

WESLO[®]

momentum G 3.2

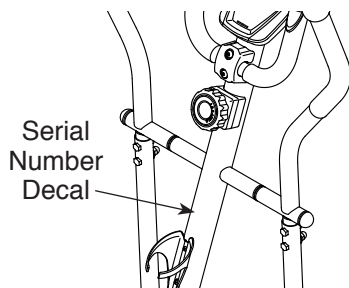
weslo.com

USER'S MANUAL

Model No. WLEL32115.1

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to my.weslo.com.

CUSTOMER CARE

For service at any time, go to wesloservice.com.

Or call 1-866-699-3756
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

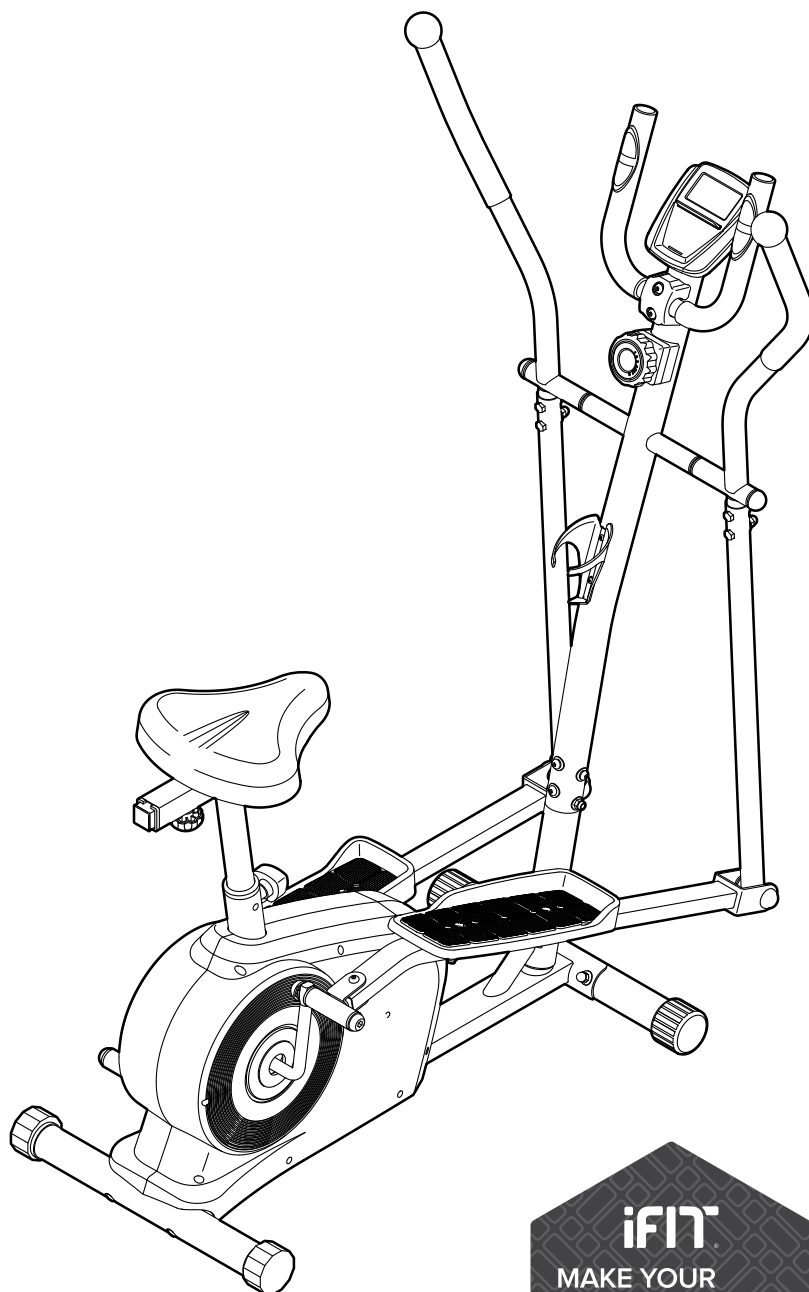
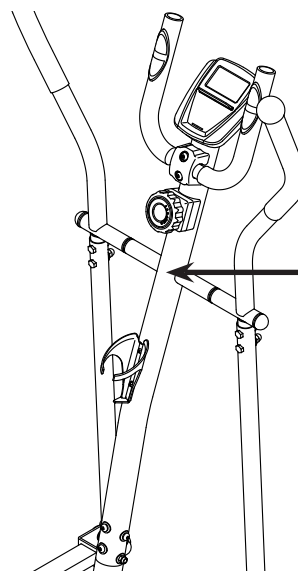


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see 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.



⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 pounds.
- Replace label if damaged, illegible, or removed.



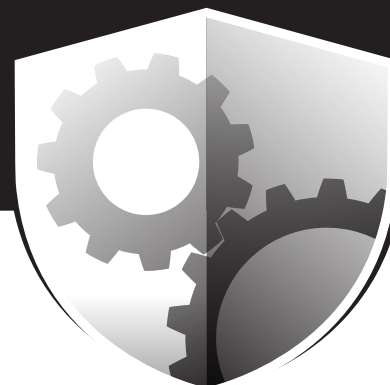
IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the hybrid trainer are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The hybrid trainer is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the hybrid trainer by someone responsible for their safety.
4. Use the hybrid trainer only as described in this manual.
5. The hybrid trainer is intended for home use only. Do not use the hybrid trainer in a commercial, rental, or institutional setting.
6. Keep the hybrid trainer indoors, away from moisture and dust. Do not put the hybrid trainer in a garage or covered patio or near water.
7. Place the hybrid trainer on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the hybrid trainer and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the hybrid trainer.
8. Inspect and properly tighten all parts each time the hybrid trainer is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the hybrid trainer at all times.
10. The hybrid trainer should not be used by persons weighing more than 250 lbs. (113 kg).
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the hybrid trainer. Always wear athletic shoes for foot protection while exercising.
12. Hold the handlebars or the upper body arms when mounting, dismounting, or using the hybrid trainer.
13. Make sure that the pedal knobs are fully tightened each time you use the hybrid trainer.
14. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
15. The hybrid trainer does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
16. Keep your back straight while using the hybrid trainer; do not arch your back.
17. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



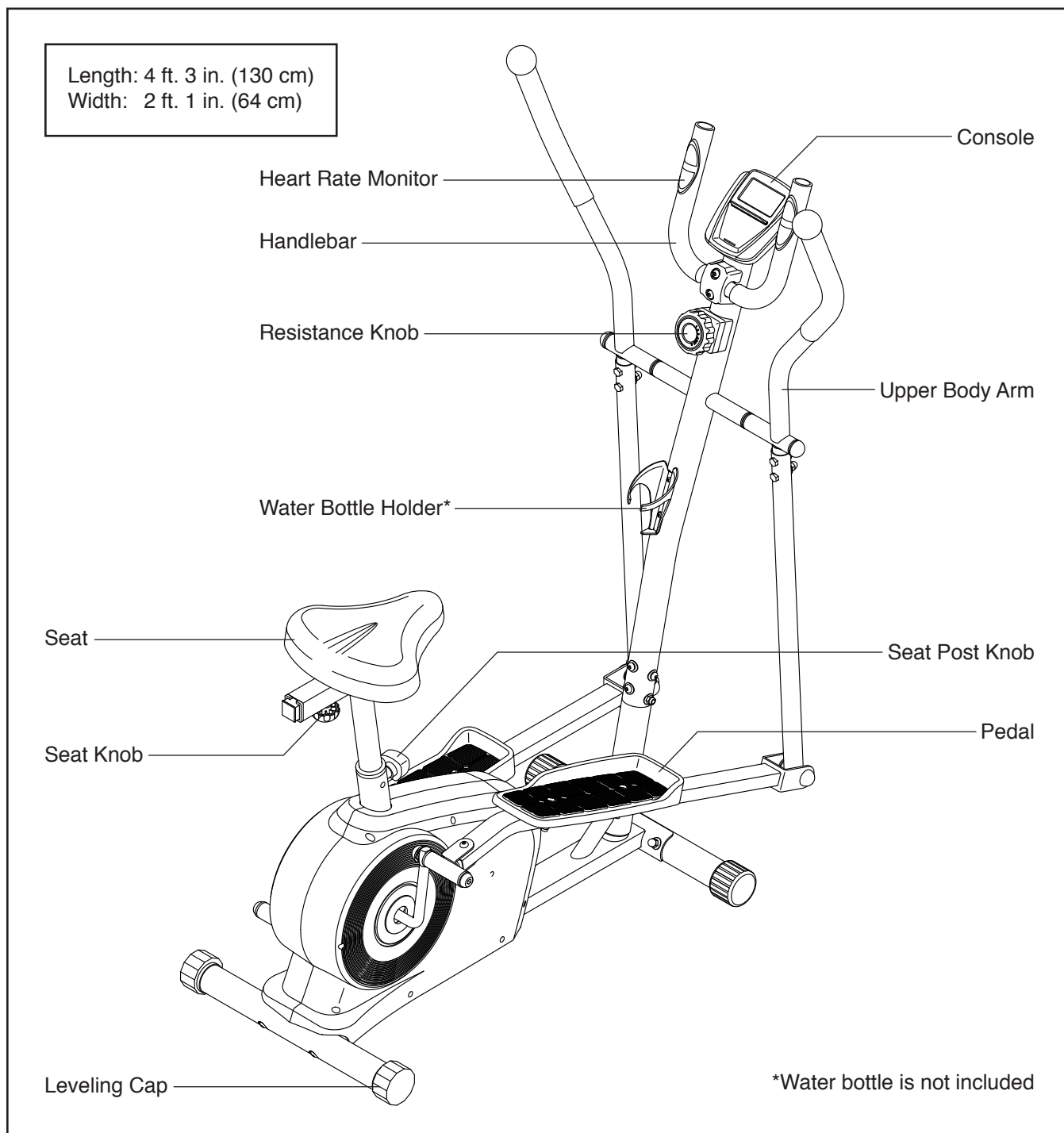
BEFORE YOU BEGIN

Thank you for selecting the revolutionary WESLO® MOMENTUM G 3.2 hybrid trainer. The MOMENTUM G 3.2 hybrid trainer provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the hybrid trainer. If you have questions after

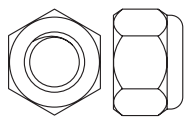
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

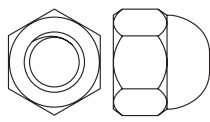


PART IDENTIFICATION CHART

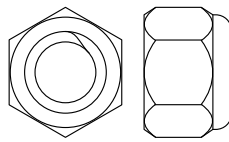
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



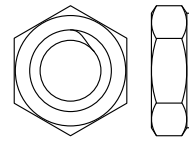
M8 Locknut
(53)–2



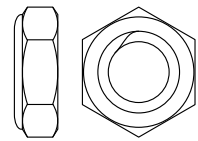
M8 Acorn Nut
(58)–6



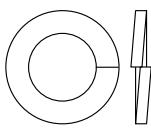
M10 Locknut
(93)–6



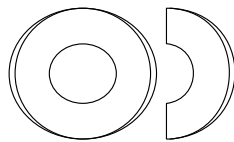
Left Crank
Locknut (37)–1



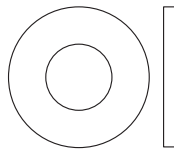
Right Crank
Locknut (36)–1



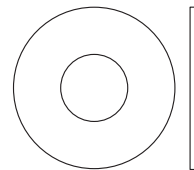
M8 Split
Washer (63)–13



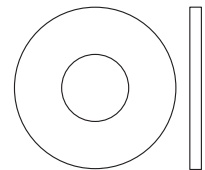
M8 Curved
Washer (101)–2



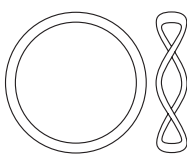
M8 Washer
(55)–14



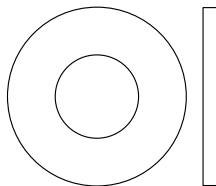
M8 Large
Washer (72)–2



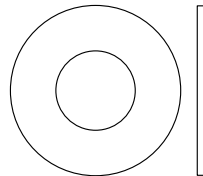
M8 Plastic
Washer (27)–2



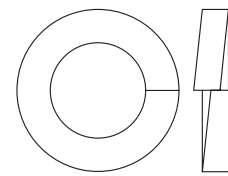
Wave Washer
(73)–2



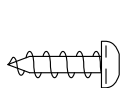
M10 Washer
(92)–8



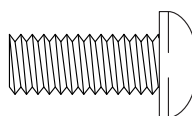
M10 Plastic
Washer (62)–4



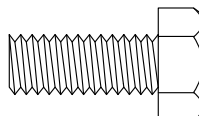
M12 Split
Washer (74)–2



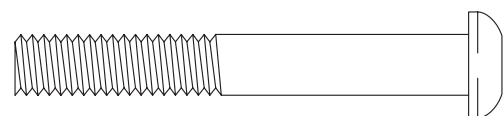
M4 x 12mm
Screw (66)–6



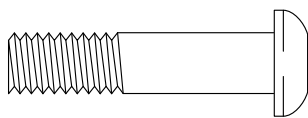
M8 x 20mm
Screw (54)–3



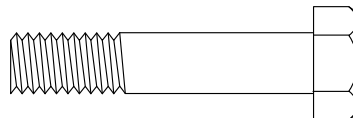
M8 x 20mm Hex
Screw (57)–2



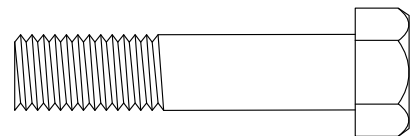
M8 x 60mm
Bolt (90)–2



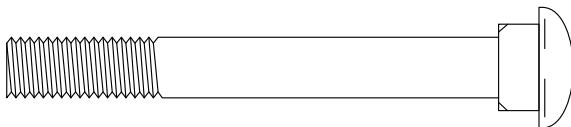
M8 x 35mm Screw (86)–2



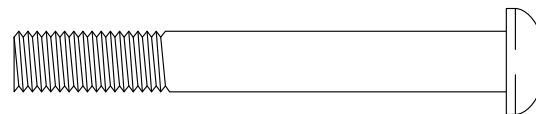
M8 x 40mm Bolt (56)–4



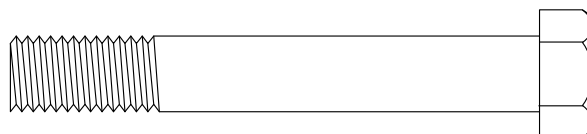
M10 x 45mm Bolt (91)–4



M8 x 65mm Carriage Bolt (51)–2



M8 x 65mm Bolt (100)–2

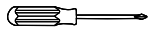


M10 x 70mm Bolt (60)–2

ASSEMBLY

- To hire an authorized service technician to assemble the hybrid trainer, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish assembly.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.

- In addition to the included tool(s), assembly requires the following tools:

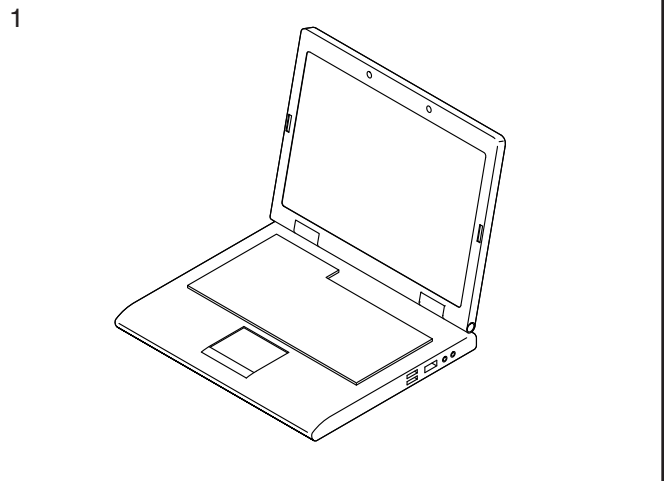
- | | |
|--------------------------|---|
| one Phillips screwdriver |  |
| one adjustable wrench |  |
| one pair of pliers |  |
| one rubber mallet |  |

Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Go to my.weslo.com on your computer and register your product.

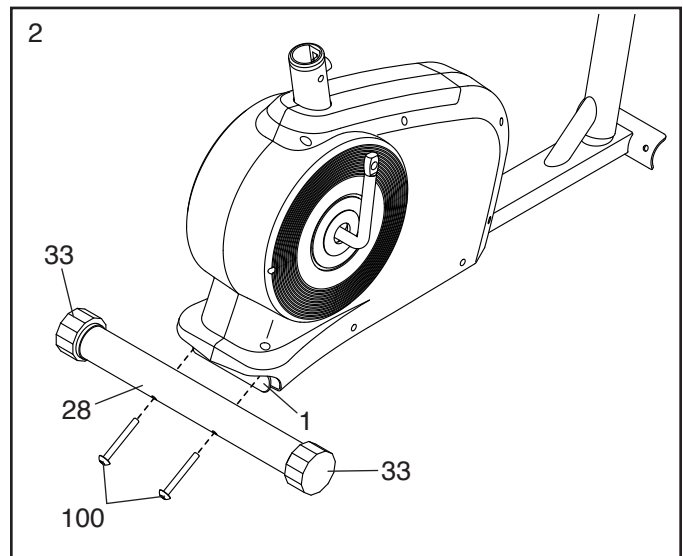
- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.

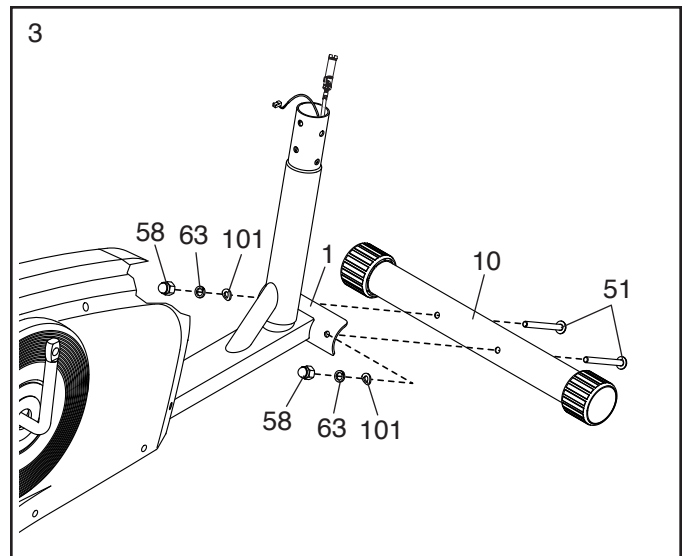


2. Identify the Rear Stabilizer (28), which has a Leveling Cap (33) on each end.

While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (28) to the Frame with two M8 x 65mm Bolts (100); **start both Bolts, and then tighten them.**



3. While a second person lifts the front of the Frame (1), attach the Front Stabilizer (10) to the Frame with two M8 x 65mm Carriage Bolts (51), two M8 Curved Washers (101), two M8 Split Washers (63), and two M8 Acorn Nuts (58); **insert both Carriage Bolts, and then tighten the Acorn Nuts.**



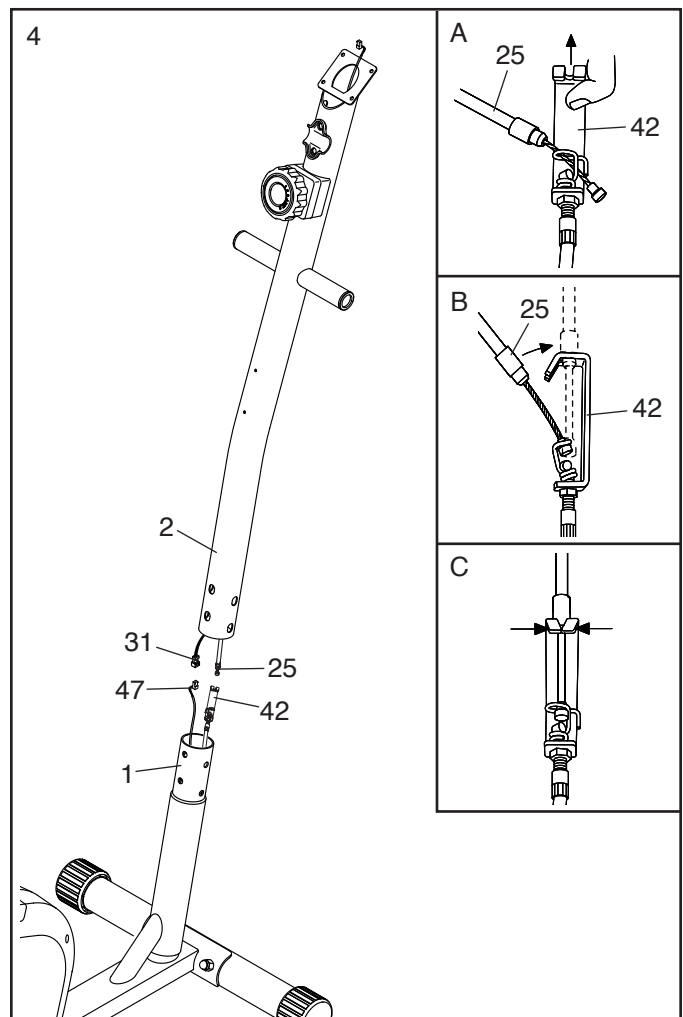
4. While a second person holds the Upright (2) near the Frame (1), connect the Upright Wire (31) to the Reed Switch Wire (47).

Next, connect the Resistance Cable (25) to the Lower Cable (42) in the following way:

See inset drawing A. Pull upward on the metal bracket on the Lower Cable (42), and insert the tip of the Resistance Cable (25) into the wire clip inside the metal bracket.

See inset drawing B. Firmly pull the Resistance Cable (25) and slide it into the metal bracket on the Lower Cable (42).

See inset drawing C. Using pliers, squeeze together the prongs on the upper end of the metal bracket.

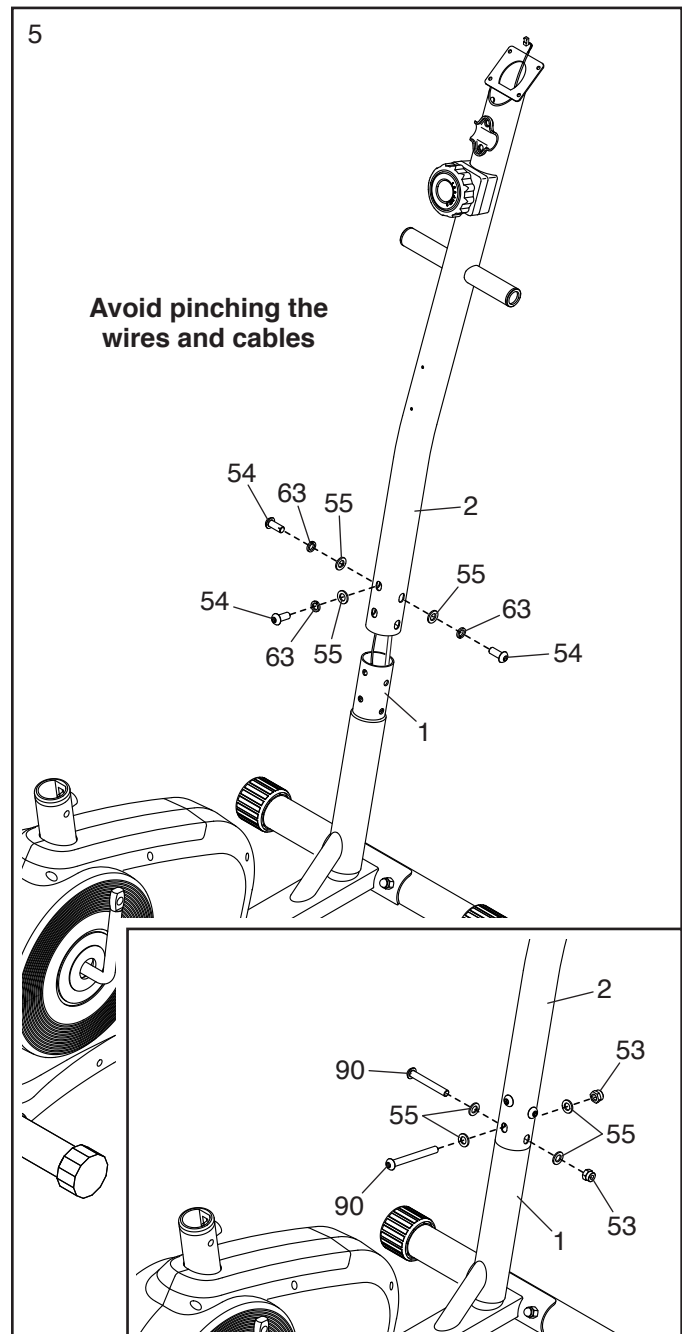


5. **Tip: Avoid pinching the wires and cables during this step.**

Slide the Upright (2) onto the Frame (1).

Attach the Upright (2) with three M8 x 20mm Screws (54), three M8 Split Washers (63), and three M8 Washers (55). **Do not tighten the Screws yet.**

See the inset drawing. Attach the Upright (2) with two M8 x 60mm Bolts (90), four M8 Washers (55), and two M8 Locknuts (53). **Do not tighten the Locknuts yet.**

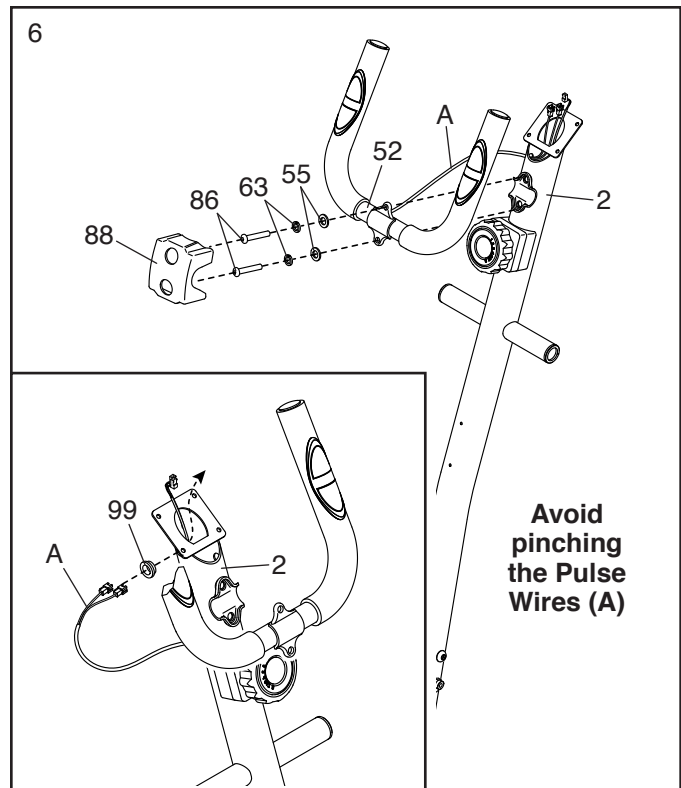


6. Have a second person hold the Handlebar (52) near the Upright (2).

See the inset drawing. Insert the Pulse Wires (A) through the Grommet (99), into the left side of the Upright (2), and out of the top of the Upright. Then, press the Grommet into the left side of the Upright.

Tip: Avoid pinching the Pulse Wires (A). Attach the Handlebar (52) to the Upright (2) with two M8 x 35mm Screws (86), two M8 Split Washers (63), and two M8 Washers (55); **start both Screws, and then tighten them.**

Then, press the Handlebar Cover (88) onto the Handlebar (52).

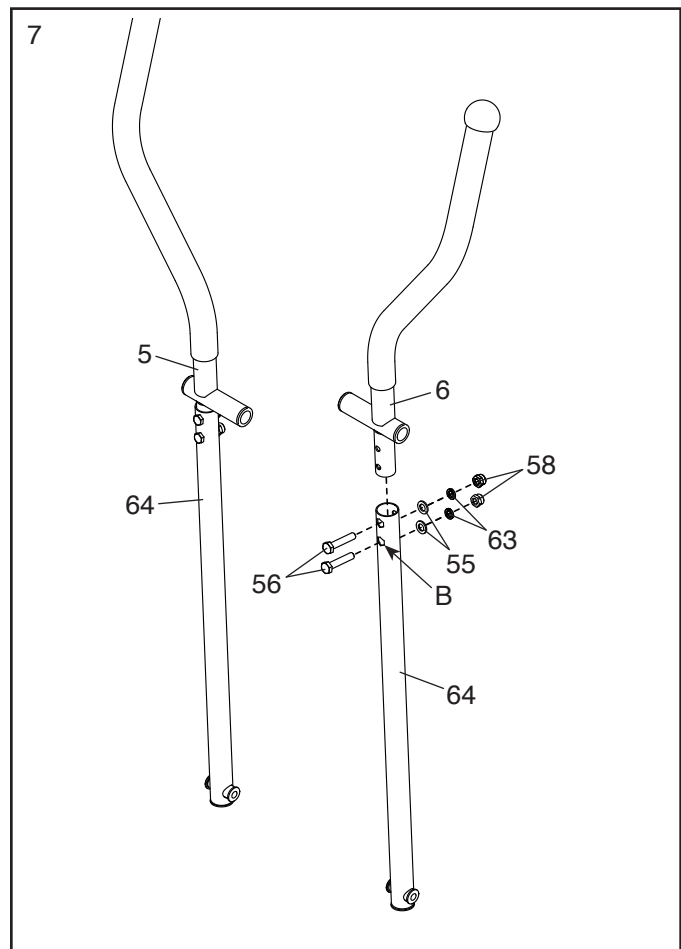


7. Identify the Right Upper Body Arm (6) and orient it as shown.

Next, orient an Upper Body Leg (64) so that the hexagonal holes (B) are on the side shown.

Insert the Right Upper Body Arm (6) into the Upper Body Leg (64). Attach the Right Upper Body Arm with two M8 x 40mm Bolts (56), two M8 Washers (55), two M8 Split Washers (63), and two M8 Acorn Nuts (58). **Make sure that the heads of the Bolts are inside the hexagonal holes (B).** Start both Bolts, and then tighten them.

Attach the Left Upper Body Arm (5) to the other Upper Body Leg (64) in the same way.



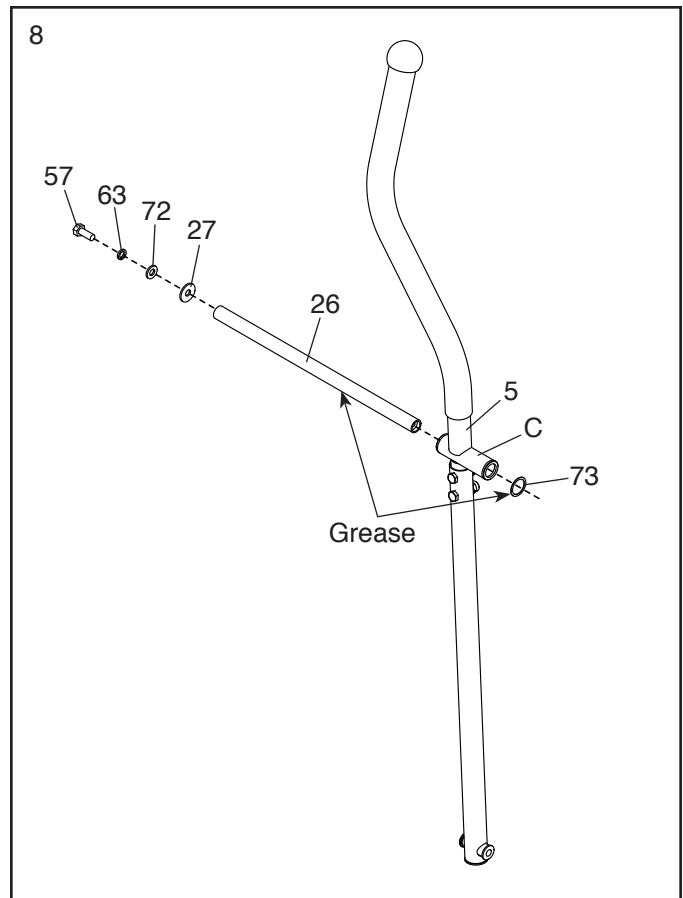
8. Finger tighten an M8 x 20mm Hex Screw (57) with an M8 Split Washer (63), an M8 Large Washer (72), and an M8 Plastic Washer (27) into one end of the Upright Axle (26).

Using a plastic bag to keep your hands clean, apply a generous amount of the included grease to the Upright Axle (26) and to two Wave Washers (73).

Next, orient the Left Upper Body Arm (5) assembly as shown. **Make sure that the wide side (C) of the tube is in the indicated location.**

Insert the Upright Axle (26) through the Left Upper Body Arm (5) from the direction shown.

Then, slide a Wave Washer (73) onto the Upright Axle (26).

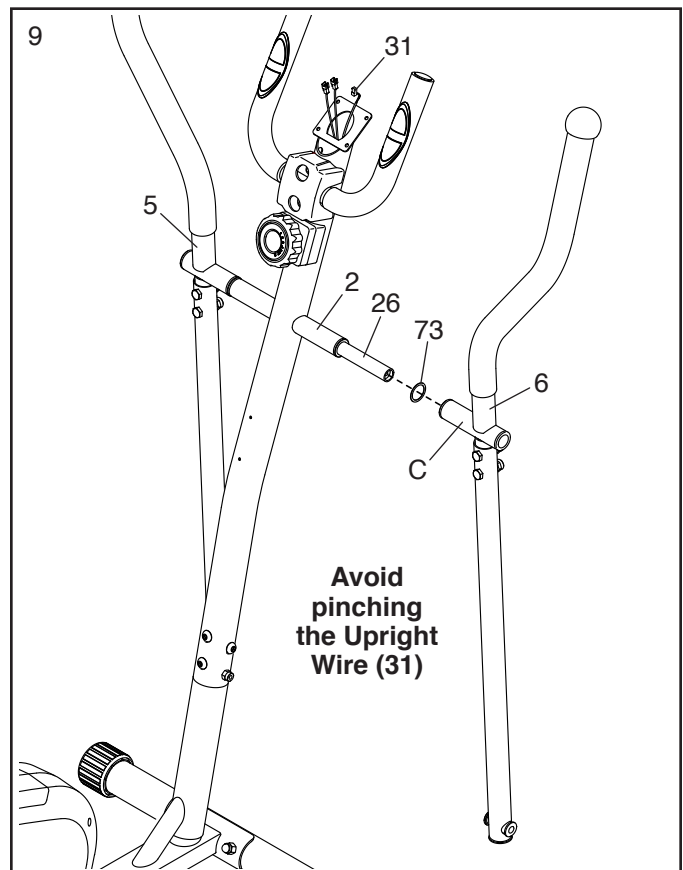


9. **Tip: Avoid pinching the Upright Wire (31).** Gently pull upward on the Upright Wire, and then insert the Upright Axle (26) through the left side of the Upright (2) as shown.

Next, slide a Wave Washer (73) onto the Upright Axle (26).

Orient the Right Upper Body Arm (6) assembly as shown. **Make sure that the wide side (C) of the tube is in the indicated location.**

Slide the Right Upper Body Arm (6) onto the right side of the Upright Axle (26).

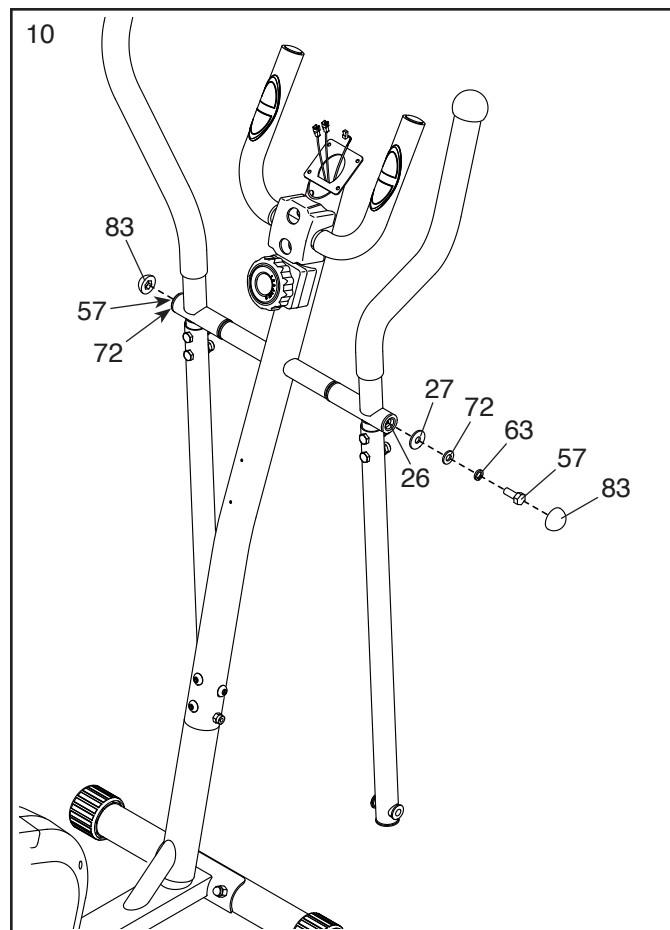


10. Finger tighten an M8 x 20mm Hex Screw (57) with an M8 Split Washer (63), an M8 Large Washer (72), and an M8 Plastic Washer (27) into the right end of the Upright Axle (26).

Then, tighten both M8 x 20mm Hex Screws (57) **at the same time**.

Next, identify the two 8mm Dome Caps (83), the four 17mm Dome Caps (not shown), and the two 19mm Dome Caps (not shown).

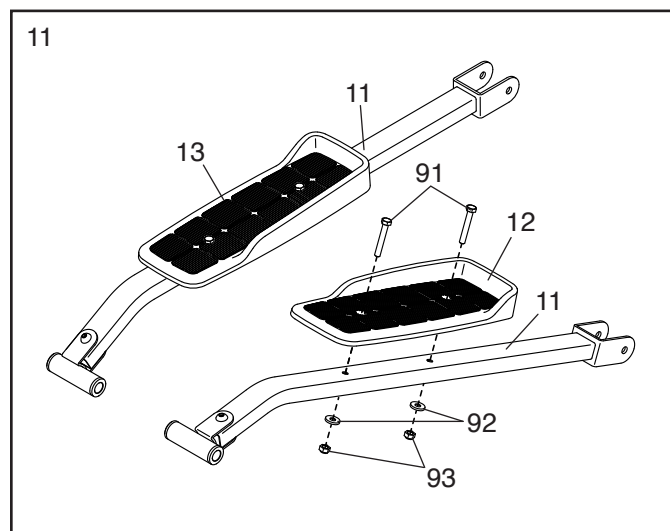
Press an 8mm Dome Cap (83) firmly onto each M8 Large Washer (72).



11. Identify the Right Pedal (12) and the right Pedal Arm (11). Orient the Right Pedal and the right Pedal Arm as shown.

Attach the Right Pedal (12) to the right Pedal Arm (11) with two M10 x 45mm Bolts (91), two M10 Washers (92), and two M10 Locknuts (93); **start both Bolts, and then tighten them.**

Attach the Left Pedal (13) to the left Pedal Arm (11) in the same way.

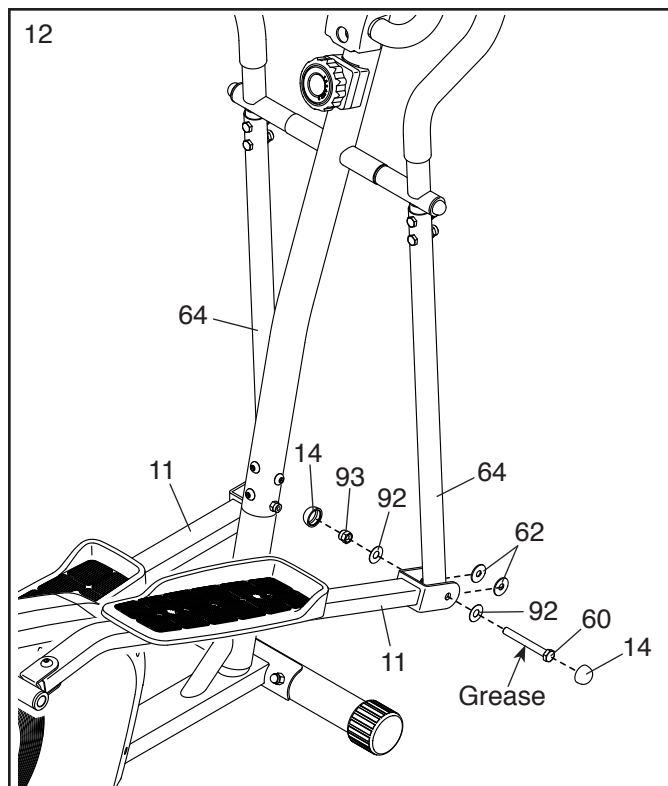


12. Apply grease to an M10 x 70mm Bolt (60).

Attach the right Pedal Arm (11) to the right Upper Body Leg (64) with the M10 x 70mm Bolt (60), two M10 Washers (92), two M10 Plastic Washers (62), and an M10 Locknut (93) as shown. **Make sure to place the Plastic Washers between the right Upper Body Leg and the right Pedal Arm.**

Then, press a 17mm Dome Cap (14) firmly onto each M10 Washer (92).

Attach the left Pedal Arm (11) to the left Upper Body Leg (64) in the same way.



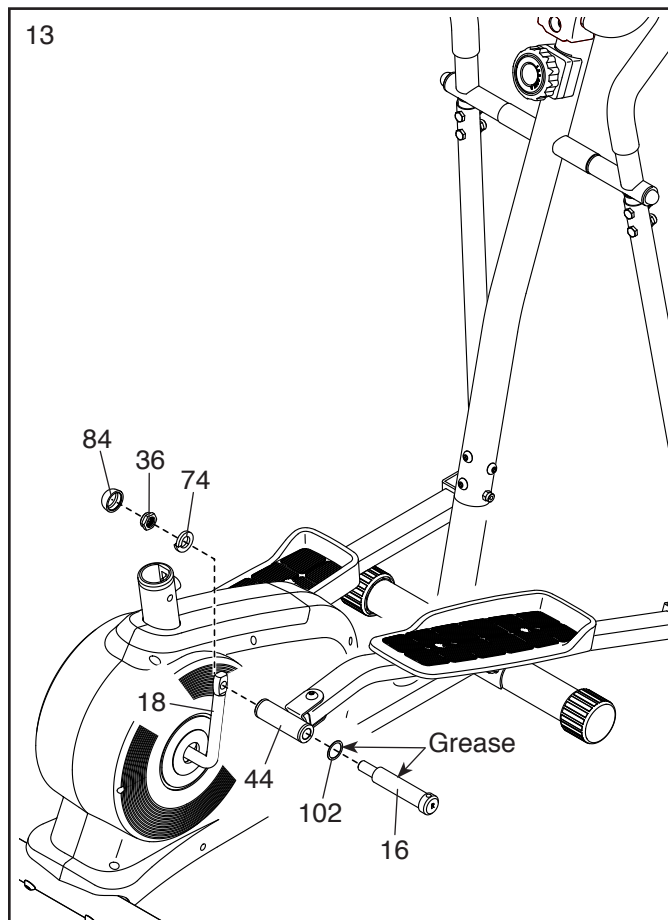
13. Identify the Right Crank Axle (16).

Apply grease to the Right Crank Axle (16) and to a Nylon Spacer (102). Then, slide the Nylon Spacer onto the Right Crank Axle.

Insert the Right Crank Axle (16) into the right Pedal Arm Bracket (44), and **firmly tighten** the Right Crank Axle **clockwise** into the right arm of the Crank (18).

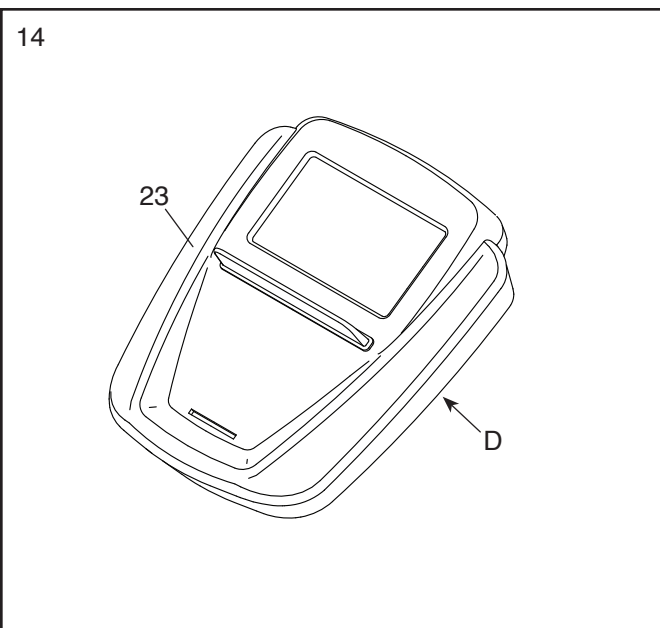
Next, **firmly tighten** the Right Crank Locknut (36) and an M12 Split Washer (74) onto the Right Crank Axle (16). Then, press a 19mm Dome Cap (84) firmly onto the Right Crank Locknut.

Repeat this step on the left side of the elliptical. Note: Turn the Left Crank Axle (not shown) **counterclockwise** to tighten it, and use the **Left Crank Locknut** (not shown).



14. The Console (23) can use two AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the Console or other electronic components.**

Remove the battery cover from the back of the Console (23), and insert batteries into the battery compartment (D). **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

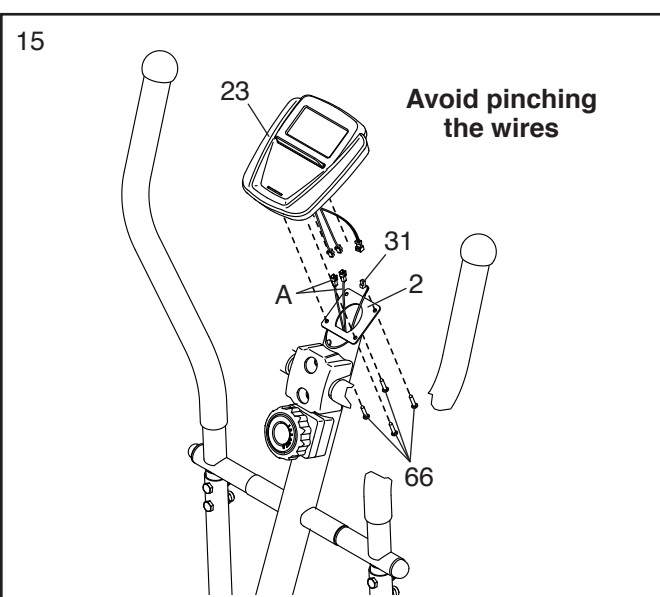


15. While a second person holds the Console (23) near the Upright (2), connect the wires on the Console to the Upright Wire (31) and the Pulse Wires (A).

Insert the excess wire into the Console (23) or into the Upright (2).

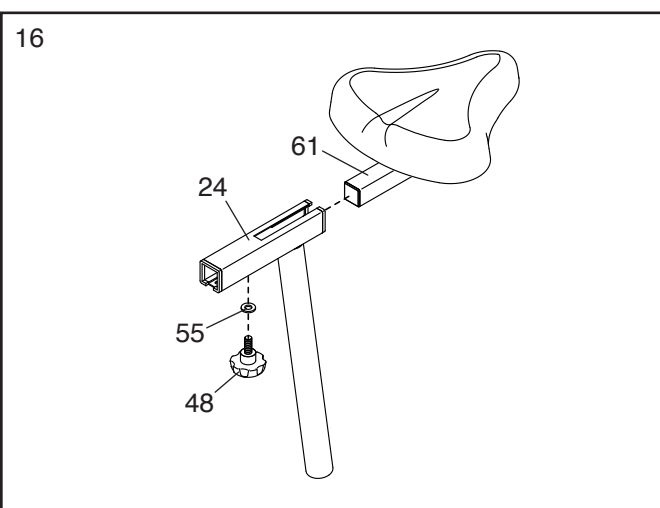
Tip: Avoid pinching the wires. Attach the Console (23) to the Upright (2) with four M4 x 12mm Screws (66).

See step 5. Tighten the M8 x 20mm Screws (54) and the M8 Locknuts (53).



16. Orient the Seat Carriage (61) and the Seat Post (24) as shown.

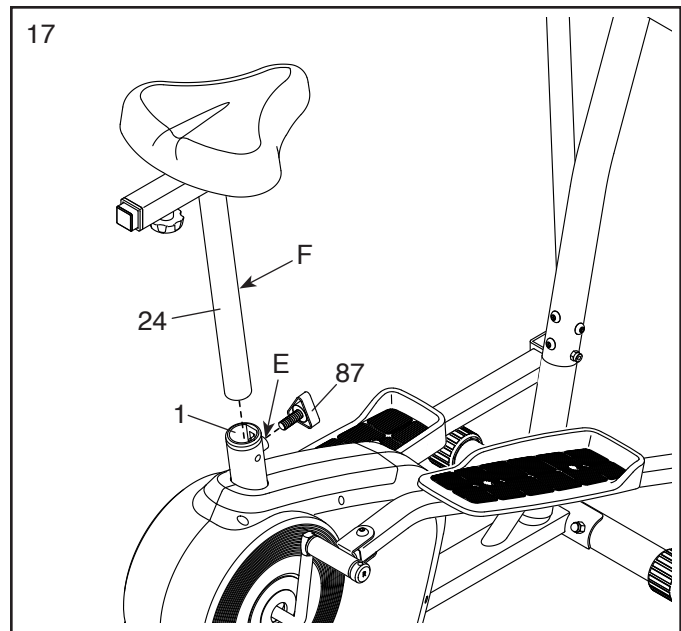
Slide the Seat Carriage (61) into the Seat Post (24). Then, tighten the Seat Knob (48) and an M8 Washer (55) into the Seat Post and the Seat Carriage.



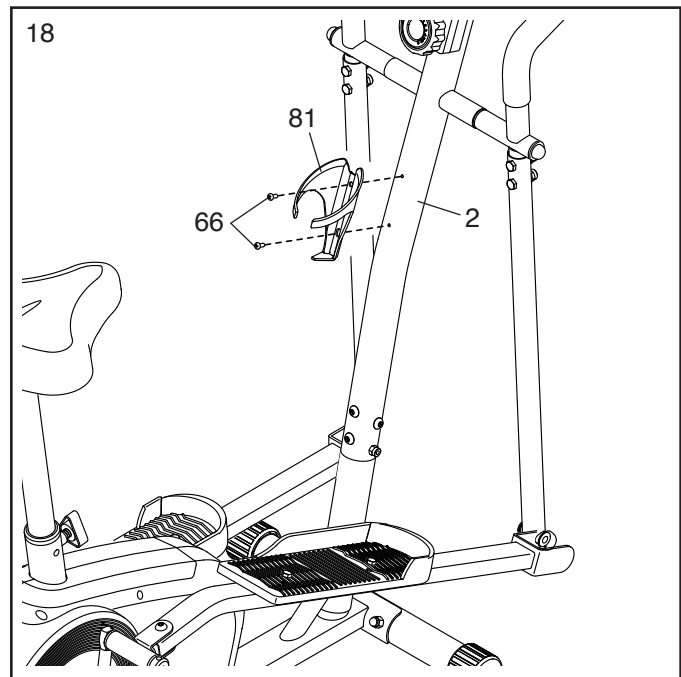
17. Insert the Seat Post (24) into the Frame (1).

Adjust the Seat Post (24) to the desired height, and insert the Seat Post Knob (87) into the indicated hole (E) in the Frame (1) and into one of the adjustment holes (F) in the Seat Post.

Tighten the Seat Post Knob (87). **Make sure that the Seat Post Knob is inserted into one of the adjustment holes (F) in the Seat Post (24).**



18. Attach the Water Bottle Holder (81) to the Upright (2) with two M4 x 12mm Screws (66).

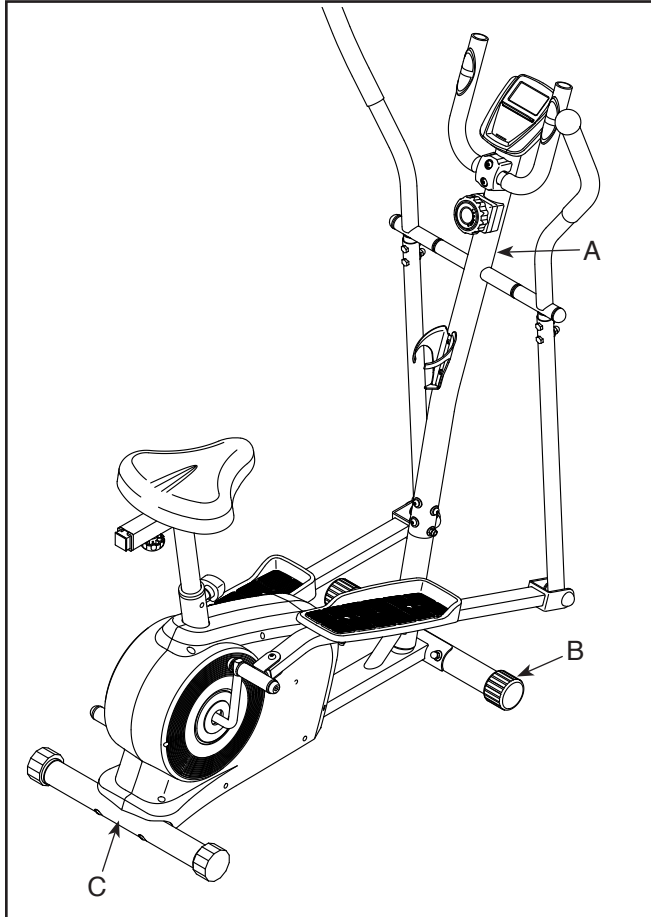


19. **Make sure that all parts of the hybrid trainer are properly tightened.** Extra parts may be included. To protect the floor or carpet from damage, place a mat under the hybrid trainer.

HOW TO USE THE HYBRID TRAINER

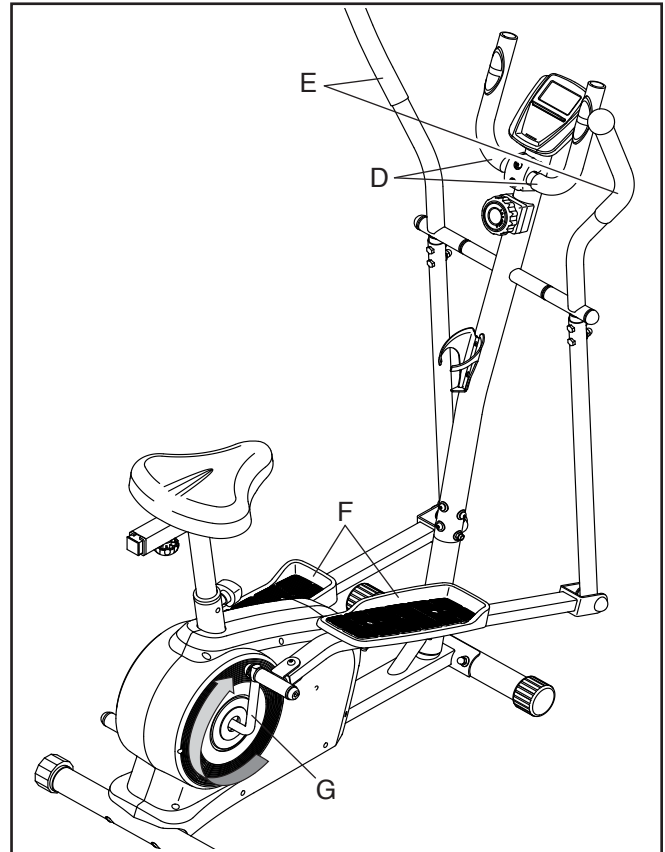
HOW TO MOVE THE HYBRID TRAINER

Due to the size and weight of the hybrid trainer, moving it requires two persons. Stand in front of the hybrid trainer, hold the upright (A), and place one foot against one of the front stabilizer caps (B). Pull on the upright and have a second person lift the rear stabilizer (C) until the hybrid trainer will roll on the front stabilizer caps. Carefully move the hybrid trainer to the desired location, and then lower it to the floor.



HOW TO USE THE ELLIPTICAL MODE

To mount the hybrid trainer in the elliptical mode, hold the handlebars (D) or the upper body arms (E) and step onto the pedal (F) that is in the lower position. Then, step onto the other pedal.



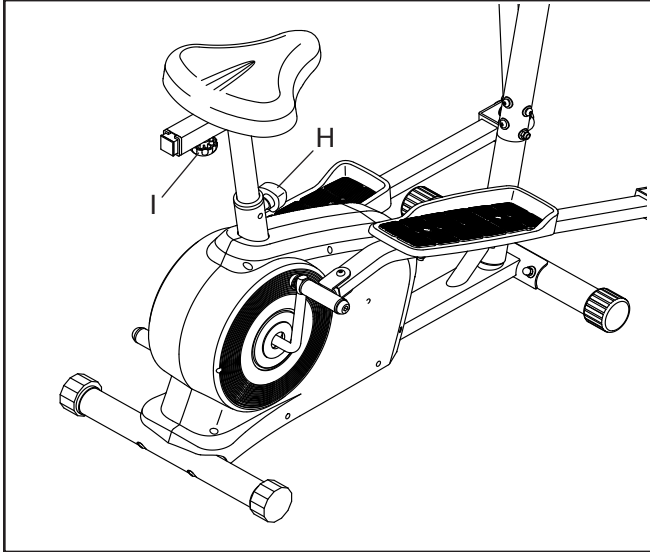
Push the pedals (F) until they begin to move with a continuous motion. **Note: The crank arms (G) can turn in either direction. It is recommended that you move the crank arms in the direction shown by the arrow; however, for variety, you can turn the crank arms in the opposite direction.**

To dismount the hybrid trainer, wait until the pedals (F) come to a complete stop. **Note: The hybrid trainer 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.

HOW TO USE THE UPRIGHT BIKE MODE

To use the hybrid trainer as an upright bike, adjust the position of the seat post and the position of the seat.

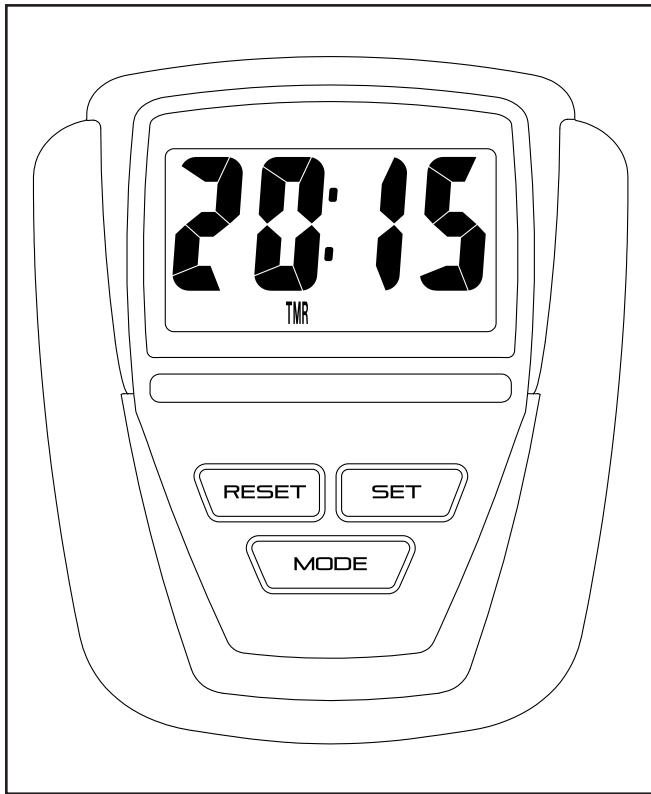
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.



To adjust the height of the seat, first loosen and remove the seat post knob (H). Next, slide the seat post upward or downward and align one of the adjustment holes in the seat post with the hole in the frame. Insert the seat post knob into the frame and the seat post, and then tighten the seat post knob. **Make sure that the seat post knob is inserted into one of the adjustment holes in the seat post.**

To adjust the position of the seat, first loosen the seat knob (I) a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The easy-to-use console features six modes that provide instant exercise feedback during your workouts.

Scan (SCAN)—This mode displays the time, speed, distance, calories, and pulse modes, for a few seconds each, in a repeating cycle.

Time (TMR)—This mode displays the elapsed time. Note: If you set a time goal (see step 2 on page 19), this display will show the time remaining in your workout.

Speed (SPD)—This mode displays your pedaling speed, in miles per hour.

Distance (DST)—This mode displays the distance you have pedaled during your workout, in miles. Note: If you set a distance goal (see step 2 on page 19), this display will show the distance remaining in your workout.

Calories (CAL)—This mode displays the approximate number of calories you have burned during your workout. Note: If you set a calorie-burning goal (see step 2 on page 19), this display will show the number of calories still to be burned in your workout.

Pulse (PULSE)—This mode displays your heart rate in beats per minute when you hold the handgrip heart rate monitor (see step 4 on page 19). If you set a target heart rate, (see step 2 on page 19), this display will flash whenever your heart rate is above the target.

HOW TO USE THE CONSOLE

Make sure that batteries (not included) are installed in the console (see assembly step 14 on page 14). If there is a sheet of plastic on the console, remove the plastic.

1. Turn on the console.

To turn on the console, press any button on the console or simply begin pedaling.

2. Set a workout goal or a target heart rate if desired.

To set a time, distance, or calorie-burning goal or to set a target heart rate for your workout, press the MODE button repeatedly until the word TMR, DST, CAL, or PULSE appears in the display. **Make sure that the word SCAN does not appear in the display.**

Next, press the SET button repeatedly to set a goal or a target heart rate. To set a goal or a target heart rate quickly, hold down the SET button. To reset the goal or target heart rate, press the RESET button.

3. Begin pedaling and follow your progress with the display.

Scan mode—To select the scan mode, press the MODE button repeatedly until the word SCAN appears in the display.

Time, speed, distance, calories, pulse mode—To select one of these modes for continuous display, press the MODE button repeatedly until the name of the desired mode appears in the display. Make sure that the word SCAN does not appear in the display.

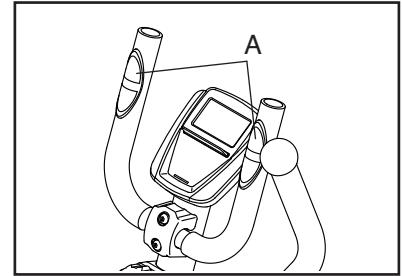
As you exercise, the console will provide instant feedback about your workout. **If you have set a workout goal**, the display will show zeros when you reach your goal; if you continue to exercise, the display will begin to count upward. **If you have set a target heart rate**, the display will flash whenever your heart rate is over the target.

To pause the console, stop pedaling. The word STOP will appear in the display. To continue your workout, simply resume pedaling.

To reset the display and all the modes to zero, press and hold the Reset button for several seconds.

4. Measure your heart rate if desired.

Note: If there are sheets of plastic on the metal contacts (A) of the handgrip heart rate monitor, remove the plastic. To



measure your heart rate, hold the handgrip heart rate monitor, with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, your heart rate will be shown in the display when the scan mode or the pulse mode is selected. When your pulse is not detected, a P will appear in the display. When you set a target heart rate, the display will flash whenever your heart rate is over the target.

For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds. If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hand excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

5. 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.

The console has an auto-off feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the hybrid trainer is used. Replace any worn parts immediately.

To clean the hybrid trainer, 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.**

CONSOLE TROUBLESHOOTING

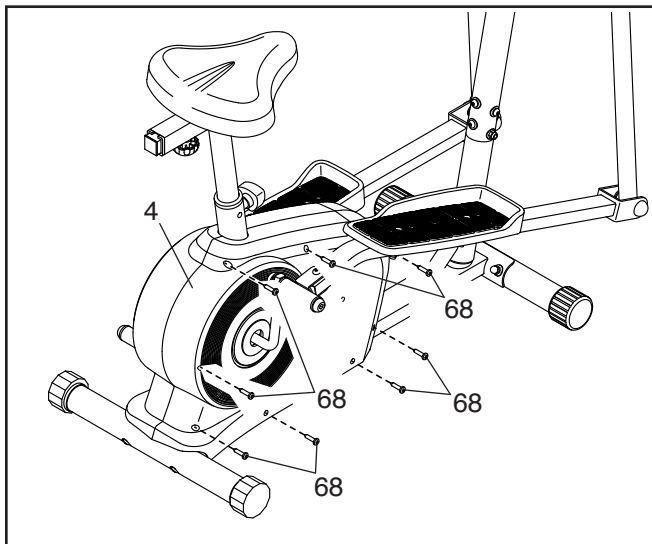
Most console problems are the result of low batteries. See assembly step 14 on page 14 for replacement instructions.

If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 4 on page 19.

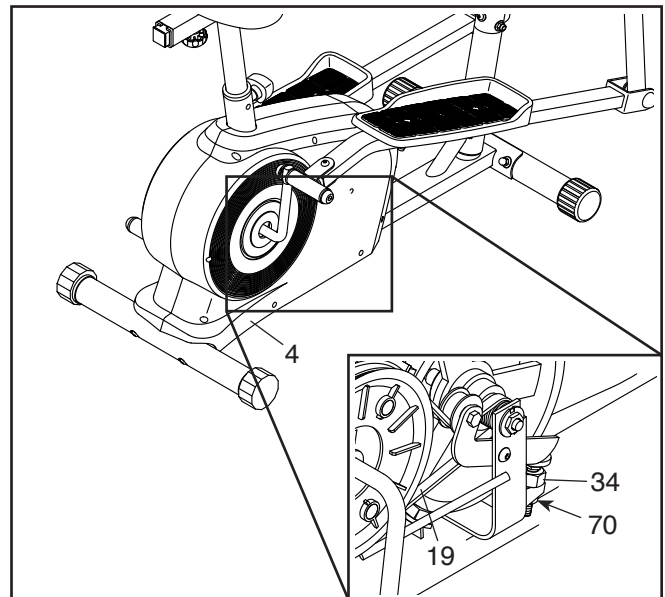
HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, first remove the eight indicated M4 x 20mm Screws (68).



Next, carefully pull the Right Shield (4) outward and upward until you can reach the Idler Adjustment Bolt (34).



Next, loosen the M10 Nut (70), and turn the Idler Adjustment Bolt (34) counterclockwise until the Drive Belt (19) is tight. Then, retighten the Nut.

See the drawing at the left. Reattach the Right Shield (4) with the eight M4 x 20mm Screws (68).

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor 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	♥
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

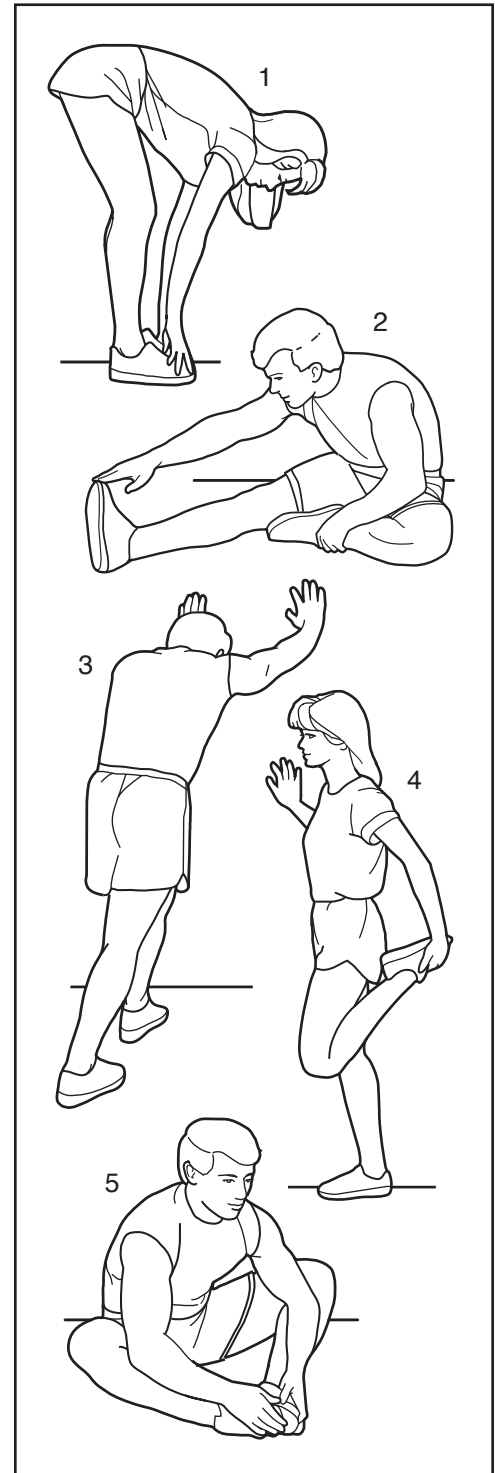
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



PART LIST

Model No. WLEL32115.1 R0318A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	2	Small Flywheel Axle Nut
2	1	Upright	47	1	Reed Switch/Wire
3	1	Left Shield	48	1	Seat Knob
4	1	Right Shield	49	2	Stop Washer
5	1	Left Upper Body Arm	50	1	Long Flywheel Spacer
6	1	Right Upper Body Arm	51	2	M8 x 65mm Carriage Bolt
7	1	Idler Assembly	52	1	Handlebar/Pulse Wires
8	2	Large Foam Grip	53	9	M8 Locknut
9	1	Spring	54	4	M8 x 20mm Screw
10	1	Front Stabilizer	55	20	M8 Washer
11	2	Pedal Arm	56	4	M8 x 40mm Bolt
12	1	Right Pedal	57	2	M8 x 20mm Hex Screw
13	1	Left Pedal	58	6	M8 Acorn Nut
14	4	17mm Dome Cap	59	2	M8 x 45mm Bolt
15	1	Left Crank Axle	60	2	M10 x 70mm Bolt
16	1	Right Crank Axle	61	1	Seat Carriage
17	1	Flywheel	62	4	M10 Plastic Washer
18	1	Crank	63	13	M8 Split Washer
19	1	Drive Belt	64	2	Upper Body Leg
20	1	Crank Bearing Assembly	65	4	Upper Body Leg Bushing
21	2	Front Stabilizer Cap	66	6	M4 x 12mm Screw
22	1	Frame Sleeve	67	2	Upper Body Arm Cap
23	1	Console	68	12	M4 x 20mm Screw
24	1	Seat Post	69	1	Seat
25	1	Resistance Control/Cable	70	1	M10 Nut
26	1	Upright Axle	71	2	Contact
27	4	M8 Plastic Washer	72	2	M8 Large Washer
28	1	Rear Stabilizer	73	2	Wave Washer
29	3	Large Flywheel Bearing	74	2	M12 Split Washer
30	2	Seat Post Sleeve	75	1	M5 x 20mm Screw
31	1	Upright Wire	76	1	M5 Washer
32	1	Pulley	77	1	M6 x 60mm Bolt
33	2	Leveling Cap	78	1	M5 x 60mm Bolt
34	1	Idler Adjustment Bolt	79	2	M3.5 x 10mm Screw
35	1	C-magnet Assembly	80	2	Small Foam Grip
36	1	Right Crank Locknut	81	1	Water Bottle Holder
37	1	Left Crank Locknut	82	2	M6 Nut
38	1	Flywheel Axle	83	2	8mm Dome Cap
39	2	M5 Nut	84	2	19mm Dome Cap
40	6	Upper Body Arm Bushing	85	2	Handlebar Cap
41	4	Pedal Arm Bushing	86	2	M8 x 35mm Screw
42	1	Lower Cable	87	1	Seat Post Knob
43	3	Large Flywheel Axle Nut	88	1	Handlebar Cover
44	2	Pedal Arm Bracket	89	2	Upper Body Leg Cap
45	1	Magnet	90	2	M8 x 60mm Bolt

Key No.	Qty.	Description	Key No.	Qty.	Description
91	4	M10 x 45mm Bolt	98	1	M8 x 40mm Socket Bolt
92	8	M10 Washer	99	1	Grommet
93	6	M10 Locknut	100	2	M8 x 65mm Bolt
94	2	Small Curved Washer	101	2	M8 Curved Washer
95	1	Short Flywheel Spacer	102	2	Nylon Spacer
96	2	Crank Cover	*	—	User's Manual
97	2	Seat Carriage Cap	*	—	Assembly Tool

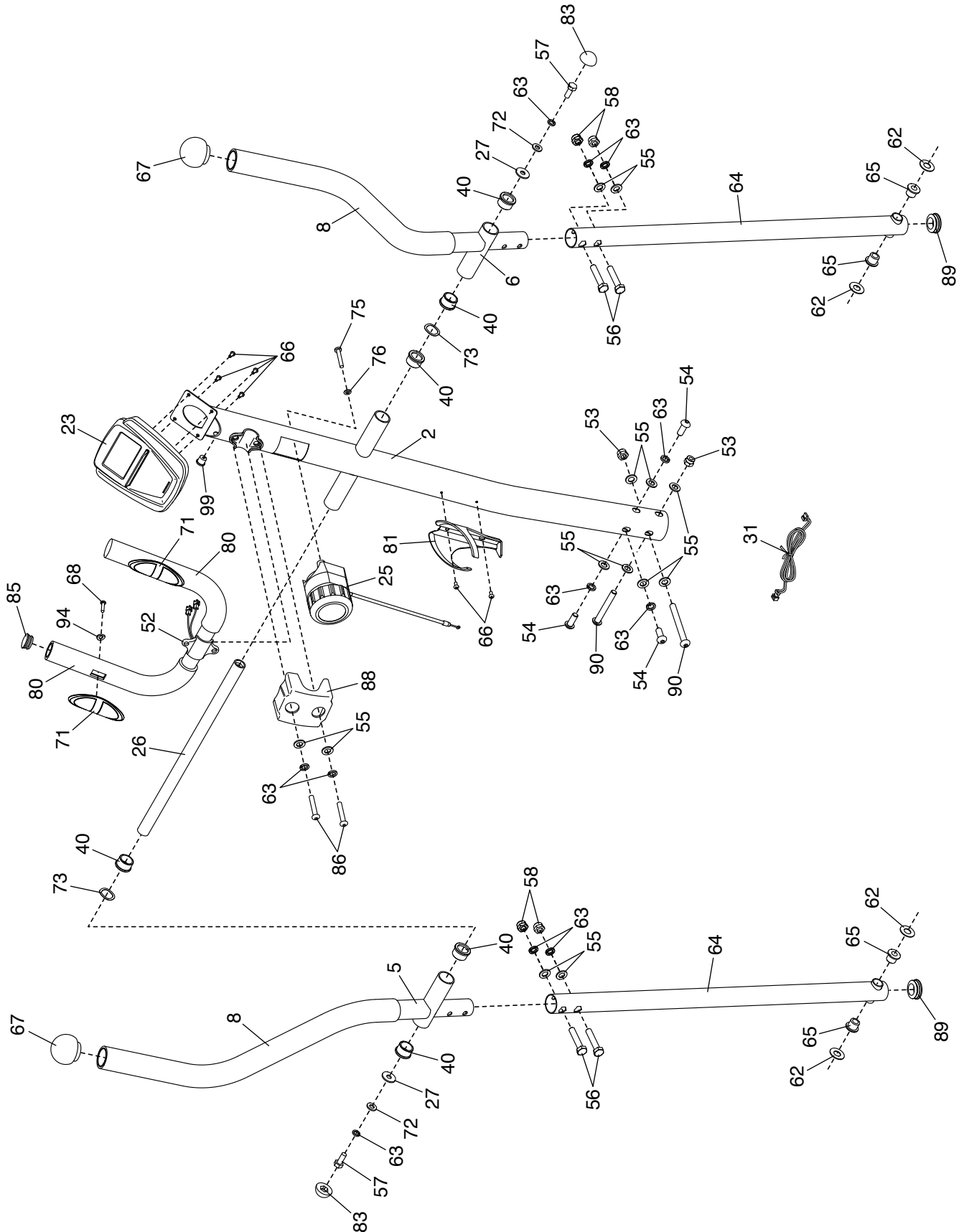
Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

This exploded view diagram illustrates the assembly of a bicycle frame. The central component is the main frame (1), which includes the head tube, down tube, seat tube, and chain stays. Key sub-assemblies shown include the front fork (2) with handlebars (3) and grips (4), the rear wheel assembly (5) with a tire (6), and the seat assembly (7) with a saddle (8). The diagram also shows the front and rear fenders (9, 10) and the chain drive system (11-14). Numerous individual components, such as bolts, nuts, washers, and spacers, are labeled with numbers from 1 to 100. Dashed lines indicate the assembly sequence and the relative positions of the parts.

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EXPLODED DRAWING B

Model No. WLEL32115.1 R0318A



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

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

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 (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) 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 (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813