

**WESLO**

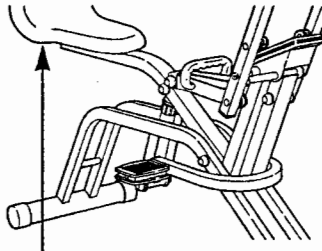
# AEROBIC GLIDE™ *plus*

PUSH & PULL EXERCISES • LOW IMPACT

Model No. WLCR94050

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

Write the serial number in the space above for reference.



Serial Number Decal

## USER'S MANUAL

### QUESTIONS?

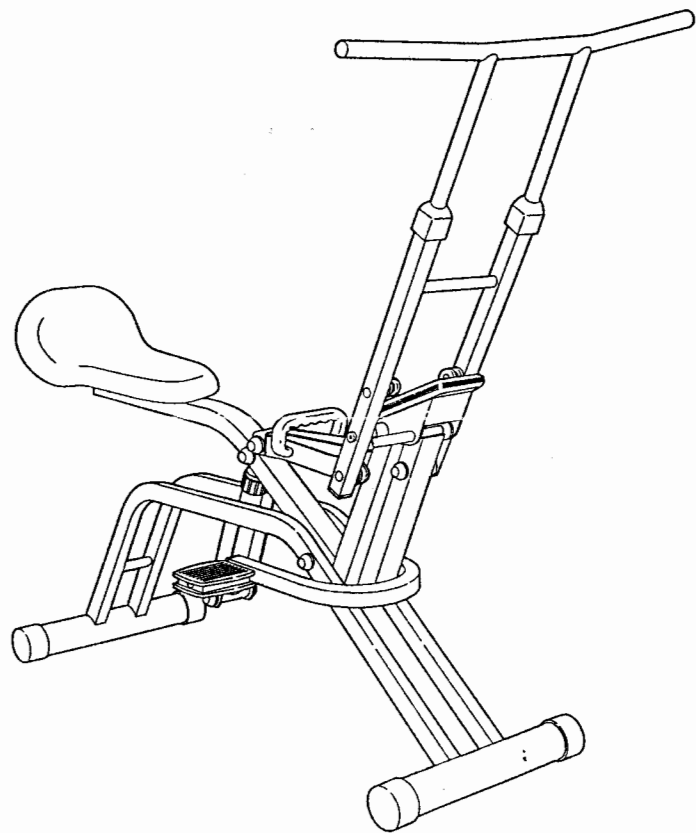
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

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



Patent Pending

### CAUTION!

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



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® AEROBIC GLIDE PLUS.

1. Use the AEROBIC GLIDE PLUS only as described in this manual.
2. Place the AEROBIC GLIDE PLUS on a level surface.
3. Wear appropriate clothing when exercising. Always wear athletic shoes for foot protection.
4. Keep small children and pets away from the AEROBIC GLIDE PLUS at all times.
5. Before exercising, make sure that the link arms are securely connected to the upper or lower rollers on the handlebar frame.
6. The resistance cylinder becomes very hot during use. Allow the resistance cylinder to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.
7. Always keep your back straight when using the AEROBIC GLIDE PLUS. Do not arch your back.

**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.

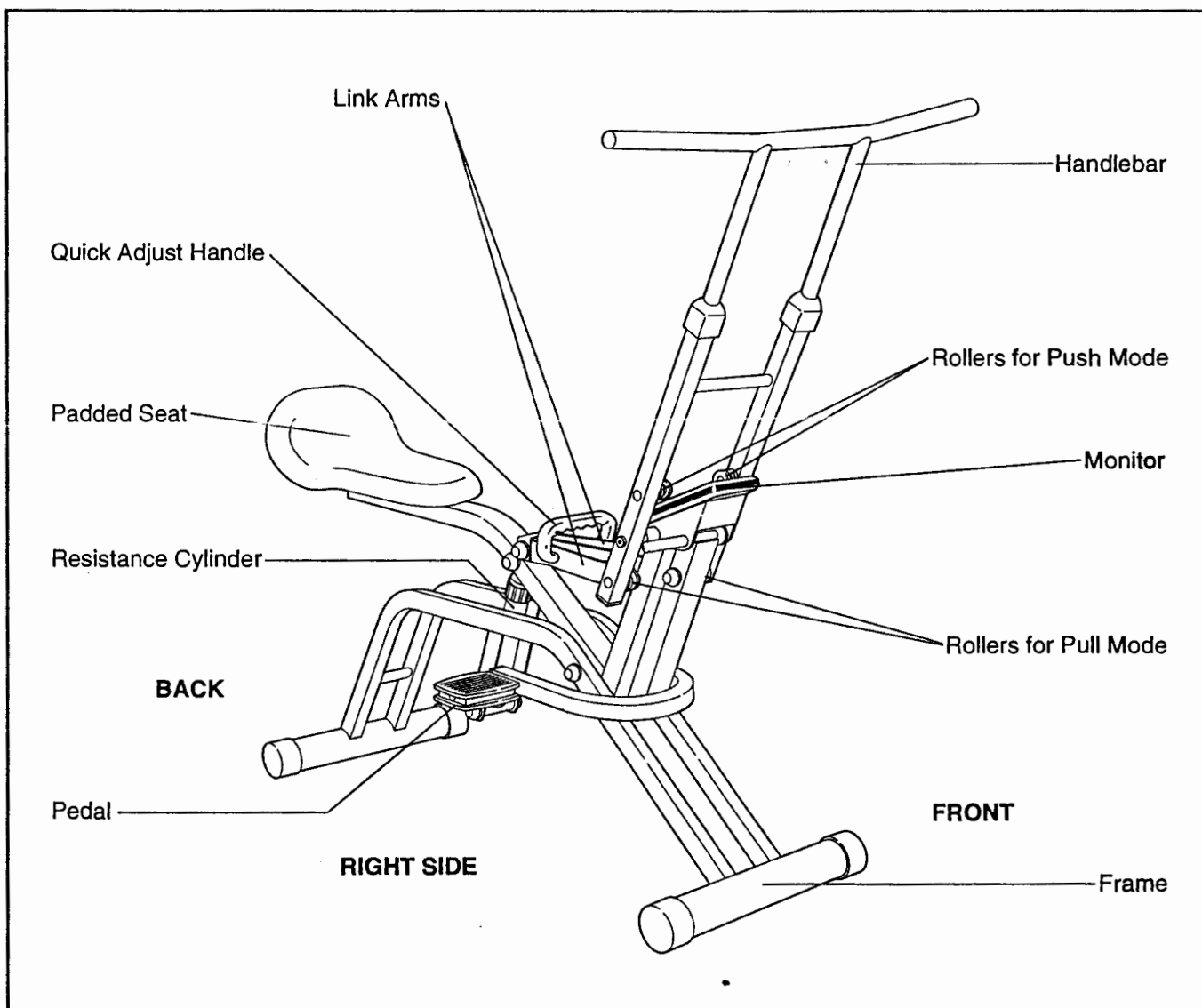
# BEFORE YOU BEGIN

Thank you for selecting the WESLO® AEROBIC GLIDE PLUS. The AEROBIC GLIDE PLUS 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 a more complete workout, the AEROBIC GLIDE PLUS features both a push mode and a pull mode, and the adjustable resistance cylinder lets you tailor the intensity of your exercise to your individual fitness level.

**For your benefit, read this manual carefully before using the AEROBIC GLIDE PLUS.** 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 note the product model number and serial number when calling. The model number is WLCR94050. The serial number can be found on a decal attached to the AEROBIC GLIDE PLUS (see the front cover of this manual for the location of the decal).

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

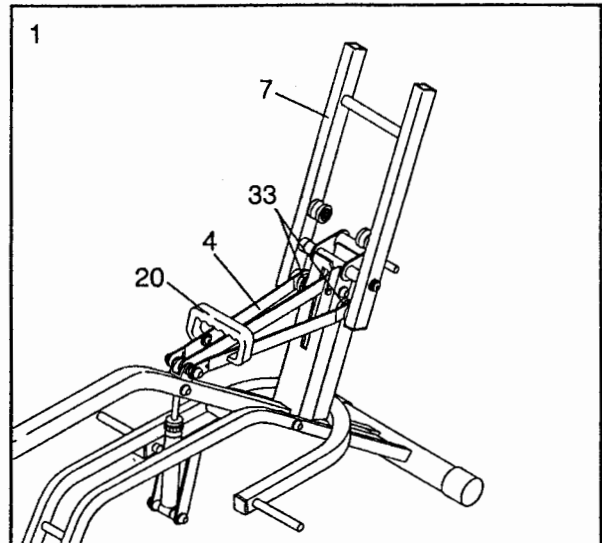


# ASSEMBLY

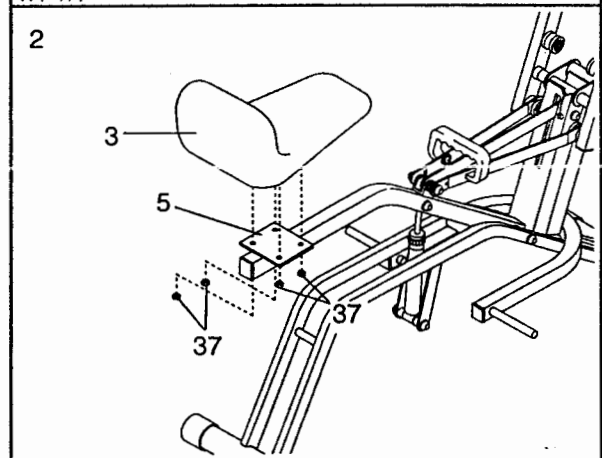
Place all parts of the AEROBIC GLIDE PLUS in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

**THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY:** The included pedal tool , and your own phillips screwdriver , rubber mallet , and adjustable wrench .

1. Raise the Handlebar Frame (7) to the position shown. Hold the Handle (20) and hook the Link Arm (4) onto the lower Rollers (33) on the Handlebar Frame.

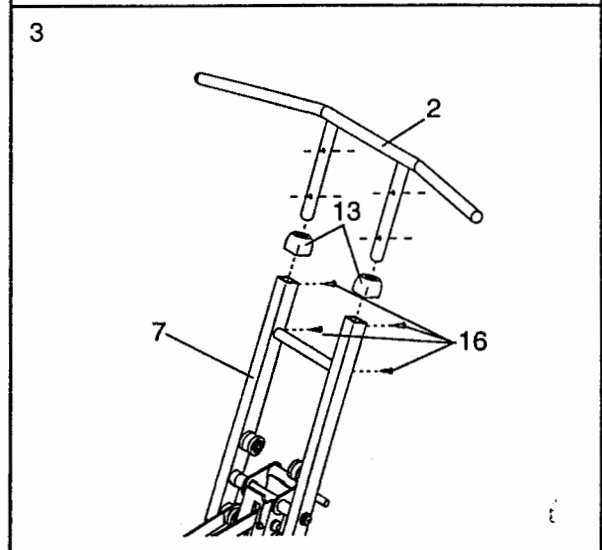


2. Remove the four 1/4" Nuts (37) from the underside of the Seat (3). Attach the Seat to the indicated bracket on the Seat Frame (5) with the four 1/4" Nuts. Make sure that the Seat is turned as shown.



3. Press the two Domed Endcaps (13) onto the upper end of the Handlebar Frame (7).

Insert the Handlebar (2) into the Handlebar Frame (7). The sides of the Handlebar must bend toward the Seat (not shown). Tighten the four #8 x 1/2" Screws (16) into the back of the Handlebar Frame and the Handlebar as shown.



4. Connect the Sensor Wire (15) to the wire on the Monitor (1). Insert all excess wire into the Frame (6).

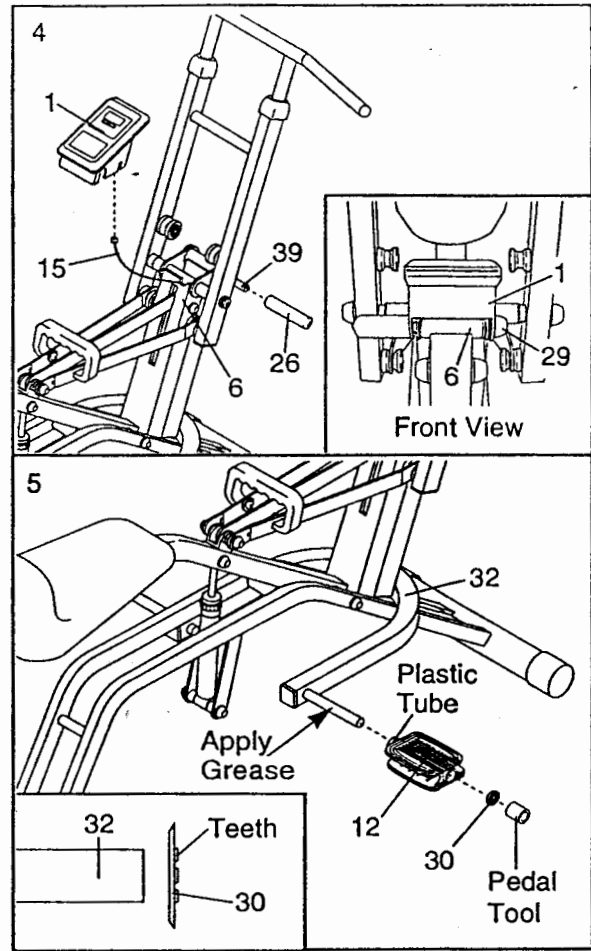
Hold the Monitor (1) with both hands, and slide it down onto the Frame (6). Refer to the inset drawing. Make sure that the side of the Monitor is between the Frame and the indicated 1/2" Dome Cap (29). Push the 1/2" Dome Cap against the side of the Monitor.

Slide the Foam Pad (26) onto the end of the 1/2" x 6 1/2" Rod (39).

5. Apply a small amount of grease to the shaft on the right side of the Pedal Frame (32). Slide a Pedal (12) onto the shaft. 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 (30) onto the shaft. Make sure that the Push Nut is turned as shown in the inset drawing.

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

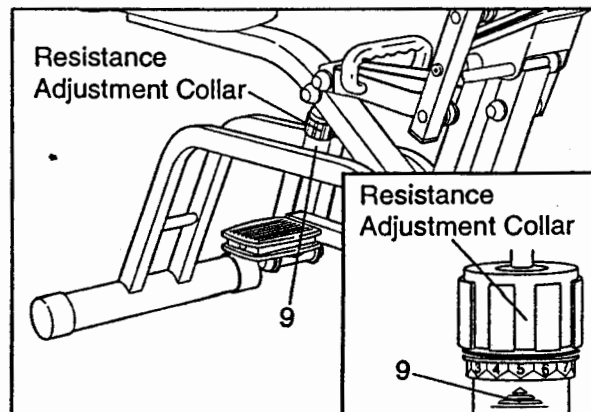
**Note: The AEROBIC GLIDE PLUS features a precision resistance cylinder; due to the nature of resistance cylinders, it is recommended that the floor underneath the AEROBIC GLIDE PLUS be covered in case of slight oil leakage.**



## HOW TO USE THE AEROBIC GLIDE PLUS

### HOW TO ADJUST THE RESISTANCE

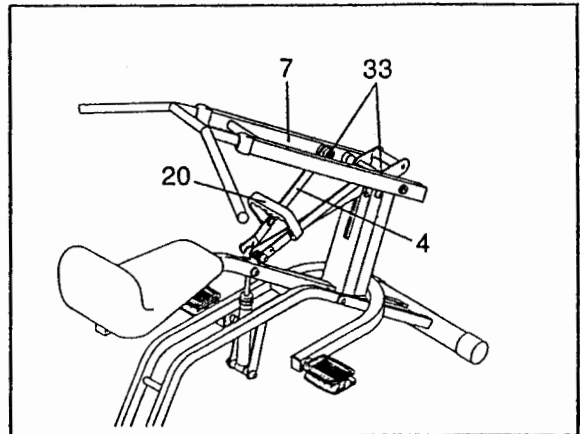
To vary the intensity of your exercise, the resistance of the AEROBIC GLIDE PLUS can be adjusted. There are 9 resistance levels. Level 1 is the easiest, and level 9 is the most challenging. To change the resistance, turn the resistance adjustment collar on the Resistance Cylinder (9). The arrow on the Resistance Cylinder will show which resistance level you have selected. **CAUTION: The Resistance Cylinder becomes very hot during use. Allow the Resistance Cylinder to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.**



## HOW TO USE THE PUSH MODE

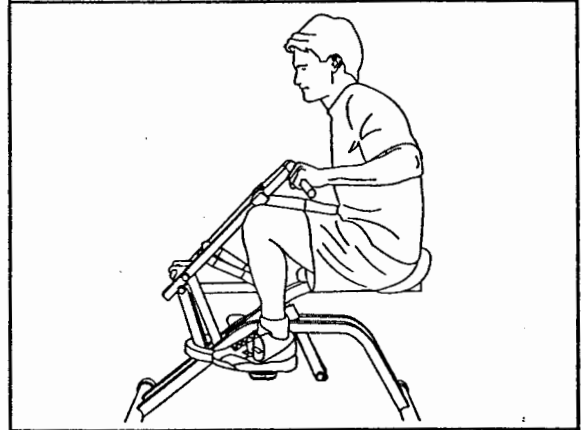
To convert the AEROBIC GLIDE PLUS to the push mode, hold the Handlebar Frame (7) with one hand and the Handle (20) with the other hand. Lift the Handle to disconnect the Link Arms (4) from the Handlebar Frame. Pivot the Handlebar Frame toward the seat and hook the Link Arms onto the upper Rollers (33) on the Handlebar Frame.

**CAUTION:** Make sure that the Link Arms are securely connected to the upper Rollers.



Sit on the seat, place your feet on the pedals, and hold the handlebar with an overhand grip.

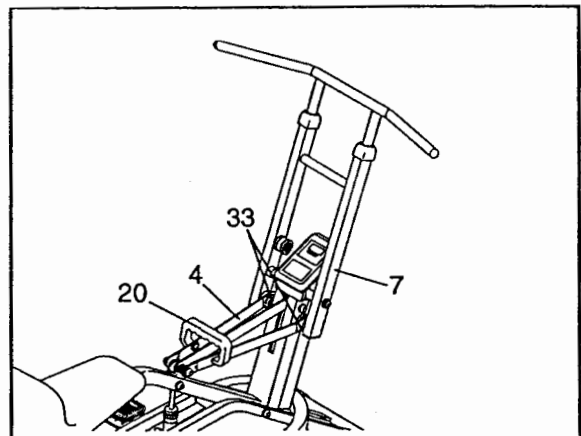
To begin exercising, push the handlebar away with your arms while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady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



## HOW TO USE THE PULL MODE

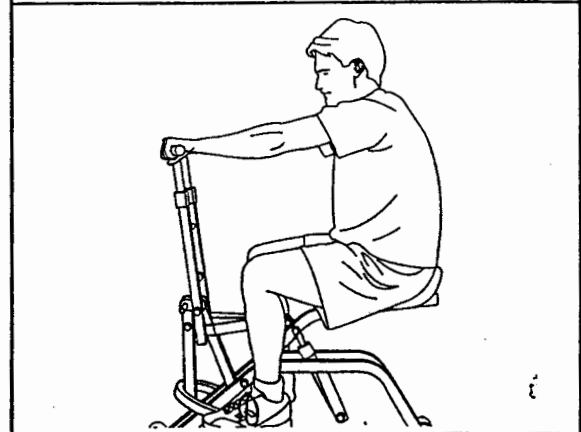
To convert the AEROBIC GLIDE PLUS to the pull mode, hold the Handlebar Frame (7) with one hand and the Handle (20) with the other hand. Lift the Handle to disconnect the Link Arms (4) from the Handlebar Frame. Pivot the Handlebar Frame away from the seat and hook the Link Arms onto the lower Rollers (33) on the Handlebar Frame.

**CAUTION:** Make sure that the Link Arms are securely connected to the lower Rollers.

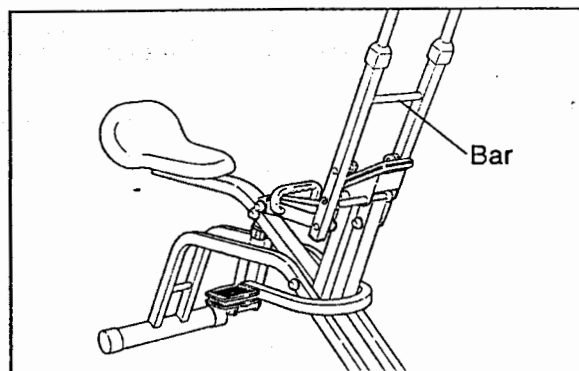


Sit on the seat, place your feet on the pedals, and hold the handlebar.

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.



To focus on the muscles of the lower body, rest your hands on the indicated bar as you exercise. To focus on your calf muscles, point your toes as you push the pedals away. As you return to the starting position, raise your toes and rotate your heels downward. **CAUTION: To avoid injury, keep you feet firmly on the pedals to prevent them from slipping.**



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

## DESCRIPTION OF THE MONITOR MODES

The console features one of the two monitors shown at the right. Both monitors have exactly the same modes. The modes are described below:

**Speed**—Displays your speed, in repetitions per minute.

**Time**—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.

**Distance**—Displays the total number of repetitions you have completed, up to 999 or 9,999. The display will then reset to zero and continue counting.

**Calories**—Displays the number of Calories you have burned. Note: If the resistance is near the highest or lowest setting, the actual number of Calories you have burned will be slightly higher or lower than the number displayed.

**Scan**—Displays the speed, time, distance and calories modes, for about 5 seconds each, in a repeating cycle.

## HOW TO OPERATE THE MONITOR

1. To turn on the power, press the on/off button or the on/reset button, or simply begin exercising on the AEROBIC GLIDE PLUS. The entire display will appear for two seconds. The monitor will then be ready for operation.

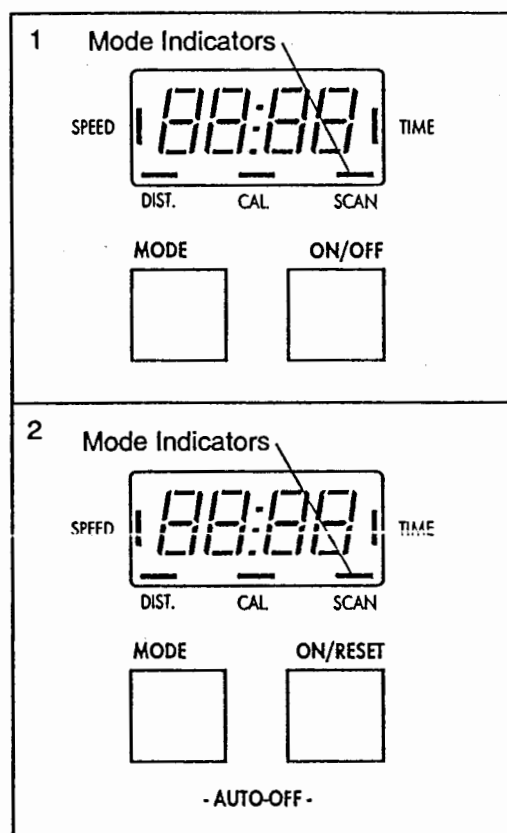
2. Select one of the five modes:

**Scan mode**—When the power is turned on, the scan mode will be selected automatically. One mode indicator will show that the scan mode has been selected, and a second mode indicator will show which mode is currently displayed. The scan mode can also be selected by pressing the mode button.

**Speed, time, distance or calories mode**—These modes can be selected by repeatedly pressing the mode button. The mode indicators will show which mode has been selected. (Make sure that the scan mode is not selected.) The modes will be selected in the following order: speed, time, distance, calories.

3. To reset the display, press the on/off button twice if you have monitor 1, or the on/reset button if you have monitor 2.

4. To turn off the power, press the on/off button if you have monitor 1, or simply wait for about four minutes if you have monitor 2. **Note: Both monitors have an auto-off feature. If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**



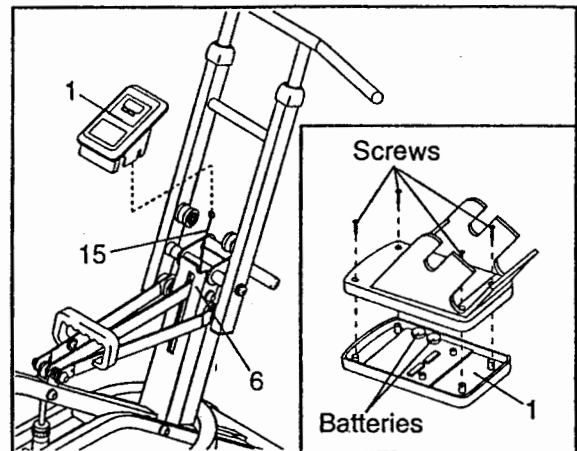
# MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the AEROBIC GLIDE PLUS regularly. Keep the monitor out of direct sunlight or the display may be damaged. The AEROBIC GLIDE PLUS can be cleaned with a soft, damp cloth. Keep liquid away from the monitor. When storing the AEROBIC GLIDE PLUS, remove the batteries from the monitor.

## HOW TO REPLACE THE BATTERIES

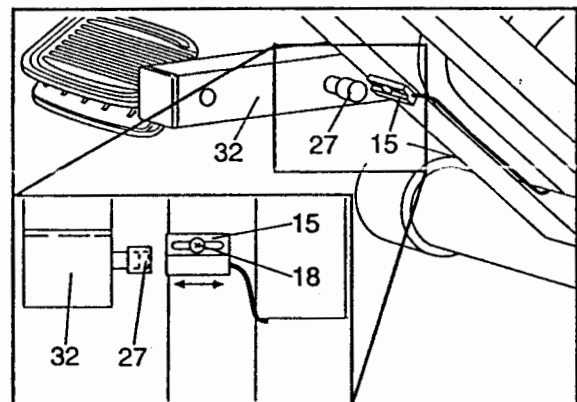
If the display of the Monitor (1) becomes dim, the two L1154 watch batteries should be replaced. Lift the Monitor off the Frame (6). Disconnect the Sensor Wire (15) from the Monitor. Remove the four screws from the back cover of the Monitor and remove the back cover (see the inset drawing). Push the two old batteries out of the battery clips, noting which way each battery is turned. Insert two new batteries.

Reattach the back cover of the Monitor (1). Connect the Sensor Wire (15) to the Monitor. Insert all excess wire into the Frame (6). Press the Monitor onto the Frame.



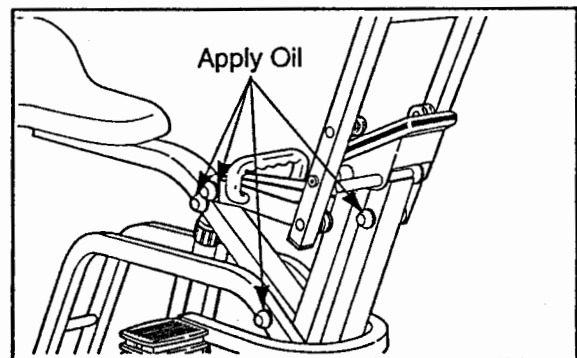
## HOW TO ADJUST THE MAGNET AND REED SWITCH

If the monitor displays incorrect feedback, the Magnet (27) and Reed Switch (15) should be checked. Pivot the Pedal Frame (32) until the Magnet is aligned with the Reed Switch. Loosen the #8 x 3/4" Screw (18). Slide the Reed Switch sideways until there is a 1/8" gap between the Reed Switch and the Magnet. Tighten the #8 x 3/4" Screw.



## HOW TO LUBRICATE THE AEROBIC GLIDE PLUS

Every three months, a small amount of light multi-purpose oil should be applied to the AEROBIC GLIDE PLUS. Apply a few drops of oil between the dome caps and the frame in the locations shown at the right. Make sure to apply oil to both sides of the AEROBIC GLIDE PLUS.



# 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.

## WHY EXERCISE?

Exercise has proven essential for good health and general well-being. Regular participation in a well-rounded exercise program also results in a stronger and more efficient heart, improved respiratory function, increased stamina and endurance, better weight management and body fat control, increased ability to deal with stress, and greater self-esteem and confidence.

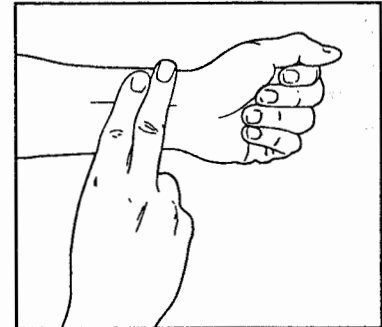
## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic 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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.

To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count. 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

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. 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 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 often most effective during this phase. This phase should leave you relaxed and comfortably tired.

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. Find the best time of day for your workouts, and then stick with it.

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

# PART LIST—Model No. WLCR94050

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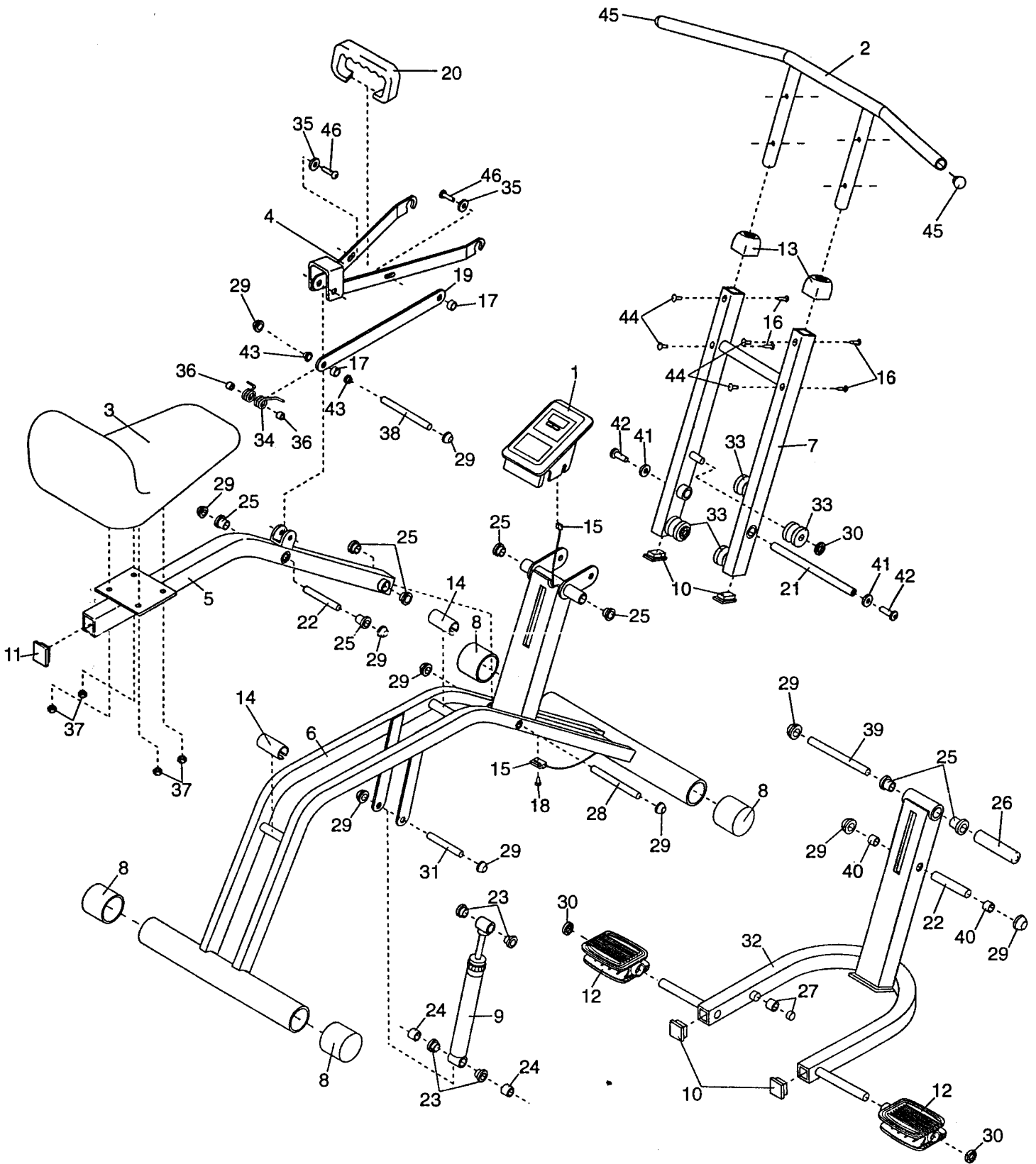
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Monitor	25	8	1/2" Bushing
2	1	Handlebar	26	1	Foam Pad
3	1	Seat	27	1	Magnet/Retainer
4	1	Link Arm	28	1	1/2" x 5 3/4" Rod
5	1	Seat Frame	29	*11	1/2" Dome Cap
6	1	Frame	30	6	1/2" Push Nut
7	1	Handlebar Frame	31	1	1/2" x 3 3/4" Rod
8	4	Frame Endcap	32	1	Pedal Frame
9	1	Resistance Cylinder	33	4	Roller
10	4	1 1/4" x 1 1/4" Endcap	34	1	Spring
11	1	1 1/2" x 2" Endcap	35	2	#8 Washer
12	2	Pedal	36	2	Spring Spacer
13	2	Domed Endcap	37	4	1/4" Nut
14	2	Bumper	38	1	1/2" x 3 3/8" Rod
15	1	Reed Switch/Sensor Wire	39	1	1/2" x 6 1/2" Rod
16	*4	#8 x 1/2" Screw	40	2	3/4" x 1 1/4" Spacer
17	2	1/2" Link Arm Sleeve	41	2	1/4" Washer
18	1	#8 x 3/4" Screw	42	2	1/4" Screw
19	1	Center Link Arm	43	2	Bushing
20	1	Handle	44	4	Plug
21	1	1/2" x 9 7/8" Pivot Rod	45	2	Handlebar Endcap
22	2	1/2" x 3" Rod	46	2	#8 x 1/2" Hex Head Screw
23	2	1/2" Cylinder Bushing Set	#	1	User's Manual
24	2	.925" ABS Spacer	#	1	Pedal Tool

\* One extra #8 x 1/2" Screw and one extra 1/2" Dome Cap may have been included.

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. WLCR94050

R0895A



# 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). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product. (WLCR94050)
- The NAME of the product. (WESLO® AEROBIC GLIDE PLUS)
- The SERIAL NUMBER of the product. (See the front cover of this manual.)
- The KEY NUMBER of the part(s) needed. (See page 10 of this manual.)
- The DESCRIPTION of the part(s) needed. (See page 10 of this manual.)

If possible, place the AEROBIC GLIDE PLUS near your telephone for easy reference when calling.

## 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 as products used for 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**