

FLEX CTSTM

Patent Pending

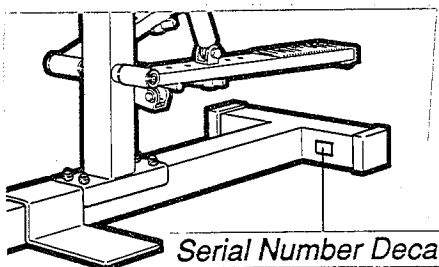
CROSS TRAINING SYSTEM

weslo, inc.[®]

A Subsidiary of Weider Health and Fitness, Inc.

Model No. WL870513

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.

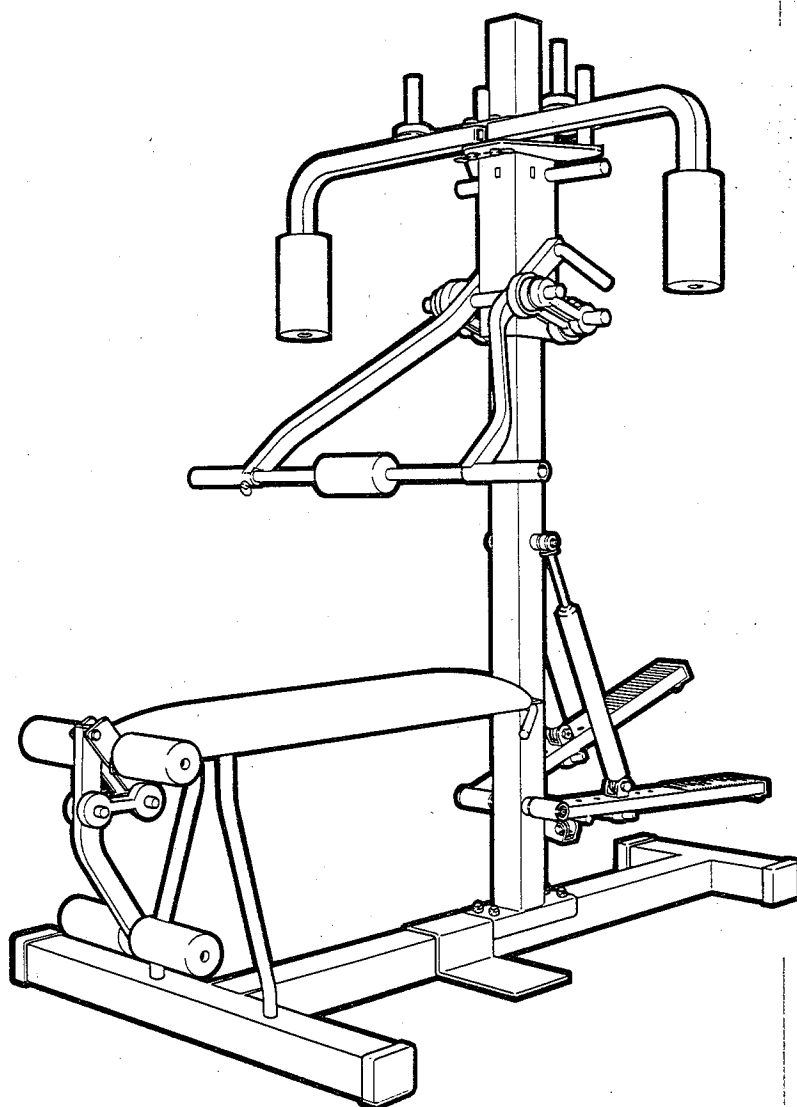
CUSTOMER HOT LINE:

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 the owner's manual.
2. Inspect and tighten all parts each time this equipment is used. Replace worn parts immediately.
3. Wear appropriate exercise attire when exercising. Always wear athletic shoes for foot protection.
4. Keep your hands away from moving parts other than the designated handles. Keep small children away from the equipment at all times.
5. Always clip retainers over the weightbands to prevent the weightbands from slipping off.
6. Always stand on the foot plate when performing any exercise that could cause this equipment to tip.
7. Never release the main arm, butterfly arms or leg lift while the weightbands are stretched.
8. The butterfly arms must be positioned at least two 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 frame.
9. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.

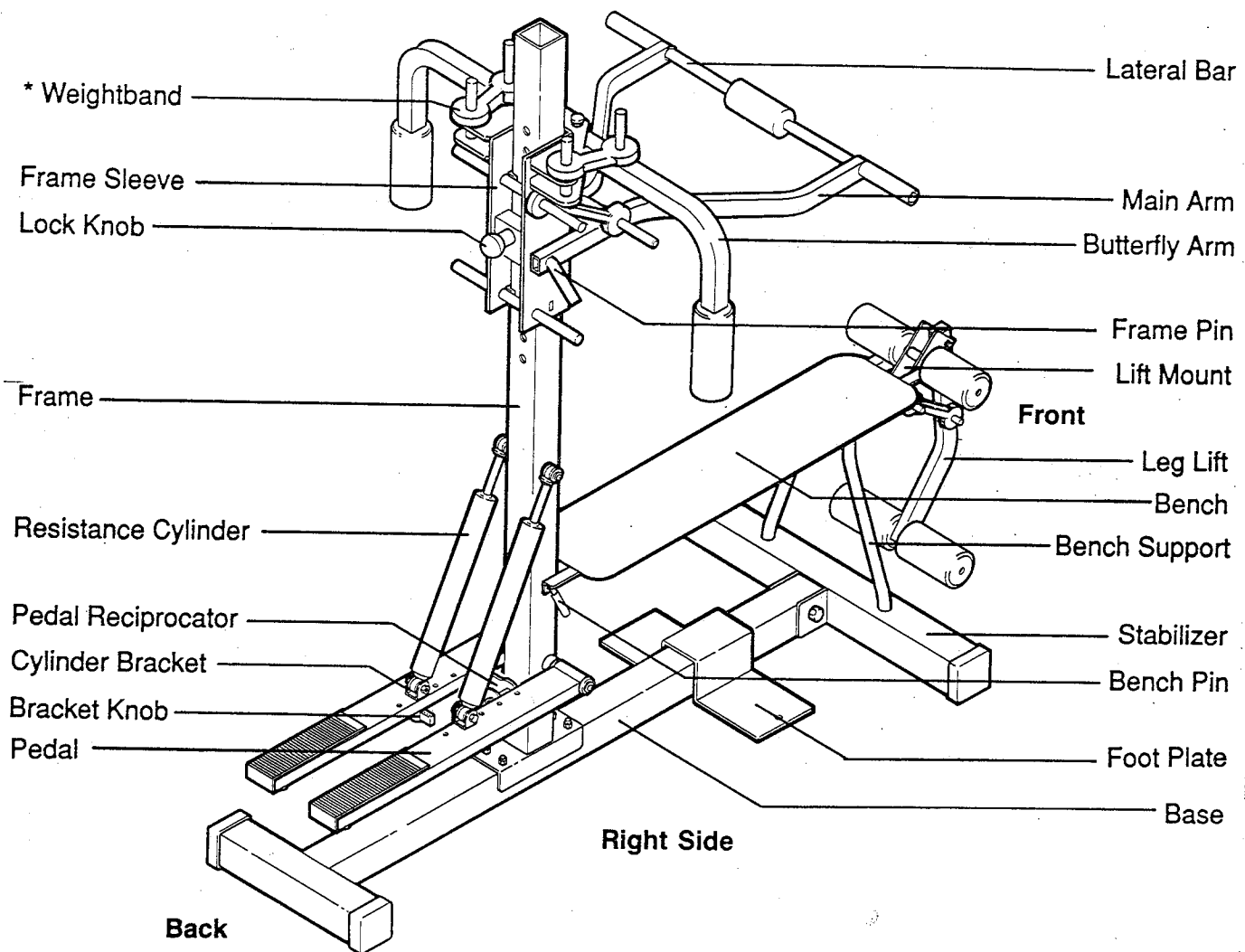
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. Weslo assumes no responsibility for personal injury or property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

BEFORE YOU BEGIN

Congratulations for selecting the FLEX CTS Cross Training System. With a full selection of both aerobic and weight training exercises, the FLEX CTS is a total body conditioning machine. Whether your goal is to develop dramatic muscle size and strength, shape and tone your body, increase your stamina and flexibility, reduce stress or strengthen your heart and lungs, the FLEX CTS will help you to reach your goals in the privacy and comfort of your own home.

For your safety and benefit, read this manual carefully before using the FLEX CTS. 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 mention the product model number and serial number when calling. The model number is printed on the front cover of this owner's manual. The serial number is printed on a decal attached to the system (see the front cover of this owner's manual 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. 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 (7) to the Base with the Stabilizer Bolt (10) and Nut (11). Place the Foot Plate (25) over the Base.

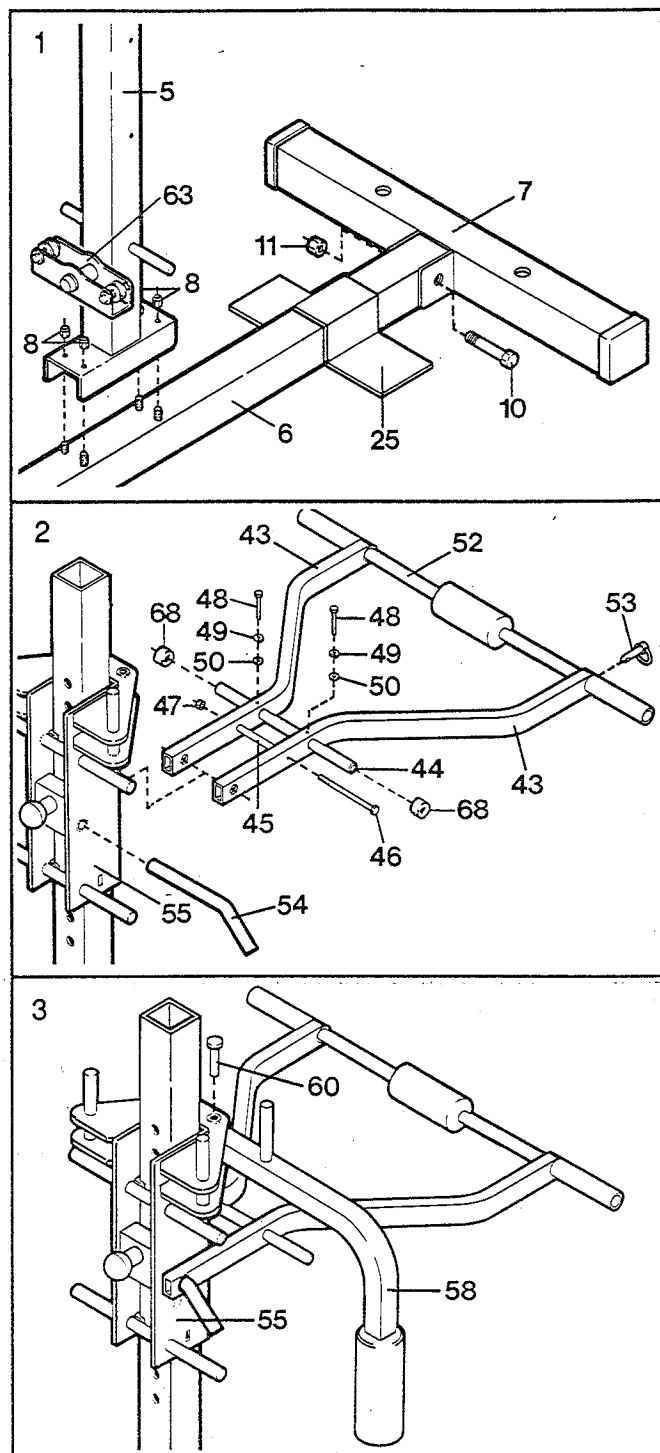
Attach the Frame (5) to the Base (6) with four Locknuts (8). Be sure the Frame is turned so that the Reciprocator (63) is away from the Stabilizer (7).

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 that 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 (68) onto each end of the Rod. Place the Arm Brace (45) between the two sections of the Main Arm. Insert the Brace Bolt (46) through the Brace, and tighten the Brace Nut (47) onto the end of the Bolt. **Do not overtighten the Brace Nut, or the Main Arm may be damaged.**

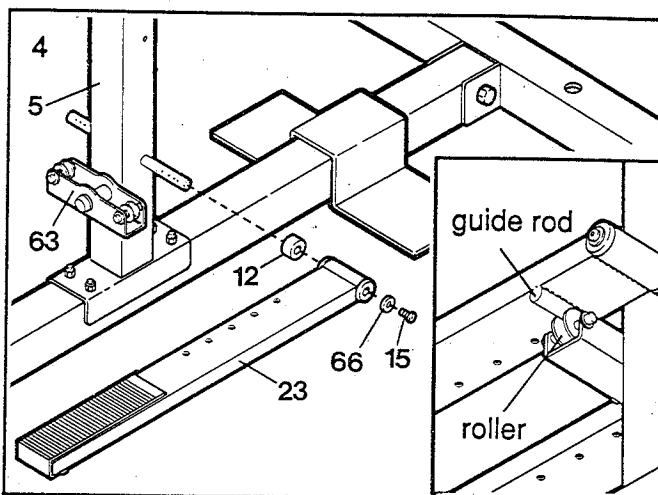
Slide the Lateral Bar (52), one end at a time, into the Main Arm (43). Align the hole in the Lateral Bar with one of the holes in the Main Arm, and insert the Pull Pin (53).

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).

3. Place the end of one of the Butterfly Arms (58) in the Frame Sleeve (55) as shown. Align the hole in the Butterfly Arm with the holes in the Frame Sleeve, and attach the Butterfly Arm by inserting a Butterfly Pin (60). Attach the other Butterfly Arm in the same manner (not shown).

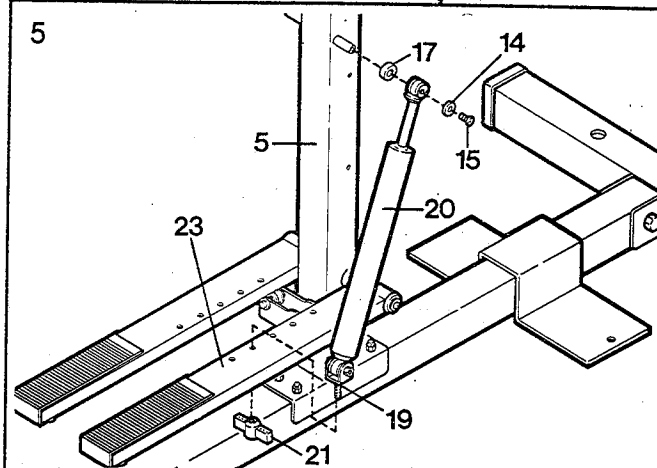


4. Slide a Pedal Spacer (12) and the Right Pedal (23) onto the axle on the right side of the Frame (5). Attach the Pedal with a Bolt (15) and Pedal Washer (66). Attach the Left Pedal (not shown) in the same manner. The guide rods on the Pedals must rest on the rollers of the Reciprocator (63).

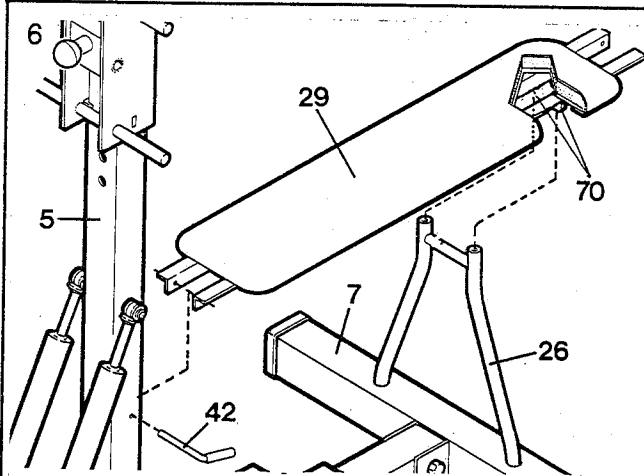


5. Slide a Cylinder Spacer (17) and a Resistance Cylinder (20) onto the axle on the right side of the Frame (5). Attach the Resistance Cylinder with a Bolt (15) and Flat Washer (14).

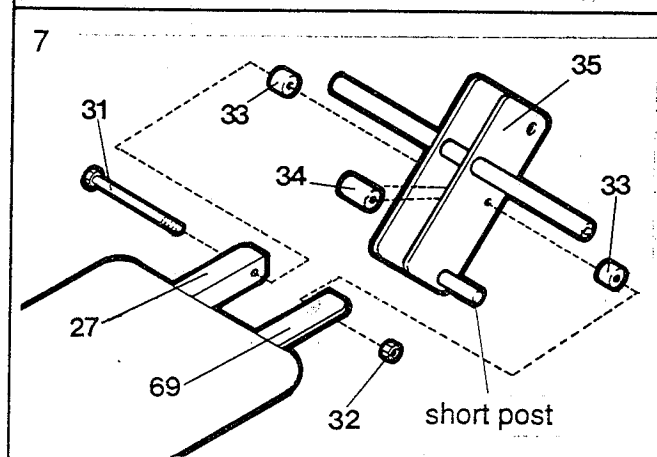
Insert the Right Cylinder Bracket (19) into one of the holes in the Right Pedal (23). The tab on the Bracket must be against the inside of the Pedal. Tighten a Bracket Knob (21) onto the end of the Bracket. Attach the other Resistance Cylinder (not shown) in the same manner.



6. Insert the Bench Support (26) into the top of the Stabilizer (7). Fit the Bench (29) onto the Bench Support by inserting the Bench Brackets (70) into the holes in the top of the Bench Support. Attach the Bench to the Frame (5) by inserting 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.



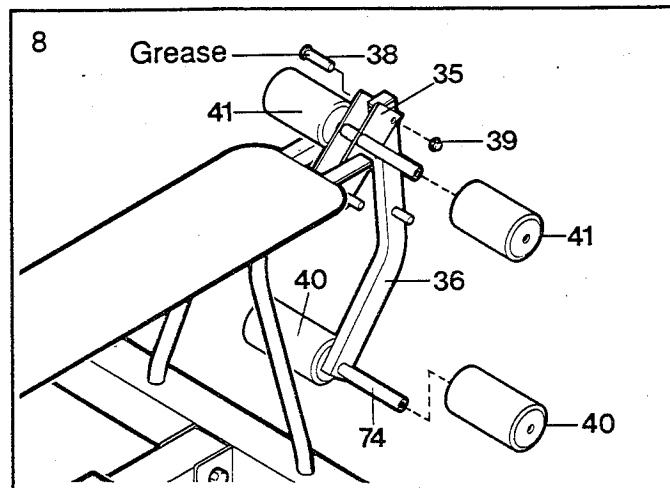
7. Place the Lift Mount (35) between the Bench Rails (27, 69) as shown. **Be sure the Lift Mount is turned so that the short post is at the bottom as shown.** Place one Outer Spacer (33) on each side of the Lift Mount, between the Bench Rails. Place the Inner Spacer (34) inside the Lift Mount. Insert the Mount Bolt (31) through the Bench Rails, Outer Spacers, Lift Mount and Inner Spacer. (It may be helpful to place each part in position as the Mount Bolt is inserted.) Tighten the Mount Nut (32) onto the Mount Bolt. **Do not overtighten the Locknut.** The Lift Mount should swivel freely.



8. Place the upper end of the Leg Lift (36) inside the Lift Mount (35), and insert the Leg Lift Pin (38) through the Lift Mount and Leg Lift. Tap the Pushnut (39) onto the Leg Lift Pin. 8

(74) CHANGED BEFORE PRINTING

Center the Leg Lift Tube (33) in the large hole at the lower end of the Leg Lift (36). Slide a Long Pad (40) onto each end of the Tube. Slide a Short Pad (41) onto each end 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 reattach 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.

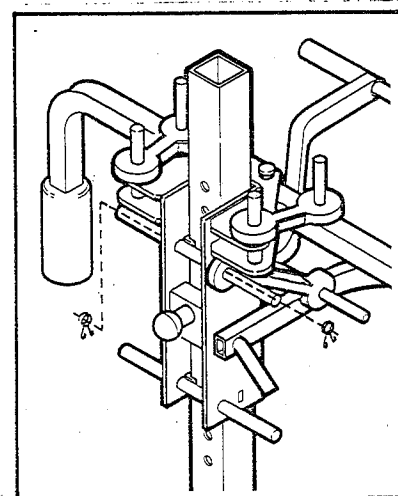
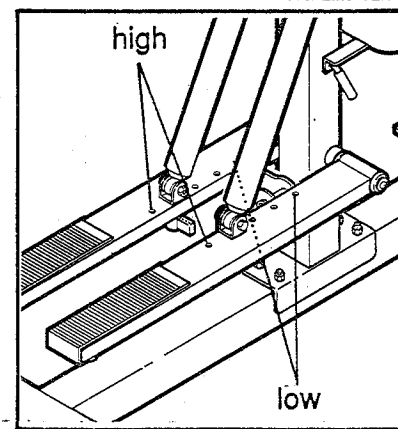
ATTACHING AND REMOVING THE LATERAL BAR

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 butterfly arms and the frame sleeve. 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 lift mount, and the large retainers on all other posts.

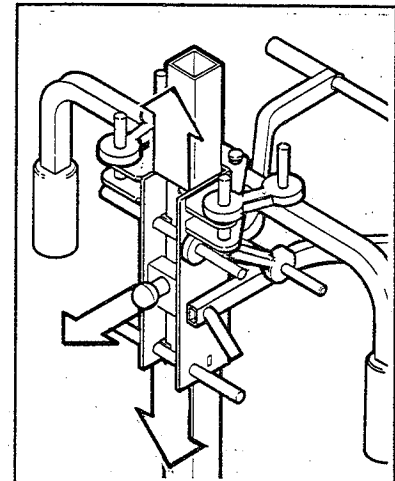
ATTACHING AND REMOVING THE BENCH

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 reattached 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 frame.**

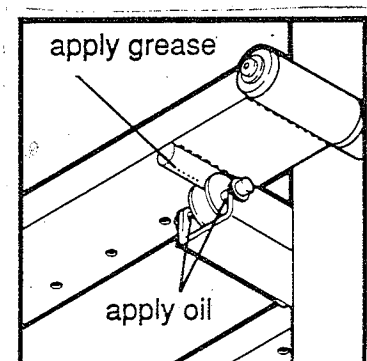
WARNING: When using the butterfly arms, the frame sleeve must be positioned so the butterfly arms are at least two inches above the user's head when the user is seated on the bench.



TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts of the system regularly. Replace worn parts immediately. The system 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. A small amount of light multi-purpose oil should be applied to the rollers periodically. A small amount of heavy grease should also be applied to the underside of the guide rods periodically.



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 pre-existing health problems. Never set the stepper resistance so high that you must push against the posts with your arms in order to press the pedals down. Exercising in this manner could result in heart risk.

Face the FLEX CTS and hold the upper or lower posts on the frame sleeve. Place your right foot on the right pedal and press the pedal down. Place your left foot on the raised left pedal. To exercise, alternately press the left and right pedals down with a smooth, rhythmic motion. For an effective workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance. Stand erect or lean forward slightly as you exercise, always keeping your back straight in order to avoid injury. Remember to breathe normally—never hold your breath.

CARDIOVASCULAR CONDITIONING

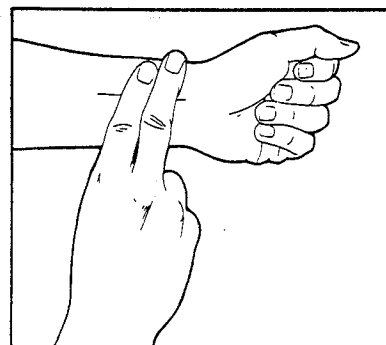
To maximize the benefits of exercising, it is important to exercise with the proper level of intensity. The proper level of intensity can be found by using your heart rate as a guide. For an effective cardiovascular workout, your heart rate should be kept at a level between 70% and 85% of your maximum heart rate as you exercise. This is called 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)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

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.

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Carefully take a six-second heartbeat count. 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. 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 of your exercise.



Begin every workout with 5-10 minutes of stretching or light calisthenics. Follow this with about 30 minutes of exercise with your heart rate in your training zone. It makes no difference whether this is done in one 30-minute period or in a few shorter periods, such as three 10-minute periods. Finish every workout with 5-10 minutes of stretching to improve flexibility and help 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 of regular exercise, the number of workouts can be increased to 4-5 each week.

WEIGHT TRAINING GUIDELINES

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.

The FLEX CTS offers a full selection of weight training exercises. Follow the guidelines below to design a weight training program which will help you to achieve the specific results you want. Your program should include three 30-minute workouts each week, with at least one day of rest between workouts. Schedule workouts for the time of day when your energy level is the highest. Each workout should include 6-10 different exercises. Select exercises which will develop all of the major muscle groups, with emphasis on the areas you want to develop the most. To give balance and variety to your workouts, vary the exercises from day to day.

MUSCLE BUILDING

To increase the size and strength of the muscles, the muscles must be worked to capacity. Each exercise can be tailored to the proper difficulty level by changing the amount of weight used, or the number of repetitions and sets completed. (A repetition is one complete cycle of an exercise, such as one sit-up. A set is a series of consecutive repetitions.) Be careful not to overexert yourself. Begin and end every workout with 5-10 minutes of stretching or light calisthenics. Rest for 30 seconds after each set, and 1 minute after each exercise. Concentrate on learning the exercises correctly. Exhale as you exert yourself, and inhale as you relax—never hold your breath.

MUSCLE TONING

If your goal is to tone the muscles rather than to build size and strength, use a low amount of resistance and do as many repetitions as desired. It is not necessary to work the muscles to capacity in order to tone the muscles.

Because the FLEX CTS is designed to be used by two persons at once, try exercising with a training partner. For added motivation, keep a record of your workouts. List the date, exercises performed, weight used, and number of repetitions and sets completed. Record key body measurements at the end of every month. For successful results, proper nutrition and adequate rest are essential. For more information about exercise and diet, consult your physician.

PART LIST—Model No. WL870513

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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	#5 Weightband	46	1	Brace Bolt
2	2	#10 Weightband	47	1	Brace Nut
3	2	#25 Weightband	48	2	Rod Bolt
4	2	#50 Weightband	49	2	Rod Lockwasher
5	1	Frame	50	2	Rod Washer
6	1	Base	51	1	Lateral Bar Pad
7	1	Stabilizer	52	1	Lateral Bar
8	6	Locknut	53	1	Pull Pin
9	4	Base Endcap	54	1	Frame Pin
10	1	Stabilizer Bolt	55	1	Frame Sleeve
11	1	Stabilizer Nut	56	2	Butterfly Pad
12	2	Pedal Spacer	57	2	Sleeve Slider Bushing
13	4	Pedal Bushing	58	2	Butterfly Arm
14	2	Flat Washer	59	1	Lock Knob
15	4	Bolt	60	2	Butterfly Pin
16	2	Upper Cylinder Bushing Set	61	1	Lock Pin Assembly
17	2	Cylinder Spacer	62	2	Lower Cylinder Bushing Set
18	2	Cylinder Bolt	63	1	Reciprocator
19	2	Cylinder Bracket	64	1	Reciprocator Axle Cap
20	2	Resistance Cylinder	65	4	Large Retainer
21	2	Bracket Knob	66	2	Pedal Washer
22	2	Pedal Footpad	67	1	Spring
23	1	Right Pedal Assembly	68	2	Weightband Spacer
24	1	Left Pedal Assembly	69	1	Right Bench Rail
25	1	Foot Plate	70	2	Bench Bracket
26	1	Bench Support	71	2	Bracket Bolt
27	1	Left Bench Rail	72	2	Bracket Washer
28	4	Small Retainer	73	2	Butterfly Endcap
29	1	Bench	75	1	Leg Lift Tube
30	4	Phillips Bolt	#	1	Owner's Manual
31	1	Mount Bolt	#	1	Exercise Manual
32	1	Mount Nut	#	1	Grease
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			
42	1	Bench Pin			
43	2	Main Arm			
44	1	Arm Rod			
45	1	Arm Brace			

Optional (not included)

2 Locking Band

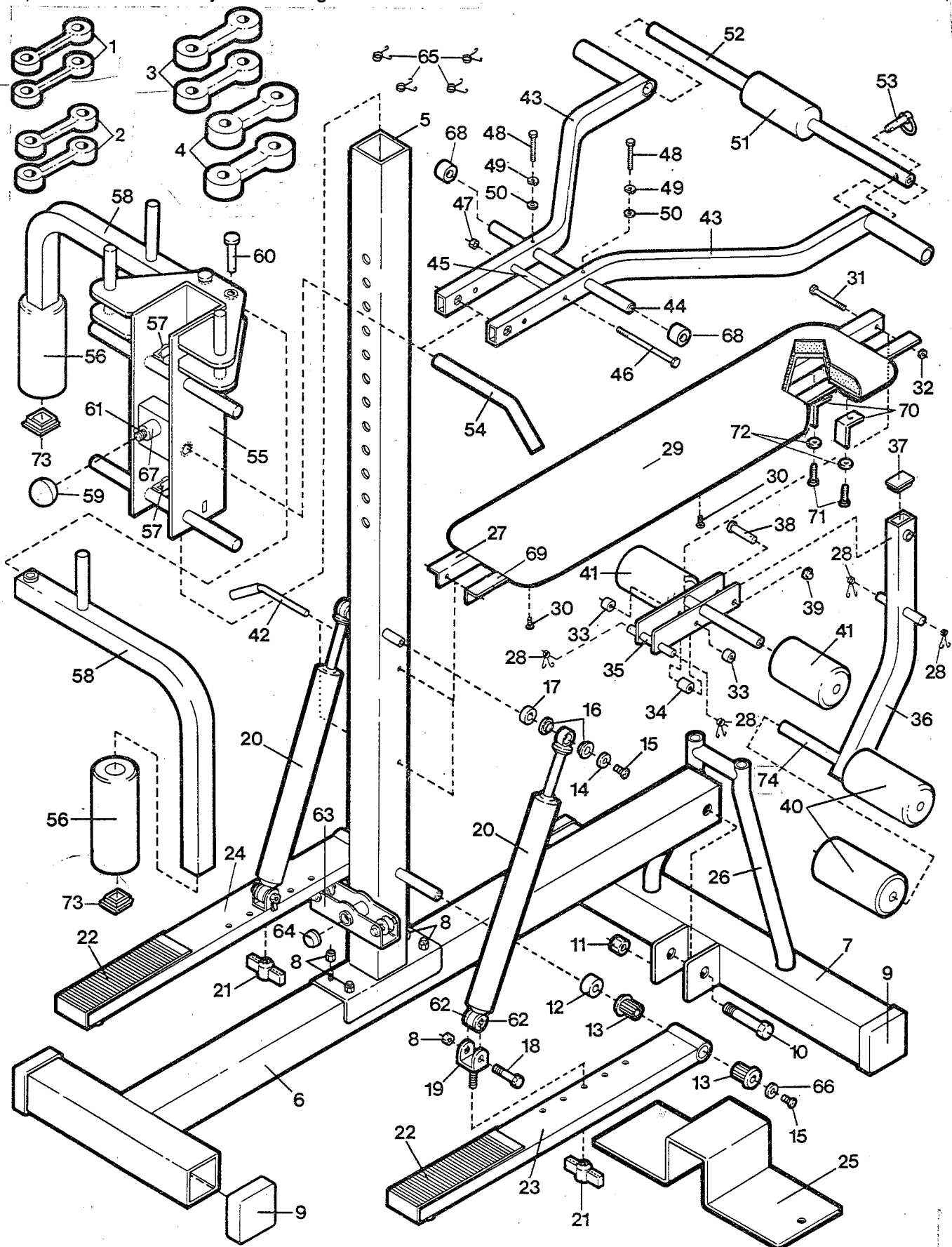
Additional exercise can be performed using optional locking bands. Locking bands can be ordered following the instructions on the back cover of this manual. Note: To attach the locking bands, lift the main arm to the highest position. Slide one end of the locking bands onto the posts on the main arm,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

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

EXPLODED DRAWING—Model No. WL870513

Rev. 5/92

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). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WL870513).
2. The NAME of the product (FLEX CTS Cross Training System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the parts (see 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 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