

# WESLO®

# ADENCE

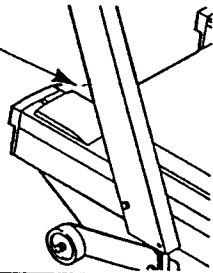
## 865

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

Model No. WLTL86541

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.

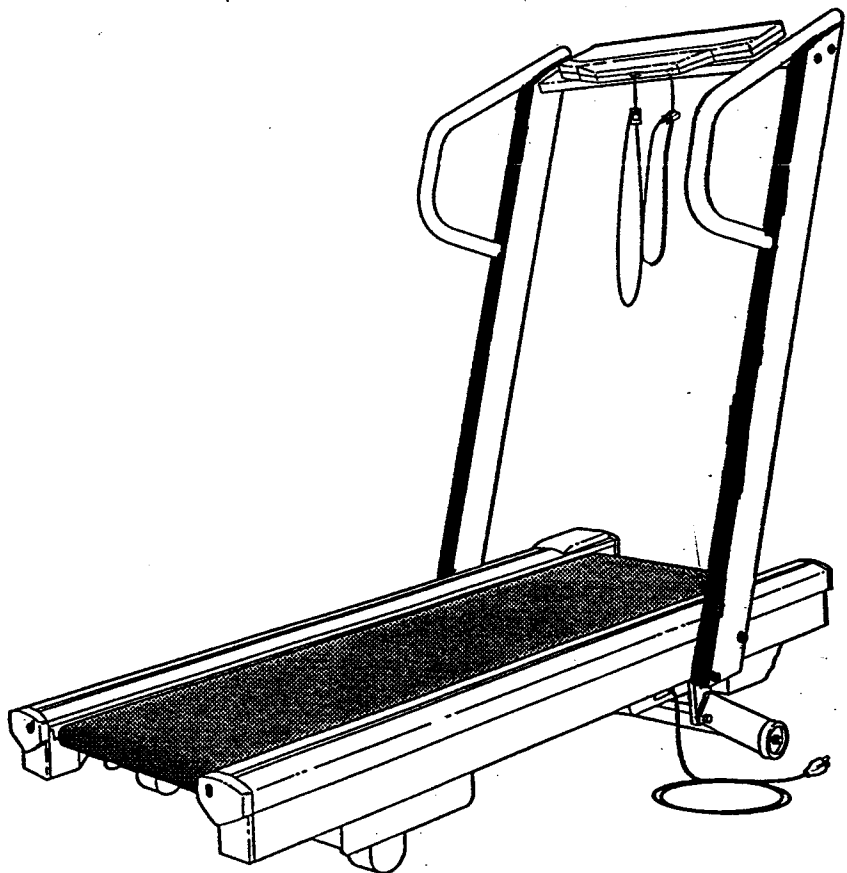
**CUSTOMER HOT LINE:**

**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®

8 6 5

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

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**⚠ 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.

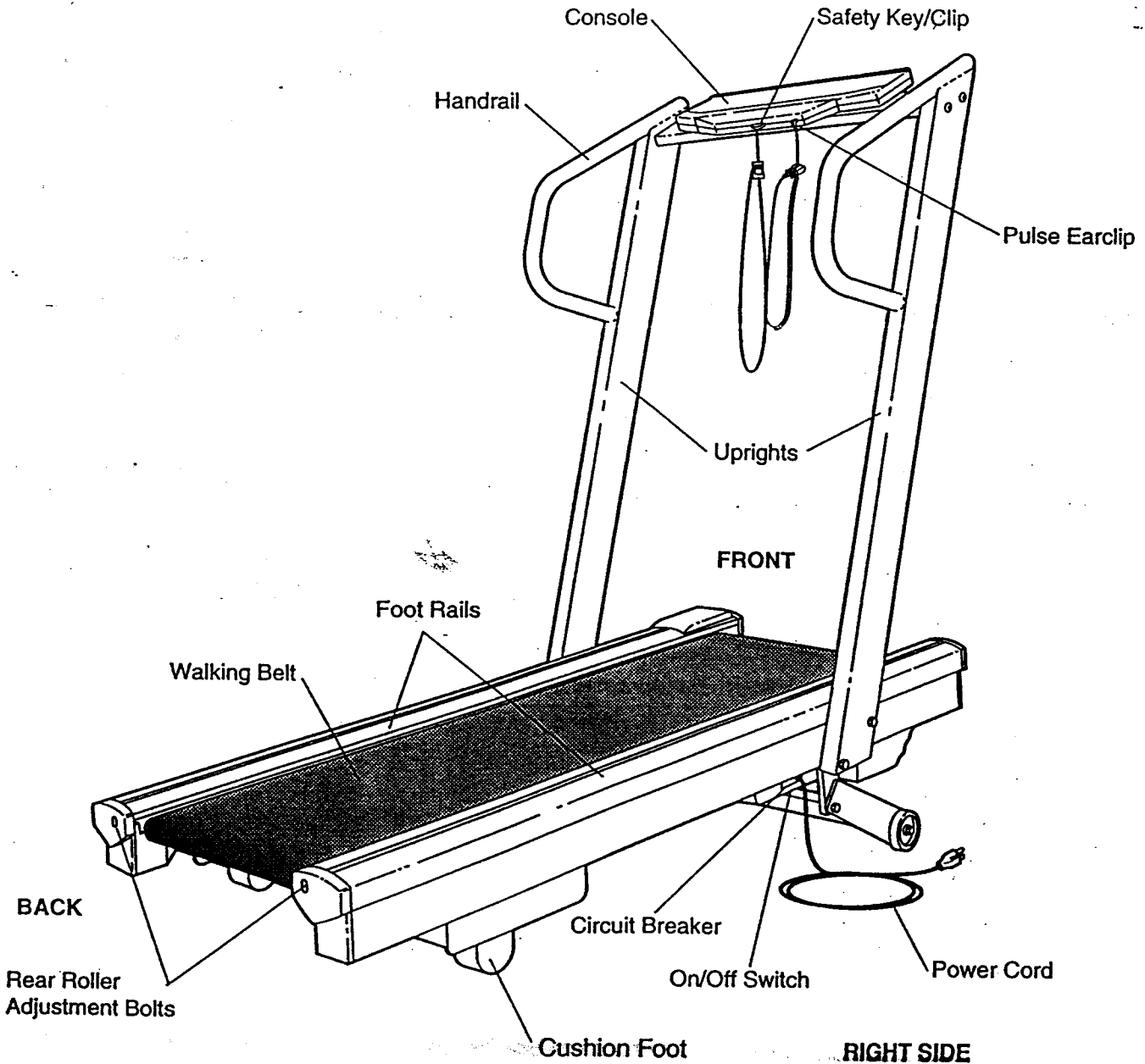
## SAVE THESE INSTRUCTIONS

# 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 WLTL86541. 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.

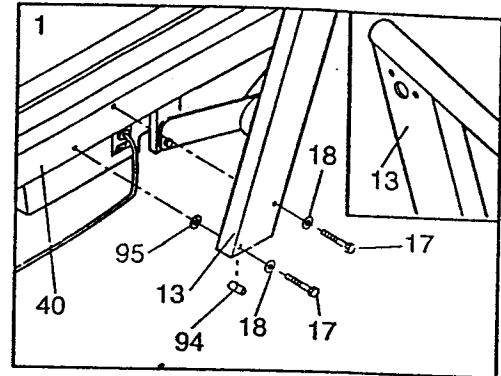


# ASSEMBLY

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 .

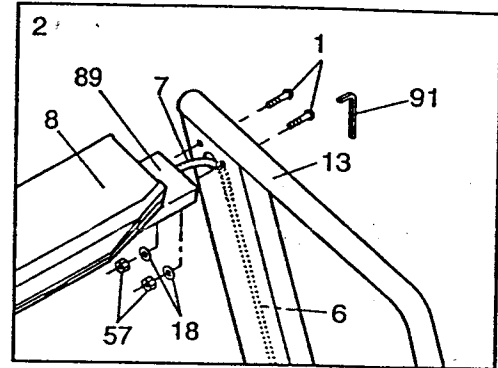
1. Find the Right Upright (13) (see the inset drawing to identify the Right Upright). Hold an Upright Spacer (94) inside the bottom of the Right Upright. Insert a 3/8" x 3 1/2" Bolt (17), with one of the eight Flat Washers (18), through the lower hole in the bottom of the Right Upright and the Spacer. Slide one of the two Star Washers (95) onto the Bolt. Finger tighten the Bolt into the indicated hole in the Frame (50). Insert a 3/8" x 3 1/2" Bolt (17), with a Flat Washer (18), into the higher hole in the bottom of the Right Upright. Finger tighten the Bolt into the indicated hole in the side of the Frame.

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



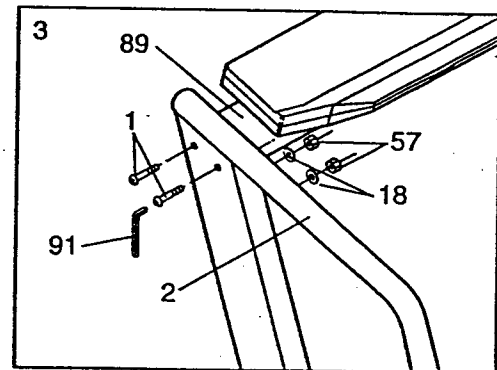
2. Hold the Console (8) near the Right Upright (13). Feed the 70" Wire Harness (6) into the large hole, until the end comes out the bottom of the Right Upright. If necessary, insert your fingers into the bottom of the Right Upright and pull out the end of the 70" Wire Harness. Insert the Cable Loom (7) into the large hole in the Right Upright.

Using the 7/32" Allen Wrench (91) and an adjustable wrench, attach the Console Plate (89) to the Right Handrail (13) with two 3/8" x 2" Bolts (1), Flat Washers (18) and 3/8" Jam Nuts (57).



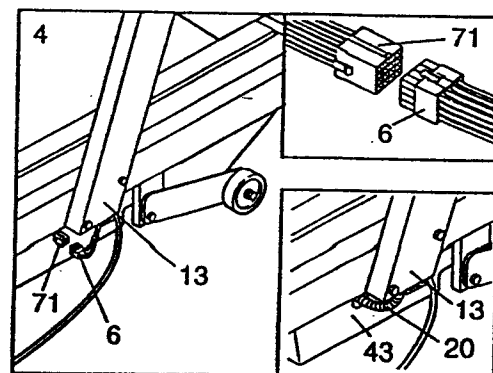
3. Using the 7/32" Allen Wrench (91) and an adjustable wrench, attach the Console Plate (89) to the Left Handrail (2) with two 3/8" x 2" Bolts (1), Flat Washers (18) and 3/8" Jam Nuts (57).

Tighten the four 3/8" x 2 1/2" Bolts (17) used in assembly step 1 (see assembly step 1).

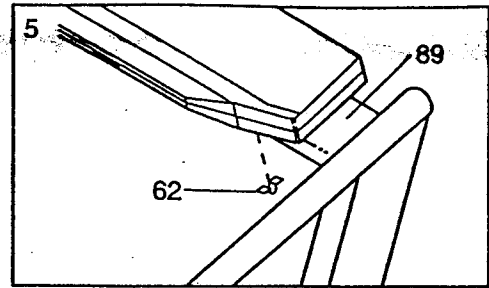


4. Plug the lower end of the 70" Wire Harness (6) into the 20" Wire Harness (71). The small latch on the 70" Wire Harness should snap onto the 20" Wire Harness (see the upper inset drawing). If the Wire Harnesses do not fit easily, turn them; do not force the Wire Harnesses together.

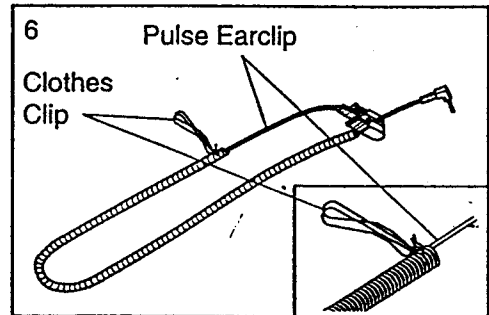
Adjust the 12" Cable Loom (20) around the Wire Harnesses so that the 12" Cable Loom is inserted into the Right Upright (13) and the Safety Cover (43) (see the lower inset drawing). Be careful not to damage the Wire Harnesses.



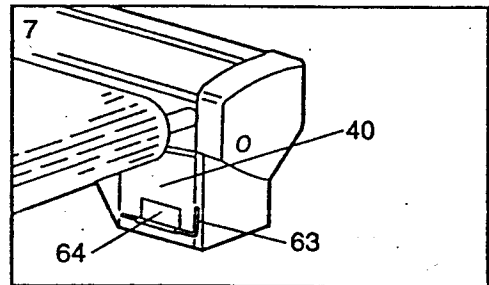
5. Remove the paper backing from the Cable Loom Clip (62). Slide the Clip around the Cable Loom, and press the clip onto the underside of the Console Plate (89) in the indicated location.



6. Slide the metal Clothes Clip onto the Pulse Earclip in the indicated location. The use of the Pulse Earclip is explained in the OPERATING THE MONITOR MODES section on page 9.



7. Remove the paper backing from the Wrench Clip (64). Press the Wrench Clip onto the Frame (40) in the indicated location. Press the Allen Wrench (63) 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.

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## OPERATION AND ADJUSTMENT

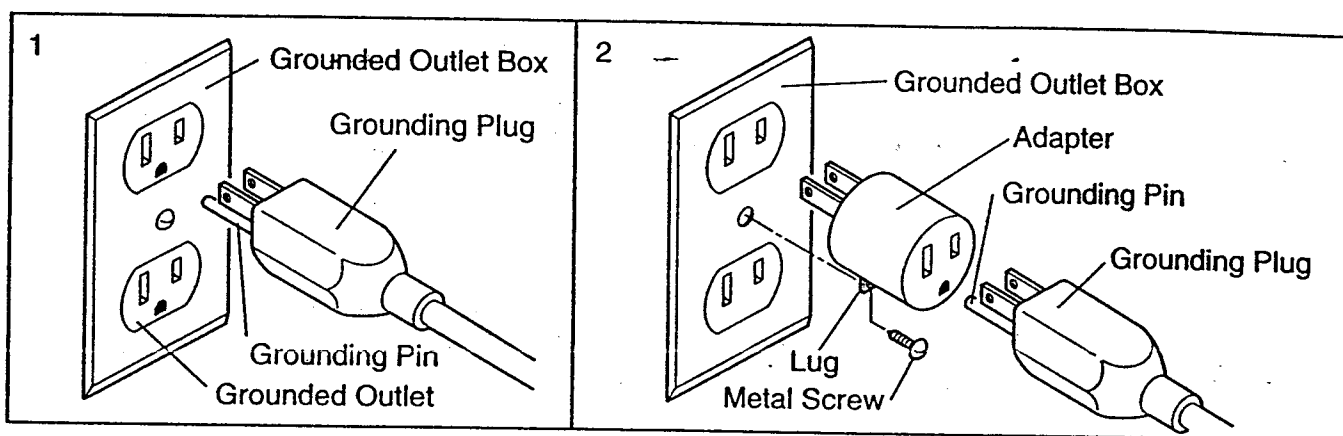
### PLUGGING IN THE POWER CORD

**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.

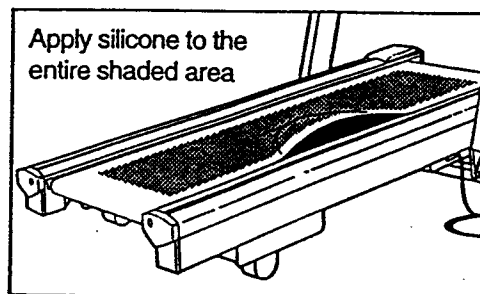
Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.



### 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.

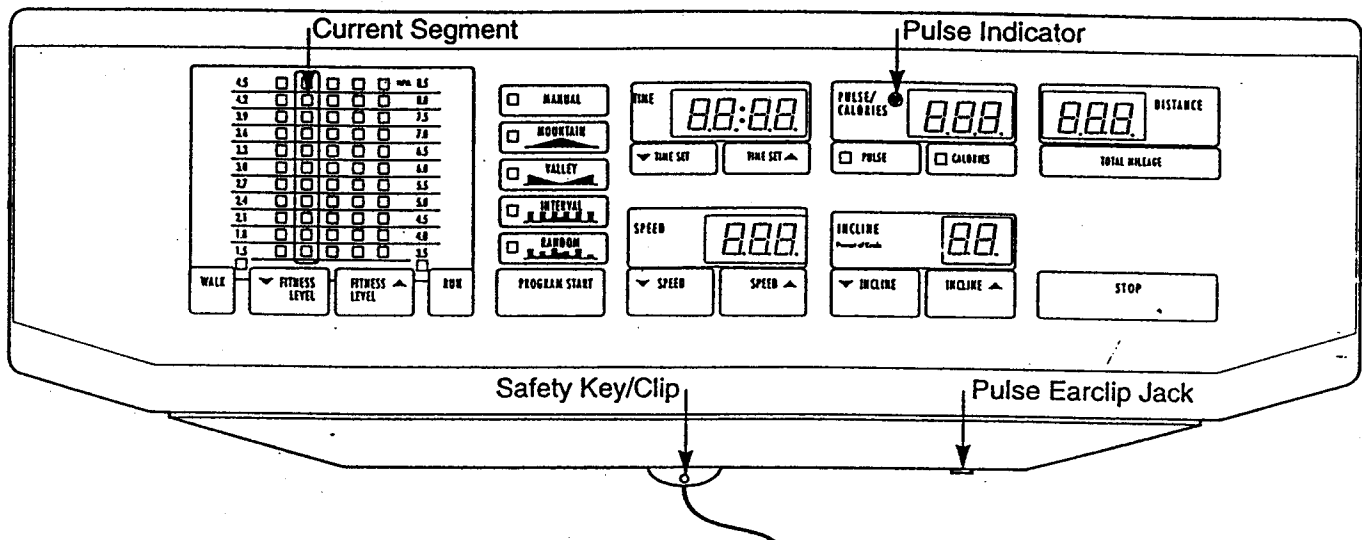
1. Adjust the incline of the treadmill to the highest setting. (See HOW TO CHANGE THE INCLINE on page 9.)
2. Adjust the speed of the walking belt to about 3 or 4 miles per hour. (See HOW TO CHANGE THE SPEED on page 8.) Hold the handrail and begin walking on the treadmill. Be sure to walk on all areas 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.

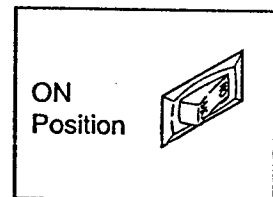
## DIAGRAM OF THE CONSOLE

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.

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

#### HOW TO CHANGE THE SPEED

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.

## HOW TO CHANGE THE INCLINE

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.

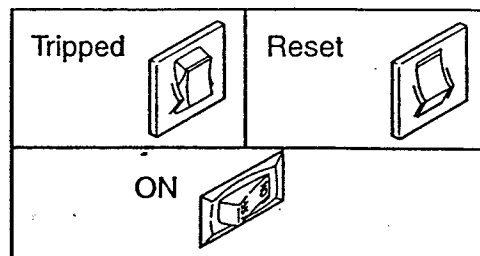
To exit the information mode, remove the safety key.

# TROUBLE-SHOOTING 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

- a. Make sure that the power cord is plugged into a properly grounded outlet. (See **PLUGGING IN THE POWER CORD** 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 **TURING ON THE POWER** on page 8.)
- 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 moistened with water. **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

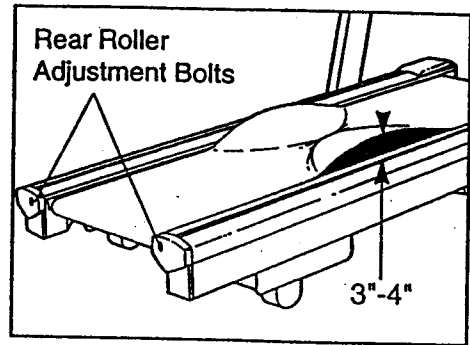
- a. If a console malfunction occurs, an error code ("E1," "E2," "E3," etc.) may appear on the display. If an error code appears, remove the safety key, wait for ten seconds and then reinsert the safety key. If an error code appears again, call our Customer Service Department. Do not operate the treadmill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

## 5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. The first time you use the treadmill, walk on the entire surface of the walking belt for 10 minutes to break in the walking platform. During this initial break-in period, it is normal for the walking belt to slow. (See **BREAKING IN THE MAINTENANCE-FREE WALKING PLATFORM** on page 7.)

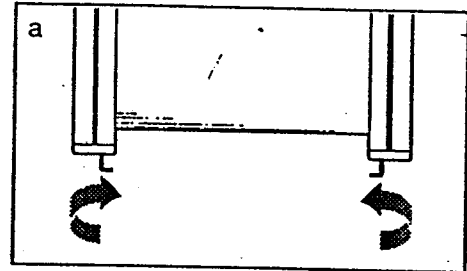
b. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

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.

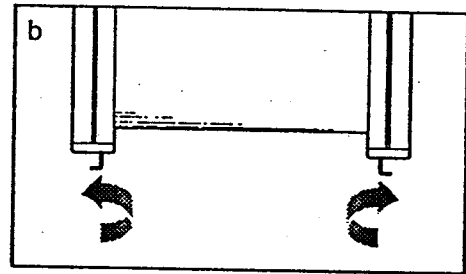


### 6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

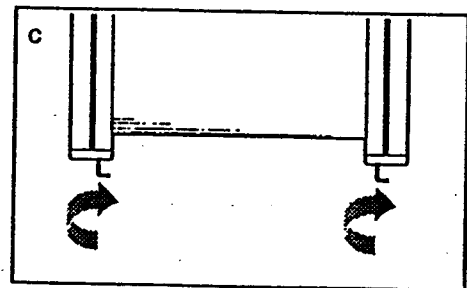
a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the 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.



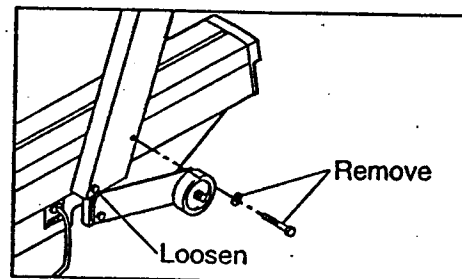
c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3-4 inches 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.



### STORAGE

Unplug the power cord when the treadmill is not in use. Remove one bolt and washer 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.

# PART LIST—Model No. WLTL86541

R1294A

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

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.



# 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 (WLTL86541).
- The NAME of the product (WESLO CADENCE® 865 treadmill).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER of the part(s) from page 14 of this manual.
- The DESCRIPTION of the part(s) from page 14 of this manual.

## LIMITED WARRANTY

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.

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