

SPORT FLEX™

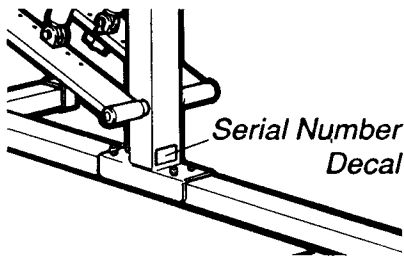
CROSS TRAINING SYSTEM

weslo, inc.®

A Subsidiary of Weider Health and Fitness, Inc.

Model No. WL870010

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.

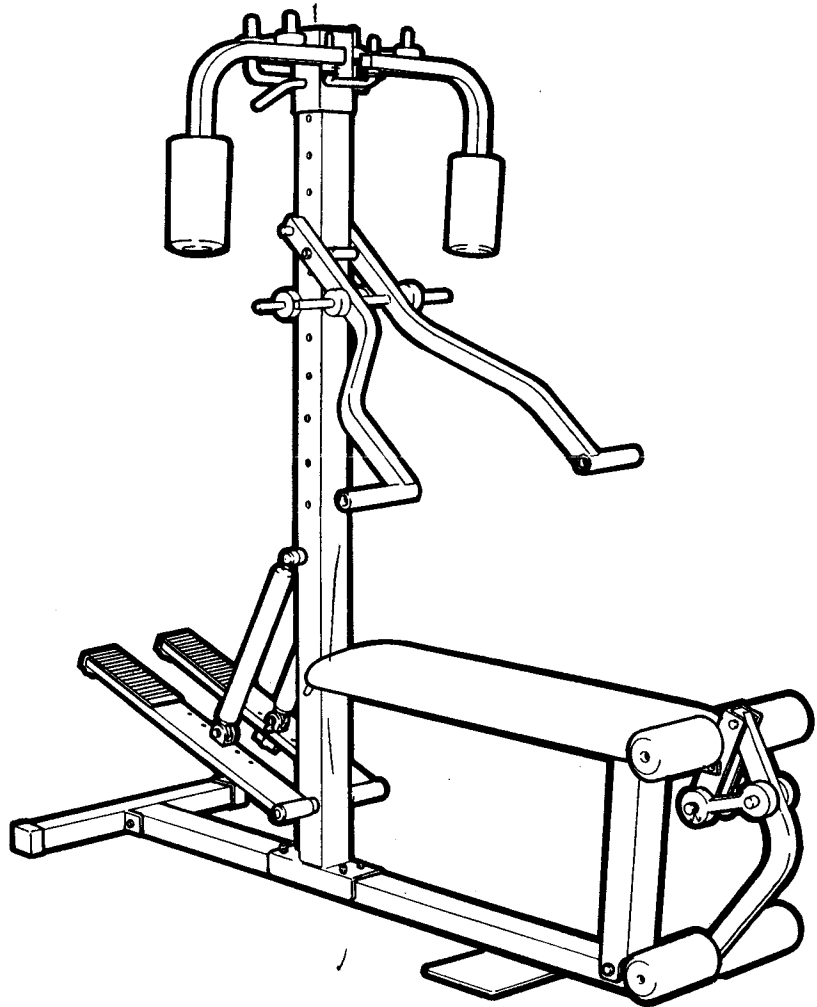
CUSTOMER HOT LINE:

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, read the following important safety precautions before using this equipment.

1. Read all instructions in this owner's manual before using this equipment. Use this equipment only as described in this manual.
2. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
3. Keep hands away from moving parts other than the designated handles. Keep small children away from this equipment at all times.
4. Always stand on the foot plate when performing any exercise that could cause the equipment to tip.
5. The frame sleeve must be positioned so that the butterfly arms are at least two inches above the user's head when the user is seated on the bench. Make sure the frame pin is inserted completely through the frame sleeve and frame.
6. Never release the main arm, butterfly arms or leg lift while the weightbands are stretched.
7. The resistance cylinders may become hot after a period of use. Allow the cylinders to cool before touching them.

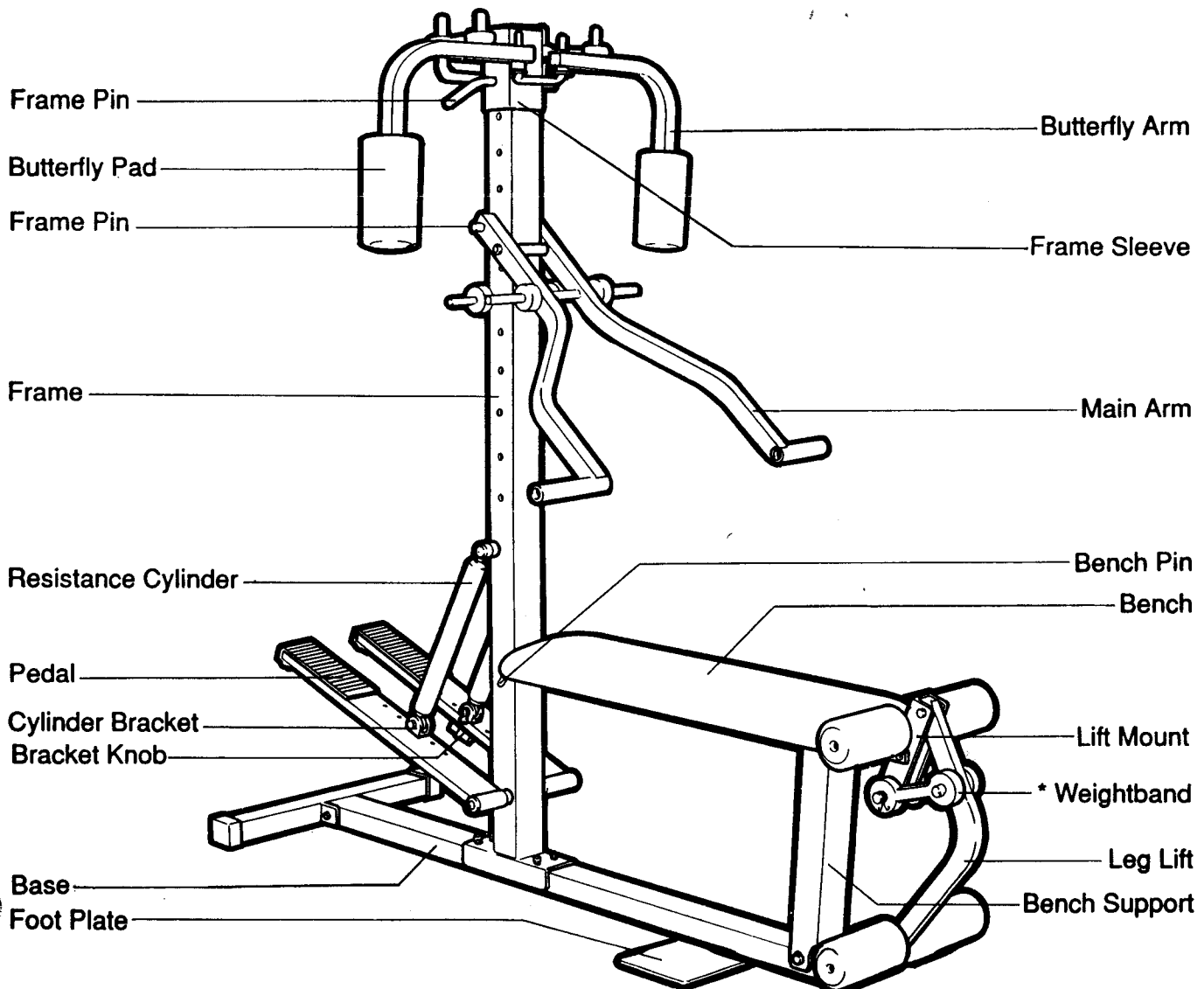
WARNING: Before beginning this or any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Thank you for selecting the Weslo SPORT FLEX Cross Training System. The unique SPORT FLEX is a total body conditioning machine, offering both aerobic and weight training exercises to give you a true cross training workout. Whether you want to develop dramatic muscle size and strength, shape and tone your body, increase your stamina or strengthen your heart and lungs, the SPORT FLEX will help you achieve your goals in the privacy and convenience of your home.

This manual is provided to help you understand the simple assembly, adjustment and use of the SPORT FLEX. For your safety and benefit, **read this manual carefully before using this equipment.** 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 your product model number and serial number before calling. The model number is listed on the front cover of this manual. The serial number is recorded on a decal attached to the frame (see the front cover for the location of the decal).

Before reading further, please examine the drawing below and familiarize yourself with the parts labeled.



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

ASSEMBLY

Two people are required in order to assemble the SPORT FLEX. 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.** Read each step carefully before beginning. Assembly can be completed using two adjustable wrenches (not included).

1. Turn the Base (6) so the threaded ends of the bolts are upward. Attach the Stabilizer (59) to the Base with the Stabilizer Bolt (60) and a Locknut (8).

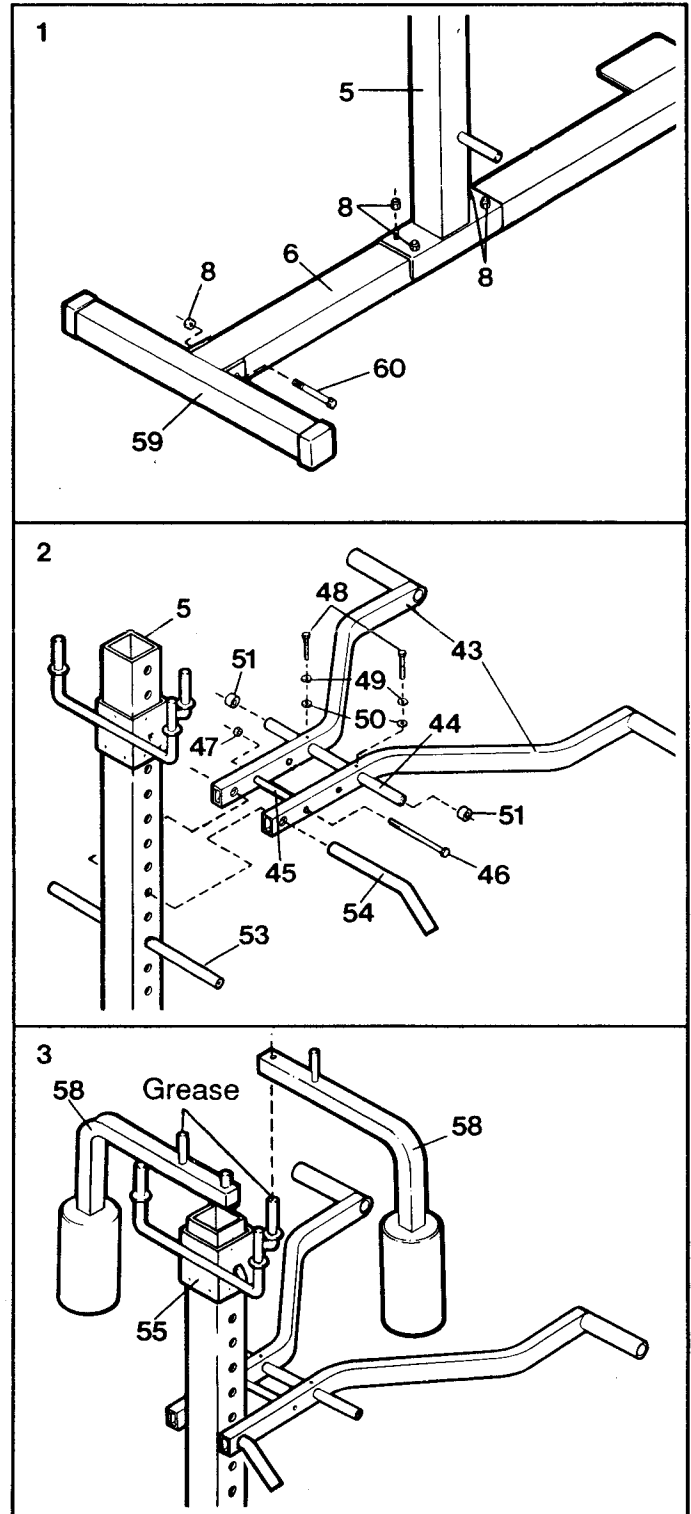
Position the Frame (5) over the Base (6). Attach the Frame with four Locknuts (8).

2. Lay the two sections of the Main Arm (43) on the floor. Insert the Arm Rod (44) through the Main Arm. Turn the Rod so the holes in the Rod are aligned with the holes in the Main Arm, and attach the Rod with the Rod Bolts (48), Lockwashers (49) and Washers (50). Slide a Weightband Spacer (51) onto each end of the Arm Rod. Place the Arm Brace (45) between the sections of the Main Arm as shown. Insert the Brace Bolt (46) through the Main Arm and Brace, and tighten the Brace Nut (47) onto the end of the Bolt.

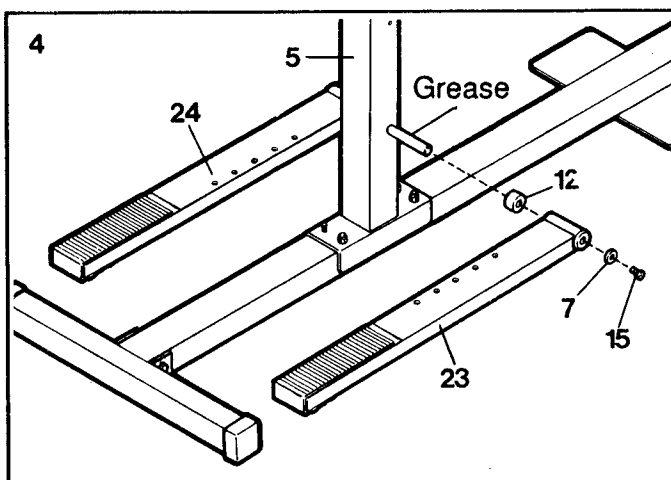
Align the Main Arm (43) with one of the sets of holes in the Frame (5). Attach the Main Arm by inserting a Frame Pin (54).

Center the Press Bar (53) in the Frame (5), two holes above or below where the Main Arm (43) is attached.

3. Lightly grease the butterfly posts on the Frame Sleeve (55). Slide a Butterfly Arm (58) onto each butterfly post.

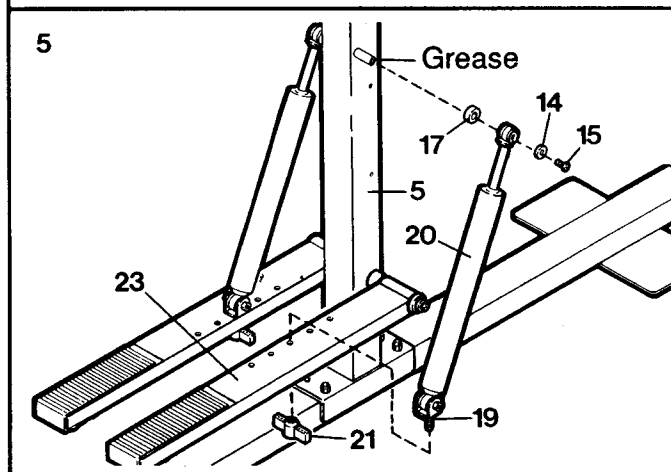


4. Lightly grease the pedal axles on both sides of the Frame (5). Slide a Pedal Spacer (12) and the Right Pedal (23) onto the right axle. Attach the Pedal with a Bolt (15) and Lower Washer (7). Attach the Left Pedal (24) in the same manner.



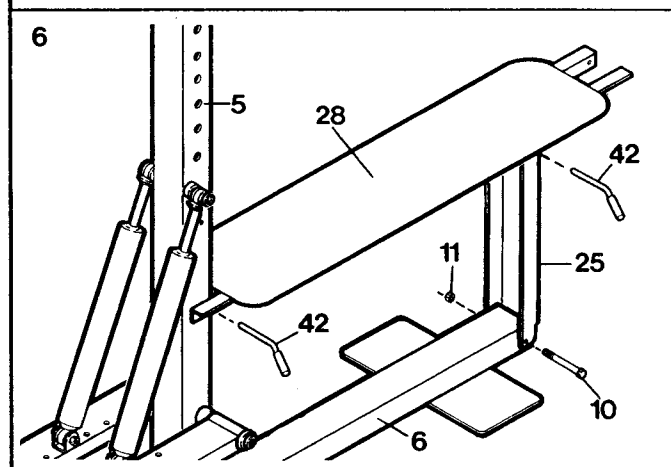
5. Lightly grease the cylinder axles on both sides of the Frame (5). Slide a Cylinder Spacer (17) and a Resistance Cylinder (20) onto the right axle. Attach the Resistance Cylinder with a Bolt (15) and Upper Washer (14).

Insert the right Cylinder Bracket (19) into one of the holes in the Right Pedal (23). The tab on the Bracket must be against the inside of the Pedal. Tighten a Bracket Knob (21) onto the end of the Bracket. Attach the other Resistance Cylinder in the same manner.



6. Attach the Bench Support (25) to the Base (6) with the Support Bolt (10) and Nut (11). Do not overtighten the Nut. The Bench Support should swivel freely.

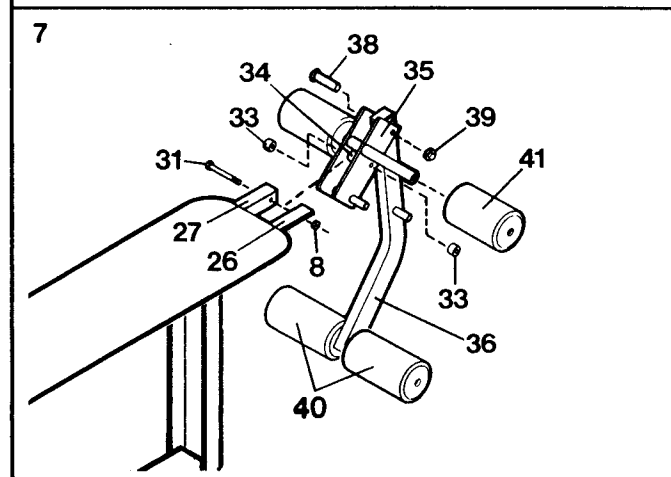
Attach the Bench (28) to the Bench Support (25) by inserting a Bench Pin (42). Attach the Bench to the Frame (5) with the other Bench Pin. There are two sets of holes in the Frame. The Bench can be attached in either a horizontal or an inclined position.



7. Place the Lift Mount (35) between the Bench Rails (26, 27). Place an Outer Spacer (33) on both sides of the Lift Mount, and place the Inner Spacer (34) inside the Lift Mount. Insert the Mount Bolt (31) through the Bench Rails, Spacers and Lift Mount, and tighten the Locknut (8) onto the end of the Bolt.

Lightly grease the Leg Lift Pin (38). Insert the Pin through the Lift Mount (35) and Leg Lift (36). Tap the Pushnut (39) onto the end of the Pin.

Slide a Long Pad (40) onto each side of the tube on the Leg Lift (36). Slide a Short Pad (41) onto each side of the tube on the Lift Mount (35).

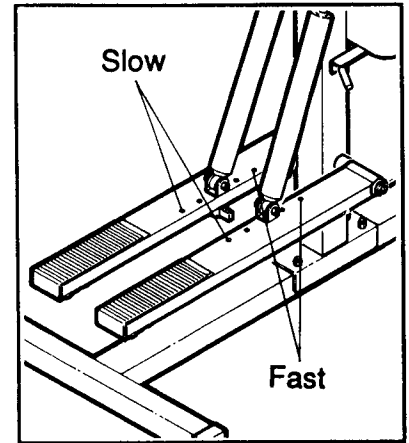


ADJUSTING THE SPORT FLEX

ADJUSTING THE STEPPER RESISTANCE

The resistance of the stepper can be changed by moving the cylinder brackets to different holes in the stepper pedals. There are five resistance levels. To change the resistance, first remove the knobs from the cylinder brackets. Move the cylinder brackets to the desired holes in the pedals, and re-attach the knobs.

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



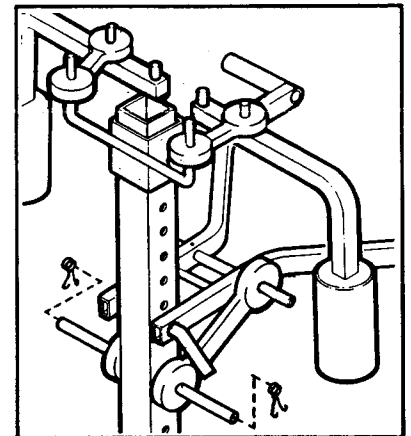
ATTACHING THE WEIGHTBANDS

The SPORT FLEX 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 weightbands included can be used in different combinations to create resistance in increments of about 10 pounds.

When using the main arm, the press bar should be inserted two holes above or below the main arm, depending on the exercise to be performed. Slide one end of the weightbands onto the posts on the main arm, and the other end of the weightbands onto the press bar. Note: When first putting weightbands onto the main arm, it may be necessary to push on the main arm.

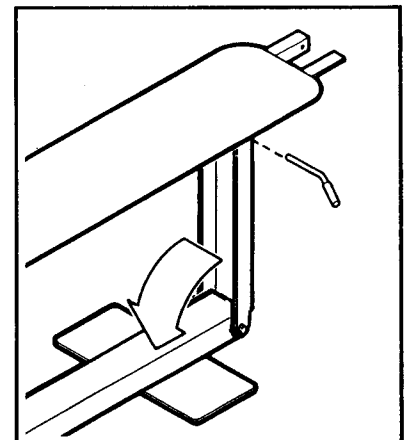
When using the butterfly arms, slide the weightbands onto the posts on top of the butterfly arms and the frame sleeve. When using the leg lift, slide the weightbands onto the posts on the leg lift and lift mount.

WARNING: Always clip retainers onto the posts to prevent the weightbands from slipping off.



ATTACHING AND REMOVING THE BENCH

The bench should be attached as described in the assembly instructions. For certain exercises, the end of the bench must rest directly on the stabilizer. If the lift mount and leg lift are attached to the bench, remove the mount bolt and nut, and remove the lift mount and leg lift. Note the order of the spacers so that the lift mount and leg lift can be re-attached later. Remove the bench pin from the bench support and pivot the bench support onto the base. Lower the end of the bench onto the stabilizer. To remove the bench completely, withdraw the bench pin from the frame.



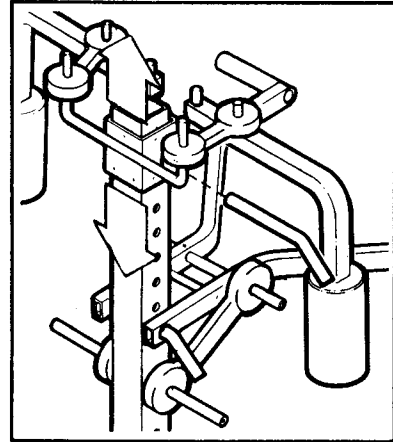
ATTACHING AND REMOVING THE MAIN ARM

The main arm should be attached as described in the assembly instructions. To remove the main arm, take off any weightbands and withdraw the frame pin.

ADJUSTING THE FRAME SLEEVE

The butterfly arms are attached to the frame sleeve. The frame sleeve can be raised or lowered to the position that is most comfortable. Support the weight of the frame sleeve with one hand, and remove the frame pin with the other hand. Raise or lower the frame sleeve to the desired position, and re-insert the frame pin completely through the frame.

WARNING: Be sure the frame pin is inserted completely through the frame. When using the butterfly arms, the frame sleeve must be positioned so that the butterfly arms are at least 2 inches above the user's head when the user is seated on the bench.



EXERCISING ON THE STEPPER

WARNING: Before beginning this or any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. When using the stepper, never set the resistance so high that you must push against the press bar to press the pedals down. Exercising in this manner could result in heart risk.

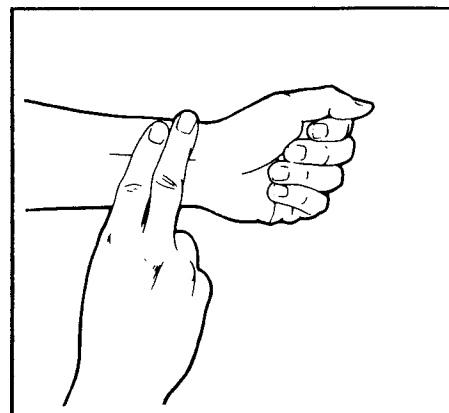
Face the SPORT FLEX and hold the press bar firmly. Step onto the stepper pedals and let both pedals sink to the floor. Begin stepping, alternately pressing the right and left pedals down with a rapid, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the height of your step or the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING THE STEPPER RESISTANCE). For an effective aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance.

As you step, you can exercise the upper leg muscles by keeping your feet flat on the pedals. To focus on the calf muscles, rise on your toes as you step. Whether standing erect or leaning forward slightly, always keep your back straight in order to avoid injury.

For an effective aerobic workout, it is important to exercise with the proper intensity. The proper intensity level can be found using the heart rate as a guide. As you exercise, your heart rate should be kept at a level between 70% and 85% of your maximum heart rate. This is your "training zone." You can find your training zone by consulting the table below. Training zones are listed for both unconditioned and conditioned persons, ages 20 to 85 years.

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

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist as shown. Carefully 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, and adjust your pace or the stepping resistance as necessary. During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone. Over the course of a few months, your heart rate can be increased until it is near the high end of your training zone.



Begin each workout with 5-10 minutes of stretching or light calisthenics. Warming up in this manner prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. After warming up, exercise for 20-30 minutes with your heart rate in your training zone. End each workout with 5-10 minutes of stretching to increase flexibility and prevent soreness. To maintain or improve your condition, exercise three times each week, with at least one day of rest between workouts. After a few months, the number of workouts can be increased to 4-5 per week. The key to achieving successful results is **CONSISTENCY**.

WEIGHT TRAINING GUIDELINES

WARNING: Before beginning this or any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

The SPORT FLEX offers a wide selection of weight training exercises, designed to develop all major muscle groups of the body. Follow the guidelines below to outline an exercise program that will help you achieve the specific results you want.

Your exercise program should include three 30-minute workouts each week, with at least one day of rest between workouts. Schedule your workouts for the time of day when your energy level is the highest. Each workout should consist of 6-10 different exercises. Select exercises which will develop all major muscle groups, while emphasizing the areas you want to develop most. To give balance and variety to your workouts, vary the exercises from day to day.

To increase the size and strength of the muscles, the muscles must be worked to capacity. As greater workloads are placed upon the muscles, the muscles will grow in response. Each exercise can be tailored to the proper intensity level by changing the amount of resistance used, or the number of "repetitions" and "sets" performed. (A repetition is a single exercise movement, such as one sit-up. A set is a number of repetitions performed continuously.)

To tone the muscles, exercises should be performed with less intensity. The muscles should not be worked to capacity. Instead, use low resistance, and do as many repetitions and sets as desired. Endurance is more important than strength for toning.

Be careful not to overexert yourself. Begin and end every workout with 5-10 minutes of stretching or light calisthenics. Rest for 30 seconds between each set, and 1 minute between each exercise. Concentrate on learning the exercises correctly. Exhale as you exert yourself, and inhale as you relax. Never hold your breath.

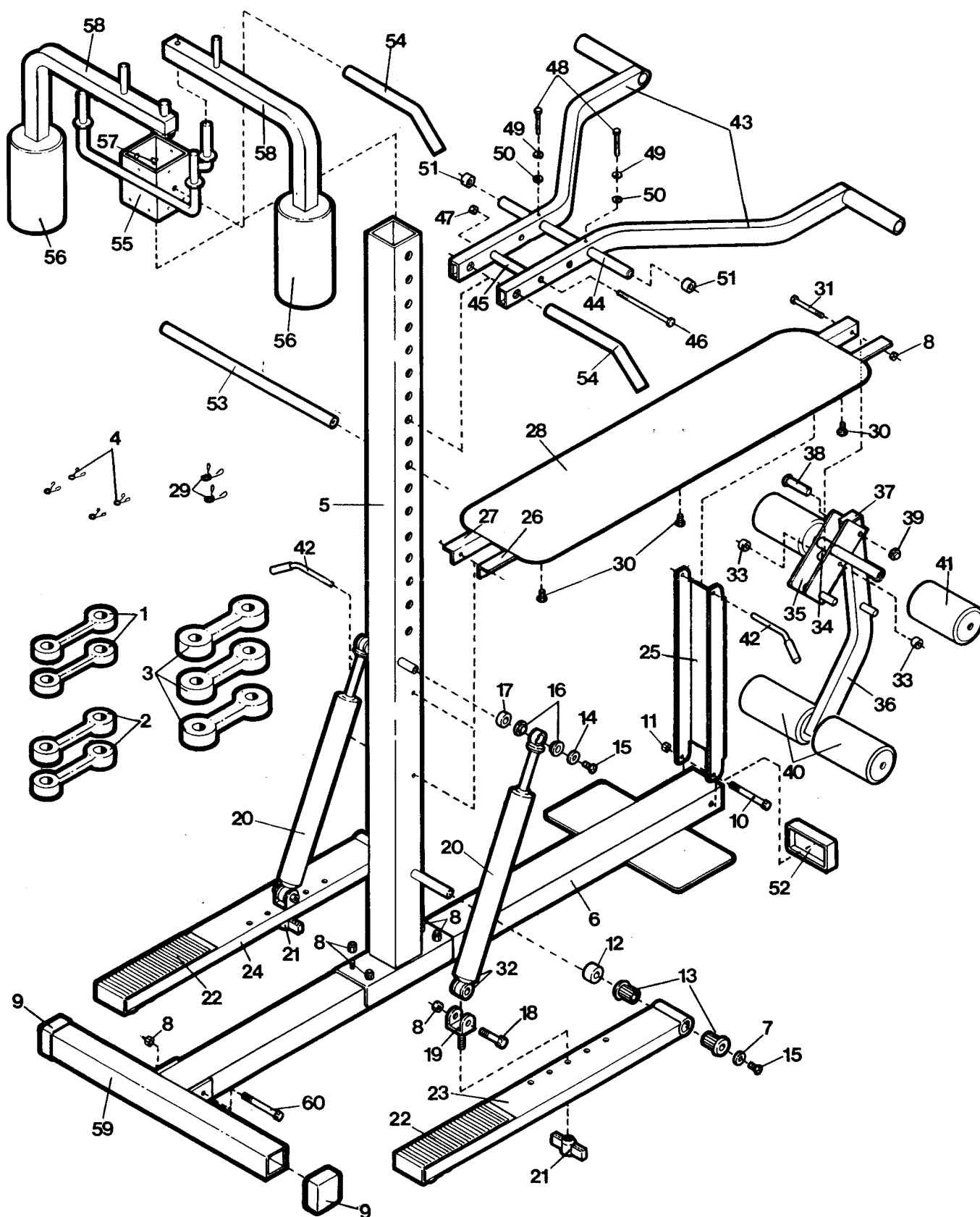
Wear clothing that is loose-fitting and allows unrestricted movement. Always wear shoes for foot protection. For added motivation, keep a record of your workouts. List the date, exercises performed, resistance used, and number of repetitions and sets completed. Record key body measurements every 4-6 weeks. For successful results, proper nutrition and adequate rest are essential. For more information about exercise and diet, consult with your physician.

PART LIST- Model No. WL870010

Rev. 9/91

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	#5 Weightband	33	2	Outer Spacer
2	2	#10 Weightband	34	1	Inner Spacer
3	3	#25 Weightband	35	1	Lift Mount
4	4	Small Retainer	36	1	Leg Lift
5	1	Frame	37	1	Leg Lift Cap
6	1	Base	38	1	Leg Lift Pin
7	2	Lower Washer	39	1	Pushnut
8	7	Locknut	40	2	Long Pad
9	2	Stabilizer Endcap	41	2	Short Pad
10	1	Support Bolt	42	2	Bench Pin
11	1	Support Nut	43	2	Main Arm
12	2	Pedal Spacer	44	1	Arm Rod
13	4	Pedal Bushing	45	1	Arm Brace
14	2	Upper Washer	46	1	Brace Bolt
15	4	Bolt	47	1	Brace Nut
16	4	Upper Cylinder Bushing	48	2	Rod Bolt
17	2	Cylinder Spacer	49	2	Rod Lockwasher
18	2	Cylinder Bolt	50	2	Rod Washer
19	2	Cylinder Bracket	51	2	Weightband Spacer
20	2	Resistance Cylinder	52	1	Base Cap
21	2	Bracket Knob	53	1	Press Bar
22	2	Pedal Footpad	54	2	Frame Pin
23	1	Right Pedal w/Footpad	55	1	Frame Sleeve
24	1	Left Pedal w/Footpad	56	2	Butterfly Pad
25	1	Bench Support	57	12	Button Bushing
26	1	Right Rail	58	2	Butterfly Arm
27	1	Left Rail	59	1	Stabilizer
28	1	Bench	60	1	Stabilizer Bolt
29	2	Large Retainer	61	2	Lower Cylinder Bushing
30	6	Phillips Bolt	#	1	Owner's Manual
31	1	Mount Bolt	#	1	Grease
32	1	Mount Nut			

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.



Specifications are subject to change without notice.

ORDERING REPLACEMENT PARTS

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

1. The MODEL NUMBER of the product (WL870010).
2. The NAME of the product (Weslo SPORT FLEX 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 an 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