

WESLO®

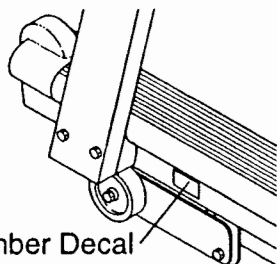
# CADENCE®

2.0 HP • 0-10 MPH • POWER INCLINE  
EXPANDED RUNNING SURFACE •••

970

Model No. WL970034

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.

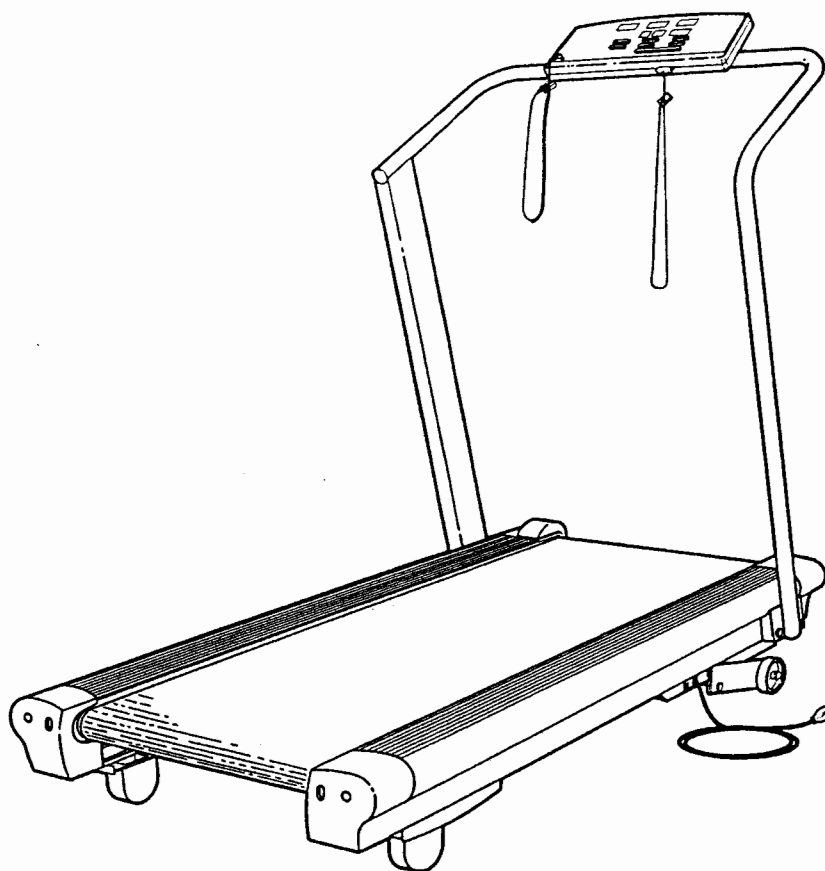
CUSTOMER HOT LINE:

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

WESLO®

# CADENCE®

2.0 HP • 0-10 MPH • POWER INCLINE  
EXPANDED RUNNING SURFACE •••



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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.

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# 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 safety cover 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.

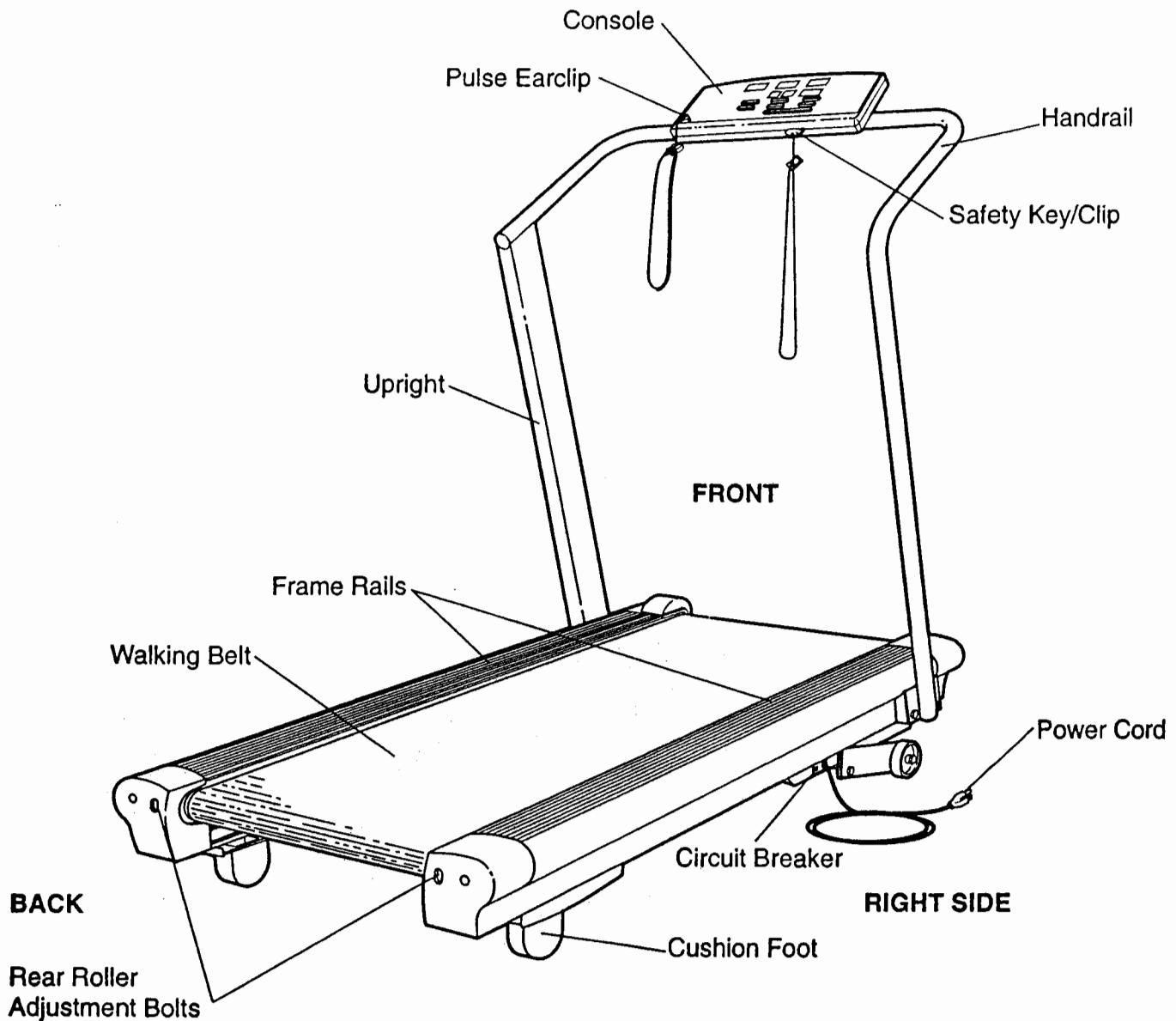
**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

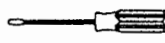
Thank you for selecting the WESLO CADENCE® 970 treadmill. The CADENCE 970 treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

**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 WL970034. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

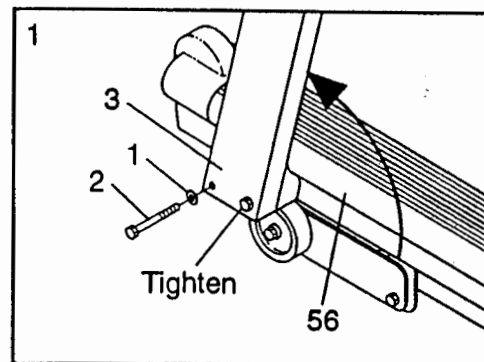
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



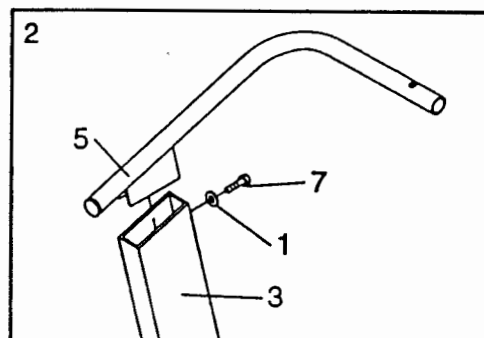
# ASSEMBLY

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 FOR ASSEMBLY:** An 8" adjustable wrench  and a regular screwdriver  (not Included).

1. Raise the Upright (3) to a vertical position. Align the hole in the lower end of the Upright with the hole in the side of the Left Frame Rail (56). Insert a 3/8" x 4 1/2" Bolt (2), with an Upright Washer (1), into the Upright and hand tighten the Bolt into the Left Frame Rail. Leave a little play in the Upright for the following steps.

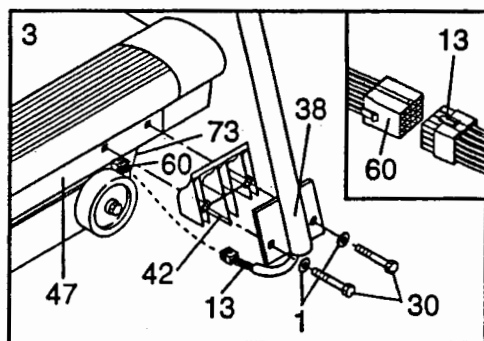


2. Slide the bracket on the Left Handrail (5) into the Upright (3). Insert the 3/8" x 1 1/4" Bolt (7), with an Upright Washer (1), into the Upright. Tighten the Bolt.



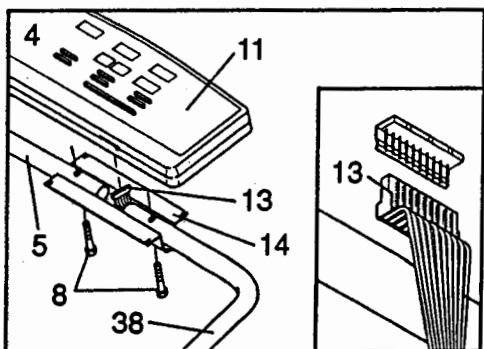
3. Remove the two 3/8" x 3" Bolts (30) attaching the Right Handrail Spacer (42) to the Right Frame Rail (47). Insert the two 3/8" x 3" Bolts, with Upright Washers (1), through the plate on the Right Handrail (38) and the Right Handrail Spacer. Hand tighten the Bolts into the Right Frame Rail.

Plug the lower end of the Wire Harness (13) into the Short Wire Harness (60) on the right side of the Front Safety Cover (73). 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. **Be careful not to damage the wires in the Right Handrail (38).** Snap the black tube holding the Harness into the clip on the underside of the Right Handrail Spacer (42).

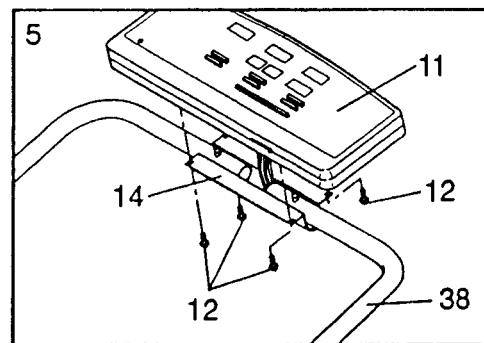


4. Attach the Console Plate (14) to the Left and Right Handrails (5, 38) with the two 3/8" x 1 3/4" Bolts (8).

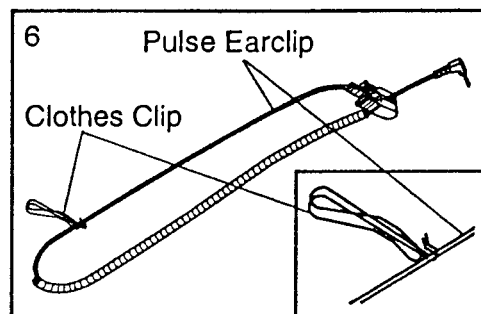
Hold the Console (11) near the Console Plate (14). Plug the Wire Harness (13) into the connector on the bottom of the Console (see inset). **Be careful not to damage the wires.**



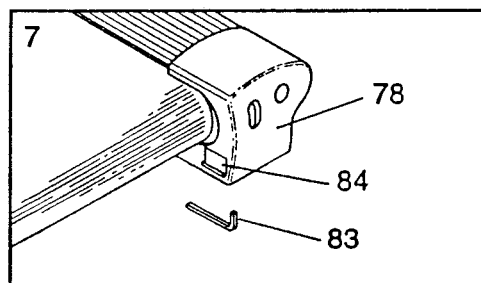
5. Attach the Console (11) to the Console Plate (14) with the four Console Screws (12). **Be careful not to damage the wires in the Right Handrail (38).** Tighten the Bolts and Screws used in steps 1 through 5.



6. Slide the metal Clothes Clip onto the Pulse Earclip in the indicated location. The use of the Pulse Earclip is explained in the LED DISPLAY OPERATION section on page 9.



7. Remove the paper backing from the Wrench Clip (84). Press the Wrench Clip onto the Right Endcap (78) in the indicated location. Press the Allen Wrench (83) into the Wrench Clip.



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

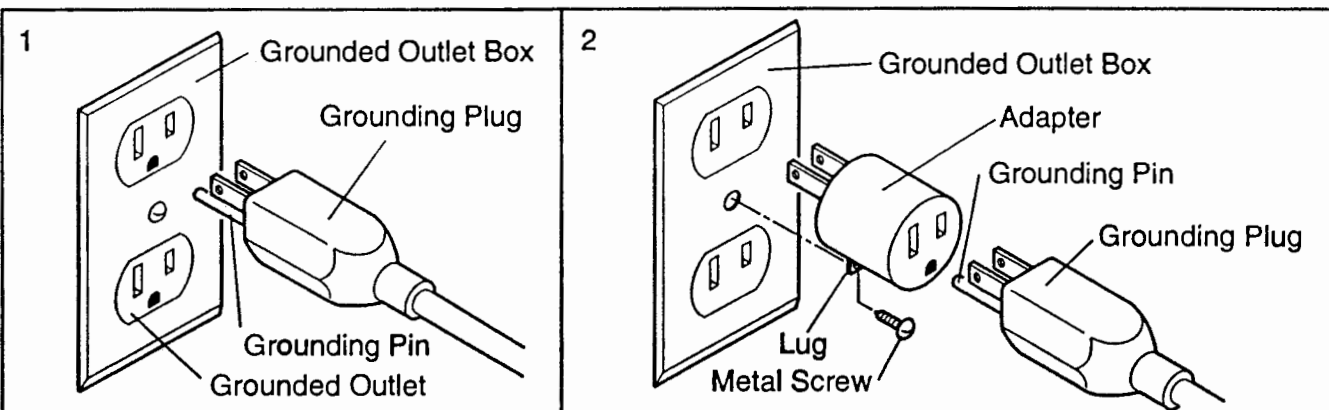
# OPERATION AND ADJUSTMENT

## 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 MAINTENANCE-FREE 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 8 and 9 for instructions about adjusting the speed and incline of the treadmill.)

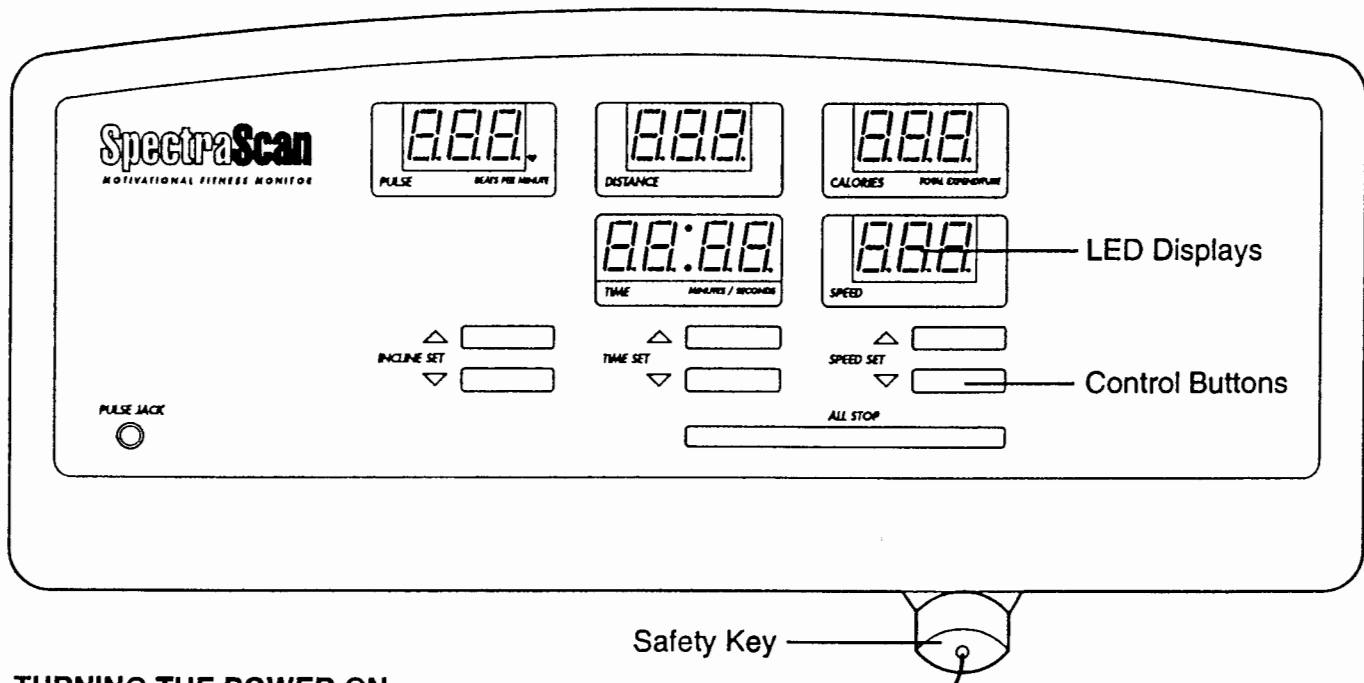
Adjust the incline of the treadmill to the highest setting. Next, adjust the speed of the walking belt to about 3 or 4 miles per hour. Hold the handrail and begin walking on the treadmill. Be sure to step on all areas of the walking belt—not only on the center. The walking belt may slow or stop as you 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. They will deteriorate the walking platform and cause excessive wear.

## DIAGRAM OF THE CONSOLE

The heart of the treadmill is the sophisticated SpectraScan console. The console features a safety key-operated power switch, electronic speed and incline controls and five independent LED displays to give you continuous exercise feedback. Please read these instructions before operating the console.

### CONSOLE DIAGRAM



### TURNING THE POWER ON

If the safety key is in the console, remove it. Plug in the power cord (see PLUGGING IN THE POWER CORD on page 7).

Stand on the frame rails of the treadmill. Find the clip attached by a cord to the safety key, and 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 console, instantly turning the power off.

Insert the safety key into the console. The five LED displays will light. Note: If the safety key was in the console when the power cord was plugged in, a "PO" will appear in the speed display. If this occurs, remove the safety key, wait for ten seconds and then reinsert it.

### CONTROLLING THE SPEED OF THE TREADMILL

When the power is turned on, the walking belt will be stationary. The speed of the walking belt can be controlled by pressing the SPEED SET buttons. Each time the SPEED SET increase button is pressed, the speed will increase by 0.1 mile per hour, beginning at 0.5 miles per hour. Each time the SPEED SET decrease button is pressed, the speed will decrease by 0.1 mile per hour. The buttons can be held down to change the speed rapidly. The speed can be set at a minimum of 0.5 miles per hour, up to a maximum of 10 miles per hour, in increments of 0.1 mile per hour.

**⚠ WARNING:** After the SPEED buttons are pressed, it will take a few seconds for the walking belt to reach the selected speed. Adjust the speed gradually until you are familiar with the operation of the treadmill.



Press the SPEED SET increase button until the walking belt begins to move at slow speed. Hold the handrails, step carefully onto the walking belt and begin exercising. Change the speed as desired by pressing the SPEED SET buttons. To stop the walking belt, hold down the SPEED decrease button. The walking belt can be stopped quickly, if desired, by pressing the ALL STOP bar.

## **CHANGING THE INCLINE OF THE TREADMILL**

To vary the intensity of your exercise, the incline of the treadmill can be changed by pressing the INCLINE SET buttons. The buttons can be held down to change the incline rapidly. The incline can be set at a minimum of 1.5%, up to a maximum of 12%. Note: After the buttons are pressed, it will take a few seconds for the treadmill to reach the selected incline.

## **LED DISPLAY OPERATION**

### **PULSE DISPLAY**

To use the pulse display of the console, plug the pulse earclip into the jack on the console. Attach the earclip to your left ear lobe and slide the metal clothes clip onto your collar. After a few seconds, your pulse will be shown in the pulse display. If your pulse is not shown, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your pulse.

### **DISTANCE DISPLAY**

The distance display will show the total distance you have walked or run, in miles.

### **CALORIE DISPLAY**

The calorie display will show the total number of nutritional Calories you have burned.

### **TIME DISPLAY**

The time display will show the total time that you have walked or run during your workout, up to 99 minutes and 59 seconds. If the treadmill is run for more than 99 minutes and 59 seconds, the walking belt will automatically slow to a stop.

If desired, time goals can be set. Press the TIME SET buttons to set the length of time that you plan to exercise. Each time one of the buttons is pressed, the length of time shown will change by 1 minute. A time goal can be set for a minimum of 1 minute, up to a maximum of 99 minutes. As you exercise, the time will be counted down. When no time remains, the walking belt will slow to a stop.

### **SPEED DISPLAY**

The speed display shows the selected speed of the walking belt.

## **TURNING THE POWER OFF**

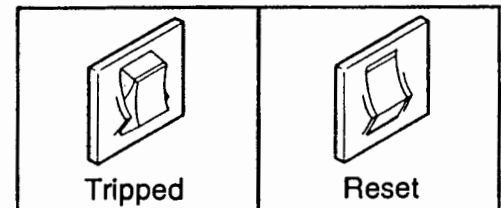
To turn the power off, remove the safety key from the console. The five displays will darken. Store the safety key in a secure location.

# TROUBLE-SHOOTING

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. The five LED displays on the console should light. (See OPERATION AND ADJUSTMENT in this manual.)
- Check the circuit breaker located on the treadmill 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 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 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.

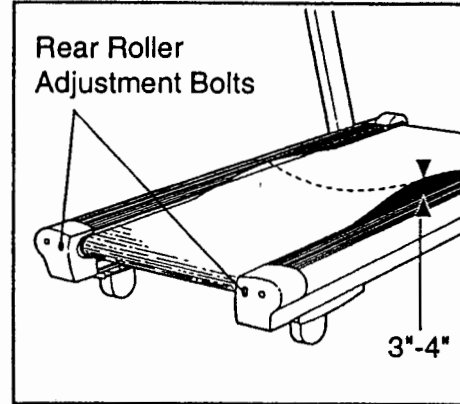
**⚠ WARNING:** The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

## 4. 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.

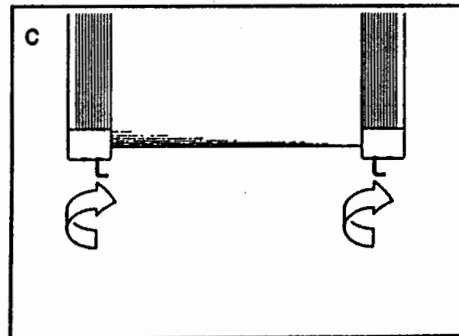
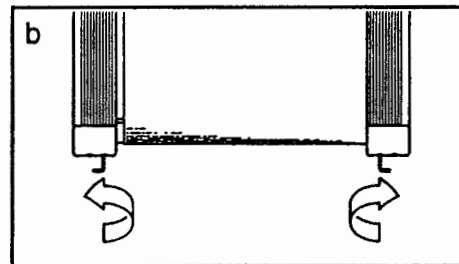
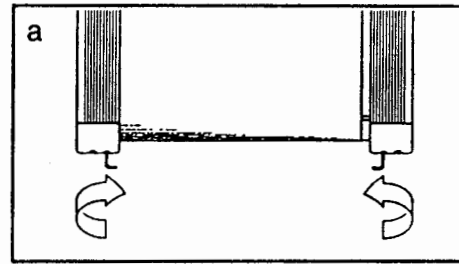
## 5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. The first time you use the treadmill, walk on the entire surface of the walking belt for 10 minutes to break in the walking platform. During this initial break-in period, it is normal for the walking belt to slow.
- b. 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.



# 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<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                                     |

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.

## SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

### TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

### CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

### QUADRICEPS STRETCH

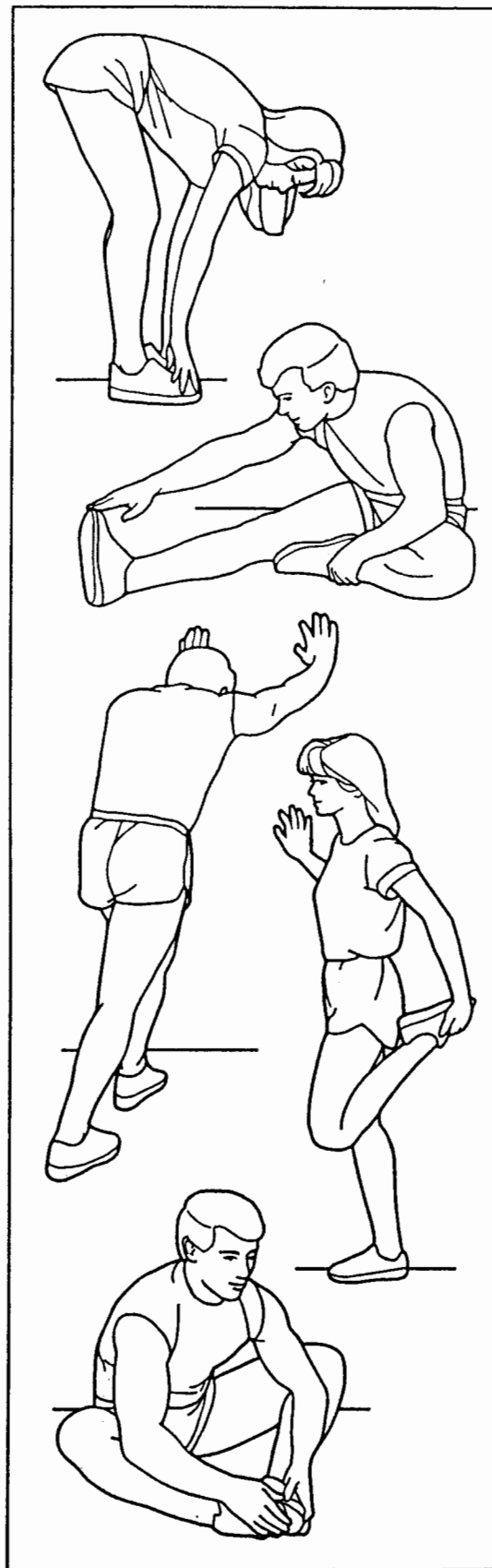
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.

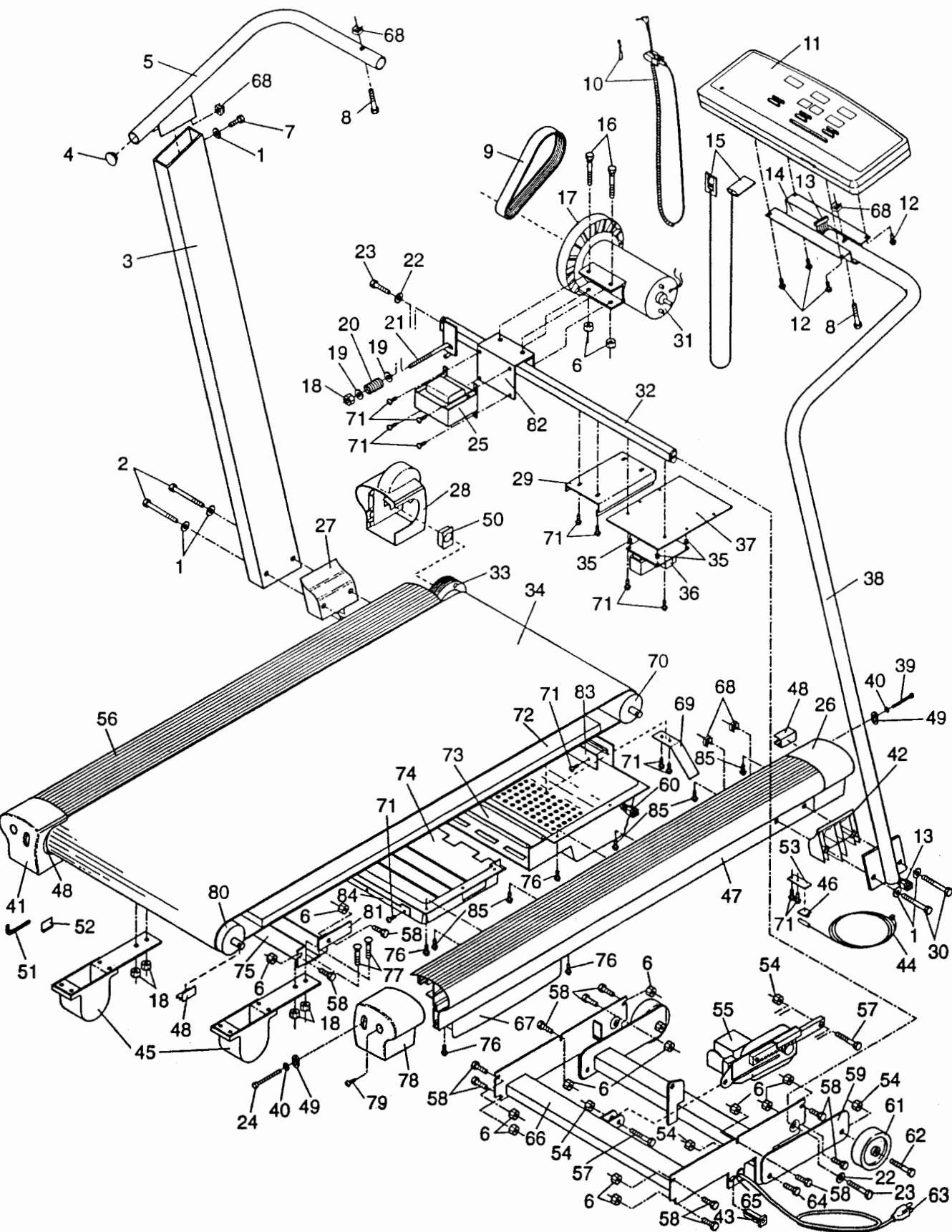


# PART LIST—Model No. WL970034

R294A

| 10Key<br>No. | Qty. | Description                  | Key<br>No. | Qty. | Description              |
|--------------|------|------------------------------|------------|------|--------------------------|
| 1            | 5    | Upright Washer               | 44         | 1    | Reed Switch/Sensor Wire  |
| 2            | 2    | 3/8" x 4 1/2" Bolt           | 45         | 2    | Cushion Spring Foot      |
| 3            | 1    | Upright                      | 46         | 1    | Reed Switch Clip         |
| 4            | 1    | Handrail Endcap              | 47         | 1    | Right Frame Rail         |
| 5            | 1    | Left Handrail                | 48         | 3    | Roller Insert            |
| 6            | 16   | Flange Nut                   | 49         | 3    | Roller Adjustment Spacer |
| 7            | 1    | 3/8" x 1 1/4" Bolt           | 50         | 1    | Left Front Roller Insert |
| 8            | 2    | 3/8" x 1 3/4" Bolt           | 51         | 1    | Allen Wrench             |
| 9            | 1    | Motor Belt                   | 52         | 1    | Wrench Clip              |
| 10           | 1    | Pulse Earclip/Clothes Clip   | 53         | 1    | Reed Switch Bracket      |
| 11           | 1    | Console                      | 54         | 6    | Nut                      |
| 12           | 4    | Console Screw                | 55         | 1    | Incline Motor            |
| 13           | 1    | Handrail Wire Harness        | 56         | 1    | Left Frame Rail          |
| 14           | 1    | Console Plate                | 57         | 2    | Incline Bolt             |
| 15           | 1    | Safety Key/Clip              | 58         | 14   | Motor Frame Bolt         |
| 16           | 2    | Motor Bolt                   | 59         | 1    | Incline Leg              |
| 17           | 1    | Pulley/Flywheel/Fan          | 60         | 1    | Short Wire Harness       |
| 18           | 5    | Tension Nut/Spring Foot Nut  | 61         | 2    | Wheel                    |
| 19           | 2    | Tension Washer               | 62         | 2    | Wheel Bolt               |
| 20           | 1    | Tension Spring               | 63         | 1    | Power Cord               |
| 21           | 1    | J-Bolt                       | 64         | 2    | Incline Leg Bolt         |
| 22           | 2    | Lock Washer                  | 65         | 1    | Grommet                  |
| 23           | 2    | Motor Swivel Bolt            | 66         | 1    | Motor Frame              |
| 24           | 2    | Rear Roller Adjustment Bolt  | 67         | 2    | Cushion Cover            |
| 25           | 1    | Choke                        | 68         | 7    | Cage Nut                 |
| 26           | 1    | Right Front Endcap           | 69         | 2    | Belt Guide               |
| 27           | 1    | Left Upright Spacer          | 70         | 1    | Front Roller/Pulley      |
| 28           | 1    | Front Left Endcap            | 71         | 14   | Small Screw              |
| 29           | 1    | Controller                   | 72         | 1    | Walking Platform         |
| 30           | 2    | 3/8" x 3" Bolt               | 73         | 1    | Front Safety Cover       |
| 31           | 1    | Motor                        | 74         | 1    | Rear Safety Cover        |
| 32           | 1    | Motor Swivel Shaft           | 75         | 1    | Cushion Spring Crossbar  |
| 33           | 1    | Magnet                       | 76         | 18   | Screw                    |
| 34           | 1    | Walking Belt                 | 77         | 4    | Cushion Spring Bolt      |
| 35           | 4    | Plastic Stand-Off            | 78         | 1    | Right Rear Endcap        |
| 36           | 1    | Power Board                  | 79         | 3    | Endcap Screw             |
| 37           | 1    | Mounting Plate               | 80         | 1    | Rear Roller              |
| 38           | 1    | Right Handrail               | 81         | 2    | Reinforcement Plate      |
| 39           | 1    | Front Roller Adjustment Bolt | 82         | 1    | Choke Plate              |
| 40           | 3    | Adjustment Washer            | 83         | 1    | Front Cover Plate        |
| 41           | 1    | Left Rear Endcap             | 84         | 1    | Rear Cover Plate         |
| 42           | 1    | Right Handrail Spacer        | 85         | 10   | Deck Screw               |
| 43           | 1    | Circuit Breaker              | #          | 1    | Owner's Manual           |

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 (WL970034).
2. The NAME of the product (WESLO CADENCE® 970 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

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