

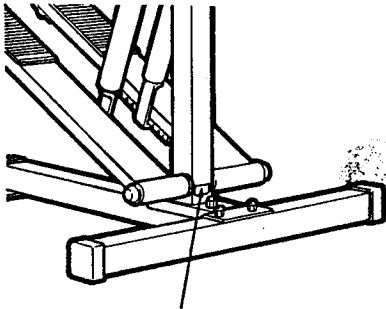
FLEX 2XT™

FIVE WORKOUT STATIONS • CROSS TRAINING SYSTEM
20 PLUS EXERCISES • 200 LBS PROGRESSIVE RESISTANCE

WESLO®

Model No. WL800520

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.

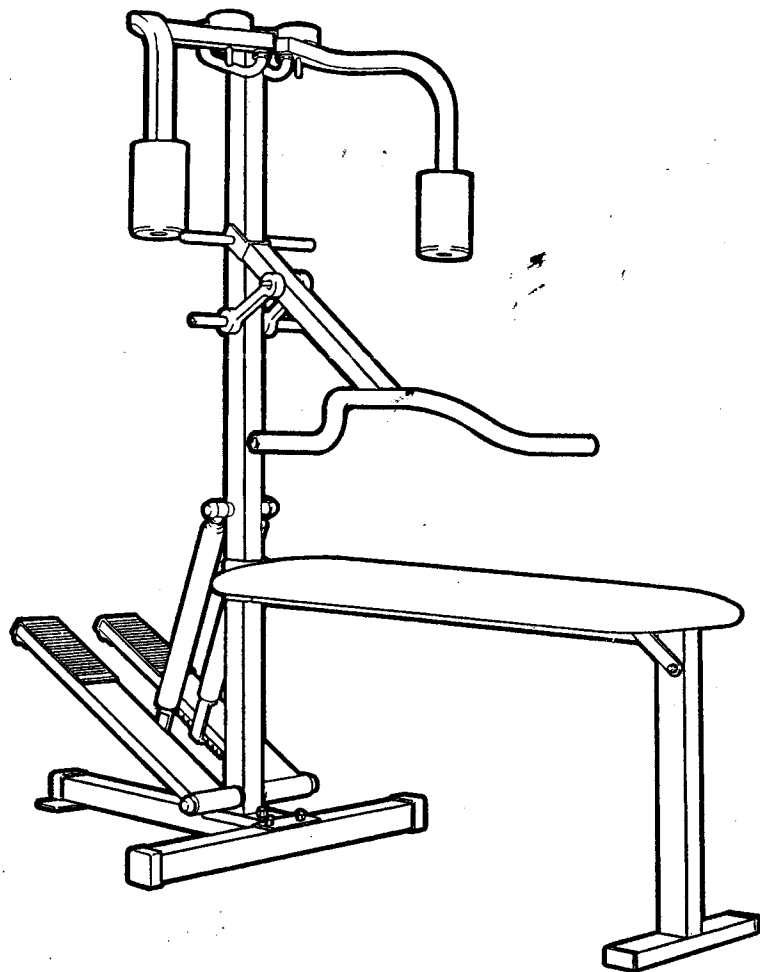
CUSTOMER HOT LINE:

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

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
ADJUSTING THE FLEX 2XT	6
EXERCISE GUIDELINES	8
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
WARRANTY	Back Cover

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the cross-training system.

1. Read all instructions in this manual before using the cross-training system. Use the cross-training system only as described in this manual.
2. Inspect and tighten all parts each time you use the cross-training system. Replace any worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Always wear shoes for foot protection.
4. Keep small children away from the cross-training system at all times.
5. Never release the press arm or butterfly arms while the weightbands are stretched.
6. Always attach the weightbands with spring retainers to prevent the weightbands from slipping off.
7. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them. It is recommended that the floor underneath the resistance cylinders be covered in case of slight oil leakage.
8. When using the stepper, always keep your feet on the pedals. If you lift your feet off the pedals, the pedals may become separated from the cylinder brackets, resulting in injury.

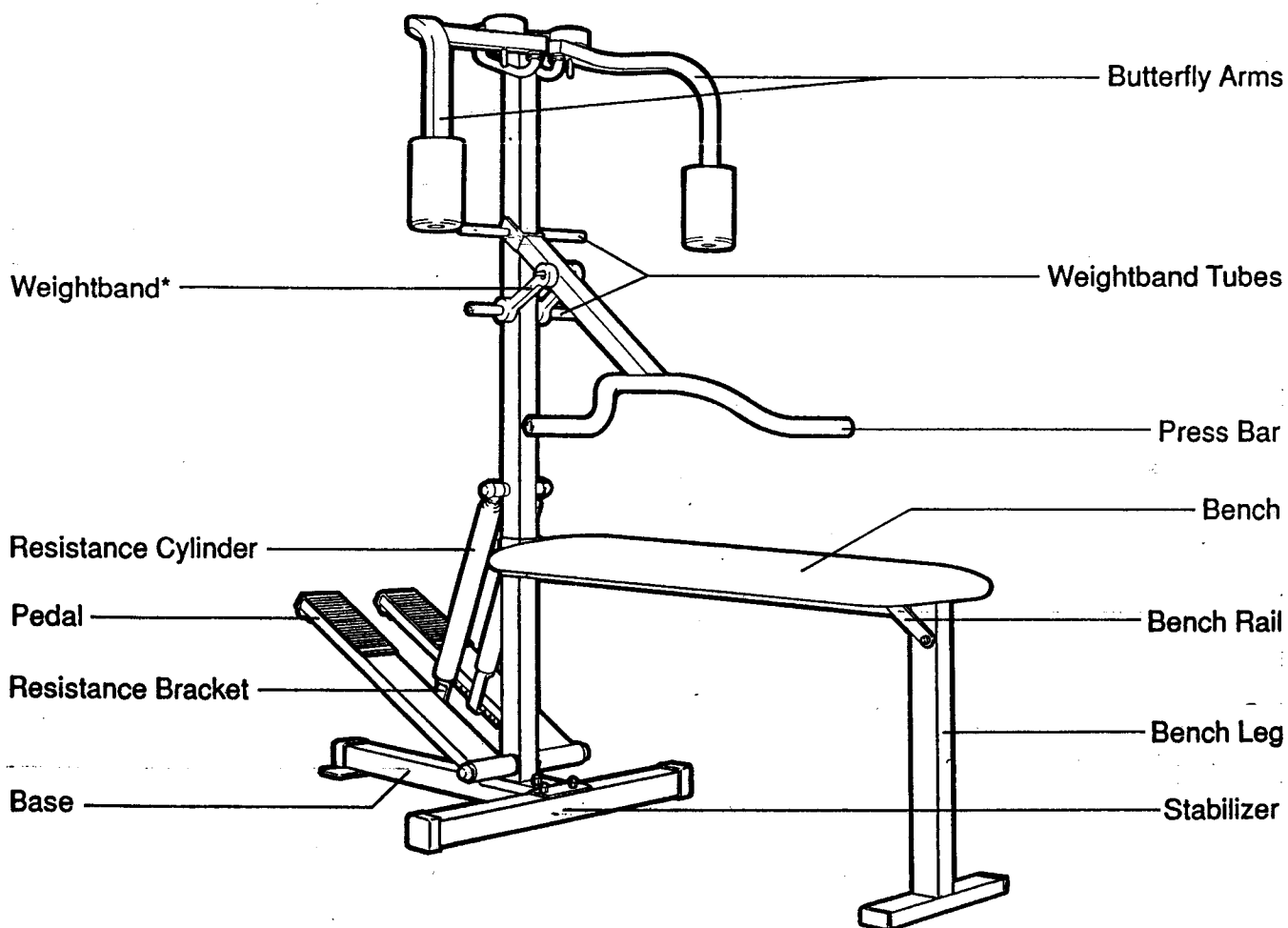
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. WESLO assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Congratulations for selecting the WESLO® FLEX 2XT cross training system. The FLEX 2XT is designed to provide you with a selection of both aerobic and weight training exercises for true cross-training workouts. Whether your goal is to improve your cardiovascular fitness, tone your body or develop dramatic muscle size and strength, the FLEX 2XT will help you to achieve the results you want in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the cross training system. 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 training system (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.



* The unique FLEX 2XT weightbands are covered by a lifetime warranty.

ASSEMBLY

Read all steps and review all drawings carefully before beginning assembly. Assembly can be completed using two adjustable wrenches, a hammer, soapy water and grease or petroleum jelly (not included). Place all parts in a cleared area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.**

1. Turn the Stabilizer (4) so that the indented holes in the Stabilizer are toward the floor. Attach the Stabilizer to the Base (3) with two Carriage Bolts (24), Washers (26) and Nylock Nuts (7).

Press the three Endcaps (25) onto the Base (3) and the ends of the Stabilizer (4).

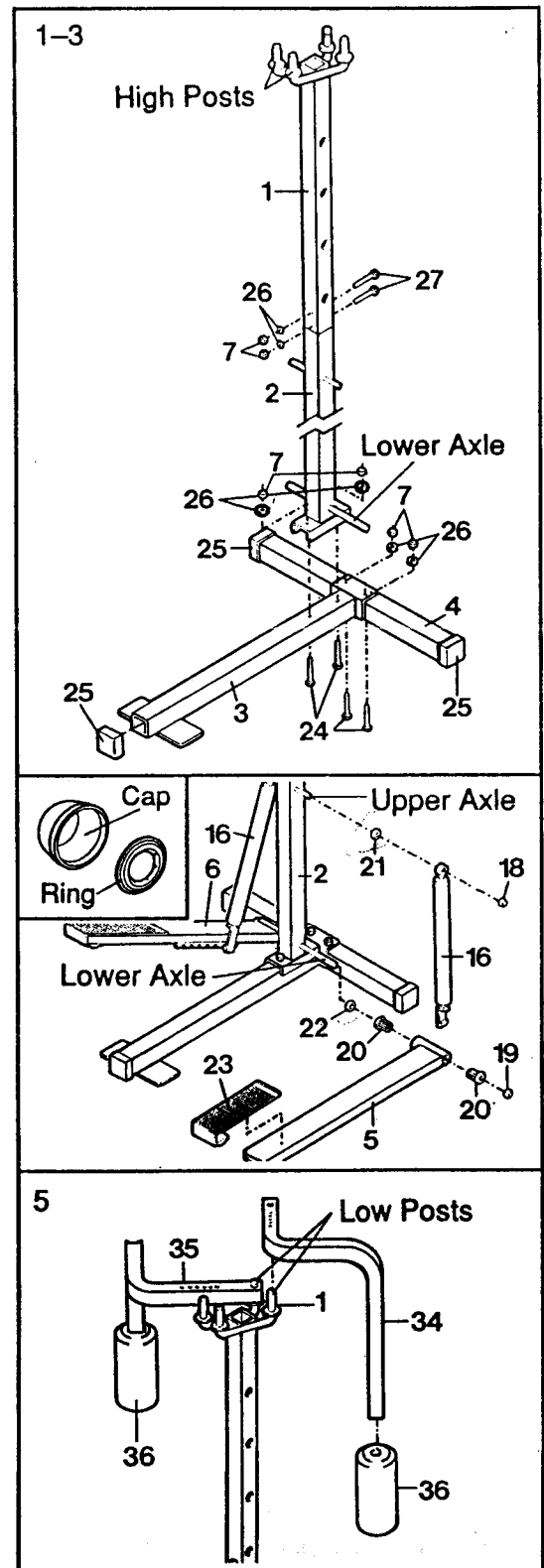
2. Position the Bottom Upright (2) on the Base (3), with the lower axle turned toward the Stabilizer (4). Attach the Bottom Upright with two Carriage Bolts (24), Washers (26) and Nylock Nuts (7).
3. Position the Top Upright (1) on the Bottom Upright (2), with the high posts turned away from the Stabilizer (4). Attach the Top Upright with the two Upright Bolts (27), Washers (26) and Nylock Nuts (7).
4. Assemble the four Axle Caps (18, 19) by pressing the metal rings into the plastic domes. Make sure that the teeth on the metal rings bend inward.

Peel the backing from the underside of a Pedal Pad (23). Position the "U"-shaped end of the Pedal Pad against the end of the Pedal and press the Pad onto the Pedal. Apply grease the lower and upper axles of the Bottom Upright (2). Press two Pedal Bushings (20) into the Right Pedal (5). Slide a Large Spacer (22) onto the lower axle, with the open side of the Spacer toward the Bottom Upright. Slide the Right Pedal onto the lower axle as shown. Tap a Large Axle Cap (19) onto the end of the lower axle.

Slide a Small Spacer (21) onto the upper axle, with the open side of the Spacer toward the Bottom Upright (2). Slide a Resistance Cylinder (16) onto the axle. Tap a Small Axle Cap (18) onto the end of the upper axle. Rest the Right Pedal (5) on the bracket at the lower end of the Resistance Cylinder (16). Assemble the Left Pedal (6) and the left Resistance Cylinder (16) in the same manner.

5. Wet the insides of the two Butterfly Pads (36) and the lower ends of the Right and Left Butterfly Arms (34, 35) with soapy water. Slide the Butterfly Pads onto the Butterfly Arms.

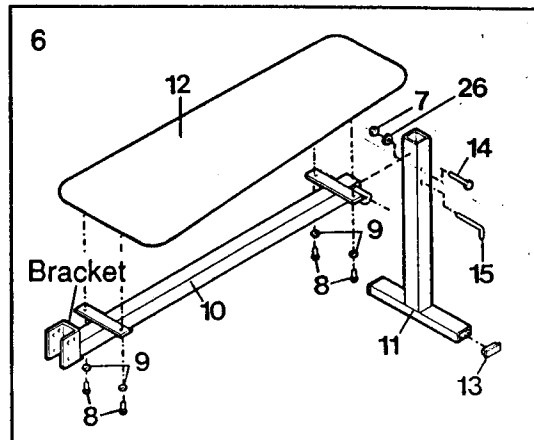
Liberally grease the low posts on the Top Upright (1). Slide the Right Butterfly Arm (34) onto the right post. Slide the Left Butterfly Arm (35) onto the left post.



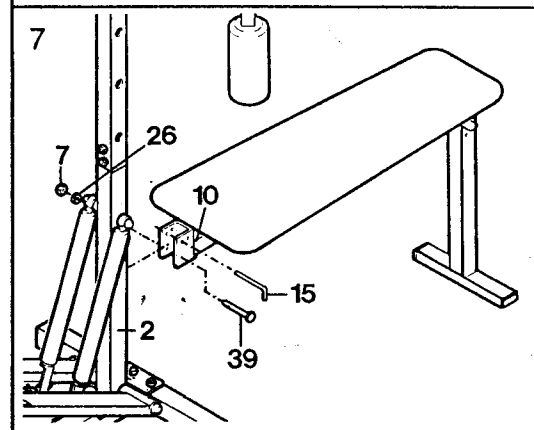
- Attach the Bench (12) to the Bench Support (10) with the four Bench Screws (8) and Small Washers (9). The end of the Bench Support with the bracket must be under the widest end of the Bench.

Attach the Bench Leg (11) to the Bench Support (10) with the Bench Bolt (14), a Washer (26) and a Nylock Nut (7). Insert a Pull Pin (15) into the Bench Leg.

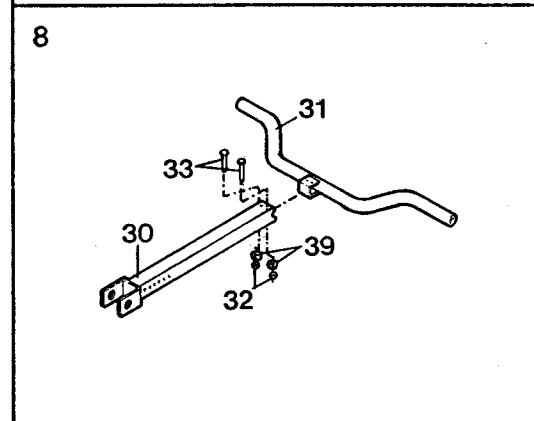
Press a Bench Leg Endcap (13) into the ends of the Bench Leg (11).



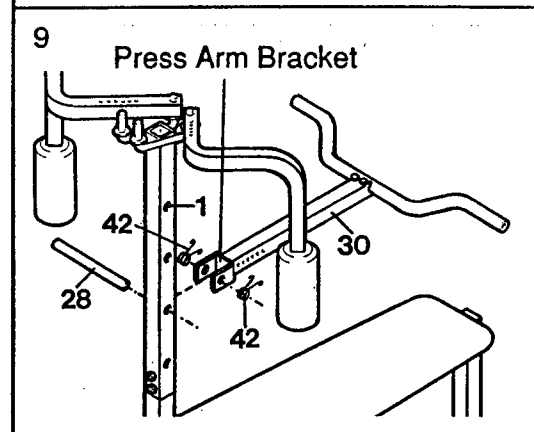
- Attach the Bench Support (10) to the Bottom Upright (2) with the Upright Bolt (27), a Washer (26), a Nylock Nut (7) and a Pull Pin (15).



- Attach the Press Bar (31) to the Press Arm (30) with the two Press Arm Bolts (33), two Press Arm Washers (39) and two Press Arm Nuts (32).



- Attach the Press Arm (30) to the Top Upright (1) with a Weightband Tube (28) and two Large Retainer Springs (42). The Weightband Tube must be centered in the Upright with the two Retainer Springs touching the Press Arm bracket.



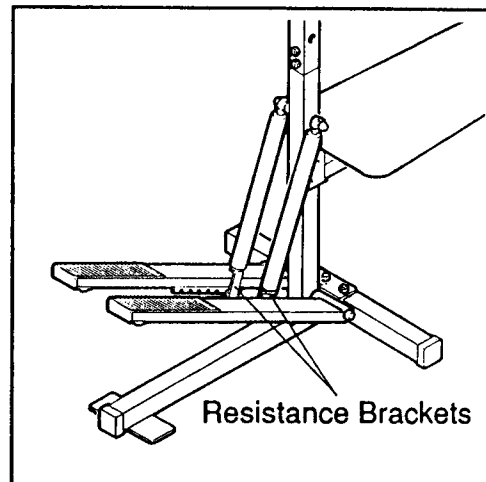
ADJUSTING THE FLEX 2XT

The stepper features precision resistance cylinders for long life and trouble-free operation; due to the nature of resistance cylinders, it is recommended that the floor underneath the stepper be covered in case of slight oil leakage.

ADJUSTING THE STEPPER RESISTANCE

The resistance of the stepper pedals can be changed by moving the resistance brackets. To change the resistance, first dismount the stepper. Change the resistance on one pedal at a time. Hold the resistance bracket with one hand, and lift the pedal with the other hand. To decrease the resistance, move the bracket closer to the upright; to increase the resistance, move the bracket farther away from the upright. Make sure that the bracket is fully inserted into one of the slots. Change the resistance of the other pedal in the same manner, making sure that the resistance brackets are in the same position on both pedals.

WARNING: The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.

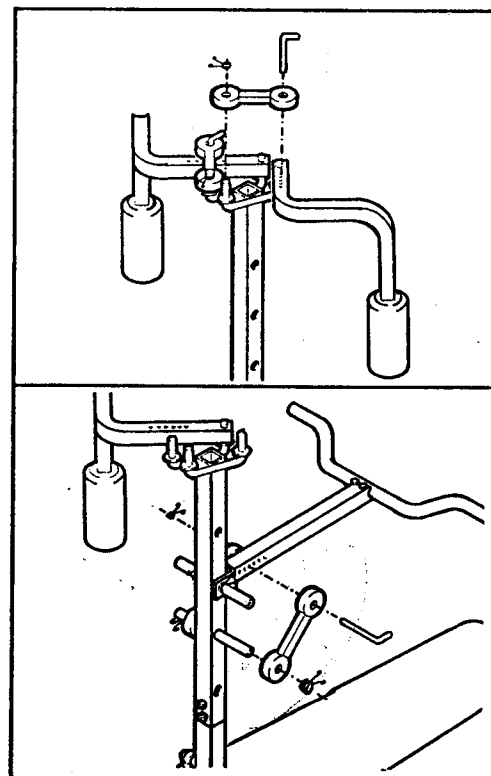


USING THE BUTTERFLY ARMS

Slide one end of each weightband that you plan to use onto the high posts at the top of the upright. Attach the other end of the weightband to the butterfly arm with a pull pin as described in ADJUSTING THE WORKLOAD. Attach spring retainers in the locations shown at the right.

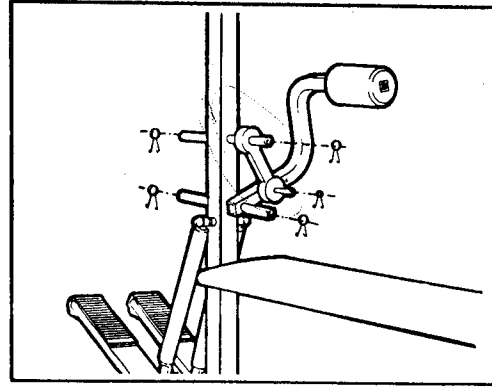
USING THE PRESS ARM

Attach the press arm as described in the assembly instructions. Center a weightband tube one hole above or below the press arm. Slide the weightbands onto the ends of the weightband tube. Attach the other end of the weightbands to the press arm with the press arm pin as described in ADJUSTING THE WORKLOAD. Attach spring retainers in the locations shown at the right.



USING THE ABDOMINAL STATION

Remove either the left or right butterfly arm. (The drawing at the right uses the left butterfly arm.) Attach the butterfly arm with a weightband tube in the bottom hole. Center the other weightband tube in the top hole. Slide a weightband onto the top weightband tube. Attach the other end of the weightband to the butterfly arm with a pull pin as described in ADJUSTING THE WORKLOAD. Attach spring retainers in the locations shown at the right.



ADJUSTING THE WORKLOAD

The FLEX 2XT utilizes specially engineered polymer weightbands to create resistance. The key to the effectiveness of the weightbands is "variable resistance." As the weightbands are stretched, the resistance increases, working your muscles at their capacity throughout the range of motion.

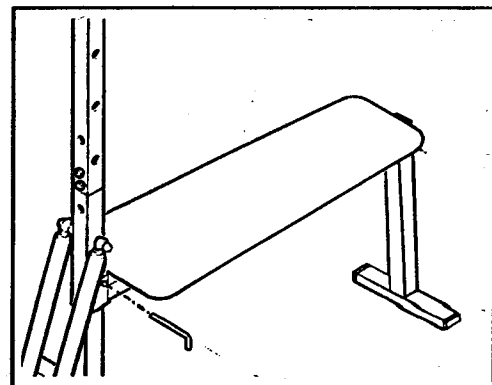
The butterfly arms and press arm have several holes where the weightbands can be fastened. These holes are decaled with a range of numbers which indicates a certain amount of weight resistance. Consult the tables below to determine the approximate weight resistance created at the different holes in the butterfly arms and the press arm.

BUTTERFLY WEIGHT RESISTANCE						
HOLE POSITION	1	2	3	4	5	6
2 WEIGHTBANDS	7	10	13	16	20	24
4 WEIGHTBANDS	20	25	30	35	40	45

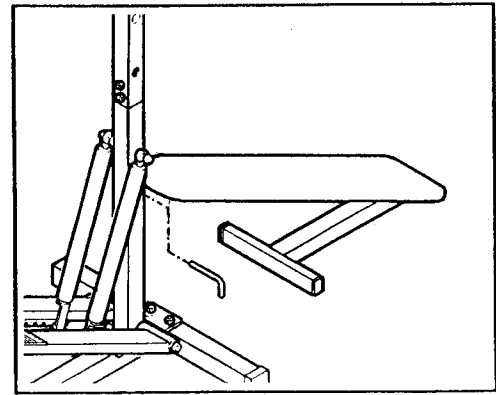
PRESS ARM WEIGHT RESISTANCE						
HOLE POSITION	1	2	3	4	5	6
2 WEIGHTBANDS	45	55	65	75	85	95
4 WEIGHTBANDS	100	120	140	160	180	200

ADJUSTING THE BENCH

To set the bench in a level position, rotate the bench leg upright and insert a pull pin in the bench leg and the bench support.



To set the bench in an inclined position, remove the pull pin from the bench support and the bench leg. Rotate the bench leg inward until the end of the bench support rests on the floor. Reinsert the pull pin into the bench support.



EXERCISE GUIDELINES

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.

The FLEX 2XT is designed to provide you with a selection of both aerobic and weight training exercises. The accompanying exercise guide shows suggested exercises that can be performed using the FLEX 2XT. Follow the guidelines below to get started with your exercise program. **Remember, these are only general guidelines. For detailed information about exercise, consult your physician or obtain a reputable exercise book.**

EXERCISING ON THE STEPPER

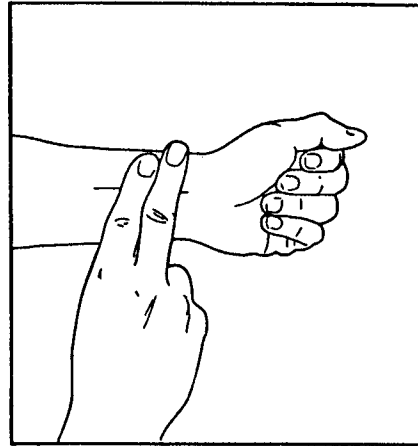
Face the FLEX 2XT, insert a weightband post through the top upright and hold the post firmly. Step onto the stepper pedals and let both pedals sink to the floor. Begin stepping, alternately pressing the right and left pedals down with a smooth, continuous motion. Because the pedals move independently, a continuous motion must be maintained. Adjust the resistance of the stepper pedals as necessary (see ADJUSTING THE STEPPER RESISTANCE).

For an effective aerobic workout, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. As you exercise on the stepper, your heart rate should be kept at a level between 70% and 85% of your maximum heart rate—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, ages 20 to 85.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
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. To measure your heart rate, stop exercising and place two fingers on your wrist as shown. 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. If your heart rate is too low, increase the intensity of your exercise; if your heart rate is too high, decrease the intensity.



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 can complete up to five workouts each week if desired. Begin every workout with 5-10 minutes of stretching or light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for about 30 minutes; this can be done in one continuous 30-minute period, or in a few shorter periods, such as three 10-minute periods. Finish every workout with 5-10 minutes of stretching to cool down.

WEIGHT TRAINING

In order to increase the size and strength of your muscles, the muscles must be worked to capacity. The intensity of the exercises must be progressively increased so that the muscles will continue to adapt and grow. The intensity of each exercise can be tailored to the proper level by changing the amount of resistance used, or the number of repetitions and sets completed. (A repetition is one complete cycle of an exercise, such as one sit-up. A set is a series of consecutive repetitions.)

The proper amount of resistance to use for each exercise depends upon the individual. It is up to you to gauge your limits. We recommended that you begin with three sets of 8 to 12 repetitions. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance. When your muscles reach the desired size and strength, stop increasing the amount of resistance.

Each workout should include 6-10 different exercises. The FLEX 2XT provides a selection of exercises to strengthen every major muscle group of the body. Select exercises for every major muscle group, with emphasis on the areas you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout. Your weight training program should include three 30-minute workouts each week. Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest.

Be careful not to overexert yourself. Begin each workout with 10 minutes of stretching to warm up. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. As you perform each exercise, concentrate on maintaining correct form. Refer to the EXERCISE GUIDE accompanying this manual for the correct form for each exercise. Rest for 30 seconds between sets, and 1 minute between exercises. Proper breathing is also important. Exhale as you exert yourself, and inhale as you relax—never hold your breath. Finish each workout with 10 minutes of stretching to cool down. If you feel pain or dizziness at any time while exercising, stop immediately and begin to cool down.

For added motivation, keep a record of your workouts. List the dates, exercises performed, weight used, and number of repetitions and sets completed. Record key body measurements at the end of every month. For successful results, proper nutrition and adequate rest are also essential.

PART LIST—Model No. WL800520

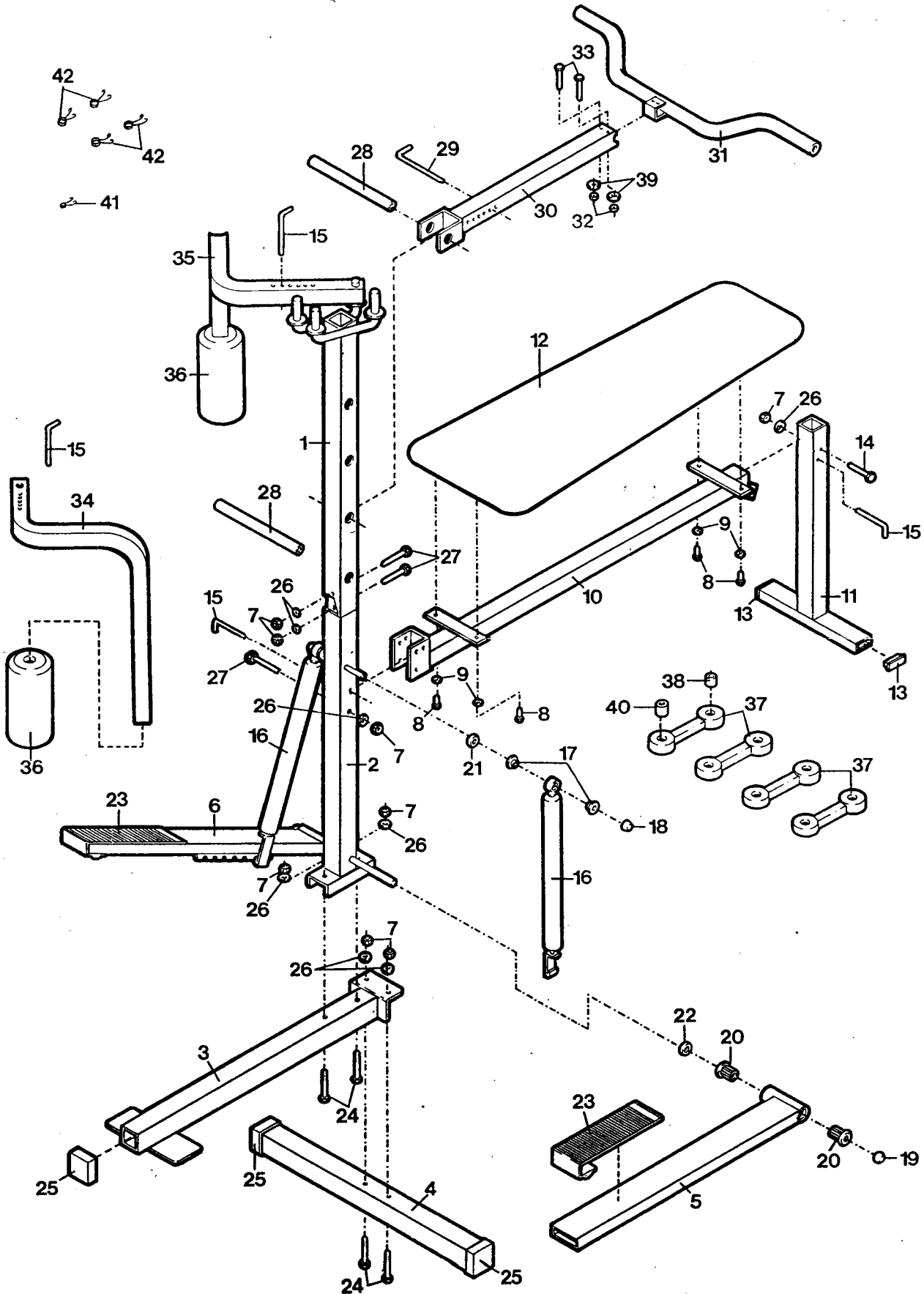
Rev. 10/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Upright	23	2	Pedal Pad
2	1	Bottom Upright	24	4	Carriage Bolt
3	1	Base	25	3	Endcap
4	1	Stabilizer	26	8	Washer
5	1	Right Pedal Assembly	27	3	Upright Bolt
6	1	Left Pedal Assembly	28	2	Weightband Tube
7	8	Nylock Nut	29	1	Press Arm Pin
8	4	Bench Screw	30	1	Press Arm
9	4	Small Washer	31	1	Press Bar
10	1	Bench Support	32	2	Press Arm Nut
11	1	Bench Leg	33	2	Press Arm Bolt
12	1	Bench	34	1	Right Butterfly arm
13	2	Bench Leg Endcap	35	1	Left Butterfly Arm
14	1	Bench Bolt	36	2	Butterfly Pad
15	4	Pull Pin	37	4	Weightband
16	2	Resistance Cylinder	38	4	Small Weightband Bushing
17	2	Resistance Cyl. Bushing Set	39	2	Press Arm Washer
18	2	Small Axle Cap	40	4	Large Weightband Bushing
19	2	Large Axle Cap	41	1	Small Retainer Spring
20	4	Pedal Bushings	42	4	Large Retainer Spring
21	2	Small Spacer	#	1	Owner's Manual
22	2	Large Spacer	#	1	Exercise Manual

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

EXPLODED DRAWING—Model No. WL800520

Rev. 10/92



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 (WL800520).
2. The NAME of the product (WESLO® FLEX 2XT cross training system).
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.

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