

WESLO®

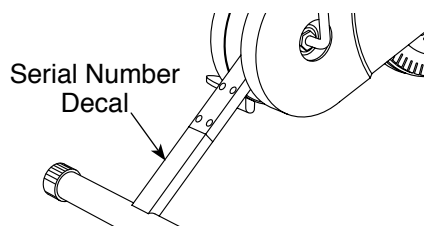
pursuit R 1.2

www.weslo.com

Model No. WLEX89912.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

1-866-699-3756

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

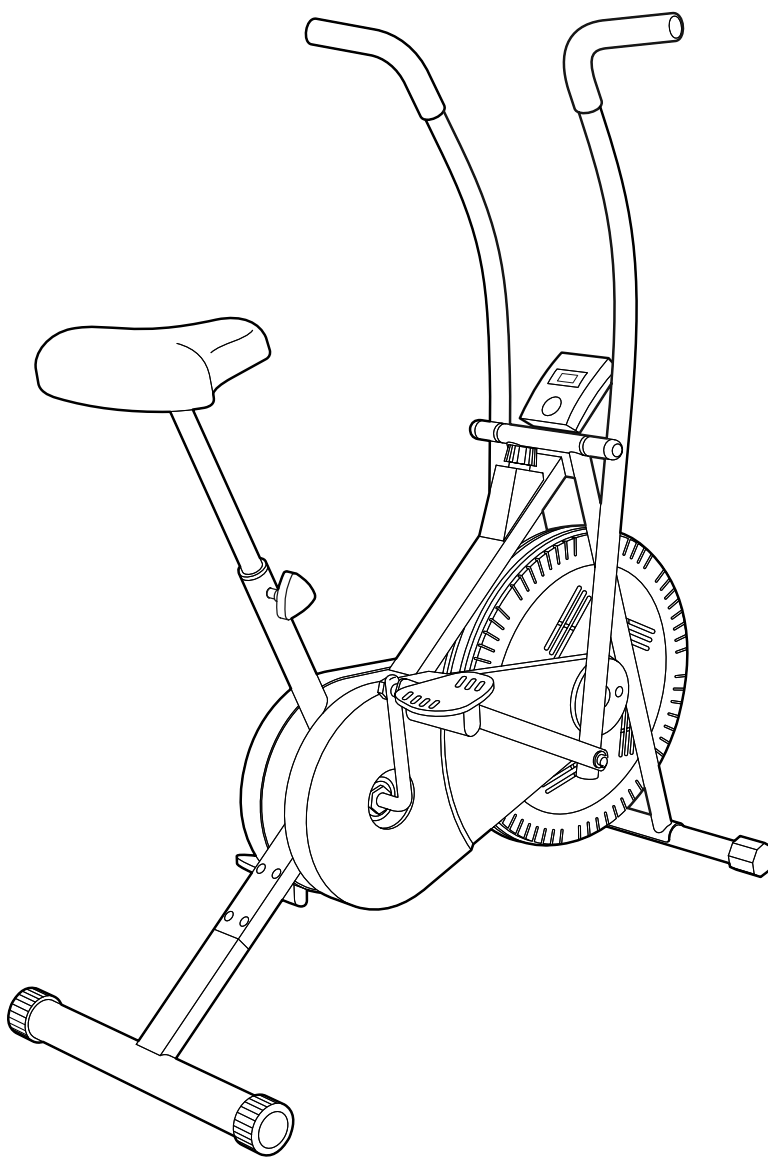
ON THE WEB:

www.wesloservice.com

CAUTION

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

USER'S MANUAL



FREE

iFIT®



HOW-TO
VIDEOS

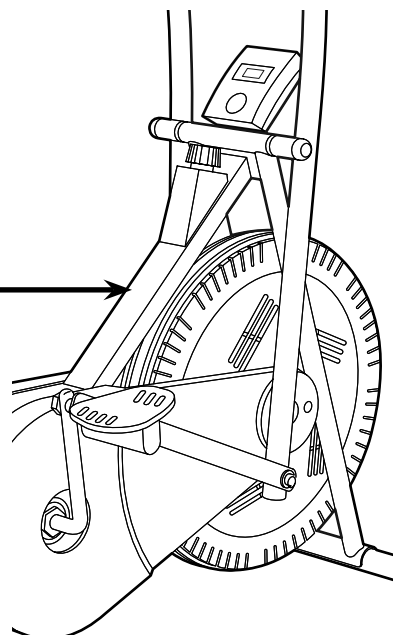
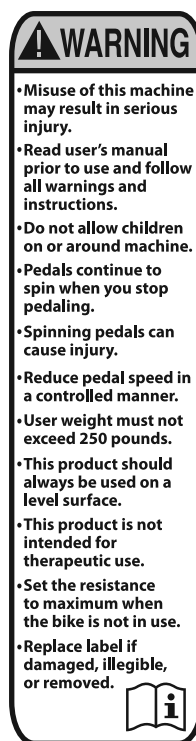
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WARNING DECAL PLACEMENT

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. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
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 at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under 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. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
12. When adjusting the seat, insert the seat knob into one of the holes in the seat post. Do not insert the seat knob under the seat post.
13. The exercise bike does not have a free wheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. Always keep your back straight while using the exercise bike; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

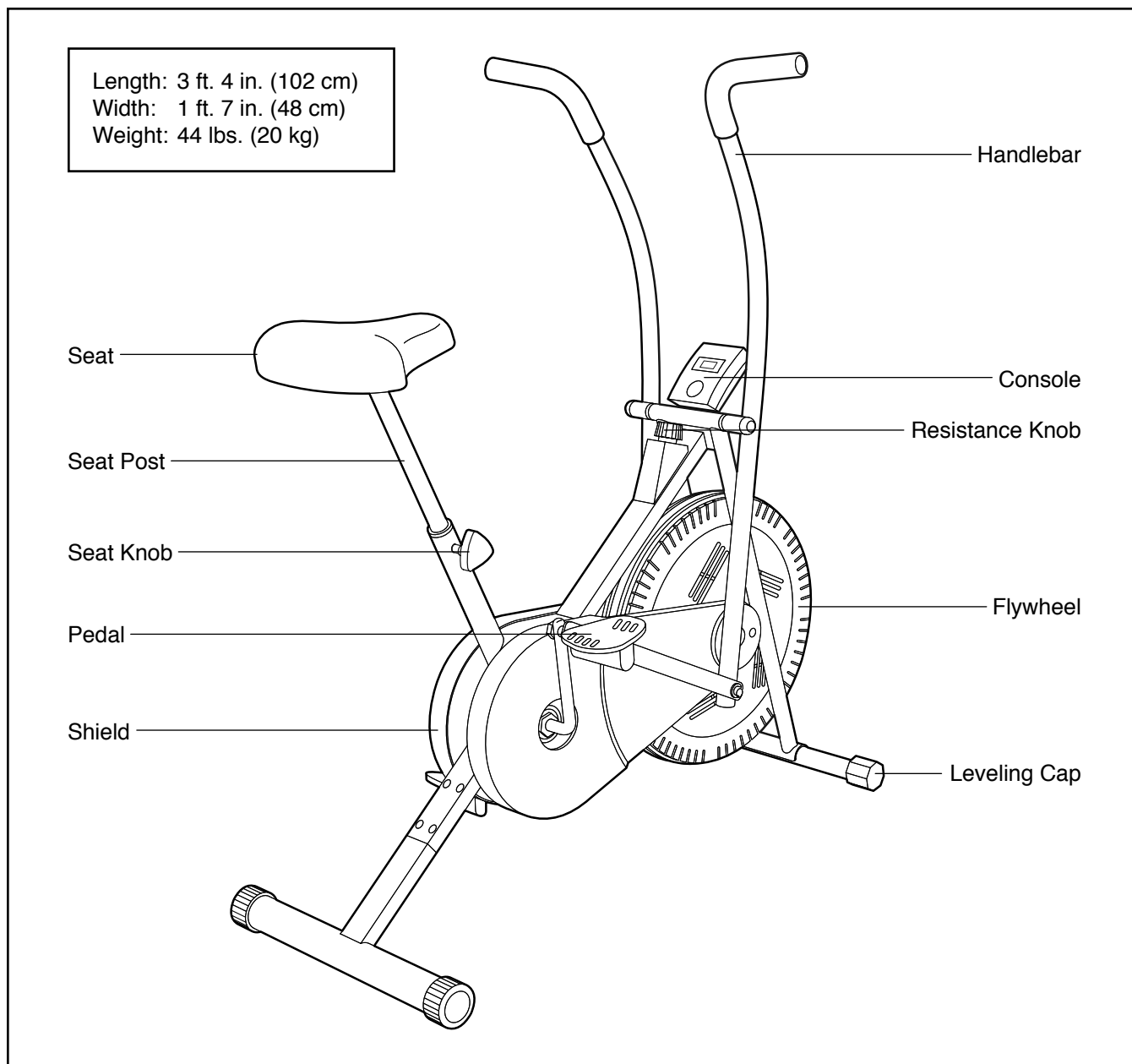
BEFORE YOU BEGIN

Thank you for selecting the new WESLO® PURSUIT R 1.2 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The PURSUIT R 1.2 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 review the drawing below and familiarize yourself with the labeled parts.

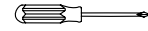


ASSEMBLY

- 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 tools:

one Phillips screwdriver

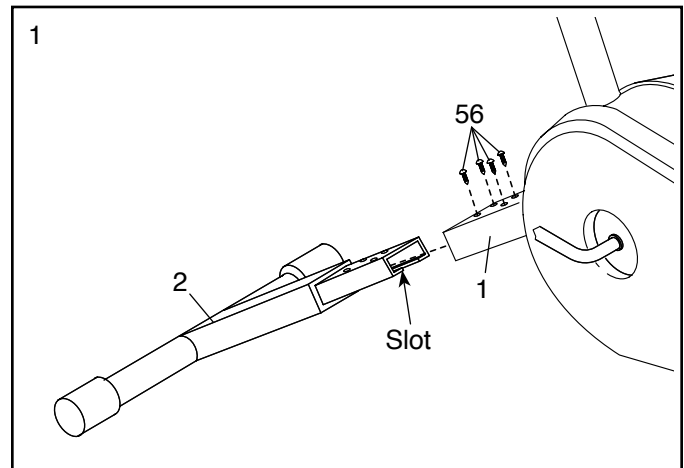


one adjustable wrench

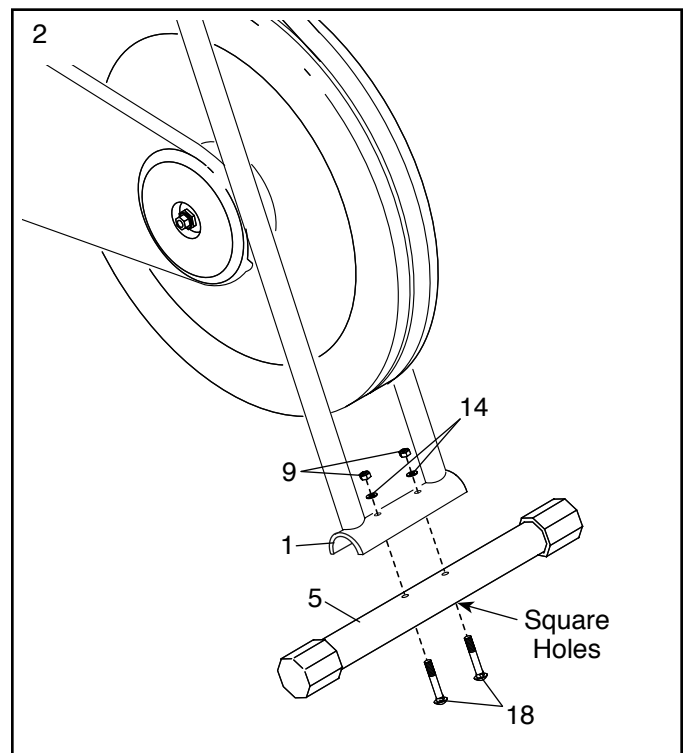


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Turn the Rear Stabilizer (2) so that the slot faces downward, and insert the Rear Stabilizer into the Frame (1). Attach the Rear Stabilizer with four M6 x 10mm Machine Screws (56).



2. Turn the Front Stabilizer (5) so that the square holes are facing away from the saddle bracket on the Frame (1). Attach the Front Stabilizer with two M8 x 40mm Carriage Bolts (18), two M8 Curved Washers (14), and two M8 Locknuts (9).



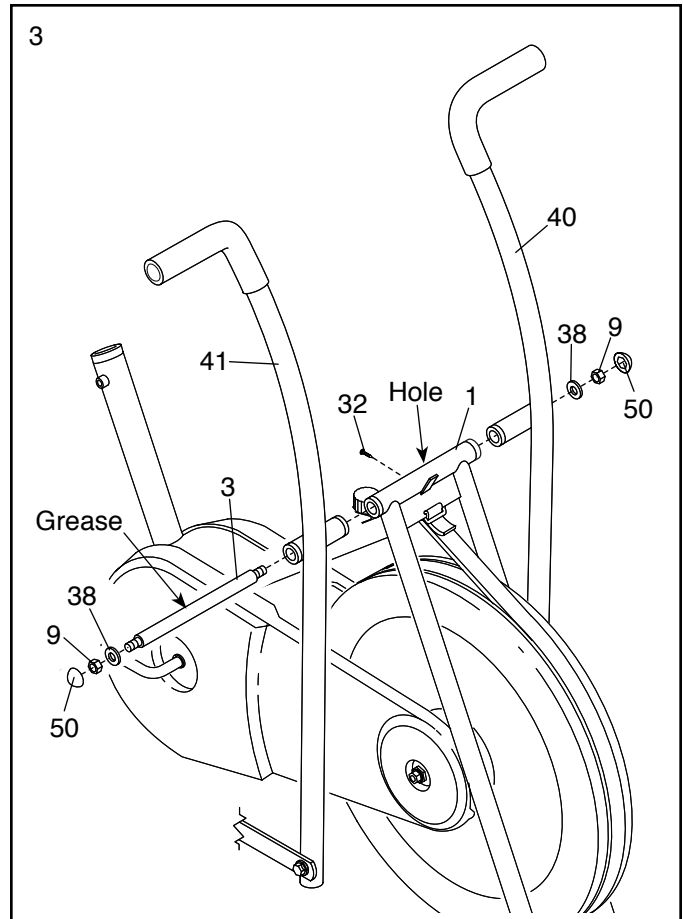
3. Remove all parts from the Pivot Axle (3).

Apply a generous amount of the included grease to the Pivot Axle (3).

Insert the Pivot Axle (3) into the Frame (1), and align the hole in the center of the Pivot Axle with the hole in the center of the Frame. Then, tighten an M5 x 16mm Machine Screw (32) into the Frame and the Pivot Axle.

Slide the Left and Right Handlebars (40, 41) onto the ends of the Pivot Axle (3). Next, slide an M8 Flat Washer (38) onto each end of the Pivot Axle, and tighten an M8 Locknut (9) onto each end of the Pivot Axle. **Make sure that at least two threads on each end of the Pivot Axle extend past each Locknut. In addition, make sure that the Handlebars move freely.**

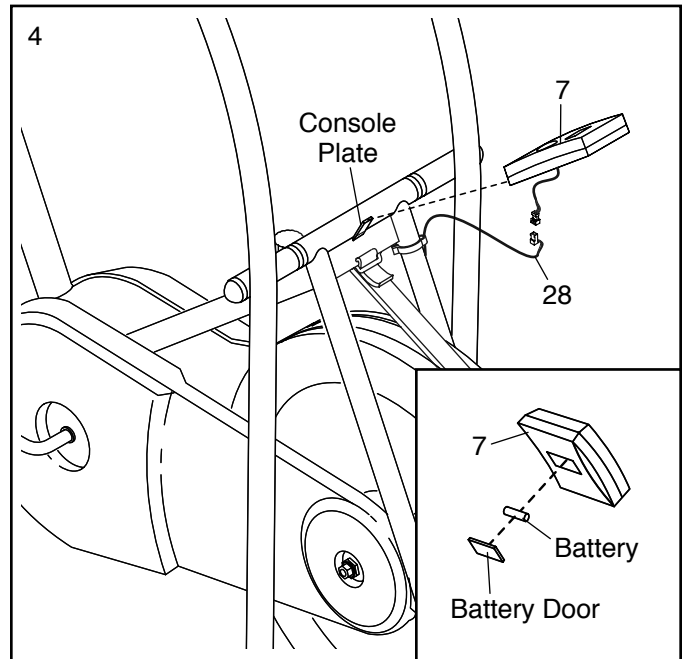
Next, press a Pivot Cap (50) onto each end of the Pivot Axle (3).



4. The Console (7) requires one AA battery (not included); an alkaline battery is recommended. **See the inset drawing.** Remove the battery door from the back of the Console, and insert a battery into the Console. **Make sure that the battery is oriented as shown by the diagram inside the console.** Then, reattach the battery door.

Next, plug the Reed Switch Wire (28) fully into the socket on the back of the Console (7).

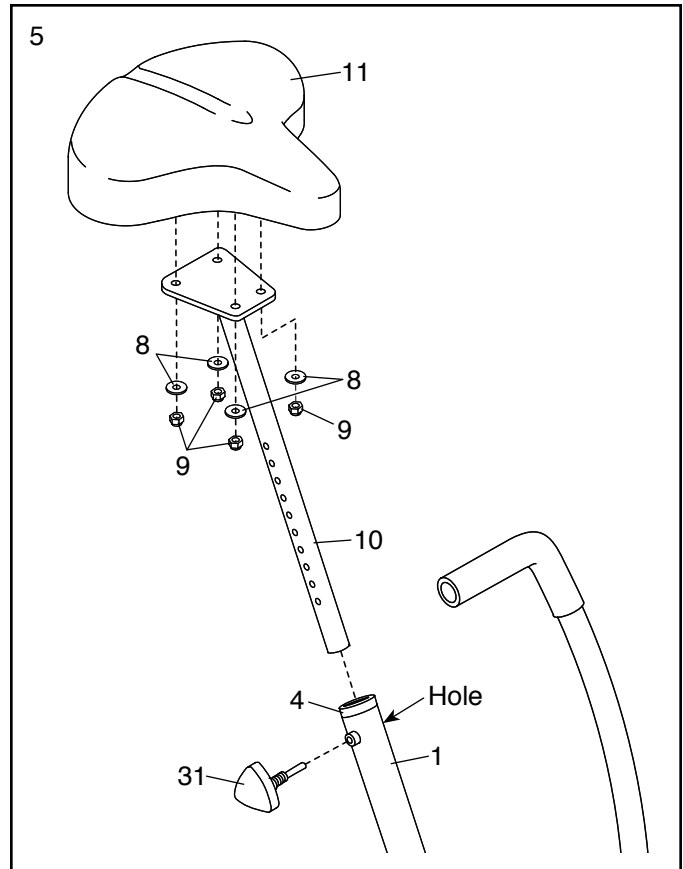
Then, slide the Console (7) onto the console plate. Note: The Console is held by friction; it will not snap into place.



5. Attach the Seat (11) to the Seat Post (10) with four M8 Locknuts (9) and four M8 Spring Washers (8). Note: The Locknuts and Spring Washers may be preattached to the Seat.

Press the Frame Bushing (4) into the Frame (1). (Note: The Frame Bushing may be preassembled.) Next, insert the Seat Post (10) into the Frame.

Align one of the holes in the Seat Post (10) with the hole in the Frame (1). Insert the Seat Knob (31) into the Frame and the Seat Post. **Make sure that the Seat Knob is inserted into one of the holes in the Seat Post; do not insert the Seat Knob under the Seat Post.** Then, tighten the Seat Knob into the Frame.

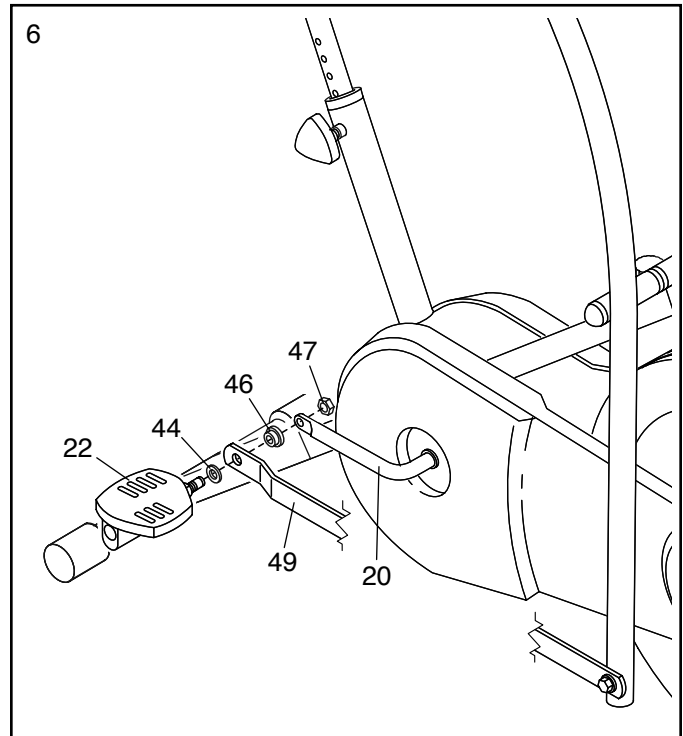


6. Identify the Right Pedal (22). Remove only the Right Pedal Nut (47) and the Pedal Bushing (46) from the Right Pedal.

Next, slide a 1/2" Flat Washer (44) onto the shaft of the Right Pedal (22), and insert the shaft into the right Pedal Arm (49). Then, orient the Pedal Bushing (46) as shown, slide it onto the shaft of the Right Pedal, and insert it into the Pedal Arm.

Tighten the shaft of the Right Pedal (22) **clockwise** into the right arm of the Crank (20) as firmly as possible. Then, tighten the Right Pedal Nut (47) **clockwise** onto the shaft. **Tighten the Right Pedal and the Right Pedal Nut as firmly as possible.**

Repeat this step to attach the Left Pedal (not shown), turning the Left Pedal and the Left Pedal Nut (not shown) **counterclockwise.**

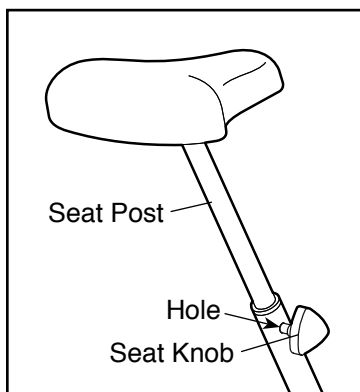


7. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet from damage.

HOW TO USE THE EXERCISE BIKE

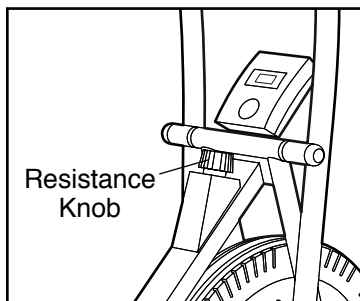
HOW TO ADJUST THE SEAT

For effective exercise, the seat must 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 seat, first hold the seat and turn the seat knob counterclockwise to remove it. Next, align a different hole in the seat post with the indicated hole in the frame, and insert the seat knob into the frame and the seat post. **Make sure to insert the seat knob into the seat post; do not insert the seat knob under the seat post.** Tighten the seat knob into the frame.



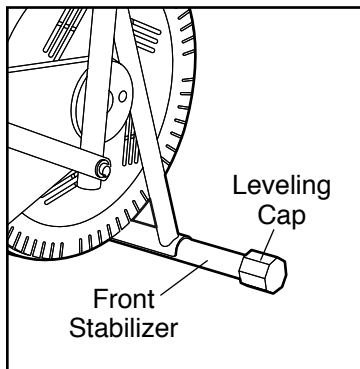
HOW TO ADJUST THE PEDALING RESISTANCE

To vary the intensity of your exercise, the pedaling resistance can be adjusted. To increase the resistance, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise.



HOW TO LEVEL THE EXERCISE BIKE

Locate the leveling caps on the front stabilizer. If the exercise bike rocks slightly on your floor when it is used, turn one or both of the leveling caps until the rocking motion is eliminated.

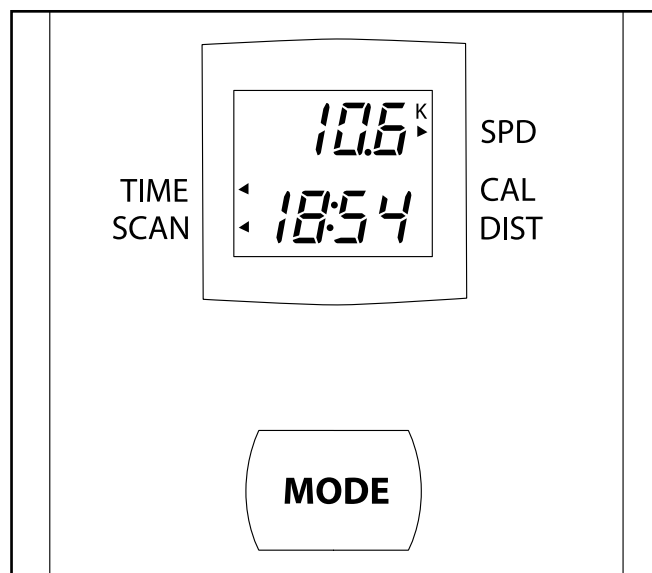


HOW TO INSTALL A BATTERY

Before the console can be operated, a battery must be installed. If you have not installed a battery, see assembly step 4 on page 6.

DESCRIPTION OF THE CONSOLE

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



- **Scan mode**—Displays the time, distance, and calories modes, for a few seconds each, in a repeating cycle.
- **Time mode**—Displays the elapsed time. Note: If you stop pedaling for a few seconds, the time mode will pause and the word STOP will appear in the upper left-hand corner of the display.
- **Calories (CAL) mode**—Displays the approximate number of calories you have burned.
- **Distance (DIST) mode**—Displays the total distance you have pedaled, in kilometers.
- **Speed (SPD) mode**—Displays your pedaling speed, in kilometers per hour.

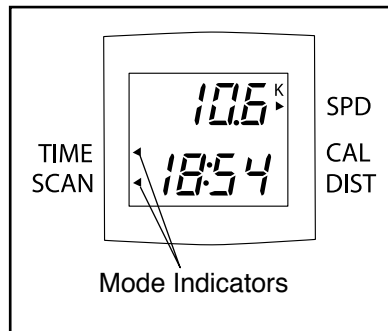
HOW TO OPERATE THE CONSOLE

Note: If there is a sheet of plastic on the console, remove the plastic before operating the console.

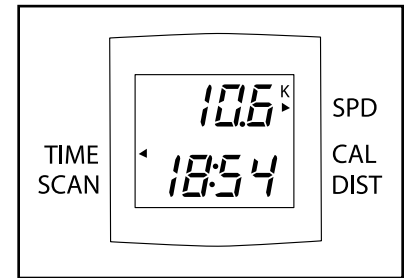
1. To turn on the power, press the Mode button or simply begin pedaling. When the power is turned on, the entire display will turn on for a few seconds. The console will then be ready for operation.
2. Select one of the five modes:

Scan mode—

When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the Mode button.



Time, distance, or calories—To select one of these modes for continuous display in the lower display, press the Mode button repeatedly. The mode indicators will show which mode is selected. **Make sure that the scan mode is not selected.**



Speed—This mode will display your pedaling speed continuously in the upper display.

3. To reset the display, hold down the Mode button for a few seconds. After the display is reset, the scan mode will be selected.
4. To turn off the power, simply wait for several minutes. **Note: The console has an auto-off feature. If the pedals do not move and the Mode button is not pressed for several minutes, the power will turn off automatically in order to conserve the battery.**

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from the circuit to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

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

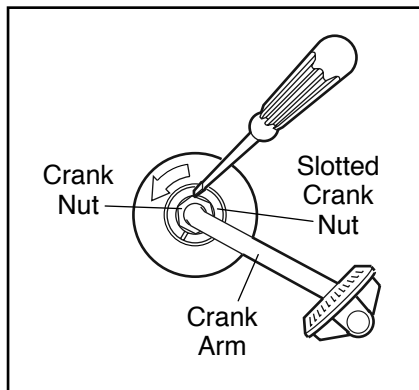
To clean the exercise bike, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.** Remove the battery when storing the exercise bike.

BATTERY REPLACEMENT

If the console does not function properly, replace the battery (see assembly step 4 on page 6). In addition, make sure that the reed switch wire is plugged fully into the console.

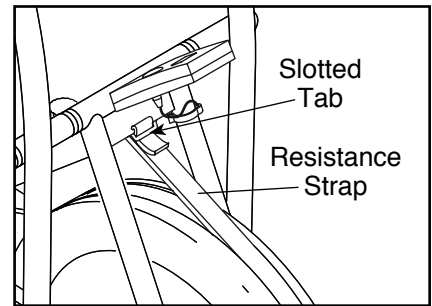
HOW TO TIGHTEN THE CRANK

If the arms of the crank become loose, they should be tightened in order to prevent excessive wear. Loosen the crank nut on the left arm of the crank. Place the end of a standard screwdriver in one of the slots in the slotted crank nut. Lightly 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, retighten the crank nut.



HOW TO ADJUST THE RESISTANCE STRAP

If there is not enough pedaling resistance when the resistance knob is turned to the highest setting, the resistance strap may need to be adjusted.

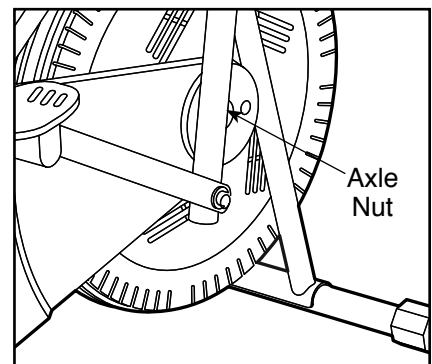


To adjust the resistance strap, first turn the resistance knob counterclockwise to the lowest setting. Next, locate the slotted tab on the front of the exercise bike. Grip the longest part the resistance strap underneath the slotted tab and pull it towards the slot. When a little slack is created, pull the end of the resistance strap tight. Turn the crank for a moment to make sure that there is not too much resistance.

HOW TO ADJUST THE CHAIN

The exercise bike features a chain that must be kept properly adjusted. If the chain causes excessive noise or slips as you pedal, the chain should be adjusted.

To tighten the chain, loosen, but do not remove, the axle nuts on both sides of the flywheel. Pull the flywheel forward slightly. Make sure that the flywheel is straight and retighten the axle nuts.



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	

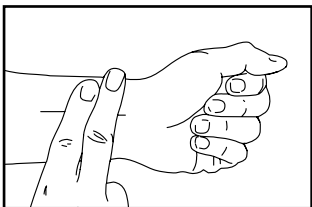
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

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

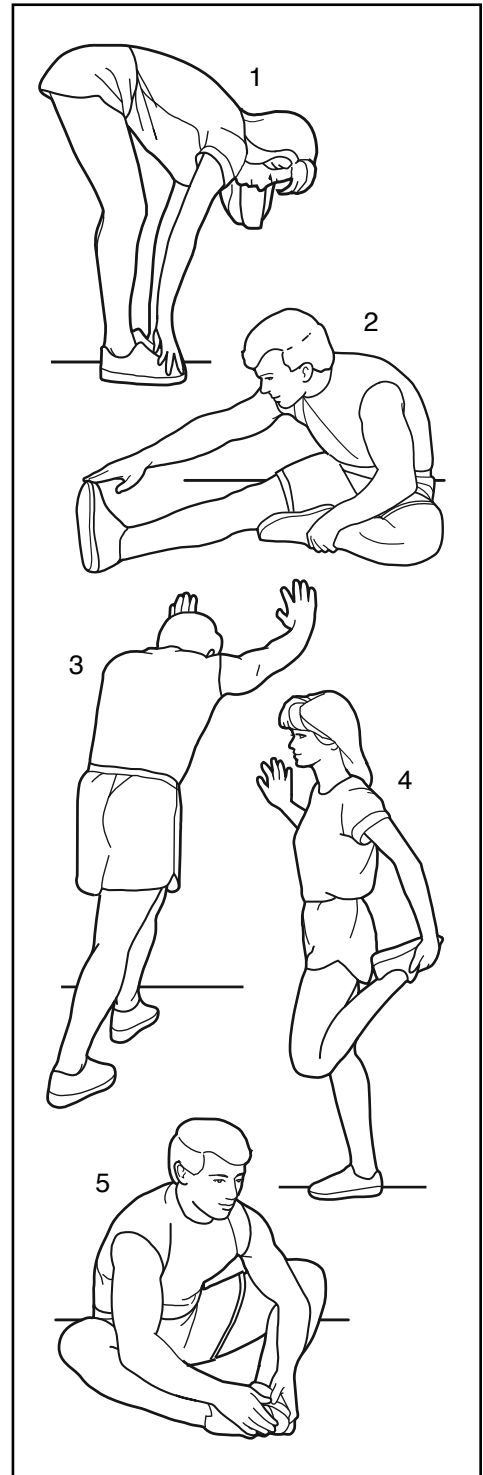
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

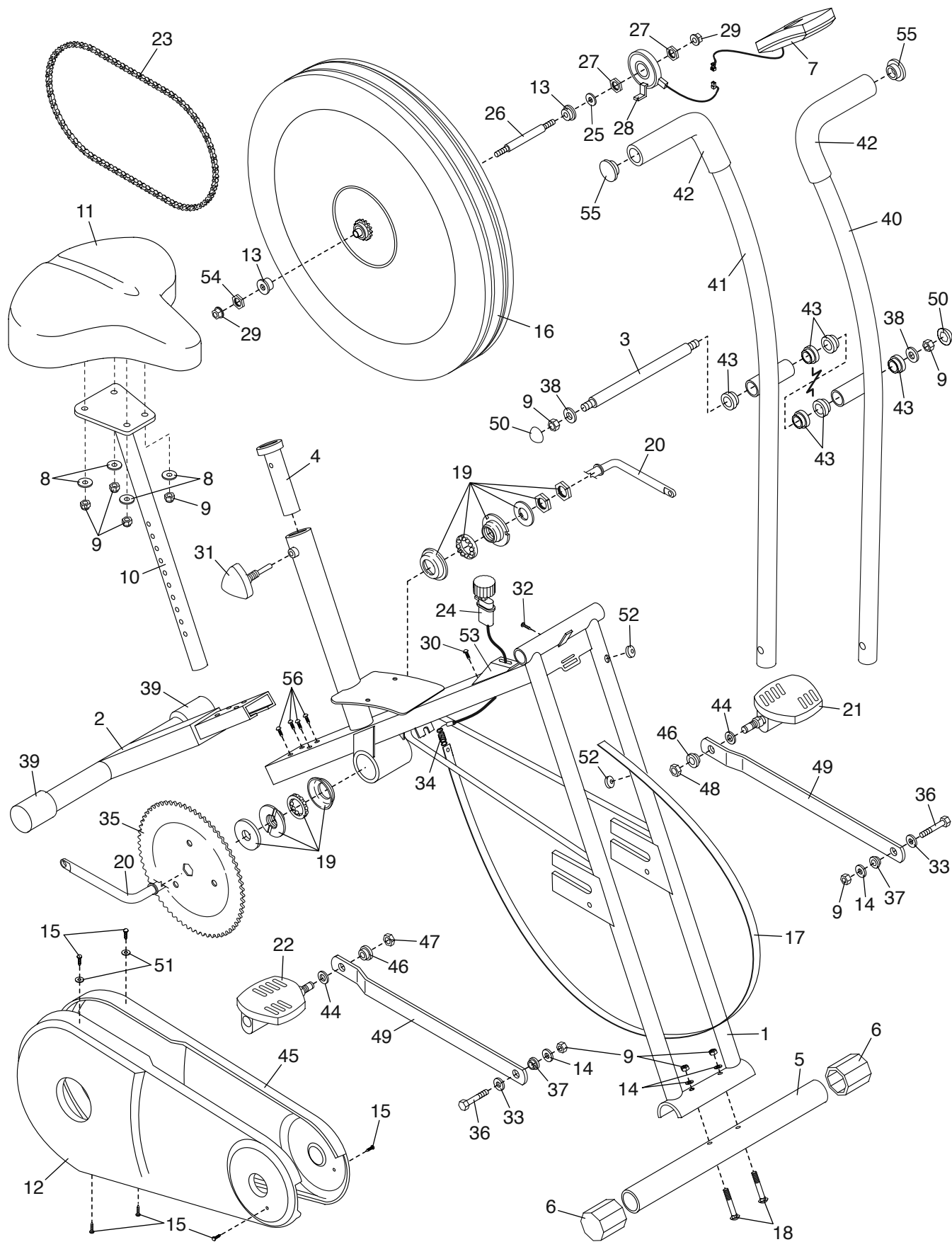
Model No. WLEX89912.0 R0712A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	30	1	M5 x 15mm Screw
2	1	Rear Stabilizer	31	1	Seat Knob
3	1	Pivot Axle	32	1	M5 x 16mm Machine Screw
4	1	Frame Bushing	33	2	M8 Washer
5	1	Front Stabilizer	34	1	Resistance Spring
6	2	Leveling Cap	35	1	Sprocket
7	1	Console	36	2	M8 x 45mm Hex Bolt
8	4	M8 Spring Washer	37	2	Pedal Arm Bushing
9	10	M8 Locknut	38	2	M8 Flat Washer
10	1	Seat Post	39	2	Round Cap
11	1	Seat	40	1	Left Handlebar
12	1	Right Shield	41	1	Right Handlebar
13	2	Bronze Bushing	42	2	Foam Grip
14	4	M8 Curved Washer	43	6	Pivot Bushing
15	6	M5 x 15mm Self-tapping Screw	44	2	1/2" Flat Washer
16	1	Flywheel	45	1	Left Shield
17	1	Resistance Strap	46	2	Pedal Bushing
18	2	M8 x 40mm Carriage Bolt	47	1	Right Pedal Nut
19	1	Crank Bearing Assembly	48	1	Left Pedal Nut
20	1	Crank	49	2	Pedal Arm
21	1	Left Pedal	50	2	Pivot Cap
22	1	Right Pedal	51	2	M5 Flat Washer
23	1	Chain	52	2	Grommet
24	1	Resistance Cable/Knob	53	1	Control Housing
25	1	M10 x 20mm x 2mm Washer	54	1	3/8" Jam Nut
26	1	Flywheel Axle	55	2	Handlebar Cap
27	2	3/8" Nut	56	4	M6 x 10mm Machine Screw
28	1	Reed Switch/Wire	*	—	User's Manual
29	2	3/8" Flange Nut	*	—	Assembly Tool

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. WLEX89912.0 R0712A



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: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.wesloservice.com/registration.

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