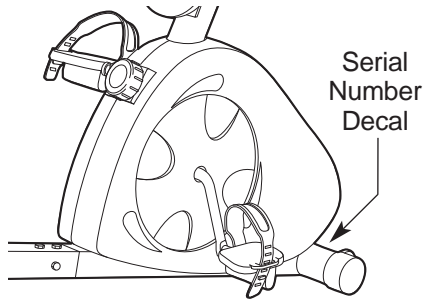


# WESLO®

## PURSUIT E23

Model No. WLEX1295.0

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



## USER'S MANUAL

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, **PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.**

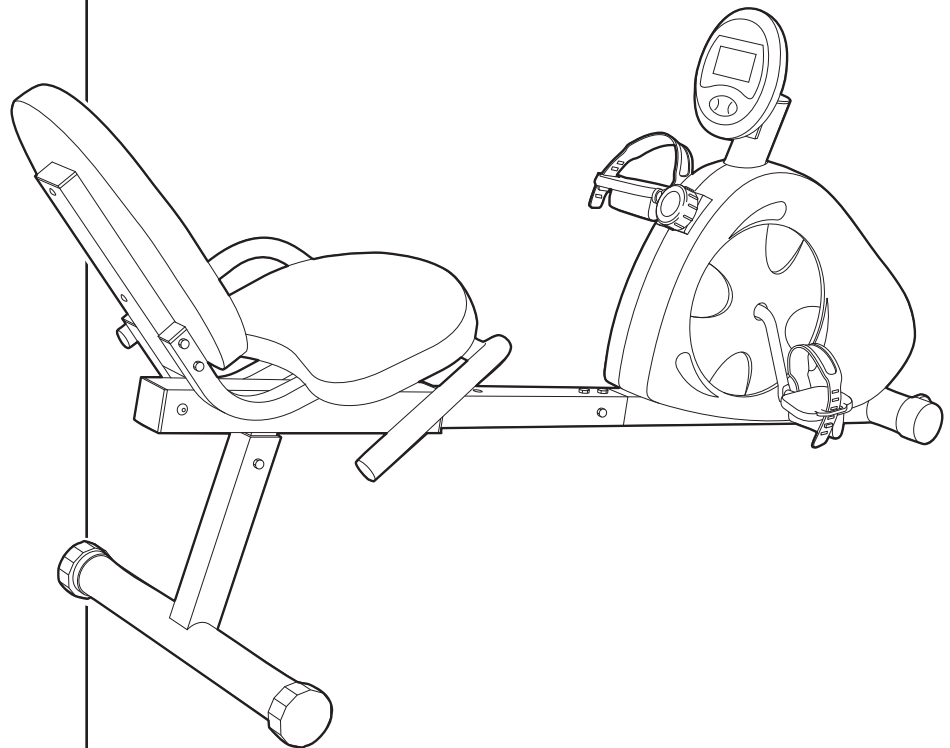
CALL TOLL-FREE:

**1-866-699-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST

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!*

# WESLO®

## PURSUIT E23

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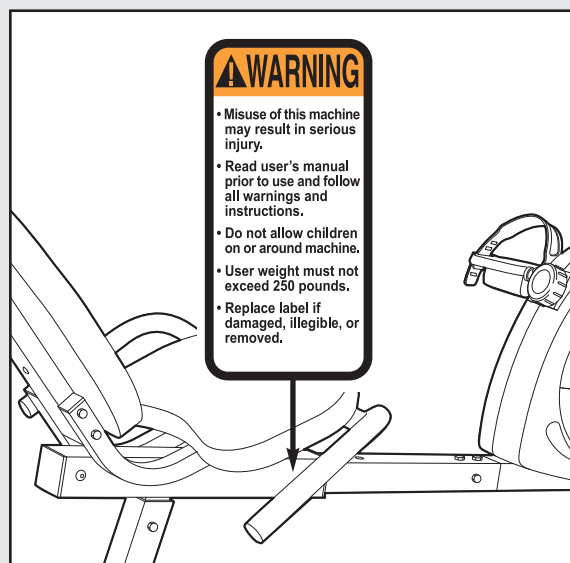
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# IMPORTANT PRECAUTIONS

**⚠ 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 and all warnings on the exercise cycle 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. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.
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 is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
11. The warning decal shown below has been placed on the exercise cycle. If the decal is missing, or if it is not legible, call the toll-free telephone number on the front cover of this manual 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

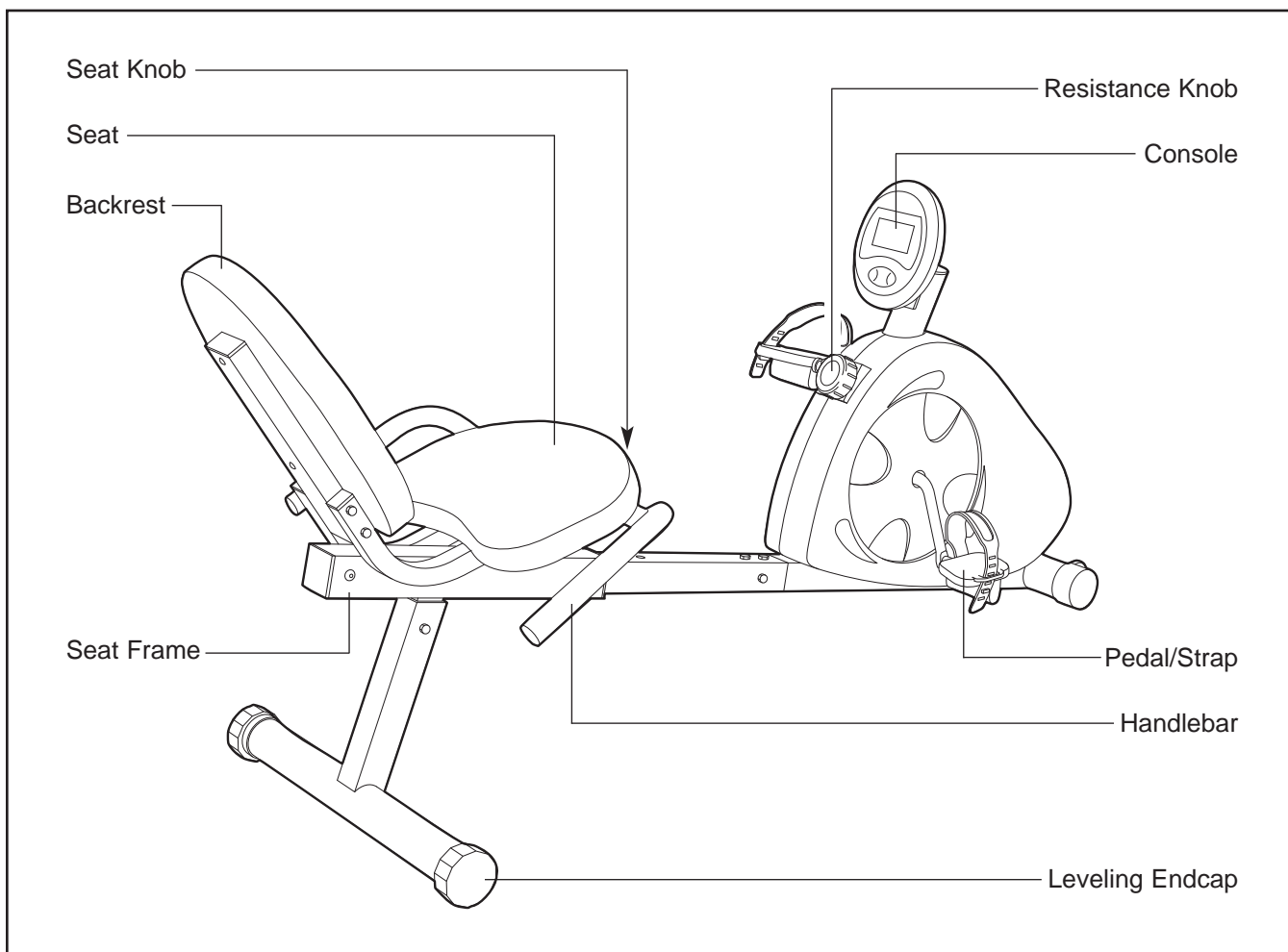
Thank you for selecting the new WESLO® PURSUIT E23 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The PURSUIT E23 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise 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, see the front cover of this manual. To help us assist you, please note the product

model number and serial number before calling. The model number is WLEX1295.0. 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).

**To avoid a registration fee for any service needed under warranty, you must register the exercise cycle 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.



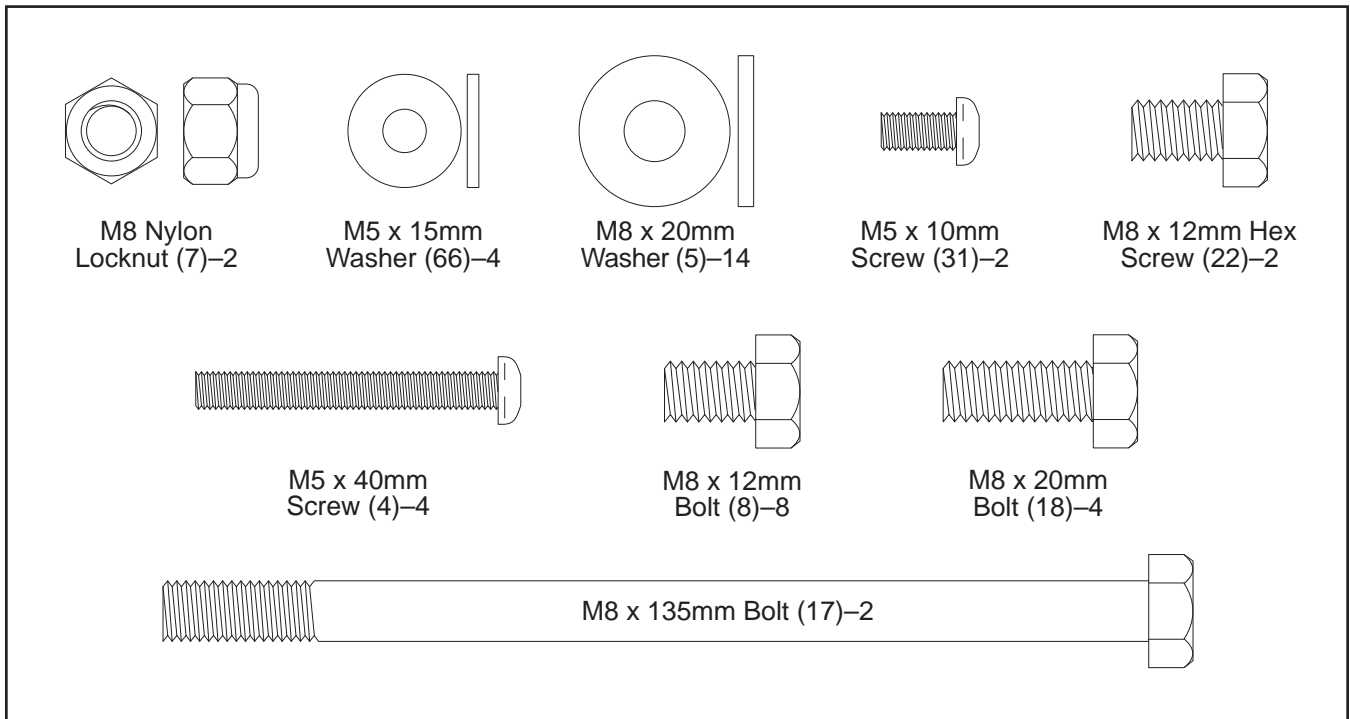
# ASSEMBLY

To hire an authorized service technician to assemble the exercise cycle, call toll-free 1-800-445-2480.

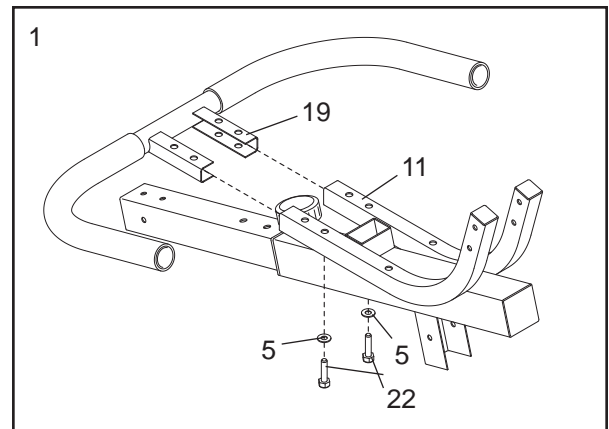
**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tools, assembly requires a Phillips screwdriver  , an adjustable wrench  , and pliers  .

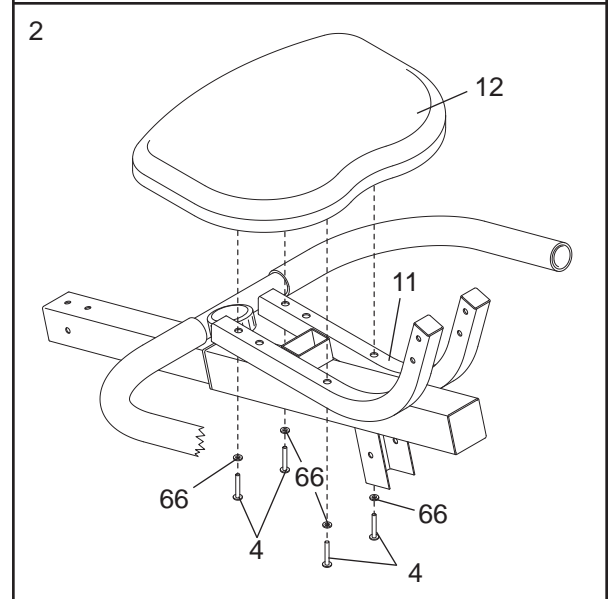
Use the drawings below to identify the small parts used for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 14. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled.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



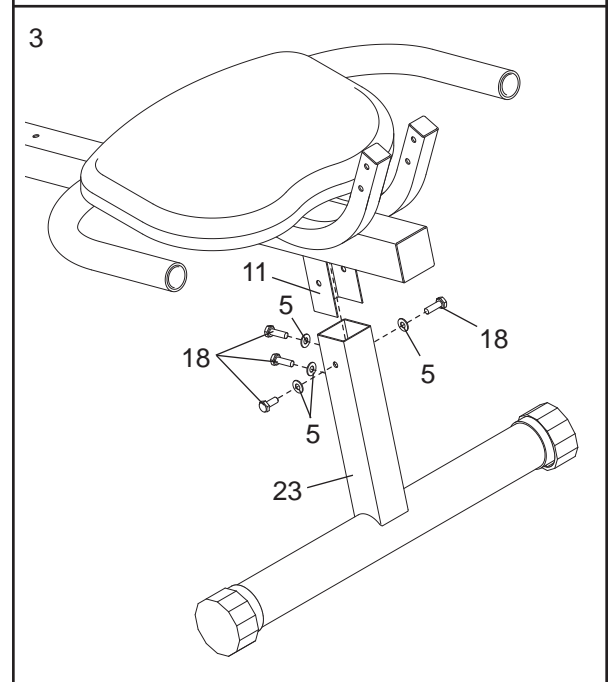
1. Insert the Handlebar (19) into the Seat Frame (11). Attach the Handlebar with two M8 x 12mm Hex Screws (22) and two M8 x 20mm Washers (5).



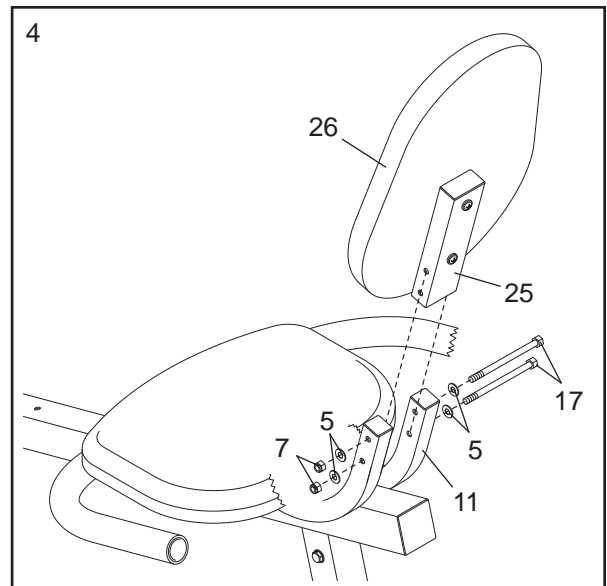
2. Attach the Seat (12) to the Seat Frame (11) with four M5 x 40mm Screws (4) and four M5 x 15mm Washers (66).



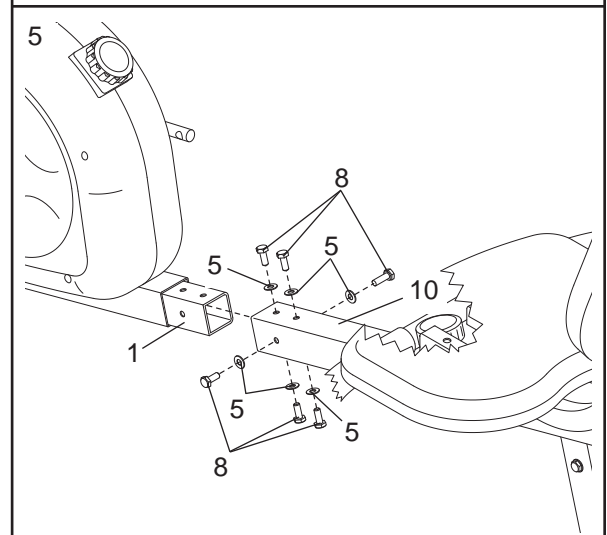
3. Attach the Rear Stabilizer (23) to the Seat Frame (11) with four M8 x 20mm Bolts (18) and four M8 x 20mm Washers (5).



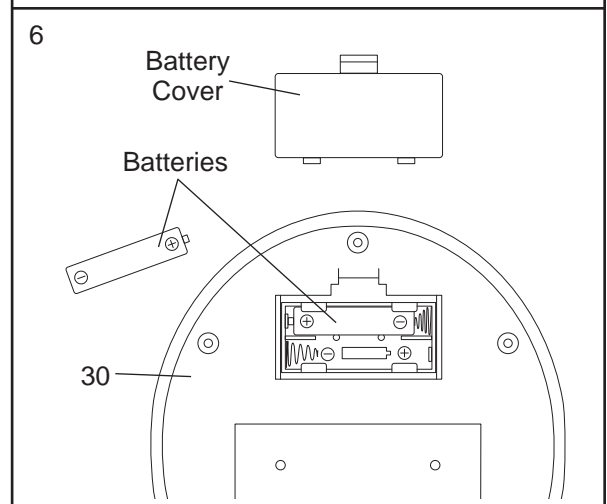
4. Attach the Support Post (25) on the Backrest (26) to the Seat Frame (11) with two M8 x 135mm Bolts (17), four M8 x 20mm Washers (5), and two M8 Nylon Locknuts (7).



5. Slide the Frame Extension (10) onto the Frame (1). Attach the Frame Extension with six M8 x 12mm Bolts (8) and six M8 x 20mm Washers (5).

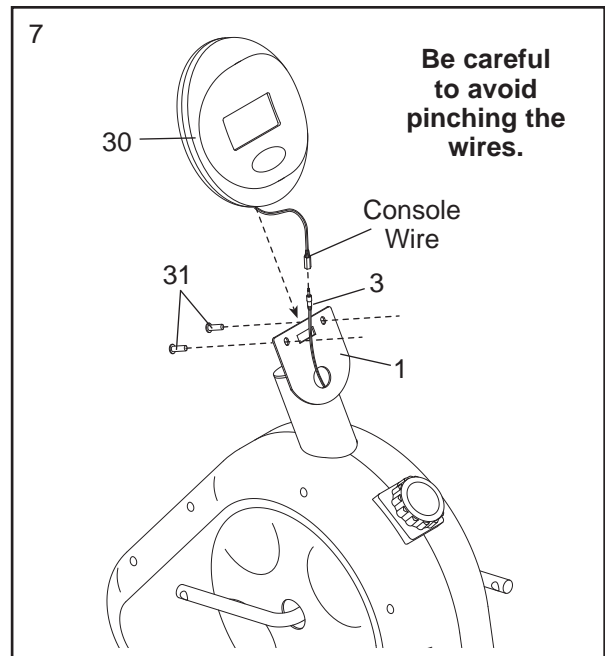


6. The Console (30) requires two “AAA” batteries (not included); alkaline batteries are recommended. Remove the battery cover from the back of the Console. Insert two batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the markings inside of the Console.** Then, reattach the battery cover.



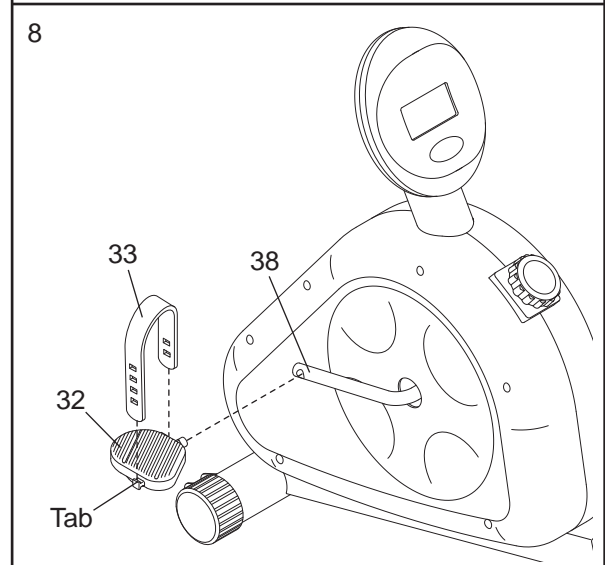
7. Hold the Console (30) near the top of the Frame (1). Plug the Reed Switch Wire (3) into the console wire. Insert the excess wire down into the Frame.

Slide the Console (30) onto the Frame (1). Attach the Console with two M5 x 10mm Screws (31). **Be careful to avoid pinching the wires.**



8. Identify the Left Pedal (32), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (38). 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 (33) to the desired position, and press the end of the Left Pedal Strap onto the tab on the Left Pedal (32). Adjust the Right Pedal Strap (not shown) in the same way.

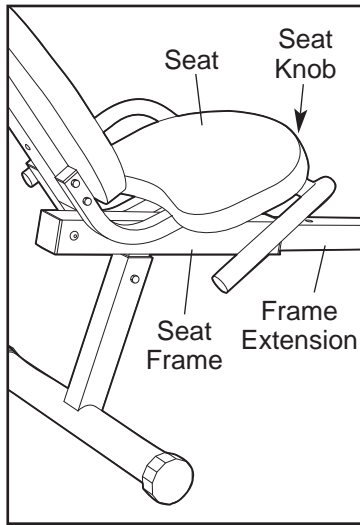


9. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat under the exercise cycle to protect the floor.

# HOW TO OPERATE THE EXERCISE CYCLE

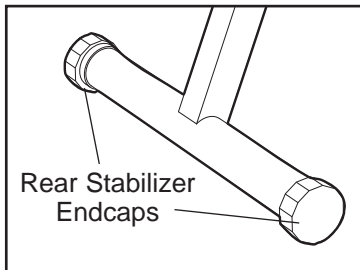
## HOW TO ADJUST THE SEAT FRAME

For effective exercise, the seat should be in the proper position; as you pedal, there should be a slight bend in your knees when the pedals are in the farthest forward position. To adjust the seat, first turn the seat knob counterclockwise to loosen it. Next, lift the seat knob, slide the seat frame forward or backward to the desired position, and then release the seat knob. Push the seat frame forward or backward slightly until the pin on the seat knob is engaged in one of the holes in the top of the frame extension, and then retighten the seat knob.



## HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks slightly on your floor, turn one or both of the rear stabilizer endcaps until the rocking motion is eliminated.

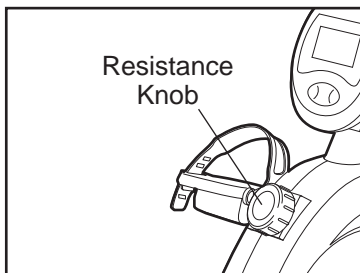


## HOW TO ADJUST THE PEDAL STRAPS

See assembly step 8 on page 8.

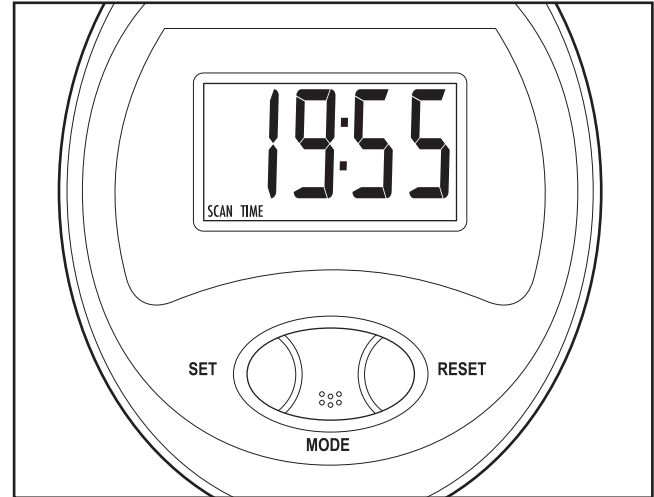
## HOW TO ADJUST THE PEDALING RESISTANCE

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



## FEATURES OF THE CONSOLE

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



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

**Time**—This mode displays the elapsed time.

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

**Distance**—This mode displays the distance you have pedaled during your workout, in miles.

**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 during your workout.

## HOW TO USE THE CONSOLE

Make sure that there are batteries in the console (see assembly step 6 on page 7). If there is a thin sheet of clear plastic on the face of the console, remove it.

Follow the steps below to operate the console.

### 1. Turn on the console.

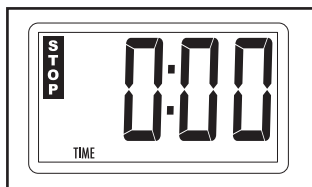
To turn on the console, press any button on the console or simply begin pedaling.

## 2. Set a workout goal if desired.

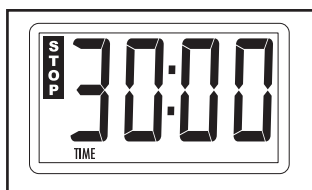
To set a time, distance, or calorie-burning goal for your workout, first stop pedaling and wait for the word STOP to appear in the display.



Next, press the MODE button repeatedly until the letters TIME, DIST, or CAL appear near the lower edge of the display. **Make sure that the word SCAN does not appear.**



Next, press the SET button repeatedly to set a goal. To set a goal quickly, hold down the SET button until the number in the display begins to increment rapidly. When the desired number is reached, press the SET button again.



## 3. Select one of the modes.

**Scan mode**—To select the scan mode, repeatedly press the MODE button until the word SCAN appears in the display.



**Time, speed, distance, odometer, or calories mode**—To select one of these modes for continuous display, repeatedly press the MODE button until the desired selection is appears in the display. **Make sure that the word SCAN does not appear in the display.**



Note: To reset the time, distance, or calories mode, first make sure that the word STOP appears in the display. Next, press the MODE button until the letters TIME, DIST, or CAL appear in the display. Then, press the RESET button.

## 4. Begin pedaling and follow your progress with the display.

As you exercise, the console will display the mode(s) that you select. If you have set a workout goal, the console will sound a tone for several seconds when you reach your goal.

## 5. Turn off the console.

To turn off the console, 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 properly 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 assembly step 6 on page 7.

# 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.

## 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 maxi-

mum 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. Note: A six-second count is used because your heart rate will drop rapidly when you stop exercising.

### WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise (see **SUGGESTED STRETCHES** on page 13). 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. Note: 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. Cooling down 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

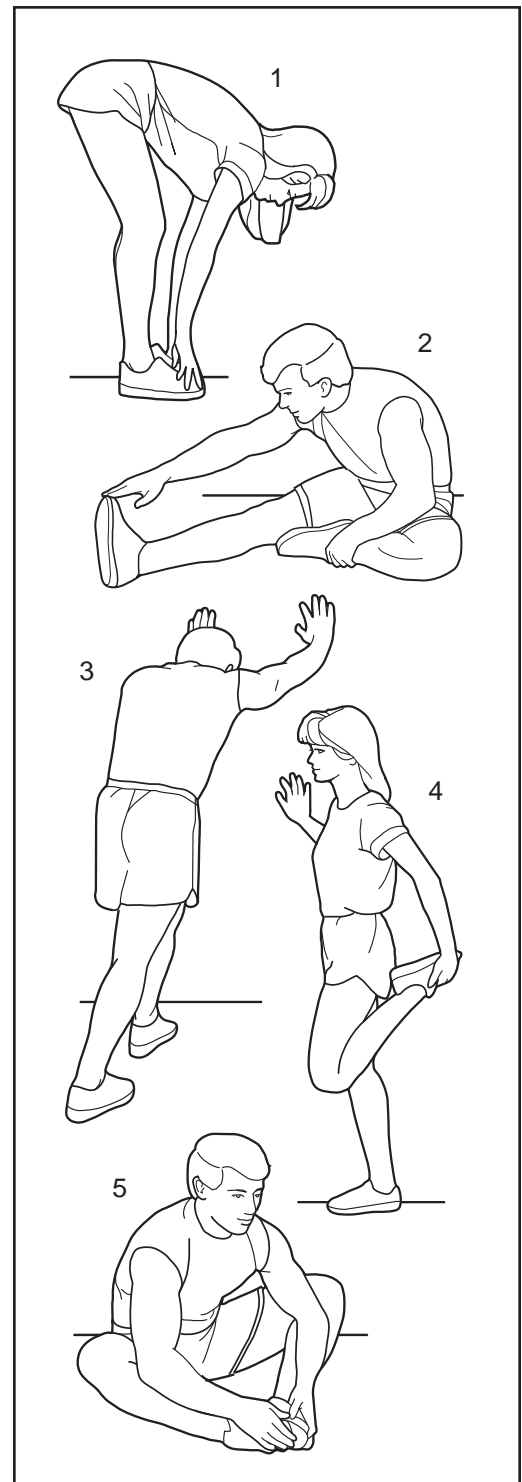
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



# PART LIST—Model No. WLEX1295.0

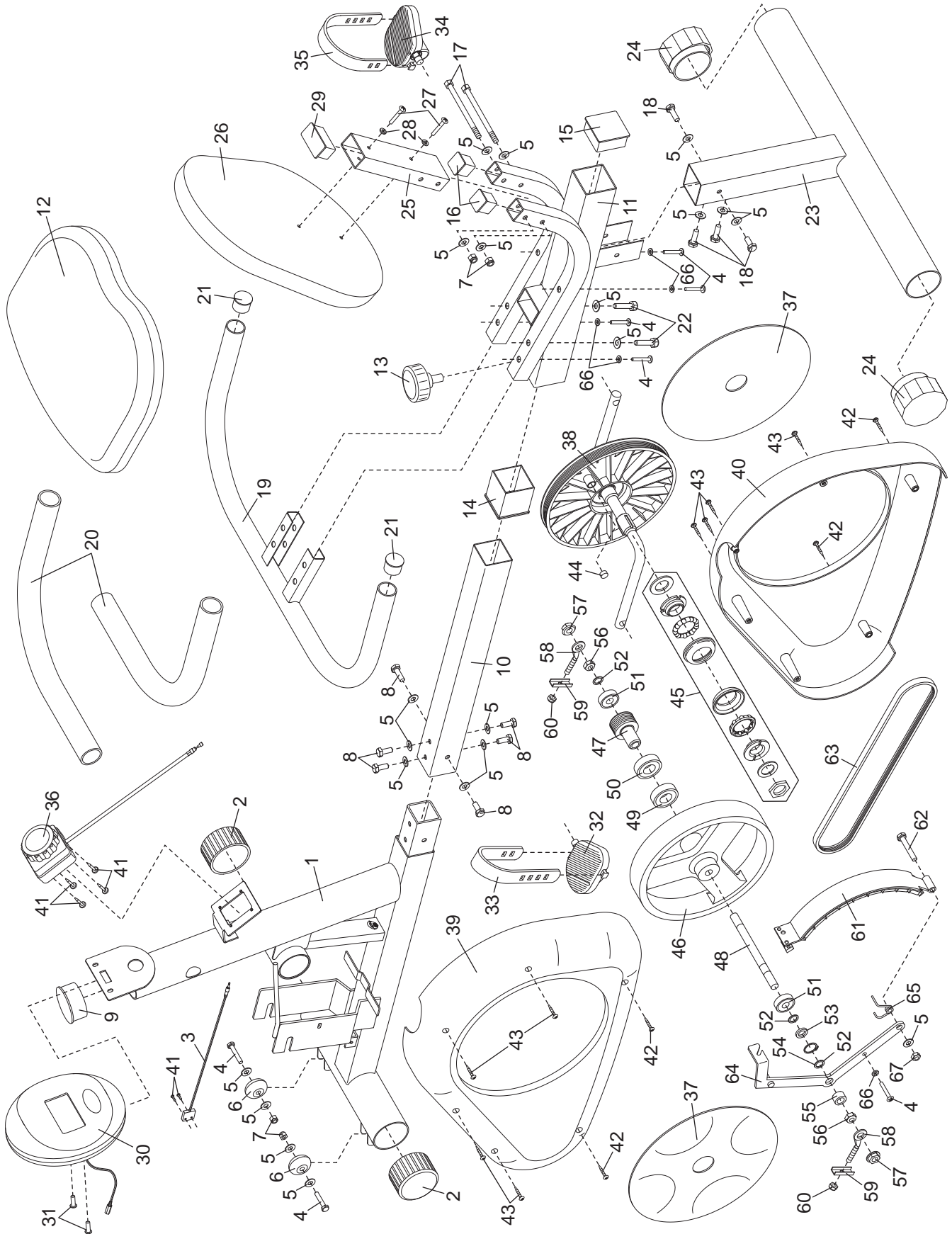
R0905A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	1	Resistance Knob/Cable
2	2	Front Stabilizer Endcap	37	2	Disc Cover
3	1	Reed Switch/Wire	38	1	Crank/Pulley
4	7	M5 x 40mm Screw	39	1	Left Side Shield
5	21	M8 x 20mm Washer	40	1	Right Side Shield
6	2	Wheel	41	6	M3 x 10mm Screw
7	4	M8 Nylon Locknut	42	4	M5 x 20mm Screw
8	6	M8 x 12mm Bolt	43	8	M4 x 40mm Screw
9	1	Frame Endcap	44	1	Magnet
10	1	Frame Extension	45	1	Crank Bearing Assembly
11	1	Seat Frame	46	1	Flywheel
12	1	Seat	47	1	Steel Pulley
13	1	Adjustment Knob	48	1	Axle
14	1	Seat Frame Bushing	49	1	Freewheel Bearing
15	1	Seat Frame Endcap	50	1	6003Z Bearing
16	2	Seat Mount Endcap	51	2	6000Z Bearing
17	2	M8 x 135mm Bolt	52	3	M10 x 14mm Washer
18	4	M8 x 20mm Bolt	53	1	Small Spacer
19	1	Handlebar	54	1	“C” Clip
20	2	Foam Grip	55	1	Large Spacer
21	2	Handlebar Endcap	56	2	3/8” Nut
22	2	M8 x 12mm Hex Screw	57	2	3/8” Flange Nut
23	1	Rear Stabilizer	58	2	Eyebolt
24	2	Rear Stabilizer Endcap	59	2	“U” Bracket
25	1	Support Post	60	2	M6 Nut
26	1	Backrest	61	1	“C” Magnet
27	2	M6 x 40mm Screw	62	1	M8 x 55mm Bolt
28	2	M6 x 12mm Washer	63	1	Belt
29	1	Support Endcap	64	1	“C” Magnet Bracket
30	1	Console	65	1	Spring
31	2	M5 x 10mm Screw	66	5	M5 x 15mm Washer
32	1	Left Pedal	67	1	M6 Nylon Locknut
33	1	Left Pedal Strap	#	1	Assembly Tool
34	1	Right Pedal	#	1	User’s Manual
35	1	Right Pedal Strap			

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. WLEX1295.0

R0905A



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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 give the following information:

- the MODEL NUMBER of the product (WLEX1295.0)
- the NAME of the product (WESLO PURSUIT E23 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)

## 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. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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 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 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**