

WESLO[®]

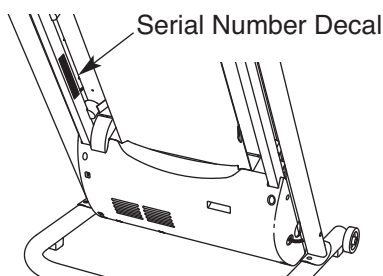
CADENCE 60 CT

www.weslo.com

Model No. WLTL22306.1

Serial No. _____

Write the serial number in the space above for future reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

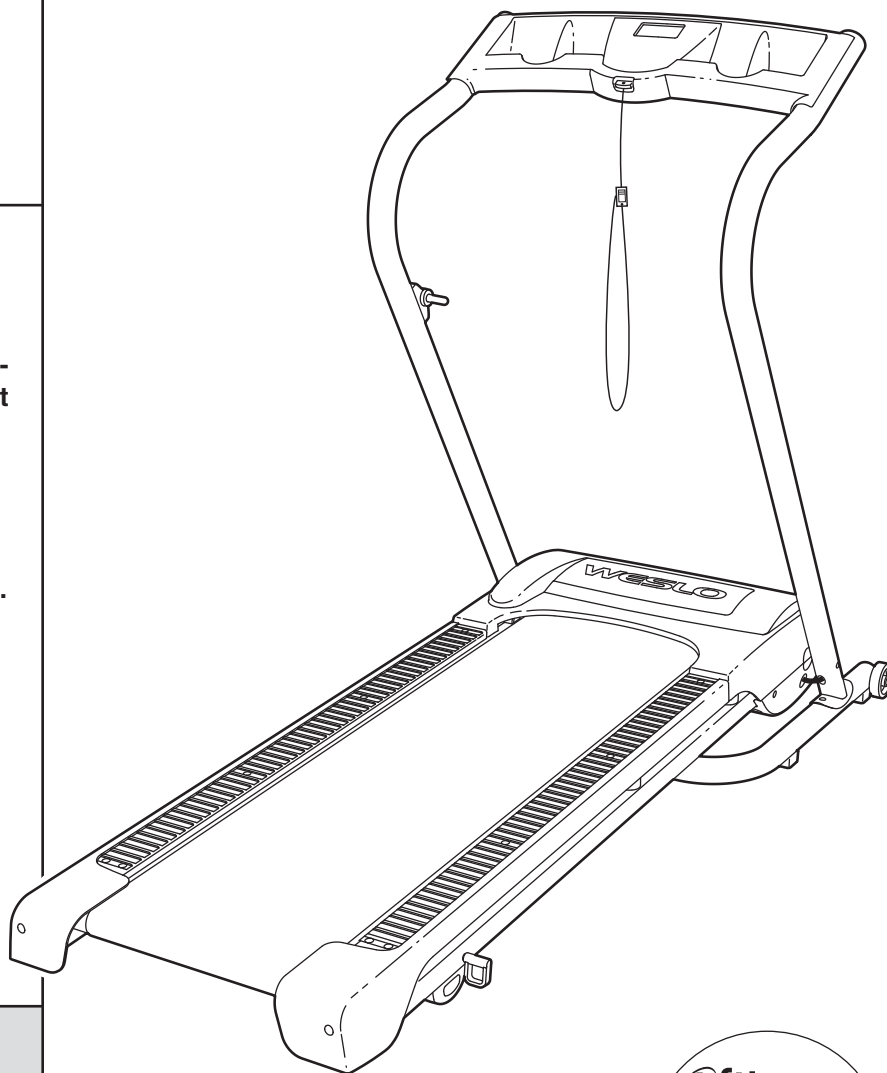
1-866-699-3756

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.wesloservice.com



⚠ CAUTION

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

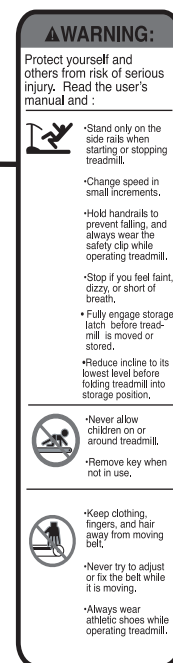
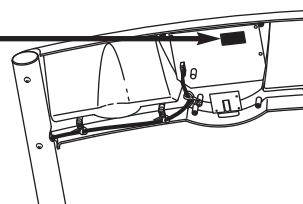
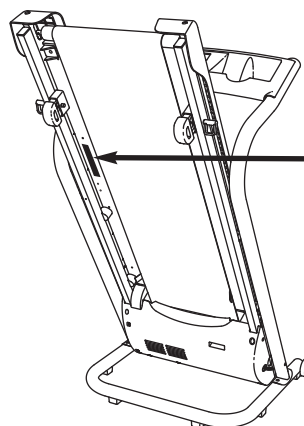
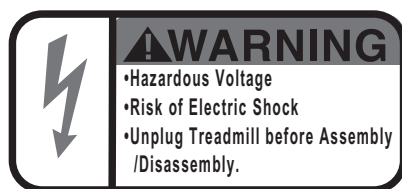


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WARNING DECAL PLACEMENT

These drawings show the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note:** The decals may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should not be used by persons weighing more than 250 lbs. (113 kg).
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 10), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. To purchase a surge suppressor, see your local WESLO dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 16 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 11).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

18. Use the included dumbbells only as described in this manual. Properly store the dumbbells in the dumbbell holders on the console when you are not using them. If the dumbbells are improperly stored, they may fall off the console, causing the user to trip.
19. Do not use the dumbbells at speeds faster than walking speeds. Using dumbbells and not holding the handrails may compromise your ability to maintain your balance. Exercises using dumbbells should be attempted only by experienced users.
20. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
21. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)
22. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6 and HOW TO FOLD AND MOVE THE TREADMILL on page 14.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
23. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
24. Do not change the incline of the treadmill by placing objects under the treadmill.
25. Inspect and properly tighten all parts of the treadmill regularly.
26. Never drop or insert any object into any opening on the treadmill.
27. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.
28. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
29. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

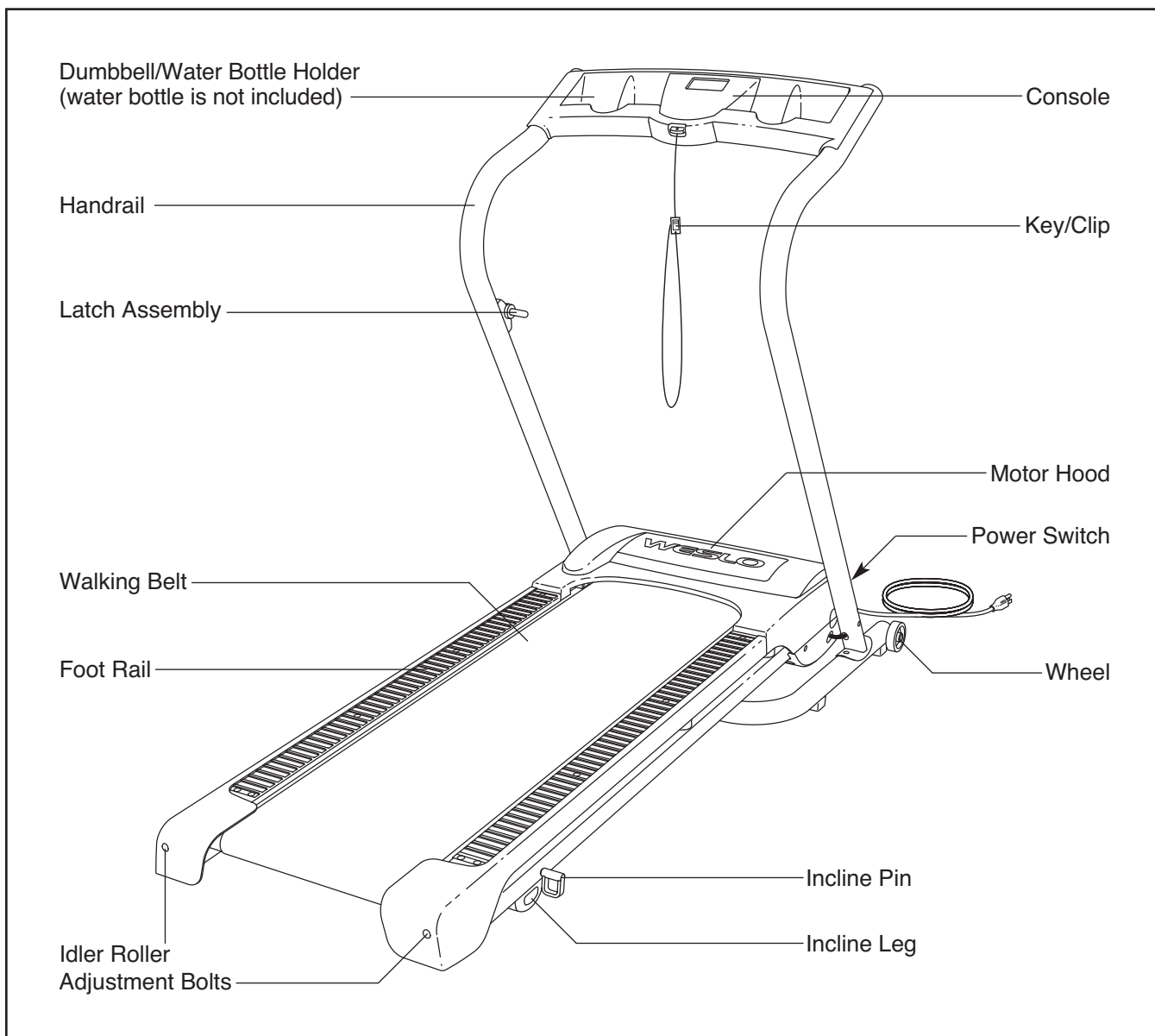
BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CADENCE 60 CT treadmill. The CADENCE 60 CT treadmill offers a selection of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after read-

ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

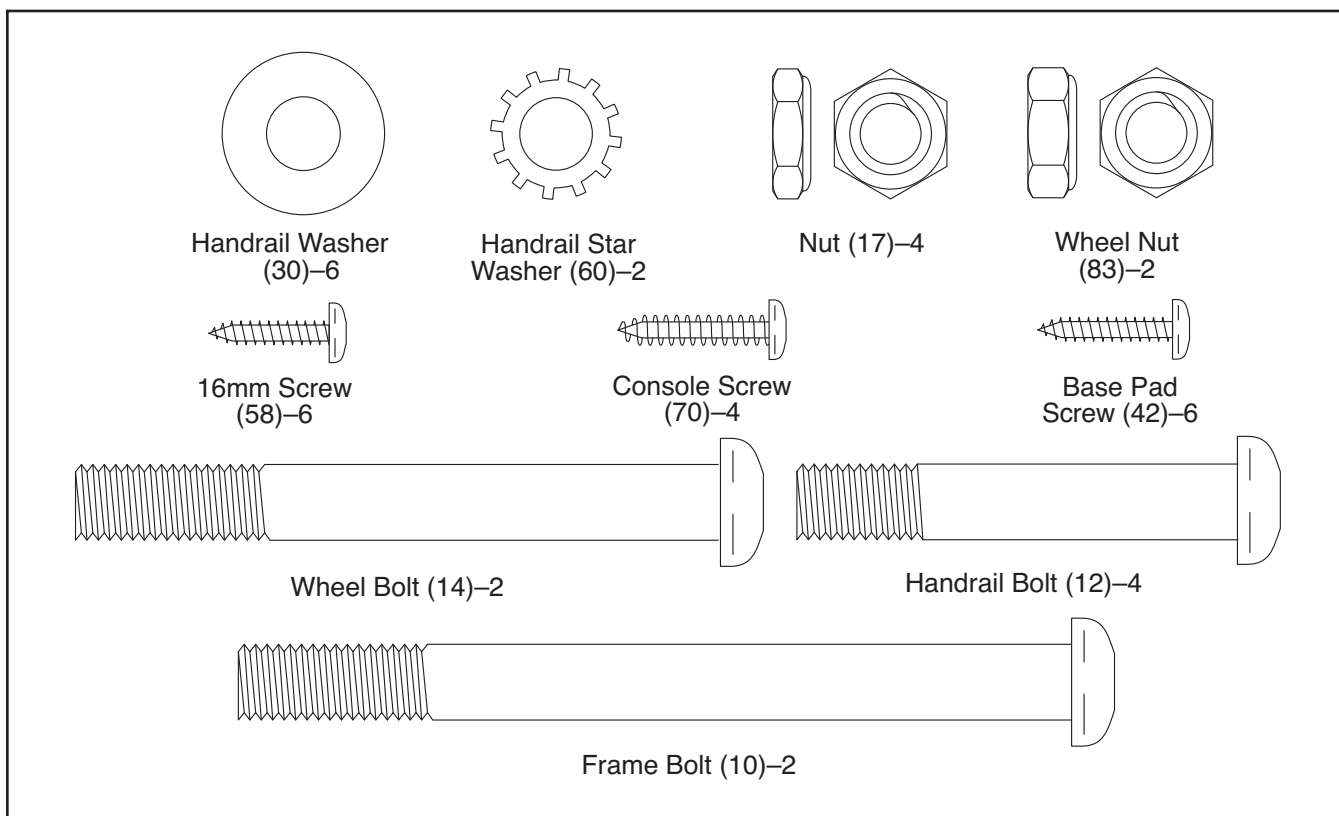


ASSEMBLY

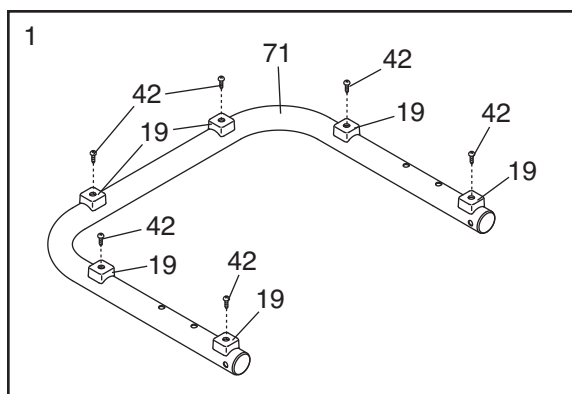
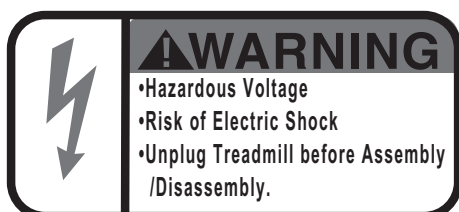
To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480. Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Do not remove the long wire inside the Right Handrail until instructed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys  and your own Phillips screwdriver , adjustable wrench , and wire cutters .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**



1. Attach the six Base Pads (19) to the bottom of the Base (71) with six Base Pad Screws (42). **Note: The Base Pads may be preassembled.**

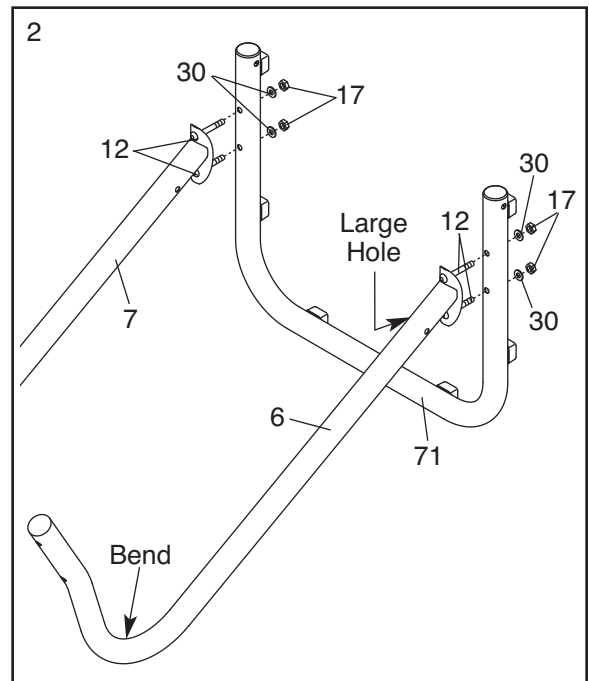


2. Have a second person hold the Base (71) in the position shown.

Identify the Right Handrail (6) which has a large hole near the lower end.

Hold the Right Handrail (6) so that the bend is in the position shown. Insert two Handrail Bolts (12) into the bracket on the Right Handrail. Attach the Right Handrail to the Base (71) with the Handrail Bolts, two Handrail Washers (30), and two Nuts (17). Do not tighten the Nuts yet.

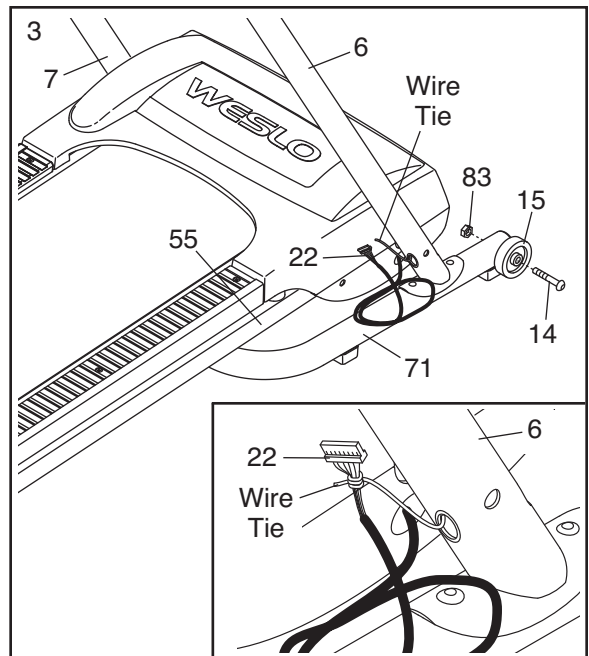
Attach the Left Handrail (7) to the Base (71) in the same way.



3. With the help of a second person, raise the Handrails (6, 7) so the Base (71) is flat on the floor as shown.

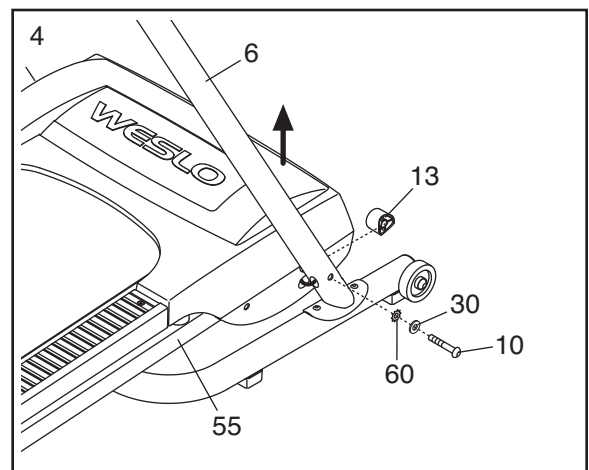
Attach the Wheels (15) to the outer sides of the Base (71) with two Wheel Bolts (14) and two Wheel Nuts (83) as shown. **Do not overtighten the Wheel Nuts; the Wheels should turn freely.**

Position the front of the treadmill Frame (55) between the Handrails (6, 7) as shown. Next, locate the long wire tie inside of the lower end of the Right Handrail (see the inset drawing). Tie the end of the wire tie securely to the end of the Wire Harness (22). Then, use the opposite end of the wire tie to pull the Wire Harness through the Right Handrail until the Wire Harness extends from the upper end of the Right Handrail.



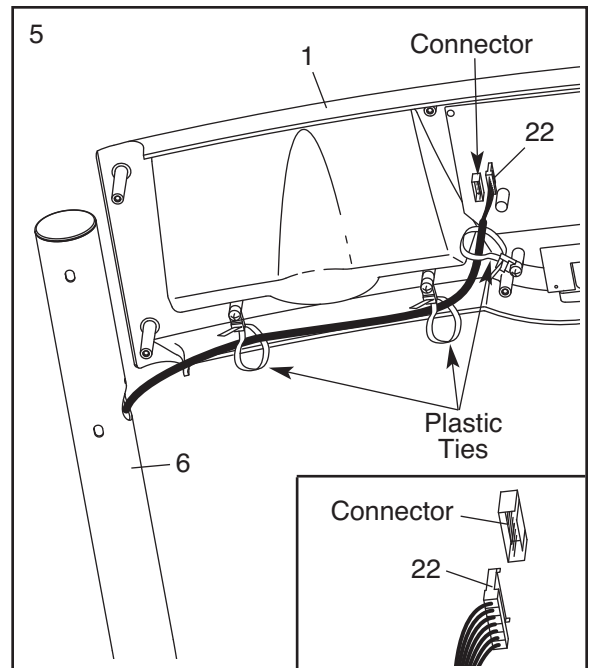
4. Have a second person lift and hold the front end of the Frame (55). Hold a Frame Spacer (13) between the Right Handrail (6) and the Frame. Attach the Right Handrail to the Frame with a Frame Bolt (10), a Handrail Washer (30), and a Handrail Star Washer (60).

Repeat this step on the left side of the treadmill.



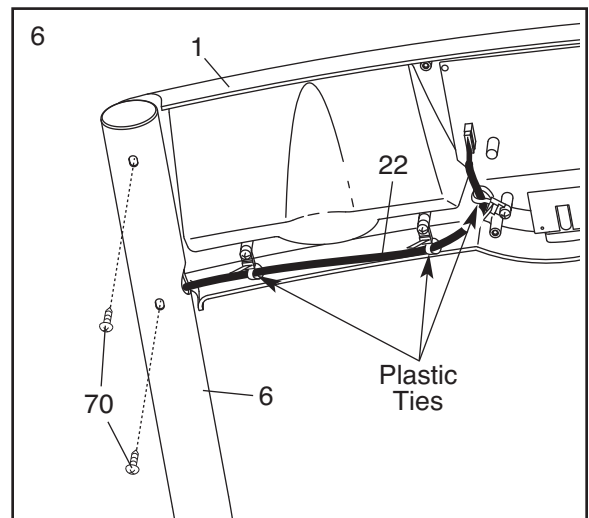
5. Hold the Console (1) near the Right Handrail (6). **Touch the Right Handrail to discharge any static.**

Untie the wire tie from the end of the Wire Harness (22). Insert the end of the Wire Harness through the three looped plastic ties. Next, press the end of the Wire Harness into the connector on the back of the Console (1) in the location shown. **The end of the Wire Harness should slide easily into the connector and snap into place.** If it does not, turn the end of the Wire Harness and then insert it. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.**

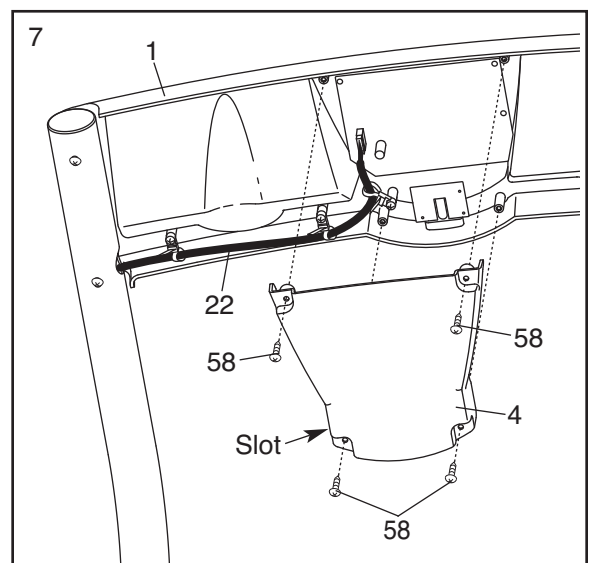


6. Set the Console (1) on the Right Handrail (6) and the Left Handrail (not shown). Tighten four Console Screws (70) (only two are shown) into the Console; **start all four Console Screws, and then tighten each of them.**

Insert the excess Wire Harness (22) downward into the Right Handrail (6). Tighten the three plastic ties around the Wire Harness, and then cut off the ends of the plastic ties.



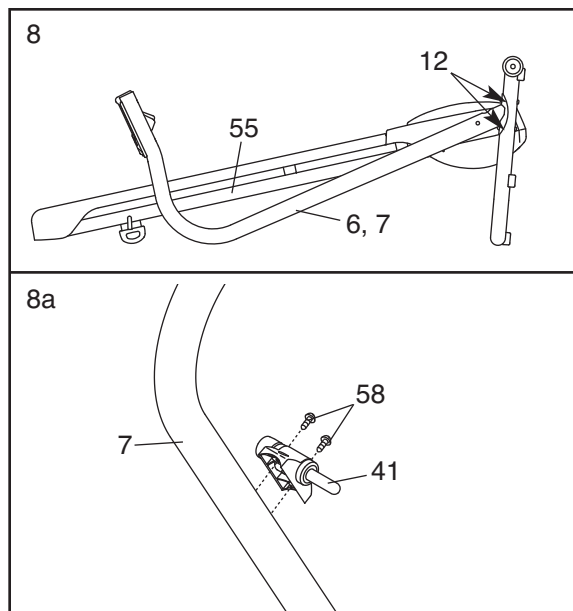
7. Attach the Console Back (4) to the Console (1) with four 16mm Screws (58). Note that there is a slot in the side of the Console Back for the Wire Harness (22)—**make sure that no wires are pinched during this step.**



8. Carefully lower the Handrails (6, 7) to the floor. Center the Frame (55) between the Handrails, and tighten the four Handrail Bolts (12). Then, raise the Handrails to the vertical position.

See drawing 8a. Attach the Latch Assembly (41) to the Left Handrail (7) with two 16mm Screws (58). **Make sure that the Latch Assembly is oriented as shown.**

See HOW TO CHANGE THE INCLINE OF THE TREADMILL on page 13. Adjust the incline legs and insert the incline pins into the incline legs.



9. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see page 17). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

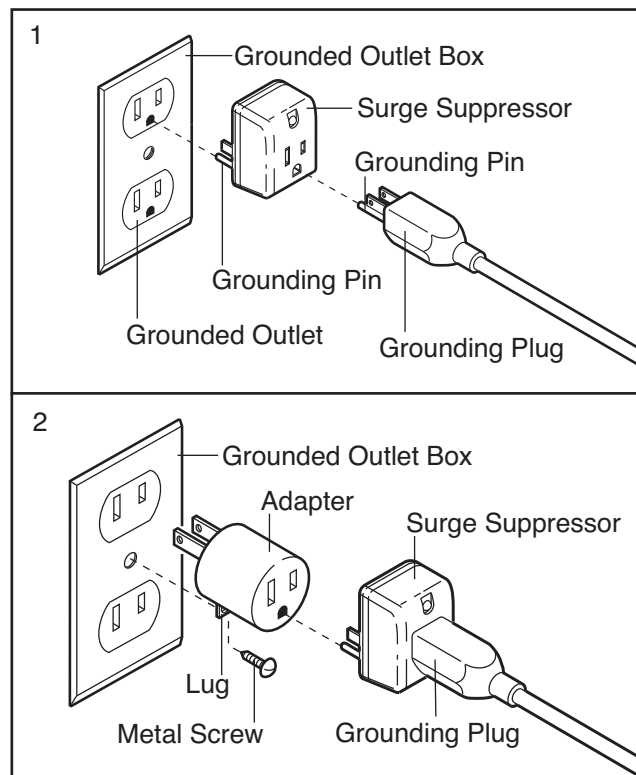
Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. **To decrease the risk of damaging your treadmill, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see precaution 12 on page 3.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could damage the control system of the treadmill (see precaution 13 on page 3).

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet**

that is properly installed and grounded in accordance with all local codes and ordinances. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

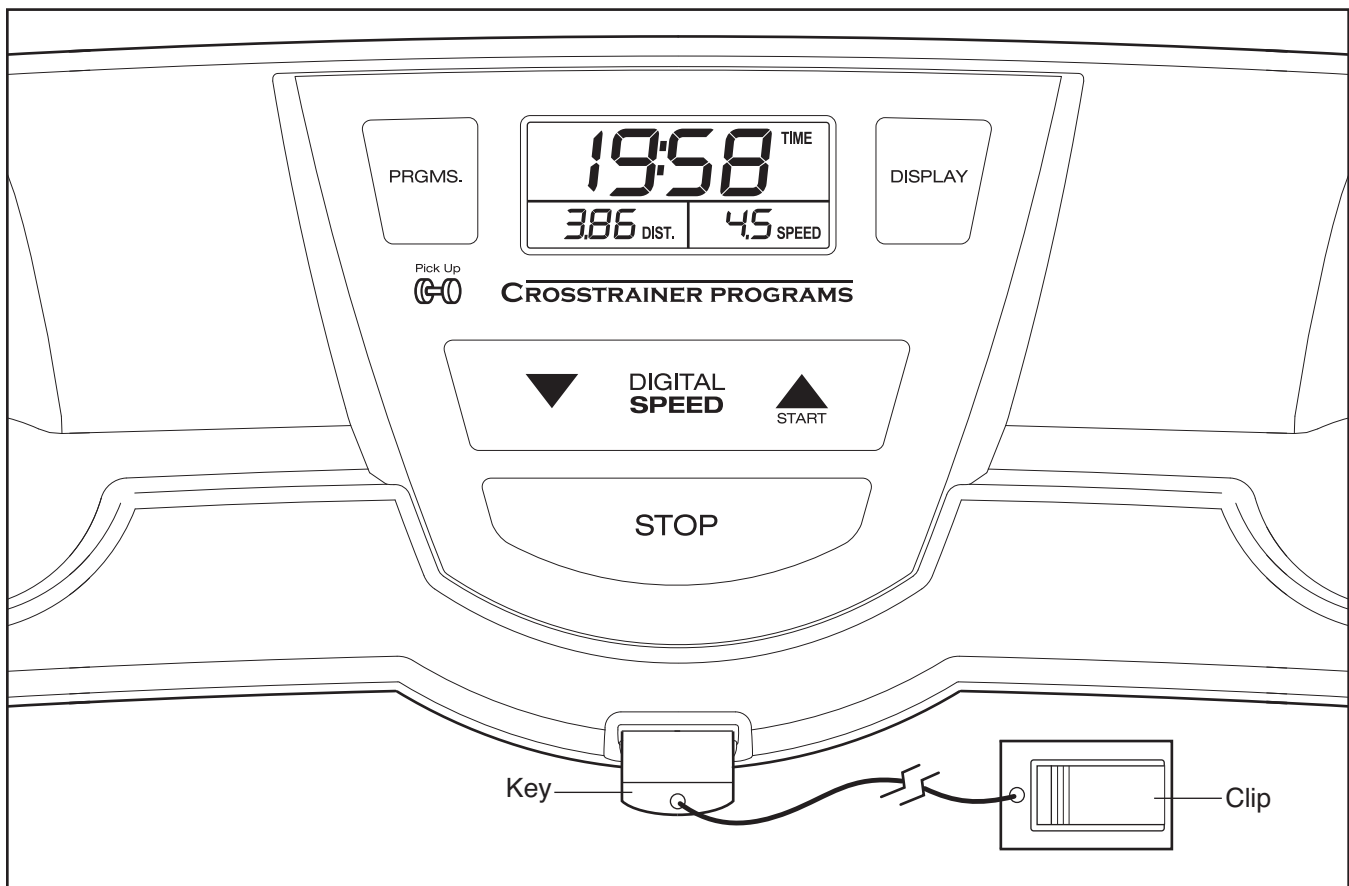
This product is for use on a nominal 120-volt circuit (see drawing 1). A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available (see drawing 2).



The temporary adapter should be used only until a properly grounded outlet (see drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. The adapter must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective.

While the manual mode of the console is selected, the speed of the treadmill can be changed with the touch of a button. As you exercise, the displays will provide continuous exercise feedback.

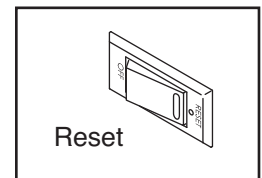
The console also offers two crosstrainer programs. Each program automatically controls the speed of the treadmill as it guides you through an effective workout.

IMPORTANT: If there is a sheet of plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 17).

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 10). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2. Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a crosstrainer program, reselect the manual mode by pressing the Programs (PRGMS.) button repeatedly until only zeros appear in the displays.



3. Press the Start (Digital Speed increase) button to start the walking belt.

When you press the button, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Digital Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

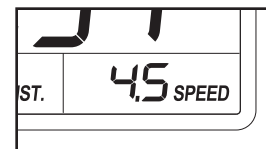
To stop the walking belt, press the Stop button. The time will begin to flash in one of the displays. To restart the walking belt, press the Start button.

4. Follow your progress with the displays.

The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run. Note: During a crosstrainer program, the display will show the time remaining in the program instead of the elapsed time.



The lower right display—The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned.

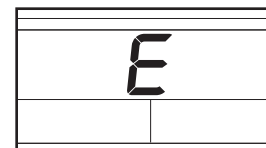


The upper display—The upper display can show the elapsed time, the distance that you have walked or run, the approximate number of calories you have burned, or the speed of the walking belt. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower displays.



To reset the displays, press the Stop button, remove the key, and then reinsert the key.

Note: The console can display speed and distance in either miles or kilometers. To see which unit of measurement is selected, first remove the key, hold down the Stop button, and then reinsert the key into the console; then release the Stop button. An “E” for English miles or an “M” for metric kilometers will appear in the upper display. Press the Digital Speed increase button to change the unit of measurement if desired. When the desired unit of measurement is selected, remove the key and then reinsert it.



5. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and remove the key from the console. Put the key in a secure place. Then, press the power switch into the off position and unplug the power cord.

HOW TO USE A CROSSTRAINER PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2. Select one of the crosstrainer programs.

To select a crosstrainer program, press the Programs (PRGMS.) button once or twice; “P-1” or “P-2” will appear in the upper display for a few seconds to show which program is selected.



Each program consists of 30 one-minute periods. One speed setting is programmed for each period. Note: The same speed setting may be programmed for two or more consecutive periods.

3. Press the Start (Digital Speed increase) button to start the program.

When you press the button, the treadmill will automatically adjust to the speed setting that is programmed for the first period of the program. Hold the handrails and begin walking.

When the first period ends, a series of tones will sound. If a different speed setting is programmed for the second period, the speed setting will flash in one of the displays to alert you, and then **the speed of the walking belt will change**. The program will continue until all 30 periods are completed. The walking belt will then slow to a stop.

The crosstrainer programs will prompt you to use the dumbbells for a full-body crosstraining workout. When the dumbbell indicator on the console lights, pick the dumbbells up and continue to walk or run holding the dumbbells. When the indicator turns off, set the dumbbells down and continue your workout.

If the speed setting is too high or too low during the program, you can manually override the setting by pressing the Digital Speed buttons. However, **when the next period begins, the speed of the walking belt will change if a different speed setting is programmed for the next period.**

To stop the program, press the Stop button. The time will begin to flash in one of the displays. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. When the next period begins, the speed of the walking belt will change if a different speed setting is programmed for the next period.

4. Follow your progress with the displays.

See step 4 on page 12.

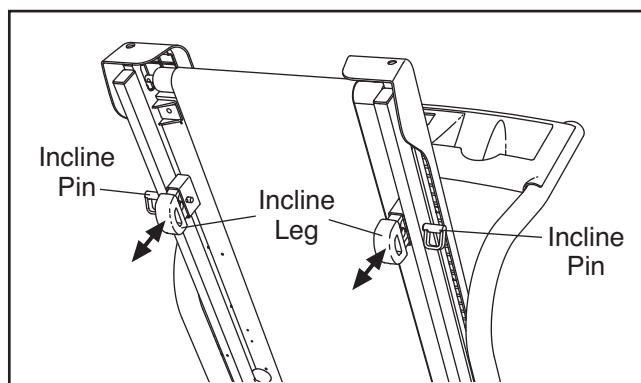
5. When you are finished exercising, remove the key from the console.

See step 5 on page 12.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, you can change the incline of the treadmill. There are three incline levels. **Before changing the incline, remove the key from the console and unplug the power cord.** Next, fold the treadmill to the storage position (see page 14).

To change the incline, first remove the incline pin from one of the incline legs. Adjust the incline leg to the desired height, and fully reinsert the incline pin. Adjust the other incline leg in the same way. **CAUTION: Make sure that both incline legs are at the same height and that both incline pins are fully inserted into the incline legs.**



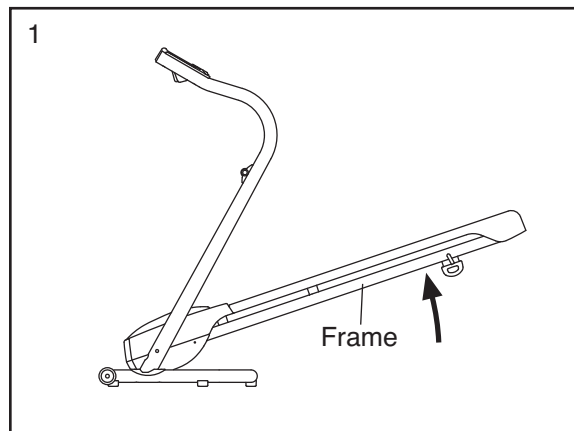
After you have adjusted the incline legs, lower the treadmill (see page 15).

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

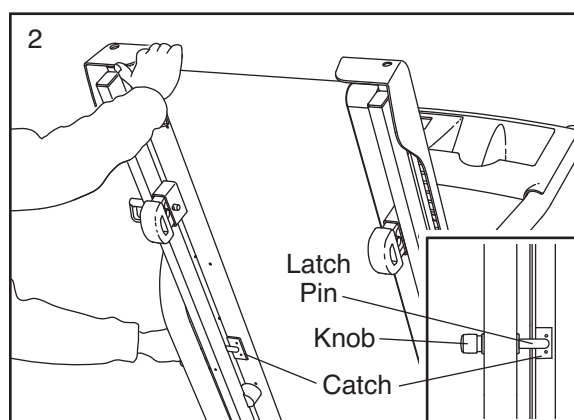
Unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than with your back. Raise the frame about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Slowly release the latch knob; **make sure that the latch pin is resting securely against the catch.**

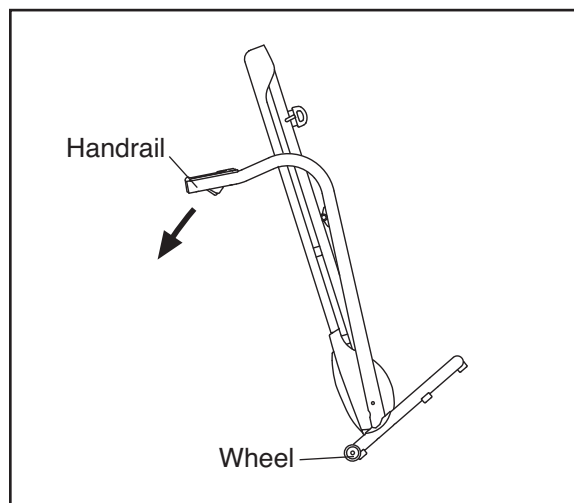
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

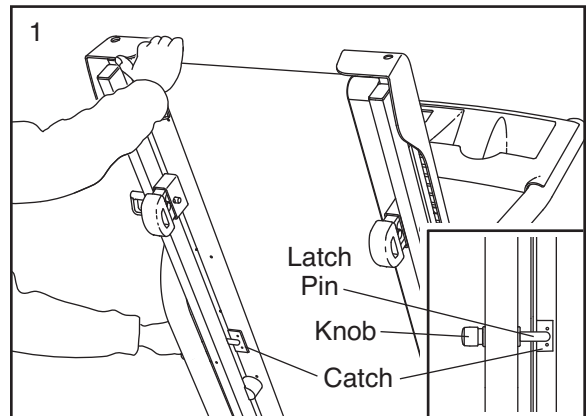
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is resting securely against the catch.**

1. Hold the handrails and place one foot against a wheel.
2. Tip the treadmill backward until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it backward. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill until it is in the storage position.

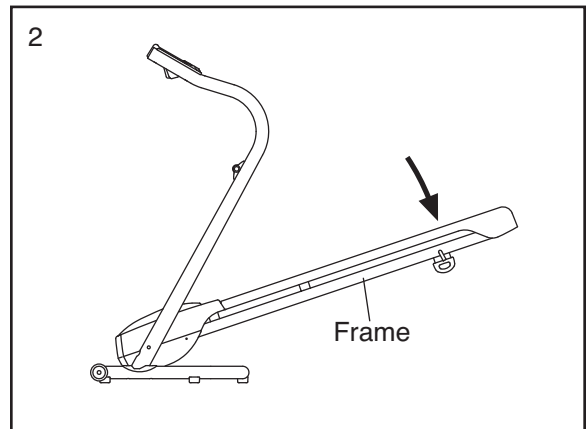


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin.



2. Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



TROUBLESHOOTING

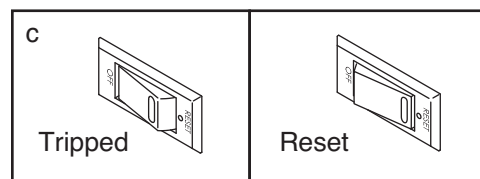
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the switch, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

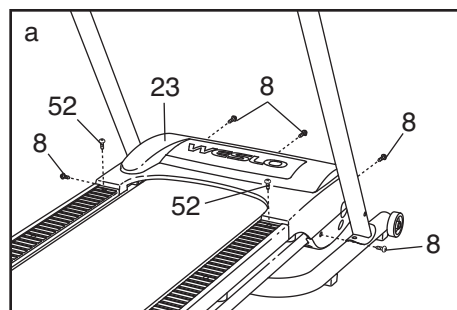
b. Make sure that the power cord is plugged in.

c. Remove the key from the console. Reinsert the key fully into the console.

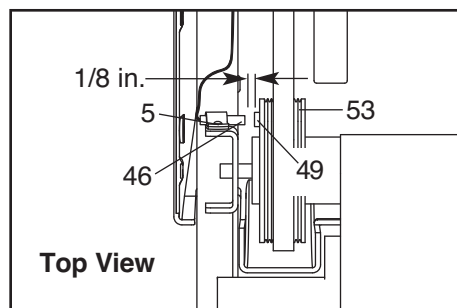
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the five indicated Hood Screws (8) and two Foot Rail Screws (52). Then, remove the Motor Hood (23).



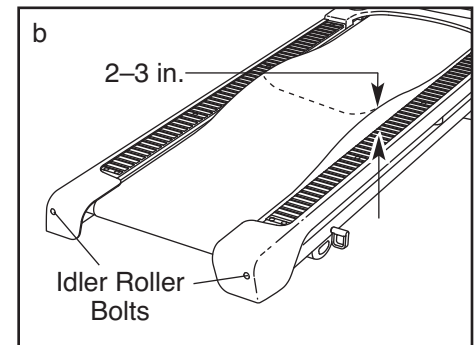
Locate the Reed Switch (46) and the Magnet (49) on the left side of the Pulley (53). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the indicated Electronics Screw (5), move the Reed Switch slightly, and then retighten the Electronics Screw. Reattach the Motor Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10.

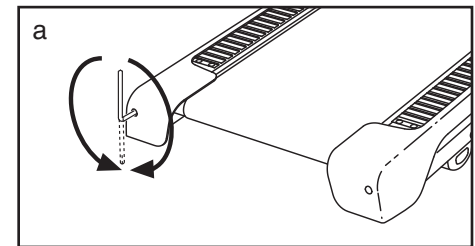
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



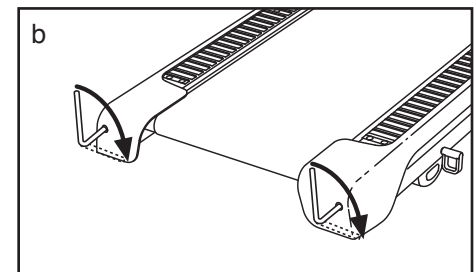
- c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn the left idler roller bolt clockwise 1/2 of a turn. Be careful not to overtighten the walking belt. **If the walking belt has shifted to the right**, turn the left idler roller bolt counterclockwise 1/2 of a turn. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. 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.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

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. 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 at the right. 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 each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

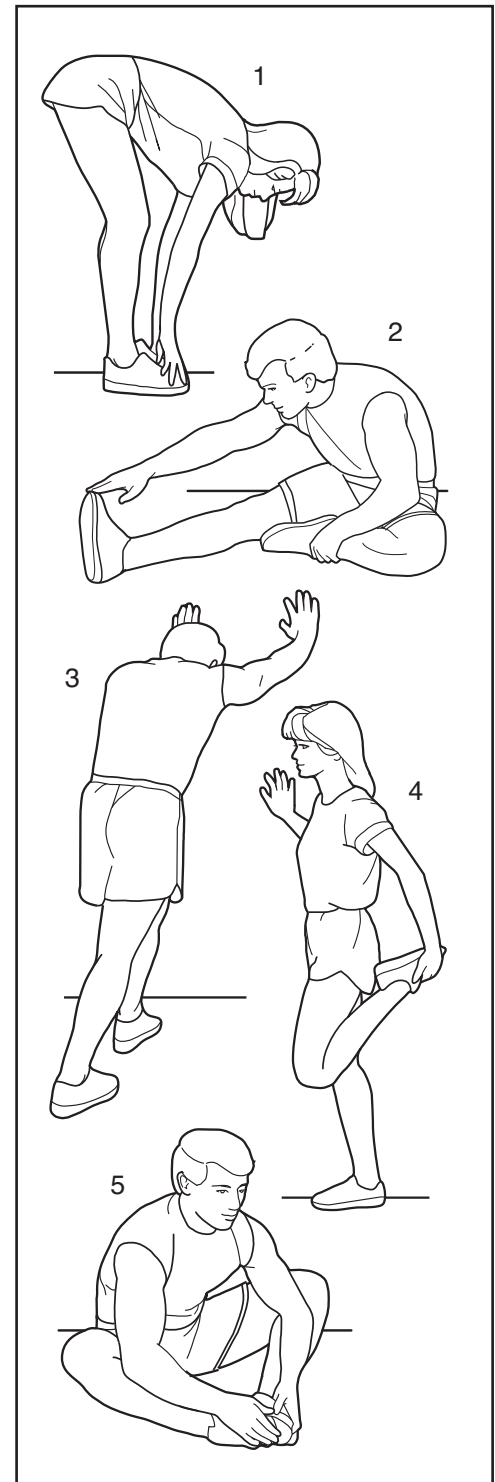
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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 each leg. 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.



NOTES

PART LIST

Model No. WLTL22306.1 R1110A

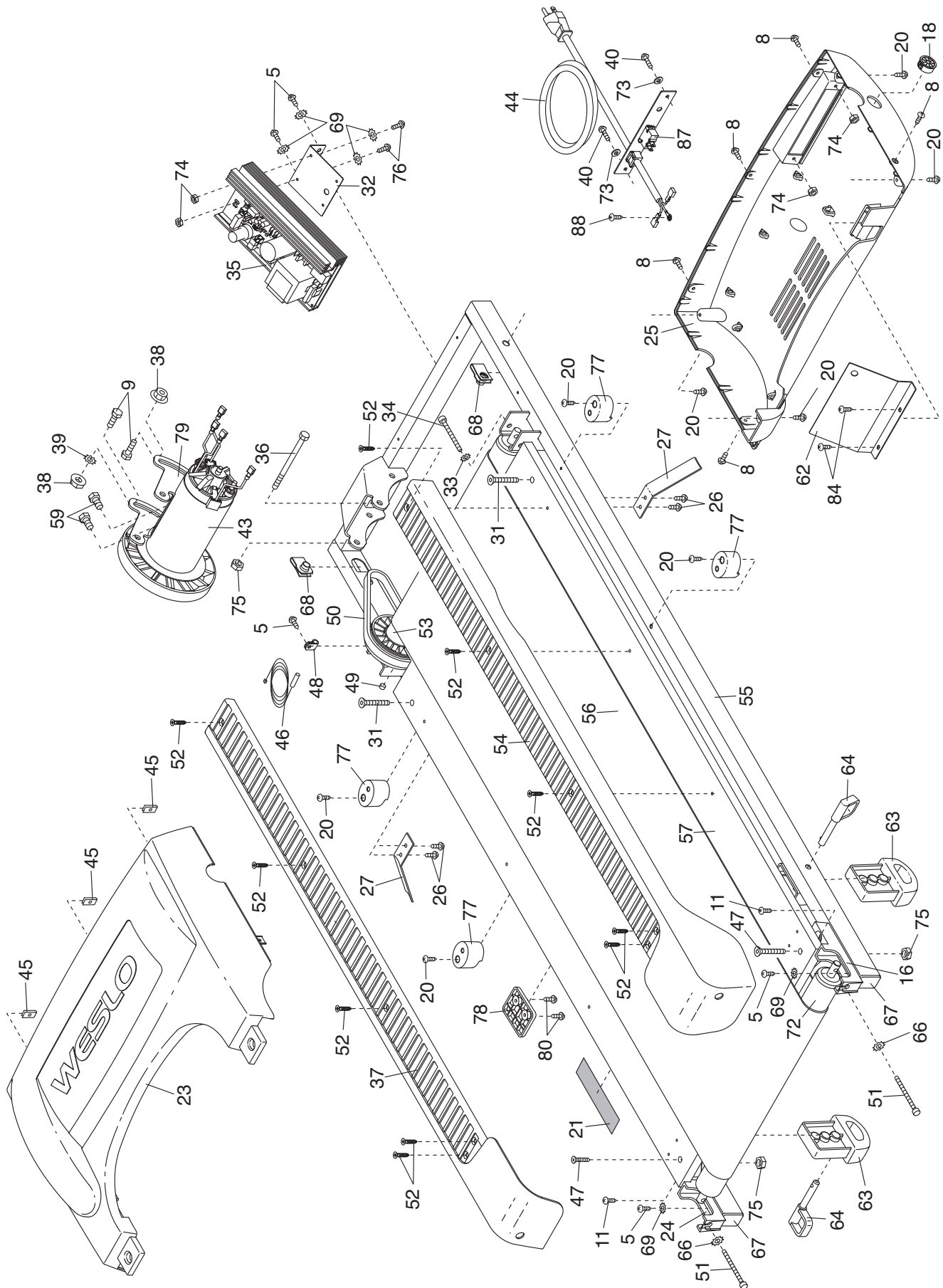
To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	46	1	Reed Switch
2	4	Round Cap	47	2	Rear Platform Bolt
3	1	Key/Clip	48	1	Reed Switch Clip
4	1	Console Back	49	1	Magnet
5	5	Electronics Screw	50	1	Motor Belt
6	1	Right Handrail	51	2	Idler Roller Adj. Bolt
7	1	Left Handrail	52	10	Foot Rail Screw
8	5	Hood Screw	53	1	Drive Roller/Pulley
9	2	Motor Tension Bolt	54	1	Right Foot Rail
10	2	Frame Bolt	55	1	Frame
11	2	Idler Roller Bracket Screw	56	1	Walking Belt
12	4	Handrail Bolt	57	1	Walking Platform
13	2	Frame Spacer	58	6	16mm Screw
14	2	Wheel Bolt	59	2	Motor Bolt
15	2	Wheel	60	2	Handrail Star Washer
16	1	Right Idler Roller Bracket	61	3	8" Cable Tie
17	4	Nut	62	1	Dust Guard
18	1	Belly Pan Grommet	63	2	Incline Leg
19	6	Base Pad	64	2	Incline Pin
20	8	13mm Screw	65	1	Voltage Warning Decal
21	1	Latch Warning Decal	66	2	Idler Roller Star Washer
22	1	Wire Harness	67	2	Frame Cap
23	1	Motor Hood	68	2	U-nut
24	1	Left Idler Roller Bracket	69	6	M4.2 Star Washer
25	1	Belly Pan	70	4	Console Screw
26	4	Belt Guide Screw	71	1	Base
27	2	Belt Guide	72	1	Idler Roller
28	1	6 mm Hex Key	73	2	Outlet Plate Washer
29	1	4 mm Hex Key	74	4	M4 Nut
30	6	Handrail Washer	75	3	Nut
31	2	Front Platform Bolt	76	2	M4 x 10mm Bolt
32	1	Controller Bracket	77	4	Platform Cushion
33	1	Drive Roller Star Washer	78	1	Catch
34	1	Drive Roller Adj. Bolt	79	1	Motor Bracket
35	1	Controller	80	2	Catch Screw
36	1	Motor Bolt	81	5	Plastic Tie
37	1	Left Foot Rail	82	1	Grommet
38	2	Motor Tension Nut	83	2	Wheel Nut
39	1	Motor Star Washer	84	5	18mm Screw
40	2	Outlet Plate Screw	85	2	Dumbbell
41	1	Latch Assembly	86	1	Releasable Tie
42	6	Base Pad Screw	87	1	Power Switch
43	1	Drive Motor Assembly	88	1	Ground Screw
44	1	Power Cord Assembly	*	—	User's Manual
45	3	Hood Clip			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

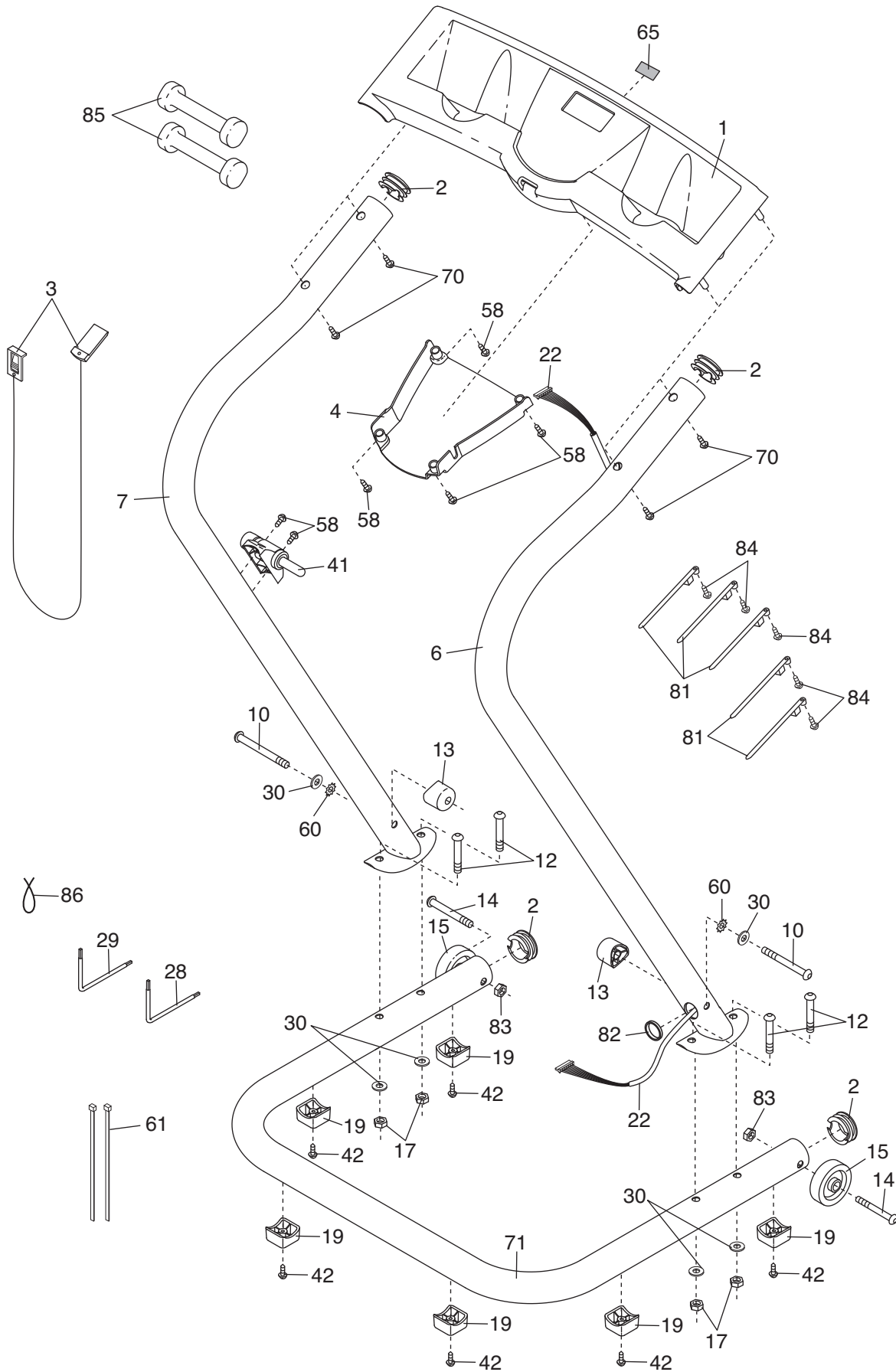
EXPLODED DRAWING A

Model No. WLTL22306.1 R1110A



EXPLODED DRAWING B

Model No. WLTL22306.1 R1110A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.wesloservice.com/registration.

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 one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any 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 as store display models; or to products transported or purchased outside the US. 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or 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 are limited in their 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 that vary from state to state.

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