

Concept™

STEPPER

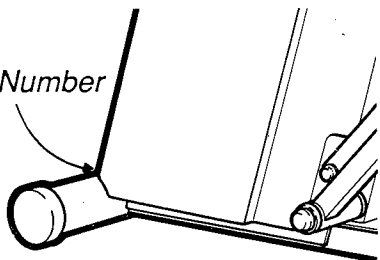
Computerized Resistance Control
Independent Stepping Action

OWNER'S MANUAL

Model No. WL201510

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.

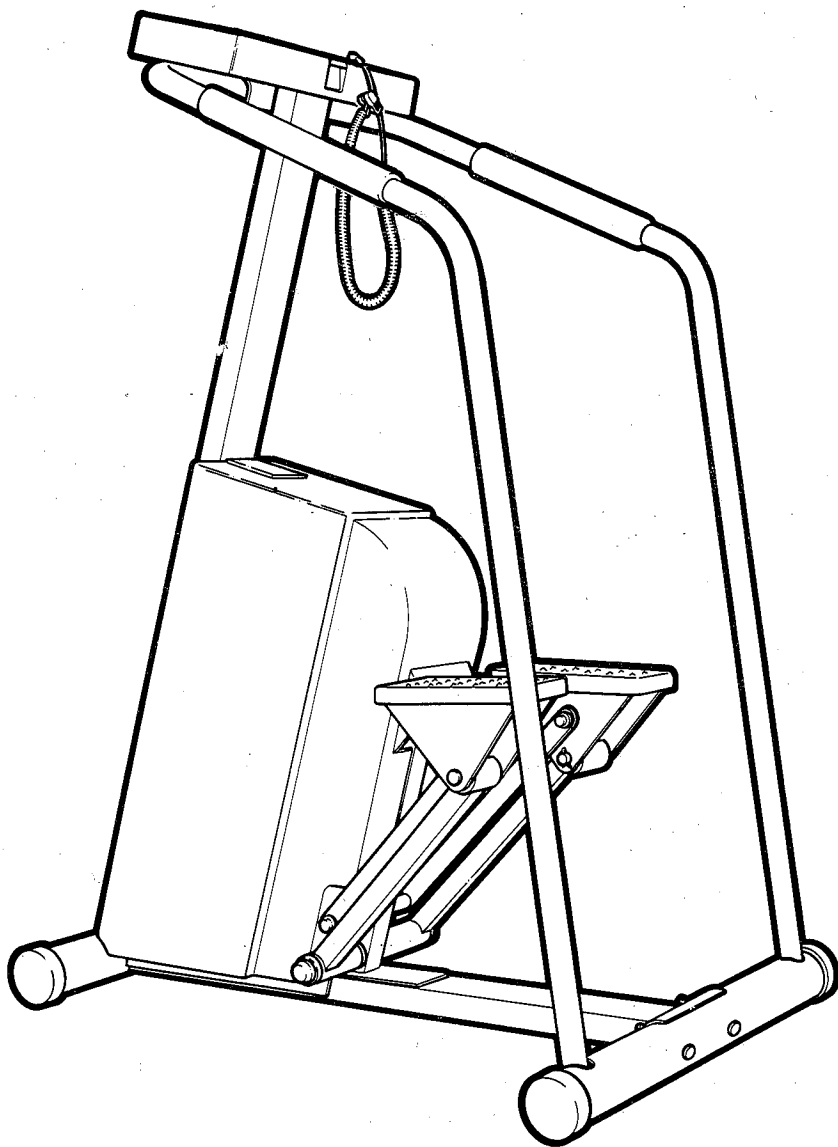
CUSTOMER HOT LINE:

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.



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

IMPORTANT SAFETY PRECAUTIONS

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. Place the power cord away from walkways or heated surfaces. Do not use the stepper if the power cord is damaged. Do not use an extension cord.
3. Wear suitable exercise attire, including running or aerobic shoes, when using the stepper.
4. Keep your hands away from the pedals, chains and link arms during use. Keep small children away from the stepper during use.
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.

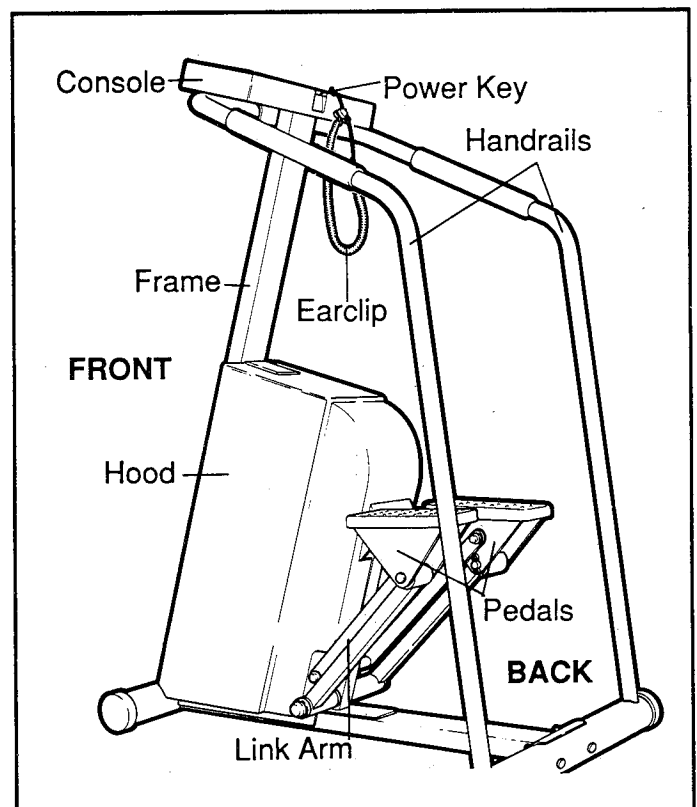
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the Weslo CONCEPT STEPPER. The CONCEPT STEPPER blends advanced engineering with innovative styling to provide you with an effective and enjoyable form of cardiovascular exercise in the convenience of your own 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 quickly, please mention your 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 equipment (see the drawing on the front cover).

Before reading further, please familiarize yourself with the diagram at the right.



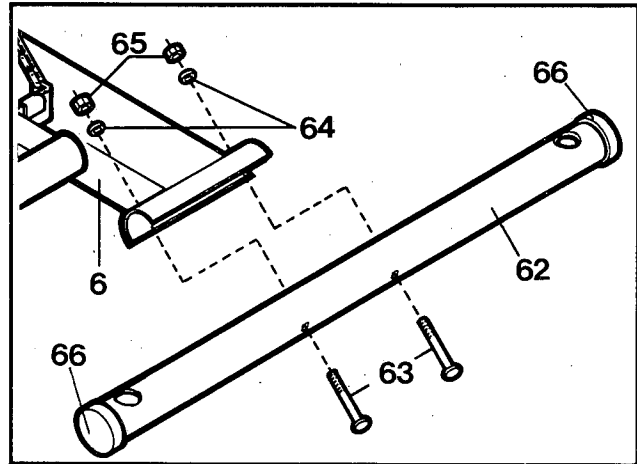
ASSEMBLY

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 a hammer, adjustable wrench and phillips screwdriver (not included).

ATTACHING THE STABILIZER

Turn the Stabilizer (62) so 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).

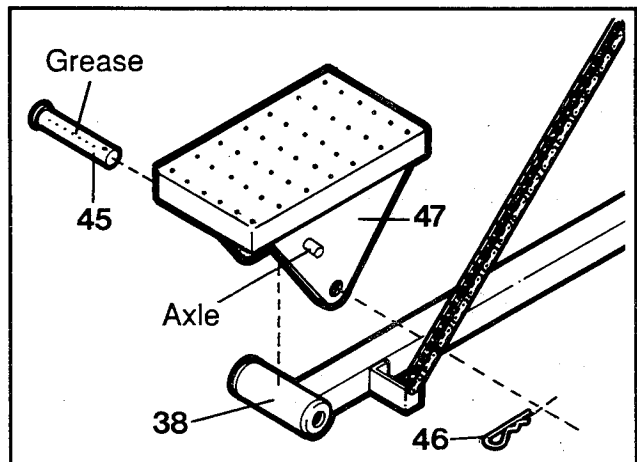
Press a Endcap (66) onto each end of the Stabilizer.



ATTACHING THE PEDALS TO THE PEDAL ARMS

Lightly grease a Clevis Pin (45). Attach the Left Pedal (47) to the left Pedal Arm (38) with the Clevis Pin and a Cotter Pin (46).

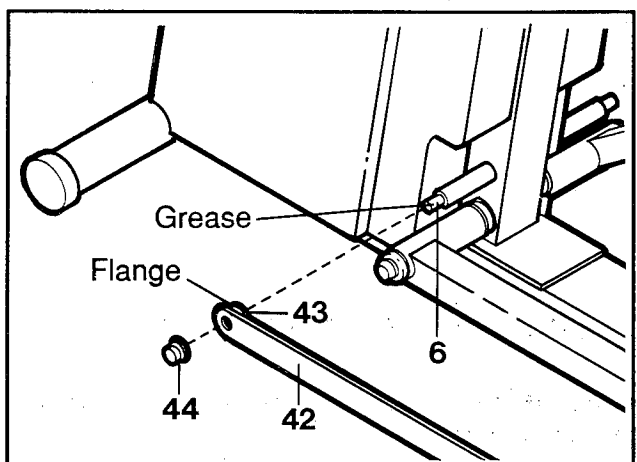
Attach the Right Pedal to the right Pedal Arm in the same manner (not shown). Note: The Left and Right Pedals are very similar. To tell them apart, look at the axles on the Pedals. If the Pedals are attached correctly, the axles will be toward the back of the Pedals, pointing inward.



ATTACHING THE LINK ARMS TO THE FRAME

Lightly grease the axle on the Frame (6). Slide one end of a Link Arm (42) onto the axle. The flange of the Bushing (43) must be between the Link Arm and the Frame. Tap a Link Arm Pushnut (44) onto the axle using a hammer.

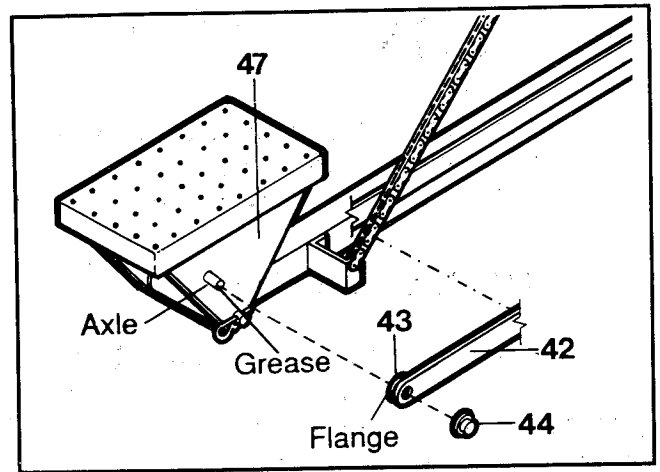
Attach the other Link Arm to the Frame in the same manner (not shown).



ATTACHING THE LINK ARMS TO THE PEDALS

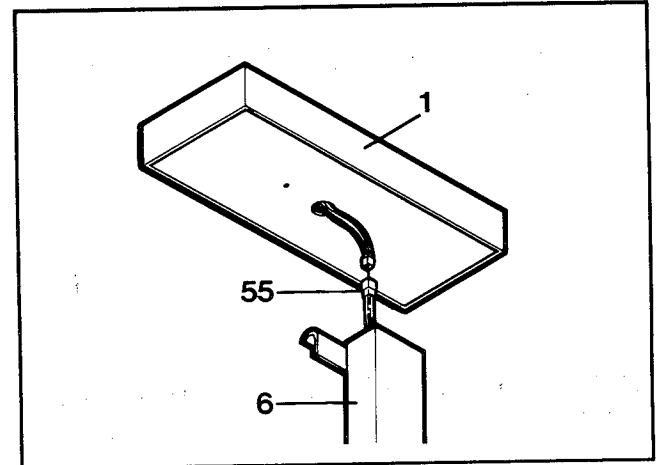
Lightly grease the axle on the Left Pedal (47). Slide the end of the left Link Arm (42) onto the axle. The flange of the Bushing (43) must be between the Link Arm and the Pedal. Tap a Link Arm Pushnut (44) onto the axle.

Attach the right Link Arm to the Right Pedal in the same manner (not shown).



PLUGGING THE WIRE HARNESS INTO THE CONSOLE

Plug the wires protruding from the Console (1) into the Wire Harness (55). Carefully lower the Console so that it hangs from the Frame (6).

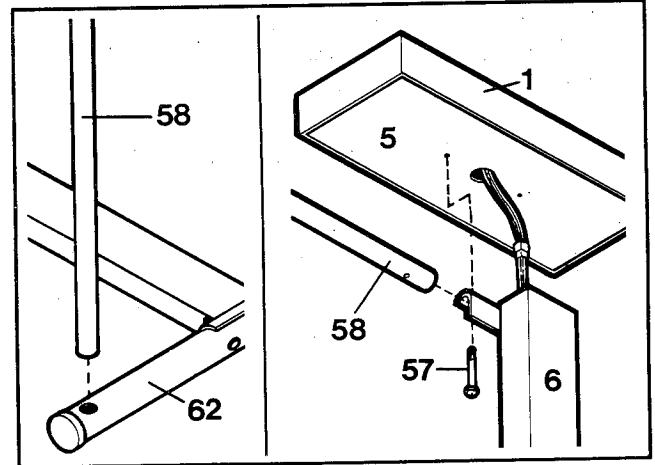


ATTACHING THE HANDRAILS AND CONSOLE

Insert the lower end of the Left Handrail (58) into the Stabilizer (62).

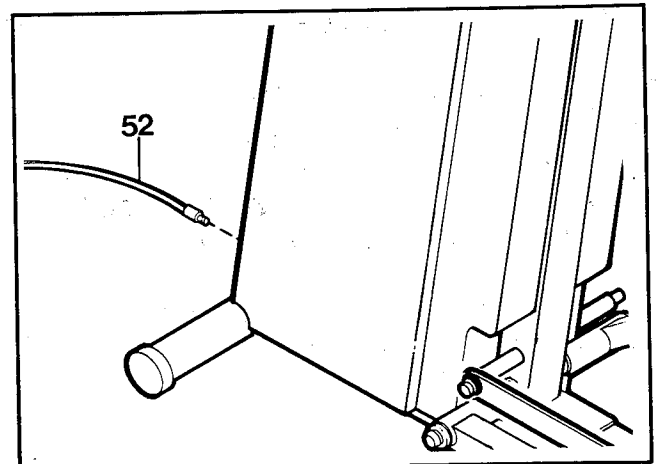
Hold the upper end of the Left Handrail (58) under the bracket on the Frame (6) as shown. Insert a Handrail Bolt (57) up through the Handrail and Frame. Position the Console (1) on top of the Frame, and tuck the wires into the Frame. Thread the Handrail Bolt (57) into the Console Plate (5), but do not tighten it.

Attach the Right Handrail (not shown) to the Frame (6) in the same manner. Tighten both Handrail Bolts (57).



PLUGGING IN THE POWER CORD

Plug the Power Cord (52) into the power jack at the front of the stepper.

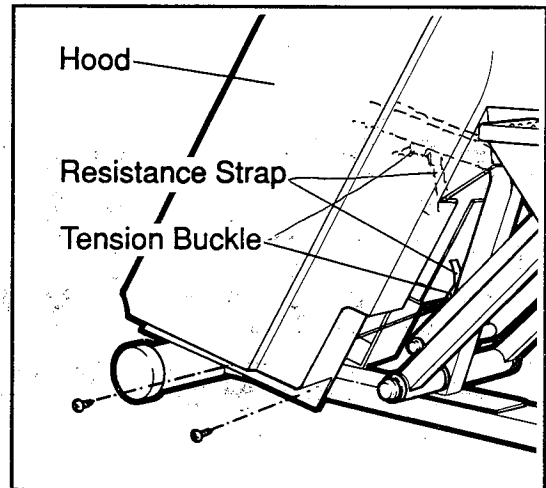


MAINTENANCE AND TROUBLE-SHOOTING

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.

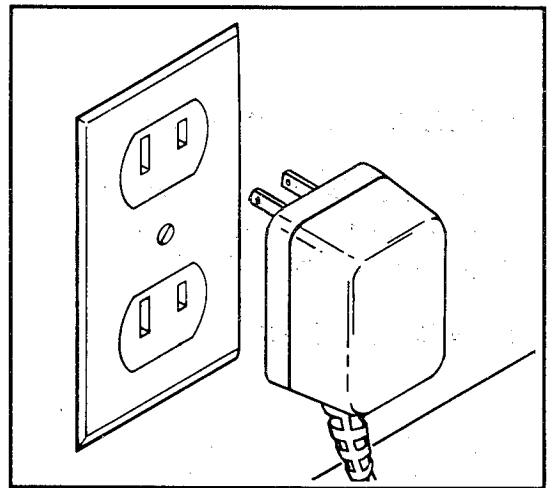
If the pulse earclip does not function properly, the problem may be solved by cleaning the earclip. Press the earclip open, and wipe the two clear bubbles insides the earclip, using a cotton swab saturated with denatured alcohol.

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 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

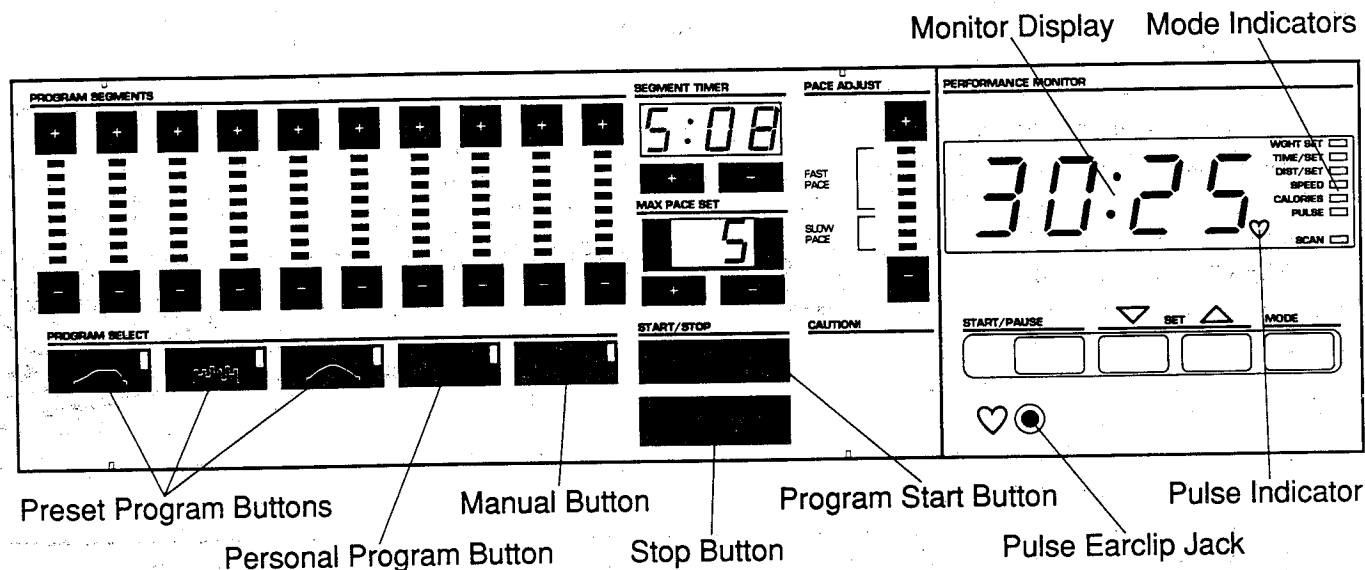
Hold the handrails with an overhand grip, and step onto the pedals. Begin stepping, alternately pressing the right and left pedals down with a smooth, rhythmic motion. Because the pedals move independently, it is important to maintain a continuous motion. Adjust the stepping resistance as necessary until you can comfortably maintain a continuous motion. (See MANUAL PACE MODE on page 6.) **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 focus on the 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. For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid steps.

PROGRAMMABLE CONSOLE OPERATION

The state-of-the-art stepper console offers both a manual mode, with finger-touch pace control, and a programmable mode, capable of controlling the stepping pace automatically. In addition, the console features a performance monitor to provide you with instant feedback as you exercise. **Please read these instructions carefully before operating the stepper.**

DIAGRAM OF THE CONSOLE



TURNING THE POWER ON

Insert the power key into the slot in the front of the console. The Monitor display will turn on, the indicator on the Manual button will light, and one bar in the Pace Adjust display will light. A tone will sound, and the console will then be ready for operation.

MANUAL PACE MODE

When the power is turned on, the console will be in the manual mode. As you exercise, the stepping pace can be adjusted with the plus (+) and minus (-) buttons in the Pace Adjust display. The lighted bars in the Pace Adjust display show the current pace setting. One lighted bar is the slowest pace setting, and eight lighted bars is the fastest pace setting. Each time the plus button is pressed, a tone will sound and the pace setting will increase. Every fourth time the button is pressed, an additional bar will light. Each time the minus button is pressed, a tone will sound and the pace setting will decrease. Every fourth time the button is pressed, an additional bar will darken. The buttons can be held down to adjust the pace quickly.

PROGRAMMABLE PACE MODE

In the programmable pace mode, the stepping pace will be controlled automatically by programs you select, leaving you free to concentrate on exercising. Three different preset programs are offered. In addition, you can create an endless variety of your own personal programs, and store them in memory for future workouts.

CREATING A PERSONAL PROGRAM

Press the Personal Program button. The indicator on the Personal Program button will light, and the indicator on the Manual button will darken.

The first step in creating a personal program is to select a maximum pace level for the program. There are ten maximum pace levels. If level 1 is selected, the program will offer only slow pace settings. If level 10 is selected, the program will offer a wide range of pace settings, from slow to fast. The program is preset for level 1, as shown in the Max Pace Set display. If you want to select a different level, press the plus (+) button in the Max Pace Set display. Each time the button is pressed, the maximum pace level will increase by 1.

All programs consist of ten equal time periods, or "segments." The stepping pace will change automatically at the beginning of each segment. Ten pace settings should now be programmed on the Program Segments display. The display is divided into ten individual segments, each with a plus (+) and minus (-) button and eight small bars. A different pace setting can be programmed on each segment. The lighted bars in each segment show the pace setting of that segment. One lighted bar is the slowest pace setting, and eight lighted bars is the fastest pace setting. If a program has not previously been created, four bars will be lighted in each segment. To program a pace setting on the first segment (at far left), press the plus or minus buttons in the first segment. Each time the plus button is pressed, a tone will sound and the pace setting will increase. Every fourth time the button is pressed, an additional bar will light. Each time the minus button is pressed, a tone will sound and the pace setting will decrease. Every fourth time the button is pressed, an additional bar will darken. The buttons can be held down to program the pace setting quickly. Pace settings should be programmed on the remaining nine segments in the same manner. You may wish to program a low setting on the first segment for a warm-up, a combination of higher settings on the middle segments, and a low setting on the final segment for a cool-down. An endless variety of profiles can be created on the Program Segments display.

The final step in creating a program is to set the length of time you want each program segment to last (all ten segments will last for the same length of time). Each segment is preset to last for 2 minutes, as shown in the Segment Timer display. (Since there are ten segments, the program will last for 20 minutes.) If you want to change the length of time each segment will last, press the plus (+) or minus (-) buttons in the Segment Timer display. Each time one of the buttons is pressed, the length of time displayed will increase or decrease by 10 seconds. The buttons can be held down to change the length of time quickly. The segments can be set to last for a minimum of 30 seconds, up to a maximum of 9 minutes and 50 seconds.

When you are ready to start the program, press the Program Start button and begin exercising. The first segment of the Program Segments display will begin to flash, and the stepping pace will automatically adjust to the setting of the first segment. The time remaining in the first segment will be shown in the Segment Timer display. When no time remains, the second segment will begin to flash, the stepping pace will adjust to the setting of the second segment, and the Segment Timer display will show the time remaining in the second segment. The program will continue in this manner until all ten segments have been completed.

The settings of the program can be changed while the program is running, if desired. If you need to stop the program before the program has ended, press the Stop button. The console will then be in the same state as if the program had ended.

After the program has ended, a preset program can be selected, or the console can be switched to the manual mode by pressing the Manual button. The current settings of the program will be saved in memory. The settings will be saved as long as the power cord remains plugged in. When the power cord is unplugged, however, the settings will be erased.

SELECTING A PRESET PROGRAM

Press one of the three Preset Program buttons. The indicator on the button you press will light. Next, select a maximum pace level for the program. This is done in the same manner as for a personal program. The ten pace settings of the program will appear on the Program Segments display. If desired, the setting of any segment can be changed, by pressing the plus (+) or minus (-) buttons in that segment. Next, set the length of time you want each program segment to last. This is done in the same manner as for a personal program.

When you are ready to start the program, press the Program Start button and begin exercising. The program will run in exactly the same manner as a personal program. The settings of the program can be changed while the program is running, if desired. If you need to stop the program before the program has ended, press the Stop button. The console will then be in the same state as if the program had ended.

After the program has ended, a different program can be selected, or the console can be switched to the manual mode by pressing the Manual button. Any changes you made to the settings of the program will not be saved in memory. Only the original program settings will be saved.

OPERATING THE PERFORMANCE MONITOR

The performance monitor offers seven different modes to provide you with instant feedback as you exercise. The modes can be selected by pressing the Mode button. Mode indicators will light to show which mode you have selected. Press the Start/Pause button to start or stop the modes. The mode indicators will flash to show when the modes are stopped. The seven modes are described below:

Weight Set: When the power is turned on, the Weight Set mode will be selected automatically. For the Calories mode to be accurate, your weight should first be entered into the console. 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. **IMPORTANT NOTE:** Your weight must be entered into the console immediately after the power is turned on, and before you step onto the stepper pedals. If the pedals are moved before your weight has been entered, the power key must be removed and then re-inserted before your weight can be entered.

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.) Be sure the mode is stopped, and press the Set buttons to enter the length of time you plan to exercise. Each time one of the buttons is pressed, the length of time displayed will change by 1 second. The buttons can be held down to enter a time goal quickly. When the mode is started, the time will be counted down. Note: Set time goals only when the console is in the manual mode. When the console is in the programmable mode, the console will be controlled by the Segment Timer.

Distance/Set: This mode displays the distance you have stepped, in vertical miles. 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.) Be sure the mode is stopped, and press the Set buttons to enter the distance you plan to step. Each time one of the buttons are pressed, the distance displayed will change by 0.01 vertical mile. The buttons can be held down to enter a distance goal quickly. When the mode is started, the distance will be counted down as you exercise. Note: Set distance goals only when the console is in the manual mode.

Speed: This mode displays your current stepping speed, in vertical miles per hour.

Calories: This mode displays the number of Calories you have burned. For an accurate count, your weight must first be entered into the console.

Pulse: This mode displays your heart rate. Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to prevent excessive movement of the earclip wire. When your pulse is detected, the heart-shaped pulse indicator on the monitor will flash. After a few seconds, your heart rate will be displayed. Note: If your heart rate is not displayed, try rubbing your ear lobe and repositioning the earclip.

Scan: This mode displays the Time/Set, Distance/Set, Speed, Calories and Pulse modes, for approximately five seconds each, in a repeating cycle.

TURNING THE POWER OFF

To turn the power off, simply remove the power key from the console.

CONDITIONING GUIDELINES

The following guidelines will help you to outline a personal 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.

| 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 console. Exercise for at least four minutes, and then measure your heart rate immediately. Compare your heart rate to your training zone, and adjust the intensity of your exercise as necessary.

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. The warm-up should be followed by a few minutes of light exercise. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes. End each workout with 5-10 minutes of stretching to cool down. This will help to increase flexibility as well as offset muscle contractions. Work out in this manner 2-3 times per week, with at least one day of rest between workouts. After several months, the number of workouts can be increased to 4-5 per week. The key to success is CONSISTENCY.

PART LIST- Model No. WL201510

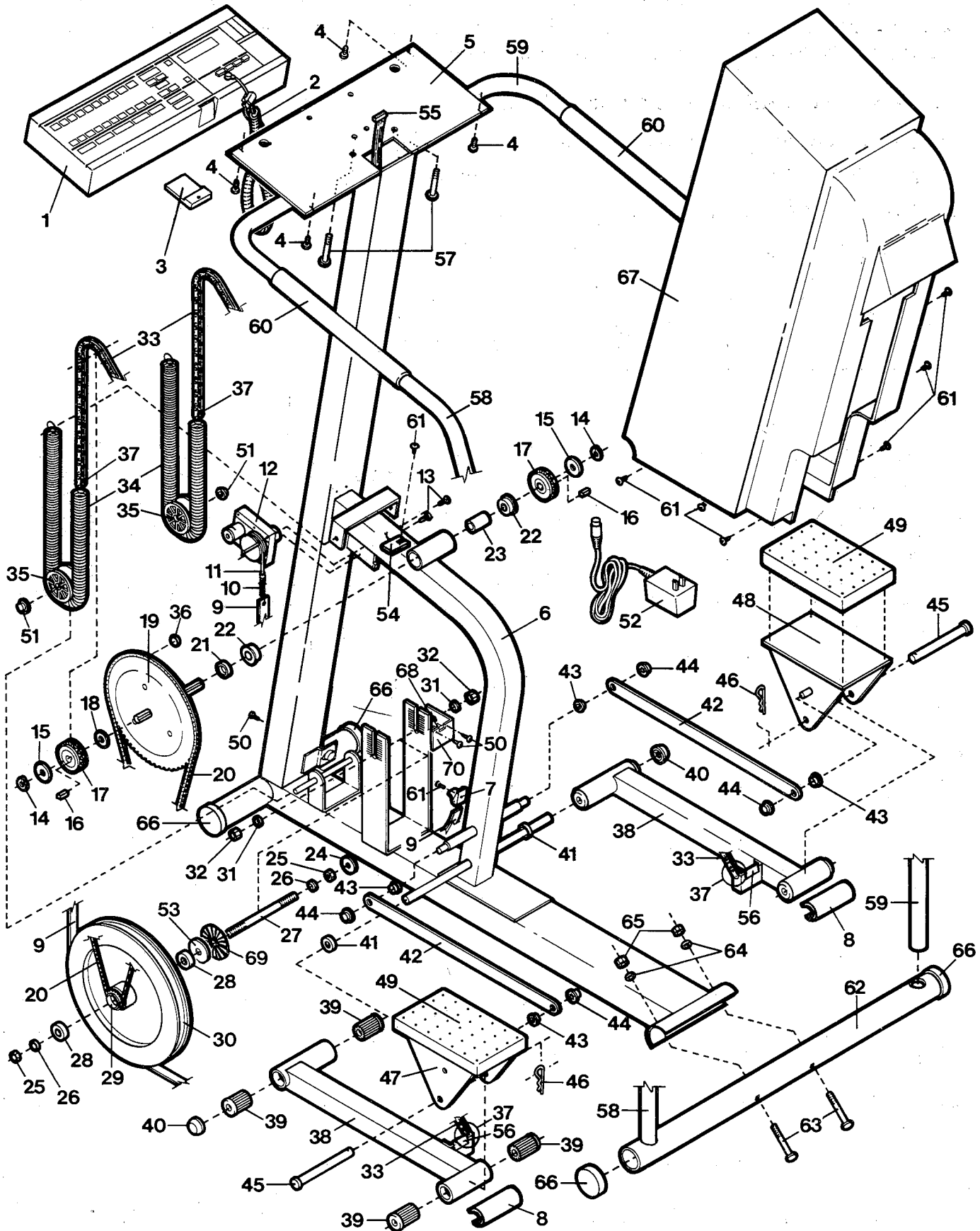
Rev. 10/91

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|-----------------------|---------|------|------------------------|
| 1 | 1 | Console | 37 | 4 | Master Link |
| 2 | 1 | Pulse Earclip | 38 | 2 | Pedal Arm |
| 3 | 1 | Power Key | 39 | 8 | Pedal Arm Bushing |
| 4 | 4 | Console Plate Screw | 40 | 2 | Pedal Arm Pushnut |
| 5 | 1 | Console Plate | 41 | 2 | Pedal Arm Spacer |
| 6 | 1 | Frame | 42 | 2 | Link Arm |
| 7 | 1 | Tension Buckle | 43 | 4 | Link Arm Bushing |
| 8 | 2 | Large Bumper | 44 | 4 | Link Arm Pushnut |
| 9 | 1 | Resistance Strap | 45 | 2 | Clevis Pin |
| 10 | 1 | Spring Assembly | 46 | 2 | Cotter Pin |
| 11 | 1 | Tension Rope | 47 | 1 | Left Pedal |
| 12 | 1 | Tension Motor | 48 | 1 | Right Pedal |
| 13 | 2 | Tension Motor Screw | 49 | 2 | Pedal Foot Pad |
| 14 | 2 | Snap Ring | 50 | 3 | Small Screw |
| 15 | 2 | Large Sprocket Washer | 51 | 2 | Spring Wheel Pushnut |
| 16 | 2 | Sprocket Key | 52 | 1 | Power Cord |
| 17 | 2 | Small Sprocket | 53 | 1 | Adhesive Disk |
| 18 | 1 | Small Sprocket Washer | 54 | 1 | Reed Switch |
| 19 | 1 | Large Sprocket | 55 | 1 | Wire Harness |
| 20 | 1 | Large Sprocket Chain | 56 | 2 | Small Bumper |
| 21 | 1 | Sprocket Spacer Cup | 57 | 2 | Handrail Bolt |
| 22 | 2 | Sprocket Bearing | 58 | 1 | Left Handrail |
| 23 | 1 | Spacer | 59 | 1 | Right Handrail |
| 24 | 1 | Large Flywheel Washer | 60 | 2 | Handrail Foam |
| 25 | 2 | Thin Nut | 61 | 8 | Mounting Screw |
| 26 | 2 | Beveled Washer | 62 | 1 | Stabilizer |
| 27 | 1 | Flywheel Axle | 63 | 2 | Stabilizer Bolt |
| 28 | 2 | Flywheel Bearing | 64 | 2 | Stabilizer Washer |
| 29 | 1 | Flywheel Sprocket | 65 | 2 | Stabilizer Nut |
| 30 | 1 | Flywheel | 66 | 4 | Endcap |
| 31 | 2 | Small Flywheel Washer | 67 | 4 | Hood |
| 32 | 2 | Thick Nut | 68 | 1 | Photo Interrupt Switch |
| 33 | 2 | Large Chain | 69 | 1 | Optic Disk |
| 34 | 2 | Spring | 70 | 1 | Switch Bracket |
| 35 | 2 | Spring Wheel | # | 1 | Owner's Manual |
| 36 | 1 | Magnet | # | 1 | Grease |

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. WL201510

Rev. 10/91



Specifications are subject to change without notice.

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 quickly, please be prepared to give the following information when calling:

1. The **MODEL NUMBER** of the product (WL201510).
2. The **NAME** of the product (Weslo **CONCEPT STEPPER**).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 10 of this manual.
5. The **DESCRIPTION** of the part(s) from page 10 of this 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 an 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