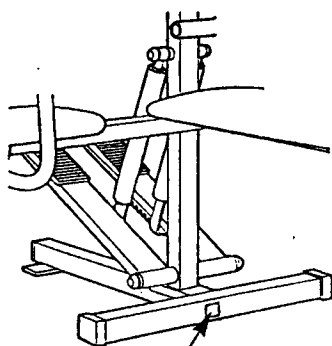


Model No. WLSY30550

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that 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

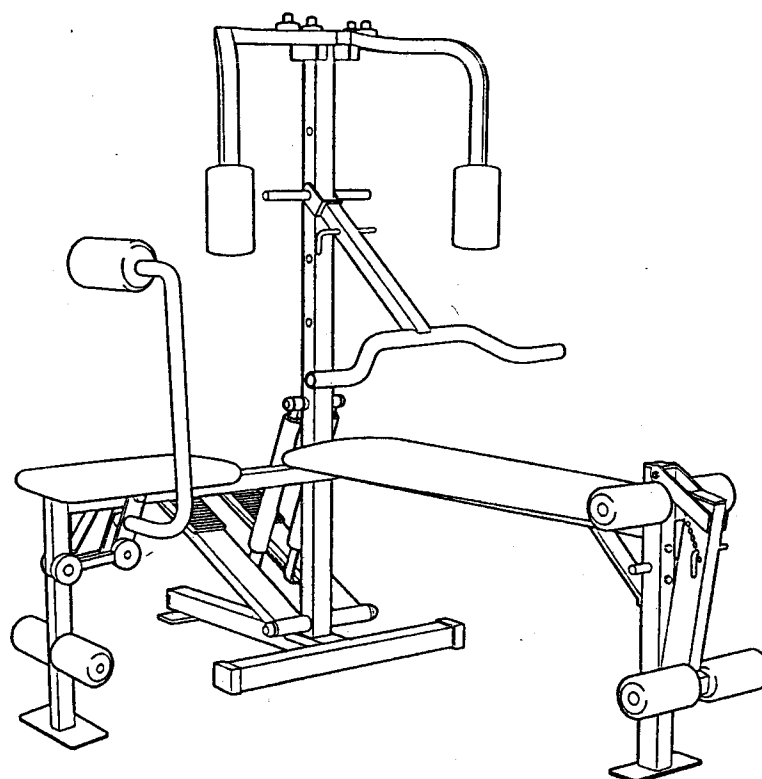
CAUTION!

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

TOTAL TRAINING SYSTEM

ELEXSM 505

USER'S MANUAL



WESLO[®]

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the cross-training system.

1. Read all instructions in this manual and the accompanying EXERCISE GUIDE before using the cross-training system. Use the cross-training system only as described.
2. Inspect and tighten all parts each time you use the cross-training system. Replace any worn parts immediately.
3. Be sure to inspect the weightbands for cracks and wear. If the weightbands are damaged, discontinue using them and replace them immediately.
4. Keep your hands away from moving parts other than the designated handles. Always wear shoes for foot protection.
5. The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them. It is recommended that the floor underneath the resistance cylinders be covered in case of slight oil leakage.
6. Always attach weightbands with spring clips to prevent the weightbands from slipping off.
7. Never release the press arm, butterfly arms, leg lever or ab arm while weightbands are stretched.
8. Keep small children and pets away from the cross-training system at all times.
9. No one over 200 lbs. should use the cross-training system.
10. When using the stepper, never set the resistance so high that you must push against the weightband tube with your arms in order to press the pedals down. Exercising in this manner could result in heart risk.
11. When using the stepper, always keep your feet on the pedals. If you lift your feet off the pedals, the pedals may become separated from the resistance brackets, resulting in possible injury.
12. It is the responsibility of the owner to ensure that all users of the cross-training system are adequately informed of all precautions.

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

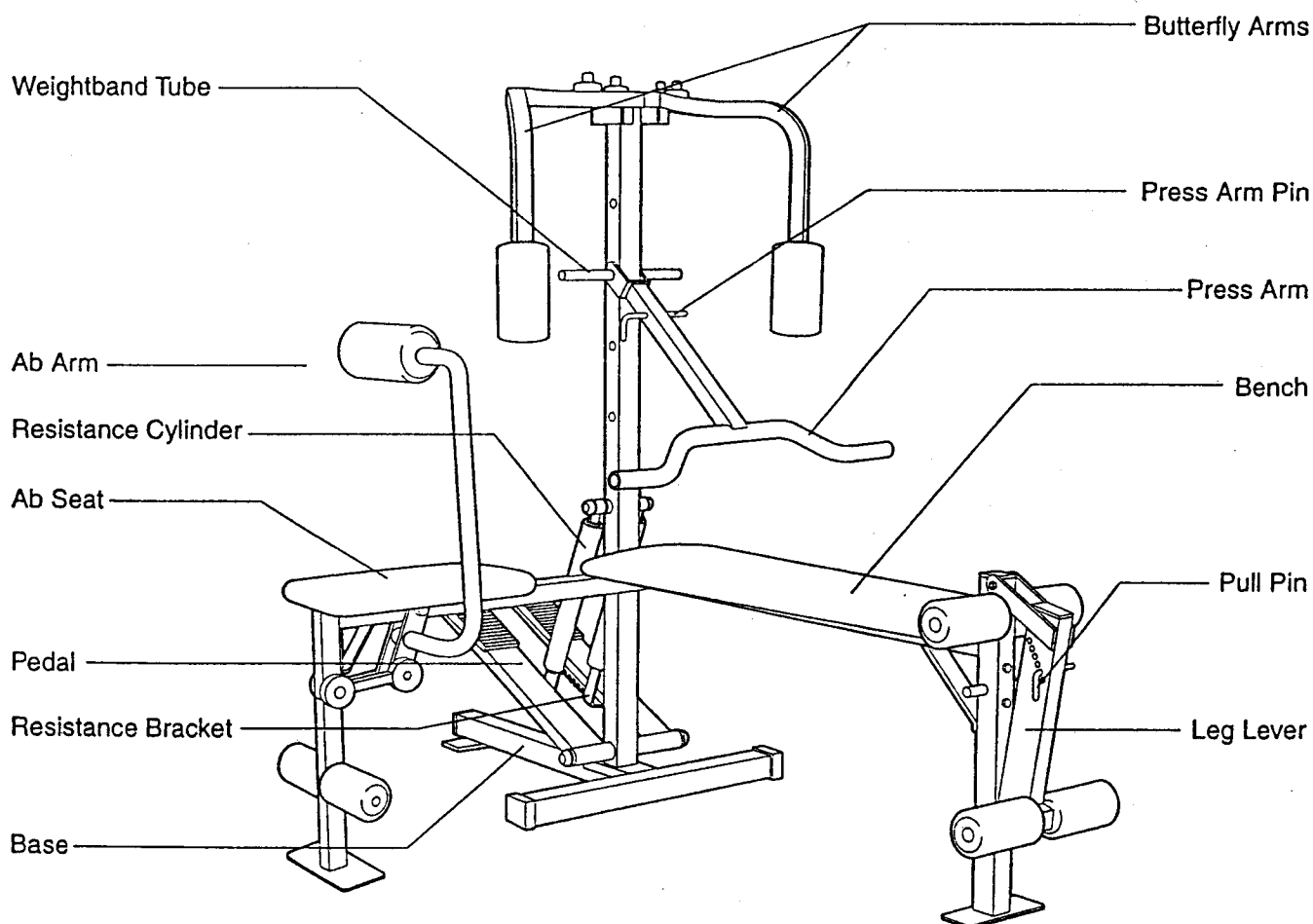
BEFORE YOU BEGIN

Congratulations for selecting the WESLO® FLEX 505 Cross-Training System. The FLEX 505 is designed to provide you with a wide selection of both aerobic and weight training exercises for true cross-training workouts. Whether your goal is improved cardiovascular fitness, a toned body or dramatic muscle size and strength, the FLEX 505 will help you to achieve the specific results you want.

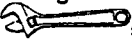
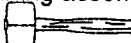
For your benefit, read this manual carefully before using the Cross-Training System. If you have additional questions, please call our Customer Service

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 WLSY30550. The serial number can be found on a decal attached to the cross-training system (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 in a cleared area and remove the packing materials. Make sure that all parts are included before disposing of the packing materials. Read all steps and review all drawings carefully before beginning assembly. **Assembly can be completed with two 8" adjustable wrenches** , **a rubber mallet** , **grease or petroleum jelly, and soapy water (not included).**

1. Turn the Stabilizer (4) so that the indented holes in the Stabilizer are towards the floor. Attach the Stabilizer to the Base (4) with two 7/16" x 2 1/2" Carriage Bolts (24), two 7/16" Washers (26), and two 7/16" Nylon Locknuts (7).

Press three Outer Endcaps (25) onto the Base (3) and the ends of the Stabilizer (4).

Position the Bottom Upright (2) on the Base (3). The lower axle is offset. This lower axle must be turned toward the Stabilizer (4). Attach the Bottom Upright to the Base with two 7/16" x 2 1/2" Carriage Bolts (24), two 7/16" Washers (26), and two 7/16" Nylon Locknuts (7).

Slide the Top Upright (1) onto the Bottom Upright (2). Be sure that the Top Upright is turned so that the posts are on the side shown. Attach the Top Upright to the Bottom Upright with two 7/16" x 2 3/4" Bolts (27), two 7/16" Washers (26), and two 7/16" Nylon Locknuts (7). Press the two 1" x 1" Endcaps (48) into the Top Upright.

2. Lubricate the Pedal Bushings (20) in the Right and Left Pedals (5, 6). Slide a 3/4" Spacer (22) and the Right Pedal (5) onto the lower axle on the Bottom Upright (2). The Pedal must be oriented as shown, with the slotted bracket facing the Base (3). Tap a 3/4" Dome Cap (19) onto the axle.

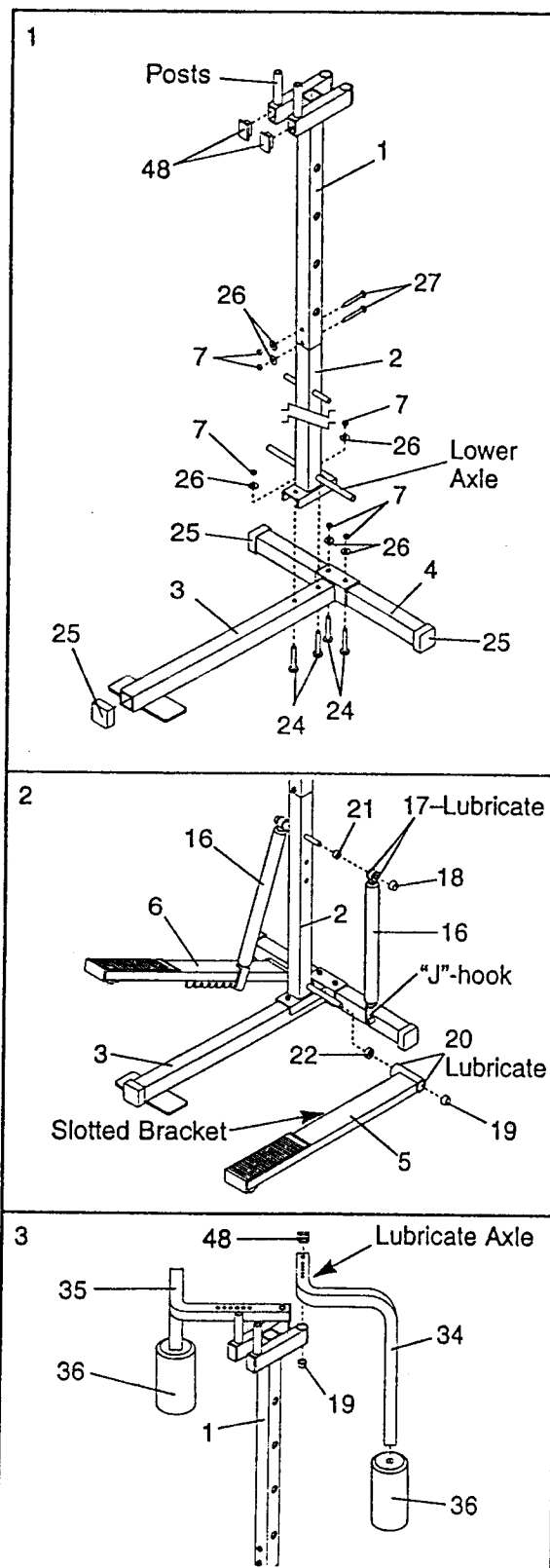
Lubricate the Cylinder Bushings (17) in the Resistance Cylinders (16). Slide a 1" x 1/2" Spacer (21) and a Resistance Cylinder (16) onto the upper axle on the Bottom Upright (2). The indented end of the Spacer must be facing the Bottom Upright. Tap a 1/2" Dome Cap (18) onto the axle. Rest the Right Pedal (5) on the "J"-hook at the lower end of the Resistance Cylinder. Make sure that the "J"-hook is fully inserted into one of the slots.

Assemble the Left Pedal (6) and the other Resistance Cylinder (16) in the same manner.

3. Press a 1" x 1" Endcap (48) into the indicated end of each Butterfly Arm (34, 35).

Wet the lower ends of the Butterfly Arms (34, 35) and the insides of two Butterfly Arm Pads (36) with soapy water. Slide the Butterfly Arm Pads onto the Butterfly Arms.

Liberal lubricate the axle on the Right Butterfly Arm (34). Insert the axle on the Right Butterfly Arm into the indicated hole in the Top Upright (1). Tap a 3/4" Dome Cap (19) onto the axle. Attach the Left Butterfly Arm (35) in the same manner.



4. Press a 1 1/2" x 2" Endcap (13) into the top of the Bench Leg (11). Make sure that the Endcap is turned so the holes near the upper end of the Bench Leg are not blocked. Attach the Bench Leg to the Bench Rail (10) with two 7/16" x 2 3/4" Bolts (27), two 7/16" Washers (26) and two 7/16" Nylon Locknuts (7). Be sure that the Bench Leg is turned so that the indicated hole is away from the Bench Rail (10).

Center a Foam Pad Tube (45) in the Bench Leg (11). **Note: The Foam Pad Tubes are similar to the Weight Tubes (not shown), but the Foam Pad Tubes are slightly larger in diameter.** Wet the ends of the Foam Pad Tube and the insides of two Foam Pads (46) with soapy water. Slide the Foam Pads onto the Pad Tube.

Attach the Bench (12) to the Bench Rail (10) with four 1/4" x 1/2" Bolts (8) and four 1/4" Washers (9). **Do not tighten any of the Bolts until you have threaded all bolts into place.** The narrow end of the Bench must be on the end shown.

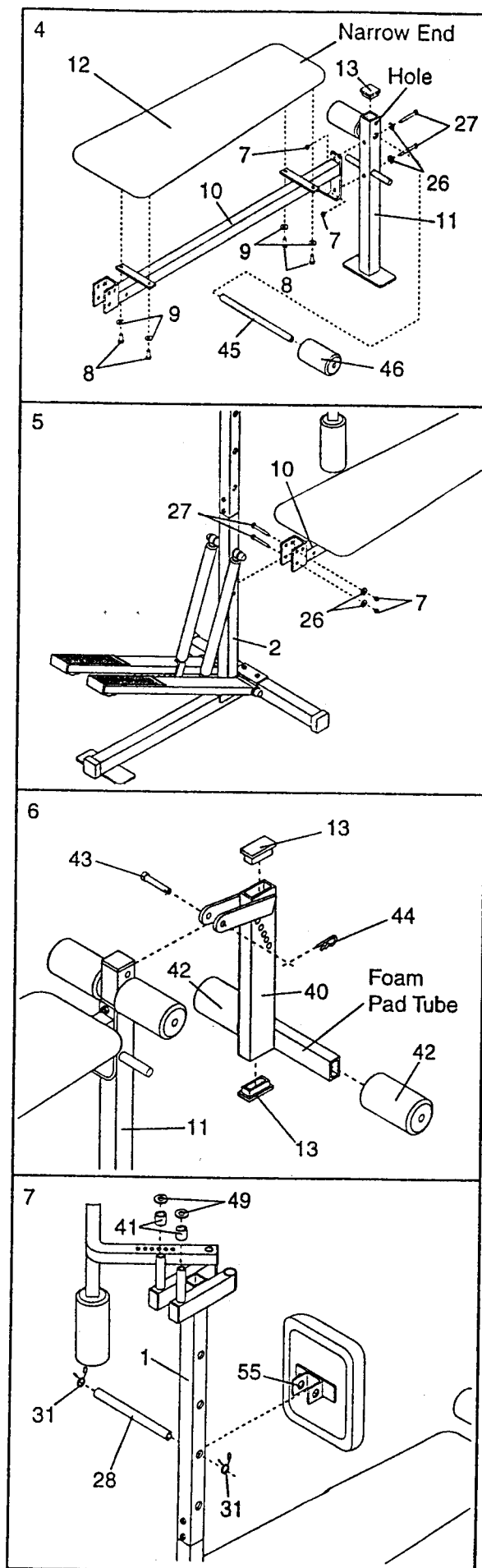
5. Attach the Bench Rail (10) to the Bottom Upright (2) with two 7/16" x 2 3/4" Bolts (27), 7/16" Washers (26) and 7/16" Nylon Locknuts (7).

6. Press two 1 1/2" x 2" Endcaps (13) into the Leg Lever (40). Attach the Leg Lever to the Bench Leg (11) with the Leg Lever Pin (43) and the Hairpin Cotter (44).

Wet the tube on the Leg Lever (40) and the insides of the two Leg Lever Pads (42) with soapy water. Slide the Leg Lever Pads onto the Leg Lever.

7. Attach the Backrest Bracket (55) to the Top Upright (1) with a Weightband Tube (28) and two Large Spring Clips (31).

Slide a Weightband Spacer (41) and a Weightband Stopwasher (49) onto each post on the Top Upright (1).



8. Center a Foam Pad Tube (45) in the Ab Seat Leg (50). Wet the ends of the Foam Pad Tube and the insides of two Foam Pads (46) with soapy water. Slide the Foam Pads onto the Foam Pad Tube.

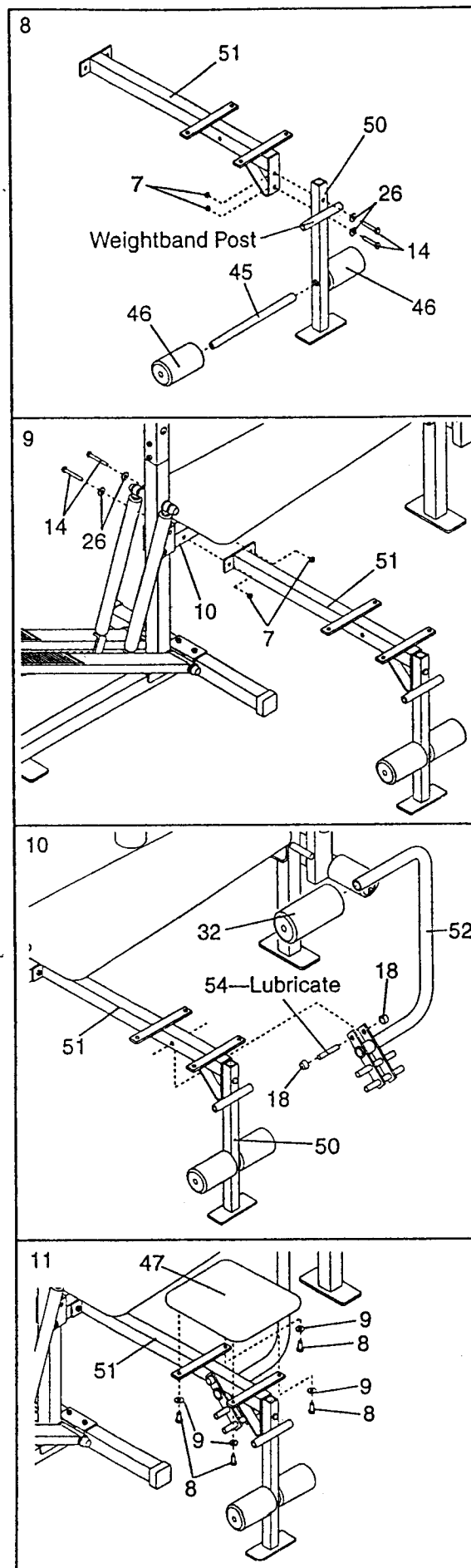
Attach the Ab Seat Leg (50) to the Ab Seat Rail (51) with two 7/16" x 2 1/4" Bolts (14), two 7/16" Washers (26), and two 7/16" Nylon Locknuts (7). **Be sure that the Ab Seat Leg is turned so the weightband post is facing away from the Ab Seat Rail.**

9. Attach the Ab Seat Rail (51) to the Bench Rail (10) with two 7/16" x 2 1/4" Bolts (14), two 7/16" Washers (26), and two 7/16" Nylon Locknuts (7).

10. Wet the end of the Ab Arm (52) and the inside of the Ab Arm Pad (32) with soapy water. Slide the Ab Arm Pad onto the Ab Arm.

Liberally lubricate the Ab Axle (54). Align the bracket on the Ab Arm (52) with the indicated hole in the Ab Seat Rail (51). Insert the Ab Axle through the bracket on the Ab Arm and the Ab Seat Rail. **Be sure that the Ab Arm is turned as shown.** Tap a 1/2" Dome Cap (18) onto each end of the Ab Axle.

11. Attach the Ab Seat (47) to the Ab Seat Rail (51) with four 1/4" x 1/2" Bolts (8) and four 1/4" Washers (9). **Do not tighten any of the Bolts until all four Bolts are inserted.**



ADJUSTMENT

ADJUSTING THE RESISTANCE OF THE STEPPER

The resistance of the stepper Pedals (5, 6) can be changed by moving the "J"-hooks at the ends of the Resistance Cylinders (16). Change the resistance of one Pedal at a time. Hold the "J"-hook with one hand, and lift the Pedal with the other hand. To decrease the resistance, move the "J"-hook closer to the Bottom Upright (2); to increase the resistance, move the "J"-hook farther away from the Bottom Upright. Fully re-insert the "J"-hook into one of the slots under the pedal. Change the resistance of the other pedal in the same manner, making sure that the "J"-hooks are in the same position on both pedals.

WARNING: The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them.

ATTACHING THE PRESS ARM

Remove the backrest from the Top Upright (1).

Align the bracket on the Press Arm (30) with the desired holes in the Top Upright (1). Insert a Weightband Tube (28) into the bracket on the Press Arm and the Top Upright. Attach Large Spring Clips (31) to the ends of the Weightband Tube.

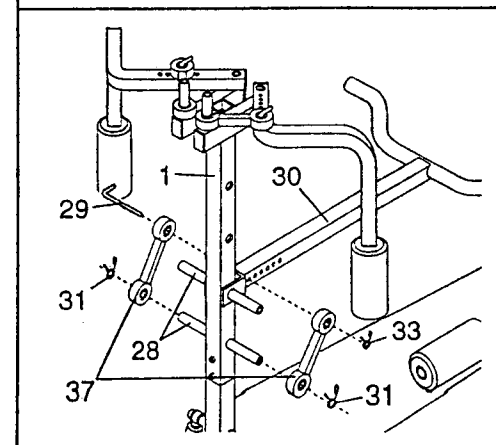
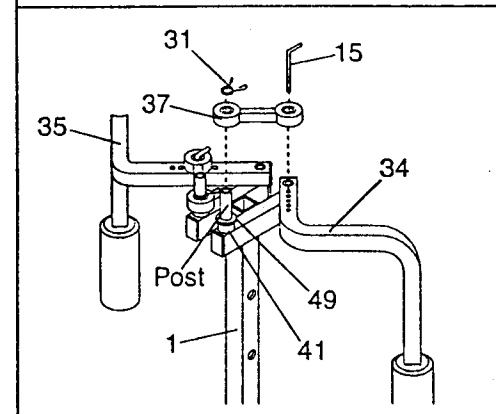
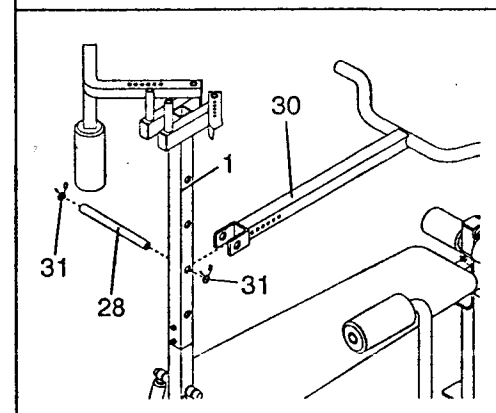
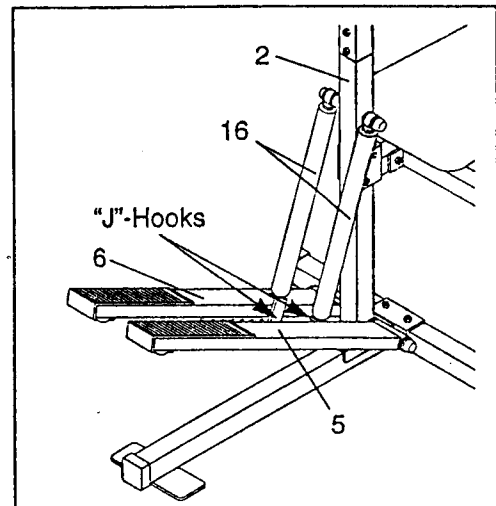
To re-attach the backrest, follow assembly step 7.

USING THE BUTTERFLY ARMS

Be sure that a Weightband Spacer (41) and a Weightband Stopwasher (49) are on each post on the Top Upright (1). Slide one end of each Weightband (37) that you plan to use onto the indicated posts on the Top Upright. Attach the other end of each Weightband to the Butterfly Arms (34, 35) with a Pull Pin (15) as described in ADJUSTING THE WORKLOAD on page 9. Attach Spring Clips (31) to both posts on the Upright.

USING THE PRESS ARM

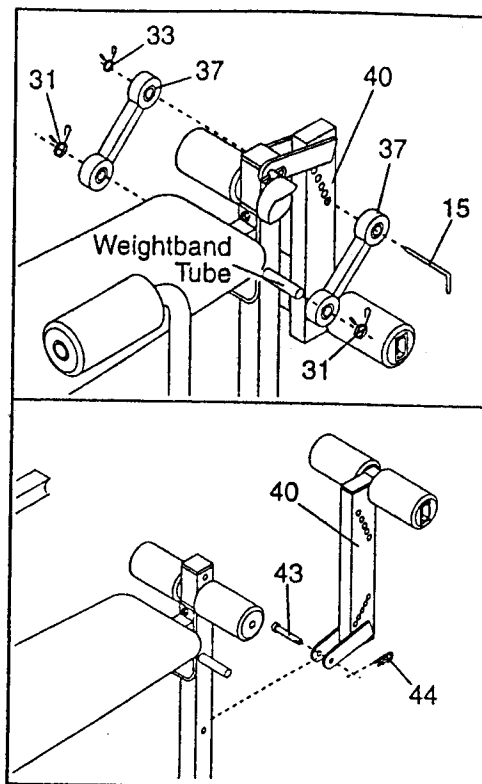
Attach the Press Arm (30) to the Top Upright (1) as described above. Center a Weightband Tube (28) one hole above or below the Press Arm. Slide one end of each Weightband (37) that you plan to use onto the ends of the Weightband Tube. Attach the other end of each Weightband to the Press Arm with the Press Arm Pin (29) as described in ADJUSTING THE WORKLOAD on page 9. Attach two Large Spring Clips (31) and one Small Spring Clip (33) to the locations shown at the right.



USING THE LEG LEVER

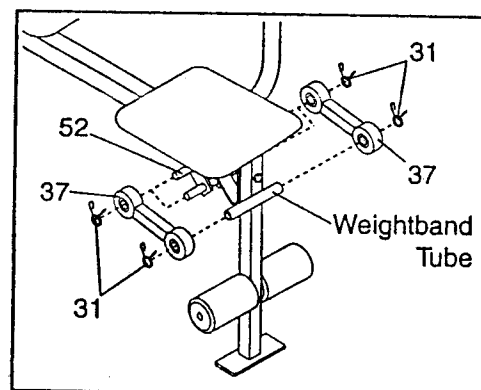
Attach the Leg Lever (40) as described in assembly step 6. Slide one end of each Weightband (37) that you plan to use onto the ends of the weightband tube. Attach the other end of each Weightband to the Leg Lever with the Pull Pin (15) as described in ADJUSTING THE WORKLOAD on page 9. Attach two Large Spring Clips (31) and one Small Spring Clip (33) to the locations shown at the right.

For certain exercises, the Leg Lever (40) must be attached in the leg press position. Remove the Hairpin Cotter (44) and, while supporting the Leg Lever, remove the Leg Lever Pin (43). Re-attach the Leg Lever as shown at the right with the Leg Lever Pin and Hairpin Cotter. Follow the instructions above to attach weightbands.



USING THE AB ARM

Slide one end of each Weightband (37) that you plan to use onto the ends of the weightband tube. Attach the other end of each Weightband to the Ab Arm (52) as described in ADJUSTING THE WORKLOAD on page 9. Attach four Large Spring Clips (31) to the locations shown at the right.



ADJUSTING THE WORKLOAD

The WESLO® FLEX 505 utilizes specially engineered polymer weightbands to create resistance. The key to the effectiveness of the weightbands is "variable resistance." As the weightbands are stretched, the resistance increases, working your muscles at their capacity throughout the range of motion.

The butterfly arms, press arm, leg lever, and ab arm have several positions where the weightbands can be attached. The holes are decaled with a range of numbers which indicate the amount of weight resistance. Consult the tables below to determine the approximate amount of weight resistance (listed in pounds) created at the different positions in the butterfly arms, press arm, leg lever, and ab arm.

BUTTERFLY ARM WEIGHT RESISTANCE						
HOLE POSITION	1	2	3	4	5	6
2 WEIGHT BANDS	7	10	13	16	20	24

PRESS ARM WEIGHT RESISTANCE						
HOLE POSITION	1	2	3	4	5	6
2 WEIGHT BANDS	45	55	65	75	85	95
4 WEIGHT BANDS	100	120	140	160	180	200

LEG LEVER WEIGHT RESISTANCE					
HOLE POSITION	1	2	3	4	5
2 WEIGHT BANDS	25	35	45	55	60
4 WEIGHT BANDS	50	65	80	95	110

PART LIST—Model No. WLSY30550

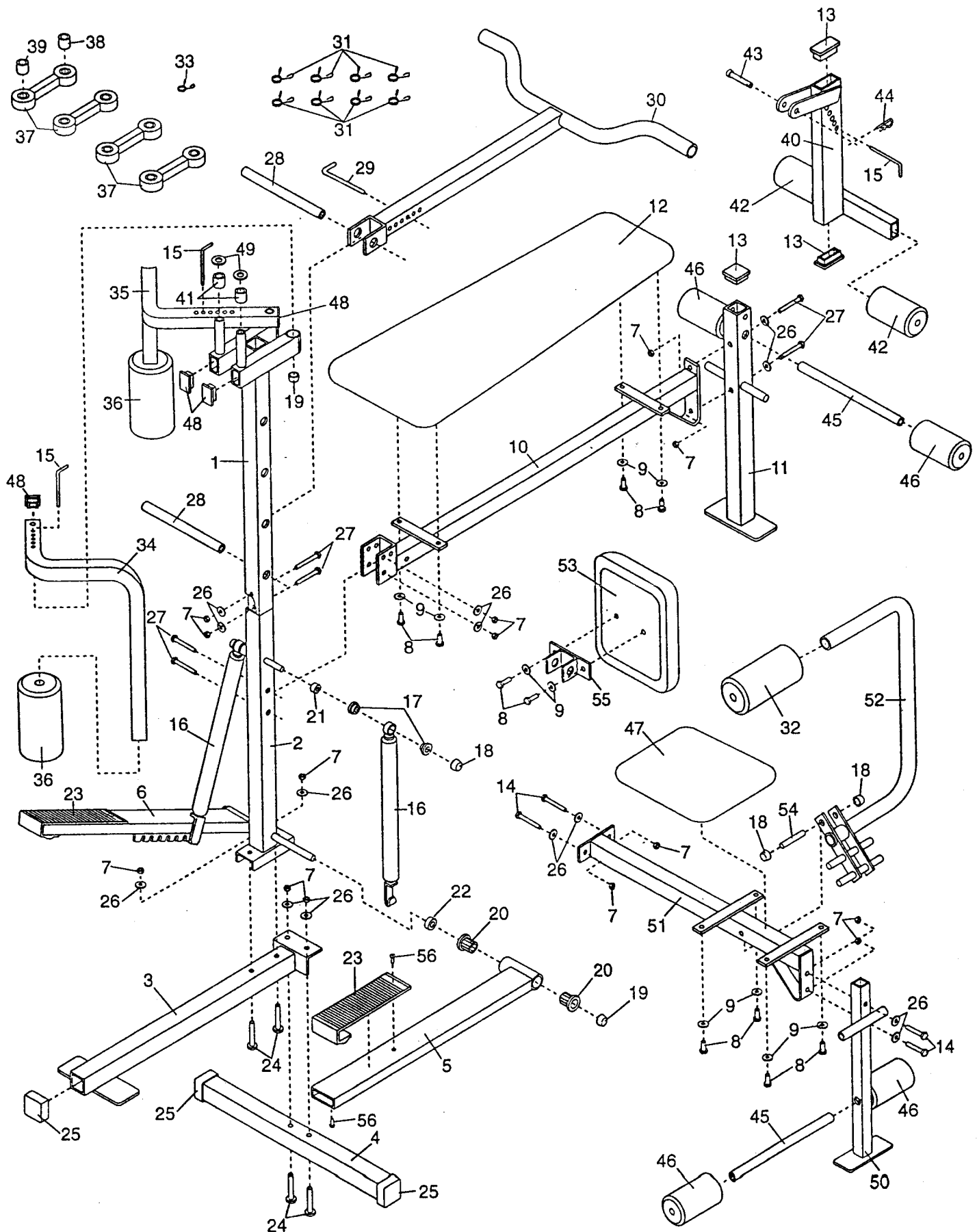
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Upright	30	1	Press Arm
2	1	Bottom Upright	31	8	Large Spring Clip
3	1	Base	32	1	Ab Arm Pad
4	1	Stabilizer	33	1	Small Spring Clip
5	1	Right Pedal (Assembly)	34	1	Right Butterfly Arm
6	1	Left Pedal (Assembly)	35	1	Left Butterfly Arm
7	14	7/16" Nylon Locknut	36	2	Butterfly Arm Pad
8	10	1/4" x 1/2" Bolt	37	4	Weightband
9	10	1/4" Washer	38	4	Small Weightband Bushing
10	1	Bench Rail	39	4	Large Weightband Bushing
11	1	Bench Leg	40	1	Leg Lever
12	1	Bench	41	2	Weightband Spacer
13	3	1 1/2" x 2" Endcap	42	2	Leg Lever Pad
14	4	7/16" x 2 1/4" Bolt	43	1	Leg Lever Pin
15	3	Pull Pin	44	1	Hairpin Cotter
16	2	Resistance Cylinder	45	2	Foam Pad Tube
17	2	Cylinder Bushing (Set)	46	4	Foam Pad
18	4	1/2" Dome Cap	47	1	Ab Seat
19	4	3/4" Dome Cap	48	4	1" x 1" Endcap
20	2	Pedal Bushing (Set)	49	2	Weightband Stopwasher
21	2	1" x 1/2" Spacer	50	1	Ab Seat Leg
22	2	3/4" Spacer	51	1	Ab Seat Rail
23	2	Foot Pad	52	1	Ab Arm
24	4	7/16" x 2 1/2" Carriage Bolt	53	1	Backrest
25	3	Outer Endcap	54	1	Ab Axle
26	14	7/16" Washer	55	1	Backrest Bracket
27	6	7/16" x 2 3/4" Bolt	56	4	#8 x 1/2" Self-tapping Screw
28	2	Weightband Tube	#	1	User's Manual
29	1	Press Arm Pin	#	1	Exercise Manual

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. WLSY30550

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ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3765, 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:

1. The MODEL NUMBER of the product (WLSY30550).
2. The NAME of the product (WESLO® FLEX 505 Cross-Training System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on 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, for products used for commercial or rental purposes, or for 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