

SUMMITTM

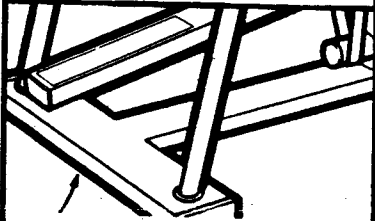
ST80

dual action motivational stepper

Write the serial number in the space below for reference.

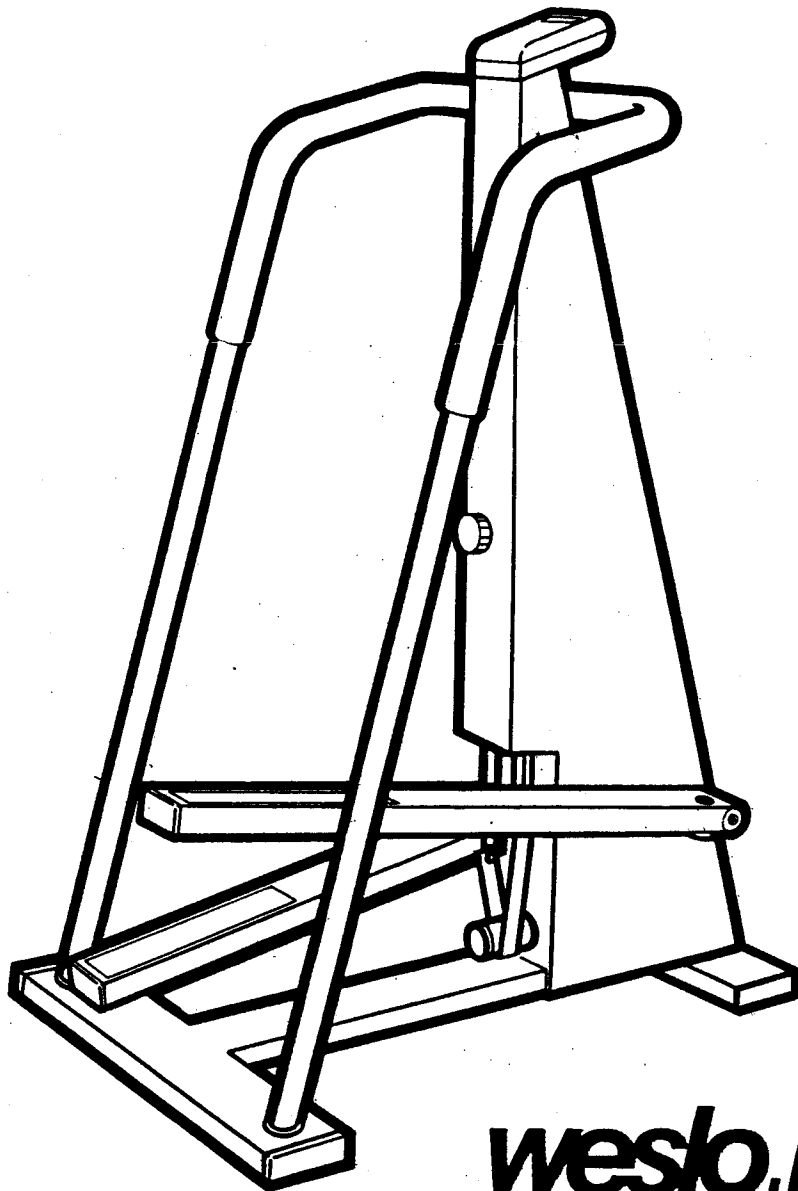
Model No. WL510501

Serial No.



Serial Number Decal

**OWNER'S
MANUAL**



weslo, inc[®]

A Subsidiary of Welder Health and Fitness, Inc.

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

Part No. 101102 Rev. 5/90

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™

ST80

dual action motivational stepper

TABLE OF CONTENTS

<i>Warranty</i>	2
<i>Important Safety Precautions</i>	3
<i>Before You Begin</i>	4
<i>Assembly</i>	5
<i>Operation and Adjustment</i>	6
<i>Maintenance and Trouble-Shooting</i>	7
<i>Conditioning Guidelines</i>	7
<i>Part List</i>	10
<i>Exploded Drawing</i>	11
<i>Part Ordering</i>	12

IMPORTANT SAFETY PRECAUTIONS

1. Position the stepper on a clear, level surface.
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 handlebars when exercising on the stepper.
5. Keep small children away from the stepper during use.
6. Do not touch the hydraulic cylinder after exercising. The cylinder 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.

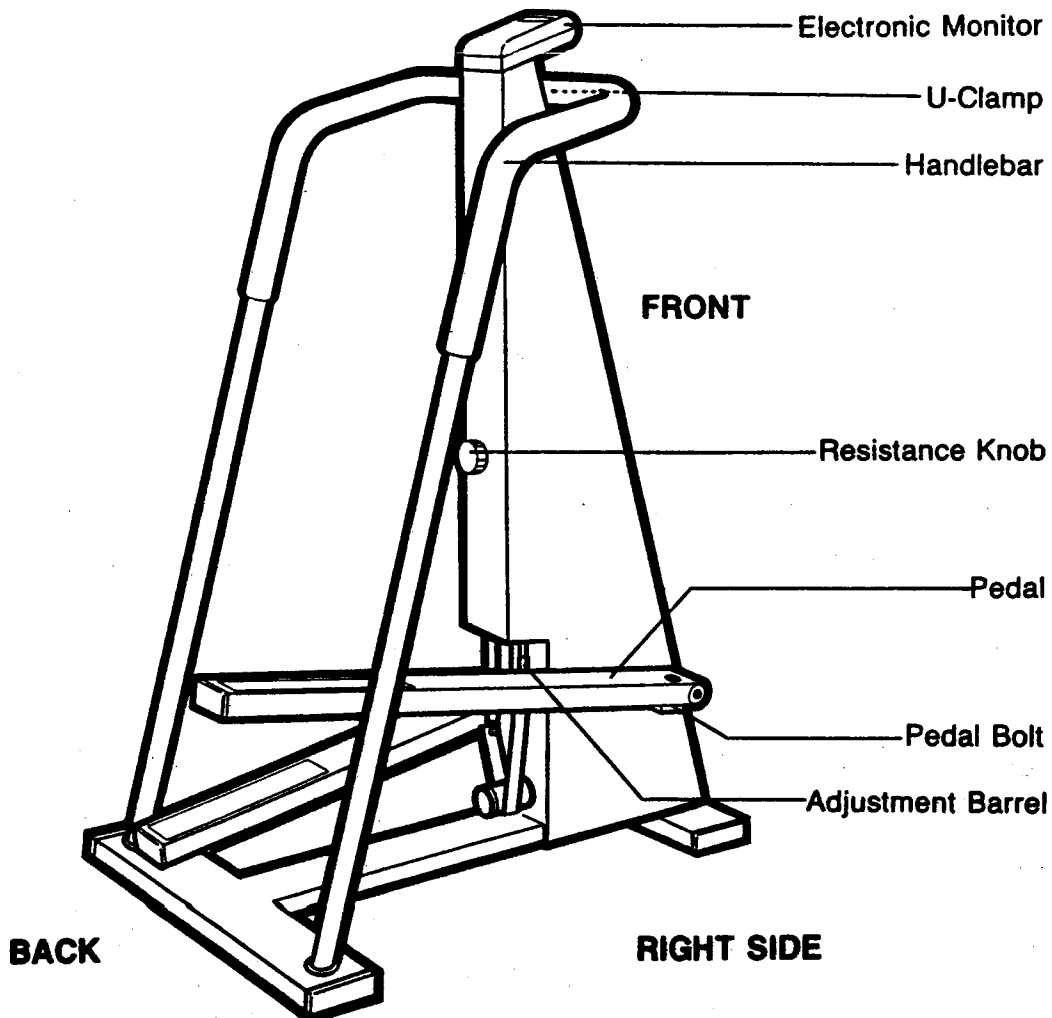
BEFORE YOU BEGIN

Thank you for purchasing a Weslo SUMMIT ST80 Dual Action Motivational Stepper. The unique SUMMIT ST80 combines advanced engineering with innovative design to give you an excellent low-impact cardiovascular workout in the convenience and privacy of your own home. Your exercise will be more enjoyable and effective with such features as adjustable hydraulic resistance, a motivational electronic exercise monitor and a dual action mode to add upper-body exercise to your workout.

For your safety and benefit, **read this manual carefully before using this product.** If you have additional questions, please call our Customer Service Department in the U.S.A. or Canada toll-free at **1-800-99WESLO (999-3756)**, during our regular business hours: Monday through Friday, 6 a.m. until 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).

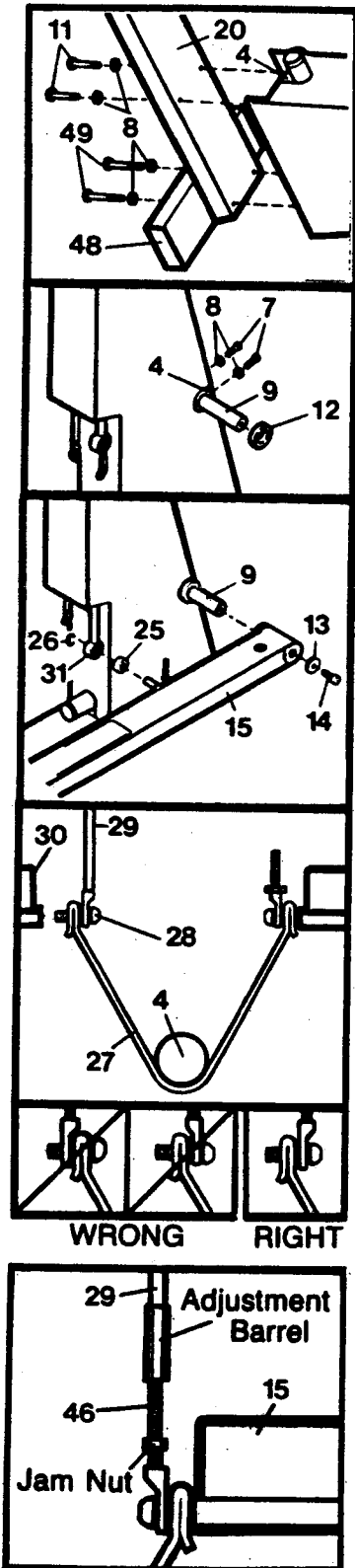
To help you understand clearly the instructions in this manual, examine the drawing below and familiarize yourself with the parts labeled.



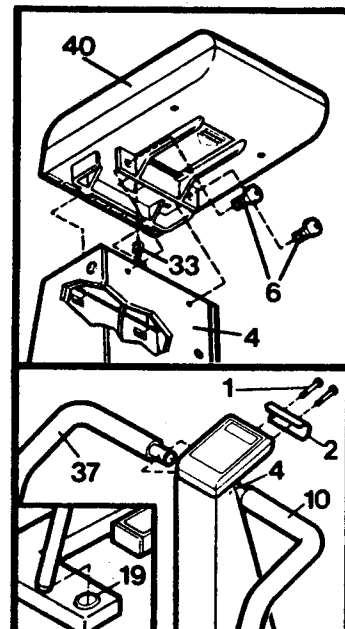
ASSEMBLY

Place all stepper parts in a clear area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Hardware required for assembly can be found either in a plastic bag, or in one of the parts to be assembled. Assembly can be completed using the two allen wrenches included, and your own phillips screwdriver.

1. Lay the Frame (4) on the floor as shown. Attach the T-shaped Base (20) to the Frame with the two Base Bolts (11) and Washers (8). Attach the Front Base (48) to the Base with the two Front Base Bolts (49) and Washers. Note: The two Front Base Bolts are longer than the two Base Bolts. **Tighten the Bolts firmly.** Stand the Frame upright on the Base.
2. Slide the Pivot Shaft (9) into the Frame (4), with the recessed holes in the Shaft toward the front. Attach the Shaft with the two Shaft Bolts (7) and Washers (8). Slide a Spacer (12) onto the right end of the Shaft.
3. Slide the Cylinder Spacer (25) onto the long post on the Right Pedal (15). (Only the Right Pedal has a long post.) Slide the Pedal onto the Pedal Shaft (9), at the same time inserting the long post through the lower end of the Hydraulic Cylinder (31). Push an E-Clip (26) into the groove at the end of the long post. Attach the Pedal to the Shaft with a Flat Washer (13) and Pivot Bolt (14). Attach the Left Pedal to the left side of the Pivot Shaft with a Spacer, Flat Washer and Pivot Bolt (not shown).
4. Route the Strap (27) under the post on the Frame (4). Attach the Strap and the left end of the Cable (29) to the Left Pedal (30) with a Cable Bolt (28). **NOTE: The metal eyelet on the end of the Cable must be turned as shown, with the Strap between the Cable and the Pedal. If the Cable and Strap are not attached correctly, the stepper may be damaged.**
5. Thread the barrel on the right end of the Cable (29) onto the Eye Bolt (46) on the Right Pedal (15). Turn the barrel until the cable is tight, and tighten the jam nut against the barrel.



6. Plug the Sensor Wire (33) into the recessed jack on the back of the Electronic Monitor (40). It may be helpful to use the screwdriver. Fit the Monitor onto the top of the Frame (4) and attach it with two Small Screws (6).



7. Rest the lower end of the Right Handlebar (10) in the right Handlebar Socket (19). Align the upper end of the Handlebar with the hole in the front of the Frame (4). Fit the U-Clamp (2) over the Handlebar and insert a U-Clamp Bolt (1). Attach the Left Handlebar (37) in the same manner and tighten both U-Clamp Bolts. Make sure that all parts are tightened securely before using the stepper.

Note: A self-adhesive plastic clip is included with this stepper. The clip is designed to hold the allen wrench used to convert the stepper to the dual action mode (see page 7). Attach the clip to the stepper in any convenient location.

OPERATION AND ADJUSTMENT

STEPPER OPERATION

Place your hands on the Handlebars. 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.

Position your feet flat on the Pedals to emphasize the quadriceps muscles of the upper legs, 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. The total vertical travel of the Pedals should be approximately eight (8) inches.

RESISTANCE ADJUSTMENT

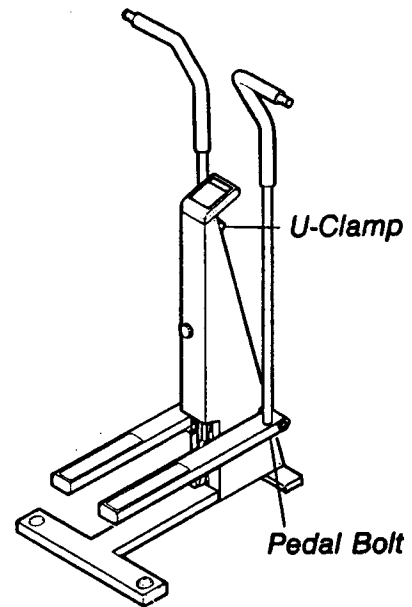
To vary the level of exercise intensity, the resistance of the Pedals can be adjusted. To decrease resistance, turn the Resistance Knob counterclockwise. Turn the Knob clockwise to increase resistance. **Important: Do not turn the Knob clockwise until it stops and attempt to exercise. If the Pedals are moved at maximum resistance, the resistance system may be damaged.**

ELECTRONIC MONITOR OPERATION

CONVERTING TO THE DUAL ACTION MODE

With the stepper in the dual action mode, the Handlebars move forward and back with the Pedals, strengthening and toning the muscles of the arms, shoulders, chest and back.

To convert the stepper to the dual action mode, first remove the U-Clamp and remove the Left and Right Handlebars from the stepper. Loosen both Pedal Bolts and insert the lower ends of the Handlebars into the Pedals. (The Handlebars should bend toward the user with the handles pointing outward.) Adjust the Handlebars to the desired height and tighten the Pedal Bolts. Exercise as described above, pushing and pulling with your arms as you exercise.

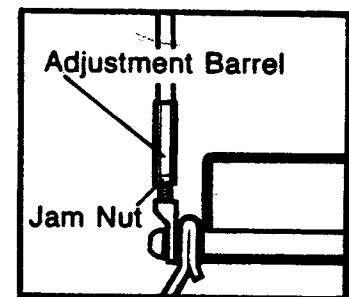


MAINTENANCE AND TROUBLE-SHOOTING

The stepper is designed to be virtually maintenance-free. 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 Monitor does not function properly, test the Monitor using new batteries. Most problems are the result of weak batteries.

The stepper features a precision Hydraulic Cylinder, designed for long life and trouble-free operation. Due to the nature of hydraulic systems, it is recommended that the floor underneath the stepper be protected against the possibility of slight oil leakage.

The stepper Cable should be kept tight at all times. If the Cable stretches after a period of use, it can be retightened. Loosen the Jam Nut on the right end of the Cable, turn the Adjustment Barrel until the Cable is tight and retighten the Jam Nut.



CONDITIONING GUIDELINES

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

EXERCISE INTENSITY

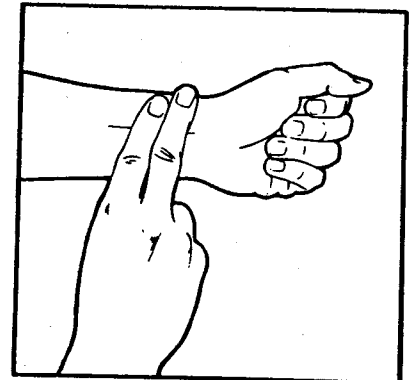
To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone."

You can determine your Training Zone by consulting the table below. Training Zones are given for both conditioned and unconditioned persons. Use the column that is appropriate for you.

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

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 you reach 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.

To determine whether your heart rate is in your Training Zone, you must first exercise continuously for four minutes. After four minutes, pause briefly and take your pulse. The easiest way to measure your heart rate is to place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. Adding a 0 to the number will give you your heart beats per minute. (A six-second count is used because the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your Training Zone. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

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

EXERCISE FREQUENCY

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

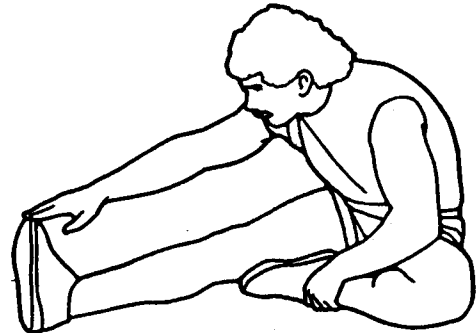
STRETCHING

The following stretches provide a good warm-up. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly-don't bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, relax. Repeat.

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. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

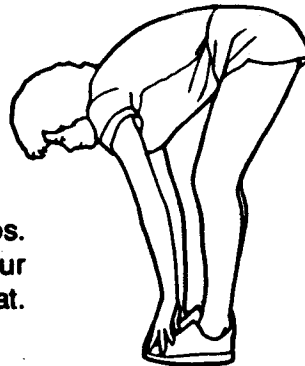
Stretches: Inner thigh muscles.



TOE TOUCHES

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

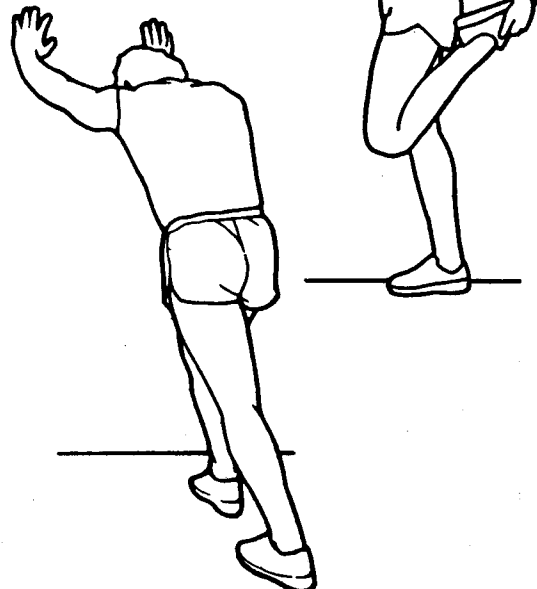
Stretches: Hamstrings, Back of Knees, Back.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip muscles.



CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles tendons, and Ankles.

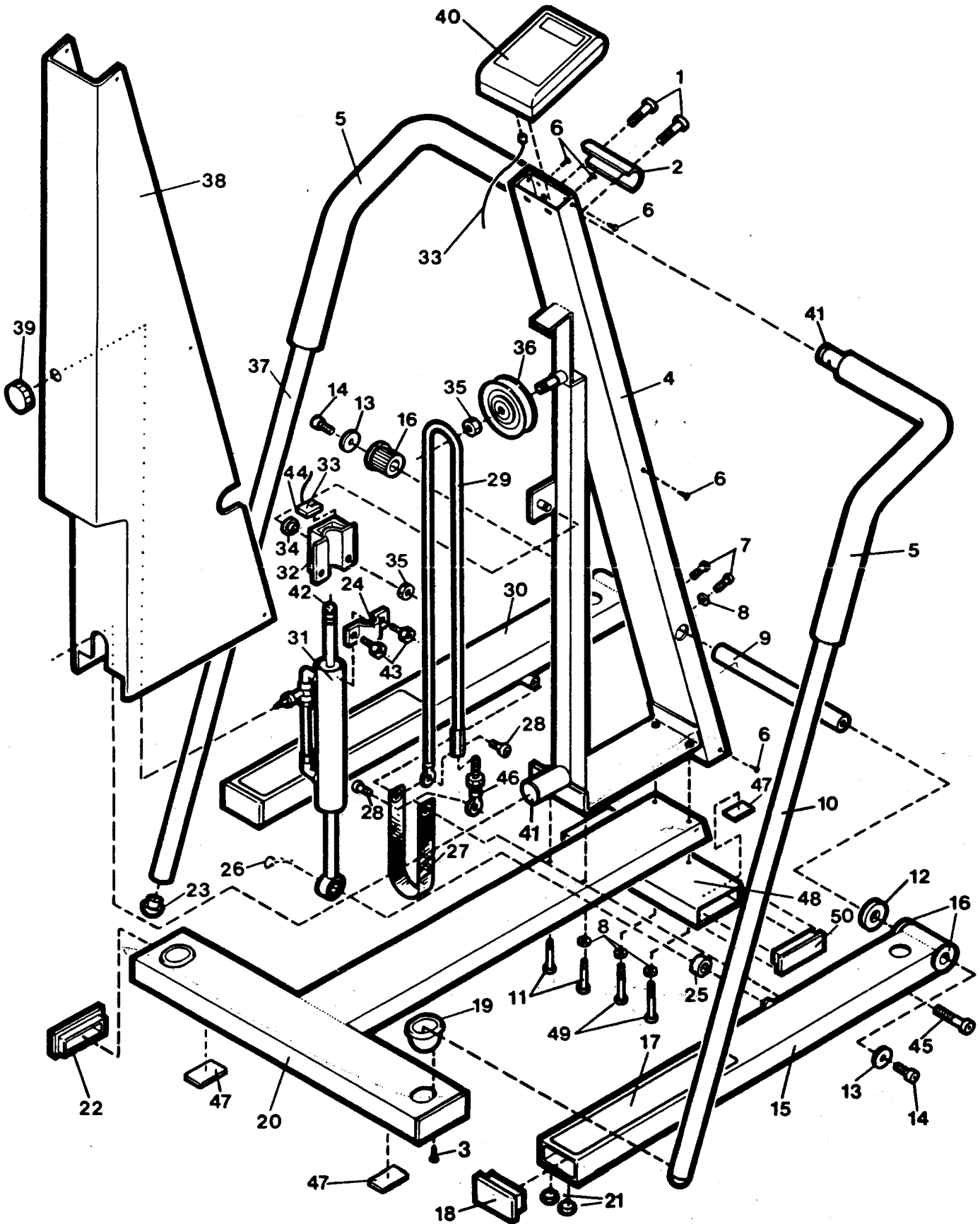
PART LIST - Model No. WL510501

Rev. 5/90

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	U-Clamp Bolt	26	1	E-Clip
2	1	U-Clamp	27	1	Strap
3	2	Socket Mounting Screw	28	2	Cable Bolt
4	1	Frame	29	1	Cable
5	2	Foam Grip	30	1	Left Pedal
6	8	Small Screw	31	1	Resistance Cylinder
7	2	Shaft Bolt	32	1	Cylinder Mount
8	6	Washer	33	1	Sensor Wire/Reed Switch
9	1	Pivot Shaft	34	1	Top Cylinder Washer
10	1	Right Handlebar	35	2	Jam Nut
11	2	Base Bolt	36	1	Pulley
12	2	Spacer	37	1	Left Handlebar
13	2	Fiat Washer	38	1	Plastic Cover
14	2	Pivot Bolt	39	1	Resistance Knob
15	1	Right Pedal	40	1	Electronic Monitor
16	4	Pedal Bushing	41	3	Flat Endcap
17	2	Grip Tape	42	1	Magnet
18	2	Pedal Endcap	43	2	Bracket Bolt
19	2	Handlebar Socket	44	4	Adhesive Tape
20	1	Base	45	2	Pedal Bolt
21	4	Rubber Leg Pad	46	1	Eye Bolt w/Jam Nut
22	2	Base Endcap	47	4	Base Pad
23	2	Bullet Endcap	48	1	Front Base
24	1	Cylinder Mounting Bracket	49	2	Front Base Bolt
25	1	Cylinder Spacer	50	2	Front Base Endcap
			#	1	3/16" Allen Wrench
			#	1	5/32" Allen Wrench
			#	1	Owner's Manual
			#	1	Monitor Operation Guide

Note: "#" indicates a non-illustrated part

See the back cover of this manual for part ordering information.



*Specifications are subject to change without notice.

PART ORDERING

Replacement parts can be ordered by calling our Customer Service Department toll-free in the U.S.A. or Canada at 1-800-99WESLO (999-3756), during our regular 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 **NAME** of the product (Weslo SUMMIT Dual Action Motivational Stepper).
2. The **MODEL NUMBER** of the product (WL510501).
3. The **SERIAL NUMBER** of the product, found on a decal affixed to the product (see the drawing on the front cover for location of the decal).
4. The **KEY NUMBER** of the part from the Part List in this manual.
5. The **DESCRIPTION** of the part from the Part List in this manual.