

AEROBIKE™

1250

variable resistance

calorie/pulse monitor • made in U.S.A.

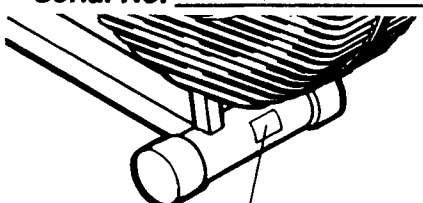
PATENT PENDING

weslo, inc.®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. WL076020

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.

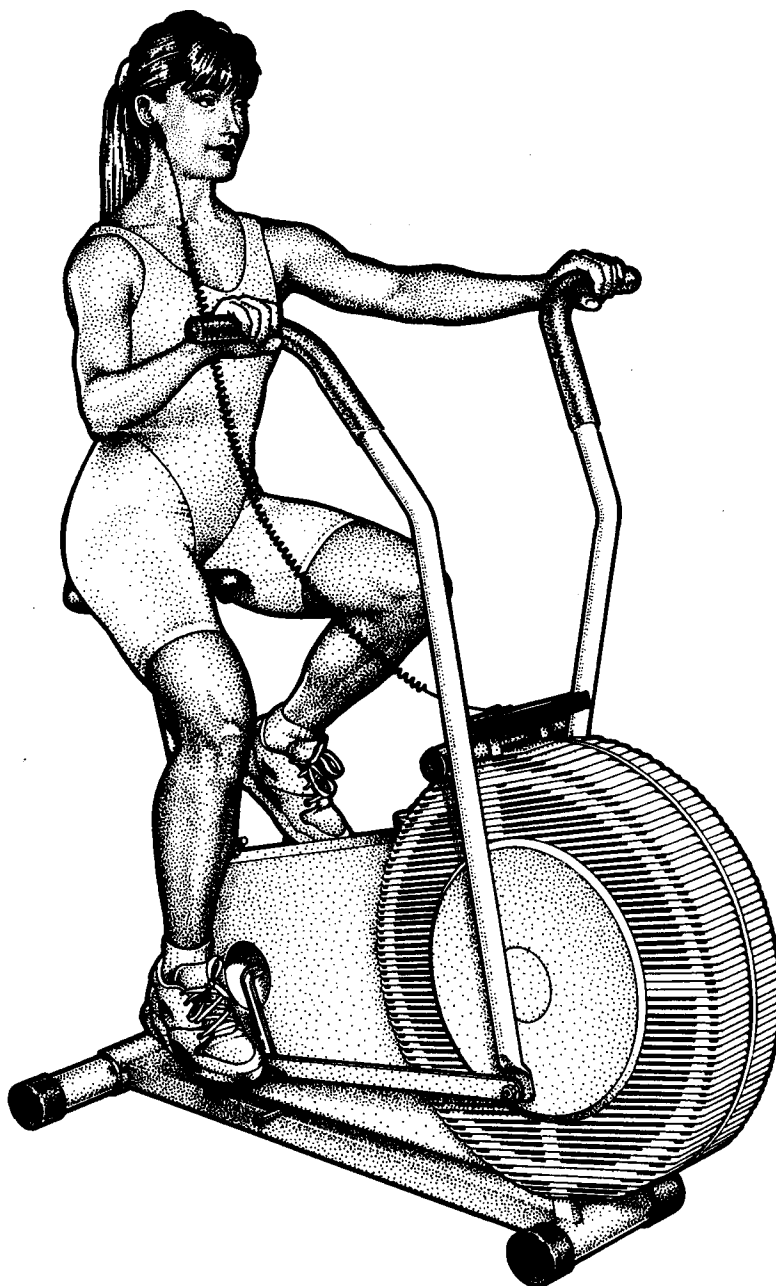
The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

**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 the exercise bike.

1. Place the exercise bike on a level surface.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the exercise bike. Always wear athletic shoes for foot protection.
3. When adjusting the seat, at least two inches of the seat post must be inside of the frame.
4. Keep your hands and feet away from the link arms when using the exercise bike. Keep small children away from the exercise bike at all times.
5. The pulse earclip is not a medical device. Various factors, including the user's movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
6. Keep the chain properly adjusted (see TROUBLE-SHOOTING AND MAINTENANCE in this manual).

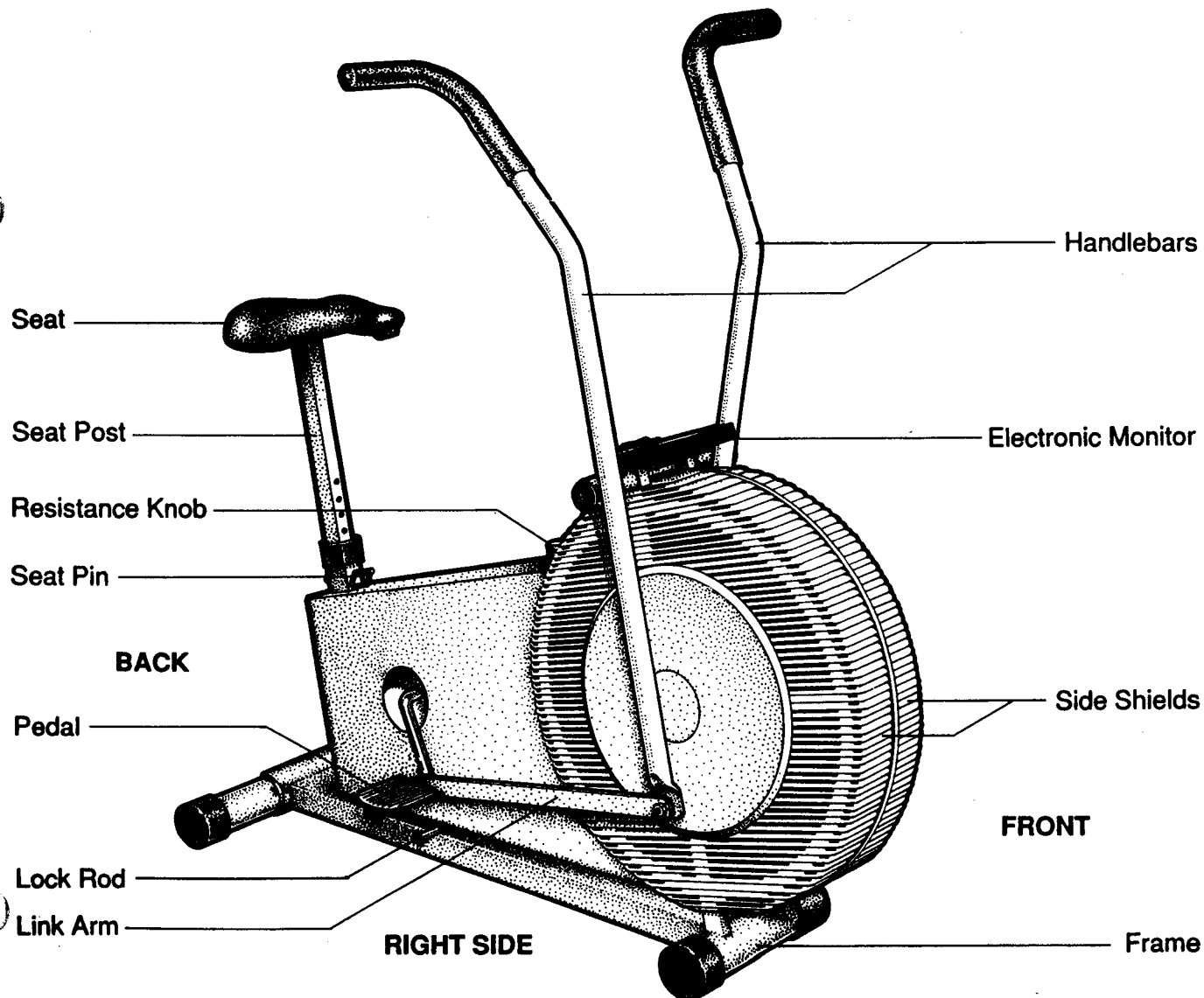
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Thank you for selecting the Weslo AEROBIKE 1250 exercise bike. Cycling is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The AEROBIKE 1250 blends state-of-the-art engineering with innovative styling to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the exercise bike. 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 the 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 exercise bike (see the front cover of this manual for the location).

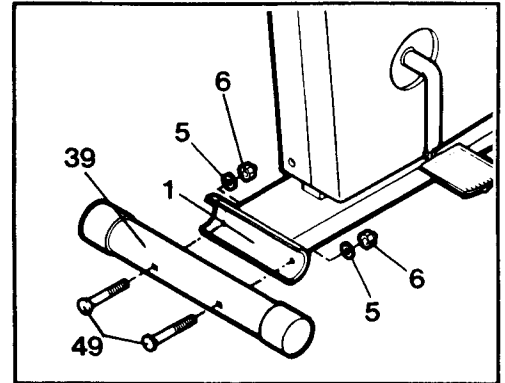
Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



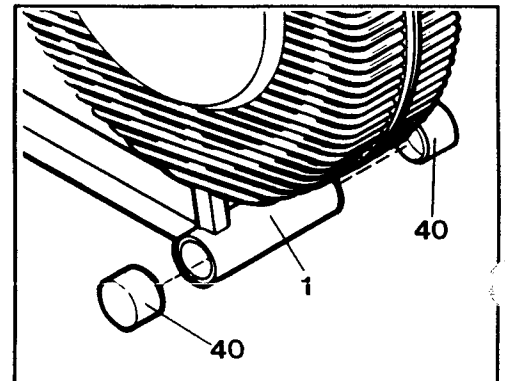
ASSEMBLY

Place all parts in a cleared area on the floor and remove the packing materials. **Do not dispose of the packing materials until the bike is fully assembled and all parts are accounted for.** Read each step carefully before beginning assembly.

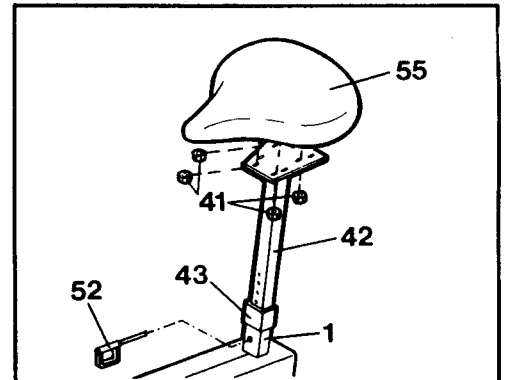
1. Turn the Rear Stabilizer (39) so that the indented holes in the Stabilizer are toward the Frame (1). Attach the Stabilizer to the Frame with two Carriage Bolts (49), Washers (5) and Nuts (6).



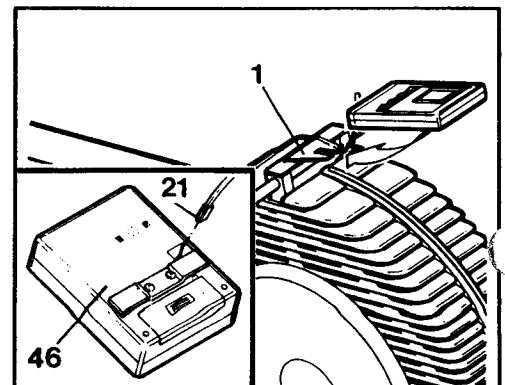
2. Press an Endcap (40) onto each end of the tube on the front of the Frame (1).



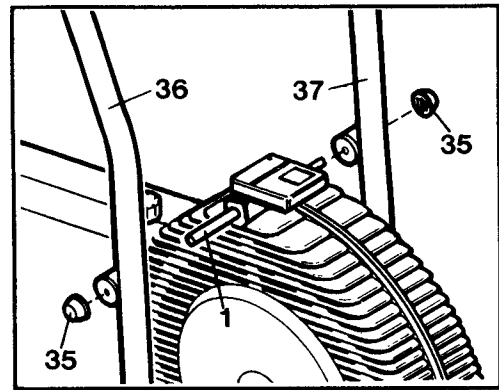
3. Raise the Seat Post (42) and insert the Seat Pin (52) through the Frame (1) and the Seat Post. Slide the Seat Post Sleeve (43) down over the Frame. Remove the four Seat Nuts (41) from the underside of the Seat (55). Attach the Seat to the top of the Seat Post with the four Nuts. Remove the Seat Pin, adjust the Seat to the desired height, and reinsert the Pin. **CAUTION: At least two inches of the Seat Post must be inside of the frame.**



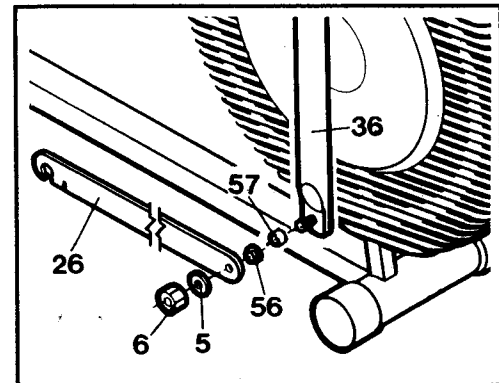
4. Plug the Sensor Wire (21) into the Electronic Monitor (46). Slide the Electronic Monitor onto the bracket on the Frame (1). Make sure that the Sensor Wire does not get pinched between the Electronic Monitor and the bracket.



5. Slide the Right Handlebar (36) onto the right end of the handlebar shaft on the Frame (1). (Note: See the drawing on page 3 for the correct position of the Handlebar.) Slide the Left Handlebar (37) onto the left end of the handlebar shaft. Tap a Handlebar Pushnut (35) onto each end of the handlebar shaft.



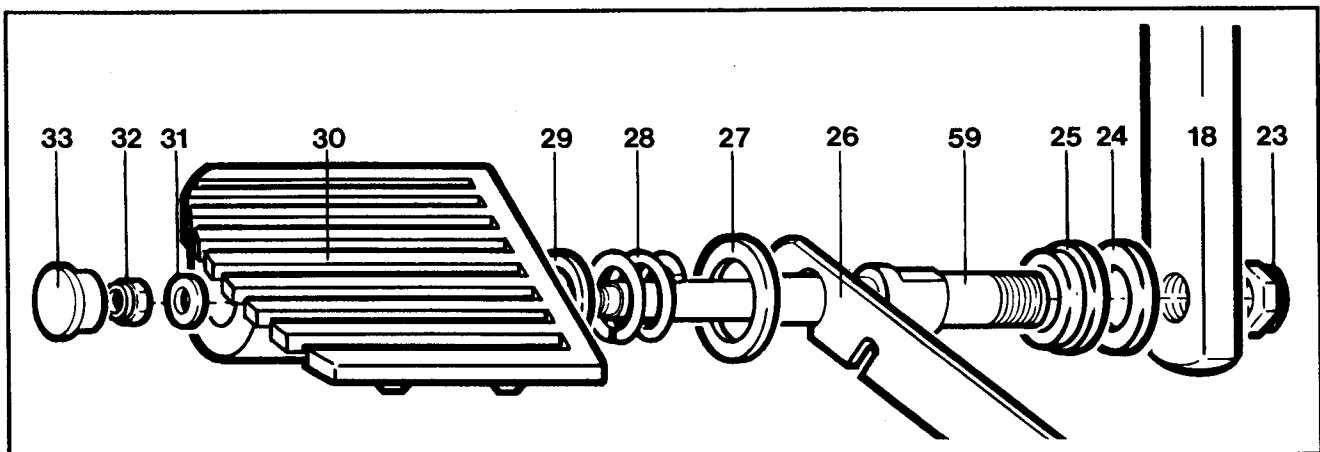
6. Slide a Link Arm Spacer (57) and a Link Arm Bushing (56) onto the lower end of the Right Handlebar (36). Make sure that the flange of the Bushing is next to the Spacer. Attach a Link Arm (26) to the Handlebar with a Washer (5) and Nut (6). Make sure that the opening in the end of the link arm is downward as shown.



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

7. Slide a Pedal Bushing (25) and a Shaft Washer (24) onto the end of a Pedal Shaft (59) as shown. (Note: The Shaft Washers and the Pedal Washers [27] are similar in appearance, but the Shaft Washers are slightly smaller.) Turning the Pedal Shaft clockwise, **firmly tighten** the Pedal Shaft into the right arm of the Crank (18). Tighten a Shaft Nut (23) onto the end of the Pedal Shaft. Fit the end of the right Link Arm (26) onto the Pedal Shaft and **slide it onto the Pedal Bushing**. Slide a Pedal Washer, Pedal Spring (28), Spring Washer (29) and Pedal (30) onto the Pedal Shaft. Be sure that the end of the Pedal with the deepest hole is turned away from the exercise bike. Tighten an Outer Pedal Washer (31) and an Outer Pedal Nut (32) onto the end of the Pedal Shaft. Do not overtighten the Pedal Nut; the Pedal should move back and forth slightly on the Shaft. Press a Pedal Cap (33) into the end of the Pedal.

Attach the other Pedal to the left arm of the Crank (not shown) in the same manner.



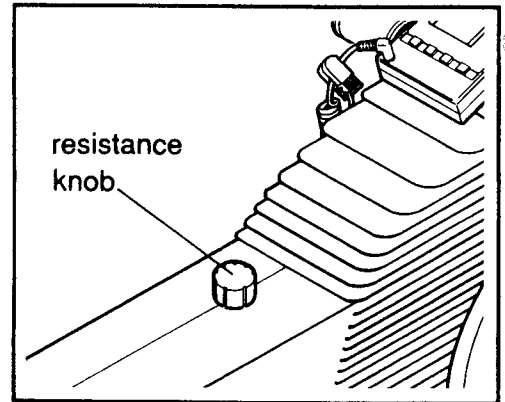
8. The Resistance Strap around the Fan (not shown) has been tightened for shipping purposes. It may be necessary to loosen the Strap before using the exercise bike (see TROUBLE-SHOOTING AND MAINTENANCE in this manual).

OPERATION AND ADJUSTMENT

RESISTANCE ADJUSTMENT

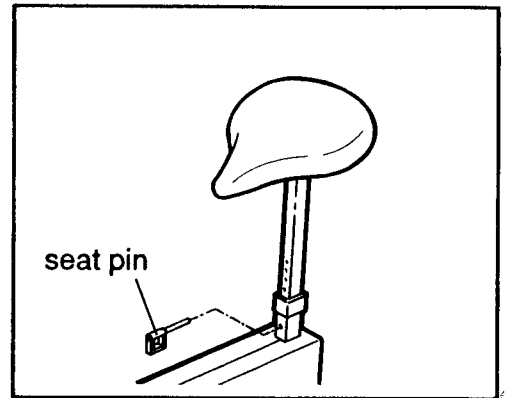
To vary the intensity of your exercise, the pedaling resistance can be adjusted using the resistance knob mounted on top of the side shields. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.

If the range of resistance is too high or too low, the range can be adjusted (see TROUBLE-SHOOTING AND MAINTENANCE in this manual).



SEAT ADJUSTMENT

Proper seat height is important for effective exercise. As you pedal, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat height: stand beside the exercise bike, hold the seat and remove the seat pin. Raise or lower the seat, and reinsert the seat pin. **CAUTION: At least two inches of the seat post must be inside of the frame.**

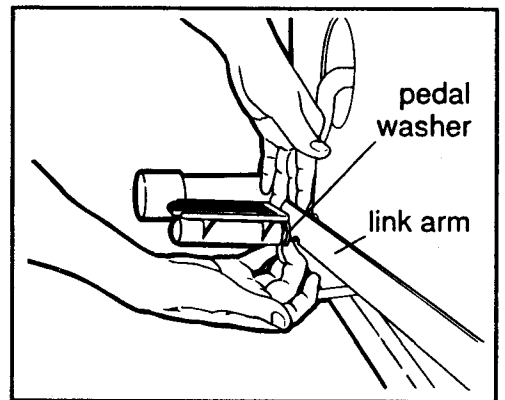


HANDLEBAR OPERATION

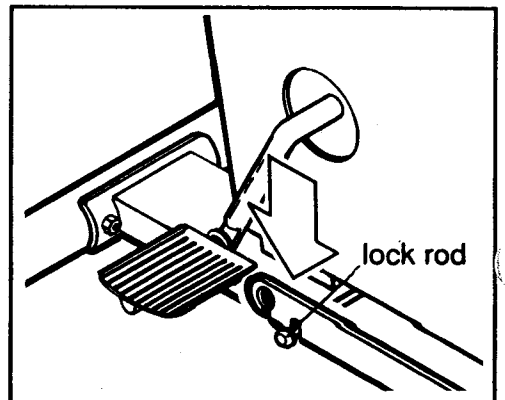
The handlebars can be used in either the stationary mode, for pedaling exercise only, or the dual-action mode, for both upper-body and lower-body exercise.

STATIONARY MODE

To convert the handlebars to the stationary mode, the link arms must be disconnected from the pedals. Pull the link arms outward against the tops of the pedal washers, while pulling against the bottoms of the pedal washers with your fingers. **Be careful not to pinch your fingers.** Lift the link arms off the pedals.

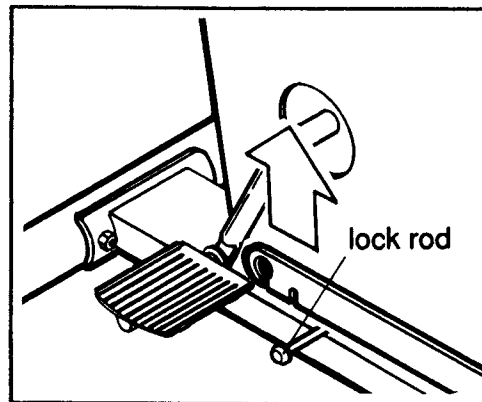


Clip the ends of the link arms onto the lock rod on the bike frame.



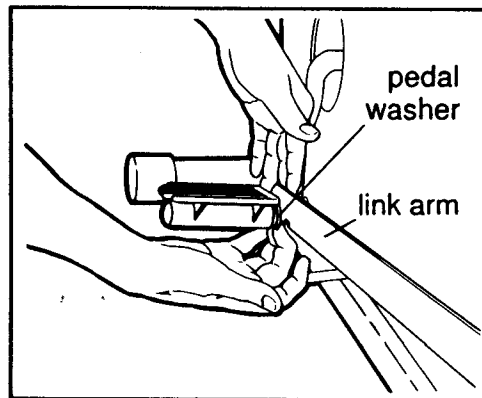
DUAL-ACTION MODE

To convert the handlebars to the dual-action mode, first lift the link arms off the lock rod on the bike frame.



Pull the link arms outward against the tops of the pedal washers, while pulling against the bottoms of the pedal washers with your fingers. **Be careful not to pinch your fingers.** Slide the link arms onto the pedal bushings. It may be necessary to move the link arms up and down slightly until they slide onto the pedal bushings.

For upper-body exercise only, rest your feet on the side shields and exercise using only your arms.



ELECTRONIC MONITOR OPERATION

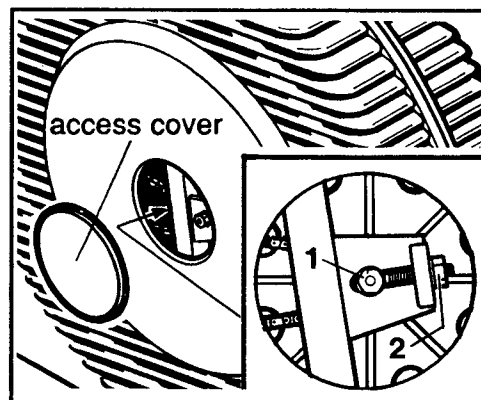
See the Electronic Monitor Operation Guide. A 9-volt battery (not included) is required for operation.

TROUBLE-SHOOTING AND MAINTENANCE

ADJUSTING THE CHAIN

The exercise bike features a precision chain which must be kept properly adjusted and lubricated. If the chain is too tight, the bearings may be damaged; if the chain is too loose, the fan may be damaged. If the chain causes excessive noise or slips as you pedal, check the chain in the following manner:

1. Carefully pry the access cover off the right side shield. Reach into the access hole and press down on the chain. **There should be no more than 1 inch, and no less than 1/4 inch, of vertical movement in the center of the chain.** If the chain is properly adjusted, reattach the access cover; if the chain needs to be adjusted, see step 2.
2. Pry the access cover off the left side shield. Loosen the fan nuts (1). To tighten the chain, turn the fan adjustment nuts (2) clockwise; to loosen the chain, turn the fan adjustment nuts counterclockwise. Be sure the fan is straight, tighten the fan nuts and reattach the access covers.



Apply a few drops of light multi-purpose oil to the chain every three months. Remove the access cover from the right side shield to apply oil.

ELECTRONIC MONITOR

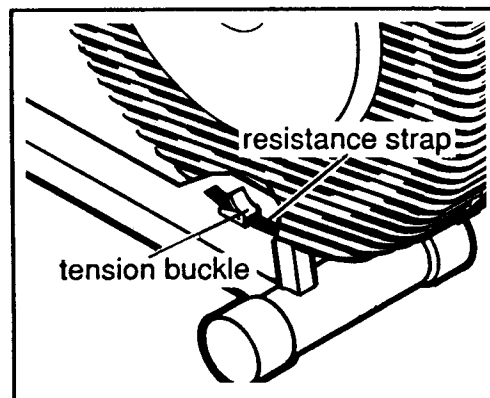
If the electronic monitor does not function properly, the battery should be replaced; most problems are the result of a weak battery. If the monitor still does not function properly, the sensor wire should be checked. Slide the monitor off the bracket, and make sure the sensor wire is fully plugged in.

CLEANING THE PULSE EARCLIP

If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

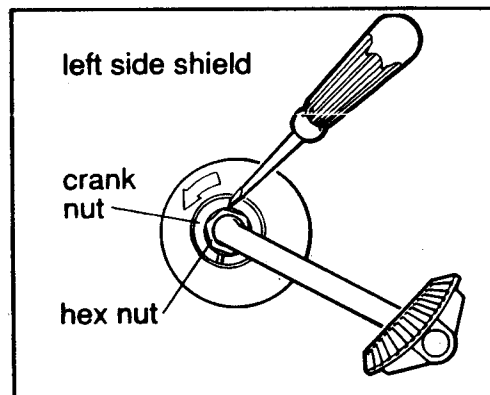
ADJUSTING THE RANGE OF PEDALING RESISTANCE

If the range of pedaling resistance is too high or too low, the range can be adjusted using the tension buckle located on the frame beneath the side shields. Turn the resistance knob counterclockwise until it stops. To raise the range of resistance, open the tension buckle, pull the resistance strap slightly tighter, and close the buckle tightly. To lower the range of resistance, loosen the resistance strap slightly.



TIGHTENING THE CRANK ARMS

If the crank arms become loose, they should be tightened in order to prevent excessive wear. Loosen the hex nut on the left arm of the crank. Place the end of a standard screwdriver in one of the grooves in the crank nut. Lightly tap the screwdriver with a hammer to turn the crank nut counterclockwise until the crank arms are no longer loose. Do not overtighten the crank nut. When the crank nut is properly tightened, tighten the hex nut.



TIGHTENING THE PEDALS

If the pedals become loose, tighten the pedal shafts into the arms of the crank. Tighten the shaft nuts onto the ends of the pedal shafts (see ASSEMBLY in this manual).

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 individuals over the age of 35 or individuals 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 of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the electronic monitor. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise. **WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**

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 your muscles as well as help to decrease 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**.

PART LIST—Model No. WL076020

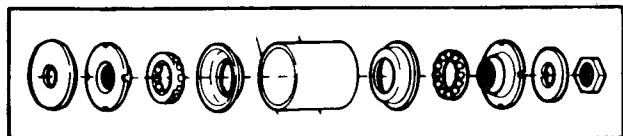
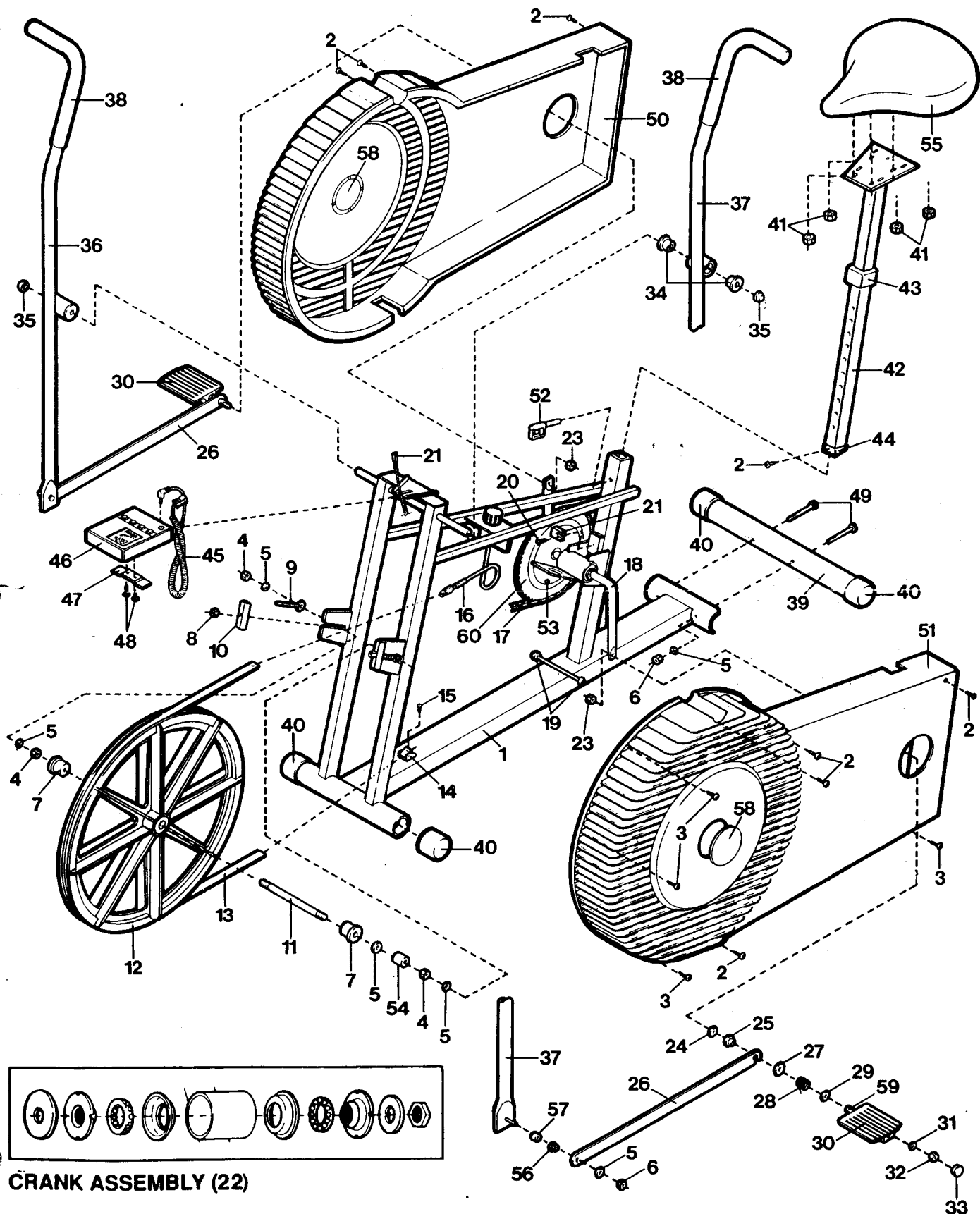
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	32	2	Outer Pedal Nut
2	9	Small Screw	33	2	Pedal Cap
3	4	Fan Shield Screw	34	4	Handlebar Bushing
4	4	Fan Nut	35	2	Handlebar Pushnut
5	9	Washer	36	1	Right Handlebar
6	4	Nut	37	1	Left Handlebar
7	2	Bushing	38	2	Handlebar Foam
8	2	Adjustment Nut	39	1	Rear Stabilizer
9	2	Adjustment Bolt	40	4	Endcap
10	2	Adjustment Bracket	41	4	Seat Nut
11	1	Fan Axle	42	1	Seat Post
12	1	Fan w/Sprocket	43	1	Seat Post Sleeve
13	1	Resistance Strap	44	1	Inner Sleeve
14	1	Tension Buckle	45	1	Pulse Earclip
15	1	Tension Buckle Screw	46	1	Electronic Monitor
16	1	Resistance Assembly	47	1	Mounting Bracket
17	1	Chain	48	2	Mounting Bracket Screw
18	1	Crank	49	2	Carriage Bolt
19	2	Protective Cap	50	1	Right Side Shield
20	1	Reed Switch Screw	51	1	Left Side Shield
21	1	Reed Switch/Sensor Wire	52	1	Seat Pin
22	1	Crank Assembly	53	1	Sensor Magnet
23	2	Shaft Nut	54	1	Spacer
24	2	Shaft Washer	55	1	Seat
25	2	Pedal Bushing	56	2	Link Arm Bushing
26	2	Link Arm	57	2	Link Arm Spacer
27	2	Pedal Washer	58	2	Access Cover
28	2	Pedal Spring	59	2	Pedal Shaft
29	2	Spring Washer	60	1	Sprocket
30	2	Pedal	#	1	Owner's Manual
31	2	Outer Pedal Washer	#	1	Monitor Operation Guide

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

EXPLODED DRAWING—Model No. WL076020

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CRANK ASSEMBLY (22)

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 note the following information before calling:

1. The **MODEL NUMBER** of the product (WL076020).
2. The **NAME** of the product (Weslo AEROBIKE 1250).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** and **DESCRIPTION** of the part(s) (see 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