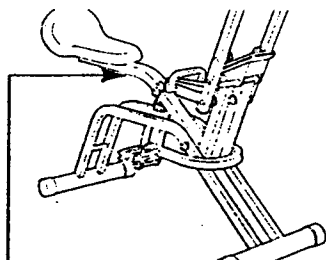


# WESLO CARDIOGLIDE *plus* 975

Model No. WLCR97550

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

Write the serial number in the space above for reference.



Serial Number Decal

## 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:**

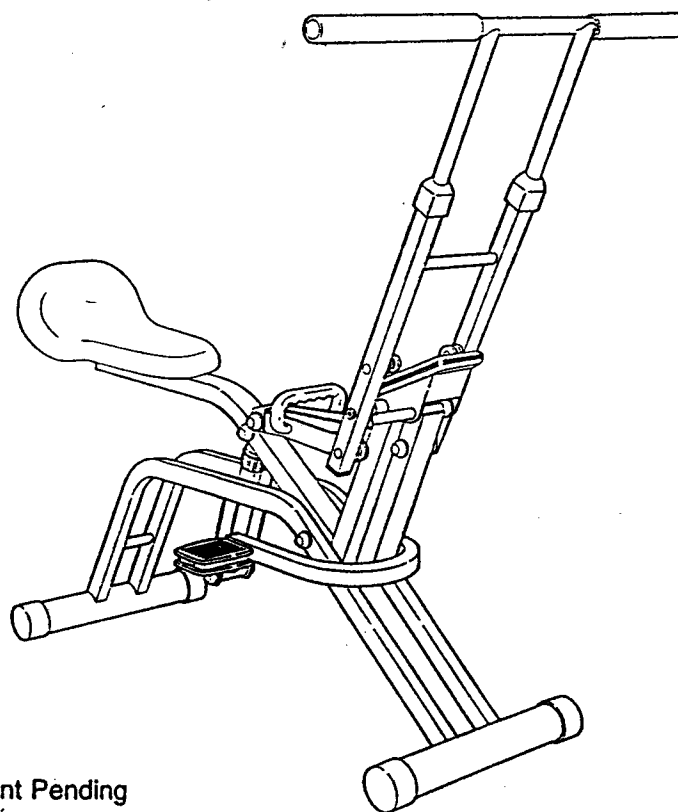
**1-800-999-3756**

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.

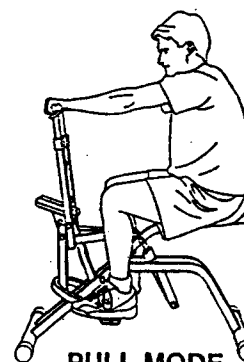
## USER'S MANUAL



Patent Pending



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 PLUS 975.

1. It is the responsibility of the owner to ensure that all users of the CARDIO GLIDE PLUS 975 are adequately informed of all precautions.
2. Use the CARDIO GLIDE PLUS 975 only on a level surface.
3. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the CARDIO GLIDE PLUS 975. Always wear athletic shoes for foot protection.
4. Keep small children and pets away from the CARDIO GLIDE PLUS 975 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. The CARDIO GLIDE PLUS 975 should not be used by persons weighing more than 250 lbs.
8. Always keep your back straight when using the CARDIO GLIDE PLUS 975. Do not arch your back.
9. Use the CARDIO GLIDE PLUS 975 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.

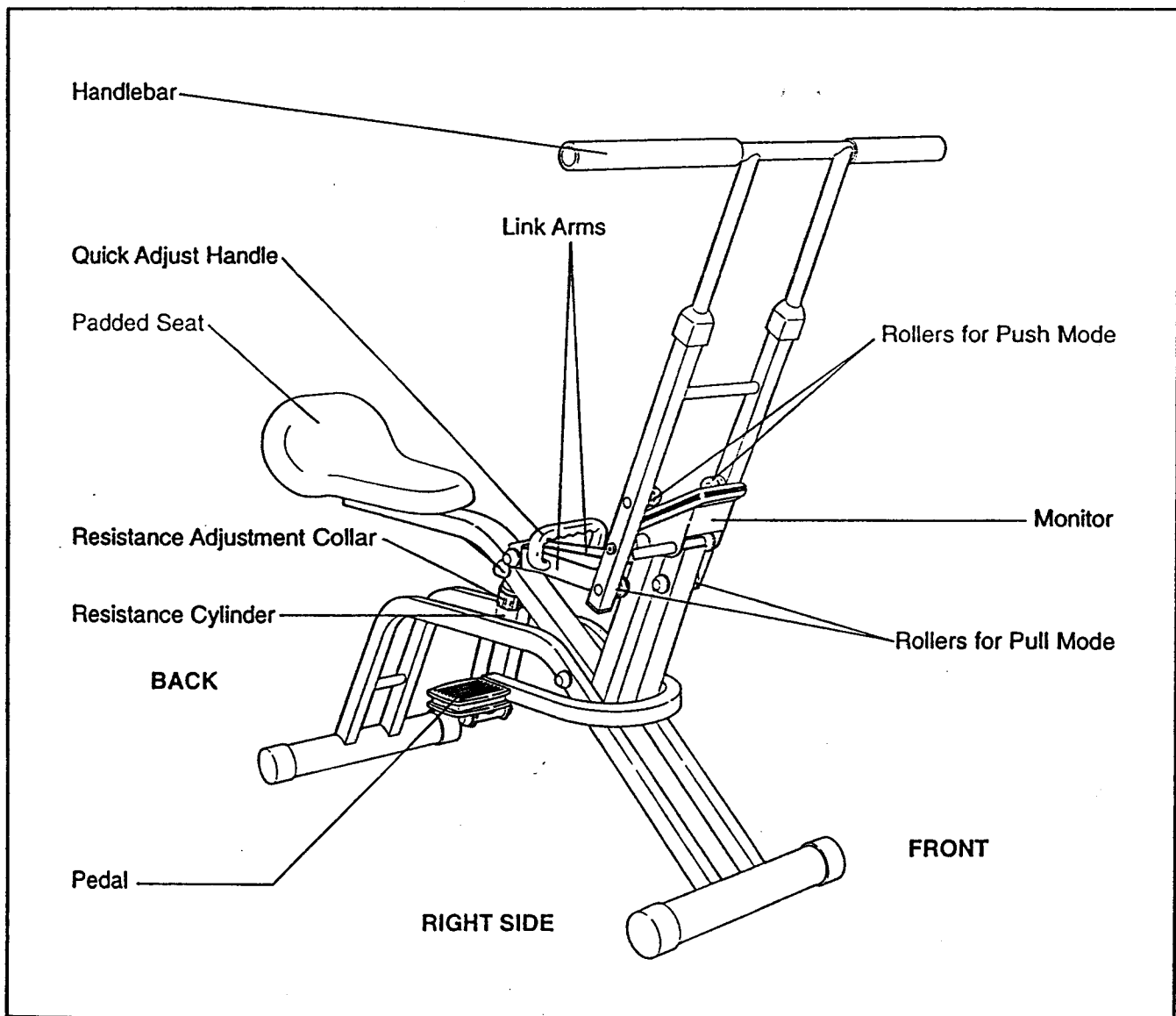
## BEFORE YOU BEGIN

Thank you for selecting the WESLO® CARDIO GLIDE PLUS 975. The CARDIO GLIDE PLUS 975 offers a unique form of low-impact exercise that uses both the upper body and the lower body for increased cardiovascular benefits and greater toning results. For a more complete workout, the CARDIO GLIDE PLUS 975 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 CARDIO GLIDE PLUS 975. If you have additional questions, please call our Customer Service



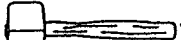
Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number when calling. The model number is WLCR97550. The serial number can be found on a decal attached to the CARDIO GLIDE PLUS 975 (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 CARDIO GLIDE PLUS 975 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  and rubber mallet .

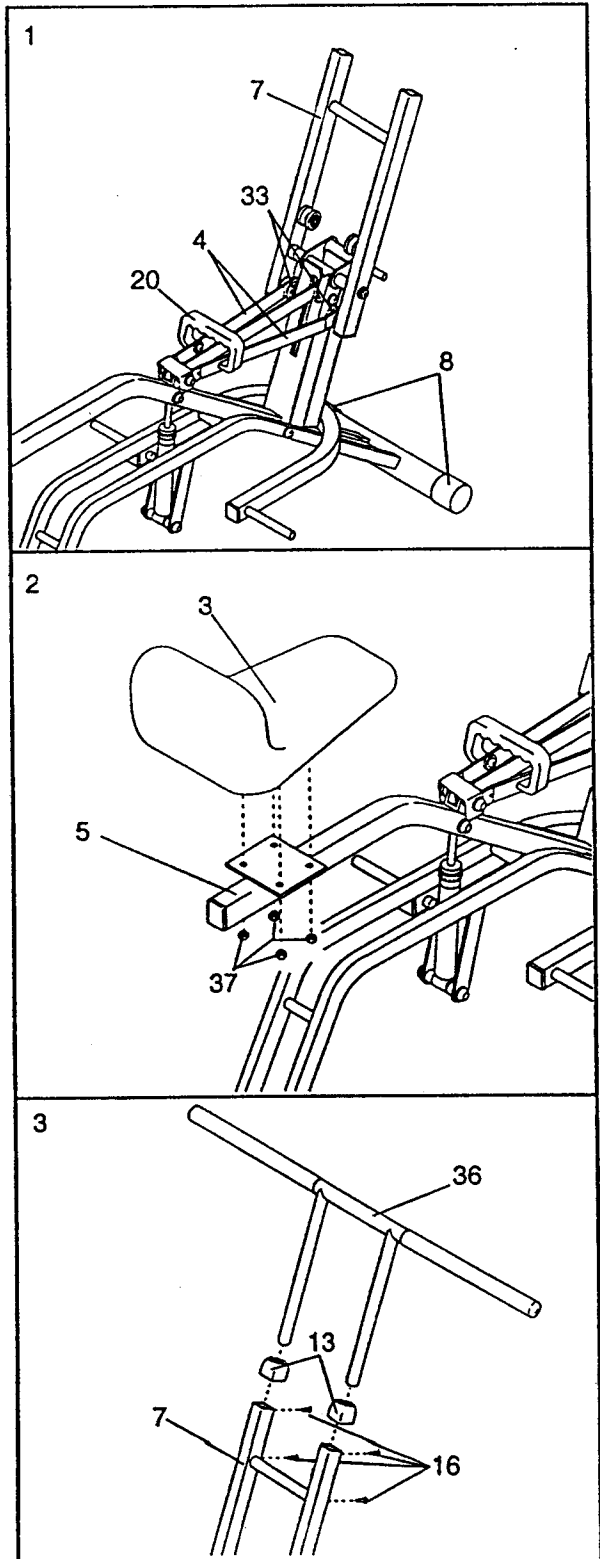
1. Raise the Handlebar Frame (7) to the position shown. Hold the Handle (20) and hook the Link Arms (4) onto the lower Rollers (33) on the Handlebar Frame.

Tap two Round Endcaps (8) onto the stabilizer at the front of the Frame (6). Tap two Round Endcaps onto the stabilizer at the rear of the Frame (not shown).

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 Post (36) into the Handlebar Frame (7). Tighten the four #8 x 1/2" Screws (16) into the Handlebar Frame and the Handlebar Post.



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.

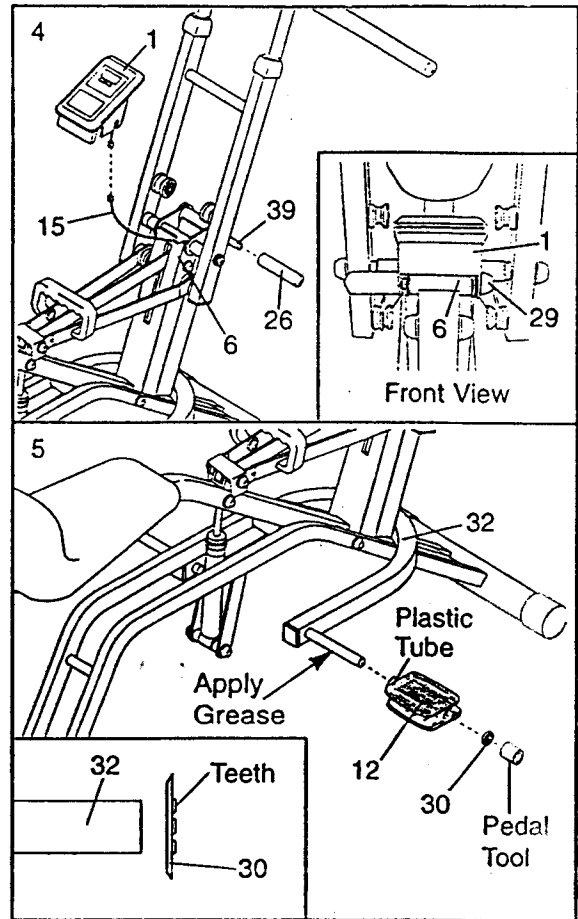
Slide the Foam Pad (26) onto the end of the 1/2" x 6 1/2" Rod (39).

5. Lightly grease 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.

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

Note: Extra 1/2" Push Nuts (30) may have been included. Save the Push Nuts and the pedal tool in case replacement Push Nuts are needed in the future.

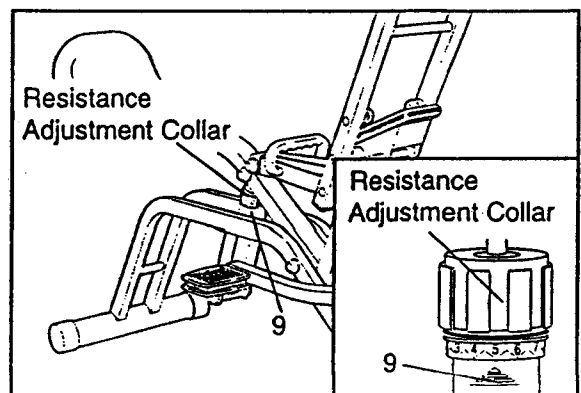
Note: The **CARDIO GLIDE PLUS 975** features a precision resistance cylinder; due to the nature of resistance cylinders, the floor underneath the **CARDIO GLIDE PLUS 975** should be covered in case of slight oil leakage.



## HOW TO USE THE **CARDIO GLIDE PLUS 975**

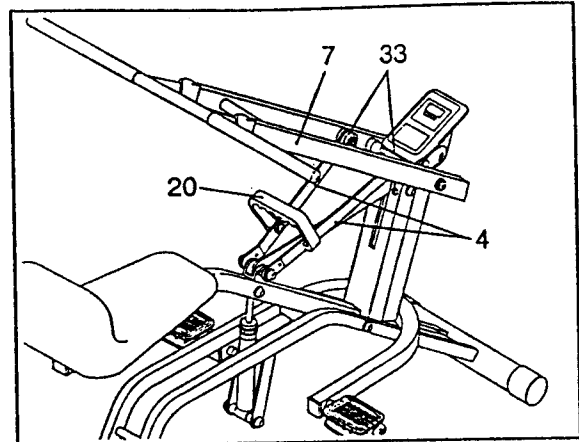
### HOW TO ADJUST THE RESISTANCE

To vary the intensity of your exercise, the resistance of the **CARDIO GLIDE PLUS 975** 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 it to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.**



## HOW TO USE THE PUSH MODE

To convert the CARDIO GLIDE PLUS 975 to the push mode, hold the Handlebar Frame (7) with one hand and hold 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.



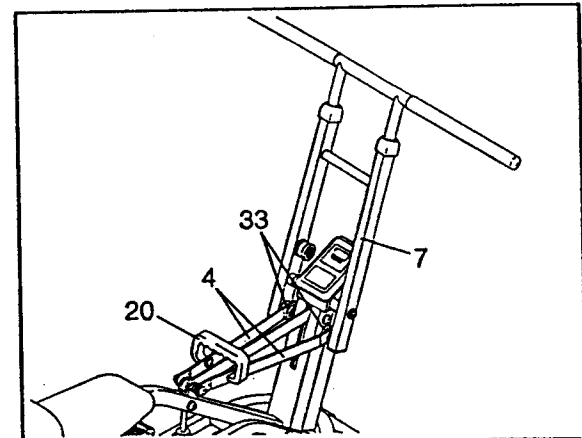
Sit on the seat, place your feet on the pedals, and hold the handlebar with an overhand grip.

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 CARDIO GLIDE PLUS 975 to the pull mode, hold the Handlebar Frame (7) with one hand and hold 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.

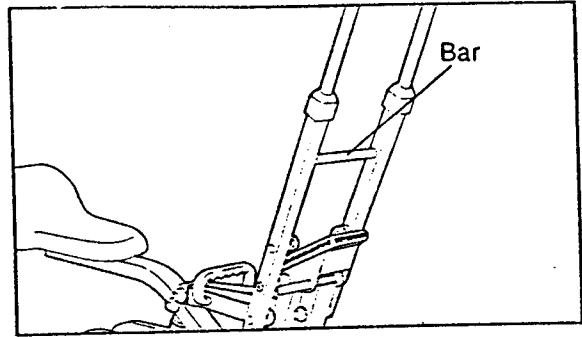


Sit on the seat, place your feet on the pedals, and hold the handlebar. Your hands can be positioned close together or far apart, or in an overhand or underhand grip.

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 your 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 CARDIO GLIDE PLUS 975 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

Note: If there is a thin sheet of clear film on the front of the monitor, remove it before operating the monitor.

1. To turn on the power, press the on/off button or the on/reset button, or simply begin exercising on the CARDIO GLIDE PLUS 975. The entire display will appear for two seconds. The monitor will then be ready for operation.

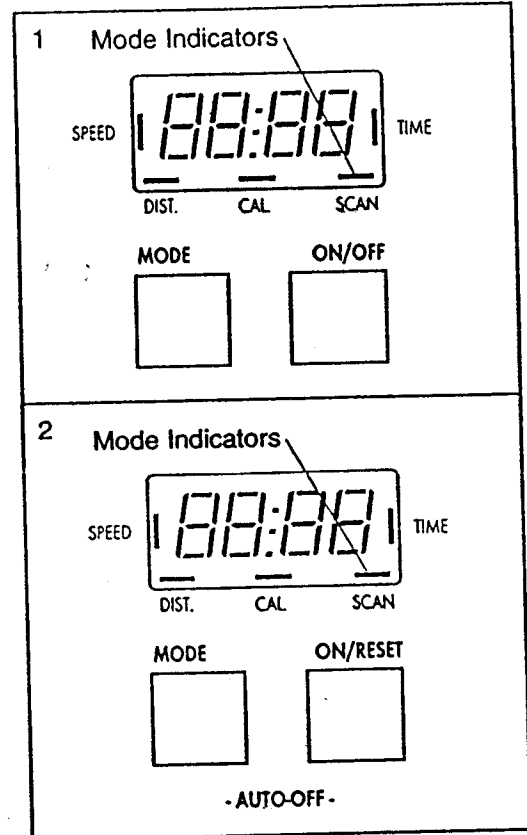
2. Select one of the five modes:

**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.

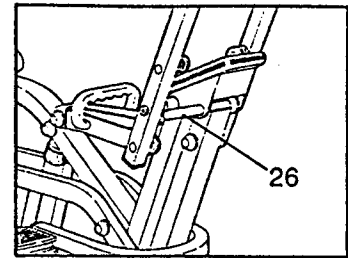
3. To reset the display, press the on/off button twice if you have monitor 1, or the on/reset button if you have monitor 2.

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 about four minutes, the power will turn off automatically.



# MAINTENANCE AND TROUBLE-SHOOTING

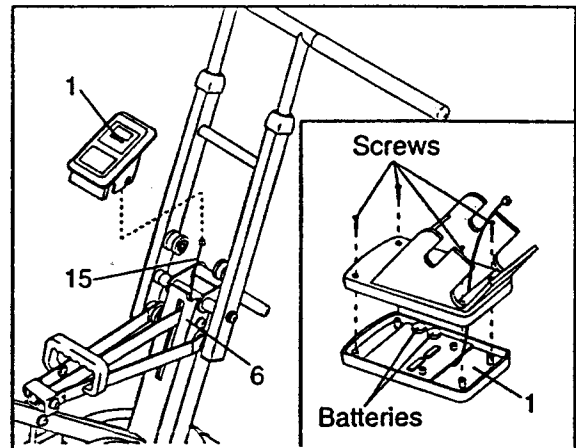
Inspect and tighten all parts of the CARDIO GLIDE PLUS 975 at least once every three months. Make sure that the Foam Pad (26) is pushed all of the way onto the rod at the front. The CARDIO GLIDE PLUS 975 can be cleaned with a soft, damp cloth. Keep liquids away from the monitor. Do not expose the monitor to direct sunlight or the display may be damaged. When storing the CARDIO GLIDE PLUS 975, remove the batteries from the monitor.



## HOW TO REPLACE THE BATTERIES

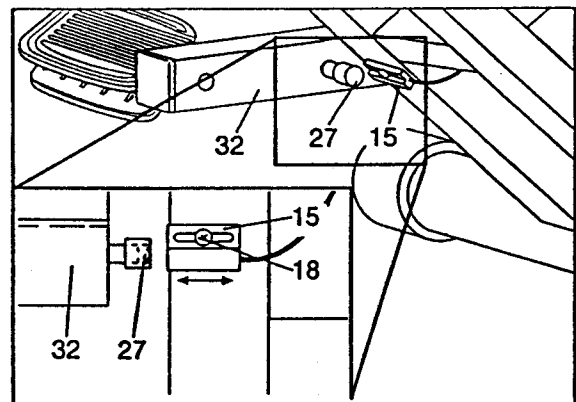
If the display of the Monitor (1) becomes dim, the two L1154 watch batteries should be replaced. Lift the Monitor off the Frame (6). Disconnect the Sensor Wire (15) from the Monitor. **Make sure that the end of the Sensor Wire does not slip into the Frame.** Remove the four screws from the back cover of the Monitor and remove the back cover. **Be careful not to damage the monitor wire.** Push the two old batteries out of the battery clips; be sure to note 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 (see assembly step 4).



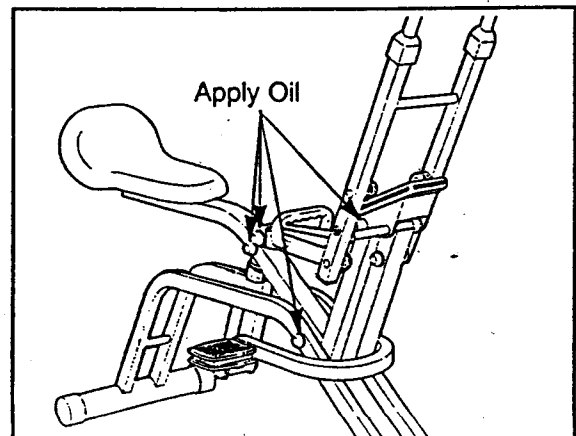
## HOW TO ADJUST THE MAGNET AND REED SWITCH

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) shown in the inset drawing. Slide the Reed Switch slightly closer to the Magnet. Tighten the #8 x 3/4" Screw. Exercise on the CARDIO GLIDE PLUS 975 for a moment. Repeat until the monitor displays correct feedback. **Make sure that the Magnet does not hit the Reed Switch.**



## HOW TO LUBRICATE THE CARDIO GLIDE PLUS 975

Every three months, a small amount of light multi-purpose oil should be applied to the CARDIO GLIDE PLUS 975. 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 CARDIO GLIDE PLUS 975.



# 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.

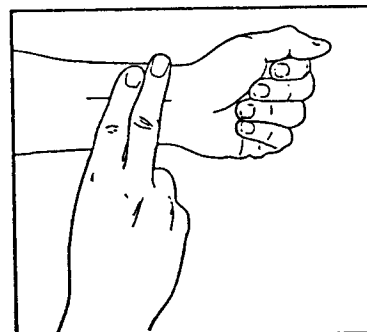
## EXERCISE INTENSITY

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. WLCR97550

R1195A

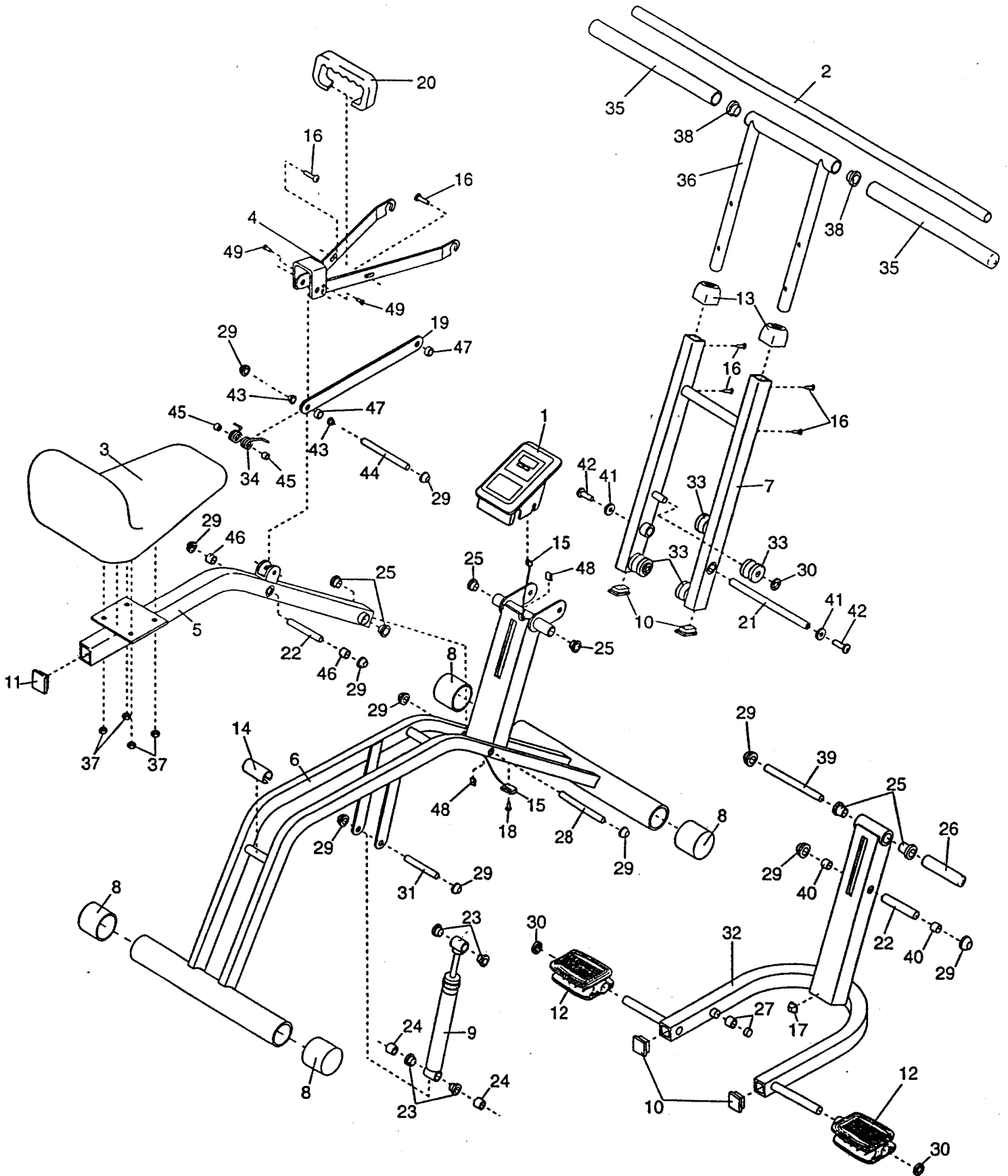
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Monitor	28	1	1/2" x 6" Axle
2	1	Handlebar	29	*11	1/2" Dome Cap
3	1	Seat	30	*6	1/2" Push Nut
4	1	Link Arm	31	1	1/2" x 4" Axle
5	1	Seat Frame	32	1	Pedal Frame
6	1	Frame	33	4	Roller
7	1	Handlebar Frame	34	1	Spring
8	4	Round Endcap	35	2	Foam Handlebar Grip
9	1	Resistance Cylinder	36	1	Handlebar Post
10	4	1 1/4" x 1 1/4" Endcap	37	4	1/4" Nut
11	1	1 1/2" x 2" Endcap	38	2	Handlebar Bushing
12	2	Pedal	39	1	1/2" x 6 1/2" Axle
13	2	Domed Endcap	40	2	3/4" x 1 1/4" Spacer
14	1	Bumper	41	2	5/16" Washer
15	1	Reed Switch/Sensor Wire	42	2	1/4" Screw
16	*6	#8 x 1/2" Screw	43	2	Bushing
17	1	1/2" x 5/8" Bumper	44	1	1/2" x 3 3/4" Axle
18	1	#8 x 3/4" Screw	45	2	Spring Spacer
19	1	Center Link Arm	46	2	5/8" Plastic Spacer
20	1	Handle	47	2	1/2" Link Arm Bushing
21	1	1/2" x 9 7/8" Pivot Axle	48	2	Clip
22	2	1/2" x 3 1/4" Axle	49	2	#12 x 1/2" Screw
23	4	1/2" Cylinder Bushing Set	#	1	User's Manual
24	2	.925" ABS Spacer	#	1	Pedal Tool
25	6	1/2" Bushing			
26	1	Foam Pad			
27	1	Magnet/Retainer			

\*Note: One extra #8 x 1/2" Screw, one extra 1/2" Dome Cap, and extra 1/2" Push Nuts 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. WLCR97550

R1195A



## 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. (WLCR97550)
- The NAME of the product. (WESLO® CARDIO GLIDE PLUS 975)
- 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 CARDIO GLIDE PLUS 975 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, 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**