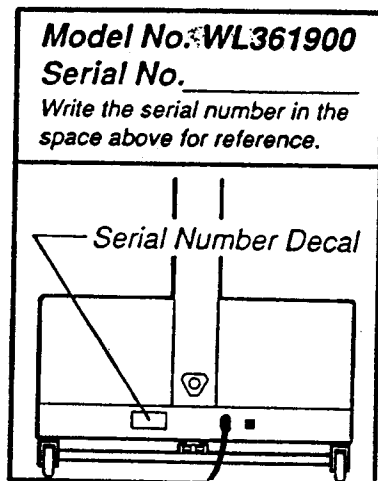


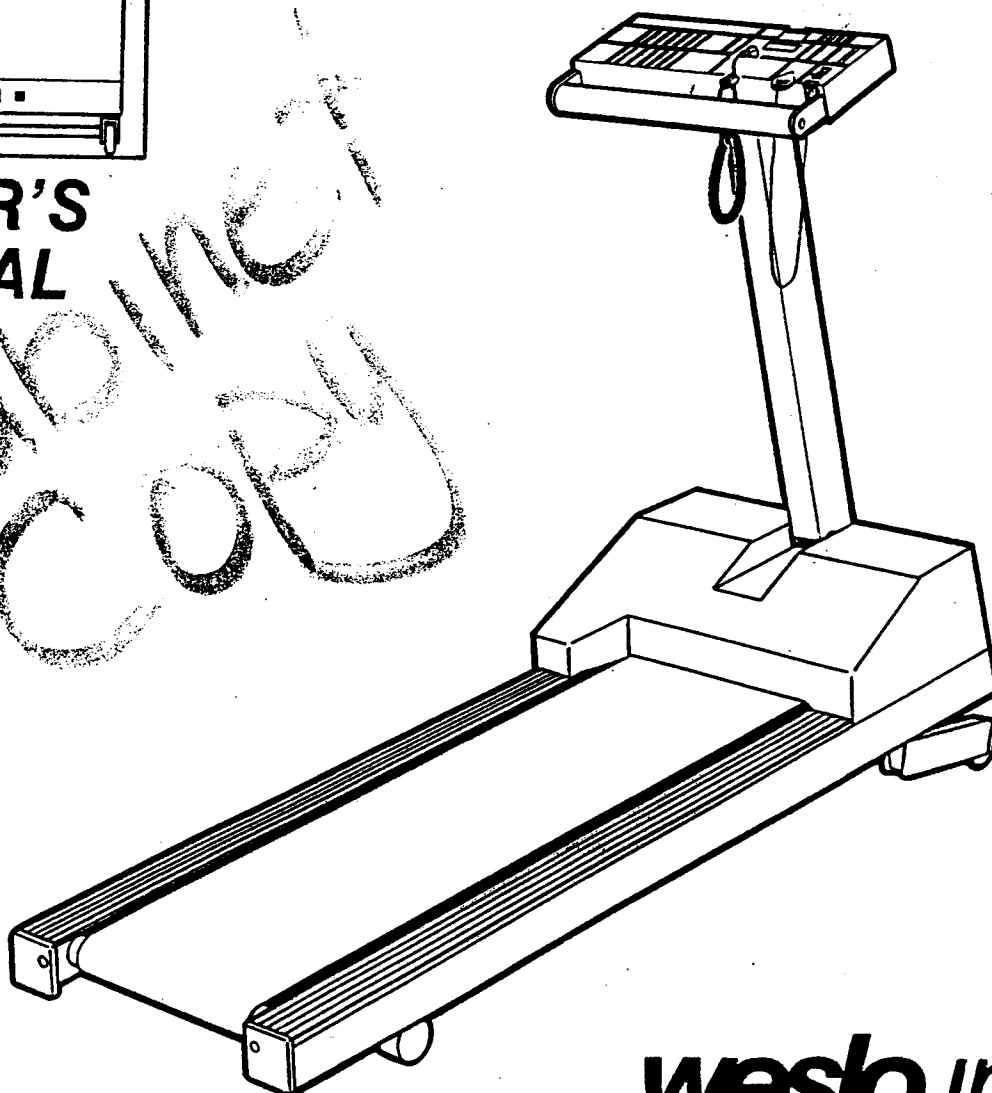
CADENCETM

4500

**Programmable
Speed/Incline**



**OWNER'S
MANUAL**



PATENTED

weibo, inc[®]
A Subsidiary of Weider Health and Fitness, Inc.

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

CADENCE™

4500

**Programmable
Speed/Incline**

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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 Weslo 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 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 BEFORE YOU BEGIN 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 products are used or where oxygen is being administered.
9. Never allow more than one (1) person on the treadmill at a time. Use the 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 in this manual should be performed by an authorized service representative only.
11. This treadmill is capable of high speeds. Always adjust the speed control slowly to avoid sudden jumps in speed.

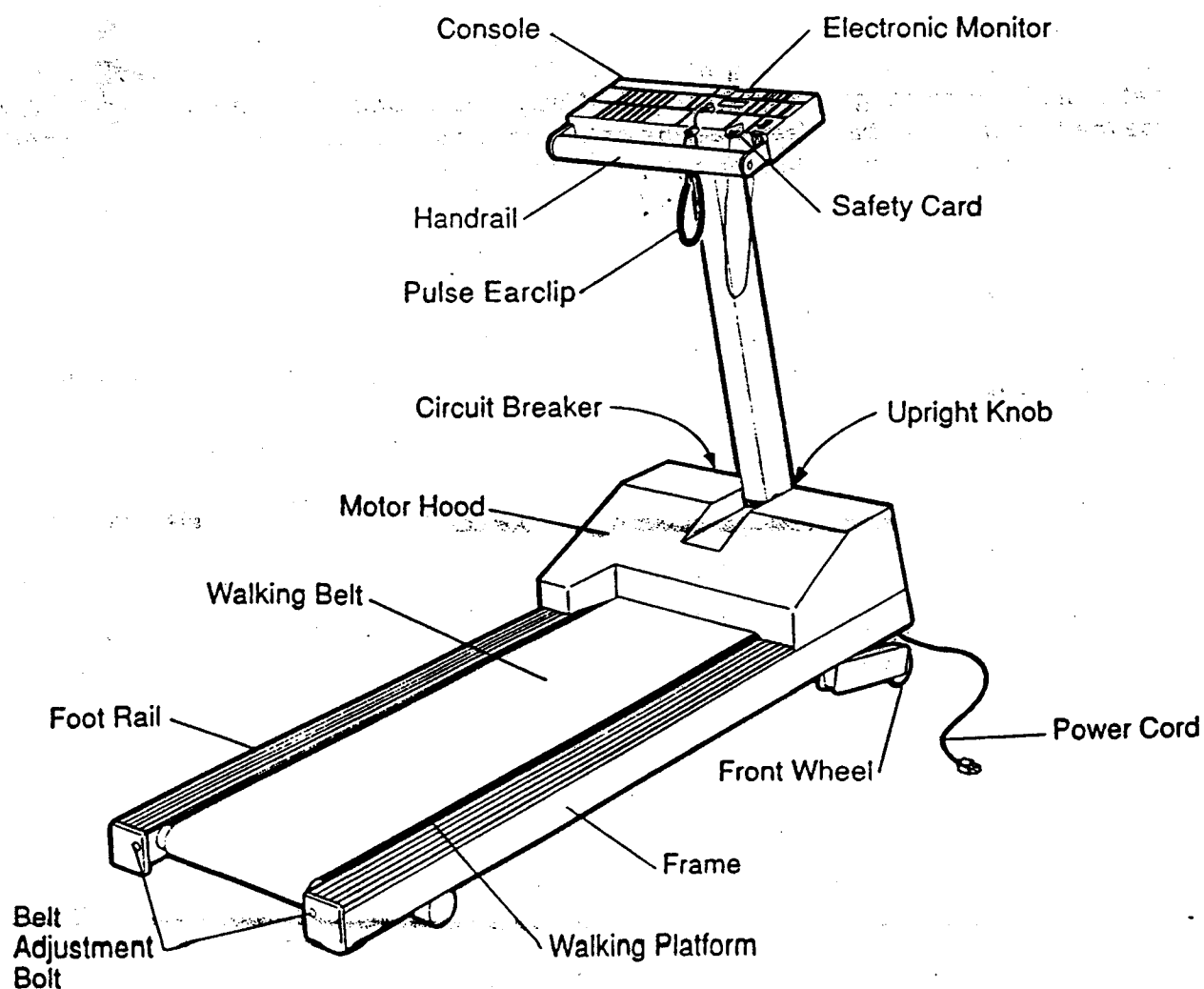
SAVE THESE INSTRUCTIONS.

BEFORE YOU BEGIN

Thank you for purchasing a Weslo Cadence 4500 treadmill. The Cadence 4500 is a true state-of-the-art treadmill, combining advanced technology with innovative design to offer you an excellent cardiovascular workout in the convenience and privacy of your home. Your exercise on the Cadence 4500 will be more effective and enjoyable with such features as an oversized running surface, a card-activated power switch, electronic speed and incline controls, and a programmable exercise computer.

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), during our business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain time. In all communications regarding this product, please refer to the 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 of the decal).

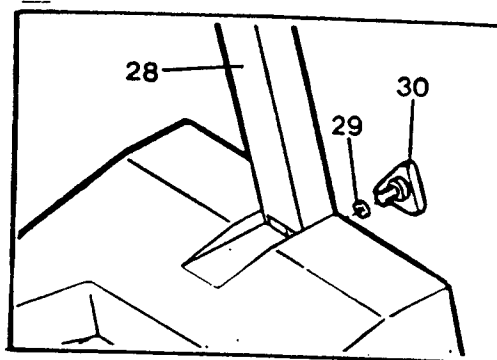
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



OPERATION AND ADJUSTMENT

CONVERTING THE TREADMILL TO THE OPERATING POSITION

For your convenience, this treadmill is delivered to you completely assembled. Set the treadmill in a clear area on the floor and remove the packing materials. Make sure that all parts are included before disposing of the packing materials. The treadmill is in the compact storage position. To convert the treadmill to the operating position, simply place the Knob Washer (29) on the end of the Upright Knob (30). Raise the Handrail Upright (28) to the vertical position and insert the Knob into the Handrail Upright. Tighten the Knob Firmly.

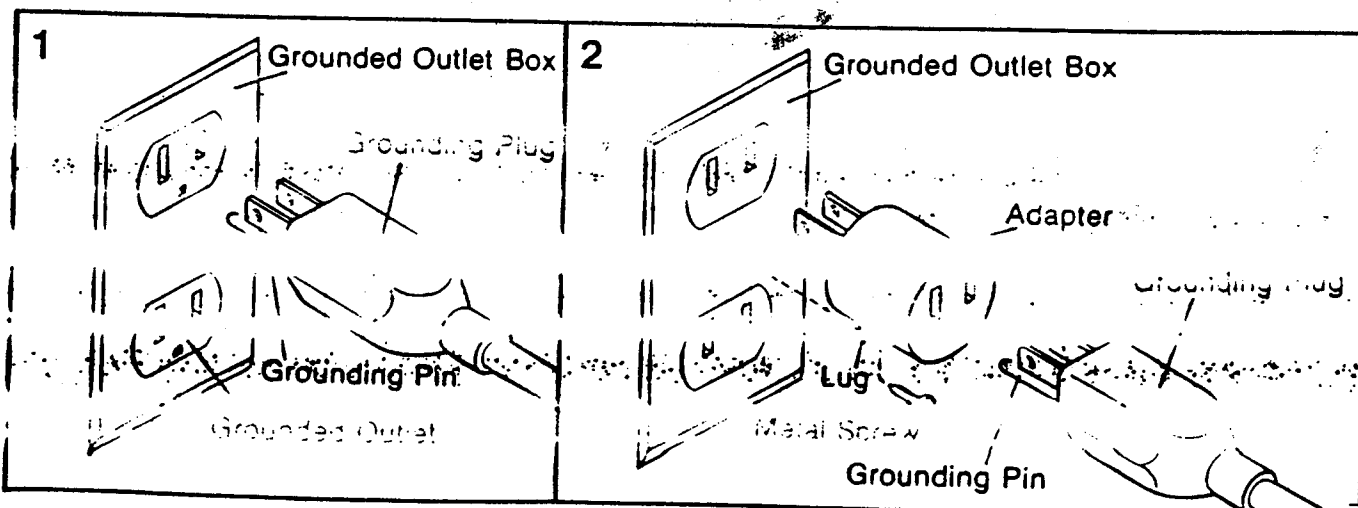


GROUNDING INSTRUCTIONS

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 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-poll 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-poll receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.



5. Press the program "START" key. The indicator between the first auto speed control and the first auto incline control will light, and the treadmill will begin to operate at the first speed and incline settings. After one-eighth of the total time has elapsed, the indicator between the second auto speed and incline controls will light, and the treadmill will adjust to the second speed and incline settings. (All eight auto speed and incline controls 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 and incline 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 away from the "PROGRAM" position. If one speed 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 the 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.

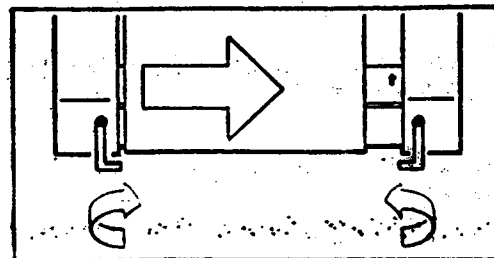
MAINTENANCE AND TROUBLE-SHOOTING

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 and the allen wrench included. The treadmill must be turned on at medium speed when adjusting the belt. **CAUTION:** Keep your hands away from the moving walking belt or serious injury could result.

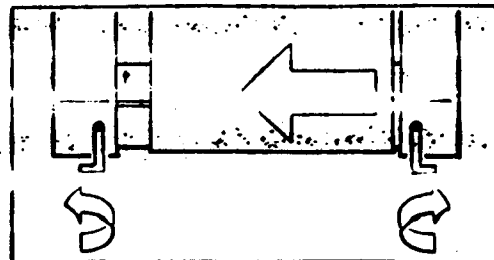
IF THE WALKING BELT HAS SHIFTED TO THE LEFT:

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.

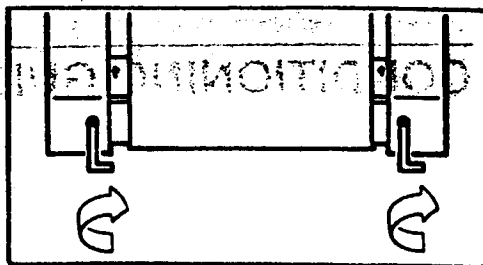


IF THE WALKING BELT HAS SHIFTED TO THE RIGHT:

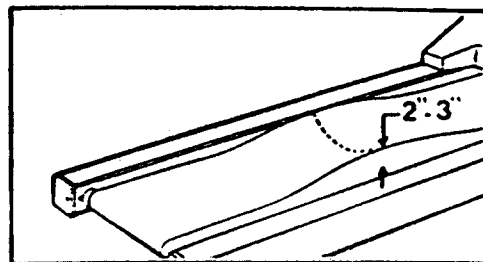
Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/8 of a turn at a time, until the walking belt is centered.



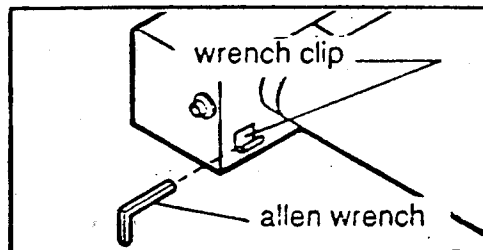
IF THE WALKING BELT SLIPS DURING USE: Turn both adjustment bolts clockwise until the belt no longer slips. Be careful to keep the belt centered. Do not overtighten the bolts. This may cause stretching of the belt, excessive roller noise, and reduced motor performance.



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.

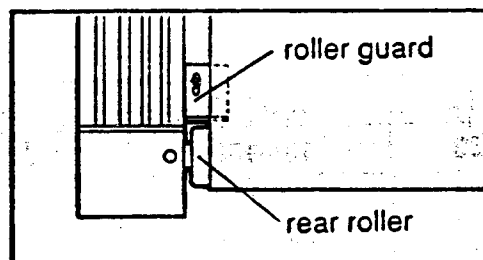


The allen wrench can be stored conveniently on the self-adhesive wrench clip included.



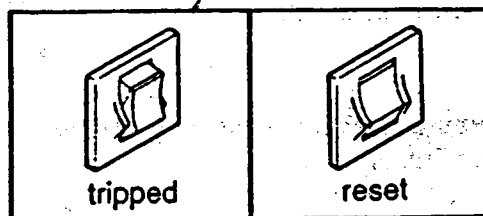
ROLLER GUARD ADJUSTMENT

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 and then push the switch back on.



STORAGE

Always unplug the power cord when the treadmill is not in use. To convert the treadmill to the storage position, loosen the upright knob and lower the handrail upright onto the treadmill. ~~Lay the side rail on the treadmill.~~ The treadmill can be moved by lifting the back end of the frame and pushing or pulling the machine on the front wheels. Store the treadmill in a cool, dry place, away from direct sunlight.

PULSE EARCLIP

If the pulse earclip does not function properly, the problem can be remedied in most cases by cleaning the earclip. Press the earclip open, and wipe the two clear bubbles inside the earclip using a cotton swab saturated with denatured alcohol.

QUADRICEPS STRETCH

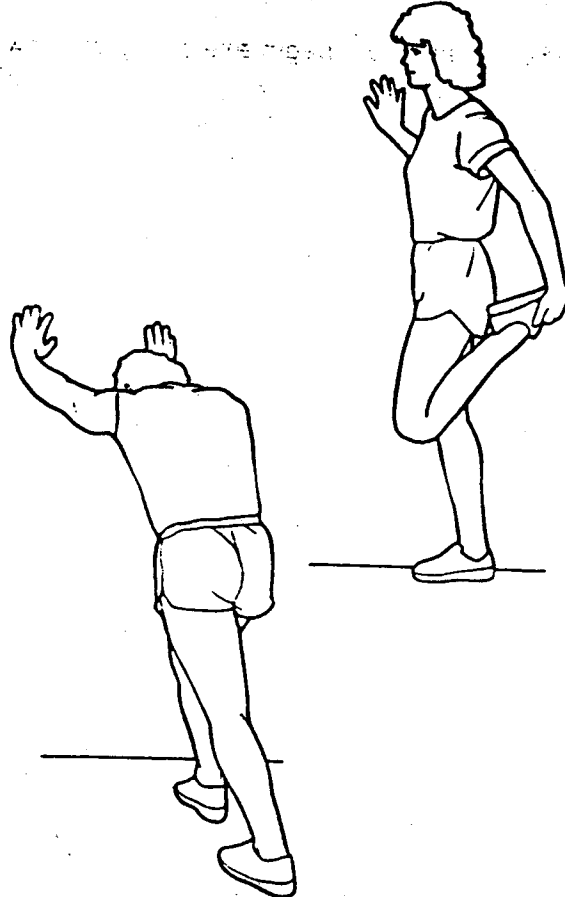
With one hand against a wall for balance, reach behind you and grasp your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Quadriceps, hip muscles.

CALF/ACHILLES STRETCH

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

Stretches: Calves, achilles tendons, and ankles.



NOTES

PART LIST - Model No. WL361900

Rev. 7/90

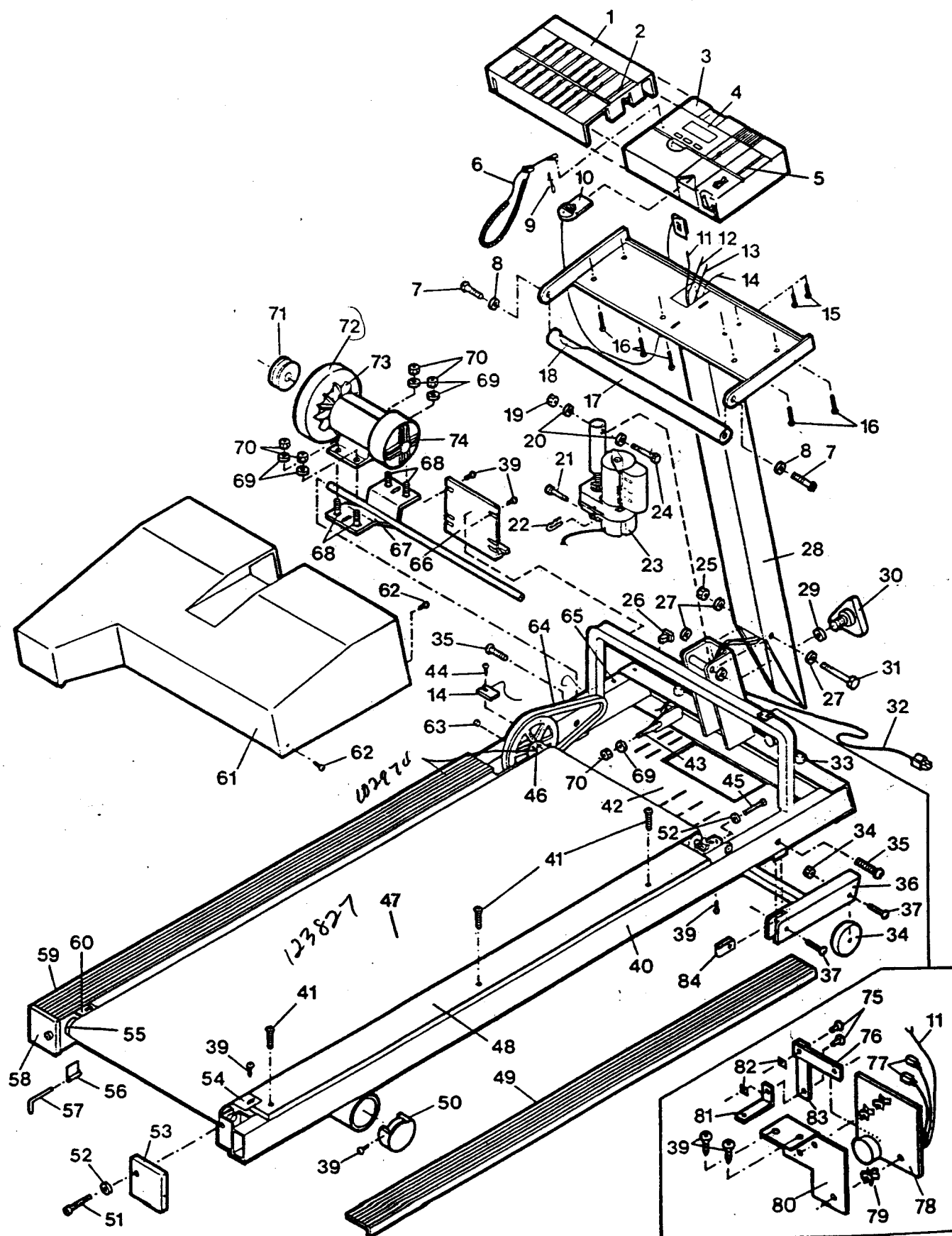
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Auto Speed/Incline Assembly	44	1	Sensor Screw
2	17	Small Knob	45	1	Front Roller Adj. Bolt
3	1	Console Assembly	46	1	Front Roller Pulley
4	1	Electronic Monitor	47	1	Walking Belt
5	1	Incline Indicator	48	1	Walking Platform
6	1	Pulse Earclip	49	1	Right Foot Rail
7	2	Handrail Bolt	50	2	Rear Leg Endcap
8	2	Handrail Washer	51	2	Adjustment Bolt
9	1	Clothes Clip	52	3	Adjustment Washer
10	1	Safety Card/Clip	53	1	Right Endcap
11	1	Incline Pot Wire	54	1	Right Roller Guard
12	1	Speed Pot Wire	55	1	Rear Roller
13	1	On/Off Switch Wire	56	1	Wrench Clip
14	1	Sensor Wire/Reed Switch	57	1	Allen Wrench
15	2	Monitor Screw	58	1	Left Endcap
16	6	Console Screw	59	1	Left Foot Rail
17	1	Foam Handgrip	60	1	Left Roller Guard
18	1	Handrail	61	1	Motor Hood
19	1	Nut	62	4	Hood Screw
20	2	Incline Washer	63	1	Magnet
21	1	Motor Pin	64	1	V-Belt
22	1	Cotter Pin	65	3	Wire Clip
23	1	Incline Motor	66	1	Controller
24	1	Motor Mounting Bolt	67	1	Motor Mount Bracket
25	1	Pivot Nut	68	4	Motor Mount Bolt
26	1	Circuit Breaker	69	5	Motor Mount Washer
27	4	Pivot Washer	70	5	Motor Mount Nut
28	1	Upright Post	71	1	Pulley
29	1	Upright Knob Washer	72	1	Flywheel
30	1	Upright Knob	73	1	Fan
31	1	Pivot Bolt	74	1	Motor
32	1	Power Cord	75	2	Plastic Pin
33	2	Hood Mount Anchor	76	1	Lift Board Arm
34	2	Wheel Nut	77	2	Lift Motor Lead Wire
35	2	Shaft Bolt	78	1	Lift Board
36	1	Incline Leg	79	3	Clip Pin
37	2	Wheel Mounting Bolt	80	1	Lift Board Bracket
38	2	Wheel	81	1	Linkage Bracket
39	18	Small Screw	82	2	Push Nut
40	1	Frame	83	1	Linkage Arm
41	6	Platform Bolt	84	1	U-Nut
42	1	Safety Cover	#	1	Monitor Operation Guide
43	1	J-Bolt	#	1	Owner's Manual

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

EXPLODED DRAWING - Model No. WL361900

Rev. 7/90

Specifications are subject to change without notice.



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 - Friday, 6 a.m. - 6 p.m., Mountain time. When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WL361900).
2. The NAME of the product (Cadence 4500 Programmable Speed/Incline treadmill).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from page 14 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. 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