

WESLO®

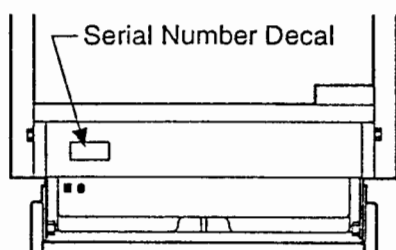
CADENCE®

8 2 5

0-6 MPH • 1.25 HP • ADJUSTABLE INCLINE

Model No. WBTL82550

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through our Customer Services Department.

Please CALL:

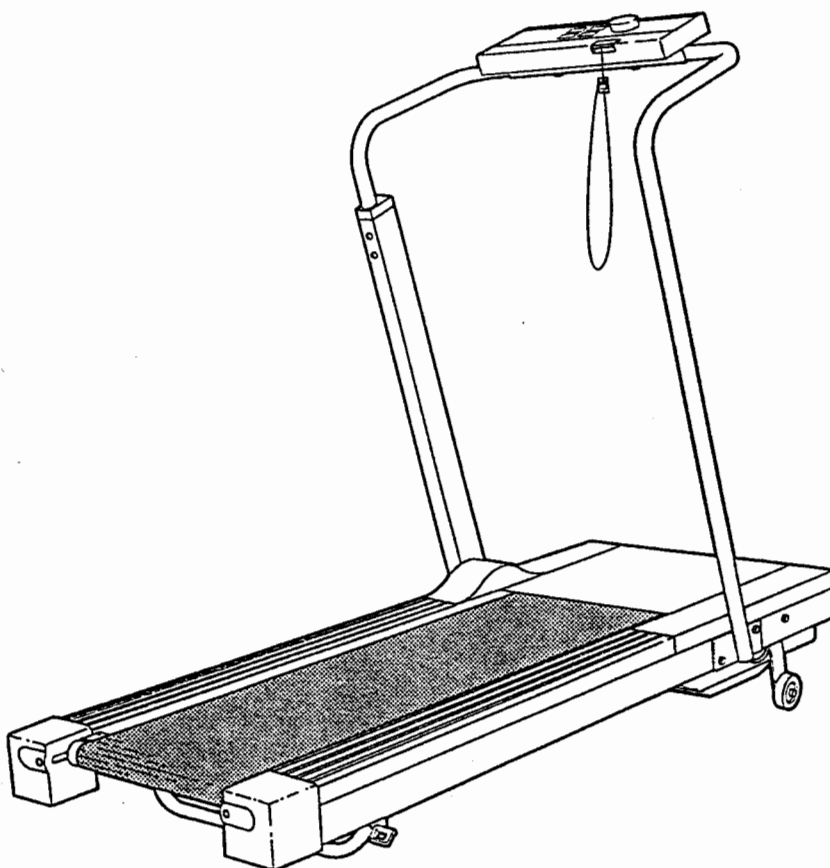
0800-220532

or WRITE:

Consumer Products Distribution
M40 Distribution Park
Loxley Road
Wellesbourne
Warwick
CV35 9JY

⚠ CAUTION:

Read all precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.



USER'S MANUAL

WESLO®

CADENCE®

8 2 5

0-6 MPH • 1.25 HP • ADJUSTABLE INCLINE

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	4
BEFORE YOU BEGIN	5
ASSEMBLY	6
OPERATION AND ADJUSTMENT	7
TROUBLE-SHOOTING AND STORAGE	10
CONDITIONING GUIDELINES	12
EXPLODED DRAWING	14
PART LIST	15
ORDERING REPLACEMENT PARTS	Back Cover

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

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important precautions and information before operating the treadmill.

1. This appliance is for operation on 220-240 volts AC only.
2. Should any damage occur to the supply cable or plug, the whole cable and plug should be replaced. The original cable and plug should be safely disposed of and the plug should under no circumstances be used in any other 8 amp socket outlet as this could cause electric shock.
3. When replacing the fuse, an 8 amp ASTA approved BS1362 type should be fitted to the fuse carrier. The plug should not be used without a fuse carrier being fitted. If the fuse carrier is lost or damaged, replacement carriers are obtainable from Icon Fitness Lifestyle Ltd. or a Volex supplier, and should be 8 amp rated colour coded red.
4. Position the treadmill on a level surface, with at least 6 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on a surface that blocks any air opening. Do not operate where aerosol products are used or where oxygen is being administered.
5. When connecting the power cord (see OPERATION AND ADJUSTMENT on page 7), plug the power cord directly into an earthed circuit capable of carrying 8 or more amps. No other appliances should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14 gauge general-purpose three cord of cable of 6 feet or less in length.
6. Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See the BEFORE YOU BEGIN section on page 5 if the treadmill is not working properly.)
7. The roller guards must be 1/4" from the rear roller. Turn the power off and adjust the roller guards, if necessary.
8. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
9. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
10. Use the treadmill only as described in this manual. This treadmill is for domestic use only. Usage in a commercial environment will invalidate the warranty.
11. Keep small children away from the treadmill at all times. Never leave the treadmill unattended whilst it is running. Always remove the safety key when the treadmill is not in use.
12. Never drop or insert any object into any opening.
13. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.
14. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
15. Never allow more than one person on the treadmill at a time. The treadmill should be used only by persons weighing 250 lbs. or less.
16. The treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.

⚠ WARNING: THIS APPLIANCE MUST BE EARTHED. ANY ERROR IN CONNECTING THE APPLIANCE WILL INVALIDATE THE GUARANTEE.

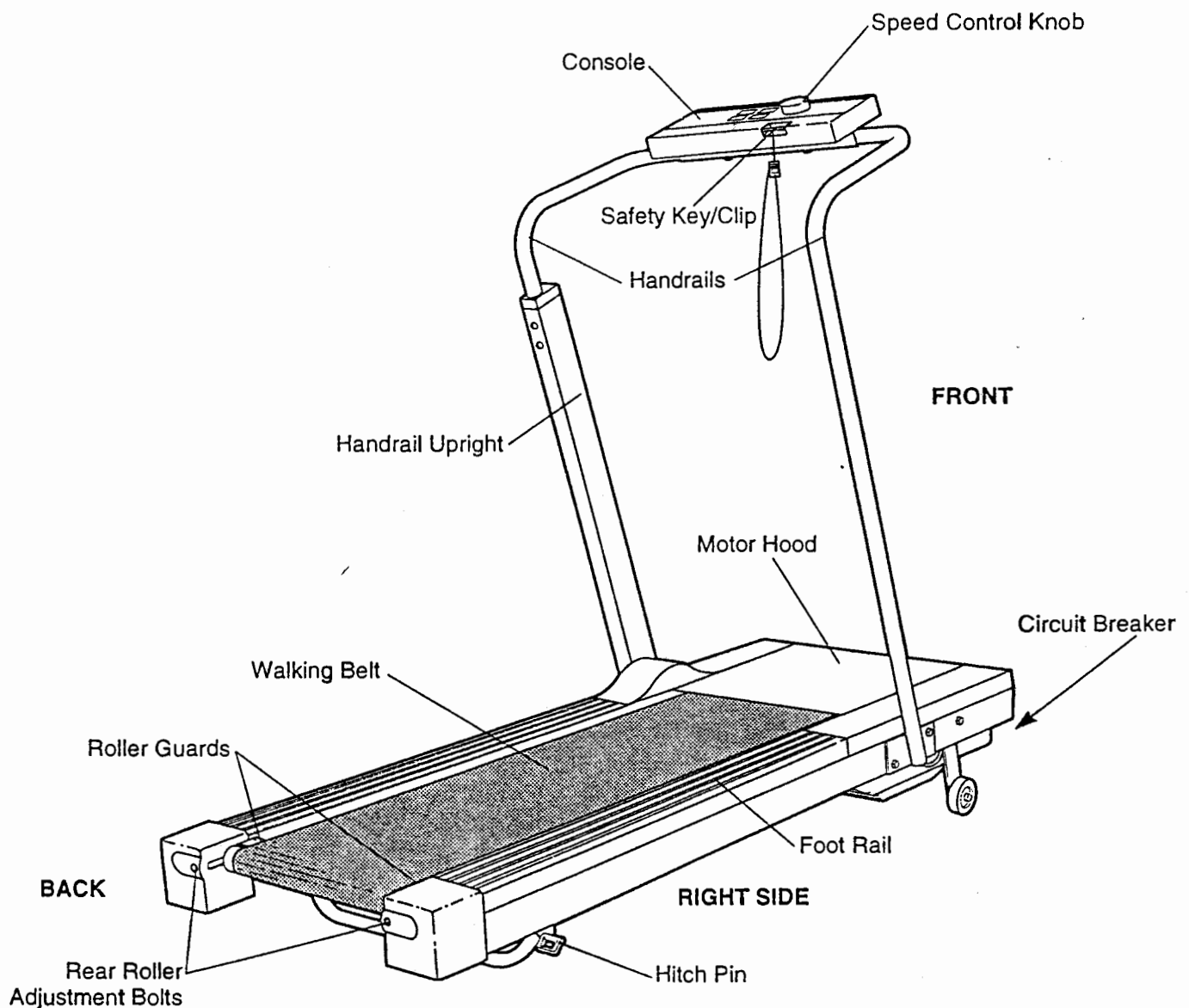
This equipment complies with BS3456: Part 201: 1990, D.I.N. 31000 and EN60335

BEFORE YOU BEGIN

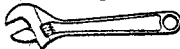
Thank you for selecting the WESLO CADENCE® 825 treadmill. The CADENCE 825 treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department, 0800-220532. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WBTL82550. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

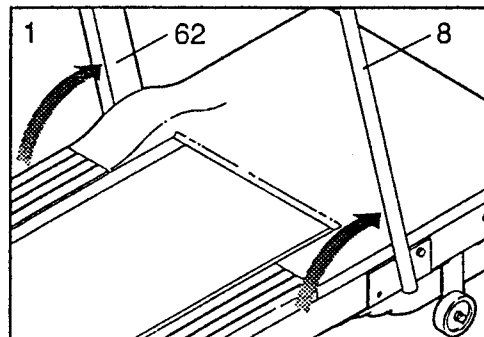
Before reading further, please review the drawing below and familiarise yourself with the parts that are labeled.



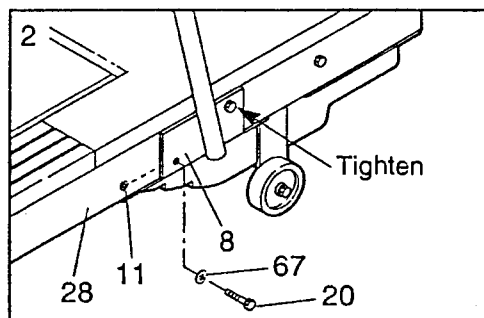
ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **TOOLS REQUIRED FOR ASSEMBLY:** An adjustable spanner  (not included).

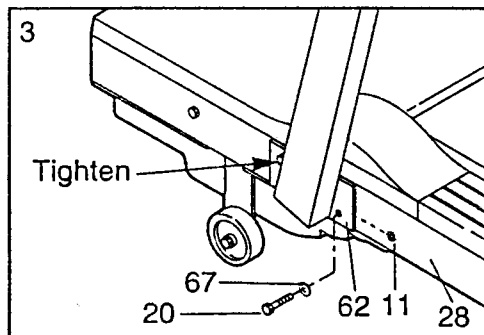
1. Raise the Handrail Upright (62) and Right Handrail (8) to the vertical position.



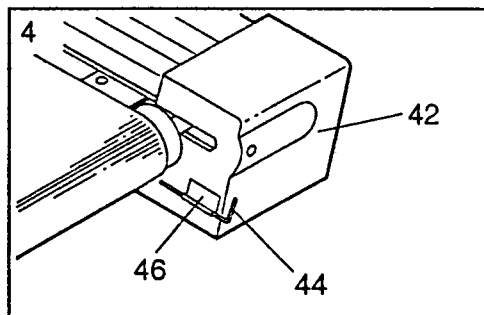
2. Insert a 3/8" Star Washer (11) between the bracket at the lower end of the Right Handrail (8) and the Frame (28). Insert a Handrail Bolt (20) with a Flat Washer (67) through the bracket and the Star Washer, and tighten the Bolt into the Frame. Tighten the Handrail Bolt that is already in the bracket.



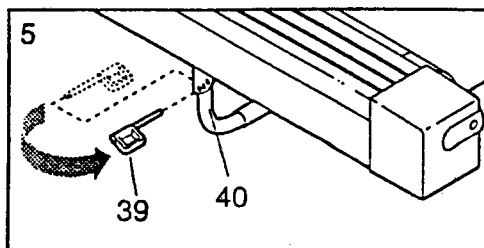
3. Insert a 3/8" Star Washer (11) between the bracket at the lower end of the Handrail Upright (62) and the Frame (28). Insert a Handrail Bolt (20) with a Flat Washer (67) through the bracket and the Star Washer, and tighten the Bolt into the Frame. Tighten the Handrail Bolt that is already in the bracket.



4. Remove the paper backing from the Wrench Clip (46). Press the Wrench Clip onto the Right Endcap (42) in the indicated location. Press the Allen Wrench (44) into the Wrench Clip.



5. For shipping purposes, the Hitch Pins (39) are inserted into the Incline Leg (40) from the inside. Before using the treadmill, remove the Hitch Pins and reinsert them as shown on page 9. **CAUTION:** To prevent injury to your hands or fingers, tip the treadmill on its side as shown on page 9.



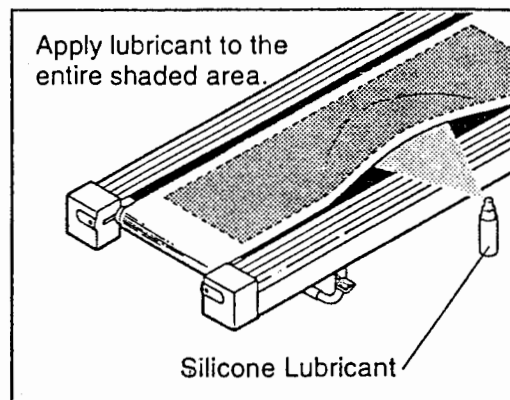
Make sure that all parts are tightened before using the treadmill.

- 6 **Note:** Cover the floor beneath the treadmill for protection.

OPERATION AND ADJUSTMENT

APPLYING SILICONE LUBRICANT

To reduce the friction of the walking belt and minimize wear, a non-oil-, non-petroleum-base silicone lubricant must be applied to the walking platform before the treadmill is used. **WITH THE POWER CORD UNPLUGGED**, lift each side of the walking belt and spray lubricant generously onto the indicated area. Reapply lubricant after every ten hours of use, or whenever performance decreases. Lubricant is available at most hardware and automotive stores.



PLUGGING IN THE POWER CORD

This product is for use on a nominal 240-volt circuit and **must be earthed**. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and an earthing plug.

Plug the indicated end of the power cord (see drawing 1), into the treadmill. Plug the other end of the power cord (see drawing 2), into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.

⚠ DANGER: Improper connection of the equipment-earthing conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

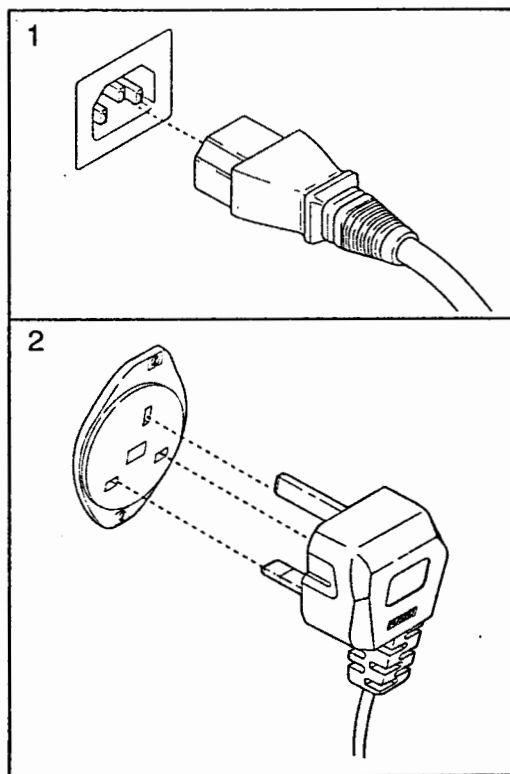
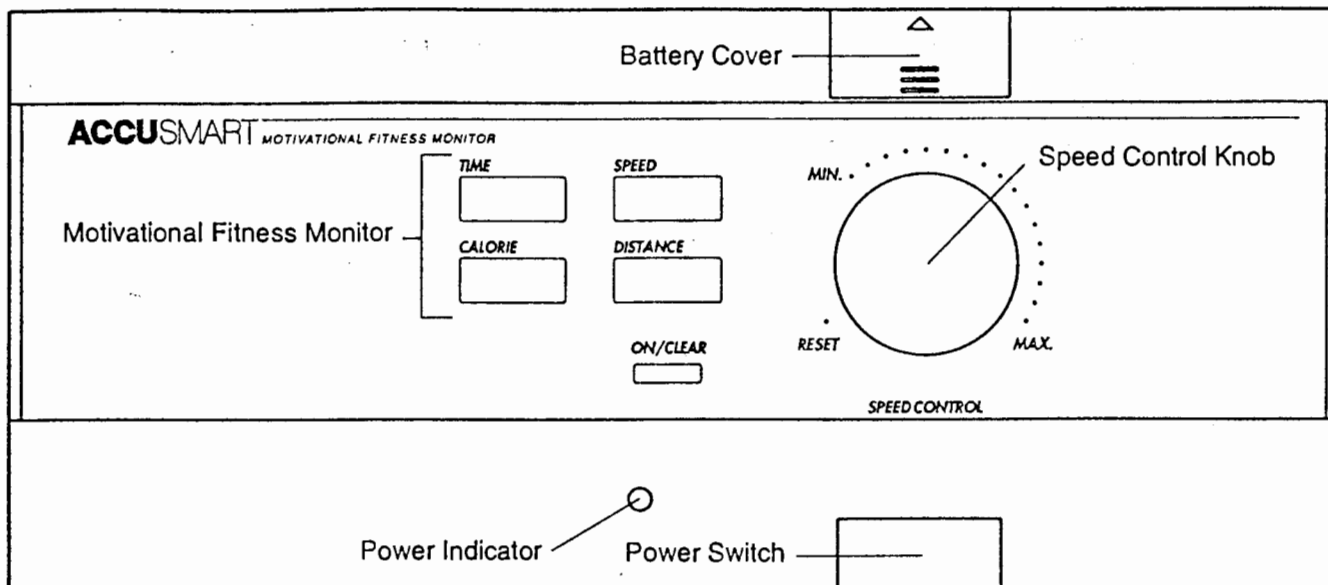
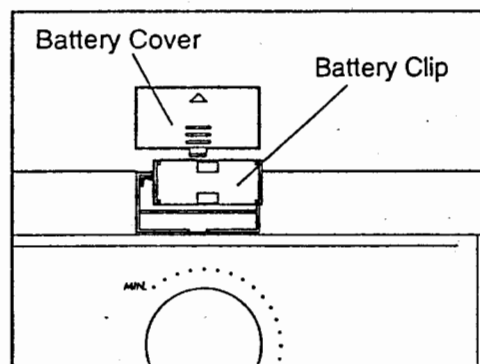


DIAGRAM OF THE CONSOLE



INSTALLING BATTERIES

The motivational fitness monitor requires two "AA" batteries (not included); alkaline batteries are recommended. Slide the battery cover open. Remove the battery clip from the console. Find the markings inside the battery clip showing which direction the batteries should be turned. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover. **Note:** If there is a sheet of protective plastic on the face of the console, peel it off before operating the console.



TURNING ON THE POWER

Step onto the foot rails of the treadmill. Locate the clip attached by a cord to the safety key, and slide the clip onto the waistband of your clothing.

⚠ CAUTION: Do not stand on the walking belt whilst turning on the power. Always wear the clip whilst operating the treadmill.

Insert the safety key into the power switch. The power indicator will light. The four displays of the motivational fitness monitor will not appear until the ON/CLEAR button is pressed, or the walking belt begins to move (see CONTROLLING THE SPEED below). **Note:** If batteries were just installed, the four displays will already appear.

CONTROLLING THE SPEED

To start the walking belt, first turn the speed control knob to "RESET." Then, turn the knob slowly clockwise until the walking belt begins to move at slow speed.

⚠ CAUTION: After the knob is turned, there will be a pause before the walking belt begins to move. Adjust the speed slowly until you are familiar with the operation of the treadmill.

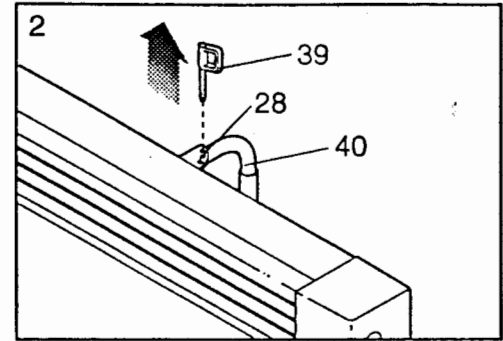
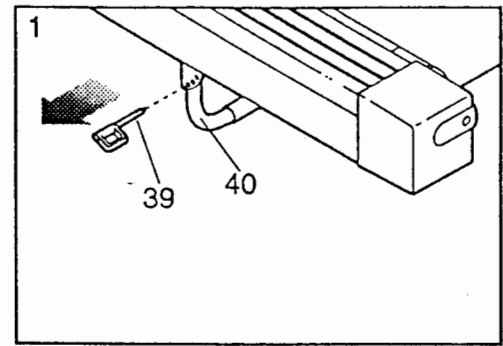
Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control knob. To stop the walking belt, turn the knob to "RESET."

INCLINE ADJUSTMENT

To vary the intensity of your exercise, the incline of the treadmill can be adjusted. Turn the power off and unplug the power cord. Place the treadmill in an open area.

1. Remove the Hitch Pin (39) from the left side of the Incline Leg (40). (See Drawing 1.)
2. Carefully tip the treadmill onto its left side. Remove the Hitch Pin (39) from the right side of the Incline Leg (40). (See Drawing 2.)
3. Rotate the Incline Leg (40) to the desired height and reinsert the Hitch Pin (39). Lay the treadmill back down and reinsert the Hitch Pin into the left side of the Incline Leg.

Make sure that both Hitch Pins (39) are fully inserted into the same hole on each side of the treadmill Frame (28).



MOTIVATIONAL FITNESS MONITOR

The four displays of the motivational fitness monitor provide continuous exercise feedback. The displays can be reset by pressing the ON/CLEAR button. The four displays are described below:

TIME—This display shows the elapsed time. Note: When the walking belt is stopped, the TIME display will go into a pause mode after a few seconds.

CALORIE—This display shows the approximate number of nutritional Calories you have burned.

SPEED—This display shows the current speed of the walking belt.

DISTANCE—This display shows the total distance that you have walked or run.

Note: If the walking belt is stopped and remains stationary for about four minutes, the four displays of the motivational fitness monitor will be reset and will darken, although the power will remain on. The four displays will appear again when the ON/CLEAR button is pressed, or the walking belt is restarted.

TURNING OFF THE POWER

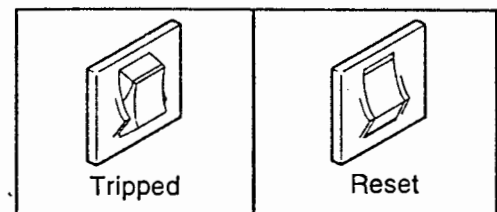
To turn off the power, remove the safety key from the console. The power indicator will darken. Store the safety key in a secure location.

TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies to your treadmill and follow the steps listed. If further assistance is needed, please call our Technical Service Department.

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged into a properly earthed outlet. (See PLUGGING IN THE POWER CORD on page 7.) If an extension cord is needed, use only a 14 gauge general-purpose three cord of cable of 6 feet or less in length.
- After the power cord has been plugged in, make sure that the safety key is fully inserted into the console. Various indicators on the console should light. (See TURNING ON THE POWER on page 8.)
- Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

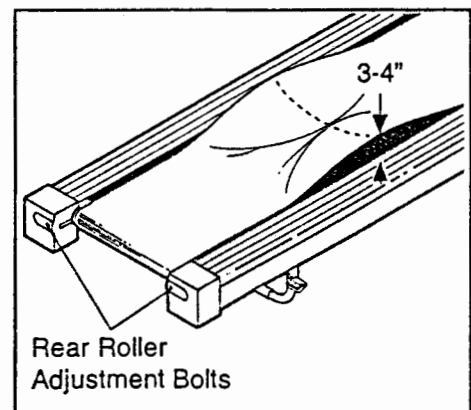


2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill frame near the power cord. If the circuit breaker has tripped, the switch will protrude. (See the drawing above.) To reset the circuit breaker, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.

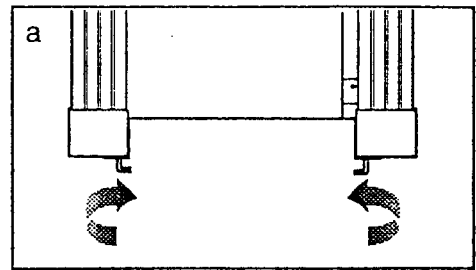
3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- Apply silicone lubricant to the walking platform before use. Reapply lubricant after every 10 hours of use, and whenever a decrease in performance is noticed. **CAUTION: UNPLUG THE POWER CORD WHEN APPLYING LUBRICANT.** (See APPLYING SILICON LUBRICANT on page 7 for application instructions.)
- If an extension cord is needed, use only a 14 gauge general-purpose cord of six feet or less in length.
- If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD.** Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3-4" off the walking platform. The centre of the walking belt should just touch the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

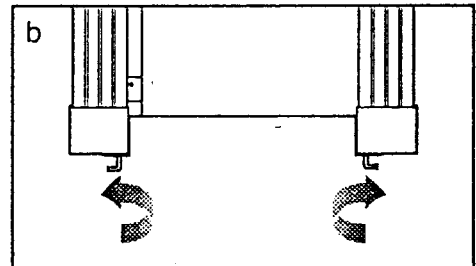


4. SYMPTOM: THE WALKING BELT IS OFF-CENTRE OR SLIPS WHEN WALKED ON

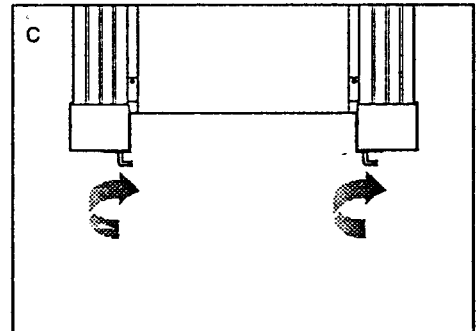
- 5
- a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



- b. If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



- c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3"-4" off the walking platform. The centre of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

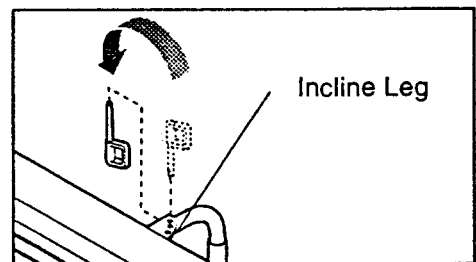


5. SYMPTOM: THE MOTIVATIONAL FITNESS MONITOR DOES NOT FUNCTION PROPERLY

- a. Check the batteries in the console. (See **INSTALLING BATTERIES** on page 8.) Most problems are the result of drained batteries.

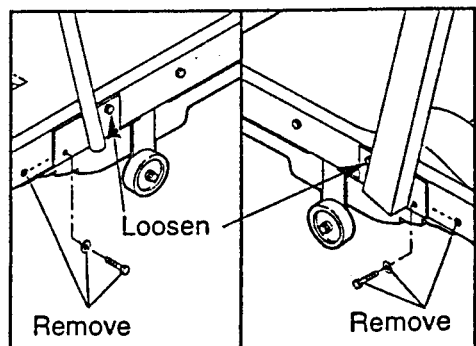
STORAGE

Unplug the power cord when the treadmill is not in use. Remove the hitch pins as shown in steps 1 and 2 on page 9. Reinsert the pins into the incline leg from the inside.



Remove the indicated bolt, washer and star washer from the lower ends of the handrail and handrail upright. Loosen the other bolt on each side. Carefully lay the console on the treadmill. Keep the bolts and washers in a secure location.

It is recommended that the treadmill be covered during extended periods of storage.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

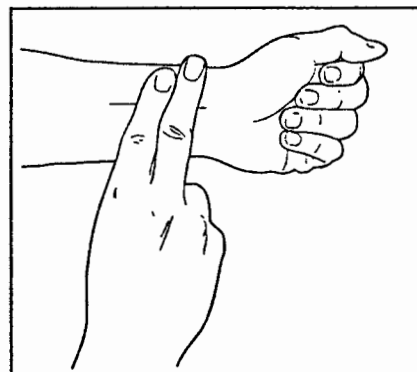
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

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 months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is CONSISTENCY.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

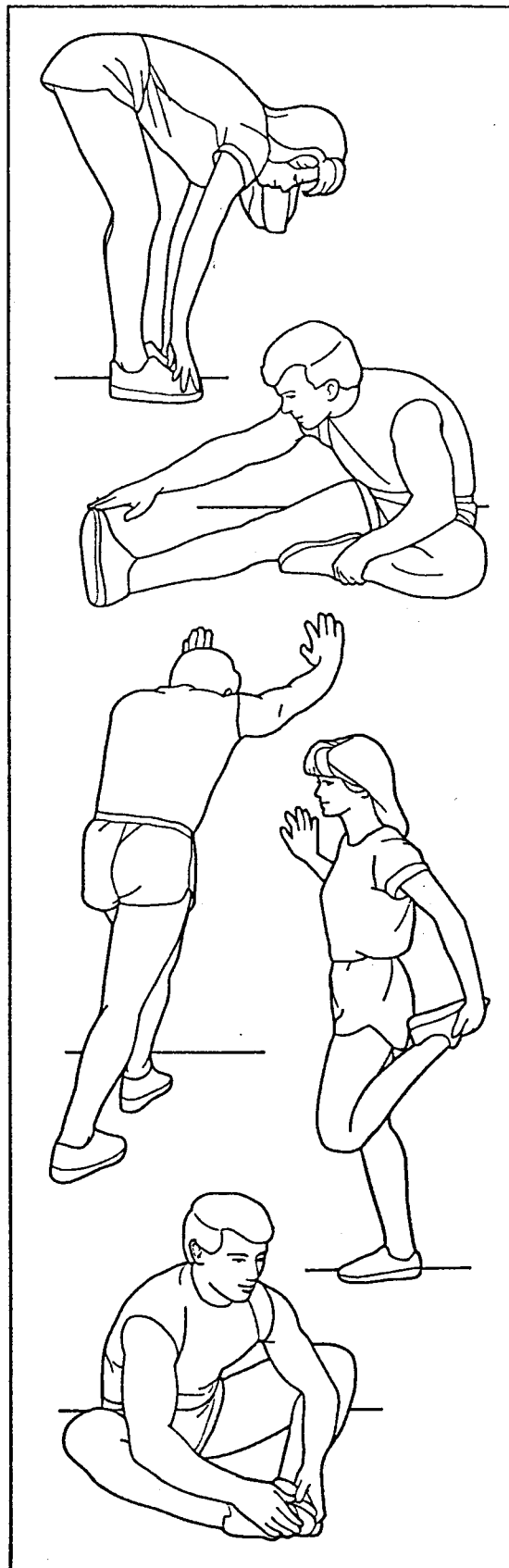
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



PART LIST—Model No. WBTL82550

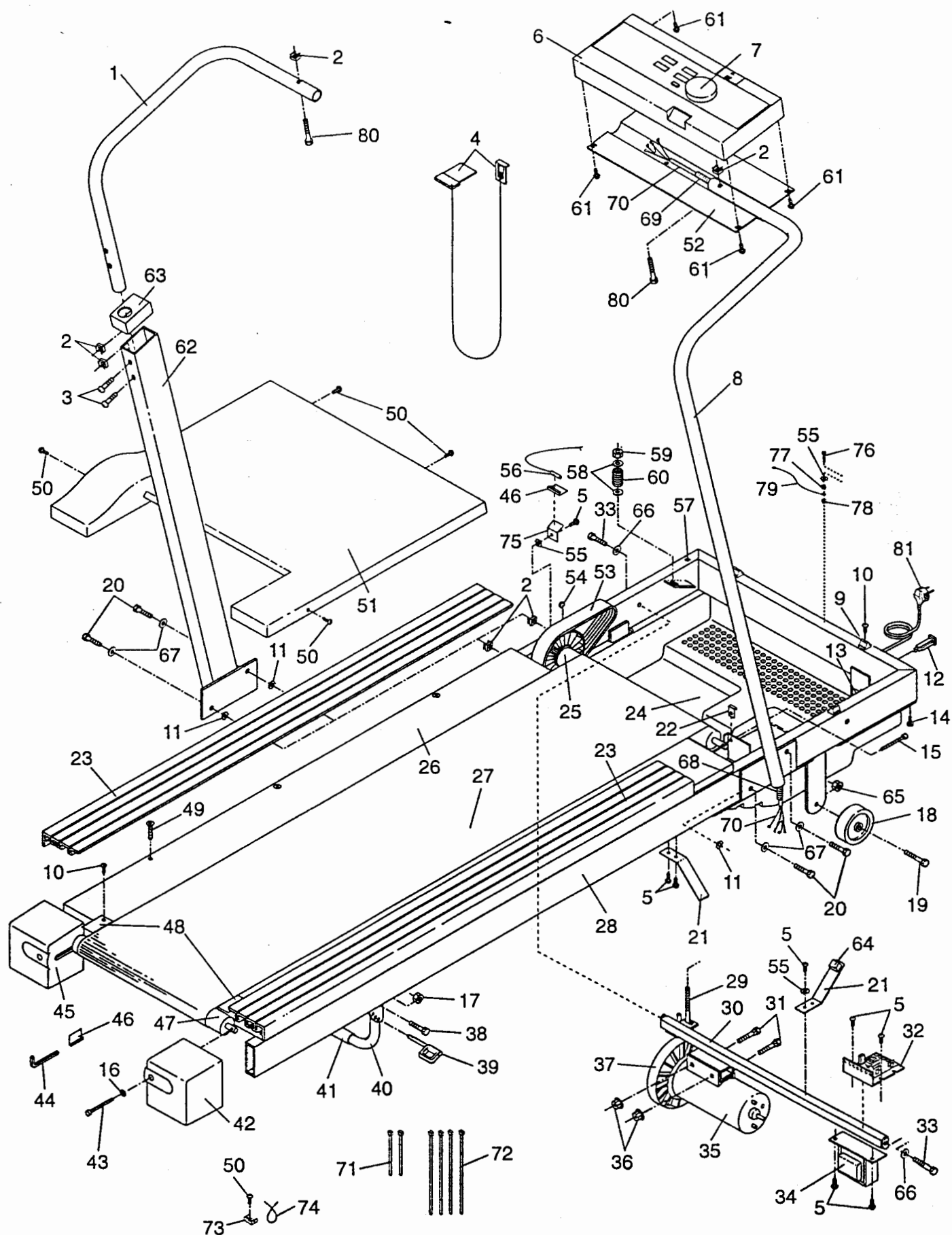
R0495A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Handrail	43	2	Rear Roller Adjustment Bolt
2	8	Handrail Cage Nut	44	1	Allen Wrench
3	2	Handrail Bolt	45	1	Left Endcap
4	1	Safety Key Clip	46	2	Wrench Clip
5	10	Small Screw	47	1	Rear Roller
6	1	Console	48	2	Roller Guard
7	1	Speed Control Knob	49	6	Platform Screw
8	1	Right Handrail	50	5	Motor Hood Screw
9	4	Hood Anchor	51	1	Motor Hood
10	4	Screw	52	1	Console Plate
11	4	3/8" Star Washer	53	1	Belt
12	1	Circuit Breaker	54	1	Magnet
13	1	Receptacle	55	3	Earthing Washer
14	8	Safety Cover Screw	56	1	Reed Switch/Sensor Wire
15	1	Front Roller Adjustment Bolt	57	1	Wire Clip
16	2	Adjustment Washer	58	2	Tension Washer
17	2	Incline Leg Nut	59	1	Tension Nut
18	2	Front Wheel	60	1	Tension Spring
19	2	Front Wheel Bolt	61	4	Console Screw
20	4	Upright Bolt	62	1	Handrail Upright
21	3	Belt Guide	63	1	Upright Cap
22	1	Front Roller Tab	64	1	Pad
23	2	Foot Rail	65	2	Wheel Nut
24	1	Safety Cover	66	2	Motor Swivel Washer
25	1	Front Roller/Pulley	67	4	Flat Washer
26	1	Walking Platform	68	1	12" Cable Loom
27	1	Walking Belt	69	1	6" Cable Loom
28	1	Frame	70	1	Power Switch Wire
29	1	J-Bolt	71	2	4" Cable Tie
30	1	Motor Swivel	72	4	8" Cable Tie
31	2	Motor Bolt	73	1	Tie Holder
32	1	Controller	74	1	Tie Wrap
33	2	Motor Swivel Bolt	75	1	Clip Bracket
34	1	Choke	76	1	Earthing Bolt
35	1	Motor	77	1	Small Nut
36	2	Motor Nut	78	1	Small Lock Nut
37	1	Pulley/Flywheel/Fan	79	1	8" Green/Yellow Earthing Wire
38	2	Incline Leg Bolt	80	2	Console Bolt
39	2	Hitch Pin	81	1	Power Cord
40	1	Incline Leg	#	1	4" Black Wire, 2 Female
41	1	Incline Leg Pad	#	1	4" White Wire, 2 Female
42	1	Right Endcap	#	1	User's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WBTL82550

R0495A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact your retailer for the nearest Customer Services Department office or write:

Consumer Products Distribution
M40 Distribution Park
Loxley Road
Wellesbourne
Warwick
CV35 9JY

Tel: 0800-220532

Fax: Country Code: (44) 0789-470798

Please not the following information when ordering:

1. The MODEL NUMBER of the product (WBTL82550).
2. The NAME of the product (WESLO CADENCE® 825 treadmill).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 14 of this manual.
5. The DESCRIPTION of the part(s) from page 14 of this manual.

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