

WESLO®

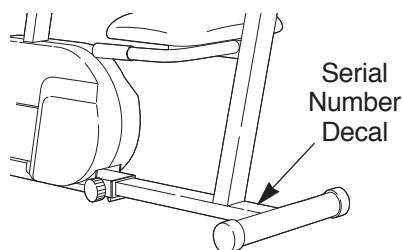
PURSUIT

720s

Model No. WLEX29190

Serial No. _____

Write the serial number in the space above for 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 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:

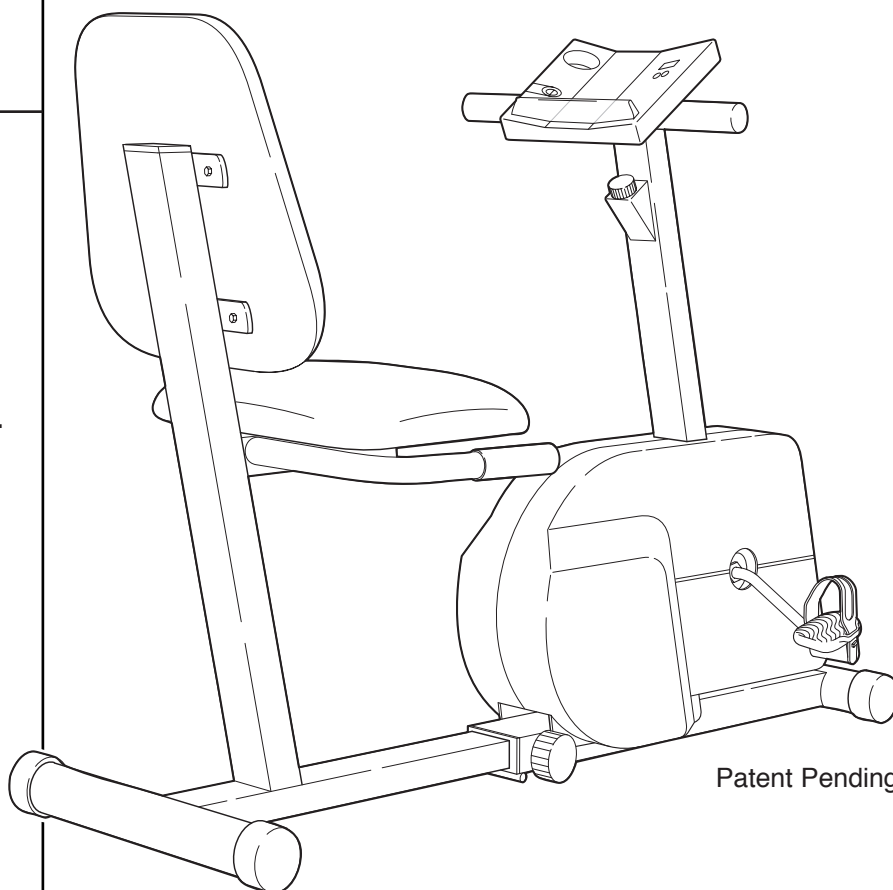
1-800-999-3756

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

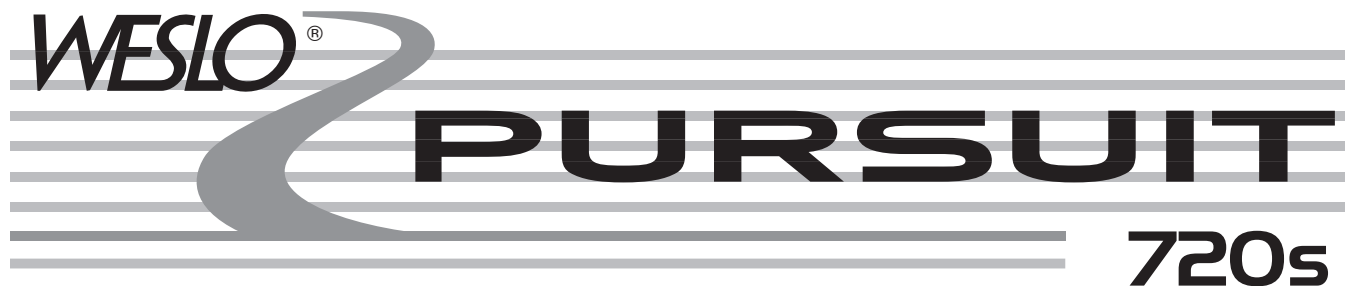


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www.weslo.com

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

WESLO®



PURSUIT

720s

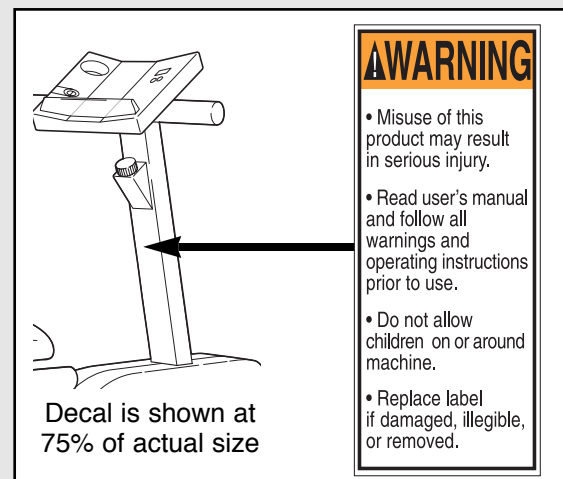
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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the WESLO® PURSUIT 720s.

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. Use the exercise cycle only as described in this manual.
3. 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.
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. Always wear athletic shoes when using the exercise cycle.
8. Always keep your back straight when using the exercise cycle. Do not arch your back.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The exercise cycle is intended for in-home use only. Do not use the exercise cycles in a commercial, rental, or institutional setting.
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. **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.

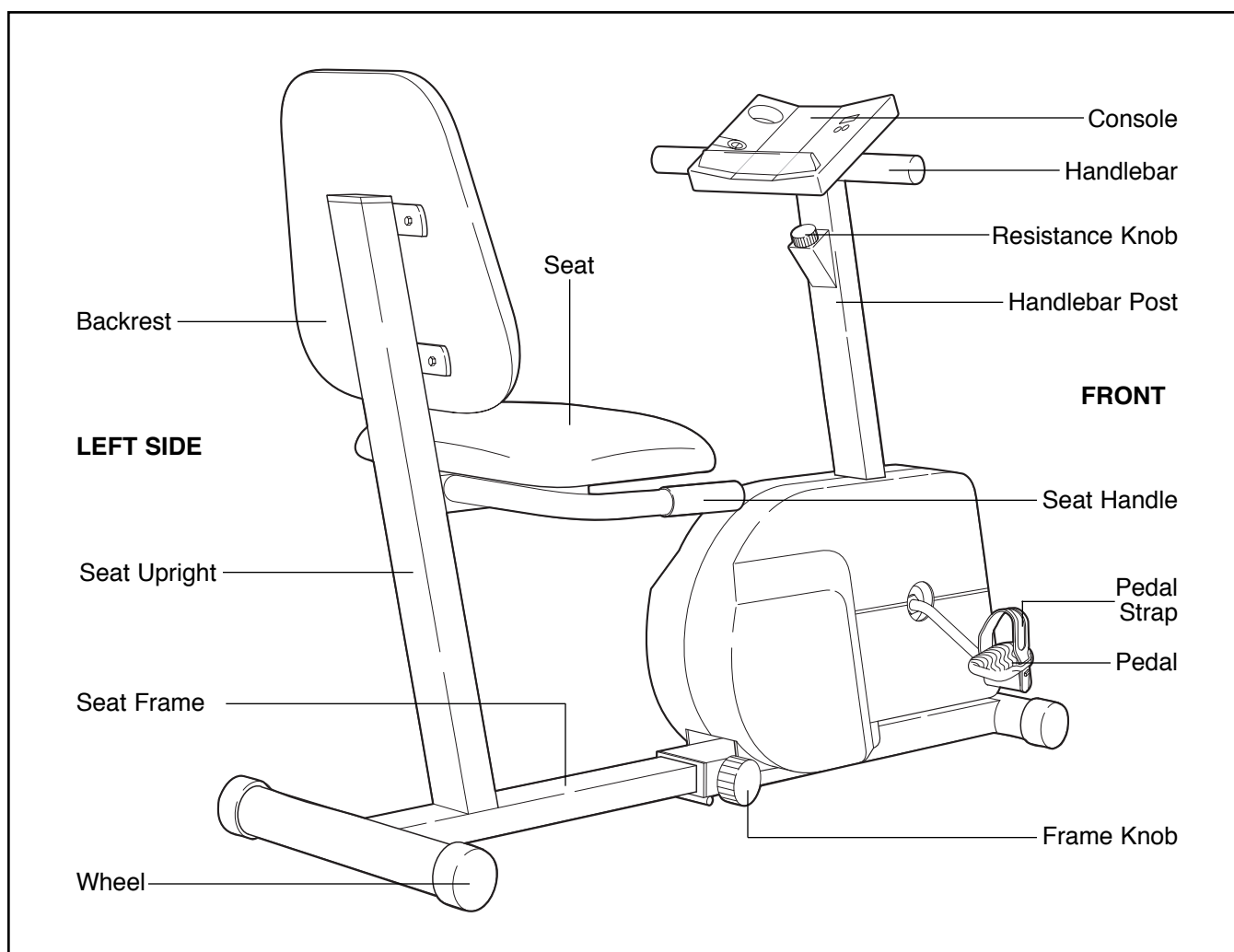
BEFORE YOU BEGIN

Thank you for selecting the innovative WESLO® PURSUIT 720s. The PURSUIT 720s offers a unique form of low-impact exercise that offers greater cardiovascular benefits and increased muscle toning. And the 720s 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 720s. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday

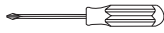
through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is WLEX29190. The serial number can be found on a decal attached to the PURSUIT 720s (see the front cover of this manual for the location of the decal).

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



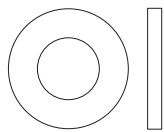
ASSEMBLY

Place all parts of the exercise cycle in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

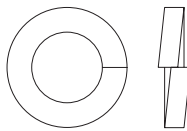
Assembly requires the included tools and your own adjustable wrench  and phillips screwdriver .

PART CHART

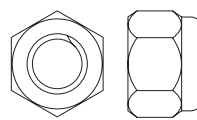
Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the part list on page 14; the second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-attached for shipping.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



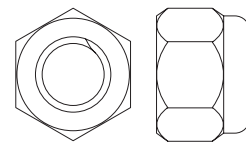
M8 Flat Washer (51)–8



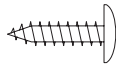
M10 Split Washer (54)–3



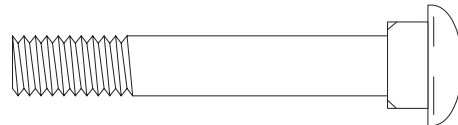
M8 Nylon Locknut (55)–8



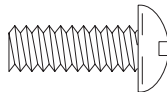
M10 Nylon Locknut (26)–4



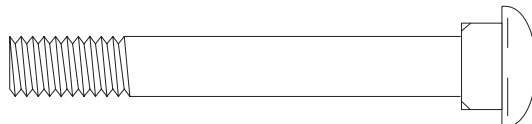
M4 x 16mm Screw (43)–4



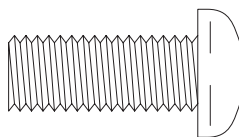
M8 x 54mm Carriage Bolt (11)–4



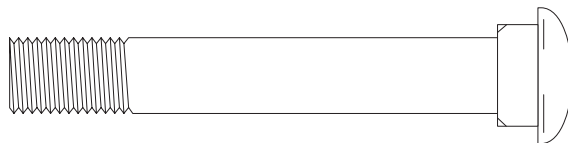
M6 x 16mm Screw (46)–8



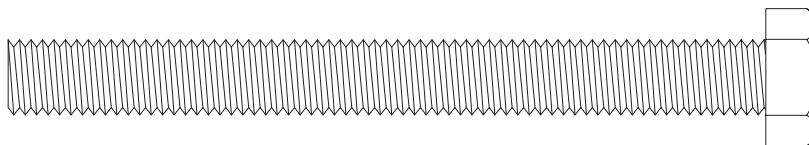
M8 x 65mm Carriage Bolt (52)–4



M10 x 25mm Button Head Screw (53)–3

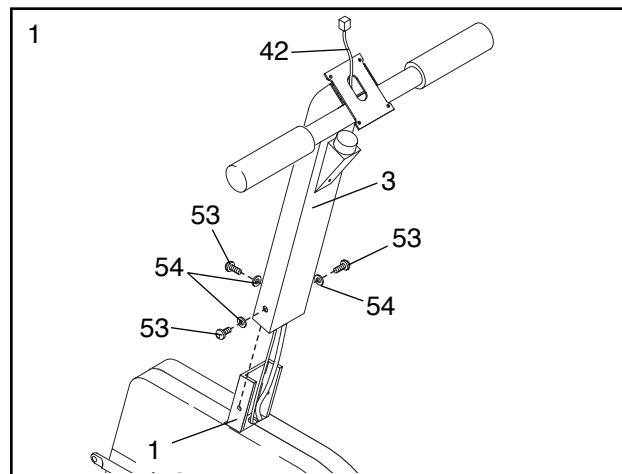


M10 x 70mm Carriage Bolt (27)–2

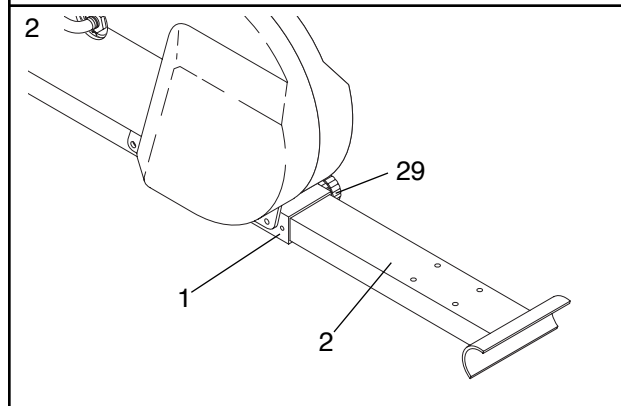


M10 x 97mm Hex Head Bolt (12)–2

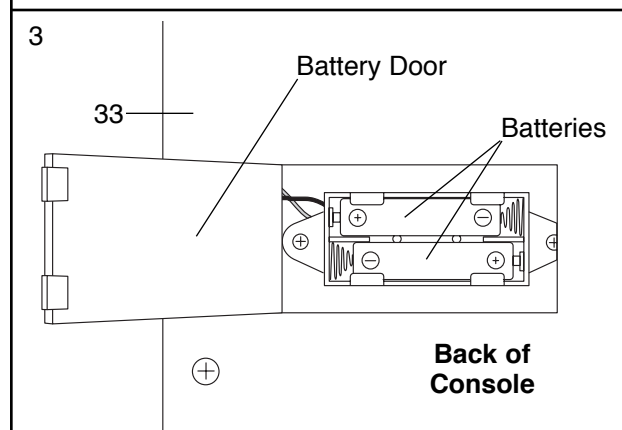
1. Carefully slide the Handlebar Post (3) onto the Frame (1) while pulling the excess Reed Switch Wire (42) up through the Handlebar Post. Attach the Handlebar Post with three M10 x 25mm Button Head Screws (53) and three M10 Split Washers (54). **Be careful not to pinch the Reed Switch Wire or the Resistance Cable.**



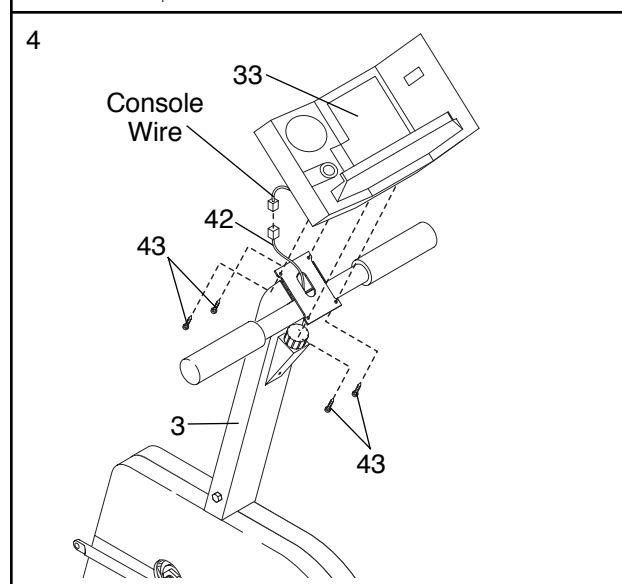
2. Loosen the Frame Knob (29) on the right side of the Frame (1). Slide the Seat Frame (2) out until it stops. Tighten the Frame Knob.



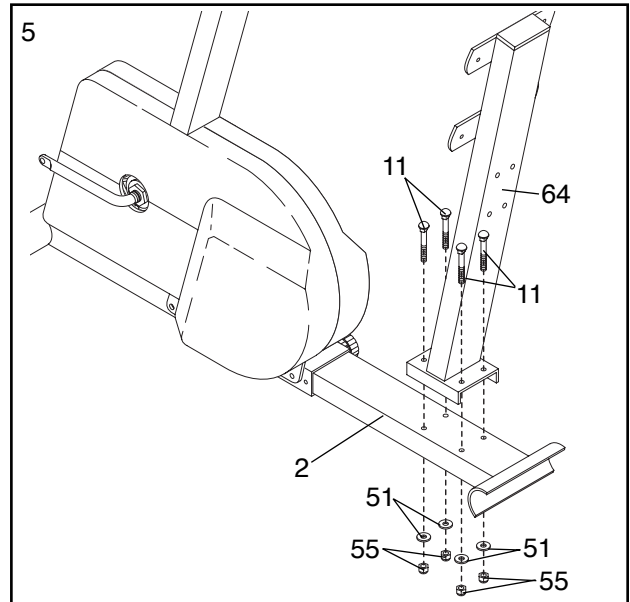
3. The Console (33) requires two “AA” batteries (not included)—alkaline batteries are recommended. Open the battery door on the back of the Console. Press two batteries into the Console. **Make sure that the negative (–) ends of the batteries are touching the springs.** Close the battery door.



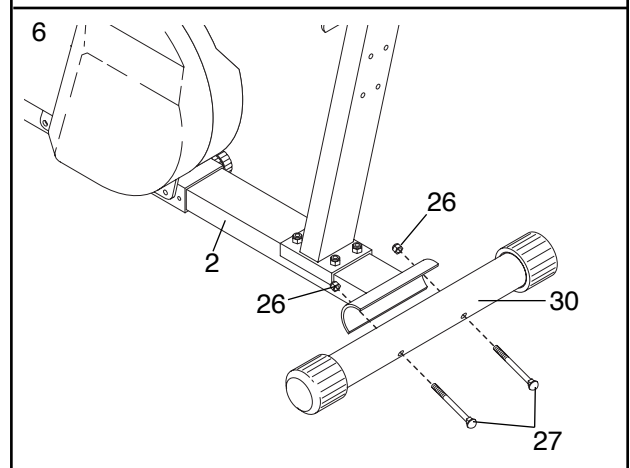
4. Connect the Reed Switch Wire (42) to the console wire. Next, attach the Console (33) to the Handlebar Post (3) with four M4 x 16mm Screws (43).



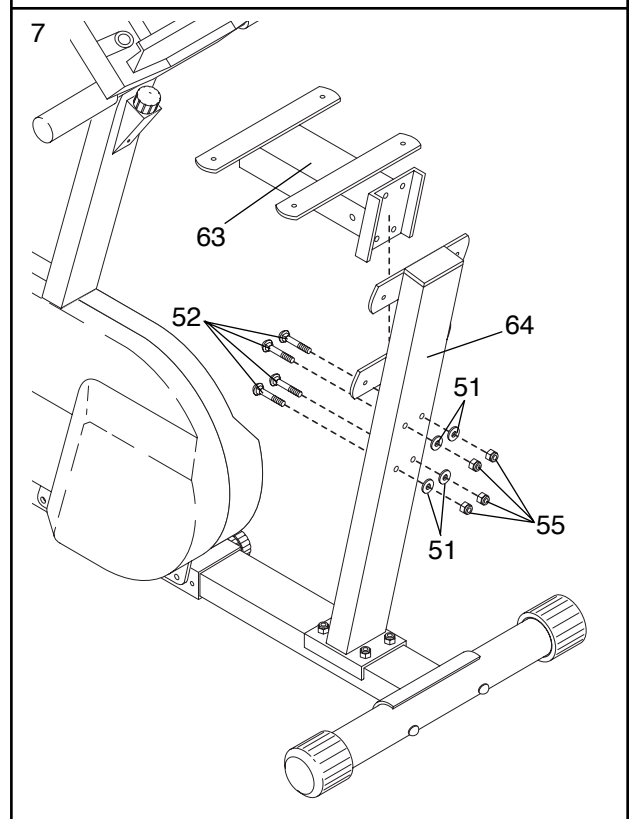
5. Attach the Seat Upright (64) to the Seat Frame (2) with four M8 x 54mm Carriage Bolts (11), four M8 Flat Washers (51), and four M8 Nylon Locknuts (55).
Note: It may be helpful to tip the exercise cycle on its side to attach the Seat Upright.



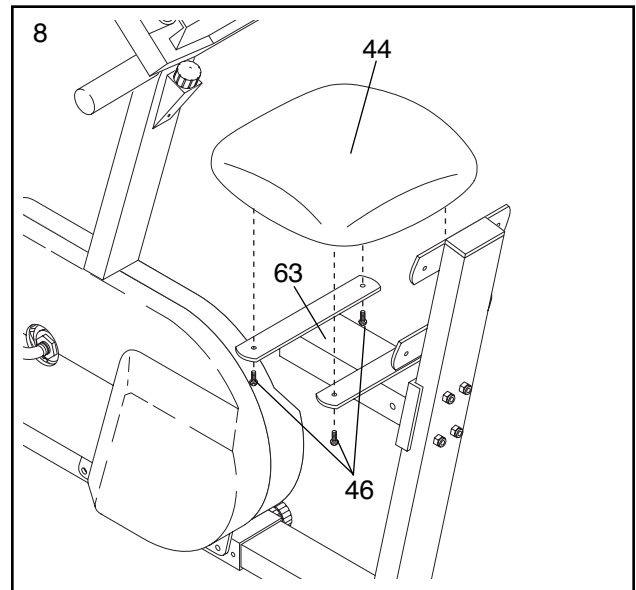
6. Attach the Stabilizer (30) to the Seat Frame (2) with two M10 x 70mm Carriage Bolts (27) and two M10 Nylon Locknuts (26).



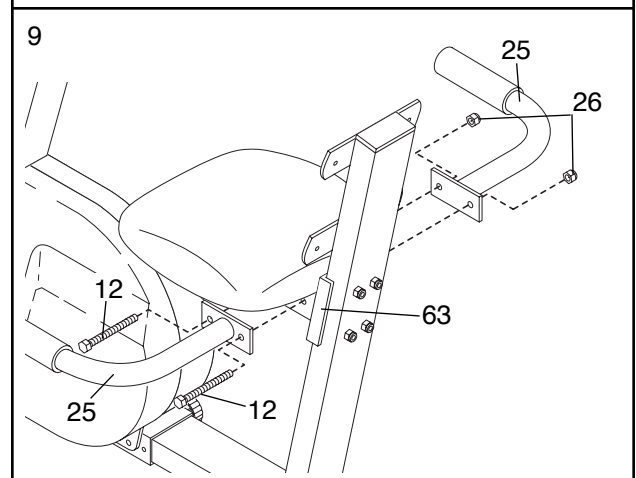
7. Attach the Seat Bracket (63) to the Seat Upright (64) with four M8 x 65mm Carriage Bolts (52), four M8 Flat Washers (51), and four M8 Nylon Locknuts (55).



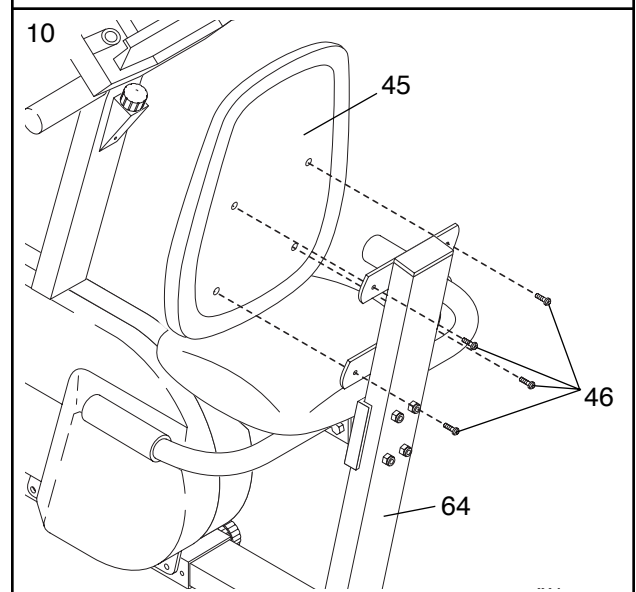
8. Attach the Seat (44) to the Seat Bracket (63) with four M6 x 16mm Screws (46).



9. Attach the Seat Handles (25) to the Seat Bracket (63) with two M10 x 97mm Hex Head Bolts (12) and two M10 Nylon Locknuts (26).



10. Attach the Backrest (45) to the Seat Upright (64) with four M6 x 16mm Screws (46).

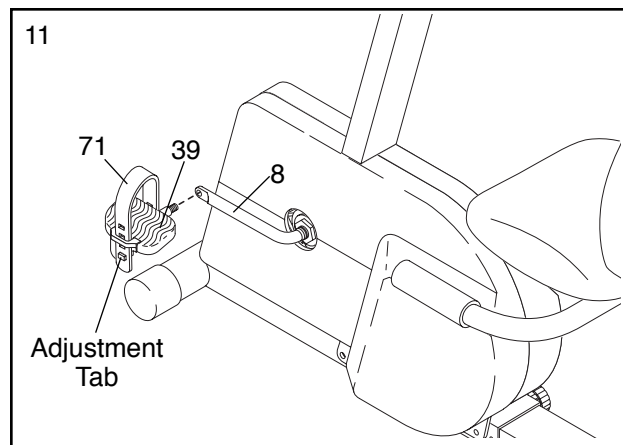


11. Identify the Left Pedal (39) (there is an “L” on the Left Pedal for identification). Using an adjustable wrench, **firmly tighten** the Left Pedal counterclockwise into the left arm of the Crank (8).

Firmly tighten the Right Pedal (not shown) clockwise into the right arm of the Crank (8).

Adjust the Pedal Strap (71) 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.

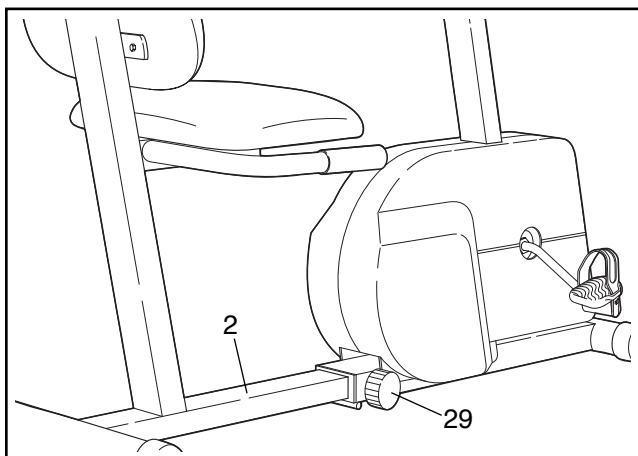


12. **Make sure that all parts are properly tightened before you use the exercise cycle. Note: There may be some hardware left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet.

HOW TO USE THE EXERCISE CYCLE

HOW TO ADJUST THE POSITION OF THE SEAT FRAME

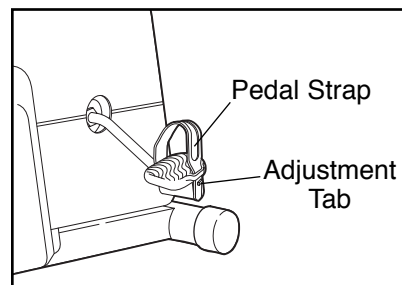
The Seat Frame (2) can be adjusted to the position that is the most comfortable for you. To adjust the Seat Frame, first loosen the Frame Knob (29) on the right side of the Frame. Slide the Seat Frame forward or backward to the desired position. Tighten the Frame Knob.



HOW TO ADJUST THE PEDAL STRAPS

To adjust each pedal strap, 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 on the Handlebar Post (3). To increase the resistance, turn the

Resistance Knob clockwise; to decrease the resistance, turn the Resistance Knob counterclockwise.

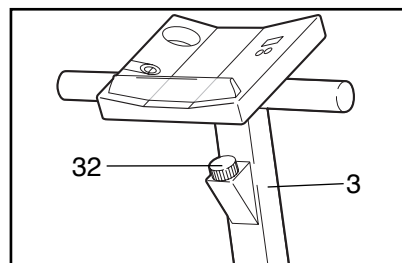
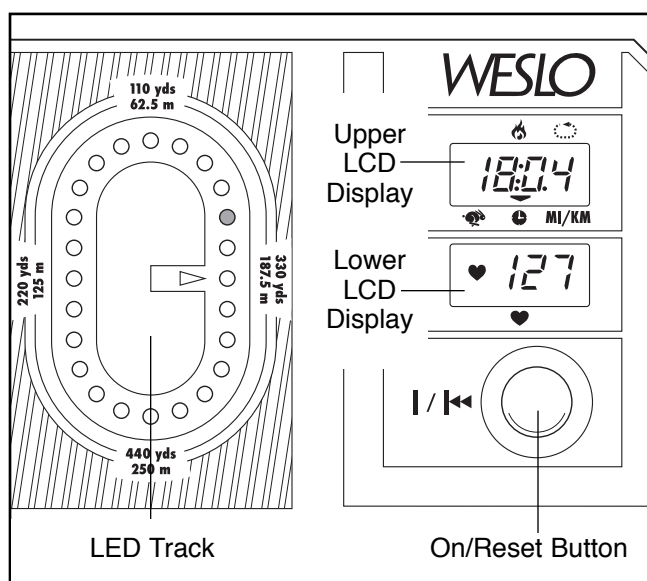


DIAGRAM OF THE CONSOLE



The console is designed to help you get the most from your workouts. As you exercise, you can watch your progress around the LED “track” in the center of the console. In addition, the upper LCD display will show how many calories you have burned, the number of laps you have completed, your current speed, the elapsed time, and the distance you have pedaled. The lower LCD display will show your heart rate when the pulse sensor is used. The modes of the displays are described below.



Calorie—This mode displays the approximate number of calories you have burned.



Laps—This mode displays the total number of 1/4-mile laps you have completed.



Speed—This mode displays your pedaling speed, in kilometres per hour.



Time—This mode displays the length of time you have exercised.

MI/KM Distance—This mode displays the total number of kilometres you have pedaled during your workout.



Pulse—This mode displays your heart rate when the pulse sensor is used.

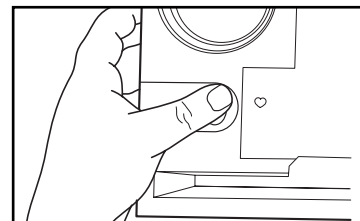
HOW TO OPERATE THE CONSOLE

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

2. When the power is turned on, the upper LCD display will begin displaying the Calories, Laps, Speed, Time, and Distance modes. Each mode will be displayed for five seconds in a repeating cycle. Flashing arrows in the display will show which mode is currently displayed.

3. The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. A new lap will then begin.

4. To measure your pulse, stop pedalling and place your thumb on the pulse sensor as shown. The pulse sensor is pressure-activated—fully press down the pulse sensor. **Do not press too hard, or the circulation in your thumb will be**



restricted, and your pulse will not be detected.

Next, slightly raise your thumb until the heart-shaped indicator in the lower LCD display flashes **steadily**. Hold your thumb at this level. After 5 to 10 seconds, three dashes will appear in the display and your pulse will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading. Try the sensor several times until you become familiar with it. If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above.

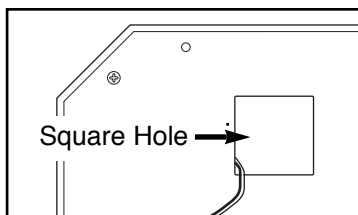
⚠ WARNING: The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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

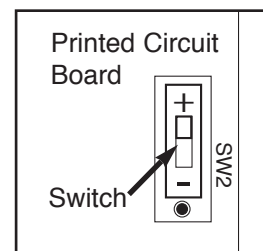
HOW TO SELECT KILOMETERS AND MILES

The console can display distance and speed in either kilometers or miles. The letters "KPH" or "MPH" will appear in the upper LCD display to show which unit of measurement is selected.

To change the unit of measurement, first look underneath the console and locate the square hole. Look inside the square



hole and locate the small switch on the printed circuit board. Move the switch to the opposite side to change the unit of measurement.



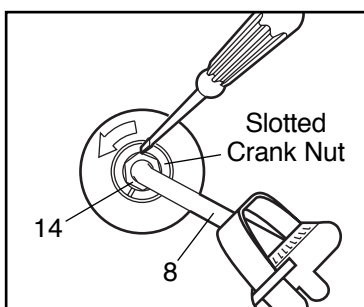
After changing the unit of measurement, remove one of the batteries from the console for about five seconds and then reinsert it. This will reset the console.

MAINTENANCE AND STORAGE

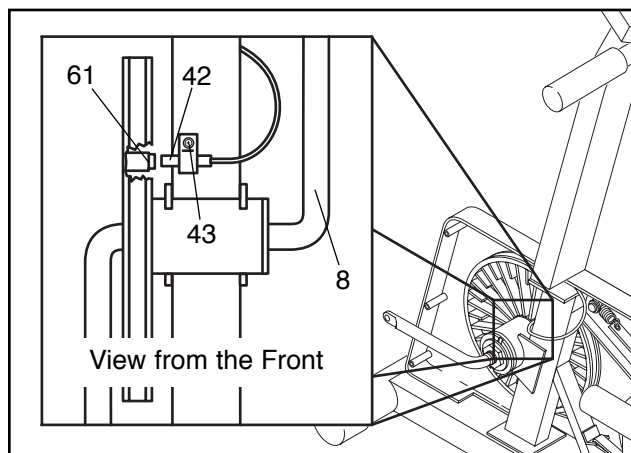
Tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away and keep the console out of direct sunlight.

CRANK ADJUSTMENT

If the arms of the Crank (8) 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.

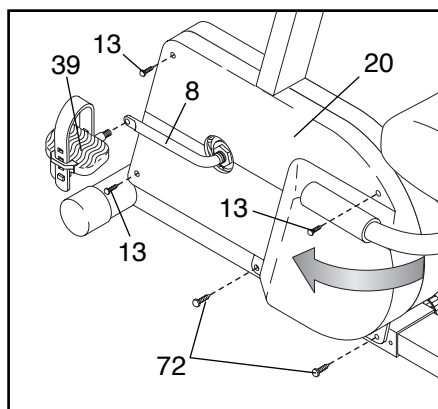


Using an adjustable wrench, turn the Left Pedal (39) clockwise and remove it. Next, remove the indicated M4 x 12mm Screws (72) and M4 x 38mm Self-tapping Screws (13). Grasp both Side Shields and gently pull them apart. Turn the left arm of the Crank (8) to the position shown, and then carefully slide the Left Side Shield forward and remove it.



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).



With the left side shield removed, locate the Reed Switch (42) (see the drawing below). Turn the Crank (8) until the Magnet (61) is aligned with the Reed Switch. Loosen but do not remove the M4 x 16mm 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.

BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. See assembly step 3 on page 6.

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, 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.

The following guidelines will help you to plan your exercise program. For more information about exercise, consult your physician or obtain a reputable book.

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 and aerobic exercise.

To find the proper heart rate for you, first find your age at the left side of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers to the right of your age. The three numbers define your "training zone." The lowest two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

AGE	20	165	145	125
30		155	138	120
40		145	130	115
50		140	125	110
60		130	118	105
70		125	110	95
80		115	103	90
	AEROBIC	MAX.FAT	FAT-BURN	

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 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.

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

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

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. Breathe regularly and deeply as you exercise—never hold your breath.

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 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 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

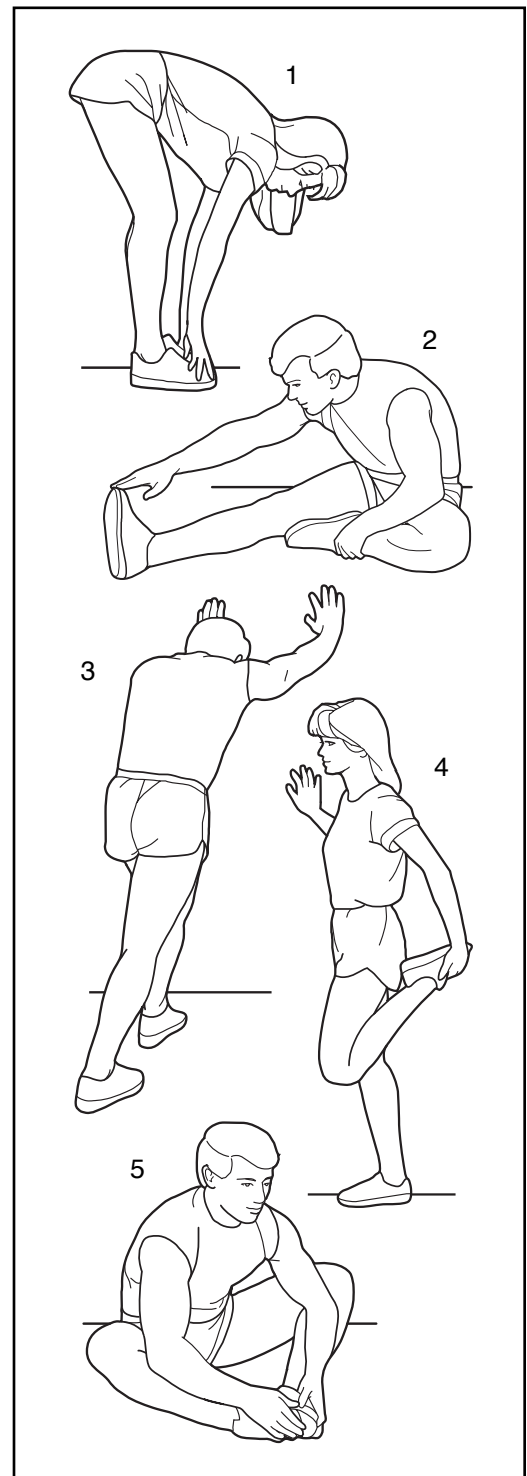
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. WLEX29190

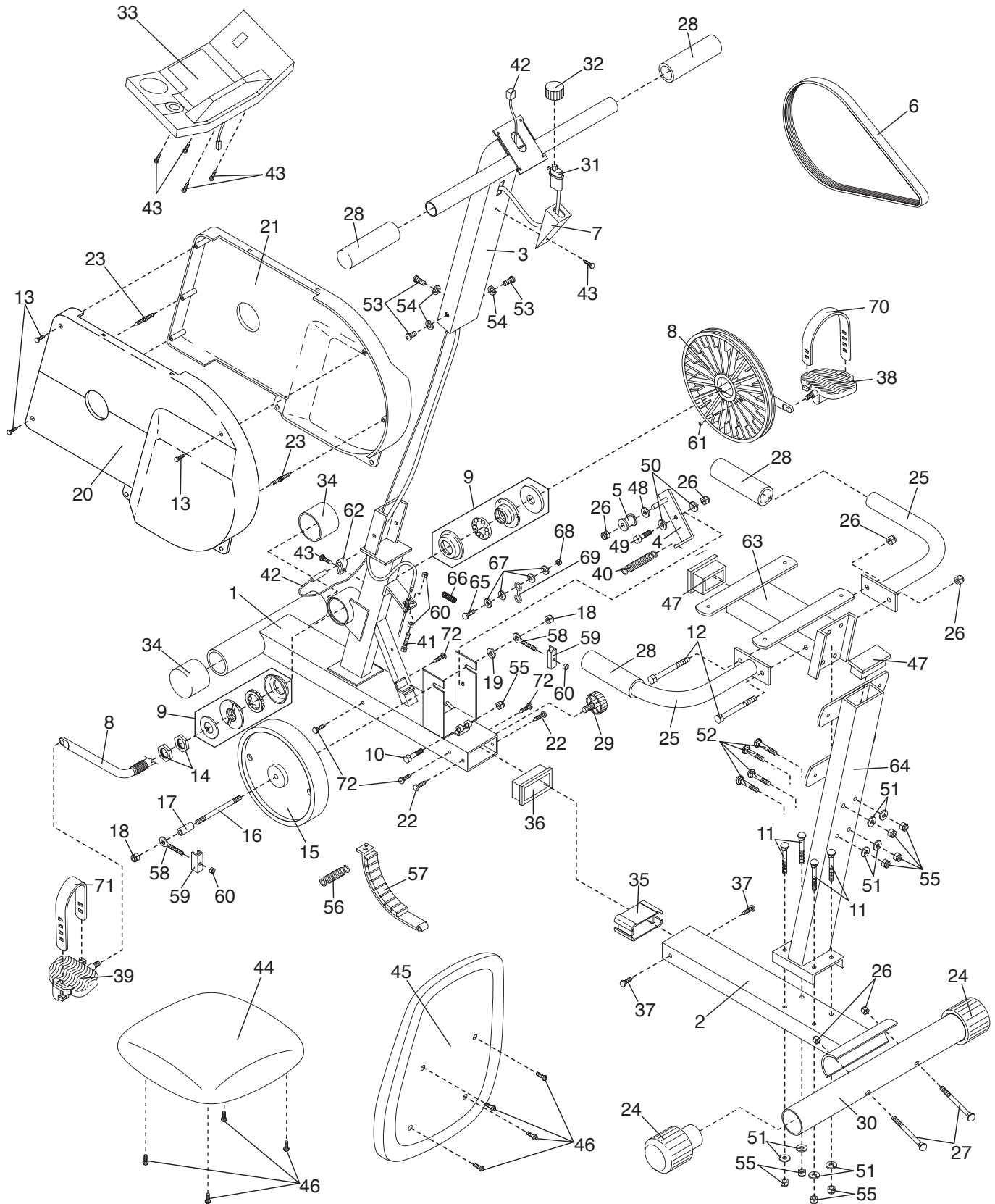
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	38	1	Right Pedal
2	1	Seat Frame	39	1	Left Pedal
3	1	Handlebar Post	40	1	Idler Arm Spring
4	1	Idler Arm	41	1	M6 x 64mm Bolt
5	1	Idler Wheel	42	1	Reed Switch w/Wire
6	1	Drive Belt	43	6	M4 x 16mm Screw
7	1	Knob Housing	44	1	Seat
8	1	12" Pulley/Crank	45	1	Backrest
9	1	Bearing Assembly	46	8	M6 x 16mm Screw
10	1	M8 x 62mm Bolt	47	2	2" x 3" Endcap
11	4	M8 x 54mm Carriage Bolt	48	1	M10 Washer
12	2	M10 x 97mm Hex Head Bolt	49	1	Idler Arm Screw
13	3	M4 x 38mm Self-tapping Screw	50	2	Idler Arm Washer
14	2	Hex Crank Nut	51	8	M8 Flat Washer
15	1	Flywheel Assembly	52	4	M8 x 65mm Carriage Bolt
16	1	Flywheel Axle	53	3	M10 x 25mm Button Head Screw
17	1	Flywheel Spacer	54	3	M10 Split Washer
18	2	5/16" Nylon Jam Nut	55	9	M8 Nylon Locknut
19	1	5/16" Flat Washer	56	1	"C" Magnet Spring
20	1	Left Side Shield	57	1	"C" Magnet
21	1	Right Side Shield	58	2	M6 Eyebolt
22	2	M4 x 8mm Screw	59	2	Adjustment Bracket
23	2	Tree Fastener	60	4	M6 Nut
24	2	Wheel Assembly	61	1	Magnet
25	2	Seat Handle	62	1	Cable Clip
26	6	M10 Nylon Locknut	63	1	Seat Bracket
27	2	M10 x 70mm Carriage Bolt	64	1	Seat Upright
28	4	Foam Grip	65	1	Clamp Screw
29	1	Frame Knob	66	1	Tension Spring
30	1	Stabilizer	67	4	1/4" Washer
31	1	Resistance Control/Cable	68	1	Clamp Nut
32	1	Resistance Knob	69	1	Resistance Spring
33	1	Console	70	1	Right Pedal Strap
34	2	Stabilizer Endcap	71	1	Left Pedal Strap
35	1	Seat Frame Bushing	72	4	M4 x 12mm Screw
36	1	Frame Bushing	#	1	User's Manual
37	2	M4 x 16mm Black Screw			

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. WLEX29190

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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 (WLEX29190)
- The NAME of the product (WESLO® PURSUIT 720s 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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