

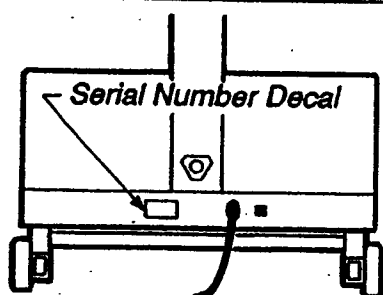
CADENCE[®] 3250

PATENT PENDING

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

Model No. WL325010

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:

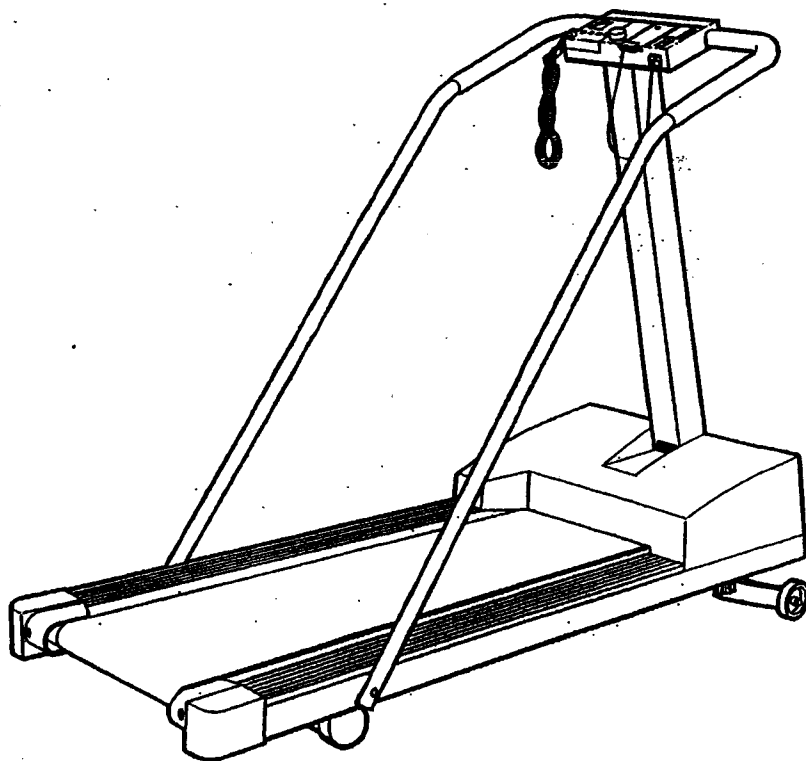
1-800-999-3756

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/Auto Incline
One Horsepower DC Motor**



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 six to ten 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 are 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. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. *Always wear running or aerobic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.* Athletic support clothes are recommended for both men and women.
5. Never start the treadmill while you are standing on the walking belt. Always hold the side rail when exercising on the treadmill.
6. Never allow more than one person on the treadmill at a time. Use the treadmill only as described in this manual.
7. 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.
8. Never drop or insert any object into any opening.
9. 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.

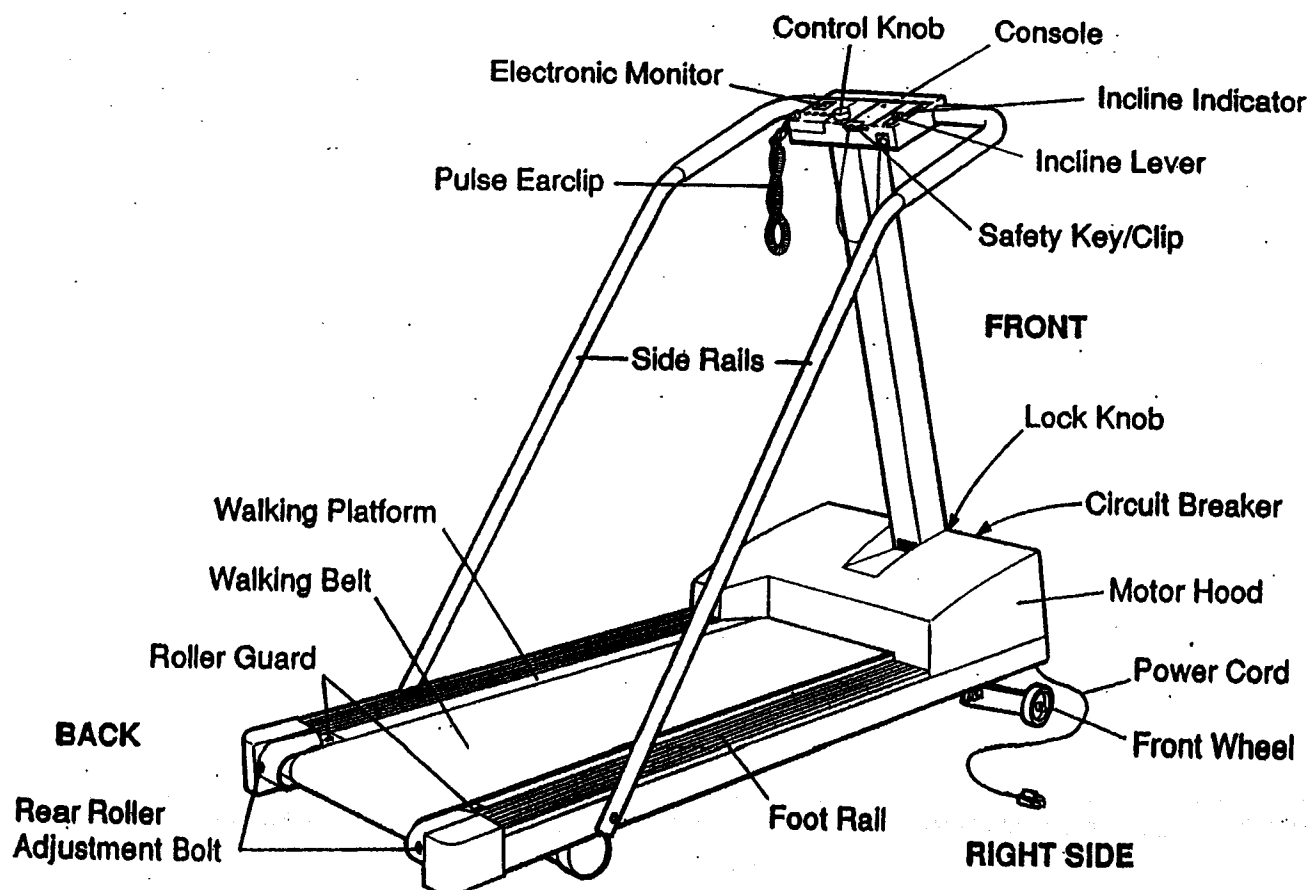
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WESLO assumes no responsibility for personal injury or property damage sustained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

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BEFORE YOU BEGIN

Thank you for purchasing the Weslo CADENCE 3250 treadmill. The CADENCE 3250 combines advanced technology with innovated design to let you enjoy one of the most effective forms of cardiovascular exercise in the convenience and privacy of your home. This manual is provided to help you understand the simple assembly and operation of 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). Please mention the treadmill model number and serial number when calling. The model number is printed on the front cover of this manual. The serial number is recorded on a decal on the frame (see the drawing on the front cover). Before reading further, please review the drawing below and familiarize yourself with the parts labeled.

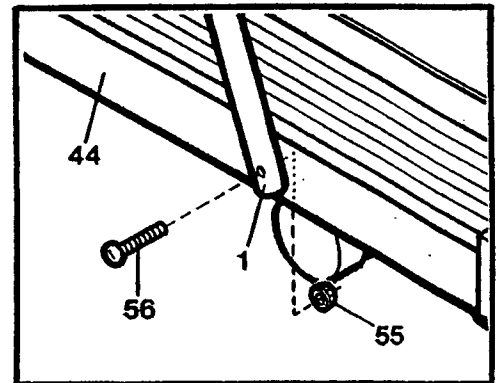
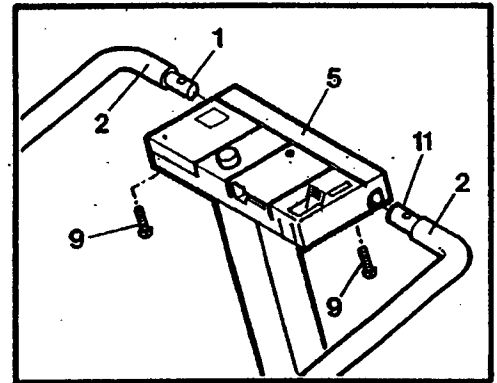
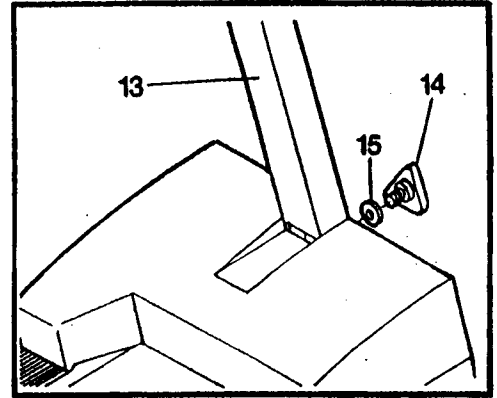


ASSEMBLY

Set the treadmill in a cleared area and remove the packing materials. **Be sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using a standard screwdriver (not included).

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 Left Side Rail (1) into the opening in the left side of the Console (5). Insert a Short Side Rail Bolt (9) through the metal plate under the Console, and tighten the Bolt into the Side Rail. Repeat with the Right Side Rail (11). Note: If a Side Rail cannot be inserted into the Console far enough to attach a Bolt, roll back the Side Rail Foam Grip (2) slightly.
3. Align the hole in the lower end of the Left Side Rail (1) with the hole in the Frame (44). Insert the Side Rail Bolt (56) through the Left Side Rail and Frame. Reach under the Frame and thread the Side Rail Nut (55) onto the end of the Bolt. Repeat the step with the Right Side Rail (not shown). Tighten the Lock Knob (see step 1).

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



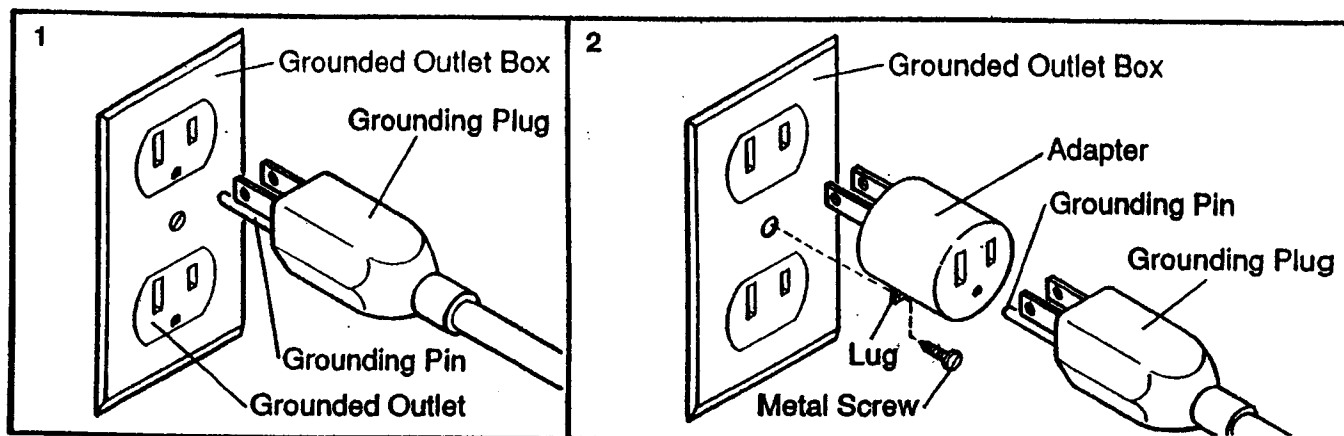
OPERATION AND ADJUSTMENT

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.**

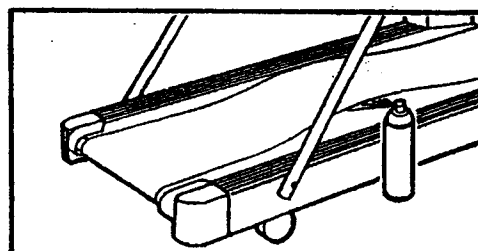
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - If it will not fit the outlet, 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 maintain the low-friction quality of the walking belt and reduce treadmill wear, a **non-oil, non-petroleum base silicone lubricant** should be applied generously to the walking platform. (Silicone lubricant is available at most hardware and automotive stores.) It is **very important** to apply silicone lubricant before initial use of the treadmill. Lubricant should also be applied after every 10 hours of use or whenever a decrease in performance is noticed. **Unplug the power cord, lift each side of the walking belt and apply the lubricant generously to the area indicated.**



OPERATING INSTRUCTIONS

1. Step onto the foot rails and hold the side rail with a firm grip.
2. Attach the clip on the safety key to the waistband of your clothing. Insert the key into the power switch. To turn the power on, move the key to the right. **IMPORTANT: For your safety, always wear the clip when using the treadmill.** If you should slip or fall while exercising, the key will be disengaged from the switch, instantly turning the power off.
3. Turn the speed knob counterclockwise to the "Reset" position, and then clockwise until the walking belt begins to move. **Note: The knob must first be turned to the "Reset" position each time the power is turned on.**
4. Carefully step onto the moving walking belt and begin exercising.

5. Turn the speed control knob slowly until the desired speed is reached. Turn the knob clockwise to increase the speed, or counterclockwise to decrease the speed.
6. To turn the treadmill off, move the safety key to the left. Remove the key from the power switch.

INCLINE ADJUSTMENT

To vary the level of exercise intensity, the incline of the treadmill can be adjusted using the lever on the right side of the console. **Do not adjust the incline while you are walking or running on the treadmill.** To increase the incline, **stand toward the back of the foot rails and pull back the lever.** When the desired incline is reached, release the lever. To decrease the incline, **stand toward the front of the foot rails, lean forward if necessary, and pull back the lever until the desired incline is reached.** There is an indicator above the lever to measure the incline of the treadmill.



ELECTRONIC MONITOR OPERATION

Refer to the Electronic Monitor Operation Guide accompanying this manual.

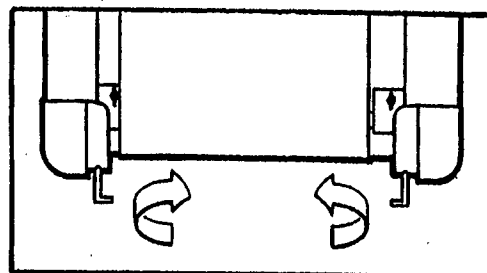
MAINTENANCE AND TROUBLE-SHOOTING

This treadmill is designed to be virtually maintenance-free. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the console.

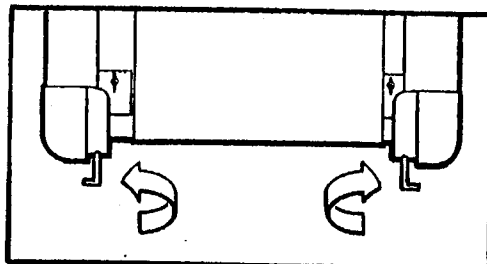
WALKING BELT ADJUSTMENT

The walking belt should always be kept centered on the walking platform. If the belt shifts to the right or left sides of the platform, the belt may be damaged by the roller guard screws. The belt can be adjusted using the rear roller adjustment bolts and the allen wrench included. **CAUTION: ALWAYS TURN THE POWER OFF BEFORE ADJUSTING THE WALKING BELT.**

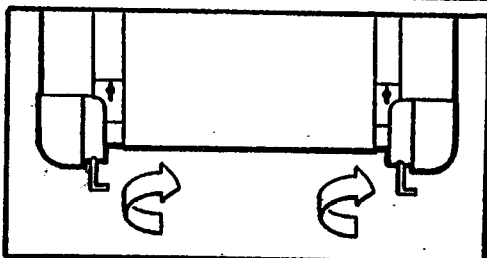
IF THE WALKING BELT HAS SHIFTED TO THE LEFT: TURN THE POWER OFF. Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.



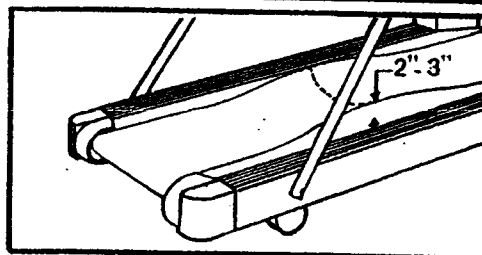
IF THE WALKING BELT HAS SHIFTED TO THE RIGHT: TURN THE POWER OFF. Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.



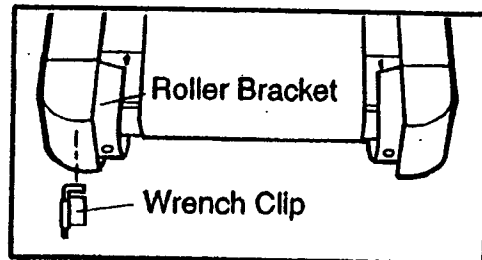
IF THE WALKING BELT SLIPS DURING USE: TURN THE POWER OFF. Turn both adjustment bolts clockwise 1/4 of a turn. Turn the power on. Repeat as necessary until the belt does not slip. Be careful not to overtighten the bolts. Overtightening can stretch the belt, cause excessive roller noise, and reduce motor performance.



To check the walking belt for proper tension, **TURN THE POWER OFF**, and lift the edges of the walking belt. You should be able to lift each edge 2-3 inches off the walking platform. The center of the belt should remain just at the surface of the platform.

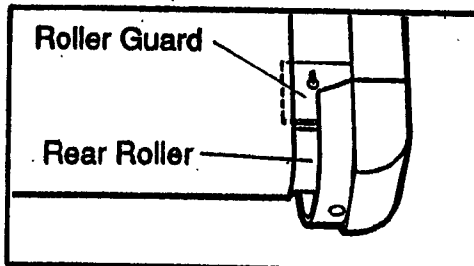


The allen wrench can be stored conveniently on the self-adhesive wrench clip.



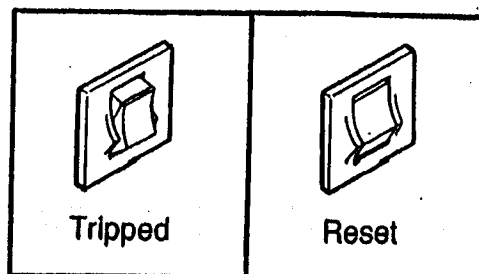
ROLLER GUARD ADJUSTMENT

The rear edges of the roller guards should be 1/8 inch from touching the rear roller. To adjust the roller guards, loosen the screws in the roller guards, slide the roller guards forward or backward, and retighten the screws.



CIRCUIT BREAKER

If the treadmill stops or will not start, 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 a few minutes and then push the switch back in.



ELECTRONIC MONITOR

A 9-volt battery must be installed in the electronic monitor before the monitor can be operated (see the ELECTRONIC MONITOR OPERATION GUIDE). If the monitor does not function properly, test the monitor using new batteries. Most problems are the result of weak batteries.

PULSE EARCLIP

If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the small, clear circles inside using a cotton swab saturated with denatured alcohol.

INCLINE INDICATOR

If the incline indicator on the console needs to be adjusted, first lower the treadmill to minimum incline. Gently press the ends of the indicator, using a pen or similar object, until the bubble shows level 1.

STORAGE

Always unplug the power cord when the treadmill is not in use. To convert the treadmill to the storage position, first remove the nuts and bolts from the upper and lower ends of the side rails. Store the nuts and bolts in a secure location. Loosen the lock knob and lay the upright post on the treadmill. Lay the side rails on the treadmill. The treadmill can be moved by lifting the back end and pushing or pulling the treadmill on the front wheels.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate a personal fitness program. Remember that adequate rest and good nutrition are essential to the success of your fitness program. Before beginning this or any exercise program, consult your physician.

EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands, while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is 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. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
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 reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the ELECTRONIC MONITOR OPERATION GUIDE). Set the monitor for four minutes, and exercise at a comfortable pace until the time elapses. Immediately measure your heart rate using the pulse mode. If your heart rate is below your Training Zone, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.

PLANNING YOUR WORKOUT

Every workout should consist of 5 important parts: 1. Resting, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. Resting. Warming up should be a part of every workout, preparing the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. 5-10 minutes of stretching will provide a good warm-up. After warming up, begin exercising with low intensity. After a few minutes, increase the intensity of your exercise to raise your heart rate to your Training Zone for a period of 20-30 minutes. To aid circulation, and help prevent soreness, finish your workout with 5-10 minutes of stretching or light exercise.

EXERCISE FREQUENCY

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to a successful program is CONSISTENCY.

PART LIST MODEL NO. WL325010

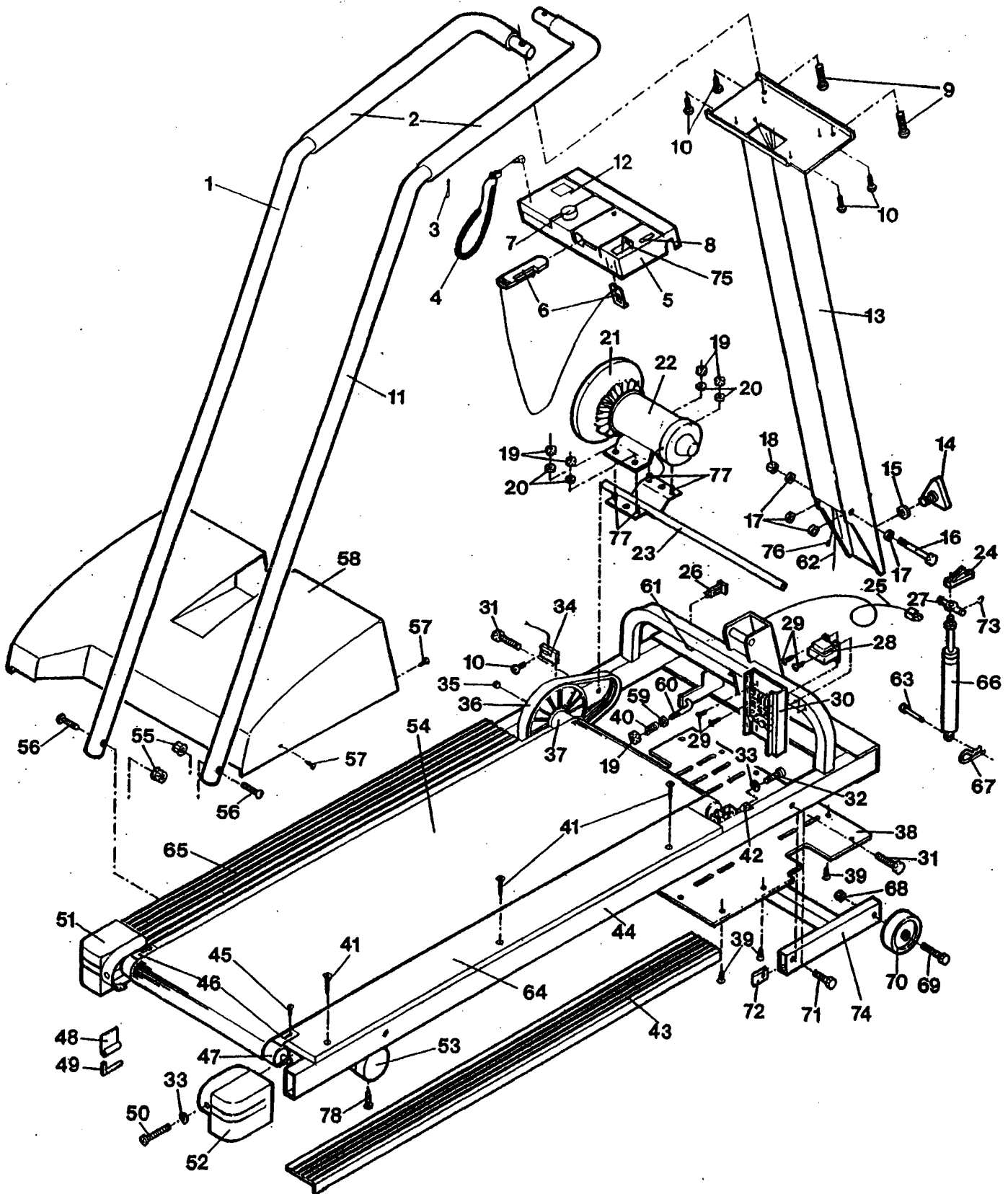
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Side Rail w/Foam Grip	41	6	Platform Screw
2	2	Side Rail Foam Grip	42	4	Hood Mount Anchor
3	1	Clothes Clip	43	1	Right Foot Rail
4	1	Pulse Earclip	44	1	Frame
5	1	Console Assembly	45	2	Roller Guard Screw
6	1	Safety Key/Clip	46	2	Roller Guard
7	1	Speed Control Knob	47	1	Rear Roller
8	1	Incline Indicator	48	1	Wrench Clip
9	2	Short Side Rail Bolt	49	1	Allen Wrench
10	5	Small Screw	50	2	Rear Roller Adjustment Bolt
11	1	Right Side Rail w/Foam Grip	51	1	Left Roller Bracket
12	1	Electronic Monitor	52	1	Right Roller Bracket
13	1	Upright Post	53	2	Rear Leg Endcap
14	1	Lock Knob	54	1	Walking Belt
15	1	Lock Knob Washer	55	2	Side Rail Nut
16	1	Pivot Bolt	56	2	Side Rail Bolt
17	4	Pivot Washer	57	4	Hood Screw
18	1	Pivot Nut	58	1	Hood
19	5	Motor Mount Nut	59	1	Flat Washer
20	4	Motor Mount Washer	60	1	J-Bolt
21	1	Pulley/Flywheel/Fan	61	1	Grommet
22	1	Motor	62	1	On/Off Wire
23	1	Motor Mount Bracket	63	1	Cylinder Pin
24	1	Cylinder Release	64	1	Walking Platform
25	1	Power Cord	65	1	Left Foot Rail
26	1	Circuit Breaker	66	1	Lift Cylinder
27	1	Cylinder Bracket	67	1	Cotter Pin
28	1	Choke	68	2	Leg Locknut
29	4	Mounting Screw	69	2	Leg Bolt
30	1	Controller	70	2	Wheel
31	2	Pivot Shaft Bolt	71	2	Incline Leg Mounting Bolt
32	1	Front Roller Adjustment Bolt	72	2	U-Nut
33	3	Adjustment Washer	73	1	E-Clip
34	1	Sensor Wire/Reed Switch	74	1	Incline Leg
35	1	Magnet	75	1	Incline Lever
36	1	Belt	76	1	Incline Cable
37	1	Front Roller/Pulley	77	4	Motor Mounting Bolt
38	1	Safety Cover	78	2	Rear Leg Screw
39	12	Plastic Fastener	#	1	Monitor Operation Guide
40	1	Motor Tension Spring	#	1	Owner's Manual

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. WL325010

Rev. 8/91



Specifications are subject to change without notice.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-999-3756, during our business hours: Monday - Friday, 6 a.m. - 6 p.m., Mountain Time. When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WL325010).
2. The NAME of the product (WESLO Cadence 3250 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 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