

WESLO®

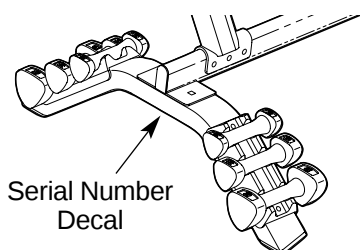
pursuit E25

CROSS TRAINER

Model No. WLEX14930

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

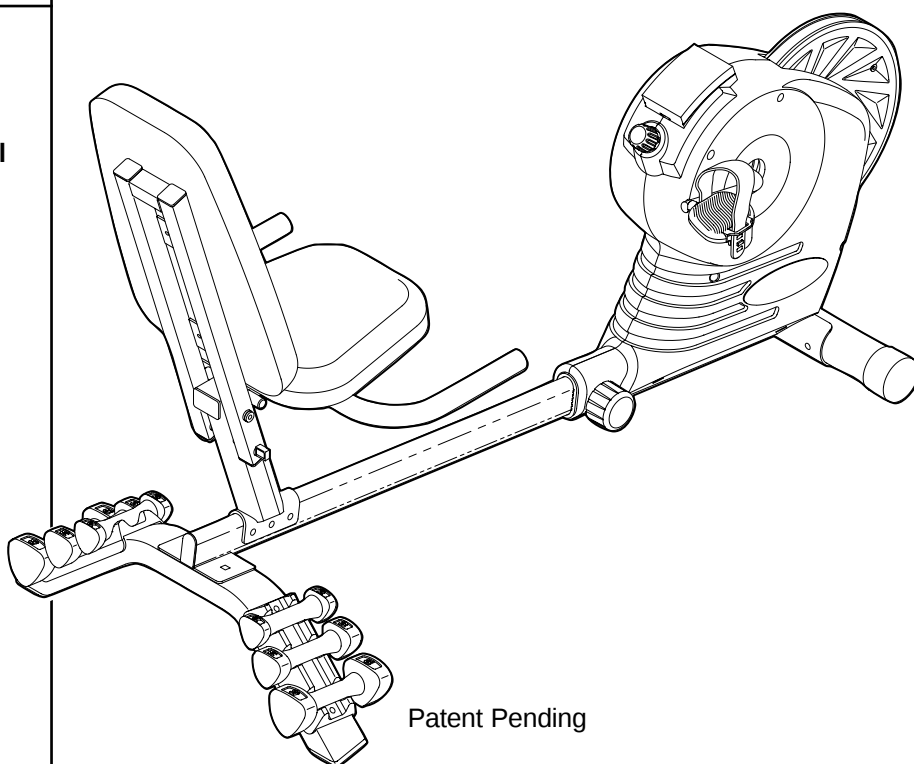
If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The 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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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 crosstrainer.

1. Read all instructions in this manual before using the crosstrainer.
2. It is the responsibility of the owner to ensure that all users of the crosstrainer are adequately informed of all precautions.
3. The crosstrainer is intended for home use only. Do not use the crosstrainer in a commercial, rental, or institutional setting.
4. Place the crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the crosstrainer indoors, away from moisture and dust.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the crosstrainer at all times.
7. The crosstrainer should not be used by persons weighing more than 250 pounds.
8. Wear appropriate exercise clothing when using the crosstrainer; do not wear clothing that could become caught on the crosstrainer. Always wear shoes for foot protection.
9. Keep your back straight when using the crosstrainer; do not arch your back.
10. The crosstrainer includes three pairs of hand weights. Do not use other weights with the crosstrainer.
11. When you stop pedaling, allow the pedals to slowly come to a stop.
12. 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.
13. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

⚠ 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.

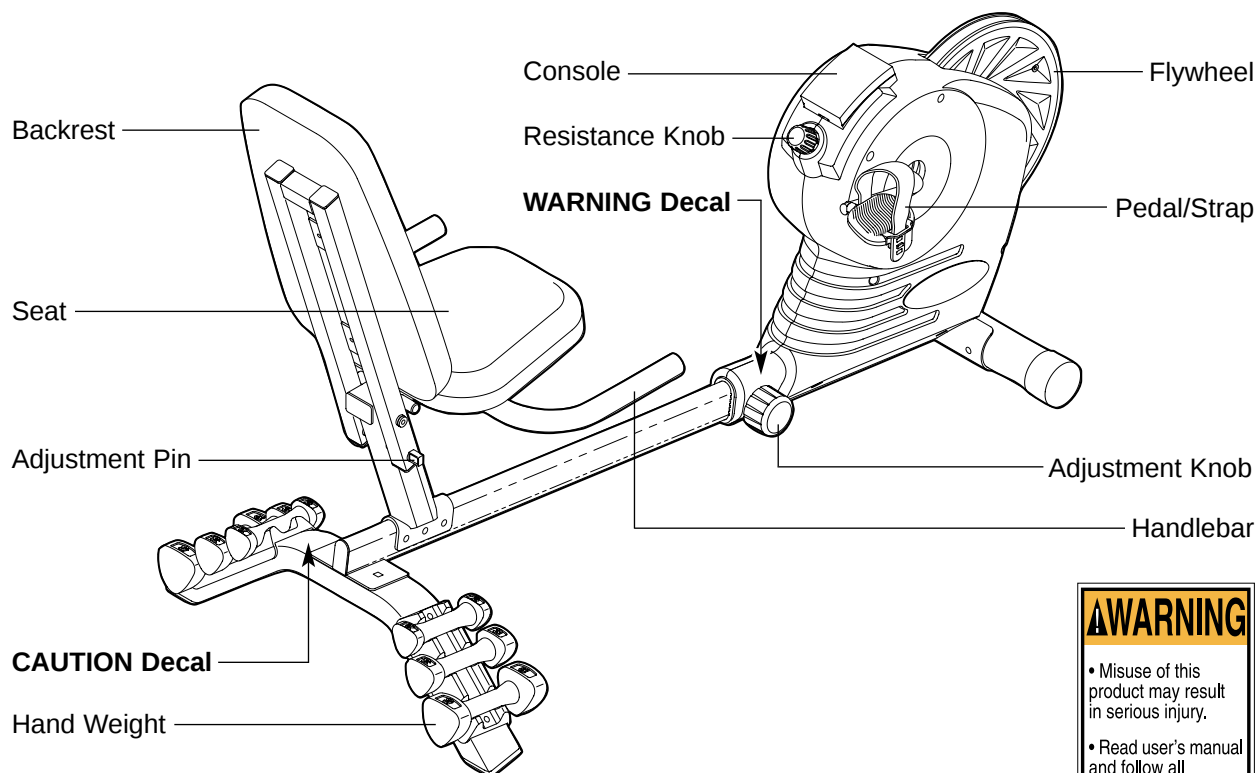
BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® PURSUIT E 25 crosstrainer. The unique PURSUIT E 25 crosstrainer combines a comfortable recumbent cycle with a convenient weight bench to let you enjoy both aerobic exercise and strength training exercise in the convenience of your home.

For your benefit, read this manual carefully before you use the crosstrainer. If you have questions after reading this manual, 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 WLEX14930. The serial number can be found on a decal attached to the crosstrainer (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.



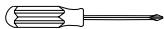
CAUTION: The decals shown at the right are found on the crosstrainer in the locations indicated above. If a decal is missing or illegible, call toll-free 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown actual size.

CAUTION
The bench should be used only with the weights provided.

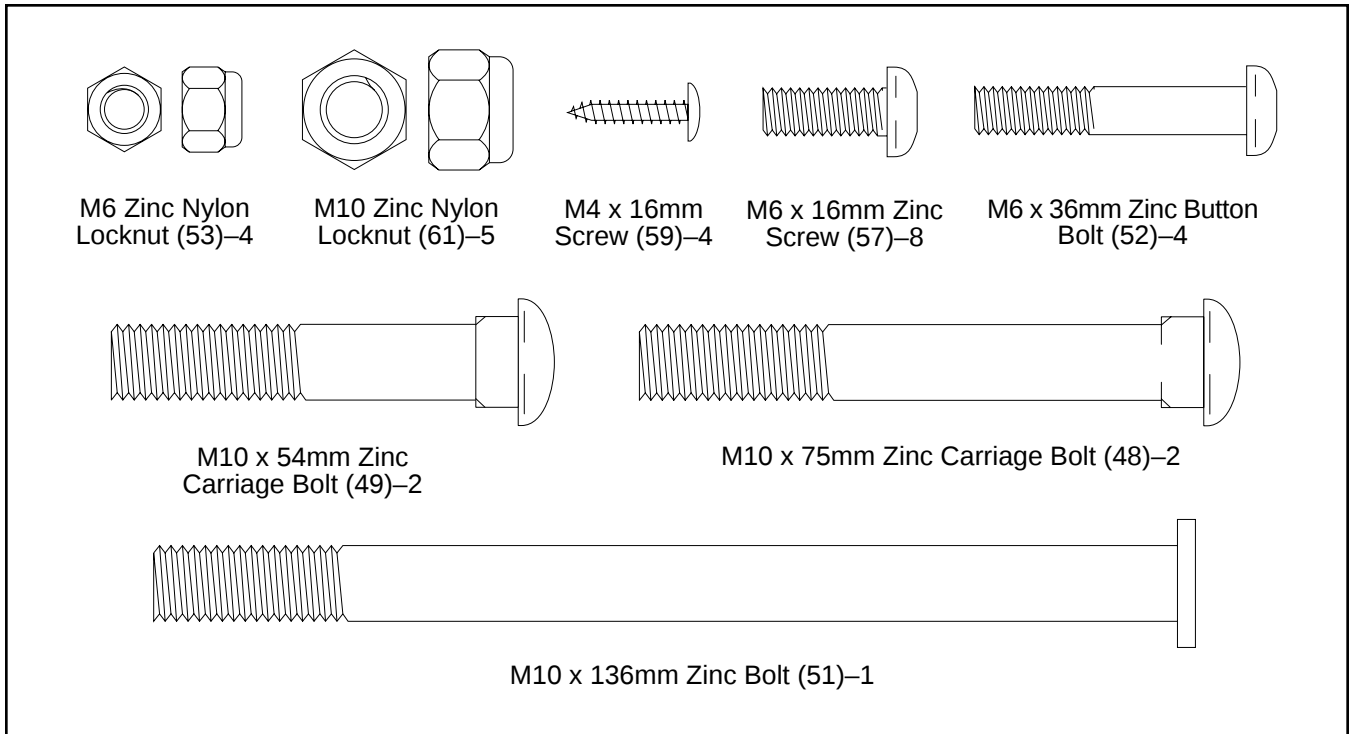
WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

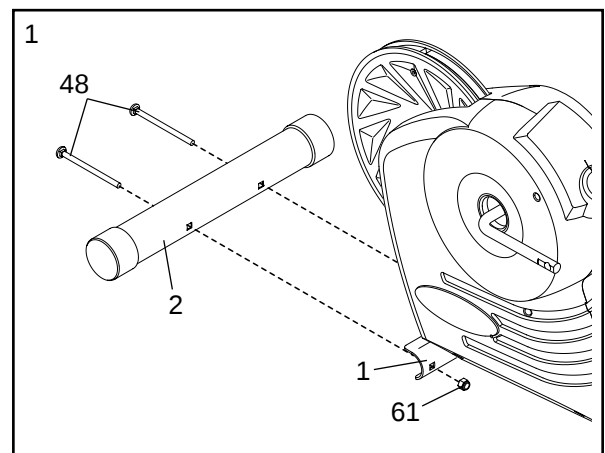
ASSEMBLY

Assembly requires two persons. Place all parts of the crosstrainer 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 allen wrenches, assembly requires a phillips screwdriver** , **an adjustable wrench**  **and a rubber mallet** .

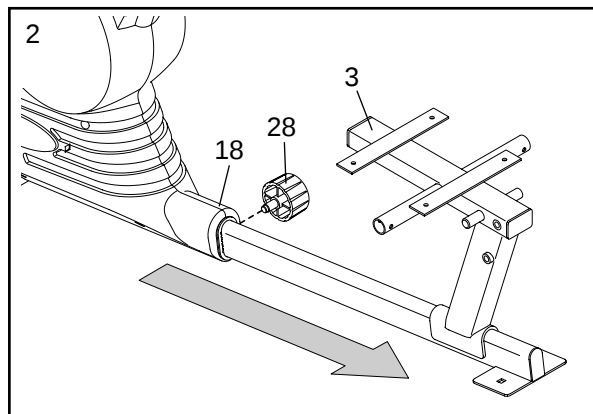
As you assemble the crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Identify the Front Stabilizer (2). While another person lifts the front of the Frame (1) slightly, attach the Front Stabilizer to the Frame with two M10 x 75mm Zinc Carriage Bolts (48) and two M10 Zinc Nylon Locknuts (61).



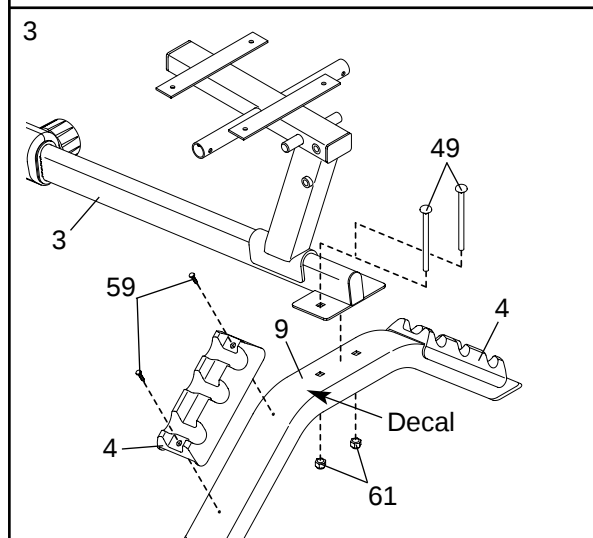
2. Extend the Seat Frame (3) to the position shown. Firmly tighten the Adjustment Knob (28) into the indicated opening in the Right Side Shield (18).



3. Orient the Rear Stabilizer (9) so the caution decal is on the left side, as shown. Attach the Rear Stabilizer to the Seat Frame (3) with two M10 x 54mm Zinc Carriage Bolts (49) and two M10 Zinc Nylon Locknuts (61).

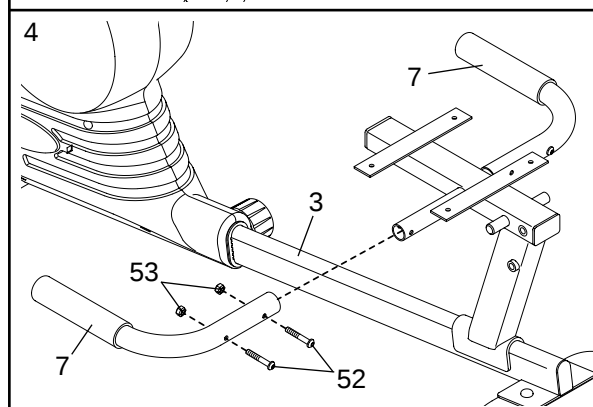
Orient a Hand Weight Rack (4) as shown, and attach it to the left side of the Rear Stabilizer (9) with two M4 x 16mm Screws (59). Attach the other Hand Weight Rack in the same way. Note: If the Hand Weight Racks are not oriented correctly, they will not support the Hand Weights (not shown).

Set the six Hand Weights (not shown) on the Hand Weight Racks (4) as shown on page 3.



4. Slide a Handlebar (7) onto one side of the Seat Frame (3). Attach the Handlebar with two M6 x 36mm Zinc Button Bolts (52) and two M6 Zinc Nylon Locknuts (53).

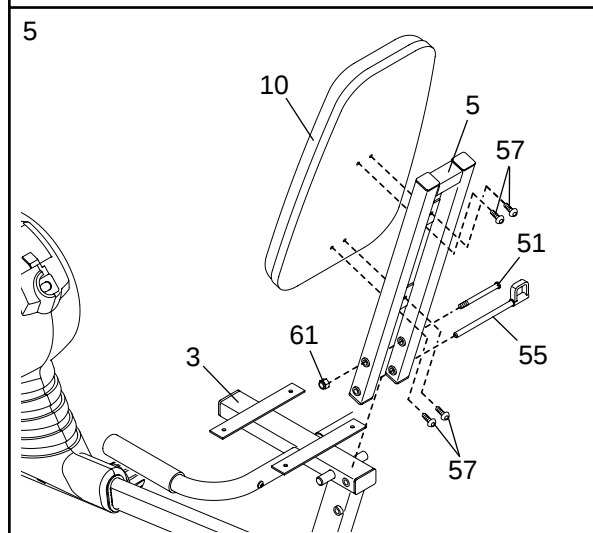
Attach the other Handlebar (7) to the Seat Frame (3) in the same way.



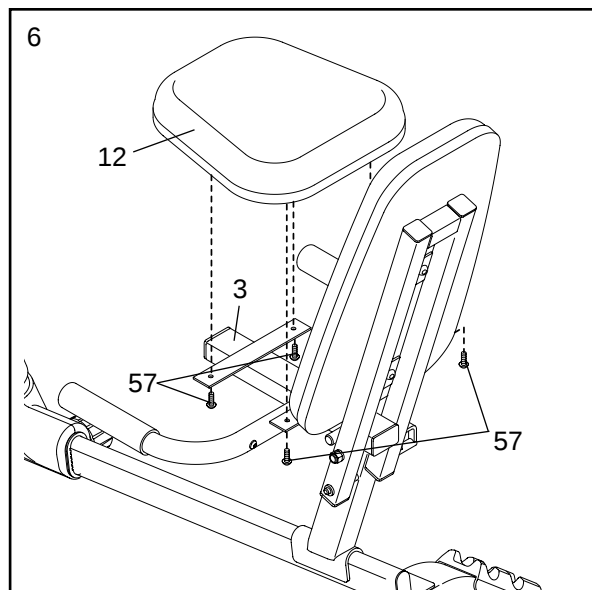
5. Attach the Backrest Frame (5) to the Seat Frame (3) with an M10 x 136mm Zinc Bolt (51) and an M10 Zinc Nylon Locknut (61).

Raise the Backrest Frame (5) until it is nearly vertical. Insert the Adjustment Pin (55) into the pin hole in the Backrest Frame and the pin hole in the Seat Frame (3).

Attach the Backrest (10) to the Backrest Frame (5) with four M6 x 16mm Zinc Screws (57).



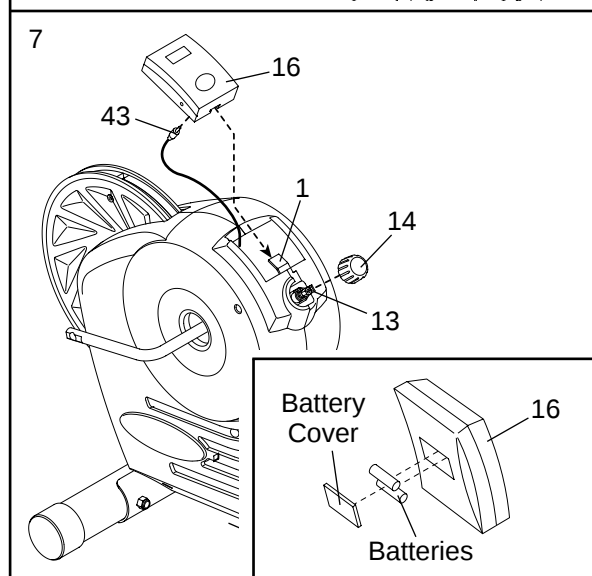
6. Attach the Seat (12) to the Seat Frame (3) with four M6 x 16mm Zinc Screws (57).



7. The Console (16) requires two AA batteries (not included). Alkaline batteries are recommended. Refer to the inset drawing. Remove the battery cover from the back of the Console, and insert two AA batteries into the Console. **Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the Console.** Reattach the battery cover.

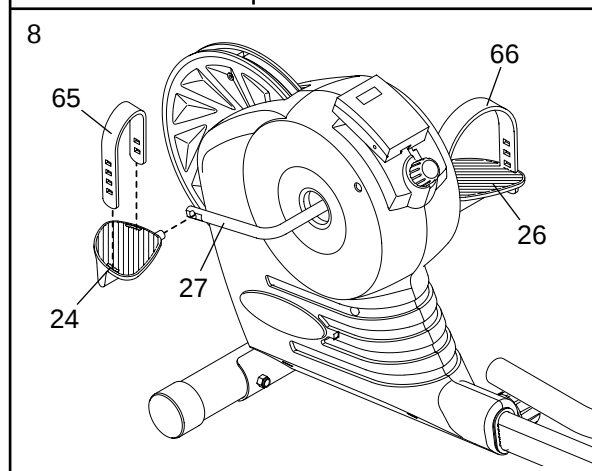
Next, plug the Reed Switch Wire (43) into the back of the Console (16). Carefully slide the Console onto the indicated tab on the Frame (1). Note: The Console is held by friction; it does not snap into place.

Press the Resistance Knob (14) onto the Resistance Control (13).



8. 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 (27). Tighten the Right Pedal (26) *clockwise* into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the crosstrainer for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Refer to HOW TO ADJUST THE PEDAL STRAPS on page 7 and adjust the Left Pedal Strap (65) to the desired position. Adjust the Right Pedal Strap (66) in the same way.



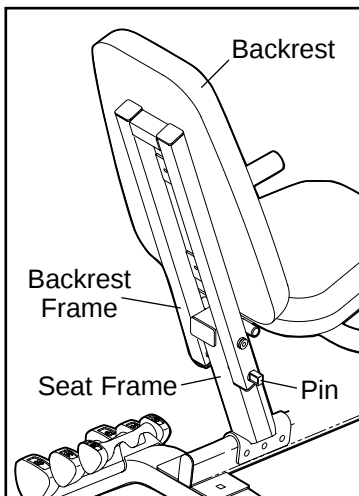
9. **Make sure that all parts of the crosstrainer are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the crosstrainer.

HOW TO USE THE RECUMBENT CYCLE

The crosstrainer features a recumbent cycle for aerobic exercise and a convenient weight bench for strength training exercise. To use the recumbent cycle, see pages 8 to 10. To use the weight bench, see page 11.

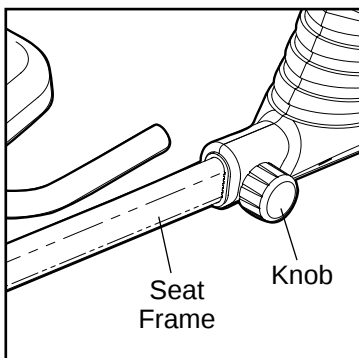
HOW TO ADJUST THE BACKREST

When the recumbent cycle is used, the backrest should be in the upright position. To adjust the backrest, first pull out the adjustment pin. Raise the backrest until it is nearly vertical, and then insert the adjustment pin into the pin hole in the backrest frame and the pin hole in the seat frame.



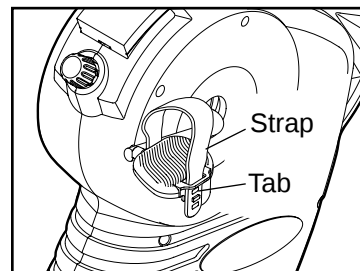
HOW TO ADJUST THE SEAT

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 position. To adjust the seat, first turn the adjustment knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the seat frame). Next, slide the seat frame to the desired position, and then turn the knob clockwise until it is tight.



HOW TO ADJUST THE PEDAL STRAPS

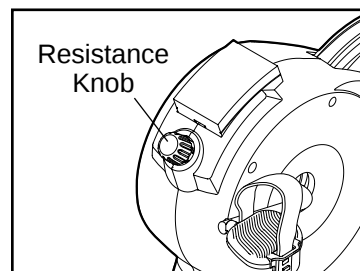
To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired positions, and then press the ends of the straps back onto the tabs.



HOW TO ADJUST THE 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 the resistance control may become damaged.



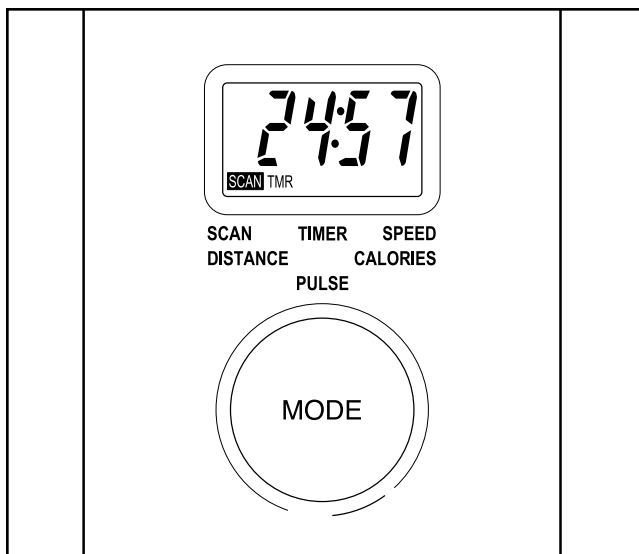
HOW TO USE THE HAND WEIGHTS

The included hand weights can be used for a variety of strength training exercises with the weight bench (see page 11). In addition, the hand weights can be used with the recumbent cycle. As you pedal, press the hand weights over your head, raise the hand weights out to your sides until your hands are level with your shoulders, or do arm curls.

BATTERY INSTALLATION

Before the console can be operated, two AA batteries must be installed. Refer to step 7 on page 6 for battery installation instructions.

DESCRIPTION OF THE CONSOLE



The console features six modes that provide instant exercise feedback while you pedal:

- **Scan**—This mode displays the timer, speed, distance, calories, and pulse modes, for a few seconds each, in a repeating cycle.
- **Timer**—This mode displays the elapsed time. Note: If you stop pedaling for a few seconds, the time mode will pause and a stop symbol will appear in the display.
- **Speed**—This mode displays your pedaling speed, in miles per hour.
- **Distance**—This mode displays the total distance that you have pedaled, in miles.
- **Calories**—This mode displays the approximate number of calories you have burned.
- **Pulse**—This mode displays your heart rate when you use the pulse sensor.

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

HOW TO OPERATE THE CONSOLE

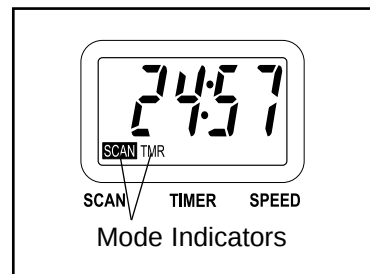
1. Turn on the console.

To turn on the console, press the mode button or simply begin pedaling. The entire display will appear for two seconds; the console will then be ready for use.

2. Select one of the six modes:

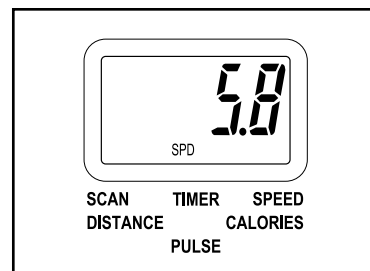
Scan mode—

When the console is turned on, the scan mode will be selected. The SCAN indicator will show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If you have selected a different mode, you can select the scan mode by repeatedly pressing the mode button until the SCAN indicator reappears.



Timer, speed, distance, calories, or pulse mode—

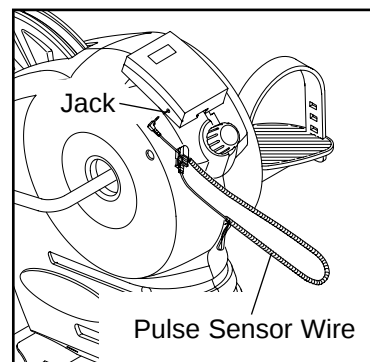
To select one of these modes for continuous display, press the mode button repeatedly until the desired mode indicator appears. Make sure that the SCAN indicator does not appear.



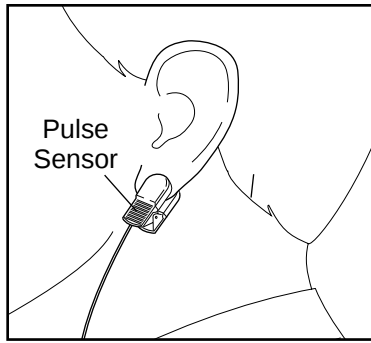
Note: To reset the display, press the mode button for about two seconds. After the display is reset, the scan mode will be selected.

3. Measure your heart rate if desired.

To measure your heart rate, first plug the pulse sensor wire into the jack on the left side of the console.



Next, rub your left ear lobe for a moment with your thumb and index finger and then clip the pulse sensor onto your ear lobe as shown. Attach the wire clip (not shown) to your collar or another suitable place on your clothes to keep the pulse sensor wire from moving excessively. When your pulse is detected, the heart-shaped indicator in the display will begin to flash. Your heart rate will then be displayed.



Note: The pulse sensor is more accurate when it is worn on the left ear lobe and when the user is sitting still. For the best results, stop pedaling while using the pulse sensor.

After you have measured your heart rate, remove the pulse sensor to conserve the batteries.

4. 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 mode button is not pressed for a few minutes, the power will turn off automatically to conserve the batteries.

If your heart rate does not appear in the display after a few seconds, make sure that the pulse sensor wire is plugged fully into the console and that the pulse sensor is attached properly. You may have to experiment to find the best position for the pulse sensor.

RECUMBENT CYCLE EXERCISE GUIDELINES

WARNING:

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your workouts using the recumbent cycle. 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.

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 lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

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 as you exercise.

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. 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 on the recumbent cycle each week. After a few months of regular exercise, you may complete up to five workouts each week if desired. Note: You may wish to use the recumbent cycle and the weight bench on alternating days. For example, plan aerobic workouts on Monday, Wednesday, and Friday, and plan weight training workouts on Tuesday, Thursday, and Saturday. Make sure to rest for at least one full day each week to give your body time to regenerate.

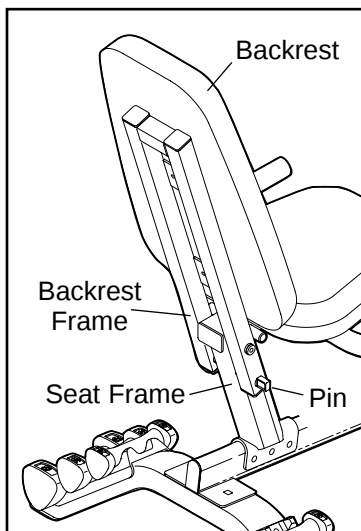
CAUTION: It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace.

WEIGHT BENCH EXERCISE GUIDELINES

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

HOW TO ADJUST THE BACKREST

The backrest can be adjusted to either the upright position or the reclined position. To adjust the backrest to the upright position, first pull out the adjustment pin. Raise the backrest until it is nearly vertical, and then insert the adjustment pin into the pin holes in the backrest frame and the seat frame.



To adjust the backrest to the reclined position, first pull out the adjustment pin. Pivot the backrest back as far as possible, and then insert the pin into the pin hole in the seat frame.

STRENGTH TRAINING GUIDELINES

The weight bench can be used for a variety of exercises designed to trim, tone, and strengthen the body.

It is recommended that your strength training program include 3 workouts each week. Note: You may wish to use the weight bench and the recumbent cycle on alternating days. For example, plan weight training workouts on Tuesday, Thursday, and Saturday, and plan aerobic workouts on Monday, Wednesday, and Friday. Make sure to rest for at least one full day each week to give your body time to regenerate. **CAUTION: It is very important to avoid overdoing it during the**

first few months of your exercise program, and to progress at your own pace.

Begin each workout with five to eight minutes of stretching and light exercise to warm up. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

After warming up, perform a selection of weight training exercises. (Consult a reputable weight training book or magazine to find exercises that can be performed using hand weights and a weight bench.) To give balance to your workouts, vary the exercises from workout to workout. Begin with 1 set of 12 repetitions for each exercise. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed without a pause.) As your fitness level increases, perform 2 or 3 sets for each exercise. Always rest for at least 1 minute after each set. When you can complete 3 sets of 12 repetitions without difficulty, you may choose to use heavier weights. **CAUTION: The crosstrainer includes three pairs of hand weights. Do not use other weights with the crosstrainer.**

Finish each workout with five to eight minutes of stretching to cool down. This will increase your flexibility and will help to prevent soreness.

EXERCISE FORM

For the best results, correct form is important. Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Make sure to perform each exercise with a smooth, steady motion. Exhale as you exert yourself, and inhale as you return to the starting position; never hold your breath.

STAYING MOTIVATED

For motivation, try listening to music or watching television while you exercise. Use a calendar to keep a record of your workouts, and record key body measurements at the end of every month. Remember, the key to lasting results is to make exercise a regular and enjoyable part of your daily 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

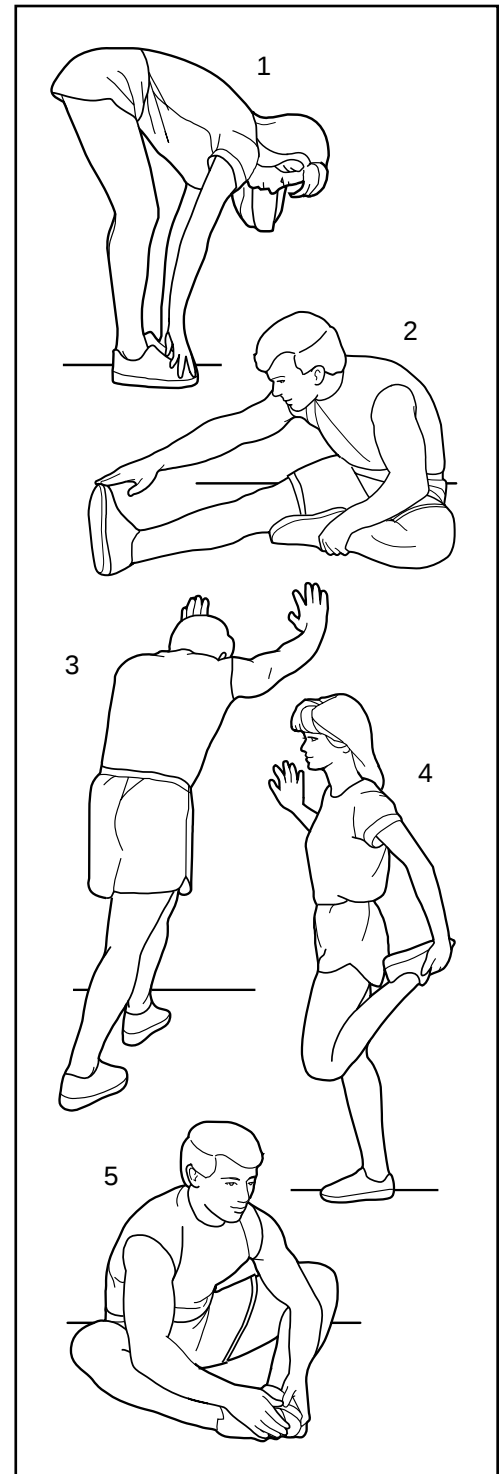
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the crosstrainer regularly. Replace any worn parts immediately.

To clean the crosstrainer, use a damp cloth and a small amount of mild soap. **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. See assembly step 7 on page 6 for replacement instructions. Note: The console requires two AA batteries.

PART LIST—Model No. WLEX14930

R0703A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	2	Seat Frame Endcap
2	1	Front Stabilizer	37	1	Flywheel
3	1	Seat Frame	38	1	Magnet
4	2	Hand Weight Rack	39	1	Flywheel Axle
5	1	Backrest Frame	40	2	Flywheel Bearing
6	1	Crank Pin	41	1	Cable Clamp
7	2	Handlebar	42	2	M6 Eyebolt
8	2	Flywheel Spacer	43	1	Reed Switch/Wire
9	1	Rear Stabilizer	44	2	Adjustment Bracket
10	1	Backrest	45	1	Seat Frame Bushing
11	2	Foam Handgrip	46	2	M6 Nut
12	1	Seat	47	2	M8 Nylon Locknut
13	1	Resistance Control/Cable	48	2	M10 x 75mm Zinc Carriage Bolt
14	1	Resistance Knob	49	2	M10 x 54mm Zinc Carriage Bolt
15	1	Drive Belt	50	4	M4 x 10mm Screw
16	1	Console	51	1	M10 x 136mm Zinc Bolt
17	1	Left Side Shield	52	4	M6 x 36mm Zinc Button Bolt
18	1	Right Side Shield	53	4	M6 Zinc Nylon Locknut
19	1	Resistance Strap	54	2	2-lb. Hand Weight
20	1	Seat Frame Stop	55	1	Seat Adjustment Pin
21	1	Spring	56	1	Right Rear Endcap
22	1	Strap Clamp	57	8	M6 x 16mm Zinc Screw
23	2	Handlebar Endcap	58	2	M6 x 5mm Screw
24	1	Left Pedal	59	9	M4 x 16mm Screw
25	1	Return Spring	60	2	M4 x 25mm Screw
26	1	Right Pedal	61	5	M10 Zinc Nylon Locknut
27	1	Crank/Pulley	62	2	3-lb. Hand Weight
28	1	Adjustment Knob	63	3	M4 x 16mm Flat Head Screw
29	1	Reed Switch Clamp	64	1	Seat Frame Endcap
30	2	Crank Flange Bushing	65	1	Left Pedal Strap
31	2	Front Endcap	66	1	Right Pedal Strap
32	1	Left Rear Endcap	67	2	5-lb. Hand Weight
33	2	Split Bushing Set	#	1	User's Manual
34	1	Crank Washer	#	1	Allen Wrench
35	4	Backrest Frame Endcap			

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.

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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 (WLEX14930)
- The NAME of the product (WESLO® PURSUIT E 25 crosstrainer)
- 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 Health & Fitness, 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.

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