

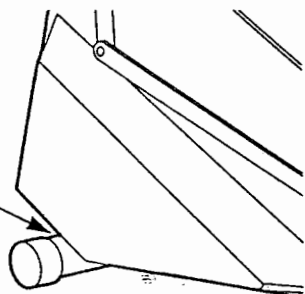
WESLO

PURSUIT[®] 690

Model No. WLEX69050

Serial No. _____

Serial
Number
Decal



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you 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:

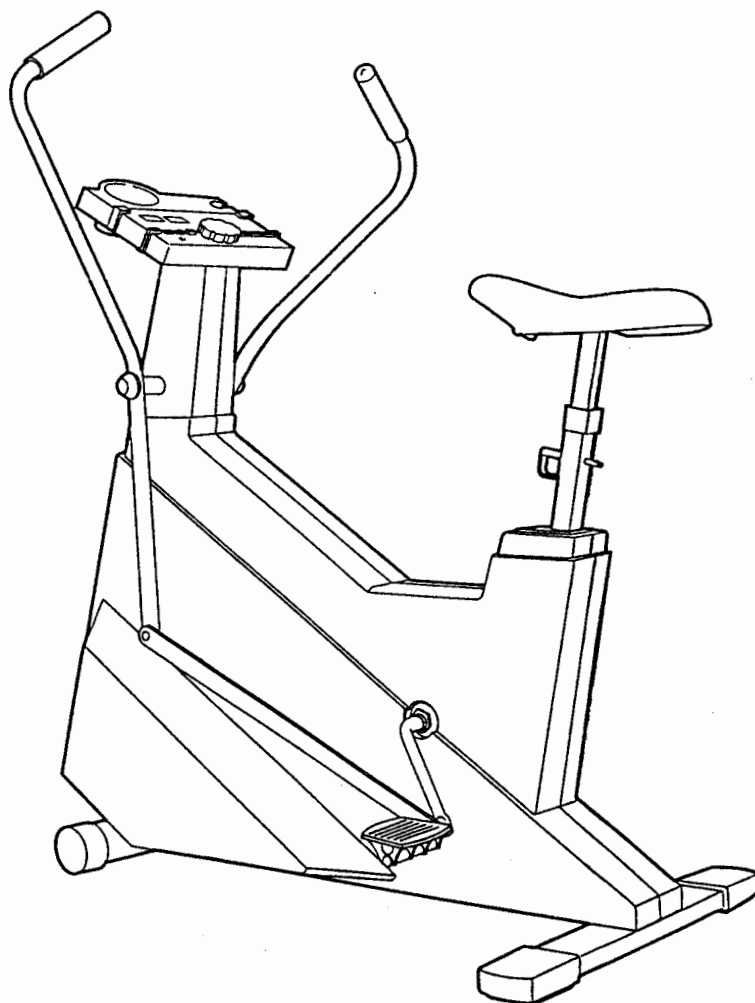
1-800-999-3756

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

CAUTION:

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

PATENT PENDING



USER'S MANUAL

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise bike.

1. Place the exercise bike indoors on a level surface.
2. Use the exercise bike only as described in this manual.
3. Keep small children away from the exercise bike at all times.
4. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the exercise bike. Always wear athletic shoes for foot protection.
5. When connecting the link arms to the pedals (see HANDLEBAR OPERATION on page 8), make sure that the link arms are on the pedal bushings. If the link arms are not on the pedal bushings, they may slip off during use, resulting in injury.
6. When adjusting the seat, at least two inches of the seat post must be inside of the frame. The seat pin must be inserted from the front, as shown on page 3. If the seat pin is inserted from the back, it may slip out during use, resulting in injury.

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 this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

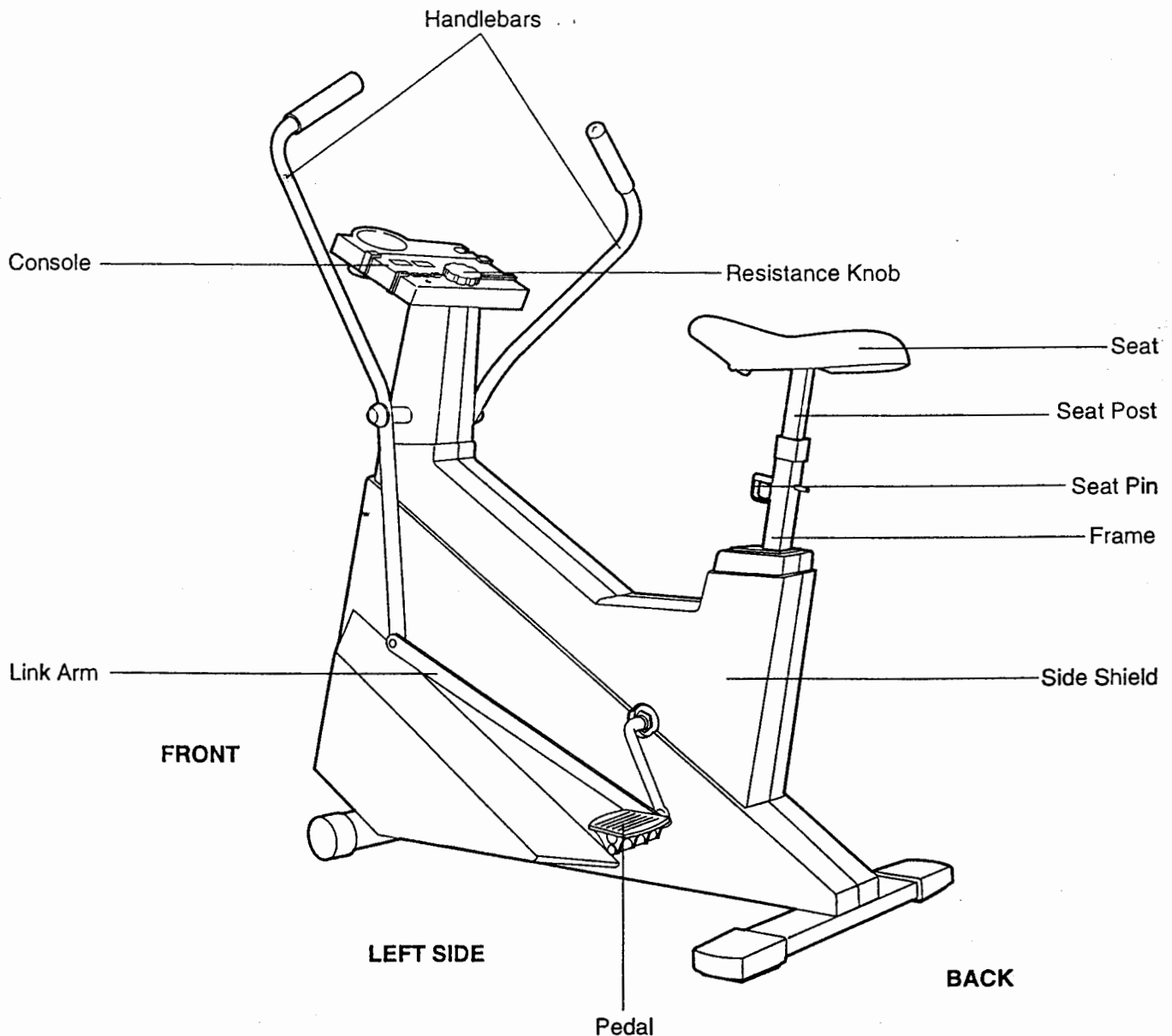
BEFORE YOU BEGIN

Congratulations for selecting the WESLO® PURSUIT 690 exercise bike. Cycling is one of the most effective exercises known for increasing cardiovascular fitness, building endurance, and toning the entire body. The PURSUIT 690 offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before using the exercise bike. 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 WLEX69050. The serial number can be found on a decal attached to the exercise bike (see the front cover of this manual).

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



ASSEMBLY

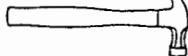

Place all parts of the exercise bike in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

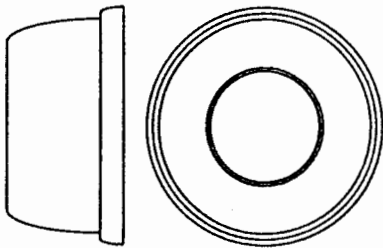
Read all steps and examine all drawings carefully before beginning.

Use the part chart below to identify the small parts used in assembly. The number in parenthesis beneath each part refers to the key number of the part. The second number refers to the quantity used

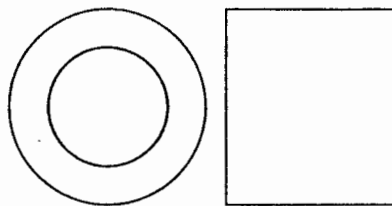
in assembly. Note: Some of the small parts used in assembly may have been pre-attached for shipping purposes. If a part is not found in the part bag, check to see if it has been pre-attached.

In addition to the included tools, the following tools are required for assembly:

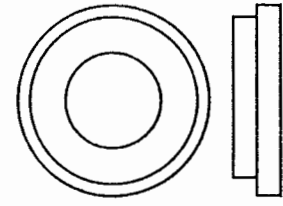
- one (1) hammer 
- one (1) adjustable wrench 



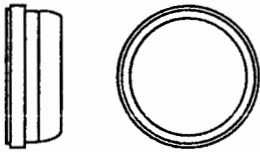
5/8" Plastic Cap (3)-2



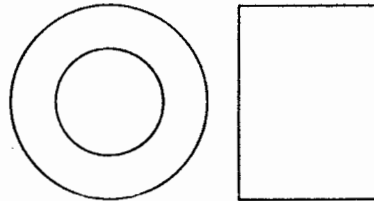
5/8" Handlebar Spacer (63)-2



Pedal Bushing (55)-2



Pedal Cap (50)-2



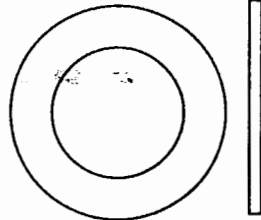
9/16" Pedal Spacer (62)-2



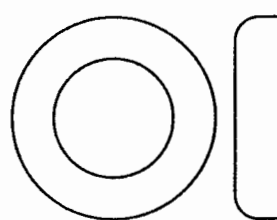
Link Arm Bushing (58)-2



5/16" Pedal Nut (49)-2



11/16" Washer (54)-2



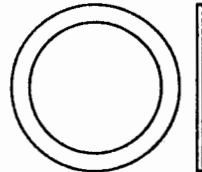
5/8" Spacer (57)-2



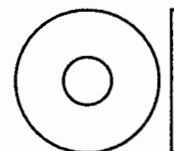
Pedal Spring (52)-2



1/4" Seat Nut (7)-4



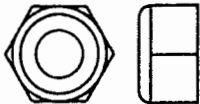
11/16" Spring Washer (51)-2



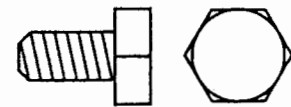
5/16" Washer (65)-2



#8 x 3/4" Screw (53)-4



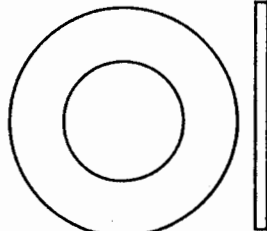
5/16" x 18 Nylon Locknut (17)-2



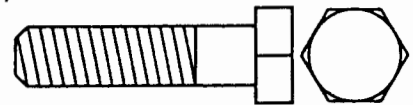
1/4" x 1/2" Hex Head Bolt (33)-2



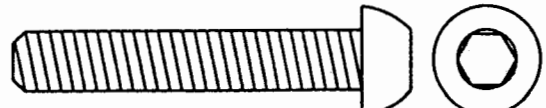
1/2" Nylon Locknut (46)-2



9/16" Washer (56)-2

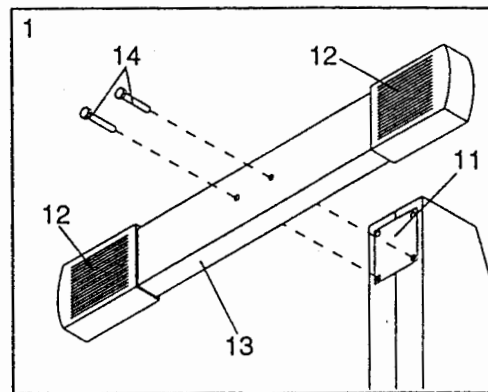


5/16" x 1 1/4" Bolt (14)-2

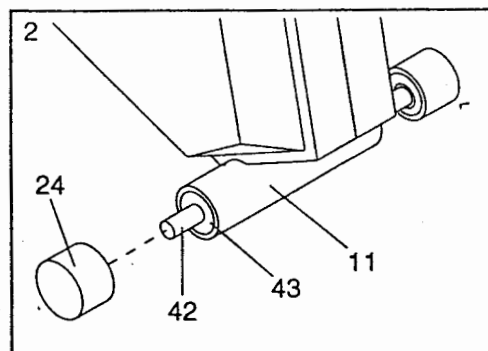


5/16" x 1 3/4" Bolt (36)-2

1. Raise the back end of the exercise bike. Attach the Stabilizer (13) to the Frame (11) with the two 5/16" x 1 1/4" Bolts (14). The Stabilizer must be turned so the ribbed sides of the Endcaps (12) are on the side shown. Lower the exercise bike.

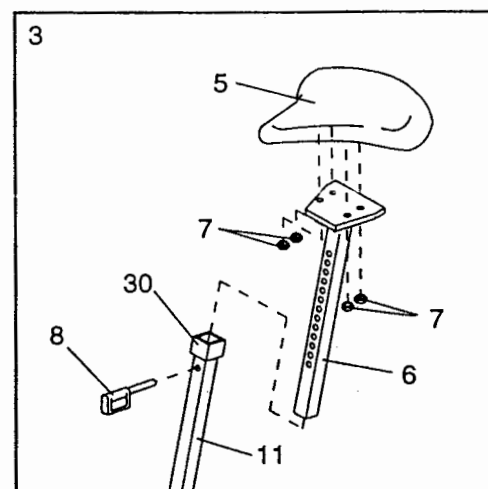


2. Slide the free end of the Roller Axle (42) through the Bushings (43) in the Frame (11). Press the unattached Roller (24) onto the end of the Axle. It may be helpful to tap the Roller with a hammer in order to press it fully onto the Axle.



3. Remove the four 1/4" Seat Nuts (7) from the underside of the Seat (5). Remove the Seat Post (6) from the Frame (11). Attach the Seat to the top of the Seat Post with the four 1/4" Seat Nuts.

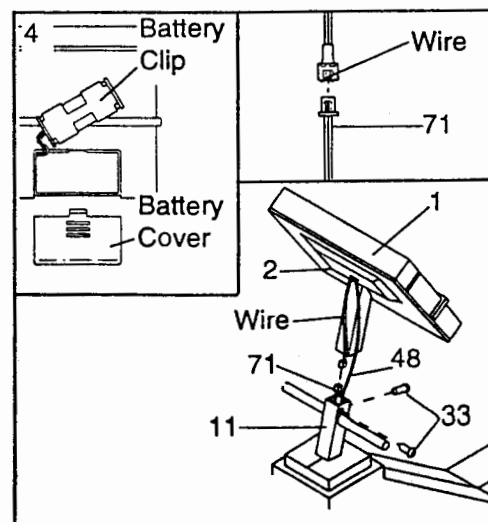
Insert the Seat Post (6) into the Frame (11), adjust the Seat (5) to the desired height, and insert the Seat Pin (8) through the front of the Frame and the Seat Post. Slide the Seat Post Collar (30) down over the Frame. **CAUTION: At least two inches of the Seat Post must be inside of the Frame. The Seat Pin must be inserted from the front, as shown. If the Seat Pin is inserted from the back, it may slip out, resulting in injury.**



4. Connect the wire protruding from the Console Mount (2) to the Sensor Wire (71) (see the upper right inset drawing).

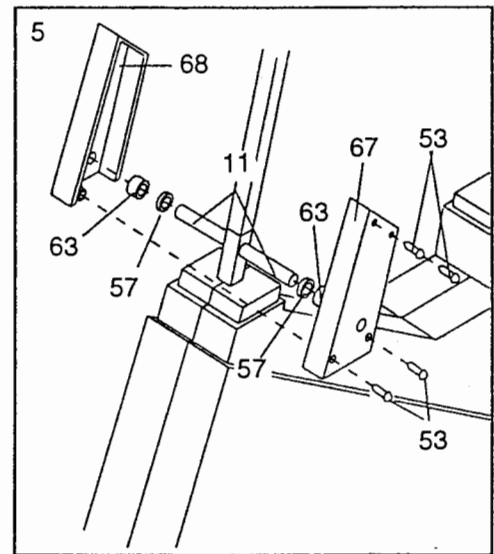
Slide the Console Mount (2) onto the Frame (11). **CAUTION: Be careful to avoid pinching your fingers, the Sensor Wire (71), or the Tension Cable (48).** Attach the Console Mount to the Frame with the two 1/4" x 1/2" Hex Head Bolts (33).

The Console (1) requires two "AA" batteries (not included); alkaline batteries are recommended. Slide open the battery cover on the front of the Console (see the inset drawing). Find the markings inside the battery clip showing which direction the batteries must be turned. Press the batteries into the battery clip. Close the battery cover.



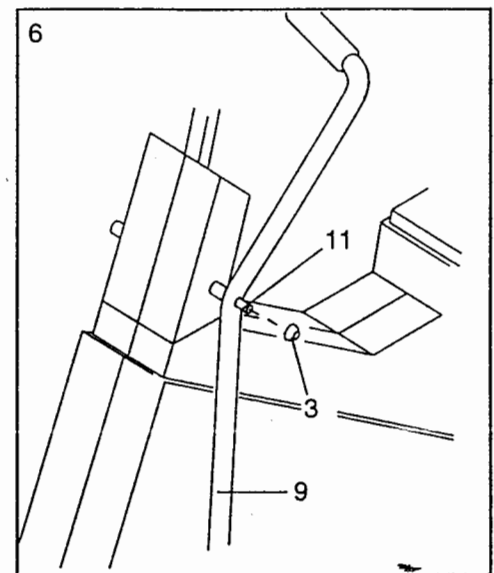
5. Slide a 5/8" Spacer (57) onto each side of the handlebar shaft on the Frame (11). The open side of each 5/8" Spacer must be turned toward the Frame. Slide a 5/8" Handlebar Spacer (63) onto each side of the handlebar shaft.

Slide the Left and Right Neck Shields (67, 68) onto the handlebar shaft of the Frame (11). Insert the four #8 x 3/4" Screws (53) into the Left Neck Shield, and tighten them into the Right Neck Shield.



6. Slide a Handlebar (9) onto the left side of the handlebar shaft of the Frame (11). Make sure that the Handlebar is turned correctly. Tap a 5/8" Plastic Cap (3) onto the handlebar shaft.

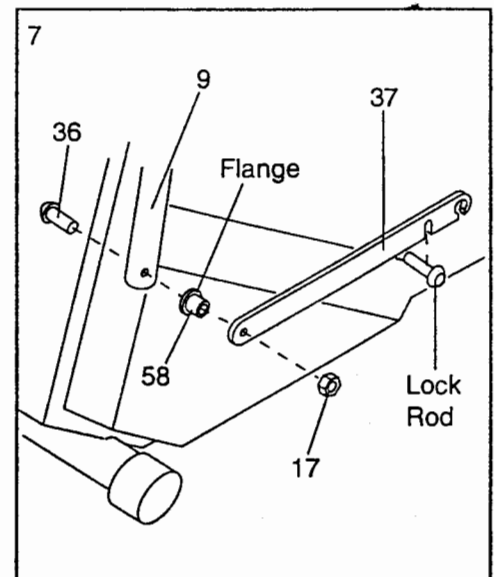
Attach the other Handlebar (not shown) in the same manner.



7. Insert a 5/16" x 1 3/4" Bolt (36) through the lower end of the left Handlebar (9). **CAUTION: The lower end of the Handlebar may have a rough edge. Be careful to avoid cutting your fingers.**

Tap a Link Arm Bushing (58) into a Link Arm (37). Slide the Link Arm onto the 5/16" x 1 3/4" Bolt (36). The flange of the Link Arm Bushing must be turned toward the Handlebar (9), and the opening in the end of the Link Arm must be downward as shown. Tighten a 5/16" x 18 Nylon Locknut (17) onto the Bolt. Do not overtighten the Nylon Locknut; the Link Arm must pivot freely. Clip the Link Arm onto the lock rod.

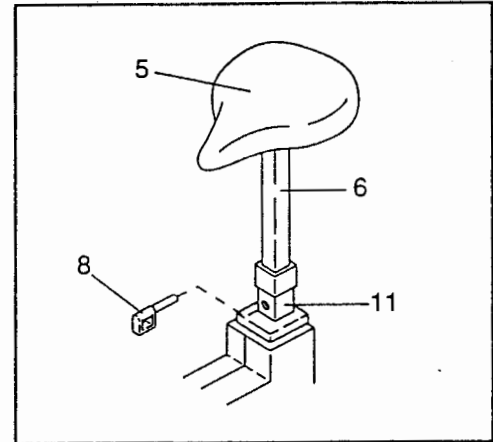
Attach the other Link Arm to the right Handlebar in the same manner (not shown).



ADJUSTMENT AND OPERATION

SEAT ADJUSTMENT

For effective exercise, the Seat (5) should be adjusted to the proper height. As you pedal, there should be a slight bend in your knees when the pedals are at the lowest position. Dismount the exercise bike. Hold the Seat and remove the Seat Pin (8). Adjust the Seat to the proper height and insert the Seat Pin through the Frame (11) and the Seat Post (6). **CAUTION: At least two Inches of the Seat Post must be inside of the Frame. The Seat Pin must be inserted from the front, as shown. If the Seat Pin is inserted from the back, it may slip out during use, resulting in injury.**

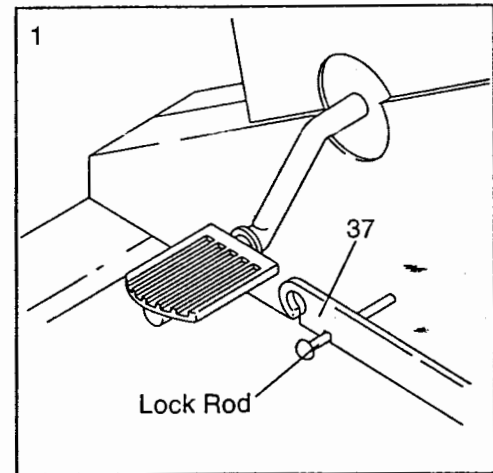


HANDLEBAR OPERATION

The handlebars can be used in any of three modes: the dual-action mode, for both lower- and upper-body exercise; the rowing mode, for upper-body exercise; or the stationary mode, for lower-body exercise.

DUAL-ACTION MODE

To use the handlebars in the dual-action mode, the Link Arms (37) must be connected to the pedals. Refer to drawing 1 at the right. Lift the Link Arms off the lock rod. Refer to drawing 2 at the right. Pull the Link Arms outward against the tops of the 11/16" Washers (54), while pulling against the bottoms of the 11/16" Washers with your fingers. **CAUTION: Be careful to avoid pinching your fingers.** Slide the Link Arms onto the Pedal Bushings (55). It may be helpful to move the Link Arms up and down slightly until they slide onto the Pedal Bushings. **CAUTION: Make sure that the Link Arms are on the Pedal Bushings. If the Link Arms are not on the Pedal Bushings, they may slip off during use, resulting in injury.**



ROWING MODE

To use the handlebars in the rowing mode, the Link Arms (37) must be connected to the pedals (see DUAL-ACTION MODE above). Rest your feet on the side shields, and exercise using only your arms.

STATIONARY MODE

To use the handlebars in the stationary mode, the Link Arms (37) must be disconnected from the pedals. Refer to drawing 2 at the right. Pull the Link Arms outward against the 11/16" Washers (54), until the Link Arms can be lifted off the Pedal Bushings (55). **CAUTION: Be careful to avoid pinching your fingers.** Refer to drawing 1 at the right. Clip the Link Arms onto the lock rod.

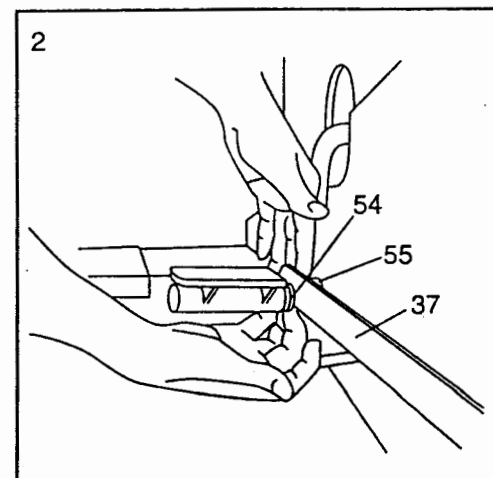
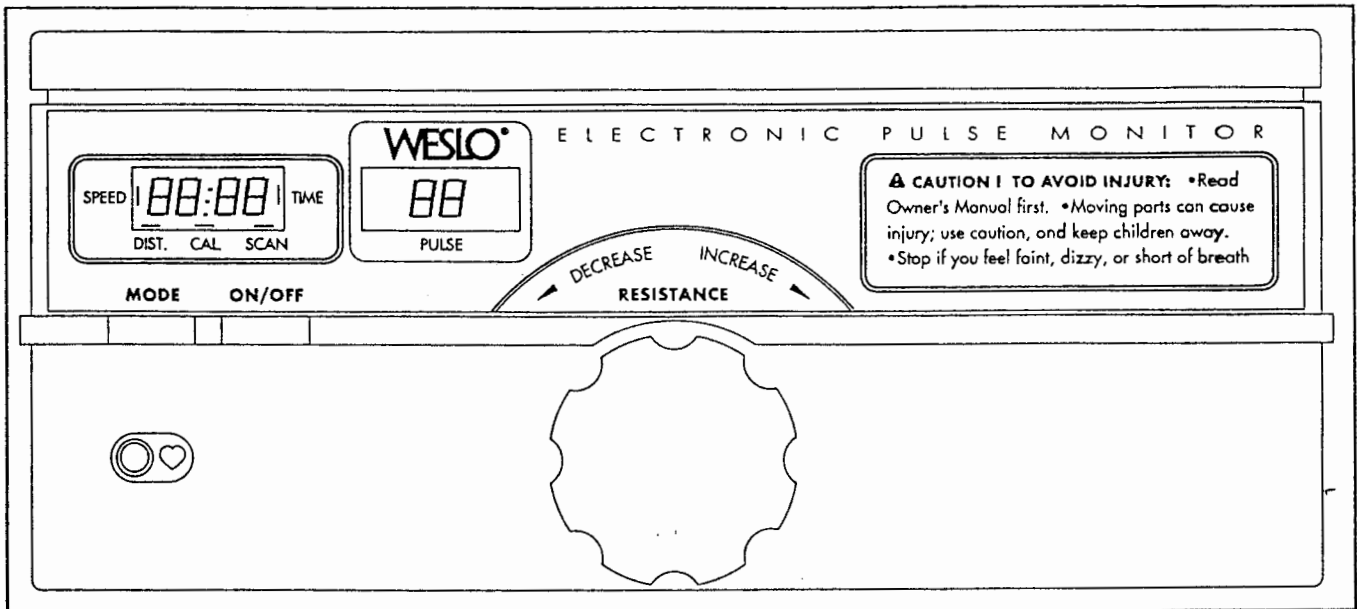


DIAGRAM OF THE CONSOLE

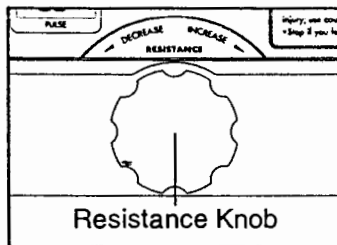


BATTERY INSTALLATION

The console requires two "AA" batteries (not included); alkaline batteries are recommended. See assembly step 4 on page 5 for battery installation instructions.

HOW TO ADJUST THE PEDALING RESISTANCE

To vary the intensity of your exercise, the pedaling resistance can be adjusted. The resistance is controlled by turning the resistance knob in the center of the console. To increase



the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.

IMPORTANT: Stop turning the knob when turning becomes difficult, or the exercise bike may be damaged.

DESCRIPTION OF THE CONSOLE MODES

SPEED—This mode displays your current pedaling speed, in miles per hour.

TIME—This mode displays the length of time that you have pedaled.

DISTANCE—This mode displays the distance that you have pedaled.

CALORIE—This mode displays the total number of nutritional Calories that you have burned. Note: The

number displayed is an approximate figure. The actual number may vary depending on the pedaling resistance.

SCAN—This mode displays the SPEED, TIME, DISTANCE, and CALORIE modes, for five seconds each, in a repeating cycle.

PULSE—This mode displays your heart rate.

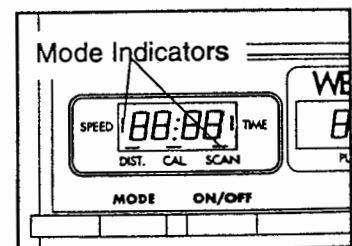
HOW TO OPERATE THE CONSOLE

1. If there is a thin piece of clear plastic on top of the console, remove it before operating the console.

To turn on the power, press the on/off button or simply begin pedaling. All symbols in the two displays will appear for about two seconds; the console will then be ready for operation.

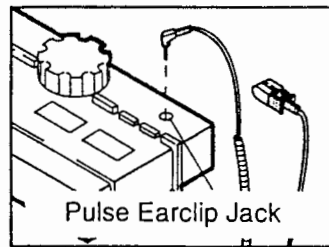
2. Select the desired modes in the following manner:

SCAN mode—When the power is turned on, the SCAN mode will be selected automatically. One mode indicator (see the drawing at the right) will show that the SCAN mode is selected, and a second mode indicator will show which mode is currently displayed. Note: The SCAN mode can also be selected by repeatedly pressing the mode button.

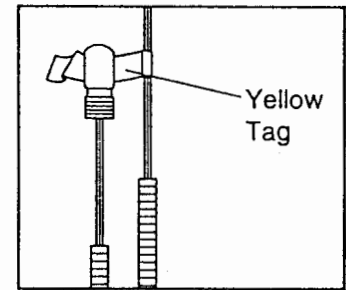


SPEED, TIME, DISTANCE or CALORIE mode—
Any of these modes can be individually selected and continuously displayed by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. The modes are selected in the following order: SPEED, TIME, DISTANCE, CALORIE, and SCAN.

PULSE mode—
Plug the pulse earclip fully into the jack on the console, and attach the earclip to your left earlobe. After a few seconds, your heart rate will be displayed. If your heart rate is not displayed, try rubbing your earlobe and repositioning the earclip. It may be helpful to stand still briefly while measuring your pulse.



Note: When you are not using the pulse mode, leave the pulse earclip plugged into the console, and attach the earclip to the **yellow tag** on the pulse earclip wire. If the pulse earclip is removed from the console while the exercise bike is in use, factors such as static or low humidity may cause false pulse readings to be displayed on the console.



3. To reset the modes, turn the power off and then on again by pressing the on/off button twice.
4. To turn off the power, press the on/off button. **Note:** If the pedals are not moved and the console buttons are not pressed for four minutes, the power

TROUBLE-SHOOTING AND MAINTENANCE

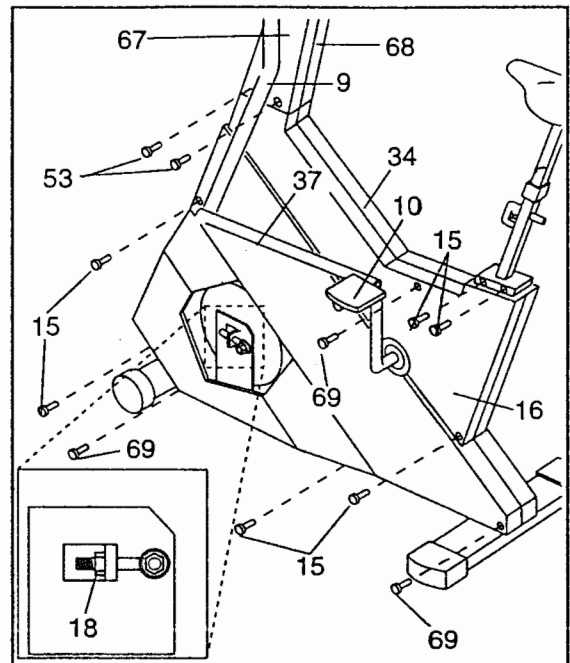
Inspect and tighten all parts regularly. Outer surfaces of the exercise bike can be cleaned using a damp cloth and mild, non-abrasive detergent. Keep liquids away from the console.

CONSOLE

If the console does not function properly, the batteries should be checked. See assembly step 4 on page 5 for battery installation instructions. If the console still does not function properly, make sure that the sensor wire is plugged fully into the wire extending from the console. See assembly step 4 on page 5.

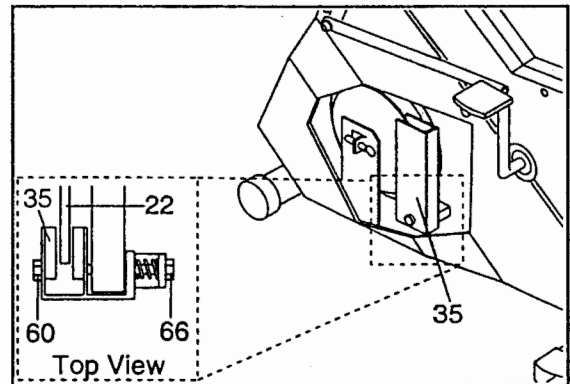
ADJUSTING THE TENSION BELT

If the tension belt slips as you pedal, the tension belt should be tightened. First, disconnect the Link Arms (37) from the Pedals (10) (see STATIONARY MODE on page 8). Next, remove the Pedals (see assembly step 8 on page 7). Remove the four #8 x 3/4" Screws (53) from the Left and Right Neck Shields (67, 68). Remove the #8 x 1" Screws (15) and the 3/4" Tec Screws (69) from the Left and Right Side Shields (16, 34). Slide the Side Shields off the exercise bike. To tighten the tension belt, turn both of the 1/4" Hex Nuts (18) clockwise one full turn. Repeat until the tension belt no longer slips. Reattach the Side Shields, Neck Shields and Pedals.



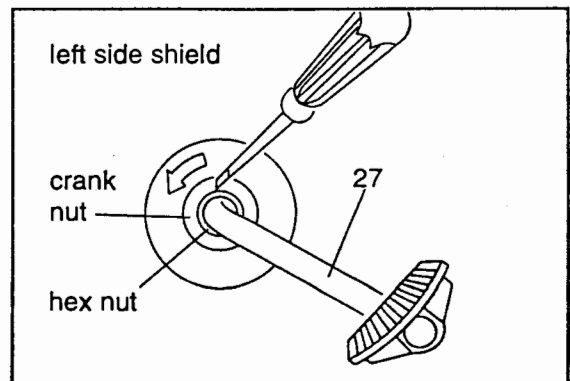
CENTERING THE TENSION BRACKET

If a grinding noise is heard as you pedal, the Tension Bracket (35) should be adjusted. Disconnect the link arms from the pedals, remove the pedals, and remove the side shields (see ADJUSTING THE TENSION BELT above). Hold the 3/8" Hex Nut (66) with a wrench. If the Tension Bracket is touching the right side of the Resistance Disk (22), turn the Tension Bracket Bolt (60) clockwise until the Tension Bracket is centered. If the Tension Bracket is touching the left side of the Resistance Disk, turn the Bolt counterclockwise. Reattach the side shields, neck shields and pedals.



TIGHTENING THE CRANK ARMS

If the crank arms become loose, they should be tightened in order to prevent excessive wear. Loosen the hex nut on the left arm of the Crank (27). Place the end of a standard screwdriver in one of the grooves in the crank nut. Lightly tap the screwdriver with a hammer to turn the crank nut counterclockwise, until the crank arms are no longer loose. **Do not overtighten the crank nut.** When the crank nut is properly tightened, tighten the hex nut.



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 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.

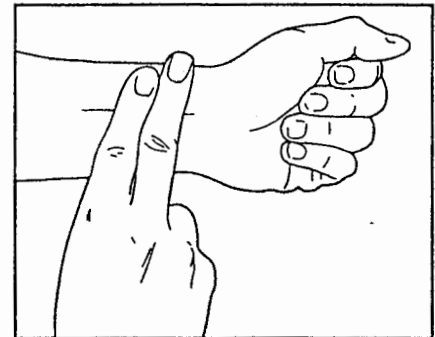
EXERCISE INTENSITY

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 for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
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, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.

To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat 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 proper level.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and reduce soreness and other post-exercise problems. 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.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

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.

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 both legs.

Stretches: Hamstrings, lower back and groin.

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 both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

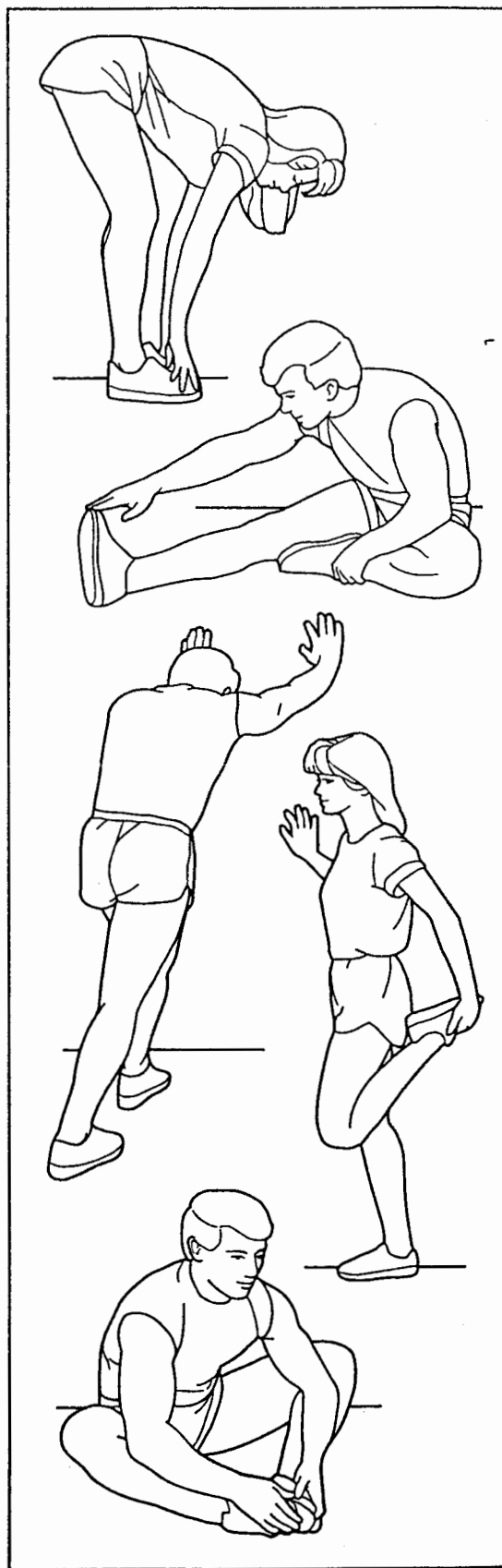
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

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. WLEX69050

R0595A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	39	1	Small Spring
2	1	Console Mount	40	2	Foam Grip
3	2	5/8" Plastic Cap	41	1	Large Spring
4	1	Accessory Tray	42	1	Roller Axle
5	1	Seat	43	2	Roller Bushing
6	1	Seat Post	44	1	Resistance Knob
7	4	1/4" Seat Nut	45	1	Seat Post Glide
8	1	Seat Pin	46	2	1/2" Nylon Locknut
9	2	Handlebar	47	1	Crank Hardware
10	2	Pedal	48	1	Tension Cable
11	1	Frame	49	4	5/16" Pedal Nut
12	2	Endcap	50	2	Pedal Cap
13	1	Stabilizer	51	2	11/16" Spring Washer
14	2	5/16" x 1 1/4" Bolt	52	2	Pedal Spring
15	10	#8 x 1" Screw	53	5	#8 x 3/4" Screw
16	1	Left Side Shield	54	2	11/16" Washer
17	2	5/16" x 18 Nylon Locknut	55	2	Pedal Bushing
18	2	1/4" Hex Nut	56	2	9/16" Washer
19	2	3/8" Flat Washer	57	2	5/8" Spacer
20	2	Bearing	58	2	Link Arm Bushing
21	4	#6 x 1/2" Screw	59	2	3/8" Axle Cap
22	1	Resistance Disk	60	1	Tension Bracket Bolt
23	1	Flywheel Axle	61	1	Magnet
24	2	Roller	62	2	9/16" Pedal Spacer
25	1	Flywheel	63	2	5/8" Handlebar Spacer
26	1	Lock Ring	64	2	Eye Bolt
27	1	Crank	65	4	5/16" Washer
28	1	Tension Belt	66	1	3/8" Hex Nut
29	1	Tension Pulley	67	1	Left Neck Shield
30	1	Seat Post Collar	68	1	Right Neck Shield
31	1	Pulse Earclip	69	6	3/4" Tec Screw
32	4	Handlebar Bushing	70	1	3/8" Nylon Washer
33	2	1/4" x 1/2" Hex Head Bolt	71	1	Reed Switch/Sensor Wire
34	1	Right Side Shield	#	1	Screwdriver/Wrench Tool
35	1	Tension Bracket	#	1	Socket Tool
36	2	5/16" x 1 3/4" Bolt	#	1	Allen Wrench
37	2	Link Arm	#	4	M-Clip
38	2	Pedal Shaft	#	1	User's Manual

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.

ORDERING 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:

1. The MODEL NUMBER of the product (WLEX69050).
2. The NAME of the product (WESLO® PURSUIT 690 exercise bike).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

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