

WESLO®

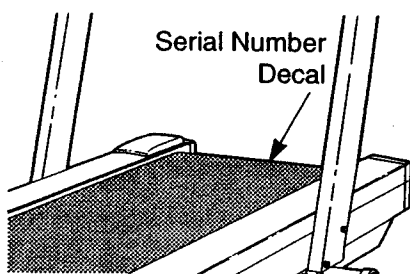
CADENCE®

700

0-10 mph • 2.5 hp • power incline

Model No. WLTL70040

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

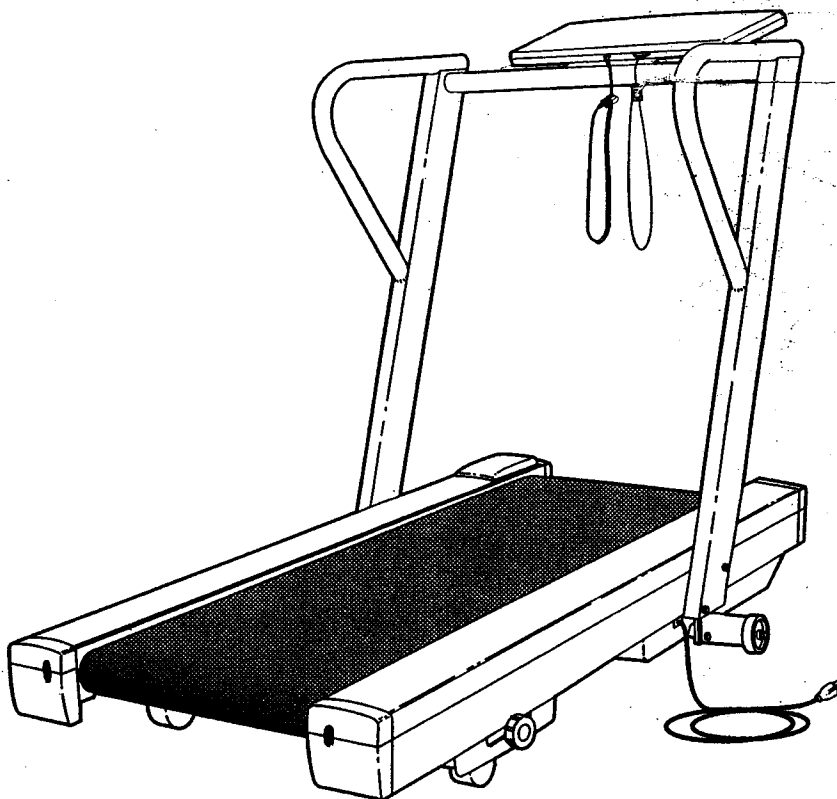
CUSTOMER HOT LINE:

1-800-999-3756

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

⚠ CAUTION:

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



OWNER'S MANUAL

LIMITED WARRANTY

Weslo, Inc. ("WESLO"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. WESLO's obligation under this warranty is limited to replacing or repairing, at WESLO's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WESLO at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by WESLO. 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 a WESLO authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WESLO.

WESLO 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 OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

WESLO INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

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TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	4
BEFORE YOU BEGIN	5
ASSEMBLY	6
OPERATION AND ADJUSTMENT	8
TROUBLE-SHOOTING AND STORAGE	13
CONDITIONING GUIDELINES	16
PART LIST	18
EXPLODED DRAWING	19
ORDERING REPLACEMENT PARTS	Back Cover

▲ 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. WESLO assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

IMPORTANT SAFETY PRECAUTIONS

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

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on any surface that blocks an air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. When connecting the power cord (see PLUGGING IN THE POWER CORD on page 8), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length with a three-wire conductor.
3. 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 BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)
4. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
5. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
6. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
7. Never allow more than one person on the treadmill at a time. The treadmill should not be used by persons weighing more than 250 pounds.
8. Keep small children away from the treadmill at all times. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.
9. Never drop or insert any object into any opening.
10. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
11. The treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.
12. Use the treadmill only as described in this manual.
13. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the safety cover 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.

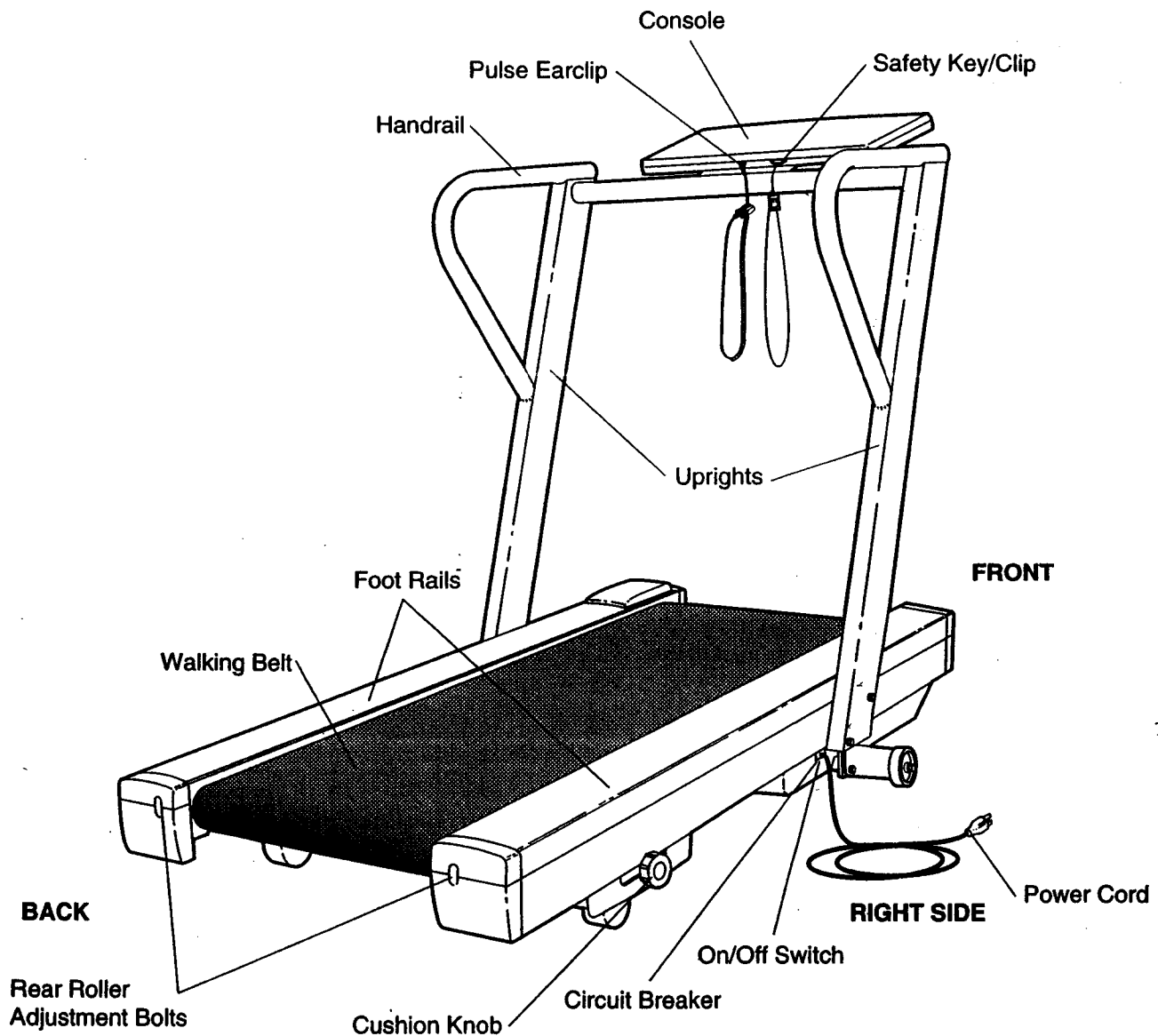
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

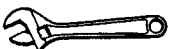
Thank you for selecting the CADENCE® 700 treadmill. The CADENCE 700 treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WLT70040. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



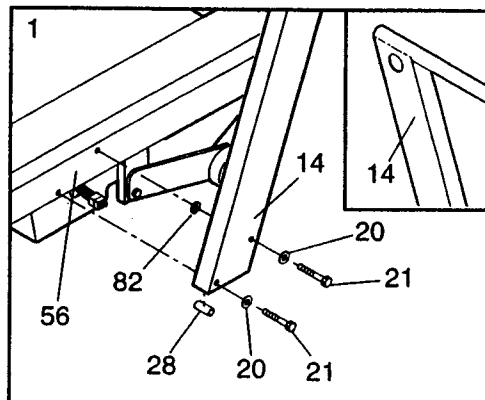
ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY:** The included 7/32" allen wrench  and your own adjustable wrench .

1. Locate the Right Upright (14) (see the inset drawing). Insert a 3/8" x 3 1/2" Bolt (21), with an Upright Washer (20), into the higher hole in the bottom of the Right Upright. Slide a Star Washer (82) onto the Bolt. Hand tighten the Bolt into the indicated hole in the side of the Frame (56).

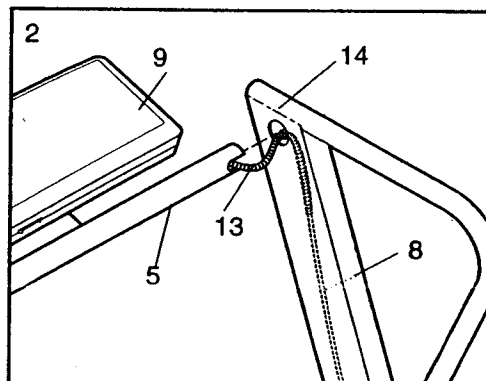
Hold an Upright Spacer (28) inside the bottom of the Right Upright (14). Insert a 3/8" x 3 1/2" Bolt (21), with an Upright Washer (20), through the lower hole in the bottom of the Right Upright and the Spacer. Hand tighten the Bolt into the indicated hole in the Frame (56). **Do not tighten the Bolts yet.**

Attach the Left Upright (not shown) in the same manner.

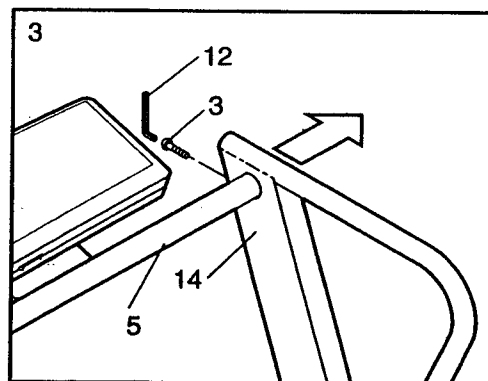


2. Hold the Console (9) near the Right Upright (14). Feed the 70" Wire Harness (8) into the hole in the top of the Right Upright until the end comes out the bottom of the Right Upright. If necessary, insert your fingers into the bottom of the Right Upright and pull out the end of the 70" Wire Harness.

Insert one end of the Cable Loom (13) into the top of the Right Upright (14), and the other end into the Console Crossbar (5).

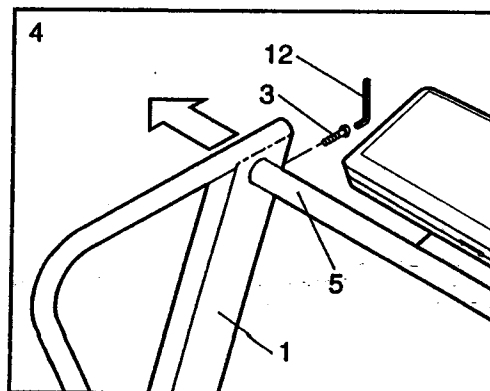


3. Insert the Console Crossbar (5) into the hole in the Right Upright (14) as shown. Note: It may be necessary to move the Right Upright to the side slightly. Be careful not to damage the wires in the Right Upright. Using the 7/32" Allen Wrench (12), attach the Console Crossbar to the Right Upright with a 3/8" x 2" Bolt (3).



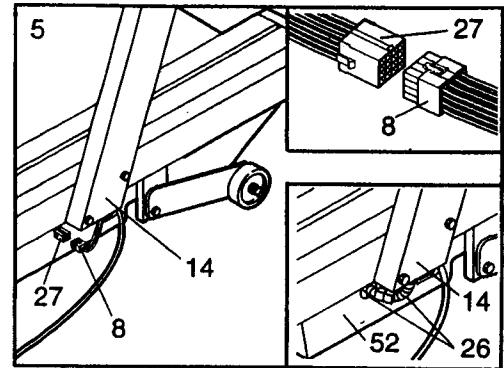
4. Insert the Console Crossbar (5) into the hole in the Left Upright (1). Note: It may be necessary to move the Left Upright to the side slightly. Using the 7/32" Allen Wrench (12), attach the Console Crossbar to the Left Upright with a 3/8" x 2" Bolt (3).

Tighten the four 3/8" x 3 1/2" Bolts (21) used in assembly step 1 (see assembly step 1).

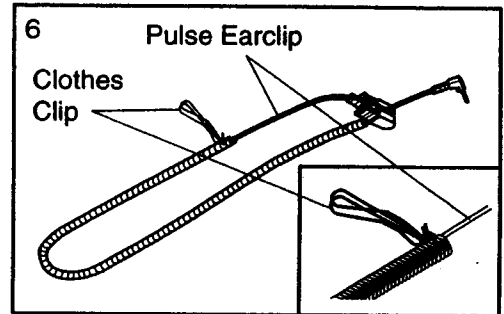


5. Plug the lower end of the Upright Wire Harness (8) into the 20" Wire Harness (27). The small latch on the Upright Wire Harness should snap onto the 20" Wire Harness (see the upper inset drawing). If the Wire Harnesses do not fit easily, turn them; do not force the Wire Harnesses together.

Slide the end of the 6" Cable Looms (26) in the Right Upright (14) and Rear Safety Cover (52) to the ends of the Wire Harnesses (27, 8) (see the lower inset drawing). **Be careful not to damage the Wire Harnesses.**

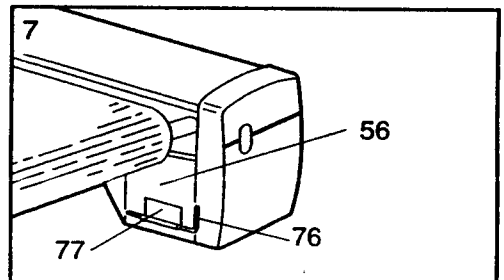


6. Slide the metal Clothes Clip onto the Pulse Earclip in the indicated location. The use of the Pulse Earclip is explained in the PULSE Display section on page 10.



7. Remove the paper backing from the Wrench Clip (77). Press the Wrench Clip onto the Frame (56) in the indicated location. Press the Allen Wrench (76) into the Wrench Clip.

Make sure that all parts are tightened before using the treadmill.
Note: To protect the floor, a covering should be placed under the treadmill.



OPERATION AND ADJUSTMENT

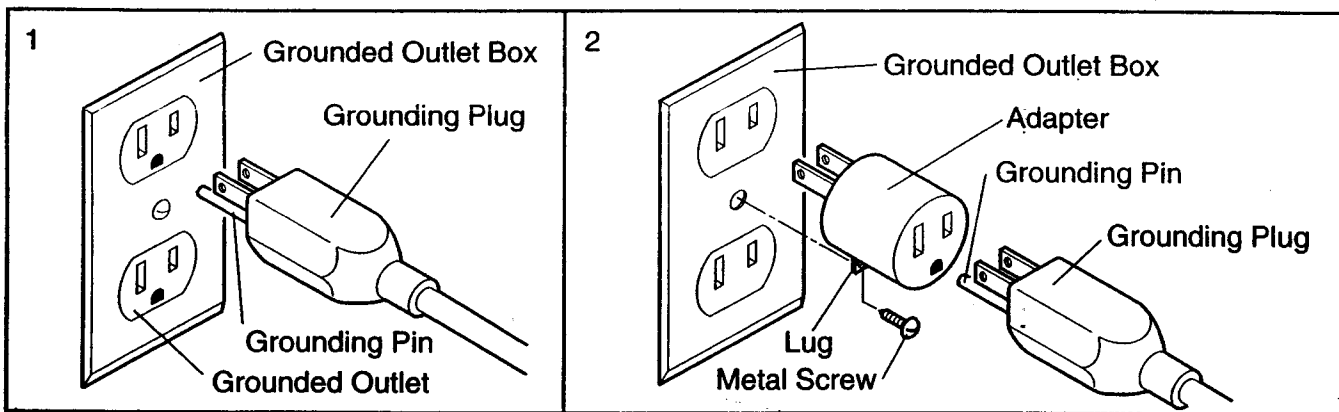
PLUGGING IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in a 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.

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. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug 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.



MAINTENANCE-FREE WALKING BELT

Your treadmill features a maintenance-free walking belt coated with PERFORMANT LUBE™, a high-performance lubricant.

During the first few hours of use, it is normal for a small amount of white powder to appear on the foot rails and the walking platform. The white powder is high-performance lubricant from the walking belt.

IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

CUSHION LEVEL ADJUSTMENT

For a softer cushion level as you exercise, turn the cushion knob counterclockwise. For a firmer cushion level, turn the knob clockwise. Note: The faster you run on the treadmill, the firmer the cushion level should be. If the cushion level is too soft, the treadmill will bounce excessively.

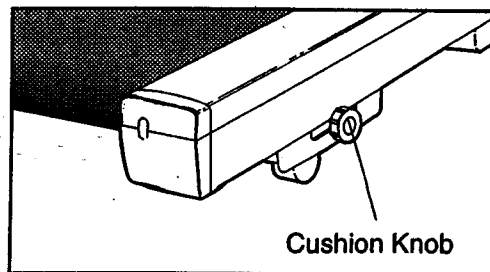
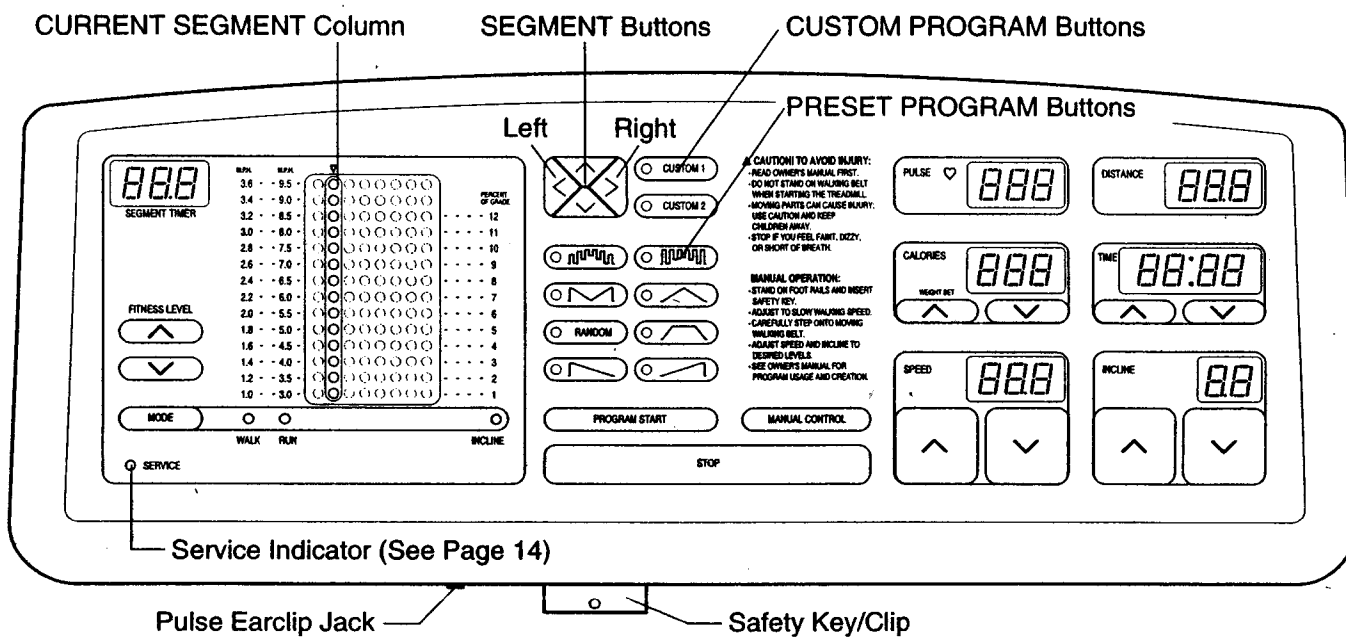


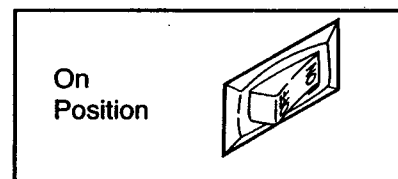
DIAGRAM OF THE CONSOLE

The heart of the treadmill is the state-of-the-art programmable console. The console offers both manual and program modes, and features an array of displays to provide you with continuous exercise feedback. When the console is in the manual mode, the speed and incline of the treadmill can be changed with the touch of a button. In the program mode, the console will automatically control the speed or incline of the treadmill, according to preset programs you select. You can even create your own custom programs, and save them in the console's memory for future workouts. **Please read these instructions carefully.** Note: If there is a thin sheet of clear plastic on the face of the console, peel it off before operating the console.



TURNING ON THE POWER

If the safety key is in the console, remove it. Make sure that the on/off switch located near the power cord is in the "on" position. Plug in the power cord (see PLUGGING IN THE POWER CORD on page 8). All indicators and displays will flash once. Note: If the safety key is in the console when the power cord is plugged in, the letters "PO" will flash in the SPEED display. If this occurs, remove the safety key.



Stand on the frame rails of the treadmill. Find the clip attached to the safety key, and slide it onto the waistband of your clothing. Insert the safety key into the console. The six displays on the right side of the console will light.

⚠ WARNING: Do not stand on the walking belt when turning on the power or starting the walking belt. Always wear the clip while operating the treadmill.

MANUAL MODE

Speed Adjustment

When the power is turned on, the console will be in the manual mode. For your safety, the walking belt will be stationary. The speed of the walking belt is controlled with the SPEED buttons. Each time the SPEED increase button is pressed, the speed will increase by 0.1 mile per hour, beginning at 0.5 mph. Each time the SPEED decrease button is pressed, the speed will decrease by 0.1 mph. The buttons can be held down to change the speed rapidly. The speed range is 0.5 to 10 mph.

⚠ WARNING: After the SPEED buttons are pressed, it will take a moment for the walking belt to reach the selected speed setting. Adjust the speed gradually until you are familiar with the treadmill.

Press the SPEED increase button until the walking belt begins to move at slow speed. Hold the handrails and carefully step onto the walking belt. Change the speed of the walking belt as desired by pressing the SPEED buttons. To stop the walking belt, press the STOP button.

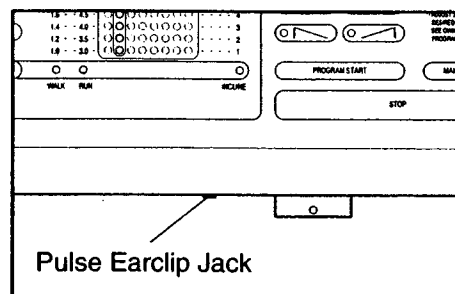
Incline Adjustment

To vary the intensity of your exercise, the incline of the treadmill can be changed. The incline is controlled with the INCLINE buttons. Each time one of the INCLINE buttons is pressed, the incline will change by 0.5%. The buttons can be held down to change the incline rapidly. The incline range is 1% to 12%. Note: Because the INCLINE display has two digits, the display will show 10% when the incline is set at either 10% or 10.5%, and 11% when the incline is set at either 11% or 11.5%. **After the INCLINE buttons are pressed, it will take a moment for the treadmill to reach the selected incline setting.**

DISPLAY OPERATION

PULSE Display

Plug the pulse earclip into the jack on the front of the console. Attach the earclip to your left ear lobe, and slide the clothes clip onto your collar. When your pulse is detected, the heart-shaped PULSE indicator will begin to flash. After a few seconds, your pulse will be shown. Note: Because your pulse changes constantly, the pulse earclip will sample and average your pulse every few seconds. It may take up to ten seconds for an accurate pulse to be shown. **If your pulse is not shown, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your pulse.**

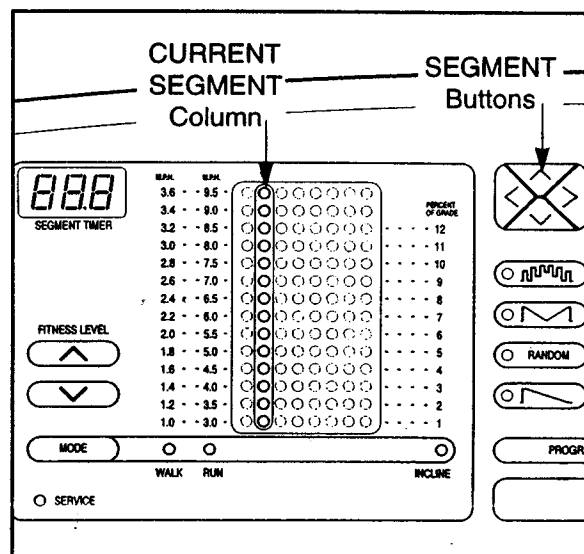


Creating a Custom Program

Press the CUSTOM 1 or CUSTOM 2 button. The indicator on the button you press will light.

Next, press the MODE button to select the WALK mode, RUN mode, or INCLINE mode. An indicator will light to show which mode you have selected. If you select the WALK mode, the console will automatically control the **speed** of the treadmill during the program, and the speed range will be 1.0 to 3.6 mph. If you select the RUN mode, the console will automatically control the **speed** of the treadmill, and the speed range will be 3.0 to 9.5 mph. If you select the INCLINE mode, the console will automatically control the **incline** of the treadmill, and the incline range will be 1% to 12%. Note: If you select the WALK mode or RUN mode, the incline can be changed manually during the program with the INCLINE buttons. If you select the INCLINE mode, the speed can be controlled manually during the program with the SPEED buttons.

Each program is divided into twenty equal time periods, called segments. If the WALK mode or RUN mode was selected, a speed setting should now be programmed for each segment. If the INCLINE mode was selected, an incline setting should now be programmed for each segment. The settings of the segments are shown in the vertical columns of indicators on the left side of the console. The setting of the first segment is shown in the CURRENT SEGMENT column, and the settings of the next six segments are shown in the six columns to the right (the settings of seven segments are shown at a time). To program a speed or incline setting for the first segment, displayed in the CURRENT SEGMENT column, press the SEGMENT increase or decrease button until the desired number of indicators is lit. For example, if you selected the WALK mode, and you want to program a speed setting of 2.0 mph for the first segment, press the SEGMENT increase or decrease buttons until six indicators are lit in the CURRENT SEGMENT column.



After you have programmed the desired setting for the first segment, press the SEGMENT left button. The settings of all segments will move one column to the left—the setting of the first segment will disappear, the setting of the second segment will be shown in the CURRENT SEGMENT column, and settings of the next six segments will be shown in the six columns to the right. Program a setting for the second segment as described above. Press the SEGMENT left button again. Repeat until you have programmed the desired setting for each of the twenty segments.

The two indicators in the column to the left of the CURRENT SEGMENT column show the range of settings you have programmed. The lower indicator shows the lowest setting, and the upper indicator shows the highest setting. (If the same setting is programmed for all twenty segments, only one indicator will be lit.) If desired, the difficulty level of the program can be increased or decreased by pressing the FITNESS LEVEL buttons. If the WALK mode was selected, the speed settings of all segments will change by 0.2 mph each time one of the buttons is pressed. If the RUN mode was selected, the speed settings of all segments will change by 0.5 mph each time one of the buttons is pressed. If the INCLINE mode was selected, the incline settings of all segments will change by 1% each time one of the buttons is pressed. Note: The difficulty level of the program can be increased only until the upper indicator in the left column is lit, and decreased only until the lower indicator in the column is lit.

The program is set to last for 20 minutes, as shown in the TIME display. (The SEGMENT TIMER display shows how many seconds each segment will last.) The length of time can be changed, if desired, by pressing the TIME buttons. Each time one of the buttons is pressed, the length of time shown in the TIME display will change by 20 seconds. If one of the buttons is held down, the length of time will change in increments of 1 minute. The program can be set to last for a minimum of 5 minutes, up to a maximum of 80 minutes.

To start the program, press the PROGRAM START button. The setting of the first segment will be shown in the CURRENT SEGMENT column, and the treadmill will automatically adjust to the speed or incline setting of the first segment. Hold the handrails, step carefully onto the walking belt and begin exercising. (If the WALK mode or RUN mode was selected, the incline can be controlled during the program by pressing the INCLINE buttons. If the INCLINE mode was selected, the walking belt will begin to move at 1.0 mph. The speed of the walking belt

can then be controlled by pressing the SPEED buttons.) The time remaining in the first segment will be shown in the SEGMENT TIMER display. When no time remains, the settings of all segments will move one column to the left. The setting of the second segment will then be shown in the CURRENT SEGMENT column, and the treadmill will automatically adjust to the speed or incline setting of the second segment. The program will continue in this manner until the setting of the twentieth segment is shown in the CURRENT SEGMENT column and no time remains. A tone will then sound, the walking belt will slow to a stop, and the program will be completed.

While the program is running, the setting of the current segment can be changed, if desired, by pressing the SEGMENT increase or decrease button. The difficulty level of the program can be adjusted by pressing the FITNESS LEVEL buttons. The length of time the program will last can be changed by pressing the TIME buttons. To stop the program before the program has ended, press the STOP button. The console will then be in the same state as if the program had been completed.

When the program is completed, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL CONTROL button. The current settings of the program will be saved in memory, even when the power cord is unplugged.

Selecting a Preset Program

Press one of the eight PRESET PROGRAM buttons. The indicator on the button you press will light.

Next, press the MODE button to select the WALK mode, RUN mode or INCLINE mode. An indicator will light to show which mode you have selected.

Each preset program is divided into twenty segments. One speed or incline setting (depending on which mode you selected) is programmed for each segment. The settings of the program you selected will be displayed in the columns of indicators on the left side of the console. If desired, the setting of any segment can be changed. Press the SEGMENT left or right button until the setting of the segment you want to change is displayed in the CURRENT SEGMENT column. Press the SEGMENT increase or decrease button to change the setting.

If desired, the difficulty level of the program can be increased or decreased by pressing the FITNESS LEVEL buttons. This is done in the same manner as when a custom program is selected.

The program is set to last for 20 minutes, as shown in the TIME display. The length of time can be changed, if desired, by pressing the TIME buttons. This is done in the same manner as when a custom program is selected.

To start the program, press the PROGRAM START button. The program will run in exactly the same manner as a custom program. When the program is completed, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL CONTROL button. **Although the settings of a preset program can be changed, only the original program settings will be saved in memory.**

TURNING OFF THE POWER

To turn off the power, remove the safety key from the console. **Store the safety key in a secure location.**

INFORMATION MODE

The console features an information mode that keeps track of trip time and distance, as well as the total time and distance accumulated on the treadmill. To select the information mode, hold down the STOP button while inserting the safety key into the console.

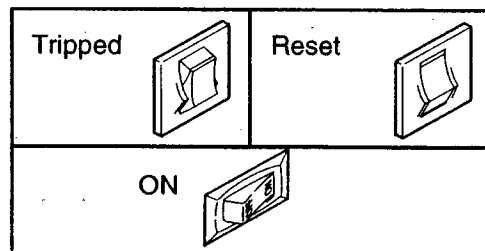
When the information mode is selected, the TIME display will show the trip time, up to 9,999 hours. The DISTANCE and PULSE displays together will show the trip distance, up to 99,999 miles. The incline display will show a service code. Service code "S0" indicates that no routine service is needed. Service code "S1" or "S3" indicates that service is needed (see 6. a. and b. on page 14). While the trip time and distance are displayed, they can be reset to zero by pressing the TIME decrease button. To view the total time and distance, press the TIME increase button. The TIME display will show the total time, up to 9,999 hours. The DISTANCE and PULSE displays together will show the total distance, up to 99,999 miles.

TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged into a properly grounded outlet. (See PLUGGING IN THE POWER CORD on page 8.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- After the power cord has been plugged in, make sure that the safety key is fully inserted into the console. Various indicators on the console should light. (See TURNING ON THE POWER on page 9.)
- Check the circuit breaker located on the treadmill 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.
- Check the ON/OFF switch located on the treadmill near the power cord. The switch must be in the ON position.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill near the power cord. If the circuit breaker has tripped (see the drawing above.), wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.
- Check to make sure the ON/OFF switch is in the ON position. (See 1. d. above.)
- If the treadmill still will not run, please call our Customer Service Department.

3. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

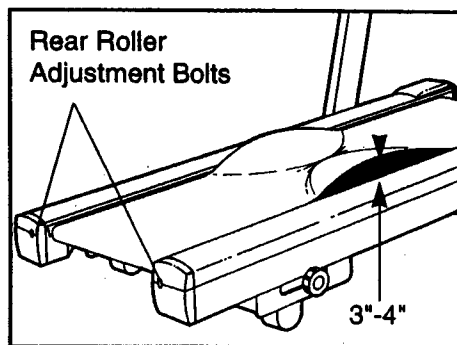
- Make sure that the pulse earclip is plugged fully into the jack on the console.
- Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- Stand still while measuring your pulse.
- The pulse earclip may need to be cleaned. Press the earclip open, and find the two clear circles inside the earclip. Wipe the two clear circles using a small amount of water on a cotton swab.

WARNING: The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

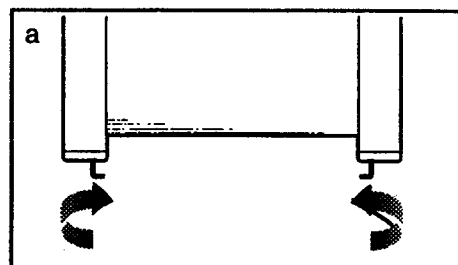
- c. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



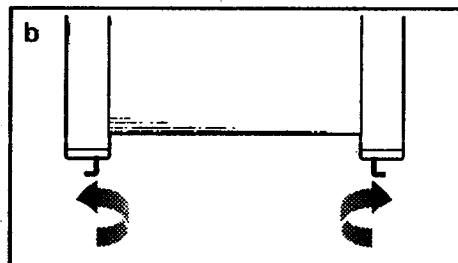
- c. If the walking belt still slows when walked on, please call our Customer Service Department.

5. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

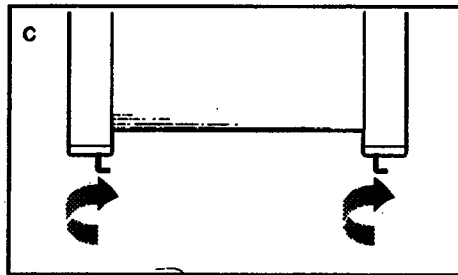
- a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



6. SYMPTOM: THE SERVICE INDICATOR ON THE CONSOLE LIGHTS

- a. The service indicator on the console is designed to alert you when routine maintenance is needed. After the treadmill has been operated for 10 miles, the service indicator will light. When the service indicator lights, the bolts attaching the console and the handrails should be tightened. In addition, the tension of the walking belt should be checked (see 4. c. above). To extinguish the service indicator, first hold down the STOP bar while inserting the safety key into the console. A service code ("S1") will appear in the INCLINE display. To reset the service code and extinguish the service indicator, hold down the STOP bar while removing the safety key.
- b. After the treadmill has been operated for 600 miles, the service indicator will again light. When the service indicator lights, the tension of the walking belt should be checked (see 4. c. above). In addition, a service technician should check the amp draw and the motor brushes. For service, call our Customer Service Department toll-free at 1-800-999-3756. To extinguish the service indicator, first hold down the STOP bar while inserting the safety key into the console. A service code ("S3") will appear in the INCLINE display. To reset the service code and extinguish the service indicator, hold down the STOP bar while removing the safety key.

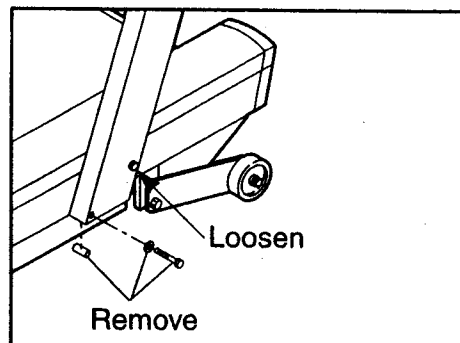
7. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- a. If a console malfunction occurs, an error code ("E1," "E2," "E3," etc.) may appear on the display. If an error code appears, remove the safety key, wait for ten seconds and then reinsert the safety key. If an error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

STORAGE

Unplug the power cord when the treadmill is not in use. Remove one bolt, washer and upright spacer from the lower ends of the left and right uprights. Loosen the other bolt on each side. Carefully lay the console on the treadmill. Keep the bolts and washers in a secure location.

It is recommended that the treadmill be covered during extended periods of storage.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

⚠ WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles as well as help to decrease soreness and other post-exercise problems.

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. The key to success is CONSISTENCY.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

TOE TOUCH STRETCH

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

Stretches: Hamstrings, back of knees and back.

HAMSTRING STRETCH

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

Stretches: Hamstrings, lower back and groin.

CALF/ACHILLES STRETCH

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

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

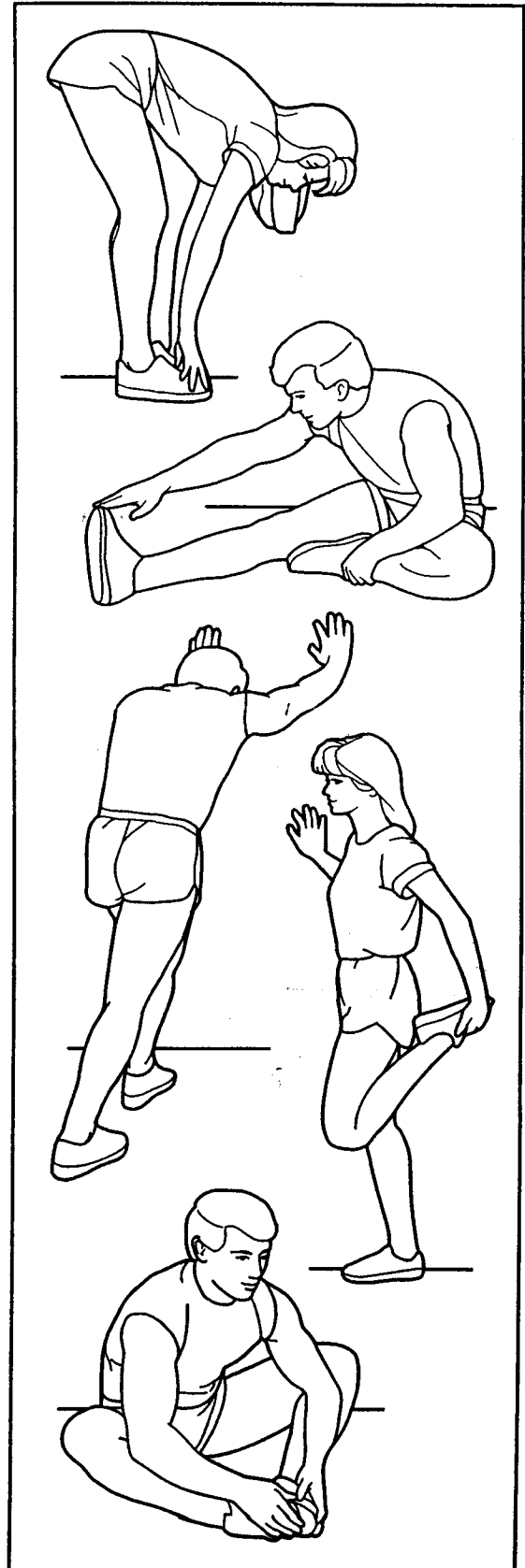
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

INNER THIGH STRETCH

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

Stretches: Quadriceps and hip muscles.



PART LIST—Model No. WLTL70040

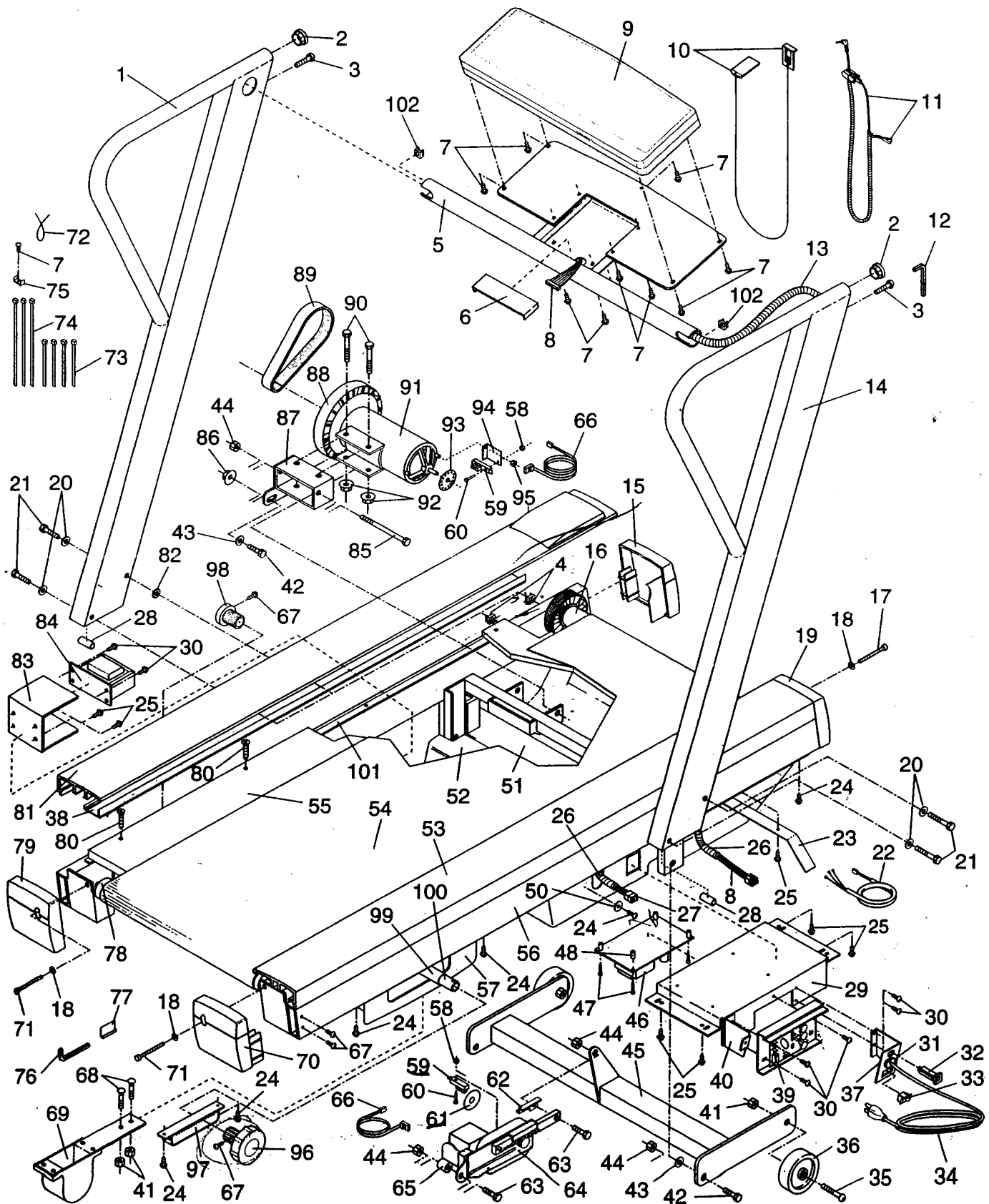
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright/Handrail	56	1	Frame
2	2	Upright Endcap	57	2	Cushion Foot Cover
3	2	3/8" x 2" Bolt	58	2	Small Nut
4	4	Cage Nut	59	2	Optic Switch. - 102955
5	1	Console Crossbar	60	2	Small Bolt
6	1	Wire Cover	61	1	Incline Optic Disk
7	11	Console Screw	62	1	Incline Motor Bracket
8	1	Upright Wire Harness	63	2	Incline Motor Bolt
9	1	Console	64	1	Incline Motor
10	1	Safety Key/Clip	65	1	Incline Motor Spacer
11	1	Pulse Earclip/Clothes Clip	66	2	Optic Switch Wire Harness
12	1	7/32" Allen Wrench	67	6	Rear Endcap Screw/Knob Screw
13	1	24" Cable Loom	68	4	Cushion Foot Bolt
14	1	Right Upright/Handrail	69	2	Cushion Foot
15	1	Front Left Endcap	70	1	Right Rear Endcap
16	1	Front Roller/Pulley	71	2	Rear Roller Adjustment Bolt
17	1	Front Roller Adjustment Bolt	72	1	Cable Tie
18	3	Roller Adjustment Washer	73	4	4" Cable Tie
19	1	Front Right Endcap	74	3	8" Cable Tie
20	4	Flat Washer	75	1	Tie Block
21	4	3/8" x 3 1/2" Bolt	76	1	3/16" Allen Wrench
22	1	14" Power Board-Controller Wire	77	1	Wrench Clip
23	1	Belt Guide	78	1	Rear Roller
24	23	Safety Cover Screw	79	1	Left Rear Endcap
25	9	Screw	80	8	Platform Screw
26	2	6" Cable Loom	81	1	Left Foot Rail
27	1	20" Wire Harness	82	2	Star Washer
28	2	Upright Spacer	83	1	Choke Bracket
29	1	Electronics Bracket	84	1	Choke
30	7	Electronics Screw	85	1	Pivot Bolt
31	1	Grommet	86	1	Motor Tension Nut
32	1	Circuit Breaker	87	1	Motor Mount Bracket
33	1	On/Off Switch	88	1	Pulley/Flywheel/Fan
34	1	Power Cord	89	1	Motor Belt
35	2	Front Wheel Bolt	90	2	Motor Bolt
36	2	Front Wheel	91	1	Motor
37	1	Power Cord Bracket	92	2	Motor Nut
38	2	Foot Rail Track	93	1	Speed Optic Disk
39	1	Controller	94	1	Optic Switch Bracket
40	1	Safety Cover Bracket	95	1	Optic Switch Bracket Nut
41	6	Wheel Nut/Cushion Foot Nut	96	1	Cushion Knob
42	3	Incline Leg Bolt/Motor Tension Bolt	97	2	Cushion Foot Insert
43	3	3/8" Washer	98	1	Rod Endcap
44	5	Incline Leg Nut/Motor Swivel Nut	99	2	Rod Sleeve
45	1	Incline Leg	100	1	Cushion Foot Rod
46	1	Power Board	101	2	Deck Shim
47	4	Power Board Bolt	102	2	Crossbar Cage Nut
48	4	Power Board Spacer	#	1	8" White Wire, Male/Female
49	1	Console Plate	#	1	14" White Wire, 2 Female
50	2	Safety Cover Washer	#	1	4" Black Wire, 2 Female
51	1	Front Safety Cover	#	1	8" Black Wire, 2 Female
52	1	Rear Safety Cover	#	1	8" Green Ground Wire
53	1	Right Foot Rail	#	1	8" Red Wire, Male/Female
54	1	Walking Belt	#	1	8" Blue Wire, 2 Female
55	1	Walking Platform	#	1	Owner's Manual

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

EXPLODED DRAWING—Model No. WLTL70040

R1194A



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

1. The **MODEL NUMBER** of the product (WLTL70040).
2. The **NAME** of the product (CADENCE® 700 treadmill).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 18 of this manual.
5. The **DESCRIPTION** of the part(s) from page 18 of this manual.