

CADENCE®

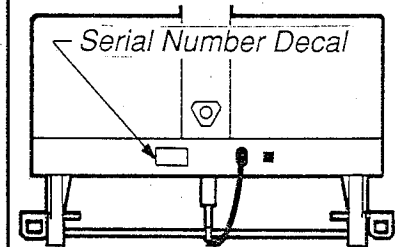
3100

**Fitness Trak 6.0 MPH
Calorie/Pulse Monitor
Incline Lift Assist**

Model No. WL361100

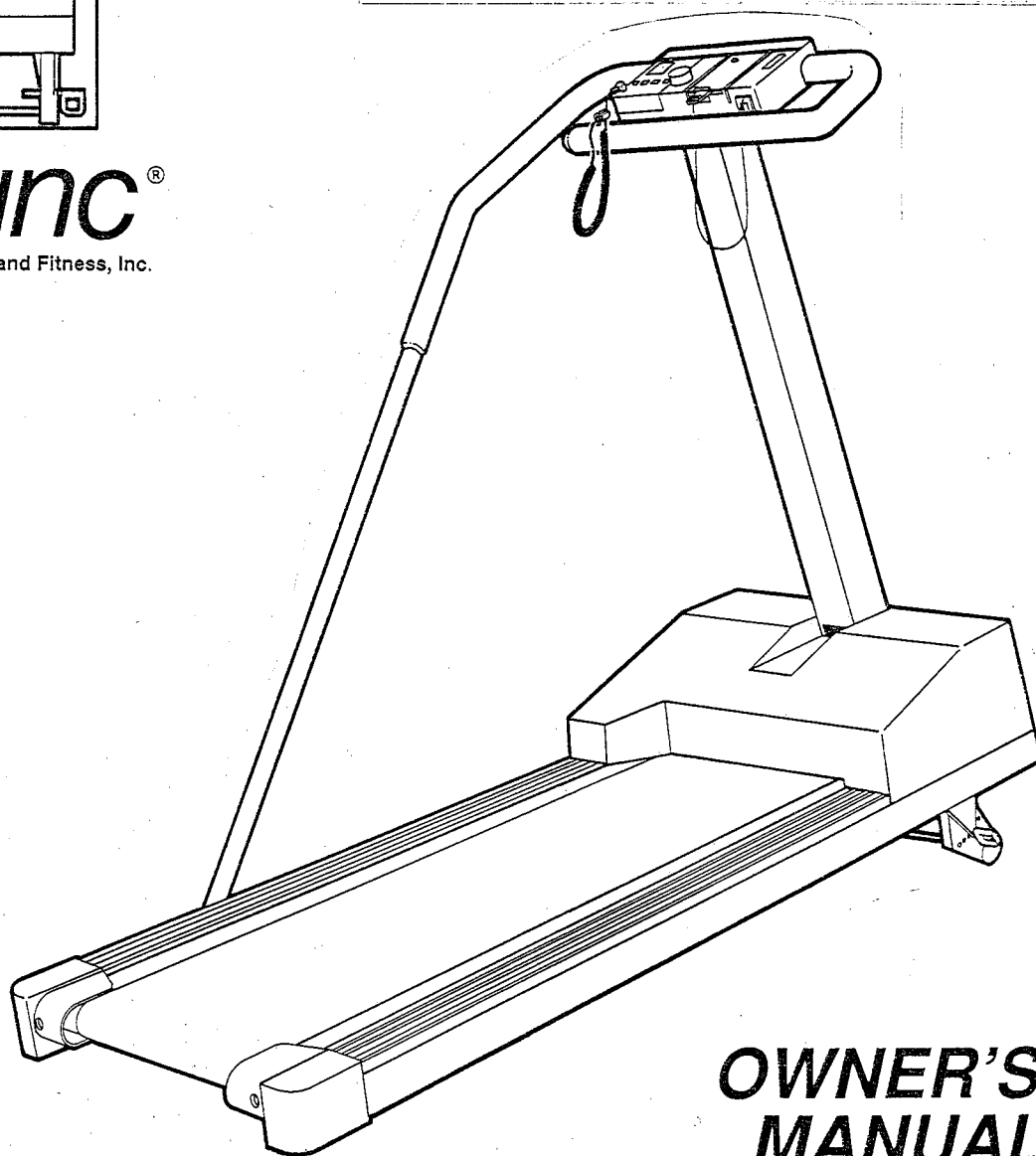
Serial No.

Write the serial number in the
space above for reference.



weslo, inc.®

A Subsidiary of Weider Health and Fitness, Inc.



PATENTED

**OWNER'S
MANUAL**

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

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 clear, level surface with a minimum of 8 feet of clearance behind the treadmill. Do not place the treadmill on thick carpet, near water or outdoors.
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 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 operate the treadmill if the cord or plug are damaged, or if the treadmill is not working properly. (Refer to the INTRODUCTION section of this manual for instructions if the treadmill is not working properly.)
4. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when walking or running on the treadmill.
5. Keep small children away from the treadmill during operation. Never leave the treadmill unattended while it is running.
6. Always wear appropriate clothing when using the treadmill. Do not wear flowing 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 also recommended for both men and women.
7. Never drop or insert any object into any opening.
8. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
9. Use this treadmill only as described in this manual.
10. 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 described 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.

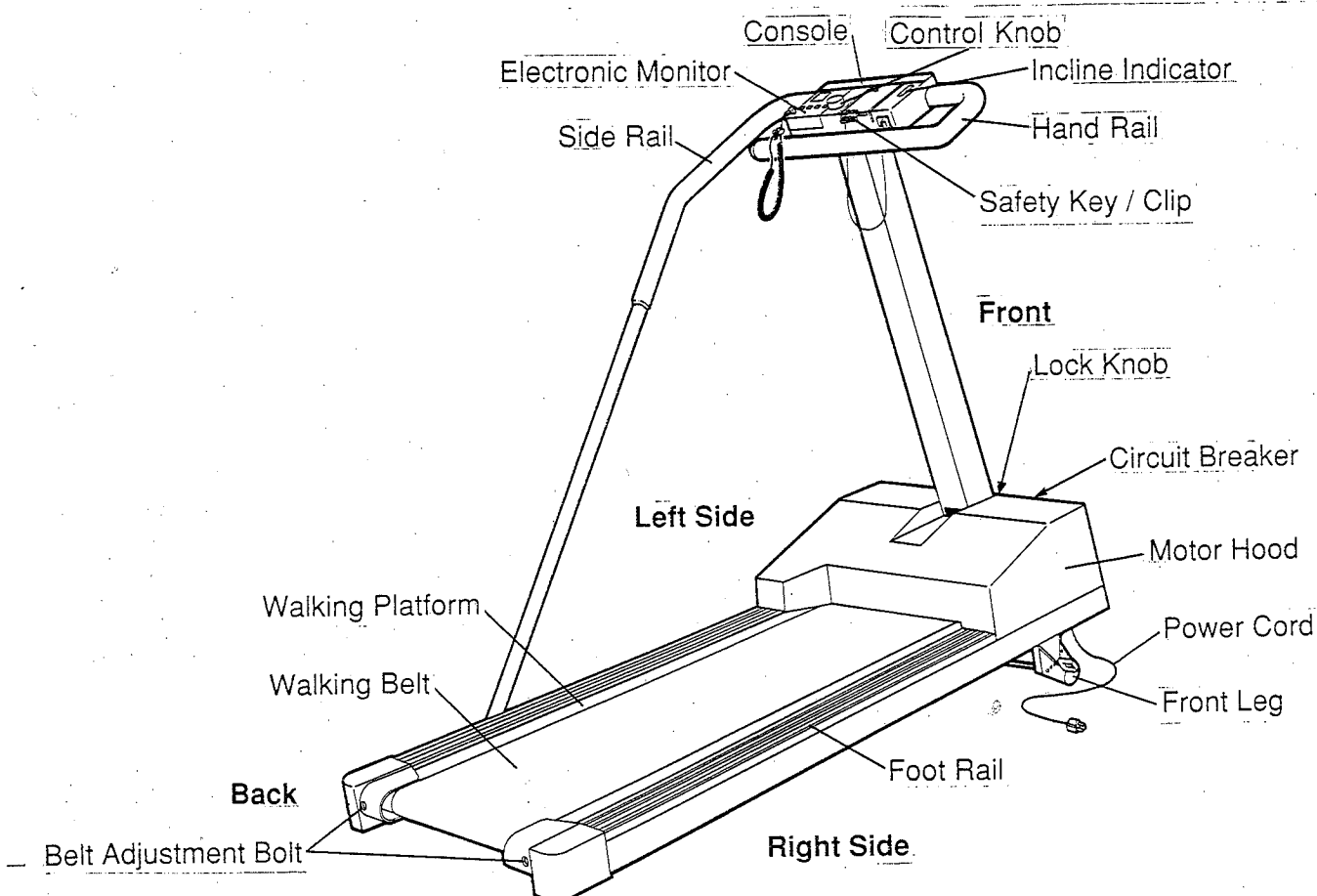
SAVE THESE INSTRUCTIONS

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INTRODUCTION

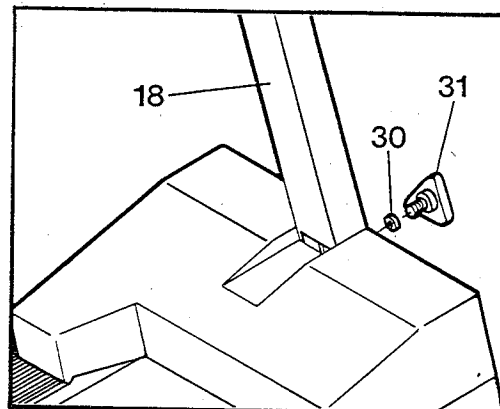
Thank you for purchasing a Weslo CADENCE 3100 treadmill. The CADENCE 3100 combines advanced technology with innovative design to let you enjoy one of the most effective forms of cardiovascular exercise in the convenience and privacy of your own home. This manual is provided to help you understand the 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.



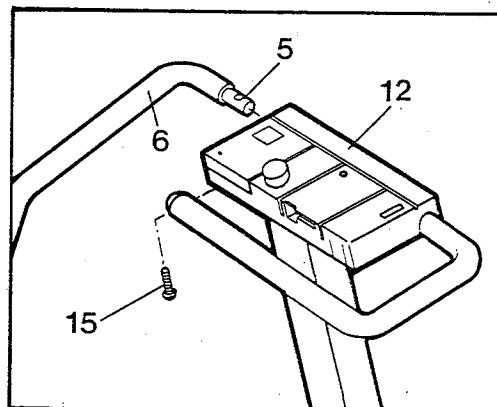
ASSEMBLY

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).

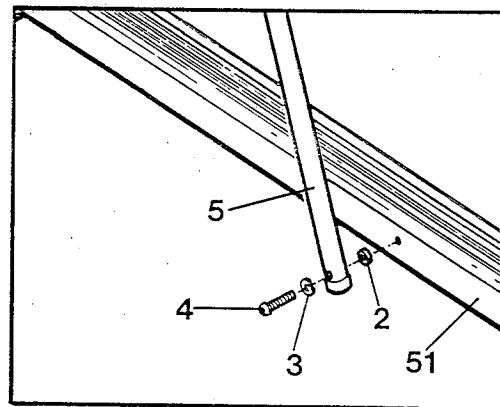
1. Raise the Upright Post (18) to a vertical position. Insert the Lock Knob (31), with the Lock Knob Washer (30), into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Slide the upper end of the Side Rail (5) into the opening in the left side of the Console (12). Insert the Short Side Rail Bolt (15) through the metal plate under the Console, and tighten the Bolt into the Side Rail. Note: If the Side Rail cannot be inserted into the Console far enough to attach the Bolt, roll back the Foam Grip (6) slightly.



3. Align the hole in the lower end of the Side Rail (5) with the hole in the Frame (51). Attach the Side Rail with the Long Side Rail Bolt (4), Formed Washer (3) and the Side Rail Washer (2). Tighten the Lock Knob (See step 1).



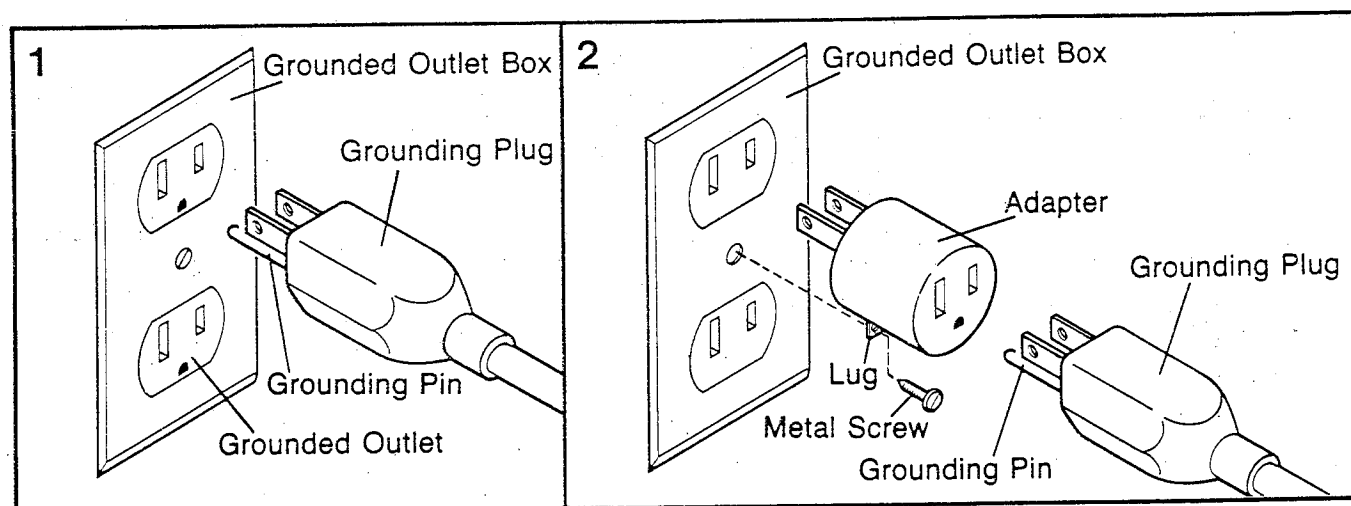
OPERATION AND ADJUSTMENT

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.**

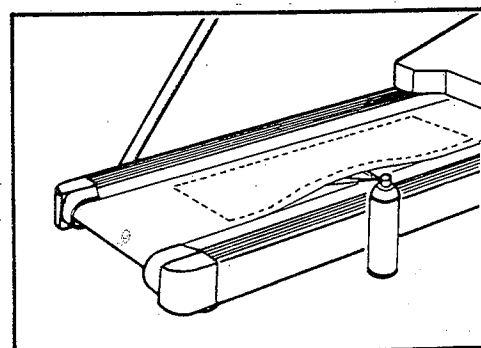
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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



OPERATING INSTRUCTIONS

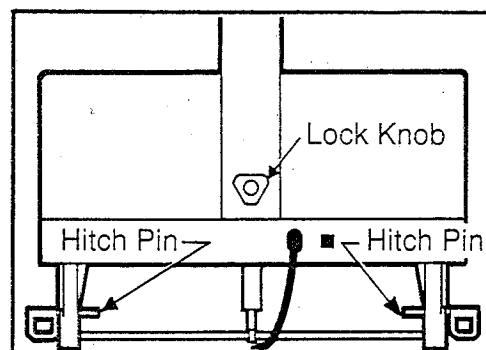
Read the instructions below carefully before starting the treadmill.

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. **IMPORTANT: For your safety, always wear the clip when using the treadmill.** If you slip or fall while exercising, the key will be disengaged from the switch, instantly turning the power off.
3. Turn the speed control knob counterclockwise until it stops at 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 walking.
5. Slowly turn the speed control knob until the desired speed is reached. (Turning the knob clockwise increases the speed. Turning the knob counterclockwise decreases 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 increase or decrease the level of exercise intensity, the angle of the treadmill can be adjusted in the following manner:

1. **TURN THE TREADMILL OFF.** Remove the hitch pins from the left and right front legs.
2. Grasp the lock knob, and raise or lower the treadmill to the desired height. Insert the hitch pins into the legs, being sure the pins are in the same hole on each side.



ELECTRONIC MONITOR OPERATION

Refer to the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual for instructions.

MAINTENANCE AND TROUBLE-SHOOTING

Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow water to come in contact with the electronic monitor.

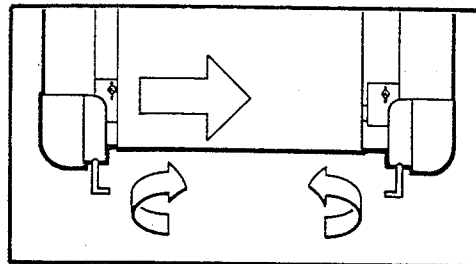
WALKING BELT ADJUSTMENT

To prevent damage to the walking belt, the belt must be kept centered on the walking platform. If the belt shifts toward the right or left sides of the treadmill, the belt may be damaged by the roller guard screws. The belt can be adjusted with the rear roller adjustment bolts (see drawings on next page) and the allen wrench included. The treadmill must be turned on at a medium speed when adjusting the belt.

CAUTION: Keep your hands away from the moving walking belt or serious injury could result.

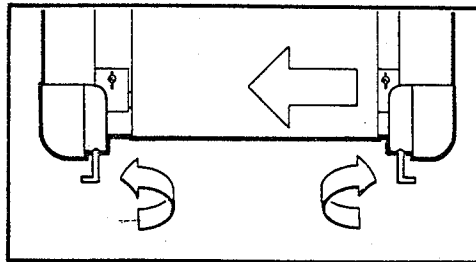
IF THE WALKING BELT HAS SHIFTED TO THE LEFT:

Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/8 of a turn at a time, until the walking belt is centered.

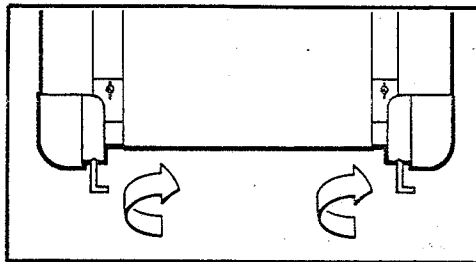


IF THE WALKING BELT HAS SHIFTED TO THE RIGHT:

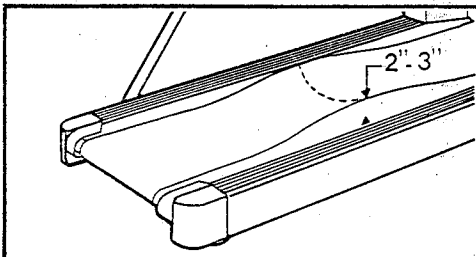
Turn the left adjustment bolt counterclockwise and the right adjustment bolt clockwise, 1/8 of a turn at a time, until the walking belt is centered.



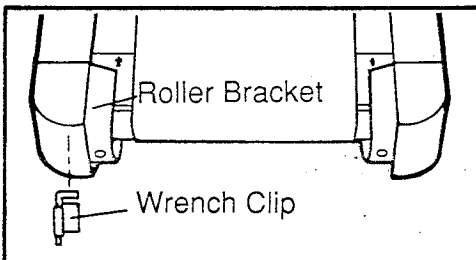
IF THE WALKING BELT SLIPS DURING USE: Turn both adjustment bolts clockwise until the belt no longer slips. Be careful to keep the belt centered. Do not overtighten the bolts. This may cause stretching of the belt, excessive roller noise, and reduce motor performance.



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

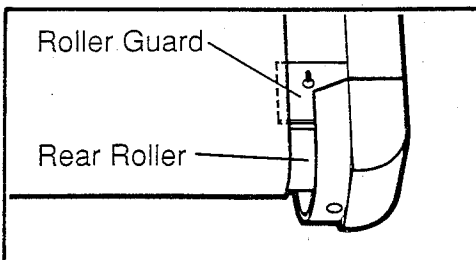


The allen wrench can be stored conveniently on the self-adhesive wrench clip included.



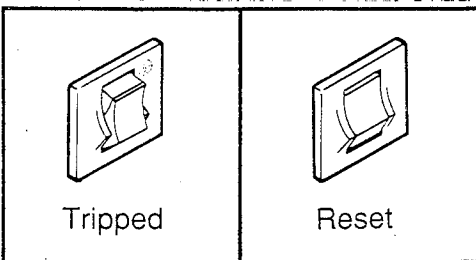
ROLLER GUARD ADJUSTMENT

The roller guards should be positioned so that the rear edges are 1/8 inch away 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.



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.

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 rail. Store the bolts and washers in a secure location. Loosen the lock knob and lay the upright post on the treadmill. Lay the side rail 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. WL361100

Rev. 7/90

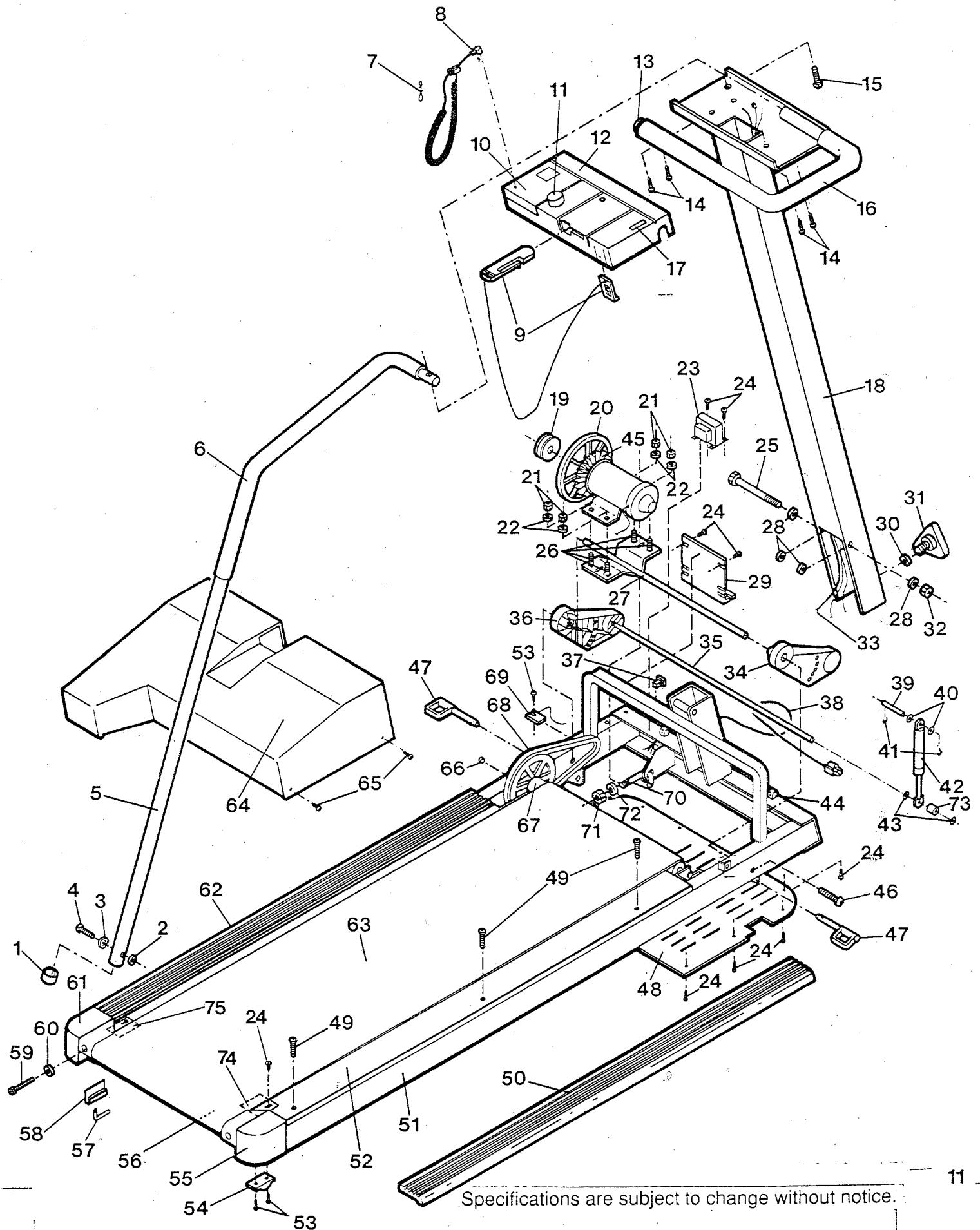
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Side Rail Endcap	38	1	Power Cord
2	1	Side Rail Washer	39	1	Shock Pin
3	1	Formed Washer	40	2	Large Push Nut
4	1	Long Side Rail Bolt	41	2	E-Clip
5	1	Side Rail	42	1	Incline Shock
6	1	Foam Grip	43	2	Small Push Nut
7	1	Clothes Clip	44	2	Hood Mount Anchor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

Note: "#" indicates a non-illustrated part.

See the back cover of this manual for information on ordering additional parts.

EXPLODED DRAWING - MODEL NO. WL361100

Rev. 7/90



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 3100 Treadmill).
2. The model number of the product (WL361100).
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., P.O. BOX 10, LOGAN UT 84321