

WESLO®

PATENT PENDING

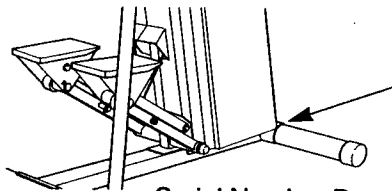
ASCENT®

interval training system
self-leveling pedals
quiet drive resistance

775

Model No. WLST77540

Serial No. _____



Serial Number Decal

QUESTIONS?

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

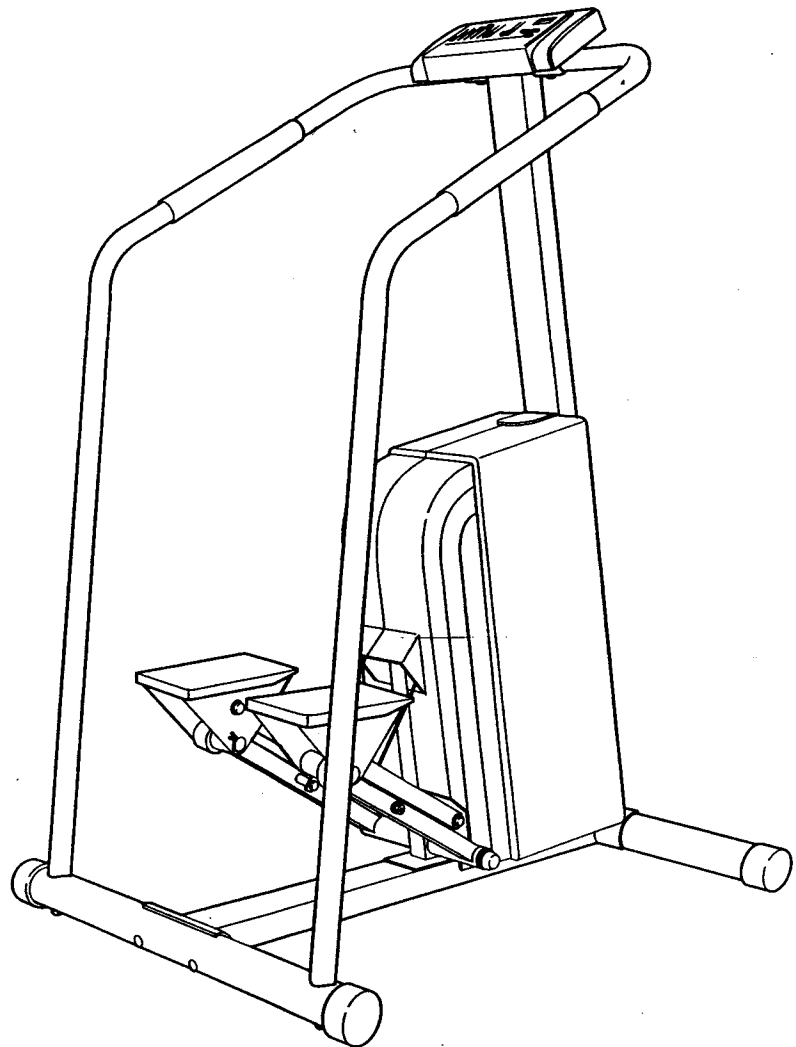
CUSTOMER HOT LINE:

1-800-999-3756

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

CAUTION!

Carefully read all safety precautions and instructions in this manual 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 stepper.

1. Use the stepper only on a level surface. Do not use the stepper outdoors or near water.
2. Plug in the power cord and turn on the power before using the stepper. Keep the power cord away from walkways and heated surfaces. Do not use the stepper if the power cord is damaged. Do not use an extension cord.
3. Wear suitable exercise clothing, including athletic shoes, when using the stepper.
4. Always hold the handrails when using the stepper. Keep your hands away from the pedals and link arms.
5. Keep small children and pets away from the stepper at all times.
6. Always keep your feet on the pedals when stepping. If you lift your feet off the pedals, the cables may come off the pulleys.
7. Use the stepper only as described in this manual.
8. Always remove the power key when you are finished using the stepper.

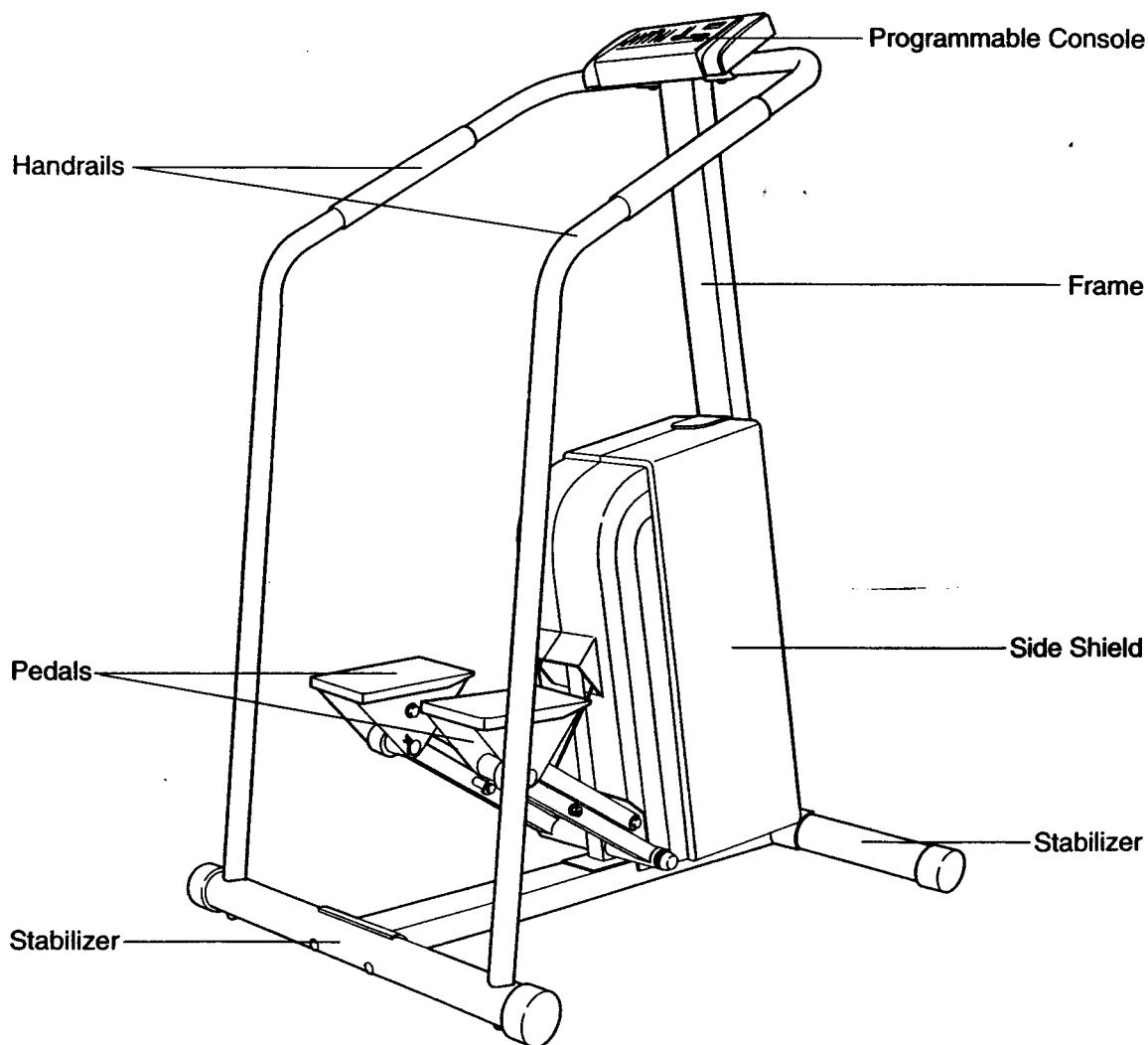
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WESLO assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the WESLO® ASCENT 775 stepper with quiet drive resistance and a programmable console. The ASCENT 775 stepper blends advanced engineering with contemporary styling to let you enjoy an effective form of low-impact cardiovascular exercise in the convenience of your home. Feel better, look better and be healthier in just a few minutes a day.

For your safety and benefit, read this manual carefully before using the stepper. 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 before calling. The model number is **WLST77540**. The serial number can be found on a decal attached to the stepper (see the drawing on the front cover of this manual).

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



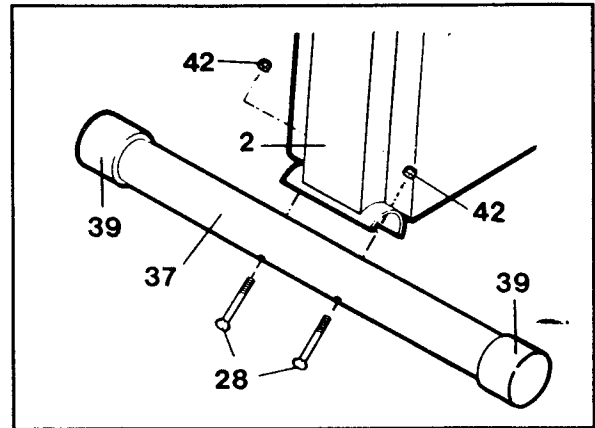
ASSEMBLY

Place all parts of the stepper 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.

Assembly requires the following tools: the included tool and your own adjustable wrench.

1. Make sure that there are two Endcaps (39) on the Front Stabilizer (37). (The Front Stabilizer is similar to the Rear Stabilizer [not shown], but there are holes near the ends of the Rear Stabilizer.)

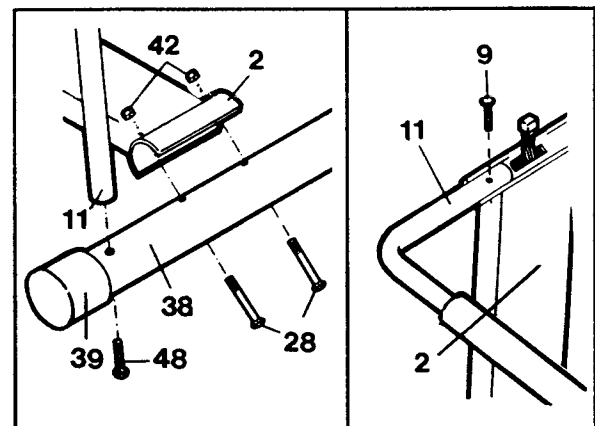
Turn the Front Stabilizer (37) so the indented bolt holes are toward the front of the Frame (2). Attach the Front Stabilizer to the Frame with two Carriage Bolts (28) and Stabilizer Nuts (42).



2. Make sure that there are two Endcaps (39) on the Rear Stabilizer (38).

Turn the Rear Stabilizer (38) so the indented bolt holes are toward the Frame (2). Attach the Rear Stabilizer to the Frame with two Carriage Bolts (28) and Stabilizer Nuts (42).

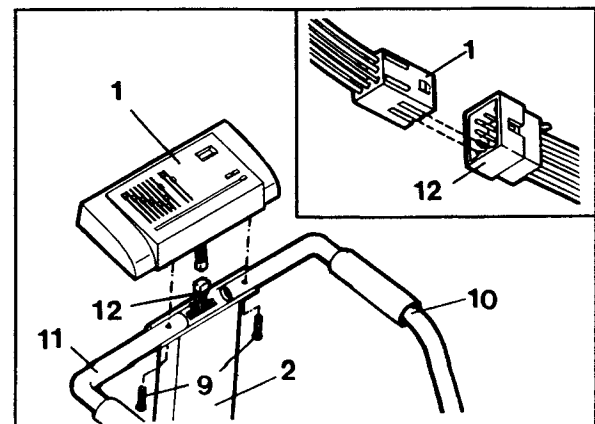
Raise the back of the Frame (2) and place a support under it. Attach the lower end of the Left Handrail (11) to the Rear Stabilizer (38) with a 3 1/2" Screw (48). If necessary, move the Endcap (39) slightly so the Handrail is flush against the Rear Stabilizer. Rest the upper end of the Left Handrail in the Frame. Insert a Console Bolt (9) down through the Handrail to hold it in place temporarily.



Attach the Right Handrail (not shown) in the same manner.

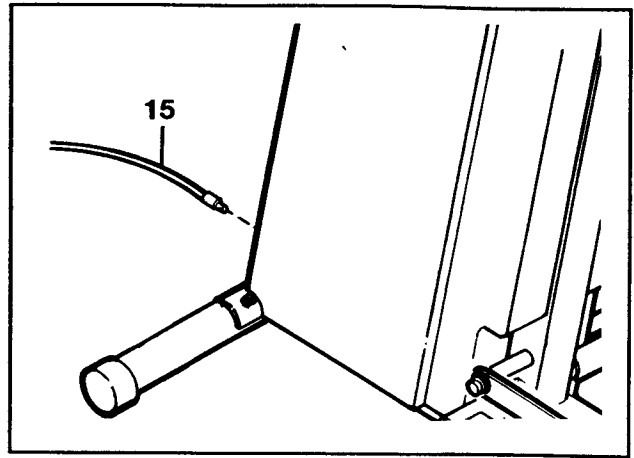
3. Plug the wire extending from the Programmable Console (1) into the Wire Harness (12). **Make sure that the two tabs in the Wire Harness slide into the two grooves in the Console wire (see the inset drawing).** If the wires are not connected as shown, the Programmable Console may be permanently damaged. Insert the end of the Console wire and the Wire Harness down into the hole in the Frame (2).

Remove the Console Bolts (9) from the Handrails (10, 11). Attach the Programmable Console (1) to the Frame (2) with the two Console Bolts.



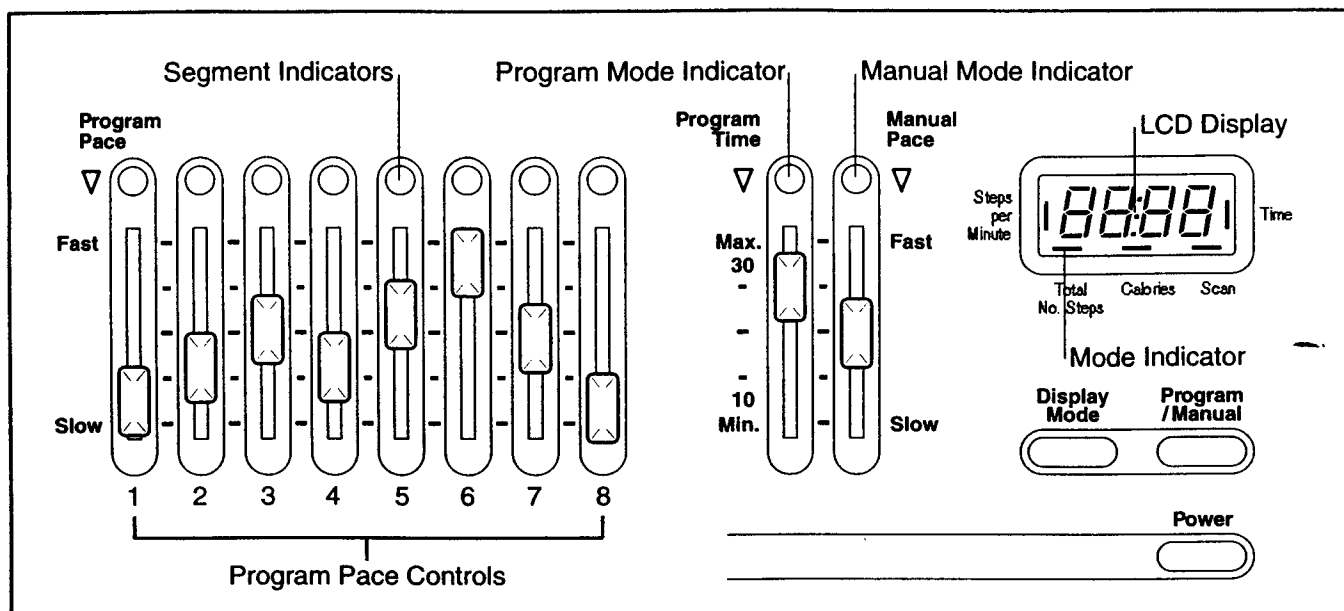
ATTACHING THE POWER CORD

Plug the Power Cord (15) into the Power Plug (57, not shown) on the front of the stepper.



STEPPER OPERATION

The heart of the stepper is the unique programmable console. The console features both manual and program modes, and offers a five-mode exercise monitor to provide you with continuous exercise feedback. Note: If there is a piece of clear protective plastic on the face of the console, remove it before operating the console.



PLUGGING IN THE POWER CORD

Plug the power cord into a 120-volt outlet. **Keep the power cord away from walkways and heated surfaces.**

TURNING ON THE POWER

To turn on the power, press the power button. The manual mode indicator will light and the LCD display will appear. Note: The power will also turn on automatically if you begin stepping when the power is off.

MANUAL MODE

When the power is turned on, the console will be in the manual mode. Hold the handrails and step onto the pedals. Because the pedals move independently, both pedals will sink toward the floor. Begin stepping, alternately pressing the right and left pedals down with a smooth, continuous motion. If necessary, adjust the stepping pace until you can comfortably maintain a continuous motion. The stepping pace can be adjusted by moving the manual pace control. As the control is moved downward, your stepping pace will slow. As the control is moved upward, you will have to step at a faster pace in order to keep the pedals from sinking to the floor. Note: After the control is moved, it will take a few seconds for the stepper to reach the selected pace setting.

As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly, always keeping your back straight in order to avoid injury.

PROGRAM MODE

When the console is in the program mode, the stepping pace will be controlled automatically by programs you create. Each program will consist of eight equal time periods, called segments. A different pace setting can be programmed for each of the segments. To program a pace setting for the first segment, move the first program pace control to the desired position. The higher the control is moved, the faster the stepping pace will be during the first segment. Program pace settings for the remaining seven segments by moving the other seven program pace controls to the desired positions.

A sample program is shown above. This program will begin with a slow pace setting. The pace will then increase during the second and third segments, decrease during the fourth segment, increase during the fifth and sixth segments, and decrease during the seventh and eighth segments. An infinite variety of settings can be programmed.

Next, move the program time control to set the length of time you want the program to last. The program can be set to last for a minimum of 10 minutes up to a maximum of 30 minutes.

To start the program, press the program/manual button and begin stepping. The program mode indicator will light, the first segment indicator will begin to flash, and the stepper will automatically adjust to the pace setting of the first program pace control. After one-eighth of the total time you set has elapsed, the second segment indicator will begin to flash, and the stepper will automatically adjust to the pace setting of the second program pace control. The program will continue in this manner until all eight segment indicators are dark.

While the program is in progress, the stepping pace can be adjusted during the current segment, if desired, by moving the program pace control located below the flashing segment indicator. If desired, the program can be stopped or the console can be switched to the manual mode by pressing the program/manual button.

EXERCISE MONITOR MODES

The exercise monitor features five different modes:

STEPS PER MINUTE—Displays your stepping pace, in steps per minute.

TIME—Displays the elapsed time. Note: Time will be counted only while you are stepping. If you stop for ten seconds or longer, the TIME mode will stop until you resume stepping.

TOTAL NO. STEPS—Displays the total number of steps that you have completed. Note: After you reach 999 steps, the display will begin again at 0.

CALORIES—Displays the approximate number of Calories that you have burned. Note: If your stepping pace is very fast or very slow, the actual number of Calories you have burned will be slightly higher or lower than the number displayed.

SCAN—Displays the STEPS PER MINUTE, TIME, TOTAL NO. STEPS and CALORIES modes, for five seconds each, in a repeating cycle.

EXERCISE MONITOR OPERATION

IMPORTANT: For the exercise monitor to operate properly, you must move the pedals vertically at least 8 inches as you exercise. If your steps are too shallow, they will not be detected by the exercise monitor.

When the power is turned on, the SCAN mode will be selected automatically. One mode indicator will appear by the word "SCAN." The STEPS PER MINUTE, TIME, TOTAL NO. STEPS and CALORIES modes will all be displayed, for five seconds each, in a repeating cycle. A second mode indicator will show which mode is currently displayed.

If desired, the STEPS PER MINUTE, TIME, TOTAL NO. STEPS or CALORIES mode can be selected for continuous display by repeatedly pressing the display mode button. The modes will be selected in the following order: STEPS PER MINUTE, TIME, TOTAL NO. STEPS, CALORIES, SCAN.

To reset the LCD display, turn the power off and then on again by pressing the power button twice.

TURNING OFF THE POWER

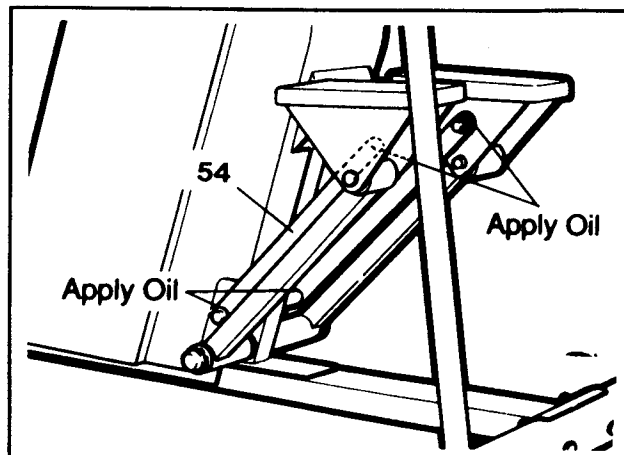
When you are finished exercising, press the power button to turn off the power. Note: If the pedals are not moved and the controls are not used for four minutes, the power will turn off automatically.

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts of the stepper regularly. Be sure that the cotter pins are securely attached to the clevis pins in the pedals. Outside surfaces of the stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Keep all liquids away from the programmable console.

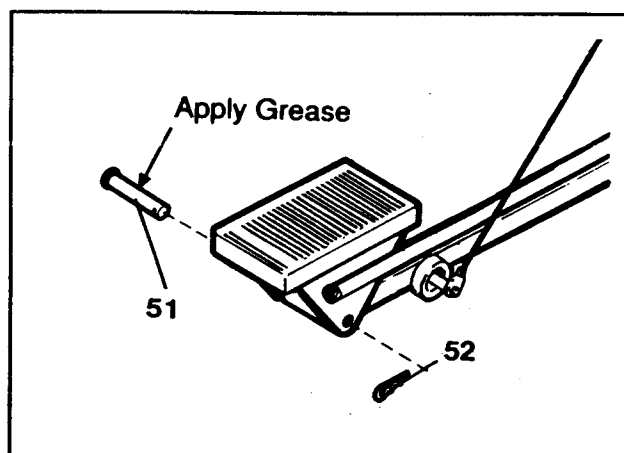
LUBRICATING THE LINK ARMS

The axles to which the Link Arms (54) are attached should be oiled ever six months, or whenever the joints become noisy. Apply a few drops of light, multi-purpose oil at the locations indicated in the drawing.



LUBRICATING THE CLEVIS PINS

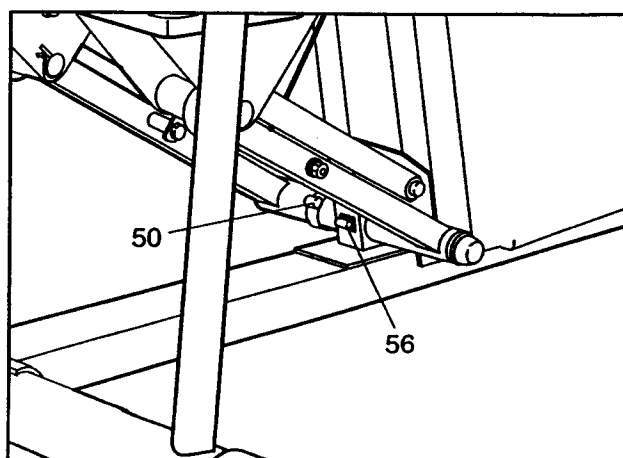
The Clevis Pins (51) in the pedals should be greased every six months, or whenever the pedals become noisy. Remove the Cotter Pins (52) from the Clevis Pins, and slide the Clevis Pins out of the pedals. Apply grease to the Clevis Pins. Reattach the pedals.



ADJUSTING THE REED SWITCH

IMPORTANT: For the exercise monitor to operate properly, you must move the pedals vertically at least 8 inches as you exercise. If your steps are too shallow, they will not be detected by the exercise monitor.

If the monitor still does not operate properly, the Reed Switch (56) should be adjusted. Hold down the left pedal so the Magnet (50) is level with the Reed Switch. Slide the Reed Switch in or out of the holder until there is a $\frac{3}{16}$ " gap between the Reed Switch and the Magnet.



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

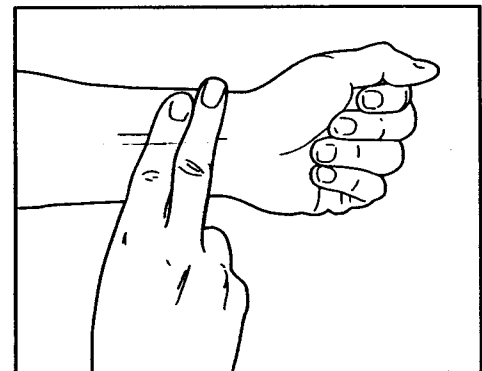
To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as 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 after 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 light stretching and 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. WLST77540

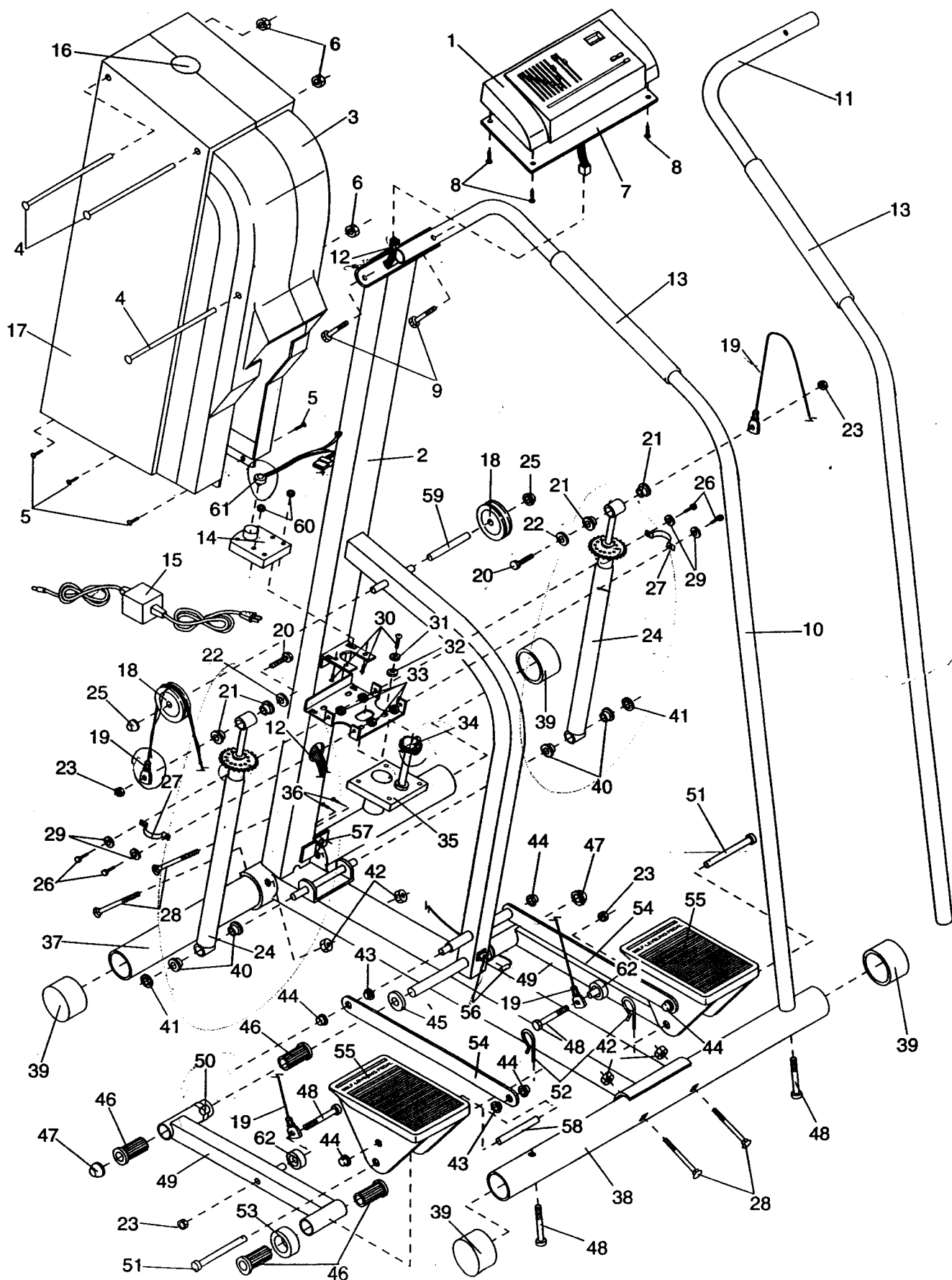
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Programmable Console	33	4	1/4" Nylock Nut
2	1	Frame	34	1	Motor Gear
3	1	Right Side Shield	35	1	Motor ✓
4	3	Side Shield Bolt	36	2	#4 x 3/4" Screw
5	6	Side Shield Screw	37	1	Front Stabilizer
6	3	Side Shield Nut	38	1	Rear Stabilizer
7	1	Console Plate	39	4	Stabilizer Endcap
8	4	Screw	40	4	5/8" Cylinder Bushing
9	2	Console Bolt	41	2	5/8" Push Washer
10	1	Right Handrail	42	4	Stabilizer Nut
11	1	Left Handrail	43	4	Link Arm Bushing
12	1	Wire Harness	44	6	Link Arm Pushnut
13	2	Handrail Foam	45	2	Pedal Arm Spacer
14	1	Gear Box	46	8	Pedal Arm Bushing
15	1	Power Cord	47	2	3/4" Pedal Arm Axle Cap
16	1	Side Shield Cap	48	4	3 1/2" Screw
17	1	Left Side Shield	49	2	Pedal Arm
18	2	Pulley	50	1	Magnet/Clamp
19	2	Cable	51	2	Clevis Pin
20	2	1 3/4" Screw	52	2	Cotter Pin
21	4	3/8" Cylinder Bushing	53	2	Bumper
22	2	3/8" Washer	54	2	Link Arm
23	4	3/8" Nylock Nut	55	2	Pedal
24	2	Resistance Cylinder	56	1	Reed Switch/Sensor Wire
25	2	3/8" Pushnut	57	1	Power Plug
26	4	1/2" Screw	58	2	Link Arm Axle
27	2	Cylinder Clamp	59	1	Pulley Axle
28	4	Carriage Bolt	60	2	#10 Nylock Nut
29	4	1/4" Flat Washer	61	1	Wire Harness Pigtail
30	6	#10 x 1" Screw	62	2	Pedal Stop
31	6	Flat Washer	#	1	Owner's Manual
32	4	Rubber Washer			

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

EXPLODED DRAWING—Model No. WLST77540

R894A



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 (WLST77540).
2. The NAME of the product (WESLO® ASCENT 775 stepper).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 10 of this manual.
5. The 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