

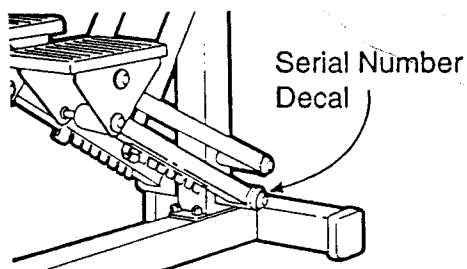
WESLO® ASCENT®

730

INDEPENDENT
ACTION
STEPPER

Model No. WL730030

Serial No. _____



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.

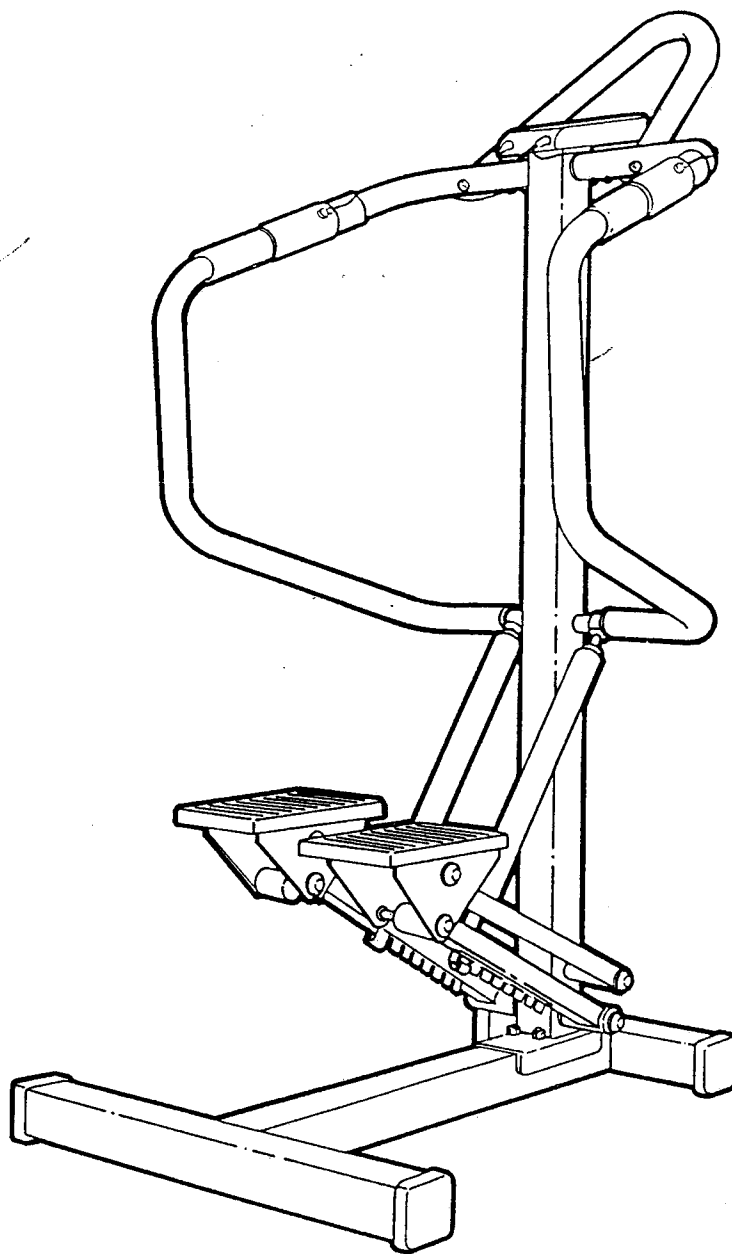
CUSTOMER HOT LINE:

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

BEFORE YOU BEGIN

Thank you for selecting the innovative WESLO ASCENT 730[®] stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The ASCENT 730 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 WL730030. The serial number can be found on a decal attached to the stepper (see the front cover of this manual for the location).

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 console out of direct sunlight or the LCD display may be damaged.
2. Inspect and tighten all parts each time you use the stepper.
3. Always wear appropriate clothing, including athletic shoes, when using the stepper.
4. Always hold the handrails or the "V" bar 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, resulting in serious injury.
7. The pulse sensors are not medical devices. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
8. The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them.
9. 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.

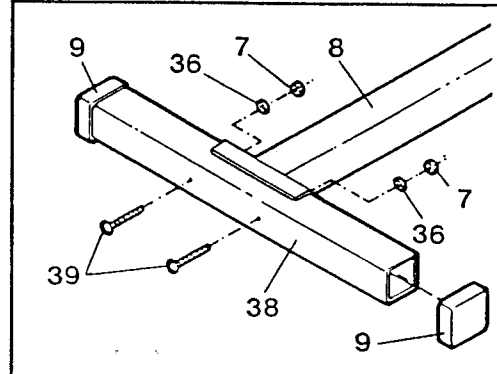
ASSEMBLY

Set all parts of the stepper in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Read each step and examine each drawing carefully before beginning.

The following tools are required for assembly: an adjustable wrench, a hammer and a phillips screwdriver (not included). A small amount of grease is also required.

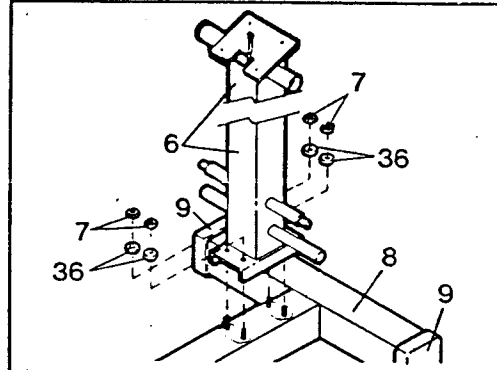
1. Press an Endcap (9) on each end of the Stabilizer (38).
(The Endcaps may already be on the Stabilizer.)

Attach the Stabilizer (38) to the Base (8) with the two Stabilizer Bolts (39), Washers (36) and Nylock Nuts (7). The Base must overlap the top of the Stabilizer as shown.



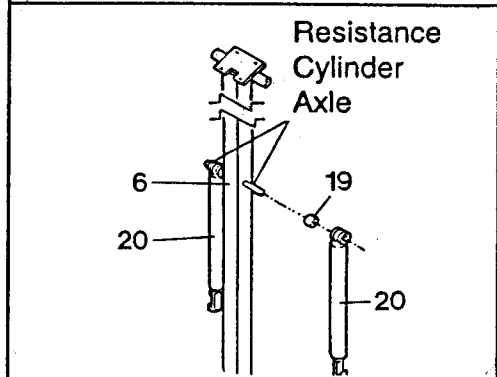
2. Press an Endcap (9) onto each side of the Base (8).

Slide the Upright (6) onto the threaded bolts in the Base (8). The plate at the top of the Upright must be angled in the direction shown. Attach the Upright with four Washers (36) and Nylock Nuts (7).



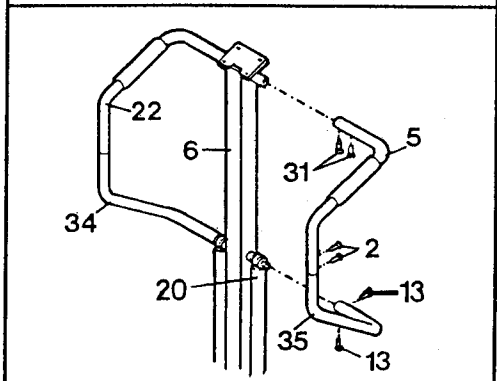
3. Slide a Cylinder Spacer (19) and a Resistance Cylinder (20) onto the right resistance cylinder axle on the Upright (6). The open side of the Cylinder Spacer must be turned toward the Upright.

Slide a Cylinder Spacer (19) and a Resistance Cylinder (20) onto the left resistance cylinder axle on the Upright (6) in the same manner.

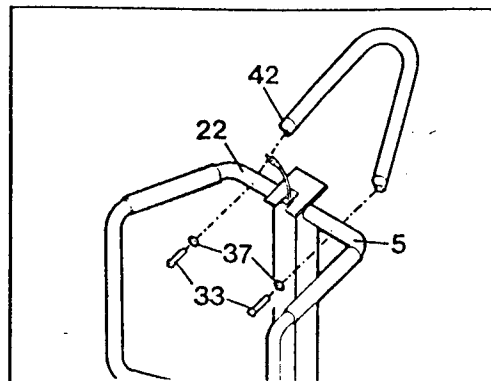


4. Back the two Screws (2) out of the Right Handrail (5). Attach the Right Handrail to the Right Handrail Base (35) with the two Screws. Back the two Axle Screws (13) out of the Right Handrail Base. Slide the Right Handrail and Right Handrail Base onto the Upright (6). The Right Handrail Base must be flush against the right Resistance Cylinder (20). Attach the Right Handrail and Right Handrail Base with two Handrail Screws (31) and the two Axle Screws (13).

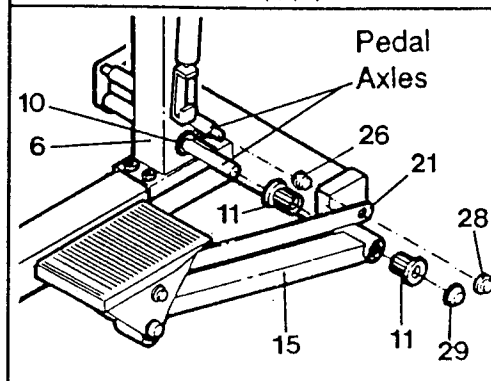
Attach the Left Handrail (22) and the Left Handrail Base (34) in the same manner.



- Attach the "V" Bar (42) to the Right and Left Handrails (5, 22) with the two "V" Bar Bolts (33) and two Curved Washers (37).

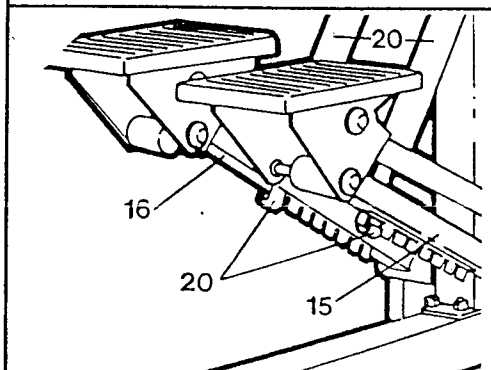


- Slide a Pedal Arm Spacer (10) onto the lower right pedal axle on the Upright (6). The open side of the Pedal Arm Spacer must be turned toward the Upright. Grease the axle. Make sure there are two Pedal Arm Bushings (11) in the Right Pedal Arm (15), and one Link Arm Bushing (26) in the Link Arm (21). Slide the Right Pedal Arm and Link Arm onto the right pedal axles. Tap a Push Cap (28) onto the upper axle, and an Axle Cap (29) onto the lower axle.

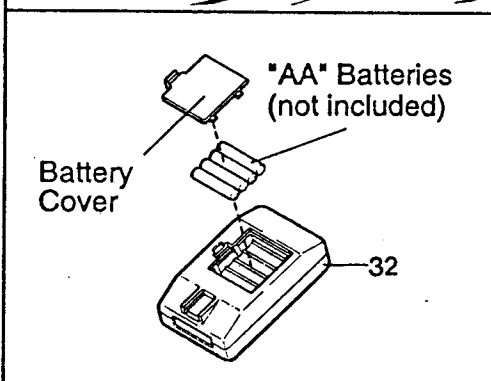


Attach the Left Pedal Arm and Link Arm (not shown) in the same manner.

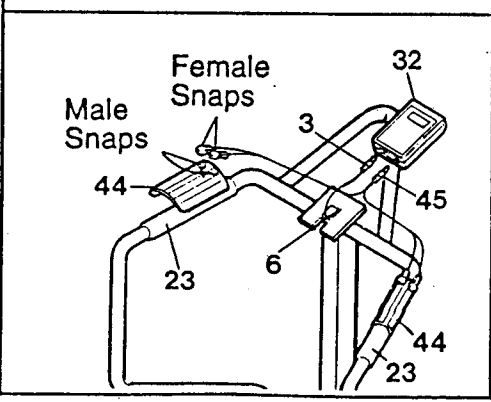
- Rest the Pedal Arms (15, 16) on the hooks at the lower ends of the Resistance Cylinders (20). Make sure that the hooks are fully inserted into the same slots under both Pedal Arms.



- The Console (32) requires four "AA" batteries (not included). Alkaline batteries are recommended. Press sideways on the tab of the battery cover and remove the battery cover. Find the markings inside the battery compartment showing which direction the batteries must be turned. Press four "AA" batteries into the battery compartment. Reattach the battery cover.



- Wrap the two Pulse Sensors (44) tightly around the Handrail Foam Grips (23) as shown. Press the four female snaps on the end of the Pulse Wire (45) onto the male snaps on the Pulse Sensors.



Plug the Pulse Wire (45) and the RPM Wire (3) into the jacks on the Console (32). Slide the Console onto the plate at the top of the Upright (6). **Be careful not to damage the Wires.**

ADJUSTMENT AND OPERATION

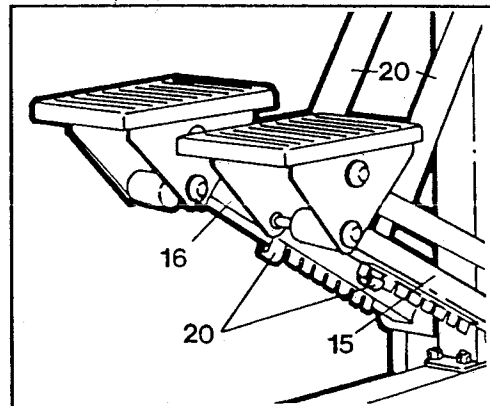
Place the stepper on a level surface. To prevent damage to the console, keep the console out of direct sunlight, and away from high electric and magnetic fields. Cover the floor beneath the stepper for protection; a small amount of oil leakage is normal for hydraulic cylinders.

Hold the handlebars and step onto the pedals. Begin stepping, alternately pressing the right and left pedals down with a smooth, continuous motion. Because the pedals move independently, a continuous motion must be maintained or both pedals will sink to the floor. Change the stepping resistance as necessary until you can comfortably maintain a continuous motion (see **ADJUSTING THE STEPPING RESISTANCE** below).

For greater comfort, you can alternate between holding the handrails and resting your arms on the "V" bar. Always keep your back straight in order to avoid injury. As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To exercise your calf muscles, rise on your toes as you step. **WARNING: Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, resulting in serious injury.**

ADJUSTING THE STEPPING RESISTANCE

To vary the intensity of your exercise, the stepping resistance can be changed. To change the resistance, lift the Right and Left Pedal Arms (15, 16) off the hooks at the lower ends of the Resistance Cylinders (20). Move the hooks to different slots under the Pedal Arms. To decrease the resistance, move the hooks closer to the Upright (6); to increase the resistance, move the hooks farther away from the Upright. Make sure that the hooks are fully inserted into the same slots under both Pedal Arms. **WARNING: The Resistance Cylinders become very hot during use. Allow the Resistance Cylinders to cool before touching them.**



CONSOLE MODES

The console features a selection of modes to provide you with instant feedback as you exercise:

SCAN—This mode displays all other modes, for four seconds each, in a repeating cycle.

PULSE—This mode displays your pulse. In addition, this mode allows a maximum pulse goal to be set, and sounds a warning tone if your pulse exceeds the maximum pulse goal.

TIME (TM)—This mode displays the elapsed time. This mode also allows a time goal to be set.

STEPS—This mode displays the total number of steps you have completed. This mode also allows a step goal to be set.

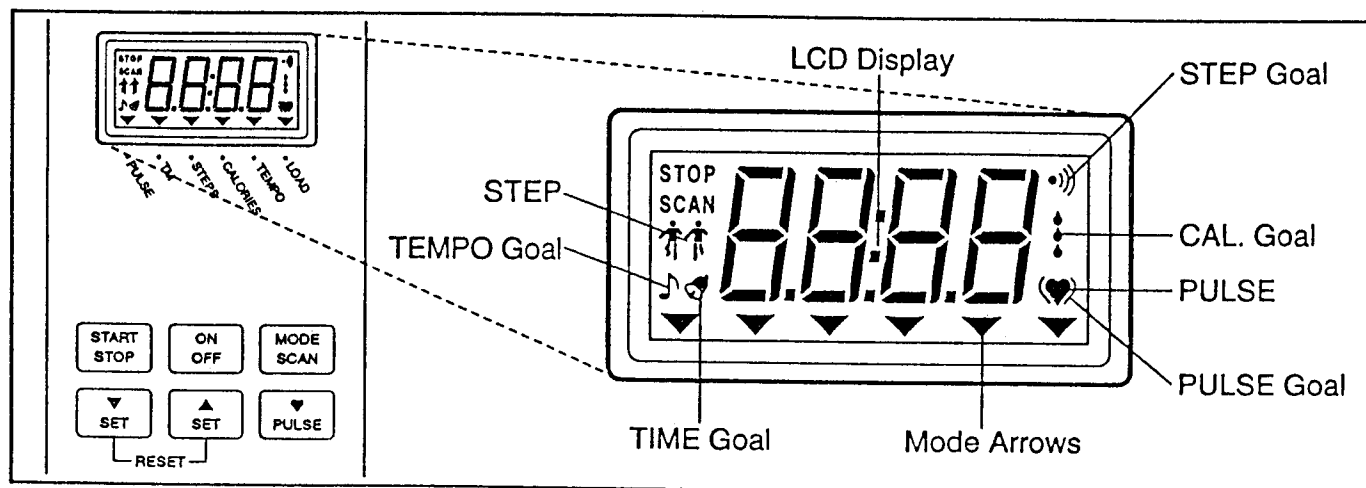
CALORIES—This mode displays the total number of Calories you have burned. This mode also allows a Calorie goal to be set.

TEMPO—This mode allows a pace goal to be set, and sounds a tone to help you maintain the desired pace.

LOAD—This mode allows the stepping resistance level of the stepper to be entered into the console to increase the accuracy of the **CALORIES** mode.

DIAGRAM OF THE CONSOLE

The console requires four "AA" batteries (not included). See assembly step 8 on page 5 for battery installation instructions. Remove the clear plastic from the console before operating the console.



TURNING THE POWER ON

To turn the power on, press the ON/OFF button or simply begin stepping. A tone will sound and the entire display will appear momentarily. The console will then be ready for operation. To select and operate modes, see the instructions below. **IMPORTANT:** The modes will be activated only when the console is started. The START/STOP button starts and stops the console. The STOP symbol will appear when the console is stopped. To reset any of the modes, select the mode, make sure that the console is stopped, and press the SET Increase and decrease buttons at the same time.

SELECTING AND OPERATING MODES

SCAN—When the power is turned on, the SCAN mode will be selected automatically. The SCAN symbol will appear. (The SCAN mode can also be selected by holding down the MODE/SCAN button until the SCAN symbol appears.) All other modes will be displayed, for four seconds each, in a repeating cycle.

PULSE—Press the MODE/SCAN button repeatedly until a mode arrow appears above the word "PULSE." Make sure that the SCAN symbol does not appear. Because the PULSE mode uses more power than other modes, there is a PULSE button to turn the PULSE mode on and off. Press the PULSE button to turn the PULSE mode on. The PULSE symbol will appear. Make sure that the console is started and place **both hands** on the pulse sensors. The crotch of each hand—the area between the thumb and index finger—should be placed between the two rubber strips on each pulse sensor. Avoid moving your hands. After a few seconds, your pulse will be displayed.

To set a maximum pulse goal, first make sure that the console is stopped. Press the SET increase or decrease button to set the maximum pulse you want to reach as you exercise (see **CONDITIONING GUIDELINES** on page 9). The PULSE goal symbol will appear. Each time one of the buttons is pressed, the goal will change by 1 beat per minute. The buttons can be held down to set the goal rapidly. The goal can be from 50 to 250 beats per minute. After the goal is set, make sure that the PULSE mode is turned on, start the console, and place your hands on the pulse sensors. If your pulse exceeds the goal as you exercise, a warning tone will sound until your pulse drops below the goal.

When you are finished using the PULSE mode, press the PULSE button to turn the PULSE mode off. Note: Any time that the console is started and the pulse sensors do not detect a pulse for ten seconds, the PULSE mode will automatically turn off.

TIME—Press the MODE/SCAN button repeatedly until a mode arrow appears above the letters "TM." Make sure that the SCAN symbol does not appear. When the console is started, the elapsed time will be displayed.

To set a time goal, first make sure that the console is stopped. Press the SET increase or decrease button to set the length of time you plan to exercise. The TIME goal symbol will appear. Each time one of the buttons is pressed, the goal will change by 1 minute. The buttons can be held down to set the goal rapidly. The goal can be from 1 to 99 minutes. After the goal is set, start the console. As you exercise, the goal will be counted down. When the goal is completed, the console will stop and a series of tones will sound.

STEPS—Press the MODE/SCAN button repeatedly until a mode arrow appears above the word "STEPS." Make sure that the SCAN symbol does not appear. When the console is started, the step symbols will appear and the number of steps you have completed will be displayed.

To set a step goal, first make sure that the console is stopped. Press the SET increase or decrease button to set the number of steps you plan to complete. The STEP goal symbol will appear. Each time one of the buttons is pressed, the goal will change by 10 steps. The buttons can be held down to set the goal rapidly. The goal can be from 10 to 9,990 steps. After the goal is set, start the console. As you exercise, your steps will be counted down. When the goal is completed, the console will stop and a series of tones will sound.

CALORIES—Press the MODE/SCAN button repeatedly until a mode arrow appears above the word "CALORIES." Make sure that the SCAN symbol does not appear. When the console is started, the number of Calories you have burned will be displayed.

To set a Calorie goal, first make sure that the console is stopped. Press the SET increase or decrease button to set the number of Calories you plan to burn. The CALORIES goal symbol will appear. Each time one of the buttons is pressed, the goal will change by 1 Calorie. The buttons can be held down to set the goal rapidly. The goal can be from 1 to 999 Calories. After the goal is set, start the console. As you exercise, the number of Calories you have burned will be counted down. When the goal is completed, the console will stop and a series of tones will sound.

TEMPO—Press the MODE/SCAN button repeatedly until a mode arrow appears above the word "TEMPO." Make sure that the SCAN symbol does not appear. Make sure that the console is stopped. Press the SET increase or decrease button to set a pace goal. For example, if you want to exercise at a pace of one step every 1.5 seconds, set a goal of 1.500. Each time one of the buttons is pressed, the goal will change by .125 (1/8) of a second. The buttons can be held down to set the goal rapidly. The goal can be from one step every .125 (1/8) of a second to one step every 9.875 (9 7/8) seconds. After the goal is set, start the console. A tone will sound to help you maintain the desired pace. Step once every time a tone sounds.

LOAD—Press the MODE/SCAN button repeatedly until a mode arrow appears above the word "LOAD." Make sure that the SCAN symbol does not appear. Make sure that the console is stopped. The accuracy of the CALORIES mode will be increased if the stepping resistance level of the stepper is entered into the console. Press the SET increase or decrease button to enter the resistance level—enter a 1 if the stepper is at the lowest resistance level; enter a 2, 3 or 4 if the stepper is at a low, medium or high resistance level; enter a 5 if the stepper is at the highest resistance level.

TURNING THE POWER OFF

To turn the power off, press the ON/OFF button. Note: If no buttons on the console are pressed, the PULSE mode is not used, and the stepper pedals are not moved for about four minutes, the power will turn off automatically in order to conserve the batteries.

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the stepper. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Keep liquids away from the console.

CONSOLE

If the console does not function properly, or if the display becomes faint, the batteries should be replaced. See assembly step 8 on page 5 for battery installation instructions.

If the console displays incorrect feedback, make sure that the RPM wire is fully plugged into the console. In addition, make sure that the pulse wire is fully plugged into the console, and that the four female snaps on the pulse wire are fully pressed onto the male snaps on the pulse sensors. See assembly step 9 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 individuals over the age of 35 or individuals 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 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 of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise. **WARNING: The pulse sensors are not medical devices. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.**

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 your muscles as well as help to decrease 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. WL730030

Rev. 10/93

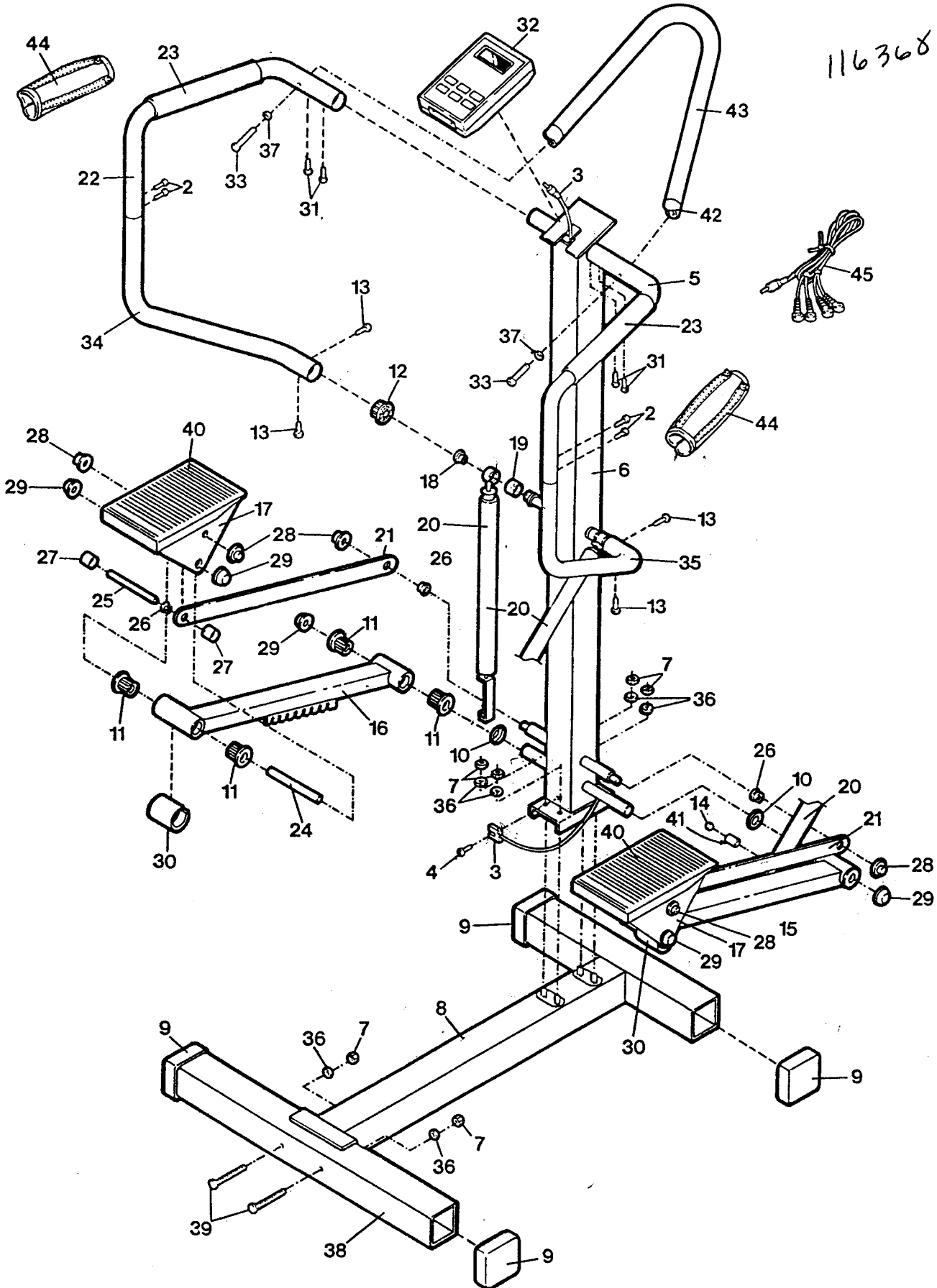
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	24	2	Pedal Arm Axle
2	4	Screw	25	2	Link Arm Axle
3	1	Sensor Wire/Reed Switch	26	4	Link Arm Bushing
4	1	Reed Switch Screw	27	4	Link Arm Spacer
5	1	Right Handrail	28	6	Push Cap
6	1	Upright	29	6	Axle Cap
7	6	Nylock Nut	30	2	Bumper
8	1	Base	31	4	Handrail Screw
9	4	Endcap	32	1	Accessory Tray
10	2	Pedal Arm Spacer	33	2	"V" Bar Bolt
11	8	Pedal Arm Bushing	34	1	Left Handrail Base
12	2	Handrail Bushing	35	1	Right Handrail Base
13	4	Axle Screw	36	6	Washer
14	1	Magnet	37	4	Curved Washer
15	1	Right Pedal Arm	38	1	Stabilizer
16	1	Left Pedal Arm	39	2	Stabilizer Bolt
17	2	Pedal	40	2	Pedal Foot Pad
18	4	Resistance Cylinder Bushing	41	1	Magnet Retainer
19	2	Cylinder Spacer	42	1	"V" Bar
20	2	Resistance Cylinder	43	1	"V" Bar Foam Grip
21	2	Link Arm	44	2	Pulse Sensor
22	1	Left Handrail	45	1	Pulse Wire
23	2	Handrail Foam Grip	#	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. WL730030

Rev. 10/93

116368



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 (WL730030).
2. The NAME of the product (WESLO ASCENT 730® 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