

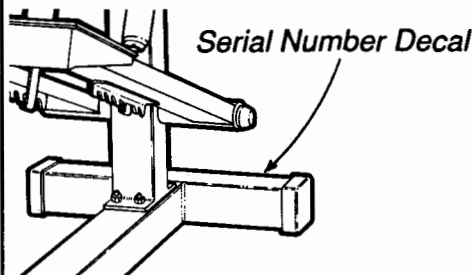
# WESLO® **SUMMIT ST75**™

**INDEPENDENT ACTION · MOTIVATIONAL CALORIE MONITOR**

## WESLO®

Model No. WL007520

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.*

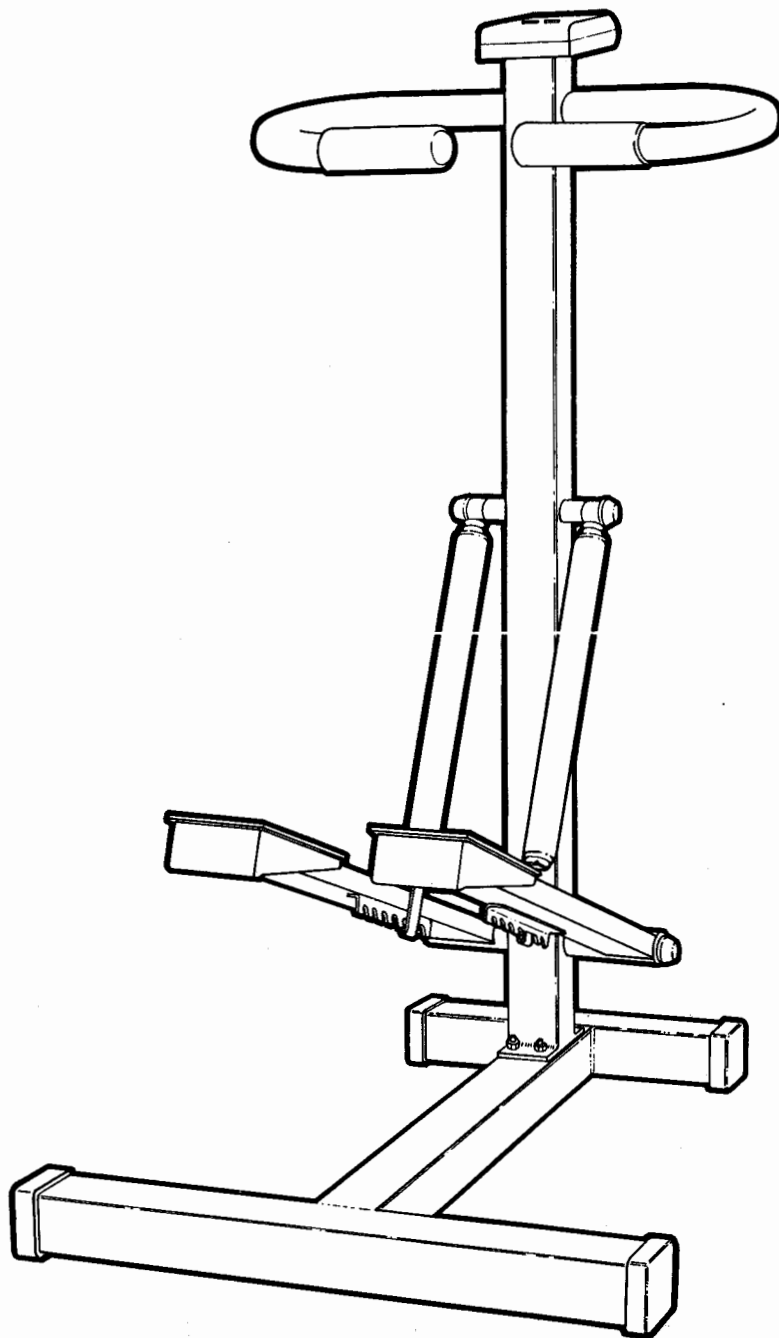
**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.**

*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

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important safety precautions before using the stepper.

1. Place the stepper on a level surface. Keep the electronic monitor out of direct sunlight or the LCD display may be damaged.
2. Make sure that all parts are tightened securely before using the stepper.
3. Always wear appropriate clothing, including athletic shoes, when using the stepper.
4. Always hold the handlebar when using the stepper.
5. Keep small children away from the stepper at all times.
6. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.
7. Use the stepper only as described in this manual.

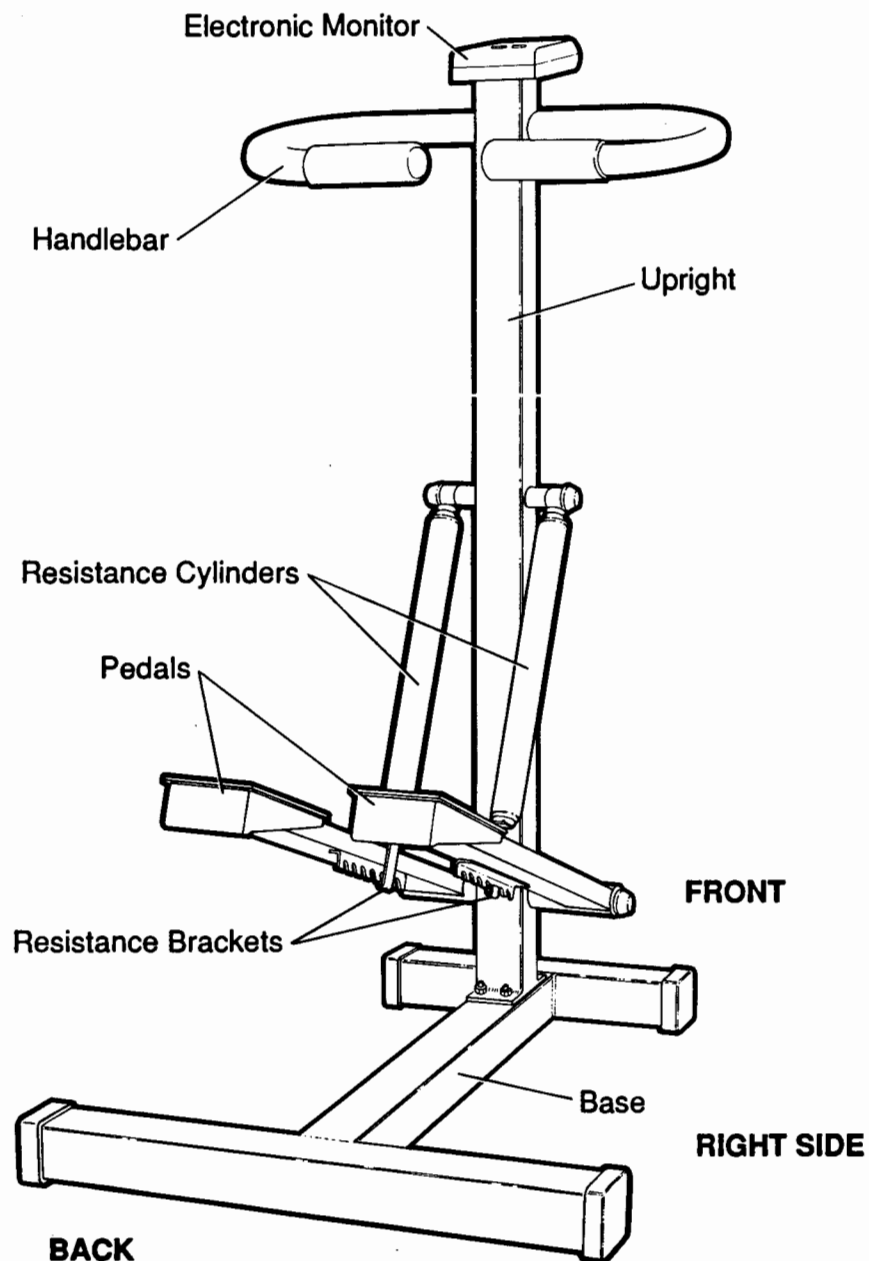
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. WESLO assumes no responsibility for personal injury or property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

# BEFORE YOU BEGIN

Thank you for selecting the WESLO® SUMMIT ST75 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The SUMMIT ST75 blends advanced engineering with innovative styling to let you enjoy this dynamic exercise in the convenience and privacy of your own home.

**For your safety and benefit, read this manual carefully before using the stepper.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note your product model number and serial number before calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the stepper (see the drawing on the front cover).

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

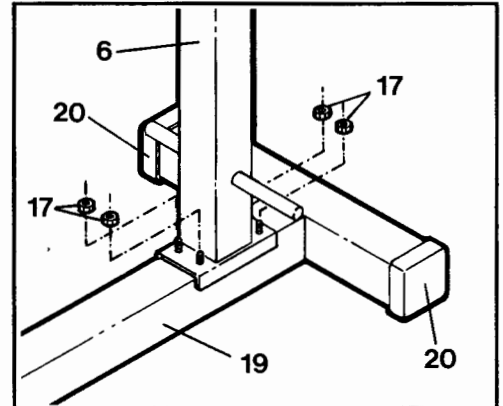


# ASSEMBLY

Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Read all steps carefully before beginning. Assembly can be completed using an adjustable wrench and a phillips screwdriver (not included).

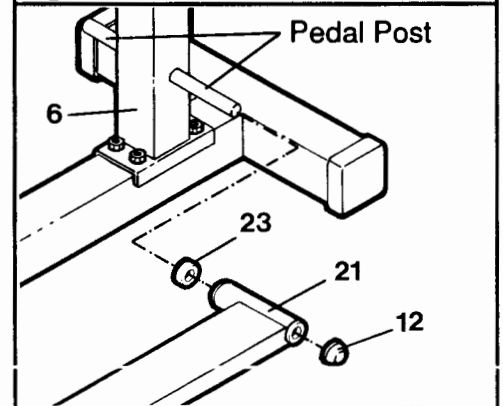
## ASSEMBLING THE BASE

Turn the Base (19) so that the threaded ends of the bolts are upward. Press the four Base Endcaps (20) onto the Base. Attach the Upright (6) to the Base with four Nylock Nuts (17). Make sure that the Upright is turned so that the handlebar is toward the back of the Base (see BEFORE YOU BEGIN).



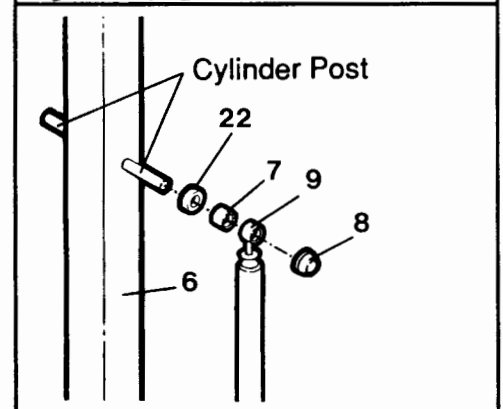
## ASSEMBLING THE PEDALS

Slide a Large Spacer (23) onto the right pedal post on the Upright (6). The open side of the Large Spacer must be toward the Upright. Apply grease to the right pedal post. Slide the Right Pedal (21) onto the post as shown. Press a Large Cap (12) onto the end of the post. The Large Caps are similar in appearance to the Small Caps (see the following step). The Caps with the largest holes inside are the Large Caps. Attach the Left Pedal (not shown) in the same manner.



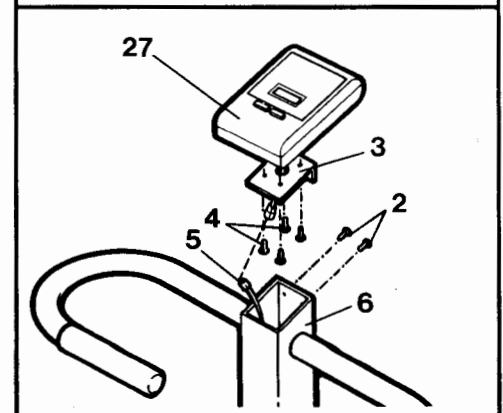
## ASSEMBLING THE RESISTANCE CYLINDERS

Slide a Small Spacer (22) onto the right cylinder post on the Upright (6). The open side of the Small Spacer must be toward the Upright. Slide a Cylinder Spacer (7) and a Resistance Cylinder (9) onto the post. Press a Small Cap (8) onto the end of the post. Insert the bracket at the lower end of the Resistance Cylinder into one of the slots in the underside of the Right Pedal (not shown). Attach the other Resistance Cylinder (not shown) in the same manner.



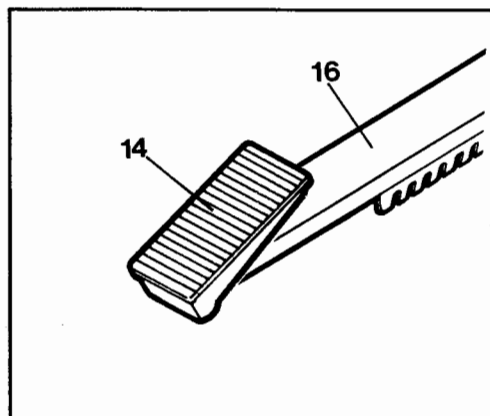
## ASSEMBLING THE ELECTRONIC MONITOR

Attach the Monitor Bracket (3) to the Electronic Monitor (27) with the four Monitor Screws (4). Connect the Sensor Wire (5) to the wire protruding from the Electronic Monitor. Attach the Monitor Bracket to the top of the Upright (6) with the two Monitor Bracket Screws (2). Make sure that the lip on the front of the Monitor Bracket is on the **outside** of the Upright.



## ATTACHING THE PEDAL COVERS

Remove the backing from the adhesive strip on one of the Pedal Covers (14). To assure correct placement, place the back of the Pedal Cover against the end of the Left Pedal (16) as shown. Press the Pedal Cover firmly onto the Left Pedal. Attach the other Pedal Cover to the Right Pedal (not shown) in the same manner.



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## OPERATION AND ADJUSTMENT

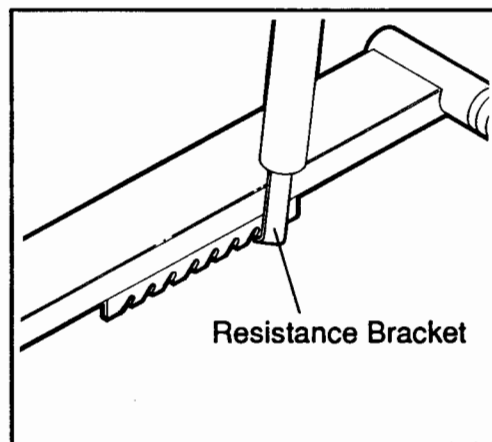
Place the stepper on a level surface. Keep the electronic monitor out of direct sunlight or the LCD display may be damaged. The stepper features precision resistance cylinders for long life and trouble-free operation; due to the nature of resistance cylinders, it is recommended that the floor underneath the stepper be covered in case of slight oil leakage.

Hold the handlebar 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 THE 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 in order to avoid injury.

### ADJUSTING THE STEPPER RESISTANCE

The resistance on the stepper pedals can be changed by moving the resistance brackets. To change the resistance, first dismount the stepper. Change the resistance on one pedal at a time. Hold the resistance bracket with one hand, and lift the pedal with the other hand. To decrease the resistance, move the bracket closer to the upright; to increase the resistance, move the bracket farther away from the upright. Make sure that the bracket is fully inserted into one of the slots in the underside of the pedal. Change the resistance on the other pedal in the same manner, making sure that the resistance brackets are in the same position on both pedals.



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

# ELECTRONIC MONITOR OPERATION

The simple-to-operate electronic monitor features five different modes to provide you with instant feedback as you exercise. Please read the instructions below before using the monitor.

## DESCRIPTION OF THE MODES

**SPEED**—Displays your stepping speed, in steps per minute.

**TIME**—Displays the elapsed time. Note: The time will be counted only while you are stepping. If you stop for ten seconds or longer, the time will hold until you resume stepping.

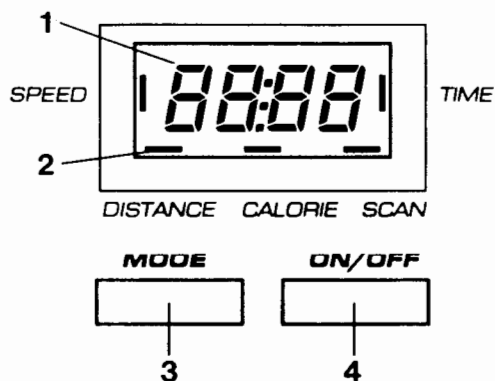
**DISTANCE**—Displays the total number of steps you have completed.

**CALORIE**—Displays the total number of Calories you have burned. Note: If your stepping speed is very fast or very slow, the actual number of Calories you have burned will be slightly higher or lower than the number shown.

**SCAN**—Displays the **SPEED**, **TIME**, **DISTANCE** and **CALORIE** modes in a repeating cycle.

## MONITOR DIAGRAM

1. LCD display—Display for all modes.
2. Mode indicator—Shows which mode is currently selected.
3. Mode button—Selects modes.
4. On/off button—Turns the power on and off.



## MONITOR OPERATION

Two "AA"-size batteries (not included) are required; alkaline batteries are recommended. (See TROUBLE-SHOOTING AND MAINTENANCE for battery installation instructions.)

1. To turn the power on, press the on/off button or simply begin stepping.
2. Select one of the five modes:
  - A. **SCAN**—When the power is turned on, the **SCAN** mode will be selected automatically. A mode indicator will appear by the word "SCAN." The **SPEED**, **TIME**, **DISTANCE** and **CALORIE** modes will all be displayed, for five seconds each, in a repeating cycle. A second mode indicator will show which mode is currently displayed.
  - B. **SPEED**, **TIME**, **DISTANCE** or **CALORIE**—The **SPEED**, **TIME**, **DISTANCE** or **CALORIE** modes can be selected by repeatedly pressing the mode button. Modes will be selected in the following order: **SPEED**, **TIME**, **DISTANCE**, **CALORIE** and **SCAN**.
3. To turn the power off, press the on/off button. Note: The monitor features "auto shut-off" to prevent the batteries from being drained when not in use. If the stepper pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically. Note: The **TIME**, **DISTANCE** and **CALORIE** modes can be reset by turning the power off and then again.

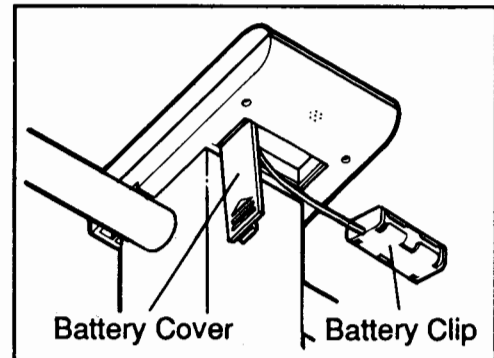
# TROUBLE-SHOOTING AND MAINTENANCE

**Most stepper problems can be solved by following the simple steps below.** If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

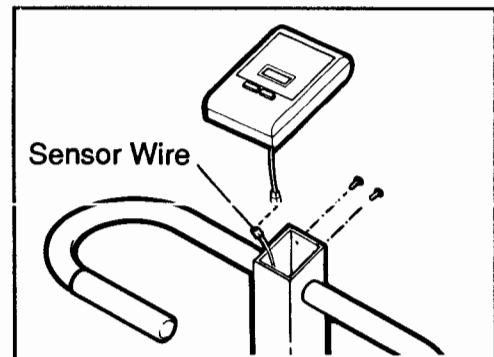
Inspect and tighten all parts of the stepper regularly. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the electronic monitor.

## TROUBLE-SHOOTING THE ELECTRONIC MONITOR

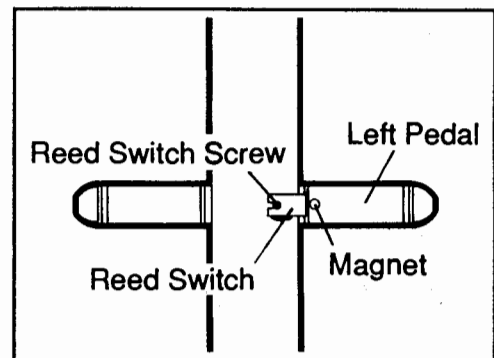
If the electronic monitor does not function properly, the batteries should be replaced. Most problems are the result of drained batteries. Two "AA"-size batteries are required; alkaline batteries are recommended. The battery compartment is located in the underside of the monitor. Open the battery cover and carefully remove the battery clip. Insert two new batteries, in the directions shown on the inside of the battery clip. Close the battery cover.



If the monitor displays incorrect feedback, the sensor wire should be checked. Remove the screws from the monitor bracket, and lift the monitor off the stepper. Make sure the sensor wire is plugged fully into the wire protruding from the monitor. Reattach the monitor bracket to the stepper.



If the monitor still displays incorrect feedback, the reed switch should be repositioned. Loosen the reed switch screw. Hold the left pedal down so that the pedal is parallel to the floor. Adjust the position of the reed switch so that there is a 3/16" gap between the reed switch and the magnet. Tighten the reed switch screw.



## LUBRICATING THE PEDALS AND RESISTANCE CYLINDERS

The pedals and resistance cylinders should be lubricated every six months. Remove the pedals and resistance cylinders from the frame. Lubricate the axles on the frame with a petroleum-base grease. Reattach the pedals and resistance cylinders. (See ASSEMBLY on page 4 for help, if necessary.)

# CONDITIONING GUIDELINES

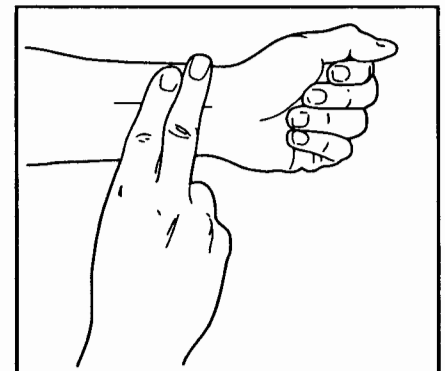
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons 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

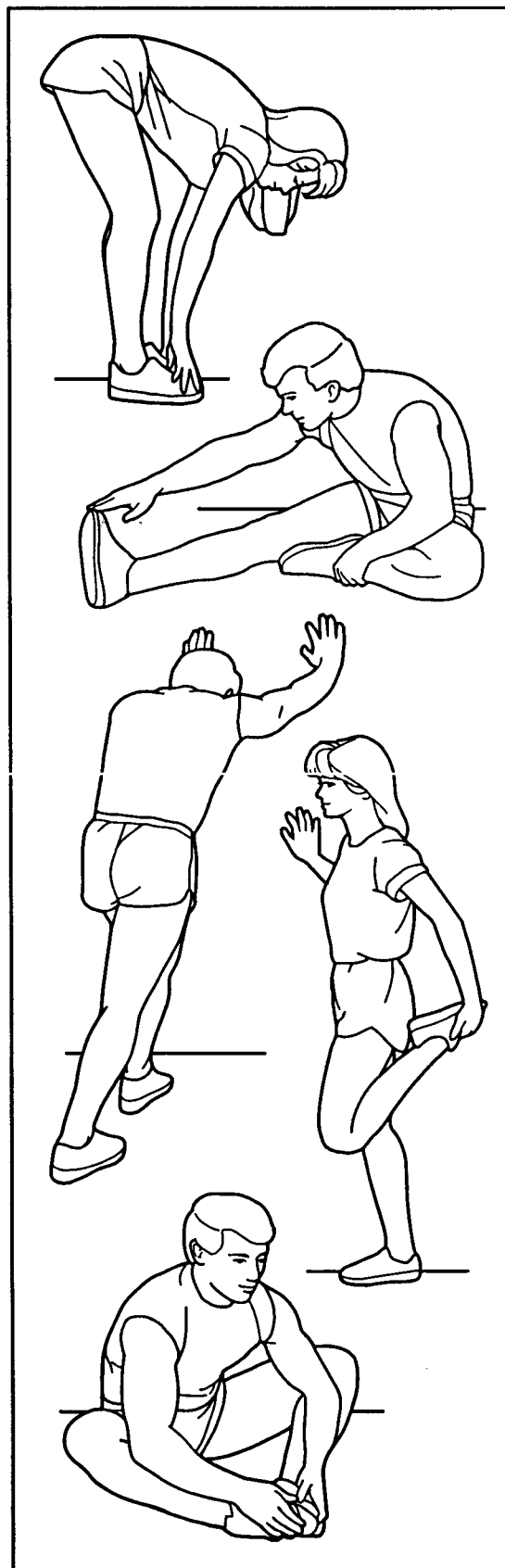
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

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.

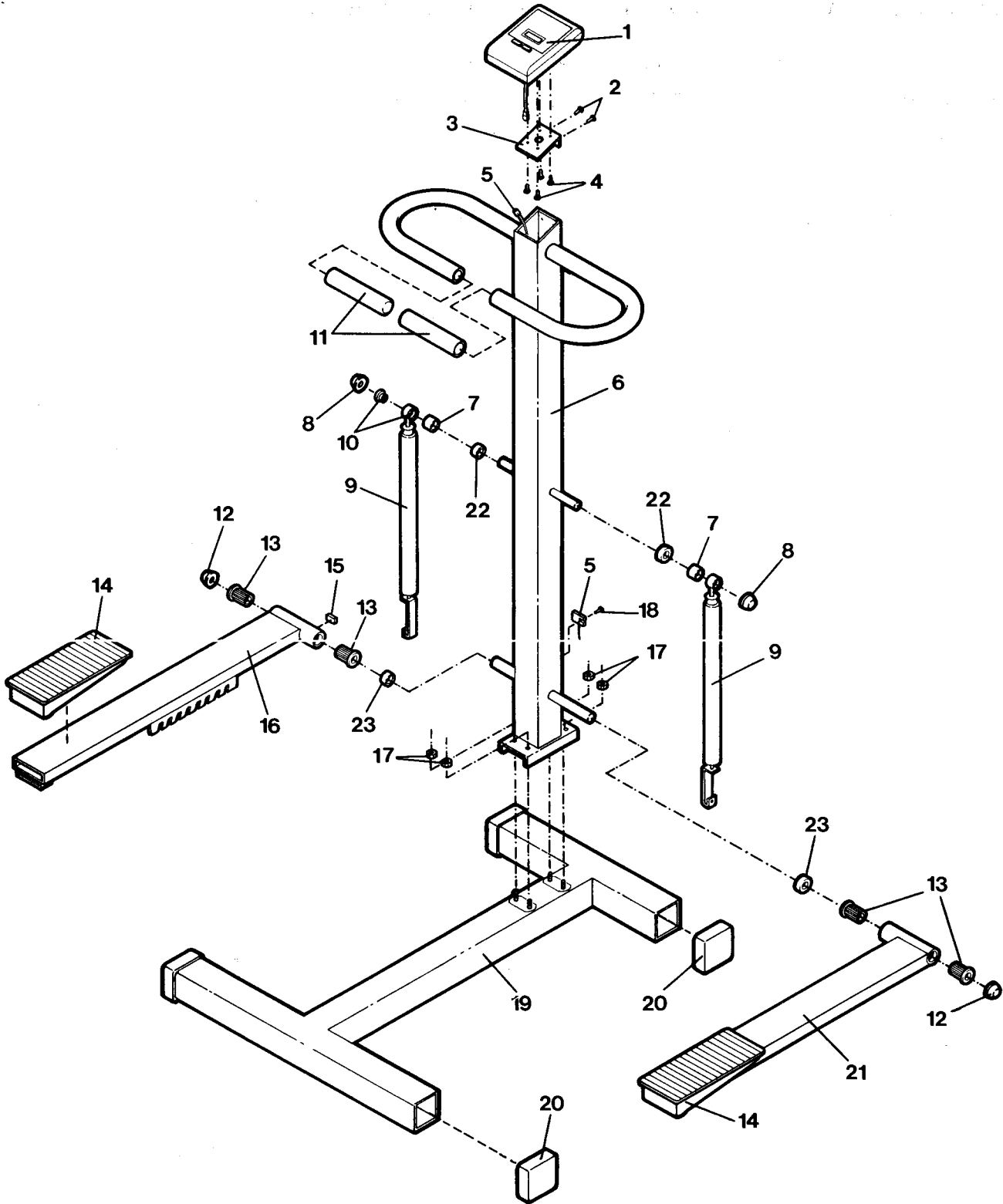


# PART LIST—Model No. WL007520

Rev. 8/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Electronic Monitor	13	4	Pedal Bushing
2	2	Monitor Bracket Screw	14	2	Pedal Cover
3	1	Monitor Bracket	15	1	Magnet
4	4	Monitor Screw	16	1	Left Pedal
5	1	Sensor Wire/Reed Switch	17	4	Nylock Nut
6	1	Upright w/Decal	18	1	Reed Switch Screw
7	2	Cylinder Spacer	19	1	Base
8	2	Small Cap	20	2	Base Endcap
9	2	Resistance Cylinder	21	4	Right Pedal
10	4	Cylinder Bushing	22	2	Small Spacer
11	2	Handgrip	23	2	Large Spacer
12	2	Large Cap	#	1	Owner'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.



# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WL007520).
2. The NAME of the product (WESLO®SUMMIT ST75 stepper).
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.

## 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 a WESLO authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WESLO.

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

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

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

**WESLO INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**