

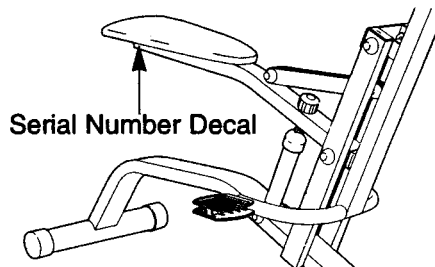
WESLO BODYGLIDE™

FULL BODY WORKOUT • LOW IMPACT

PATENT PENDING

Model No. WLCR89050

Serial No. _____



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.

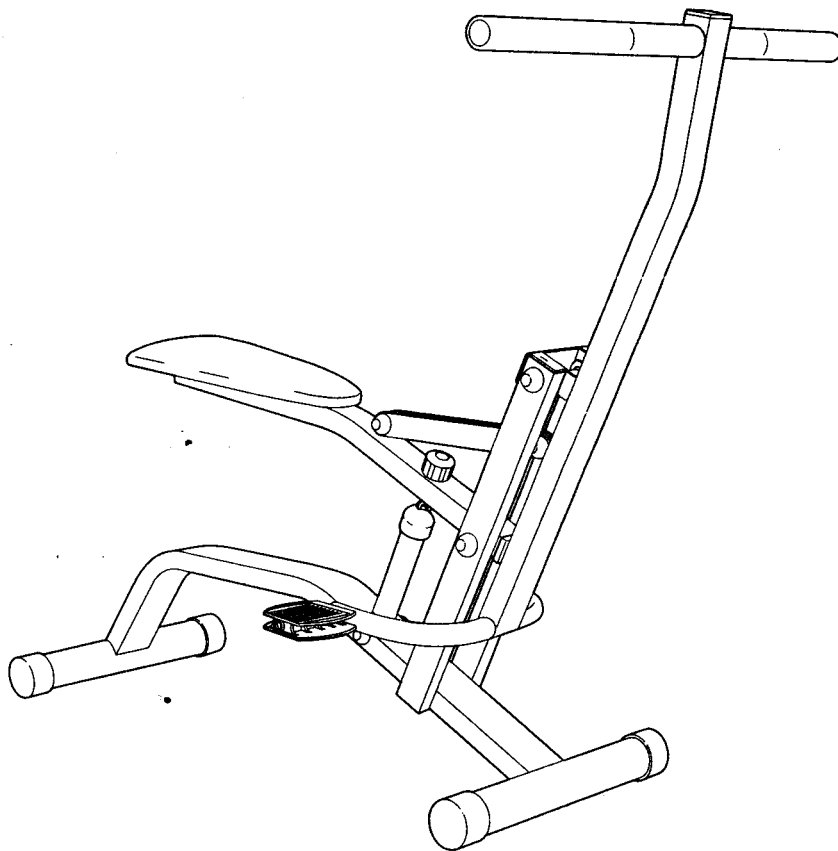
CUSTOMER HOT LINE:

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.



USER'S MANUAL

TABLE OF CONTENTS

BEFORE YOU BEGIN	2
IMPORTANT PRECAUTIONS	2
ASSEMBLY	3
HOW TO USE THE BODYGLIDE	4
CONDITIONING GUIDELINES	4
MAINTENANCE	6
PART LIST	6
EXPLODED DRAWING	7
ORDERING REPLACEMENT PARTS	Back Cover
WARRANTY	Back Cover

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 WLCR89050. 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. Replace the resistance spring every 12 months. (The spring is key number 15 on the PART LIST and EXPLODED DRAWING.)
5. When exercising, do not wear loose clothing that could become caught in the BODYGLIDE.
6. Always wear athletic shoes for foot protection.
7. Use the BODYGLIDE 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.

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  and the Included 3/4" x 1" pedal tool .

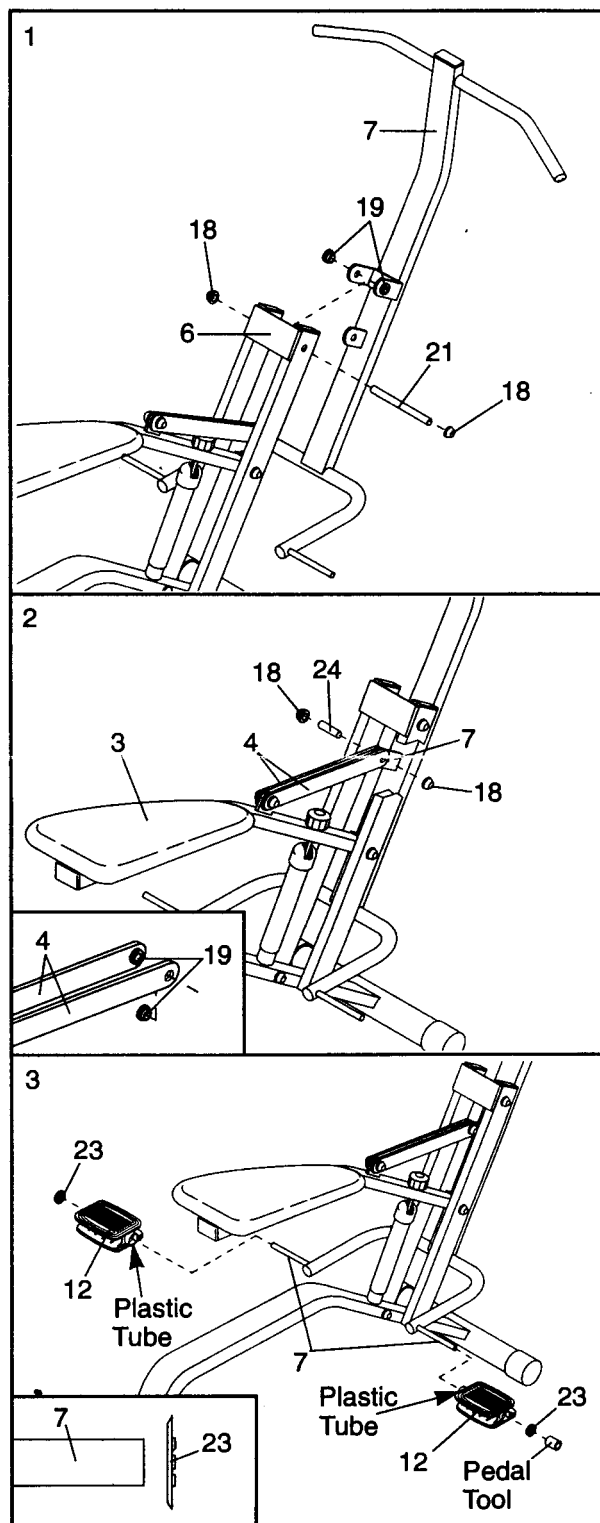
1. **IMPORTANT:** Before assembling the 1/2" Dome Caps (18) in steps 1 and 2, be sure that all parts are oriented as shown. The Dome Caps can be used only once; if a part is incorrectly assembled and the Dome Caps must be removed, it will be necessary to order new Dome Caps.

Make sure that there are two 1/2" Link Arm Bushings (19) in the indicated bracket on the Pedal Frame (7). Hold the bracket between the holes near the upper end of the Frame (6). 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 each end of the Pivot Rod.

2. Make sure that there is a 1/2" Link Arm Bushing (19) in the end of each Link Arm (4) (see the inset drawing). Align the ends of the Link Arms with the indicated bracket on the Pedal Frame (7). Tap the 1/2" x 2" Rod (24) through the Link Arms and the bracket. Lift the Seat (3) and tap a 1/2" Dome Cap (18) onto each end of the Rod.

3. 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 USE 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.

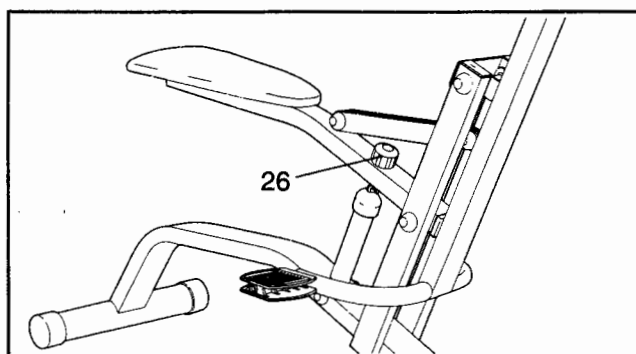
To begin exercising, pull the handlebar towards your waist while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion, maintain a steady pace, 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.

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.



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 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 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.

BODYGLIDE workout guide WESLO®

Training
Zone
Chart

1. Select a training zone
2. Monitor your heart rate
3. Adjust resistance and pace to meet your target zone

♥ RATE	TRAINING ZONES						AEROBIC
	165	155	145	140	130	125	MAX. FAT BURN FAT BURN
AGE*	20	30	40	50	60	70	80
160							
140	145	138	130	125	118	110	103
120	125	120	115	110	105	95	90
100							

Training
Zones

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

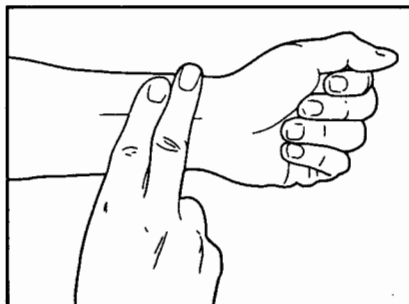
For increased fat burning, adjust your pace and the resistance until your heart rate is near the middle number in your training zone as you exercise.

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



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 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.

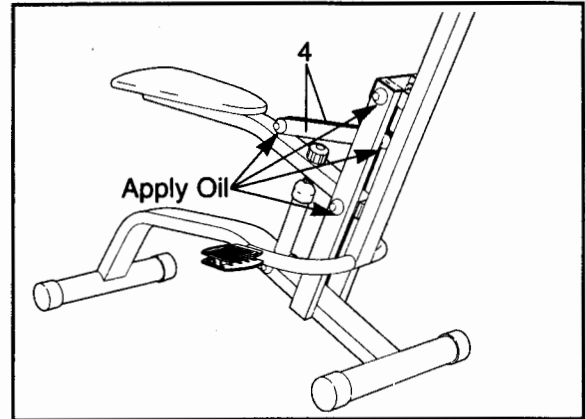
To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

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. **Replace the resistance spring every 12 months.** (The spring is key number 15 on the PART LIST and EXPLODED DRAWING.)

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. WLCR89050

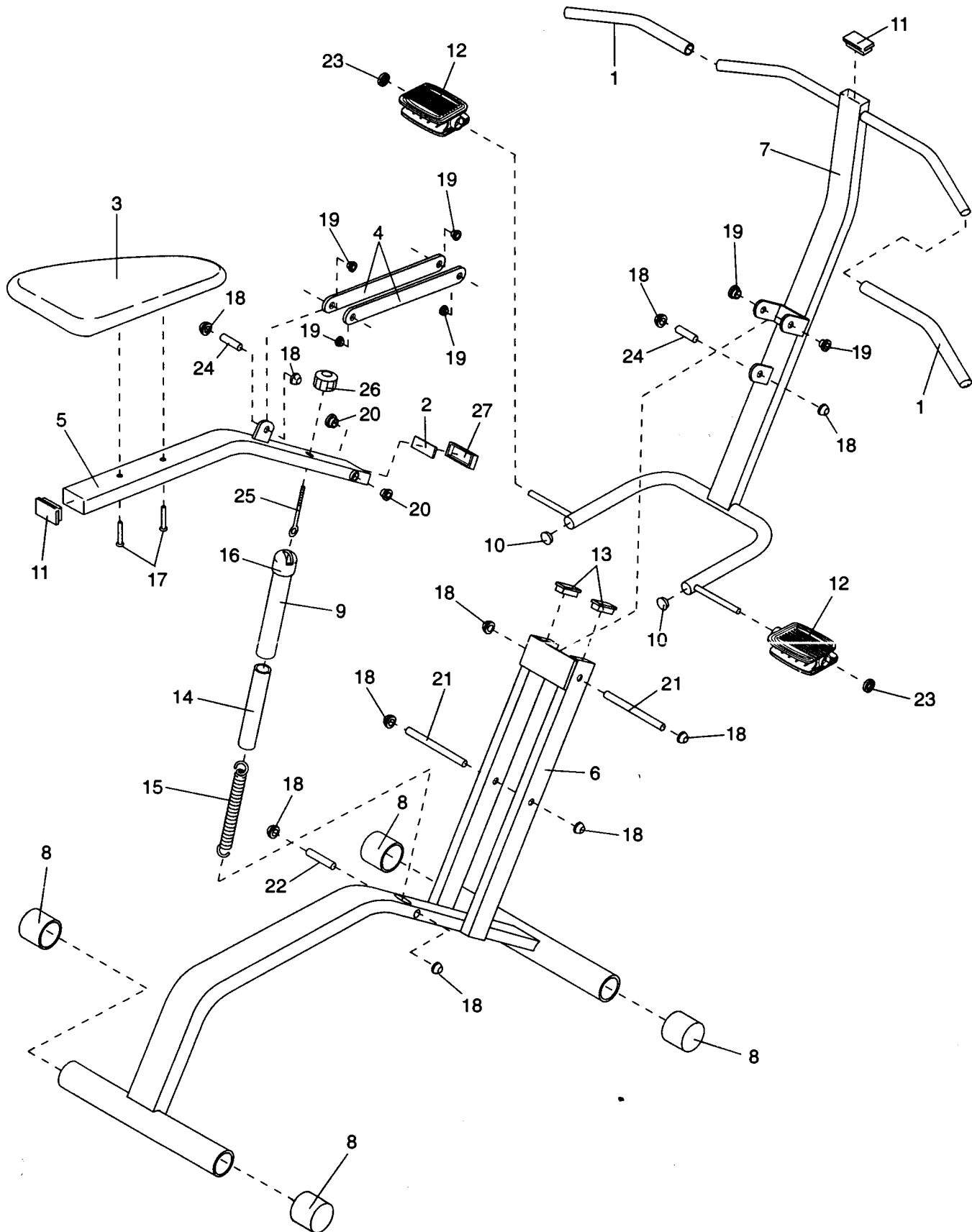
R0795A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Handlebar Foam Grip	16	1	Spring Cover Cap
2	1	1 1/2" x 2" Plate	17	2	1/4" x 2" Screw
3	1	Seat	18	10	1/2" Dome Cap
4	2	Link Arm	19	6	1/2" Link Arm Bushing
5	1	Seat Tube	20	2	1/2" Pivot Bushing
6	1	Frame	21	2	1/2" x 5 3/4" Pivot Rod
7	1	Pedal Frame	22	1	3 3/4" Rod
8	4	Large Round Cap	23	2	1/2" Push Nut
9	1	Spring Cover	24	2	1/2" x 2" Rod
10	2	1 1/4" Round Cap	25	1	Eyebolt
11	2	1 1/2" x 2" Inner Cap	26	1	Resistance Knob
12	2	Pedal	27	1	1 1/2" x 2" Outer Cap
13	2	1" x 2" Inner Cap	#	1	3/4" x 1" Pedal Tool
14	1	Inner Spring Sleeve	#	1	User's Manual
15	1	Spring			

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. WLCR89050

R0795A



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 (WLCR89050).
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 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, 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