

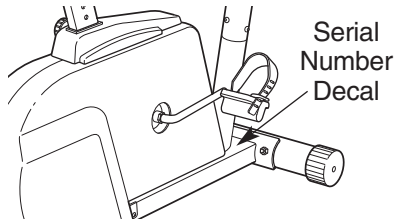
# WESLO® pursuit E40

## USER'S MANUAL

Model No. WLEX19840

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

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



### QUESTIONS?

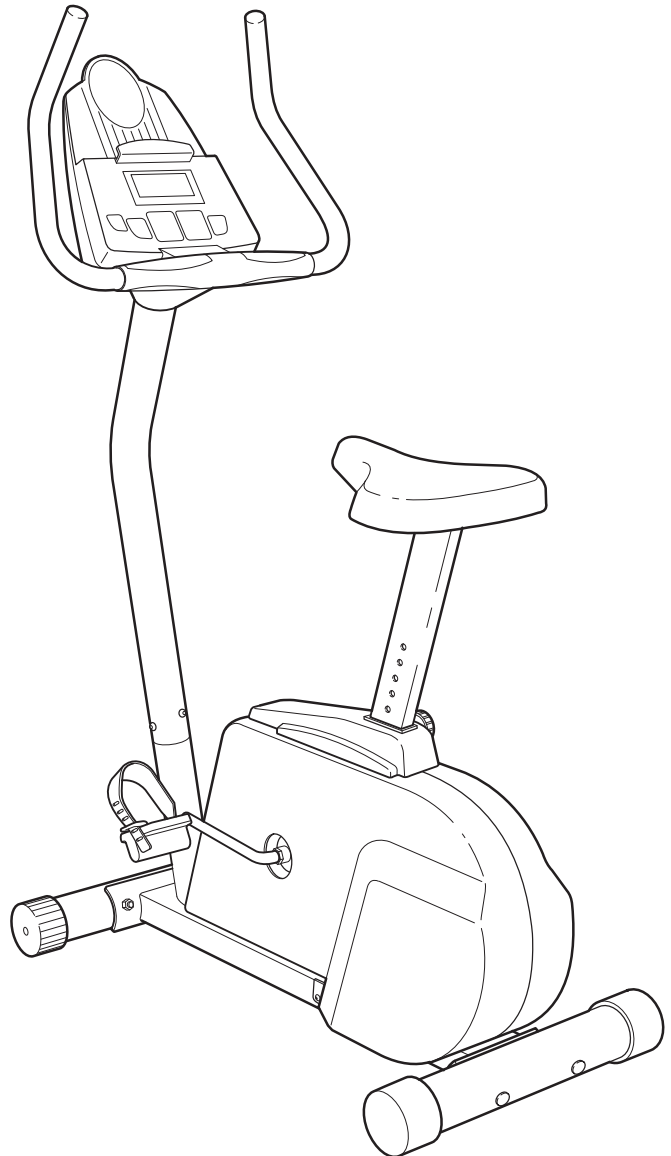
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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



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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.
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, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet from damage.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the exercise cycle at all times.
6. The exercise cycle should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
8. When adjusting the seat, insert the seat knob through one of the holes in the seat post (see the drawing on page 3). Do not insert the seat knob under the seat post.
9. Always keep your back straight when using the exercise cycle. Do not arch your back.
10. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
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 in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
13. The exercise cycle does not have a free-wheel; the pedals will continue to move until the flywheel stops.
14. 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.

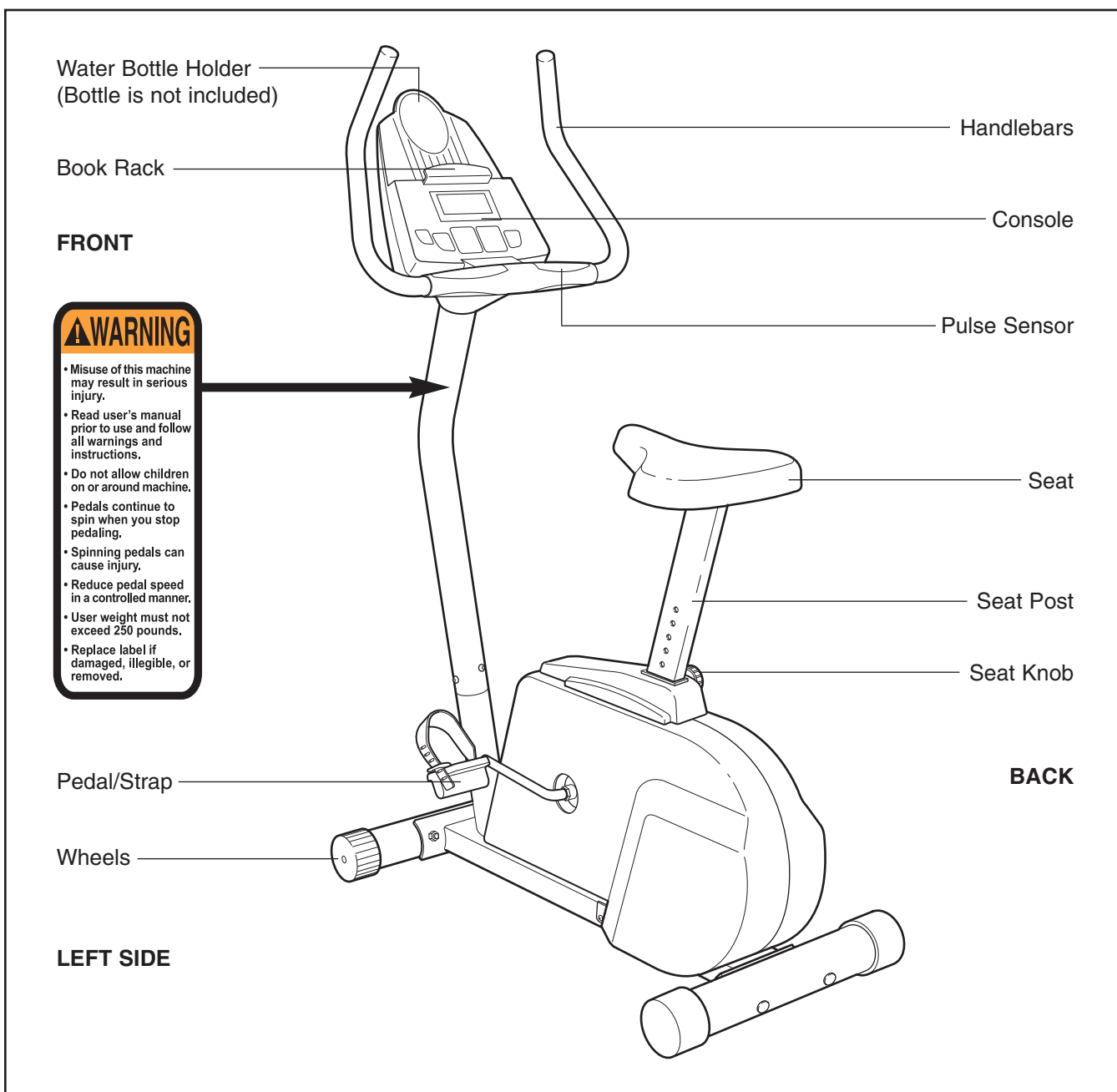
# BEFORE YOU BEGIN

Thank you for selecting the new WESLO® PURSUIT E40 exercise cycle. The PURSUIT E40 exercise cycle blends advanced engineering with contemporary styling to provide you with an effective, low-impact workout 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 1-866-699-3756, 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 WLEX19840. 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).

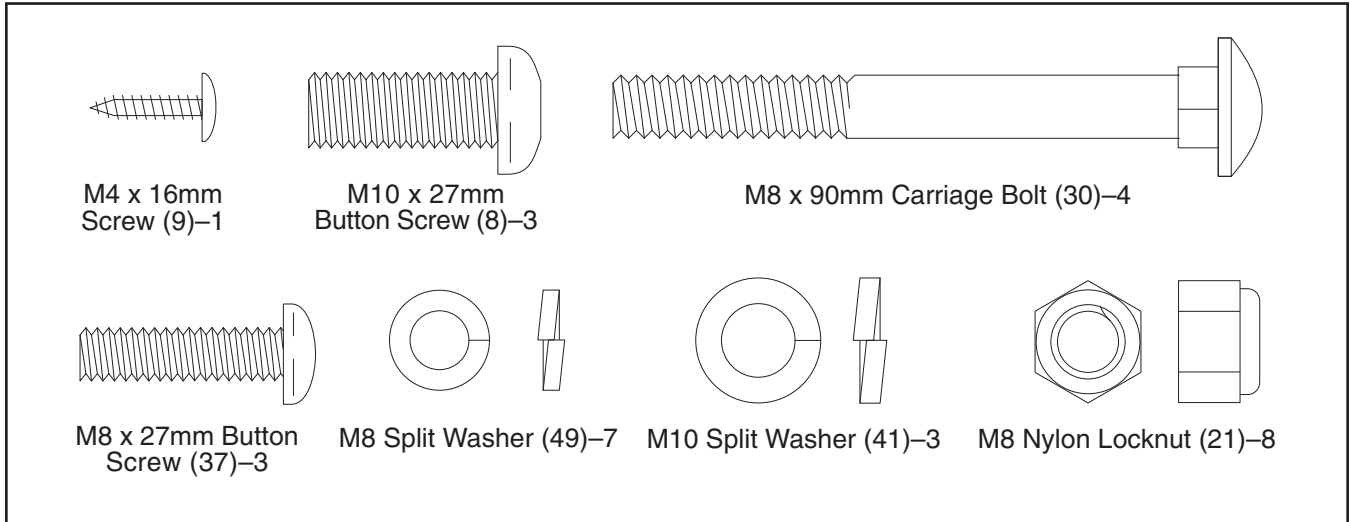
Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



# PART IDENTIFICATION CHART

As you assemble the exercise cycle, use the drawings below to identify the small parts needed 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 parenthesis is the quan-

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

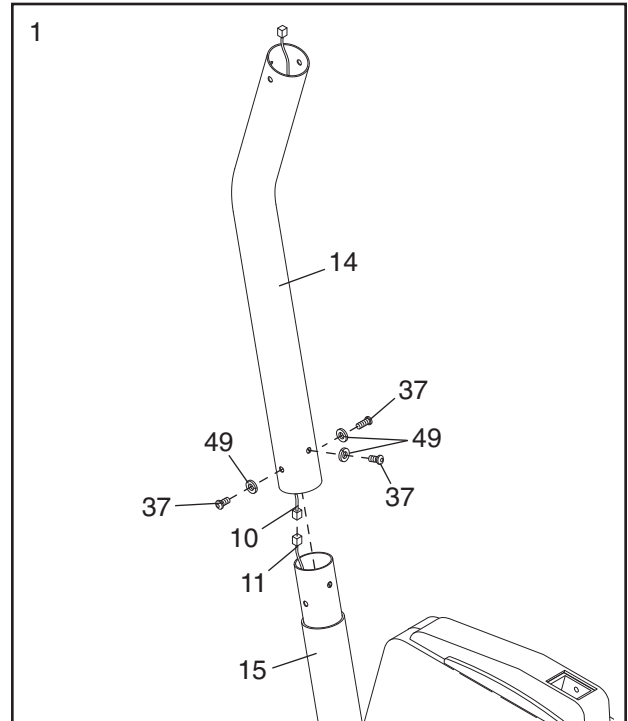


# ASSEMBLY

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 .

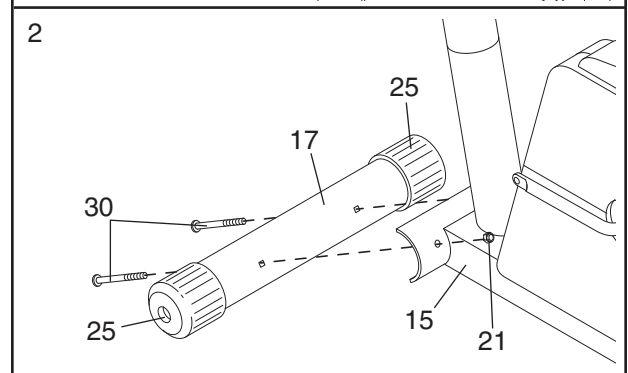
1. While another person holds the Handlebar Post (14) in the position shown, connect the Upper Wire Harness (10) to the Lower Wire Harness (11). Carefully slide the Handlebar Post onto the Frame (15). **Be careful to avoid pinching the Wire Harnesses.** Attach the Handlebar Post with three M8 x 27mm Button Screws (37) and three M8 Split Washers (49).



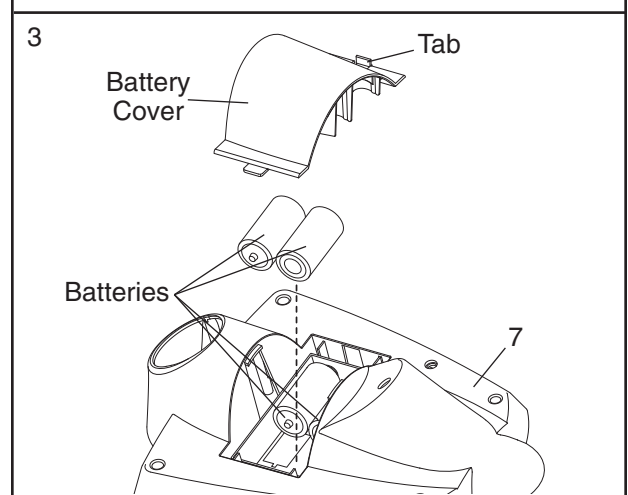
2. Identify the Front Stabilizer (17), which has a Wheel (25) on each end.

Hold the Front Stabilizer (17) against the saddle on the front of the Frame (15). Attach the Front Stabilizer with two M8 x 90mm Carriage Bolts (30) and two M8 Nylon Locknuts (21).

Attach the Rear Stabilizer (not shown) in the same manner.



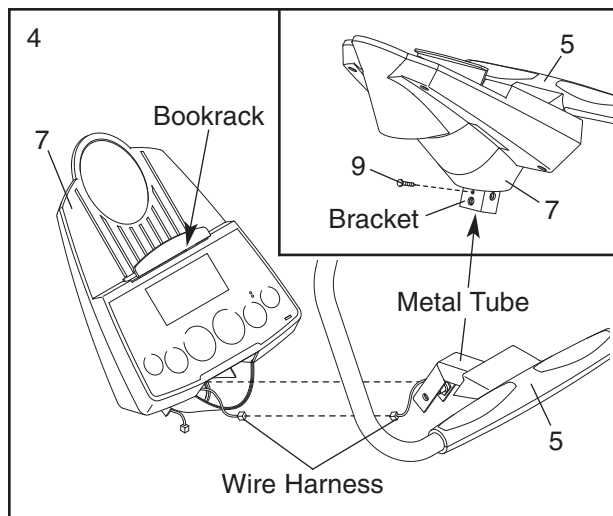
3. The Console (7) requires four "D" batteries (not included); alkaline batteries are recommended. Press the tab on the battery cover, and lift off the battery cover. Insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Reattach the battery cover.



4. Connect the wire harness on the Handlebar (5) to the indicated wire harness on the Console (7). Insert both wire harnesses into the opening in the bottom of the Console. Then, insert the metal tube on the Handlebar into the opening in the bottom of the Console. **Be careful not to pinch the wire harnesses.**

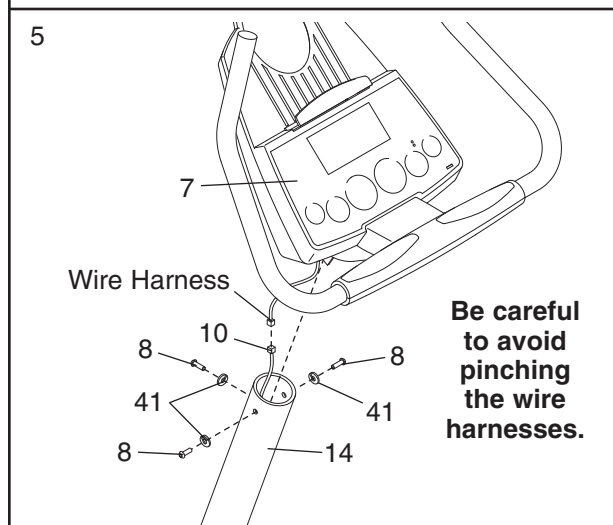
See the inset drawing. Tighten an M4 x 16mm Screw (9) into the indicated bracket on the Console (7) and into the metal tube on the Handlebar (5).

Snap the bookrack onto the Console (7) in the location shown.



5. While another person holds the Console (7) in the position shown, connect the wire harness on the Console to the Upper Wire Harness (10). Insert the excess wire harness into the Handlebar Post (14).

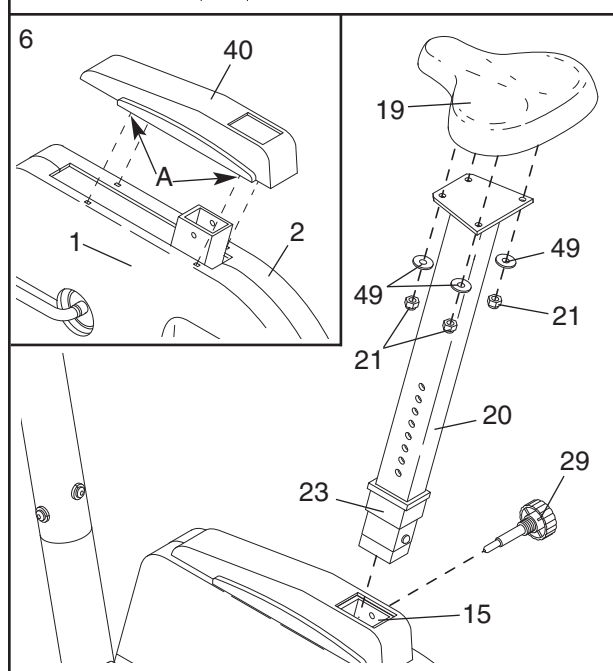
Attach the Console (7) to the Handlebar Post (14) with three M10 x 27mm Button Screws (8) and three M10 Split Washers (41). **Be careful to avoid pinching the wire harnesses.**



6. Press the Side Shield Cover (40) onto the Left and Right Side Shields (1, 2). Make sure that the four tabs (A) 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. Next, 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. **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.**

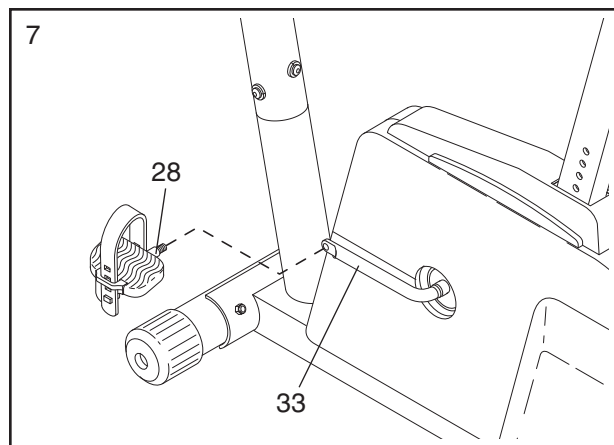
Attach the Seat (19) to the Seat Post (20) with four M8 Nylon Locknuts (21) and four M8 Split Washers (49). Note: The Nylon Locknuts and Split Washers may be pre-attached to the bottom of the Seat.



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

Tighten the Right Pedal (not shown) **clockwise** into the right arm of the Crank (33) in the same manner. **Tighten both Pedals as fully as possible.**

**Important: After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept properly tightened.**



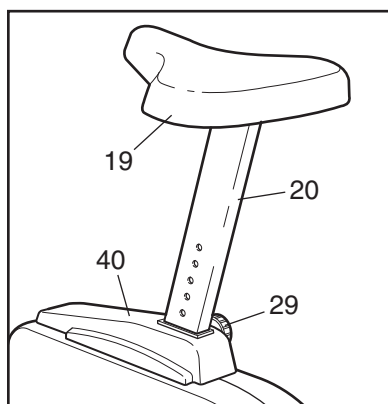
8. **Make sure that all parts are tightened before you use the exercise cycle. Note: There may be some hardware left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet.

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## HOW TO USE THE EXERCISE CYCLE

### HOW TO ADJUST THE SEAT

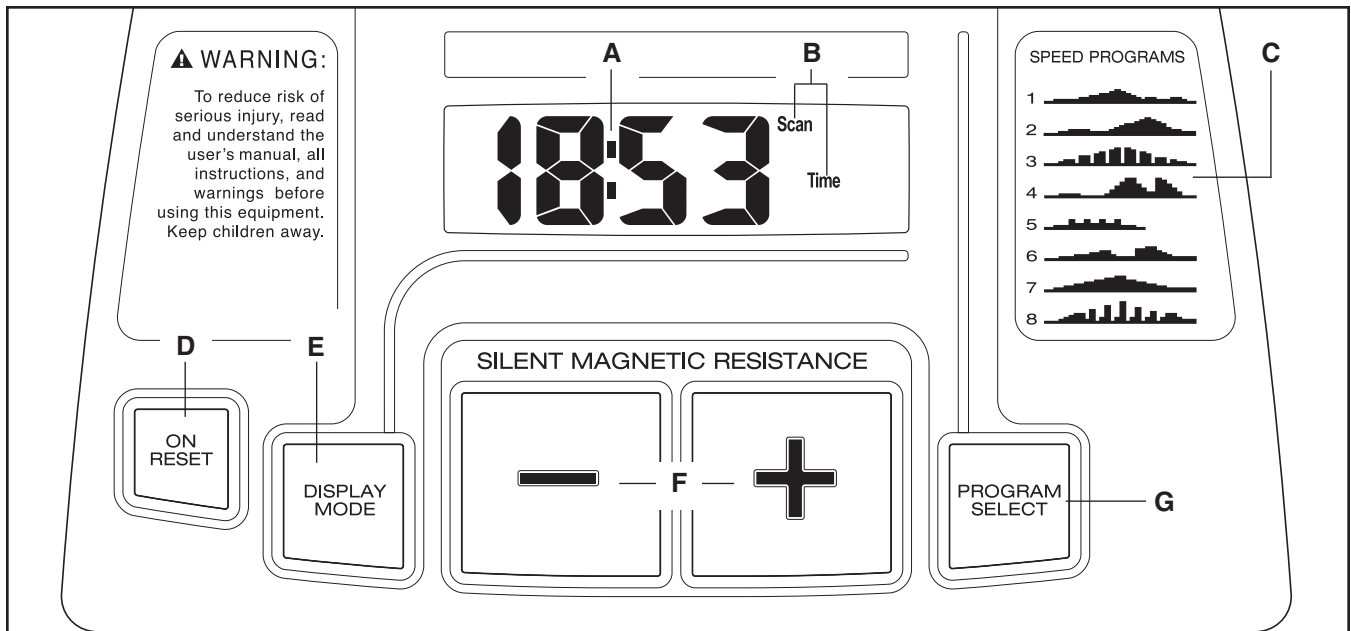
For effective exercise, the Seat (19) should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the Seat,



first hold the Seat and unscrew the Seat Knob (29). Align one of the holes in the Seat Post (20) with the hole in the Side Shield Cover (40). Insert the Seat Knob into the frame and the Seat Post, and tighten the Seat Knob into the frame. **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.**

### BATTERY INSTALLATION

Before the console can be operated, four “D” batteries must be installed. If you have not installed batteries, see assembly step 3 on page 5.



## FEATURES OF THE CONSOLE

The easy-to-use console offers a selection of features designed to help you get the most from your workouts. When the manual mode of the console is selected, the resistance of the pedals can be adjusted with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor. The console also offers eight certified personal trainer programs. Each program automatically controls the resistance of the pedals as it guides you through an effective workout.

## CONSOLE DESCRIPTION

See the drawing above. **Note: If there is a thin sheet of plastic on the face of the console, remove it.**

**A. Display**—The display features seven modes that show your current speed, the elapsed time (or the time remaining in a personal trainer program), the distance that you have pedaled, the resistance level, the approximate numbers of calories and fat calories you have burned (see **FAT BURNING** on page 13), and your heart rate (when you use the handgrip pulse sensor).

**Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, hold down the On/Reset button for six seconds. The display mode indicators (see B at the right) will show which unit of mea-**

**surement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.**

- B. Display mode indicators**—These indicators show which display mode is currently shown (scan, speed, time, distance, resistance level, calories, fat calories, or heart rate). Note: When the distance is shown, the word Miles or the letters Kms will appear; when your speed is shown, the letters MPH or Km/H will appear.
- C. Program profiles**—These profiles show how the resistance of the pedals will change during personal trainer programs.
- D. On/Reset button**—When the console is off, pressing this button will turn on the display. When the console is on, pressing this button will reset the display. This button is also used to select the unit of measurement for speed and distance (see A at the left).
- E. Display Mode button**—This button is used to select the display modes. The modes will be selected in the following order: scan, speed, time, distance, resistance level, calories, fat calories, and heart rate (when the handgrip pulse sensor is used).
- F. + and – buttons**—These buttons control the resistance of the pedals.
- G. Program button**—This button is used to select the manual mode and personal trainer programs.

## HOW TO USE THE MANUAL MODE

### 1 Turn on the console.

Note: The console requires four “D” batteries (not included). If you have not installed batteries, see assembly step 3 on page 5 and install batteries.

To turn on the console, press the On/Reset button or begin pedaling.

### 2 Select the manual mode.

Each time the console is turned on, the manual mode will automatically be selected. If a personal trainer program has been selected, select the manual mode by pressing the Program button repeatedly until a “P 8” appears in the display and then pressing the Program button once more.

### 3 Begin exercising and adjust the resistance of the pedals.

As you exercise, adjust the resistance of the pedals as desired by pressing the + and – buttons. There are ten resistance levels—level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the selected setting to be reached.

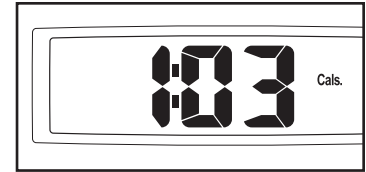
### 4 Follow your progress with the display.

When the console is turned on, the scan mode will be selected. As you exercise, the display will



show your current speed, the elapsed time, the distance that you have pedaled, the current resistance level, and the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 13). In addition, your heart rate will be shown when you use the handgrip pulse sensor (see step 5 at the right). The display will change from one mode to the next every six seconds. Note: Each time the resistance level changes, the console will show the resistance level for six seconds. When a personal trainer program is selected, the display will show the time remaining in the program instead of the elapsed time.

If desired, you can select a single mode for continuous display. Press the Display Mode

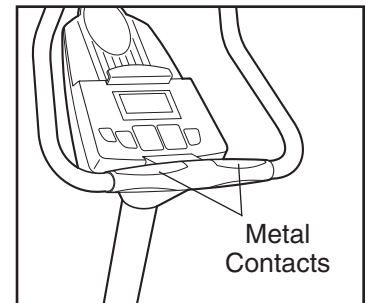


button repeatedly until only the MPH (or Km/H), Time, Miles (or Kms), Resist., Cals., or Fat Cals. indicator appears in the display. Make sure that the Scan indicator does not appear.

### 5 Measure your heart rate if desired.

**Note: If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic.**

To use the handgrip pulse sensor, place your hands on the metal contacts. Your palms must be on the upper contacts and your fingers must be touching the lower



contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

### 6 When you are finished exercising, the console will automatically turn off after five minutes.

If the pedals are not moved and the console buttons are not pressed for five minutes, **the console will automatically turn off to conserve the batteries.**

## HOW TO USE A PERSONAL TRAINER PROGRAM

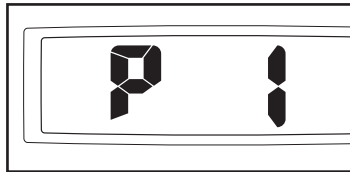
### 1 Turn on the console.

See step 1 on page 9.

### 2 Select one of the eight personal trainer programs.

Each time the console is turned on, the manual mode will be selected. To select a personal trainer

program, press the Program button repeatedly until a "P 1," "P 2," "P 3," "P 4," "P 5," "P 6," "P 7," or "P 8" appears in the display.



The eight profiles on the right side of the console show how the resistance of the pedals will change during the personal trainer programs. For example, profile number 7 shows that during program 7, the resistance will gradually increase during the first half of the program and then gradually decrease.

### 3 Start the program.

To start the program, simply begin exercising. Each personal trainer program consists of 30 one-minute periods. One resistance setting is programmed for each period. (The same resistance setting may be programmed for two or more consecutive periods.)

During the program, the resistance of the pedals will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can change the resistance level by pressing the + and – buttons. However, when the current period of the program ends, the resistance level will automatically change if a different resistance setting is programmed for the next period.

During the program, the display will show the time remaining in the program. If you continue exercising after the program ends, the display will continue to show your exercise feedback.

### 4 Follow your progress with the display.

See step 4 on page 9.

### 5 Measure your heart rate if desired.

See step 5 on page 9.

### 6 When you are finished exercising, the console will automatically turn off after five minutes.

See step 6 on page 9.

# MAINTENANCE AND TROUBLESHOOTING

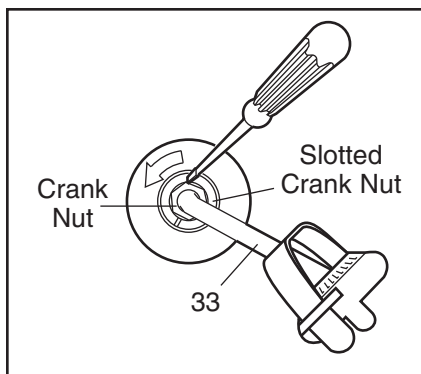
Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, avoid spilling liquid on the console, keep the console out of direct sunlight, and 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 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



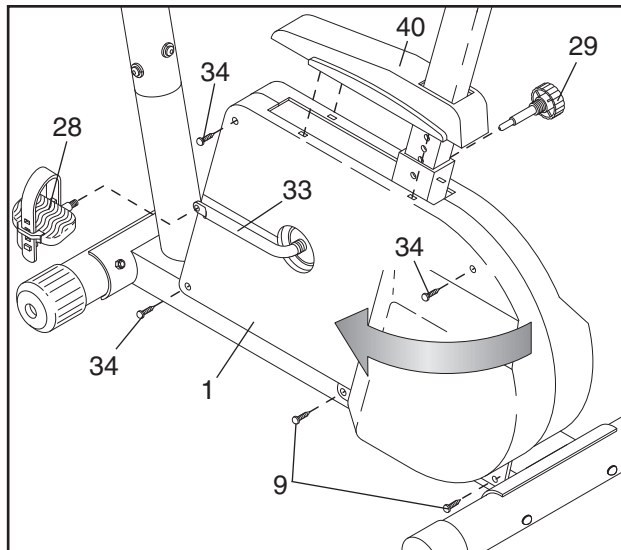
turn the slotted crank nut counterclockwise until the arms are no longer loose. **Do not overtighten the slotted crank nut.** When the slotted crank nut is properly tightened, retighten the crank nut.

## BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 3 on page 5. In addition, make sure that the console wire is connected to the reed switch wire.

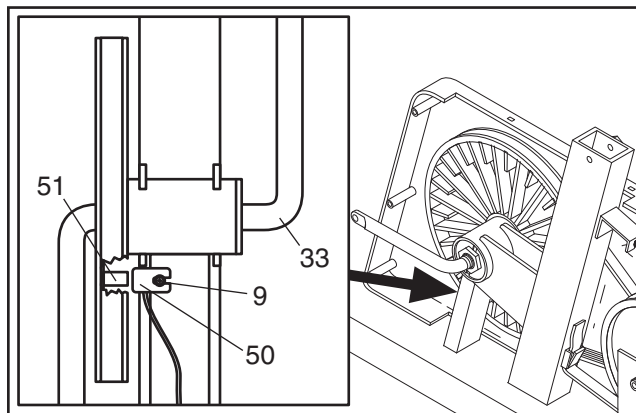
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must first remove the Left Side Shield (1) (see the drawing at the top of this page). Using an adjustable wrench, turn the Left Pedal (28) clockwise and remove it from the Crank (33). Remove the two M4 x 16mm Screws (9) and three M4 x 38mm Self-tapping Screws (34) from the Left Side Shield.



Next, remove the Seat Knob (29) and lift the Side Shield Cover (40) off the Side Shields. Grasp both 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.

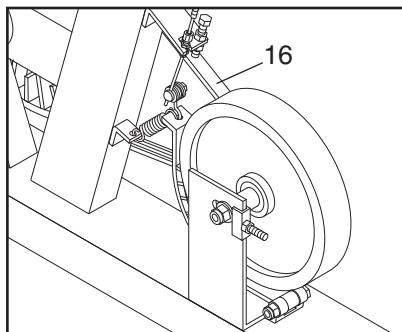
Locate the Reed Switch (50). Turn the Crank (33) until the Magnet (51) is aligned with the Reed Switch. Loosen but do not remove the M4 x 16mm Screw (9). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Left Side Shield and Pedal.



## 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. See the instructions on page 11 and remove the left side shield.

Next, use an adjustable wrench to turn the right pedal counterclockwise and remove it. Remove the right side shield.

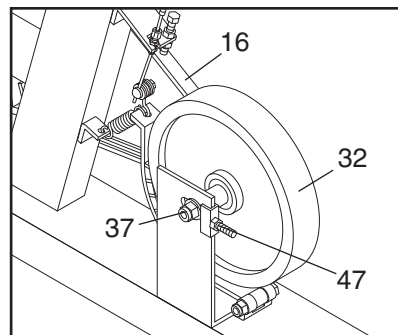


Press down on the center of the Belt (16) between the front and rear sprockets. **There should be from 1/4" to 3/4" of vertical movement in the center of the Belt.**

If the Belt (16) is properly adjusted, reattach the side shields and pedals. If the Belt needs to be adjusted, loosen the M8 Washer Nut (37) on each side of the Flywheel (32).

To tighten the Belt, turn the two M6 Stop Nuts (47) clockwise; to loosen the belt, turn the Nuts counterclockwise.

Make sure that the Flywheel is straight and tighten the M8 Washer Nuts (37). Reattach the side shields and pedals.



# CONDITIONING GUIDELINES




## WARNING:

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

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

To find the proper heart rate for you, first find your age near 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 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 or 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. 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. The key to success is make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. WLEX19840

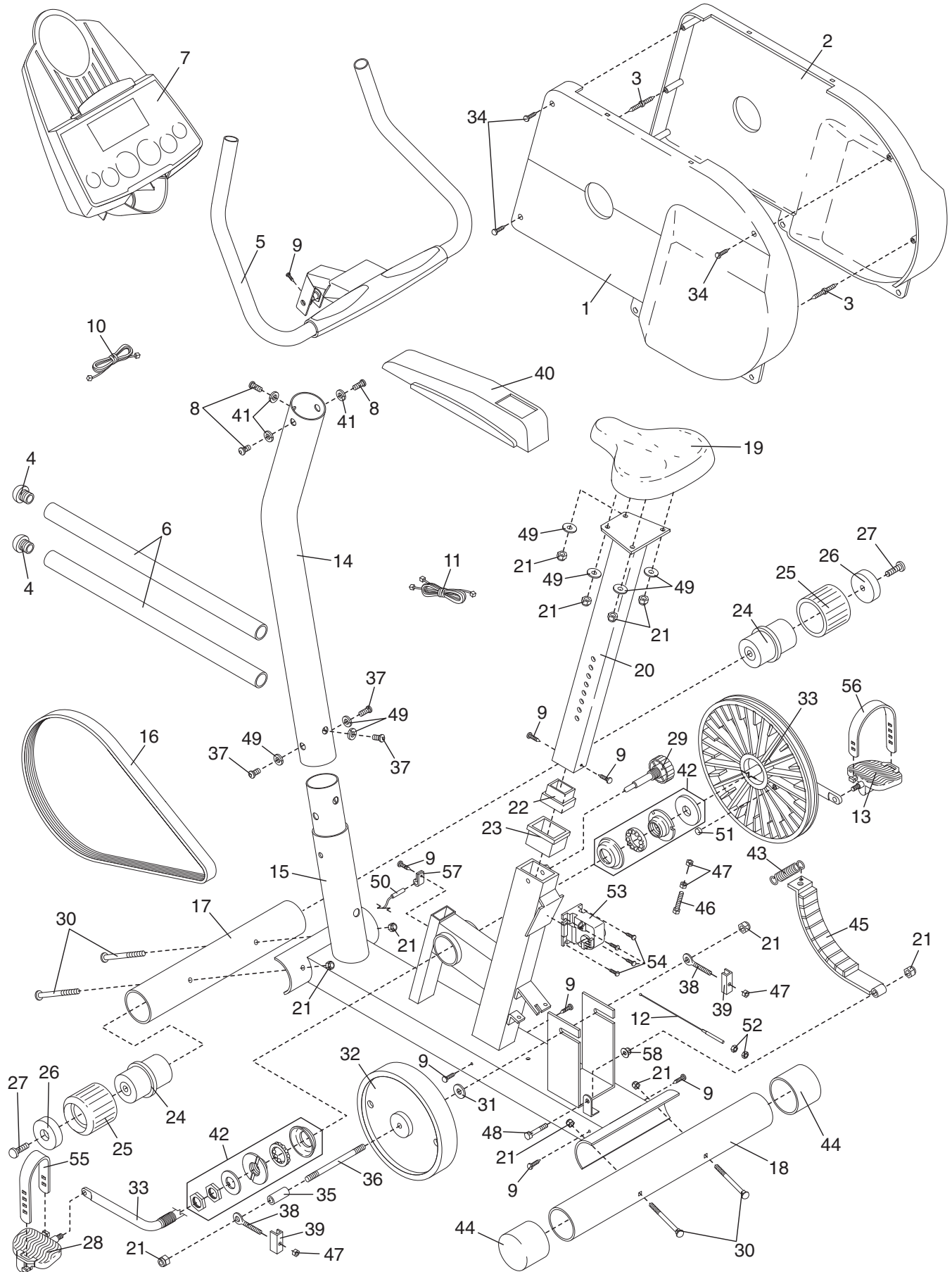
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Side Shield	31	1	M10 Flat Washer
2	1	Right Side Shield	32	1	Flywheel
3	2	Double Tree Fastener	33	1	Crank/Pulley
4	2	Handlebar Endcap	34	3	M4 x 38mm Self-tapping Screw
5	1	Handlebar	35	1	Flywheel Spacer
6	2	Foam Grip	36	1	Flywheel Axle
7	1	Console	37	3	M8 x 27mm Button Screw
8	3	M10 x 27mm Button Screw	38	2	M6 Eye Bolt
9	8	M4 x 16mm Screw	39	2	Adjustment Bracket
10	1	Upper Wire Harness	40	1	Side Shield Cover
11	1	Lower Wire Harness	41	3	M10 Split Washer
12	1	Adjustment Cable	42	1	Bearing Assembly
13	1	Right Pedal	43	1	“C” Magnet Spring
14	1	Handlebar Post	44	2	Stabilizer Endcap
15	1	Frame	45	1	“C” Magnet
16	1	Belt	46	1	M6 x 64mm Bolt
17	1	Front Stabilizer	47	4	M6 Stop Nut
18	1	Rear Stabilizer	48	1	M8 x 62mm Bolt
19	1	Seat	49	7	M8 Split Washer
20	1	Seat Post	50	1	Reed Switch/Wire
21	11	M8 Nylon Locknut	51	1	Magnet
22	1	25.4mm x 63.5mm Bushing	52	2	M5 Nut
23	1	Seat Post Bushing	53	1	Adjustment Motor
24	2	Wheel Hub	54	4	Motor Screw
25	2	Wheel	55	1	Left Pedal Strap
26	2	Wheel Spacer	56	1	Right Pedal Strap
27	2	M6 x 16mm Self-tapping Screw	57	1	Reed Switch Clamp
28	1	Left Pedal	58	1	Flange Nut
29	1	Seat Knob	#	1	Allen Wrench
30	4	M8 x 90mm Carriage Bolt	#	1	User’s Manual

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

# EXPLODED DRAWING—Model No. WLEX19840

R0604A



# HOW TO ORDER 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 (WLEX19840)
- The NAME of the product (WESLO® PURSUIT E40 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.

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