

WL 065010

EXPERT™

650

**ELECTRONIC WEIGHT
TRAINING SYSTEM
250 LBS. RESISTANCE**

Patent Pending

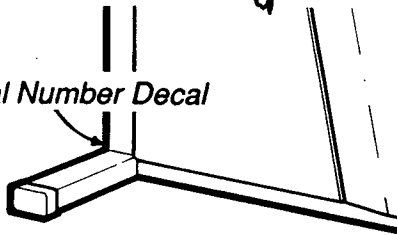
weslo, inc.®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. WL065010

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.

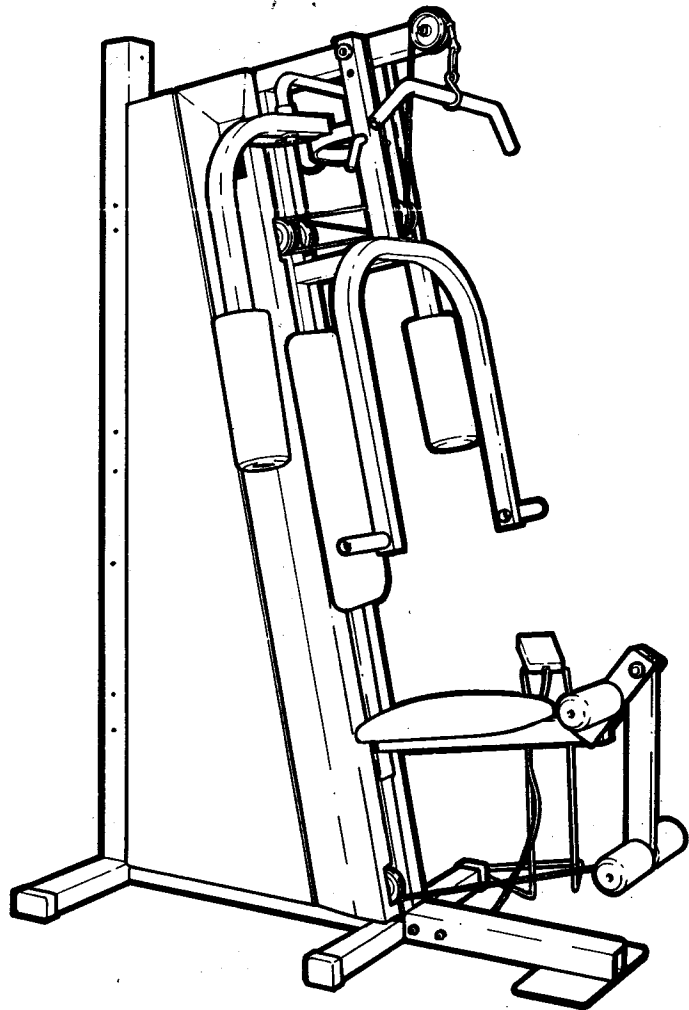
CUSTOMER HOT LINE:

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.



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 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.

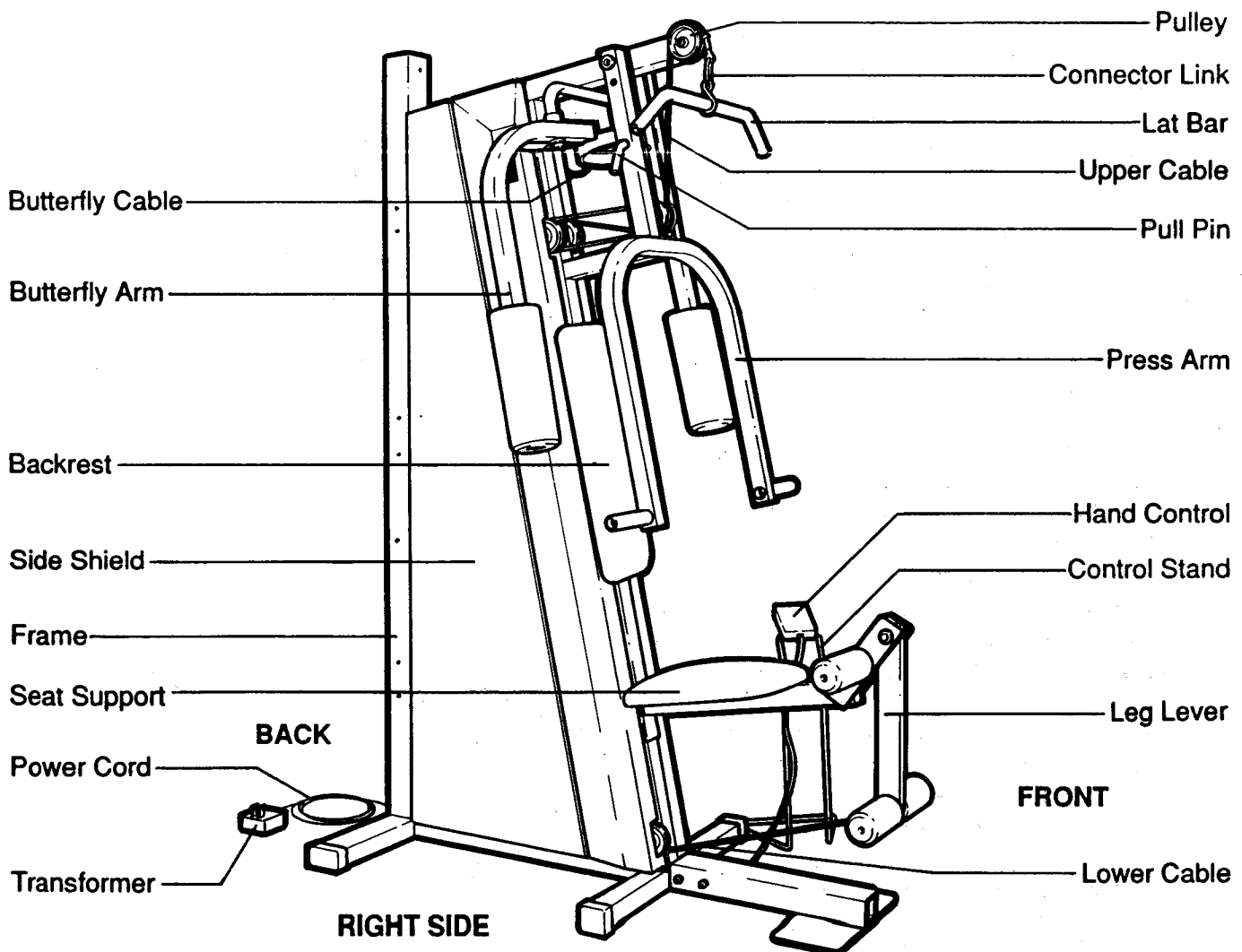
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the EXPERT 650 Electronic Weight Training System. The unique EXPERT 650 is a total body conditioning system, offering you both weight training and aerobic exercises. Moving from station to station on the EXPERT 650 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 650 will help you achieve your goals in the privacy and comfort of your home.

This manual is provided to help you understand the easy assembly, adjustment and operation of the EXPERT 650. **For your safety and benefit, read this manual carefully before using this 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 printed on the front cover of this manual. The serial number is printed on the decal attached to the EXPERT 650 (see the front cover for the location of the decal).

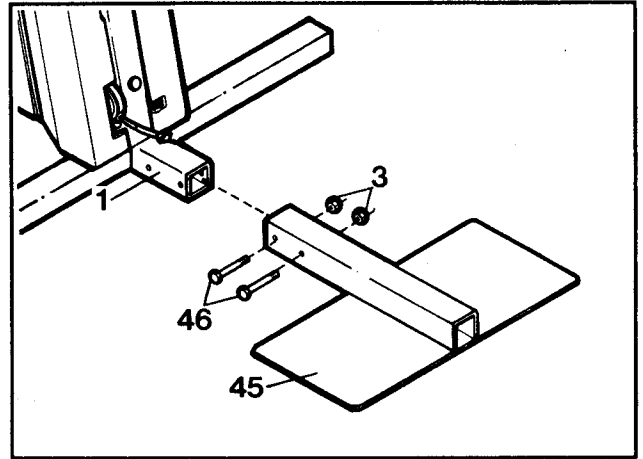
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



ASSEMBLY

Two persons are recommended in order to assemble the system. Remove all parts from the packing carton. **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 and a standard screwdriver (not included).

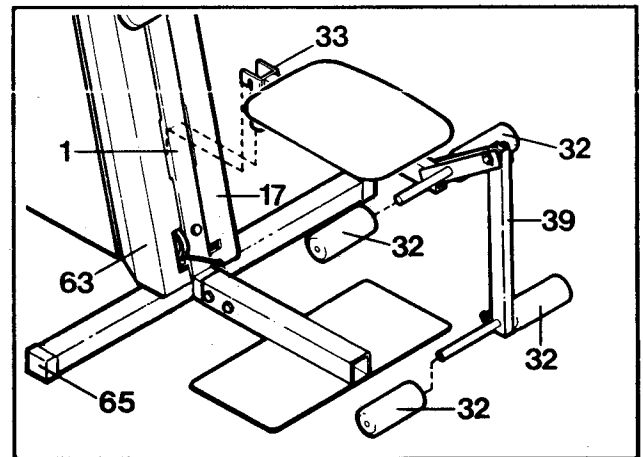
1. Slide the Base Extension (45) onto the Frame (1), and align the holes. Attach the Base Extension with the two Extension Bolts (46) and Nylock Nuts (3).



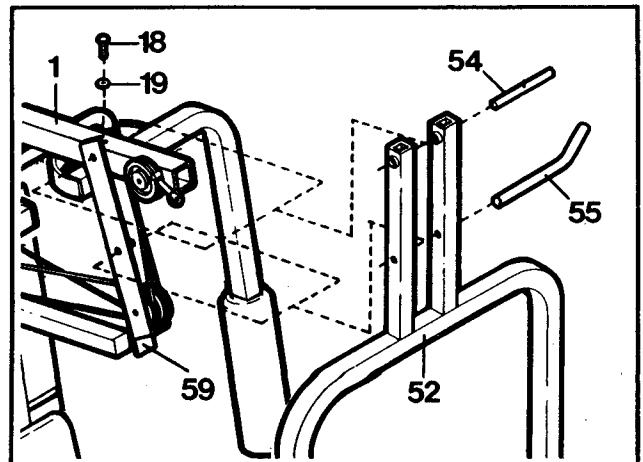
2. Rotate the Leg Lever (39) to the position shown. Insert the bracket on the Seat Support (33) into the slots in the Side Shields (17, 63) and slide the bracket onto the pins on the Frame (1). **WARNING: Be sure that the pins are inside of the slots in the bracket.**

Slide the Leg Lever Pads (32) onto the posts on the Seat Support (33) and Leg Lever (39).

Press a Front Endcap (65) onto each side of the front stabilizer of the Frame (1).

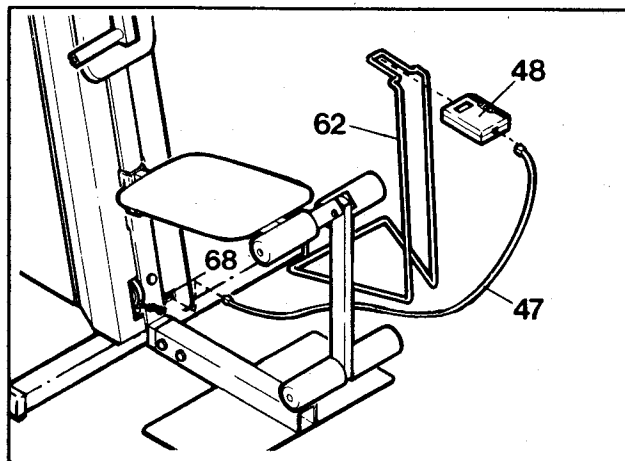


3. Remove the Axle Bolt (18), Axle Washer (19) and Press Arm Axle (54) from the Frame (1). Insert the upper end of the Press Arm Bracket (59) between the posts on the Press Arm (52). Squeeze the sides of the Press Arm Bracket together, and fit the holes in the upper end of the Press Arm Bracket over the short tubes at the upper end of the Press Arm. Align the short tubes at the upper end of the Press Arm with the holes in the sides of the Frame. Insert the Pull Pin (55) through the Press Arm and Press Arm Bracket. Grease the Press Arm Axle and insert it through the Press Arm, Press Arm Bracket and Frame. Using a standard screwdriver, turn the Press Arm Axle until the hole in the center is aligned with the hole in the top of the Frame. Tighten the Axle Bolt with the Axle Washer into the Frame and Press Arm Axle.



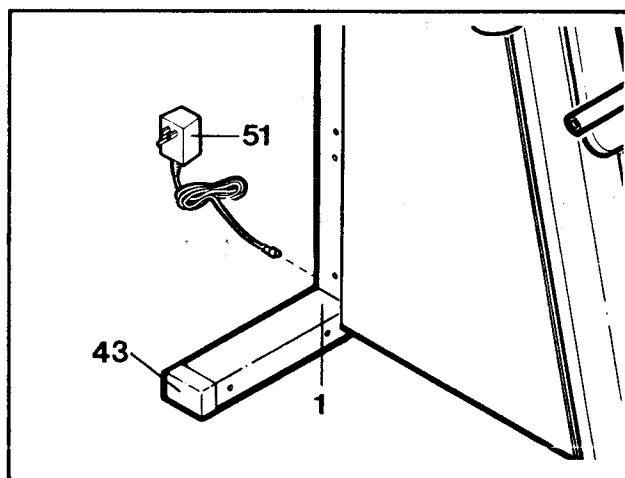
- Slide the Hand Control (48) onto the Control Stand (62).

Plug one end of the Control Cord (47) into the Hand Control (48). Plug the other end of the Control Cord into the Control Cord Socket (68).



- Plug the Power Cord (51) into the socket located at the back of the Frame (1).

Press a Rear Endcap (43) onto each side of the rear stabilizer of the Frame (1).

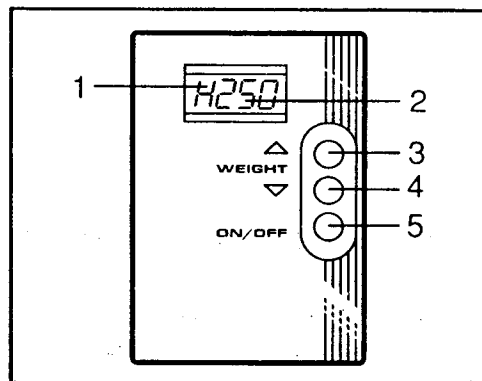


OPERATION AND ADJUSTMENT

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 finish using the system, always unplug the transformer.

DIAGRAM OF THE HAND CONTROL

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

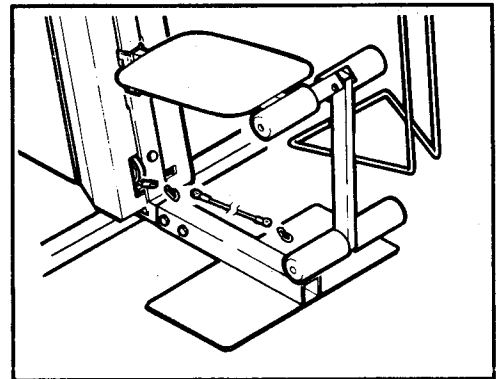
The weight can be changed from a minimum of 30 pounds up to a maximum of 250 pounds, in increments of 1 pound. To increase the weight, press the weight increase button. To decrease the weight, press the weight decrease button. The buttons can be held down to change the weight quickly. **IMPORTANT: To prevent damage to the system, do not move the press arm, butterfly arms or leg lever while changing the weight. 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.**

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. First, remove the lower cable from the leg lever. Next, lift the seat support until the bracket on the seat support is free of the pins on the frame.

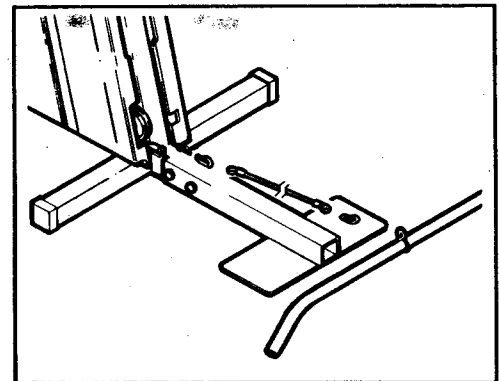
ATTACHING THE LEG LEVER TO THE WEIGHT SYSTEM

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



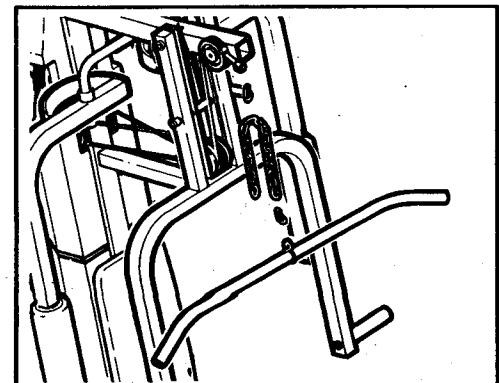
ATTACHING THE LAT BAR TO THE LOWER CABLE

Remove the seat support from the frame as described above. To attach the lat bar to the lower cable, attach the cable extension between the lat bar and the lower cable with two connector links.



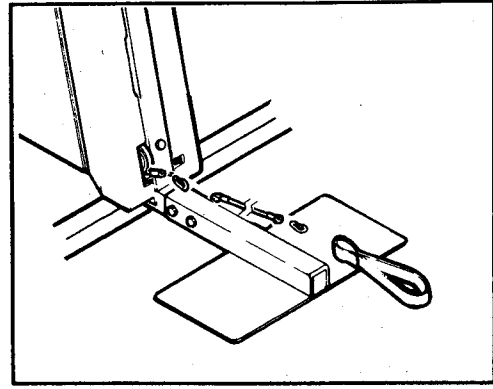
ATTACHING THE LAT BAR TO THE UPPER CABLE

To attach the lat bar to the upper cable, attach the chain between the lat bar and the upper cable with two connector links. The chain can be shortened by attaching the connector links closer together. **IMPORTANT: The proper length of chain between the lat bar and the 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.**



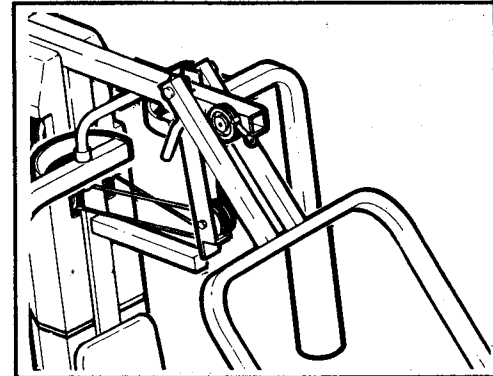
ATTACHING THE ANKLE STRAP

The ankle strap is designed to be used with the lower cable. Remove any attachments from the lower cable. The ankle strap can be attached directly to the lower cable with a single connector link. For certain exercises, the cable extension can be attached between the ankle strap and the lower cable with two connector links.



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, first remove the pull pin and raise the press arm. Replace the pull pin in 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 push on the press arm or it may be damaged.**



MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts each time the system is used. 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.

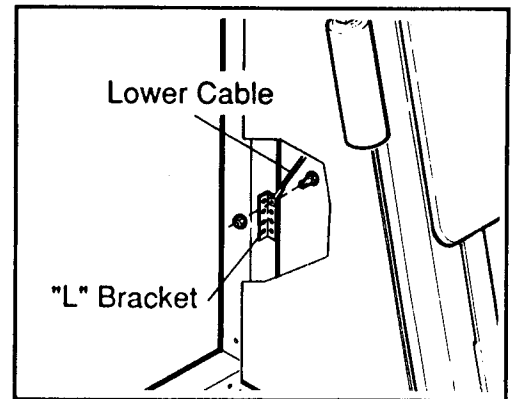
LUBRICATING THE BUTTERFLY ARMS AND PRESS ARM

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 bolt and axle washer from the top of the frame. While holding the press arm, remove the press arm axle. Lightly grease the press arm axle and the bushings in the press arm. Reattach the press arm to the frame as described in the assembly instructions.

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 screws from the right side shield, and carefully move the side shield out of the way. Locate the "L"-shaped bracket with four holes in it. Remove the bolt and nut attaching the lower cable to the bracket. Move the cable to the next lower hole in the bracket, and reattach the cable with the bolt and nut. Test the weight system before reattaching 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 weight system, 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 weight system, the cables should be replaced (see the back cover of this manual). Reattach the side shield.



EXERCISE GUIDELINES

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.

WEIGHT TRAINING

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

To increase the size and strength of the muscles, the muscles must be worked to capacity. Each exercise can be tailored to the proper difficulty level by changing the amount of weight used, or the number of repetitions and sets completed. (A repetition is one complete cycle of an exercise, such as one sit-up. A set is a series of consecutive repetitions.)

Be careful not to overexert yourself. Begin and end every workout with 5-10 minutes of stretching or light calisthenics. Rest for 30 seconds after each set, and 1 minute after each exercise. Concentrate on learning the exercises correctly. Exhale as you exert yourself, and inhale as you relax—never hold your breath. Wear clothing that is loose-fitting and allows unrestricted movement. Always wear shoes for foot protection.

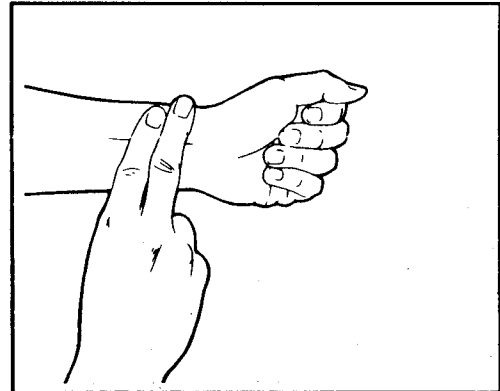
For added motivation, keep a record of your workouts. List the date, exercises performed, weight used, and number of repetitions and sets completed. Record key body measurements at the end of every month. For successful results, proper nutrition and adequate rest are essential. For more information about exercise and diet, consult your physician.

CARDIOVASCULAR CONDITIONING

The leg lever, lat bar and press arm can be used for excellent cardiovascular workouts. Choose an exercise, change the weight to the lowest setting and do as many repetitions as desired. For an effective cardiovascular workout, your heart rate should be kept 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 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 your exercise program, keep your heart rate near the low end of your training zone. To measure your heart rate, stop exercising and place two fingers on 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 of your exercise.



Begin every workout with 5-10 minutes of stretching or light calisthenics. Exercise with your heart rate in your training zone for about 30 minutes. It makes no difference whether this is done in one 30-minute period or in a few shorter periods, such as three 10-minute periods. Finish every workout with 5-10 minutes of stretching to improve flexibility and help prevent soreness. To maintain or improve your condition, exercise three times each week, with at least one day of rest between workouts. After a few months of regular exercise, the number of workouts can be increased to 4-5 each week.

PART LIST—Model No. WL065010

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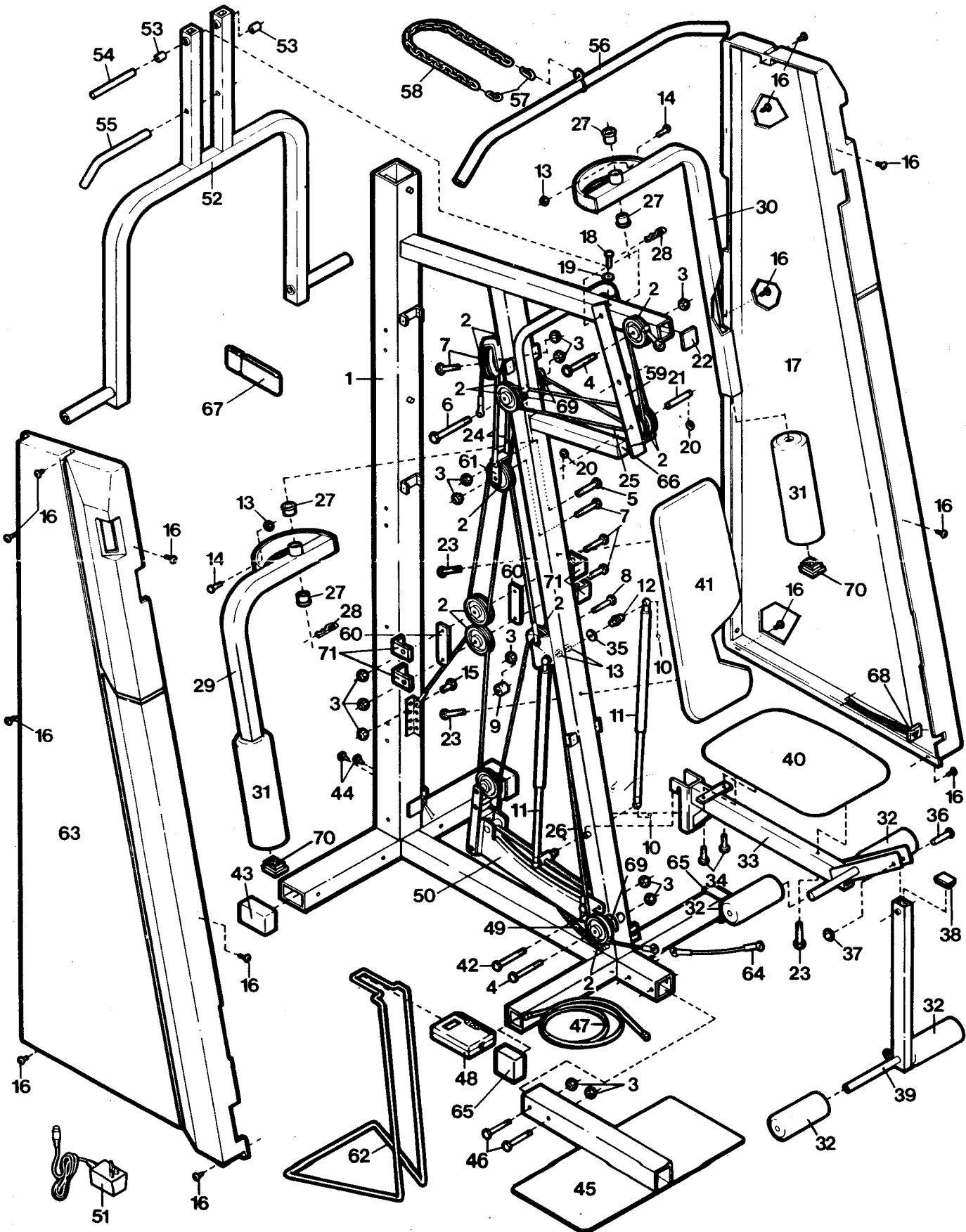
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	38	1	Leg Lever Endcap
2	13	Pulley	39	1	Leg Lever
3	14	Nylock Nut	40	1	Seat
4	2	3/8" x 3 1/2" Bolt	41	1	Backrest
5	1	3/8" x 2" Bolt	42	1	3/8" x 3" Bolt
6	1	3/8" x 4 1/2" Bolt	43	2	Rear Endcap
7	5	3/8" x 1 3/4" Bolt	44	2	Screw
8	1	3/8" x 2 1/4" Bolt	45	1	Base Extension
9	1	PVC Spacer	46	2	Extension Bolt
10	4	Retaining Clip	47	1	Control Cord
11	2	Gas Shock	48	1	Hand Control
12	2	Ball Joint	49	1	Wire Harness
13	4	Small Nylock Nut	50	1	Weight Assembly
14	2	5/16" x 1" Bolt	51	1	Power Cord
15	1	3/8" x 1" Bolt	52	1	Press Arm
16	14	Side Shield Screw	53	2	Press Arm Bushing
17	1	Left Side Shield	54	1	Press Arm Axle
18	1	Axle Bolt	55	1	Pull Pin
19	1	Axle Washer	56	1	Lat Bar
20	2	E-Clip	57	2	Connector Link
21	1	Pulley Pin	58	1	Chain
22	1	Upper Endcap	59	1	Press Arm Bracket
23	3	1/4" x 2 1/2" Bolt	60	2	Pulley Plate
24	2	Butterfly Cable	61	1	Pulley Bracket
25	1	Upper Cable	62	1	Control Stand
26	1	Lower Cable	63	1	Right Side Shield
27	4	Butterfly Bushing	64	1	Cable Extension
28	2	Hairpin Cotter Pin	65	2	Front Endcap
29	1	Right Butterfly Arm	66	1	Middle Endcap
30	1	Left Butterfly Arm	67	1	Ankle Strap
31	2	Butterfly Pad	68	1	Control Cord Socket
32	4	Leg Lever Pad	69	3	Washer
33	1	Seat Support	70	2	Butterfly Arm Endcap
34	2	1/4" x 3/4" Bolt	71	4	Cable Guide
35	2	Ball Joint Washer	#	1	Owner's Manual
36	1	Leg Lever Pin	#	1	Grease
37	1	Pushnut			

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. WL065010

Rev. 3/92

Specifications are subject to change without notice.



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 (WL065010).
2. The NAME of the product (Weslo EXPERT 650).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and 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 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