

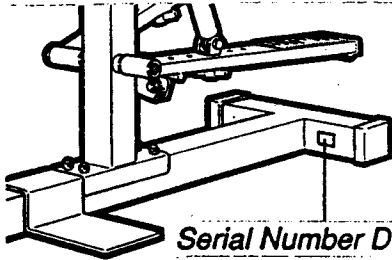
# FLEX CTS<sup>TM</sup>

## CROSS TRAINING SYSTEM

**weslo, inc.**<sup>®</sup>  
A Subsidiary of Weider Health and Fitness, Inc.

Model No. WL870510

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.*

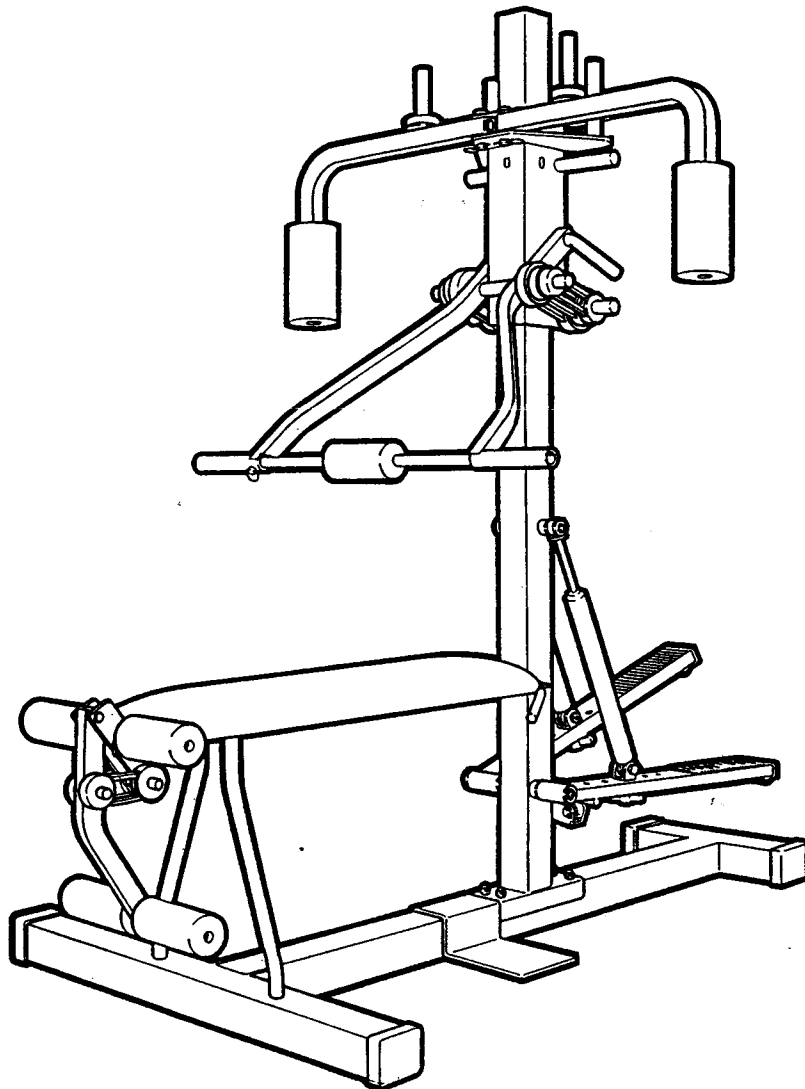
**CUSTOMER HOT LINE:**

**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

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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.
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.
4. Keep hands away from moving parts other than the designated handles.
5. The butterfly arms must be positioned as least two (2) inches above the user's head when the user is seated on the bench. Make sure the lock knob is fully engaged in one of the holes in the main 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.
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 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.

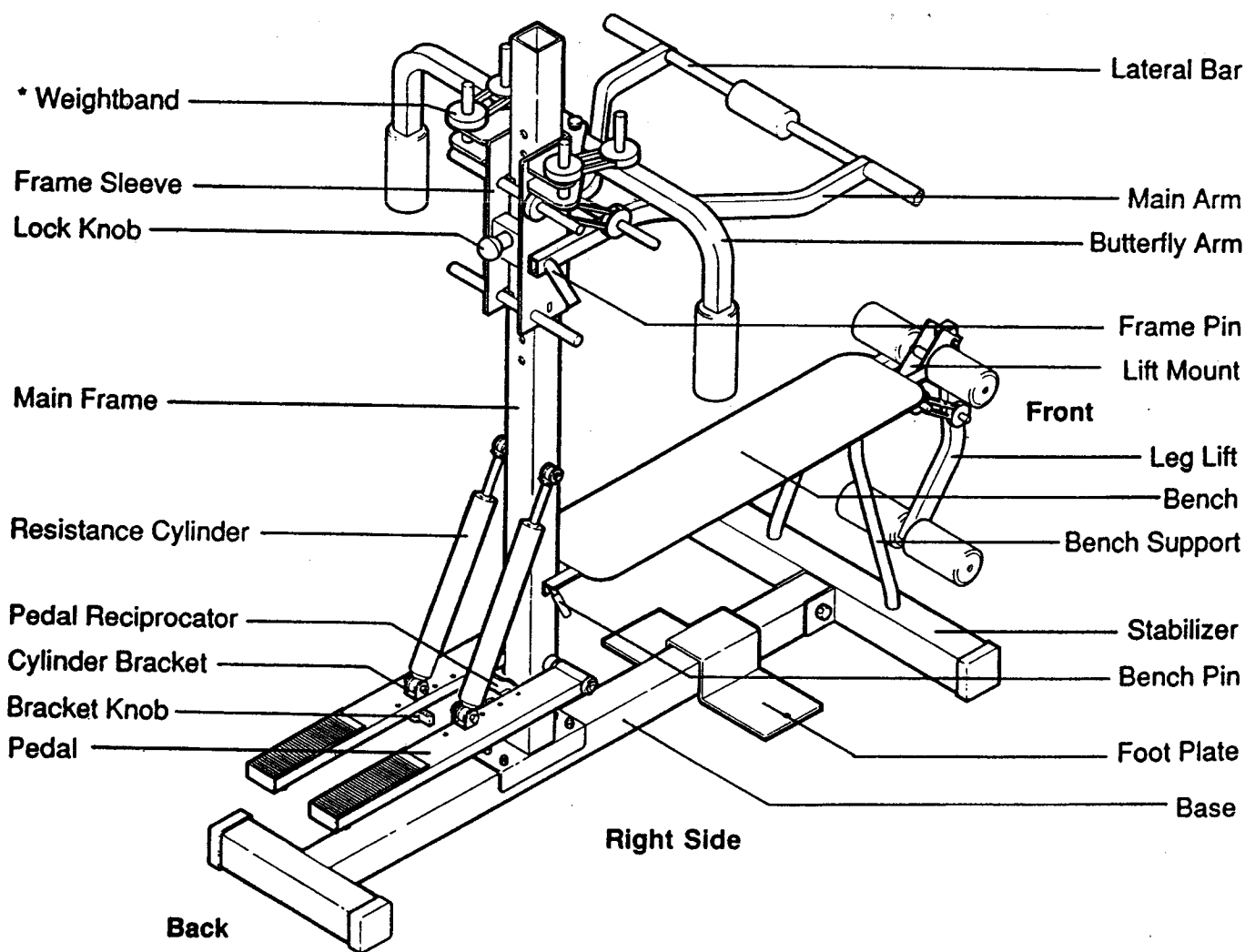
**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

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. 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 on the frame (see the drawing on the front cover for the location of the decal).

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



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

# ASSEMBLY

Two people are required in order to assemble the FLEX CTS. 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. Refer to the PART LIST on page 10 and the EXPLODED DRAWING on page 11 for help identifying parts, if necessary. Assembly can be completed using two adjustable wrenches (not included).

## ASSEMBLING THE FRAME

Turn the Base (6) so the threaded ends of the bolts are upward. Attach the Stabilizer (7) to the Base with the Stabilizer Bolt (10) and Nut (11). Place the Foot Plate (25) over the Base.

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

## ASSEMBLING THE MAIN ARM

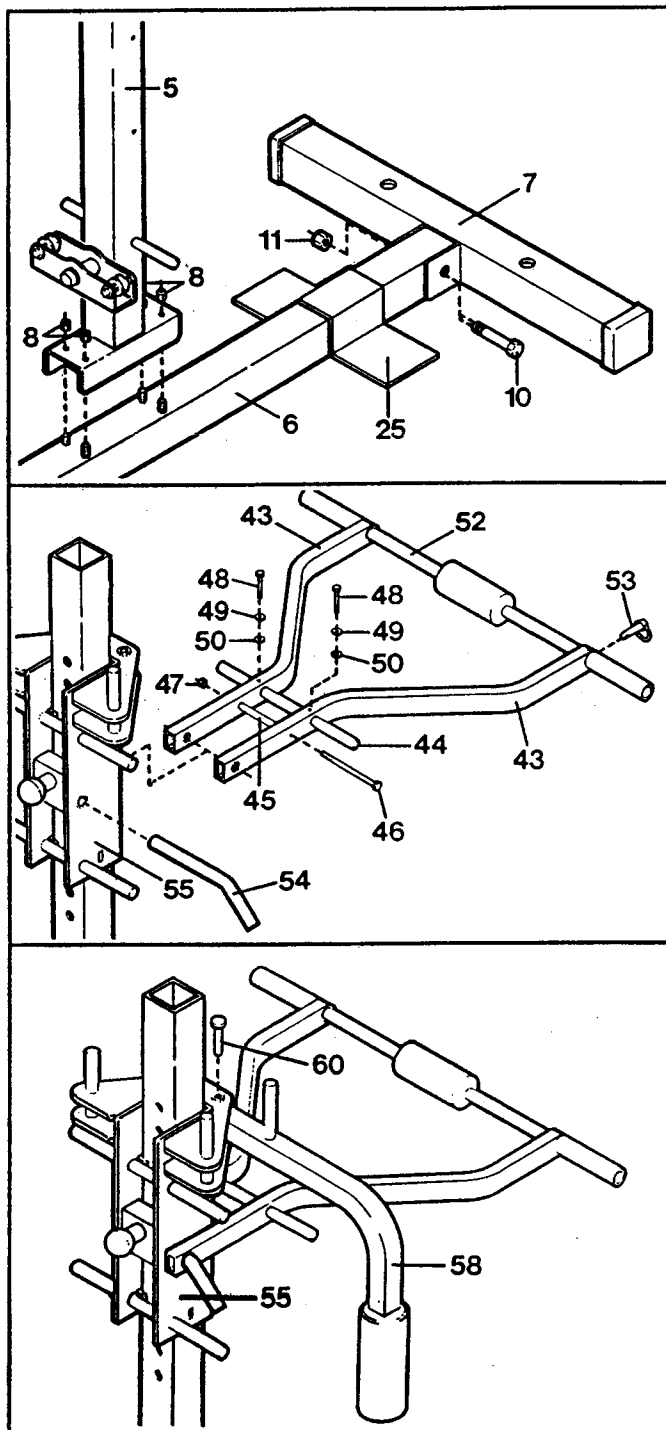
Lay the two sections of the Main Arm (43) on the floor. Insert the Arm Rod (44) through the Main Arm. Turn the Rod so the holes in the Rod are aligned with the holes in the Main Arm, and attach the Rod with the Rod Bolts (48), Lockwashers (49) and Washers (50). Place the Arm Brace (45) between the sections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

Slide the Lateral Bar (52), one end at a time, into the Main Arm (43). Align the hole in the Lateral Bar with one of the holes in the Main Arm, and insert the Pull Pin (53).

Align the Main Arm (43) with the holes in the sides of the Frame Sleeve (55). Attach the Main Arm by inserting the Frame Pin (54).

## ASSEMBLING THE BUTTERFLY ARMS

Lightly grease a Butterfly Pin (60). Align the hole in the end of a Butterfly Arm (58) with one of the holes in the top of the Frame Sleeve (55). Attach the Butterfly Arm to the Frame Sleeve with the Butterfly Pin. Attach the other Butterfly Arm in the same manner (not shown).



## ASSEMBLING THE STEPPER PEDALS

Lightly grease the pedal axle on the right side of the Frame (5). Slide a Pedal Spacer (12) and the Right Pedal (23) onto the axle. Attach the Pedal with a Bolt (15) and Flat Washer (14). Attach the Left Pedal (not shown) in the same manner. The guide rods on the Pedals must rest on the rollers of the Reciprocator (63).

## ASSEMBLING THE RESISTANCE CYLINDERS

Lightly grease the cylinder axle on the right side of the Frame (5). Slide a Cylinder Spacer (17) and a Resistance Cylinder (20) onto the axle. Attach the Resistance Cylinder with a Bolt (15) and Flat 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 (not shown) in the same manner.

## ASSEMBLING THE BENCH

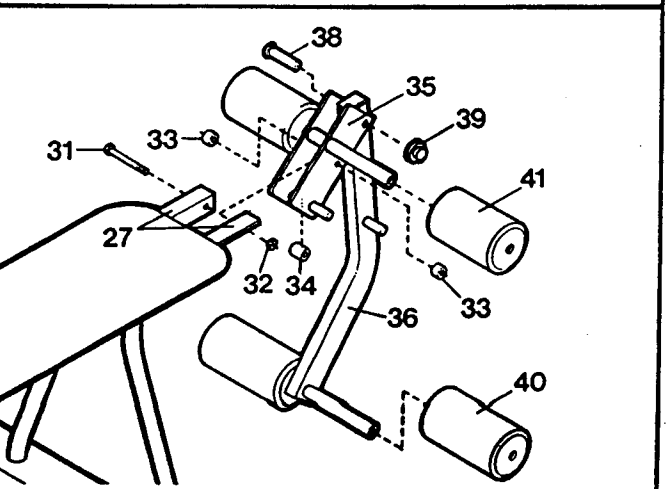
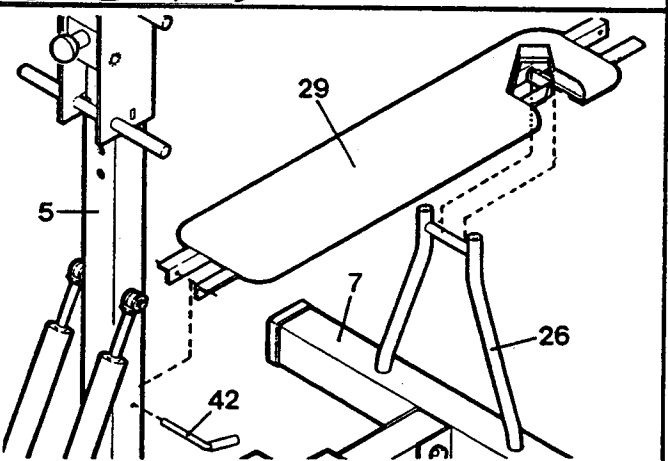
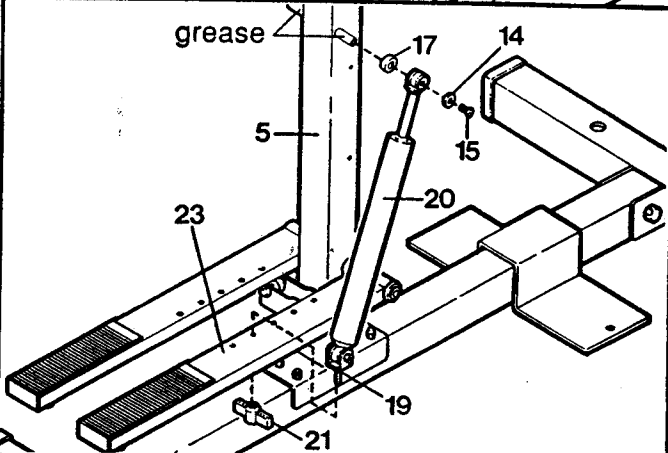
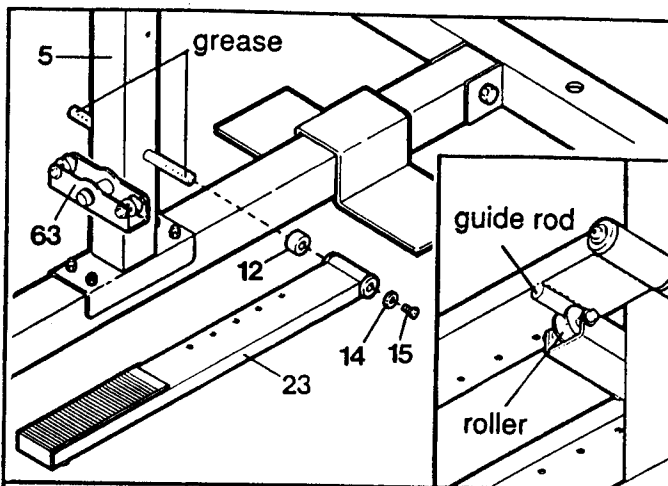
Insert the Bench Support (26) into the top of the Stabilizer (7). Fit the Bench (29) onto the Bench Support. Attach the Bench to the Frame (5) with the Bench Pin (42). There are two sets of holes in the Frame. The Bench can be attached in either a horizontal or an inclined position.

## ASSEMBLING THE LEG LIFT

Place the Lift Mount (35) between the Bench Rails (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 Mount Nut (32) 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).

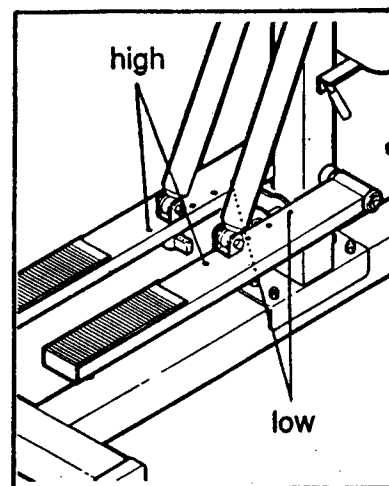


# ADJUSTING THE FLEX CTS

## 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 different 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 re-attach the bracket knobs.

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



## 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.

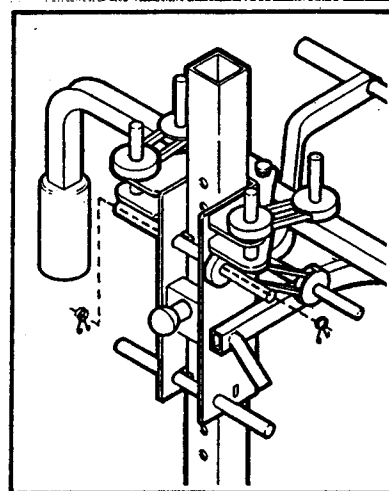
## ATTACHING AND REMOVING THE LATERAL BAR

Certain exercises require the use of the lateral bar. The lateral bar should be attached as described in the assembly instructions. The lateral bar can be removed after withdrawing the pull pin.

## ADJUSTING THE WORKLOAD

The FLEX CTS utilizes specially-engineered polymer weightbands to create exercise resistance. The key to the effectiveness of the weightbands is 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.

To use the main arm, slide one end of the weightbands onto the posts on the main arm. Slide the other end onto the upper or lower posts on the frame sleeve, depending on the exercise to be performed. Note: When first sliding weightbands onto the main arm, it may be necessary to push on the main arm.



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

Always clip retainers onto the posts to hold the weightbands in place. Use the small retainers on the posts on the leg lift and lift mount, and the large retainers on all other posts.

## ATTACHING AND REMOVING THE BENCH

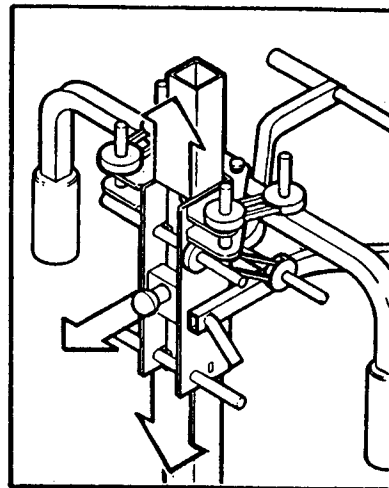
The bench should be attached as described in the assembly instructions. For certain exercises, the end of the bench must rest directly on the stabilizer. If the lift mount and leg lift are attached to the

bench, remove the mount bolt and nut, and remove the lift mount and leg lift. Note the order of the spacers so the lift mount and leg lift can be re-attached later. Remove the bench support and lower the end of the bench onto the stabilizer. If desired, the bench can be removed by sliding out the bench 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 to the position that is most comfortable for you. Support the weight of the frame sleeve with one hand, and pull back the locking knob with the other hand. Raise or lower the frame sleeve to the desired position, and replace the locking knob in the locked position. **Be sure the locking knob is fully engaged in one of the holes in the main frame.**

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

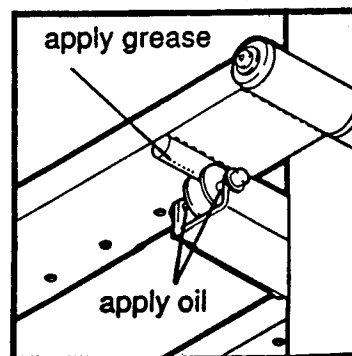


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## MAINTENANCE AND TROUBLE-SHOOTING

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. Lubricate the rollers periodically using a few drops of light, multi-purpose oil. The underside of the guide rods should also be lubricated using a small amount of heavy grease.



# EXERCISING ON THE STEPPER

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

Face the FLEX CTS and hold the upper or lower posts on the frame sleeve. Step onto one of the pedals, and press the pedal down. Place your other foot on the raised pedal. To exercise, alternately press the right and left pedals down with a smooth, rhythmic motion. For an effective aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance. Whether you stand erect or lean forward, always keep your back straight to avoid injury. Remember to breathe normally as you exercise.

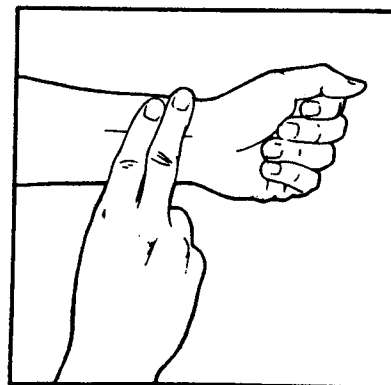
**WARNING:** Never set the resistance so high that you must push or pull against the posts with your arms to press the pedals down. Exercising in this manner could result in heart risk.

## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity level. The proper intensity level can be found using the heart rate as a guide. For an effective aerobic workout, the heart rate should be kept at a level between 70% and 85% of the maximum heart rate. This is known as the "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. Find the training zone that is applicable to you.

| AGE | UNCONDITIONED<br>TRAINING ZONE<br>(BEATS/MIN) | CONDITIONED<br>TRAINING ZONE<br>(BEATS/MIN) | AGE | UNCONDITIONED<br>TRAINING ZONE<br>(BEATS/MIN) | CONDITIONED<br>TRAINING ZONE<br>(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 over your wrist as shown. Carefully take a six-second heart beat count, and add a zero to the result to find your heart rate. (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. If your heart rate is below your training zone, increase the intensity of your exercise. If your heart rate is too high, decrease the intensity. During the first few weeks of exercise, your heart rate should be kept near the low end of your training zone. Over the course of a few months, your heart rate can be increased gradually until it is near the high end of your training zone.



## **THE WORKOUT**

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. The warm-up should be followed by 20-30 minutes of exercise with your heart rate in your training zone. Finish each workout with 5-10 minutes of stretching to aid circulation and prevent soreness. To maintain or improve your condition, you must complete three workouts 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.

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## **WEIGHT TRAINING GUIDELINES**

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

The FLEX CTS offers a full selection of weight training exercises to develop all major muscle groups of the body. Follow the guidelines below to design an exercise program which will produce the specific results you want. Your program should include three 30-minute workouts each week, with a day of rest between workouts. Schedule your workouts for the time of day when your energy level is highest.

Each workout should include 6-10 different exercises. Select exercises which develop all major muscle groups, with emphasis on the areas you want to develop most. Vary the exercises from day to day to give balance and interest to your workouts. Begin and end every workout with 5-10 minutes of stretching or light calisthenics. Be careful not to overexert yourself at first. Concentrate on learning the exercises correctly instead. Always exhale as you exert yourself, and inhale as you relax. Never hold your breath. Wear clothing that is comfortable and loose-fitting to allow unrestricted movement. Always wear athletic shoes for foot protection.

To help you stay motivated, keep a record of your workouts. List the date, exercises performed, resistance used, and number of repetitions and sets completed (see MUSCLE BUILDING below). Record key body measurements every 4-6 weeks. Because the FLEX CTS can accommodate two persons at once, try exercising with a training partner for added motivation. Remember that adequate rest and proper nutrition are essential to the success of your fitness program. For more information on exercise and diet, consult your physician or obtain a book from your library.

### **MUSCLE BUILDING**

Muscles increase in size and strength when they are pushed to capacity; as greater workloads are placed upon the muscles, the muscles grow in response. Each weight training exercise can be tailored to the proper intensity level by changing any of three variables: the number of repetitions (single exercise movements) performed, the number of sets (continuous repetitions) completed, or the resistance used. Experiment until you find the proper amount for each exercise.

### **MUSCLE TONING**

Muscle toning involves the same exercises as muscle building, but the exercises should be performed with less intensity. Do not push the muscles to capacity. Instead, use less resistance, and do as many repetitions and sets as desired. To tone the muscles, endurance is more important than strength.

# PART LIST- Model No. WL870510

Rev. 7/91

| Key No. | Qty. | Description            | Key No. | Qty. | Description            |
|---------|------|------------------------|---------|------|------------------------|
| 1       | 2    | #5 Weightband          | 42      | 1    | Bench Pin              |
| 2       | 2    | #10 Weightband         | 43      | 2    | Main Arm               |
| 3       | 2    | #25 Weightband         | 44      | 1    | Arm Rod                |
| 4       | 2    | #50 Weightband         | 45      | 1    | Arm Brace              |
| 5       | 1    | Frame                  | 46      | 1    | Brace Bolt             |
| 6       | 1    | Base                   | 47      | 1    | Brace Nut              |
| 7       | 1    | Stabilizer             | 48      | 2    | Rod Bolt               |
| 8       | 6    | Locknut                | 49      | 2    | Rod Lockwasher         |
| 9       | 4    | Base Endcap            | 50      | 2    | Rod Washer             |
| 10      | 1    | Stabilizer Bolt        | 51      | 1    | Lateral Bar Pad        |
| 11      | 1    | Stabilizer Nut         | 52      | 1    | Lateral Bar            |
| 12      | 2    | Pedal Spacer           | 53      | 1    | Pull Pin               |
| 13      | 4    | Pedal Bushing          | 54      | 1    | Frame Pin              |
| 14      | 2    | Flat Washer            | 55      | 1    | Frame Sleeve           |
| 15      | 4    | Bolt                   | 56      | 2    | Butterfly Pad          |
| 16      | 4    | Upper Cylinder Bushing | 57      | 2    | Sleeve Slider Bushing  |
| 17      | 2    | Cylinder Spacer        | 58      | 2    | Butterfly Arm          |
| 18      | 2    | Cylinder Bolt          | 59      | 1    | Lock Knob              |
| 19      | 2    | Cylinder Bracket       | 60      | 2    | Butterfly Pin          |
| 20      | 2    | Resistance Cylinder    | 61      | 1    | Lock Pin Assembly      |
| 21      | 2    | Bracket Knob           | 62      | 4    | Lower Cylinder Bushing |
| 22      | 2    | Pedal Footpad          | 63      | 1    | Pedal Reciprocator     |
| 23      | 1    | Right Pedal            | 64      | 1    | Reciprocator Axle Cap  |
| 24      | 1    | Left Pedal             | 65      | 2    | Large Retainer         |
| 25      | 1    | Foot Plate             | 66      | 2    | Flat Washer            |
| 26      | 1    | Bench Support          | 67      | 1    | Spring                 |
| 27      | 1    | Bench Rail             | #       | 1    | Owner's Manual         |
| 28      | 2    | Small Retainer         | #       | 1    | Grease                 |
| 29      | 1    | Bench                  |         |      |                        |
| 30      | 6    | Phillips Bolt          |         |      |                        |
| 31      | 1    | Mount Bolt             |         |      |                        |
| 32      | 1    | Mount Nut              |         |      |                        |
| 33      | 2    | Outer Spacer           |         |      |                        |
| 34      | 1    | Inner Spacer           |         |      |                        |
| 35      | 1    | Lift Mount             |         |      |                        |
| 36      | 1    | Leg Lift               |         |      |                        |
| 37      | 1    | Leg Lift Endcap        |         |      |                        |
| 38      | 1    | Leg Lift Pin           |         |      |                        |
| 39      | 1    | Pushnut                |         |      |                        |
| 40      | 2    | Long Pad               |         |      |                        |
| 41      | 2    | Short Pad              |         |      |                        |

Optional (not included)

|   |   |              |
|---|---|--------------|
| # | 2 | Locking Band |
|---|---|--------------|

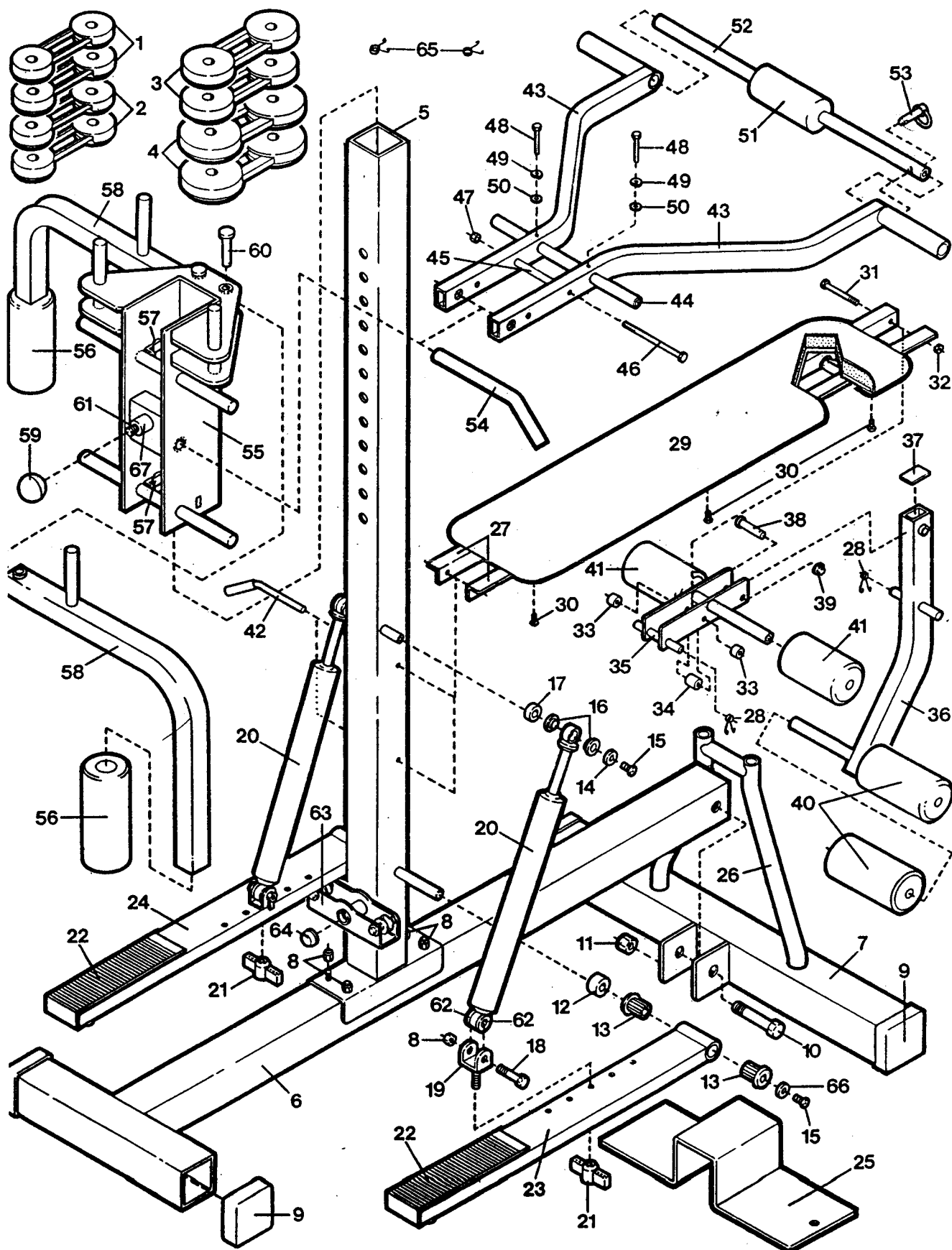
Additional exercises can be performed using optional locking bands. Locking bands can be ordered following the instructions on the back cover of this manual. Note: To attach the locking bands, lift the main arms to the highest position. Slide one end of the locking bands onto the posts on the main arms, and the other end onto the upper posts on the frame sleeve.

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover about information about ordering replacement parts.

# EXPLODED DRAWING- Model No. WL870510

Rev. 7/91

Specifications are subject to change without notice.



# ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-999-3756, during our business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WL870510).
2. The NAME of the product (FLEX CTS).
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