

POWERGLIDE 50™

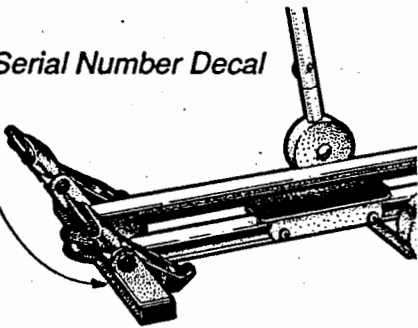
CROSS COUNTRY SKIER/ROWER

WESLO®

Model No. WL610520

Serial No. _____

Serial Number Decal



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.

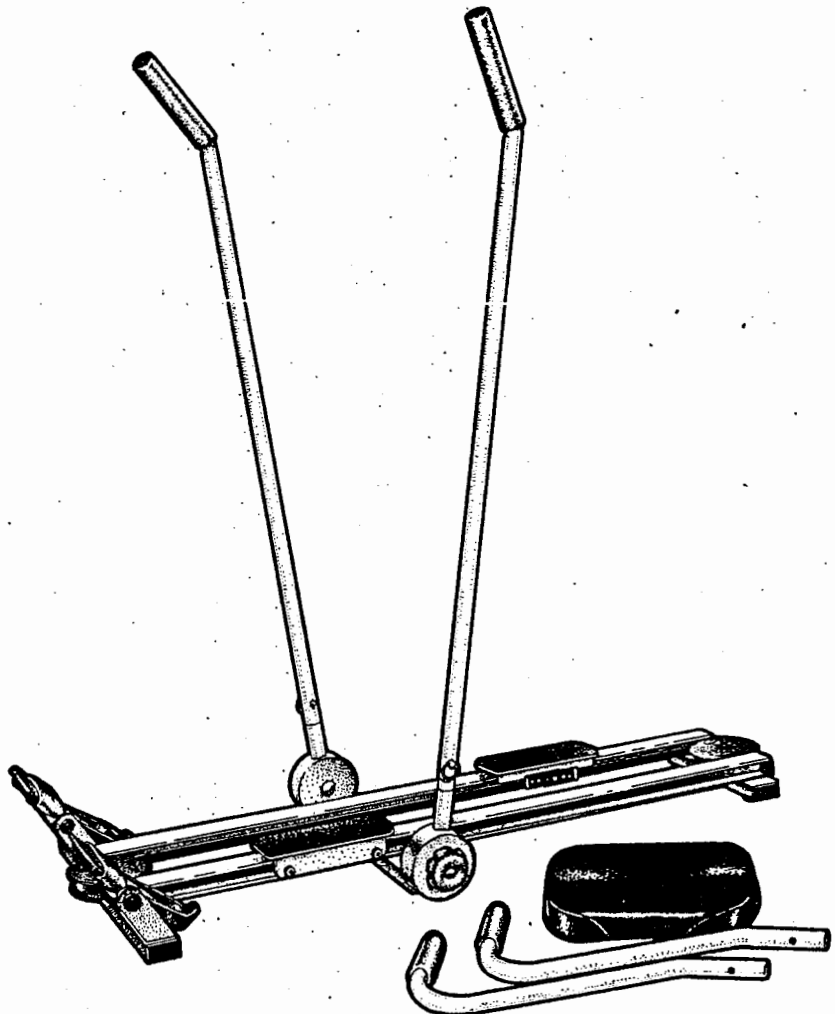
The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

**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 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., 1500 S. 1000 W., LOGAN, UT 84321-9813

POWERGLIDE 50™

CROSS COUNTRY SKIER/ROWER

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read all safety precautions and instructions in this manual before using the cross-country skier/rower.

1. Place the cross-country skier/rower on a level surface.
2. Inspect and tighten all parts each time you use the cross-country skier/rower.
3. Keep small children away from the cross-country skier/rower at all times.
4. Always wear appropriate attire, including athletic shoes, when using the cross-country skier/rower.
5. Always dismount the cross-country skier/rower before changing the resistance of the ski pedals or ski poles.
6. Use the cross-country skier/rower only as described in this manual.

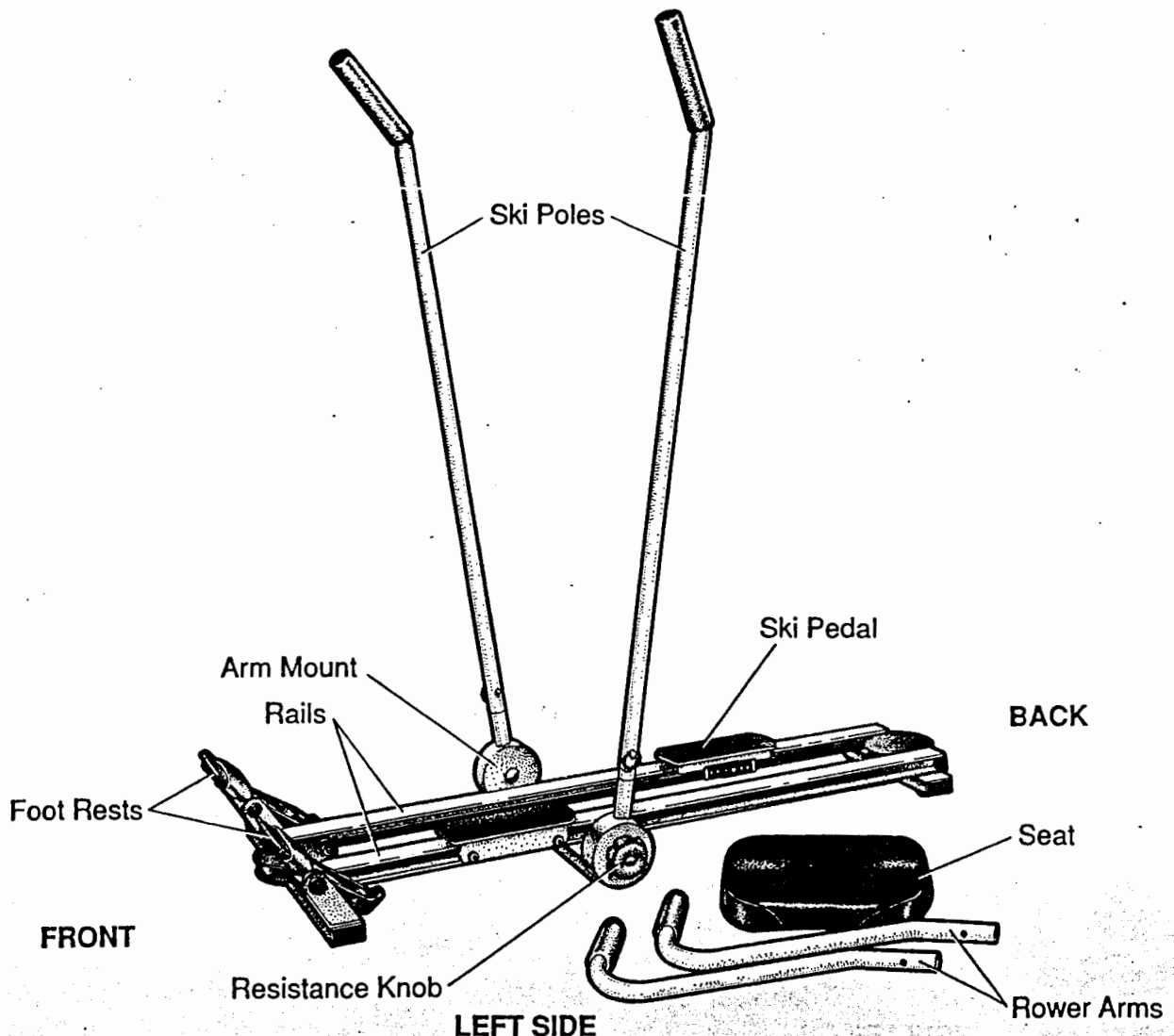
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read this manual carefully before using this product. WESLO assumes no responsibility for injury or death resulting from the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the WESLO® POWERGLIDE 50 cross-country skier/rower. Rowing and cross-country skiing are two of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The WESLO POWERGLIDE 50 lets you enjoy both exercises with one compact machine in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the cross-country skier/rower. 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). To help us assist you, please note the product model number and serial number before calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the cross-country skier/rower (see the front cover of this manual for the location).

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



ASSEMBLY

Set all parts of the cross-country skier/rower in a cleared area on the floor and remove the packing materials. **Do not dispose of the packing materials until the cross-country skier/rower is completely assembled.**

1. Attach the Center Rail Support (5) to the Rails (1) with four Rail Support Bolts (6) and Rail Support Lock Washers (24). Make sure that the front of the Center Rail Support is forward; there is a sticker attached to the Support identifying the front. You should be able to rotate the Arm Mounts (11) forward until they are parallel with the Rails.

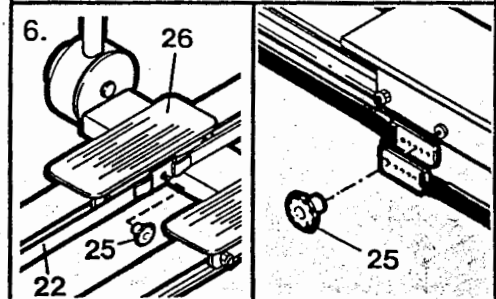
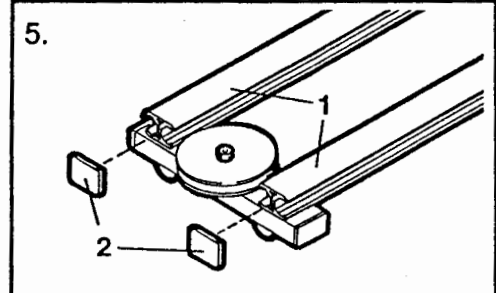
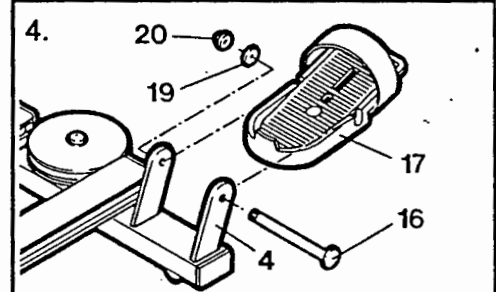
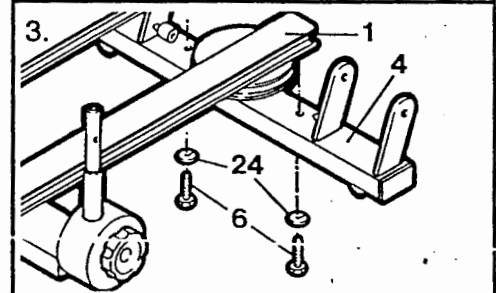
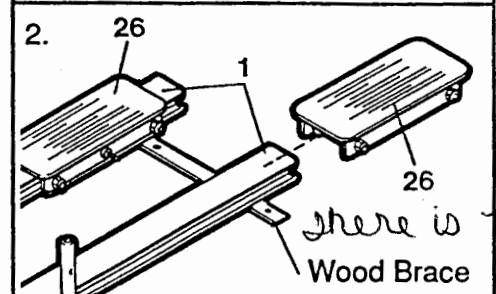
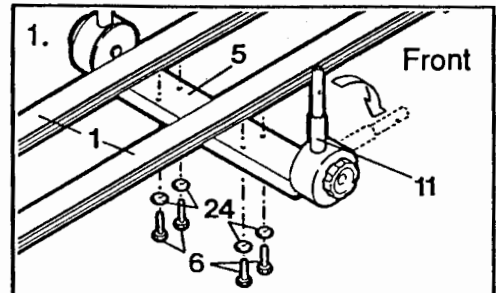
2. Remove the wood brace from the front of the Rails (1). Slide the two Ski Pedals (26) onto the Rails. Make sure that the threaded shafts on the sides of the Pedals are turned toward each other as shown.

3. Attach the Front Rail Support (4) to the Rails (1) with two Rail Support Bolts (6) and Rail Support Lock Washers (24). Make sure that the brackets on the Support angle forward as shown.

4. Insert a Foot Rest Bolt (16) through one of the brackets on the Front Rail Support (4) and through a Foot Rest (17) as shown. Tighten a Flange Nut (20) with a Foot Rest Washer (19) onto the end of the Foot Rest Bolt. Attach the other Foot Rest (not shown) in the same manner.

5. Press the four Rail Endcaps (2) onto the back and front ends of the Rails (1).

6. Loop the Resistance Strap (22) around the outside of the Pulleys (not shown—see the EXPLODED DRAWING on page 11 for the correct position). Attach the metal bracket in the center of the Strap to the left Ski Pedal (26) with a Strap Knob (25). Slide the metal brackets at the ends of the Strap onto the right Ski Pedal, and tighten a Strap Knob (25) onto the Pedal. Make sure that the metal brackets remain parallel to each other as you tighten the Knob.



ROWER ADJUSTMENT AND OPERATION

CONVERTING TO THE ROWER MODE

Remove the strap knobs from the left and right pedals. Remove the resistance strap from the pulleys. Keep the strap and knobs in a secure place.

Position the ski pedals side by side. Set the seat on the pedals and press down firmly.

If the ski poles are attached, remove the pull pins and pull the ski poles from the arm mounts. Slide the rower arms onto the arm mounts, with the handles pointed inward. Reinsert the pins into the rowing arms.

CHANGING THE RESISTANCE OF THE ROWER ARMS

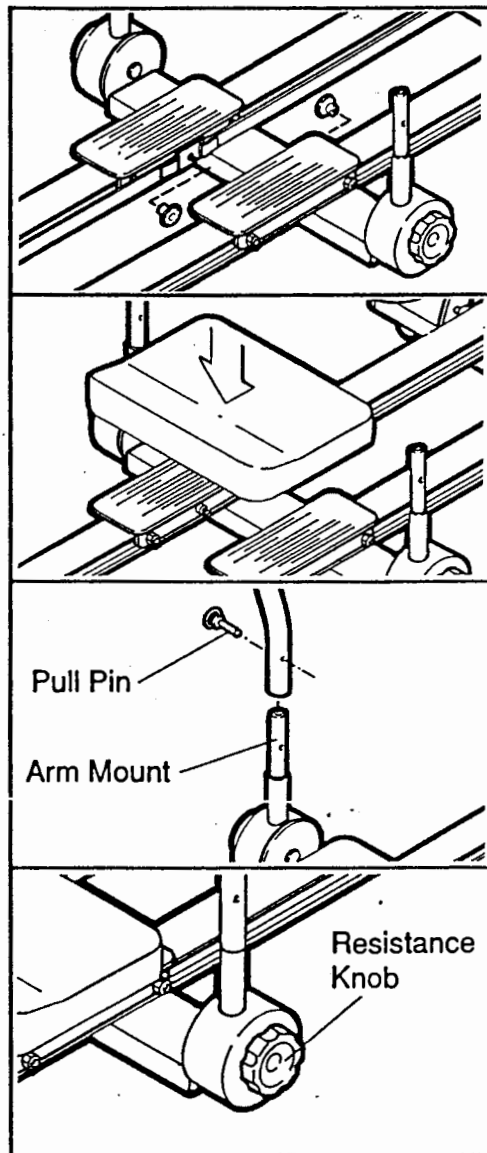
The resistance of the rower arms can be changed by turning the resistance knobs on the arm mounts. To increase the resistance, turn the knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.

EXERCISING ON THE ROWER

Sit on the seat facing the front of the cross-country skier/rower and strap your feet into the foot rests. Hold the handles of the rower arms with an overhand grip. Proper rowing form consists of three parts:

1. The **catch** is the starting position. Tuck your body, with your knees bent and your upper legs just off your chest. Keep your arms straight and your shoulders relaxed.
2. The **drive** begins as you push backward with your legs, at the same time leaning back slightly from your hips. Remember to keep your back straight. Halfway through the drive, begin to pull the handles of the rower arms toward your stomach, keeping your elbows outward and at the same height.
3. The **finish** comes as you extend your legs and continue to bend your arms until your elbows pass on either side of your chest. You should still be leaning back slightly from your hips.

After the finish, extend your arms and slide your body forward to the catch position. The return to the catch position should be half as fast as the drive, allowing for a moment of relaxation before the next stroke. The return to the catch position should be half as fast as the drive, allowing for a moment of relaxation before the next stroke.



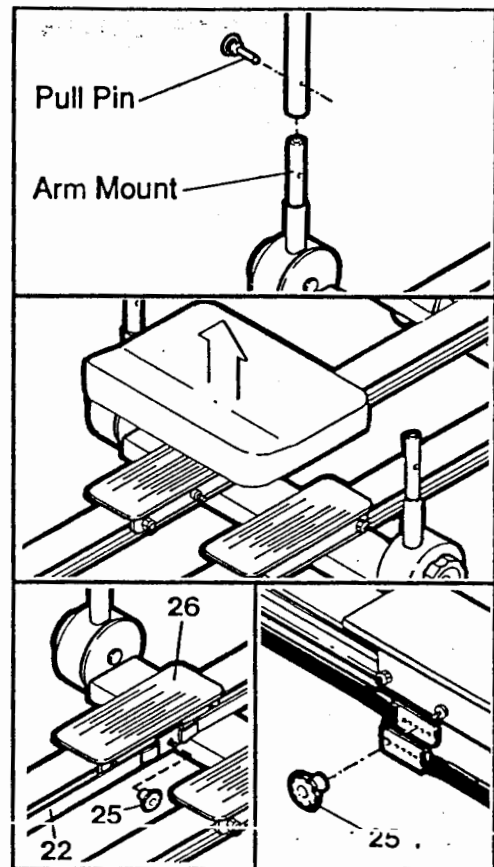
CROSS-COUNTRY SKIER ADJUSTMENT AND OPERATION

CONVERTING TO THE CROSS-COUNTRY SKIER MODE

If the rower arms are attached, remove the pull pins and pull the rowing arms from the arm mounts. Slide the ski poles onto the arm mounts and reinsert the pull pins.

Lift the seat from the ski pedals.

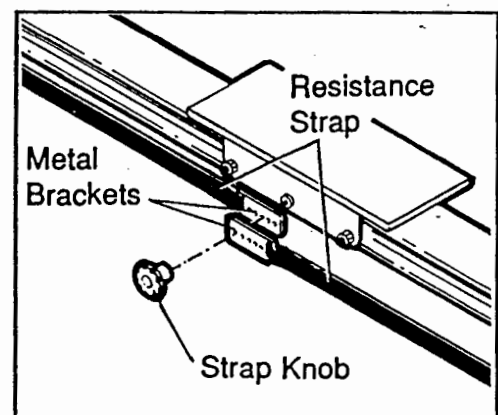
Loop the Resistance Strap (22) around the outside of the Pulleys (not shown—see the EXPLODED DRAWING on page 11 for the correct position). Attach the metal bracket in the center of the Strap to the left Ski Pedal (26) with a Strap Knob (25). Slide the metal brackets at the ends of the Strap onto the right Ski Pedal, and tighten a Strap Knob (25) onto the Pedal. Make sure that the metal brackets remain parallel to each other as you tighten the Knob.



CHANGING THE RESISTANCE OF THE SKI PEDALS

The resistance of the ski pedals can be changed by adjusting the resistance strap. **CAUTION: Always dismount the cross-country skier before changing the resistance.**

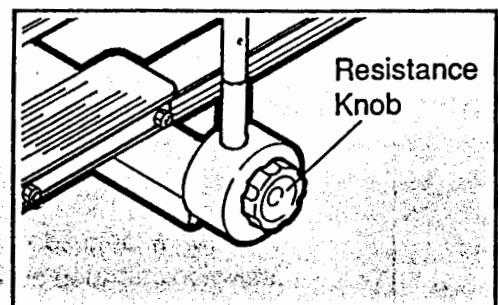
Remove the strap knob from the right ski pedal. Slide the two metal brackets off the right ski pedal. To increase the resistance, move one or both of the metal brackets so that the ends of the resistance strap are closer together; to decrease the resistance, move the metal brackets farther apart. Slide the metal brackets back onto the right ski pedal. Tighten the knob onto the right ski pedal. Make sure that the metal brackets remain parallel to each other as you tighten the knob.



CHANGING THE RESISTANCE OF THE SKI POLES

The resistance of the ski poles can be changed by turning the resistance knobs on the arm mounts. **CAUTION: Always dismount the cross-country skier before changing the resistance.**

To increase the resistance, turn the knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.



EXERCISING ON THE CROSS-COUNTRY SKIER

Hold both ski poles firmly. Step onto the ski pedals and center your feet on the pedals. The correct form for exercising on the cross-country skier is similar to the motion of walking. Move your arms and legs forward and backward with a smooth, rhythmic motion. Keep your back straight and your knees bent slightly.

For effective aerobic exercise, exercise physiologists recommend short, rapid strides at low resistance. To strengthen the muscles, long, slow strides at medium resistance are recommended.

For a lower-body workout, the cross-country skier can be used with the ski poles in a stationary position. When using the cross-country skier in this manner, always hold the ski poles for support.

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the cross-country skier/rower. Clean the cross-country skier/rower periodically using a soft, dry cloth. Apply a few drops of light multi-purpose oil to the hubs of the pulleys at the ends of the resistance strap every six months.

SKI PEDALS

If the ski pedals are difficult to move, the resistance may be too high. The resistance should be decreased. See **ADJUSTMENT AND OPERATION**. If the movement of the ski pedals becomes noisy or rough, clean the ski rails with a soft cloth. Next, apply a non-oil-, non-petroleum-base silicone lubricant to the ski rails where the ski pedal rollers make contact. (We recommend Uni-Sport silicone spray, which can be ordered conveniently by calling our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time. Lubricant is also available at most hardware and automotive stores.) Clean the ski rails and apply lubricant at least once every three months. If the movement of the ski pedals is still rough, the ski pedal rollers may need to be replaced. See **ORDERING REPLACEMENT PARTS**.

SKI POLES

If the ski poles have little resistance, even when the resistance knobs are turned clockwise, the resistance pads may need to be replaced. See **ORDERING REPLACEMENT PARTS**.

ROWER ARMS

If the rower arms have little resistance, even when the resistance knobs are turned clockwise, the resistance pads may need to be replaced. See **ORDERING REPLACEMENT PARTS**.

STORAGE

Loosen the resistance knobs and remove the ski poles or rower arms. Cover the cross-country

CONDITIONING GUIDELINES

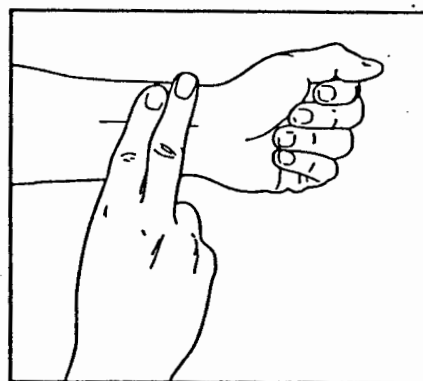
The following guidelines will help you to outline a personal exercise program. Remember that adequate rest and good nutrition are essential for successful results. **Before beginning this or any exercise program, consult your physician.**

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found using the heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is called your "training zone." You can find your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned persons, according to age.

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, keep your heart rate near the low end of your training zone. Over the course of a few months, your heart rate can be increased gradually until it is near the high end of your training zone. To find your heart rate, stop exercising and place two fingers on your wrist as shown. Carefully take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. (For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your training zone, and adjust the intensity of your exercise as needed.



WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching to warm up. Follow the warm-up with a few minutes of light exercise. Next, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Finish each workout with 5 to 10 minutes of stretching to cool down. This will help to develop flexibility as well as offset muscle contractions and other problems caused when you stop exercising suddenly.

To maintain or improve your condition, work out three times per week as described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered conveniently by calling 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 following information before calling.

1. The MODEL NUMBER of the product (WL610520).
2. The NAME of the product (WESLO® POWERGLIDE 50 cross-country skier/rower).
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.