

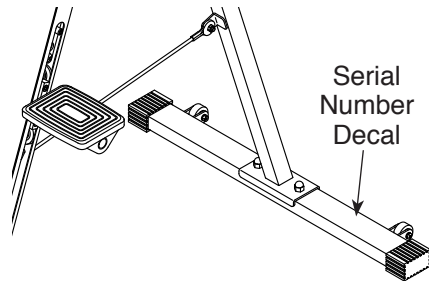
# WESLO® CLIMBER

weslo.com

Model No. WLCL99617.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to [my.weslo.com](http://my.weslo.com).

## CUSTOMER CARE

For service at any time, go to [wesloservice.com](http://wesloservice.com).

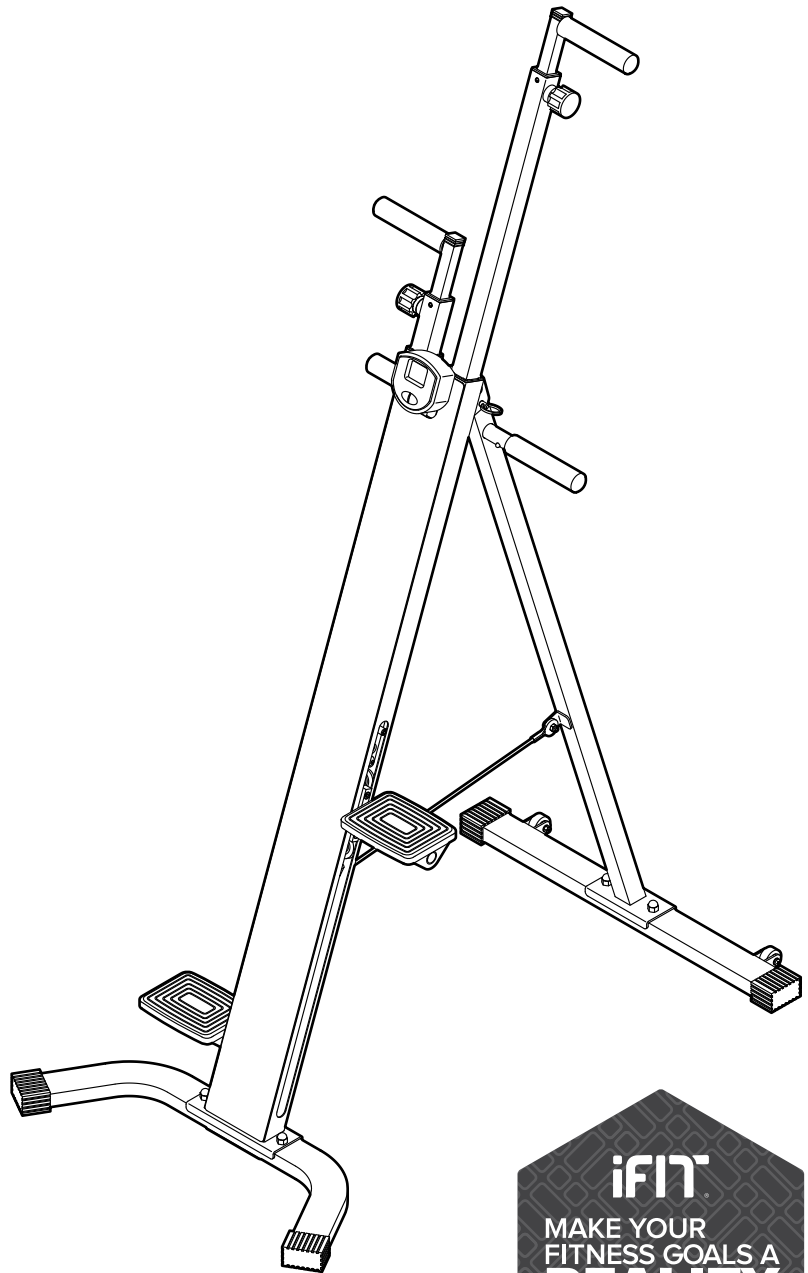
Or call 1-866-699-3756  
Mon.–Fri. 6 a.m.–6 p.m. MT  
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

## ⚠ CAUTION

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

# USER'S MANUAL

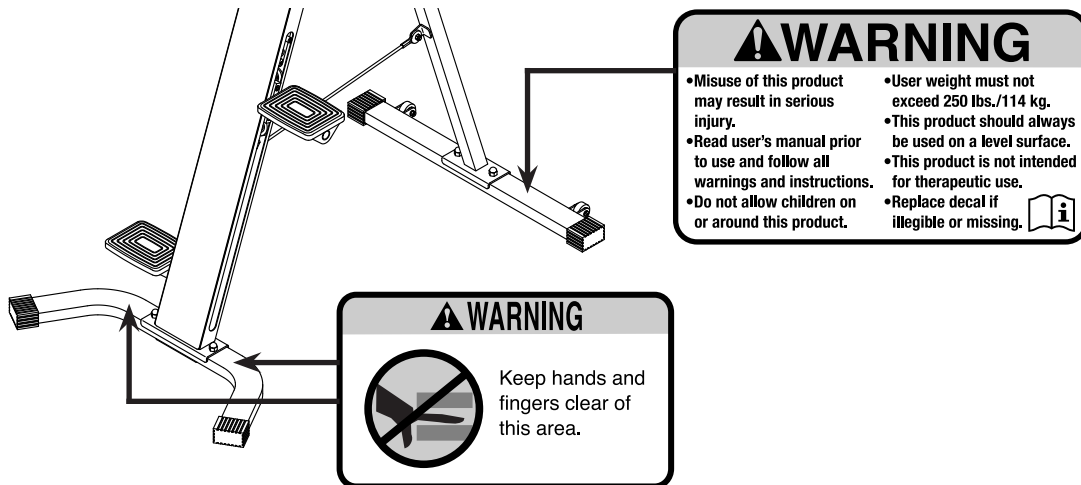


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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your stepper climber before using your stepper climber. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the stepper climber are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The stepper climber is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the stepper climber by someone responsible for their safety.
4. Use the stepper climber only as described in this manual.
5. The stepper climber is intended for home use only. Do not use the stepper climber in a commercial, rental, or institutional setting.
6. Keep the stepper climber indoors, away from moisture and dust. Do not put the stepper climber in a garage or covered patio, or near water.
7. Place the stepper climber on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the stepper climber.
8. Inspect and properly tighten all parts each time the stepper climber is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the stepper climber at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the stepper climber. Always wear athletic shoes for foot protection.
11. The stepper climber should not be used by persons weighing more than 250 lbs. (114 kg).
12. Be careful when mounting and dismounting the stepper climber.
13. Always keep your back straight while using the stepper climber; do not arch your back.
14. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

# PROTECT

YOUR FITNESS EQUIPMENT  
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

## PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

## STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please  
call Customer Care at **1-800-677-3838.**  
Or, visit us online at **www.utserv.com.**



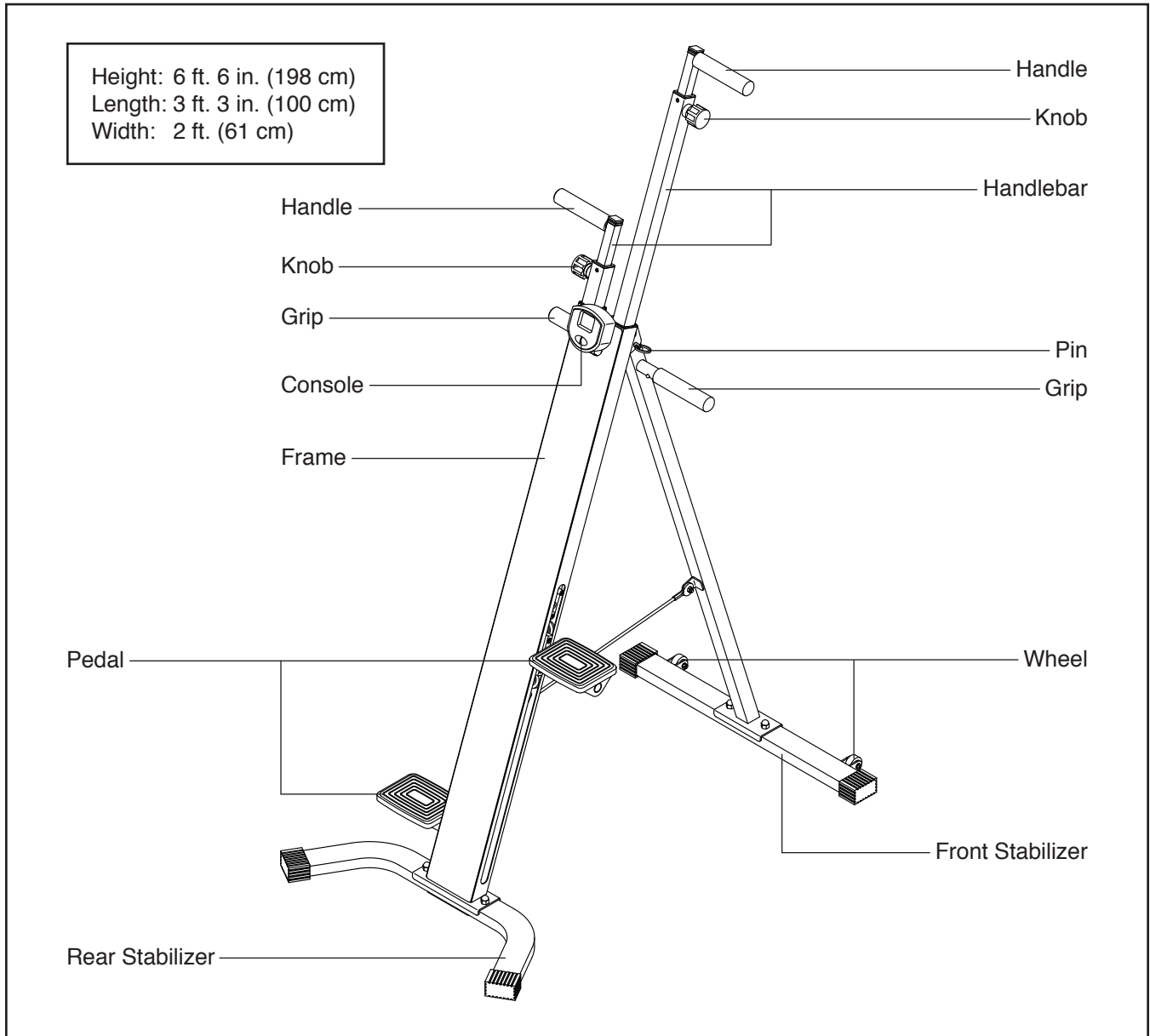
# BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CLIMBER stepper climber. Stepping is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The CLIMBER stepper climber provides a selection of features designed to make your workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before you use the stepper climber.** If you have questions

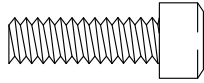
after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

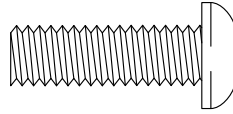


# PART IDENTIFICATION CHART

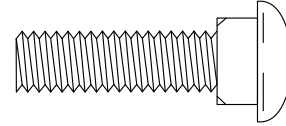
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



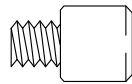
M6 x 20mm  
Screw (5)-4



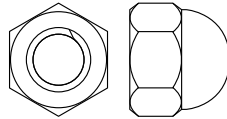
M8 x 25mm  
Screw (3)-2



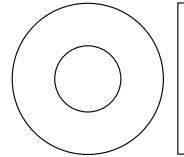
M8 x 32mm  
Carriage Bolt (9)-4



Stop Screw  
(17)-2



M8 Acorn  
Nut (6)-4



M8 Washer  
(7)-4

# ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- To identify small parts, see page 6.
- In addition to the included tool(s), assembly requires the following tools:

one adjustable wrench



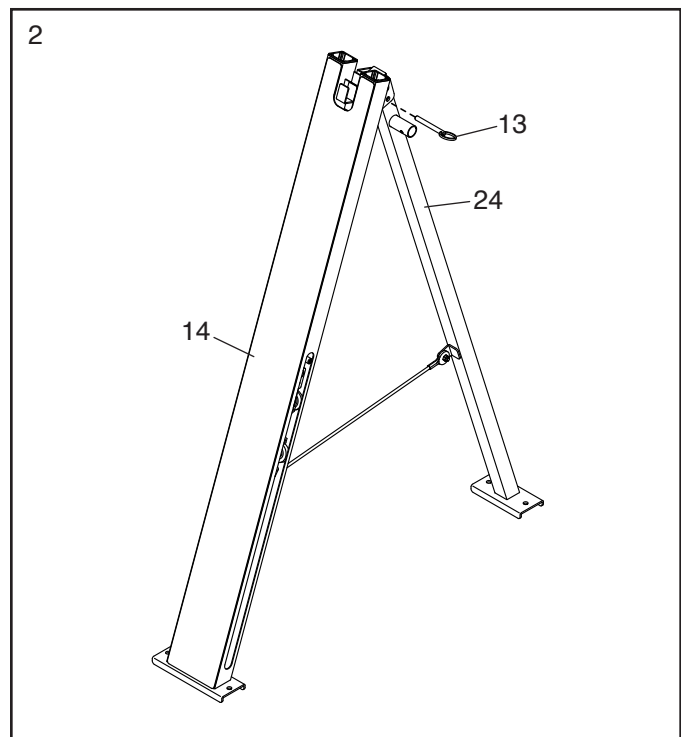
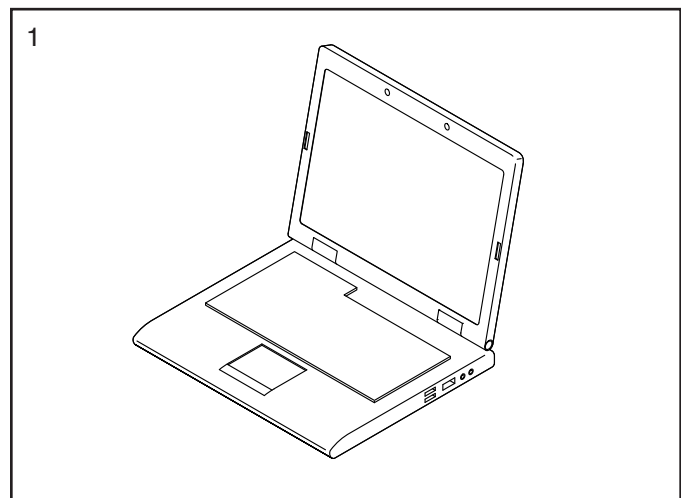
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to [my.weslo.com](http://my.weslo.com) on your computer and register your product.**

- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

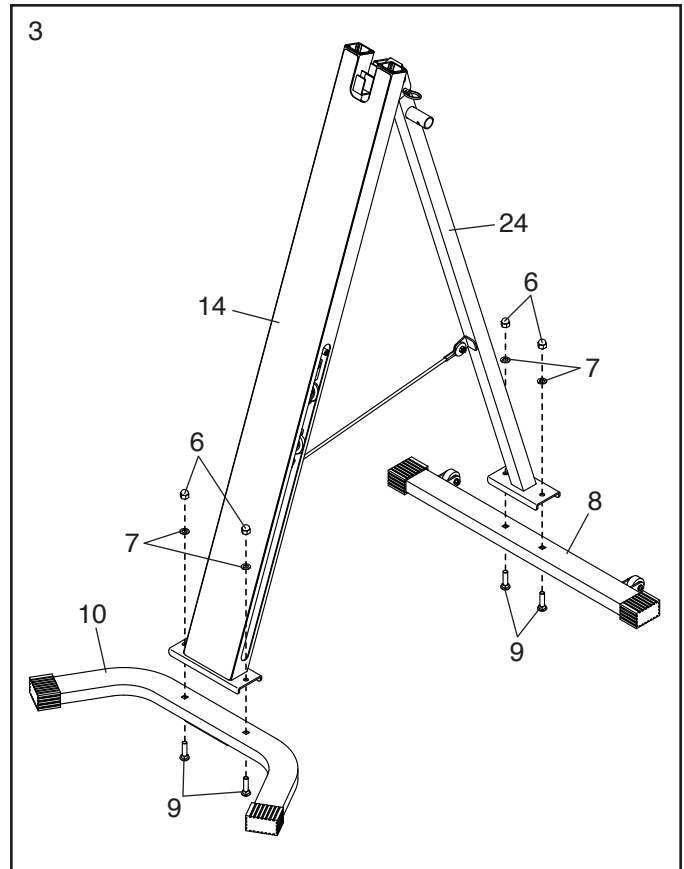
Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.

2. Remove the Pin (13) from the Frame (14), unfold the Stand (24) as shown, and then re-insert the Pin into the Frame.



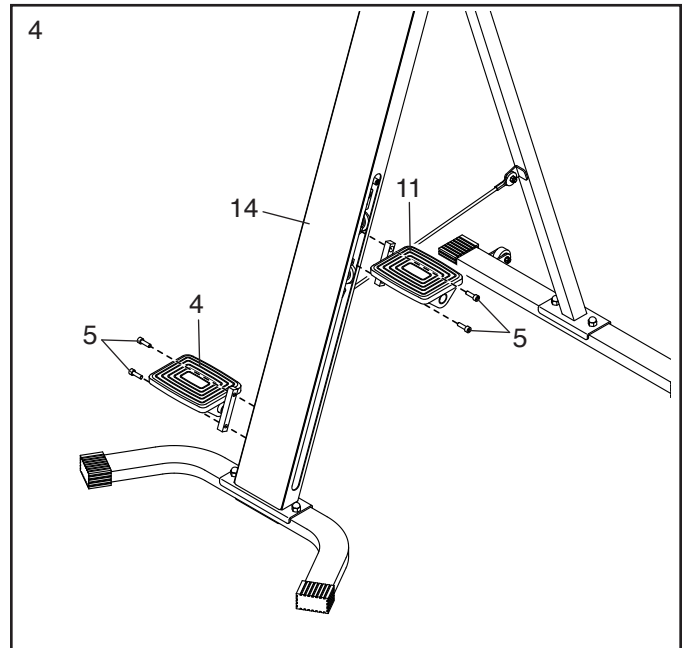
3. Attach the Rear Stabilizer (10) to the Frame (14) with two M8 x 32mm Carriage Bolts (9), two M8 Washers (7), and two M8 Acorn Nuts (6).

**Attach the Front Stabilizer (8) to the Stand (24) in the same way.**



4. Identify the Left Pedal (4), and attach it to the left side of the Frame (14) with two M6 x 20mm Screws (5).

**Attach the Right Pedal (11) to the right side of the Frame (14) in the same way.**

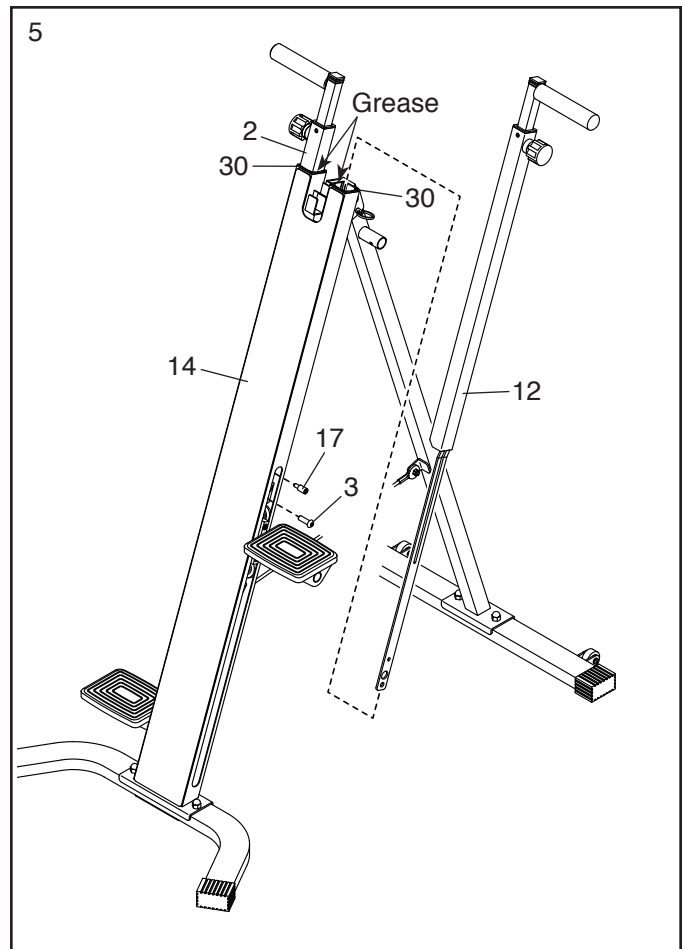


5. Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to the Frame Bushings (30) in the top of the Frame (14).

Identify the Right Handlebar (12). Insert the Right Handlebar into the right side of the Frame (14) as shown, and then attach it with an M8 x 25mm Screw (3).

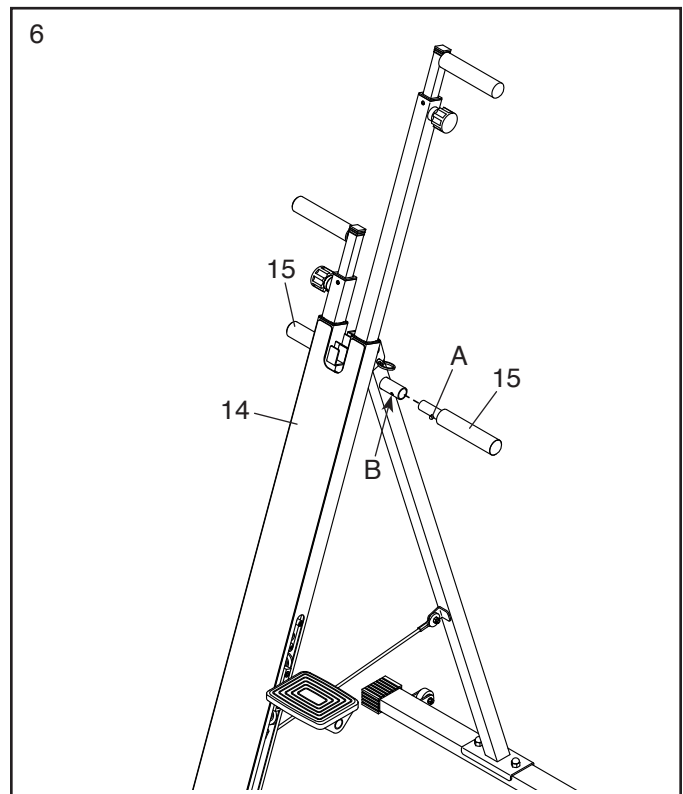
Then, tighten a Stop Screw (17) into the Right Handlebar (12).

**Attach the Left Handlebar (2) to the left side of the Frame (14) in the same way.**



6. Orient a Grip (15) as shown, press the pin (A), and then insert the Grip into the right side of the Frame (14); **make sure that the pin is in the indicated hole (B) in the Frame.**

**Attach the other Grip (15) to the left side of the Frame (14) in the same way.**

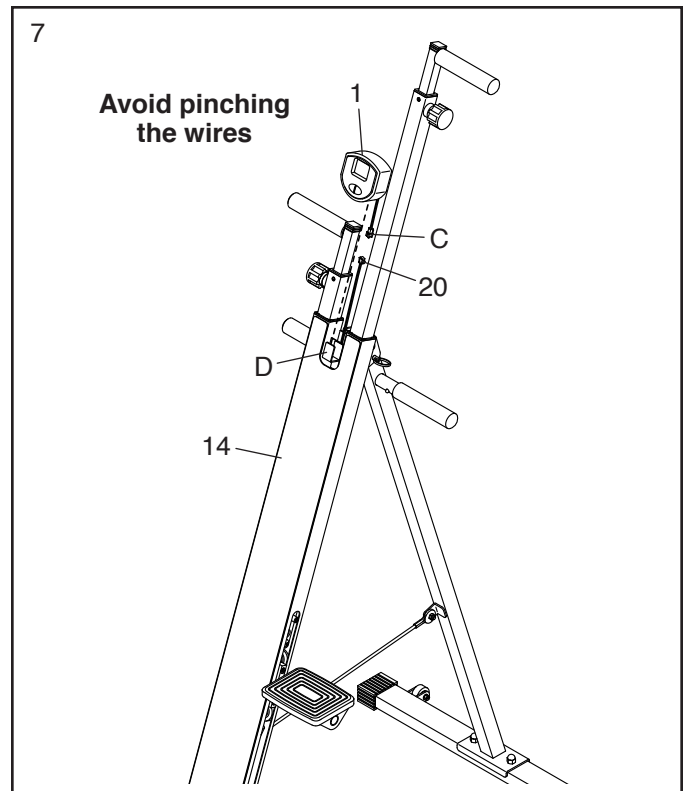


7. The Console (1) can use an AA battery (not included); an alkaline battery is recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert a battery. Otherwise, you may damage the Console or other electronic components.**

Remove the battery cover from the back of the Console (1), and insert a battery into the battery compartment. **Make sure to orient the battery as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

Hold the Console (1) near the Frame (14), and connect the wire (C) on the Console to the Reed Switch Wire (20) in the Frame (14).

**Tip: Avoid pinching the wires.** Insert the Console (1) into the clip (D) on the Frame (14).

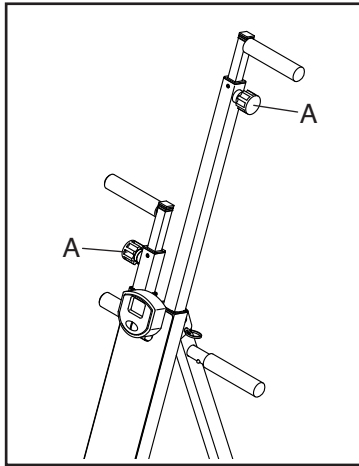


8. **Make sure that all parts are properly tightened before you use the stepper climber. After the stepper climber is assembled, inspect it to make sure that it is assembled correctly and that it functions properly.** Extra parts may be included. Place a mat under the stepper climber to protect the floor or carpet from damage.

# HOW TO USE THE STEPPER CLIMBER

## HOW TO ADJUST THE HANDLEBARS

To adjust the height of the handlebars, loosen the adjustment knob (A) on each handlebar, pull it outward, move the handlebar to the desired height, and then release the knob into one of the adjustment holes. Then, tighten each handlebar. **Make sure to adjust both handlebars to the same height.**

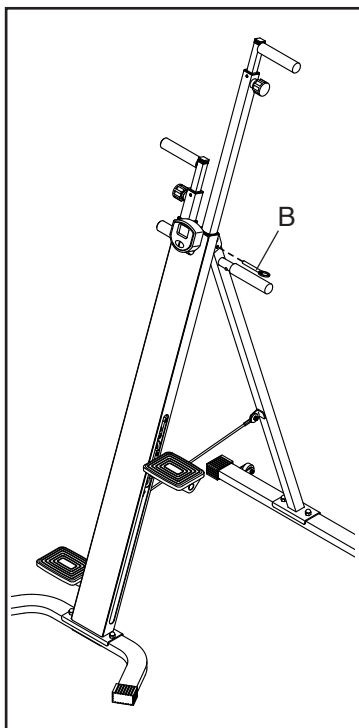


## HOW TO FOLD THE STEPPER CLIMBER FOR STORAGE

The stepper climber can be stored in a folded position to conserve space. Remove the battery from the console when storing the stepper climber for extended periods of time.

To store the stepper climber, first see HOW TO ADJUST THE HANDLEBARS above and adjust the handlebars to the lowest height.

Then, remove the pin (B) from the frame, fold the stand, and then re-insert the pin into the frame.



## HOW TO EXERCISE ON THE STEPPER CLIMBER

Hold the grips or the handles and step onto the pedals.

**For full-body exercise,** hold the handles and move both the handlebars and the pedals.

**For lower-body exercise,** hold the grips and move only the pedals.

As you step, alternately depress the right and left pedals with a smooth, continuous motion. Change the height of your step or your stepping pace until you can comfortably maintain a continuous motion.

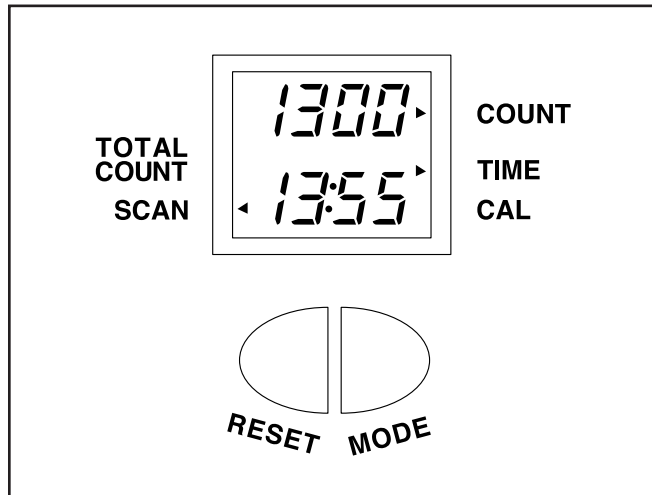
Stand erect or lean forward slightly as you exercise. Always keep your back straight in order to avoid injury.

You can exercise your upper leg muscles by keeping your feet flat on the pedals. You can exercise your calf muscles by rising on your toes as you step.

You can exercise your upper body muscles by moving the handlebars upward and downward with a smooth, continuous motion.

## FEATURES OF THE CONSOLE

The console features five modes that provide instant exercise feedback during your workouts. The modes are described below.



**Count mode**—Displays the number of steps you have completed during your workout.

**Time mode**—Displays the elapsed time. Note: If you stop stepping for a few seconds, the time mode will pause and the word STOP will appear in the display.

**Calories (CAL) mode**—Displays the approximate number of calories you have burned.

**Total Count mode**—Displays the total number of steps you have completed. Note: When the total number of steps reaches 9,999, this mode will reset to zero.

**Scan mode**—Displays the time, calories, and total count modes, for a few seconds each, in a repeating cycle.

## HOW TO OPERATE THE CONSOLE

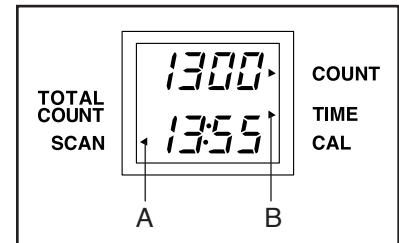
Note: If there is a sheet of plastic on the console, remove the plastic before operating the console.

1. To turn on the console, press the Mode button or simply begin stepping. When the console is turned on, the entire display will turn on for a few seconds. The console will then be ready for operation.

2. Select one of the five modes:

### Scan mode—

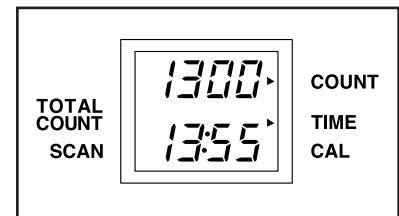
When the console is turned on, the scan mode will be selected automatically. One mode indicator (A)



will show that the scan mode is selected, and a second mode indicator (B) will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by pressing the Mode button repeatedly.

### Time, calories, or total count mode—

To select one of these modes for continuous display, press the Mode button repeatedly. The mode indicators will show which mode is selected. **Make sure that the scan mode is not selected.**



**Count**—This mode will display continuously the number of steps you have completed during your workout.

3. To reset the count, time, and calories modes to zero, hold the Reset button for several seconds. After the display is reset, the scan mode will be selected.

4. To turn off the console, simply wait for several minutes. **Note: The console has an auto-off feature. If the pedals do not move and the buttons are not pressed for several minutes, the console will turn off automatically in order to conserve the battery.**

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# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the stepper climber is used. Replace any worn parts immediately.

To clean the stepper climber, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## CONSOLE TROUBLESHOOTING

Most console problems are the result of a low battery; for replacement instructions, see assembly step 7 on page 10.

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## FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.**

# EXERCISE GUIDELINES

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

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, 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, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

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

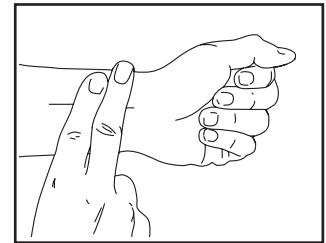
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses 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. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat 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.



## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes 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.) Breathe regularly and deeply as you exercise; never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps 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. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

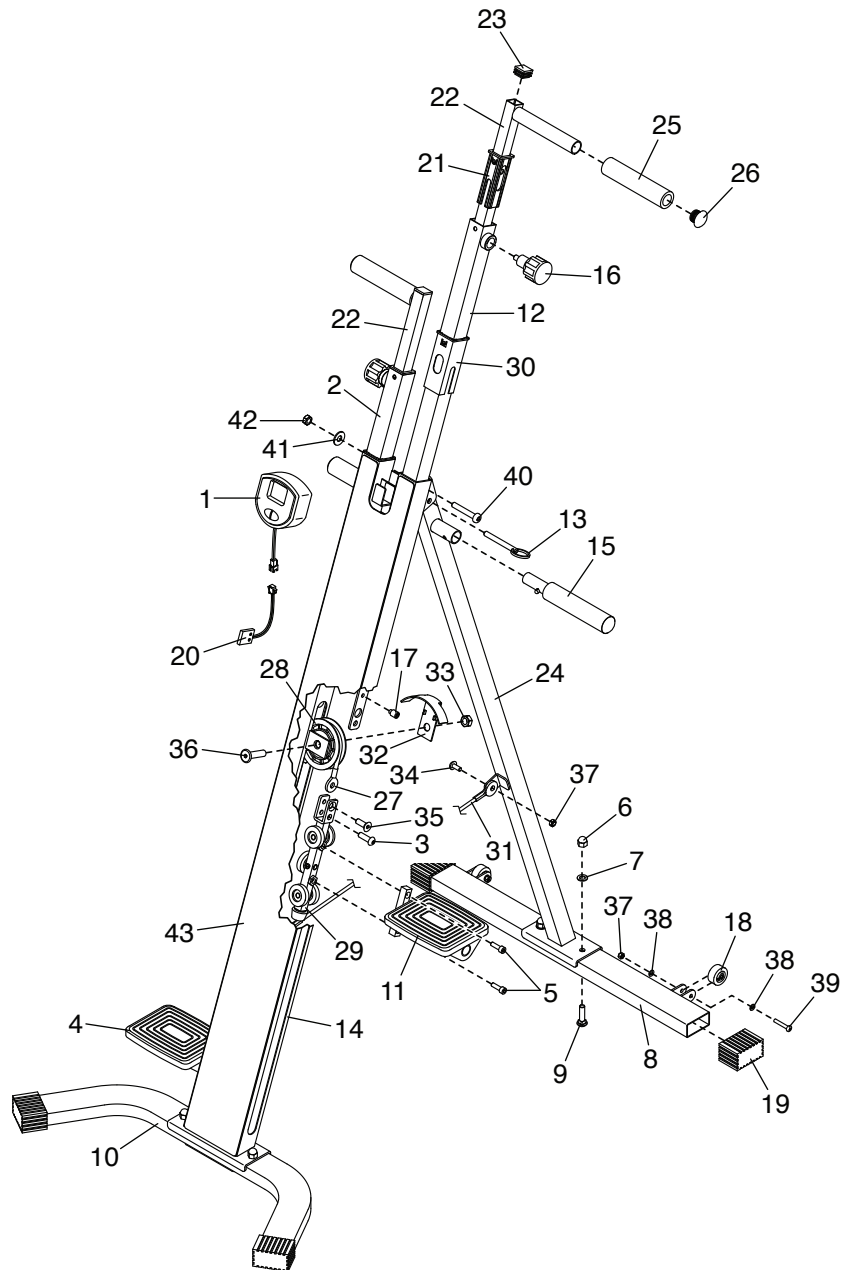
# PART LIST/EXPLODED DRAWING

Model No. WLCL99617.0 R0817D

Key No.	Qty.	Description
1	1	Console
2	1	Left Handlebar
3	2	M8 x 25mm Screw
4	1	Left Pedal
5	4	M6 x 20mm Screw
6	4	M8 Acorn Nut
7	4	M8 Washer
8	1	Front Stabilizer
9	4	M8 x 32mm Carriage Bolt
10	1	Rear Stabilizer
11	1	Right Pedal
12	1	Right Handlebar
13	1	Pin
14	1	Frame
15	2	Grip
16	2	Knob
17	2	Stop Screw
18	2	Wheel
19	4	Stabilizer Cap
20	1	Reed Switch/Wire
21	2	Handlebar Bushing
22	2	Handlebar Extension
23	2	Square Cap
24	1	Stand
25	4	Grip Cover
26	4	Round Cap
27	1	Pulley Cable
28	1	Pulley
29	2	Carriage
30	2	Frame Bushing
31	1	Stand Cable
32	1	Pulley Bracket
33	1	Pulley Nut
34	2	Cable Bolt
35	2	Cable Screw
36	1	Pulley Bolt
37	4	M6 Locknut
38	4	M6 Washer
39	2	M6 x 32mm Screw
40	1	M8 x 45mm Screw

Key No.	Qty.	Description
41	1	M8 Large Washer
42	1	M8 Locknut
43	1	Frame Cover
*	-	User's Manual
*	-	Grease Packet

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.



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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

**IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 are limited in their 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 the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

**ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**