

WESLO® **CADENCE.10pi™**

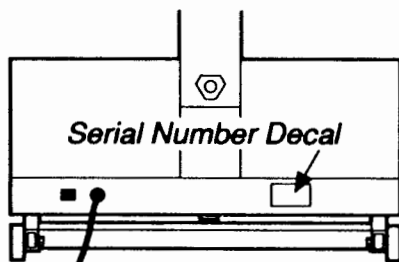
0-10.0 MPH/Power Incline/1.5 Horsepower Safe-Start DC Motor

Comfort Zone Adjustable Suspension Deck/Calorie-Pulse Monitor/Made in the U.S.A.

WESLO®

Model No. WL402020

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will 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.

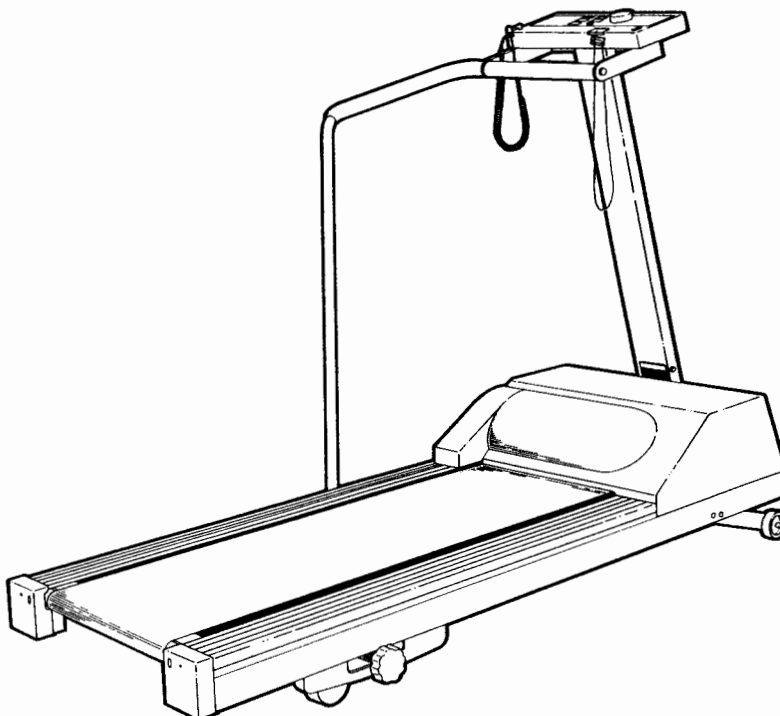
CUSTOMER HOT LINE:

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

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 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., 1500 S. 1000 W., LOGAN, UT 84321-9813

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0-10.0 MPH/Power Incline/1.5 Horsepower Safe-Start DC Motor

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WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons 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.

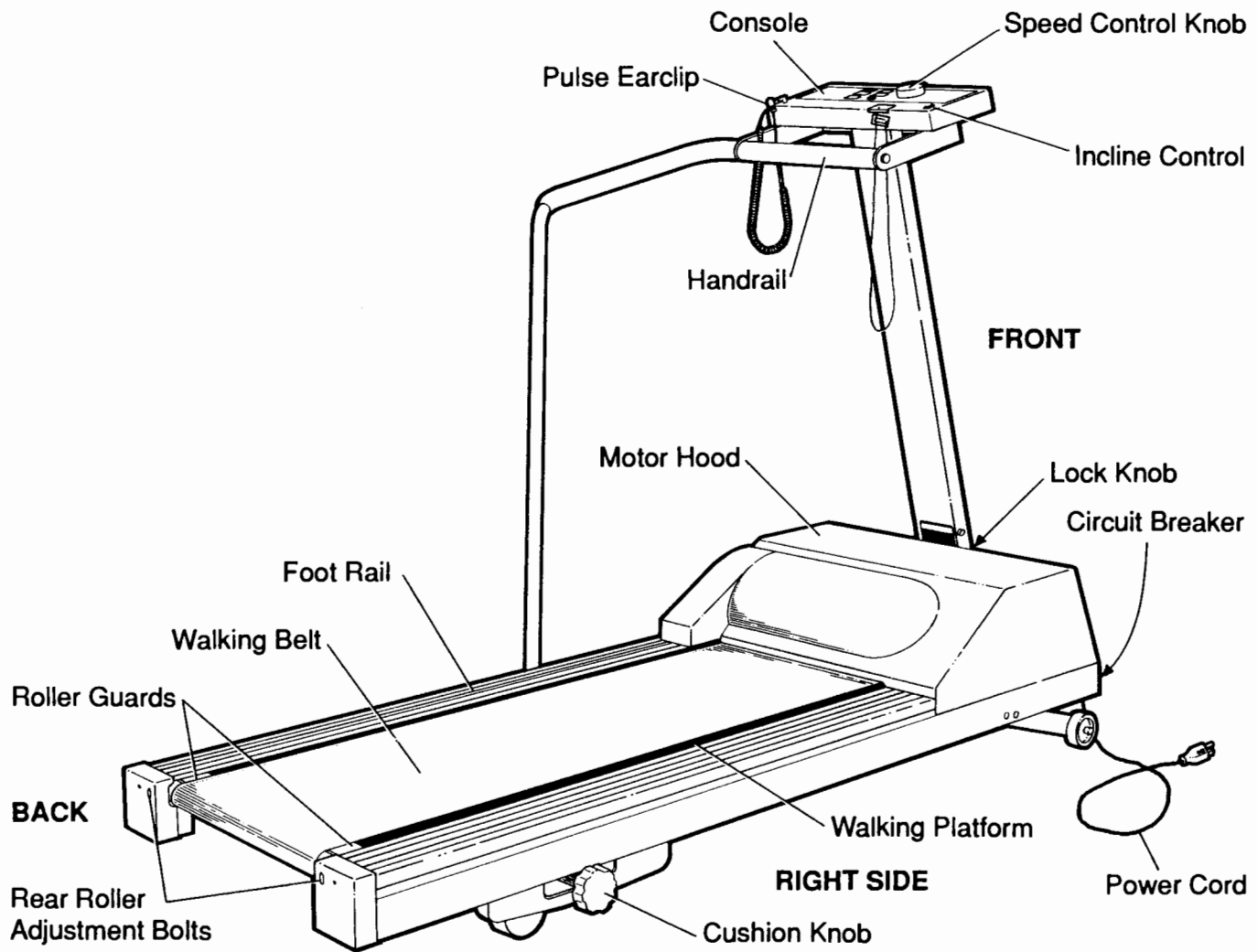
1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on a surface that may block any air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. Plug the power cord directly into a grounded circuit carrying 12 or more amps. No other appliances 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 approximately five 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 is damaged, or if the treadmill is not working properly. (See the BEFORE YOU BEGIN section of this manual if the treadmill is not working properly.)
4. The roller guards must be 1/8 inch from the rear roller. Turn the power off and adjust the roller guards, if necessary.
5. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. *Always wear running shoes. Never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
6. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
7. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
8. Use the treadmill only as described in this manual.
9. Keep small children away from the treadmill at all times. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.
10. Never drop or insert any object into any opening.
11. 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.
12. To prevent overheating, do not operate the treadmill continuously for longer than 1 hour.
13. Never allow more than one person on the treadmill at a time. The treadmill should be used only by persons weighing 250 pounds or less.
14. The treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.

BEFORE YOU BEGIN

Thank you for selecting the WESLO CADENCE® 10.0pi treadmill. The CADENCE 10.0pi combines advanced technology with innovative design to offer you an excellent form of cardiovascular exercise in the convenience and privacy of your home. Your workouts on the CADENCE 10.0pi will be more enjoyable with such features as finger-touch incline control, electronic speed control and a motivational fitness monitor.

For your safety and benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the treadmill (see the drawing on the front cover for the location).

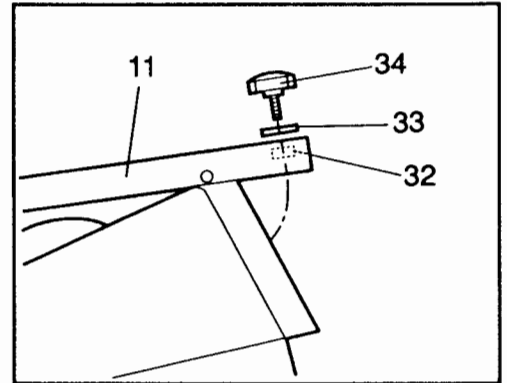
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



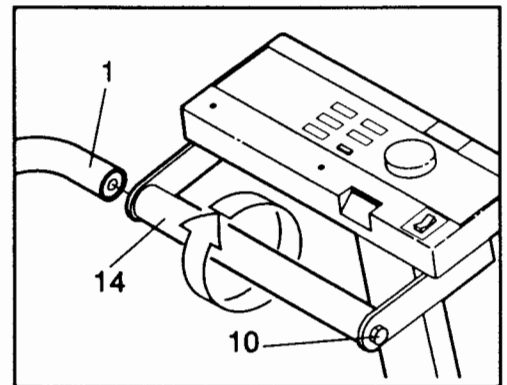
ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.**

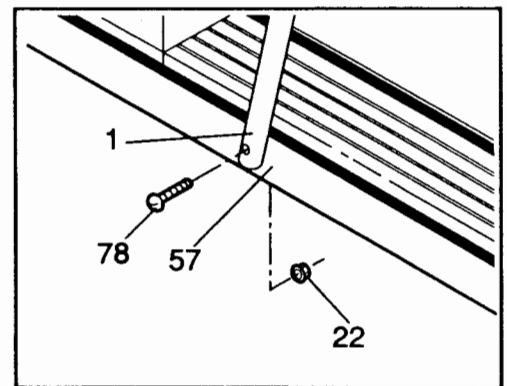
1. Insert the Lock Knob (34), with the Lock Knob Washer (33), into the Upright Post (11). Place the Upright Spacer (32) on the end of the Lock Knob. Hold the Spacer in place and raise the Upright Post to a vertical position. **Be careful not to pinch your fingers.** Turn the Lock Knob clockwise until it is almost tight. Leave a little play in the Upright Post for the following steps.



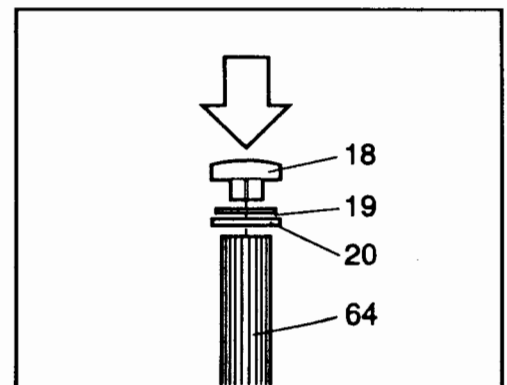
2. Align the upper end of the Side Rail (1) with the left end of the Handrail (14). Turn the Handrail in the direction shown to thread the Handrail into the Side Rail. (Note: If the Handrail will not turn easily, loosen the Handrail Bolt [10] slightly.) Tighten the Handrail and the Handrail Bolt.



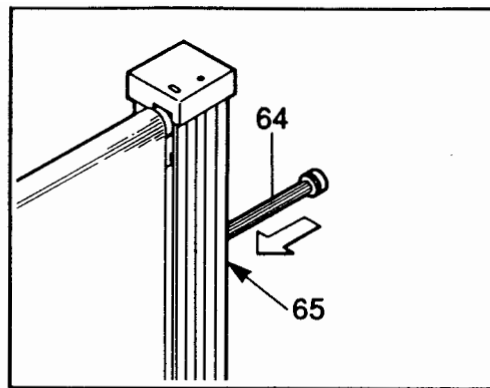
3. Align the lower end of the Side Rail (1) with the hole in the side of the treadmill Frame (57). Insert the Side Rail Bolt (78) through the Side Rail and Frame. Reach under the Frame and tighten the Side Rail Nut (22) onto the end of the Bolt. Tighten the Lock Knob (see step).



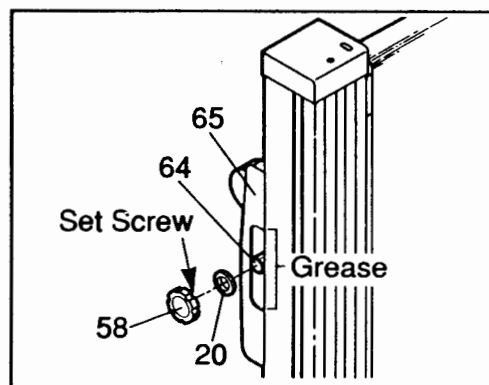
4. Rest one end of the Adjustment Rod (64) on the floor. Slide a Rod Washer (20) and a Retainer (19) onto the end of the Rod; do not let the Rod Washer slide down the Rod. Using the palm of your hand, tap the Rod Cap (18) into the end of the Rod.



5. With the help of a second person, raise the back end of the treadmill and stand it on the front end. Insert the Adjustment Rod (64) from the left side of the treadmill through the large slots in the left and right Cushion Covers (65). **Make sure that the Rod is not angled.**



6. Apply a small amount of grease along the grooves in the left and right Cushion Covers (65). Slide a Rod Washer (20) and the Cushion Knob (58) onto the right end of the Adjustment Rod (64). Using the small allen wrench included, tighten the two set screws in the Cushion Knob.



Make sure that all parts are tightened securely before using the treadmill.

OPERATION AND ADJUSTMENT

GROUNDING INSTRUCTIONS

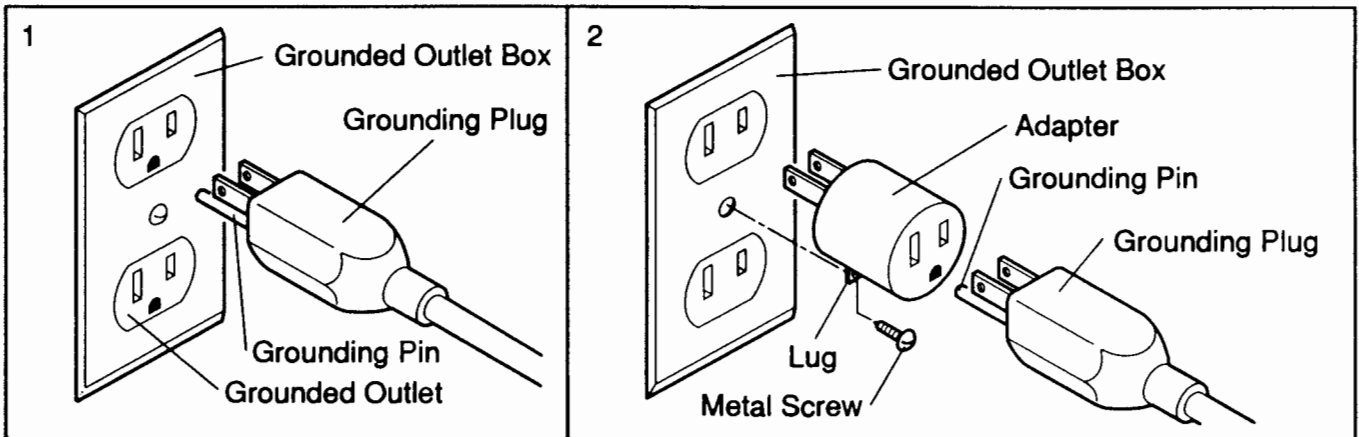
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **The plug must be plugged 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.



MAINTENANCE-FREE WALKING PLATFORM

This treadmill features a walking platform coated with a specially-designed hydrocarbon slip agent. **Do not apply silicone spray or any other substances to the walking platform or the walking belt.** Such substances will deteriorate the surface of the walking platform and cause excessive wear.

Walk on the treadmill for 10 minutes to break in the walking platform. During this break-in period, it is normal for the walking belt to slow.

CUSHION LEVEL ADJUSTMENT

The cushion level of the treadmill can be adjusted using the cushion knob located on the right side of the treadmill. Turning the knob counterclockwise will result in a softer cushion as you exercise; turning the knob clockwise will result in a more firm cushion.

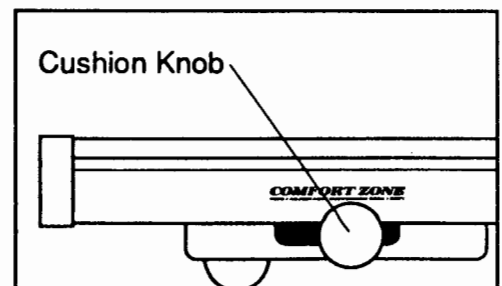
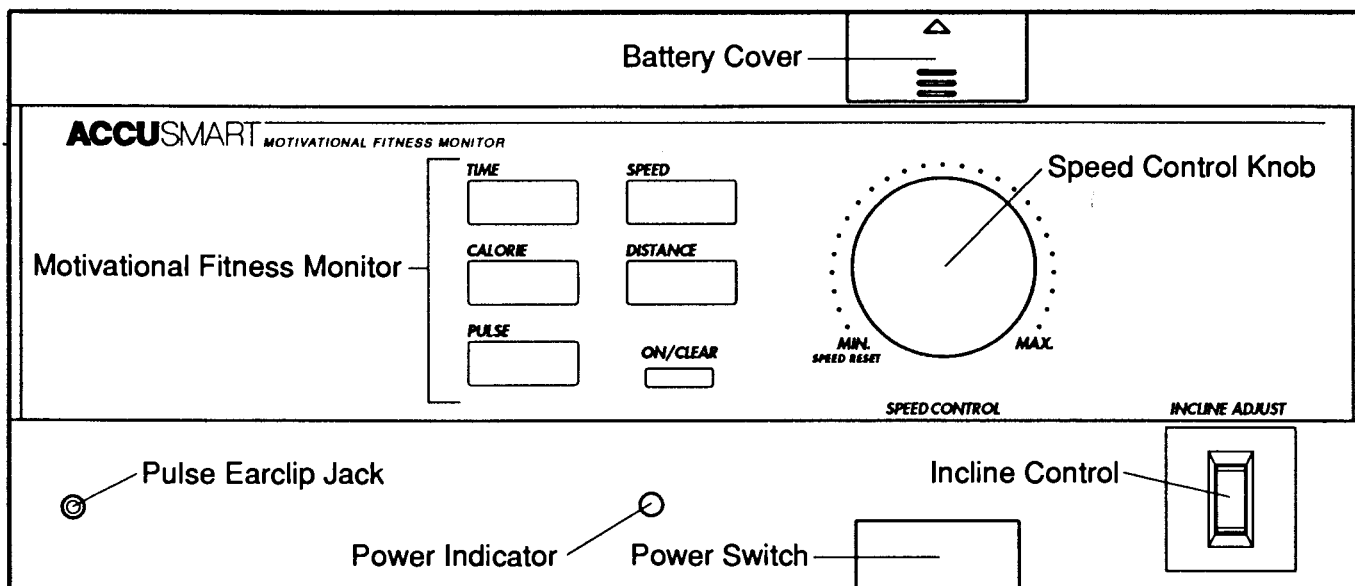


DIAGRAM OF THE CONSOLE

The state-of-the-art console features power incline control, electronic speed control and a motivational fitness monitor with five independent displays. Please read the instructions below before operating the console.



INSTALLING BATTERIES

The motivational fitness monitor requires two "AA" batteries (not included); alkaline batteries are recommended. Slide the battery cover open and remove the battery clip from the console. Find the markings inside the battery clip showing the correct orientation of the batteries. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.

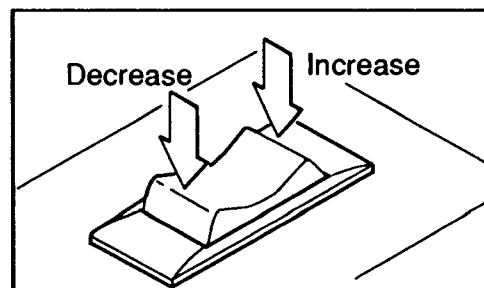
TURNING THE POWER ON

Step onto the foot rails of the treadmill. Locate the clip attached by a cord to the safety key and slide the clip onto the waistband of your clothing. **CAUTION: Do not stand on the walking belt while turning the power on. Always wear the clip while operating the treadmill; if you fall, the safety key will be pulled from the power switch, instantly turning the power off.**

Insert the safety key into the power switch. The power indicator will light. The five displays of the motivational fitness monitor will not light until the ON/CLEAR button is pressed, or the walking belt begins to move (see CONTROLLING THE SPEED). Note: If batteries were just installed, the five displays will already be lighted.

INCLINE ADJUSTMENT

To vary the intensity of your exercise, the incline of the treadmill can be changed using the incline control on the right side of the console. To increase the incline, press the end of the switch farthest from you. To decrease the incline, press the end of the switch closest to you.



CONTROLLING THE SPEED

To start the walking belt, first turn the speed control knob to "speed reset." Then, turn the knob slowly clockwise until the walking belt begins to move at slow speed. **CAUTION: After the knob is turned, there will be a pause before the walking belt begins to move. Adjust the speed slowly until you are familiar with the operation of the treadmill.**

Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control knob. To stop the walking belt, turn the knob to "speed reset."

MOTIVATIONAL FITNESS MONITOR

The five displays of the motivational fitness monitor provide continuous exercise feedback. The displays can be reset by pressing the ON/CLEAR button. The five displays are described below:

TIME—This display shows the elapsed time. Note: When the walking belt is stopped, the TIME display will go into a pause mode after a few seconds.

CALORIE—This display shows the total number of nutritional Calories that you have burned.

PULSE—This display shows your heart rate. Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to minimize movement of the earclip wire. After a few seconds, your heart rate will be displayed. If your heart rate is not displayed after a few seconds, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your heart rate.

SPEED—This display shows the current speed of the walking belt.

DISTANCE—This display shows the total distance that you have walked or run.

TURNING THE POWER OFF

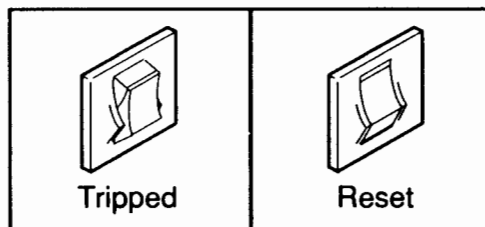
To turn the power off, remove the safety key from the power switch. The five displays of the motivational fitness monitor will turn off automatically a few minutes after the walking belt is stopped.

TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure that the power cord is plugged into a properly grounded outlet. (See OPERATION AND ADJUSTMENT in this manual.) If an extension cord is needed, use only a 14-gauge general-purpose cord of approximately five feet in length.
- b. Make sure that the safety key is fully inserted into the console. Turn the speed control knob to the "speed reset" position. (See OPERATION AND ADJUSTMENT.)
- c. 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 five minutes, and push the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes, the circuit breaker has tripped. To reset the circuit breaker, allow the treadmill to cool for five minutes, and push the switch back in. (See the drawing above.)
- b. Make sure the power cord is plugged in.
- c. Remove the safety key from the console. Reinsert the safety key fully into the console. Turn the speed control knob to "speed reset."

3. SYMPTOM: THE MOTIVATIONAL FITNESS MONITOR DOES NOT FUNCTION PROPERLY

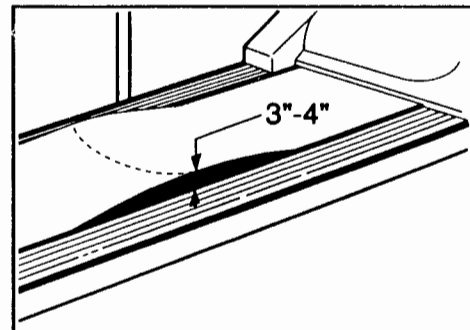
- a. Check the batteries in the console. (See OPERATION AND ADJUSTMENT.) Most problems are the result of weak batteries.

4. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- a. Make sure the pulse earclip is plugged fully into the jack on the console. Attach the clothes clip to your collar.
- b. Rub your left ear lobe and reposition the earclip.
- c. Try standing still while measuring your pulse. **WARNING: The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**
- d. The pulse earclip may need to be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

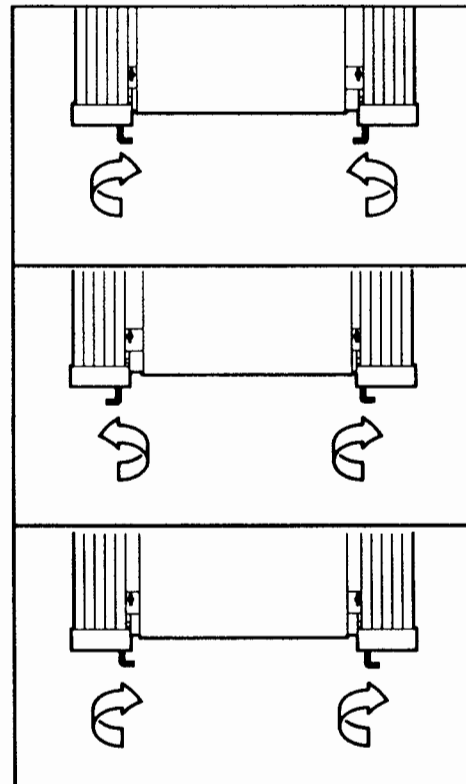
5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. The walking platform has a break-in period of 5 to 10 minutes. During this break-in period, it is normal for the walking belt to slow.
- b. If an extension cord is needed, use only a 14-gauge general-purpose cord of approximately five feet in length.
- c. If the walking belt is overtightened, treadmill performance may be reduced and the walking belt permanently damaged. **TURN THE POWER OFF.** Turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. Repeat until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should remain just at the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.



6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

- a. If the walking belt has shifted to the left, first **TURN THE POWER OFF.** Turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Repeat as necessary until the walking belt is centered.
- b. If the walking belt has shifted to the right, first **TURN THE POWER OFF.** Turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Repeat as necessary until the walking belt is centered.
- c. If the walking belt slips when walked on, first **TURN THE POWER OFF.** Turn both rear roller adjustment bolts clockwise, 1/4 of a turn. Repeat as necessary until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should remain just at the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.



STORAGE

Unplug the power cord when the treadmill is not in use. Remove the bolt and nut from the lower end of the side rail. Keep the bolt and nut in a secure location. Remove the side rail from the handrail. Loosen the lock knob and lower the upright post onto the walking belt. Lay the side rail on the treadmill.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.**

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

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 months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise. **WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles as well as help to decrease soreness and other post-exercise problems.

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

PART LIST—Model No. WL402020

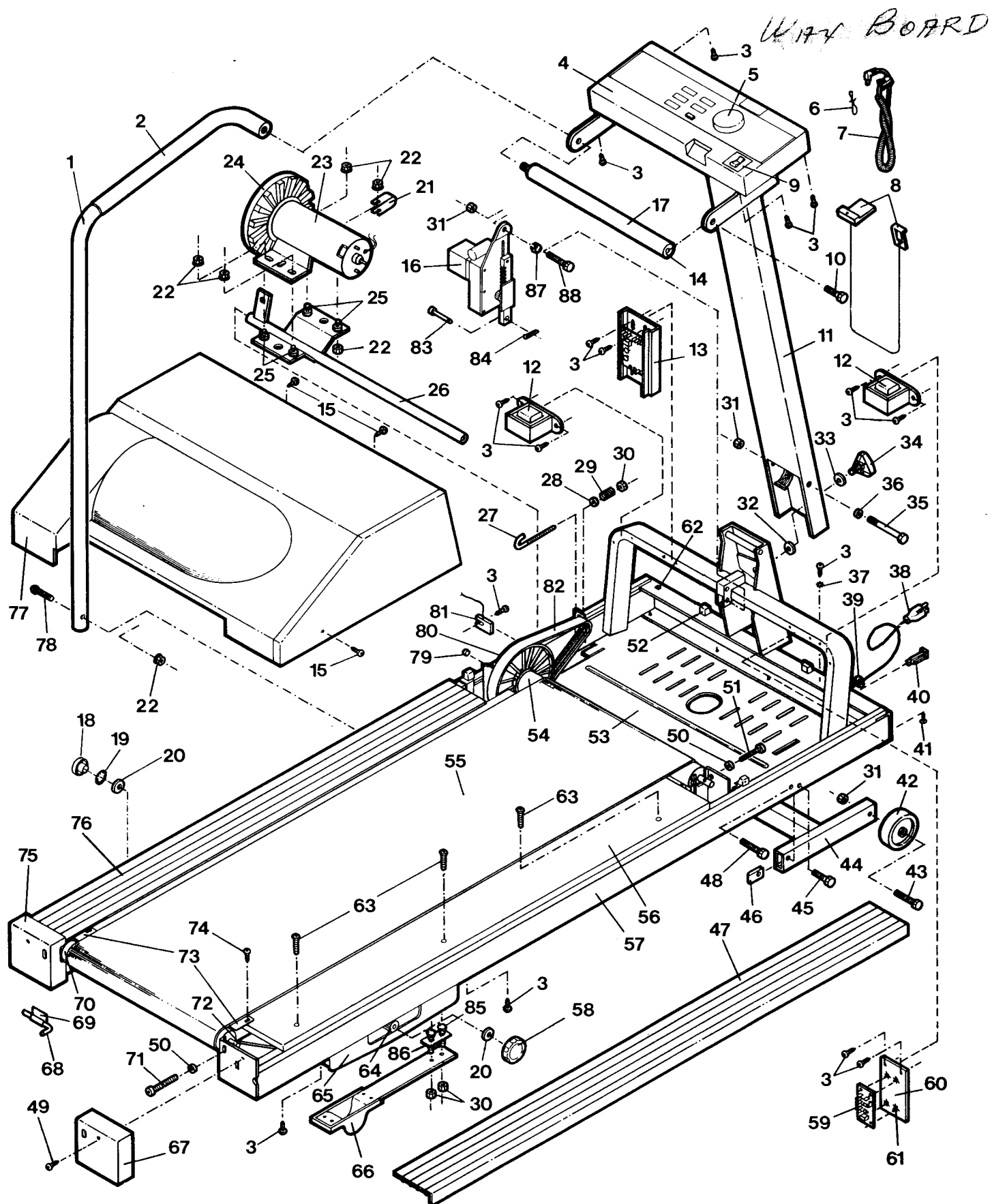
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Side Rail w/Foam Grip	46	2	U-Nut
2	1	Side Rail Foam Grip	47	1	Right Foot Rail
3	23	Screw	48	2	Swivel Shaft Bolt
4	1	Console Assembly	49	2	Endcap Screw
5	1	Speed Control Knob	50	3	Adjustment Washer
6	1	Clothes Clip	51	1	Front Roller Adjustment Bolt
7	1	Pulse Earclip	52	4	Hood Anchor
8	1	Safety Key/Clip	53	1	Safety Cover
9	1	Incline Switch Insert	54	1	Front Roller/Pulley
10	1	Handrail Bolt	55	1	Walking Belt
11	1	Upright Post	56	1	Walking Platform
12	2	Choke	57	1	Frame
13	1	Controller	58	1	Cushion Knob
14	1	Handrail w/Foam Grip	59	1	Incline Board
15	4	Hood Screw	60	1	Incline Board Plate
16	1	Incline Motor	61	4	Plastic Stand-Off
17	1	Handrail Foam Grip	62	4	Wire Clip
18	1	Rod Cap	63	6	Platform Screw
19	1	Retainer Ring	64	1	Adjustment Rod
20	2	Cushion Knob Washer	65	2	Cushion Cover
21	1	Motor Ground Strap	66	2	Cushion Spring/Foot
22	9	Flange Nut	67	1	Right Endcap
23	1	Motor	68	1	Allen Wrench
24	1	Pulley/Flywheel/Fan	69	1	Wrench Clip
25	4	Motor Isolator	70	1	Rear Roller
26	1	Motor Mount Swivel Shaft	71	2	Rear Roller Adjustment Bolt
27	1	J-Bolt	72	2	Roller Spacer
28	1	Tension Washer	73	2	Roller Guard
29	1	Tension Spring	74	2	Guard Screw
30	5	Nut	75	1	Left Endcap
31	4	Locknut	76	1	Left Foot Rail
32	1	Upright Spacer	77	1	Motor Hood w/Decal
33	1	Upright Washer	78	1	Side Rail Bolt
34	1	Upright Knob	79	1	Magnet
35	1	Pivot Bolt	80	1	Front Roller Insert
36	2	Flat Washer	81	1	Reed Switch/Sensor Wire
37	2	Ground Washer	82	1	Belt
38	1	Power Cord	83	1	Incline Motor Pin
39	1	Grommet	84	1	Cotter Pin
40	1	Circuit Breaker	85	4	Cushion Spring Bolt
41	12	Plastic Fastener	86	2	Cushion Spring Plate
42	2	Front Wheel	87	1	Incline Motor Spacer
43	2	Wheel Bolt	88	1	Incline Motor Bolt
44	1	Incline Leg	#	1	Owner's Manual
45	2	Incline Leg Bolt			

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

EXPLODED DRAWING—Model No. WL402020

Rev. 9/92



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

1. The **MODEL NUMBER** of the product (WL402020).
2. The **NAME** of the product (WESLO CADENCE® 10.0pi treadmill).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 14 of this manual.
5. The **DESCRIPTION** of the part(s) from page 14 of this manual.

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