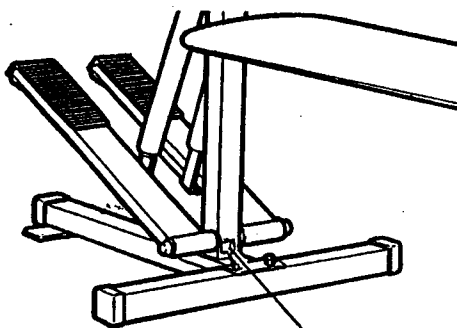


WESLO®

Model No. WL800620/WL801020
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.

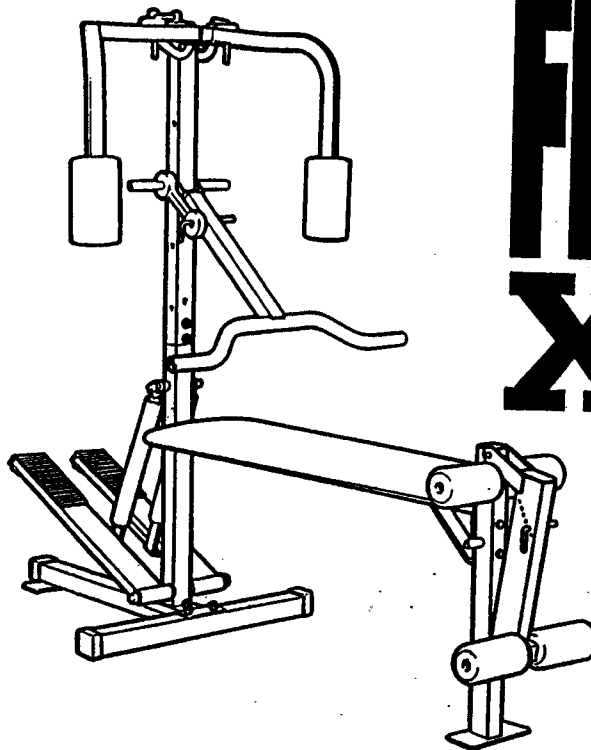
CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

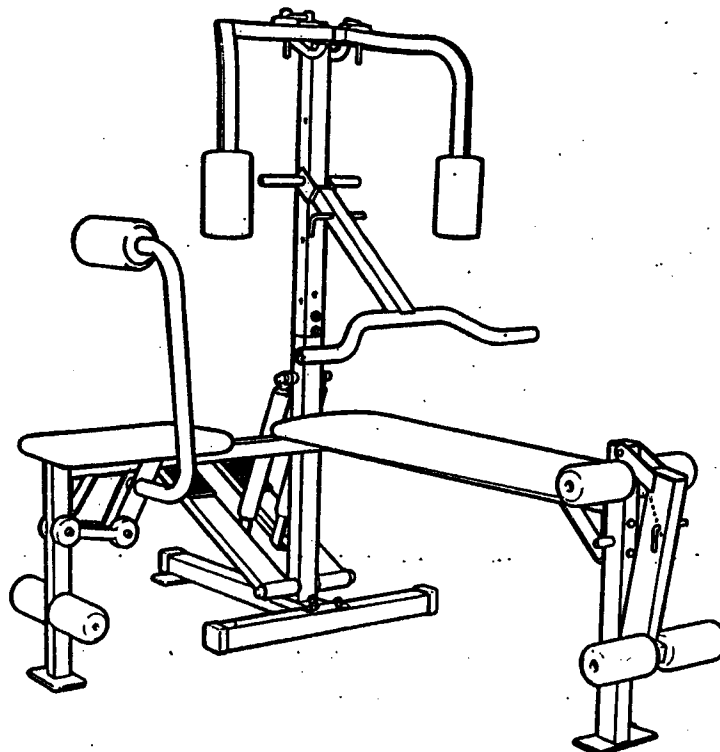
CAUTION:

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



FLEX™ 3XT

FLEX 3XT™



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 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, butterfly arms, leg lever or ab arm while the weightbands are stretched. Always attach the weightbands with spring clips to prevent the weightbands from slipping off.
6. 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.
7. When using the stepper, never set the resistance so high that you must push against the weightband tube with your arms in order to press the pedals down. Exercising in this manner could result in heart risk.
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.

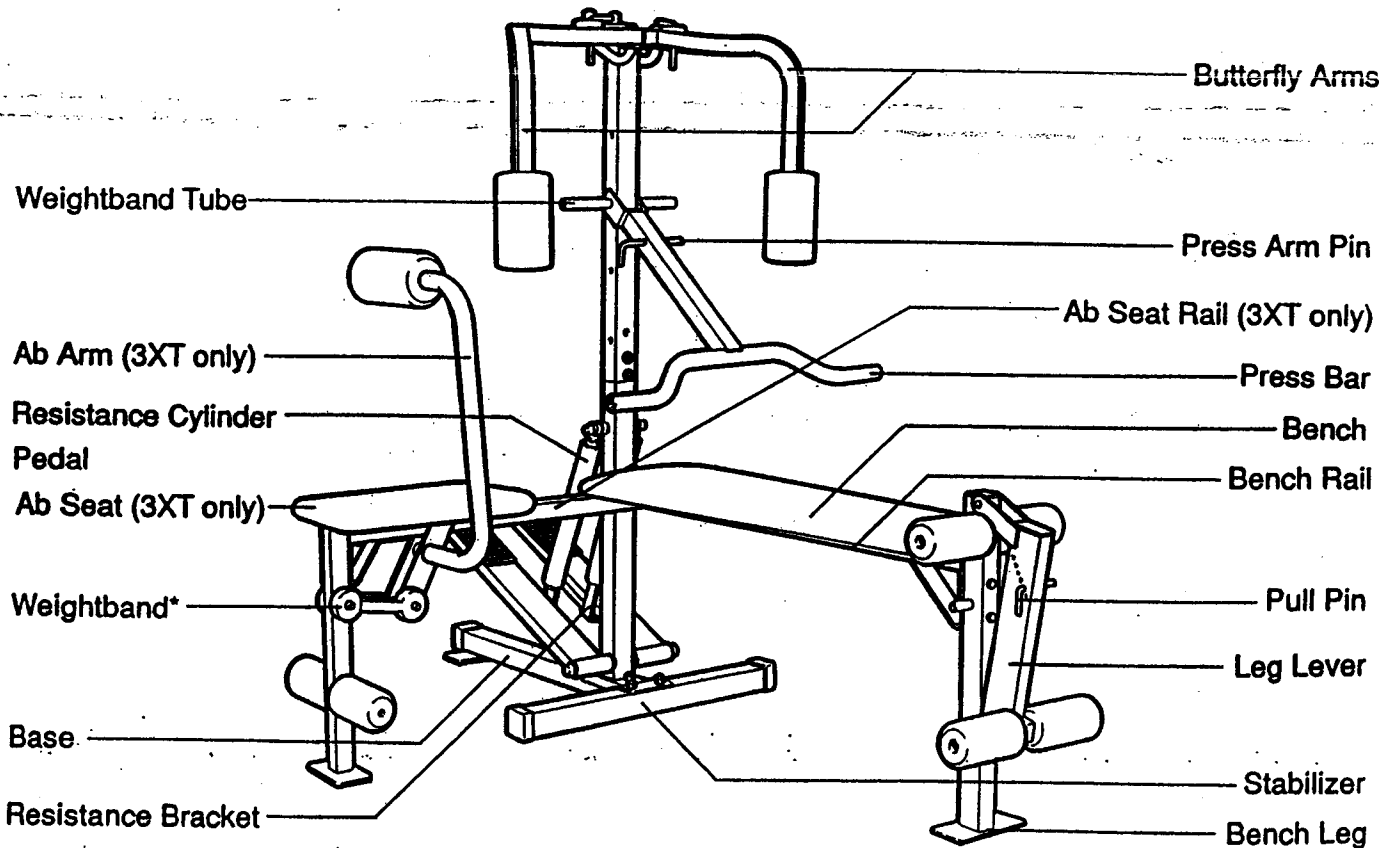
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. WESLO assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Congratulations for selecting the WESLO® FLEX XX or FLEX 3XT cross training system. The FLEX XX and FLEX 3XT are designed to provide you with a selection of both aerobic and weight training exercises for true cross-training workouts. Whether your goal is improved cardiovascular fitness, a toned body or dramatic muscle size and strength, the FLEX XX or FLEX 3XT 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 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) and Nylock Nuts (7).

Press the three Base 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) 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. Liberally grease the lower and upper axles of the Bottom Upright (2). Press two Pedal Bushings (20) into the Right Pedal (5). Slide a Pedal Spacer (22) and the Right Pedal onto the lower axle as shown. Tap a Large Pushnut (19) onto the end of the lower axle. Remove the adhesive strip backing from a Foot Pad (23). Press the Foot Pad onto the Right Pedal.

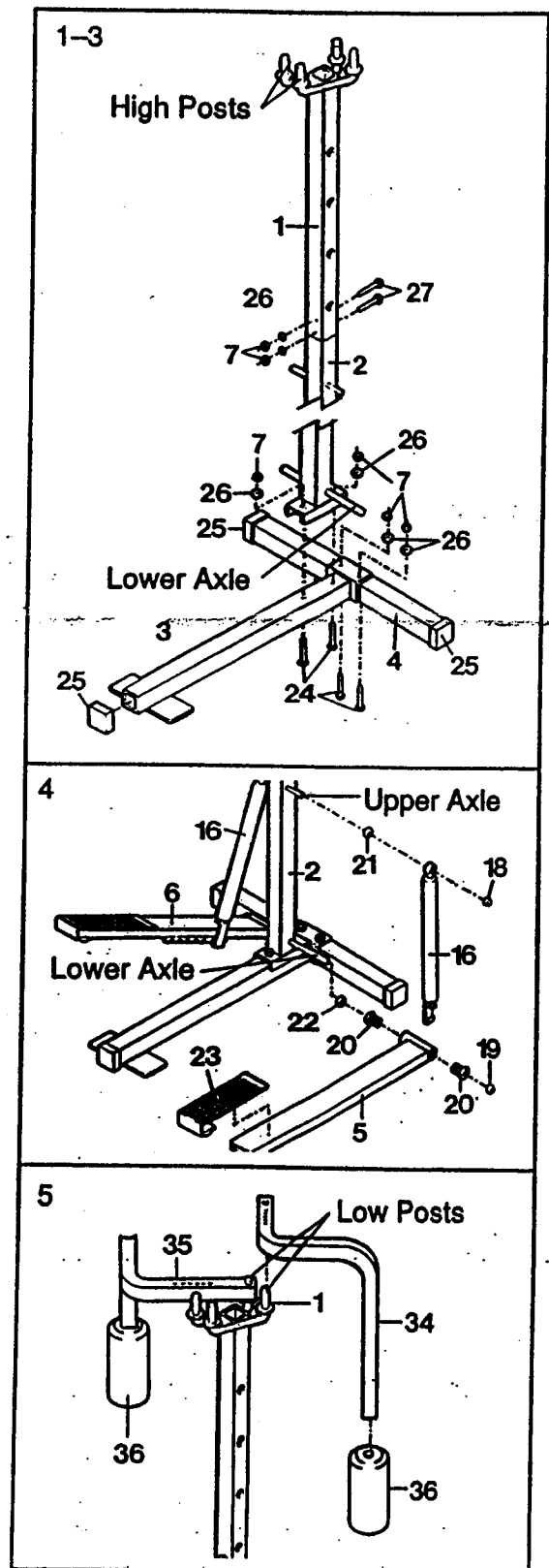
Slide a Small Spacer (21) and a Resistance Cylinder (16) onto the upper axle. Tap a Small Pushnut (18) onto the end of the upper axle.

Rest the Right Pedal (5) on the bracket at the lower end of the Resistance Cylinder (16).

Assemble the Left Pedal (6) and the other Resistance Cylinder (16) in the same manner.

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



6. Press the Bench Leg Endcap (13) into the end of the Bench Leg (11). Attach the Bench Leg to the Bench Rail (10) with the two Bench Bolts (14), Washers (26) and Nylock Nuts (7). Be sure the Bench Leg is turned so that the hole indicated is opposite the Bench Rail.

Wet the insides of two Foam Pads (46) and the ends of a Foam Pad Tube (45) with soapy water. Center the Foam Pad Tube in the Bench Leg (11). Slide the Foam Pads onto the ends of the Tube.

Attach the Bench (12) to the Bench Rail (10) with four Bench Screws (8) and Small Washers (9). The narrow end of the Bench must be at the same end as the Bench Leg (11).

7. Attach the Bench Rail (10) to the Bottom Upright (2) with the two Bench Rail Bolts (49), Washers (26) and Nylock Nuts (7).

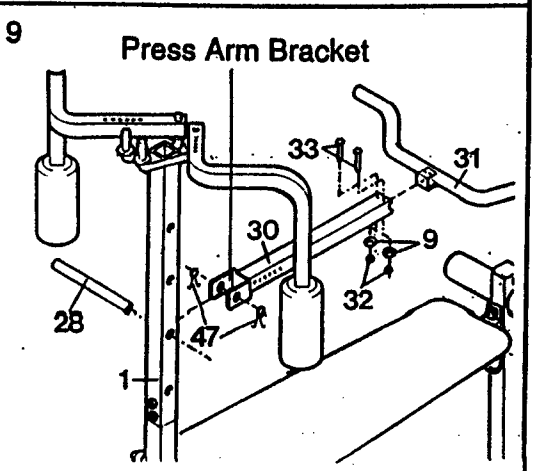
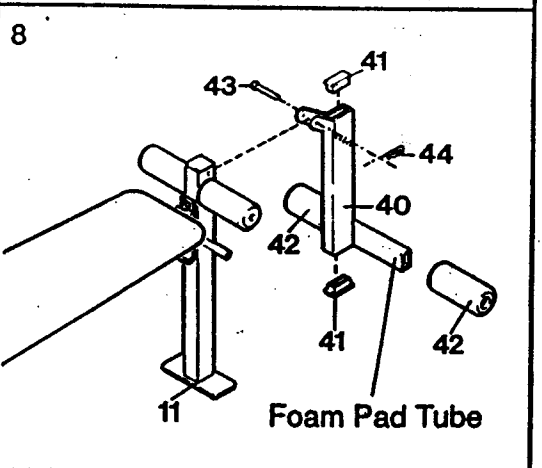
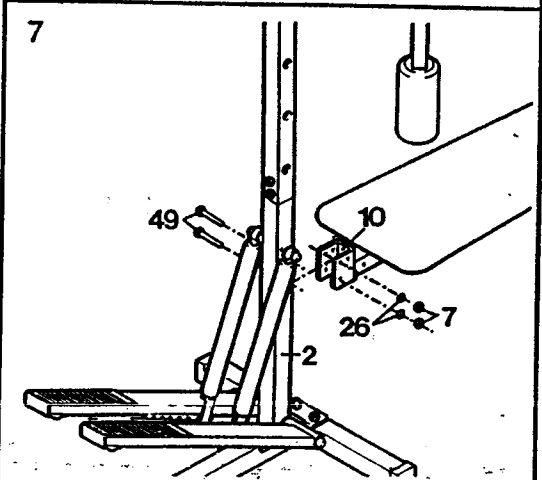
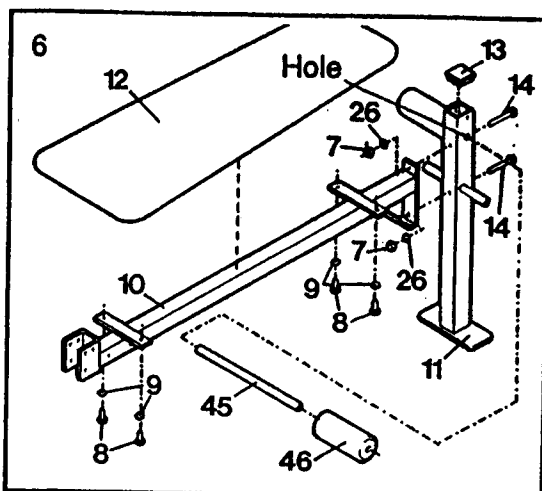
8. Wet the insides of the two Leg Lever Pads (42) and the ends of the foam pad tube on the Leg Lever (40). Slide the two Leg Lever Pads onto the Leg Lever.

Press the two Leg Lever Endcaps (41) into the ends of the Leg Lever (40).

Attach the Leg Lever (40) to the Bench Leg (11) with the Leg Lever Pin (43) and Hairpin Cotter Pin (44).

9. Attach the Press Bar (31) to the Press Arm (30) with the two Press Arm Bolts (33), Small Washers (9) and Press Arm Nuts (32).

Attach the Press Arm (30) to the Top Upright (1) with a Weightband Tube (28) and two Large Spring Clips (47). The Weightband Tube must be centered in the Upright with the two Spring Clips touching the Press Arm bracket.



The following steps apply only to the FLEX 3XT.

10. Wet the insides of two Foam Pads (46) and the ends of a Foam Pad Tube (45) with soapy water. Center the Foam Pad Tube in the Ab Seat Leg (50). Slide the Foam Pads onto the ends of the Tube.

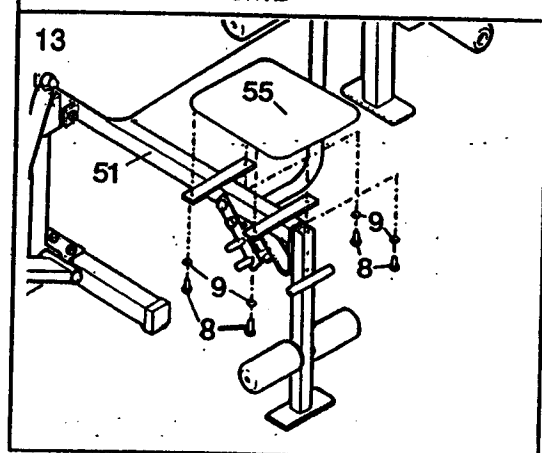
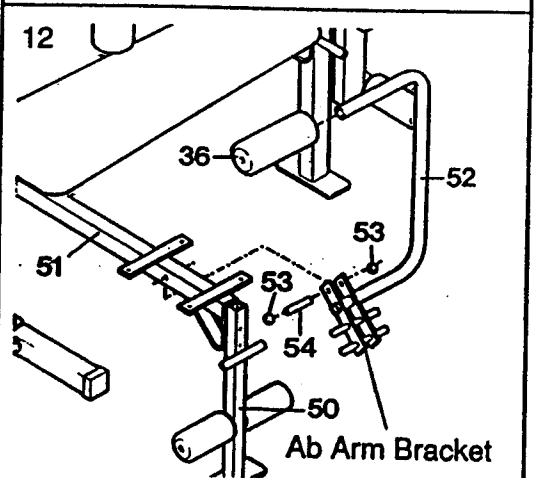
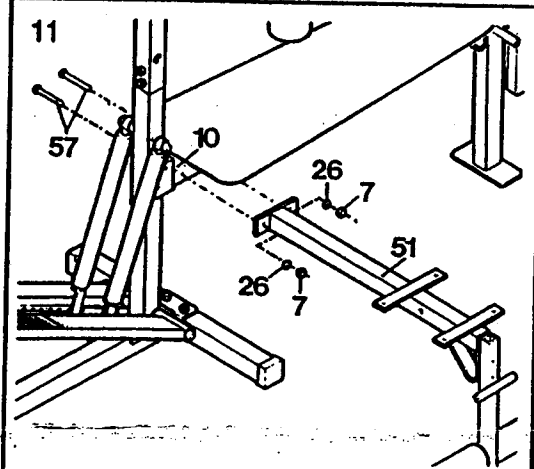
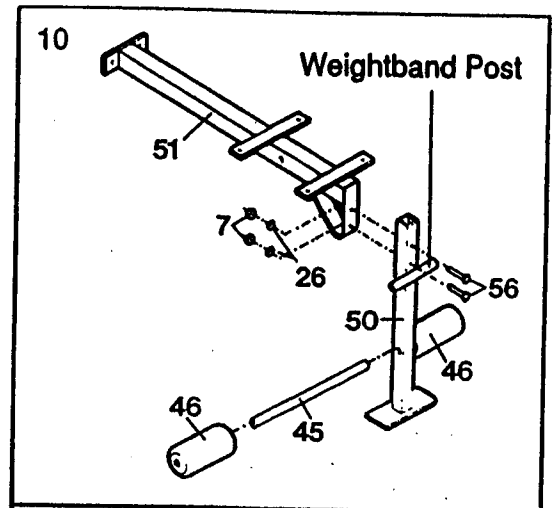
Attach the Ab Seat Leg (50) to the Ab Seat Rail (51) with the two Ab Seat Leg Bolts (56), Washers (26) and Nylock Nuts (7). Be sure the weightband post is turned away from the Ab Seat Rail.

11. Attach the Ab Seat Rail (51) to the Bench Rail (10) with the two Ab Rail Bolts (57), Washers (26) and Nylock Nuts (7).

12. Wet the inside of a Large Pad (36) and the upper end of the Ab Arm (52). Slide the Pad onto the Ab Arm.

Liberal grease the Ab Axle (54). Align the Ab Arm bracket with the hole in the Ab Seat Rail (51). Insert the Ab Axle through the Ab Arm bracket and the Ab Seat Rail. Tap an Ab Axle Cap (53) onto each end of the Ab Axle. Be sure the Ab Arm bracket is turned toward the Ab Seat Leg (50) as shown before tapping the Axle Caps onto the Axle.

13. Attach the Ab Seat (55) to the Ab Seat Rail (51) with four Seat Screws (8) and Small Washers (9).

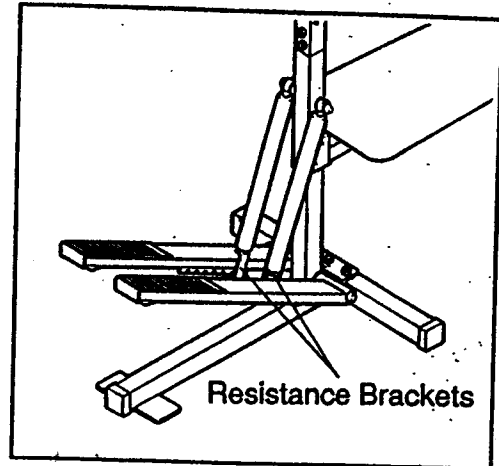


ADJUSTMENT

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.

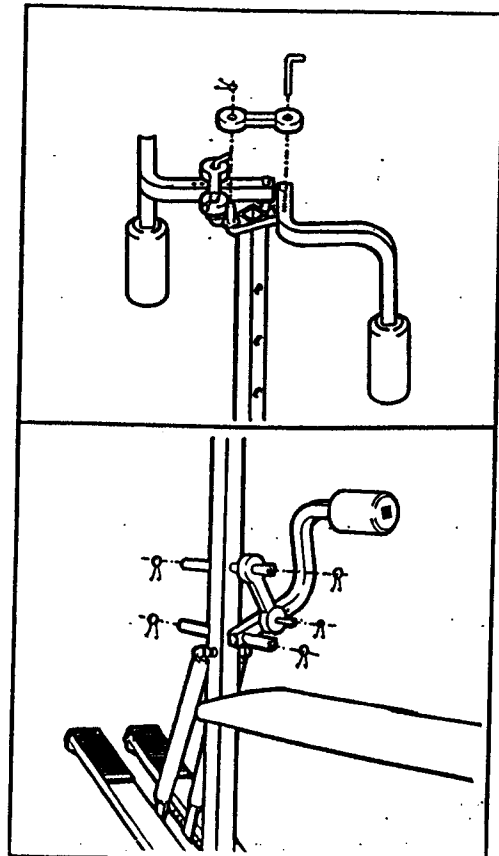


WARNING: The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.

USING THE BUTTERFLY ARMS

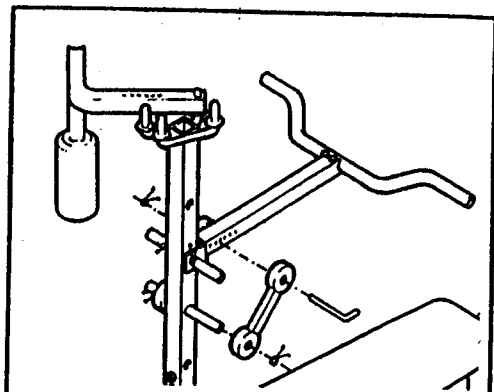
Slide one end of each weightband that you plan to use onto the high posts at the top of the upright. Attach the other end of each weightband to the butterfly arm with a pull pin as described in ADJUSTING THE WORKLOAD. Attach spring clips in the locations shown at the right.

To use a butterfly arm as an abdominal arm, remove either the left or right butterfly arm. (The drawing at the right shows 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 clips in the locations shown at the right.



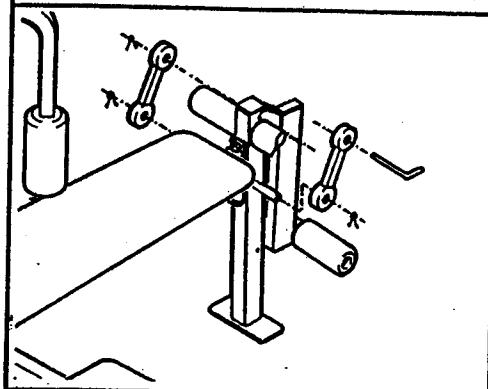
USING THE PRESS ARM

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 clips in the locations shown at the right.

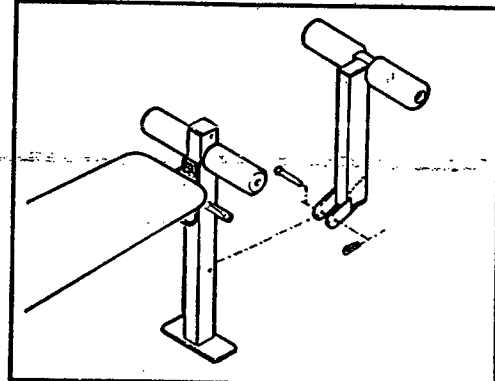


USING THE LEG LEVER

Attach the leg lever as described in the assembly instructions. Slide the weightbands onto the ends of the weightband tube. Attach the other end of the weightbands to the leg lever with the pull pin as described in ADJUSTING THE WORKLOAD. Attach spring clips in the locations shown at the right.



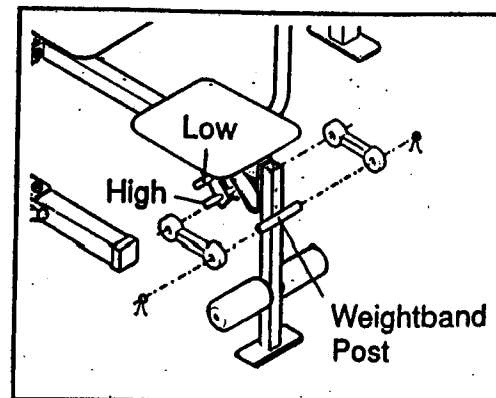
For certain exercises, the leg lever must be attached in the leg press position. Remove the hairpin cotter pin and while supporting the leg lever, remove the leg lever pin. Reattach the leg lever as shown at the right with the leg lever pin and hairpin cotter pin. Follow the instructions above to attach the weightbands.



USING THE ABDOMINAL ARM (3XT ONLY)

Slide one end of the weightbands onto the weightband post. Slide the other end of the weightbands onto either the low or high post on the ab arm. Secure the weightbands to the posts using four large spring clips. The table at the right gives the approximate weight resistance when using the weightbands in the different positions. Attach spring clips in the locations shown below.

AB ARM WEIGHT RESISTANCE		
POST	LOW	HIGH
1 BAND	25	35
2 BANDS	50	65



ADJUSTING THE WORKLOAD

The FLEX XX and FLEX 3XT utilize 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, press arm and leg lever have several holes where the weightbands can be fastened. The 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, press arm and leg lever.

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

LEG LEVER WEIGHT RESISTANCE					
HOLE POSITION	1	2	3	4	5
2 WEIGHTBANDS	25	35	45	55	60
4 WEIGHTBANDS	50	65	80	95	110

PART LIST—Model No. WL800620/WL801020

Rev. 9/92

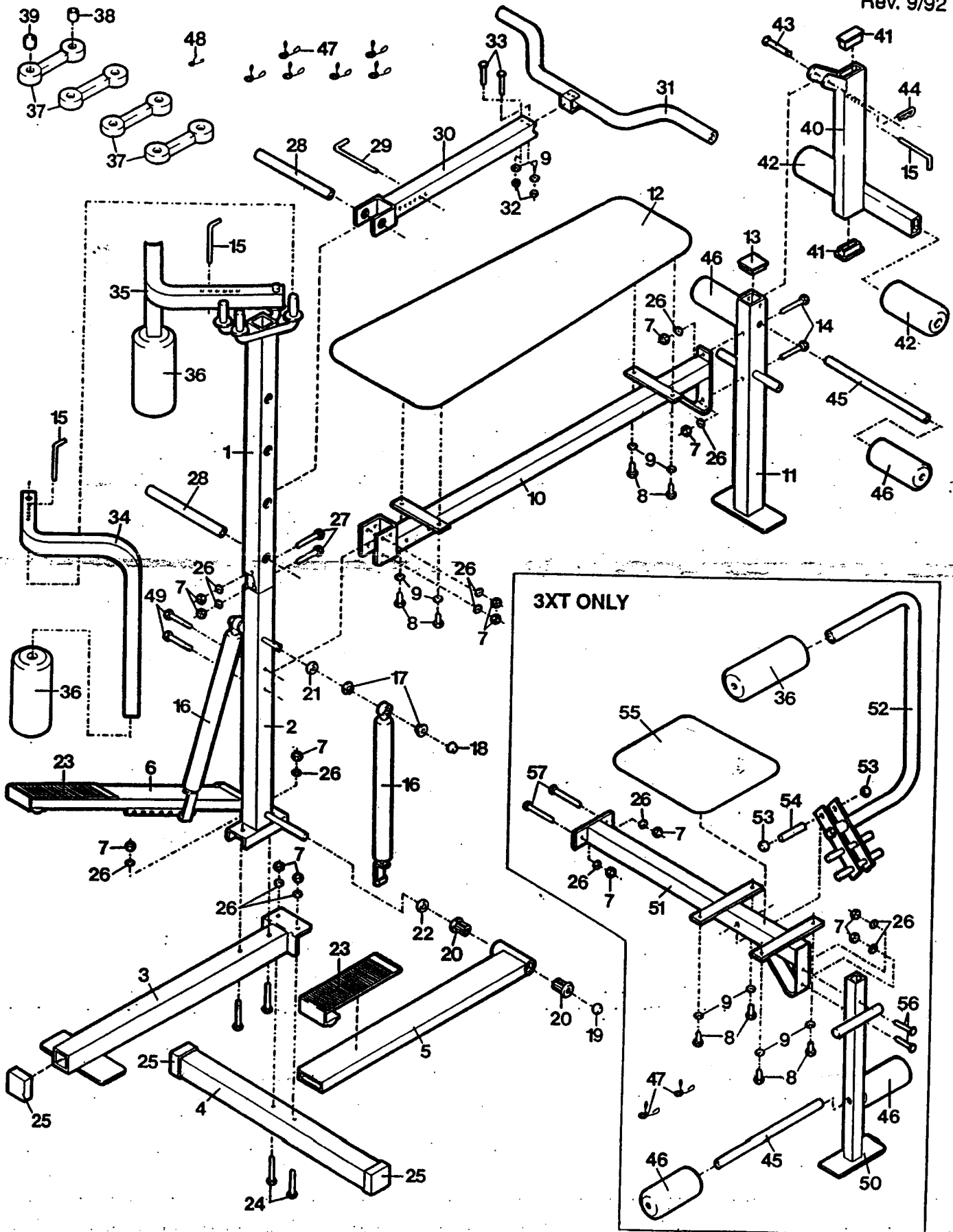
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Upright	33	2	Press Arm Bolt
2	1	Bottom Upright	34	1	Right Butterfly Arm
3	1	Base	35	1	Left Butterfly Arm
4	1	Stabilizer	36	2 (3)	Large Pad
5	1	Right Pedal Assembly	37	4	Weightband
6	1	Left Pedal Assembly	38	4	Small Weightband Bushing
7	10 (14)	Nylock Nut	39	4	Large Weightband Bushing
8	4 (8)	Bench/Seat Screw	40	1	Leg Lever
9	6 (10)	Small Washer	41	2	Leg Lever Endcap
10	1	Bench Rail	42	2	Leg Lever Pad
11	1	Bench Leg	43	1	Leg Lever Pin
12	1	Bench	44	1	Hairpin Cotter Pin
13	2	Bench Leg Endcap	45	1 (2)	Foam Pad Tube
14	2	Bench Bolt	46	2 (4)	Foam Pad
15	3	Pull Pin	47	6 (8)	Large Spring Clip
16	2	Resistance Cylinder	48	1	Small Spring Clip
17	2	Resistance Cyl. Bushing Set	49	2	Bench Rail Bolt
18	2	Small Pushnut	#	1	Owner's Manual
19	2	Large Pushnut	#	1	Exercise Guide
20	2	Pedal Bushing Set			
21	2	Small Spacer			
22	2	Large Spacer			
23	2	Foot Pad			
24	4	Carriage Bolt	50	1	Ab Seat Leg
25	3	Base Endcap	51	1	Ab Seat Rail
26	10 (14)	Washer	52	1	Ab Arm
27	2	Upright Bolt	53	2	Ab Axle Cap
28	2	Weightband Tube	54	1	Ab Axle
29	1	Press Arm Pin	55	1	Ab Seat
30	1	Press Arm	-56	2	Ab Seat Leg Bolt
31	1	Press Bar	57	2	Ab Rail Bolt
32	2	Press Arm Nut			

WL801020 (3XT) ONLY

Note: "#" indicates a non-illustrated part. Numbers in parentheses indicate quantities for the WL801020. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WL800620/WL801020

Rev. 9/92



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 (WL800620 or 801020).
2. The NAME of the product (WESLO® FLEX XX or FLEX 3XT cross training systems).
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