

CADENCE[®]

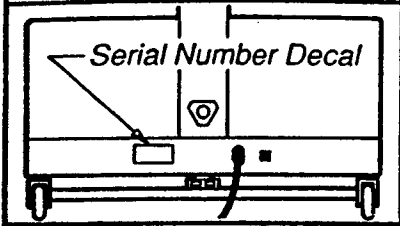
3350

**Programmable Speed
Auto Incline**

Model No. WL361500

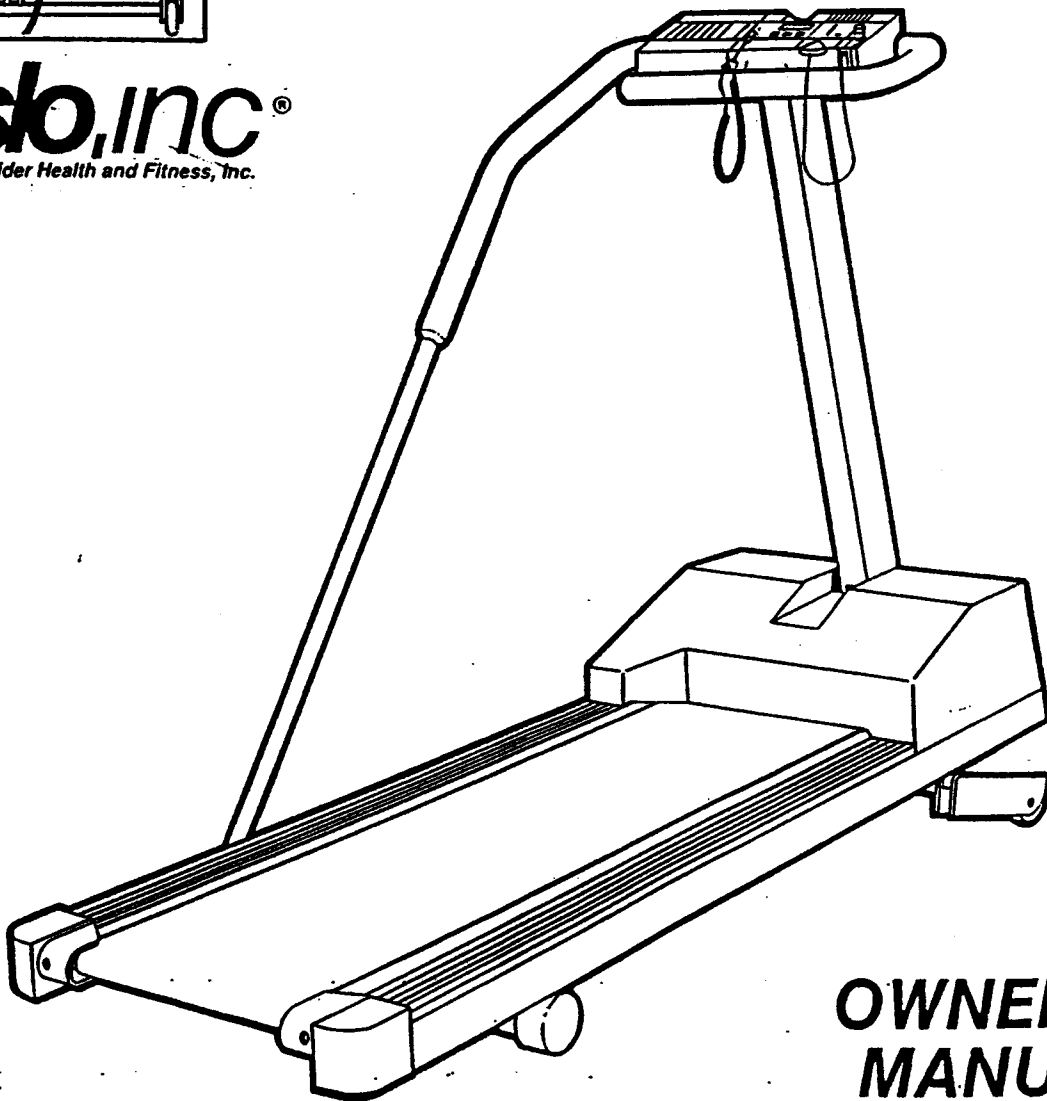
Serial No.

Write the serial number
above for reference.



westo, inc.[®]

A Subsidiary of Weider Health and Fitness, Inc.



**OWNER'S
MANUAL**

PATENTED

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

Part No. 100577 6/90

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.

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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

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**Programmable
Speed**

Auto Incline

3350

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WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or 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.

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 hand-rail 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.

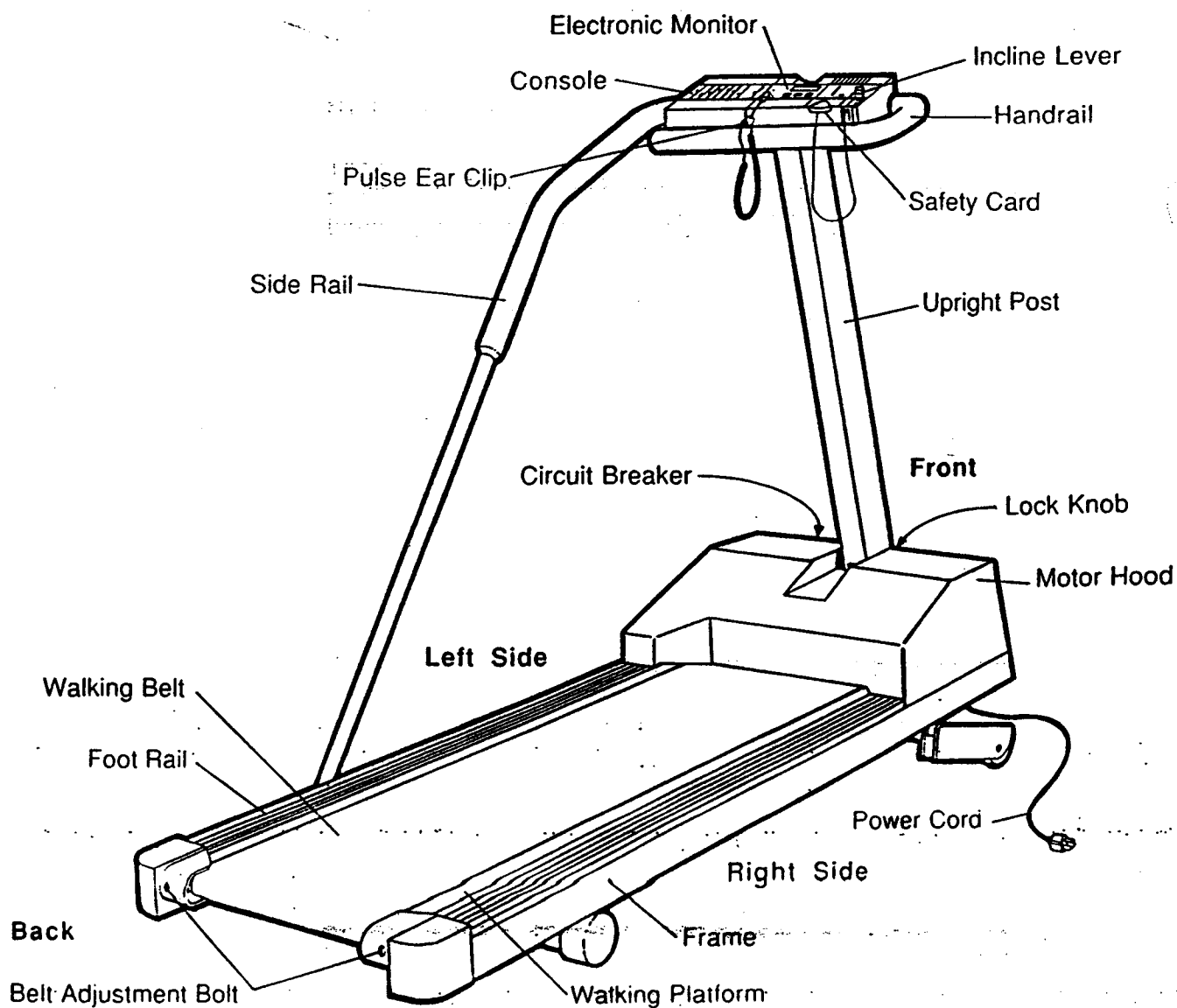
SAVE THESE INSTRUCTIONS

INTRODUCTION

Thank you for purchasing a Weslo CADENCE 3350 treadmill. The CADENCE 3350 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 own home.

This manual is provided to help you understand the simple assembly and operation of the treadmill. If you have any 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).

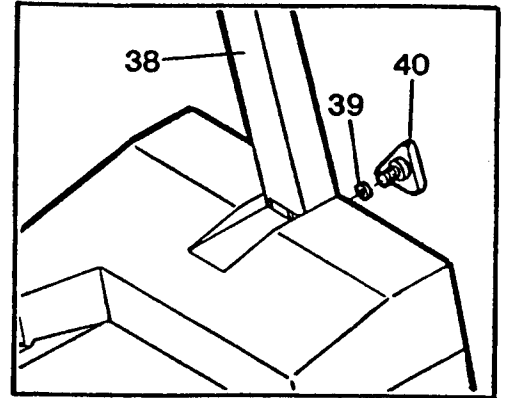
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



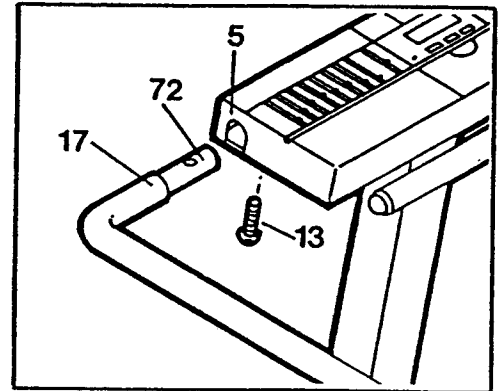
ASSEMBLY

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).

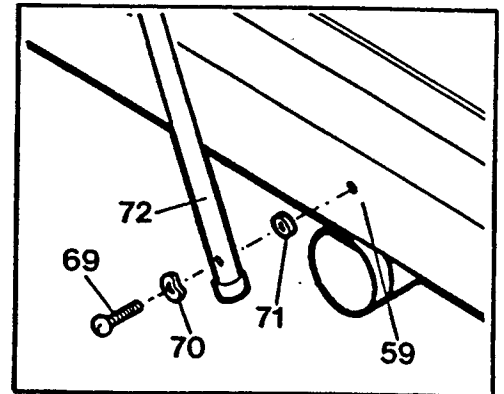
1. Raise the Upright Post (38) to a vertical position. Insert the Lock Knob (40), with the Lock Knob Washer (39), into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Slide the upper end of the Side Rail (72) into the opening in the side of the Console (5). Insert the Short Side Rail Bolt (13) 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 (17) slightly.



3. Align the hole in the lower end of the Side Rail (72) with the hole in the Frame (59). Attach the Side Rail with the Long Side Rail Bolt (69), Formed Washer (70) and the Side Rail Washer (71). Tighten the Lock Knob (See step 1).



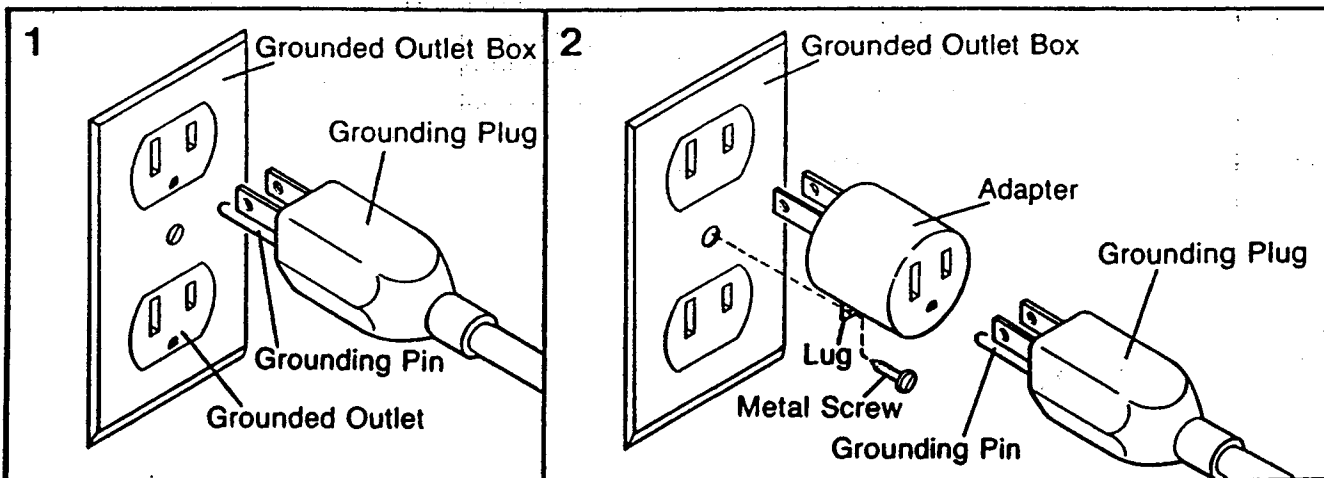
OPERATION AND ADJUSTMENT

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.**

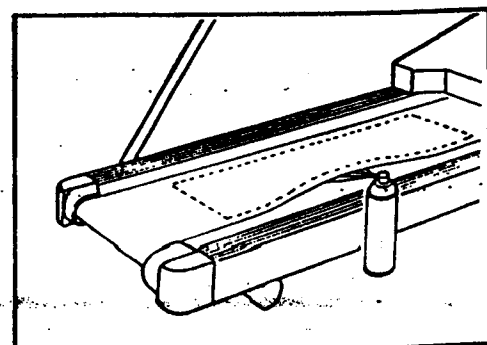
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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



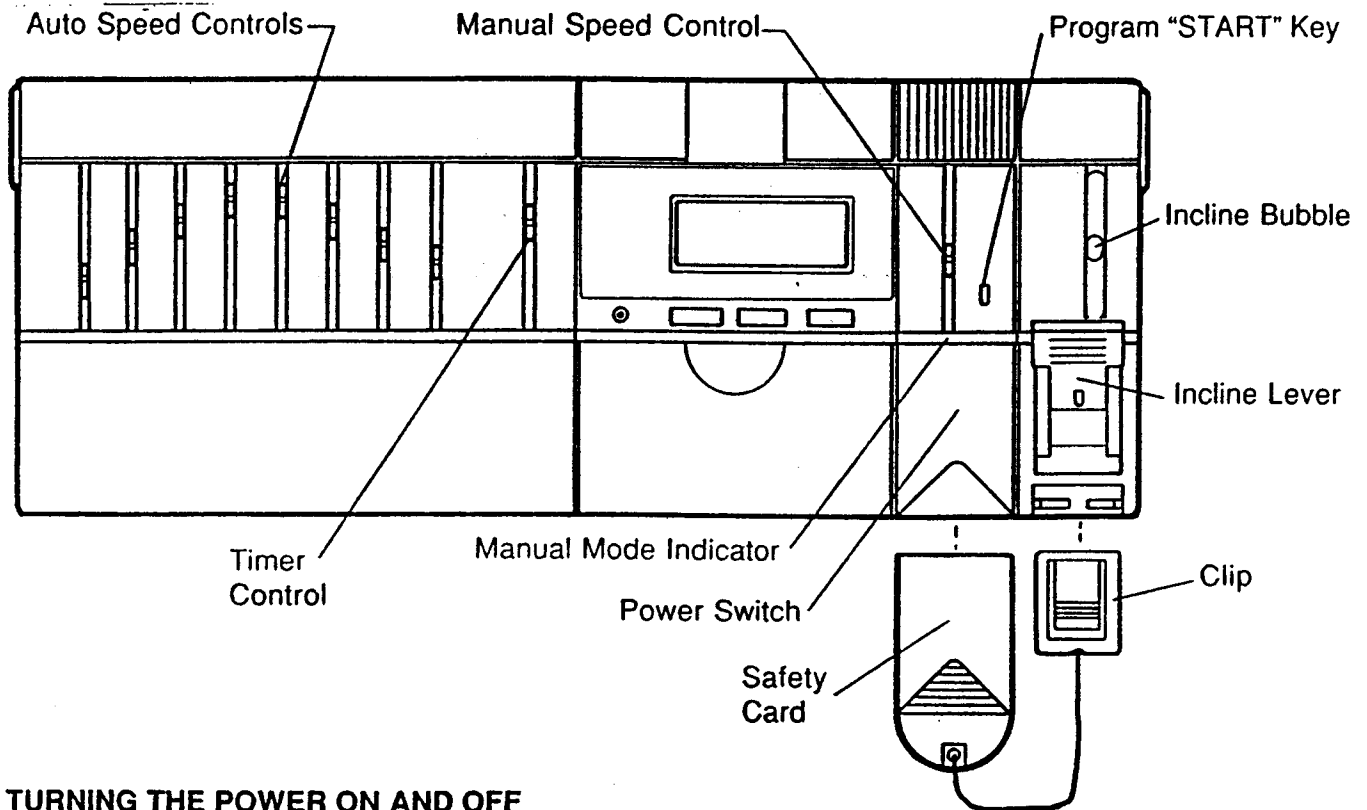
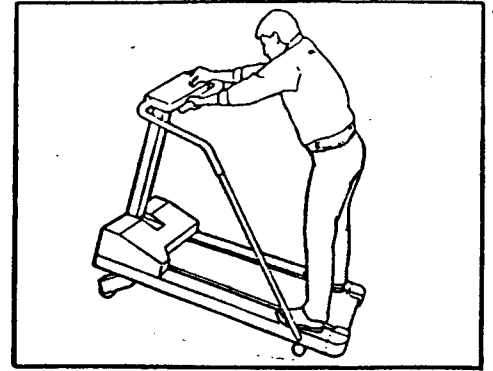
SILICONE APPLICATION

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 included, and 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.



INCLINE ADJUSTMENT

To vary the level of exercise intensity, the incline of the treadmill can be changed using the lever on the right side of the console. **Do not adjust the Incline while you are walking or running on the treadmill.** To increase the incline of the treadmill, **stand toward the rear of the foot rails and pull back the lever.** When the desired incline is reached, release the lever. To decrease the incline, **stand toward the front of the foot rails, lean forward if necessary, and pull back the lever until the desired incline is reached.** There is a bubble located above the incline lever on the console. The bubble measures the incline of the treadmill.



TURNING THE POWER ON AND OFF

1. Stand on the treadmill with your feet on the foot rails.
2. Attach the clip on the safety card to the waistband of your clothing. To turn the power on, insert the card into the power switch. The manual mode indicator above the switch will light.
IMPORTANT: For your safety, always wear the clip when using the treadmill. If you should slip or fall while exercising, the card will be disengaged from the switch, instantly turning the power off.
3. To turn the power off, remove the safety card.

SPEED ADJUSTMENT

The speed of the treadmill can be controlled either manually or using the programmable mode.

8 Note: The manual mode indicator will light when the treadmill is in the manual mode.

MANUAL MODE

1. After the power is turned on, move the manual speed control to the "Reset" position. (Each time the power is turned on, the control must be moved to the "Reset" position before the walking belt can be started.)
2. Move the manual speed control slowly forward until the walking belt begins to move at a slow speed.
3. Hold the handrail firmly and step onto the walking belt.
4. Move the manual speed control slowly forward or backward until the desired speed is reached.

PROGRAMMABLE MODE

The programmable mode allows you to set the length of time that you plan to exercise and program eight speed settings. The treadmill computer will then control the speed of the treadmill automatically for the length of time set.

1. Move the manual speed control to the "PROGRAM" position. (This is also the "Reset" position.)

Note: If the manual speed control is moved from the "PROGRAM" position at any time, the treadmill will revert to the manual mode. There may be a brief pause before the walking belt begins to move.

2. Set the timer control for the length of time that you plan to exercise, from 5 to 40 minutes.
3. Set the eight auto speed controls to the desired speeds.

Important Note: Low speed settings are recommended until you are familiar with the operation of the treadmill. Do not set adjacent auto speed controls to greatly differing speeds. Sudden jumps in speed may cause loss of balance while running.

4. Press the program "START" key. The indicator below the first auto speed control will light and the walking belt will begin to move at the first speed setting. After one-eighth of the total set time has elapsed, the indicator below the second auto speed control will light and the belt will move at the second speed setting. (Each auto speed control will be activated for one-eighth of the length of time set.) When the total time has elapsed, the walking belt will slow to a stop and the treadmill will revert to the manual mode.

Note: The auto speed controls can be changed while the program is running if desired. To return the treadmill to the manual mode before the program has ended, simply move the manual speed control from the "PROGRAM" position. If one control is set at a very fast speed, and the next control is set at a very slow speed, the programmable mode and the walking belt may stop. If this happens, the manual speed control must be moved away from the "PROGRAM" position and then back again to reset the console. The programmable mode can then be restarted or the treadmill can be operated in the manual mode.

IMPORTANT: This treadmill has been designed to remain operational if the electronic monitor or the programmable mode malfunction. Even with the monitor removed, the incline, power and manual speed mode can be controlled as described above.

ELECTRONIC MONITOR OPERATION

See the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual for instructions.

MAINTENANCE AND TROUBLE - SHOOTING

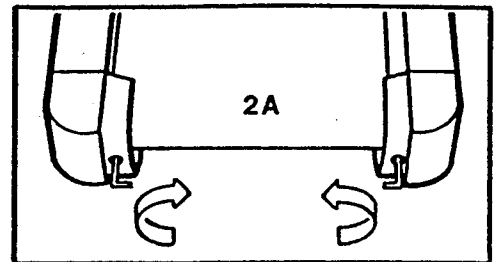
Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow water to come in contact with the electronic monitor.

WALKING BELT ADJUSTMENT

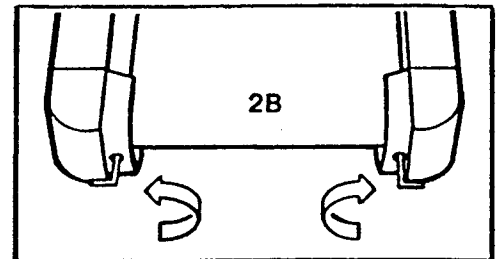
To prevent damage to the walking belt, the belt must be kept from shifting to either side of the treadmill during use. Periodically observe the spaces between the edges of the belt and the sides of the frame. If the belt is too close to one side of the frame, adjust the belt in the following manner.

1. Locate the belt adjustment bolts and the adjustment tool. **KEEP YOUR HANDS AWAY FROM THE MOVING WALKING BELT OR SERIOUS INJURY COULD RESULT.**

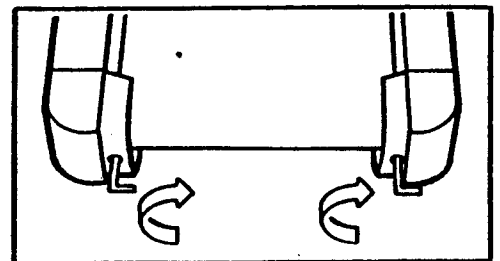
2. A. If the walking belt has shifted to the left side: Turn the left adjustment bolt clockwise and the right adjustment bolt counterclockwise, 1/8 of a turn at a time, until the belt moves away from the side of the frame.



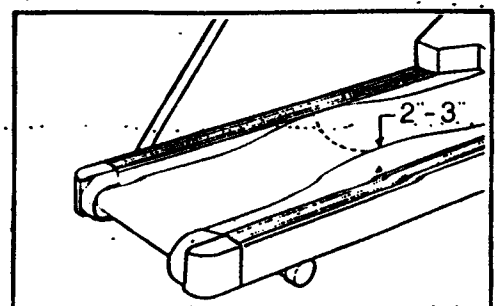
B. If the walking belt has shifted to the right side: Turn the left adjustment bolt counterclockwise and the right adjustment bolt clockwise, 1/8 of a turn at a time, until the belt moves away from the side of the frame.



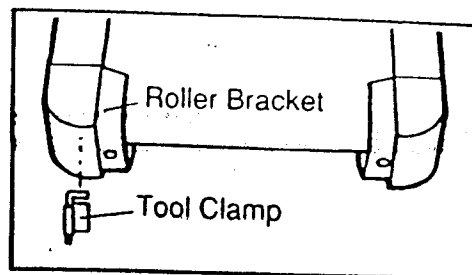
If the walking belt slips during operation, the tension should be adjusted. Turn both adjustment bolts clockwise an equal amount until the belt no longer slips. Be careful to keep the belt centered. **Do not overtighten the bolts.** Overtightening may stretch the belt, cause excessive roller noise and reduce motor performance.



To check for proper walking belt tightness, **UNPLUG THE POWER CORD** and lift the sides of the belt. You should be able to lift both sides approximately 2-3 inches off the walking platform. The center of the belt should remain just at the surface of the platform, causing the belt to bow.

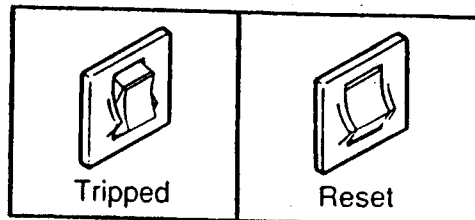


The adjustment tool can be stored on one of the roller brackets using the adhesive tool clamp included.



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

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.

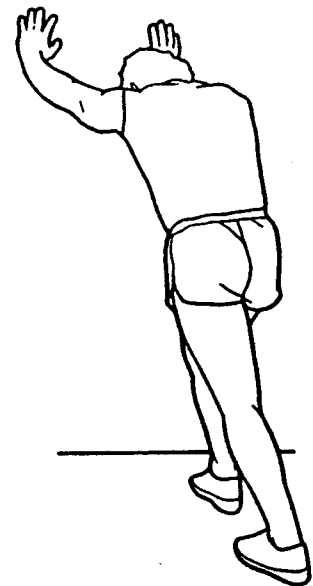
STRETCHING

The following stretches provide a good warm-up. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly – don't bounce.

CALF/ACHILLES STRETCH

With one leg in front of the other and arms forward, lean against the wall. Keep your back leg straight and back foot flat on the floor; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts. To cause further stretching of the achilles tendons, slightly bend back leg as well

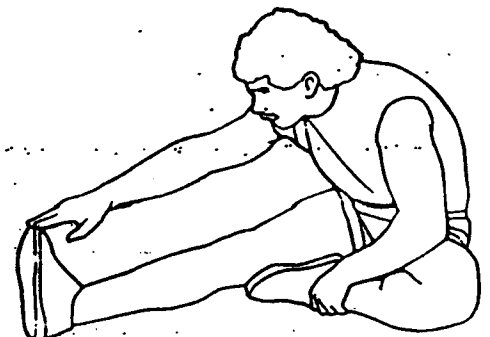
Stretches: Calves, achilles tendons, and ankles.



HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

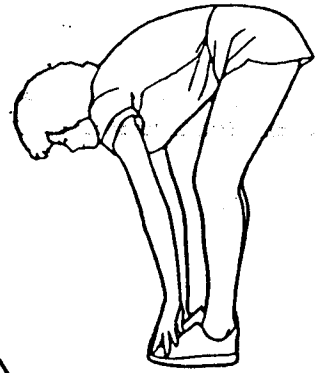
Stretches: Hamstrings, lower-back and groin.



TOE TOUCHES

With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.

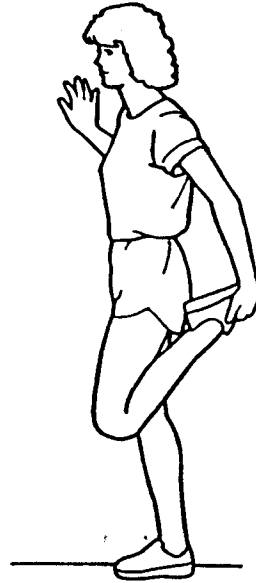
Stretches: Hamstrings, back of knees, back.



QUADRICEPS STRETCH :

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, hip muscles.



INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

Stretches: Inner thigh muscles.



PART LIST—MODEL NO. WL361500

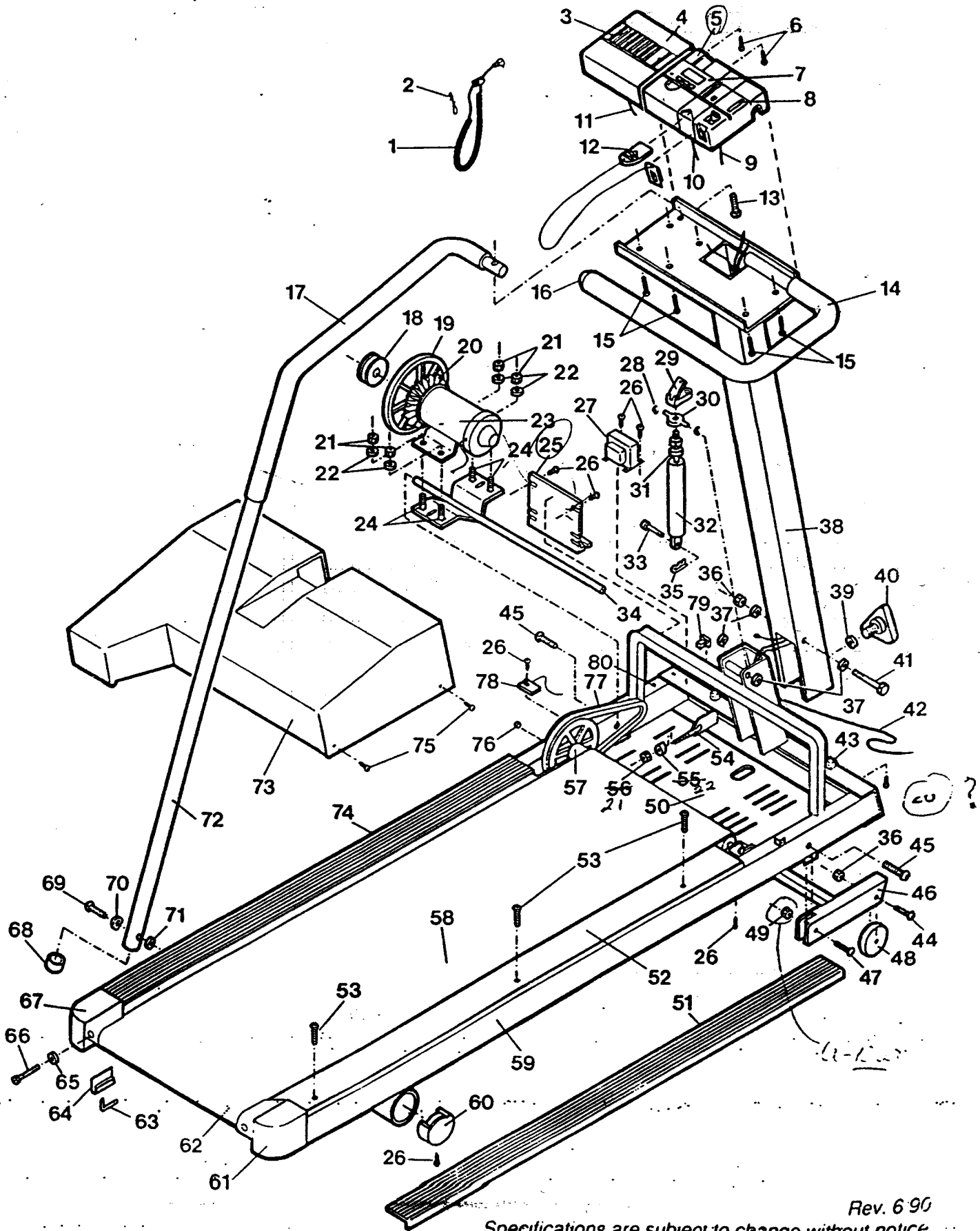
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Pulse Ear Clip	42	1	Power Cord
2	1	Clothes Clip	43	2	Hood Mount Anchor
3	9	Small Knob	44	2	Wheel Mounting Bolt
4	1	Speed Assembly	45	2	Shaft Bolt
5	1	Console	46	1	Incline Leg
6	2	Monitor Screw	47	2	Leg Bolt
7	1	Monitor	48	2	Wheel
8	1	Incline Bubble	49	2	Nut
9	1	Incline Cable	50	1	Safety Cover
10	1	Power Switch Wire	51	1	Right Foot Rail
11	1	Speed Pot. Wire	52	1	Walking Platform
12	1	Safety Card/Clip	53	6	Platform Bolt
13	1	Short Side Rail Bolt	54	1	J-Bolt
14	1	Handrail Foam Grip	55	1	Washer See key No 22
15	6	Console Screw	56	1	Nut See key No 21
16	1	Handrail Endcap	57	1	Front Roller/Pulley
17	1	Foam Grip	58	1	Walking Belt
18	1	Pulley	59	1	Frame
19	1	Flywheel	60	2	Rear Leg Endcap
20	1	Fan	61	1	Right Adjustment Bracket
21	4 5	Motor Mount Nut	62	1	Rear Roller
22	4 5	Motor Mount Washer	63	1	Adjustment Tool
23	1	Motor	64	1	Tool Clamp
24	4	Motor Mount Bolt	65	2 3	Adjustment Washer
25	1	Controller	66	2	Adjustment Bolt
26	16 21	Small Screw	67	1	Left Adjustment Bracket
27	1	Choke	68	1	Side Rail Endcap
28	2	E-Clip	69	1	Long Side Rail Bolt
29	1	Lift Cylinder Release	70	1	Formed Washer
30	1	Cylinder Mount Bracket	71	1	Side Rail Washer
31	1	Lift Cushion	72	1	Side Rail
32	1	Lift Cylinder	73	1	Motor Hood
33	1	Cylinder Pin	74	1	Left Foot Rail
34	1	Motor Mount Bracket	75	1 4	Hood Screw
35	1	Cotter Pin	76	1	Magnet
36	3	Pivot Nut	77	1	V-Belt
37	4	Pivot Washer	78	1	Sensor, Wire/Reed Switch
38	1	Upright Post	79	1	Circuit Breaker
39	1	Upright Knob Washer	80	3	Wire Clip
40	1	Upright Knob	#	1	Power Cord Grommet
41	1	Pivot Bolt	#	1	Electronic Monitor Guide
			#	1	Owner's Manual

1 Green P.S.A.A. Bolt

Note: # indicates a non-illustrated part.

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

EXPLODED DRAWING-MODEL NO. WL361500



Rev. 6 90
Specifications are subject to change without notice.

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 3350 Treadmill).
2. The model number of the product (WL361500).
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 14.
5. The description of the part from the part list on page 14.