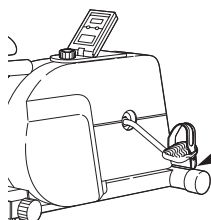


Model No. WLEX27480

Serial No. _____

Write the serial number in the space above for reference.



Serial
Number
Decal

WESLO®

pursuit 677s

QUESTIONS?

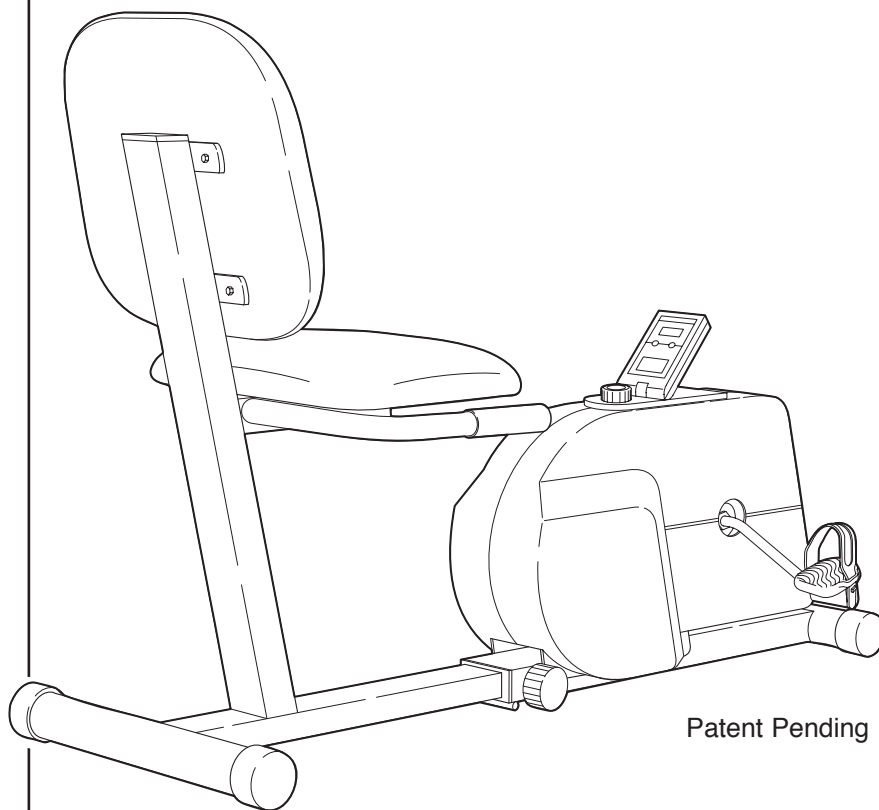
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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



Patent Pending

CAUTION

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

USER'S MANUAL



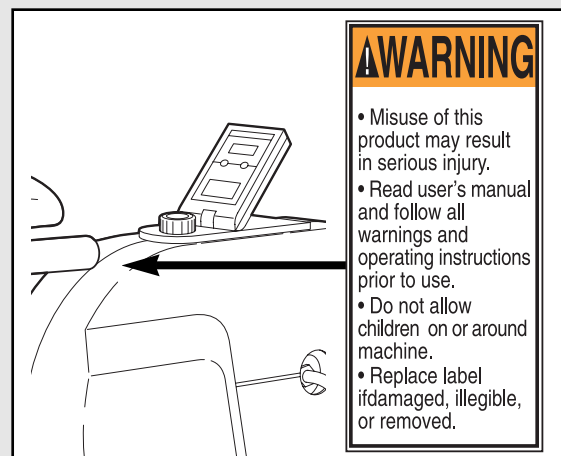
TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	.3
BEFORE YOU BEGIN	.4
ASSEMBLY	.5
HOW TO USE THE EXERCISE CYCLE	.9
MAINTENANCE	.11
CONDITIONING GUIDELINES	.13
PART LIST	.14
EXPLODED DRAWING	.15
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® PURSUIT 677s.

1. Read all instructions in this manual before using the exercise cycle.
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 only as described in this manual.
4. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor or carpet.
5. Inspect and tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the exercise cycle at all times.
7. The exercise cycle should not be used by persons weighing more than 250 pounds.
8. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes when using the exercise cycle.
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 cycles in a commercial, rental, or institutional setting.
12. **CAUTION DECAL PLACEMENT:** The decal shown below has been placed on the exercise cycle. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756 to 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.

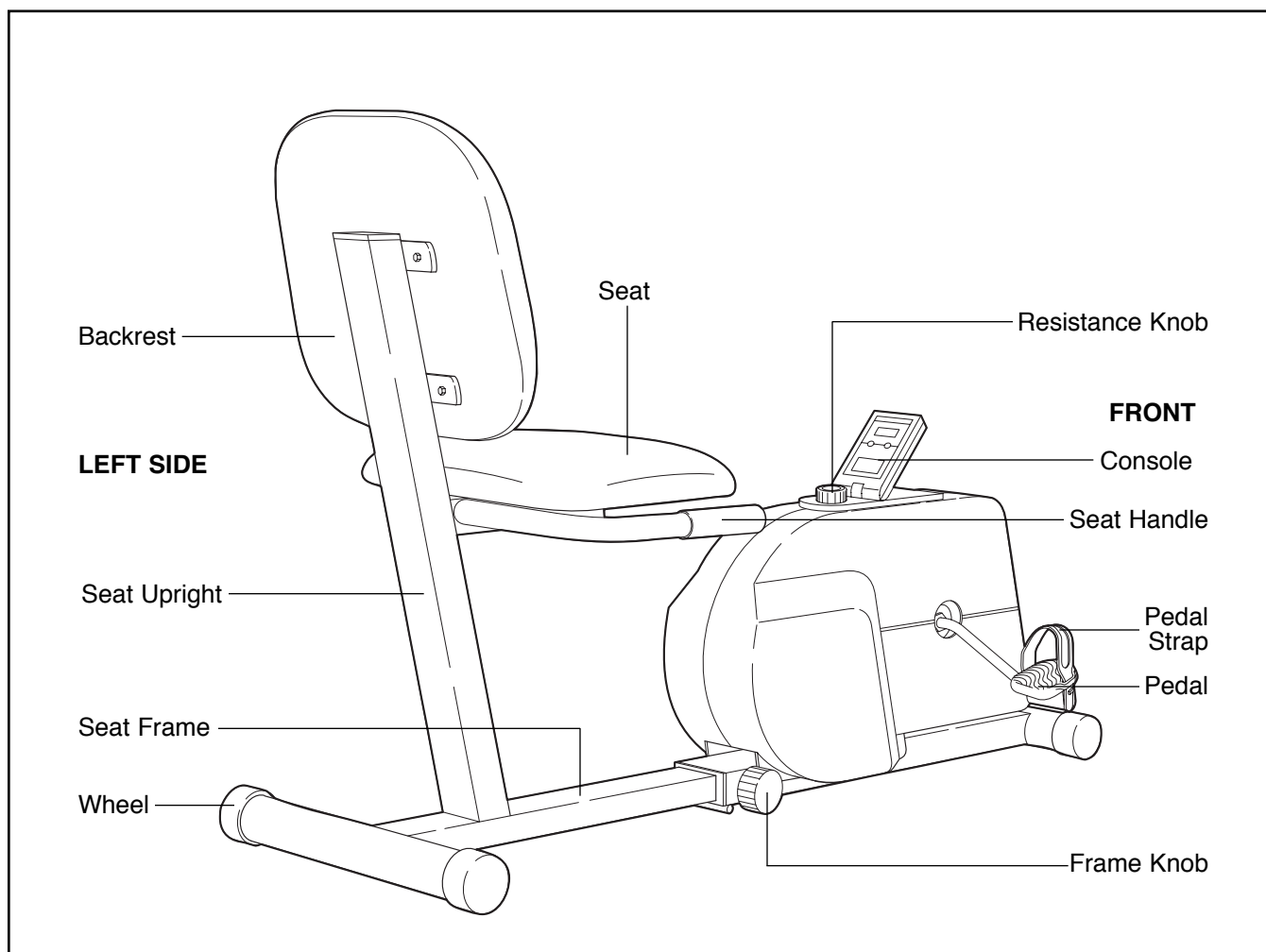
BEFORE YOU BEGIN

Thank you for selecting the innovative WESLO® PURSUIT 677s. The PURSUIT 677s offers a unique form of low-impact exercise that offers greater cardiovascular benefits and increased muscle toning. And the 675s features adjustable resistance to let you tailor your exercise to the level that's perfect for you.

For your benefit, read this manual carefully before you use the PURSUIT 677s. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday

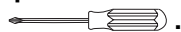
through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is WLEX27480. The serial number can be found on a decal attached to the PURSUIT 677s (see the front cover of this manual for the location of the decal).

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



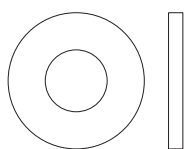
ASSEMBLY

Place all parts of the WESLO® PURSUIT 677s in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

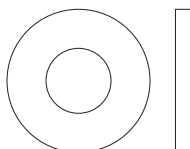
Assembly requires the included tools and your own adjustable wrench  , and phillips screwdriver  .

PART CHART

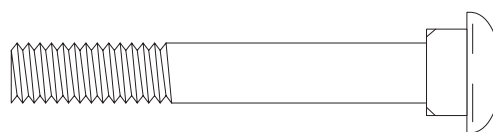
Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part; the second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



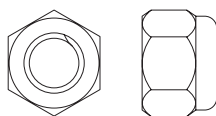
M8 Washer (26)–10



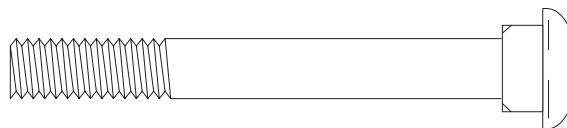
M8.5 Washer (40)–8



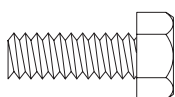
M8 x 55mm Carriage Bolt (11)–4



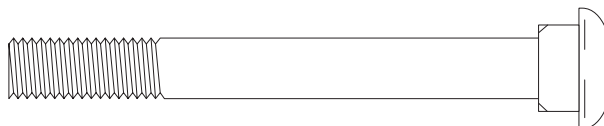
M8 Nylon Locknut (55)–12



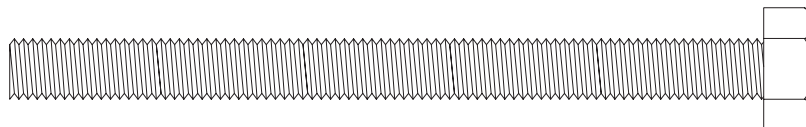
M8 x 65mm Carriage Bolt (52)–4



M6 x 16mm Hex Head Screw
(46)–8

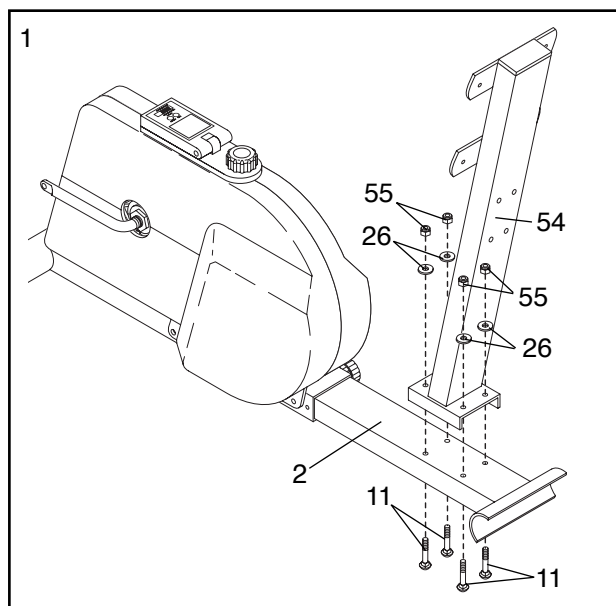


M8 x 70mm Carriage Bolt (27)–2

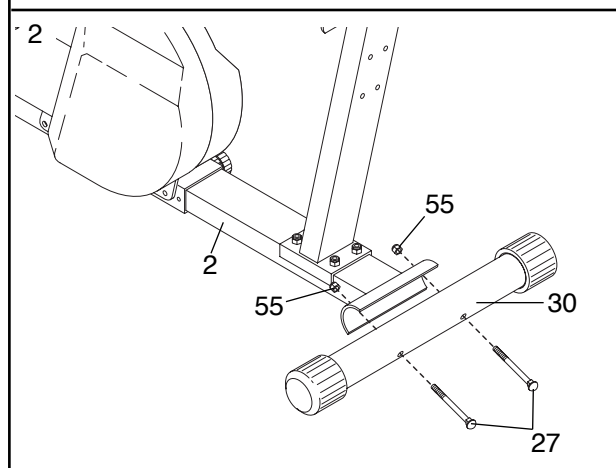


M8 x 100mm Hex Head Bolt (12)–2

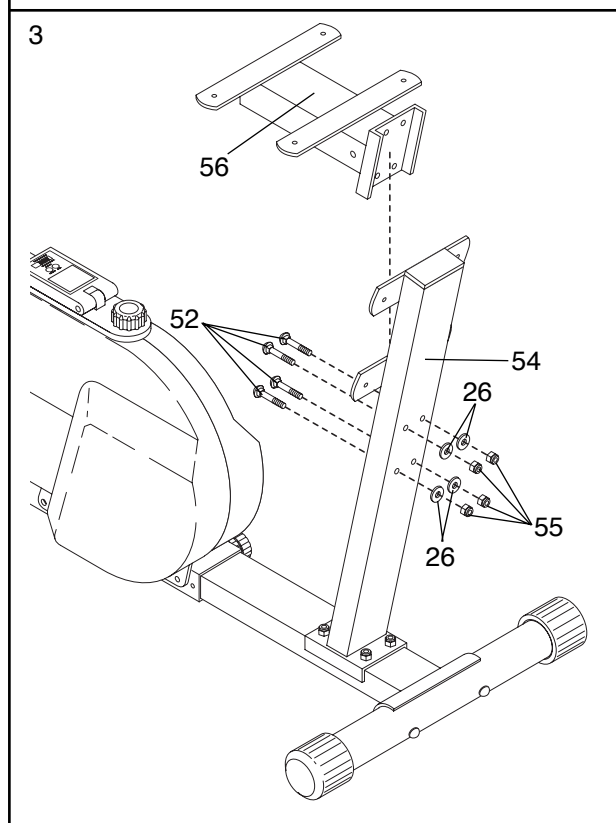
1. Attach the Seat Upright (54) to the Seat Frame (2) with four M8 x 55mm Carriage Bolts (11), four M8 Washers (26), and four M8 Nylon Locknuts (55).
Note: It may be helpful to tip the exercise cycle on its side to attach the Seat Upright.



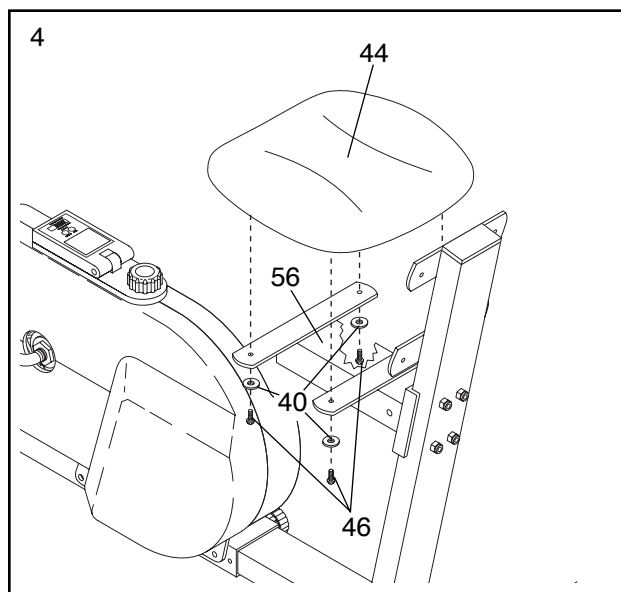
2. Attach the Stabilizer (30) to the Seat Frame (2) with two M8 x 70mm Carriage Bolts (27) and two M8 Nylon Locknuts (55).



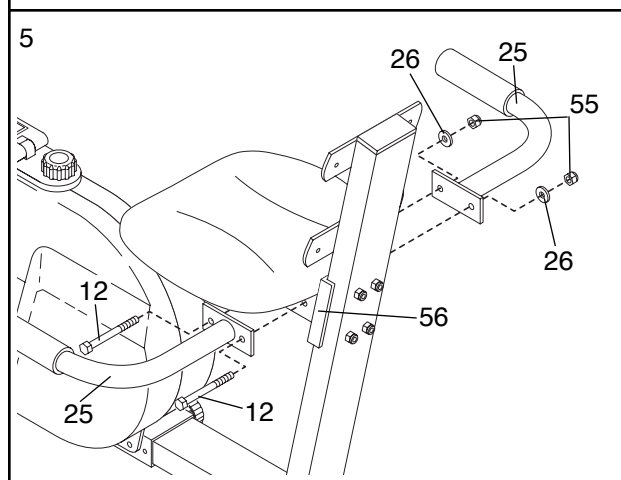
3. Attach the Seat Bracket (56) to the Seat Upright (54) with four M8 x 65mm Carriage Bolts (52), four M8 Washers (26), and four M8 Nylon Locknuts (55).



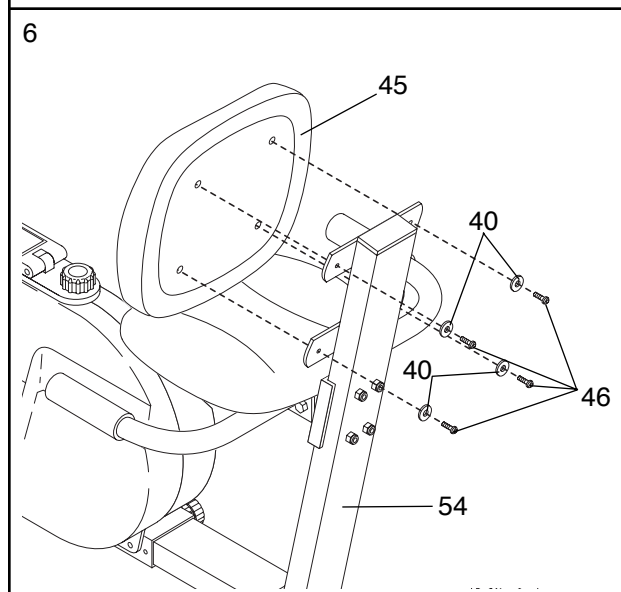
4. Attach the Seat (44) to the Seat Bracket (56) with four M6 x 16mm Hex Head Screws (46), and four M8.5 Washers (40).



5. Attach the Seat Handles (25) to the Seat Bracket (56) with two M8 x 100mm Hex Head Bolts (12), two M8 Washers (26) and two M8 Nylon Locknuts (55).



6. Attach the Backrest (45) to the Seat Upright (54) with four M6 x 16mm Hex Head Screws (46), and four M8.5 Washers (40).



7. Identify the Left Pedal (39) (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 (7).

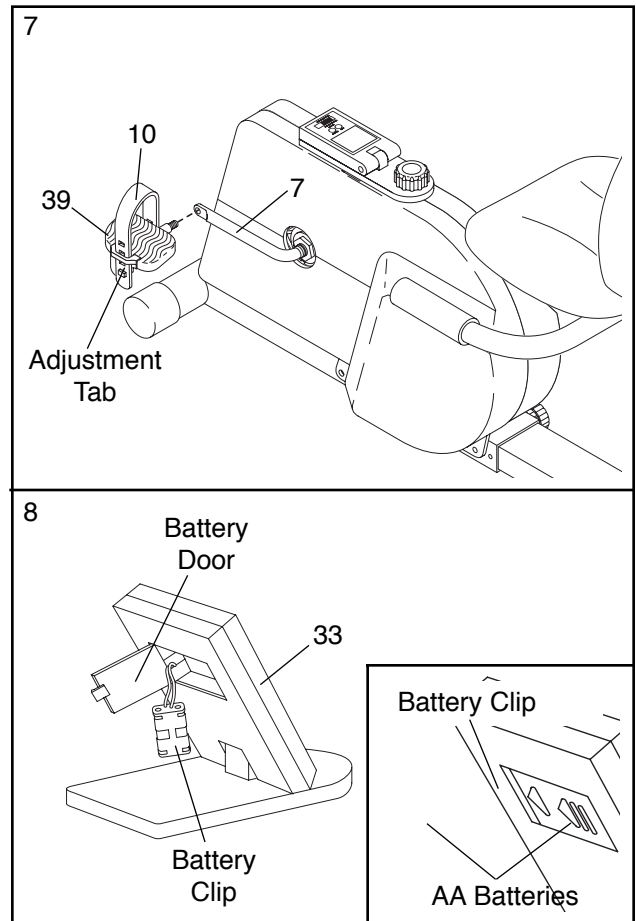
Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank (7).

Adjust the Pedal Strap (10) on the Left Pedal (39) to the desired position. Press the Pedal Strap onto the Adjustment Tab on the Left Pedal.

Adjust the Pedal Strap on the Right Pedal (not shown) in the same manner.

8. If there is a rubber band around the Console (33), remove it.

The Console (33) requires two “AA” batteries (not included)—alkaline batteries are recommended. Open the battery door on the back of the Console. Press two batteries into the battery clip. **Make sure that the negative (–) ends of the batteries are touching the springs.** Place the battery clip in the Console and close the battery cover.

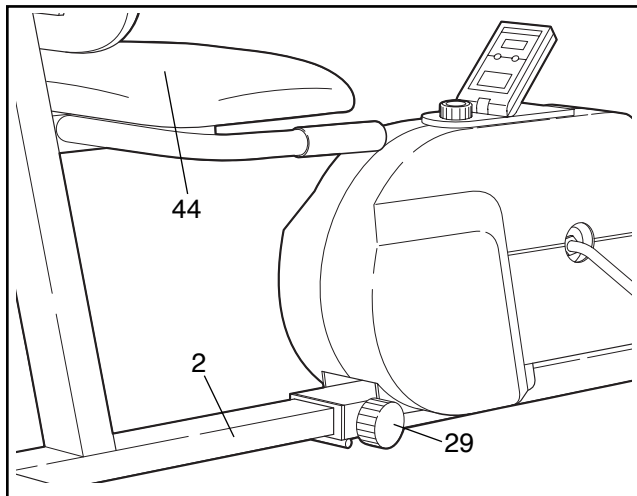


9. **Make sure that all parts are properly tightened before you use the exercise cycle.**

HOW TO USE THE EXERCISE CYCLE

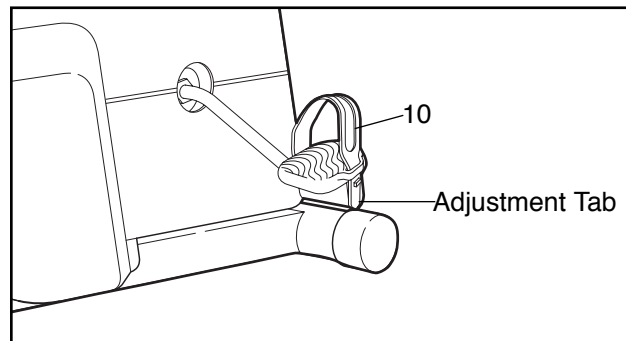
HOW TO ADJUST THE POSITION OF THE SEAT

The Seat (44) can be adjusted to the position that is the most comfortable for you. To adjust the Seat, first loosen the Frame Knob (29) on the right side of the Frame. Slide the Seat Frame (2) forward or backward to the desired position. Tighten the Frame Knob.



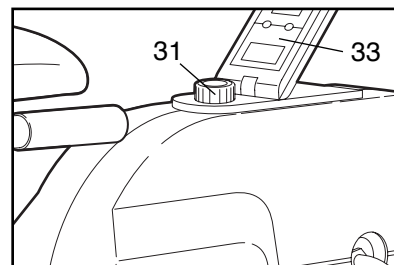
HOW TO ADJUST THE PEDAL STRAPS

To adjust each Pedal Strap (10), first pull the Pedal Strap off the adjustment tab on the pedal. Align a different hole in the Pedal Strap with the adjustment tab. Press the Pedal Strap onto the adjustment tab.

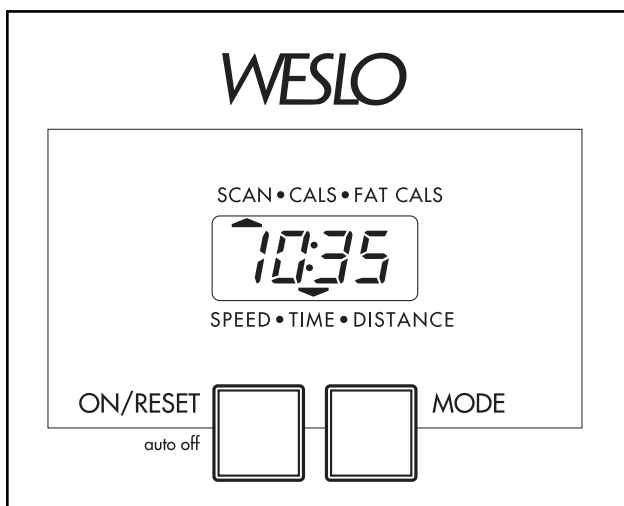


HOW TO ADJUST THE PEDALING RESISTANCE

The pedaling resistance can be adjusted with the Resistance Knob (32) located in front of the Console (33). To increase the resistance, turn the Resistance Knob clockwise; to decrease the resistance, turn the Resistance Knob counterclockwise.



DESCRIPTION OF THE CONSOLE

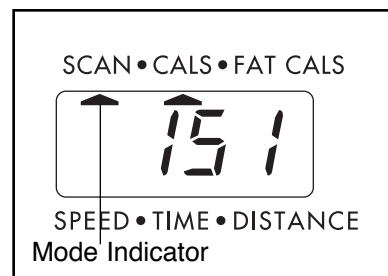


The console features six modes that provide instant exercise feedback during your workouts. The modes are described below.

- Speed—Displays your pedaling speed.
- Time—Displays the elapsed time. 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.
- Fat Calories—Displays the approximate number of fat calories you have burned. (See BURNING FAT on page 13.)
- Calories—Displays the approximate number of Calories you have burned.
- Scan—Displays the speed, time, distance, fat calories, and calorie modes, for 5 seconds each, in a repeating cycle.

HOW TO OPERATE THE CONSOLE

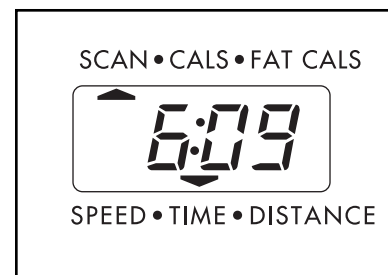
1. To turn on the power, press the on/reset button or simply begin pedaling. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for operation.



2. Select one of the six modes:

Scan mode—When the power is turned on, the scan mode will automatically be selected. One mode arrow will show that the scan mode is selected, and a flashing mode arrow 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, fat calories, or calories mode—To select one of these modes for continuous display, press the mode button repeatedly. The mode arrows will show which mode is selected. Make sure that the scan mode is not selected.



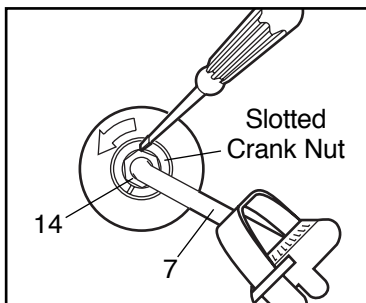
3. To reset the display, press the on/reset button.
4. To turn off the power, simply wait for about four minutes. **Note: The monitor has an “auto-off” feature. If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

MAINTENANCE

Inspect and tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

CRANK ADJUSTMENT

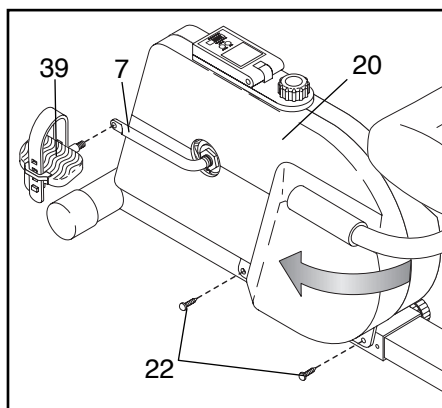
If the arms of the Crank (7) become loose, they should be tightened in order to prevent excessive wear. Loosen the Hex Crank Nuts (14) on the left arm of the Crank. Place the tip of a standard screwdriver in one of the slots in the slotted crank nut. Tap the screwdriver with a hammer to turn the slotted 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, tighten the Hex Crank Nuts.



When the slotted crank nut is properly tightened, tighten the Hex Crank Nuts.

HOW TO ADJUST THE REED SWITCH

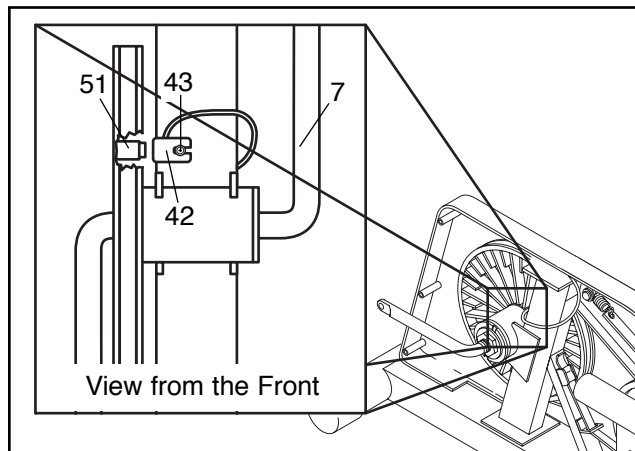
If the console does not display correct feedback, the reed switch may need to be adjusted. To adjust the reed switch, you must first remove the Left Side Shield (20).



Using an adjustable wrench, turn the Left Pedal (39) clockwise and remove it. Next, remove the indicated #8 x 1/4" Screws (22). Grasp both Side Shields and gently pull them apart. Turn the left arm of the Crank (7) to the position shown, and then carefully slide the Left Side Shield forward and remove it.

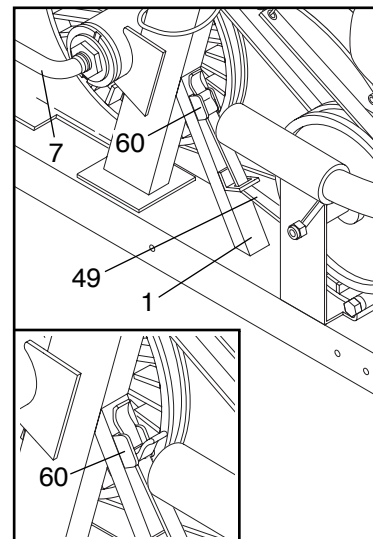
With the left side shield removed, locate the Reed Switch (42) (see the drawing at upper right). Turn the Crank (7) until the Magnet (51) is aligned with the Reed Switch. Loosen but do not remove the #8 x 1/2" Screw (43). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the 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 left pedal.



HOW TO ADJUST THE RESISTANCE BELT

If the pedals do not have enough resistance, even when the resistance knob is turned to the maximum setting, the Resistance Belt (49) may need to be adjusted. To adjust the Resistance Belt, the left side shield must first be removed. Refer to the instructions on page 11 to remove the left side shield.



Next, turn the resistance knob to the lowest setting. (See HOW TO ADJUST THE PEDALING RESISTANCE on page 9.) Locate the Belt Clamp (60) and unlock it. Unlock it by moving it into the position shown in the inset drawing. Tighten the Belt by pulling it slightly and then relock the the Belt Clamp. Turn the Crank (7) for a moment to make sure that there is not too much resistance. When the Resistance Belt is properly adjusted, reattach the left side shield and pedal.

BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. See assembly step 8 on page 8.

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 following guidelines will help you to plan your exercise program.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138–167	133–162
25	136–166	132–160
30	135–164	130–158
35	134–162	129–156
40	132–161	127–155
45	131–159	125–153
50	129–156	124–150
55	127–155	122–149
60	126–153	121–147
65	125–151	119–145
70	123–150	118–144
75	122–147	117–142
80	120–146	115–140
85	118–144	114–139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.

Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the low end of your training zone as you exercise.

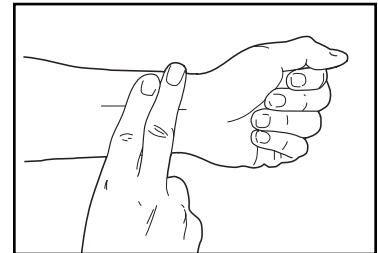
Aerobic Exercise

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 high end of your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, place two fingers on your wrist as shown. Stop exercising and take a six-second heart-beat count.

Multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or low, adjust the intensity of your exercise.



WORKOUT GUIDELINES

Each workout should include three important parts:

A Warm-up—Begin 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 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. **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—Finish each workout with 5 to 10 minutes of stretching. This will increase your flexibility and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three work-

outs each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired.

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

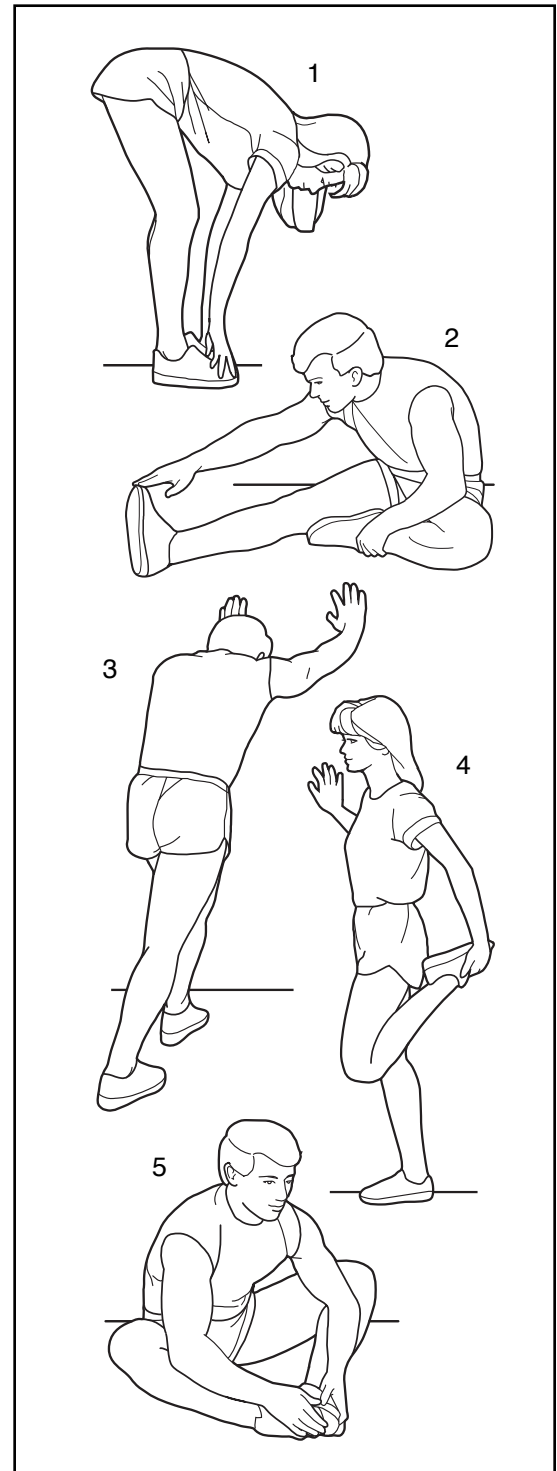
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. WLEX27480

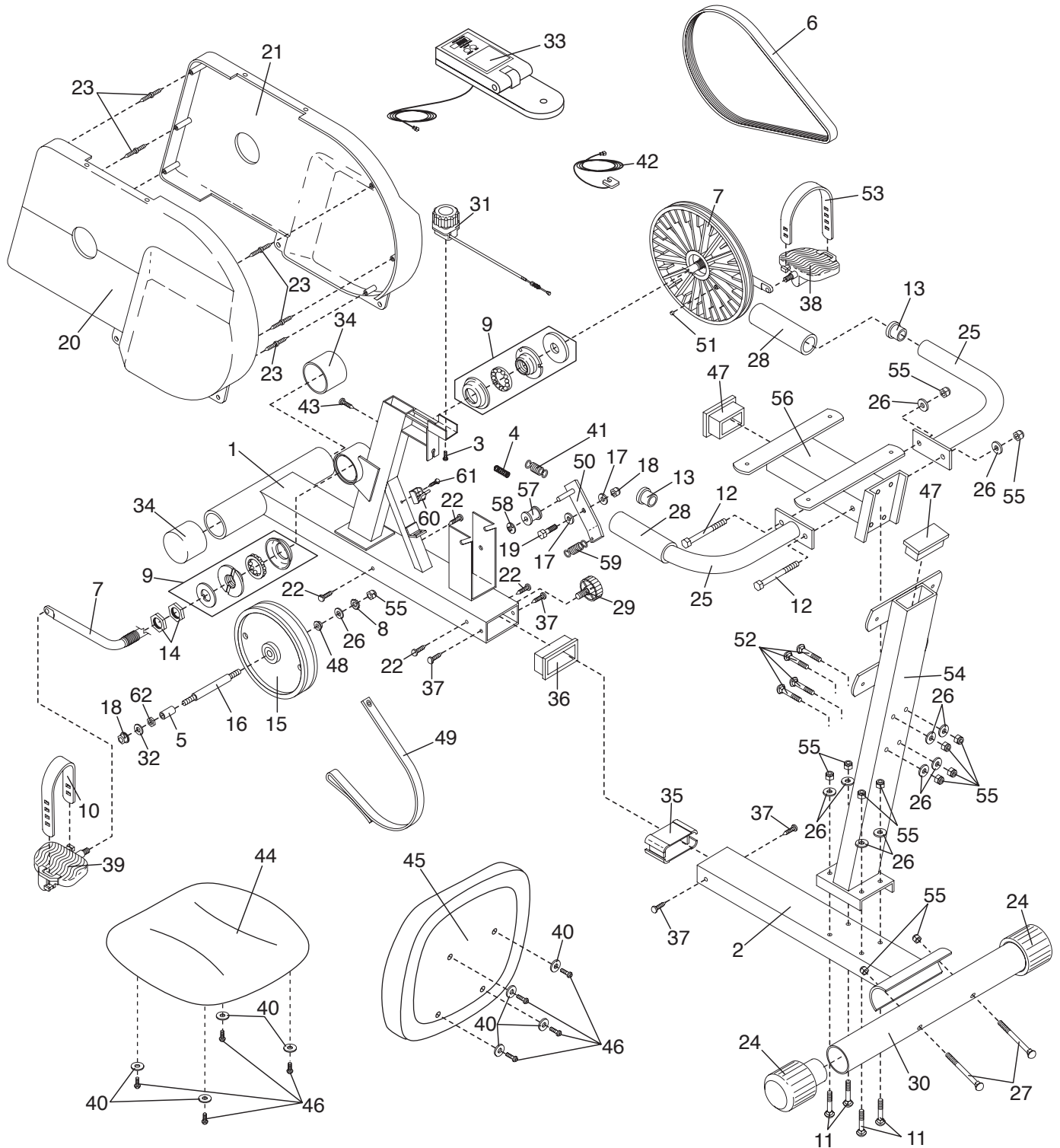
R1198A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	33	1	Console
2	1	Seat Frame	34	2	Stabilizer Endcap
3	1	M5 Screw	35	1	Seat Frame Bushing
4	1	Tension Spring	36	1	Frame Bushing
5	1	Axle Spacer	37	4	#8 x 1/2" Black Screw
6	1	Drive Belt	38	1	Right Pedal w/Strap
7	1	Crank/Pulley	39	1	Left Pedal w/Strap
8	1	Star Washer	40	8	M8.5 Washer
9	2	Bearing Assembly	41	1	Resistance Spring
10	1	Left Pedal Strap	42	1	Reed Switch w/Wire
11	4	M8 x 55mm Carriage Bolt	43	1	#8 x 1/2" Screw
12	2	M8 x 100mm Hex Head Bolt	44	1	Seat
13	2	Handle Endcap	45	1	Backrest
14	2	Hex Crank Nut	46	8	M6 x 16mm Hex Head Screw
15	1	Flywheel Assembly	47	2	2" x 3" Endcap
16	1	Flywheel Axle	48	1	Axle Bushing
17	2	Idler Arm Washer	49	1	Resistance Belt
18	2	5/16" Flange Nut	50	1	Idler Arm
19	1	Idler Arm Bolt	51	1	Magnet
20	1	Left Side Shield	52	4	M8 x 65mm Carriage Bolt
21	1	Right Side Shield	53	1	Right Pedal Strap
22	4	#8 x 1/4" Screw	54	1	Seat Upright
23	6	Tree Fastener	55	13	M8 Nylon Locknut
24	2	Wheel Assembly	56	1	Seat Bracket
25	2	Seat Handle	57	1	Idler Wheel
26	11	M8 Washer	58	1	1/2" Push Nut
27	2	M8 x 70mm Carriage Bolt	59	1	Idler Arm Spring
28	2	Foam Grip	60	1	Belt Clamp
29	1	Frame Knob	61	1	Belt Clamp Screw
30	1	Stabilizer	62	1	M10 Hex Washer
31	1	Resistance Knob Assembly	#	1	User's Manual
32	1	M10 Washer	#	2	Assembly Tool

Note: “#” refers to 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. WLEX27480

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ORDERING 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 (WLEX27480).
- The NAME of the product (WESLO® PURSUIT 677s).
- 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).

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.

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