

# SUMMIT

# ST65

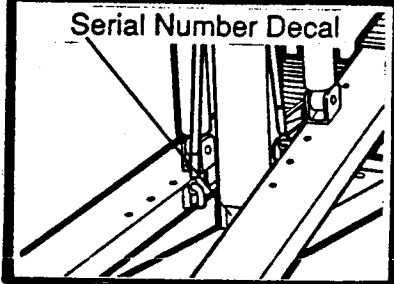
**calorie monitor**

Model No. **WVLS10291**

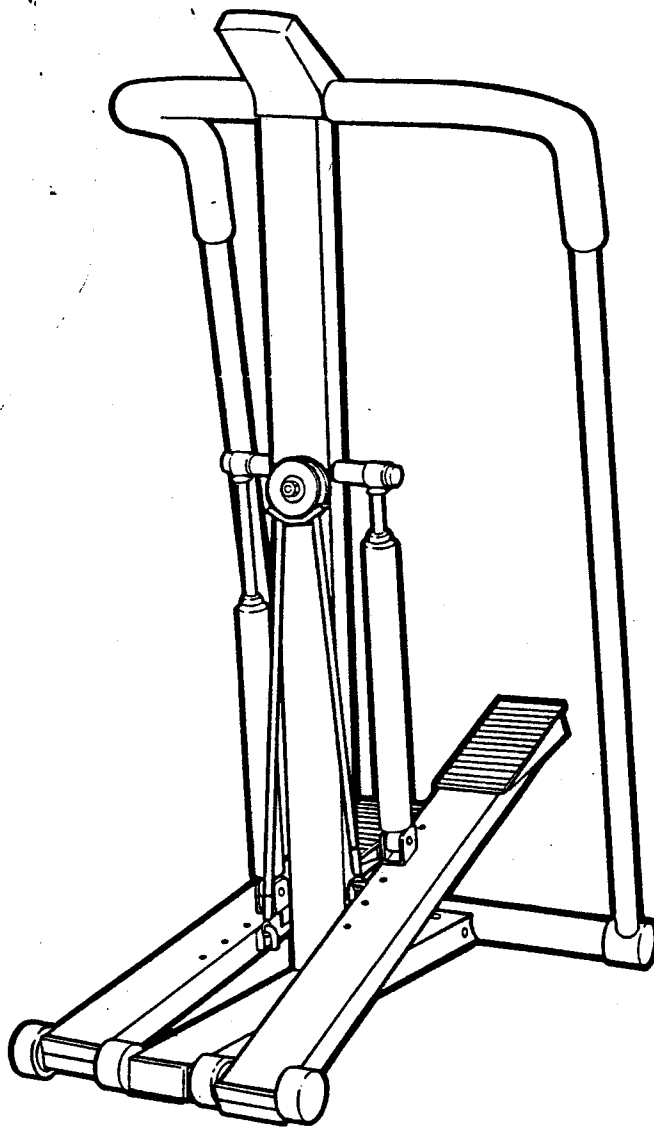
Serial No.

Record the serial number  
in the space above.

Serial Number Decal



## OWNER'S MANUAL



**weslo, inc.**<sup>®</sup>  
A Subsidiary of Weider Health and Fitness, Inc.

**CAUTION: Read all safety precautions and instructions in this owner's manual carefully before using this equipment. Save this manual for your future reference.**

Part No. 102692 9/90

## LIMITED WARRANTY

Weslo, Inc. ("Weslo") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. Weslo's obligation under this Warranty is limited to replacing or repairing, at Weslo's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by Weslo at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by Weslo. Pre-authorization may be obtained by calling Weslo's Customer Service Department at 1-800-99WESLO. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a Weslo authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Weslo.

WESLO IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

WESLO INC., P.O. BOX 10, LOGAN UT 84321

# **SUMMIT™**

# **ST65** **calorie monitor**

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## **IMPORTANT SAFETY PRECAUTIONS**

1. Position the stepper on a level surface. The electronic monitor must be out of direct sunlight or the LCD display may be damaged.
2. Make sure that all parts are tightened securely before each use.
3. Wear appropriate workout attire, including running or aerobic shoes, when using the stepper.
4. Always hold the handrails when exercising on the stepper.
5. Keep small children away from the stepper during use.
6. Do not touch the resistance cylinders after exercising. The cylinders may reach high temperatures during use.
7. Use the stepper only as described in this manual.

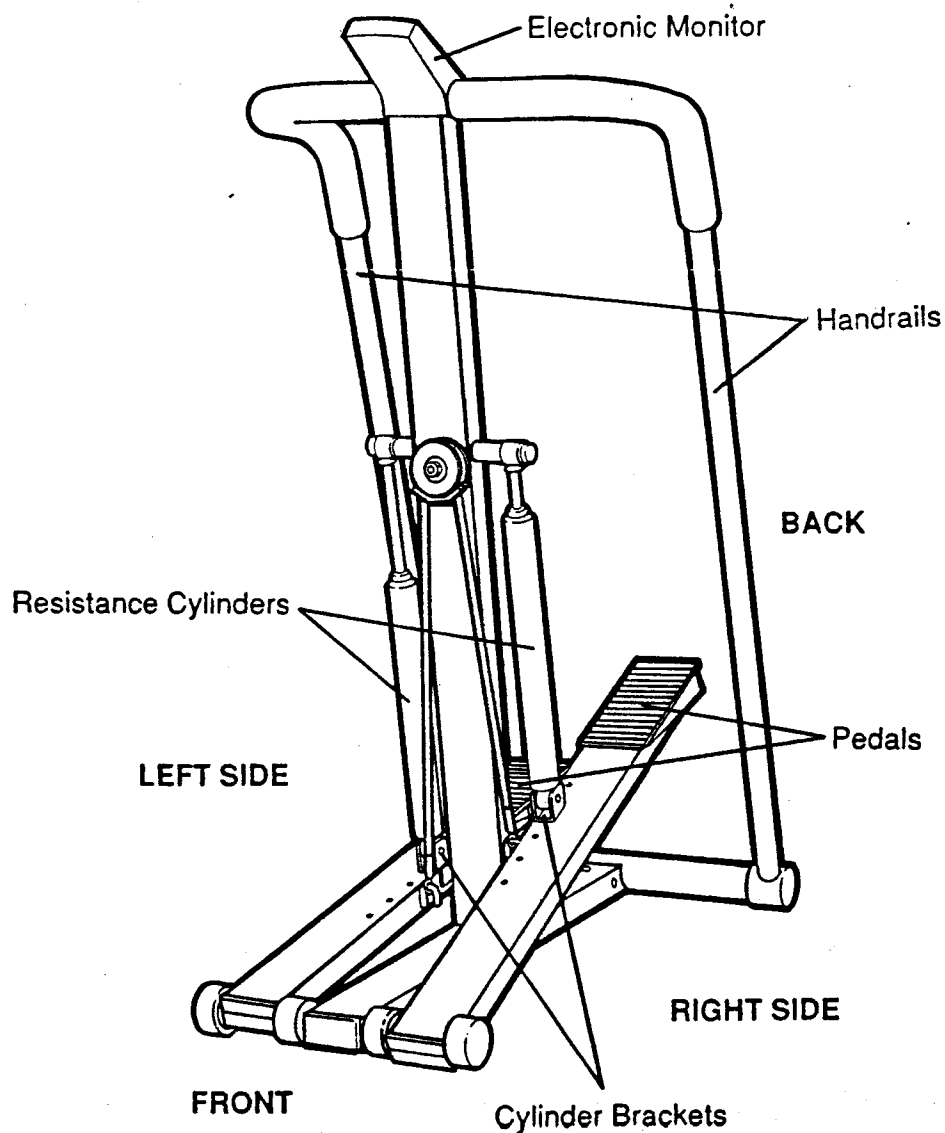
**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage sustained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

# BEFORE YOU BEGIN

Thank you for selecting the Weslo SUMMIT ST65 Calorie Monitor stepper. The SUMMIT ST65 blends advanced engineering with innovative design to provide you with an effective, low-impact cardiovascular workout in the comfort and privacy of your home. To make your exercise more enjoyable, the ST65 gives you such features as a multi-function electronic monitor, adjustable resistance, and foam-padded handrails.

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 1-800-99WESLO (999-3756), during our business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain time. In all communications regarding this product, please refer to the product model number and serial number. 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 of the decal).

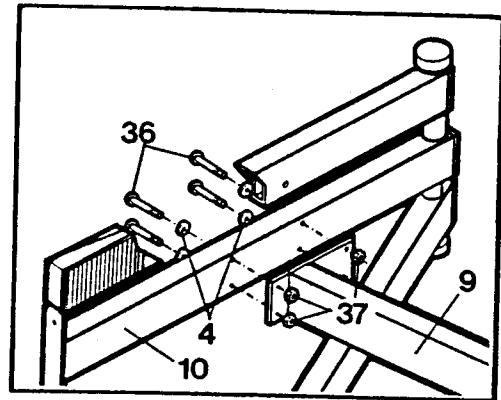
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



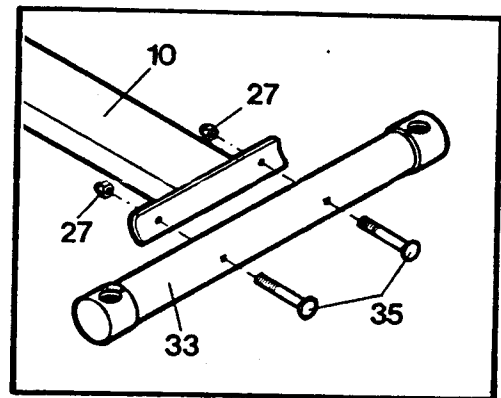
# ASSEMBLY

Place all parts in a clear area and remove the packing materials. Do not dispose of the packing materials until the stepper is fully assembled and all parts are accounted for. Read the instructions below carefully before beginning. Assembly can be completed using the tools included and your own hammer.

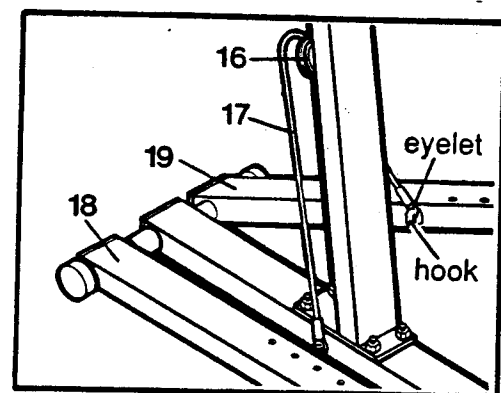
1. Attach the Base (10) to the Frame (9) with the four Base Bolts (36), Washers (4) and Base Nuts (37).



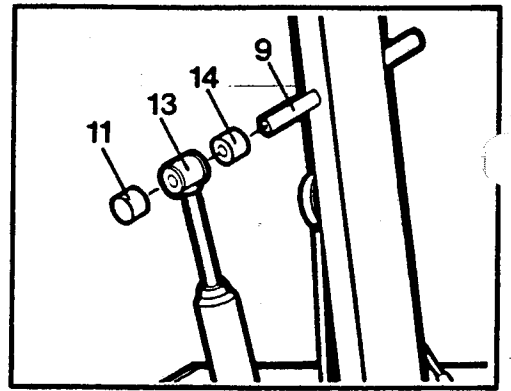
2. Stand the assembly upright on the Base (10). Attach the Stabilizer (33) to the Base with the two Stabilizer Bolts (35) and Acorn Nuts (27). Note: The square holes in the Stabilizer must be turned as shown.



3. Lay the Pedal Cable (17) over the Pulley (16). Slide the eyelets on either end of the Cable onto the hooks on the insides of the Left and Right Pedals (18 & 19).

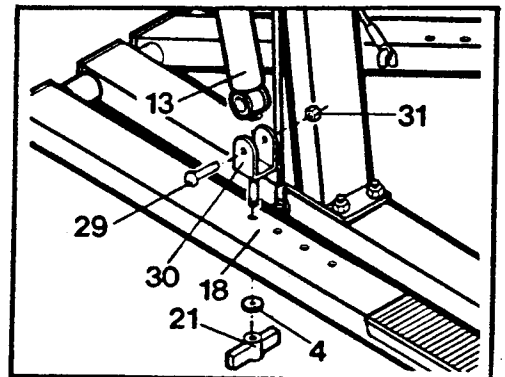


4. Slide a Cylinder Spacer (14) onto the post on the left side of the Frame (9). Note: The recessed end of the Spacer must be toward the Frame, with the flat side away from the Frame. Slide the upper end of a Resistance Cylinder (13) onto the post. Tap a Cylinder Cap (11) onto the end of the post.



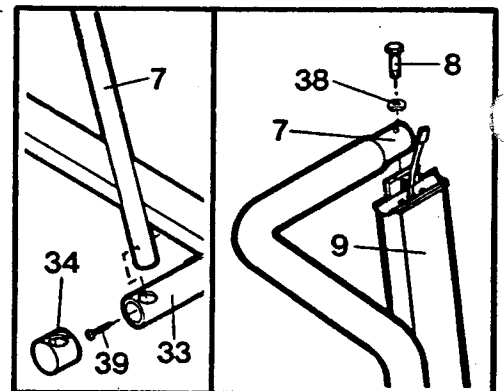
5. Attach a Cylinder Bracket (30) to the lower end of the Resistance Cylinder (13) with a Cylinder Bolt (29) and Cylinder Nut (31). Insert the threaded bolt on the Cylinder Bracket through one of the holes in the Left Pedal (18). Attach a Bracket Knob (21) and Washer (4) to the Cylinder Bracket.

Attach the other Resistance Cylinder to the Frame and Right Pedal in the same manner (not shown).

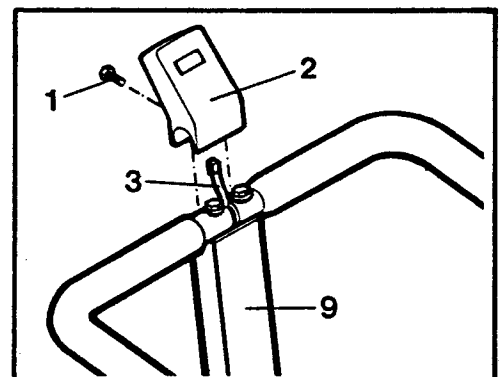


6. Slide the Stabilizer Endcap (34) off the left end of the Stabilizer (33). Remove the Handrail Screw (39) from the lower end of the Left Handrail (7). Fit the lower end of the Handrail into the hole in the Stabilizer, and replace the Screw in the Handrail. Slide the Stabilizer Endcap back onto the Stabilizer. Attach the upper end of the Handrail to the Frame (9) with a Curved Washer (38) and a Handrail Bolt (8).

Attach the Right Handrail to the Frame in the same manner (not shown).



7. Connect the Sensor Wire (3) to the wire protruding from the Electronic Monitor (2). Attach the Monitor to the top of the Frame (9) with the Monitor Screw (1).



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## OPERATION AND ADJUSTMENT

Rest your hands on the handrails with an overhand grip. Press the right pedal down to the lowest position and place your right foot on the pedal. Place your left foot on the raised left pedal. To exercise, alternately press the right and left pedals down with a smooth, rhythmic motion.

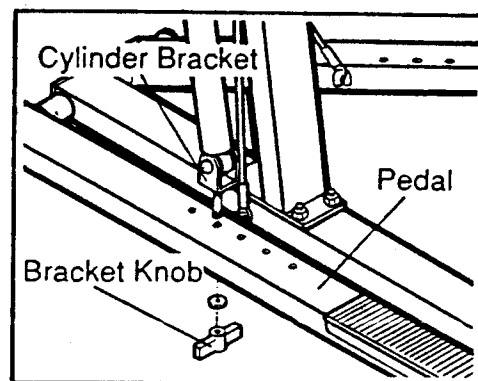
You can emphasize the muscles of the upper legs by keeping your feet flat on the pedals as you step, or rise on your toes to focus on the calf muscles. Stand erect as you exercise, or lean forward slightly, always keeping your back straight to avoid injury. For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance (see ADJUSTING STEPPER RESISTANCE below).

### ELECTRONIC MONITOR OPERATION

See the electronic monitor operation guide accompanying this manual.

### ADJUSTING STEPPER RESISTANCE

As you press the stepper pedals down, a certain amount of resistance will be felt. The resistance can be changed as desired by moving the cylinder brackets to different holes in the pedals. To change the resistance, first remove the bracket knobs from the brackets. Move the brackets to the desired holes in the pedals, and reattach the bracket knobs.



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## MAINTENANCE AND TROUBLE-SHOOTING

This stepper is designed to be virtually maintenance-free. Inspect and tighten all parts periodically. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the electronic monitor.

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems are the result of weak batteries. Always turn off the monitor after exercising. Remove the batteries when storing the stepper for extended periods of time.

# CONDITIONING GUIDELINES

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

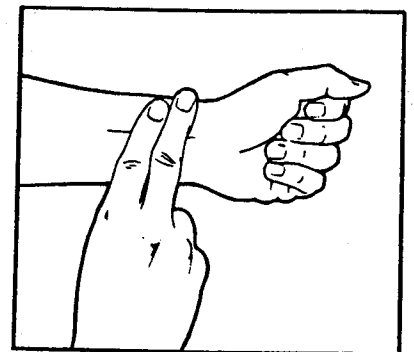
## EXERCISE INTENSITY

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 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. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



## WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. At Rest, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. At rest.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

## EXERCISE FREQUENCY

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to a successful program is REGULAR exercise.

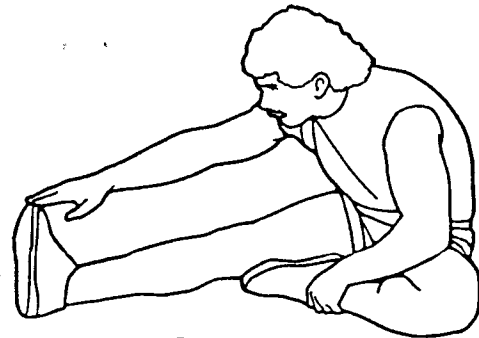
## SUGGESTED STRETCHES

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 pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

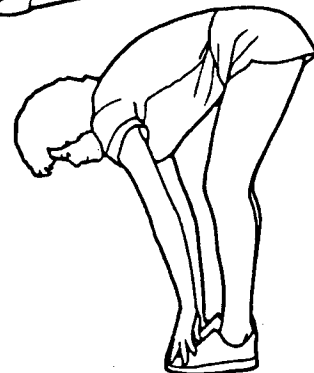
Stretches: Quadriceps, hip muscles.



### TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down 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.

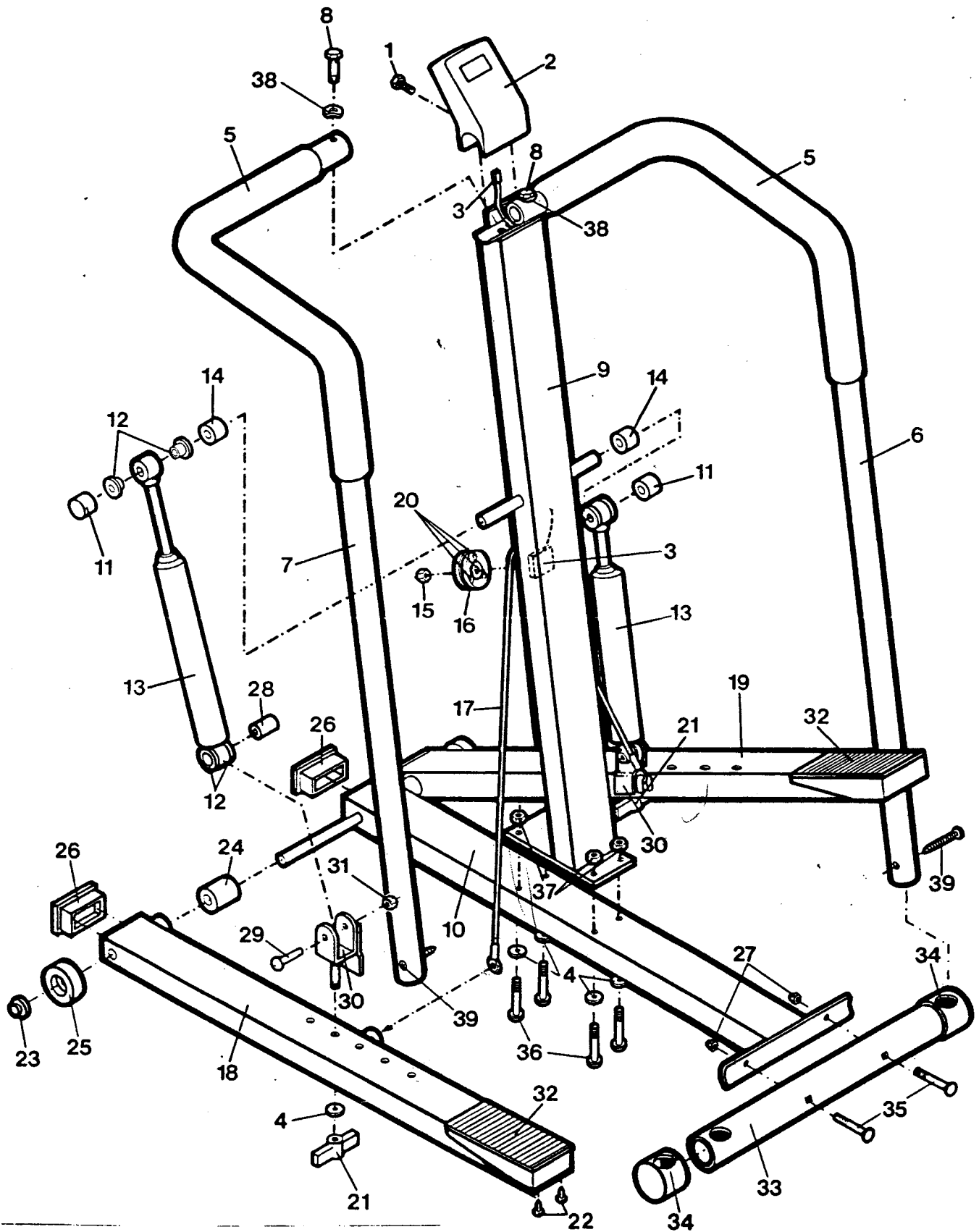


# PART LIST- Model No. WL510201

Rev. 9/90

| Key No.       | Qty. | Description             | Key No.       | Qty. | Description             |
|---------------|------|-------------------------|---------------|------|-------------------------|
| 1             | 1    | Monitor Screw           | 22            | 4    | Pedal Pad Screw         |
| 2             | 1    | Electronic Monitor      | 23            | 2    | Roller Retainer         |
| <del>3</del>  | 1    | Reed Switch/Sensor Wire | <del>24</del> | 2    | Pedal Spacer            |
| 4             | 6    | Washer                  | <del>25</del> | 2    | Roller                  |
| <del>5</del>  | 2    | Handrail Foam           | <del>26</del> | 3    | Endcap                  |
| <del>6</del>  | 1    | Right Handrail          | <del>27</del> | 2    | Acorn Nut               |
| <del>7</del>  | 1    | Left Handrail           | 28            | 2    | Cylinder Sleeve         |
| 8             | 2    | Handrail Bolt           | 29            | 2    | Cylinder Bolt           |
| <del>9</del>  | 1    | Frame                   | 30            | 2    | Cylinder Bracket        |
| <del>10</del> | 1    | Base                    | 31            | 2    | Cylinder Nut            |
| 11            | 2    | Cylinder Cap            | <u>32</u>     | 2    | Pedal Pad               |
| 12            | 8    | Cylinder Bushing        | <u>33</u>     | 1    | Stabilizer              |
| <del>13</del> | 2    | Resistance Cylinder     | <u>34</u>     | 2    | Stabilizer Cap          |
| 14            | 2    | Cylinder Spacer         | 35            | 3    | Stabilizer Bolt         |
| <del>15</del> | 1    | Pulley Nut              | 36            | 4    | Base Bolt               |
| 16            | 1    | Pulley                  | 37            | 4    | Base Nut                |
| 17            | 1    | Pedal Cable             | <del>38</del> | 2    | Curved Washer           |
| <del>18</del> | 1    | Left Pedal              | 39            | 2    | Handrail Screw          |
| <del>19</del> | 1    | Right Pedal             | #             | 1    | Owner's Manual          |
| <del>20</del> | 3    | Magnet                  | #             | 1    | Monitor Operation Guide |
| 21            | 2    | Bracket Knob            | #             | 1    | Allen Wrench            |

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



\* Specifications are subject to change without notice.

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## **ORDERING REPLACEMENT PARTS**

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-99WESLO (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 (WL510201).
2. The **NAME** of the product (SUMMIT ST65).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 10 of this manual.
5. The **DESCRIPTION** of the part(s) from page 10 of this manual.

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

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