

WESLO®

CADENCE®

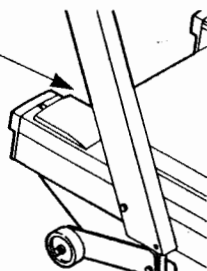
865

0-10 mph • 2.0 hp • power incline • 1008 sq in. expanded deck™

Model No. WLT86540

Serial No. _____

Serial
Number
Decal



QUESTIONS?

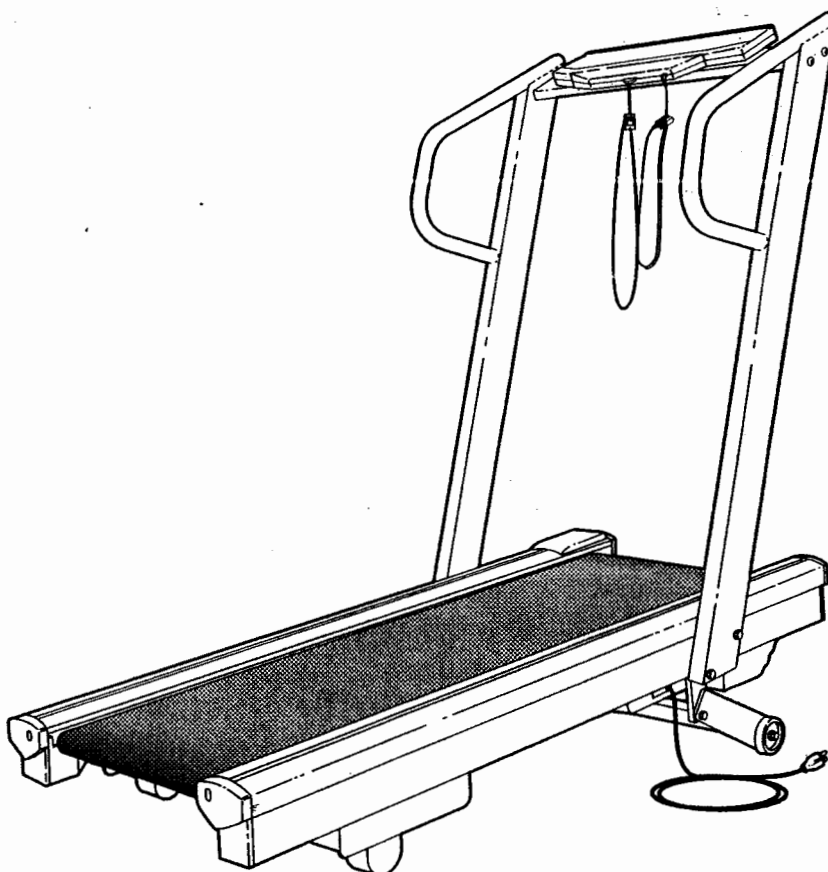
As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE 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

WESLO®

CADENCE®

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0-10 mph • 2.0 hp • power incline • 1008 sq in. expanded deck™

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
OPERATION AND ADJUSTMENT	6
TROUBLE-SHOOTING	11
CONDITIONING GUIDELINES	13
PART LIST	14
EXPLODED DRAWING	15
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 OPERATION AND ADJUSTMENT on page 6), 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.

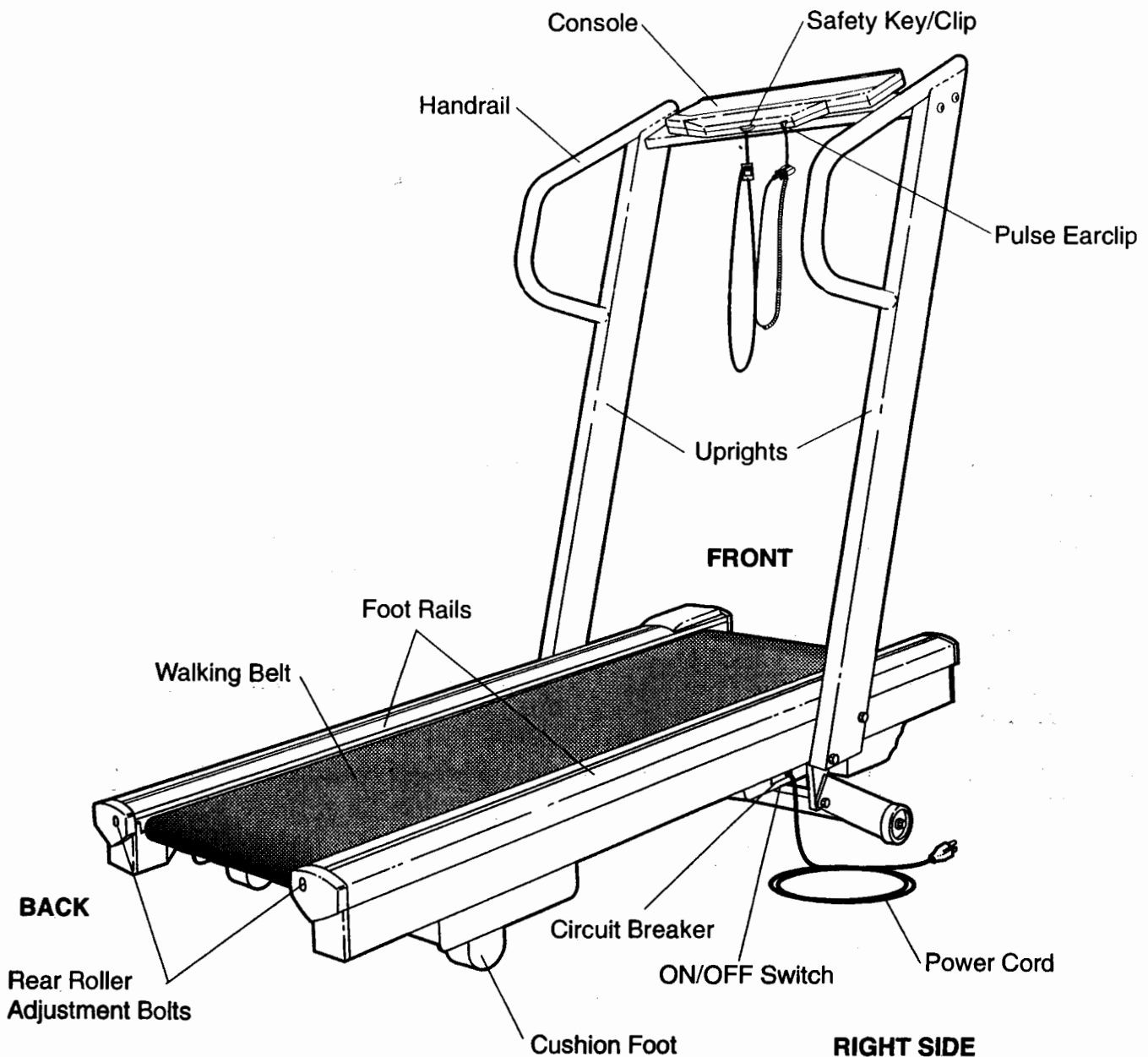
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the WESLO CADENCE® 865 treadmill. The CADENCE 865 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.

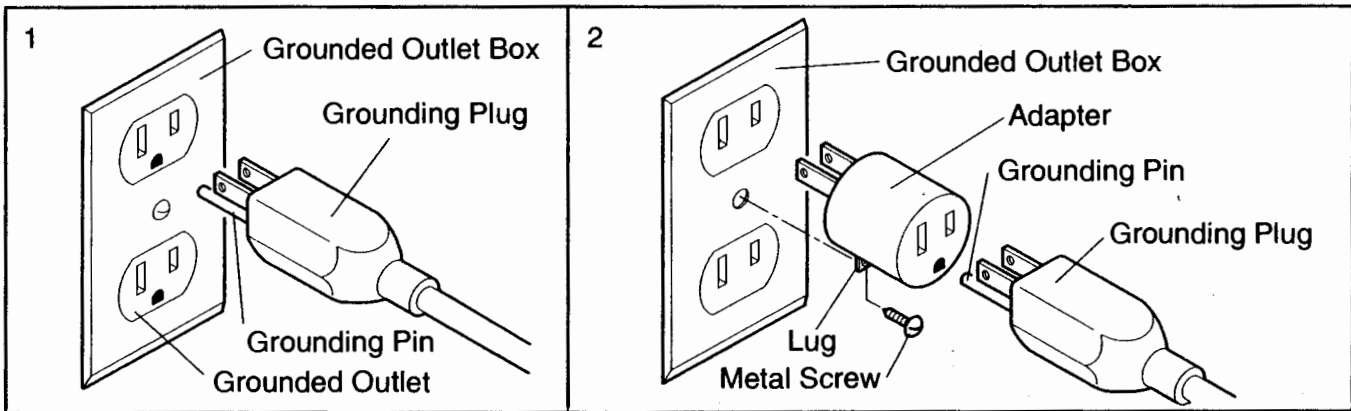
For your safety and benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WLT86540. 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.



⚠ 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.**

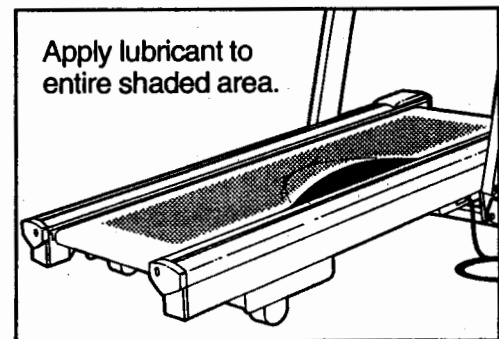


BREAKING IN THE MAINTENANCE-FREE WALKING PLATFORM

IMPORTANT: This treadmill features a maintenance-free walking platform. **After completion of the following break-in procedure**, the walking platform requires no further maintenance. The walking platform must be broken in completely so that the coating on the walking platform impregnates the walking belt. If this is not done, the treadmill may function erratically. Follow the steps below to break in the walking platform completely.

1. Adjust the incline of the treadmill to the highest setting. (See pages 9 and 10.)
2. Adjust the speed of the walking belt to about 3 or 4 miles per hour. (See pages 9 and 10.) Hold the handrail and begin walking on the treadmill. **Be sure to walk on all areas of the walking belt**—not only on the center. Continue for 5 to 10 minutes, or until the walking belt no longer slows as you walk.

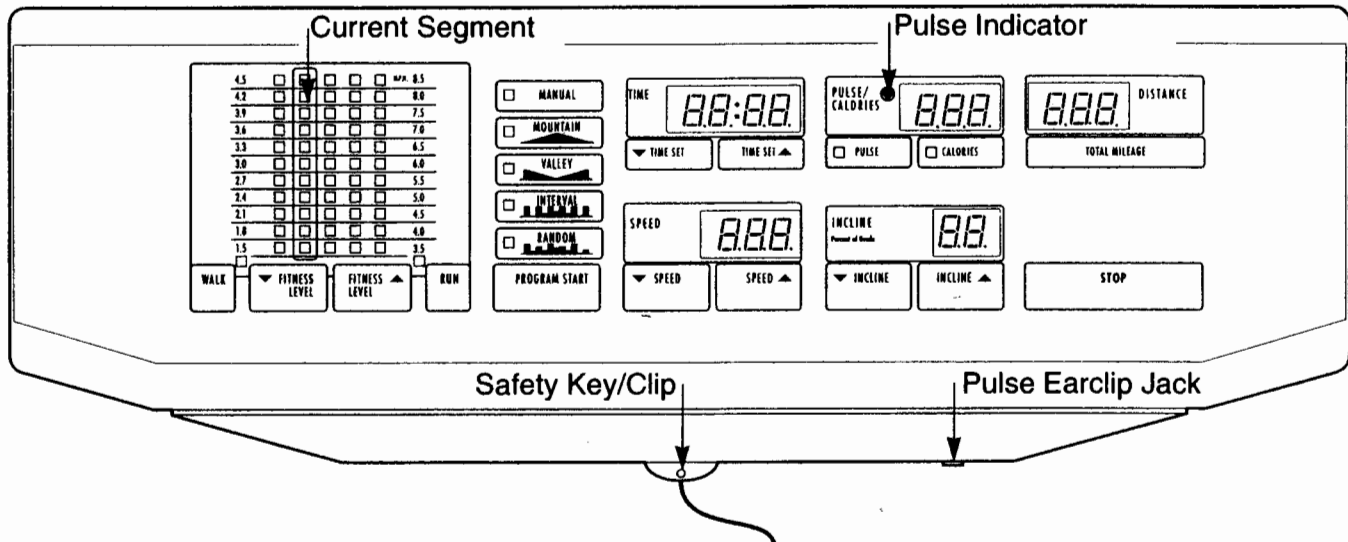
3. To complete the break-in procedure, first **stop the walking belt and unplug the power cord**. Lift each side of the walking belt and apply the included lubricant generously to the area of the walking platform shown at the right. This one-time application completes the break-in of the maintenance-free walking platform. **IMPORTANT:** The included 100% silicone lubricant is specially formulated for this one-time application. Do not apply any other silicone lubricant or spray. Such substances may damage the walking platform and cause excessive wear or premature failure of the treadmill.



Note: The treadmill may function erratically during the break-in procedure. The walking belt may slow to a stop or surge in speed, and an error code ("E1," "E2," "E3," etc.) may appear in the SPEED display. If this happens, remove the safety key, wait for ten seconds and then reinsert it.

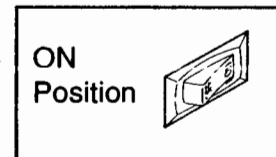
DIAGRAM OF THE CONSOLE

The heart of the treadmill is the state-of-the-art programmable console. The console offers both manual and program operation, and features an array of independent LED displays to give you continuous exercise feedback. **Please read these instructions carefully before operating the console. Note: If there is a sheet of protective 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 (see the drawing at the right). Plug in the power cord (see PLUGGING IN THE POWER CORD on pages 6 and 7). All displays and indicators on the console will flash three times.



Stand on the frame rails of the treadmill, find the clip attached by a cord to the safety key, and slide the clip onto the waistband of your clothing.

⚠ WARNING: Do not stand on the walking belt while turning on the power. Always wear the clip when operating the treadmill. If you fall, the safety key will be pulled from the console, instantly turning off the power.

Insert the safety key into the console. The indicator on the MANUAL button and the five displays on the right half of the console will light. Note: If the safety key was in the console when the power cord was plugged in, a "PO" will appear in the speed display. If this occurs, remove the safety key, wait for five seconds and then reinsert it.

MANUAL OPERATION

When the power is turned on, the console will be in the manual mode and the walking belt will be stationary. The speed of the walking belt can be controlled by pressing 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 miles per hour. Each time the SPEED decrease button is pressed, the speed will decrease by 0.1 mile per hour. The SPEED buttons can be held down to change the speed rapidly. The speed range is 0.5 miles per hour to 10 miles per hour.

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

Press the SPEED increase button until the walking belt begins to move at slow speed. Hold the handrails and step carefully onto the walking belt. Change the speed of the walking belt as desired by pressing the SPEED buttons. To stop the walking belt, hold down the SPEED decrease button. The walking belt can be stopped quickly, if desired, by pressing the STOP button.

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

PROGRAM OPERATION

In the program mode, the console will control the speed of the treadmill automatically according to preset programs you select. The console offers a selection of four preset programs, each designed to guide you through a different type of workout.

Press the MOUNTAIN, VALLEY, INTERVAL or RANDOM button. The indicator on the button you press will light. Next, press the WALK or RUN button to select the WALK or RUN mode. An indicator will light to show which mode you have selected. If you select the WALK mode, the speed range of the treadmill will be 1.5 miles per hour to 4.5 miles per hour. If you select the RUN mode, the speed range will be 3.5 miles per hour to 8.5 miles per hour.

Each program consists of twenty equal time periods, called segments. One speed setting is programmed for each of the segments. The speed settings of the selected program will be displayed in the vertical columns of indicators on the left side of the console. Four segments of the program are displayed at a time—the first segment will be displayed in the boxed CURRENT SEGMENT column, and the next three segments will be displayed in the columns to the right of the CURRENT SEGMENT column.

In the column to the left of the CURRENT SEGMENT column, two range indicators will show the minimum and maximum speed settings of the program you have selected. 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, all speed settings will increase or decrease by 0.3 miles per hour each time one of the FITNESS LEVEL buttons is pressed. If the RUN mode was selected, all speed settings will increase or decrease by 0.5 miles per hour each time one of the buttons is pressed. Note: The difficulty level of the program can be increased only until the upper range indicator reaches the top of the column, and decreased only until the lower range indicator reaches the bottom of the column.

The program is preset to last for 20 minutes, as shown in the TIME display. The program can be set to last for a different length of time, if desired, by pressing the TIME SET buttons. Each time one of the TIME SET buttons is pressed, the length of time will increase or decrease by twenty seconds. The buttons can be held down to change the length of time rapidly. 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 first segment of the program will be displayed in the CURRENT SEGMENT column, and the treadmill will automatically adjust to the speed setting of the first segment. Hold the handrails, step carefully onto the walking belt and begin exercising. When only three seconds remain in the first segment, a tone will sound and the TIME display will flash three times. When the first segment is completed, it will move to the far left column (where the two range indicators were), the second segment will move to the CURRENT SEGMENT column, and the treadmill will automatically adjust to the speed setting of the second segment. The program will continue like this until the twentieth segment is displayed in the CURRENT SEGMENT column, and no

time remains. A tone will then sound, indicating that the program is finished. If you desire to stop the program before the program is finished, press the STOP button. During the program, the incline of the treadmill can be changed by pressing the INCLINE buttons.

When the program is finished, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL button.

OPERATING THE MONITOR MODES

PULSE: To use the pulse mode, press the PULSE button. The indicator on the PULSE button will light. Plug the pulse earclip into the jack on the front of the console, attach the earclip to your left ear lobe and slide the metal clothes clip onto your collar. When your pulse is detected, the PULSE indicator will flash with each heartbeat. After a few seconds, your pulse will be shown in the PULSE display. 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.

DISTANCE: The DISTANCE display will show the total distance you have walked or run, in miles.

CALORIES: To use the calories mode, press the CALORIES button. The indicator on the CALORIES button will light. The approximate number of nutritional Calories you have burned will be displayed.

TIME: When the console is in the manual mode, the TIME display will show the total time you have walked or run, up to 99 minutes and 59 seconds. (If the treadmill is run for more than 99 minutes and 59 seconds, the walking belt will automatically slow to a stop. This safety feature prevents the treadmill from being left running for long periods of time.) If desired, a time goal can be set. Press the TIME SET buttons to set the length of time that you plan to exercise. Each time one of the TIME SET buttons is pressed, the length of time displayed will change by ten seconds. The buttons can be held down to set a time goal quickly. A time goal can be set for a minimum of 10 seconds up to a maximum of 99 minutes and 50 seconds. As you exercise, the time will be counted down. When the time goal is completed, a tone will sound and the walking belt will slow to a stop.

When a program is selected, the TIME display will show the time remaining in the selected program.

TURNING OFF THE POWER

To turn off the power, remove the safety key from the console. All displays and indicators will darken. Store the safety key in a secure location.

INFORMATION MODE

The console features an information mode to let you keep track of trip time and distance, as well as the total time and distance that the treadmill has been operated. 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. While the trip time and distance are displayed, they can be reset to zero by pressing the TIME SET decrease button.

To view the total time and distance, press the TIME SET 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.

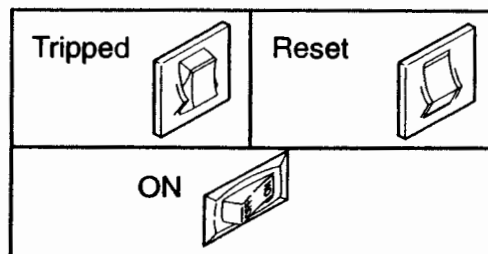
To exit the information mode, remove the safety key.

TROUBLE-SHOOTING

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

- a. Make sure that the power cord is plugged into a properly grounded outlet. (See OPERATION AND ADJUSTMENT on page 6.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- b. 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 OPERATION AND ADJUSTMENT.)
- c. 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.
- d. 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

- a. 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.
- b. Make sure that the power cord is plugged in.
- c. Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.
- d. Check to make sure the ON/OFF switch is in the ON position. (See 1. d. above.)
- e. If the treadmill still will not run, please call our Customer Service Department.

3. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- a. 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.
- b. Stand still while measuring your pulse.
- c. 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 cotton swab saturated with denatured alcohol. NOTE: Various factors, including the user's movement, 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 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.

PART LIST—Model No. WLTL86540

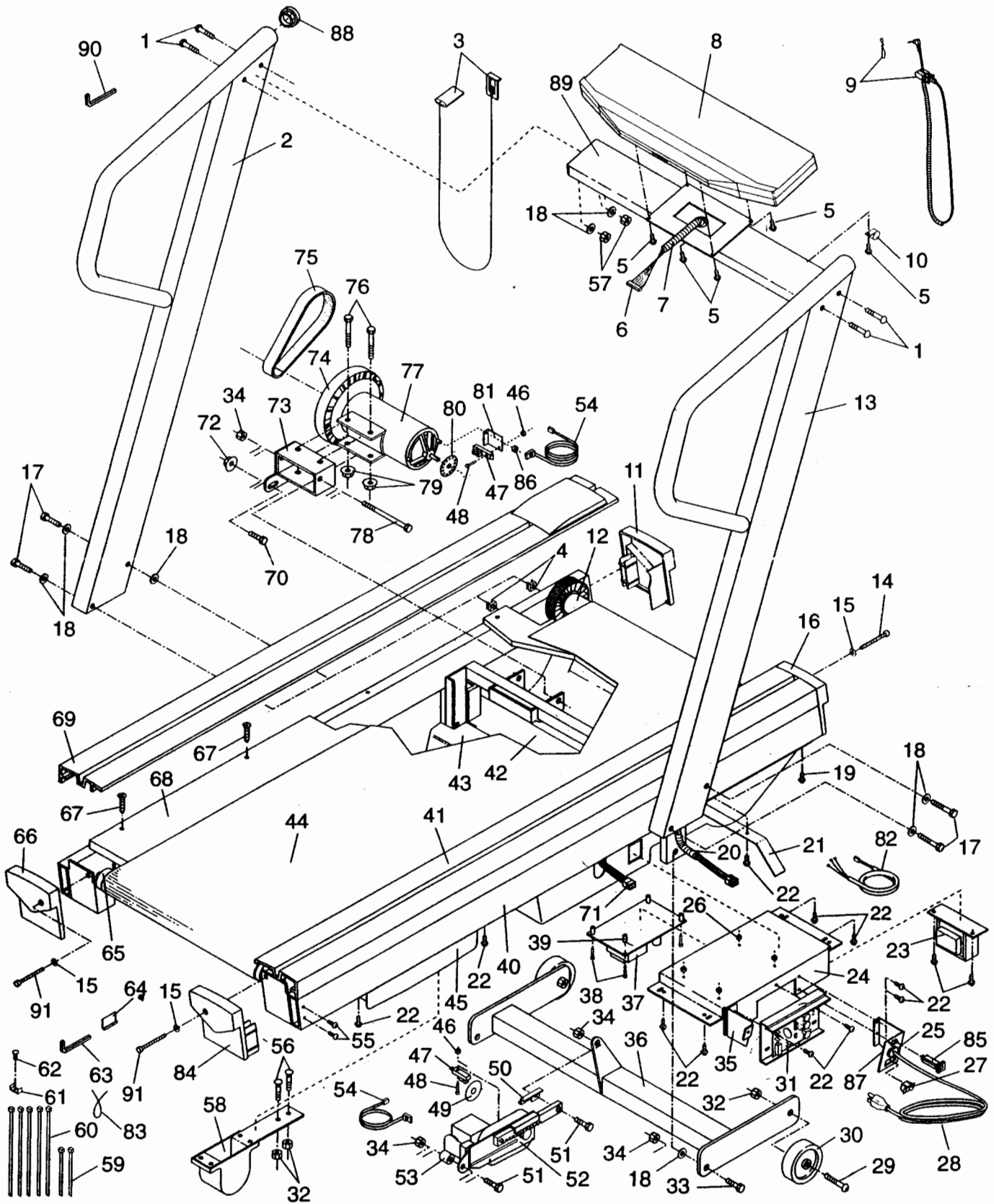
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	3/8" x 2" Bolt	51	2	Incline Motor Bolt
2	1	Left Upright	52	1	Incline Motor
3	1	Safety Key/Clip	53	1	Incline Motor Spacer
4	8	Cage Nut	54	2	Optic Switch Wire Harness
5	4	Console Screw	55	4	Endcap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

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. WLT86540

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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 (WLTL86540).
2. The **NAME** of the product (WESLO CADENCE® 865 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 14 of this manual.
5. The **DESCRIPTION** of the part(s) from page 14 of this 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