

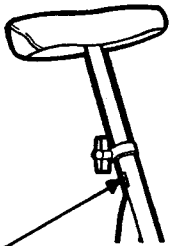
# PURSUIT™

## fitness trainer calorie monitor 500

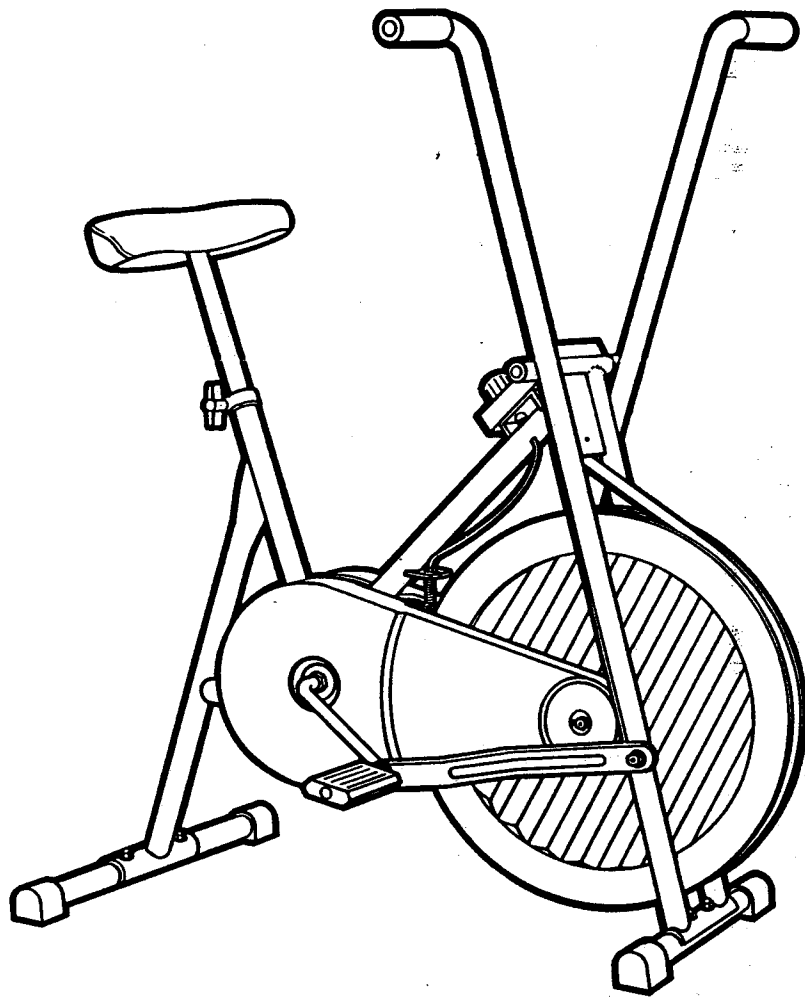
Model No. WL401100

Serial No.

Write the serial number in the  
space above for reference.



Serial Number Decal



**weslo, inc.**®

A Subsidiary of Welder Health and Fitness, Inc.

## 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.

## **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**

# **PURSUIT™**

**fitness trainer**  
**calorie monitor** **500**

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## **IMPORTANT SAFETY PRECAUTIONS**

- 1. Always use the exercise bike on a clear, level surface.**
- 2. Do not wear flowing clothing that could become caught in the exercise bike.**
- 3. Keep your hands away from moving parts.**
- 4. Keep small children away from the exercise bike during use.**
- 5. Always wear running or aerobic shoes when exercising on this bike.**

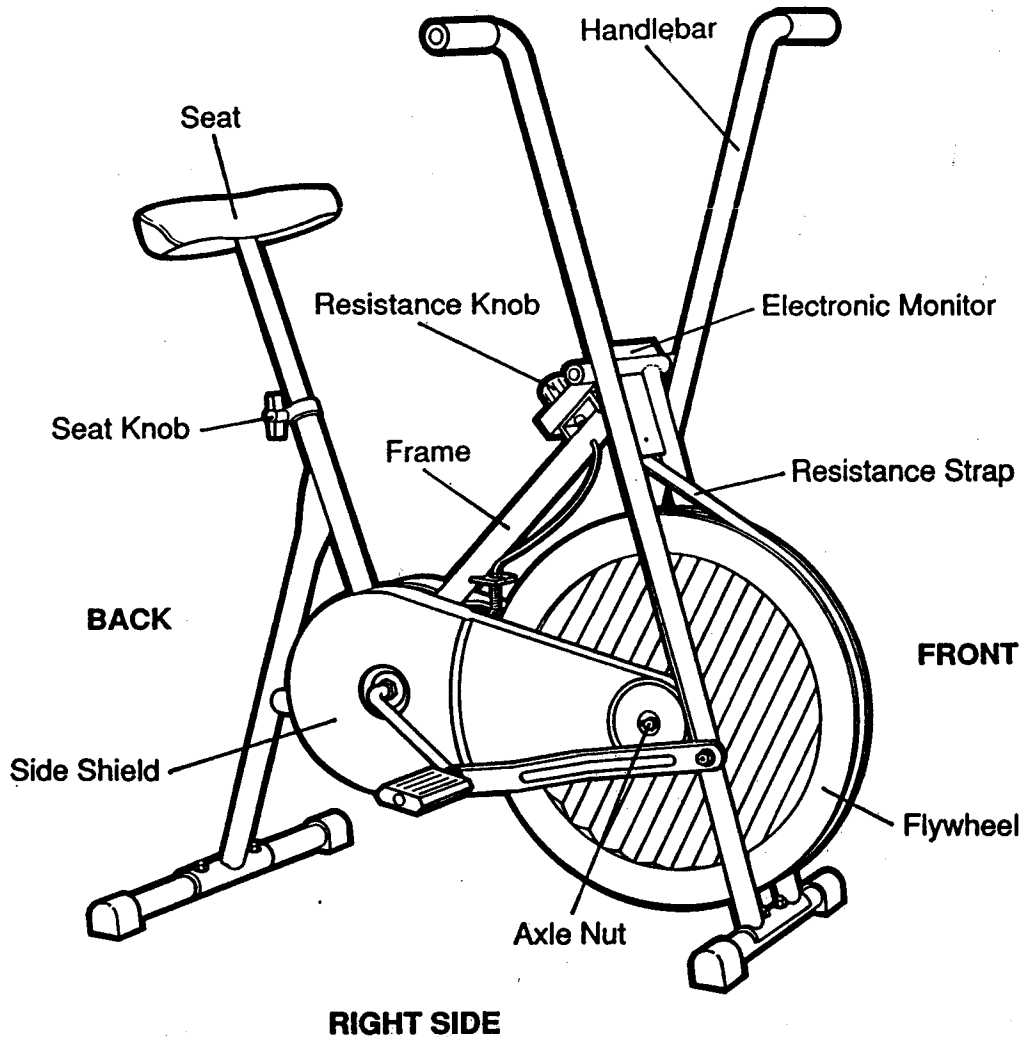
**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage sustained by or through the use of this Weslo product.

# BEFORE YOU BEGIN

Thank you for purchasing a Weslo Pursuit 500 Fitness Trainer Calorie Monitor exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The unique Pursuit 500 combines advanced engineering with innovative design to let you enjoy this healthful exercise in the convenience of your own home.

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).

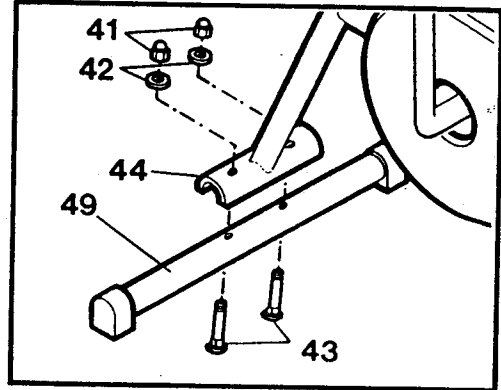
To help you understand clearly the instructions in this manual, examine the drawing below and familiarize yourself with the parts labeled.



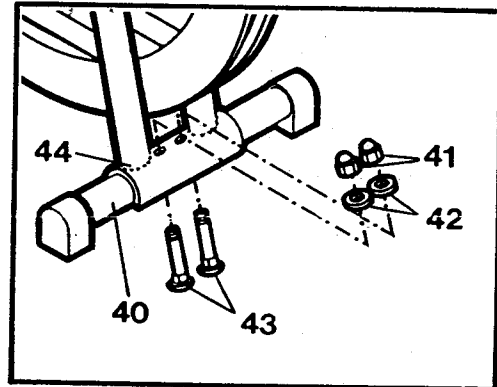
# ASSEMBLY

Place all parts in a clear area and remove the packing materials. **Do not dispose of the packing materials until the bike is fully assembled and all parts are accounted for.** Read the instructions below carefully before beginning.

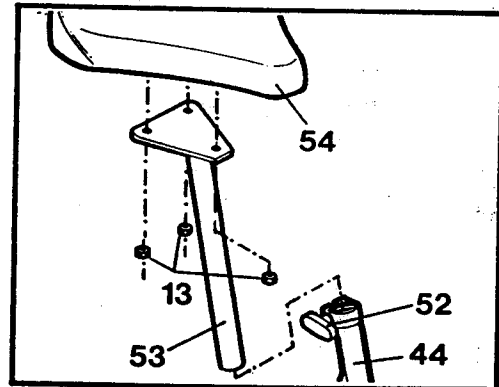
1. Attach the long Rear Stabilizer (49) to the Frame (44) with two Carriage Bolts (43), Stabilizer Washers (42) and Acorn Nuts (41).



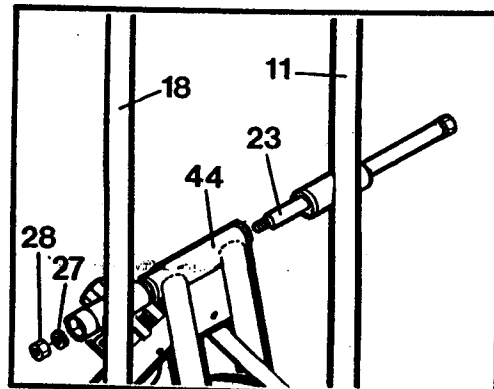
2. Attach the short Front Stabilizer (40) to the Frame (44) with two Carriage Bolts (43), Stabilizer Washers (42) and Acorn Nuts (41).



3. Pull the Seat Post (53) out of the seat tube of the Frame (44). Remove the three Nuts (13) from the underside of the Seat (54). Attach the Seat to the bracket on the Seat Post with the three Nuts. Insert the Seat Post into the seat tube of the Frame. Adjust the Seat to the desired height and tighten the Seat Knob (52). **Caution: The seat post must be inserted a minimum of 2 inches.**

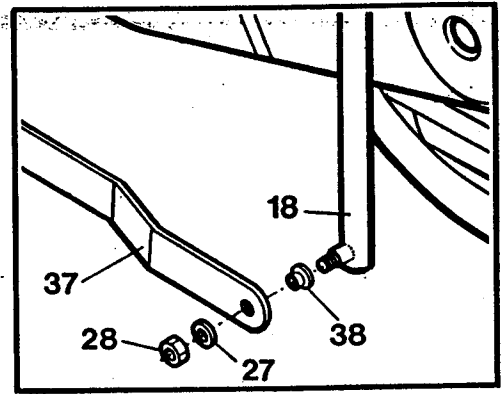


4. Remove a Handlebar Nut (28) and Handlebar Washer (27) from one end of the Pivot Shaft (23). Slide the Pivot Shaft through the Left Handlebar (11) and the Frame (44). Slide the Right Handlebar (18) onto the right end of the Pivot Shaft. Attach the Handlebar with the Handlebar Washer and Handlebar Nut.

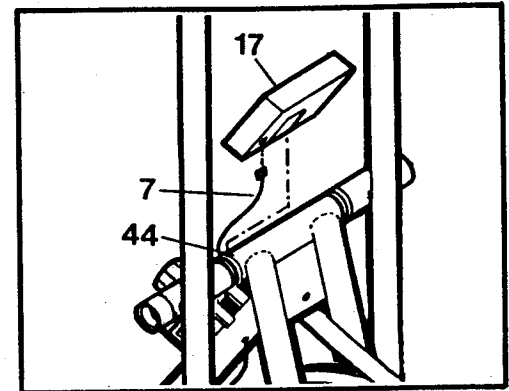


5. Connect a Link Arm (37) to the lower end of the Right Handlebar (18) with a Small Bushing (38), Handlebar Washer (27) and Handlebar Nut (28) as shown.

Connect the other Link Arm to the Left Handlebar in the same manner (not shown).



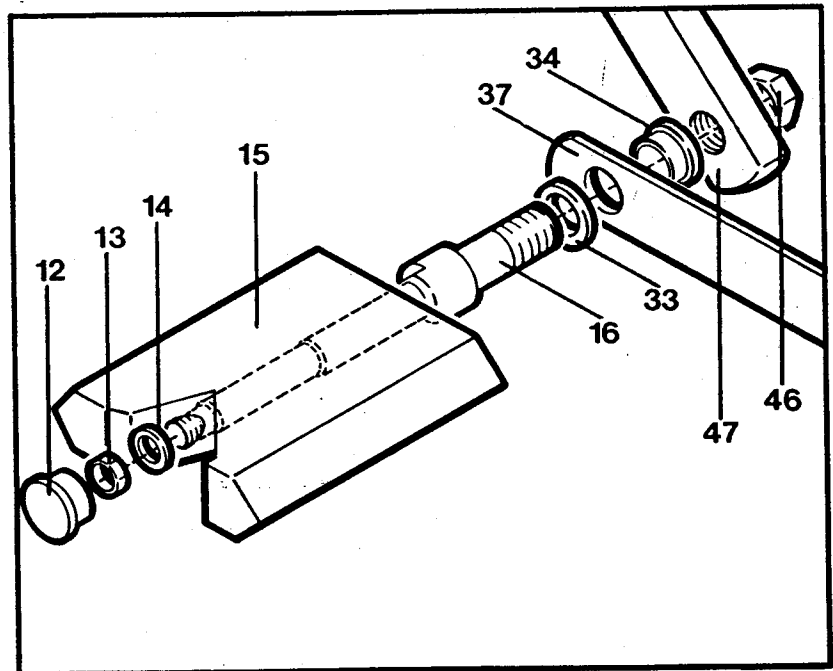
6. Plug the Sensor Wire (7) into the back of the Electronic Monitor (17). Slide the Monitor onto the bracket on the Frame (44).



7. Press a Link Arm Bushing (34) into the right Link Arm (37). Slide a Shaft Washer (33) onto a Pedal Shaft (16), and insert the Shaft through the Link Arm. Tighten the Pedal Shaft clockwise into the right Crank Arm (47). Tighten a Shaft Nut (46) onto the end of the Shaft.

Slide a Pedal (15) onto the Pedal Shaft. Attach the Pedal with a Pedal Washer (14) and Nut (13). Press a Pedal Cap (12) into the end of the Pedal.

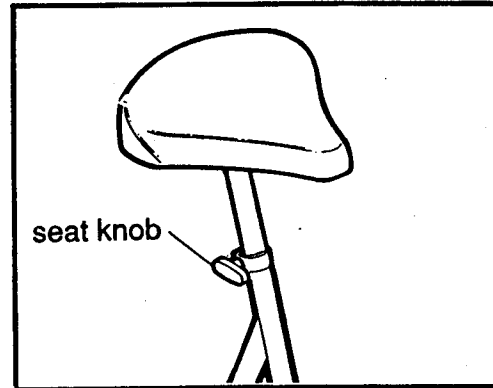
Attach the other Pedal to the left Crank Arm in the same manner (not shown).



# ADJUSTMENT AND OPERATION

## SEAT ADJUSTMENT

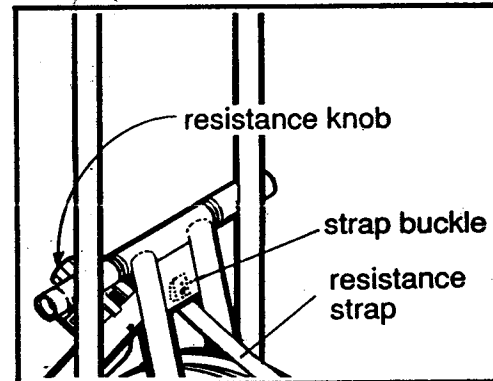
Proper seat height is important for efficient exercise. As you pedal the bike, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat, stand beside the bike, loosen the seat knob, raise or lower the seat to the desired height and tighten the seat knob.



## RESISTANCE ADJUSTMENT

To vary the level of exercise difficulty, the resistance against the pedals can be adjusted with the knob located below the electronic monitor. To increase resistance, turn the knob clockwise. To decrease resistance, turn the knob counterclockwise.

If the range of resistance is too high or too low, the range can be adjusted. Turn the resistance knob counterclockwise until it stops. Open the strap buckle mounted on the frame above the flywheel. To lower the range of resistance, loosen the resistance strap and close the buckle. To raise the range of resistance, tighten the strap and close the buckle.



## HANDLEBAR OPERATION

The handlebars are designed to move forward and back as you pedal, strengthening and toning the muscles of your arms, shoulders, chest and back. You can emphasize these muscles by lessening leg pressure and pushing with your arms as you exercise. Or you can emphasize the leg muscles by resting your hands on the handlebars and letting your legs do the work.

## ELECTRONIC MONITOR OPERATION

See the OPERATION GUIDE accompanying this manual.

# MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Make sure that all parts are tightened securely before each use. Apply a few drops of multi-purpose oil to the chain every three months through the opening between the side shields. The bike can be cleaned using a damp cloth and non-abrasive detergent. Do not use solvents.

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. **Before beginning this or any exercise program, consult your physician.**

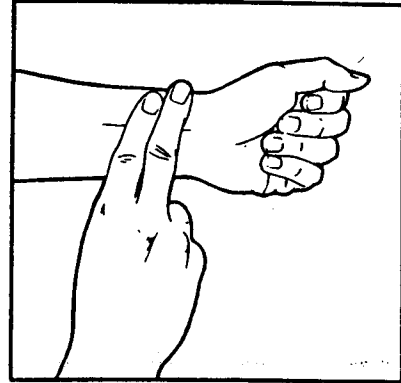
### EXERCISE INTENSITY

To maximize the benefits from 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, 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 listed for both conditioned and unconditioned persons according to age. 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                               |

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 workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



## **WORKOUT PATTERN**

Each workout should consist of 5 basic phases: 1. At rest, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. At rest.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level 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 stretching or light exercise 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 per week. The key to a successful program is **REGULAR** exercise.

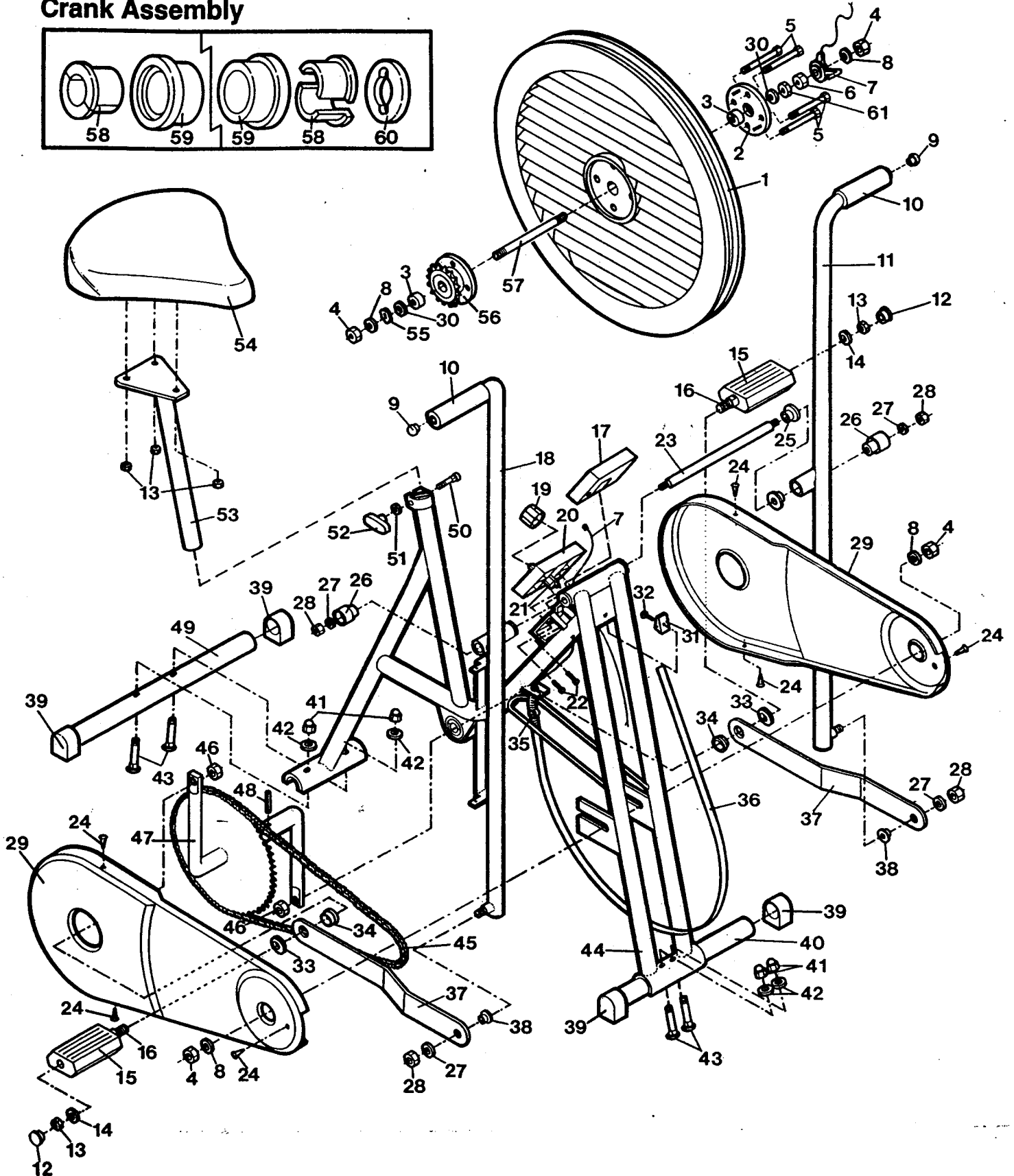
**PART LIST - MODEL NO. WL401100**

Rev. 6/90

| Key No. | Qty. | Description             | Key No. | Qty. | Description             |
|---------|------|-------------------------|---------|------|-------------------------|
| 1       | 1    | Flywheel                | 34      | 2    | Link Arm Bushing        |
| 2       | 1    | Flywheel Plate          | 35      | 1    | Spring Assembly         |
| 3       | 2    | Bushing                 | 36      | 1    | Resistance Strap        |
| 4       | 4    | Axle Nut                | 37      | 2    | Link Arm                |
| 5       | 4    | Flywheel Sprocket Bolt  | 38      | 2    | Small Bushing           |
| 6       | 1    | Spacer Nut              | 39      | 4    | Stabilizer Endcap       |
| 7       | 1    | Sensor Wire/Driver      | 40      | 1    | Front Stabilizer        |
| 8       | 4    | Axle Washer             | 41      | 4    | Acorn Nut               |
| 9       | 2    | Handlebar Endcap        | 42      | 4    | Stabilizer Washer       |
| 10      | 2    | Foam Handgrip           | 43      | 4    | Carriage Bolt           |
| 11      | 1    | Left Handlebar          | 44      | 1    | Frame                   |
| 12      | 2    | Pedal Cap               | 45      | 1    | Chain                   |
| 13      | 5    | Nut                     | 46      | 2    | Shaft Nut               |
| 14      | 2    | Pedal Washer            | 47      | 1    | Crank w/Sprocket        |
| 15      | 2    | Pedal                   | 48      | 1    | Crank Pin               |
| 16      | 2    | Pedal Shaft             | 49      | 1    | Rear Stabilizer         |
| 17      | 1    | Electronic Monitor      | 50      | 1    | Seat Post Bolt          |
| 18      | 1    | Right Handlebar         | 51      | 1    | Seat Post Washer        |
| 19      | 1    | Resistance Knob         | 52      | 1    | Seat Knob               |
| 20      | 1    | Resistance Knob Housing | 53      | 1    | Seat Post               |
| 21      | 1    | Resistance Cable        | 54      | 1    | Seat                    |
| 22      | 2    | Housing Screw           | 55      | 1    | Waved Washer            |
| 23      | 1    | Pivot Shaft             | 56      | 1    | Flywheel Sprocket       |
| 24      | 6    | Mounting Screw          | 57      | 1    | Flywheel Axle           |
| 25      | 4    | Small Handlebar Bushing | 58      | 2    | Inner Crank Bushing     |
| 26      | 2    | Large Handlebar Bushing | 59      | 2    | Outer Crank Bushing     |
| 27      | 4    | Handlebar Washer        | 60      | 1    | Large Crank Washer      |
| 28      | 4    | Handlebar Nut           | 61      | 1    | Thin Nut                |
| 29      | 2    | Side Shield             | #       | 1    | Owner's Manual          |
| 30      | 2    | Hardened Washer         | #       | 1    | Monitor Operation Guide |
| 31      | 1    | Strap Buckle            |         |      |                         |
| 32      | 1    | Strap Buckle Screw      |         |      |                         |
| 33      | 2    | Shaft Washer            |         |      |                         |

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

## Crank Assembly



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# ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling 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. When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WL401100).
2. The NAME of the product (PURSUIT 500 exercise bike).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part from page 10 of this manual.
5. The DESCRIPTION of the part from page 10 of this manual.

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