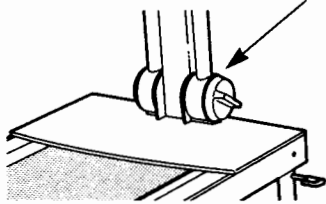


WESLO® *aerobic*STRIDE™

Model No. WLTL11050

Serial No. _____

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

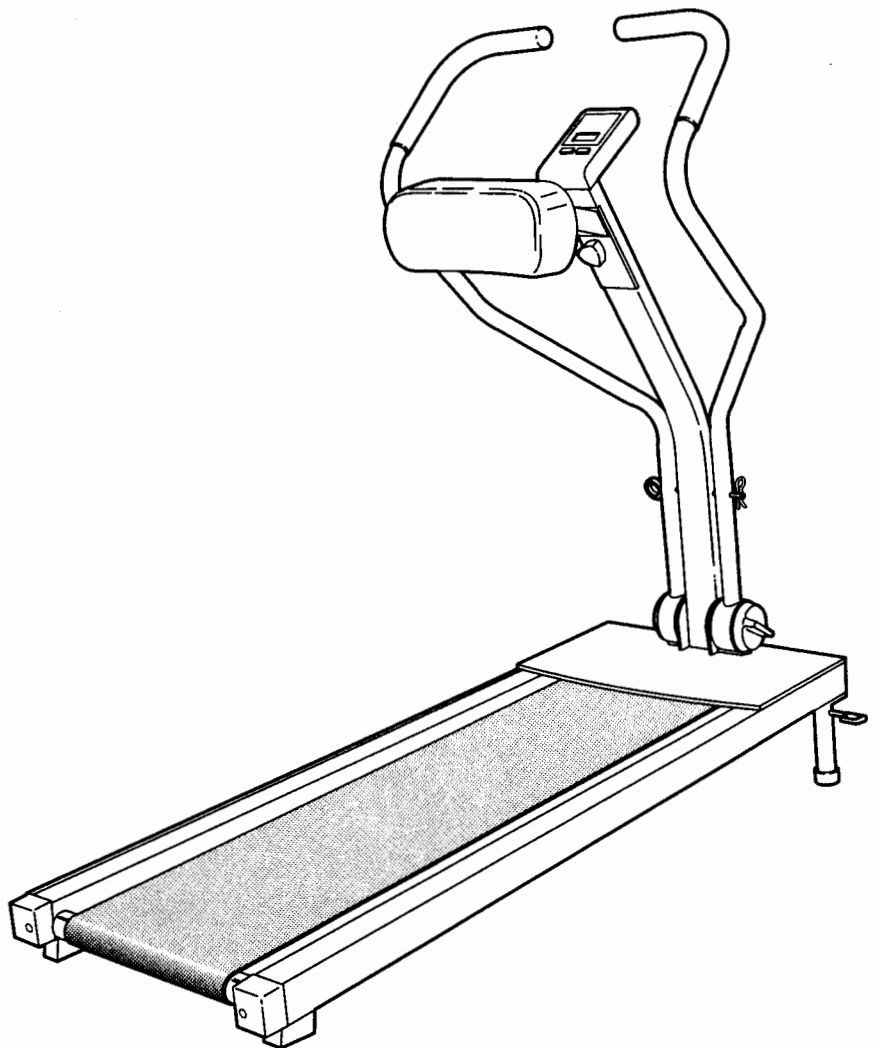
Mon.-Fri., 6 a.m.-6 p.m. MST

⚠ CAUTION!

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

US PATENT 5,102,380

US PATENT 5,282,776



USER'S MANUAL

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the AEROBIC STRIDE.

1. Place the AEROBIC STRIDE on a level surface, with at least 8 feet of clearance behind it. It is recommended that you cover the floor beneath the AEROBIC STRIDE.
2. Keep small children and pets away from the AEROBIC STRIDE at all times.
3. The AEROBIC STRIDE should be used only by persons weighing 250 pounds or less. Never allow more than one person on the AEROBIC STRIDE at a time.
4. Wear appropriate clothing when exercising. Never wear loose clothing that could become caught in the AEROBIC STRIDE. *Always wear athletic shoes; never use the AEROBIC STRIDE with bare feet, wearing only stockings, or in sandals.* Athletic support clothes are recommended for both men and women.
5. Inspect and tighten all parts regularly. Replace any worn parts immediately.
6. Do not use the AEROBIC STRIDE if it is not working properly.
7. Do not place hands or feet under the AEROBIC STRIDE while it is in use.
8. Always hold the upper body arms when exercising on the AEROBIC STRIDE.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
10. Use the AEROBIC STRIDE only as described in this manual.

SAVE THESE INSTRUCTIONS

⚠ 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.

BEFORE YOU BEGIN

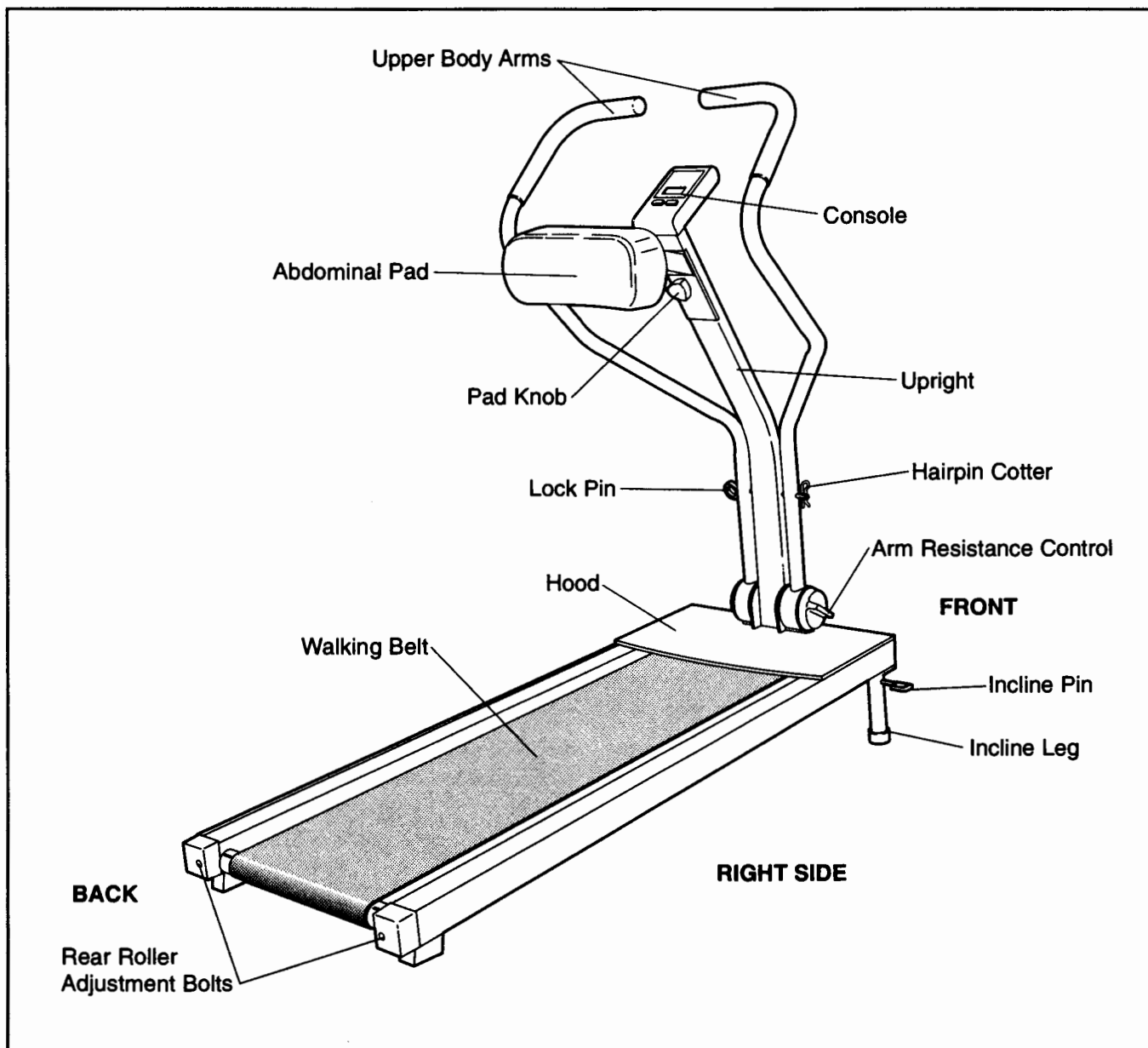
Thank you for selecting the WESLO® AEROBIC STRIDE Treadmill. The natural motion and versatility of treadmills have made them the most popular way to get an effective cardiovascular workout. With the dual motion design of the AEROBIC STRIDE, you can get both an upper- and lower-body workout as well.

To help you stay motivated as you exercise, the AEROBIC STRIDE features an electronic console that provides continuous feedback of speed, elapsed time, total distance, and the approximate number of Calories you have burned.

For your benefit, read this manual carefully before

using the AEROBIC STRIDE. 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 WLTL11050. The serial number can be found on a decal attached to the AEROBIC STRIDE (see the front cover of this manual to find the location of the decal).

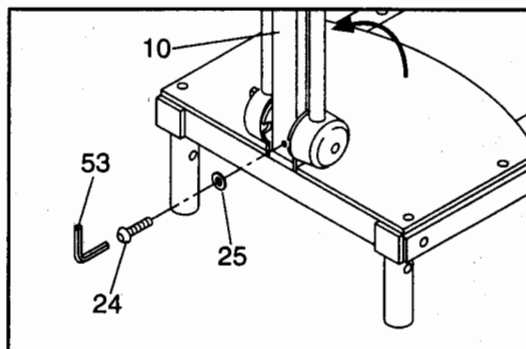
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

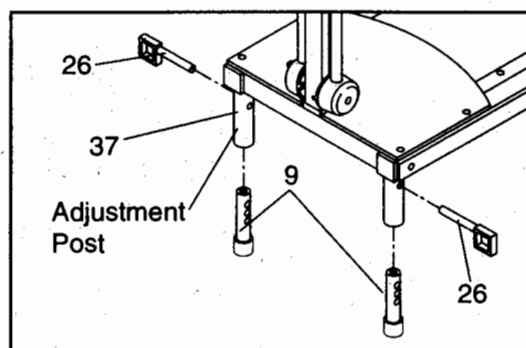
Set the AEROBIC STRIDE in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the Included allen wrench**

1. Raise the Upright (10) to the vertical position. Slide the Upright Flat Washer (25) onto the Upright Bolt (24). Using the included Allen Wrench (53), tighten the Upright Bolt into the Upright.

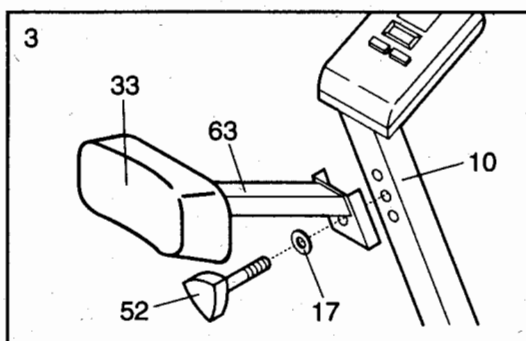


2. Insert an Incline Leg (9) into one of the adjustment posts on the Frame (37). Align one of the holes in the Incline Leg with the hole in the adjustment post. Insert an Incline Pin (26) through the adjustment post and the Incline Leg.

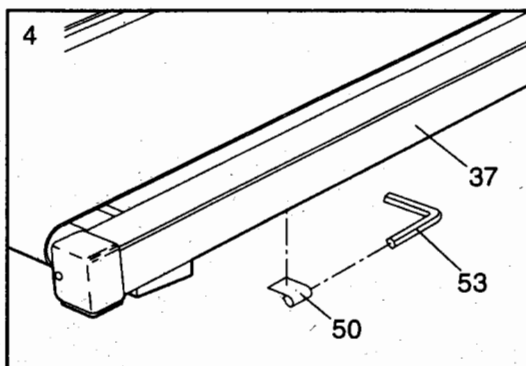
Assemble the other Incline Leg (9) in the same manner. Make sure that both Incline Legs are at the same height.



3. Attach the Abdominal Pad Bracket (63) to the Upright (10) with the Pad Knob (52) and Washer (17). (The three holes in the Upright are for height adjustment. Select the height that is the most comfortable.) Be sure that the Abdominal Pad (33) is oriented as shown.



4. Remove the paper backing from the Wrench Clip (50). Press the Wrench Clip onto the underside of the Frame (37) in the indicated location. Slide the Allen Wrench (53) into the Wrench Clip.



Because there are moving parts on the underside of the treadmill, it is recommended that you cover the floor beneath the treadmill. The walking platform is pre-lubricated with PERFORMANT LUBE™ high performance lubricant. During the first few hours of use, it is normal for a white powder to collect on the floor and on the sides of the walking belt. This powder is excess lubricant.

TREADMILL OPERATION

CONSOLE MODES

The console features a selection of five modes to provide you with continuous feedback as you exercise. Please read these instructions before operating the console.

DESCRIPTION OF THE MODES

SPEED—Displays your current speed, in miles per hour.

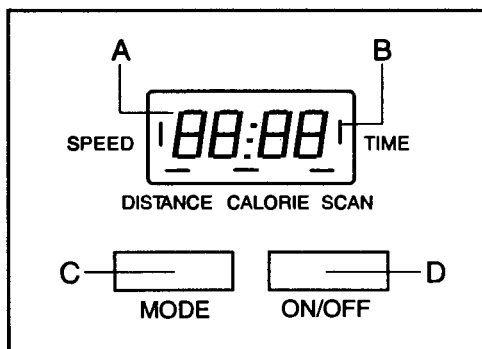
TIME—Displays the elapsed time. Note: If the walking belt stops for ten seconds or longer, the TIME mode will pause until you resume walking.

DISTANCE—Displays the total number of miles you have gone.

CALORIE—Displays the total number of nutritional Calories you have burned. Note: The number displayed is an approximate figure. The actual number may vary slightly depending on the incline of the treadmill and the resistance of the upper body arms.

SCAN—Displays all of the above modes, for five seconds each, in a repeating cycle.

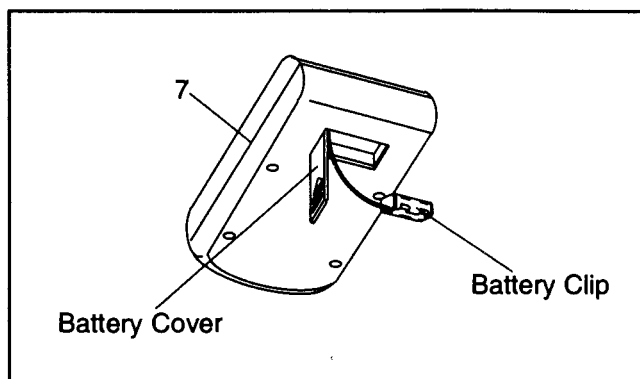
CONSOLE DIAGRAM



- A. LCD display.
- B. Mode indicators—Show which mode is currently selected.
- C. Mode button—Selects modes.
- D. On/off button—Turns the power on and off.

BATTERY INSTALLATION

The Console (7) requires **two "AA" batteries** (not included); alkaline batteries are recommended.



The battery compartment is located in the underside of the console. Slide open the battery cover and remove the battery clip from the console. Find the markings inside the battery clip showing which direction the batteries must be turned. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.

OPERATING THE CONSOLE

1. **If there is a thin piece of clear plastic on the face of the console, remove it before operating the console.** To turn on the power, press the on/off button or simply begin walking. 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 be selected automatically. One mode indicator will show that the SCAN mode has been selected, and a second mode indicator will show which mode is currently displayed. The SCAN mode can also be selected by repeatedly pressing the mode button.

SPEED, TIME, DISTANCE or CALORIE mode—These modes can be selected by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. The modes are selected in the following order: SPEED, TIME, DISTANCE, CALORIE, and SCAN.

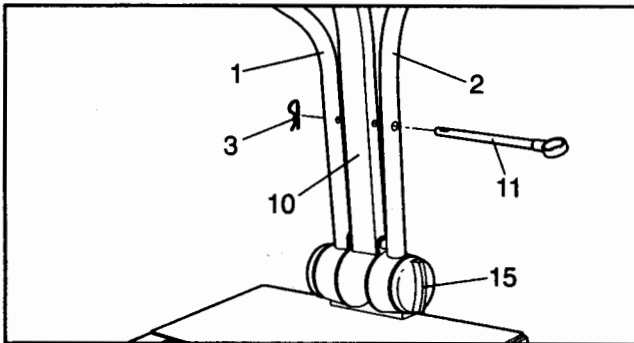
3. To reset the modes, turn the power off and then on again by pressing the on/off button twice.
4. To turn off the power, press the on/off button. Note: If the walking belt is not moved and the console buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.

HOW TO WALK ON THE TREADMILL

Stand on the walking belt and hold the upper body arms. (See HOW TO USE THE UPPER BODY ARMS below). Slowly begin walking. Use the upper body arms for balance and to "push off" as you begin walking. **Always hold the upper body arms when getting on and off the treadmill, and while exercising.**

Because the AEROBIC STRIDE is a manual treadmill, you can set your own walking pace. As you speed up or slow down, the belt quickly responds. Whenever you want to increase the intensity of your workout, just walk faster. **Do not tighten the walking belt in order to increase the resistance. The walking belt must be able to move smoothly for the AEROBIC STRIDE to operate properly.** You can also increase the intensity of your workout by adjusting the incline. (See HOW TO CHANGE THE INCLINE on this page.)

HOW TO USE THE UPPER BODY ARMS



The Upper Body Arms (1, 2) can be used in either the stationary position or the dual motion position. To use the Upper Body Arms in the stationary position, insert the Lock Pin (11) through the Upper Body Arms and the Upright (10). **Important: If it is difficult to insert the Lock Pin, do not hit the end of the Lock Pin; twist the Upper Body Arms slightly in order to align the holes. Do not twist the Upper Body Arms too far or the treadmill may be damaged.** Insert the Hairpin Cotter (3) into the end of the Lock Pin. Tighten the Arm Resistance Control (15).

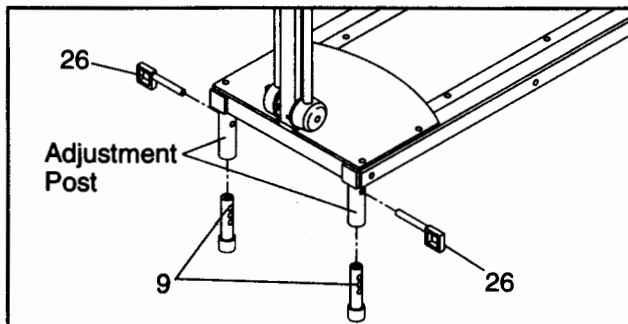
CAUTION: Always secure the Lock Pin (11) with the Hairpin Cotter (3). If the Hairpin Cotter is not attached as instructed, the Lock Pin may slip out, resulting in injury to the user.

To use the Upper Body Arms (1, 2) in the dual motion position, first make sure that the Arm Resistance Control (15) is tightened (see the drawing above).

Remove the Lock Pin (11) from the Upper Body Arms (1, 2) and the Upright (10). In the dual motion position, you can move the Upper Body Arms forward and back as you walk, exercising your arms, back and shoulders for a total body workout. To tailor the intensity of your exercise, the resistance of the Upper Body Arms can be changed. To increase the resistance, turn the Arm Resistance Control (15) clockwise; to decrease the resistance, turn the Arm Resistance Control counterclockwise.

HOW TO CHANGE THE INCLINE

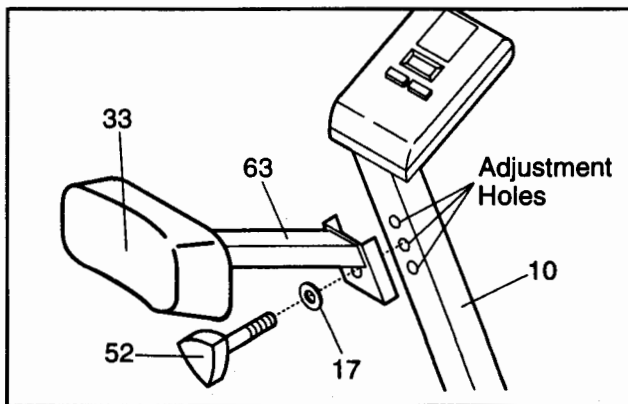
To change the incline, first lift the front of the treadmill slightly and remove the Incline Pin (26) from one Incline Leg (9) (see the drawing below).



Position the Incline Leg (9) at the desired height, align one of the holes in the Incline Leg with the hole in the adjustment post, and insert the Incline Pin (26) through the adjustment post and the Incline Leg. Adjust the other Incline Leg in the same manner. **Make sure that the Incline Pins are fully inserted and that both Incline Legs are at the same height.**

HOW TO ADJUST THE ABDOMINAL PAD

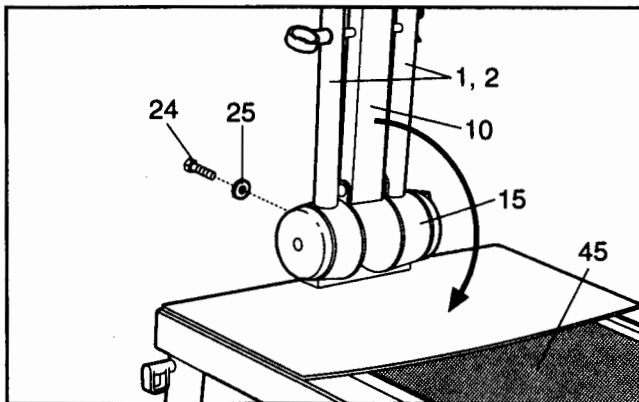
For your comfort, the height of the Abdominal Pad (33) can be adjusted (see the drawing below). There are three height settings. To change the height setting, first remove the Pad Knob (52) and Washer (17). Align the hole in the Abdominal Pad Bracket (63) with the desired hole in the Upright (10). Secure the Abdominal Pad Bracket with the Pad Knob and Washer.



HOW TO STORE THE TREADMILL

To convert the treadmill to the storage position, first turn the Arm Resistance Control (15) counterclockwise until it turns freely (see the drawing at the right). Failure to do so will result in damage to the treadmill.

Remove the Upright Bolt (24) and Upright Flat Washer (25) from the Upright (10). Lay the Upright and the Upper Body Arms (1, 2) on the Walking Belt (45). **Be careful not to pinch the sensor wire in the Upright.** Replace the Upright Bolt and Upright Flat Washer for storage.



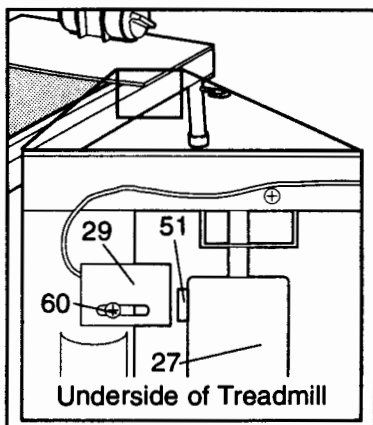
TROUBLE-SHOOTING

Most problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, 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).

1. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- Replace the batteries. (See BATTERY INSTALLATION on page 5.)
- The console, like most electronics, is susceptible to static electricity build-up, caused by certain types of clothing or machine operation. If the console blanks out or gives false readings, an anti-static spray should be applied to the upper body arms and the upright, especially the base of the upright. Anti-static spray is available where laundry supplies are sold.

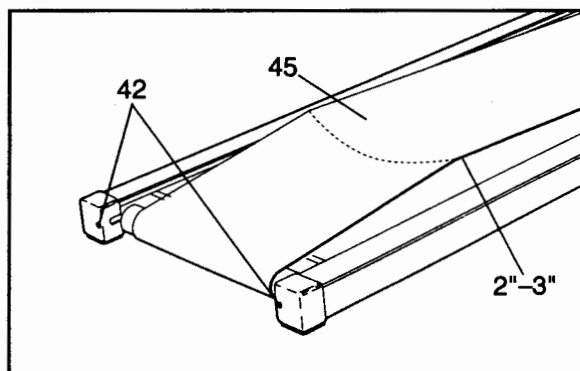
- Carefully tip the treadmill on its left side. Refer to the drawing at the right and locate the Reed Switch (29). Turn the Front Roller (27) until the Magnet (51) is aligned with the Reed Switch.



Loosen the Reed Switch Screw (60). Adjust the Reed Switch so that there is a $\frac{1}{8}$ " gap between the Reed Switch and the Magnet. Tighten the Reed Switch Screw.

2. SYMPTOM: THE WALKING BELT DOES NOT MOVE SMOOTHLY

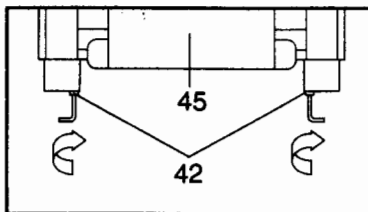
- If the Walking Belt (45) is overtightened, performance may be reduced and the Walking Belt may be permanently damaged. Using the included allen wrench, turn both Rear Roller Adjustment Bolts (42) counterclockwise $\frac{1}{4}$ of a turn.



When the tension of the Walking Belt is correct, you should be able to lift each side of the walking belt 2 to 3 inches; the center of the Walking Belt should just touch the surface of the walking platform. Walk on the treadmill for a few minutes. Repeat until the Walking Belt is properly tightened. Be careful to keep the Walking Belt centered.

3. SYMPTOM: THE WALKING BELT SLIPS OR IS OFF-CENTER

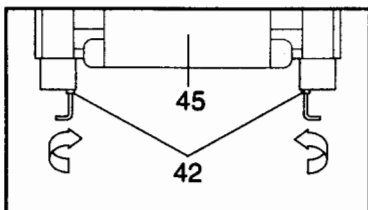
- a. If the Walking Belt (45) slips when walked on, use the allen wrench to turn both Rear Roller



Adjustment

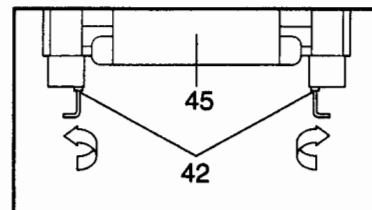
Boils (42) clockwise, 1/4 of a turn. When the Walking Belt is correctly tightened, you should be able to lift each side of the Walking Belt 2 to 3 inches off the walking platform. The center of the Walking Belt should just touch the walking platform. Walk on the treadmill for a few minutes. Repeat until the Walking Belt is properly tightened. Be careful to keep the Walking Belt centered.

- b. If the Walking Belt (45) has shifted to the left side, use the allen wrench to turn the left Rear Roller



Adjustment Bolt (42) clockwise, and the right Bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the Walking Belt. Walk on the treadmill for a few minutes. Repeat until the Walking Belt is centered.

- c. If the Walking Belt (45) has shifted to the right side, use the allen wrench to turn the left Rear Roller



Adjustment Bolt (42) counterclockwise, and the right Bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the Walking Belt. Walk on the treadmill for a few minutes. Repeat until the Walking Belt is centered.

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 general well-being. Regular participation in a well-rounded exercise program also results in a stronger and more efficient heart, improved respiratory function, increased stamina and endurance, better weight management and body fat control, increased ability to deal with stress, and greater self-esteem and confidence.

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	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

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 of regular exercise, 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.

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.



⚠ CAUTION: If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down. Consult your physician before continuing with your fitness program.

WORKOUT GUIDELINES

A well-rounded workout includes the following three phases:

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

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

A cool-down phase, consisting of 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is often most effective during this phase. This phase should leave you relaxed and comfortably tired.

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. Whatever time you choose, be consistent and 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. WLTL11050

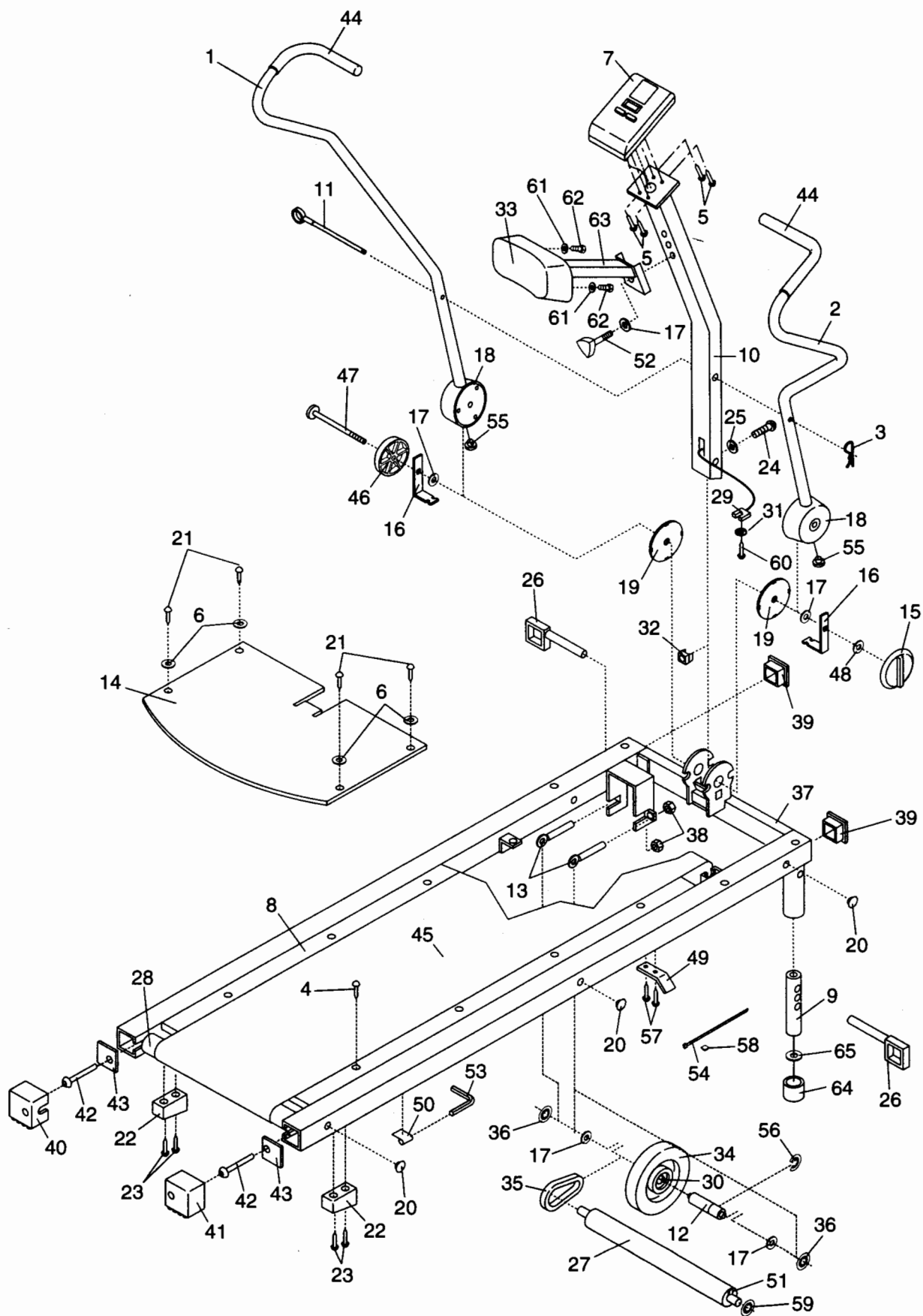
R895A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upper Body Arm	34	1	Flywheel
2	1	Right Upper Body Arm	35	1	Flywheel Belt
3	1	Hairpin Cotter	36	2	Retainer
4	8	Platform Screw	37	1	Frame
5	4	Screw	38	2	Nut
6	4	#8 Finish Washer	39	2	Frame Cap
7	1	Console	40	1	Left Endcap
8	1	Walking Platform	41	1	Right Endcap
9	2	Incline Leg	42	2	Rear Roller Adjustment Bolt
10	1	Upright	43	2	Adjustment Plate
11	1	Lock Pin	44	2	Foam Grip
12	1	Flywheel Shaft	45	1	Walking Belt
13	2	Eye Bolt	46	1	Friction Cover
14	1	Hood	47	1	Pivot Bolt
15	1	Arm Resistance Control	48	1	Control Washer
16	2	Friction Bracket	49	2	Belt Guide
17	5	Washer	50	1	Wrench Clip
18	2	Upper Body Arm Housing	51	1	Magnet
19	2	Friction Plate	52	1	Pad Knob
20	6	Hole Cap	53	1	Allen Wrench
21	4	Screw	54	1	Cable Tie
22	2	Rear Foot	55	2	Arm Cap
23	4	Rear Foot Screw	56	1	E-Ring
24	1	Upright Bolt	57	4	Belt Guide Screw
25	1	Upright Flat Washer	58	1	Cable Tie Clip
26	2	Incline Pin	59	1	Roller Push Nut
27	1	Front Roller	60	1	Reed Switch Screw
28	1	Rear Roller	61	2	Abdominal Pad Washer
29	1	Reed Switch/Sensor Wire	62	2	Abdominal Pad Bolt
30	2	Flywheel Bearing	63	1	Abdominal Pad Bracket
31	1	Star Washer	64	2	Incline Endcap
32	1	Cage Nut	65	2	Incline Washer
33	1	Abdominal Pad	#	1	User's 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. WLTL11050

R895A



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). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product. (WLTL11050)
- The NAME of the product. (WESLO® AEROBIC STRIDE Treadmill)
- The SERIAL NUMBER of the product. (See the front cover of this manual.)
- The KEY NUMBER of the part(s) needed. (See page 10 of this manual.)
- The DESCRIPTION of the part(s) needed. (See page 10 of this manual.)

If possible, place the AEROBIC STRIDE near your telephone for easy reference when calling.

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 or for products used for commercial or rental purposes. 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