

WESLO®

CADENCE®



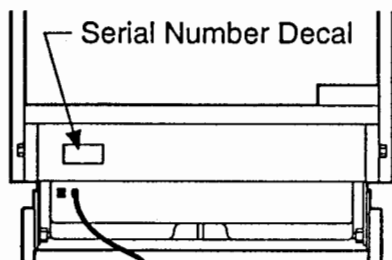
2.0 HP DC MOTOR • 0-10 MPH

960

EXTENDED STRIDE • POWER INCLINE

Model No. WL960031

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.

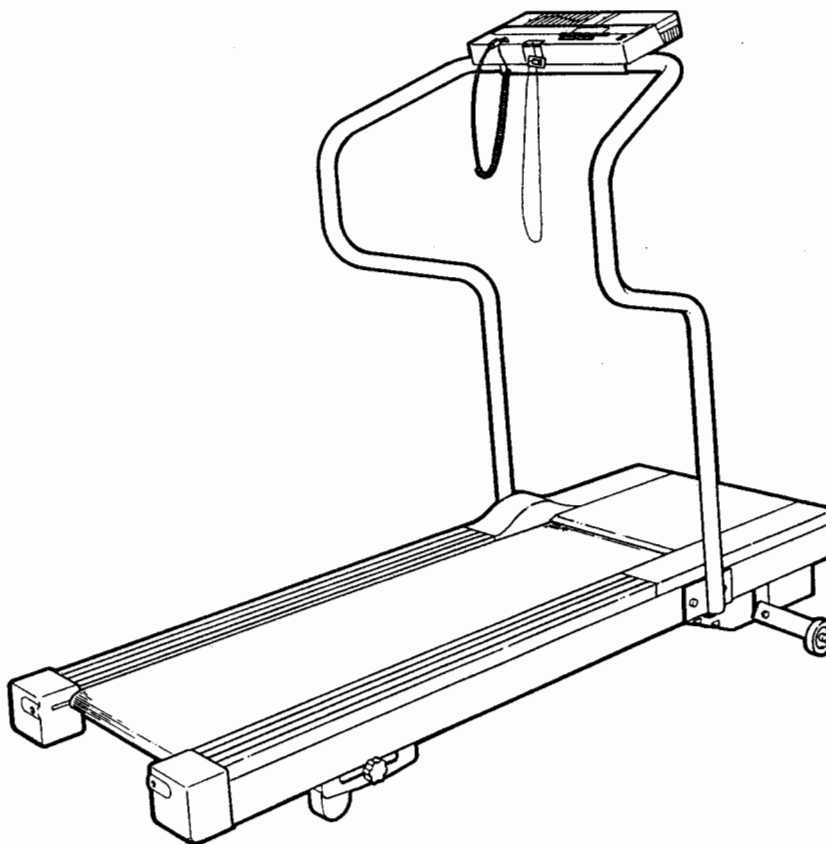
CUSTOMER HOT LINE:

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

WESLO® CADENCE®

2.0 HP DC MOTOR • 0-10 MPH

960

EXTENDED STRIDE • POWER INCLINE

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

IMPORTANT SAFETY PRECAUTIONS

▲ WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important safety precautions and information before operating the treadmill.

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on any surface that blocks an air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. When connecting the power cord (see OPERATION AND ADJUSTMENT in this manual), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length with a three-wire conductor.
3. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN in this manual if the treadmill is not working properly.)
4. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
5. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
6. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
7. Never allow more than one person on the treadmill at a time. The treadmill should not be used by persons weighing more than 250 pounds.
8. Keep small children away from the treadmill at all times. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.
9. Never drop or insert any object into any opening.
10. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
11. The treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.
12. Use the treadmill only as described in this manual.
13. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

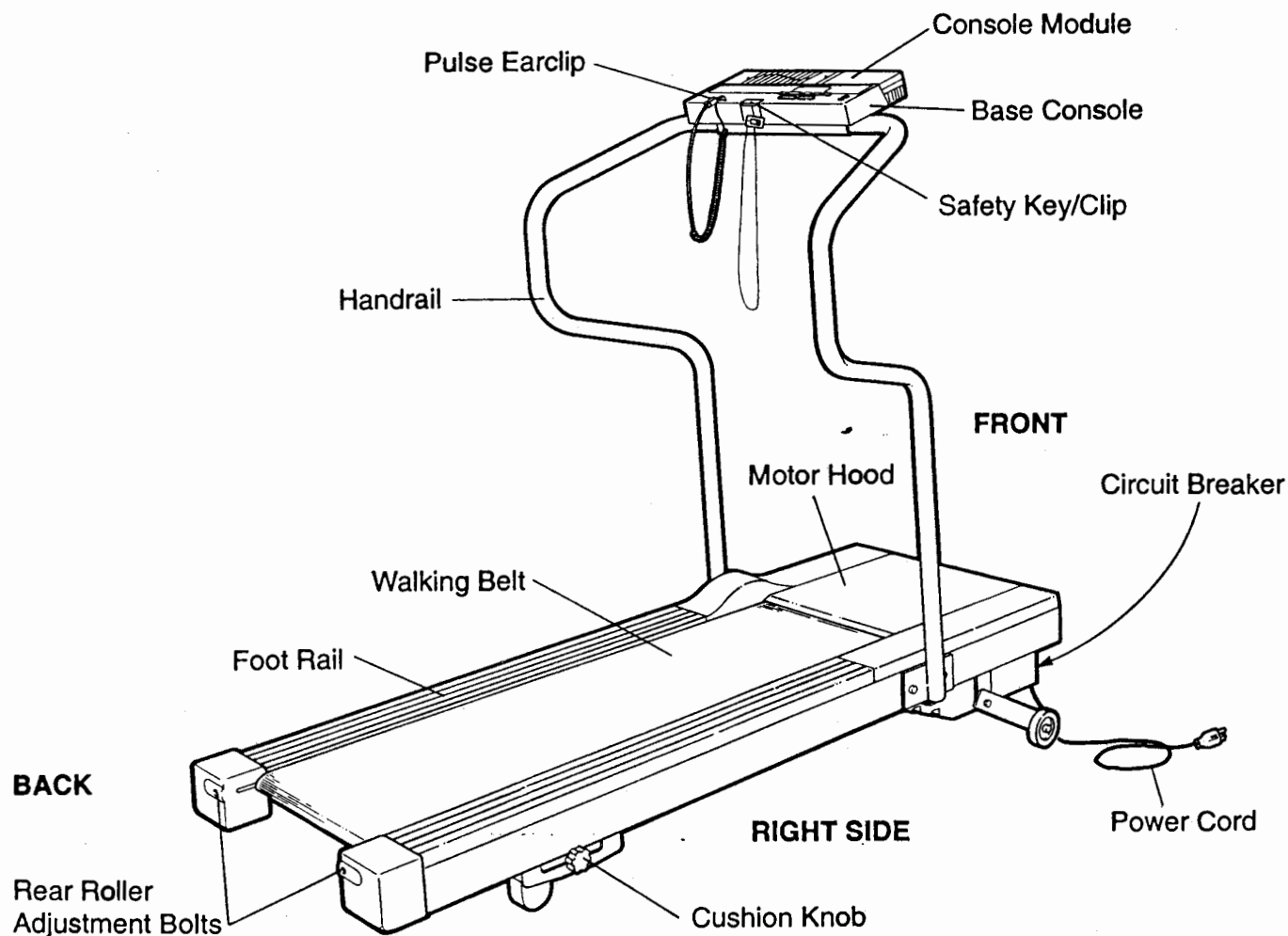
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

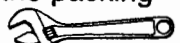
Thank you for selecting the WESLO CADENCE® 960 treadmill. The CADENCE 960 treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WL960031. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

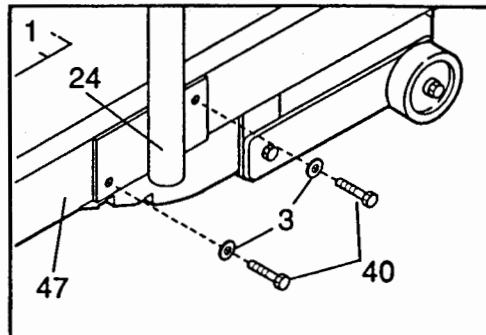


ASSEMBLY

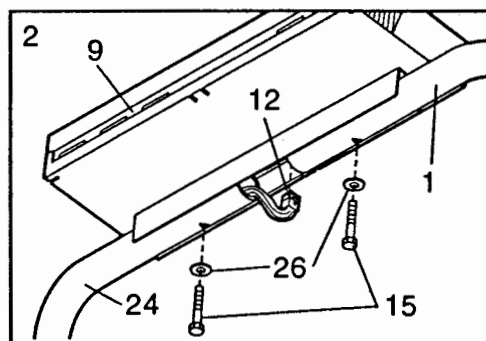
Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **TOOLS REQUIRED: an 8" adjustable wrench** .

1. Align the lower end of the Right Handrail (24) with the indicated holes in the side of the treadmill Frame (47). Attach the Handrail with two of the four Handrail Bolts (40) and Handrail Washers (3). **Be careful not to pinch the wires in the Handrail.** Do not fully tighten the Bolts yet.

Attach the Left Handrail (not shown) in the same manner.

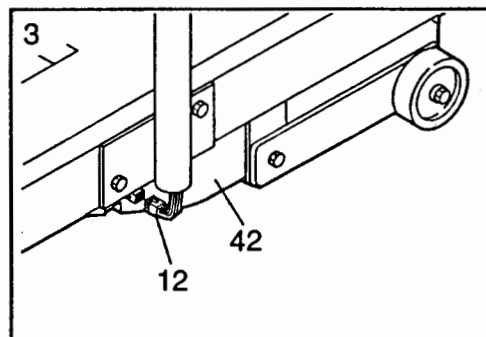


2. Place the Base Console (9) on the upper ends of the Left and Right Handrails (1, 24) as shown. Pull the end of the Handrail Wire Harness (12) out of the Right Handrail and plug it into the connector on the underside of the Console (9). The small latch on the Harness should snap onto the connector. If the Harness does not fit easily, turn it; do not force the Harness into the connector. Attach the Console (9) with the two Console Bolts (15) and Console Washers (26). **Be careful not to damage the wires in the Handrail.** Do not fully tighten the Bolts yet.

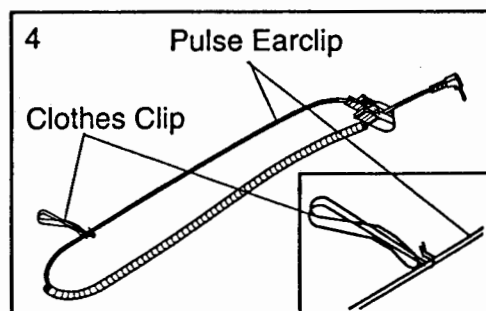


3. Plug the lower end of the Handrail Wire Harness (12) into the connector on the right side of the Belly Pan (42). The small latch on the Harness should snap onto the connector. If the Harness does not fit easily, turn it; do not force the Harness into the connector.

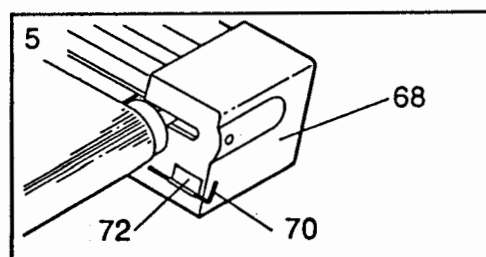
Firmly tighten the Bolts on the lower and upper ends of both Handrails (not shown).



4. Slide the metal Clothes Clip onto the Pulse Earclip in the indicated location. The use of the Pulse Earclip is explained in the **SELECTING MONITOR MODES** section on page 9.



5. Remove the backing from the Wrench Clip (72), and press it onto the Right Roller Bracket (68) in the indicated location. Press the Allen Wrench (70) into the Wrench Clip.



Make sure that all parts are tightened securely before using the treadmill.

OPERATION AND ADJUSTMENT

PLUGGING IN THE POWER CORD

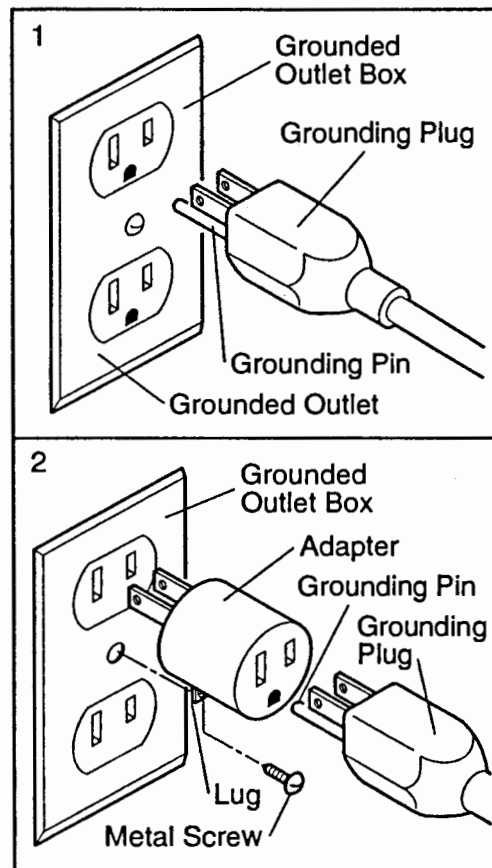
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1.

A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter **must be** connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it **must be** held in place by a metal screw.

Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.



BREAKING IN THE WALKING PLATFORM

Your treadmill features a maintenance-free walking platform with a special hydrocarbon coating. **The walking platform must be broken in completely so the coating impregnates the walking belt.** Follow the instructions below to break in the walking platform. (See pages 7 and 8 for instructions about adjusting the speed and incline of the treadmill.)

Adjust the incline of the treadmill to the highest setting. Next, adjust the walking belt to a moderate speed—about 3 or 4 miles per hour. Hold the handrail and begin walking on the treadmill. Be sure to step on all areas of the walking belt—not only on the center. While the walking belt is being broken in, the walking belt may slow or stop as you walk. Continue for 5 to 10 minutes, or until the walking belt no longer slows as you walk. Note: If the walking belt stops and an "EEEE" appears on the console, remove the safety key, wait for 10 seconds, and then re-insert the safety key.

IMPORTANT: Never apply silicone spray or other substances to the walking platform or the walking belt. Such substances will deteriorate the walking platform and cause excessive wear.

CUSHION LEVEL ADJUSTMENT

For a softer cushion level as you exercise, turn the cushion knob counterclockwise. For a firmer cushion level, turn the knob clockwise. Note: The faster you run on the treadmill, the firmer the cushion level should be. If the cushion level is too soft, the treadmill will bounce excessively.

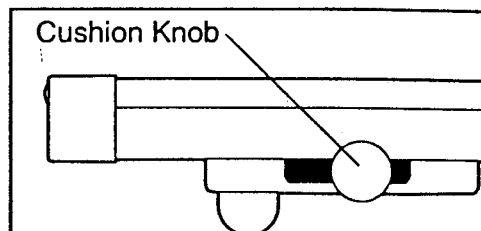
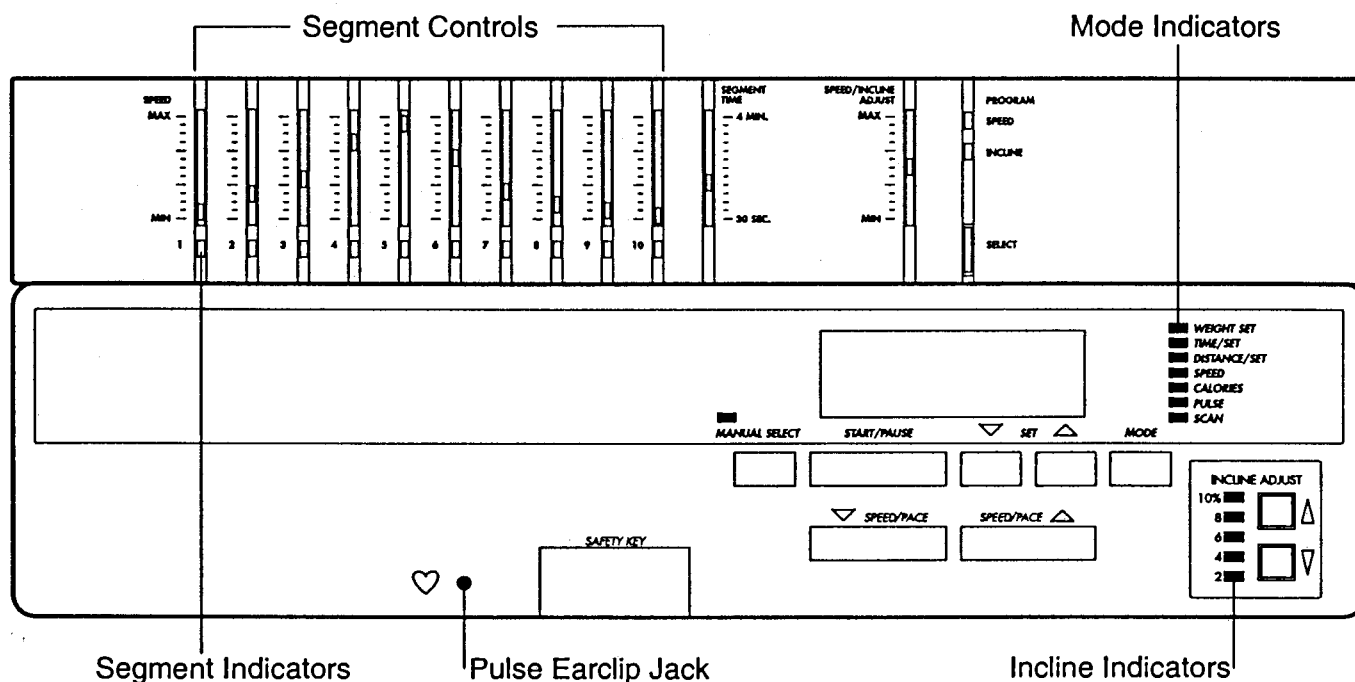


DIAGRAM OF THE CONSOLE



TURNING THE POWER ON

If the safety key is in the console, remove it. Plug the power cord in. (See PLUGGING IN THE POWER CORD on page 6 for proper grounding instructions.)

Step onto the foot rails of the treadmill. Find the clip attached by a cord to the safety key. Slide the clip onto your waistband.

▲ WARNING: Do not stand on the walking belt when turning the power on. Always wear the clip when operating the treadmill; If you fall, the safety key will be pulled from the base console, instantly turning off the power.

Insert the safety key into the console. NOTE: When the safety key is first inserted after the power cord is plugged in, the treadmill will perform an automatic incline test, rising to maximum incline and then returning to minimum incline. If the safety key is in the console when the power cord is plugged in, a "PO" may appear on the display. If a "PO" appears, remove the safety key, wait for ten seconds and then reinsert the safety key.

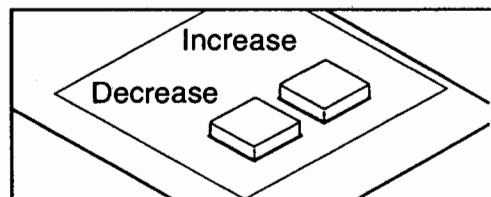
MANUAL MODE OPERATION

When the power is turned on, the console will be in the manual mode and the walking belt will be stationary. The speed of the walking belt can be controlled by pressing the SPEED buttons. The minimum speed setting is 0.5 miles per hour. Each time one of the buttons is pressed, the speed will change by 0.1 mile per hour. The buttons can be held down to change the speed quickly.

⚠ WARNING: After the **SPEED** buttons are pressed, it will take a few seconds for the walking belt to reach the selected speed setting. Adjust the speed gradually until you are familiar with the operation of the treadmill. When the **SPEED** buttons are pressed, the console will display the selected speed setting. The console will then change to display the actual speed of the walking belt until the walking belt reaches the selected speed setting.

Press the **SPEED** increase button until the walking belt begins to move at slow speed. Step carefully onto the walking belt and begin exercising. Change the speed of the walking belt as desired by pressing the **SPEED** buttons. To stop the walking belt, hold down the **SPEED** decrease button. The walking belt can be stopped quickly, if desired, by pressing the **START/PAUSE** button.

To vary the intensity of your exercise, the incline of the treadmill can be adjusted using the buttons on the right side of the console. Each time one of the buttons is pressed, the incline will change by 1%. Indicators will light to show the current incline setting.



PROGRAMMABLE MODE OPERATION

In the programmable mode, the console will control either the speed or the incline of the treadmill automatically according to workout programs you create. To select the programmable mode, press the **SELECT** button on the console. The **SPEED** indicator will light to show that the console is set to control the speed of the treadmill. If you want the console to control the incline of the treadmill, press the **SELECT** button again. The **INCLINE** indicator will light.

Each workout program will consist of ten equal time periods, called segments. The speed or incline of the treadmill will change automatically at the beginning of each segment. The ten segment controls on the upper left of the console are used to program speed or incline settings for the ten segments.

If the console is set to control the speed of the treadmill, a speed setting should now be programmed for each segment by sliding the segment controls up or down. The "MIN" and "MAX" marks represent the speed range of the treadmill; the higher a control is moved, the faster the walking belt will move during that segment. You may wish to program a low setting for the first segment to provide a warm-up period, a combination of medium and high settings for the middle segments, and a low setting for the final segment for a cool-down period. An endless variety of speed settings can be programmed.

If the console is set to control the incline of the treadmill, an incline setting should now be programmed for each segment in the same manner.

Each workout program can be set to last for a minimum of 5 minutes, up to a maximum of 40 minutes, in increments of 5 minutes. To set the desired length of time, first select the **TIME/SET** mode by repeatedly pressing the **MODE** button (see **SELECTING MONITOR MODES** below). Next, slide the **SEGMENT TIME** control up or down. As you move the control, the length of time you have set will be displayed on the console. The numbers beside the **SEGMENT TIME** control show how long each segment will last.

To start the workout program, press the **START/PAUSE** button. The first segment will begin, and the speed or incline of the treadmill will automatically adjust to the first setting. There will be a brief pause before the walking belt begins to move. Step carefully onto the walking belt and begin exercising. If desired, the segment controls can be changed while the program is running. When the first segment is completed, the second segment indicator will light, and the speed or incline of the treadmill will automatically change to the second setting. If the console is controlling the speed of the treadmill, the incline can be controlled by moving the **SPEED/INCLINE ADJUST** control up or down. If the console is controlling the incline of the treadmill, the speed can be controlled by moving the **SPEED/INCLINE ADJUST** control. The workout program will continue in this manner until all ten segments have been completed. The walking belt will then slow to a stop.

If you need to stop exercising before the workout program has ended, press the START/PAUSE button. When you are ready to resume exercising, press the START/PAUSE button again.

When the workout program has ended, press the MANUAL button to select the MANUAL mode.

SELECTING MONITOR MODES

The console offers a wide selection of monitor modes to give you instant exercise feedback. The monitor modes can be selected by repeatedly pressing the MODE button. Indicators will light to show which monitor mode is currently displayed. The display can be reset, if desired, by removing the safety key and then reinserting it. The monitor modes are described below.

WEIGHT SET: For the CALORIES mode to be accurate, your weight should be entered into the console. Select the WEIGHT SET mode and then press the SET buttons to enter your weight. Each time one of the buttons is pressed, the weight displayed will change by 1 pound. The buttons can be held down to enter your weight quickly.

TIME/SET: This mode displays the elapsed time. This mode also allows time goals to be set. To set a time goal, first select the TIME/SET mode. (Make sure that the SCAN mode is not selected.) Press the SET buttons to set the length of time that you plan to exercise. Each time one of the buttons is pressed, the time displayed will change by 10 seconds. The buttons can be held down to set a time goal quickly. As you exercise, the time will be counted down. When no time remains, a tone will sound. The console will then display the elapsed time since the goal was completed. Note: Time goals can be set only when the console is in the manual mode.

DISTANCE/SET: This mode displays the distance you have traveled. This mode also allows distance goals to be set. To set a distance goal, first select the DISTANCE/SET mode. (Make sure that the SCAN mode is not selected.) Press the SET buttons to set the distance that you plan to travel. Each time one of the buttons is pressed, the distance displayed will change by 0.2 miles. The buttons can be held down to set a distance goal quickly. As you exercise, the distance will be counted down. When the distance goal is completed, a tone will sound. The console will then display the distance you have traveled since the goal was completed. Note: Distance goals can be set only when the console is in the manual mode.

SPEED: This mode displays the speed of the walking belt. Note: Each time one of the SPEED buttons is pressed, this mode will be displayed automatically for approximately 5 seconds.

CALORIES: This mode displays the total number of nutritional Calories you have burned. For accuracy, first select the WEIGHT SET mode and enter your weight into the console.

PULSE: This mode displays your heart rate. Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. Slide the metal clothes clip onto your collar. After a few seconds, your heart rate will be displayed. Note: If your heart rate is not displayed, rub your ear lobe lightly and reposition the earclip.

SCAN: This mode automatically displays all modes except WEIGHT SET, for approximately 3 seconds each, in a repeating cycle. Note: The PULSE mode will be displayed only if the pulse earclip is worn.

TURNING OFF THE POWER

To turn off the power, remove the safety key from the console. Keep the safety key in a secure location.

⚠ WARNING: Always remove the safety key from the console when you finish exercising.

ADDITIONAL MODULES AVAILABLE

The console is designed to be expandable, offering you even more workout options. The INTERVAL TRAINER™ module at the top of the console can be removed, and other modules can be connected to the console. Three different modules are currently available. The modules are described below.

The state-of-the-art VIDEO TRACK™ module enables you to connect the console to your TV and VCR for exciting and motivating workouts. As you exercise, a videocassette will take you on a tour of some of the most breathtaking scenery in America, while the module controls the treadmill automatically to simulate the terrain you are viewing.

⚠ WARNING: Keep videocassettes at least two feet away from treadmill motor hoods. Treadmill motors contain magnets which can damage videocassettes.

The powerful TRACK FIVE™ module offers five preset workout programs, each designed to give you a different type of workout. Simply select one of the programs, set the length of time that you plan to exercise and choose a workout intensity level. The TRACK FIVE module will control the treadmill automatically as it guides you through an invigorating cardiovascular workout.

The versatile PERSONAL TRAINER PLUS™ module lets you create an endless variety of custom workout programs. Up to four programs can be stored in the module's memory at the same time. The module is also compatible with PERSONAL TRAINER programs. Just connect the module to your telephone, and give your PERSONAL TRAINER a call. Your PERSONAL TRAINER will ask you questions about your fitness goals, and then program the module via a telephone hook-up, with a PERSONAL TRAINER program designed to help you achieve the specific results you want.

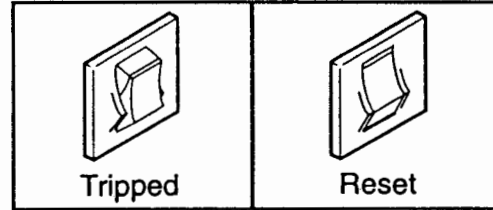
For more information, or to order additional modules, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies to your treadmill and follow the steps listed. If further assistance is needed, 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).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged into a properly grounded outlet. (See OPERATION AND ADJUSTMENT in this manual.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- After the power cord has been plugged in, make sure that the safety key is fully inserted into the console. Various indicators on the console should light. (See OPERATION AND ADJUSTMENT in this manual.)
- Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill frame near the power cord. If the circuit breaker has tripped, the switch will protrude. (See the drawing above.) To reset the circuit breaker, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.

3. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- If a console malfunction occurs, an error code ("PO" or "EEEE") may appear on the display. If an error code appears, remove the safety key, wait for ten seconds and then reinsert the safety key. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

4. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

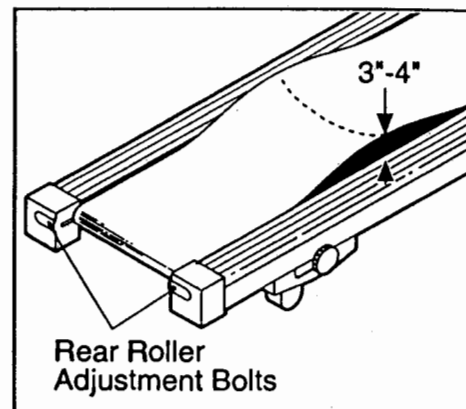
- Make sure that the pulse earclip is plugged fully into the jack on the console. Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- Stand still while measuring your pulse.
- The pulse earclip may need to be cleaned. Press the earclip open, and find the two clear circles inside the earclip. Wipe the two clear circles using a cotton swab saturated with denatured alcohol.

⚠ WARNING: The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

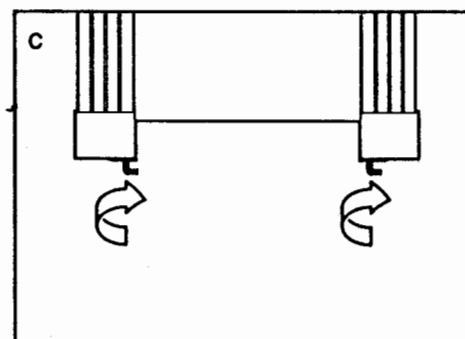
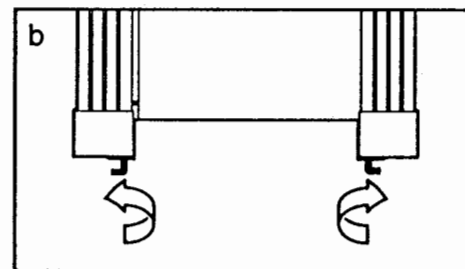
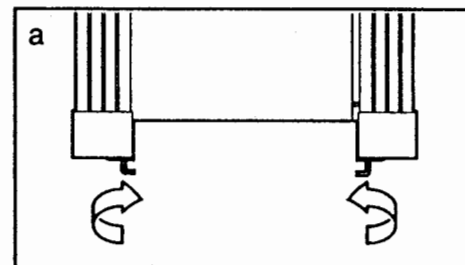
- The first time the treadmill is used, the treadmill must be walked on for 10 minutes to break in the walking platform. During this initial break-in period, it is normal for the walking belt to slow.
- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

- c. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

- a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.
- b. If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.
- c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



STORAGE

Unplug the power cord when the treadmill is not in use. Remove the bolts and washers from the lower end of each handrail. Carefully lay the console on the treadmill. Keep the bolts and washers in a secure location. It is recommended that the treadmill be covered during extended periods of storage.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below.

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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

⚠ WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles as well as help to decrease soreness and other post-exercise problems.

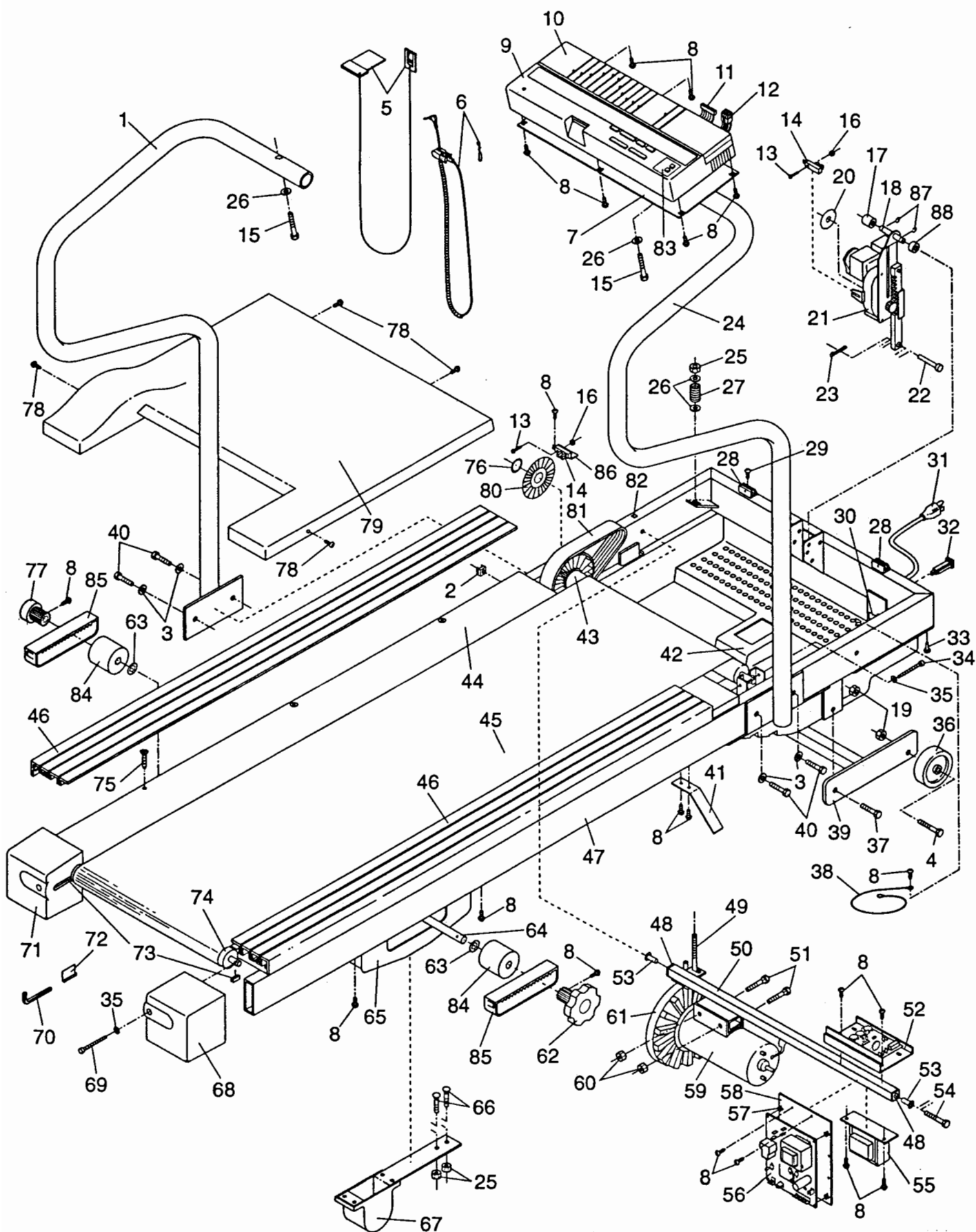
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is CONSISTENCY.

PART LIST—Model No. WL960031

Rev. 12/93

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Handrail	46	2	Foot Rail
2	4	Cage Nut	47	1	Frame
3	4	Handrail Washer	48	2	Isolator
4	2	Wheel Bolt	49	1	J-Bolt
5	1	Safety Key/Clip	50	1	Motor Swivel
6	1	Pulse Earclip w/Clothes Clip	51	2	Motor Bolt
7	1	Console Plate	52	1	Controller
8	25	Screw	53	2	Tee Nut
9	1	Base Console	54	2	Motor Swivel Bolt
10	1	Console Module	55	1	Choke
11	2	Short Wire Harness	56	1	Power Supply Board
12	1	HandRail Wire Harness	57	4	Plastic Stand-Off
13	2	Switch Bolt	58	1	Power Supply Plate
14	2	Optic Switch	59	1	Motor
15	2	Console Bolt	60	2	Motor Nut
16	2	Switch Nut	61	1	Pulley/Flywheel/Fan
17	1	Long Incline Motor Spacer	62	1	Cushion Knob
18	1	Incline Motor Pin	63	2	Push Nut
19	4	Lock Nut	64	1	Adjustment Rod
20	1	Incline Optic Disk	65	2	Cushion Cover
21	1	Incline Motor	66	4	Cushion Spring Bolt
22	1	Incline Motor Pin	67	2	Cushion Spring/Foot
23	1	Cotter Pin	68	1	Right Roller Bracket
24	1	Right Handrail	69	2	Rear Roller Adjustment Bolt
25	5	Tension Nut/Foot Nut	70	1	Allen Wrench
26	4	Tension Washer/Console Washer	71	1	Left Roller Bracket
27	1	Tension Spring	72	1	Wrench Clip
28	2	Hood Bracket	73	2	Rear Roller Spacer
29	2	Bracket Screw	74	1	Rear Roller
30	1	Grommet	75	6	Platform Screw
31	1	Power Cord	76	1	Retainer
32	1	Circuit Breaker	77	1	Rod Endcap
33	10	Belly Pan Pin	78	4	Hood Screw
34	1	Front Roller Adjustment Bolt	79	1	Motor Hood
35	3	Roller Adjustment Washer	80	1	Speed Optic Disk
36	2	Front Wheel	81	1	Belt
37	2	Incline Leg Bolt	82	4	Wire Clip
38	1	Ground Wire	83	1	Incline Switch Insert
39	1	Incline Leg	84	2	Cushion Spring Spacer
40	4	Handrail Bolt	85	2	Cushion Spring Insert
41	2	Belt Guide	86	1	Optic Switch Bracket
42	1	Belly Pan	87	2	E-Clip
43	1	Front Roller/Pulley	88	1	Short Incline Motor Spacer
44	1	Walking Platform	#	1	Owner's Manual
45	1	Walking Belt			

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



ORDERING REPLACEMENT PARTS

To order replacement parts, 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 (WL960031).
2. The **NAME** of the product (WESLO CADENCE® 960 treadmill).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 14 of this manual.
5. The **DESCRIPTION** of the part(s) from page 14 of this manual.

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.

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