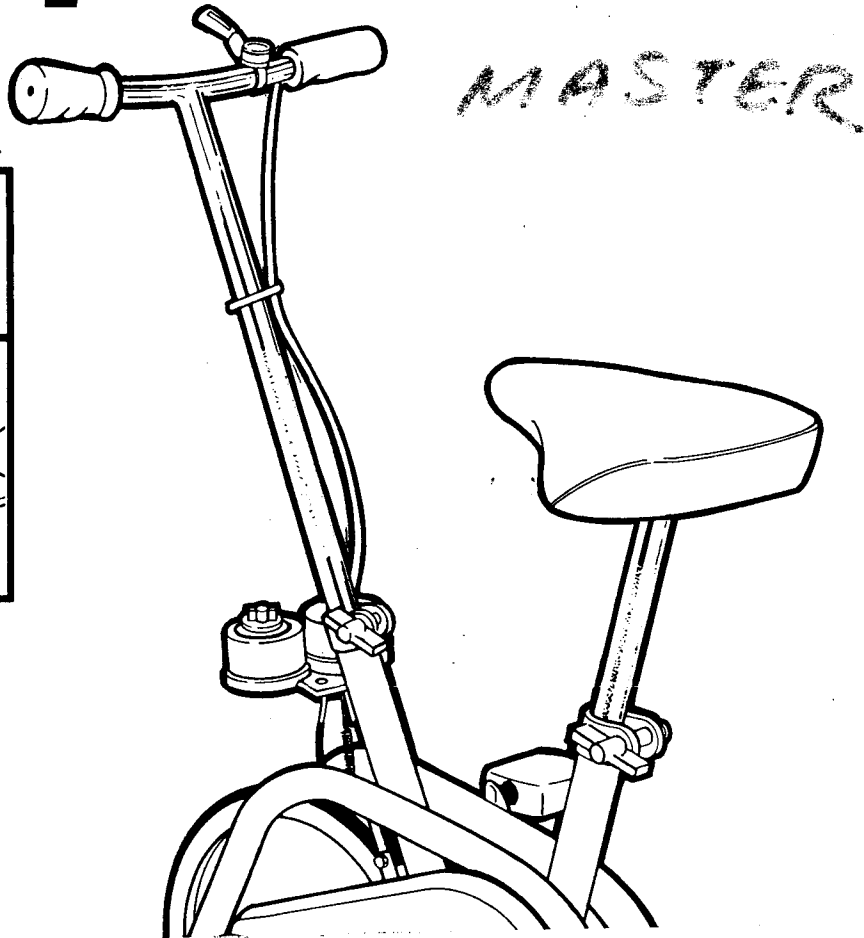


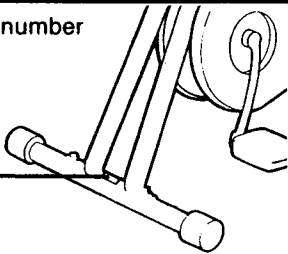
Sprint 225™



Model No. WL400200
Serial No.

Write the serial number in the space above for reference.

Serial number decal

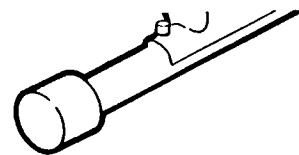


QUESTIONS?

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 will guarantee you complete satisfaction and direct assistance from the factory. **"AVOID THE HASSLE OF TRYING TO CONTACT OR RETURN TO THE STORE WHERE YOU PURCHASED YOUR PRODUCT."** Let our trained technicians help you. For immediate assistance please call our "Consumer Hot Line" at no charge to you. **Customer Service 1-800-999-3756 Monday - Friday 6:00 a.m. - 6:00 p.m. MST**

weslo, inc®

A Subsidiary of Weider Health and Fitness, Inc.



OWNER'S MANUAL

CAUTION: Read all instructions carefully before using this product. Retain this Owner's Manual for future reference.

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

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.

Sprint 225

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BEFORE YOU BEGIN

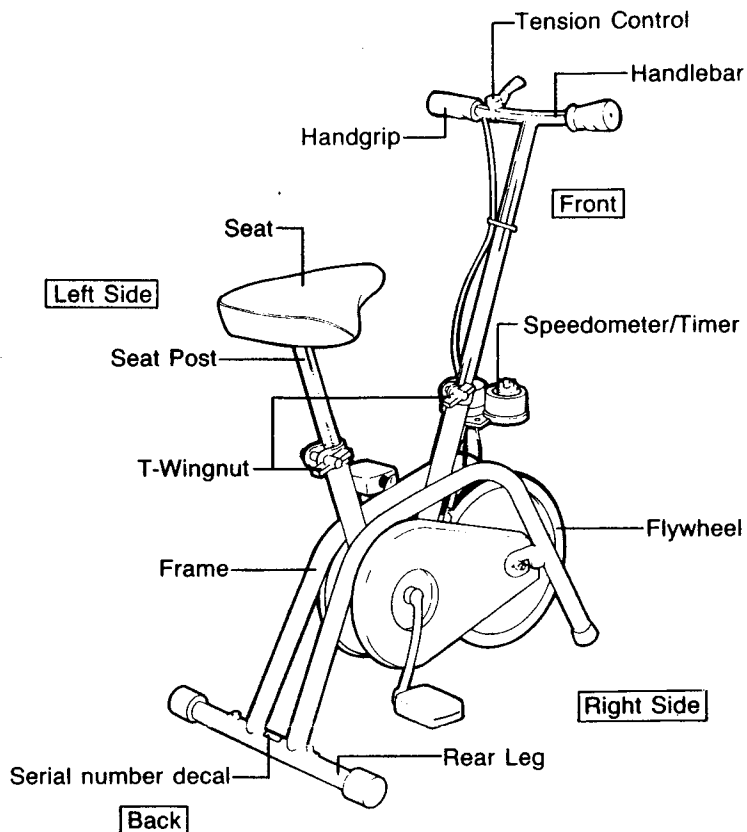
Thank you for purchasing a Weslo Sprint 225 exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The Sprint 225 is designed to provide you with this healthful exercise in the convenience and privacy of your own home.

For your benefit and safety, please read this manual carefully before initial use of the exercise bike. If you have additional questions regarding assembly, parts, operation or your 90-day warranty please call our Customer Service Department toll-free at 1-800-99WESLO (999-3756), during regular business hours: Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

To help us assist you, please note your product model number and serial number before 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 for the location of the decal).

ORIENTATION DIAGRAM

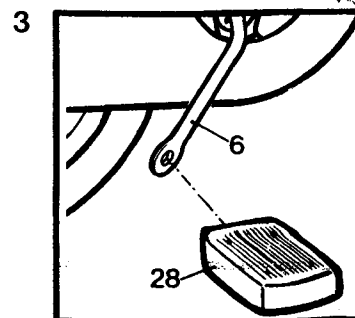
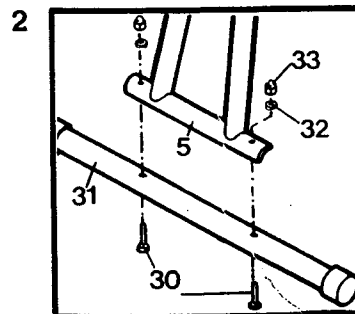
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



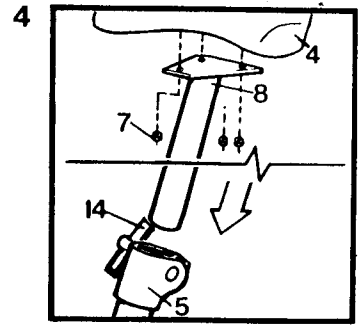
ASSEMBLY

Read all instructions carefully before beginning assembly. Refer to the exploded drawing and part list on pages 10 and 11 for help with part identification. Assembly can be completed using a phillips screwdriver and an adjustable wrench.

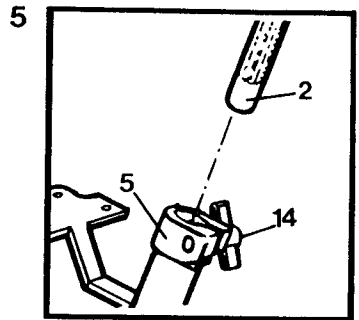
1. Place all bike parts in a clear area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.**
2. Attach the Rear Leg (31) to the Frame (5) with the two Leg Bolts (30), Molded Washers (32) and Acorn Nuts (33).
3. Tighten the Left Pedal (28) counterclockwise into the left arm of the Crank (6). (The shafts of the Pedals are marked with an "L" or "R" for identification purposes.) Tighten the Right Pedal clockwise into the right arm of the Crank (not shown).



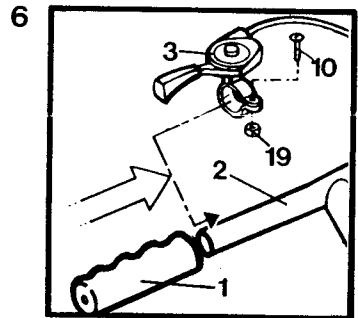
4. Remove the three Nuts (7) from the bottom of the Seat (4). Position the Seat on the bracket at the top of the Seat Post (8), and replace and tighten the Nuts. Insert the Seat Post into the seat tube of the Frame (5) and firmly tighten the T-Wingnut (14). **CAUTION: The Seat Post must be inserted a minimum of 2 inches.**



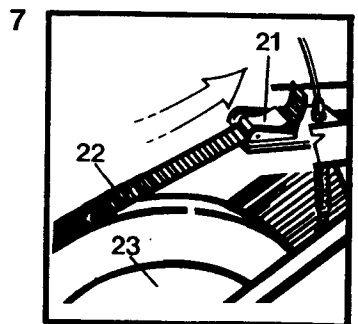
5. Insert the Handlebar (2) into the front tube of the Frame (5). Tighten the T-wingnut (14) firmly.



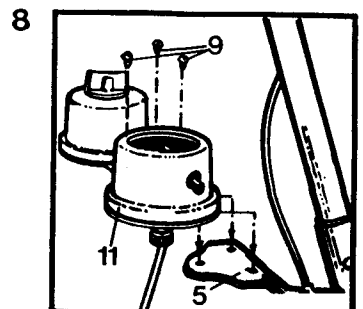
6. Slide the Tension Control (3) onto the Handlebar (2) and attach it with a Bolt (10) and Nut (19). Moisten the ends of the Handlebar with soapy water and slide on the Handgrips (1).



7. Set the Tension Control (see step above), to "1" or "low". Thread the Nylon Belt (22) up around the Flywheel (23) and through the open Tension Buckle (21). Pull the Nylon Belt tight and close the Tension Buckle.



8. Remove the Speedometer/Timer (11) from the box and attach it to the bracket on the Frame (5) with the three Screws (9) as shown.



9. Make sure that all parts are tightened securely before using the exercise bike.

ADJUSTMENT

SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. When you pedal the bike, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat height:

1. Turn the T-wingnut on the seat clamp counterclockwise until the seat post can be moved.
2. Adjust the seat to the desired height. **CAUTION: The seat post must be inserted a minimum of 2 inches.**
3. Firmly retighten the T-wingnut.

PEDALING RESISTANCE ADJUSTMENT

As you exercise, you can increase or decrease the amount of pedaling resistance using the tension control mounted on the bike handlebar. To increase the resistance, move the control lever in the direction of the plus (+) symbol. To decrease the resistance, move the control lever in the direction of the minus (-) symbol.

If the range of resistance is too high or too low, it can be adjusted with the tension buckle located on the front of the frame above the flywheel. Turn the tension control lever to the lowest setting and open the tension buckle. To raise the range of resistance, pull the nylon belt tighter and close the buckle. To lower the range of resistance, loosen the nylon belt and close the buckle.

MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Make sure that all parts are kept tightened securely. Apply a few drops of light multi-purpose oil to the chain every three months.

If the chain becomes loose, undo the axle nuts and pull the flywheel forward. Align the flywheel with the frame and retighten the axle nuts.

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems are the result of drained batteries.

Store the exercise bike in a cool, dry location, out of direct sunlight. Remove the batteries from the electronic monitor when storing the bike for extended periods of time.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. For more complete and detailed information consult your physician or obtain a book at your library.

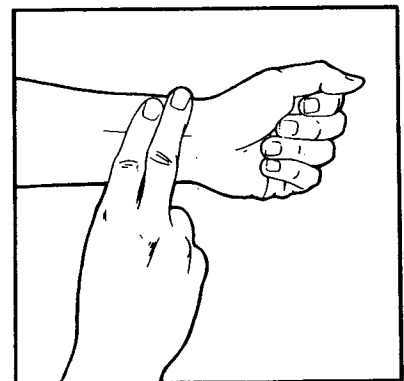
EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the 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 given for both conditioned and unconditioned persons. Use the column that is appropriate for you.

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

To determine whether your heart rate is in your Training Zone, you must first exercise continuously for four minutes. After four minutes, pause briefly and take your pulse. The easiest way to measure your heart rate is to place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. Adding a 0 to the number will give you your heart beats per minute. (A six-second count is used because the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your Training Zone. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



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 condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest 2. Warm-up 3. Training Zone exercise 4. Cool-down 5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR EXERCISE**.

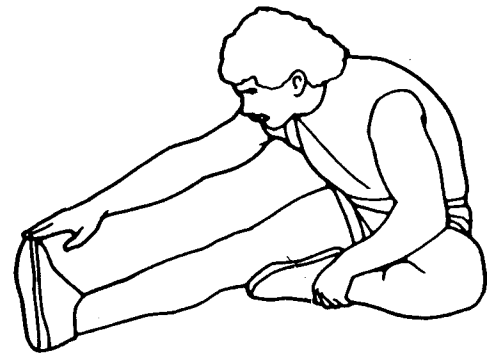
STRETCHING

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.

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.



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.

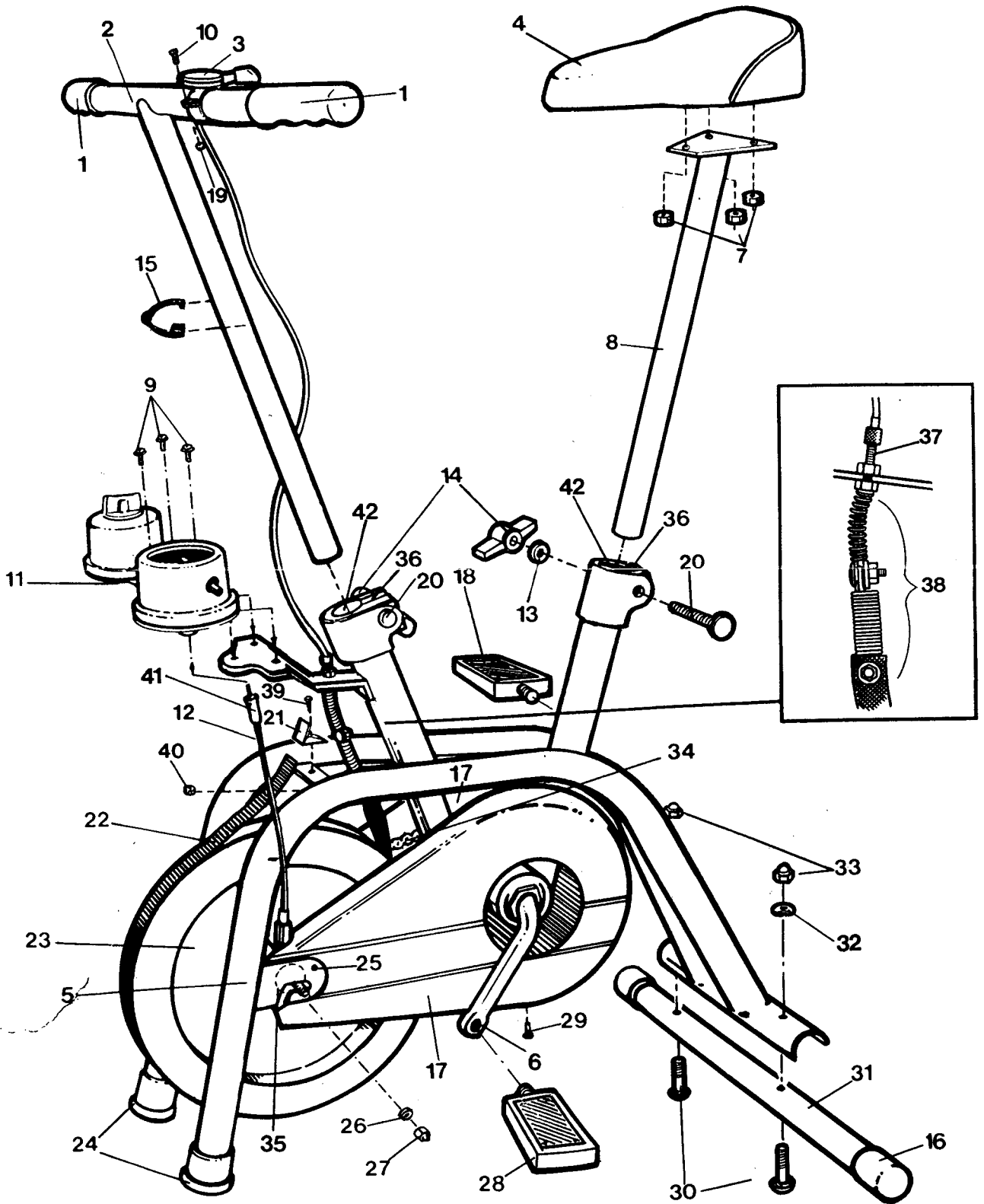
Stretches: Inner thigh muscles.



EXPLODED DRAWING - Model No. WL400200

Rev. 8/90

Specifications are subject to change without notice



PART LIST - Model No. WL400200

Rev 8/90

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Plastic Grip	23	1	Flywheel
2	1	Handlebar	24	2	Plastic Foot
3	1	Tension Control	25	2	Shield Screw
4	1	Seat	26	2	Washer
5	1	Frame	27	2	Axle Nut
6	1	Crank Assembly	28	1	Left Pedal
7	3	Nut	29	2	Bottom Shield Bolt
8	1	Seat Post	30	2	Leg Bolt
9	3	Screw	31	1	Rear Leg
10	1	Bolt	32	2	Molded Washer
11	1	Speedometer/Timer	33	2	Acorn Nut
12	1	Speedometer Cable	34	1	Chain
13	2	Washer	35	2	Flywheel Bearing
14	2	T-Wingnut	36	2	Aluminum Clamp
15	1	Wire Tie	37	1	Hollow Bolt Assembly
16	2	Plastic Cap	38	1	Spring Assembly
17	2	Side Shield	39	1	Tension Buckle Bolt
18	1	Right Pedal	40	1	Tension Buckle Nut
19	1	Nut	41	1	Speedometer Drive
20	2	Carriage Bolt	42	2	Tube Liner
21	1	Tension Buckle	#	1	Owner's Manual
22	1	Nylon Belt			

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

ORDERING REPLACEMENT PARTS

Replacement Parts can be ordered by calling our Customer Service Department toll-free at **1-800-99WESLO (999-3756)**, during 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 NAME OF THE PRODUCT (Sprint 225).
2. The MODEL NUMBER OF THE PRODUCT (WL400200).
3. The SERIAL NUMBER OF THE PRODUCT (See page 4 of this manual).
4. The KEY NUMBER OF THE PART from the Part List found in this manual.
5. The DESCRIPTION OF THE PART from the Part List found in this manual.

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