

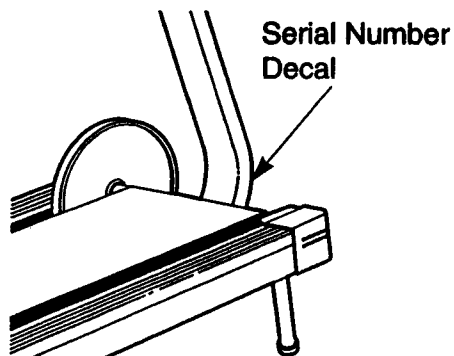
WESLO®

SOLUTION[®]

TOTAL BODY TREADMILL

Model No. WL810030

Serial No. _____



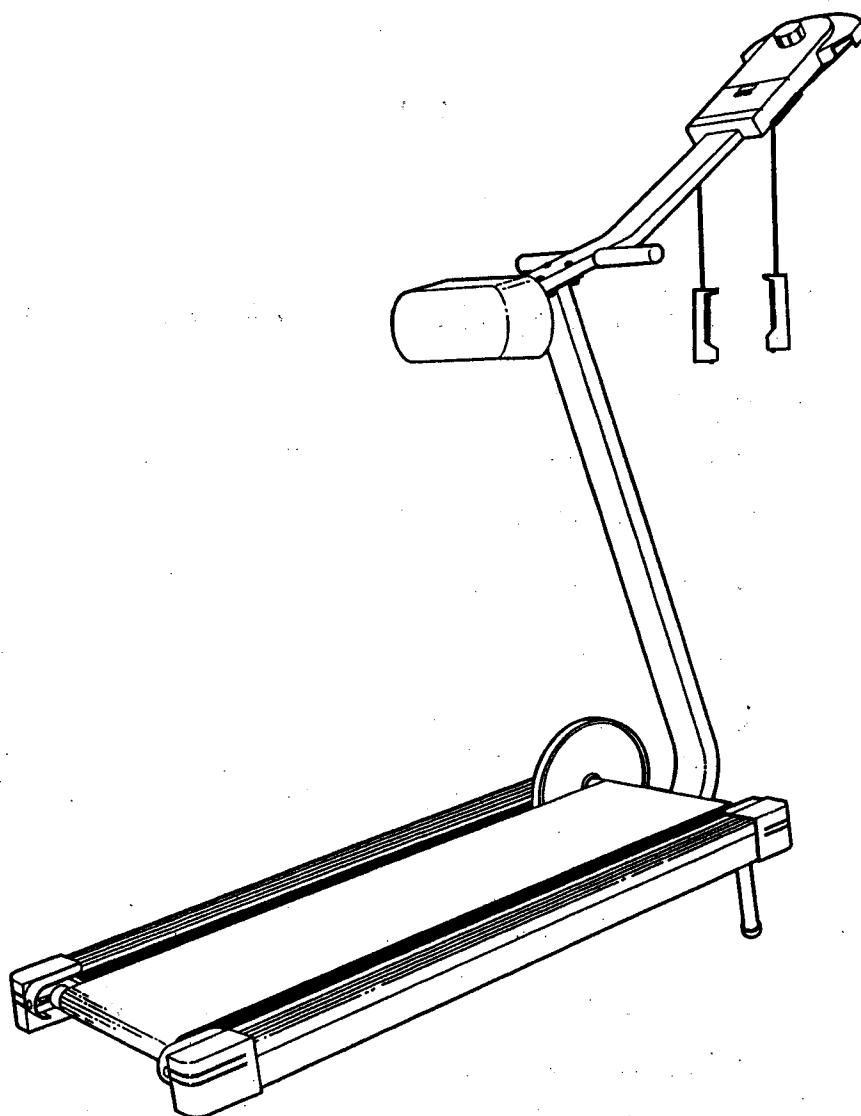
QUESTIONS?

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

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IMPORTANT SAFETY PRECAUTIONS

▲ WARNING: To reduce the risk of serious injury to persons, read the following important safety precautions and information before operating the treadmill.

1. Use the treadmill only on a level surface.
2. Keep small children away from the treadmill at all times.
3. Inspect and tighten all parts each time you use the treadmill.
4. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. *Always wear running shoes. Never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
5. Never allow more than one person on the treadmill at a time. The treadmill should be used only by persons weighing 250 pounds or less.
6. Use the treadmill only as described in this manual.

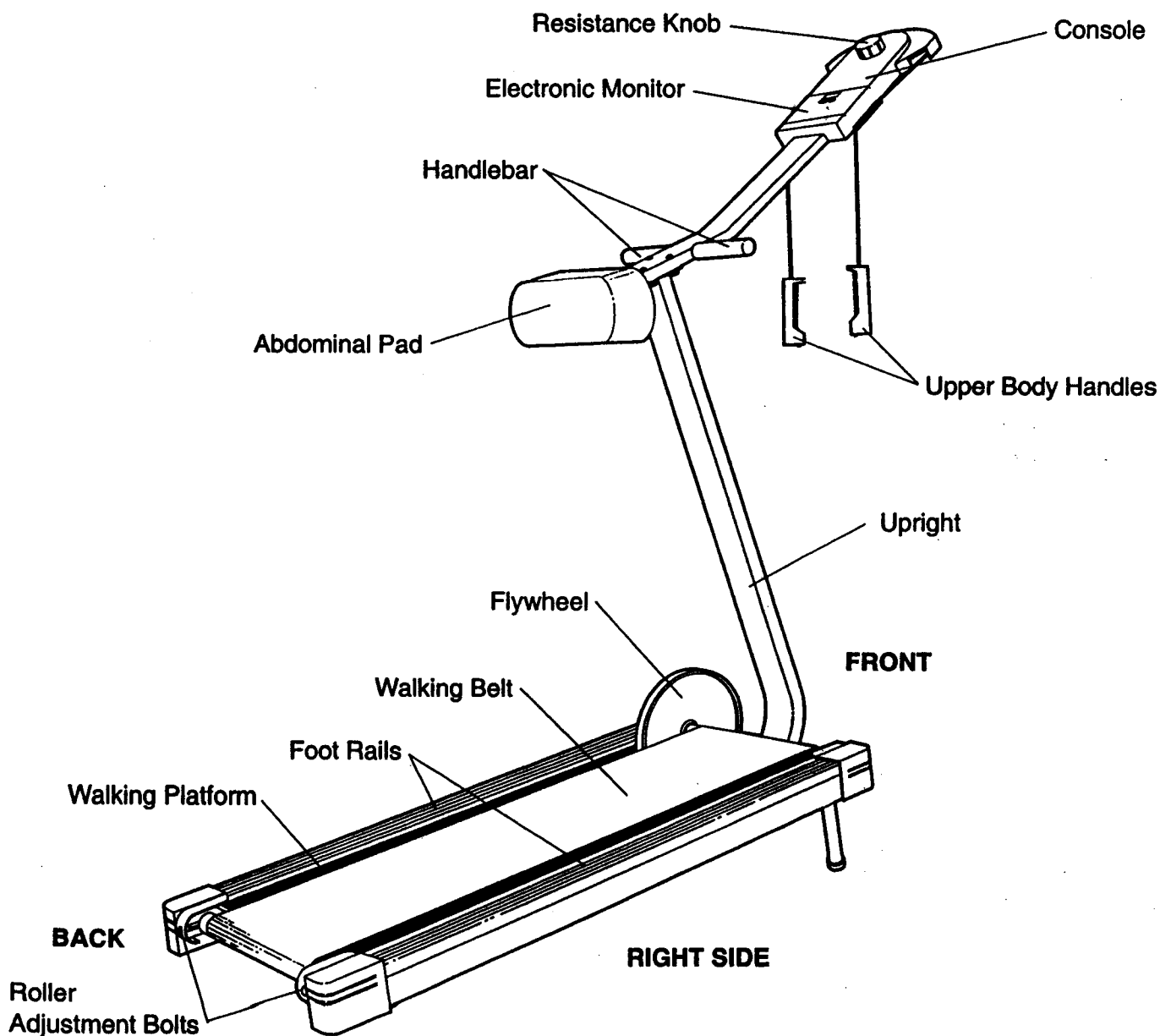
▲ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WESLO assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the versatile WESLO® SOLUTION S Total Body Treadmill. The SOLUTION S treadmill offers both upper and lower body exercise to let you enjoy total body workouts in the convenience of your home.

For your safety and benefit, read this manual carefully before using the treadmill. 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 of the treadmill is WL810030. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



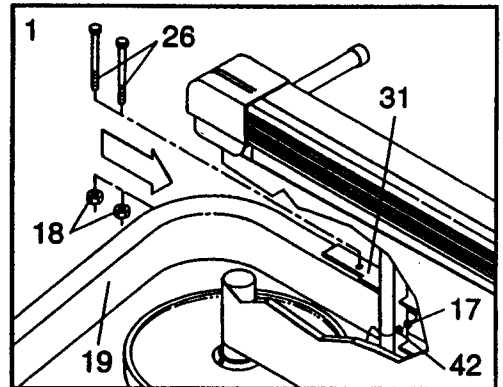
ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **TOOLS REQUIRED FOR ASSEMBLY: an 8" adjustable wrench and phillips screwdriver (not included).**

1. Carefully tip the treadmill on its left side. Slide the Upright (19) into the bracket on the underside of the Frame (31). Attach the Upright to the bracket with the two 5/16" x 3.5" Bolts (26) and 5/16" the Nuts (18).

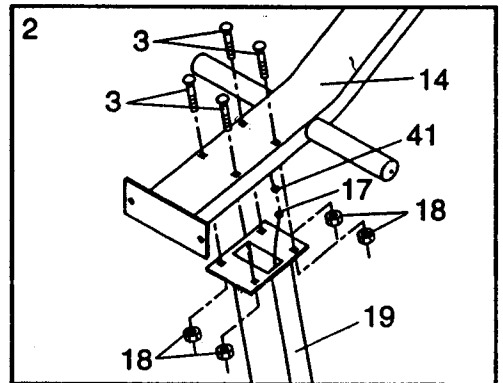
Plug the Upright Wire (17) into the wire from the Reed Switch (42).

Tip the treadmill back upright.

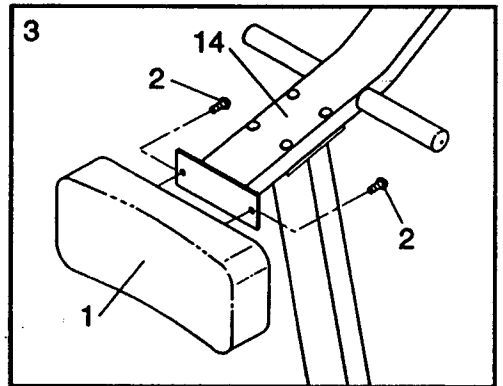


2. Attach the Console Arm (14) to the Upright (19) with the four 5/16" x 1.5" Bolts (3) and four 5/16" Nuts (18).

Plug the Upright Wire (17) into the Console Wire (41).

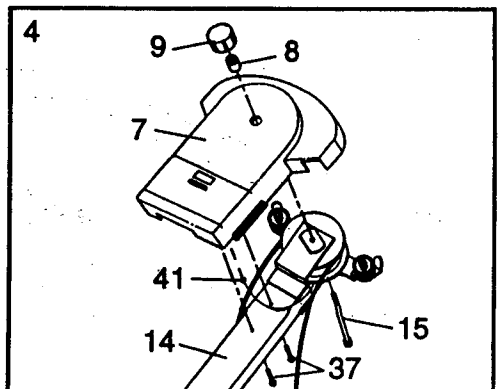


3. Attach the Abdominal Pad (1) to the Console Arm (14) with the two 1/4" x .5" Bolts (2).

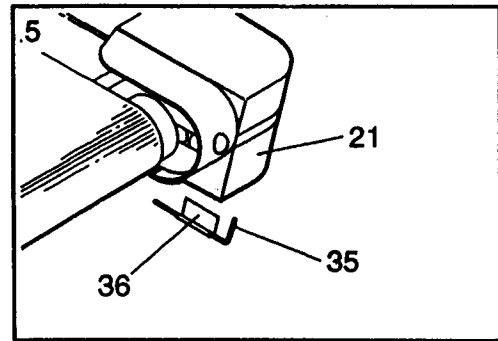


4. Plug the Console Wire (41) into the underside of the Console (7).

Remove the Resistance Knob (9) and Spacer (8) from the Resistance Pulley Bolt (15). Make sure the Bolt does not slip out. Attach the Console (7) to the Console Arm (14) with the two #6 x 1.375" Screws (37). Place the Spacer (8) on the Resistance Pulley Bolt (15) and tighten the Resistance Knob (9) onto the Bolt.



5. Remove the paper backing from the Wrench Clip (36). Press the Wrench Clip onto the Right Endcap (21) in the indicated location. Press the Allen Wrench (35) into the Wrench Clip.

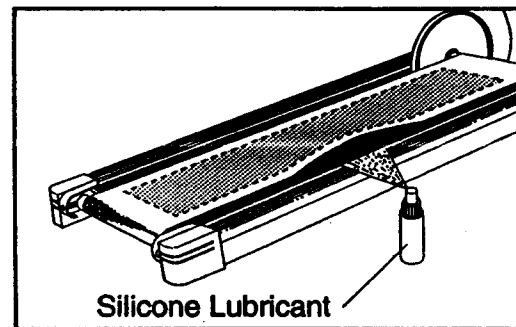


Make sure that all parts are tightened before using the treadmill.

OPERATION AND ADJUSTMENT

APPLYING SILICONE LUBRICANT

To reduce the friction of the walking belt and minimize wear, a non-oil-, non-petroleum-base silicone lubricant must be applied to the walking platform **before** the treadmill is used. Lift each side of the walking belt and spray lubricant generously onto the indicated area. Reapply lubricant after every ten hours of use, or whenever performance decreases. Lubricant is available at most hardware and automotive stores. UniSport™ silicone spray is recommended.

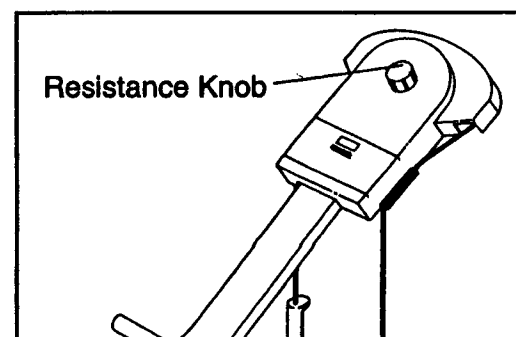


EXERCISE FORM

Step onto the walking belt. Rest your abdomen against the abdominal pad and hold the upper body handles. Correct exercise form is similar to the motion of walking. Move your arms and legs forward and backward with a smooth, rhythmic motion. Keep your back straight and bend your knees slightly. Begin with short strides until you are comfortable with the motion of the treadmill. Keep tension on both upper body handles in order to prevent the handle cord from slipping off the pulleys. For a lower-body workout only, hold the handlebar and exercise using only your legs.

UPPER BODY HANDLE RESISTANCE ADJUSTMENT

To vary the intensity of your upper-body exercise, the resistance of the upper body handles can be adjusted. The resistance is controlled by the knob located on the console. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.



ELECTRONIC MONITOR OPERATION

The console features a simple-to-operate electronic monitor with five different modes to provide you with continuous exercise feedback. Please read these instructions before operating the monitor.

DESCRIPTION OF THE MODES

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

TIME—Displays the elapsed time. Note: The time will be counted only while you are exercising. If you stop for ten seconds or longer, the TIME mode will hold until you resume.

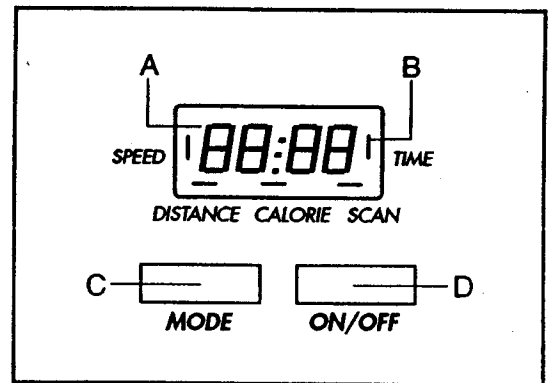
DISTANCE—Displays the total miles you have walked.

CALORIE—Displays the total number of nutritional Calories you have burned. Note: The number displayed is an averaged figure. The actual number will vary depending on your speed and the resistance of the upper body handles.

SCAN—Displays all of the above modes, for five seconds each, in a repeating cycle.

MONITOR DIAGRAM

- A. LCD display.
- B. Mode indicators—Show which mode is selected.
- C. Mode button—Selects modes.
- D. On/off button—Turns the power on and off.



OPERATING THE MONITOR

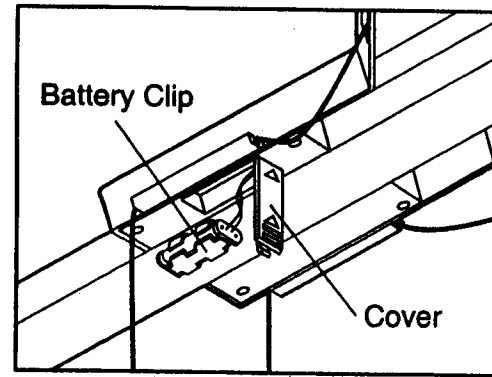
Two "AA" batteries (not included) must be installed before the monitor can be operated; alkaline batteries are recommended. (See INSTALLING BATTERIES on page 7.)

1. To turn the power on, press the on/off button or simply begin exercising.
2. Select one of the five modes:
 - A. **SCAN mode**—When the power is first turned on, the SCAN mode will be selected automatically. The SCAN mode can also be selected by repeatedly pressing the mode 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.
 - B. **SPEED, TIME, DISTANCE or CALORIE mode**—These modes can be selected by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. The modes will be selected in the following order: SPEED, TIME, DISTANCE, CALORIE and SCAN.
3. To reset the display, turn the power off and then on again by pressing the on/off button twice.
4. To turn the power off, press the on/off button. Note: If the walking belt does not move and the monitor buttons are not pressed for four minutes, the power will turn off automatically to conserve the batteries.

INSTALLING BATTERIES

If the electronic monitor does not function properly, or if the LCD display becomes faint, the batteries should be replaced; most problems are the result of drained batteries. **Two "AA" batteries are required for operation; alkaline batteries are recommended.**

The battery compartment is located in the underside of the console. Open the cover and carefully remove the battery clip. Insert two new batteries, in the direction shown on the inside of the battery clip. Hold the battery clip inside the battery compartment and close the cover.



TROUBLE-SHOOTING AND STORAGE

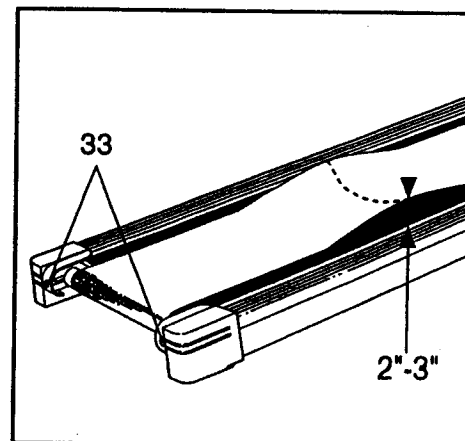
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies to your treadmill and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

1. ELECTRONIC MONITOR

- a. If the electronic monitor does not function properly, or if the LCD display becomes faint, the batteries should be replaced; most problems are the result of drained batteries. (See **INSTALLING BATTERIES** above.) Make sure that the console wire, upright wire and reed switch wire are properly connected.

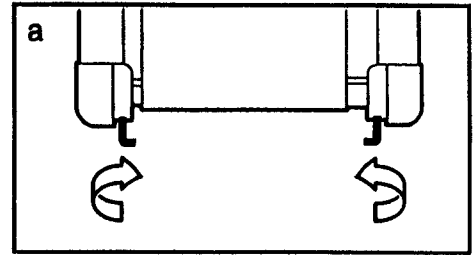
2. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. Apply silicone lubricant to the walking platform before use. Reapply lubricant after every 10 hours of use, and whenever a decrease in performance is noticed. (Uni•Sport silicone spray is recommended.) See **OPERATION AND ADJUSTMENT** in this manual for application instructions.
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Using the allen wrench, turn both rear Roller Adjustment Bolts (33) at the back of the treadmill counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2-3 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened. If the walking belt is not tight after adjusting the back adjustment bolts, turn the adjustment bolts at the front of the treadmill.

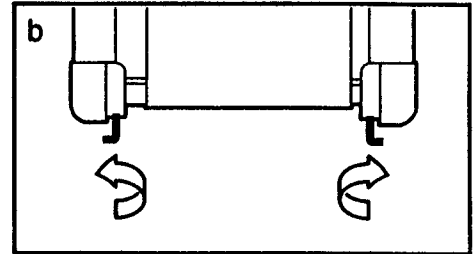


3. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

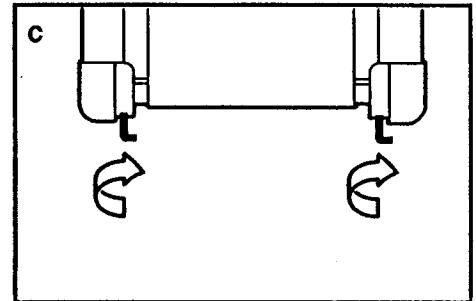
a. If the walking belt has shifted to the left, first step off the treadmill. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Walk on the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt has shifted to the right, first step off the treadmill. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Walk on the treadmill for a few minutes. Repeat until the walking belt is centered.



c. If the walking belt has shifted to the left, first step off the treadmill. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2-3 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



STORAGE

Remove the batteries from the console when storing the treadmill. Cover the treadmill during extended periods of storage.

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.

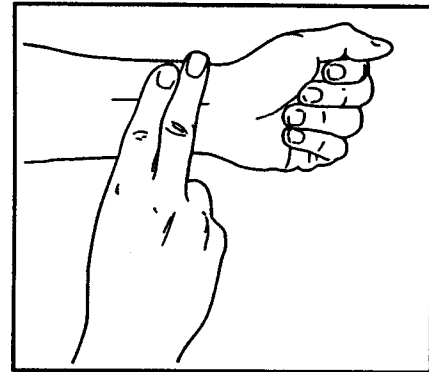
EXERCISE INTENSITY

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, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and 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. WL810030

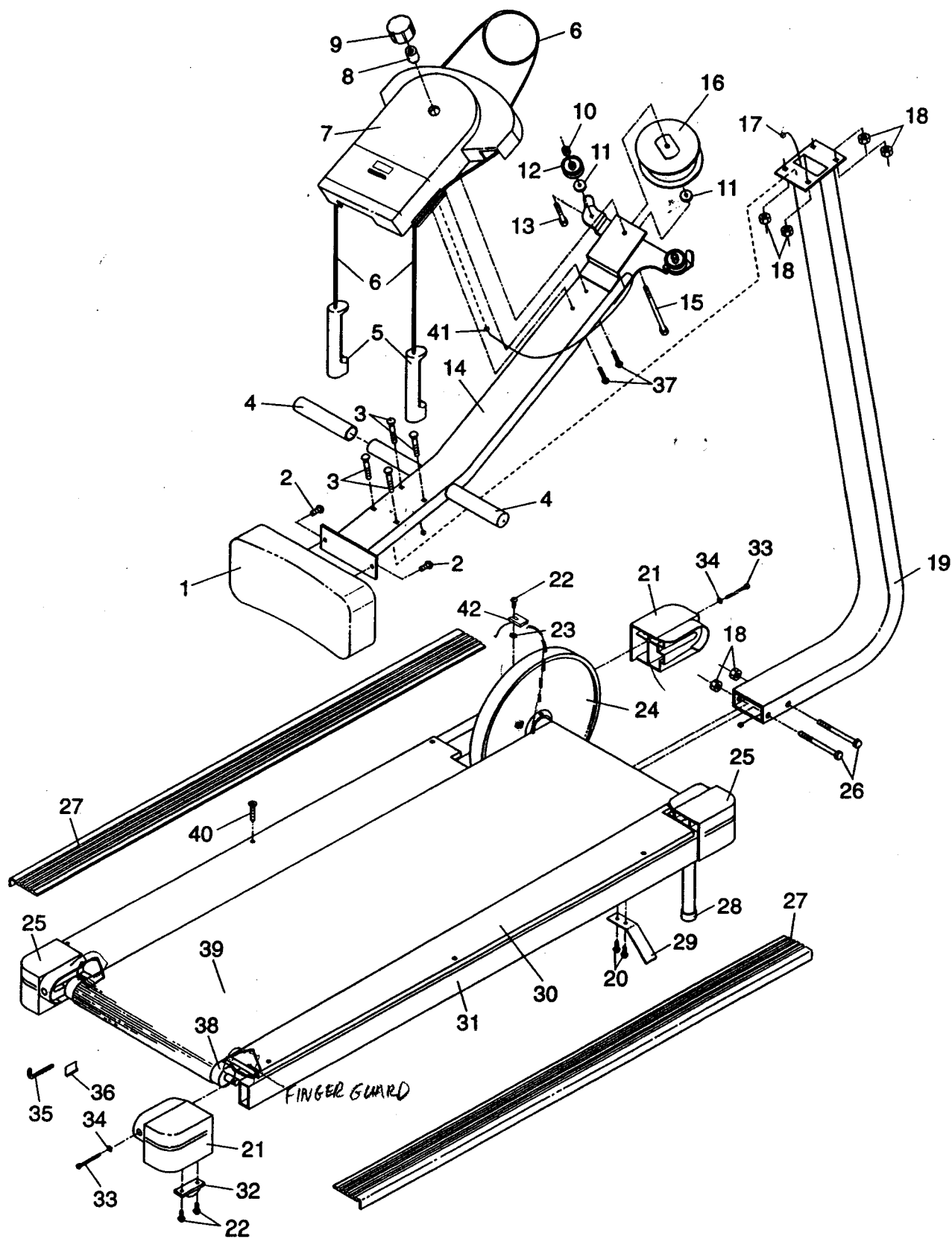
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Abdominal Pad	23	1	Star Washer
2	2	1/4" x .5" Bolt	24	1	Front Roller/Flywheel
3	4	5/16" x 1.5" Bolt	25	2	Left Endcap
4	2	Hand Grip	26	2	5/16" x 3.5" Bolt
5	2	Upper Body Handle	27	2	Foot Rail
6	1	Handle Cord	28	2	Foot Cap
7	1	Console	29	2	Belt Guide
8	1	Spacer	30	1	Walking Platform
9	1	Resistance Knob	31	1	Frame
10	2	Nut	32	2	Rubber Bumper
11	3	Nylon Washer	33	4	Roller Adjustment Bolt
12	2	Small Pulley	34	4	Roller Adjustment Washer
13	2	Pulley Bolt	35	1	Allen Wrench
14	1	Console Arm	36	1	Wrench Clip
15	1	Resistance Pulley Bolt	37	2	#6 x 1.375" Screw
16	1	Resistance Pulley	38	1	Rear Roller
17	1	Upright Wire	39	1	Walking Belt
18	6	5/16" Nut	40	6	Platform Screw
19	1	Upright	41	1	Console Wire
20	4	Belt Guide Screw	42	1	Reed Switch
21	2	Right Endcap	#	1	Owner's Manual
22	5	Screw			

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. WL810030

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ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

1. The **MODEL NUMBER** of the product (WL810030).
2. The **NAME** of the product (WESLO® SOLUTION S Total Body Treadmill).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 14 of this manual.
5. The **DESCRIPTION** of the part(s) from page 14 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