

AEROBIKE™

1250

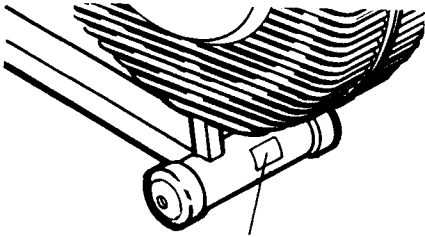
**variable resistance
triple-action air cycle**

weslo, inc®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. WL125010

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.

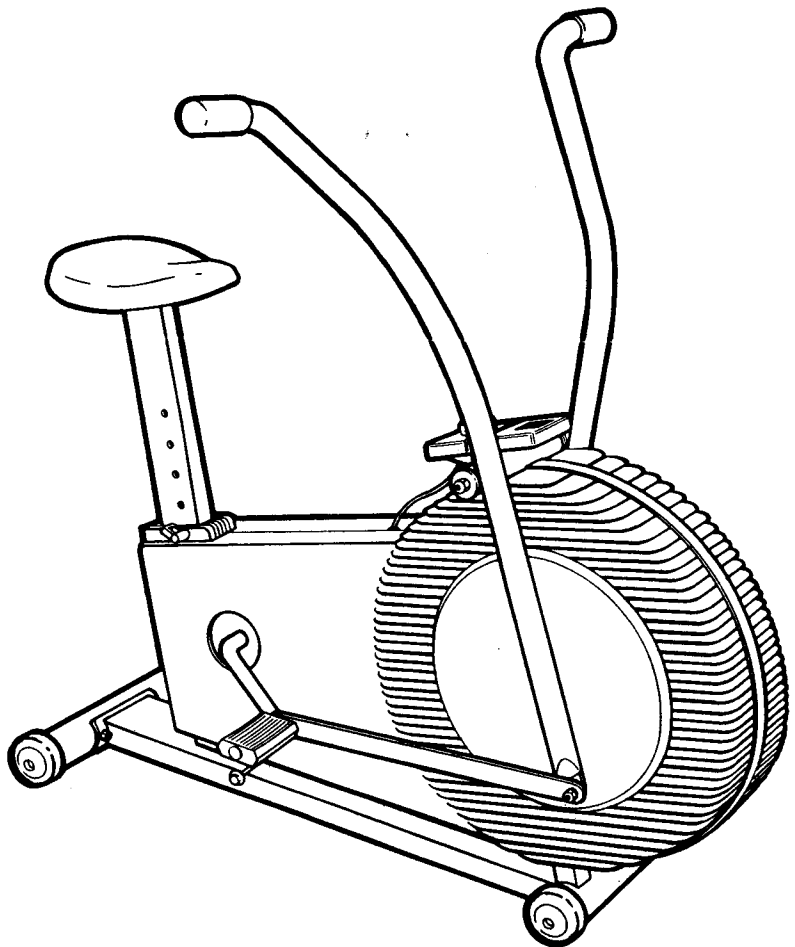
CUSTOMER HOT LINE:

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

1. Use the exercise bike only on a level surface.
2. Do not wear loose clothing that could become caught in the exercise bike. Always wear running shoes or foot protection.
3. Keep your hands and feet away from the link arms during use. Keep small children away from the exercise bike at all times.
4. Make sure the chain is properly adjusted (see MAINTENANCE AND TROUBLE-SHOOTING).

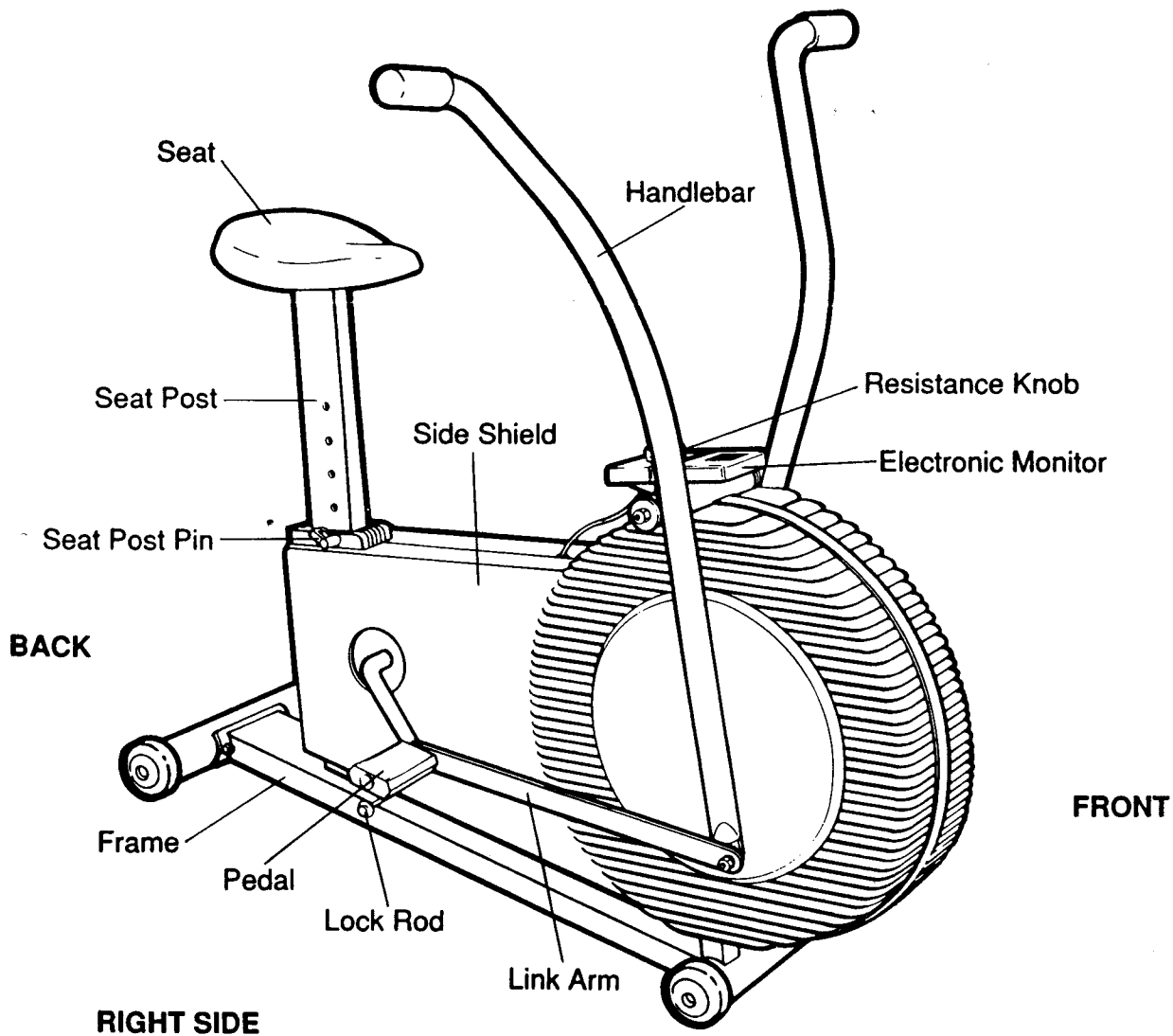
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the Weslo AEROBIKE 1250 exercise bike. The AEROBIKE 1250 blends advanced engineering with ergonomic styling to provide you with an effective form of low-impact cardiovascular exercise in the convenience and privacy of your 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 **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you quickly, please mention the product model number and serial number when calling. The model number is printed on the front cover of this manual. The serial number can be found on a decal attached to the product (see the drawing on the front cover for the location).

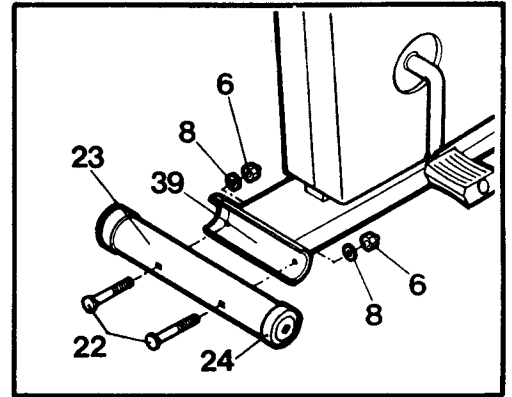
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



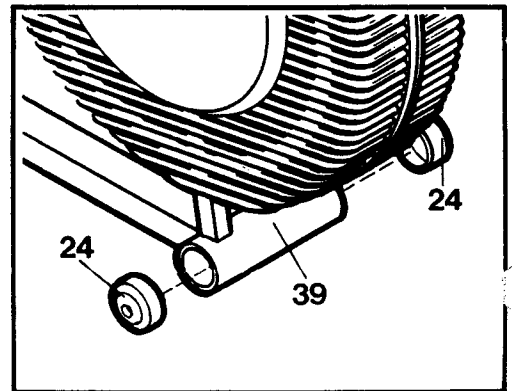
ASSEMBLY

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 and all parts are accounted for.** Read each step carefully before beginning assembly.

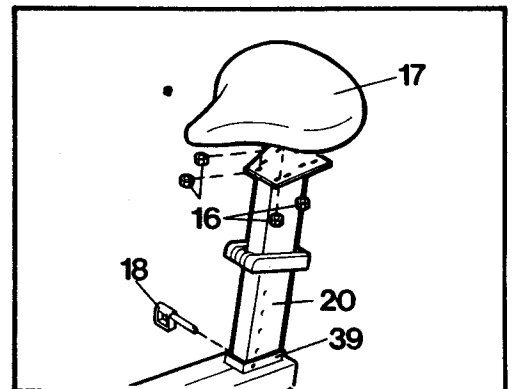
1. Turn the Rear Stabilizer (23) so that the indented holes in the Stabilizer are toward the Frame (39). Attach the Stabilizer to the Frame with two Carriage Bolts (22), Washers (8) and Nuts (6). Press an Endcap (24) onto each end of the Stabilizer.



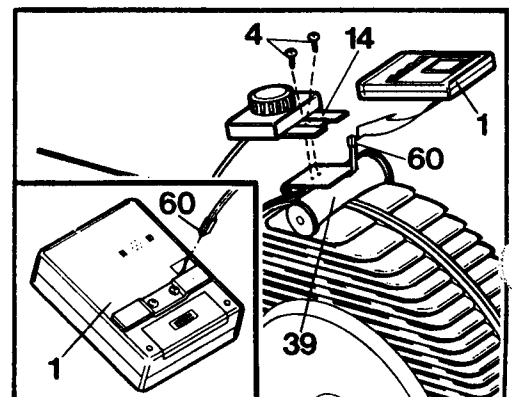
2. Press an Endcap (24) onto each end of the tube at the front of the Frame (39).



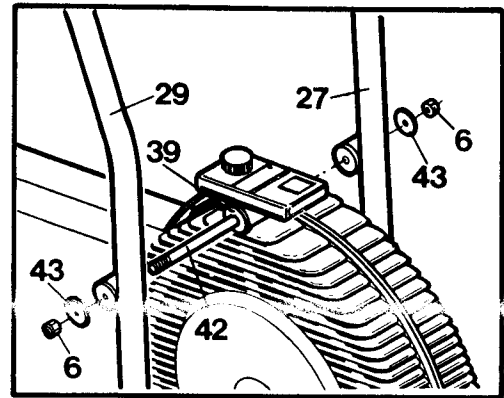
3. Raise the Seat Post (20) to the maximum height, and insert the Seat Post Pin (18) through the Frame (39) and Seat Post. Remove the four Seat Nuts (16) from the underside of the Seat (17). Attach the Seat to the top of the Seat Post with the four Seat Nuts. Remove the Seat Post Pin, adjust the Seat to the desired height, and reinsert the Pin. **CAUTION:** At least 2" of the Seat Post must be inside of the Frame.



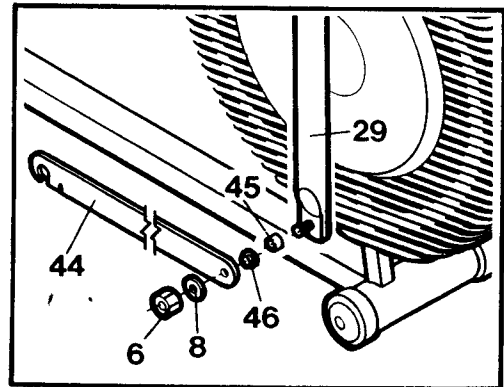
4. Attach the Mounting Plate (14) to the Frame (39) with two Screws (4). Plug the Sensor Wire (60) into the Electronic Monitor (1). Slide the Electronic Monitor onto the Mounting Plate.



- Slide the Pivot Shaft (42) into the Frame (39), and center the Shaft in the Frame. Slide the Left Handlebar (27) onto the left end of the Shaft. Slide the Right Handlebar (29) onto the right end of the Shaft. Attach each Handlebar with a Large Washer (43) and Nut (6).



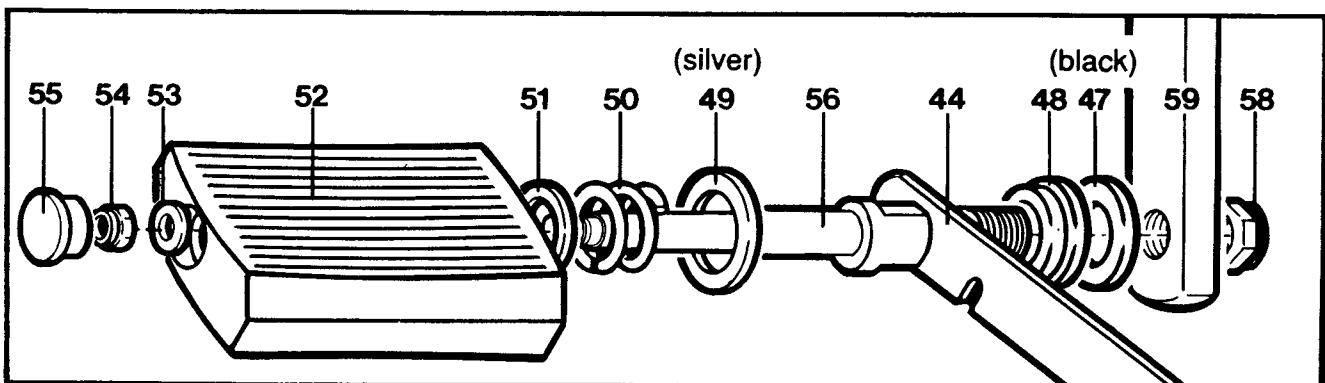
- Slide a Handlebar Spacer (45) and a Link Arm Bushing (46) onto the lower end of the Right Handlebar (29). The large surface of the Bushing must be towards the Handlebar. Attach a Link Arm (44) to the Handlebar with a Washer (8) and Nut (6). The Link Arm must be attached with the open end downward as illustrated.



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

- Slide a Pedal Bushing (48) and a Shaft Washer (47) onto the end of a Pedal Shaft (56). Thread the Pedal Shaft clockwise into the right arm of the Crank (59) and **tighten the Pedal Shaft firmly**. Tighten a Shaft Nut (58) onto the end of the Pedal Shaft. Fit the end of the right Link Arm (44) over the Pedal Shaft and **slide it onto the Pedal Bushing**. Slide a Pedal Washer (49), Pedal Spring (50), Spring Washer (51) and Pedal (52) onto the Pedal Shaft. (The end of the Pedal with the deepest hole should be away from the bike.) Attach the Pedal with an Outer Pedal Washer (53) and Outer Pedal Nut (54). Do not overtighten the Pedal Nut. The Pedal should move back and forth slightly on the Shaft. Press a Pedal Cap (55) into the end of the Pedal.

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



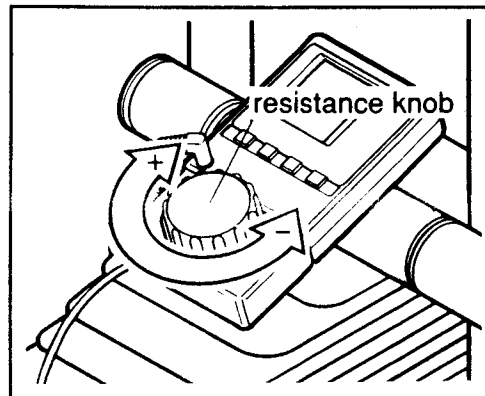
- The Resistance Strap around the Fan (not shown) has been tightened for shipping purposes. It may be necessary to loosen the Strap before using the exercise bike (see MAINTENANCE AND TROUBLE-SHOOTING for Strap adjustment instructions).

OPERATION AND ADJUSTMENT

RESISTANCE ADJUSTMENT

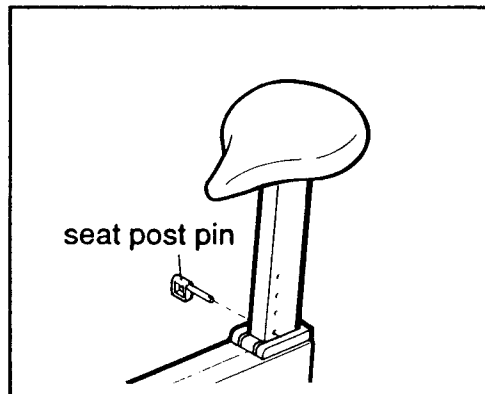
To vary the intensity of your exercise, the pedaling resistance can be adjusted, using the resistance knob mounted below the electronic monitor. To increase the resistance, turn the knob clockwise. To decrease the resistance, turn the knob counterclockwise. There are five resistance levels.

If the range of resistance is too high or too low, refer to the MAINTENANCE AND TROUBLE-SHOOTING section for adjustment instructions.



SEAT ADJUSTMENT

Proper seat height is important for effective 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 height: stand beside the bike, hold the seat and remove the seat post pin. Raise or lower the seat, and reinsert the seat post pin. **CAUTION:** At least 2" of the seat post must be inside of the frame.

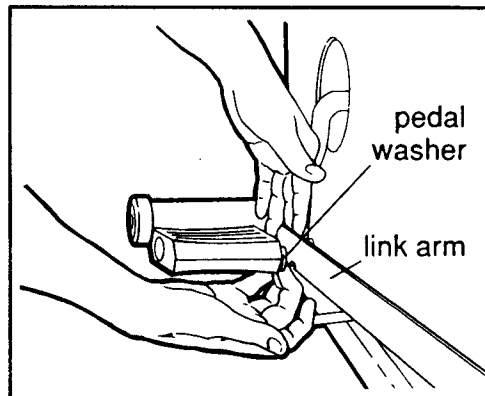


HANDLEBAR OPERATION

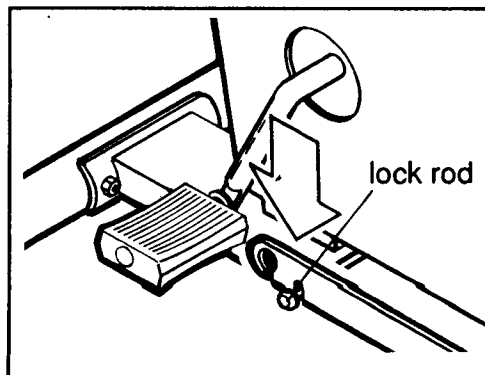
The handlebars can be used in either a stationary mode, for pedaling exercise only, or in a dual-action mode, for both upper-body and lower-body exercise.

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 pedal washers, while pulling against the bottoms of the pedal washers with your fingers. Lift the link arms off of the pedals.

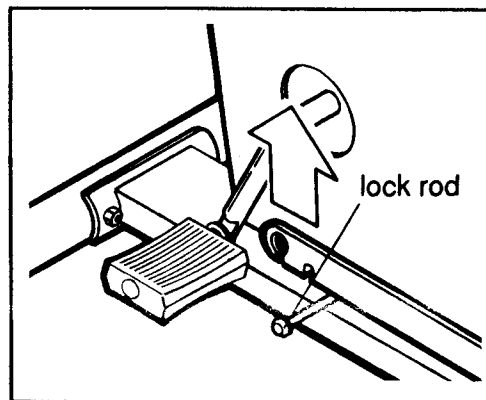


Clip the ends of the link arms onto the lock rods on the bike frame.

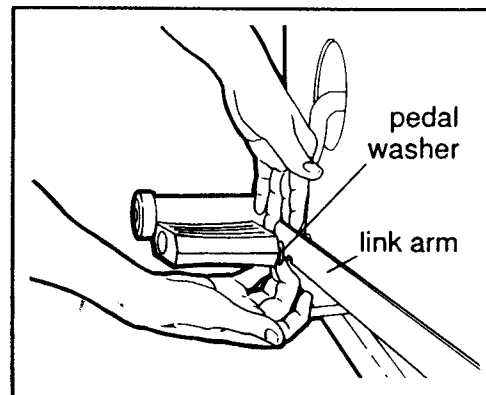


DUAL-ACTION MODE

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



Press the link arms outward against the pedal washers, while pulling against the bottoms of the pedal washers with 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.



To exercise the muscles of the upper body, rest your feet on the side shields and exercise using only your arms.

ELECTRONIC MONITOR OPERATION

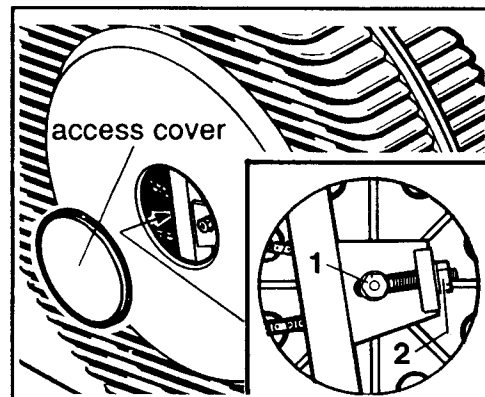
See the Electronic Monitor Operation Guide. A 9-volt battery (not included) is required for operation.

MAINTENANCE AND TROUBLE-SHOOTING

ADJUSTING THE CHAIN

This exercise bike utilizes a high-precision chain which must be kept properly lubricated and adjusted. If the chain is too loose, the fan may be damaged. If the chain is too tight, the bearings may be damaged. Check the chain periodically in the following manner:

1. Gently pry the access cover off of the right side shield.
2. Reach into the access hole, and press down on the chain. **The center of the chain should not move up and down more than 1 inch, or less than 1/4 inch.** If the chain is properly adjusted, reattach the access cover. If the chain needs to be adjusted, see step 3.
3. Remove the access cover from 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. Tighten the fan nuts and reattach the access covers.



Always check the chain if it slips or causes excessive noise as you pedal. A few drops of light, multi-purpose oil should be applied to the chain periodically. The chain may be reached after removing the access cover from the right side shield.

ELECTRONIC MONITOR

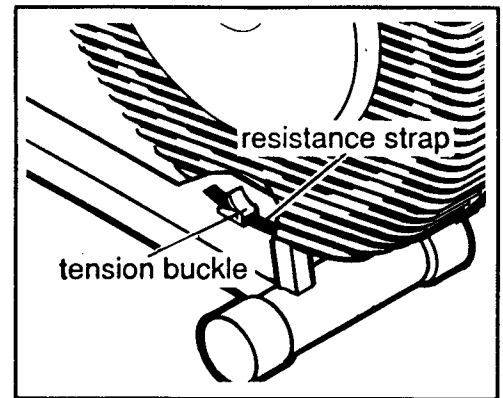
If the electronic monitor does not function properly, the battery should be replaced. Most problems are the result of a weak battery. If the monitor still does not function properly, the sensor wire should be checked. Slide the monitor off of the bike, and make sure the sensor wire is plugged fully into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

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. **IMPORTANT:** The pulse earclip is not a medically certified device. External factors such as movement may affect heart rate readings.

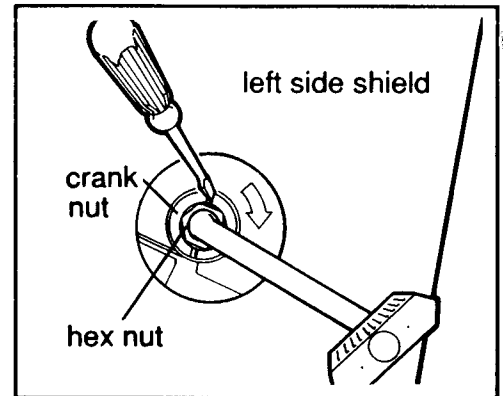
ADJUSTING THE RANGE OF PEDALING RESISTANCE

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. First, 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 on the exercise bike. 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 clockwise, 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 wobble, tighten the pedal shafts into the arms of the crank. Tighten the shaft nuts onto the ends of the pedal shafts (see assembly step 7 on page 5).

CONDITIONING GUIDELINES

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

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found using the 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 called 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. Find 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, you should keep your heart rate near the low end of your training zone. After a few months, your heart rate can be increased until it is near the high end of your training zone. 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 below your training zone, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20-30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for strenuous exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. 5-10 minutes of stretching or light calisthenics will provide a good warm-up. After warming up, begin exercising at a light pace. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes. Always end your workouts with 5-10 minutes of stretching to cool down. This will help to offset muscle contractions and other problems caused when you stop exercising suddenly.

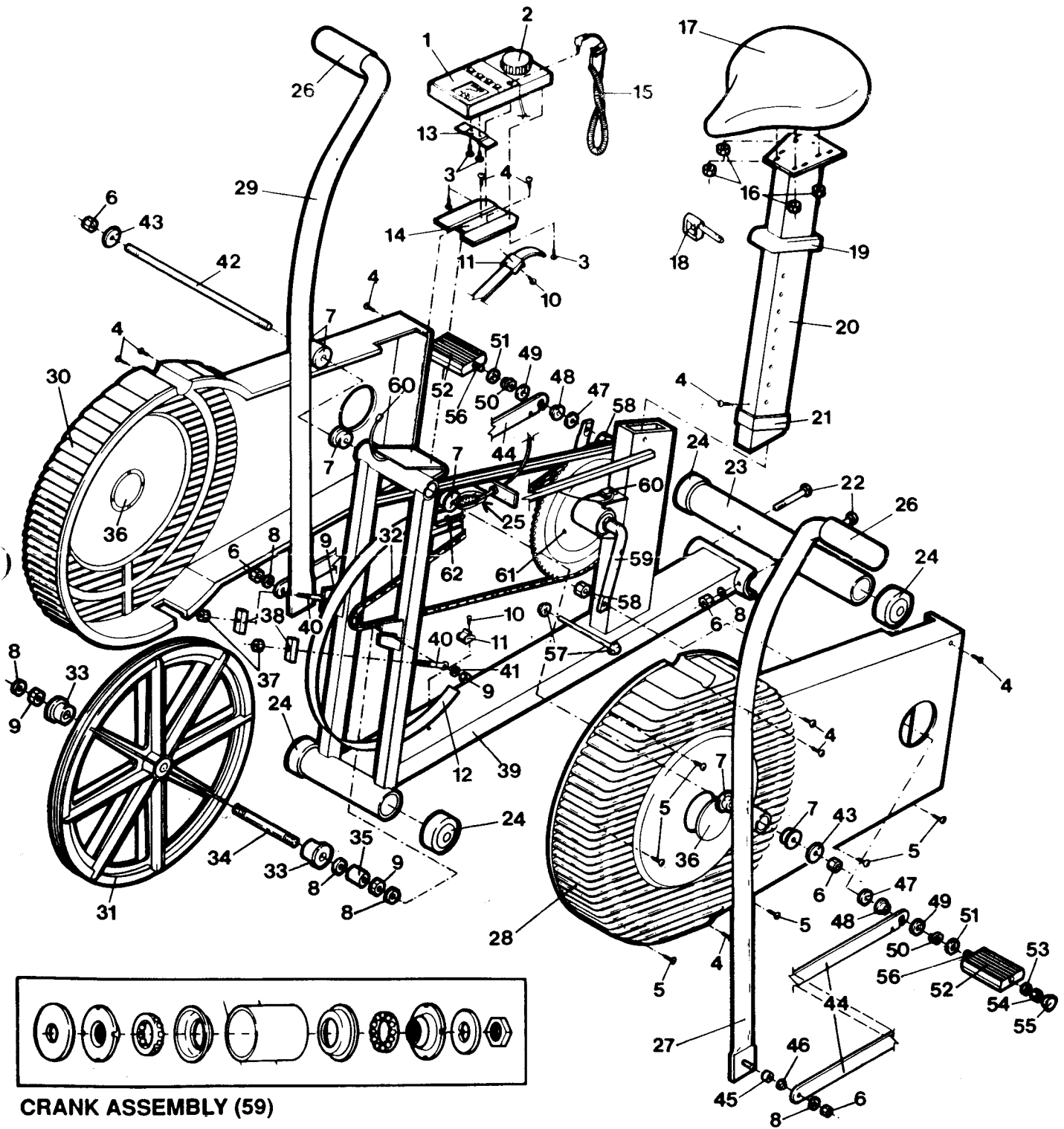
To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to success is **CONSISTENCY**.

PART LIST - Model No. WL125010

Rev. 11/91

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Electronic Monitor	33	2	Bushing
2	1	Resistance Knob	34	1	Fan Axle
3	4	Console Screw	35	1	Spacer
4	10	Screw	36	2	Access Cover
5	6	Side Shield Screw	37	2	Adjustment Nut
6	6	Nut	38	2	Adjustment Bracket
7	6	Handlebar Bushing	39	1	Frame
8	7	Washer	40	2	Adjustment Bolt
9	4	Fan Nut	41	2	Outer Fan Washer
10	1	Tension Buckle Screw	42	1	Pivot Shaft
11	1	Tension Buckle	43	2	Large Washer
12	1	Resistance Strap	44	2	Link Arm
13	1	Mounting Bracket	45	2	Link Arm Spacer
14	1	Mounting Plate	46	2	Link Arm Bushing
15	1	Pulse Earclip	47	2	Shaft Washer
16	4	Seat Nut	48	2	Pedal Bushing
17	1	Seat	49	2	Pedal Washer
18	1	Seat Post Pin	50	2	Pedal Spring
19	1	Seat Post Sleeve	51	2	Spring Washer
20	1	Seat Post	52	2	Pedal
21	1	Inner Sleeve	53	2	Outer Pedal Washer
22	2	Carriage Bolt	54	2	Outer Pedal Nut
23	1	Rear Stabilizer	55	2	Pedal Cap
24	4	Endcap	56	2	Pedal Shaft
25	1	Spring Assembly	57	2	Protective Cap
26	2	Handlebar Foam	58	2	Shaft Nut
27	1	Left Handlebar	59	1	Crank/Sprocket Assembly
28	1	Left Side Shield	60	1	Reed Switch/Sensor Wire
29	1	Right Handlebar	61	1	Sensor Magnet
30	1	Right Side Shield	62	5	Wire Tie
31	2	Fan w/Sprocket	#	1	Owner's Manual
32	1	Chain	#	1	Monitor Operation Guide

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



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). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WL125010).
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), 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