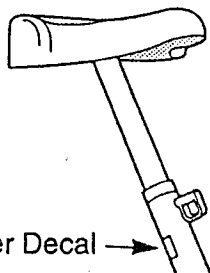


WESLO®

Model No. WL620030

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

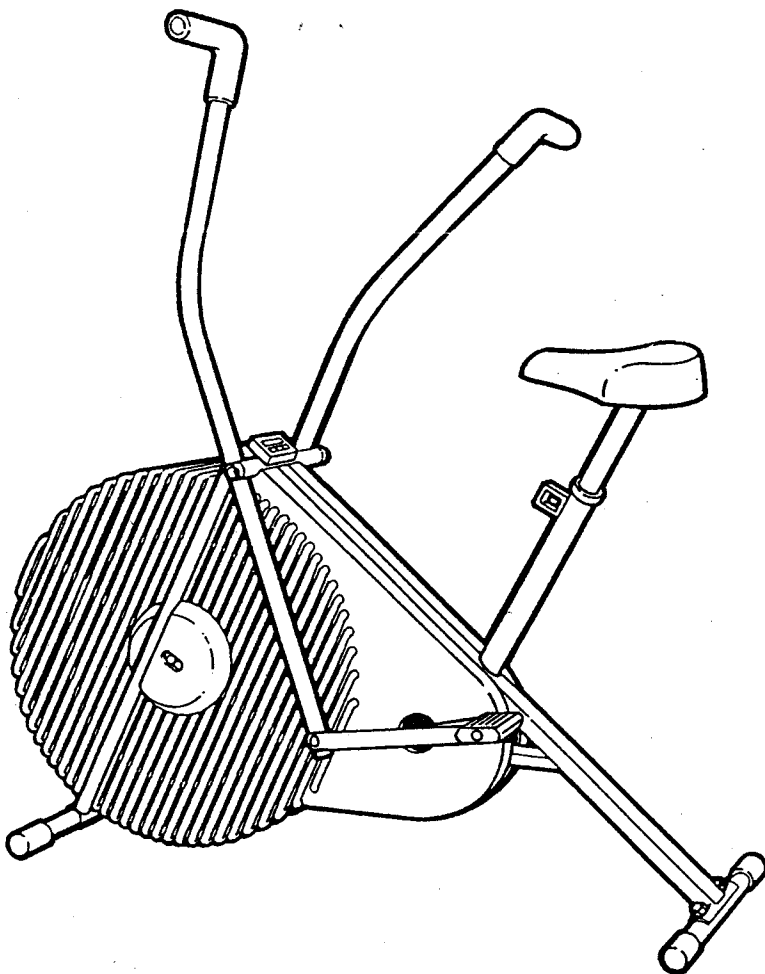
CAUTION:

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

AERO®

620

DUAL ACTION AIR CYCLE



OWNER'S MANUAL

TABLE OF CONTENTS

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the exercise bike.

1. Place the exercise bike on a level surface.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the exercise bike. Always wear athletic shoes for foot protection.
3. When adjusting the seat, at least two inches of the seat post must be inside of the frame. The seat pin must be inserted from the front, as shown in the drawing on page 3. If the seat pin is inserted from the back, it may slip out, resulting in injury to the user.
4. Keep your hands and feet away from the link arms when using the exercise bike. Keep small children away from the exercise bike at all times.
5. Keep the chain properly adjusted (see TROUBLE-SHOOTING AND MAINTENANCE in this manual).

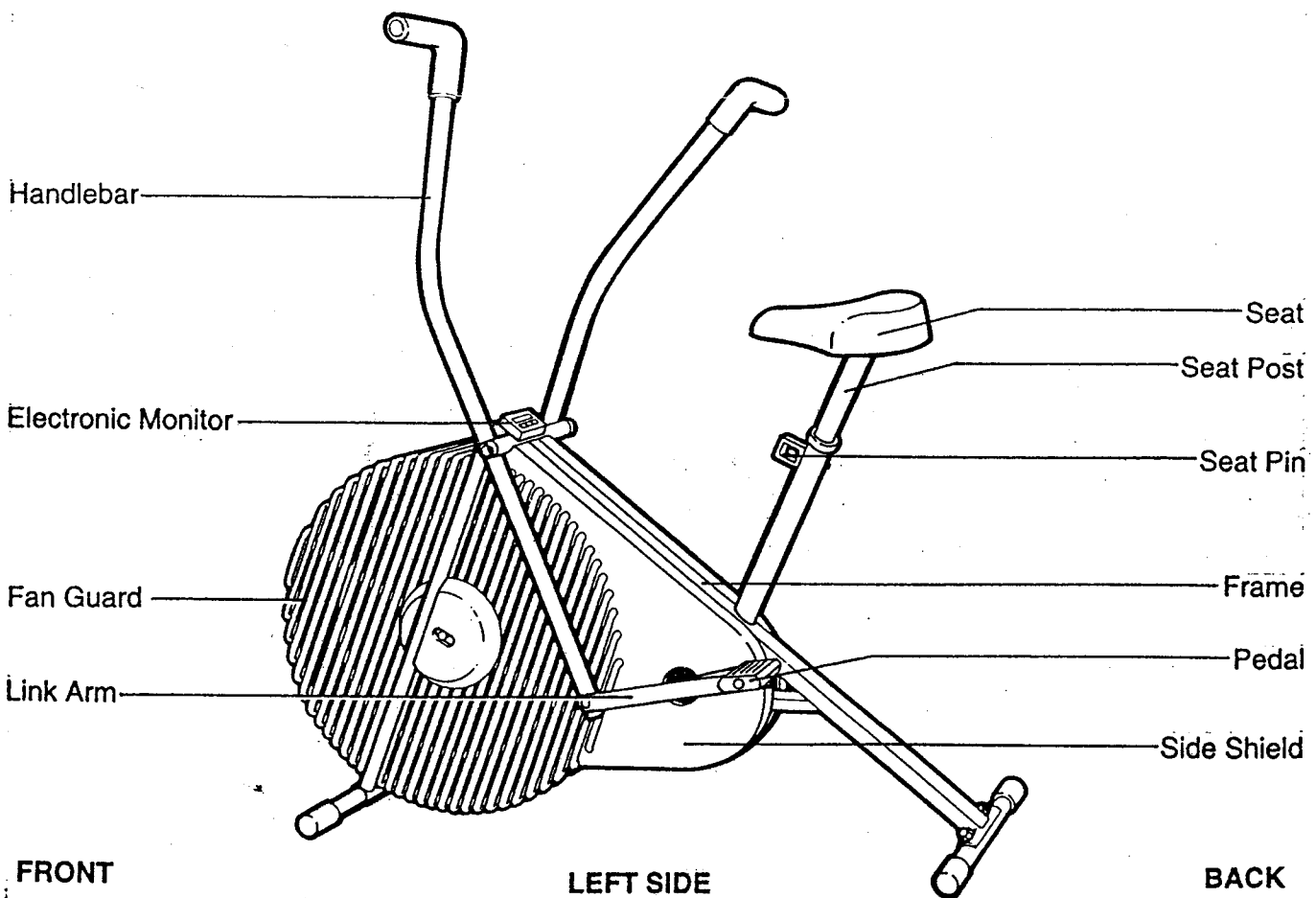
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems. Read all instructions before using. WESLO assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Thank you for selecting the WESLO® AERO 620 Dual Action Air Cycle. Cycling is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The AERO 620 blends state-of-the-art engineering with innovative styling to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the exercise bike. 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 is WL620030. The serial number can be found on a decal attached to the exercise bike (see the front cover of this manual for the location of the decal).

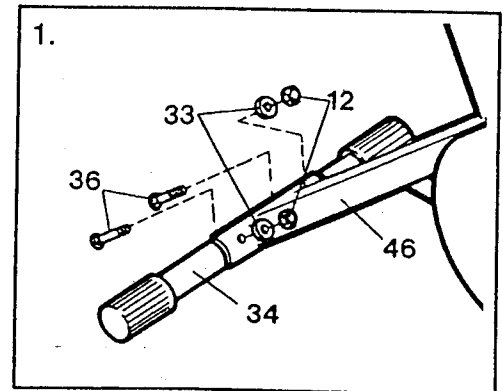
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



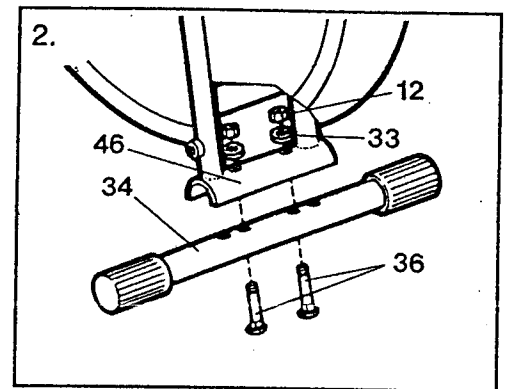
ASSEMBLY

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until the exercise bike is fully assembled and all parts are accounted for. Read each step carefully before beginning assembly. An 8" adjustable wrench (not included) is required.

1. Turn one of the Stabilizers (34) so that the indented holes in the Stabilizer are toward the rear of the Frame (46). Attach the Stabilizer to the Frame with two 8mm x 40mm Carriage Bolts (36), Curved Washers (33) and 8mm Black Locknuts (12).



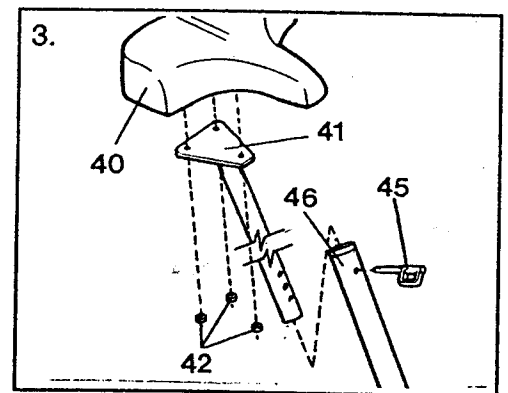
2. Turn the other Stabilizer (34) so that the indented holes in the Stabilizer are toward the front of the Frame (46). Attach the Stabilizer to the Frame with two 8mm x 40mm Carriage Bolts (36), Curved Washers (33) and 8mm Black Locknuts (12).



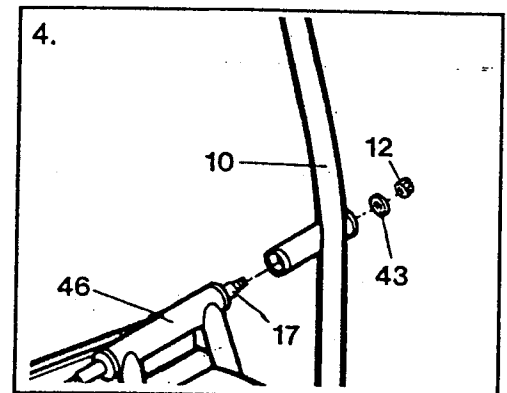
3. Remove the three 8mm Zinc Locknuts (42) from the underside of the Seat (40). Attach the Seat to the top of the Seat Post (41) with the three Nuts.

Remove the Seat Pin (45) and insert the Seat Post into the Frame (46). Adjust the Seat to the desired height and insert the Seat Pin through the Frame and Seat Post.

CAUTION: At least two inches of the Seat Post must be inside of the Frame. The Seat Pin must be inserted from the front, as shown. If the Seat Pin is inserted from the back, it may slip out, resulting in injury to the user.

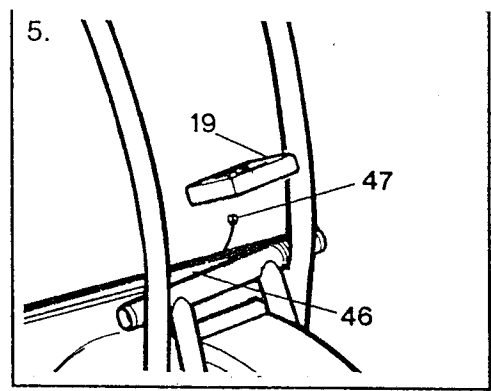


4. Slide the Pivot Shaft (17) into the Frame (46). Slide the Left Handlebar (10) onto the left end of the Shaft. Slide the Right Handlebar (not shown) onto the right end of the Shaft. Attach a 5/16" Zinc Wash (43) and 8mm Black Locknut (12) to each end of the Shaft.



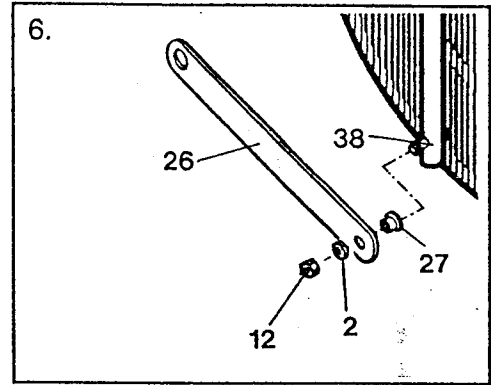
5. If there is a red strip in the back of the Electronic Monitor (19), remove the strip.

Plug the Sensor Wire (47) into the wire extending from the Electronic Monitor (19). Slide the Electronic Monitor onto the Frame (46). Make sure that the Sensor Wire is not pinched between the Electronic Monitor and the Frame.



6. Connect a Link Arm (26) to the lower end of the Right Handlebar (38) with a Brass Handlebar Bushing (27), 8mm x 16mm Black Washer (2) and 8mm Black Locknut (12).

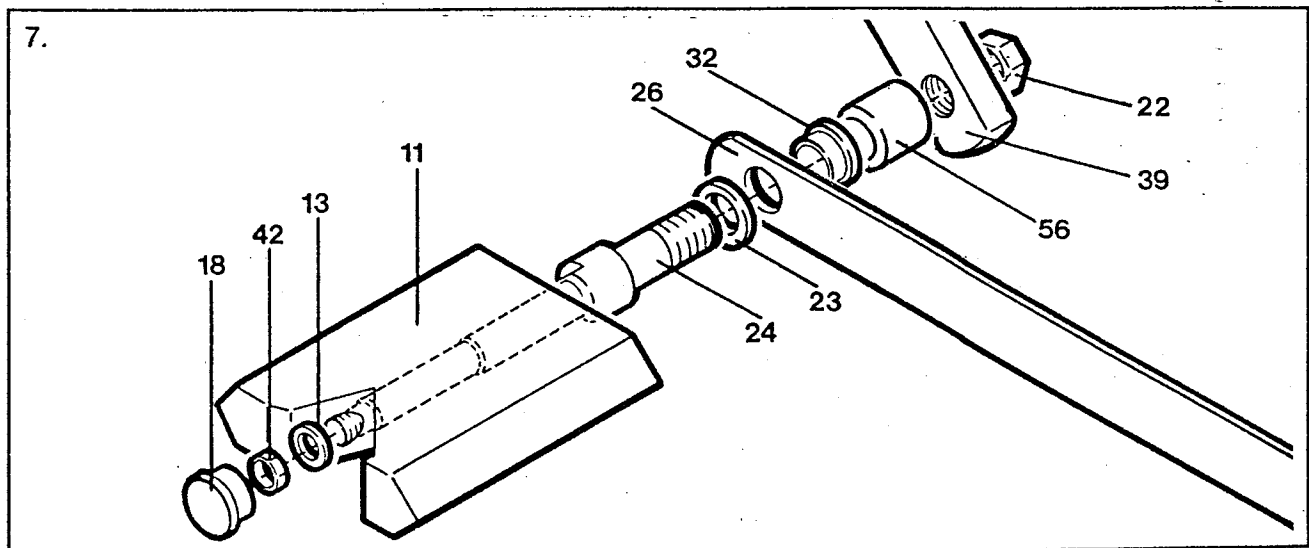
Attach the other Link Arm to the Left Handlebar in the same manner (not shown).



7. Slide a 9/16" Zinc Washer (23) onto the end of a Pedal Axle (24). Insert the end of the Pedal Axle through the right Link Arm (26) and slide a Steel Link Arm Bushing (32) and Pedal Spacer (56) onto the Pedal Axle. **Firmly tighten the Pedal Axle clockwise into the right arm of the Crank (39).** Tighten a 1/2" Zinc Locknut (22) onto the end of the Pedal Axle.

Slide a Pedal (11) onto the Pedal Axle (24), with the deepest hole in the Pedal outward. Attach the Pedal with an 8mm x 16mm Zinc Washer (13) and 8mm Zinc Locknut (42). Press a Pedal Cap (18) into the Pedal.

Attach the other Pedal to the left arm of the Crank (not shown) in the same manner.

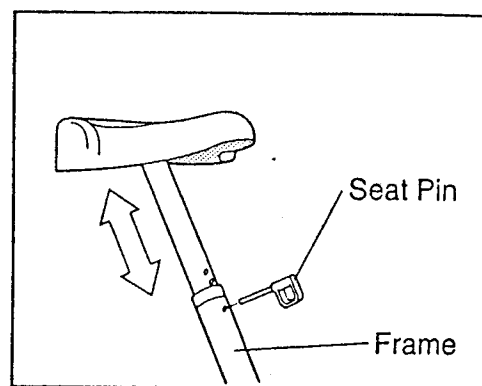


OPERATION AND ADJUSTMENT

SEAT ADJUSTMENT

Proper seat height is important for effective exercise. As you pedal, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat height, stand beside the exercise bike, hold the seat and remove the seat pin. Raise or lower the seat and reinsert the seat pin.

CAUTION: At least two inches of the seat post must be inside of the frame. The seat pin must be inserted from the front, as shown. If the seat pin is inserted from the back, it may slip out, resulting in injury to the user.



ELECTRONIC MONITOR

The electronic monitor features five different modes to give you instant exercise feedback. The five modes are described below.

SPEED—Displays your current pedaling speed, in miles per hour.

TIME—Displays the elapsed time.

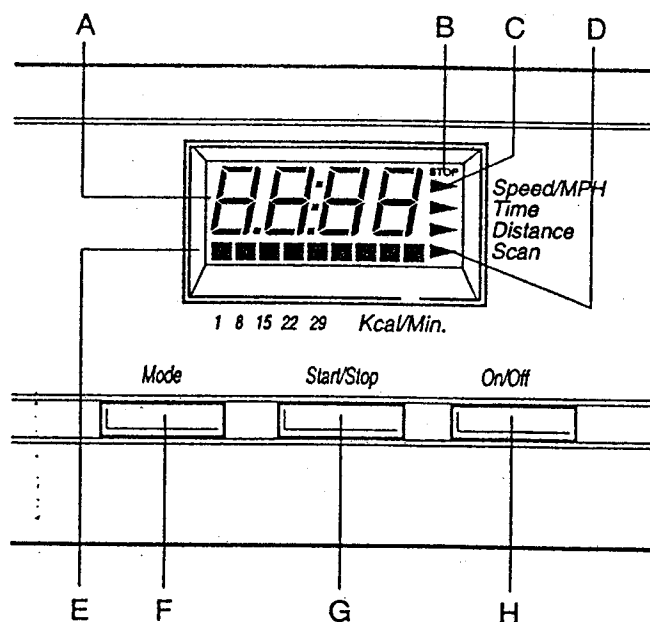
DISTANCE—Displays the distance you have pedaled, in miles.

SCAN—Displays the **SPEED**, **TIME** and **DISTANCE** modes in a repeating cycle.

CALORIE—Displays the approximate number of nutritional Calories (kilocalories, or kcals) you are burning per minute.

DIAGRAM OF THE ELECTRONIC MONITOR

- A. Main display—Displays the **SPEED**, **TIME**, **DISTANCE** and **SCAN** modes.
- B. Stop indicator—Shows whether modes are stopped or started.
- C. Mode arrow—Shows which mode is currently displayed.
- D. **SCAN** mode arrow—Indicates when the **SCAN** mode has been selected.
- E. **CALORIE** mode display.
- F. Mode button—Selects modes.
- G. Start/Stop button—Starts and stops modes.
- H. On/Off button—Turns the power on and off.



ELECTRONIC MONITOR OPERATION

If there is a piece of clear protective plastic on the front of the monitor, remove and discard it.

1. Press the On/Off button. The entire display will appear for a few seconds; the monitor will then be ready for operation.
2. Select one of the five modes:

SCAN—Press the Mode button. A mode arrow will point to the word "Scan." Press the Start/Stop button to start the mode. The SPEED, TIME and DISTANCE modes will all be displayed, for about 5 seconds each, in a repeating cycle. A second mode arrow will show which mode is currently displayed.

SPEED, TIME or DISTANCE—While the SCAN mode is operating (see above), the SPEED, TIME and DISTANCE modes will be displayed in a repeating cycle. If desired, a single mode can be selected for continuous display. Simply wait until the desired mode is displayed, and then press the Mode button again. The SCAN mode will be cancelled.

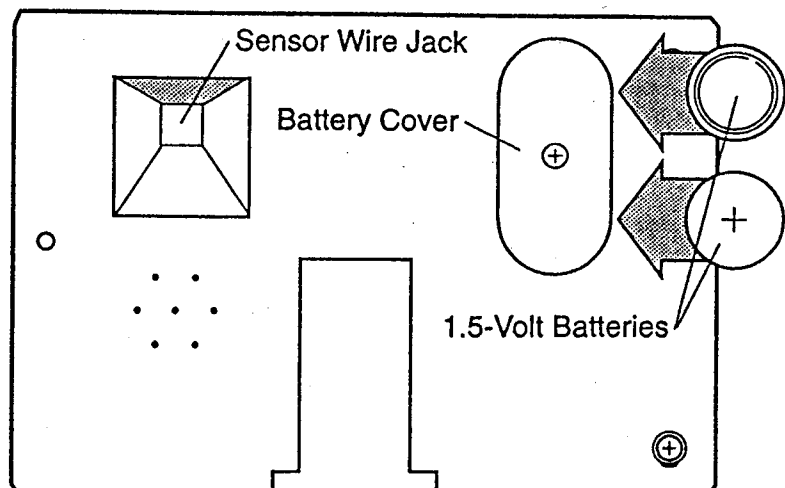
CALORIE—The CALORIE mode will be activated whenever the pedals are turned. The numbers beneath the display show the number of Calories you are burning per minute. (To find the total number of Calories you have burned during a workout, multiply the number of Calories burned per minute by the number of minutes you have exercised. For example, if you have burned 8 Calories per minute for 20 minutes, you have burned a total of 160 Calories.) Note: The numbers beneath the display are based on an average pedaling speed. If the pedaling speed is faster or slower, the actual number of Calories burned will be slightly higher or lower than the number shown.

3. Modes can be started and stopped at any time by pressing the Start/Stop button.
4. When you are finished exercising, press the On/Off button to turn the power off. Note: If the pedals are not turned and no buttons are pressed for 4–5 minutes, the power will turn off automatically to prevent the batteries from being drained.

ELECTRONIC MONITOR CARE

The monitor can be cleaned using a soft, dry cloth. Do not allow liquid to come in contact with the monitor. Keep the monitor out of direct sunlight, or the monitor display may be damaged. Always remove the batteries when storing the bike.

If the display becomes faint, or if the monitor does not function properly, the batteries should be replaced. Most problems are the result of drained batteries. To replace the batteries, first remove the monitor from the bike and unplug the sensor wire. Remove the screw attaching the battery cover to the back of the monitor. Insert two new 1.5-volt watch batteries, with the writing face-down on the upper battery, and face-up on the lower battery. Reattach the battery cover, reconnect the sensor wire, and replace the monitor on the bike.



TROUBLE-SHOOTING AND MAINTENANCE

ADJUSTING THE CHAIN

The exercise bike features a precision chain which must be kept properly adjusted and lubricated. Apply a few drops of light multi-purpose oil to the chain every three months. If the chain is too tight, the bearings may be damaged; if the chain is too loose, the fan may be damaged. If the chain causes excessive noise or slips as you pedal, check the chain in the following manner:

1. Remove the right pedal assembly.
2. Remove the screws attaching the fan guard and the right side shield to the exercise bike.
3. Check the tension of the chain. **There should be no more than 1 inch, and no less than 1/4 inch, of vertical movement in the center of the chain.** If the chain is properly adjusted, reattach the fan guard, right side shield and right pedal assembly; if the chain needs to be adjusted, see steps 4 and 5.
4. Loosen the axle nut on each side of the fan axle. To tighten the chain, turn the adjustment nuts on the front of the frame clockwise. To loosen the chain, turn the adjustment nuts counterclockwise. Retighten the axle nuts, making sure to keep the fan aligned with the frame.
5. Reattach the right side shield, fan guard, and right pedal assembly.

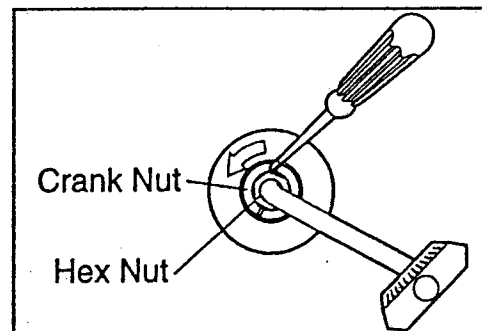
Always check the chain if it slips or causes excessive noise as you pedal.

ELECTRONIC MONITOR

If the electronic monitor does not function properly, the batteries should be replaced. Most problems are the result of weak batteries. See ELECTRONIC MONITOR CARE on page 7 for battery installation instructions. If the electronic monitor still does not function properly, the sensor wire should be checked. Slide the electronic monitor off the frame and make sure the sensor wire is plugged fully into the wire extending from the electronic monitor.

TIGHTENING THE CRANK ARMS

If the crank arms become loose, they should be tightened in order to prevent excessive wear. Loosen the hex nut on the left arm of the crank. Place the end of a standard screwdriver in one of the grooves in the crank nut. Lightly tap the screwdriver with a hammer to turn the crank nut counterclockwise until the crank arms are no longer loose. Do not overtighten the crank nut. When the crank nut is properly tightened, tighten the hex nut.



TIGHTENING THE PEDALS

If the pedals become loose, tighten the pedal axles into the arms of the crank. Tighten the 1/2" zinc locknuts onto the ends of the pedal axles (see assembly step 7 on page 5).

CONDITIONING GUIDELINES

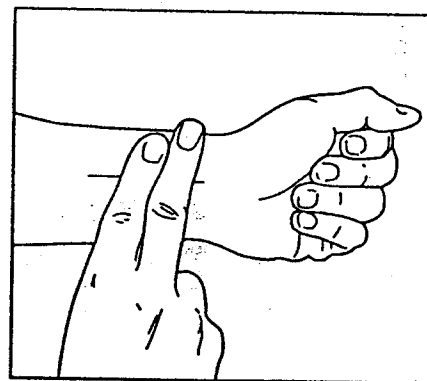
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your 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 known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned 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 months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. 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 when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

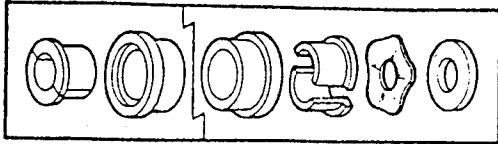
Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, as well as reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|-------------------------|---------|------|--------------------------|
| 1 | 2 | Axle Nut | 31 | 2 | Adjustment Bolt |
| 2 | 4 | 8mm x 16mm Black Washer | 32 | 2 | Steel Link Arm Bushing |
| 3 | 1 | Spacer | 33 | 4 | Curved Washer |
| 4 | 1 | Axle Spacer | 34 | 2 | Stabilizer |
| 5 | 1 | Fan Axle | 35 | 4 | Stabilizer Endcap |
| 6 | 2 | Flange Bushing | 36 | 4 | 8mm x 40mm Carriage Bolt |
| 7 | 1 | Fan Assembly | 37 | 2 | Fan Guard |
| 8 | 4 | Handlebar Endcap | 38 | 1 | Right Handlebar |
| 9 | 2 | Foam Grip | 39 | 1 | Crank/Sprocket Assembly |
| 10 | 1 | Left Handlebar | 40 | 1 | Seat |
| 11 | 2 | Pedal | 41 | 1 | Seat Post |
| 12 | 8 | 8mm Black Locknut | 42 | 5 | 8mm Zinc Locknut |
| 13 | 2 | 8mm x 16mm Zinc Washer | 43 | 2 | 5/16" Zinc Washer |
| 14 | 2 | Outer Pivot Bushings | 44 | 1 | Seat Post Bushing |
| 15 | 1 | Left Side Shield | 45 | 1 | Seat Pin |
| 16 | 2 | Side Shield Screw | 46 | 1 | Frame |
| 17 | 1 | Pivot Shaft | 47 | 1 | Sensor Wire/Reed Switch |
| 18 | 2 | Pedal Cap | 48 | 1 | Sensor Magnet |
| 19 | 1 | Electronic Monitor | 49 | 4 | Fan Guard Clip |
| 20 | 1 | Adhesive Block | 50 | 6 | Fan Guard Screw |
| 21 | 4 | Star Washer | 51 | 1 | Right Side Shield |
| 22 | 2 | 1/2" Zinc Locknut | 52 | 1 | Chain |
| 23 | 2 | 9/16" Zinc Washer | 53 | 3 | 3/4" Flat Washer |
| 24 | 2 | Pedal Axle | 54 | 1 | Fan Guard Bracket |
| 25 | 2 | Fan Bearing | 55 | 4 | Self-Tapping Screw |
| 26 | 2 | Link Arm | 56 | 2 | Pedal Spacer |
| 27 | 2 | Brass Handlebar Bushing | 57 | 1 | Fan Plate |
| 28 | 4 | Inner Pivot Bushing | 58 | 3 | 1 1/4" Plate Screw |
| 29 | 2 | Adjustment Nut | 59 | 1 | Fan Sprocket |
| 30 | 2 | Formed Washer | # | 1 | Owner's Manual |

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.

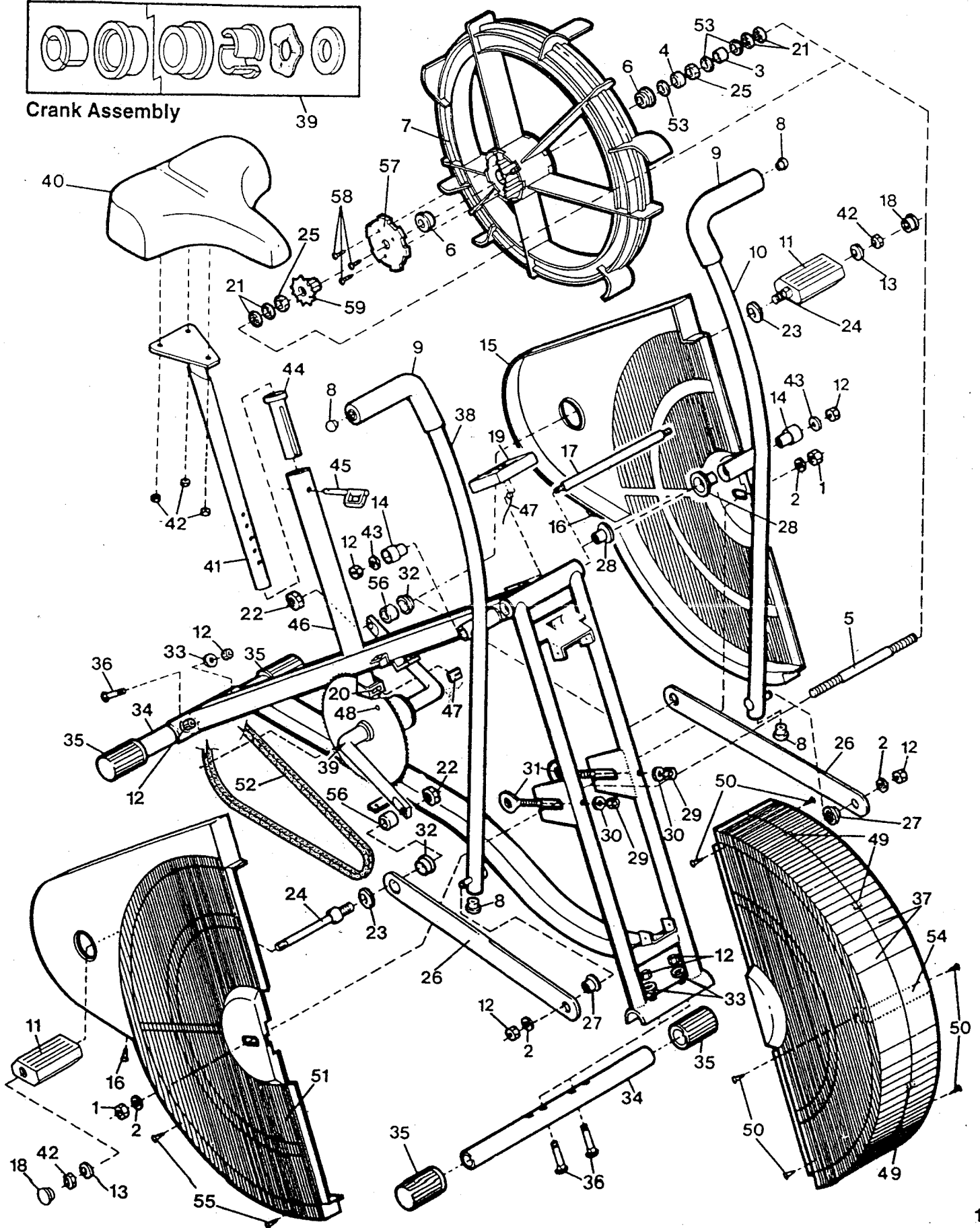
EXPLODED DRAWING—Model No. WL620030

Rev. 7/93



Crank Assembly

39



ORDERING REPLACEMENT PARTS

To order replacement parts, 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 following information before calling:

1. The MODEL NUMBER of the product (WL620030).
2. The NAME of the product (WESLO® AERO 620).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see page 10 of this 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