

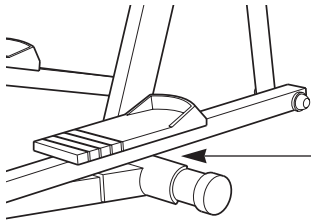
kathy ireland™

# TOTAL BODY

E L L I P T I C A L E X E R C I S E R

Model No. WLEL42070

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



Serial  
Number  
Decal

## QUESTIONS?

If you have questions, or if there are missing or damaged parts, please call direct to our toll-free Customer Hot Line. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

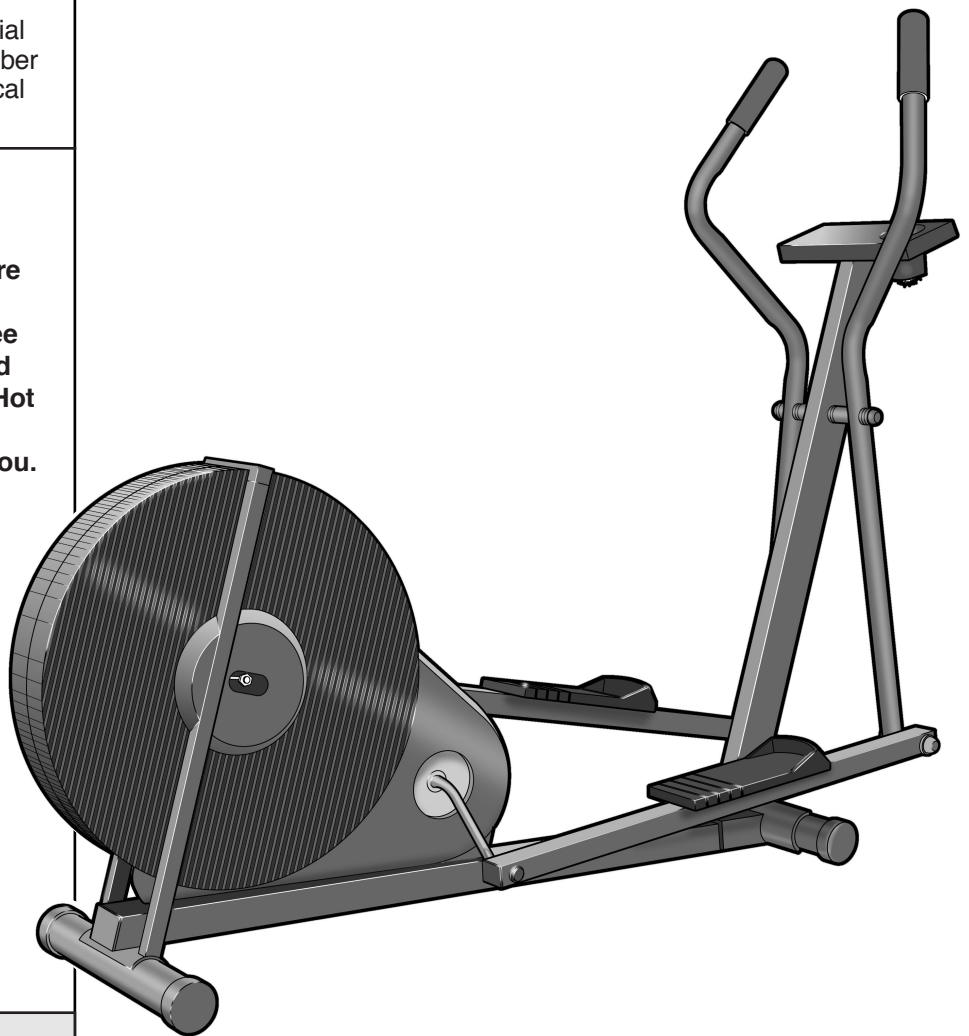
**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST

Patent Pending

## CAUTION

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



# USER'S MANUAL

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## 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, for a period of 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 replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or 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 to 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, 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 is limited in its 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.

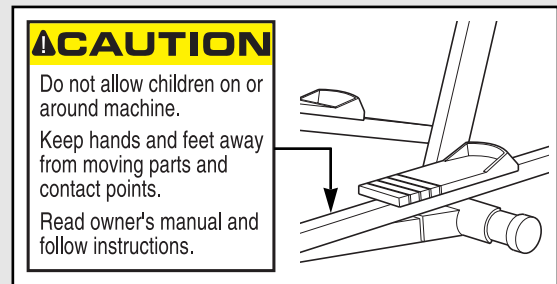
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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

# IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical exerciser indoors, away from moisture and dust.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the elliptical exerciser at all times.
6. The elliptical exerciser should not be used by persons weighing more than 250 pounds.
7. Wear appropriate exercise clothing when using the elliptical exerciser. Always wear athletic shoes for foot protection.
8. Always hold the handlebars when mounting, dismounting, and using the elliptical exerciser. Step onto and off the pedal that is in the lowest position when mounting and dismounting. When you stop exercising, allow the pedals to slowly come to a stop.
9. Keep your back straight when using the elliptical exerciser. Do not arch your back.
10. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
11. The elliptical exerciser is intended for in-home use only. Do not use it in any commercial, rental, or institutional setting.
12. The decal shown below is found on the elliptical exerciser. If the decal is missing, or if it is not legible, call toll-free 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.



**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. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

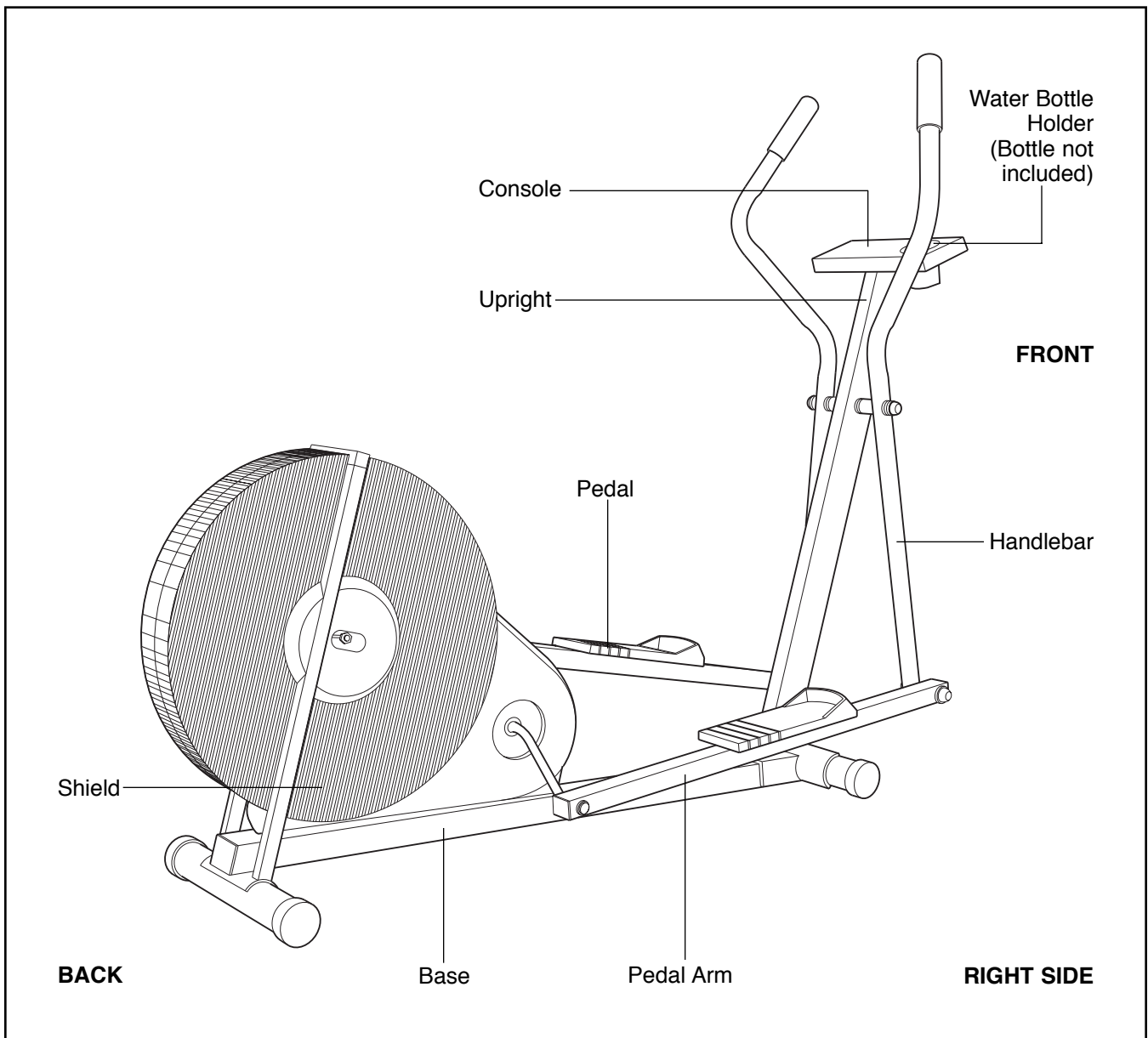
# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary KATHY IRELAND™ TOTAL BODY elliptical exerciser. The TOTAL BODY elliptical exerciser is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique TOTAL BODY elliptical exerciser features motivational electronics to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion.

**For your benefit, read this manual carefully before you use the TOTAL BODY elliptical exerciser.** If you have additional questions, please call our

Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WLEL42070. The serial number can be found on a decal attached to the TOTAL BODY elliptical exerciser (see the front cover of this manual for the location of the decal).

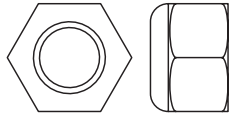
Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



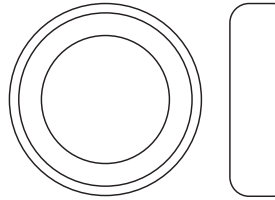
# PART IDENTIFICATION CHART

Use the chart below to identify the small parts used in assembly. The number in parenthesis below each part is the key number of the part, from the PART LIST on page 14. The number after the dash indicates the

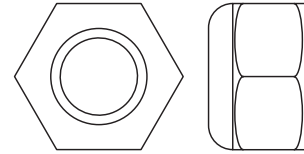
quantity needed for assembly. **Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



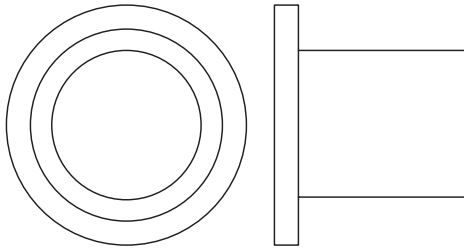
M10 Nylon Locknut (17)—8



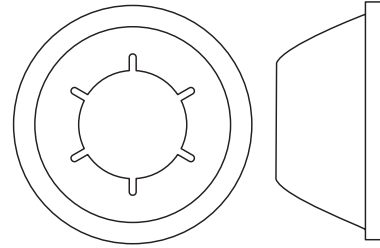
Weld Cover (13)—2



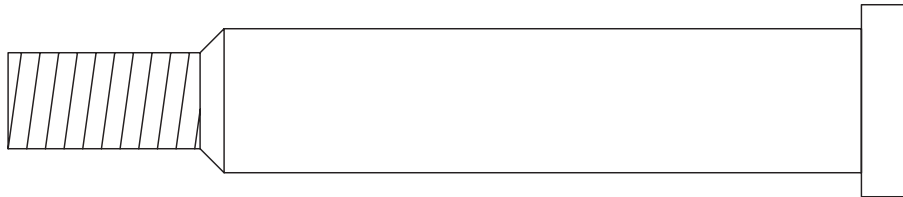
1/2" Nylon Locknut (15)—2



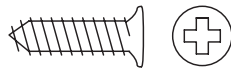
Bushing (12)—12



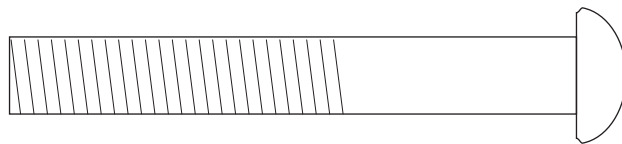
5/8" Axle Cap (11)—4



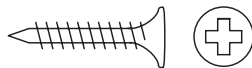
Pedal Shaft (14)—2



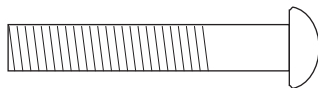
M4 x 16mm Screw (19)—8



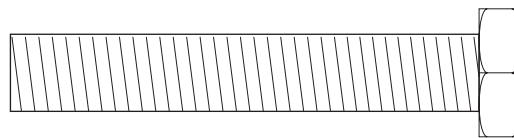
M10 x 75mm Button Head Bolt (23)—4



Console Screw (10)—4








M6 x 25mm Button Head Bolt (22)—2



M10 x 62mm Bolt (18)—4

# ASSEMBLY

**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. **Assembly requires**

**The following tools (not included) are required for assembly: a phillips screwdriver** , **two adjustable wrenches** , **and a rubber mallet** . You will also need the included allen wrenches , **pedal wrench** , and **grease packet.**

1. Feed the Wire Extension (59) through the Console Plate (21). Attach the Console Plate to the Upright (33) with two M6 x 25mm Button Head Bolts (22).

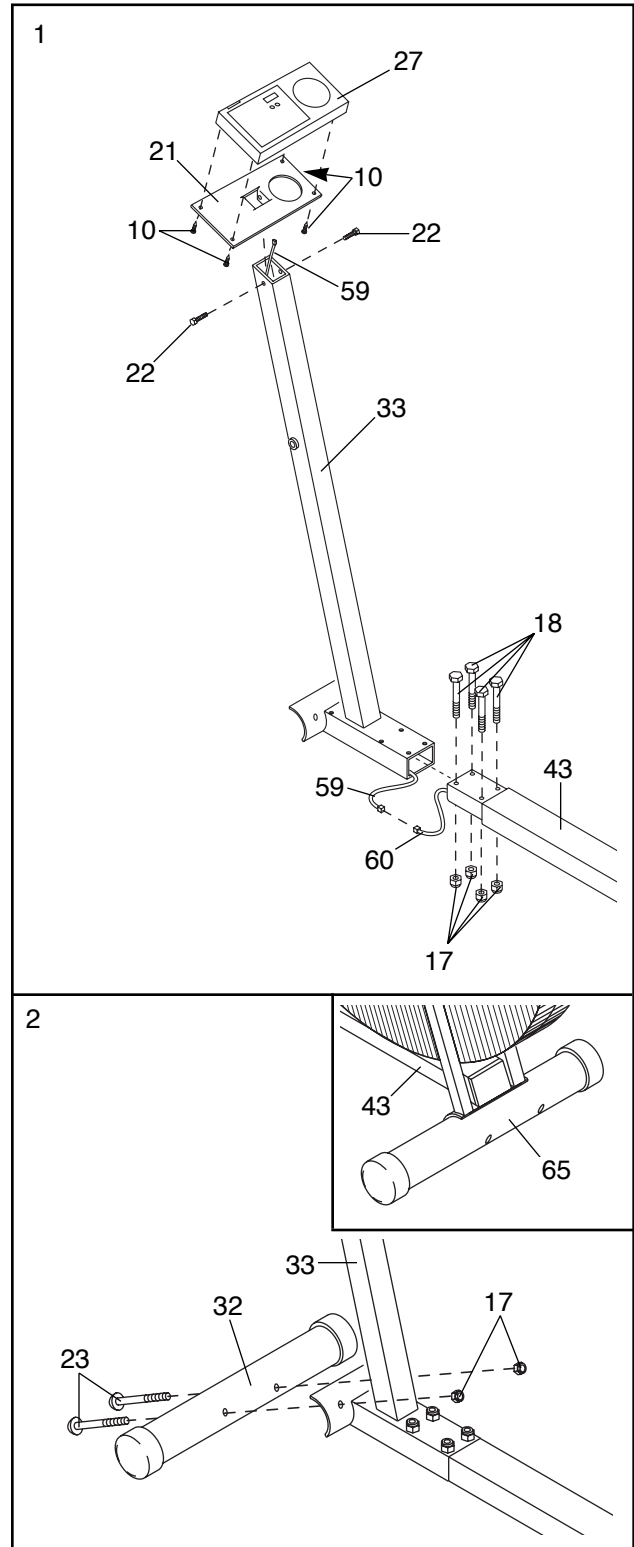
Plug the Wire Extension (59) into the socket on the back of the Console (27). Attach the Console to the Console Plate (21) with four Console Screws (10).

Connect the Wire Extension (59) to the Reed Switch Wire (60).

Slide the Upright (33) and the Frame (43) together. **Be careful not to pinch the Wire Extension (59) and the Reed Switch Wire (60).** Attach the Upright to the Frame with four M10 x 62mm Bolts (18) and four M10 Nylon Locknuts (17). **Firmly tighten the Bolts and Nylon Locknuts. If the joint between the Frame and Upright flexes during use, the Bolts and Nylon Locknuts are not tight enough.**

2. Attach the Front Stabilizer (32) to the Upright (33) with two M10 x 75mm Button Head Bolts (23) and two M10 Nylon Locknuts (17).

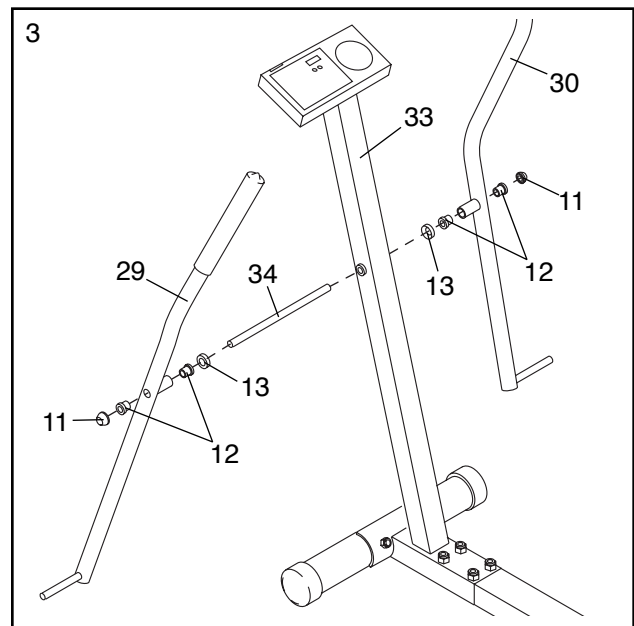
See the inset drawing. Attach the Rear Stabilizer (65) to the Frame (43) in the same manner.



- Slide the Handlebar Axle (34) into the Upright (33) and center it.

**Identify the Left Handlebar (29); it is the Handlebar with the “L” sticker on it.** Slide a Weld Cover (13) onto the left side of the Handlebar Axle (34). Make sure that the open side of the Weld Cover is facing the Upright. Next, make sure that there are two Bushings (12) in the Left Handlebar. Slide the Left Handlebar onto the Handlebar Axle. Tap a 5/8” Axle Cap (11) onto the Handlebar Axle.

Attach the Right Handlebar (30) to the Handlebar Axle (34) in the same manner

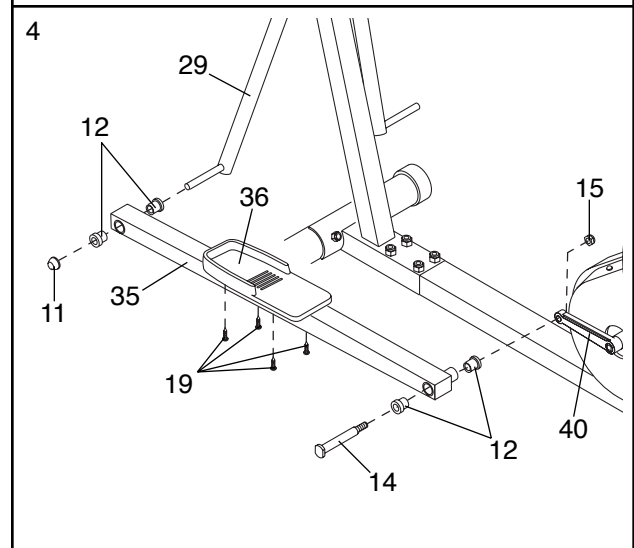


- Attach a Pedal (36) to the Left Pedal Arm (35) with four M4 x 16mm Screws (19). **Be sure to hold the Pedal firmly against the Left Pedal Arm when you thread the Screws into the Pedal.**

Make sure that there are four Bushings (12) in the Left Pedal Arm (35). Apply a small amount of grease to the axle on the Left Handlebar (29). Slide the indicated end of the Pedal Arm onto the axle on the Left Handlebar. Tap a 5/8” Axle Cap (11) onto the axle.

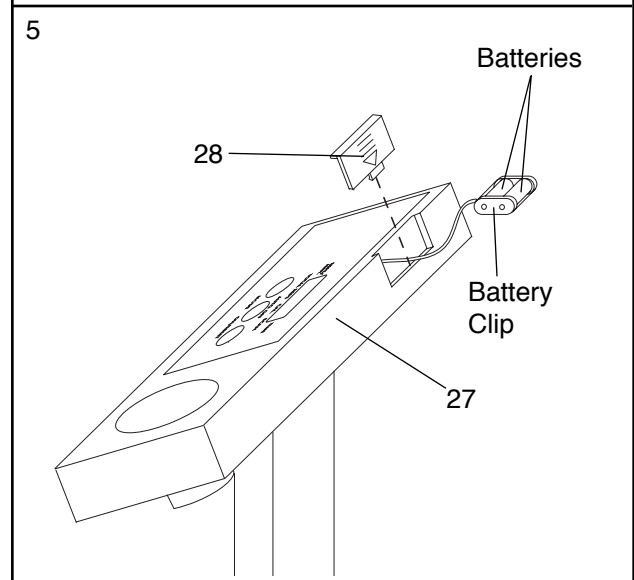
Apply a small amount of grease to a Pedal Shaft (14). Insert the Pedal Shaft into the Left Pedal Arm (35). Tighten the Pedal Shaft into the left Crank Arm (40). Tighten a 1/2” Nylon Locknut (15) onto the Pedal Shaft.

Attach the Right Pedal Arm (not shown) in the same manner.



- The Console (27) requires two “AA” batteries (not included). Alkaline batteries are recommended.

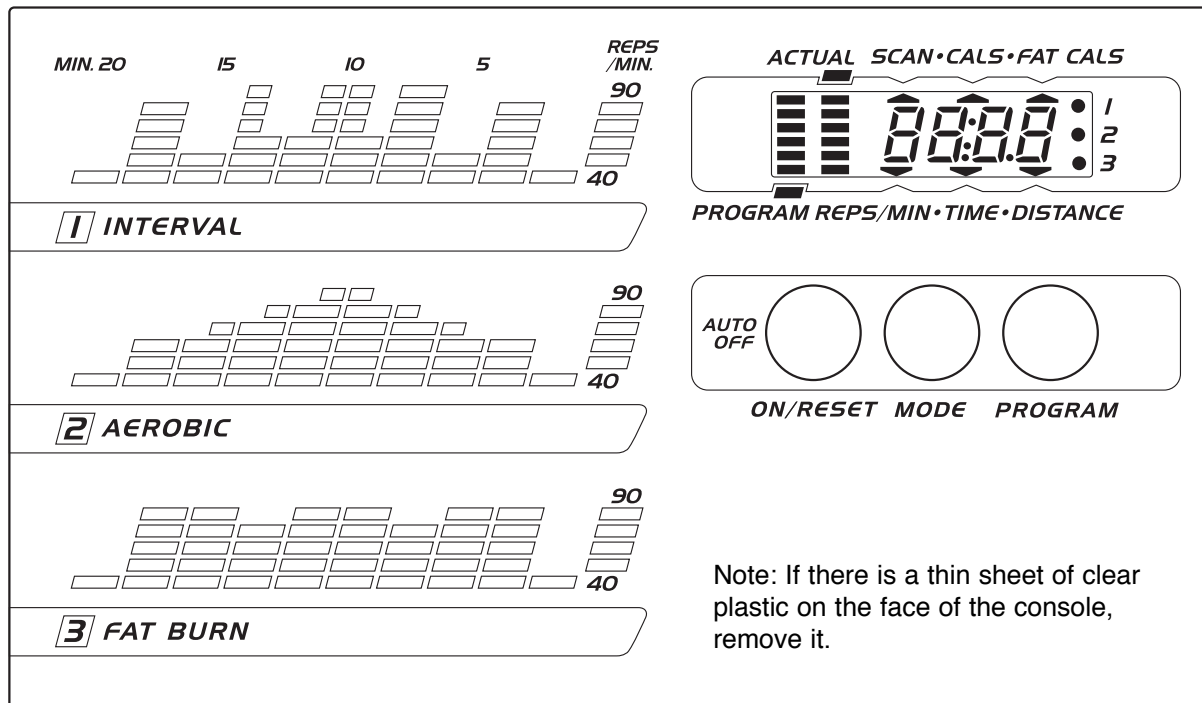
To install batteries, first slide up the Battery Cover (28) and carefully remove the battery clip from the Console (27). Insert two batteries into the battery clip as shown. **Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the battery clip.** Replace the battery clip and close the Battery Cover.



- Make sure that all parts of the elliptical exerciser are properly tightened.** To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

# HOW TO USE THE ELLIPTICAL EXERCISER

## DIAGRAM OF THE CONSOLE



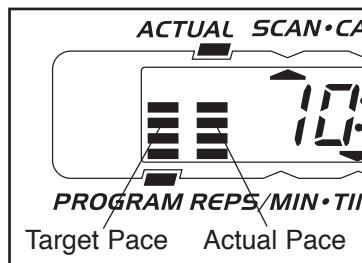
Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

## DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you achieve your exercise goals by pacing your exercise. The programs include a stamina-building Interval program, an Aerobic program, and a Fat Burn program. The console also features six monitor modes that provide continuous exercise feedback.

## HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column will show a target pace; the right column will show your actual pace. The target pace will change periodically during the program; as the target pace changes, simply adjust your pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



The graphs on the left side of the console show how the target pace will change during each program (see the drawing above). Each graph is divided into ten columns, and each column represents a two-minute time period. The bars in each column show what the target pace will be during that two-minute period. For example, in the first column of the Interval graph, there is one bar. This shows that during the first two minutes of the Interval program, the target pace will be 40 repetitions (strides) per minute (see the scale at the right end of the graph). In the second column, there are five bars. This shows that during the second two-minute period, the target pace will be 80 strides per minute. Each pacer program is twenty minutes long.

## DESCRIPTION OF THE MONITOR MODES

The six monitor modes provide continuous exercise feedback. The modes are described below.

- Reps per minute (REPS/MIN)—This mode shows your pace, in repetitions (strides) per minute.
- Time—If you select one of the three pacer programs, this mode will count down the time remaining in the program. If you select the manual mode, this mode will count up the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause.

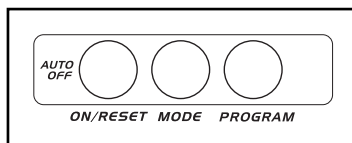
- Distance—This mode shows the total number of repetitions (strides) you have completed, up to 999. The display will then reset to zero and continue counting.
- Fat calories (FAT CALS)—This mode shows the approximate number of fat calories you have burned. (See BURNING FAT on page 12 for an explanation of fat calories.)
- Calories (CALC)—This mode shows the approximate number of calories you have burned. (This number includes both fat calories and carbohydrate calories.)
- Scan—This mode displays the calories, fat calories, reps per minute, time, and distance modes, for five seconds each, in a repeating cycle.

### STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, two “AA” batteries must be installed. (See assembly step 5 on page 7 for installation instructions.) Follow the steps below to operate the console.

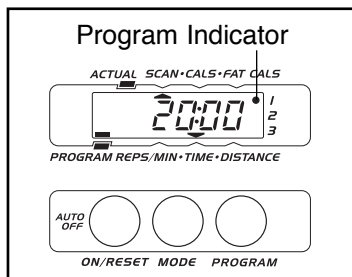
#### 1 Turn on the power

To turn on the power, press the on/reset button or simply begin exercising on the elliptical exerciser. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for use. Note: If batteries were just installed, the power will already be on.



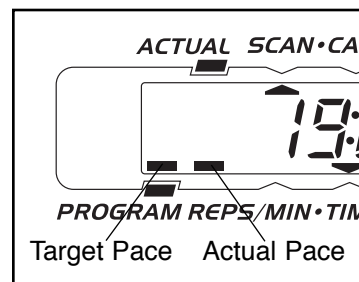
#### 2 Select one of the three pacer programs or the manual mode

To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected. To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1 (Interval), program 2 (Aerobic), program 3 (Fat Burn), and the manual mode.



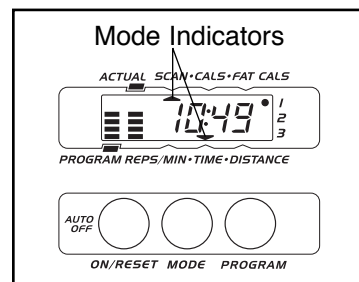
#### 3 Begin your workout

If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of bars will appear in the display. The left column will show one bar, showing that the target pace is 40 strides per minute. The right column will show your actual pace. Adjust your pace until only one bar appears in the right column. As the program progresses, the target pace will change periodically; as the target pace changes, adjust your pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



#### 4 Follow your progress with the monitor modes

When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a flashing mode indicator will show which mode is currently displayed. Note: If you select a different mode, you can select the scan mode again by repeatedly pressing the mode button.



If desired, you can select the reps per minute, time, distance, fat calories, or calories mode for full-time display. To select one of these modes, repeatedly press the mode button. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)

If desired, the display can be reset by pressing the on/reset button.

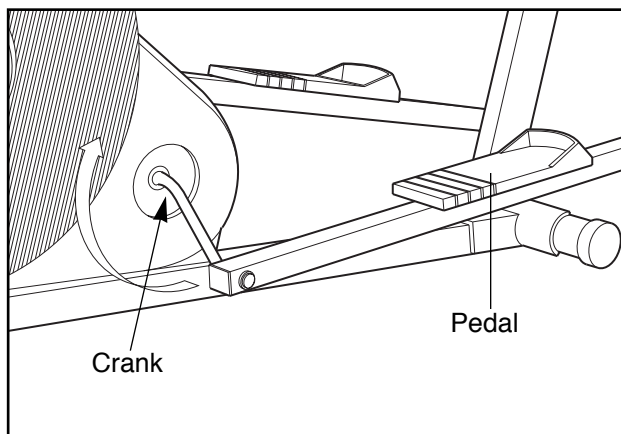
#### 5 Turn off the power

To turn off the power, simply wait for about four minutes. If the pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically.

## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note:** **The crank can turn in either direction; it is recommended that you turn the crank in the direction shown at the right; however, to give variety to your exercise, you may choose to turn the crank in the opposite direction.**

To dismount the elliptical exerciser, allow the pedals to slowly come to a stop. **CAUTION: The elliptical exerciser does not have a freewheel; 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.



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## MAINTENANCE AND TROUBLE-SHOOTING

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

The elliptical exerciser can be cleaned with a soft, damp cloth. Keep liquid away from the electronic monitor. Keep the monitor out of direct sunlight or the display may be damaged. Remove the batteries when storing the elliptical exerciser.

### CONSOLE TROUBLE-SHOOTING

If the console does not function properly, the batteries should be replaced. See assembly step 5 on page 7 for instructions. In addition, make sure that the sensor wire is connected to the wire on the monitor. See assembly step 1 on page 6.

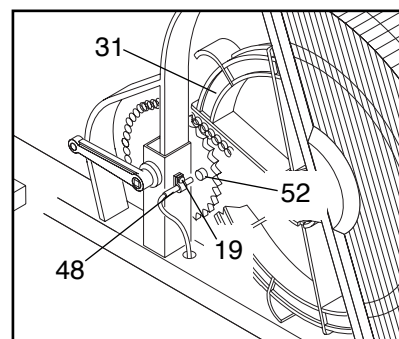
### HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. You will need to

remove the left shield from the elliptical exerciser (see HOW TO REMOVE THE SHIELDS on page 11).

Locate the Reed Switch (48). Turn the Fan (31) until the Magnet (52) is aligned with the Reed Switch. Loosen, but do not remove, the M4 x 16mm Screw (19).

Slide the Reed Switch slightly closer to or farther away from the Magnet. Make sure that the Magnet will not hit the Reed Switch. Retighten the Screw. Turn the Fan for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left shield and the crank arm.

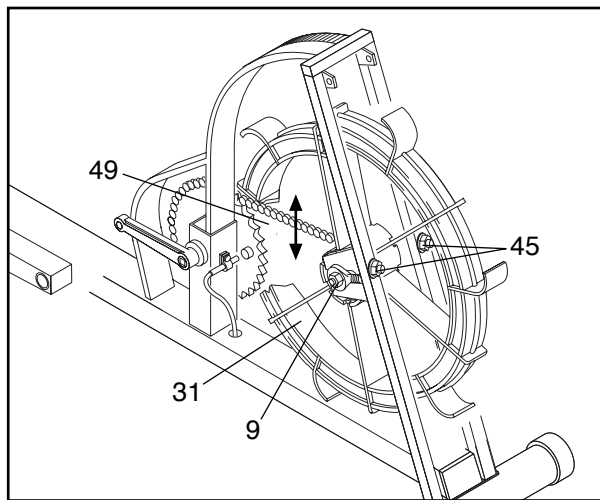


## HOW TO ADJUST THE CHAIN

The elliptical exerciser features a precision chain that must be kept properly lubricated. Apply a few drops of light multi-purpose oil to the chain every three months.

In addition, the chain must be kept properly adjusted. If the chain is too tight, the bearings may be damaged; if the chain is too loose, the fan may be damaged. If the chain causes excessive noise or slips as you pedal, check the chain in the following manner:

1. Remove the left shield and the rear shield from the elliptical exerciser (see HOW TO REMOVE THE SHIELDS on this page).
2. Press down on the center of the Chain (49). **There should be between 1/4" and 1" of vertical movement in the center of the Chain.** If the chain is properly adjusted, reattach the left shield, the rear shields, and the crank arm. If the chain needs to be adjusted, see step 3.



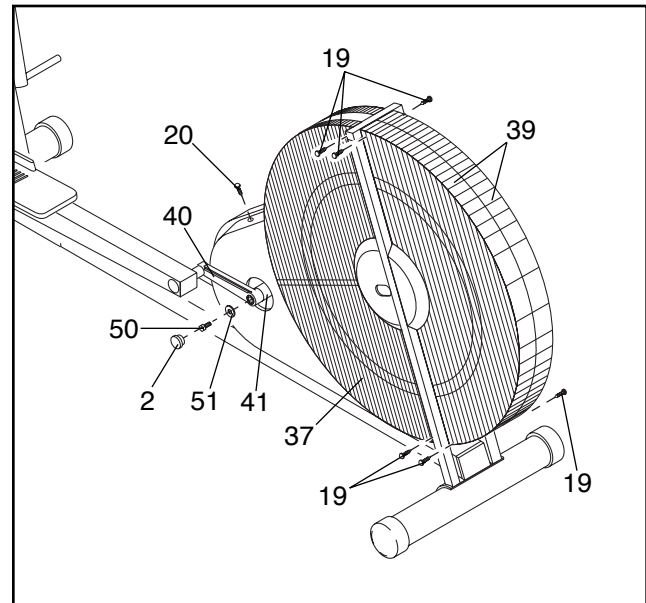
3. Loosen both M8 Flange Nuts (9). To tighten the chain, turn the M6 Nuts (45) clockwise; to loosen the chain, turn the M6 Nuts counterclockwise. **Make sure that the Fan (31) is straight** and tighten the M8 Flange Nuts. Reattach the left shield, the rear shields, and the crank arm.

## HOW TO REMOVE THE SHIELDS

To adjust the reed switch you must remove the Left Shield (37). To adjust the chain you must also remove the Rear Shields (39).

To remove the Left Shield (37), first remove the Crank Cover (2). Then remove the 5/16" x 3/4" Screw (50) and Crank Washer (51) from the left Crank Arm (40). Slide the Crank Arm off the Crank Axle (41).

Remove the M4 x 12mm Flange Screw (20) from the Left Shield (37). Remove the two M4 x 16mm Screws (19) from the Left Shield. Lift the Left Shield off the Frame (43).



To remove the Rear Shields (39), remove the four M4 x 16mm Screws (19) from the Rear Shields. Lift the Rear Shields off the Frame (43).

# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

## WHY EXERCISE?

Exercise has proven essential for good health and well-being. Participation in a well-rounded exercise program helps to develop a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to handle stress, and greater self-esteem.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138–167	133–162
25	136–166	132–160
30	135–164	130–158
35	134–162	129–156
40	132–161	127–155
45	131–159	125–153
50	129–156	124–150
55	127–155	122–149
60	126–153	121–147
65	125–151	119–145
70	123–150	118–144
75	122–147	117–142
80	120–146	115–140

## Burning Fat

To burn fat effectively, you must exercise at the proper intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, it may be helpful to use the Fat Burn program to help you to reach your goal. (See pages 8 and 9.)

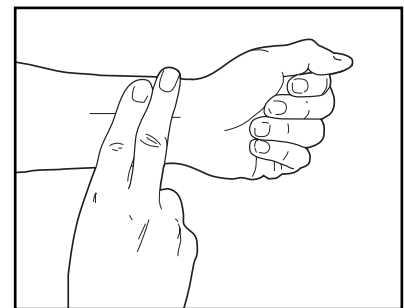
## Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For effective aerobic exercise, it may be helpful to use the Aerobic program to help you to reach your goal. (See pages 8 and 9.)

To develop greater stamina, you may choose the Interval program to help you to reach your goal. (See pages 8 and 9.)

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.



## WORKOUT GUIDELINES

A proper workout includes the following parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases the body temperature, heart rate, and circulation in preparation for exercise.

**A cardiovascular exercise period**, including 20 to 30 minutes of exercise with your heart rate in your training zone.

**A cool-down**, with 5 to 10 minutes of stretching. Thorough stretching helps to offset problems caused when you stop exercising suddenly. Stretching after exercise is also very effective for increasing flexibility.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan 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. Find the best time of day for your workouts, and then stick with it.

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

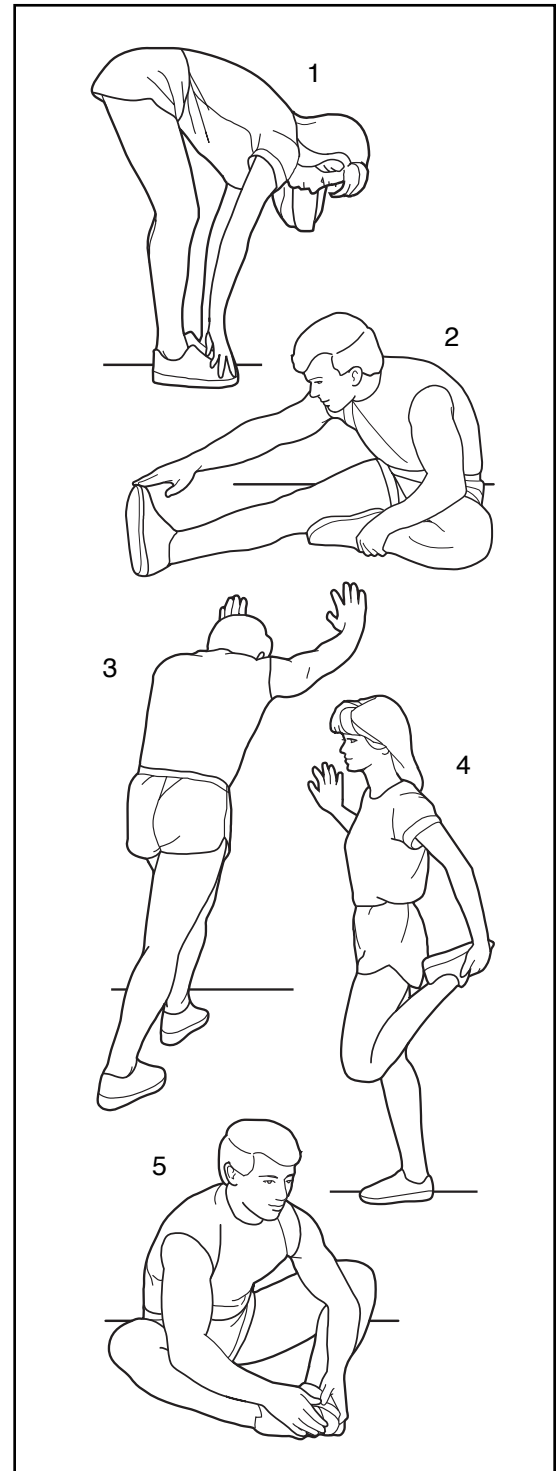
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 5. Inner Thigh Stretch

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



# PART LIST—Model No. WLEL42070

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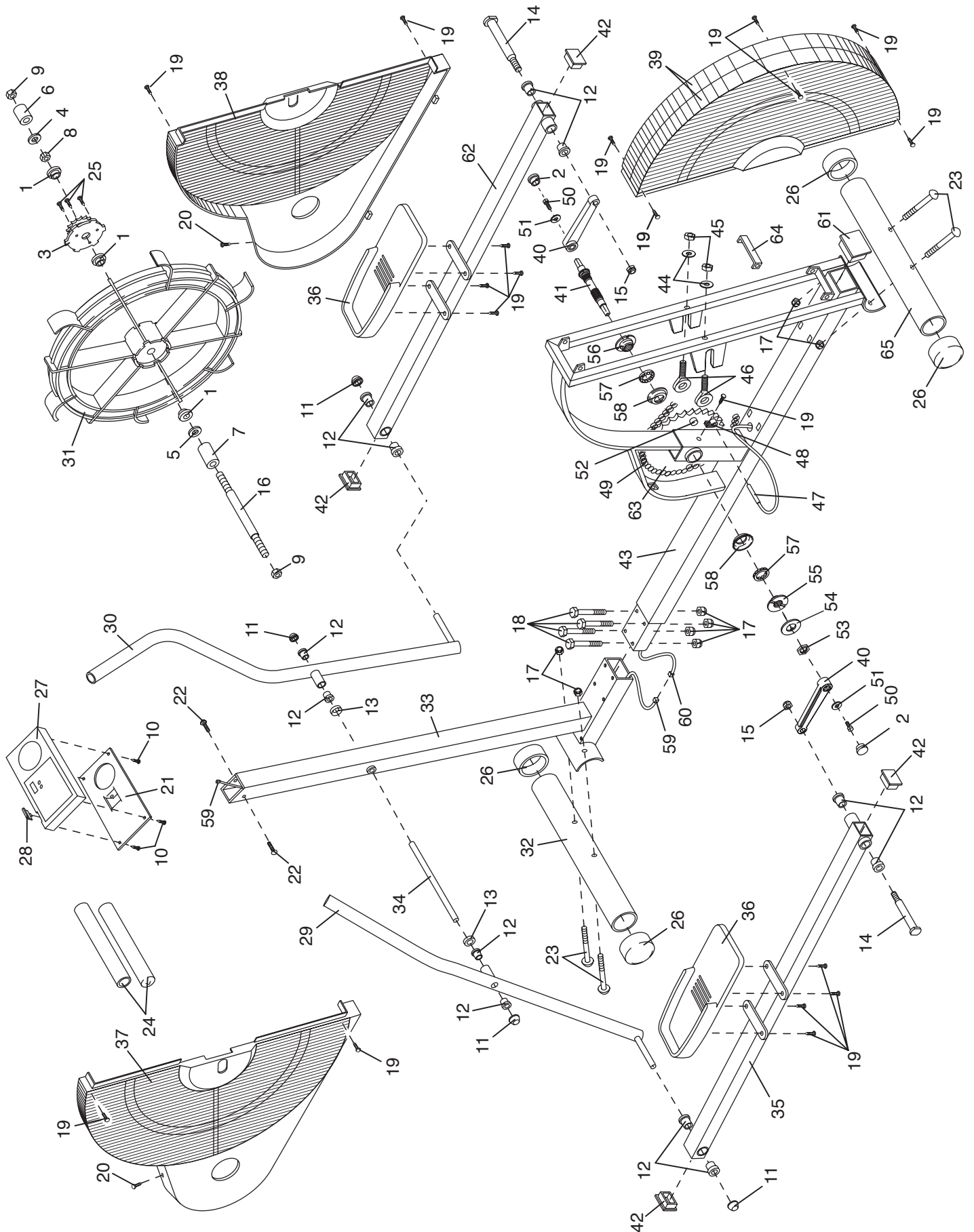
Key No.	Qty.	Description	Key No.	Qty.	Description
1	3	17mm x 5mm Brass Bushing	37	1	Left Shield
2	2	Crank Cover	38	1	Right Shield
3	1	Fan Plate/Sprocket	39	2	Rear Shield
4	1	M8 Washer	40	2	Crank Arm
5	1	M10 Washer	41	1	Crank Axle
6	1	Long Spacer	42	4	38mm x 50mm Cap
7	1	Short Spacer	43	1	Frame
8	1	M8 Nut	44	2	M6 Washer
9	2	M8 Flange Nut	45	2	M6 Nut
10	4	Console Screw	46	2	M6 Eye Bolt
11	4	5/8" Axle Cap	47	1	Reed Switch
12	12	Bushing	48	1	Reed Switch Bracket
13	2	Weld Cover	49	1	Chain
14	2	Pedal Shaft	50	2	5/16" x 3/4" Screw
15	2	1/2" Nylon Locknut	51	2	Crank Washer
16	1	Fan Shaft	52	1	Magnet
17	8	M10 Nylon Locknut	53	1	Crank Nut
18	4	M10 x 62mm Bolt	54	1	Keyed Washer
19	19	M4 x 16mm Screw	55	1	Slotted Crank Nut
20	2	M4 x 12mm Flange Screw	56	1	Tri-Notch Crank Nut
21	1	Console Plate	57	2	Crank Bearing
22	2	M6 x 25mm Button Head Bolt	58	2	Bearing Cup
23	4	M10 x 75mm Button Head Bolt	59	1	Wire Extension
24	2	Grip	60	1	Reed Switch Wire
25	3	M4 x 25mm Screw	61	1	Frame Cap
26	4	Stabilizer Cap	62	1	Right Pedal Arm
27	1	Console	63	1	Large Sprocket
28	1	Battery Cover	64	1	Rear Shield Bracket
29	1	Left Handlebar	65	1	Rear Stabilizer
30	1	Right Handlebar	#	1	User's Manual
31	1	Fan	#	1	Pedal Wrench
32	1	Front Stabilizer	#	1	Large Allen Wrench
33	1	Upright	#	1	Small Allen Wrench
34	1	Handlebar Axle	#	1	Grease Packet
35	1	Left Pedal Arm			
36	2	Pedal			

# This part is not illustrated

Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. WLEL42070

R1297A



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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (WLEL42070).
- The NAME of the product (KATHY IRELAND™ TOTAL BODY elliptical exerciser).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.