

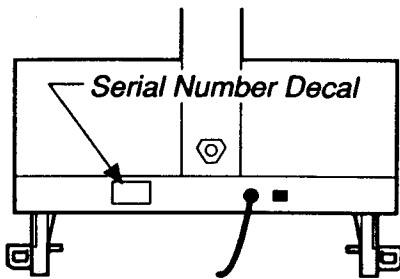
WESLO® **CADENCE 3180™**

**Fitness Trak 8.0 mph/Calorie-Pulse Monitor
1.25 HP Safe-Start DC Motor/Made in U.S.A.**

WESLO®

Model No. WL318020

Serial No. _____



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.

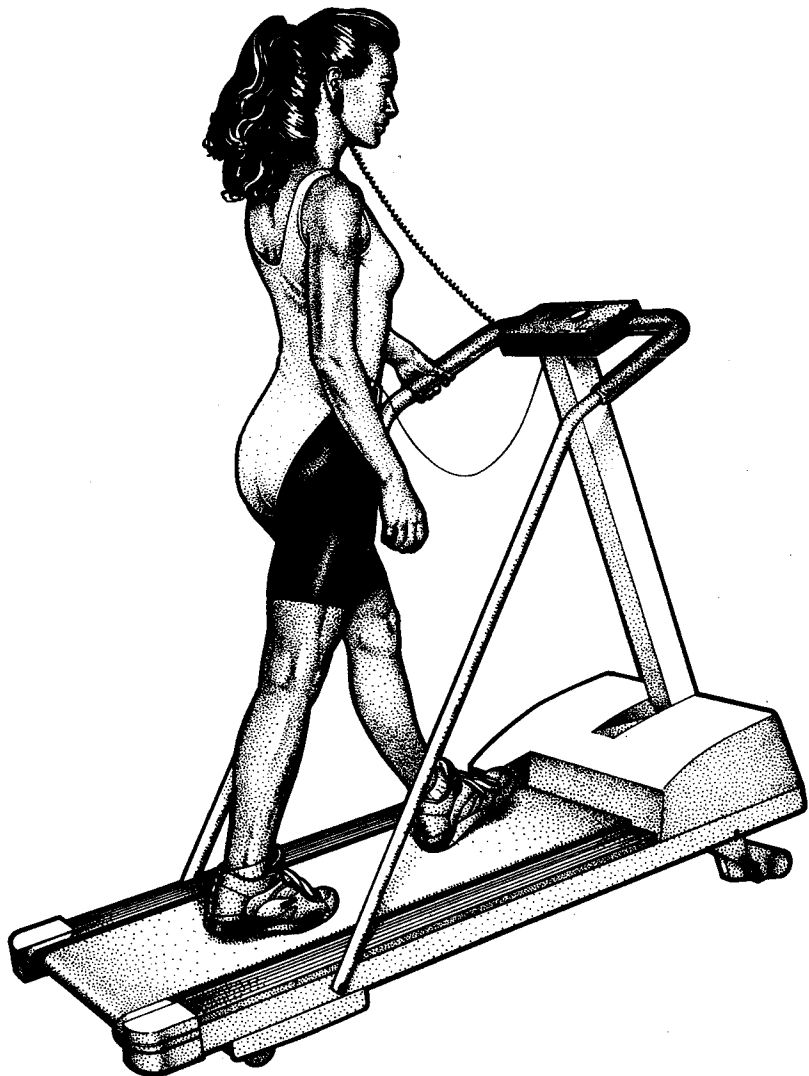
CUSTOMER HOT LINE:

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

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

WESLO® **CADENCE® 3180™**

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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.

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 near water, outdoors or on a surface that may block any air opening. 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 appliances 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. (See 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. Use the treadmill only as described in this manual.
9. Keep small children away from the treadmill at all times. 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.
12. To prevent overheating, do not operate the treadmill continuously for longer than 1 hour.
13. Never allow more than one person on the treadmill at a time. The treadmill should be used only by persons weighing 250 pounds or less.
14. The treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.

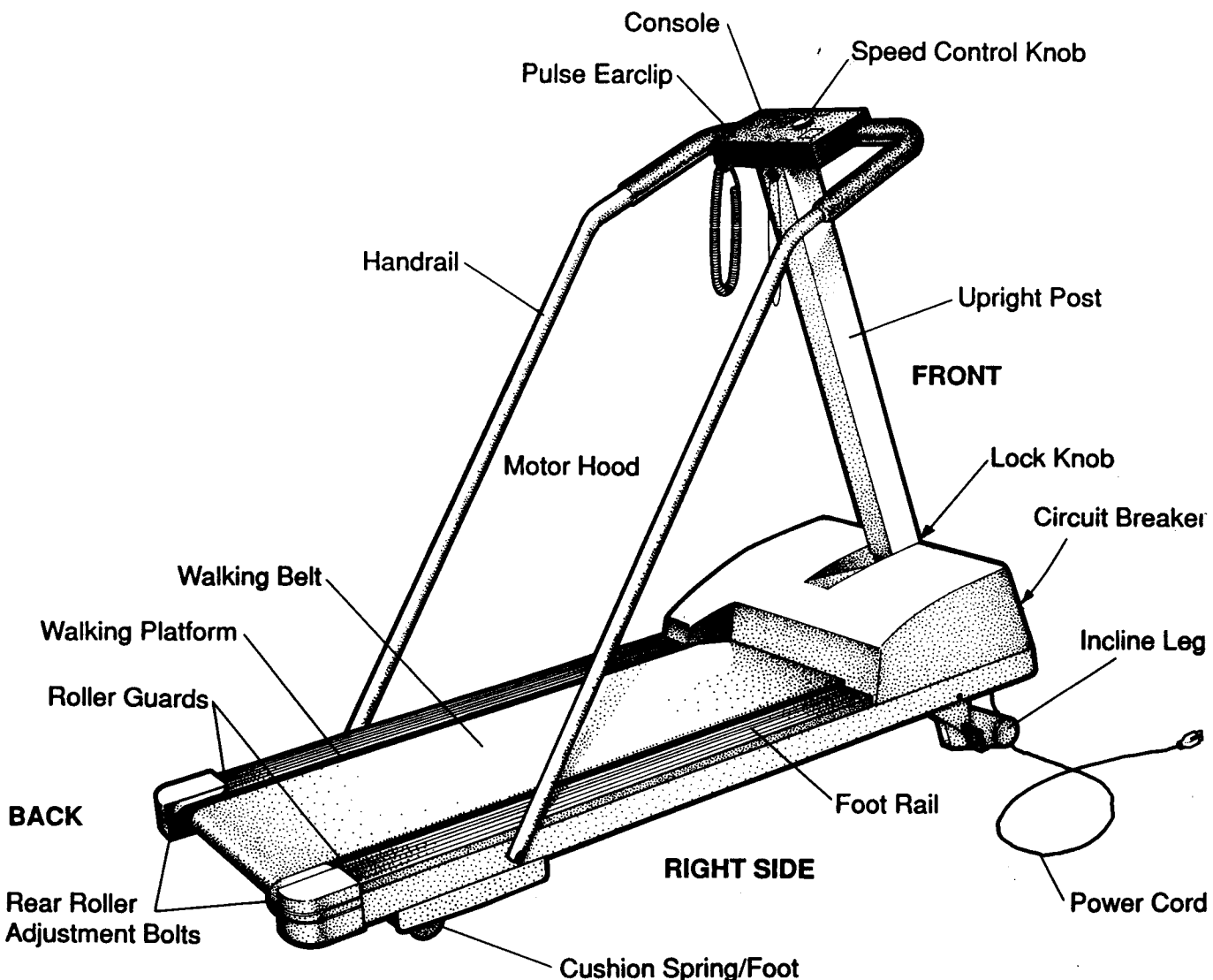
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the WESLO CADENCE® 3180 treadmill. The CADENCE 3180 combines advanced technology with innovative design to offer you an excellent form of cardiovascular exercise in the convenience and privacy of your home. Your workouts on the CADENCE 3180 will be more enjoyable with such features as auto incline control, electronic speed control and a motivational fitness monitor.

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.

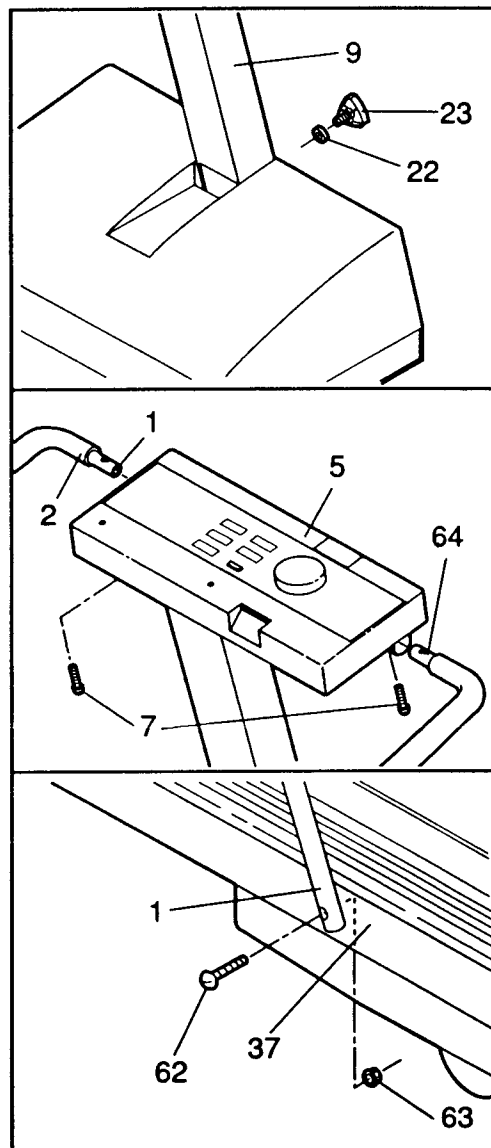


ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.**

1. Raise the Upright Post (9) to a vertical position. Insert the Lock Knob (23), with the Lock Knob Washer (22), into the Upright Post, and turn the Knob clockwise until it is almost tight. Leave a little play in the Upright Post for the following steps.
2. Slide the upper end of the Left Handrail (1) into the opening in the left side of the Console (5). Insert a Short Handrail Bolt (7) up through the metal plate under the Console, and tighten the Bolt into the Handrail. If the Handrail cannot be inserted into the Console far enough to attach the Bolt, roll back the Handrail Foam Grip (2) slightly. Attach the Right Handrail (64) in the same manner.
3. Align the hole in the lower end of the Left Handrail (1) with the hole in the Frame (37). Insert the Long Handrail Bolt (62) through the Left Handrail and Frame. Reach under the Frame and thread the Handrail Nut (63) onto the end of the Bolt. Attach the Right Handrail (not shown) in the same manner. Tighten the Lock Knob (see step 1).

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



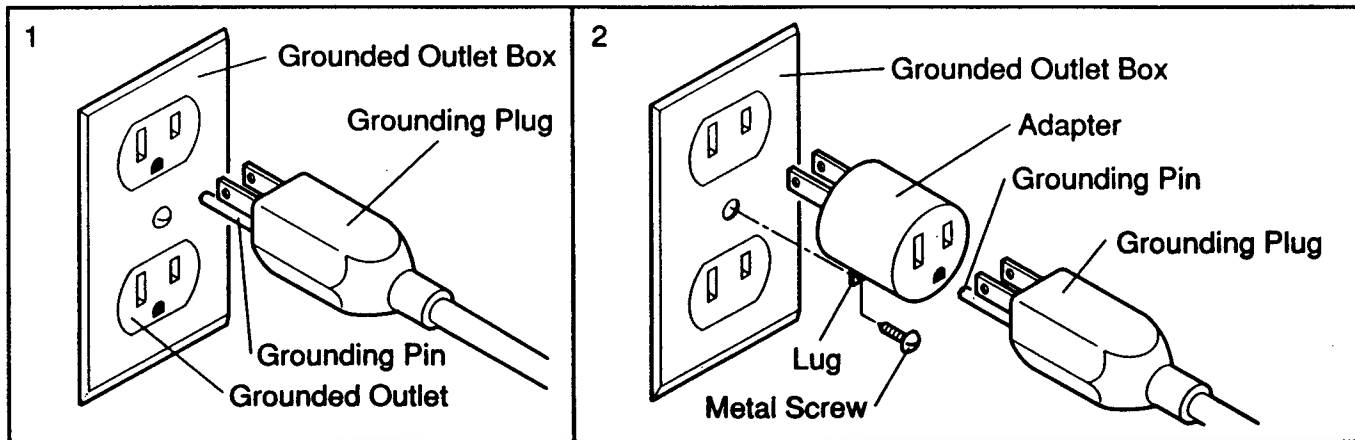
OPERATION AND ADJUSTMENT

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.**

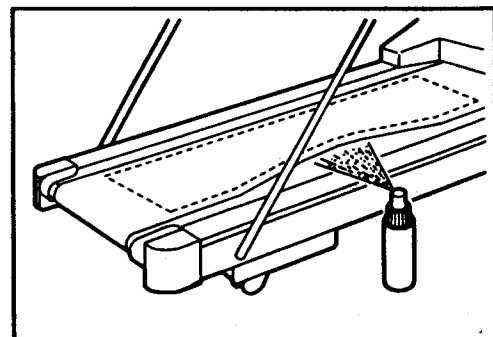
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, 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. **Apply lubricant 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 and whenever treadmill performance decreases. (Uni-Sport silicone spray is recommended. Lubricant is sold at most hardware and automotive stores.)



CHANGING THE INCLINE

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

1. **UNPLUG THE POWER CORD.** Carefully 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 upright.
3. Carefully lay the treadmill on its right side and adjust the left leg in the same manner. Make sure that both legs are at the same height.

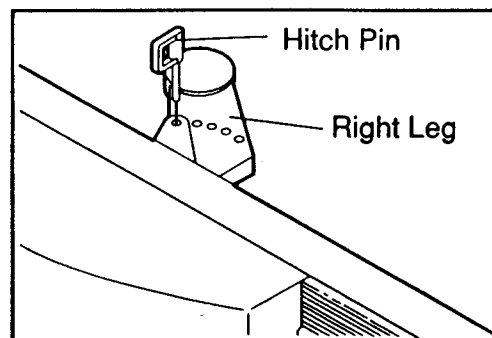
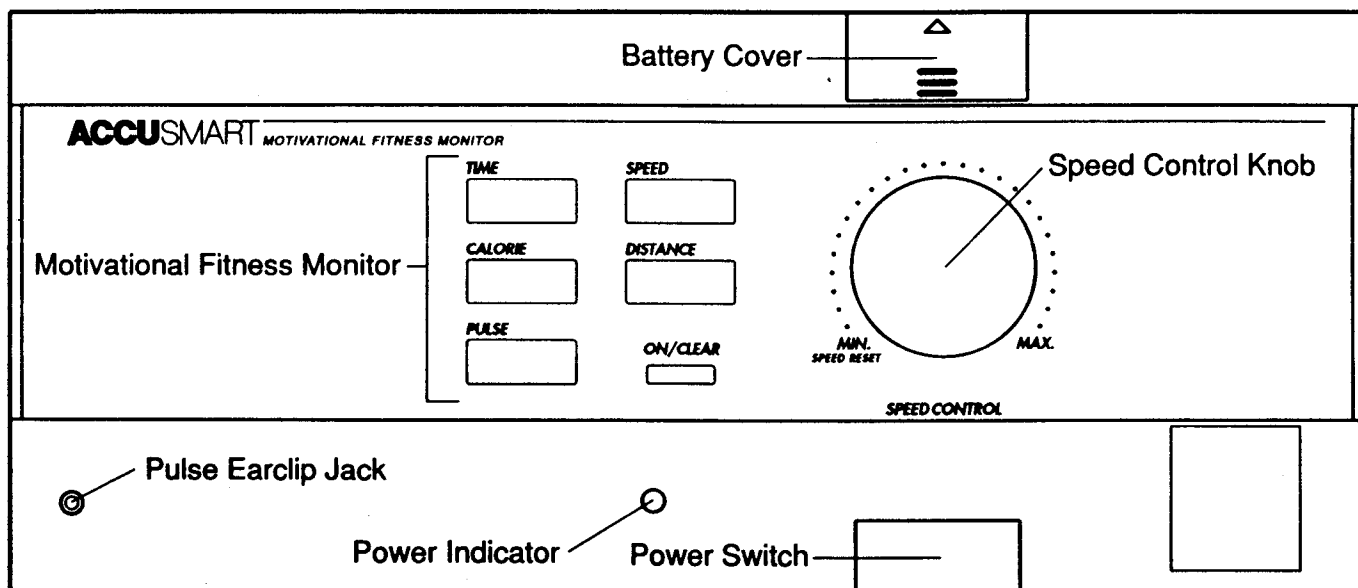


DIAGRAM OF THE CONSOLE

The state-of-the-art console features electronic speed control and a motivational fitness monitor with five independent displays. Please read the instructions below before operating the console.



INSTALLING BATTERIES

The motivational fitness monitor requires two "AA" batteries (not included); alkaline batteries are recommended. Slide the battery cover open and remove the battery clip from the console. Find the markings inside the battery clip showing the correct orientation of the batteries. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.

TURNING THE POWER ON

Step onto the foot rails of the treadmill. Locate the clip attached by a cord to the safety key and slide the clip onto the waistband of your clothing. **CAUTION: Do not stand on the walking belt while turning the power on. Always wear the clip while operating the treadmill; if you fall, the safety key will be pulled from the power switch, instantly turning the power off.**

Insert the safety key into the power switch. The power indicator will light. The five displays of the motivational fitness monitor will not light until the ON/CLEAR button is pressed, or the walking belt begins

to move (see CONTROLLING THE SPEED). Note: If batteries were just installed, the five displays will already be lighted.

CONTROLLING THE SPEED

To start the walking belt, first turn the speed control knob to "speed reset." Then, turn the knob slowly clockwise until the walking belt begins to move at slow speed. **CAUTION: After the knob is turned, there will be a pause before the walking belt begins to move. Adjust the speed slowly until you are familiar with the operation of the treadmill.**

Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control knob. To stop the walking belt, turn the knob to "speed reset."

MOTIVATIONAL FITNESS MONITOR

The five displays of the motivational fitness monitor provide continuous exercise feedback. The displays can be reset by pressing the ON/CLEAR button. The five displays are described below:

TIME—This display shows the elapsed time. Note: When the walking belt is stopped, the TIME display will go into a pause mode after a few seconds.

CALORIE—This display shows the total number of nutritional Calories that you have burned.

PULSE—This display shows 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 minimize movement of the earclip wire. After a few seconds, your heart rate will be displayed. If your heart rate is not displayed after a few seconds, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your heart rate.

SPEED—This display shows the current speed of the walking belt.

DISTANCE—This display shows the total distance that you have walked or run.

TURNING THE POWER OFF

To turn the power off, remove the safety key from the power switch. The five displays of the motivational fitness monitor will turn off automatically a few minutes after the walking belt is stopped.

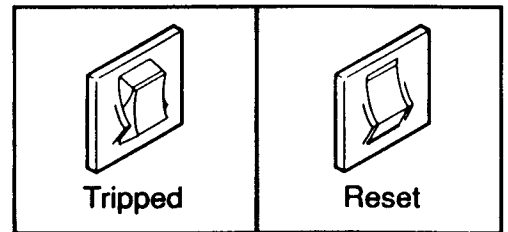
TROUBLE-SHOOTING AND MAINTENANCE

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

- a. Make sure that the power cord is plugged into a properly grounded outlet. (See OPERATION AND ADJUSTMENT in this manual.) If an extension cord is needed, use only a 14-gauge general-purpose cord of approximately five feet in length.

- b. Make sure that the safety key is fully inserted into the console. Turn the speed control knob to the "speed reset" position. (See OPERATION AND ADJUSTMENT.)
- c. 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, and push the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. 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, and push the switch back in. (See the drawing above.)
- b. Make sure the power cord is plugged in.
- c. Remove the safety key from the console. Reinsert the safety key fully into the console. Turn the speed control knob to "speed reset."

3. SYMPTOM: THE MOTIVATIONAL FITNESS MONITOR DOES NOT FUNCTION PROPERLY

- a. Check the batteries in the console. (See OPERATION AND ADJUSTMENT.) Most problems are the result of weak batteries.

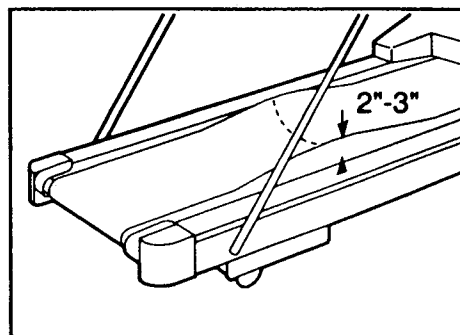
4. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- a. Make sure the pulse earclip is plugged fully into the jack on the console. Attach the clothes clip to your collar.
- b. Rub your left ear lobe and reposition the earclip.
- c. 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.**
- d. 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 WALKING BELT SLOWS WHEN WALKED ON

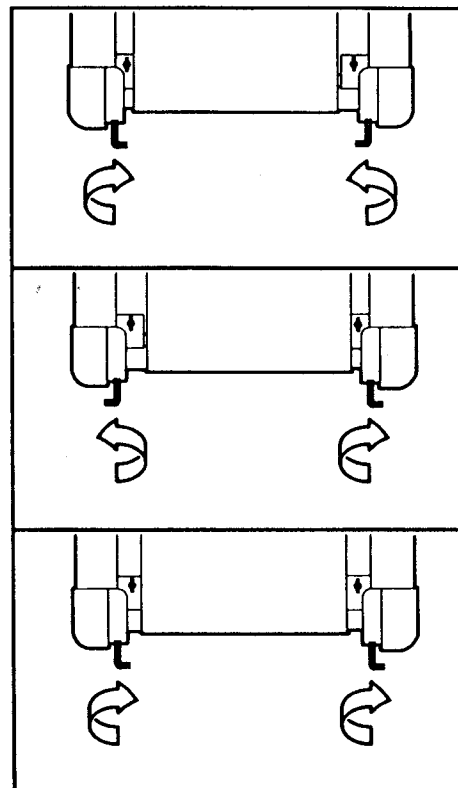
- a. Silicone lubricant should be applied to the walking platform before use. Lubricant should be reapplied after every 10 hours of use, and whenever a decrease in performance is noticed. (Uni-Sport silicone spray is recommended.) **CAUTION: ALWAYS TURN THE POWER OFF WHEN APPLYING LUBRICANT.** (See OPERATION AND ADJUSTMENT in this manual for application instructions.)
- b. If an extension cord is needed, 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.



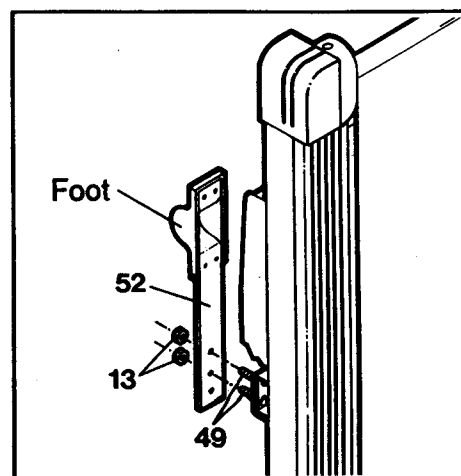
6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

- 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.



7. SYMPTOM: THE CUSHION SPRING/FOOT HITS THE FRAME

- a. If the cushion spring/foot hits the bottom of the frame when you run, the cushion spring/foot should be adjusted. With the help of second person, raise the back end of the treadmill and stand it on the front end. Remove the two cushion nuts (13) from the right cushion spring/foot (52). Insert the two cushion spring bolts (49) through the two holes closest to the foot. Reattach the cushion spring/foot with the two nuts. Adjust the left cushion spring/foot (not shown) in the same manner. This adjustment will give the treadmill a more firm cushion as you run.



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**.

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

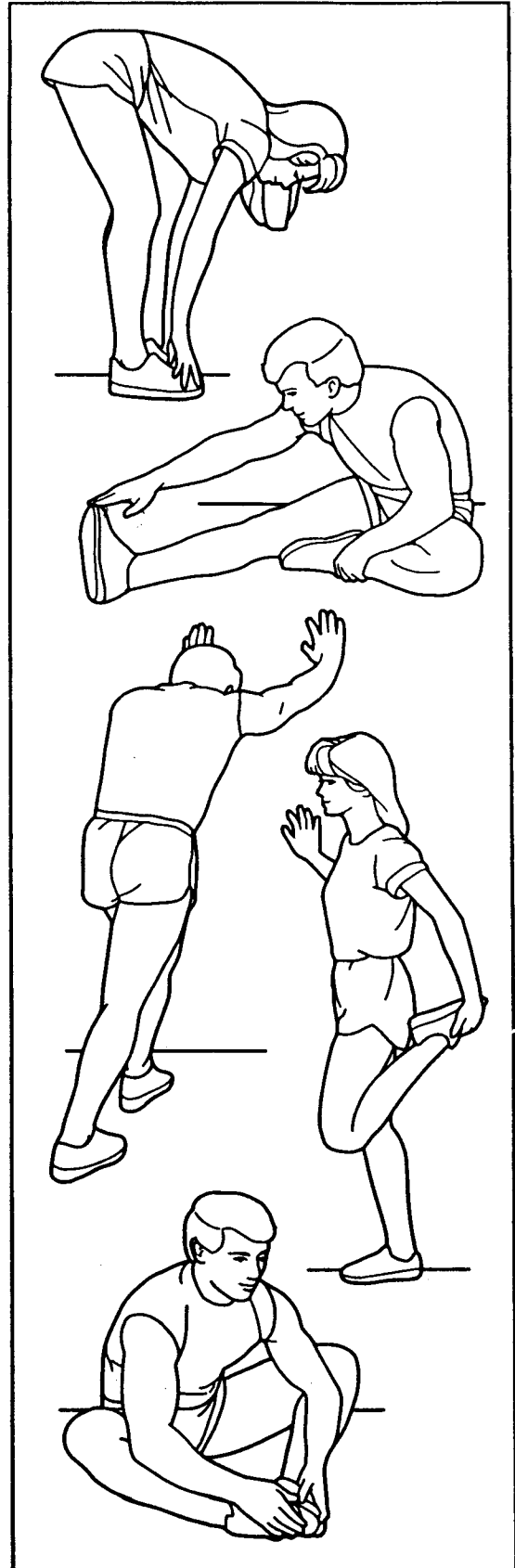
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

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.



PART LIST—Model No. WL318020

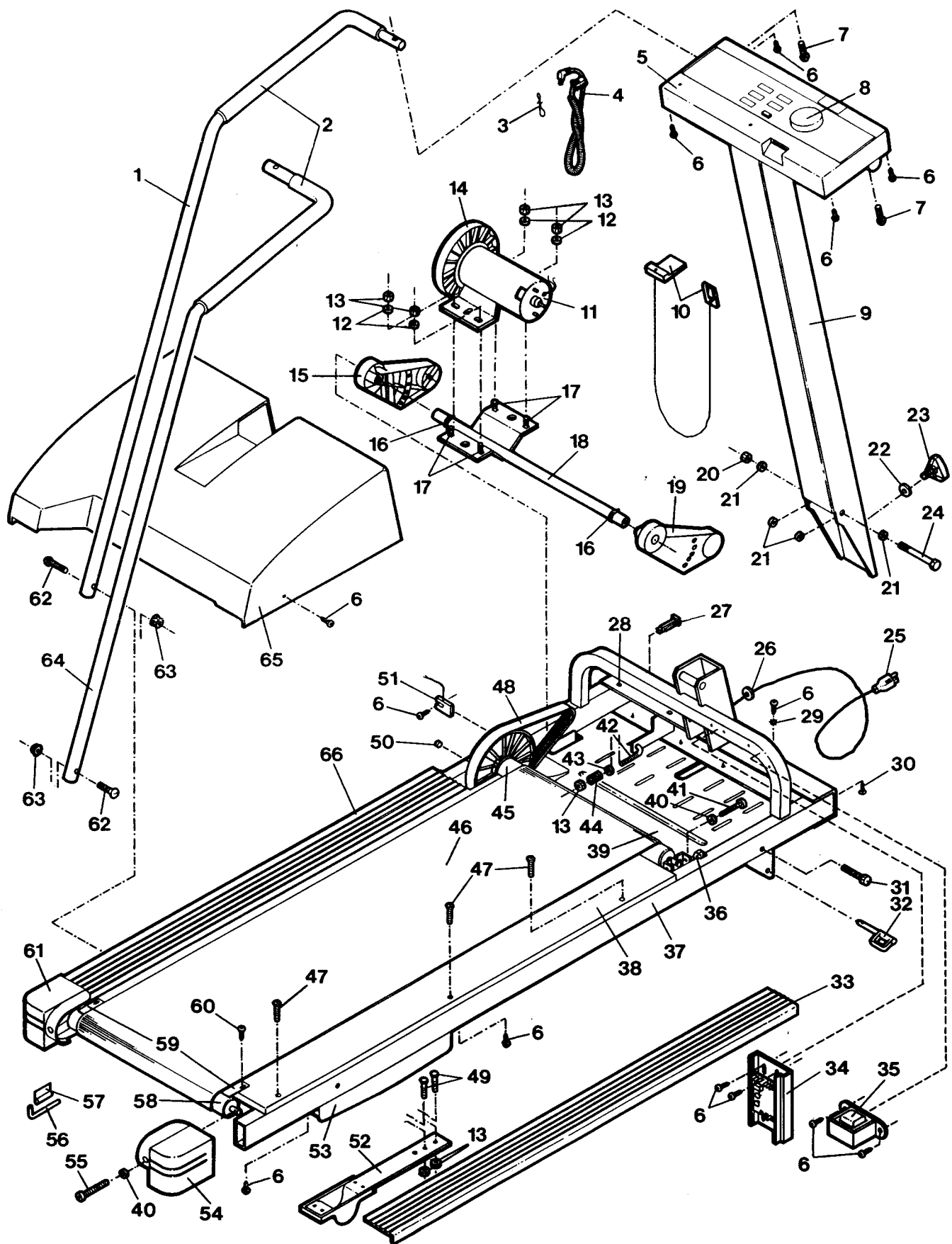
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Handrail w/Foam Grip	35	1	Choke
2	2	Foam Grip	36	4	Hood Anchor
3	1	Clothes Clip	37	1	Frame
4	1	Pulse Earclip	38	1	Walking Platform
5	1	Console	39	1	Safety Cover
6	18	Screw	40	3	Roller Adjustment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

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. WL318020

Rev. 9/92



ORDERING REPLACEMENT PARTS

To order replacement parts, 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 (WL318020).
2. The NAME of the product (WESLO CADENCE® 3180 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 14 of this manual.
5. The DESCRIPTION of the part(s) from page 14 of this manual.

If possible, place the treadmill near your telephone for easy reference when calling.