

INDEPENDENT
ACTION
STEPPER

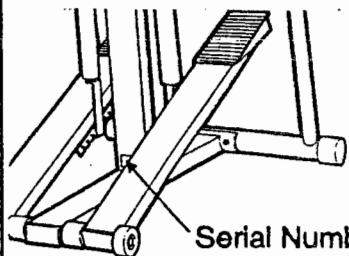
ASCENT[®]

7220

WESLO[®]

Model No. WL720030

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.

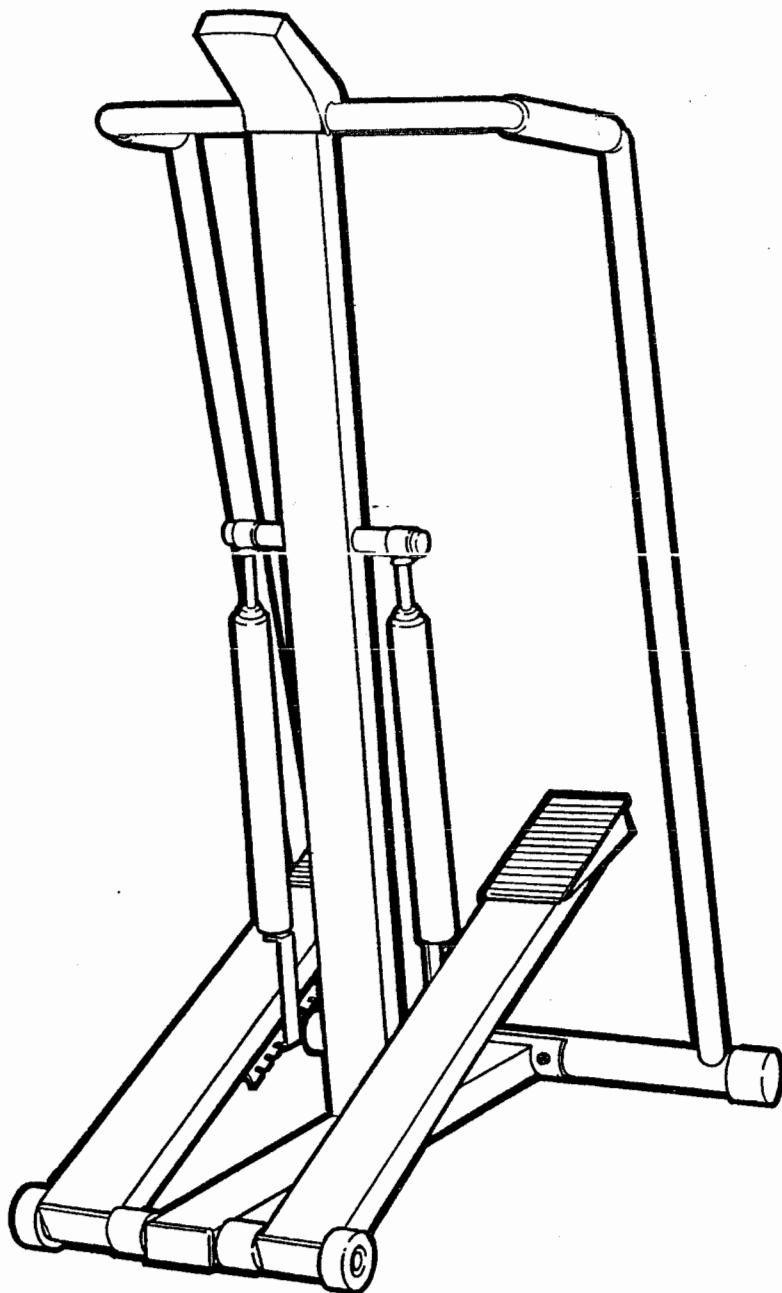
CUSTOMER HOT LINE:

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

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IMPORTANT SAFETY PRECAUTIONS

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

1. Place the stepper on a level surface. Keep the electronic monitor out of direct sunlight or the LCD display may be damaged.
2. Inspect and tighten all parts of the stepper each time you exercise.
3. Always wear appropriate clothing, including athletic shoes, when using the stepper.
4. Always hold the handrails when using the stepper.
5. Keep small children away from the stepper at all times.
6. Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.
7. The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them.
8. Use the stepper only as described in this manual.

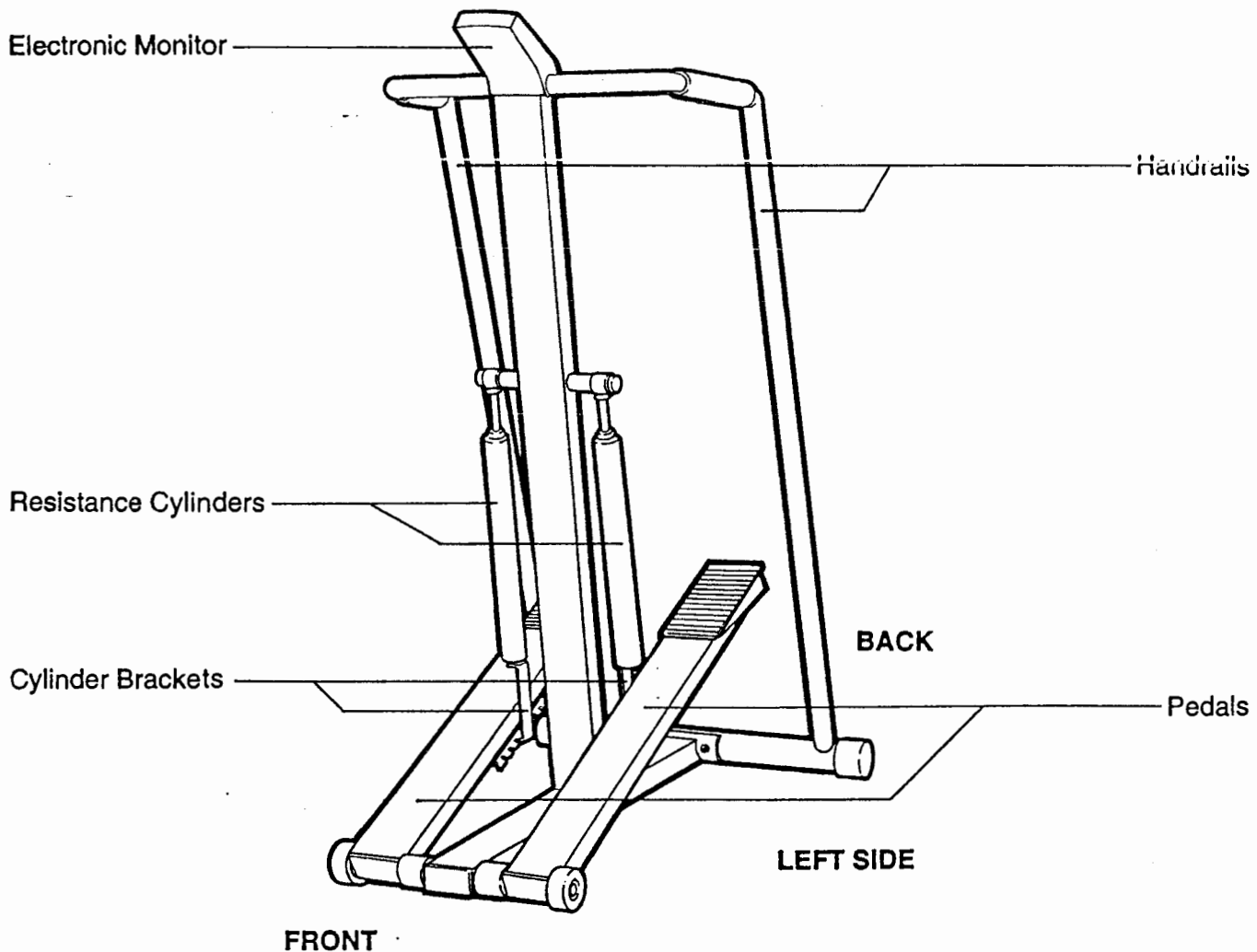
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. WESLO assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Thank you for selecting the innovative WESLO® ASCENT 720 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The ASCENT 720 blends advanced engineering with contemporary styling to let you enjoy this invigorating exercise in the comfort and privacy of your own home. Feel better, look better and be healthier in just a few minutes a day.

For your safety and benefit, read this manual carefully before using the stepper. 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 WL720030. The serial number can be found on a decal attached to the stepper (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.



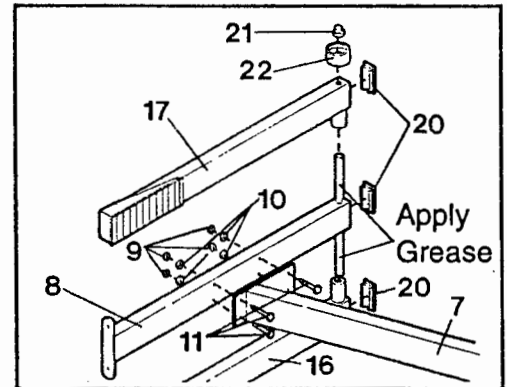
ASSEMBLY

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until the stepper is fully assembled. **Assembly requires an 8" adjustable wrench, a hammer, a phillips screwdriver, grease and a small amount of soapy water (not included).**

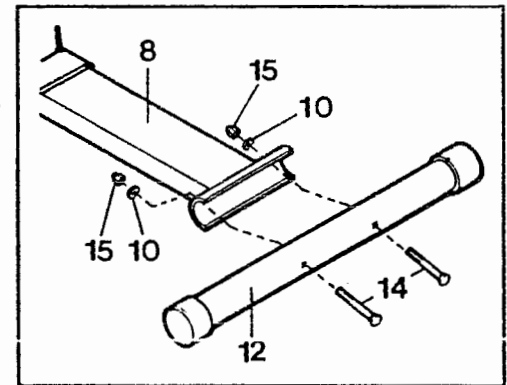
1. Remove the Right and Left Pedals (16, 17) from the shaft on the Base (8). Apply grease to the shaft. Reattach the Left Pedal to the Base with a Roller (22) and a Roller Retainer (21). Reattach the Right Pedal in the same manner.

Press an Endcap (20) onto the front end of the Right Pedal (16), the Left Pedal (17) and the Base (8).

Attach the Frame (7) to the Base (8) with the four Frame Bolts (11), four Flat Washers (10) and the four Locknuts (9).

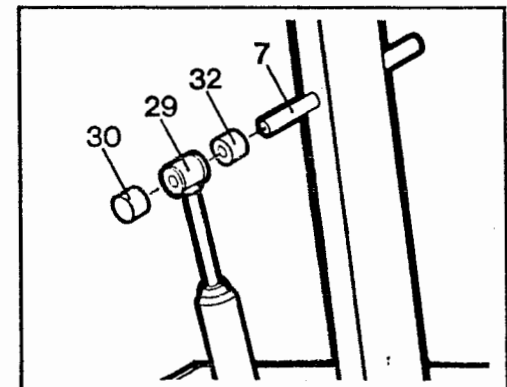


2. Stand the stepper upright on the Base (8). Hold the Stabilizer (12) in the curved bracket on the Base. Make sure that the Stabilizer is turned so the square holes are on the side shown. Attach the Stabilizer to the Base with the two Stabilizer Bolts (14), two Flat Washers (10) and the two Acorn Nuts (15).



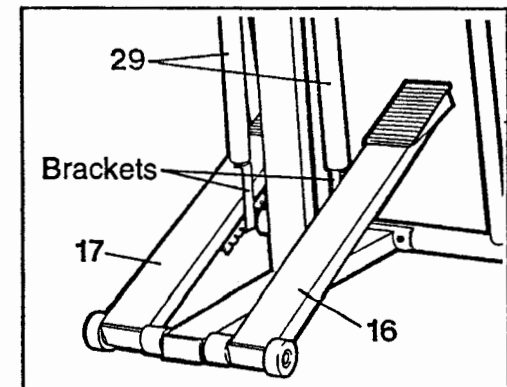
3. Slide a Cylinder Spacer (32) onto the post on the left side of the Frame (7). The flat side of the Cylinder Spacer must be turned away from the Frame. Slide a Resistance Cylinder (29) onto the post. Tap a Cylinder Cap (30) onto the end of the post.

Attach the other Cylinder Spacer (32), Resistance Cylinder (29) and Cylinder Cap (30) to the post on the right side of the Frame (7) (not shown).

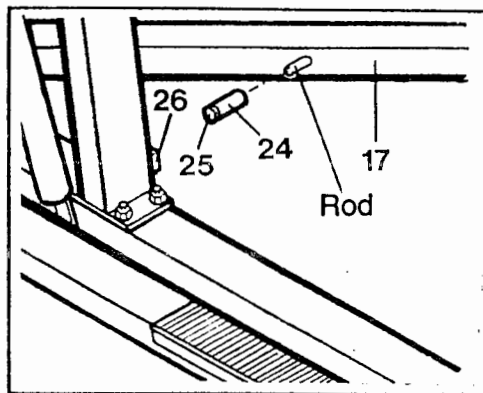


4. Raise the Right Pedal (17) and rest it in on the bracket on the lower end of the right Resistance Cylinder (29). Make sure that the bracket is in one of the slots under the Right Pedal.

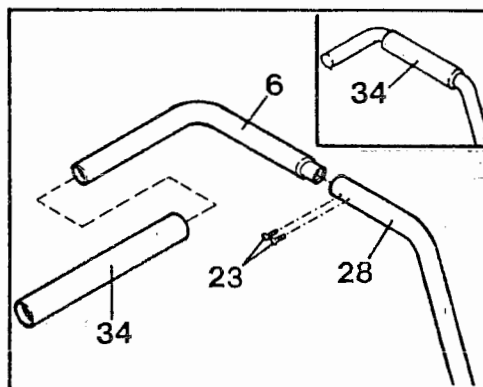
Raise the Left Pedal (16) and rest it on the bracket on the lower end of the left Resistance Cylinder (29). Make sure that the brackets are in the same slots under both Pedals.



- Wet the rod on the Right Pedal (17) with soapy water. Slide the Magnet Retainer (24) and the Magnet (25) onto the rod. There should be a 3/16" gap between the Magnet and the Reed Switch (26).



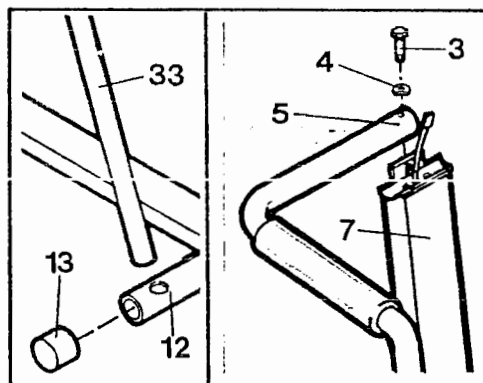
- Remove the two Handrail Screws (23) from the Right Upright (28). Connect the Right Handrail (6) to the Right Upright with the two Handrail Screws as shown.



Wet the Right Handrail (6) and the upper end of the Right Upright (28) with soapy water. Slide a Foam Handgrip (34) onto the Right Handrail and the Right Upright as shown in the inset drawing.

Connect the Left Handrail (5) to the Left Upright (33) in the same manner. Slide a Foam Handgrip (34) onto the Left Handrail and the Left Upright (not shown).

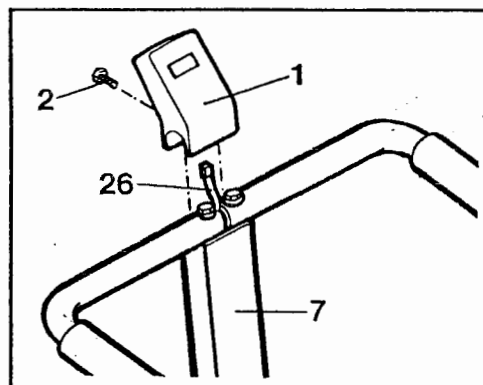
- Insert the lower end of the Left Upright (33) into the hole in the Stabilizer (12).



Attach the upper end of the Left Handrail (5) to the Frame (7) with a Handrail Bolt (3) and Curved Washer (4).

Attach the Right Upright (28) and Right Handrail (6) in the same manner (not shown).

- Connect the Sensor Wire (26) to the wire extending from the Electronic Monitor (1).



Remove the Monitor Screw (2) from the tab at the top of the Frame (7). Attach the Electronic Monitor (1) to the tab at the top of the Frame with the Monitor Screw.

STEPPER OPERATION

Set the stepper in a cleared area. Keep the electronic monitor out of direct sunlight or the LCD display may be damaged. Cover the floor beneath the resistance cylinders for protection. A small amount of oil leakage is normal for hydraulic cylinders.

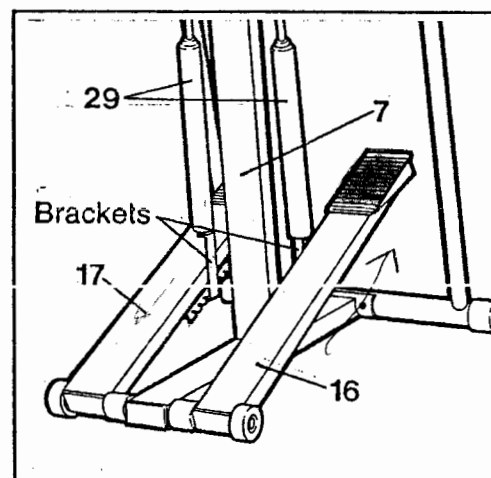
Hold the handrails with an overhand grip and step onto the pedals. Both pedals will slowly sink to the floor. Begin stepping, alternately pressing the right and left pedals down with a rapid, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the height of your step or the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING THE STEPPING RESISTANCE below).

For an effective aerobic workout, exercise physiologists recommend relatively short, rapid steps at low resistance. See **CONDITIONING GUIDELINES** on page 9 of this manual for more information about exercising. Note: The pedals must move vertically at least 10 inches or the electronic monitor will not display correct information. As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly, always keeping your back straight in order to avoid injury.

ADJUSTING THE STEPPING RESISTANCE

The resistance of the Left and Right Pedals (16, 17) can be changed by moving the brackets on the lower ends of the Resistance Cylinders (29) to different slots under the Pedals. To change the resistance, first lift the Pedals off the brackets. Move the brackets forward or backward and insert them into the desired slots under the Pedals. As the brackets are moved farther from the Frame (7), the stepping resistance will increase. As the brackets are moved closer to the Frame, the stepping resistance will decrease. Make sure that the brackets are in the same slots under both Pedals.

WARNING: The Resistance Cylinders become very hot during use. Allow the Resistance Cylinders to cool before touching them.



THE ELECTRONIC MONITOR

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

Speed—Displays your stepping speed, in steps per minute.

Time—Displays the elapsed time. Note: Time will be counted only while you are stepping. If you stop for ten seconds or longer, the time mode will pause until you resume stepping.

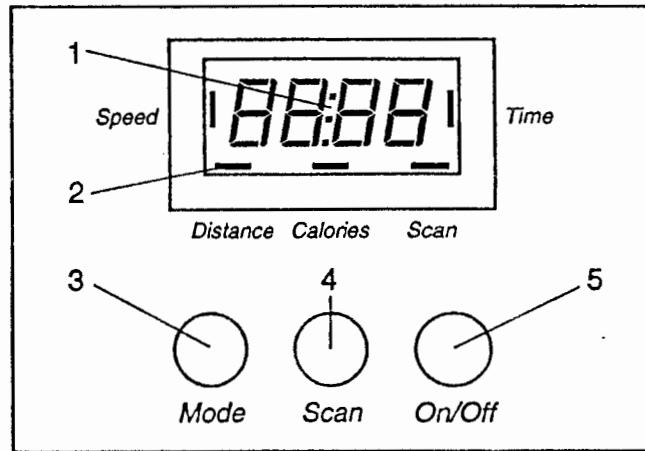
Distance—Displays the total number of steps you have taken.

Calories—Displays the total number of Calories you have burned. Note: If the stepping resistance is at the highest or lowest settings, the actual number of Calories you have burned will be slightly higher or lower than the number displayed.

Scan—Displays the speed, time, distance and calories modes, for approximately 5 seconds each, in a repeating cycle.

DIAGRAM OF THE ELECTRONIC MONITOR

1. LCD display—Displays all modes.
2. Mode indicators—Show which mode has been selected.
3. Mode button—Selects all modes except the scan mode.
4. Scan button—Selects the scan mode.
5. On/off button—Turns the power on and off.



OPERATING THE ELECTRONIC MONITOR

1. To turn the power on, press the on/off button or simply begin stepping. The entire display will appear for two seconds. The electronic monitor will then be ready for operation. Note: The pedals must move vertically at least 10 inches or the electronic monitor will not display correct information.

2. Select one of the five modes:

Scan mode—When the power is first turned on, the scan mode will be selected automatically. The scan mode can also be selected by pressing the scan button. One mode indicator will show that the scan mode has been selected, and a second mode indicator will show which mode is currently displayed.

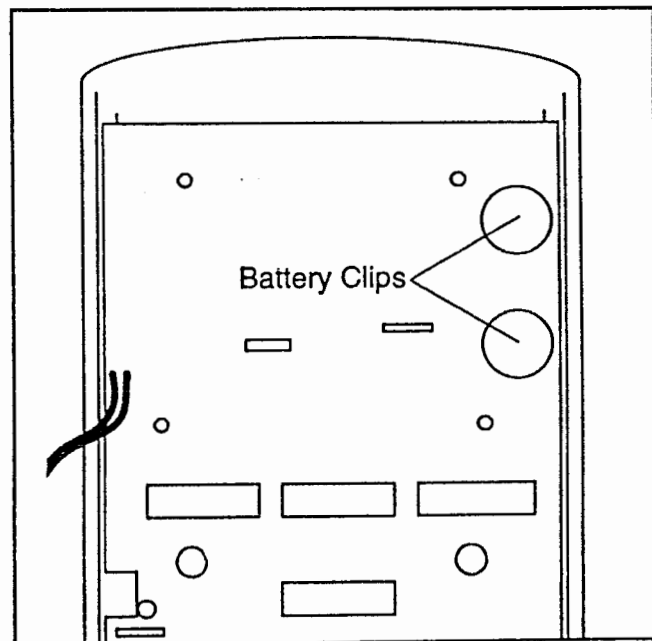
Speed, time, distance or calories mode—These modes can be selected by repeatedly pressing the mode button. The mode indicators will show which mode has been selected. The modes will be selected in the following order: speed, time, distance, calories.

3. When you are finished exercising, press the on/off button to turn the power off. Note: If the pedals are not moved and the electronic monitor buttons are not pressed for four minutes, the power will turn off automatically to conserve the batteries.

ELECTRONIC MONITOR CARE

The electronic monitor can be cleaned using a soft, dry cloth. Do not allow liquid to come in contact with the monitor. Remove the batteries when storing the stepper.

Two "A76" batteries are required in order to operate the electronic monitor. If the LCD display becomes faint, or if the monitor does not function properly, the batteries should be replaced. Remove the two screws from the back of the monitor. Lift off the front of the monitor and install two new "A76" batteries in the battery clips. Make sure that the sensor wire is plugged fully into the wire extending from the monitor. Reattach the front of the monitor with the two screws.



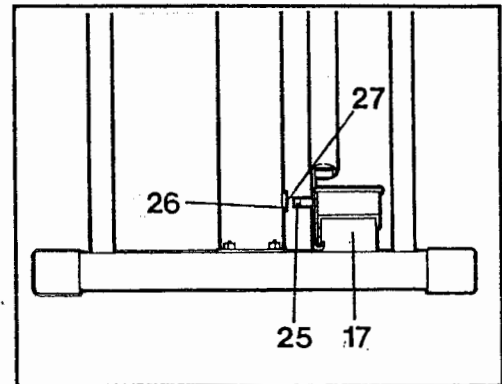
TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts of the stepper each time you exercise. Outside surfaces of the stepper 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, the batteries should be replaced. Most problems are the result of weak batteries (see ELECTRONIC MONITOR CARE on page 7 of this manual). Remove the batteries when storing the stepper for extended periods of time.

If the electronic monitor displays incorrect feedback, the Reed Switch (26) should be repositioned. Hold the Right Pedal (17) so that the Magnet (25) is level with the Reed Switch. Loosen the Reed Switch Screw (27). Adjust the position of the Reed Switch so that there is a **3/16" gap** between the Reed Switch and the Magnet. Tighten the Reed Switch Screw.



CONDITIONING GUIDELINES

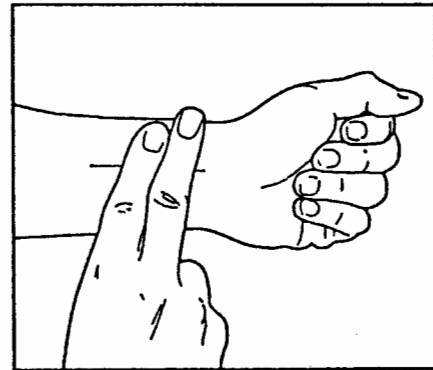
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or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

PART LIST—Model No. WL720030

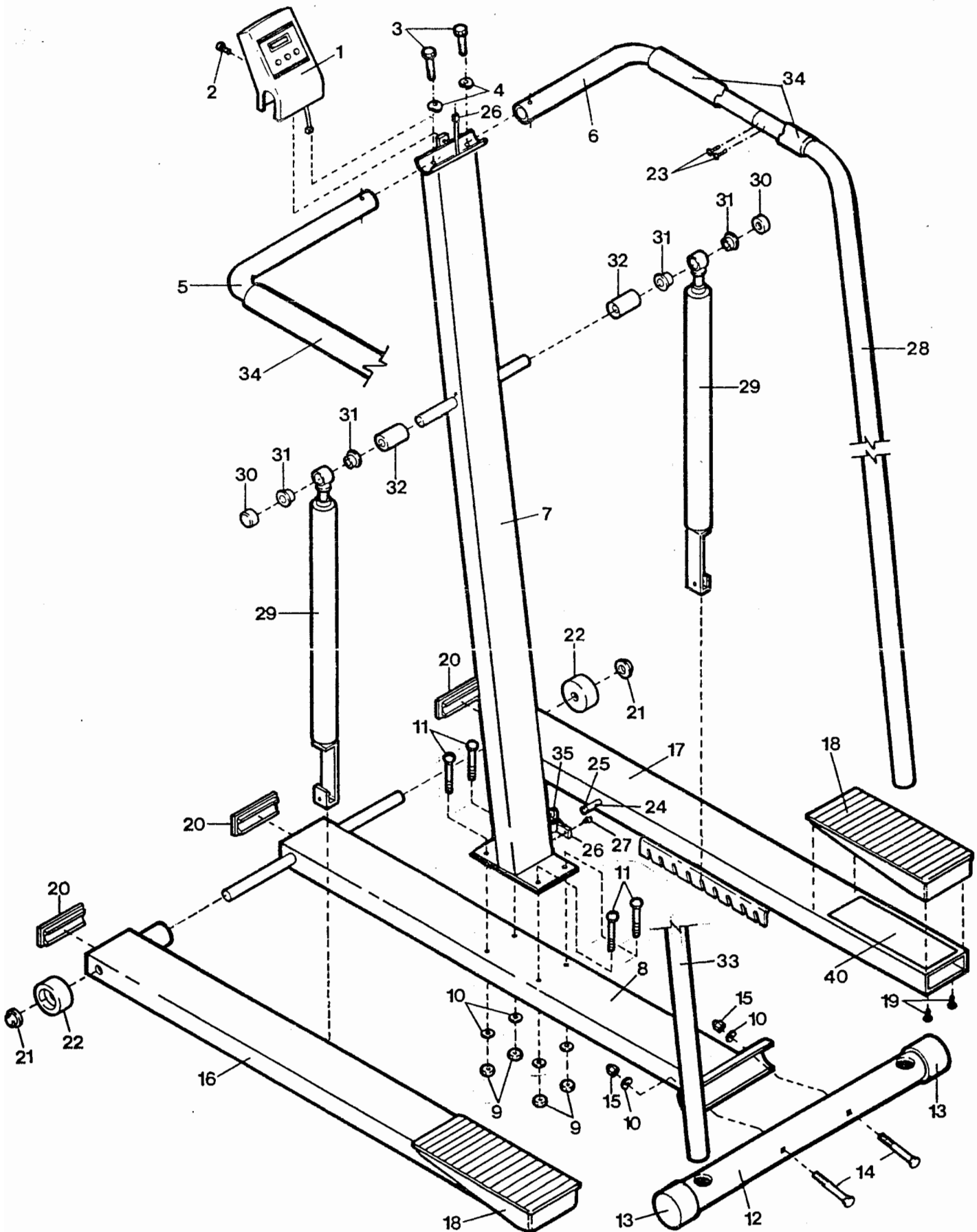
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Electronic Monitor	19	4	Foot Pad Screw
2	1	Monitor Screw	20	3	Endcap
3	2	Handrail Bolt	21	2	Roller Retainer
4	2	Curved Washer	22	2	Roller
5	1	Left Handrail	23	4	Handrail Screw
6	1	Right Handrail	24	1	Magnet Retainer
7	1	Frame	25	1	Magnet
8	1	Base	26	1	Sensor Wire/Reed Switch
9	4	Locknut	27	1	Reed Switch Screw
10	6	Flat Washer	28	1	Right Upright
11	4	Frame Bolt	29	2	Resistance Cylinder
12	1	Stabilizer	30	2	Cylinder Cap
13	2	Stabilizer Endcap	31	4	Cylinder Bushing
14	2	Stabilizer Bolt	32	2	Cylinder Spacer
15	2	Acorn Nut	33	1	Left Upright
16	1	Left Pedal	34	2	Foam Handgrip
17	1	Right Pedal	35	1	Grommet
18	2	Foot Pad	#	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. WL720030

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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). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WL720030).
2. The NAME of the product (WESLO® ASCENT 720 stepper).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from 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