

AERO™

**variable resistance
electronic ergometer**

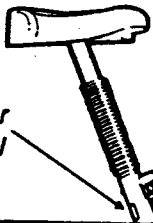
750

Model No. WL402103

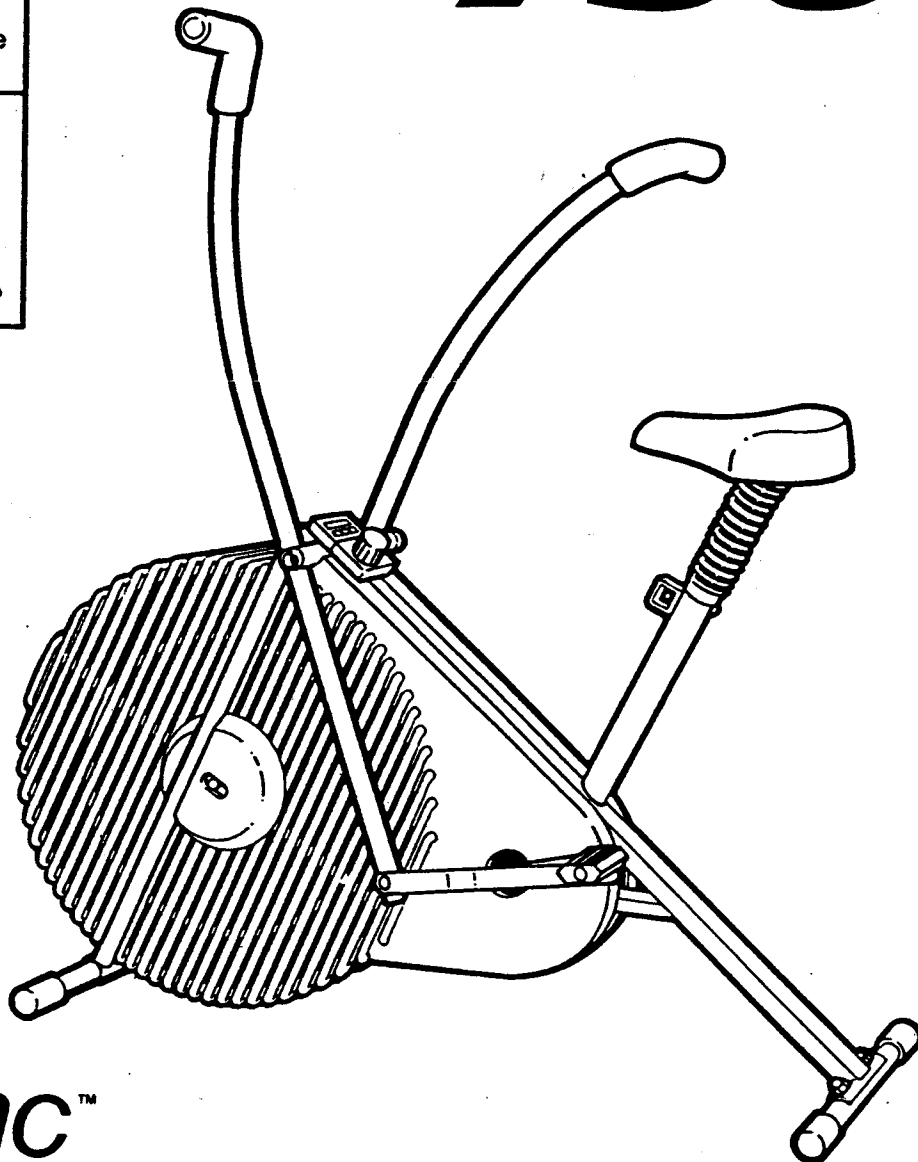
Serial No.

Write the serial number in the
space above for reference.

Serial Number
Decal



OWNER'S MANUAL



weslo, inc™

A Subsidiary of Welder Health and Fitness, Inc.

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

Part No. 102412 8/90

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.

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

AERO™

variable resistance electronic ergometer

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IMPORTANT SAFETY PRECAUTIONS

1. Always use this exercise bike on a clear, level surface.
2. Do not wear flowing clothing that could become caught in the exercise bike.
3. Use this exercise bike only as described in this manual.
4. Keep small children away from the exercise bike during use.
5. Make sure that the chain is always properly adjusted (see MAINTENANCE AND TROUBLE-SHOOTING).

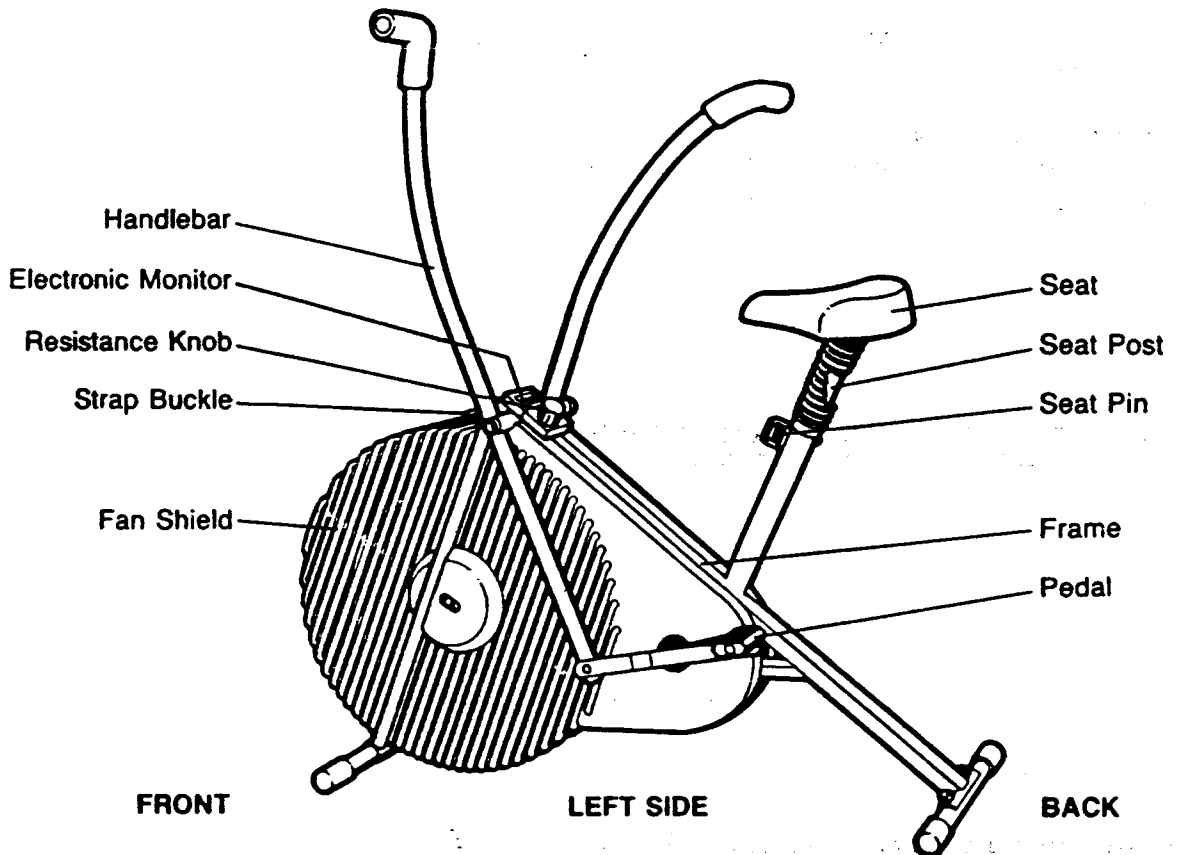
WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for purchasing a Weslo AERO 750 Variable-Resistance Electronic Ergometer. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The unique AERO 750 blends advanced engineering with innovative design to let you enjoy this healthful exercise in the convenience and privacy of your own home. Your workouts will be more effective and enjoyable with such features as smooth air resistance, a microprocessor-based exercise monitor and moving handlebars to give you upper body exercise.

For your benefit and safety, 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), Monday- Friday, 6 a.m.- 6 p.m. Mountain time (excluding holidays). To help us assist you, please mention the product 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).

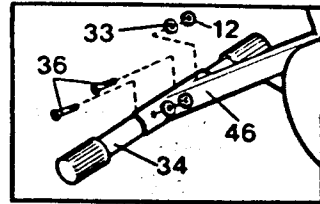
Before reading the following sections of this manual, please take a moment to familiarize yourself with the parts labeled on the drawing below.



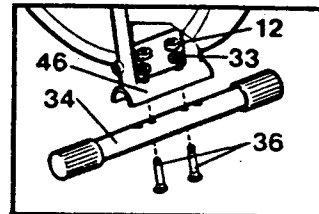
ASSEMBLY

Remove all parts from the packing carton. Make sure all parts are included before disposing of the packing materials. Read each step carefully before beginning. Some of the hardware used in assembly will be found on one of the parts to be assembled, and must be removed before assembly. Assembly can be completed using the tools provided.

1. Attach one of the Stabilizers (34) to the rear of the Frame (46) with two Carriage Bolts (36), Curved Washers (33) and Lock-nuts (12). (The Stabilizer must be turned so that the square holes in the Stabilizer are downward.)

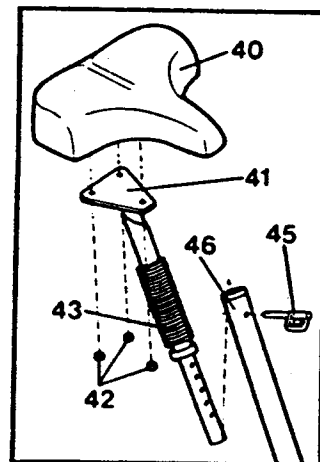


2. Attach the other Stabilizer (34) to the front of the Frame (46) with two Carriage Bolts (36), Curved Washers (33) and Lock-nuts (12).

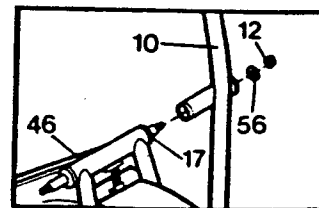


3. Remove the three Nuts (42) from the underside of the Seat (40). Attach the Seat to the top of the Seat Post (41) with the three Nuts.

Slide the Bellows (43) onto the Seat Post (41) as shown. Remove the Seat Pin (45), and insert the Seat Post into the Frame (46). Adjust the Seat (40) to the desired height, and insert the Seat Pin into the Frame and Seat Post.

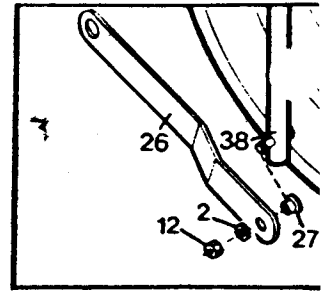


4. Slide the Pivot Shaft (17) into the Frame (46). Slide the Left Handlebar (10) onto the left end of the Shaft. Slide the Right Handlebar (not shown) onto the right end of the Shaft. Attach both Handlebars with Pivot Washers (56) and Locknuts (12). (Two socket tools are included so that both Locknuts can be held at once.)



5. Connect a Link Arm (26) to the lower end of the Right Handlebar (38) with a Handlebar Bushing (27), a Flat Washer (2) and a Locknut (12).

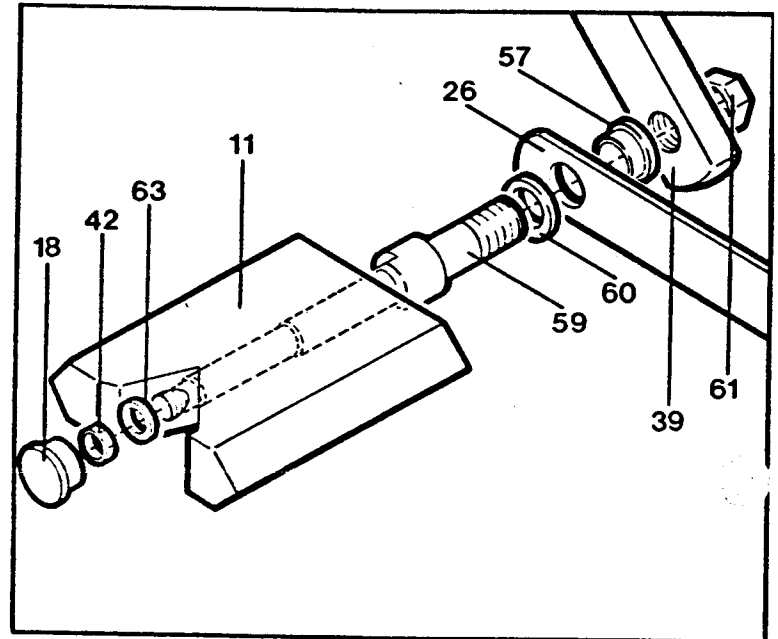
Attach the other Link Arm to the Left Handlebar in the same manner (not shown).



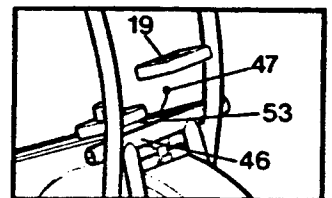
6. Press a Link Arm Bushing (57) into the right Link Arm (26). Slide a Shaft Washer (60) onto a Pedal Shaft (59), and insert the Shaft through the Link Arm. Tighten the Pedal Shaft clockwise into the right Crank Arm (39). Tighten a Shaft Nut (61) onto the end of the Shaft.

Slide a Pedal (11) onto the Pedal Shaft. Attach the Pedal with a Pedal Washer (63) and Pedal Locknut (42). Press a Pedal Cap (18) into the end of the Pedal.

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



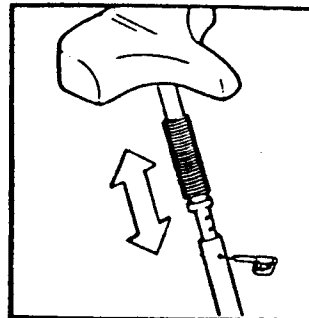
7. Pull the red strip gently out of the Electronic Monitor (19). Plug the Sensor Wire (47) into the back of the Monitor. Slide the Monitor onto the Monitor Clip (53) on the Frame (46).



ADJUSTMENT AND OPERATION

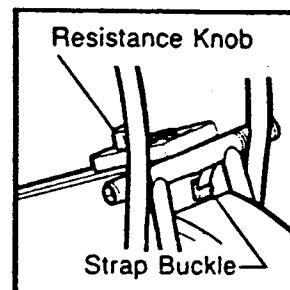
SEAT ADJUSTMENT

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, remove the seat pin, raise or lower the seat and replace the pin.



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. As you turn the resistance knob counterclockwise (decreasing resistance), stop when it becomes difficult to turn the knob. If you continue to turn the knob, the knob may be damaged.



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 fan. 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.

Note: The resistance strap has been tightened to prevent the strap from slipping off the fan during shipping. It may be necessary to loosen the strap slightly before initial use of the bike.

ELECTRONIC MONITOR OPERATION

See the OPERATION GUIDE accompanying this manual.

MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. (Liquids should never come in contact with the electronic monitor.)

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

This exercise bike utilizes a high precision chain which must be kept properly adjusted. If the chain is too loose, the fan may be damaged. If the chain is too tight, the tension will cause bearing noise and wear. The chain should be checked periodically in the following manner:

1. Remove the right pedal assembly.
2. Remove the screws securing the right side shield to the frame and lift off the side shield.
3. Check the chain for proper tightness. There should be almost no up and down movement in the chain.
4. If the chain is properly adjusted, reattach the side shield and pedal assembly. If the chain is not properly adjusted, remove the screws securing the fan shield and lift off the fan shield.
5. If the chain is loose, turn the adjustment nut clockwise until the correct tension is reached. If the chain is tight, turn the adjustment nut counterclockwise. Be sure to keep the fan aligned with the frame.
6. Reattach the fan shield, the side shield and the pedal assembly.

Always check the chain if it slips or causes excessive noise while pedaling. A few drops of light multi-purpose oil should be applied to the chain periodically.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. However, 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.

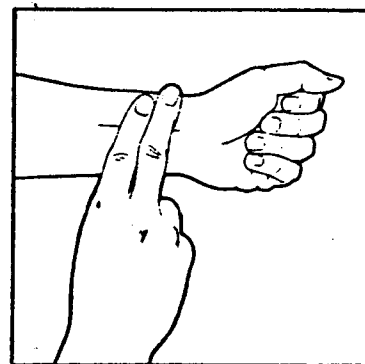
EXERCISE INTENSITY

To maximize health 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 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.



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**.

PART LIST - Model No. WL402103

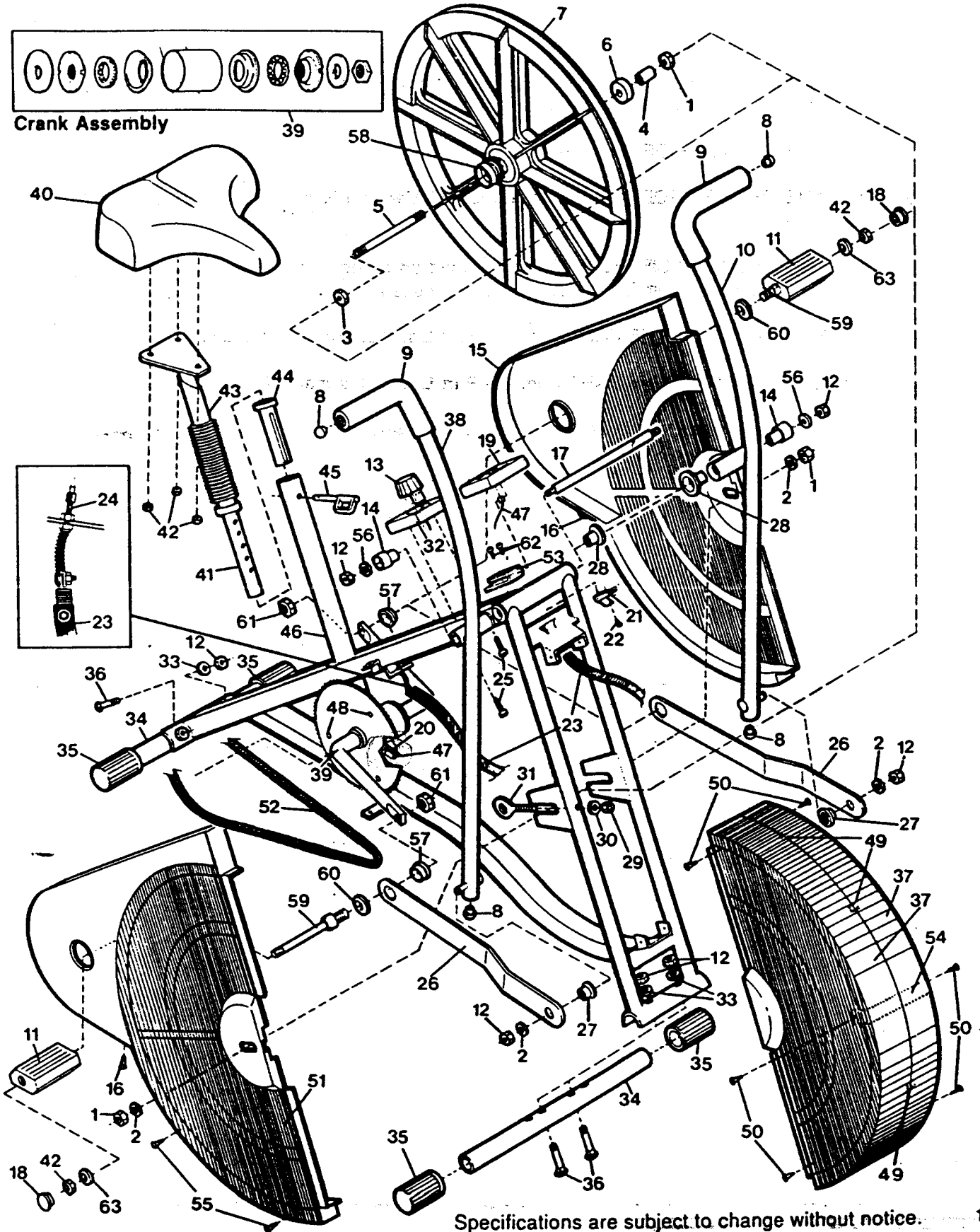
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	3	Axle Nut	35	4	Stabilizer Cap
2	4	Flat Washer	36	4	Carriage Bolt
3	1	Thin AxleNut	37	2	Fan Shield
4	1	Axle Spacer	38	1	Right Handlebar
5	1	AxleShaft	39	1	Crank/Sprocket Assy.
6	1	Bearing	40	1	Seat
7	1	Fan w/Sprocket	41	1	Seat Post
8	4	Handlebar Endcap	42	5	Nut
9	2	Foam Grip	43	1	Bellows
10	1	Left Handlebar	44	1	Seat Post Sleeve
11	2	Pedal	45	1	Seat Pin
12	8	Locknut	46	1	Frame
13	1	Resistance Knob	47	1	Sensor Wire/Reed Switch
14	2	Outer Pivot Bushing	48	3	Sensor Magnet
15	1	Left Side Shield	49	4	Clip
16	2	Side Shield Screw	50	6	Fan Shield Screw
17	1	Pivot Shaft	51	1	Right Side Shield
18	2	Pedal Cap	52	1	Chain
19	1	Electronic Monitor	53	1	Monitor Clip
20	3	Adhesive Tape	54	1	Fan Shield Bracket
21	1	Strap Buckle	55	4	Self-Tapping Screw
22	1	Buckle Screw	56	2	Pivot Washer
23	1	Resistance Strap	57	2	Link Arm Bushing
24	1	Resistance Cable Assy.	58	1	Bearing Cup Assembly
25	2	Knob Screw	59	2	Pedal Shaft
26	2	Link Arm	60	2	Shaft Washer
27	2	Handlebar Bushing	61	2	Shaft Nut
28	4	Inner Pivot Bushing	62	2	Clip Screw
29	1	Adjustment Bolt	63	2	Washer
30	1	Formed Washer	#	1	Owner's Manual
31	1	Adjustment Bolt	#	1	Monitor Guide
32	1	Knob Housing	#	2	Socket Tool
33	4	Curved Washer	#	1	Screwdriver Tool
34	2	Stabilizer			

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

EXPLODED DRAWING - Model No. WL402103

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Specifications are subject to change without notice. 11

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department in the U.S.A. or Canada toll-free at 1-800-99WESLO (999-3756), 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 (WL402103)
2. The NAME OF THE PRODUCT (Weslo AERO 750 Variable Resistance Electronic Ergometer exercise bike).
3. The SERIAL NUMBER OF THE PRODUCT, found on a decal affixed to the product (see the drawing on the front cover for the location of the decal).
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 in this manual.

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