

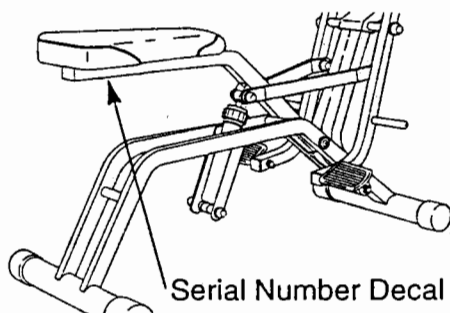
CARDIOGLIDETM

TOTAL BODY MOTION • LOW IMPACT

WESLO[®]

Model No. WLMC00340

Serial No. _____



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. **TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.**

The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

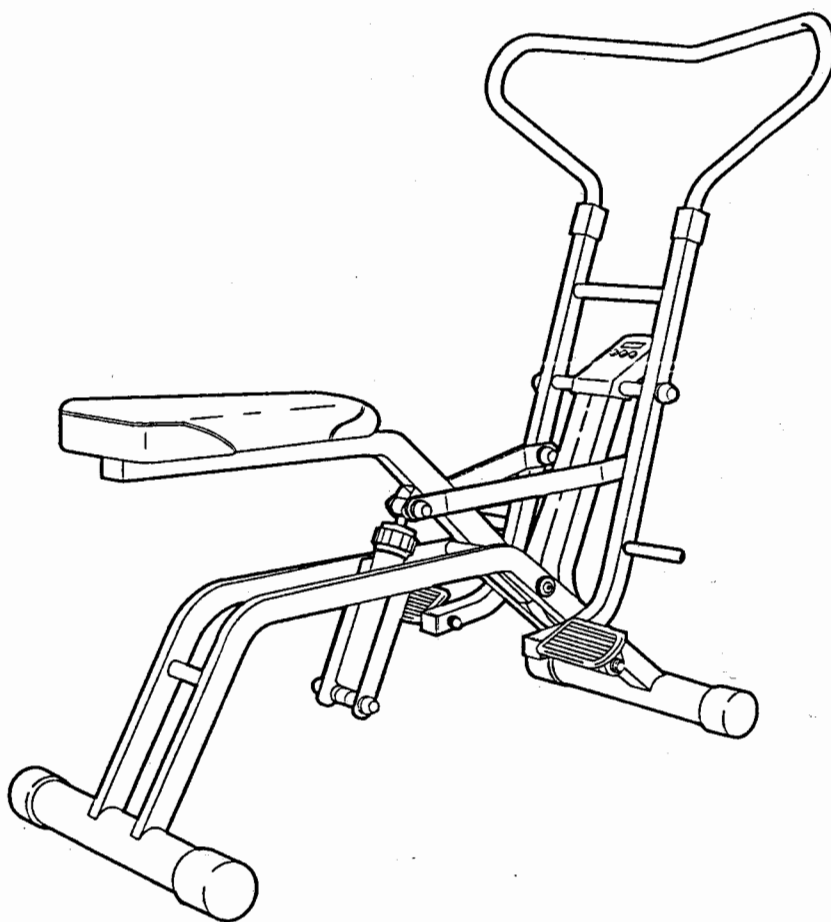
CUSTOMER HOT LINE:

1-800-999-3756

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

CAUTION:

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



OWNER'S MANUAL

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the WESLO® CARDIO GLIDE.

1. Use the CARDIO GLIDE only on a level surface.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the CARDIO GLIDE. Always wear athletic shoes for foot protection.
3. Keep small children away from the CARDIO GLIDE at all times.
4. The CARDIO GLIDE features a precision resistance cylinder; due to the nature of resistance cylinders, it is recommended that the floor underneath the CARDIO GLIDE be covered in case of slight oil leakage.
5. The resistance cylinder becomes very hot during use. Allow the resistance cylinder to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.
6. Use the CARDIO GLIDE only as described in this manual.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WESLO assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

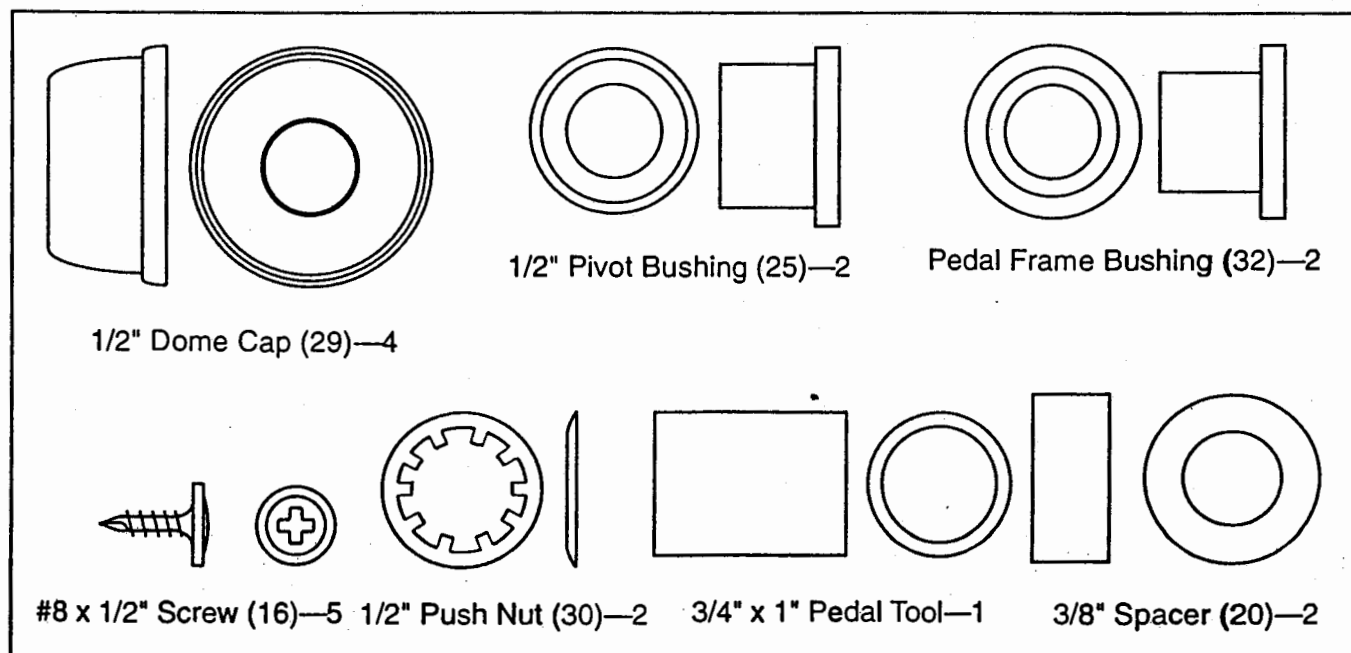
Thank you for selecting the innovative WESLO® CARDIO GLIDE. The CARDIO GLIDE offers a unique form of low-impact exercise that uses both the upper body and lower body for increased cardiovascular benefits and greater toning results. And to help make your workouts more enjoyable and effective, the CARDIO GLIDE features a large padded seat, adjustable resistance and an electronic monitor.

For your safety and benefit, read this manual carefully before using the CARDIO GLIDE. If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number when calling. The model number is WLMC00340. The serial number can be found on a decal attached to the CARDIO GLIDE (see the front cover of this manual for the location of the decal).

ASSEMBLY

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part. The second number refers to the quantity used in assembly. **Assembly can be completed using the included pedal tool and your own phillips screwdriver and rubber mallet.**

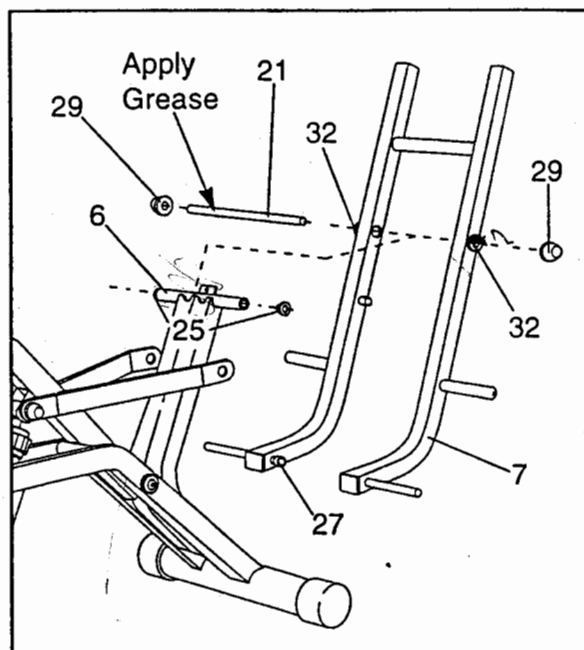
PART CHART



1. Tap a 1/2" Pivot Bushing (25) into each side of the Frame (6). Tap the two Pedal Frame Bushings (32) into the outer sides of the Pedal Frame (7).

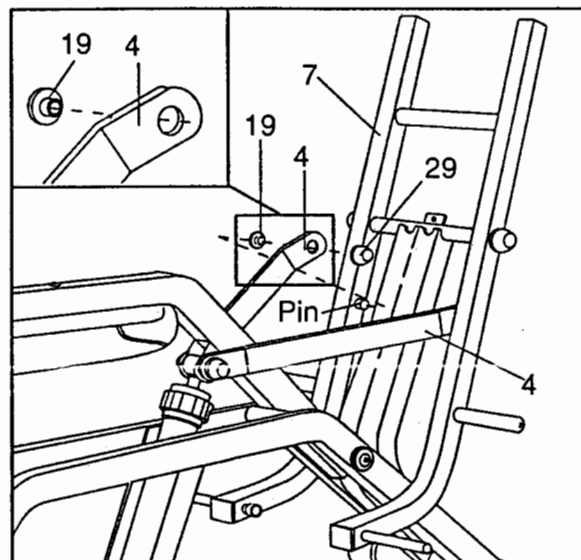
Apply a small amount of grease to the Pivot Rod (21). Align the holes in the Pedal Frame (7) with the indicated tube on the Frame (6). Tap the Pivot Rod through the Pedal Frame and the Frame. **Make sure that the Pivot Rod does not go in at an angle or the Bushings may be damaged.** Center the Pivot Rod and tap a 1/2" Dome Cap (29) onto each end of the Pivot Rod.

Make sure that the Magnet (27) is in the indicated location on the Pedal Frame (7). If the Magnet is not aligned with the reed switch, the monitor will not function. Make sure there is a 1/8" gap between the Magnet and the reed switch (see MAINTENANCE AND TROUBLE-SHOOTING on page 8).



2. Make sure that there is a 1/2" Link Arm Bushing (19) in the left Link Arm (4) (see the inset drawing). Slide the left Link Arm onto the indicated pin on the Pedal Frame (7). Pivot the Pedal Frame and tap a 1/2" Dome Cap (29) onto the pin.

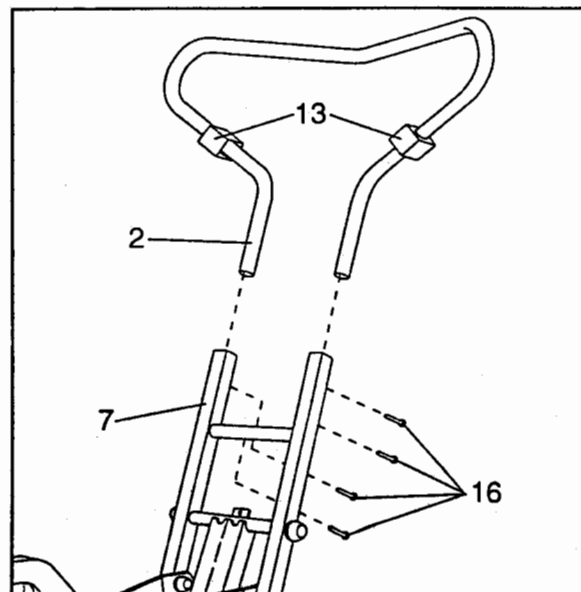
Attach the right Link Arm (4) in the same manner.



3. Slide a 1 1/4" x 2" Endcap (13) onto each end of the Handlebar (2). The Endcaps must be turned so the round holes are on top.

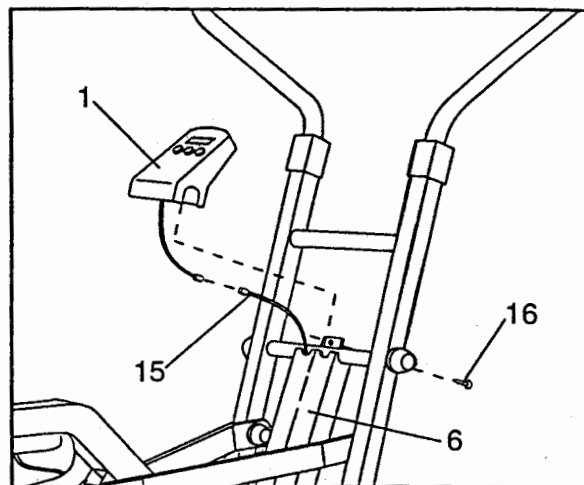
Slide the Handlebar (2) into the Pedal Frame (7). The Handlebar must be turned so the sides bend toward the seat. Align the holes in the Handlebar with the holes in the Pedal Frame. Attach one side of the Handlebar with two #8 x 1/2" Screws (16). Attach the other side of the Handlebar with two #8 x 1/2" Screws.

Slide the 1 1/4" x 2" Endcaps (13) down over the Pedal Frame (7).



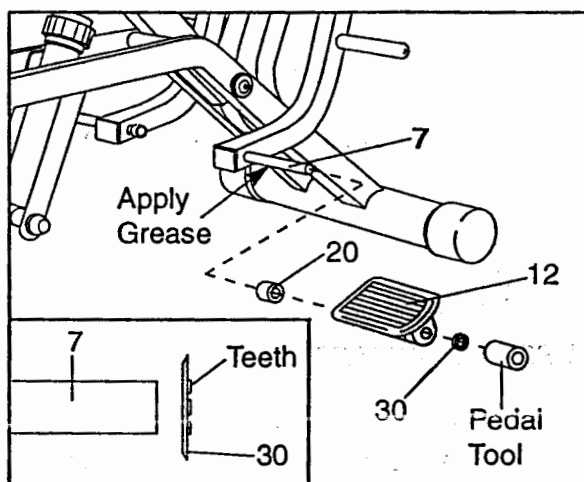
4. Connect the Sensor Wire (15) to the wire on the Monitor (1). Insert any excess wire into the Frame (6).

Remove the #8 x 1/2" Screw (16) from the Frame (6). Attach the Monitor to the Frame with the #8 x 1/2" Screw. Make sure not to pinch the wire between the Frame and the Monitor.

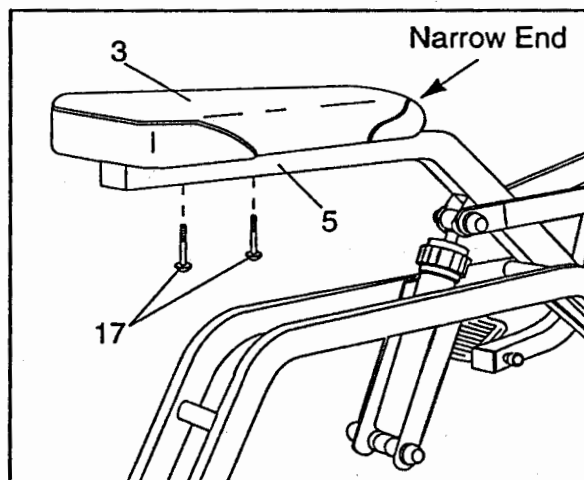


5. Slide a 3/8" Spacer (20) onto the indicated shaft on the lower end of the Pedal Frame (7). Apply a small amount of grease to the shaft. Slide a Pedal (12), with the rounded end facing away from the Pedal Frame, onto the shaft. Using the included pedal tool, tap a 1/2" Push Nut (30) onto the shaft. Make sure that the Push Nut is turned so the teeth bend away from the Pedal (see the inset drawing).

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



6. Remove the two 1/4" x 2" Screws (17) attaching the Seat (3) to the underside of the Seat Tube (5). Attach the Seat, with the narrow end forward, to the top of the Seat Tube with the two Screws as shown.



ADJUSTMENT AND OPERATION

EXERCISING ON THE CARDIO GLIDE

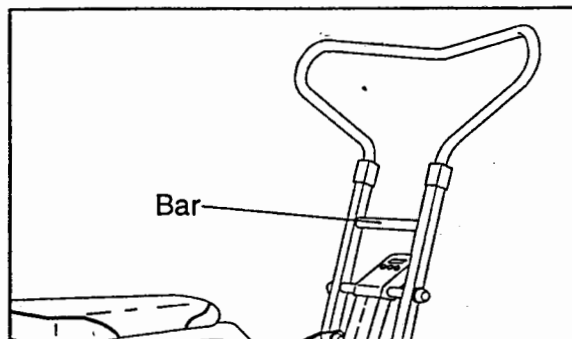
Sit on the seat, place your feet on the pedals and hold the handlebar. To add variety to your exercise, you can hold the top, sides or bottom of the handlebar, place your hands close together or far apart, or hold the handlebar with an overhand or underhand grip.

To begin exercising, pull the handlebar towards your waist while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion, maintain a steady pace, and keep your back straight.

LOWER BODY EXERCISE

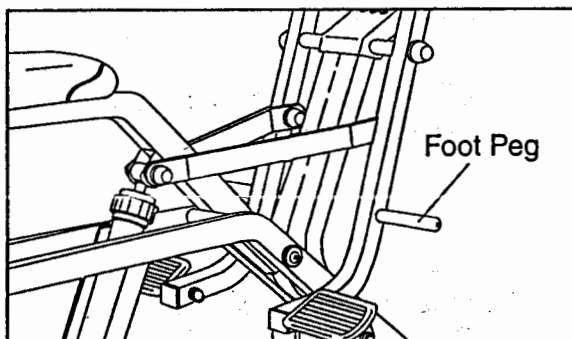
To focus on the muscles of the lower body, rest your hands on the indicated bar as you exercise.

To focus on the calf muscles, point your toes as you push the pedals away. As you return to the starting position, raise your toes and rotate your heels downward. **CAUTION: To avoid injury, keep your feet firmly on the pedals to prevent them from slipping.**



UPPER BODY EXERCISE

To focus on the muscles of the upper body, rest your feet on the foot pegs rather than the pedals as you exercise.

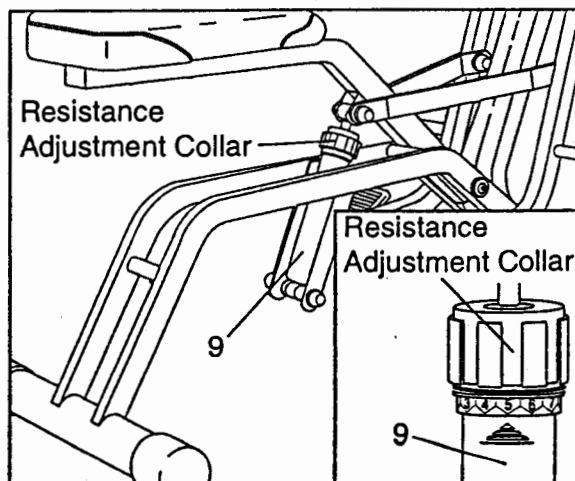


ABDOMINAL EXERCISE

To exercise your abdominal muscles, keep your arms straight and bend back at the waist as you exercise. Remember to keep your back straight.

RESISTANCE ADJUSTMENT

To vary the intensity of your exercise, the resistance can be changed by turning the resistance adjustment collar on the Resistance Cylinder (9). **CAUTION: The Resistance Cylinder becomes very hot during use. Allow the Resistance Cylinder to cool before touching it.** There are 9 resistance levels: level 1 is the easiest, and level 9 is the most difficult. To increase the resistance, turn the collar clockwise; to decrease the resistance, turn the collar counterclockwise. The arrow on the Resistance Cylinder will show which resistance level you have selected.



MONITOR

The simple-to-operate electronic monitor features five different modes to provide you with instant exercise feedback. The five modes are described below:

Speed—Displays your speed, in repetitions per minute.

Time—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.

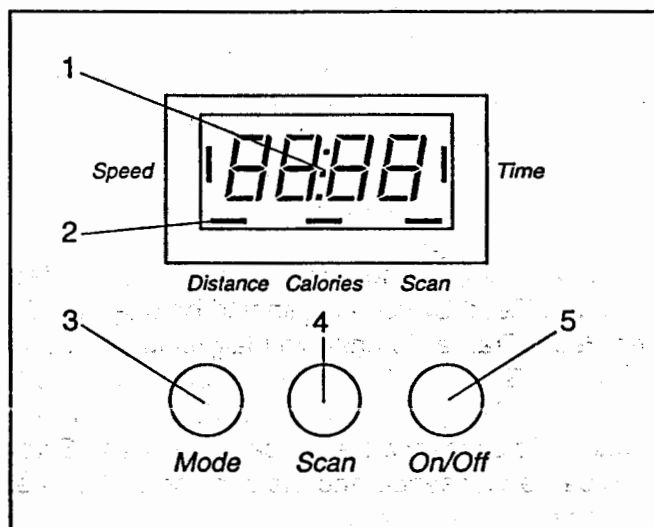
Distance—Displays the total number of repetitions you have completed, up to "999". The display will then reset to "0" and continue counting.

Calories—Displays the approximate number of Calories you have burned. Note: If the resistance is near the highest or lowest setting, the actual number of Calories you have burned will be slightly higher or lower than the number displayed.

Scan—Displays the speed, time, distance and calories modes, for approximately 5 seconds each, in a repeating cycle.

DIAGRAM OF THE MONITOR

1. LCD display—Displays all modes.
2. Mode indicators—Show which mode has been selected.
3. Mode button—Selects all modes except the scan mode.
4. Scan button—Selects the scan mode.
5. On/off button—Turns the power on and off.



OPERATING THE MONITOR

1. To turn on the power, press the on/off button or simply begin exercising. The entire display will appear for two seconds. The monitor 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 be selected automatically. The scan mode can also be selected by pressing the scan button. One mode indicator will show that the scan mode has been selected, and a second mode indicator will show which mode is currently displayed.

Speed, time, distance or calories mode—These modes can be selected by repeatedly pressing the mode button. The mode indicators will show which mode has been selected. The modes will be selected in the following order: speed, time, distance, calories.

3. When you are finished exercising, press the on/off button to turn off the power. Note: If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.

MAINTENANCE AND TROUBLE-SHOOTING

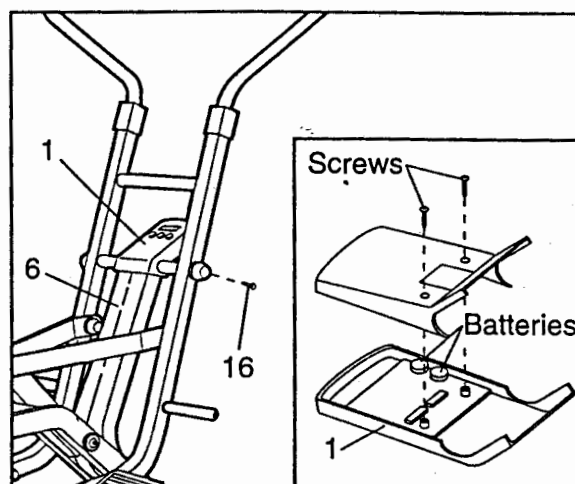
MONITOR CARE

Keep the monitor out of direct sunlight or the LCD display may be damaged. The monitor can be cleaned using a soft, dry cloth. Do not allow liquid to come in contact with the monitor. Remove the batteries when storing the CARDIO GLIDE.

REPLACING THE BATTERIES

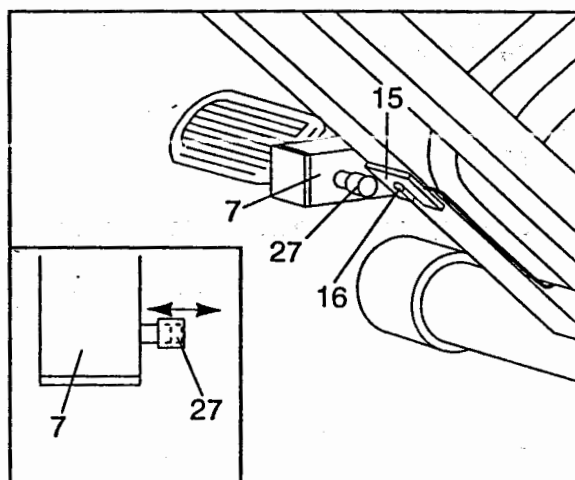
If the display of the Monitor (1) becomes dim, the two **L1154 watch batteries** should be replaced. Remove the #8 x 1/2" Screw (16) from the back of the Monitor. Remove the two screws from the back cover of the Monitor and remove the back cover. Push the two old batteries out of the clips, and insert two new batteries.

Reattach the back cover and reattach the Monitor (1) to the Frame (6). Make sure that the wire on the Monitor is plugged into the sensor wire. Insert any excess wire into the Frame. Make sure not to pinch the wire between the Frame and the Monitor.



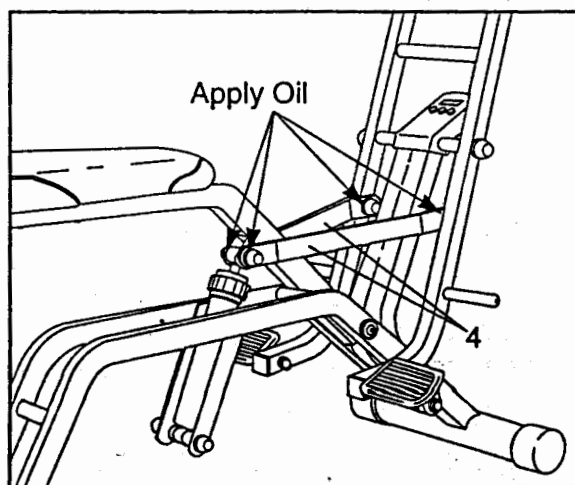
ADJUSTING THE MAGNET AND REED SWITCH

If the monitor does not function properly, the Magnet (27) and Reed Switch (15) should be checked. Pivot the Pedal Frame (7) until the Magnet is aligned with the Reed Switch (15). Slide the Magnet in or out until there is a **1/8" gap** between the Magnet and the Reed Switch. If necessary, the indicated #8 x 1/2" Screw (16) can be loosened and the position of the Reed Switch can be adjusted.



LUBRICATING THE CARDIO GLIDE

The ends of the Link Arms (4) should be oiled every six months. Apply a few drops of light multi-purpose oil (not included) between the Link Arms and the dome caps in the indicated locations.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

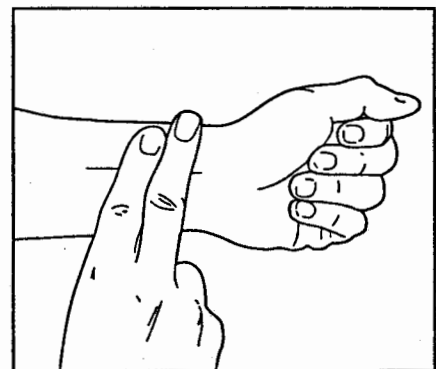
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, as well as reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

PART LIST—Model No. WLMC00340

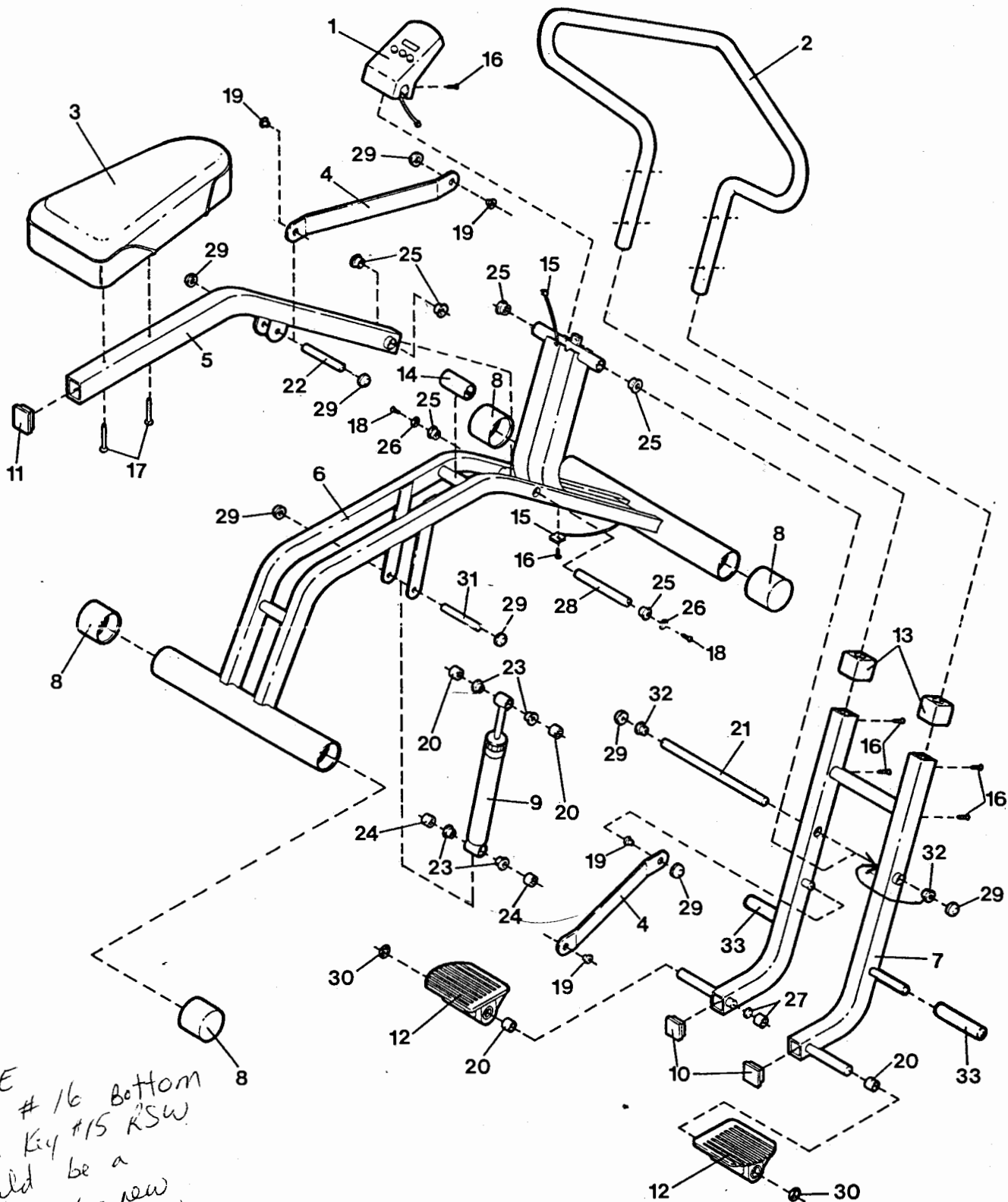
R594A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Monitor	19	4	1/2" Link Arm Bushing
2	1	Handlebar	20	4	3/8" Spacer
3	1	Seat	21	1	1/2" x 11 1/4" Pivot Rod
4	2	Link Arm	22	1	1/2" x 3 1/2" Rod
5	1	Seat Tube	23	4	1/2" Cylinder Bushing
6	1	Frame	24	2	15/16" Spacer
7	1	Pedal Frame	25	4	1/2" Pivot Bushing
8	4	Endcap	26	2	5/16" Washer
9	1	Resistance Cylinder	27	1	Magnet/Retainer
10	2	1 1/4" x 1 1/4" Endcap	28	1	1/2" x 5 1/2" Rod
11	1	1 1/2" x 2" Endcap	29	8	1/2" Dome Cap
12	2	Pedal	30	2	1/2" Push Nut
13	2	1 1/4" x 2" Endcap	31	1	1/2" x 4" Rod
14	1	Bumper	32	2	Pedal Frame Bushing
15	1	Reed Switch/Sensor Wire	33	2	Foot Peg Foam
16	6	#8 x 1/2" Screw	#	1	Owner's Manual
17	2	1/4" x 2" Screw	#	1	3/4" x 1" Pedal Tool
18	2	1/4" x 5/8" Screw			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WLMC00340

R594A



NOTE
Key # 16 Bottom
with Key # 15 RSW
Should be a
Key # 34 - new
screen #

ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WLMC00340).
2. The NAME of the product (WESLO® CARDIO GLIDE).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from page 10 of this manual.

LIMITED WARRANTY

Weslo, Inc. ("WESLO"), 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. WESLO's obligation under this warranty is limited to replacing or repairing, at WESLO's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WESLO at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by WESLO. 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 a WESLO authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WESLO.

WESLO 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 OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, 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 IS LIMITED IN ITS 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 which vary from state to state.

WESLO INC., 1500 S. 1000 W., LOGAN, UT 84321-9813