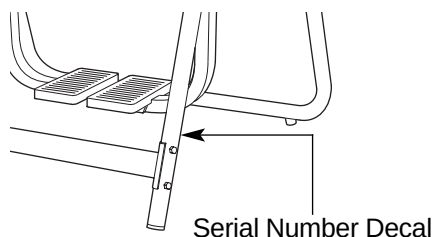


weslo **AIR WALKER** EKG PULSE

Model No. WLAW35010

Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee 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:

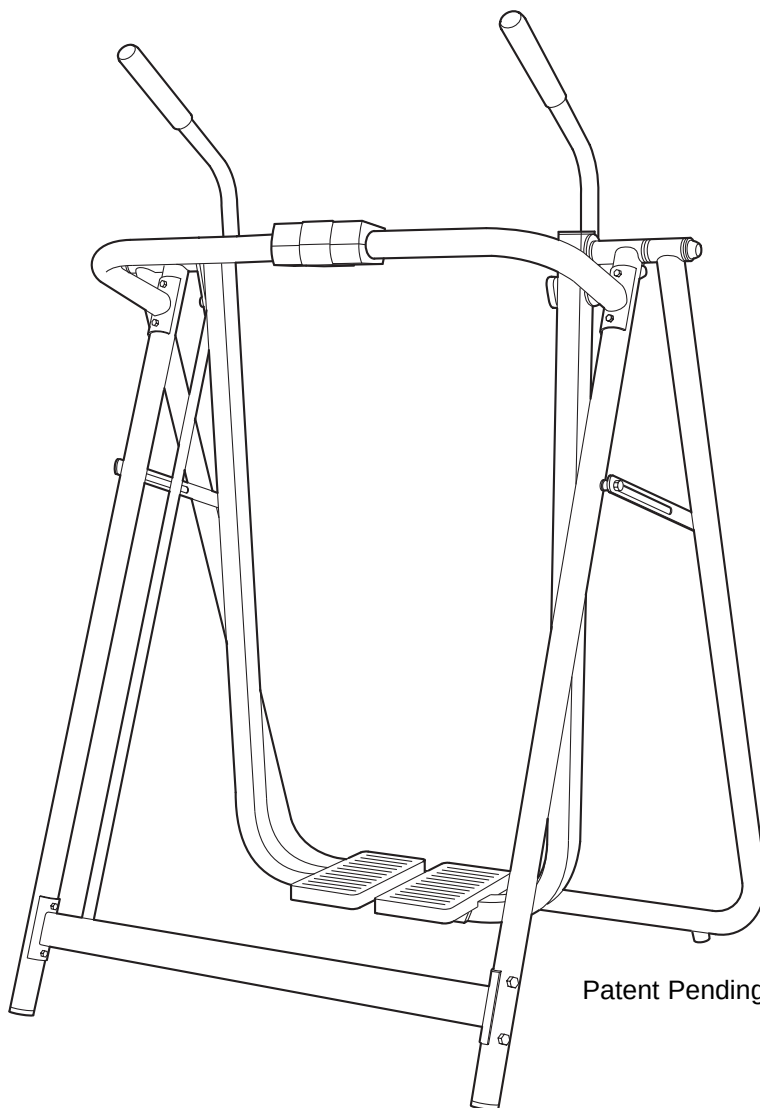
1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at

www.weslo.com

*new products, prizes,
fitness tips, and much more!*

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IMPORTANT PRECAUTIONS

 **WARNING:** To reduce the risk of serious injury, read the following important precautions before using the exerciser.

1. Read this manual carefully before using the exerciser.
2. It is the responsibility of the owner to ensure that all users of the exerciser are adequately informed of all warnings and precautions.
3. The exerciser is intended for home use only. Do not use the exerciser in a commercial, rental, or institutional setting.
4. Use the exerciser only on a level surface. Cover the floor beneath the exerciser to protect the floor or carpet.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the exerciser at all times.
7. The exerciser should not be used by persons weighing more than 250 pounds.
8. Keep hands and feet away from moving parts.
9. Do not wear loose clothing that could become caught on the exerciser. Always wear athletic shoes for foot protection.
10. Make sure that there are no persons or obstacles in front of or behind the exerciser.
11. When you are getting onto and off the exerciser, hold the crossbar and center your weight directly over the pedals.
12. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
13. If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
14. When folding the exerciser for storage, be careful to keep your hands from being pinched.

 **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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

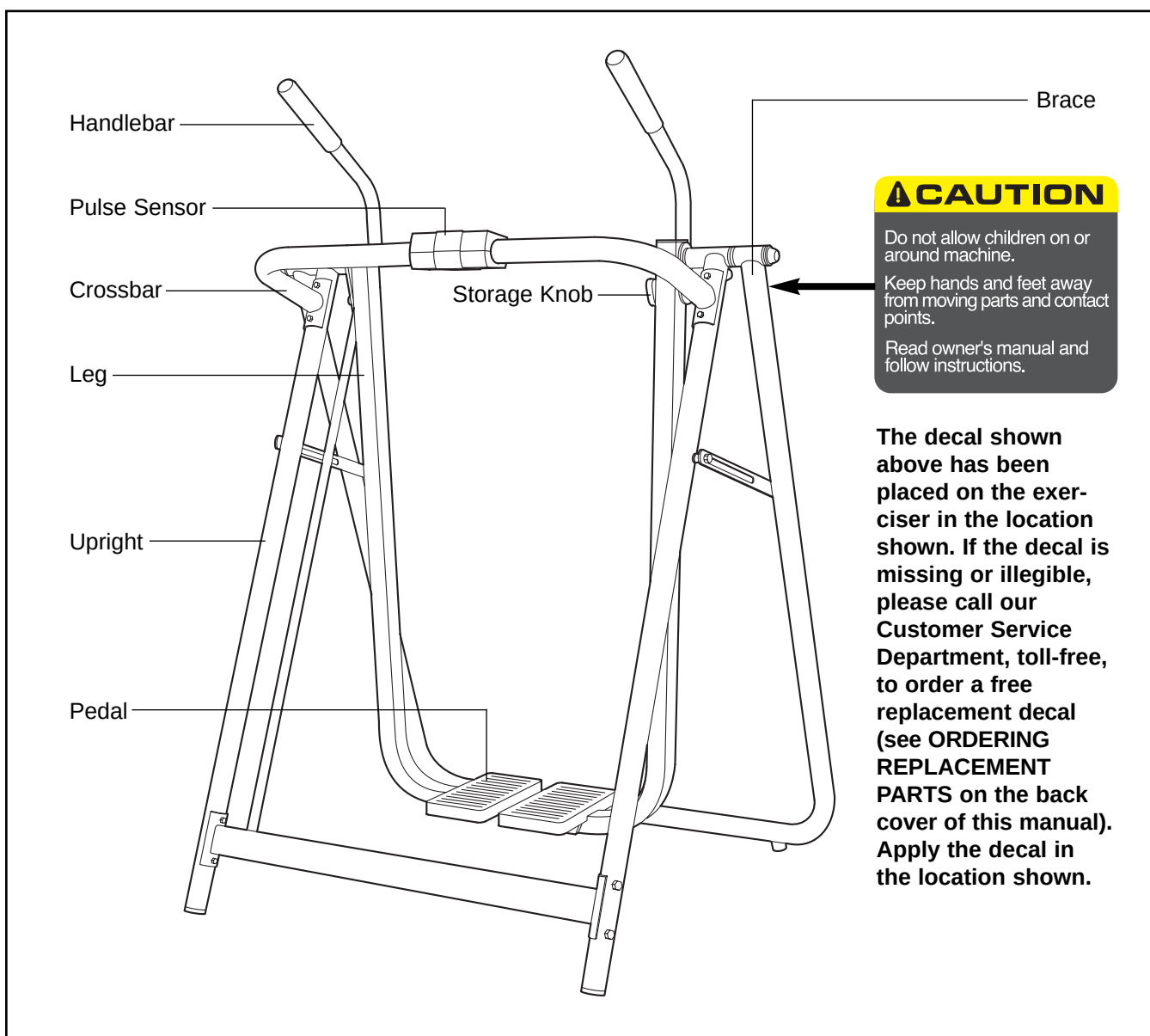
BEFORE YOU BEGIN

Congratulations for purchasing the new WESLO® AIR WALKER. The AIR WALKER is designed to provide you with an enjoyable and effective form of no-impact exercise in the convenience of your home. With the AIR WALKER, you can begin to feel better and look better in only minutes a day.

For your benefit, read this manual carefully before using the exerciser. If you have questions after reading the manual, 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). Before calling our Customer Service Department, please note the product model number and serial number. The model number is WLAW35010. The serial number can be found on a decal attached to the exerciser (see the front cover of this manual for the location of the decal).

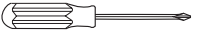
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

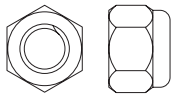


ASSEMBLY

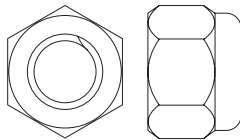
Assembly requires two persons. Place all parts of the exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Read all steps before beginning assembly. As you assemble the exerciser, make sure that all parts are oriented as shown in the drawings. Make sure to tighten all parts as you assemble them, unless instructed to do otherwise. Refer to the drawings below to identify the small parts used in assembly. **Note: If a part is not found in the parts bag, check to see if it has been pre-attached.**

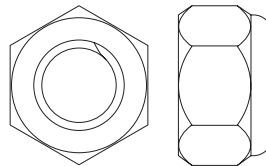
In addition to the included allen wrench, assembly requires an adjustable wrench  , a phillips screwdriver  , and a hammer  . A small amount of soapy water is also needed.



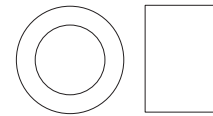
M6 Nylon
Locknut (38)–4



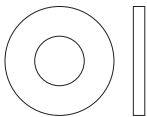
M10 Nylon
Locknut (32)–8



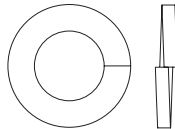
M12 Nylon
Locknut (12)–1



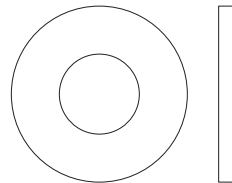
10mm Spacer
(20)–4



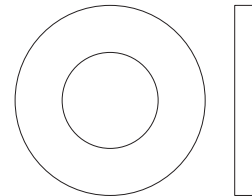
M6 Washer
(43)–4



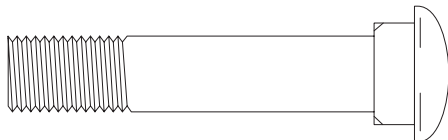
Lock Washer
(16)–1



M10 Washer (19)–4



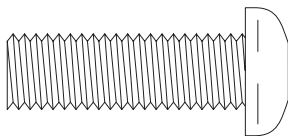
M12 Washer (33)–1



M10 x 54mm Carriage Bolt (35)–8



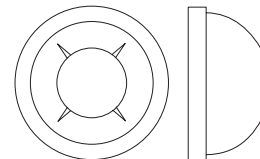
M6 x 74mm Bolt (37)–4



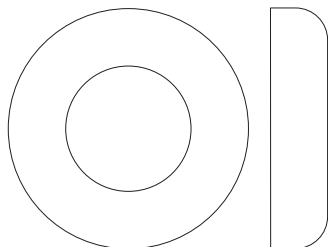
M10 x 32mm Screw (18)–4



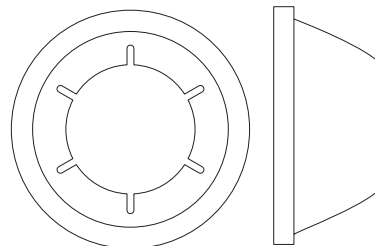
M4 x 16mm Flange
Screw (28)–5



9.5mm Axle
Cap (15)–4



Weld Spacer (11)–1



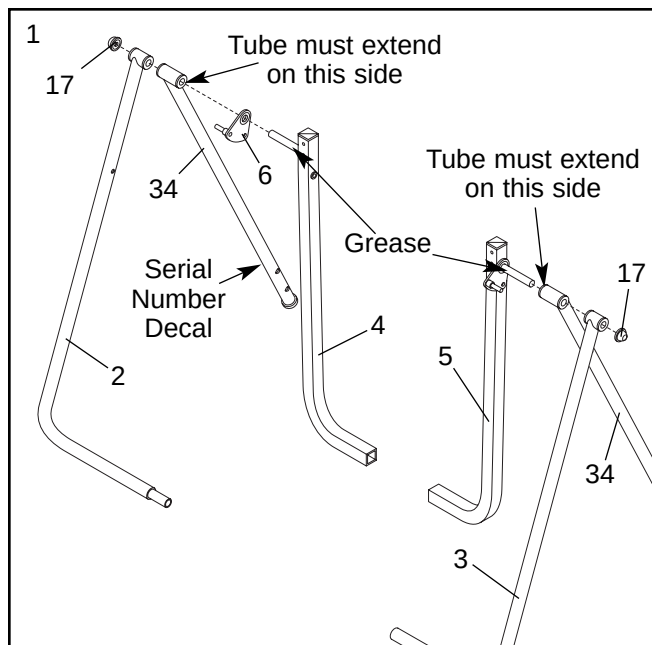
19mm Axle Cap (17)–2

1. Read the instructions at the top of page 4 before beginning assembly.

Identify the Left Leg (4) and the Left Brace (2), which are marked with stickers. Next, identify the Left Upright (34), which has a serial number decal attached to it.

Apply a small amount of the included grease to the axle on the Left Leg (4). Slide the Link Arm Plate (6), the left Upright (34), and the Left Brace (2) onto the axle. **Make sure that all parts are turned exactly as shown.** Tap a 19mm Axle Cap (17) onto the axle.

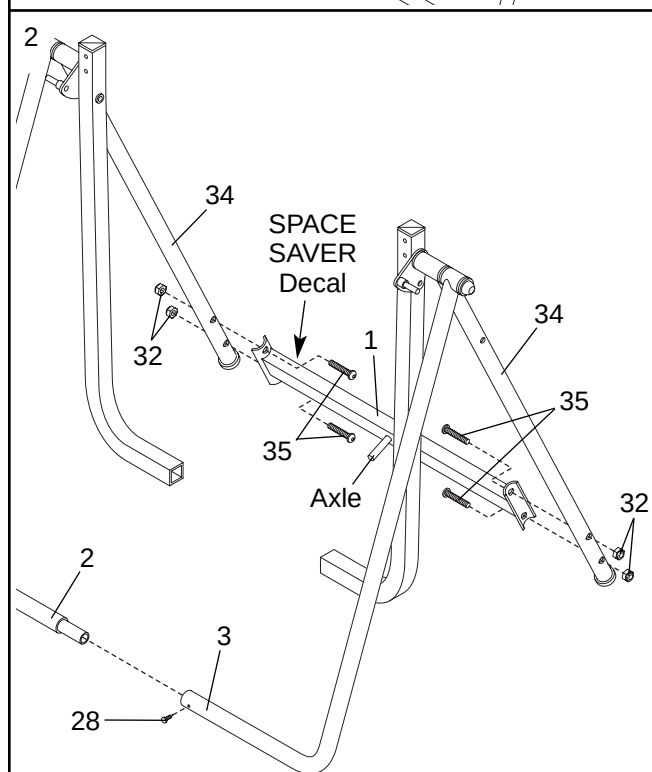
Assemble the Right Leg (5), the other Upright (34), and the Right Brace (3) in the same way.



2. Attach the Lower Crossbar (1) to the left Upright (34) with two M10 x 54mm Carriage Bolts (35) and two M10 Nylon Locknuts (32) as shown. **Make sure that the Lower Crossbar is oriented so that the threaded axle and the SPACE SAVER decal are in the positions shown. Do not tighten the Nylon Locknuts yet.**

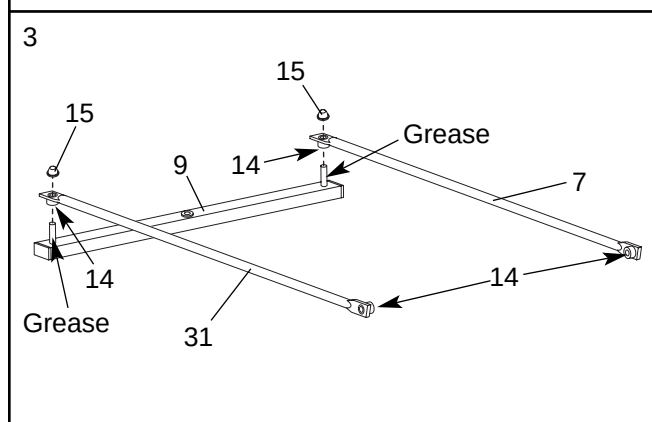
Insert the lower end of the Left Brace (2) into the Right Brace (3). Tighten an M4 x 16mm Flange Screw (28) into the Right Brace.

Attach the Lower Crossbar (1) to the right Upright (34) with two M10 x 54mm Carriage Bolts (35) and two M10 Nylon Locknuts (32). **Do not tighten the Nylon Locknuts yet.**



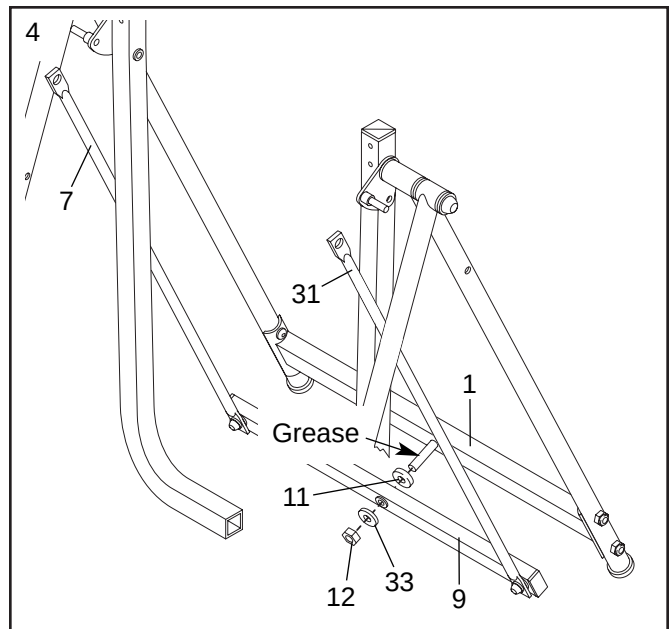
3. Lay the Rocker Arm (9) on the floor in the position shown. Apply a small amount of the included grease to the axles on the Rocker Arm.

Identify the Right Link Arm (31), which is marked with a sticker. Slide the Right Link Arm onto the indicated axle on the Rocker Arm (9). Slide the Left Link Arm (7) onto the other axle. **Make sure that both Link Arms are turned exactly as shown, with the four Link Arm Bushings (14) on the sides shown.** Tap a 9.5mm Axle Cap (15) onto each axle.



4. Apply a small amount of the included grease to the threaded axle on the Lower Crossbar (1).

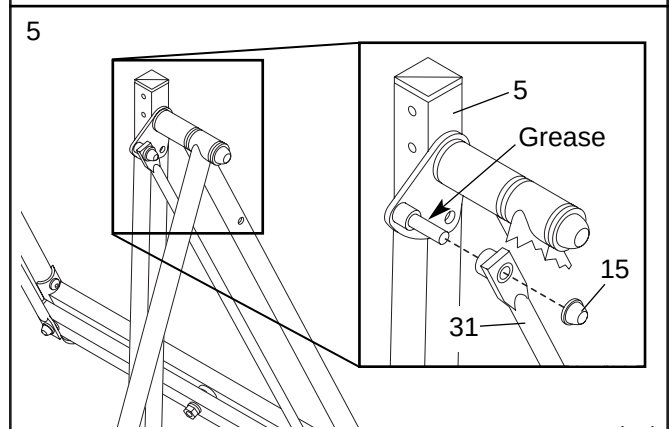
Slide the Weld Spacer (11) onto the threaded axle on the Lower Crossbar (1), with the open side of the Weld Spacer facing the Lower Crossbar. Next, slide the Rocker Arm (9) and the M12 Washer (33) onto the threaded axle. **Make sure that the Left and Right Link Arms (7, 31) are in the positions shown.** Tighten the M12 Nylon Locknut (12) onto the threaded axle. **Do not overtighten the Nylon Locknut; the Rocker Arm must be able to pivot freely.**



5. Apply a small amount of the included grease to the axle on the link arm plate on the Right Leg (5).

Slide the Right Link Arm (31) onto the axle, and tap a 9.5mm Axle Cap (15) onto the axle.

Attach the Left Link Arm (not shown) to the other side of the exerciser in the same way.

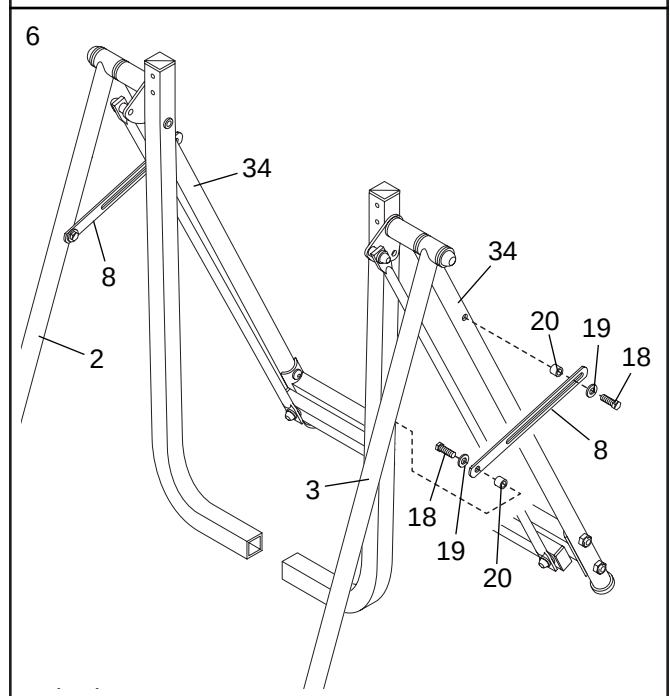


6. Attach the slotted end of a Pivot Bracket (8) to the right Upright (34) with an M10 x 32mm Screw (18), an M10 Washer (19), and a 10mm Spacer (20) as shown.

Attach the other end of the Pivot Bracket (8) to the Right Brace (3) with an M10 x 32mm Screw (18), an M10 Washer (19), and a 10mm Spacer (20) as shown.

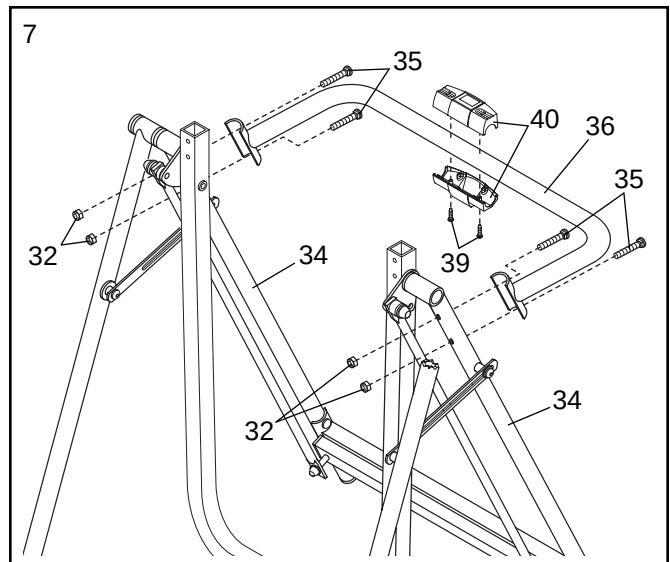
Attach the other Pivot Bracket (8) to the left Upright (34) and the Left Brace (2) in the same way.

Do not overtighten the M10 x 32mm Screws (18); the Pivot Brackets (8) must be able to pivot.



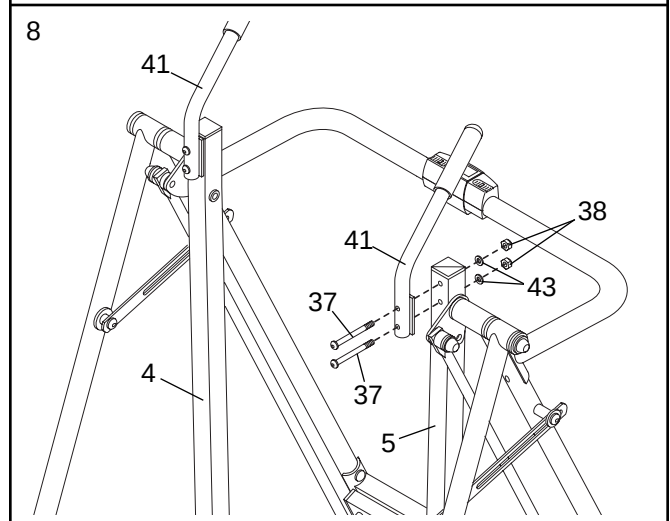
7. Attach the Upper Crossbar (36) to the left and right Uprights (34) with four M10 x 54mm Carriage Bolts (35) and four M10 Nylon Locknuts (32) as shown.

The Pulse Sensor (40) requires two AA batteries (not included); alkaline batteries are recommended. Remove the two M4 x 12mm Screws (39) from the Pulse Sensor and open it. Insert two batteries into the battery clip. **Make sure that the batteries are turned so the negative ends (marked -) are touching the springs in the battery clip.** Attach the Pulse Sensor to the Upper Crossbar (36) with the two Screws as shown.



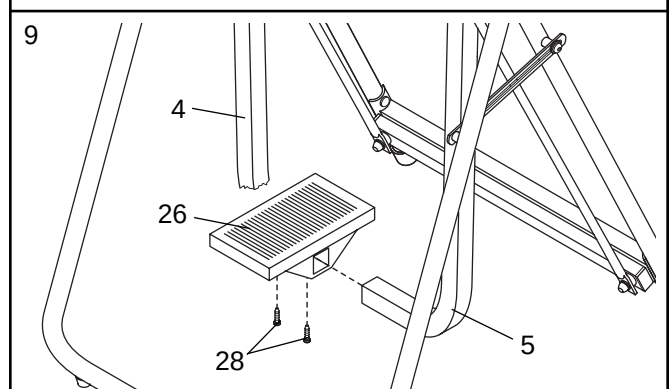
8. Attach a Handlebar (41) to the Right Leg (5) with two M6 x 74mm Bolts (37), two M6 Washers (43), and two M6 Nylon Locknuts (38).

Attach the other Handlebar (41) to the Left Leg (4) in the same way.

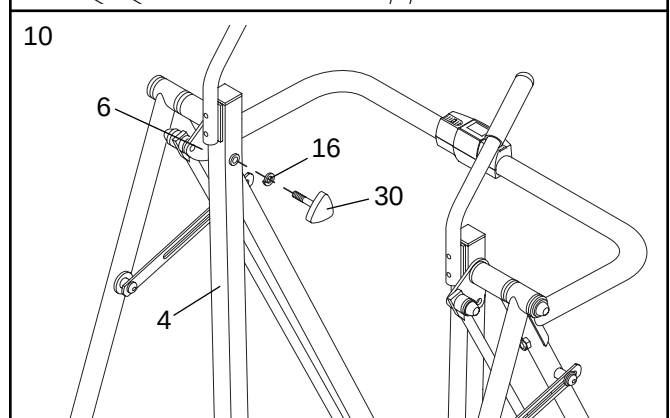


9. Slide a Pedal (26) onto the Right Leg (5). Attach the Pedal with two M4 x 16mm Flange Screws (28).

Attach a Pedal (not shown) to the Left Leg (4) in the same way.



10. Slide the Lock Washer (16) onto the Storage Knob (30). Insert the Storage Knob into the hole near the top of the Left Leg (4), and tighten the Storage Knob into the Link Arm Plate (6).



11. Make sure that all parts are properly tightened before you use the exerciser.

HOW TO USE THE EXERCISER

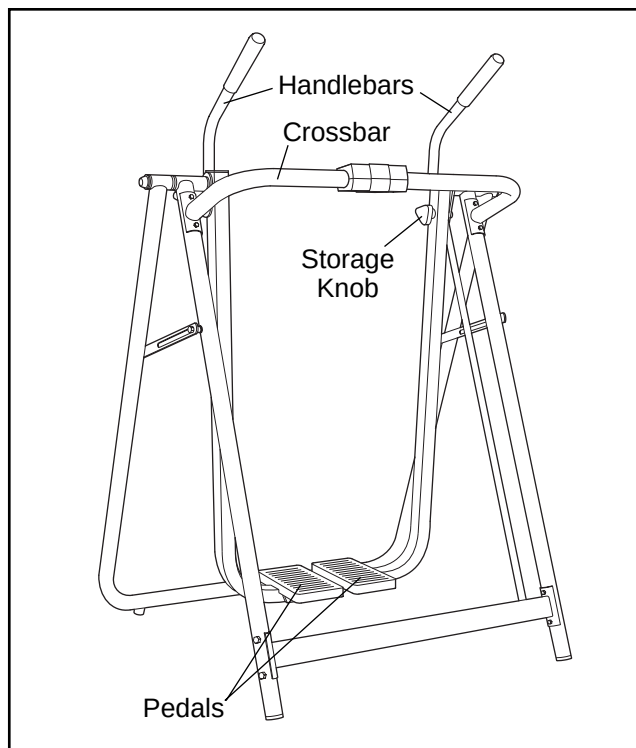
CAUTION: When you are getting onto and off the exerciser, always hold the crossbar and center your weight directly over the pedals.

HOW TO WORK OUT ON THE EXERCISER

Make sure that the storage knob and the lock washer are tightened into the left leg. Hold the crossbar and step onto the pedals. The proper form for exercising is similar to the motion of walking—move one leg forward as you move the other leg back.

For a full body workout, hold the handlebars, and push and pull the handlebars with your arms as you move the pedals with your legs. To vary the effect of the exercise on your muscles, bend your legs slightly instead of keeping them straight.

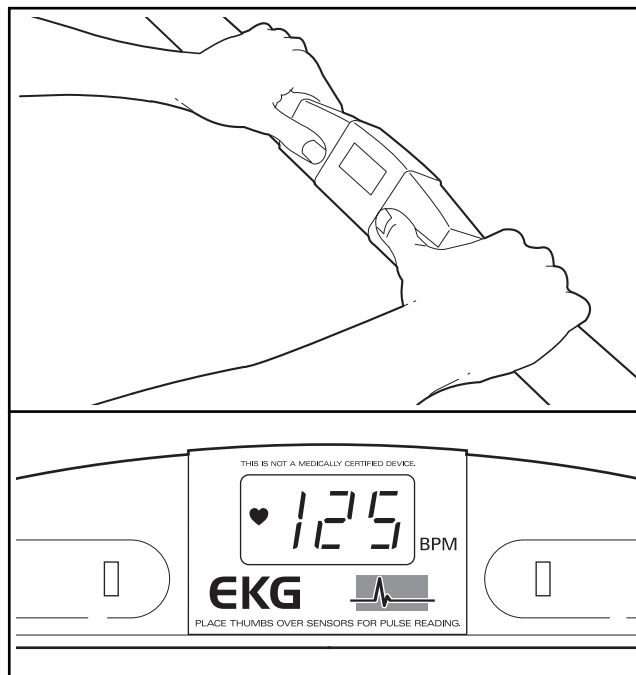
For a lower body workout, hold the crossbar for



HOW TO MEASURE YOUR HEART RATE

Note: The pulse sensor requires two AA batteries. Refer to step 7 on page 7 for installation instructions.

Before using the pulse sensor, make sure that your hands are clean. To measure your heart rate, stand still and place **both thumbs** on the pulse sensor as shown. **Do not press too hard, or the circulation in your thumbs will be restricted and your heart rate will not be detected.** After a few seconds, a heart-shaped indicator will begin to flash in the pulse display and then your heart rate will be shown. Hold your thumbs on the pulse sensor for another 15 seconds for the most accurate reading. Note: If the displayed heart rate appears to be too high or too low, or if the letter H (high) or L (low) appears in the display, lift your thumbs off the pulse sensor and allow the display to reset. Then, place your thumbs on the pulse sensor as described above. Remember to stand still while measuring your heart rate.



CONDITIONING GUIDELINES

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.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age on the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body

uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

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 to make exercise a regular and enjoyable part of your everyday life.

MAINTENANCE AND STORAGE

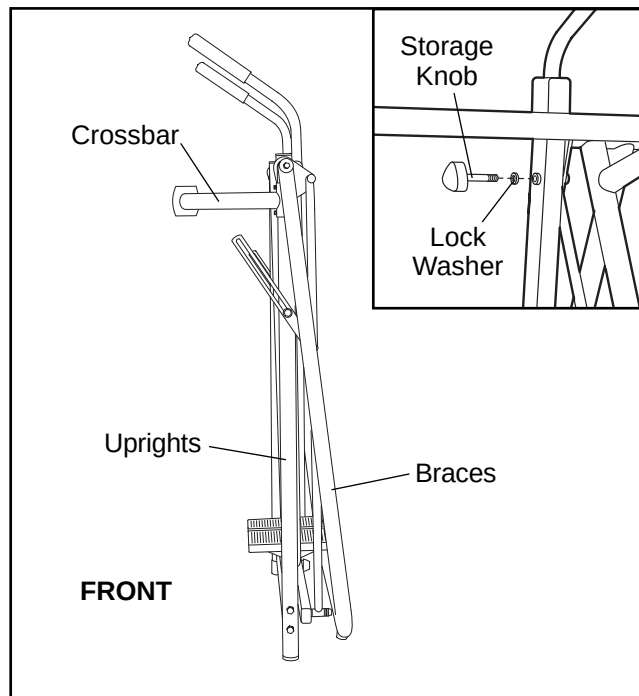
Inspect and tighten all parts of the exerciser regularly. Replace any worn parts immediately. To clean the exerciser, use a soft, damp cloth and mild detergent; never use abrasives or solvents. Be careful to keep liquids away from the pulse sensor display.

BATTERY REPLACEMENT

If the pulse sensor does not function properly, replace the batteries (refer to step 7 on page 7).

HOW TO FOLD THE EXERCISER FOR STORAGE

When the exerciser is not in use, it can be folded for compact storage. To fold the exerciser, first remove the storage knob and the lock washer from the left leg (see the inset drawing). Next, stand in front of the exerciser and hold the crossbar. Tip the crossbar toward yourself until the braces fold against the uprights. **Store the exerciser in a location where it cannot fall.**



PART LIST—Model No. WLAW35010

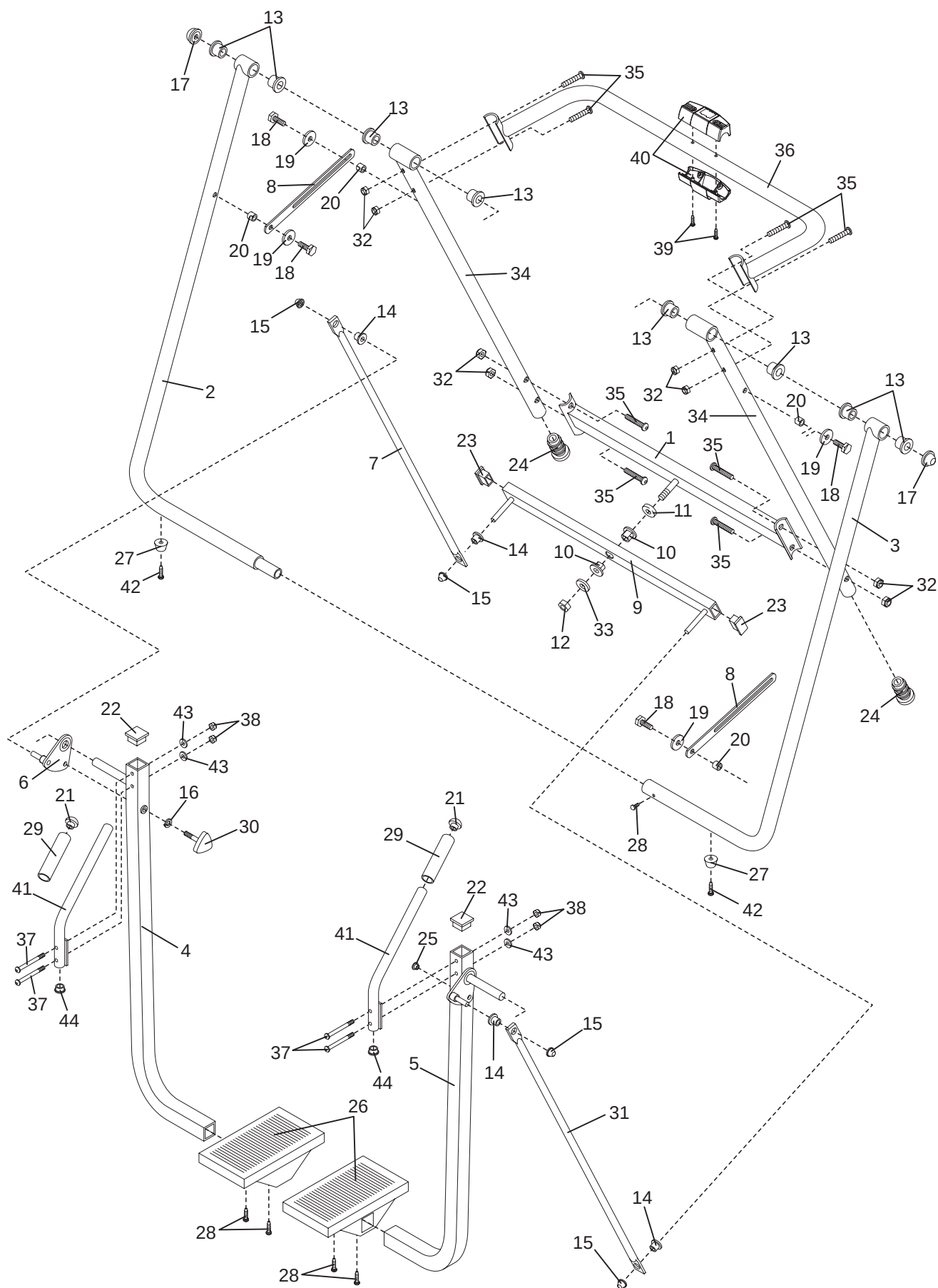
R1001A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Lower Crossbar	25	1	Hole Cover
2	1	Left Brace	26	2	Pedal
3	1	Right Brace	27	2	Rubber Foot
4	1	Left Leg	28	5	M4 x 16mm Flange Screw
5	1	Right Leg	29	2	Handgrip
6	1	Link Arm Plate	30	1	Storage Knob
7	1	Left Link Arm	31	1	Right Link Arm
8	2	Pivot Bracket	32	8	M10 Nylon Locknut
9	1	Rocker Arm	33	1	M12 Washer
10	2	D Bushing	34	2	Upright
11	1	Weld Spacer	35	8	M10 x 54mm Carriage Bolt
12	1	M12 Nylon Locknut	36	1	Upper Crossbar
13	8	Pivot Bushing	37	4	M6 x 74mm Bolt
14	4	Link Arm Bushing	38	4	M6 Nylon Locknut
15	4	9.5mm Axle Cap	39	2	M4 x 12mm Screw
16	1	Lock Washer	40	1	Pulse Sensor
17	2	19mm Axle Cap	41	2	Handlebar
18	4	M10 x 32mm Screw	42	2	M4 x 16mm Flat Head Screw
19	4	M10 Washer	43	4	M6 Washer
20	4	10mm Spacer	44	2	Lower Handlebar Cap
21	2	Upper Handlebar Cap	#	1	User's Manual
22	2	Leg Cap	#	1	Allen Wrench
23	2	Rocker Arm Cap	#	1	Grease
24	2	Upright Cap			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. WLAW35010

R1001A



HOW TO ORDER 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). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (WLAW35010)
- The NAME of the product (WESLO® AIR WALKER)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see page 10 of this manual).

WESLO® is a registered trademark of ICON Health & Fitness, Inc.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) 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. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON 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 ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store displays. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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 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.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813