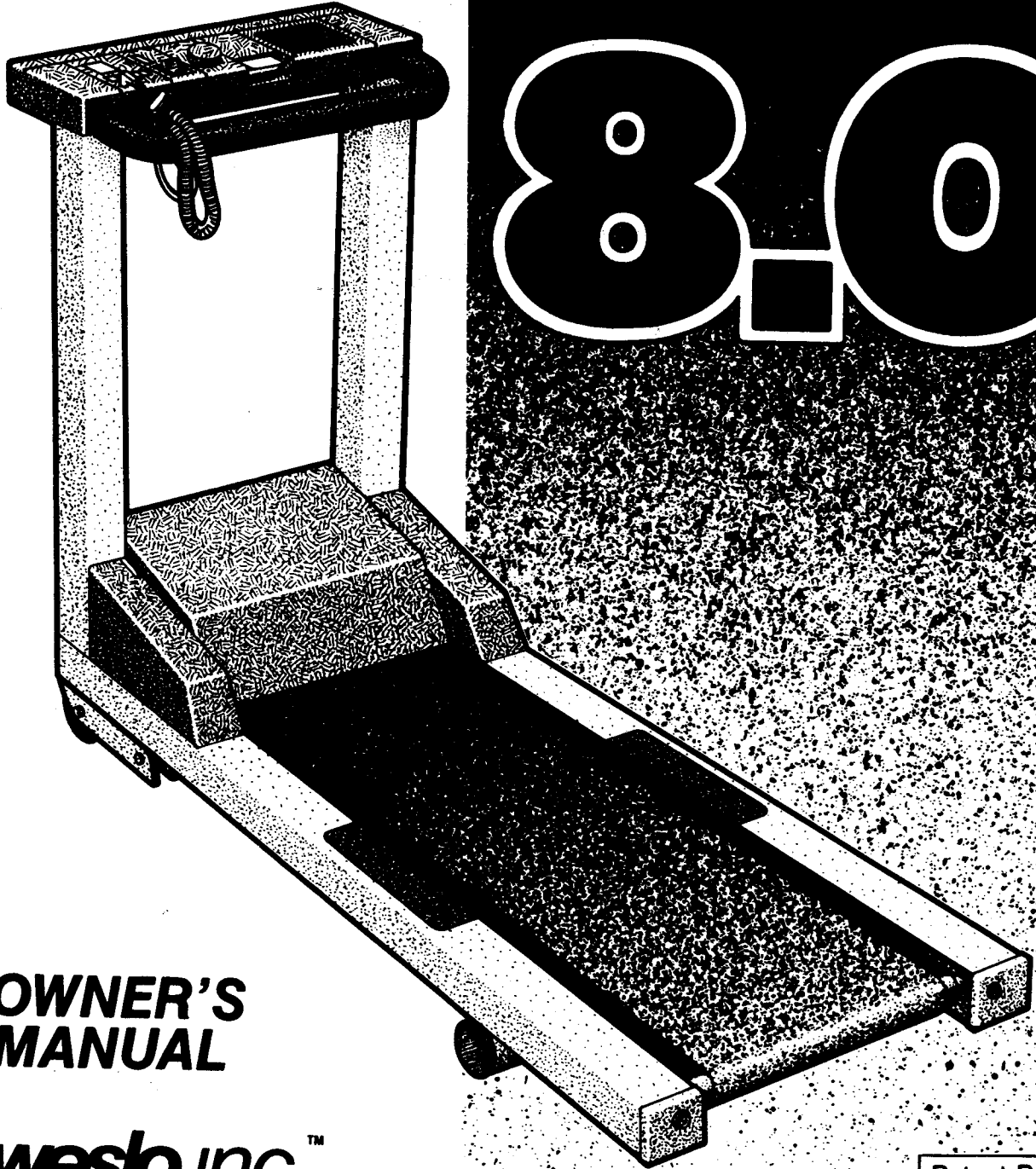


Model No. TL8.0

weïdler®



**OWNER'S
MANUAL**

weslo, inc™

Patent Pending

CAUTION: *Read all instructions carefully before using this product. Retain this Owner's Manual for reference.*
Part No. 046204 4/89

LIMITED WARRANTY

Weslo, Inc. ("Weslo") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. Weslo's obligation under this Warranty is limited to replacing or repairing, at Weslo's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by Weslo at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by Weslo. Pre-authorization may be obtained by calling Weslo's Customer Service Department at 1-800-99WESLO. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a Weslo authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Weslo.

WESLO IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

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

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

weïder® 8.0

AUTO INCLINE

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IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a grounded circuit carrying 12 amps or more. Due to the power requirements, no other appliances should be on the same circuit as the treadmill. DO NOT USE AN ADAPTOR. IF AN EXTENSION CORD IS NEEDED, USE ONLY THE TYPE SPECIFIED ON THE POWER CORD STICKER. Do not operate the treadmill if the cord or plug are damaged.
2. Position the treadmill on a clear, level surface, with a minimum of 8 feet of clearance behind the treadmill. Do not place the treadmill on thick carpet, near water or outdoors.
3. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move. Always stand on the grip tape on the sides of the frame until the belt is moving.
4. Wear appropriate clothing when exercising on the treadmill. Do not wear flowing clothing that could become caught in the treadmill. Always wear running or aerobic shoes. Support clothes are also recommended for both men and women.
5. Keep small children away from the treadmill during operation.
6. Always unplug the power cord before removing the treadmill motor hood.
7. Always hold the handrail when walking or running on the treadmill.

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

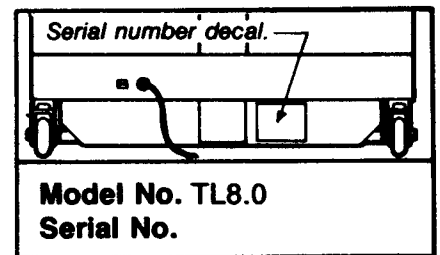
INTRODUCTION

Thank you for purchasing a WEIDER 8.0 Auto Incline treadmill. The WEIDER 8.0 combines advanced technology with innovative design to let you enjoy one of the best forms of cardiovascular exercise at your convenience, in the privacy of your home.

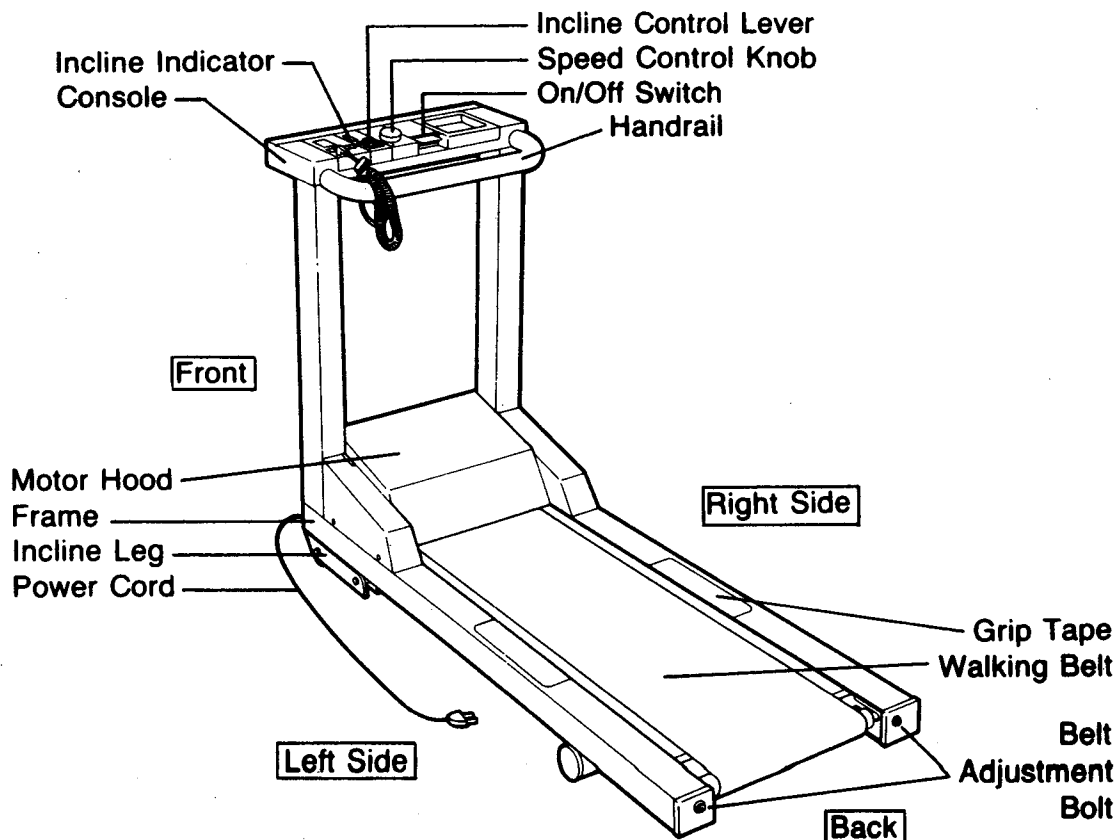
The WEIDER 8.0 is truly a state-of-the-art treadmill, offering many exclusive features for an effective and enjoyable workout. The WEIDER 8.0 incorporates a card-operated on/off switch, console-mounted incline control, electronic speed control and microprocessor-based electronic exercise monitor.

This manual is designed to help you understand the easy assembly and operation of this treadmill. Basic fitness guidelines are included to help you get started with your exercise program. Please read this manual carefully before initial use of the treadmill. If you have additional questions regarding operation, maintenance, parts or the warranty, please call our Customer Service Department toll-free at 1-800-999-3756, (in Canada 1-800-824-8949) during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time.

In all correspondence regarding this product, refer to the model number (TL8.0), and the serial number (located on the front of the treadmill frame). Write the serial number in the box to the right for easy reference.



Please review the Exploded Drawing and the Part List in this manual before calling. If possible, place your telephone near the treadmill for easy reference. To help you clearly understand the descriptions in this manual, examine the drawing below and familiarize yourself with the parts identified.

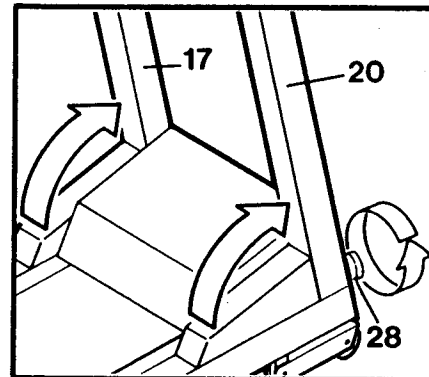


ASSEMBLY

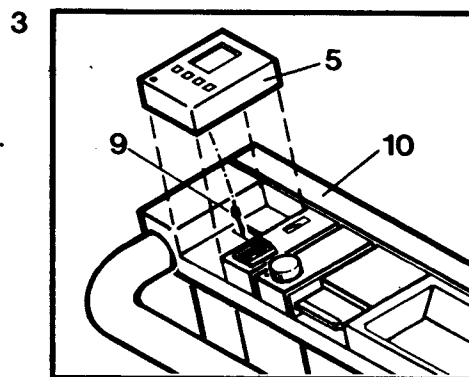
Please read all instructions before beginning assembly. Refer to the Exploded Drawing and the Part List on pages 10-11 for help in part identification. Assembly can be completed using the tool provided.

1. Set the treadmill in a clear area on the floor and remove all packing materials. **Make sure that all parts are included before disposing of the packing materials.**

2. Raise the Handrail Posts (17, 20) to the vertical position and tighten the two Handrail Locking Knobs (28).



3. Plug the Sensor Wire (9) into the back of the Electronic Monitor (5) and press the Monitor firmly into the Console (10).



4. Make sure that all parts are tightened securely before operating the treadmill.

OPERATION AND ADJUSTMENT

TREADMILL OPERATION – Follow the steps below each time you use the treadmill.

1. Step onto the treadmill and place your feet on the Grip Tape on the sides of the Frame.
2. Insert the Safety Card into the On/Off Switch and press the Switch down to start the treadmill. (If the Safety Card becomes lost, a credit card can be used. The treadmill cannot be started unless a card is inserted.) **Do not lift the Switch or the Switch will break.**
3. Turn the Speed Control Knob counterclockwise until it stops, and then clockwise until the Walking Belt is moving at slow speed.
4. Holding the Handrail firmly, step onto the Walking Belt and begin walking.
5. Slowly turn the Speed Control Knob until the desired speed is reached. (Turning the knob clockwise increases the speed. Turning the knob counterclockwise decreases the speed.)
6. To turn the treadmill off, step onto the Grip Tape and press the On/Off Switch.

Instructions for operating the Electronic Monitor can be found in the Operation Guide accompanying this Manual.

INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the incline of the treadmill can be adjusted with the Incline Control Lever on the treadmill Console. **Do not adjust the incline while you are walking or running on the treadmill.** To increase the incline of the treadmill, stand with your feet on the sides of the Frame, towards the rear of the treadmill, and pull back the Incline Control Lever. When the desired angle is reached, release the Lever. To decrease the incline, stand toward the front of the treadmill, lean forward if necessary, and pull back the Incline Control Lever until the desired angle is reached.



There is an Incline Indicator mounted above the Incline Control on the treadmill. When the bubble in the Indicator is at level 1, the treadmill is at the lowest incline. When the bubble is at level 5, the treadmill is at the highest incline.

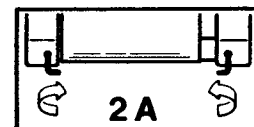
The indicator can be adjusted, if necessary, by lowering the treadmill to the lowest position, and turning the small adjustment screw above the indicator until the bubble in the indicator is at level 1.

WALKING BELT ADJUSTMENT

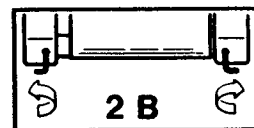
To prevent damage to the walking belt, always keep the belt centered during operation. Stand beside the treadmill and turn the treadmill on at medium speed. Check the spaces between the walking belt and the sides of the frame. If the belt is closer to one side than to the other, the belt should be centered in the following manner:

1. Locate the belt adjustment bolts at the rear of the treadmill frame. The bolts can be adjusted using the allen wrench provided. **Caution: keep your hands away from the moving walking belt or serious injury could result.**

2. A. IF THE BELT HAS SHIFTED TO THE LEFT SIDE: turn the adjustment bolt on the left side clockwise and the adjustment bolt on the right side counterclockwise 1/8 of a turn at a time until the belt moves to the center.

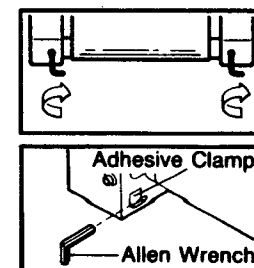


- B. IF THE BELT HAS SHIFTED TO THE RIGHT SIDE: turn the adjustment bolt on the left side counterclockwise and the adjustment bolt on the right side clockwise 1/8 of a turn at a time until the belt moves to the center.



3. Walk on the treadmill for 3-4 minutes to ensure that the belt is running centered.

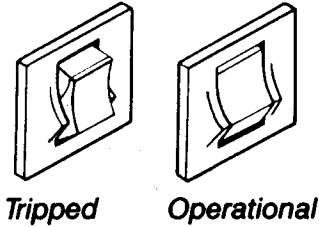
If the walking belt slips during operation, the tension on the belt may need to be adjusted. Turn both rear adjustment bolts clockwise an equal amount until the belt no longer slips. Be careful to keep the belt centered. **Do not over-tighten the bolts** or the belt may be stretched. The allen wrench can be stored on one of the rear adjustment brackets using the self-adhesive clamp included.



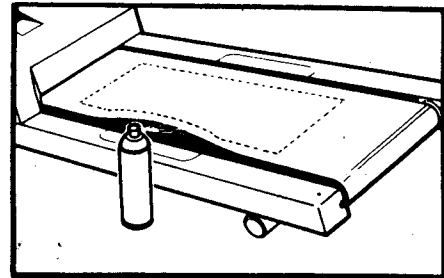
MAINTENANCE AND STORAGE

This treadmill is designed to be virtually maintenance-free. Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the console.

If the treadmill stops or will not start, check the circuit breaker located on the front of the treadmill frame near the power cord. The circuit breaker is designed to protect the electrical system. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the treadmill to cool for a few minutes and then push the switch back in.



To maintain the low-friction quality of the walking belt, a non-oil base silicone lubricant should be applied to the walking platform before initial use of the treadmill, and whenever a decrease in performance is noticed. **Unplug the power cord**, lift the sides of the walking belt and apply the lubricant to the area indicated in the drawing.



STORAGE

The treadmill can be converted to a compact storage position by loosening the Handrail Locking Knobs and folding the Handrail Posts down onto the treadmill Frame. The treadmill can be moved by lifting the rear end of the Frame and pushing or pulling the unit on the front Wheels. Always remove the batteries from the Electronic Monitor when storing the treadmill for extended periods of time.

CONDITIONING GUIDELINES

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

EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone."

You can determine your Training Zone by consulting the table below. Training Zones are given for both conditioned and unconditioned persons. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few weeks of your exercise program you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until you reach the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the ELECTRONIC MONITOR OPERATION GUIDE). First, set the monitor for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes elapse. Immediately measure your heart rate using the PULSE function. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is too high, reduce your level of exertion.

EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR EXERCISE.**

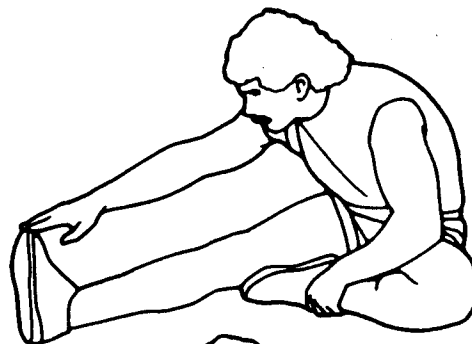
STRETCHING

The following stretches provide a good warm-up. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly-don't bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

Stretches: Hamstrings, Lower back and Groin.



INNER THIGH STRETCH

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

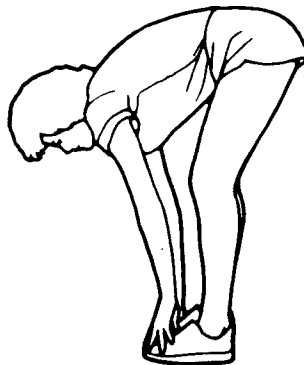
Stretches: Inner thigh muscles.



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.

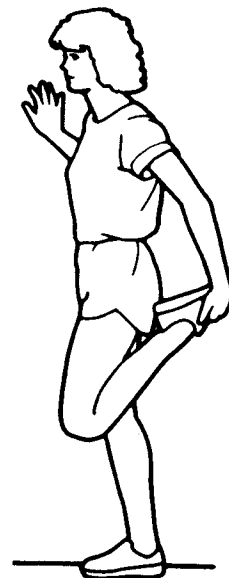
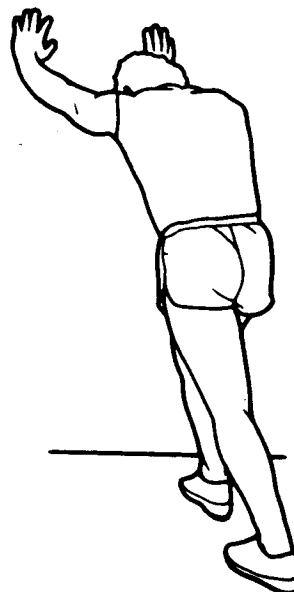
Stretches: Hamstrings, Back of Knees, Back.



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.



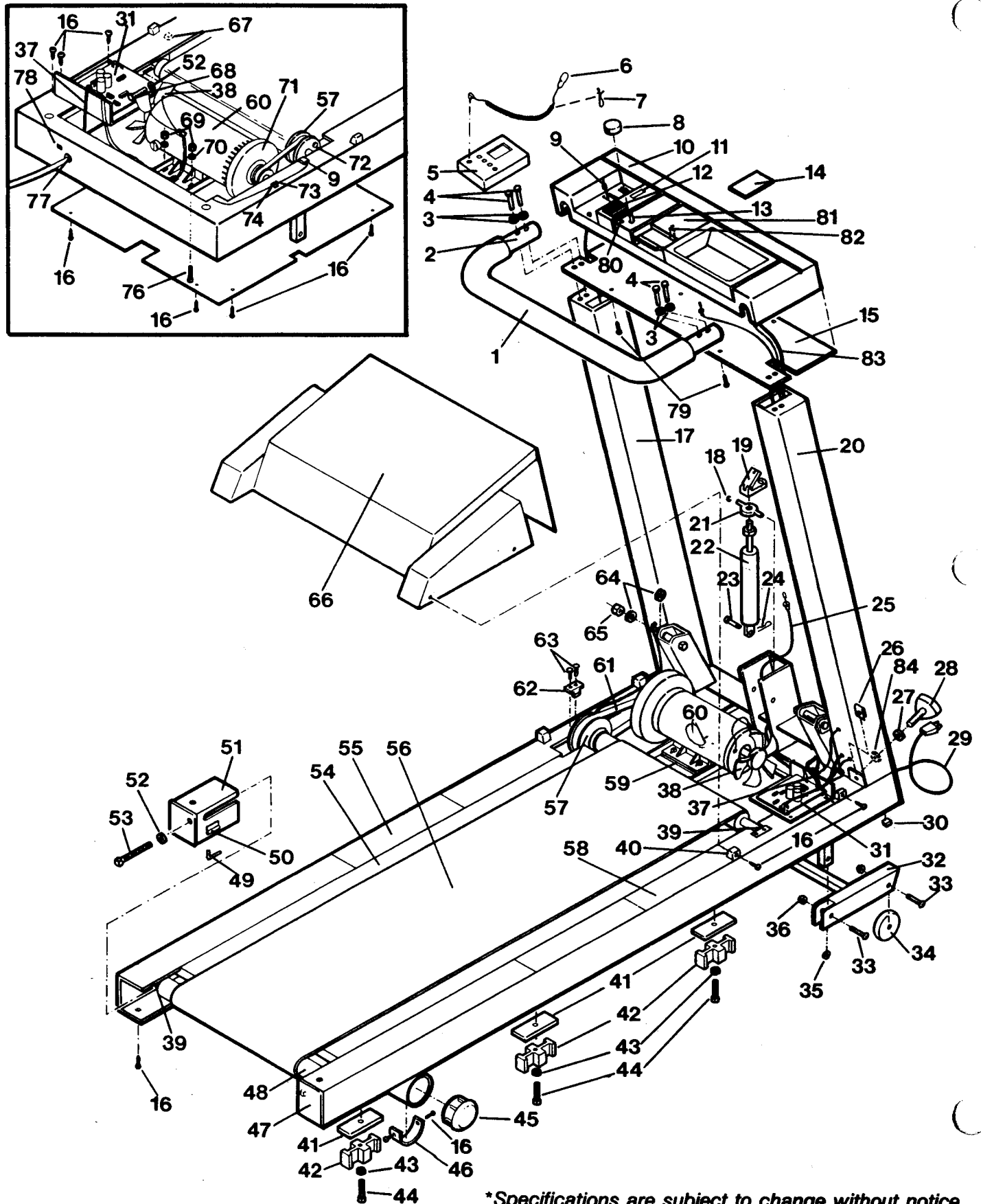
CALF/ACHILLES STRETCH

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.

EXPLODED DRAWING - Model No. TL8.0

REV. 4/89



PART LIST - Model No. TL8.0

REV. 4/89

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Handrail Foam Grip	44	6	Support Bolt
2	1	Handrail	45	2	Leg End Cap
3	4	Handrail Washer	46	2	Rubber Pad
4	4	Handrail Bolt	47	1	Right Belt Adjustment Bracket
5	1	Electronic Monitor	48	1	Rear Roller
6	1	Pulse Monitor Clip	49	1	Allen Wrench
7	1	Wire Clip	50	1	Self-adhesive Tool Clamp
8	1	Speed Control Knob	51	1	Belt Adjustment Bracket (L)
9	1	Sensor Wire	52	3	Washer
10	1	Console	54	1	Wood Platform
11	1	Incline Bubble Level	55	2	Grip Tape
12	1	Incline Control Lever	56	1	Walking Belt
13	1	Potentiometer Assembly	57	1	Front Roller w/Pulley
14	2	Safety Card	58	1	Frame
15	1	Console Cover	59	1	Motor Mount Spacer
16	23	Screw	60	1	Motor
17	1	Left Handrail Post	61	1	V-Belt
18	1	E-Clip	62	2	Roller Lock
19	1	Lift Cylinder Release	63	4	Roller Lock Bolt
20	1	Right Handrail Post	64	4	Pivot Washer
21	1	Shock Mount Bracket	65	2	Pivot Nut
22	1	Lift Cylinder	66	1	Motor Hood
23	1	Cylinder Pin	67	6	Platform Bumper
24	1	Cotter Pin	68	1	Front Adjustment Bolt
25	1	Incline Cable	69	4	Motor Mount Nut
26	2	U-Nut	70	4	Motor Mount Washer
27	2	Upright Knob Washer	71	1	Flywheel
28	2	Handrail Locking Knob	72	1	Magnet
29	1	Power Cord	73	4	Cable Tie
30	2	Rubber Bumper	74	4	Cable Mount
31	1	Controller	75	1	Safety Cover
32	1	Incline Leg	76	4	Motor Mount Bolt
33	4	Leg Bolt	77	1	Grommet
34	2	Wheel	78	1	Circuit Breaker
35	2	Nylon Washer	79	4	Console Screw
36	4	Lock Nut	80	1	Round Indicator Light
37	1	Extension Wire	81	1	Safety Switch Paddle
38	1	Fan	82	1	On/Off Switch
39	4	Roller Bushing	83	1	On/Off Switch Wire
40	4	Hood Mount Anchor	84	2	Push Nut
41	6	Rubber Fitting	#	1	Owner's Manual
42	6	Support Block	#	1	Electronics Operation Guide
43	6	Support Washer			

See the back cover of this manual for information on ordering replacement parts.

ORDERING REPLACEMENT PARTS

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

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

1. The MODEL NUMBER OF THE PRODUCT (TL8.0).
2. The NAME OF THE PRODUCT (WEIDER 8.0).
3. The SERIAL NUMBER OF THE PRODUCT (see page 4 of this manual).
4. The KEY NUMBER OF THE PART from the Part List in this manual.
5. The DESCRIPTION OF THE PART from the Part List in this manual.

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