

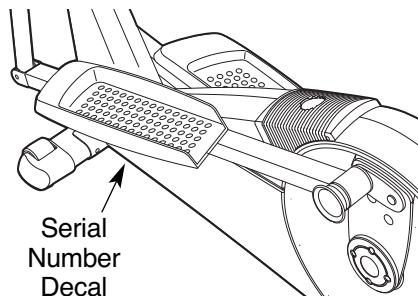
# WESLO PRO™

## B.8e

Model No. WLEL33408.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

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

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

CALL TOLL-FREE:

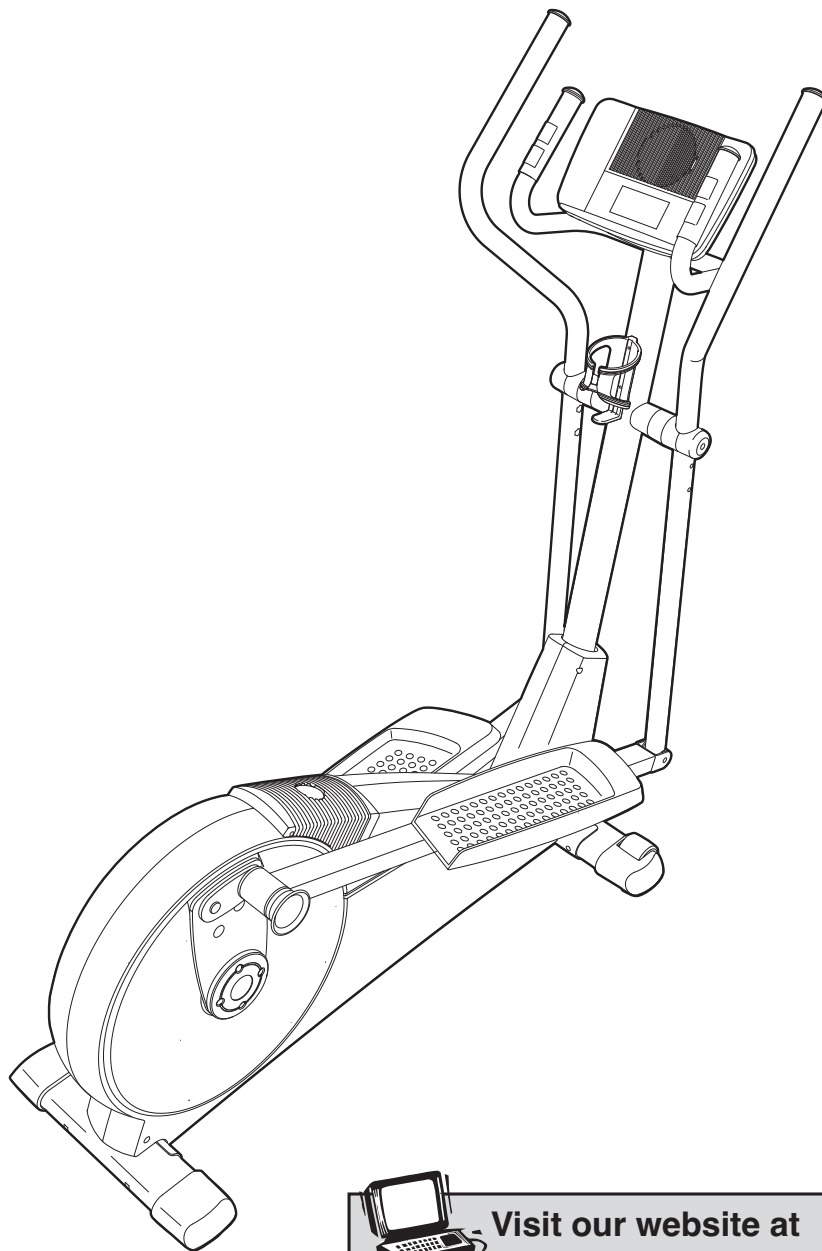
**1-866-699-3756**

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

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



### ⚠ CAUTION

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



Visit our website at

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

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

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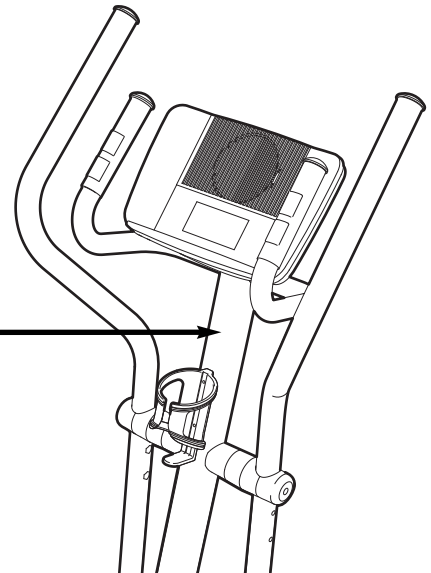

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## WARNING DECAL PLACEMENT

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

**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. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the upper body arms when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

# BEFORE YOU BEGIN

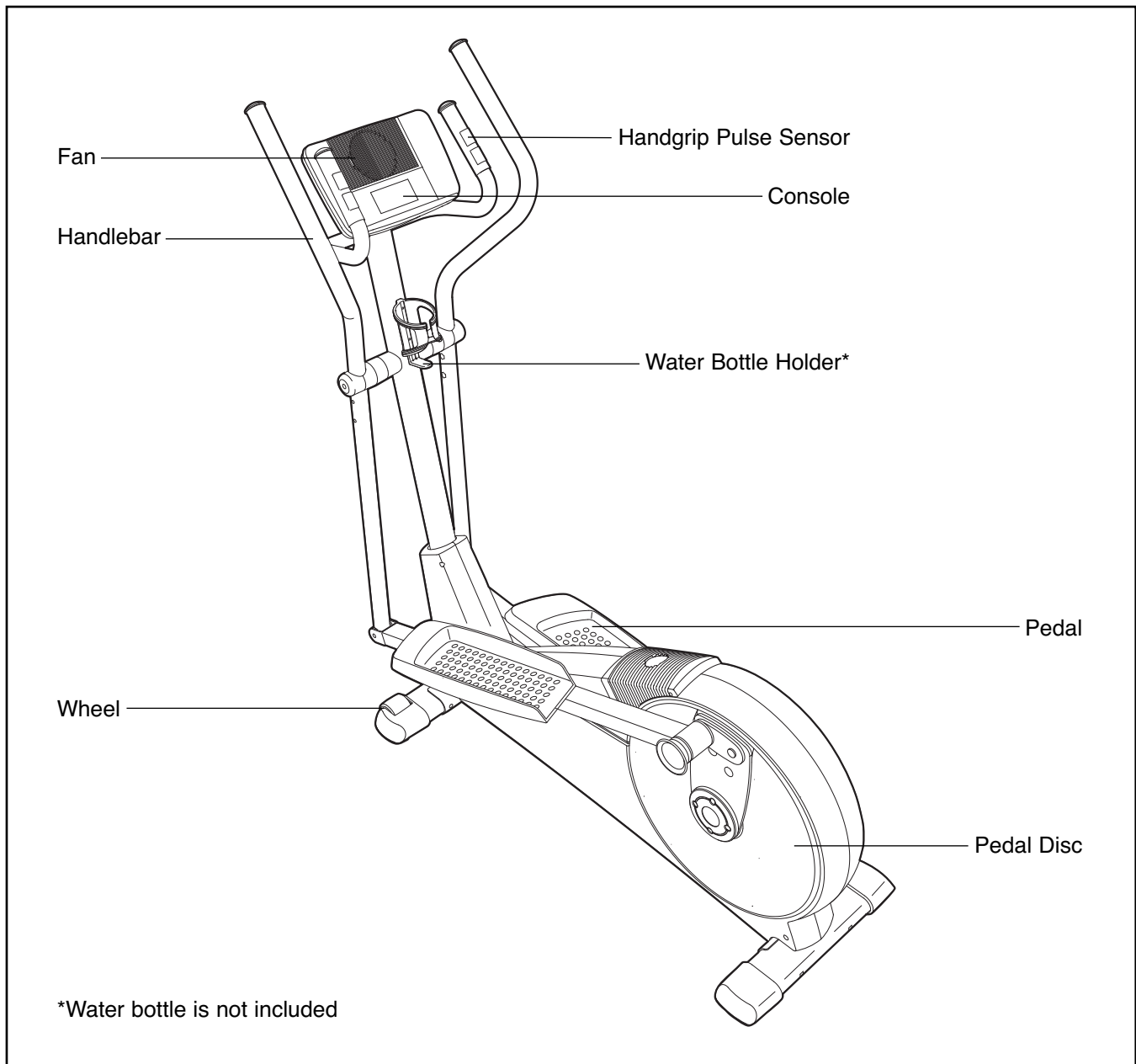
Congratulations for selecting the new WESLO PRO™ 13.8E elliptical exerciser. The 13.8E is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. The unique 13.8E features adjustable resistance and an advanced console to help you get the most from your exercise.

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

product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

**To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at [www.wesloservice.com/registration](http://www.wesloservice.com/registration).**

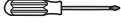

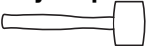
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



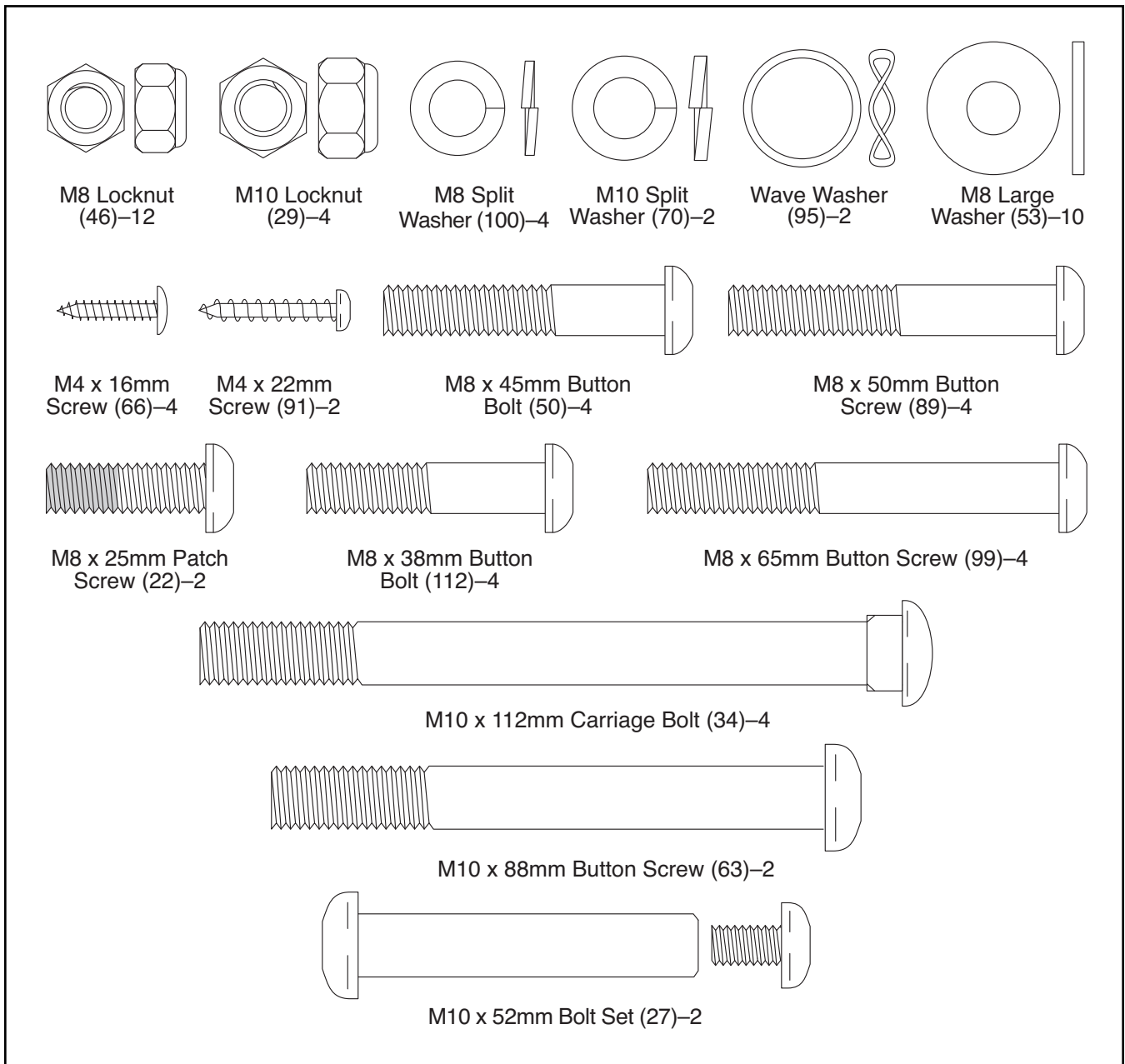
# ASSEMBLY

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

**Assembly requires two persons.** Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tools, assembly requires a Phillips screwdriver  , an adjustable wrench  , and 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: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**

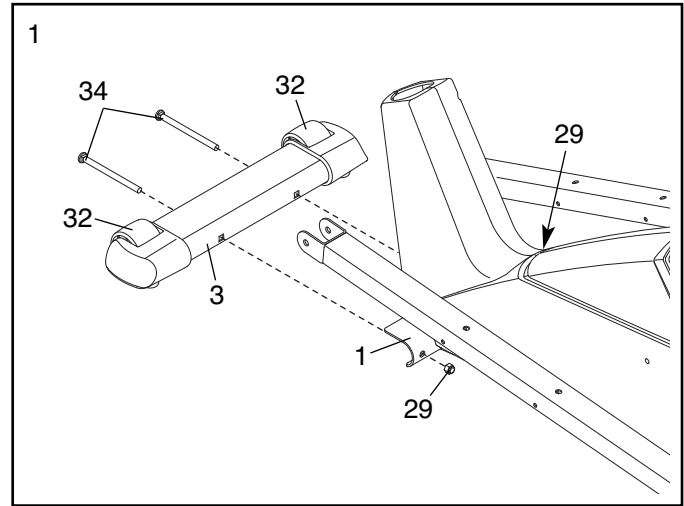


1.

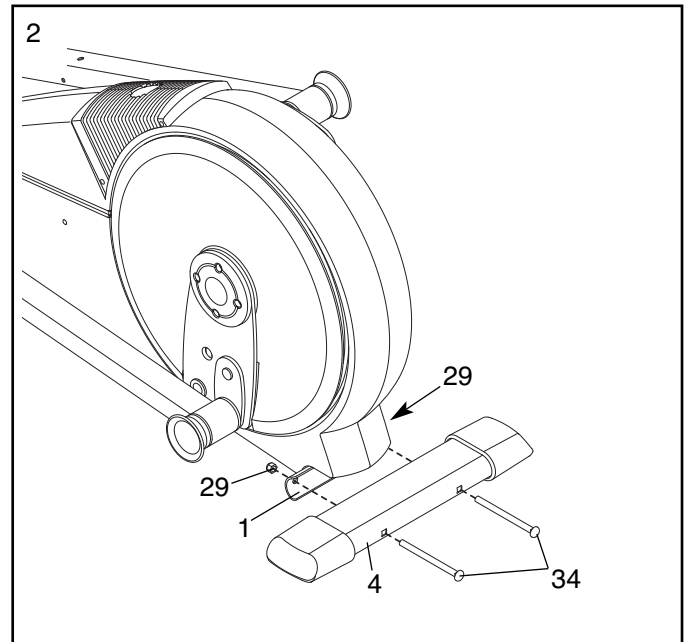
To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.

Identify the Front Stabilizer (3). **Make sure that the Front Stabilizer is turned so that the Wheels (32) are not touching the floor.**

While another person lifts the front of the Frame (1), attach the Front Stabilizer (3) to the Frame with two M10 x 112mm Carriage Bolts (34) and two M10 Locknuts (29).



2. While another person lifts the back of the Frame (1), attach the Rear Stabilizer (4) to the Frame with two M10 x 112mm Carriage Bolts (34) and two M10 Locknuts (29).

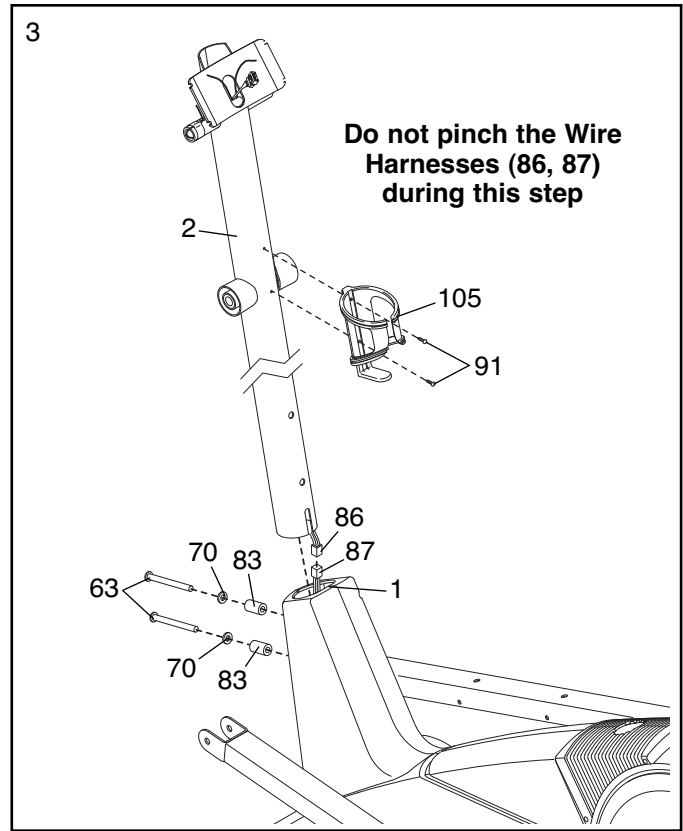


3. While another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (86) to the Lower Wire Harness (87).

**Tip: Avoid pinching the Wire Harnesses (86, 87).** Insert the Upright (2) into the Frame (1). Next, slide an M10 Split Washer (70) and a Frame Spacer (83) onto each of the two M10 x 88mm Button Screws (63).

Insert the M10 x 88mm Button Screws (63) into the Frame (1) and the Upright (2). **Make sure that the concave sides of the Frame Spacers (83) are facing the Frame. Do not tighten the Button Screws yet.**

Attach the Water Bottle Holder (105) to the Upright (2) with two M4 x 22mm Screws (91).



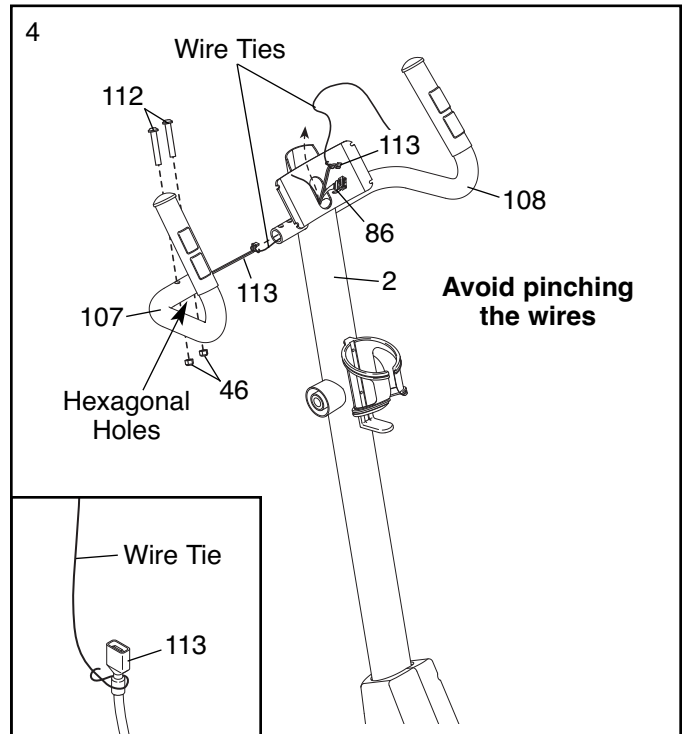
4. Identify the Left Pulse Bar (107), which is marked with a "Left" sticker.

Have another person hold the Left Pulse Bar (107) near the left side of the Upright (2). **Make sure that the hexagonal holes are in the indicated location.**

**See the inset drawing.** Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the left Pulse Wire (113). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

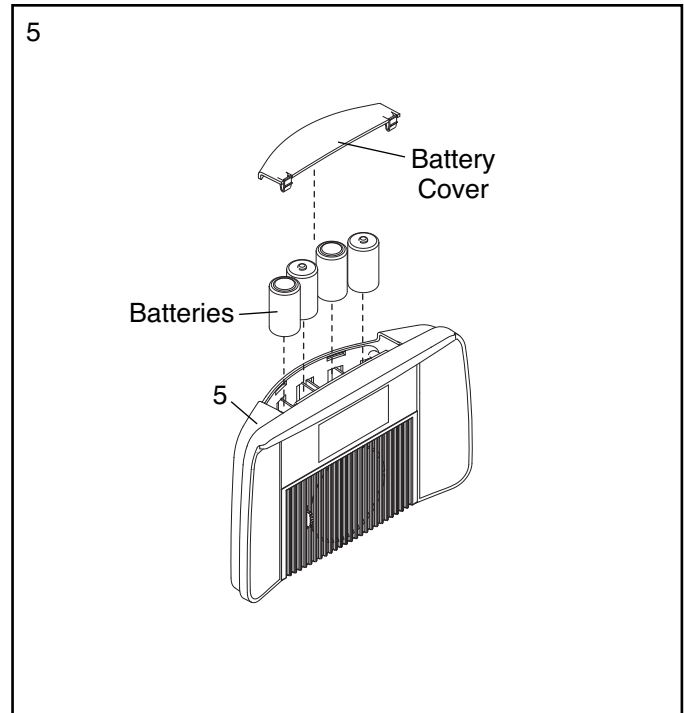
**Tip: Avoid pinching the wires.** Slide the Left Pulse Bar (107) onto the Upright (2). Attach the Left Pulse Bar with two M8 x 38mm Button Bolts (112) and two M8 Locknuts (46). **Make sure that the Locknuts are in the hexagonal holes.**

**Repeat this step for the Right Pulse Bar (108).**



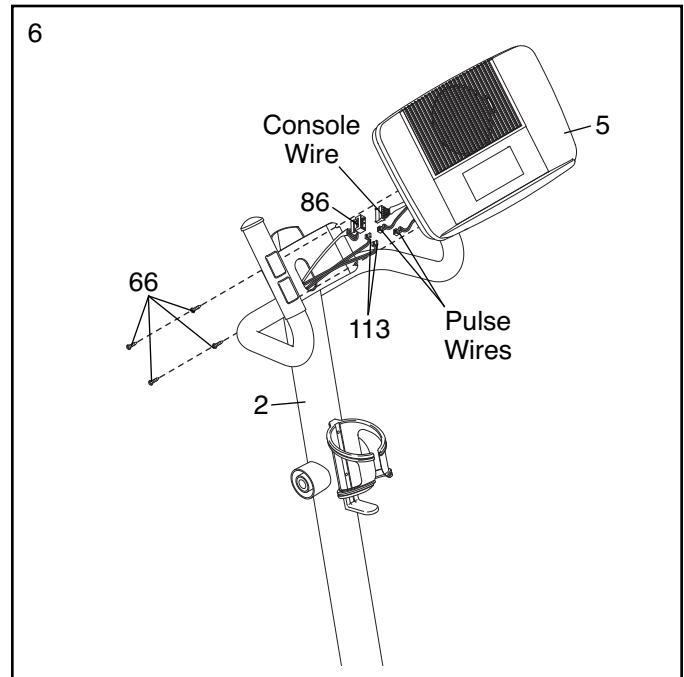
5. The Console (5) can use four 1.5V “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic 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 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.



6. While another person holds the Console (5) near the Upright (2), connect the console wire to the Upper Wire Harness (86). Then, connect the console pulse wires to the Pulse Wires (113). Insert the excess wire downward into the Upright.

**Tip: Avoid pinching the wires.** Attach the Console (5) to the Upright (2) with four M4 x 16mm Screws (66).

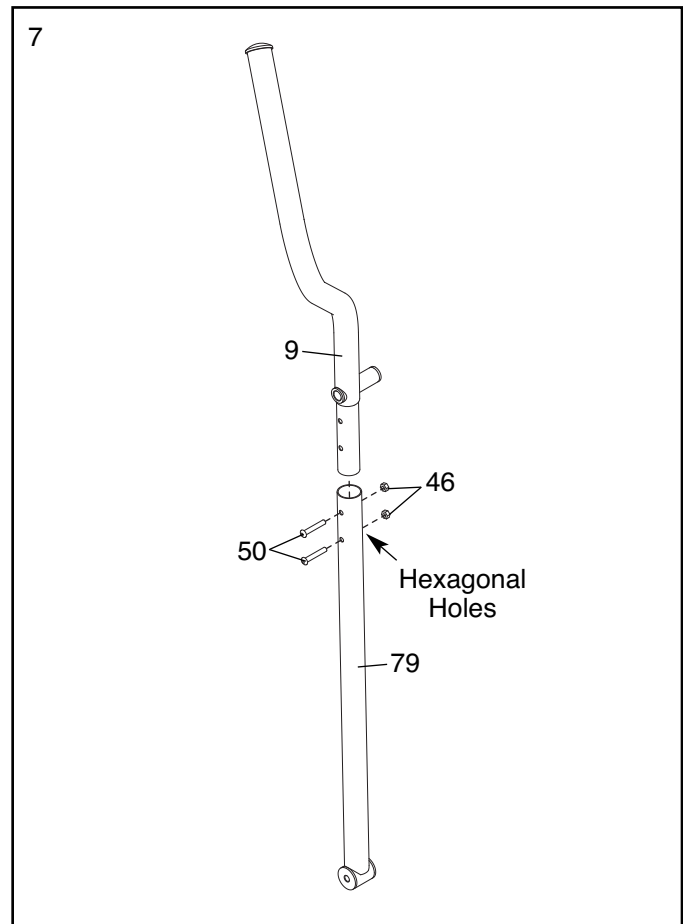


7. Identify the Left Handlebar (9), which is marked with a "Left" sticker.

Insert the Left Handlebar (9) into an Upper Body Leg (79). **Make sure that the hexagonal holes are in the indicated location.**

Attach the Left Handlebar (9) to the Upper Body Leg (79) with two M8 x 45mm Button Bolts (50) and two M8 Locknuts (46). **Make sure that the Locknuts are inside the hexagonal holes. Do not tighten the Button Bolts yet.**

**Repeat this step for the Right Handlebar (not shown) and the other Upper Body Leg (not shown).**



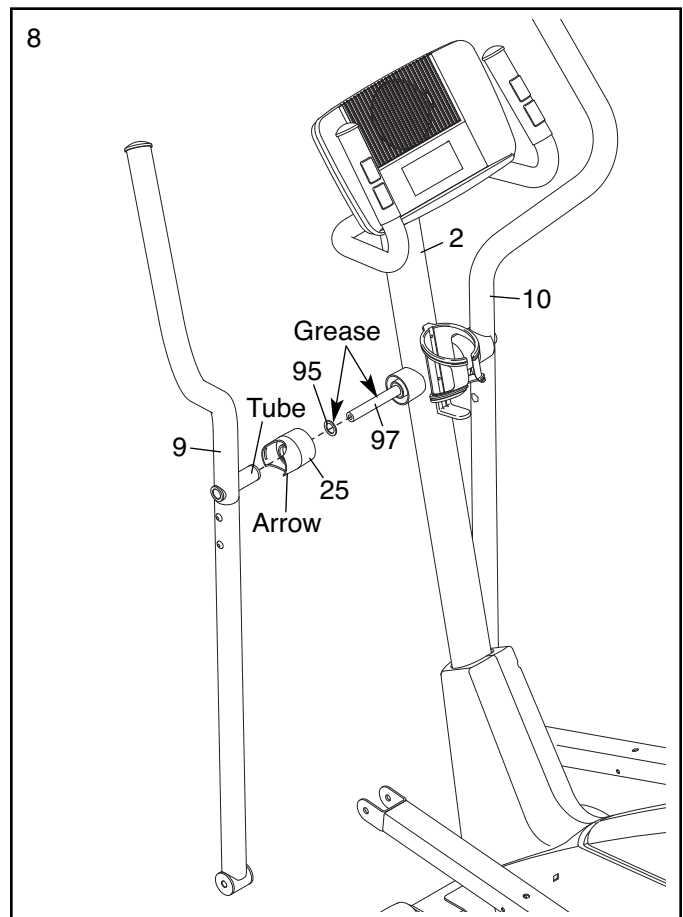
8. Apply a generous amount of the included grease to the Pivot Axle (97) and to two Wave Washers (95).

Insert the Pivot Axle (97) into the Upright (2).

Slide a Handlebar Spacer (25) onto the short tube on the Left Handlebar (9), and rotate the Handlebar Spacer so that the small arrow is pointing toward the floor.

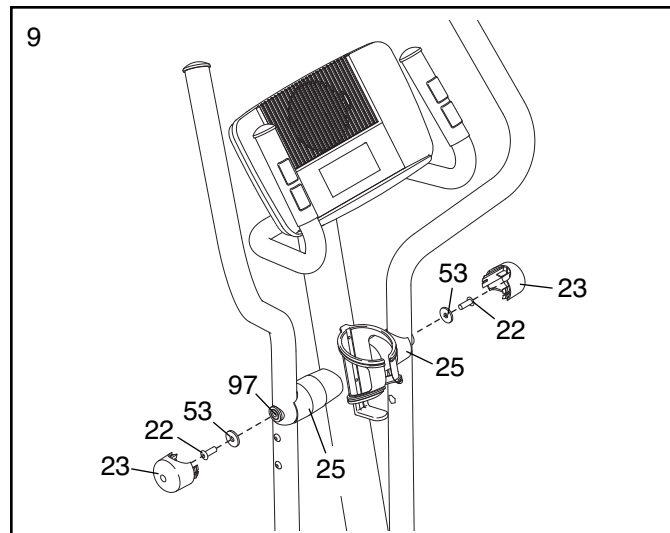
Slide a Wave Washer (95) onto the left end of the Pivot Axle (97). Then, slide the Left Handlebar (9) onto the left end of the Pivot Axle.

**Attach the Right Handlebar (10) in the same way.**



9. Tighten an M8 x 25mm Patch Screw (22) and an M8 Large Washer (53) into each end of the Pivot Axle (97).

Attach the Handlebar Caps (23) by pressing the small tabs into the Handlebar Spacers (25).



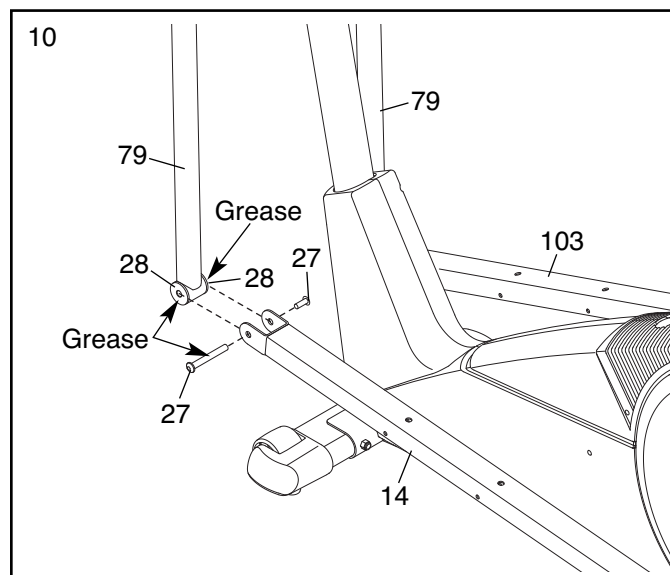
10. Apply grease to the barrel of an M10 x 52mm Bolt Set (27) and to the surfaces of the two Leg Bushings (28) in the left Upper Body Leg (79).

Next, attach the left Upper Body Leg (79) to the Left Pedal Arm (14) with the M10 x 52mm Bolt Set (27). **Do not overtighten the Bolt Set; the left Upper Body Leg must pivot freely.**

**Attach the right Upper Body Leg (79) to the Right Pedal Arm (103) in the same way.**

**See step 3. Tighten the M10 x 88mm Button Screws (63).**

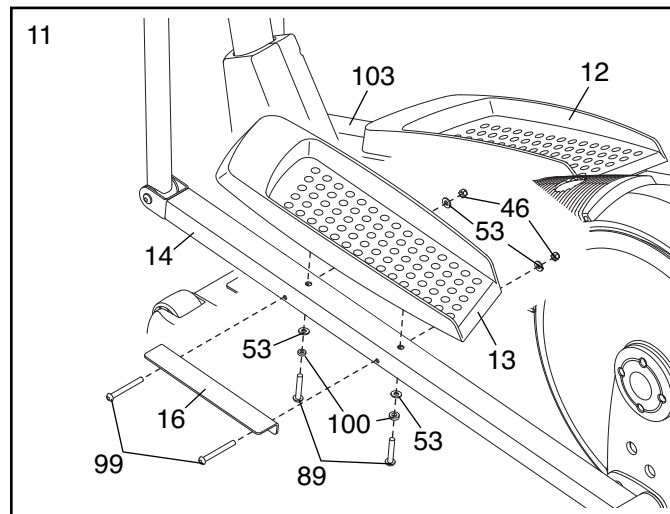
**See step 7. Tighten the M8 x 45mm Button Bolts (50) in the Upper Body Legs (79).**



11. Attach a Pedal Bracket (16) to the Left Pedal Arm (14) with two M8 x 65mm Button Screws (99), two M8 Large Washers (53), and two M8 Locknuts (46).

Identify the Left Pedal (13), which is marked with a "Left" sticker. Attach the Left Pedal to the Left Pedal Arm (14) with two M8 x 50mm Button Screws (89), two M8 Split Washers (100), and two M8 Large Washers (53).

**Attach the other Pedal Bracket (not shown) and the Right Pedal (12) to the Right Pedal Arm (103) in the same way.**



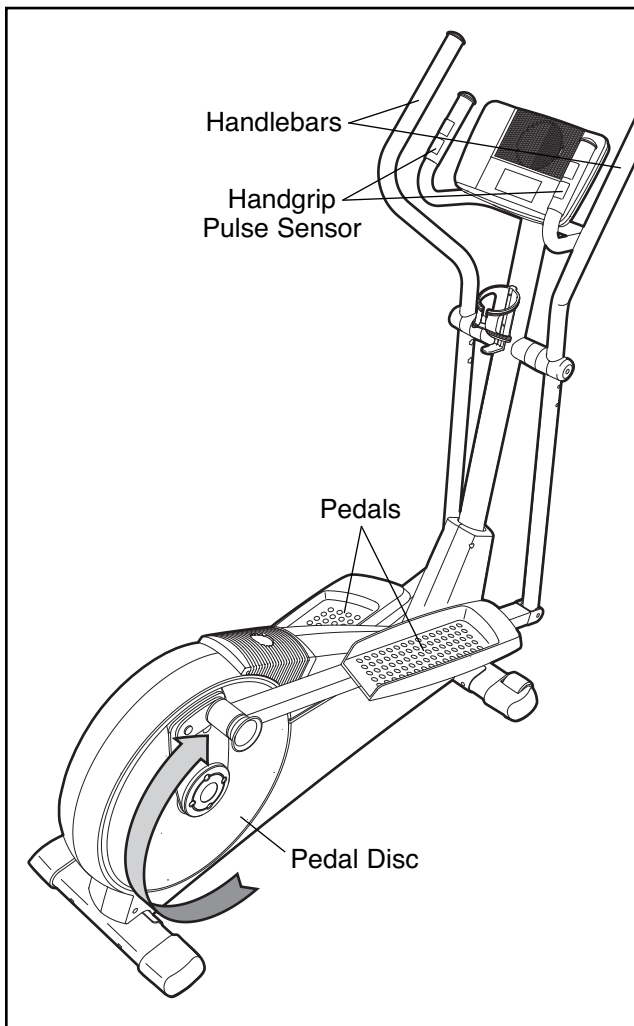
12. **Make sure that all parts are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

# HOW TO USE THE ELLIPTICAL EXERCISER

## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handgrip pulse sensor and step onto the pedal that is in the lower position. Next, 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 below; however, for variety, you can turn the pedal discs in the opposite direction.**

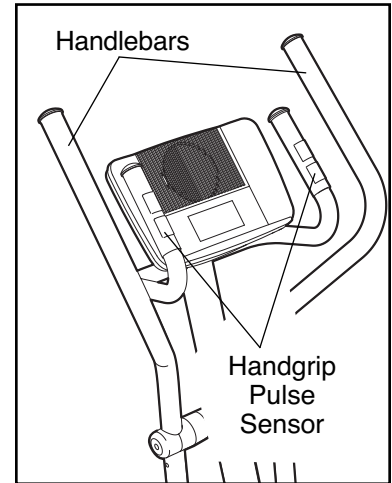
To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



## HOW TO USE THE HANDLEBARS

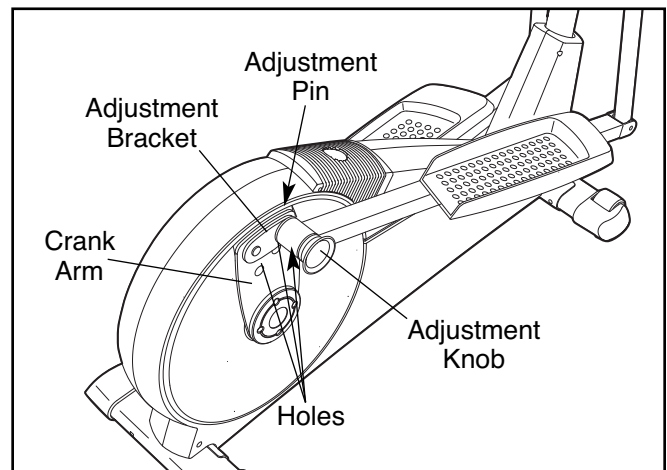
The handlebars are designed to add upper-body exercise to your workouts. Push and pull the handlebars as you exercise to work your arms, shoulders, and back.

To exercise only your lower body, hold the handgrip pulse sensor as you exercise.



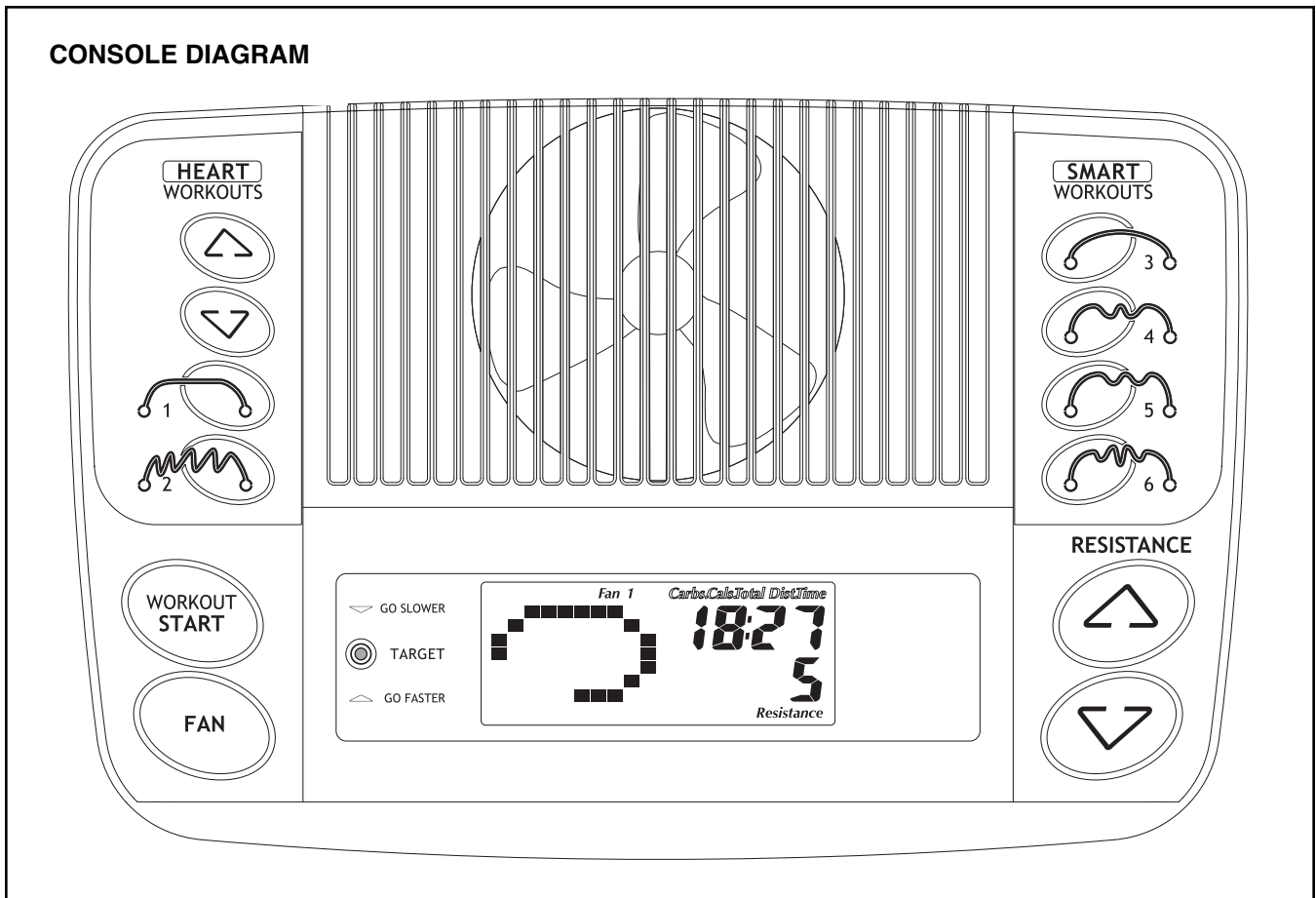
## HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL EXERCISER

To adjust the stride of the elliptical exerciser, first pull one of the adjustment knobs until the adjustment bracket will pivot freely. Pivot the adjustment bracket to align the adjustment knob with one of the three holes in the crank arm, and gently release the knob. Then, pivot the adjustment bracket back and forth slightly to make sure that the adjustment pin is engaged in one of the holes in the crank arm.



Adjust the other side of the elliptical exerciser in the same way.

## CONSOLE DIAGRAM



### FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and 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 exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers four smart workouts that automatically change the resistance of the pedals and prompt you to increase or decrease your pace while guiding you through an effective workout.

In addition, the console features two heart rate workouts that automatically change the resistance of the pedals and prompt you to vary your pace to keep your heart rate near a target heart rate while you exercise.

**To use the manual mode**, see page 13. **To use a smart workout**, see page 15. **To use a heart rate workout**, see page 16.

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

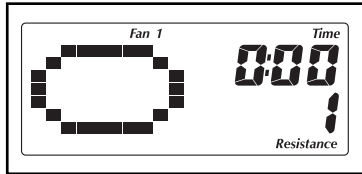
## HOW TO USE THE MANUAL MODE

1. **Press any button on the console or begin pedaling to turn on the console.**

A few seconds after the console is turned on, the displays will light. A tone will then sound and the console will be ready for use.

2. **Select the manual mode.**

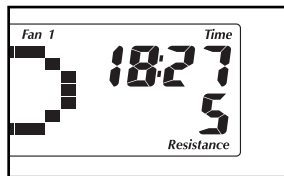
If you have selected a workout, reselect the manual mode by pressing a Smart Workouts button once or twice until a track appears in the left display and the time is reset to zero.



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

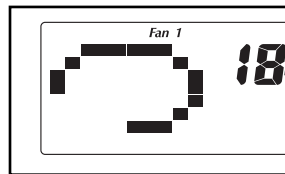
As you pedal, change the resistance of the pedals by pressing the Resistance increase or decrease buttons.

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



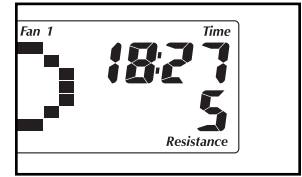
4. **Follow your progress with the displays.**

**The left display**—will show a track representing 640 revolutions (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



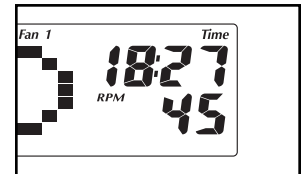
### **The upper display**—

This display will show the approximate number of calories you have burned, the distance you have pedaled, and the elapsed time. The display will change modes every few seconds. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



### **The lower display**—

This display will show your pedaling pace, in revolutions per minute (RPM), 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 hand-grip pulse sensor.



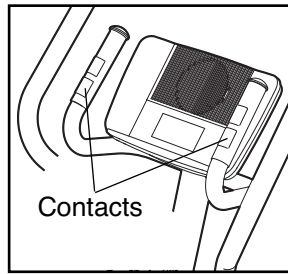
The console has three

backlight options. The “On” option keeps the backlight on while the console is on. To conserve the batteries, the “Auto” option keeps the backlight on only while you are pedaling. The “Off” option turns the backlight off. To select a backlight option, first press and hold down the Workout Start button for several seconds. Next, press the Resistance decrease button to select the desired backlight option. Then, press the Workout Start button to save your selection.



**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.** 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.**



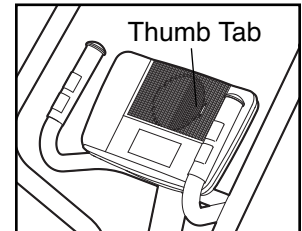
When your pulse is detected, your heart rate will be shown in the lower display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the lower display will show your heart rate for up to 30 seconds. The display 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 hands excessively or to squeeze the metal contacts tightly.

**6. Turn on the fan if desired.**

The fan has high, low, and auto speed settings; while the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

Slide the thumb tab on the right side of the fan to pivot the fan to the desired angle.



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

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will begin to flash in the upper display.

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

## HOW TO USE A SMART WORKOUT

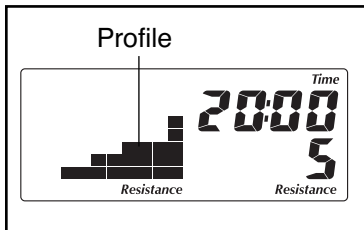
### 1. Press any button on the console or begin pedaling to turn on the console.

A few seconds after the console is turned on, the displays will light. A tone will then sound and the console will be ready for use.

### 2. Select a smart workout.

To select a smart workout, press one of the Smart Workouts buttons on the right of the console.

When you select a smart workout, a profile of the resistance settings of the workout will scroll across the left display. In addition, the maximum resistance setting of the workout will flash in the lower display for a moment and the workout time will appear in the upper display.

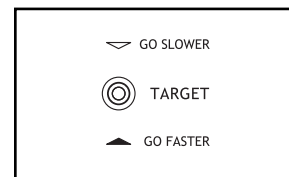


### 3. Press the Workout Start button or begin pedaling to start the workout.

Each workout is divided into 20 or 30 one-minute segments. One resistance setting and one pace setting are programmed for each segment. Note: The same resistance setting and/or pace setting may be programmed for two or more consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). 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 appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, the target pace guide will help you to keep your pedaling pace near the pace setting for the current segment. When the “Go Faster” indicator lights, increase your pace; when the “Go Slower” indicator lights, decrease your pace; when the “Target” indicator lights, 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 exercise 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 resistance level by pressing the Resistance buttons. However, when the current segment ends, the resistance of the pedals will automatically adjust to the resistance level programmed for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

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

See step 4 on page 13.

### 5. Measure your heart rate if desired.

See step 5 on page 14.

### 6. Turn on the fan if desired.

See step 6 on page 14.

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

See step 7 on page 14.

## HOW TO USE A HEART RATE WORKOUT

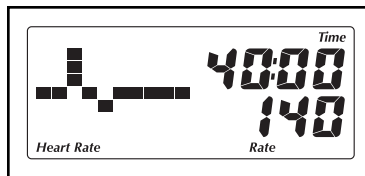
### 1. Press any button on the console or begin pedaling to turn on the console.

A few seconds after the console is turned on, the displays will light. A tone will then sound and the console will be ready for use.

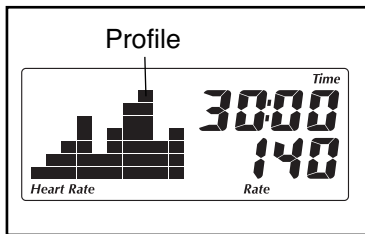
### 2. Select a heart rate workout.

To select a heart rate workout, press either of the Heart Workouts buttons on the left side of the console.

**If you select heart rate workout 1**, a heart rate symbol will appear in the left display.



**If you select heart rate workout 2**, a profile of the target heart rate settings of the workout will scroll across the left display and the workout time will appear in the upper display.



### 3. Enter a target heart rate setting.

**If you select heart rate workout 1**, the target heart rate setting for the workout will flash in the lower display. If desired, press the increase and decrease buttons in the upper left corner of the console to change the target heart rate setting (**see EXERCISE INTENSITY on page 19**). Note: The same target heart rate setting will be programmed for all segments.

**If you select heart rate workout 2**, the maximum target heart rate setting of the workout will flash in the lower display. If desired, press the increase and decrease buttons in the upper left corner of the console to change the maximum target heart rate setting (**see EXERCISE INTENSITY on page 19**). Note: If you change the maximum target heart rate setting, the intensity level of the entire workout will change.

### 4. Hold the handgrip pulse sensor.

It is not necessary to hold the handgrips continuously during the workout. However, you should hold the handgrips frequently for the workout to function properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

### 5. Press the Workout Start button to start the workout.

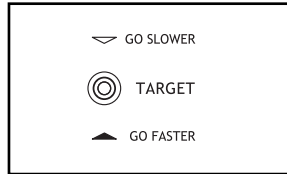
**The heart rate workout 1**—This workout is divided into 40 one-minute segments. The same target heart rate is programmed for all segments. Note: For a shorter workout, stop exercising or select a different workout before the workout ends.

**The heart rate workout 2**—This workout is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing at the left). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target heart rate setting 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.

**Both heart rate workouts**—As you pedal, the console will regularly compare your heart rate to the target heart rate setting for the current segment. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

As you exercise, the target pace guide will help you to keep your pedaling pace near the pace setting for the current segment.



When the “Go Faster” indicator lights, increase your pace; when the “Go Slower” indicator lights, decrease your pace; when the “Target” indicator lights, maintain your current pace.

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

Note: During the workout, you can manually override the resistance setting for the current segment, if desired, with the Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a tone will sound and the workout will pause. To restart the workout, simply resume pedaling.

**6. Follow your progress with the displays.**

See step 4 on page 13.

**7. Turn on the fan if desired.**

See step 6 on page 14.

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

See step 7 on page 14.

# MAINTENANCE AND TROUBLESHOOTING

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

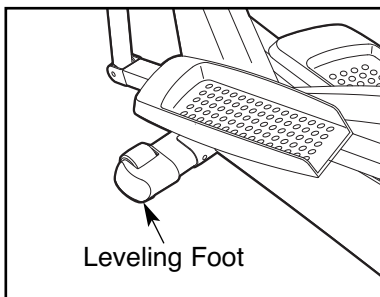
To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damaging the console, keep liquids away from the console and keep the console out of direct sunlight.**

## BATTERY REPLACEMENT

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 5 on page 8 for replacement instructions.

## HOW TO LEVEL THE ELLIPTICAL EXERCISER

After moving the elliptical exerciser to the location where it will be used, make sure that the ends of both stabilizers are touching the floor. If the elliptical exerciser rocks slightly during use, turn one or both of the leveling feet under the front stabilizer until the rocking motion is eliminated.



## HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands while using the handgrip pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 30 seconds.
- For optimal performance of the handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

# 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. WLEL33408.0

R0708A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	15	M8 Locknut
2	1	Upright	47	2	Crank Screw
3	1	Front Stabilizer	48	2	Hub Cover
4	1	Rear Stabilizer	49	1	M6 x 25mm Bolt
5	1	Console	50	4	M8 x 45mm Button Bolt
6	1	Left Shield	51	4	M6 x 18mm Button Bolt
7	1	Right Shield	52	1	C-magnet Bracket
8	2	Pedal Disc	53	10	M8 Large Washer
9	1	Left Handlebar	54	1	C-magnet
10	1	Right Handlebar	55	1	Motor
11	2	Foam Grip	56	1	Belt
12	1	Right Pedal	57	2	Hub
13	1	Left Pedal	58	4	Hub Spacer
14	1	Left Pedal Arm	59	4	M6 Locknut
15	2	Pin Spacer	60	4	M6 Nut
16	2	Pedal Bracket	61	4	M5 Locknut
17	2	Adjustment Pin	62	4	M5 x 12mm Bolt
18	4	Pedal Arm Bushing	63	2	M10 x 88mm Button Screw
19	2	Adjustment Spring	64	2	M4 x 6mm Self-tapping Screw
20	2	Adjustment Bracket	65	2	Adjustment Bracket Screw
21	2	Snap Ring	66	6	M4 x 16mm Screw
22	2	M8 x 25mm Patch Screw	67	4	M4 x 25mm Screw
23	2	Handlebar Cap	68	1	Right Front Cap
24	6	Handlebar Bushing	69	1	Reed Switch Clamp
25	2	Handlebar Spacer	70	2	M10 Split Washer
26	2	Upright Spacer	71	2	Handlebar Cap
27	2	M10 x 52mm Bolt Set	72	2	Leveling Foot
28	4	Leg Bushing	73	1	M5 x 16mm Screw
29	4	M10 Locknut	74	8	M4 x 19mm Screw
30	1	Upright Bushing	75	2	M6 Eyebolt
31	1	Left Front Cap	76	1	Resistance Spring
32	2	Wheel	77	1	Reed Switch
33	2	M6 x 72mm Button Screw	78	1	Reed Switch Bracket
34	4	M10 x 112mm Carriage Bolt	79	2	Upper Body Leg
35	2	Rear Stabilizer Cap	80	1	Shield Cover
36	1	Left Crank Arm	81	1	U-bracket
37	1	Pulley	82	8	Cover Screw
38	1	Right Crank Arm	83	2	Frame Spacer
39	1	Crank	84	4	M4 x 12mm Round Head Screw
40	2	Crank Bearing	85	1	Resistance Cable
41	1	Flywheel	86	1	Upper Wire Harness
42	2	Flywheel Bearing	87	1	Lower Wire Harness
43	1	Magnet	88	2	Pedal Arm Sleeve
44	1	Flywheel Axle	89	4	M8 x 50mm Button Screw
45	2	Adjustment Knob	90	4	Motor Washer

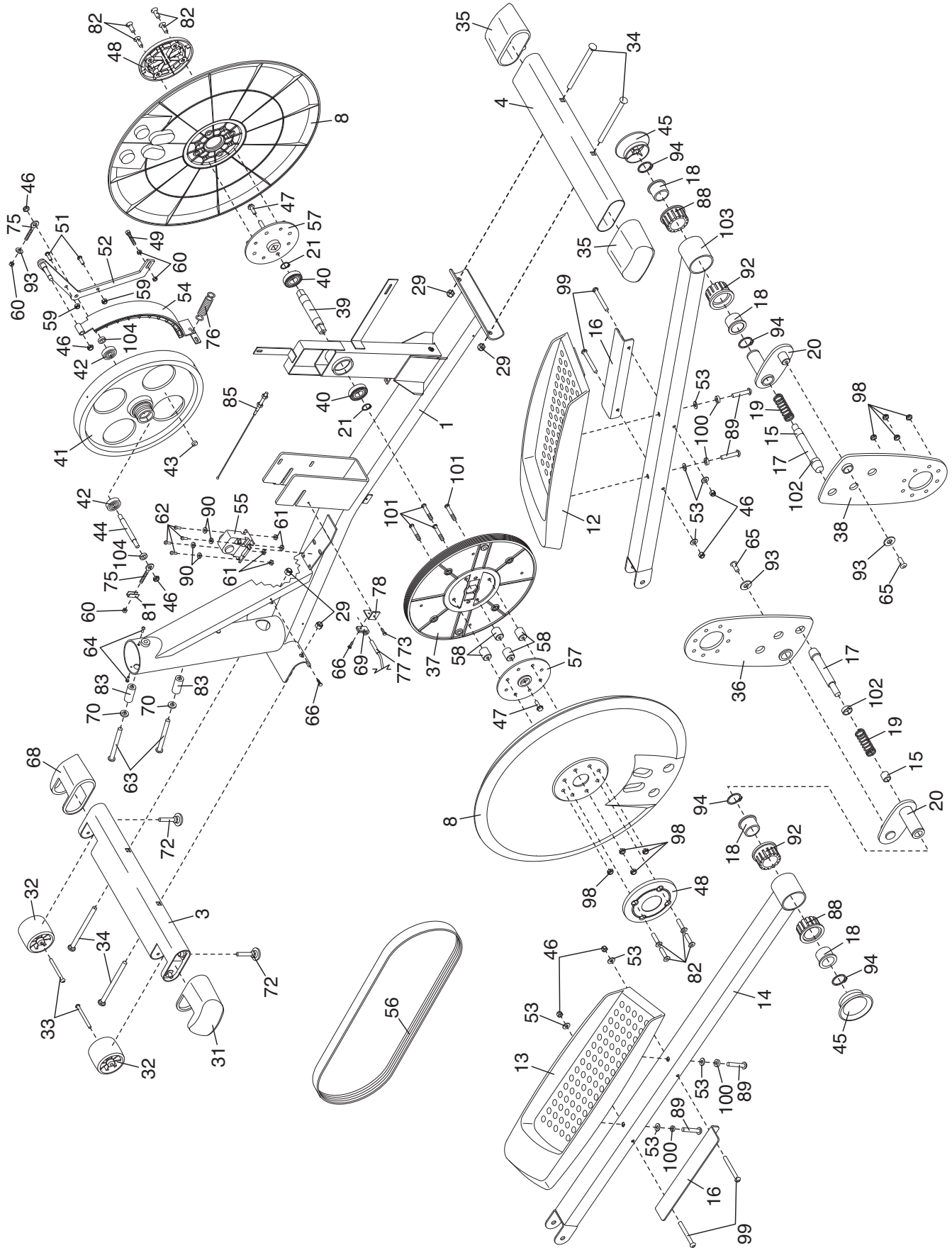
Key No.	Qty.	Description	Key No.	Qty.	Description
91	2	M4 x 22mm Screw	104	2	M8 Washer
92	2	Inner Pedal Arm Sleeve	105	1	Water Bottle Holder
93	3	M6 Washer	106	4	Pulse Sensor
94	4	Large Snap Ring	107	1	Left Pulse Bar
95	2	Wave Washer	108	1	Right Pulse Bar
96	2	M3 x 16mm Screw	109	2	Pulse Bar Foam
97	1	Pivot Axle	110	2	Pulse Bar Cap
98	8	M8 Jam Nut	111	4	M4 x 20mm Screw
99	4	M8 x 65mm Button Screw	112	4	M8 x 38mm Button Bolt
100	4	M8 Split Washer	113	2	Pulse Wire
101	4	M8 x 45mm Button Screw	*	–	Hex Key
102	2	Pin Collar	*	–	Grease Packet
103	1	Right Pedal Arm	*	–	User's Manual

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



# EXPLODED DRAWING B—Model No. WLEL33408.0

R0708A



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# ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for five (5) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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