

CADENCE[®]

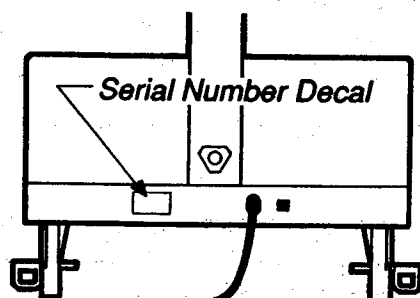
3100

PATENT PENDING

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

Model No. WL310010

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we 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:

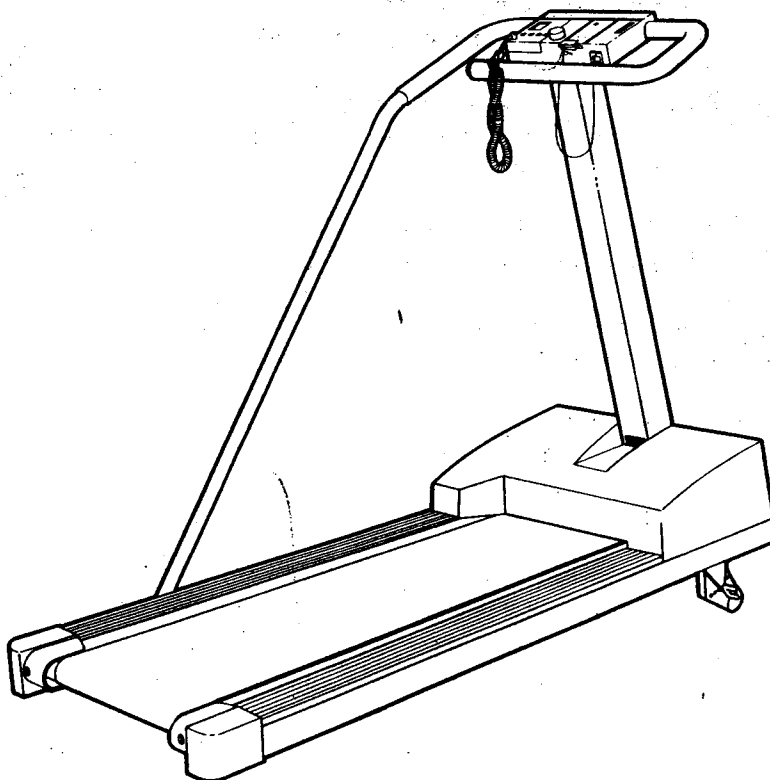
1-800-999-3756

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.

Fitness Trak 6.0 MPH
Calorie/Pulse Monitor



OWNER'S MANUAL

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important safety precautions and information before operating the treadmill.

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill on thick carpet, near water or outdoors. Do not operate where aerosol products are used or where oxygen is being administered.
2. Plug the power cord directly into a grounded circuit carrying 12 or more amps. No other appliance should be on the same circuit. (See the OPERATION AND ADJUSTMENT section of this manual for proper grounding instructions.) Keep the power cord away from heated surfaces. If an extension cord is required, use only a 14-gauge general-purpose cord of approximately five feet in length with a three-wire conductor.
3. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (Refer to the BEFORE YOU BEGIN section of this manual if the treadmill is not working properly.)
4. The roller guards must be 1/8 inch from the rear roller. Turn the power off and adjust the roller guards, if necessary.
5. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. *Always wear running shoes. Never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
6. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, 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. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
8. Never allow more than one person on the treadmill at a time. Use the treadmill only as described in this manual.
9. Keep small children away from the treadmill during operation. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.
10. Never drop or insert any object into any opening.
11. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

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.

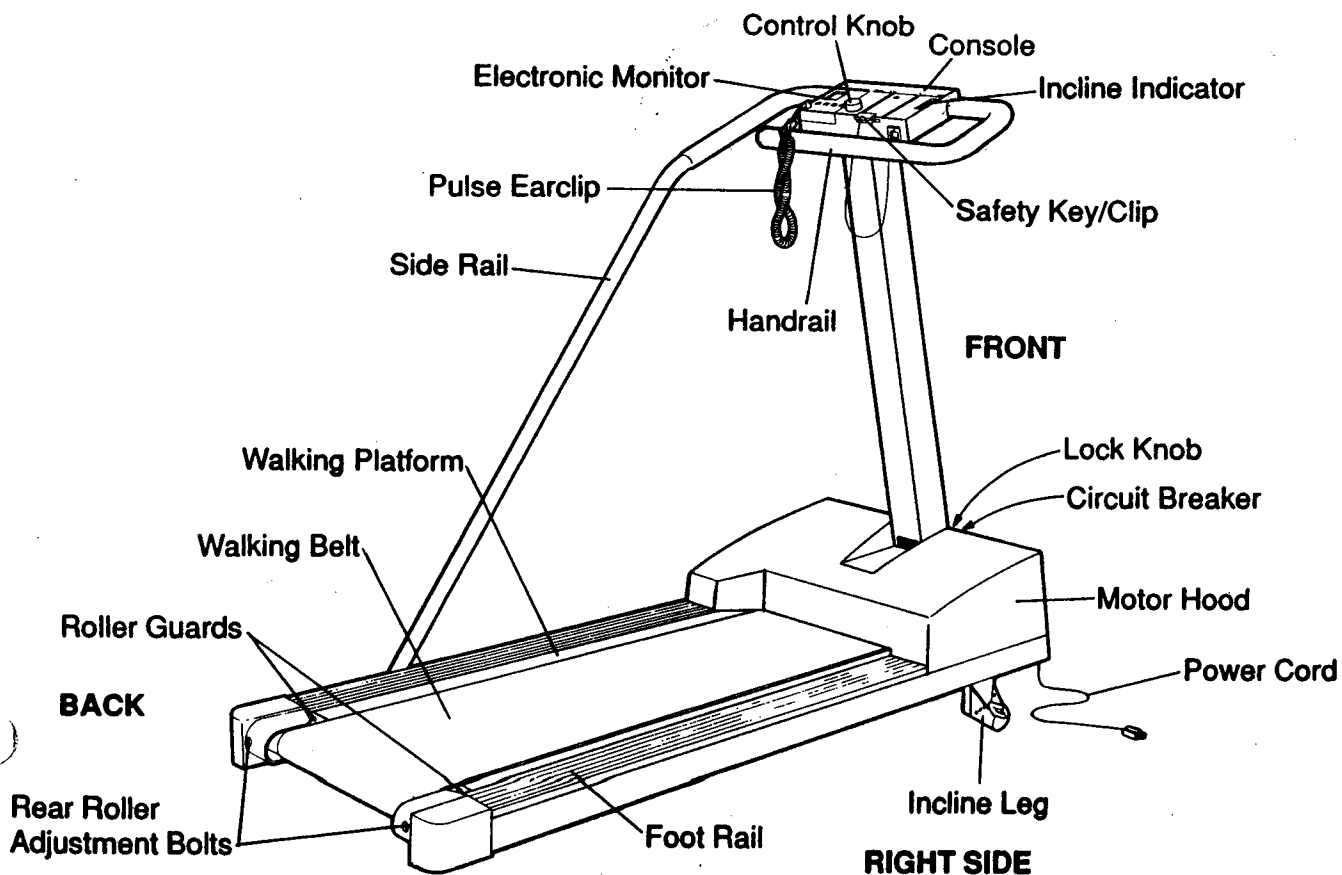
SAVE THESE INSTRUCTIONS

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BEFORE YOU BEGIN

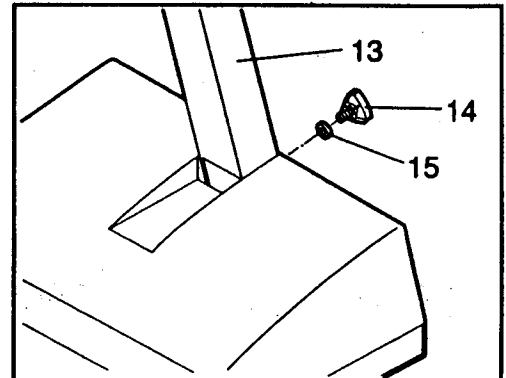
Thank you for selecting the Weslo Cadence 3100 treadmill. The Cadence 3100 combines state-of-the-art technology with innovative design to let you enjoy an effective form of cardiovascular exercise in the convenience of your home. **For your safety and benefit, read this manual carefully before using the treadmill.** 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 treadmill (see the drawing on the front cover for the location). Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



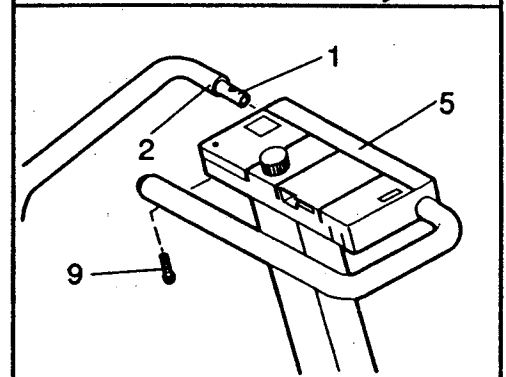
ASSEMBLY

Set the treadmill in a cleared area and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Please read each step carefully before beginning.

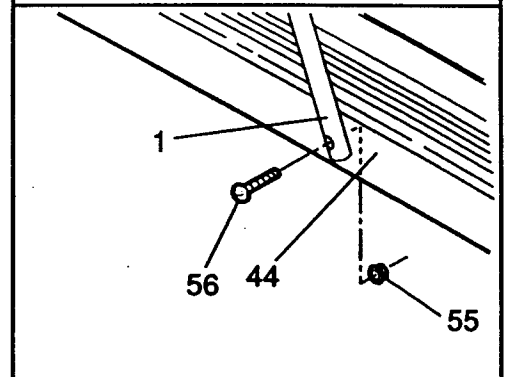
1. Raise the Upright Post (13) to a vertical position. Insert the Lock Knob (14), with the Lock Knob Washer (15), into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Slide the upper end of the Side Rail (1) into the opening in the left side of the Console (5). Insert the Short Side Rail Bolt (9) through the metal plate under the Console, and tighten the Bolt into the Side Rail. Note: If the Side Rail cannot be inserted into the Console far enough to attach the Bolt, roll back the Side Rail Foam Grip (2) slightly.



3. Align the hole in the lower end of the Side Rail (1) with the hole in the Frame (44). Insert the Long Side Rail Bolt (56) through the Side Rail and Frame. Reach under the Frame and thread the Side Rail Nut (55) onto the end of the Bolt. Tighten the Lock Knob (see step 1).



Make sure that all parts are tightened securely before using the treadmill.

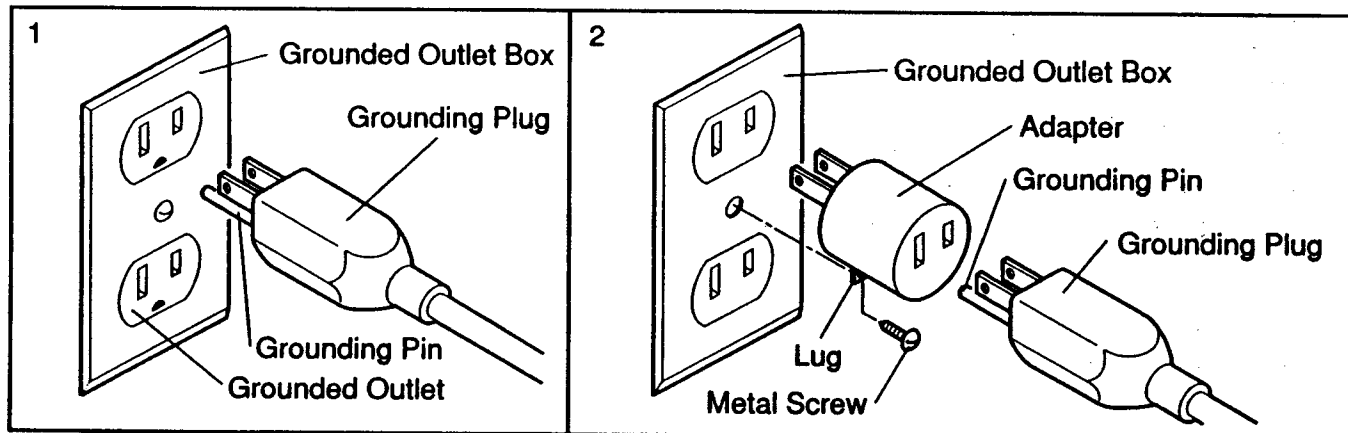
OPERATION AND ADJUSTMENT

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

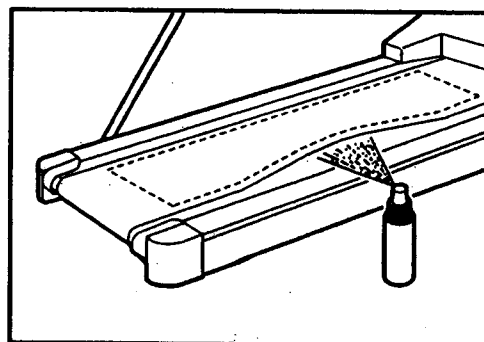
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter **must be connected to a permanent ground such as a properly grounded outlet box cover.** Whenever the adapter is used it **must be held in place by a metal screw.** **Some 2-pole receptacle outlet box covers are not grounded.** Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.



SILICONE APPLICATION

To reduce the friction of the walking belt and prevent excessive wear on the treadmill, a non-oil, non-petroleum-base silicone lubricant should be applied to the walking platform. **Lubricant should be applied before initial use of the treadmill. UNPLUG THE POWER CORD,** lift each side of the walking belt and spray lubricant generously onto the area indicated. Lubricant should also be applied after every 10 hours of use or whenever treadmill performance decreases. (Uni-Sport silicone spray is recommended. Lubricant is sold at most hardware and automotive stores.)



TREADMILL OPERATION

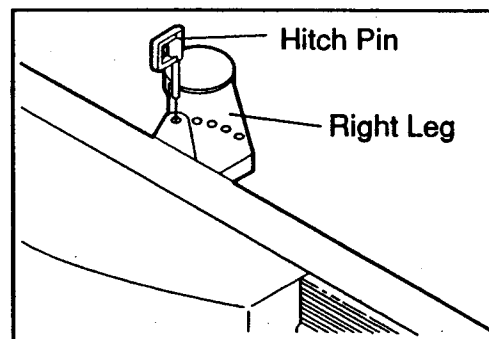
Read the instructions below before starting the treadmill.

1. Step onto the foot rails and hold the side rail firmly. **CAUTION: Do not stand on the walking belt when turning the power on.**
2. Attach the clip on the safety key to the waistband of your clothing. Insert the key into the console. To turn the power on, move the key to the right. The power indicator will light. **CAUTION: Always wear the clip when operating the treadmill. If you fall, the key will be pulled from the console, instantly turning the power off.**
3. Turn the speed control knob counterclockwise until it stops at the "reset" position. (NOTE: The knob must be turned to the reset position before the walking belt can be started.) Next, turn the knob slowly clockwise until the walking belt begins to move at slow speed. After the knob is turned, there will be a pause of up to 10 seconds before the walking belt begins to move.
4. Carefully step onto the walking belt and begin exercising.
5. Adjust the speed of the walking belt as desired by turning the speed control knob. Turn the knob clockwise to increase the speed, or counterclockwise to decrease the speed.
6. To turn the power off, move the safety key to the left. Remove the key from the console.

INCLINE ADJUSTMENT

To vary the level of exercise intensity, the incline of the treadmill can be adjusted in the following manner:

1. **UNPLUG THE POWER CORD.** Lay the treadmill on its left side. Do not drop the treadmill.
2. Remove the hitch pin from the right leg and adjust the leg to the desired height. Replace the hitch pin and carefully tip the treadmill up.
3. Lay the treadmill on its right side and adjust the left leg in the same manner. Make sure both legs are at the same height.



ELECTRONIC MONITOR OPERATION

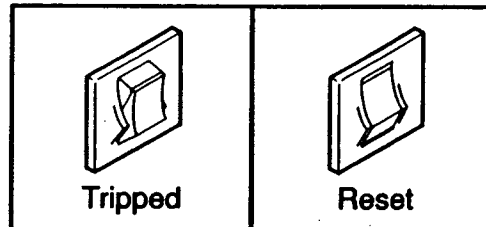
Refer to the Electronic Monitor Operation Guide accompanying this manual.

TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. If further assistance is needed, 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).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure the power cord is plugged into a properly grounded outlet. (See OPERATION AND ADJUSTMENT in this manual.) If an extension cord is necessary, use only a 14-gauge general-purpose cord of approximately five feet in length.
- Insert the safety key into the console and move the key to the right. The power indicator should light.
- Check the circuit breaker located on the front of the frame near the power cord. The circuit breaker is designed to protect the electrical system. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the treadmill to cool for five minutes, MOVE THE SAFETY KEY TO THE LEFT and push the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes, the circuit breaker has tripped. To reset the circuit breaker, allow the treadmill to cool for five minutes, MOVE THE SAFETY KEY TO THE LEFT and push the switch back in. (See the drawing above.)
- Make sure the power cord is plugged in.
- Remove the safety key from the console. Reinsert the safety key fully into the console and move the key to the right. The power indicator should light.

3. SYMPTOM: THE ELECTRONIC MONITOR DOES NOT FUNCTION PROPERLY

- Check the battery in the electronic monitor (see the Electronic Monitor Operation Guide). Most problems are the result of a weak battery.

4. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

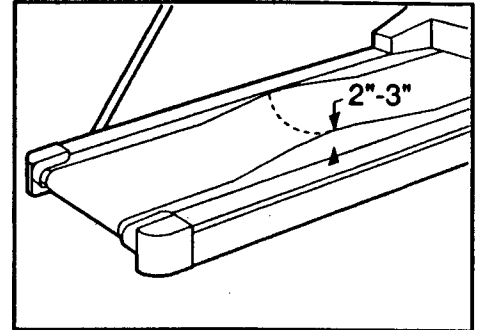
- Make sure the pulse earclip is plugged fully into the jack on the electronic monitor. Attach the clothes clip to your collar.
- Try standing still while measuring your pulse. **WARNING:** The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
- Rub your left ear lobe and reposition the earclip.
- The pulse earclip may need to be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

5. SYMPTOM: THE INCLINE INDICATOR NEEDS ADJUSTMENT

- Lower the treadmill fully. (See OPERATION AND ADJUSTMENT in this manual for incline adjustment instructions.) Gently press the ends of the indicator, using a pen or similar object, until the bubble in the indicator shows level 1.

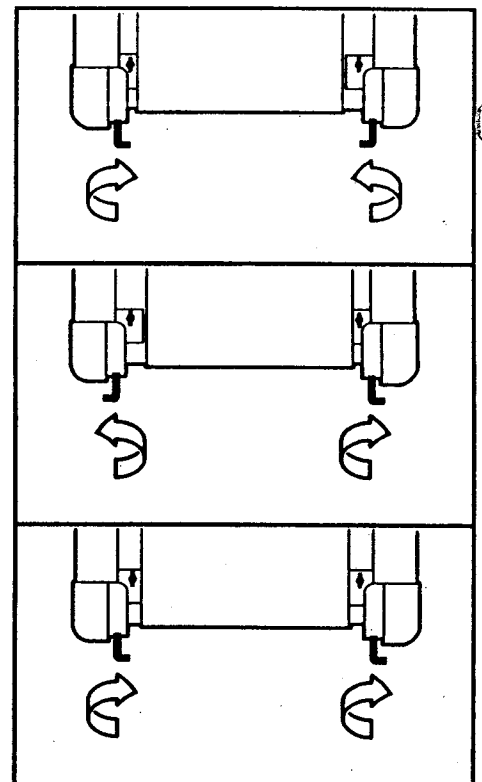
6. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. Silicone lubricant should be applied to the walking platform before use. Lubricant should be reapplied after every 10 hours of use, and whenever a decrease in performance is noticed. (Uni-Sport silicone spray is recommended.) **CAUTION: ALWAYS TURN THE POWER OFF WHEN APPLYING LUBRICANT.** (See OPERATION AND ADJUSTMENT in this manual for application instructions.)
- b. If an extension cord is necessary, use only a 14-gauge general-purpose cord of approximately five feet in length.
- c. If the walking belt is overtightened, treadmill performance may be reduced and the walking belt permanently damaged. **TURN THE POWER OFF.** Turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. Repeat until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 2-3 inches off the walking platform. The center of the walking belt should remain just at the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.



7. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

- a. If the walking belt has shifted to the left, first **TURN THE POWER OFF.** Turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Repeat as necessary until the walking belt is centered.
- b. If the walking belt has shifted to the right, first **TURN THE POWER OFF.** Turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Repeat as necessary until the walking belt is centered.
- c. If the walking belt slips when walked on, first **TURN THE POWER OFF.** Turn both rear roller adjustment bolts clockwise, 1/4 of a turn. Repeat as necessary until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 2-3 inches off the walking platform. The center of the walking belt should remain just at the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.



STORAGE

Unplug the power cord. Remove the bolts and nut from the side rail. Keep the bolts and nut in a secure location. Remove the lock knob and washer, and lower the upright post onto the walking belt. Lay the side rail on the treadmill. Remove the battery from the electronic monitor when storing.

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 electronic monitor (see the Electronic Monitor Operation Guide). 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. WL310010

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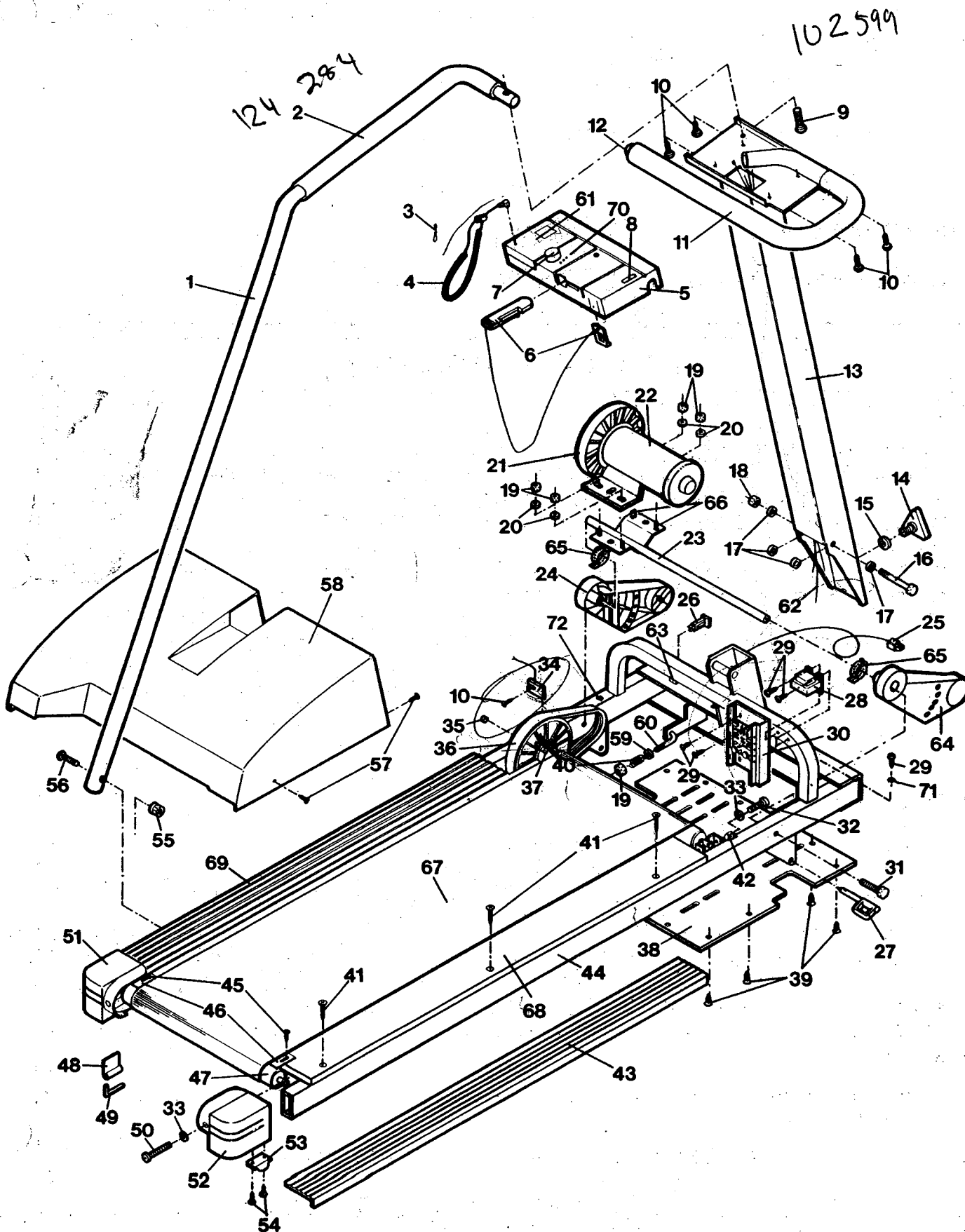
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Side Rail/Foam	38	1	Safety Cover
2	1	Side Rail Foam Grip	39	12	Plastic Fastener
3	1	Clothes Clip	40	1	Motor Tension Spring
4	1	Pulse Earclip	41	6	Platform Screw
5	1	Console Assembly	42	4	Hood Mount Anchor
6	1	Safety Key/Clip	43	1	Right Foot Rail
7	1	Speed Control Knob	44	1	Frame
8	1	Incline Indicator	45	2	Roller Guard Screw
9	1	Short Side Rail Bolt	46	2	Roller Guard
10	5	Small Screw	47	1	Rear Roller
11	1	Handrail Foam Grip	48	1	Wrench Clip
12	1	Handrail Cap	49	1	Allen Wrench
13	1	Upright Post	50	2	Rear Roller Adjustment Bolt
14	1	Lock Knob	51	1	Left Roller Bracket
15	1	Lock Knob Washer	52	1	Right Roller Bracket
16	1	Pivot Bolt	53	2	Bumper
17	4	Pivot Washer	54	4	Bumper Screw
18	1	Pivot Nut	55	1	Side Rail Nut
19	5	Motor Mount Nut	56	1	Long Side Rail Bolt
20	4	Motor Mount Washer	57	4	Hood Screw
21	1	Pulley/Flywheel/Fan	58	1	Hood/Decal
22	1	Motor	59	1	Flat Washer
23	1	Motor Mount Swivel Shaft	60	1	J-Bolt
24	1	Left Incline Leg	61	1	Electronic Monitor
25	1	Power Cord	62	1	On/Off Wire
26	1	Circuit Breaker	63	1	Grommet
27	2	Hitch Pin	64	1	Right Incline Leg
28	1	Choke	65	2	Clamp
29	5	Mounting Screw	66	4	Motor Mount Bolt
30	1	Controller	67	1	Walking Belt
31	2	Swivel Shaft Bolt	68	1	Walking Platform
32	1	Front Roller Adjustment Bolt	69	1	Left Foot Rail
33	3	Adjustment Washer	70	1	Speed Pot Assembly
34	1	Sensor Wire/Reed Switch	71	1	Ground Washer
35	1	Magnet	72	3	Wire Clip
36	1	Belt	#	1	Monitor Operation Guide
37	1	Front Roller/Pulley	#	1	Owner's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING-MODEL NO. WL310010

Rev. 6/92

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). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WL310010).
2. The NAME of the product (Weslo Cadence 3100 treadmill).
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 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