

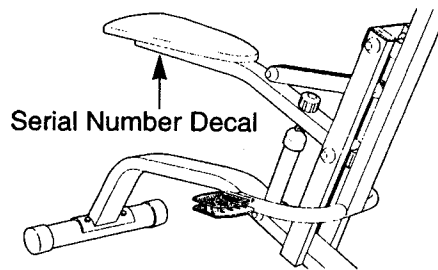
# WESLO BODYGLIDE™

FULL BODY WORKOUT • LOW IMPACT

PATENT PENDING

Model No. WLCR88851

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



## USER'S MANUAL

### QUESTIONS?

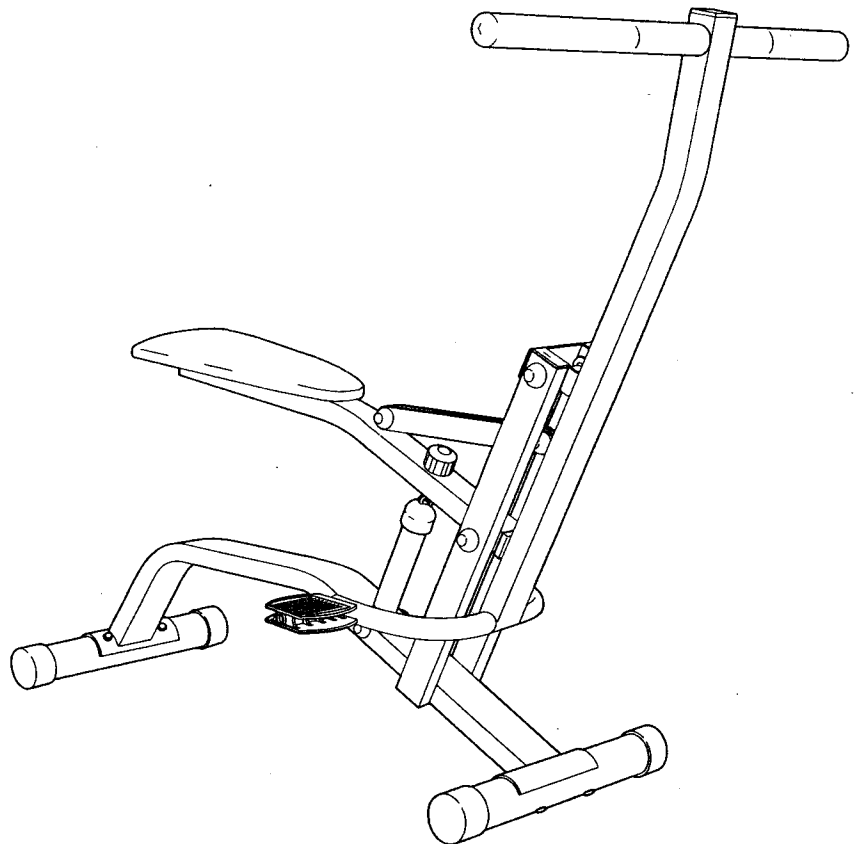
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

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.

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## BEFORE YOU BEGIN

Thank you for selecting the innovative WESLO® BODYGLIDE. The BODYGLIDE offers a unique form of low-impact exercise that uses both the upper body and lower body for increased cardiovascular benefits and greater toning results.

**For your benefit, read this manual carefully before using the BODYGLIDE.** If you have additional questions, 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 mention the product model number and serial number when calling. The model number is WLCR88851. The serial number can be found on a decal attached to the BODYGLIDE (see the front cover of this manual for the location of the decal).

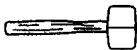
## IMPORTANT PRECAUTIONS

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

1. Use the BODYGLIDE only on a level surface.
2. Keep small children and pets away from the BODYGLIDE at all times.
3. Inspect and tighten all parts of the BODYGLIDE regularly.
4. When exercising, do not wear loose clothing that could become caught in the BODYGLIDE.
5. Always wear athletic shoes for foot protection.
6. Use the BODYGLIDE only as described in this manual.
7. It is the responsibility of the owner to ensure that all users of the BODYGLIDE are adequately informed of all precautions.

**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.

# ASSEMBLY

Place all parts of the BODYGLIDE 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 beginning. **Assembly requires a rubber mallet** , **an adjustable wrench** , and **the included 3/4" x 1" pedal tool** .

1. Find the Front Stabilizer (28), which has a decal attached to it. Make sure that there is a Large Round Cap (8) on each end of the Front Stabilizer. Attach the Front Stabilizer to the Frame (6) with two 5/16" x 2 7/8" Bolts (30), 5/16" Washers (32), and 5/16" Nylon Locknuts (31). The square holes in the Front Stabilizer must be turned toward the floor.

Attach the Rear Stabilizer (29) to the Frame (6) in the same manner.

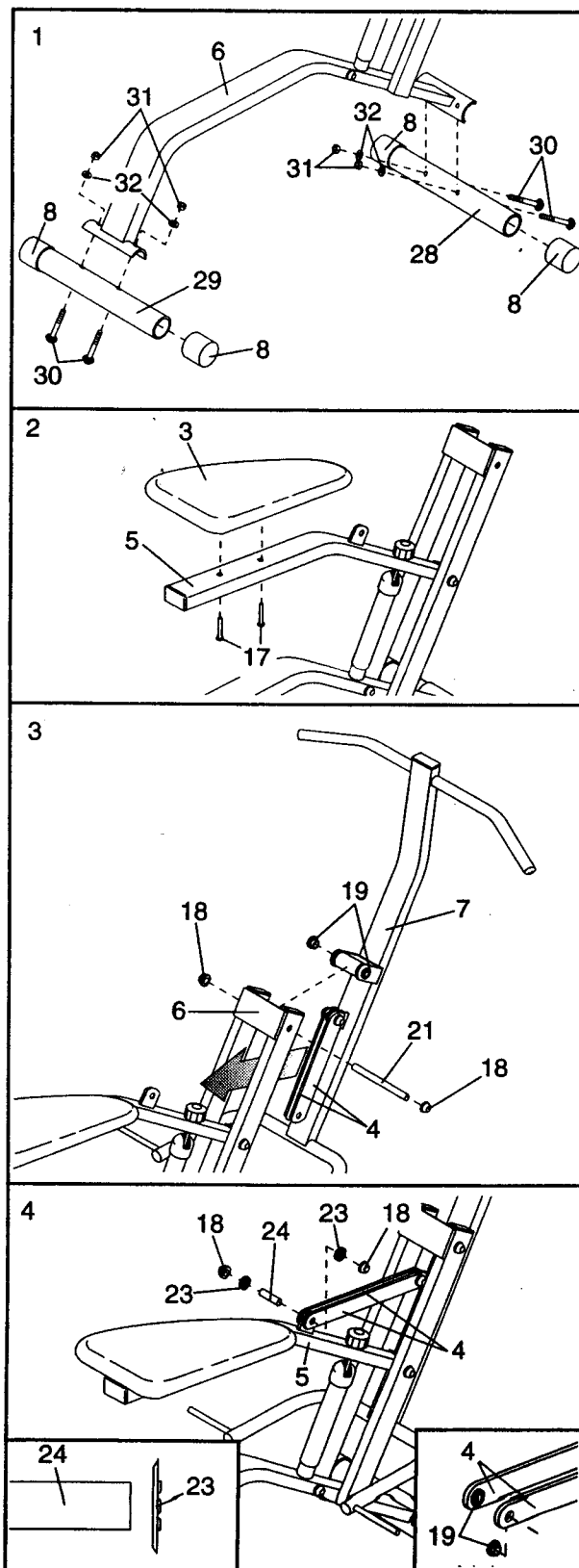
2. Attach the Seat (3) to the Seat Tube (5) with the two 1/4" x 2" Screws (17).

3. **IMPORTANT: Before assembling the 1/2" Dome Caps (18) in steps 2 and 3, be sure that all parts are oriented as shown. The Dome Caps can be used only once; if the Dome Caps must be removed, it will be necessary to order new Dome Caps.**

Tap a 1/2" Dome Cap (18) onto one end of the 1/2" x 5 3/4" Pivot Rod (21).

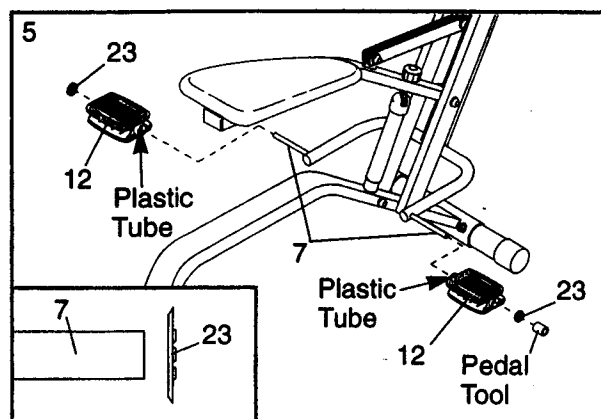
Make sure that there are two 1/2" Bronze Bushings (19) in the bracket on the Pedal Frame (7). Hold the bracket between the holes near the upper end of the Frame (6). Make sure that the ends of the Link Arms (4) are inserted through the Frame. Tap the 1/2" x 5 3/4" Pivot Rod (21) through the Pedal Frame and the Frame. Tap a 1/2" Dome Cap (18) onto the Pivot Rod.

4. Make sure that there is a 1/2" Link Arm Bushing (19) in the end of each Link Arm (4) (see the right inset drawing). Align the ends of the Link Arms with the indicated bracket on the Seat Tube (5). Insert the 1 3/4" Rod (24) through the Link Arms and the bracket. Using the included pedal tool, tap a 1/2" Push Nut (23) onto each end of the Rod. Make sure that the Push Nut is turned as shown in the left inset drawing. Tap a 1/2" Dome Cap (18) onto each end of the Rod.



5. Slide a Pedal (12) onto the right shaft of the Pedal Frame (7). Make sure that the Pedal is turned so the indicated plastic tube is facing the Pedal Frame. Using the included pedal tool, tap a 1/2" Push Nut (23) onto the end of the shaft. Make sure that the Push Nut is turned as shown in the inset drawing.

Attach the other Pedal (12) to the left shaft of the Pedal Frame (7) in the same manner.



## HOW TO EXERCISE ON THE BODYGLIDE

### EXERCISING ON THE BODYGLIDE

Sit on the seat, place your feet on the pedals and hold the handlebar. To add variety to your exercise, you can place your hands close together or far apart, or hold the handlebar with an overhand or underhand grip.

To begin exercising, 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. For the best results, move through the full range of motion, maintain a steady pace, and keep your back straight.

### ABDOMINAL EXERCISE

To exercise your abdominal muscles, keep your arms straight and bend back at the waist as you exercise. Remember to keep your back straight.

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

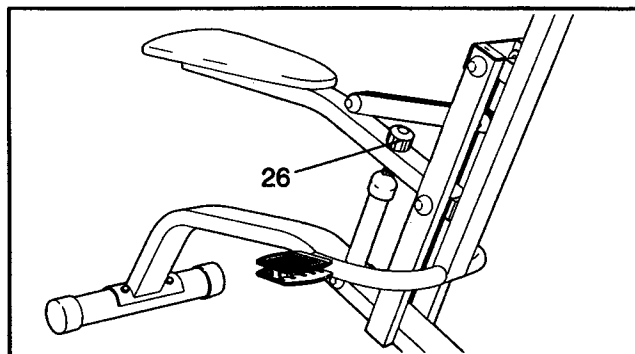
**WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

### 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.

### RESISTANCE ADJUSTMENT

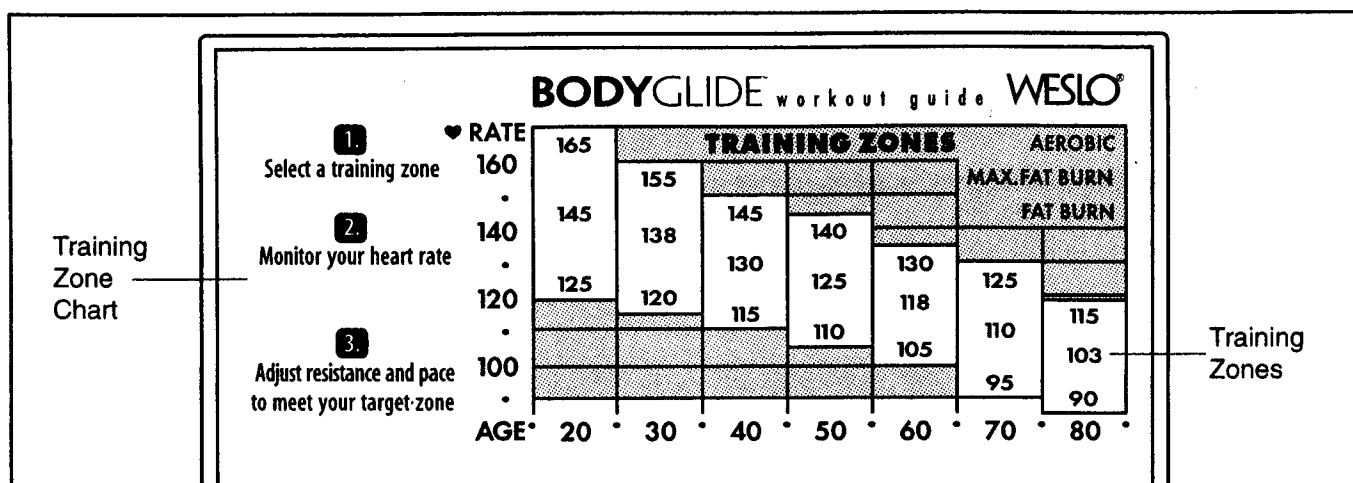
To vary the intensity of your exercise, the resistance of the BODYGLIDE can be adjusted. To increase the resistance, turn the Resistance Knob (26) clockwise; to decrease the resistance, turn the Resistance Knob counterclockwise. Note: Do not turn the Resistance Knob too far counterclockwise or it will come off.



The proper intensity level can be found by using your heart rate as a guide.

The chart at the top of the following page shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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 white box containing three numbers. 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 Burn

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 and the resistance until your heart rate is near the lowest number in your training zone as you exercise.

## Maximum Fat Burn

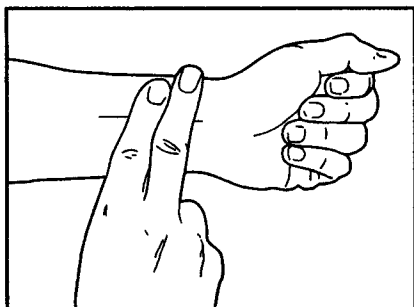
For increased fat burning, adjust your pace and the resistance until your heart rate is near the middle number in your training zone as you exercise.

## Aerobic

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 and the resistance 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 about four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second



and 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 and the resistance until your heart rate is at the proper level.

## WORKOUT GUIDELINES

A well-rounded workout includes the following three phases:

**A warm-up phase**, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate and circulation in preparation for strenuous exercise. Stretching also guards against muscle, tendon and ligament sprains.

**A cardiovascular phase**, including 20 to 30 minutes of exercising with your heart rate in your training zone. (See EXERCISE INTENSITY on pages 4 and 5 to find your training zone.)

**A cool-down phase**, consisting of 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective during this phase. This phase should leave you relaxed and comfortably tired.

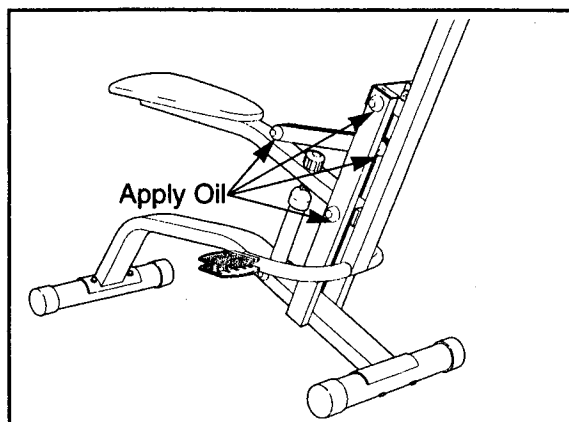
To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

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

# MAINTENANCE

Inspect and tighten all parts of the BODYGLIDE regularly.

The BODYGLIDE should be oiled every six months in the locations shown at the right. Apply a few drops of light multi-purpose oil between each of the indicated dome caps and the frame. Be sure to apply oil to each side of the BODYGLIDE.



## PART LIST—Model No. WLCR88851

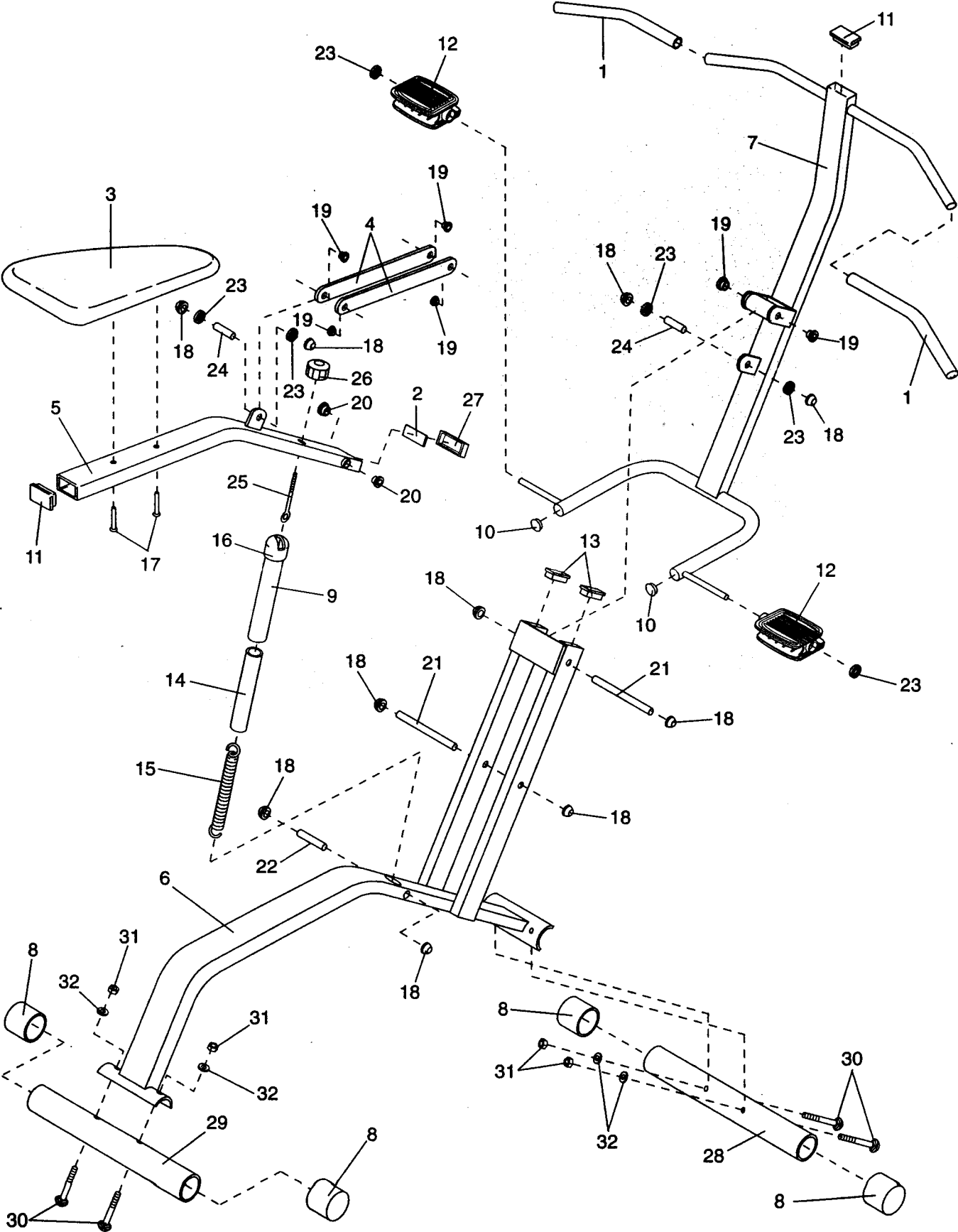
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| Key No. | Qty. | Description           | Key No. | Qty. | Description             |
|---------|------|-----------------------|---------|------|-------------------------|
| 1       | 2    | Handlebar Foam Grip   | 18      | 10   | 1/2" Dome Cap           |
| 2       | 1    | 1 1/2" x 2" Plate     | 19      | 6    | 1/2" Bronze Bushing     |
| 3       | 1    | Seat                  | 20      | 2    | 1/2" Plastic Bushing    |
| 4       | 2    | Link Arm              | 21      | 2    | 1/2" x 5 3/4" Pivot Rod |
| 5       | 1    | Seat Tube             | 22      | 1    | 3 3/4" Rod              |
| 6       | 1    | Frame                 | 23      | 6    | 1/2" Push Nut           |
| 7       | 1    | Pedal Frame           | 24      | 2    | 1/2" x 1 3/4" Rod       |
| 8       | 4    | Large Round Cap       | 25      | 1    | Eyebolt                 |
| 9       | 1    | Spring Cover          | 26      | 1    | Resistance Knob         |
| 10      | 2    | 1 1/4" Round Cap      | 27      | 1    | 1 1/2" x 2" Outer Cap   |
| 11      | 2    | 1 1/2" x 2" Inner Cap | 28      | 1    | Front Stabilizer        |
| 12      | 2    | Pedal                 | 29      | 1    | Rear Stabilizer         |
| 13      | 2    | 1" x 2" Inner Cap     | 30      | 4    | 5/16" x 2 7/8" Bolt     |
| 14      | 1    | Inner Spring Sleeve   | 31      | 4    | 5/16" Nylon Locknut     |
| 15      | 1    | Spring                | 32      | 4    | 5/16" Washer            |
| 16      | 1    | Spring Cover Cap      | #       | 1    | 3/4" x 1" Pedal Tool    |
| 17      | 2    | 1/4" x 2" Screw       | #       | 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. WLCR88851**

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## 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 when calling:

1. The **MODEL NUMBER** of the product (WLCR88851).
2. The **NAME** of the product (WESLO® BODYGLIDE).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** and **DESCRIPTION** of the part(s) from page 6 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, for products used for commercial or rental purposes, or for 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**