

AEROTM 750

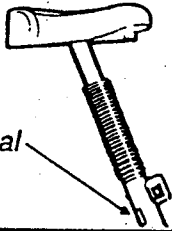
**dual action
calorie monitor**

westo, inc[®]

A Subsidiary of Weider Health and Fitness, Inc.

Model No. WL075010

Serial No. _____



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we 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.

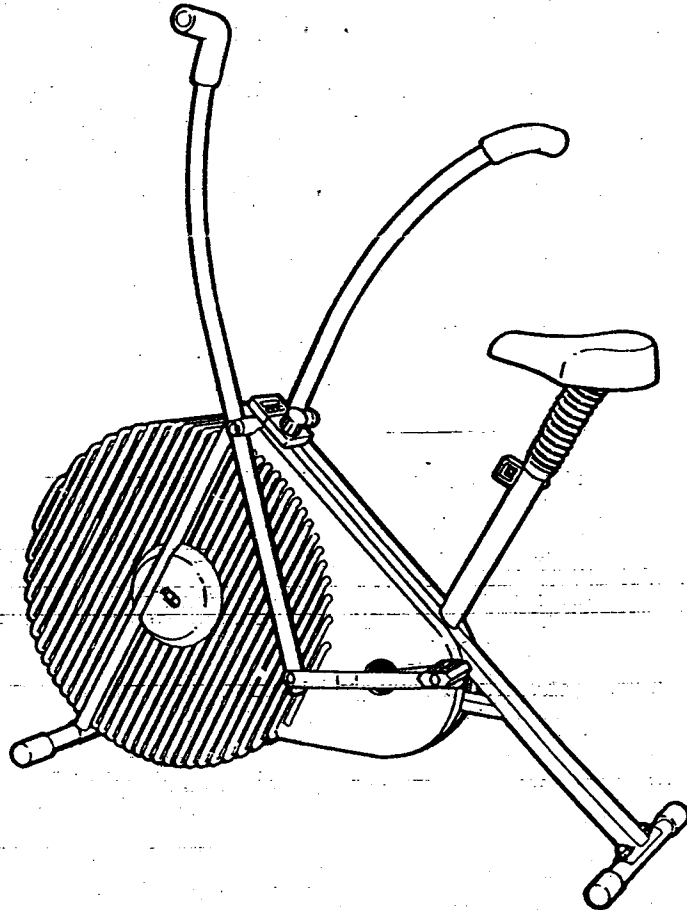
CUSTOMER HOT LINE:

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. Use this exercise bike only on a level surface.
2. Do not wear loose clothing that could become caught in this exercise bike. Always wear running shoes when exercising.
3. Keep your hands and feet away from the link arms during use. Keep small children away from this exercise bike during use.
4. Make sure that all parts are tight each time you use this exercise bike.

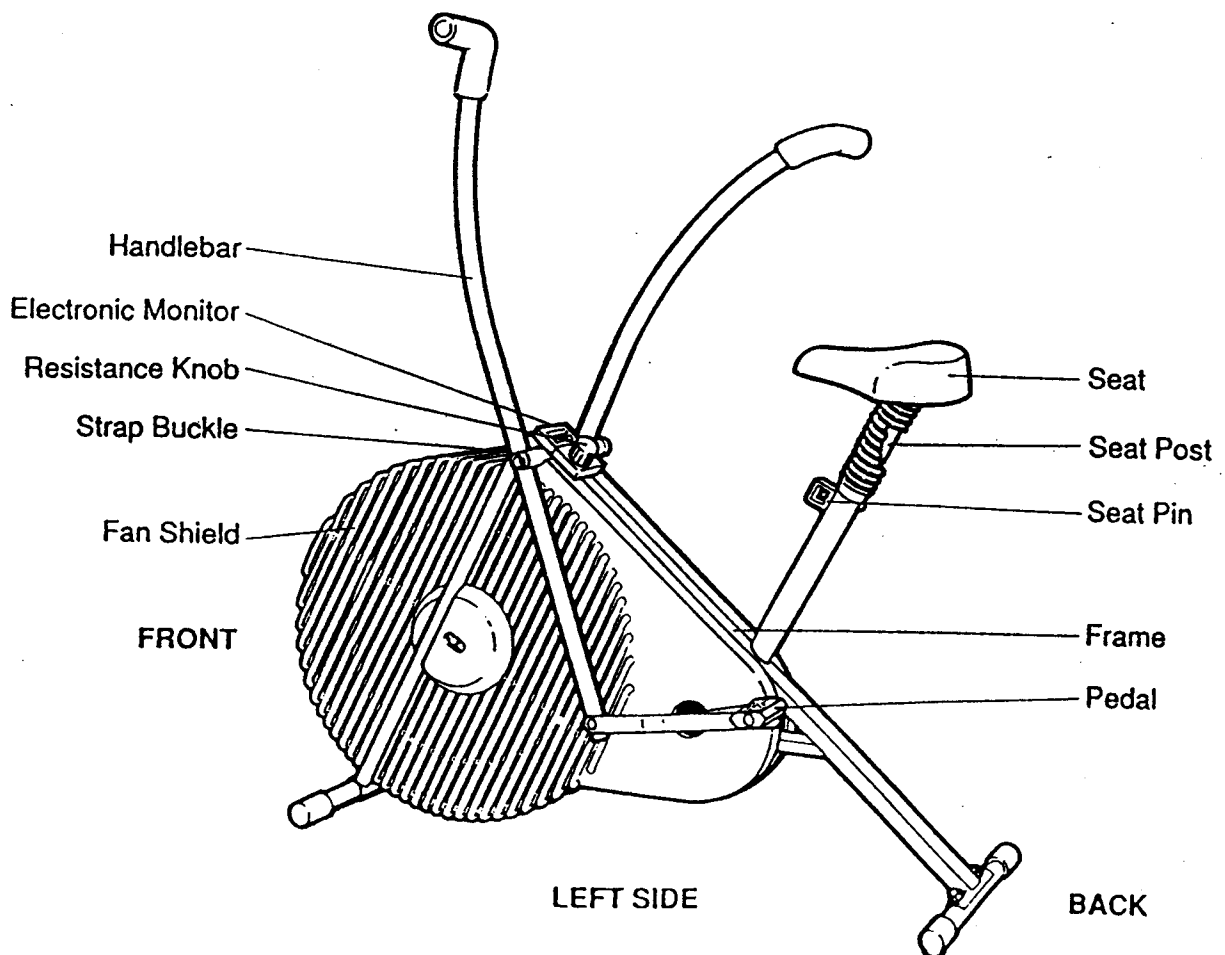
WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting a Weslo AERO 750 Dual Action Calorie Monitor exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The unique AERO 750 combines advanced engineering with innovative design to let you enjoy this healthful exercise in the convenience 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 1-800-99WESLO (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).

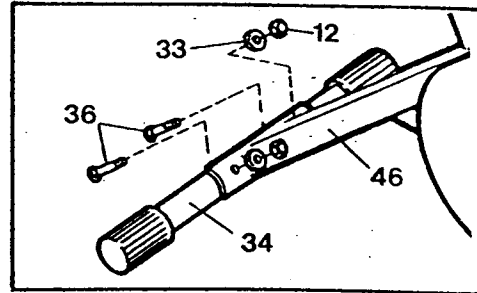
To help you understand clearly the instructions in this manual, examine the drawing below and familiarize yourself with the parts labeled.



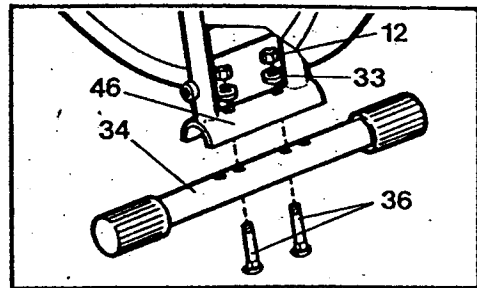
ASSEMBLY

Remove all parts from the packing carton. **Make sure all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Some of the hardware used in assembly will be found on one of the parts to be assembled, and must be removed before assembly.

1. Attach one of the Stabilizers (34) to the rear of the Frame (46) with two Carriage Bolts (36), Curved Washers (33) and Locknuts (12). (The Stabilizer must be turned so that the recessed holes in the Stabilizer are towards the Frame.)

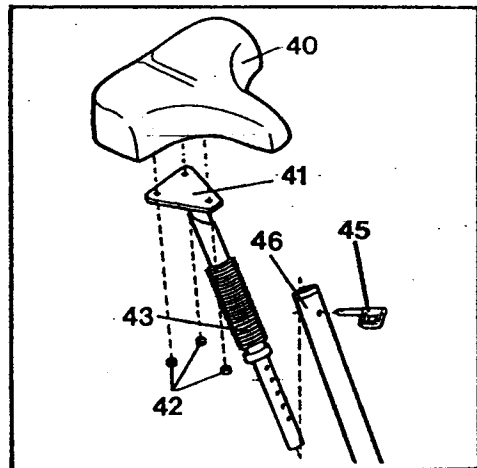


2. Attach the other Stabilizer (34) to the front of the Frame (46) with two Carriage Bolts (36), Curved Washers (33) and Locknuts (12). (The Stabilizer must be turned so that the recessed holes in the Stabilizer are towards the Frame.)

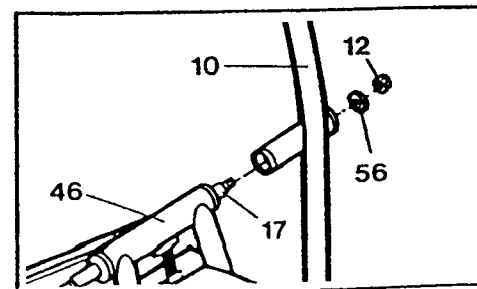


3. Remove the three Nuts (42) from the underside of the Seat (40). Attach the Seat to the top of the Seat Post (41) with the three Nuts.

Slide the Bellows (43) onto the Seat Post as shown. Remove the Seat Pin (45), and insert the Seat Post into the Frame (46). Adjust the Seat to the desired height and insert the Seat Pin into the Frame and Seat Post. **CAUTION: The Seat Post must be inserted a minimum of 2 inches.**

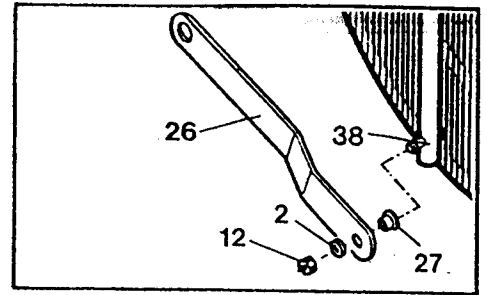


4. Slide the Pivot Shaft (17) into the Frame (46). Slide the Left Handlebar (10) onto the left end of the Shaft. Slide the Right Handlebar (not shown) onto the right end of the Shaft. Attach both Handlebars with Pivot Washers (56) and Locknuts (12).



5. Connect a Link Arm (26) to the lower end of the Right Handlebar (38) with a Handlebar Bushing (27), Flat Washer (2) and Locknut (12).

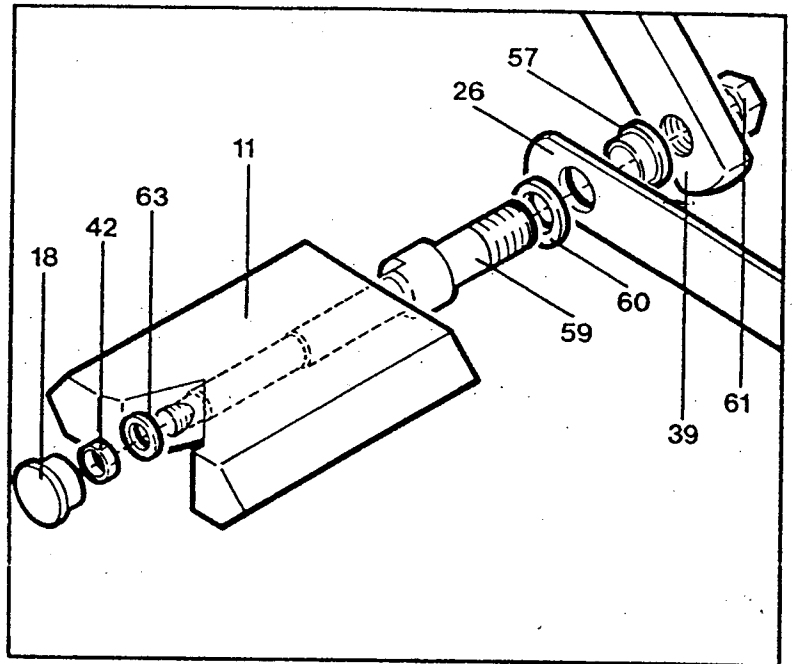
Attach the Other Link Arm to the Left Handlebar in the same manner (not shown).



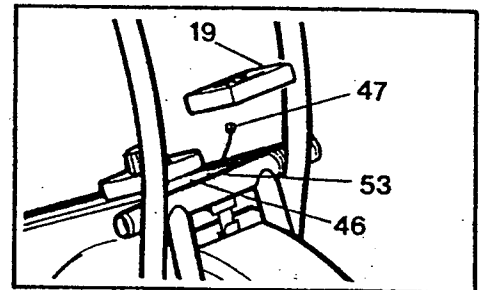
6. Slide a Shaft Washer (60) onto the end of a Pedal Shaft (59). Insert the end of the Shaft through the right Link Arm (26), slide a Link Arm Bushing (57) onto the Shaft, and firmly tighten the Shaft clockwise into the right arm of the Crank (39). Tighten a Shaft Nut (61) onto the end of the Shaft.

Slide a Pedal (11) onto the Pedal Shaft, with the deepest recess in the Pedal outward. Attach the Pedal with a Pedal Washer (63) and Pedal Nut (42). Press a Pedal Cap (18) into the Pedal.

Attach the other Pedal in the same manner (not shown).



7. If there is a red strip in the back of the Electronic Monitor (19), remove the strip. Plug the Sensor Wire (47) into the back of the Monitor. Slide the Monitor onto the Monitor Clip (53) on the Frame (46).



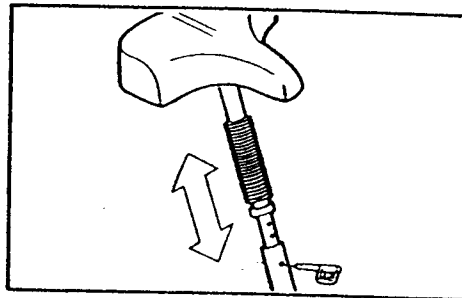
8. The Resistance Strap around the Fan (not shown), has been tightened for shipping purposes. It may be necessary to loosen the Strap before using the exercise bike (see RESISTANCE ADJUSTMENT on the following page).

ADJUSTMENT AND OPERATION

SEAT ADJUSTMENT

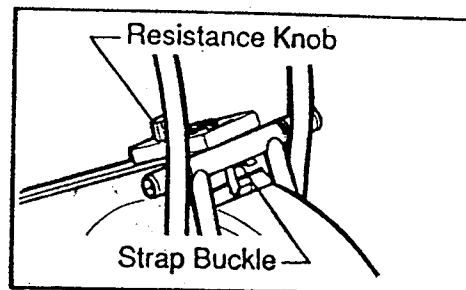
Proper seat height is important for efficient exercise. As you pedal the bike, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat, stand beside the bike, remove the seat pin, raise or lower the seat and replace the pin.

CAUTION: The Seat Post must be inserted a minimum of 2 inches.



RESISTANCE ADJUSTMENT

To vary the level of exercise difficulty, the resistance against the pedals can be adjusted with the knob located below the electronic monitor. To increase resistance, turn the knob clockwise. To decrease resistance, turn the knob counterclockwise. As you turn the resistance knob counterclockwise (decreasing resistance), stop when it becomes difficult to turn the knob. If you continue to turn the knob, the knob may be damaged.



If the range of resistance is too high or too low, the range can be adjusted. Turn the resistance knob counterclockwise until it stops. Open the strap buckle, mounted on the frame above the fan. To lower the range of resistance, loosen the resistance strap and close the buckle. To raise the range of resistance, tighten the strap and close the buckle.

ELECTRONIC MONITOR OPERATION

See the OPERATION GUIDE accompanying this manual.

MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. (Liquids should never come in contact with the monitor.)

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems are the result of worn batteries.

This exercise bike utilizes a high precision chain which must be kept properly adjusted. If the chain is too loose, the fan may be damaged. If the chain is too tight, the tension will cause bearing noise and wear. The chain should be checked periodically in the following manner:

1. Remove the right pedal assembly.
2. Remove the screws securing the right side shield to the frame and lift off the side shield.
3. Check the chain for proper tightness. The chain should not move up and down more than 1/4".
4. If the chain is properly adjusted, reattach the side shield and pedal assembly. If the chain is not properly adjusted, remove the screws securing the fan shield and lift off the fan shield.
5. Loosen the axle nuts on the ends of the fan axle. To tighten the chain, turn the adjustment nut on the front end of the frame clockwise. To loosen the chain, turn the adjustment nut counter-clockwise. Retighten the axle nuts, being sure to keep the fan aligned with the frame.
6. Reattach the fan shield, the side shield and the pedal assembly.

Always check the chain if it slips or causes excessive noise while pedaling. A few drops of light multi-purpose oil should be applied to the chain periodically.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate a personal fitness program. Remember that adequate rest and good nutrition are essential to the success of your fitness program. Before beginning this or any exercise program, consult your physician.

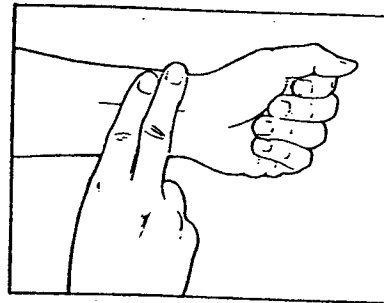
EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands, while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained 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 conditioned and unconditioned persons according to age. Use 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

During the first few weeks of your exercise program, keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist as shown in the drawing. Carefully take a six-second heart beat count. Add a 0 to the result to find your heart rate. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) If your heart rate is below your Training Zone, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



PLANNING YOUR WORKOUT

Every workout should consist of 5 important parts: 1. Resting, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. Resting. Warming up should be a part of every workout, preparing the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. 5-10 minutes of stretching will provide a good warm-up. After warming up, begin exercising with low intensity. After a few minutes, increase the intensity of your exercise to raise your heart rate to your Training Zone for a period of 20-30 minutes. To aid circulation, and help prevent soreness, finish your workout with 5-10 minutes of stretching or light exercise.

PART LIST - Model No. WL075010

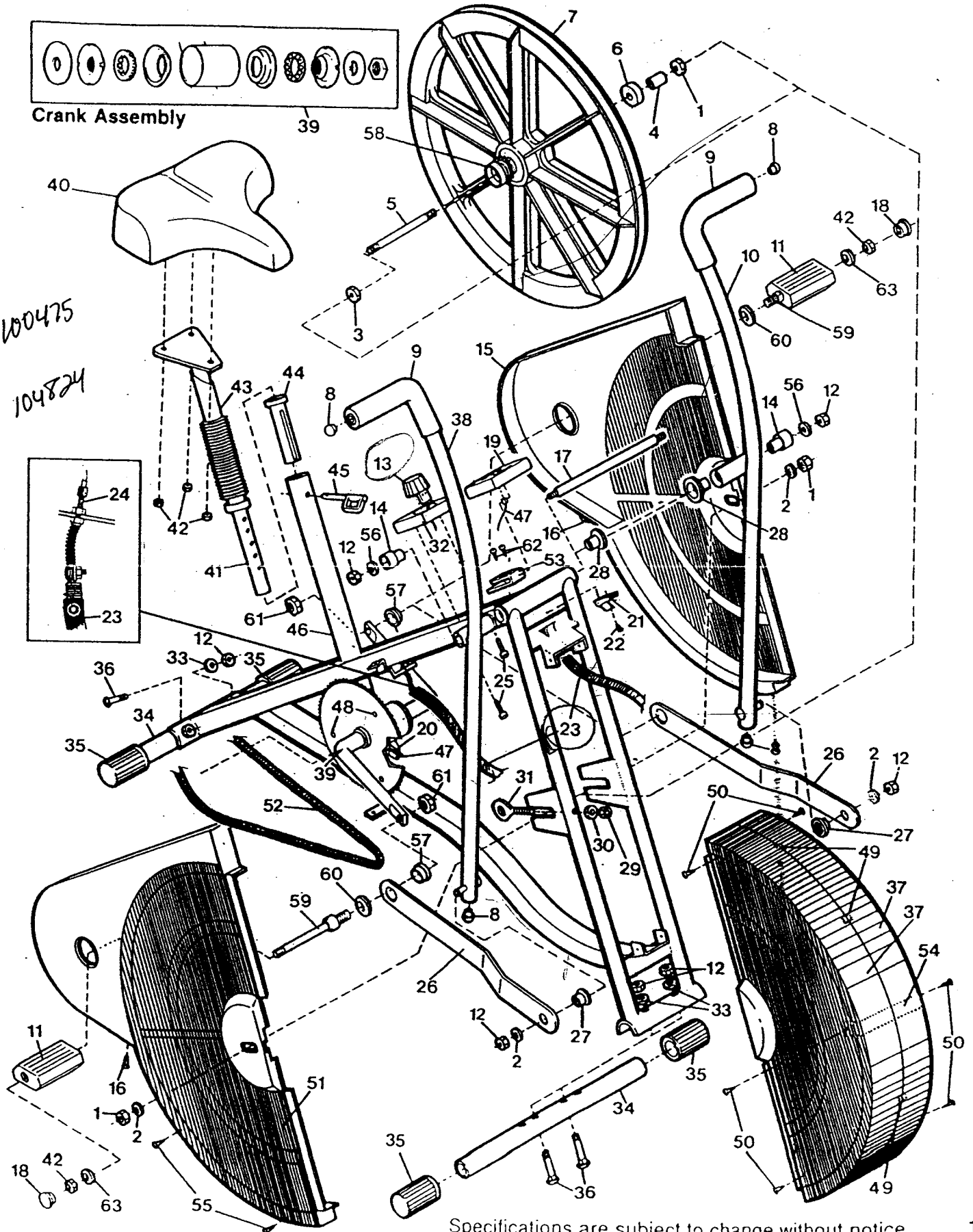
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Axle Nut	34	2	Stabilizer
2	4	Flat Washer	35	4	Stabilizer Cap
3	1	Thin Axle Nut	36	4	Carriage Bolt
4	1	Axle Spacer	37	2	Fan Shield
5	1	Axle Shaft	38	1	Right Handlebar
6	1	Bearing	39	1	Crank/Sprocket Assembly
7	1	Fan/Sprocket	40	1	Seat
8	4	Handlebar Endcap	41	1	Seat Post
9	2	Foam Grip	42	5	Nut
10	1	Left Handlebar	43	1	Bellows
11	2	Pedal	44	1	Seat Post Sleeve
12	8	Locknut	45	1	Seat Pin
13	1	Resistance Knob	46	1	Frame
14	2	Outer Pivot Bushing	47	1	Sensor Wire/Reed Switch
15	1	Left Side Shield	48	3	Magnet
16	2	Side Shield Screw	49	4	Fan Shield Clip
17	1	Pivot Shaft	50	6	Shield Screw
18	2	Pedal Cap	51	1	Right Side Shield
19	1	Electronic Monitor	52	1	Chain
20	3	Adhesive Tape	53	1	Monitor Clip
21	1	Strap Buckle	54	1	Fan Shield Bracket
22	1	Buckle Screw	55	4	Self-Tapping Screw
23	1	Resistance Strap	56	2	Pivot Washer
24	1	Resistance Cable Assembly	57	2	Link Arm Bushing
25	2	Knob Housing Screw	58	1	Bearing Cup Assembly
26	2	Link Arm	59	2	Pedal Shaft
27	2	Handlebar Bushing	60	2	Shaft Washer
28	4	Inner Pivot Bushing	61	2	Shaft Nut
29	1	Adjustment Nut	62	2	Clip Screw
30	1	Adjustment Washer	63	2	Pedal Washer
31	1	Adjustment Bolt	#	1	Owner's Manual
32	1	Knob Housing	#	1	Monitor Operation Guide
33	4	Curved Washer			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING - Model No. WL075010

Rev. 5/91



Specifications are subject to change without notice.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-99WESLO (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 (WL075010).
2. The NAME of the product (AERO 750).
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 bike near your telephone for easy reference when calling.