

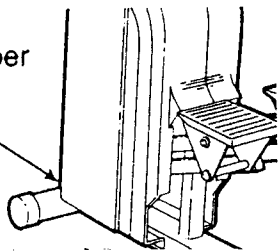
ASCENT II

WESLO®

Model No. WL200820

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

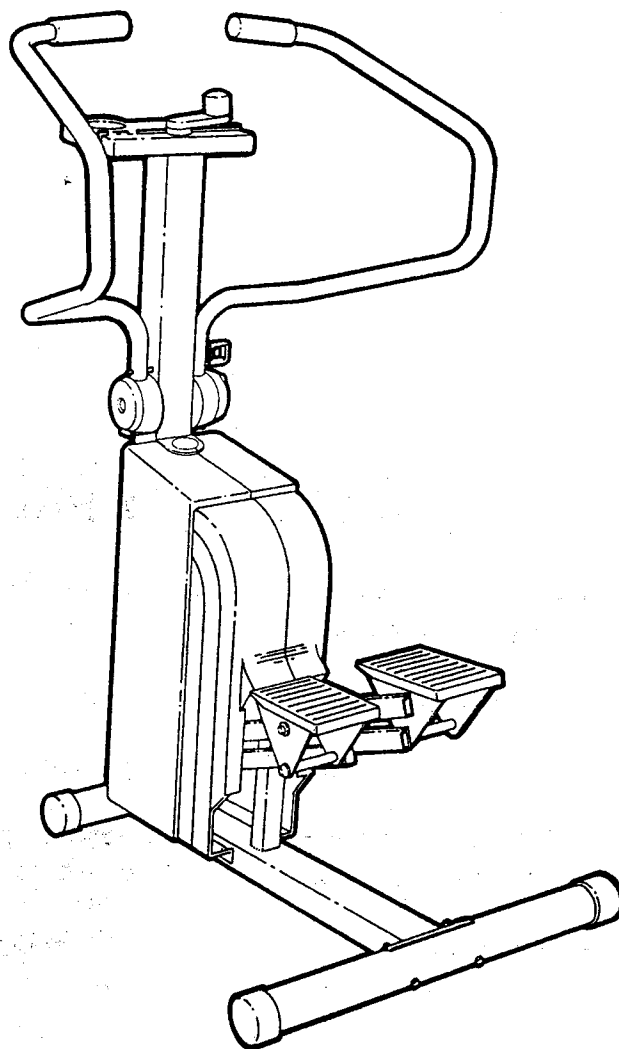
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION!

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

Patent Pending

*DUAL ACTION
INDEPENDENT STEPPING ACTION
SELF LEVELING PEDALS • INSYNC
UPPER BODY ACTION • VARIABLE
RESISTANCE • CALORIE MONITOR*



OWNER'S MANUAL

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
STEPPER OPERATION	5
CONSOLE OPERATION	6
TROUBLE-SHOOTING AND MAINTENANCE	7
CONDITIONING GUIDELINES	8
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS.....	Back Cover
LIMITED WARRANTY	Back Cover

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.
2. Wear suitable exercise clothing, including athletic shoes, when using the stepper.
3. Always hold the handlebars when using the stepper. Keep your hands away from the pedal 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 handlebars 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.

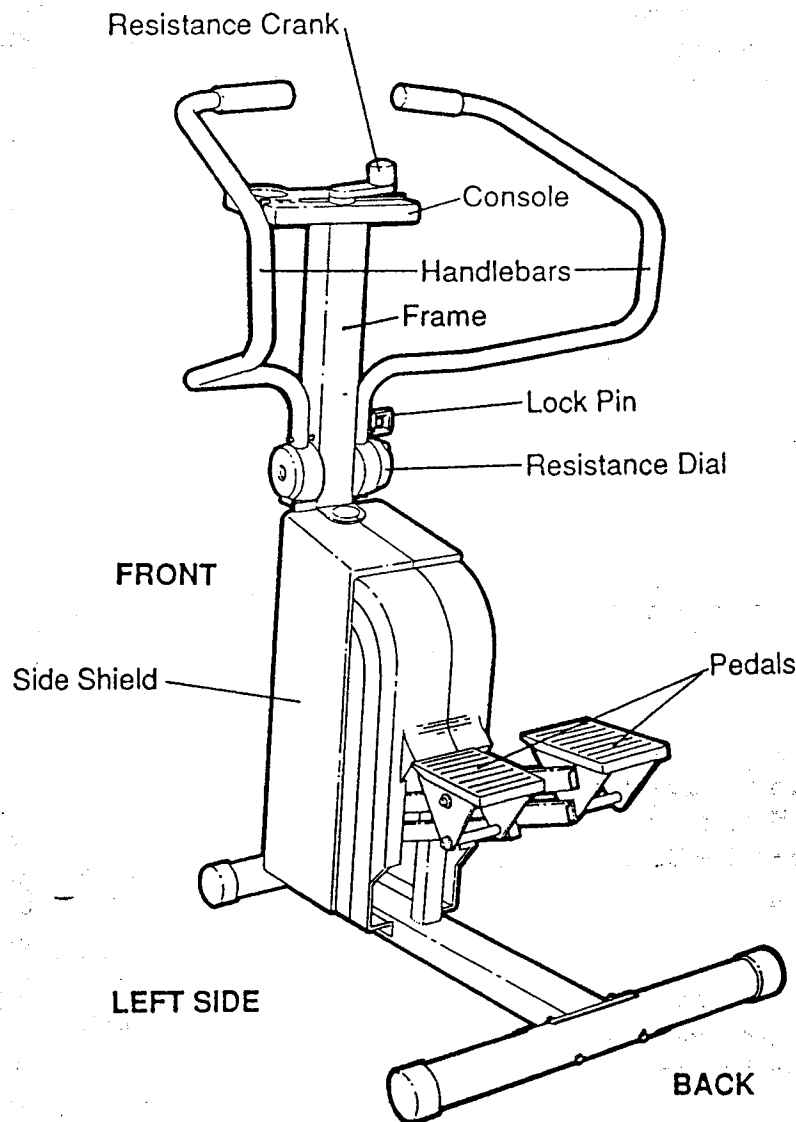
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WESLO assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the innovative WESLO® ASCENT II dual-action stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The ASCENT II 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 front cover of this manual for the location of the decal).

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



10/1

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.

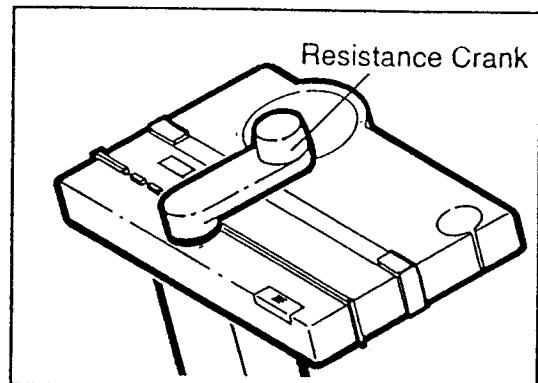
Hold the handlebars with an overhand grip and step onto the pedals. Both pedals will slowly sink. Begin stepping, alternately pressing the right and left pedals down with a rapid, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the stepping resistance as necessary until you can comfortably maintain a continuous motion (see STEPPING RESISTANCE below). Note: If your steps are too shallow, the console may not display correct feedback. Move the pedals through a wide range of motion, without letting 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. Stand erect or lean forward slightly, always keeping 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.

STEPPING RESISTANCE

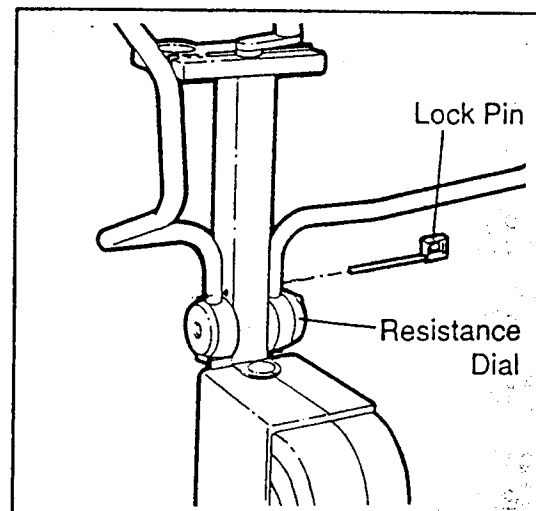
To vary the intensity of your exercise, the stepping resistance can be changed. The resistance is controlled with the crank on the console. To increase the resistance, turn the crank clockwise; to decrease the resistance, turn the crank counterclockwise. Because the pedals move independently, as the resistance increases, your stepping pace will decrease; as the resistance decreases, your stepping pace will increase.



HANDLEBAR OPERATION

The handlebars can be used in either the stationary mode, for stepping exercise only, or in the dual-action mode, for both upper- and lower-body exercise. To use the handlebars in the stationary mode, raise both handlebars and insert the lock pin through the handlebars and frame. To use the handlebars in the dual-action mode, withdraw the lock pin from the handlebars and frame. Keep the lock pin in a secure location.

The resistance of the handlebars can be changed by turning the resistance dial. To increase the resistance, turn the dial clockwise; to decrease the resistance, turn the dial counterclockwise.



CONSOLE OPERATION

The console features a five-mode electronic monitor to provide you with continuous 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.

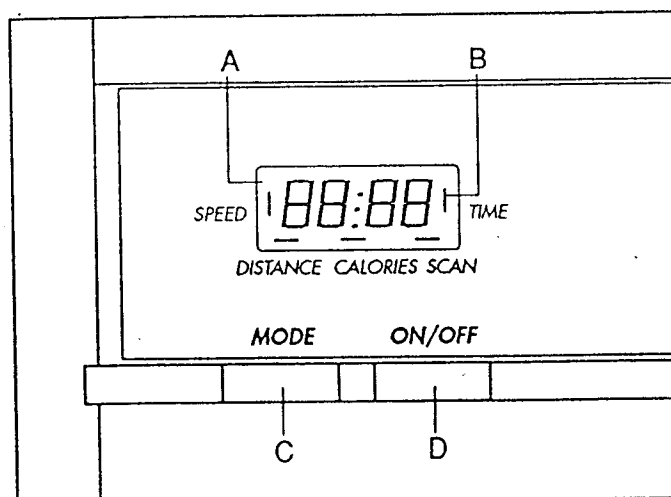
DISTANCE—Displays the total number of steps you have completed.

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 and the resistance of the handlebars.

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.



BATTERY INSTALLATION

The console requires two "AA" batteries (not included) for operation; alkaline batteries are recommended. The battery compartment is located near the right side of the console. Slide the battery cover open and remove the battery clip from the console. Find the markings inside the battery clip showing the direction that 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

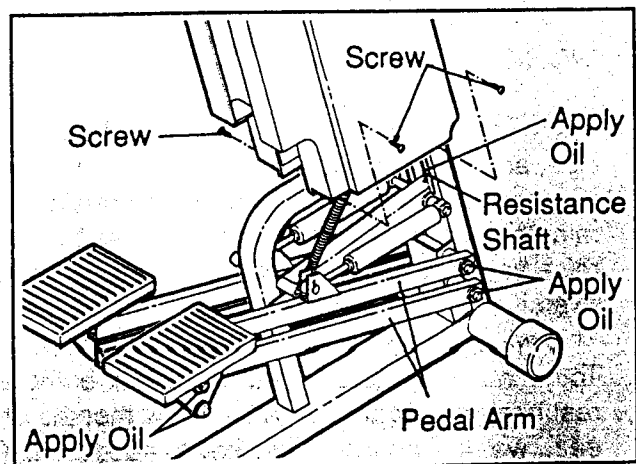
Inspect and tighten all parts of the stepper regularly. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the console.

CONSOLE

If the console does not function properly, or if the display becomes faint, the batteries should be replaced (see BATTERY INSTALLATION on page 6). Most problems are the result of drained batteries. If the console still does not function properly, make sure that the sensor wire is plugged fully into the underside of the console (see ASSEMBLY on page 4).

PEDALS

The lower end of the resistance shaft and the axles to which the pedals and pedal arms 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

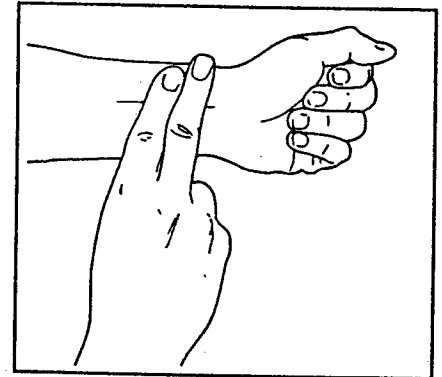
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or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

