

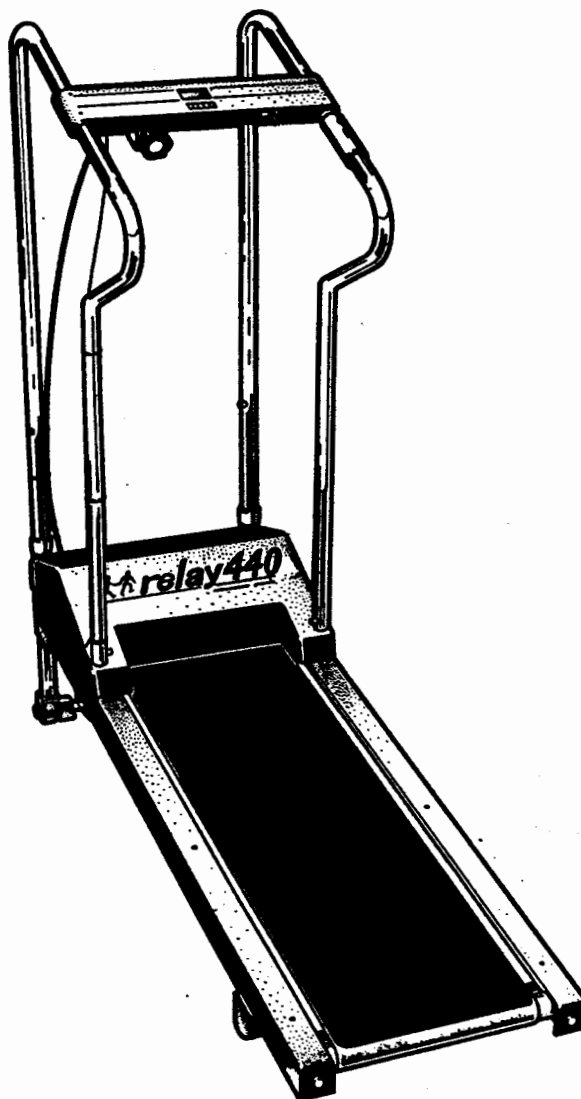
weslo

relay 440

variable speed

MODEL NO. TL440

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



Owner's Manual and Fitness Program

046044

relay 440

variable speed

Owner's Manual and Fitness Program

INTRODUCTION

Congratulations on your purchase of the Weslo Relay 440 variable speed treadmill. Now you can enjoy one of the best forms of aerobic exercise at your convenience in your own home.

With variable speed and incline you can adjust the treadmill for your individual fitness level. And you can monitor your workout on the multi-function electronics console.

This manual is designed to help you understand the easy assembly and operating procedures. A basic fitness guide is included to get you started with your exercise program. For your safety and benefit please read the manual before operating the treadmill.

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
1-800-824-3109**

(In Canada, 1-800-824-8949)

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

WARNING:

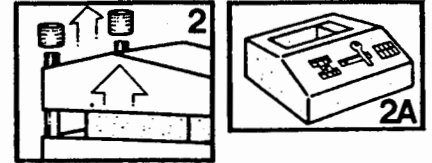
Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. **Read all instructions before using.** Weslo assumes no responsibility for personal injury or property damage sustained by or through the use of the Relay 440 Treadmill.

ASSEMBLY INSTRUCTIONS

IMPORTANT! Read all instructions before assembly is begun.

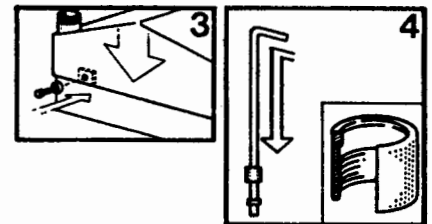
FOR PART IDENTIFICATION, SEE DRAWING AND PARTS LIST.

1. Remove all parts from the box.
2. Unscrew the Aluminum Lock Rings (34) and lift off the Motor Hood (19). Remove the Styrofoam Block and attached parts.

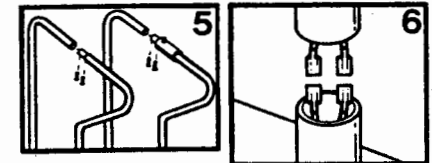


IMPORTANT! Make sure all packing materials are removed before continuing assembly.

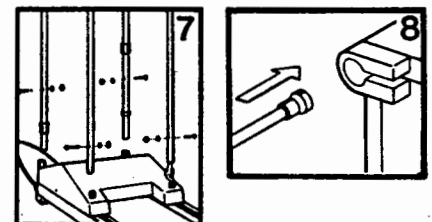
3. Remove the Short Bolts (5) from the Hood Mounts (18). Put the Motor Hood (19) in place and replace the Short Bolts.
4. Slide the Aluminum Lock Rings (34) onto the Rear Handrail sections (35 & 36). The Lock Rings have a top ridge, not threaded, which must be up.
5. Join the Rear Handrail Sections (35 & 36) to the Front Handrail Sections (37 & 38) using the Handrail Screws (39).



6. Connect the Switch Wire Clips (64) coming from the lower end of the Right Handrail (38) to those coming up from the Right Handrail Post (41). Note: You must connect wires of the same color or the motor will be damaged.

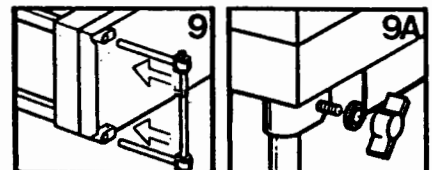


7. Push the Chrome Handrails (35-38) on. Be careful not to pinch the Switch Wires (64). Fasten the Carriage Bolts (42) onto the Handrails. Tighten the Lock Rings (34).

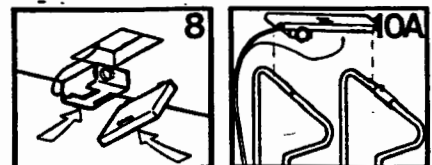


8. Turn the Treadmill on its side. Insert the Hydraulic Shocks (43), chrome end first, into the Aluminum Clamps (30) and Handrails (35 & 36) until the Shocks rest against the Carriage Bolts (42).

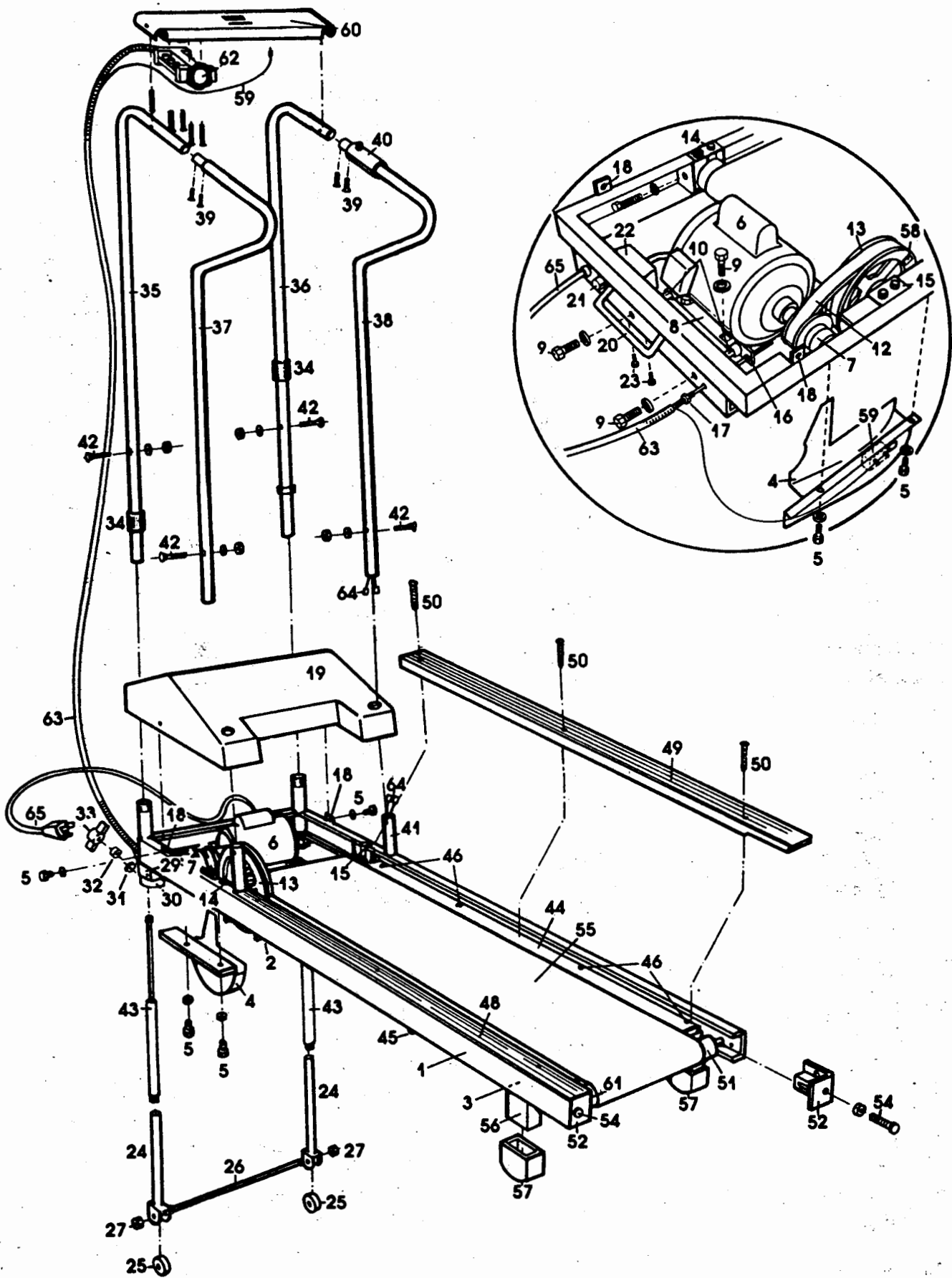
9. With the writing on the Legs (24) facing the front, push the Legs as far as they will go into the Aluminum Clamps (30). Wiggling the Legs may be helpful. Stand the Treadmill upright and screw the "T" Wingnuts (33) onto the Incline Clamps.



10. Insert the two "AA" batteries into the underside of the Electronic Console (60). Clip the Console to the top of the Handrails (35-38). Plug the Sensor Wire (59) into the underside of the Console.



11. Make sure all nuts and bolts have been tightened before using your Relay 440 Treadmill.



PARTS LIST

No.	Description	Qty.	Reorder No.	No.	Description	Qty.	Reorder No.
1	Main Frame	1	004022	32A	Washer	2	014010
2	Front Crossbar	1	(on frame)	33	"T" Wingnut	2	017001
3	Rear Crossbar	1	(on frame)	34	Aluminum Lock Ring	2	016014
4	Pulley Cover	1	010042	35	Rear Left Handrail	2	003007
5	Short Bolt	11	013020	36	Rear Right Handrail	2	003005
5A	Washer	11	014013	37	Front Left Handrail	2	003006
6	Motor	1	030001	38	Front Rt. Handrail	2	003004
7	Variable Speed Self Centering Pulley	1	020001	39	Handrail Screws	4	013103
8	Motor Mount Plate	1	031013	40	On/Off Handrail Switch	1	031007
9	Motor Mount Bolt	1	013060	41	Handrail Post	2	(on frame)
9A	Washer	1	012003	42	Carriage Bolt	4	014006
9B	Nut	1	014019	42A	Washer & Locknut	4	012038
10	Left Motor Slide Rail	1	049012	43	Hydraulic Shock	2	043004
10A	Right Motor Slide Rail	1	049011	44	Low Friction Platform	1	053002
11	Large Tapered Bolt	2	025004	45	Long Bolt	8	013062
11A	Washer	2	014019	45A	Washer	8	014020
12	V-Belt	1	023004	46	Furniture Nut	8	012029
13	Belt Ply w/Frt Rllr & Axle	1	070001	48	Left Aluminum Runner	1	010040
14	Left Roller Lock	1	016015	49	Right Aluminum Runner	1	010041
15	Right Roller Lock	1	016013	50	Wood Screws	6	013058
16	Speed Adj. Bracket	1	(on mtr mnt)	51	Rear Roller	1	022003
17	Speed Adj. Cable	1	072007	51A	Axle	1	049023
17A	Nuts	1	012003	52	Belt Adjusting Bracket	2	008011
18	Hood Mount	2	(on frame)	54	Belt Adjusting Screw	2	013070
19	Motor Hood	1	009013	54A	Washer	2	014003
20	Handle	1	(on frame)	55	Treadmill Walking Belt	1	025004
21	Fuse	1	031001	56	Rear Leg	2	005002
22	Electric Cnctn Cover	1	031005	57	Rubber Cap	2	040012
23	Screw	1	013083	58	Snsr Magnet w/Screws	1	033001
24	Front Chrome Legs	2	007009	59	Sensor Wire w/Read Switch and Screws	1	033004
25	Wheel	2	052003	60	Electronic Console	1	032007
26	Axle	1	049009	61	Adjustment Wrench	1	045003
26A	Metal Sleeve	1	049010	62	Speed Adjmnt. Knob	1	017015
27	Nylon Locknut	2	012038	62A	Cover & Screws	1	013071
29	Incline Clamp Bracket	2	(on frame)	63	Plastic Cable Sleeve	1	010016
30	Aluminum Clamp	2	016001	64	Switch Wire w/Clips	4	031012
31	Spacer	2	019016	65	Electric Cord & Plug	1	031006
32	Carriage Bolt	2	013059				

FULL 90 DAY WARRANTY ON PARTS

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, Weslo will, free of charge, repair or replace any defective part, when this product is used in a normal manner.

This warranty does not apply when this product is used for commercial or rental purposes.

In the event that this product needs to be returned for repair, the shipping costs will be assessed to the customer.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

TREADMILL ADJUSTMENT AND OPERATION

Before initial use of your treadmill, it is important that you become familiar with the adjustment and operating procedures.

INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the angle of the walking belt can be adjusted in the following manner:

1. Loosen the T-wingnuts on the aluminum clamps.
2. Grip the handle on the front of the treadmill frame and raise or lower the treadmill to the desired height. Caution: the treadmill is supported by two hydraulic shocks which may cause the treadmill to spring up when the T-wingnuts are loosened.
3. Be sure that the treadmill is at the same height on both sides and firmly retighten the T-wingnuts.

SPEED ADJUSTMENT

The speed of the walking belt can be controlled with the adjustment knob located on the electronic console. To increase the speed turn the knob counter-clockwise. To decrease the speed turn the knob clockwise.

BELT ADJUSTMENT

For smooth operation and to prevent damage to the walking belt, always keep the belt centered during use. Turn the treadmill on for a few seconds and check the spaces between the walking belt and the sides of the frame. If the belt is closer to one side than the other, it should be centered in the following manner:

1. Locate the adjustment bolts at the rear of the frame.
2. Turn the treadmill on at slow speed.
3. IF THE BELT HAS SHIFTED TO THE LEFT SIDE: Use the adjustment wrench to tighten the left-hand bolt, and loosen the right-hand bolt. Turn the bolts 1/2 of a turn at a time until the belt moves to the center.
4. IF THE BELT HAS SHIFTED TO THE RIGHT SIDE: Use the adjustment wrench to tighten the right-hand bolt, and loosen the left-hand bolt. Turn the bolts 1/3 of a turn at a time until the belt moves to the center.

If the belt slips during operation, the tension on the belt may need adjustment. Simply tighten both adjustment bolts until the belt no longer slips. Be careful to keep the belt centered.

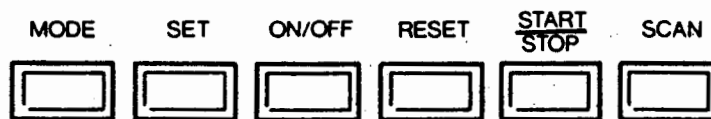
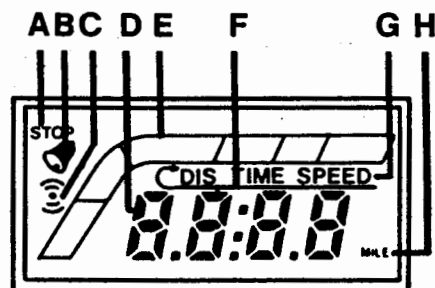
THE ELECTRONIC CONSOLE

The Relay 440 treadmill is equipped with a state-of-the-art electronic console which features seven separate functions.

- **SPEED**
Measures the speed that you are walking in miles per hour.
- **TIME**
Measures the length of time that you exercise up to 99 minutes.
- **TIME SET**
Allows you to set the length of time that you wish to exercise and counts the time down, sounding a tone when zero is reached.
- **DISTANCE**
Measures the distance that you walk in miles.
- **DISTANCE SET**
Allows you to set the distance that you wish to walk and sounds a tone when the distance is reached.
- **SCAN**
Displays the SPEED, TIME, and DISTANCE functions, automatically changing from one to the next every 5 seconds.
- **RPM**
Measures RPM from 0 to 700.

CONSOLE DIAGRAM

- A. Indicates that the functions are stopped.
- B. TIME SET indicator
- C. DISTANCE SET indicator
- D. Digital readout for function in use.
- E. RPM bar graph
- F. SCAN indicator
- G. SPEED, TIME, and DISTANCE indicators.



FUNCTIONS OF THE KEYS

- A. "MODE" Key: is used to select the SPEED, TIME, TIME-SET, DISTANCE and DISTANCE SET functions.
- B. "SET" Key : is used to set the time and distance for the TIME SET and DISTANCE SET functions.
- C. "ON/OFF" Key: is used to turn the electronic console on and off.
- D. "RESET" Key: is used to clear all information and return the readout display to zero.
- E. "START/STOP" Key: is used to start and stop all functions except the SPEED and DISTANCE functions, which operate continuously.
- F. "SCAN" Key: is used to select the SCAN function.

OPERATING THE CONSOLE

Note: The console is powered by 2 "AA" batteries, which must be installed prior to use.

1. Press the "ON/OFF" key. The LCD display will appear and a tone will sound for 2 seconds.
2. Select the desired function in the following manner:
 - a. SPEED, TIME, or DISTANCE functions: press the "MODE" key until the SPEED, TIME, or DISTANCE indicator appears.
 - b. TIME SET or DISTANCE SET functions: first press the "MODE" key until the TIME or DISTANCE indicator appears, and then press the "SET" key until the desired number is reached.
 - c. SCAN function: press the "SCAN" key. The SCAN indicator arrow will appear. To cancel the SCAN function the "SCAN" key must be pressed again.
3. Press the "START/STOP" key to start the functions. Begin your exercise.
4. If you wish to select a different function while exercising, simply change the function as described in step 2.
5. If you need to interrupt your exercise, press the "START/STOP" key and the functions will be put on hold. When you are ready to resume, press the "START/STOP" key again.
6. When you finish exercising, press the "ON/OFF" key to turn the console off.

CAUTION:

Do not expose the console to direct sunlight for extended periods of time or the LCD display will be damaged.

Do not allow moisture to get into the console.

Always turn the console off after use to preserve the batteries.

TREADMILL CONDITIONING

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 Weslo Treadmill.

TRAINING PROGRAM

A. Intensity (Target Heart Rate)

To maximize health benefits from using the Weslo 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 reach what is referred to as a "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.

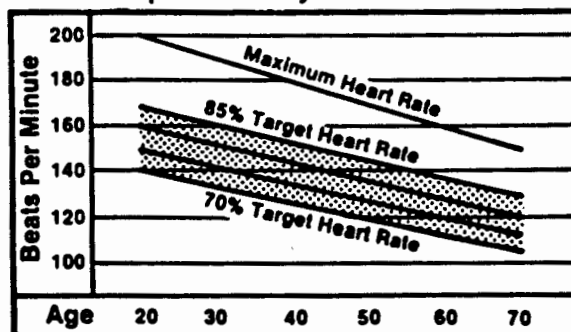
$$\begin{aligned} & 220 \text{ (average maximal heart rate for a child)} \\ & \text{--- YOUR AGE} \\ & \text{= YOUR MAXIMUM HEART RATE} \\ & \text{Maximum Heart Rate multiplied by .70 = Low end of Target Heart Range.} \\ & \text{Maximum Heart Rate multiplied by .85 = High end of Target Heart Range.} \end{aligned}$$

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

$$\begin{aligned} & 220 \\ & \text{--- 30} \\ & \text{--- 190} \\ & 190 \times .70 = 133 \text{ (Low end of Target Heart Range)} \\ & 190 \times .85 = 161.5 \text{ (High end of Target Heart Range)} \\ & \text{Target Heart Range for a 30 year old is 133-162.} \end{aligned}$$

For your first time using the Weslo 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 tension. 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.

To maximize benefits gained from the use of the Weslo 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. Then start your training with several minutes of a lighter pace prior to heart rate training.

2. Target Heart Rate, as discussed earlier in this section, is a fundamental concept in exercise efficiency and benefit. You should work out on your Treadmill at a speed and tension 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 the 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 exercise at a slower pace.

STRETCHING

WARM UP

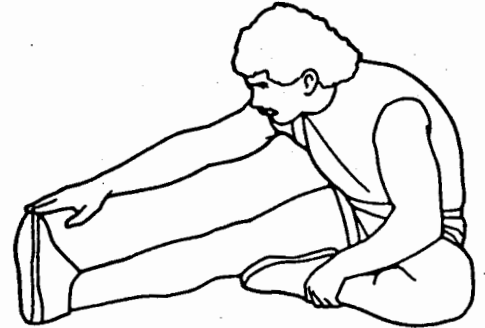
Before beginning use of the Treadmill, a stretching routine is recommended. The following stretching routine provides a good warm up.

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

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

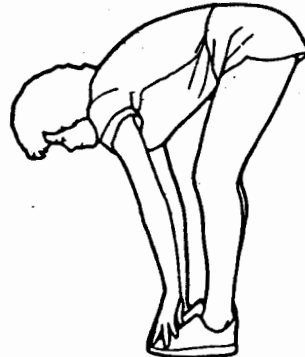
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

Stretches: Inner thigh muscles.

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.

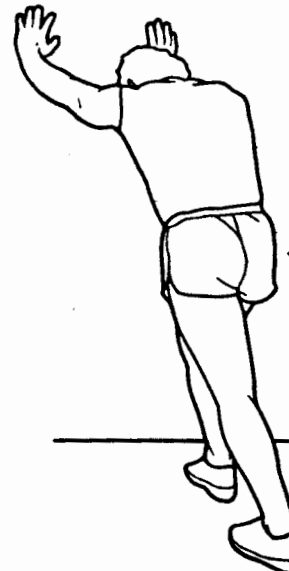
Stretches: Hamstrings, Back of Knees, Back.



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull up 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 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.

COOL DOWN

These stretching exercises may also be used to "cool down" after your workout program. This will help prevent muscle stiffness the next day.

TREADMILL OPERATION

SAFETY PRECAUTIONS:

Follow all instructions listed here and all directions given by your physician.

- 1. Always position the treadmill on a flat, level surface.**
- 2. Keep the treadmill away from water.**
Avoid getting water or other liquids on the electronics or power cord.
- 3. Keep small children away from the treadmill while in operation.**
- 4. Keep walking surface and shoes clean and dry.**
Keep mud and dirt off the belt. Clean as needed with a damp cloth, but wait until dry before using the treadmill. Do not walk on a wet walking belt. The surface may be slippery!
- 5. Wear proper clothing and shoes.**
Clothing that allows free movement (exercise suits, or shorts and t-shirts) are recommended. Avoid wearing robes, gowns, or oversized clothing that may get tangled. Athletic shoes (tennis, running, or aerobic) are also suggested.
- 6. Do not start the treadmill while you are standing on the walking belt.**

STARTING PROCEDURE

- 1. Stand on the treadmill with your feet on the siderails.**
- 2. Firmly grasp the handrails.**
- 3. Press the button on the "On/Off" switch and slide the switch forward to start the motor.**
- 4. Adjust the speed control knob until the desired speed is reached.**
- 5. Carefully step on the moving belt and begin walking.**
- 6. To stop the treadmill step off the walking belt and pull back on the "On/Off" switch.**

STORAGE

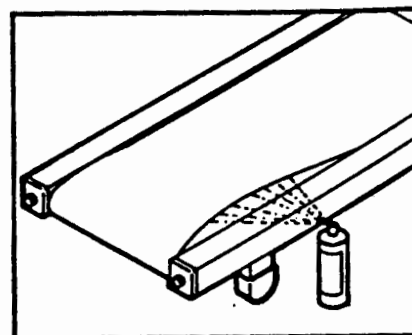
The Relay is easily stored. To move the treadmill: unplug the unit and lift up the back end of the frame. The wheels on the front legs turn smoothly and allow you to move the treadmill with either a push or a pull.

When not in use, keep the treadmill in a cool, dry place. Do not stack heavy objects on the treadmill. It is best to remove the batteries when storing for long periods of time.

CARE AND MAINTENANCE INSTRUCTIONS:

The Relay has been designed for long, trouble-free operation, but to extend the life of the treadmill, periodic maintenance is required.

1. Use a "dry" silicone lubricant spray under the walking belt before first use and periodically as you use the treadmill. **Do not** allow the silicone spray to get on the walking surface of the belt.
2. Use one or two drops of light oil in the ends of each roller bearing as needed.
3. Clean all exposed surfaces with a damp cloth.
4. Clean the faces of the Reed Switch and Sensor Magnet periodically.
5. Tighten nuts, bolts, and screws as needed.



The Relay has a motor fuse located on the lower front end of the frame. This is designed to prevent burn-out of the motor.

The fuse will burn out when the motor has overheated. The motor will stop or will not start when the fuse is blown. Allow the motor to cool down before replacing the fuse.

Call Customer Service toll-free, 1-800-824-3109 (or in Canada 1-800-824-8949) if you have any questions. The Customer Service Department is open 8 a.m. – 5 p.m. (Mountain Standard Time), Monday through Friday, and closed weekends and holidays.

WESLO, INC. • P.O. BOX 10 • LOGAN • UTAH • 84321