

CADENCE[®]

3100

PATENTED

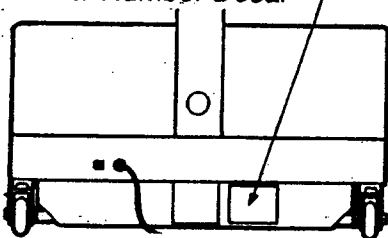
weslo, inc[®]

A Subsidiary of Welder Health and Fitness, Inc.

Model No. WL361103

Serial No. _____

Serial Number Decal



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

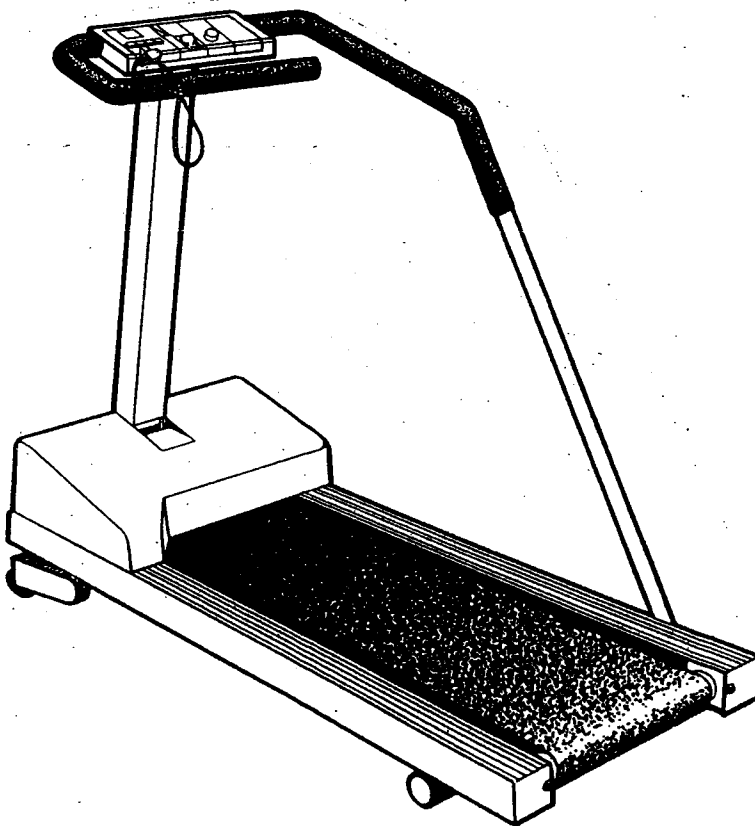
CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST.

CAUTION:

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



OWNER'S MANUAL

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LIMITED WARRANTY

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

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

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

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

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

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important safety precautions and information before operating the treadmill.

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill on thick carpet, near water or outdoors. Do not operate where aerosol products are used or where oxygen is being administered.
2. Plug the power cord directly into a grounded circuit carrying 12 or more amps. No other appliance should be on the same circuit. (See the OPERATION AND ADJUSTMENT section of this manual for proper grounding instructions.) Keep the power cord away from heated surfaces. If an extension cord is required, use only a 14-gauge, general-purpose cord of six to ten feet in length with a three-wire conductor.
3. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug are damaged, or if the treadmill is not working properly. (Refer to the BEFORE YOU BEGIN section of this manual if the treadmill is not working properly.)
4. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. *Always wear running or aerobic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.* Athletic support clothes are recommended for both men and women.
5. Never start the treadmill while you are standing on the walking belt. Always hold the handrail 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

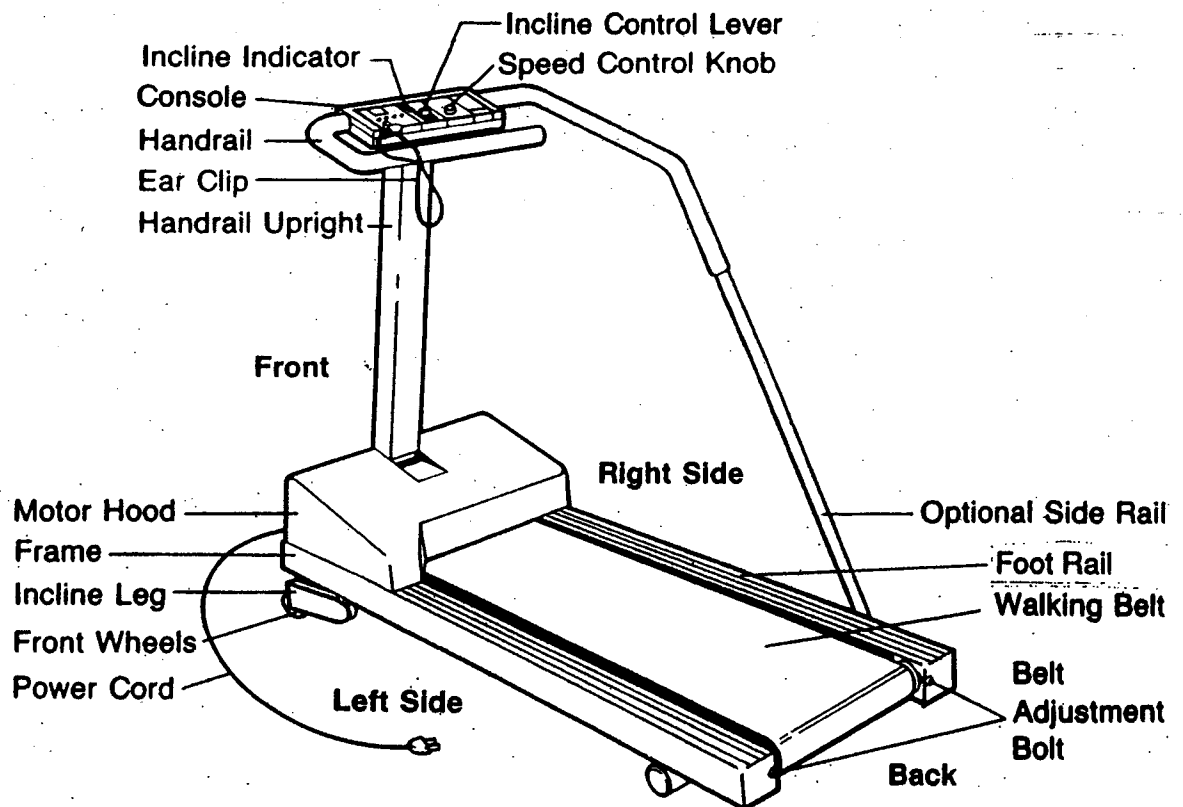
BEFORE YOU BEGIN

Thank you for purchasing a CADENCE 3100 treadmill. The CADENCE 3100 combines advanced technology with innovative design to let you enjoy one of the best forms of cardiovascular exercise at your convenience, in the privacy of your home.

The CADENCE 3100 is a state-of-the-art treadmill, offering many exclusive features for an effective and enjoyable workout. The 3100 incorporates a card-operated on/off switch, console-mounted incline control, electronic speed control and microprocessor-based electronic exercise monitor.

For your safety and benefit, read this manual carefully before using this equipment. 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). In all communications regarding this product, please mention your product model number and serial number. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover for the location).

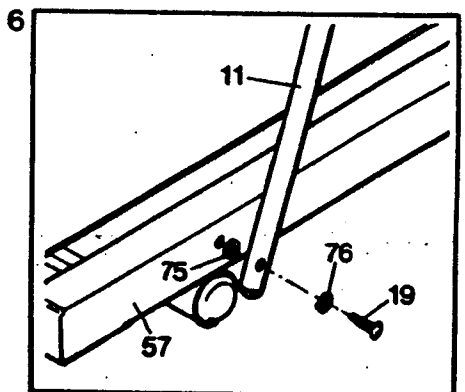
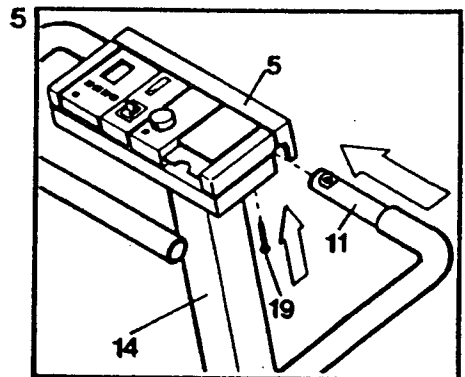
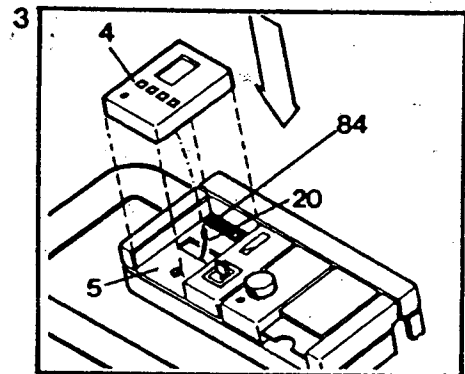
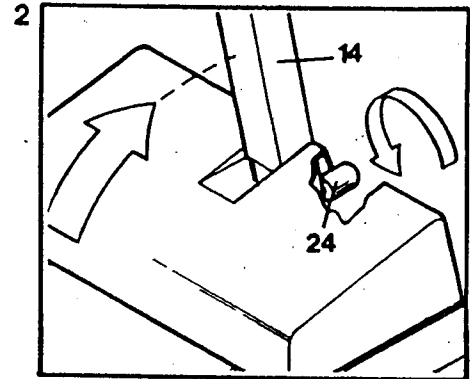
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



ASSEMBLY

Please read all instructions before beginning assembly. Refer to the Exploded Drawing and the Part List on pages 10-11 for help with part identification. The treadmill can be assembled with the included Side Rail for greater security, or without the Side Rail to allow more freedom of movement during exercise. Assembly can be completed using the tool provided.

1. Set the treadmill in a clear area on the floor and remove all packing materials. Be sure that all parts are included before disposing of the packing materials.
2. Raise the Handrail Upright (14) to the vertical position and tighten the Upright Locking Knob (24).
3. Plug the Sensor Wire (20) into the back of the Electronic Monitor (4) and press the Monitor firmly onto the Fastener Strip (84) on the Console (5).
4. Make sure that all parts are tightened securely before operating the treadmill.



ATTACHMENT OF THE OPTIONAL SIDE RAIL

5. Loosen the Upright Locking Knob (24). Slide the upper end of the Side Rail (11) into the opening in the right side of the Console (5). Insert a Side Rail Bolt (19) through the bracket at the top of the Handrail Upright (14) and tighten it into the Side Rail.
6. Align the hole in the lower end of the Side Rail (11) with the hole in the side of the treadmill Frame (57). Attach the Side Rail with a Bolt (19), Molded Washer (76) and Side Rail Washer (75) as shown. Retighten the Upright Locking Knob (24).

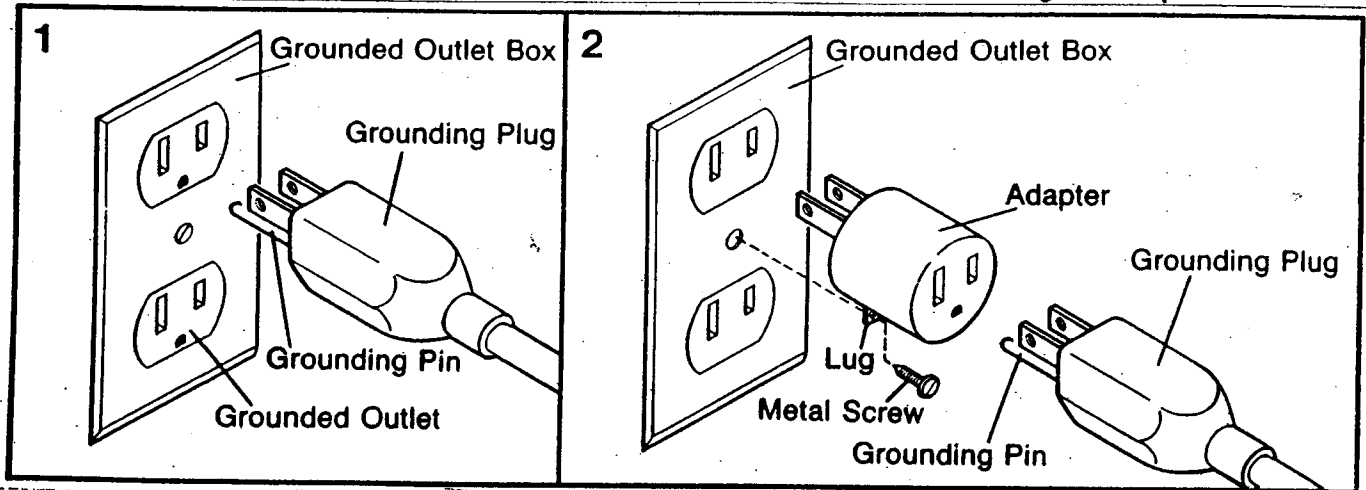
OPERATION AND ADJUSTMENT

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.**

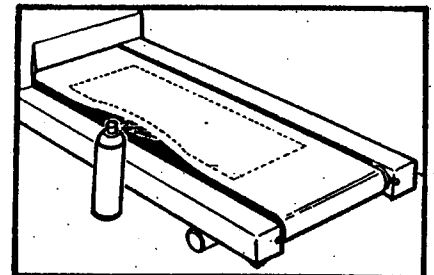
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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



TREADMILL OPERATION

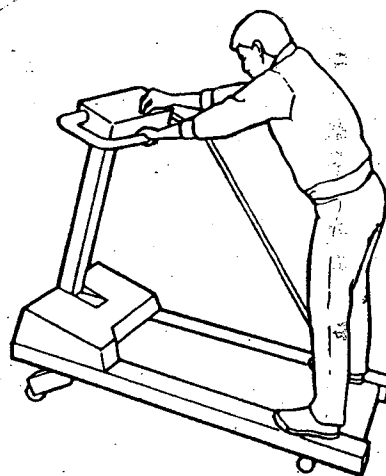
1. Step onto the treadmill with your feet on the Foot Rails on the Frame.
2. Insert the Safety Card into the On/Off Switch and press the Switch down to turn the power on. (If the Safety Card is lost, a credit card can be used. The power cannot be turned on without a card.) **Do not lift the Switch or the Switch will be damaged.**
3. Turn the Speed Control Knob counterclockwise until it stops, and then clockwise until the Walking Belt is moving at slow speed. (The Speed Control Knob must be turned counterclockwise until it stops **each time the power is turned on**).
4. Hold the Handrail firmly and step onto the moving Walking Belt.
5. Turn the Speed Control Knob slowly until the desired speed is reached. Turning the Knob clockwise increases the speed. Turning the Knob counterclockwise decreases the speed.
6. To turn the power off, press the On/Off Switch and remove the Safety Card.

Instructions for operating the Electronic Monitor can be found in the Operation Guide accompanying this Manual.

INCLINE ADJUSTMENT

The incline of the treadmill can be changed using the lever on the right side of the console. **Always stand on the foot rails when adjusting the incline.** To increase the incline, stand toward the rear 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. The incline indicator on the right side of the console will show the current incline level.

The incline indicator can be adjusted, if necessary. Lower the treadmill fully, and turn the small adjustment screw above the indicator until the bubble in the indicator shows level 1.



MAINTENANCE AND TROUBLE-SHOOTING

Outside surfaces of the treadmill can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the console.

PULSE EARCLIP

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

WALKING BELT ADJUSTMENT

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

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

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

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

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

ROLLER GUARD ADJUSTMENT

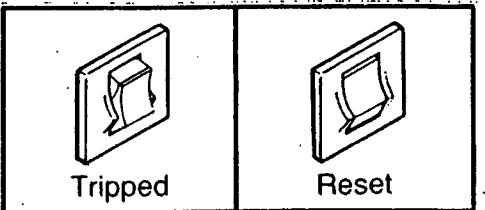
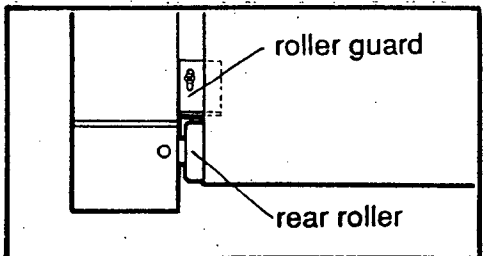
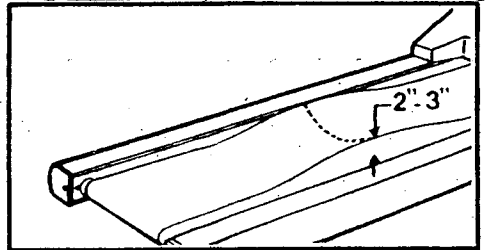
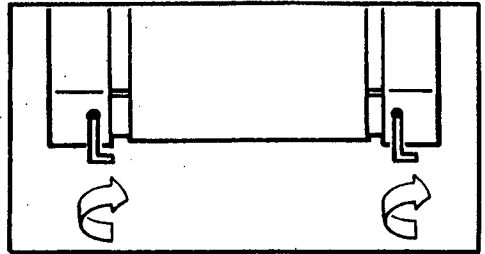
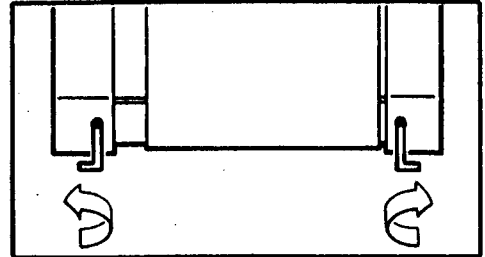
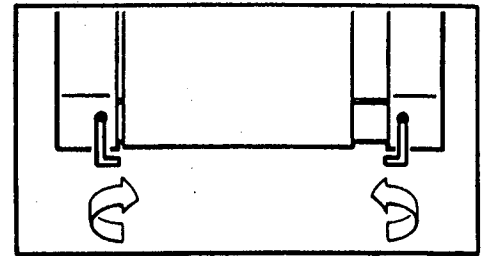
If the treadmill stops, or will not start, check the circuit breaker located on the front of the frame. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the treadmill to cool for a few minutes, and then push the switch back in.

CIRCUIT BREAKER

If the treadmill stops or will not start, check the circuit breaker located on the front of the frame near the power cord. The circuit breaker is designed to protect the electrical system. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the treadmill to cool for a few minutes and then push the switch back in.

STORAGE

Remove the batteries from the electronic monitor. To convert the treadmill to the storage position, remove the bolts and washers attaching the side rail, and tape the bolts and washers to the treadmill. Lay the side rail on the walking belt. Loosen the upright locking knob, and lower the handrail upright onto the walking belt. The treadmill can be moved using the wheels at the front of the frame.



CONDITIONING GUIDELINES

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

EXERCISE INTENSITY

To maximize the benefits of exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, your heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone." You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

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 it reaches the high end of your Training Zone. As your condition improves, a greater work load will be required in order to raise your heart rate to your Training Zone.

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

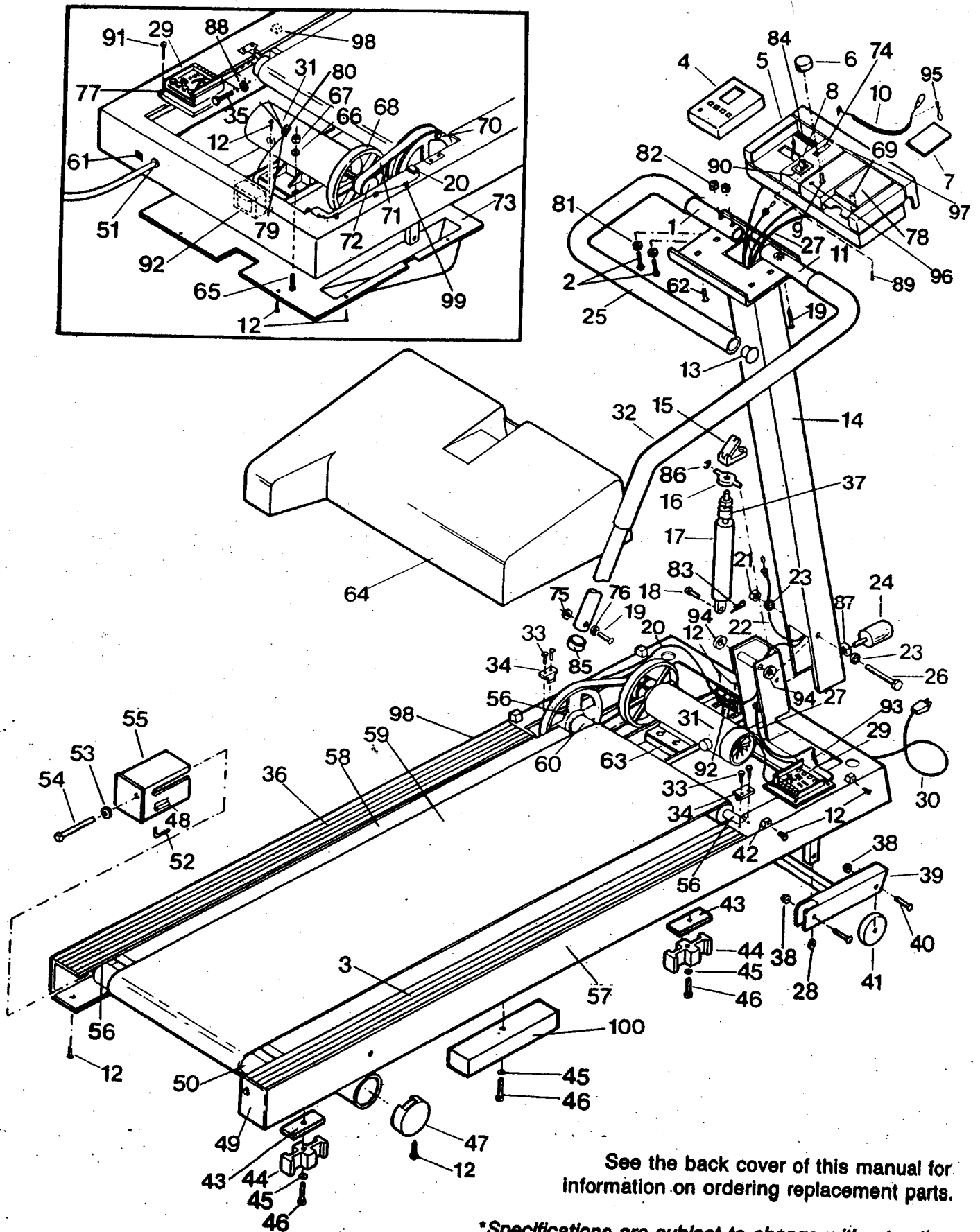
You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the ELECTRONIC MONITOR OPERATION GUIDE). Set the monitor for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes are elapsed. Measure your heart rate immediately 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.

WORKOUT PATTERN

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

EXPLODED DRAWING - Model No. WL361103

Rev. 5/91



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

*Specifications are subject to change without notice.

PART LIST - Model No. WL361103

Rev. 5/91

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Handrail	52	1	Allen Wrench
2	2	Handrail Bolt	53	2	Adjustment Bracket Washer
3	1	Right Foot Rail	54	2	Belt Adjustment Bolt
4	1	Electronic Monitor	55	1	Belt Adjustment Bracket (L)
5	1	Console	56	4	Roller Bushing
6	1	Speed Control Knob	57	1	Frame
7	1	Safety Card	58	1	Wood Platform
8	1	Incline Control Lever	59	1	Walking Belt
9	1	Potentiometer Assembly	60	1	Front Roller/Pulley
10	1	Ear Clip	61	1	Circuit Breaker
11	1	Side Rail	62	4	Screw
12	20	Small Screw	63	1	Motor Mount Spacer
13	1	Handrail Cap	64	1	Motor Hood
14	1	Handrail Upright	65	4	Motor Mount Bolt
15	1	Lift Cylinder Release	66	4	Motor Mount Washer
16	1	Threaded Pin	67	4	Motor Mount Nut
17	1	Lift Cylinder	68	1	Flywheel
18	1	Cylinder Pin	69	1	On/Off Switch
19	2	Side Rail Bolt	70	1	Magnet
20	1	Sensor Wire/Reed Switch	71	1	V-Belt
21	1	Pivot Nut	72	1	Motor Pulley
22	1	Incline Cable	73	1	Safety Cover
23	2	Pivot Washer	74	1	Incline Indicator
24	1	Upright Locking Knob	75	1	Side Rail Washer
25	1	Handrail Foam Grip	76	1	Molded Washer
26	1	Pivot Bolt	77	1	Aluminum Heat Sink
27	1	On/Off Switch Wire	78	1	Safety Switch Paddle
28	2	Incline Leg Washer	79	4	Adhesive Tie Block
29	1	Controller	80	4	Cable Tie
30	1	Power Cord	81	2	Handrail Washer
31	1	Motor	82	2	Handrail Nut
32	1	Side Rail Foam Grip	83	1	Cotter Pin
33	4	Roller Lock Screw	84	1	Fastener Strip
34	2	Front Roller Lock	85	1	Side Rail Endcap
35	1	Front Adjustment Bolt	86	1	E-Clip
36	1	Left Foot Rail	87	1	Upright Knob Washer
37	1	Rubber Spacer	88	1	Front Roller Washer
38	4	Locknut	89	1	Indicator Mount Screw
39	1	Incline Leg	90	1	Lever Housing
40	4	Leg Bolt	91	3	Sink Screw
41	2	Wheel	92	1	Choke
42	4	Hood Mount Anchor	93	1	Extension Wire
43	4	Rubber Platform Pad	94	2	Black Pivot Washer
44	4	Support Block	95	1	Clothes Clip
45	6	Support Washer	96	1	Round Indicator Light
46	6	Support Bolt	97	1	Bubble Screw
47	2	Rear Leg Endcap	98	6	Platform Bumper
48	1	Adhesive Tool Clamp	99	3	Sensor Wire Clip
49	1	Belt Adjustment Bracket (R)	100	2	Wood Support
50	1	Rear Roller	#	1	Monitor Operation Guide
51	1	Large Grommet	#	1	Owner's Manual

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department, toll-free, at 1-800-99WESLO (999-3756), during our regular business hours: Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

When ordering parts, please be prepared to give the following information.

1. The MODEL NUMBER OF THE PRODUCT (WL361103).
2. The NAME OF THE PRODUCT (CADENCE 3100 treadmill).
3. The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual).
4. The KEY NUMBER OF THE PART from the Part List in this manual.
5. The DESCRIPTION OF THE PART from the Part List in this manual.

If possible, place your telephone near the treadmill for easy reference.