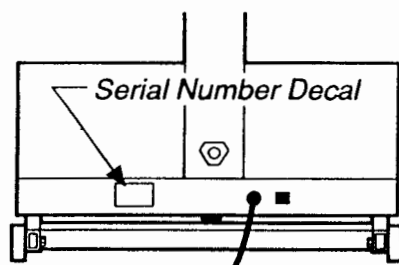


WESLO **CADENCE® 3260**

*Fitness Trak 6.0 mph/Auto Incline/Calorie
Pulse Monitor/1 HP DC Motor/Made in U.S.A.*

Model No. WL326020

Serial No. _____



QUESTIONS?

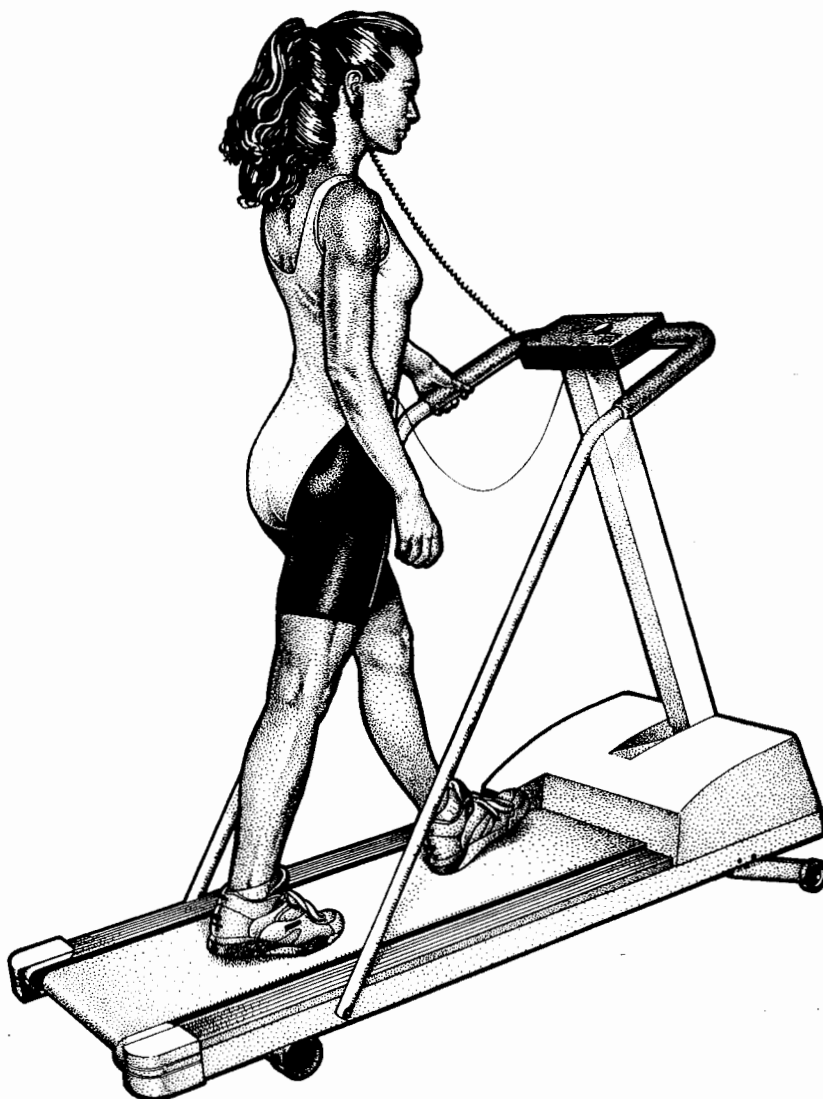
As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE 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[®] 3260**

*Fitness Trak 6.0 mph/Auto Incline/Calorie
Pulse Monitor/1 HP DC Motor/Made in U.S.A.*



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

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.

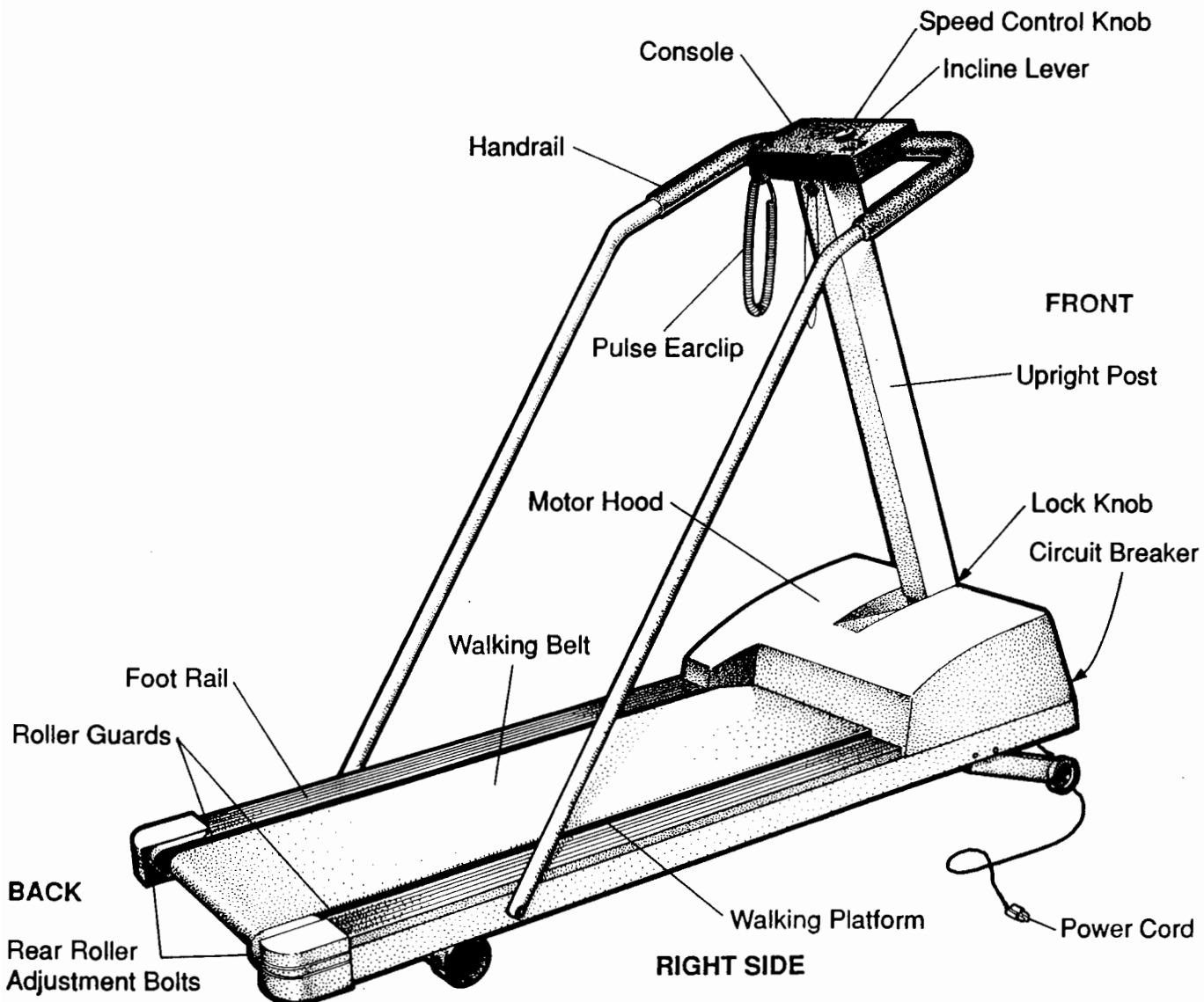
1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on a surface that blocks any air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. Plug the power cord 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 reduce the possibility of 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.

BEFORE YOU BEGIN

Thank you for selecting the WESLO CADENCE® 3260 treadmill. The CADENCE 3260 combines state-of-the-art technology with innovative design to let you enjoy an excellent form of cardiovascular exercise at your convenience, in the privacy of your home. This manual is provided to help you understand the simple assembly and operation of the treadmill.

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 quickly, 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).

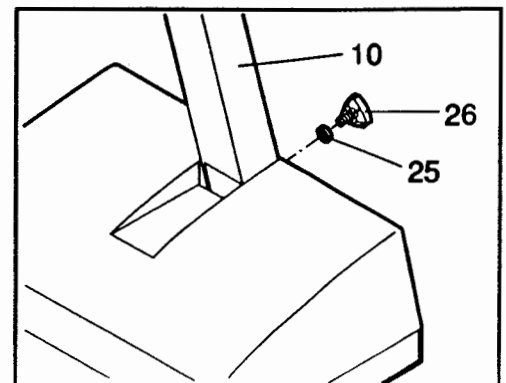
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



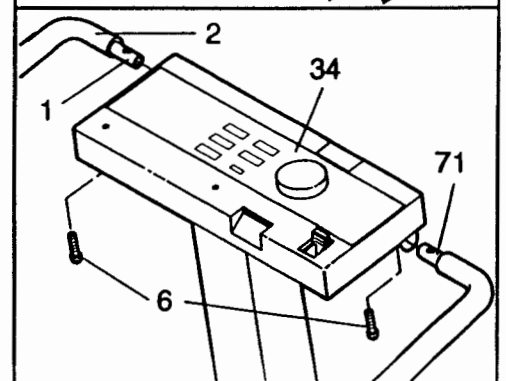
ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.**

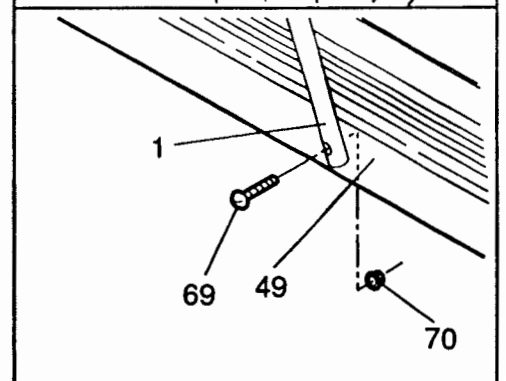
1. Raise the Upright Post (10) to a vertical position. Insert the Lock Knob (26), with the Lock Knob Washer (25), into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Slide the upper end of the Left Handrail (1) into the opening in the left side of the Console (34). Insert a Short Handrail Bolt (6) through the metal plate under the Console, and tighten the Bolt into the Handrail. Repeat with the Right Handrail (71). Note: If the Handrail cannot be inserted into the Console far enough to attach the Bolt, roll back the Foam Grip (2) slightly.



3. Align the hole in the lower end of the Left Handrail (1) with the hole in the Frame (49). Insert the Long Handrail Bolt (69) through the Left Handrail and Frame. Reach under the Frame and thread the Handrail Nut (70) onto the end of the Bolt. Repeat the step with the Right Handrail (not shown). Tighten the Lock Knob (see step 1).



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

OPERATION AND ADJUSTMENT

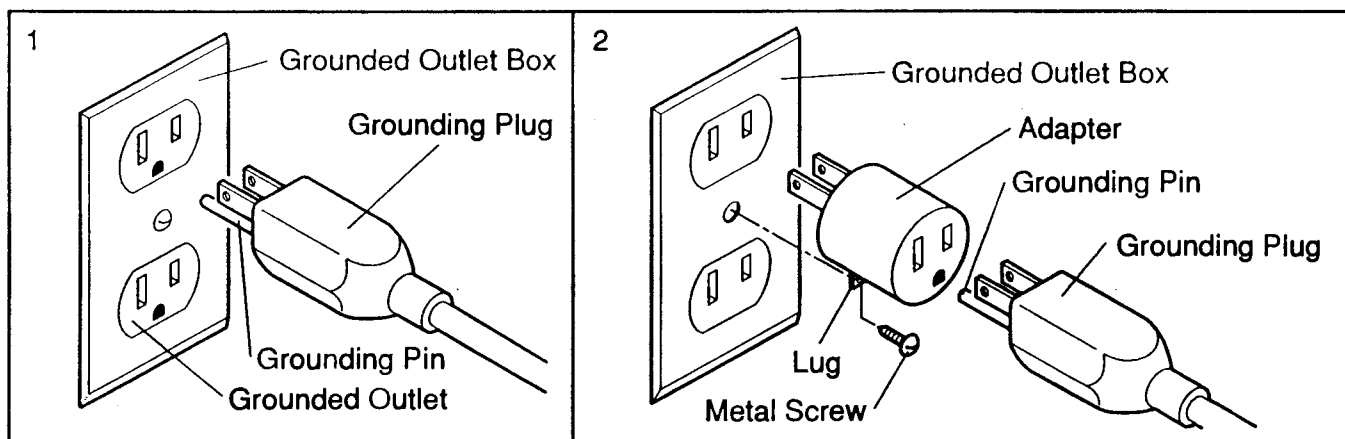
PLUGGING THE POWER CORD IN

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. **Plug the power cord 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.)

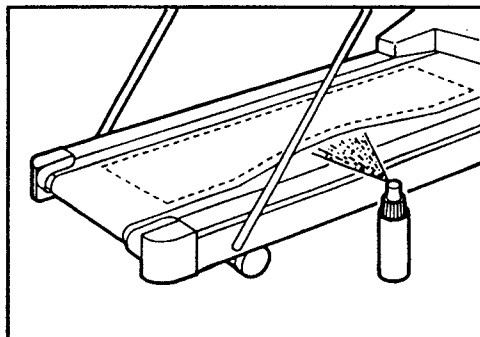
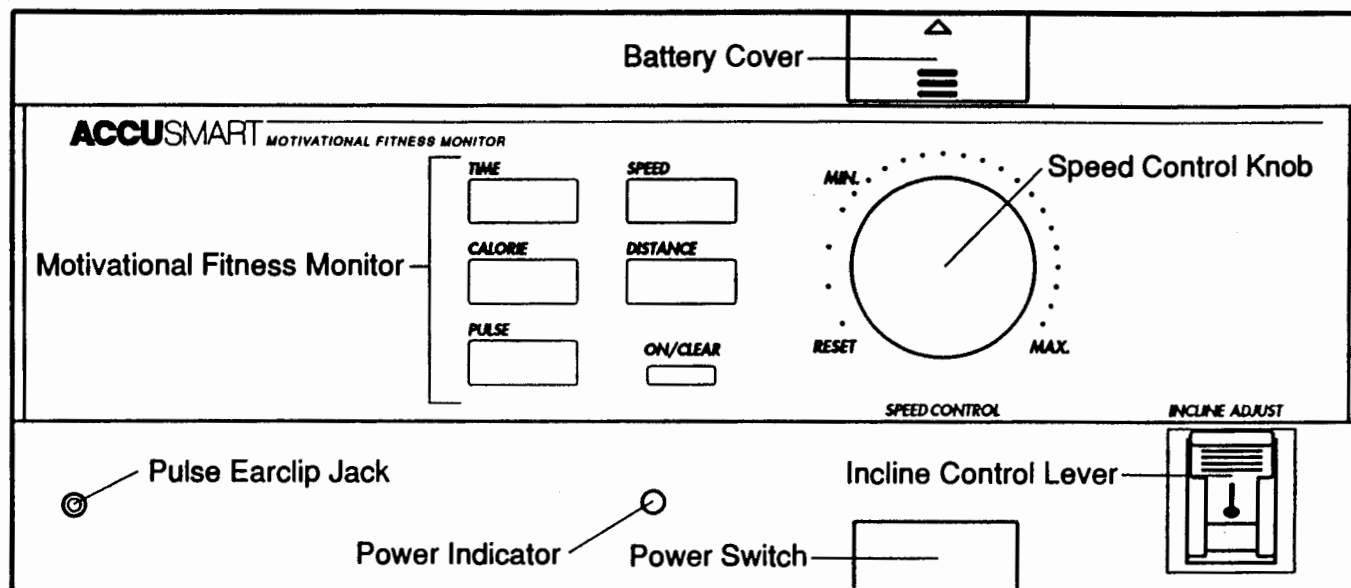


DIAGRAM OF THE CONSOLE

The state-of-the-art console features finger-touch incline control, 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.

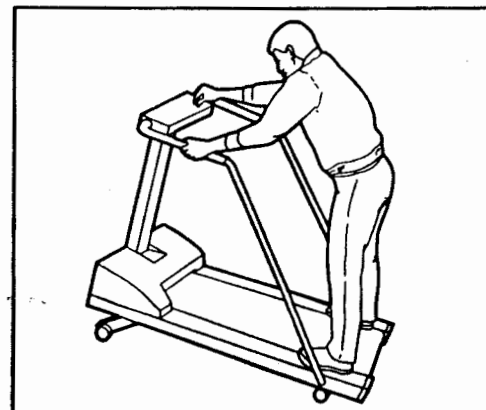
TURNING THE POWER ON

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.

CHANGING THE INCLINE

To vary the intensity of your exercise, the incline of the treadmill can be changed using the incline control lever on the right side of the console. **Do not change 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 until the desired incline is reached. 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.



CONTROLLING THE SPEED

To start the walking belt, first turn the speed control knob to "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 "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.

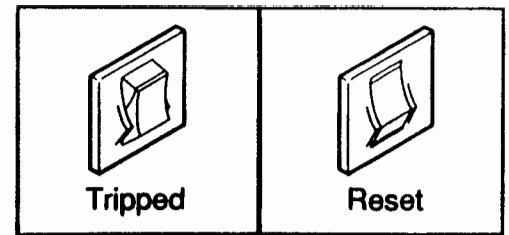
TROUBLE-SHOOTING

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 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.
- b. Make sure the safety key is fully inserted into the console. Turn the speed control knob to the "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 "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.

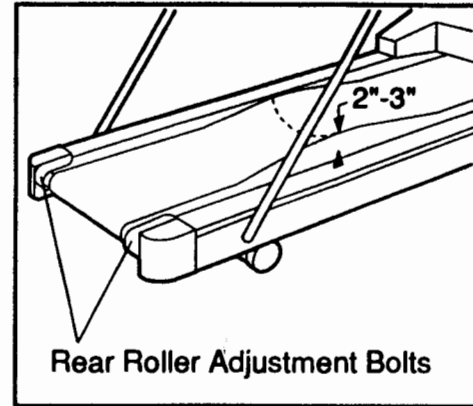
5. SYMPTOM: THE TREADMILL DOES NOT INCLINE

- a. Stand at the back of the foot rails while increasing the incline. Stand at the front of the foot rails and lean forward while decreasing the incline. (See OPERATION AND ADJUSTMENT in this manual.)

6. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

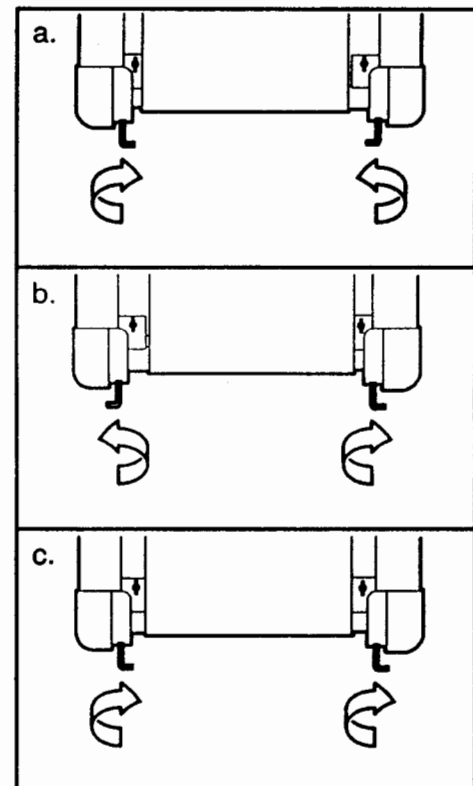
- a. Silicone lubricant should be applied to the walking platform before use. Lubricant should be reapplied after every 10 hours of use, and whenever a decrease in performance is noticed. (Uni-Sport silicone spray is recommended.) **CAUTION: ALWAYS TURN THE POWER OFF WHEN APPLYING LUBRICANT.** (See OPERATION 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. Remove the safety key and **UNPLUG THE POWER CORD**. With the allen wrench included, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. 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 just touch the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.

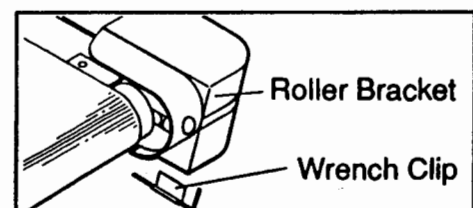


7. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

- a. If the walking belt has shifted to the left, first remove the safety key from the console and **UNPLUG THE POWER CORD**. With the allen wrench included, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. Repeat as necessary until the walking belt is centered.
- b. If the walking belt has shifted to the right, first remove the safety key from the console and **UNPLUG THE POWER CORD**. With the allen wrench included, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. Repeat as necessary until the walking belt is centered.
- c. If the walking belt slips when walked on, first remove the safety key from the console and **UNPLUG THE POWER CORD**. With the allen wrench included, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. 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.



The allen wrench can be stored by removing the backing from the wrench clip and pressing it onto one of the roller brackets.



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

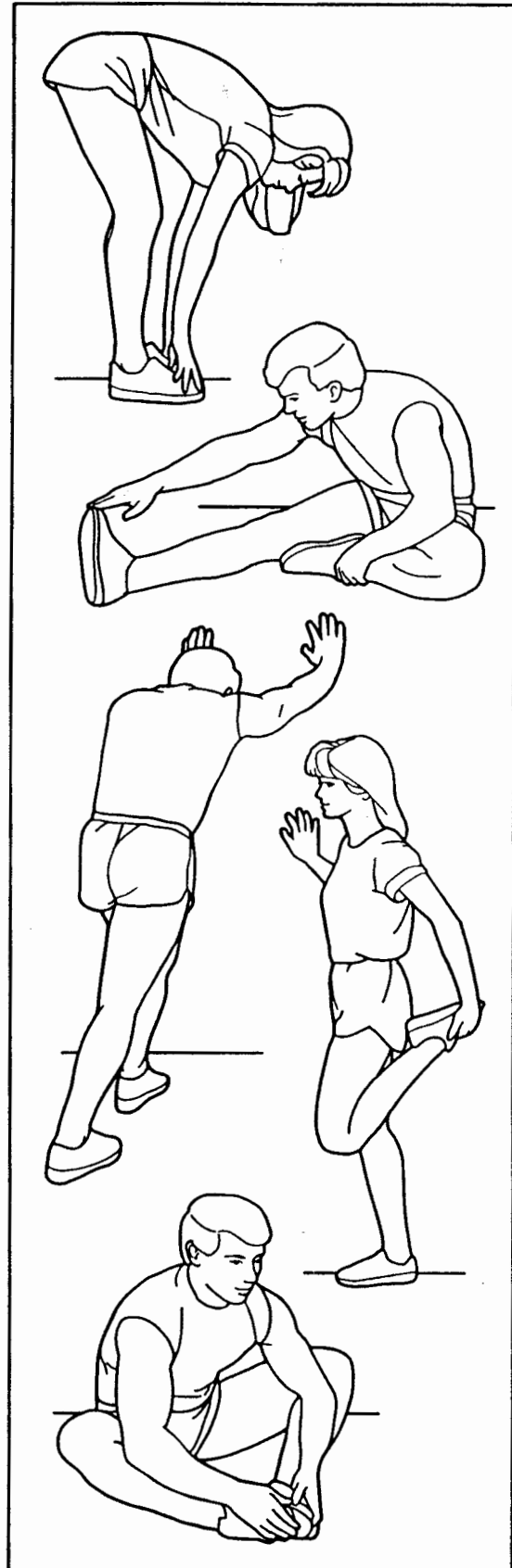
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

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. WL326020

Rev. 1/93

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

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

Rev. 1/93



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 (WL326020).
2. The **NAME** of the product (WESLO CADENCE® 3260 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.