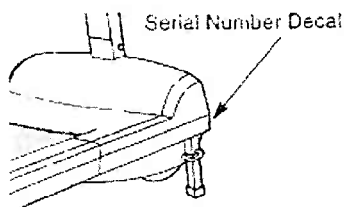


# WESLO<sup>®</sup>

# CADENCE<sup>®</sup> 860

Model No. WCTL86002

Serial No. \_\_\_\_\_



## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

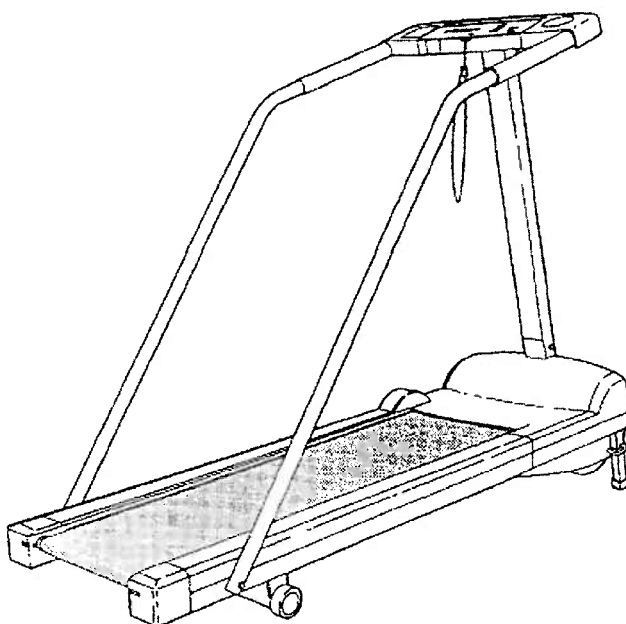
**1-888-936-4266**

Monday to Friday, 8h00 to 18h30 ET

## **⚠ CAUTION**

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

## OWNER'S MANUAL



Visit our website at

**[www.weslo.com](http://www.weslo.com)**

*new products, prizes,  
fitness tips, and much more!*

# WESLO<sup>®</sup>

# CADENCE<sup>®</sup> 860

---

## TABLE OF CONTENTS

|                                        |              |
|----------------------------------------|--------------|
| IMPORTANT PRECAUTIONS . . . . .        | 3            |
| BEFORE YOU BEGIN . . . . .             | 4            |
| ASSEMBLY . . . . .                     | 5            |
| OPERATION AND ADJUSTMENT . . . . .     | 7            |
| TROUBLE-SHOOTING AND STORAGE . . . . . | 10           |
| CONDITIONING GUIDELINES . . . . .      | 12           |
| PART LIST . . . . .                    | 14           |
| EXPLODED DRAWING . . . . .             | 15           |
| ORDERING REPLACEMENT PARTS . . . . .   | Central page |
| LIMITED WARRANTY . . . . .             | Central page |

**⚠ 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. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with eight feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep small children and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 250 pounds or less. Never allow more than one person on the treadmill at a time.
8. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
9. When connecting the power cord (see **HOW TO PLUG IN THE POWER CORD** on page 7), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.
10. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
11. Never move the walking belt while 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 **BEFORE YOU BEGIN** on page 4 if the treadmill is not working properly.)
12. Keep the power cord and the surge protector away from heated surfaces.
13. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while exercising on the treadmill.
14. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
15. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.
16. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
17. Never leave the treadmill unattended while it is running. Always remove the **SAFEKEY** when the treadmill is not in use.
18. To change the incline level of the treadmill, refer to the instructions on page 10. Do not use the treadmill with the incline pins removed.
19. Never drop or insert any object into any opening.
20. Inspect and tighten all parts of the treadmill every three months.
21. 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 authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
22. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

**SAVE THESE INSTRUCTIONS**

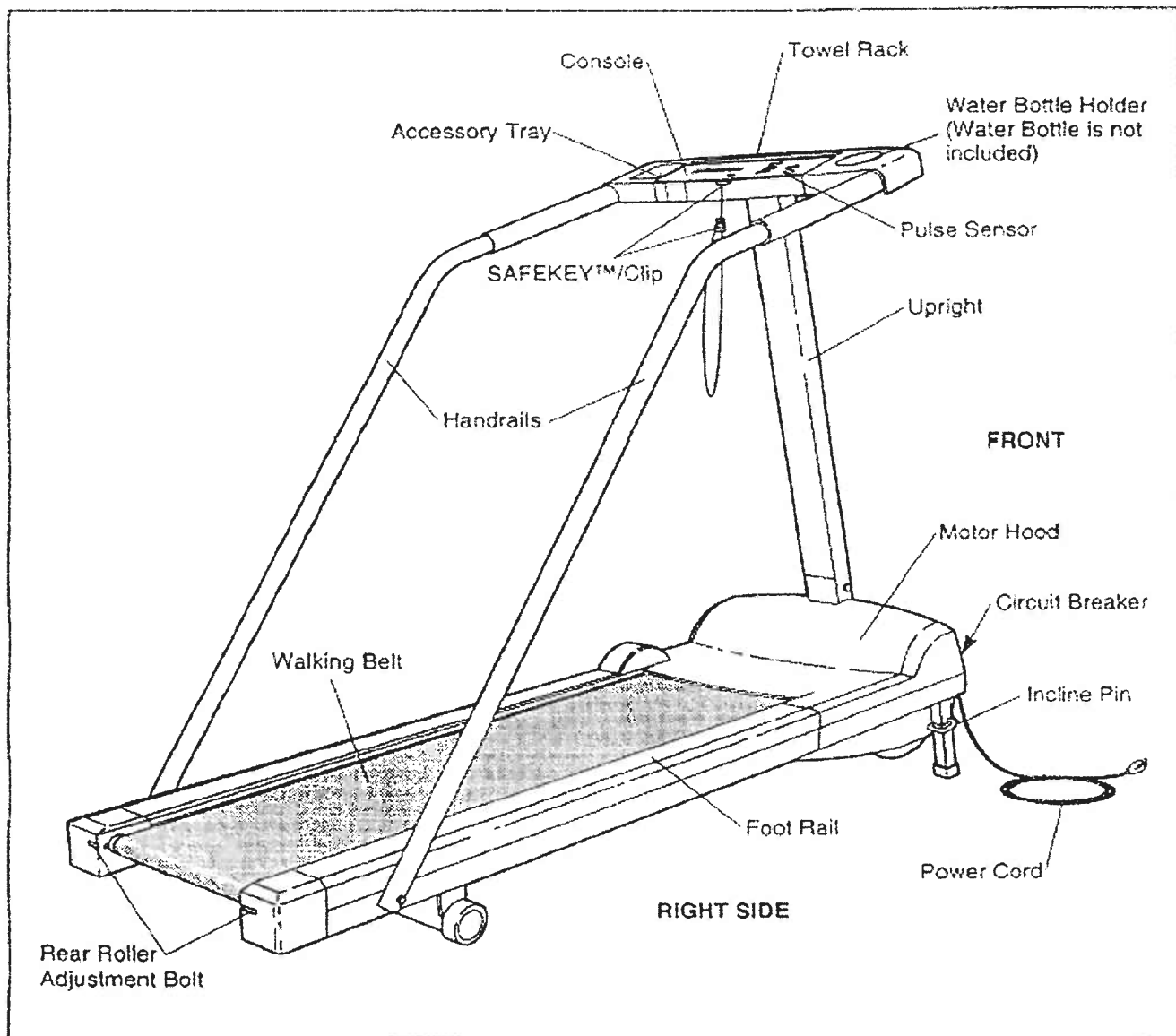
## BEFORE YOU BEGIN

Thank you for selecting the WESLO CADENCE<sup>®</sup> 860. The CADENCE 860 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 toll-free at

1-888-936-4266, Monday to Friday, 8h00 to 18h30 ET. To help us assist you, please note the product model number and serial number before calling. The model number is WCTL86002. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

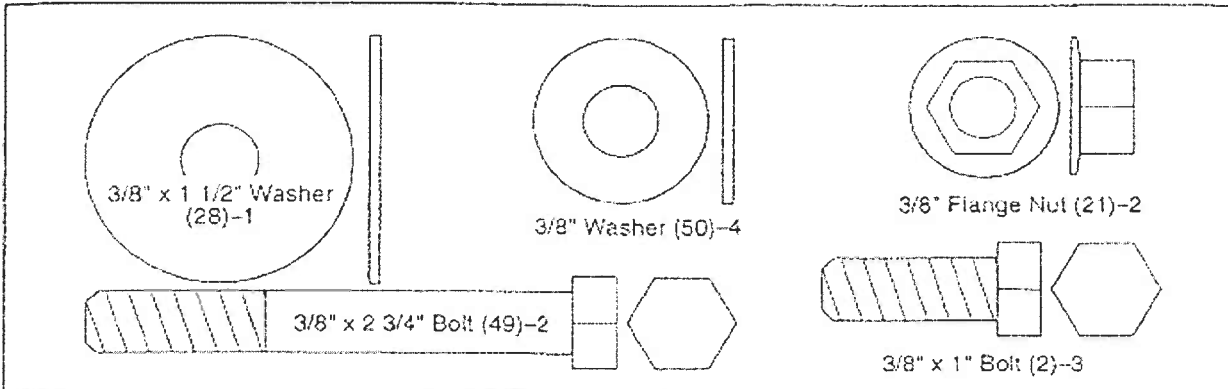
Before reading further, please review that drawing below and familiarize yourself with the parts that are labeled.



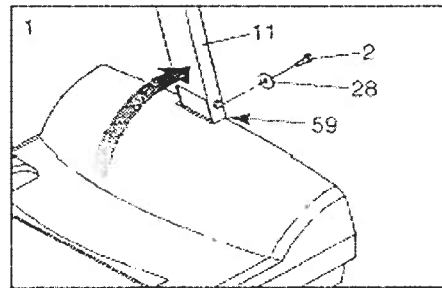
## ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Refer to the drawings below to identify small parts used in assembly.

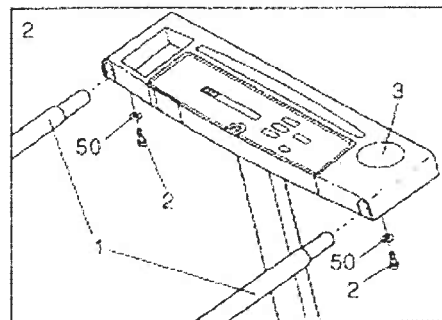
**TOOLS REQUIRED FOR ASSEMBLY:** One adjustable wrench  (not included).



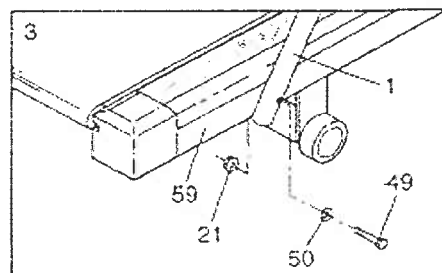
1. Raise the Upright (11) to the vertical position. Slide the 3/8" x 1 1/2" Washer (28) onto a 3/8" x 1" Bolt (2). Insert the Bolt into the lower end of the Upright and finger tighten the Bolt into the Frame (59).



2. If there are plastic cable ties in the upper ends of the Handrails (1), cut them off. Insert the upper end of one of the Handrails into the Console Housing (3). Insert a 3/8" x 1" Bolt (2), with a 3/8" Washer (50), up into the plate under the Console Housing, and finger tighten the Bolt into the Handrail.

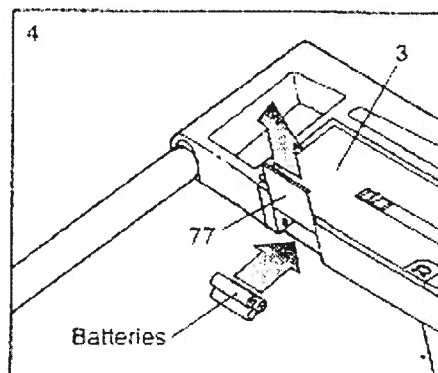


3. Insert a 3/8" x 2 3/4" Bolt (49), with a 3/8" Washer (50), into the lower end of the right Handrail (1) and the Frame (59). Reach under the Frame and tighten a 3/8" Flange Nut (21) onto the Bolt.

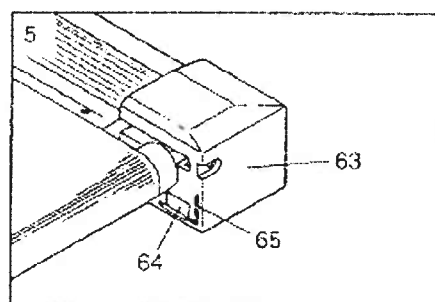


Attach the other Handrail (1) (not shown) in the same manner. Tighten all Bolts used in steps 1 through 3.

4. The Console (3) requires three "AA" batteries (not included); alkaline batteries are recommended. Slide up the Battery Cover (77). Press three batteries into the battery compartment, with the negative (-) ends of the batteries touching the springs. Close the Battery Cover.



5. Remove the paper backing from the Wrench Clip (64). Press the Wrench Clip onto the Right Endcap (63) in the indicated location. Press the Allen Wrench (65) into the Wrench Clip.



Make sure that all parts are tightened before you use the treadmill. **Note: To protect the floor or carpet, place a mat under the treadmill.**

## OPERATION AND ADJUSTMENT

### THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT:** Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

### HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. 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.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.

Surge protectors are sold at most hardware stores and department stores. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

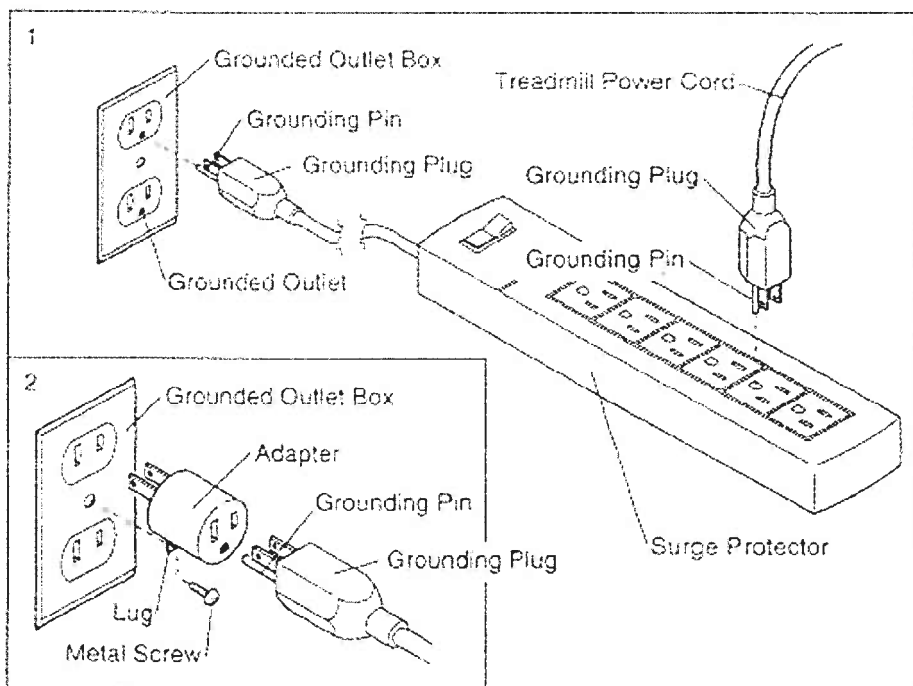
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the

risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

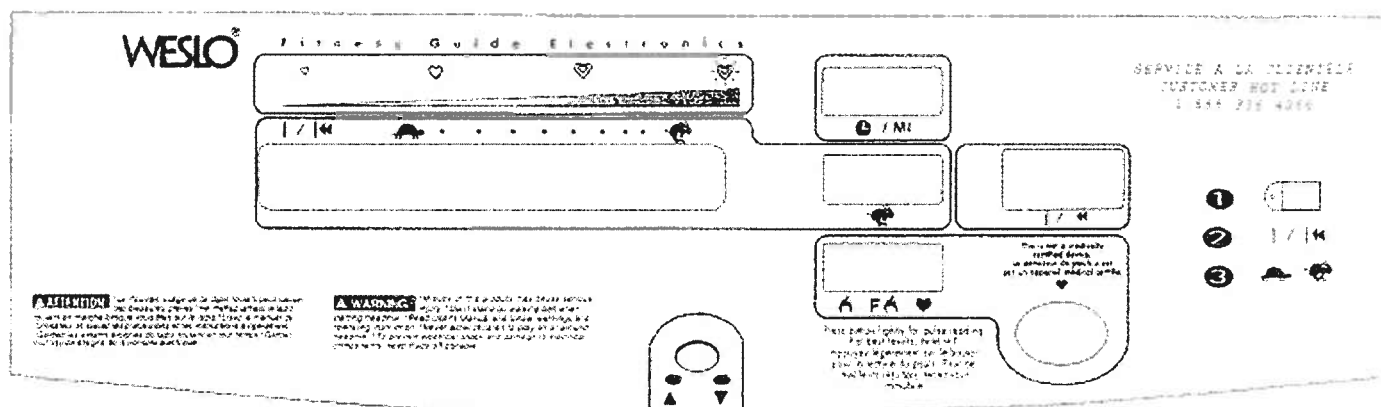
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.



## DIAGRAM OF THE CONSOLE



Note: If there is a thin sheet of clear plastic on the face of the console, remove it. Be careful to avoid spilling liquids on the console.

**CAUTION:** Before operating the console, read the following important precautions.

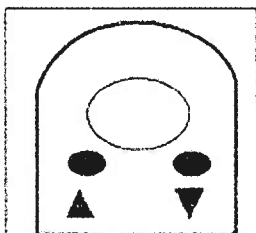
- Do not stand on the walking belt when turning on the power.
- Always wear the clip while operating the treadmill. When the SAFEKEY is removed from the console, the power will shut off.
- After the speed control is moved, there will be a pause before the walking belt begins to move.
- Adjust the speed in small increments until you are familiar with the treadmill.
- The training zones marked above the speed control are guidelines only. Read **CONDITIONING GUIDELINES** on pages 12 and 13 to determine the proper exercise level.
- To reduce the risk of electric shock, keep the console dry. Avoid spilling liquid on the console and use only a sealed water bottle.

## STEP BY STEP CONSOLE OPERATION

Make sure that the power cord is properly plugged in. (See **HOW TO PLUG IN THE POWER CORD** on page 7.) Next, step onto the foot rails of the treadmill. Find the clip attached to the SAFEKEY (see the drawing above), and slide the clip onto the waistband of your clothing. Follow the steps below to operate the console:

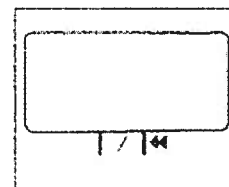
- 1** Insert the SAFEKEY fully into the power switch.

Note: The three displays will not turn on yet, unless batteries were just installed.



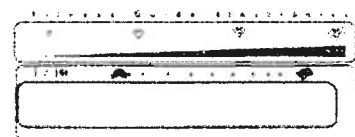
- 2** Press the ON/RESET button.

When the ON/RESET button is pressed, the three displays will turn on. Note: If batteries were just installed, the displays will already be on.



- 3** Reset the speed control and start the walking belt.

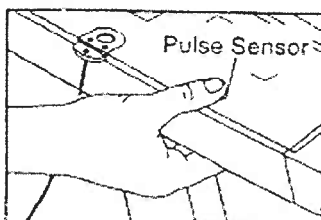
Slide the speed control fully to the left, to the "SPEED RESET" position. Next, slide the control to the right until the walking belt begins to move at slow speed.



Carefully step onto the walking belt and begin walking. Change the speed of the walking belt as desired by sliding the speed control. To stop the walking belt, step onto the foot rails and slide the speed control to the "SPEED RESET" position.

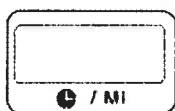
#### 4 Measure your pulse if desired.

To use the pulse sensor, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure-activated. Fully press down the pulse sensor. Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected. Next, slightly raise your thumb until the heart-shaped indicator in the CAL/FAT CAL/PULSE display flashes steadily. Hold your thumb at this level. After 5 to 10 seconds, your pulse will be displayed. Hold your thumb on the sensor for another 15 seconds for the most accurate reading. If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure. Try the sensor several times until you become familiar with it. Always stand still while measuring your pulse.

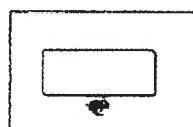


#### 5 Follow your progress with the three displays.

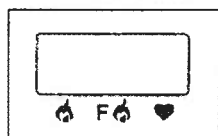
**TIME/DISTANCE display**—This display shows both the elapsed time and the total distance that you have walked or run. Every seven seconds, the display will automatically change from one mode to the other. Mode indicators will show which mode is displayed. Note: When the walking belt is stopped, the elapsed time will pause.



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



**CAL / PULSE display**—This display shows the approximate numbers of calories and fat calories you have burned (See BURNING FAT on



page 12 for an explanation of fat calories). Every seven seconds, the display will automatically change from one number to the other. Note: This display also shows your heart rate when your thumb is on the pulse sensor.

#### 6 When you are finished exercising, stop the walking belt and remove the SAFEKEY.

Step onto the foot rails and slide the speed control to the "SPEED RESET" position. Remove the SAFEKEY from the console.

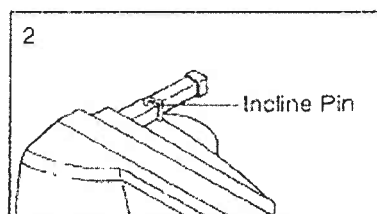
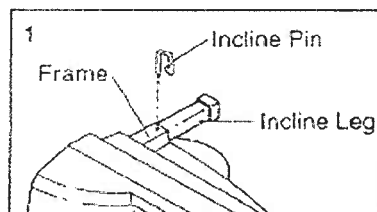
**Note:** The three displays will not turn off when the SAFEKEY is removed. Any time that the walking belt is stopped and the console buttons are not pressed for five minutes, the displays will automatically turn off.

#### HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are three different incline levels. Before changing the incline, remove the SAFEKEY and unplug the power cord.

To change the incline, carefully lay the treadmill on its left side. Remove the Incline Pin from the right Incline Leg as shown in drawing 1.

Adjust the Incline Leg to the desired height and fully re-insert the Incline Pin. Make sure the Incline Pin is in the "locked" position shown in drawing 2. Lay the treadmill on its right side. Repeat the procedure for the left Incline Leg.



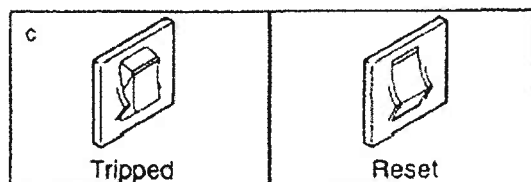
**CAUTION:** Before using the treadmill, make sure that both Incline Pins are fully inserted at the same height. Do not use the treadmill with the Incline Pins removed.

## 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 Customer Service Department toll-free at 1-888-936-4266, Monday to Friday, 8h00 to 18h30 Eastern Time (excluding Holidays).

### 1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See page 7.) Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
- After the power cord has been plugged in, make sure that the SAFEKEY is fully inserted into the console. (See step 1 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.



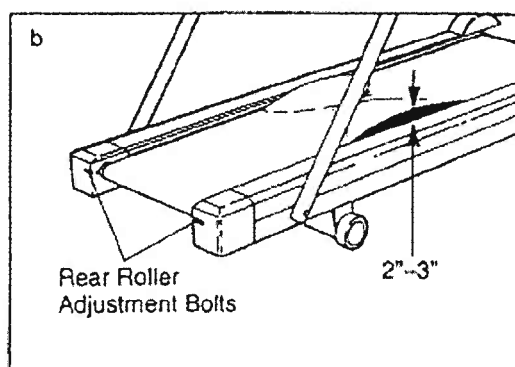
### 2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill frame near the power cord. If the circuit breaker has tripped, the switch will protrude. (See page 10.) 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 SAFEKEY from the console. Reinsert the SAFEKEY fully into the console.

### 3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

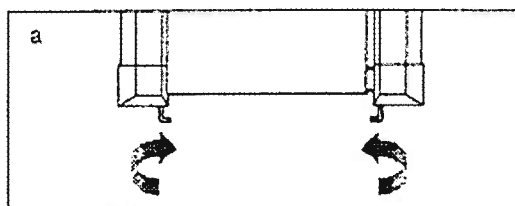
- Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
- If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the SAFEKEY and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn (see the drawing

below). When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. The center 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 SAFEKEY and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened. If the walking belt still slows when walked on, please call our Customer Service Department.

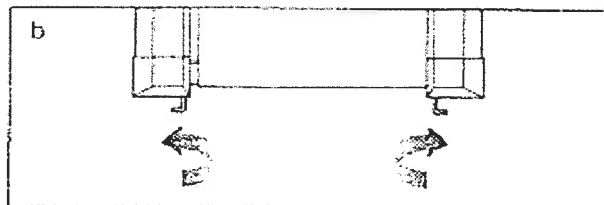


### 4. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

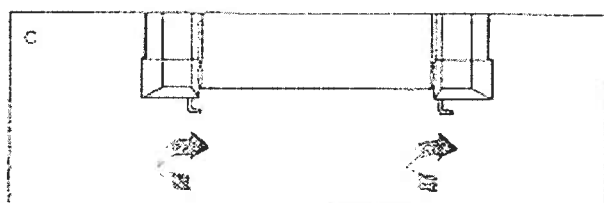
- If the walking belt has shifted to the left, first remove the SAFEKEY and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power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



- b. If the walking belt has shifted to the right, first remove the **SAFEKEY** 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 **SAFEKEY** and run the treadmill for a few minutes. Repeat until the walking belt is centered.



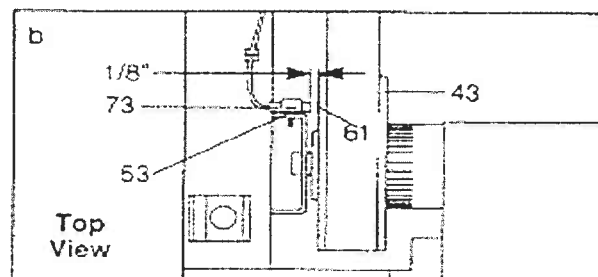
- c. If the walking belt slips when walked on, first remove the **SAFEKEY** and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. The center 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 **SAFEKEY** and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



### 3. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

- a. Check the batteries in the console. (See assembly step 4 on page 6.) Most problems are the result of drained batteries.
- b. If the speed display does not show a correct reading, remove the key and **UNPLUG THE POWER CORD**. Remove the four screws from the sides and front of the hood. Carefully remove the hood. Locate the Reed Switch (73) and the Magnet (61) on the left side of the Pulley (43). Turn the Pulley until the Magnet is aligned with the Reed Switch.

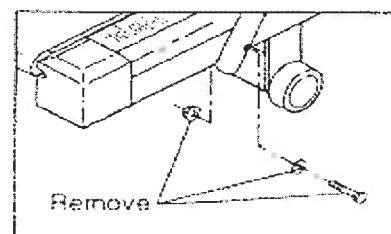
Make sure that the gap between the **Magnet** and the **Reed Switch** is about 1/8". If necessary, loosen the Screw (53) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood and run the treadmill for a few minutes to check for a correct speed reading.



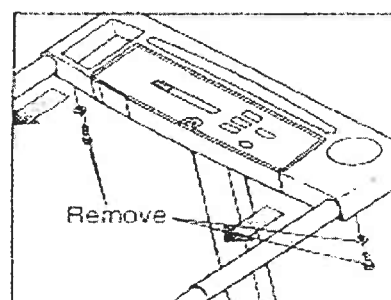
### STORAGE

Unplug the power cord when the treadmill is not in use. It is recommended that the batteries be removed from the console and the treadmill be covered during extended periods of storage.

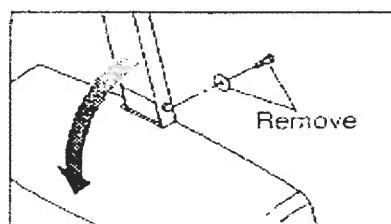
Remove the bolt, washer, and nut from the lower end of each handrail.



Remove the bolt and washer from the upper end of each handrail. Slide the handrails out of the console housing.



Remove the bolt and washer from the lower end of the upright. Lay the upright on the treadmill. *Keep all hardware in a secure location.*



## CONDITIONING GUIDELINES

**⚠ 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.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines. For more detailed information about exercise, obtain a reputable book or consult your physician.

### EXERCISE INTENSITY

Whether you want to burn fat, strengthen your cardiovascular system, or increase your athletic performance, you can tailor your exercise to your specific goals. The key to achieving the desired results is to exercise with the proper intensity.

#### Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, set the speed control on the console to **FAT BURN** to help you maintain the proper intensity level. (See step 3 on page 8.)

#### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. The proper intensity level for aerobic exercise can be found by using your pulse as a guide. As you exercise, your pulse should be kept at a level between 70% and 85% of your maximum possible heart rate. This is known as your training zone. You can find your training zone in the table at the top of this page. Training zones are listed according to age and physical condition.

| Age | Training Zone (Beats/Min.) |             |
|-----|----------------------------|-------------|
|     | Unconditioned              | Conditioned |
| 20  | 138-167                    | 133-162     |
| 25  | 136-166                    | 132-160     |
| 30  | 135-164                    | 130-158     |
| 35  | 134-162                    | 129-156     |
| 40  | 132-161                    | 127-155     |
| 45  | 131-159                    | 125-153     |
| 50  | 129-156                    | 124-150     |
| 55  | 127-155                    | 122-149     |
| 60  | 126-153                    | 121-147     |
| 65  | 125-151                    | 119-145     |
| 70  | 123-150                    | 118-144     |
| 75  | 122-147                    | 117-142     |
| 80  | 120-146                    | 115-140     |
| 85  | 118-144                    | 114-139     |

During the first few months of your exercise program, keep your pulse near the low end of your training zone as you exercise. After a few months of regular exercise, your pulse can be gradually increased until it is near the middle of your training zone as you exercise. You can measure your pulse using the pulse sensor. Exercise for at least four minutes, and then measure your pulse immediately. If your pulse is too high or too low, adjust the intensity of your exercise. It may also be helpful to set the speed control on the console to **AEROBIC** to help you maintain the proper intensity level. (See step 3 on page 8.)

#### Performance Training

If your goal is high performance athletic conditioning, set the speed control on the console to **PERFORMANCE** to help you maintain the proper intensity level. (See step 3 on page 8.)

### WORKOUT GUIDELINES

Each workout should include three basic parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

#### Warm-up

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 (see SUGGESTED STRETCHES below).

### Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

### Cooling Down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

### Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week. *The key to success is to make exercise a regular part of your everyday life.*

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. Move slowly as you stretch—never bounce.

### 1. 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.

### 2. 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 each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

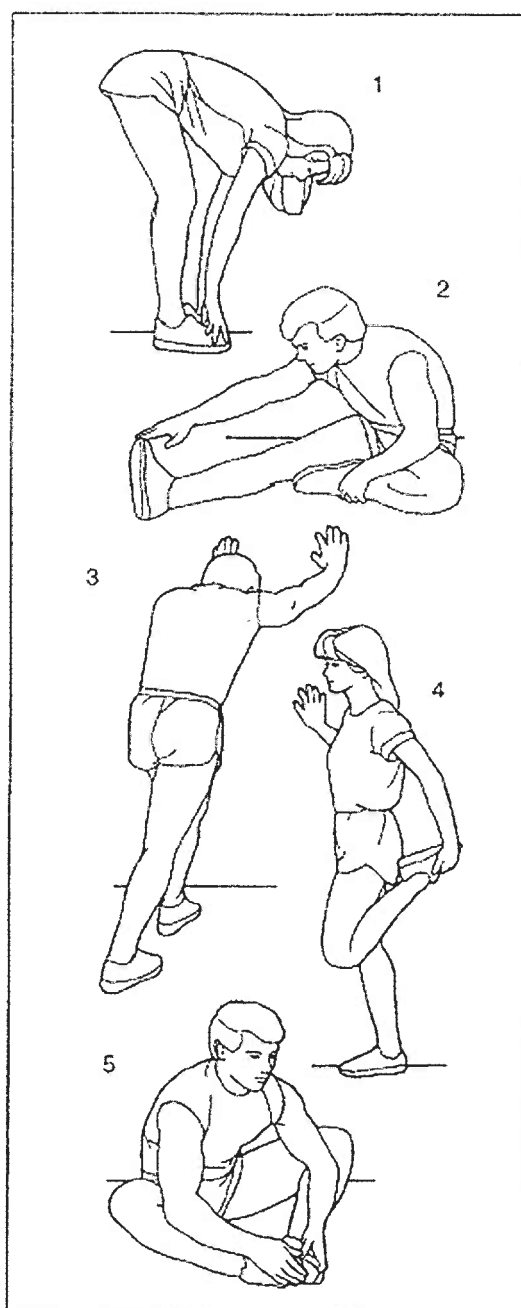
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. 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 each leg. Stretches: Quadriceps and hip muscles.

### 5. 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. WCTL86002

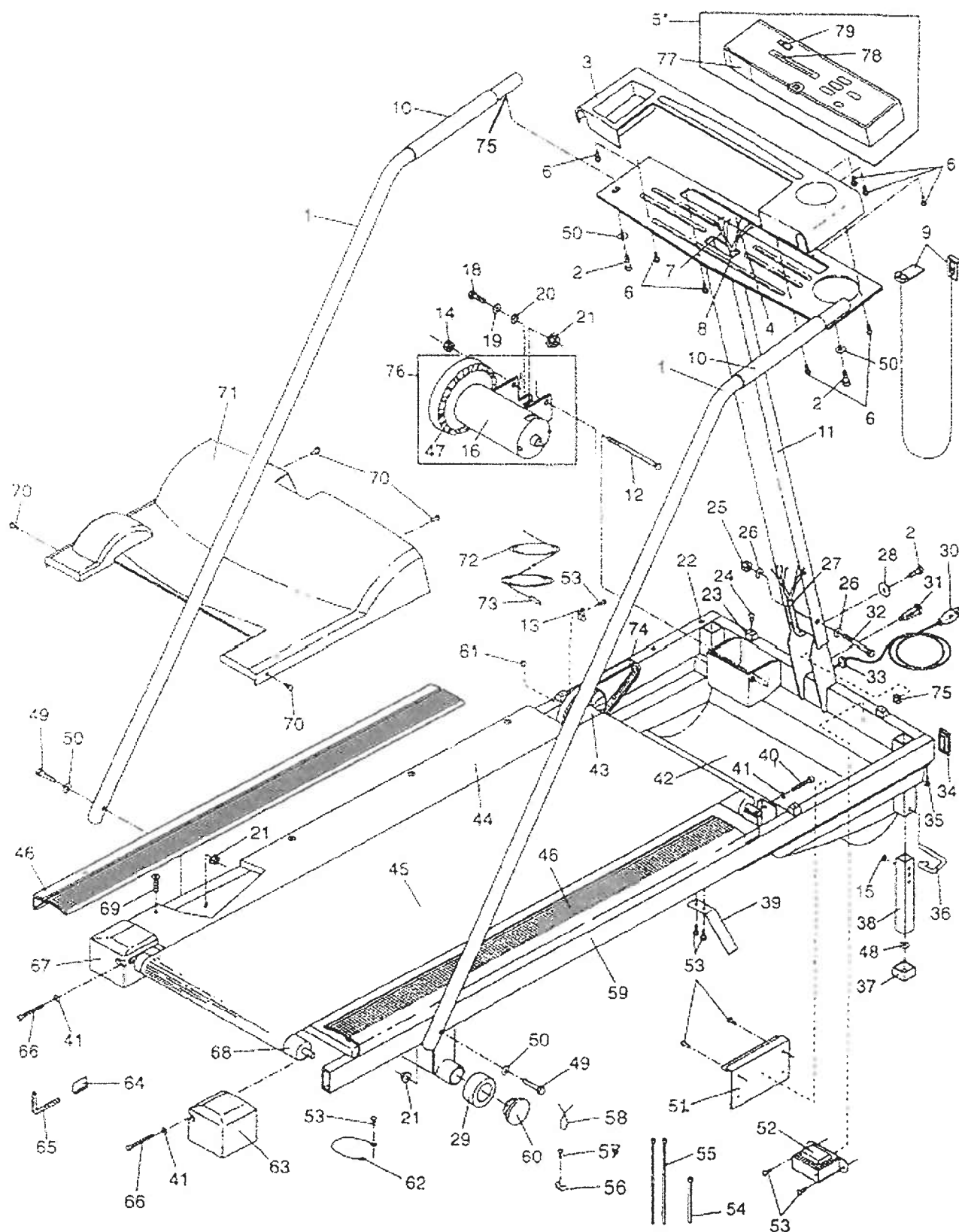
R0600A

| Key No. | Qty. | Description                  | Key No.                                | Qty. | Description                 |
|---------|------|------------------------------|----------------------------------------|------|-----------------------------|
| 1       | 2    | Handrail w/Foam Grip         | 44                                     | 1    | Walking Platform            |
| 2       | 3    | 3/8" x 1" Bolt               | 45                                     | 1    | Walking Belt                |
| 3       | 1    | Console Housing              | 46                                     | 2    | Foot Rail                   |
| 4       | 1    | 70" Wire Harness             | 47                                     | 1    | Pulley/Flywheel/Fan         |
| 5*      | 1    | Console Assembly             | 48                                     | 2    | Incline Leg Washer          |
| 6       | 9    | Console Screw                | 49                                     | 2    | 3/8" x 2 3/4" Bolt          |
| 7       | 1    | Pot Wire                     | 50                                     | 4    | 3/8" Washer                 |
| 8       | 1    | Console Cable Loom           | 51                                     | 1    | Controller                  |
| 9       | 1    | SAFEKEY™/Clip                | 52                                     | 1    | Choke                       |
| 10      | 2    | Foam Grip                    | 53                                     | 10   | Small Screw                 |
| 11      | 1    | Upright                      | 54                                     | 1    | 4" Cable Tie                |
| 12      | 1    | Motor Swivel Bolt            | 55                                     | 2    | 8" Cable Tie                |
| 13      | 1    | Reed Switch Clip             | 56                                     | 1    | Tie Holder                  |
| 14      | 1    | Motor Swivel Nut             | 57                                     | 1    | Tie Screw                   |
| 15      | 2    | Incline Leg Plug             | 58                                     | 1    | Wire Tie                    |
| 16      | 1    | Motor                        | 59                                     | 1    | Frame                       |
| 18      | 1    | Motor Tension Bolt           | 60                                     | 2    | Rear Leg Endcap             |
| 19      | 1    | Motor Tension Washer         | 61                                     | 1    | Magnet                      |
| 20      | 1    | Star Washer                  | 62                                     | 1    | Roller Ground Wire          |
| 21      | 3    | 3/8" Flange Nut              | 63                                     | 1    | Right Endcap                |
| 22      | 1    | Wire Clip                    | 64                                     | 2    | Wrench Clip                 |
| 23      | 4    | Hood Anchor                  | 65                                     | 1    | 3/16" Allen Wrench          |
| 24      | 4    | Anchor Screw                 | 66                                     | 2    | Rear Roller Adjustment Bolt |
| 25      | 1    | Upright Pivot Nut            | 67                                     | 1    | Left Endcap                 |
| 26      | 2    | Upright Pivot Washer         | 68                                     | 1    | Rear Roller                 |
| 27      | 1    | Upright Cable Loom           | 69                                     | 8    | Platform Screw              |
| 28      | 1    | 3/8" x 1 1/2" Washer         | 70                                     | 4    | Hood Screw                  |
| 29      | 2    | Rubber Cushion               | 71                                     | 1    | Hood                        |
| 30      | 1    | Power Cord                   | 72                                     | 1    | Reed Switch Extension Wire  |
| 31      | 1    | Circuit Breaker              | 73                                     | 1    | Reed Switch/Sensor Wire     |
| 32      | 1    | Upright Pivot Bolt           | 74                                     | 1    | Motor Belt                  |
| 33      | 1    | Grommet                      | 75                                     | 3    | Cage Nut                    |
| 34      | 2    | Frame Endcap                 | 76*                                    | 1    | Motor/Pulley/Flywheel/Fan   |
| 35      | 9    | Screw                        | 77                                     | 1    | Battery Cover               |
| 36      | 2    | Incline Pin                  | 78                                     | 1    | Potentiometer               |
| 37      | 2    | Incline Leg Cap              | 79                                     | 1    | Speed Control               |
| 38      | 2    | Incline Leg                  | #                                      | 1    | 8" Green Ground Wire        |
| 39      | 2    | Belt Guide                   | #                                      | 1    | 8" White Wire, Male/Female  |
| 40      | 1    | Front Roller Adjustment Bolt | #                                      | 1    | Owner's Manual              |
| 41      | 3    | Adjustment Washer            | * Includes all parts shown in the box. |      |                             |
| 42      | 1    | Safety Cover                 | # Indicates a non-illustrated part.    |      |                             |
| 43      | 1    | Front Roller/Pulley          |                                        |      |                             |

Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.



## R0600A



CUSTOMER RECORD

Model number : \_\_\_\_\_ Serial No. : \_\_\_\_\_

Retailer name : \_\_\_\_\_ Purchase date : \_\_\_\_\_

Retailer address : \_\_\_\_\_

---

## ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-936-4266, Monday to Friday, 8h00 to 18h30 Eastern Time (excluding holidays). To help us assist you, please be prepared to give the following information :

1. The MODEL NUMBER of the product (WCTL86002)
2. The NAME of the product (WESLO CADENCE 860 Treadmill).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14 and EXPLODED DRAWING on page 15 of this manual).

If possible, place the treadmill close to a phone when you are calling customer service.

PLACE  
STAMP  
HERE

ICON OF CANADA INC.  
900, DE L'INDUSTRIE  
ST-JEROME, QUEBEC  
CANADA J7Y 4B6

## LIMITED WARRANTY

ICON OF CANADA INC. (ICON) warrants this product to be free from defects in workmanship and material under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON 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 ICON. 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 an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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 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 provinces 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 provinces 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 province to province or so specified by the retailer of your equipment.

|  <b>ICON</b> <b>WEIDER</b> <b>PRO-FORM</b> <b>WESLO</b>                                                                                                            |                  | PRODUCT WARRANTY REGISTRATION                                                                                                                                                                                                                                                                                                                                                                                                                    |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE                                                                                                                                                                                                            |                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| NAME: _____                                                                                                                                                                                                                                           |                  | PHONE: _____                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| ADDRESS: _____                                                                                                                                                                                                                                        |                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| COUNTRY: _____                                                                                                                                                                                                                                        |                  | POSTCODE: _____                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| MODEL NO. _____                                                                                                                                                                                                                                       | SERIAL NO. _____ | PURCHASE DATE: _____                                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| RETAILER NAME: _____                                                                                                                                                                                                                                  |                  | RETAILER ADDRESS: _____                                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| 1) Primary user(s) of product:<br><input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Family                                                                                                                       |                  | 8) Did you consider purchasing fitness equipment from another manufacturer?<br><input type="checkbox"/> No <input type="checkbox"/> Yes<br>What other Manufacturer? _____                                                                                                                                                                                                                                                                        |  |
| 2) Age of primary user:<br><input type="checkbox"/> 0-24 <input type="checkbox"/> 15-44 <input type="checkbox"/> 55-64<br><input type="checkbox"/> 25-34 <input type="checkbox"/> 45-54 <input type="checkbox"/> 65 and over                          |                  | 9) Based on your impression of what you have purchased, would you buy another ICON product?<br><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> No Opinion<br>If not, what other brand name equipment would you purchase? _____                                                                                                                                                                                 |  |
| 3) Annual household income:<br><input type="checkbox"/> 0-\$999 <input type="checkbox"/> \$1,000-\$19,999<br><input type="checkbox"/> 10,000-\$14,999 <input type="checkbox"/> 20,000+                                                                |                  | 10) What other type of exercise equipment do you own?<br><input type="checkbox"/> Bicycle <input type="checkbox"/> Exercise Cycle <input type="checkbox"/> Treadmill<br><input type="checkbox"/> Home Gym <input type="checkbox"/> Weight Bench <input type="checkbox"/> Stepper<br><input type="checkbox"/> Cardio Glider <input type="checkbox"/> Other _____                                                                                  |  |
| 4) How many times a week do you exercise?<br><input type="checkbox"/> Less than 3 times <input type="checkbox"/> 3 times or more                                                                                                                      |                  | 11) Which type of magazines do you read regularly?<br><input type="checkbox"/> Sports <input type="checkbox"/> Fitness <input type="checkbox"/> Motoring<br><input type="checkbox"/> Business <input type="checkbox"/> Computer <input type="checkbox"/> General                                                                                                                                                                                 |  |
| 5) Have you ever purchased a ICON product before?<br><input type="checkbox"/> Yes <input type="checkbox"/> No                                                                                                                                         |                  | 12) Do you wish to be sent further bulletins about ICON products?<br><input type="checkbox"/> Yes <input type="checkbox"/> No                                                                                                                                                                                                                                                                                                                    |  |
| 6) Where did you first see or hear about ICON products?<br><input type="checkbox"/> Magazine <input type="checkbox"/> Friend/relative<br><input type="checkbox"/> Newspaper Ad <input type="checkbox"/> Store<br><input type="checkbox"/> Other _____ |                  | 7) What was the primary reason for purchasing this ICON product?<br><input type="checkbox"/> Store Employee <input type="checkbox"/> Television Ads <input type="checkbox"/> Colour<br><input type="checkbox"/> Electronic Features <input type="checkbox"/> Magazine Ads <input type="checkbox"/> Price<br><input type="checkbox"/> Product Design <input type="checkbox"/> Product Innovation<br><input type="checkbox"/> Other Features _____ |  |
| THANK YOU FOR YOUR TIME                                                                                                                                                                                                                               |                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| © 2000 Icon of Canada Inc. • Printed in Canada                                                                                                                                                                                                        |                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |

Icon of Canada Inc., 900 de l'Industrie, St-Jerome, Qc, J7Y 4B8

Part no. 156885 R0600A © 2000 Icon of Canada Inc. • Printed in Canada