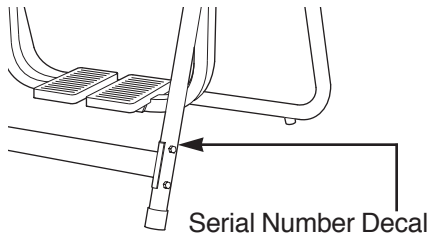


# WESLO® **EASY STRIDE™**

Model No. WLAW35074

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 find that 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.



Patent Pending

# USER'S MANUAL

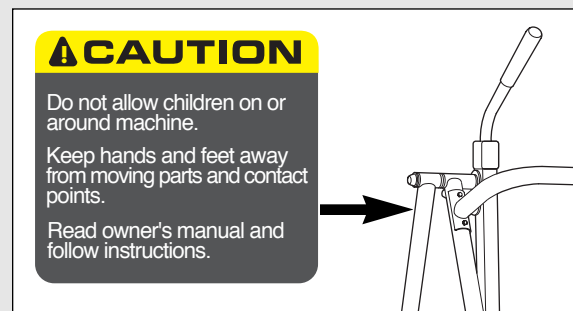
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## IMPORTANT PRECAUTIONS

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

1. Read this manual carefully before using the EASY STRIDE.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all warnings and precautions.
3. Use the EASY STRIDE only on a level surface. Cover the floor beneath the EASY STRIDE to protect the floor or carpet.
4. Be sure that there are no persons or obstacles in front of or behind the EASY STRIDE.
5. Inspect and tighten all parts regularly. Replace any worn parts immediately.
6. Keep children and pets away from the EASY STRIDE at all times.
7. The EASY STRIDE 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 EASY STRIDE. Always wear athletic shoes for foot protection.
10. When you are getting onto and off the EASY STRIDE, hold the crossbar and center your body weight directly over the pedals.
11. If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
12. When folding the EASY STRIDE for storage, be careful to prevent your hands from being pinched.
13. The EASY STRIDE is intended for home use only. Do not use the EASY STRIDE in any commercial, rental, or institutional setting.
14. The decal shown below has been placed on the EASY STRIDE. If the decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.



**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.

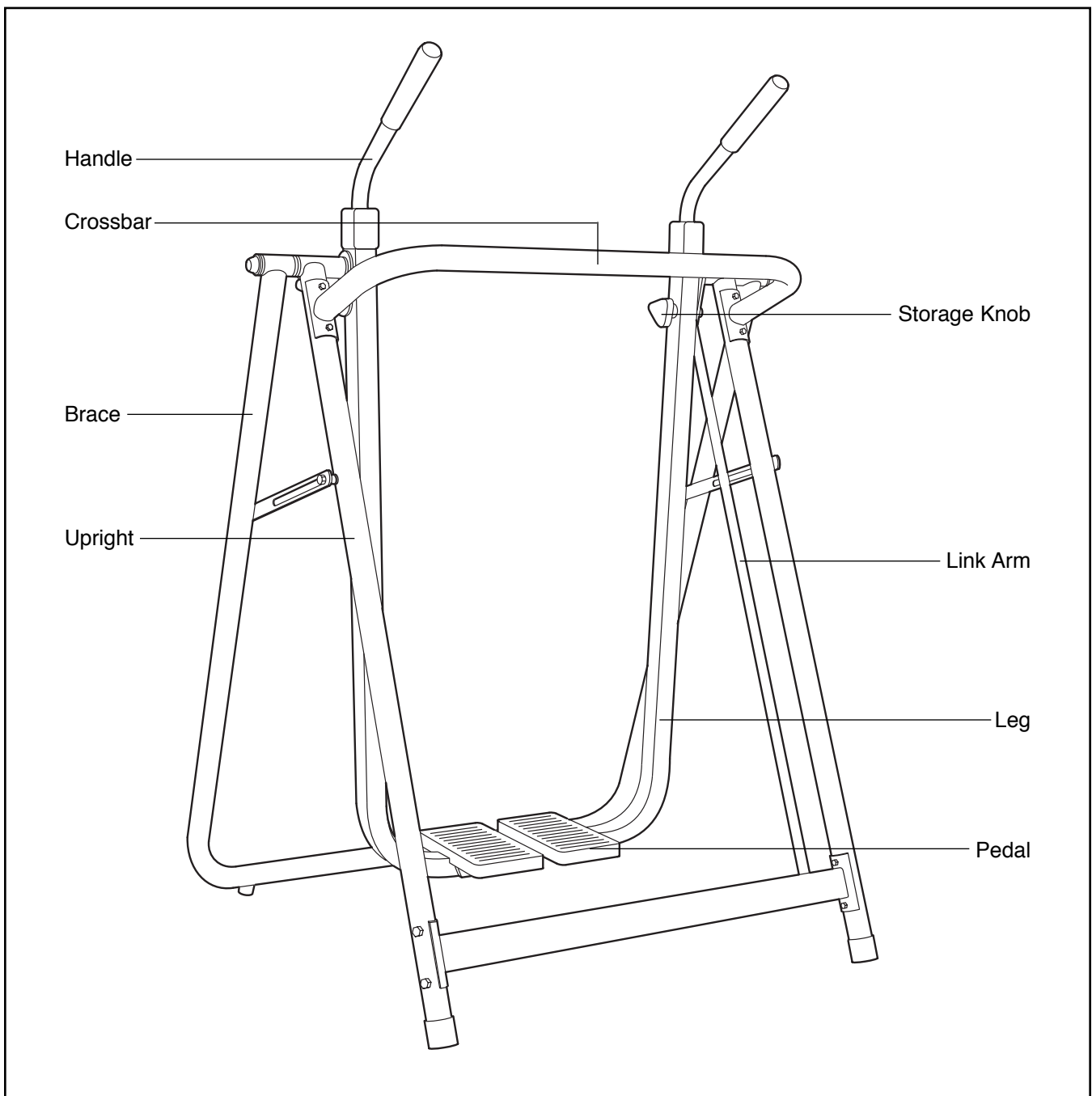
# BEFORE YOU BEGIN

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

**For your benefit, read this manual carefully before using the EASY STRIDE.** If you have additional questions, 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 WLAW35074. The serial number can be found on a decal attached to the EASY STRIDE (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.

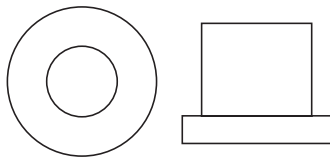


# ASSEMBLY

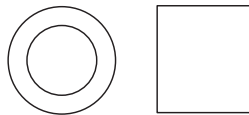
**Assembly requires two people.** Place all parts of the EASY STRIDE in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Read all steps before beginning assembly. As you assemble the EASY STRIDE, 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.**

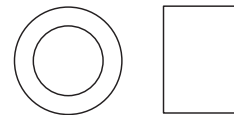
**Assembly requires two adjustable wrenches** , **a hammer** , **and a phillips screwdriver**  (not included). **A small amount of soapy water is also required.**



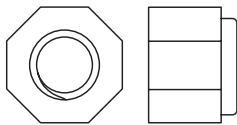
Link Arm Bushing (14)—2



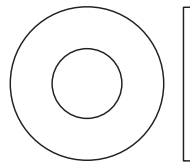
1/2" Spacer (21)—2



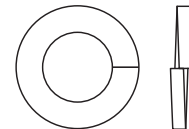
3/8" Spacer (20)—2



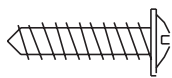
3/8" Nylon Locknut (37)—10



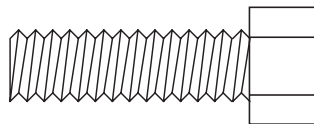
3/8" Washer (19)—2



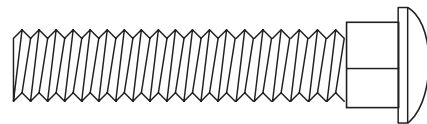
Lock Washer (16)—1



#8 x 3/4" Screw (28)—5



3/8" x 1 1/4" Screw (18)—2



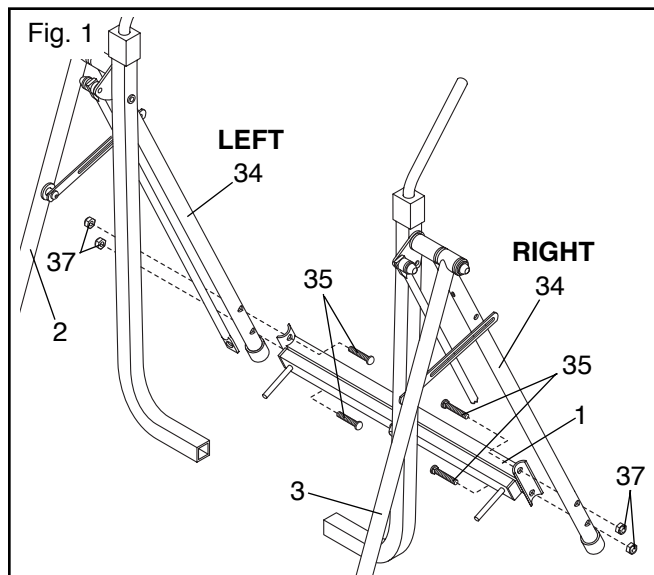
3/8" x 2" Carriage Bolt (35)—8

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

Refer to figure 1 and identify the left and right Uprights (34). Attach the Lower Crossbar (1) to the right Upright with two 3/8" x 2" Carriage Bolts (35) and two 3/8" Nylon Locknuts (37). **Do not tighten the Nylon Locknuts yet.**

Slide the lower end of the Left Brace (2) into the Right Brace (3).

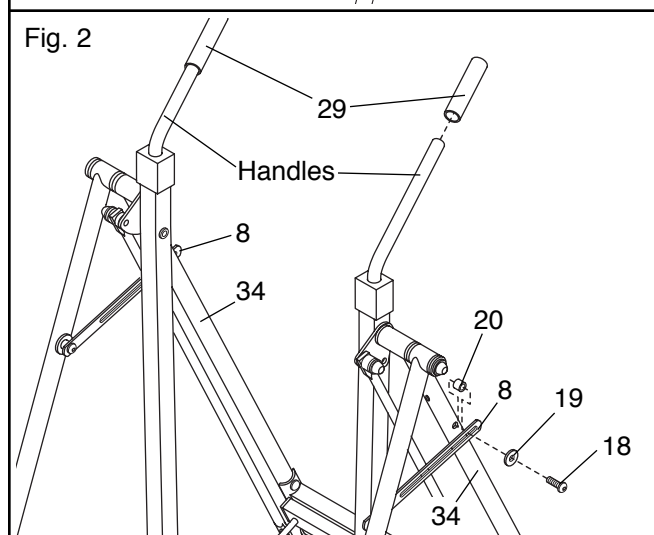
Attach the Lower Crossbar (1) to the left Upright (34) with two 3/8" x 2" Carriage Bolts (35) and two 3/8" Nylon Locknuts (37). **Do not tighten the Nylon Locknuts yet.**



2. Wet the ends of the right and left handles with soapy water. Slide a Handgrip (29) onto each handle.

Attach the right Pivot Bracket (8) to the right Upright (34) with a 3/8" x 1 1/4" Screw (18), a 3/8" Washer (19), and a 3/8" Spacer (20) as shown.

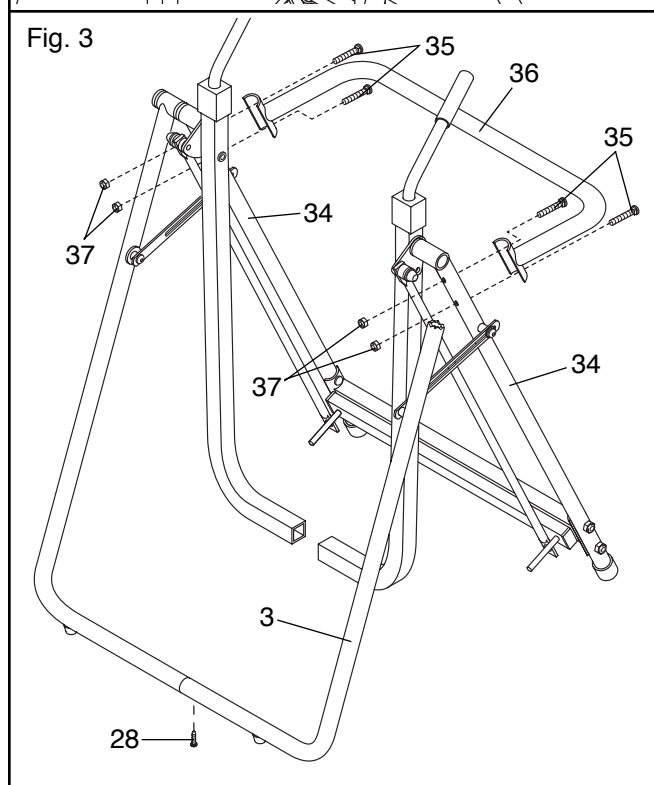
Attach the left Pivot Bracket (8) to the left Upright (34) in the same manner.



3. Attach the Upper Crossbar (36) to the left and right Uprights (34) with four 3/8" x 2" Carriage Bolts (35) and four 3/8" Nylon Locknuts (37) as shown.

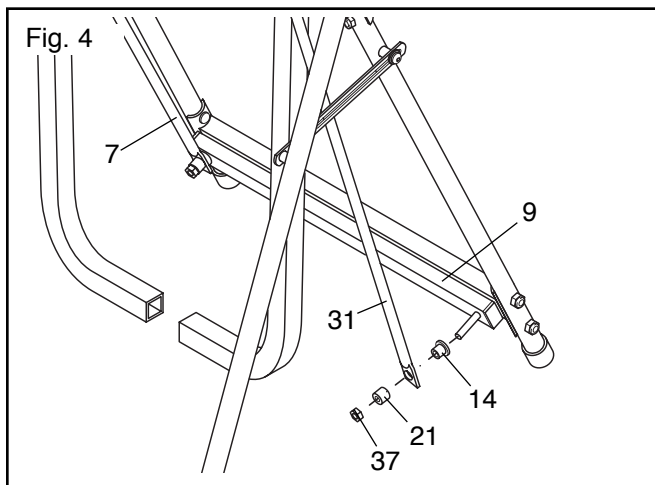
Tighten a #8 x 3/4" Screw (28) into the Right Brace (3).

**Tighten all parts used in steps 1 to 3.**



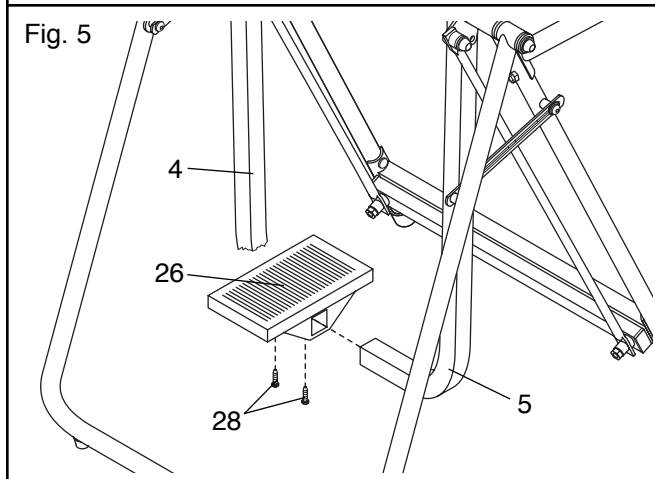
4. Make sure that there is a Link Arm Bushing (14) in the lower end of the Right Link Arm (31). Slide the Right Link Arm onto the indicated pin on the Rocker Arm (9). Slide a 1/2" Spacer (21) onto the same pin. Tighten a 3/8" Nylon Locknut (37) onto the pin.

Attach the Left Link Arm (7) to the Rocker Arm (9) in the same manner.

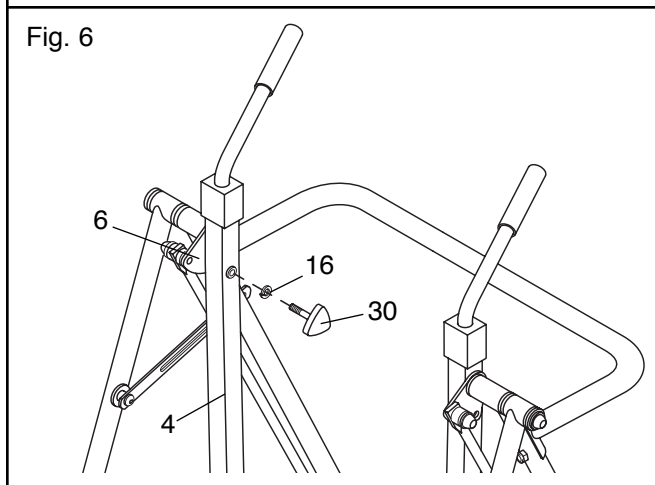


5. Slide a Pedal (26) onto the Right Leg (5). Attach the Pedal with two #8 x 3/4" Screws (28).

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



6. 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). Tighten the Storage Knob into the Link Arm Plate (6).



**Make sure that all parts are properly tightened before you use the EASY STRIDE.**

# HOW TO USE THE EASY STRIDE

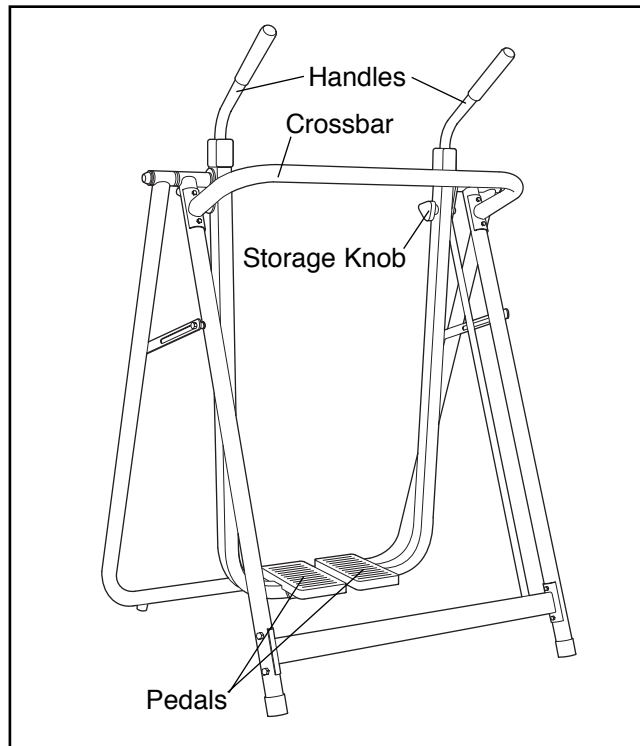
**CAUTION:** When you are getting onto and off the EASY STRIDE, always hold the crossbar and center your body weight directly over the pedals.

## HOW TO EXERCISE ON THE EASY STRIDE

Make sure that the storage knob and lock washer are tightened into the left leg. Hold the crossbar and step onto the pedals. The proper form for exercising on the EASY STRIDE 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 handles as you walk, and move your arms and legs in motion with the handles and pedals. 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 balance as you move the pedals.

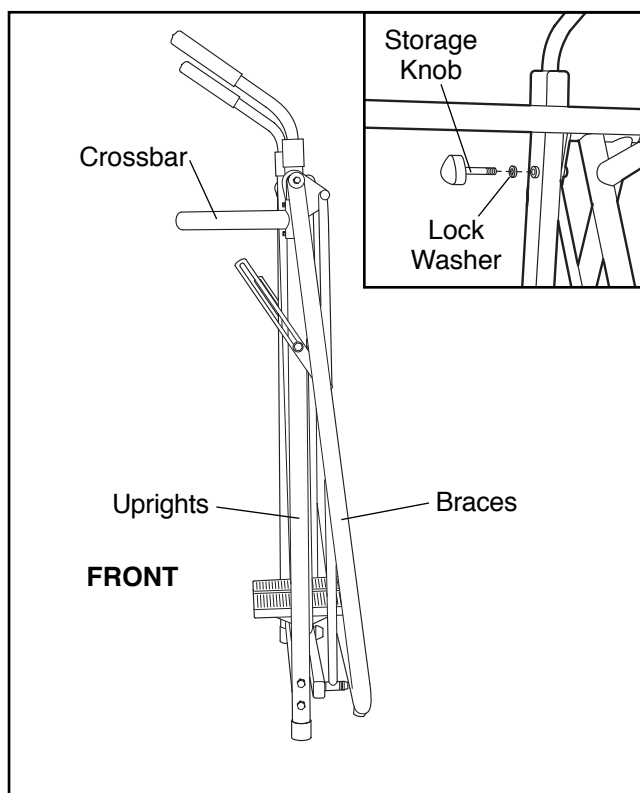


# MAINTENANCE AND STORAGE

Inspect and tighten all parts of the EASY STRIDE regularly. Replace any worn parts immediately. To clean the EASY STRIDE, use a soft, damp cloth and mild detergent. Never use abrasives or solvents.

## HOW TO FOLD THE EASY STRIDE FOR STORAGE

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



# CONDITIONING GUIDELINES

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

**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.**

## 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.

BPM	HEART RATE TRAINING ZONES						
165							Aerobic
145	155						Max Fat Burn
125	138	145					Fat Burn
	120	130	140				
		115	125	130			
			110	118	125		
				105	110	115	
					95	103	
						90	
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, look above your age and find the three numbers in light grey boxes. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; 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 your exercise pace until your heart rate is near the lowest number in your training zone as you exercise.

### Maximum Fat Burning

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

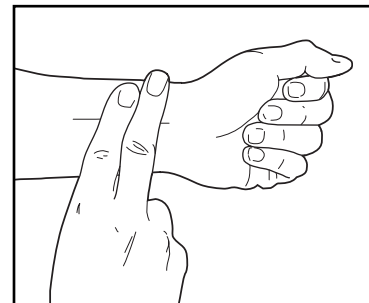
### Aerobic Exercise

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 your pace until your heart rate is near the highest number in your training zone as you exercise.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes.

Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



Adjust your exercise pace until your heart rate is at the desired level.

## WORKOUT GUIDELINES

Each workout should include the following three important parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases the

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone.

**A cool-down**, with 5 to 10 minutes of stretching. Thorough stretching helps to prevent problems caused when you stop exercising suddenly. Stretching after exercise is also very effective for increasing flexibility. A proper cool-down should leave you feeling relaxed and comfortably tired.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan 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.

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for five basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. 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.

### 2. 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 each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

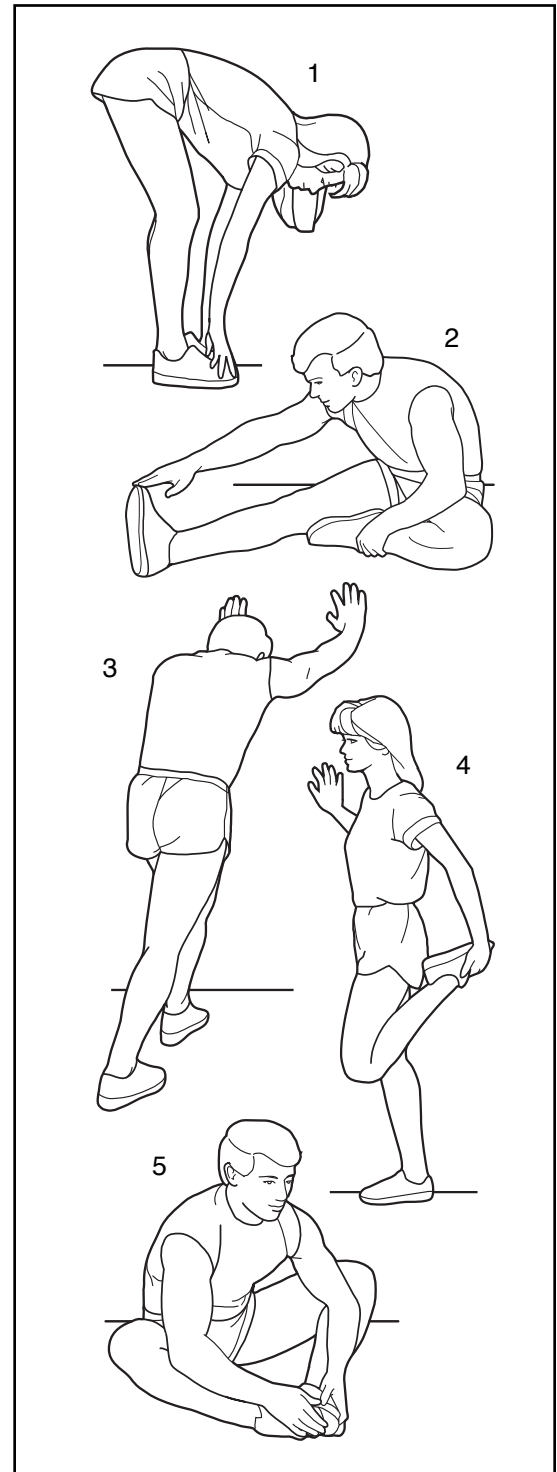
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. 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 each leg. Stretches: Quadriceps and hip muscles.

### 5. 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. WLAW35074

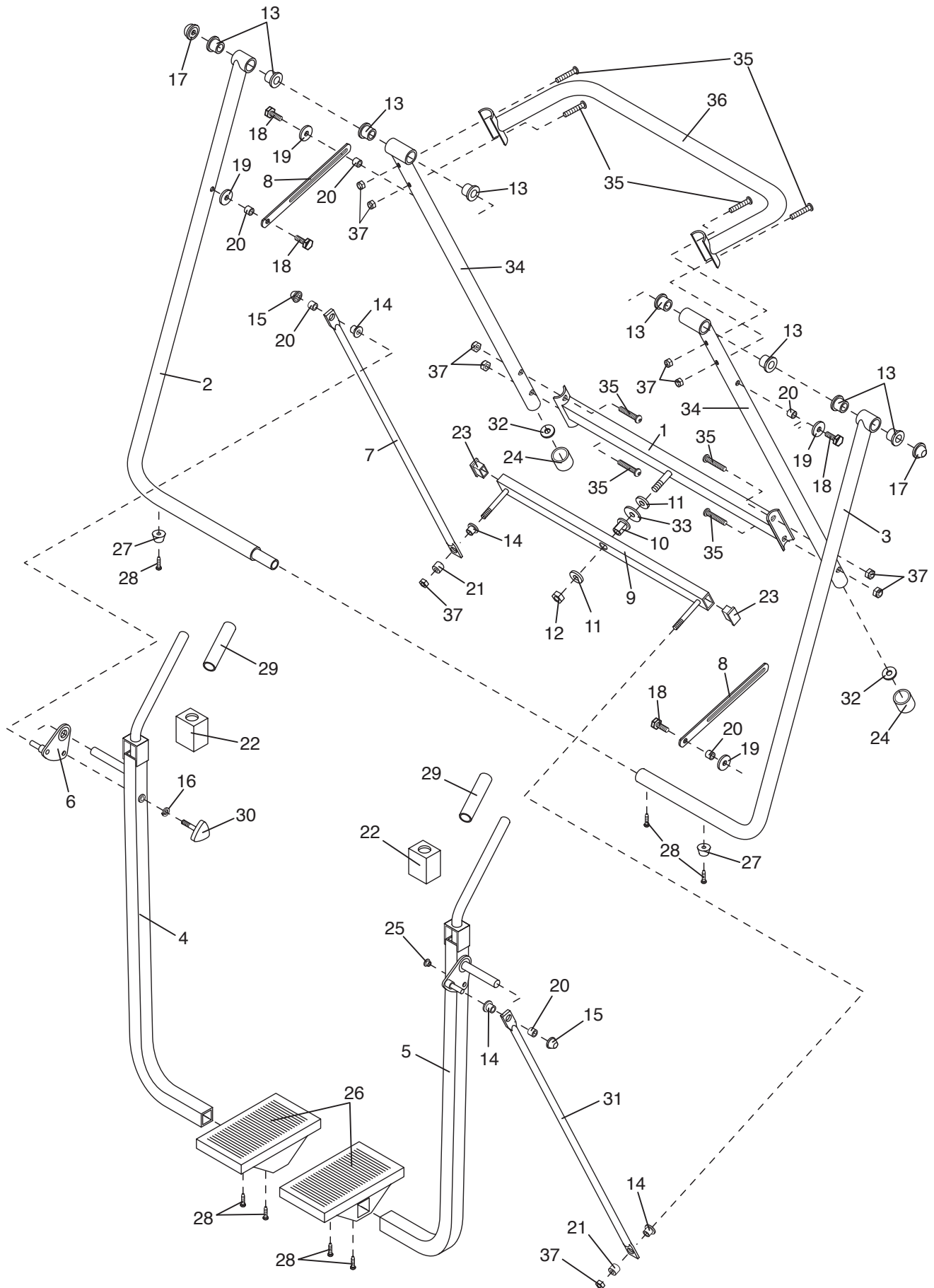
R0497A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Lower Crossbar	20	6	3/8" Spacer
2	1	Left Brace	21	2	1/2" Spacer
3	1	Right Brace	22	2	Leg Cover
4	1	Left Leg	23	2	Rocker Arm Cap
5	1	Right Leg	24	2	Upright Cap
6	1	Link Arm Plate	25	1	Hole Cover
7	1	Left Link Arm	26	2	Pedal
8	2	Pivot Bracket	27	2	Rubber Foot
9	1	Rocker Arm	28	7	#8 x 3/4" Screw
10	1	"D" Bushing	29	2	Handgrip
11	2	Weld Spacer	30	1	Storage Knob
12	1	1/2" Nylon Locknut	31	1	Right Link Arm
13	8	Pivot Bushing	32	2	Center Washer
14	4	Link Arm Bushing	33	1	1/4" x 1 1/2" Washer
15	2	3/8" Axle Cap	34	2	Upright
16	1	Lock Washer	35	8	3/8" x 2" Carriage Bolt
17	2	3/4" Axle Cap	36	1	Upper Crossbar
18	4	3/8" x 1 1/4" Screw	37	10	3/8" Nylon Locknut
19	4	3/8" Washer	#	1	User's Manual

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

# EXPLODED DRAWING—Model No. WLAW35074

R0497A



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# 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 (WLAW35074).
- The NAME of the product (WESLO® EASY STRIDE).
- 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**