

WESLO®

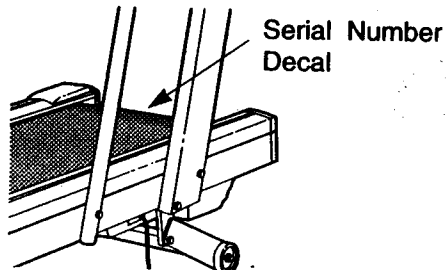
CADENCE®

975SEL

0-10 mph • 2.5 hp • power incline • 1008 sq in. expanded deck™

Model No. WLT97540

Serial No. _____



QUESTIONS?

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

The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

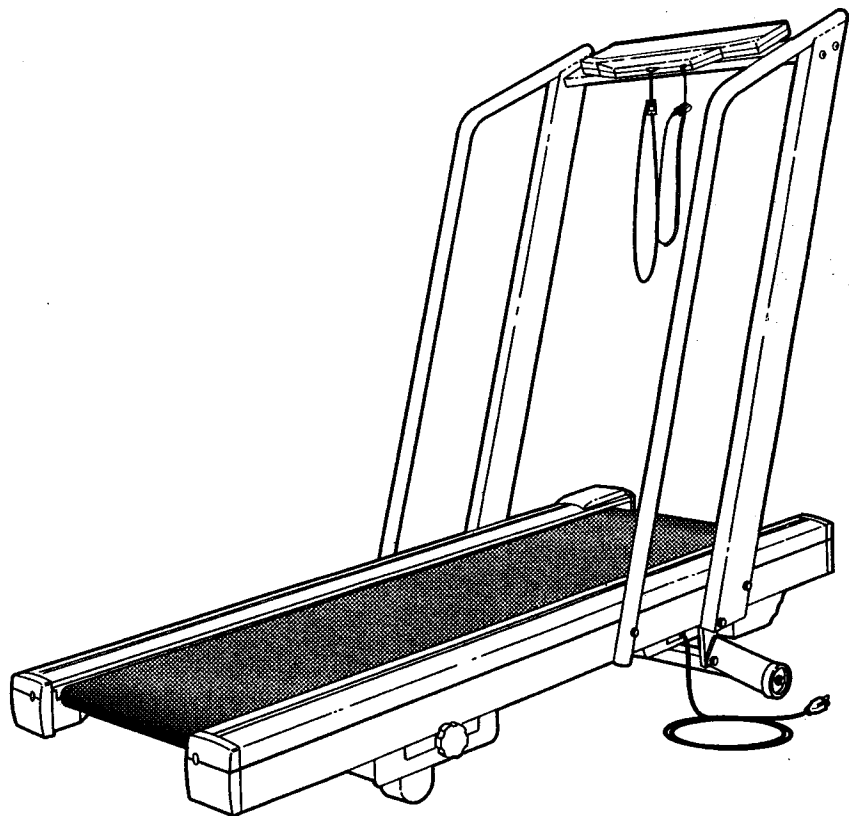
CUSTOMER HOT LINE:

1-800-999-3756

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

⚠ CAUTION:

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



OWNER'S MANUAL

WESLO®

CADENCE®

975 SEL

0-10 mph • 2.5 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 PLUGGING IN THE POWER CORD on pages 6 and 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. 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 4 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 off the power 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.

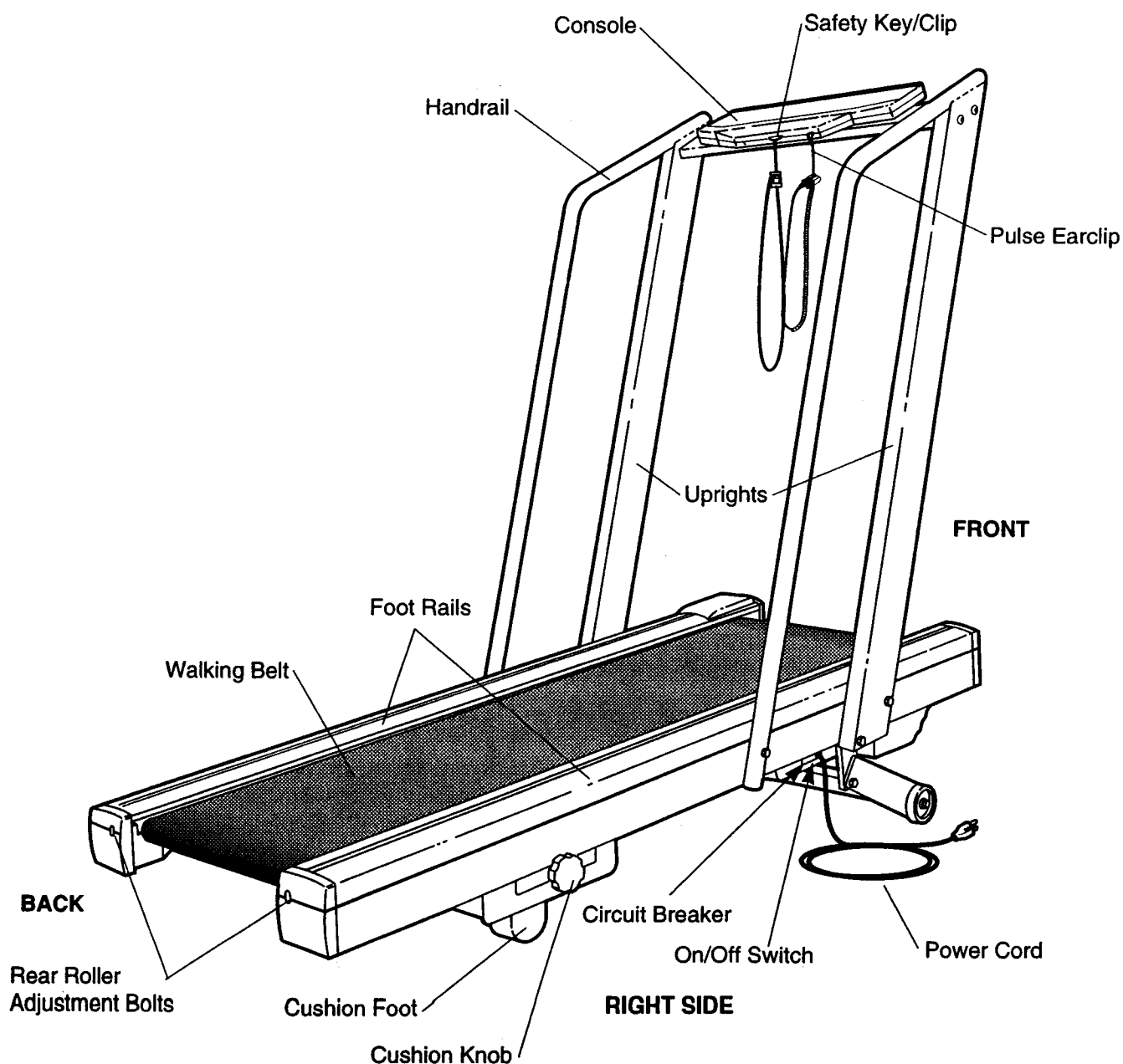
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

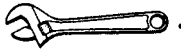
Thank you for selecting the WESLO CADENCE® 975 SEL treadmill. The CADENCE® 975 SEL treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

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 WLTL97540. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

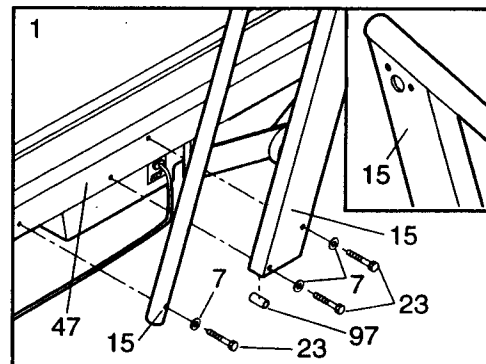


ASSEMBLY

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

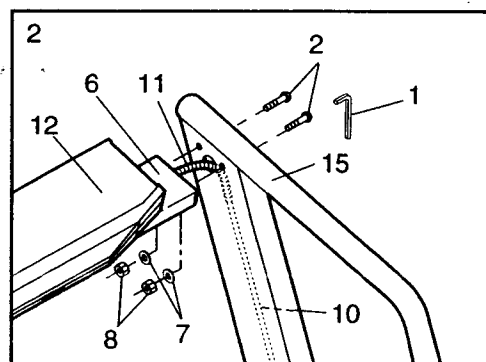
1. Locate the Right Upright (15), which has a large hole near the upper end (see the inset drawing). Insert a 3/8" x 3 1/2" Bolt (23), with a Flat Washer (7), into the higher hole in the bottom of the Right Upright. Hand tighten the Bolt into the indicated hole in the side of the Frame (47). Hold an Upright Spacer (97) inside the bottom of the Right Upright: Insert a 3/8" x 3 1/2" Bolt (23), with a Flat Washer (7), through the lower hole in the bottom of the Right Upright and the Spacer. Hand tighten the Bolt into the indicated hole in the side of the Frame. Hand tighten a third 3/8" x 3 1/2" Bolt (23), with a Flat Washer (7), into the lower end of the handrail section of the Right Upright (15).

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



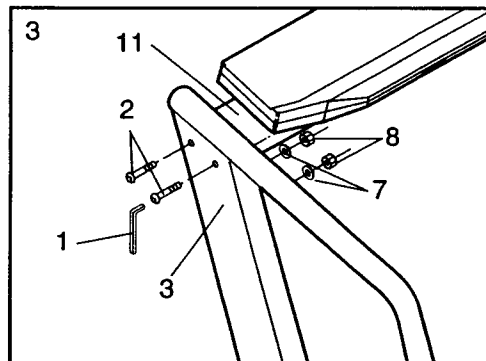
2. Hold the Console (12) near the Right Upright (15). Feed the 70" Wire Harness (10) into the large hole, until the end comes out the bottom of the Right Upright. If necessary, insert your fingers into the bottom of the Right Upright and pull out the end of the 70" Wire Harness. Insert the Cable Loom (11) into the large hole in the Right Upright.

Using the 7/32" Allen Wrench (1) and an adjustable wrench, attach the Console Plate (6) to the Right Handrail (15) with two 3/8" x 2" Bolts (2), Flat Washers (7) and 3/8" Jam Nuts (8).

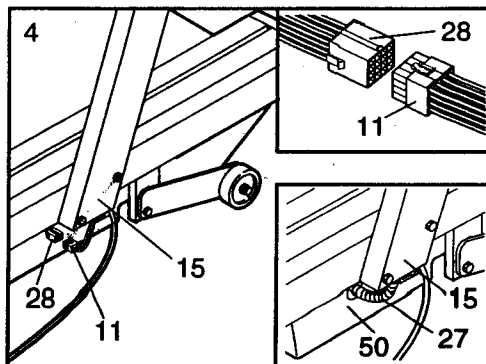


3. Using the 7/32" Allen Wrench (1) and an adjustable wrench, attach the left side of the Console Plate (11) to the Left Handrail (3) with two 3/8" x 2" Bolts (2), Flat Washers (7) and 3/8" Jam Nuts (8).

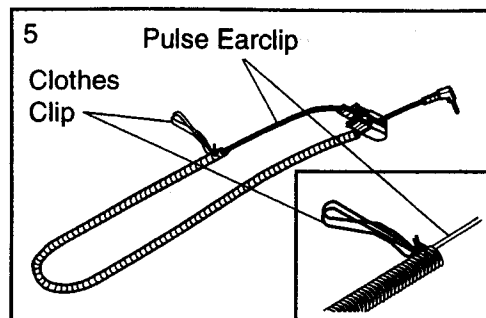
Tighten the six 3/8" x 3 1/2" Bolts (23) used in assembly step 1 (see assembly step 1).



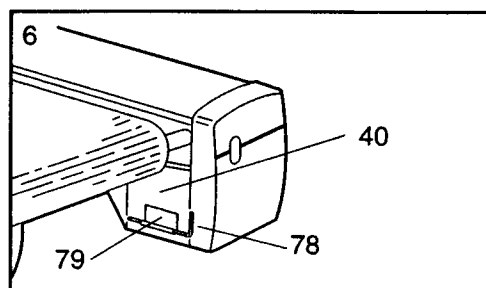
4. Plug the lower end of the 70" Wire Harness (11) into the 20" Wire Harness (28). The small latch on the 70" Wire Harness should snap onto the 20" Wire Harness (see the upper inset drawing). If the Wire Harnesses do not fit easily, turn them; do not force the Wire Harnesses together. Adjust the 12" Cable Loom (27) so that it is inserted into the Right Upright (15) and the Safety Cover (50) (see the lower inset drawing). **Be careful not to damage the Wire Harnesses.**



5. 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 pages 9 and 10.



6. Remove the paper backing from the Wrench Clip (79). Press the Wrench Clip onto the Frame (40) in the indicated location. Press the 3/16" Allen Wrench (78) into the Wrench Clip.



Make sure that all parts are tightened before using the treadmill.

Note: To protect the floor, a covering should be placed under the treadmill.

OPERATION AND ADJUSTMENT

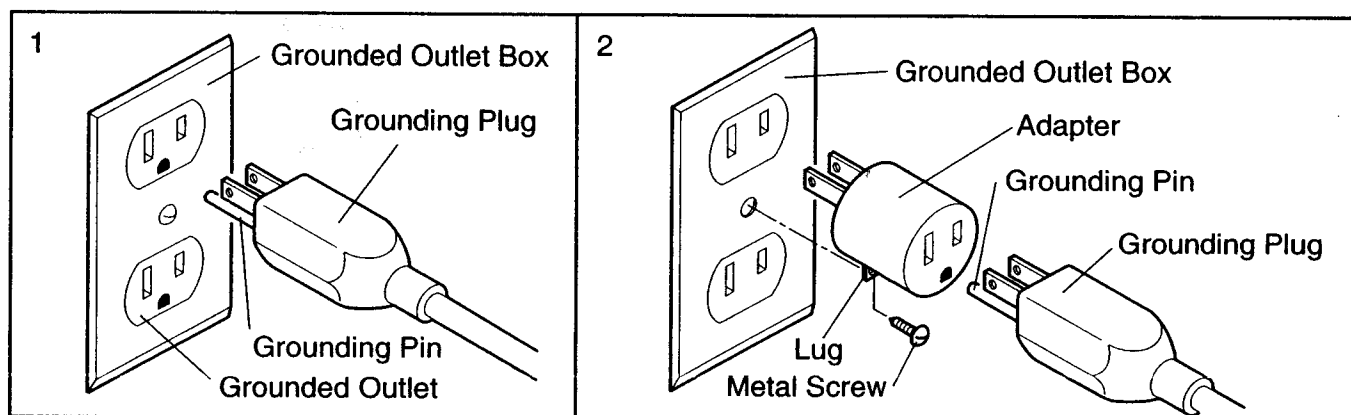
PLUGGING IN THE POWER CORD

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

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter **must be** connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it **must be** held in place by a metal screw.

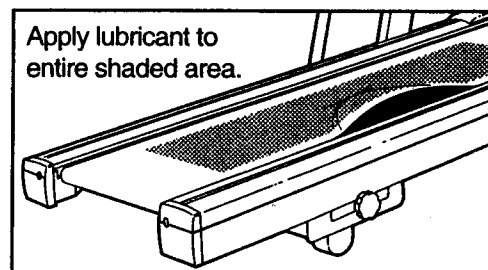
Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.



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.

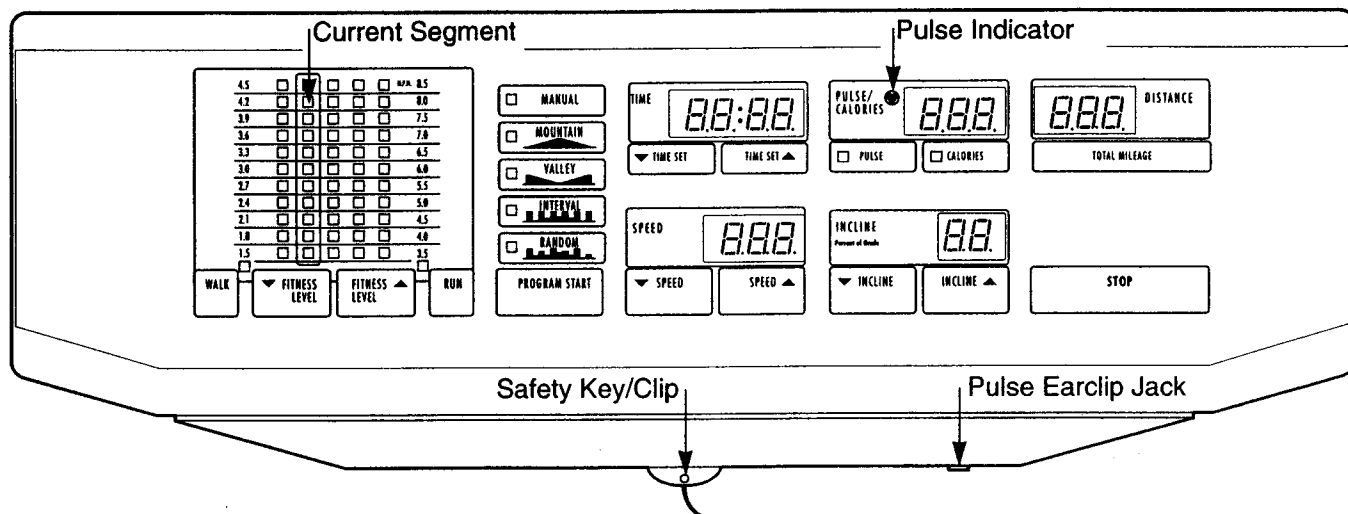
1. Adjust the incline of the treadmill to the highest setting. (See INCLINE ADJUSTMENT on page 9.)
2. Adjust the speed of the walking belt to about 3 or 4 miles per hour. (See CONTROLLING THE SPEED on page 8.) Hold the handrail and begin walking on the treadmill. **Be sure to walk on all areas of the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

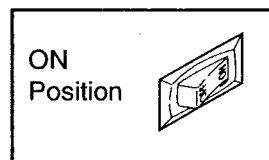
DIAGRAM OF THE CONSOLE

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

CONTROLLING 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.

INCLINE ADJUSTMENT

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. Hold the buttons 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.

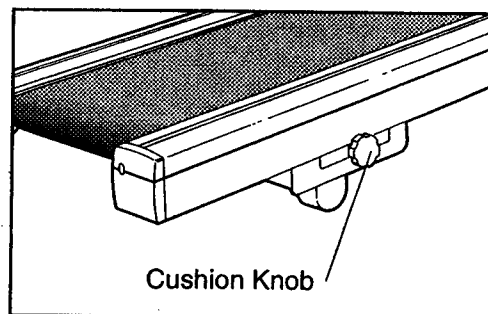
When the information mode is selected, the time display will show the trip time, up to 9,999 hours. The distance and pulse displays together will show the trip distance, up to 99,999 miles. While the trip time and distance are displayed, they can be reset to zero by pressing the TIME SET decrease button.

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.

CUSHION LEVEL ADJUSTMENT

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

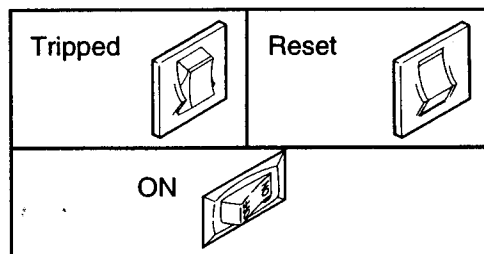


TROUBLE-SHOOTING

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

- 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.
- 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.)
- Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.
- Check the ON/OFF switch located on the treadmill near the power cord. The switch must be in the ON position.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

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

3. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

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

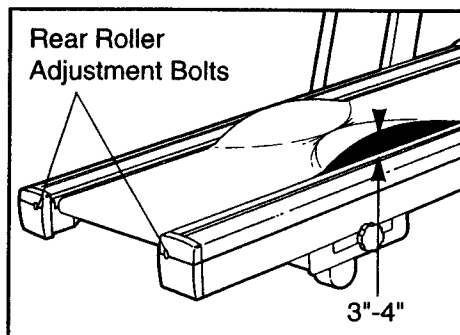
⚠ WARNING: The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

4. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- 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.

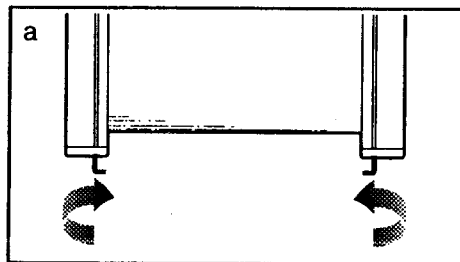
5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- 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 3/16" 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.

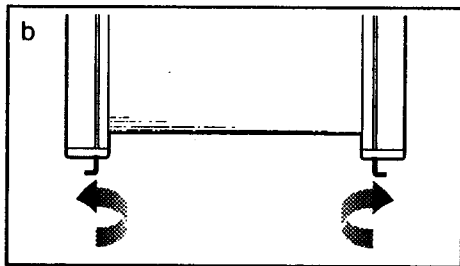


6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

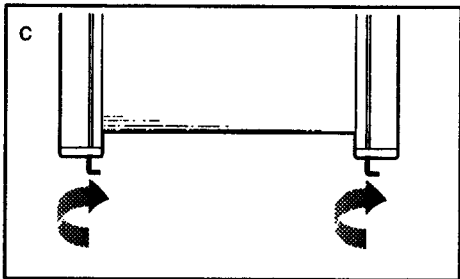
- a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug 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 3/16" 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 3/16" 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.



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. WLTL97540

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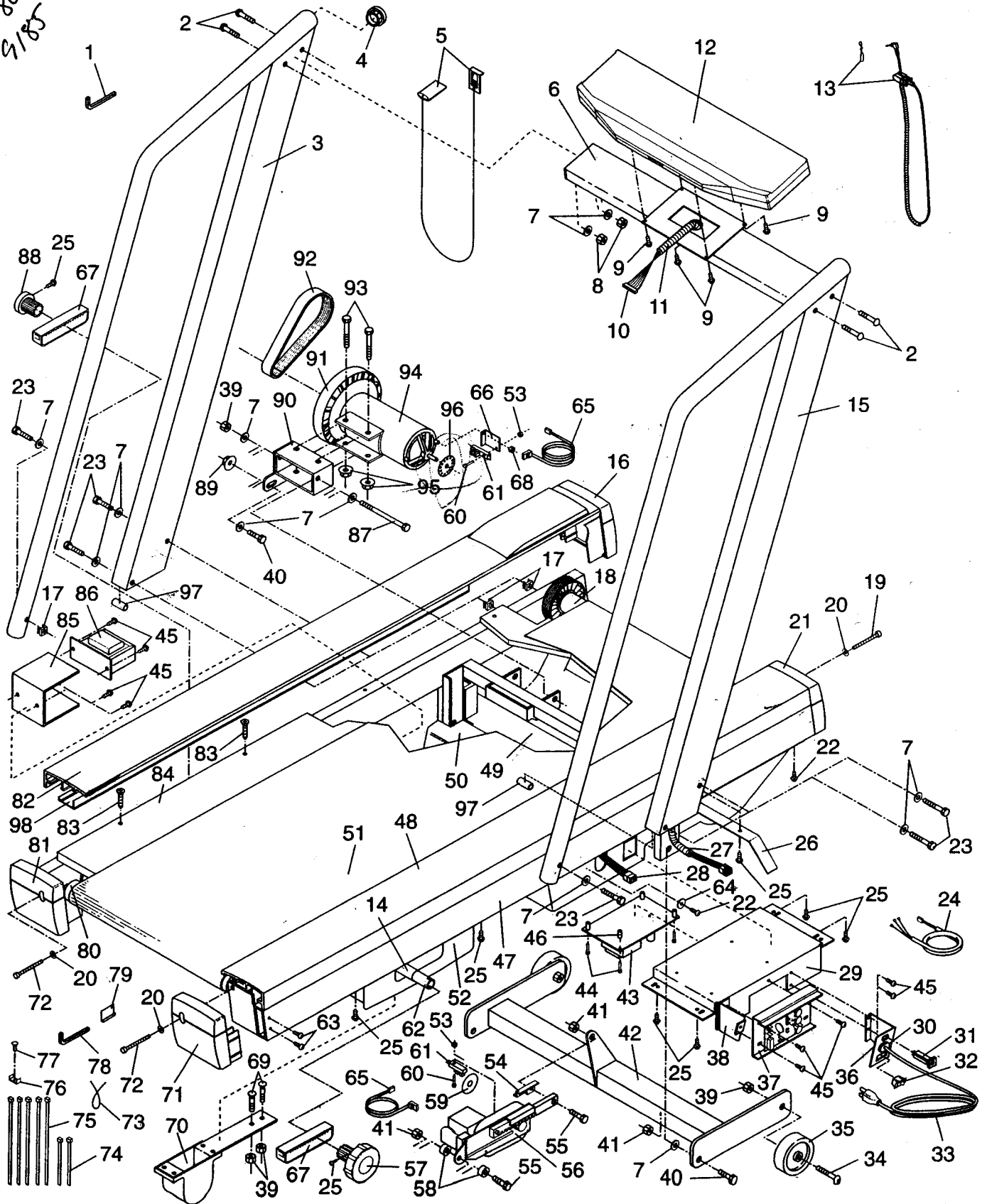
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	7/32" Allen Wrench	54	1	Incline Motor Bracket
2	4	3/8" x 2" Bolt	55	2	Incline Motor Bolt
3	1	Left Upright w/Handrail	56	1	Incline Motor
4	2	Handrail Endcap	57	1	Cushion Knob
5	1	Safety Key/Clip	58	2	Incline Motor Spacer
6	1	Console Plate	59	1	Incline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

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

EXPLODED DRAWING—Model No. WLT97540

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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 (WLTL97540).
2. The **NAME** of the product (WESLO CADENCE® 975 SEL 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

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