



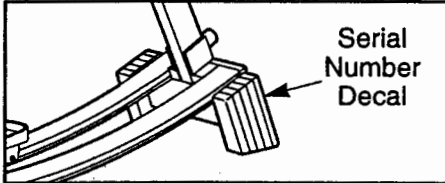
WESLO

SKIER

Model No. WLSK10060

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

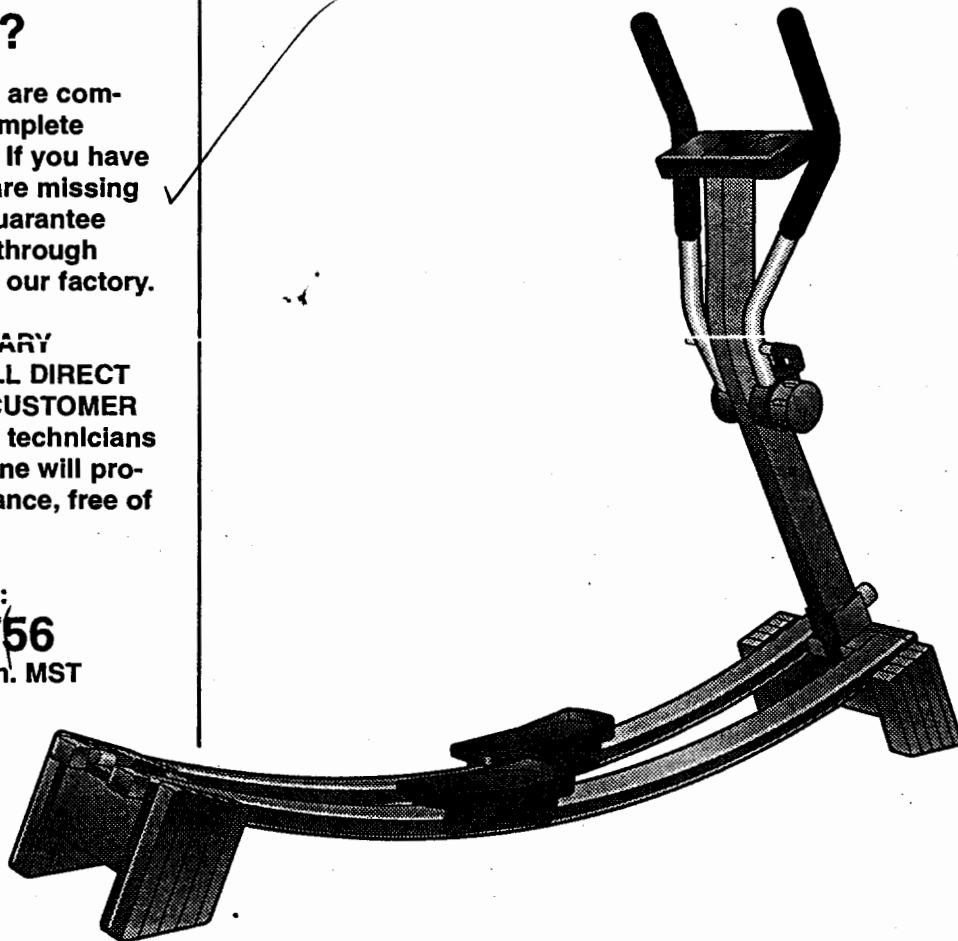
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing or damaged, we will guarantee complete satisfaction through direct assistance from our factory.

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 precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read all precautions and instructions in this manual before using the cross-country skier.

1. It is the responsibility of the owner to ensure that all users of the cross-country skier are adequately informed of all precautions.
2. Use the cross-country skier only as described in this manual.
3. Place the cross-country skier on a level surface. Cover the floor beneath the cross-country skier to protect it.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep small children and pets away from the cross-country skier at all times.
6. The cross-country skier should not be used by persons weighing more than 250 pounds.
7. Always wear proper clothing and athletic shoes when using the cross-country skier.
8. Keep hands and feet away from moving parts.
9. Always dismount the cross-country skier before adjusting the resistance of the ski pedals.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

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 this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

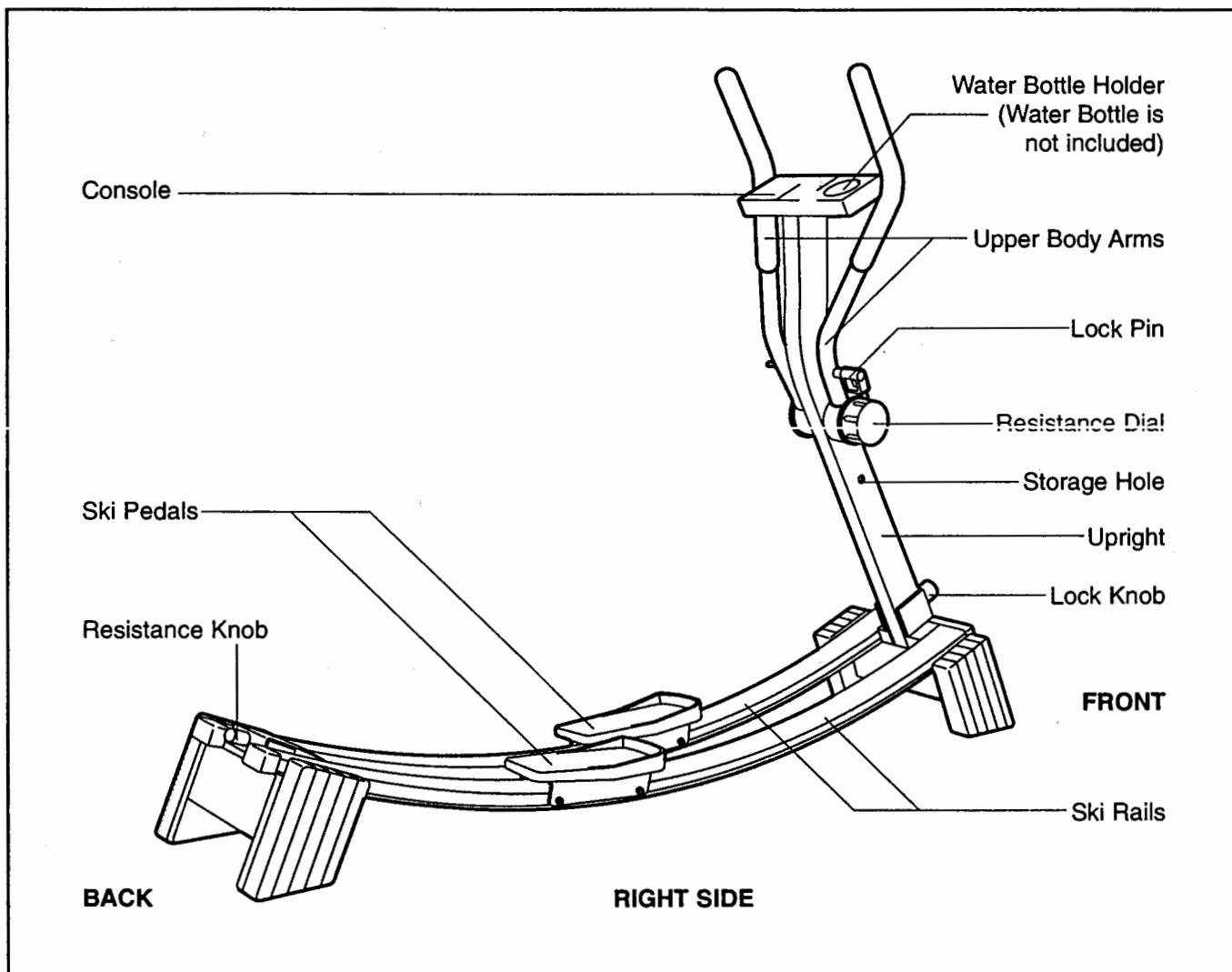
BEFORE YOU BEGIN

Thank you for selecting the innovative WESLO® ARC SKIER cross-country skier. Cross-country skiing is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the muscles. The ARC SKIER features ultra-smooth skiing pedals, ergonomic curved ski rails, upper body arms, and adjustable resistance to let you enjoy this dynamic exercise in the convenience of your home.


For your benefit, read this manual carefully before you use the ARC SKIER. If you have questions after reading the manual, 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 before calling. The model number is WLSK10060. The serial number can be found on a decal attached to the cross-country skier (see the front cover of this manual for the location).

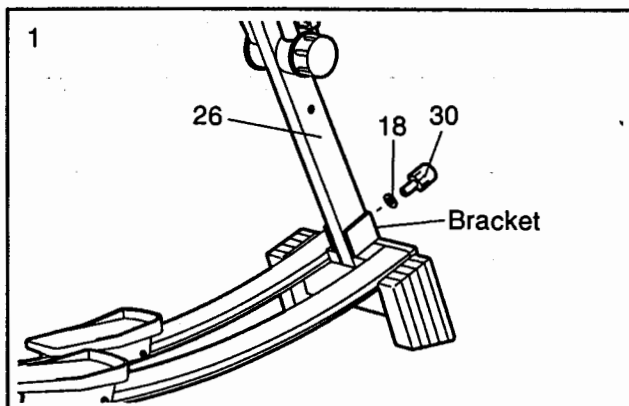
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

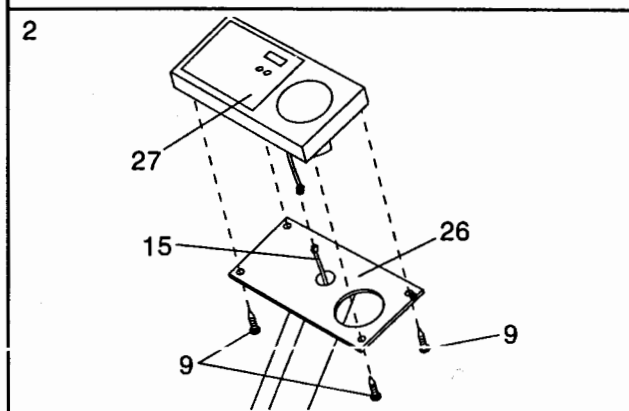
Place all parts of the ARC SKIER in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed. **Assembly requires a phillips screwdriver (not included).** 

1. Raise the Upright (26) to the position shown. Slide the M10 Washer (18) onto the Lock Knob (30). Insert the Lock Knob into the indicated bracket and tighten the Lock Knob into the lower end of the Upright.



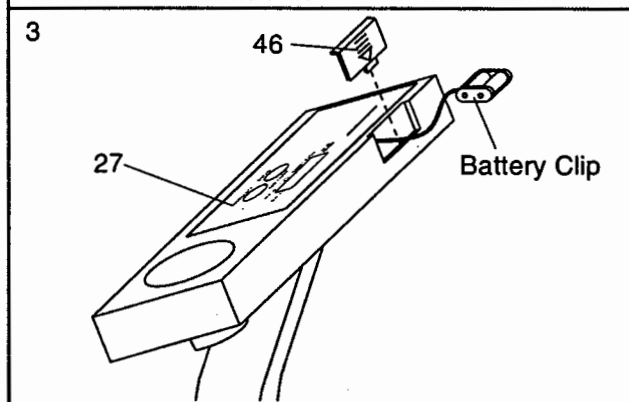
2. If the Console (27) is not attached to the Upright (26), attach it as described below.

Connect the Console Wire (15) to the wire under the Console (27). Insert any excess wire into the Upright (26). Attach the Console to the Upright with four M5 x 12mm Screws (9).

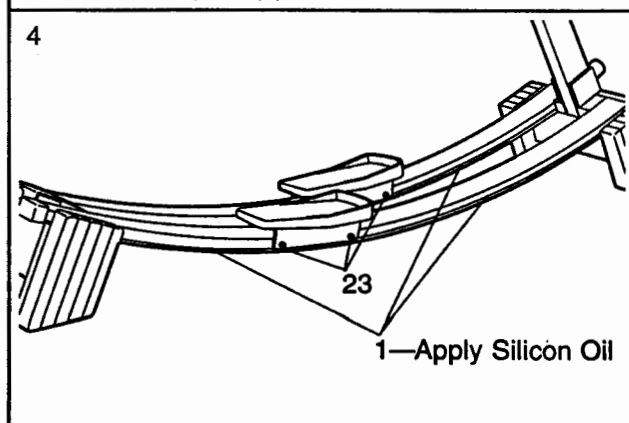


3. The Console (27) requires two "AA" batteries (not included). Alkaline batteries are recommended.

To install batteries, first slide up the Battery Cover (46). Carefully remove the battery clip from the Console (27). Insert two batteries into the battery clip. **Make sure that the negative (-) ends of the batteries are touching the springs.** Insert the battery clip into the Console and close the Battery Cover.



4. Before using the cross-country skier, the included silicon oil should be applied. Apply a few drops of silicon oil to the Ski Rails (1) where the Ski Pedal Wheels (23) make contact.



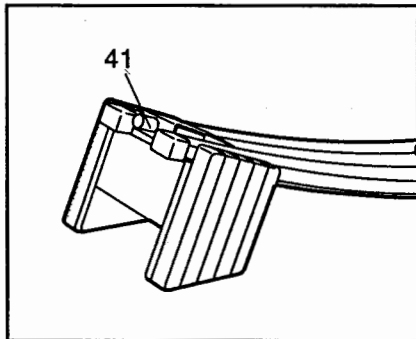
Make sure that all parts are securely tightened. The use of the lock pin will be explained in the following section.

HOW TO USE THE ARC SKIER

HOW TO ADJUST THE RESISTANCE OF THE SKI PEDALS

To vary the intensity of your exercise, the resistance of the ski pedals can be adjusted. The resistance is controlled with the Resistance Knob (41) at the back of the cross-country skier. **CAUTION: Always dismount the cross-country skier before adjusting the resistance of the ski pedals.**

To increase the resistance of the ski pedals, turn the Resistance Knob (41) clockwise; to decrease the resistance, turn the Knob counterclockwise.



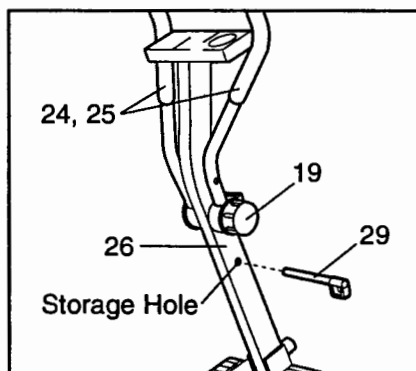
Note: The

cords connecting the ski pedals may stretch slightly when the cross-country skier is first used. If necessary, turn the Knob clockwise to remove any slack from the cords. If there is slack in the cords, the cords may slip off the pulleys at the ends of the ski rails.

The intensity of your exercise can also be varied by using the upper body arms (see the section below), or by changing the pace of your exercise.

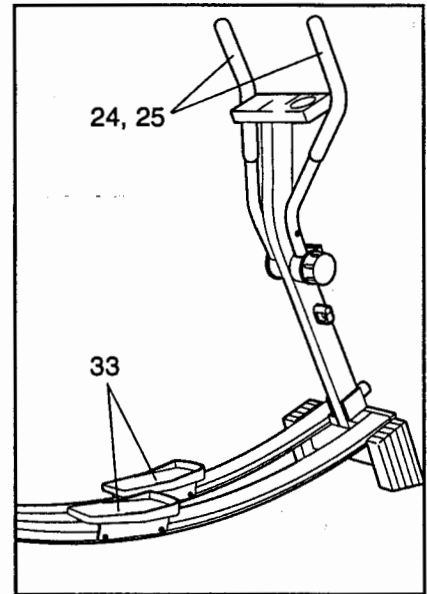
HOW TO USE THE UPPER BODY ARMS IN THE DUAL-MOTION POSITION

The Upper Body Arms (24, 25) can be used in either the dual-motion position or the stationary position. To use the Upper Body Arms in the dual-motion position, remove the Lock Pin (29) from the Upper Body Arms and the Upright (26). Insert the Lock Pin into the storage hole.



The resistance of the Upper Body Arms (24, 25) can be adjusted with the Resistance Dial (19) on the side of the cross-country skier (see the drawing above). To increase the resistance, turn the Dial clockwise; to decrease the resistance, turn the Dial counterclockwise.

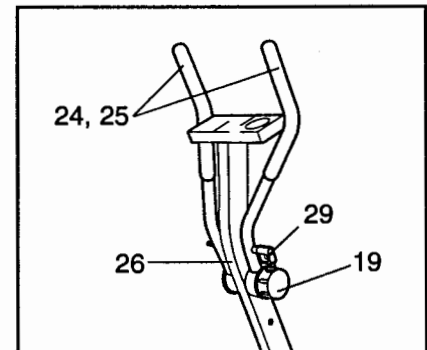
To exercise, hold both Upper Body Arms (24, 25), step onto the Ski Pedals (33), and center your feet on the Pedals. The correct form for exercising on the cross-country skier is similar to the motion of walking. Move your arms and legs forward and backward with a smooth, continuous motion. Be sure to keep your back straight and your knees bent slightly.



For effective aerobic exercise, short, rapid strides at low resistance are recommended. To strengthen the muscles, long, slow strides at higher resistance are recommended.

HOW TO USE THE UPPER BODY ARMS IN THE STATIONARY POSITION

To use the Upper Body Arms (24, 25) in the stationary position, align the holes in the Upper Body Arms with the hole in the Upright (26). Insert the Lock Pin (29) through all parts. Note: If it is difficult to insert the Lock Pin, do not hit the Lock Pin. Twist the Upper Body Arms slightly in order to align the holes.

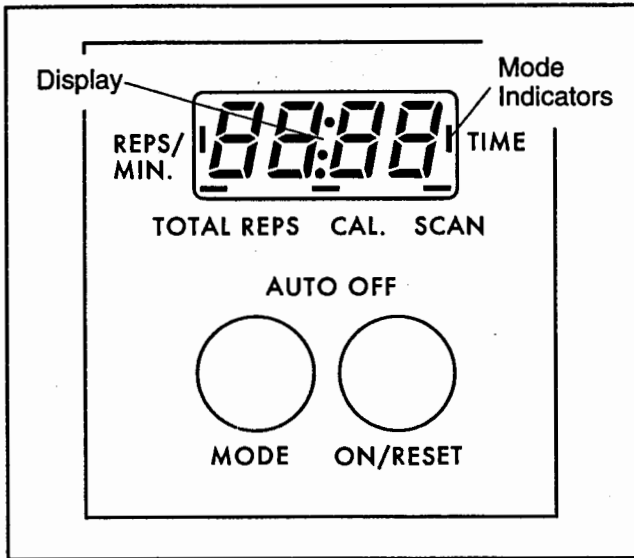


Next, tighten the Resistance Knob (19) on the side of the cross-country skier (see the drawing above).

To use the Upper Body Arms (24, 25) in the stationary position, exercise as described at the top of this page, but hold the Upper Body Arms for support and use only your legs.

DESCRIPTION OF THE CONSOLE

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



- **Reps/Min.**—Displays your speed, in repetitions (strides) 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.
- **Total Reps**—Displays the total number of repetitions (strides) you have completed, up to 999. The display will then reset to zero and continue counting.
- **Calorie**—Displays the approximate number of Calories you have burned.
- **Scan**—Displays the reps per minute, time, total reps, and calorie modes, for 5 seconds each, in a repeating cycle.

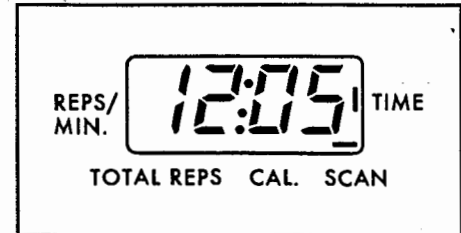
BATTERY INSTALLATION

Before the console can be operated, two "AA" batteries must be installed. If you have not installed batteries, see assembly step 3 on page 4.

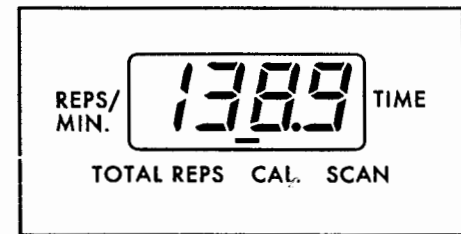
HOW TO OPERATE THE CONSOLE

1. To turn on the power, press the on/reset button or simply begin exercising on the ARC SKIER. When the power is turned on, the entire display will appear for two 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 flashing 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.



Reps per minute, time, total reps or calorie, mode—To select one of these modes for continuous display, repeatedly press the mode button. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)



3. To reset the display, press the on/reset button.
4. To turn off the power, simply wait for about four minutes. **Note: The console has an "auto-off" feature. If the pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

MAINTENANCE AND TROUBLE-SHOOTING

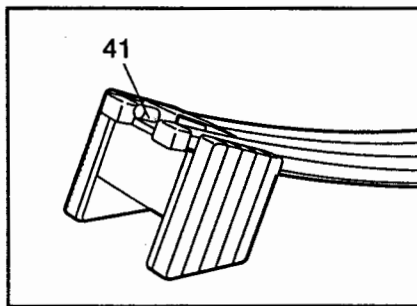
Inspect and tighten all parts each time you use the cross-country skier. Once every three months, apply a few drops of light multi-purpose oil to the hubs of the pulleys at the ends of the cross-country skier.

CONSOLE

If the console does not function properly, or if the display becomes faint, the batteries should be replaced. See assembly step 3 on page 4 for installation instructions.

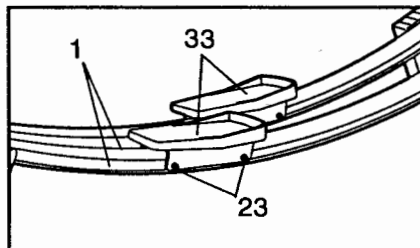
SKI PEDALS

The cords connecting the ski pedals may stretch slightly when the cross-country skier is first used. If necessary, turn the Resistance Knob (41)



clockwise to remove any slack from the cords. If there is slack in the cords, the cords could slip off the pulleys at the ends of the ski rails.

If the movement of the Ski Pedals (33) becomes rough or noisy, clean the Ski Rails (1) and the Ski Pedal Wheels (23)



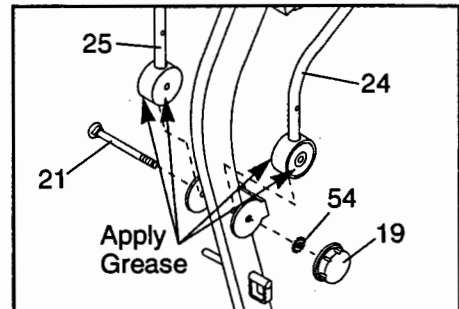
with a soft, dry cloth. Next, apply silicon oil to the Ski Rails where the Ski Pedal Wheels make contact. (Silicon oil is available at most automotive and hardware stores.) Apply silicon oil at least once every three months.

If the movement of the Ski Pedals (33) is still rough, the Ski Pedal Wheels (23) may need to be replaced. See the back cover of this manual.

UPPER BODY ARMS

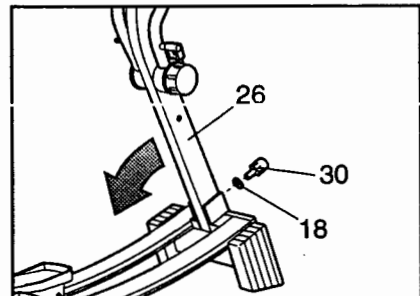
If a squeaking sound is heard when the upper body arms are moved, a small amount of grease may be applied. Refer to the drawing below. Turn the Resistance Dial (19)

counter-clockwise and remove it. Remove the Round Spring Washer (54). Using pliers, grip the head of the M10 Carriage Bolt (21) and remove it. Apply a thin film of grease to both sides of the Upper Body Arms (24, 25) in the indicated locations. Reattach all parts, making sure that they are in the positions shown.



STORAGE

When the cross-country skier is not in use, it can be folded to the compact stow-away position. Remove the Lock Knob (30) and M10 Washer (18)



from the lower end of the Upright (26). Fold down the Upright. Thread the Lock Knob and the M10 Washer into the Upright for storage.

CONDITIONING GUIDELINES

The following general 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

Whether your goal is to burn fat or strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

BPM	HEART RATE TRAINING ZONES						
165							Aerobic
145	155						Max Fat Burn
125	138	145					Fat Burn
	120	130	140				
		115	125	130			
			110	119	125		
				105	110	115	
					95	105	
						90	
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, look above your age and find the three numbers in light grey boxes. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body

uses easily accessible *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 your pace or the resistance until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust your pace or the resistance until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust your pace or the resistance until your heart rate is near the highest number in your training zone.

Strength Training

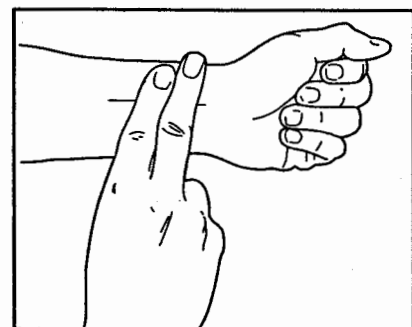
To strengthen and tone your muscles, you must exercise your muscles at a moderate to high percentage of their capacity. To do this, adjust the resistance to a high level.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first 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. (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 desired level. You can adjust the intensity of your exercise by adjusting the resistance or by changing your pace.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate, and circulation in preparation for strenuous exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone.

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching helps to offset problems caused

when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercising. A proper cool-down should leave you relaxed and comfortably tired.

EXERCISE FREQUENCY

To maintain or improve your condition, plan 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 make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. 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

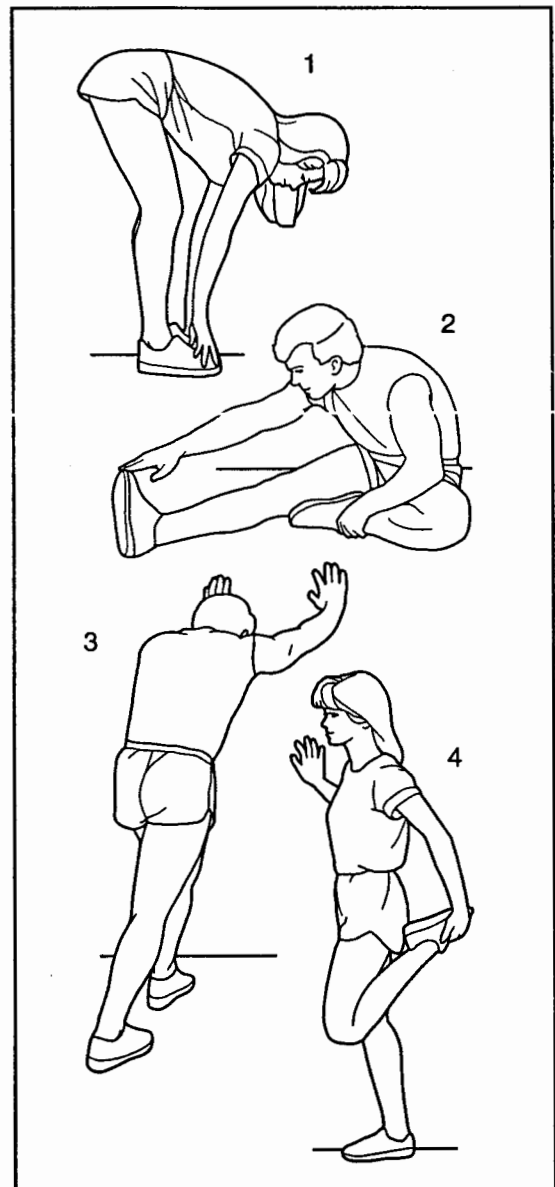
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

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.



PART LIST—Model No. WLSK10060

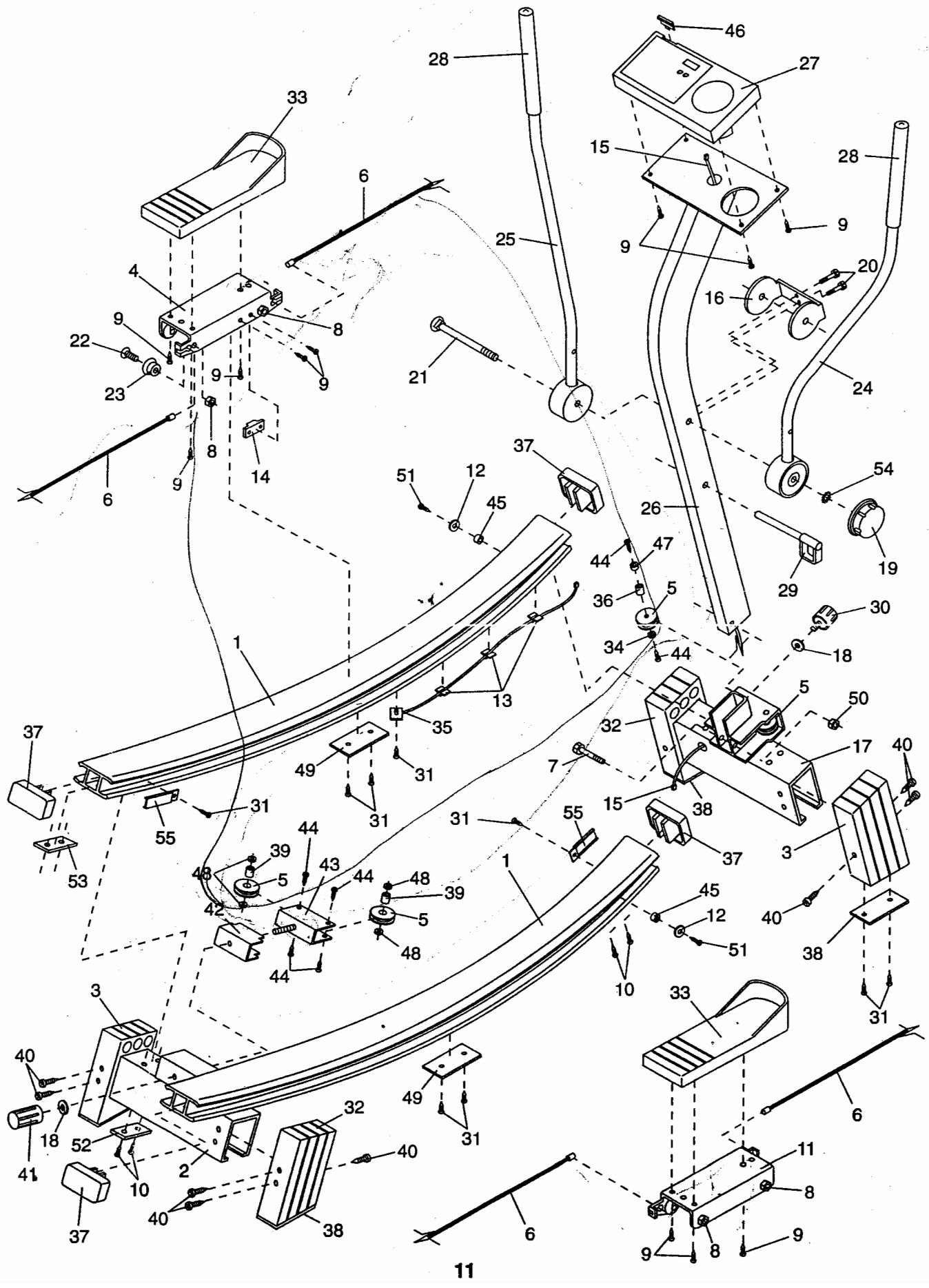
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Ski Rail	29	1	Lock Pin
2	1	Rear Stabilizer	30	1	Lock Knob
3	2	Right Front/Left Rear Leg	31	17	M5 x 19mm Screw
4	1	Left Ski Pedal	32	2	Left Front/Right Rear Leg
5	4	Pulley	33	2	Ski Pedal Cover
6	2	Ski Pedal Cord	34	2	6.25mm Spacer
7	1	M10 x 60mm Bolt	35	1	Reed Switch/Wire
8	8	M6 Nut	36	2	M6 x 35.2mm Rod
9	12	M5 x 12mm Screw	37	4	Ski Rail Endcap
10	8	M6 x 22mm Screw	38	4	Rubber Pad
11	1	Right Ski Pedal	39	4	M6 x 25.8mm Rod
12	2	M6 Washer	40	12	M5 x 26mm Screw
13	3	Adhesive Wire Clamp	41	1	Resistance Knob
14	1	Magnet	42	1	Plastic Sleeve
15	1	Console Wire	43	1	Pulley Bracket
16	1	Arm Bracket	44	8	M6 x 12mm Screw
17	1	Front Stabilizer	45	2	Pedal Bumper
18	2	M10 Washer	46	1	Battery Cover
19	1	Resistance Dial	47	2	10.2mm Spacer
20	2	M6 x 16mm Bolt	48	4	3.68mm Spacer
21	1	M10 Carriage Bolt	49	2	Rail Pad
22	8	M6 x 26mm Bolt	50	1	M10 x 1.5mm Nut
23	8	Ski Pedal Wheel	51	2	M5 x 31.8mm Screw
24	1	Right Upper Body Arm	52	4	Support Plate
25	1	Left Upper Body Arm	53	4	Threaded Plate
26	1	Upright	54	1	Round Spring Washer
27	1	Console	55	4	Pulley Trap
28	2	Foam Grip	#	1	User's Manual
			#	1	Silicon Oil

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

EXPLODED DRAWING—Model No. WLSK10060

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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 note the following information before calling.

- The MODEL NUMBER of the product (WLSK10060).
- The NAME of the product (WESLO® ARC SKIER cross-country skier).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER of the part(s) from page 10 of this manual.
- The DESCRIPTION of the part(s) from page 10 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, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON 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 ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to 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 or 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.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813