

WESLO

TOTAL BODY

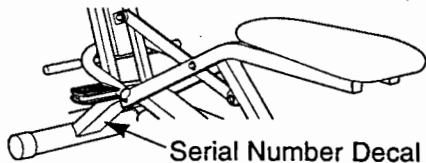
T R A I N E R

PATENT PENDING

Model No. WLCR43560

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.



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 **TOTAL BODY TRAINER**.

1. Read all instructions in this manual before using the **TOTAL BODY TRAINER**.
2. It is the responsibility of the owner to ensure that all users of the **TOTAL BODY TRAINER** are adequately informed of all precautions.
3. Use the **TOTAL BODY TRAINER** only as described in this manual.
4. Regularly inspect and tighten all parts of the **TOTAL BODY TRAINER**.
5. The **SHAPE TRAINER** should not be used by persons weighing more than 250 pounds.
6. Keep small children and pets away from the **SHAPE TRAINER** at all times.
7. Place the **SHAPE TRAINER** on a level surface during use. Place the included mat under the **SHAPE TRAINER** to protect the floor.
8. When inserting the handlebar post into the pedal frame or the wheel tube of the **SHAPE TRAINER** (refer to the drawing on page 3), make sure that the spring clip snaps into the hole in the pedal frame or the wheel tube.
9. When exercising, do not wear flowing clothing that could become caught on the **SHAPE TRAINER**. Always wear athletic shoes for foot protection.
10. When using the **CRUNCH TRAINER**, keep the small of your back on the exercise mat; it may be necessary to raise your hips slightly.
11. Keep your head on the headrest when exercising on the **CRUNCH TRAINER**.
12. If you feel faint, dizzy, or short of breath at any time while exercising, stop immediately and begin cooling down.

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

Thank you for selecting the new TOTAL BODY TRAINER from WESLO. The TOTAL BODY TRAINER is comprised of three major components: the SHAPE TRAINER, the CRUNCH TRAINER, and a special exercise mat.

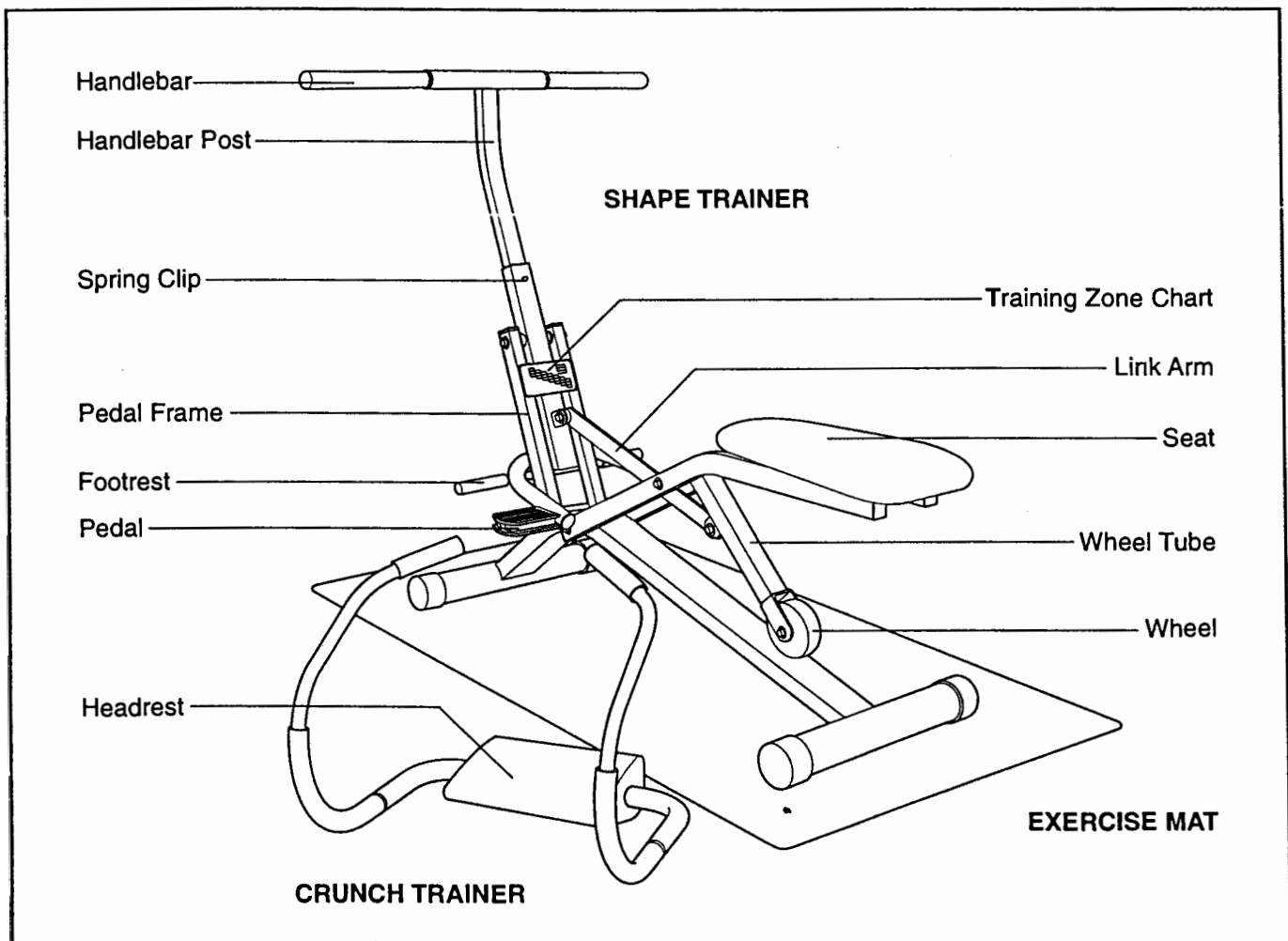
- The SHAPE TRAINER offers a unique form of low-impact exercise that uses both the upper body and the lower body for greater cardiovascular benefits and increased muscle toning.
- The CRUNCH TRAINER is designed to shape your upper abdominals, obliques, and lower abdominals to give you a firm, flat stomach in only minutes a day.
- The included exercise mat provides a comfortable padded surface when you are using the CRUNCH TRAINER, and can be placed under the SHAPE TRAINER to protect the floor.

Used as part of a fitness program that includes a proper diet, the TOTAL BODY TRAINER will help you to look better, feel better, and enjoy the advantages of greater fitness.

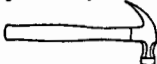
For your benefit, please read this manual carefully before using the TOTAL BODY TRAINER.

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). To help us assist you, please mention the product model number and serial number when calling. The model number is WLCR43560. The serial number can be found on a decal attached to the SHAPE TRAINER (see the front cover of this manual for the location).

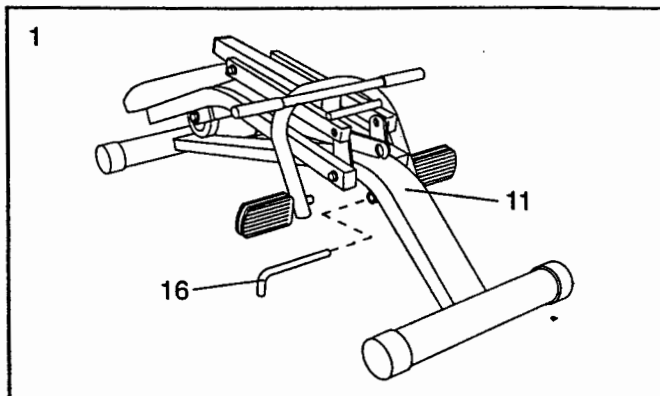
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



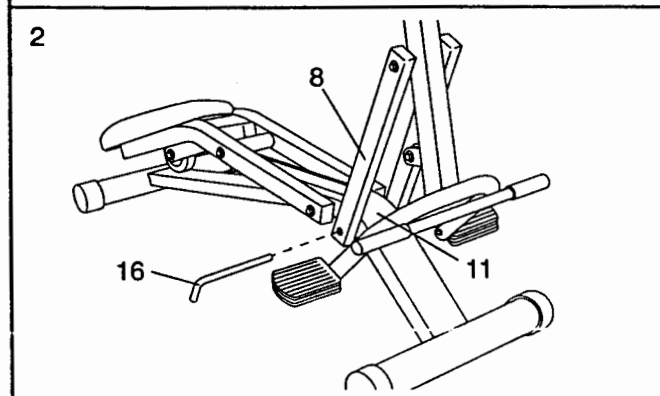
ASSEMBLY

Place all parts of the TOTAL BODY TRAINER in a cleared area and remove the packing materials. Do not dispose of the packing materials until the SHAPE TRAINER and CRUNCH TRAINER are fully set up. **The following tools are required: the Included allen wrench**  **and your own hammer**  **and adjustable wrench** .

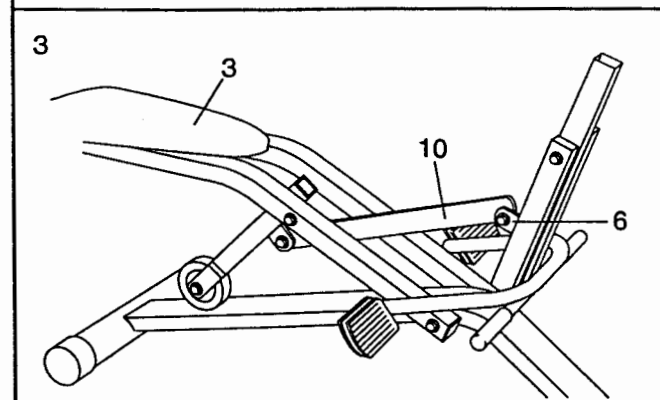
1. Remove the Lock Pin (16) from the tube under the Base (11) of the SHAPE TRAINER.



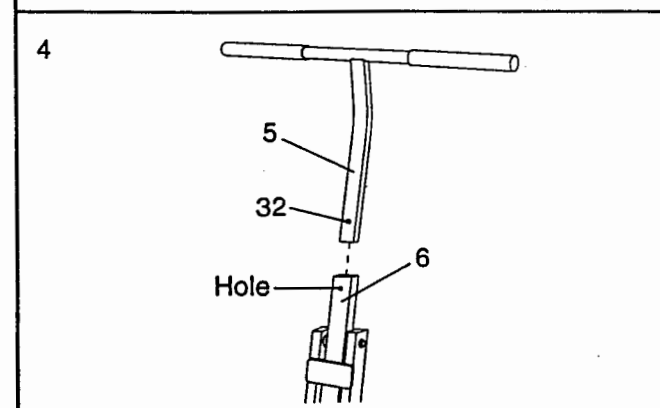
2. Raise the Upright Frame (8) and hold it in the position shown. Insert the Lock Pin (16) through the Upright Frame and the tube under the Base (11). **Note: It may be necessary to lightly grease the holes and use a hammer to tap in the Lock Pin.**



3. Raise the Seat (3) and clip the Link Arm (10) onto the indicated bracket on the Pedal Frame (6). **Be sure to slide the Link Arm onto the bracket as far as it will go.**



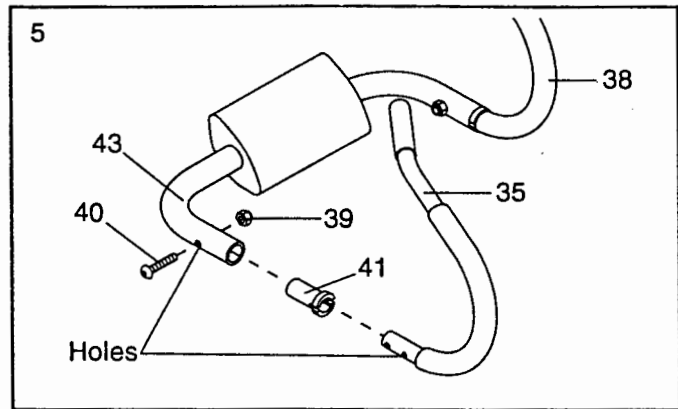
4. Press the Spring Clip (32) in the Handlebar Post (5). Insert the Handlebar Post into the Pedal Frame (6). **Make sure that the Spring Clip snaps into the indicated hole in the Pedal Frame.**



Note: To fold the SHAPE TRAINER for storage, refer to MAINTENANCE AND STORAGE on page 13.

5. Insert a Sleeve (41) into the indicated side of the Frame (43). Insert the Right Handle (35) into the Sleeve. Align the indicated hole in the Right Handle with the hole in the Frame. Insert a 1/4" x 1 1/4" Screw (40) through the Frame and the Right Handle. Tighten a 1/4" Locknut (39) onto the Screw.

Attach the Left Handle (38) in the same manner.

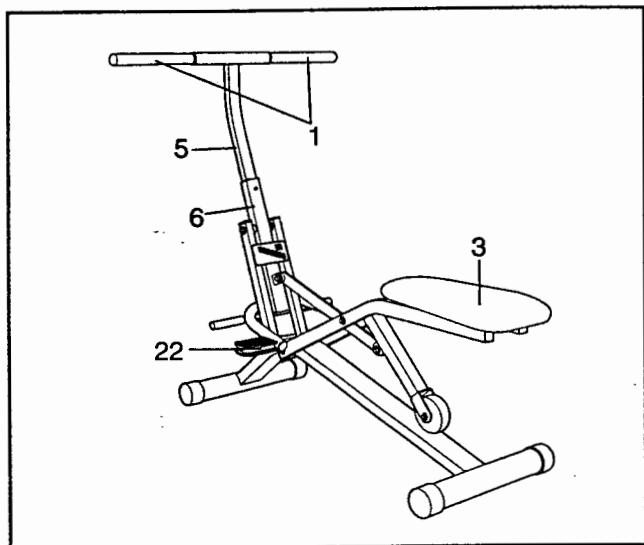


Lay the exercise mat flat on the floor. Make sure that all parts of the SHAPE TRAINER and CRUNCH TRAINER are properly tightened.

HOW TO USE THE SHAPE TRAINER

The SHAPE TRAINER features three different modes: the full body mode, the upper body mode, and the lower body mode.

HOW TO USE THE FULL BODY MODE

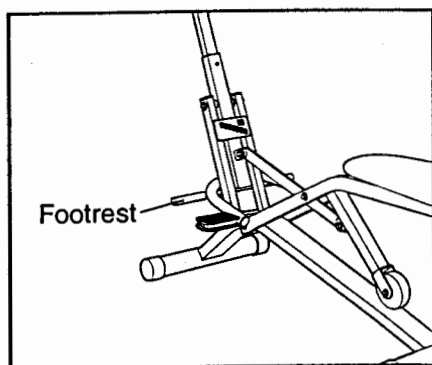


Make sure that the Handlebar Post (5) is in the Pedal Frame (6). Sit on the Seat (3), place your feet on the Pedals (22), and hold the Foam Grips (1). To give variety to your exercise, place your hands close together or far apart, or use an overhand or underhand grip.

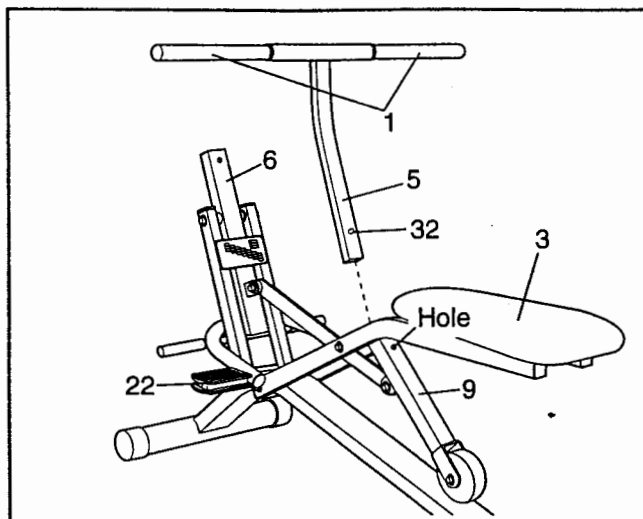
To exercise, pull the handlebar towards your waist while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. Be sure to move through the full range of motion, maintain a steady pace, and keep your back straight.

HOW TO USE THE UPPER BODY MODE

To focus on the muscles of your upper body, exercise as described above, but place your feet on the footrests instead of the pedals.



HOW TO USE THE LOWER BODY MODE



To exercise the muscles of your lower body, the position of the handlebar should be changed. First, press the Spring Clip (32) and slide the Handlebar Post (5) out of the Pedal Frame (6). Press the Spring Clip again and insert the Handlebar Post into the Wheel Tube (9). **Make sure that the Spring Clip snaps into the indicated hole in the Wheel Tube.** Sit on the Seat (3), place your feet on the Pedals (22), and hold the Foam Grips (1).

To exercise, push the pedals away with your legs. Return to the starting position. Repeat, moving with a smooth, continuous motion. Be sure to concentrate on using the muscles of your lower body.

EXERCISE 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 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.

HEART RATE TRAINING ZONES									
BPM	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 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

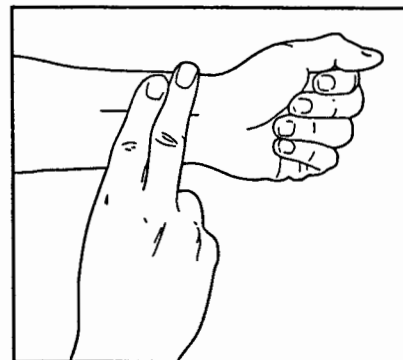
If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For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

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 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. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



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

WORKOUT GUIDELINES

Each workout should include three important parts: (1) a warm-up; (2) training zone exercise; and (3) a cool-down.

Begin each workout with 5 to 10 minutes of stretching and light exercise. (See SUGGESTED STRETCHES on page 8). Begin with slow, controlled stretches, and progress to more rhythmic stretches. This will increase the body temperature, heart rate, and circulation in preparation for strenuous exercise.

After warming up, exercise with your heart rate in your training zone for 20 to 30 minutes. (See the chart near the top of this page.)

Finish each workout with 5 to 10 minutes of stretching. Thorough stretching offsets problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercising. A proper cool-down should leave you 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 several 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

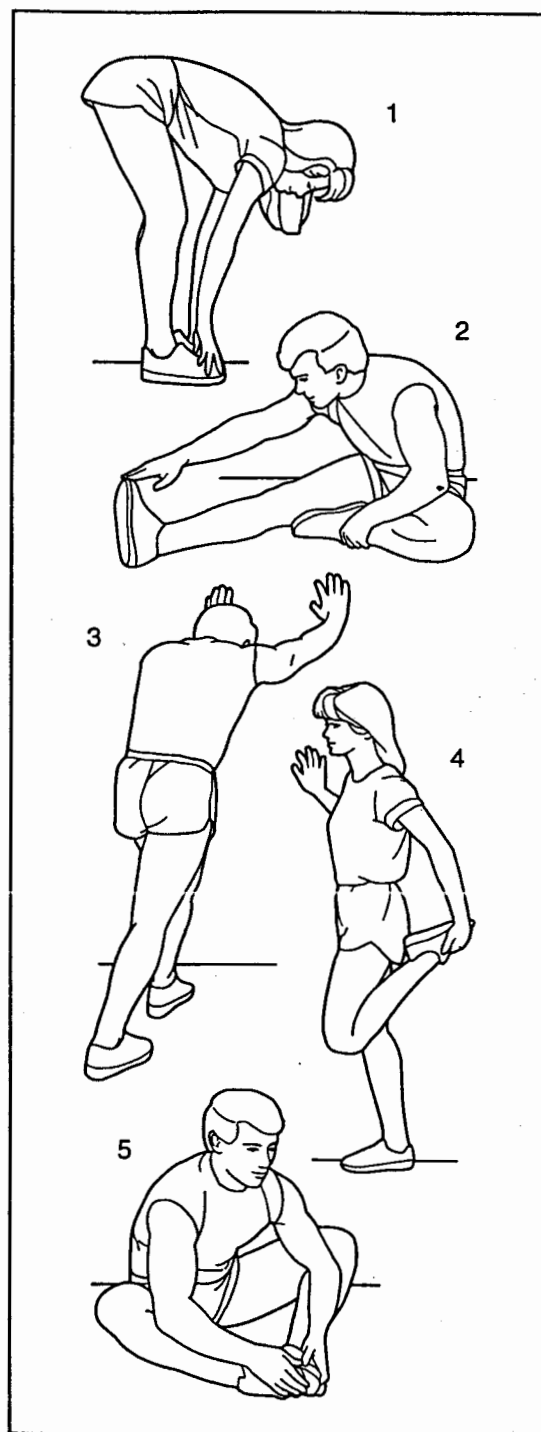
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

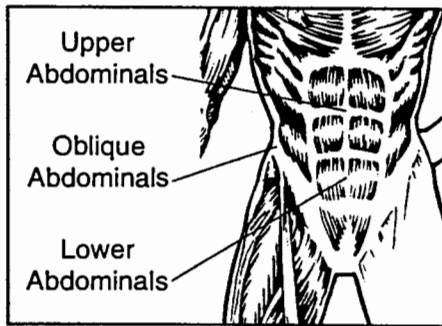
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



HOW TO USE THE CRUNCH TRAINER

The CRUNCH TRAINER

offers a variety of exercises that shape your upper abdominals, oblique abdominals, and lower abdominals. The photographs on pages 9 through 12 of this manual show the correct form for each exercise.



The exercises in this manual are divided into four groups: Beginning, Intermediate, Advanced, and Expert. Start with the beginning exercises, and progress at your own pace. Be careful not to overdo it during the first few weeks of your exercise program. It is better to increase the number of repetitions you do than to advance to more difficult exercises too quickly. The intensity of each exercise can be varied by changing the position of your hands on the CRUNCH SHAPER handles. The lower your hands are positioned, the more difficult the exercise will be.

To get the most from your exercise, proper form is important. As you perform each repetition, use your abdominal muscles to pull yourself up, allowing the CRUNCH SHAPER to "roll" with you. **Do not press or pull the handles together.** Keep your head on the headrest and the small of your back on the exercise mat. If necessary, raise your hips slightly.

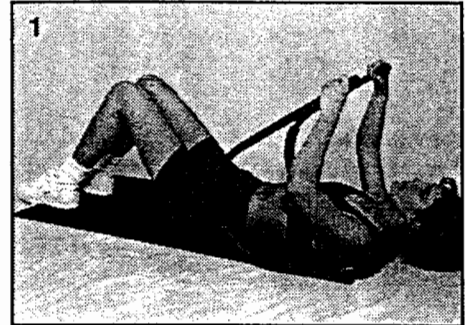
Always begin and end each workout with a few minutes of stretching. (See SUGGESTED STRETCHES on page 8.) Keep plenty of water nearby as you exercise, and drink periodically to avoid dehydration. **If you feel faint, dizzy, or short of breath at any time during exercise, stop immediately and begin cooling down.**

WARNING: Before you begin 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Beginning Exercises

1. Basic Crunch

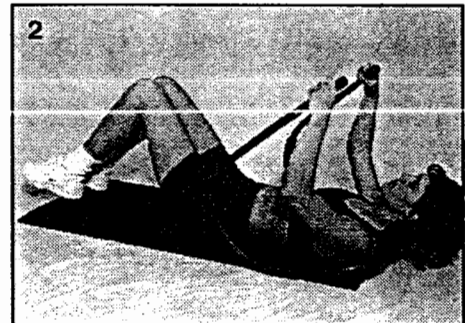
This exercise targets the upper abdominals. Lie on the exercise mat and bend your knees as shown. Place your hands near the upper ends of the handles. Curl up to about a 45° angle, and then lower yourself to the starting position. This completes one repetition. Perform 10 to 15 repetitions.



2. Basic Crunch with Raised Feet

This exercise focuses on the lower abdominals. This exercise should be performed in the same way as the Basic

Crunch, except your feet should be held about one inch off the floor during the exercise. Complete 10 to 15 repetitions.



3. Basic Oblique Crunch

This exercise is for the oblique abdominals. Perform this exercise in the same way as the Basic Crunch, but turn your

knees to the side as shown. Complete 5 to 7 repetitions, change your knees to the opposite side, and then perform another 5 to 7 repetitions.



Intermediate Exercises

As your abdominal muscles become stronger, and you can comfortably perform several repetitions of the beginning exercises, it is time to move on to the intermediate exercises. Remember to stretch for a few minutes before you begin.

4. Raised-knee Crunch with Knees Held to Chest

This exercise focuses on the upper abdominals. Lie on the exercise mat and bring your knees toward your chest as shown. Curl



up to about a 45° angle, and then lower yourself to the starting position. Keep your knees raised throughout the exercise. Complete 10 to 15 repetitions.

This exercise can also be performed by resting your feet on a chair.

5. Raised-knee Crunch with Knees Lifted to Chest

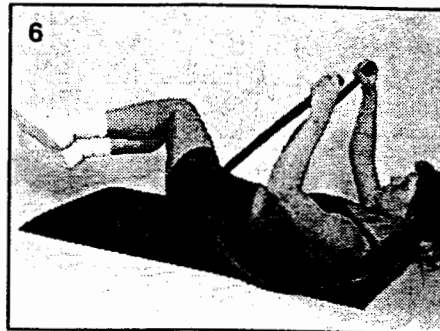
This exercise targets the lower abdominals. The starting position is shown in photograph 5a. Curl up to about a 45° angle, bringing your knees toward your chest at the same time; then return to the starting position. Perform 10 to 15 repetitions.



Intermediate Exercises—Cont.

6. Raised-knee Oblique Crunch

This exercise focuses on the oblique abdominals. Bend your knees, lay them to one side, and hold your legs just off the floor. Curl



up to about a 45° angle, then return to the starting position. Hold your legs stationary throughout the exercise. Complete 5 to 7 repetitions, change your knees to the opposite side, and then perform another 5 to 7 repetitions.

Advanced Exercises

The following exercises are designed to further improve your strength, tone, and flexibility. Remember to stretch for a few minutes before you begin.

7. "L"-Crunch

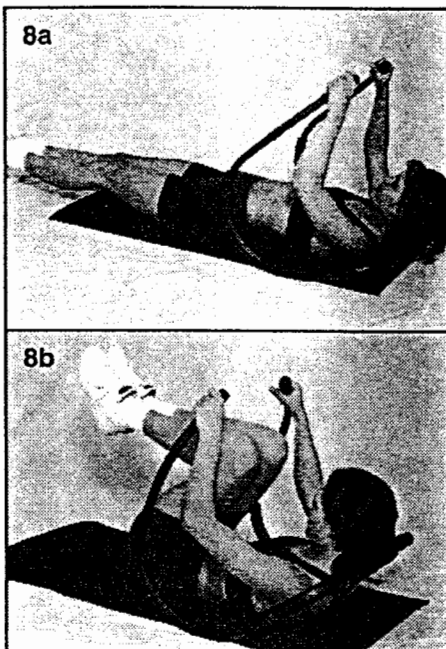
This exercise is for the upper abdominals. Straighten your legs and raise them as shown. Curl up to about a 45° angle, and then lower yourself to the starting position. Keep your legs raised throughout the exercise. Complete 10 to 15 repetitions.



Advanced Exercises—Cont.

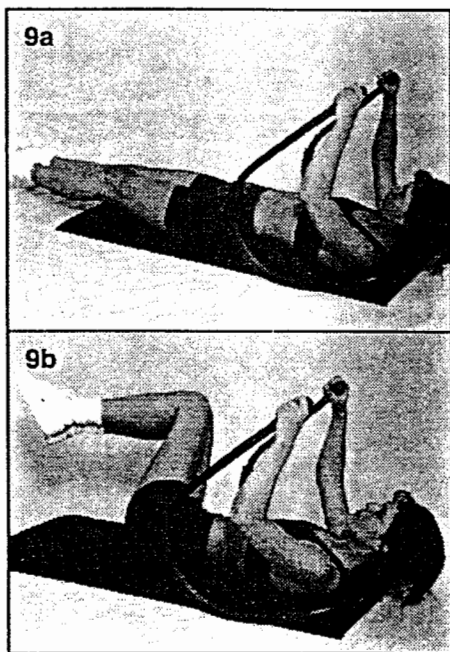
8. Advanced Raised-knee Crunch

This exercise focuses on the lower abdominals. Straighten your legs and hold them just off the floor as shown in photograph 8a. Curl up to about a 45° angle, bringing your knees toward your chest as shown in photograph 8b; then return to the starting position. Complete 10 to 15 repetitions.



9. Advanced Oblique Leg Crunch

This exercise targets the oblique abdominals. Straighten your legs and hold them just off the floor as shown in photograph 9a. Curl up to about a 45° angle, bending your knees and bringing them to the side as shown in photograph 9b; then return to the starting position. Complete 10 to 15 repetitions, alternating sides with each repetition.

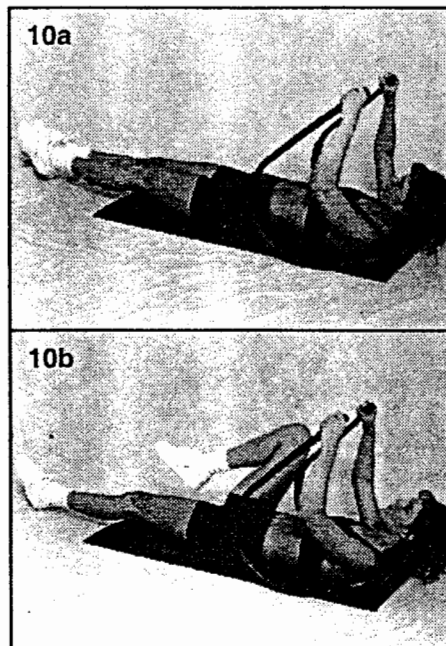


Expert Exercises

The expert exercises should be done only after you can comfortably perform the advanced exercises.

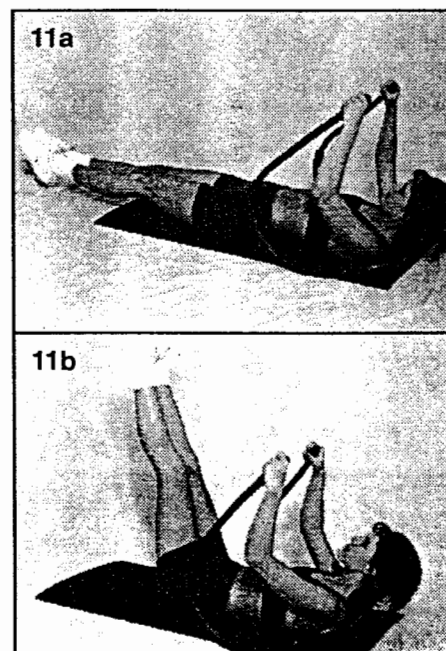
10. Bicycle Ab Crunch

This exercise focuses on the lower abdominals. Straighten your legs and hold them just off the floor as shown in photograph 10a. Curl up to about a 45° angle, bending one knee and raising it as shown in photograph 10b; then return to the starting position. Complete 10 to 15 repetitions, alternating legs with each repetition.



11. Jackknife

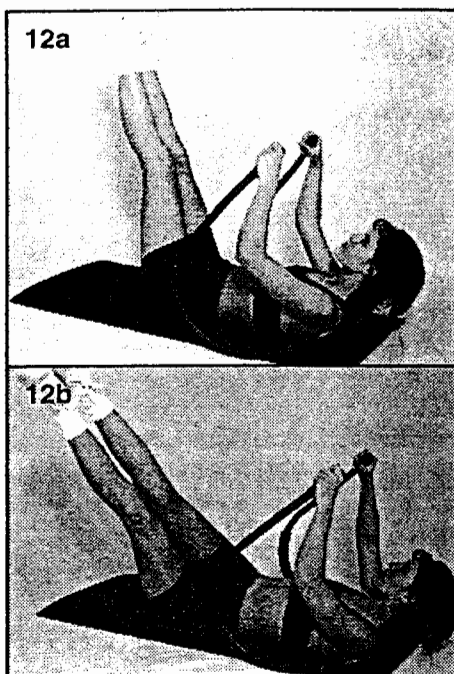
This exercise targets the lower abdominals. Straighten your legs and hold them just off the floor as shown in photograph 11a. Curl up to about a 45° angle, raising both legs as shown in photograph 11b; then return to the starting position. Complete 10 to 15 repetitions.



Expert Exercises—Cont.

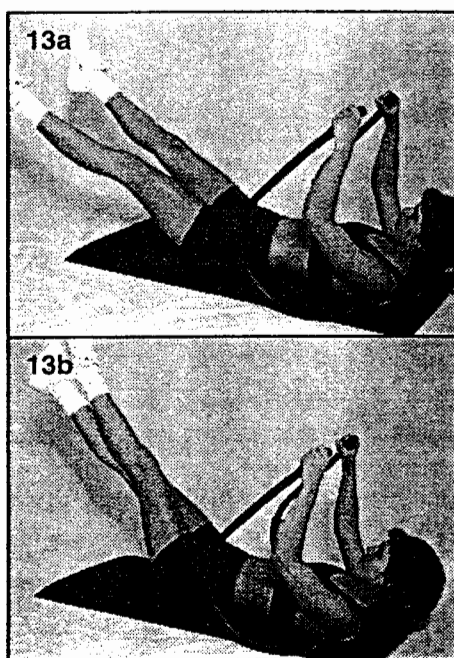
12. Reverse Trunk

This exercise focuses on the oblique abdominals. Straighten your legs and raise them as shown in photograph 12a. Curl up to about a 45° angle. This is the starting position. Lower your legs to the side as shown in photograph 12b; then return to the starting position. Complete 10 to 15 repetitions, alternating sides with each repetition.



13. Scissors

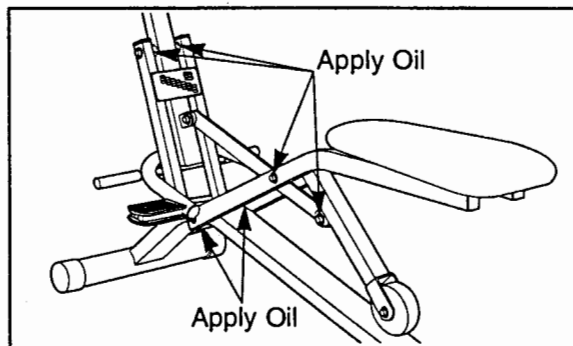
This exercise focuses on the upper and lower abdominals. Hold your legs in the position shown in photograph 13a. Curl up to about a 45° angle. This is the starting position. Cross your ankles as shown in photograph 13b; then return to the starting position. Complete 10 to 15 repetitions, alternately crossing the right ankle above the left, and then the left ankle above the right.



MAINTENANCE AND STORAGE

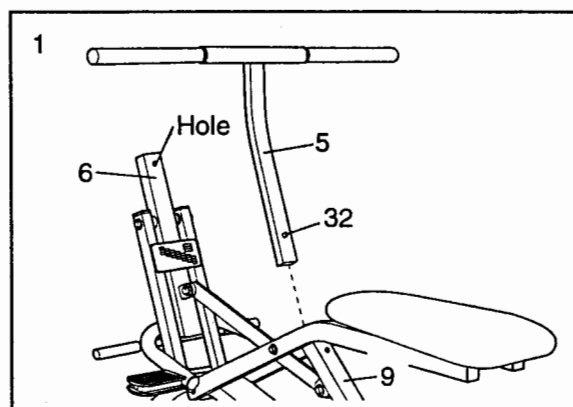
Inspect and tighten all parts of the SHAPE TRAINER and CRUNCH TRAINER regularly.

The SHAPE TRAINER should be oiled every six months. Apply a few drops of light multi-purpose oil in the locations shown at the right. Be sure to apply oil to both sides of the SHAPE TRAINER.

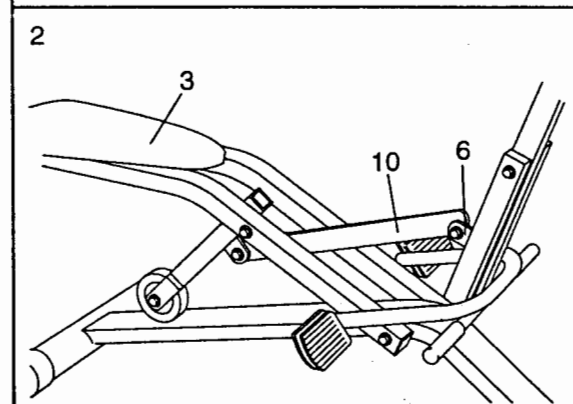


The unique SHAPE TRAINER can be folded for easy storage. Follow the steps below to fold the SHAPE TRAINER.

1. If the Handlebar Post (5) is in the Wheel Tube (9), the Handlebar Post must be moved to the Pedal Frame (6) before the SHAPE TRAINER can be folded. Press the Spring Clip (32) and slide the Handlebar Post out of the Wheel Tube. Press the Spring Clip again and insert the Handlebar Post into Pedal Frame (6). Make sure that the Spring Clip snaps into the indicated hole in the Pedal Frame.

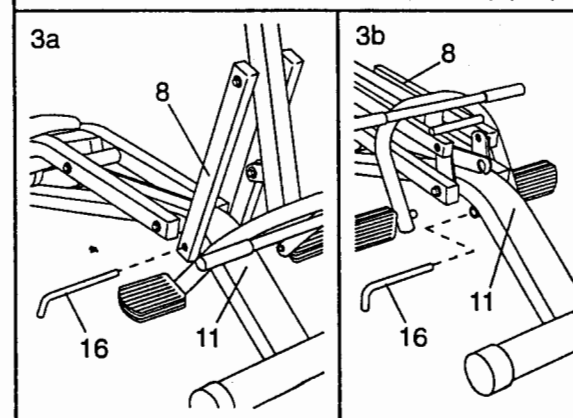


2. Firmly hold the handlebar (not shown) and lift the Link Arm (10) off the bracket on the Pedal Frame (6). Lower the Seat (3).



3. Refer to drawing 3a. **Firmly hold the handlebar (not shown) to prevent it from falling.** Remove the Lock Pin (16) From the Upright Frame (8) and the Base (11).

Refer to drawing 3b. Lower the Handlebar Frame (8). Insert the Lock Pin (16) into the tube under the Base (11).



To set up the SHAPE TRAINER for use, refer to ASSEMBLY on page 4.

PART LIST—Model No. WLCR43560

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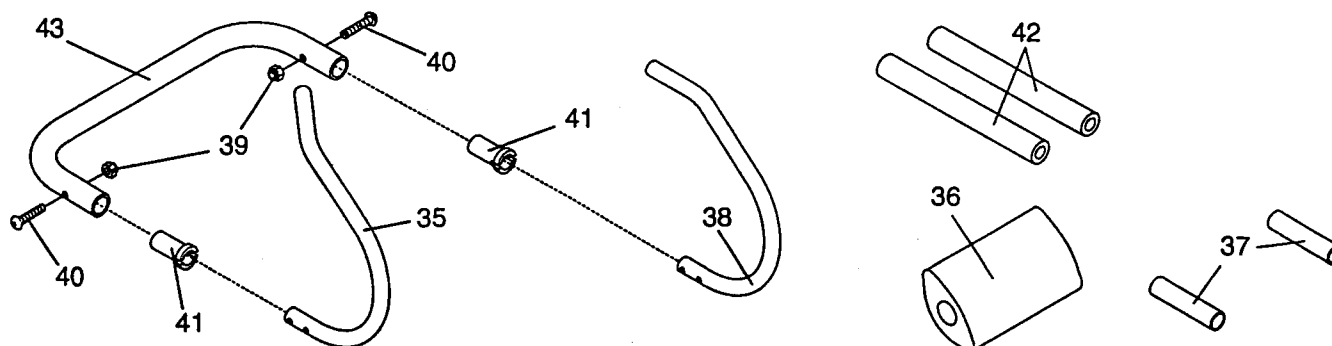
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Handlebar Foam Grip	23	2	Footrest Foam
2	1	Handlebar	24	2	Pedal Frame Endcap
3	1	Seat	25	1	Butterfly Bushing
4	2	Handlebar Bushing	26	2	3/4" Screw
5	1	Handlebar Post	27	2	1/2" Pushnut
6	1	Pedal Frame	28	10	1/2" Hat Cap
7	1	Seat Frame	29	2	3/8" Hat Cap
8	1	Upright Frame	30	1	Link Arm Bushing
9	1	Wheel Tube	31	6	Pivot Bushing
10	1	Link Arm	32	1	Spring Clip
11	1	Base	33	1	1/2" Washer
12	4	Base Endcap	34	1	Exercise Mat
13	1	Wheel	35	1	Right Handle
14	1	Wheel Spacer	36	1	Headrest
15	2	6 1/4" Rod	37	2	Handle Foam Grip
16	1	Lock Pin	38	1	Left Handle
17	1	3/8" x 2 1/4" Rod	39	2	1/4" Locknut
18	1	1 1/4" Rod	40	2	1/4" x 1 1/4" Screw
19	1	6" Rod	41	2	Sleeve
20	1	2" Rod	42	2	Handle Foam Cover
21	6	1" x 1 1/2" Endcap	43	1	Frame
22	2	Pedal	#	1	User's Manual

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

EXPLODED DRAWING—Model No. WLCR43560

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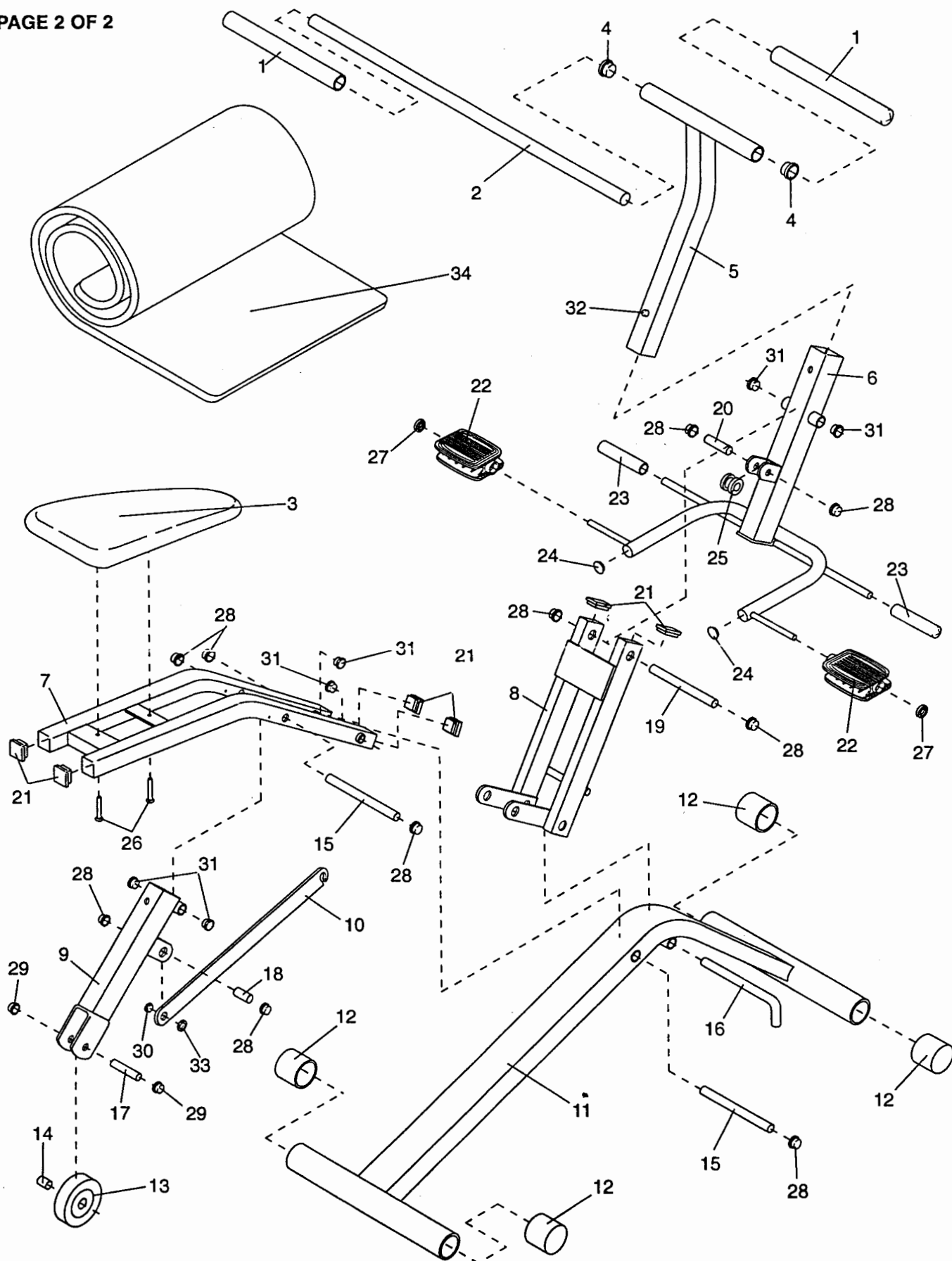
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EXPLODED DRAWING—Model No. WLCR43560

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HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply 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 (WLCR43560).
- The NAME of the product (WESLO® TOTAL BODY TRAINER).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from pages 14 and 15 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.

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