

# ASCENT™

# 2010

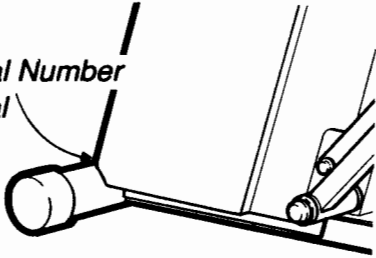
US Pat. 4,918,266  
Patent Pending

**weslo, inc.**®  
A Subsidiary of Weider Health and Fitness, Inc.

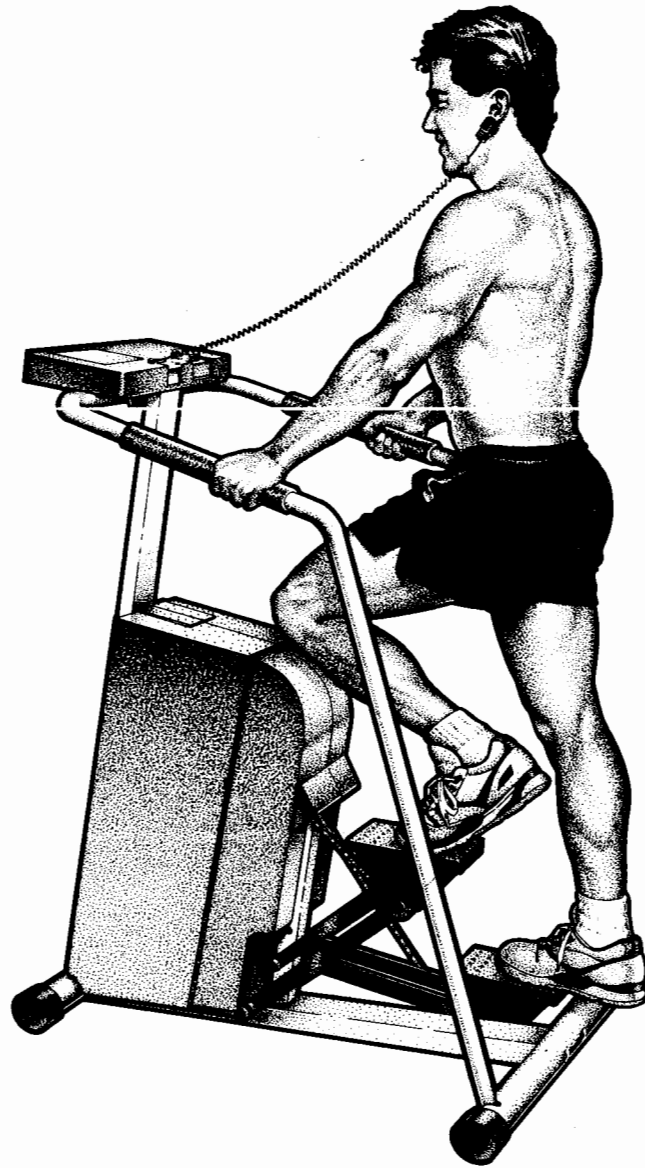
Model No. WL201012

Serial No. \_\_\_\_\_

Serial Number  
Decal



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



## 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

**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. Plug in the power cord and turn on the power before using the stepper, or the stepper could be damaged. Keep the power cord away from walkways and heated surfaces. Do not use the stepper if the power cord is damaged. Do not use an extension cord.
3. Wear suitable exercise clothing, including athletic shoes, when using the stepper.
4. Always hold the handrails when using the stepper. Keep your hands away from the pedals, chains and link arms. Keep small children away from the stepper at all times.
5. 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.
6. The pulse earclip is not a medical device. Various factors, including the user's movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
7. 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.

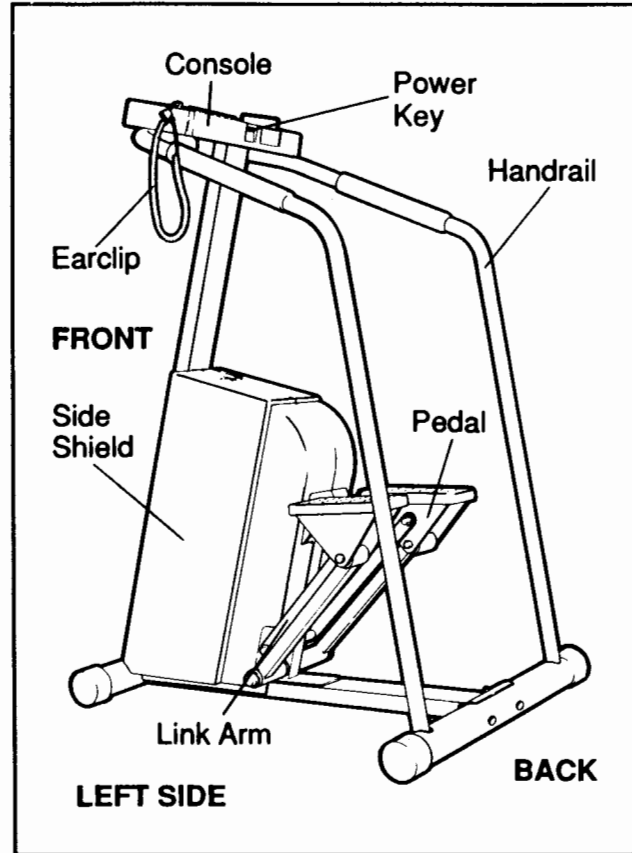
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage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

# BEFORE YOU BEGIN

Thank you for selecting the Weslo ASCENT 2010 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The ASCENT 2010 combines advanced engineering and innovative styling to let you enjoy this healthful 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 review the drawing at the right and familiarize yourself with the parts that are labeled.

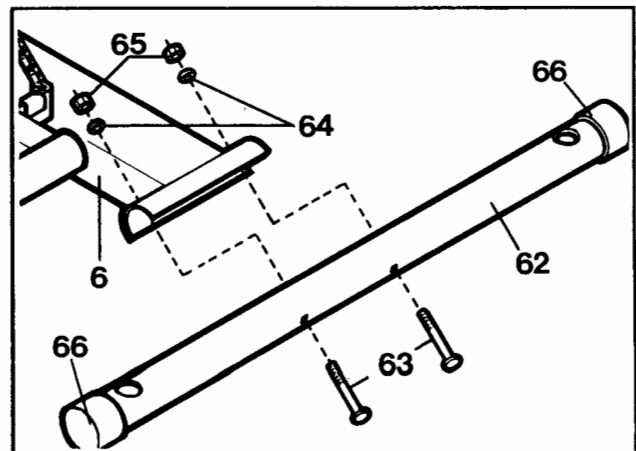


# ASSEMBLY

Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using the tool included and your own adjustable wrench.

1. Turn the Stabilizer (62) so that the indented bolt holes are toward the Frame (6). Attach the Stabilizer to the Frame with the two Stabilizer Bolts (63), Washers (64) and Nuts (65).

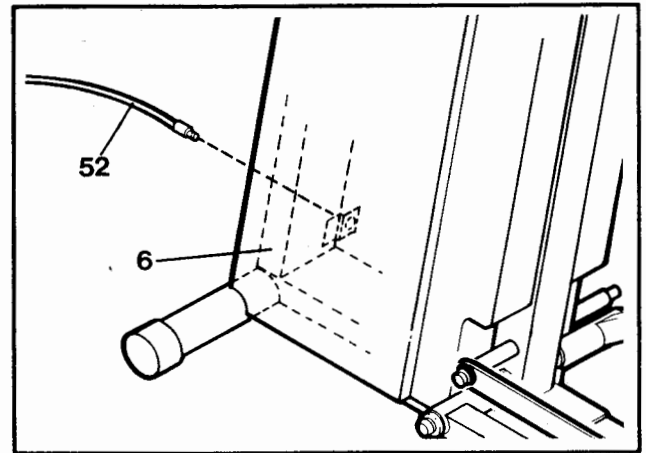
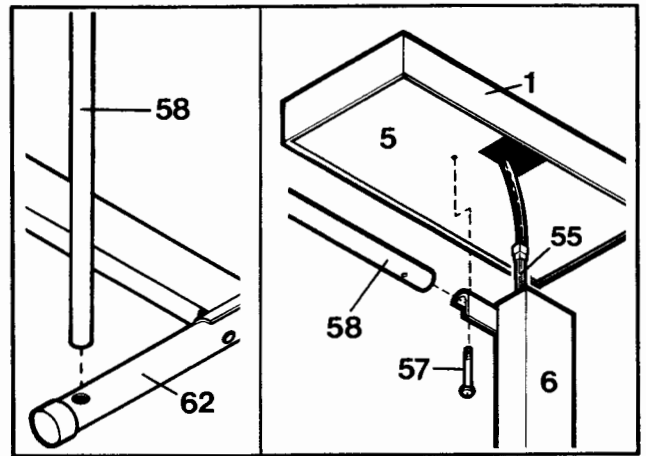
Press a Stabilizer Endcap (66) onto each end of the Stabilizer (62).



2. Insert the lower end of the Left Handrail (58) into the Stabilizer (62). Position the upper end of the Handrail in the bracket on the Frame (6). Insert a Handrail Bolt (57) up through the Handrail and bracket; keep pressure on the Handrail to prevent the Bolt from slipping out. Plug the wires protruding from the Console (1) into the Wire Harness (55). Tuck the wires into the Frame, and position the Console on top of the Frame. Thread the Handrail Bolt into the Console Plate (5); do not tighten the Bolt yet.

Attach the Right Handrail (not shown) in the same manner. Tighten both Handrail Bolts (57).

3. Plug the Power Cord (52) into the power jack at the front of the Frame (6).

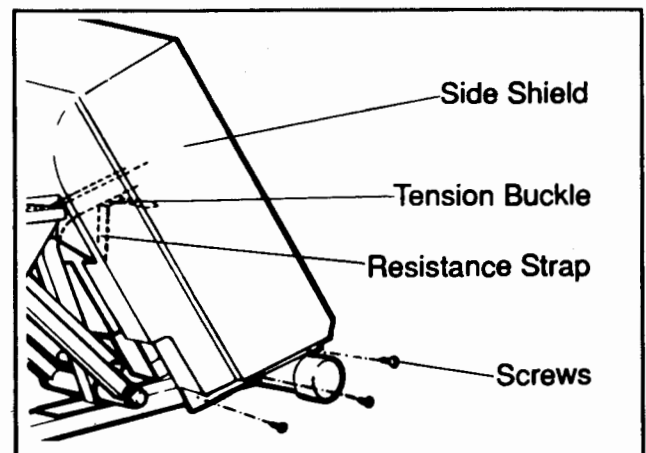


## TROUBLE-SHOOTING AND MAINTENANCE

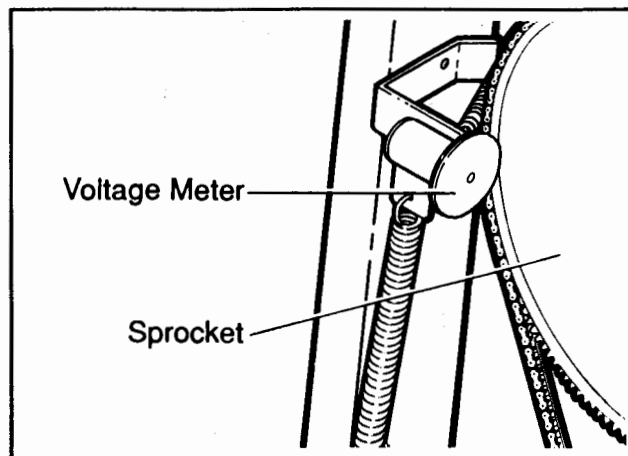
Inspect and tighten all parts of the stepper regularly. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the console.

If the 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.

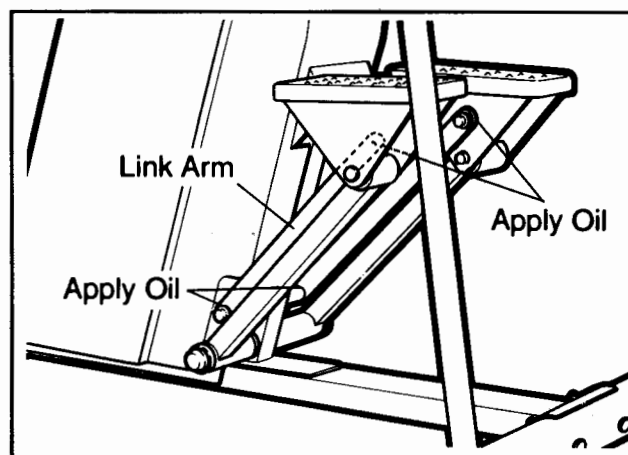
If the range of stepping resistance is too high or too low, the range can be adjusted. Remove the screws from the bottoms of the side shields. Pull the bottoms of the side shields apart slightly, until the side shields can be lifted off the frame. Find the tension buckle located on the underside of the frame. To raise the range of resistance, open the tension buckle, pull the resistance strap slightly tighter and close the buckle firmly. To lower the range of resistance, loosen the resistance strap slightly. When the range of resistance is properly adjusted, reattach the side shields with the screws.



If the stepping resistance changes unexpectedly without the resistance knob being turned, the sprocket should be cleaned. Remove the side shields as described above. Using a clean cloth and denatured alcohol, clean the left side of the sprocket. The sprocket must be kept clean where the voltage meter makes contact with the sprocket. Reattach the side shields.



The axles to which the link arms are attached should be oiled every six months, and whenever the joints become noisy. Apply a few drops of light multi-purpose oil at the locations indicated in the drawing.



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## STEPPER OPERATION

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 stepper, or the stepper could be damaged.

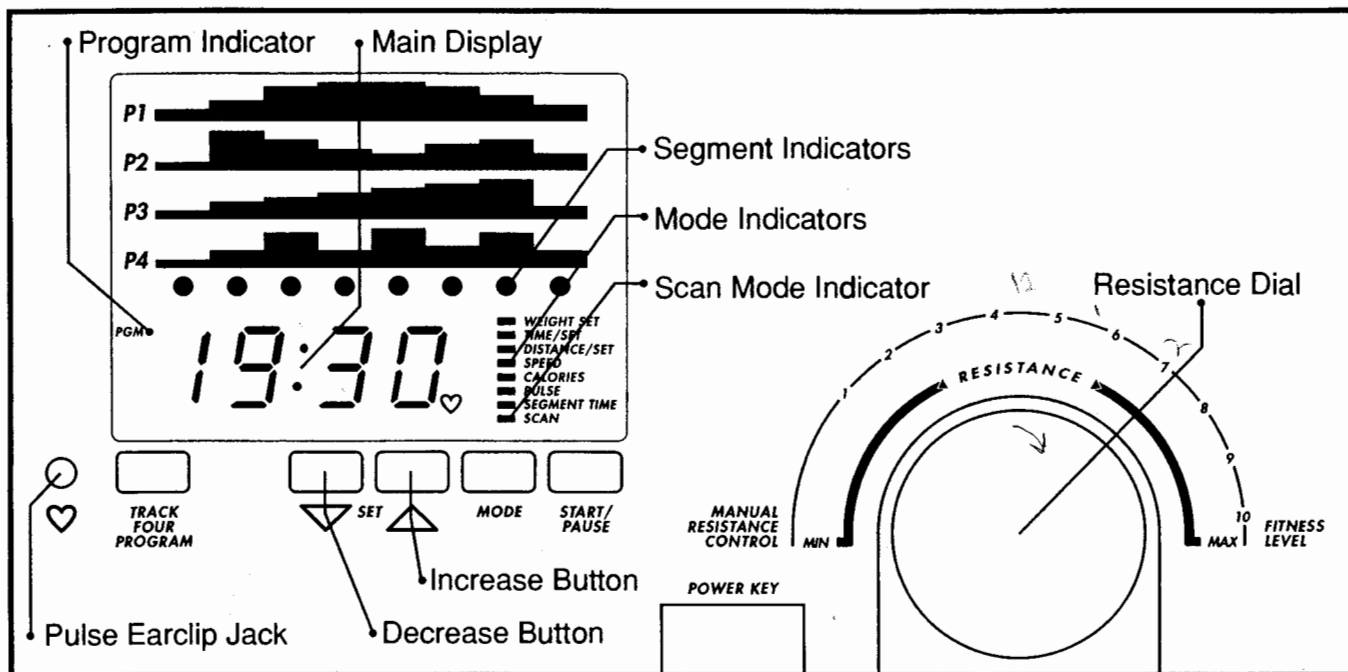
### STEPPER OPERATION

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, a continuous motion must be maintained. Adjust the stepping resistance until you can comfortably maintain a continuous motion (see **MANUAL RESISTANCE MODE** on page 6 of this manual). For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid steps. **IMPORTANT: Never allow the pedals to hit the floor.**

As you step, you can exercise the upper leg muscles by keeping your feet flat on the pedals. To exercise the 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.

## DIAGRAM OF THE CONSOLE

Please read all instructions carefully before operating the console.



## DESCRIPTION OF THE CONTROLS

**TRACK FOUR PROGRAM BUTTON**—This button switches the console to the program mode. The program indicator will light when the console is in the program mode.

**SET BUTTONS**—These buttons are used to select programs, enter your weight into the console and set time and distance goals.

**MODE BUTTON**—This button is used to select monitor modes.

**START/PAUSE BUTTON**—This button starts and stops the console. The mode indicators will flash when the console is stopped.

**RESISTANCE DIAL**—This dial is used to control the stepping resistance, and to select a fitness level for programs.

## TURNING THE POWER ON

Insert the power key into the slot in the front of the console. **Wait for at least 3 seconds before operating the console.**

## MANUAL RESISTANCE MODE

When the power is turned on, the console will be in the manual mode. As you exercise, the stepping resistance can be controlled by turning the resistance dial. As the dial is turned clockwise, toward "max," the resistance will decrease and your stepping speed will increase. As the dial is turned counterclockwise, toward "min," the resistance will increase and your stepping speed will decrease. Adjust the resistance until you can maintain a smooth, continuous stepping motion.

## **PROGRAM MODE**

In the program mode, preset programs will control the stepping resistance automatically, leaving you free to concentrate on exercising. Four different programs are offered. You can choose how long each program will last, and adjust the programs to your individual fitness level.

Each program is divided into eight equal time periods, called "segments." The stepping resistance will change automatically at the beginning of each segment. The four graphs (labeled P1-P4) on the console show how your stepping speed will change during each program. During program 1, for example, your stepping speed will gradually increase, and then gradually decrease. During program 4, your stepping speed will alternately increase and decrease.

To switch the console to the program mode, press the TRACK FOUR PROGRAM button. The program indicator and the eight segment indicators will light. To select one of the four programs, press either of the SET buttons. A "P1," "P2," "P3" or "P4" will appear on the main display to show which program you have selected. Next, select a "fitness level" for the program by turning the resistance dial. The farther the dial is turned clockwise, the more challenging the program will be.

Each program is preset to last for 16 minutes (each segment will last for 2 minutes). If you want to change the length of time the program will last, first press the MODE button until the TIME/SET indicator lights. (Be sure the SCAN indicator is not lighted also.) Press the SET buttons to set the length of time you want the program to last. Each time one of the buttons is pressed, the length of time displayed will change by 10 seconds. The program must be set to last for at least 4 minutes.

When you are ready to start the program, press the START/PAUSE button and begin stepping. The first segment indicator will flash to show that the first segment of the program has started, and the stepping resistance will automatically adjust to the first setting. When only 10 seconds remain in the first segment, the time will be counted down on the main display. When the first segment is completed, the second segment indicator will flash, and the stepping resistance will adjust to the second setting. The program will continue in this manner until all eight segments are completed. If you need to stop the program before the program has ended, press the START/PAUSE button. To restart the program, press the START/PAUSE button again.

To switch the console to the manual mode, press the TRACK FOUR PROGRAM button.

## **SELECTING MONITOR MODES**

The console offers eight monitor modes to give you instant feedback as you exercise. When the power is turned on, the SCAN mode will be selected automatically. In the SCAN mode, the TIME/SET, DISTANCE/SET, SPEED, CALORIES, PULSE and SEGMENT TIME modes will all be displayed in a repeating cycle. (Note: The PULSE mode will be displayed only if the pulse earclip is worn [see PULSE below]. The SEGMENT TIME mode will be displayed only if the console is in the program mode.) Individual modes can be selected by pressing the MODE button. Indicators will light to show which mode you have selected. The main display can be reset to zero, if desired, by removing the power key and then reinserting it. The eight modes are described below:

**SCAN:** This mode automatically displays all other modes, except WEIGHT SET, in a repeating cycle. Note: The PULSE mode will be displayed only if the pulse earclip is worn. The SEGMENT TIME mode will be displayed only if the console is in the program mode.

**WEIGHT SET:** For the CALORIES mode to be accurate, your weight should be entered into the console. Select the WEIGHT SET mode, and press the SET buttons to enter your weight, in pounds. Each time one of the buttons is pressed, the weight displayed will change by 5 pounds. The buttons can be held down to enter your weight quickly.

**TIME/SET:** This mode displays the elapsed time. This mode also allows time goals to be set. To set a time goal, first select the TIME/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to enter the length of time you plan to exercise. Each time one of the buttons is pressed, the time displayed will change by 10 seconds. The buttons can be held down to enter a time goal quickly. When the console is started, the time will be counted down.

**DISTANCE/SET:** This mode displays the total number of steps you have completed. This mode also allows distance goals to be set. To set a distance goal, first select the DISTANCE/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to enter the total number of steps you plan to complete. Each time one of the buttons is pressed, the number displayed will change by 1 step. The buttons can be held down to enter a distance goal quickly. As you exercise, the steps will be counted down.

**SPEED:** This mode displays your current stepping speed, in steps per minute.

**CALORIE:** This mode displays the number of Calories you have burned. For an accurate count, first select the WEIGHT SET mode, and enter your weight into the console.

**PULSE:** This mode displays your heart rate during your workout (your heart rate must be higher than 70 beats per minute to be displayed). Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. Note: If your heart rate is not displayed, try rubbing your ear lobe and repositioning the earclip.

**SEGMENT TIME:** When the console is in the program mode, this mode displays the time remaining in the current program segment. Note: Even if this mode is not selected, the time remaining will be displayed during the last ten seconds of each segment.

## **TURNING THE POWER OFF**

Remove the power key from the console. The key can be stored in a secure location to prevent unauthorized use of the stepper.

# 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 individuals over the age of 35 or individuals 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 of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise. **WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**

## 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 your muscles as well as help to decrease 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**.

**PART LIST—Model No. WL201012**

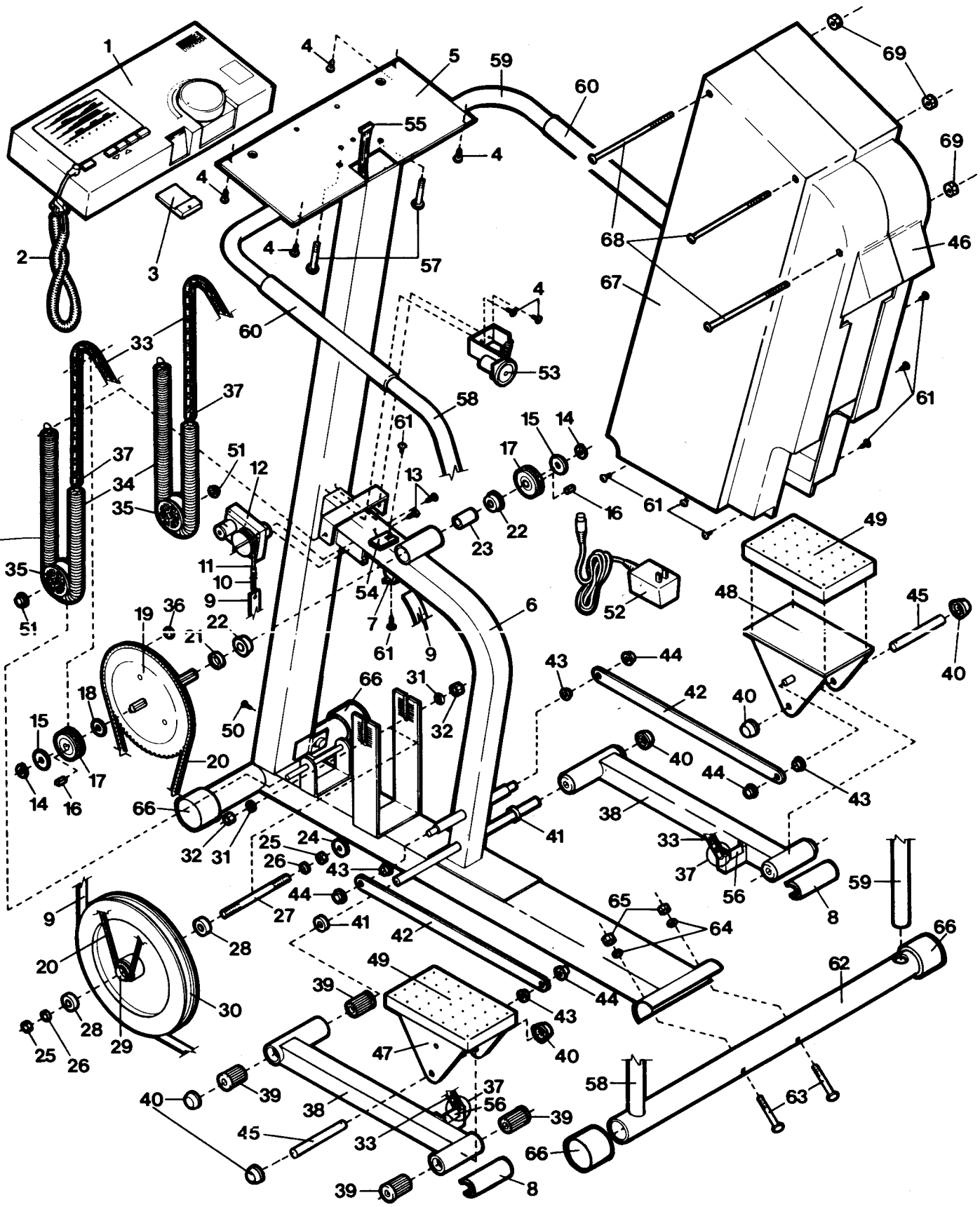
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<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>	<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>
1	1	Console	36	3	Magnet
2	1	Pulse Earclip	37	4	Master Link
3	1	Power Key	38	2	Pedal Arm
4	6	Screw	39	8	Pedal Arm Bushing
5	1	Console Plate	40	6	Pedal Arm Pushnut
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	Pedal Shaft
11	1	Tension Rope	46	1	Right Side Shield
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	6	Mounting 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	1	Left Side Shield
33	2	Large Chain	68	3	Side Shield Bolt
34	2	Spring	69	3	Side Shield Nut
35	2	Spring Wheel	#	1	Owner's Manual

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. WL201012

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# 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). To help us assist you, please note the following information before calling:

1. The MODEL NUMBER of the product (WL201012).
2. The NAME of the product (Weslo ASCENT 2010).
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**