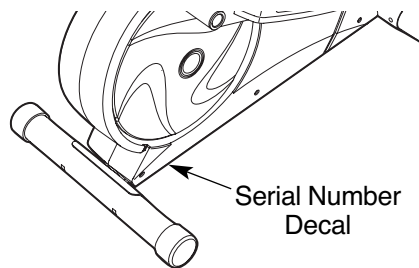


WESLO[®]

momentum 620

Model No. WLEL1406.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

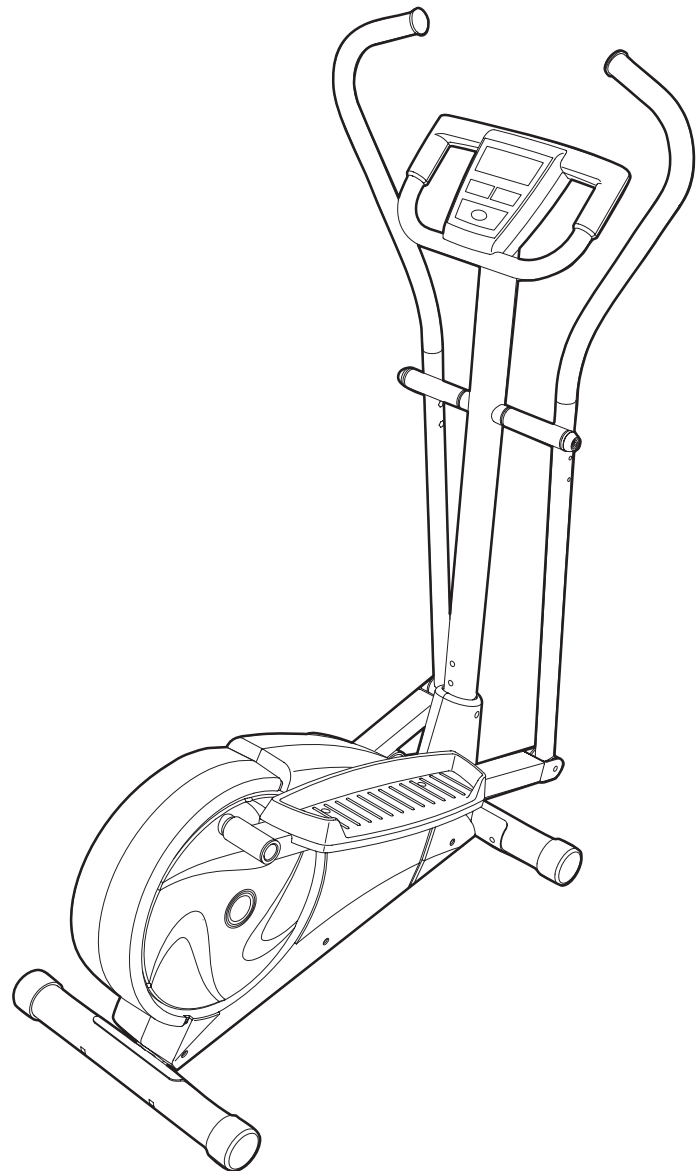
CALL TOLL-FREE:

1-866-699-3756

Mon.–Fri., 6 a.m.–6 p.m. MST
(closed on holidays)

ON THE WEB:

www.wesloservice.com



⚠ CAUTION

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



Visit our website at

www.weslo.com

new products, prizes,
fitness tips, and much more!

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 250 pounds.
8. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
9. Hold the handlebars when mounting, dismounting, or using the elliptical exerciser.
10. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. Keep your back straight when using the elliptical exerciser; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. When you stop exercising, allow the pedals to slowly come to a stop.
14. The decal shown on page 3 has been placed on the elliptical exerciser. If a decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

⚠ 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

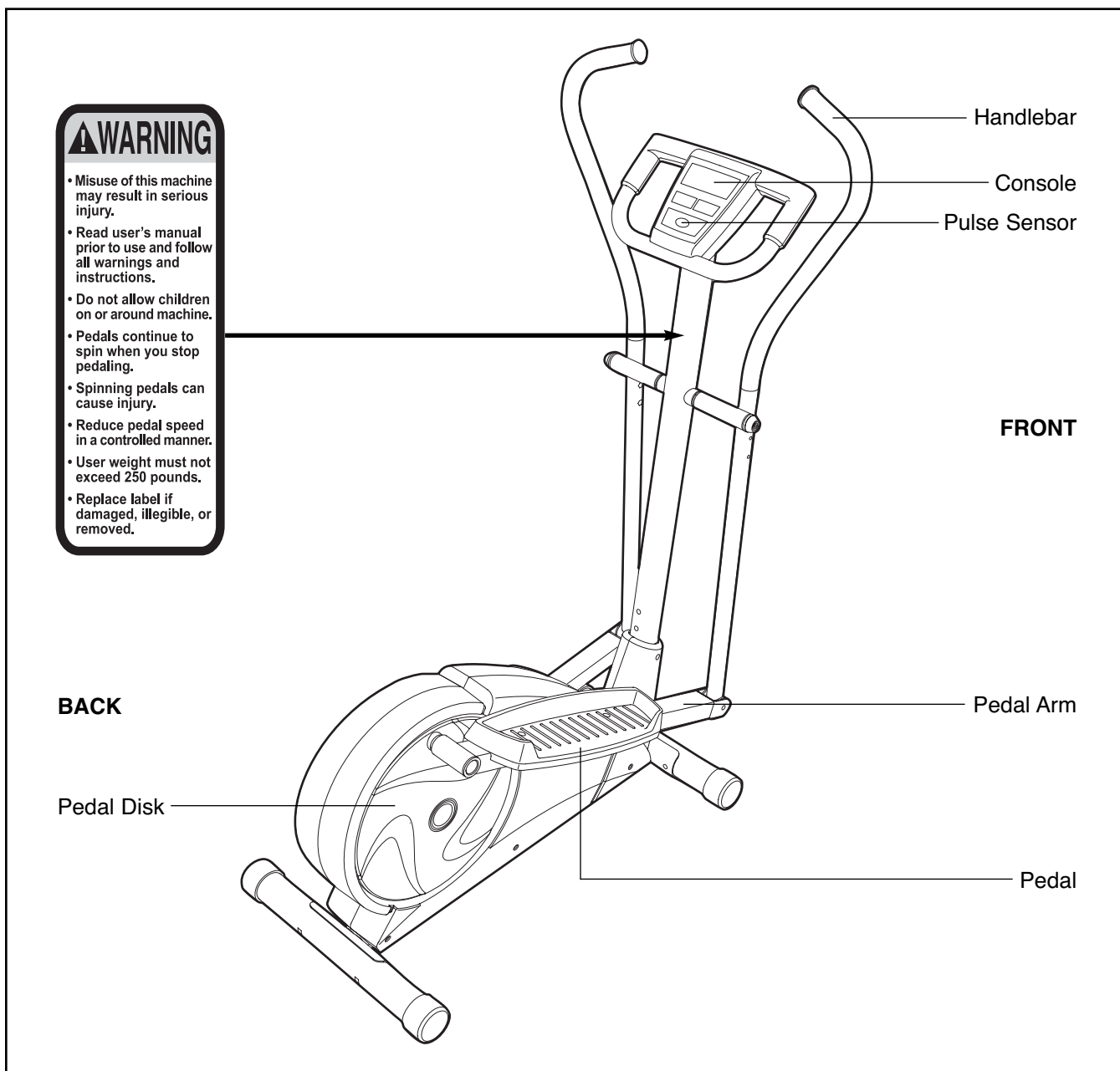
Congratulations for selecting the new WESLO® MOMENTUM 620 elliptical exerciser. The MOMENTUM 620 elliptical exerciser is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique MOMENTUM 620 features adjustable resistance and a simple-to-use console to help you get the most from your exercise.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the

product model number and serial number before contacting us. The model number is WLEL1406.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).




To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at www.wesloservice.com/registration.

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

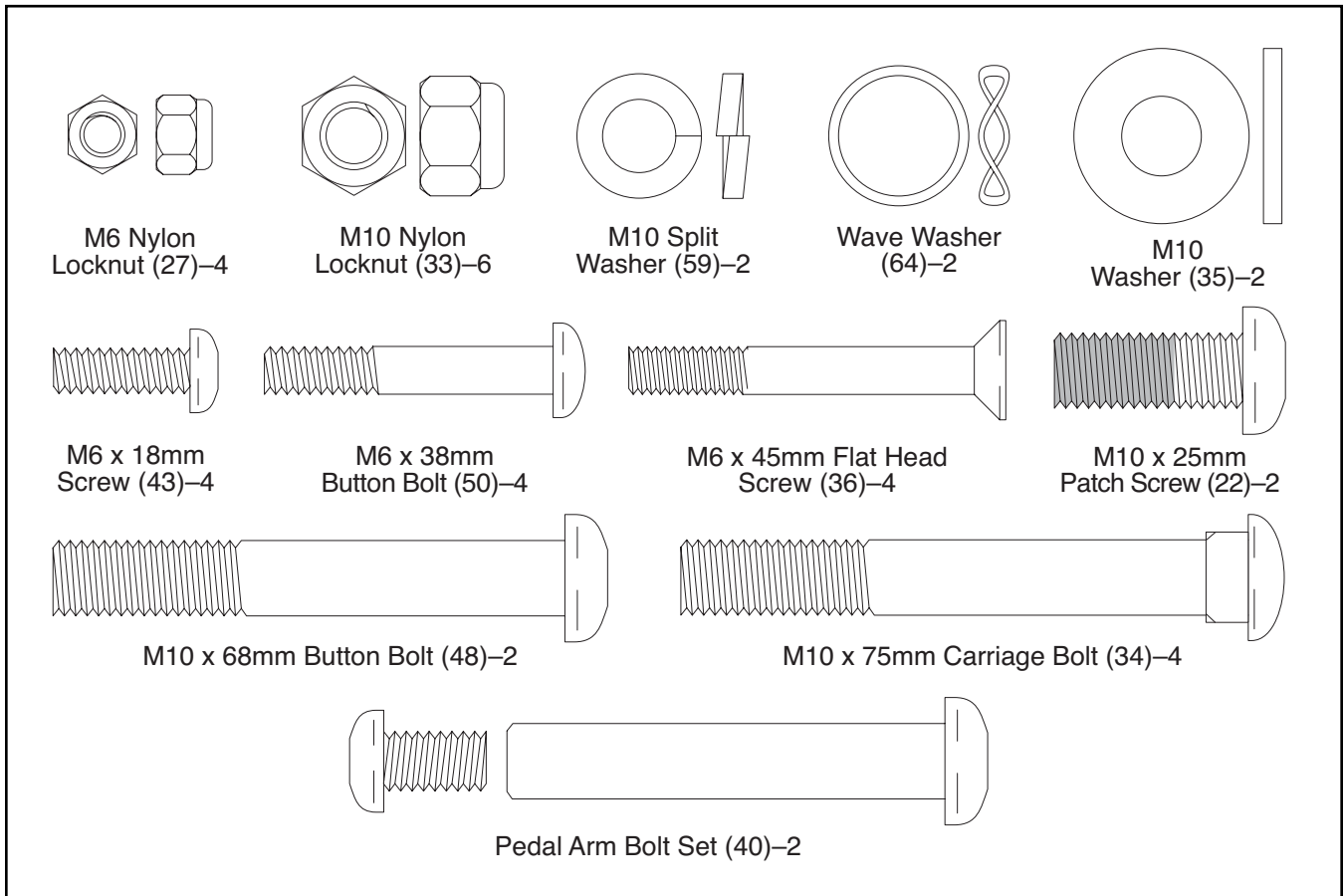


ASSEMBLY

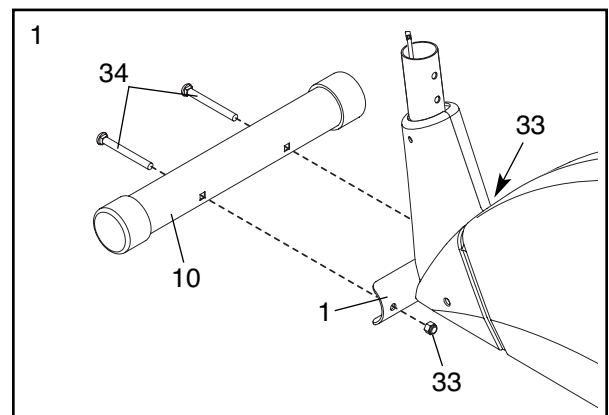
To hire an authorized service technician to assemble the elliptical exerciser, call toll-free 1-800-445-2480.

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included hex keys, assembly requires a Phillips screwdriver** , **an adjustable wrench** , **and a rubber mallet** .

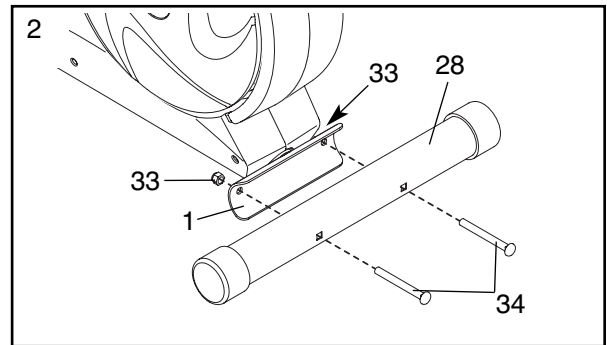
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The second number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**



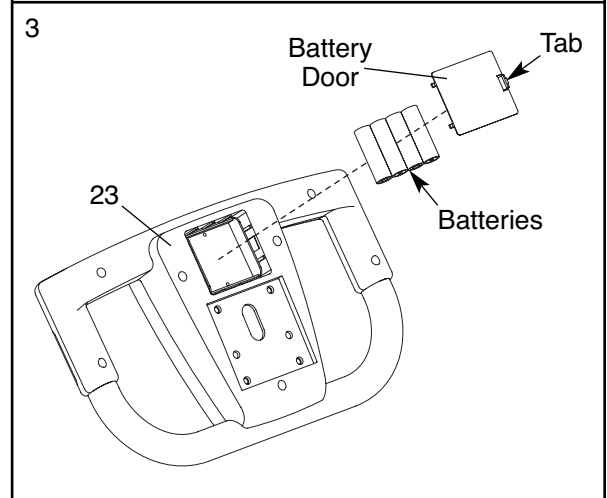
1. Identify the Front Stabilizer (10), which is narrower than the Rear Stabilizer (not shown). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).



2. While another person lifts the back of the Frame (1), attach the Rear Stabilizer (28) to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).

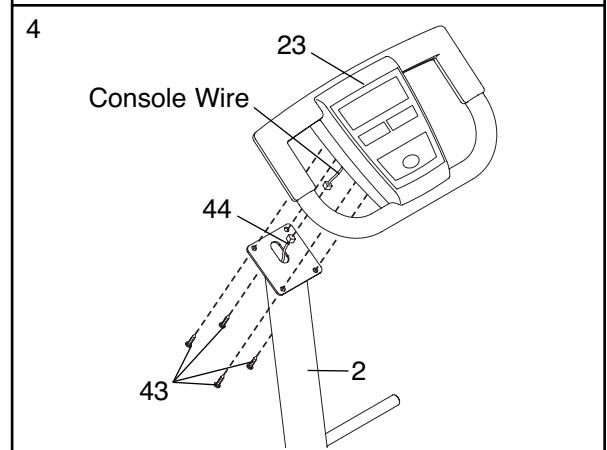


3. The Console (23) requires four “AA” batteries (not included); alkaline batteries are recommended. Press the tab on the battery door and remove it. Insert four batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the markings on the battery door.** Then, reattach the battery door.

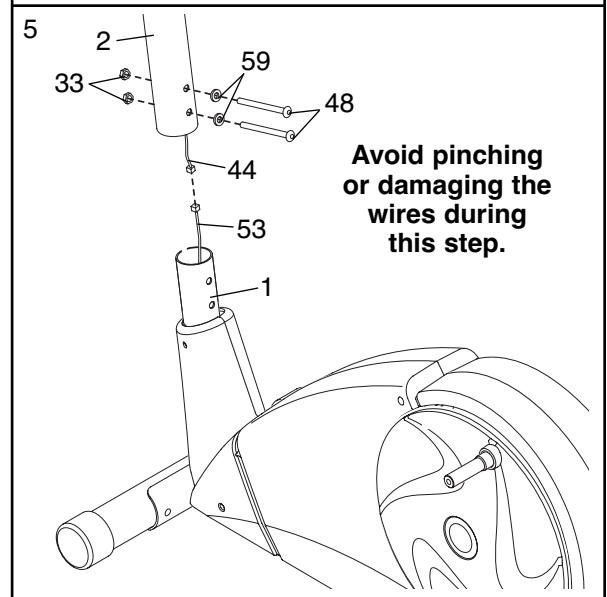


4. While another person holds the Console (23) near the Upright (2), connect the console wire to the Upper Wire (44). Insert the console wire and the Upper Wire into the Upright.

Next, attach the Console (23) to the Upright (2) with four M6 x 18mm Screws (43). **Be careful to avoid pinching the console wire or the Upper Wire (44).**



5. While another person holds the Upright (2) near the Frame (1), connect the Upper Wire (44) to the Lower Wire Harness (53). Push the excess wire downward into the Frame. Next, slide the Upright onto the Frame. **Be careful not to pinch the wires.** Attach the Upright with two M10 x 68mm Button Bolts (48), two M10 Split Washers (59), and two M10 Nylon Locknuts (33). **Do not tighten the Button Bolts yet.**

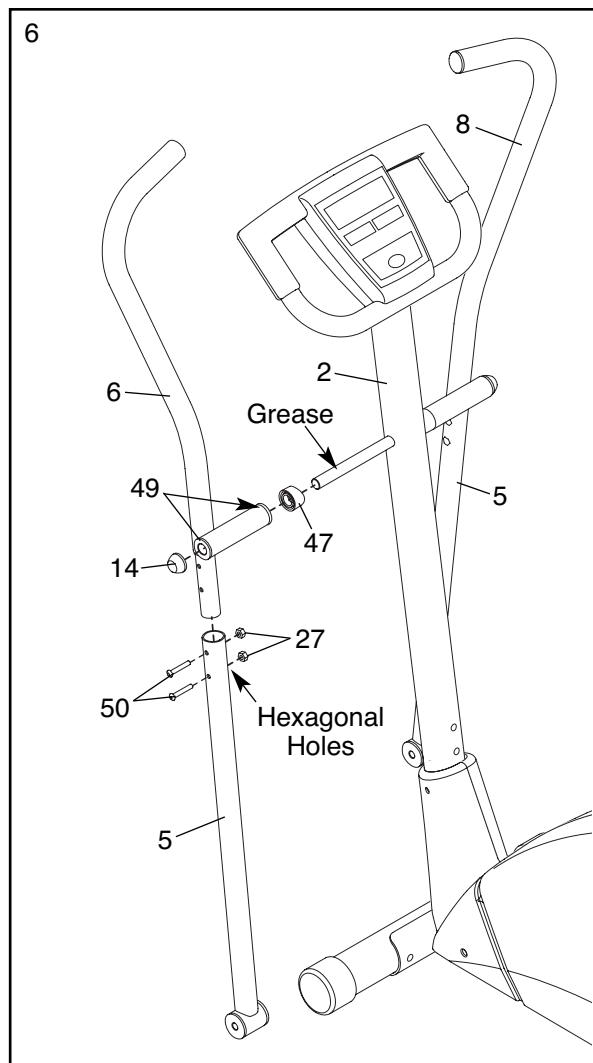


6. Identify the Left Handlebar (6), which is marked with a "Left" sticker. Insert the Left Handlebar into one of the Handlebar Arms (5); **make sure that the Handlebar Arm is turned so the hexagonal holes are on the indicated side.** Attach the Left Handlebar with two M6 x 38mm Button Bolts (50) and two M6 Nylon Locknuts (27). **Make sure that the Nylon Locknuts are inside the hexagonal holes. Do not fully tighten the Button Bolts yet.**

Apply a small amount of the included grease to the left axle on the Upright (2).

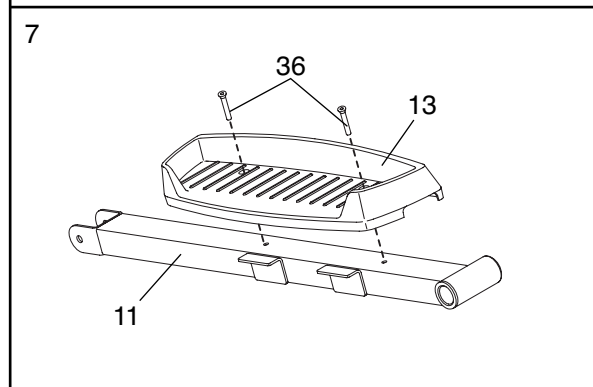
Make sure that there are two Small Handlebar Bushings (49) in the Left Handlebar (6). Slide a Handlebar Spacer (47) and the Left Handlebar onto the left axle on the Upright (2) as shown. **Make sure that the Handlebar Spacer is turned so the curved side is facing the Upright.** Then, tap an Axle Cap (14) onto the axle.

Repeat this step to assemble the Right Handlebar (8) and the other Handlebar Arm (5).



7. Identify the Left Pedal Arm (11), which is marked with a "Left" sticker. Attach a Pedal (13) to the Left Pedal Arm with two M6 x 45mm Flat Head Screws (36).

Attach the other Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.



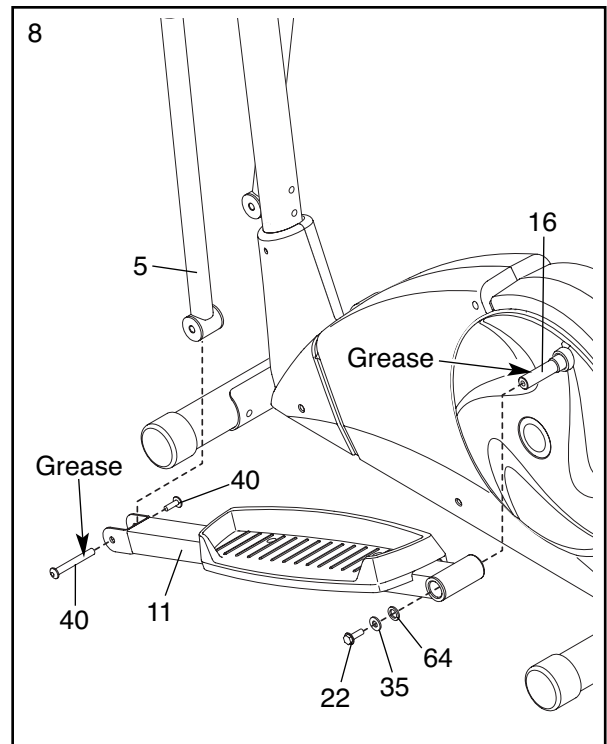
8. Apply a small amount of grease to the axle on the left Disc Crossbar (16). Slide the Left Pedal Arm (11) onto the axle, and then place a Wave Washer (64) on the end of the axle. Next, slide an M10 Washer (35) onto an M10 x 25mm Patch Screw (22) and tighten the Patch Screw into the axle.

Hold the lower end of the left Handlebar Arm (5) inside the bracket on the Left Pedal Arm (11). Next, apply grease to a Pedal Arm Bolt Set (40). Attach the Left Pedal Arm to the left Handlebar Arm with the Bolt Set. **Do not overtighten the Bolt Set; the Handlebar Arm must pivot freely.**

Attach the Right Pedal Arm (not shown) to the right side of the elliptical exerciser in the same way.

See step 5. Tighten the M10 x 68mm Button Bolts (48).

See step 6. Tighten the M6 x 38mm Button Bolts (50) in the Handlebar Arms (5).

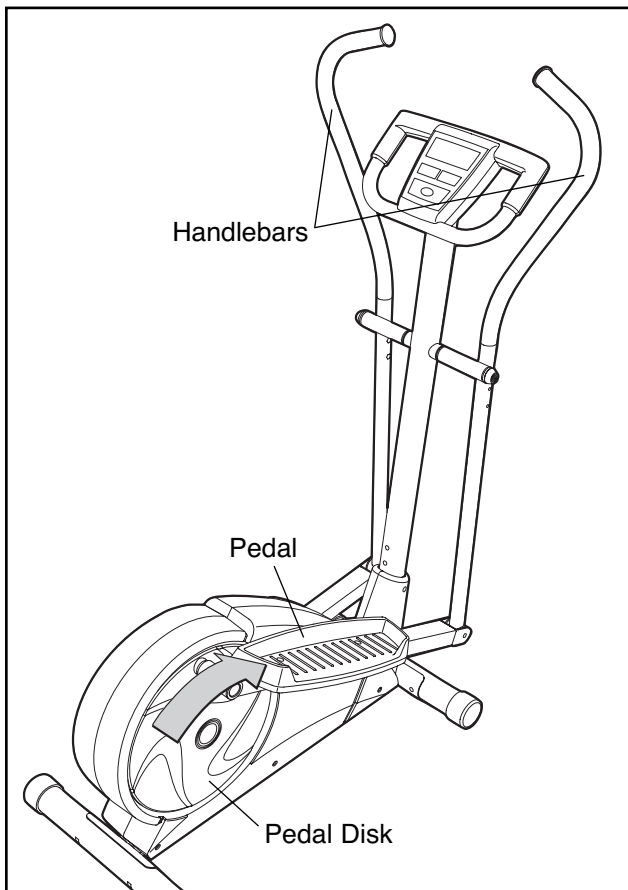


9. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

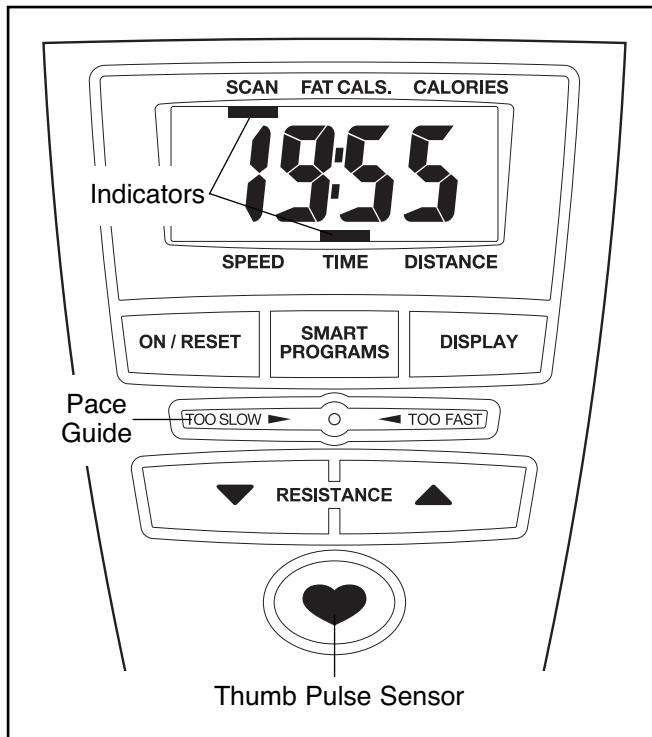
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow; however, for variety, you may turn the pedal disks in the opposite direction.**



To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in thumb pulse sensor.

The console also offers two smart programs that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

To use the manual mode of the console, see the instructions on page 9. **To use a smart program,** see page 10.

Before using the console, make sure that batteries are installed (see assembly step 3 on page 5). If there is a sheet of clear plastic on the display, remove the plastic.

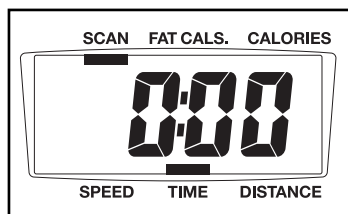
HOW TO USE THE MANUAL MODE

1 Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display and the pace guide will light for a moment; the console will then be ready for use.

2 Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Smart Programs button repeatedly until the scan and time indicators appear in the display.



3 Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance Increase and Decrease buttons. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4 Follow your progress with the display.

The console has six displays that show the following workout information:

Speed—This display shows your pedaling speed, in revolutions per minute (rpm).

Time—This display shows the elapsed time. Note: When a smart program is selected, the display shows the time remaining in the program instead of the elapsed time.

Distance—This display shows the distance you have pedaled, in total revolutions.

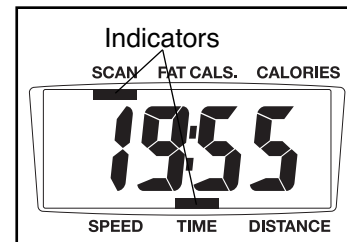
Calories—This display shows the approximate number of calories you have burned.

Fat Calories—This display shows the approximate number of fat calories you have burned (see Fat Burning on page 13).

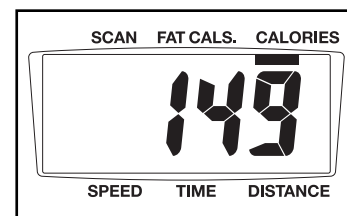
Pulse—This display shows your heart rate when you use the thumb pulse sensor.

Scan—This display shows the speed, time, distance, calories, fat calories, and pulse displays, for a few seconds each, in a repeating cycle. Note: The pulse display will appear only when you are using the pulse sensor.

When you turn the power on, the scan display will be selected automatically. One indicator will appear below the word Scan to show that the scan display is selected, and a second indicator will show which information is currently displayed. Note: If you have selected a different display option, press the Display button repeatedly to reselect the Scan display.



To select speed, time, distance, calories, or fat calories information for continuous display, press the Display button repeatedly. The indicators will show which display is selected. Make sure there is not an indicator below the word Scan.

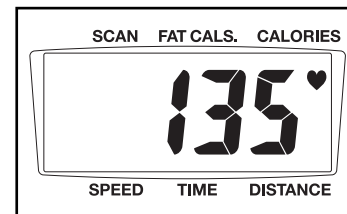


To reset the display, press the On/Reset button.

To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

5 Measure your heart rate if desired.

To measure your heart rate, **stop pedaling** and place your thumb on the pulse sensor. **Do not press too hard, or the circulation in your thumb will be restricted and your pulse will not be detected.** After a few seconds, the heart-shaped indicator in the display will flash **steadily**, two dashes will appear, and then your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.



If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above.

Make sure you are applying the proper amount of pressure to the pulse sensor. Try the pulse sensor several times until you become familiar with it. Remember to stand still while measuring your heart rate.

6 When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

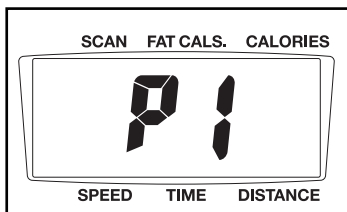
HOW TO USE A SMART PROGRAM

1 Turn on the console.

See step 1 on page 9.

2 Select a smart program.

To select a smart program, press the Smart Programs button repeatedly until P1 or P2 appears in the display. A few seconds after you select a smart program, the display will show the length of the program.

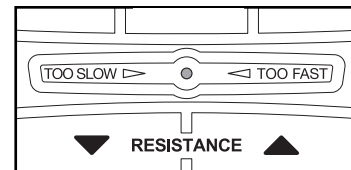


3 Begin pedaling to start the program.

The smart programs consist of 20 or 30 one-minute segments. One resistance level and one target pace are programmed for each segment.

Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment. Note: You can manually override the programmed resistance level by pressing the Resistance Increase and Decrease buttons. However, when the current segment ends, the resistance will automatically change to the resistance level programmed for the next segment.

During the program, the pace guide will prompt you to keep your pedaling pace near the target pace setting for the current segment. When the left indicator lights, increase your pace; when the right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace.



When the left indicator lights, increase your pace; when the right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace.

Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.

The display will show the time remaining in the program. If you stop pedaling for a few seconds, the program will pause and the time will flash in the display. To restart the program, simply resume pedaling.

4 Follow your progress with the display.

See step 4 on page 9.

5 Measure your heart rate if desired.

See step 5 on page 9.

6 When you are finished exercising, the console will turn off automatically.

See step 6 on this page.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **Important: Keep liquids away from the console, place only a sealed water bottle in the water bottle holder, and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see step 4 on page 5.

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 persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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 below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. 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 Burning

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 the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

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 highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

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.

NOTES

PART LIST—Model No. WLEL1406.0

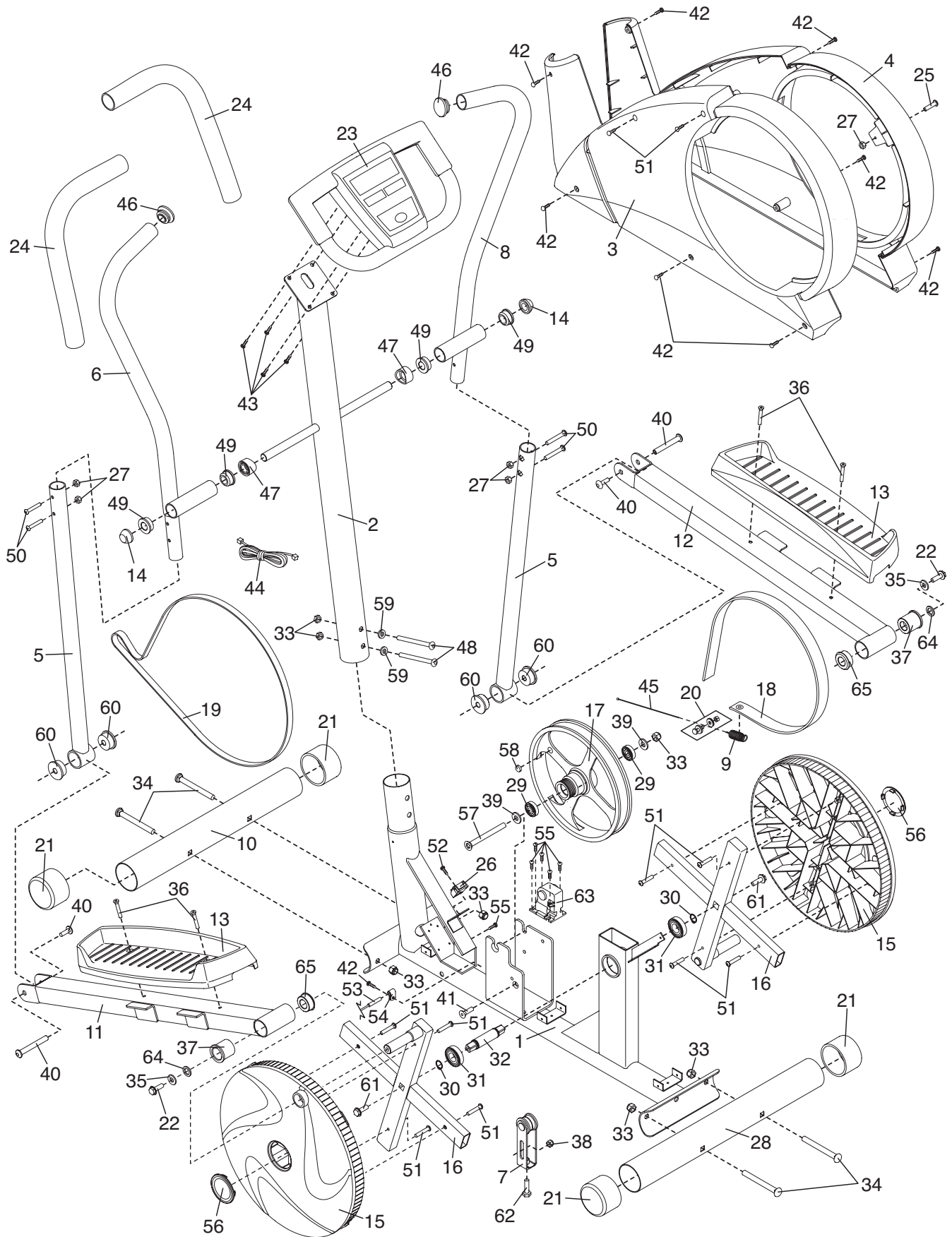
R0706A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	35	2	M10 Washer
2	1	Upright	36	4	M6 x 45mm Flat Head Screw
3	1	Left Side Shield	37	2	Pedal Arm Bushing
4	1	Right Side Shield	38	1	M8 Nylon Locknut
5	2	Handlebar Arm	39	2	M10 Small Washer
6	1	Left Handlebar	40	2	Pedal Arm Bolt Set
7	1	Idler Assembly	41	1	M8 x 22mm Flat Head Screw
8	1	Right Handlebar	42	9	M4 x 16mm Screw
9	1	Spring	43	4	M6 x 18mm Screw
10	1	Front Stabilizer	44	1	Upper Wire Harness
11	1	Left Pedal Arm	45	1	Resistance Cable
12	1	Right Pedal Arm	46	2	Handlebar Cap
13	2	Pedal	47	2	Handlebar Spacer
14	2	Axle Cap	48	2	M10 x 68mm Button Bolt
15	2	Pedal Disc	49	4	Small Handlebar Bushing
16	2	Disc Crossbar	50	4	M6 x 38mm Button Bolt
17	1	Flywheel	51	10	M4 x 25mm Button Screw
18	1	Resistance Strap	52	1	M4 x 16mm Flat Head Screw
19	1	Drive Belt	53	1	Reed Switch/Lower Wire Harness
20	1	Cable Clamp	54	1	Cable Clamp
21	4	Endcap	55	5	M4 x 12mm Screw
22	2	M10 x 25mm Patch Screw	56	2	Pedal Disc Cover
23	1	Console	57	1	M10 Flat Head Bolt
24	2	Handgrip	58	1	Magnet
25	1	M6 x 16mm Bolt	59	2	M10 Split Washer
26	1	Strap Clamp	60	4	Large Handlebar Bushing
27	5	M6 Nylon Locknut	61	2	3/8" x 25.4mm Hex Bolt
28	1	Rear Stabilizer	62	1	M10 x 60mm Bolt
29	2	Flywheel Bearing	63	1	Resistance Motor
30	2	Large Snap Ring	64	2	Wave Washer
31	2	Large Bearing	65	2	Inner Pedal Arm Bushing
32	1	Pedal Axle	#	1	Hex Key
33	7	M10 Nylon Locknut	#	1	Grease
34	4	M10 x 75mm Carriage Bolt	#	1	User's Manual

Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. WLEL1406.0

R0706A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information when contacting us:

- the MODEL NUMBER of the product (WLEL1406.0)
- the NAME of the product (WESLO MOMENTUM 620 elliptical exerciser)
- 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 and EXPLODED DRAWING on pages 14 and 15)

WESLO is a registered trademark of ICON IP, Inc.

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 through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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; products used for commercial or rental purposes; or 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 or 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