercise program.



## **4. MOUNTING PROCEDURE**

A. Position the Treadmill on a flat level surface. Set speed and walking surface on the lowest setting (Refer Treadmill operation section #1 & #2).

B. Flip power switch on. (Refer Treadmill operation #5).

C. Step up on Treadmill by planting feet firmly on the foot pads and grip the hand rail (see Fig. #1).

D. Place your weight on the right leg and foot, extend the left leg forward and place the left foot onto the walking platform one normal step ahead of you (see Fig. #2).

E. Allow the left foot to follow the walking surface movement (like walking with one leg) continue this maneuver until you become familiar with the required pace (see Fig. #2 & #3).

F. Once you've determined the required pace, follow the already-in-motion leg with the stationary leg in a normal walking manner (see Fig. #4). Continue gripping the hand rails until you are comfortable and walking normally. After gaining stability you may release your grip on the rails and let your arms swing freely and naturally at your sides.

## 5. DISMOUNTING PROCEDURE

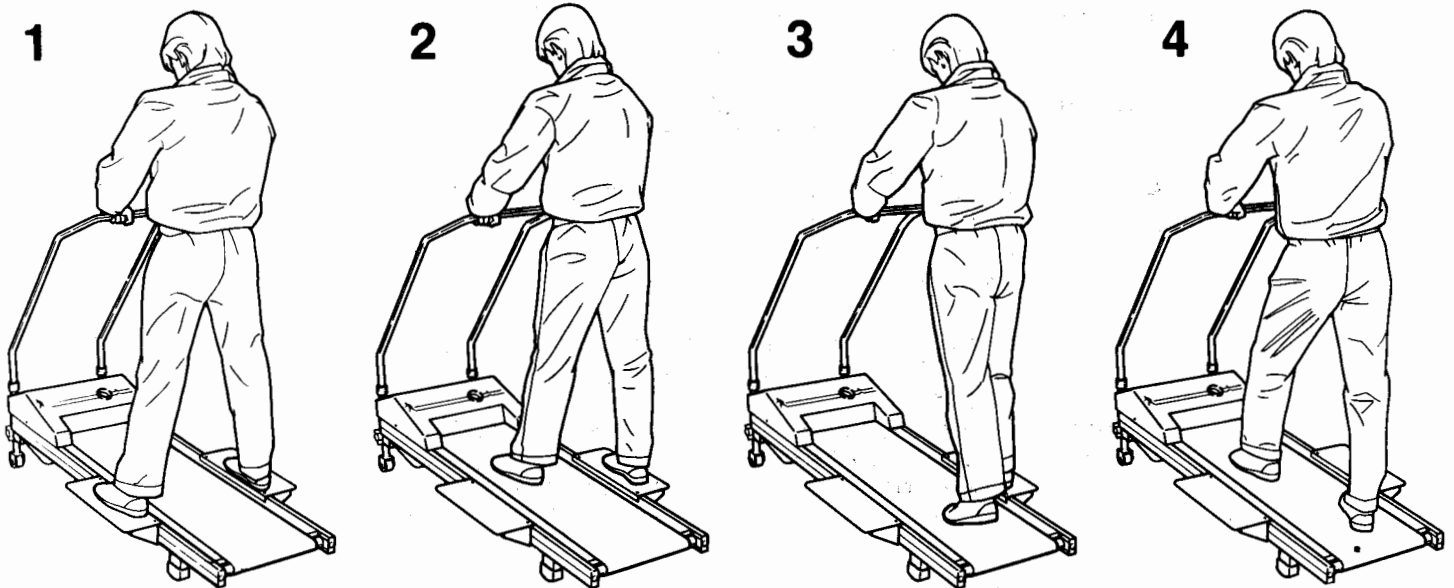
A. Firmly grip handle.

B. Remove your trailing foot (leg in back) from the walking platform and place it on the side runner/foot pad on the side of the machine. (see Fig. #2).

C. Shift your weight to the stationary leg and foot on the side rail/foot pad and remove the other leg from the walking platform and place the foot on the other foot pad (see Fig. #1). You should now be back in the starting position.

D. Step down off of the treadmill and turn it off.

Note: You should start out on the lowest speed and incline angle setting. However, after consultation with your physician, if recommended, you can increase your workload through speed and incline angle adjustment (See Treadmill operation #1 & #2).



### MOUNTING

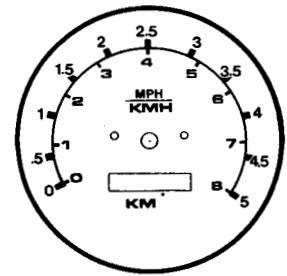
- A - Set speed, angle
- B - Turn on treadmill
- C - Step up on Treadmill
- D - Grip Hand Rail
- E - One leg walking on belt
- F - Both legs walking on belt

### DISMOUNTING

- A - Grip hand rail
- B - One leg off
- C - Other leg off
- D - Step down off treadmill
- E - Turn off treadmill

## SPEEDOMETER/ODOMETER

Your ActiveTrack Treadmill shows speed in miles per hour (MPH) as well as kilometers per hour (KMH). However, the odometer reads only in kilometers per hour.



## STORAGE AND MAINTENANCE

A. The ActiveTrack Treadmill can be easily moved about. Simply unplug the unit. Lift up on the end of the frame and lean machine toward hood. Wheels under the hood will come into play for easy movement. Store your Treadmill in a cool dry area.

B. The ActiveTrack Treadmill utilizes a uni-body metal frame which provides strong durable construction and virtually trouble-free use.

If any problems should develop with your Treadmill, first check your trouble-shooting guide for quick maintenance tips. If problems persist contact our Customer Service Department at 1-800-824-3109.

## TROUBLE-SHOOTING AND REPAIRS

We at Weslo are confident that you will enjoy your Treadmill for many years to come. Although we do not expect that you will have any problem assembling your Treadmill, some damage may have occurred in shipping. If this has occurred, then here are some of the problems you may expect to find:

**Problem 1:** Speed Adjustment Knob (16) hard to turn. This may be caused by Motor Slide Rails (9) being bent during shipment.

**Solution:** Remove Speed Adjustment Shaft (15) and Motor Slide Rails (9) by unscrewing the two Bolts (10) and unscrewing the Knob (16). Call for replacement parts.

**Problem 2:** V-Belt (11) weaving may be caused by Variable Speed Pulley (6) and Belt Pulley (12) being out of alignment.

**Solution:** Variable Speed Pulley (6) is a self-centering pulley. Check to see if springs on each side of the pulley move in and out on the Motor Shaft. If they are not moving then please call for a replacement, Part #6.

**Problem 3:** Speed Adjustment Knob (16) broken.

**Solution:** Call for a replacement part.

**Problem 4:** Incline feature hard to raise and lower.

**Solution:** Incline Clamp (29) may have been tightened too far. Take a screwdriver and spread the Aluminum Clamp (30) until Leg (26) slides through freely.

**Problem 5:** Motor fails to run when switched on.

**Solution:** Check fuse by unscrewing. If metal bar in fuse is broken, then replace fuse (23).

**Problem 6:** Bearing in each end of Belt Rollers (12 or 42) squeal.

**Solution:** Use 1 or 2 drops of light sewing machine oil.



**Weslo**

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