

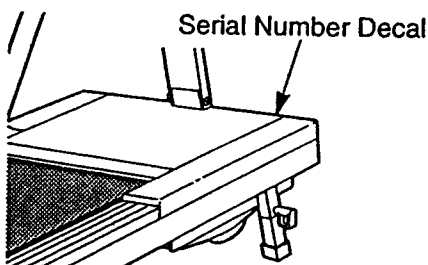
WESLO[®]

CADENCE[®]

725

Model No. WLTL72551

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.

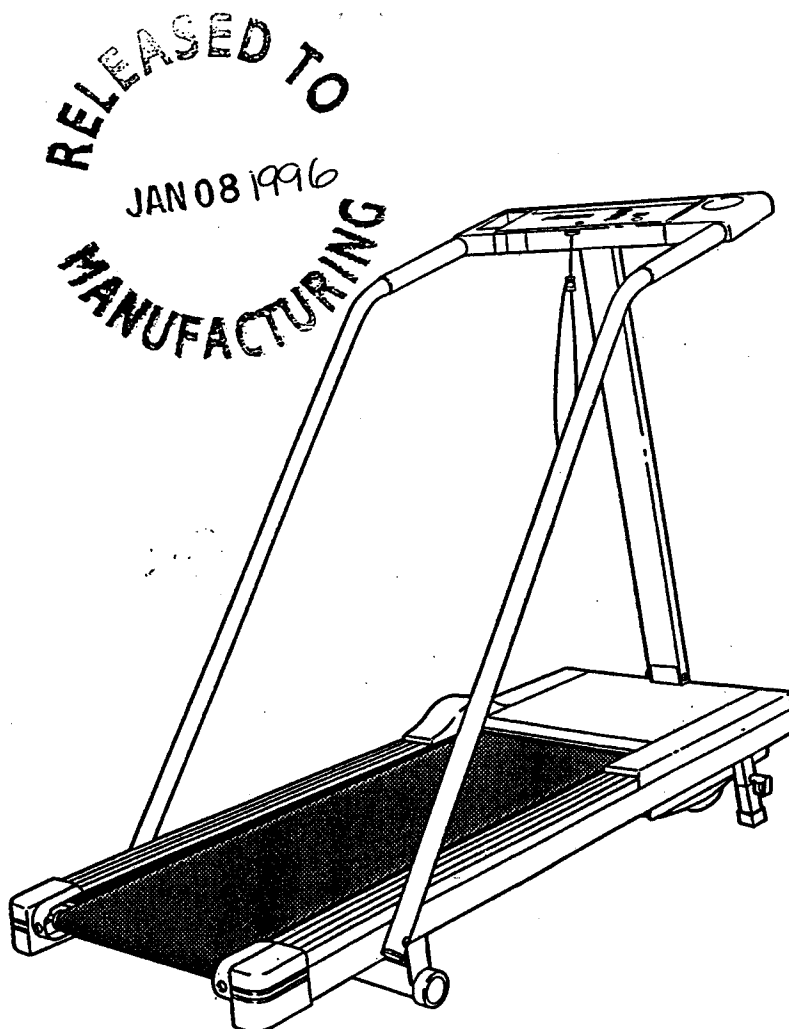
CUSTOMER HOT LINE:

1-800-999-3756

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

⚠ CAUTION

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



OWNER'S 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, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR 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.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN UT 84321-9813

WESLO[®]

CADENCE[®] 725

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RELEASED TO
JAN 08 1996
MANUFACTURING

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

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least 8 feet of clearance behind it. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Do not place the treadmill near water, outdoors, or on any surface that blocks air openings.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. To connect the power cord (see HOW TO PLUG IN THE POWER CORD on page 7), 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.
7. If an extension cord is needed, use a 14-gauge general-purpose cord of five feet or less in length with a three-wire conductor.
8. The roller guards must be 1/8 inch from the rear roller. Remove the SAFEKEY and adjust the roller guards, if necessary.
9. 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.)
10. Never start the treadmill while you are standing on the walking belt. Always hold the handrails when exercising on the treadmill.
11. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear running shoes. Never use the treadmill with bare feet, wearing only stockings or in sandals.*
12. The treadmill should be used only by persons weighing 250 pounds or less. Never allow more than one person on the treadmill at a time.
13. Keep small children and pets away from the treadmill at all times.
14. Never leave the treadmill unattended while it is running. Always remove the SAFEKEY when the treadmill is not in use.
15. Never drop or insert objects into any opening.
16. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. 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.
19. Always unplug the power cord 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.

SAVE THESE INSTRUCTIONS

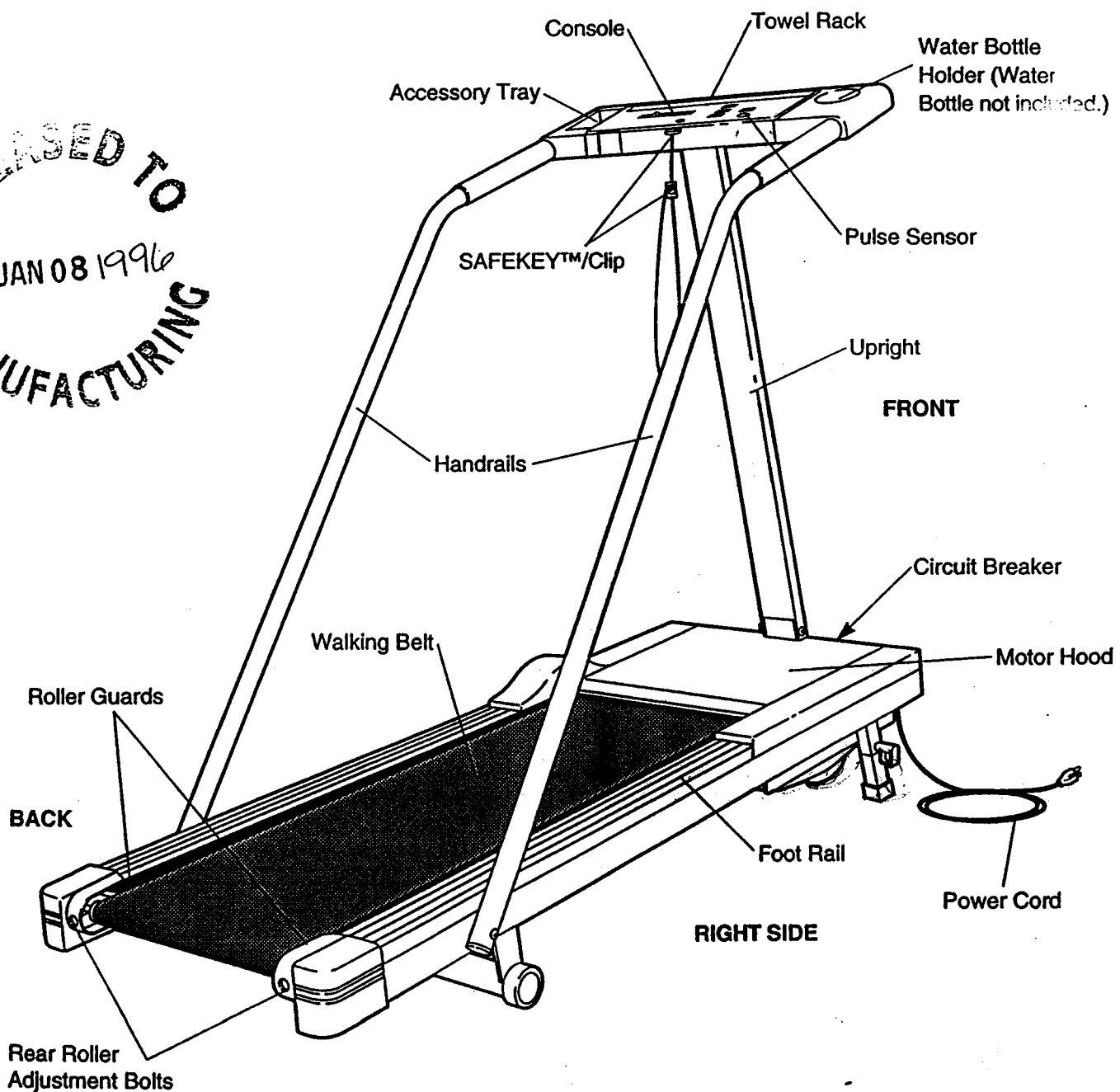
BEFORE YOU BEGIN

Thank you for selecting the WESLO CADENCE® 725 treadmill. The CADENCE 725 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.

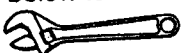
For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m.

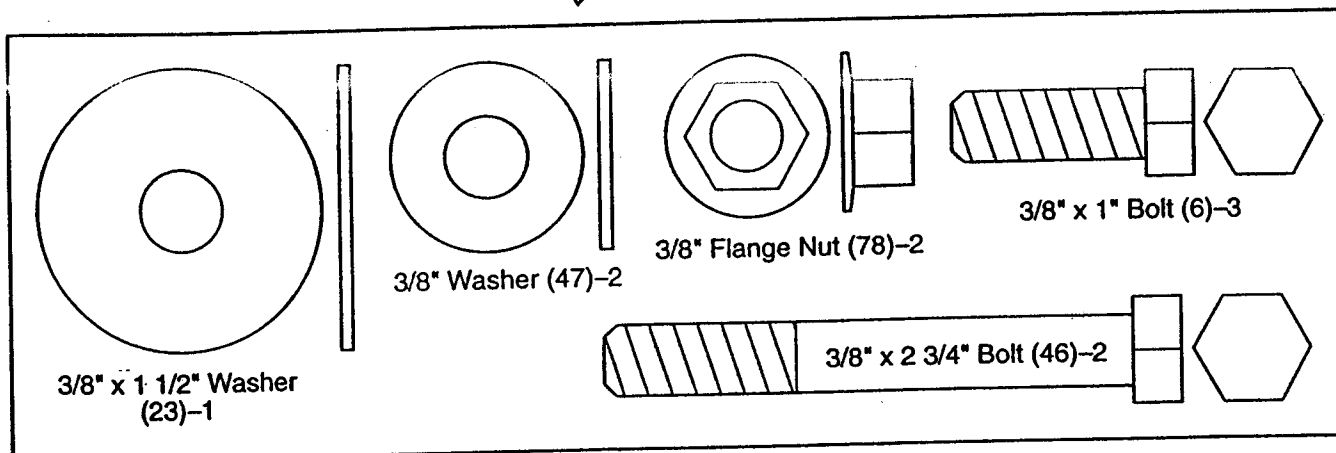
until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WLT72551. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

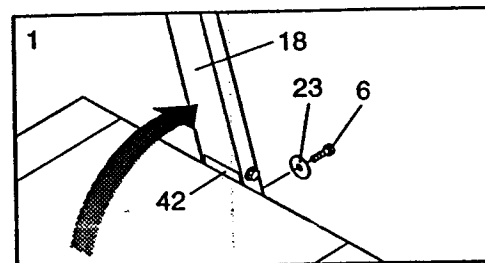


ASSEMBLY

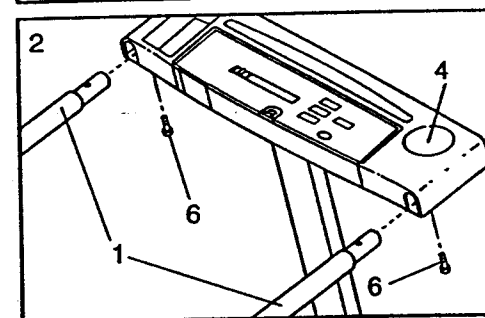
Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Refer to the drawings below to identify small parts used in assembly. **TOOLS REQUIRED FOR ASSEMBLY:** One adjustable wrench  (not included).



1. Raise the Upright (18) to the vertical position. Insert a 3/8" x 1" Bolt (6), with the 3/8" x 1 1/2" Washer (23), into the lower end of the Upright. Finger tighten the Bolt into the Frame (42).

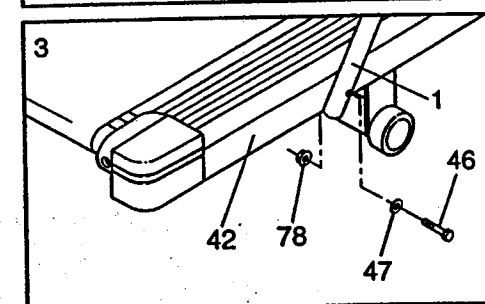


2. Insert the upper end of one of the Handrails (1) into the Console Housing (4). (Note: The two Handrails are identical. Due to the manufacturing process, there is a dimple near the lower end of each Handrail. It makes no difference which side the dimple is on when the Handrails are assembled.) Finger tighten a 3/8" x 1" Bolt (6) into the plate under the Console Housing, and into the Handrail.



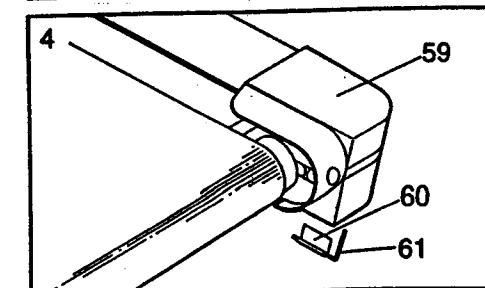
Attach the other Handrail (1) in the same manner.

3. Insert a 3/8" x 2 3/4" Bolt (46), with a 3/8" Washer (47), into the lower end of the right Handrail (1) and the Frame (42). Reach under the Frame and tighten a 3/8" Flange Nut (78) onto the Bolt.



Attach the other Handrail (1) (not shown) in the same manner. **Tighten all Bolts used in steps 1 through 3.**

4. Remove the paper backing from the Wrench Clip (60). Press the Wrench Clip onto the Right Endcap (59) in the indicated location. Press the Allen Wrench (61) into the Wrench Clip.



Make sure that all parts are tightened before you use the treadmill. **Note:** To protect the floor, cover the floor beneath the treadmill.

OPERATION AND ADJUSTMENT

THE LOW-MAINTENANCE WALKING BELT

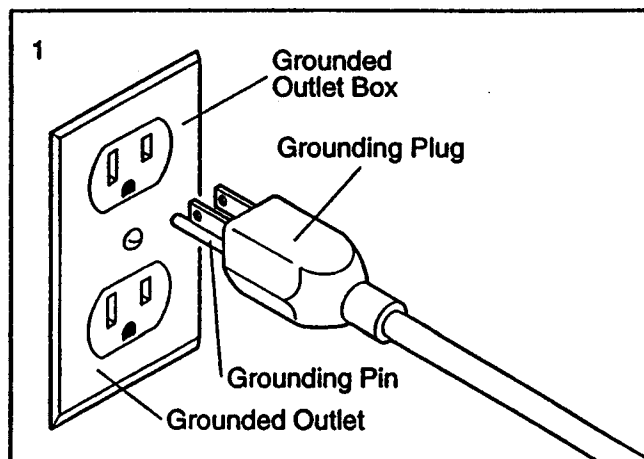
Your treadmill features a low-maintenance walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. During the first few hours of use, it is normal for a small amount of white powder to appear on the foot rails and the walking platform. The white powder is high-performance lubricant from 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.

HOW TO PLUG IN THE POWER CORD

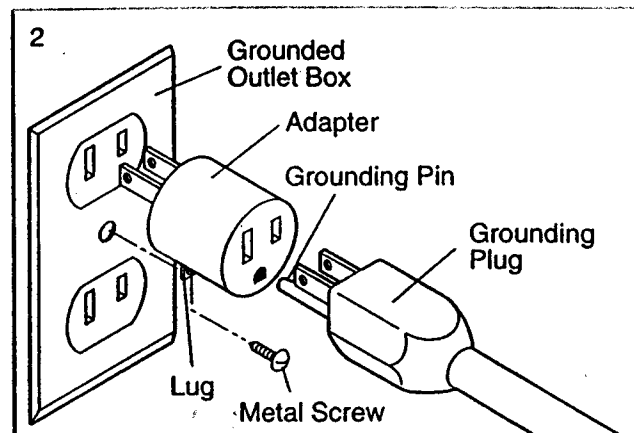
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. Plug the power cord into an 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 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.

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

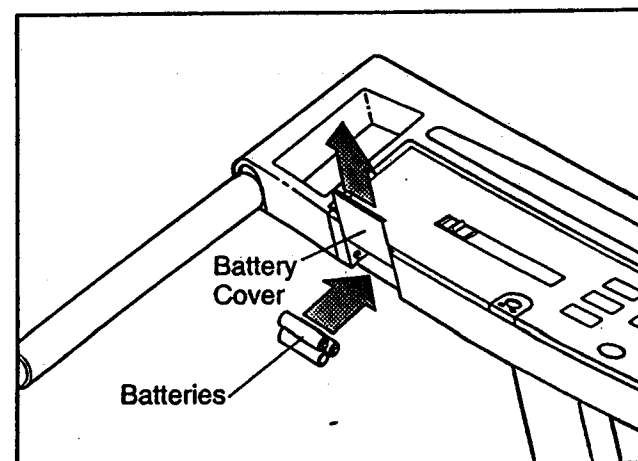


temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter 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.

HOW TO INSTALL BATTERIES IN THE CONSOLE

The console requires three "AA" batteries (not included); alkaline batteries are recommended. Slide the battery cover up. Press three batteries into the battery compartment, with the negative (-) ends of the batteries touching the springs. Close the battery cover.



WESLO® Fitness Guide Electronics

TRAINING ZONES WARM UP FAT BURN AEROBIC PERFORMANCE

SPEED • RESET 1 • • • • • 10 MPH

1.5 • • • • • 16 MPH

Speed Control

Displays

TIME/DISTANCE 8888

SPEED 888

CALORIES/PULSE 888

ON/CLEAR

SAFEKEY

Clip

Pulse Sensor

STEP-BY-STEP OPERATION:

- 1 INSERT SAFEKEY
- 2 PRESS ON/CLEAR BUTTON
- 3 RESET SPEED, THEN SET TO DESIRED LEVEL

CAUTION: TO AVOID INJURY:

- Read Owner's Manual first.
- Don't stand on walking belt when starting treadmill.
- Moving parts can cause injury; use caution, and keep children away.
- Stop if you feel faint, dizzy, or short of breath.

IMPORTANT: This pulse sensor is not a medically certified device. External factors such as movement and thumb pressure may affect heart rate readings.

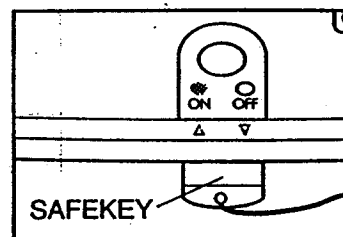
Note: If there is a thin sheet of clear plastic on the face of the console, remove it. Be careful to avoid spilling liquids on the console.

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

- Do not stand on the walking belt when turning on the power.
- Always wear the clip while operating the treadmill. When the SAFEKEY is removed from the console, the power will shut off.
- After the speed control is moved, there will be a pause before the walking belt begins to move. Adjust the speed in small increments until you are familiar with the treadmill.
- The training zones marked above the speed control are general guidelines only. Read **CONDITIONING GUIDELINES** on page 12 to determine the proper exercise level.

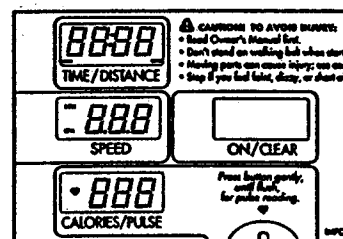
1 Insert the **SAFEKEY** fully into the power switch.

Note: The three displays will not appear yet, unless batteries were just installed.



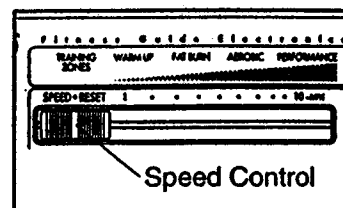
5 Press the ON/CLEAR button.

When the ON/CLEAR button is pressed, the three displays will appear. Note: If batteries were just installed, the displays will already appear.



3 Reset the speed control and start the walking belt.

Slide the speed control all of the way to the left, to the "SPEED RESET" position. Next, slide the control to the right until the walking belt begins to move at slow speed.



STEP BY STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7).

Next, step onto the foot rails of the treadmill. Find the clip attached to the SAFEKEY (see the drawing above), and slide the clip onto the waistband of your clothing.

8 Follow the simple steps below to operate the console:

Carefully step onto the walking belt and begin

RELEASE
JAN

MAN

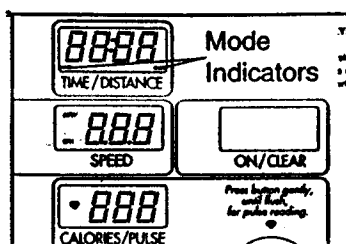
walking. Change the speed of the walking belt as desired by sliding the speed control. Note: To stop the walking belt, step onto the foot rails and slide the speed control to the "SPEED RESET" position.

4 Follow your progress with the three displays.

TIME/DISTANCE display

This display shows the elapsed time and the total distance that you have walked or run.

Every seven seconds, the display will alternate between elapsed time (the left mode indicator will appear) and total distance (the right mode indicator will appear). Note: When the walking belt is stopped, the elapsed time will pause.



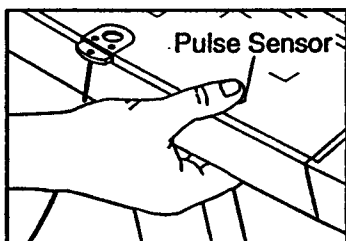
SPEED display—This display shows the speed of the walking belt, in miles per hour (MPH) or kilometers per hour (KPH). To change the display from MPH to KPH, hold down the ON/CLEAR button for five seconds. The MPH indicator will disappear, and the KPH indicator will appear. Note: If MPH is selected, the distance will also be displayed in miles; if KPH is selected, the distance will be displayed in kilometers.

CALORIES/PULSE display—This display shows the approximate number of nutritional Calories you have burned. It also shows your heart rate when your thumb is on the pulse sensor (see step 5 below).

Note: To reset the three displays, press the ON/CLEAR button.

5 Measure your pulse, if desired.

To use the pulse sensor, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure-activated.

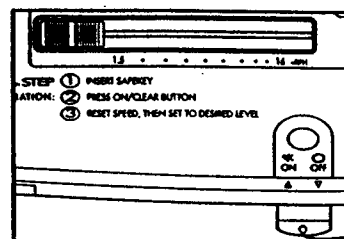


Fully press down the pulse sensor. Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected. Next, slightly raise your thumb until the heart-shaped indicator in the PULSE display flashes steadily. Hold your thumb at this level. After 5 to 10 seconds, your pulse will be displayed. If the displayed pulse appears to be too

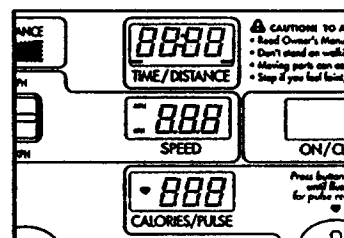
high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the sensor. Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

6 When you are finished exercising, stop the walking belt and remove the SAFEKEY.

Step onto the foot rails and slide the speed control to the "SPEED RESET" position. Remove the SAFEKEY from the console. Store the SAFEKEY in a secure location.



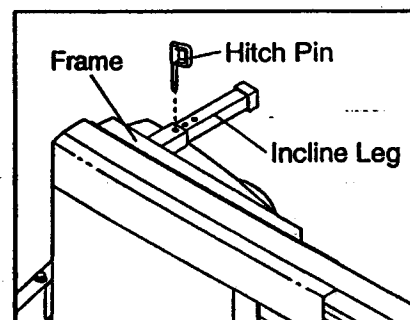
Note: The three displays will not turn off when the SAFEKEY is removed. About five minutes after the walking belt is stopped, the displays will turn off automatically.



HOW TO CHANGE THE INCLINE

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are three different incline settings. Before changing the incline, remove the SAFEKEY and unplug the power cord. In addition, remove any liquids from the beverage holder.

To change the incline, carefully lay the treadmill on its left side. Remove the hitch pin from the right incline leg as shown. Adjust the incline leg to the desired height



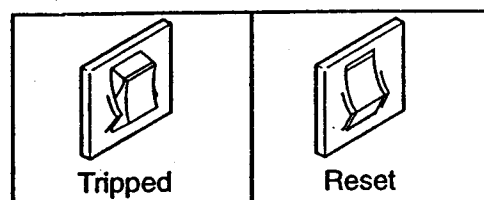
and fully re-insert the hitch pin. Lay the treadmill on its right side. Repeat the procedure for the left incline leg. **CAUTION:** Before exercising on the treadmill, make sure that the hitch pins are fully inserted, and that both incline legs are at the same height.

TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies to your treadmill and follow the steps listed. If further assistance is needed, 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).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) 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 SAFEKEY is fully inserted into the console. (See step 1 on page 8.)
- Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

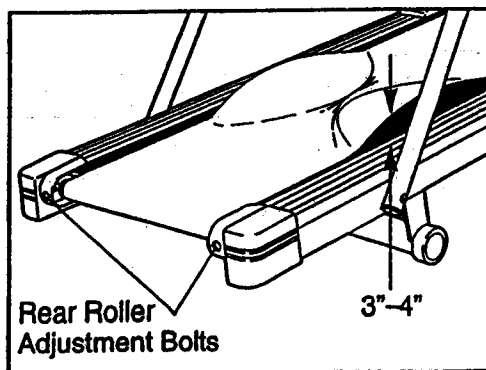
- Check the circuit breaker located on the treadmill frame near the power cord. If the circuit breaker has tripped, the switch will protrude. (See the drawing above.) To reset the circuit breaker, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the SAFEKEY from the console. Reinsert the SAFEKEY fully into the console.

3. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

- Check the batteries in the console. (See HOW TO INSTALL BATTERIES IN THE CONSOLE on page 7). Most problems are the result of drained batteries.

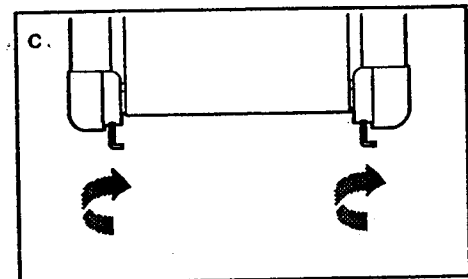
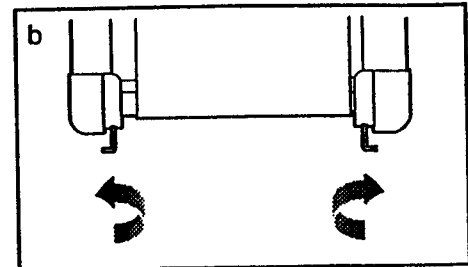
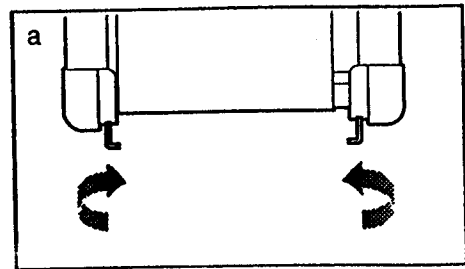
4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the SAFEKEY 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 to 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 SAFEKEY and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



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

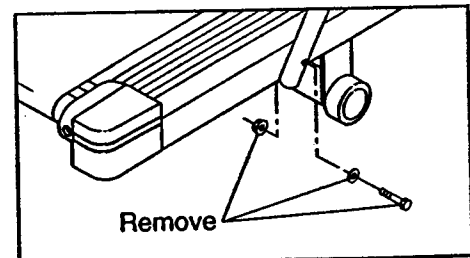
- a. If the walking belt has shifted to the left, first remove the **SAFEKEY** and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the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



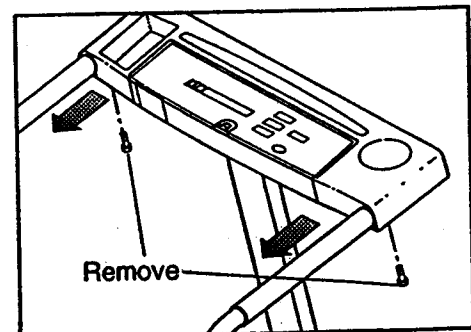
STORAGE

Unplug the power cord when the treadmill is not in use.

Remove the bolt, washer, and nut from the lower end of each handrail.

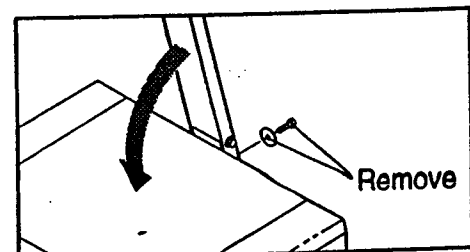


Remove the bolt from the upper end of each handrail. Slide the handrails out of the console housing.



Remove the bolt and washer from the lower end of the upright. Lay the upright on the treadmill. *Keep all bolts and washers in a secure location.*

It is recommended that the batteries be removed from the console and the treadmill be covered during extended periods of storage.



CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 25 or individuals with pre-existing health problems.

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

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

EXERCISE INTENSITY

Whether you want to burn fat, strengthen your cardiovascular system, or increase your athletic performance, you can tailor your exercise to your specific goals. The key to achieving the desired results is to exercise with the proper intensity.

Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, set the speed control on the console to FAT BURN to help you to maintain the proper intensity level. (See page 8.)

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. The proper intensity level for aerobic exercise can be found by using your pulse as a guide. As you exercise, your pulse should be kept at a level between 70% and 85% of your maximum possible heart rate. This is known as your training zone. You can find your training zone in the table at the top of this page. Training zones are listed according to age and physical condition. During the first few months of your exercise program, keep your pulse near the low end of your training zone as you

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

exercise. After a few months of regular exercise, your pulse can be gradually increased until it is near the middle of your training zone as you exercise. You can measure your pulse using the pulse sensor. Exercise for about four minutes, and then measure your pulse immediately. If your pulse is too high, decrease the intensity of your exercise. If your pulse is too low, increase the intensity of your exercise.

Performance Training

If your goal is high performance athletic conditioning, set the speed control on the console to PERFORMANCE to help you to maintain the proper intensity level. (See page 8.)

WORKOUT GUIDELINES

When exercising, wear appropriate attire. Do not wear clothing that could become caught in the treadmill. Always wear athletic shoes for foot protection. Each workout should include three basic parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

Warming Up

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 (see SUGGESTED STRETCHES on page 13).

Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down

Finish each workout with 5 to 10 minutes of stretching

to cool down. This will increase the flexibility of your muscles and will help 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, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

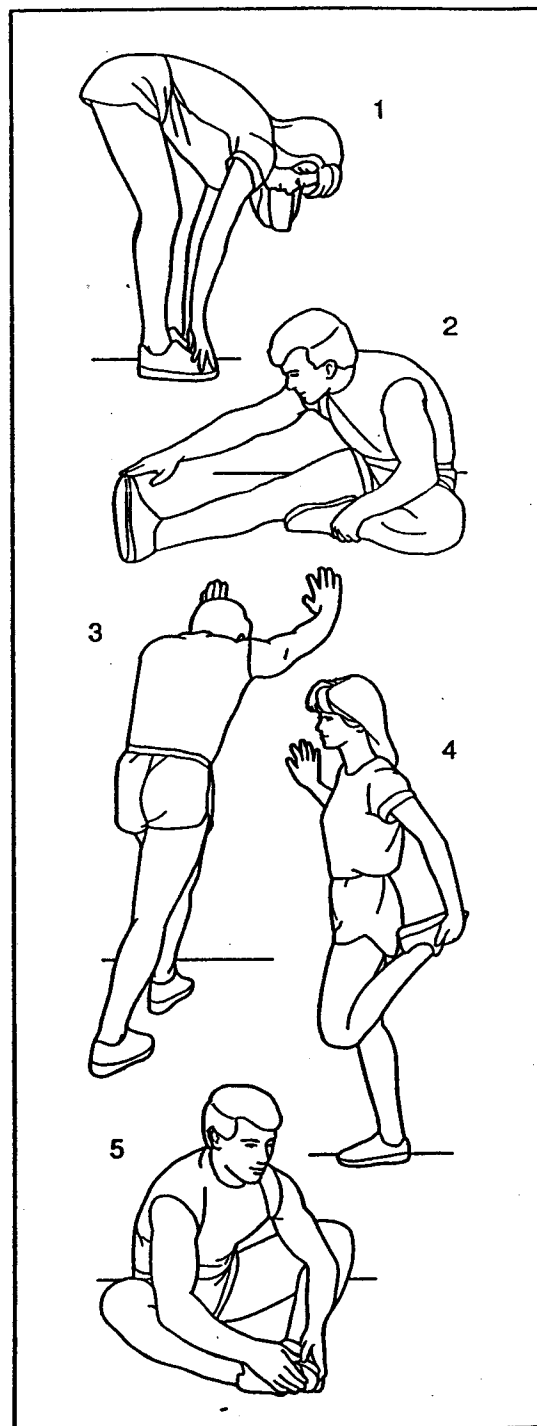
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



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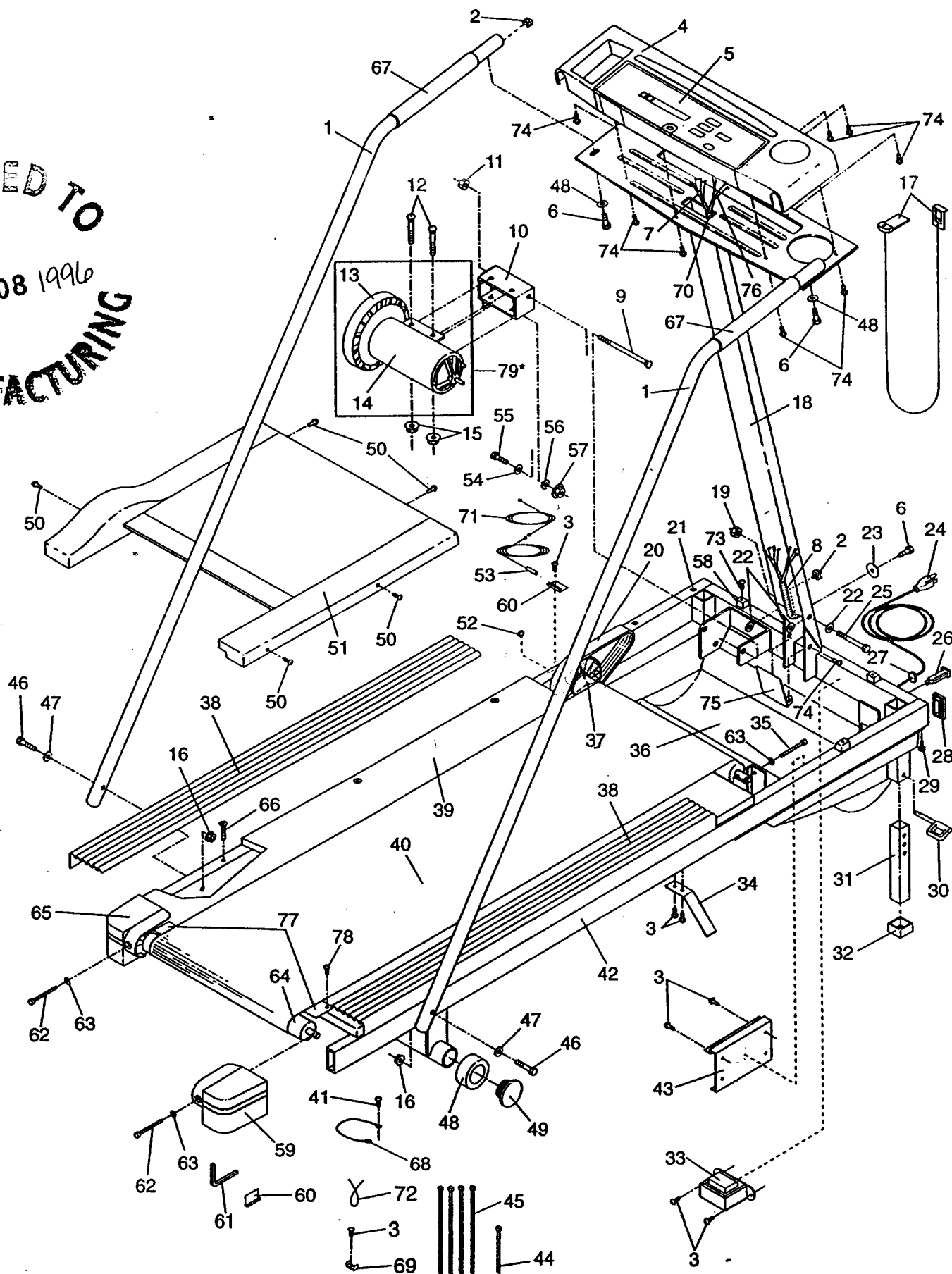
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Handrail w/Foam	42	1	Frame
2	3	Cage Nut	43	1	Controller
3	11	Screw	44	1	4" Cable Tie
4	1	Console Hoisting	45	4	6" Cable Tie
5	1	Console	46	2	3/8" x 2 3/4" Bolt
6	2	3/8" x 1" Bolt	47	2	3/8" Washer
7	1	70" Wire Harness	48	2	Rubber Cushion
8	1	12" Cable Loom	49	2	Rear Leg Cap
9	1	Motor Pivot Bolt	50	5	Hood Screw
10	1	Motor Pivot Bracket	51	1	Hood
11	1	Motor Pivot Nut	52	1	Magnet
12	2	Motor Bolt	53	1	Reed Switch
13	1	Pulley/Flywheel/Fan	54	1	Motor Tension Washer
14	1	Motor	55	1	Motor Tension Bolt
15	2	Motor Nut	56	1	Star Washer
16	2	3/8" Flange Nut	57	1	Motor Tension Nut
17	1	SAFEKEY™/Clip	58	4	Hood Anchor
18	1	Upright	59	1	Right Endcap
19	1	Upright Pivot Nut	60	2	Wrench Clip
20	1	Belt	61	1	3/16" Allen Wrench
21	1	Wire Clip	62	2	Rear Roller Adjustment Bolt
22	3	Upright Pivot Washer	63	3	Roller Adj. Washer
23	1	3/8" x 1 1/2" Washer	64	1	Rear Roller
24	1	Power Cord	65	1	Left Endcap
25	1	Upright Pivot Bolt	66	6	Platform Screw
26	1	Circuit Breaker	67	2	Foam Grip
27	1	Power Cord Grommet	68	1	Ground Wire
28	2	Frame Endcap	69	1	Tie Block
29	12	Safety Cover Screw	70	1	6" Cable Loom
30	2	Incline Pin	71	1	Reed Switch Extension Wire
31	2	Incline Leg	72	1	Tie
32	2	Incline Leg Cap	73	4	Hood Anchor Screw
33	1	Choke	74	9	Console Screw
34	2	Belt Guide	75	1	Upright Cover
35	1	Front Roller Adj. Bolt	76	1	70" Wire Harness, Red Ends
36	1	Safety Cover	77	2	Rear Roller Guard
37	1	Front Roller/Pulley	78	2	Roller Guard Screw
38	2	Foot Rail	79*	1	Motor/Pulley/Flywheel/Fan
39	1	Walking Platform	#	1	8" White Wire, Male/Female
40	1	Walking Belt	#	1	Owner's Manual
41	1	Ground Screw			

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. WLTL72551

R196A

RELEASED TO
JAN 08 1996
MANUFACTURING



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:

- The **MODEL NUMBER** of the product (WLTL72551).
- The **NAME** of the product (WESLO CADENCE® 725 treadmill).
- The **SERIAL NUMBER** of the product (see the front cover of this manual).
- The **KEY NUMBER** of the part(s) (see page 14 of this manual).
- The **DESCRIPTION** of the part(s) (see page 14 of this manual).

If possible, place the treadmill near your telephone for easy reference when calling.