

WESLO®

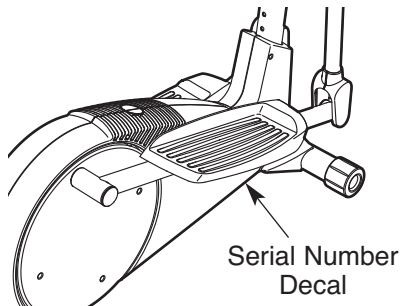
STRIDE TRAINER 380

www.weslo.com

Model No. WLEL32909.1

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

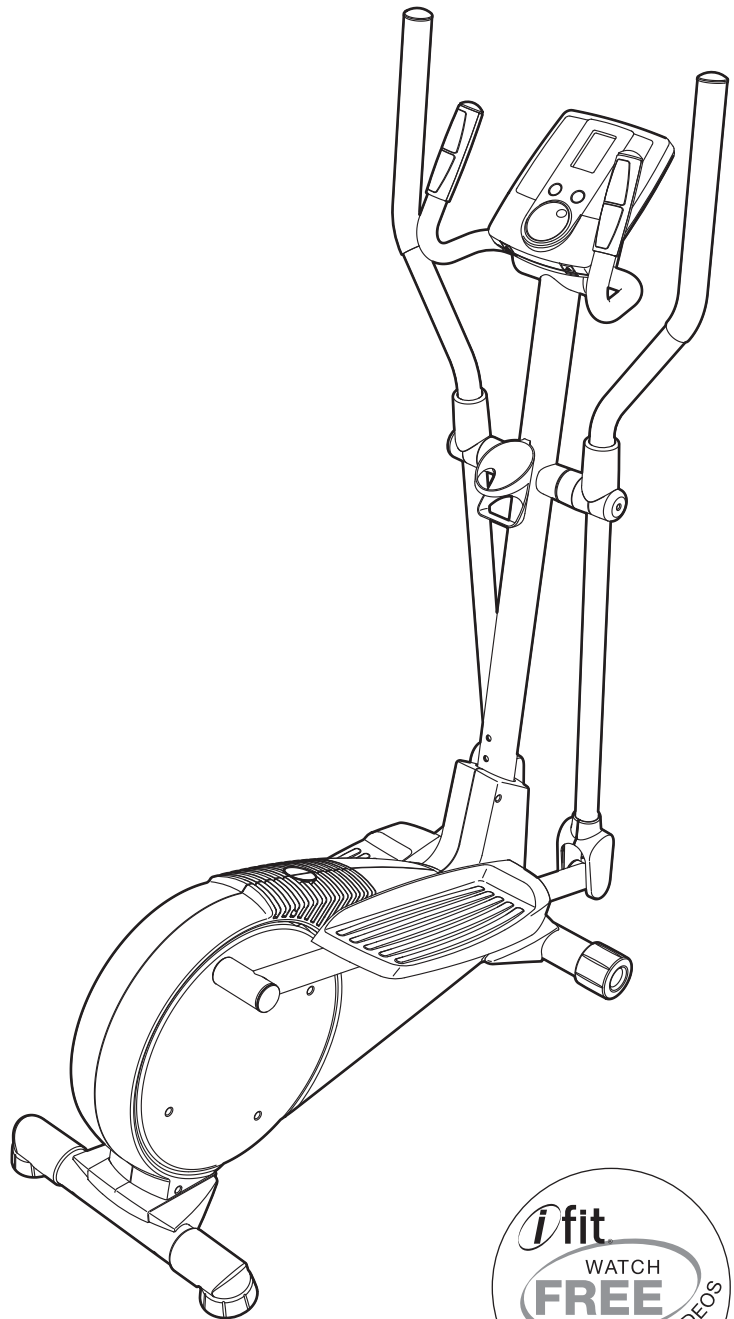
1-866-699-3756

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.



TABLE OF CONTENTS

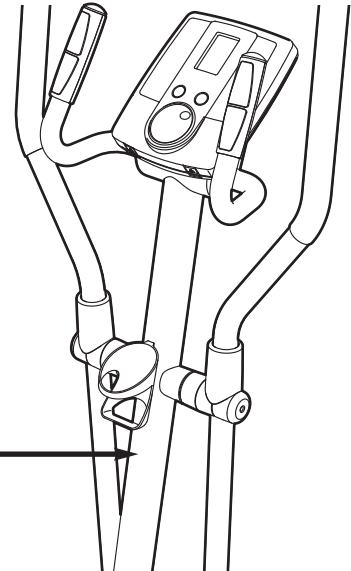

WARNING DECAL PLACEMENT2
IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
ASSEMBLY5
HOW TO USE THE ELLIPTICAL EXERCISER14
MAINTENANCE AND TROUBLESHOOTING19
EXERCISE GUIDELINES21
PART LIST22
EXPLODED DRAWING23
ORDERING REPLACEMENT PARTSBack Cover
LIMITED WARRANTYBack Cover

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 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. Use the elliptical exerciser only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
4. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
5. 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 at least 3 ft. (0.9 m) of clearance in the front and rear of your elliptical exerciser and 2 ft. (0.6 m) on each side.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the elliptical exerciser at all times.
8. The elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
9. Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
10. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical exerciser.
11. 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.
12. Keep your back straight while using the elliptical exerciser; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
14. When you stop exercising, allow the pedals to slowly come to a stop.

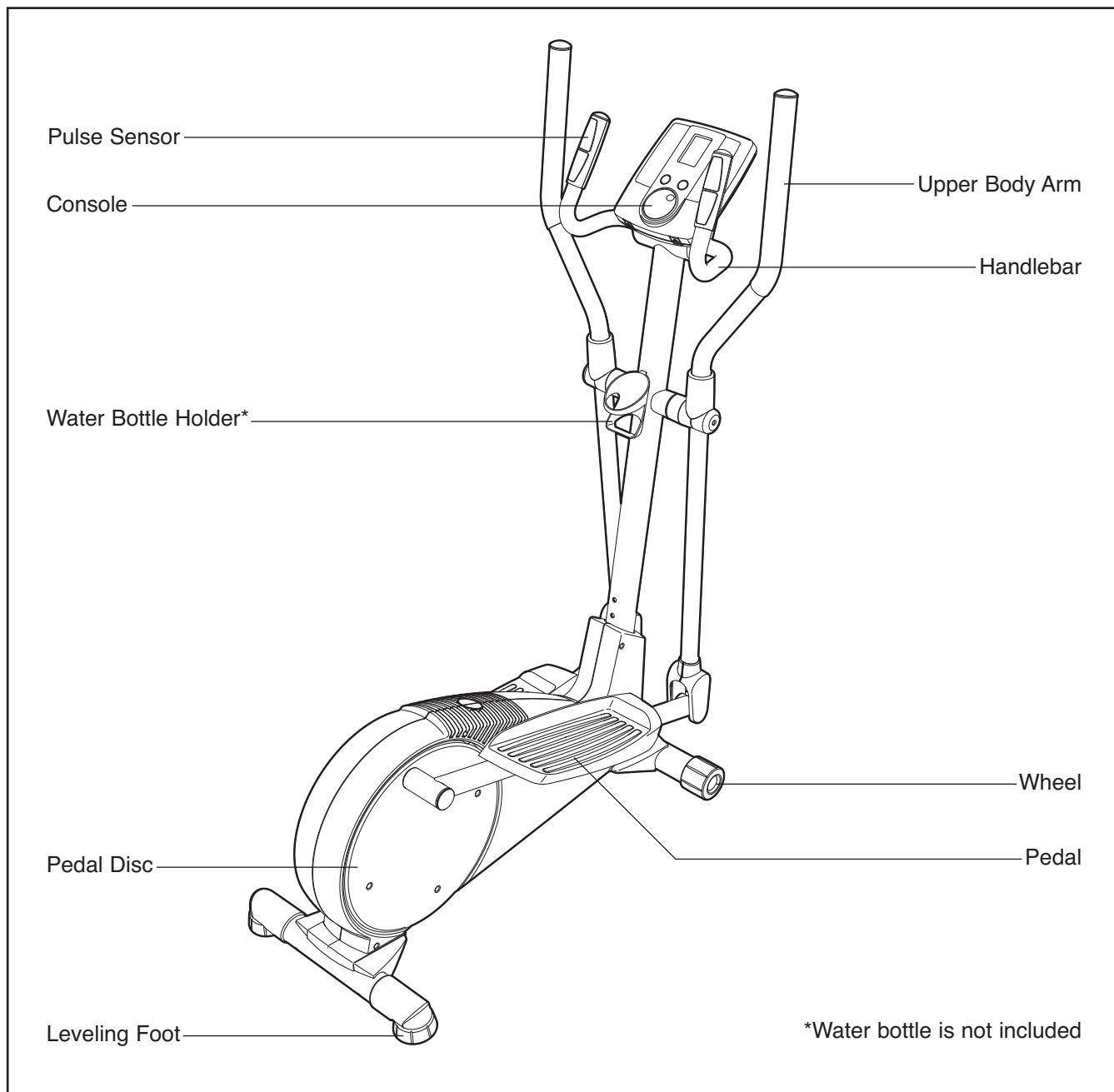
BEFORE YOU BEGIN

Thank you for selecting the new WESLO® STRIDE TRAINER 380 elliptical exerciser. The WESLO STRIDE TRAINER 380 provides a 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 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.


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



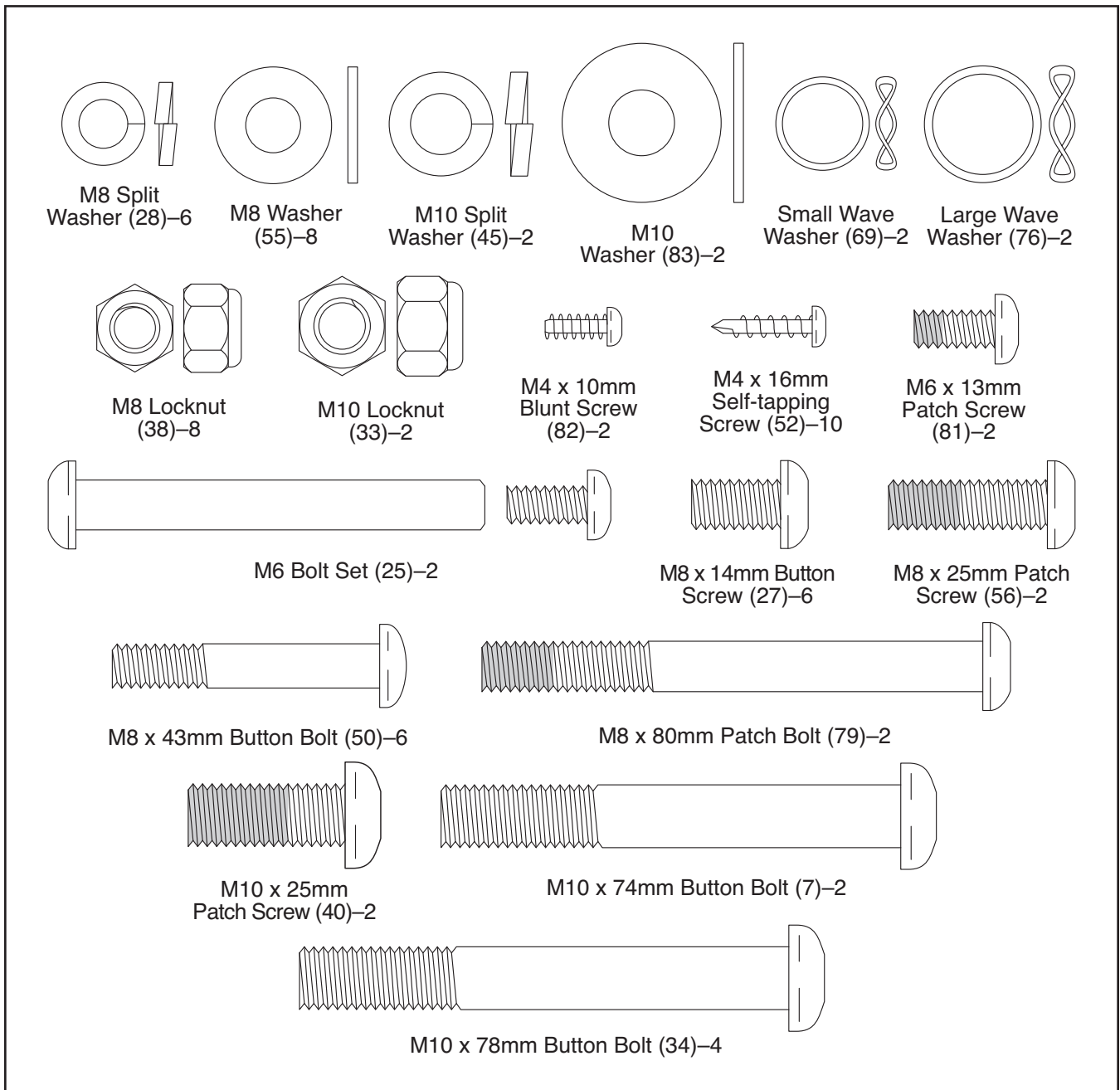
ASSEMBLY

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 all packing materials; do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), 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 near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



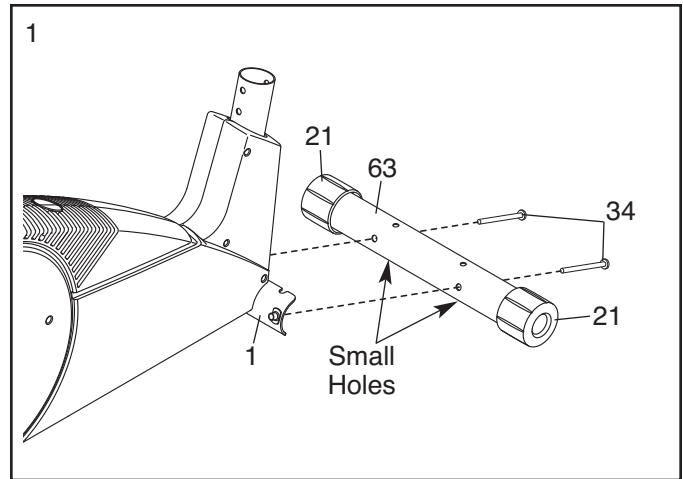
1.

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

Identify the Front Stabilizer (63), which has Wheels (21).

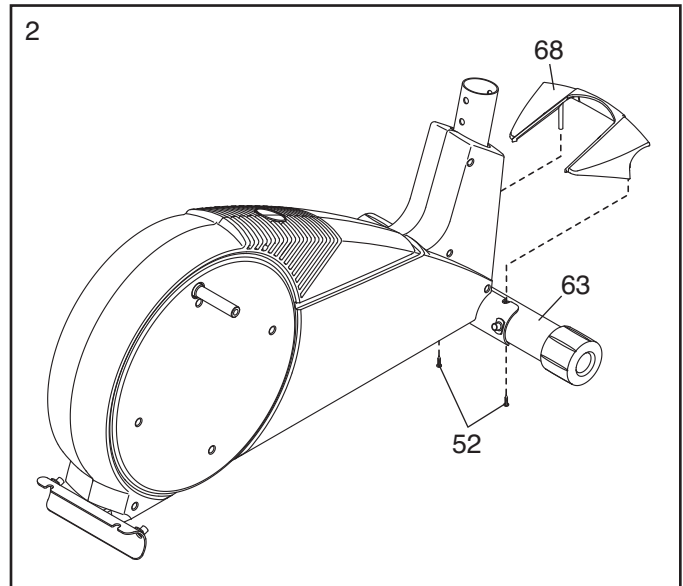
Orient the Front Stabilizer (63) so that the small holes face downward.

While a second person lifts the front of the Frame (1), attach the Front Stabilizer (63) to the Frame with two M10 x 78mm Button Bolts (34).

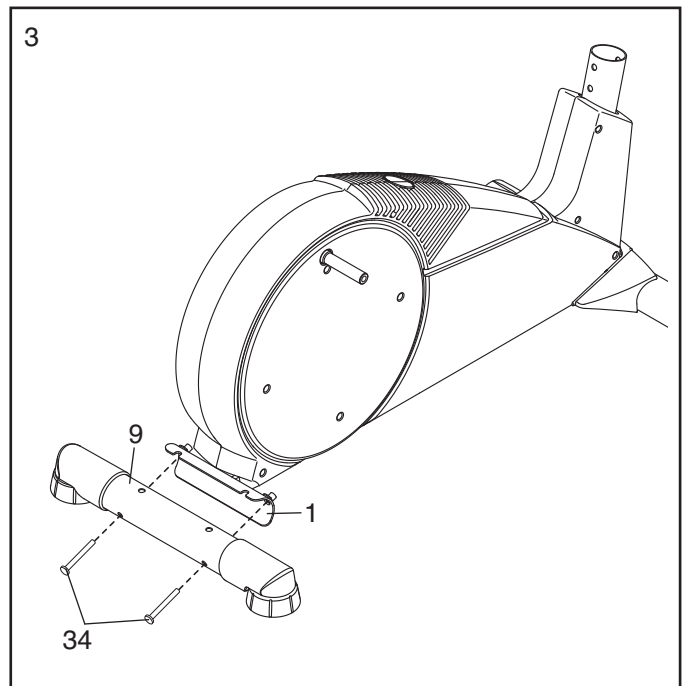


2. Insert the Front Stabilizer Cover (68) into the Front Stabilizer (63).

Attach the Front Stabilizer Cover (68) with two M4 x 16mm Self-tapping Screws (52).

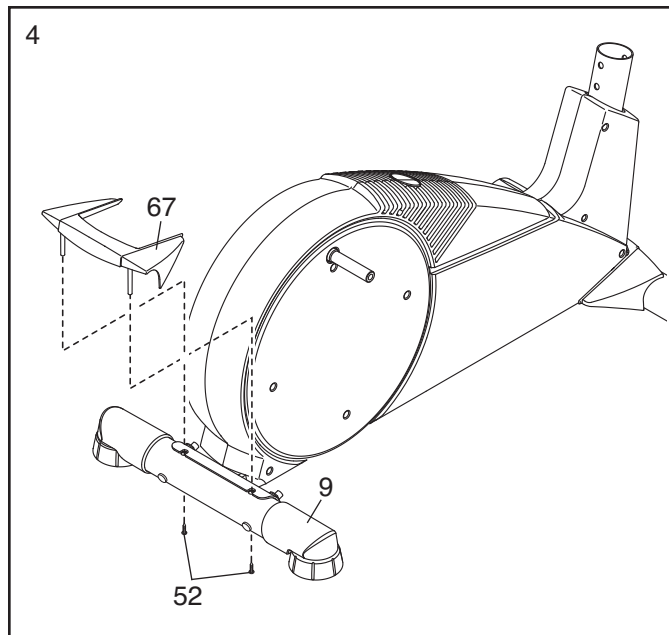


3. While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (9) to the Frame with two M10 x 78mm Button Bolts (34).



4. Insert the Rear Stabilizer Cover (67) into the Rear Stabilizer (9).

Attach the Rear Stabilizer Cover (67) with two M4 x 16mm Self-tapping Screws (52).



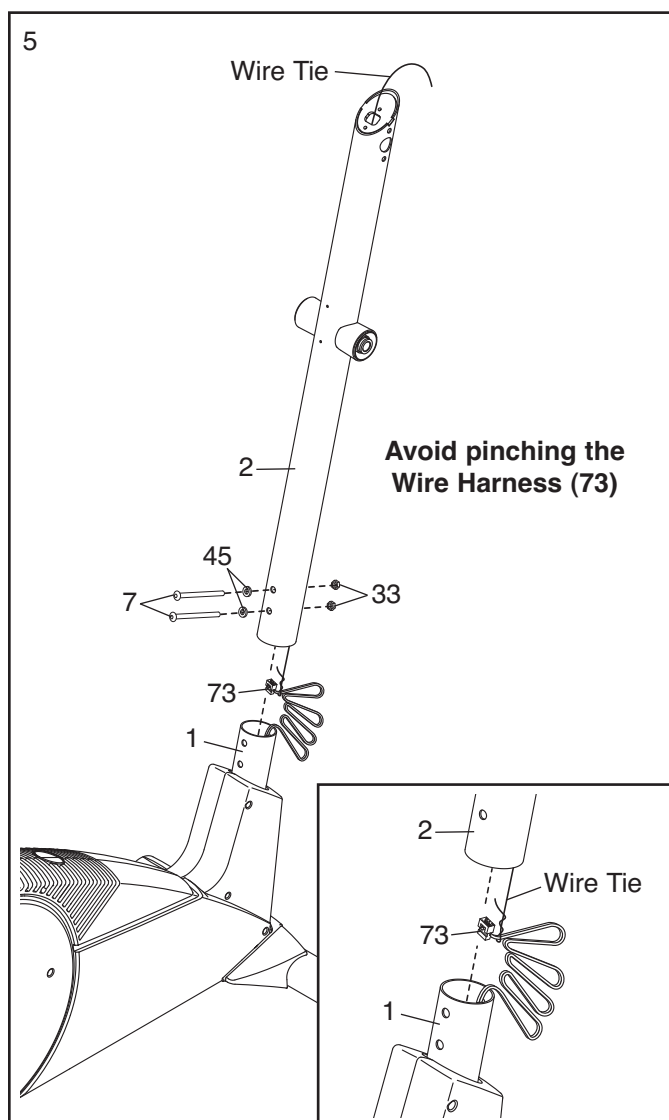
5. Orient the Upright (2) as shown. Have a second person hold the Upright near the Frame (1).

See the inset drawing. Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Wire Harness (73). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

Tip: To prevent the Wire Harness (73) from falling into the Upright (2), secure the Wire Harness with a rubber band or a piece of tape.

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

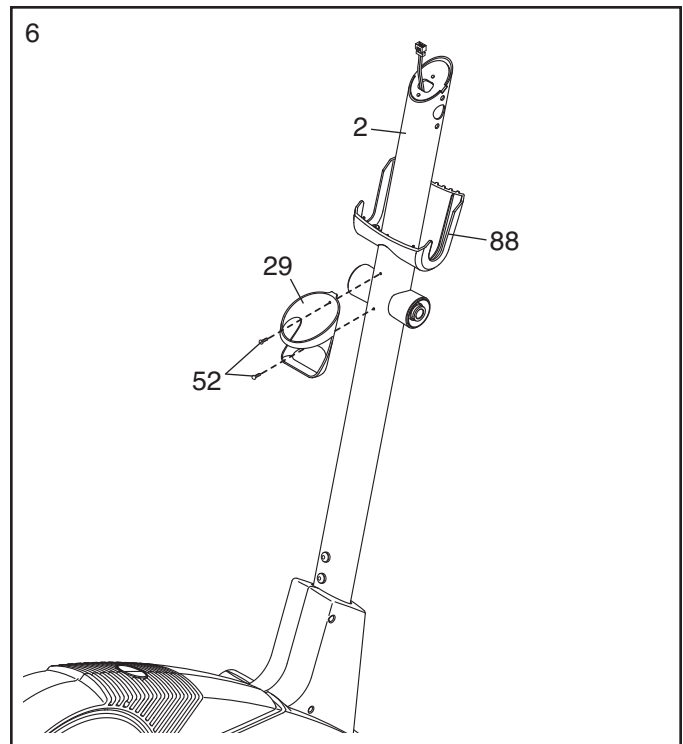
Tip: Avoid pinching the Wire Harness (73). Attach the Upright (2) with two M10 x 74mm Button Bolts (7), two M10 Split Washers (45), and two M10 Locknuts (33). **Do not tighten the Button Bolts yet.**



6. Attach the Water Bottle Holder (29) to the Upright (2) with two M4 x 16mm Self-tapping Screws (52).

Identify and orient the Console Cover (88) as shown.

Slide the Console Cover (88) onto the Upright (2).

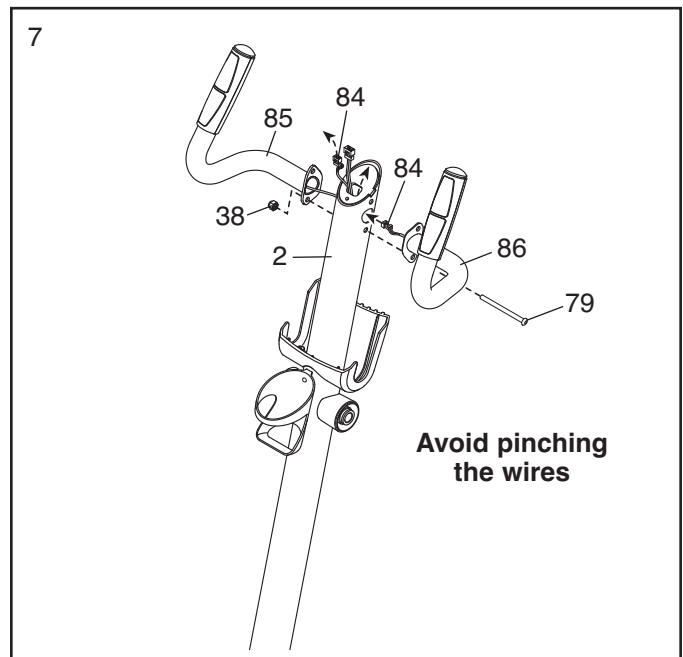


7. Identify the Left and Right Handlebars (85, 86), which are marked with “Left” and “Right” stickers.

While a second person holds the Left and Right Handlebars (85, 86) near the Upright (2), insert the Pulse Wires (84) into the holes in the Upright and pull them upward out of the Upright.

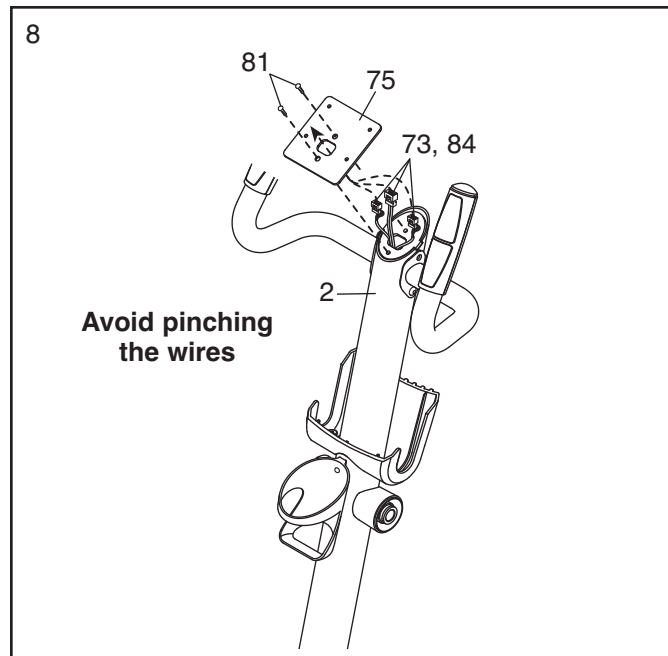
Tip: Avoid pinching the wires. Attach the Left and Right Handlebars (85, 86) to the Upright (2) with an M8 x 80mm Patch Bolt (79) and an M8 Locknut (38). **Do not tighten the Patch Bolt yet.**

Make sure that the M8 x 80mm Patch Bolt (79) is inserted through the bottom hole in the Left and Right Handlebars (85, 86) and the Upright (2).



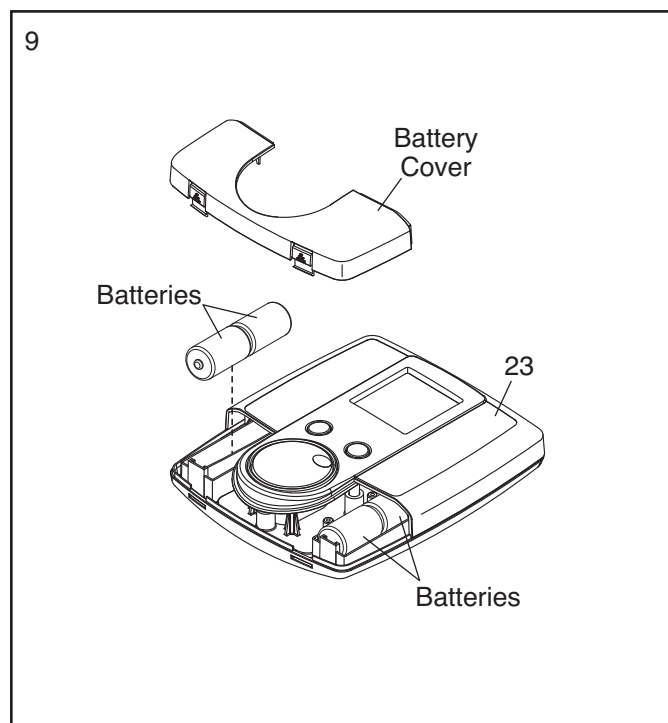
8. While a second person holds the Console Plate (75) near the Upright (2), insert the Wire Harness (73) and the Pulse Wires (84) upward through the Console Plate.

Tip: Avoid pinching the wires. Attach the Console Plate (75) to the Upright (2) with two M6 x 13mm Patch Screws (81).



9. The Console (23) can use four D batteries (not included); alkaline batteries are recommended. **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 displays or other electronic components.** Remove the battery cover, insert the batteries into the battery compartment, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**

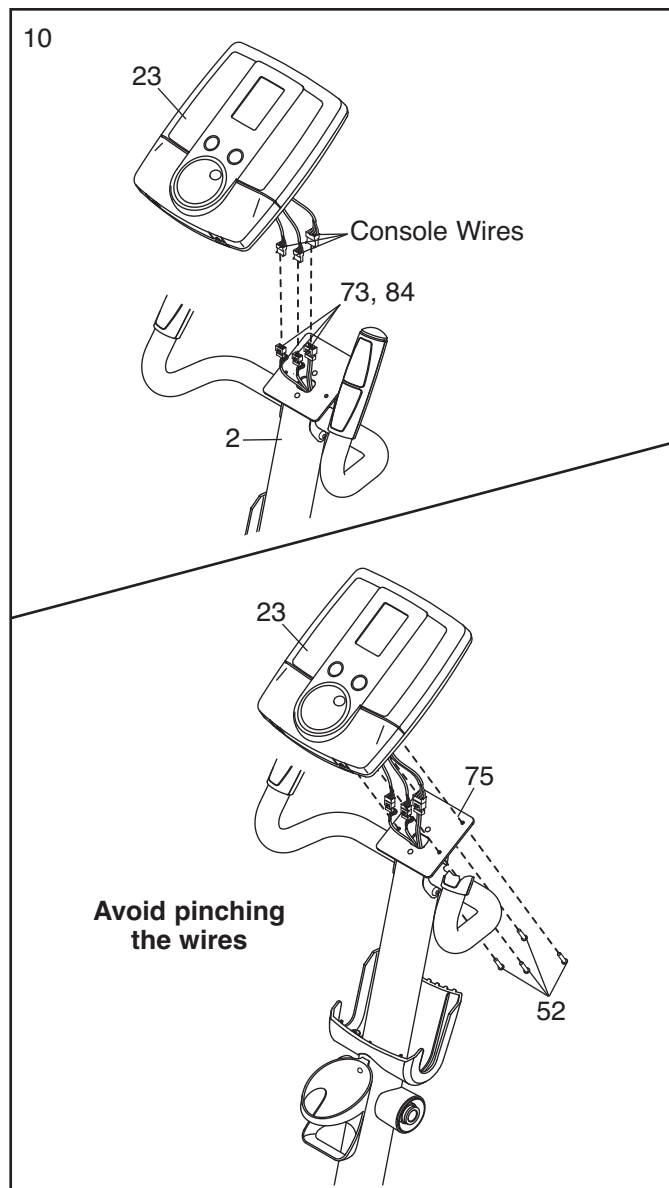
To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the front cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



10. While another person holds the Console (23) near the Upright (2), connect the console wires to the Wire Harness (73) and to the Pulse Wires (84).

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

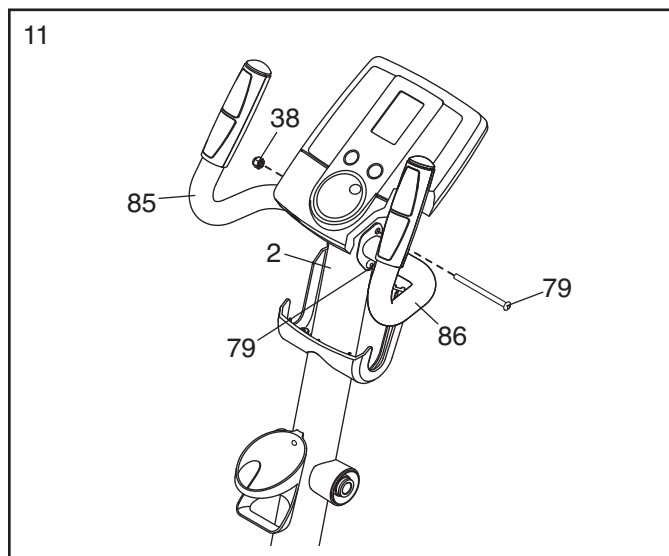
Tip: Avoid pinching the wires. See the lower drawing. Attach the Console (23) to the Console Plate (75) with four M4 x 16mm Self-tapping Screws (52).



11. Finish attaching the Left and Right Handlebars (85, 86) to the Upright (2) with an M8 x 80mm Patch Bolt (79) and an M8 Locknut (38).

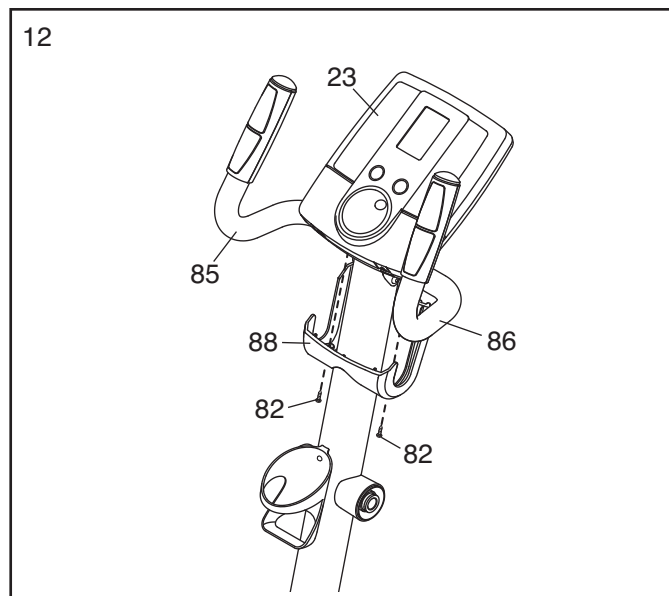
Tip: While inserting the M8 x 80mm Patch Bolt (79), avoid pinching or damaging the wires inside the Upright (2).

Tighten both M8 x 80mm Patch Bolts (79).



12. Slide the Console Cover (88) upward to the Console (23).

Attach the Console Cover (88) to the Left and Right Handlebars (85, 86) with two M4 x 10mm Blunt Screws (82).



13. Identify the Right Upper Body Arm (8), which is marked with an "R" sticker.

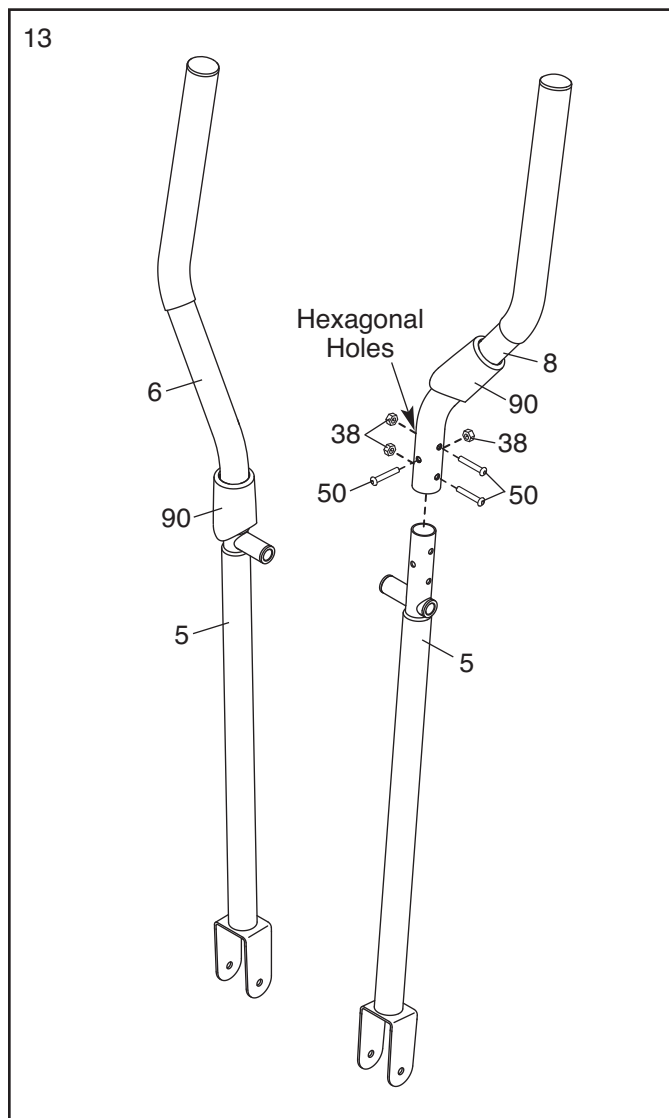
Slide an Upper Body Arm Cover (90) upward onto the Right Upper Body Arm (8).

Slide the Right Upper Body Arm (8) onto an Upper Body Leg (5).

Tip: Have a second person hold the Upper Body Arm Cover (90) while you perform this action:

Attach the Right Upper Body Arm (8) to the Upper Body Leg (5) with three M8 x 43mm Button Bolts (50) and three M8 Locknuts (38). **Make sure that the Locknuts are inside the hexagonal holes.**

Assemble the Left Upper Body Arm (6) and the other Upper Body Leg (5) in the same way.



14. Insert the Pivot Axle (26) into the Upright (2), and center the Pivot Axle.

Apply a generous amount of the included grease to both ends of the Pivot Axle (26).

Orient an Upper Body Arm Spacer (47) so that the arrow points toward the floor. Slide the Upper Body Arm Spacer onto the Pivot Axle (26).

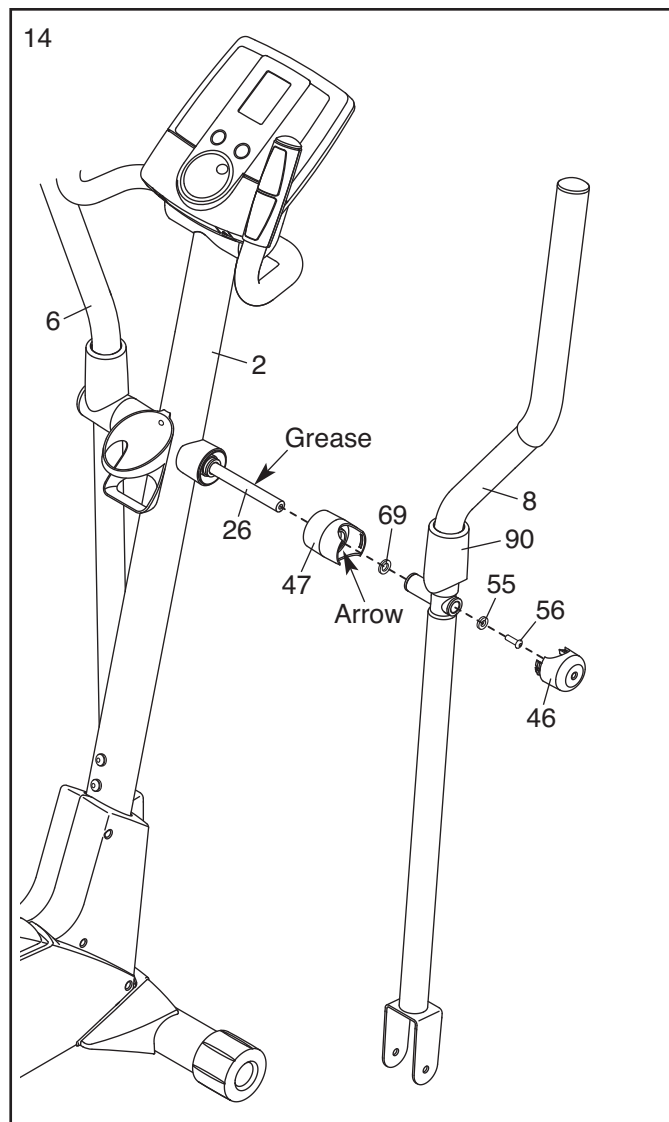
Slide a Small Wave Washer (69) onto the Pivot Axle (26). Then, slide the Right Upper Body Arm (8) onto the Pivot Axle.

Attach the Right Upper Body Arm (8) with an M8 x 25mm Patch Screw (56) and an M8 Washer (55).

Slide the right Upper Body Arm Cover (90) upward. Then, press the tabs on an Axle Cap (46) into the Upper Body Arm Spacer (47).

Slide the Upper Body Arm Cover (90) downward to cover the M8 x 43mm Button Bolts (not shown).

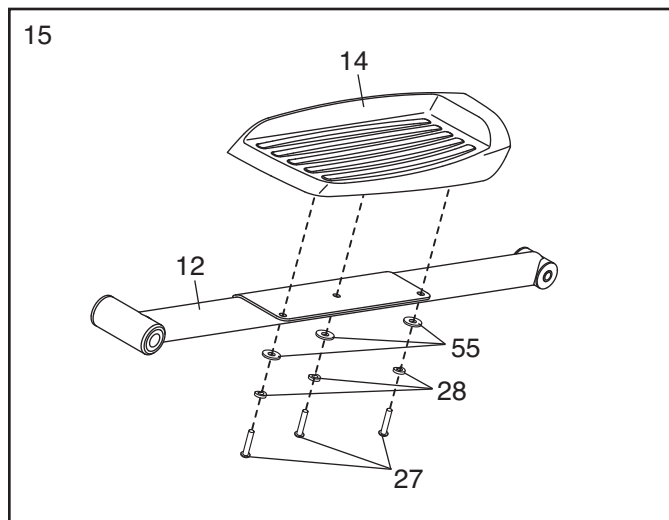
Repeat this step for the other side of the elliptical exerciser.



15. Identify the Right Pedal (14) and the Right Pedal Arm (12), which are marked with “Right” stickers, and orient them as shown.

Attach the Right Pedal (14) to the Right Pedal Arm (12) with three M8 x 14mm Button Screws (27), three M8 Split Washers (28), and three M8 Washers (55).

Assemble the Left Pedal (not shown) and the Left Pedal Arm (not shown) in the same way.



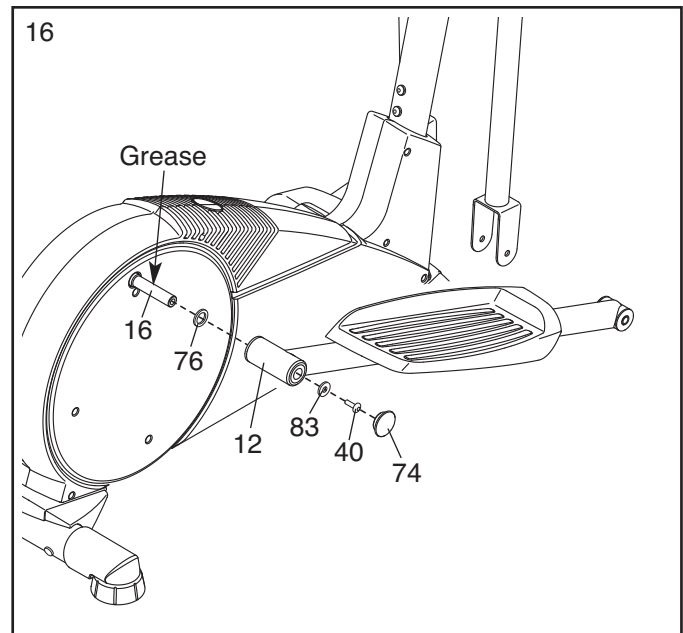
16. Apply a small amount of grease to the axle on the right Disc Crossbar (16) and to a Large Wave Washer (76).

Slide the Large Wave Washer (76) and the Right Pedal Arm (12) onto the axle on the right Disc Crossbar (16).

Slide an M10 Washer (83) onto an M10 x 25mm Patch Screw (40), and tighten the Patch Screw into the axle.

Then, press a Pedal Arm Cap (74) into the Right Pedal Arm (12).

Repeat this step for the other side of the elliptical exerciser.



17. Apply a small amount of grease to an M6 Bolt Set (25).

Hold the end of the Right Pedal Arm (12) inside the bracket on the right Upper Body Leg (5).

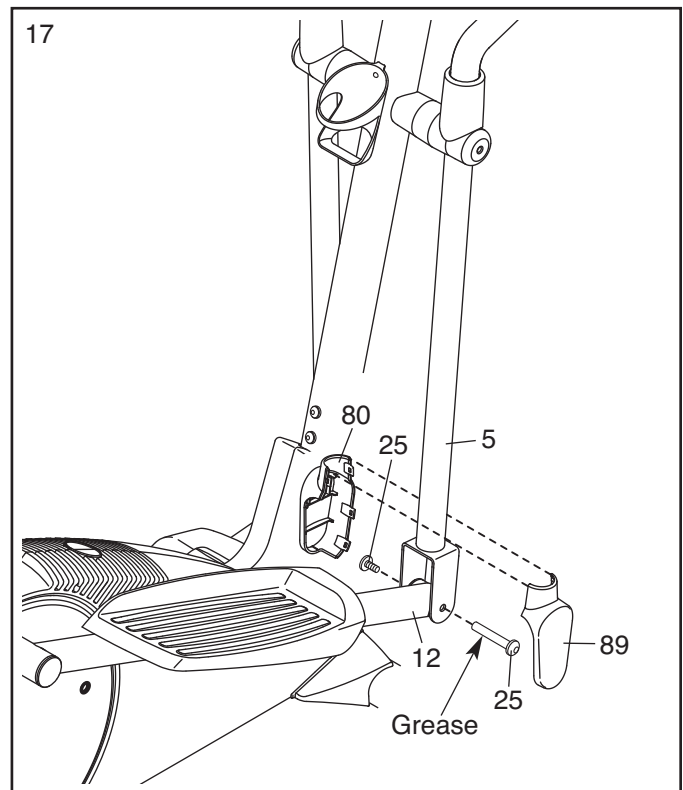
Attach the right Upper Body Leg (5) to the Right Pedal Arm (12) with the M6 Bolt Set (25). **Do not overtighten the Bolt Set; the right Upper Body Leg must pivot freely.**

Identify the Left and Right Upper Body Leg Covers (80, 89), which are marked with "Left" and "Right" stickers, and orient them as shown.

Press the tabs on the Left and Right Upper Body Leg Covers (80, 89) together to attach them around the right Upper Body Leg (5).

Repeat this step for the other side of the elliptical exerciser.

See step 5. Tighten the M10 x 74mm Button Bolts (7).

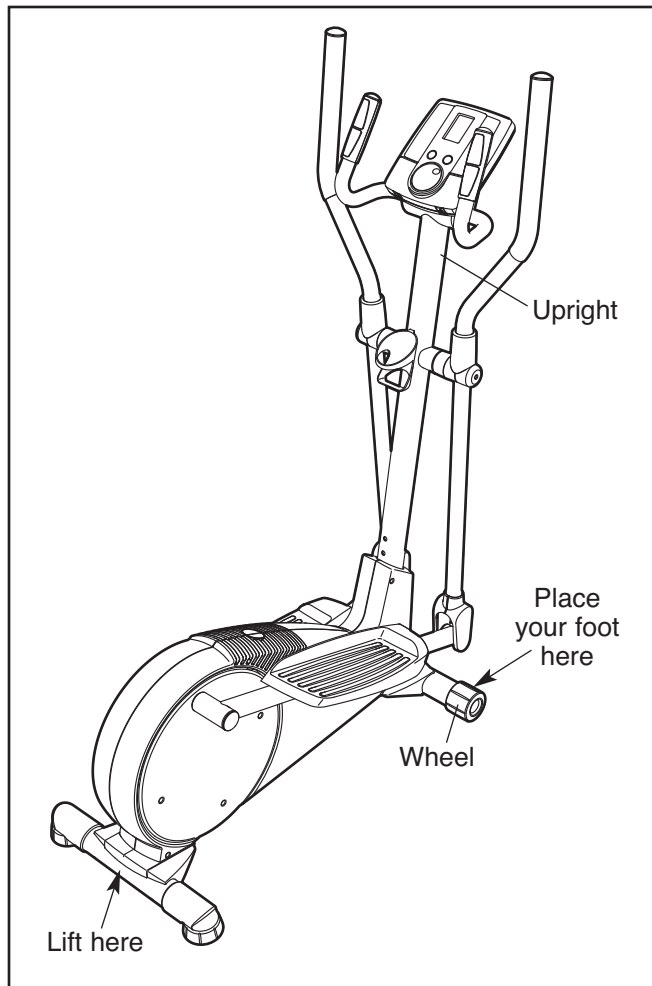


18. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

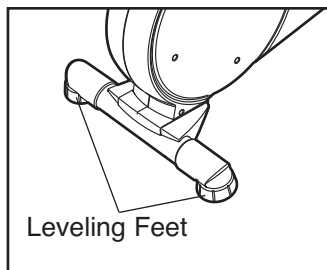
HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the rear stabilizer until the elliptical exerciser will roll on the wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.



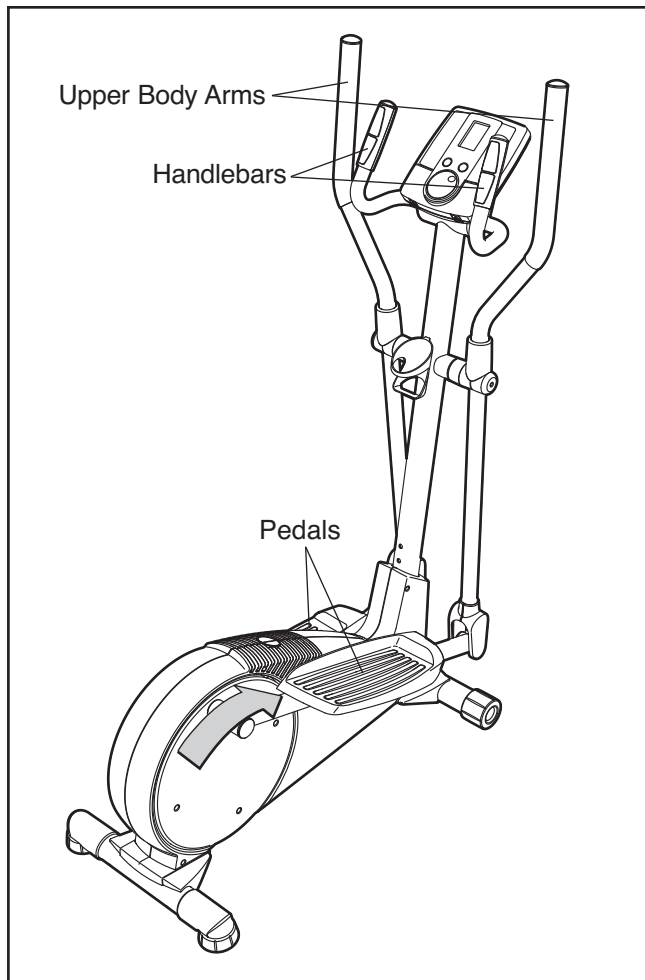
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



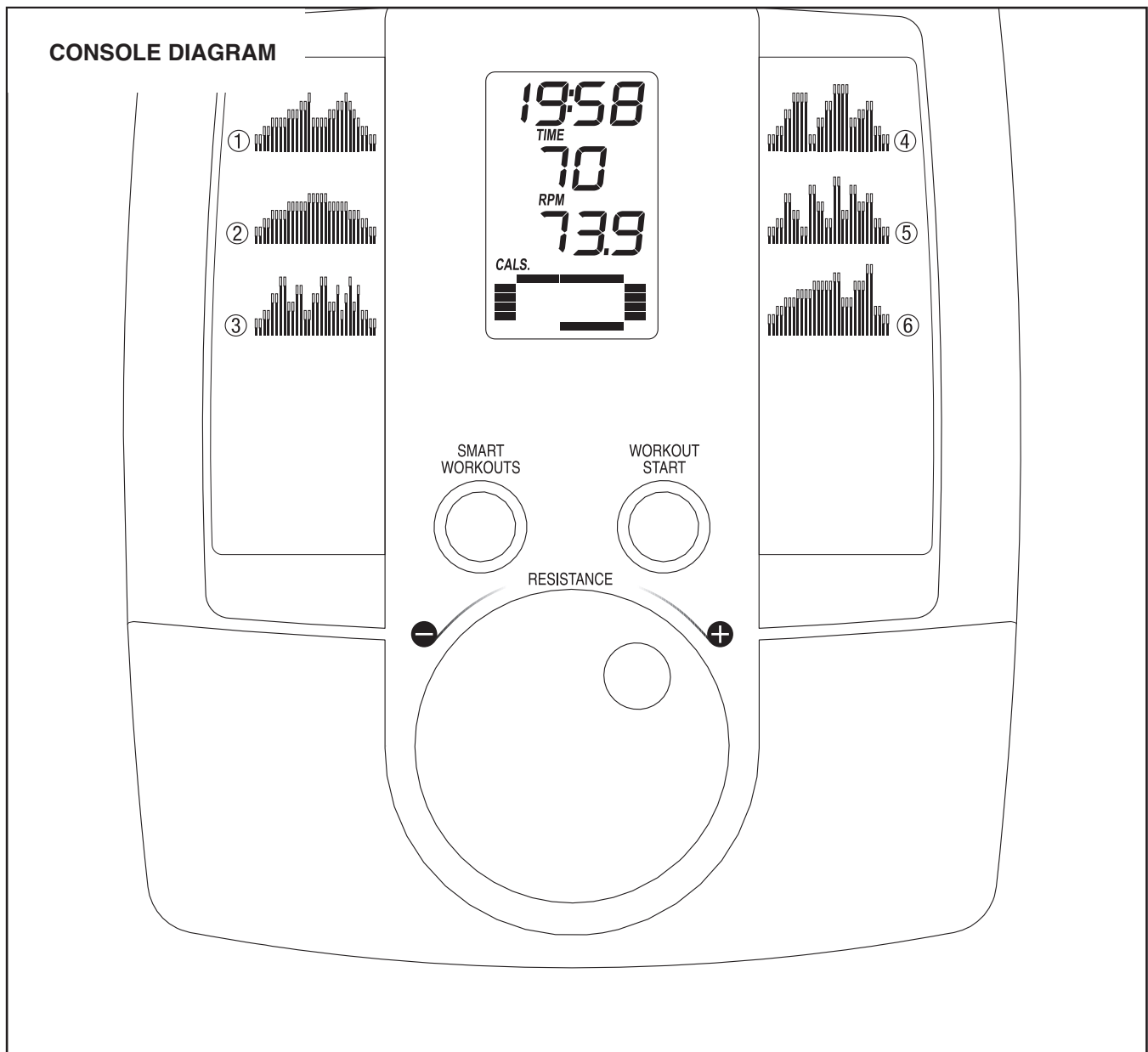
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars or the upper body arms 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 can turn the pedal discs 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 highest pedal first. Then, step off the lowest pedal.



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you select the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers six preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace while guiding you through an effective workout.

To use the manual mode, see page 16. **To use a preset workout**, see page 18.

Note: Before using the console, make sure that batteries are installed (see assembly step 9 on page 9). If there is a sheet of clear plastic on the console, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

To turn on the console, press any button or begin pedaling. The display will turn on and the console will be ready for use.

2. Select the manual mode.

Each time you turn on the console, the manual mode will be selected.



If you have selected a workout, reselect the manual mode by pressing the Smart Workouts button repeatedly until zeros appear in the display.

3. Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by turning the Resistance dial.



To increase the resistance, turn the Resistance dial clockwise; to decrease the resistance, turn the Resistance dial counterclockwise. Note: After you change the resistance, it will take a moment for the pedals to reach the selected resistance level.

4. Follow your progress with the display.

The upper section of the display will show the elapsed time and the distance (total number of revolutions) that you have pedaled. The display will change modes every few seconds.

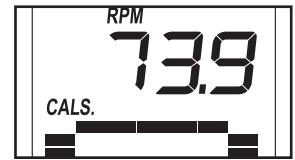


Note: When you select a preset workout, the display will show the time remaining in the workout instead of the elapsed time.

The second section of the display will show your pedaling pace in revolutions per minute (rpm).

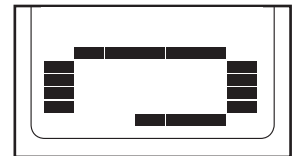


The third section of the display will show the approximate number of calories you have burned and the resistance level of the pedals. The display will change modes every few seconds.



The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 17).

The last section of the display will show a track representing 1/4 mile (400 meters). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



To view the total distance pedaled since the elliptical exerciser was purchased and the total number of hours the elliptical exerciser has been used, press and hold down the Smart Workouts button for several seconds.

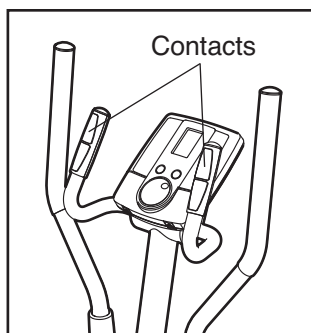
The total distance pedaled will appear in the first section of the display. The total number of hours the elliptical exerciser has been used will appear in the third section of the display. To return to the manual mode, press the Smart Workouts button.



5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic.

Next, hold the handgrip pulse sensor with your palms resting on the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, a heart-shaped symbol will flash in the display each time your heart beats and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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 begin to flash in the display and the console will pause.

If the pedals do not move for a few minutes and no buttons are pressed, the console will turn off and the display will be reset.

HOW TO USE A PRESET WORKOUT

1. Turn on the console.

To turn on the console, press any button or begin pedaling. The display will turn on and the console will be ready for use.

2. Select a preset workout.

To select a preset workout, press the Smart Workouts button repeatedly until the number of the desired workout appears in the display.



The first section of the display will show the workout duration. A profile of the resistance levels for the workout will scroll across the last section of the display. Note: Complete profiles of the preset workouts are printed on the sides of the console.

3. Start the workout.

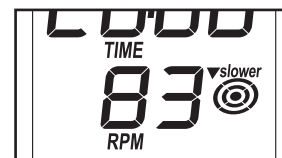
Press the Workout Start button or begin pedaling to start the workout.

Each workout is divided into 30 one-minute segments. One resistance level and one pace setting are programmed for each segment. Note: The same resistance level and/or pace setting may be programmed for consecutive segments.

During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will flash in the center display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, the display will prompt you to keep your pedaling pace near the pace setting for the current segment. When the word “faster” appears in the display, increase your pace. When the word “slower” appears, decrease your pace. When the center of the target flashes, maintain your current pace.



IMPORTANT: The pace settings are intended only to provide motivation. Your actual pace may be slower than the pace settings. Make sure to pedal at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the level by turning the Resistance dial. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance setting for the next segment.**

If you stop pedaling for several seconds, the time will begin to flash in the display. To restart the workout, press the Workout Start button or simply resume pedaling.

The workout will continue until the display shows a time of 0:00. If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

4. Follow your progress with the display.

See step 4 on page 16.

5. Measure your heart rate if desired.

See step 5 on page 17.

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

See step 6 on page 17.

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 dish soap. **IMPORTANT: Keep liquids away from the console and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

CONSOLE TROUBLESHOOTING

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 9 on page 9 for replacement instructions.

If the handgrip pulse sensor does not function properly, see step 5 on page 17.

HOW TO ADJUST THE REED SWITCH

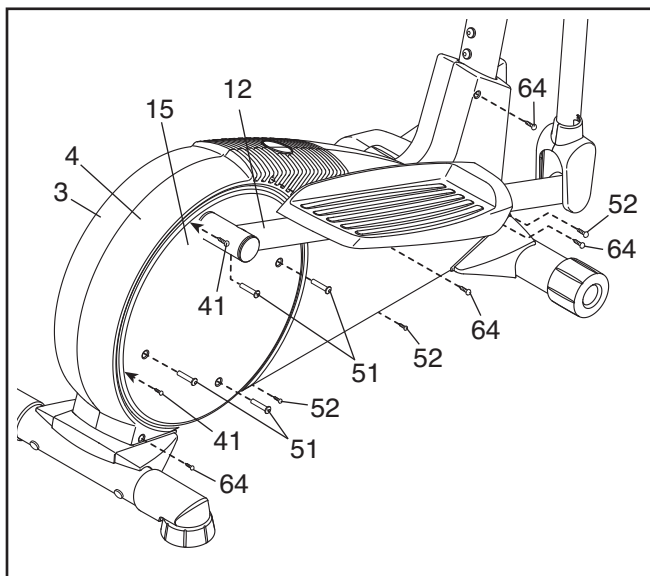
If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, you must remove the stabilizer covers, the pedal arms, the right pedal disc, and the right shield.

First, see step 2 on page 6 and step 4 on page 7 and remove the front and rear stabilizer covers.

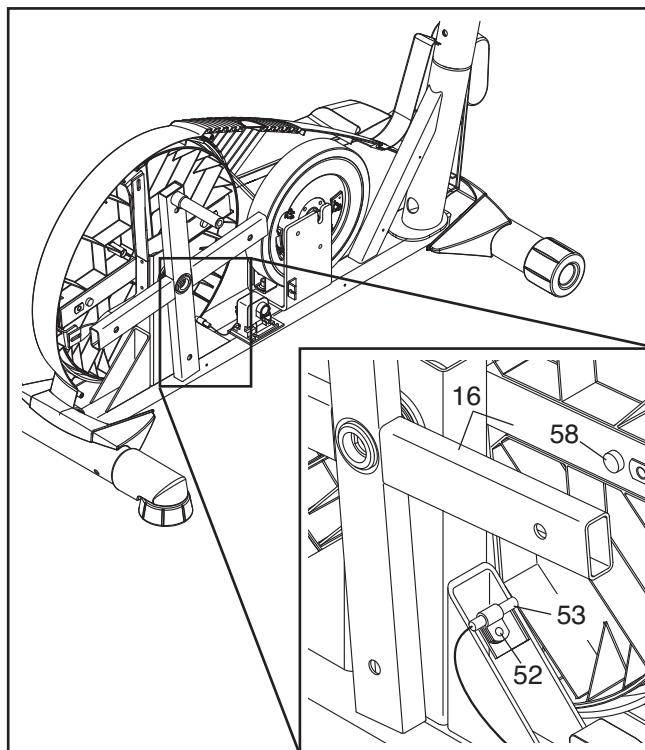
Next, see steps 17 and 16 on page 13 and remove the Left and Right Pedal Arms (11, 12).

Then, remove the Screws (51) from the right Pedal Disc (15), and remove the right Pedal Disc.



Remove all Screws (52, 64) from the Right Shield (4), remove the two Bolts (41), and remove the Right Shield.

Locate the Reed Switch (53). Loosen, but do not remove, the M4 x 16mm Self-tapping Screw (52).



Next, rotate the Disc Crossbars (16) until a Magnet (58) is aligned with the Reed Switch (53). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the Self-tapping Screw (52).

Rotate the Disc Crossbars (16) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the right shield, the right pedal disc, the pedal arms, and the stabilizer covers.

HOW TO ADJUST THE DRIVE BELT

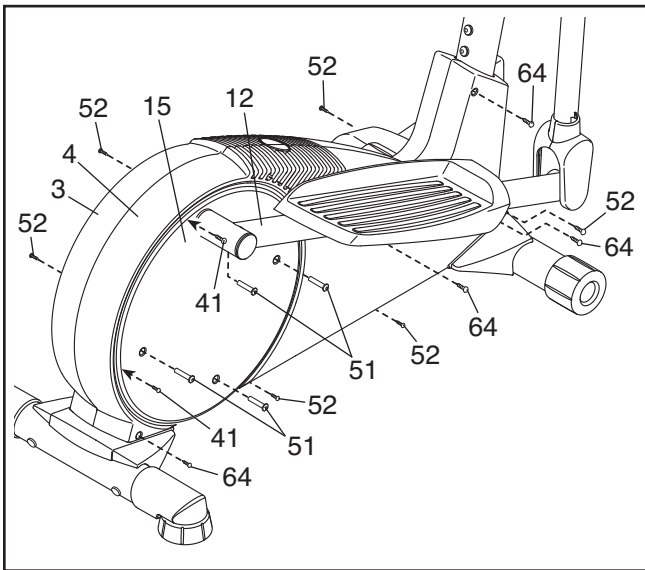
If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, you must remove the stabilizer covers, the pedal arms, the right pedal disc, and both shields.

First, see step 2 on page 6 and step 4 on page 7 and remove the front and rear stabilizer covers.

Next, see steps 17 and 16 on page 13 and remove the Left and Right Pedal Arms (11, 12).

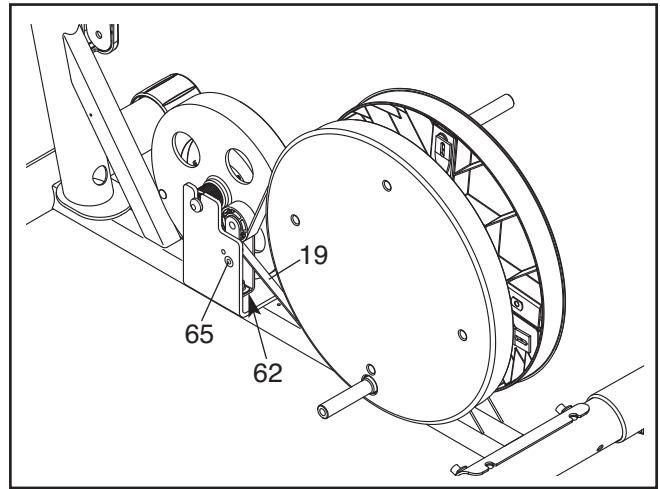
Then, remove the Screws (51) from the right Pedal Disc (15), and remove the right Pedal Disc.



Remove all Screws (52, 64) from the Right Shield (4), remove the two Bolts (41), and remove the Right Shield.

Remove all Screws (52) from the Left Shield (3), and remove the Left Shield.

Next, loosen the M8 x 22mm Flat Head Screw (65) and turn the M10 x 60mm Button Bolt (62) until the Drive Belt (19) is tight.



When the Drive Belt (19) is tight, tighten the M8 x 22mm Flat Head Screw (65).

Then, reattach the shields, the right pedal disc, the pedal arms, and the stabilizer covers.

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 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.

PART LIST—Model No. WLEL32909.1

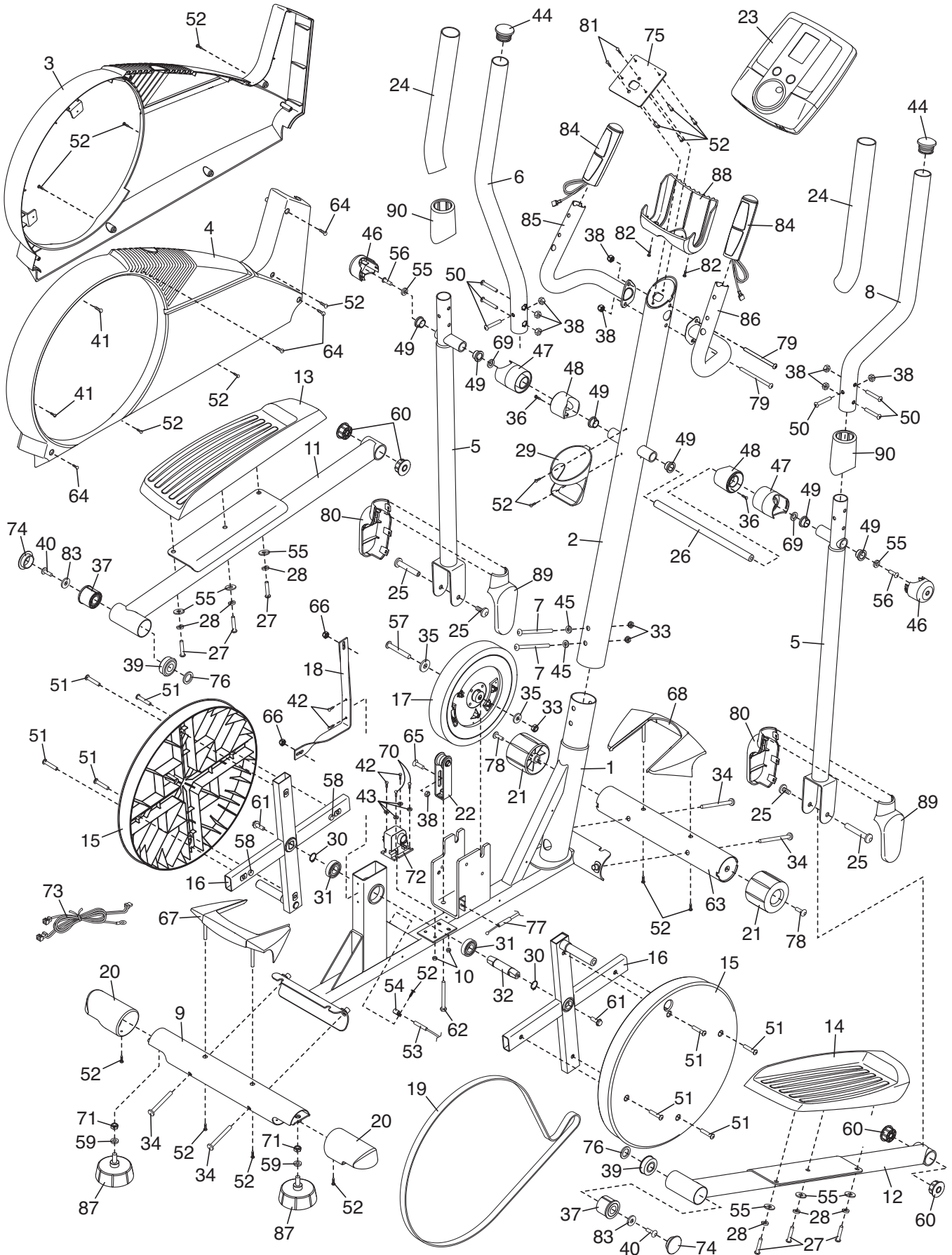
R0709A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	2	Frame Spacer
2	1	Upright	49	6	Upper Body Arm Bushing
3	1	Left Shield	50	6	M8 x 43mm Button Bolt
4	1	Right Shield	51	8	M6 x 28mm Screw
5	2	Upper Body Leg	52	19	M4 x 16mm Self-tapping Screw
6	1	Left Upper Body Arm	53	1	Reed Switch/Wire
7	2	M10 x 74mm Button Bolt	54	1	Clamp
8	1	Right Upper Body Arm	55	8	M8 Washer
9	1	Rear Stabilizer	56	2	M8 x 25mm Patch Screw
10	2	M5 Locknut	57	1	Flywheel Axle
11	1	Left Pedal Arm	58	2	Magnet
12	1	Right Pedal Arm	59	2	Leveling Foot Washer
13	1	Left Pedal	60	4	Front Pedal Arm Bushing
14	1	Right Pedal	61	2	3/8" x 12.7mm Hex Bolt
15	2	Pedal Disc	62	1	M10 x 60mm Button Bolt
16	2	Disc Crossbar	63	1	Front Stabilizer
17	1	Flywheel	64	4	M4 x 25mm Screw
18	1	Shield Bracket	65	1	M8 x 22mm Flat Head Screw
19	1	Drive Belt	66	2	M6 Locknut
20	2	Rear Stabilizer Cap	67	1	Rear Stabilizer Cover
21	2	Wheel	68	1	Front Stabilizer Cover
22	1	Belt Idler	69	2	Small Wave Washer
23	1	Console	70	2	M5 x 20mm Screw
24	2	Foam Grip	71	2	Nut
25	2	M6 Bolt Set	72	1	Resistance Motor
26	1	Pivot Axle	73	1	Wire Harness
27	6	M8 x 14mm Button Screw	74	2	Pedal Arm Cap
28	6	M8 Split Washer	75	1	Console Plate
29	1	Water Bottle Holder	76	2	Large Wave Washer
30	2	Large Snap Ring	77	1	Resistance Cable
31	2	Large Bearing	78	2	M10 x 41mm Shoulder Screw
32	1	Pedal Axle	79	2	M8 x 80mm Patch Bolt
33	3	M10 Locknut	80	2	Left Upper Body Leg Cover
34	4	M10 x 78mm Button Bolt	81	2	M6 x 13mm Patch Screw
35	2	M10 Washer	82	2	M4 x 10mm Blunt Screw
36	2	M3 x 16mm Screw	83	2	M10 Washer
37	2	Outer Pedal Arm Bushing	84	2	Pulse Sensor/Wire
38	9	M8 Locknut	85	1	Left Handlebar
39	2	Inner Pedal Arm Bushing	86	1	Right Handlebar
40	2	M10 x 25mm Patch Screw	87	2	Leveling Foot
41	2	M6 x 18mm Bolt	88	1	Console Cover
42	4	M5 x 16mm Screw	89	2	Right Upper Body Leg Cover
43	4	M5 Washer	90	2	Upper Body Arm Cover
44	2	Small Upper Body Arm Cap	*	—	Assembly Tool
45	2	M10 Split Washer	*	—	Grease Packet
46	2	Axle Cap	*	—	User's Manual
47	2	Upper Body Arm Spacer			

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.

EXPLODED DRAWING—Model No. WLEL32909.1

R0709A



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: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.wesloservice.com/registration

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; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. 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.

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