

WESLO[®]

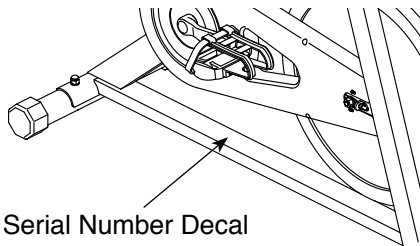
pursuit CST 4.4

www.weslo.com

Model No. WLEX82014.0

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.wesloservice.com/registration.

CUSTOMER CARE

For service at any time, go to www.wesloservice.com.

Or call 1-866-699-3756
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

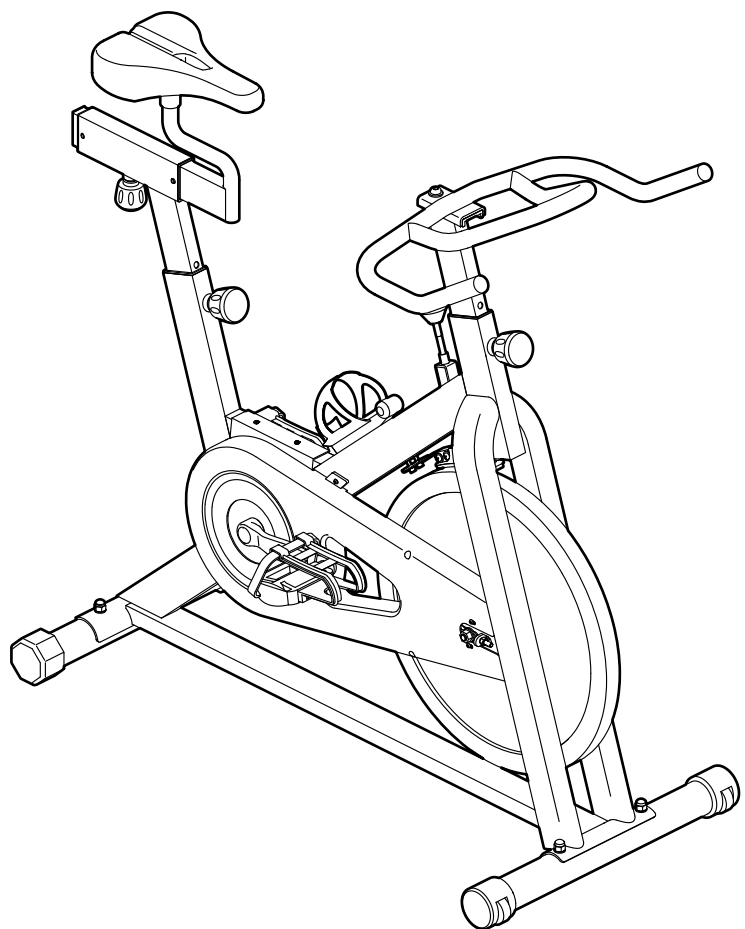
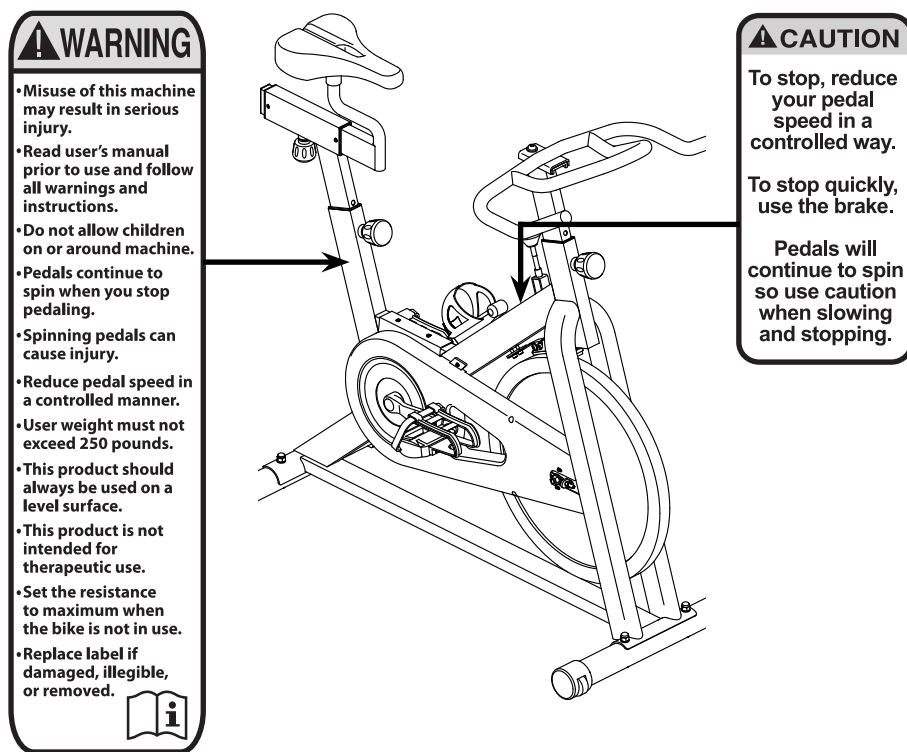


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) 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 bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
11. Be careful when mounting and dismounting the exercise bike.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. To stop the flywheel quickly, press the resistance knob downward.
15. When the exercise bike is not in use, tighten the resistance knob completely to prevent the flywheel from moving.
16. To avoid damaging the brake pads, do not lubricate the brake pads.
17. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



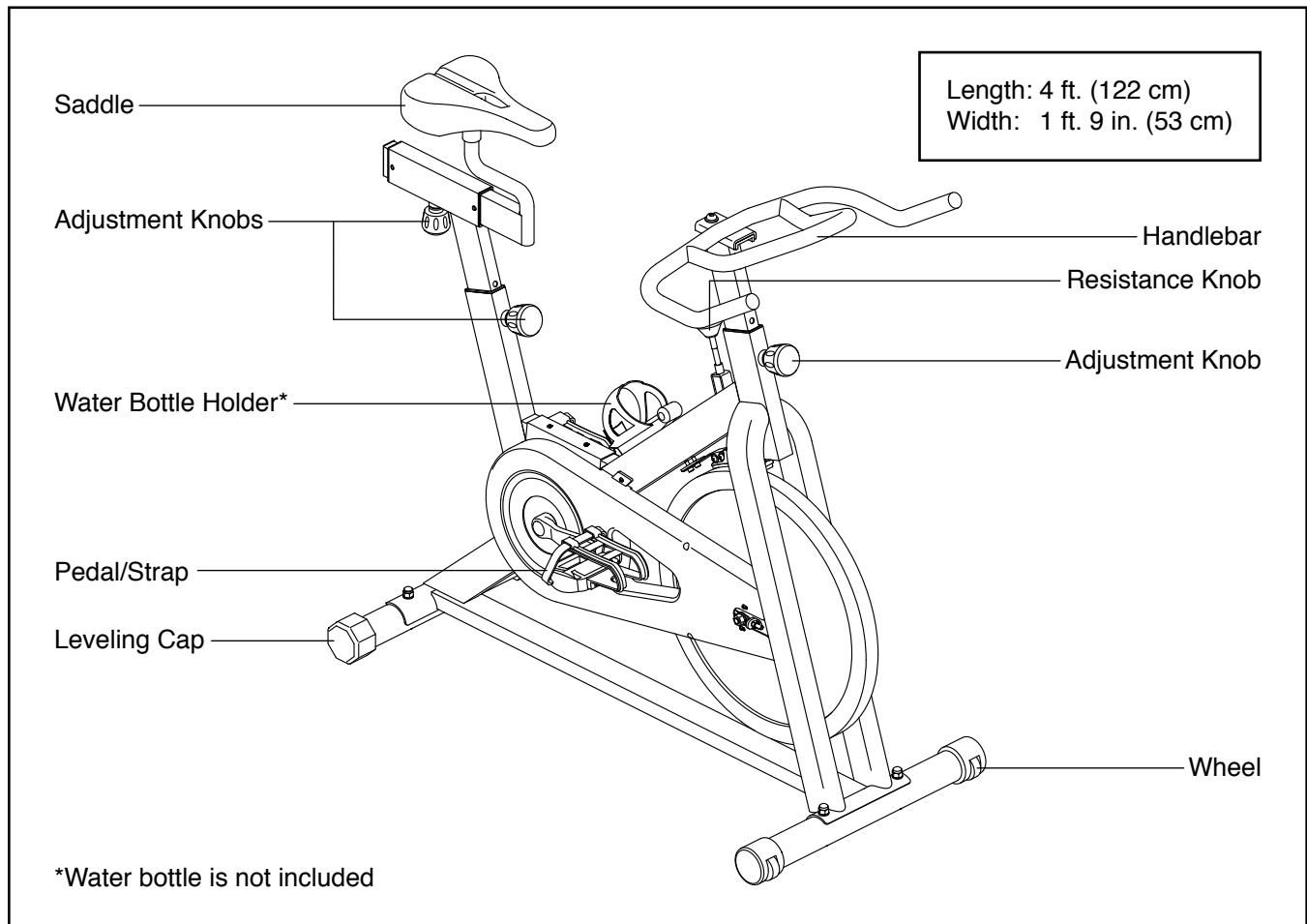
BEFORE YOU BEGIN

Thank you for selecting the new WESLO® PURSUIT CST 4.4 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The PURSUIT CST 4.4 exercise bike provides a selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions after

reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

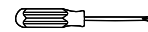


ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- In addition to the included tool(s), assembly requires the following tool(s):

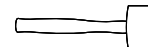
one Phillips screwdriver



one adjustable wrench



one rubber mallet



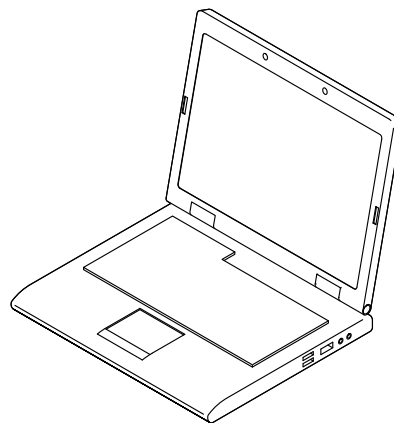
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.weslo.com/registration on your computer and register your product.**

- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.

1

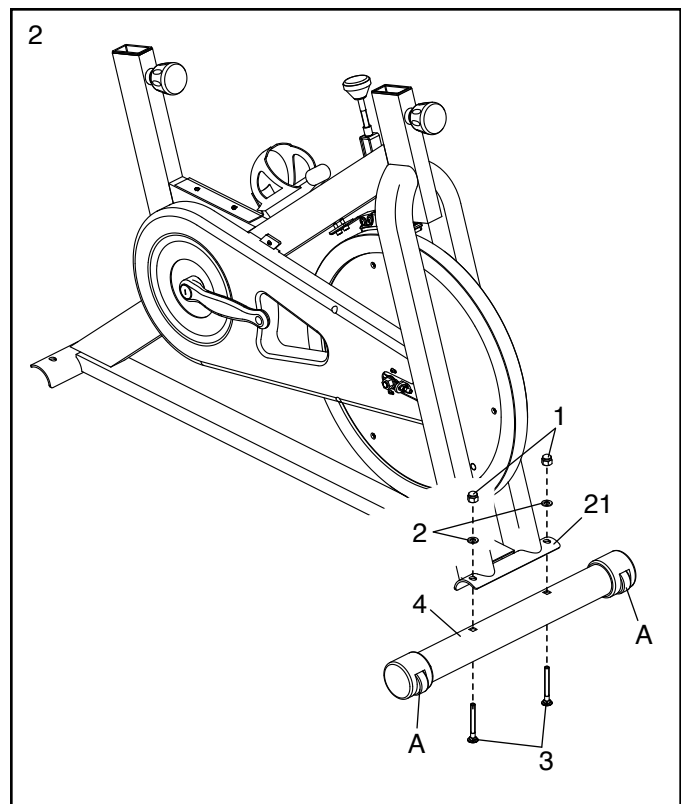


2. If there are shipping tubes (not shown) attached to the Frame (21), remove and discard the shipping tubes and the hardware attaching them.

Orient the Front Stabilizer (4) so that the wheels (A) are in the position shown.

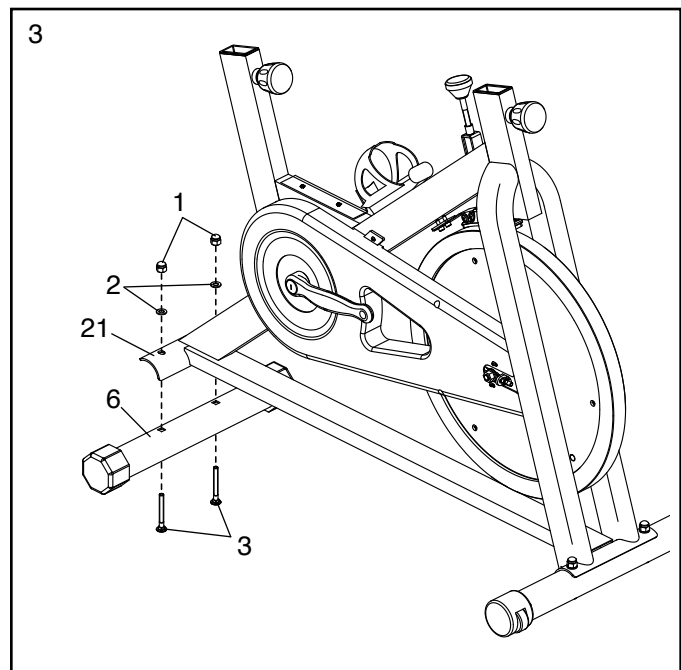
Tip: Identify the M8 Washers (2) and the M8 Black Washers (not shown). Do not confuse the M8 Washers with the M8 Black Washers.

Attach the Front Stabilizer (4) to the Frame (21) with two M8 x 60mm Carriage Bolts (3), two M8 Washers (2), and two M8 Acorn Nuts (1).



3. **Tip: Identify the M8 Washers (2) and the M8 Black Washers (not shown). Do not confuse the M8 Washers with the M8 Black Washers.**

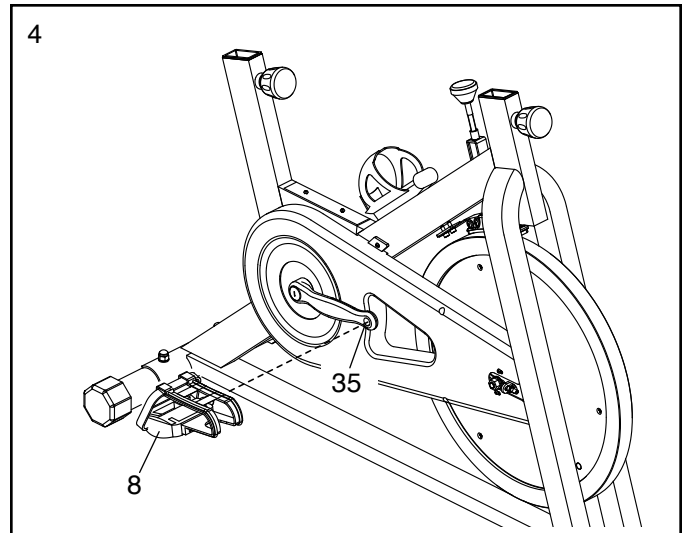
Attach the Rear Stabilizer (6) to the Frame (21) with two M8 x 60mm Carriage Bolts (3), two M8 Washers (2), and two M8 Acorn Nuts (1).



4. Identify the Right Pedal (8).

Using an adjustable wrench, **firmly tighten** the Right Pedal (8) **clockwise** into the Right Crank Arm (35).

Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.

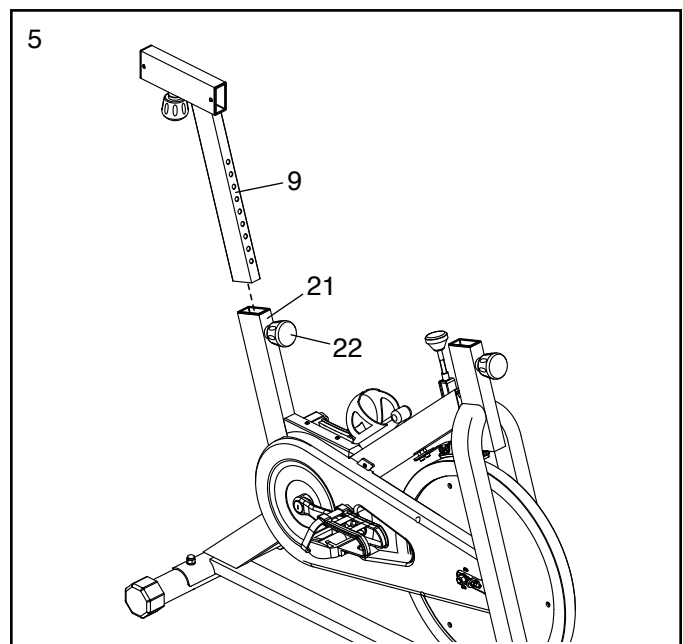


5. Orient the Saddle Post (9) as shown.

Locate the Adjustment Knob (22) on the rear of the Frame (21). Loosen the Adjustment Knob and pull it outward. Then, insert the Saddle Post (9) into the Frame.

Move the Saddle Post (9) upward or downward to the desired position, release the Adjustment Knob (22) into an adjustment hole in the Saddle Post, and then tighten the Adjustment Knob.

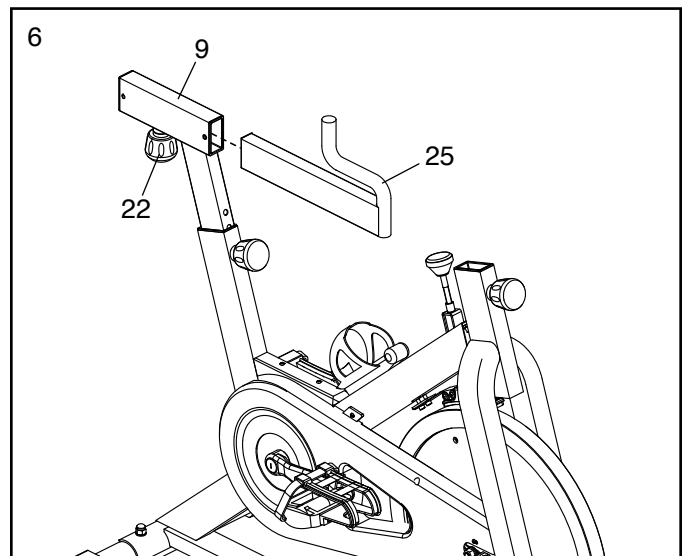
Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.



6. Orient the Saddle Carriage (25) as shown.

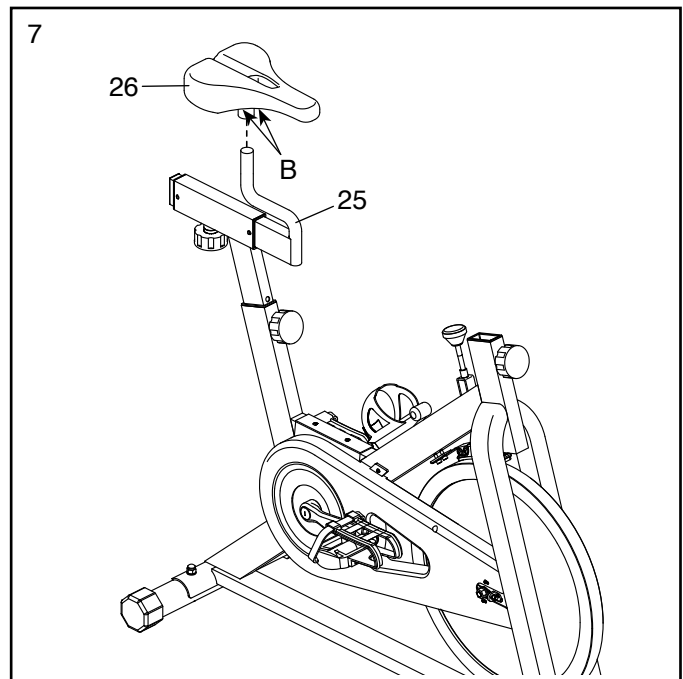
Locate the Adjustment Knob (22) on the Saddle Post (9). Loosen the Adjustment Knob and pull it outward. Then, insert the Saddle Carriage (25) into the Saddle Post.

Slide the Saddle Carriage (25) to the desired position and then release the Adjustment Knob (22) into one of the adjustment holes in the Saddle Carriage. **Make sure that the Adjustment Knob is engaged in an adjustment hole.**



7. Orient the Saddle (26) as shown.

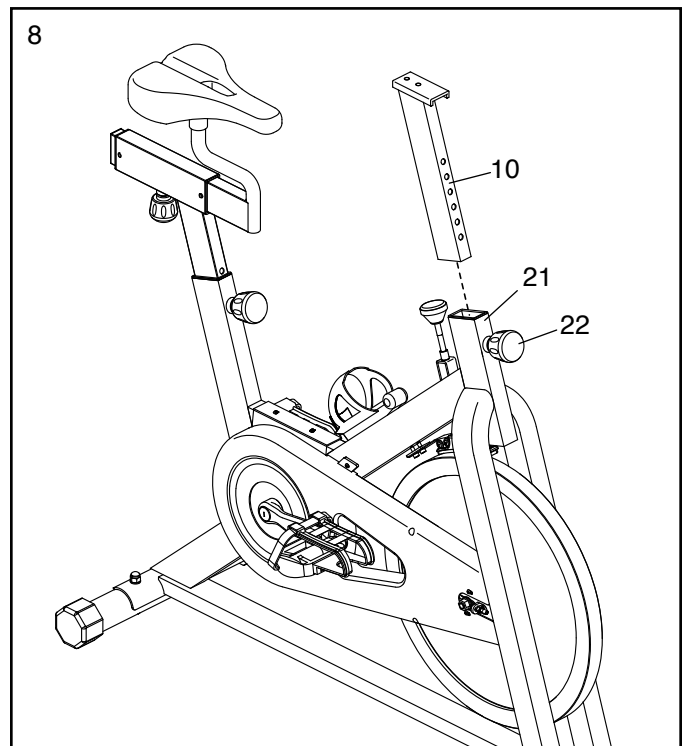
Slide the Saddle (26) onto the Saddle Carriage (25); **make sure that the Saddle is level and is pointing straight ahead.** Then, tighten the two M8 Hex Nuts (B).



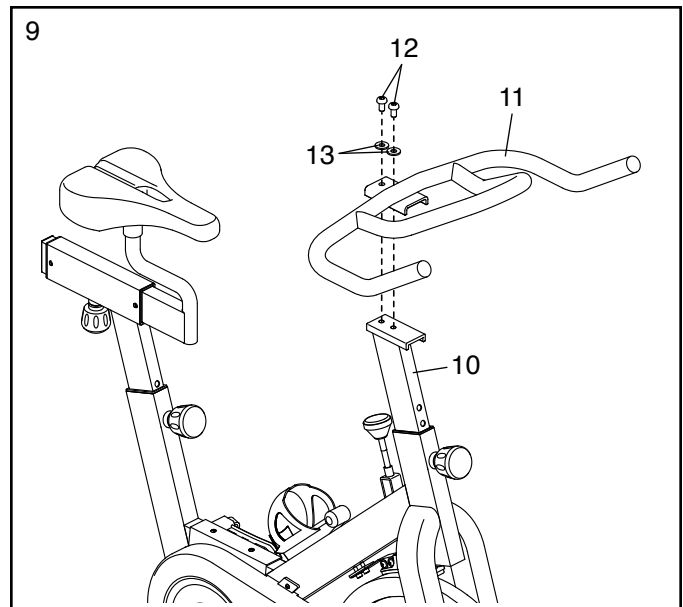
8. Orient the Handlebar Post (10) as shown.

Locate the Adjustment Knob (22) on the front of the Frame (21). Loosen the Adjustment Knob and pull it outward. Then, insert the Handlebar Post (10) into the Frame.

Move the Handlebar Post (10) upward or downward to the desired position, release the Adjustment Knob (22) into an adjustment hole in the Handlebar Post, and then tighten the Adjustment Knob. **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**



9. Attach the Handlebar (11) to the Handlebar Post (10) with two M8 x 16mm Screws (12) and two M8 Black Washers (13).



10. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat under the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

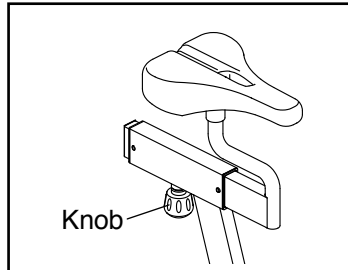
HOW TO ADJUST THE ANGLE OF THE SADDLE

You can adjust the angle of the saddle to the position that is most comfortable. You can also slide your saddle forward or backward to increase your comfort or to adjust the distance to the handlebar.

To adjust the saddle, see the drawing in assembly step 7 on page 9. Loosen the nuts on the saddle clamp a few turns, and then tilt the saddle upward or downward or slide the saddle forward or backward to the desired position. Then, retighten the nuts.

HOW TO ADJUST THE HORIZONTAL POSITION OF THE SADDLE

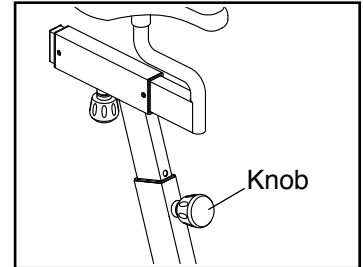
To adjust the position of the saddle, first loosen the adjustment knob and pull it downward. Then, move the saddle forward or backward, release the adjustment knob into an adjustment hole in the saddle carriage, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



HOW TO ADJUST THE SADDLE POST

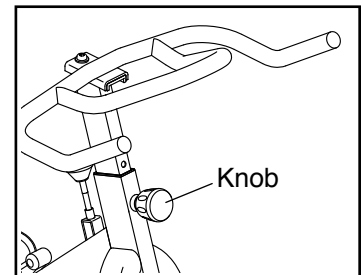
For effective exercise, the saddle should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the saddle post, first loosen the adjustment knob and pull it outward. Then, move the saddle post upward or downward, release the adjustment knob into an adjustment hole in the saddle post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



HOW TO ADJUST THE HANDLEBAR POST

To adjust the height of the handlebar post, first loosen the adjustment knob and pull it outward. Then, move the handlebar post upward or downward, release the adjustment knob into an adjustment hole in the handlebar post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**

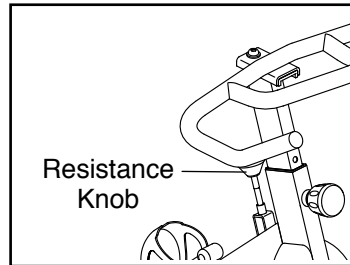


HOW TO ADJUST THE PEDAL STRAPS

To tighten the pedal straps (see the drawing on page 5), simply pull the ends of the pedal straps. To loosen the pedal straps, press and hold the tabs on the buckles, adjust the pedal straps to the desired position, and then release the tabs.

HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the resistance knob counterclockwise.



To stop the flywheel, push the resistance knob downward. The flywheel should quickly come to a complete stop.

IMPORTANT: When the exercise bike is not in use, tighten the resistance knob completely.

HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling caps on the rear stabilizer (see the drawing on page 5) until the rocking motion is eliminated.

HOW TO MAINTAIN THE EXERCISE BIKE

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

To clean the exercise bike, use a damp cloth and a small amount of mild detergent.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

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	♥
20	30	40	50	60	70	80	

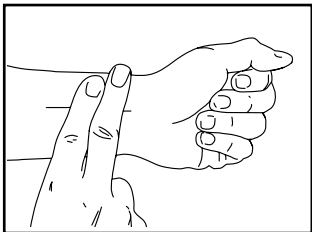
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. 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.



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.

PART LIST

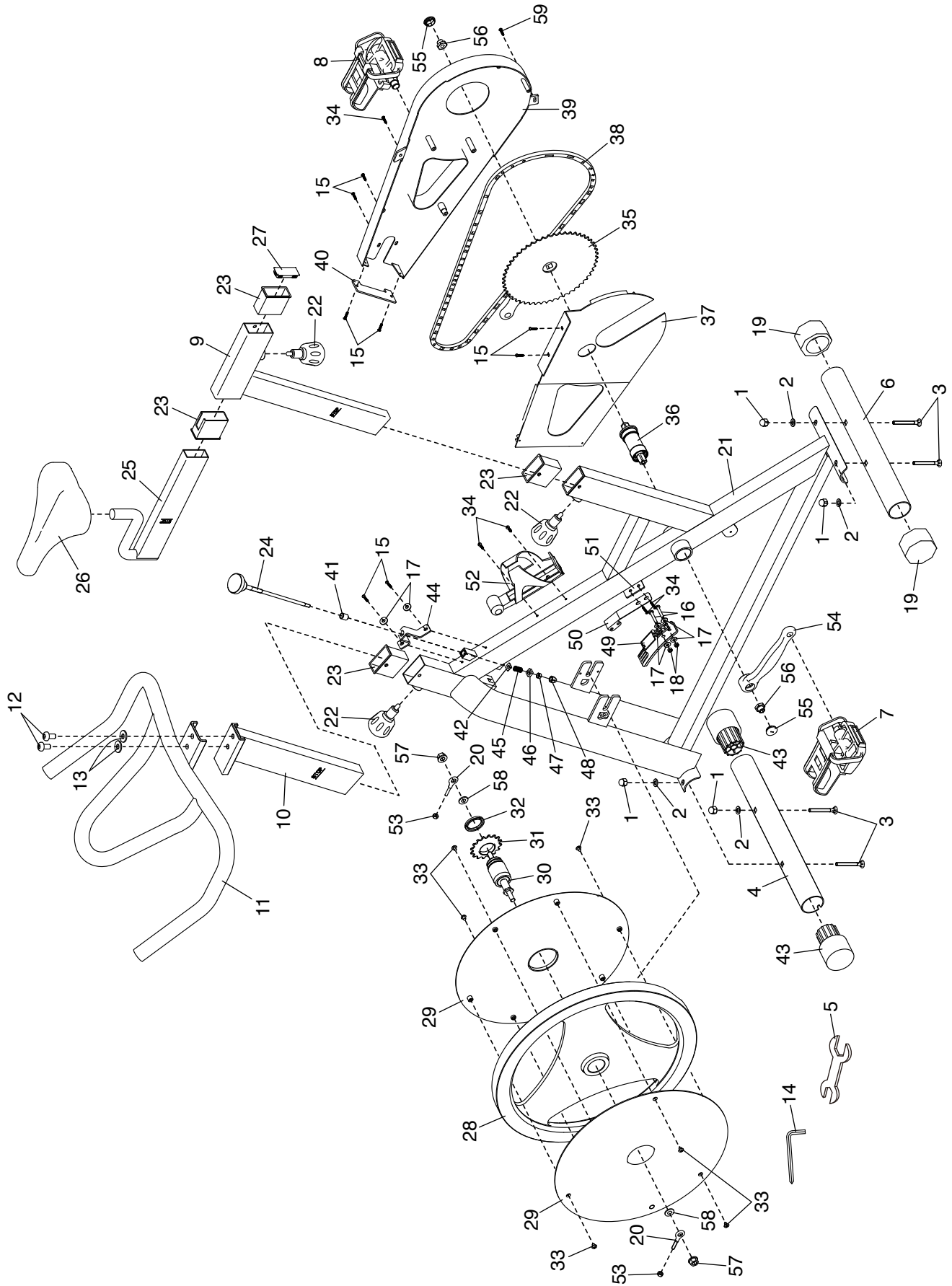
Model No. WLEX82014.0 R0415A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	M8 Acorn Nut	32	1	Lock Ring
2	4	M8 Washer	33	6	M5 x 12mm Screw
3	4	M8 x 60mm Carriage Bolt	34	5	M4 x 20mm Screw
4	1	Front Stabilizer	35	1	Right Crank Arm/Sprocket
5	1	Wrench	36	1	Bottom Bracket
6	1	Rear Stabilizer	37	1	Inner Chain Guard
7	1	Left Pedal	38	1	Chain
8	1	Right Pedal	39	1	Outer Chain Guard
9	1	Saddle Post	40	1	Guard Cover
10	1	Handlebar Post	41	1	9mm x 12mm x 14mm Spacer
11	1	Handlebar	42	1	Square Plate
12	2	M8 x 16mm Screw	43	2	Stabilizer Cap
13	2	M8 Black Washer	44	1	Upper Brake Cap
14	1	Hex Key	45	1	Compression Spring
15	8	M4 x 10mm Screw	46	1	Square Nut
16	2	M5 x 30mm Bolt	47	1	Hex Nut
17	6	M5 Washer	48	1	M6 Acorn Nut
18	2	M5 Nut	49	1	Brake Pad Assembly
19	2	Leveling Cap	50	1	Brake Bracket
20	2	M6 x 25mm Eyebolt	51	1	Isolator
21	1	Frame	52	1	Water Bottle Holder
22	3	Adjustment Knob	53	2	M6 Locknut
23	4	Sleeve	54	1	Left Crank Arm
24	1	Resistance Knob	55	2	Crank Cap
25	1	Saddle Carriage	56	2	M8 Flange Nut
26	1	Saddle	57	2	M10 Flange Nut
27	1	Carriage Cap	58	2	M10 Washer
28	1	Flywheel	59	1	M5 x 10mm Screw
29	2	Flywheel Cover	*	—	Assembly Tool
30	1	Hub	*	—	User's Manual
31	1	Sprocket			

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

EXPLODED DRAWING

Model No. WLEX82014.0 R0415A



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)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized 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. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 are limited in their 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 the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813