

# PURSUIT MXT™

TRIPLE ACTION PROFESSIONAL CLUB TRAINER

QUIK DIAL RESISTANCE/MOTIVATIONAL CALORIE MONITOR/MADE IN U.S.A.

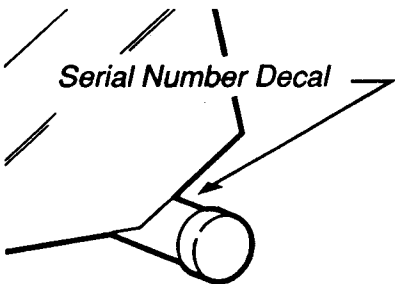
PATENT PENDING

137.00

## WESLO®

Model No. WL078020

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 exercise bike.

1. Place the exercise bike on a level surface. Do not use the bike near water or outdoors.
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. Keep small children away from the exercise bike at all times.
4. Use the exercise bike only as described in this manual.

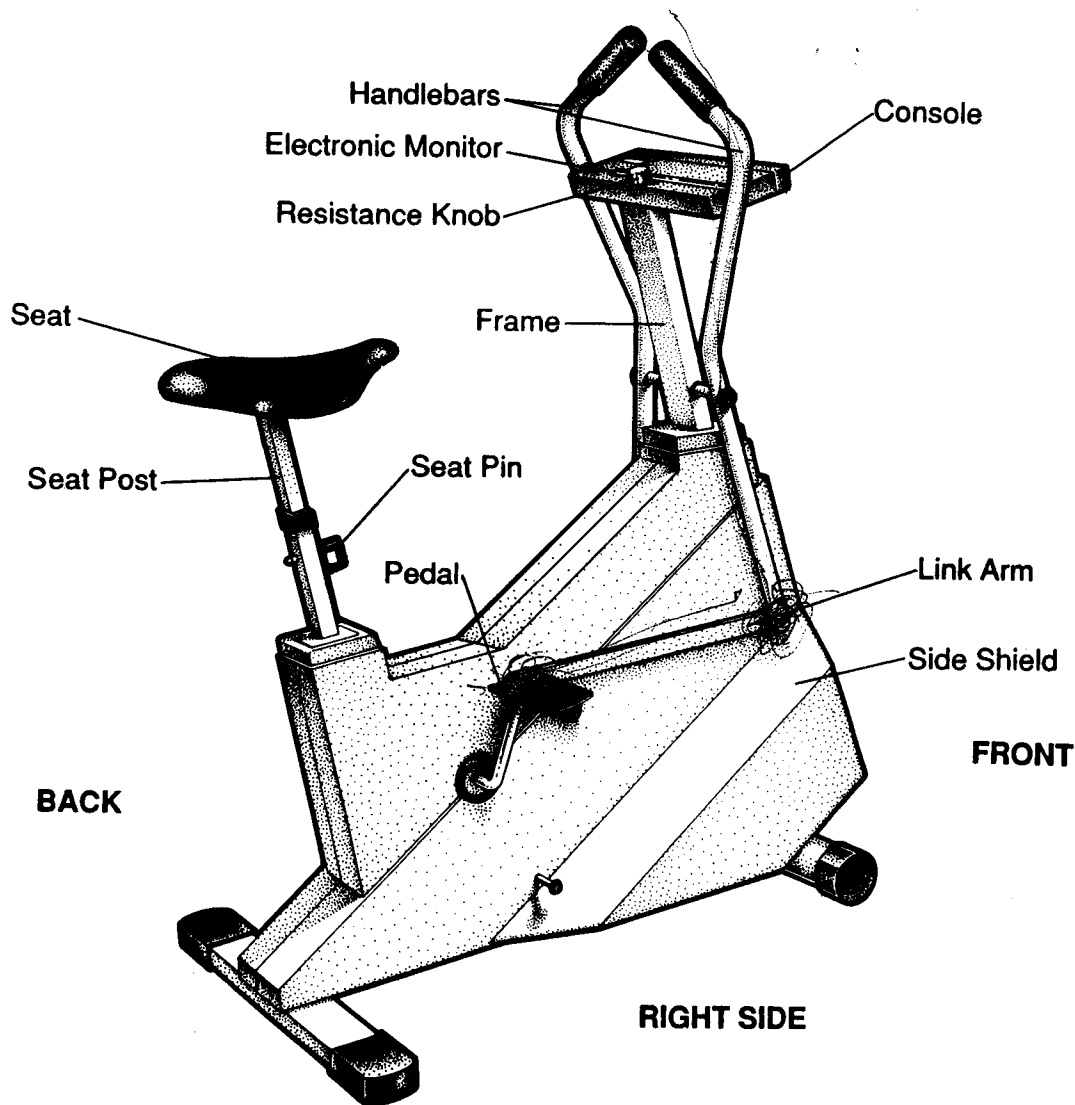
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WESLO assumes no responsibility for personal injury or property damage sustained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

# BEFORE YOU BEGIN

Congratulations for selecting the WESLO® PURSUIT MXT triple-action professional club trainer. Cycling is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The PURSUIT MXT blends advanced 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 mention the product model number and serial number when 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 of the decal).

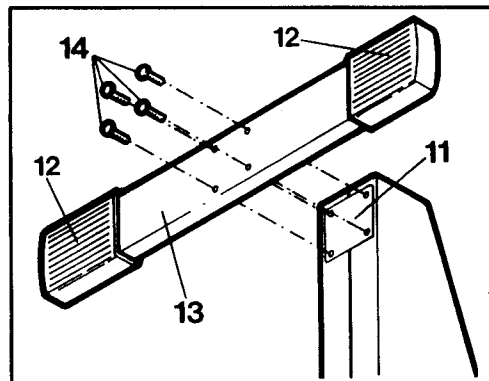
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



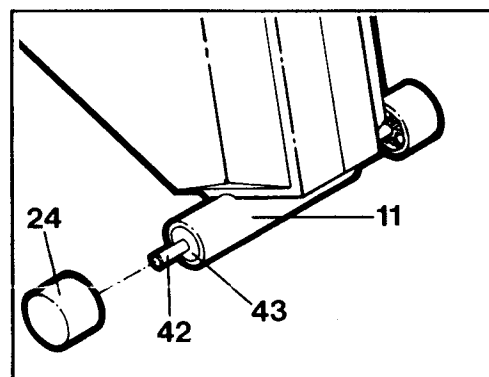
# ASSEMBLY

Place all parts in a cleared area and remove the packing materials. **Do not dispose of the packing materials until the bike is fully assembled.** Read all steps carefully before beginning. The assistance of a second person is recommended.

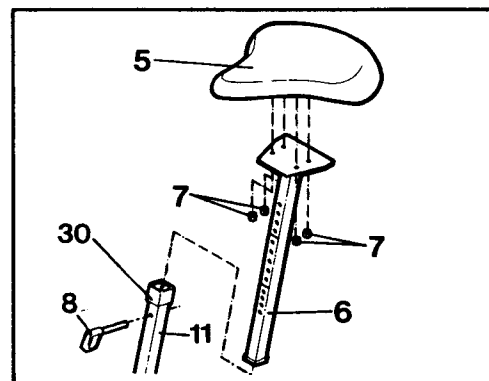
1. Raise the back end of the exercise bike. Attach the Stabilizer (13) to the Frame (11) with the four Stabilizer Bolts (14). The ribbed sides of the Endcaps (12) must be downward as shown. Lower the exercise bike.



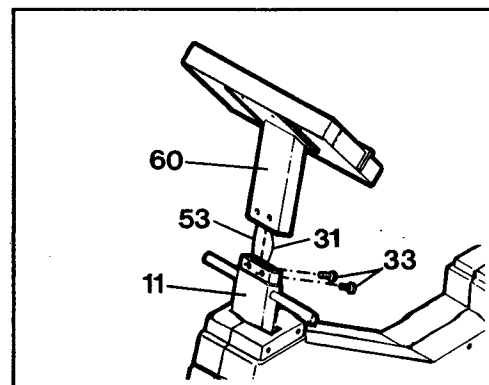
2. Slide the free end of the Roller Axle (42) through the Bushings (43) in the Frame (11). Press the unattached Roller (24) onto the end of the Axle. Twist the Roller, if necessary, to press it fully onto the Axle.



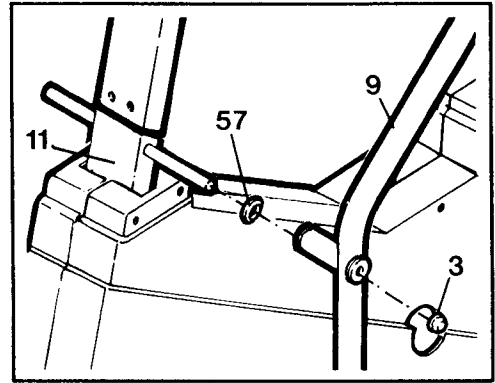
3. Remove the four Seat Nuts (7) from the underside of the Seat (5). Attach the Seat to the top of the Seat Post (6) with the four Nuts. Insert the Seat Post into the Frame (11), adjust the Seat to the desired height, and insert the Seat Pin (8) through the Frame and Seat Post. Slide the Seat Post Sleeve (30) down over the Frame. **CAUTION: At least two inches of the Seat Post must be inside of the frame.**



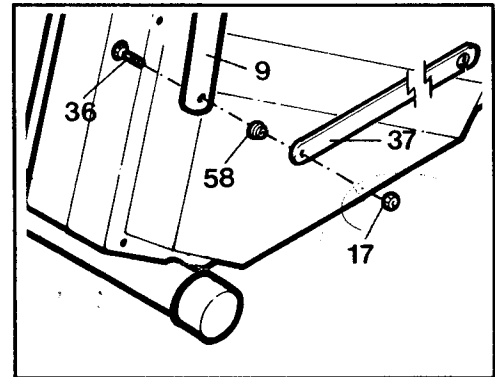
4. Slide the Console Mount (60) onto the Frame (11). **CAUTION: Be careful to avoid pinching your fingers, the Sensor Wire (53) or the Resistance Cable (31).** Attach the Console Mount with the two Mount Screws (33).



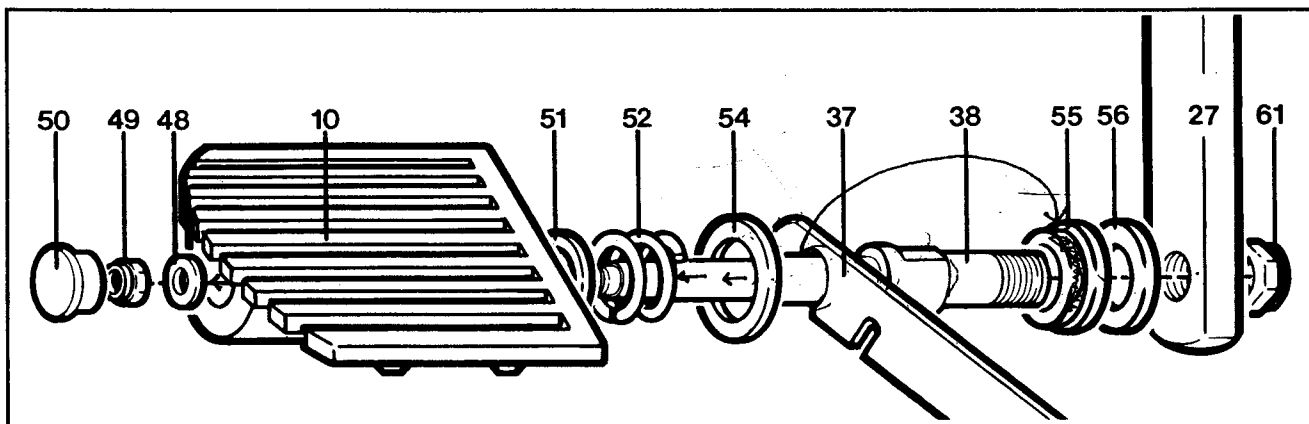
- Slide a Handlebar Spacer (57) onto each side of the handlebar shaft of the Frame (11). The open side of the Spacers must be turned toward the Frame. Slide a Handlebar (9) onto each side of the handlebar shaft. (See the drawing on page 3 for the correct position of the Handlebars.) Attach the Handlebars by pressing a Handlebar Pushnut (3) onto each end of the handlebar shaft.



- Insert a Link Arm Bolt (36) through the lower end of the left Handlebar (9) as shown. **CAUTION: The lower end of the Handlebar may have a rough edge. Use caution to avoid cutting your fingers.** Slide a Link Arm Bushing (58) onto the Bolt, with the flange of the Bushing turned toward the Handlebar. Slide a Link Arm (37) onto the Bolt, with the opening in the end of the Link Arm downward as shown. Tighten a Nut (17) onto the Bolt. Do not overtighten the Nut; the Link Arm must be able to pivot freely. Attach the other Link Arm to the left Handlebar (not shown) in the same manner.



- Slide a Pedal Bushing (55) and a Shaft Washer (56) onto the end of a Pedal Shaft (38) as shown. (The Shaft Washers are similar in appearance to the Pedal Washers [54], but the Shaft Washers are slightly smaller.) Firmly tighten the Pedal Shaft, in a clockwise direction, into the right arm of the Crank (27). Tighten a Shaft Nut (61) onto the end of the Pedal Shaft. Fit the end of the right Link Arm (37) onto the Pedal Shaft and **slide it onto the Pedal Bushing**. Slide a Pedal Washer (54), Pedal Spring (52), Spring Washer (51) and Pedal (10) onto the Pedal Shaft. The end of the Pedal with the deepest hole must be turned away from the exercise bike. Tighten an Outer Pedal Nut (49) with an Outer Pedal Washer (48) onto the Pedal Shaft. Do not overtighten the Pedal Nut; the Pedal should be able to move back and forth slightly on the Shaft. Press a Pedal Cap (50) into the Pedal. Attach the other Pedal to the left arm of the Crank (not shown) in the same manner.



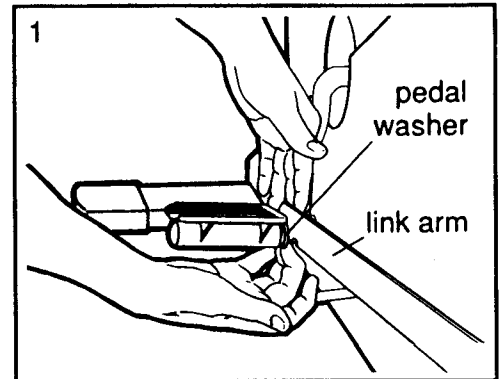
# OPERATION AND ADJUSTMENT

The exercise bike can be used in any of three modes: the pedaling mode, for lower-body exercise only; the pedaling/rowing mode, for both lower-body and upper-body exercise; or the rowing mode, for upper-body exercise only.

## PEDALING MODE

To convert the exercise bike to the pedaling mode, the link arms must be disconnected from the pedals. Pull each link arm against the top of the pedal washer with one hand, while pulling against the bottom of the pedal washer with your other hand. **CAUTION: Be careful not to pinch your fingers.** Lift the link arm off the pedal. (See drawing 1.)

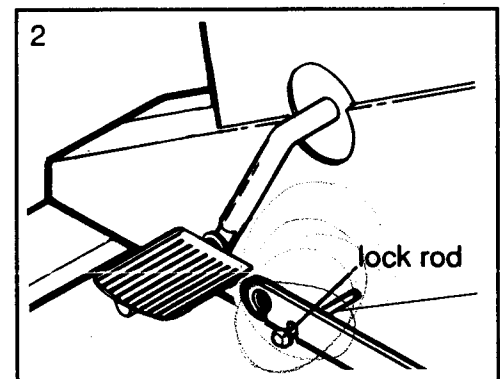
Clip the end of the link arm onto the lock rod on the bike frame. (See drawing 2.)



## PEDALING/ROWING MODE

To convert the exercise bike to the pedaling/rowing mode, the link arms must be connected to the pedals. Lift each link arm off the lock rod on the bike frame. (See drawing 2.)

Pull each link arm against the top of the pedal washer with one hand, while pulling against the bottom of the pedal washer with your other hand. **CAUTION: Be careful not to pinch your fingers.** Slide the link arm onto the pedal bushing. Move the link arm up and down slightly, if necessary, until it slides onto the pedal bushing. (See drawing 1.)



## ROWING MODE

To convert the exercise bike to the rowing mode, connect the link arms to the pedals as described above. Rest your feet on the side shields, and exercise using only your arms.

## RESISTANCE ADJUSTMENT

To vary the intensity of your exercise, the pedaling resistance can be adjusted using the knob on the console. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise. Stop turning the knob when turning becomes difficult, or the knob may be damaged.

If the range of pedaling resistance is too high or too low, the range can be adjusted. (See TROUBLESHOOTING 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, first dismount the exercise bike. Hold the seat and remove the seat pin. Adjust the seat to the proper height and insert the seat pin through the frame and seat post. **CAUTION: At least two inches of the seat post must be inside of the frame.**

# CONSOLE OPERATION

The console features a five-mode electronic monitor to provide you with instant feedback as you exercise. Please read these instructions before operating the monitor.

## DESCRIPTION OF THE MODES

**SPEED**—Displays your current pedaling speed, in miles per hour.

**TIME**—Displays the elapsed time. Note: If you stop exercising for ten seconds or longer, the TIME mode will pause until you resume.

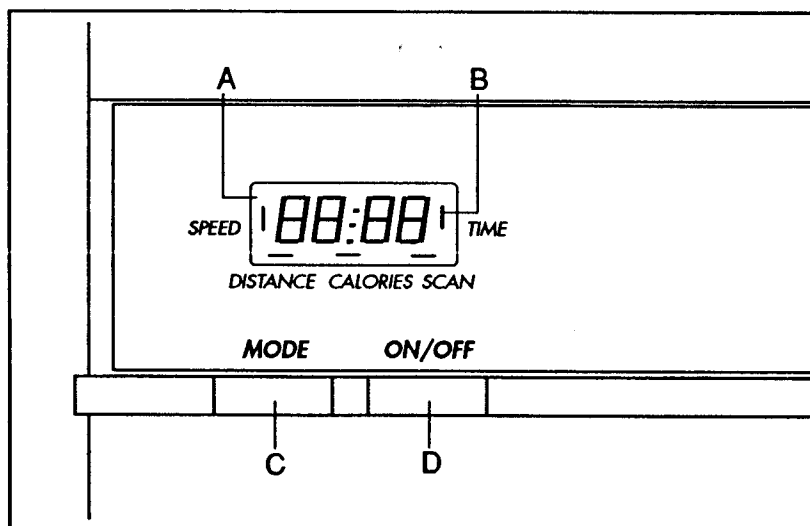
**DISTANCE**—Displays the total distance you have pedaled, in miles.

**CALORIES**—Displays the total number of nutritional Calories you have burned. Note: The number displayed is an averaged figure. The actual number may vary depending on the resistance.

**SCAN**—Displays all of the above modes, for five seconds each, in a repeating cycle.

## MONITOR DIAGRAM

- A. LCD display.
- B. Mode indicators—Show which mode is currently selected.
- C. Mode button—Selects modes.
- D. On/off button—Turns the power on and off.



## INSTALLING BATTERIES

The console requires two "AA" batteries (not included) for operation; alkaline batteries are recommended. Slide the battery cover open and remove the battery clip from the console. Find the markings inside the battery clip showing which direction the batteries must be turned. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.

## OPERATING THE MONITOR

1. To turn the power on, press the on/off button or simply begin pedaling. The entire display will appear for two seconds. The monitor will then be ready for operation.
2. Select one of the five modes:

**SCAN mode**—When the power is turned on, the SCAN mode will be selected automatically. One mode indicator will show that the SCAN mode has been selected, and a second mode indicator will show which mode is currently displayed. The SCAN mode can also be selected by repeatedly pressing the MODE button.

SPEED, TIME, DISTANCE or CALORIES mode—These modes can be selected by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. The modes are selected in the following order: SPEED, TIME, DISTANCE, CALORIE and SCAN.

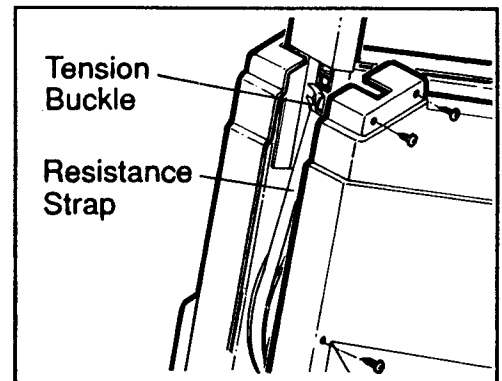
3. To reset the modes, turn the power off and then on again by pressing the on/off button.
4. To turn the power off, press the on/off button. Note: If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically.

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## MAINTENANCE AND TROUBLE-SHOOTING

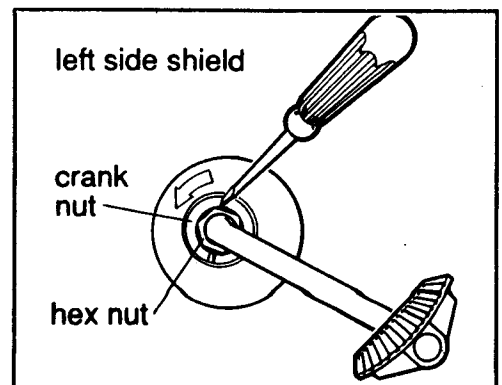
### ADJUSTING THE RANGE OF PEDALING RESISTANCE

If the range of pedaling resistance is too high or too low, the range can be adjusted. Disconnect the link arms from the pedals and pivot the handlebars out of the way. Remove three screws from the left side shield as shown. Carefully pull the side shield away from the bike until the tension buckle on the front of the frame is exposed. Open the buckle. To raise the range of resistance, pull the resistance strap slightly tighter and close the buckle tightly. To lower the range of resistance, loosen the strap slightly. Reattach the left side shield.



### 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.



# CONDITIONING GUIDELINES

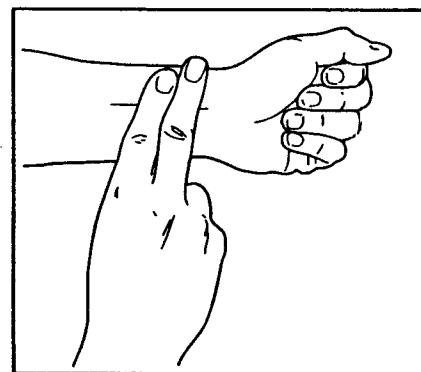
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or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

# PART LIST—Model No. WL078020

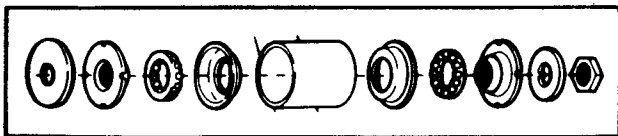
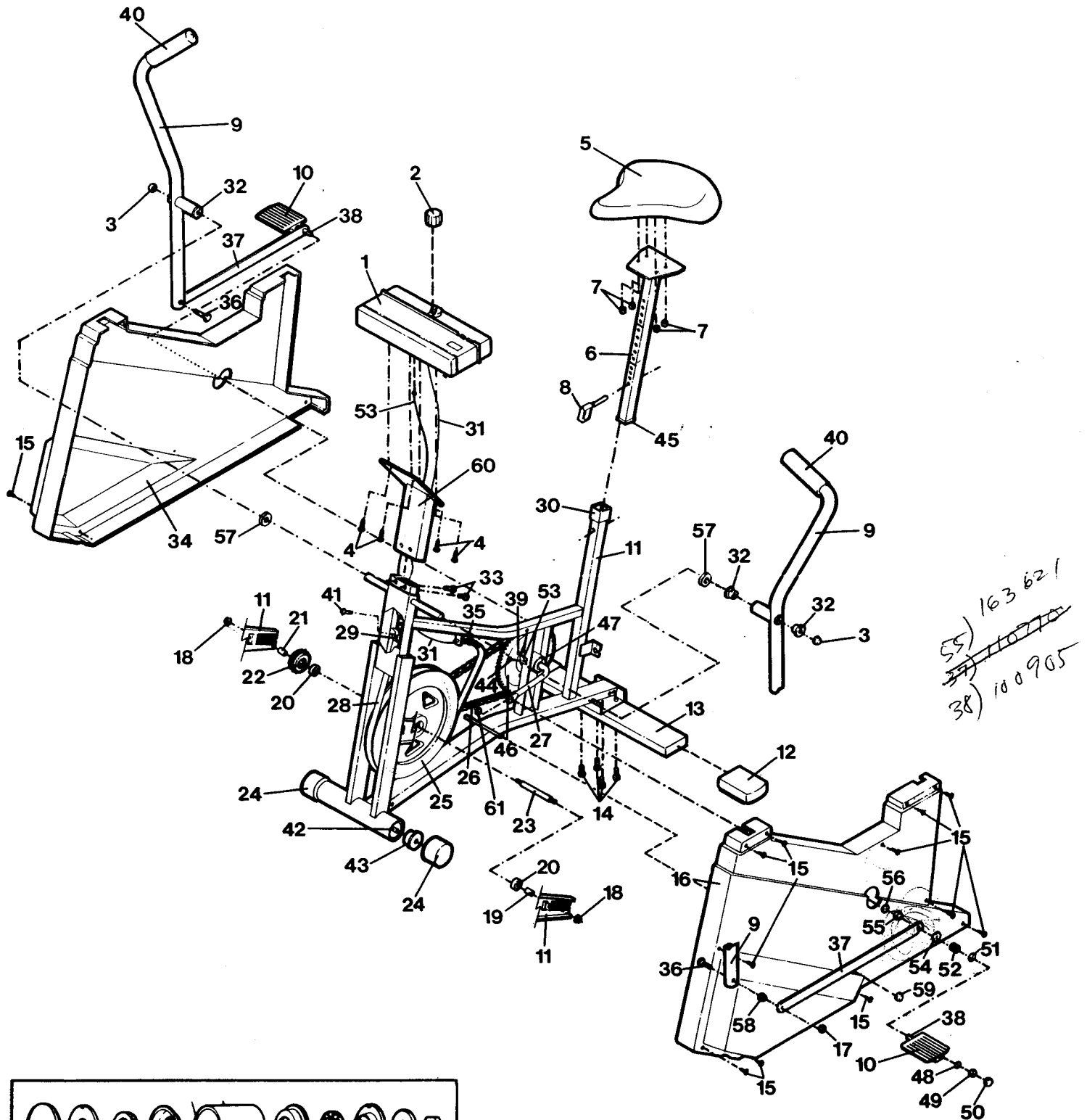
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	32	4	Handlebar Bushing
2	1	Resistance Knob	33	2	Mount Screw
3	1	Handlebar Pushnut	34	1	Right Side Shield
4	4	Screw	35	1	Tension Spring Assembly
5	1	Seat	36	1	Link Arm Bolt
6	1	Seat Post	37	2	Link Arm
7	4	Seat Nut	38	2	Pedal Shaft
8	1	Seat Pin	39	1	Magnet
9	2	Handlebar	40	2	Foam Grip
10	2	Pedal	41	1	Tension Buckle
11	1	Frame	42	1	Roller Axle
12	2	Stabilizer Endcap	43	2	Roller Bushing
13	1	Stabilizer	44	1	Reed Switch Screw
14	4	Stabilizer Bolt	45	1	Seat Post Glide
15	16	Side Shield Screw	46	1	Sprocket
16	1	Left Side Shield	47	1	Crank Assembly
17	2	Nut	48	2	Outer Pedal Washer
18	2	Flange Nut	49	2	Outer Pedal Nut
19	1	Spacer	50	2	Pedal Cap
20	2	Bearing	51	2	Spring Washer
21	1	Large Spacer	52	2	Pedal Spring
22	1	Small Sprocket	53	1	Reed Switch/Sensor Wire
23	1	Flywheel Axle	54	2	Pedal Washer
24	2	Roller	55	2	Pedal Bushing
25	1	Flywheel	56	2	Shaft Washer
26	1	Chain	57	2	Handlebar Spacer
27	1	Crank	58	2	Link Arm Bushing
28	1	Resistance Strap	59	2	Lock Rod Pushnut
29	1	Tension Buckle	60	1	Console Mount
30	1	Seat Post Collar	61	2	Shaft Nut
31	1	Resistance Cable	#	1	Owner's Manual

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

# EXPLODED DRAWING—Model No. WL078020

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**CRANK ASSEMBLY (47)**

# 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 (WL078020).
2. The NAME of the product (WESLO® PURSUIT MXT triple-action professional club trainer).
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 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**