

WESLO

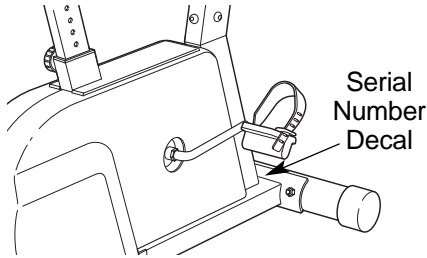
Pursuit[®]

622

Model No. WLEX12010

Serial No. _____

Write the serial number in the space above for future reference.



USER'S MANUAL

QUESTIONS?

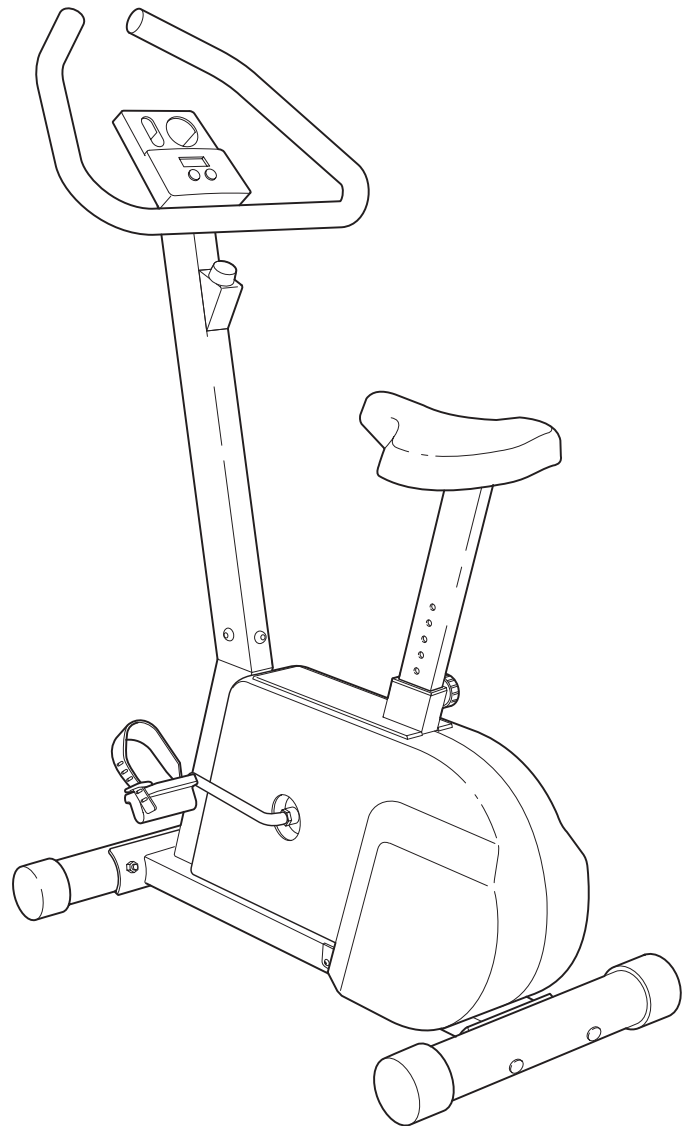
If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, 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



⚠ CAUTION

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



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fitness tips, and much more!*

WESLO **Pursuit**[®] 622

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
PART IDENTIFICATION CHART5
ASSEMBLY6
HOW TO USE THE EXERCISE CYCLE8
CONDITIONING GUIDELINES10
MAINTENANCE AND TROUBLE-SHOOTING12
PART LIST14
EXPLODED DRAWING15
HOW TO ORDER REPLACEMENT PARTSBack Cover
LIMITED WARRANTYBack Cover

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. The exercise cycle is intended for in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
4. Place the exercise cycle on a level surface. Use the exercise cycle indoors, away from moisture and dust. Cover the floor beneath the exercise cycle to protect the floor or carpet from damage.
5. Inspect and tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the exercise cycle at all times.
7. The exercise cycle should not be used by persons weighing more than 250 pounds.
8. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. When adjusting the seat, insert the seat knob through one of the holes in the seat post (see the drawing on page 4). Do not insert the seat knob under the seat post.
10. Always keep your back straight when using the exercise cycle; do not arch your back.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
12. The exercise cycle does not have a free wheel; the pedals will continue to move until the flywheel stops.

⚠ 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.

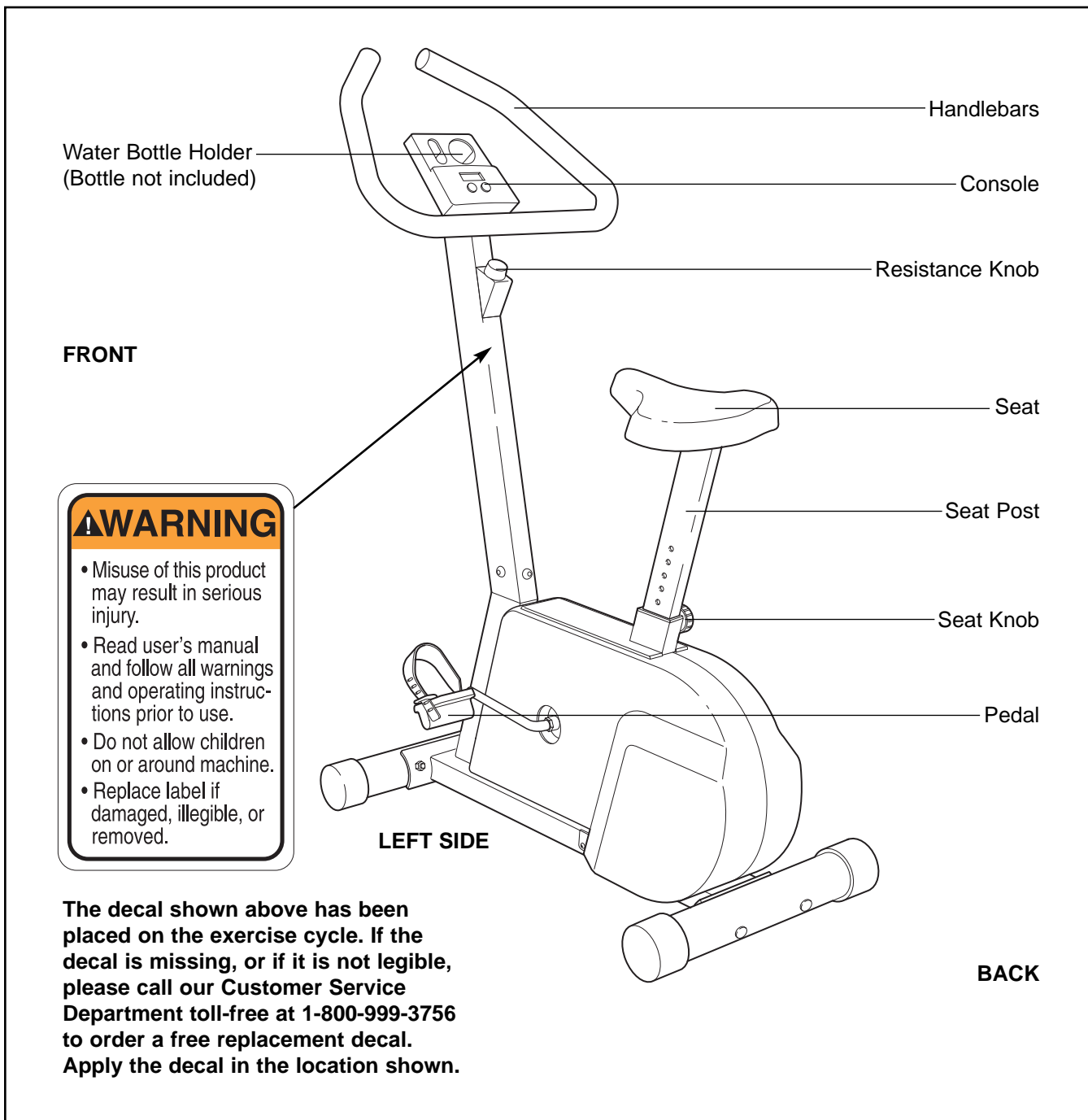
BEFORE YOU BEGIN

Thank you for selecting the new WESLO PURSUIT® 622 exercise cycle. The PURSUIT 622 blends advanced engineering with contemporary styling to provide you with effective, low-impact workouts in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. 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 mention the product model number and serial number when calling. The model number is WLEX12010. 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).

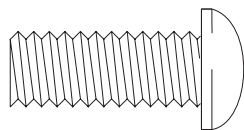
Before reading further, please look at the drawing below and familiarize yourself with the labeled parts.



PART IDENTIFICATION CHART

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

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



M10 x 25mm Button Screw (8)–5



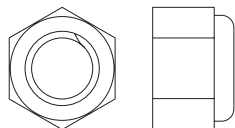
M8 x 63mm Carriage Bolt (30)–4



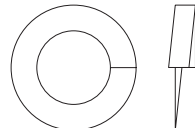
M4 x 16mm Screw (9)–5



M8 Split Washer (49)–3



M8 Nylon Locknut (21)–7



M10 Split Washer (41)–5

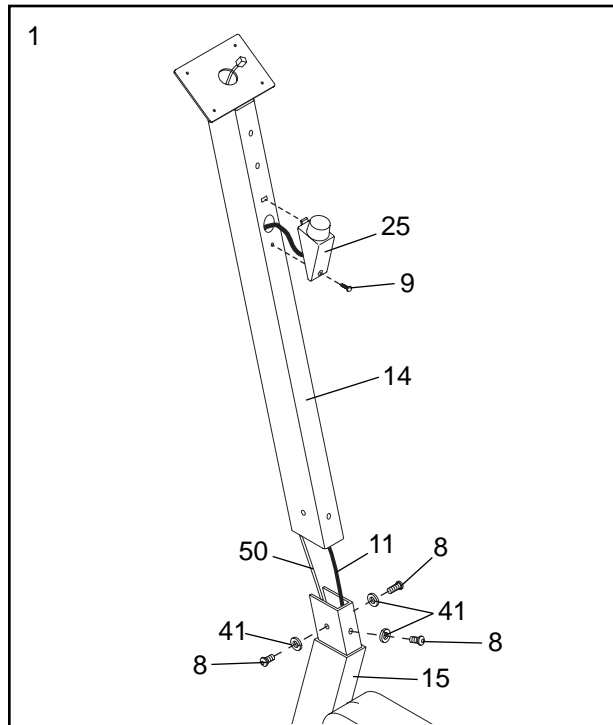
ASSEMBLY

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 allen wrench  , a phillips screwdriver  , and two adjustable wrenches  .

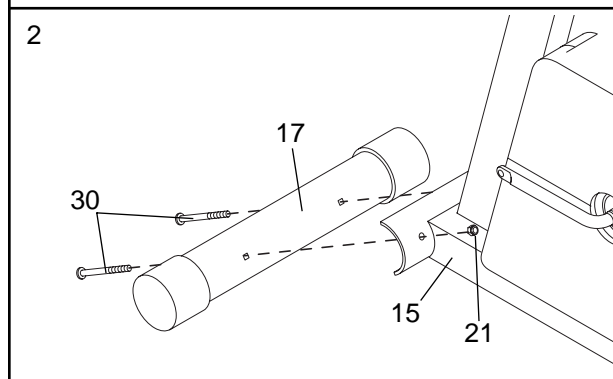
1. Carefully slide the Handlebar Post (14) onto the Frame (15). **Be careful to avoid pinching the Reed Switch Wire (50) or the Resistance Cable (11) inside the Handlebar Post.** Attach the Handlebar Post with three M10 x 25mm Button Screws (8) and three M10 Split Washers (41).

Attach the Control Housing (25) to the Handlebar Post (14) with an M4 x 16mm Screw (9).

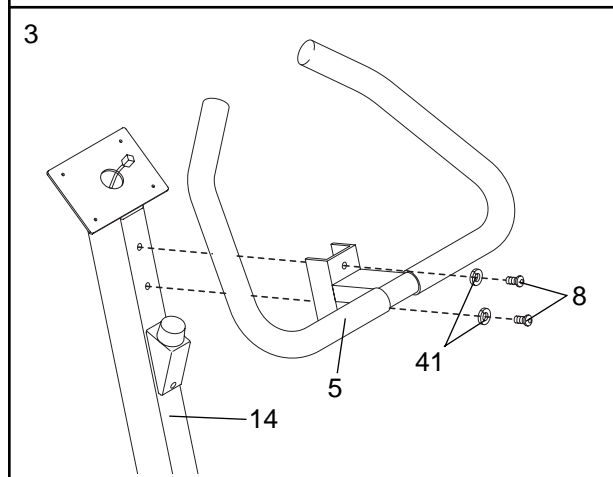


2. Identify the Front Stabilizer (17), which is narrower than the Rear Stabilizer (not shown). Hold the Front Stabilizer against the saddle on the front of the Frame (15). Attach the Front Stabilizer with two M8 x 63mm Carriage Bolts (30) and two M8 Nylon Locknuts (21).

Attach the Rear Stabilizer (not shown) to the rear of the Frame (15) in the same way.

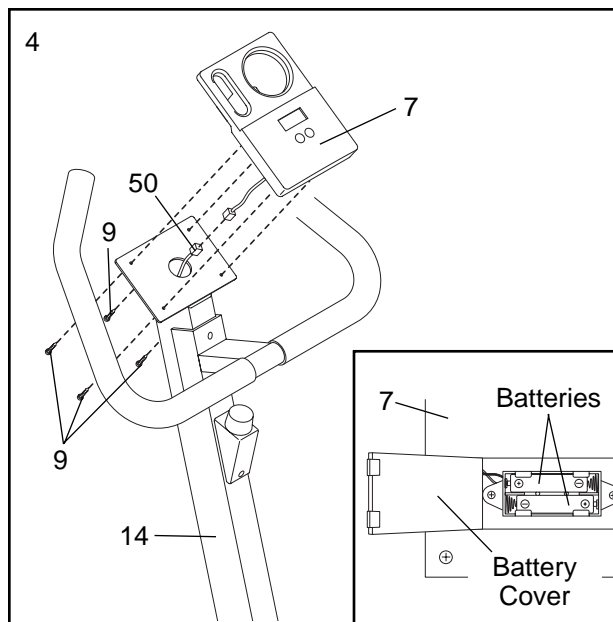


3. Attach the Handlebar (5) to the Handlebar Post (14) with two M10 x 25mm Button Screws (8) and two M10 Split Washers (41).



- The Console (7) requires two “AA” batteries (not included). Alkaline batteries are recommended. Refer to the inset drawing. Open the battery cover on the underside of the Console and press two batteries into the Console. **Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the Console.**

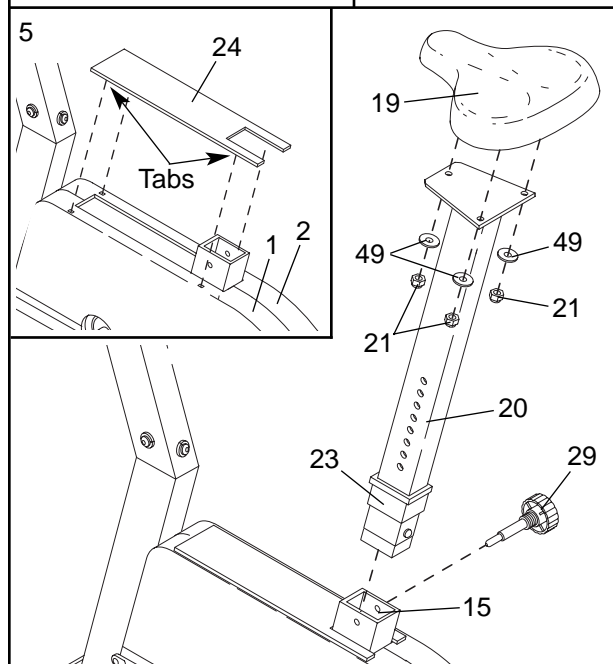
Connect the wire on the Console (7) to the Reed Switch Wire (50). Insert all excess wire into the Handlebar Post (14). Attach the Console to the Handlebar Post with four M4 x 16mm Screws (9). **Be careful not to pinch the wire.**



- Press the Side Shield Cover (24) onto the Side Shields (1, 2). Make sure that all four tabs on the Side Shield Cover snap into the Side Shields.

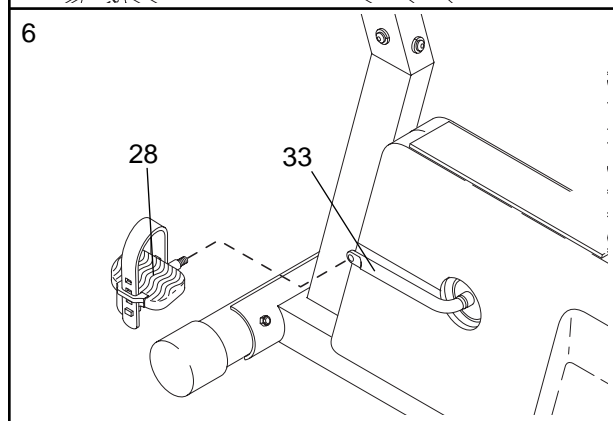
Insert the Seat Post (20) into the Frame (15) and press the Seat Post Bushing (23) down into the Frame. Align one of the holes in the Seat Post with the hole in the Frame. Insert the Seat Knob (29) into the Frame and the Seat Post, and tighten the Seat Knob into the Frame. **CAUTION: Make sure to insert the Seat Knob through one of the holes in the Seat Post; do not insert the Seat Knob under the Seat Post.**

Attach the Seat (19) to the Seat Post (20) with three M8 Nylon Locknuts (21) and three M8 Split Washers (49). Note: The Nylon Locknuts and Split Washers may be pre-attached to the bottom of the Seat.



- Identify the Left Pedal (28); there is an “L” on the Left Pedal for identification. Using an adjustable wrench, firmly tighten the Left Pedal *counterclockwise* into the left arm of the Crank (33).

Firmly tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank (33). **Tighten both Pedals as fully as possible. Important: After using the exercise cycle for one week, retighten the Pedals. For the best performance, the Pedals must be kept properly tightened.**

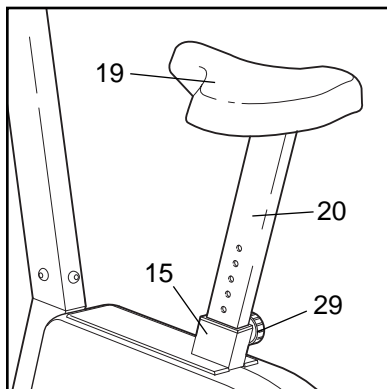


- Make sure that all parts are properly tightened before you use the exercise cycle. Note: There may be some hardware left over after assembly is completed.** Cover the floor beneath the exercise cycle to protect the floor or carpet from damage.

HOW TO USE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT

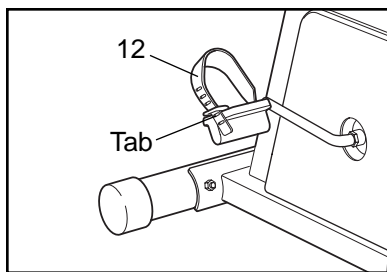
For effective exercise, the Seat (19) should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the Seat, first hold the



Seat and unscrew the Seat Knob (29). Align a different hole in the Seat Post (20) with the hole in the Frame (15). Insert the Seat Knob into the Frame and the Seat Post, and tighten the Seat Knob into the Frame. **CAUTION: Make sure to insert the Seat Knob through one of the holes in the Seat Post; do not insert the Seat Knob under the Seat Post.**

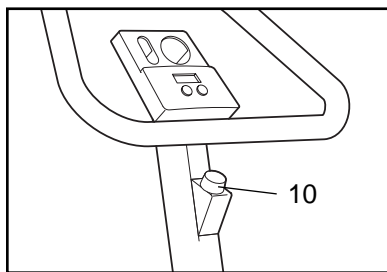
HOW TO ADJUST THE PEDAL STRAPS

To adjust the Left Pedal Strap (12), first pull the Pedal Strap off the adjustment tab on the pedal. Align a different hole in the Pedal Strap with the tab, and press the Pedal Strap back onto the tab. Adjust the Right Pedal Strap (not shown) in the same way.



HOW TO ADJUST THE PEDALING RESISTANCE

To vary the intensity of your exercise, the pedaling resistance can be adjusted. To increase the resistance, turn the Resistance Knob (10) clockwise; to decrease the resistance, turn the Resistance Knob counterclockwise.

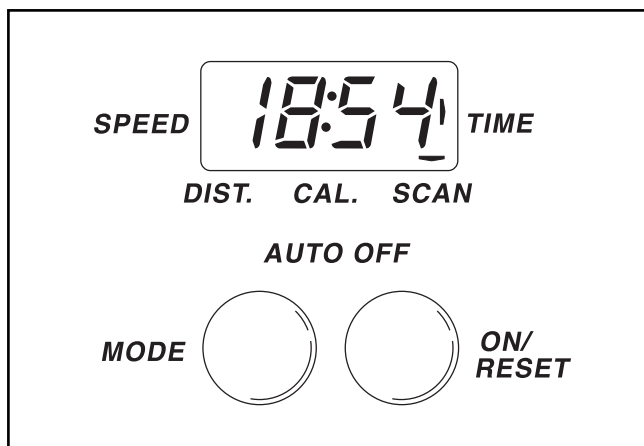


BATTERY INSTALLATION

Before the console can be operated, two "AA" batteries must be installed. If you have not installed batteries, see assembly step 4 on page 7.

DESCRIPTION OF THE CONSOLE

The console features five modes that provide instant exercise feedback during your workouts. The modes are described below.



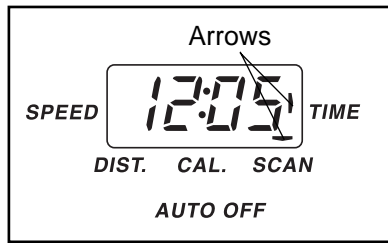
- Speed—Displays your pedaling speed, in miles per hour.
- Time—Displays the elapsed time. Note: If you stop pedaling for ten seconds or longer, the time mode will pause until you resume.
- Distance—Displays the total distance you have pedaled, in miles.
- Calories—Displays the approximate number of calories you have burned.
- Scan—Displays the speed, time, distance, and calories modes, for 5 seconds each, in a repeating cycle.

HOW TO OPERATE THE CONSOLE

1. To turn on the power, press the on/reset button or simply begin pedaling. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for operation.

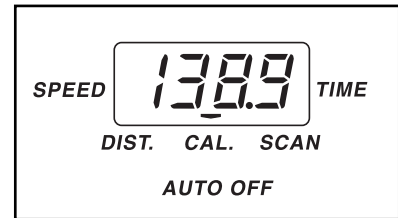
2. Select one of the five modes:

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



will show that the scan mode is selected, and a flashing mode arrow will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the mode button.

Speed, time, distance or calories mode—To select one of these modes for continuous display, press the mode button repeatedly. The mode arrows will show which mode is selected. Make sure that the scan mode is not selected.



3. To reset the display, press the on/reset button.
4. To turn off the power, simply wait for about four minutes. **The console has an “auto-off” feature. If the pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

CONDITIONING 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 following guidelines will help you to plan your exercise program. Remember that 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, 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.

20	30	40	50	60	70	80	AGE
165							
145	155						
125	138	145	140				
	120	130	125	130			
		115	110	118	125		
				105	110	115	AEROBIC
					95	105	MAX. FAT
						90	FAT BURN
b.p.m.							

To find the proper heart rate for you, first find your age near the top of the chart (ages are rounded off to the nearest ten years). Then, find the three numbers below your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for 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.

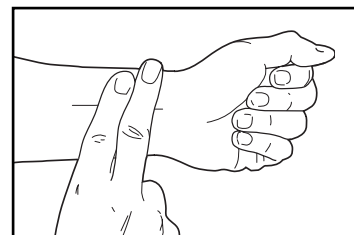
For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

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.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown.



Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the desired level.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of light exercise and stretching. (See SUGGESTED STRETCHES on page 11.) 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. 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. **CAUTION: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.** 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

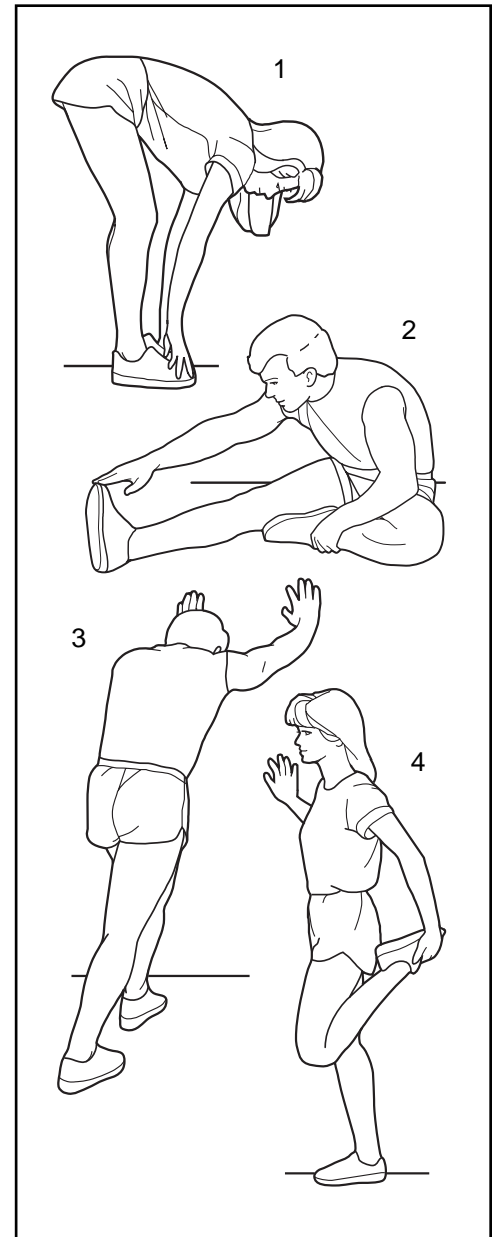
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

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.



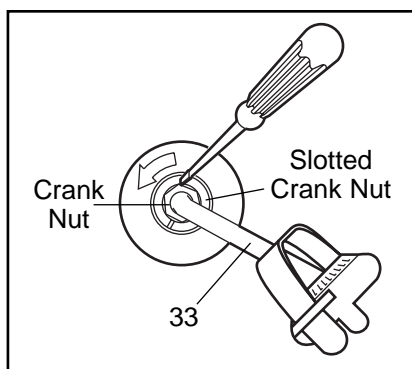
MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the exercise cycle regularly. For the best performance, the pedals must be kept properly tightened. Replace any worn parts immediately.

The exercise cycle can be cleaned with a soft, damp cloth. Avoid spilling liquid on the console. Keep the console out of direct sunlight or the display may be damaged. Remove the batteries when storing the exercise cycle.

HOW TO TIGHTEN THE CRANK

If the arms of the Crank (33) become loose, they should be tightened in order to prevent excessive wear. Loosen the crank nut on the left arm of the Crank. Place the end of a standard



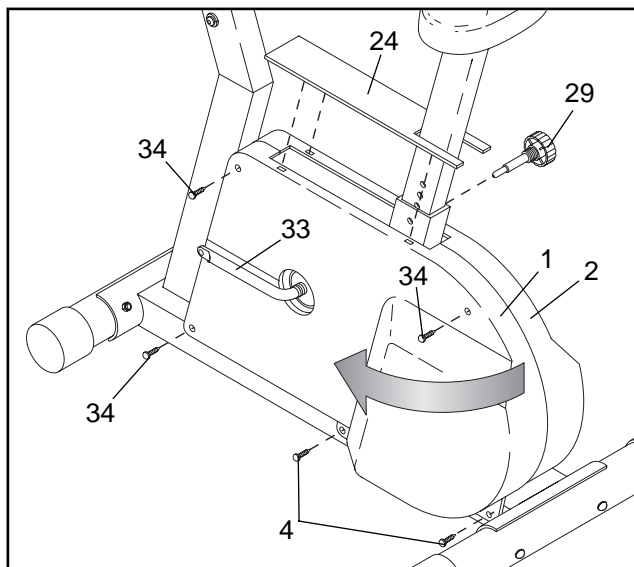
screwdriver in one of the slots in the slotted crank nut. Lightly tap the screwdriver with a hammer to turn the slotted crank nut counterclockwise until the arms are no longer loose. **Do not overtighten the slotted crank nut.** When the slotted crank nut is properly tightened, retighten the crank nut.

BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. To replace the batteries, refer to assembly step 4 on page 7. Make sure that the console wire is connected to the reed switch wire.

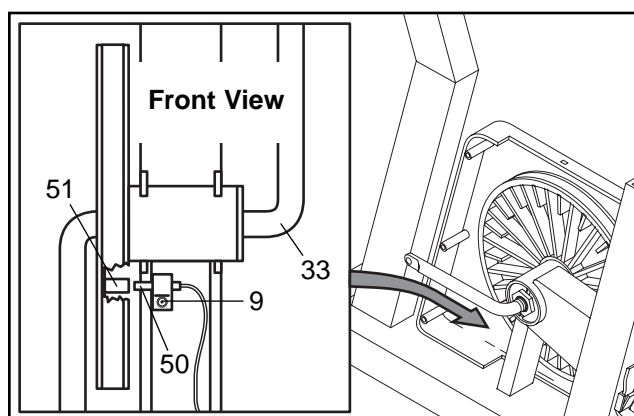
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, the Left Side Shield (1) must be removed (refer to the drawing at the top of this page). Using an adjustable wrench, turn the Left Pedal (not shown) clockwise and remove it from the Crank (33). Next, remove the two M4 x 12mm Screws (4) and the three M4 x 38mm Self-tapping Screws (34) from the Left Side Shield.



Remove the Seat Knob (29) and lift the Side Shield Cover (24) off the Side Shields (1, 2). Grip the Side Shields at the top and gently pull them apart. Make sure that the arm of the Crank (33) is in the position shown in the drawing above. Carefully slide the Left Side Shield forward off the arm of the Crank and remove it.

Locate the Reed Switch (50). Turn the Crank (33) until the Magnet (51) is aligned with the Reed Switch. Loosen, but do not remove, the M4 x 16mm Screw (9).



Slide the Reed Switch (50) slightly closer to or away from the Magnet (51). Retighten the Screw (9). Turn the Crank (33) 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 (not shown).

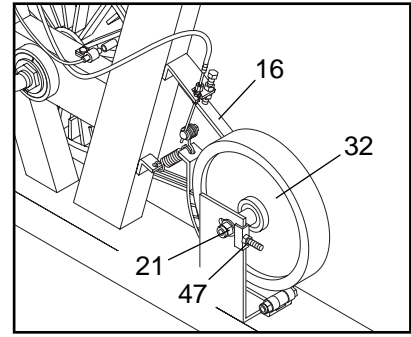
HOW TO ADJUST THE BELT

The exercise cycle features a precision belt that must be kept properly adjusted. If the belt causes excessive noise or slips as you pedal, the belt should be checked. To do this, the left side shield must first be removed. Refer to the instructions on page 12 and remove the left side shield. Next, use an adjustable wrench to turn the right pedal counterclockwise and remove it. Then, remove the right side shield.

Press down on the center of the Belt (16) between the front and rear pulleys (see the drawing at the right).

There should be from 1/4" to 1/2" of vertical movement in the center of the Belt. If the Belt is properly adjusted, reattach the side shields and the pedals. If the Belt needs to be adjusted, loosen the M8

Nylon Locknut (21) on each side of the Flywheel (32). To tighten the Belt, turn the two indicated M6 Stop Nuts (47) clockwise; to loosen the belt, turn the Stop Nuts counterclockwise. Make sure that the Flywheel is straight and retighten the M8 Nylon Locknuts (21). When the belt is properly adjusted, reattach the side shields and the pedals.



PART LIST—Model No. WLEX12010

R0701B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Side Shield	29	1	Seat Knob
2	1	Right Side Shield	30	4	M8 x 63mm Carriage Bolt
3	2	Double Tree Fastener	31	2	M8 Flat Washer
4	4	M4 x 12mm Screw	32	1	Flywheel
5	1	Handlebar	33	1	Crank/Pulley
6	2	Foam Grip	34	3	M4 x 38mm Self-tapping Screw
7	1	Console	35	1	Flywheel Spacer
8	5	M10 x 25mm Button Screw	36	1	Flywheel Axle
9	8	M4 x 16mm Screw	37	4	1/4" Flat Washer
10	1	Resistance Knob	38	2	M6 Eyebolt
11	1	Resistance Control/Cable	39	2	Adjustment Bracket
12	1	Left Pedal Strap	40	1	Right Pedal Strap
13	1	Right Pedal	41	5	M10 Split Washer
14	1	Handlebar Post	42	1	Bearing Assembly
15	1	Frame	43	1	"C" Magnet Spring
16	1	Belt	44	4	Stabilizer Endcap
17	1	Front Stabilizer	45	1	"C" Magnet
18	1	Rear Stabilizer	46	1	M6 x 64mm Bolt
19	1	Seat	47	4	M6 Stop Nut
20	1	Seat Post	48	1	M8 x 62mm Bolt
21	10	M8 Nylon Locknut	49	3	M8 Split Washer
22	1	25.4mm x 63.5mm Bushing	50	1	Reed Switch/Wire
23	1	Seat Post Bushing	51	1	Magnet
24	1	Side Shield Cover	52	1	Reed Switch Clamp
25	1	Control Housing	53	1	Clamp Bolt
26	1	Clamp Nut	#	1	Allen Wrench
27	1	"S" Hook	#	1	User's Manual
28	1	Left Pedal			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, 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:

- The MODEL NUMBER of the product (WLEX12010)
- The NAME of the product (WESLO PURSUIT® 622 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 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, 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.

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