

INDEPENDENT STEPPING ACTION • CALORIE MONITOR

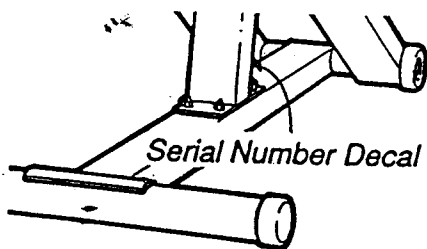
SUMMIT™ ST60

weslo, inc.

A subsidiary of Welder Health and Fitness, Inc.

Model No. WL006010

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 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.

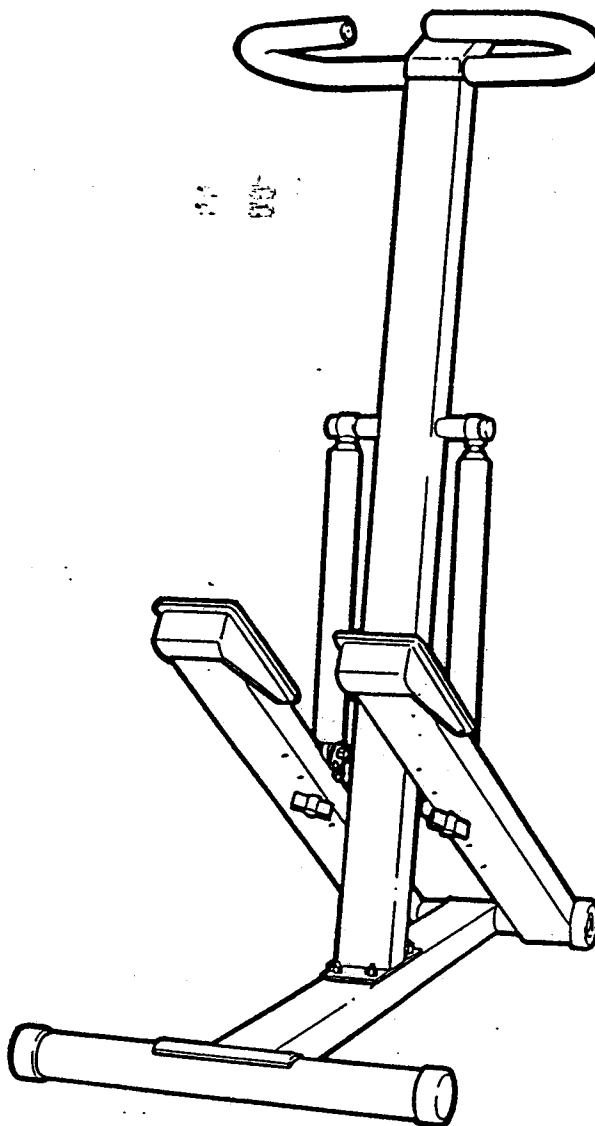
CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST.

CAUTION:

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



OWNER'S MANUAL

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. 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 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., 1500 S. 1000 W., Logan, UT 84321-9813

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IMPORTANT SAFETY PRECAUTIONS

1. Position the stepper on a level surface. The electronic monitor must be out of direct sunlight or the LCD display may be damaged.
2. Make sure that all parts are tightened securely before each use.
3. Wear appropriate workout attire, including running or aerobic shoes, when using the stepper.
4. Always hold the handlebar when exercising on the stepper.
5. Keep small children away from the stepper during use.
6. Do not touch the resistance cylinders after exercising. The cylinders may reach high temperatures during use.
7. Use the stepper only as described in this manual.

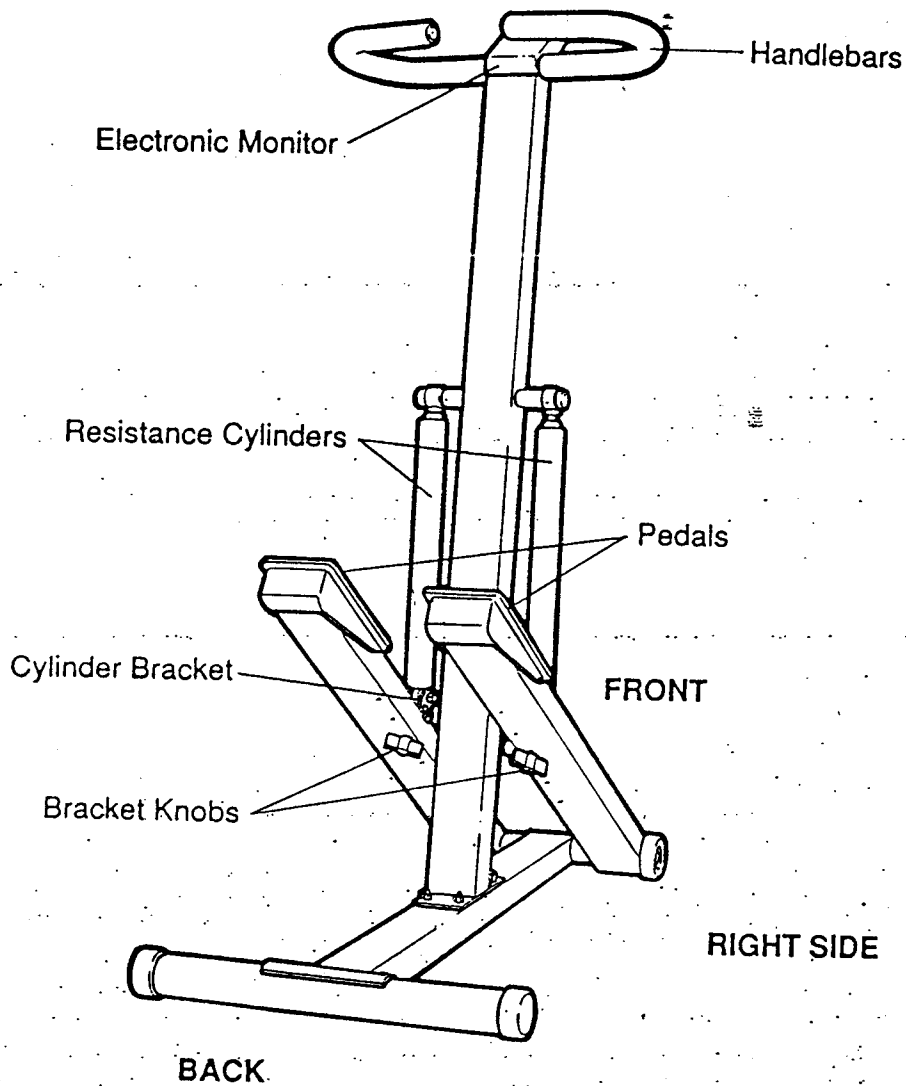
WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the SUMMIT ST60 Stepper. The SUMMIT ST60 blends advanced engineering with innovative styling to provide you with an effective, low-impact form of cardiovascular exercise in the comfort of your own home.

For your safety and benefit, read this manual carefully before using this equipment. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, during our business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain time. In all communications regarding this product, please refer to the product model number and serial number. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover for the location of the decal).

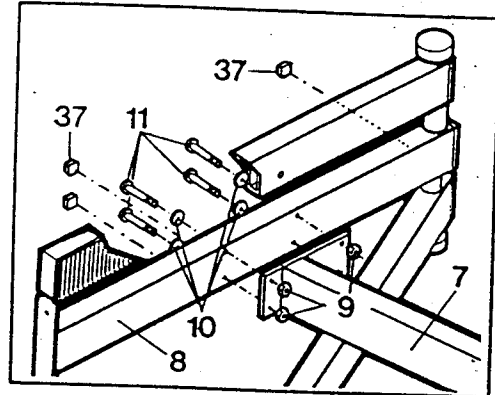
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



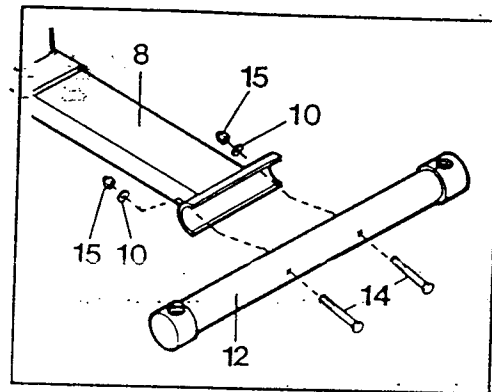
ASSEMBLY

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until the stepper is fully assembled and all parts are accounted for. Read the instructions below carefully before beginning.

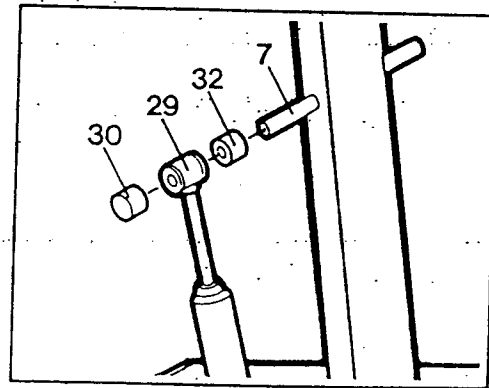
1. Attach the Base (8) to the Frame (7) with the four Frame Bolts (11), Washers (10) and Frame Nuts (9). Apply the three Rubber Pads (37) to the underside of the Base. One Pad should be applied at the front, and the other two should be applied side-by-side between the four Frame Bolts.



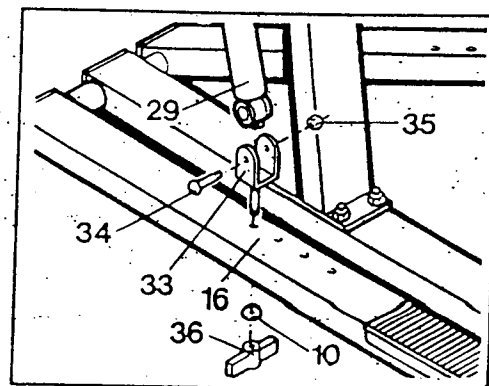
2. Stand the stepper upright on the Base (8). Attach the Stabilizer (12) to the Base with the two Stabilizer Bolts (14), Washers (10) and Stabilizer Nuts (15).



3. Slide a Cylinder Spacer (32) onto the post on the left side of the Frame (7). Note: The recessed end of the Spacer must be toward the Frame, and the flat end away from the Frame. Slide the upper end of a Resistance Cylinder (29) onto the post. Tap a Cylinder Cap (30) onto the end of the post.

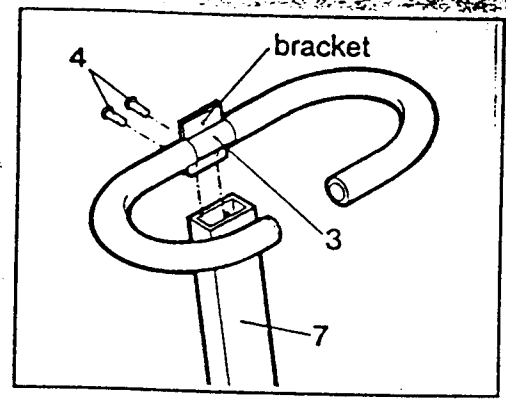


4. Attach a Cylinder Bracket (33) to the lower end of the Resistance Cylinder (29) with a Bracket Bolt (34) and Bracket Nut (35). Insert the threaded end of the Cylinder Bracket through one of the holes in the Left Pedal (16). The tab on the Bracket must be against the inside of the Pedal. Attach a Bracket Knob (36) and Washer (10) to the Cylinder Bracket.

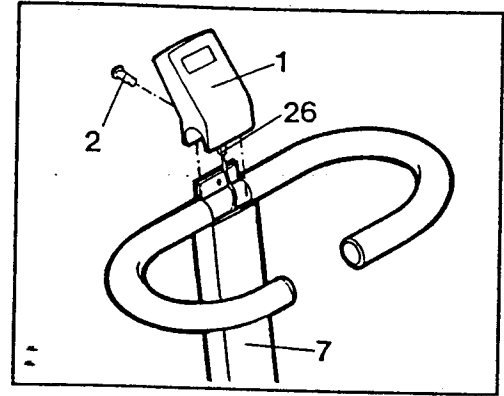


Attach the other Resistance Cylinder to the Frame and Right Pedal in the same manner (not shown).

5. Fit the Handlebar (3) into the top of the Frame (7) with the two holes in the bracket downwards. Attach the Handlebar with the Handlebar Bolts (4).



6. Connect the Sensor Wire (26) to the wire protruding from the Electronic Monitor (1). Attach the Monitor to the top of the Frame (7) with the Monitor Screw (2).



OPERATION AND ADJUSTMENT

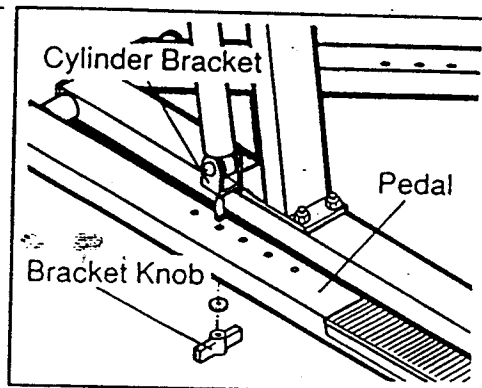
Hold the handrails with an overhand grip. Step onto the pedals and let both pedals sink to the floor. Begin stepping by alternately pressing the right and left pedals down with a rapid, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the height of your step or the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING STEPPER RESISTANCE). For an effective aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance.

As you step, you can exercise the upper leg muscles by keeping your feet flat on the pedals. To focus on the calf muscles, rise on your toes as you step. Whether standing erect or leaning forward slightly, always keep your back straight to avoid injury.

ADJUSTING STEPPER RESISTANCE

The resistance of the stepper can be changed by moving the cylinder brackets to different holes in the stepper pedals. There are five resistance levels. To change the resistance, first remove the bracket knobs and washers from the cylinder brackets. Move the cylinder brackets to the desired holes in the pedals, and re-attach the bracket knobs and washers.

WARNING: The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.



MAINTENANCE AND TROUBLE-SHOOTING

This stepper is designed to be virtually maintenance-free. Inspect and tighten all parts periodically. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the electronic monitor.

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems are the result of weak batteries. Always turn off the monitor after exercising. Remove the batteries when storing the stepper for extended periods of time.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate a personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **Caution: Never set the resistance so high that you must pull against the handlebar with your arms to press the pedals down. Exercising in this manner could result in heart risk. Before beginning this or any exercise program, consult your physician.**

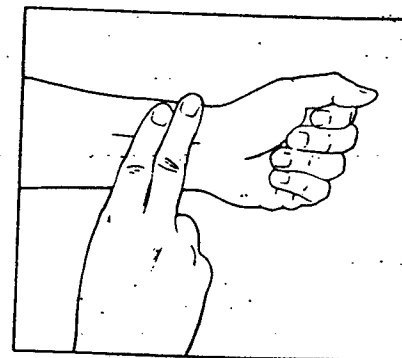
EXERCISE INTENSITY

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

To find your heart rate, stop exercising and place two fingers on your wrist as shown. Carefully take a six-second heart-beat 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 after you stop exercising.)

Compare your heart rate to your training zone, and adjust the intensity of your exercise as necessary. During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone.



WORKOUT GUIDELINES

Begin every workout with 5-10 minutes of stretching. Warming up prepares the body for strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. After warming up, exercise for 20-30 minutes with your heart rate elevated to your training zone. Finish every workout with 5-10 minutes of stretching in order to aid circulation, help prevent soreness and increase flexibility. To improve your physical condition, work out in this manner three times per week, with at least one day of rest between workouts. The key to success is **CONSISTENCY.**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level 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 stretching or light exercise 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 per week. The key to a successful program is REGULAR exercise.

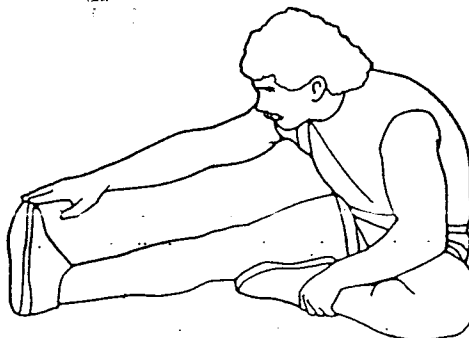
SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

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. Hold for 15 counts, then relax. Repeat three times.

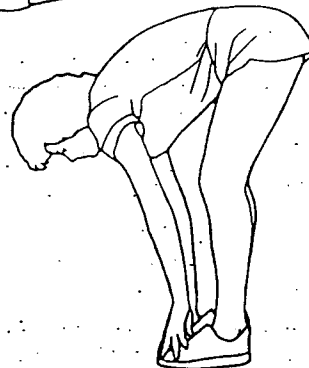
Stretches: Quadriceps, hip muscles.



TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, back of knees, back.



PART LIST- Model No. WL006010

Rev. 10/91

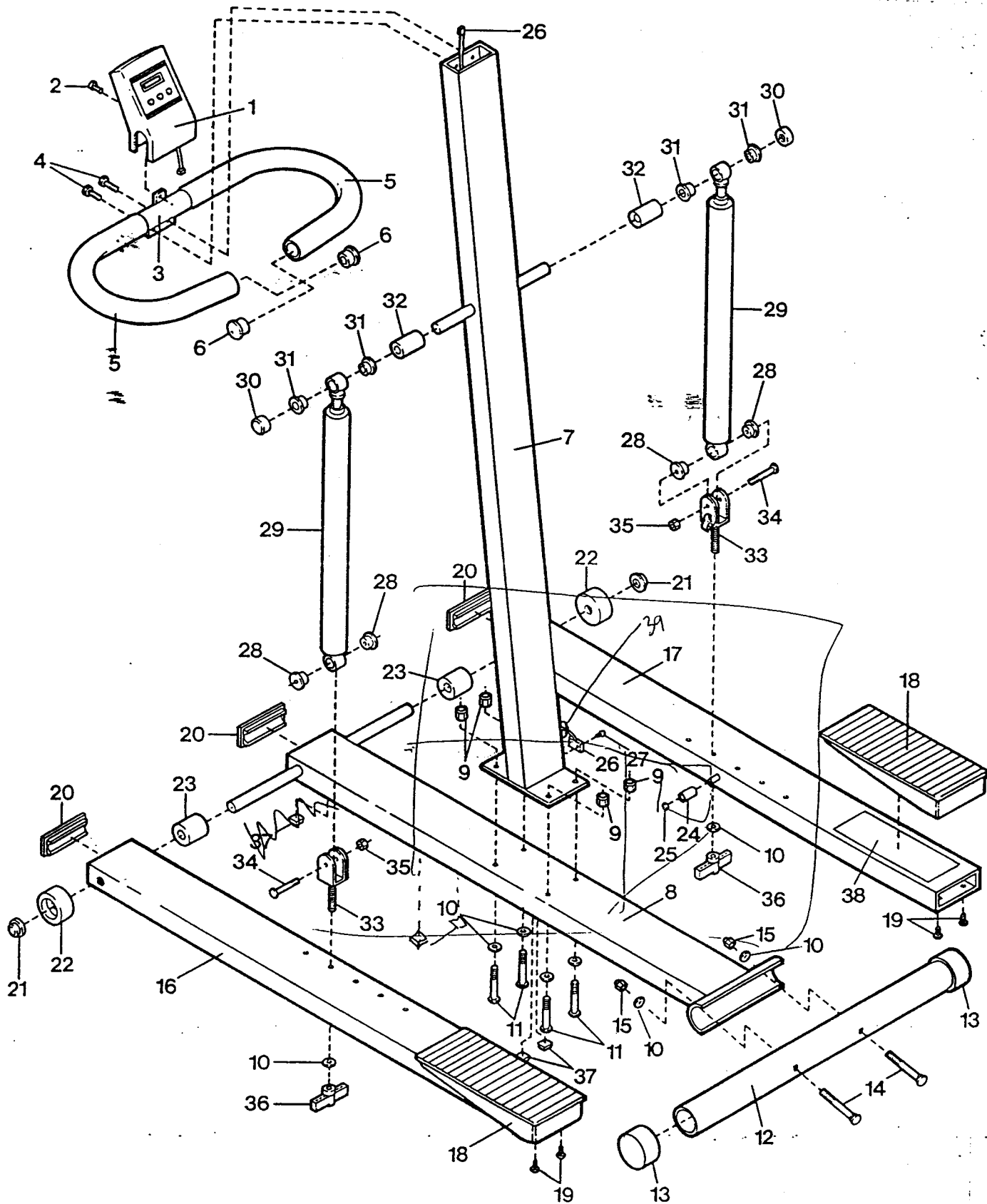
Part No.	Qty.	Description	Part No.	Qty.	Description
1	1	Electronic Monitor	21	2	Pushnut
2	1	Monitor Screw	22	2	Roller
3	1	Handlebar	23	2	Pedal Spacer
4	2	Handlebar Bolt	24	1	Magnet Extension
5	2	Handlebar Foam	25	1	Magnet
6	2	Handlebar Endcap	26	1	Reed Switch/Sensor Wire
7	1	Frame	27	1	Reed Switch Screw
8	1	Base	28	4	Lower Bushing
9	4	Frame Nut	29	2	Resistance Cylinder
10	8	Washer	30	2	Cylinder Cap
11	4	Frame Bolt	31	4	Upper Bushing
12	1	Stabilizer	32	2	Cylinder Spacer
13	2	Stabilizer Endcap	33	2	Cylinder Bracket
14	2	Stabilizer Bolt	34	2	Bracket Bolt
15	2	Stabilizer Nut	35	2	Bracket Nut
16	1	Left Pedal Assembly	36	2	Bracket Knob
17	1	Right Pedal Assembly	37	4	Rubber Pad
18	2	Foot Pad	38	2	Pedal Tape
19	4	Foot Pad Screw	#	1	Owner's Manual
20	3	Endcap	#	1	Monitor Operation Guide

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. WL006010

Rev. 10/91

Specifications are subject to change without notice.



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-999-3756, during our 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 (WL006010).
2. The NAME of the product (SUMMIT ST60).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 10 of this manual.
5. The DESCRIPTION of the part(s) from page 10 of this manual.

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