

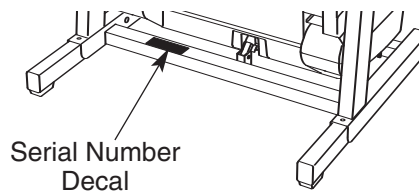
WESLO[®]

CADENCE 45

Model No. WLTL39907.0

Serial No. _____

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



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

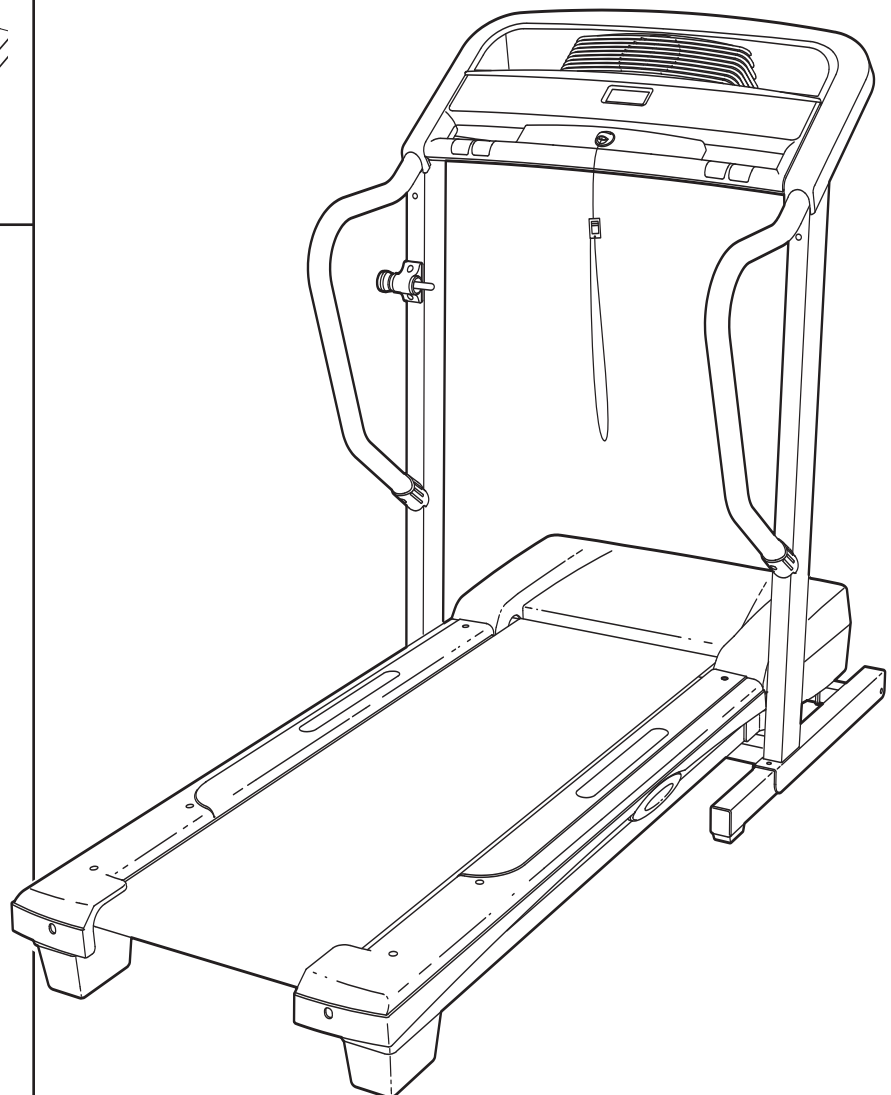
1-866-699-3756

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 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.

USER'S MANUAL



Visit our website at

www.weslo.com

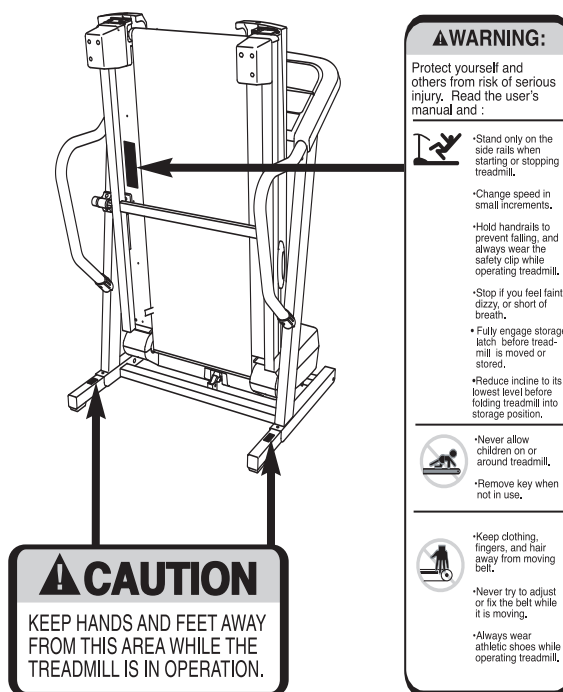
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The decals shown here have been placed on the treadmill. **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 the age of 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. 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.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 275 lbs. (125 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes while 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 change speed, 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 20 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 12).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
21. 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 18.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. When folding or moving the treadmill, make sure that the storage latch is fully closed.
23. Inspect and properly tighten all parts of the treadmill regularly.
24. Never insert any object into any opening on the treadmill.
25. **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.
26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

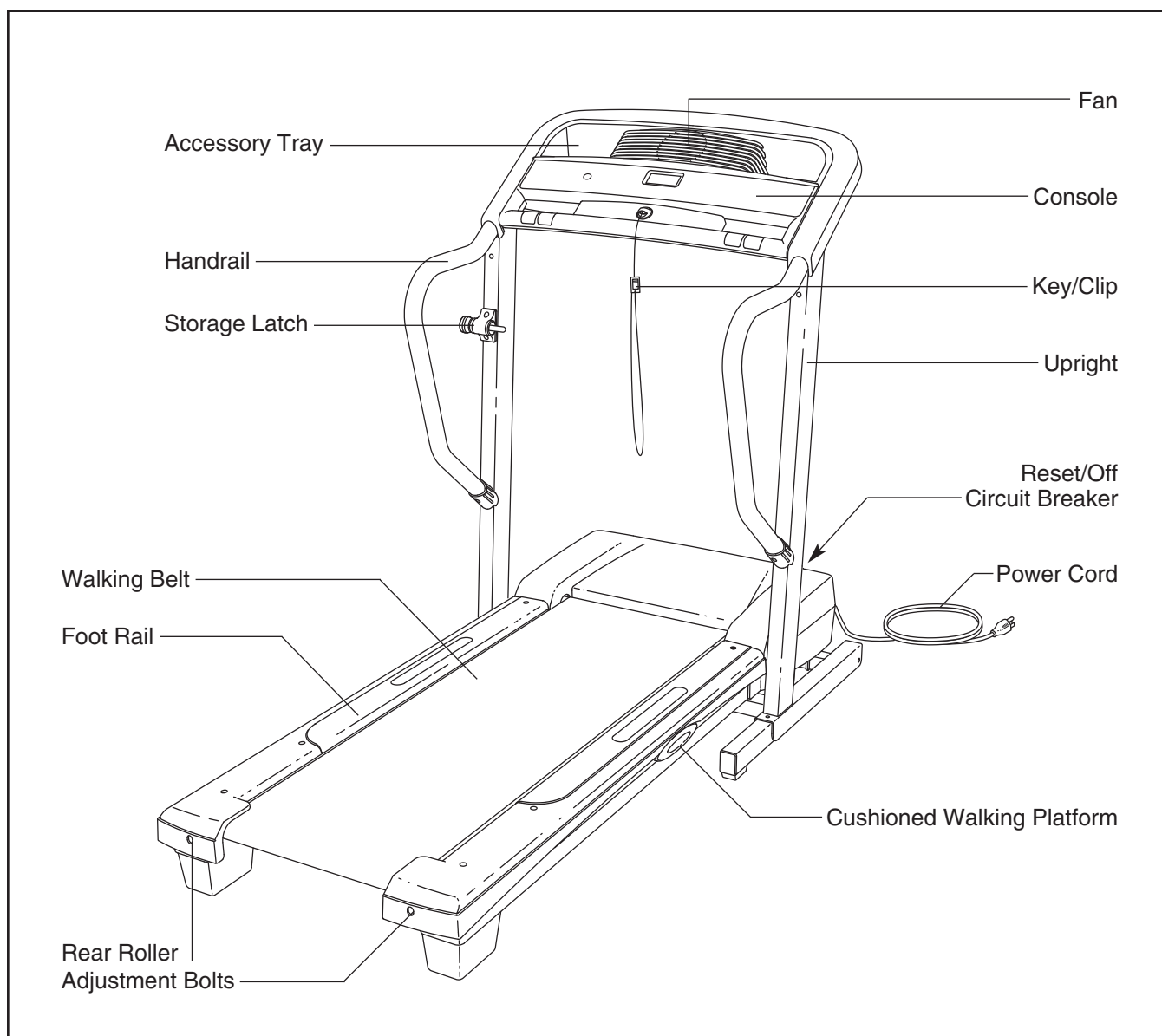
Thank you for selecting the new WESLO® CADENCE 45 treadmill. The CADENCE 45 treadmill offers a selection of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the CADENCE 45 treadmill can be folded up, requiring less than half the floor space of other treadmills.

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

ual. 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.

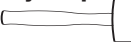
To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.wesloservice.com/registration.

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

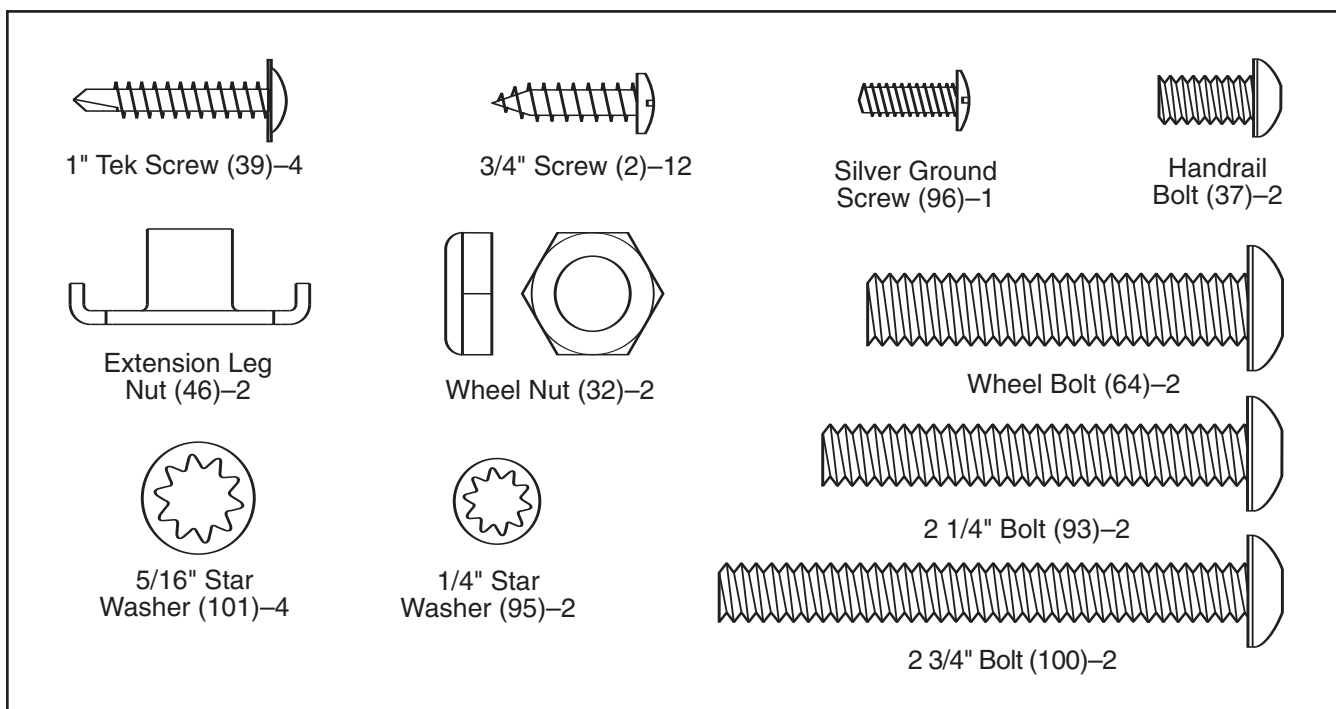


ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 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 hex keys  and your own Phillips screwdriver  , rubber mallet  , and adjustable wrench  .

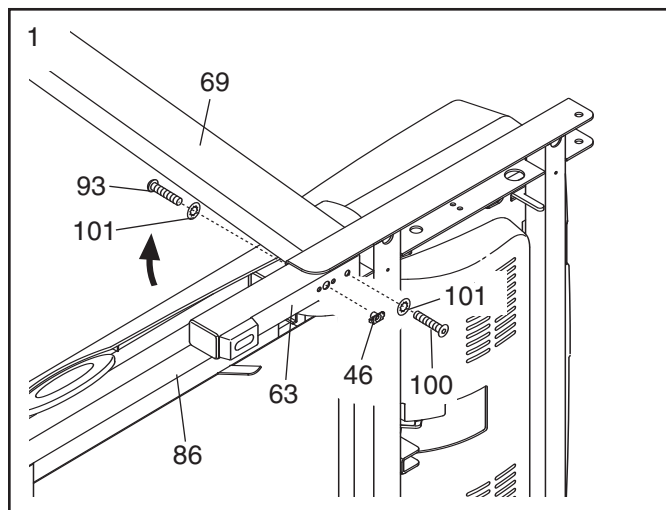
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of the manual. The number after the parentheses shows the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it is pre-attached to one of the parts to be assembled. Extra hardware may be included. To avoid damaging plastic parts, do not use power tools for assembly.**



1. Make sure that the power cord is unplugged.

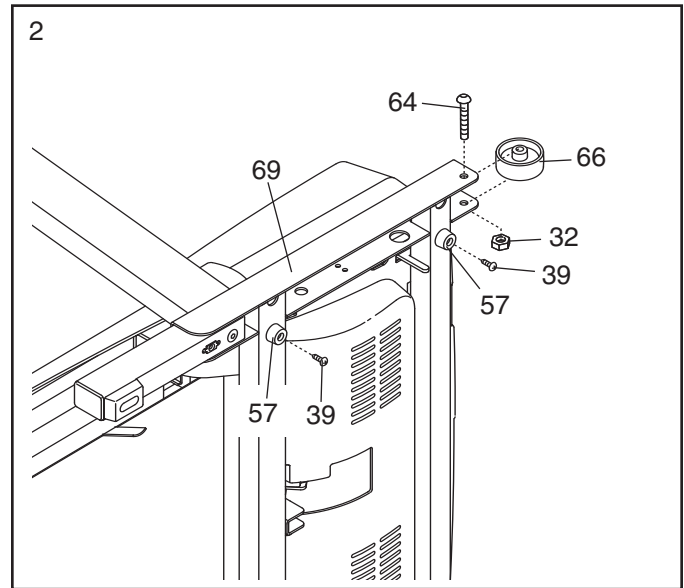
With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (86) so the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

Insert an Extension Leg (63) into the base of the right Upright (69). Hold an Extension Leg Nut (46) in the bottom of the Extension Leg, and thread a 2 1/4" Bolt (93) with a 5/16" Star Washer (101) into the top of the Extension Leg. Next, thread a 2 3/4" Bolt (100) with a 5/16" Star Washer (101) into the bottom of the Extension Leg. **Firmly tighten the Bolts.**



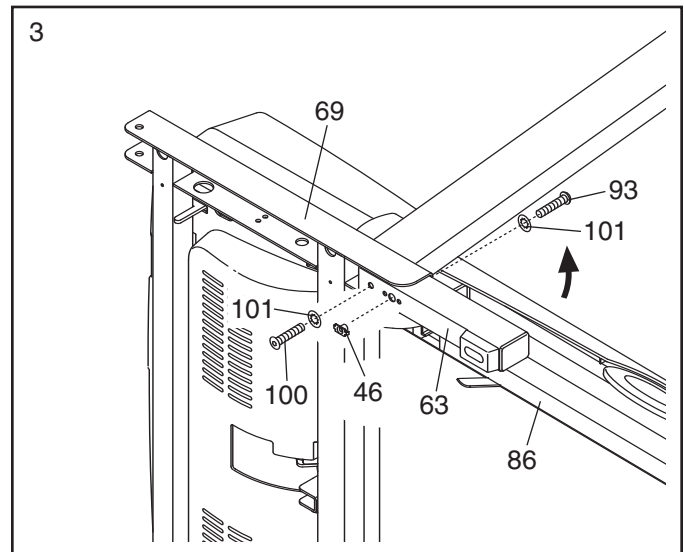
2. Attach two Round Base Pads (57) to the base of the right Upright (69) with two 1" Tek Screws (39).

Attach a Wheel (66) to the base of the right Upright (69) with a Wheel Bolt (64) and a Wheel Nut (32) as shown. **Do not overtighten the Wheel Bolt;** the Wheel should turn freely.



3. With the help of a second person, carefully tip the treadmill onto its right side. **Do not fully fold the Frame (86) until the treadmill is completely assembled.**

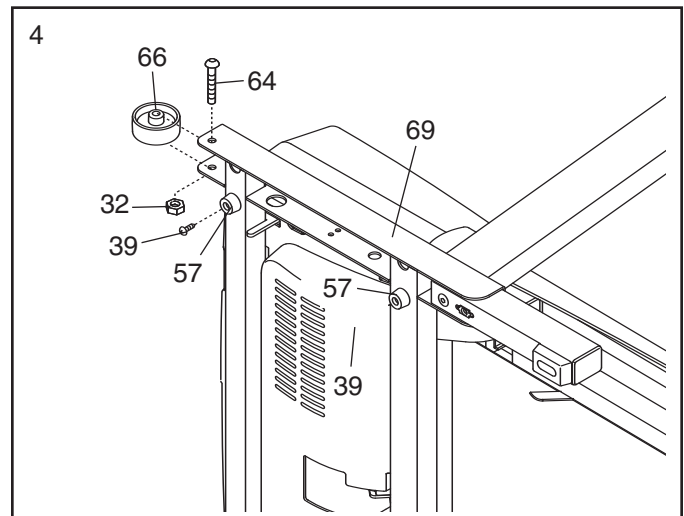
Insert the other Extension Leg (63) into the base of the left Upright (69). Hold an Extension Leg Nut (46) in the bottom of the Extension Leg, and thread a 2 1/4" Bolt (93) with a 5/16" Star Washer (101) into the top of the Extension Leg. Next, thread a 2 3/4" Bolt (100) with a 5/16" Star Washer (101) into the bottom of the Extension Leg. **Firmly tighten the Bolts.**



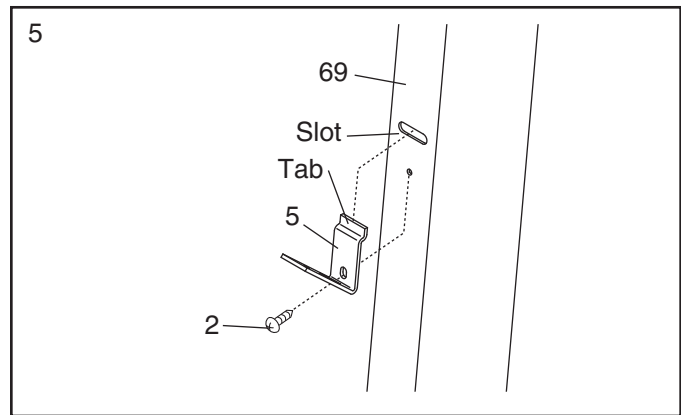
4. Attach two Round Base Pads (57) to the base of the left Upright (69) with two 1" Tek Screws (39).

Attach a Wheel (66) to the base of the left Upright (69) with a Wheel Bolt (64) and a Wheel Nut (32) as shown. **Do not overtighten the Wheel Bolt;** the Wheel should turn freely.

With the help of a second person, lower the Uprights (69) so that the Round Base Pads (57) are on the floor.



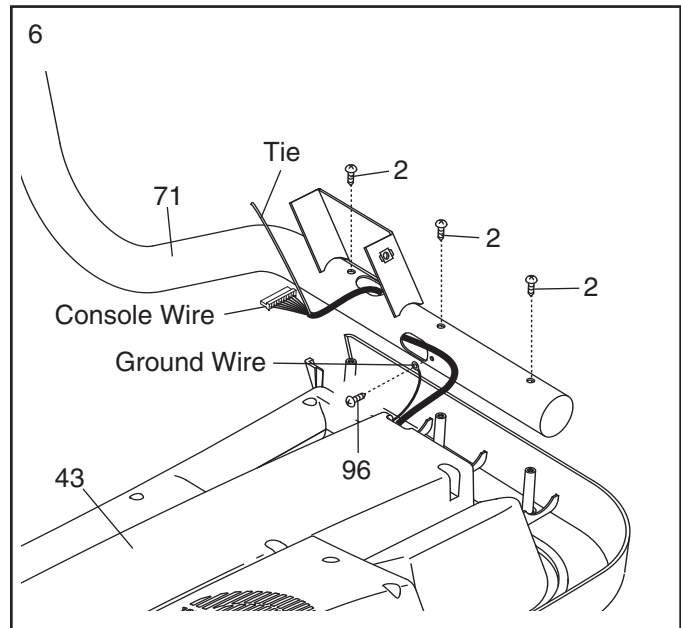
5. Insert the tab on one of the Handrail Brackets (5) into the slot in the right Upright (69). Attach the Handrail Bracket with a 3/4" Screw (2). **Attach the other Handrail Bracket to the left Upright (not shown) in the same way.**



6. Set the Console (43) face-down on a soft surface to avoid scratching the Console. Next, hold a Handrail (71) near the console wire. Insert the console wire into the hole in the side of the Handrail. Grasp the tie and pull the console wire out of the hole in the top. Then, attach the ground wire to the Handrail with a Silver Ground Screw (96).

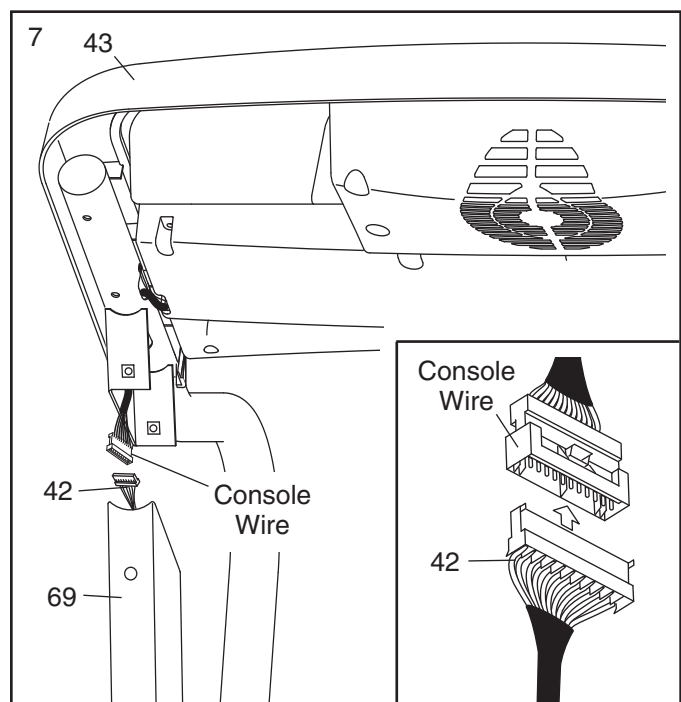
Set the Handrail (71) on the Console (43). Attach the Handrail with three 3/4" Screws (2). **Make sure that the console wire is not pinched. Start all three Screws before tightening any of them; do not overtighten the Screws.** Insert the excess ground wire back into the opening in the Console.

Attach the other Handrail (not shown) to the Console (43) as described above. Note: There are no wires on the other side.

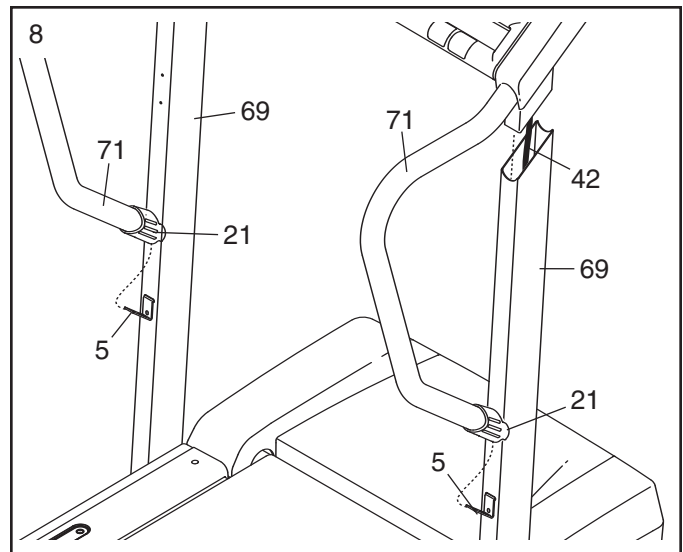


7. Remove the tie holding the Wire Harness (42) to the right Upright (69). With the help of a second person, hold the Console (43) near the right Upright.

Remove the tie from the console wire. Connect the Wire Harness (42) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Then, insert the connectors and the excess wire into the right Upright (69).

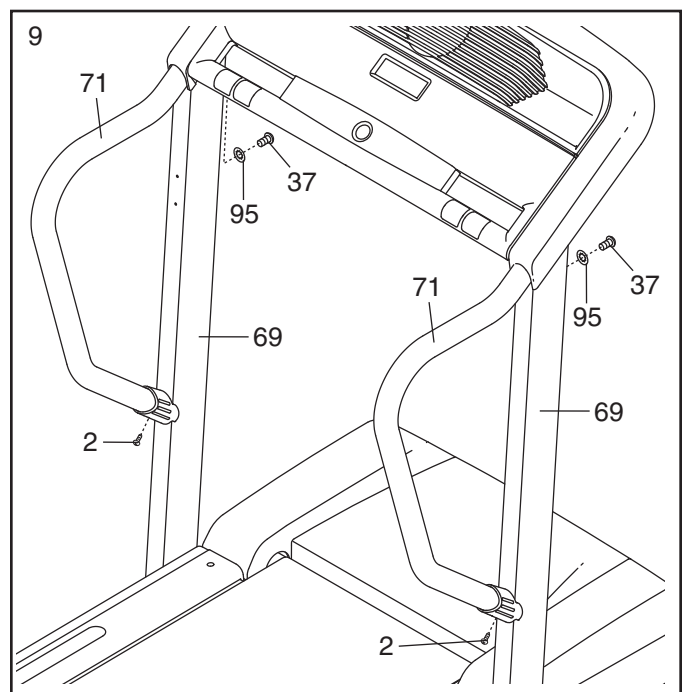


8. With the help of a second person, press a Handrail Cap (21) onto the lower end of each Handrail (71) as shown. Next, set the Handrails on the Uprights (69) while sliding the Handrail Caps over the Handrail Brackets (5). **Make sure that the Wire Harness (42) and the console wire are not pinched.**



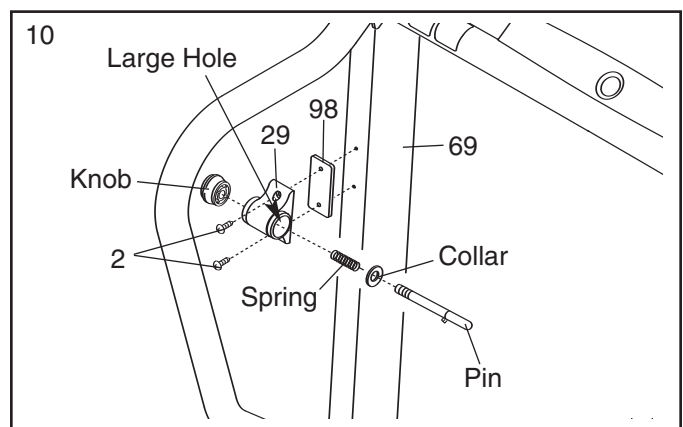
9. Finger tighten two Handrail Bolts (37) with two 1/4" Star Washers (95) into the Uprights (69) and the Handrails (71) as shown. **Do not tighten the Handrail Bolts yet.**

Attach the lower ends of the Handrails (71) with 3/4" Screws (2). **Then, tighten the two Handrail Bolts (37).**



10. Attach the Latch Housing (29) and the Latch Spacer (98) to the left Upright (69) with two 3/4" Screws (2). **Make sure that the large hole in the Latch Housing is on the side shown. Do not overtighten the Screws.**

Remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. Insert the pin into the Latch Housing (29), and tighten the knob onto the pin.



11. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 21). 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.

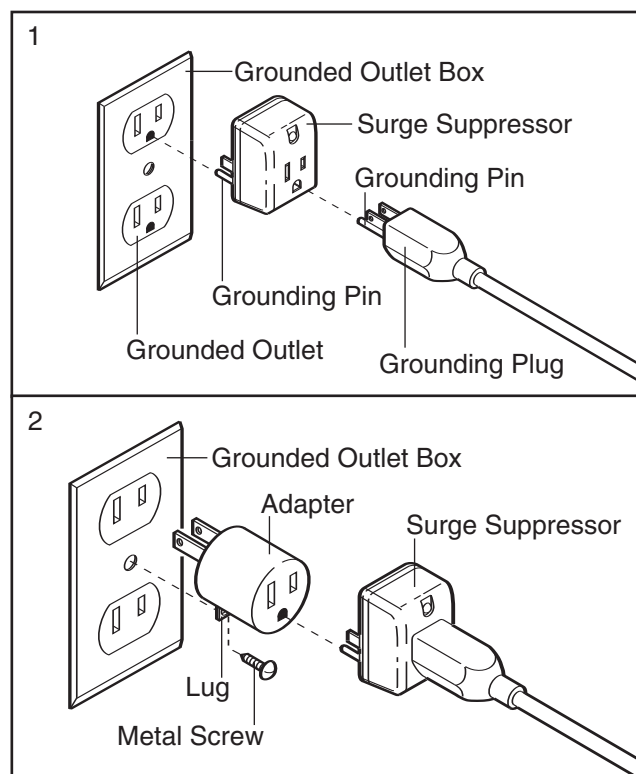
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility 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 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-

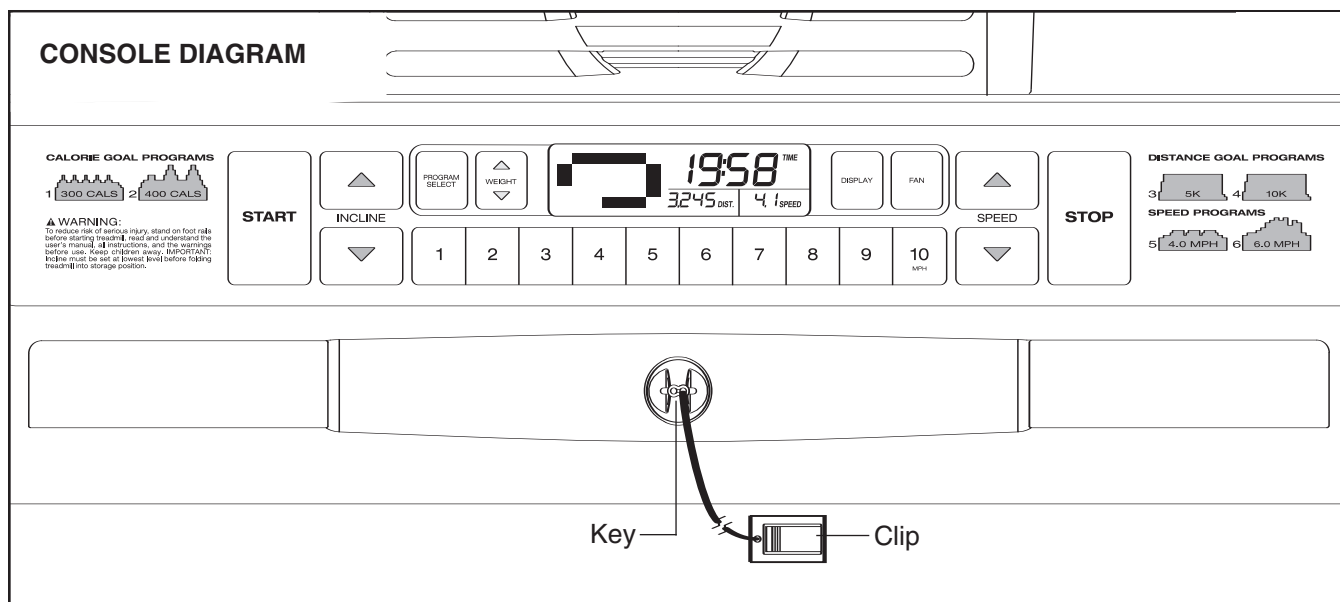
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. 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.**



FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

The console also features two calorie goal programs that control the speed and incline of the treadmill to help you burn unwanted pounds.

In addition, the console offers two distance goal programs—the 5K program counts down from a 5 kilometer run, and the 10K program counts down from 10 kilometers. The console also features two speed programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

To use the manual mode of the console, follow the steps beginning on page 12. **To use a calorie goal program,** see page 14. **To use a distance goal program,** see page 15. **To use a speed program,** see page 16.

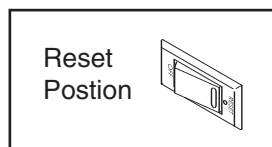
IMPORTANT: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 21).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 17. For simplicity, all instructions in this section refer to miles.

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, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 10). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the “reset” position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, see THE INFORMATION MODE on page 17 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 11), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **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.

HOW TO USE THE MANUAL MODE

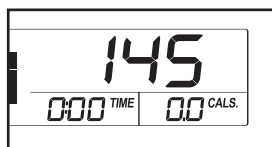
1. Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2. Enter your weight if desired.

For the most accurate calorie count, enter your weight into the console by pressing the Weight increase and decrease buttons repeatedly.

Note: Once you have entered your weight, your weight will be saved in memory.



3. Select the manual mode.

When the key is inserted, the manual mode will be selected. If a program has been selected, press the Program Select button repeatedly until only zeros appear in the display.



4. Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the ten numbered speed buttons.

If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph.

If you press one of the ten numbered speed buttons, the walking belt will gradually increase in speed until it reaches the selected speed setting.

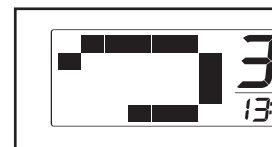
To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the ten numbered speed buttons.

5. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time you press a button, the incline setting will change by 0.5%; if a button is held down, the incline setting will change quickly.

6. Follow your progress with the displays.

When the manual mode (or a distance goal program) is selected, a track representing 1/4 mile will appear in the matrix. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The lower left display can show the elapsed time and the distance that you have walked or run during your workout. Also, each

time you change the incline, the display will show the incline setting for a few seconds. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time. When a distance goal program is selected, the display will show the number of kilometers remaining in the program instead of the distance that you have walked or run.



The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned during your workout. This display will also show your heart rate when you use the handgrip pulse sensor (see step 7).

The upper display can show the distance that you have walked or run, the approximate number of calories you have burned, the speed of the walking belt, or the workout time. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing.



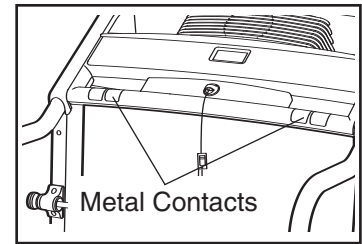
Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.

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

7. Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts—**avoid moving your hands.**



When your pulse is detected, the heart symbol in the display will begin to flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

8. Turn on the fan if desired.

The fan features low and high speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

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

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A CALORIE GOAL PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2. Enter your weight if desired.

See step 2 on page 12. Note: It is important to enter your weight before using a calorie goal program. The console will adjust the speed settings of the calorie goal programs based on your weight.

3. Select a calorie goal program.

To select a calorie goal program, press the Program Select button repeatedly until "P 1" or "P 2" appears in the display. When a calorie goal program is selected, the maximum speed setting of the program will flash in the displays for a few seconds; then the display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix.

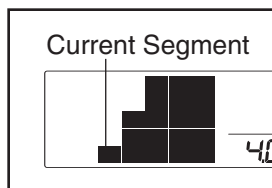


4. Press the Start button or the Speed increase button to start the program.

A moment after you press the button, the treadmill will automatically adjust to the first speed settings for the program. Hold the handrails and begin walking.

Each program is divided into 30 one-minute segments. One speed setting is programmed for each segment. Note: The same speed setting may be programmed for consecutive segments.

During the program, the profile will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed setting is programmed for the next segment, the speed setting will flash in the display to alert you.



The program will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed buttons. **When the current segment of the program ends, the treadmill will automatically adjust to the speed setting for the next segment.**

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed setting for that segment.

Note: The calorie goal is an estimate of the number of calories that you will burn during the program. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of treadmill during the program, the number of calories you burn will be affected.

5. Change the incline of the treadmill as desired.

See step 5 on page 12.

6. Follow your progress with the displays.

See step 6 on pages 12 and 13.

7. Measure your heart rate if desired.

See step 7 on page 13.

8. Turn on the fan if desired.

See step 8 on page 13.

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

See step 9 on page 13.

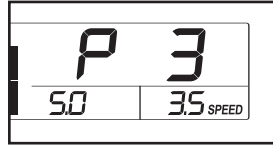
HOW TO USE A DISTANCE GOAL PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2. Select a distance goal program.

To select a distance goal program, press the Program Select button repeatedly until "P 3" or "P 4" appears in the display. When a distance goal program is selected, the maximum speed setting of the program will flash in the display for a few seconds. A distance goal of 5 kilometers or 10 kilometers will then appear in the display.



3. Press the Start button to start the program.

A moment after you press the button, the walking belt will begin to move at 3 mph. Hold the handrails and begin walking.

Near the end of the second minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 4 mph.

Near the end of the third minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 5 mph.

Near the end of the fourth minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 6.5 mph.

Note: To change the speed of the walking belt or the incline of the treadmill at any time during the program, press the Speed or Incline buttons.

The distance (DIST.) display will show the number

of meters still to be run. When only 20 meters remain, the display will flash and a series of tones will sound.

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. Adjust the speed of the walking belt as desired by pressing the Speed increase or decrease button or one of the ten numbered Speed buttons.

When you have completed a 5-kilometer run or a 10-kilometer run, your total time will flash in the display and the word "cool" (for cool down) will appear in the display. If the speed of the walking belt is greater than 5 mph, the walking belt will then slow to 5 mph for one minute. After one minute, the walking belt will slow to 4 mph for 2 minutes. The walking belt will then slow to 3 mph for 2 minutes. The walking belt will then slow to a stop.

4. Change the incline of the treadmill as desired.

See step 5 on page 12.

5. Follow your progress with the displays.

See step 6 on pages 12 and 13.

6. Measure your heart rate if desired.

See step 7 on page 13.

7. Turn on the fan if desired.

See step 8 on page 13.

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

See step 9 on page 13.

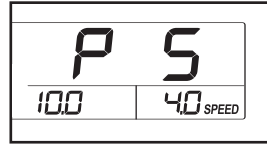
HOW TO USE A SPEED PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2. Select one of the speed programs.

To select a speed program, press the Program Select button repeatedly until "P 5" or "P 6" appears in the upper display. The maximum speed setting of the selected program will also flash in the display for a few seconds.

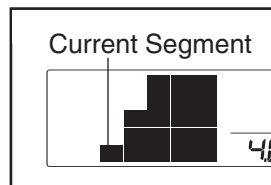


3. Press the Start button or the Speed increase button to start the program.

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

Each program consists of 30 one-minute segments. One speed setting is programmed for each segment. Note: The same speed setting may be programmed for consecutive segments. The profiles on the console show how the speed of the walking belt will change during the programs.

During the program, the profile will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed setting



is programmed for the next segment, the speed setting will flash in the display to alert you.

The program will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed buttons. **When the current segment of the program ends, the treadmill will automatically adjust to the speed setting for the next segment.**

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed setting for that segment.

4. Change the incline of the treadmill as desired.

See step 5 on page 12.

5. Follow your progress with the displays.

See step 6 on pages 12 and 13.

6. Measure your heart rate if desired.

See step 7 on page 13.

7. Turn on the fan if desired.

See step 8 on page 13.

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

See step 9 on page 13.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a unit of measurement for the console.

To select the information mode, insert the key into the console while holding down the Stop button, and then release the Stop button. When the information mode is selected, the following information will be shown:

An “E” for English miles or an “M” for metric kilometers will appear in the lower right display. Press the Speed increase button to change the unit of measurement, if desired.



The upper display will show the total number of hours that the treadmill has been used.

The lower left display will show the total number of miles or kilometers that the walking belt has moved.



Note: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear in the display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

To exit the information mode, remove the key from the console.

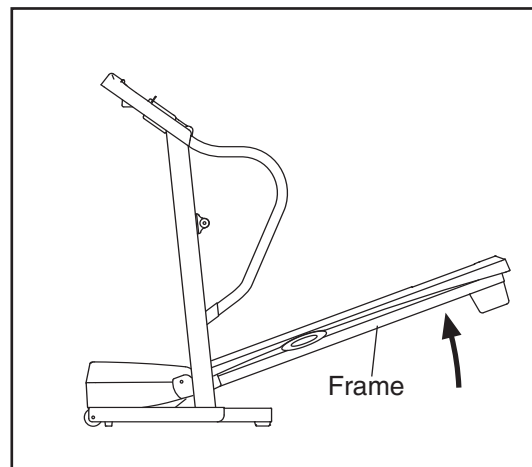
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may permanently damage the treadmill. Next, unplug the power cord.

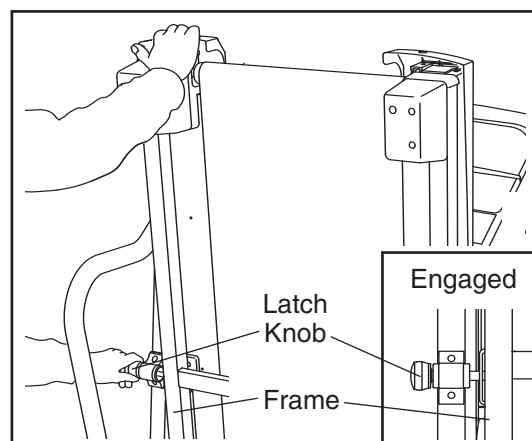
CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

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 hole in the frame is aligned with the latch pin. Slowly release the latch knob; make sure that the latch pin is fully inserted into the hole in the frame.

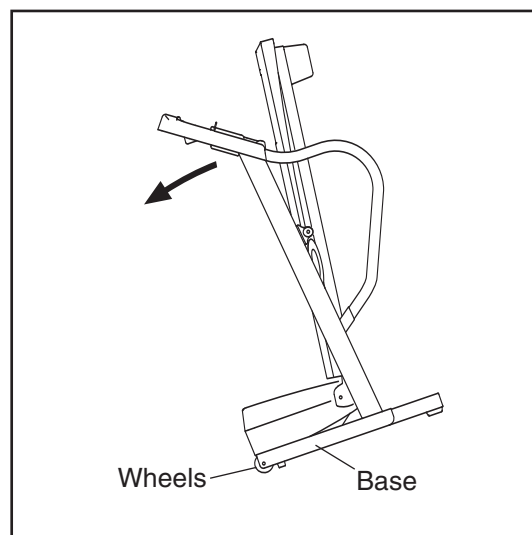
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

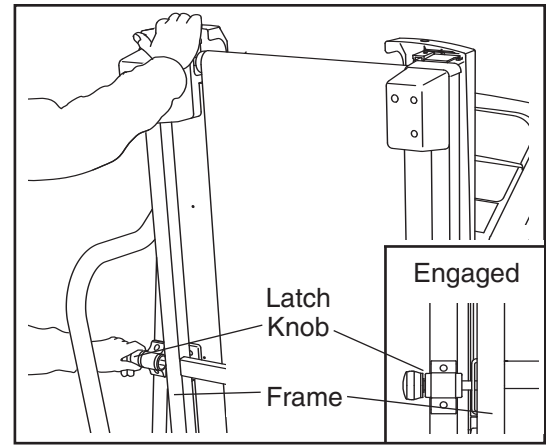
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the hole in the frame.**

1. Hold the upper ends of the handrails, and place one foot against one of the wheels.
2. Tilt the treadmill backward 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.

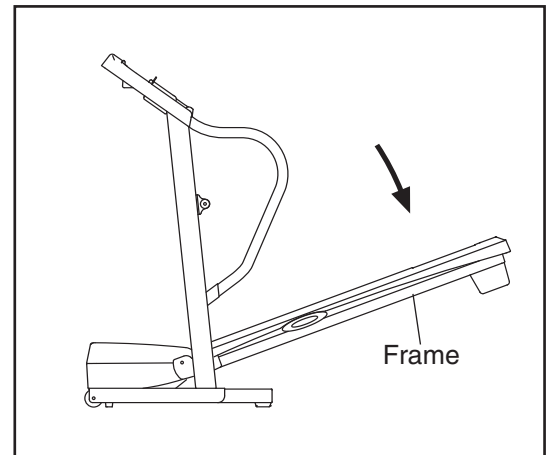


HOW TO LOWER THE TREADMILL FOR USE

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



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

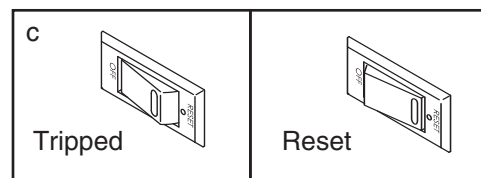
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If you need further assistance, please call the telephone number on the front cover of this manual.

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 reset/off 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 reset/off 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.

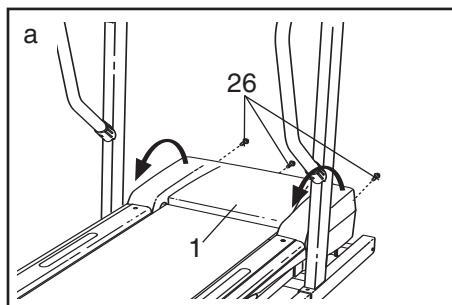
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

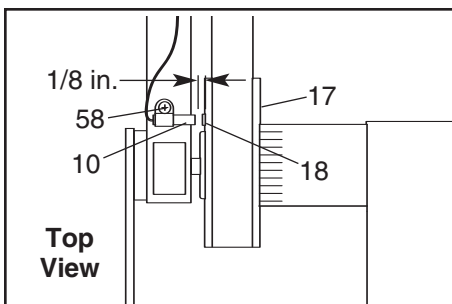
d. If the treadmill still will not run, please see the front cover of this manual.

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 Hood Screws (26) from the Hood (1), and carefully pivot the Hood off.



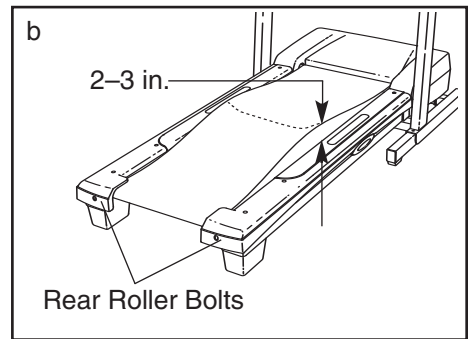
Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the 3/4" Tek Screw (58), move the Reed Switch slightly, and retighten the Screw. Reattach the 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.

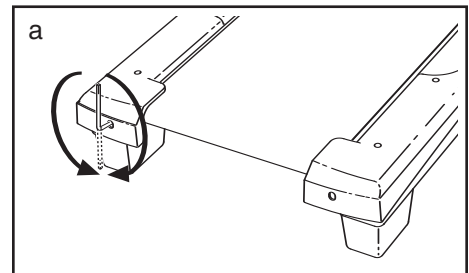
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 8 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.



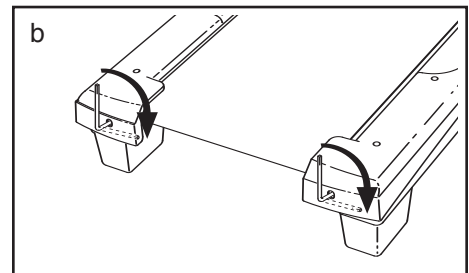
- c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left 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 hex key, 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 in. (5 to 8 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.



PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 17 to turn off the demo mode.

EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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.

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.

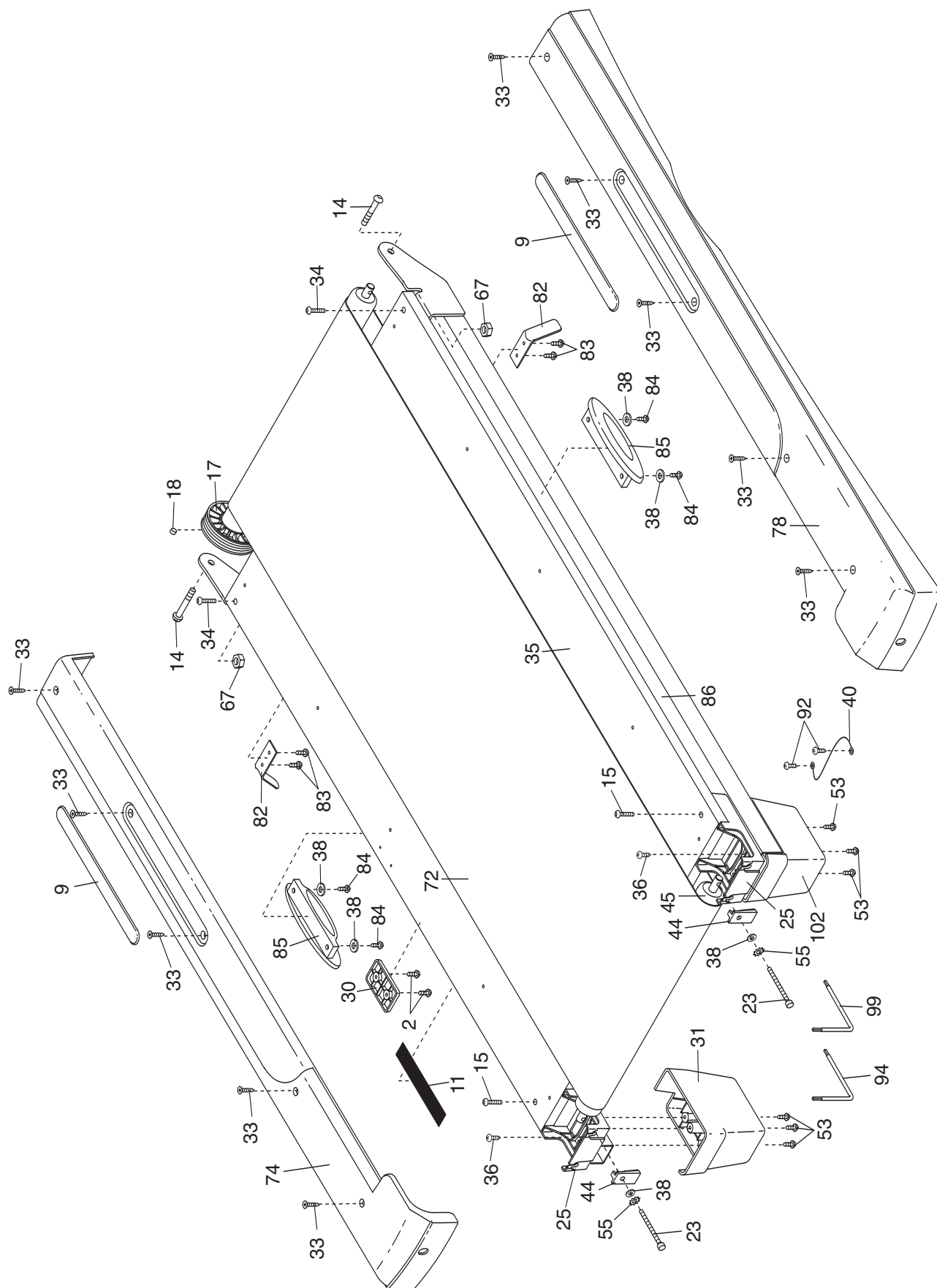
EXERCISE FREQUENCY

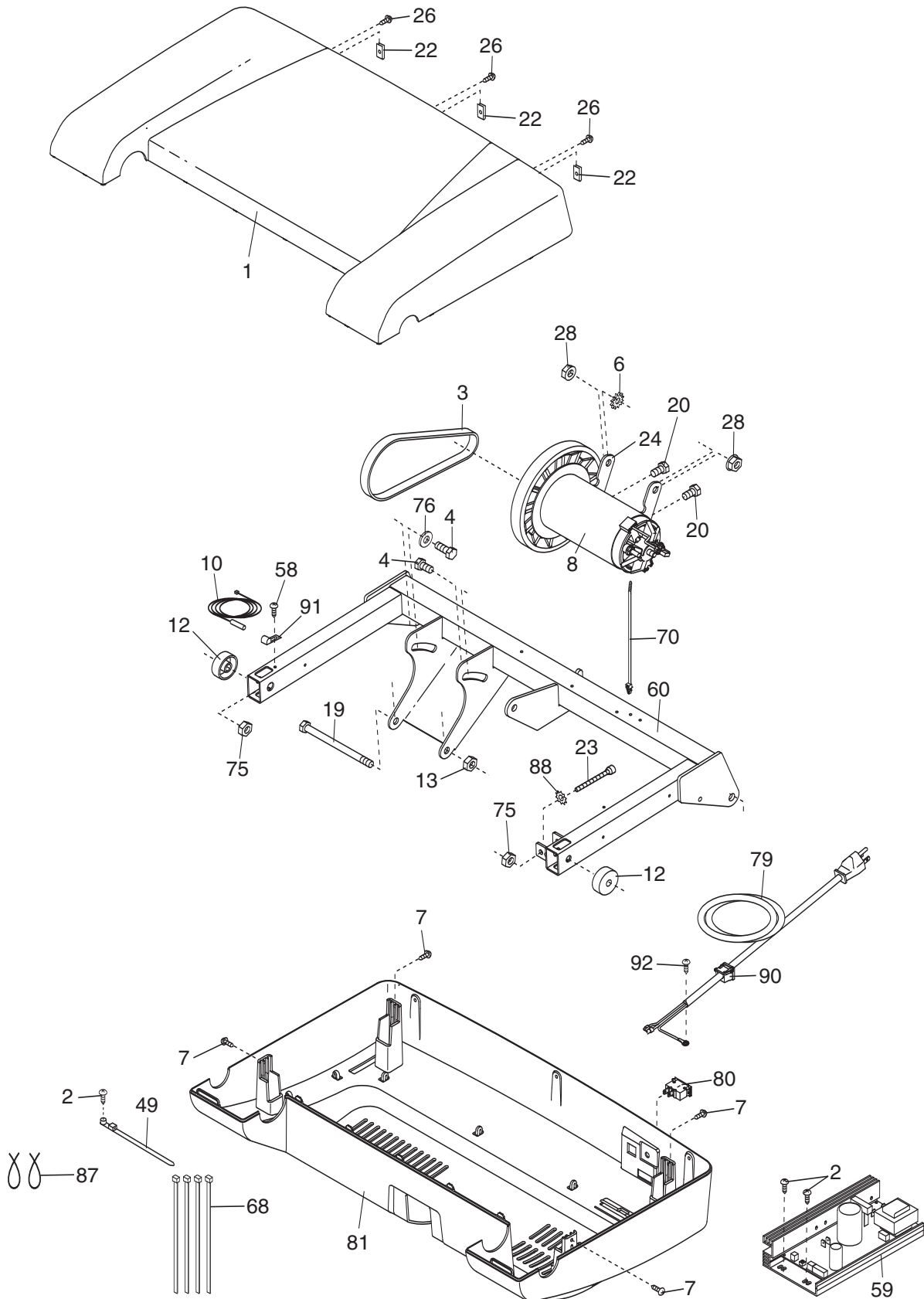
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of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

PART LIST—Model No. WLTL39907.0

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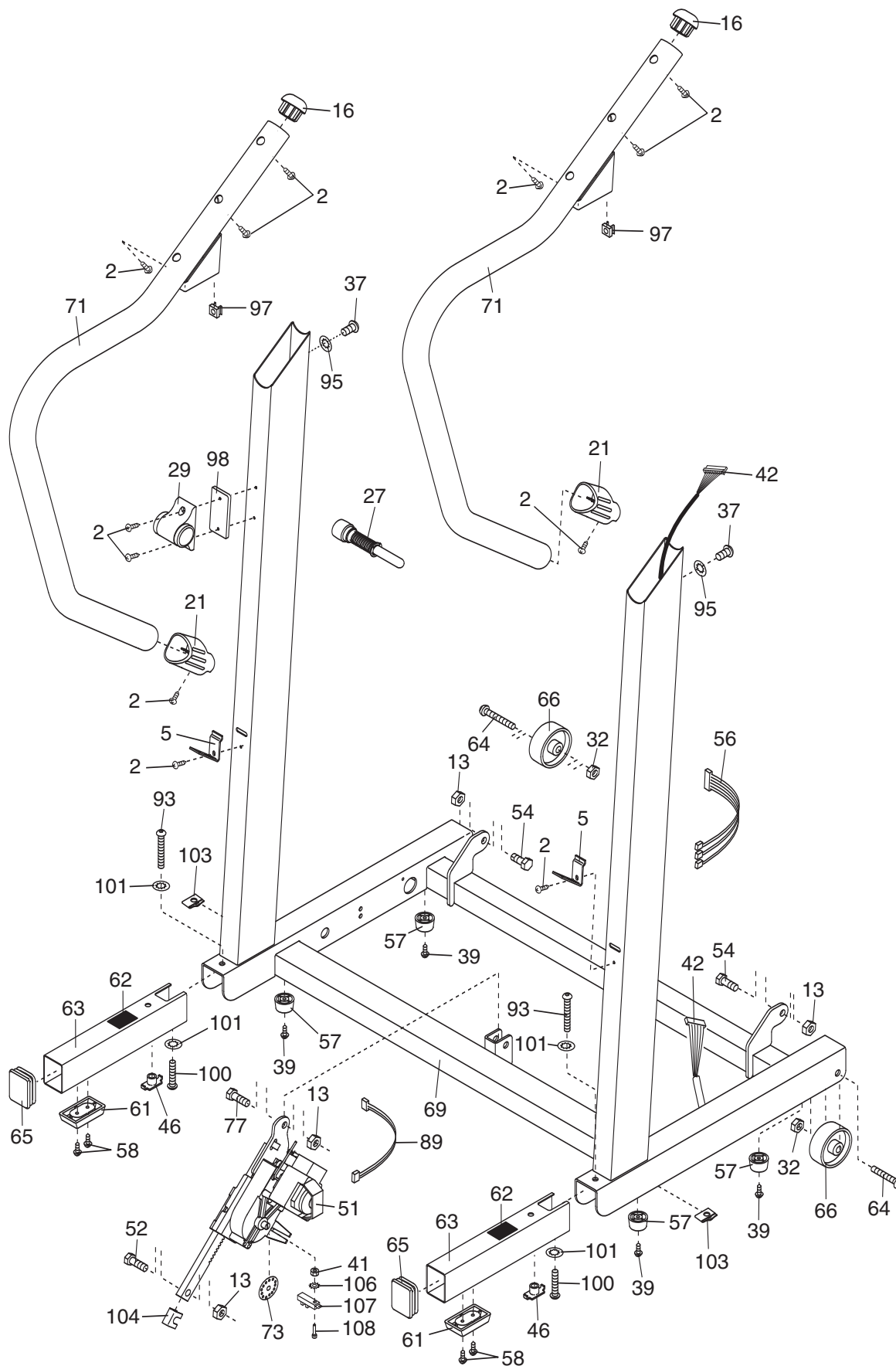
Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	39	4	1" Tek Screw	78	1	Right Foot Rail
2	25	3/4" Screw	40	1	Ground Wire	79	1	Power Cord
3	1	Motor Belt	41	1	Sensor Nut	80	1	Reset/Off
4	2	Motor Tension Bolt	42	1	Wire Harness			Circuit Breaker
5	2	Handrail Bracket	43	1	Console	81	1	Belly Pan
6	1	Motor Star Washer	44	2	Rear Roller Plate	82	2	Belt Guide
7	4	Belly Pan Screw	45	1	Rear Roller	83	4	Belt Guide Screw
8	1	Drive Motor	46	2	Extension Leg Nut	84	4	Isolator Screw
9	2	Foot Rail Decal	47	1	Console Base	85	2	Isolator Cushion
10	1	Reed Switch	48	1	Fan Cover w/Fan	86	1	Frame
11	1	Latch Warning Decal	49	1	Wire Clamp	87	2	Releasable Tie
12	2	Frame Spacer	50	1	Key/Clip	88	1	Front Roller
13	7	Frame Pivot	51	1	Incline Motor			Star Washer
		Nut/Motor Nut	52	1	Incline Motor Bolt, Lower	89	1	Optic Sensor Wire
14	2	Frame Pivot Bolt				90	1	Power Cord Grommet
15	2	Walking Platform	53	6	Rear Foot Screw	91	1	Sensor Clip
		Screw, Rear	54	2	Incline Pivot Bolt	92	4	Ground Wire Screw
16	2	Upper Handrail Cap	55	2	Rear Roller	93	2	2 1/4" Bolt
17	1	Front Roller/Pulley			Lock Washer	94	1	Hex Key
18	1	Magnet	56	1	Motor Controller Wire	95	2	1/4" Star Washer
19	1	Motor Pivot Bolt	57	4	Round Base Pad	96	1	Silver Ground Screw
20	2	Motor Bracket Bolt	58	5	3/4" Tek Screw	97	2	Cage Nut
21	2	Lower Handrail Cap	59	1	Controller	98	1	Latch Spacer
22	3	Hood Clip	60	1	Lift Frame	99	1	5/32" Hex Key
23	3	Roller Adjustment Bolt	61	2	Extension Leg Pad	100	2	2 3/4" Bolt
24	1	Motor Mount Bracket	62	2	Caution Decal	101	4	5/16" Star Washer
25	2	Rear Roller Bracket	63	2	Extension Leg	102	1	Right Rear Foot
26	3	Hood Screw	64	2	Wheel Bolt	103	2	U-nut
27	1	Latch Assembly	65	2	Extension Leg Endcap	104	1	Stop Bracket
28	2	Motor Tension Nut	66	2	Wheel	105	1	Console Lens
29	1	Latch Housing	67	2	Nut	106	1	Sensor Star Washer
30	1	Latch Catch	68	8	8" Cable Tie	107	1	Optic Sensor
31	1	Left Rear Foot	69	1	Upright	108	1	Sensor Screw
32	7	Wheel Nut	70	1	Cable Clamp	*	1	4" Black Wire, M/F
33	10	Foot Rail Screw	71	2	Handrail	*	1	8" Green Wire, F/R
34	2	Walking Platform	72	1	Walking Belt	*	2	4" Blue Wire, 2F
		Screw, Front	73	1	Optic Disk	*	1	4" Blue Wire, M/F
35	1	Walking Platform	74	1	Left Foot Rail	*	1	6" Red Wire, M/F
36	2	Rear Roller	75	2	Frame Pivot Nut	*	1	User's Manual
		Bracket Screw	76	1	Motor Flat Washer	*These parts are not illustrated. Specifications are subject to change without notice.		
37	2	Handrail Bolt	77	1	Incline Motor			
38	6	1/4" Washer			Nut, Upper			

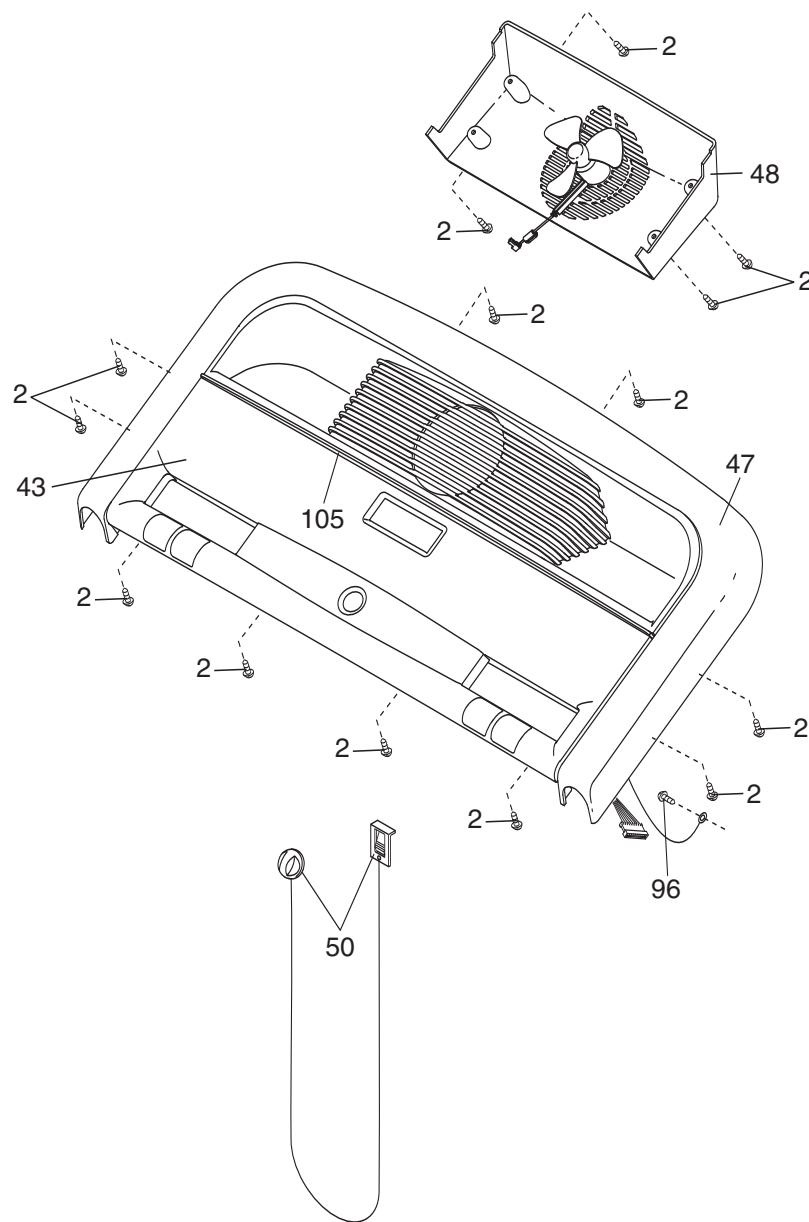




EXPLODED DRAWING C—Model No. WLT39907.0

R0707A





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

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for five (5) years after the date of purchase. 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; products used for commercial or rental purposes; or 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