

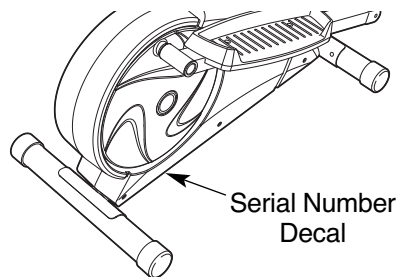
WESLO[®]

momentum CT 3.8

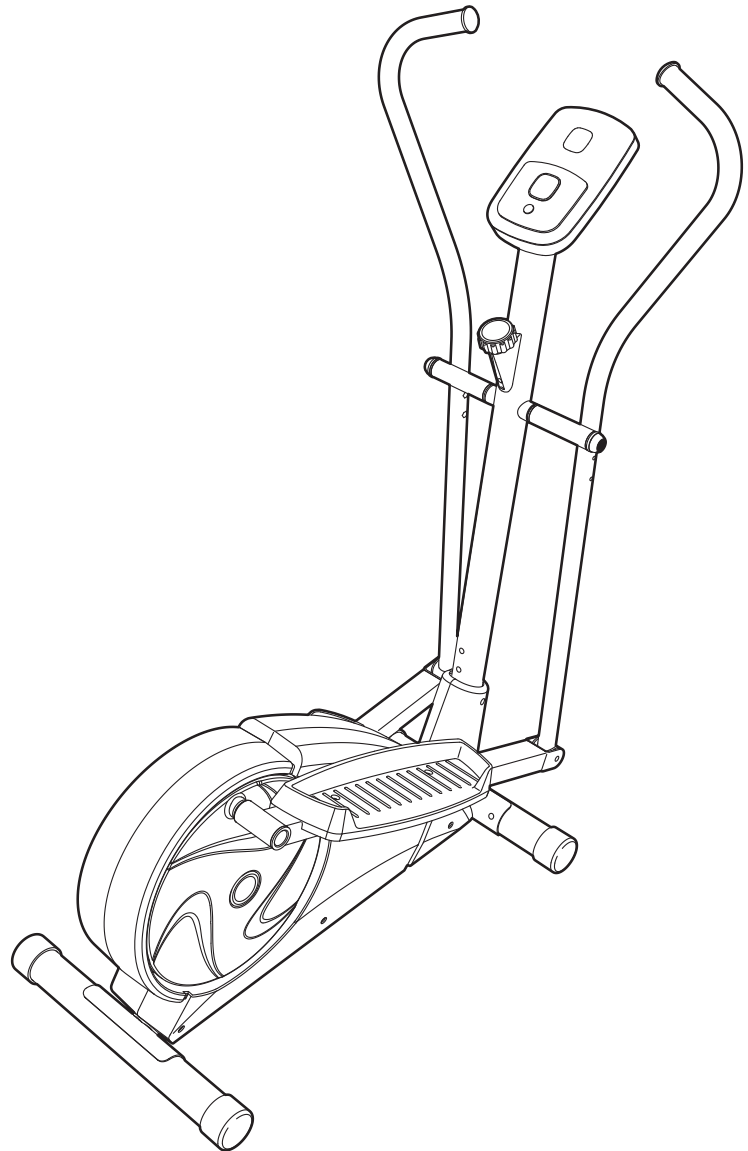
Model No. WLEL31808.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

1-866-699-3756

Mon.-Fri. 6 a.m.-6 p.m. MT

Sat. 8 a.m.-4 p.m. MT

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

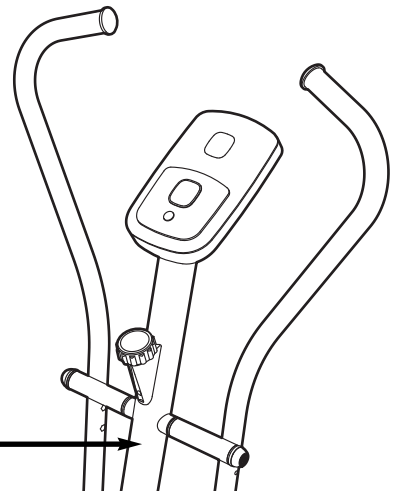
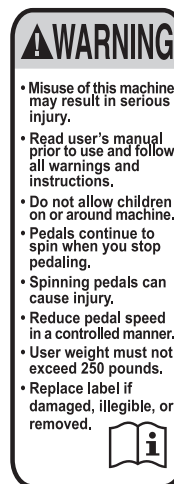
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.**
Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. 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.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your 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 your 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 age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handlebars when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, 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.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

BEFORE YOU BEGIN

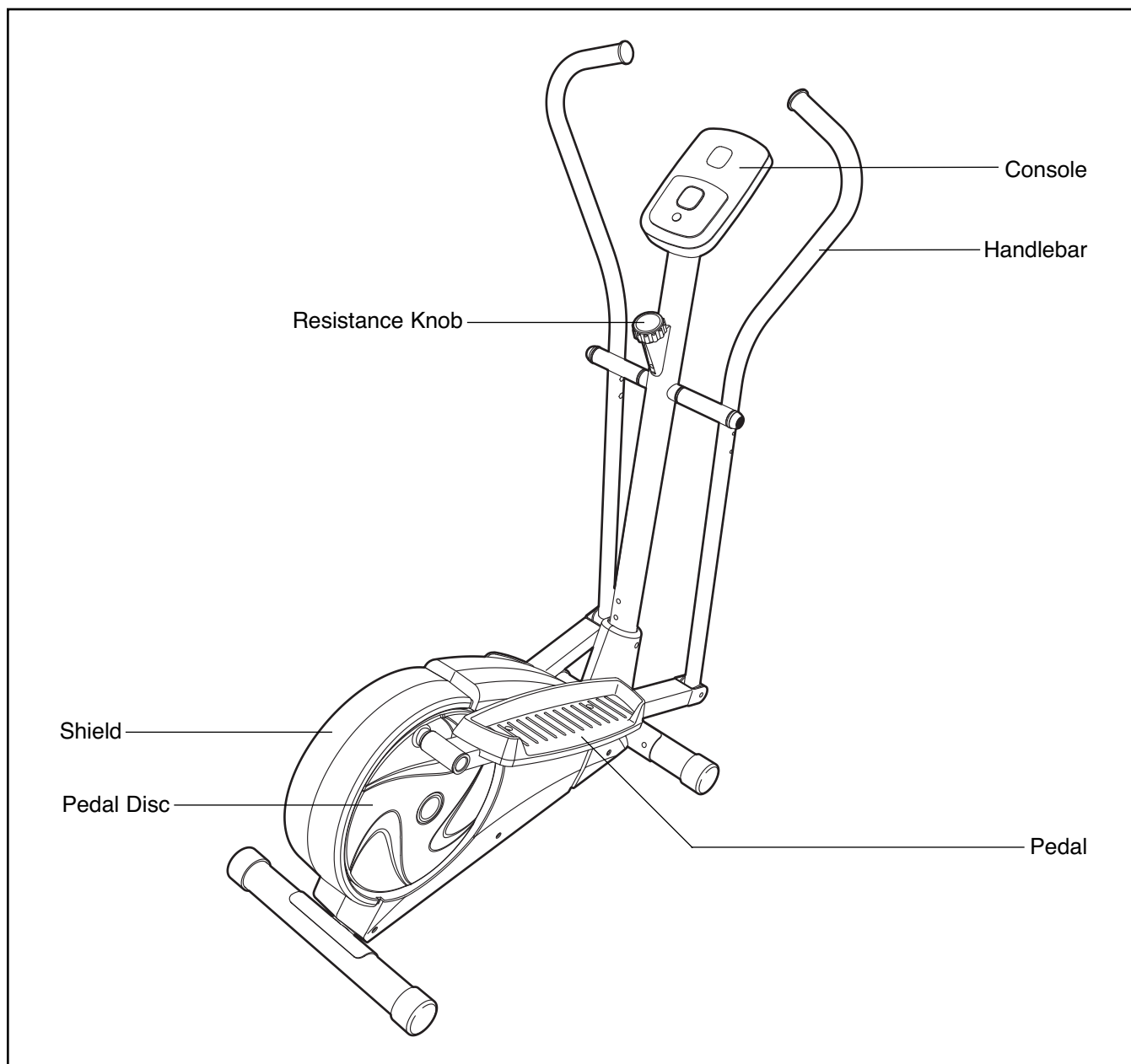
Congratulations for selecting the new WESLO® MOMENTUM CT 3.8 elliptical exerciser. The MOMENTUM CT 3.8 elliptical exerciser is a smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique MOMENTUM CT 3.8 features adjustable resistance and an easy-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 and the location of the serial number decal are shown on the front cover of this manual.

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.



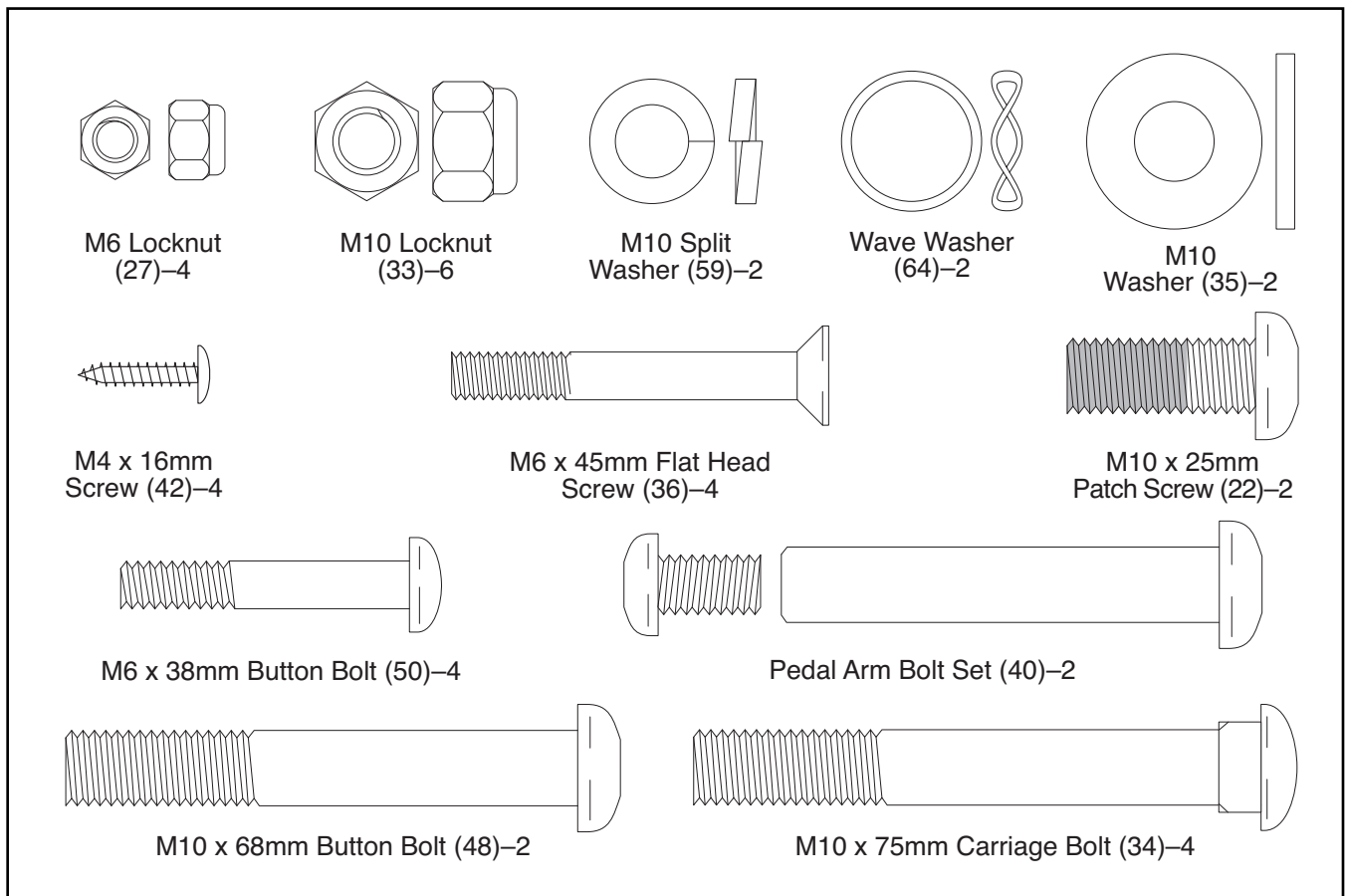
ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 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 tools, assembly requires a Phillips screwdriver , an adjustable wrench , and pliers .

See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**

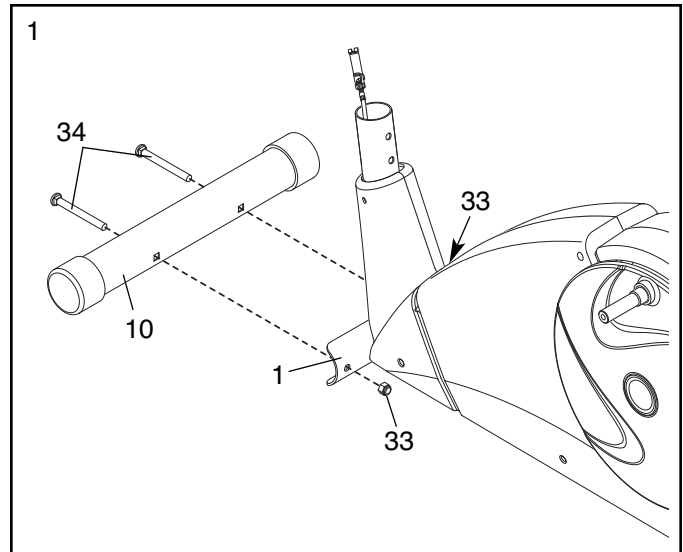


1.

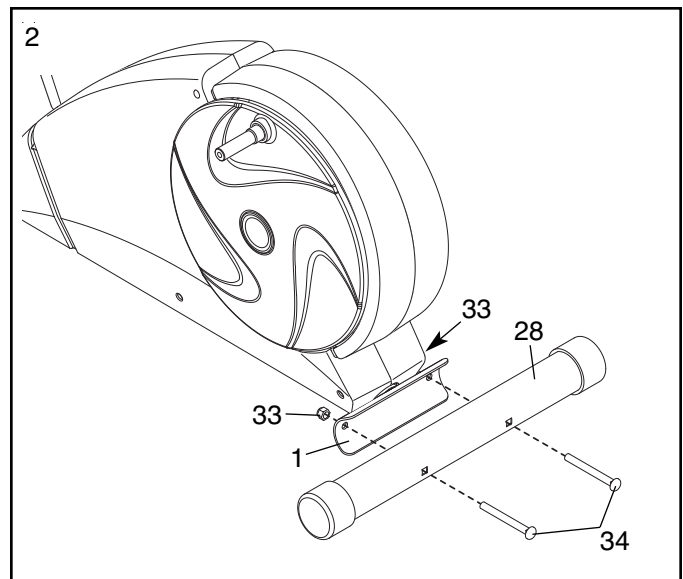
To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.

Identify the Front Stabilizer (10), which is narrower than the Rear Stabilizer (not shown).

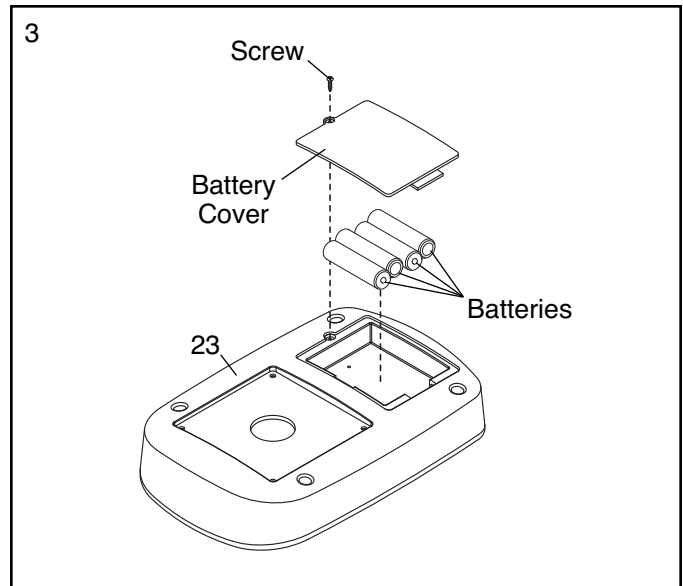
While another person lifts the front of the Frame (1), attach the Front Stabilizer (10) to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Locknuts (33).



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 Locknuts (33).



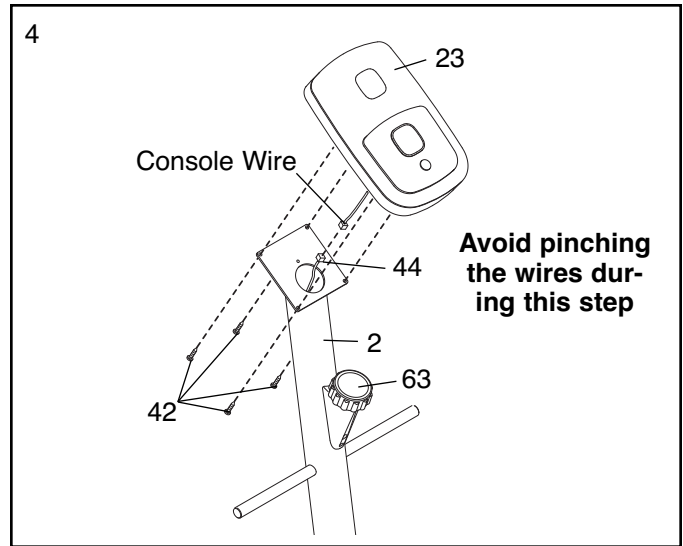
3. The Console (23) requires four “AA” batteries (not included); alkaline batteries are recommended. Remove the screw, remove the battery cover, and then insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



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

Tip: Avoid pinching the wires. Attach the Console (23) to the Upright (2) with four M4 x 16mm Screws (42).

Turn the Resistance Knob (63) counterclockwise to the lowest setting before going to the next step.



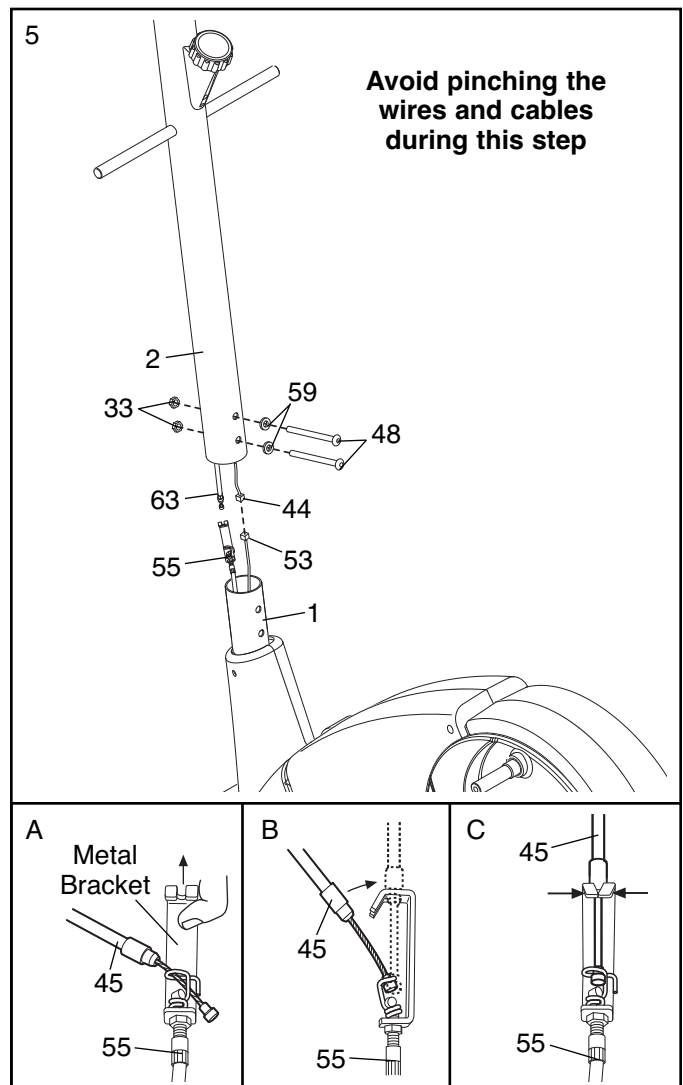
- While another person holds the Upright (2) near the Frame (1), connect the Upper Wire (44) to the Reed Switch Wire (53).

Next, connect the Resistance Cable (63) to the Lower Cable (55) in the following way:

- **See drawing A.** Pull upward on the metal bracket on the Lower Cable (55), and insert the tip of the Resistance Cable (45) into the wire clip inside of the metal bracket.
- **See drawing B.** Firmly pull the Resistance Cable (45) and slide it into the metal bracket on the Lower Cable (55) as shown.
- **See drawing C.** Using pliers, squeeze together the prongs on the upper end of the metal bracket.

Tip: Avoid pinching the wires and cables. Push the excess cable and wire downward into the Frame (1). Next, slide the Upright (2) onto the Frame.

Attach the Upright (2) with two M10 x 68mm Button Bolts (48), two M10 Split Washers (59), and two M10 Locknuts (33). **Do not tighten the Button Bolts yet.**



6. Identify the Left Handlebar (6), which is marked with a "Left" sticker.

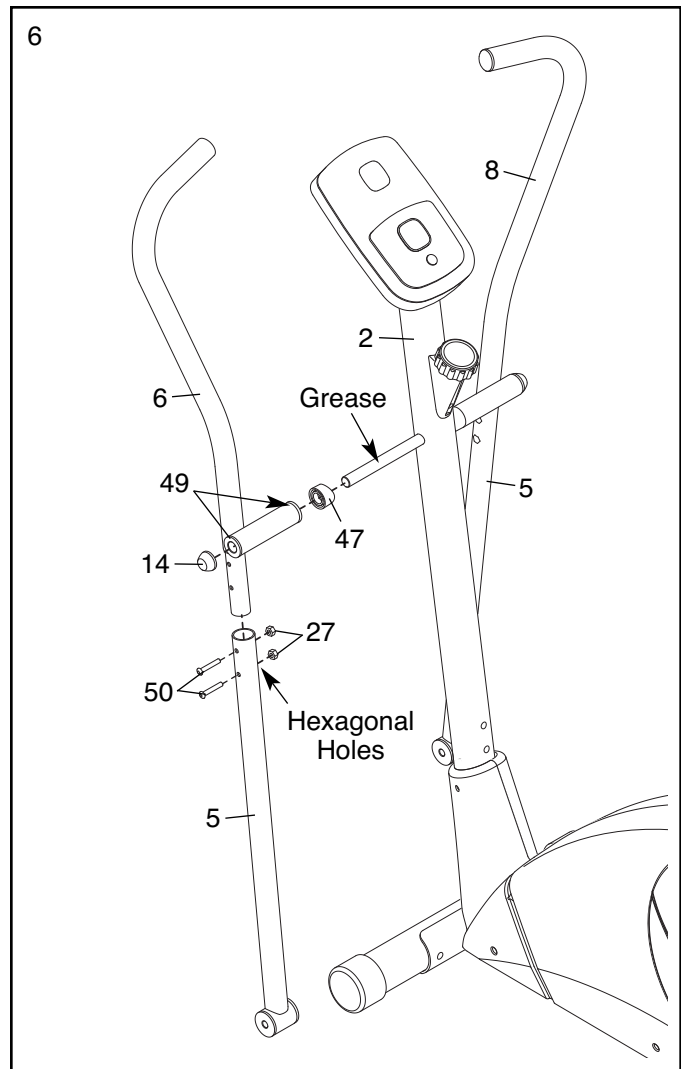
Insert the Left Handlebar (6) into one of the Upper Body Arms (5); **make sure that the hexagonal holes are in the indicated location.**

Attach the Left Handlebar (6) to the Upper Body Arm (5) with two M6 x 38mm Button Bolts (50) and two M6 Locknuts (27). **Make sure that the 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.** Tap an Axle Cap (14) onto the axle.

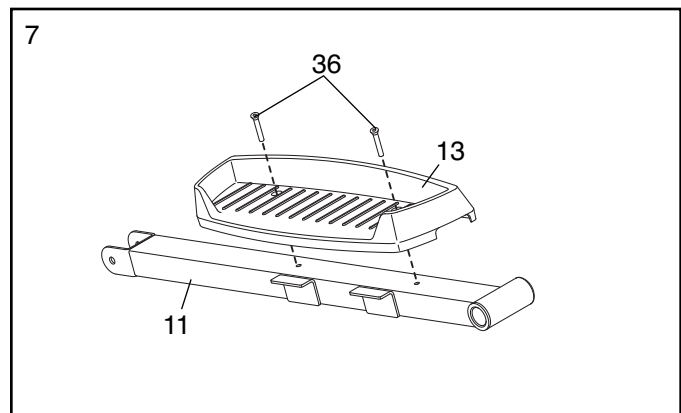
Repeat this step for the Right Handlebar (8) and the other Upper Body Arm (5).



7. Identify the Left Pedal Arm (11), which is marked with a "Left" sticker.

Attach a Pedal (13) to the Left Pedal Arm (11) with two M6 x 45mm Flat Head Screws (36).

Attach the other Pedal 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 slide a Wave Washer (64) on the end of the axle.

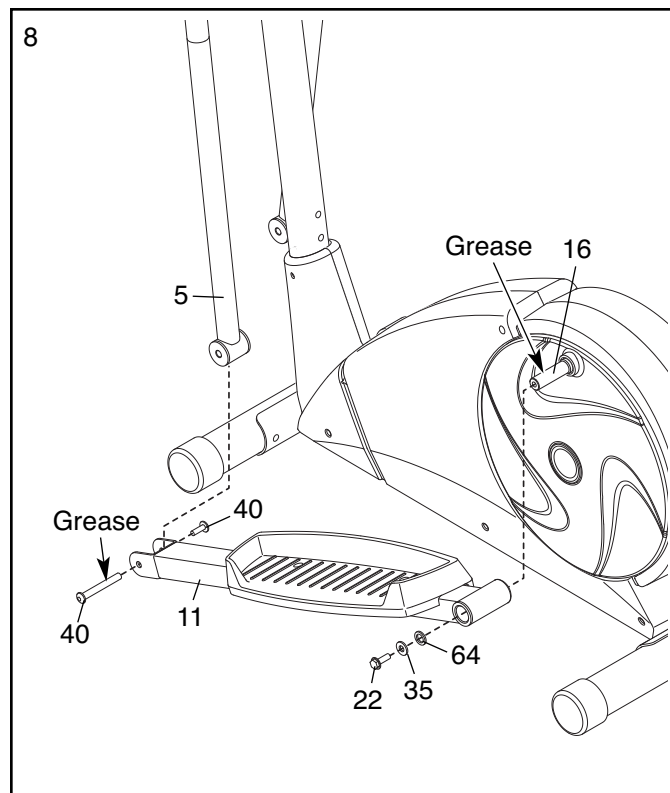
Next, tighten an M10 x 25mm Patch Screw (22) and an M10 Washer (35) into the axle.

Hold the lower end of the left Upper Body 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 Upper Body Arm with the Bolt Set. **Do not overtighten the Bolt Set; the Upper Body 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 Upper Body Arms (5).

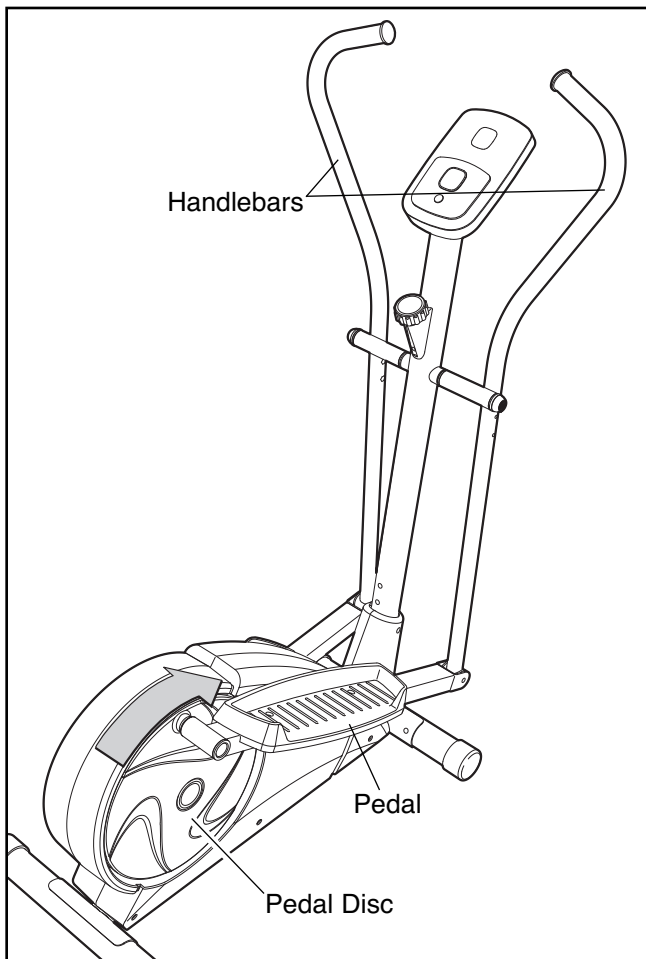


9. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

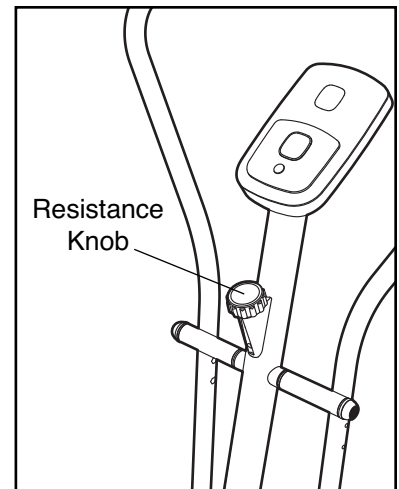
To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you move the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



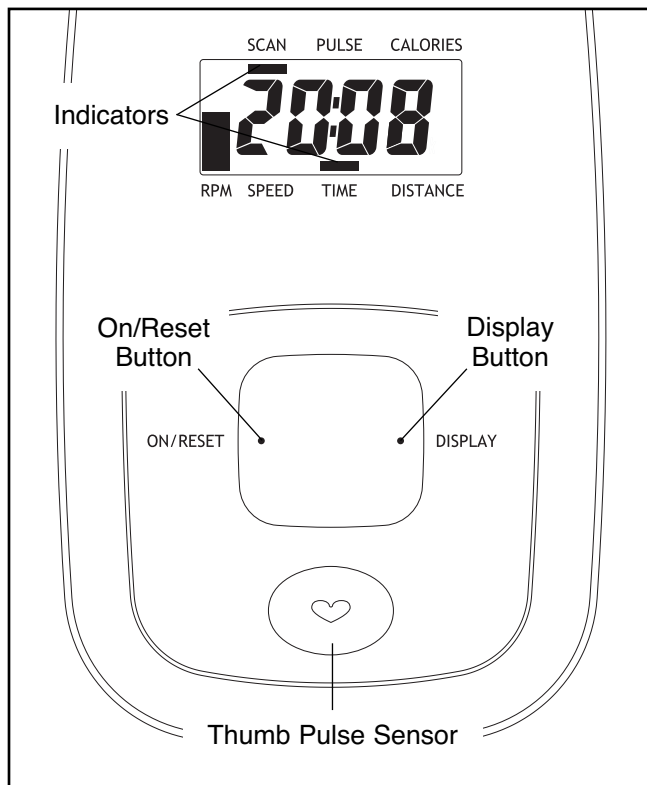
To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **IMPORTANT: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest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

HOW TO ADJUST THE PEDALING RESISTANCE

As you exercise, you can adjust the resistance of the pedals with the resistance knob on the upright. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.



FEATURES OF THE CONSOLE



The console offers a selection of features designed to make your workouts more effective. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the thumb pulse sensor.

Note: Before using the console, make sure that batteries are installed (see assembly step 3 on page 6). If there is a sheet of clear plastic on the display, remove the plastic.

HOW TO USE THE CONSOLE

1. Turn on the console.

To turn on the console, press the On/Reset button (see the drawing at the left) or begin pedaling. The display will light for a moment; the console will then be ready for use.

2. Follow your progress with the display.

The display can show the following workout information:

RPM—The RPM meter on the left side of the display indicates your approximate pedaling pace in revolutions per minute (rpm).

Speed—This mode shows your pedaling pace, in revolutions per minute (rpm).

Time—This mode shows the elapsed time.

Distance—This mode shows the distance (total number of revolutions) you have pedaled.

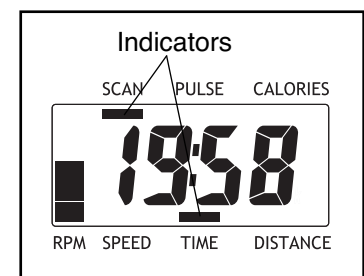
Calories—This mode shows the approximate number of calories you have burned.

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

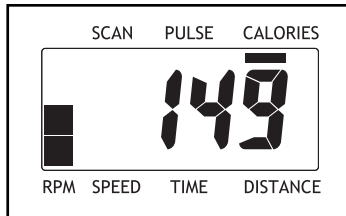
Scan—This mode shows the speed, time, distance, calories, and pulse modes, for a few seconds each, in a repeating cycle. Note: The pulse mode will be displayed only when you are using the pulse sensor.

When you turn the power on, the scan mode will be selected automatically. One indicator will appear below the word Scan to show that the scan mode is

selected, and a second indicator will show which information is currently displayed. Note: If you have selected a different mode, press the Display button (see the drawing at the left) repeatedly to reselect the scan mode.



To select the speed, time, distance, or calories mode for continuous display, press the Display button repeatedly.



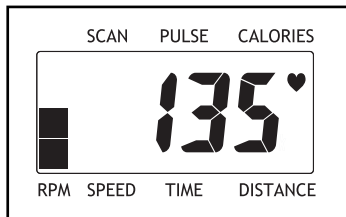
Indicators will show which mode is selected. Make sure that there is not an indicator below the word Scan.

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

To pause the console, stop pedaling. If the time is displayed, it will flash. To continue your workout, simply resume pedaling.

3. 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.

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

If the pedals do not move for a few seconds, 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.

MAINTENANCE AND TROUBLESHOOTING

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

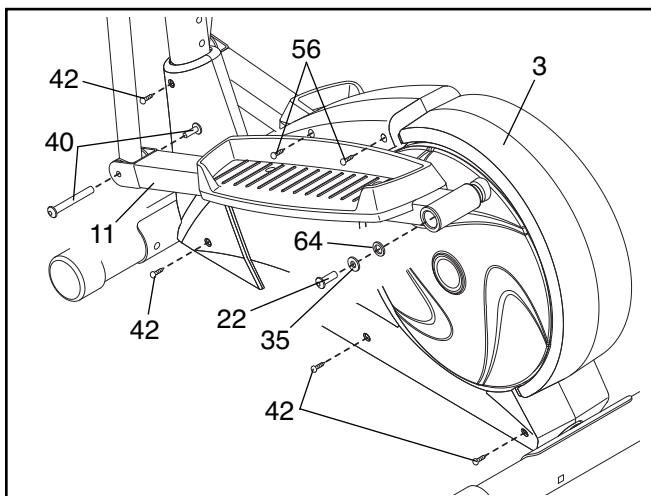
To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

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 3 on page 6.

HOW TO ADJUST THE REED SWITCH

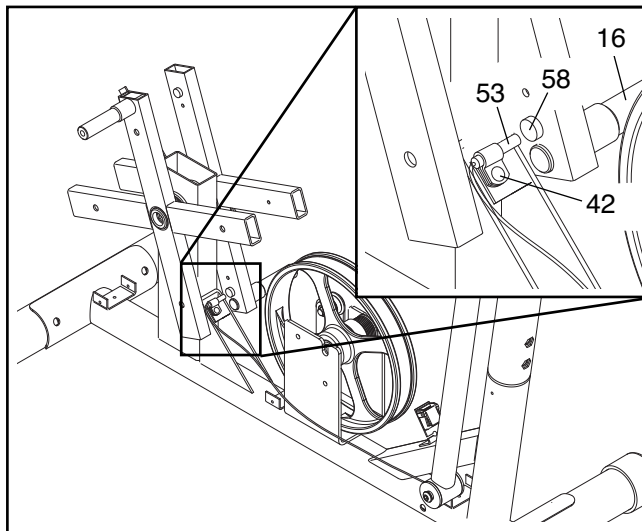
If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must remove the Left Pedal Arm (11) and the Left Shield (3).



Remove the Pedal Arm Bolt Set (40), the M10 x 25mm Patch Screw (22), the M10 Washer (35), and the Wave Washer (64) from the Left Pedal Arm (11). Remove the Left Pedal Arm.

Next, remove the two M4 x 25mm Screws (56) and the four M4 x 16mm Screws (42) from the Left Shield (3).

See the drawing below and locate the Reed Switch (53). Loosen, but do not remove, the indicated M4 x 16mm Screw (42). Slide the Reed Switch slightly toward or away from a Magnet (58) on the left Disc Crossbar (16). Then, retighten the Screw. Turn the left Disc Crossbar for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left shield and the left pedal arm. Note: For clarity, the pedal discs are not shown in the drawing below.

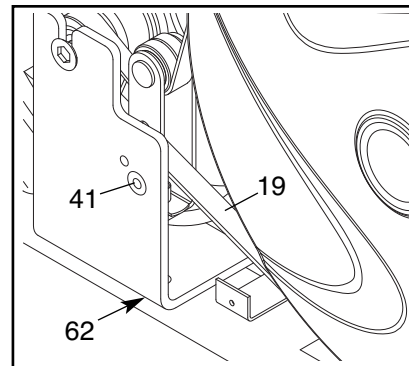


HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even when the resistance is adjusted to the highest setting, the Drive Belt (19) may need to be adjusted. To adjust the Drive Belt, you must first remove the left shield. See HOW TO ADJUST THE REED SWITCH at the left and remove the left shield.

Next, loosen the M8 x 22mm Flat Head Screw (41) and turn the M10 x 60mm Bolt (62) until the Drive Belt (19) is tight. When the Drive Belt is tight, tighten the Flat Head Screw.

Reattach the left shield.

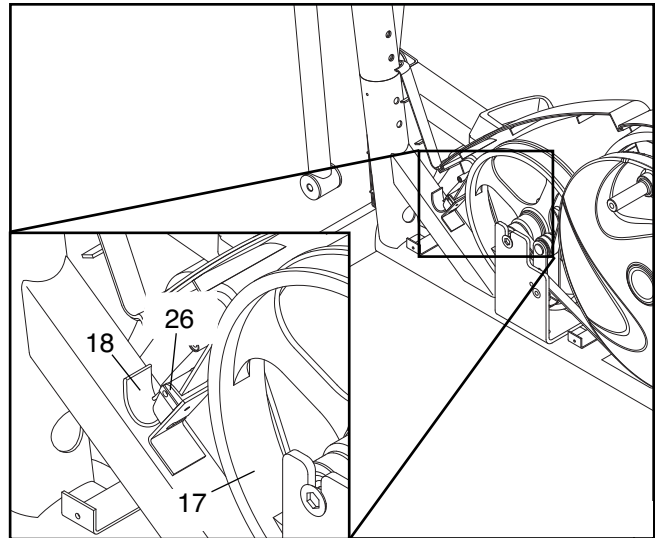


HOW TO ADJUST THE RESISTANCE STRAP

If the resistance knob is turned to the highest setting and there is not enough pedaling resistance, the resistance strap can be adjusted. To adjust the resistance strap, first remove the left shield and the left pedal arm (see HOW TO ADJUST THE REED SWITCH on page 13).

Next, turn the resistance knob to the lowest setting. Open the Strap Clamp (26) and pull the end of the Resistance Strap (18) downward slightly. Close the Strap Clamp and turn the Flywheel (17) to make sure that there is not too much resistance.

When the resistance strap is properly adjusted, re-attach the left shield and the left pedal arm.



EXERCISE GUIDELINES

⚠ 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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

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

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *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. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 minutes 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.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

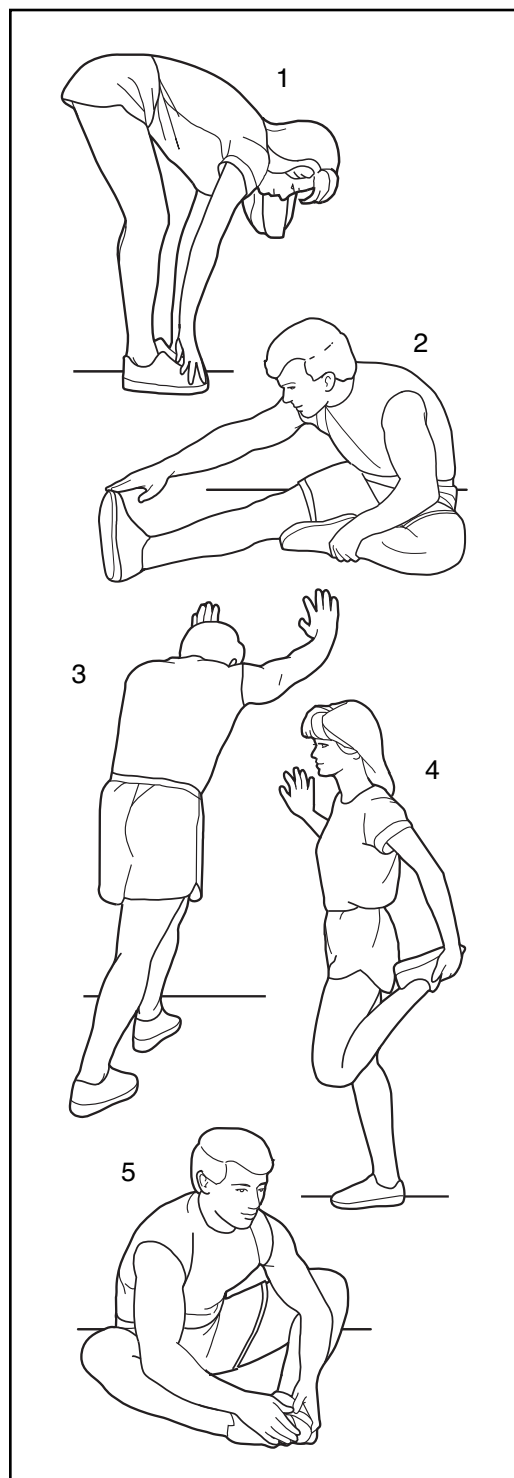
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST—Model No. WLEL31808.0

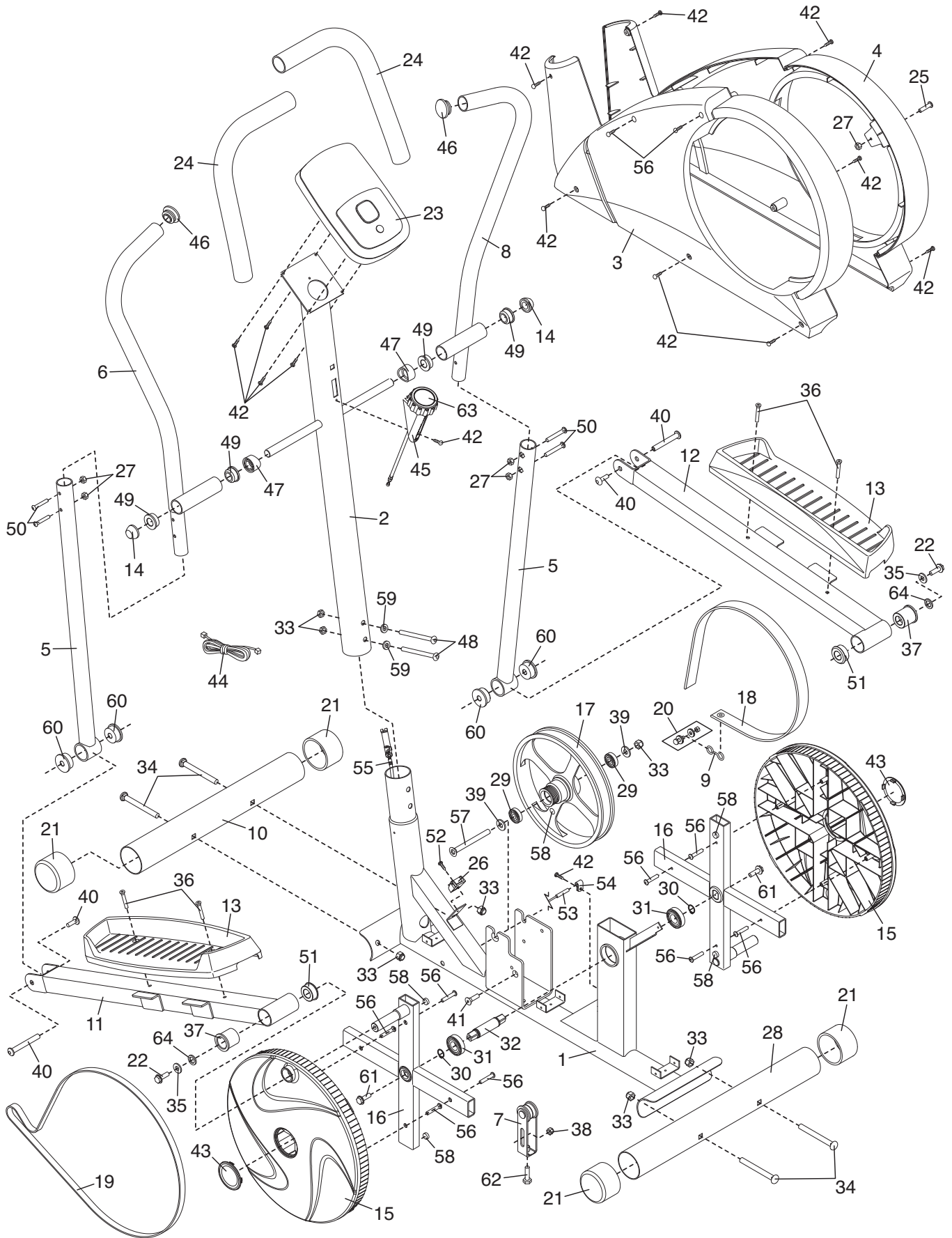
R0608A

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 Shield	37	2	Pedal Arm Bushing
4	1	Right Shield	38	1	M8 Locknut
5	2	Upper Body 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	14	M4 x 16mm Screw
9	1	Hook	43	2	Disc Cover
10	1	Front Stabilizer	44	1	Upper Wire
11	1	Left Pedal Arm	45	1	Resistance Control/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	2	Inner Pedal Arm Bushing
18	1	Resistance Strap	52	1	M4 x 16mm Flat Head Screw
19	1	Drive Belt	53	1	Reed Switch/Wire
20	1	Cable Clamp	54	1	Cable Clamp
21	4	Cap	55	1	Lower Cable
22	2	M10 x 25mm Patch Screw	56	10	M4 x 25mm Screw
23	1	Console	57	1	M10 Flat Head Bolt
24	2	Handgrip	58	5	Magnet
25	1	M6 x 16mm Bolt	59	2	M10 Split Washer
26	1	Strap Clamp	60	4	Large Handlebar Bushing
27	5	M6 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 Knob
30	2	Large Snap Ring	64	2	Wave Washer
31	2	Large Bearing	*	—	Assembly Tool
32	1	Pedal Axle	*	—	Grease Packet
33	7	M10 Locknut	*	—	User's Manual
34	4	M10 x 75mm Carriage Bolt			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WLEL31808.0

R0608A



ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end 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. Parts and labor are warranted for 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 repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized 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 replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or 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 are limited in their 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 that vary from state to state.

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