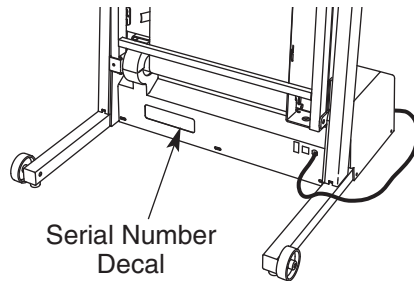


WESLO Sport 350

Model No. WLTL33205.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

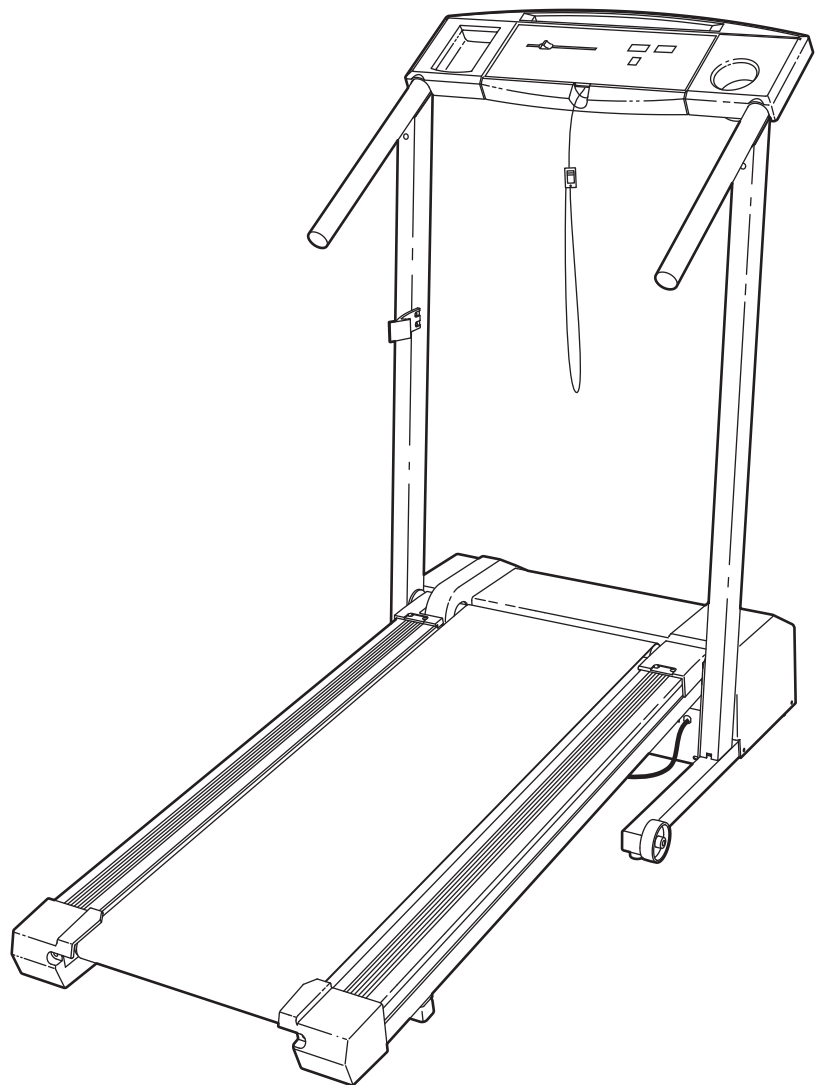
CALL TOLL-FREE:

1-866-699-3756

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

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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*new products, prizes,
fitness tips, and much more!*

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

IMPORTANT PRECAUTIONS

 **WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet 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.
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. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 250 pounds or less.
8. Never allow more than one person on the treadmill at a time.
9. 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 while exercising. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 8), 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.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. To purchase a surge suppressor, see your local Weslo dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
12. 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 change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.

14. 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 13 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see OPERATION and ADJUSTMENT).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO FOLD

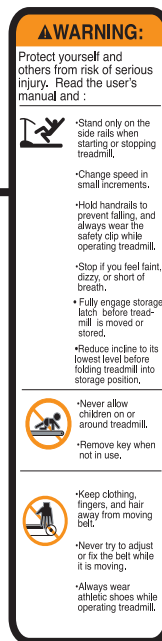
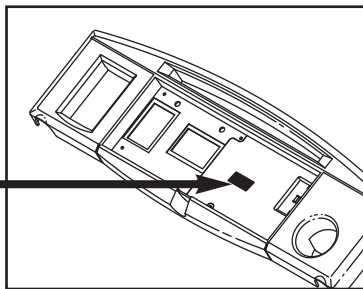
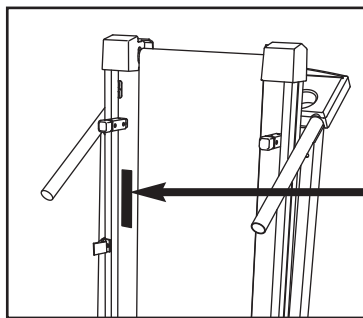
AND MOVE THE TREADMILL on page 12.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

20. When folding or moving the treadmill, make sure that the storage latch is fully closed.
21. Inspect and properly tighten all parts of the treadmill regularly.
22. Never insert any object into any opening.
23. **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.
24. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

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

SAVE THESE INSTRUCTIONS

The decals shown here have been placed on your treadmill. If a decal is missing, or if it is not legible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



BEFORE YOU BEGIN

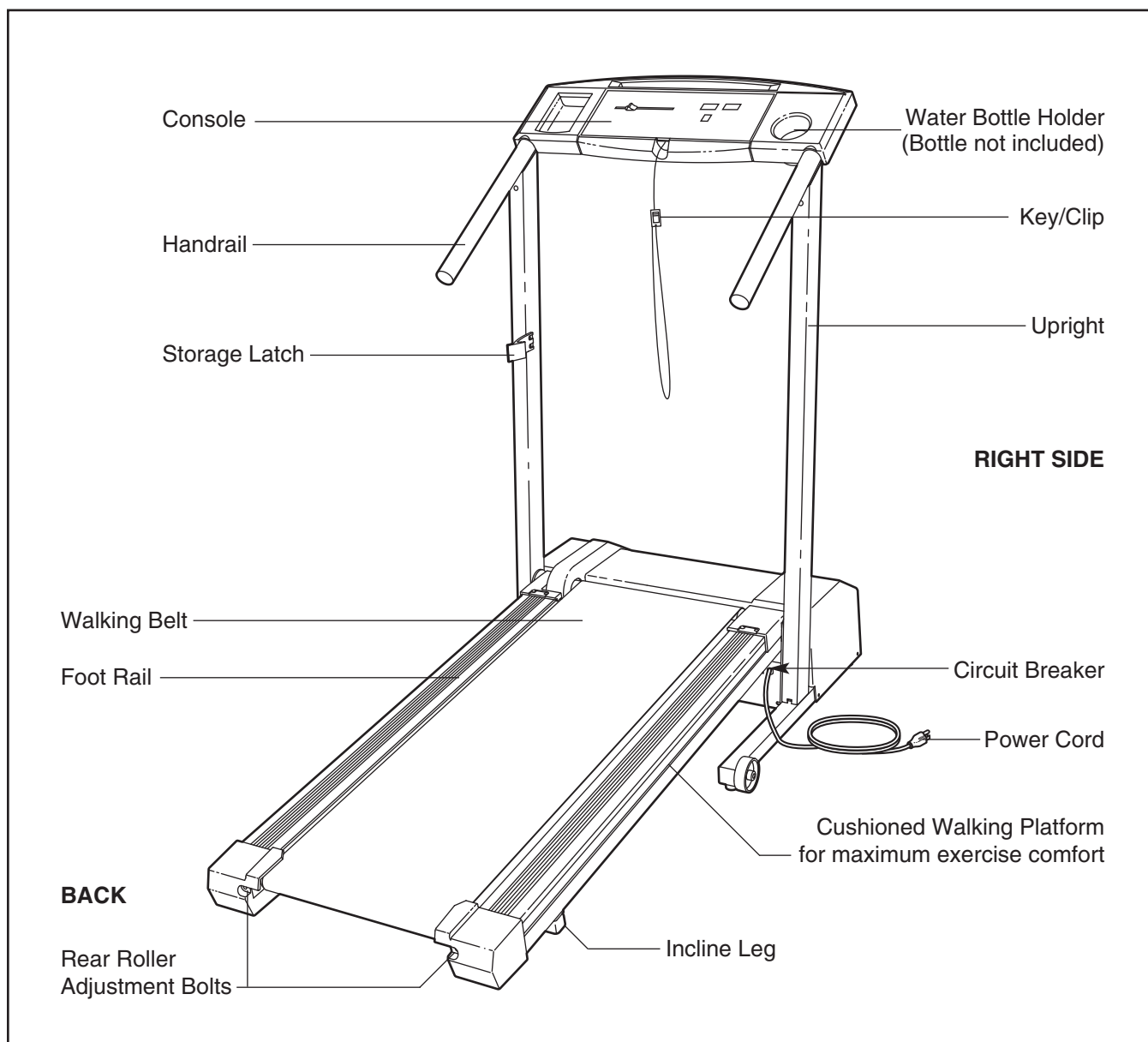
Thank you for selecting the WESLO® SPORT 350 treadmill. The SPORT 350 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique SPORT 350 can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before you use the treadmill. If you have questions after reading this manual, please see the front cover of this

manual. To help us assist you, note the product model number and serial number before calling. The model number of the treadmill is WLTL33205.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.wesloservice.com/registration.

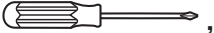
Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



ASSEMBLY

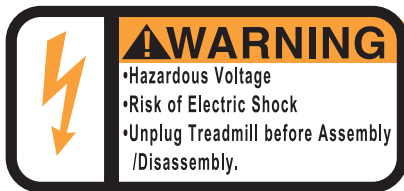
To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480.

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. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition 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 allen wrenches  and your own phillips screwdriver , wire cutters , adjustable wrench , and needlenose pliers .

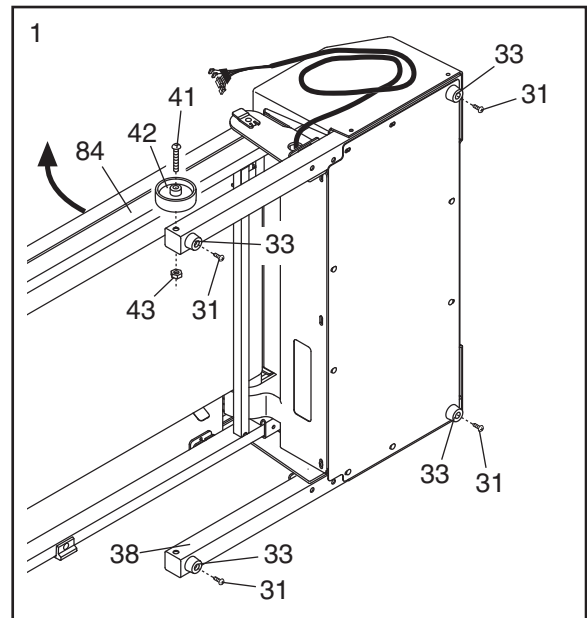
To identify the assembly hardware, see the PART IDENTIFICATION CHART in the center of this manual.

1. Make sure that the power cord is unplugged.



With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (84) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

Attach four Base Pads (33) to the Base (38) with four 3/4" Tek Screws (31). Attach a Wheel (42) to the right side of the Base with a Wheel Bolt (41) and a Wheel Nut (43). **Do not overtighten the Wheel Bolt;** the Wheel should turn freely.

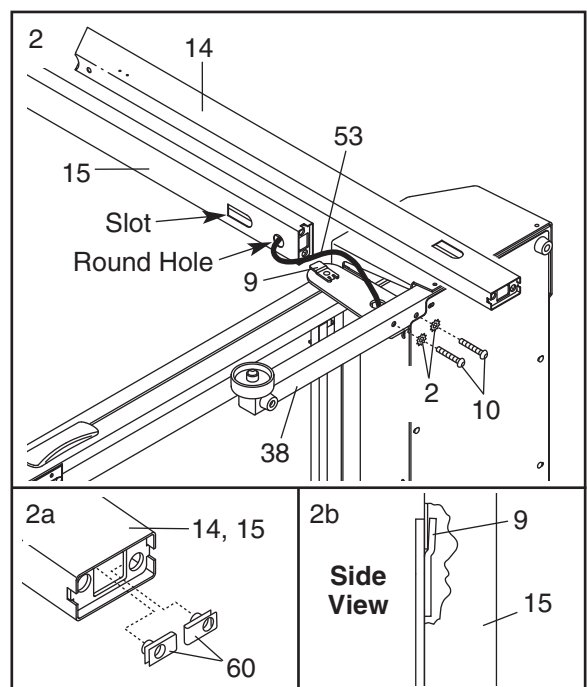


2. See drawing 2a. Make sure that there are two U-nuts (60) in the bottom of each Upright (14, 15).

Identify the Right Upright (15), which has a large round hole and a slot near the lower end. While a second person holds the Right Upright near the Wire Harness (53), insert the end of the Wire Harness into the round hole and out of the upper end of the Right Upright.

Slide the slot in the Right Upright (15) onto the Upright Lock Bracket (9) (see drawing 2b); slide the Right Upright down until it reaches the Base (38). **Make sure that the Wire Harness (53) is not pinched.** Attach the Right Upright to the Base with two 2 1/2" Bolts (10) and two 5/16" Star Washers (2). **Do not tighten the 2 1/2" Bolts yet.**

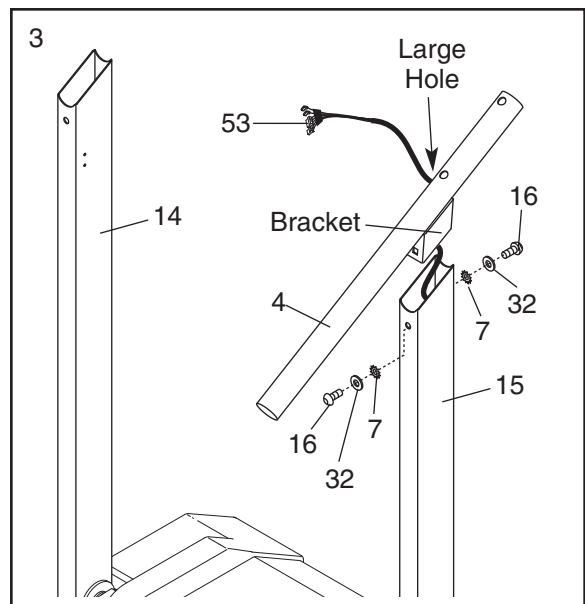
With the help of a second person, tip the treadmill onto its other side. Attach the Left Upright (14) as described above. (Note: There is not a wire harness on the left side.) **Attach the other Wheel (not shown) to the Base (38) as described in step 1.**



3. With the help of a second person, position the treadmill with the Uprights (14, 15) in the vertical position as shown. Hold one of the Handrails (4) near the Right Upright (15).

Route the Wire Harness (53) through the bracket on the Handrail (4) and out the large hole on the side of the Handrail. Insert the bracket on the Handrail into the top of the Right Upright (15). Attach the Handrail with two 1" Bolts (16), two 1/4" Washers (32), and two 1/4" Star Washers (7) as shown. **Do not tighten the Bolts yet.**

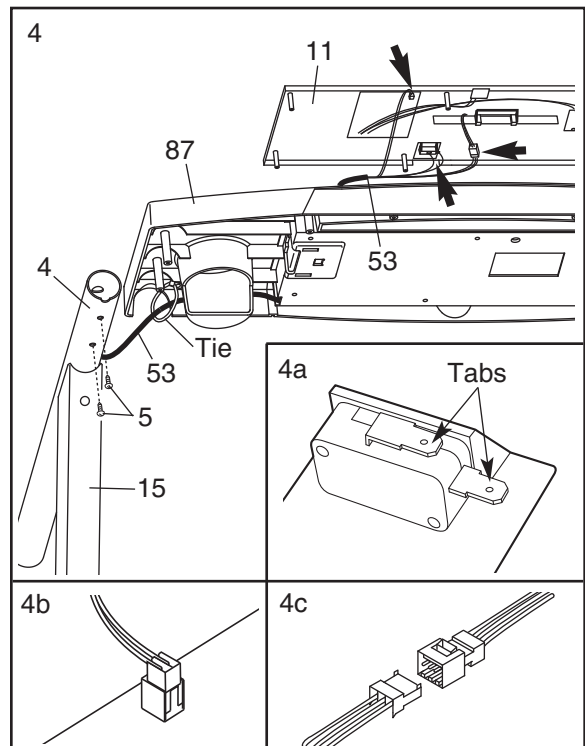
Attach the Left Handrail (not shown) as described above.
Note: There is not a wire harness on the left side.



4. Hold the Console Base (87) and the Console (11) near the Right Upright (15). Insert the Wire Harness (53) through the indicated plastic tie on the Console Base and up through the hole in the Console Base. Remove the tape from ends of the small wires in the Wire Harness. Set the Console Base onto the Handrails (4). Attach the Console Base with four 3/4" Screws (5) (only two Screws are shown). **Start all four Screws before tightening them.**

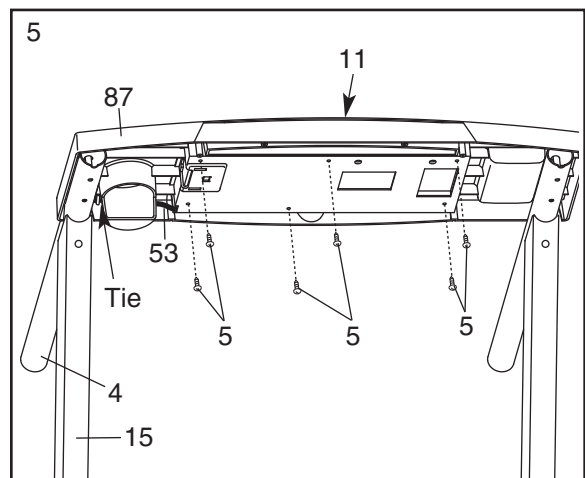
Touch the right Handrail (4) to discharge any static. Locate the two wires in the Wire Harness (53) that have L-shaped connectors on the ends. Press the connectors onto the two tabs on the switch shown in inset drawing 4a.

Connect the other two wires in the Wire Harness (53) to the back of the Console (11) in the locations shown by the arrows in drawing 4. **The connectors should slide easily into the sockets and snap into place** (see drawings 4b and 4c). If the connectors do not slide easily and snap into place, turn the connectors and then insert them. **IF THE CONNECTORS ARE NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



5. Set the Console (11) into the Console Base (87). **Make sure that no wires are pinched.** Attach the Console to the Console Base with six 3/4" Screws (5) in the locations shown. **Start all six Screws before tightening them.**

Insert any extra Wire Harness (53) into the right Handrail (4) and right Upright (15). **Securely tighten the plastic tie to prevent the Wire Harness from slipping.** Then, cut off the end of the plastic tie.

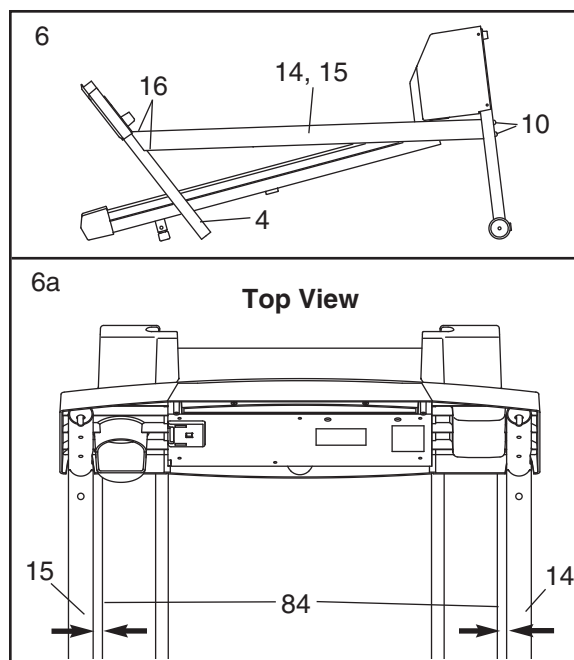


6. Lower the Uprights (14, 15) until the Handrails (4) are touching the floor.

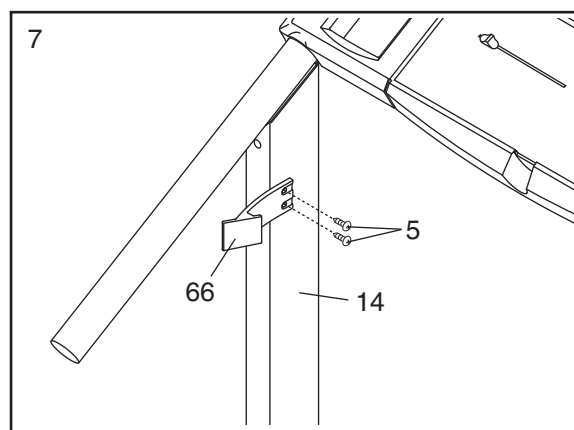
See drawing 6a. Position the Uprights (14, 15) so the treadmill Frame (84) is centered between them.

See drawing 6. **Firmly tighten the four 2 1/2" Bolts (10), the 1" Bolts (16), and the 3/4" Screws (5) used in assembly step 5.**

Raise the Uprights (14, 15) to the vertical position.



7. Attach the Storage Latch (66) to the Left Upright (14) with two 3/4" Screws (5). **Be careful not to overtighten the Screws.**



8. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place; the large allen wrench is used to adjust the walking belt (see page 14). 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 deteriorate the walking belt and cause excessive wear.

HOW TO PLUG IN THE POWER CORD

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

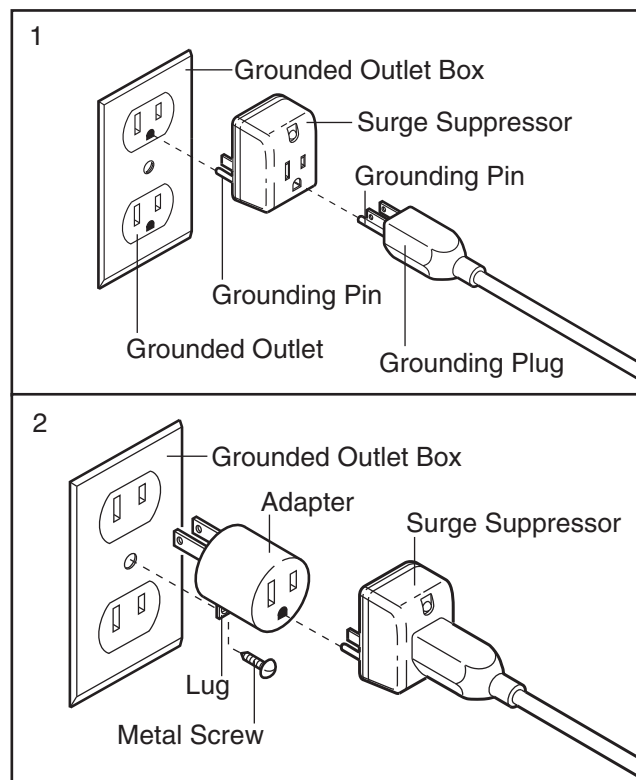
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local WESLO dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

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 result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

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 elec-

tric shock. This product is equipped with a cord having 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.**

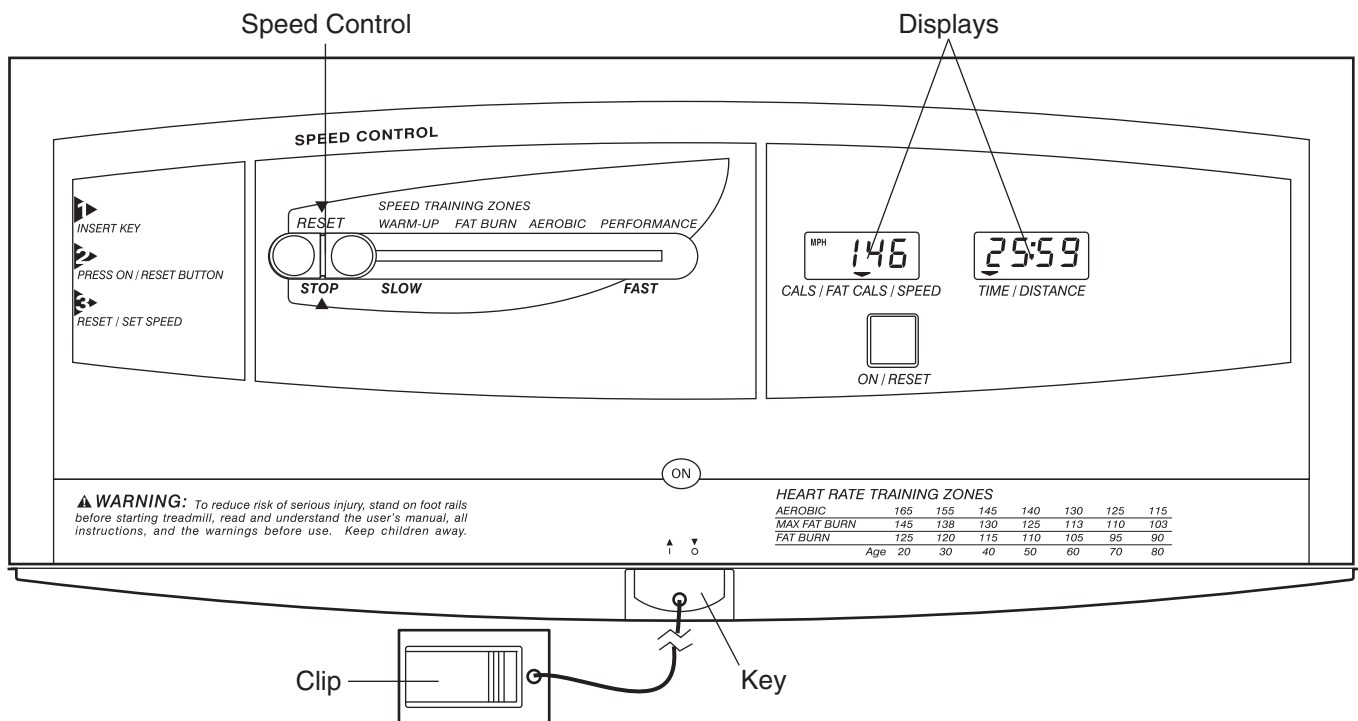
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (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. Whenever the adapter is used it 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.**

DIAGRAM OF THE CONSOLE



CAUTION: Before operating the console, read the following precautions.

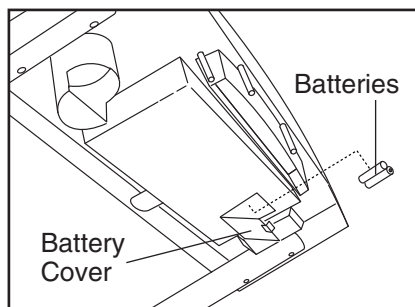
- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while using the treadmill. When the key is removed from the console, the walking belt will stop.
- Adjust the speed in small increments.
- The training zones marked above the speed control are general guidelines only. See page 15 for more information.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console. Use only a sealable water bottle.

BATTERY INSTALLATION

The console requires **two "AA" batteries** (not included). Alkaline batteries are recommended. To install batteries, open the battery cover under the console as shown below. Press two batteries into the battery compartment.

Make sure that the negative (-) ends of the batteries are touching the springs.

Close the battery cover.



STEP BY STEP CONSOLE OPERATION

If there is a thin sheet of clear film on the face of the console, remove it.

Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 8.)

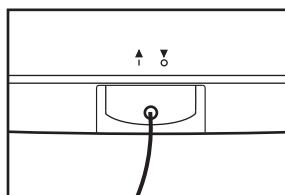
Next, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

Follow the steps on page 10 to operate the console.

1 Insert the key fully into the power switch.

Inserting the key will not turn on the displays. The displays will turn on when the ON/RESET button is pressed or when the walking belt is started.

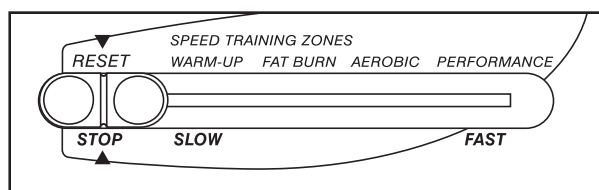
Note: If you just installed batteries, the displays will already be on.



2 Reset the speed control.

Slide the speed control to the RESET position.

Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.



3 Start the walking belt.

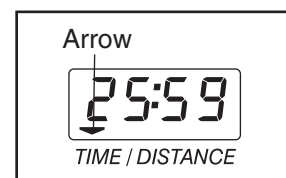
After you have moved the speed control to the RESET position, slowly slide it to the right until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control.

To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position.

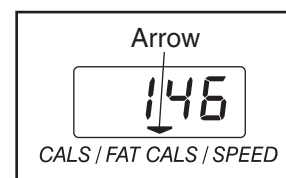
Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt and align it if necessary (see page 14).

4 Monitor your progress with the two displays.

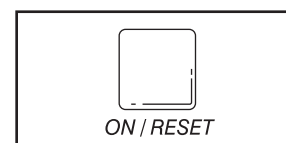
TIME/DISTANCE display—This display shows the elapsed time and distance that you have walked or run, in miles. Every seven seconds, the display will change from one number to the other. Arrows in the display will indicate which number is currently shown.



CALS/FAT CALS/ SPEED display—This display shows the approximate numbers of *calories* and *fat calories* you have burned. (See FAT BURNING on page 15.) In addition, the display shows the speed of the walking belt, in miles per hour. Every seven seconds, the display will change from one number to the next. Arrows in the display will indicate which number is currently shown.



To reset the displays at any time, press the ON/RESET button.



5 When you are finished exercising, stop the walking belt and remove the key.

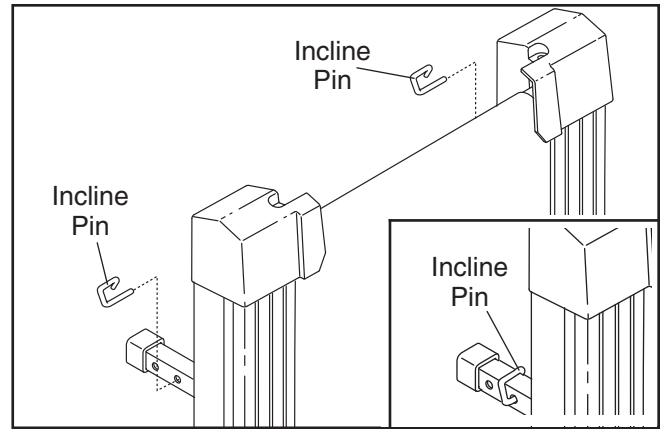
Step onto the foot rails, stop the walking belt and remove the key from the console. The displays will turn off about five minutes after the key is removed.

Note: Any time that the walking belt is stopped and the ON/RESET button is not pressed for five minutes, the displays will automatically turn off in order to conserve the batteries.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are four incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 12).

To change the incline, first remove the incline pin from one of the incline legs as shown below. Adjust the incline leg to the desired height and fully reinsert the incline pin. Make sure that the incline pin is in the “locked” position shown in the inset drawing. Adjust the other incline leg in the same way. **Make sure that both incline pins are inserted from the direction shown at the right.**



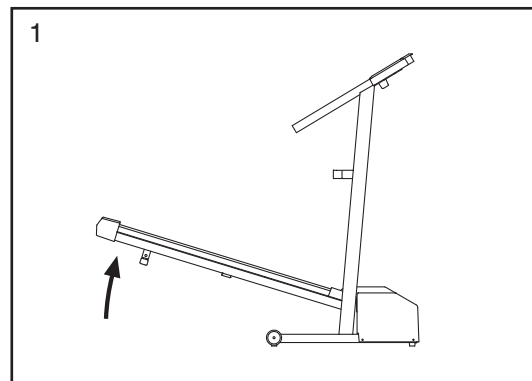
CAUTION: Before using the treadmill, make sure that both incline legs are at the same height. Do not use the treadmill with the incline pins removed. After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 12).

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

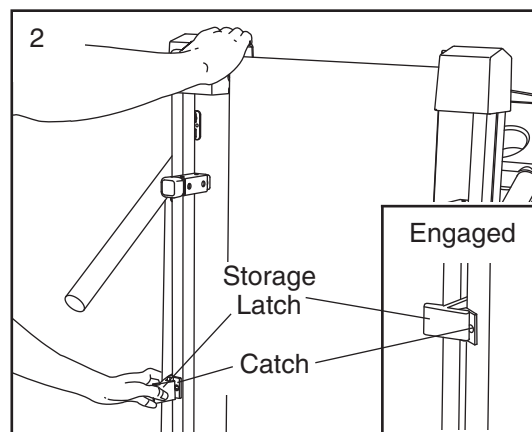
Before folding the treadmill, unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the location shown by the arrow at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than 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 thumb, press the storage latch to the left. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

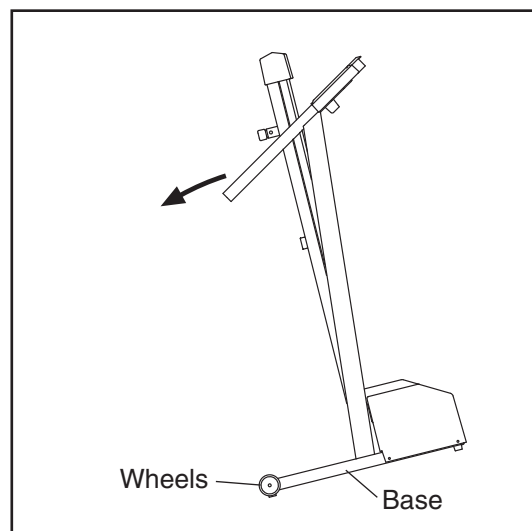
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is fully engaged over the catch.**

1. Hold the the handrails, and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.



HOW TO LOWER THE TREADMILL FOR USE

1. See drawing 2 above. Hold the upper end of the treadmill with your right hand. Using your left thumb, press the storage latch to the left. Pivot the frame down until the frame and the foot rail are past the storage latch.
2. See drawing 1 above. Hold the treadmill firmly with both hands, and lower the frame to the floor. **Do not drop the frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**

TROUBLESHOOTING

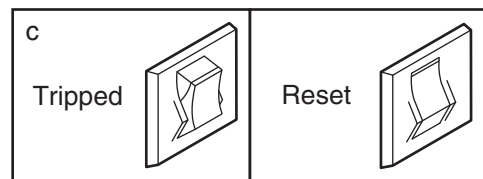
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

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 8). Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. 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 fully inserted into the console.

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



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

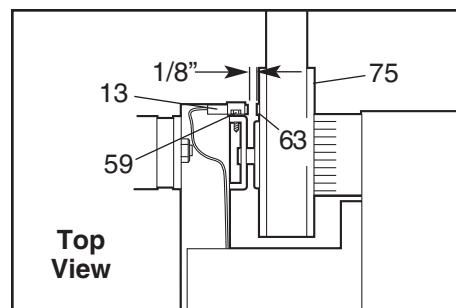
c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, 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 screws from the hood, and carefully remove the hood.

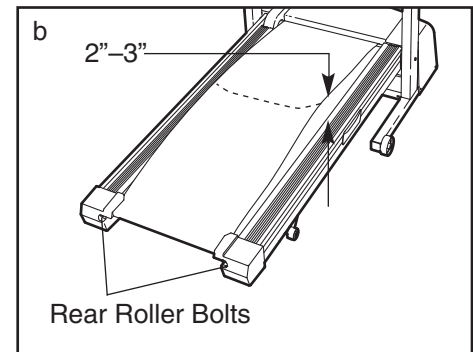
Locate the Reed Switch (13) and the Magnet (63) on the left side of the Pulley (75). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (59), move the Reed Switch slightly, and then retighten the Screw. Re-attach the hood, 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 8.

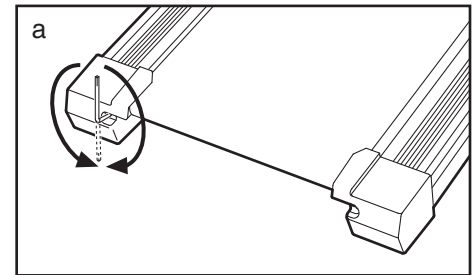
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches 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.



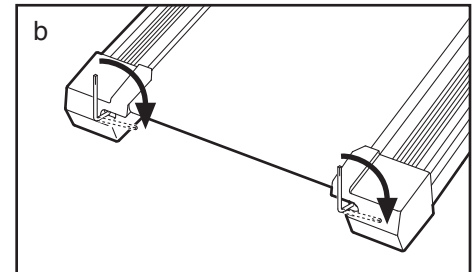
- c. If the walking belt still slows when walked on, see the front cover of this manual.

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

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. If the walking belt has shifted to the left, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. 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 allen wrench, turn both rear 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 inches 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.



CONDITIONING GUIDELINES

⚠ 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.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES								
AEROBIC	165	155	145	140	130	125	115	
MAX FAT BURN	145	138	130	125	118	110	103	
FAT BURN	125	120	115	110	105	95	90	
Age	20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

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

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise

is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.)

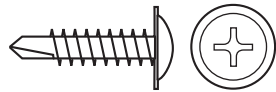
A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

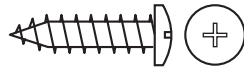
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



3/4" Tek Screw (31)–4



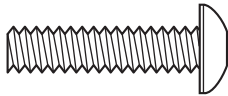
3/4" Screw (5)–12



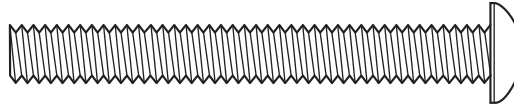
1/4" Star Washer (7)–4



5/16" Star Washer (2)–4



1" Bolt (16)–4



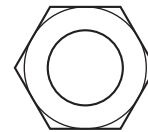
2 1/2" Bolt (10)–4



Wheel Bolt (41)–2



Wheel Nut (43)–2



1/4" Washer (32)–4

PART LIST—Model No. WLTL33205.0

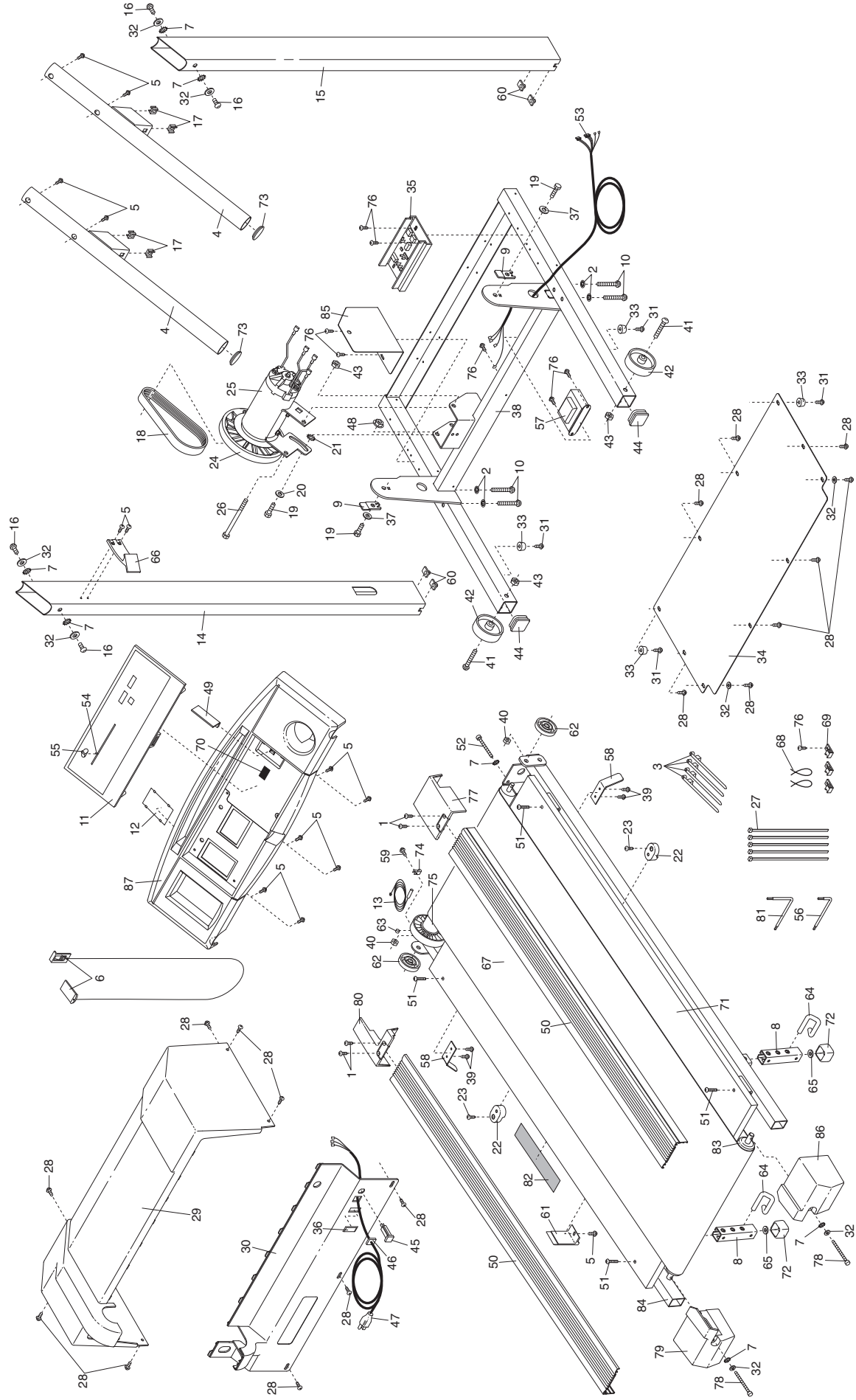
R1005B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	Front Endcap Screw	47	1	Power Cord
2	4	5/16" Star Washer	48	1	Motor Tension Nut
3	4	Plastic Tie	49	1	Console Cover
4	2	Handrail	50	2	Right Rail
5	13	3/4" Screw	51	4	Platform Screw
6	1	Key/Clip	52	1	Front Roller Adj. Bolt
7	7	1/4" Star Washer	53	1	Wire Harness
8	2	Incline Leg	54	1	Speed Pot
9	2	Upright Lock Bracket	55	1	Speed Knob
10	4	2 1/2" Bolt	56	1	5/32" Allen Wrench
11	1	Console	57	1	Choke
12	1	Battery Cover	58	2	Belt Guide
13	1	Reed Switch	59	1	Reed Switch Screw
14	1	Left Upright	60	4	U-Nut
15	1	Right Upright	61	1	Latch Catch
16	4	1" Bolt	62	2	Frame Spacer
17	4	Cage Nut	63	1	Magnet
18	1	Motor Belt	64	2	Incline Pin
19	3	Motor Tension Bolt/Frame Pivot Bolt	65	2	Endcap Washer
20	1	Motor Tension Washer	66	1	Storage Latch
21	1	Tension Star Washer	67	1	Walking Belt
22	2	Isolator	68	2	Wire Tie
23	2	Isolator Screw	69	4	Wire Tie Clamp
24	1	Pulley/Flywheel/Fan	70	1	Warning Decal, Console
25	1	Motor	71	1	Walking Platform
26	1	Motor Pivot Bolt	72	2	Incline Leg Endcap
27	6	8" Cable Tie	73	2	Handrail Endcap
28	17	Screw	74	1	Sensor Clip
29	1	Hood	75	1	Front Roller/Pulley
30	1	Hood Shield	76	10	Electronic Screw
31	4	3/4" Tek Screw	77	1	Right Front Endcap
32	8	1/4" Washer	78	2	Rear Roller Adj. Bolt
33	4	Base Pad	79	1	Left Rear Endcap
34	1	Motor Belly Pan	80	1	Left Front Endcap
35	1	Controller	81	1	Allen Wrench
36	1	Hole Plug	82	1	Latch Decal
37	2	Frame Pivot Washer	83	1	Rear Roller
38	1	Base	84	1	Frame
39	4	Belt Guide Screw	85	1	Motor Shield
40	2	Frame Nut	86	1	Right Rear Endcap
41	2	Wheel Bolt	87	1	Console Base
42	2	Wheel	#	1	6" Red Wire, Male/Female
43	3	Motor Pivot Nut/Wheel Nut	#	1	4" White Wire, Male/Female
44	2	Base Endcap	#	1	User's Manual
45	1	Circuit Breaker			
46	1	Grommet			

Note: "#" indicates a non-illustrated part.

EXPLODED DRAWING—Model No. WLTL33205.0

R1005B



ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (WLTL33205.0)
- the NAME of the product (WESLO® SPORT 350 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days after 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 through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized 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 in-home service, the customer will be responsible for a minimal trip charge. 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 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 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