

WESLO®

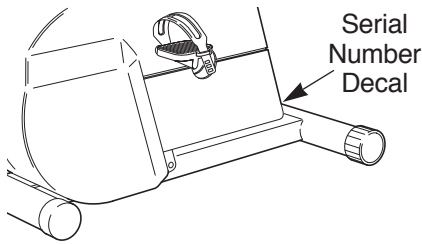
PURSUIT

618s

Model No. WLEX25190

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 or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

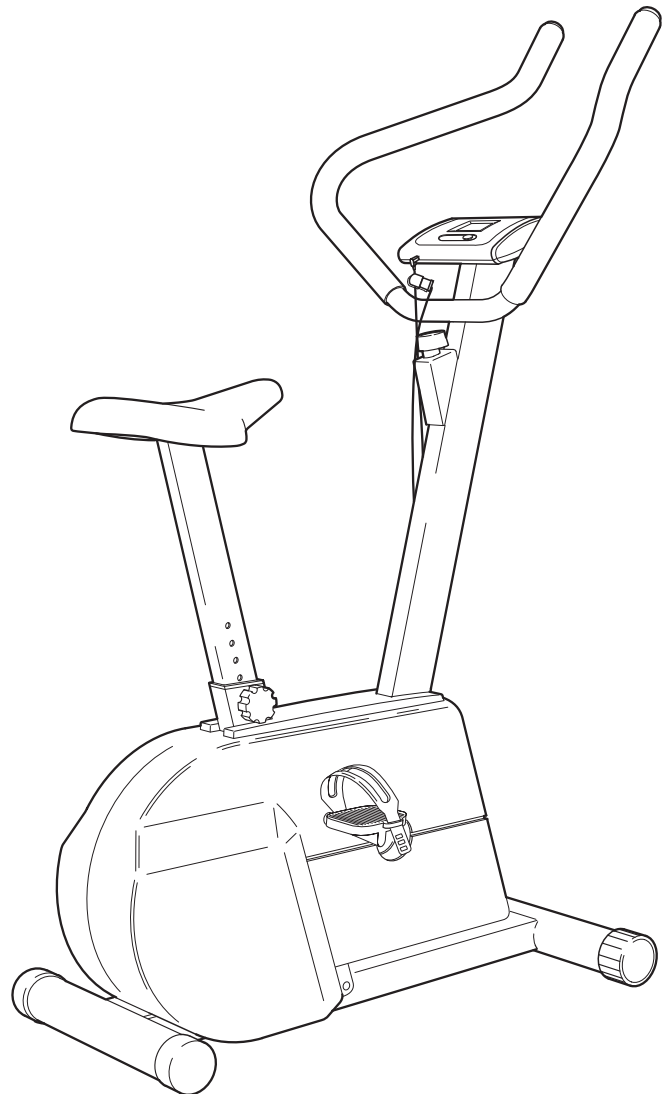
1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

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

USER'S MANUAL



Visit our website at

www.weslo.com

new products, prizes,
fitness tips, and much more!

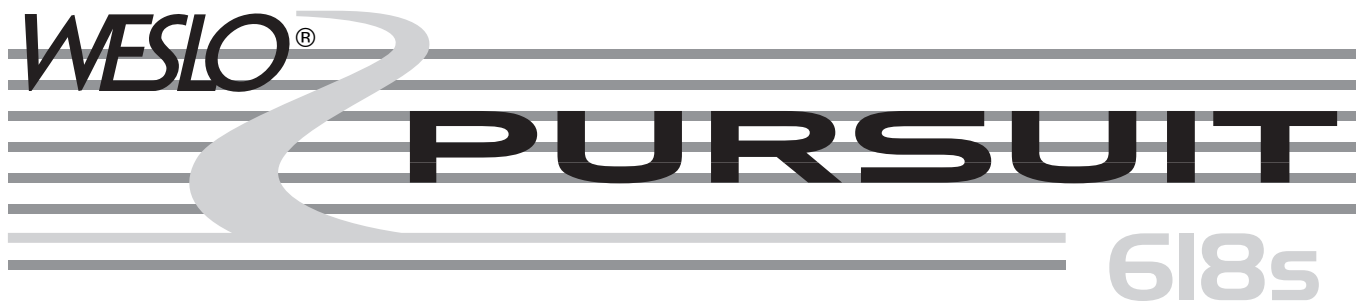


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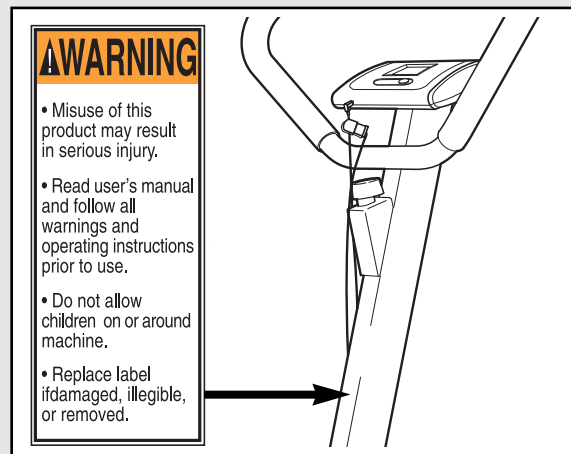
IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the 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 clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle.
8. Always wear athletic shoes for foot protection when using the exercise cycle.
8. When adjusting the seat, insert the seat knob through one of the holes in the seat post (see the drawing on page 4). Do not insert the seat knob under the seat post.
9. Always keep your back straight when using the exercise cycle. Do not arch your back.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. The exercise cycle is intended for in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
12. 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.

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.

The decal shown at the right has been placed on the exercise cycle. If the decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal. Apply the replacement decal in the location shown.



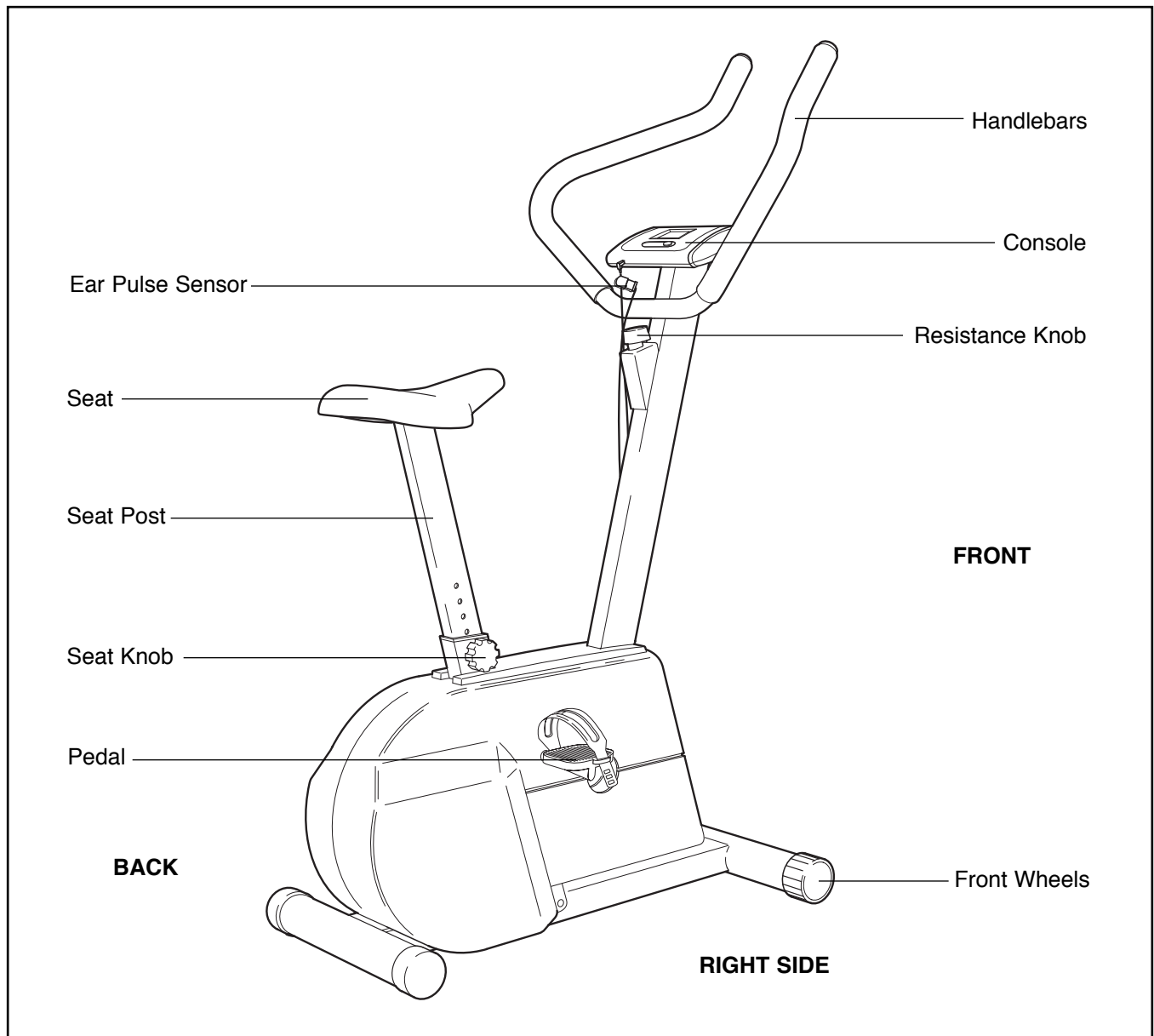
BEFORE YOU BEGIN

Thank you for selecting the new WESLO® PURSUIT 618s exercise cycle. The PURSUIT 618s blends advanced engineering with contemporary styling to provide you with a low-impact workout in the convenience and privacy of your own home.

For your benefit, read this manual carefully before you use the PURSUIT 618s. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time

(excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is WLEX25190. The serial number can be found on a decal attached to the PURSUIT 618s (see the front cover of this manual for the location of the decal).


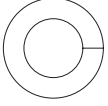

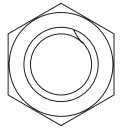
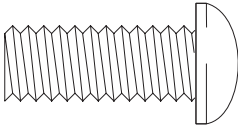
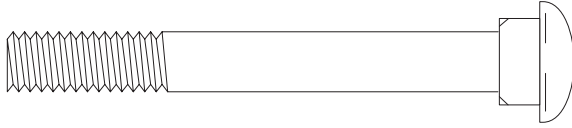
Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

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

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

		
M4 x 16mm Self-tapping Screw (9)-1	M8 Split Washer (49)-3	M10 Split Washer (41)-5
		
M8 Nylon Locknut (21)-7	M10 x 25mm Button Screw (8)-5	
		
M8 x 65mm Carriage Bolt (30)-4		

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. Identify the Front Stabilizer (17), which has Wheels (25) on the ends.

Hold the Front Stabilizer (17) against the saddle on the front of the Frame (15). Make sure that the Front Stabilizer is turned so the square holes are facing away from the saddle. Attach the Front Stabilizer with two M8 x 65mm Carriage Bolts (30) and two M8 Nylon Locknuts (21).

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

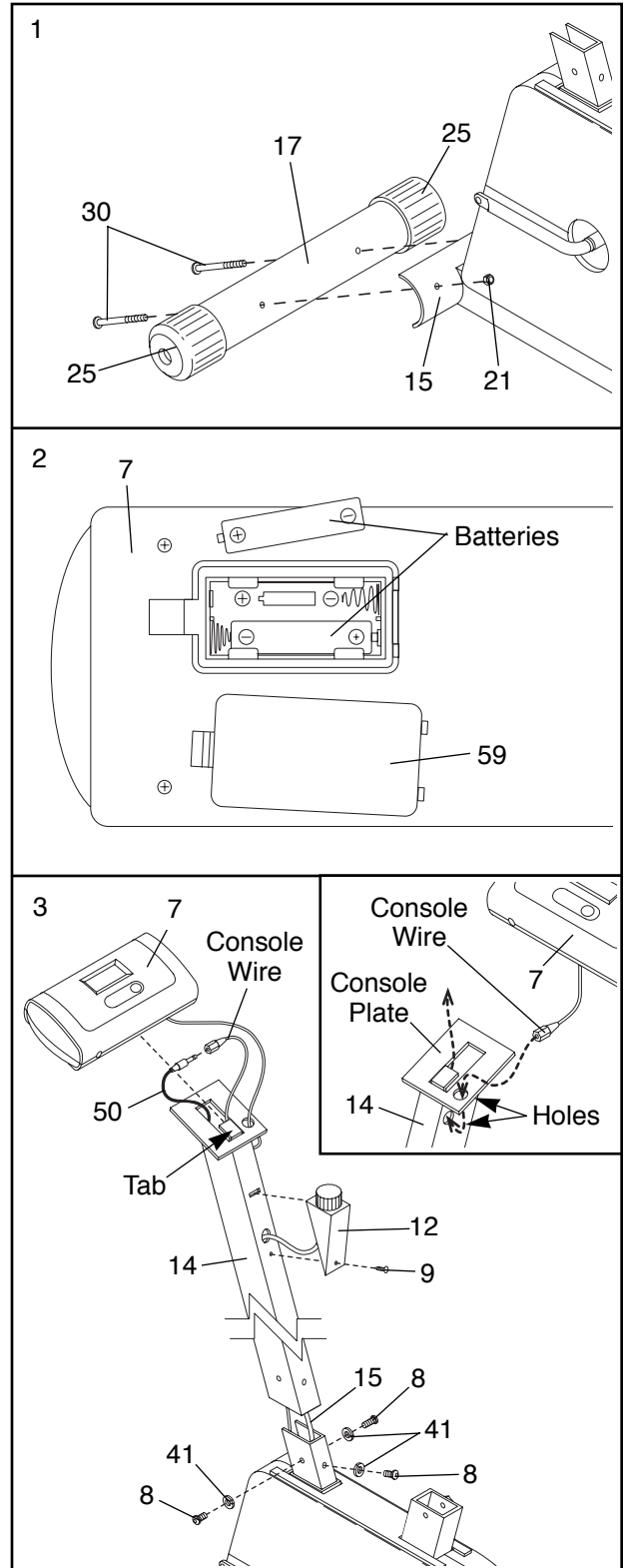
2. The Console (7) requires two "AA" batteries (not included). Alkaline batteries are recommended. Remove the Battery Cover (59), located on the underside of the Console. Press two batteries into the battery compartment. **Make sure that the batteries are turned so the negative ends (marked "-") are touching the springs in the battery compartment. Reattach the Battery Cover.**

3. Carefully slide the Handlebar Post (14) onto the Frame (15). **Be careful to avoid pinching the wires inside the Handlebar Post.** Attach the Handlebar Post with three M10 x 25mm Button Screws (8) and three M10 Split Washers (41).

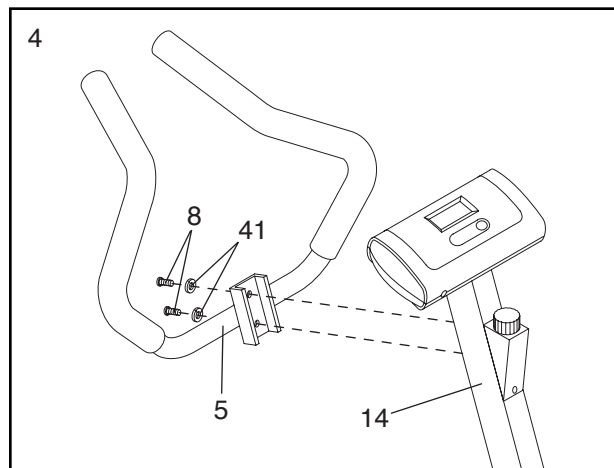
Refer to the inset drawing. Thread the console wire down through the round hole in the console plate, into the hole in the right side of the Handlebar Post (14), and out the top of the Handlebar Post.

Connect the console wire to the Reed Switch Wire (50). Attach the Console (7) to the Handlebar Post (14) by sliding the Console onto the indicated tab. Insert any excess console wire and Reed Switch Wire into the Handlebar Post.

Attach the Knob Housing (12) to the Handlebar Post (14) with an M4 x 16mm Self-tapping Screw (9).

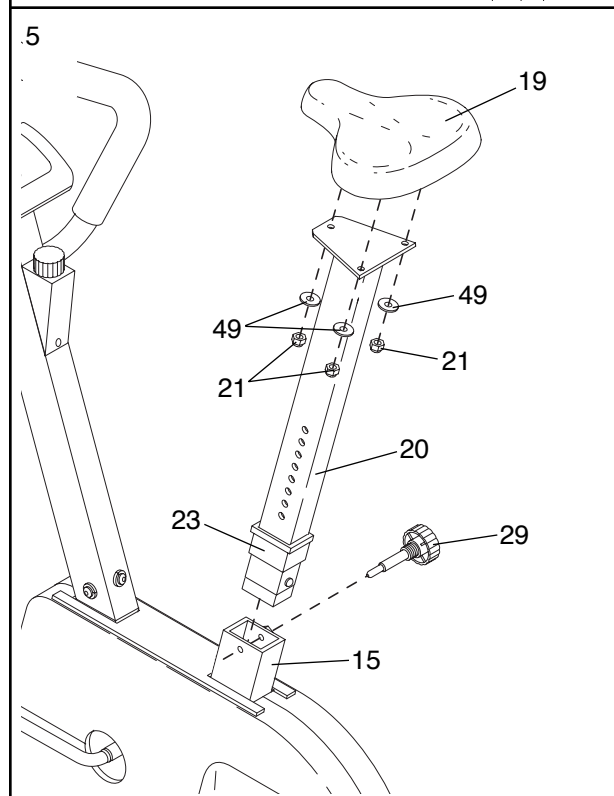


4. Attach the Handlebar (5) to the Handlebar Post (14) with two M10 x 25mm Button Screws (8) and two M10 Split Washers (41).



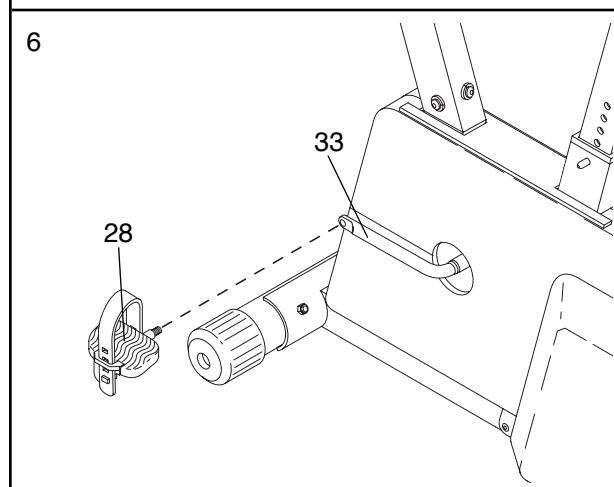
5. Insert the Seat Post (20) into the Frame (15). Press the 38.1mm x 63.5mm Bushing (23) into the Frame. Align one of the holes in the Seat Post with the hole in the Frame. Insert the Seat Knob (29) into the Frame and the Seat Post, and tighten the Seat Knob into the Frame. **Make sure to insert the Seat Knob through one of the holes in the Seat Post; do not insert the Seat Knob under the Seat Post.**

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



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

Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank (33).

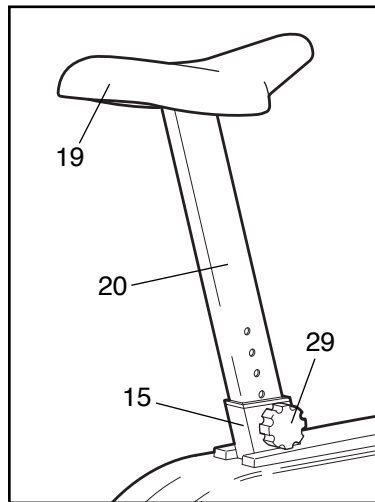


7. **Make sure that all parts are tightened before you use the exercise cycle.** Note: There may be some hardware left over after assembly is completed. Place a mat under the exercise cycle to protect the floor or carpet.

HOW TO USE THE EXERCISE CYCLE

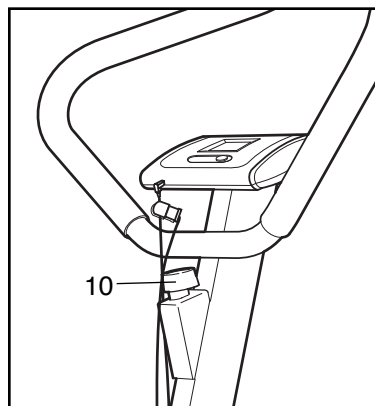
HOW TO ADJUST THE SEAT

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 Frame (15). Insert the Seat Knob into the Frame and the Seat Post, and tighten the Seat Knob into the Frame. **Caution: Make sure to insert the Seat Knob through one of the holes in the Seat Post; do not insert the Seat Knob under the Seat Post.**



HOW TO ADJUST THE PEDALING RESISTANCE

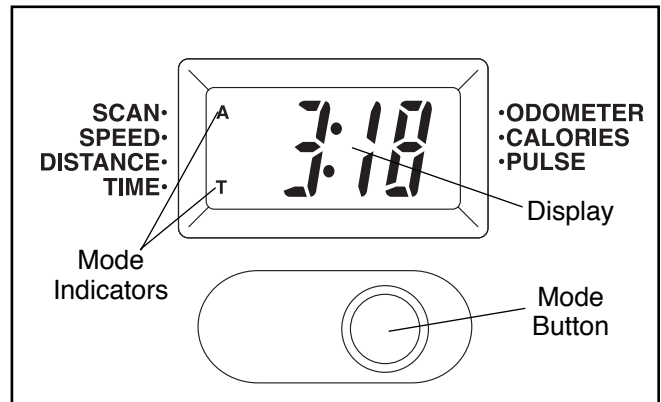
To vary the intensity of your exercise, the pedaling resistance can be adjusted. The resistance is controlled with the Resistance Knob (10). To increase the resistance, turn the Resistance Knob clockwise; to decrease the resistance, turn the Resistance Knob counterclockwise.



BATTERY INSTALLATION

Before the console can be operated, two "AA" batteries must be installed. If you have not installed batteries, see assembly step 2 on page 6.

DESCRIPTION OF THE CONSOLE

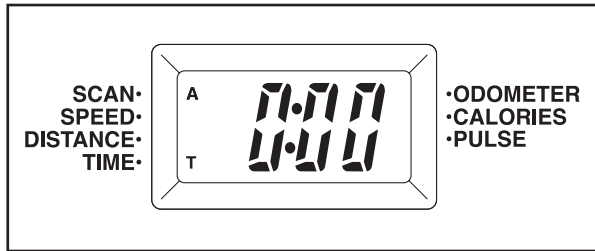


The console features seven modes that provide instant exercise feedback during your workouts. The modes are described below.

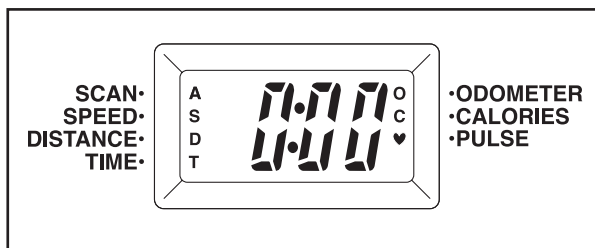
- **SCAN**—Displays the speed, distance, time, odometer and calorie modes, for 6 seconds each, in a repeating cycle.
- **SPEED**—Displays your pedaling speed, in kilometers per hour.
- **DISTANCE**—Displays the total distance you have pedaled, in kilometers.
- **TIME**—Displays the elapsed time. Note: If you stop pedaling for ten seconds or longer, the time mode will pause until you resume.
- **ODOMETER**—Displays the accumulated distance pedaled since the batteries were last replaced
- **CALORIES**—Displays the approximate number of calories you have burned.
- **PULSE**—Displays your heart rate in beats per minute. Before using this mode, you must plug the pulse sensor into the console and attach it to your ear lobe, as described later.

HOW TO OPERATE THE CONSOLE

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



2. Select the desired mode:



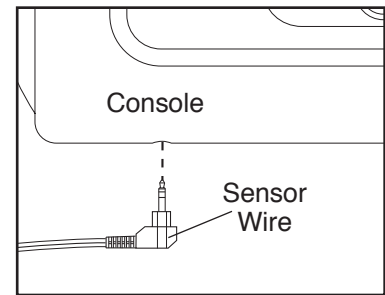
Scan mode—When the power is turned on, the scan mode will automatically be selected. The “A” mode indicator will show that the scan mode is selected, and a flashing mode indicator will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the mode selector button.

Speed (S), distance (D), time (T), odometer (O), calorie (C), or pulse (♥) 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 (A) mode is not selected.

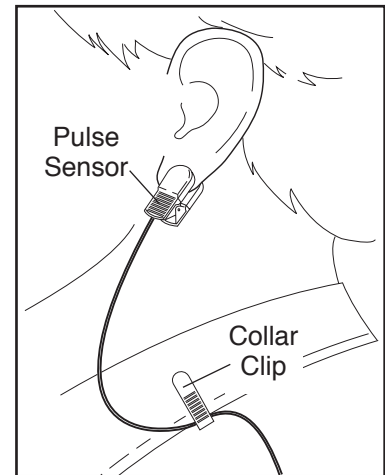
3. To reset the display, press the mode button and hold it for more than two seconds.
4. To turn off the power, simply wait for about four minutes. **Note: The console has an “auto-off” feature. If the pedals are not moved and the monitor button is not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

USING THE PULSE SENSOR

To use the pulse sensor, first plug the pulse sensor wire into the jack at the lower edge of the console, as shown in the drawing at the right.



Next, attach the pulse sensor wire to your collar or another suitable place on your clothing. Rub your left ear lobe several times with your thumb and index finger and then clip the pulse sensor onto your ear lobe. Push the mode button until a heart-shaped indicator appears on the right side of the display. Your heart rate will appear after approximately four seconds.



Note that the pulse sensor is more accurate when worn on the left ear lobe and when you are sitting still. It is recommended that you stop pedaling when using the pulse sensor for best results.

If your heart rate does not appear on the display after four seconds, make sure that the pulse sensor wire is fully plugged into the console. If you still don't get a reading, make sure the pulse sensor is attached properly. It is often difficult to position the pulse sensor on the first try, so you may have to reposition it a few times before you find the best position. It may be helpful to use a mirror or a friend to find the correct position for the pulse sensor.

When you have gotten an accurate pulse reading, switch to another mode to conserve battery power.

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

WARNING: 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.

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	Aerobic
145	138	130	125	118	110	103	Max Fat
125	120	115	110	105	95	90	Fat Burn
20	30	40	50	60	70	80	Age

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; 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 ener-

gy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

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

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop pedaling and measure your heart rate using the pulse sensor on the console.

WORKOUT GUIDELINES

Each workout should include the following three important 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. 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. 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. 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 in the drawings below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

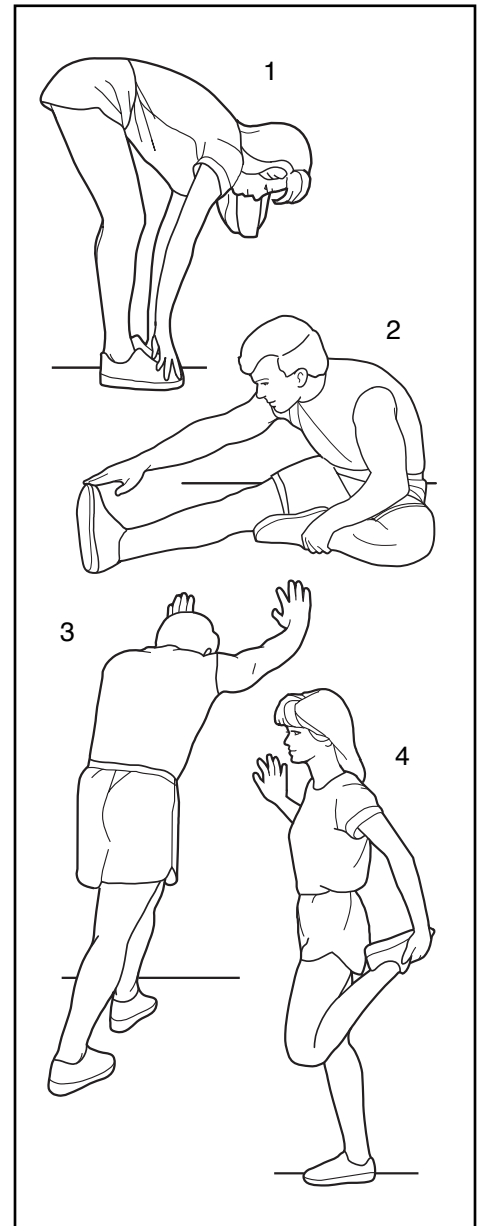
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



MAINTENANCE AND TROUBLE-SHOOTING

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

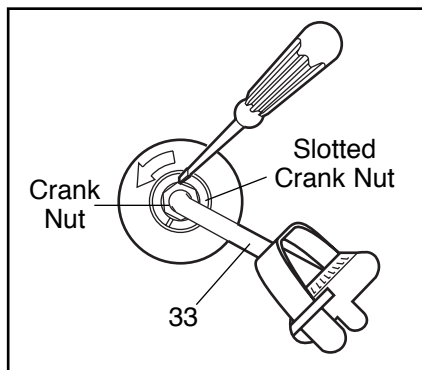
The exercise cycle can be cleaned with a soft, damp cloth. Avoid spilling liquid on the console. Keep the console out of direct sunlight or the display may be damaged. Remove the batteries when storing the exercise cycle.

HOW TO TIGHTEN THE CRANK

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

Lightly tap the screwdriver with a hammer to turn the slotted crank nut counterclockwise until the arms are no longer loose.

Do not over-tighten the slotted crank nut. When the slotted crank nut is properly tightened, retighten the crank nut.

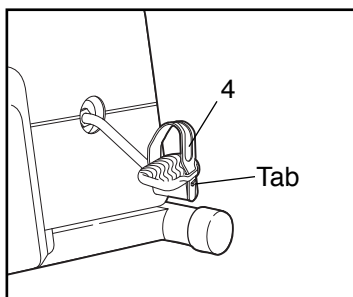


BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 2 on page 6. In addition, make sure that the console wire is connected to the reed switch wire.

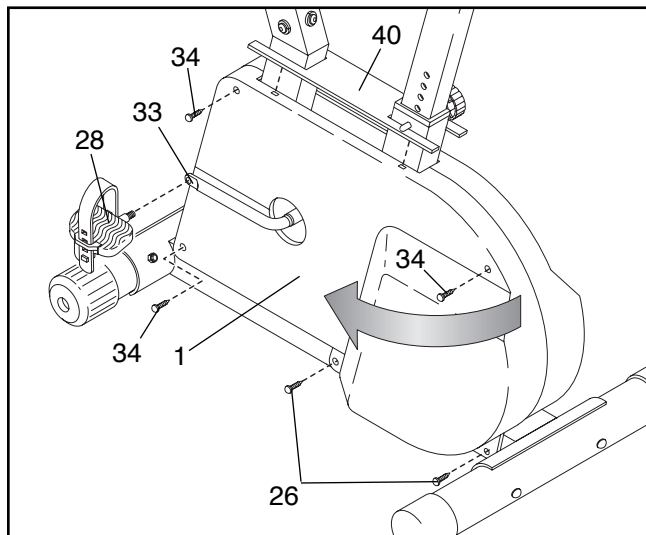
HOW TO ADJUST THE PEDAL STRAPS

To adjust the Right Pedal Strap (4), first pull the Pedal Strap off the tab on the pedal. Align a different hole in the Pedal Strap with the tab. Press the Pedal Strap back onto the tab. Adjust the Left Pedal Strap (not shown) in the same manner.



HOW TO ADJUST THE REED SWITCH

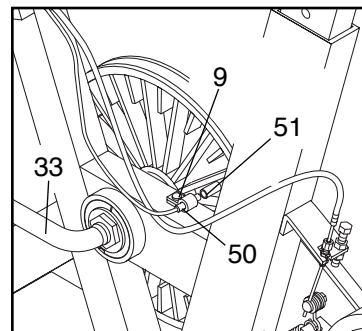
If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, the Left Side Shield (1) must be removed. Using an adjustable wrench, turn the Left Pedal (28)



clockwise and remove it from the Crank (33). Remove the two M4 x 12mm Screws (26) and the three M4 x 38mm Self-tapping Screws (34) from the Left Side Shield. Next, 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 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.

Next, 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 Self-tapping 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 the pedal.

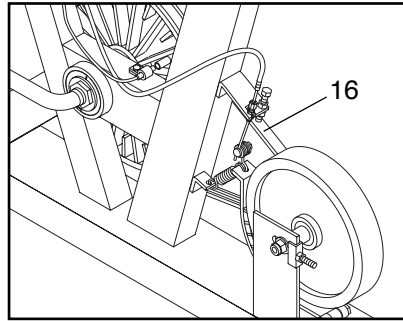


HOW TO ADJUST THE BELT

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. Refer to the instructions on page 12 and remove the left side shield.

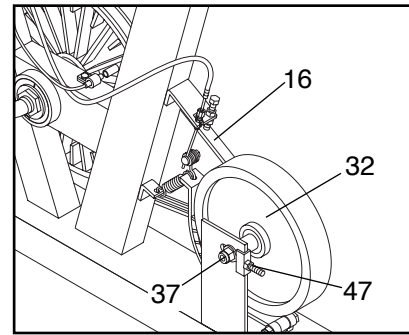
Next, use an adjustable wrench to turn the right pedal counterclockwise and remove it. Remove the left side shield.

Press down on the centre of the Belt (16) between the front and rear pulleys. **There should be from 1/4" to 1" of vertical movement in the centre 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 Assembly (32).

To tighten the Belt, turn the two M6 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.



PARTS LIST—Model No. WLEX25190

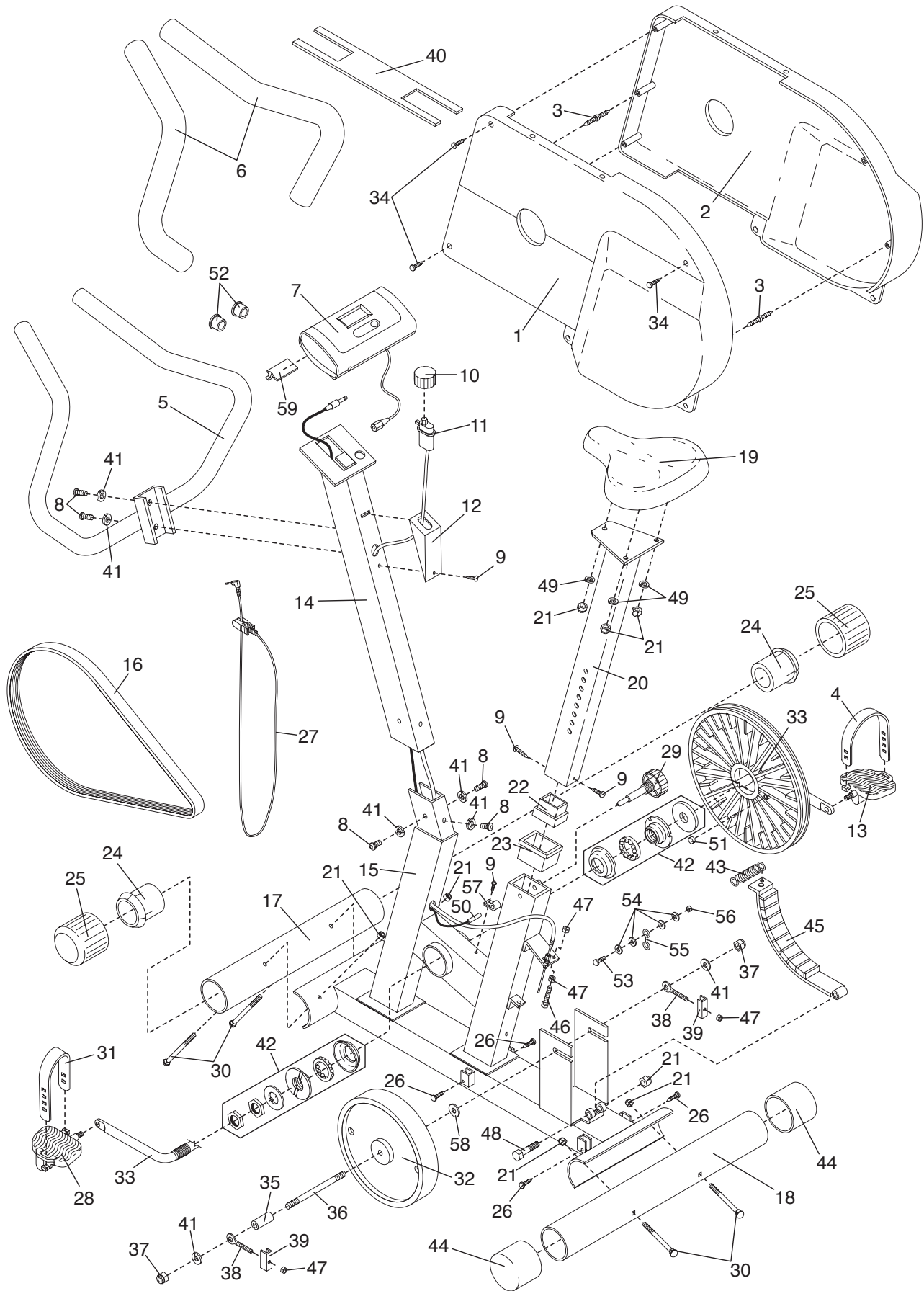
R1099A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Side Shield	32	1	Flywheel Assembly
2	1	Right Side Shield	33	1	Crank/Pulley
3	2	Double Tree Fastener	34	3	M4 x 38mm Self-tapping Screw
4	1	Right Pedal Strap	35	1	Flywheel Spacer
5	1	Handlebar	36	1	Flywheel Axle
6	2	Foam Grip	37	2	M8 Washer Nut
7	1	Console	38	2	M6 Eye Bolt
8	5	M10 x 25mm Button Screw	39	2	Adjustment Bracket
9	4	M4 x 16mm Self-tapping Screw	40	1	Side Shield Cover
10	1	Resistance Knob	41	7	M10 Split Washer
11	1	Resistance Cable	42	1	Bearing Assembly
12	1	Knob Housing	43	1	“C” Magnet Spring
13	1	Right Pedal	44	2	Stabilizer Endcap
14	1	Handlebar Post	45	1	“C” Magnet
15	1	Frame	46	1	M6 x 64mm Bolt
16	1	Belt	47	4	M6 Nut
17	1	Front Stabilizer	48	1	M8 x 62mm Bolt
18	1	Rear Stabilizer	49	3	M8 Split Washer
19	1	Seat	50	1	Reed Switch/Wire
20	1	Seat Post	51	1	Magnet
21	8	M8 Nylon Locknut	52	2	Handlebar Endcap
22	1	25.4mm x 50.8mm Bushing	53	1	Clamp Bolt
23	1	38.1mm x 63.5mm Bushing	54	4	1/4” Flat Washer
24	2	Wheel Hub	55	1	“S” Hook
25	2	Wheel	56	1	Clamp Nut
26	4	M4 x 12mm Screw	57	1	Reed Switch Clamp
27	1	Ear Pulse Sensor	58	1	M10 Flat Washer
28	1	Left Pedal	59	1	Battery Cover
29	1	Seat Knob	#	1	User’s Manual
30	4	M8 x 65mm Carriage Bolt	#	1	Allen Wrench
31	1	Left 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. WLEX25190

R1099A



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 (WLEX25190)
- The NAME of the product (WESLO PURSUIT® 618s exercise cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14 of this manual).

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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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