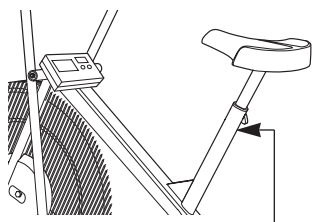


WESLO® 605s

Model No. WLEX22080

Serial No. _____

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



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. 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. Save this manual for future reference.



Patent Pending

USER'S MANUAL

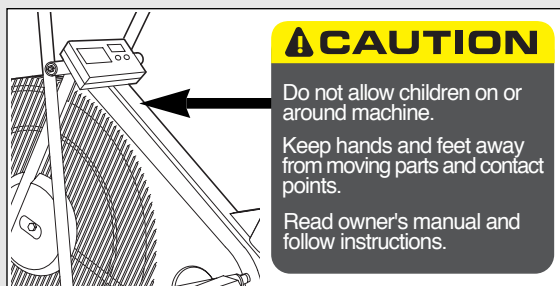
TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
HOW TO USE THE WESLO 605s	6
MAINTENANCE AND TROUBLE-SHOOTING	8
CONDITIONING GUIDELINES	9
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the WESLO 605s.

1. It is the responsibility of the owner to ensure that all users are adequately informed of all warnings and precautions.
2. Read all instructions in this manual before using the WESLO 605s. Use the WESLO 605s only as described.
3. Place the WESLO 605s on a level surface. Cover the floor beneath the WESLO 605s to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Make sure that the chain is properly adjusted (see MAINTENANCE AND TROUBLE-SHOOTING on page 8). Replace any worn parts immediately.
5. Keep children under age 12 and pets away from the WESLO 605s at all times.
6. The WESLO 605s should not be used by persons weighing more than 250 pounds.
7. Keep hands and feet away from the link arms and other moving parts.
8. Do not wear loose clothing that could become caught on the WESLO 605s. 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 3). Do not insert the seat knob under the seat post.
10. If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
11. The WESLO 605s is intended for home use only. Do not use the WESLO 605s in any commercial, rental, or institutional setting.
12. The decal shown below has been placed on the WESLO 605s. If the decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). 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.

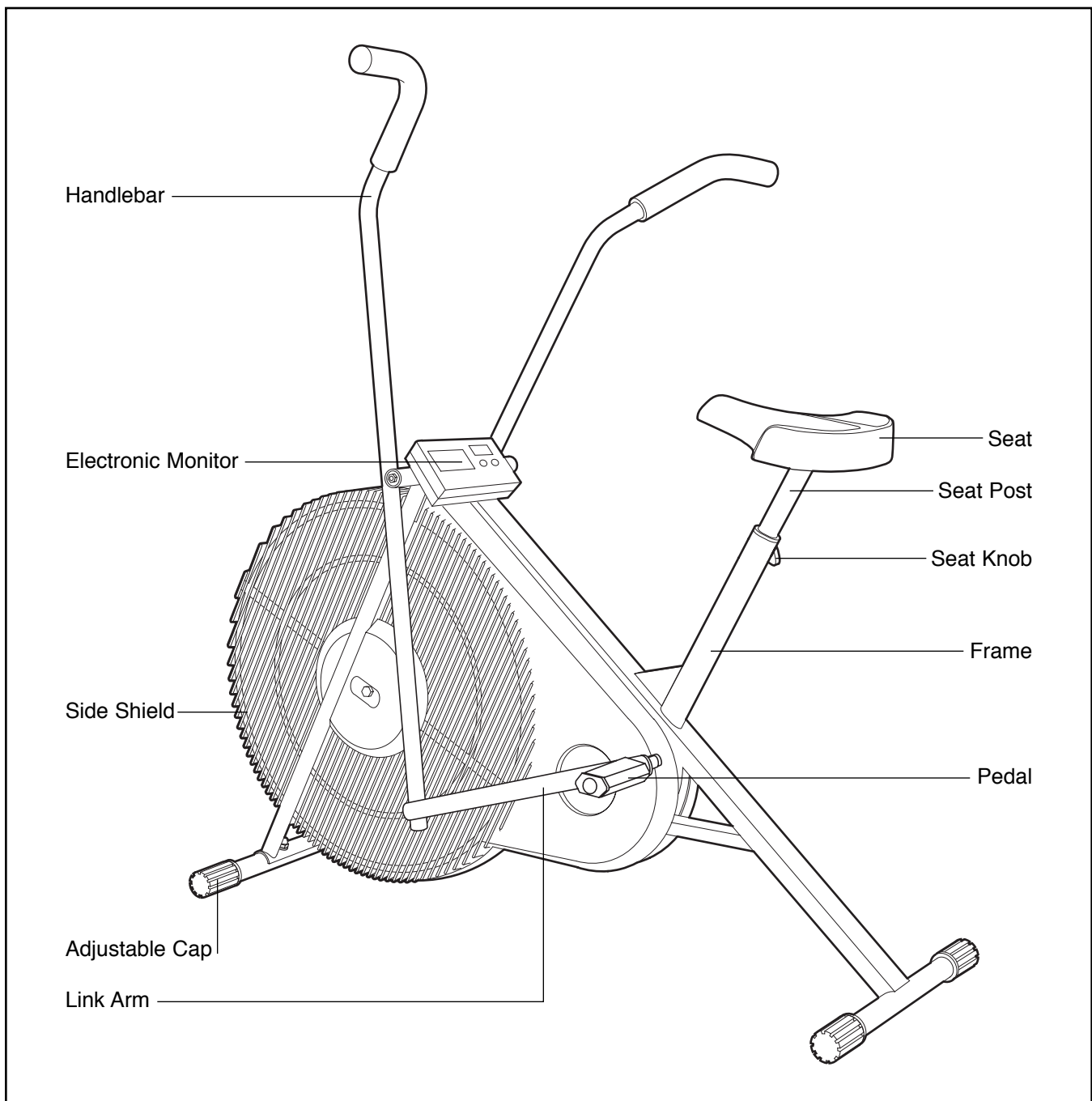
BEFORE YOU BEGIN

Thank you for selecting the innovative WESLO® 605s. The WESLO 605s blends advanced engineering with contemporary styling to provide you with a low-impact, total body workout in the convenience and privacy of your own home.

For your benefit, read this manual carefully before using the WESLO® 605s. If you have questions after reading the manual, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time




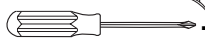
(excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WLEX22080. The serial number can be found on a decal attached to the WESLO 605s (see the front cover of this manual for the location of the decal).

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

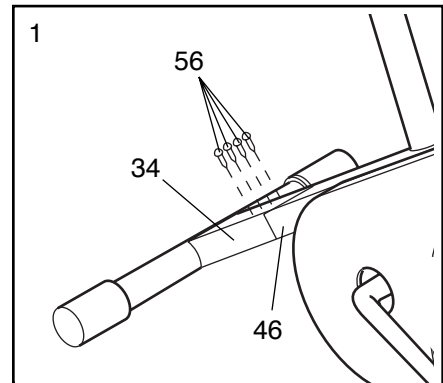


ASSEMBLY

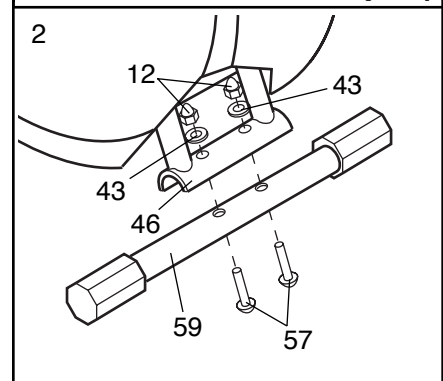
Assembly requires two people. Place all parts of the WESLO 605s in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read through all steps before beginning. During assembly, make sure that all parts are oriented as shown in the drawings.

Assembly requires the included tool and grease packet, an adjustable wrench , **a rubber mallet** , **a hammer** , **and a phillips screwdriver** .

1. Insert the end of the Rear Stabilizer (34) into the Frame (46). Attach the Rear Stabilizer to the Frame with the four M5 x 12mm Screws (56).

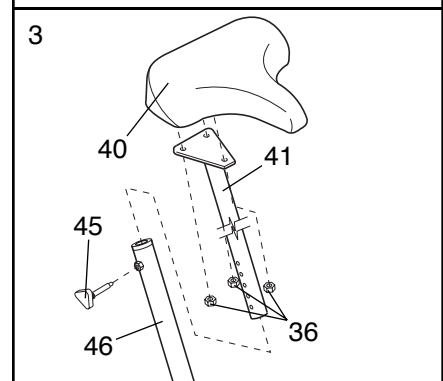


2. Turn the Front Stabilizer (59) so the indented holes are facing the floor. Attach the Front Stabilizer to the Frame (46) with two M8 x 48mm Carriage Bolts (57), two M8 Zinc Washers (43), and two Acorn Nuts (12).

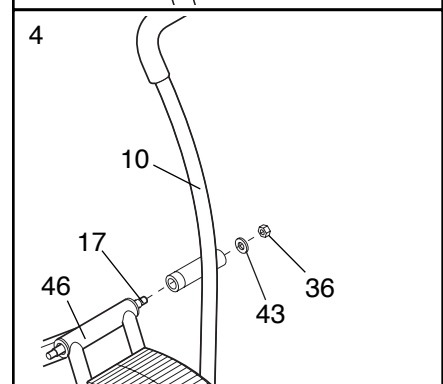


3. Remove the three 8mm Zinc Locknuts (36) from the underside of the Seat (40). Attach the Seat to the top of the Seat Post (41) with the three Locknuts.

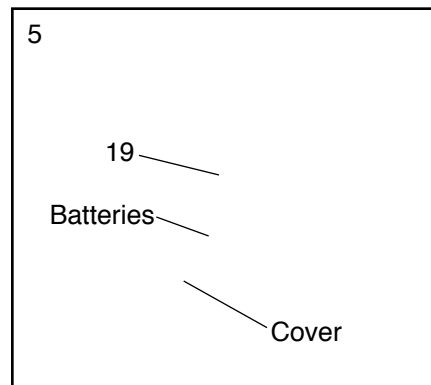
Insert the Seat Post (41) into the Frame (46). Align one of the holes in the Seat Post with the hole in the Frame. Insert the Seat Knob (45) into the Frame and the Seat Post, and tighten the Seat Knob into the Frame. **Make sure to insert the Seat Knob through one of the holes in the Seat Post; do not insert the Seat Knob under the Seat Post.**



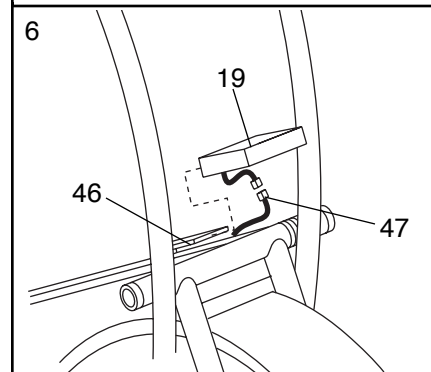
4. Apply a small amount of grease to the Pivot Shaft (17). Slide the Pivot Shaft into the Frame (46) and center it. Slide the Left Handlebar (10) onto the left end of the Pivot Shaft. Slide the Right Handlebar (not shown) onto the right end of the Pivot Shaft. Attach an M8 Zinc Washer (43) and an 8mm Zinc Locknut (36) to each end of the Pivot Shaft.



- The Electronic Monitor (19) requires two “AA” batteries (not included). Alkaline batteries are recommended. Open the battery cover on the back of the Monitor. Insert two batteries into the Monitor. **Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the Monitor.** Close the battery cover.

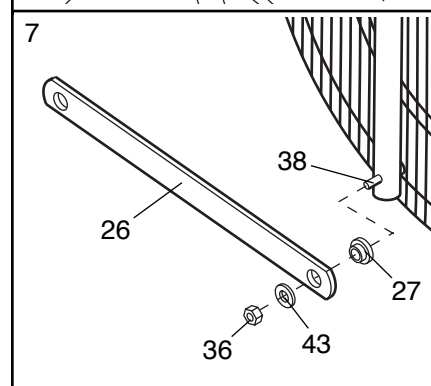


- Connect the Sensor Wire (47) into the wire extending from the Electronic Monitor (19). Slide the Electronic Monitor onto the bracket on the Frame (46). Make sure that the Sensor Wire is not pinched between the Monitor and the Frame.

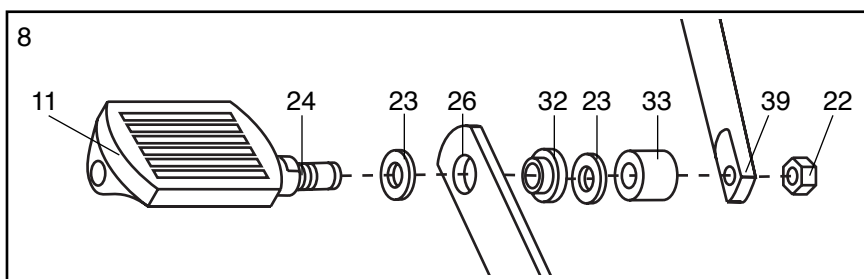


- This step may have been completed. If not, please apply a small amount of grease to the bolt welded in the Right Handlebar (38). Connect a Link Arm (26) to the lower end of the Right Handlebar (38) with a Brass Handlebar Bushing (27), an M8 Zinc Washer (43), and an 8mm Zinc Locknut (36) as shown.

Attach the other Link Arm to the Left Handlebar in the same manner (not shown).



- Note: Apply a small amount of grease to all of the small parts assembled in this step. Slide a 13mm Washer (23) onto the indicated end of a Pedal Axle (24). Insert the Pedal Axle into the right Link Arm (26). Slide a Steel Link Arm Bushing (32), a 13mm Washer (23), and a Pedal Spacer (33) onto the Pedal Axle. Firmly tighten the Pedal Axle clockwise into the right arm of the Crank (39). Tighten a 1/2” Locknut (22) onto the Pedal Axle.



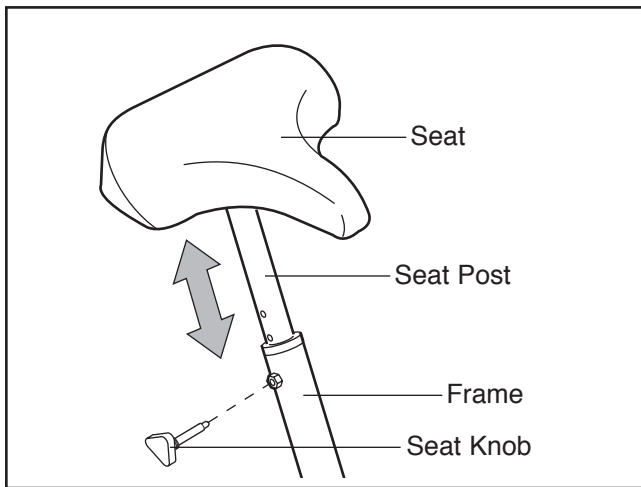
Attach the other Pedal to the left arm of the Crank (not shown) in the same manner.

- Make sure that all parts of the exercise bike are properly tightened.**

HOW TO USE THE WESLO 605s

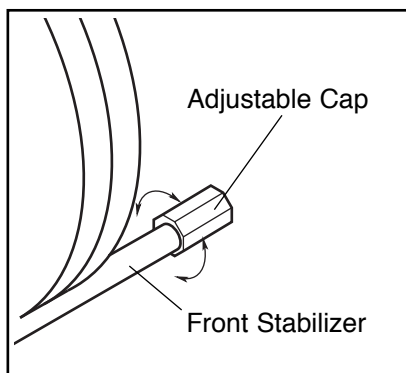
SEAT ADJUSTMENT

As you pedal, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat, first hold the seat and unscrew the seat knob. Align one of the holes in the seat post with the hole in the frame. Insert the seat knob into the frame and the seat post, and tighten the seat knob through one of the holes in 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.**



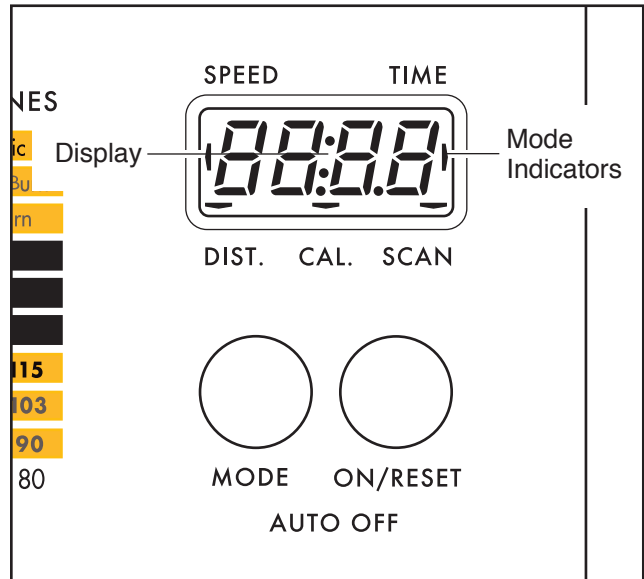
LEVELING THE WESLO 605s

If the exercise bike does not rest evenly on the floor, the problem may be corrected with the adjustable caps on the front stabilizer. Rotate one or both caps until the exercise bike rests evenly on the floor.



DESCRIPTION OF THE ELECTRONIC MONITOR

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



- Speed—Displays your speed, in miles per hour.
- Time—Displays the length of time you have exercised. 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.
- Calorie—Displays the approximate number of Calories you have burned.
- Scan—Displays the speed, time, distance, and calorie modes, for 5 seconds each, in a repeating cycle.

BATTERY INSTALLATION

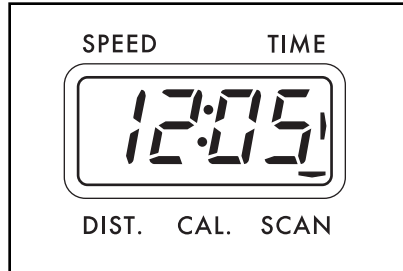
Before the electronic monitor can be operated, two “AA” batteries must be installed. If you have not installed batteries, see assembly step 5 on page 5.

HOW TO OPERATE THE ELECTRONIC MONITOR

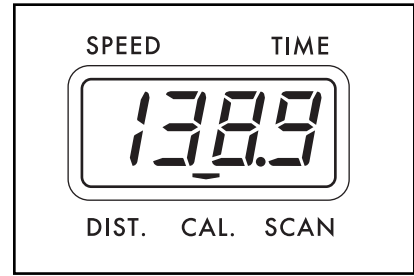
1. To turn on the power, press the on/reset button or simply begin pedaling. When the power is turned on, the entire display will appear for two seconds. The electronic monitor will then be ready for operation.

2. Select one of the five modes:

Scan mode—
When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a flashing mode indicator 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 calorie mode—To select one of these modes for continuous display, press the mode button repeatedly. The mode indicators 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. **Note: The monitor has an “auto-off” feature. If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the WESLO 605s regularly. Replace any worn parts immediately.

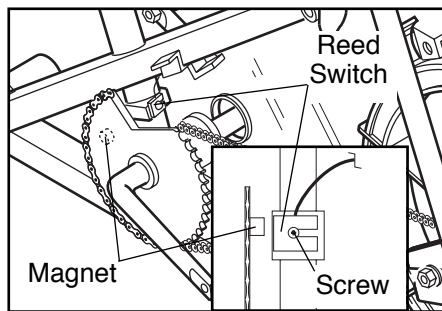
The WESLO 605s can be cleaned with a soft, damp cloth. Keep liquid away from the electronic monitor. Keep the monitor out of direct sunlight or the display may be damaged. Remove the batteries when storing the WESLO 605s.

ELECTRONIC MONITOR TROUBLE-SHOOTING

If the electronic monitor does not function properly, the batteries should be replaced. See assembly step 5 on page 5 for instructions. In addition, make sure that the sensor wire is connected to the wire on the monitor. See assembly step 6 on page 5.

If the electronic monitor displays incorrect information, the reed switch should be checked. First, remove the pedal and the side shield from one side of the exercise bike.

Next, refer to the drawing at the right and locate the reed switch. Turn the sprocket until the magnet on the sprocket is as close



as possible to the reed switch. Loosen the screw in the reed switch, move the reed switch slightly closer to the magnet, and tighten the screw. **Make sure that the magnet will not hit the reed switch when the sprocket turns.** Repeat until the monitor displays correct information.

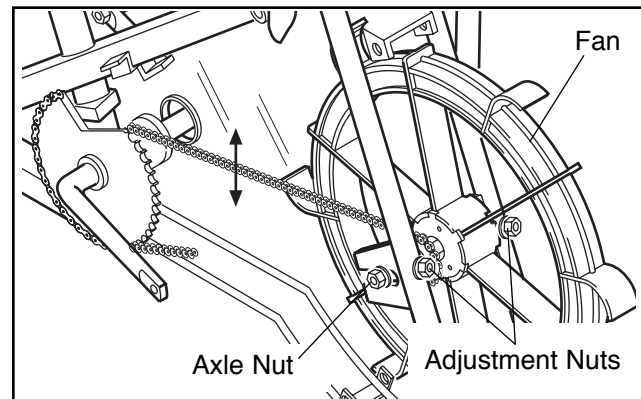
HOW TO TIGHTEN THE PEDALS

If the pedals become loose, refer to assembly step 8 on page 5. Tighten the pedal axles into the arms of the crank. Tighten the 1/2" locknuts on the pedal axles.

HOW TO ADJUST THE CHAIN

The exercise bike features a precision chain that must be kept properly lubricated. Apply a few drops of light multi-purpose oil to the chain every three months.

In addition, the chain must be kept properly adjusted. If the chain is too tight, the bearings may be damaged; if the chain is too loose, the fan may be damaged. If the chain causes excessive noise or slips as you pedal, check the chain in the following manner:



1. Remove the fan guards from the front of the exercise bike. Remove the pedal and the side shield from one side of the exercise bike.
2. Press down on the center of the chain. **There should be between 1/4" and 1" of vertical movement in the center of the chain.** If the chain is properly adjusted, reattach the pedal, side shield, and fan guards. If the chain needs to be adjusted, see step 3.
3. Loosen both axle nuts. To tighten the chain, turn the adjustment nuts clockwise; to loosen the chain, turn the adjustment nuts counterclockwise. Make sure that the fan is straight and tighten the axle nuts. Reattach the pedal, side shield, and fan guards.

CONDITIONING GUIDELINES

The following general 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 individuals over the age of 35 or individuals with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or 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.

BPM		HEART RATE TRAINING ZONES					
♥	165						Aerobic
	145	155					Max Fat Burn
	125	138	145				Fat Burn
		120	130	140			
			115	125	130		
				110	118	125	
					105	110	115
						95	103
♥							90
Age	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; 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 your pace until your heart rate is near the lowest number in your training zone as you exercise.

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

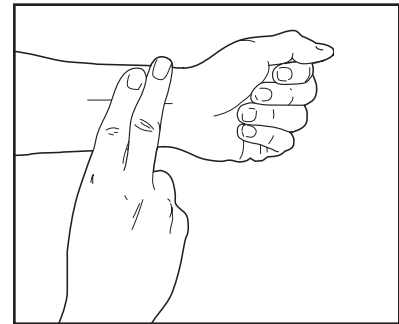
Aerobic Exercise

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 your pace until your heart rate is near the highest number in your training zone as you exercise.

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 heart-beat 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 three important parts: a warm-up, training zone exercise, and a cool-down.

A Warm-up

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

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes. (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

Finish each workout 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, complete 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 to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. WLEX22080

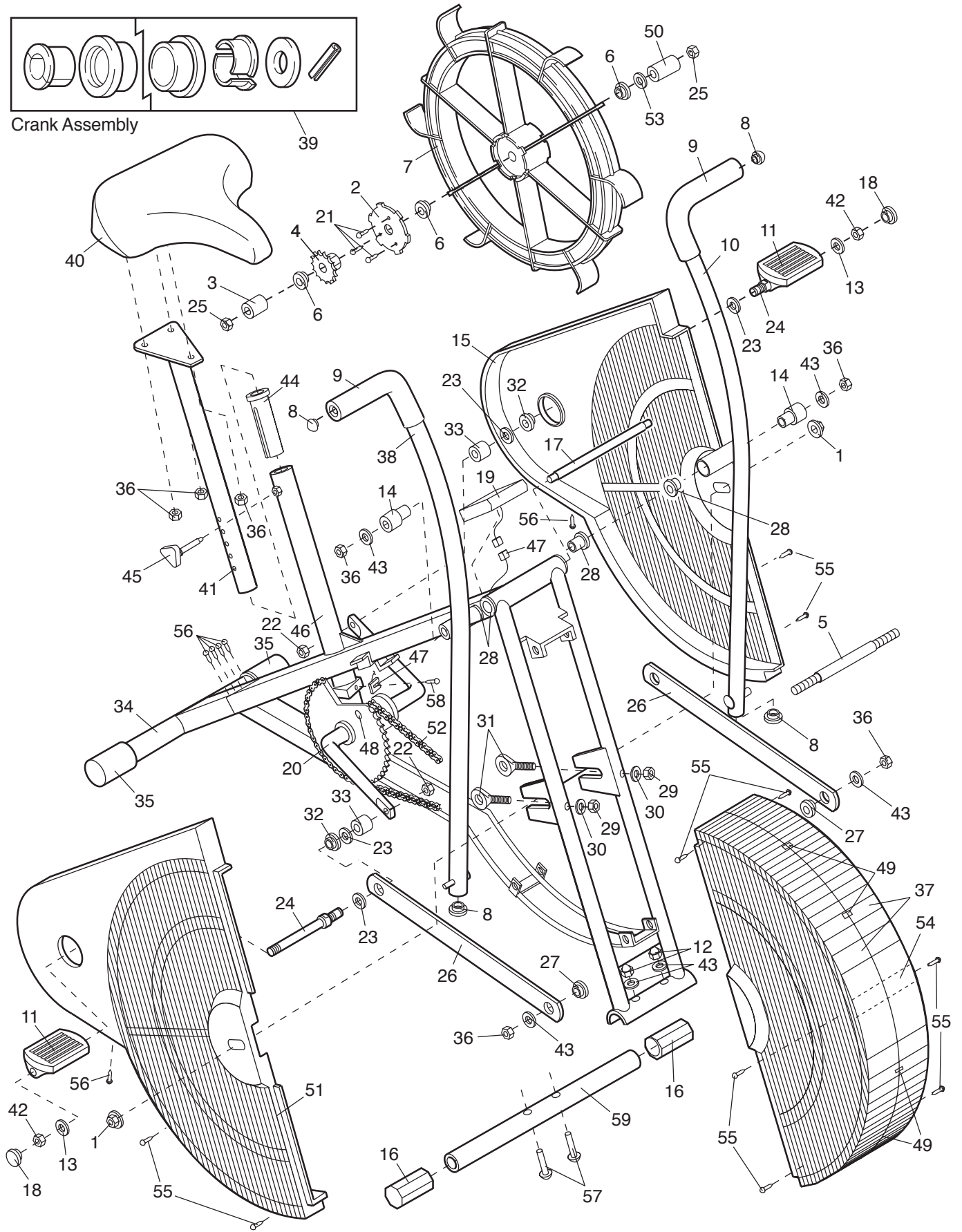
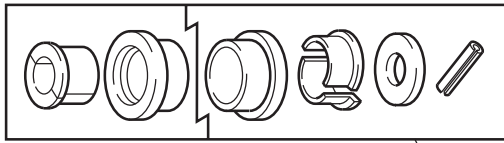
R0598A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Axle Nut	32	2	Steel Link Arm Bushing
2	1	Fan Plate	33	2	Pedal Spacer
3	1	Short Spacer	34	1	Rear Stabilizer
4	1	Fan Sprocket	35	2	Stabilizer Cap
5	1	Fan Axle Shaft	36	7	8mm Zinc Locknut
6	3	Flange Bushing	37	2	Fan Guard
7	1	Fan Assembly	38	1	Right Handlebar
8	4	Handlebar Cap	39	1	Crank/Sprocket Assembly
9	2	Foam Grip	40	1	Seat
10	1	Left Handlebar	41	1	Seat Post
11	2	Pedal	42	2	Pedal Locknut
12	2	Acorn Nut	43	6	M8 Zinc Washer
13	2	8mm x 16mm Zinc Washer	44	1	Seat Post Bushing
14	2	Outer Pivot Bushing	45	1	Seat Knob
15	1	Left Side Shield	46	1	Frame
16	2	Adjustable Cap	47	1	Sensor Wire
17	1	Pivot Shaft	48	1	Sensor Magnet
18	2	Pedal Cap	49	4	Fan Guard Clip
19	1	Electronic Monitor	50	1	Long Spacer
20	1	Crank/Sprocket	51	1	Right Side Shield
21	3	M4 x 25mm Screw	52	1	Chain
22	2	1/2" Zinc Locknut	53	1	M10 Flat Washer
23	4	13mm Zinc Washer	54	1	Fan Guard Bracket
24	2	Pedal Axle	55	10	Self-tapping Screw
25	2	Fan Nut	56	6	M5 x 12mm Screw
26	2	Link Arm	57	2	M8 x 48mm Carriage Bolt
27	2	Brass Handlebar Bushing	58	1	Sensor Screw
28	4	Inner Pivot Bushing	59	1	Front Stabilizer
29	2	Adjustment Nut	#	1	User's Manual
30	2	Formed Washer	#	1	Caution Decal
31	2	Adjustment Bolt			

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. WLEX22080

R0598A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply 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 when calling:

- The MODEL NUMBER of the product (WLEX22080).
- The NAME of the product (WESLO® 605s).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 10 of this manual.

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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns 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, to products used for commercial or rental purposes, or to products used as store displays. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813