

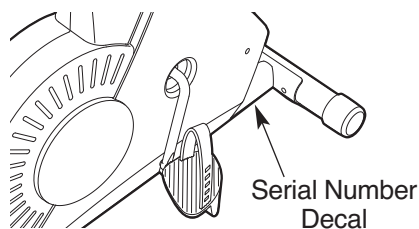
WESLO[®] pursuit 330

www.weslo.com

Model No. WLEX91108.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **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. 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

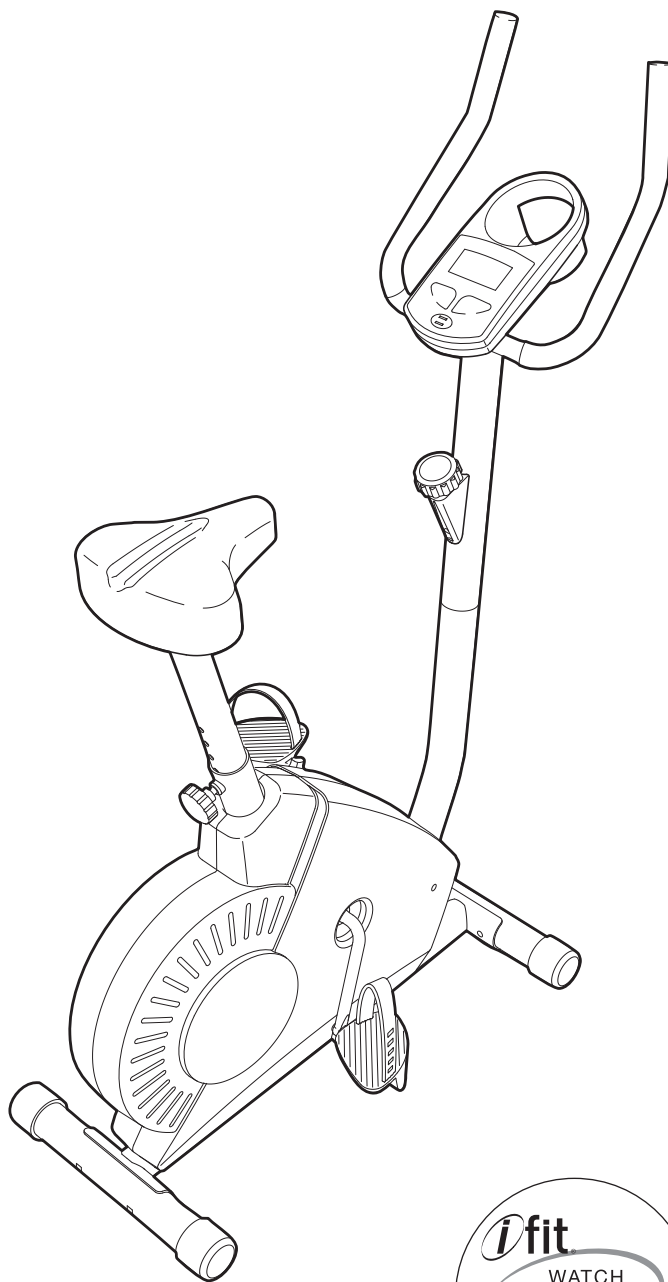
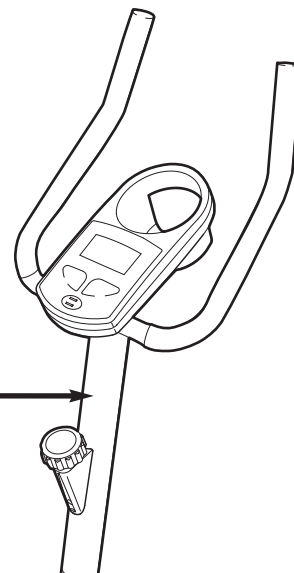
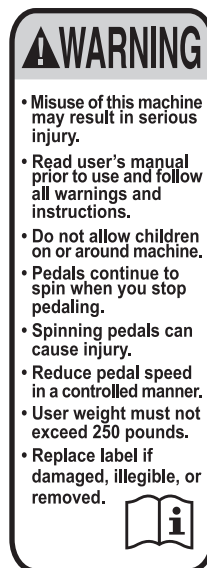


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WARNING DECAL PLACEMENT

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 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 at least 2 ft. (0.6 m) of clearance around your exercise cycle.
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. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
9. 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.
10. When adjusting the seat, insert the seat pin into one of the holes in the seat post; do not insert the seat pin under the seat post.
11. Keep your back straight while using your exercise cycle; do not arch your back.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your exercise cycle only as described in this manual.

BEFORE YOU BEGIN

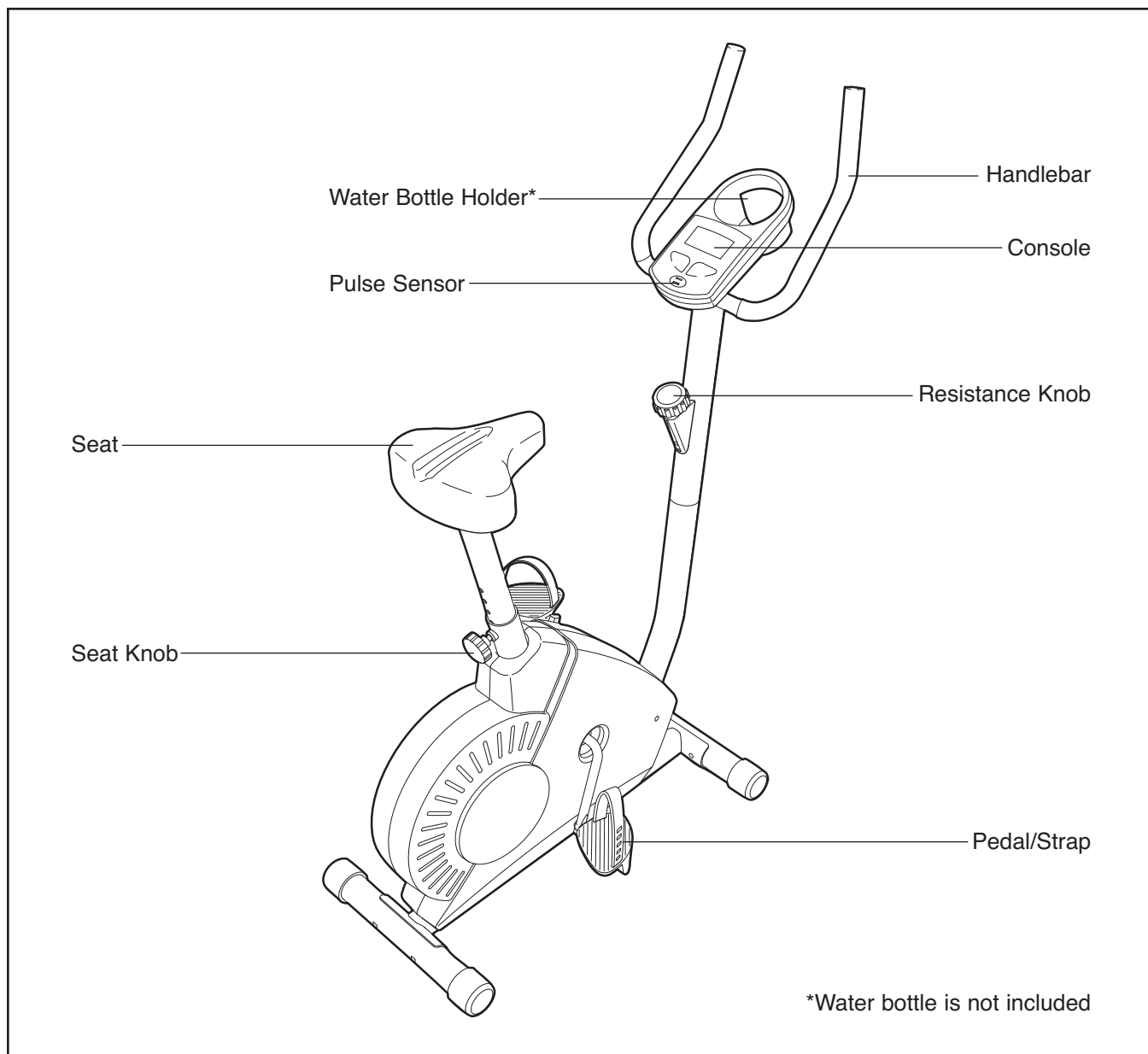
Congratulations for selecting the new WESLO® PURSUIT 330 exercise cycle. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The PURSUIT 330 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. 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.

To avoid a registration fee for any service needed under warranty, you must register the exercise cycle at www.wesloservice.com/registration.

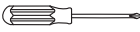
Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



ASSEMBLY

To hire an authorized service technician to assemble the exercise cycle, call 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 tool(s), assembly requires a Phillips screwdriver , **an adjustable wrench** , and **pliers**  .

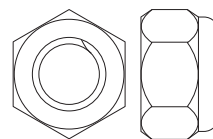
As you assemble the exercise cycle, use the drawings below to identify the small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly.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



M8 Split Washer (42)–8



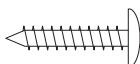
M8 Locknut (10)–5



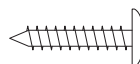
M10 Locknut (33)–4



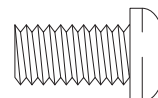
M4 x 5mm Screw (14)–2



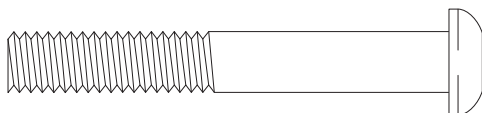
M4 x 16mm Screw (49)–4



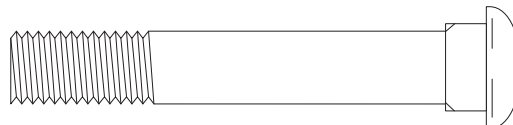
M4 x 16mm Bright Screw (56)–1



M8 x 15mm Button Screw (34)–3



M8 x 58mm Button Bolt (6)–1

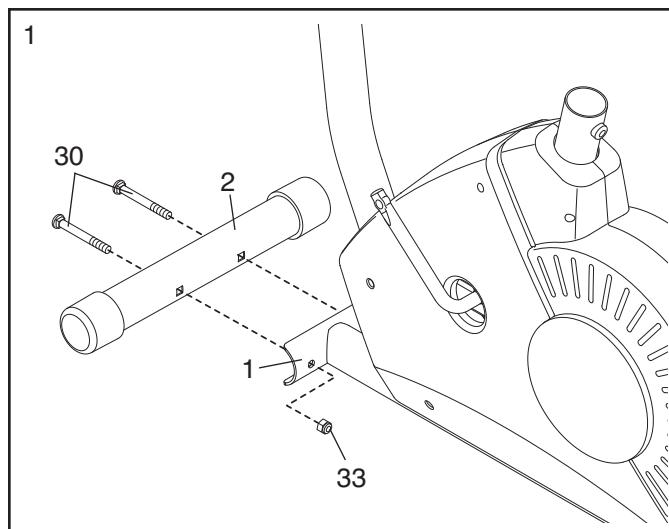


M10 x 65mm Carriage Bolt (30)–4

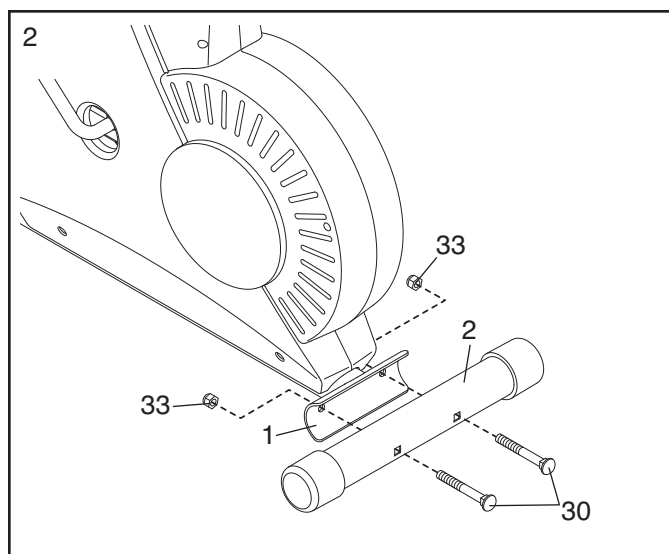
1.

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

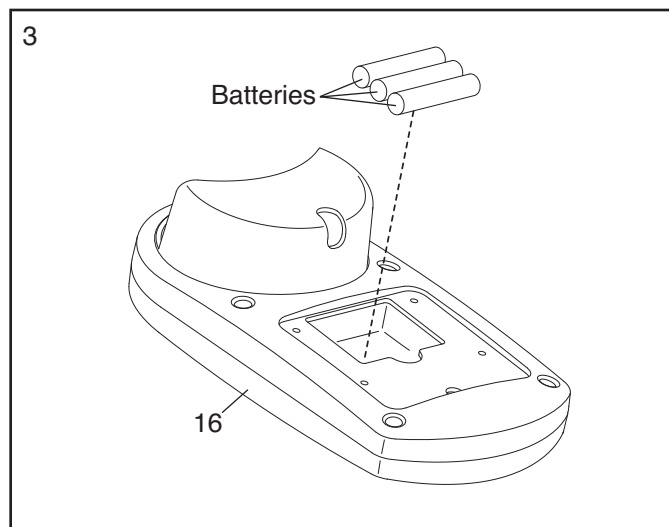
While another person lifts the front of the Frame (1), attach a Stabilizer (2) with two M10 x 65mm Carriage Bolts (30) and two M10 Locknuts (33) (only one is shown).



2. While another person lifts the rear of the Frame (1), attach a Stabilizer (2) with two M10 x 65mm Carriage Bolts (30) and two M10 Locknuts (33).



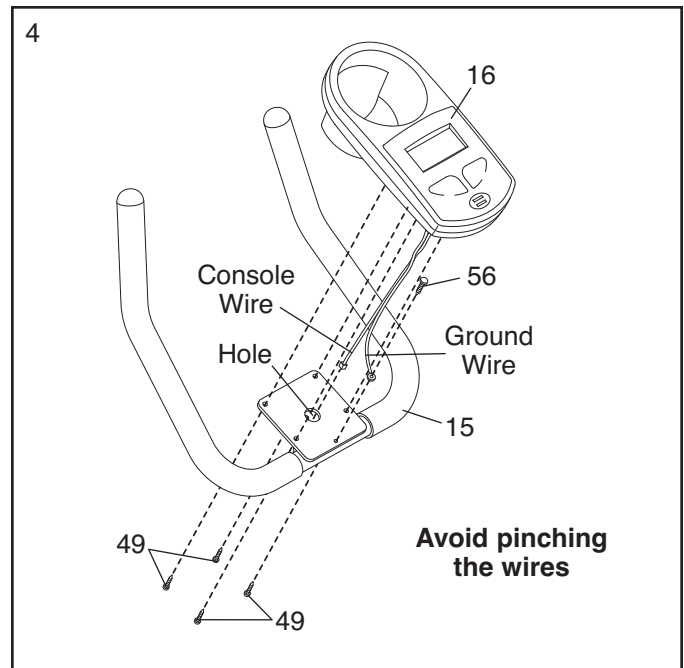
3. The Console (16) requires four AA batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Insert the batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**



4. While another person holds the Console (16) near the Handlebar (15), insert the console wire into the indicated hole in the Handlebar.

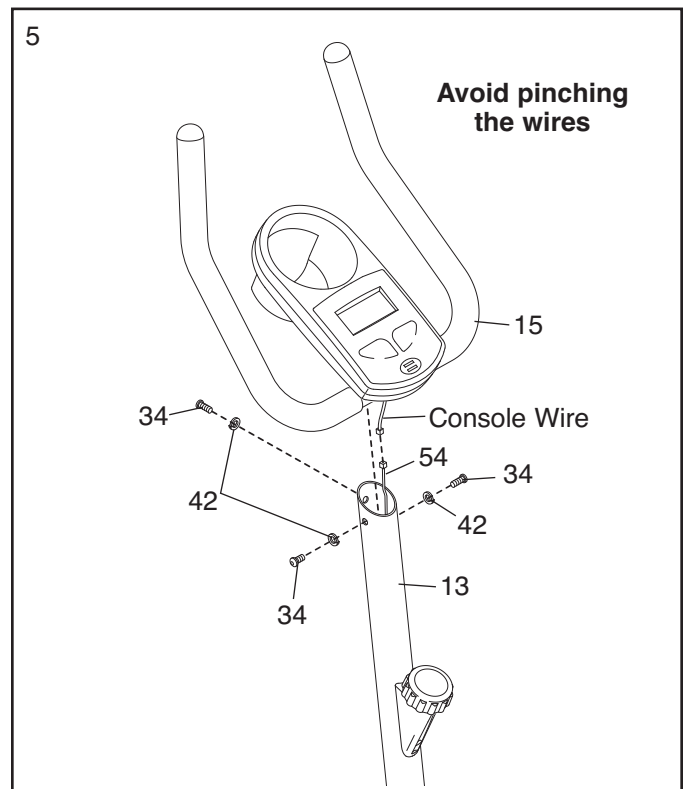
Next, attach the ground wire to the Handlebar (15) with an M4 x 16mm Bright Screw (56).

Tip: Avoid pinching the wires. Attach the Console (16) to the Handlebar (15) with four M4 x 16mm Screws (49).



5. While another person holds the Handlebar (15) near the Upright (13), connect the console wire to the Extension Wire (54).

Tip: Avoid pinching the wires. Attach the Handlebar (15) to the Upright (13) with three M8 x 15mm Button Screws (34) and three M8 Split Washers (42).



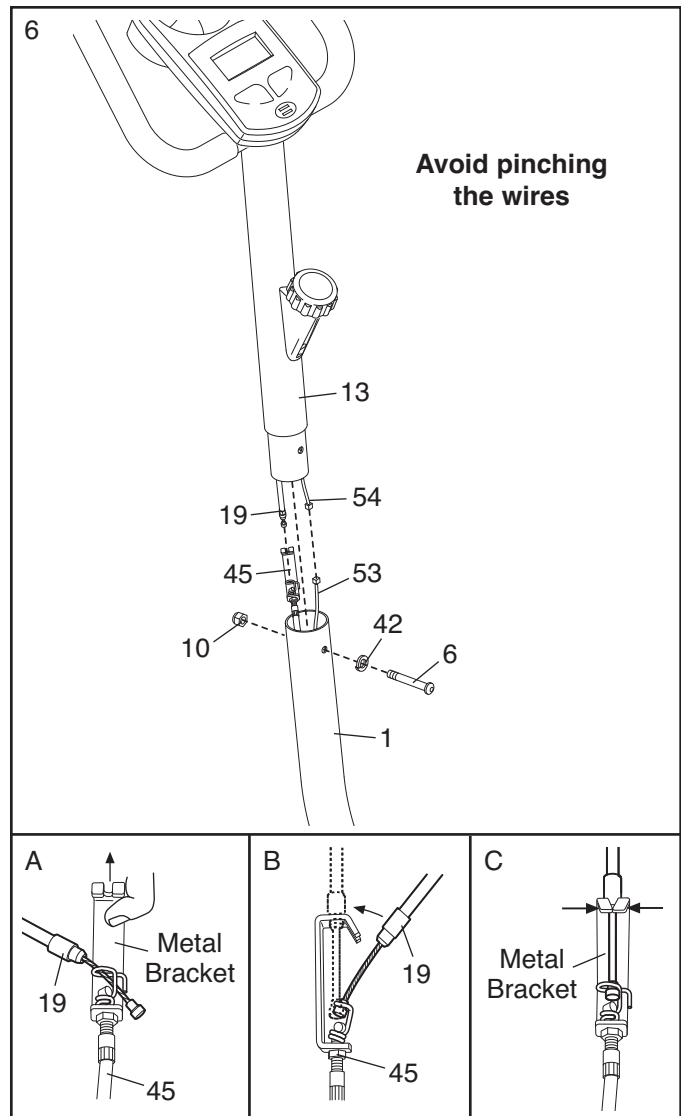
6. While another person holds the Upright (13) near the Frame (1), connect the Extension Wire (54) to the Wire Harness (53). Next, connect the Resistance Cable (19) to the Lower Cable (45) in the following way:

- **See drawing A.** Pull upward on the metal bracket on the Lower Cable (45), and insert the tip of the Resistance Cable (19) into the wire clip inside the metal bracket as shown.
- **See drawing B.** Firmly pull the Resistance Cable (19) upward and press it into the top of the metal bracket as shown.
- **See drawing C.** Using pliers, squeeze the prongs on the upper end of the metal bracket together.

Insert the excess cable and wire downward into the Frame (1). Insert the Upright (13) into the Frame.

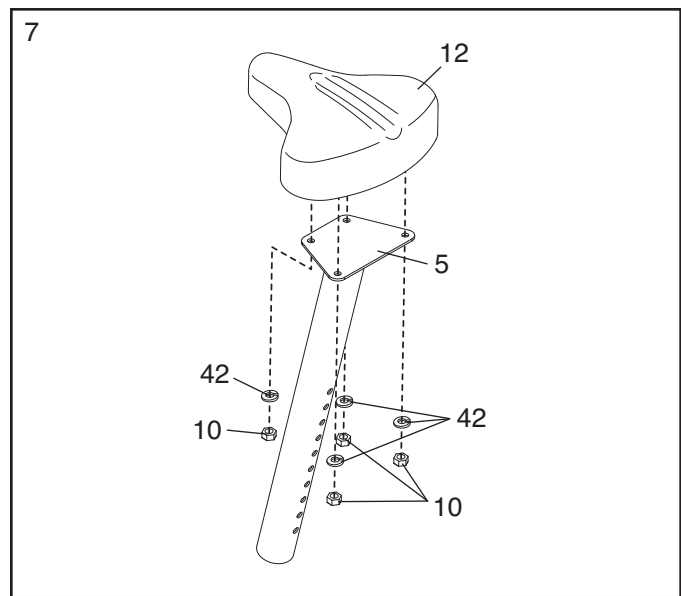
Tip: Avoid pinching the cables and wires.

Attach the Upright (13) with an M8 x 58mm Button Bolt (6), an M8 Split Washer (42), and an M8 Locknut (10).



7. Attach the Seat (12) to the Seat Post (5) with four M8 Split Washers (42) and four M8 Locknuts (10).

Note: The M8 Split Washers (42) and the M8 Locknuts (10) may be preattached to the underside of the Seat.

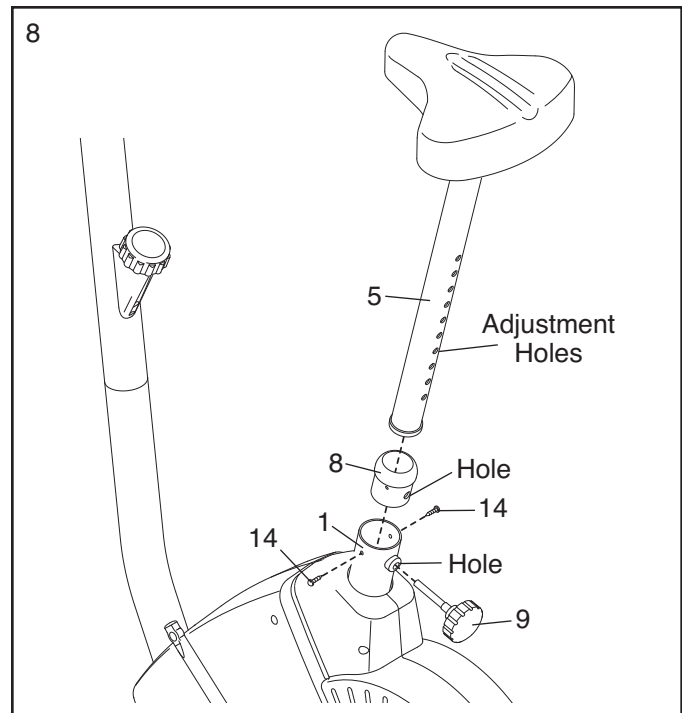


8. Orient the Seat Bushing (8) so that the indicated hole in the Seat Bushing is aligned with the indicated hole in the Frame (1).

Press the Seat Bushing (8) into the Frame. Attach the Seat Bushing with two M4 x 5mm Screws (14).

Insert the Seat Post (5) into the Frame (1), and align one of the adjustment holes in the Seat Post with the hole in the Frame.

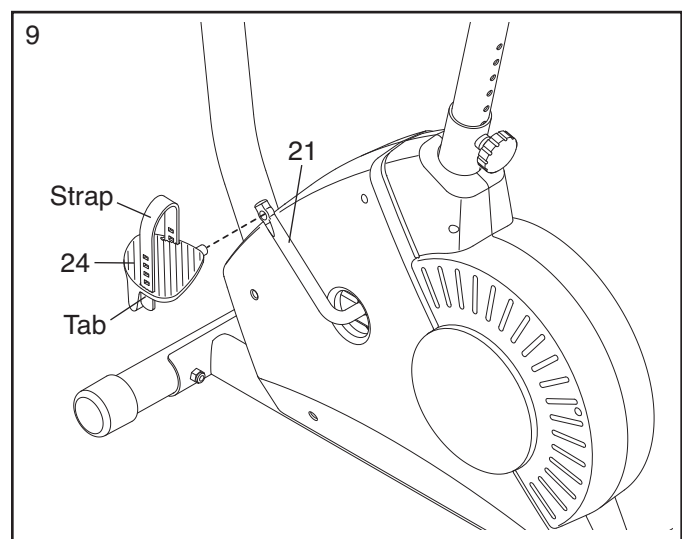
Next, insert the Seat Knob (9) through the Frame (1) and the Seat Post (15), and then tighten the Seat Knob. **Make sure that the Seat Knob is inserted through one of the adjustment holes in the Seat Post.**



9. Identify the Left Pedal (24), which is marked with an "L."

Using an adjustable wrench, **firmly tighten** the Left Pedal (24) *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.**

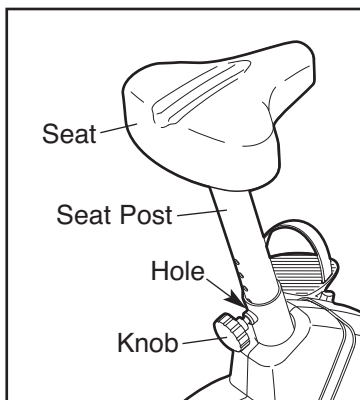


10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO USE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT POST

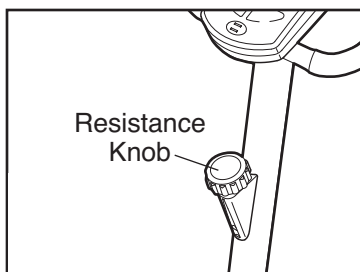
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first loosen and remove the seat knob. Next, slide the seat post upward or downward and align one of the adjustment holes in the seat post with the indicated hole in the frame. Then, insert the knob into the frame and the seat post, and then tighten the knob. **Make sure that the knob is inserted into one of the adjustment holes in the seat post.**



HOW TO ADJUST THE PEDALING RESISTANCE

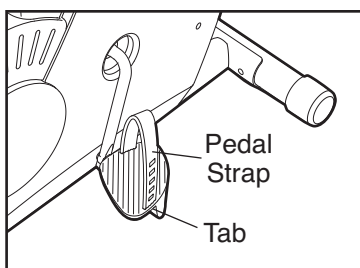
To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise.

IMPORTANT: To avoid damaging the exercise cycle, stop turning the knob when turning it becomes difficult.



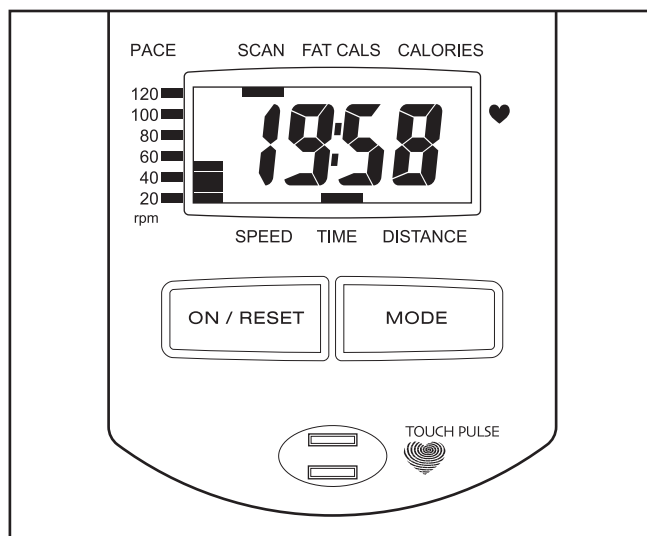
HOW TO ADJUST THE PEDAL STRAPS

Pull the ends of the pedal straps off the tabs on the pedals. Next, adjust the straps to the desired position, and press the ends of the straps onto the tabs.



FEATURES OF THE CONSOLE

The console features a selection of modes that provide instant exercise feedback during your workouts.



- **Speed**—This mode displays your pedaling speed, in miles per hour or kilometers per hour.
- **Time**—This mode displays the elapsed time. Note: If you stop pedaling, the time mode will pause.
- **Distance**—This mode displays the distance you have pedaled, in miles or kilometers.
- **Calories**—This mode displays the approximate number of calories you have burned.
- **Fat Calories**—This mode displays the approximate number of fat calories you have burned (see Burning Fat on page 13).
- **Pulse**—This mode displays your heart rate when you use the pulse sensor.
- **Scan**—This mode displays the speed, time, distance, calories, fat calories, and pulse modes, for a few seconds each, in a repeating cycle. Note: The pulse mode will be displayed only while the pulse sensor is being used.
- **Pace**—The pace bar shows your pedaling pace, in revolutions per minute (RPM). Note: The pace mode will always be displayed while you are pedaling.

HOW TO OPERATE THE CONSOLE

Make sure that there are batteries in the console (see BATTERY REPLACEMENT on page 12). If there is a sheet of clear plastic on the console, remove it.

Follow the steps below to operate the console.

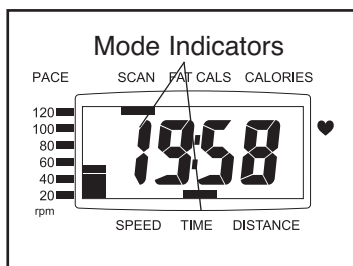
1. Turn on the console.

To turn on the console, press the ON/RESET button or begin pedaling. The entire display will briefly appear; the console will then be ready for use.

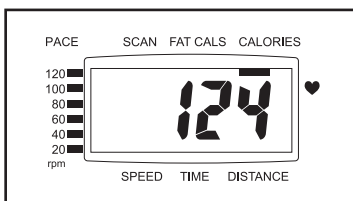
2. Select one of the modes.

Scan mode—

When the power is turned on, the scan mode will be selected automatically. One mode indicator will appear below the word SCAN to show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If you have selected a different mode, press the MODE button repeatedly to reselect the scan mode.



Speed, time, distance, calories, or fat calories mode—To select one of these modes for continuous display, press the MODE button repeatedly. The mode indicators will show which mode is selected. Make sure there is not a mode indicator below the word SCAN.

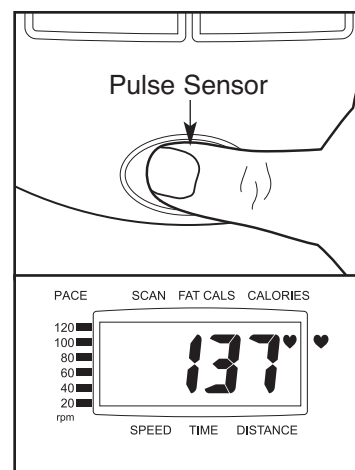


To reset the display, press the ON/RESET button. **Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, press the ON/RESET button for about five seconds.** The letters mph or km/h will appear in the display to show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

3. Measure your heart rate, if desired.

To measure your heart rate, **stop pedaling** and place your thumb on the pulse sensor as shown. **Do not press too hard, or the circulation in your thumb will be restricted and your pulse will not be detected.**

After a few seconds, the heart-shaped indicator in the display will flash **steadily**, two dashes will appear, and then your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.



If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above.

Make sure you are applying the proper amount of pressure to the pulse sensor. Try the pulse sensor several times until you become familiar with it. Remember to sit still while measuring your heart rate.

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

To turn off the console, simply wait for a few minutes. **The console has an “auto-off” feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.**

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

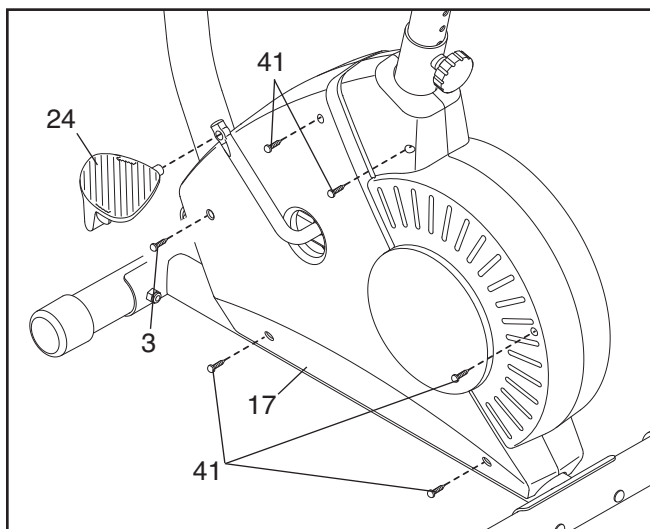
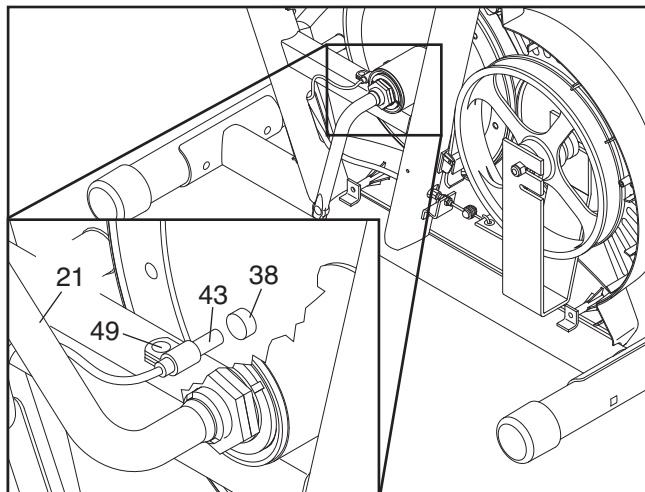
If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see step 4 on page 7 and remove the console from the handlebar. Next, see step 3 on page 6 and insert three batteries into the console. Reattach the console to the handlebar, being careful not to pinch the wires.

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, the left shield must be removed.

Using an adjustable wrench, turn the Left Pedal (24) clockwise and remove it. Next, remove the M4 x 28mm Screws (41) and the M4 x 16mm Round Head Screw (3) from the Left Shield (17). Carefully remove the Left Shield.

Next, turn the resistance knob to the lowest setting. With the left shield removed, locate the Reed Switch (43). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the M4 x 16mm Screw (49). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left shield and the left pedal.



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	♥
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

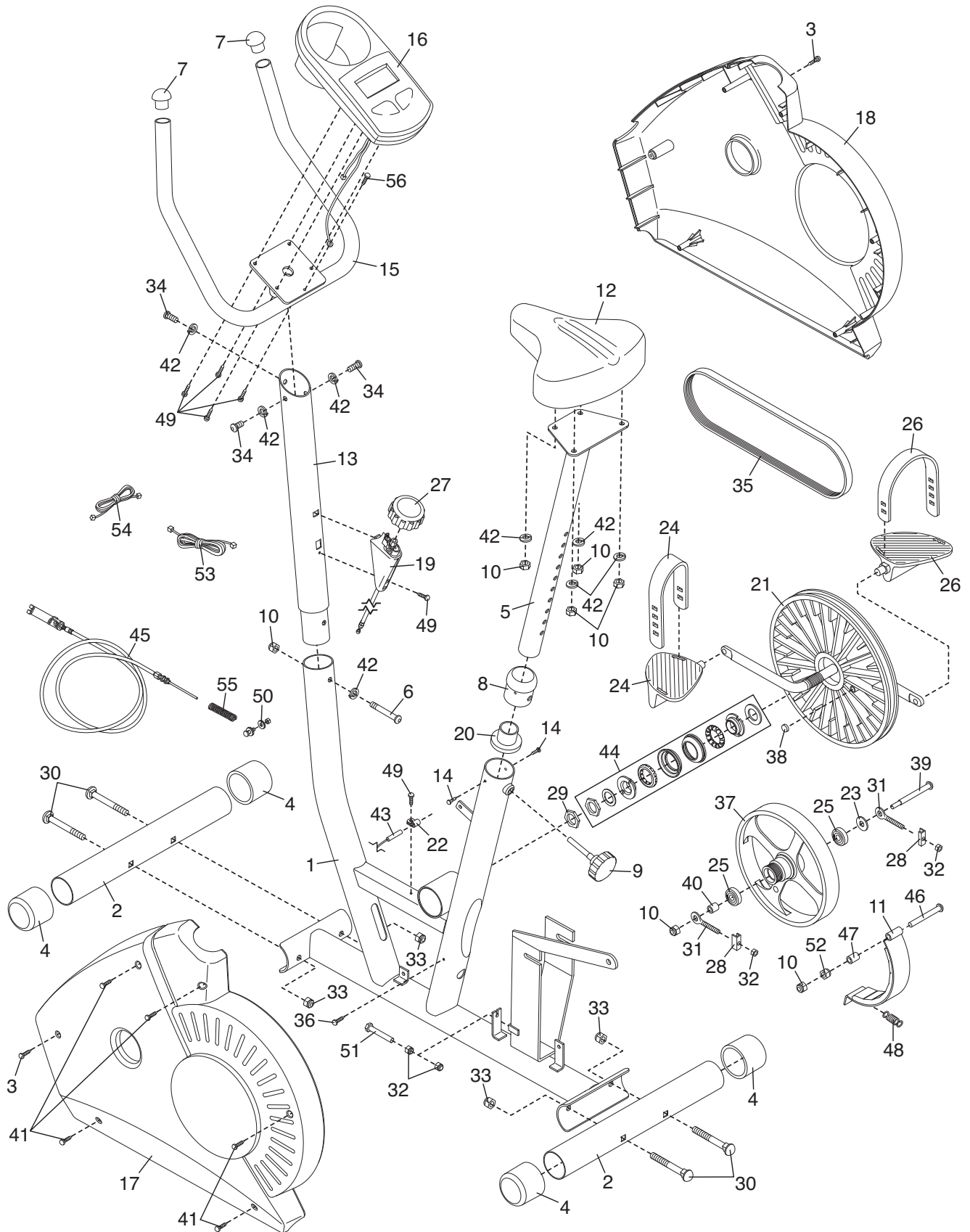
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of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

PART LIST—Model No. WLEX91108.0

R1108A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	30	4	M10 x 65mm Carriage Bolt
2	2	Stabilizer	31	2	Eyebolt
3	2	M4 x 16mm Round Head Screw	32	4	M6 Nut
4	4	Stabilizer Cap	33	4	M10 Locknut
5	1	Seat Post	34	3	M8 x 15mm Button Screw
6	1	M8 x 58mm Button Bolt	35	1	Drive Belt
7	2	Handlebar Cap	36	1	M4 x 19mm Screw
8	1	Seat Bushing	37	1	Flywheel
9	1	Seat Knob	38	1	Magnet
10	7	M8 Locknut	39	1	Flywheel Axle
11	1	C-Magnet	40	1	11mm Spacer
12	1	Seat	41	5	M4 x 28mm Round Head Screw
13	1	Upright	42	8	M8 Split Washer
14	2	M4 x 5mm Screw	43	1	Reed Switch/Wire
15	1	Handlebar	44	1	Crank Bearing Set
16	1	Console	45	1	Lower Cable
17	1	Left Shield	46	1	M8 x 63mm Button Bolt
18	1	Right Shield	47	1	13mm Spacer
19	1	Resistance Control/Cable	48	1	Spring
20	1	Seat Post Bushing	49	6	M4 x 16mm Screw
21	1	Crank/Pulley	50	1	Cable Clamp Set
22	1	Reed Switch Clamp	51	1	M6 x 40mm Bolt
23	1	M10 Washer	52	1	M8 Flange Nut
24	1	Left Pedal/Strap	53	1	Wire Harness
25	2	6200Z Bearing	54	1	Extension Wire
26	1	Right Pedal/Strap	55	1	Return Spring
27	1	Resistance Knob	56	1	M4 x 16mm Bright Screw
28	2	U-bracket	*	—	User's Manual
29	1	Crank Nut	*	—	Assembly Tool

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.



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

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. 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. For replacement parts 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 any 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.

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 whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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 you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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