

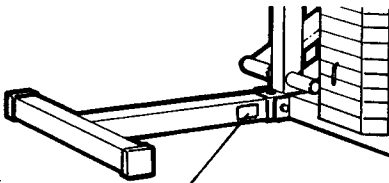
FORCETM AEROBIC

CROSS TRAINING SYSTEM
THREE PERSON CAPACITY
WEIGHT DOUBLING SYSTEM
150 LB WEIGHT STACK
300 LBS RESISTANCE
30 PLUS EXERCISES
SEVEN WORKOUT STATIONS

WESLO[®]

Model No. WL820920

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.

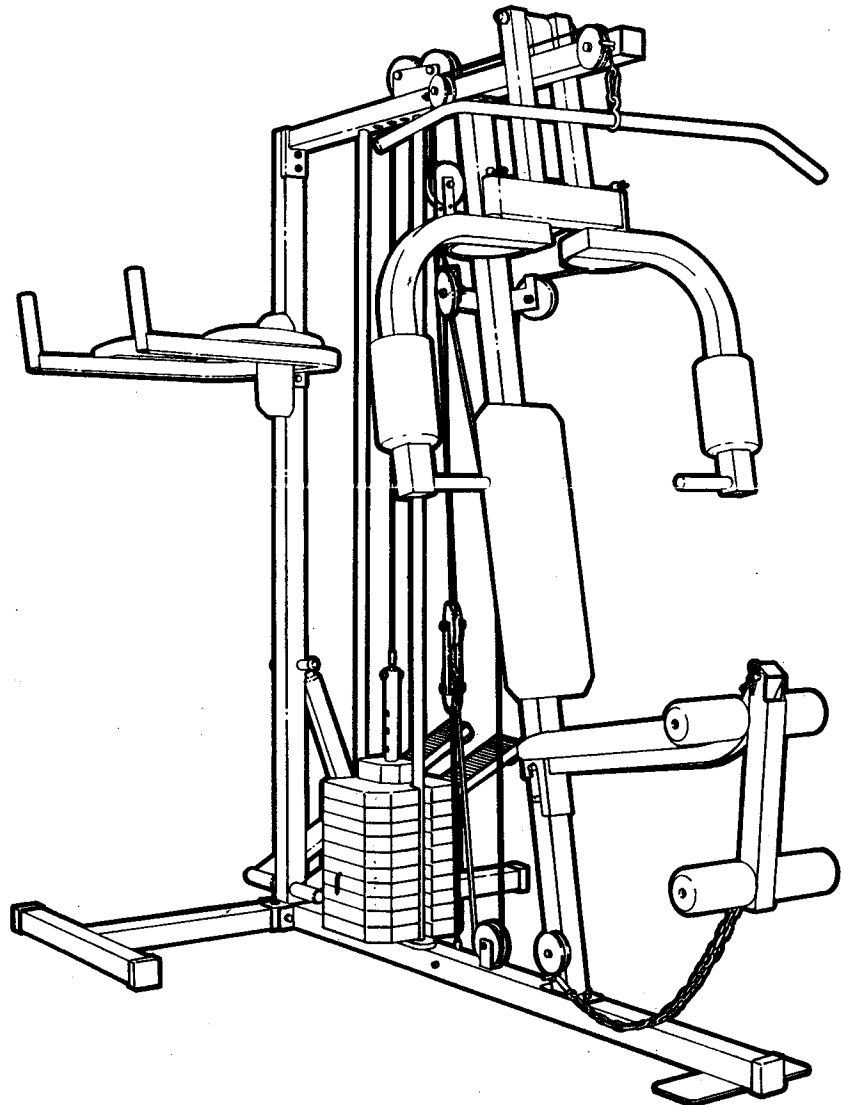
CUSTOMER HOT LINE:

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

Patent Pending

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

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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 and any accompanying literature 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. Always keep one weight pin inserted under the top weight.
6. Never release the lat bar, leg lever or press arms while weights are raised. The weights will fall with great force.
7. If you feel pain or dizziness at any time while exercising, stop immediately and begin to cool down.
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.
9. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them. Because hydraulic cylinders may leak a small amount of oil, it is recommended that the floor beneath the stepper be covered.

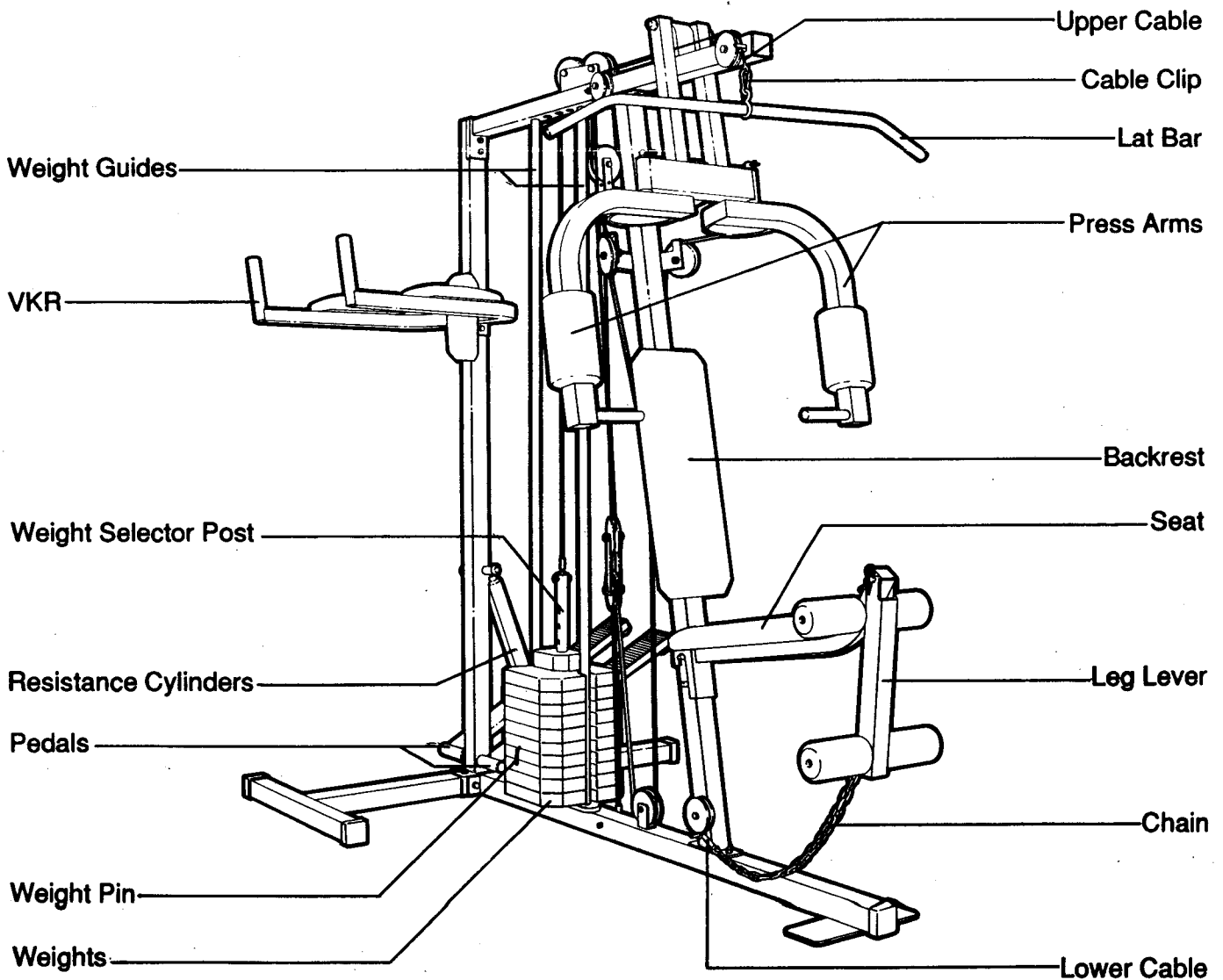
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. WESLO assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

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

For your safety and benefit, read this manual carefully before using the AEROBIC FORCE. 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 **WL820920**. The serial number can be found on a decal attached to the AEROBIC FORCE (see the front cover of this manual for the location of the decal).

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

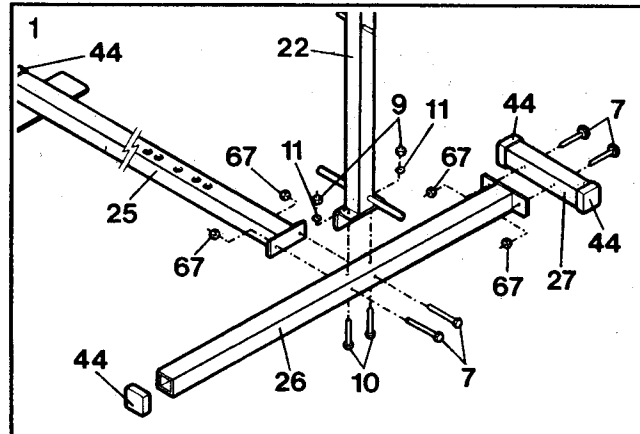


ASSEMBLY

Set all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until the cross-training system is completely assembled. **Read all steps and examine all drawings carefully.** Assembly can be completed using two adjustable wrenches, a hammer, soapy water and grease or petroleum jelly (not included). The assistance of a second person is required.

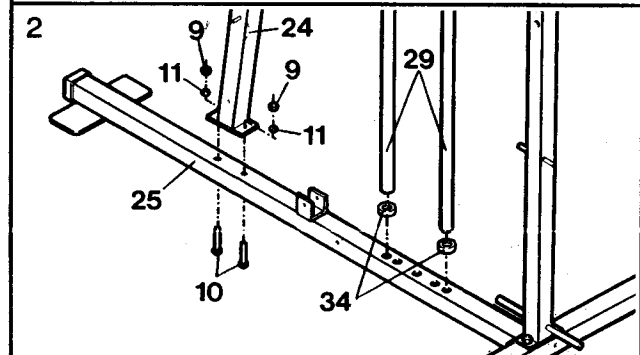
1. Press Endcaps (44) onto the Short Stabilizer (27), Stabilizer (26) and Bottom Brace (25).

Attach the Short Stabilizer (27) to the Stabilizer (26) with two 10mm x 70mm Bolts (7) and 10mm Nylock Nuts (67). Insert two 3/8" x 2 3/4" Carriage Bolts (10) up through the Stabilizer. Attach the Rear Upright (22) to the Stabilizer with two 10mm Lock Washers (11) and 3/8" Nuts (9); do not tighten the Nuts yet. Attach the Bottom Brace (25) to the Stabilizer with two 10mm x 70mm Bolts (7) and 10mm Nylock Nuts (67); do not tighten the Nuts yet.



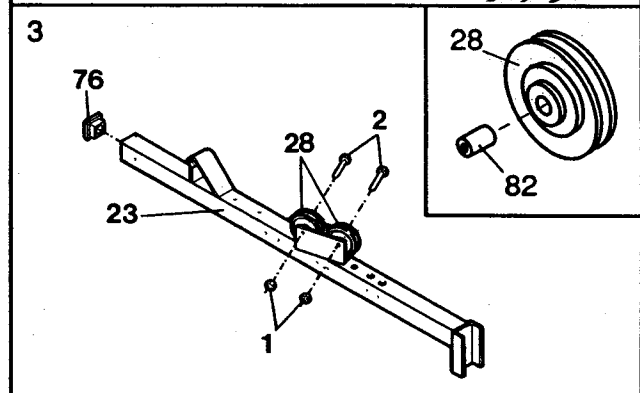
2. Insert two 3/8" x 2 3/4" Carriage Bolts (10) up through the Bottom Brace (25). Attach the Front Upright (24) to the Bottom Brace with two 10mm Lock Washers (11) and 3/8" Nuts (9); do not tighten the Nuts yet.

Slide Bumpers (34) onto the lower ends of the Weight Guides (29). (The upper ends of the Weight Guides have holes through them; the lower ends do not.) Insert the lower ends of the Weight Guides into the indicated holes in the Bottom Brace (25).

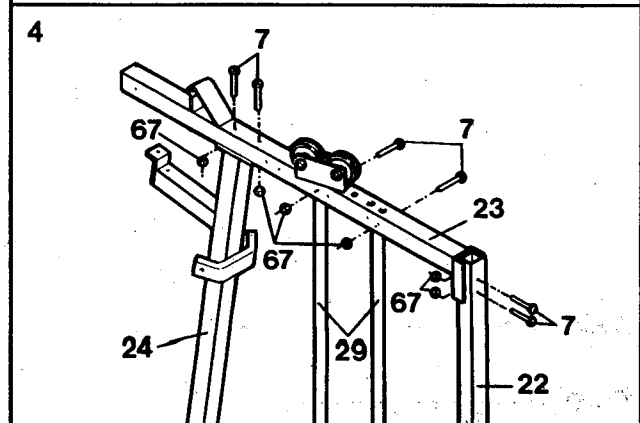


3. Assemble the twelve Pulleys (28) by pressing the Pulley Sleeves (82) into the Pulleys.

Press the Endcap (76) into the Top Brace (23). Attach two Pulleys (28) to the bracket on the Top Brace with two 8mm x 50mm Bolts (2) and 8mm Nylock Nuts (1).



4. Slide the Top Brace (23) onto the upper ends of the Weight Guides (29). Attach the Top Brace to the Front Upright (24) with two 10mm x 70mm Bolts (7) and 10mm Nylock Nuts (67); do not tighten the Nuts yet. Attach the Top Brace to the Rear Upright (22) in the same manner. Align the holes in the upper ends of the Weight Guides with the holes in the Top Brace. Attach each Weight Guide with a 10mm x 70 mm Bolt (7) and 10mm Nylock Nut (67).



- Assemble the four 1/2" Dome Axle Caps (38) and 3/4" Dome Axle Caps (not shown) by pressing the metal rings into the plastic domes. Make sure that the teeth on the metal rings bend inward.

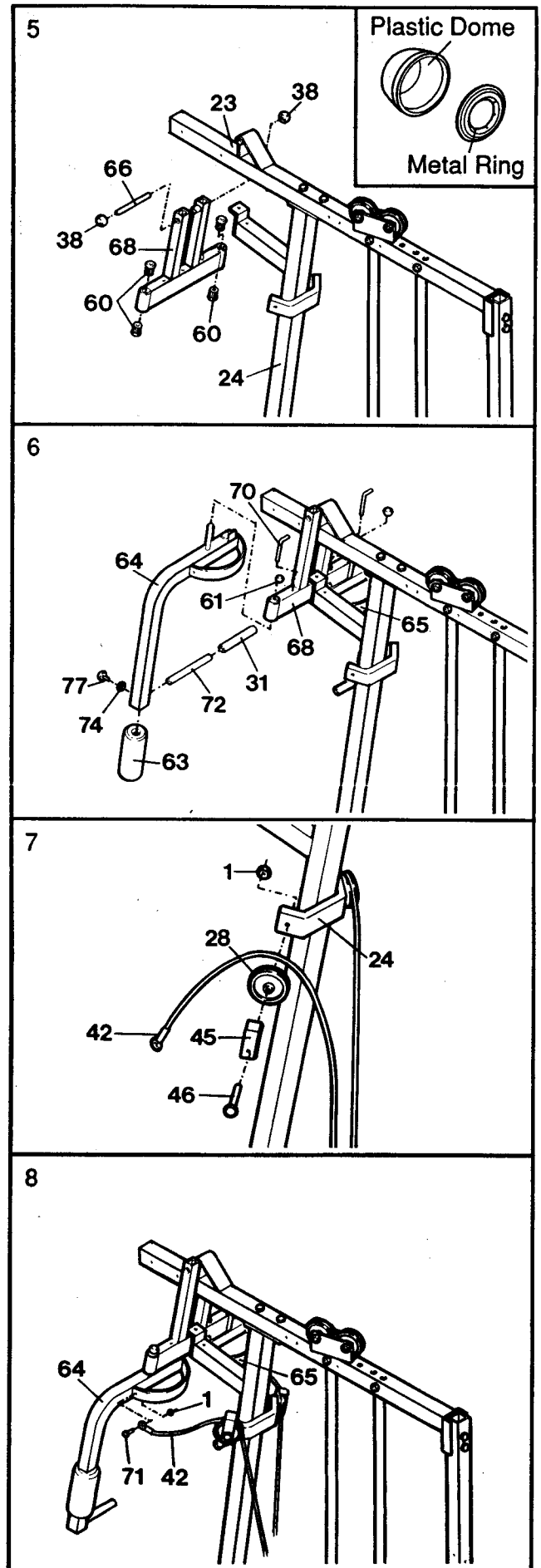
Tap a 1/2" Dome Axle Cap (38) onto one end of the 1/2" Axle (66). Apply grease to the 1/2" Axle. Press four Bushings (60) into the Arm Support (68). Align the holes in the upper end of the Arm Support with the bracket on the Top Brace (23). Make sure that the decal on the Arm Support is away from the Front Upright (24). Insert the 1/2" Axle through the Arm Support and the bracket on the Top Brace. Tap a 1/2" Dome Axle Cap onto the other end of the 1/2" Axle.

- Apply grease to the post on the Left Arm (64). Insert the post through the Arm Support (68). Tap a 3/4" Dome Axle Cap (61) onto the post. Lock the Left Arm in place by inserting a Pull Pin (70) through the Arm Support and the Left Arm.

Wet the end of the Left Arm (64) and the inside of a Butterfly Pad (63) with soapy water. Slide the Pad onto the Left Arm until the Pad is 6" from the end. Insert an Arm Handle (72) into the Left Arm. Attach the Arm Handle with a 3/4" Screw (77) and Star Washer (74). Wet the Arm Handle and an Arm Handle Pad (31) with soapy water. Slide the Pad onto the Arm Handle.

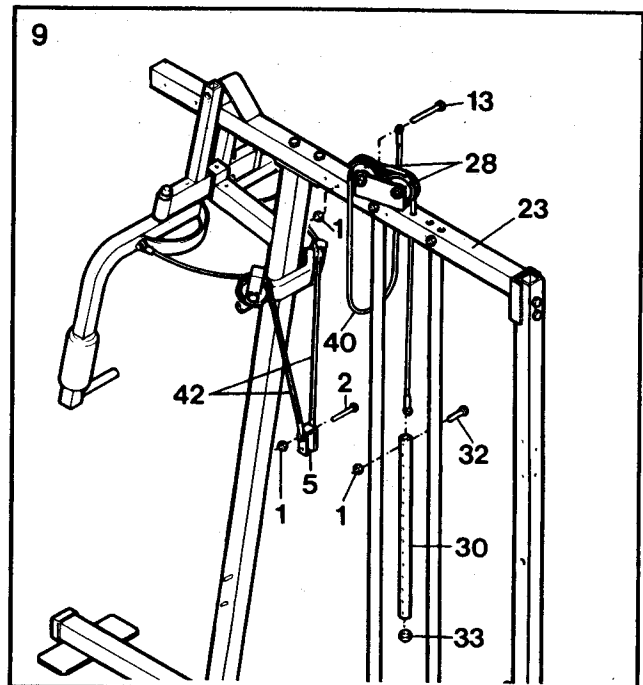
Assemble the Right Arm (65) in the same manner.

- Attach a Pulley (28) and a Cable Guide (45) to the bracket on the Front Upright (24) with an 8mm x 60mm Bolt (46) and 8mm Nylock Nut (1). Before tightening the Nut, lay one end of a Butterfly Cable (42) over the Pulley and under the Cable Guide. (The Butterfly Cables are the shortest Cables.) Attach a Pulley, the other Cable Guide and the other Butterfly Cable in the same manner.
- Attach the end of the left Butterfly Cable (42) to the Left Arm (64) with an 8mm x 30mm Bolt (71) and 8mm Nylock Nut (1). Do not overtighten the Nut—the Cable must be able to swivel. Attach the right Butterfly Cable to the Right Arm (65) in the same manner.

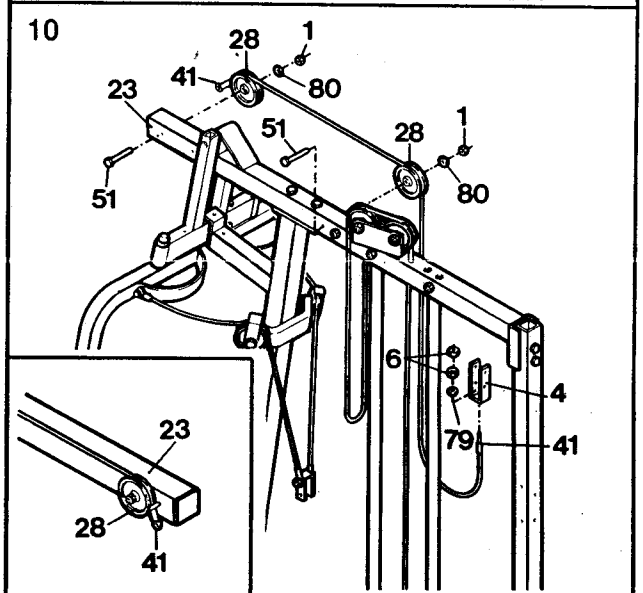


- Attach the ends of the Butterfly Cables (42) to the Short "U"-Bracket (5) with an 8mm x 50mm Bolt (2) and 8mm Nylock Nut (1).

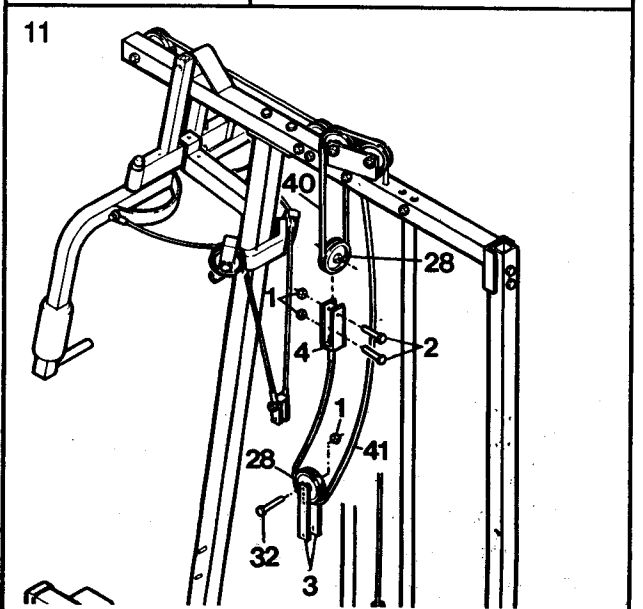
Attach one end of the Weight Stack Cable (40) to the side of the Top Brace (23) with an 8mm x 70mm Bolt (13) and 8mm Nylock Nut (1). (The Weight Stack Cable is similar to the Lower Cable [not shown], but is only two-thirds as long.) Loop the Cable under the Top Brace, lay it over the two indicated Pulleys (28) and insert the end down through the Top Brace. Attach the Cable to the upper end of the Selector Tube (30) with an 8mm x 40mm Bolt (32) and 8mm Nylock Nut (1). (The upper end of the Selector Tube has a small hole through it; the lower end does not.) Press the Endcap (33) into the lower end of the Selector Tube.



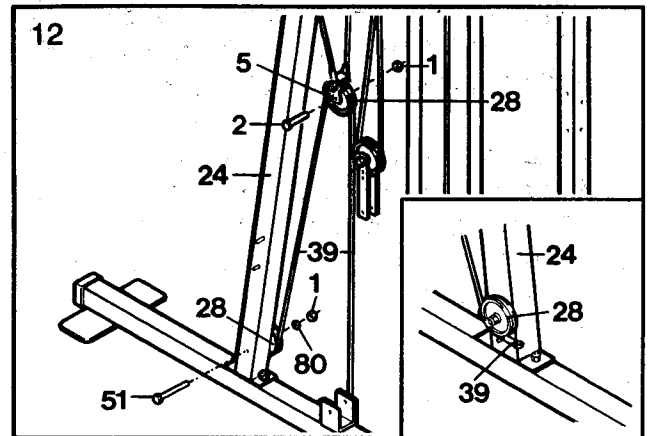
- Lay the eyelet-end of the Upper Cable (41) over a Pulley (28). Attach the Pulley to the Top Brace (23) with an 8mm x 90mm Bolt (51), 8mm Washer (80) and 8mm Nylock Nut (1). Make sure that the end of the Cable is under the guide pin on the Top Brace. Lay the Cable over another Pulley. Attach the Pulley to the center of the Top Brace with an 8mm x 90mm Bolt (51), 8mm Washer (80) and 8mm Nylock Nut (1). Insert the threaded end of the Cable into the Long "U"-Bracket (4). Slide a 5/16" Washer (79) onto the end of the Cable, and thread the two 5/16" Adjustment Nuts (6) onto the end of the Cable.



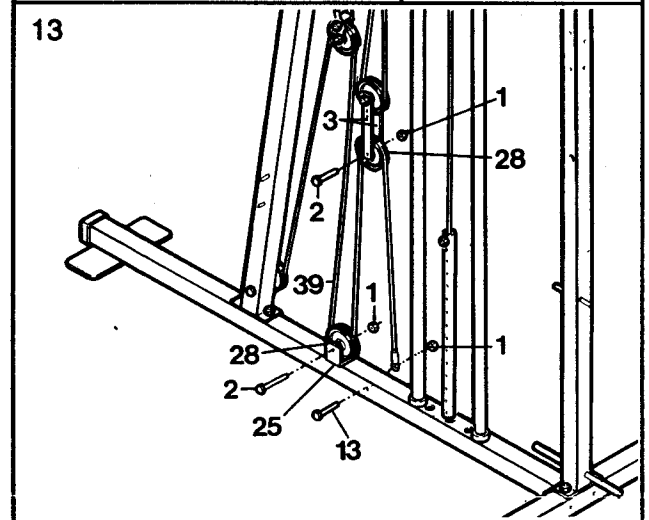
- Position a Pulley (28) in the Weight Stack Cable (40) as shown. Attach the Pulley to the Long "U"-Bracket (4) with two 8mm x 50mm Bolts (2) and 8mm Nylock Nuts (1). Position another Pulley in the Upper Cable (41). Attach an "I"-Plate (3) to each side of the Pulley with an 8mm x 40mm Bolt (32) and 8mm Nylock Nut (1). Make sure that the Bolt is in the top holes in the "I"-Plates.



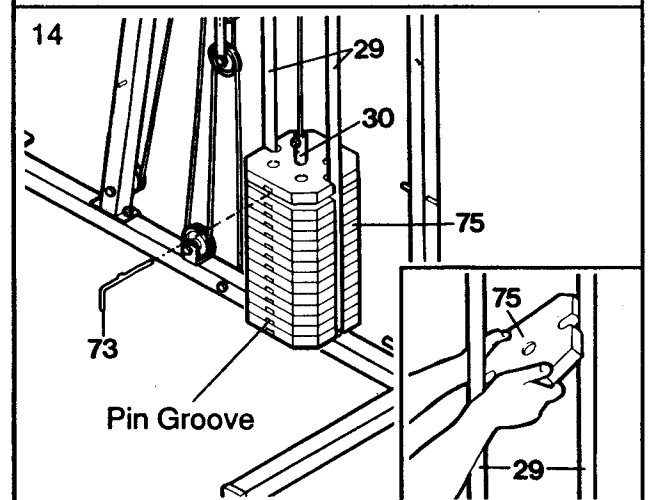
12. Wrap one end of the Lower Cable (39) under a Pulley (28). Attach the Pulley to the Front Upright (24) with an 8mm x 90mm Bolt (51), 8mm Washer (80) and 8mm Nylock Nut (1). Make sure that the end of the Cable is above the guide pin on the Front Upright. Lay the Cable over another Pulley. Attach the Pulley to the Short "U"-Bracket (5) with an 8mm x 50mm Bolt (2) and 8mm Nylock Nut (1).



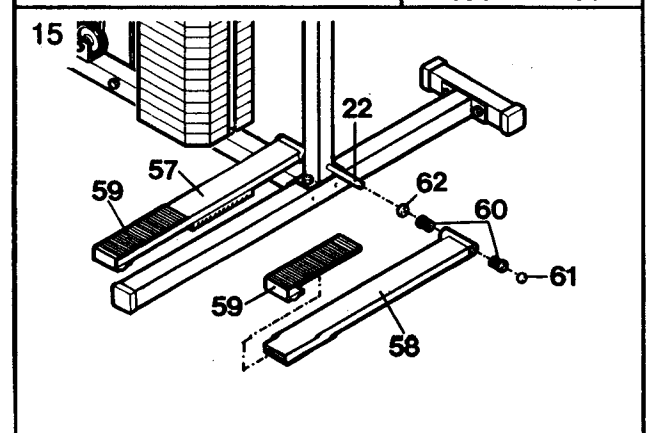
13. Wrap the Lower Cable (39) under a Pulley (28). Attach the Pulley to the bracket on the Bottom Brace (25) with an 8mm x 50mm Bolt (2) and 8mm Nylock Nut (1). Lay the Cable over another Pulley. Attach the Pulley to the "I"-Plates (3) with an 8mm x 50mm Bolt (2) and 8mm Nylock Nut. Attach the end of the Cable to the side of the Bottom Brace with an 8mm x 70mm Bolt (13) and 8mm Nylock Nut (1).



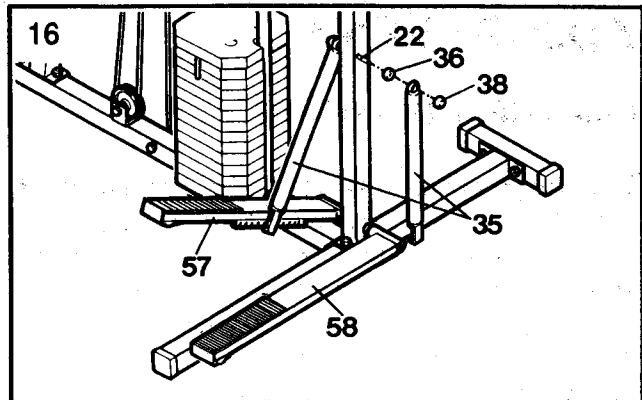
14. Raise the Weight Selector Tube (30). Place the fifteen Weights (75) between the Weight Guides (29) by tipping the Weights as shown. Make sure that all of the Weights are turned so that the pin grooves are under the Weights and on the same side. Insert a Weight Pin (73) under the top Weight and turn the end of the Pin downward. The other Weight Pin will be used to select Weights (see ADJUSTMENT).



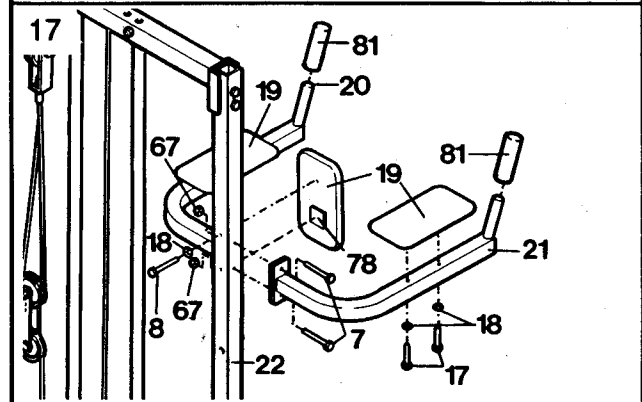
15. Press two Bushings (60) into the Right Pedal (58). Peel the backing from the underside of a Pedal Pad (59). Position the "U"-shaped end of the Pedal Pad against the end of the Pedal and press the Pad onto the Pedal. Apply grease to the pedal axes on the Rear Upright (22). Slide a Pedal Spacer (62) onto the right axle, with the open side of the Spacer toward the Rear Upright. Slide the Pedal onto the axle. Tap a 3/4" Dome Axle Cap (61) onto the axle. Assemble the Left Pedal (57) in the same manner.



16. Apply grease to the cylinder axles on the Rear Upright (22). Slide a Cylinder Spacer (36) onto the right axle, with the open side of the Spacer toward the Rear Upright. Slide a Resistance Cylinder (35) onto the axle. Tap a 1/2" Dome Axle Cap (38) onto the axle. Rest the Right Pedal (58) on the bracket at the lower end of the Resistance Cylinder. Attach the other Resistance Cylinder (35) to the Rear Upright and the Left Pedal (57) in the same manner.

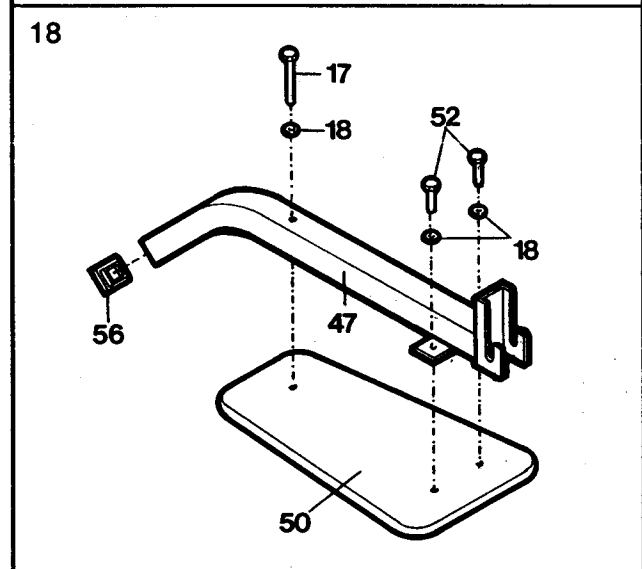


17. Attach VKR Pads (19) to the Left and Right VKR Arms (20, 21) with 1/4" x 2" Bolts (17) and 1/4" Lock Washers (18). Attach the VKR Arms to the Rear Upright (22) with two 10mm x 70mm Bolts (7) and 10mm Nylock Nuts (67). Wet the handles on the VKR Arms and the insides of the VKR Arm Pads (81) with soapy water. Slide the Pads onto the handles.

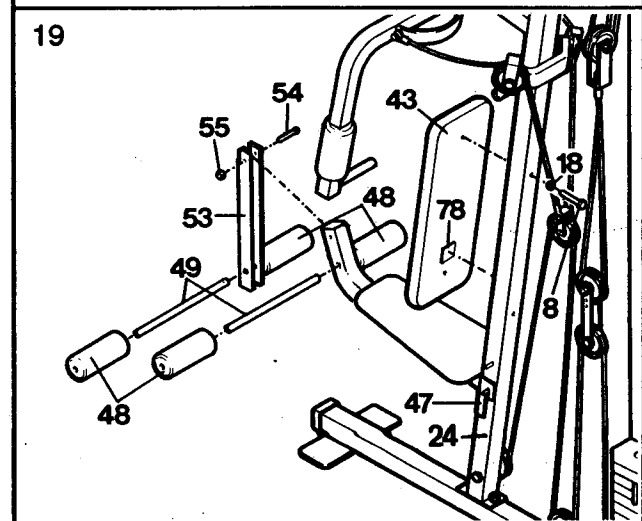


Peel the backing off a Fastener Pad (78). Press the Pad onto the Rear Upright (22) in the indicated location. Attach a VKR Pad (19) to the Rear Upright with a 1/4" x 2 1/2" Bolt (8) and 1/4" Lock Washer (18).

18. Press the Endcap (56) into the Seat Support (47). Attach the Seat (50) to the Seat Support with a 1/4" x 2" Bolt (17), two 1/4" x 3/4" Bolts (52) and three 1/4" Lock Washers (18).



19. Slide the bracket on the Seat Support (47) onto one of the two sets of pins on the Front Upright (24). Attach the Leg Lever (53) to the Seat Support as shown with the Leg Lever Pin (54) and 1/2" Hat Cap (55).



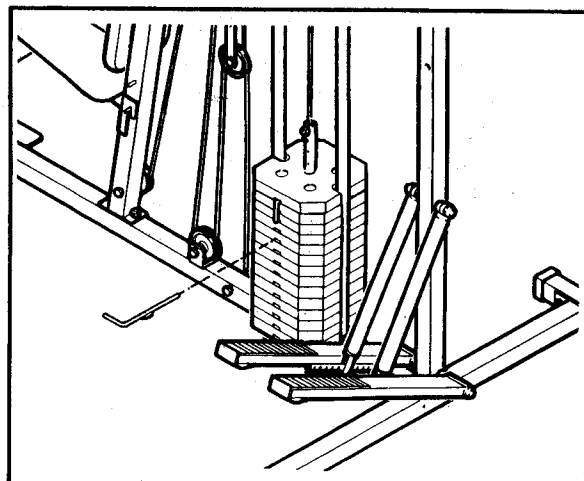
Insert one Pad Tube (49) into the Leg Lever (53) and one into the Seat Support (47). Wet the ends of the Pad Tubes and the insides of the four Leg Lever Pads (48) with soapy water. Slide the Pads onto the Pad Tubes.

Peel the backing off a Fastener Pad (78). Press the Pad onto the Front Upright (24) in the indicated location. Attach the Backrest (43) to the Front Upright with a 1/4" x 2 1/2" Bolt (8) and 1/4" Lock Washer (18).

ADJUSTMENT

CHANGING THE WEIGHT

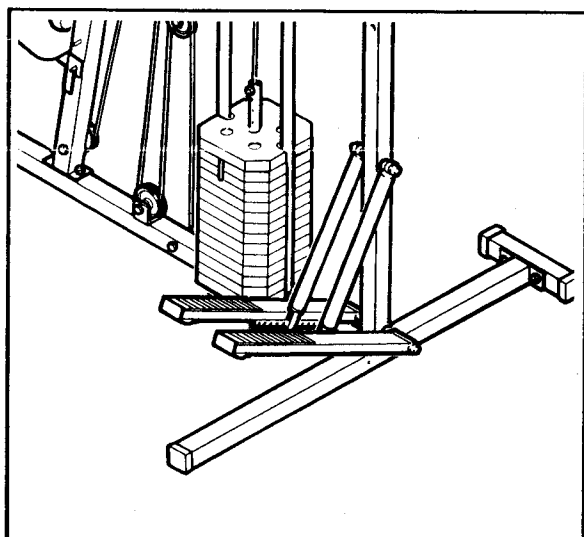
The weight can be changed from a minimum of 20 pounds, up to a maximum of 300 pounds, in increments of 20 pounds. To increase the weight, insert one of the weight pins lower in the stack. To decrease the weight, insert the weight pin higher in the stack. After inserting the weight pin, turn the end of the pin downward. Always insert one of the weight pins under the top weight. Note: To use only one weight, remove the top three weights and then insert the weight pin under the top weight.



USING THE STEPPER

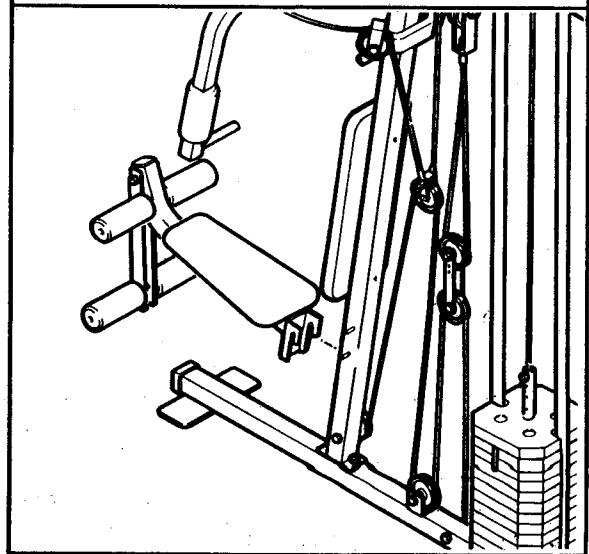
The stepper features precision resistance cylinders for long life and trouble-free operation; due to the nature of resistance cylinders, it is recommended that the floor underneath the stepper be covered in case of slight oil leakage.

The resistance of the stepper pedals can be changed by moving the resistance brackets. Change the resistance of 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 rear upright; to increase the resistance, move the bracket farther away from the rear upright. Make sure that the bracket is fully inserted into one of the slots under the pedal. 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.**



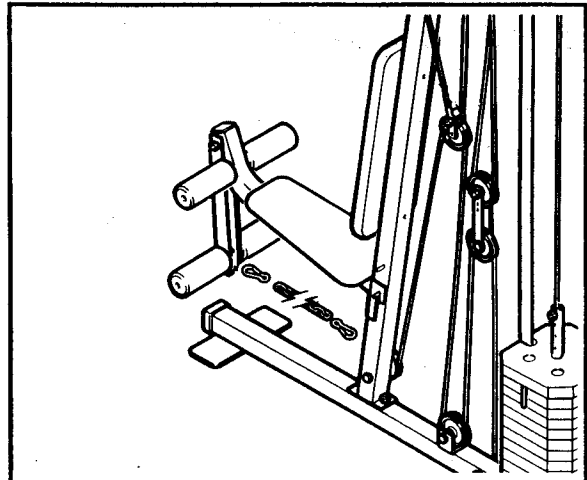
ATTACHING AND REMOVING THE SEAT SUPPORT

The seat support should be attached as described in assembly step 19 of page 9 of this manual. For certain exercises, the seat support must be removed. First, remove the chain from the leg lever. Then, lift the seat support until the bracket on the seat support is free of the pins on the frame.



ATTACHING THE LEG LEVER TO THE WEIGHT SYSTEM

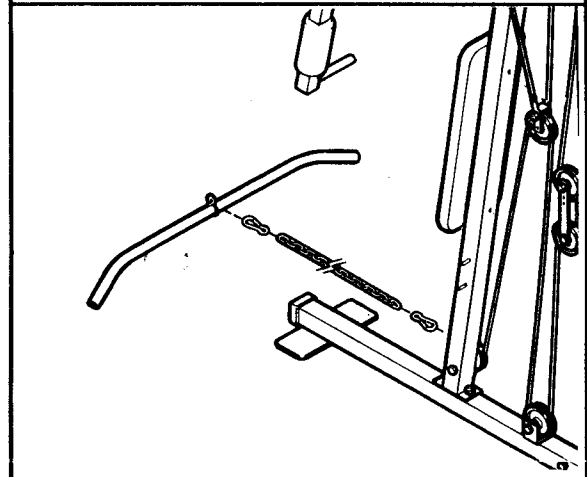
Attach the chain between the leg lever and the lower cable with two cable clips.



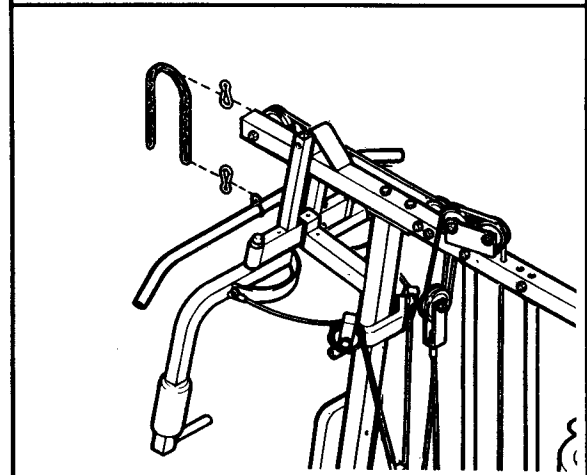
ATTACHING THE LAT BAR OR THE ANKLE STRAP TO THE WEIGHT SYSTEM

To attach the lat bar to the lower cable, first remove the seat support from the front upright as described above. Attach the chain between the lat bar and the lower cable with the two cable clips.

Attach the ankle strap to the lower cable in the same manner as the lat bar.



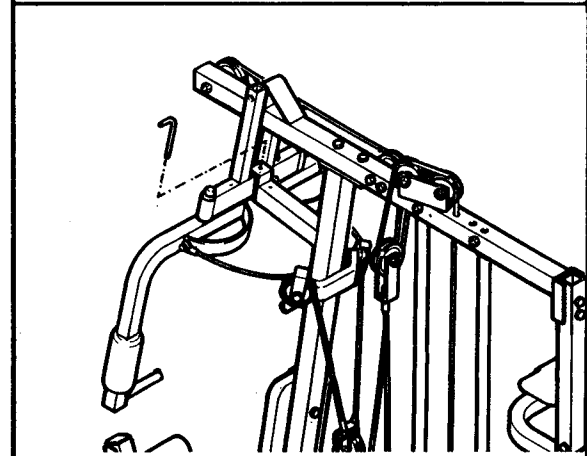
To use the lat bar with the upper cable, the chain must be attached between the lat bar and the cable using the cable clips. The chain can be shortened by attaching the cable clips closer together along the chain. **IMPORTANT: The proper length of chain between the lat bar and the upper cable should be determined by the exercise to be performed. Adjust the length of the chain until the lat bar is in a comfortable starting position.**



USING THE PRESS ARM AND BUTTERFLY ARMS

To use the press arm in the press arm mode, insert the pull pins into the arm support and the arms as described in assembly step 6 on page 6 of this manual. **IMPORTANT: Always insert the pull pins when using the press arm or the press arm will be damaged.**

To use the press arm in the butterfly mode, remove the pull pins from the arm support and the arms. Insert one of the pull pins into the frame extension and the arm support as shown in the drawing at the right.



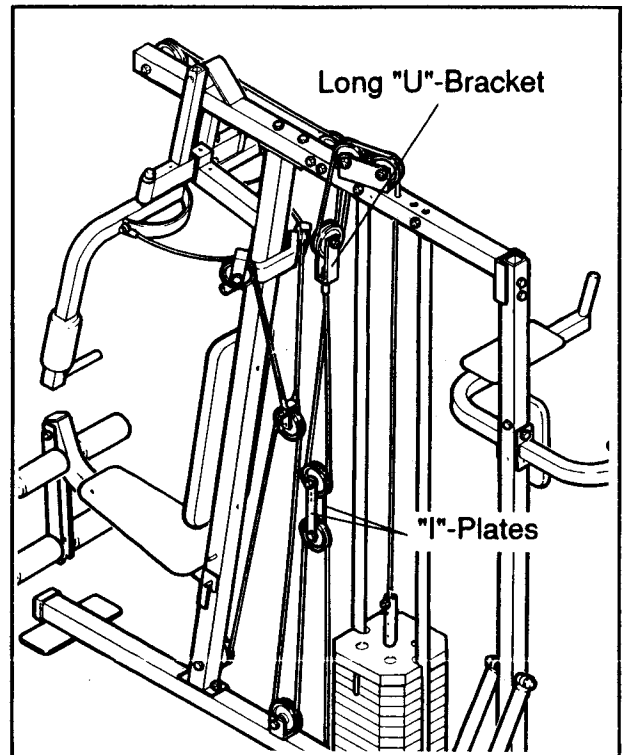
MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the system regularly. Replace any worn parts immediately. The system can be cleaned using a damp cloth and a mild non-abrasive detergent. Do not use solvents.

ADJUSTING THE WEIGHT SYSTEM

If there is slack in the weight system before the weight engages, the cables may need to be adjusted. There are two adjustment nuts located in the long "U"-bracket which allow fine adjustment. Loosen the upper nut, and turn the lower nut clockwise until the cables are tight. **Do not allow the cable to twist as you turn the nut.** Tighten the upper nut onto the lower nut. If the cable cannot be tightened any further using the adjustment nuts, follow the instructions below.

Loosen the adjustment nuts until they are at the end of the cable threads. Locate the two pulleys connected by the two "I"-plates. The "I"-plates have three adjustment holes which can be used to tighten the cables. Remove the upper pulley from the "I"-plate using two adjustable wrenches. Move the pulley to the next lower hole in the "I"-plates and reattach the pulley. **Do not overtighten the bolt and nut which attach the pulley to the "I"-plates; the pulley should turn freely.** Tighten the adjustment nuts until the cables are tight as described above.



PART LIST—Model No. WL820920

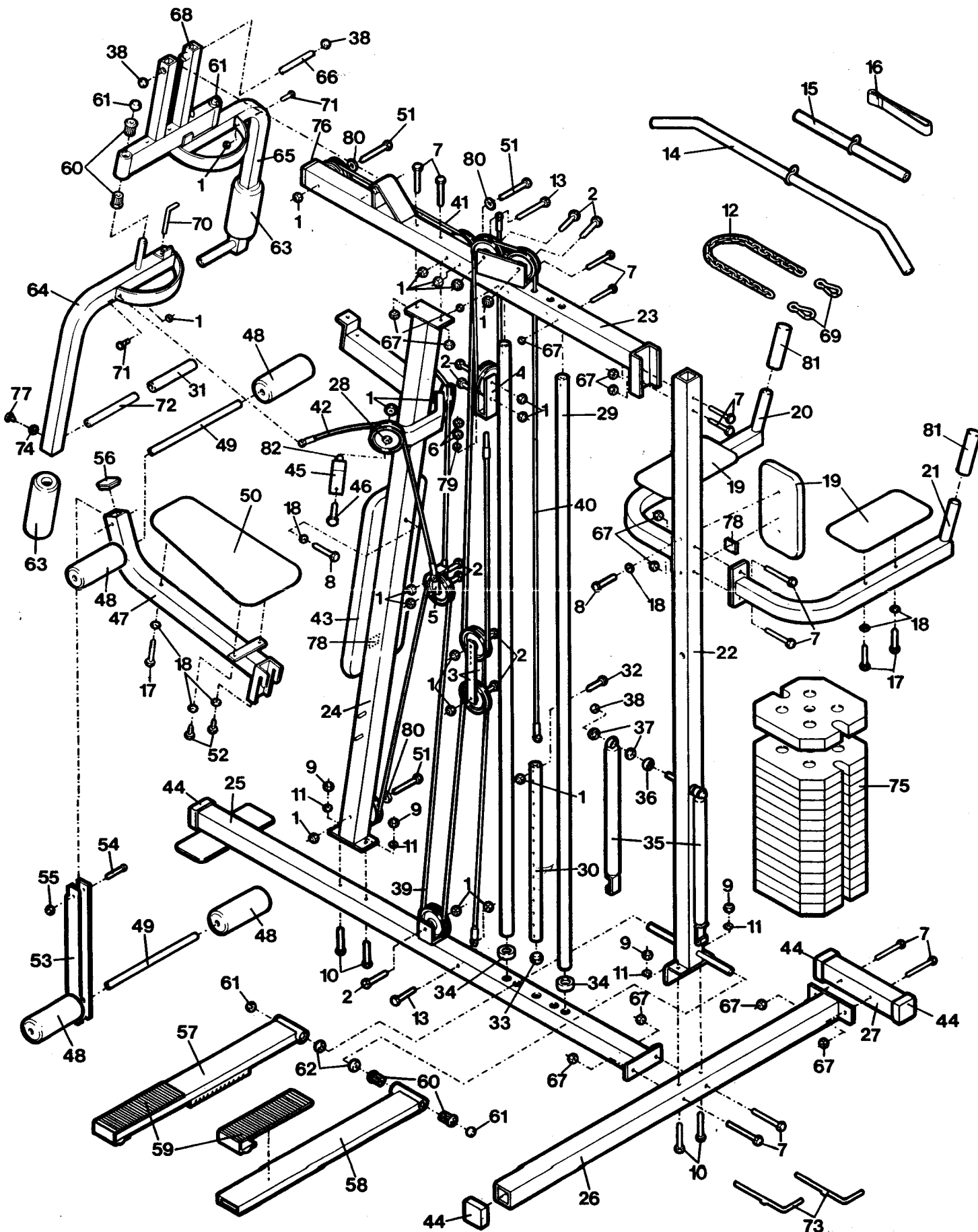
Rev. 9/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	19	8mm Nylock Nut	44	4	Endcap
2	9	8mm x 50mm Bolt	45	2	Cable Guide
3	2	"I"-Plate	46	2	8mm x 60mm Bolt
4	1	Long "U"-Bracket	47	1	Seat Support
5	1	Short "U"-Bracket	48	4	Leg Lever Pad
6	2	5/16" Adjustment Nut	49	2	Pad Mounting Tube
7	12	10mm x 70mm Bolt	50	1	Seat
8	2	1/4" x 2 1/2" Bolt	51	3	8mm x 90mm Bolt
9	4	3/8" Nut	52	2	1/4"x3/4" Bolt
10	4	3/8" x 2 3/4" Carriage Bolt	53	1	Leg Lever
11	4	10mm Lock Washer	54	1	Leg Lever Pin
12	1	Chain	55	1	1/2" Hat Cap
13	2	8mm x 70mm Bolt	56	1	Seat Support Endcap
14	1	Lat Bar	57	1	Left Pedal Assembly
15	1	Rower Bar	58	1	Right Pedal Assembly
16	1	Ankle Strap	59	2	Pedal Pad
17	5	1/4" x 2" Bolt	60	8	Bushing
18	9	1/4" Lock Washer	61	4	3/4" Dome Axle Cap
19	3	VKR Pad	62	2	Pedal Spacer
20	1	Left VKR Arm	63	2	Butterfly Pad
21	1	Right VKR Arm	64	1	Left Arm
22	1	Rear Upright	65	1	Right Arm
23	1	Top Brace	66	1	1/2" Axle
24	1	Front Upright	67	12	10mm Nylock Nut
25	1	Bottom Brace	68	1	Arm Support
26	1	Stabilizer	69	2	Cable Clip
27	1	Short Stabilizer	70	2	Pull Pin
28	12	Pulley	71	2	8mm x 30mm Bolt
29	2	Weight Guide	72	2	Arm Handle
30	1	Weight Selector Tube	73	2	Weight Pin
31	2	Arm Handle Pad	74	2	Star Washer
32	1	8mm x 40mm Bolt	75	15	Weight
33	1	Selector Tube Endcap	76	1	Top Brace Endcap
34	2	Weight Guide Bumper	77	2	3/4" Screw
35	2	Resistance Cylinder	78	2	Fastener Pad
36	2	Resistance Cyl. Spacer	79	1	5/16" Washer
37	4	Resistance Cyl. Bushing	80	3	8mm Washer
38	4	1/2" Dome Axle Cap	81	2	VKR Arm Pad
39	1	Lower Cable	82	12	Pulley Sleeve
40	1	Weight Stack Cable	#	1	Owner's Manual
41	1	Upper Cable	#	1	Exercise Manual
42	2	Butterfly Cable	#	1	Grease
43	1	Backrest			

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. WL820920

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 (WL820920).
2. The NAME of the product (WESLO® AEROBIC FORCE 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 14 of this manual.
5. The DESCRIPTION of the part(s) from page 14 of this manual.