

# WESLO<sup>®</sup>

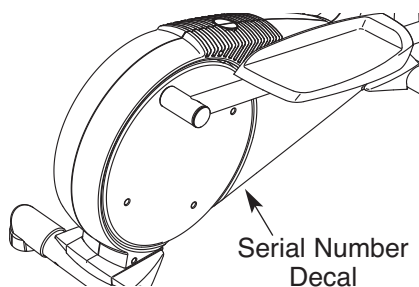
## momentum CT 5.0

[www.weslo.com](http://www.weslo.com)

Model No. WLEL32910.0

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:

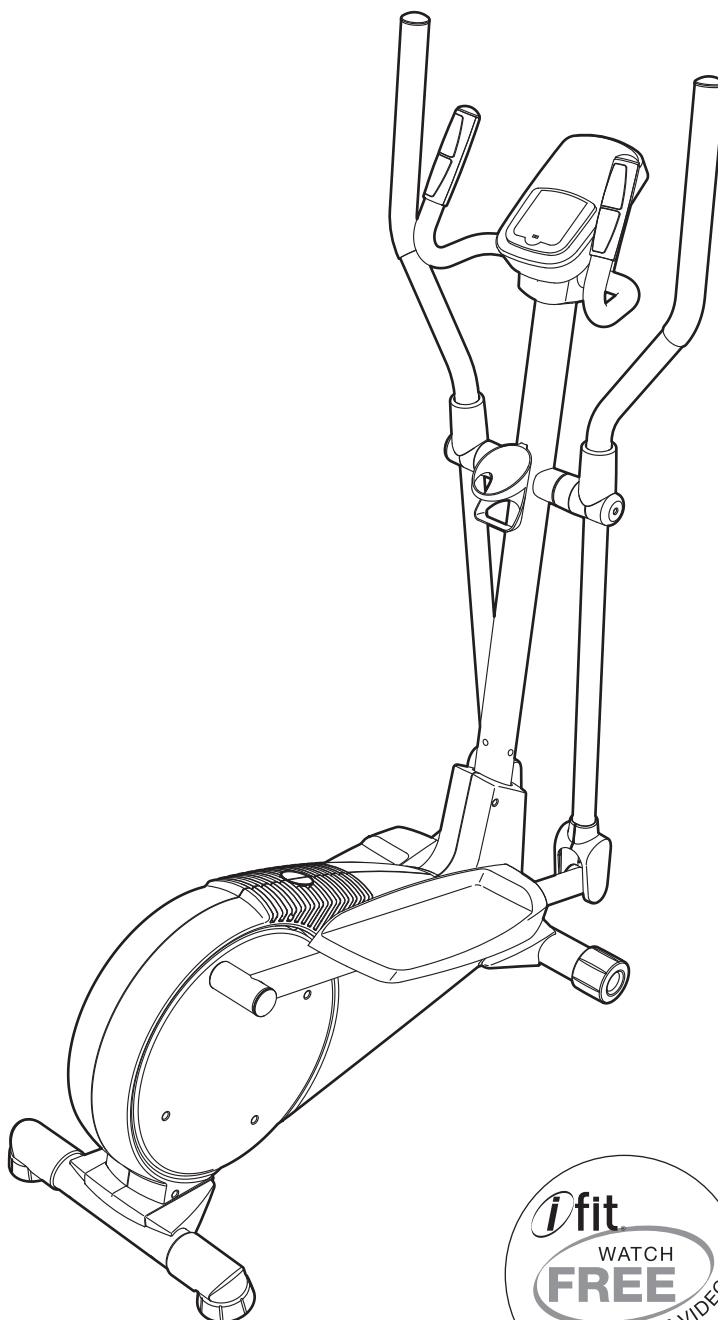
**1-866-699-3756**

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

[www.wesloservice.com](http://www.wesloservice.com)



### 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

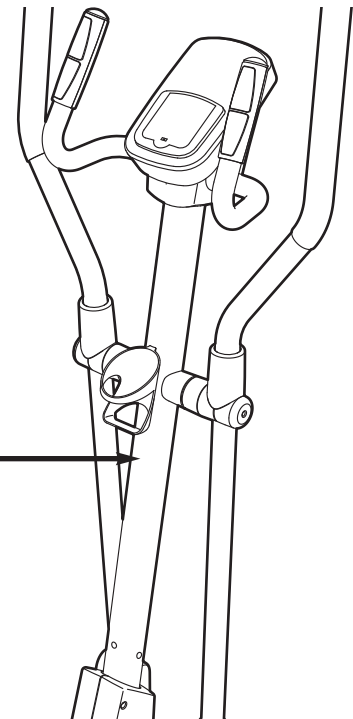
This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

**WARNING**  
**ADVERTENCIA**

- 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.

- Mal uso de esta máquina puede resultar en graves lesiones.
- Lea el manual del usuario antes del uso y siga todas las precauciones e instrucciones.
- No deje a niños en o alrededor de la máquina.
- Los pedales continúan a girar cuando usted para de empujar a los pedales.
- Los pedales al girar pueden causar heridas.
- Reduzca la velocidad de los pedales en forma controlada.
- El peso del usuario no debe exceder 113 kg.
- Reemplace la calcomanía si está dañada, ilegible, o faltando.





# 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 before using your elliptical. 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 age 35 or persons with pre-existing health problems.
2. Use the elliptical only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 250 lbs. (113 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
12. 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.
13. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. Keep your back straight while using the elliptical; do not arch your back.
15. 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.

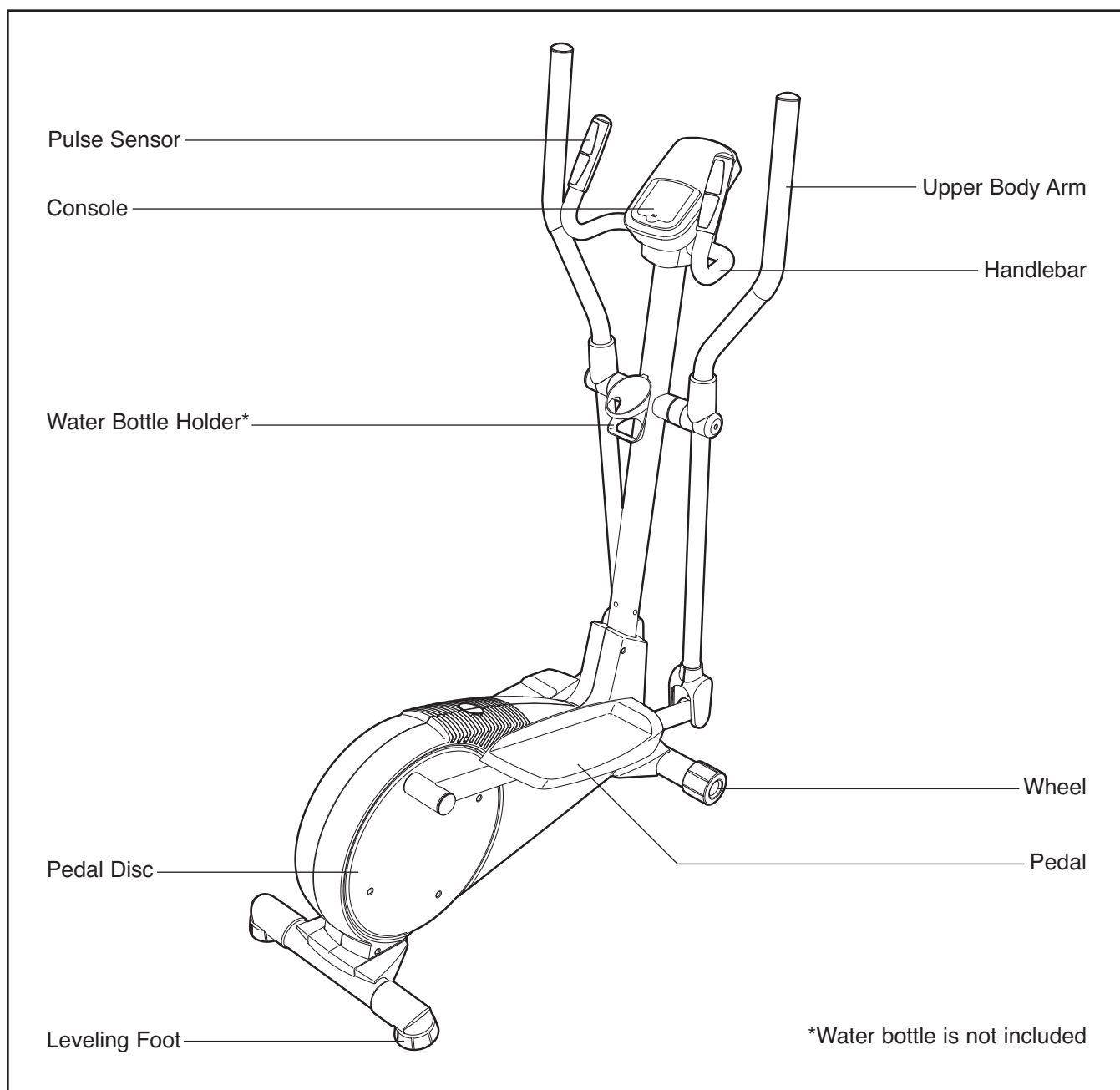
# BEFORE YOU BEGIN

Thank you for selecting the new WESLO® MOMENTUM CT 5.0 elliptical. The MOMENTUM CT 5.0 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.** 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.



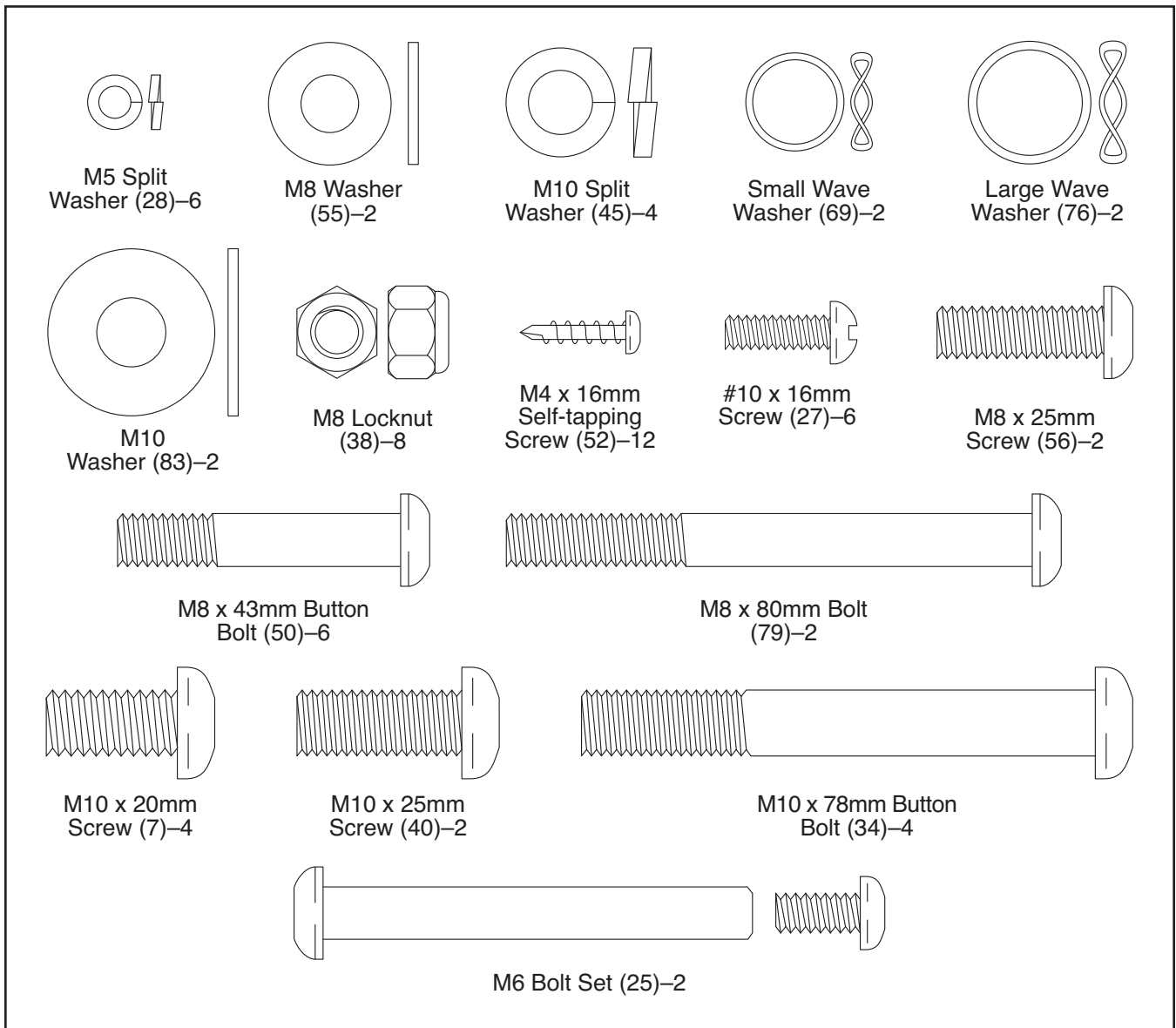
# ASSEMBLY

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

**Assembly requires two persons.** Place all parts of the elliptical 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 .

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: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.**



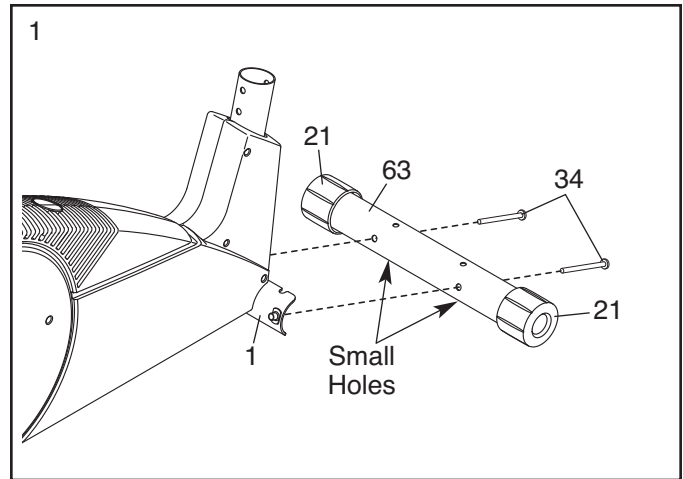
1.

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

Identify the Front Stabilizer (63), which has a Wheel (21) on each end.

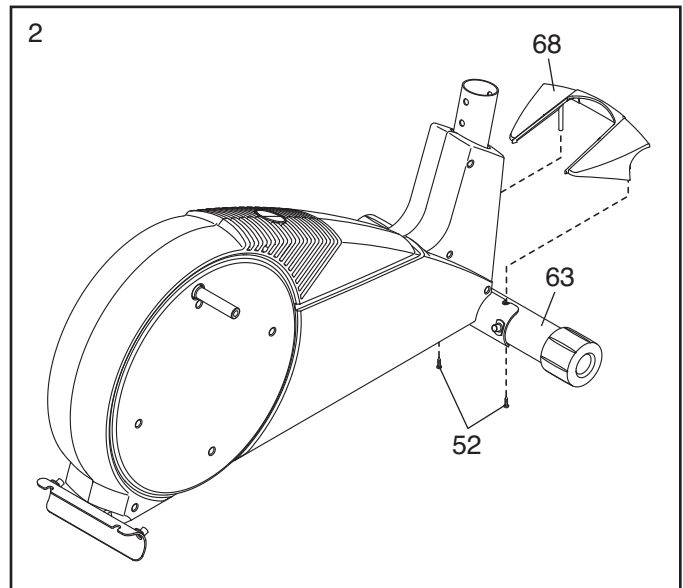
Orient the Front Stabilizer (63) so that the small holes face downward.

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).

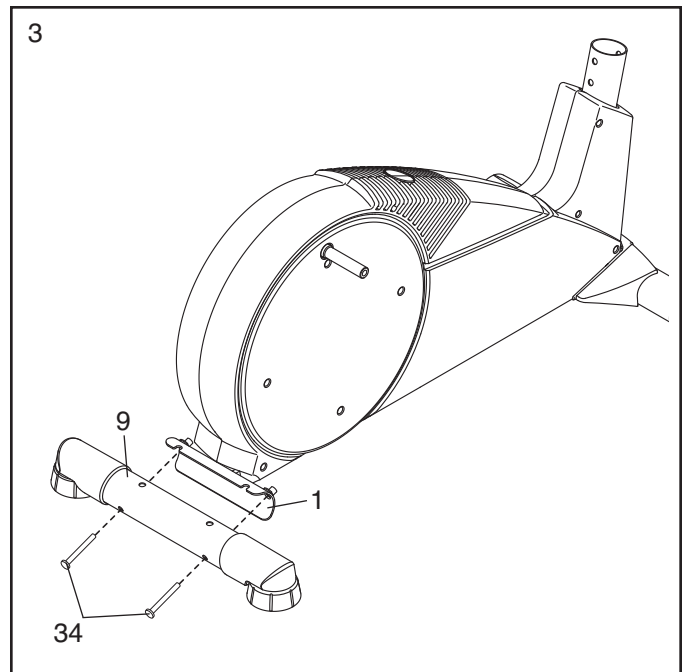


2. Insert the Front Stabilizer Cover (68) into the Front Stabilizer (63).

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

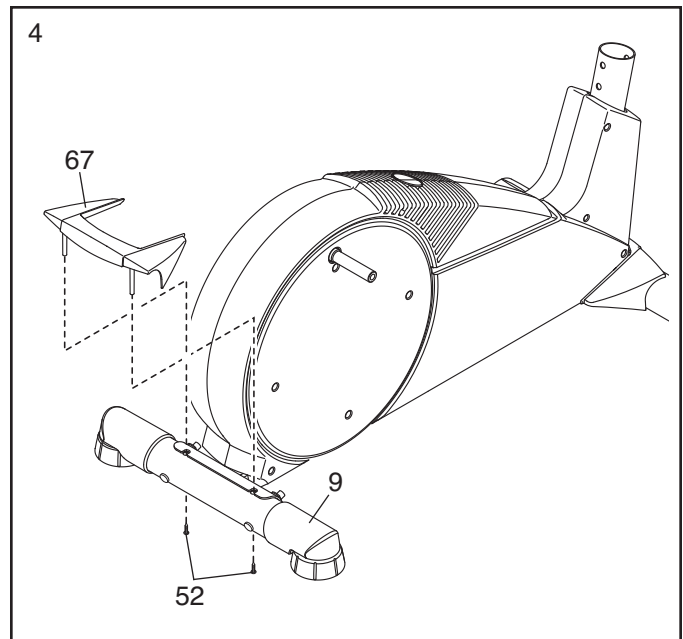


3. While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (9) to the Frame with two M10 x 78mm Button Bolts (34).



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).

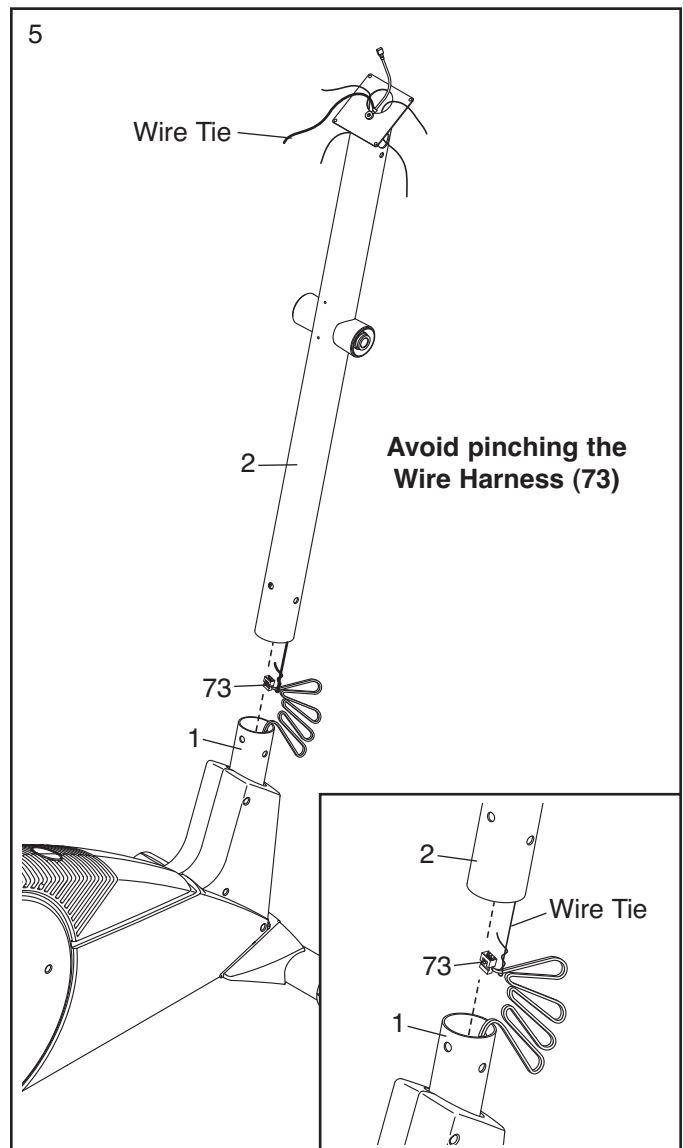


5. Orient the Upright (2) as shown. Have a second person hold the Upright near the Frame (1).

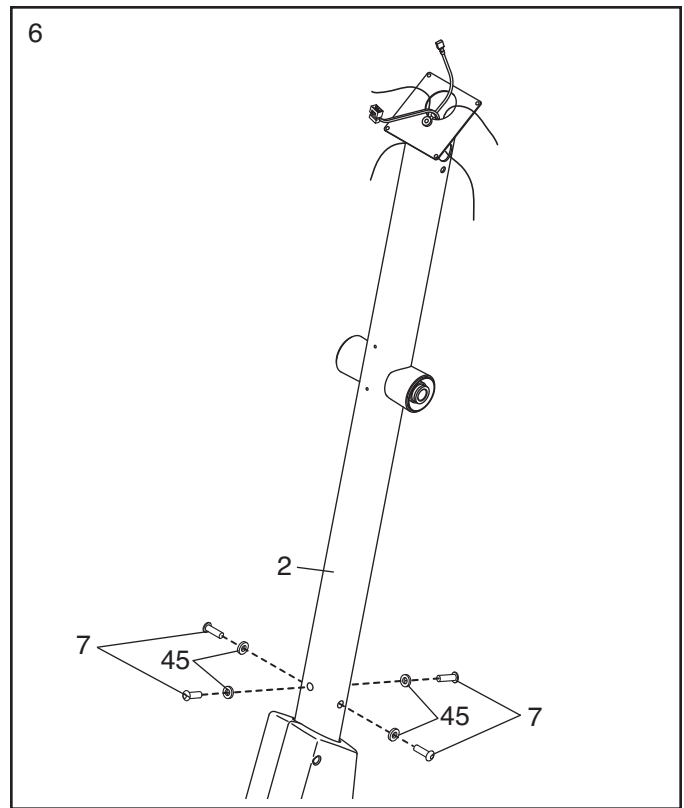
**See the inset drawing.** Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Wire Harness (73). Then, pull the upper end of the wire tie until the Wire Harness is routed through the Upright.

**Tip: To prevent the Wire Harness (73) from falling into the Upright (2), secure the Wire Harness with the wire tie.**

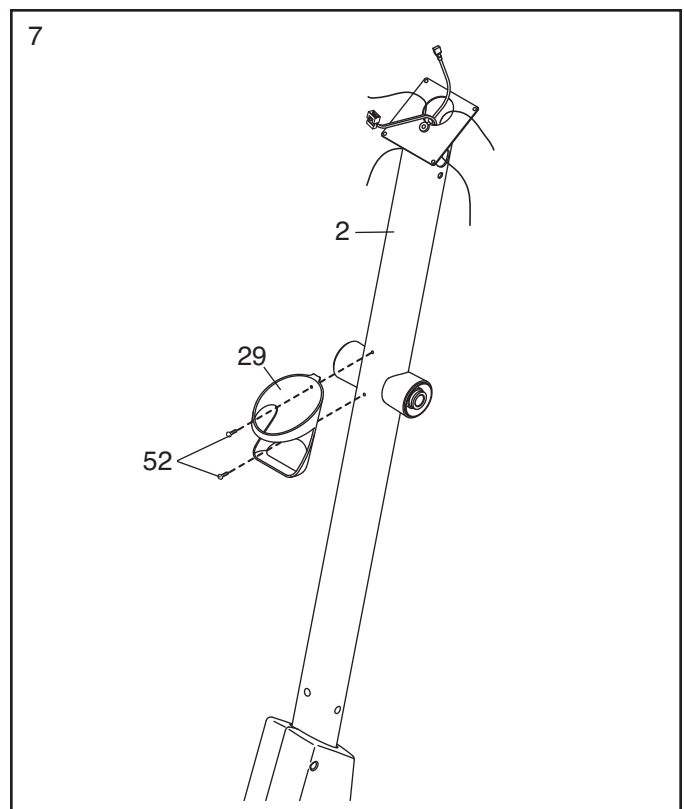
**Tip: Avoid pinching the Wire Harness (73).** Slide the Upright (2) onto the Frame (1).



6. Attach the Upright (2) to the Frame (not shown) with four M10 x 20mm Screws (7) and four M10 Split Washers (45). **Do not tighten the Screws yet.**



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

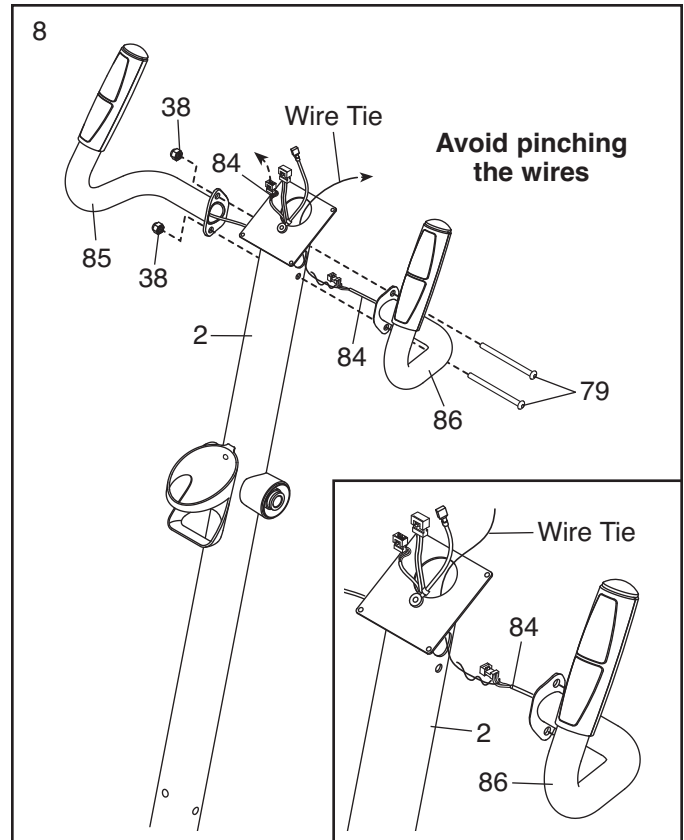


8. Identify the Left and Right Handlebars (85, 86), which are marked with “Left” and “Right” stickers.

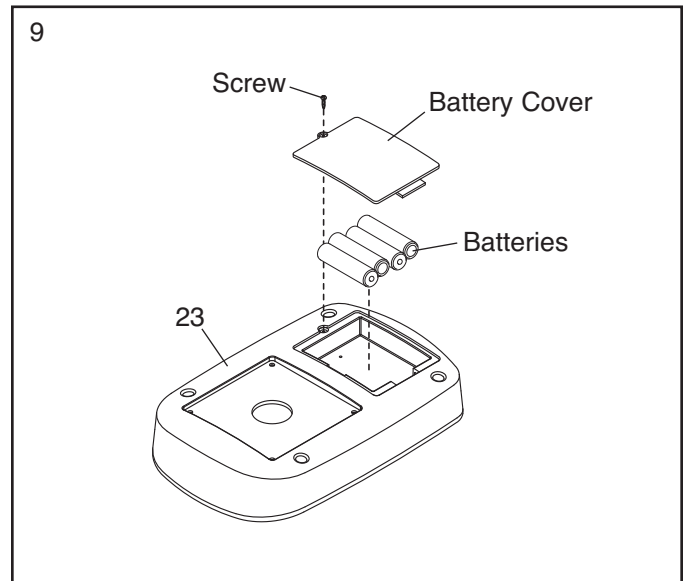
Have a second person hold the Left and Right Handlebars (85, 86) near the Upright (2).

**See the inset drawing.** Locate the wire tie in the right side of the Upright (2). Tie the lower end of the wire tie to the right Pulse Wire (84). Then, pull the upper end of the wire tie upward out of the top of the Upright. **Repeat this action on the left side of the Upright.**

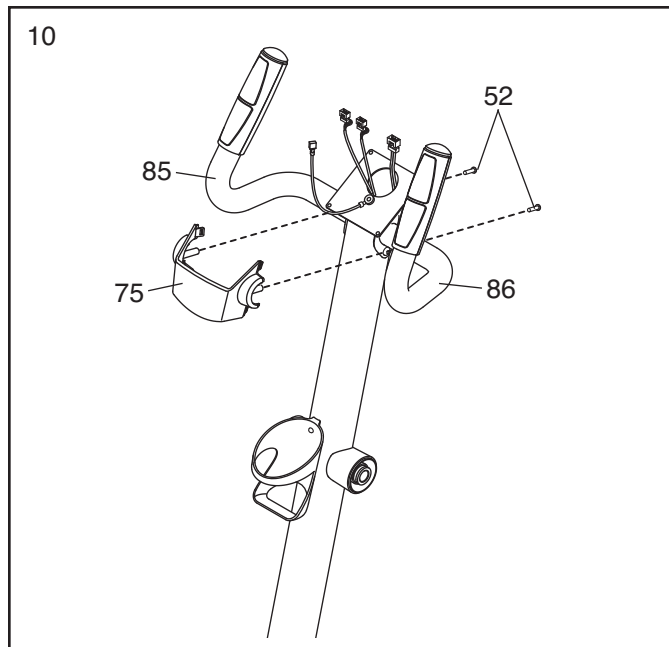
**Tip: Avoid pinching the wires.** Attach the Left and Right Handlebars (85, 86) to the Upright (2) with two M8 x 80mm Bolts (79) and two M8 Locknuts (38).



9. The Console (23) requires four AA 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 and insert the batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



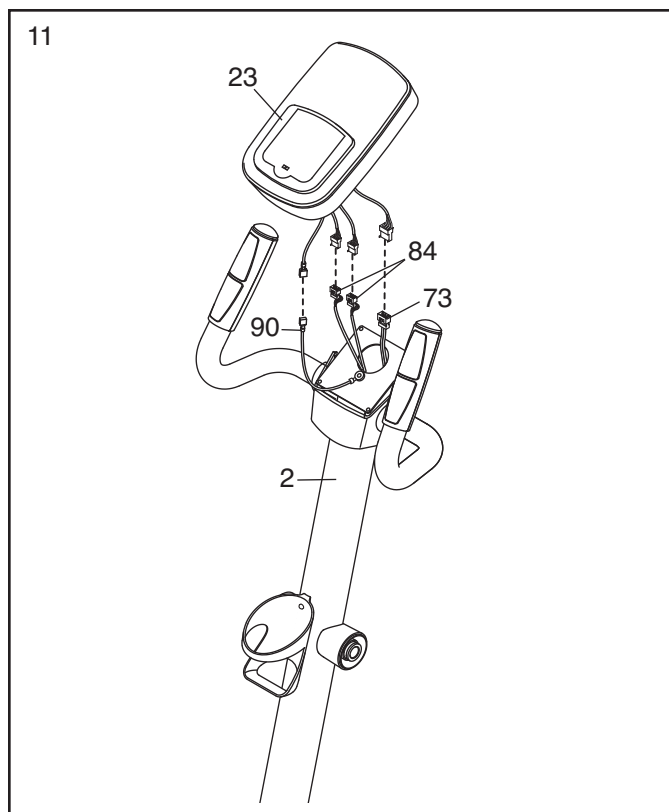
10. Attach the Rear Upright Cover (75) to the Left and Right Handlebars (85, 86) with two M4 x 16mm Self-tapping Screws (52). **Do not fully tighten the Screws yet.**



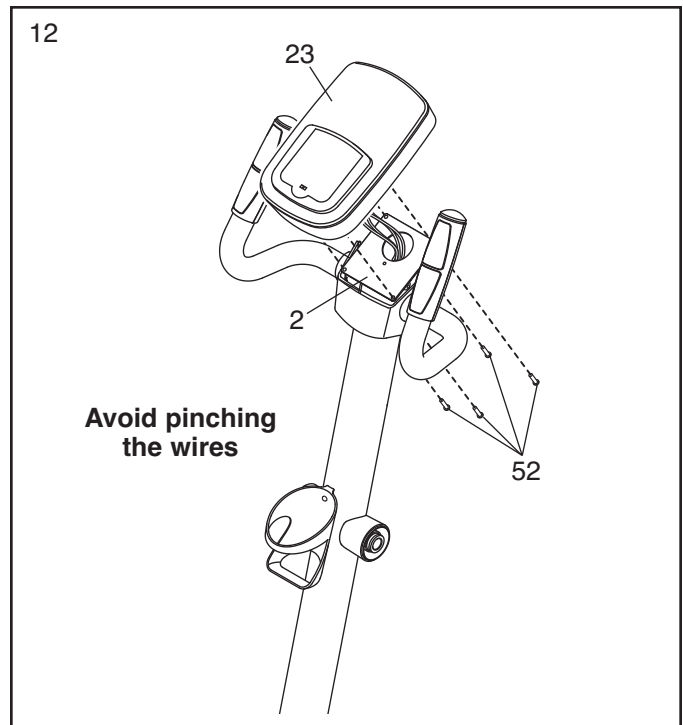
11. Untie and discard the wire ties on the Wire Harness (73) and the Pulse Wires (84).

While a second person holds the Console (23) near the Upright (2), connect the console wires to the Wire Harness (73), to the Ground Wire (90), and to the Pulse Wires (84).

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

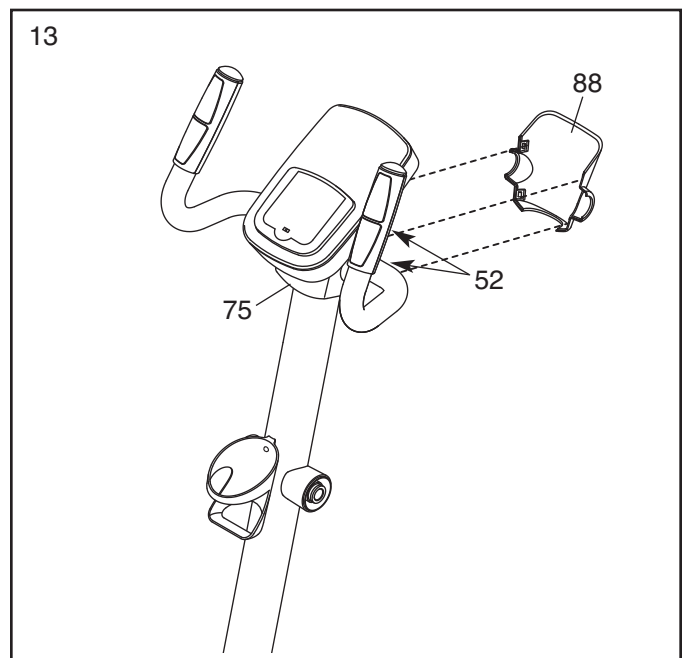


12. **Tip: Avoid pinching the wires.** Attach the Console (23) to the Upright (2) with four M4 x 16mm Self-tapping Screws (52).



13. **Tighten the two indicated M4 x 16mm Self-tapping Screws (52).**

Press the tabs on the Front Upright Cover (88) into the tabs on the Rear Upright Cover (75).



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

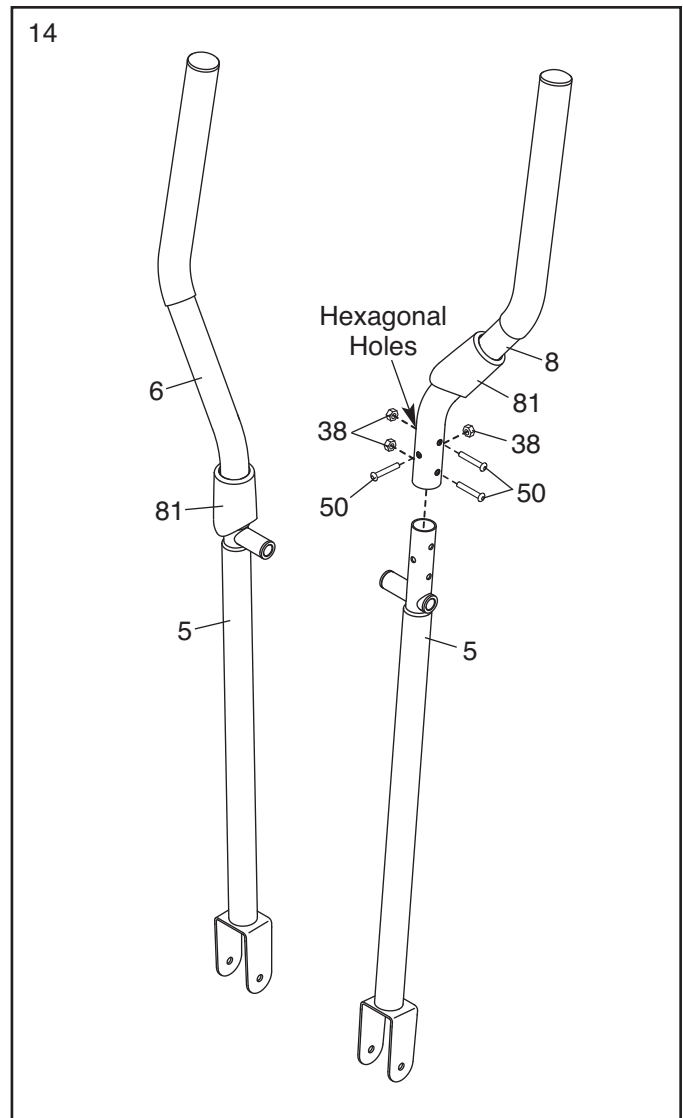
Slide an Upper Body Arm Cover (81) upward onto the Right Upper Body Arm (8).

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

**Tip: Have a second person hold the Upper Body Arm Cover (81) while you perform the following 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.**



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

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

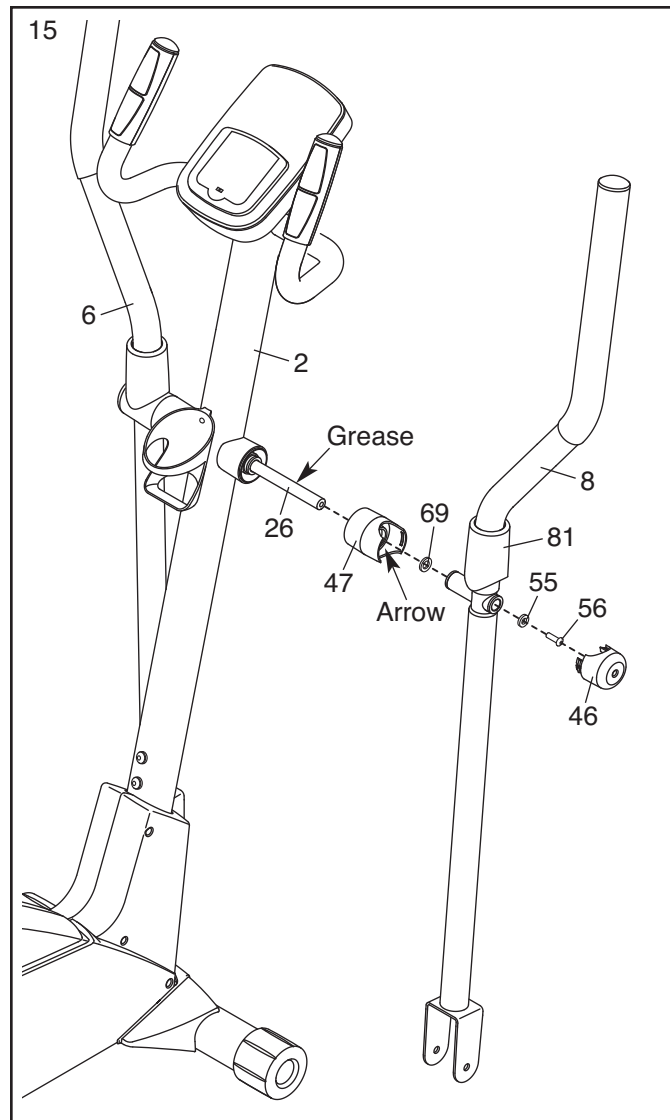
Slide a Small Wave Washer (69) onto the Pivot Axle (26). Then, slide the Right Upper Body Arm (8) onto the Pivot Axle.

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

Slide the right Upper Body Arm Cover (81) upward. Then, press the tabs on an Axle Cap (46) into the Upper Body Arm Spacer (47).

Slide the Upper Body Arm Cover (81) downward to cover the M8 x 43mm Button Bolts (not shown).

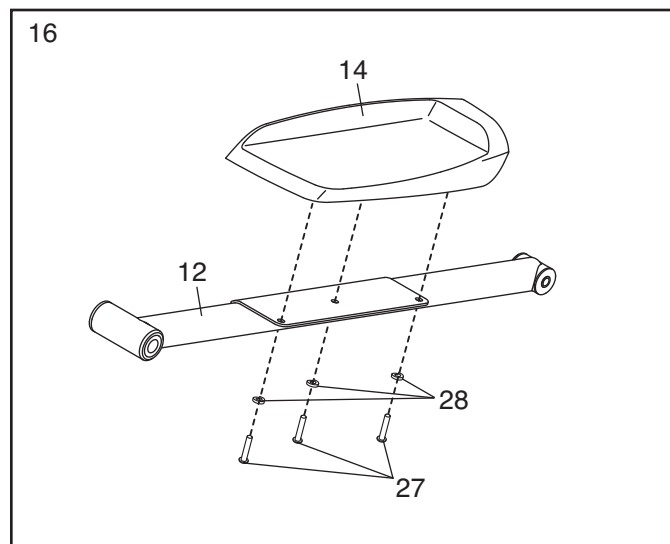
**Repeat this step on the other side of the elliptical.**



16. 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 #10 x 16mm Screws (27) and three M5 Split Washers (28).

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



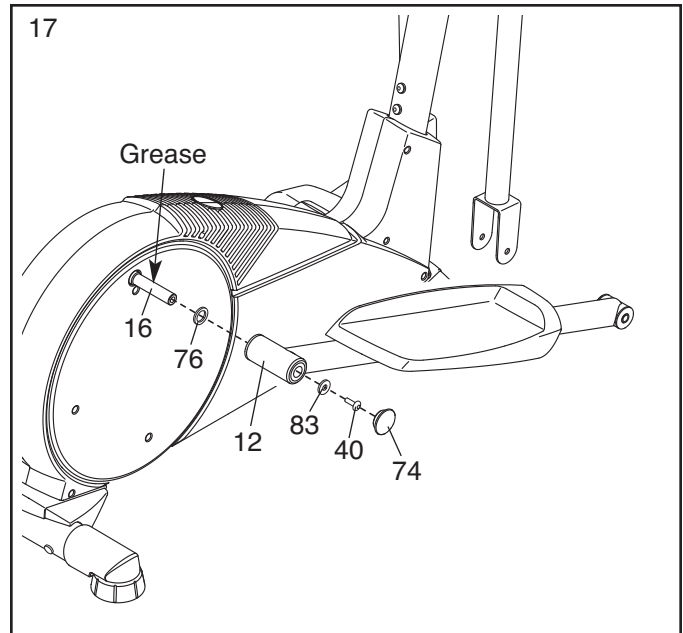
17. Apply grease to the axle on the right Disc Crossbar (16) and to a Large Wave Washer (76).

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

Tighten an M10 x 25mm Screw (40) and an M10 Washer (83) into the Right Disc Crossbar (16).

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

**Repeat this step on the other side of the elliptical.**



18. Apply 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).

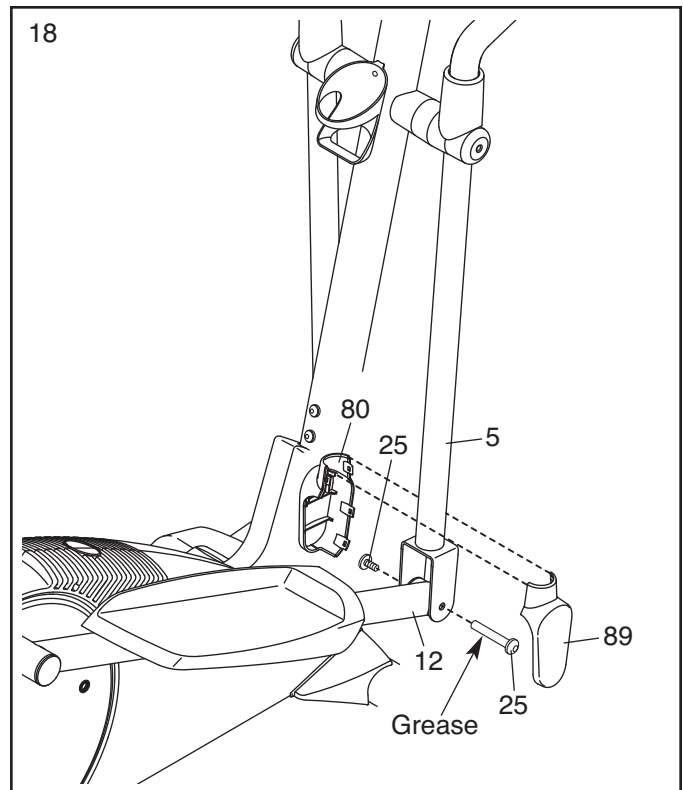
Attach the right Upper Body Leg (5) to the Right Pedal Arm (12) with the M6 Bolt Set (25). **Do not overtighten the Bolt Set; the right Upper Body Leg must pivot freely.**

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 on the other side of the elliptical.**

**See step 6.** Tighten the M10 x 20mm Screws (7).

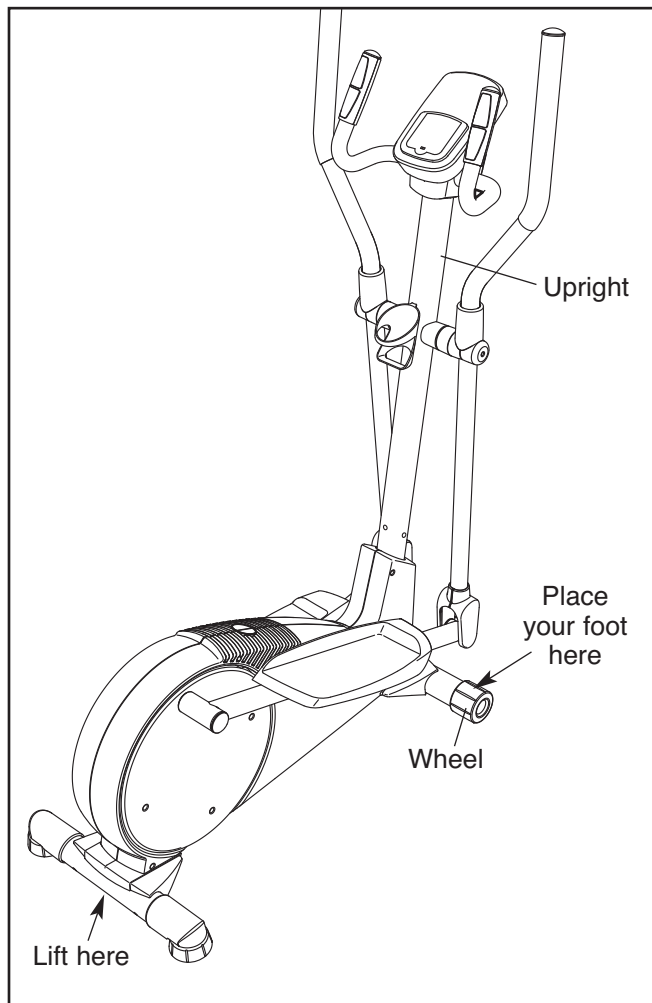


19. **Make sure that all parts of the elliptical are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical.

# HOW TO USE THE ELLIPTICAL

## HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, 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 will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.

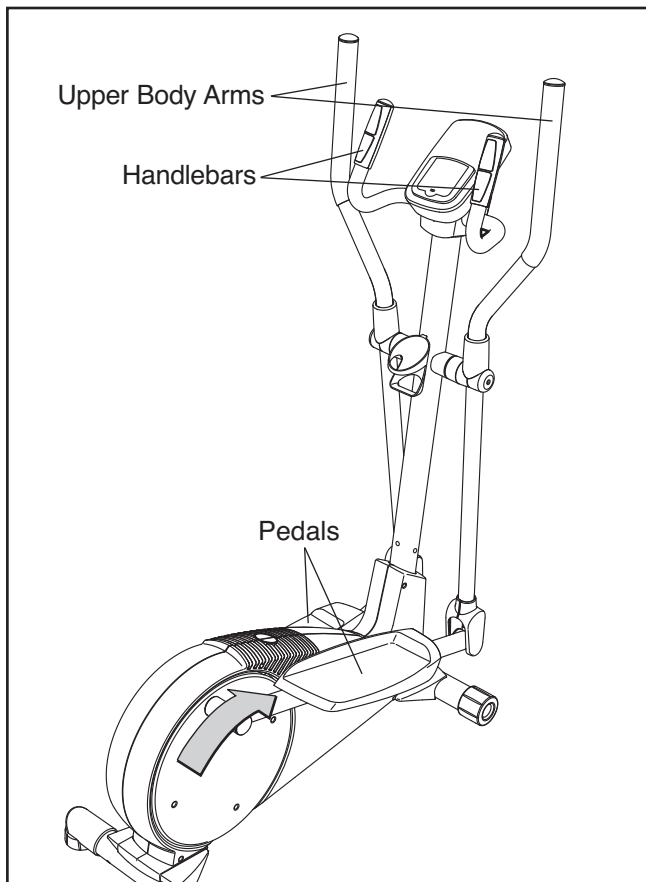


## HOW TO LEVEL THE ELLIPTICAL

If the elliptical 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

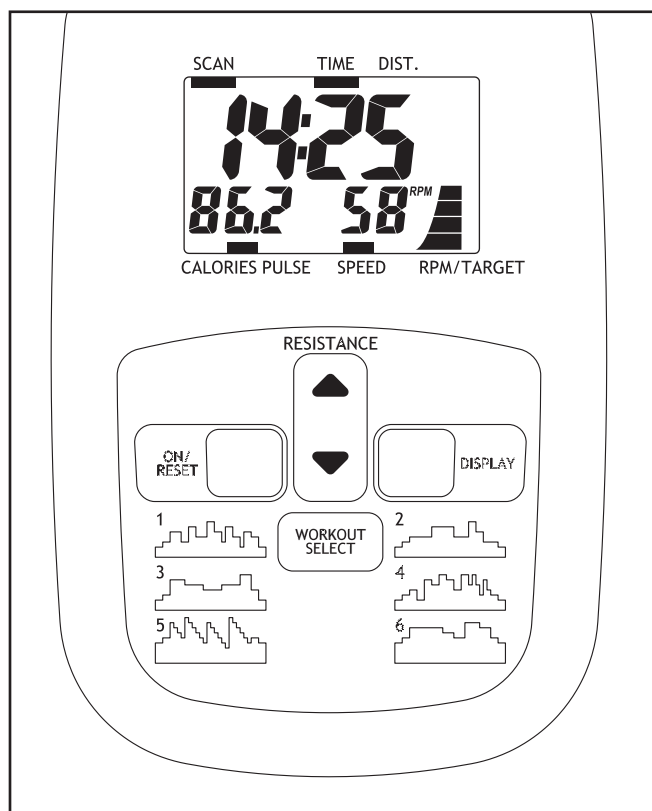
To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lowest position. Then, step onto the other pedal.



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, wait until the pedals come to a complete stop. **Note: The elliptical 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 console offers a selection of features designed to make your workouts more effective.

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

The console also offers six preset workouts that automatically change the resistance of the pedals and prompt you to vary your pedaling speed while guiding you through an effective workout.

**To use the manual mode**, see the instructions at the right. **To use a preset workout**, see page 18.

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

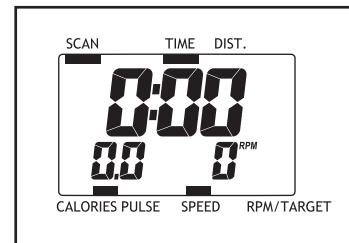
## HOW TO USE THE MANUAL MODE

### 1. Turn on the console.

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

### 2. Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a preset workout, reselect the manual mode by pressing the Workout Select button repeatedly until zeros appear in the display.



### 3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

Note: After you press the Resistance buttons, it will take a moment for the pedals to reach the selected resistance level.

### 4. Follow your progress with the display.

The display can show the following workout information:

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

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

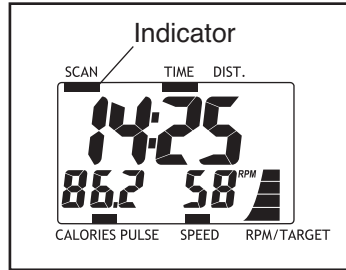
**Distance**—This display shows the distance you have pedaled, in total revolutions.

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

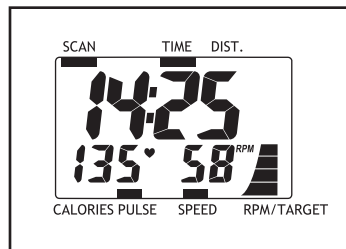
**Pulse**—This display shows your heart rate when you use the handgrip pulse sensor.

**Scan**—When you select this display option, the upper section of the display will show both time and distance information, and the lower left section of the display will show calories information.

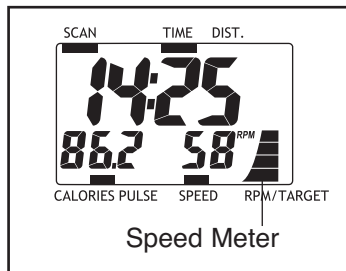
When you turn the console on, the scan display will be selected automatically. An indicator will appear below the word SCAN to show that the scan display is selected.



As you exercise, the upper section of the display will alternately show the elapsed time and the distance that you have pedaled; the lower left section of the display will show the number of calories you have burned. The lower right section of the display will show your pedaling speed.



In addition, the speed meter on the right side of the display will provide a visual representation of your pedaling speed. As you increase or decrease your speed, bars will appear or disappear in the speed meter.



To cancel the scan mode, press the Display button. The indicator below the word SCAN will disappear.

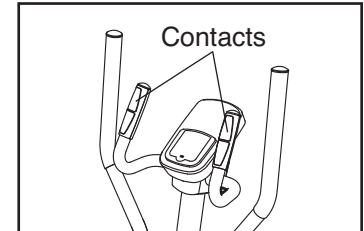
To view workout information for continuous display, press the Display button repeatedly until an indicator appears above or below the information you are interested in viewing.

To select the scan mode again, press the Display button repeatedly until an indicator appears below the word SCAN.

To reset the display, press the On/Reset button. To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

## 5. Measure your heart rate if desired.

**Note: If there are sheets of plastic on the metal contacts of the handgrip pulse sensor, remove the plastic.** To measure your



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

When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats and two dashes will appear. After a moment, your heart rate will be shown in the display. For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds.

**Note:** If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

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 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 flash in the display and the console will pause.

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

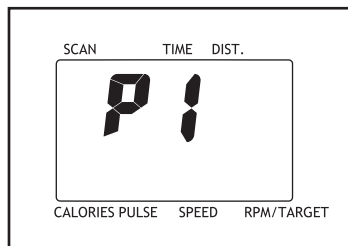
## HOW TO USE A PRESET WORKOUT

### 1. Turn on the console.

See step 1 on page 16.

### 2. Select a preset workout.

To select a preset workout, press the Workout Select button repeatedly until the name of the workout appears in the display.



A few seconds after you select a preset workout, the display will show the duration of the workout.

### 3. Begin pedaling to start the workout.

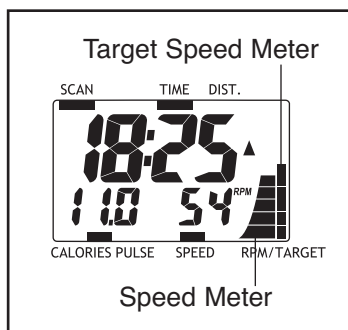
Each preset workout consists of several one-minute segments. One resistance level and one target speed are programmed for each segment.

Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons.

**IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

The target speed settings for the workout will be shown by the target speed meter in the display. The speed meter will show your actual pedaling speed.



As the target speed meter changes in height during the workout, adjust your pedaling speed so that the same number of bars appears in both meters.

If your pedaling speed is slower than the current target speed setting, an arrow will appear next to the speed meter to prompt you to increase your speed; if your speed is faster than the target speed, an arrow will prompt you to decrease your speed.

**IMPORTANT: The target speed settings for the workout are intended only to provide a goal. Your actual speed may be slower than the target speed settings. Make sure to exercise at a speed that is comfortable for you.**

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

### 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 regularly. Replace any worn parts immediately.

To clean the elliptical, 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, replace all the batteries at the same time; 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

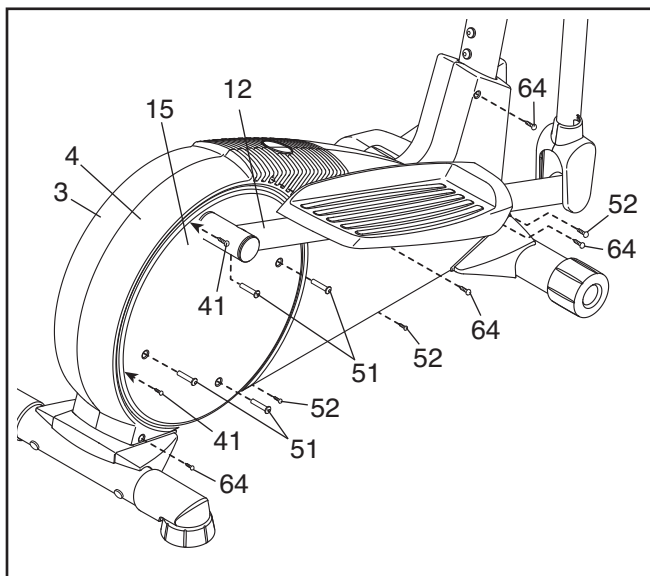
If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, you must remove the stabilizer covers, the pedal arms, the right pedal disc, and the right shield (see the instructions below).

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

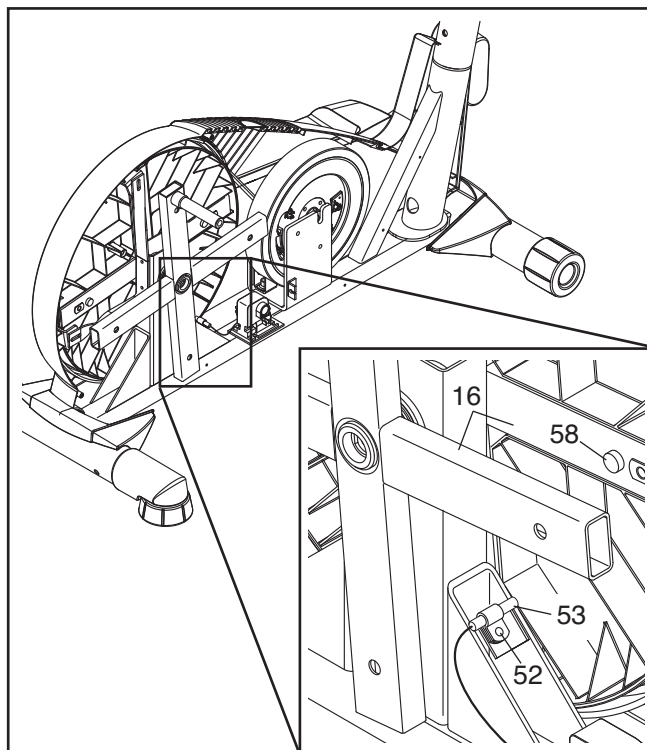
Next, see steps 18 and 17 on page 14 and remove the Left and Right Pedal Arms (11, 12).

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

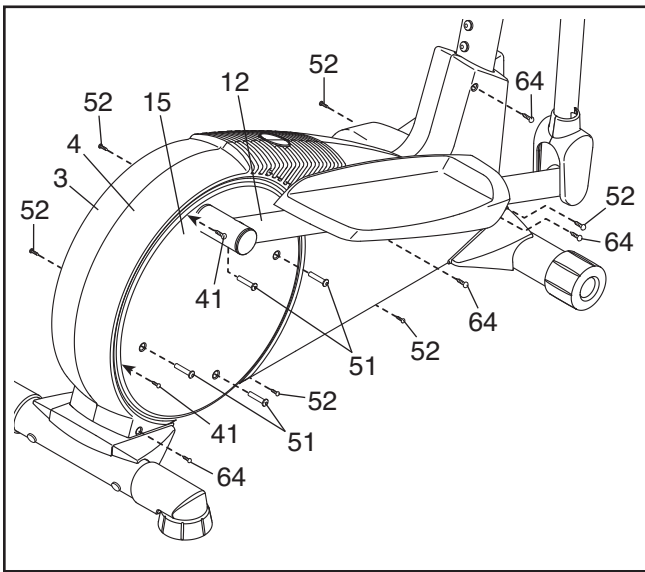
If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

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 18 and 17 on page 14 and remove the Left and Right Pedal Arms (11, 12).

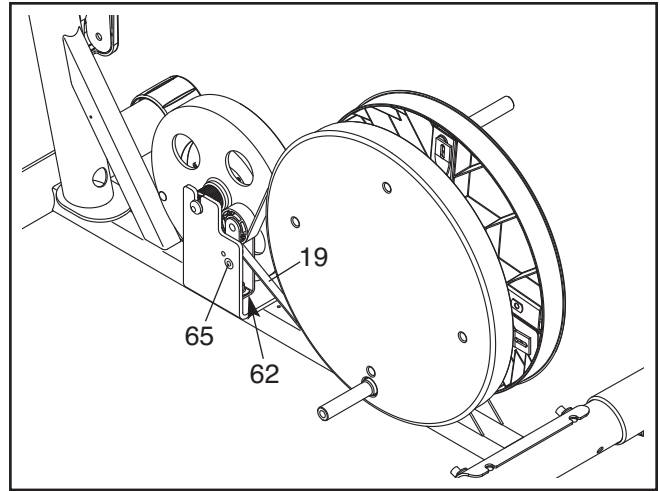
Then, remove the Screws (51) from the right Pedal Disc (15), and remove the right Pedal Disc.



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 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.

# PART LIST

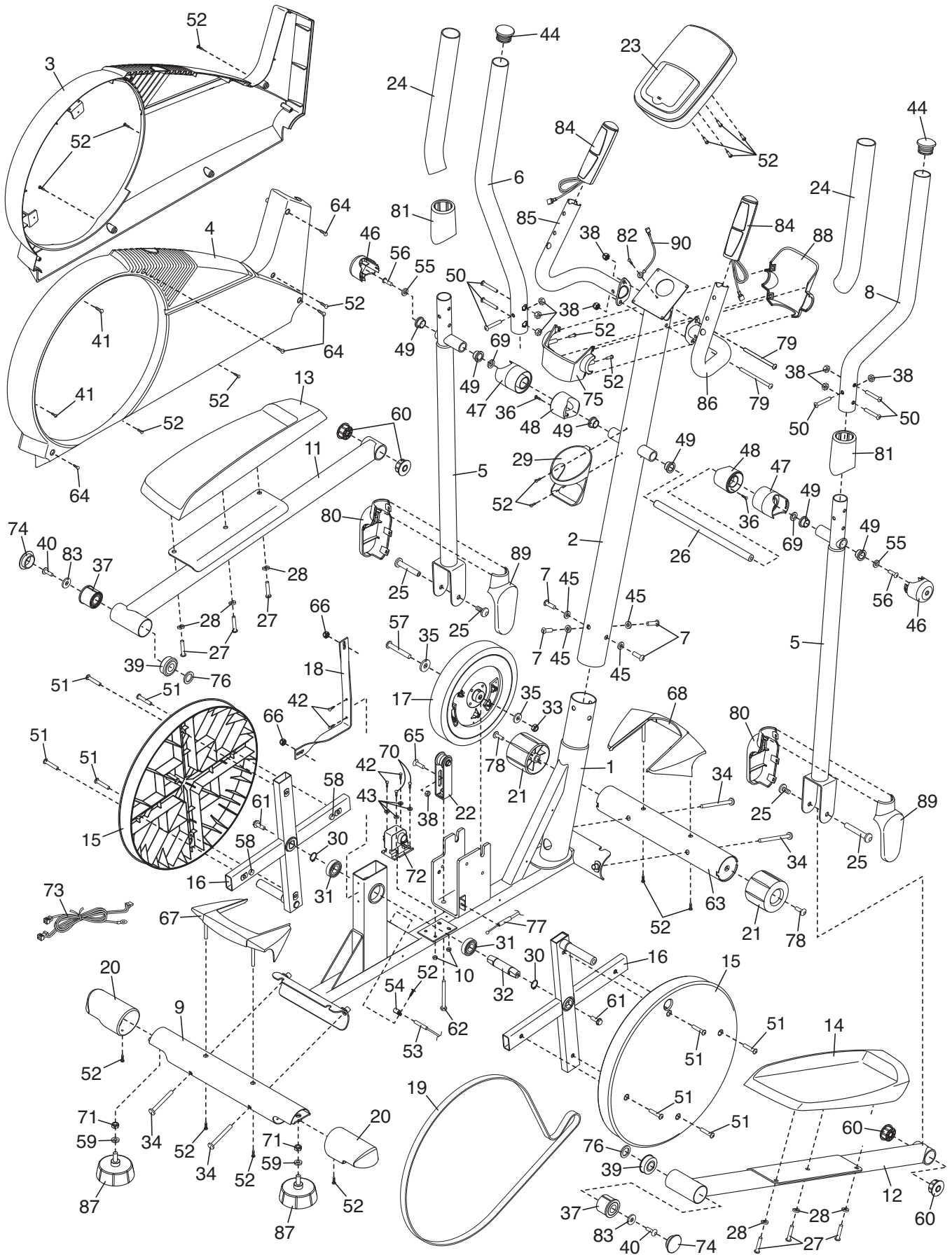
Model No. WLEL32910.0 R0811A

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	21	M4 x 16mm Self-tapping Screw
6	1	Left Upper Body Arm	53	1	Reed Switch/Wire
7	4	M10 x 20mm Screw	54	1	Clamp
8	1	Right Upper Body Arm	55	2	M8 Washer
9	1	Rear Stabilizer	56	2	M8 x 25mm 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	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	#10 x 16mm Screw	74	2	Pedal Arm Cap
28	6	M5 Split Washer	75	1	Rear Upright Cover
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 Bolt
33	1	M10 Locknut	80	2	Left Upper Body Leg Cover
34	4	M10 x 78mm Button Bolt	81	2	Upper Body Arm Cover
35	2	M10 Washer	82	1	M4 x 8mm Bright 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 Screw	87	2	Leveling Foot
41	2	M6 x 18mm Bolt	88	1	Front Upright Cover
42	4	M5 x 16mm Screw	89	2	Right Upper Body Leg Cover
43	4	M5 Washer	90	1	Ground Wire
44	2	Small Upper Body Arm Cap	*	–	Assembly Tool
45	4	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. WLEL32910.0 R0811A



# 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](http://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**