

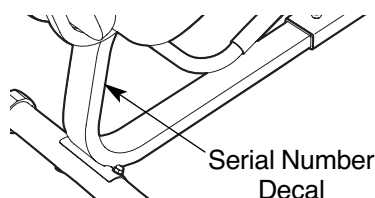
WESLO®

Pursuit 5.0 R

Model No. WLEX71407.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

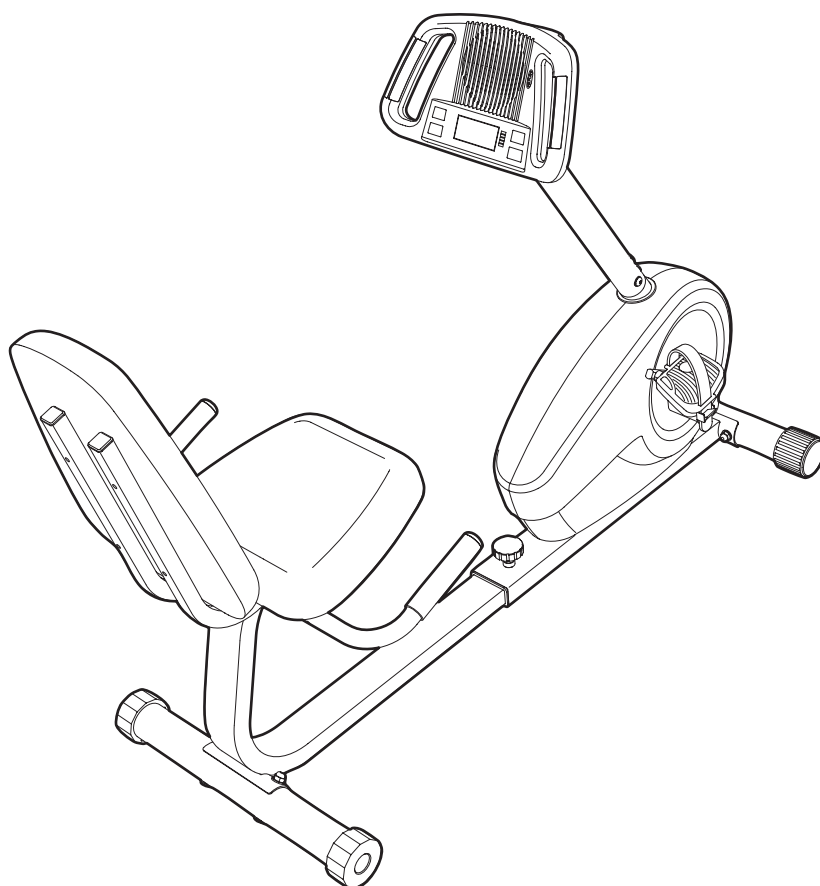
1-866-699-3756

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

www.wesloservice.com



⚠ CAUTION

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



Visit our website at

www.weslo.com

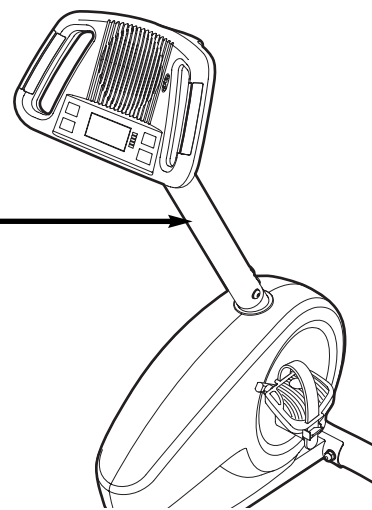
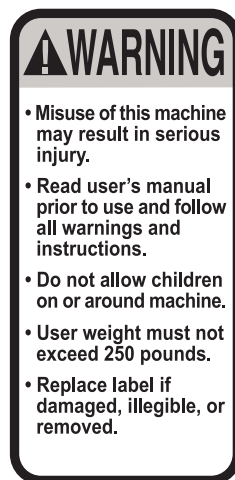
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WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.**
Note: The decal may not be shown at actual size.



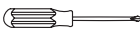


IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise cycle before using your exercise cycle. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

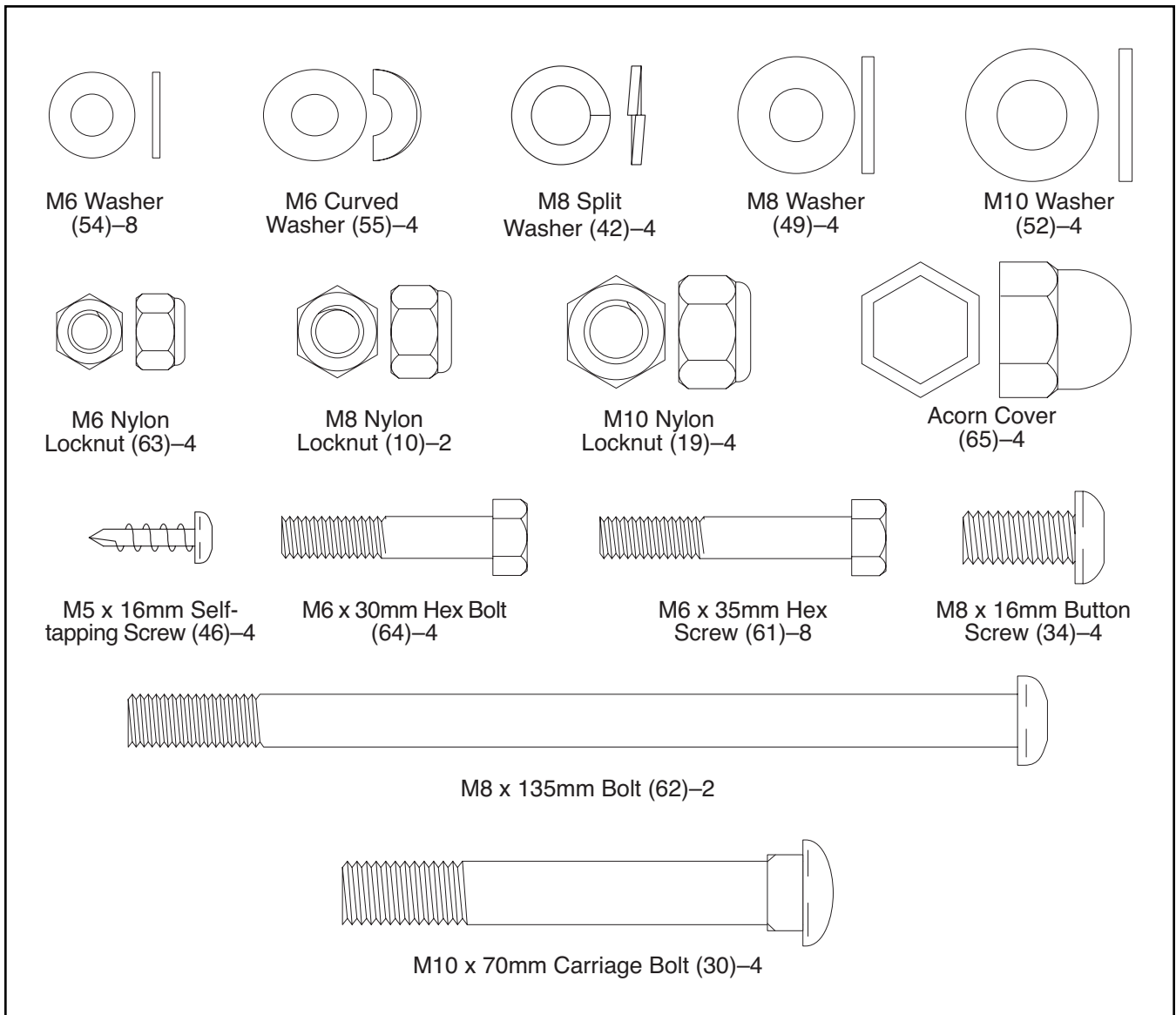
1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Your exercise cycle is intended for home use only. Do not use your exercise cycle in a commercial, rental, or institutional setting.
4. Keep your exercise cycle indoors, away from moisture and dust. Place your exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise cycle at all times.
7. Your exercise cycle should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection while exercising.
9. 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.
10. Keep your back straight while using your exercise cycle; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. Use your exercise cycle only as described in this manual.

ASSEMBLY

To hire an authorized service technician to assemble the exercise cycle, call toll-free 1-800-445-2480.

Assembly requires two persons. 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. **In addition to the included tools, assembly requires a Phillips screwdriver** , **two adjustable wrenches** , and **pliers**  .

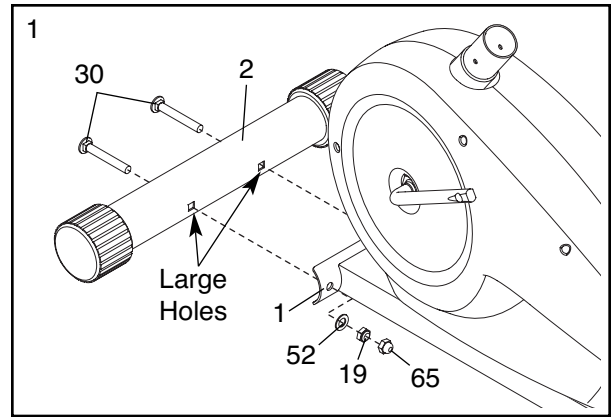
As you assemble the exercise cycle, use the drawings below to identify the small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**



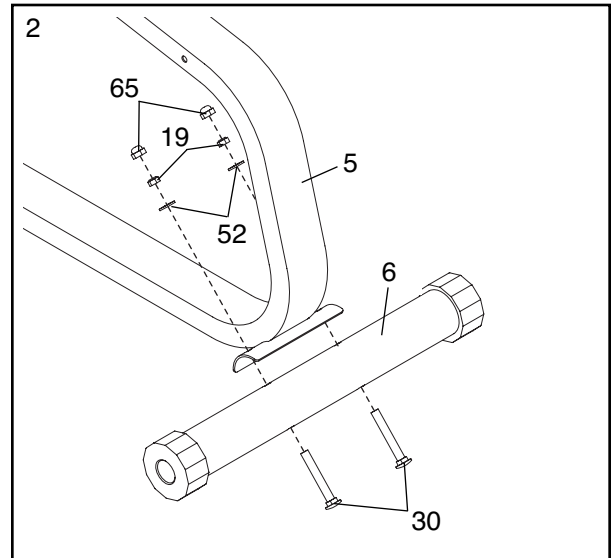
1.

To make assembly easier, read the information on page 5 before you begin assembling the exercise cycle.

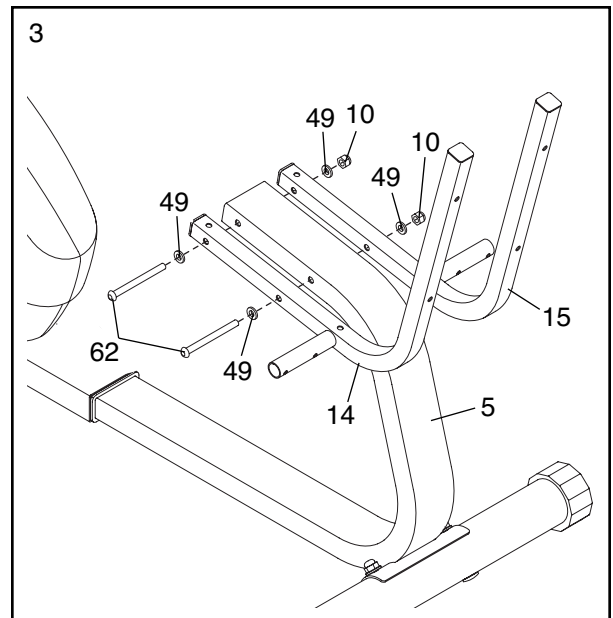
Turn the Front Stabilizer (2) so that the large holes are facing the Frame (1). Attach the Front Stabilizer to the Frame with two M10 x 70mm Carriage Bolts (30), two M10 Washers (52), two M10 Nylon Locknuts (19), and two Acorn Covers (65).



2. Attach the Rear Stabilizer (6) to the Seat Frame (5) with two M10 x 70mm Carriage Bolts (30), two M10 Washers (52), two M10 Nylon Locknuts (19), and two Acorn Covers (65).

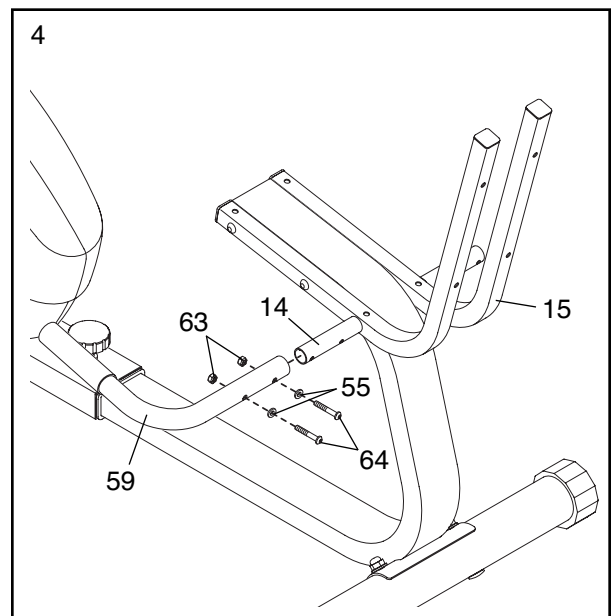


- Attach the Left and Right Seat Brackets (14, 15) to the Seat Frame (5) with two M8 x 135mm Bolts (62), four M8 Washers (49), and two M8 Nylon Locknuts (10) as shown. **Do not tighten the Nylon Locknuts yet.**



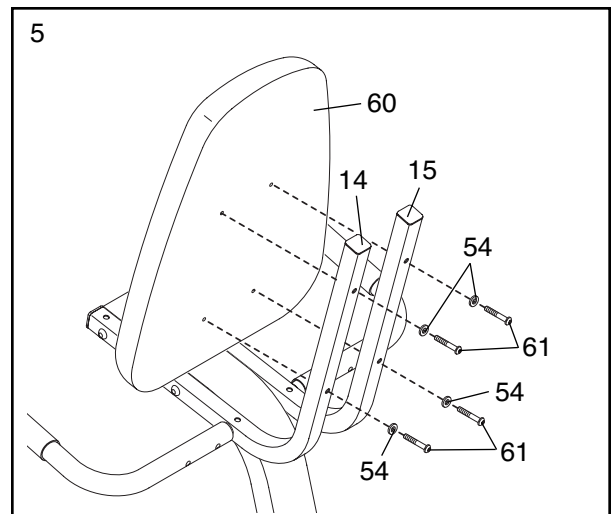
- Attach a Seat Handle (59) to the round tube on the Left Seat Bracket (14) with two M6 x 30mm Hex Bolts (64), two M6 Curved Washers (55), and two M6 Nylon Locknuts (63).

Attach the other Seat Handle (not shown) to the Right Seat Bracket (15) in the same way.

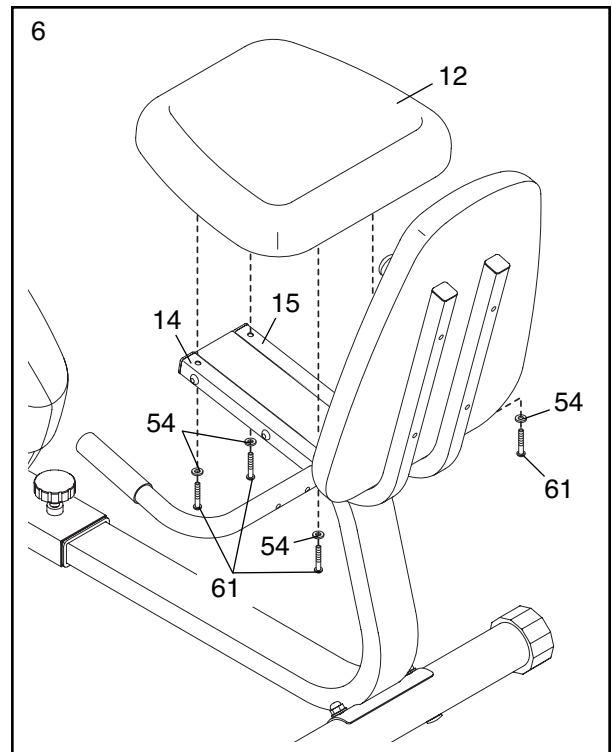


- Attach the Backrest (60) to the Seat Brackets (14, 15) with four M6 x 35mm Hex Screws (61) and four M6 Washers (54).

See step 3. Tighten the two M8 Nylon Locknuts (10).

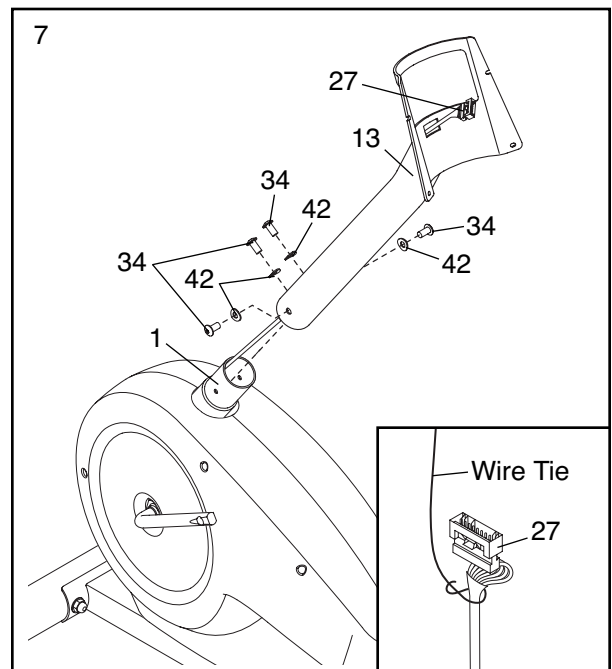


6. Attach the Seat (12) to the Seat Brackets (14, 15) with four M6 x 35mm Hex Screws (61) and four M6 Washers (54).

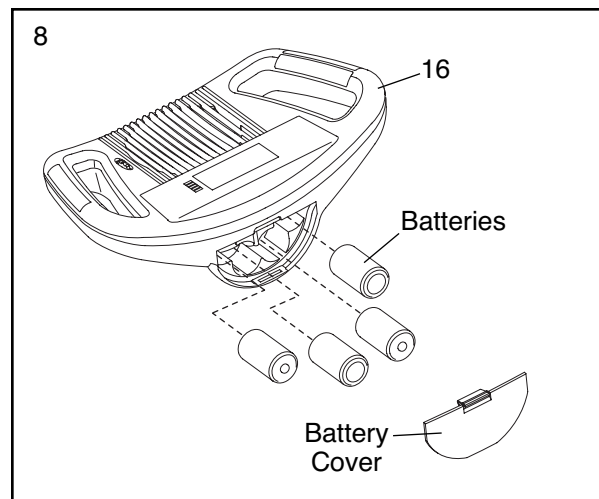


7. Have another person hold the Upright (13) near the front of the Frame (1). Locate the wire tie (see the inset drawing) in the Upright. Tie the lower end of the wire tie to the Wire Harness (27). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

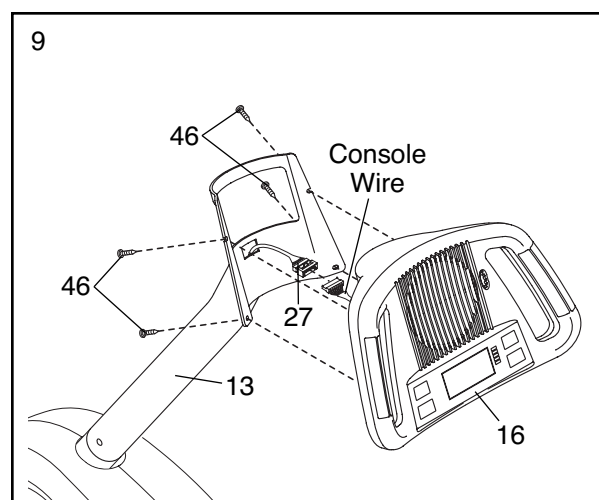
Tip: Start all screws before tightening any of them. Also, be careful to avoid pinching the wires during this step. Insert the Upright (13) into the Frame (1). Attach the Upright to the Frame with four M8 x 16mm Button Screws (34) and four M8 Split Washers (42).



8. The Console (16) requires four 1.5V “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the exercise cycle has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the battery cover and insert four batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the diagram inside the Console.** Then, reattach the battery cover.

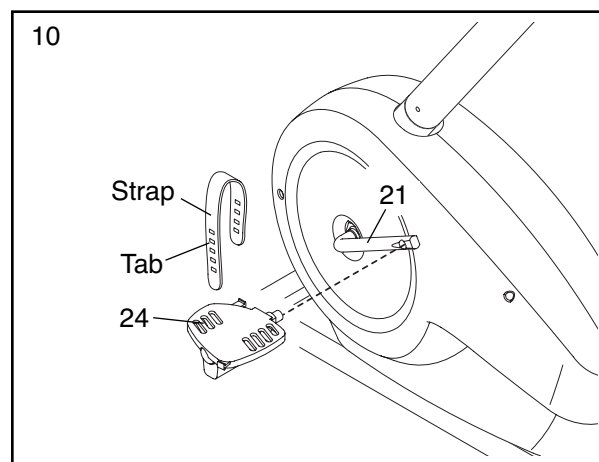


9. **Tip: Be careful to avoid pinching the wires during this step.** While another person holds the Console (16) near the Upright (13), connect the console wire to the Wire Harness (27). Then, insert the wires downward into the Upright. Attach the Console to the Upright with four M5 x 16mm Self-tapping Screws (46). **Be careful to avoid pinching the wires.**



10. Identify the Left Pedal (24), which is marked with an “L” sticker. Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (21). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **IMPORTANT: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

Adjust the strap on the Left Pedal (24) to the desired position, and press the end of the strap onto the tab on the Left Pedal. Adjust the strap on the Right Pedal (not shown) in the same way.



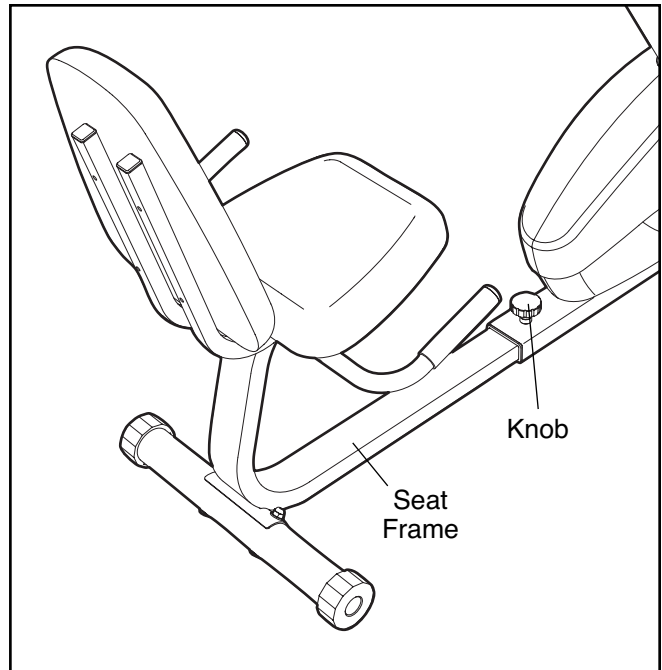
11. **Make sure that all parts are properly tightened before you use the exercise cycle.** After assembly is completed, some extra parts may be left over. Place a mat under the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

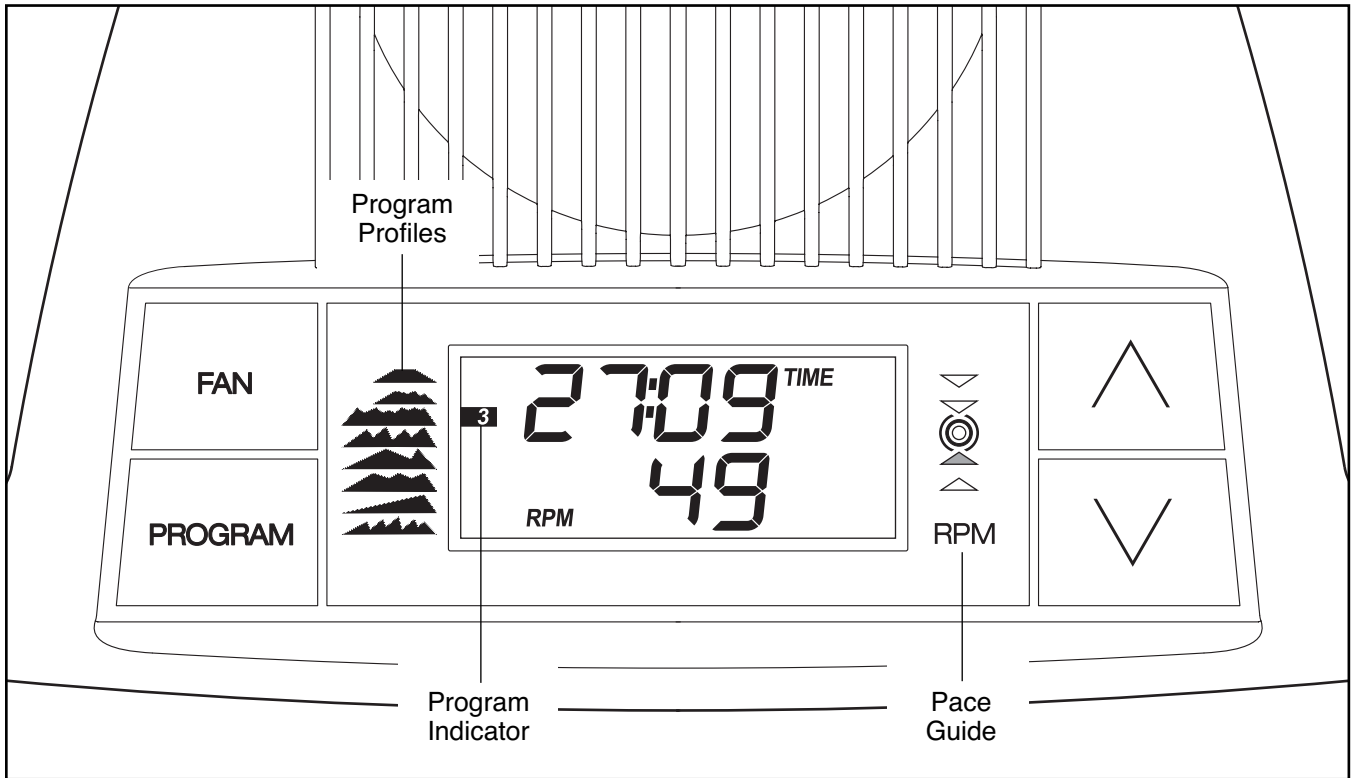
HOW TO ADJUST THE SEAT FRAME

For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the most forward position.

To adjust the seat frame, first loosen the adjustment knob on the frame. Slide the seat frame forward or backward to the desired position. Then, retighten the adjustment knob.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

This advanced console offers a selection of features designed to make your workouts more effective. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

The console also offers eight preset programs that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

To use the manual mode of the console, see the instructions on page 12. **To use a preset program,** see page 14.

HOW TO USE THE MANUAL MODE

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1. Turn on the console.

To turn on the console, press the increase button or begin pedaling. The pace guide will light for a moment; the console will then be ready for use.

2. Select the manual mode.

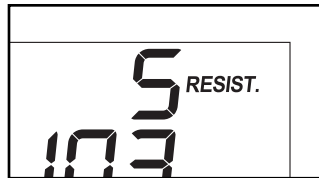
When you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Program button repeatedly until no program indicators (see the drawing on page 11) appear along the left side of the display.



3. Change the resistance of the pedals as desired.

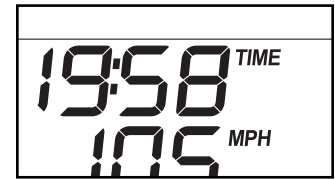
As you pedal, change the resistance of the pedals by pressing the increase and decrease buttons.

There are ten resistance levels. Note: After you press the buttons, it may take a moment for the pedals to reach the selected resistance level.



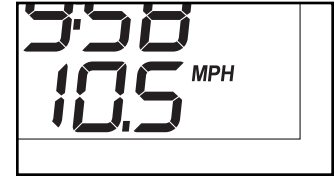
4. Follow your progress with the display.

The upper half of the display will show the elapsed time, the distance (in miles) you have pedaled, and the resistance level of the pedals.



The display will change modes every few seconds. Note: When a preset program is selected, the display will show the time remaining in the program instead of the elapsed time.

The lower half of the display will show your pedaling speed (in miles per hour), and the approximate number of calories you have burned.

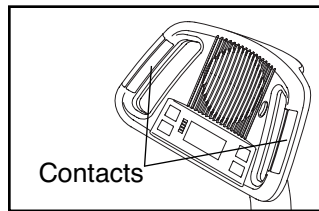


The display will change modes every few seconds. The lower half of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 13).

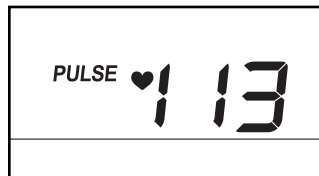
5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic.

Next, hold the handgrip pulse sensor with your palms resting on the contacts. When your pulse is detected, the heart-shaped indicator in the lower half of the display will flash, and then your heart rate will appear in the display.



For the most accurate heart rate reading, continue to hold the handgrip pulse sensor for about 30 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for about 30 seconds. The display will then show your heart rate along with the other modes.

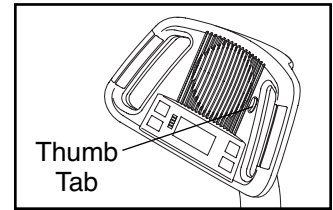


If your heart rate does not appear, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

To adjust the angle of the fan, rotate the thumb tab on the right side of the fan.



7. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the time will begin to flash in the display and the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

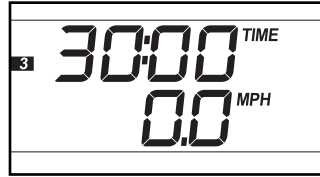
HOW TO USE A PRESET PROGRAM

1. Turn on the console.

See step 1 on page 12.

2. Select a preset program.

To select a preset program, press the Program button repeatedly until the number 1, 2, 3, 4, 5, 6, 7, or 8 appears along the left side of the display. When you select a preset program, the display will show the length of the program.

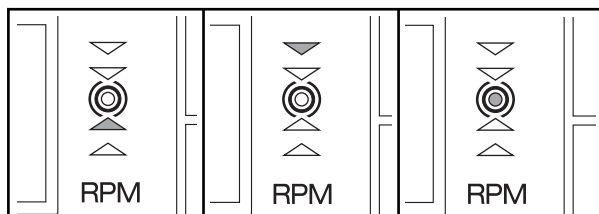


3. Begin pedaling to start the program.

The preset programs consist of 20 or 30 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for consecutive segments.

At the end of each segment, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment.

During the workout, the pace guide will prompt you to keep your pedaling pace near the target pace setting for the current segment. When one of the two lower indicators lights, increase your pace. When one of the two upper indicators lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**



If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the decrease and increase buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

The display will show the time remaining in the program. If you stop pedaling for a few seconds, the program will pause and the time will flash in the display. To restart the program, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 12.

5. Measure your heart rate if desired.

See step 5 on page 13.

6. Turn on the fan if desired.

See step 6 on page 13.

7. When you are finished exercising, the console will turn off automatically.

See step 7 on page 13.

MAINTENANCE AND TROUBLESHOOTING

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

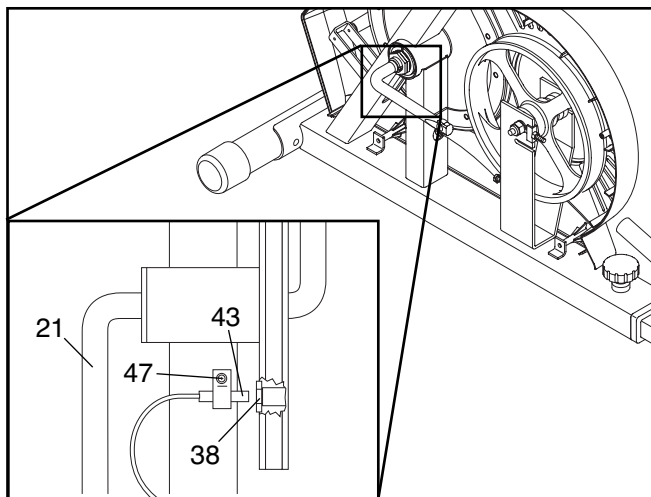
To clean the exercise cycle, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 8 on page 9.

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, you must first remove the left pedal and the left side shield. Using an adjustable wrench, turn the left pedal clockwise and remove it. Next, remove the screws from the left side shield. Then, carefully remove the left side shield.



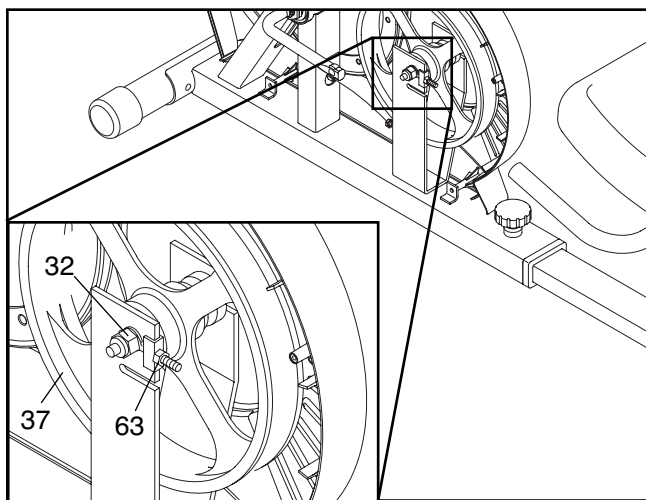
With the left side shield removed, locate the Reed Switch (43). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4 x 15mm Self-tapping Screw (47). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Self-tapping Screw. Turn the Crank for a moment. Repeat these actions 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 BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is at the highest level, the belt may need to be adjusted.

To adjust the belt, first remove the left pedal and the left side shield. Using an adjustable wrench, turn the left pedal clockwise and remove it. Next, remove the screws from the left side shield.

Next, loosen the two 3/8" Locknuts (32), one on each side of the Flywheel (37). Then, tighten the M6 Nylon Locknuts (63), one on each side of the Flywheel, until the belt is properly tightened. Finally, tighten the M8 Nylon Locknuts. Then, reattach the side shield covers.



EXERCISE GUIDELINES

⚠ 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.

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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *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 lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to 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

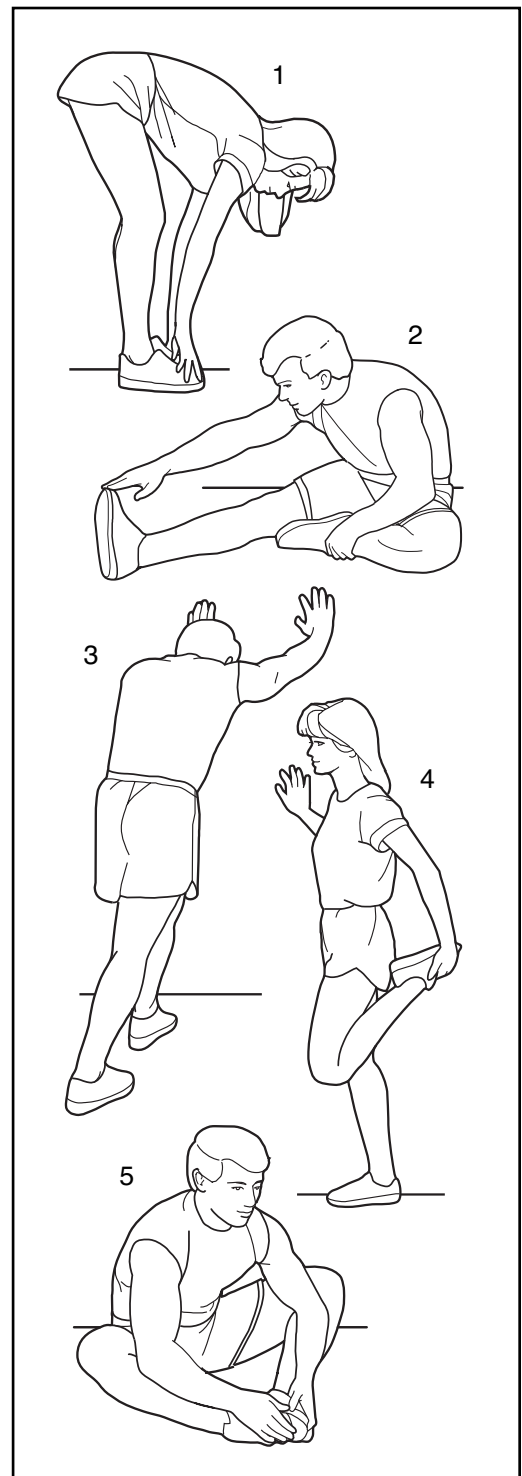
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. WLEX71407.0

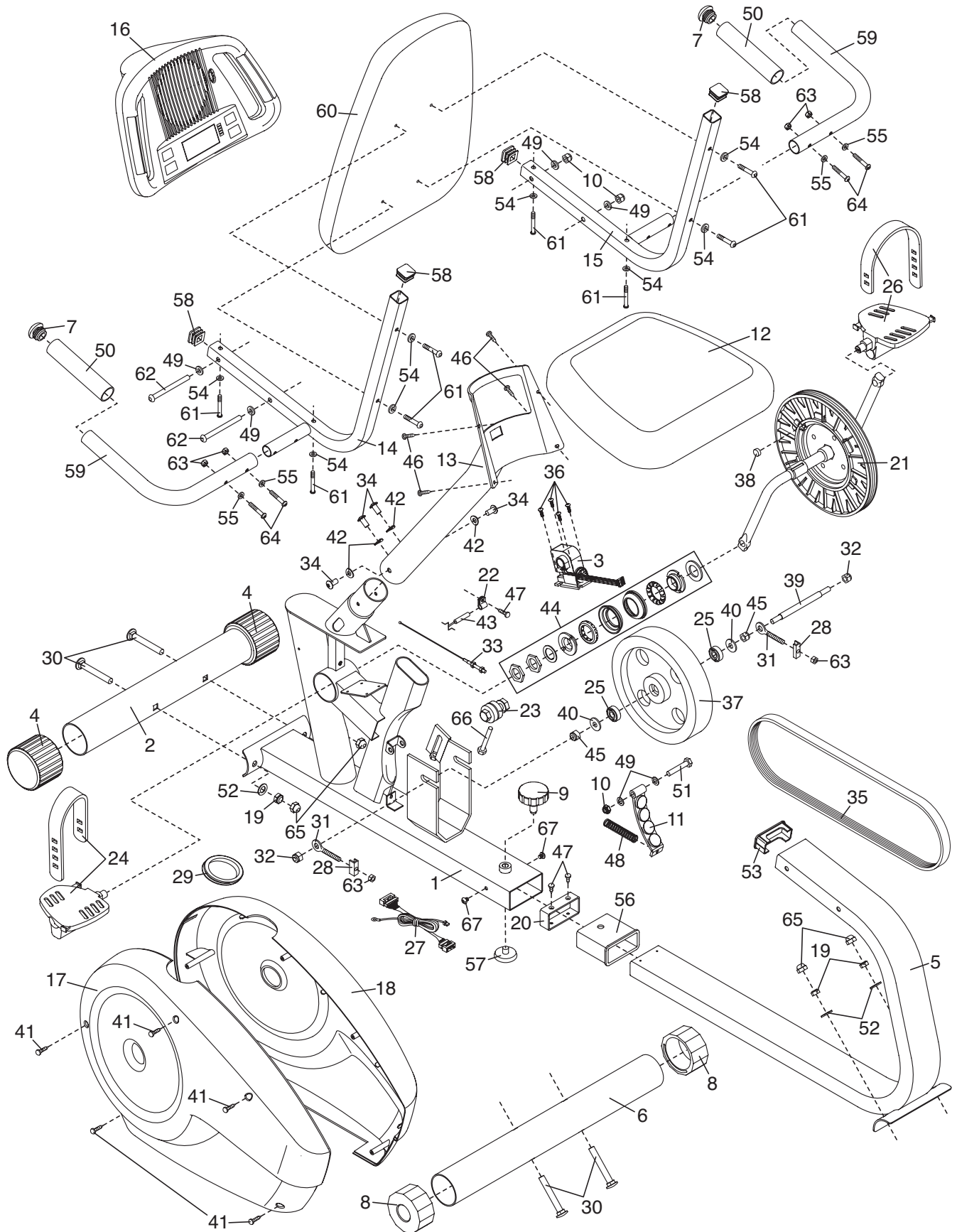
R0707A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	4	M5 x 12mm Screw
2	1	Front Stabilizer	37	1	Flywheel Assembly
3	1	Resistance Motor	38	1	Magnet
4	2	Front Stabilizer Endcap	39	1	Flywheel Axle
5	1	Seat Frame	40	2	M10 Small Washer
6	1	Rear Stabilizer	41	5	M4 x 25mm Screw
7	2	Handlebar Endcap	42	4	M8 Split Washer
8	2	Rear Stabilizer Endcap	43	1	Reed Switch/Wire
9	1	Adjustment Knob	44	1	Crank Bearing Set
10	3	M8 Nylon Locknut	45	2	3/8" Nut
11	1	"C" Magnet	46	4	M5 x 16mm Self-tapping Screw
12	1	Seat	47	3	M4 x 15mm Self-tapping Screw
13	1	Upright	48	1	Spring
14	1	Left Seat Bracket	49	6	M8 Washer
15	1	Right Seat Bracket	50	2	Foam Grip
16	1	Console	51	1	M8 x 45mm Hex Bolt
17	1	Left Side Shield	52	4	M10 Washer
18	1	Right Side Shield	53	1	Seat Frame Endcap
19	4	M10 Nylon Locknut	54	8	M6 Washer
20	1	Seat Frame Bushing	55	4	M6 Curved Washer
21	1	Crank/Pulley	56	1	Frame Bushing
22	1	Reed Switch Clamp	57	1	Foot
23	1	Idler Assembly	58	4	Square Cap
24	1	Left Pedal/Strap	59	2	Seat Handle
25	2	6000Z Bearing	60	1	Backrest
26	1	Right Pedal/Strap	61	8	M6 x 35mm Hex Screw
27	1	Wire Harness	62	2	M8 x 135mm Bolt
28	2	U-bracket	63	6	M6 Nylon Locknut
29	1	Frame Grommet	64	4	M6 x 30mm Hex Bolt
30	4	M10 x 70mm Carriage Bolt	65	4	Acorn Cover
31	2	Eyebolt	66	1	Idler Bolt
32	2	3/8" Locknut	67	2	M6 x 5mm Button Bolt
33	1	Resistance Cable	*	—	User's Manual
34	4	M8 x 16mm Button Screw	*	—	Hex Key
35	1	Belt			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WLEX71407.0

R0707A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

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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. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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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