

CADENCE[®]

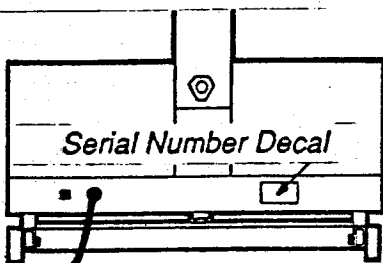
4750

weslo, inc.[®]

A Subsidiary of Weider Health and Fitness, Inc.

Model No. WL475010

Serial No. _____



PROGRAMMABLE SPEED/INCLINE
POWER INCLINE/CUSHION DECK
1.25 HORSEPOWER DC MOTOR

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.

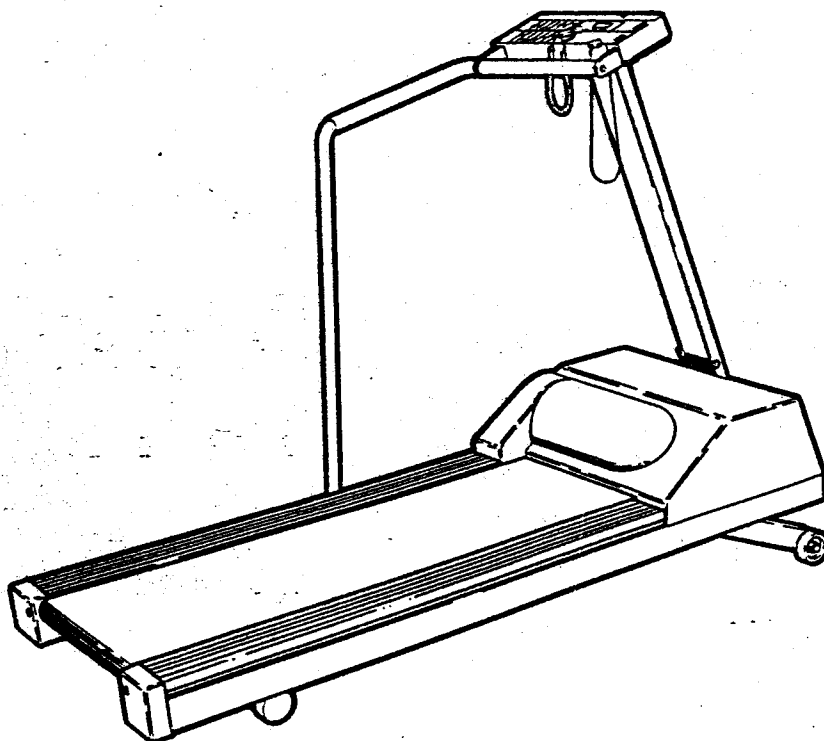
CUSTOMER HOT LINE:

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 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

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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 described 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.

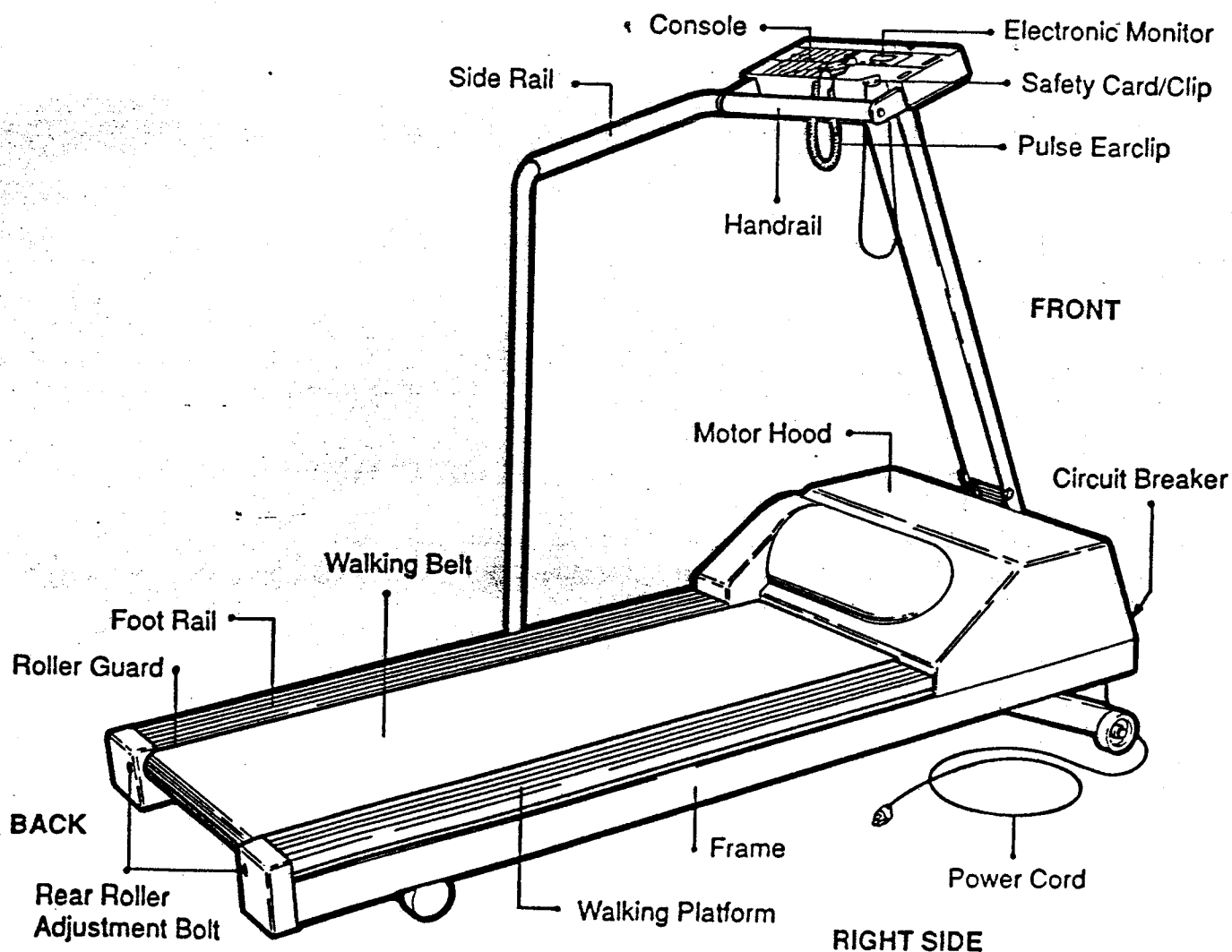
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the Weslo Cadence 4750 treadmill. The Cadence 4750 combines state-of-the-art technology with innovative design to let you enjoy an excellent cardiovascular workout at your convenience, in the privacy of your home. Your exercise on the Cadence 4750 will be enhanced by such features as a key-activated power switch, electronic speed and incline control, and a programmable exercise computer.

For your safety and benefit, read this manual carefully before using this equipment. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). In all communications regarding this product, please refer to your product model number and serial number. The model number is printed on the front cover of this manual. ~~The model number is printed on the front cover of this manual.~~ The serial number is recorded on a decal affixed to the product (see the drawing on the front cover for the location).

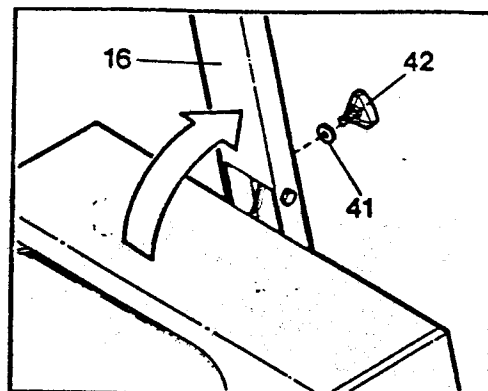
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



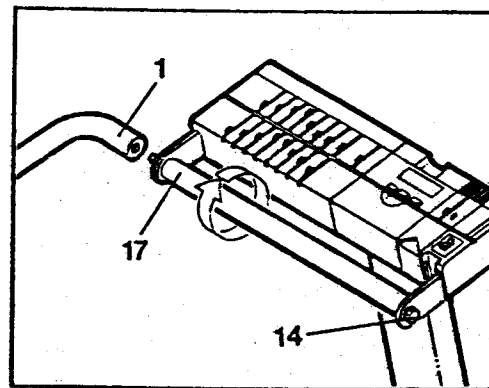
ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. Be sure that all parts are included before disposing of the packing materials. Refer to the Part List and Exploded Drawing on pages 14 and 15 for help with part identification, if necessary.

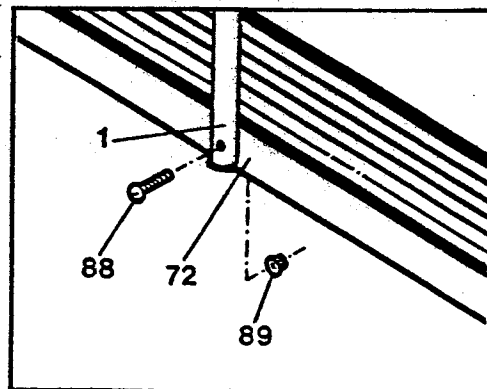
1. Raise the Upright Post (16) to a vertical position. Insert the Lock Knob (42), with the Lock Knob Washer (41) into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Align the upper end of the Side Rail (1) with the left end of the Handrail (17). 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 [14] 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 (72). Insert the Side Rail Bolt (88) through the Side Rail and Frame. Reach under the Frame and thread the Side Rail Nut (89) 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.

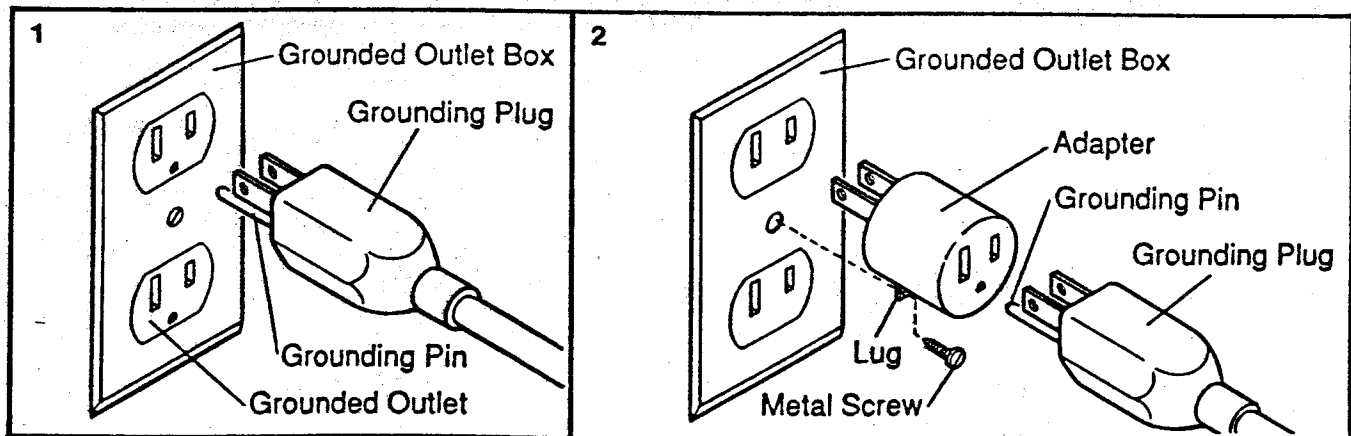
OPERATION AND ADJUSTMENT

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.



MAINTENANCE-FREE WALKING PLATFORM

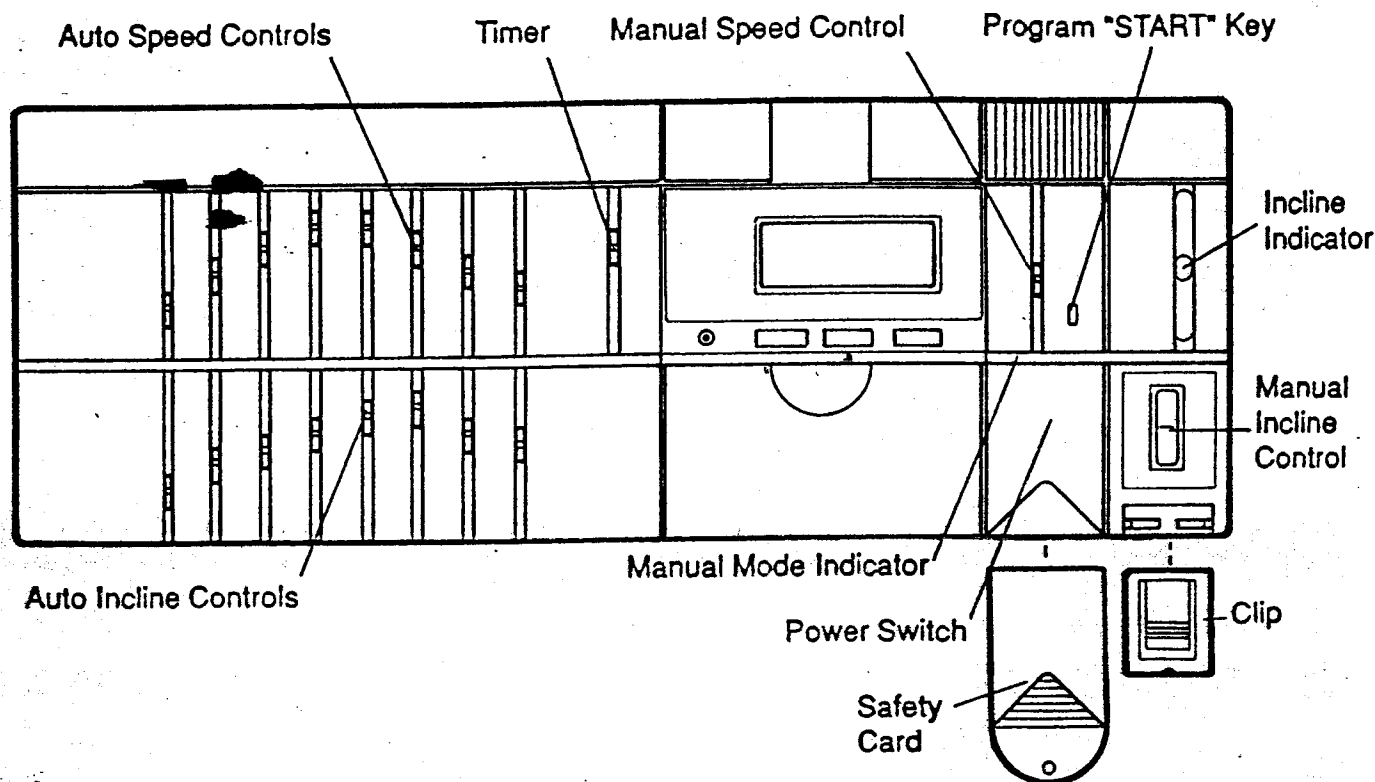
This treadmill features a walking platform with a specially designed, low friction surface. Do not apply silicone spray or any other substance to the walking platform or the walking belt. Such substances will deteriorate the surface of the platform and cause excessive wear.

ELECTRONIC MONITOR OPERATION

See the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual.

CONSOLE DIAGRAM

Please read all instructions carefully. Refer to the diagram below and to the bike console.

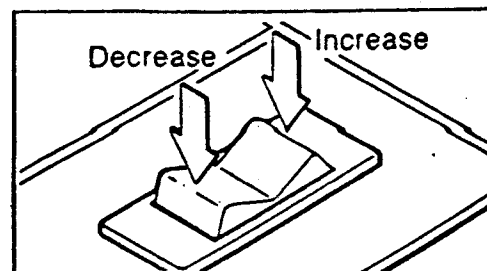


TURNING THE POWER ON AND OFF

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

MANUAL INCLINE ADJUSTMENT

To vary the level of exercise intensity, the incline of the treadmill can be changed. The incline control is located on the right side of the console. To increase the incline of the treadmill, press the front of the control until the desired angle is reached. To decrease the incline of the treadmill, press the back of the control. There is an indicator located above the incline control on the console to measure the incline of the treadmill.



MANUAL SPEED ADJUSTMENT

1. After the power is turned on, move the speed control to the "Reset" position. (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 forward until the treadmill belt begins to move at slow speed.
3. Hold the handrail firmly and step onto the treadmill belt.
4. Move the speed control slowly forward or backward until the belt is moving at the desired speed.

CAUTION: This treadmill is capable of high speeds. Always adjust 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 and incline settings. With the touch of a key, the treadmill computer then takes over, controlling the speed and incline of the treadmill automatically.

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 treadmill will revert to the manual mode. There may be a brief pause before the treadmill belt begins to move.

2. Set the timer control for the length of time that you plan to exercise, from 5 to 40 minutes.
3. Set the eight auto speed controls to the desired speeds.
4. **IMPORTANT NOTE:** 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.
5. Set the eight auto incline controls to the desired levels.

Press the program "START" key. The indicator between the first auto speed control and the first auto incline control will light, and the treadmill will begin to operate at the first speed and incline settings. After one-eighth of the total time has elapsed, the indicator between the second auto speed and incline controls will light, and the treadmill will adjust to the second speed and incline settings. (All eight auto speed and incline controls will be activated for one-eighth of the length of time set.) When the total time has elapsed, the treadmill belt will slow to a stop and the treadmill will revert to the manual mode.

Note: The auto speed and incline controls can be changed while the program is running if desired. To return the treadmill 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 treadmill 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.

IMPORTANT: This treadmill has been designed to remain operational if the electronic monitor or the programmable mode malfunction. Even with the monitor removed, the incline, power and manual speed mode can be controlled as described above.

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

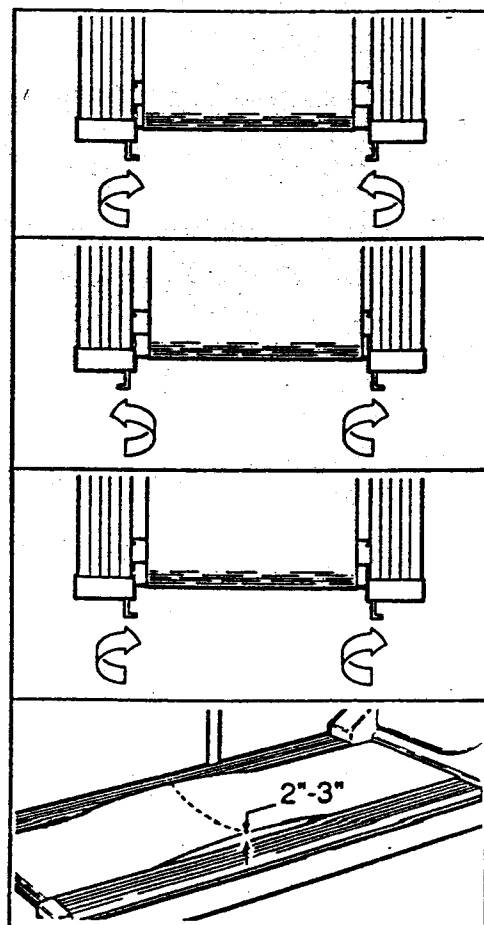
The walking belt should always be kept centered on the walking platform. If the belt shifts to the right or left sides of the platform, the belt may be damaged by the roller guard screws. The belt can be adjusted using the rear roller adjustment bolts and the allen wrench included. **CAUTION: ALWAYS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

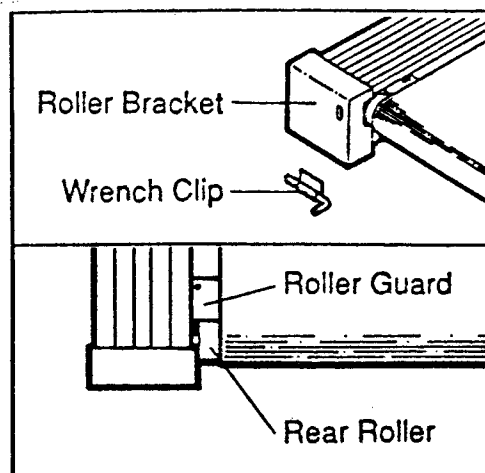
IF THE WALKING BELT HAS SHIFTED TO THE RIGHT: TURN THE POWER OFF. Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.

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.

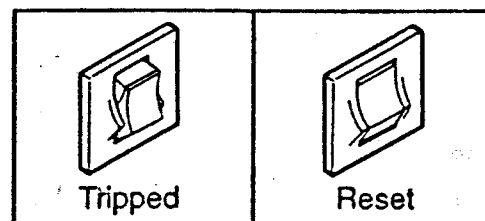


ROLLER GUARD ADJUSTMENT

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 small, clear circles inside using a cotton swab saturated with denatured alcohol.

INCLINE INDICATOR

If the incline indicator on the console needs to be adjusted, first lower the treadmill to minimum incline. Gently press the ends of the indicator, using a pen or similar object, until the bubble 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 bolt and nut from the lower end of the side rail. Store the bolt and nut in a secure location. Remove the side rail from the handrail. Loosen the lock knob and lay the upright post on the treadmill.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are essential to the success of any fitness program. Before beginning this or any exercise program, consult your physician.

EXERCISE INTENSITY

To maximize the benefits of 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, your heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "training zone." You can determine your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your training zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your training zone. You can measure your heart rate and find the proper level of exercise intensity using the treadmill console. Exercise for at least four minutes, and then measure your heart rate using the pulse mode. If your heart rate is above your training zone, decrease your level of exertion. If your heart rate is too low, increase your level of exertion.

WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. Resting, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. Resting. Warming up should be an important part of every workout, preparing the body for strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. 5-10 minutes of stretching can provide a good warm-up. After warming up, begin exercising with low intensity for a few minutes. Then 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 REGULAR exercise.

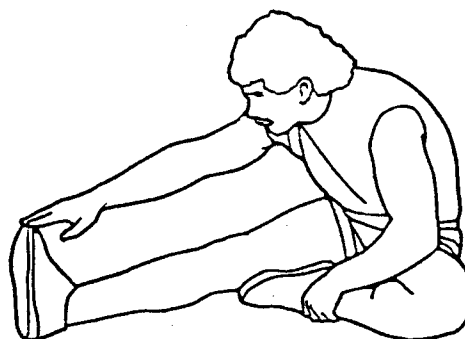
SUGGESTED STRETCHES

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.

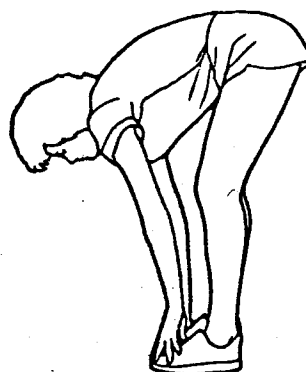
Stretches: Quadriceps, hip muscles.



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.

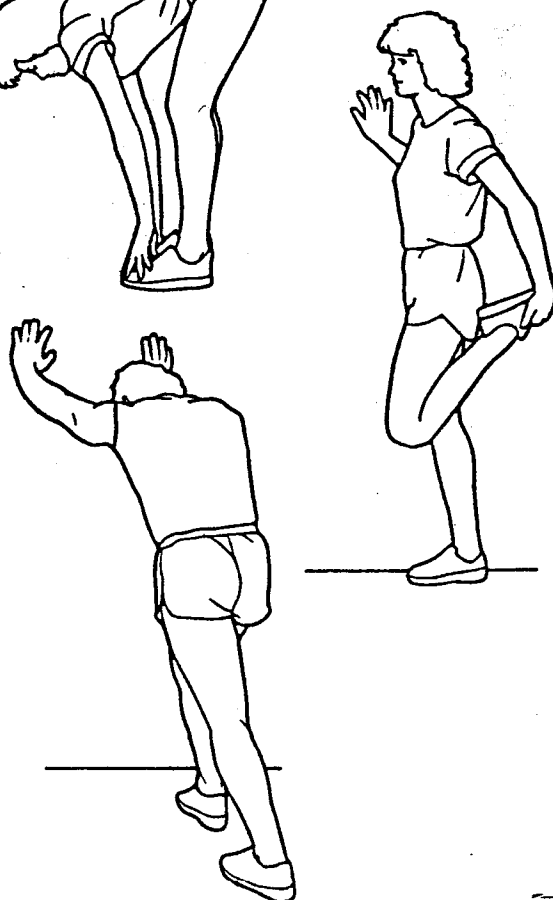
Stretches: Hamstrings, back of knees, back.



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. WL475010

Rev. 7/91

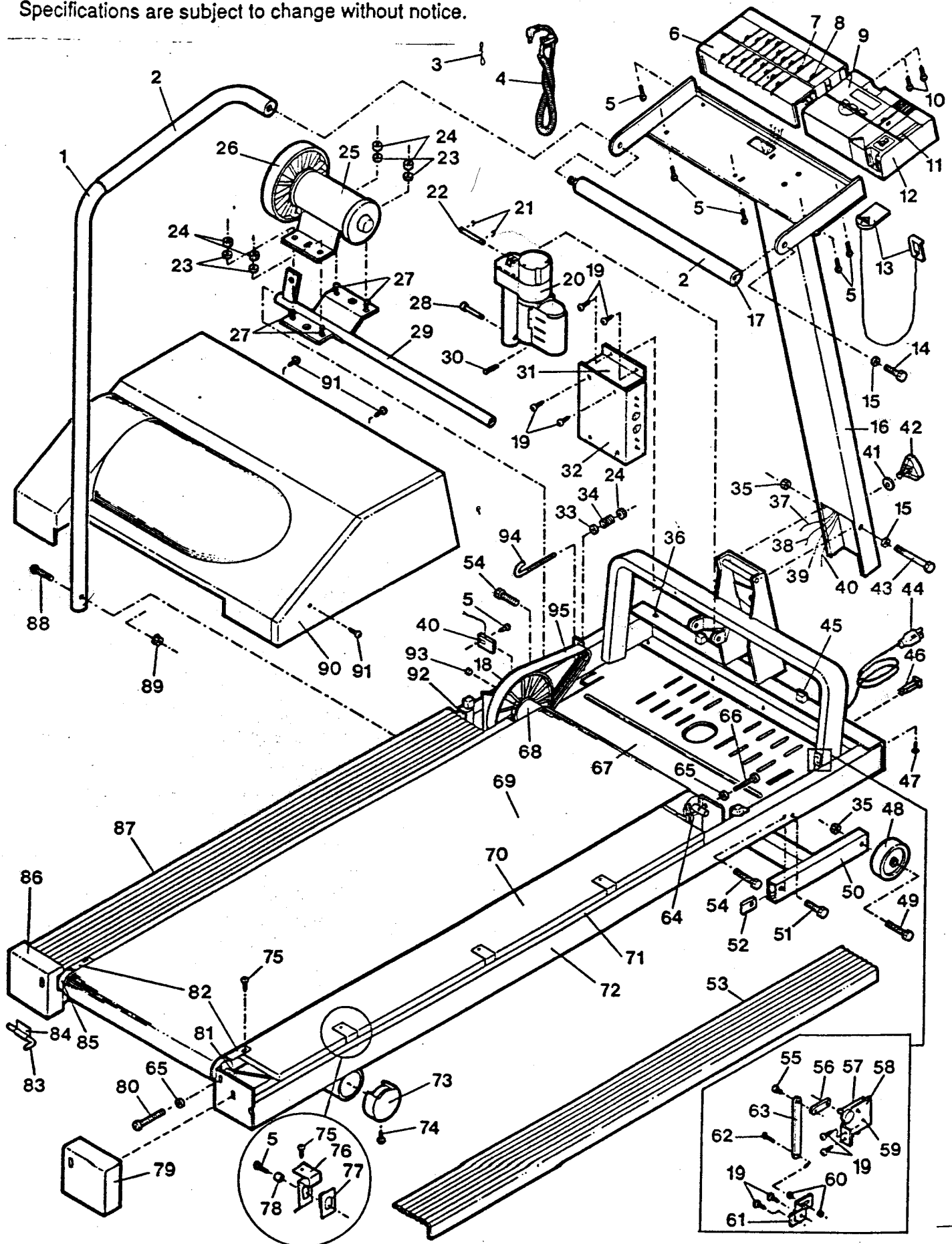
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Side Rail	50	1	Incline Leg
2	2	Foam Grip	51	2	Incline Leg Bolt
3	1	Clothes Clip	52	2	U-Nut
4	1	Pulse Earclip	53	1	Right Foot Rail
5	13	Screw	54	2	Pivot Shaft Bolt
6	1	Auto Speed/Incline Assembly	55	1	Plastic Pin
7	17	Small Knob	56	1	Lift Board Arm
8	1	Slide Knob	57	1	Lift Board
9	1	Electronic Monitor	58	1	Lift Board Bracket
10	2	Monitor Screw	59	3	Clip Pin
11	1	Incline Indicator	60	2	Small Nut
12	1	Console Assembly	61	1	Linkage Bracket
13	1	Safety Card/Clip	62	1	Small Bolt
14	1	Handrail Bolt	63	1	Linkage Arm
15	3	Flat Washer	64	1	Front Roller Spacer
16	1	Upright Post	65	3	Adjustment Washer
17	1	Handrail	66	1	Front Roller Adjustment Bolt
18	1	Front Roller Insert	67	1	Safety Cover
19	8	Small Screw	68	1	Front Roller/Pulley
20	1	Incline Motor	69	1	Walking Belt
21	2	E-Clip	70	1	Walking Platform
22	1	Upper Motor Pin	71	1	Right High Density Foam
23	4	Motor Mount Washer	72	1	Frame
24	5	Motor Mount Nut	73	2	Rear Leg Endcap
25	1	Motor	74	2	Rear Leg Screw
26	1	Pulley/Flywheel/Fan	75	8	Platform Screw
27	4	Motor Bolt	76	6	Platform Clamp
28	1	Lower Motor Pin	77	6	Platform Clamp Bushing
29	1	Motor Mount Swivel Shaft	78	6	Small Bushing
30	1	Cotter Pin	79	1	Right Endcap
31	1	Controller Bracket	80	2	Rear Roller Adjustment Bolt
32	1	Controller	81	2	Rear Roller Spacer
33	1	Motor Tension Washer	82	2	Roller Guard
34	1	Motor Tension Spring	83	1	Allen Wrench
35	4	Lock Nut	84	1	Wrench Clip
36	4	Wire Clip	85	1	Rear Roller
37	1	Speed Pot. Wire	86	1	Left Endcap
38	1	Incline Pot. Wire	87	1	Left Foot Rail
39	1	On/Off Switch Wire	88	1	Side Rail Bolt
40	1	Sensor Wire/Reed Switch	89	1	Side Rail Nut
41	1	Lock Knob Washer	90	1	Motor Hood
42	1	Lock Knob	91	4	Hood Screw
43	1	Pivot Bolt	92	1	Left High Density Foam
44	1	Power Cord	93	1	Magnet
45	4	Hood Mount Anchor	94	1	J-Bolt
46	1	Circuit Breaker	95	1	Belt
47	12	Plastic Pin	#	1	Monitor Operation Guide
48	2	Front Wheel	#	1	Owner's Manual
49	2	Wheel Bolt			

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

EXPLODED DRAWING - MODEL NO. WL475010

Rev. 7/91

Specifications are subject to change without notice.



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 (WL475010).
2. The NAME of the product (Weslo Cadence 4750 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.