

# CADENCE®

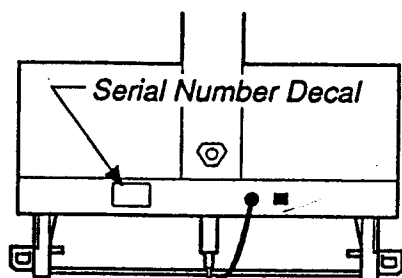
# 2100

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

**WESLO®**

Model No. WL360505

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.

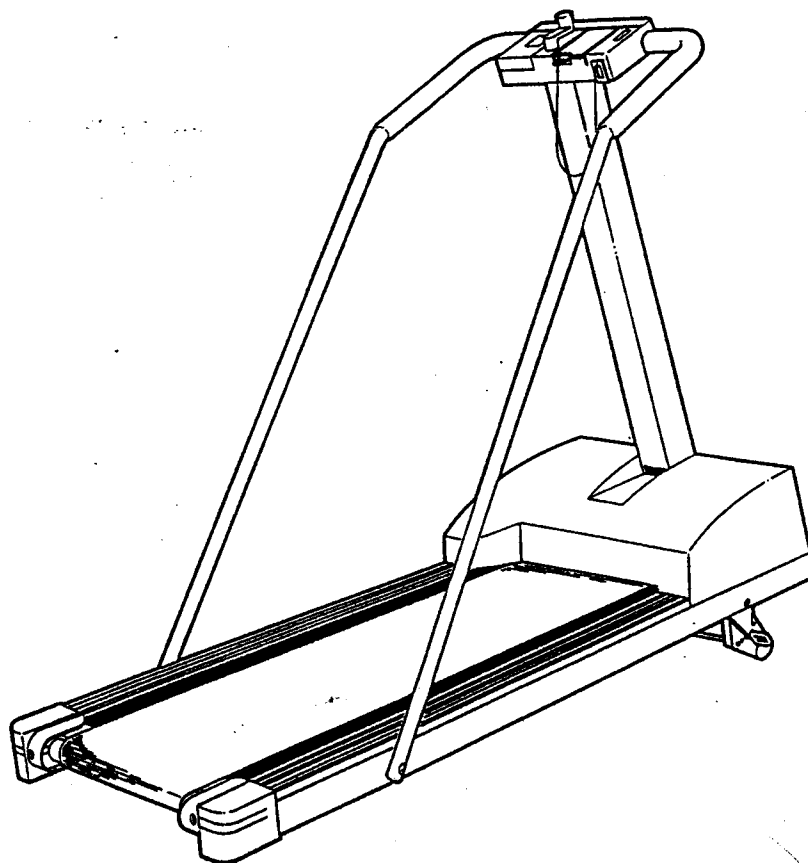
**CUSTOMER HOT LINE:**

**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.



Patent Pending  
U.S. Patent 5,088,729  
U.S. Patent 5,034,576  
U.S. Patent 5,058,881  
U.S. Pat. Des. 315,765

# OWNER'S MANUAL

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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 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. Never allow more than one person on the treadmill at a time. Use the treadmill only as described in this manual.
9. Keep small children away from the treadmill 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.

**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.

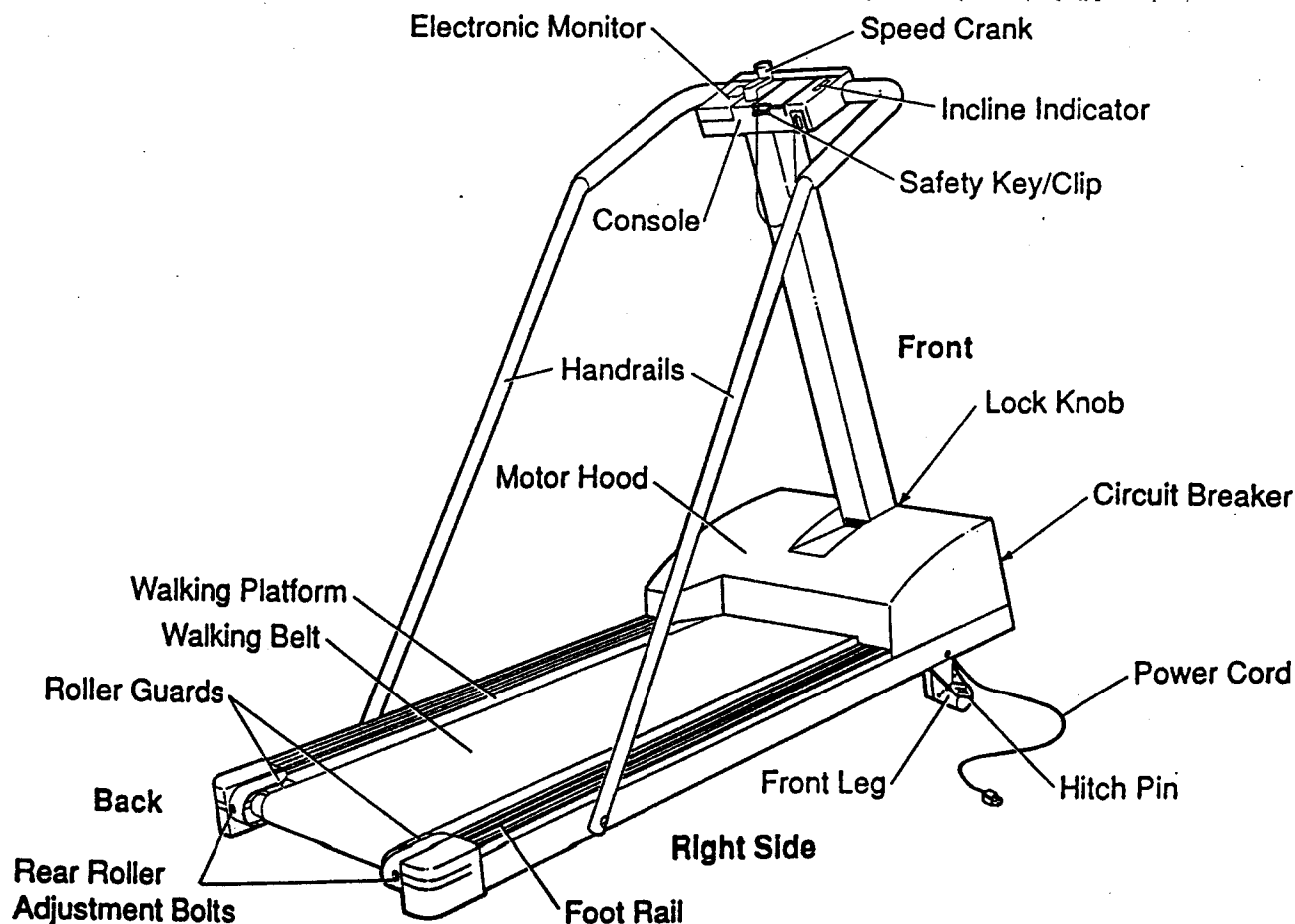
## SAVE THESE INSTRUCTIONS

# TABLE OF CONTENTS

|                                        |            |
|----------------------------------------|------------|
| Before You Begin .....                 | 3          |
| Assembly .....                         | 4          |
| Operation and Adjustment .....         | 5          |
| Trouble-Shooting and Maintenance ..... | 7          |
| Conditioning Guidelines .....          | 9          |
| Part List .....                        | 10         |
| Exploded Drawing .....                 | 11         |
| Ordering Replacement Parts .....       | Back Cover |
| Warranty .....                         | Back Cover |

## BEFORE YOU BEGIN

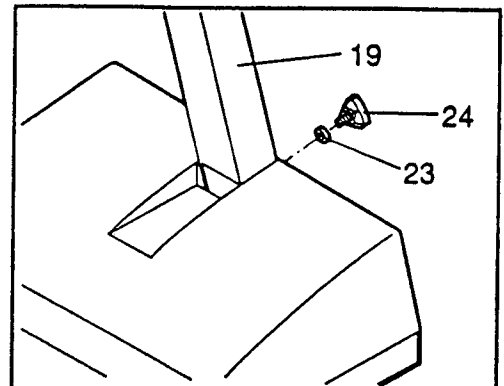
Thank you for selecting the WESLO CADENCE® 2100 treadmill. The CADENCE 2100 combines state-of-the-art technology with innovative design to let you enjoy an effective form of cardiovascular exercise in the convenience of your home. **For your safety and benefit, read this manual carefully before using the treadmill.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the treadmill (see the drawing on the front cover for the location). Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



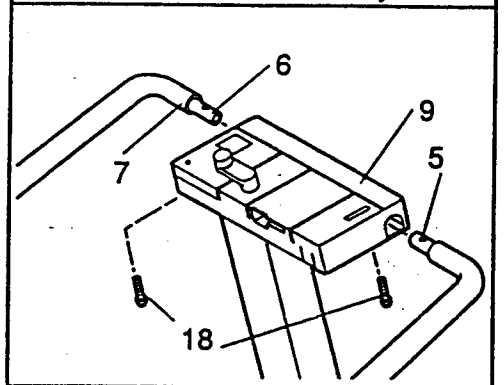
# ASSEMBLY

Set the treadmill in a cleared area on the floor and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.** Read all instructions before beginning assembly.

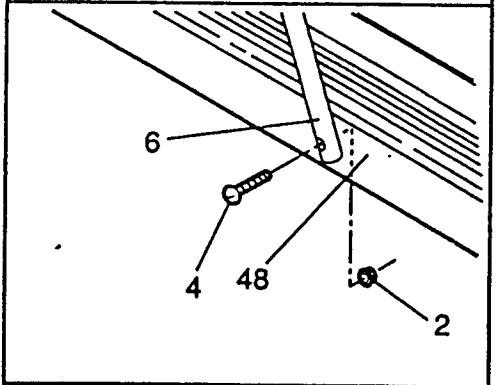
1. Raise the Upright Post (19) to the vertical position. Insert the Lock Knob (24), with the Lock Knob Washer (23), into the Upright Post, and turn the Knob clockwise until it is almost tight. Leave a little play in the Upright Post for the following steps.



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



3. Align the hole in the lower end of the Left Handrail (6) with the hole in the Frame (48). Insert the Long Handrail Bolt (4) through the Handrail and Frame. Reach under the Frame and thread a Handrail Nut (2) onto the end of the Bolt. Repeat the step with the Right Handrail. Tighten the Lock Knob (see step 1).



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

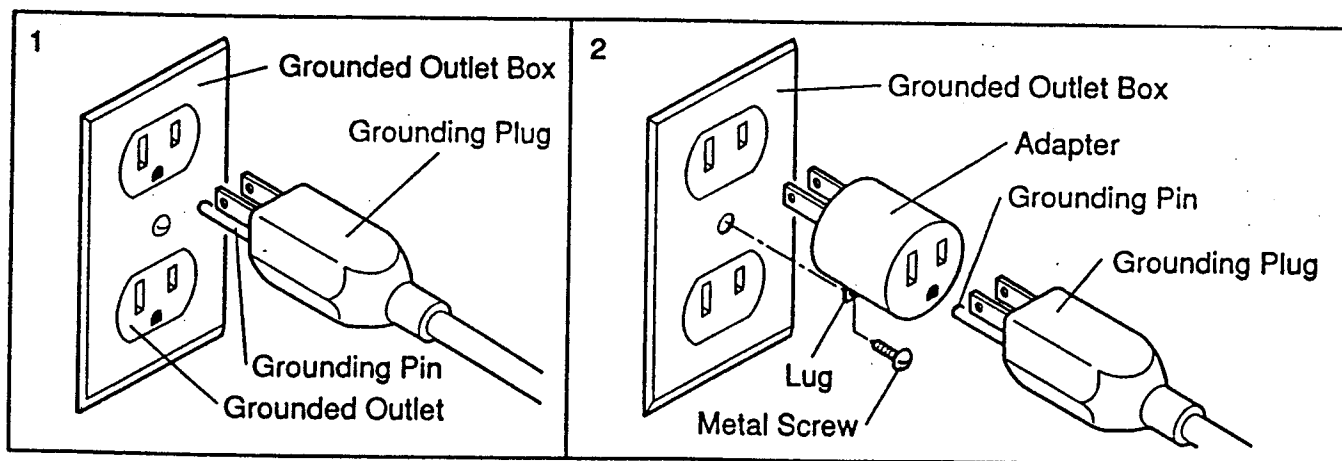
# OPERATION AND ADJUSTMENT

## 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.**

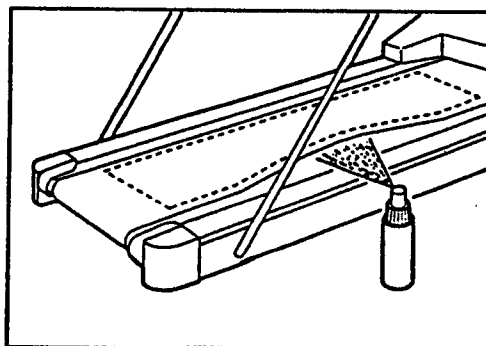


## SILICONE APPLICATION

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.)



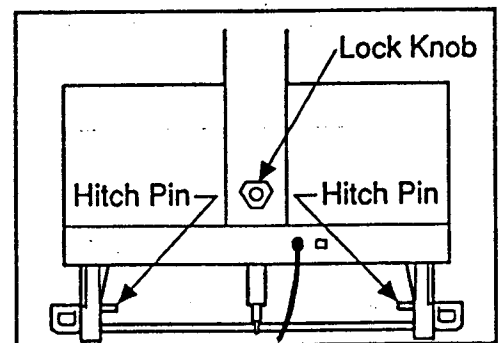
## TREADMILL OPERATION

Read the instructions below before starting the treadmill.

1. Step onto the foot rails and hold the handrail firmly. **CAUTION: Do not stand on the walking belt when turning the power on.**
2. Attach the clip on the safety key to the waistband of your clothing. Insert the key into the console. To turn the power on, move the key to the right. The power indicator will light. **CAUTION: Always wear the clip when operating the treadmill. If you fall, the key will be pulled from the console, instantly turning the power off.**
3. Hold the handrail and step carefully onto the walking belt.
4. To increase the speed of the walking belt, turn the speed crank counterclockwise. To decrease the speed, turn the crank clockwise. **Turn the crank only when the walking belt is moving. Stop turning the crank when it becomes difficult, or the cable attached to the crank may be damaged.**
5. To turn the power off, move the safety key to the left, and remove the key from the console.

## INCLINE ADJUSTMENT

1. **UNPLUG THE POWER CORD.** 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

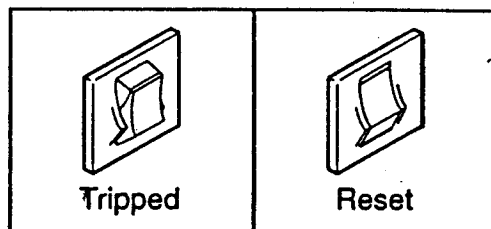
- Refer to the Electronic Monitor Operation Guide accompanying this manual.

# 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

- 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.
- Make sure the safety key is fully inserted into the console and moved to the right. (See OPERATION AND ADJUSTMENT in this manual.)
- Check the circuit breaker located on the front of the frame near the power cord. The circuit breaker is designed to protect the electrical system. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the treadmill to cool for five minutes, **MOVE THE SAFETY KEY TO THE LEFT** and push the switch back in.



## 2. SYMPTOM: THE POWER TURNS OFF DURING USE

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

## 3. SYMPTOM: THE ELECTRONIC MONITOR DOES NOT FUNCTION PROPERLY

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

## 4. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

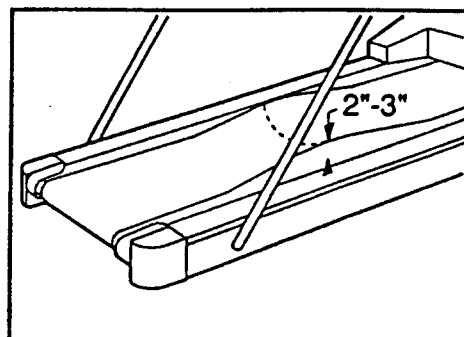
- Make sure the pulse earclip is plugged fully into the jack on the monitor. Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- Try standing still while measuring your pulse. **WARNING: The pulse earclip is not a medical device. Various factors, including the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

## 5. SYMPTOM: THE INCLINE INDICATOR NEEDS ADJUSTMENT

- a. Lower the treadmill fully. (See OPERATION AND ADJUSTMENT in this manual.) Using the eraser of a pencil, press the ends of the indicator very gently until the bubble is at level 1.  
**CAUTION: The indicator is made of glass, and can break if pressed too hard. Wear safety goggles for eye protection.**

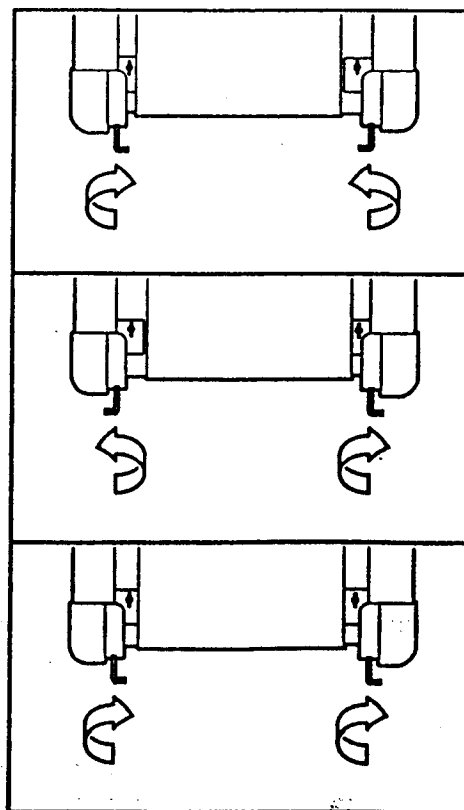
## 6. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

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



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

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





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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the electronic monitor (see the Electronic Monitor Operation Guide). Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise. **WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**

## WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles as well as help to decrease soreness and other post-exercise problems.

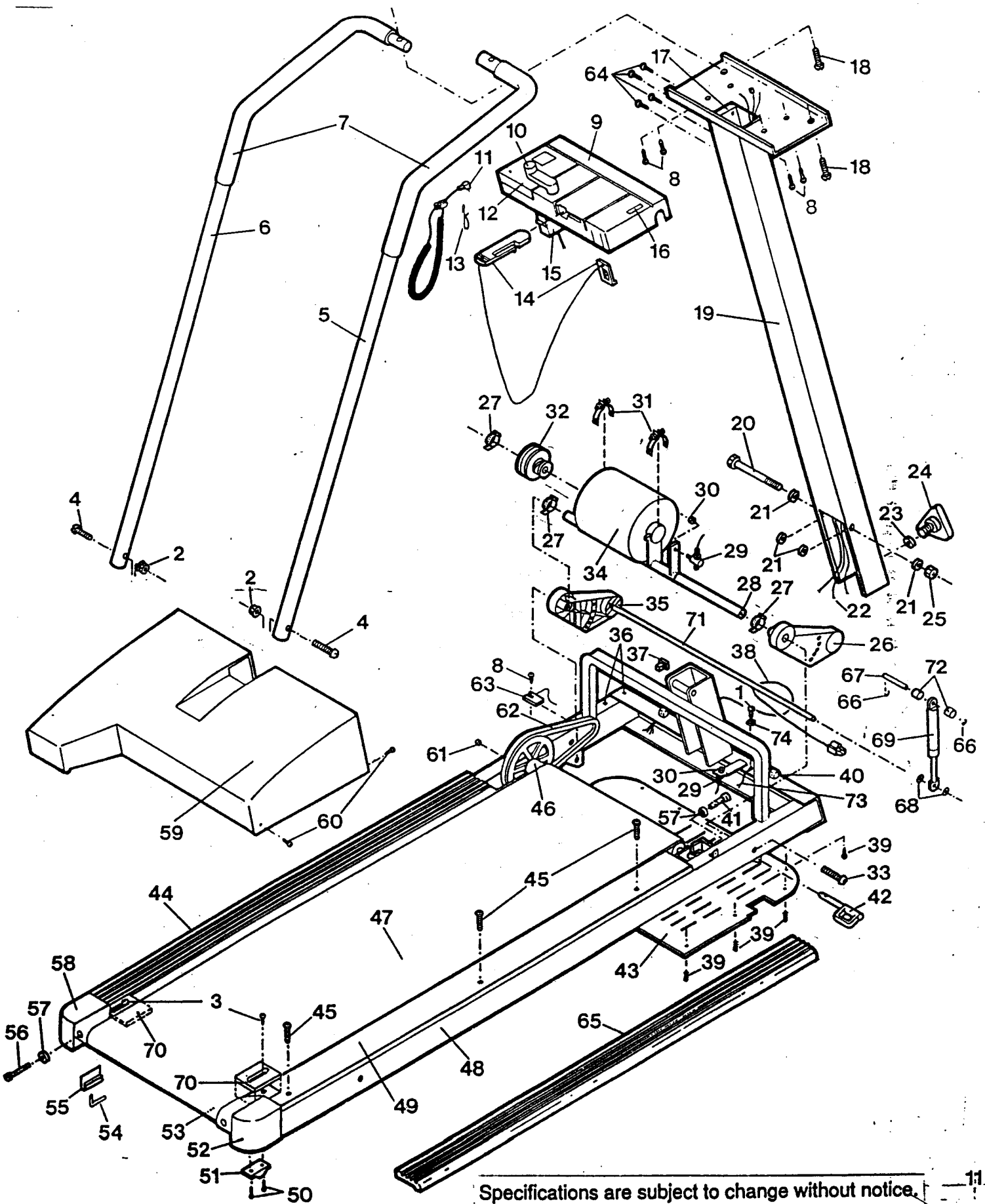
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

# PART LIST—Model No. WL360505

Rev. 8/92

| Key No. | Qty. | Description               | Key No. | Qty. | Description                  |
|---------|------|---------------------------|---------|------|------------------------------|
| 1       | 1    | Ground Screw              | 39      | 12   | Plastic Pin                  |
| 2       | 2    | Handrail Nut              | 40      | 4    | Hood Mount Anchor            |
| 3       | 2    | Roller Guard Screw        | 41      | 1    | Front Roller Adjustment Bolt |
| 4       | 2    | Long Handrail Bolt        | 42      | 2    | Hitch Pin                    |
| 5       | 1    | Right Handrail w/Foam     | 43      | 1    | Safety Cover                 |
| 6       | 1    | Left Handrail w/Foam      | 44      | 1    | Left Foot Rail               |
| 7       | 2    | Foam Grip                 | 45      | 6    | Platform Screw               |
| 8       | 5    | Console Screw             | 46      | 1    | Front Roller Pulley          |
| 9       | 1    | Console Assembly          | 47      | 1    | Walking Belt                 |
| 10      | 1    | Speed Crank               | 48      | 1    | Frame                        |
| 11      | 1    | Pulse Earclip             | 49      | 1    | Walking Platform             |
| 12      | 1    | Electronic Monitor        | 50      | 4    | 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 Handrail 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 w/Decal           |
| 22      | 1    | On/Off Switch Wire        | 60      | 4    | Hood Screw                   |
| 23      | 1    | Lock Knob Washer          | 61      | 1    | Magnet                       |
| 24      | 1    | Lock Knob                 | 62      | 1    | 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 about ordering replacement parts.



# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WL360505).
2. The NAME of the product (WESLO CADENCE® 2100 treadmill).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 10 of this manual.
5. The DESCRIPTION of the part(s) from page 10 of this manual.

## LIMITED WARRANTY

Weslo, Inc. ("WESLO"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. WESLO's obligation under this warranty is limited to replacing or repairing, at WESLO's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WESLO at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by WESLO. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a WESLO authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WESLO.

WESLO IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

WESLO INC., 1500 S. 1000 W., LOGAN, UT 84321-9813