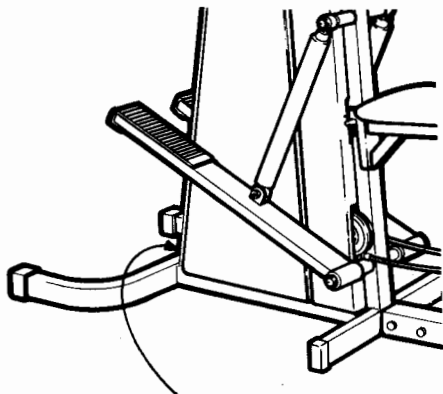


**weslo, inc<sup>®</sup>**

A Subsidiary of Weider Health and Fitness, Inc.

Model No. WL035011

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



Serial Number Decal

## 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

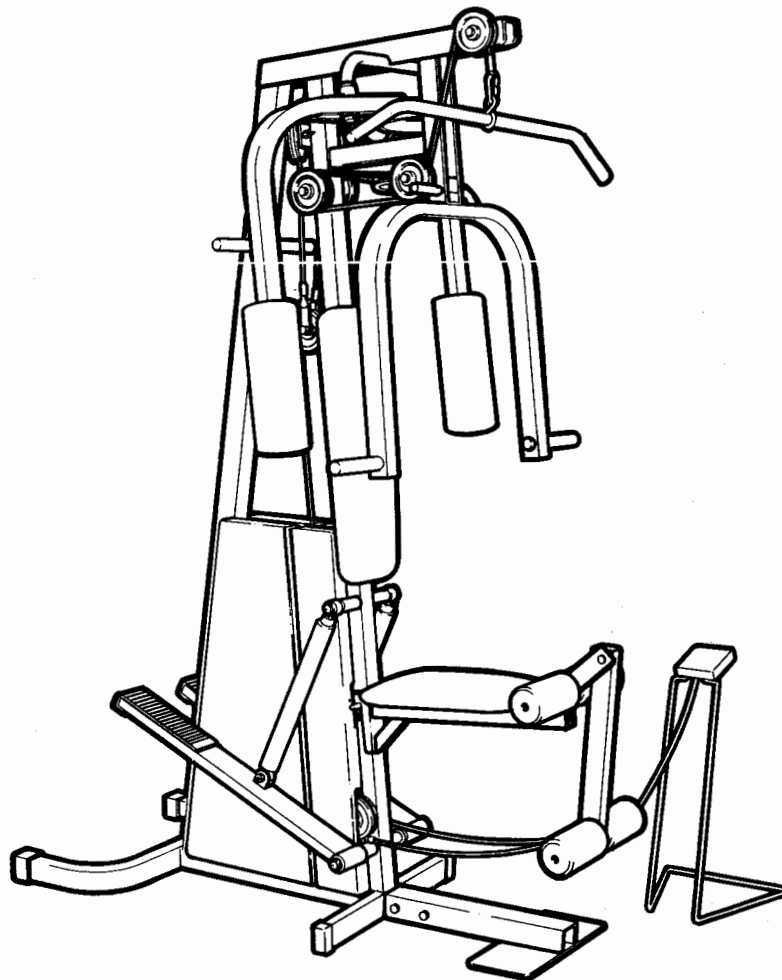
## CAUTION:

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

# EXPERT<sup>™</sup>

# 350

ELECTRONIC WEIGHT  
TRAINING SYSTEM



## OWNER'S MANUAL

PATENT PENDING

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## IMPORTANT SAFETY PRECAUTIONS

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

1. Read all instructions in this owner's manual before using the system. Use the system only as described in the owner's manual.
2. Inspect and tighten all parts each time the system is used. Replace any worn parts.
3. Always wear shoes for foot protection. Keep your hands away from moving parts other than the designated handles. Keep small children away from the system at all times.
4. Always stand on the base extension when performing any exercise that could cause the system to tip.
5. To prevent damage to the system, do not put any tension on the system while changing the weight. Never use more than one cable at a time.
6. Do not put weight on the press arm while it is in the "parked" position (see OPERATION AND ADJUSTMENT), or it will be damaged.
7. Always remove the lat bar and chain when not in use (see OPERATION AND ADJUSTMENT).
8. Never release the press arm, butterfly arms, lat bar or leg lever while they are under tension.
9. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.

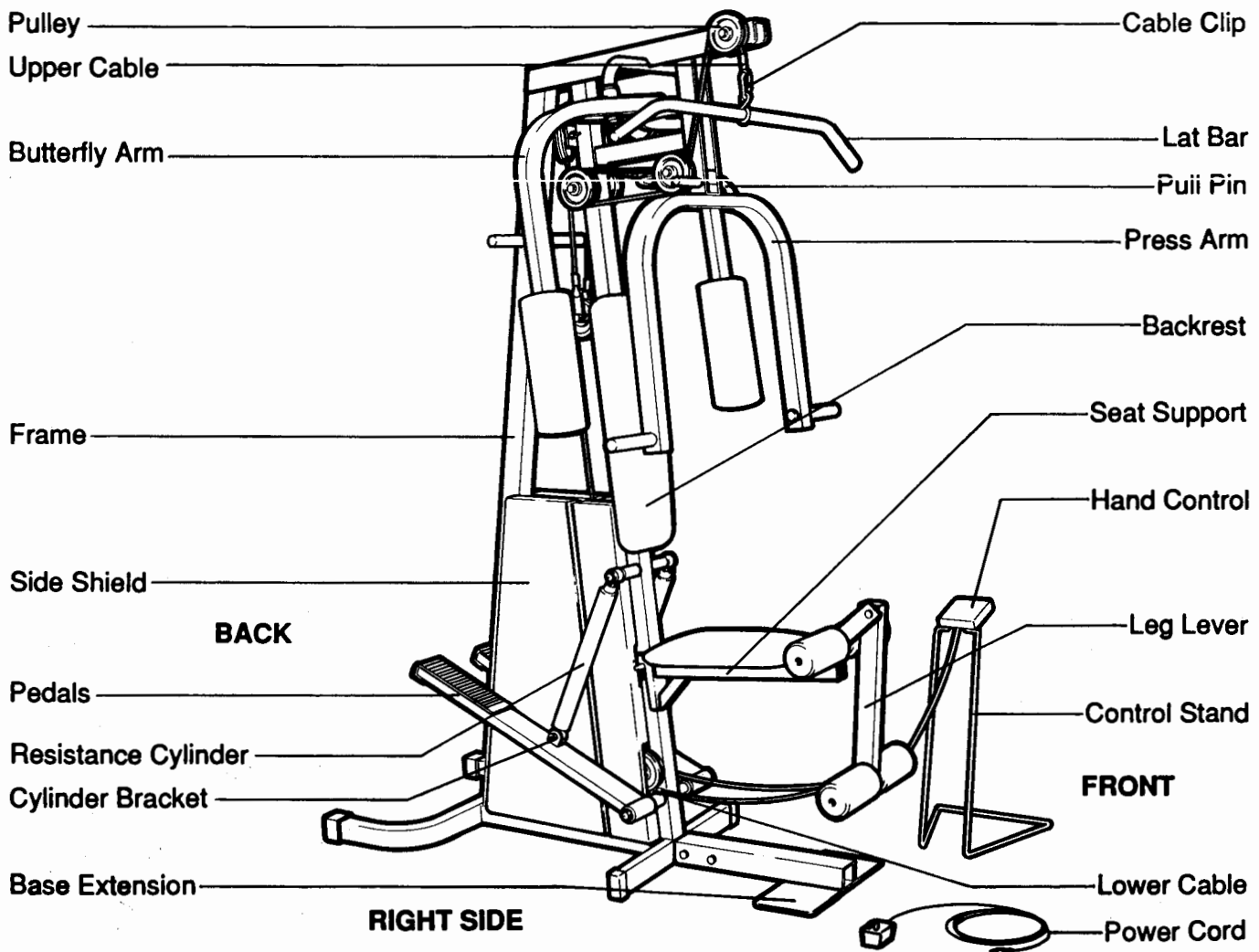
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage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

# BEFORE YOU BEGIN

Congratulations for selecting the Weslo EXPERT 350 Electronic Weight Training System. The unique EXPERT 350 is a total body conditioning system, offering both weight training and aerobic exercises. Moving from station to station on the EXPERT 350 is quick and easy, and the digital hand control allows you to change weight with the touch of a button. Whether you want to build dramatic muscle size and strength, shape and tone your body, increase your endurance and flexibility or develop your heart and lungs, the EXPERT 350 will help you achieve your goals in the comfort of your home.

This manual is provided to help you understand the easy assembly, adjustment and operation of the system. **For your safety and benefit, read this manual carefully before using the system.** 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 is listed on the front cover of this manual. The serial number is recorded on a decal attached to the system (see the front cover for the location of the decal).

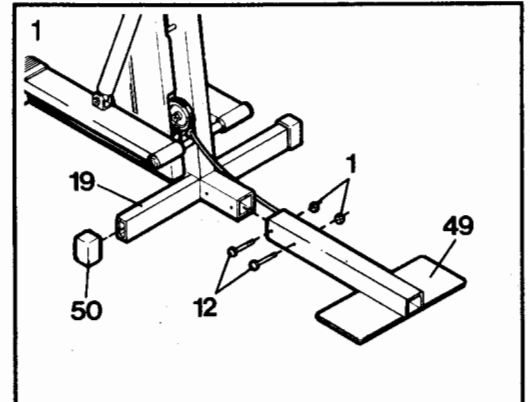
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



# ASSEMBLY

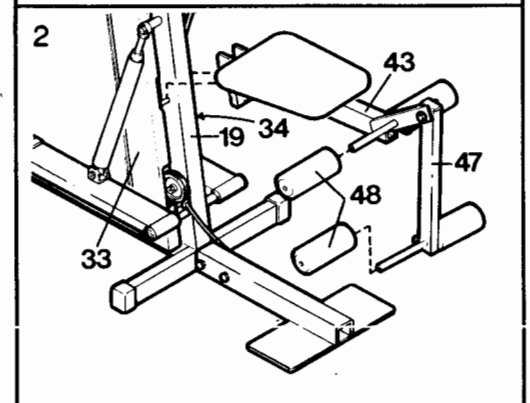
Two persons are recommended in order to assemble this system. Set all parts in a cleared area. **Make sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using two adjustable wrenches (not included).

1. Press a Frame Endcap (50) onto each side of the stabilizer on the Frame (19). Slide the Base Extension (49) onto the Frame, and align the holes. Attach the Base Extension with two Long Bolts (12) and Nylock Nuts (1).



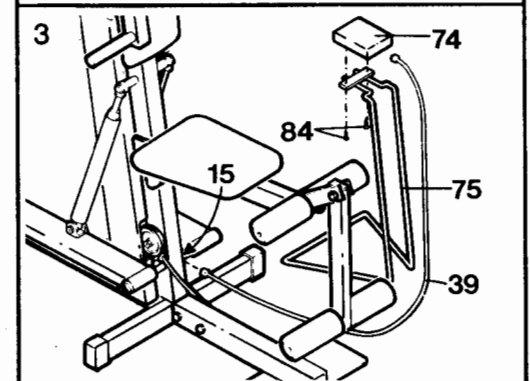
2. Rotate the Leg Lever (47) to the position shown. Insert the bracket on the Seat Support (43) into the slots in the Side Shields (33, 34). Slide the bracket onto the pins welded to the Frame (19). **WARNING: Be sure the pins are inside the slots in the bracket.**

Slide the four Leg Lever Foam Pads (48) onto the posts on the Seat Support (43) and Leg Lever (47).

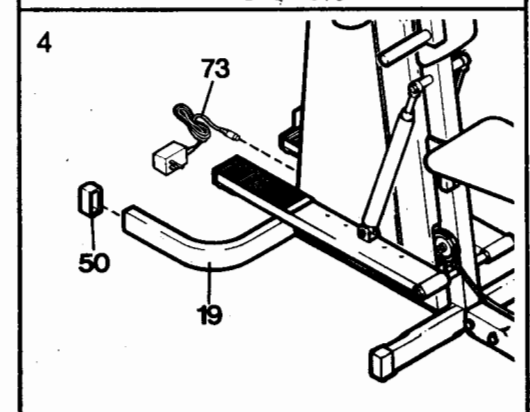


3. Plug one end of the Control Cord (39) into the Hand Control (74). Plug the other end of the Cord into the Control Cord Socket (15) at the front of the system.

Attach the Hand Control (74) to the Control Stand (75) with the two Hand Control Screws (84).

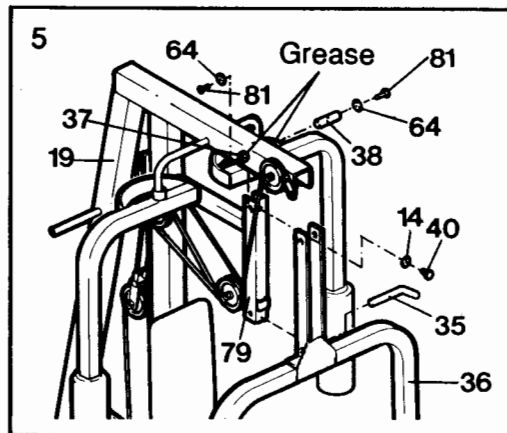


4. Press a Frame Endcap (50) onto each end of the U-shaped stabilizer on the Frame (19). Plug the Power Cord (73) into the socket at the back of the system.



5. While supporting the Press Arm Bracket (79), remove the Press Arm Axle (38) from the Frame (19). Carefully lower the Press Arm Bracket away from the Frame. Thread a Short Bolt (81), with a Washer (64), into one end of the Axle. Lightly grease the Press Arm Bushings (37) in the Frame.

Insert the Press Arm Bracket (79) between the L-shaped brackets on the Press Arm (36). Insert the Pull Pin (35) through the lower holes in the Press Arm and Press Arm Bracket. Align the upper holes in the Press Arm and Press Arm Bracket with the Press Arm Bushings (37) in the Frame (19). Insert the Press Arm Axle (38) through the Press Arm, Press Arm Bracket and Frame. Turn the Axle, using the Short Bolt (81) in the end of the Axle, until the hole in the center of the Axle is aligned with the hole in the Press Arm Bracket. Tighten the Axle Screw (40), with the Lock Washer (14), into the Press Arm Bracket and Axle. Thread a Short Bolt, with a Washer (64), into the other end of the Axle. Tighten the Bolts in both ends of the Axle.

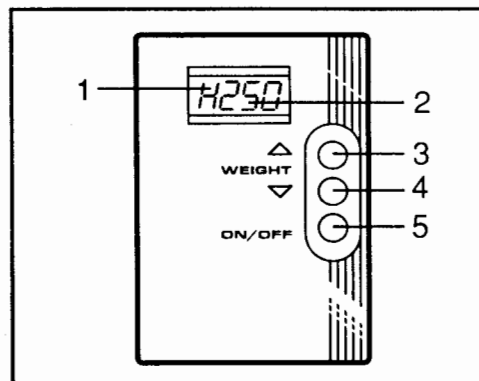


## OPERATION AND ADJUSTMENT

Plug the transformer on the power cord into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the system, or the system could be damaged. When you are finished using the system, always unplug the transformer.

### DIAGRAM OF THE HAND CONTROL

1. Low/High Range Indicator—Shows when the system is set at minimum or maximum weight.
2. Weight Display—Displays the current weight setting.
3. Weight Increase Button—Increases the weight.
4. Weight Decrease Button—Decreases the weight.
5. On/Off Button—Turns the power on or off.



### TURNING ON THE POWER AND RESETTING THE SYSTEM

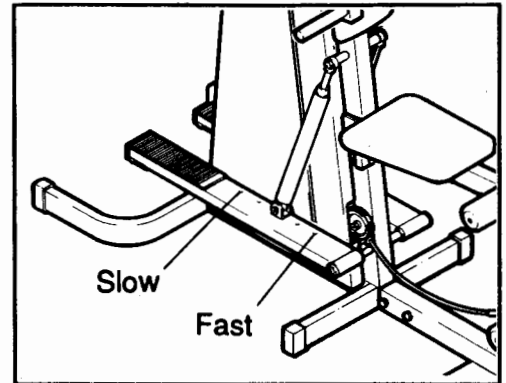
Press the on/off button. **IMPORTANT:** Each time the power is turned on, the system must be reset before the weight can be changed. The weight display will read "E—." To reset the system, press the weight increase or decrease buttons until the display reads "H250" (maximum weight) or "L30" (minimum weight).

## CHANGING THE WEIGHT SETTING OF THE SYSTEM

The weight can be changed from a minimum of 30 lbs, to a maximum of 250 lbs, in increments of 1 lb. To increase the weight, press the weight increase button. To decrease the weight, press the weight decrease button. The buttons can be held down to change the weight quickly. **IMPORTANT: To prevent damage to the system, do not put any tension on the system while changing the weight. Do not push on the press arm or leg lever. If the lat bar is attached to the system, it may be helpful to support the weight of the lat bar with one hand. The system motor will emit a sound to alert you while the weight is being changed.**

## ADJUSTING THE 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 different resistance levels. To change the resistance, first remove the knobs from the cylinder brackets. Move the cylinder brackets to the desired holes in the pedals, and re-attach the knobs. **WARNING: The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.**

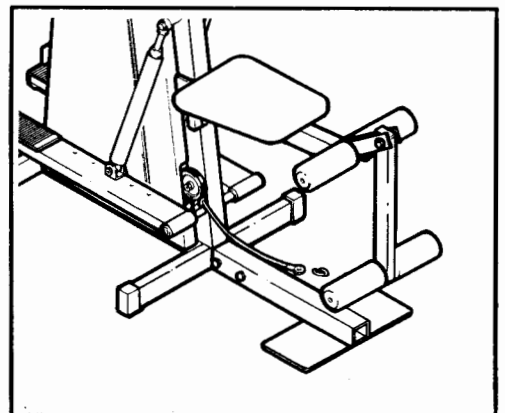


## ATTACHING AND REMOVING THE SEAT SUPPORT

The seat support should be attached to the system as described in the assembly instructions. For certain exercises, the seat support must be removed from the system. First, remove the cable extension from the leg lever. The seat support can then be removed by lifting the seat support until the bracket on the seat support is free of the pins on the frame.

## ATTACHING THE LEG LEVER TO THE WEIGHT SYSTEM

To attach the leg lever to the weight system, attach the cable extension between the leg lever and the lower cable with the two cable clips.

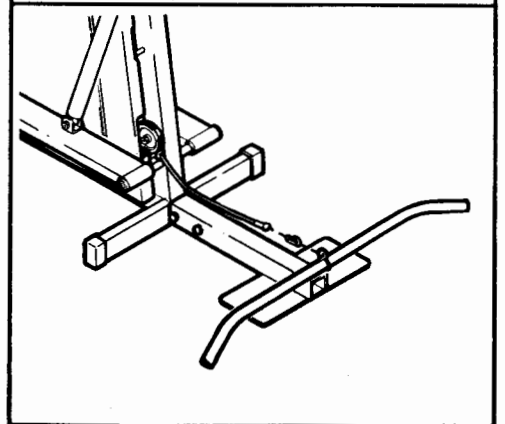


## ATTACHING THE LAT BAR AND ANKLE STRAP TO THE WEIGHT SYSTEM

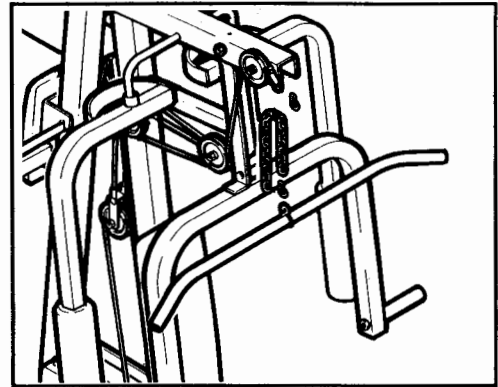
To attach the lat bar directly to the lower cable, first remove the seat support from the frame as described above. Attach the cable extension between the lat bar and the lower cable with the two cable clips.

If desired, the chain can be attached between the lat bar and the cable, using a cable clip on each end of the chain.

Attach the ankle strap to the lower cable in the same manner as the lat bar.

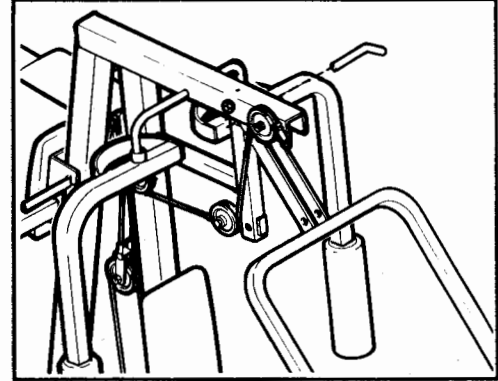


To use the lat bar with the upper cable, the chain must be attached between the lat bar and the cable using the two cable clips. The chain can be shortened by attaching the cable clips closer together along the chain. **IMPORTANT:** The proper length of chain between the lat bar and upper cable should be determined by the exercise to be performed. Adjust the length of chain until the lat bar is in a comfortable starting position.



### OPERATING AND "PARKING" THE PRESS ARM

The press arm can be put in the operating position as described in the assembly instructions. For certain exercises, the press arm must be set out of the way, or "parked." To "park" the press arm, remove the pull pin and lift the press arm away from the press arm bracket. Insert the pull pin in the upper hole of the press arm bracket and rest the press arm on top of the pull pin. **IMPORTANT:** When the press arm is in the "parked" position, do not put weight on the press arm or it will be damaged.

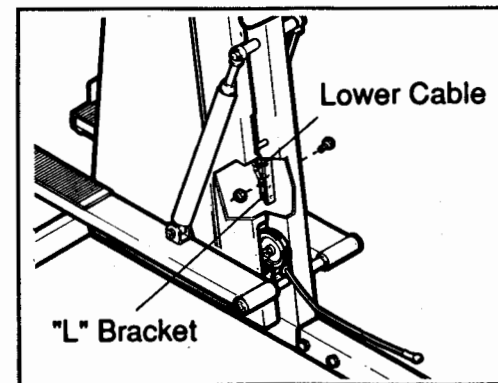


## MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the system regularly. Replace any worn parts immediately. The outside of the system can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not use solvents.

### ADJUSTING THE WEIGHT SYSTEM

If there is slack in the weight system before the weight engages, the cables may need to be adjusted. To adjust the cables, a phillips screwdriver and two adjustable wrenches (not included) are required. Remove the four screws from the right side shield, and carefully move the side shield out of the way. Locate the "L"-shaped bracket with the four holes. The lower pulley cable will be bolted to the bracket. Remove the bolt and nut attaching the cable to the bracket. Move the cable to the next lower hole in the bracket, and re-attach the cable with the bolt and nut. Test the weight system before re-attaching the side shield. If the motor stalls or hesitates, the cable is too tight. Move the cable to the next higher hole. If there is still slack in the cables, move the cable to the next lower hole as described above. If the cable is attached to the lowest hole in the bracket and there is still slack in the cables, the cables should be replaced (refer to the back cover). Re-attach the side shield.



## LUBRICATING THE BUTTERFLY ARMS AND PRESS ARM

The butterfly arms and press arm should be lubricated every six months with a petroleum-base grease. To lubricate the butterfly arms, remove the hairpin cotter pins and slide the butterfly arms off the frame. Lightly grease the bushings in the butterfly arms. Reattach the butterfly arms with the hairpin cotter pins.

To lubricate the press arm, first remove the pull pin. Remove the axle screw and lock washer from the press arm axle and press arm bracket. Remove the bolt and washer from one end of the press arm axle. While holding the press arm, remove the press arm axle. Lightly grease the bushings in the frame. Reattach the press arm to the frame as described in the assembly instructions.

---

## EXERCISE GUIDELINES

**WARNING:** Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. When using the stepper, never set the resistance so high that you must push or pull against the frame to press the the pedals down. Exercising in this manner could result in heart risk.

### EXERCISING ON THE STEPPER

Face the system and hold the post on the frame. Step onto the stepper pedals and let both pedals sink to the floor. Begin stepping, 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 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.

For an effective aerobic workout, it is important to exercise with the proper intensity. The proper intensity level can be found using the heart rate as a guide. As you exercise, your heart rate should be kept at a level between 70% and 85% of your maximum heart rate. This is your "training zone." You can find your training zone by consulting the table below. Training zones are listed for both unconditioned and conditioned persons, ages 20 to 85 years.

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

During the first few weeks of exercise, keep your heart rate near the low end of your training zone. To measure your heart rate, stop exercising and place two fingers over your wrist as shown. Carefully take a six-second heartbeat count. 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. If your heart rate is below your training zone, increase the intensity of your exercise. If your heart rate is too high, decrease the intensity.



During each workout, exercise with your heart rate in your training zone for about 30 minutes. This can be done in one continuous 30-minute period, or in several shorter periods, such as, three 10-minute periods. Begin and end every workout with 5-10 minutes of stretching or light calisthenics. To maintain or improve your condition, exercise three times per week, with at least one day of rest between workouts. After a few months, the number of workouts can be increased to 4-5 per week.

## **WEIGHT TRAINING**

This system offers a full selection of weight training exercises. Follow the guidelines below to outline an exercise program to achieve the specific results you want. Your exercise program should include three, 30-minute workouts each week, with at least one day of rest between workouts. Each workout should include 6-10 different exercises. Select exercises for all major muscle groups, with emphasis on the areas you want to develop most. To give variety and balance to your workouts, vary the exercises from day to day.

To increase the size and strength of muscles, the muscles must be worked to capacity. Each exercise should be tailored to the proper intensity level by changing the amount of weight used, or the number of "repetitions" and "sets" performed. (A "repetition" is a single exercise movement, such as one sit-up. A "set" is a number of repetitions performed continuously.)

Be careful not to overexert yourself. Begin and end every workout with 5-10 minutes of stretching or light calisthenics. Rest for 30 seconds between each set, and 1 minute between each exercise. Concentrate on learning the exercises correctly. Exhale as you exert yourself, and inhale as you relax. Never hold your breath. Schedule your workouts for the time of day when your energy level is highest.

Wear clothing that is loose-fitting and allows unrestricted movement. Always wear shoes for foot protection. For added motivation, keep a record of your workouts. List the dates, exercises performed, weight used, and number of repetitions and sets completed. Record key body measurements every 4-6 weeks. For successful results, proper nutrition and adequate rest are also essential. For more information about exercise and diet, consult with your physician.

**PART LIST—Model No. WL035011**

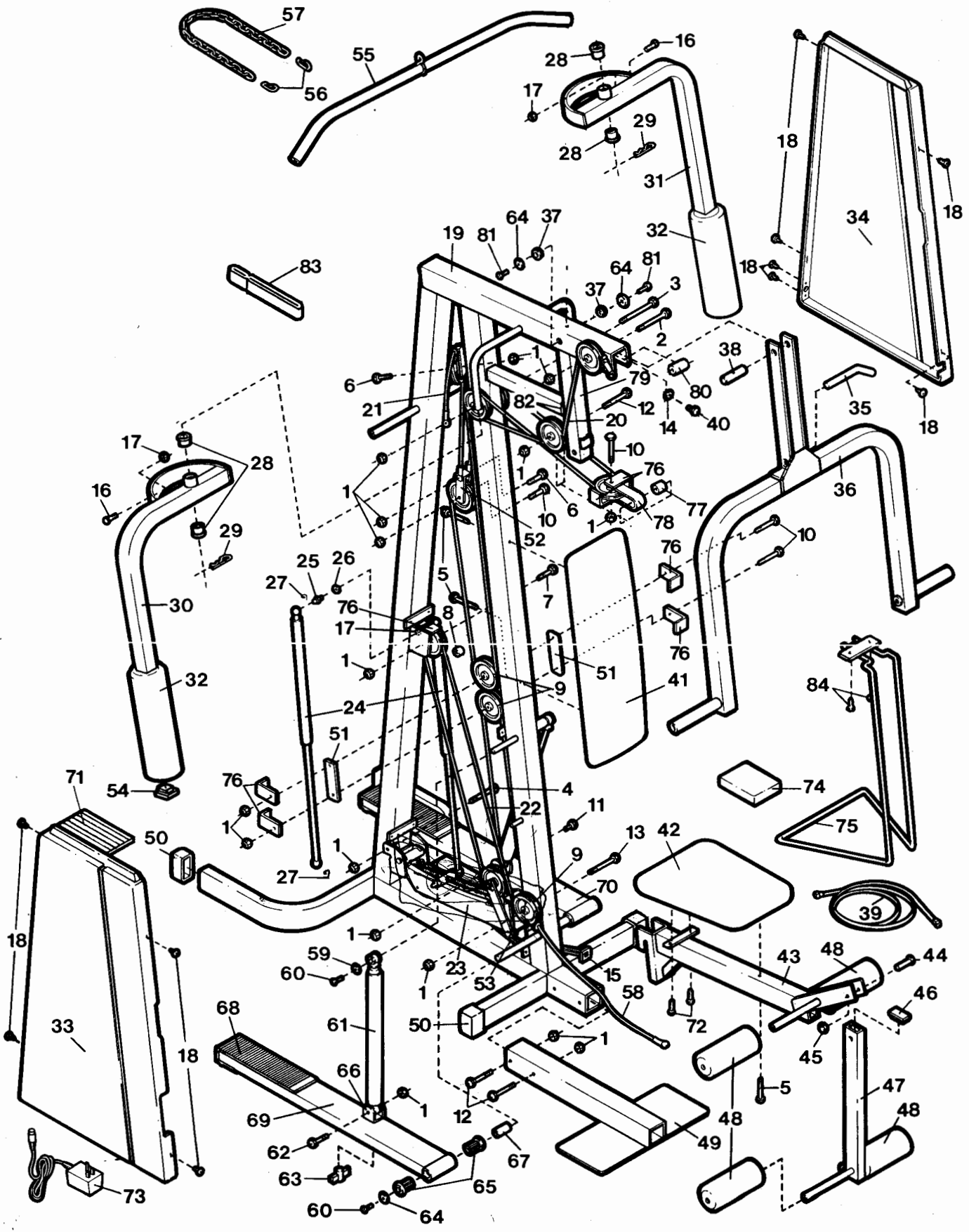
Rev. 2/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	18	Nylock Nut	44	1	Leg Lever Pin
2	1	3/8" x 4.00" Bolt	45	1	Leg Lever Axlecap
3	1	3/8" x 4.50" Bolt	46	1	Leg Lever Endcap
4	1	3/8" x 3.00" Bolt	47	1	Leg Lever
5	3	1/4" x 2.50" Bolt	48	4	Leg Lever Foam Pad
6	3	3/8" x 1.75" Bolt	49	1	Base Extension
7	1	3/8" x 2.25" Bolt	50	4	Frame Endcap
8	1	PVC Spacer	51	2	Pulley I-Plate
9	12	Cable Pulley	52	1	Pulley Bracket
10	4	3/8" x 2.00" Bolt	53	1	Wire Harness
11	1	3/8" x 1.00" Bolt	54	2	Butterfly Endcap
12	3	Long Bolt	55	1	Lat Bar
13	1	3/8" x 3.50" Bolt	56	2	Cable Clip
14	1	Lock Washer	57	1	Chain
15	1	Control Cord Socket	58	1	Cable Extension
16	2	5/16" x 1.00" Bolt	59	2	Cylinder Washer
17	4	5/16" Nylock Nut	60	4	Screw
18	10	Screw	61	2	Resistance Cylinder
19	1	Frame	62	2	Cylinder Bolt
20	1	Upper Cable	63	2	Cylinder Knob
21	2	Butterfly Cable	64	5	Washer
22	1	Lower Cable	65	4	Pedal Bushing
23	1	Weight Mechanism	66	2	Cylinder Bracket
24	2	Gas Snock	67	2	Pedal Spacer
25	2	Ball Joint	68	2	Pedal Cover
26	2	Washer	69	1	Right Pedal Assembly
27	4	Clip	70	1	Left Pedal Assembly
28	4	Butterfly Bushing	71	1	Top Cover
29	2	Hairpin Cotter Pin	72	2	1/4" x 0.75" Bolt
30	1	Right Butterfly Arm	73	1	Power Cord
31	1	Left Butterfly Arm	74	1	Hand Control
32	2	Butterfly Pad	75	1	Control Stand
33	1	Right Side Shield	76	7	L-Bracket
34	1	Left Side Shield	77	1	Spacer
35	1	Pull Pin	78	1	U-Bracket
36	1	Press Arm	79	1	Press Arm Bracket
37	2	Press Arm Bushing	80	1	Channel Spacer
38	1	Press Arm Axle	81	2	Axle Bolt
39	1	Control Cord	82	1	Endcap
40	1	Axle Screw	83	1	Ankle Strap
41	1	Backrest	84	2	Hand Control Screw
42	1	Seat	#	1	Owner's Manual
43	1	Seat Support			

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. WL035011

Rev. 2/92



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, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WL035011).
2. The NAME of the product (Weslo EXPERT 350 Electronic Weight Training System).
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**