

CADENCE[®]

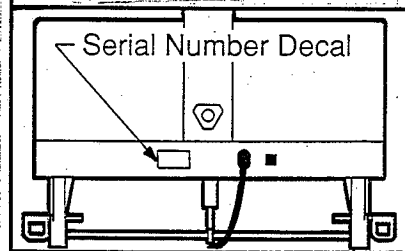
2100

**Fitness Trak 5.0 MPH
Calorie/Pulse Monitor
Incline Lift Assist**

Model No. WL360504

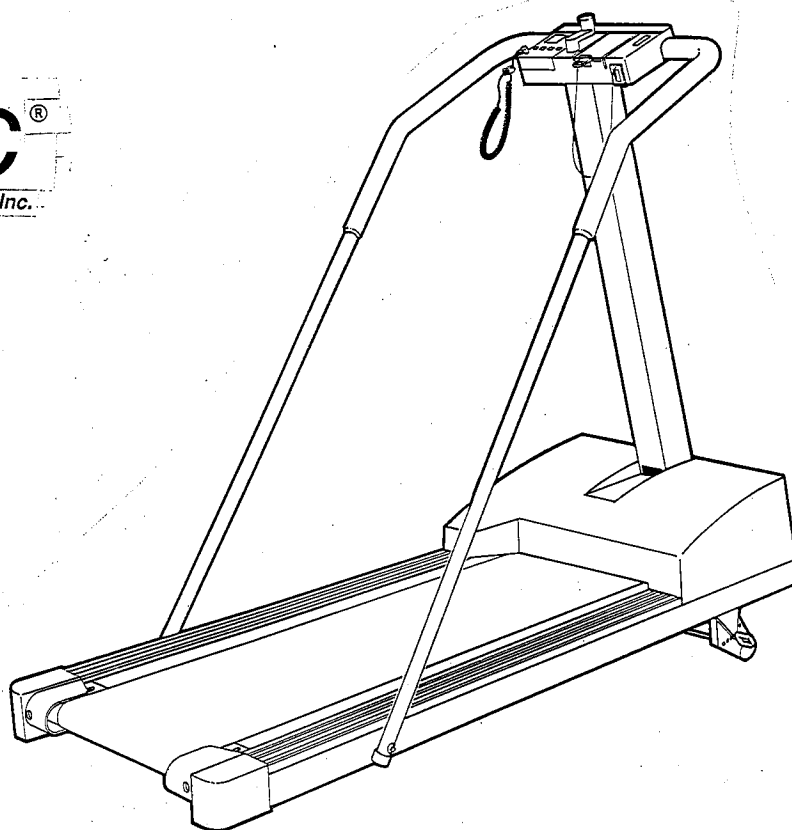
Serial No.

Write the serial number in
the space above.



weslo, inc.[®]

A Subsidiary of Weider Health and Fitness, Inc.



OWNER'S MANUAL

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. Let the trained technicians on our Customer Hot Line provide immediate assistance, free of charge to you. CUSTOMER HOT LINE: 1-800-999-3756, Mon. - Fri., 6 am - 6 pm MST.

CAUTION: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

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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 treadmill 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 treadmill 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.

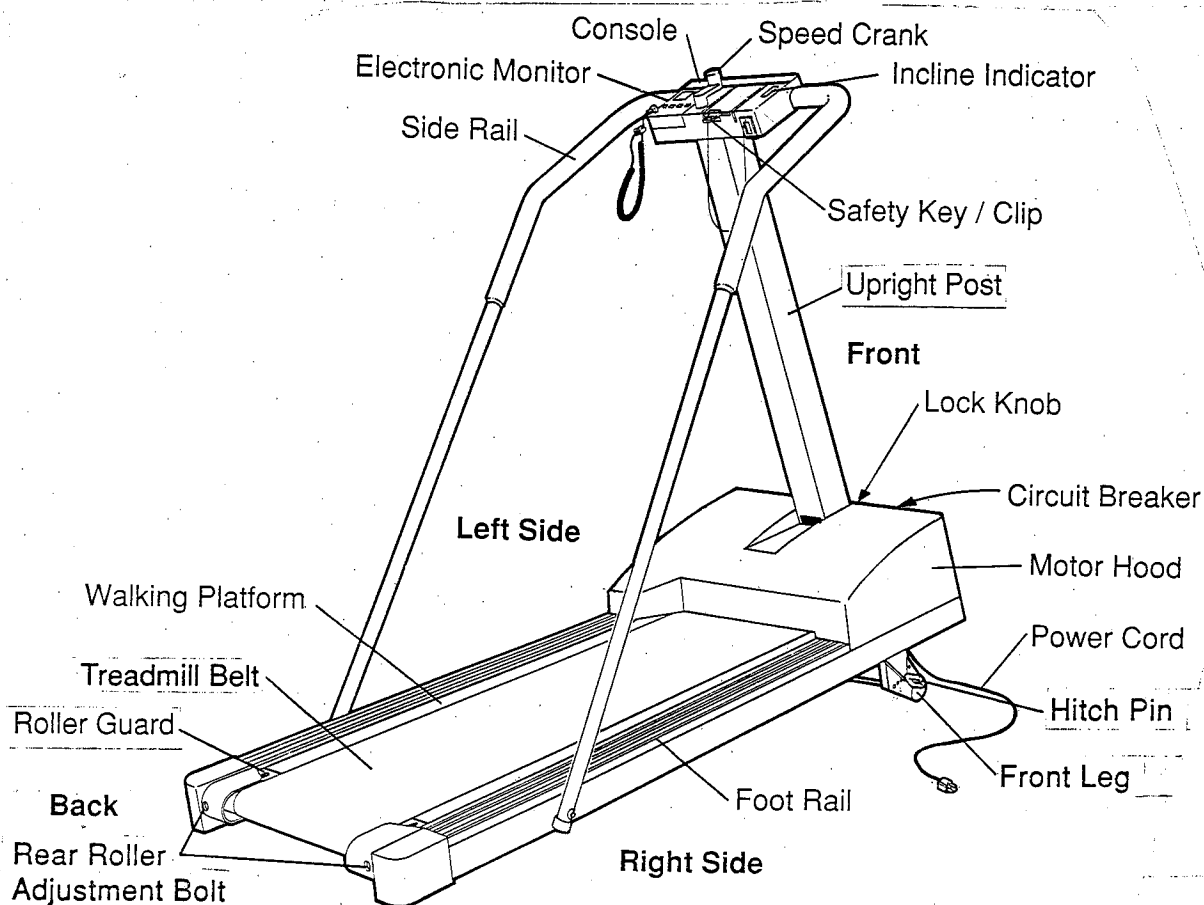
9. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized 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.

SAVE THESE INSTRUCTIONS

INTRODUCTION

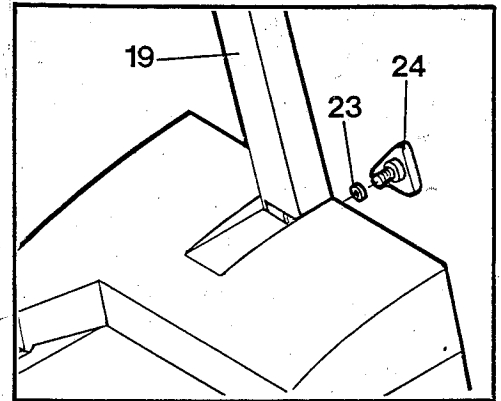
Thank you for purchasing a Weslo CADENCE 2100 treadmill. The CADENCE 2100 combines advanced technology with innovative design to let you enjoy one of the most effective forms of cardiovascular exercise in the convenience and privacy of your own home. This manual is provided to help you understand the simple assembly and operation of the treadmill. If you have additional questions, please call our Customer Service Department toll-free at **1-800-99WESLO** (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 listed 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 the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



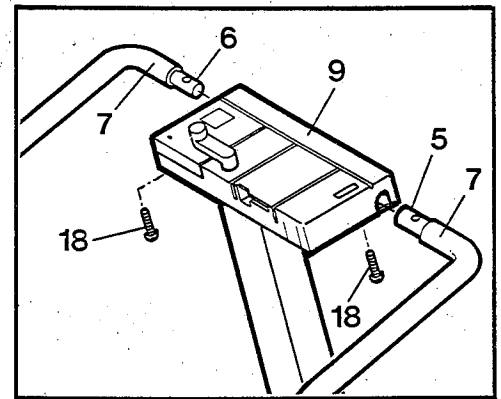
ASSEMBLY

Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using a standard screwdriver (not included).

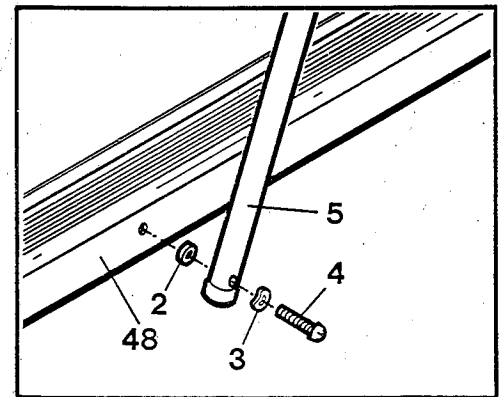
1. Raise the Upright Post (19) to a vertical position. Insert the Lock Knob (24), with the Lock Knob Washer (23), into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Slide the upper end of the Left Side Rail (6) into the opening in the left side of the Console (9). Insert a Short Side Rail Bolt (18) through the metal plate under the Console, and tighten the Bolt into the Side Rail. Repeat the step with the Right Side Rail (5). Note: If a Side Rail cannot be inserted into the Console far enough to attach the Bolt, roll back the Foam Grip (7) slightly.



3. Align the hole in the lower end of the Right Side Rail (5) with the hole in the Frame (48). Attach the Side Rail with a Long Side Rail Bolt (4), Formed Washer (3) and Side Rail Washer (2). Repeat the step with the Left Side Rail (not shown). Tighten the Lock Knob (See step 1).



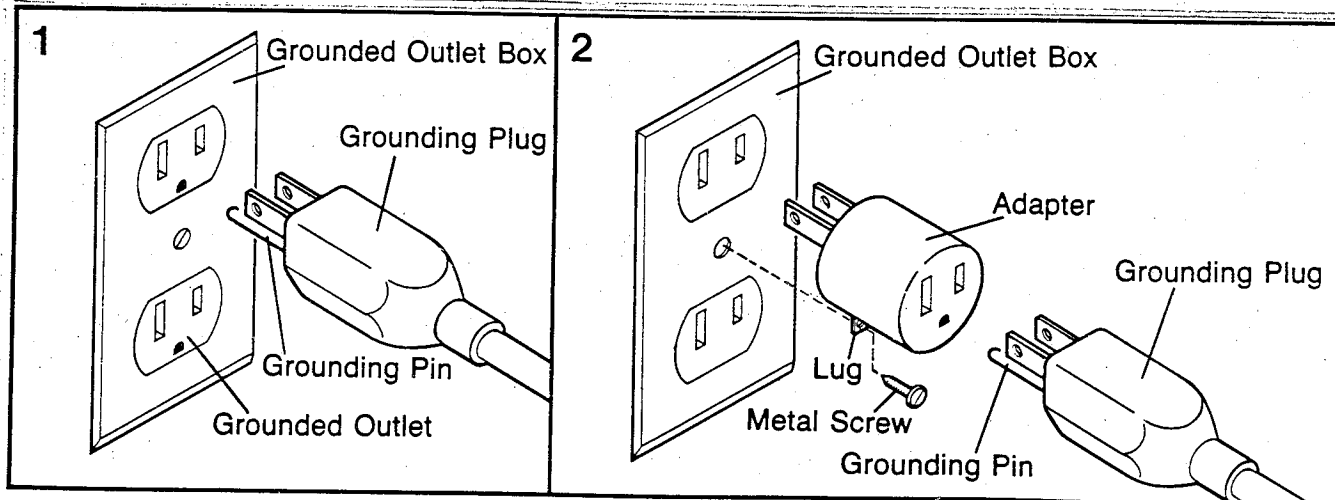
OPERATION AND ADJUSTMENT

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.**

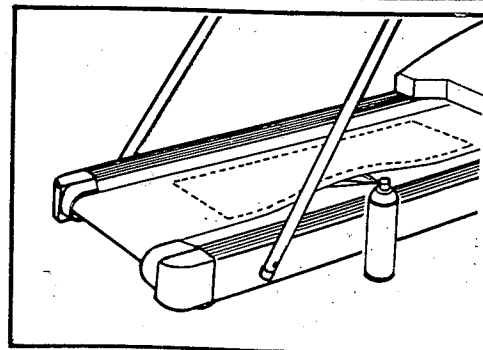
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, 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 treadmill 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 treadmill belt and apply the lubricant generously to the area indicated.



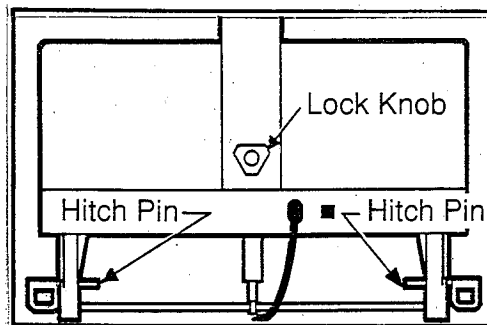
OPERATING INSTRUCTIONS

Read the instructions below carefully before starting the treadmill.

1. Step onto the foot rails and grasp 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. The belt will begin to move.
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. Carefully step onto the belt and begin walking.
4. Turn the speed crank until the belt is moving at the desired speed. Turn the crank counter-clockwise to increase the speed, or clockwise to decrease the speed. Note: Turn the crank only when the belt is moving. Do not turn the crank too far or the cable may be damaged.
5. To turn the treadmill off, move the safety key to the left. Remove the key from the power switch.

INCLINE ADJUSTMENT

1. **TURN THE POWER OFF.** Remove the hitch pins from the left and right front legs. Note: The hitch pins have been inserted from the inside for shipping purposes.
2. Grasp the lock knob, and raise or lower the treadmill to the desired height.
3. Insert the hitch pins through the front legs from the outside as shown. The pins must be in the same holes in both legs.



ELECTRONIC MONITOR OPERATION

Refer to the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual for instructions. The electronic monitor requires a 9-volt battery (not included) for operation.

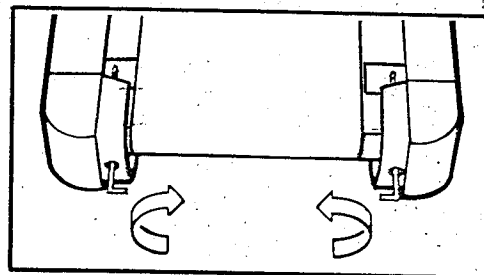
MAINTENANCE AND TROUBLE-SHOOTING

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 any liquids to come in contact with the console.

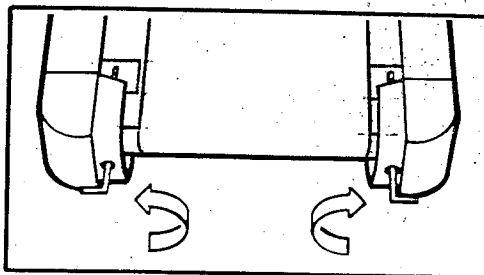
TREADMILL BELT ADJUSTMENT

The treadmill 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 TREADMILL BELT.**

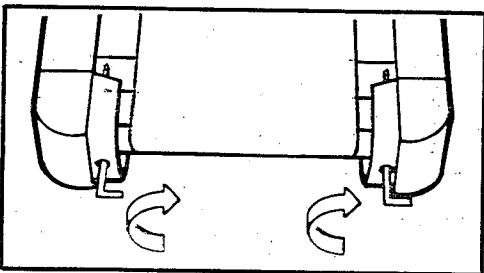
IF THE TREADMILL BELT HAS SHIFTED TO THE LEFT: **TURN THE POWER OFF.** Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.



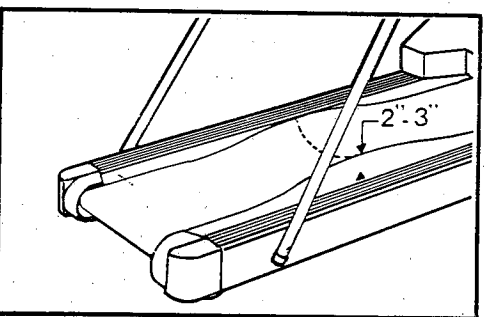
IF THE TREADMILL BELT HAS SHIFTED TO THE RIGHT: **TURN THE POWER OFF.** Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.



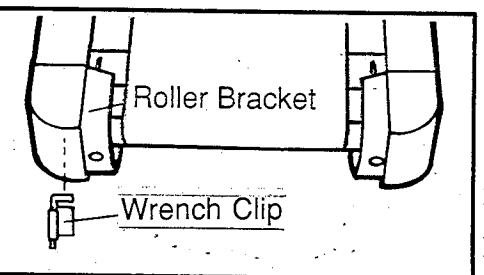
IF THE TREADMILL BELT SLIPS DURING USE: **TURN THE POWER OFF.** Turn both adjustment bolts clockwise 1/4 of a turn. Turn the power on. Repeat as necessary until the belt does not slip. Be careful not to overtighten the bolts. Overtightening can stretch the belt, cause excessive roller noise, and reduce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



To check the treadmill belt for proper tension, **TURN THE POWER OFF**, and lift the edges of the treadmill 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.

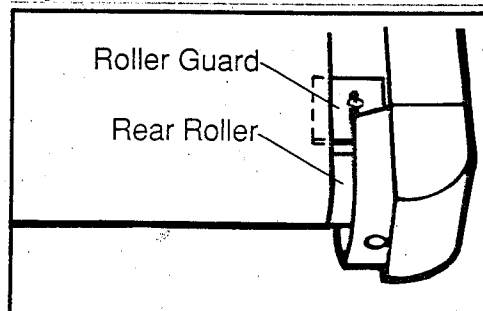


The allen wrench can be stored conveniently on the self-adhesive wrench clip.



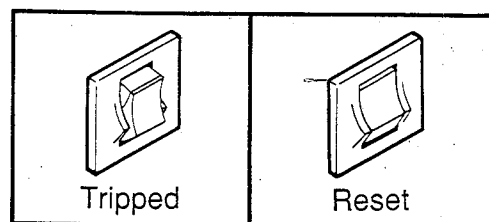
ROLLER GUARD ADJUSTMENT

The rear edge 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, **MOVE THE SAFETY KEY TO THE OFF POSITION** and push the switch back in.



PULSE EARCLIP

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

ELECTRONIC MONITOR

If the monitor does not function properly, test the monitor using a new 9-volt battery. Most problems are the result of a drained battery.

INCLINE INDICATOR

To adjust the incline indicator on the console, first lower the treadmill to minimum incline. **Gently** press the ends of the indicator, using a pen or similar object, until the bubble in the indicator 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 bolts and washers from the lower and upper ends of the side rails. Store the bolts and washers in a secure location. Loosen the lock knob and lay the upright post on the treadmill. Lay the side rails on the treadmill.

CONDITIONING GUIDELINES

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

EXERCISE INTENSITY

For an effective aerobic workout, it is important to exercise at the proper intensity level. You can maintain the proper intensity level using your heart rate as a guide. To develop your cardiovascular capacity, your heart rate should be kept within what is called your "training zone" during exercise. You can find your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned persons, ages 20 to 85 years.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few weeks of your exercise program you should 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 you reach the high end of your training zone. As your conditioning 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.) First, set the monitor for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes elapse. Immediately measure your heart rate using the Pulse function. If your heart rate is below your training zone, increase your level of exertion. If your heart rate is too high, reduce your level of exertion.

THE WORKOUT

Each workout should begin with at least 5 minutes of stretching or light calisthenics. Warming up in this manner prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. The warm-up should be followed by 20-30 minutes of exercising with your heart rate in your training zone. Each workout should end with at least 5 minutes of stretching or light exercise to aid circulation and prevent soreness.

To maintain or improve your conditioning, you must exercise 2-3 times per week as described above. A day of rest between workouts is recommended. After a few months of exercising, the number of workouts can be increased to 4-5 per week. The key to achieving successful results is consistency.

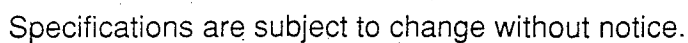
PART LIST - Model No. WL360504

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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Side Rail Endcap	39	13	Small Screw
2	2	Side Rail Washer	40	2	Hood Mount Anchor
3	2	Formed Washer	41	1	Front Roller Adjustment Bolt
4	2	Long Side Rail bolt	42	2	Hitch Pin
5	1	Right Side Rail	43	1	Safety Cover
6	1	Left Side Rail	44	1	Left Foot Rail
7	2	Foam Grip	45	6	Platform Screw
8	4	Console Screw	46	1	Front Roller Pulley
9	1	Console Assembly	47	1	Treadmill Belt
10	1	Speed Crank	48	1	Frame
11	1	Pulse Ear Clip	49	1	Walking Platform
12	1	Electronic Monitor	50	5	Screw
13	1	Clothes Clip	51	2	Rubber Bumper
14	1	Safety Key/Clip	52	1	Right Roller Bracket
15	1	Speed Adjustment Assembly	53	1	Rear Roller
16	1	Incline Indicator	54	1	Allen Wrench
17	1	Spacer	55	1	Wrench Clip
18	2	Short Side Rail Bolt	56	2	Rear Roller Adjustment Bolt
19	1	Upright Post	57	3	Adjustment Washer
20	1	Hinge Bolt	58	1	Left Roller Bracket
21	4	Hinge Washer	59	1	Motor Hood
22	1	On/Off Wire	60	4	Hood Screw
23	1	Lock Knob Washer	61	1	Sensor Magnet
24	1	Lock Knob	62	1	V-Belt
25	1	Pivot Nut	63	1	Sensor Wire/Reed Switch
26	1	Right Front Leg	64	4	Mounting Screw
27	3	Hose Clamp	65	1	Right Foot Rail
28	1	Swivel Shaft	66	2	E-Clip
29	2	Tension Swivel	67	1	Shock Pin
30	2	Swivel Nut	68	2	Large Pushnut
31	2	Motor Clamp Assembly	69	1	Incline Shock
32	1	Motor Pulley	70	2	Roller Guard
33	2	Swivel Shaft Bolt	71	1	Leg Shaft
34	1	Motor	72	2	Shock Mounting Spacer
35	1	Left Front Leg	73	1	Ground Wire
36	4	Wire Clip	74	1	Star Washer
37	1	Circuit Breaker	#	1	Owner's Manual
38	1	Power Cord	#	1	Monitor Operation Guide

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

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ORDERING PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-99WESLO (999-3756)**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The name of the product (Weslo CADENCE 2100 Treadmill).
2. The model number of the product (WL360504).
3. The serial number of the product, found on a decal on the frame (see the drawing on the front cover for the location of the decal).
4. The key number of the part from the part list on page 10.
5. The description of the part from the part list on page 10.

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. Pre-authorization may be obtained by calling Weslo's Customer Service Department at 1-800-99WESLO. 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