

weslo,inc™

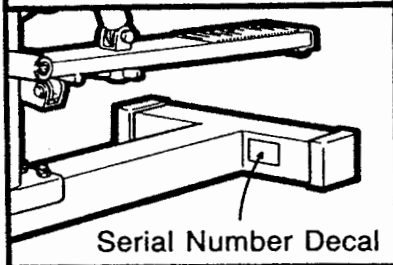
FLEX CTS™

CROSS TRAINING SYSTEM

Model No. 870301

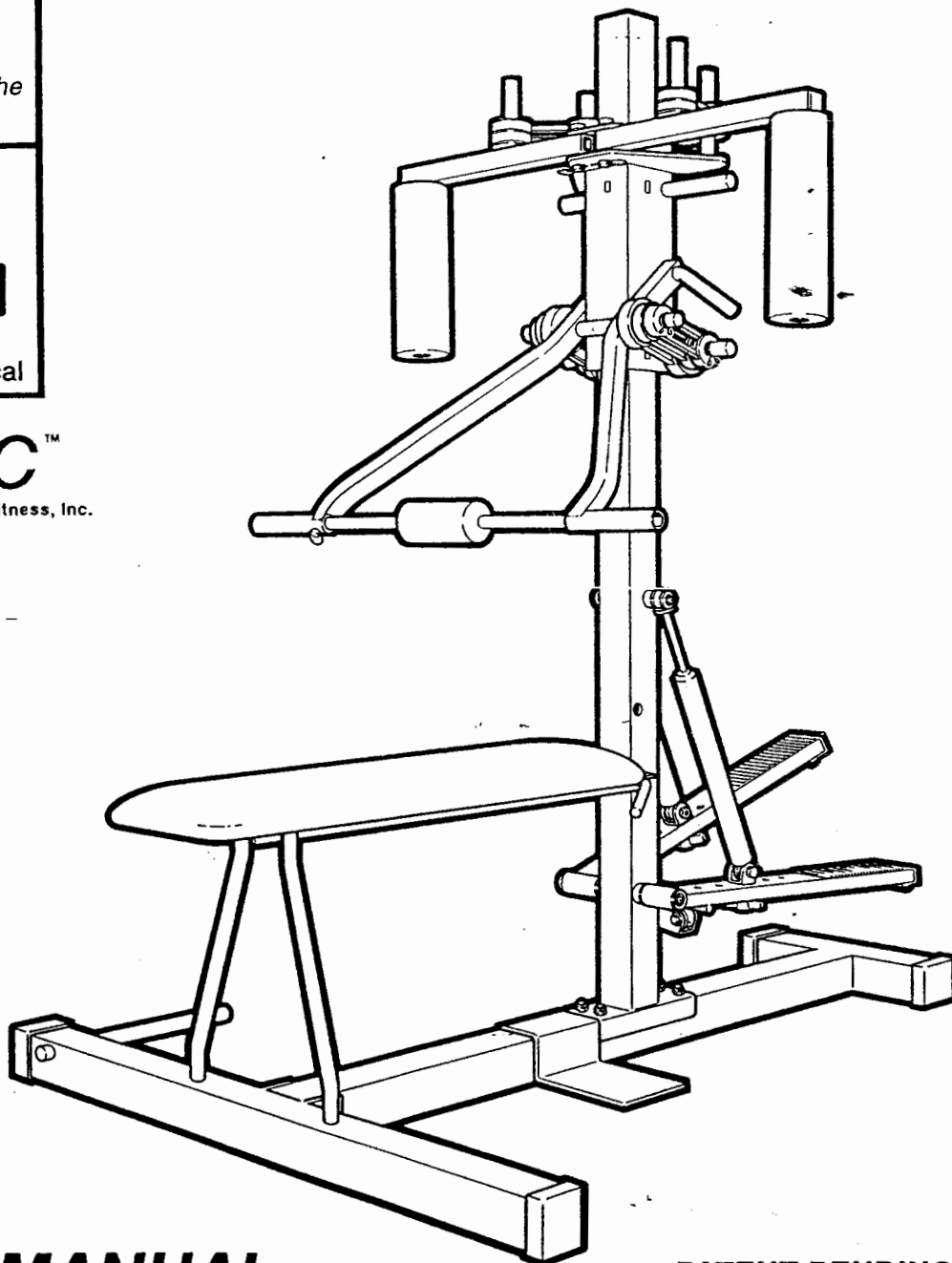
Serial No.

Write the serial number in the
space above for reference.



weslo,inc™

A Subsidiary of Welder Health and Fitness, Inc.



OWNER'S MANUAL

PATENT PENDING

CAUTION: Read all instructions carefully before using this product. Retain this Owner's Manual for reference.

Part No. 100719 4/90

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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 manual before using this equipment.
2. Use this equipment only as described in this Owner's Manual.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. The butterfly arms must be positioned at least two (2) inches above the user's head when the user is seated on the bench.
6. Never release the main arm or butterfly arms 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.
8. Keep small children away from this equipment during use.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting 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.

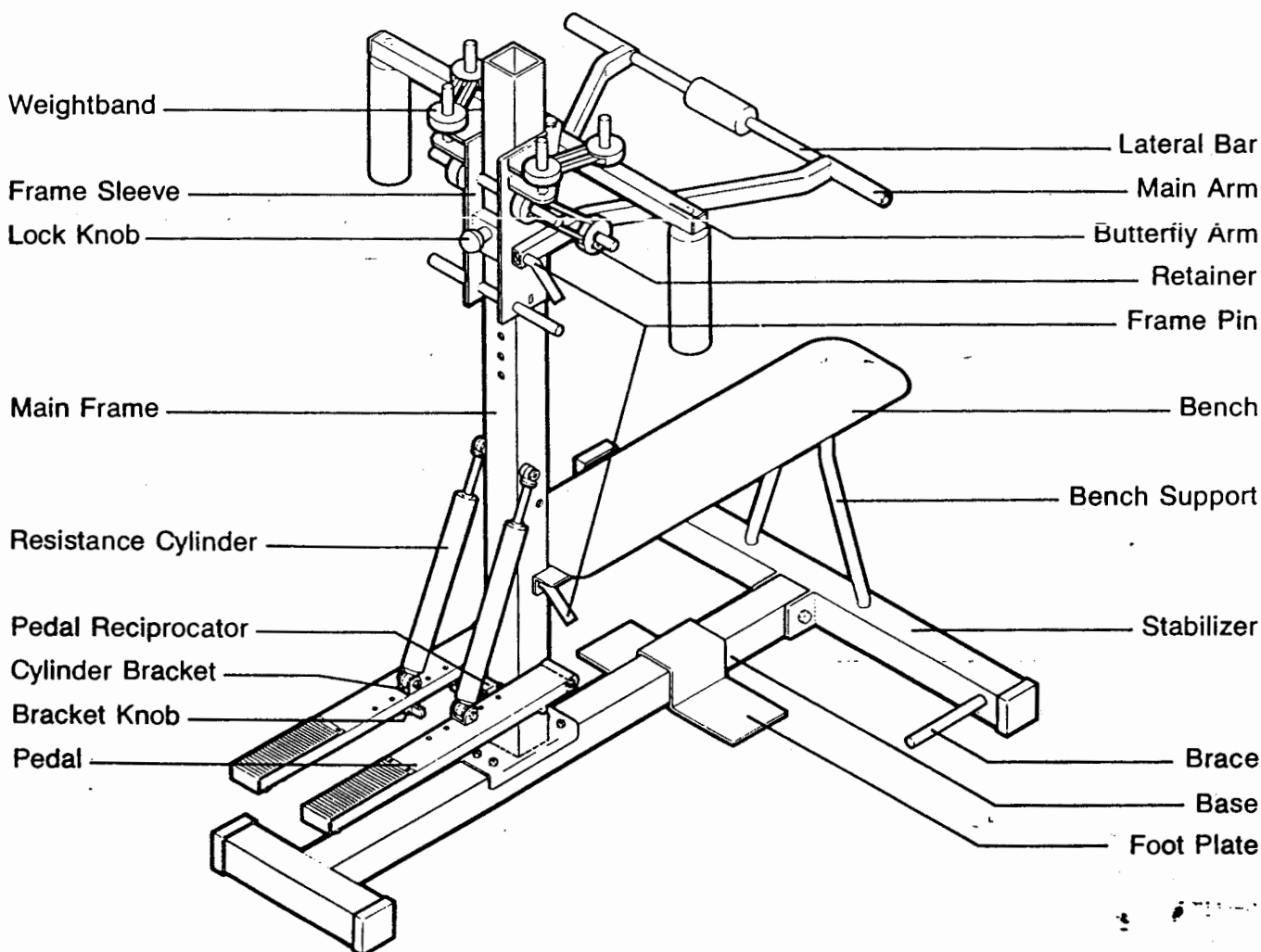
SAVE THESE INSTRUCTIONS

INTRODUCTION

Congratulations for selecting the FLEX CTS Cross Training System. With a full selection of both aerobic and anaerobic exercises, the FLEX CTS is a total body conditioning machine. Whether your goal is to dramatically increase muscle size and strength, shape and tone your body, extend your endurance and flexibility, reduce stress or develop your heart and lungs, the FLEX CTS gives you the power to make it happen.

This manual is provided to help you understand the simple assembly, adjustment and use of the FLEX CTS. Basic exercise guidelines are included to help you get started with your fitness program. If you have additional questions, please call one of our Customer Service representatives toll-free at **1-800-99WESLO (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 on the frame (see the drawing on the front cover for the location of the decal.)

Before reading the following sections of this manual, please study the drawing below and familiarize yourself with the parts labeled.

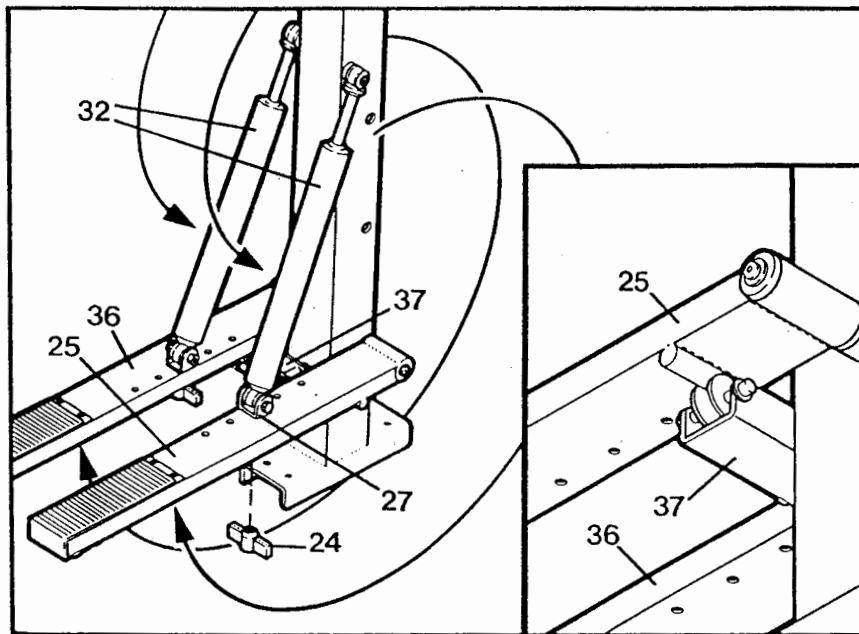


ASSEMBLY

Remove all parts from the packing carton. Make sure that all parts are included before disposing of the packing materials. Read each step carefully before beginning. The help of a second person is recommended. Assembly can be completed using two adjustable wrenches (not included).

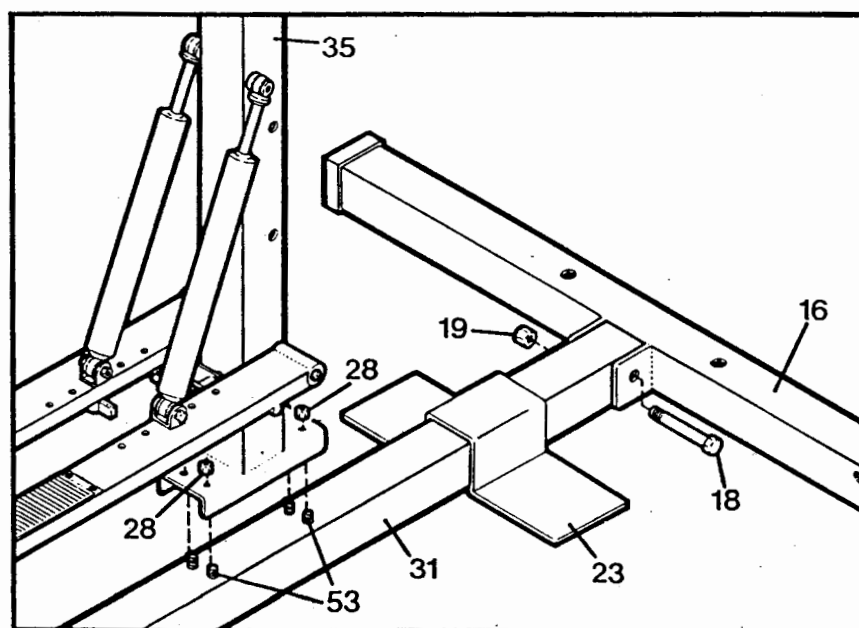
ASSEMBLING THE STEPPER PEDALS

1. Rotate the stepper Pedals (25, 36) to the position shown, with the Pedals resting on the Reciprocator (37). **IMPORTANT:** There is a guide rod on the underside of each Pedal. The guide rods must rest on the rollers or the Reciprocator will be damaged.
2. Insert the end of the right Cylinder Bracket (27) through one of the holes in the Right Pedal (25). Tighten a Bracket Knob (24) onto the end of the Cylinder Bracket. Attach the left Cylinder Bracket to the Left Pedal (36) in the same manner.



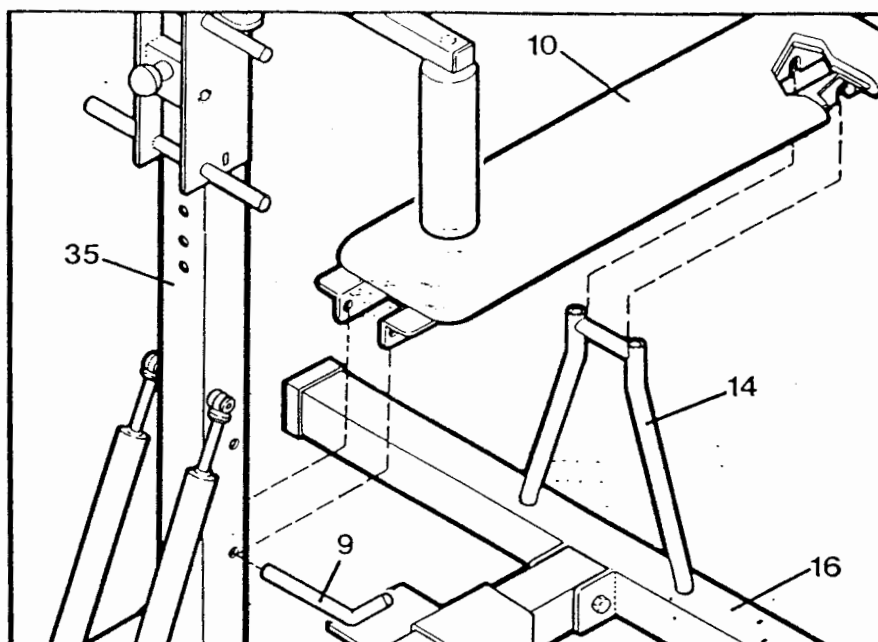
ASSEMBLING THE BASE

1. Turn the Base (31) so that the threaded ends of the Base Bolts (53) are upwards. Fit the Stabilizer (16) against the Base as shown, and attach the Stabilizer with the Stabilizer Bolt (18) and Nut (19).
2. Position the Main Frame (35) over the Base Bolts (53). Attach the Main Frame with the four Lock-nuts (28). (It may be helpful to tip the Base and hold the Bolt Heads with a wrench.) Place the Foot Plate (23) over the Base (31).



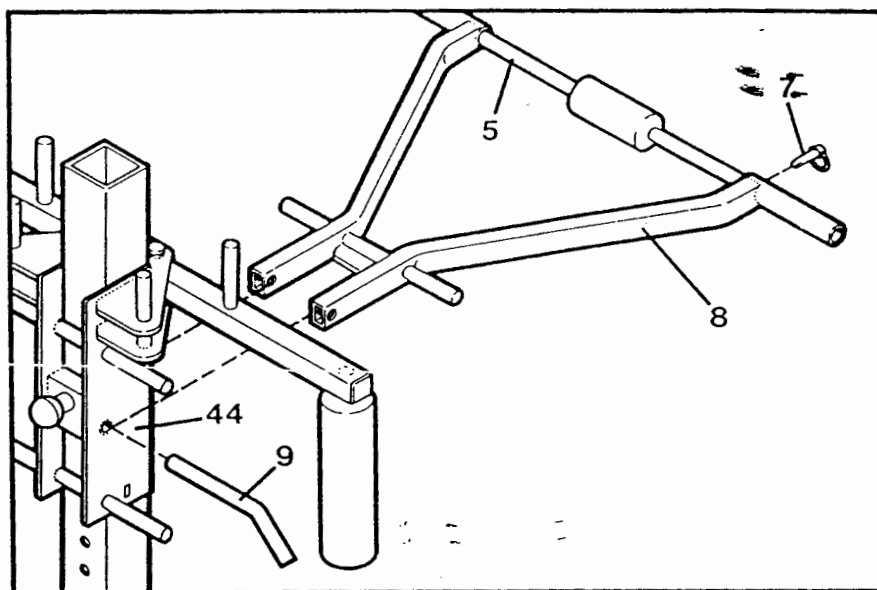
ASSEMBLING THE BENCH

1. Slide the Bench Support (14) into the holes in the top of the Stabilizer (16).
2. Fit the Bench (10) onto the Bench Support (14). Attach the Bench to the Main Frame (35) with a Frame Pin (9). There are two sets of holes in the Main Frame. The Bench can be attached in either a horizontal or an inclined position.



ASSEMBLING THE MAIN ARM

1. Slide the Lateral Bar (5), one end at a time, into the Main Arm (8). Align the hole in the Lateral Bar with the hole in the Main Arm, and insert the Pull Pin (7) into the Main Arm.
2. Align the Main Arm (8) with the holes in either side of the Frame Sleeve (44). Connect the Main Arm to the Frame Sleeve with a Frame Pin (9).

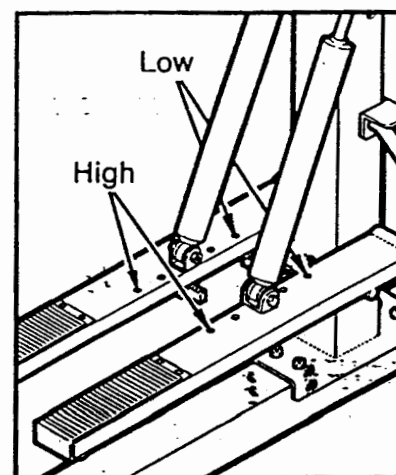


ADJUSTING THE FLEX CTS

ADJUSTING 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 separate resistance levels. To change the resistance, first remove the bracket knobs from the cylinder brackets. Move the brackets to the desired holes in the pedals, and reattach the bracket knobs.

WARNING: The resistance cylinders may become hot after a period of use. Allow the cylinders to cool before touching them.



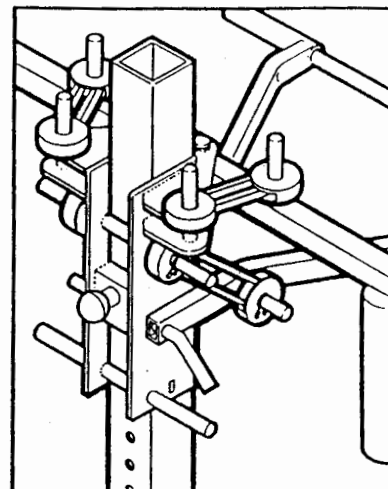
ADJUSTING THE WORKLOAD

The FLEX CTS utilizes specially-engineered polymer weightbands to create exercise resistance. The key to the effectiveness of the weightbands is their ability to deliver variable resistance. As the weightbands are stretched, the amount of resistance increases, working your muscles at their capacity throughout the range of motion. The eight weightbands included can be used in different combinations to create resistance in increments of about 10 pounds.

When using the main arm, slide one end of the weightbands onto the posts on the main arm. Slide the other end of the weightbands onto either the upper or lower posts on the frame sleeve, depending on the exercise to be performed.

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

Attach retainers to all four posts to hold the weightbands in place. Note: When first using the weightbands, it may be necessary to push on the main arm slightly in order to attach the weightbands.



ATTACHING AND REMOVING THE BENCH

The bench should be attached as described in the assembly instructions. For certain exercises, the bench support can be removed so that the end of the bench rests directly on the stabilizer. To remove the bench, slide out the frame pin.

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 slide out the frame pin.

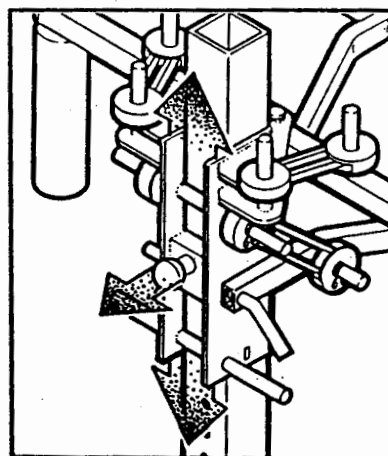
ATTACHING THE LATERAL BAR

Certain exercises require the use of the lateral bar. Slide the lateral bar into the main arm, align the hole in the lateral bar with the hole in the main arm, and insert the pull pin into the main arm. The lateral bar can be removed after withdrawing the pull pin.

ADJUSTING THE FRAME SLEEVE

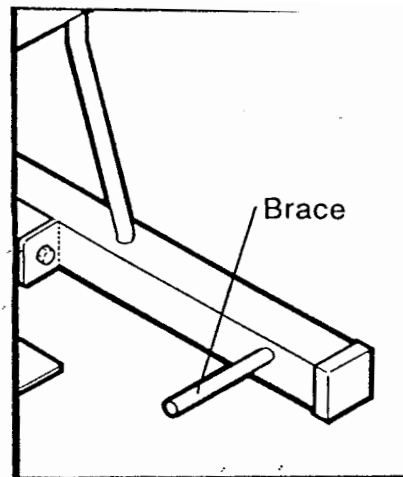
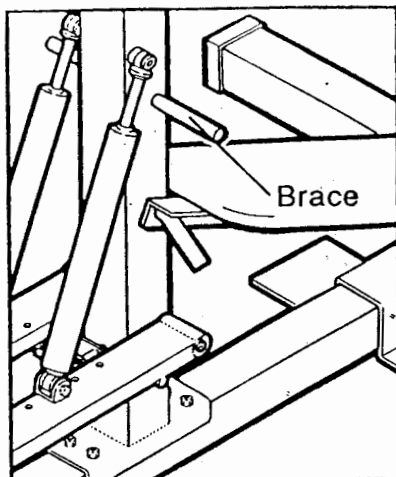
The main arm and butterfly arms are attached to the frame sleeve. The frame sleeve can easily be raised or lowered as desired. Support the weight of the sleeve with one hand and pull back the locking knob with the other hand. Raise or lower the sleeve to the desired position, and replace the locking knob in the locked position. Be sure that the locking knob fully engages one of the holes in the main frame.

WARNING: When using the butterfly arms, the frame sleeve must be positioned so that the butterfly arms are at least two (2) inches above the user's head when the user is seated on the bench.



POSITIONING THE BRACE

When performing exercises with the bench resting on the stabilizer, insert the brace through the main frame to provide a brace for the hands or feet. When performing roman sit-ups, insert the brace into the stabilizer to provide a brace for the feet.



EXERCISING ON THE STEPPER

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

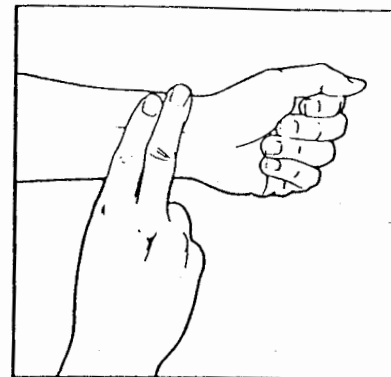
Hold the upper or lower posts on either side of the frame sleeve. Press the right pedal down and place your right foot on the pedal. Place your left foot on the raised left pedal. To exercise, alternately press the right and left pedals down with a smooth, rhythmic motion. For effective cardiovascular exercise, relatively short, rapid steps at low resistance are recommended. Whether standing erect or leaning forward, always keep your back straight to avoid injury. **IMPORTANT:** To prevent damage to the stepper, be sure that the guide rods on the pedals always remain on the reciprocator rollers.

EXERCISE INTENSITY

For an effective aerobic workout, it is important to exercise at the proper intensity level. You can maintain the proper intensity level using your heart rate as a guide. To develop your cardiovascular capacity, your heart rate should be kept within what is called your "training zone" during exercise. You can find your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned persons, aged 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 pause during exercise and place two fingers over the wrist as shown. Carefully take a six-second heart beat count and add a 0 to the number to determine your heart rate. (A six-second count is used due to the fact that the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your training zone and adjust your pace or the resistance as necessary. During the first few weeks of exercise, the heart rate should be kept near the low end of the training zone. Over the course of a few months, the heart rate can be increased until it is near the high end of the training zone.



THE WORKOUT

Each workout should begin with at least 5 minutes of stretching or light calisthenics. Warming up in this manner prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. The warm-up should be followed by 20-30 minutes of exercising with your heart rate in your training zone. Each workout should end with at least 5 minutes of stretching or light exercise to aid circulation and prevent soreness.

To maintain or improve your conditioning, you must exercise 2-3 times per week as described above. A day of rest between workouts is recommended. After a few months of exercising, the number of workouts can be increased to 4-5 per week. The key to achieving successful results is consistency.

WEIGHT TRAINING

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

The FLEX CTS offers a full selection of weight training exercises, designed to develop all major muscle groups of the body. The poster accompanying this manual illustrates each exercise, demonstrating correct form and showing the areas of the body affected. By following the guidelines explained below, you can design an exercise program to produce the specific results you want.

Each workout will require only 30 minutes, and should include 6-10 different exercises. Select exercises for all muscle groups, with emphasis on the areas you want to develop most. The exercises can be varied from day to day to give balance to your workouts and maintain your level of interest. Always remember to begin and end each workout with 5-10 minutes of stretching and light calisthenics. Your exercise program should include three workouts per week, with at least one day of rest between workouts. Schedule your workouts for the time of day when your energy level is highest. Once you find the right schedule for you, stick with it.

Correct exercise form is important for optimal results. Be careful not to overexert yourself at first. Concentrate on learning the exercises correctly instead. Proper breathing is also important. Exhale as you exert yourself and inhale as you return to the starting position. Never hold your breath.

To help you measure your progress and stay motivated, it may be helpful to keep a record of each workout. List the date, exercises performed, resistance used, and number of repetitions and sets completed (see MUSCLE BUILDING below). Include key body measurements every 4-6 weeks. A training partner can also provide helpful motivation. Because the FLEX CTS is designed to accommodate two persons at once, it is ideal for use with a training partner.

Exercise attire should be comfortable and loose fitting to allow for unrestricted movement. Always wear athletic shoes for foot protection. Remember that adequate rest and good nutrition are essential to the success of any fitness program. For more information on diet and exercise, consult your physician or obtain a book from your library.

MUSCLE BUILDING

Weight training exercises can be defined in terms of three variables: repetitions, sets and resistance. A repetition is a single exercise movement, such as one sit-up. A set is a number of repetitions performed continuously. Resistance refers to the weight or force which is overcome with each repetition. The exercise poster lists the recommended number of repetitions and sets for each exercise.

Muscles increase in size and strength when they are worked to capacity. When greater demands are placed on the muscles, the muscles will grow to meet the new demands. It may take a little experimentation at first to find the right amount of resistance for each exercise. Begin with an amount you think you can manage. If you cannot complete the recommended number of repetitions and sets, decrease the amount of resistance. If you can complete the repetitions and sets without difficulty, increase the resistance. Remember, for muscle growth, the muscles must be worked to capacity.

MUSCLE TONING

Muscle toning involves the same exercises as muscle building, but the exercises are performed with less intensity. The muscles should never be worked to capacity. Instead, use less resistance, and do as many repetitions and sets as you choose. Endurance is more important than strength for toning and conditioning.

MAINTENANCE AND TROUBLE-SHOOTING

The FLEX CTS is designed to be virtually maintenance-free. Check the equipment regularly to be sure that all parts are tightened securely. Replace any worn parts immediately. The unit can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not use solvents.

To prevent damage to the stepper, be sure that the guide rods on the pedals always remain on the reciprocator rollers.

PART LIST - MODEL NO. 870301

Key No.	Reorder No.	Qty.	Description
1	100093	2	#5 Weightband
2	100094	2	#10 Weightband
3	100095	2	#25 Weightband
4	100096	2	#50 Weightband
5	100504	1	Lateral Bar
6	100217	1	Lateral Bar Pad
7	100091	1	Pull Pin
8	100227	1	Main Arm
9	100061	2	Frame Pin
10	100112	1	Bench
11	014129	10	Flat Washer
12	014126	6	Lock Washer
13	120001	6	Phillips Bolt
14	100228	1	Bench Support
15	100034	1	Brace
16	100226	1	Stabilizer
17	100033	4	Frame Endcap
18	120002	1	Stabilizer Bolt
19	012041	1	Stabilizer Nut
20	100105	2	Pedal Spacer
21	100048	4	Pedal Bushing
22	013244	4	Button Head Bolt
23	100085	1	Foot Plate
24	100108	2	Bracket Knob
25	100230	1	Right Pedal
26	100106	2	Pedal Footpad
27	100196	2	Cylinder Bracket
28	012149	6	Lock Nut
29	013399	2	Cylinder Bolt

Key No.	Reorder No.	Qty.	Description
30	100223	4	Footpad Mtg. Screw
31	100225	1	Base
32	100190	2	Resistance Cylinder
33	100234	4	Upper Cylinder Bushing
34	100052	2	Cylinder Spacer
35	100224	1	Main Frame
36	100229	1	Left Pedal
37	100062	1	Pedal Reciprocator
38	100151	1	Reciprocator Axle Cap
39	100086	2	Butterfly Pad
40	100231	2	Butterfly Arm
41	100056	2	Butterfly Arm Endcap
42	100109	1	Lock Knob
43	100256	4	Lower Cylinder Bushing
44	100100	1	Frame Sleeve
45	100083	2	Clevis Pin
46	100084	2	Hair Pin Cotter
47	100233	1	Left Bench Rail
48	100232	1	Right Bench Rail
49	100077	1	Lock Pin Assembly
50	100073	2	Sleeve Slider Bushing
51	100092	4	Retainer
52	100253	1	Main Arm Bumper
53	120003	4	Base Bolt
#	100404	1	Exercise Poster
#	100470	1	Warranty Card
#	100719	1	Owner's Manual

Optional (not included)

#	100644	2	Locking Band
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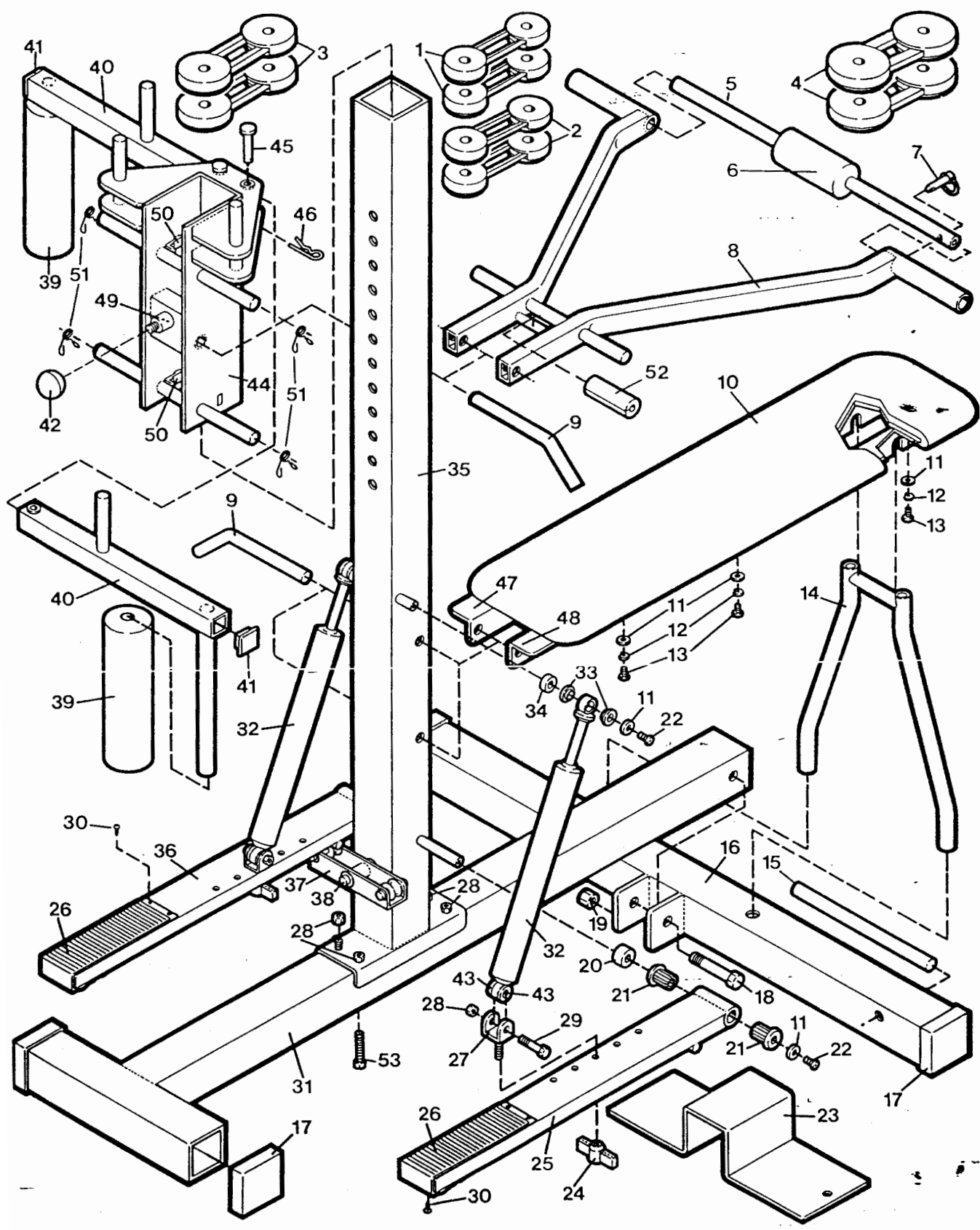
Three additional exercises can be performed using the optional locking bands. The locking bands can be ordered by following the instructions on the back cover of this manual.

To attach the locking bands, lift the main arm to the highest position. Slide one end of the locking bands onto the posts on the main arm, and the other end onto the upper posts on the frame sleeve. Clip retainers onto all four posts to hold the locking bands in place.

Note: “#” indicates a non-illustrated part.

See the back cover of this manual for information on ord

EXPLODED DRAWING - MODEL NO. 870301



Specifications are subject to change without notice.

ORDERING PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-99WESLO (999-3756)**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The name of the product (FLEX CTS Cross Training System).
2. The model number of the product (870301).
3. The serial number of the product, found on a decal on the frame (see the drawing on the front cover for the location of the decal).
4. The key number of the part from the part list on page 10.
5. The description of the part from the part list on page 10.