

# **AEROSTEP™**

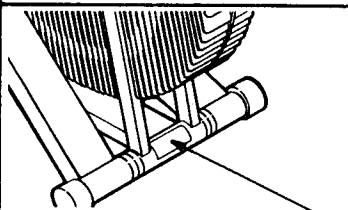
# **600**

## ***calorie monitor***

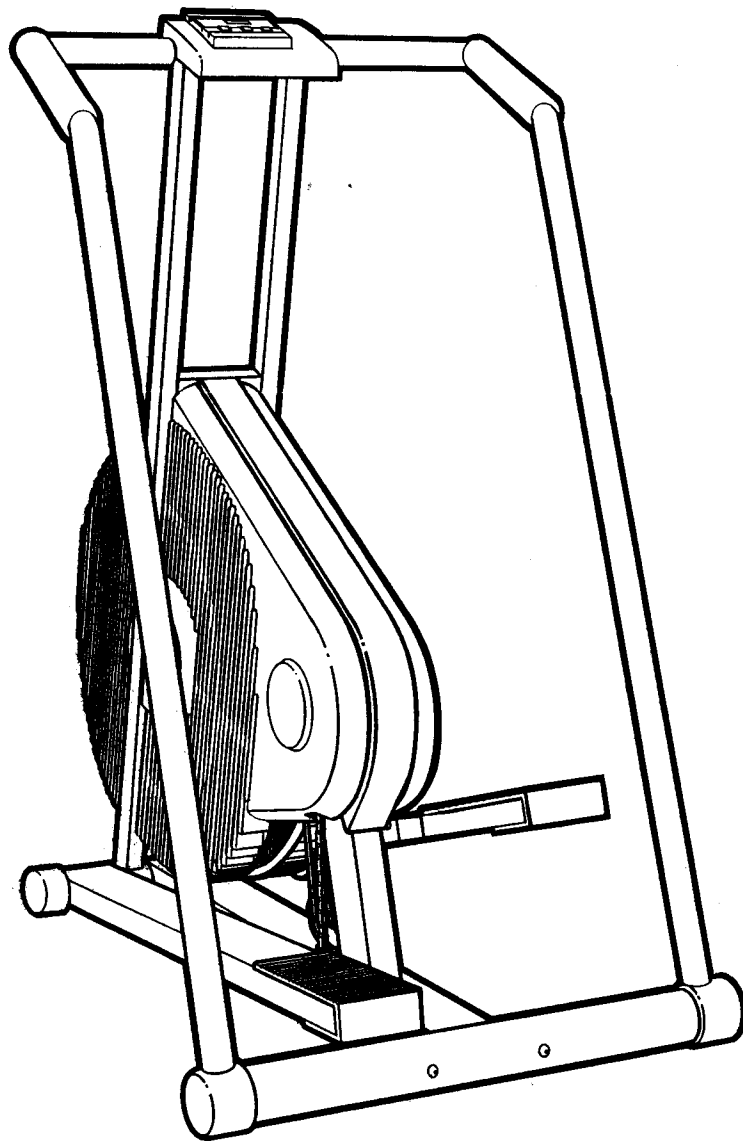
Model No. WL510900

Serial No.

Record the serial number  
in the space above.



Serial Number Decal



## **OWNER'S MANUAL**

**weslo, inc®**

A Subsidiary of Welder 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. 101584 8/90

## **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**

# **AEROSTEP**

## **600** *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 workout.
3. Wear workout attire, including running or aerobic shoes, when using the stepper.
4. Always hold the handrails when using the stepper.
5. Keep small children away from the stepper during use.
6. Use the stepper only as described in this manual.

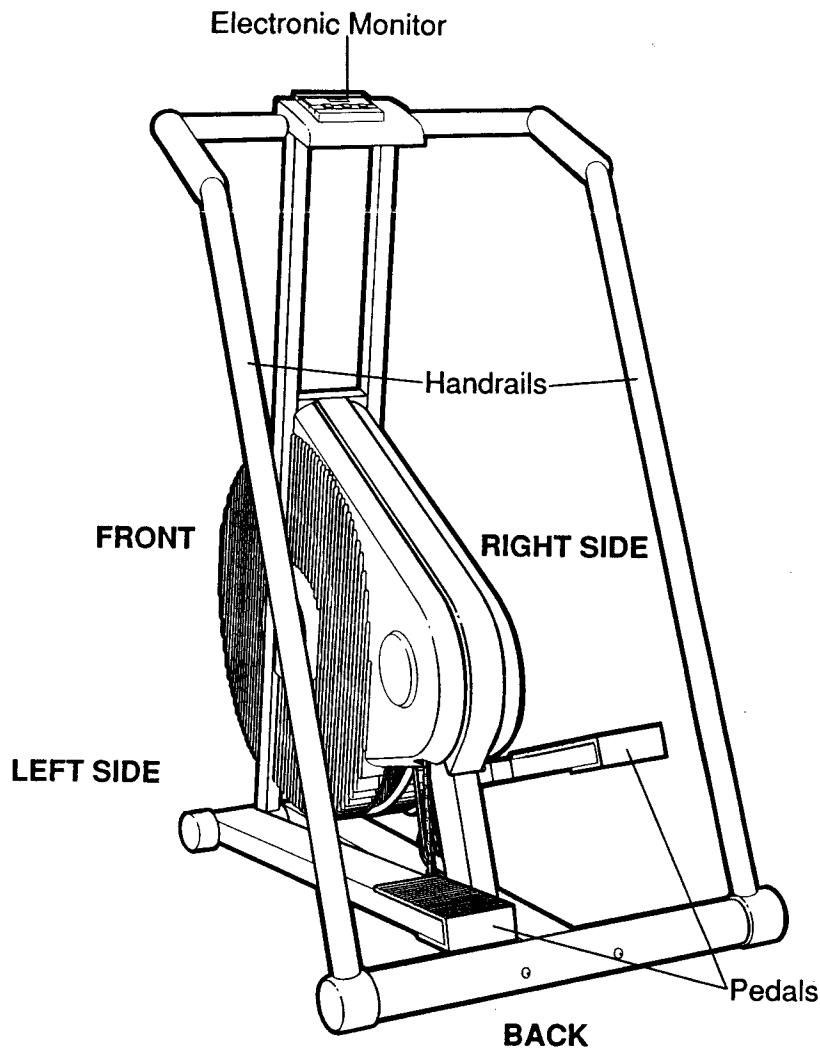
**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage sustained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

## BEFORE YOU BEGIN

Thank you for selecting the Weslo AEROSTEP 600 Calorie Monitor stepper. The Weslo AEROSTEP 600 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 AEROSTEP 600 gives you such features as smooth air resistance, a multi-function electronic monitor, and dual foam-padded handrails. It even comes complete with a cooling breeze!

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).

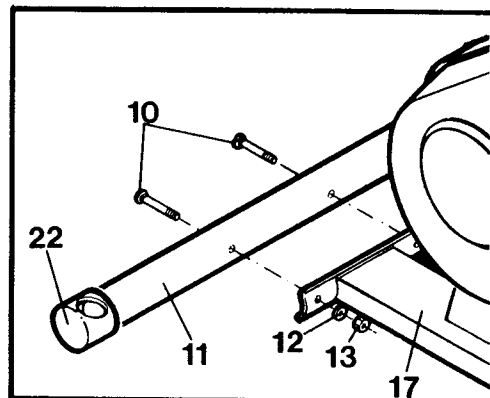
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



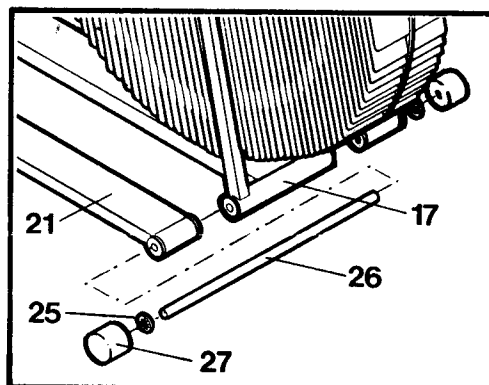
# ASSEMBLY

Place all parts in a cleared area. **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 tool included and your own adjustable wrench, phillips screwdriver and standard screwdriver.

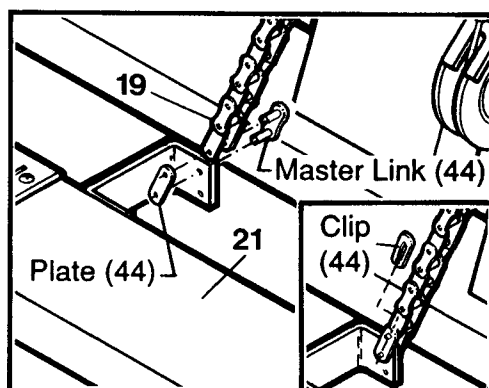
1. Attach the Stabilizer (11) to the Frame (17) with the two Stabilizer Bolts (10), Washers (12) and Nuts (13). (The holes in the Endcaps [22] must be upwards.)



2. Insert the Pedal Shaft (26) through the front of the Frame (17). Slide a Pedal (21) onto each end of the Shaft. (The Pedal Pads [not shown] must be on top, with the brackets on the insides of the Pedals.) Place a Push Washer (25) on each end of the Shaft. (The teeth on the insides of the Push Washers must bend outward.) Push a Pedal Shaft Endcap (27) onto each end of the Shaft.



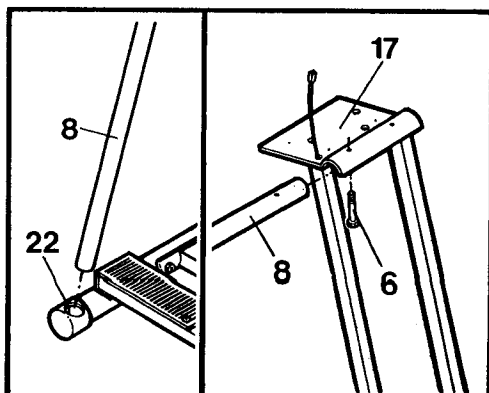
3. Hold the end of the Pedal Chain (19) above the bracket on the right Pedal (21) as shown. Insert a Master Link (44) through the end of the Pedal Chain and the top hole in the bracket. Slide Plate (44) over the Master Link. Push a Clip (44) down over the Master Link using the tip of a standard screwdriver.



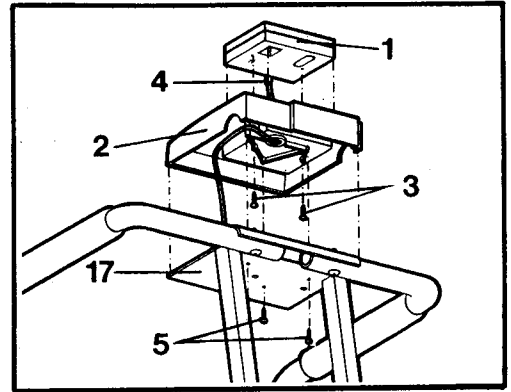
Attach the other Pedal Chain to the left Pedal in the same manner (not shown).

4. Fit the lower end of the Right Handrail (8) into the right Stabilizer Endcap (22). Attach the upper end of the Handrail to the Frame (17) with a Handrail Bolt (6)

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



5. Insert the Sensor Wire (4) through the Console (2), and plug the Wire into the Electronic Monitor (1). Attach the Monitor to the Console with the two Monitor Screws (3). Attach the Console to the Frame (17) with the three Console Screws (5). Note: The Sensor Wire must be routed under the Console as shown.



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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.

The muscles of the upper legs can be emphasized by keeping your feet flat on the pedals as you step. To focus on the calf muscles, rise on your toes. 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.

### ELECTRONIC MONITOR OPERATION

See the electronic monitor operation guide accompanying this manual.

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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.

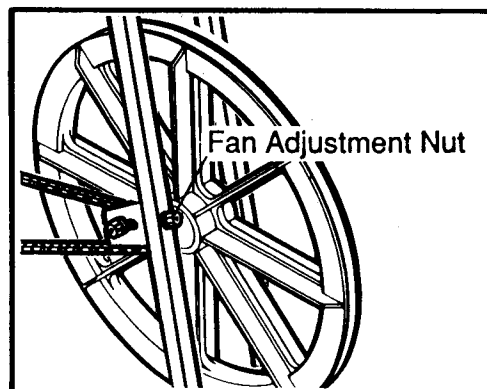
### ELECTRONIC MONITOR

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.

### CHAIN ADJUSTMENT

The stepper features a precision fan chain which should be kept properly adjusted. If the chain is too tight or loose, the bearings or fan may be damaged. Chain tension should be checked periodically in the following manner:

1. Remove the two screws securing the right side shield and lift off the side shield.
2. Press down on the chain. The chain should not move up and down more than 1/4 inch.
3. If chain tension is correct, reattach the right side shield. If adjustment is required, see step 4.
4. Remove the screws securing the fan shield and remove the fan shield. Loosen the fan nuts. To tighten the chain, turn the fan adjustment nut clockwise. Turn the nut counterclockwise to loosen the chain. Tighten the fan nuts and reattach the fan shield. Replace the right side shield.



Always check the chain if it slips or causes excessive noise when exercising. A few drops of light, multi-purpose oil should be applied to the chain periodically.

## 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.**

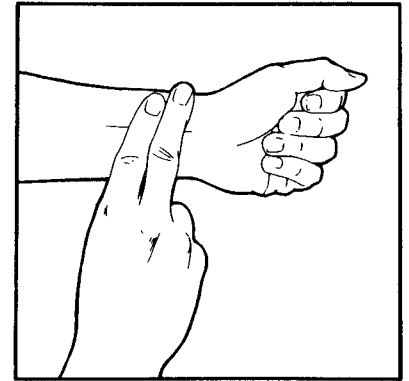
### EXERCISE INTENSITY

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

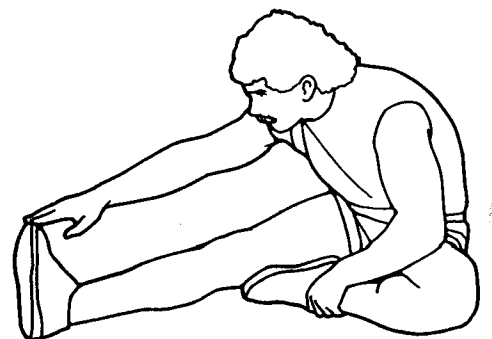
To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to a successful program is **REGULAR** exercise.

## 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.



## 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.

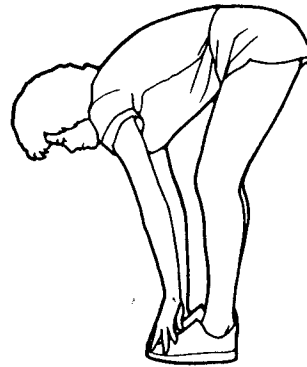
Stretches: Quadriceps, hip muscles.



## 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.



## QUADRICEPS STRETCH

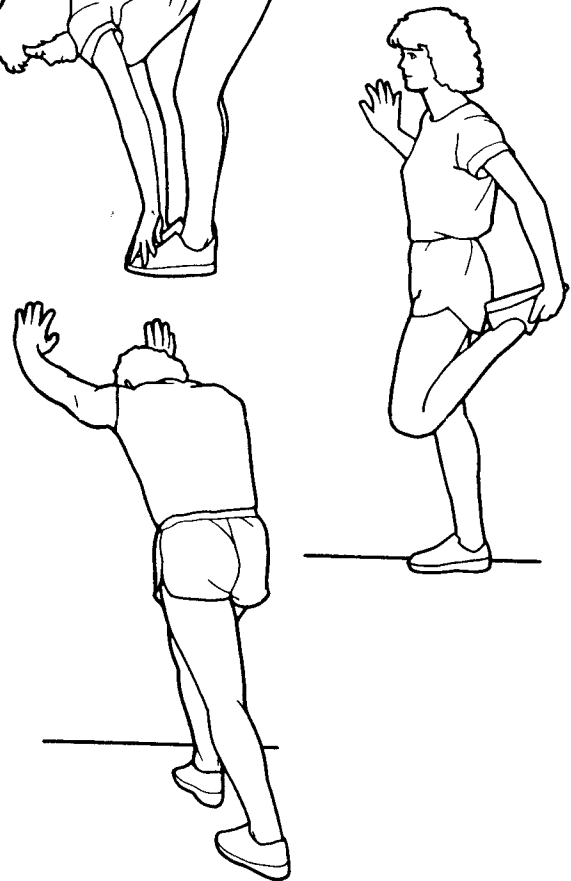
With one hand against a wall for balance, reach behind you and grasp your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times for both legs.

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. WL510900

Rev. 8/90

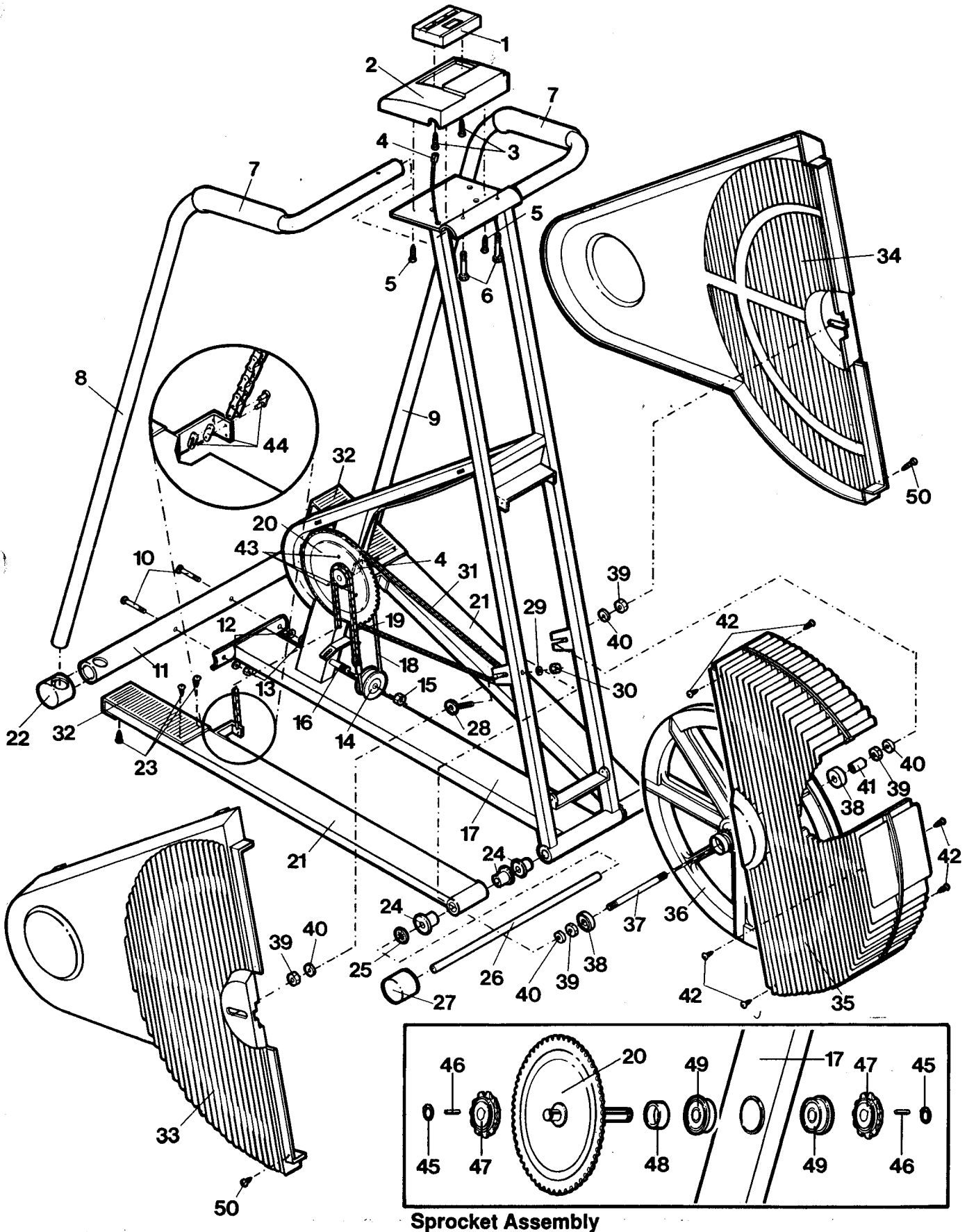
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Electronic Monitor	28	1	Fan Adjustment Bolt
2	1	Console	29	1	Fan Adjustment Washer
3	2	Monitor Screw	30	1	Fan Adjustment Nut
4	1	Sensor Wire/Reed Switch	31	1	Fan Chain
5	3	Console Screw	32	2	Pedal Pad
6	2	Handrail Bolt	33	1	Right Side Shield
7	2	Handrail Foam	34	1	Left Side Shield
8	1	Right Handrail	35	2	Fan Shield
9	1	Left Handrail	36	1	Fan
10	2	Stabilizer Bolt	37	1	Fan Shaft
11	1	Stabilizer	38	2	Fan Bearing
12	2	Stabilizer Washer	39	4	Fan Nut
13	2	Stabilizer Nut	40	4	Fan Washer
14	1	Pulley	41	1	Fan Spacer
15	1	Pulley Nut	42	6	Fan Shield Screw
16	1	Pulley Bolt	43	3	Magnet
17	1	Frame	44	4	Master Link Assembly
18	1	Pulley Cable	45	2	Retaining Ring
19	2	Pedal Chain	46	2	Key
20	1	Sprocket	47	2	Freewheel
21	2	Pedal	48	1	Bearing Spacer
22	2	Stabilizer Endcap	49	2	Bearing
23	6	Pedal Pad Screw	50	2	Side Shield Screw
24	6	Pedal Bushing	#	1	Owner's Manual
25	2	Push Washer	#	1	Monitor Operation Guide
26	1	Pedal Shaft	#	1	Allen Wrench
27	2	Pedal Shaft Endcap			

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. WL510900

Rev. 8/90

Specifications are subject to change without notice.



Sprocket Assembly

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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 (WL510900).
2. The **NAME** of the product (Weslo AEROSTEP 600).
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.