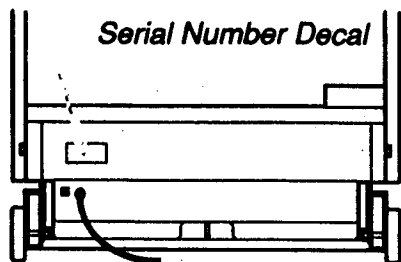


WESLO® **CADENCE™ 016ETS**

*ph/Power Incline/1.5 HP Safe-Start DC Motor/Programmable Speed
Extended Tread Surface/Adjustable Suspension Deck/Made in the U.S.A.*

Model No. WL460021

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.

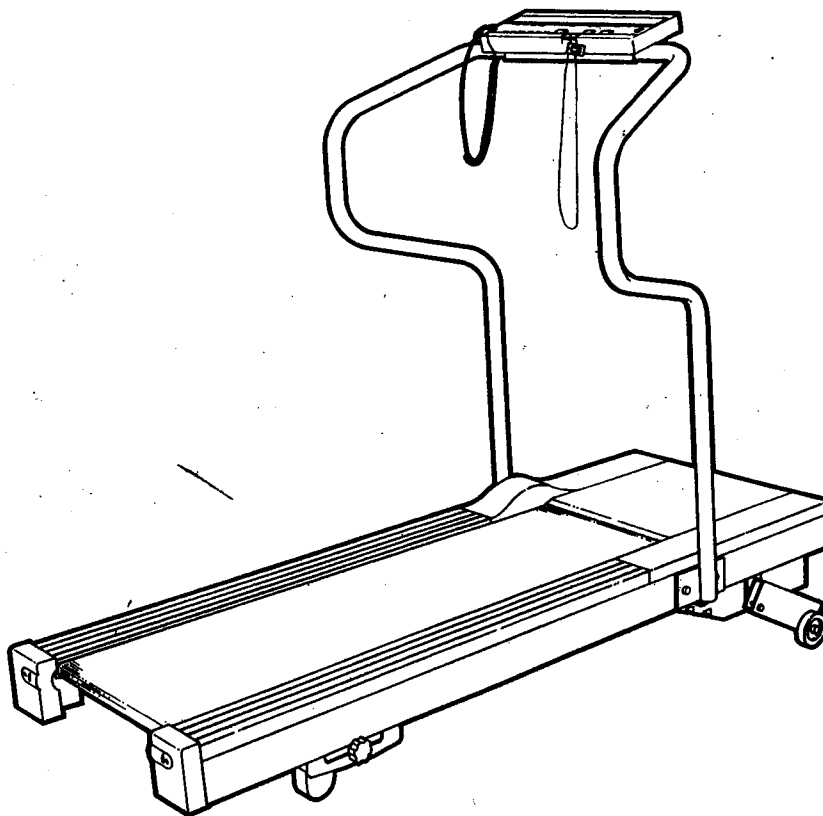
CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

⚠ WARNING!

Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.



OWNER'S MANUAL

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 blocks 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 appliance should be on the same circuit. (See OPERATION AND ADJUSTMENT in 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 BEFORE YOU BEGIN in this manual if the treadmill is not working properly.)
4. Wear appropriate exercise clothing 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.
5. 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.
6. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
7. Never allow more than one person on the treadmill at a time. The treadmill should not be used by persons weighing more than 250 pounds.
8. 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.
9. Never drop or insert any object into any opening.
10. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
11. The treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.
12. Use the treadmill only as described in this manual.
13. 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.

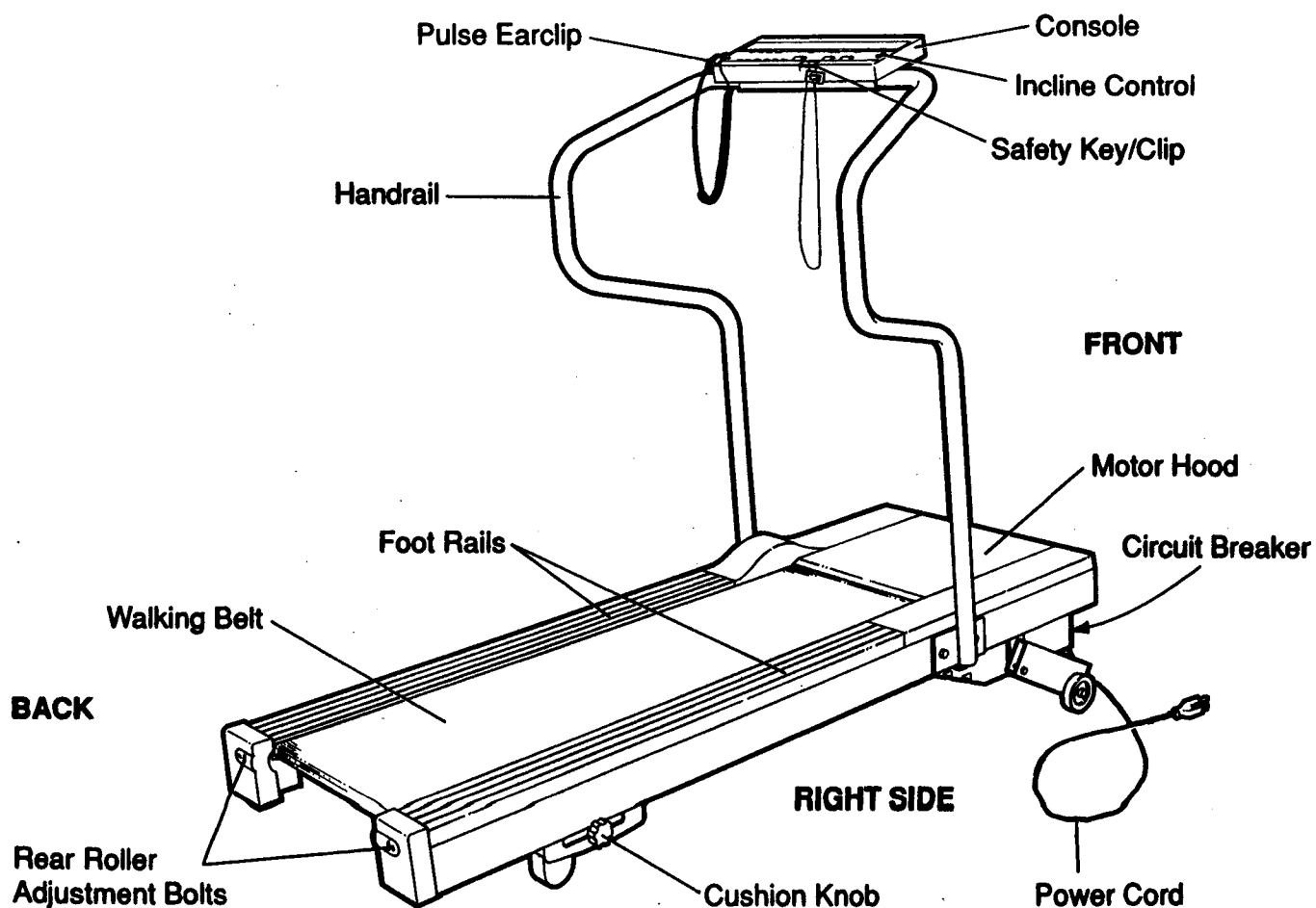
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WESLO assumes no responsibility for personal injury or property damage sustained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

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BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE 1016 ETS treadmill. The CADENCE 1016 ETS combines state-of-the-art technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience of your home. **For your safety and benefit, read this manual carefully before using this 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 mention your product model number and serial number when calling. The model number is WL460021. The serial number is recorded 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.

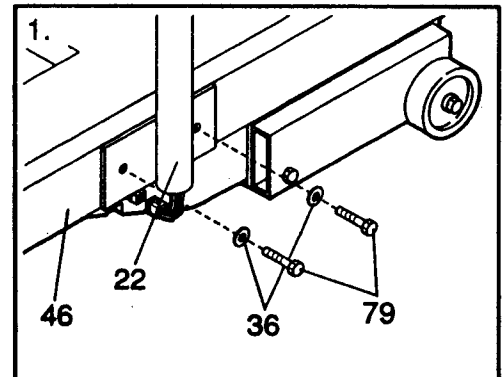


ASSEMBLY

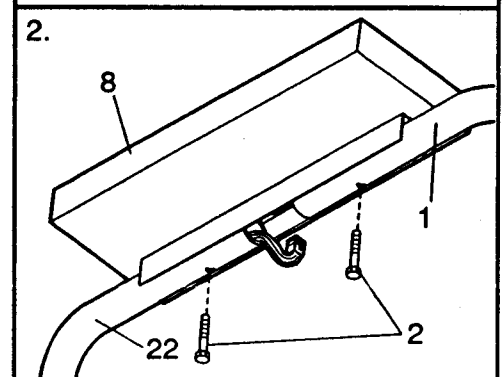
Set the treadmill in a cleared area and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.**

TOOLS NEEDED FOR ASSEMBLY: Adjustable wrench

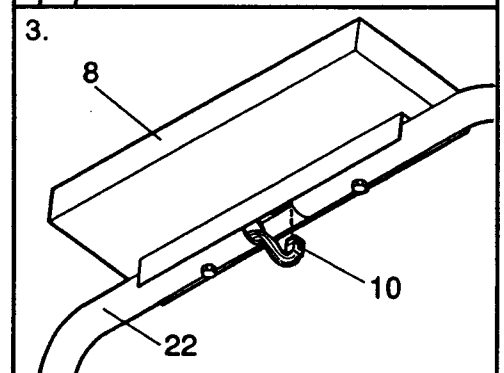
1. Align the lower end of the Right Handrail (22) with the holes in the side of the treadmill Frame (46). Attach the Handrail with two Short Handrail Bolts (79) and Handrail Washers (36). **Be careful not to pinch the wires in the Handrail.** Do not fully tighten the Bolts. Attach the Left Handrail (not shown) in the same manner.



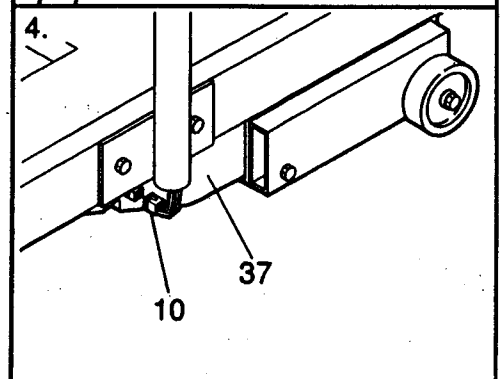
2. Place the Console (8) on the upper end of the Left and Right Handrails (1, 22) as shown. Attach the Console with two Long Handrail Bolts (2). **Be careful not to pinch the wires in the Handrail.** Do not fully tighten the Bolts.



3. Plug the Handrail Wire Harness (10), located in the Right Handrail (22), into the connector on the underside of the Console (8). If the Harness does not fit easily, turn it; do not force the Harness into the connector. The small latch on the Harness should snap onto the connector.



4. Plug the lower end of the Handrail Wire Harness (10) into the connector on the right side of the Belly Pan (37). If the Harness does not fit easily, turn it; do not force the Harness into the connector. The small latch on the Harness should snap onto the connector.



Firmly tighten the Bolts at the lower and upper ends of both Handrails (see steps 1 and 2).

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

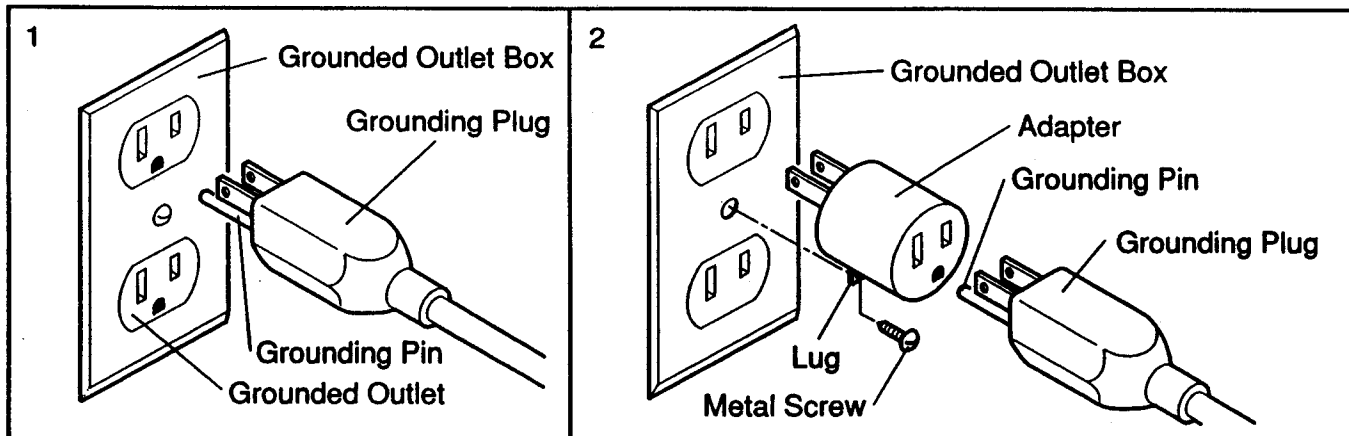
OPERATION AND ADJUSTMENT

PLUGGING THE POWER CORD IN

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. **Plug the power cord 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.

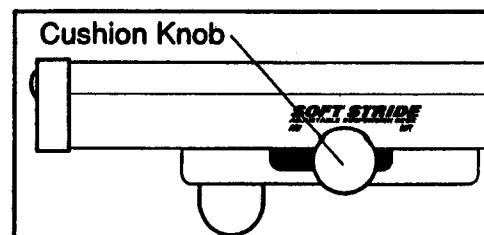
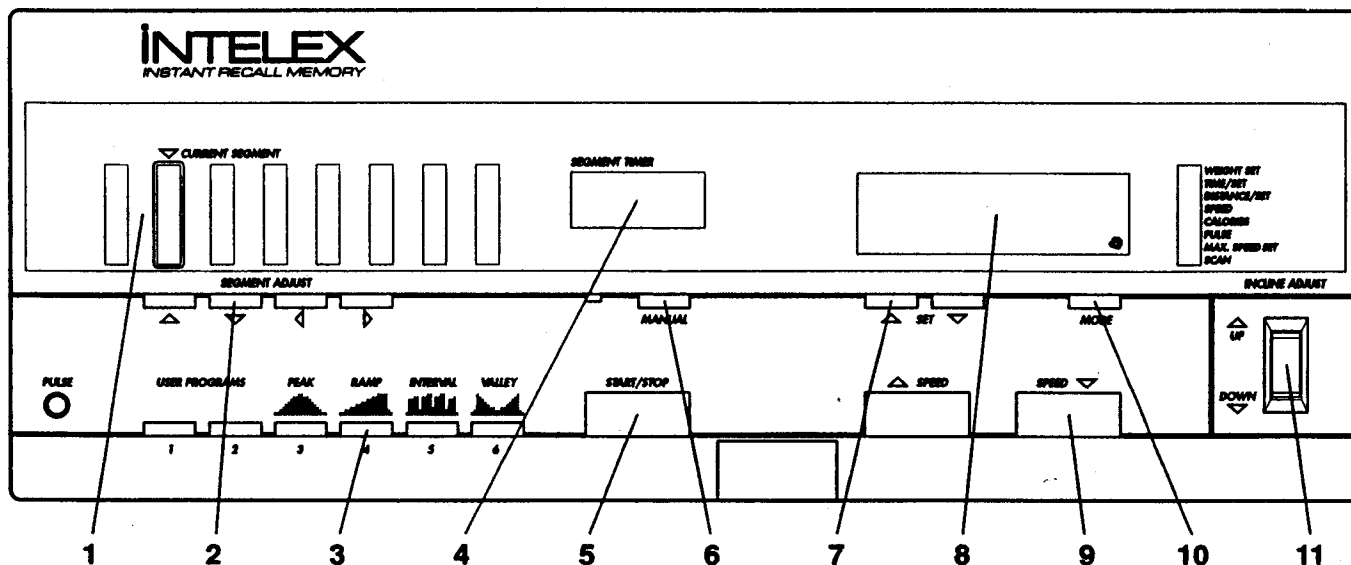


DIAGRAM OF THE CONSOLE

The sophisticated INTELEX console is designed to help you get the most from your workouts. In the manual mode, the speed of the walking belt can be controlled with the touch of a button. As you exercise, the console will give you instant feedback on your performance. In the program mode, the console will guide you through any of four preset workout programs, each designed to give you a different type of workout. Or, you can create your own workout programs, and store them in memory for future use. Please read these instructions carefully before using the console.

If there is a piece of clear protective film on the console, remove it.



1. PROGRAM DISPLAY—This display shows the speed settings of user programs and preset programs.
2. SEGMENT ADJUST BUTTONS—These buttons are used to program or change speed settings for user programs and preset programs.
3. PROGRAM BUTTONS—These buttons are used to select user programs and preset programs.
4. SEGMENT TIMER DISPLAY—This display shows the time remaining in the current segment when user programs or preset programs are in progress.
5. START/STOP BUTTON—This button starts and stops the console.
6. MANUAL BUTTON—This button switches the console to the manual mode.
7. SET BUTTONS—These buttons are used to set values for the WEIGHT SET, TIME/SET, DISTANCE/SET and MAX. SPEED SET modes.
8. MONITOR DISPLAY—This display shows all of the monitor modes.
9. SPEED BUTTONS—These buttons are used to control the speed of the walking belt.
10. MODE BUTTON—This button is used to select monitor modes. Modes are selected in the following order: WEIGHT SET, TIME/SET, DISTANCE/SET, SPEED, CALORIES, PULSE, MAX. SPEED SET and SCAN.
11. INCLINE CONTROL—This switch controls the incline level of the treadmill.

TURNING ON THE POWER

Stand on the foot rails of the treadmill. Find the clip attached by a cord to the safety key. Slide the clip onto the waistband of your clothing.

▲ WARNING: Do not stand on the walking belt when turning the power on. Always wear the clip when operating the treadmill. If you fall while exercising, the safety key will be pulled from the console, instantly turning the power off.

Insert the safety key into the front of the console. Various indicators on the console will light. Note: If the safety key is in the console when the power cord is plugged in, a "PO" will appear in the MONITOR display. If a "PO" appears, remove the safety key, wait for ten seconds and then reinsert it.

CHANGING THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. To increase the incline, press the end of the INCLINE control labeled "UP." To decrease the incline, press the end of the INCLINE control labeled "DOWN."

MANUAL MODE OPERATION

When the power is turned on, the console will be in the manual mode and the walking belt will be stationary. The speed of the walking belt can be controlled by pressing the SPEED buttons. Each time one of the buttons is pressed, the speed will change by 0.1 mile per hour. The buttons can be held down to change the speed rapidly. The speed can be changed from a minimum of 0.5 miles per hour, up to a maximum of 10 miles per hour, in increments of 0.1 mile per hour.

▲ WARNING: After the SPEED buttons are pressed, it will take a few seconds for the walking belt to reach the selected speed setting. Adjust the speed gradually until you are familiar with the operation of the treadmill.

Press the SPEED increase button until the walking belt begins to move at slow speed. Step carefully onto the walking belt and begin exercising. Change the speed as desired by pressing the SPEED buttons. To stop the walking belt, hold down the SPEED decrease button. The walking belt can be stopped quickly, if desired, by pressing the START/STOP button.

SELECTING MONITOR MODES

The console offers a wide selection of monitor modes to give you instant feedback on your performance as you exercise. The modes can be selected by repeatedly pressing the MODE button. Mode indicators will light to show which mode is currently displayed. Press the START/STOP button to start or stop the modes. The mode indicators will flash to show when the modes are stopped. The MONITOR display can be reset, if desired, by removing the safety key and then reinserting it. The monitor modes are described below.

WEIGHT SET: For the CALORIES mode to be accurate, this mode should be selected and your weight should be entered into the console. Press the SET buttons to enter your weight, in pounds. Each time one of the buttons is pressed, the weight displayed will change by 1 pound. The buttons can be held down to enter your weight quickly.

TIME/SET: This mode displays the elapsed time. This mode also allows time goals to be set. To set a time goal, first select the TIME/SET mode. (Make sure the SCAN mode is not selected.) Make sure the mode is stopped, and press the SET buttons to set the length of time you plan to exercise. Each time one of the buttons is pressed, the time displayed will change by 10 seconds. The buttons can be

held down to set a time goal rapidly. As you exercise, the time will be counted down. When the time goal is completed, a tone will sound and the walking belt will slow to a stop.

DISTANCE/SET: This mode displays the total distance you have walked or run. This mode also allows distance goals to be set. To set a distance goal, first select the DISTANCE/SET mode. (Make sure the SCAN mode is not selected.) Press the SET buttons to set the distance you plan to walk or run. Each time one of the buttons is pressed, the distance displayed will change by 0.1 miles. The buttons can be held down to set a distance goal rapidly. As you exercise, the distance will be counted down. When the distance goal is completed, a tone will sound and the walking belt will slow to a stop.

SPEED: This mode displays the speed of the walking belt. Note: Each time one of the SPEED buttons is pressed, this mode will be displayed automatically for approximately 5 seconds.

CALORIES: This mode displays the total number of Calories you have burned. For accuracy, first select the WEIGHT SET mode and enter your weight into the console.

PULSE: This mode displays your heart rate. Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. Slide the metal clothes clip onto the earclip wire and attach the clothes clip to your collar. After a few seconds, your heart rate will be displayed. Note: If your heart rate is not displayed, rub your ear lobe lightly and reposition the earclip.

MAX. SPEED SET: This mode is used to select maximum speed settings for user programs and preset programs. Note: This mode can be selected only when user programs or preset programs are selected.

SCAN: This mode automatically displays all modes except WEIGHT SET and MAX. SPEED SET, for approximately 5 seconds each, in a repeating cycle. Note: The PULSE mode will be displayed only if the pulse earclip is worn.

PROGRAM MODE OPERATION

CREATING A USER PROGRAM

Press the USER PROGRAM 1 or USER PROGRAM 2 button. A "U1" (USER 1) or "U2" (USER 2) will appear for five seconds in the SEGMENT TIMER display to show which program you have selected.

The first step in creating a user program is to select a maximum speed setting for the program. The maximum speed setting is preset at 3 miles per hour, as shown in the MONITOR display. The maximum speed setting can be changed, if desired, by pressing the SET buttons. Each time one of the buttons is pressed, the setting will change by 0.1 mile per hour. The buttons can be held down to change the setting rapidly. The maximum speed setting can be from 3 miles per hour up to 10 miles per hour. Note: The minimum speed setting for the program is preset at 1 mile per hour, and cannot be changed.

Each program consists of twenty equal time periods, called segments. A different speed setting can be programmed for each segment. The program segments are displayed in the vertical columns of the PROGRAM display. Up to eight segments are displayed at a time: the segment most recently completed, the current segment, and the next six upcoming segments. The lighted indicators in each vertical column show the speed setting programmed for the segment displayed. One lighted indicator represents 1 mile per hour, and eight lighted indicators represents the maximum speed setting. If a program has not previously been created, four indicators will be lighted in each column.

To program a speed setting for the first program segment, displayed in the CURRENT SEGMENT column, press the SEGMENT ADJUST increase or decrease buttons until the desired number of

indicators is lighted. Each time the increase button is pressed, the speed setting will increase; every fourth time the button is pressed, an additional indicator will light. The button can be held down to increase the speed setting rapidly. The SEGMENT ADJUST decrease button operates in the same manner to decrease the speed setting. When the desired speed setting has been programmed, press the SEGMENT ADJUST left button. The first program segment will move to the left, and the second segment will be displayed in the CURRENT SEGMENT column. Program a speed setting for the second segment in the same manner. Repeat this procedure until you have programmed speed settings for all twenty segments. You may wish to program slow settings for the first few segments, a combination of faster settings for the middle segments and slow settings for the final few segments. An endless variety of speed settings can be programmed.

Each program segment is preset to last for 1 minute, as shown in the SEGMENT TIMER display. (Since there are 20 segments, the program will last for 20 minutes.) The segments can be set to last for a different length of time, if desired. First, select the TIME/SET mode by repeatedly pressing the MODE button. (Make sure the SCAN mode is not selected.) Next, press the SET buttons to change the length of time the segments will last. Each time one of the buttons is pressed, the length of time will change by 1 second. (The length of time the program will last will be shown in the MONITOR display.) The buttons can be held down to change the length of time rapidly. The segments can be set to last for a minimum of 30 seconds, up to a maximum of 3 minutes.

To start the program, press the START/STOP button. The first program segment will be displayed in the CURRENT SEGMENT column, and the speed of the walking belt will change to the first setting. Step carefully onto the walking belt and begin exercising. The time remaining in the first segment will be shown in the SEGMENT TIMER display. When no time remains, the first segment will move to the left, the second segment will be displayed in the CURRENT SEGMENT column and the speed of the walking belt will change to the second setting. The program will continue in this manner until the twentieth segment is displayed in the CURRENT SEGMENT column and no time remains. The walking belt will then slow to a stop.

While the program is in progress, you can change the speed of the walking belt during the current segment, if desired, by pressing the SEGMENT ADJUST increase or decrease button. (The SPEED buttons will not operate while a user program or preset program is selected.) If you desire to stop the walking belt before the program has ended, press the START/STOP button. The console will then be in the same state as if the program had ended.

After the program has ended, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL button. The user program you have created will be stored in memory.

SELECTING A PRESET PROGRAM

Press the PEAK, RAMP, INTERVAL or VALLEY button. A "P1" (PEAK), "P2" (RAMP), "P3" (INTERVAL) or "P4" (VALLEY) will appear for five seconds in the SEGMENT TIMER display to show which program you have selected. The small diagrams above the PROGRAM buttons show how the speed of the walking belt will change during each program. During the PEAK program, for example, the speed will gradually increase and then gradually decrease.

After a program has been selected, a maximum speed setting should be selected for the program. This is done in the same manner as for a user program. Note: The minimum speed setting for the program will vary depending on the maximum speed setting. If the maximum speed setting is 3 miles per hour, the minimum speed setting will be 1 mile per hour. For each additional 1 mile per hour that the maximum speed setting is increased, the minimum speed setting will increase 0.5 miles per hour. For example, if the maximum speed setting is increased to 4 miles per hour, the minimum speed setting will be 1.5 miles per hour.

The first seven segments of the selected program will be shown in the PROGRAM display. If desired, the speed setting of any segment can be changed. Press the SEGMENT ADJUST left or right buttons until the segment you want to change is displayed in the CURRENT SEGMENT column. Press the SEGMENT ADJUST increase or decrease buttons to change the speed setting of the segment.

Next, set the length of time you want each program segment to last. This is done in the same manner as for a user program.

To start the program, press the START/STOP button. The program will run in exactly the same manner as a user program. After the program has ended, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL button. Although the settings of a preset program can be changed, any changes made to the speed settings will not be saved in memory.

TURNING OFF THE POWER

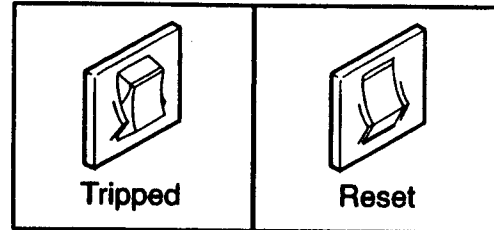
Remove the safety key from the console. Keep the safety key in a secure location. **Always remove the safety key from the console as soon as you finish using the treadmill.**

TROUBLE-SHOOTING

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 the power cord is plugged into a properly grounded outlet. (See OPERATION AND ADJUSTMENT in this manual.) If an extension cord is necessary, use only a 14-gauge general-purpose cord of approximately five feet in length.
- b. Make sure the safety key is fully inserted into the console. Various indicators on the console should light. (See OPERATION AND ADJUSTMENT in this manual.)
- 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, wait for five minutes and then press 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. Various indicators on the console should light.

3. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- a. Make sure the pulse earclip is plugged fully into the jack on the console. Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- b. Try standing still while measuring your pulse.
- c. 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.

⚠ 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.

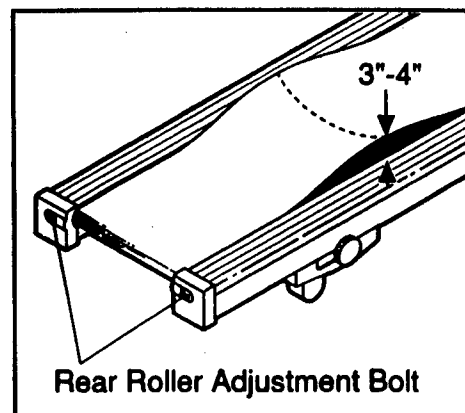
4. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- a. If a console malfunction occurs, an error code ("PO" or "EEEE") may appear on the display. If an error code appears, remove the safety key, wait for ten seconds and then reinsert the safety key. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

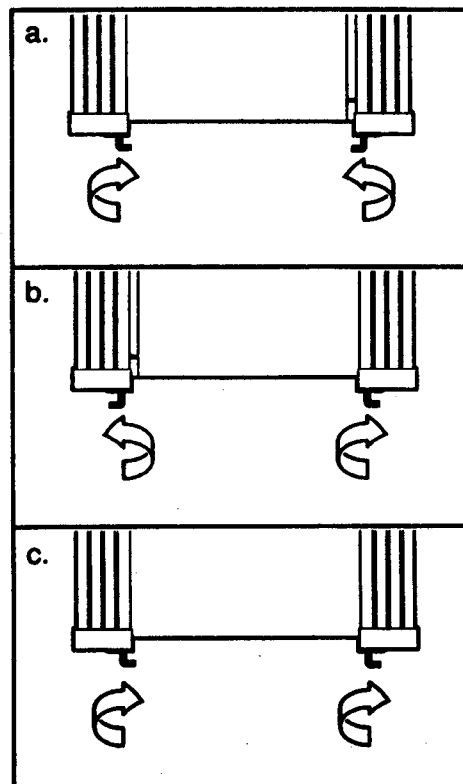
- a. Walk on the treadmill for 10 minutes to break in the walking platform. During this break-in period, it is normal for the walking belt to slow.
- b. If an extension cord is needed, use only a 14-gauge general-purpose cord of approximately five feet in length.

- c. If the walking belt is overtightened, treadmill performance may be reduced and the walking belt permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD**. With the allen wrench included, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. 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 just touch the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.

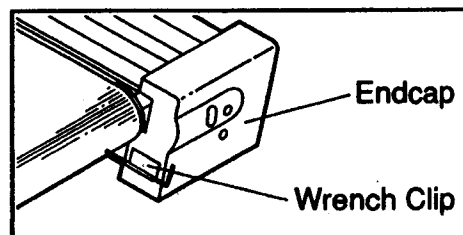


6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

- a. If the walking belt has shifted to the left, first remove the safety key from the console and **UNPLUG THE POWER CORD**. With the allen wrench included, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. Repeat as necessary until the walking belt is centered.
- b. If the walking belt has shifted to the right, first remove the safety key from the console and **UNPLUG THE POWER CORD**. With the allen wrench included, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. Repeat as necessary until the walking belt is centered.
- c. If the walking belt slips when walked on, first remove the safety key from the console and **UNPLUG THE POWER CORD**. With the allen wrench included, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. 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 just touch the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.



The allen wrench can be stored conveniently by removing the backing from the wrench clip and pressing it onto one of the endcaps.



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. WL460021

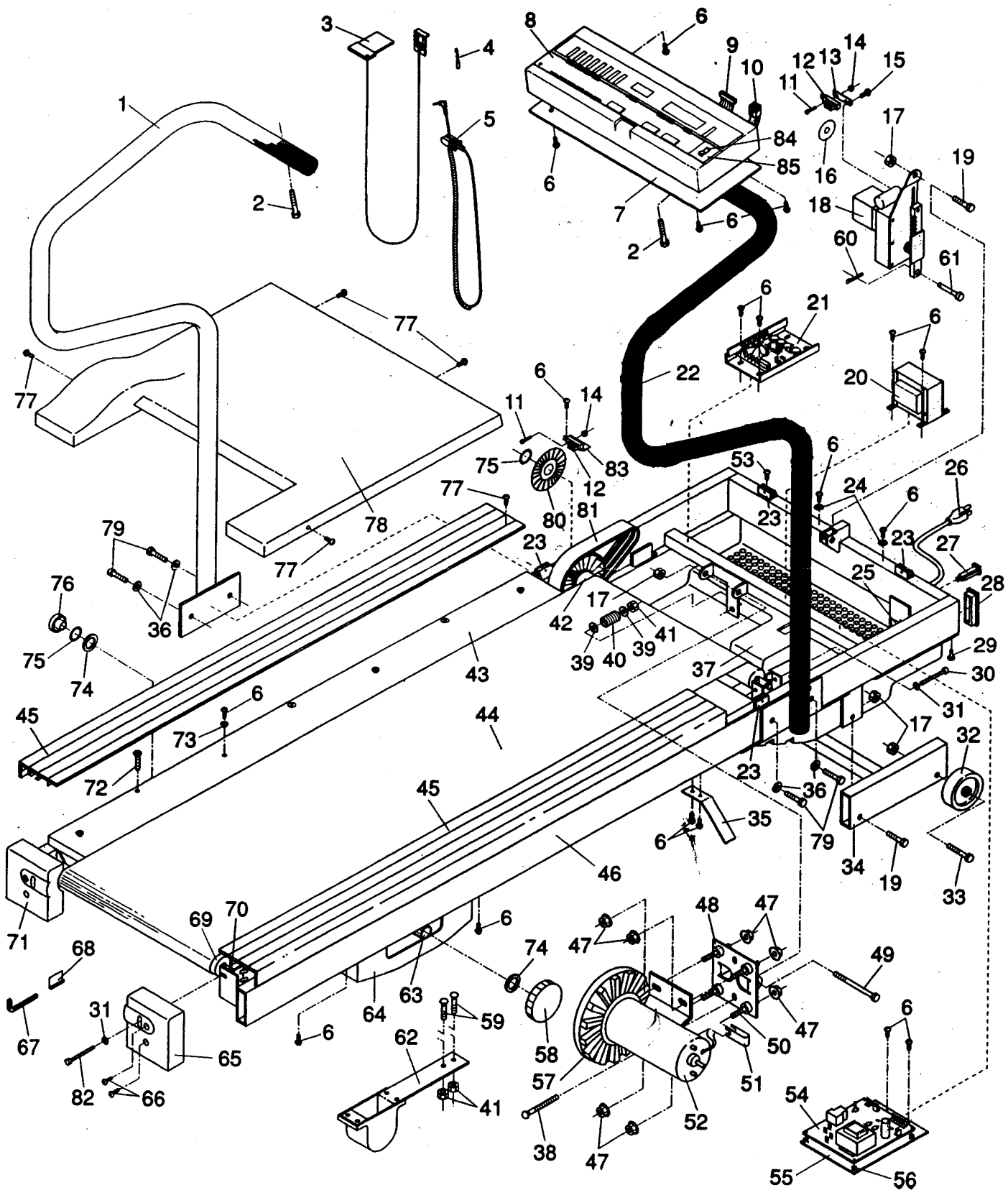
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Handrail	44	1	Walking Belt
2	2	Long Handrail Bolt	45	2	Foot Rail
3	1	Safety Key/Clip	46	1	Frame
4	1	Clothes Clip	47	8	Motor Mount Nut
5	1	Pulse Earclip	48	1	Motor Mount Plate
6	31	Small Screw	49	1	Motor Pivot Bolt
7	1	Console Plate	50	4	Motor Isolator
8	1	Console	51	1	Ground Strap
9	2	Short Wire Harness	52	1	Motor
10	1	Handrail Wire Harness	53	4	Hood Anchor Screw
11	2	Switch Bolt	54	1	Power Supply Board
12	2	Optic Switch	55	1	Mounting Plate
13	1	Incline Switch Bracket	56	4	Plastic Stand-Off
14	2	Switch Nut	57	1	Pulley/Flywheel/Fan
15	1	Incline Bracket Screw	58	1	Cushion Knob
16	1	Incline Optic Disk	59	4	Cushion Spring Bolt
17	6	Lock Nut	60	1	Cotter Pin
18	1	Incline Motor	61	1	Incline Motor Pin
19	3	Leg Bolt/Motor Bolt	62	2	Cushion Spring/Foot
20	1	Choke	63	1	Adjustment Rod
21	1	Controller	64	2	Cushion Cover
22	1	Right Handrail	65	1	Right Endcap
23	4	Hood Anchor	66	4	Endcap Screw
24	2	Ground Washer	67	1	Allen Wrench
25	1	Grommet	68	1	Wrench Clip
26	1	Power Cord	69	1	Rear Roller
27	1	Circuit Breaker	70	2	Rear Roller Spacer
28	2	Frame Endcap	71	1	Left Endcap
29	10	Belly Pan Pin	72	6	Platform Screw
30	1	Front Roller Adjustment Bolt	73	8	Foot Rail Washer
31	3	Roller Adjustment Washer	74	2	Rod Washer
32	2	Front Wheel	75	2	Retainer
33	2	Wheel Bolt	76	1	Rod Endcap
34	1	Incline Leg	77	6	Hood Screw/Foot Rail Screw
35	2	Belt Guide	78	1	Motor Hood w/Decal
36	4	Handrail Washer	79	4	Short Handrail Bolt
37	1	Belly Pan	80	1	Speed Optic Disk
38	1	Carriage Bolt	81	1	Belt
39	2	Flat Washer	82	2	Rear Roller Adjustment Bolt
40	1	Tension Spring	83	1	Speed Switch Bracket
41	5	Nut	84	1	Incline Control
42	1	Front Roller/Pulley	85	1	Bezel
43	1	Walking Platform	#	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.

Original Band is waxed.
EXPLODED DRAWING—Model No. WL460021

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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 (WL460021).
2. The NAME of the product (WESLO® CADENCE 1016 ETS 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.

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.

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