

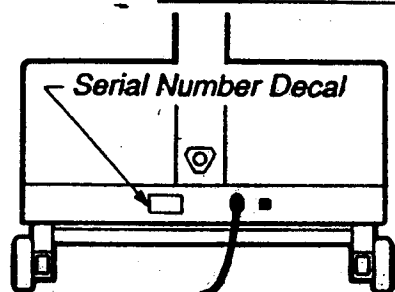
CADENCE[®] 4250

PATENT PENDING

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

Model No. WL425010

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:

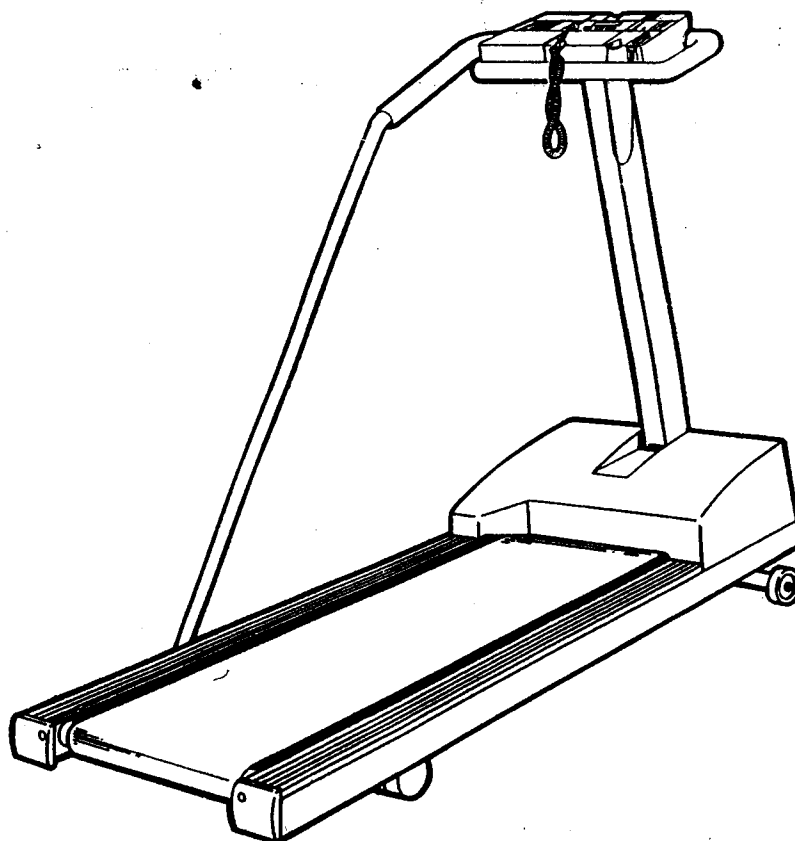
1-800-999-3756

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.

**8.0 mph/Programmable Speed
Auto Incline / 1.25 Horsepower DC Motor**



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 an 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

CADENCE[®] 4250

**8.0 mph/Programmable Speed
Auto Incline / 1.25 Horsepower DC Motor**

TABLE OF CONTENTS

Warranty	2
Important Safety Precautions	4
Before You Begin	5
Assembly	6
Operation and Adjustment	7
Maintenance and Trouble-Shooting	10
Conditioning Guidelines	11
Part List	14
Exploded Drawing	15
Ordering Replacement Parts	Back Cover

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 product.

IMPORTANT SAFETY PRECAUTIONS

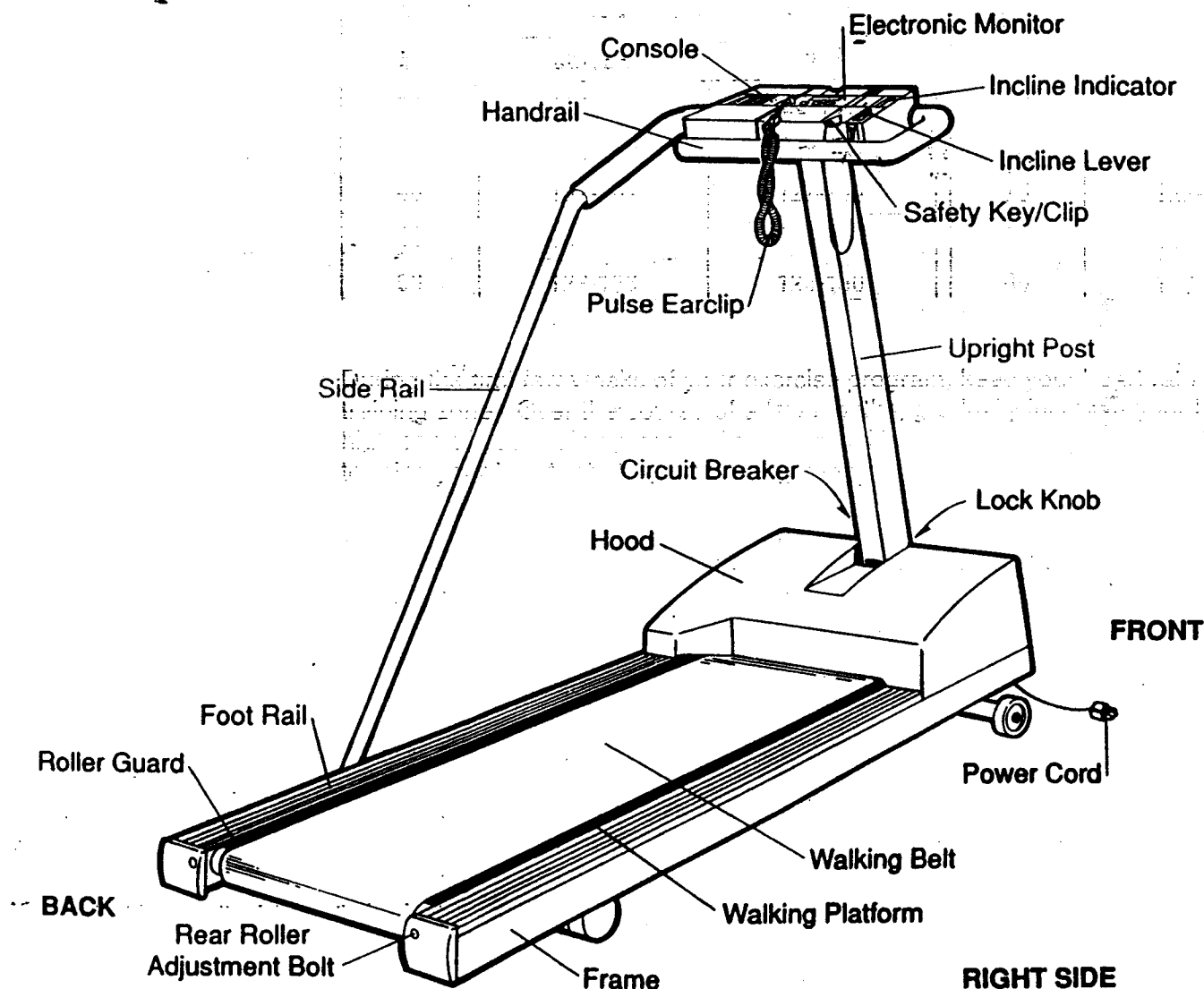
WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important safety precautions and information before operating the treadmill.

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill on thick carpet, near water or outdoors. 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 appliance 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 six to ten 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 are damaged, or if the treadmill is not working properly. (Refer to the BEFORE YOU BEGIN section of this manual if the treadmill is not working properly.)
4. Wear appropriate exercise attire when using the treadmill. Do not wear loose 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 recommended for both men and women.
5. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
6. Never allow more than one person on the treadmill at a time. Use the treadmill only as described in this manual.
7. Keep small children away from the treadmill during operation. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.
8. Never drop or insert any object into any opening.
9. 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.
10. This treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.

SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

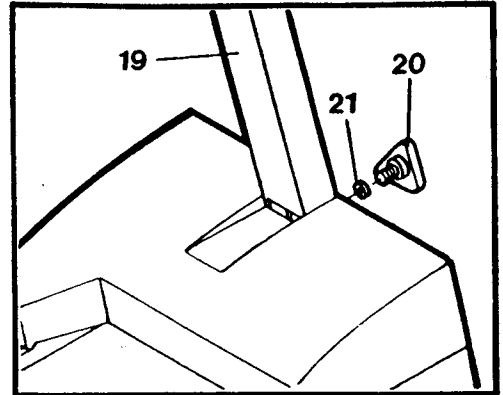
Thank you for purchasing a Weslo CADENCE 4250 treadmill. The CADENCE 4250 combines advanced technology with innovative design to provide you with an enjoyable and effective form of cardiovascular exercise in the convenience of your home. This manual is provided to help you understand the simple assembly and operation of 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). Please mention the treadmill model number and serial number when calling. The model number is printed 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 further, please review the drawing below and familiarize yourself with the parts labeled.



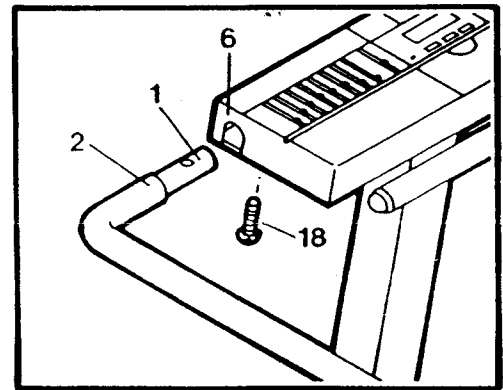
ASSEMBLY

Set the treadmill in a cleared area and remove the packing materials. **Be sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using a standard screwdriver (not included).

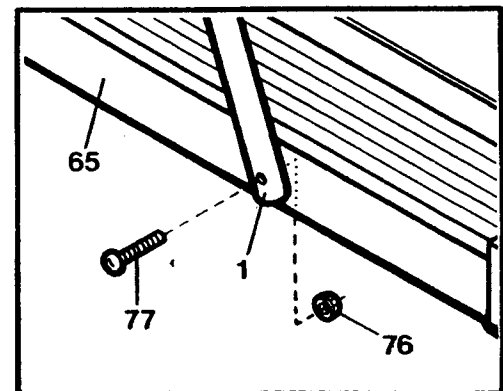
1. Raise the Upright Post (19) to a vertical position. Insert the Lock Knob (20) with the Lock Knob Washer (21) into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Slide the upper end of the Side Rail (1) into the opening in the left side of the Console (6). Insert the Short Side Rail Bolt (18) through the metal plate under the Console, and tighten the Bolt into the Side Rail. Note: If the Side Rail cannot be inserted into the Console far enough to attach the Bolt, roll back the Side Rail Foam Grip (2) slightly.



3. Align the hole in the lower end of the Side Rail (1) with the hole in the Frame (65). Insert the Side Rail Bolt (77) through the Side Rail and Frame. Reach under the Frame and thread the Side Rail Nut (76) onto the end of the Bolt. Tighten the Lock Knob (see step 1).



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

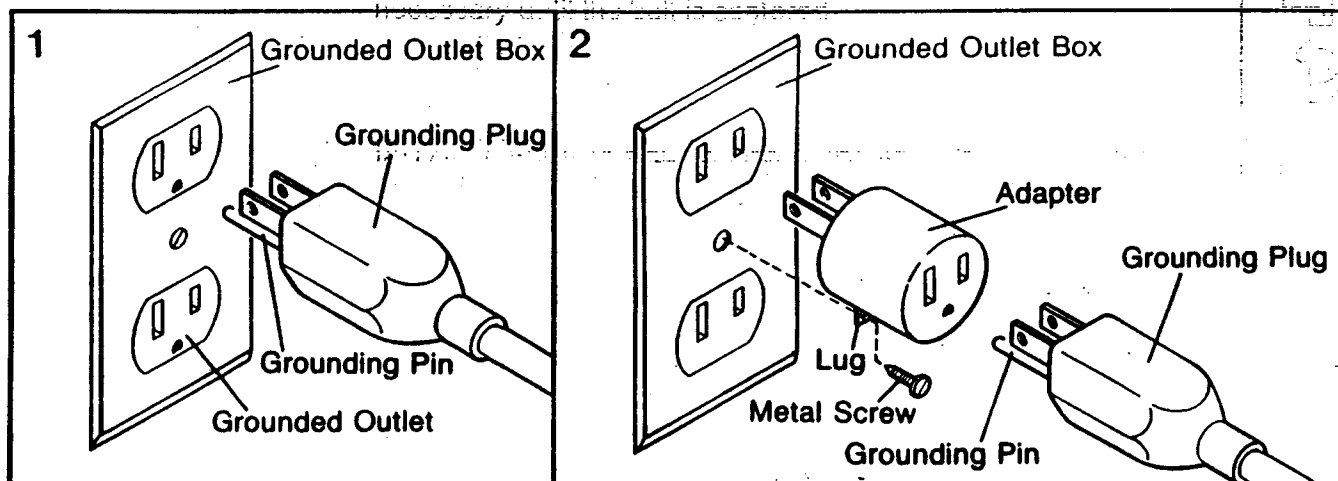
OPERATION AND ADJUSTMENT

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.**

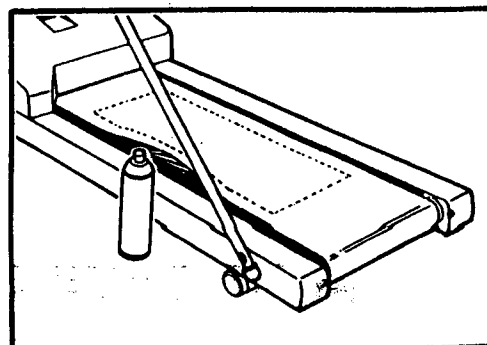
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, 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.**



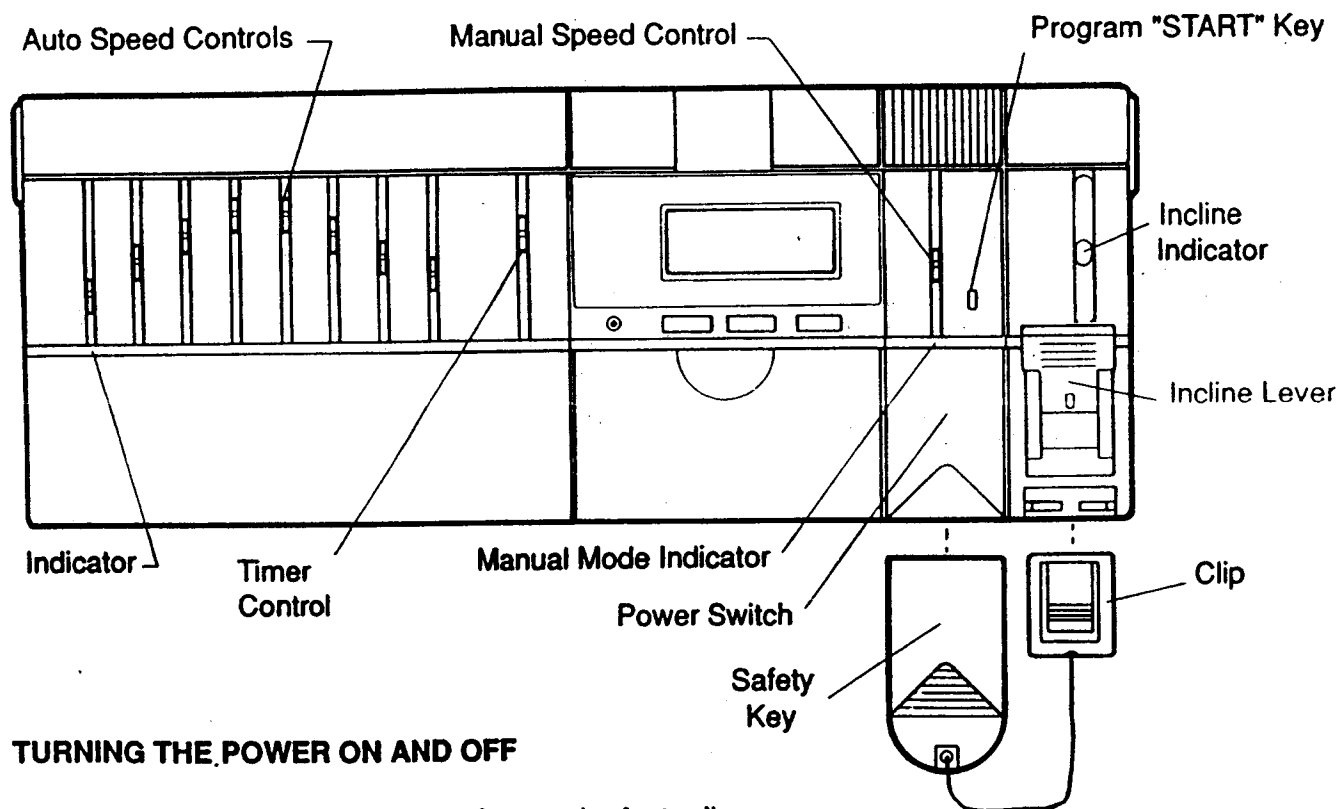
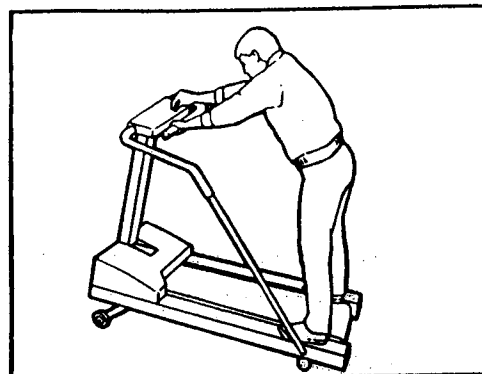
SILICONE APPLICATION

To maintain the low-friction quality of the treadmill belt and reduce treadmill wear, a **non-oil, non-petroleum base silicone lubricant** should be applied generously to the walking platform. (Silicone lubricant is available at most hardware and automotive stores.) It is very important to apply silicone lubricant before initial use of the treadmill. Lubricant should also be applied after every 10 hours of use or whenever a decrease in performance is noticed. **Unplug the power cord, lift each side of the treadmill belt and apply the lubricant generously to the area indicated.**



INCLINE ADJUSTMENT

To vary the level of exercise intensity, the incline of the treadmill can be changed, using the lever on the right side of the console. **Do not adjust the incline while you are walking or running on the treadmill.** To increase the incline of the treadmill, **stand toward the rear of the foot rails** and pull back the lever. When the desired incline is reached, release the lever. To decrease the incline, **stand toward the front of the foot rails**, lean forward if necessary, and pull back the lever until the desired incline is reached. There is an incline indicator located above the incline lever on the console. The indicator measures the incline of the treadmill.



TURNING THE POWER ON AND OFF

1. Stand on the treadmill with your feet on the foot rails.
2. Attach the clip on the safety key to the waistband of your clothing. Insert the safety key into the power switch. The manual mode indicator above the switch will light. **CAUTION: For your safety, always wear the clip when operating the treadmill.** If you fall while exercising, the safety key will be pulled from the power switch, instantly turning the power off.
3. To turn the power off, remove the safety key.

SPEED ADJUSTMENT

The speed of the walking belt can be controlled either manually, or using the programmable mode. The manual mode indicator will light to show whether the console is in the manual or programmable mode.

MANUAL MODE

1. After the power is turned on, move the manual speed control to the "Reset" position. **Note: Each time the power is turned on, the control must be moved to the "Reset" position before the walking belt can be started.**
2. Move the speed control slowly forward until the walking belt begins to move at slow speed.
3. Holding the handrail firmly, step onto the walking belt and begin exercising.
4. Move the speed control slowly forward or backward until the walking belt is moving at the desired speed. **CAUTION: Always move the speed control slowly to avoid sudden jumps in speed.**

PROGRAMMABLE MODE

The programmable mode allows you to set the length of time you plan to exercise, and program eight speed settings. With the touch of a key, the console will control the speed of the walking belt automatically, leaving you free to concentrate on your workout.

1. Move the manual speed control to the "PROGRAM" position. (This is also the "Reset" position.) **Note: If the manual speed control is moved from the "PROGRAM" position at any time, the console will revert to the manual mode. There may be a brief pause before the walking belt begins to move.**
2. Set the timer control for the length of time you plan to exercise, from 5 to 40 minutes.
3. Set the eight auto speed controls to the desired speeds. **CAUTION: Low speed settings are recommended until you are familiar with the operation of the treadmill. Do not set adjacent auto speed controls to greatly differing speeds. Sudden jumps in speed may cause loss of balance while running.**
4. Press the program "START" key. The indicator below the first auto speed control will light, and the walking belt will begin to move at the first speed setting. After one-eighth of the length of time you set has elapsed, the indicator below the second auto speed control will light, and the treadmill belt will change to the second speed setting. (All eight auto speed controls will be activated for one-eighth of the length of time set.) When the length of time you set has elapsed, the walking belt will slow to a stop and the console will revert to the manual mode.

Note: The auto speed controls can be changed while the program is running, if desired. To return the console 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 reset the console. The programmable mode can then be restarted or the treadmill can be operated in the manual mode.

The console has been designed to remain operational if the programmable mode or the electronic monitor 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.

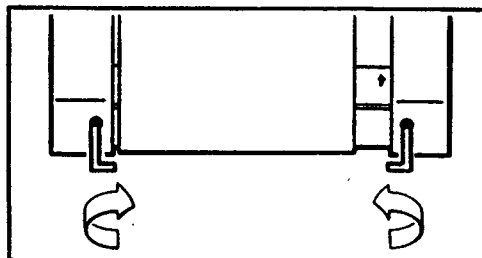
MAINTENANCE AND TROUBLE-SHOOTING

Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the console.

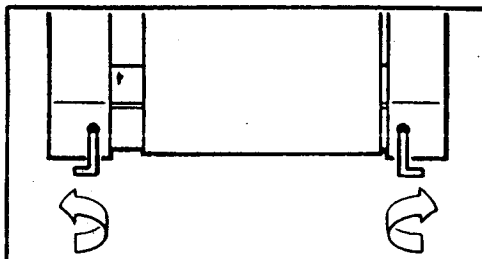
WALKING BELT ADJUSTMENT

The walking belt should always be kept centered on the walking platform. If the belt shifts to the right or left sides of the platform, the belt may be damaged by the roller guard screws. The belt can be adjusted using the rear roller adjustment bolts and the allen wrench included. **CAUTION: ALWAYS TURN THE POWER OFF BEFORE ADJUSTING THE WALKING BELT.**

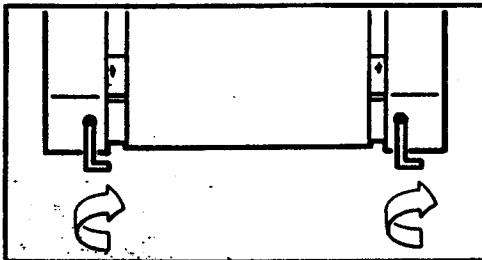
IF THE WALKING BELT HAS SHIFTED TO THE LEFT:
TURN THE POWER OFF. Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.



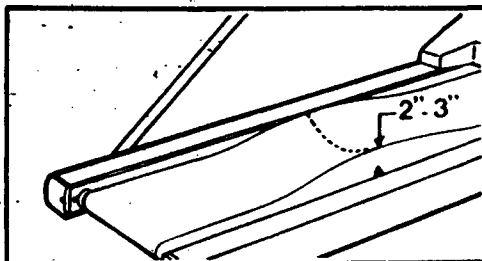
IF THE WALKING BELT HAS SHIFTED TO THE RIGHT:
TURN THE POWER OFF. Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.



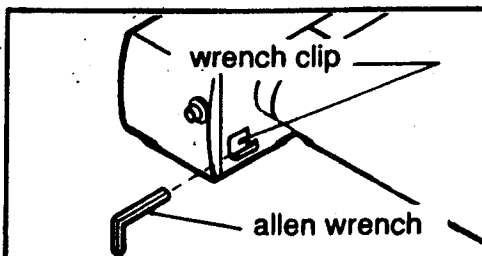
IF THE WALKING BELT SLIPS DURING USE: TURN THE POWER OFF. Turn both adjustment bolts clockwise 1/4 of a turn. Turn the power on. Repeat as necessary until the belt does not slip. Be careful not to overtighten the bolts. Overtightening can stretch the belt, cause excessive roller noise, and reduce motor performance.



To check the walking belt for proper tension, **TURN THE POWER OFF**, and lift the edges of the walking belt. You should be able to lift each edge 2-3 inches off the walking platform. The center of the belt should remain just at the surface of the platform.

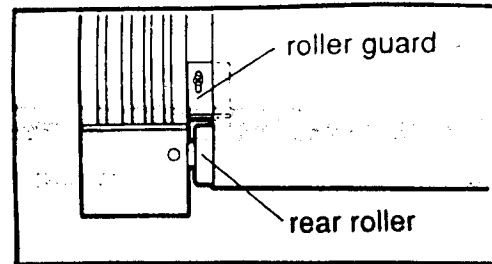


The allen wrench can be stored conveniently on the self-adhesive wrench clip.



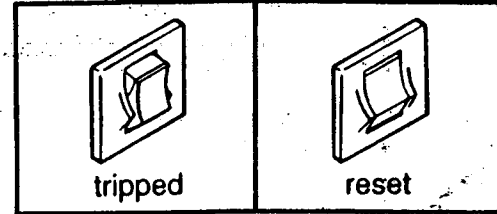
ROLLER GUARD ADJUSTMENT

The rear edge of the roller guards should be 1/8 inch 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 in.



PULSE EARCLIP

If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the two clear bubbles inside the earclip using a cotton swab saturated with denatured alcohol.

INCLINE INDICATOR

To adjust the incline indicator on the console, first lower the treadmill to minimum incline. Gently press the ends of the indicator, using a pen or similar object, until the bubble in the indicator shows level 1.

STORAGE

Always unplug the power cord when the treadmill is not in use. To convert the treadmill to the storage position, first remove the nut and bolts from the upper and lower ends of the side rail. Store the nut and bolts in a secure location. Loosen the lock knob and lay the upright post on the treadmill. Lay the side rail on the treadmill. The treadmill can be moved by lifting the back end and pushing or pulling the treadmill on the front wheels.

CONDITIONING GUIDELINES

The following guidelines will help you plan and regulate your personal fitness program. **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 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 find 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, 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.

You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the Electronic Monitor Operation Guide). Set the monitor for 4 minutes, and exercise at a comfortable pace until the 4 minutes elapse. Measure your heart rate immediately using the Pulse function. If your heart rate is below your training zone, increase your level of exertion. If your heart rate is too high, reduce your level of exertion.

WORKOUT PATTERN

Every workout should consist of 5 important parts: 1. Resting, 2. Warming up, 3. Training zone exercise, 4. Cooling down, 5. Resting. Warming up should be a part of every workout, preparing the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. 5-10 minutes of stretching will provide a good warm-up. After warming up, begin exercising with low intensity. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for a period of 20-30 minutes. To aid circulation, and help prevent soreness, finish your workout with 5-10 minutes of stretching or light exercise.

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 **CONSISTENCY.**

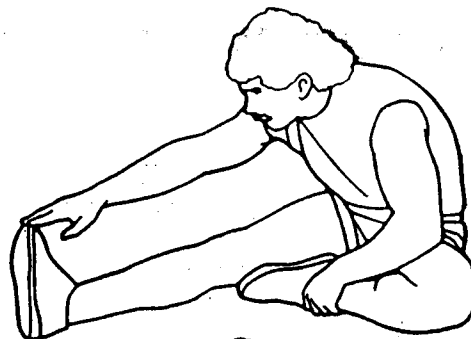
SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch--never bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, lower back and groin.



INNER THIGH STRETCH

Sit with the soles of your feet together and knees outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

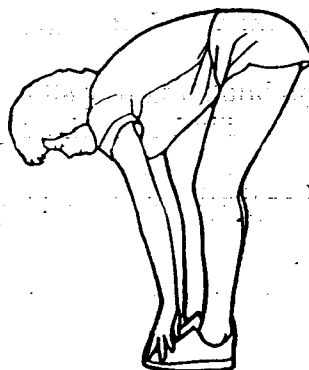
Stretches: Quadriceps, hip muscles.



TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

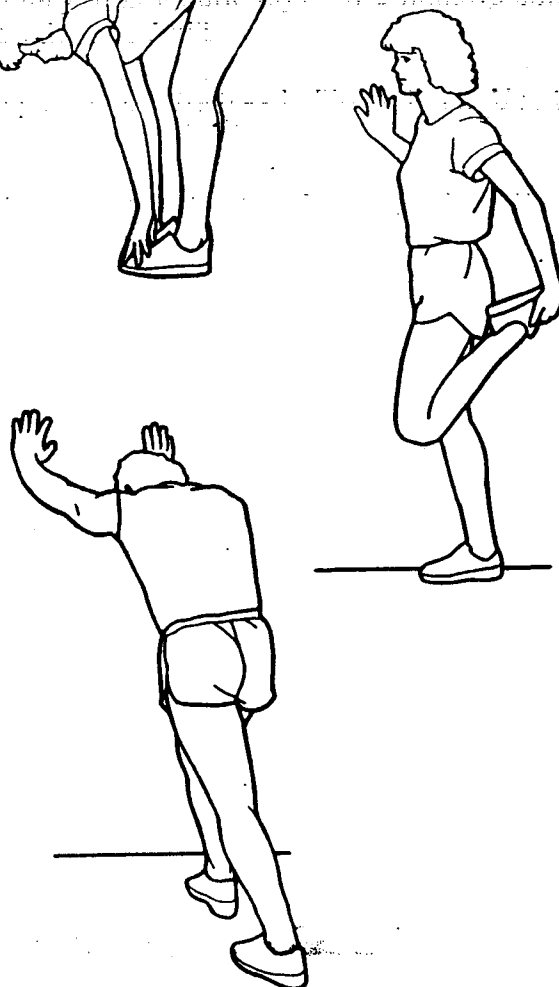
Stretches: Hamstrings, back of knees, back.



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.

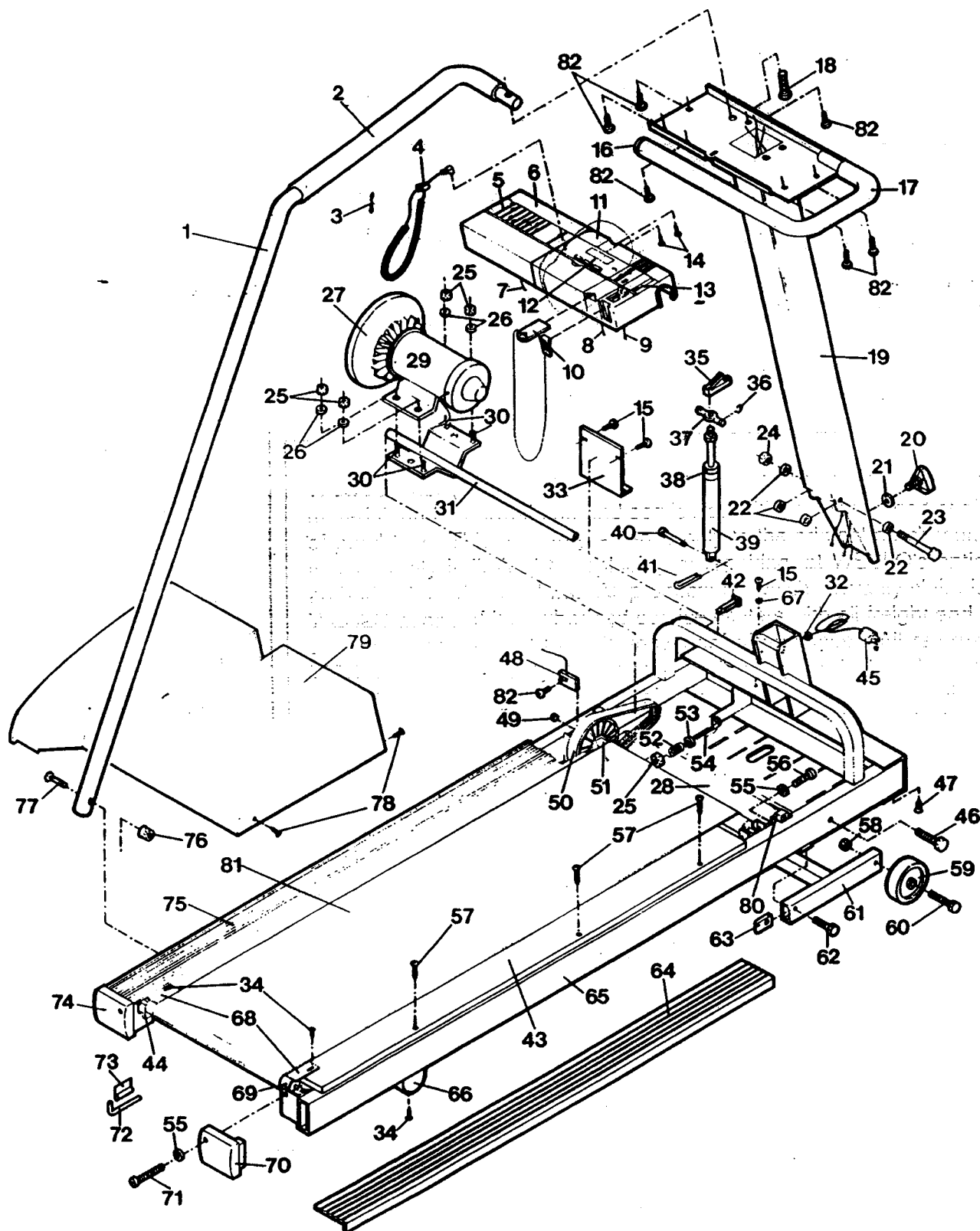
Stretches: Calves, achilles tendons, and ankles.

PART LIST—Model No. WL425010

Rev. 1/92

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

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



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered conveniently by calling our Customer Service Department toll-free at **1-800-999-3756**, 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 (WL425010).
 2. The **NAME** of the product (Weslo CADENCE 4250 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.