

# AEROBIKE<sup>TM</sup>

# 1500

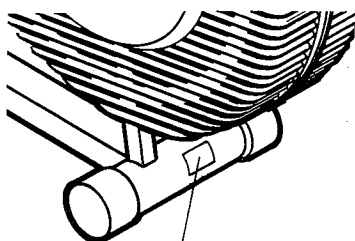
**programmable resistance**

**weslo, inc<sup>®</sup>**

A Subsidiary of Welder Health and Fitness, Inc.

Model No. WL150011

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.

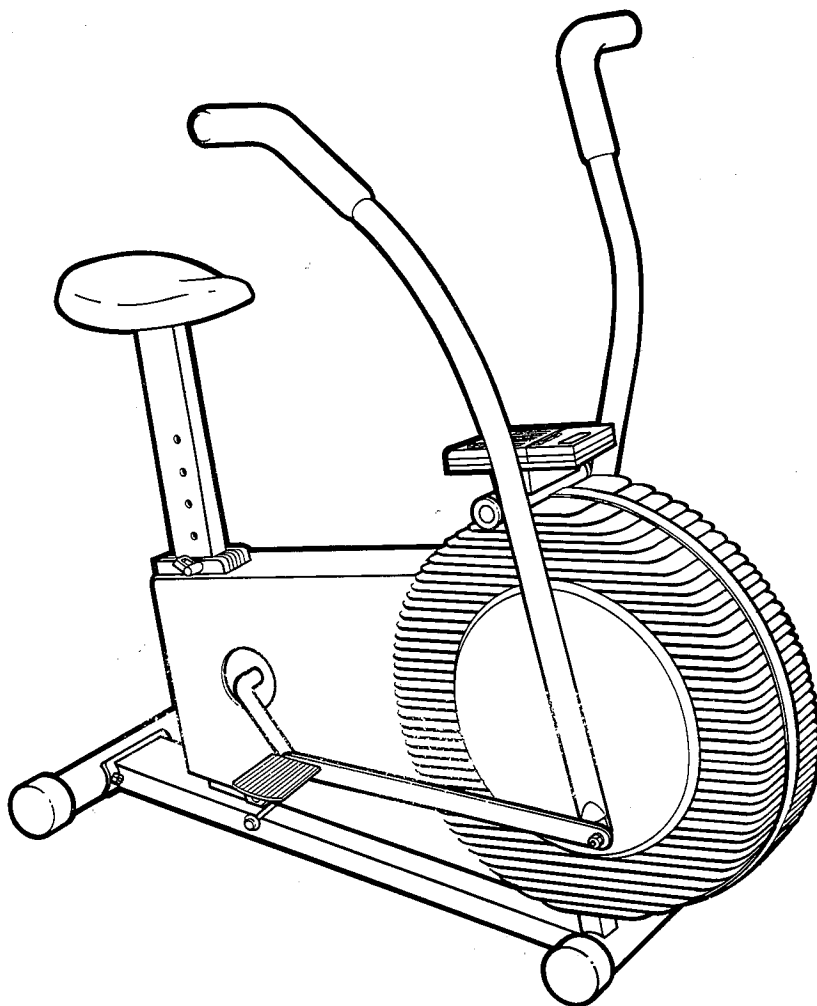
**CUSTOMER HOT LINE:**

**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.



Patent Pending  
U.S. Patent 5,062,632

# 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 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**

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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. Plug in the power cord and turn on the power when using the exercise bike, or the bike could be damaged. Position the power cord away from walkways and heated surfaces. Never use the bike if the power cord or plug is damaged. (Refer to the BEFORE YOU BEGIN section of this manual if the bike is damaged.)
3. Wear appropriate clothing when exercising. Do not wear loose clothing that could become caught in the exercise bike. Always wear running shoes for foot protection.
4. Keep your hands and feet away from the link arms when using the bike. Keep small children away from the bike at all times.
5. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, 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. Servicing other than the procedures described in this manual should be performed by an authorized service representative only.

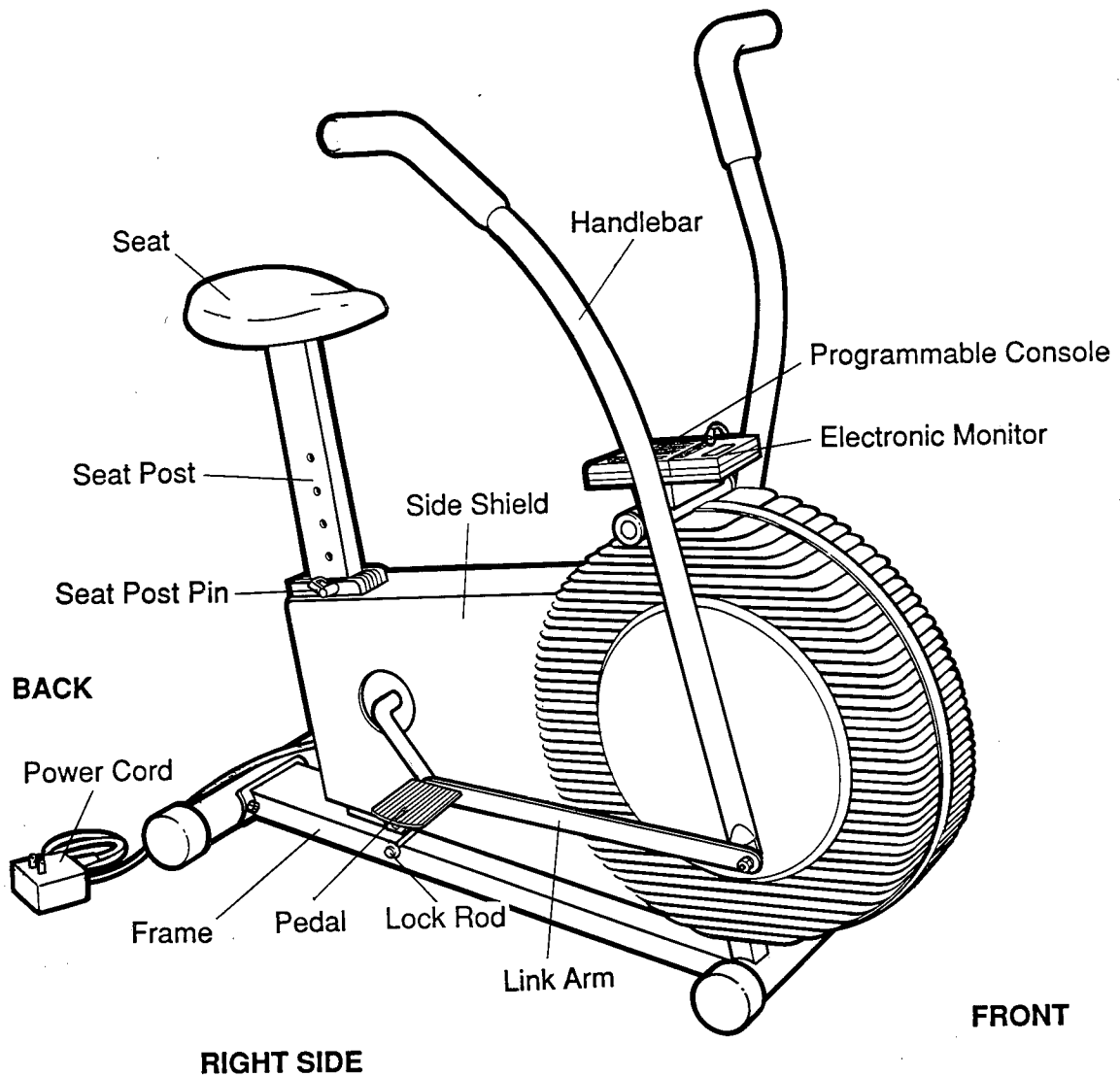
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage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

# BEFORE YOU BEGIN

Thank you for selecting the Weslo AEROBIKE 1500 exercise bike. The AEROBIKE 1500 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, 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).

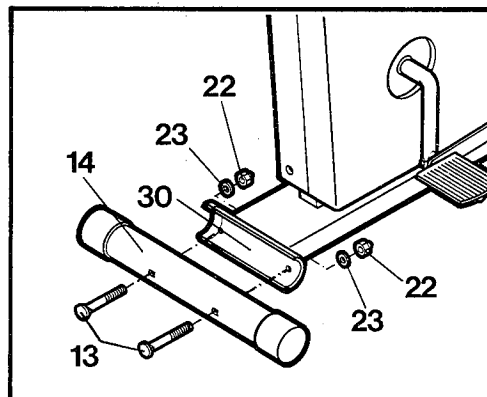
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



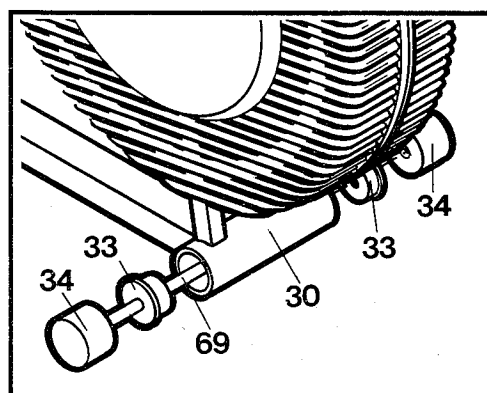
# ASSEMBLY

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 the instructions below carefully before beginning.

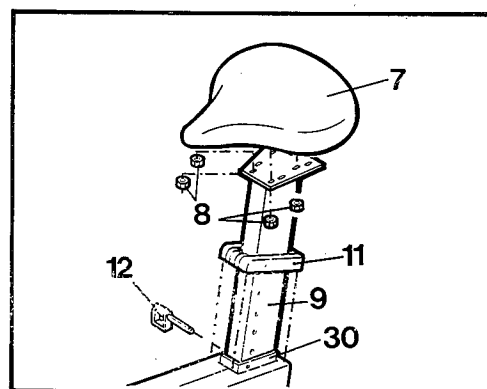
1. Attach the Rear Stabilizer (14) to the Frame (30) with two Carriage Bolts (13), Washers (23) and Nuts (22). (The Stabilizer must be turned so that the indented holes in the Stabilizer are toward the Frame.)



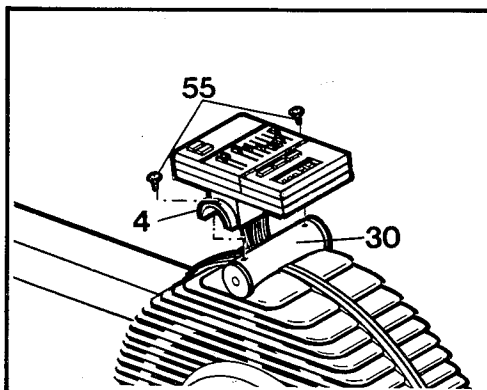
2. Press the two Roller Bushings (33) into the Frame (30) with a twisting motion. Slide the end of the Roller Axle (69) through the Bushings. Press the unassembled Roller (34) onto the end of the Axle. Be sure that both Rollers are pressed fully onto the Axle.



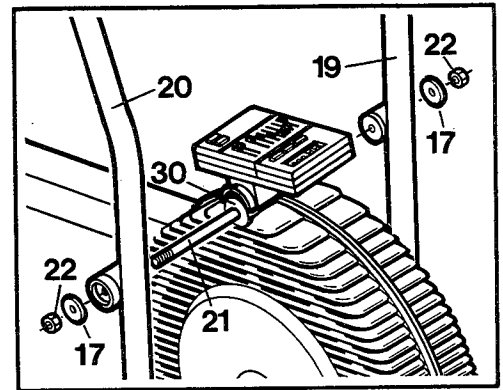
3. Raise the Seat Post (9) to the maximum height. Slide the Seat Post Sleeve (11) over the Frame (30) and insert the Seat Post Pin (12) through the Sleeve and the Frame. Remove the four Seat Nuts (8) from the underside of the Seat (7). Attach the Seat to the top of the Seat Post with the four Nuts. Remove 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.



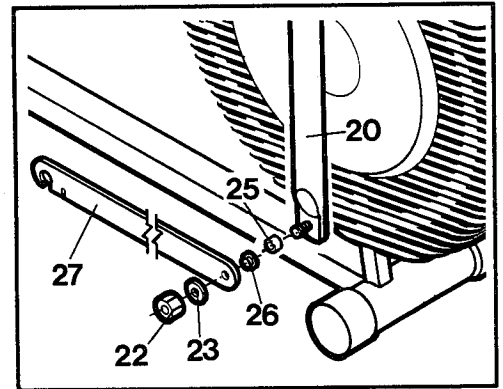
4. Attach the Mounting Bracket (4) to the Frame (30) with two Screws (55). Tuck any excess wiring into the Mounting Bracket.



- Slide the Pivot Shaft (21) into the Frame (30), and center the Shaft in the Frame. Slide the Left Handlebar (19) onto the left end of the Shaft. Slide the Right Handlebar (20) onto the right end of the Shaft. (Note: For quiet operation, it is recommended that a small amount of lubricant [not included] be applied to each end of the Pivot Shaft.) Attach each Handlebar with a Large Washer (17) and Nut (22).



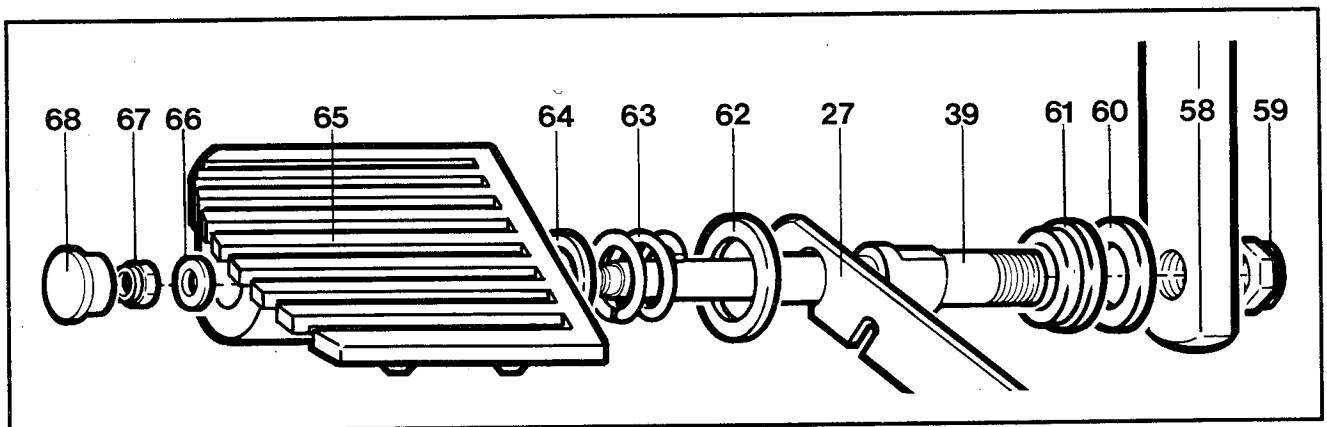
- Slide a Handlebar Spacer (25) and a Link Arm Bushing (26) onto the lower end of the Right Handlebar (20). (The wide end of the Bushing must be toward the Handlebar.) Attach a Link Arm (27) to the Handlebar with a Washer (23) and Nut (22). (The Link Arm must be turned as shown.)



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

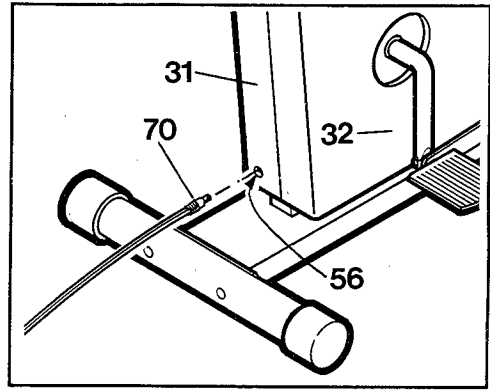
- Slide a Pedal Bushing (61) and a Shaft Washer (60) onto the end of a Pedal Shaft (39). (Note: The Shaft Washers are similar to the Pedal Washers [62], but are slightly smaller). Thread the Pedal Shaft clockwise into the right arm of the Crank (58) and **tighten the Pedal Shaft firmly**. Tighten a Shaft Nut (59) onto the end of the Pedal Shaft. Fit the end of the right Link Arm (27) over the Pedal Shaft and **slide it onto the Pedal Bushing**. Slide a Pedal Washer, Pedal Spring (63), Spring Washer (64) and Pedal (65) 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 (66) and Outer Pedal Nut (67). Do not overtighten the Outer Pedal Nut. The Pedal should move back and forth slightly on the Shaft. Press a Pedal Cap (68) 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).

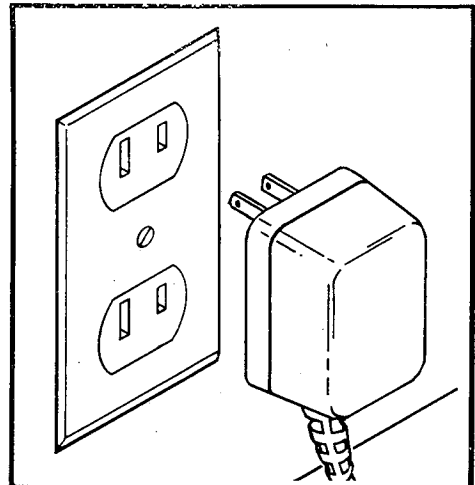
9. Plug the Power Cord (70) into the Power Plug (56) at the rear of the Side Shields (31,32).



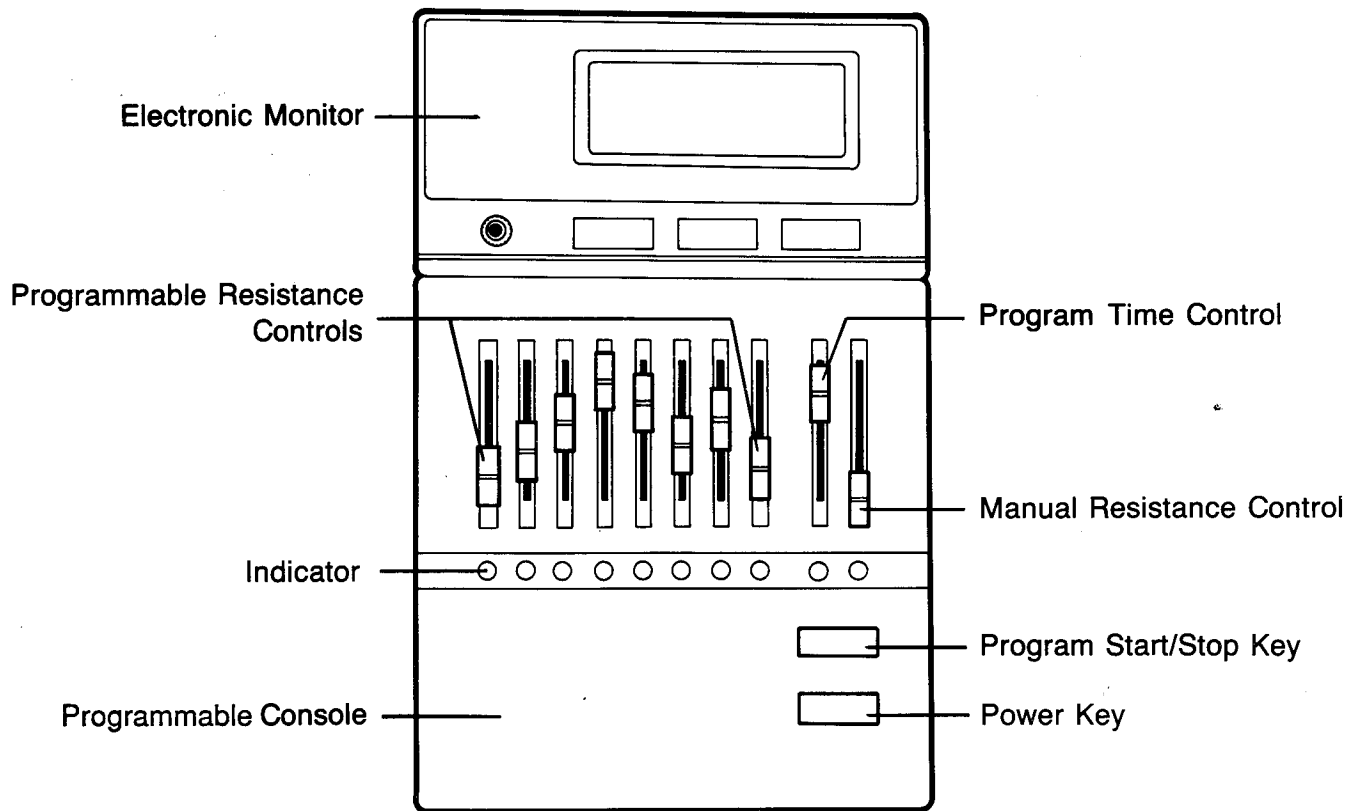
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## OPERATION AND ADJUSTMENT

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 exercise bike, or the bike could be damaged.



## ELECTRONIC CONSOLE DIAGRAM



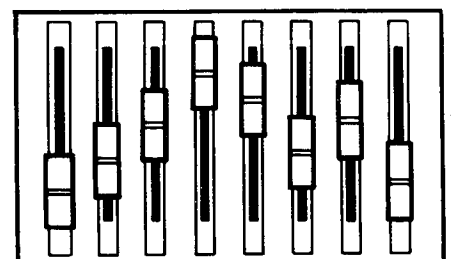
### MANUAL RESISTANCE MODE OPERATION

1. Before turning the power on, move the manual resistance control to the lowest position.
2. Turn the power on by pressing the power key.
3. As you pedal, move the manual resistance control slowly up or down until the desired resistance level is reached.

### PROGRAMMABLE RESISTANCE MODE OPERATION

The programmable resistance mode allows you to create custom workout programs. Simply enter the length of time that you plan to exercise, and program eight resistance settings. With the touch of a key, the computer will then take over, controlling the pedaling resistance automatically while you exercise.

1. Set the program time control for the length of time you plan to exercise, from 5 to 40 minutes.
2. Set the eight programmable resistance controls at the desired levels. The controls can be set in an endless variety of patterns. A sample program is shown at right. This program will begin with a low resistance setting to provide a warm-up period. The resistance will then increase gradually to simulate a challenging climb. Next, the resistance will decrease slightly, and then increase a final time. The program will end with a low setting to provide a cool-down period.



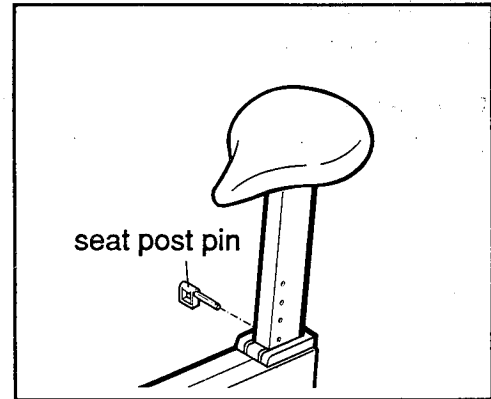
3. Press the program start/stop key and begin pedaling. The first programmable resistance control will be activated, and the pedaling resistance will adjust to the setting of the first control. After one-eighth of the total time you set has elapsed, the second control will be activated, and the resistance will adjust to the setting of the second control. (The indicators below the programmable resistance controls will show which control is currently active.) The program will continue in this manner until all eight controls have been activated and the total time you set has elapsed. The console will then return to the manual mode, and the indicator below the manual resistance control will light. **Note:** The programmable resistance controls can be changed while the program is running, if desired. To return the console to the manual mode before the program has ended, simply press the program start/stop key.

## ELECTRONIC MONITOR OPERATION

See the Electronic Monitor Operation Guide accompanying this manual.

## 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.

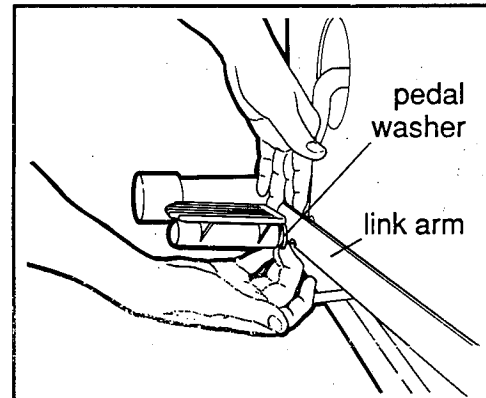


## HANDLEBAR OPERATION

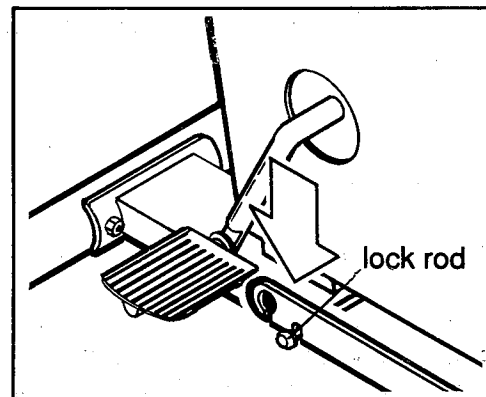
The handlebars can be used in either a stationary mode, for pedaling exercise only, or in a dual-action mode, for both upper-body and lower-body exercise.

### 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 the pedals.

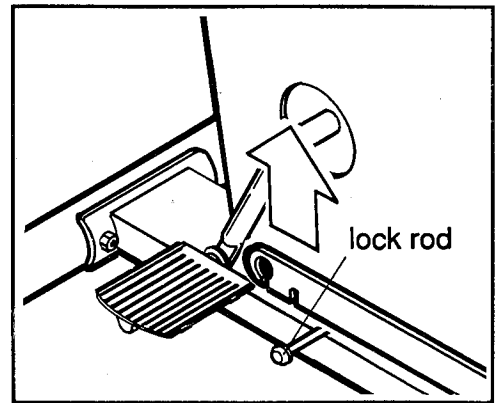


Clip the ends of the link arms onto the lock rods on the bike frame.

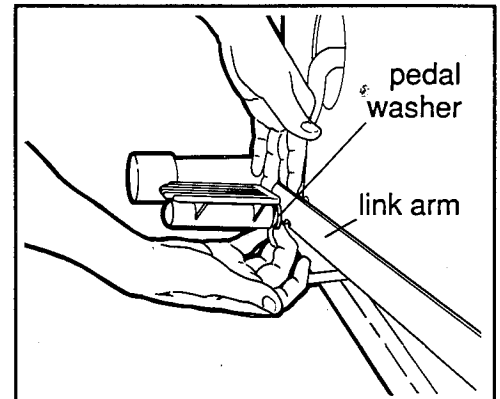


## DUAL-ACTION MODE

To convert the handlebars to the dual-action mode, first lift the link arms off 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.



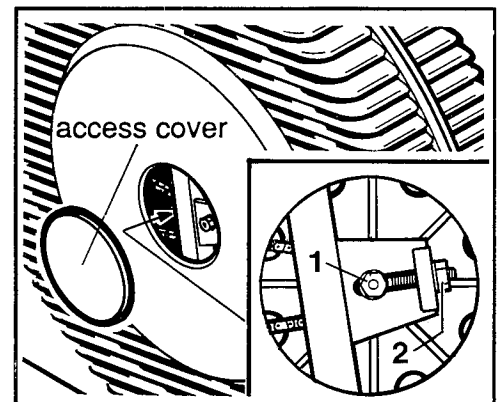
To exercise the muscles of the upper body, rest your feet on the side shields and exercise using only your arms.

## 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 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

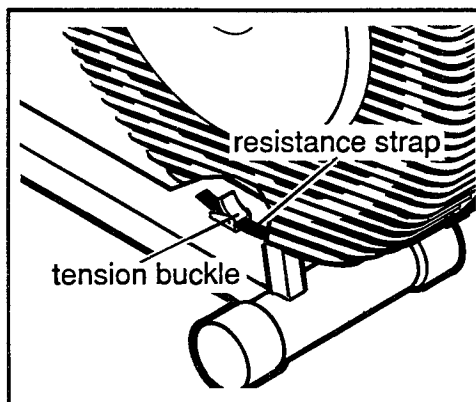
If the electronic monitor appears to malfunction, the speed and power wires to the monitor should be checked. Remove the two screws attaching the monitor to the mounting bracket, and make sure that both wires are plugged fully into the back of the monitor. Reattach the monitor with the two screws.

## 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 medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**

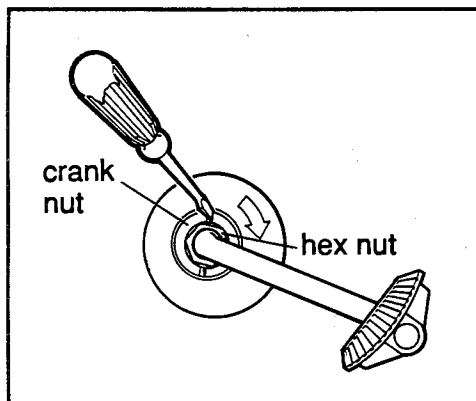
## ADJUSTING THE RANGE OF PEDALING RESISTANCE

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, move the manual resistance control to the lowest position (see OPERATION AND ADJUSTMENT). 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 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 step 7 on page 6).

# 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, 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 is near the high end of your training zone. You can find your heart rate using the pulse mode of the electronic monitor (see the Electronic Monitor Operation Guide). Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is above your training zone, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity.

## 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 exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. 5-10 minutes of stretching 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**.

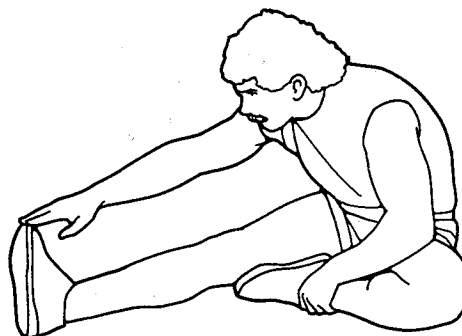
## SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch- never bounce.

### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, lower back and groin.



### INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

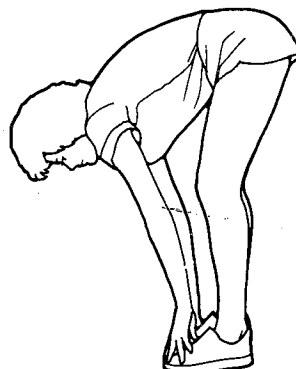
Stretches: Quadriceps, hip muscles.



### TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

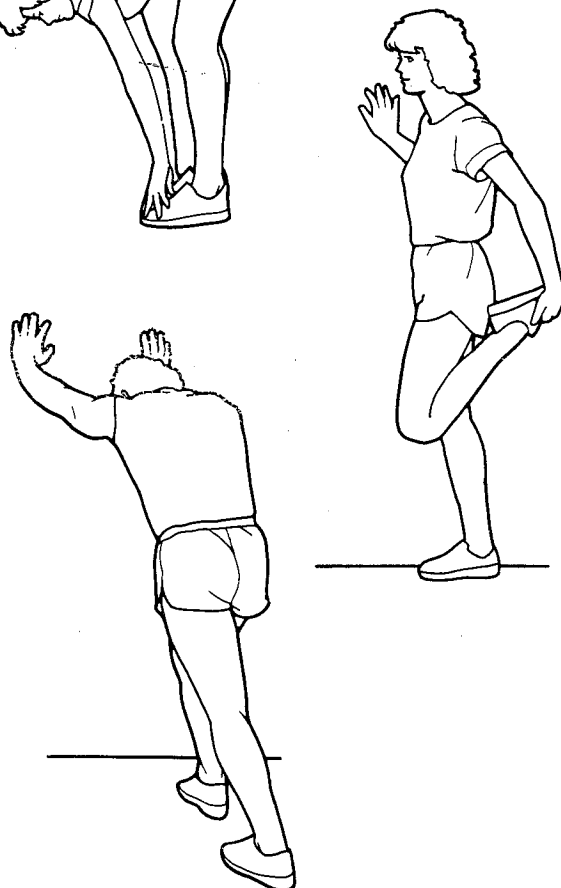
Stretches: Hamstrings, back of knees, back.



### QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and grasp your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Quadriceps, hip muscles.



### CALF/ACHILLES STRETCH

With one leg in front of the other, and arms forward, lean against a wall. Keep your back leg straight and back foot flat on the floor. Bend your front leg and lean forward, moving your hips toward the wall. Hold for 15 counts, then repeat on the other side. To cause further stretching of the achilles tendons, bend back leg as well.

Stretches: Calves, achilles tendons, and ankles.

# PART LIST - Model No. WL150011

Rev. 4/92

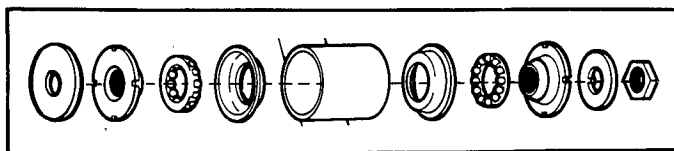
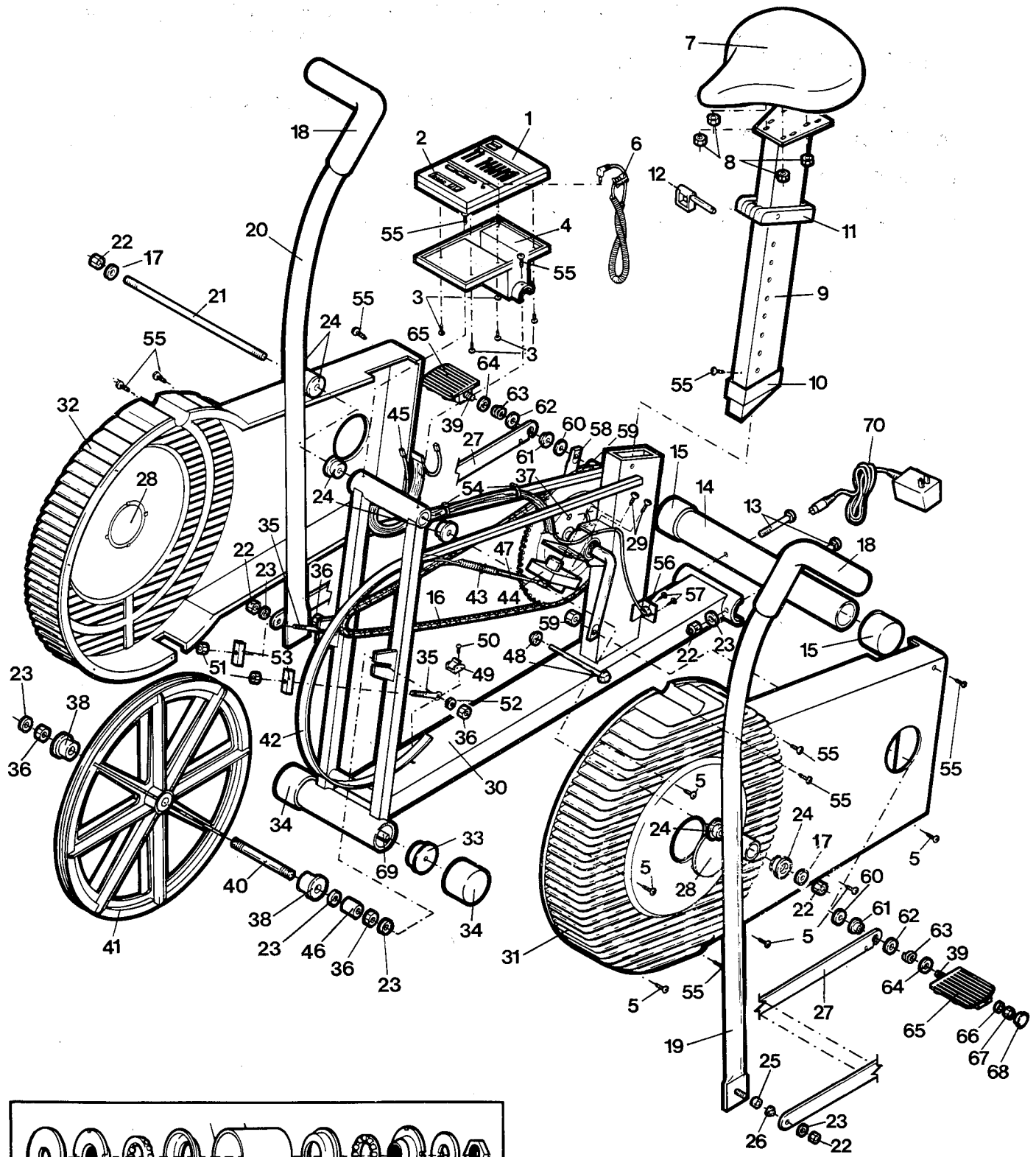
| Key No. | Qty. | Description            | Key No. | Qty. | Description             |
|---------|------|------------------------|---------|------|-------------------------|
| 1       | 1    | Programmable Console   | 38      | 2    | Fan Bushing             |
| 2       | 1    | Electronic Monitor     | 39      | 2    | Pedal Shaft             |
| 3       | 5    | Console Screw          | 40      | 1    | Fan Axle                |
| 4       | 1    | Mounting Bracket       | 41      | 1    | Fan w/Sprocket          |
| 5       | 6    | Side Shield Screw      | 42      | 1    | Resistance Strap        |
| 6       | 1    | Earclip                | 43      | 1    | Spring Assembly         |
| 7       | 1    | Seat                   | 44      | 1    | Tension Motor Assembly  |
| 8       | 4    | Seat Nut               | 45      | 1    | Sensor Wire/Reed Switch |
| 9       | 1    | Seat Post              | 46      | 1    | Spacer                  |
| 10      | 1    | Inner Sleeve           | 47      | 1    | Tension Rope            |
| 11      | 1    | Seat Post Sleeve       | 48      | 2    | Protective Cap          |
| 12      | 1    | Seat Post Pin          | 49      | 1    | Tension Buckle          |
| 13      | 2    | Carriage Bolt          | 50      | 1    | Tension Buckle Screw    |
| 14      | 2    | Carriage Bolt          | 51      | 2    | Adjustment Nut          |
| 15      | 2    | Rear Stabilizer Endcap | 52      | 2    | Outer Fan Washer        |
| 16      | 1    | Chain                  | 53      | 2    | Adjustment Bracket      |
| 17      | 2    | Large Washer           | 54      | 3    | Wire Tie                |
| 18      | 2    | Handlebar Foam         | 55      | 11   | Screw                   |
| 19      | 1    | Left Handlebar         | 56      | 1    | Power Plug              |
| 20      | 1    | Right Handlebar        | 57      | 2    | Power Plug Screw        |
| 21      | 1    | Pivot Shaft            | 58      | 1    | Crank/Sprocket Assembly |
| 22      | 6    | Nut                    | 59      | 2    | Shaft Nut               |
| 23      | 7    | Washer                 | 60      | 2    | Shaft Washer            |
| 24      | 6    | Handlebar Bushing      | 61      | 2    | Pedal Bushing           |
| 25      | 2    | Handlebar Spacer       | 62      | 2    | Pedal Washer            |
| 26      | 2    | Link Arm Bushing       | 63      | 2    | Pedal Spring            |
| 27      | 2    | Link Arm               | 64      | 2    | Spring Washer           |
| 28      | 2    | Access Cover           | 65      | 2    | Pedal                   |
| 29      | 2    | Motor Mounting Screw   | 66      | 2    | Outer Pedal Washer      |
| 30      | 1    | Frame                  | 67      | 2    | Outer Pedal Nut         |
| 31      | 1    | Left Side Shield       | 68      | 2    | Pedal Cap               |
| 32      | 1    | Right Side Shield      | 69      | 1    | Roller Axle             |
| 33      | 2    | Roller Bushing         | 70      | 1    | Power Cord              |
| 34      | 2    | Roller                 | #       | 1    | Owner's Manual          |
| 35      | 2    | Adjustment Bolt        | #       | 1    | Monitor Operation Guide |
| 36      | 4    | Fan Nut                |         |      |                         |
| 37      | 1    | Sensor Magnet          |         |      |                         |

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. WL150011

Rev. 4/92

Specifications are subject to change without notice.



CRANK ASSEMBLY (58)

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## **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 through Friday, 6 a.m. until 6 p.m. Mountain Time. When ordering parts, please be prepared to give the following information:

1. The **MODEL NUMBER** of the product (WL150011).
2. The **NAME** of the product (AEROBIKE 1500 Programmable Resistance exercise bike).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 14 of this manual.
5. The **DESCRIPTION** of the part(s) from page 14 of this manual.

If possible, place the exercise bike near your telephone for easy reference when calling.