

# WESLO®

# 540

ADJUSTABLE RESISTANCE  
ROWING MACHINE

Model No. WL540030

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions or find that 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:

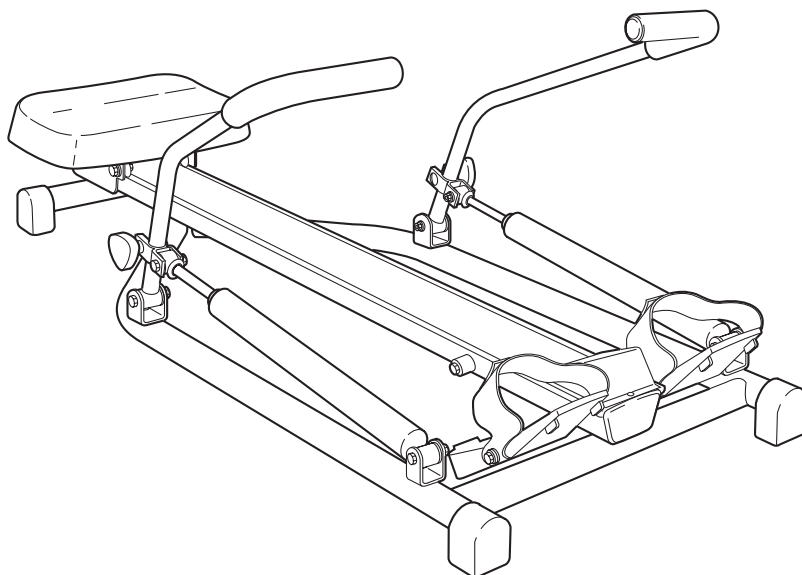
**1-800-999-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST

## CAUTION

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

## USER'S MANUAL



Visit our website at

**www.weslo.com**

new products, prizes,  
fitness tips, and much more!

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# BEFORE YOU BEGIN

Thank you for selecting the WESLO® 540 Adjustable Resistance Rowing Machine. Rowing is one of the most effective exercises known for toning the body, strengthening the muscles, and building the cardiovascular system. The WESLO 540 is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the WESLO 540.** If you have additional ques-

tions, 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 note the product model number and serial number before calling. The model number is WL540030. The serial number can be found on a decal attached to the WESLO 540 below the monitor.

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## IMPORTANT PRECAUTIONS

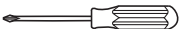
**WARNING:** To reduce the risk of serious injury, read the following important precautions before you use the WESLO 540.

1. Read all instructions in this manual before using the rowing machine. Use the rowing machine only as described.
2. It is the responsibility of the owner to ensure that all users of the rowing machine are adequately informed of all warnings.
3. Use the rowing machine indoors, on a level surface, away from moisture and dust. Place a mat under the rowing machine to protect the floor or carpet.
4. Inspect and tighten all parts of the rowing machine regularly. Replace worn parts immediately.
5. Always tighten the seat knob before lifting or moving the rowing machine. If the seat knob is not tightened, the seat could slide, resulting in injury.
6. Keep children under 12 and pets away from the rowing machine at all times.
7. Wear appropriate clothing when exercising. Always wear athletic shoes for foot protection.
8. Keep your hands away from moving parts.
9. If you experience dizziness or pain at any time while exercising, stop immediately and begin cooling down.
10. The rowing machine is intended for in-home use only. Do not use the rowing machine in a commercial, rental, or institutional setting.

**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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

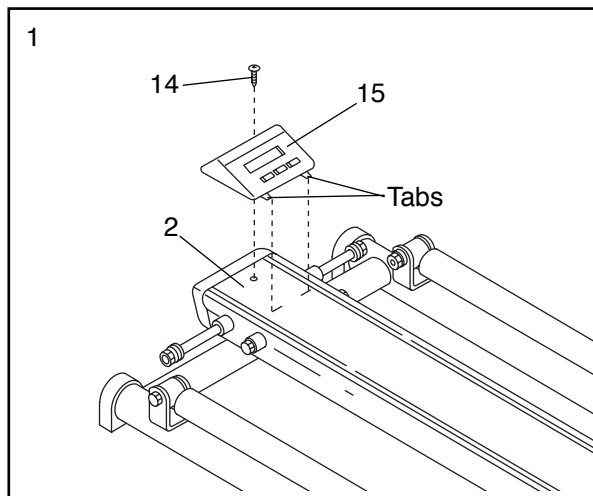
# ASSEMBLY

Place all parts of the rowing machine in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

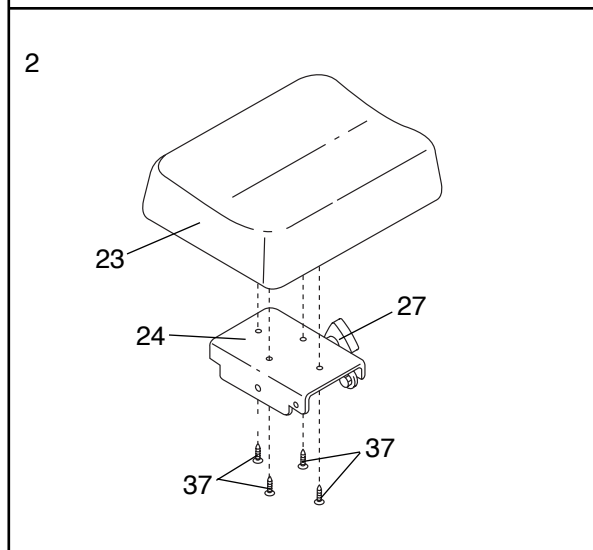
**ASSEMBLY REQUIRES THE FOLLOWING TOOLS (NOT INCLUDED):** An adjustable wrench  and a phillips screwdriver  .

1. Insert two new “AA” batteries (not included) into the Monitor (15). Alkaline batteries are recommended. Make sure that the batteries are turned as shown inside the Monitor.

Insert the two tabs on the Monitor (15) into the slots near the front end of the Rail (2). Attach the Monitor to the Rail with the Monitor Screw (14).



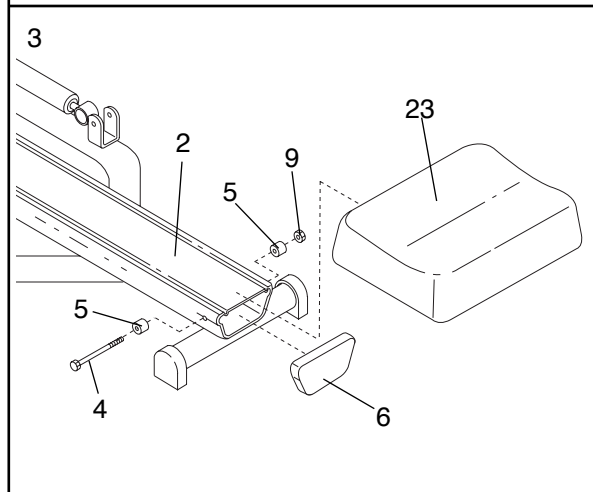
2. Attach the Seat (23) to the Seat Bracket (24) with the four Seat Screws (37). Note: The thickest part of the Seat is the back. The Seat can be turned so the Seat Knob (27) is on either the left or right side of the Seat.



3. Pull the Rail Cap (6) out of the back end of the Rail (2). Remove the M8 Nylon Locknut (9), the Seat Stops (5), and the Seat Stop Bolt (4) from the back end of the Rail.

Roll the Seat (23) onto the Rail (2). Make sure that the thickest part of the Seat is at the back.

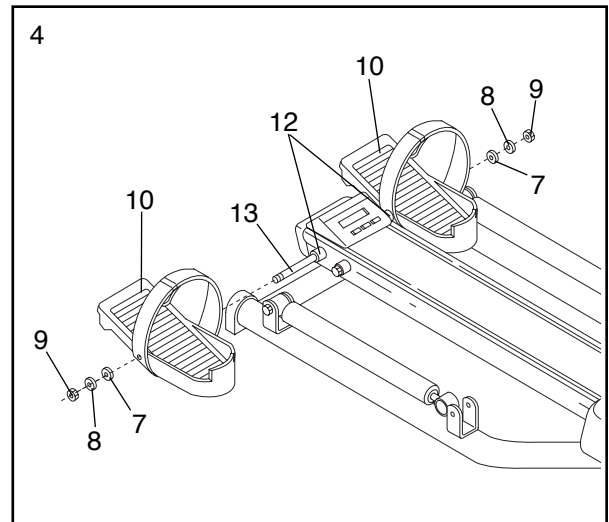
Reattach the Seat Stop Bolt (4), the Seat Stops (5), and the M8 Nylon Locknut (9) to the Rail (2). Press the Rail Cap (6) back into the Rail.



4. Remove the M8 Nylon Locknut (9), the Metal Washer (8), and the Plastic Washer (7) from each side of the Footrest Shaft (13). Make sure to leave the Plastic Spacer (12) on each side of the Footrest Shaft.

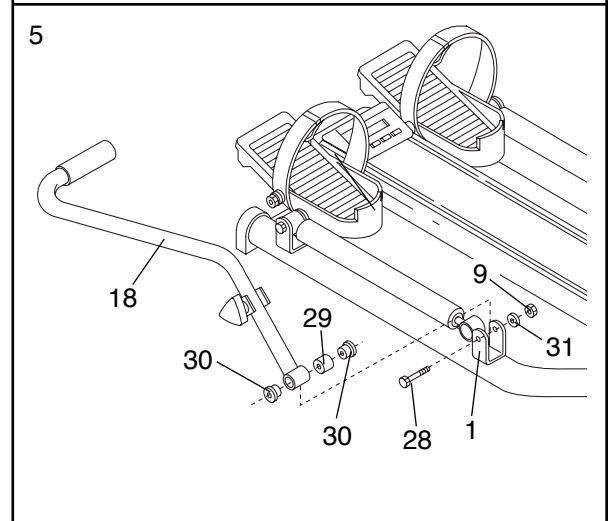
Slide a Footrest (10) onto each side of the Footrest Shaft (13).

Reattach the Plastic Washer (7), the Metal Washer (8), and the M8 Nylon Locknut (9) to each side of the Footrest Shaft (13).



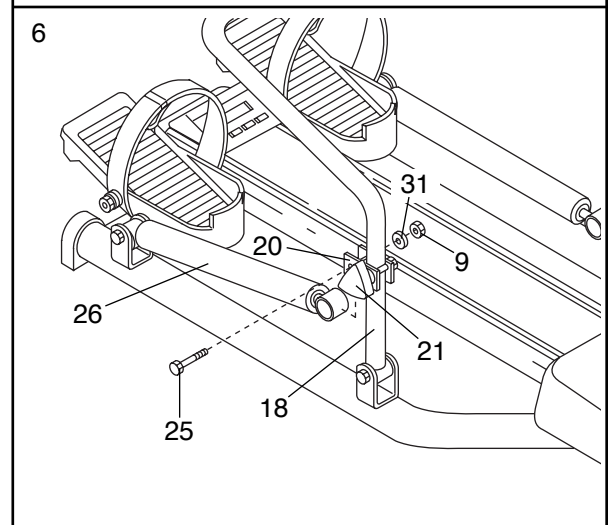
5. Remove the Rowing Arm Bolt (28), the Washer (31), and the M8 Nylon Locknut (9) from the indicated bracket on the Frame (1). Position the lower end of the Left Rowing Arm (18) in the bracket. Make sure that the two Rowing Arm Bushings (30) and the Rowing Arm Sleeve (29) are in the Left Rowing Arm. Attach the Left Rowing Arm with the Rowing Arm Bolt (28), the Washer (31), and the M8 Nylon Locknut (9). The Left Rowing Arm should pivot smoothly with a minimum of sideways movement.

Attach the Right Rowing Arm in the same manner (not shown).



6. Position the free end of the left Resistance Cylinder (26) in the Clamp (20) on the Left Rowing Arm (18). Make sure that the Clamp is turned as shown. Attach the Resistance Cylinder to the Clamp with a Resistance Cylinder Bolt (25), a Washer (31), and an M8 Nylon Locknut (9).

Attach the right Resistance Cylinder to the Clamp on the Right Rowing Arm in the same manner (not shown).



7. **Make sure that all parts are tightened before you use the rowing machine. Note: There may be some hardware left over after assembly is completed.** Place a mat under the rowing machine to protect the floor or carpet.

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# OPERATING THE ROWING MACHINE

## HOW TO OPERATE THE MONITOR

To turn on the power, press the ON/OFF button.

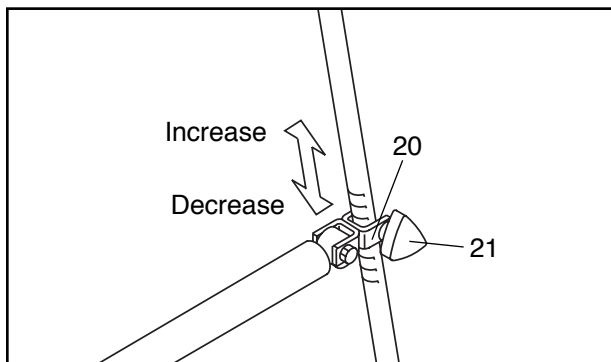
Next, press the TIME SET button to set the length of time that you plan to exercise, from 1 to 60 minutes. Each time the button is pressed, the length of time will increase by 1 minute. The button can be held down to set the length of time quickly.

Press the STAR/STOP button to start or stop the monitor. When the monitor is started, the time will be counted down. When no time remains, a tone will sound. Note: The tone will last for one minute, unless the ON/OFF button is pressed to stop it.

Press the ON/OFF button to turn off the power.

## HOW TO ADJUST THE RESISTANCE

To vary the intensity of your exercise, the resistance of the rowing arms can be changed. The resistance is determined by the positions of the Clamps (20) on the rowing arms (refer to the drawing below).



To change the resistance, first loosen the Clamp Knobs (21). To increase the resistance, slide the Clamps (20) higher on the rowing arms; to decrease the resistance, slide the Clamps lower on the rowing arms. Tighten the Clamp Knobs. Refer to the marks on the rowing arms to make sure that both Clamps are at the same height.

## PROPER ROWING FORM

Sit on the seat, facing the footrests. Place your feet in the footrests and adjust the straps to fit your feet. Hold the handles of the rowing arms with an overhand grip. Correct rowing form consists of three phases:

1. The first phase is the CATCH. Slide the seat forward until your knees are almost touching your chest. Pivot the rowing arms forward until your hands are close to your feet.
2. The second phase is the DRIVE. Push backward using your legs. Keep your back straight. Lean back slightly at the hips (not at the waist) and begin pulling the rowing arms toward your chest. Keep your elbows outward.
3. The third phase is the FINISH. Your legs should be nearly straight. Continue to pull the rowing arms until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row—never hold your breath.

## ALTERNATE ROWING

Sit on the rowing machine as described above and extend your legs until they are nearly straight. Lock the seat in a stationary position by tightening the seat knob. Keep your back straight. Alternately pull the right and left rowing arms toward your chest.

## SIT-UPS

Sit on the rowing machine as described above. Make sure that your feet are properly strapped into the footrests. Lock the seat in a stationary position by tightening the seat knob. Bend your knees slightly and clasp your hands behind your head. Perform as many sit-ups as desired.

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## MAINTENANCE AND STORAGE TIPS

Inspect and tighten all parts of the WESLO 540 regularly. Replace worn parts immediately.

Wipe the rail and the wheels on the seat bracket regularly to keep them free of dust and dirt. Other parts of the rowing machine can be cleaned using a soft cloth and mild detergent. Keep liquids away from the monitor.

If the monitor does not function properly, the batteries should be replaced. Most problems are the result of

drained batteries. See assembly step 1 on page 3 for battery installation instructions.

The rowing machine can be stored in a vertical position to conserve space. **Always tighten the seat knob before lifting or moving the rowing machine. If the seat knob is not tightened, the seat can slide, resulting in injury. Store the rowing machine in a location where children cannot tip it.** Remove the batteries from the monitor when storing the rowing machine.

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## PART LIST—Model No. WL540030

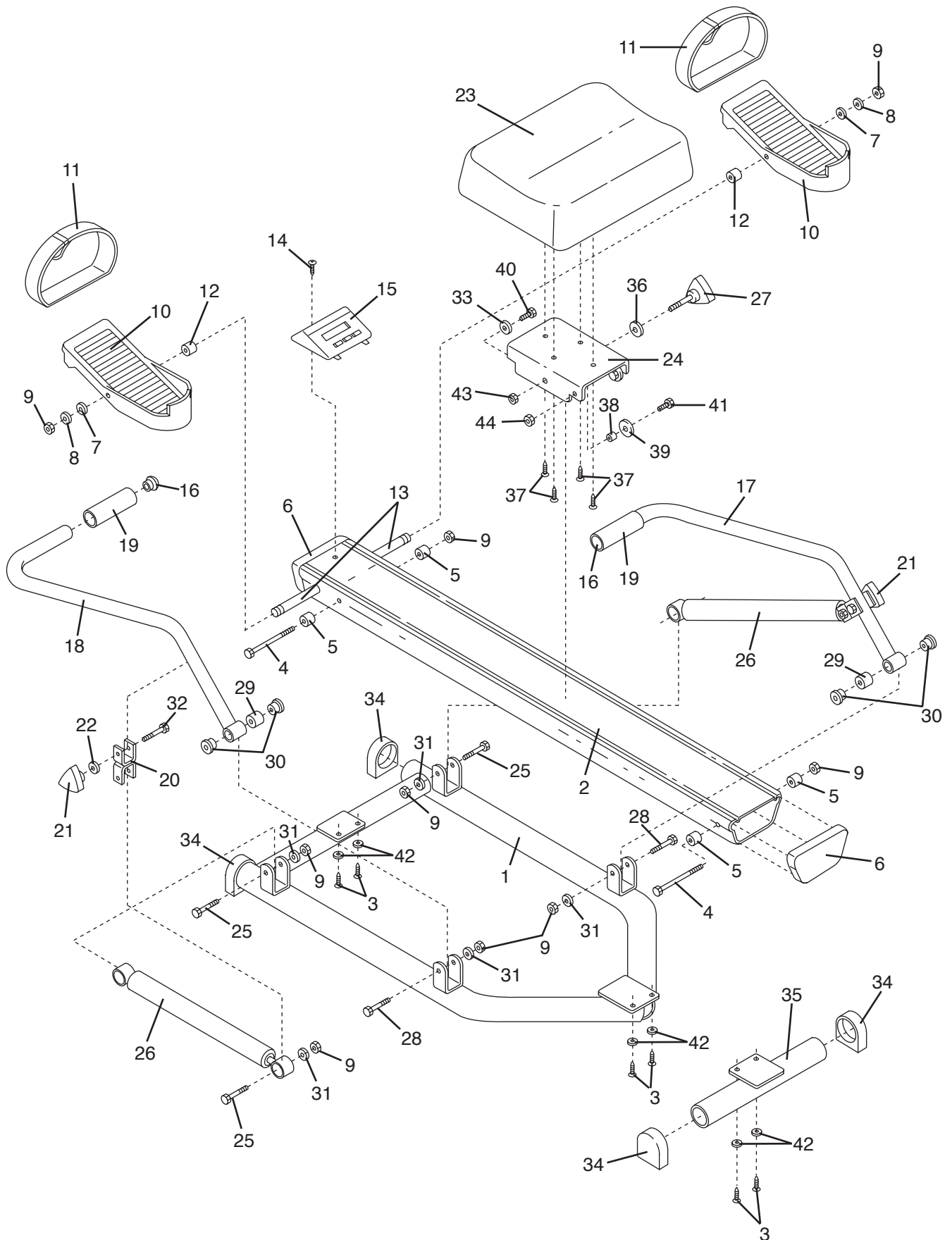
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| Key No. | Qty. | Description      | Key No. | Qty. | Description              |
|---------|------|------------------|---------|------|--------------------------|
| 1       | 1    | Frame            | 24      | 1    | Seat Bracket             |
| 2       | 1    | Rail             | 25      | 4    | Resistance Cylinder Bolt |
| 3       | 6    | Frame Screw      | 26      | 2    | Resistance Cylinder      |
| 4       | 2    | Seat Stop Bolt   | 27      | 1    | Seat Knob                |
| 5       | 4    | Seat Stop        | 28      | 2    | Rowing Arm Bolt          |
| 6       | 2    | Rail Cap         | 29      | 2    | Rowing Arm Sleeve        |
| 7       | 2    | Plastic Washer   | 30      | 4    | Rowing Arm Bushing       |
| 8       | 2    | Metal Washer     | 31      | 6    | Washer                   |
| 9       | 10   | M8 Nylon Locknut | 32      | 2    | Clamp Bolt               |
| 10      | 2    | Footrest         | 33      | 2    | Small Wheel              |
| 11      | 2    | Strap            | 34      | 4    | Endcap                   |
| 12      | 2    | Plastic Spacer   | 35      | 1    | Stabilizer               |
| 13      | 1    | Footrest Shaft   | 36      | 1    | Seat Knob Washer         |
| 14      | 1    | Monitor Screw    | 37      | 2    | Seat Screw               |
| 15      | 1    | Monitor          | 38      | 2    | Large Wheel Spacer       |
| 16      | 2    | Rowing Arm Cap   | 39      | 2    | Large Wheel              |
| 17      | 1    | Right Rowing Arm | 40      | 2    | Small Wheel Screw        |
| 18      | 1    | Left Rowing Arm  | 41      | 2    | Large Wheel Bolt         |
| 19      | 2    | Rowing Arm Grip  | 42      | 6    | Small Washer             |
| 20      | 2    | Clamp            | 43      | 2    | Small Wheel Nut          |
| 21      | 2    | Clamp Knob       | 44      | 2    | Large Wheel Nut          |
| 22      | 2    | Clamp Washer     | #       | 1    | User's Manual            |
| 23      | 1    | Seat             |         |      |                          |

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

# EXPLODED DRAWING—Model No. WL540030

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# ORDERING REPLACEMENT PARTS

To order replacement parts, simply 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:

- The MODEL NUMBER of the product (WL540030)
- The NAME of the product (WESLO® 540 Adjustable Resistance Rowing Machine)
- The SERIAL NUMBER of the product (see the decal attached to the WESLO 540 below the monitor)
- The KEY NUMBER of the part(s) needed (see page 6 of this manual)
- The DESCRIPTION of the part(s) needed (see page 6 of this manual)

If possible, place the WESLO 540 near your telephone for easy reference when calling.

WESLO is a registered trademark of ICON Health & Fitness, Inc.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) 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. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON 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 ICON. 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 ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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 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.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**