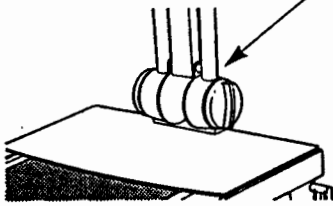


WESLO[®] walkTHIN[™]

Model No. WLTL13054

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

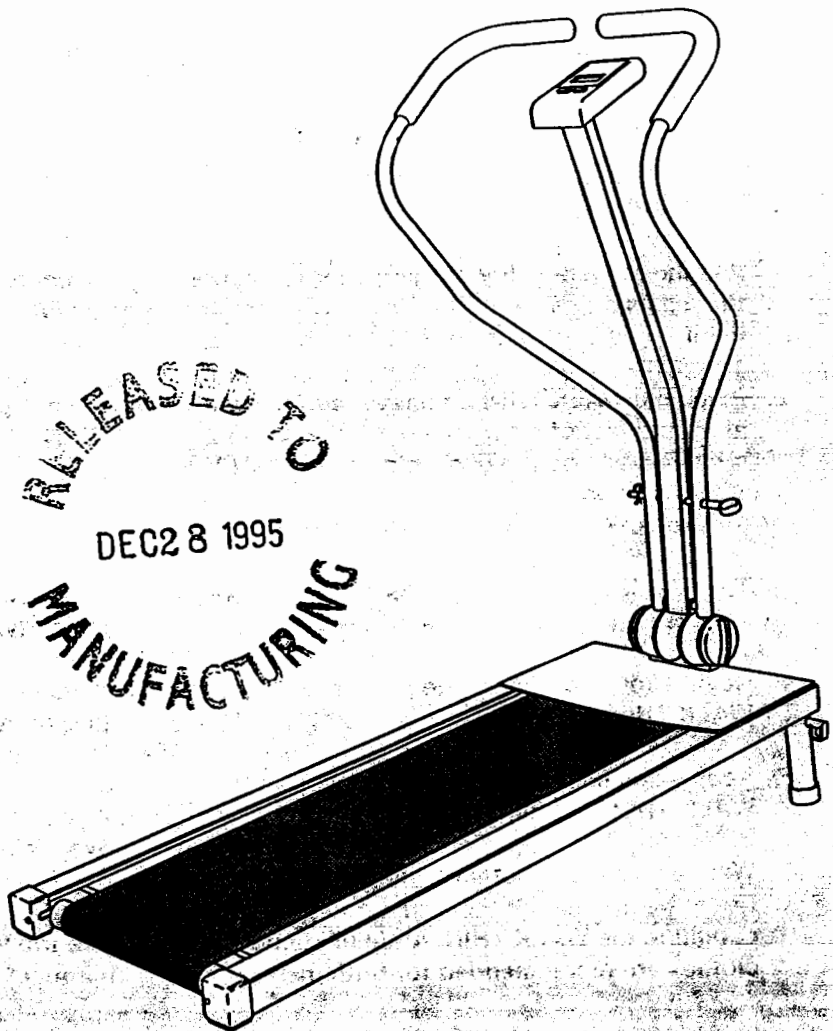
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

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

US PATENT 5,102,980

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 WALK THIN.

1. It is the responsibility of the owner to ensure that all users of the WALK THIN are adequately informed of all warnings and precautions.
women. Always wear athletic shoes; never use the WALK THIN with bare feet, wearing only stockings, or in sandals.
2. Place the WALK THIN on a level surface, with at least 8 feet of clearance behind it. Due to moving parts on the underside of the WALK THIN, the floor beneath it should be covered for protection.
3. The WALK THIN should be used only by persons weighing 250 pounds or less.
4. Never allow more than one person on the WALK THIN at a time.
5. Keep small children and pets away from the WALK THIN at all times.
6. Wear appropriate clothing when exercising. Never wear loose clothing that could become caught in the WALK THIN. Athletic support clothes are recommended for both men and women.
7. Do not place hands or feet under the WALK THIN while it is in use.
8. Inspect and tighten all parts regularly. Replace any worn parts immediately.
9. Do not use the WALK THIN if it is not working properly.
10. Always hold the upper body arms when getting on and off the WALK THIN, and while exercising.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
12. Use the WALK THIN 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. CON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

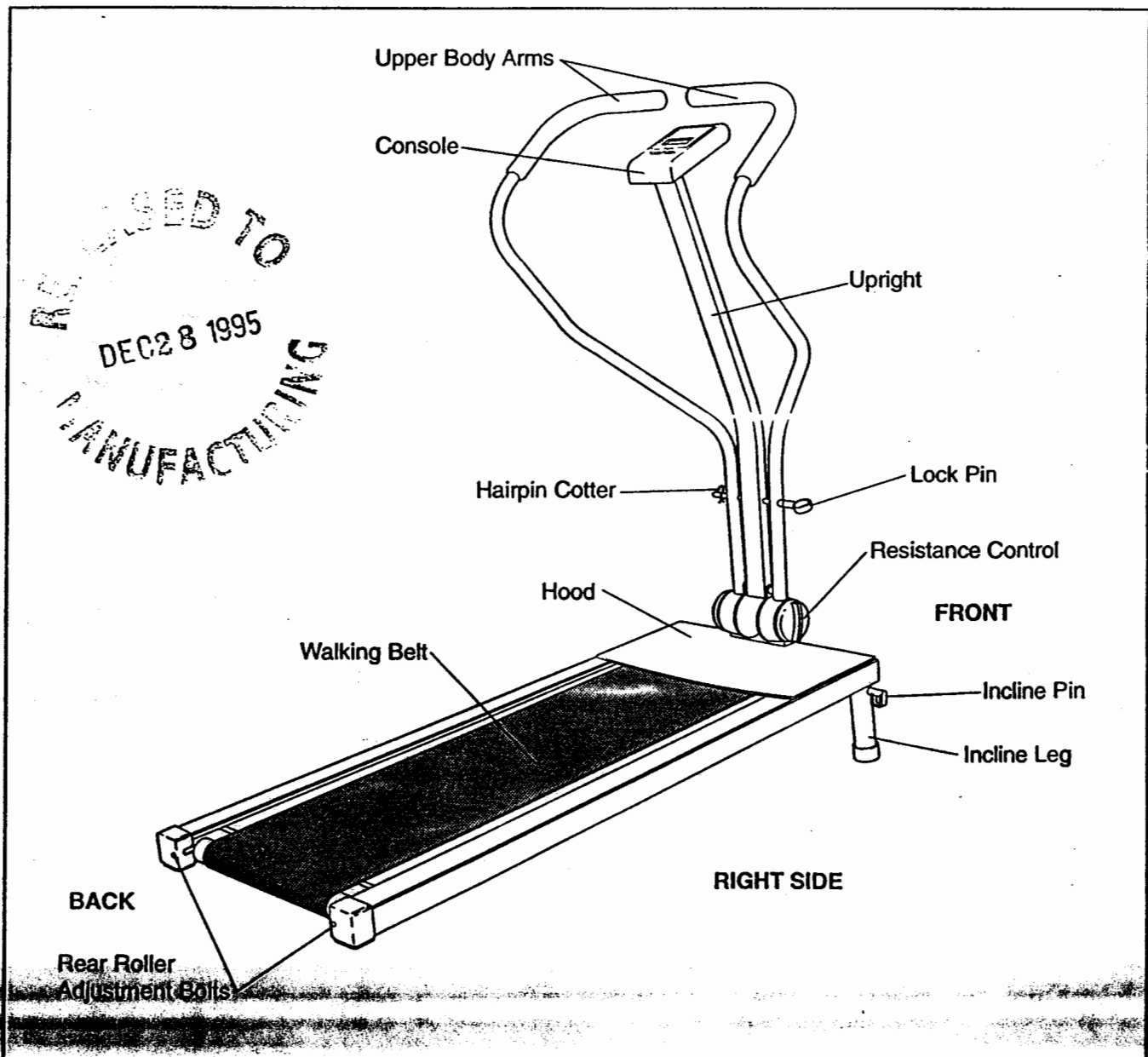
BEFORE YOU BEGIN

Thank you for selecting the WESLO® WALK THIN Dual Motion Manual 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 WALK THIN, you can get both an upper- and lower-body workout as well.

To help you stay motivated as you exercise, the WALK THIN features an electronic console that provides continuous feedback of speed, elapsed time, total distance, and the approximate number of Calories you have burned. And the adjustability of the WALK THIN allows you to work at your own level, whether you are just beginning or already exercise regularly.

For your benefit, read this manual carefully before using the WALK THIN. 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 WLTL13054. The serial number can be found on a decal attached to the WALK THIN (see the front cover of this manual to find the location of the decal).

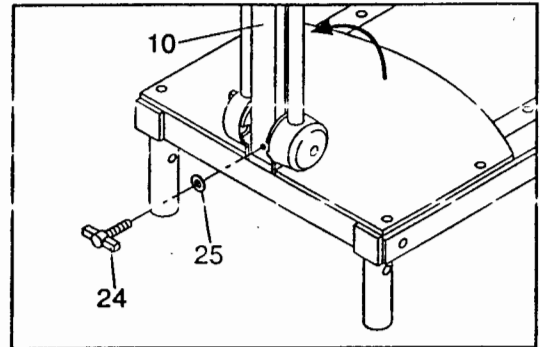
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

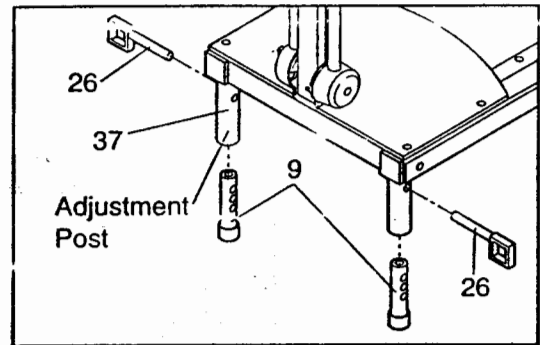
Set the WALK THIN in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** No tools are required for assembly.

1. Raise the Upright (10) to a vertical position. Slide the Upright Flat Washer (25) onto the Upright Knob (24). Tighten the Upright Knob into the Upright.

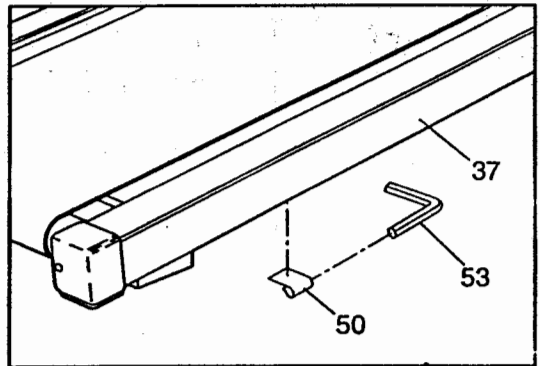


2. Insert an Incline Leg (9) into one of the adjustment posts on the Frame (37). Align one of the holes in the Incline Leg with the hole in the adjustment post. Insert an Incline Pin (26) through the adjustment post and the Incline Leg.

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



3. 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 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

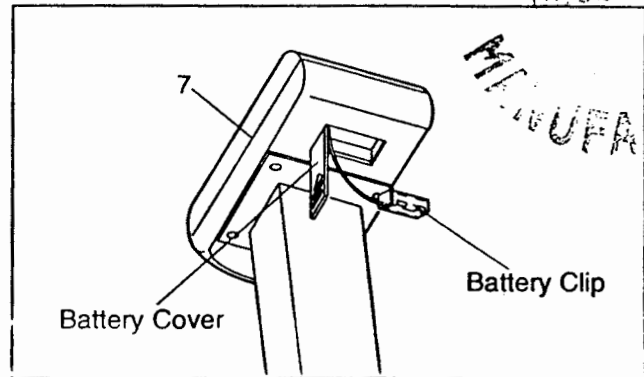
SPEED—Displays your current walking speed, in miles per hour.

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 walked.

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.



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.

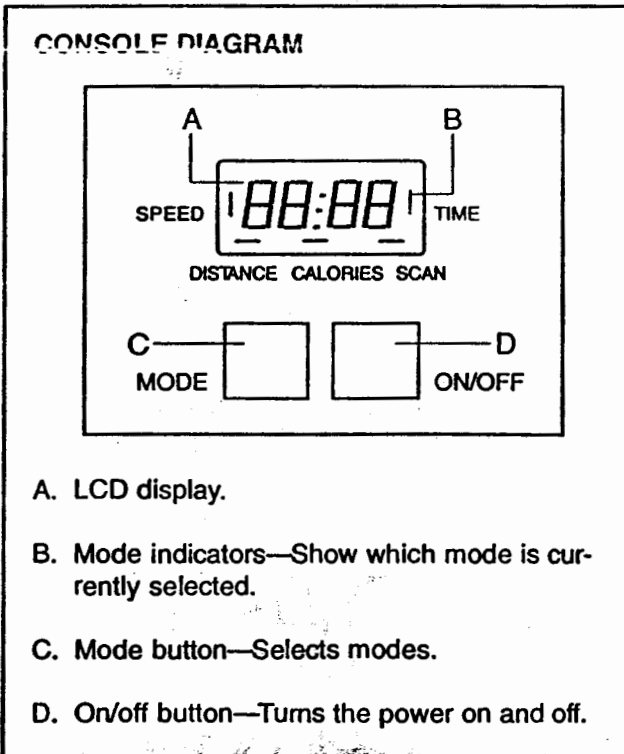
2. Select one of the five modes:

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.



BATTERY INSTALLATION

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

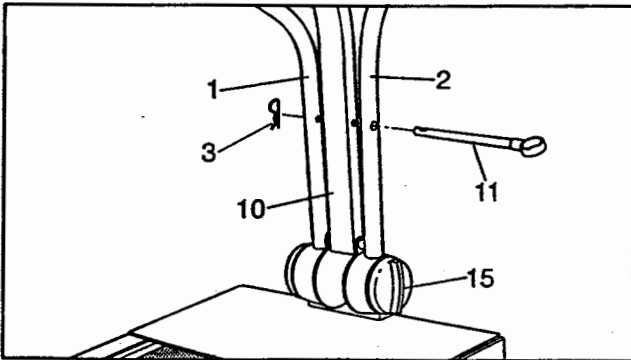
HOW TO WALK ON THE TREADMILL

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 WALK THIN is a manual treadmill, you can set your own walking pace. When you want to change the intensity of your exercise, just walk faster or slower—the walking belt will quickly respond. You can also vary the intensity of your exercise by adjusting the incline. (See HOW TO CHANGE THE INCLINE on this page.) Note: Do not tighten the walking belt in order to increase the resistance. The walking belt must be able to move smoothly for the WALK THIN to operate properly.

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 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.

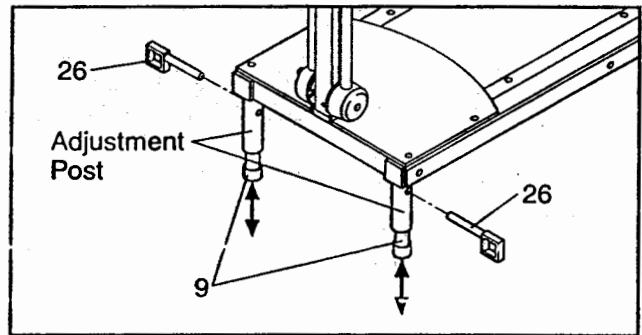
To use the Upper Body Arms (1, 2) in the dual motion position, first make sure that the Resistance Control (15) is tightened (see the drawing above). Remove the

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 Resistance Control (15) clockwise; to decrease the resistance, turn the Resistance Control counterclockwise.

HOW TO CHANGE THE INCLINE

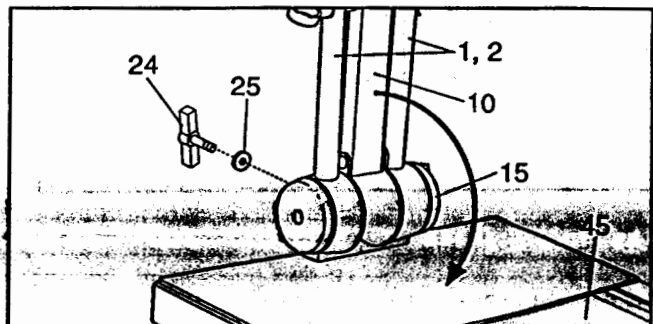
To change the incline of the treadmill, first lift the front of the treadmill slightly and remove the Incline Pin (26) from one Incline Leg (9) (see the drawing below). Position the Incline Leg (9) at the desired height, align one of the holes in the Incline Leg with the hole in the adjustment post, 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 STORE THE TREADMILL



To store the treadmill, first turn the Resistance Control (15) counterclockwise until it turns freely (see the drawing at the left). 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.



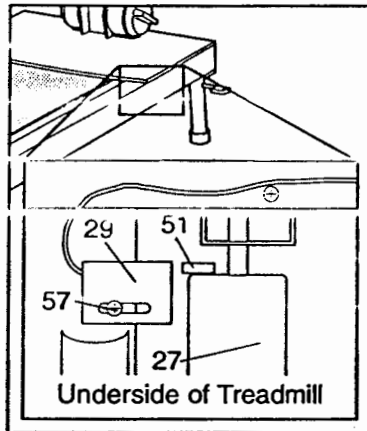
TROUBLE-SHOOTING

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

a. Replace the batteries. (See BATTERY INSTALLATION on page 5.)

b. 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 (29).

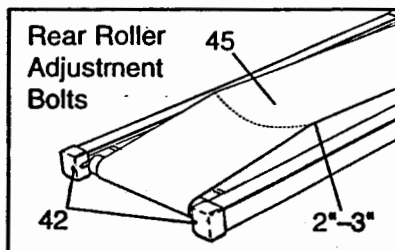


Loosen the Reed Switch Screw (57). Adjust the Reed Switch so there is a 1/16" gap between the Reed Switch and the Magnet. Tighten the Reed Switch Screw.

c. The console, like most electronics, is susceptible to static electricity build-up, caused by certain types of clothing or machine operation. If your monitor blanks out or gives false readings, an anti-static spray should be purchased.

2. SYMPTOM: THE WALKING BELT DOES NOT MOVE SMOOTHLY

a. 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 1/4 of a turn.

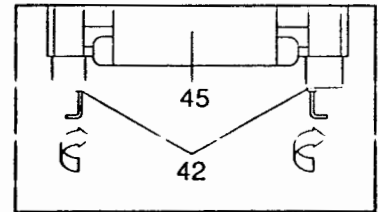


When the tension of the Walking Belt (45) is correct, you should be able to lift each side of the Walking Belt 2 to 3 inches, the center of the Walking Belt should just touch the surface of the

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.

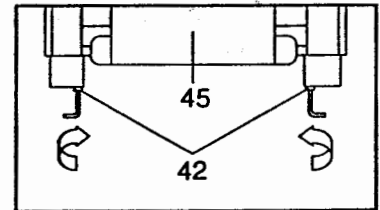
3. SYMPTOM: THE WALKING BELT SLIPS OR IS OFF-CENTER

a. If the Walking Belt (45) slips when walked on, use the allen wrench to turn both Rear Roller Adjustment Bolts (42) clockwise



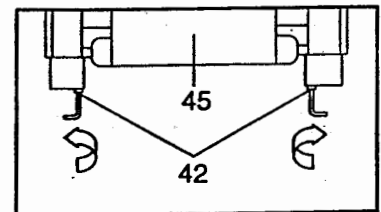
1/4 of a turn. When the Walking Belt is correctly tightened, you should be able to lift each side of the Walking Belt 2 to 3 inches off the walking platform. The center of the Walking Belt should just touch the walking platform. Walk on the treadmill for a few minutes. Repeat until the Walking Belt is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

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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?

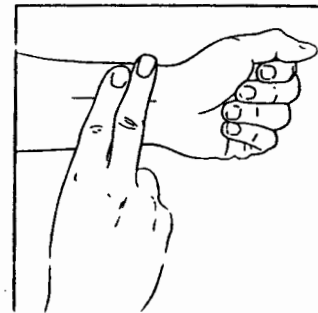
Exercise has proven essential for good health and general well-being. Regular participation in a well-rounded exercise program also results in a stronger and more efficient heart, improved respiratory function, increased stamina and endurance, better weight management and body fat control, increased 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	120-145	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. Stretching after exercise is very effective for increasing flexibility. Thorough stretching also helps to offset problems caused when you stop exercising suddenly. 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.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

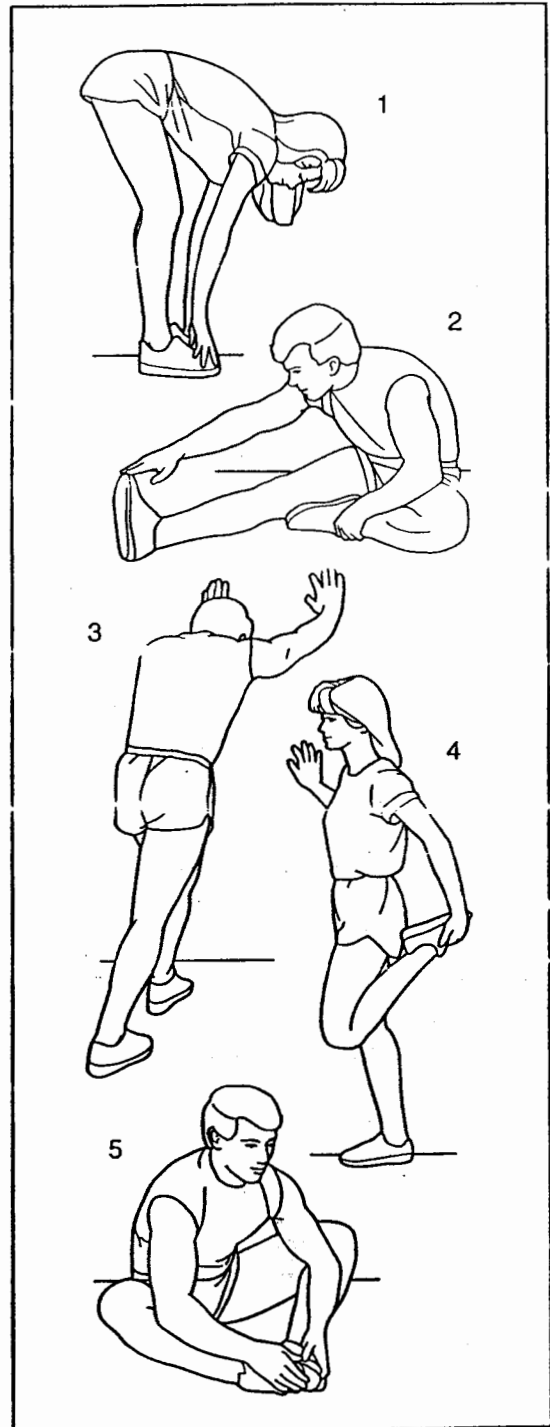
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



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MANUFACTURING

PART LIST—Model No. WLTL13054

R1295A

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

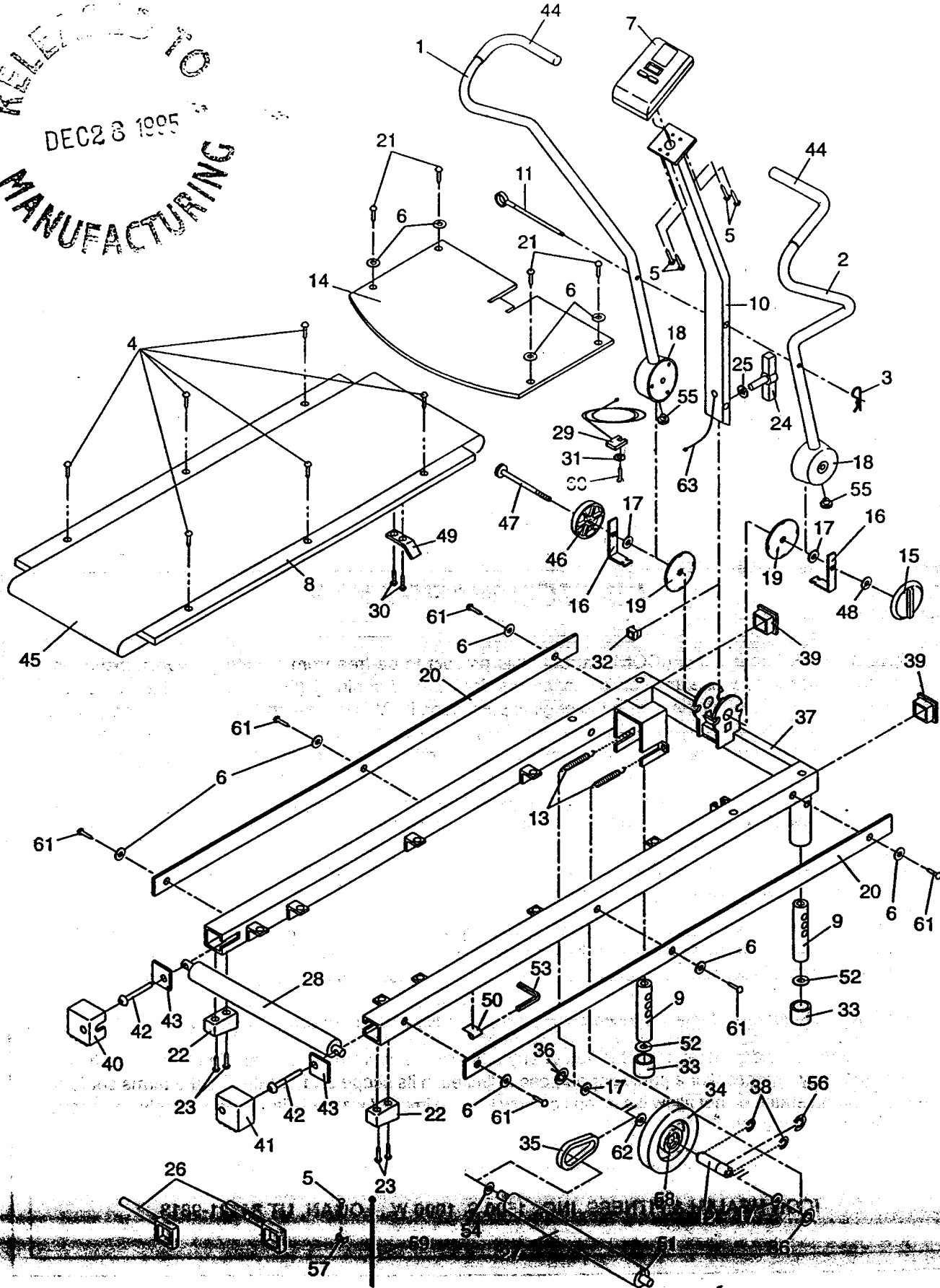
Note: "#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WLTL13054

R1295A

RELEASED TO
DEC 28 1995
MANUFACTURING

12/15/94



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. (WLTL13054)
- The NAME of the product. (WESLO® WALK THIN Dual Motion Manual 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 WALK THIN 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, 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 84321-9818