

Weslo

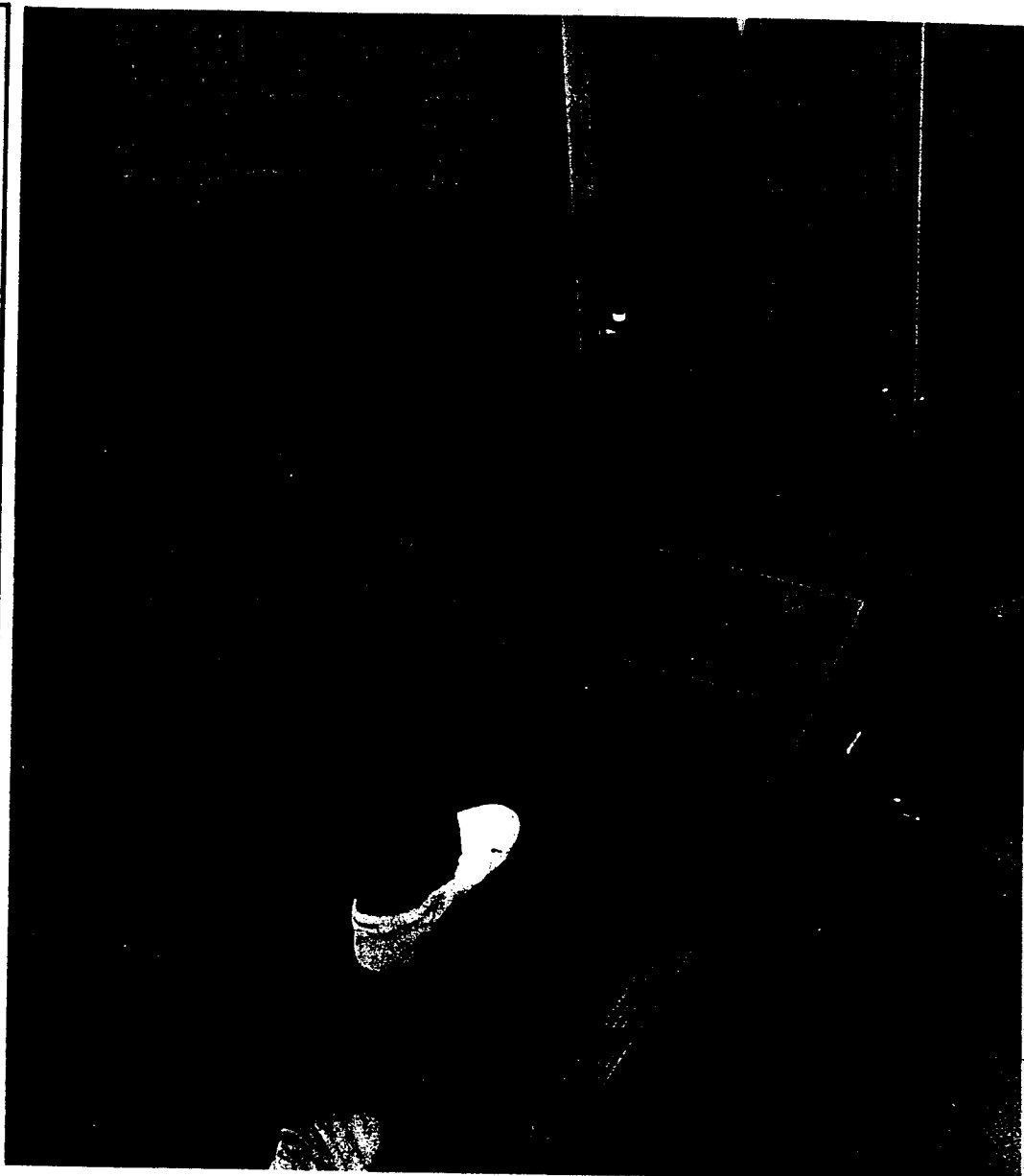
relay 660

Motorized Treadmill

TL 151E

Model No. ~~TL 660~~

Operation
Adjustment
Exercise Guide
Training Program
Storage
Warranty
Reorder/Parts List



Owners Manual

CAUTION

Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 years and those with known 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 Weslo Relay 660 Treadmill.

Weslo Relay 660 Motorized Treadmill
Model No. TL660

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IMPORTANT:

For your safety and benefit please read this manual carefully before assembling or operating treadmill.

INTRODUCTION

**Relay 660
Treadmill
Model No.
TL660**

Congratulations! You've bought into state-of-the-art exercise—the Relay 660 variable-speed electronic treadmill. The Relay 660 is designed to help you achieve better health, to improve the way you look and feel!

Because of the many innovations on your Weslo Treadmill, such as the Electronic Console, variable speed and angle adjustments, we suggest that you read all the instructions before you use your treadmill to get the most out of it. Also, consult with your physician on the best aerobic conditioning for you. We have included a generalized program that is easily adapted to many needs, but, we are not your personal physician and cannot design a program for your special needs.

Your Weslo Relay Electronic Console is a state-of-the-art instrument designed to help you during your exercise sessions by keeping track of the time you exercise, the distance you've covered, the speed you've walked and showing your pulse rate when you select that function.

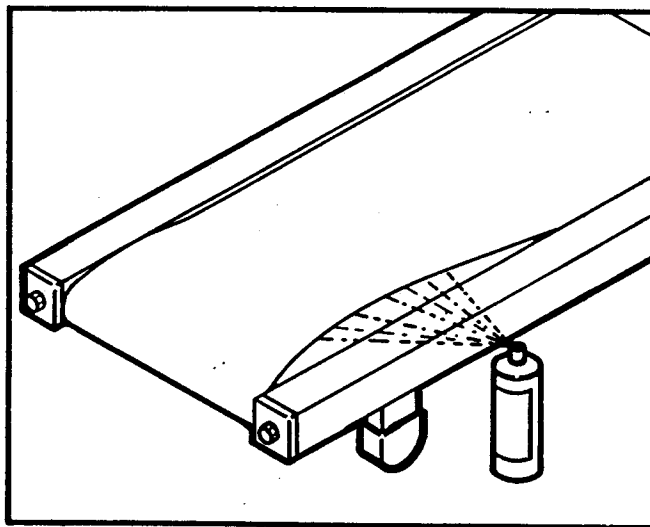
Your Lifestyler Treadmill can also adjust to your improved physical condition and help you increase your stamina by exercising your heart through one of the most beneficial aerobic exercises — walking.

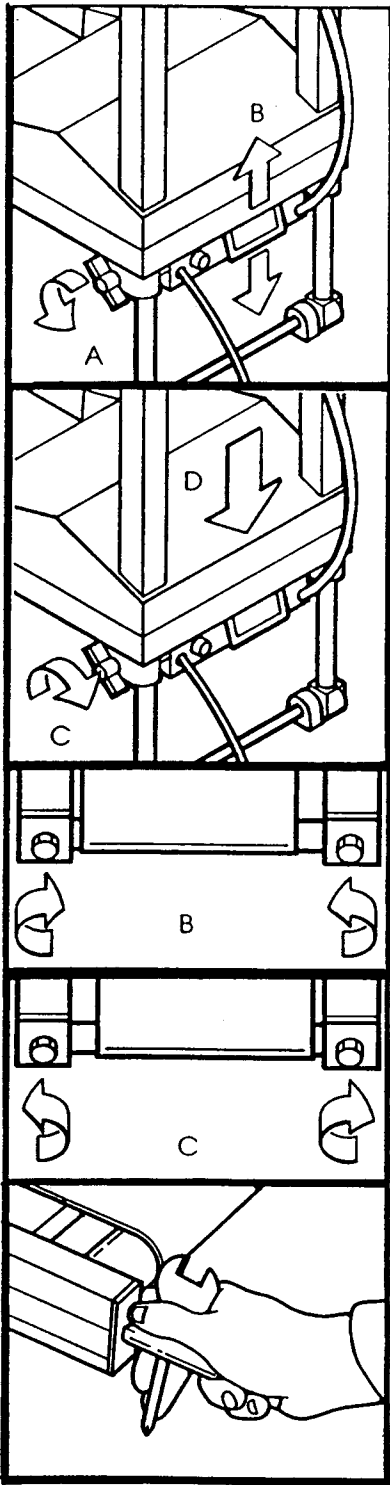
TREADMILL OPERATION

In order to get the most out of your new Weslo Relay 660, you need to become familiar with its operation.

IMPORTANT Consumer Notice:

To assure smooth operation and prolong the life of your Treadmill we recommend using silicone lubricant spray under the Walking Belt before initial use and periodically as you use your Treadmill. DO NOT allow the silicone spray to get on the walking surface of the Belt.





ANGLE ADJUSTMENT

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

- Firmly grip the Handle on the front of the Treadmill and loosen the "T" Wingnuts on each side of the frame.
- Raise or lower the front of your Treadmill to the desired angle.

Note: The Treadmill is supported by shock absorbers, so you must push down hard to change the height. Use the lines scored on the front of the Treadmill Legs to be sure that the Treadmill remains level.

- Tighten the "T" Wingnuts.
- Firmly push down on the Treadmill to make sure that the Wingnuts are tightened securely.

WALKING SURFACE CENTERING AND TENSION ADJUSTMENT

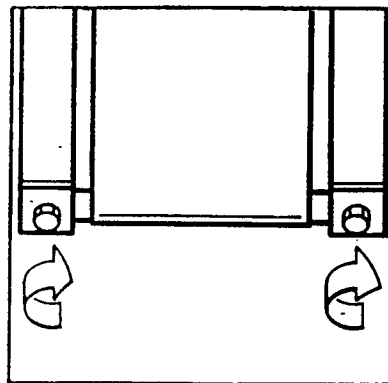
Note:

Shipment may have shifted the belt, inspect the spacing between the Frame and the Walking Surface. If it appears closer to one side of the frame than the other you should center it for best working conditions following these steps:

- Locate the Adjustment bolts at the rear of the frame (see illustration and assembly drawing).
- If the belt has shifted to the left, use the Adjustment wrench provided to loosen, slightly, the right-hand Bolt, then tighten, slightly, the left-hand Bolt.
- If the belt has shifted to the right, reverse step B.

Note: Centering must be done with the Treadmill running at its slowest speed and using very small (approximately 1/3 of a turn) adjustments, alternating tightening one side and loosening the other as directed in the instructions. After an adjustment you should watch the Belt for a few seconds to allow it to settle.

If, while using your Treadmill, you notice that the Walking Surface slips, the tension needs adjustment. This adjustment is done by simply tightening, a little at a time, the Bolts on the end of the back of the frame. Be careful to tighten the Bolts evenly to avoid shifting the Walking Surface to one side or the other.

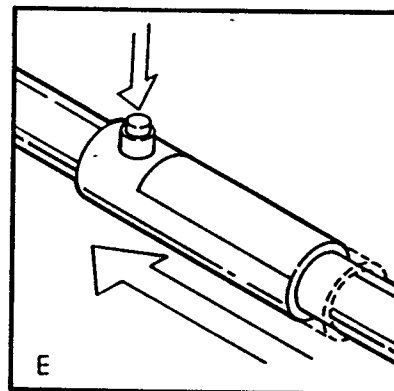
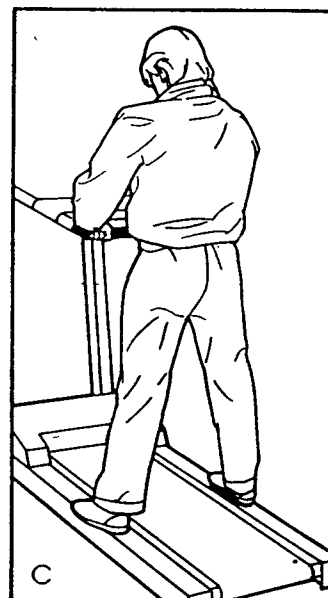


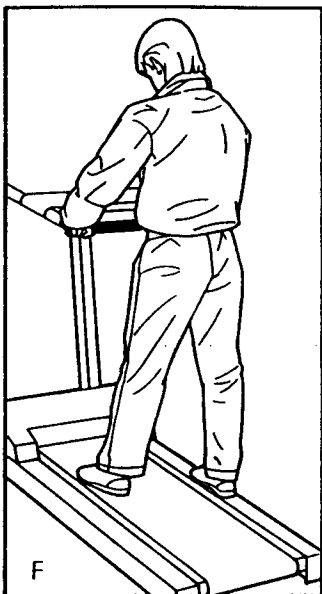
**Relay 660
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TL660**

MOUNTING AND STARTING YOUR TREADMILL

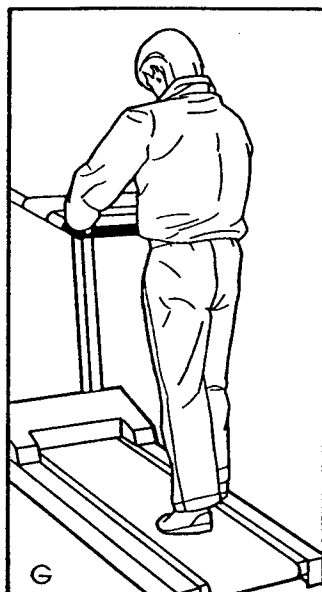
Note: You should turn on your Treadmill for a few moments before using it for the first time and watch the Walking Belt for a few moments to make sure that it runs centered. If it does not, follow the centering instructions to make sure that it does. (It is also a good idea before each use to make sure the Belt is running in the center before each use.) An off-center Walking Belt will wear excessively and fail prematurely.

- A. Make sure that the Walking Surface is clear of everything and everyone.
- B. Plug the electric cord into any standard household grounded socket.
- C. Step up on your Treadmill by planting your feet firmly on the aluminum side runners and gripping the foam handgrip.
- D. Clip the Pulse Monitor to your ear (see the section on operating the Electronics Console).
- E. Turn the Treadmill off by pulling back on the "On/Off" Switch located on the Handrail.
- F. Place your weight on your right leg and foot and then extend the left leg forward as though you were going to walk with one leg (see figure 2).
- G. Place your left foot on the Walking surface (by now it should be moving) and allow it to follow the movement of the Walking Surface belt. Continue this until you become familiar with the pace of your Treadmill (See figures numbers 2 and 3).
- H. Once you've determined the pace of the Belt, follow your left leg motion with your right leg in a normal walking manner (See figure 4). Continue gripping the hand grip until you are walking comfortably with your Treadmill. After you have gained some stability you may release the hand grip and let your arms swing freely and naturally at your sides.
- I. Press the "START/STOP" button on the console to begin your timed and measured exercise session.

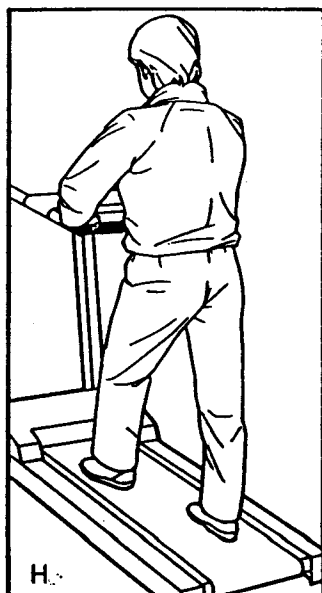




2



3



4

DISMOUNTING PROCEDURE

- A. Firmly grip the 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 Figure 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 Figure 1). You should now be back in the starting position.
- D. Turn off your treadmill with the switch on the right side of the hand grip.
- E. Turn off your treadmill Console and remove the Pulse Monitor from your ear.
- F. You may now step off your Treadmill.

CAUTION:

Do not start the Treadmill while you are standing on the Walking Belt.

Note: You should begin with the Treadmill set on the lowest speed and incline. However, after consulting with your physician, if advised, you may increase your workload through an increase in speed and/or incline (See ANGLE AND SPEED ADJUSTMENT procedures near the front of the manual).

Note: The Speed Control is not always set to minimum at the factory. You should adjust the speed to the minimum before you attempt to use your treadmill for the first time. It is a good idea to return the speed to minimum when you finish your exercise to make it easier to get on the treadmill the next time.

Note: The Walking Belt may shift to one side during use. This is a normal part of the "breaking in" period. Follow the centering instructions to re-center it.

NOTE: Do not start your Treadmill while you or someone else is on the Walking Belt because it may be going faster than you expect and this could cause injury.

THE ELECTRONICS CONSOLE

The brain center of the Weslo Treadmill is the state-of-the-art Electronics Console which performs 10 separate functions including:

Current Walking Speed
Average Speed
Maximum Speed
Time Set
Tempo

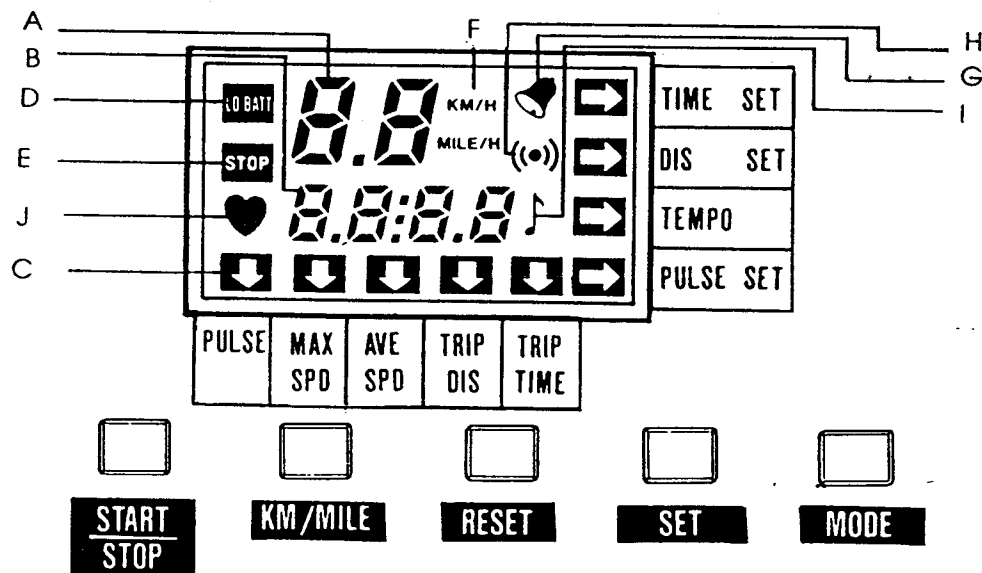
Distance Set
Trip Distance
Trip Time
Pulse Set
Pulse

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Take a little time to familiarize yourself with the Electronics Console before you begin your exercise program so that you can get the most out of it.

CONSOLE DIAGRAM

- A. The two-digit Current Speed Display
- B. The Function Display
- C. The Indicator arrows (light to point to the function being used)
- D. The "Low Battery" Warning Signal
- E. The Stopped Function indicator
- F. The Kilometer/Miles Per Hour Indicator
- G. The Time Set Indicator
- H. The Distance Set Indicator
- I. The Tempo Set Indicator
- J. The Pulse Indicator (flashes with the heartbeat)



KEY FUNCTIONS

A. The "START/STOP" Key:

Starts and stops the functions. When stopped, the Current Speed, Total Distance and Pulse functions continue to record while all the other functions hold. The Console is also placed in a stopped mode when the Time Set and Distance Set functions are completed. Reset will also stop the functions.

B. The "KM/MILE" Key:

Selects the unit of measuring Distances and Speeds, either in Miles Per Hour or Kilometers Per Hour. Once selected all the Distances and Speeds are displayed in the selected mode.

C. The "RESET" Key:

Clears all the information already set, including: Time Set, Distance Set, Tempo Set, Trip Time, Average Speed and Maximum speed.

D. The "SET" Key:

Enters the values for: Time Set, Distance Set and Tempo Set. It may be used only in the stopped mode. To make corrections use the "RESET" Key.

E. The "MODE" Key:

Selects the Console Function. When stopped or as you power on, this key lights the arrow pointing to the functions in order clockwise.

USING THE ELECTRONICS CONSOLE

Step 1: Powering up:

Turn on the Console and various LCD figures will "light." The Console will "warm up" for two seconds and then sound a buzzer. After the buzzer it is ready for you to set the functions. (If the "LO BATT" flashes, you need to replace the batteries for correct Console functioning.)

CAUTION:

The Electronic Console is powered by a 9-volt transistor battery. You must provide and insert the battery before operating Console.

Step 2: Setting the Data:

Push the "MODE" button to make the arrow light at the function desired. Push the "SET" and hold it down until it reaches the number desired. Repeat this step for each function you desire to use.

Step 3: Starting:

Push the "START/STOP" button and begin your exercise session. (If you do not set the functions, only the Current Speed, Time, Distance and Pulse will display.)

Step 4: Checking Information:

Push the "MODE" button to check on any information (Set Distance, Set Time and Pulse).

Step 5: Interrupting your Exercise:

If you need to stop exercising for any reason, push the "STOP/START" button to stop the Console. All functions will pause until you push "STOP/START" again.

Step 6: Reaching Set Time and/or Distance:

The buzzer will sound for 4 seconds after you reach the Set Time or Distance. The Time and Distance and Tempo figures will disappear. All the information is stopped, but can be shown by pressing the "MODE" button as in Checking Information.

Step 7: Continuing to Exercise:

If the time runs out before you reach your Set Distance, you may press the "START/STOP" button to continue clocking your distance until you reach your goal.

Step 8: Changing Persons:

When you are finished, press the "RESET" button to clear the Console for use by another person or another exercise session.

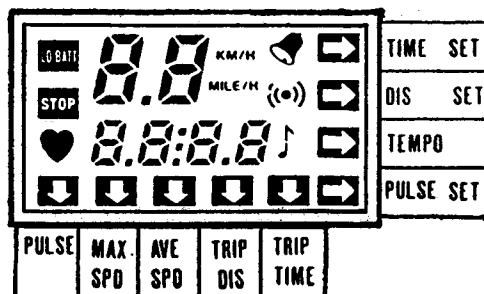
Step 9: Powering Down:

When not in use, turn off the Console to conserve the battery.

SETTING UP YOUR CONSOLE

some useful information

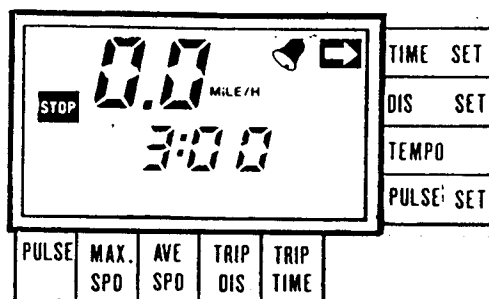
When you first turn on the Electronic Console all the characters on the face will light and the electronic buzzer will sound for about half a second. After this initial self-test the STOP indicator, the mode indication arrow near TIME SET, zeroes and the MILE/H indicators will be lit.



TIME SET

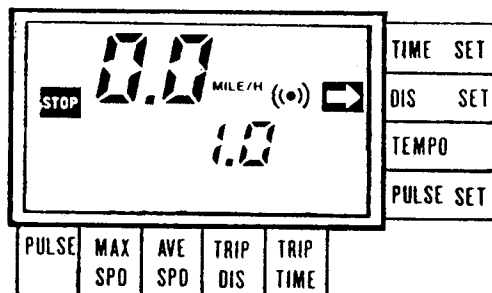
To set the timer for your exercise press the "SET" key. The smaller zeroes will increment in minutes to the left of the colon and light the bell indicator. Press the "STOP/START" key and the time will count down the seconds from the time you set to zero and sound the buzzer for about a second. Set your desired time and then use the mode key to move to the DIS SET function. The maximum time you can set is 99 minutes. The "RESET" key will clear the time and allow you to start from zero again.

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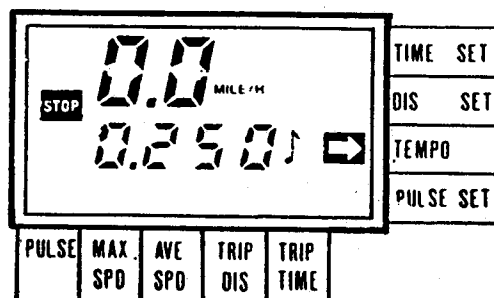
DIS SET

Pressing the "MODE" once lights the arrow pointing to DIS SET and one more zero in the smaller numbers. Pressing the "SET" key will increment the distance by tenths of miles or Kilometers (depending on the display mode you've chosen). This is the distance that you plan to walk; it will count down as you walk and sound the buzzer when you've finished your distance. Pressing the "MODE" key again moves you to the TEMPO function. Pressing the "KM/MILE" key automatically converts the distance set from Kilometers to Miles or from Miles to Kilometers.



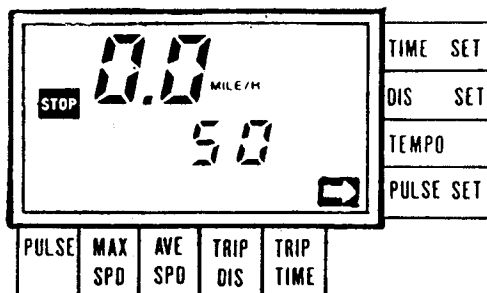
TEMPO

Pressing the "SET" key will increment the tempo indicator by .125 or 1/8 of a second. You probably won't be able to hear the count on the electronic buzzer until you have at least .375 which is about 3 counts per second. .5 is about 2 counts per second and 1 is 1 count per second. The TEMPO function beeps to help you keep a certain pace by your taking a step to each count of the buzzer. The beeping will continue until you press the "STOP/START" key and RESET the TEMPO mode or choose the TEMPO mode and press RESET to reset the TEMPO.



PULSE SET

Pressing the "SET" key starts at 50 and then increments by 5 beats per minute. This function beeps when you achieve or exceed the heart rate you've set. This is an aid to keeping within your exercise zone. If you exceed the heart rate, then you need to slow your walking speed to give your body time to catch up on the oxygen debt that exercise creates. REMEMBER, aerobic exercise is the best type of conditioning exercise. See the Health and Exercise tips for a more full description of exercise. "RESET" clears this function to zero.



TRIP TIME

Begins at zero and counts the time since you pressed the "START/STOP" key, which should be the time that you've been walking.

TRIP DIS

Records the distance you've walked since pressing the "START/STOP" key. If you don't RESET it will add the distances of all the trips you walk if you don't turn it off. Switching between MILE/H and KM/H automatically converts the displayed distances (in all modes) to the new distance measurement system.

AVE SPD

Figures your average speed for the time after you've pressed the "START/STOP" key.

MAX SPD

Records the maximum speed that you achieved during your exercise.

Note: Actual walking speed may vary by up to .3 KM/Hr. from what is displayed on the Console.

PULSE

Monitors your pulse or heart rate. The heart symbol lights at each beat and the smaller numbers show your average heart rate in beats per minute. This function uses more power from the battery than the whole console, so it is best not to use it for long periods of time.

After clipping the Pulse Monitor to your ear, a little squeeze to the portion of the clip that covers your earlobe helps seal out any other light and helps the Pulse Monitor in reading your pulse accurately. See the section on Operating the Pulse Monitor.

Turning off your Electronic Console clears all the information and resets it for your next walking session with your Treadmill.

The speed range of your Weslo Relay Treadmill is about 1.9 mph to 3.8 mph (3.0 Kph to 6.0 Kph)

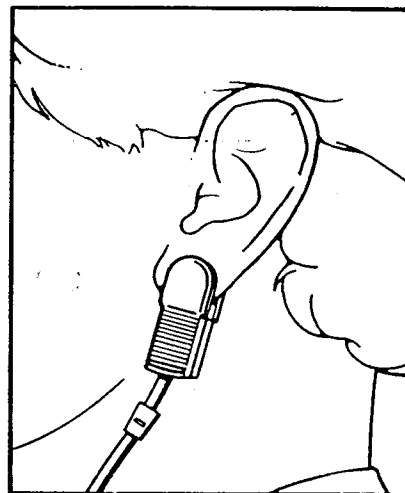
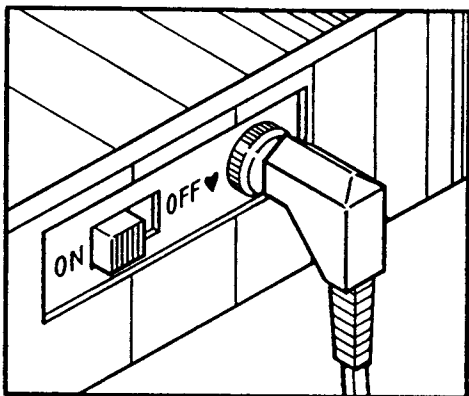
The "SET" key will automatically repeat after holding it down for about a second.

OPERATION OF THE PULSE MONITOR

1. Push the plug on the end of the Sensor Wire into the jack on the front of your Weslo Electronics Console.
2. Clip the Pulse Monitor ear clip to your left earlobe.
3. Push the "MODE" button until the arrow pointing to the word "Pulse" lights.
4. Wait about 4 seconds. Your pulse rate (in beats per minute) should appear in the Function Display.

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The Pulse Monitor is more accurate when used on the left ear and when you are standing still. We recommend that you stand on the Aluminum Runners while using the Pulse function to get better results.



IMPORTANT:

The Pulse Sensor reads the heartbeat with a light beam. If the Pulse Monitor is not attached properly it will not read your heartbeat correctly.

If no signal shows after 4 seconds, check the connection to the Console. If it is good then reposition the Pulse Monitor and repeat steps 3 and 4. It is tricky to correctly position the Pulse Monitor, so don't be discouraged if at first you have to reposition the ear clip several times. (You might use a mirror or a friend to help in positioning the Pulse Monitor until you get "the feel of it.")

While using the "PULSE" function, change modes quickly because it uses 5 times as much power as any other function.

EXERCISE 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 Weslo Relay 660 Treadmill.

HEALTH AND EXERCISE TIPS

Should you get a physical examination? Any user of this equipment should undergo a comprehensive physical examination prior to commencing a body building or exercise program. Your physician will be able to detect any health problems which might affect your exercise program.

How should you progress in your exercise program? You can progress in your program by increasing the intensity of your program. This can be done in three different ways:

1. Increase the angle of your treadmill. (See Angle Adjustment)
2. Increase the speed of the Walking Belt. (See operating instructions.)
3. Increase both the speed and angle of your treadmill.

When should you work out? As long as you can find a consistent time of day at which to exercise, it matters little what specific hour you choose. Choose a time which is most convenient for your own schedule.

What should you wear? There are two key points to remember when choosing what to wear for a workout.

1. Be sure the clothing is loose fitting or loose enough to allow free movement of your limbs over an exaggerated range of motion.
2. Your workout clothing must be warm enough to keep your body from cooling off during a workout and becoming susceptible to injury.

How fast should you exercise? You should begin at a walking speed close to your normal walking speed and build slowly to a faster speed as your body adapts to the exercise.

How often should you exercise? Because the effects of aerobic exercise are not stored long, you should exercise regularly. You may want to begin walking on your Weslo Relay Treadmill every other day just to break into exercising. As a general rule your body needs some time to recuperate from exercising and exercising one day and resting the next seems to do the most good. However, you should consult your physician for the best planning of an exercise program.

Is exercise form important? Of course, even in something so simple as walking. Proper form, that is to say proper posture, causes your body to work and get stronger. Proper form also allows you to exercise longer with less fatigue because it allows your body to work more efficiently. So, don't slouch as you walk.

What about sleep and rest? Along with hard training and proper diet, it is very important to remember to let your body properly recuperate between workouts.

How should you break into your exercise program? It is essential that you gradually break into any exercise program in order to avoid over-doing it. With any new exercise, you may experience some muscle soreness.

How should you warm up? It is essential that before you begin exercising, you remember to warm up for five to ten minutes before. This will help prevent injuries and make the workout more productive.

What are some basic safety rules? Use your common sense when exercising and follow a few common safety rules.

1. Warm up thoroughly before each workout.
2. Don't hold your breath while exercising.
3. Don't over-do, be patient and give your body a chance to build.
4. Eat a well balanced diet.
5. Get enough rest.

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SAFETY PRECAUTIONS

- A. Follow all instructions given to you by your physician.
- B. **Wear proper shoes when using the 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 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 your treadmill. 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 Treadmill on a flat and level surface.**
- I. **Keep all others, especially small children, away from the Treadmill when in operation.**

STRETCHING

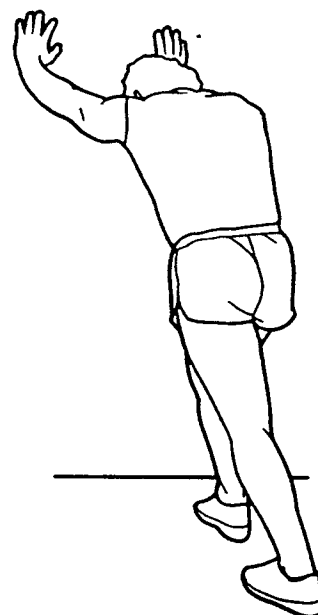
Before beginning use of the Treadmill, a stretching routine is recommended. The following stretching routine provides a good warm-up.

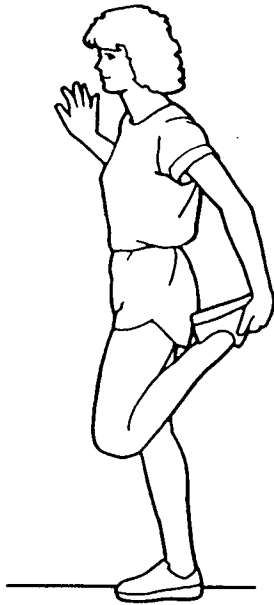
All stretches should be performed slowly. Each position should be held for 15 counts and performed for three repetitions.
Stretch slowly — don't bounce.

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.





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.

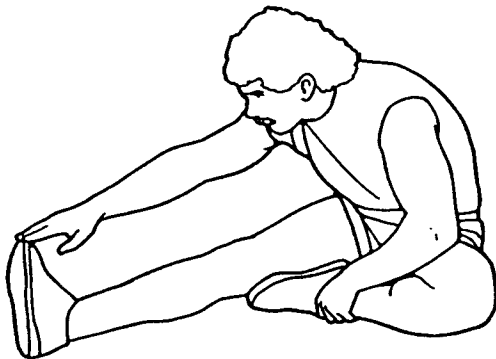
Stretches: Quadriceps, Hip muscles.



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.

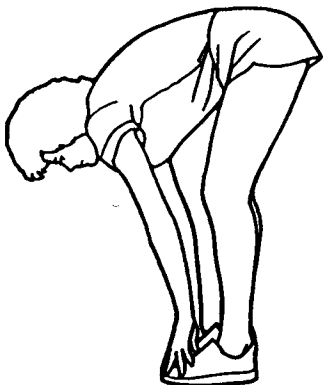
Stretches: Inner thigh muscles



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.

TRAINING PROGRAM

A. Intensity (Target Heart Rate)

To maximize your benefits from using the Weslo Relay, 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 "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.

$$\begin{array}{r} 220 \text{ (average maximal heart rate for a child)} \\ - \text{YOUR AGE} \\ \hline = \text{YOUR MAXIMUM HEART RATE} \end{array}$$

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%).

Maximum Heart Rate multiplied by .70 = Low end of Target Heart Range.
Maximum Heart Rate multiplied by .85 = High end of Target Heart Range.

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

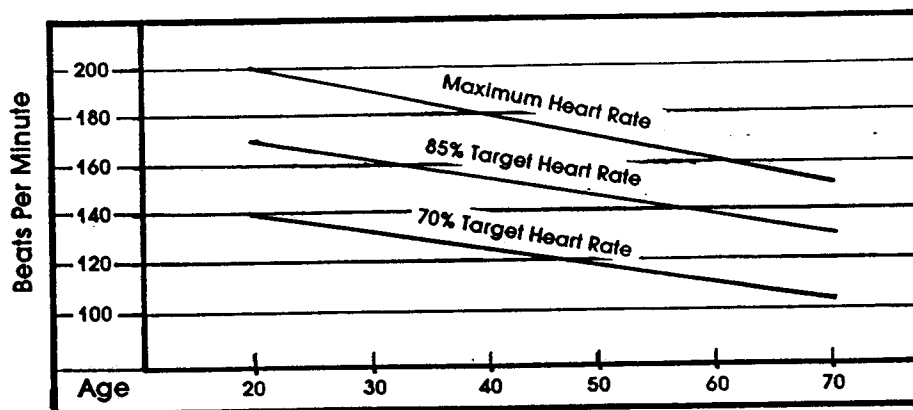
$$\begin{array}{r} 220 \\ -30 \\ \hline 190 \\ 190 \times .70 = 133 \\ 190 \times .85 = 161.5 \end{array}$$

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

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

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 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.



Note: Your Weslo Relay console is equipped with a pulse monitor for easy identification of average beats per minute. (see Using the Electronics Console)

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B. Duration/Frequency. The Weslo Relay 660 Variable Speed 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 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 routine should consist of a basic 5 step pattern:

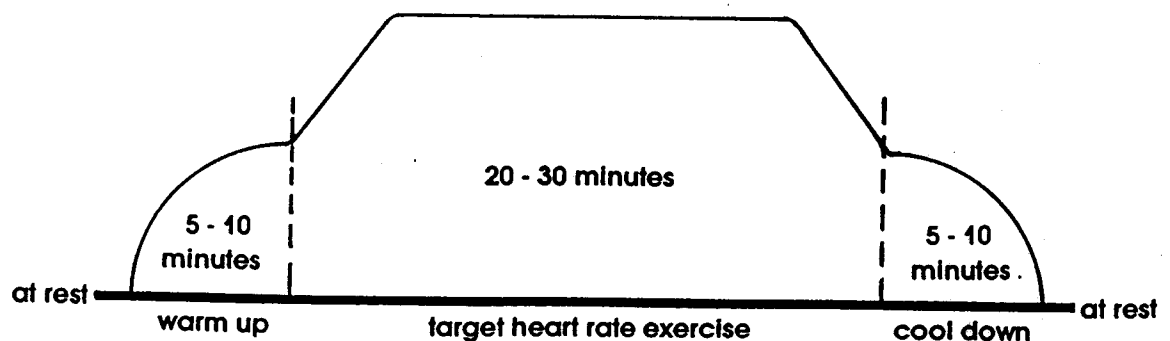
At rest
Warm up
Target Heart Range Exercise
Cool-Down
At Rest

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.



TROUBLE-SHOOTING AND REPAIRS

Relay 660
Treadmill
Model No.
TL660

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.

Trouble Shooting Index

Trouble Shooting	17
Pulley Cover and Speed Adjustment	18
Replacing the V-Belt	19
Periodic Maintenance	20
Caring for Your Treadmill	20
Parts List	23
Exploded Drawing	22

CAUTION:

UNPLUG your Treadmill before attempting to remove the fuse or do anything with the electrical system or anything under the hood.

Problem 1: Speed Adjustment Knob (43) hard to turn. This may be caused by Motor Slide Rails (5) being bent during shipment.

Solution: Remove Speed Adjustment Cable (11) and Motor Slide Rails (5) by unscrewing the two Bolts (8) and unscrewing the cable. Call for replacement parts.

Problem 2: V-Belt (18) weaving may be caused by Variable Speed Pulley (17) and Belt Pulley being out of alignment.

Solution: Variable Speed Pulley 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.

Problem 3: Electronic speedometer and mileage counter not registering.

Solution:

- Check the Console battery for proper voltage.
- Clean faces of both switches on the pulley and pulley cover, Parts #16 & #44.
- Check wire from switch to Electronic Console. If cut or damaged, the wire can be spliced or call for a replacement, Part #44.
- Check the distance between the Reed Switch and Magnet. It should be between 1/16 to 3/8 of an inch. If the distance is larger than 3/8 of an inch, adjust the Pulley Cover (16) until the distance is correct.

Problem 4: Speed Adjustment Knob (43) broken.

Solution: Call for a replacement part.

Problem 5: Incline feature hard to raise and lower.

Solution: Incline Clamp (28) may have been tightened too far. Take a screwdriver and spread the Aluminum Clamp (29) until leg (23) slides through freely.

Problem 6: Motor fails to run when switched on.

Solution: Check fuse by unscrewing. If metal bar in fuse is broken, then replace fuse (7).

Problem 7: Bearings in each end of Belt Rollers (19 or 56) squeal.

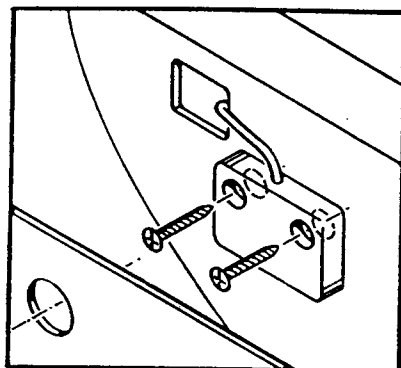
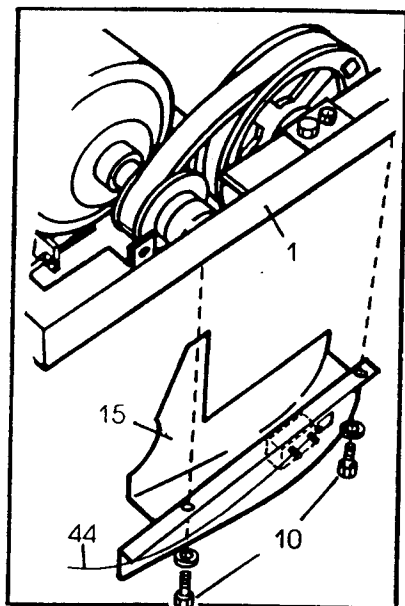
Solution: Use 1 or 2 drops of light sewing machine oil.

Problem 8: Treadmill belt slips when in use.

Solution: Increase tension with Belt Adjustment Bolts (58) as described in Instruction Manual.

To quiet noises first check all the nuts and bolts for tightness. The "T" Wingnuts occasionally work loose and cause noises.

Customer Service Toll-Free number is 1-800-824-3109 in U.S.A., and 1-800-824-8949 in Canada.



CAUTION:

Make sure your Weslo Relay Treadmill is unplugged before making **any** adjustments or checks under its hood to avoid electrical shocks and/or mechanical injury with any of the moving parts, especially around the pulleys and belts.

REPLACING THE PULLEY GUARD AND REED SWITCH

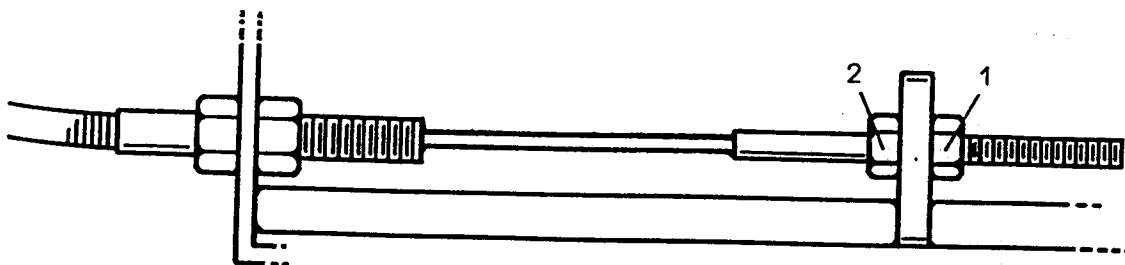
1. Lay the Treadmill on its side (the Pulley side should be up).
2. Locate and remove the two Bolts (No. 10) that secure the Pulley Guard (No. 15) to the Frame (No. 1).
3. Lift off the Pulley Guard. BE CAREFUL not to yank the Sensor Wire (No. 44) from the connected Reed Switch.
4. Insert a small Phillips head screwdriver through the hole in the side opposite the Reed Switch and unscrew the two screws holding it on.
5. Undo the Plastic Clips (No. 46) on the Handrail Post (No. 35).
6. Pull the Sensor Wire (No. 44) from the Plastic Cable sleeve (No. 45). The Sleeve is split already so don't cut it.
7. Pull the Sensor Wire through the hole to complete the removal of the Reed Switch.
8. Reverse the above steps to reinstall the Reed Switch and Pulley Guard.

ADJUSTING THE SPEED CONTROL

1. While the Treadmill is running turn the Speed Adjustment Knob all the way counter-clockwise.
2. Turn off and unplug your Treadmill.
3. Lay the Treadmill on its side.
4. Loosen nut No. 2, then tighten nut No. 1 until the cable is tight, then retighten nut No. 2. (Refer to the drawing.)

Your treadmill was designed to attain a speed of approximately 3.8 miles per hour. However, the Electronic Console may show a slightly different speed.

When adjusting the speed do not continue to turn the Speed Control Knob counter-clockwise after the treadmill has reached maximum speed. Doing so may result in damage to the Speed Control Knob.



Replacing the V-Belt

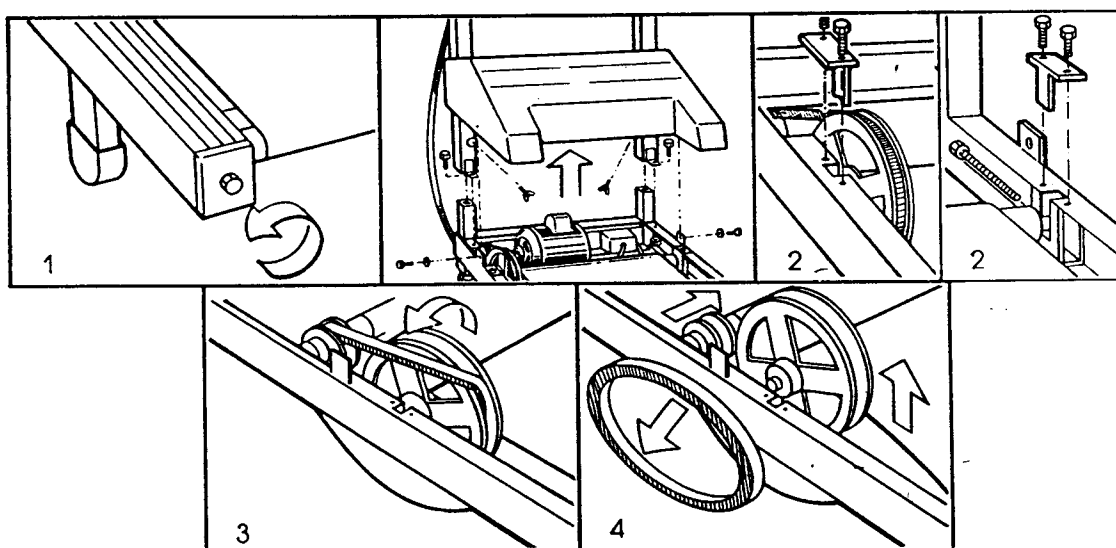
If you hear the motor of your Treadmill running but the Walking Belt isn't moving the V-Belt may need replacement.

Relay 660
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WARNING:

Unplug your Weslo Relay Treadmill before doing any of the steps below to avoid electrical and mechanical injuries.

1. Loosen the Walking Belt (55) by loosening the Belt Adjusting Bolts (58) until the Rear Roller and Axle move forward.
2. Remove the two Roller Locks (20) by loosening the bolts holding them in place.
3. Slip the V-Belt (18) off of the Pulley (19) on the Roller and Axle assembly and off of the Variable Speed Pulley (17).
4. Lift the Front Roller and Axle from the Frame.
5. Slip the replacement V-Belt over the Variable Speed Pulley (17) and over the Pulley on the Roller and Axle assembly.
6. Reverse steps 2 and 4 to reinstall the Front Roller and Axle.
7. Refer to the Section on Adjusting and Centering the Walking Belt in your manual for directions on tightening your Treadmill's Walking Belt.



Periodic Maintenance:

Tightening of the nuts and bolts should be done about once a month or if you notice any rattles.

NOTE: Do not over-tighten the nuts and bolts or you may strip them and make your Treadmill unsafe for use.

Applying the silicone lubricant should be done about once a month or when you notice that the belt gets a little sluggish. If you use your Treadmill less you should lubricate the Belt less, if you use your Treadmill more you may need to lubricate the Belt more.

Cleaning the switch should be done every three months or when you notice that the speed display becomes a little erratic. (See the Trouble-Shooting and Repairs section of your manual.)

You should replace the battery once a year or when the "Low Batt" indicator lights on your treadmill Electronic Console.

Note: You should remove the battery from the Console if you are going to store your Treadmill for a prolonged period because of the possibility of damage from the battery acids.

The motor of your Treadmill has sealed bearings so there is no need to oil the motor.

Caring for your Treadmill:

First, your treadmill is electric. Don't use in or around water or without a grounded plug.

NEVER hang anything from or pull on the exposed electrical wires because they may become disconnected and create shock and fire hazards.

The Console is an electronic device, much like your stereo. Don't abuse it or get it wet.

Don't leave your Weslo Treadmill in direct sunlight. The LCD display is ruined by prolonged exposure to sunlight.

Cleaning:

Use a damp (not sopping wet!) cloth with a mild detergent.

IMPORTANT:

DO NOT use WD40 to lubricate the Walking Belt. Use only silicone lubricant spray. WD40 and similar lubricants get into the belt and cause increased wear.

NOTE:

You should not use your 660 Treadmill as a storage table. Do **not** stack or store things on your treadmill. You should store your Treadmill out of high traffic areas.

You may cover your 660 Treadmill with a light tarp or cloth to keep it dust-free.

Your Weslo Treadmill is easily moved by lifting the back (the end opposite the handrails) and using the two wheels on the legs. Moving your Treadmill on deep pile carpet may be a little more difficult and present special problems.

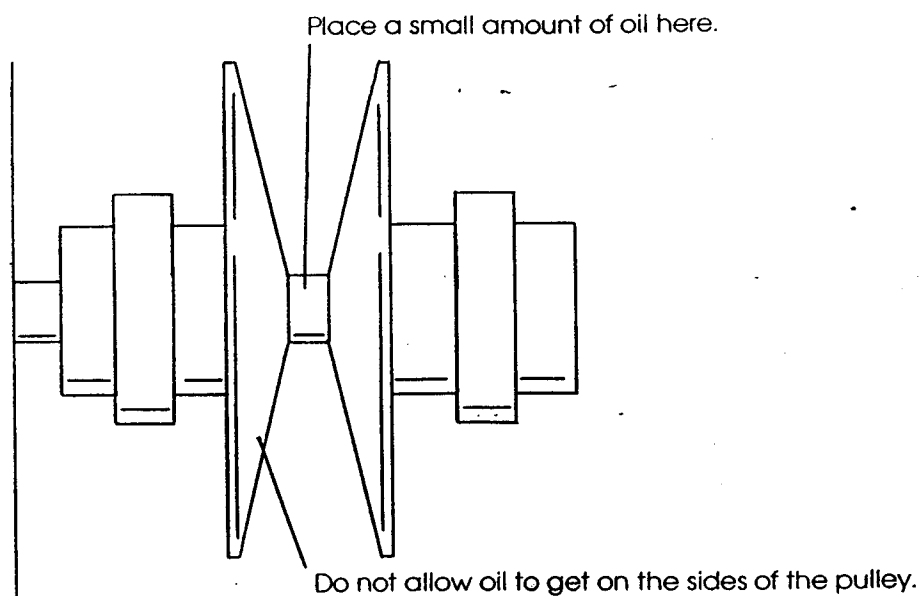
The Weslo Relay Variable Speed Treadmill utilizes a uni-body metal frame which provides strong durable construction and virtually trouble-free use.

If problems should develop with your Weslo Treadmill, first use the Trouble-shooting Guide for quick maintenance tips and solutions to many common problems. If problems persist, contact the Customer Service Department in the USA at 1-800-824-3109, or in Canada at 1-800-824-8949 (USA business hours 8 a.m. to 5 p.m. Mountain Standard Time. Similar hours apply for the Canadian branch).

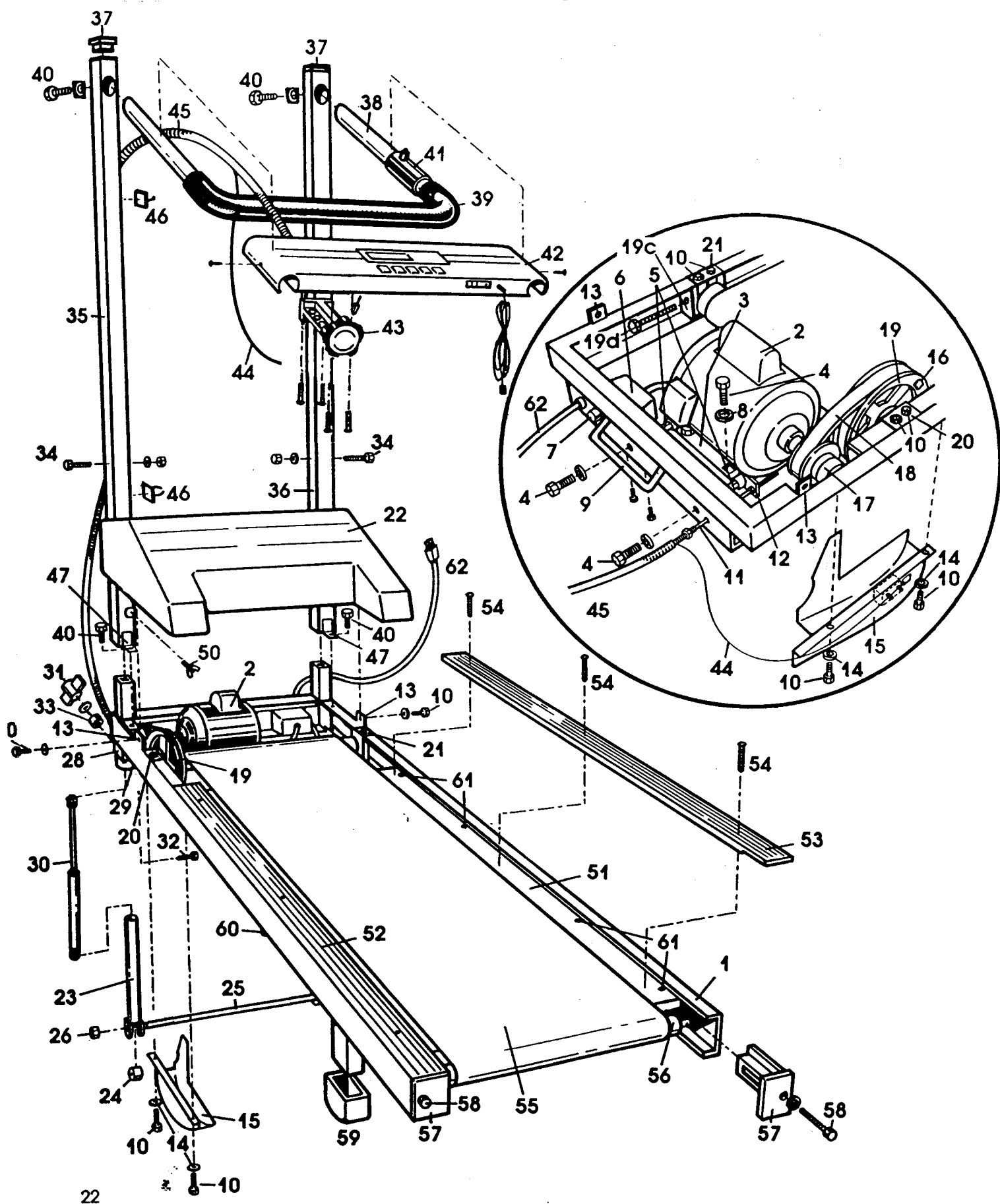
It is necessary to frequently spray a silicon-base lubricant (not oil or water) under the Walking Belt to reduce friction at medium to high speed. Always unplug the treadmill when performing this or any maintenance.

If the motor pulley is not opening and closing properly it may help to LIGHTLY oil the center of the pulley with household appliance oil. If after the oil has had a chance to work in no difference in the pulley is apparent, call our Customer Service Department toll-free at 1-800-824-3109 in the U.S.A. or in Canada at 1-800-824-8949.

Note: Do not allow the oil to get on the V-belt or on the sides of the pulley as indicated in the diagram below. We do NOT recommend the use of silicon-based lubricants as a substitute for household appliance oil.



Exploded Drawing



Relay 660
Motorized Treadmill
PARTS LIST

Relay 660
Treadmill
Model No.
TL660

REF. NO.	PART NO.	DESCRIPTION	QTY.
1	004 013	Treadmill Frame	1
2	030 001	Motor	1
3	031 013	Motor Mount Plate	1
3a	019 018	Motor Mount Bushing	4
4	013 060	Motor Mount/Frame Bolt, 8mm x 19mm long hex head	10
5	049 012	Motor Slide Rail (left)	1
5a	049 011	Motor Slide Rail (right)	1
6	031 005	Electronic Connection Cover	1
7	031 001	Fuse, 15 AMP	1
8	014 012	Large (8mm) Washer	16
9		Handle (on Frame)	1
10	013 020	Short Bolt, 6mm x 11mm long	13
11	072 007	Speed Adjustment Cable	1
12		Speed Adjustment Bracket (on Motor Mount)	1
13		Hood Mount (on Frame)	2
14	014 003	Small (6mm) Washer	15
15	010 019	Pulley Cover	1
16	033 001	Sensor Magnet	1
16a	013 069	Screws	2
17	020 001	Variable Speed Self-Centering Pulley	1
18	025 005	V-Belt	1
19	020 002	Belt Pulley with Front Roller & Axle	1
19a	022 002	Front Roller	1
19b	049 013	Front Roller Axle	1
19c	061 001	Pressure Plate	1
19d	013 068	Adjustment Bolt	1
20	016 012	Roller Lock (left)	1
21	016 013	Roller Lock (right)	1
22	009 009	Motor Hood	1
22a	044 030	Lifestyler 1000 Hood Decal	1
23	007 009	Front Chrome Legs	2
24	052 002	Wheel	2
25	049 010	Axle	1
25a	049 009	Metal Sleeve	1
26	012 025	Nylon Lock Nut	2
28		Incline Clamp Bracket (on Frame)	2
29	016 001	Aluminum Clamp	2
30	043 004	Hydraulic Shock	2
31	017 001	"T" Wingnut	2
32	013 059	Carriage Bolt, 8mm x 50mm long	2
32a	014 010	Washer (8mm I.D. 22mm O.D.)	2
33	019 016	Spacer	2
34	013 057	Shock Bolt, 8mm x 50mm long	2
34a	012 001	Acorn Nut, 8mm	2
35	007 010	Left Handrail Post	1
36	007 011	Right Handrail Post	1
37	040 021	Square End Cap	2
38	003 001	Chrome Handrail	1
38a	019 015	Threaded Plastic Insert	2
38b	015 005	Insert Pin	2
39	041 005	Foam Grip	1
40	013 056	Handrail Bolt, 8mm x 25mm long	4
40a	014 023	Handrail Washer	2
41	031 008	On/Off Handrail Switch	1
41a	031 007	Safety Switch Cylinder	1

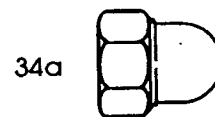
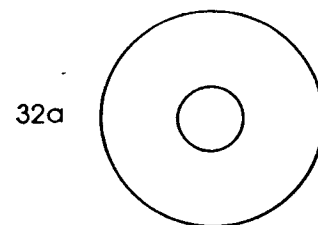
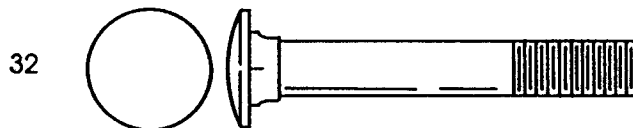
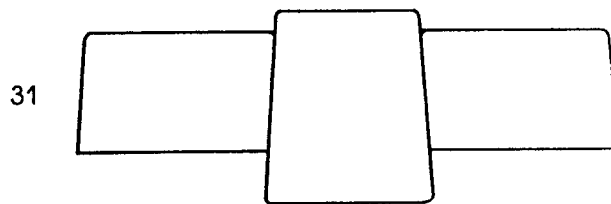
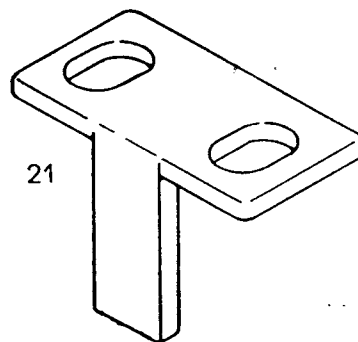
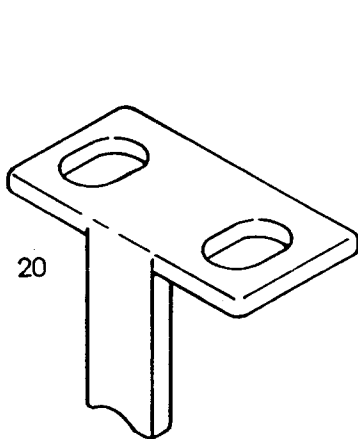
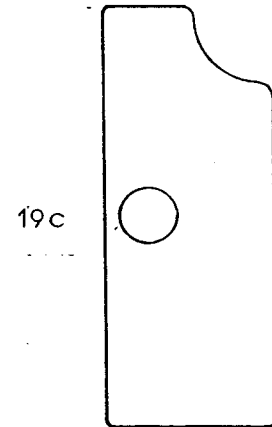
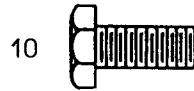
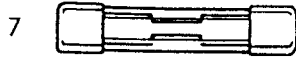
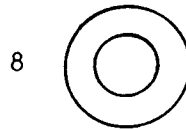
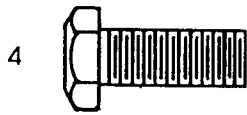
Relay 660
Motorized Treadmill
PARTS LIST

REF. NO.	PART NO.	DESCRIPTION	QTY.
41b	012 028	Safety Switch Cylinder Button	1
41c	058 006	Safety Switch Cylinder Spring	1
41d	013 063	Safety Switch Cylinder Bolt	1
41e	031 009	On/Off Switch Cord	1
41f	044 029	On/Off Switch Sticker	1
42	032 004	Electronic Console	1
42a	033 003	Pulse Monitor	1
42c	013 071	Speed Adjustment Knob Mounting Screw	6
42d	044 031	Caution label	1
43	017 015	Speed Adjustment Knob	1
43a	013 067	Knob Set Screw	1
43b	072 007	Speed Adjustment Cable	1
43c	013 066	Speed Adjustment Cable Guide	1
43d	012 003	Cable Guide Nut	2
43e	013 065	Speed Adjustment Cable End	1
43f	012 030	Cable End Nut	2
44	033 006	Sensor Wire with Reed Switch	1
45	010 016	Plastic Cable Sleeve	1
46	016 011	Plastic Clip	2
46a	013 016	Screw, 4.5mm x 12mm long	2
47		Post Bracket (welded on Post)	2
48	012 003	Nut (8mm threads)	4
49		Post Mount (on Frame)	2
50	017 011	Thumbscrew	2
51	053 002	Low Friction Platform	1
52	010 017	Left Aluminum Runner	1
53	010 018	Right Aluminum Runner	1
54	013 058	Runner Screws	6
55	025 004	Treadmill Walking Belt	1
56	022 003	Rear Roller	1
56a	049 014	Rear Roller Axle	1
56b	019 014	Spacer (may vary in number)	6
56c	018 009	Roller Bearings	4
57	008 011	Belt Adjusting Bracket	2
58	013 070	Belt Adjusting Bolt	2
59	040 020	Rubber Cap	2
60	013 062	Long Bolt	8
60a	014 020	Lock Washer (6mm)	8
61	012 029	Furniture Nut (6mm)	8
62	031 006	Electric Cord and Plug	1
63	045 003	Adjustment Wrench	1

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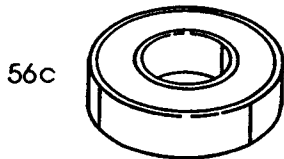
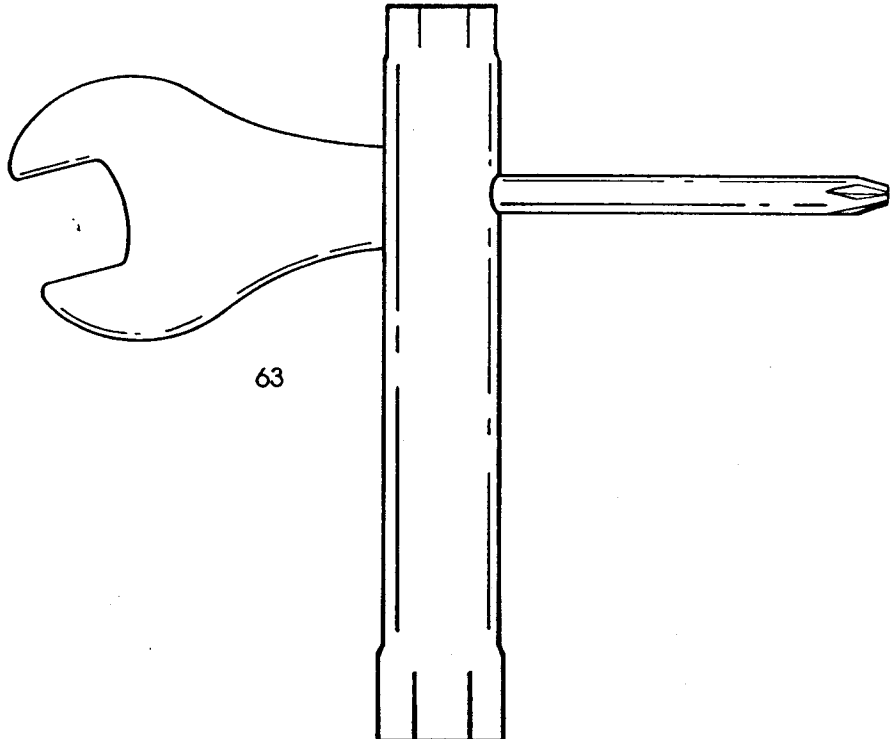
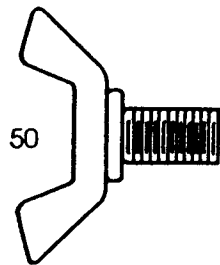
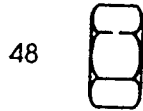
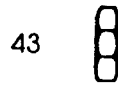
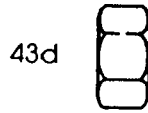
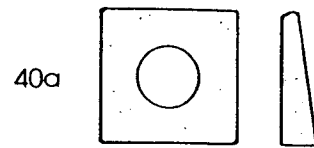
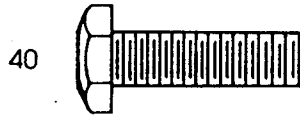
Small Parts Identification

Relay 660
Treadmill
Model No.
TL660



full size parts

Small Parts Identification



not full size part

LIMITED WARRANTY

WARRANTY

WESLO, INC. (warrantor) warrants this Treadmill to be free from defects in its frame and hand rail assembly for a period of one year from the date of sale to original purchaser. All moving parts, to include motor, belts, bearings and electrical parts and incline assisting shocks are warranted for a period of 90 days from the date of sale to original purchaser. This warranty does not include any damage which may occur through misuse, improper operation, normal wear, shipping or unauthorized repair made or attempted.

The manufacturer will remedy any defects in materials or workmanship during the limited warranty period by repair or replacement. The manufacturer reserves the option to determine whether the remedy shall be made by repair or replacement.

To make a claim on this warranty contact our company headquarters whose address is listed below. You will then be referred to your nearest representative. You will be required to pay for shipping costs involved in repair or replacement and/or transportation costs for inspection.

Incidental or consequential damages such as phone calls, loss of time, transportation, inconvenience, or commercial loss are not covered within this limited warranty.

There are no warranties which extend beyond the face hereof. There is no implied warranty of merchantability except as stated herein.

Return of the attached warranty registration card within ten days from purchase date is necessary to receive warranty coverage.

Some states do not allow limitation on how long an implied warranty lasts or the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

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

This is the only express warranty authorized by WESLO, INC.

For any further details on treadmill warranty, call customer service 1-800-824-3109 or Canadian service 1-800-824-8949.

WARRANTOR: WESLO WARRANTY
P.O. BOX 10, LOGAN, UTAH 84321

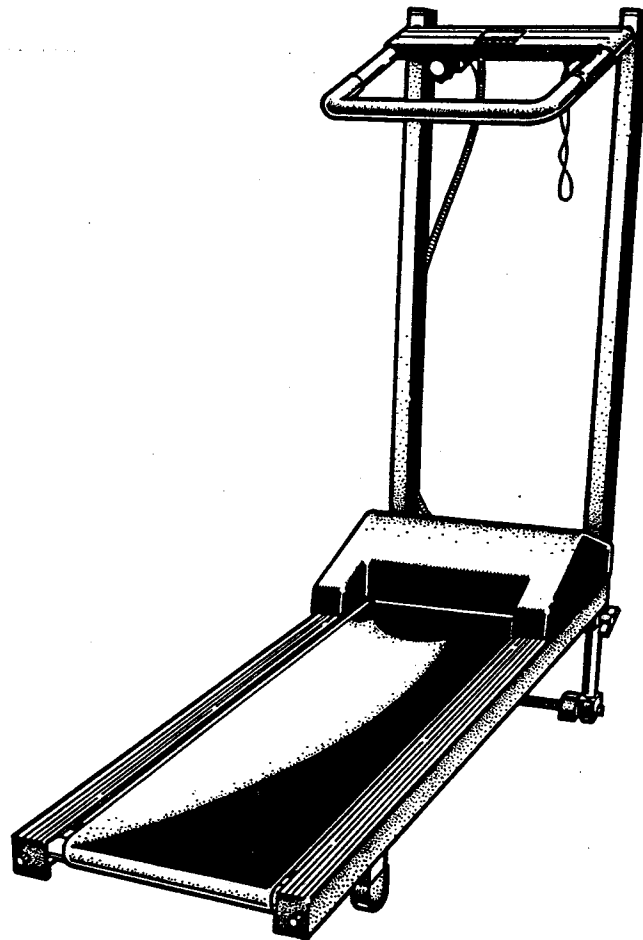
CUT ON DOTTED LINE

WESLO TREADMILL WARRANTY REGISTRATION CARD

IMPORTANT: Detach and return this portion within 10 days of purchase to secure warranty coverage.

1. WESLO TREADMILL # _____ 2. Date Purchased _____
3. Dealer Name _____
4. Dealer Address _____
Street City State & Zip
5. Your Name _____ 6. Occupation _____
7. Your Address _____
Street City State & Zip
8. How did you learn about your Treadmill?
a. Radio ☐ b. Newspaper ☐ c. Friend ☐ d. Store ☐
9. Friends or relatives who may be interested:
a. Name _____

T# 040029



Weslo, Inc.
P.O. Box 10
Logan, Utah 84321