

ASCENT™ 2010

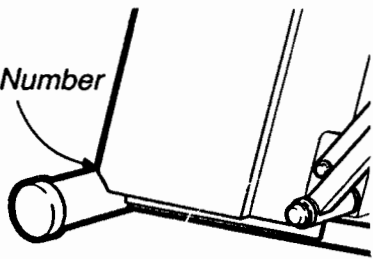
weslo, inc®

A Subsidiary of Welder Health and Fitness, Inc.

Model No. WL201010

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:

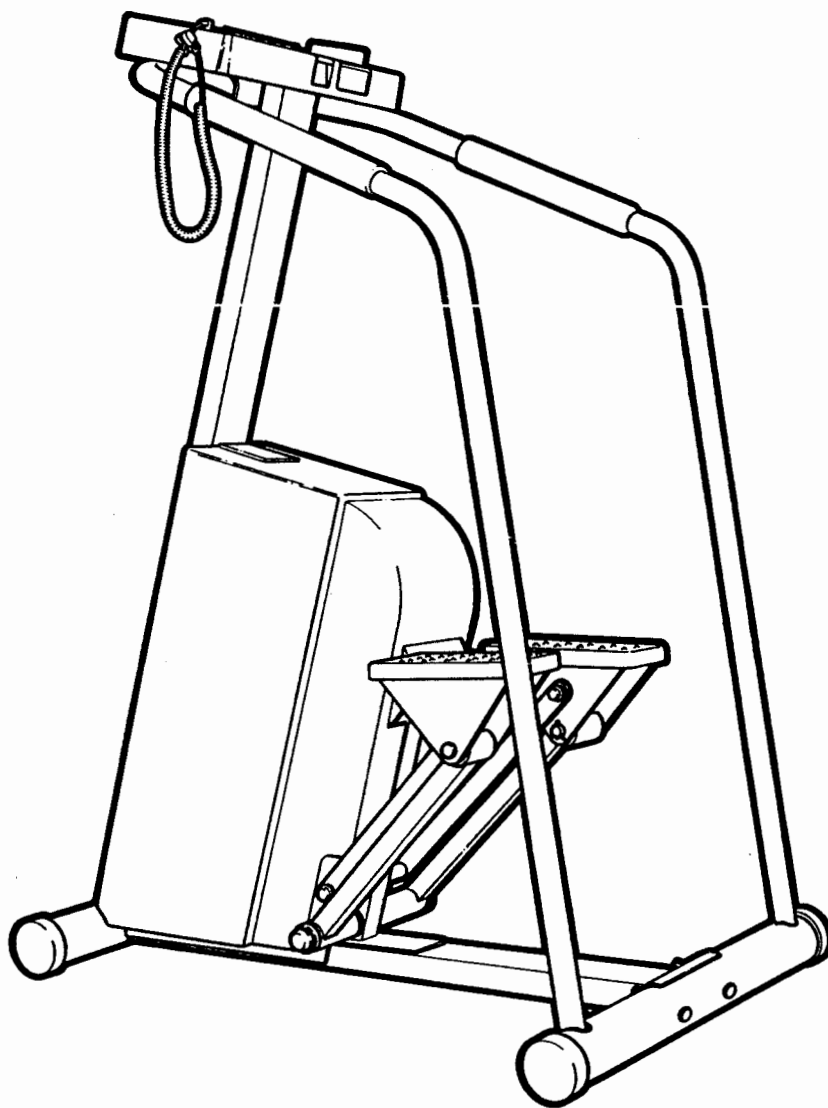
1-800-999-3756

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.

**COMPUTERIZED RESISTANCE CONTROL
INDEPENDENT STEPPING ACTION
SELF LEVELING PEDALS**



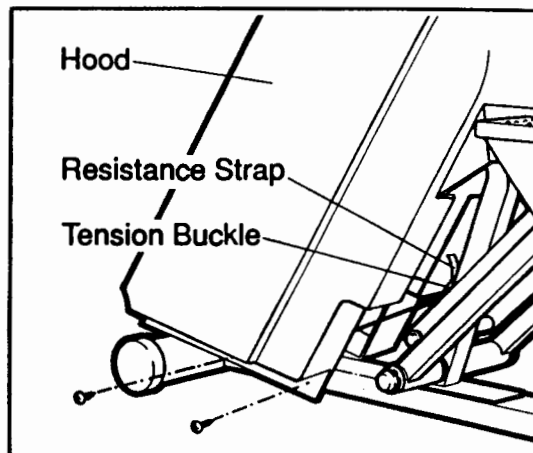
OWNER'S MANUAL

MAINTENANCE AND TROUBLE-SHOOTING

Periodically inspect and tighten all parts of the stepper. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the console.

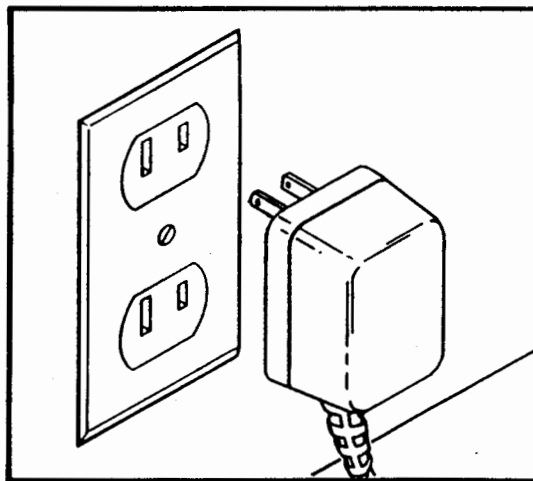
If the pulse earclip does not function properly, the problem may be solved by cleaning the earclip. Press the earclip open, and wipe the two clear bubbles inside the earclip, using a cotton swab saturated with denatured alcohol.

If the range of stepping resistance is too high or too low, the range can be adjusted. Remove the screws from the bottom of the hood as shown. Carefully move the hood forward until the tension buckle can be reached. To lower the range of resistance, open the tension buckle, loosen the resistance strap slightly and close the buckle firmly. To raise the range of resistance, pull the resistance strap slightly tighter. Re-attach the hood with the screws.



STEPPER OPERATION

Plug the transformer into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the stepper, or the stepper could be damaged.



STEPPER OPERATION

Hold the handrails with an overhand grip, and step onto the pedals. Begin stepping, alternately pressing the right and left pedals down with a smooth, rhythmic motion. Because the pedals move independently, it is important to maintain a continuous motion. Adjust the stepping resistance as necessary until you can comfortably maintain a continuous motion. (See MANUAL RESISTANCE MODE on page 6.) **IMPORTANT: Never allow the pedals to hit the floor.**

As you step, you can emphasize the muscles of the upper legs by keeping your feet flat on the pedals. To focus on the calf muscles, rise on your toes as you step. Whether standing erect or leaning forward slightly, always keep your back straight to avoid injury. For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid steps.

PART LIST - Model No. WL201010

Rev. 8/91

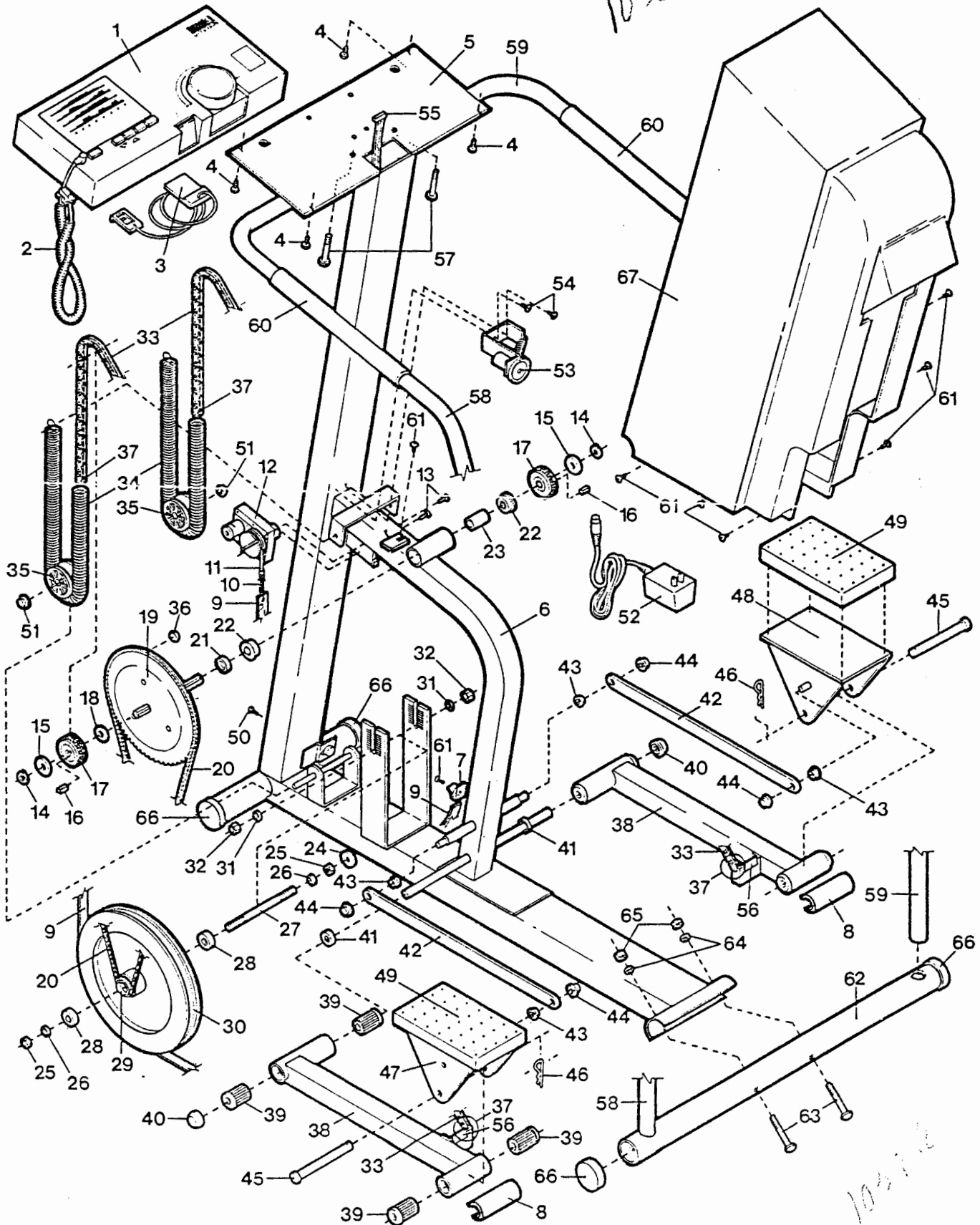
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	36	3	Magnet
2	1	Pulse Earclip	37	4	Master Link
3	1	Power Key	38	2	Pedal Arm
4	6	Screw	39	8	Pedal Arm Bushing
5	1	Console Plate	40	2	Pedal Arm Pushnut
6	1	Frame	41	2	Pedal Arm Spacer
7	1	Tension Buckle	42	2	Link Arm
8	2	Large Bumper	43	4	Link Arm Bushing
9	1	Resistance Strap	44	4	Link Arm Pushnut
10	1	Spring Assembly	45	2	Clevis Pin
11	1	Tension Rope	46	2	Cotter Pin
12	1	Tension Motor	47	1	Left Pedal
13	2	Tension Motor Screw	48	1	Right Pedal
14	2	Snap Ring	49	2	Pedal Foot Pad
15	2	Large Sprocket Washer	50	1	Power Plug Screw
16	2	Sprocket Key	51	2	Spring Wheel Pushnut
17	2	Small Sprocket	52	1	Power Cord
18	1	Small Sprocket Washer	53	1	Voltage Meter
19	1	Large Sprocket	54	1	Reed Switch
20	1	Large Sprocket Chain	55	1	Wire Harness
21	1	Sprocket Spacer Cup	56	2	Small Bumper
22	2	Sprocket Bearing	57	2	Handrail Bolt
23	1	Spacer	58	1	Left Handrail
24	1	Flywheel Washer	59	1	Right Handrail
25	2	Thin Nut	60	2	Handrail Foam
26	2	Beveled Washer	61	8	Screw
27	1	Flywheel Axle	62	1	Stabilizer
28	2	Flywheel Bearing	63	2	Stabilizer Bolt
29	1	Flywheel Sprocket	64	2	Stabilizer Washer
30	1	Flywheel	65	2	Stabilizer Nut
31	2	Small Flywheel Washer	66	4	Stabilizer Endcap
32	2	Thick Nut	67	4	Hood
33	2	Large Chain	#	1	Owner's Manual
34	2	Spring	#	1	Grease
35	2	Spring Wheel			

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. WL201010

Rev. 7/91

10/20



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