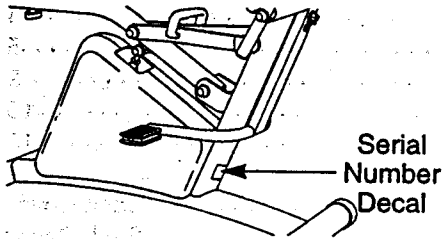


Model No. WLCR72060

Serial No. _____

Write the serial number in the space above for 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.

WESLO

CARDIO GLIDE

RELEASED TO

AUG 09 1996

MANUFACTURING

USER'S MANUAL



PUSH MODE



PULL MODE

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the WESLO® CARDIO GLIDE PRO.

1. It is the responsibility of the owner to ensure that all users of the CARDIO GLIDE PRO are adequately informed of all precautions.
2. Use the CARDIO GLIDE PRO only on a level surface. Place a mat beneath the CARDIO GLIDE PRO to protect the floor or carpet.
3. The CARDIO GLIDE PRO should not be used by persons weighing more than 250 pounds.
4. Keep small children and pets away from the CARDIO GLIDE PRO at all times.
5. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the CARDIO GLIDE PRO. Always wear athletic shoes for foot protection.
6. Inspect and tighten all parts regularly. Replace any worn parts immediately.
7. After adjusting the position of the seat, make sure that the seat knob is firmly tightened.
8. Before exercising, push down on the link arms to make sure that both link arms are securely connected to the upper or lower rollers on the handlebar.
9. Do not use the CARDIO GLIDE PRO when the resistance cylinder is below room temperature or it may be damaged.
10. Always keep your back straight when using the CARDIO GLIDE PRO; do not arch your back.
11. Use the CARDIO GLIDE PRO only as described in this manual.

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.

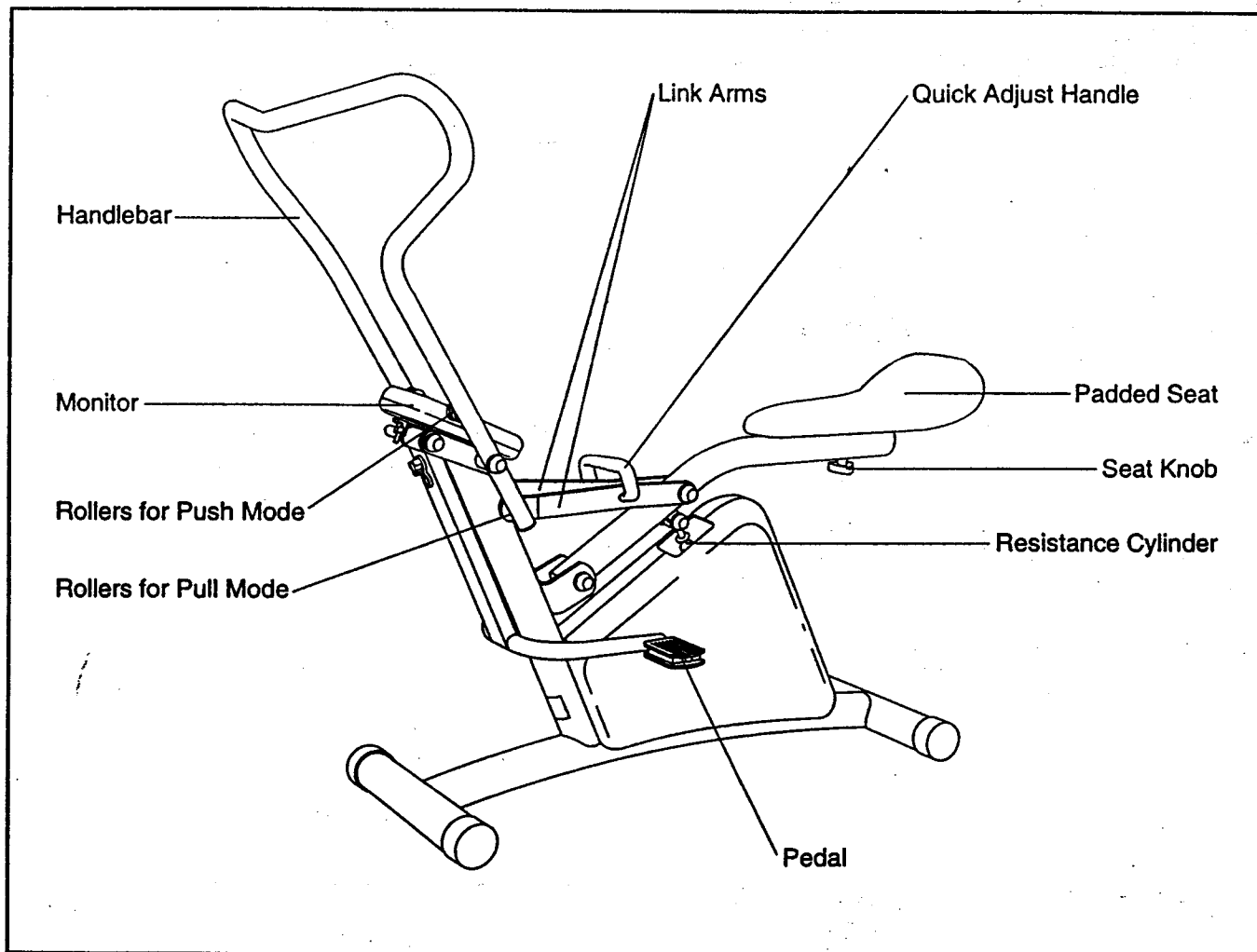
BEFORE YOU BEGIN

Thank you for selecting the WESLO® CARDIO GLIDE PRO. The CARDIO GLIDE PRO offers a unique form of low-impact exercise that uses both the upper body and the lower body for greater cardiovascular benefits and increased toning. For a more complete workout, the CARDIO GLIDE PRO features both a push mode and a pull mode, and the adjustable resistance lets you exercise at the intensity level that's right for you.

For your benefit, read this manual carefully before using the CARDIO GLIDE PRO. If you have questions after reading the manual, please call our Customer


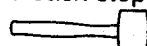
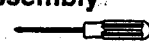
Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number when calling. The model number is WLCR72060. The serial number can be found on a decal attached to the CARDIO GLIDE PRO (see the front cover of this manual).

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



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ASSEMBLY

Place all parts of the CARDIO GLIDE PRO in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before you begin. Assembly requires the included pedal tool , a rubber mallet , and a phillips screwdriver .

1. **Note:** Before you attach the 3/8" Dome Caps (48), make sure that the Handlebar (4) is turned correctly (refer to the drawing on page 3). If the Handlebar is not turned correctly, it will be necessary to remove the Dome Caps and order new ones.

Tap two 3/8" Bushings (25) into the Frame (1) as shown.

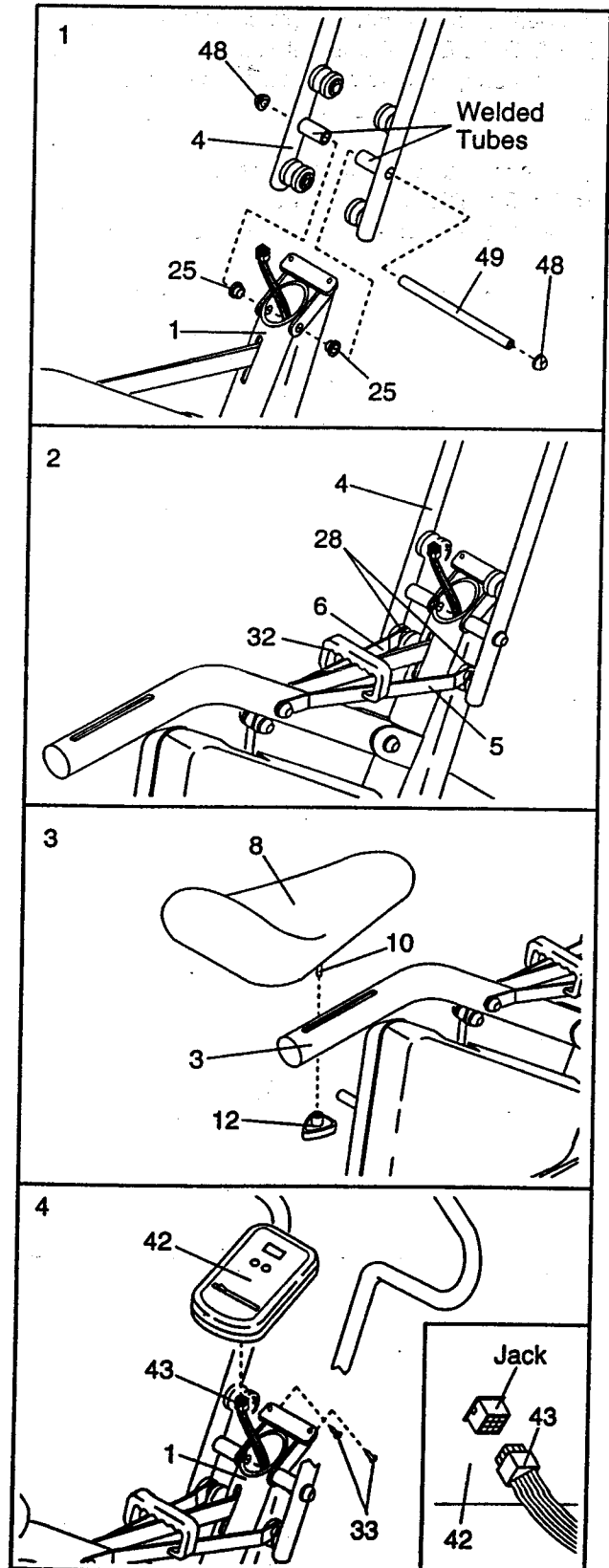
Align the welded tubes on the Handlebar (4) with the 3/8" Bushings (25) in the Frame (6). Insert the 3/8" x 11" Axle (49) through the Handlebar and the Frame. Center the Axle and tap a 3/8" Dome Cap (48) onto each end of it.

2. Hold the Handlebar (4) in the position shown. Hold the Handle (32) and hook the Link Arms (5, 6) onto the lower Rollers (28) on the Handlebar. Push down on the Link Arms to make sure that both Link Arms are securely connected to the Rollers. **Note:** If the Link Arms seat unevenly on the rollers, firmly hold one link arm with each hand and twist the link arms until they both seat evenly on the rollers.

3. Insert the 3/8" x 3" Carriage Bolt (10) located under the Seat (8) down into the slot in the Seat Frame (3). Thread the Seat Knob (12) onto the Carriage Bolt. Slide the Seat to the desired position and firmly tighten the Seat Knob.

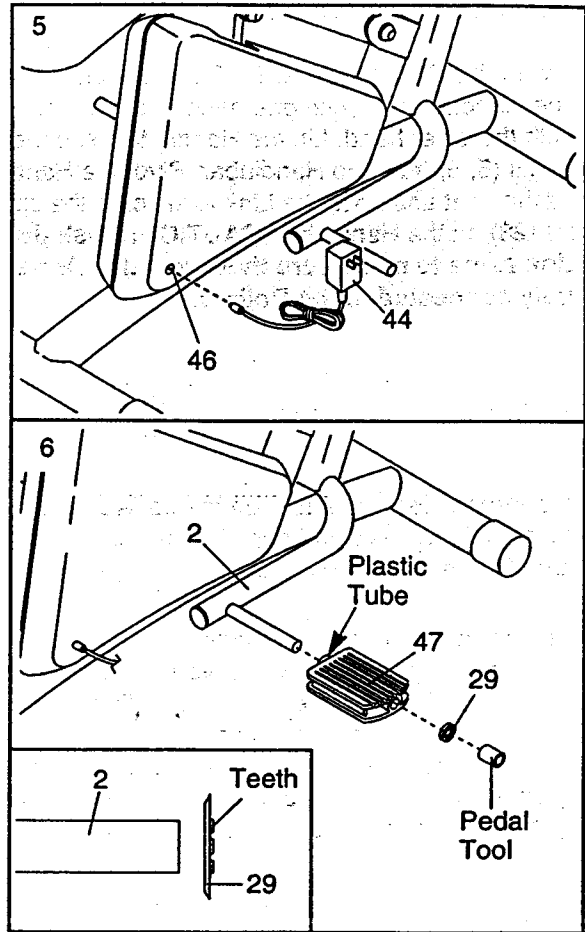
4. Plug the Wire Harness (43) into the jack on the back of the Console (42) (see the inset drawing).

Attach the Console (42) to the Frame (1) with two #8 x 1/2" Screws (33).



5. Plug the Power Cord (44) into the Power Receptacle (46) as shown.

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6. Slide a Pedal (47) onto the shaft on the right side of the Pedal Frame (2). Make sure that the Pedal is turned so the plastic tube is facing the Pedal Frame. Using the included pedal tool, tap a 1/2" Push Nut (29) onto the shaft. Make sure that the Push Nut is turned as shown in the inset drawing.

Attach the other Pedal (not shown) in the same manner.

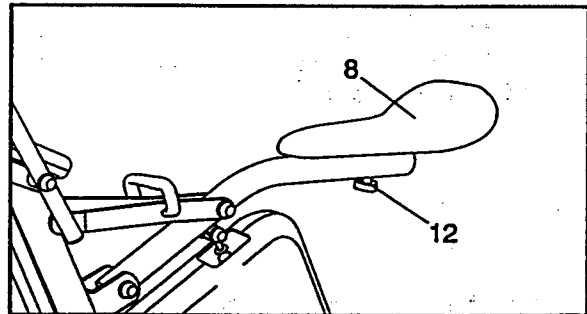
Note: Extra 1/2" Push Nuts (29) may have been included. Save the Push Nuts and the pedal tool in case replacement Push Nuts are needed in the future.

Note: The **CARDIO GLIDE PRO** features a precision resistance cylinder. Due to the nature of resistance cylinders, the floor underneath the **CARDIO GLIDE PRO** should be covered in case of slight oil leakage.

HOW TO USE THE **CARDIO GLIDE PRO**

HOW TO ADJUST THE POSITION OF THE SEAT

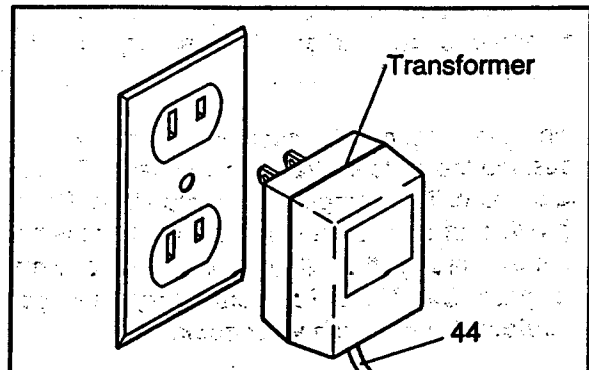
Before you begin exercising, the Seat (8) should be adjusted to the most comfortable position. Turn the Seat Knob (12) to loosen it. Slide the Seat to the desired position. Firmly retighten the Seat Knob.



PLUGGING IN THE POWER CORD

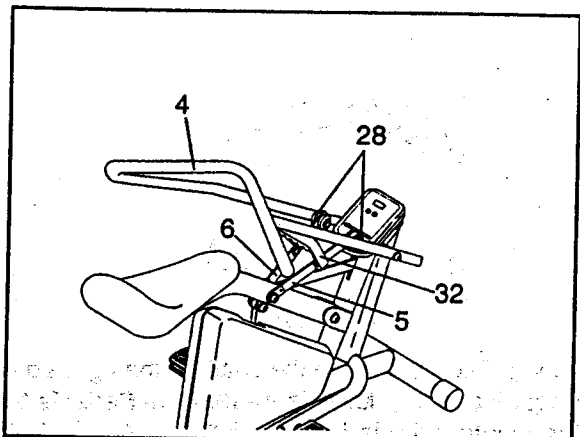
Be sure that the Power Cord (44) is plugged into the receptacle near the back of the **CARDIO GLIDE PRO** (see assembly step 5 above). Plug the transformer into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces.

Note: Always unplug the transformer when you are not using the **CARDIO GLIDE PRO**.



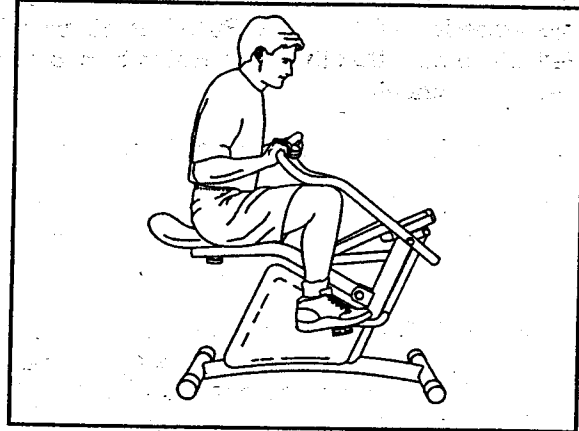
HOW TO USE THE PUSH MODE

To convert the CARDIO GLIDE PRO to the push mode, hold the Handlebar (4) with one hand and hold the Handle (32) with the other hand. Lift the Handle to disconnect the Link Arms (5, 6) from the Handlebar. Pivot the Handlebar toward the seat and hook the Link Arms onto the upper Rollers (28) on the Handlebar. **CAUTION: Push down on the Link Arms to make sure that both Link Arms are securely connected to the Rollers.**



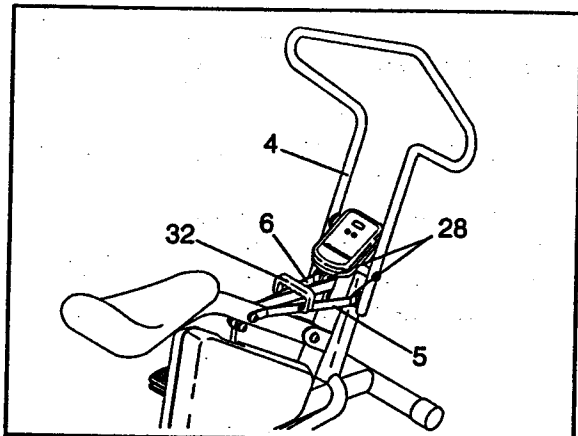
Sit on the seat, place your feet on the pedals, and hold the handlebar with an overhand grip. If necessary, adjust the position of the seat (see page 5).

To begin exercising, push the handlebar away with your arms while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady pace. **CAUTION: To avoid injury, keep your back straight. Do not arch your back.**



HOW TO USE THE PULL MODE

To convert the CARDIO GLIDE PRO to the pull mode, hold the Handlebar (4) with one hand and hold the Handle (32) with the other hand. Lift the Handle to disconnect the Link Arms (5, 6) from the Handlebar. Pivot the Handlebar away from the seat and hook the Link Arms onto the lower Rollers (28) on the Handlebar. **CAUTION: Push down on the Link Arms to make sure that both Link Arms are securely connected to the Rollers.**



Sit on the seat, place your feet on the pedals, and hold the handlebar. Your hands can be positioned on the top, sides or bottom of the handlebar, close together or far apart, or in an overhand or underhand grip. If necessary, adjust the position of the seat (see page 5).

To begin exercising, pull the handlebar toward 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. For the best results, move through the full range of motion and maintain a steady pace. **CAUTION: To avoid injury, keep your back straight. Do not arch your back.**

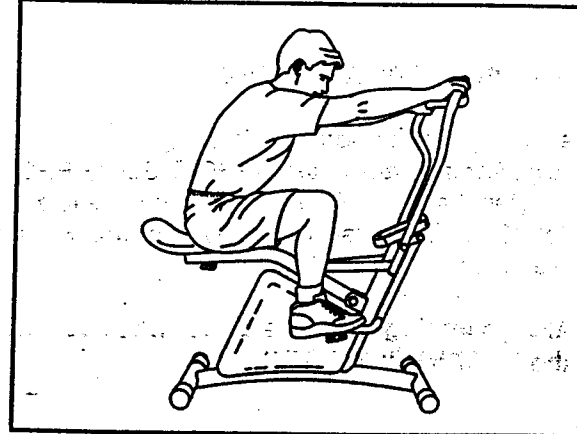
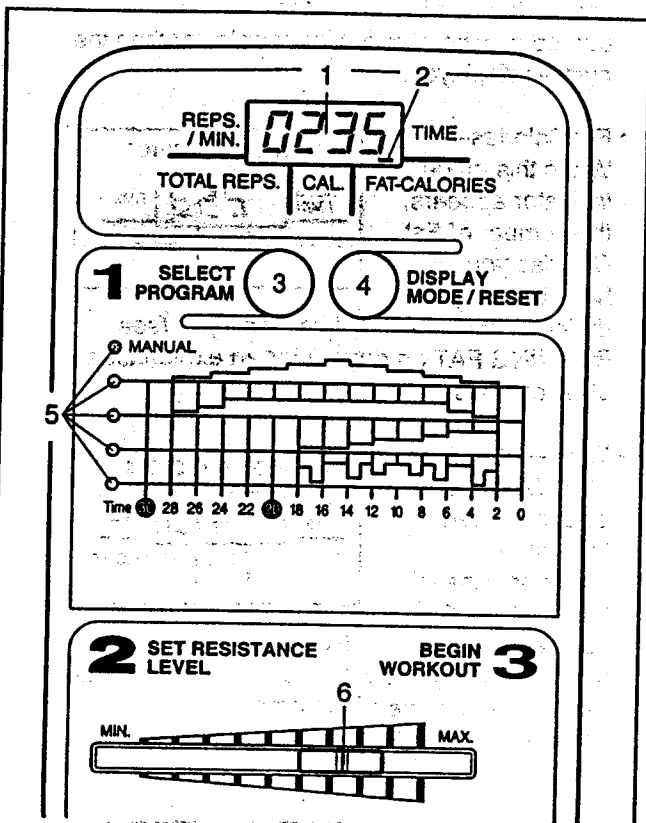


DIAGRAM OF THE CONSOLE



1. LCD display—Displays the monitor modes.
2. Mode Indicators—Show which monitor mode is currently displayed.
3. SELECT PROGRAM button—Selects the four preset programs and the MANUAL mode.
4. DISPLAY MODE/RESET button—Turns the console on, selects the monitor modes, and resets the monitor modes.
5. Program Indicators—Show when the manual mode is selected and when a preset program is selected.
6. Resistance Control—Adjusts the resistance.

STEP-BY-STEP CONSOLE OPERATION

To turn on the console, press the DISPLAY MODE/RESET button, or simply begin exercising on the CARDIO GLIDE PRO. The word "SCAN" will appear briefly in the LCD display to show that the scan mode is selected. (Step 3 on page 8 explains the operation of the monitor modes.)

Follow the steps on pages 7 and 8 to operate the console.

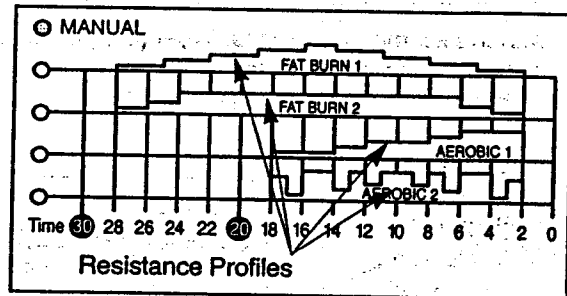
1 Press SELECT PROGRAM to select a preset program or the MANUAL mode

When the console is turned on, the MANUAL mode will be selected automatically, as shown by the green MANUAL mode indicator. (The MANUAL mode can also be selected by repeatedly pressing the SELECT PROGRAM button.)

If you want to select one of the preset programs, press the SELECT PROGRAM button.



The red FAT BURN 1 program indicator will light. To select the FAT BURN 2, AEROBIC 1, or AEROBIC 2 program, repeatedly press the SELECT PROGRAM button.

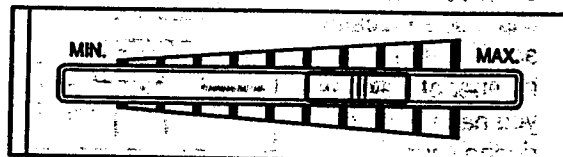


The FAT BURN 1 and FAT BURN 2 programs are thirty-minute programs; the AEROBIC 1 and AEROBIC 2 programs are twenty-minute programs. The profiles on the console (see the drawing above), show how the resistance will change during each program. For example, during the FAT BURN 1 program, the resistance will gradually increase during the first fifteen minutes, and then gradually decrease during the last fifteen minutes. Each program begins with a two-minute warm-up, and ends with a two-minute cool-down.

After you have selected the MANUAL mode or a preset program, continue to step 2.

2 Select a resistance level

Slide the resistance control on the console to select a resistance level. The farther the control is moved to the right, the greater the resistance level will be.



If you selected the MANUAL mode, you can adjust the resistance level at any time by sliding the resistance control.

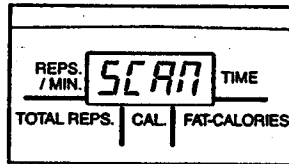
If you selected a preset program, the position of the resistance control will determine the *maximum resistance level* for the program. Once the program is started, the resistance will change automatically as shown by the resistance profiles on the console. If the resistance level is too difficult or too easy, you can adjust the maximum resistance level by moving the resistance control to a new position. Note: If desired, you can end a preset program before it is complete by pressing the DISPLAY MODE/RESET button for two seconds. After a few seconds, the MANUAL mode will be selected.

3

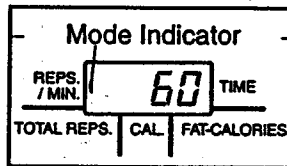
Begin exercising and follow your progress with the monitor modes.

As you exercise, you can follow your progress with the six monitor modes. When the power is turned on, the scan mode will be selected automatically. The six modes are described below.

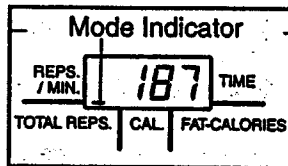
- Scan—When the scan mode is selected, the word "SCAN" will appear briefly in the display. The other five modes will then be displayed, for seven seconds each, in a repeating cycle. The mode indicators will show which mode is currently displayed.



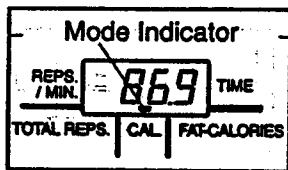
- Repetitions per minute—When this mode indicator appears, the number of repetitions you are performing per minute will be displayed.



- Total repetitions—When this mode indicator appears, the total number of repetitions you have completed during your workout will be displayed.

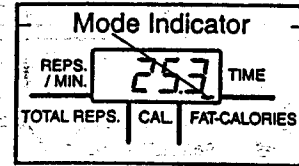


- Calories—When this mode indicator appears, the number of Calories you have burned during your

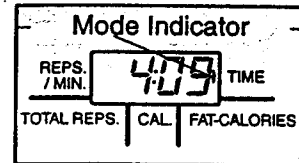


workout will be displayed. Note: If the resistance level is near the highest or lowest setting, the number of Calories you have burned may be slightly higher or lower than the number displayed.

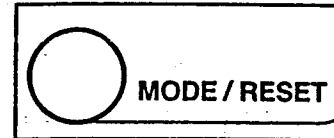
- Fat Calories—When this mode indicator appears, the number of Fat Calories you have burned during your workout will be displayed (see BURNING FAT on page 9 for an explanation of fat calories).



- Time—If the MANUAL mode is selected when this mode indicator appears, the length of time you have exercised will be displayed. If you stop exercising, the time mode will pause after ten seconds. If one of the programs is selected, the time remaining in the program will be displayed.



If desired, you can select the repetitions per minute, total repetitions, calories, fat



calories, or time mode for continuous display. Press the DISPLAY MODE/RESET button repeatedly until the desired mode indicator appears. To select the scan mode again, press the DISPLAY MODE/CLEAR button repeatedly until the word "SCAN" appears briefly in the display.

To reset the monitor modes, press and hold down the DISPLAY MODE/RESET button for two seconds. The scan mode will automatically be selected after the monitor modes are reset.

The console features an "auto-off" function—If the pedals are not moved and the console controls are not used for five minutes, the console will automatically shut off. When you are finished exercising, unplug the transformer from the wall outlet.

CONDITIONING GUIDELINES

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

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

EXERCISE INTENSITY

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. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

Burning Fat

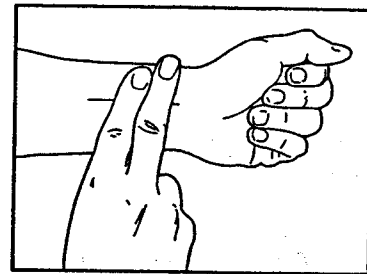
To burn fat, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the low end of your training zone. The FAT BURN 1 and FAT BURN 2 programs can also help you to reach your goal.

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 middle of your training zone. You may also want to use the AEROBIC 1 and AEROBIC 2 programs.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart



rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

WORKOUT GUIDELINES

An effective workout includes the following parts:

A warm-up, consisting of 5 to 10 minutes of light stretching and exercise. This will increase the body temperature, heart rate, and circulation in preparation for strenuous exercise.

A cardiovascular phase, including 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 offset problems caused when you stop exercising suddenly, and is effective for increasing your flexibility. A proper cool-down should leave you feeling relaxed and comfortably tired.

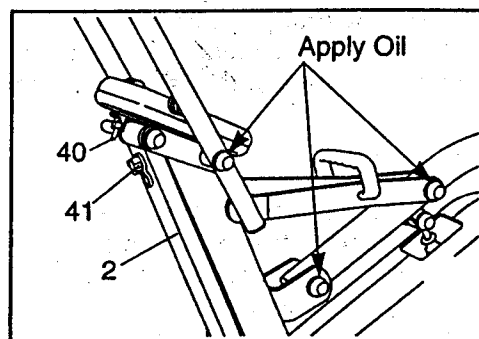
To maintain or improve your condition, plan three workouts each week, with at least one day of rest after each workout. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the CARDIO GLIDE PRO regularly. Keep the console out of direct sunlight, and avoid spilling liquids on the console. To clean the CARDIO GLIDE PRO, use a soft cloth and mild, non-abrasive detergent.

Every three months, apply a few drops of light multi-purpose oil to the CARDIO GLIDE PRO in the locations shown at the right. Be sure to apply oil to both sides of the CARDIO GLIDE PRO.

If the monitor displays incorrect feedback, the position of the Reed Switch (40) should be checked. Pivot the Pedal Frame (2) until the Magnet (41) is as close as possible to the Reed Switch. Slide the Reed Switch slightly closer to the Magnet. Exercise on the CARDIO GLIDE PRO for a moment. Repeat until the monitor displays correct feedback. Make sure that the Magnet does not hit the Reed Switch.



PART LIST—Model No. WLCR72060

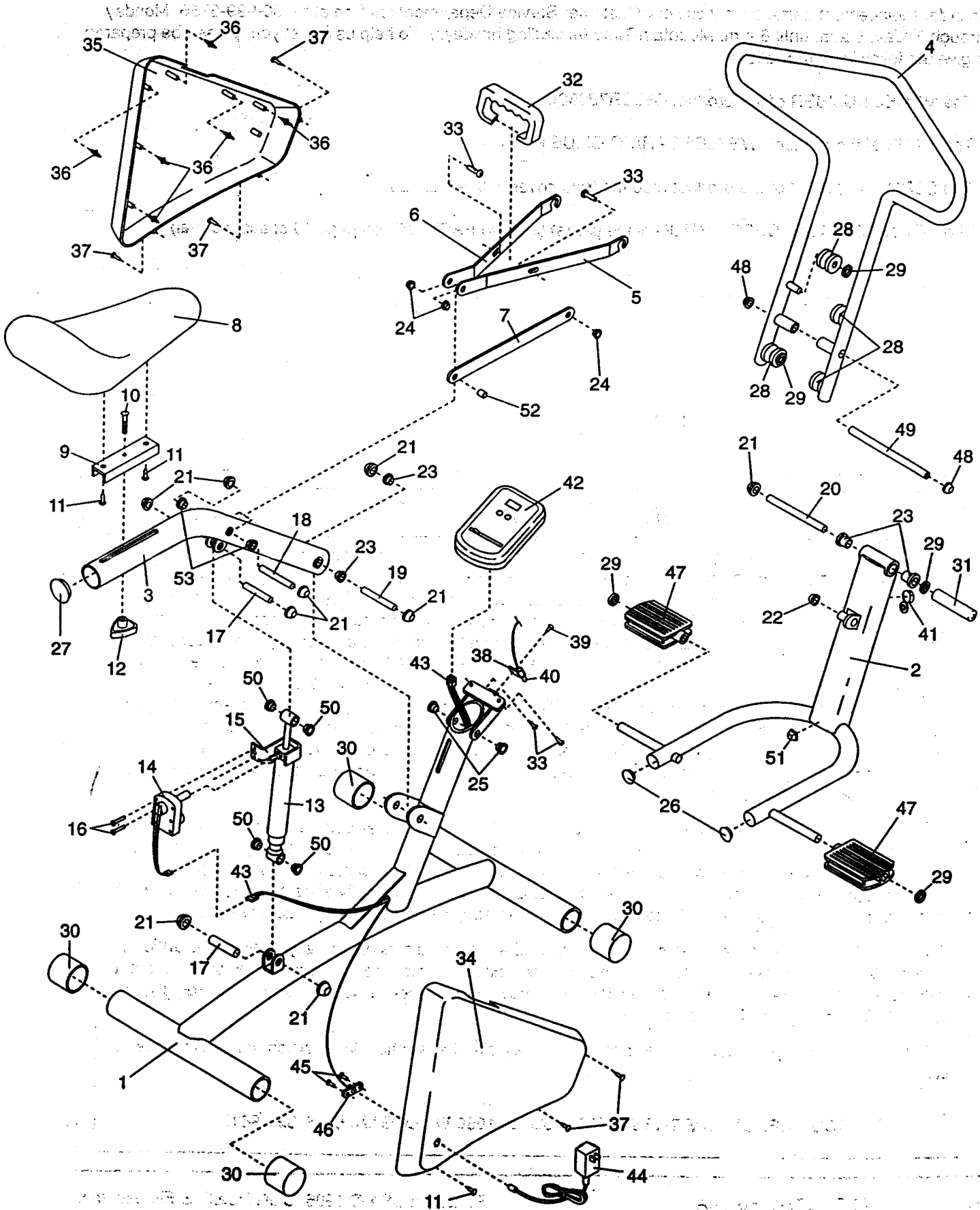
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	30	4	2 3/4" Frame Cap
2	1	Pedal Frame	31	1	Foam Pad
3	1	Seat Frame	32	1	Handle
4	1	Handlebar	33	4	#8 x 1/2" Screw
5	1	Right Link Arm	34	1	Right Side Shield
6	1	Left Link Arm	35	1	Left Side Shield
7	1	Center Link Arm	36	6	Fastener
8	1	Seat	37	6	#8 x 3/4" Screw
9	1	Seat Bracket	38	1	Reed Switch Clip
10	1	3/8" x 3" Carriage Bolt	39	1	#8 x 1/4" Screw
11	2	1/4" x .6" Screw	40	1	Reed Switch/Sensor Wire
12	1	Seat Knob	41	1	Magnet/Holder
13	1	Resistance Cylinder	42	1	Console
14	1	Resistance Motor	43	1	Wire Harness
15	1	Motor Bracket	44	1	Power Cord/Transformer
16	2	#8 x 1 1/4" Screw	45	2	#6 x 3/8" Screw
17	2	1/2" x 2 1/4" Axle	46	1	Power Receptacle
18	1	1/2" x 4 1/2" Axle	47	2	Pedal
19	1	1/2" x 3 3/4" Axle	48	2	3/8" Dome Cap
20	1	1/2" x 6 1/4" Axle	49	1	3/8" x 11" Axle
21	9*	1/2" Dome Cap	50	2	Cylinder Bushing (Set)
22	1	1/2" Hat Cap	51	1	Pedal Frame Bumper
23	4	Plastic Bushing	52	1	Link Arm Sleeve
24	3	1/2" Bushing	53	2	Steel Bushing
25	2	3/8" Bushing	#	1	User's Manual
26	2	Pedal Frame Cap	#	1	Pedal Tool
27	1	2 1/2" Seat Tube Cap			
28	4	Roller			
29	7*	1/2" Push Nut			

*One extra 1/2" Dome Cap and extra 1/2" Push Nuts may have been included.

EXPLODED DRAWING—Model No. WLCR72060

R0896A



ORDERING 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:

- The MODEL NUMBER of the product (WLCR72060).
- The NAME of the product (WESLO® CARDIO GLIDE PRO).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 10 of this manual).

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 display models. 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