

WESLO

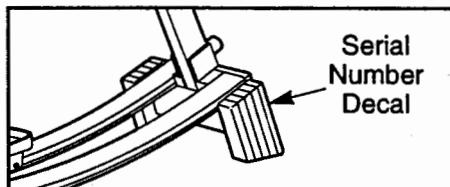


SKIER PLUS

Model No. WLSK10160

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

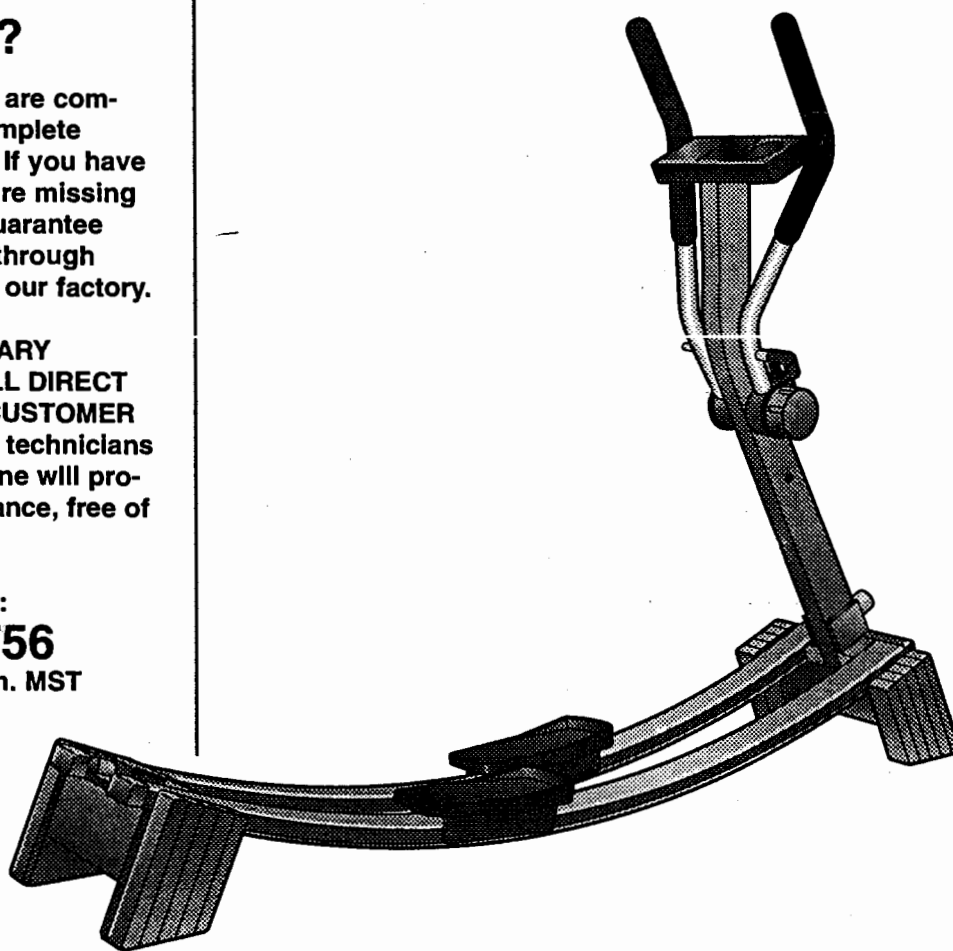
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing or damaged, we will guarantee complete satisfaction through direct assistance from our factory.

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

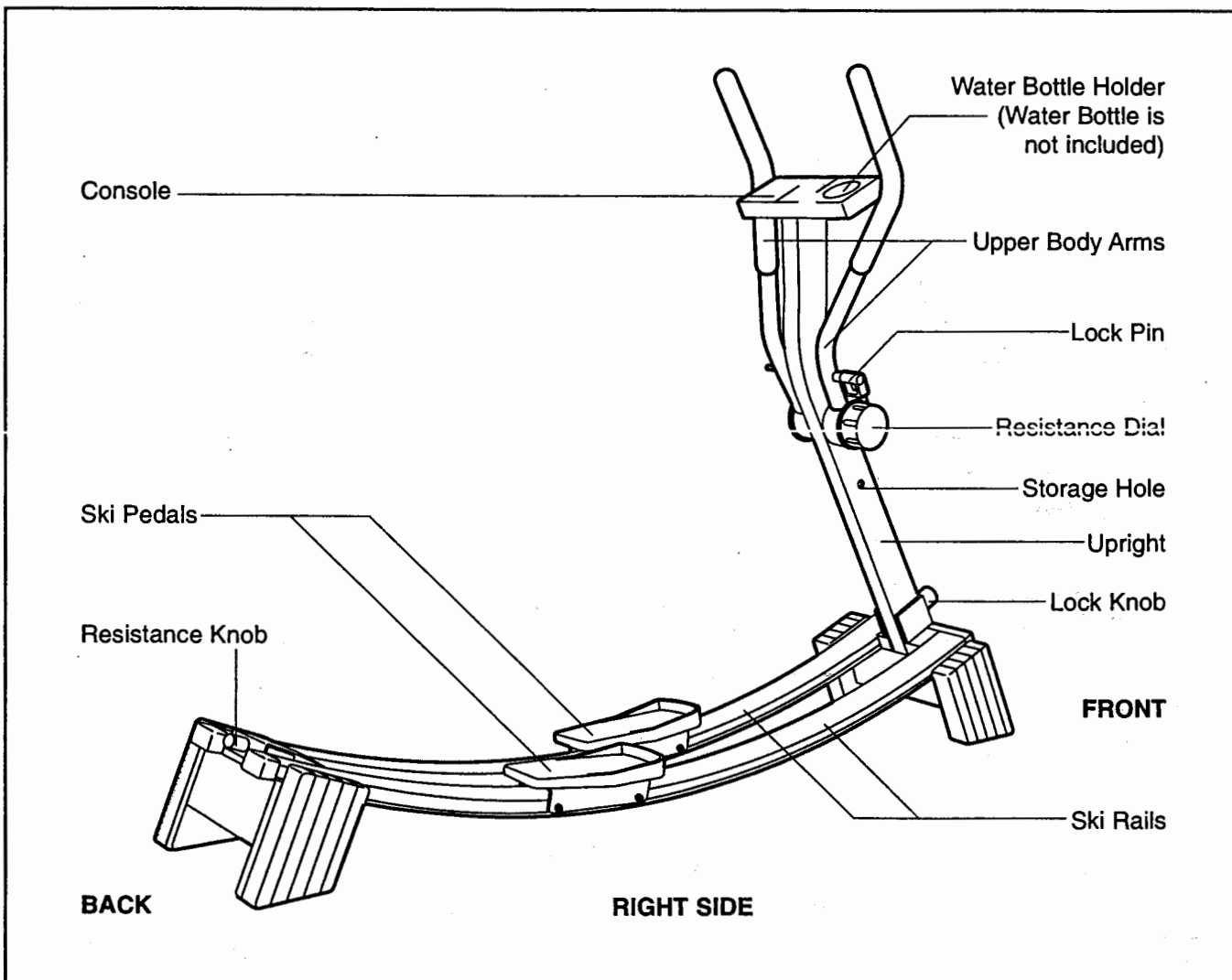
BEFORE YOU BEGIN

Thank you for selecting the innovative WESLO® ARC SKIER PLUS 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 PLUS 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 PLUS. 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 WLSK10160. 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).

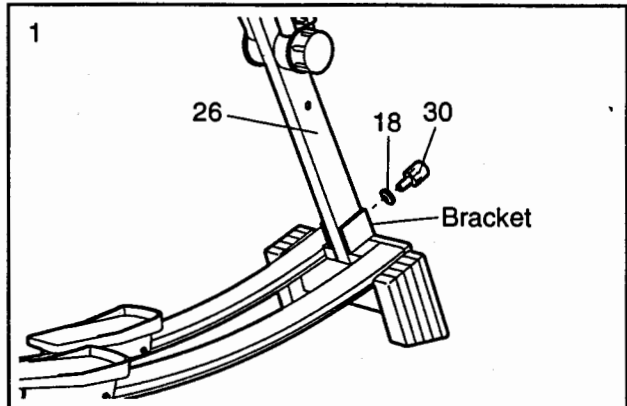
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

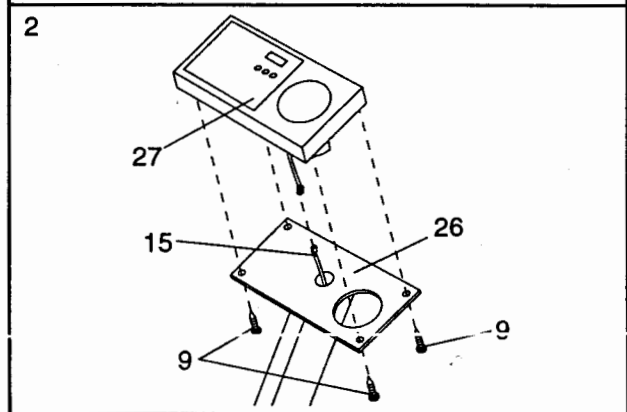
Place all parts of the ARC SKIER PLUS in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed. **Assembly requires a phillips screwdriver**  (not included).

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.



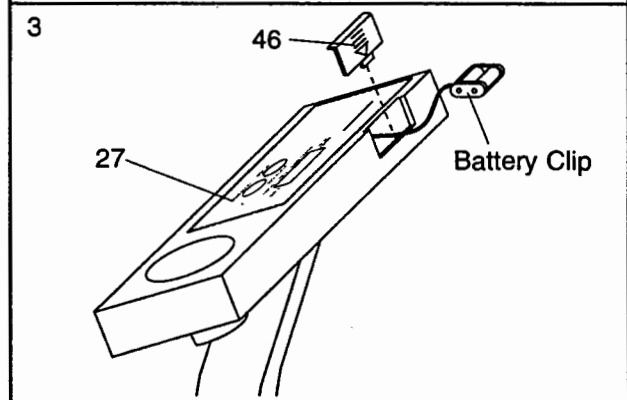
2. If the Console (27) is not attached to the Upright (26), attach it as described below.

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).

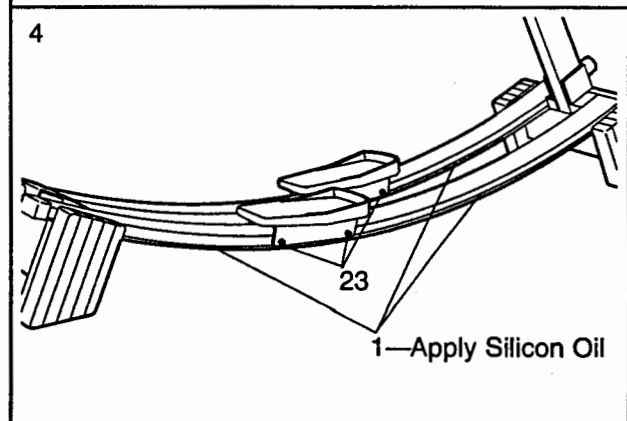


3. The Console (27) requires two "AA" batteries (not included). Alkaline batteries are recommended.

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.



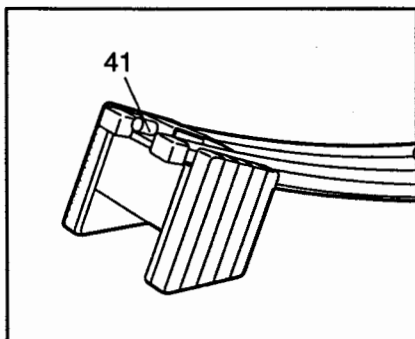
Make sure that all parts are securely tightened. The use of the remaining parts will be explained in the following section.

HOW TO USE THE ARC SKIER PLUS

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.

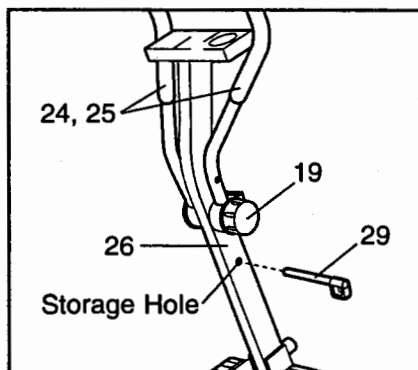


Note: The cords connecting the ski pedals may stretch slightly when the cross-country skier is first used. If necessary, turn the Knob clockwise to remove any slack from the cords. If there is slack in the cords, the cords may slip off the pulleys at the ends of the ski rails.

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.

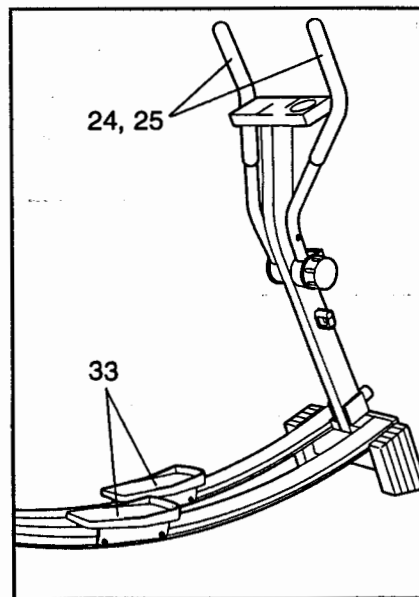
HOW TO USE THE UPPER BODY ARMS IN THE DUAL-MOTION POSITION

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.

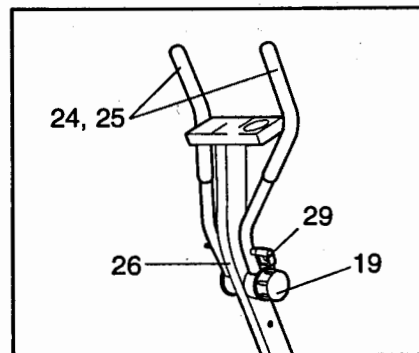
To exercise, hold both Upper Body Arms (24, 25), step onto the Ski Pedals (33), and center your feet on the Pedals. The correct form for exercising on the cross-country skier is similar to the motion of walking. Move your arms and legs forward and backward with a smooth, continuous motion. Be sure to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

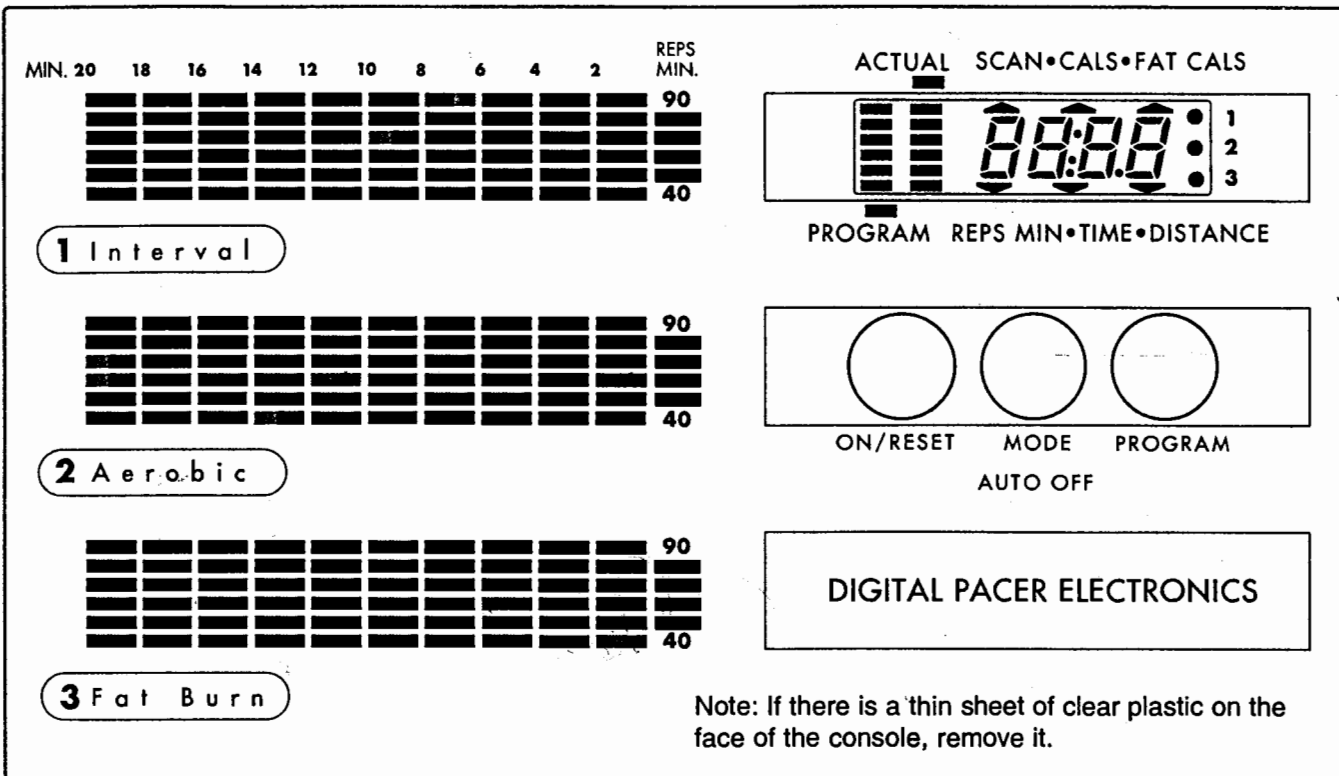
To use the Upper Body Arms (24, 25) in the stationary position, align the holes in the Upper Body Arms with the hole in the Upright (26). Insert the Lock Pin (29) through all parts. Note: If it is difficult to insert the Lock Pin, do not hit the Lock Pin. Twist the Upper Body Arms slightly in order to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

DIAGRAM OF THE CONSOLE

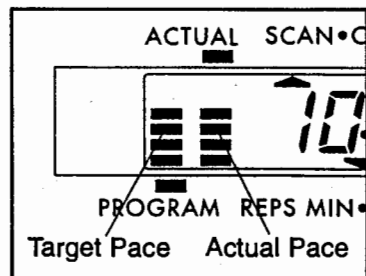


DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you achieve specific exercise goals by pacing your exercise. The programs include a stamina-building Interval program, an Aerobic program, and a special Fat Burn program. Whether you select the manual mode or one of the pacer programs, the console will provide continuous exercise feedback during your workouts. Please read pages 6 and 7 before operating the console.

HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column will show a target pace; the right column will show your actual pace. The target pace will change



periodically during the program; as the target pace changes, simply adjust your pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**

The graphs on the left side of the console show how the target pace will change during the programs. Look at the graphs for a moment (see the drawing above). Each graph is divided into ten columns, with six bars in each column. The columns represent two-minute time periods, and the red bars show what the target pace will be. In the first column of the Fat Burn graph, for example, there is one red bar. This shows that during the first two minutes of the Fat Burn program, the target pace will be 40 repetitions (strides) per minute (see the scale at the right end of the graph). In the second column there are five red bars. This shows that during the second two-minute time period, the target pace will be 80 strides per minute. Note: Because there are ten two-minute periods, each program will last for twenty minutes.

DESCRIPTION OF THE MONITOR MODES

The six monitor modes provide continuous exercise feedback. The modes are described below.

- **Reps per minute (REPS MIN)**—This mode shows your pace, in repetitions (strides) per minute.
- **Time**—If you select one of the three pacer programs, this mode will count down the time remaining in the program. If you select the manual mode, this mode will count up the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause.

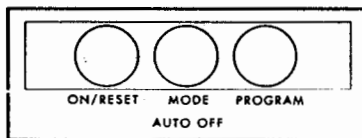
- **Distance**—This mode shows the total number of repetitions (strides) you have completed, up to 999. The display will then reset to zero and continue counting.
- **Fat calories (FAT CALS)**—This mode shows the approximate number of fat calories you have burned. (See **BURNING FAT** on page 9 for an explanation of fat calories.)
- **Calories (CALC)**—This mode shows the approximate number of calories you have burned. (This number includes both *fat* calories and *carbohydrate* calories. See **BURNING FAT** on page 9.)
- **Scan**—This mode displays the calories, fat calories, reps per minute, time, and distance modes, for 5 seconds each, in a repeating cycle.

STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, two "AA" batteries must be installed. (See assembly step 3 on page 4 for installation instructions.) Follow the steps below to operate the console.

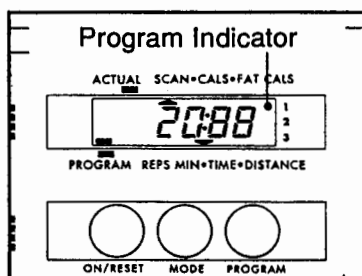
1 Turn on the power

To turn on the power, press the on/reset button or simply begin exercising on the cross-country skier. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for use. Note: If batteries were just installed, the power will already be on.



2 Select one of the three pacer programs or the manual mode

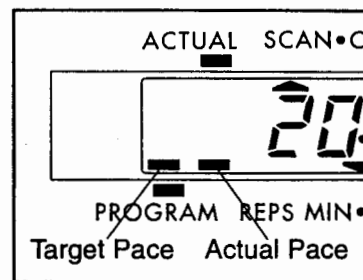
To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected.



To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1 (Interval), program 2 (Aerobic), program 3 (Fat Burn), manual mode.

3 Begin your workout

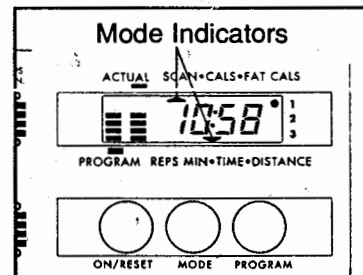
If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of bars will appear in the display.



The left column will show one bar, showing that the target pace is 40 strides per minute. The right column will show your actual pace. Adjust your pace until only one bar appears in the right column. As the program progresses, the target pace will change periodically; as the target pace changes, adjust your pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**

4 Follow your progress with the monitor modes

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 you select a different mode, you can select the scan mode again by repeatedly pressing the mode button.



If desired, you can select the reps per minute, time, distance, fat calories, or calories mode for full-time display. To select one of these modes, repeatedly press the mode button. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)

If desired, the display can be reset by pressing the on/reset button.

5 Turn off the power

To turn off the power, simply wait for about four minutes. If the ski pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically.

MAINTENANCE AND TROUBLE-SHOOTING

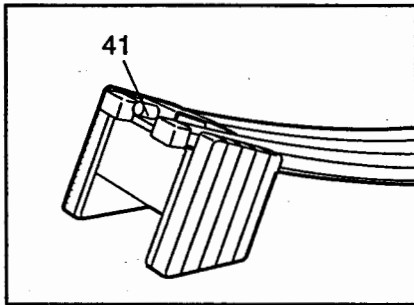
Inspect and tighten all parts each time you use the cross-country skier. Once every three months, apply a few drops of light multi-purpose oil to the hubs of the pulleys at the ends of the cross-country skier.

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.

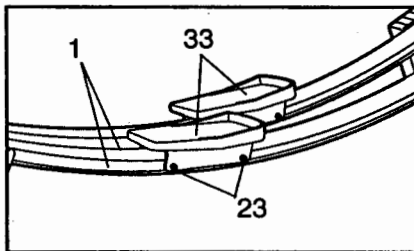
SKI PEDALS

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)



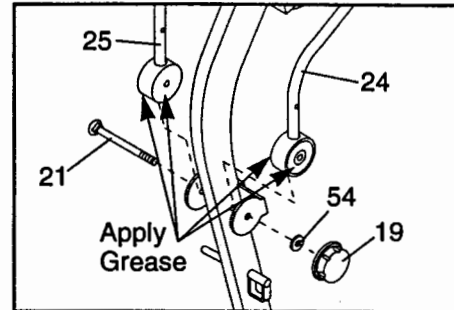
with a soft, dry cloth. Next, apply silicon oil to the Ski Rails where the Ski Pedal Wheels make contact. (Silicon oil is available at most automotive and hardware stores.) Apply silicon oil at least once every three months.

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.

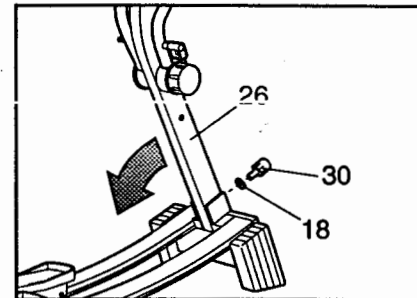


clockwise to remove any slack from the cords. If there is slack in the cords, the cords could slip off the pulleys at the ends of the ski rails.

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 Star 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 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 individuals over the age of 35 or individuals with pre-existing health problems.

WHY EXERCISE?

Exercise has proven essential for good health and well-being. Participation in a well-rounded exercise program helps to develop a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to handle stress, and greater self-esteem.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity and for the appropriate duration. The proper intensity level can be found by using your heart rate as a guide. For effective 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 according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
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
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

Burning Fat

To burn fat effectively, you must exercise at the proper 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 does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, it may be helpful to use the Fat Burn program to help you to reach your goal. (See pages 6 and 7.)

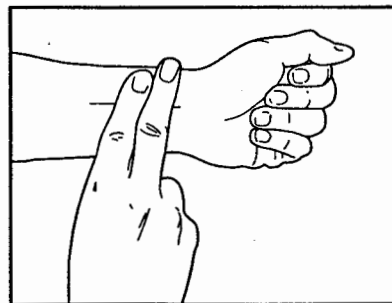
Aerobic Exercise

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 effective aerobic exercise, it may be helpful to use the Aerobic program to help you to reach your goal. (See pages 6 and 7.)

To develop greater stamina, you may choose the Interval program to help you to reach your goal. (See pages 6 and 7.)

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.



WORKOUT GUIDELINES

A proper workout includes the following parts:

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

A cardiovascular exercise period, including 20 to 30 minutes of exercise with your heart rate in your training zone.

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching offsets problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective following exercise. A proper cool-down should leave you feeling 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. Find the best time of day for your workouts, and then stick with it. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. WLSK10160

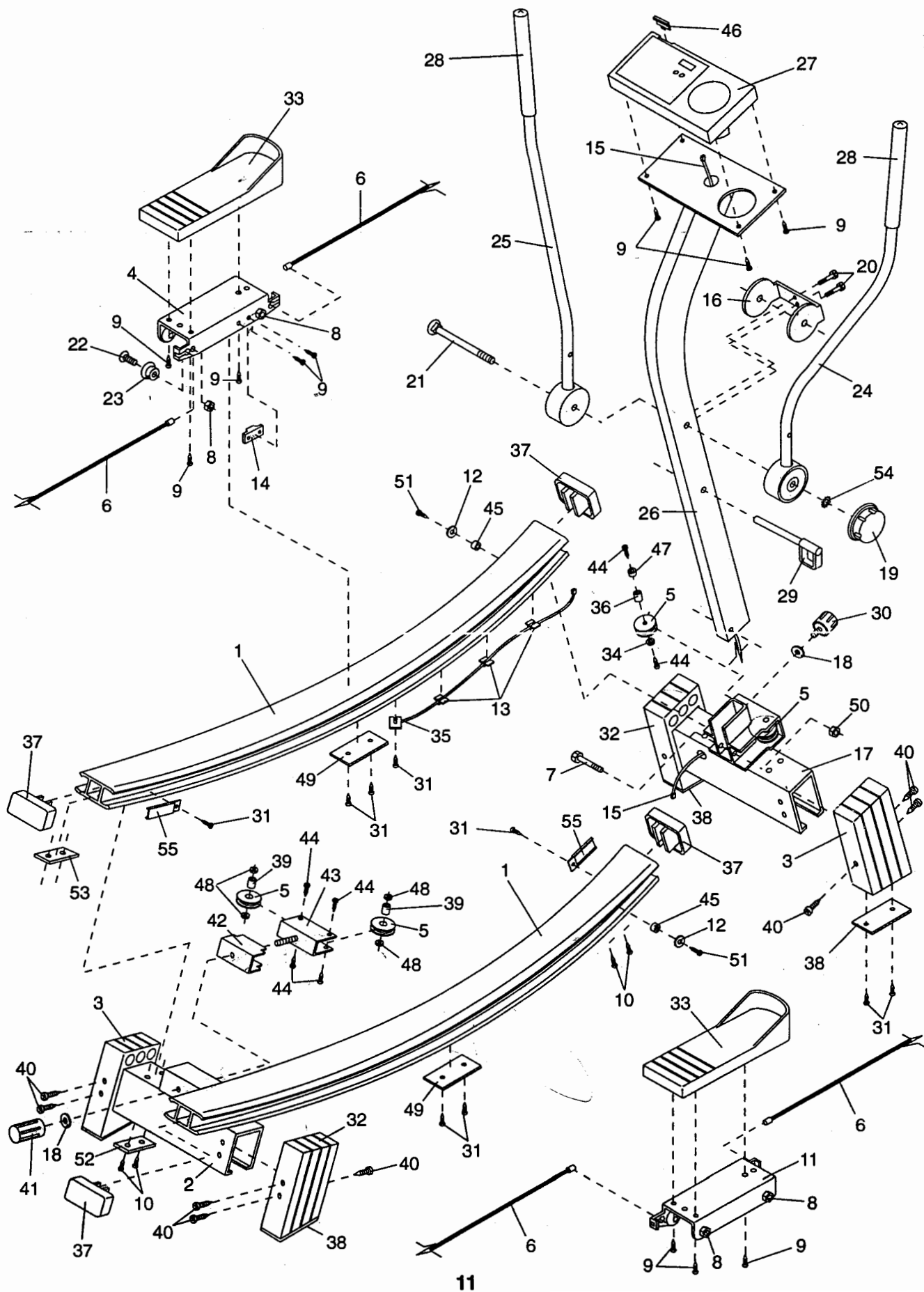
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Ski Rail	29	1	Lock Pin
2	1	Rear Stabilizer	30	1	Lock Knob
3	2	Right Front/Left Rear Leg	31	17	M5 x 19mm Screw
4	1	Left Ski Pedal	32	2	Left Front/Right Rear Leg
5	4	Pulley	33	2	Ski Pedal Cover
6	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. WLSK10160

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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 (WLSK10160).
- The NAME of the product (WESLO® ARC SKIER PLUS 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