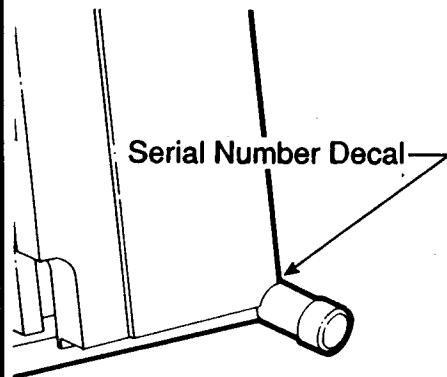


WESLO®

Model No. WL200521

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

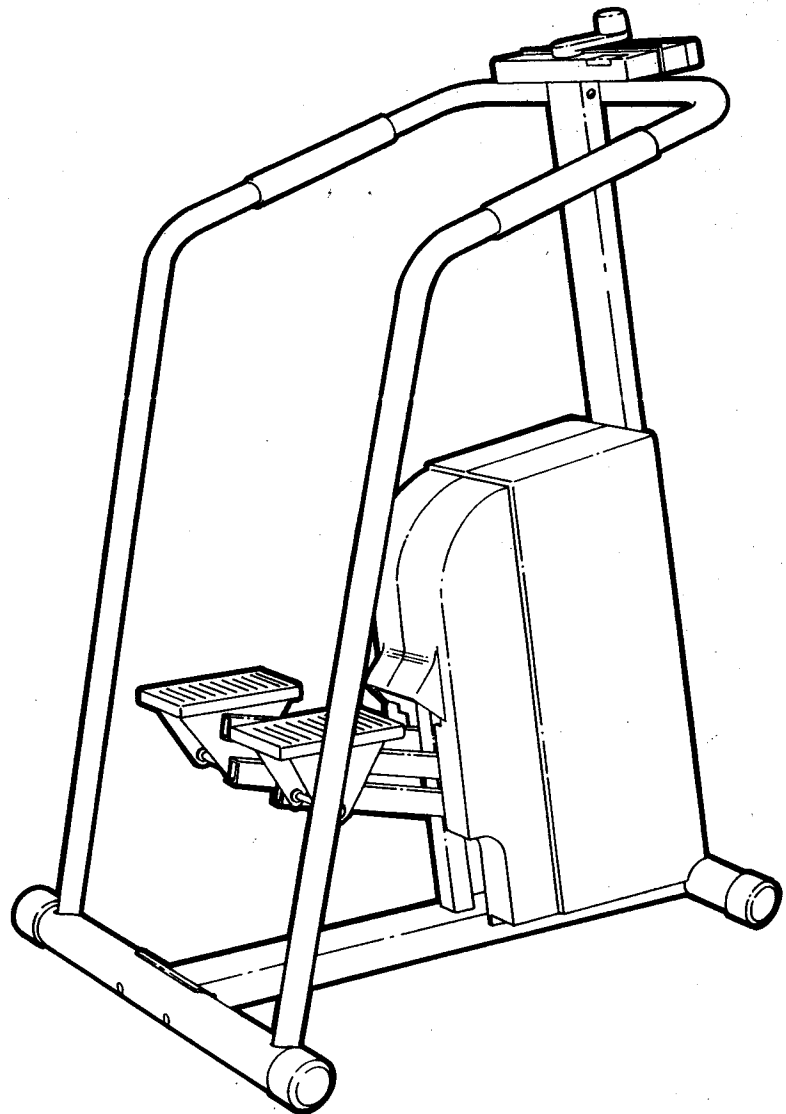
CAUTION!

Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

ASCENT™ 2005

MOTIVATIONAL CLUB STEPPER

INDEPENDENT STEPPING ACTION • SELF LEVELING PEDALS • MADE IN U.S.A.



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 stepper.

1. Position the stepper on a level surface. Do not use the stepper outdoors or near water.
2. Wear suitable exercise clothing, including athletic shoes, when using the stepper.
3. Always hold the handrails when using the stepper. Keep your hands away from the pedals, springs and link arms. Keep small children away from the stepper at all times.
4. Never set the stepping resistance so high that you must pull against the handrails with your arms in order to press the pedals down. Exercising in this manner could result in heart risk.
5. Use the stepper only as described in this manual. Servicing other than the procedures described in this manual should be performed only by an authorized service representative.

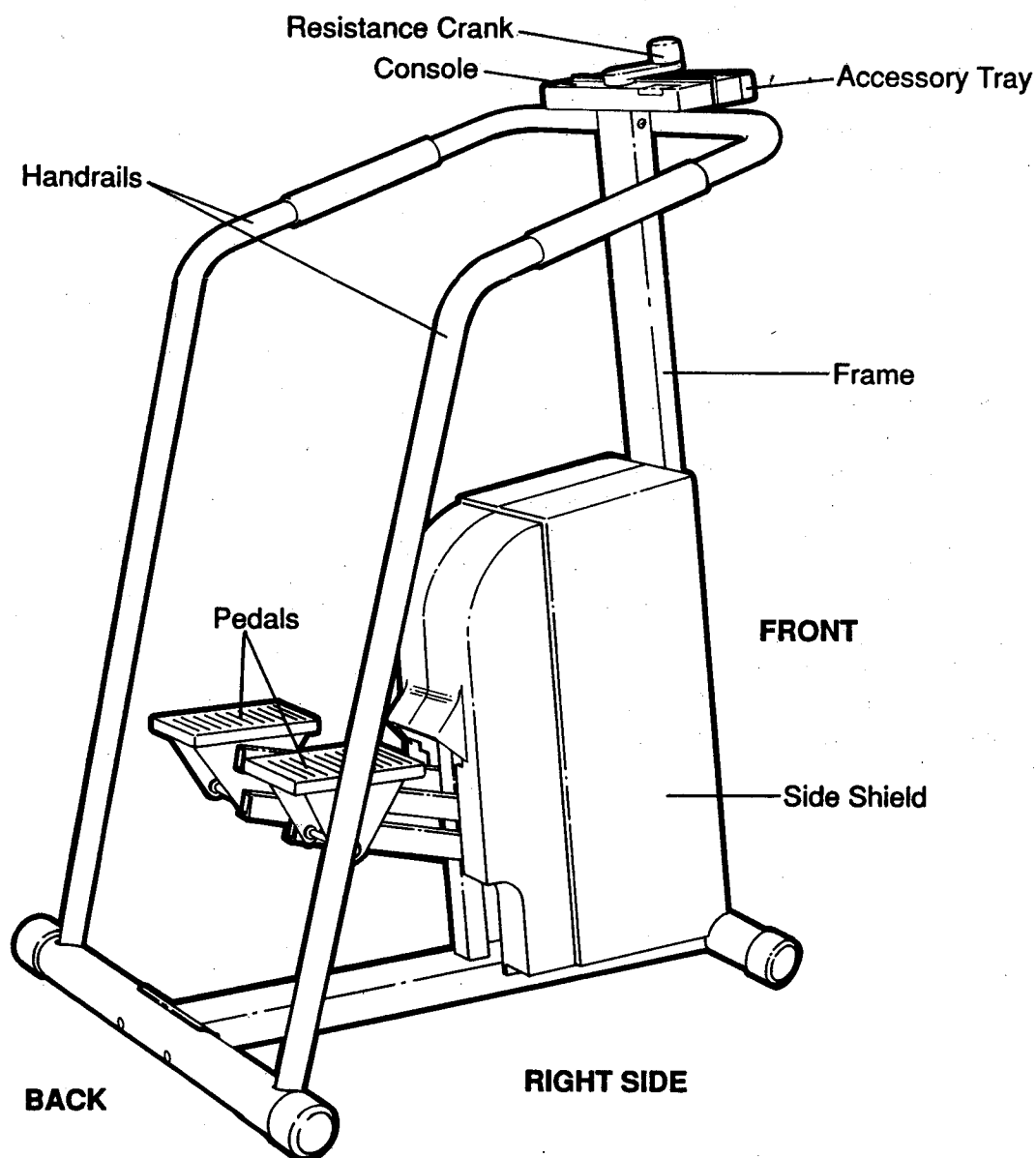
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WESLO assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the WESLO® ASCENT 2005 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The ASCENT 2005 combines advanced engineering with innovative styling to let you enjoy this dynamic exercise in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the stepper. 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 stepper (see the drawing on the front cover of this manual).

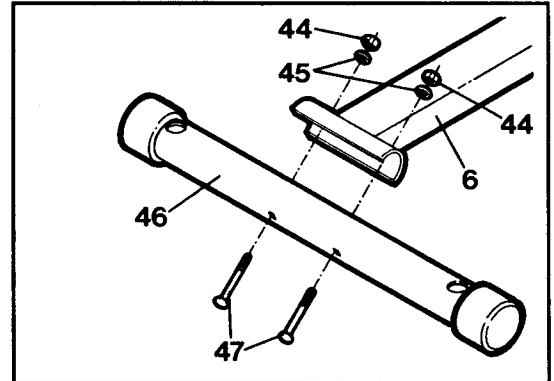
Before reading further, please familiarize yourself with the drawing below.



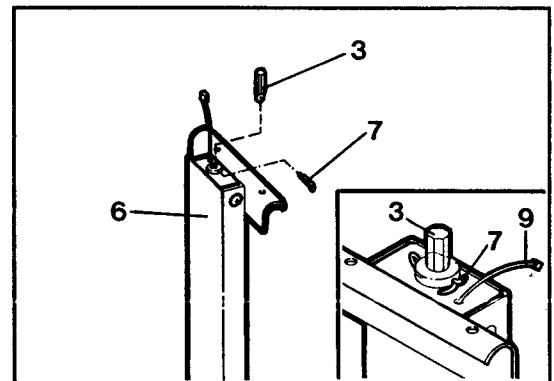
ASSEMBLY

Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Read all steps carefully before beginning. Assembly can be completed using the tool included and your own adjustable wrench and pliers (not included).

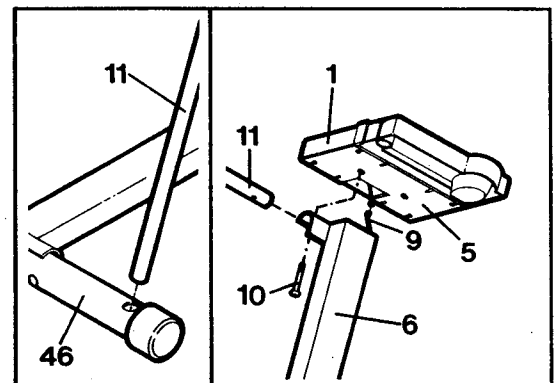
1. Turn the Stabilizer (46) so that the indented bolt holes are toward the Frame (6). Attach the Stabilizer to the Frame with the two Stabilizer Bolts (47), Washers (45) and Nuts (44).



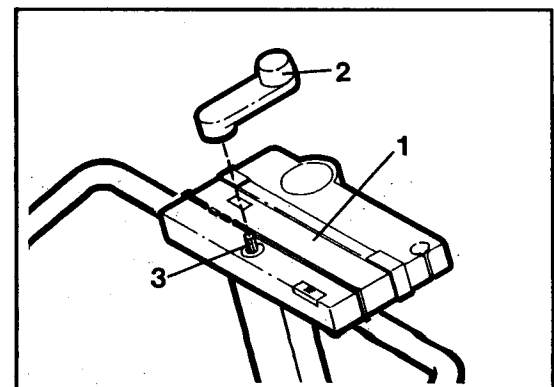
2. Press the Hex Pin (3) into the tube at the top of the Frame (6). Make sure that the hole in the Hex Pin is aligned with the hole in the tube. Insert the Cotter Pin (7) through the Hex Pin and tube. Grip the ends of the Cotter Pin with pliers, and bend the ends in opposite directions as shown in the inset. If both ends are not bent as shown, the Cotter Pin may damage the Sensor Wire (9).



3. Insert the lower end of the Right Handrail (11) into the Stabilizer (46). Fit the upper end of the Handrail into the bracket on the Frame (6). Insert a Handrail Bolt (10) up through the Handrail and bracket, keeping pressure on the Handrail to prevent the Bolt from slipping out. Plug the wire protruding from the Console (1) into the Sensor Wire (9) and **tuck all excess Wire into the Frame.** Place the Console on top of the Frame. Thread the Handrail Bolt into the Console Plate (5), without tightening the Bolt. Attach the Left Handrail (not shown) in the same manner. Tighten both Handrail Bolts.



4. Press the Resistance Crank (2) onto the Hex Pin (3) protruding from the Console (1).



STEPPER OPERATION

Place the stepper on a level surface. Keep the console out of direct sunlight or the LCD display may be damaged. The stepper features precision hydraulic cylinders; due to the nature of hydraulic cylinders, it is recommended that the floor underneath the stepper be covered in case of slight oil leakage.

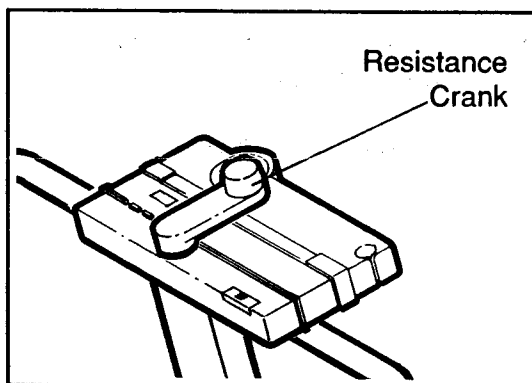
Hold the handrails with an overhand grip and step onto the pedals. Both pedals will slowly sink. Begin stepping, alternately pressing the right and left pedals down with a rapid, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the stepping resistance as necessary until you can comfortably maintain a continuous motion (see **ADJUSTING THE STEPPER RESISTANCE** on page 5). Note: If your steps are too shallow, the electronic monitor may not display correct feedback. Move the pedals through a wide range of motion. Never let the pedals hit the floor.

As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To exercise your calf muscles, rise on your toes as you step. Whether standing erect or leaning forward slightly, always keep your back straight in order to avoid injury.

The accessory tray on the console is designed to hold a beverage and a towel. Press the corner of your towel into the slot in the right side of the tray.

ADJUSTING THE STEPPER RESISTANCE

To vary the intensity of your exercise, the stepping resistance can be adjusted. To increase the resistance, turn the resistance crank clockwise; to decrease the resistance, turn the crank counterclockwise. Note: Stop turning the crank when it becomes difficult to turn, or the crank may be damaged.



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 speed, in steps per minute.

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

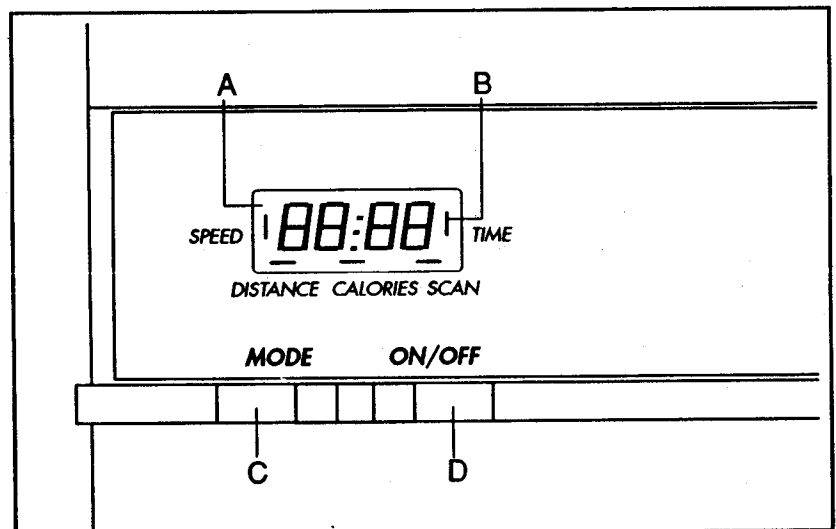
DISTANCE—Displays the total number of steps you have completed.

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 stepping 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 exercising. 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.

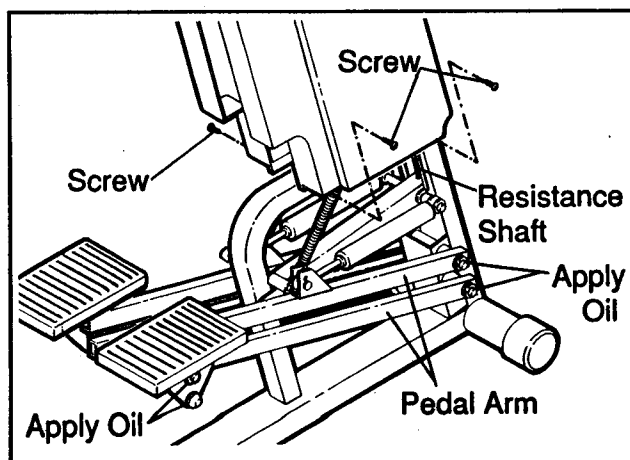
3. To reset the modes, turn the power off and then on again by pressing the on/off button.
4. To turn the power off, press the on/off button. Note: If the stepper pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically.

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts of the stepper regularly. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the console.

If the console does not function properly, or if the display becomes faint, the batteries should be replaced (see INSTALLING BATTERIES on page 6). Most problems are the result of drained batteries.

The lower end of the resistance shaft and the axles to which the pedal arms and pedals are attached should be oiled regularly. Apply oil every six months, or whenever the joints become noisy. Remove the four screws at the bottom of the side shields. Pull the bottom of the side shields apart slightly, until the side shields can be lifted off the frame. Apply a few drops of light multi-purpose oil at the locations indicated in the drawing. Reattach the side shields with the screws.



CONDITIONING GUIDELINES

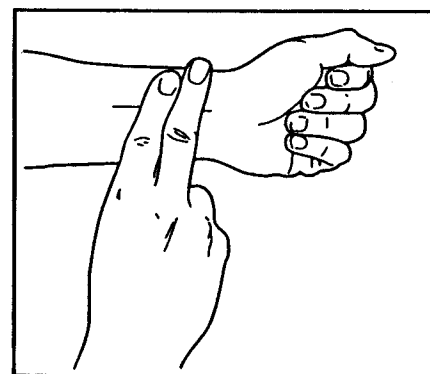
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or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

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

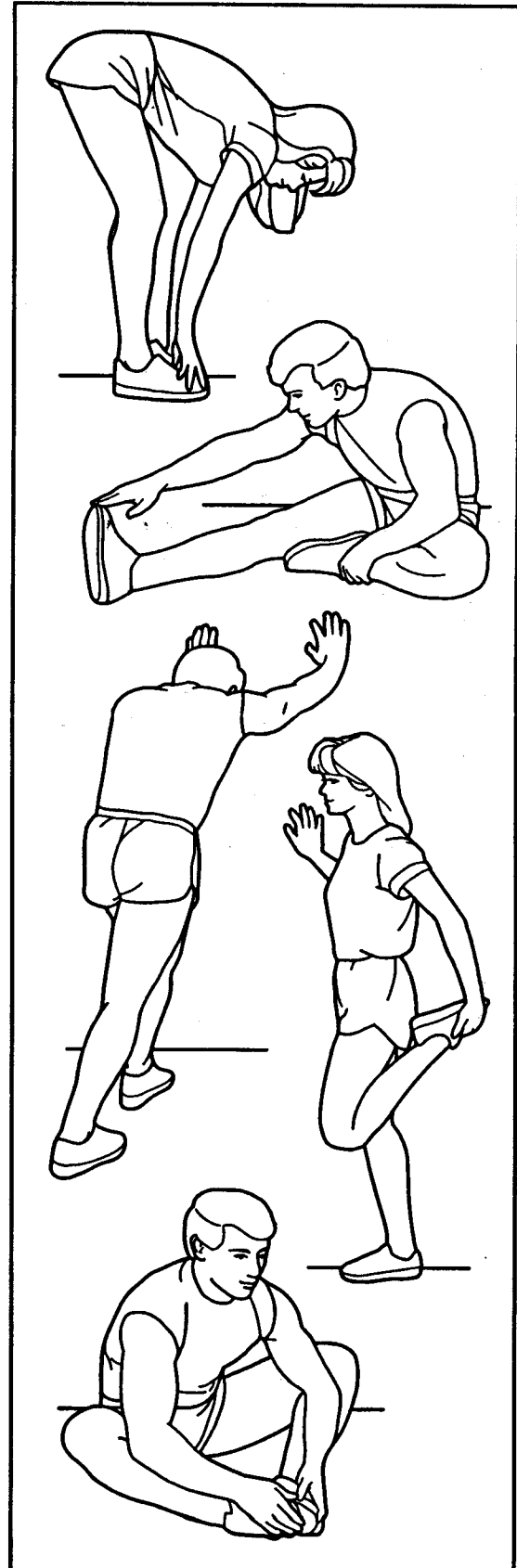
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



PART LIST—Model No. WL200521

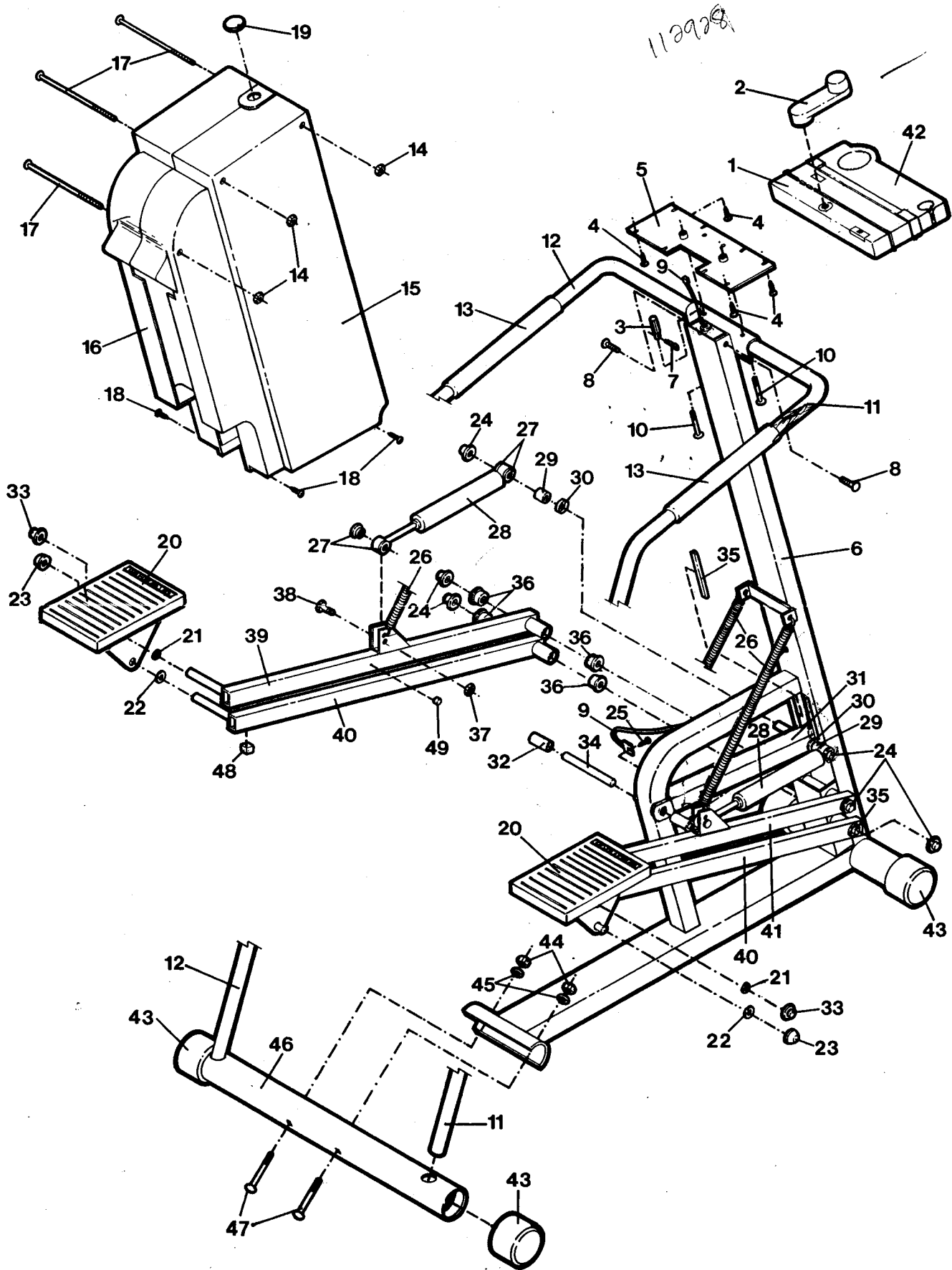
Rev. 9/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	27	8	Resistance Cylinder Bushing
2	1	Resistance Crank	28	2	Resistance Cylinder
3	1	Hex Pin	29	2	Cylinder Spacer
4	4	Screw	30	2	Thin Spacer
5	1	Console Plate	31	1	Resistance Arm
6	1	Frame	32	2	Bumper
7	1	Cotter Pin	33	2	Small Pushcap
8	2	Small Bolt	34	1	Resistance Arm Pin
9	1	Reed Switch/Sensor Wire	35	2	Plastic Slide
10	2	Handrail Bolt	36	8	Pedal Arm Bushing
11	1	Right Handrail	37	2	Pedal Arm Nut
12	1	Left Handrail	38	2	Pedal Arm Bolt
13	2	Handrail Foam	39	1	Left Upper Pedal Arm
14	3	Side Shield Nut	40	2	Lower Pedal Arm
15	1	Right Side Shield	41	1	Right Upper Pedal Arm
16	1	Left Side Shield	42	1	Accessory Tray
17	3	Side Shield Bolt	43	4	Stabilizer Endcap
18	4	Mounting Screw	44	2	Stabilizer Nut
19	1	Side Shield Plug	45	2	Stabilizer Washer
20	2	Pedal	46	1	Stabilizer
21	4	Pedal Washer	47	2	Stabilizer Bolt
22	4	Large Pedal Washer	48	2	Pedal Arm Bumper
23	2	Pedal Pushnut	49	1	Magnet
24	6	Pedal Pushcap	#	1	Allen Wrench
25	1	Reed Switch Screw	#	1	Owner's Manual
26	2	Spring			

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. WL200521

Rev. 9/92



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered conveniently by calling 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 (WL200521).
2. The NAME of the product (WESLO® ASCENT 2005).
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).

If possible, place the stepper near your telephone for reference when calling.

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