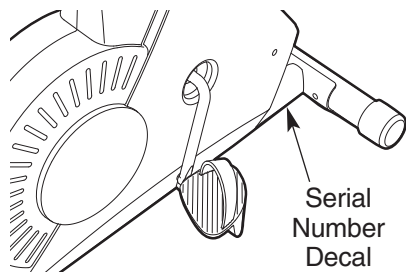


WESLO® *pursuit* 4.0 DX

Model No. WLEX11040

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

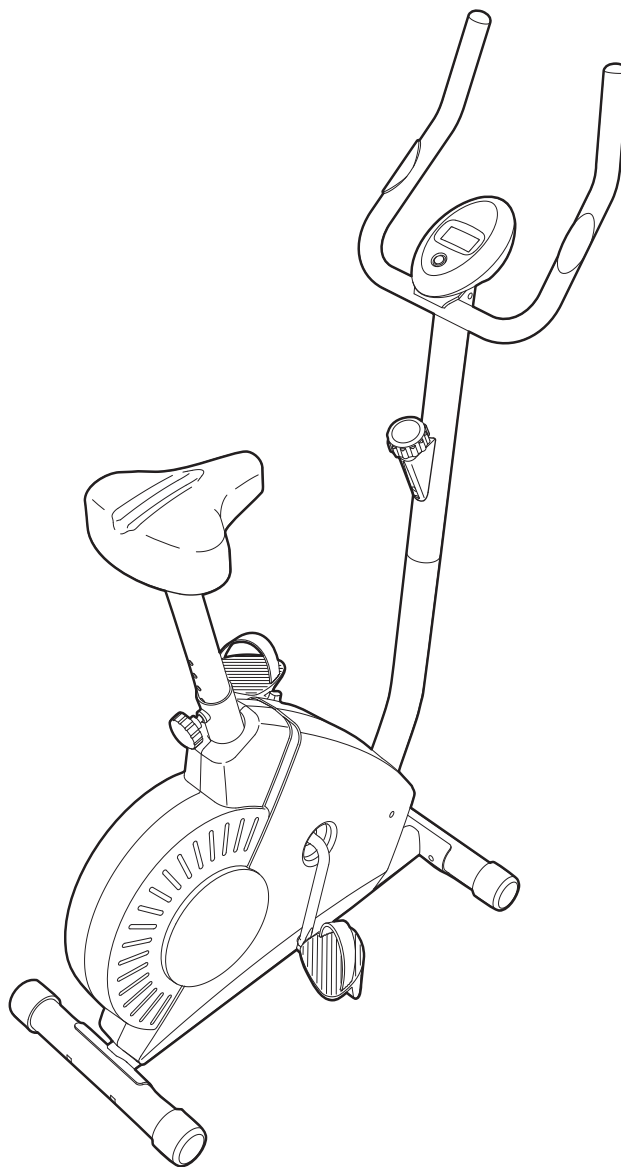
1-866-699-3756

Mon.–Fri., 6 a.m.–6 p.m. MST

⚠ CAUTION

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

USER'S MANUAL



Visit our website at

www.weslo.com

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

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual before using the exercise cycle. Use the exercise cycle only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the exercise cycle at all times.
6. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
7. The exercise cycle should not be used by persons weighing more than 250 pounds.
8. Always keep your back straight while using the exercise cycle; do not arch your back.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The exercise cycle does not have a free wheel; the pedals will continue to move until the flywheel stops.
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. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
13. The warning decal shown on page 3 has been placed on the exercise cycle. If the decal is missing, or if it is not legible, call our Customer Service Department toll-free at 1-866-699-3756 and 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.

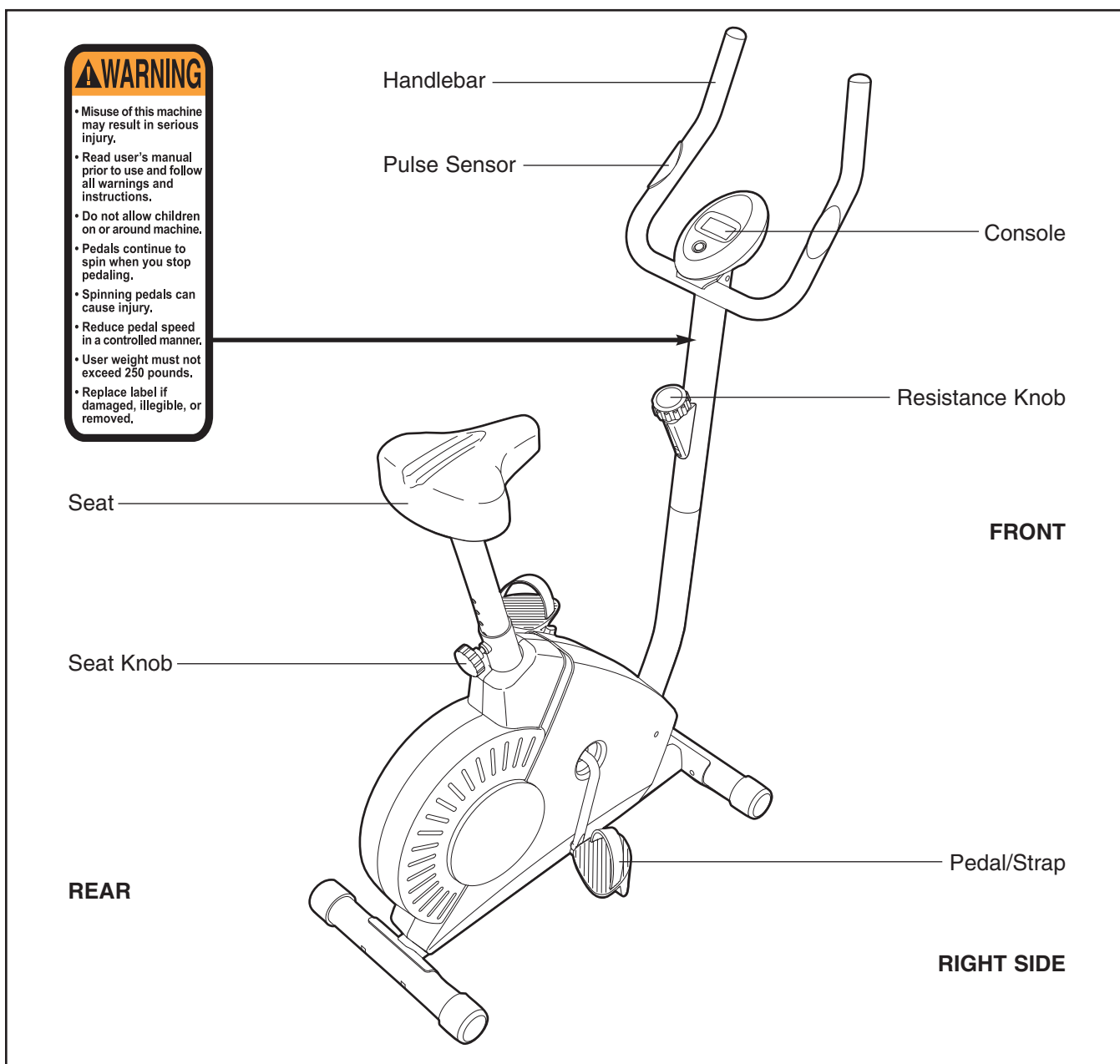
BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® PURSUIT 4.0 DX exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The PURSUIT 4.0 DX exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-866-699-3756,

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 WLEX11040. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

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

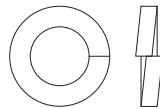


ASSEMBLY

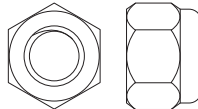
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable wrench , **Phillips screwdriver** , and **pliers**  .

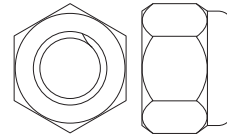
Use the drawings below to identify the small parts used for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 14. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled.**



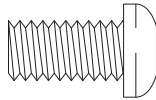
M8 Split Washer (42)–10



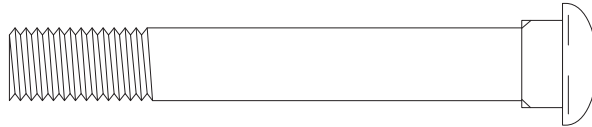
M8 Nylon Locknut (10)–4



M10 Nylon Locknut (33)–4

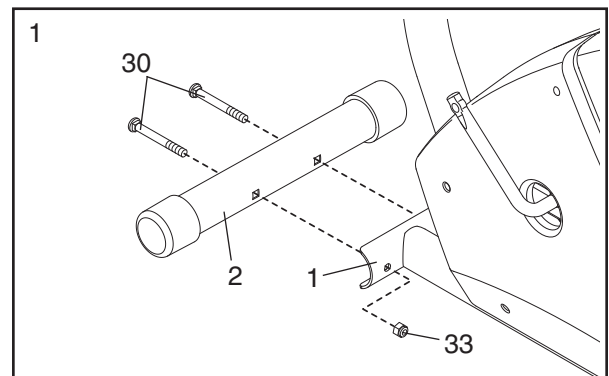


M8 x 15mm Button Screw (34)–6

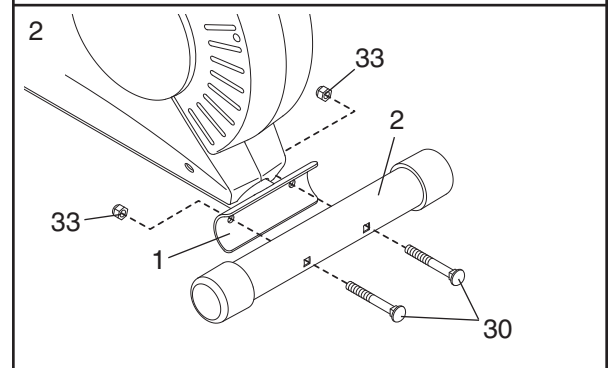


M10 x 75mm Carriage Bolt (30)–4

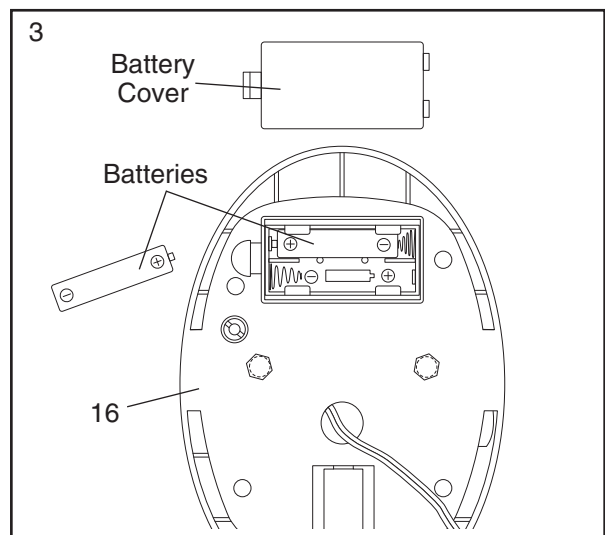
1. While another person lifts the front of the Frame (1) slightly, attach one of the Stabilizers (2) with two M10 x 75mm Carriage Bolts (30) and two M10 Nylon Locknuts (33).



2. While another person lifts the rear of the Frame (1) slightly, attach the other Stabilizer (2) with two M10 x 75mm Carriage Bolts (30) and two M10 Nylon Locknuts (33).

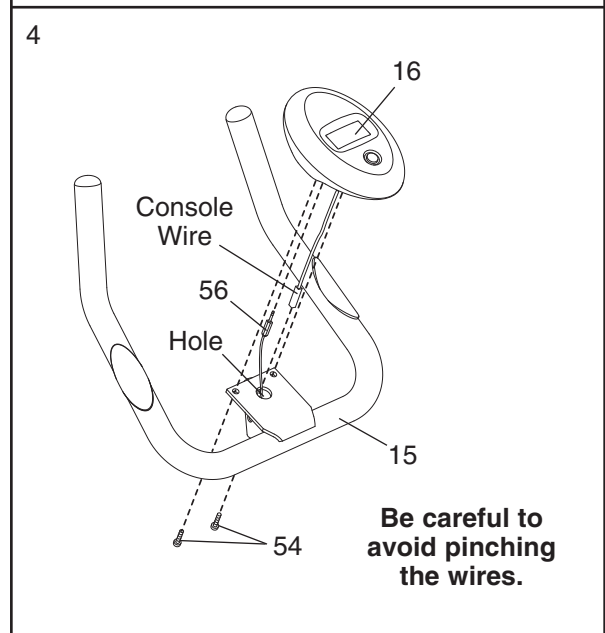


3. The Console (16) requires two AA batteries; alkaline batteries are recommended. Remove the battery cover from the back of the Console. Insert two batteries into the battery compartment; **make sure that the batteries are oriented as shown by the markings inside of the battery compartment**. Reattach the battery cover.

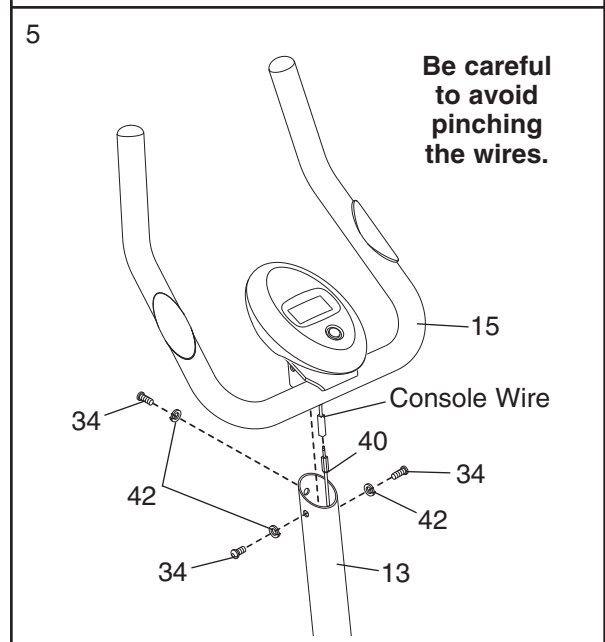


4. Hold the Console (16) near the Handlebar (15). Plug the Pulse Sensor Wire (56) into the jack in the back of the Console. Next, insert the console wire down into the indicated hole in the Handlebar and out of the bottom.

Attach the Console (16) to the Handlebar (15) with the two Console Screws (54) included with the Console. **Be careful to avoid pinching the wires.**



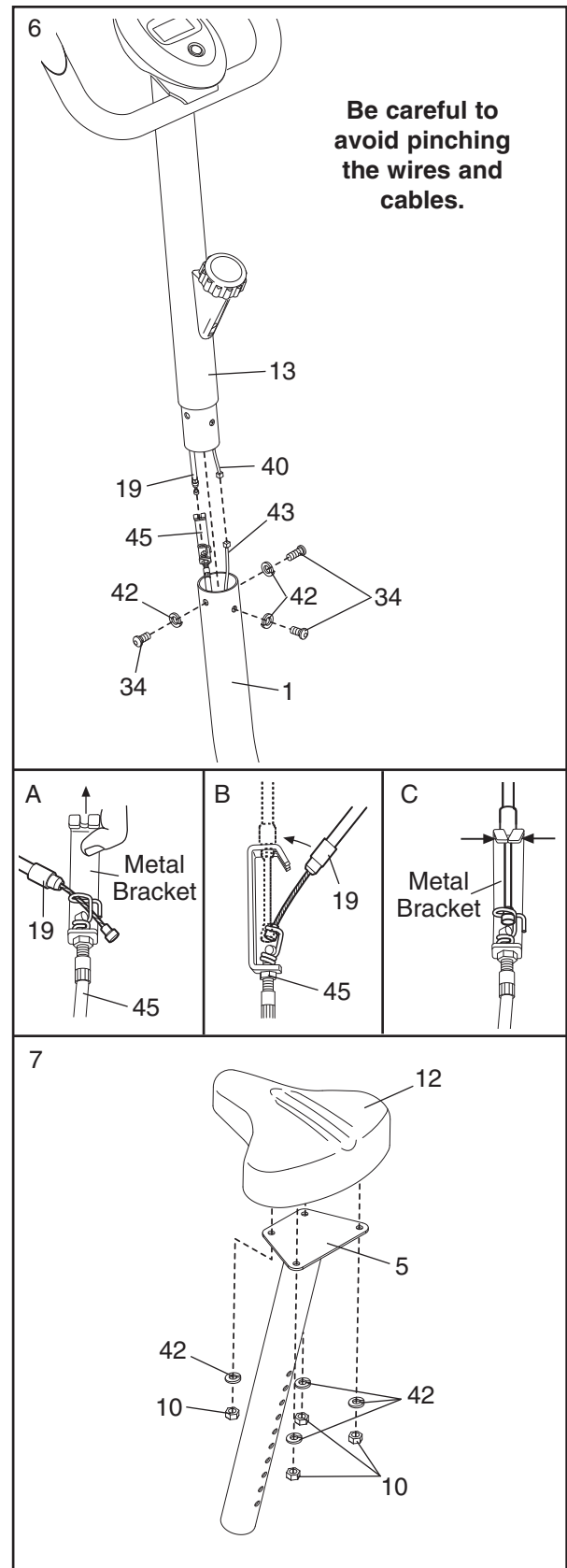
5. While another person holds the Handlebar (15) near the Upright (13), connect the console wire to the Extension Wire (40). Attach the Handlebar to the Upright with three M8 x 15mm Button Screws (34) and three M8 Split Washers (42). **Be careful to avoid pinching the wires.**



6. While another person holds the Upright (13) in the position shown, connect the Extension Wire (40) to the Reed Switch Wire (43). Next, connect the Resistance Cable (19) to the Lower Cable (45) in the following way:

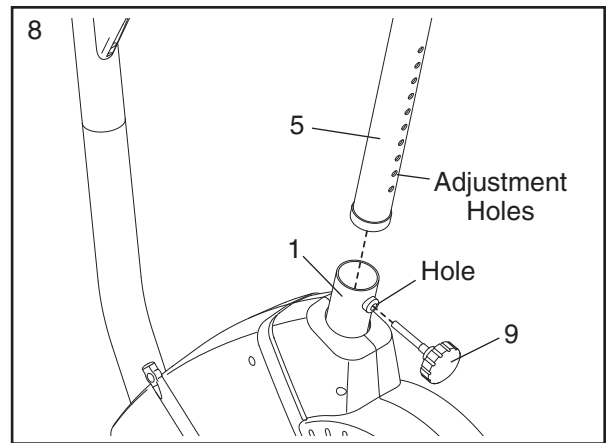
- See drawing A. Pull up on the metal bracket on the Lower Cable (45), and insert the tip of the Resistance Cable (19) into the wire clip inside of the metal bracket as shown.
- See drawing B. Firmly pull up the Resistance Cable (19) and slide it into the top of the metal bracket as shown.
- See drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

Push the Wires (40, 43) and the Cables (19, 45) down into the Frame (1), and insert the Upright into the Frame. **Be careful to avoid pinching the Wires and Cables.** Attach the Upright to the Frame with three M8 x 15mm Button Screws (34) and three M8 Split Washers (42).

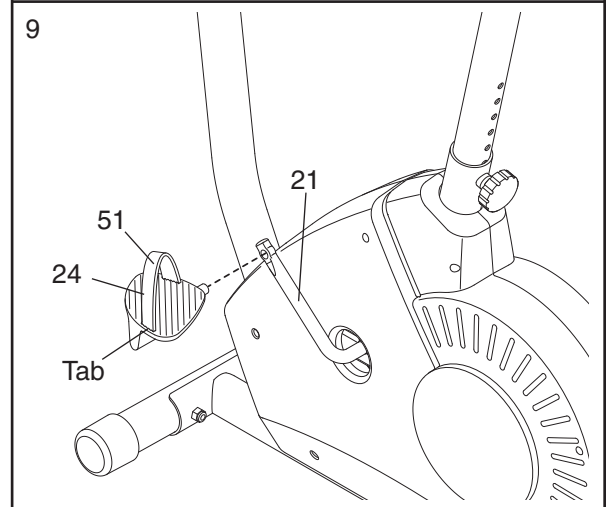


7. Attach the Seat (12) to the Seat Post (5) with four M8 Split Washers (42) and four M8 Nylon Locknuts (10). Note: The Split Washers and Nylon Locknuts may be preattached to the underside of the Seat.

8. Turn the Seat Knob (9) counterclockwise and remove it. Insert the Seat Post (5) into the Frame (1). Align one of the adjustment holes in the Seat Post with the indicated hole in the Frame. Insert the Seat Knob into the Frame and the Seat Post, and turn the Seat Knob clockwise until it is tight. **Make sure that the Seat Knob is inserted through one of the adjustment holes in the Seat Post.**



9. Identify the Left Pedal (24), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (21). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**



Adjust the left Pedal Strap (51) to the desired position, and press the end of the Pedal Strap onto the tab on the side of the Left Pedal (24). Adjust the other Pedal Strap (not shown) in the same way.

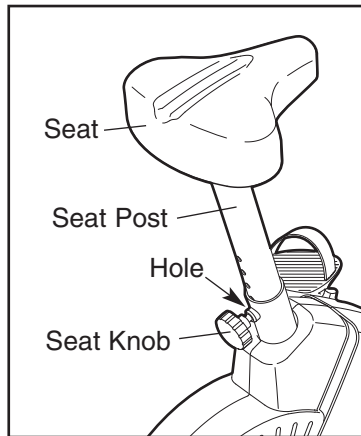
10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT POST

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the seat knob counterclockwise and remove it. Next,

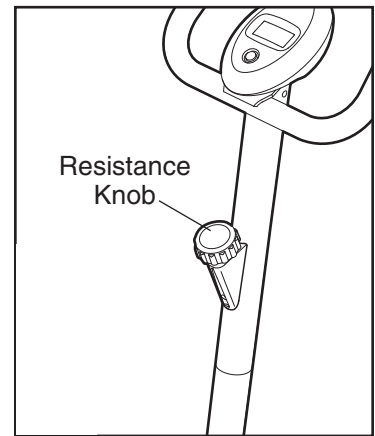
slide the seat post up or down and align one of the adjustment holes in the seat post with the indicated hole in the Frame. Insert the seat knob into the frame and the seat post, and turn the seat knob clockwise until it is tight. **Make sure that the seat knob is inserted through one of the adjustment holes in the seat post.**



HOW TO ADJUST THE PEDALING RESISTANCE

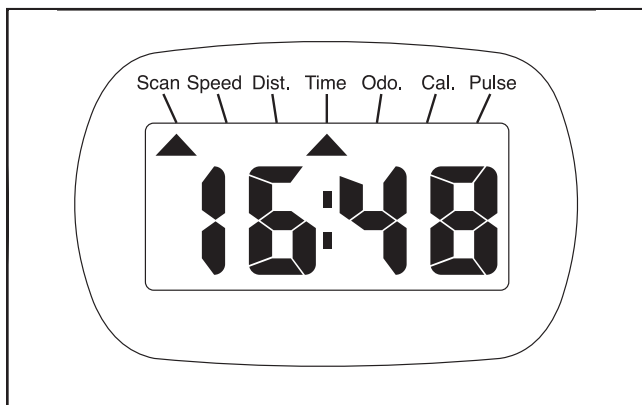
To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise.

Important: Stop turning the knob when turning becomes difficult, or damage may result.



FEATURES OF THE CONSOLE

The easy-to-use console features seven modes that provide instant exercise feedback during your workouts. The modes are described below.



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

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

Distance—This mode displays the distance you have pedaled, in miles.

Time—This mode displays the elapsed time. Note: When you stop pedaling, the time mode will pause.

Odometer—This mode displays the distance pedaled since batteries were inserted into the console.

Calories—This mode displays the approximate number of calories you have burned.

Pulse—This mode displays your heart rate.

HOW TO USE THE CONSOLE

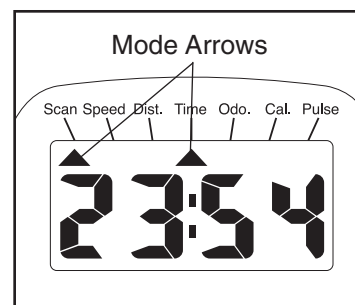
Make sure that there are batteries in the console (see assembly step 3 on page 5). If there is a thin sheet of clear plastic on the console, remove it.

Follow the steps below to operate the console.

1. To turn on the power, press the console button or begin pedaling. The entire display will appear briefly; the console will then be ready for use.
2. Select one of the modes:

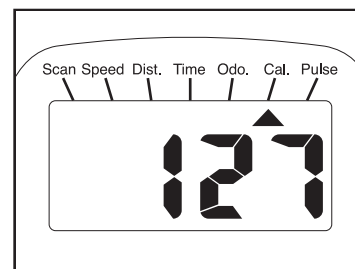
Scan mode—When the power is turned on, the scan mode will be selected automatically. One

mode arrow will show that the scan mode is selected, and a second mode arrow will show which mode is currently displayed. Note: If you have selected a different mode, repeatedly press the console button to reselect the scan mode.



Speed, distance, time, odometer, or calories mode

To select one of these modes for continuous display, repeatedly press the console button. The mode arrows will show which mode is selected. **Make sure that the scan mode is not selected.**

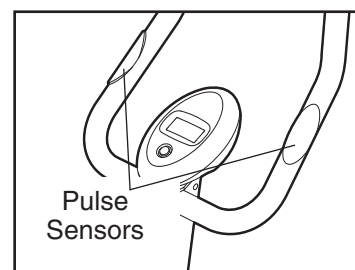


Note: To reset the display, press the console button.

Pulse mode—To select this mode, first press the console button repeatedly until no arrows appear in the display. Next, hold the handlebar, with your palms covering the two pulse sensors; avoid moving your hands.

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

Note: If there are thin sheets of plastic on the pulse sensors, peel off the plastic.



3. To turn off the power, simply wait for a few minutes. **The console has an “auto-off” feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.**

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild detergent. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

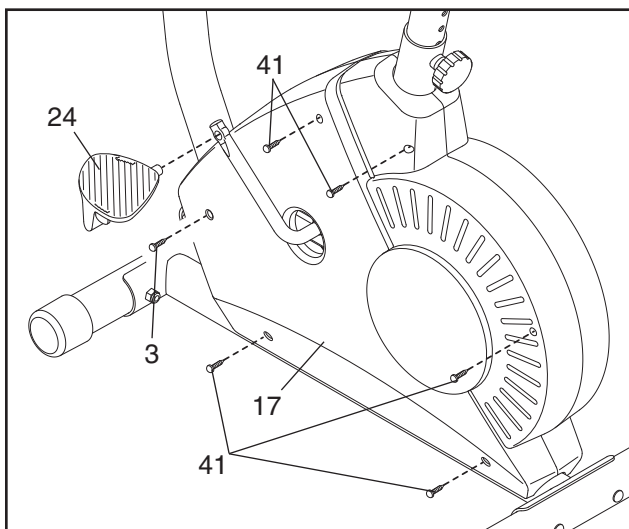
BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see step 4 on page 5 and remove the console from the handlebar. Next, see step 3 on page 5 and insert three batteries into the console. Reattach the console to the handlebar, being careful not to pinch the wires.

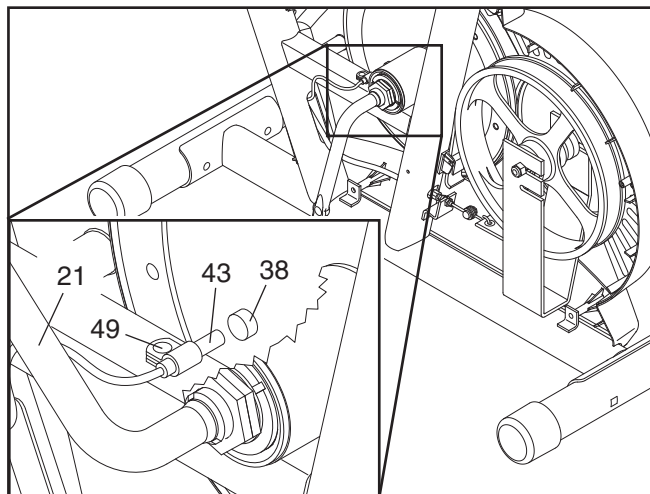
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the left side shield must be removed.

Using an adjustable wrench, turn the Left Pedal (24) clockwise and remove it. Next, remove the five M4 x 28mm Round Head Screws (41) and the M4 x 16mm Screw (49) from the Left Side Shield (17). Carefully remove the Left Side Shield.



Next, turn the resistance knob to the lowest setting. With the left side shield removed, locate the Reed Switch (43). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the M4 x 16mm Screw (49). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.



PULSE SENSOR TROUBLESHOOTING

If the pulse sensors do not function properly, see step 2 on page 9.

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 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.

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. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	❤
145	138	130	125	118	110	103	❤
125	120	115	110	105	95	90	❤
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Burning Fat

To burn fat effectively, you must exercise at a relatively low 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 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 as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

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 aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training zone exercise, consisting of 20 to 30 minutes of exercising 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.)

A cool-down, with 5 to 10 minutes of stretching (see page 13). This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

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. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

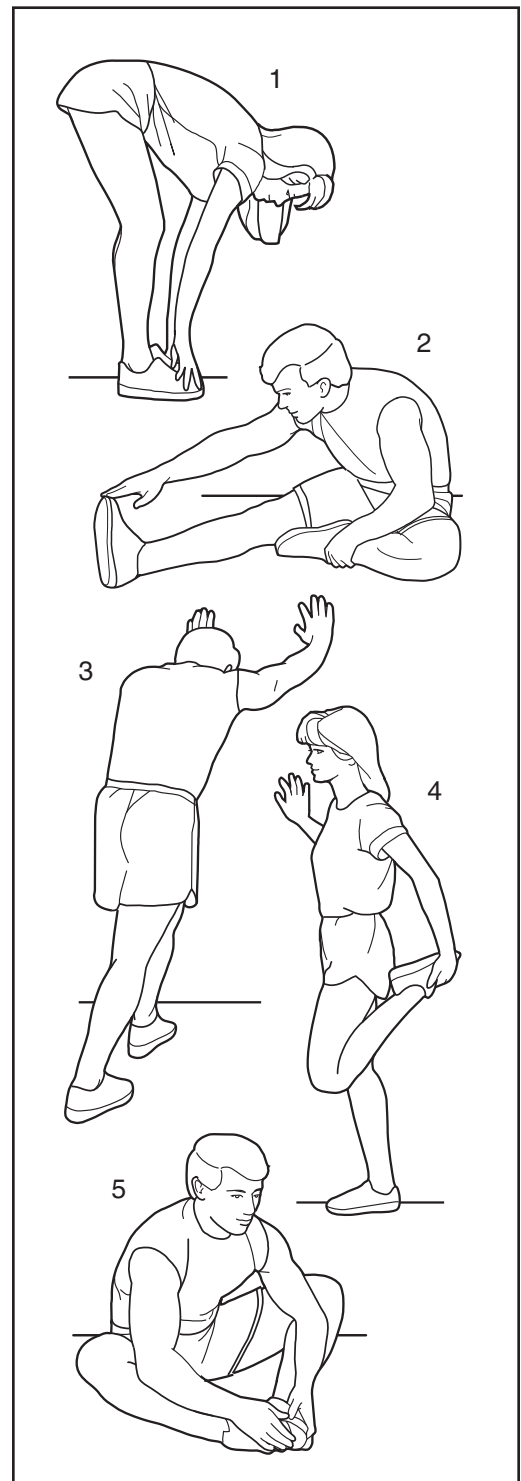
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



NOTES

PART LIST—Model No. WLEX11040

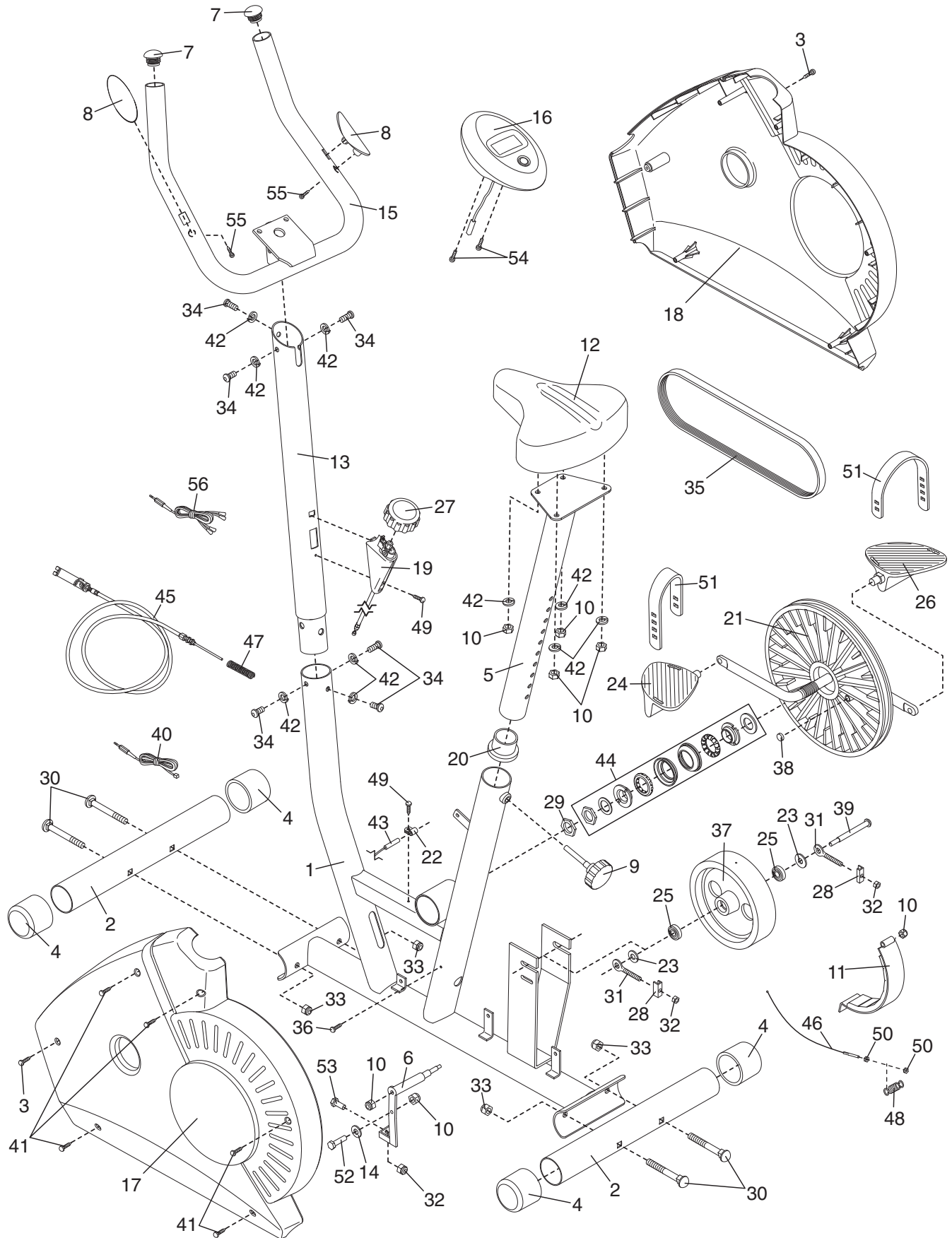
R0704A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	30	4	M10 x 75mm Carriage Bolt
2	2	Stabilizer	31	2	Eyebolt
3	2	M4 x 16mm Round Head Screw	32	3	M6 Nut
4	4	Stabilizer Endcap	33	4	M10 Nylon Locknut
5	1	Seat Post	34	6	M8 x 15mm Button Screw
6	1	C-Magnet Bracket	35	1	Belt
7	2	Handlebar Endcap	36	1	M4 x 19mm Screw
8	2	Pulse Sensor	37	1	Flywheel
9	1	Adjustment Knob	38	1	Magnet
10	7	M8 Nylon Locknut	39	1	Flywheel Axle
11	1	C-Magnet	40	1	Extension Wire
12	1	Seat	41	5	M4 x 28mm Round Head Screw
13	1	Upright	42	10	M8 Split Washer
14	1	M8 Washer	43	1	Reed Switch/Wire
15	1	Handlebar	44	1	Crank Bearing Set
16	1	Console	45	1	Lower Cable
17	1	Left Side Shield	46	1	Resistance Cable
18	1	Right Side Shield	47	1	Return Spring
19	1	Resistance Control/Cable	48	1	Spring
20	1	Seat Post Bushing	49	2	M4 x 16mm Screw
21	1	Crank/Pulley	50	2	M6 Zinc Nut
22	1	Reed Switch Clamp	51	2	Pedal Strap
23	2	M10 Washer	52	1	M8 x 21mm Button Bolt
24	1	Left Pedal	53	1	M6 x 40mm Bolt
25	2	6000Z Bearing	54	2	Console Screw
26	1	Right Pedal	55	2	Pulse Sensor Screw
27	1	Resistance Knob	56	1	Pulse Wire
28	2	U-bracket	#	1	User's Manual
29	1	Crank Nut	#	2	Allen Wrench

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WLEX11040

R0704A



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-866-699-3756, 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:

- The MODEL NUMBER of the product (WLEX11040)
- The NAME of the product (WESLO PURSUIT 4.0 DX exercise cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14)

WESLO is a registered trademark of ICON IP, Inc.

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 through one of its authorized service centers. All repairs for which warranty claims are made 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, 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 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