

WESLO[®]

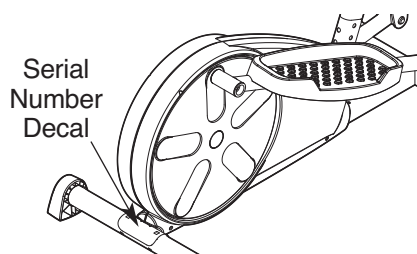
momentum CT 5.8

Model No. WMEL32608

Version No. 0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, please contact us.

Importer:

**Comercializadora México
Americana, S. de R.L. de C.V.
Av. Nextengo No. 78
Col. Santa Cruz Acayucan
Del. Azcapotzalco
México D.F., C.P. 02770
R.F.C. CMA-910911-9L0**

Call: 5899 12 00

Web: www.iconservice.com

Electrical Specifications:

**Requires four 1.5V AA batteries
(see page 16)**

! CAUTION

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

USER'S MANUAL

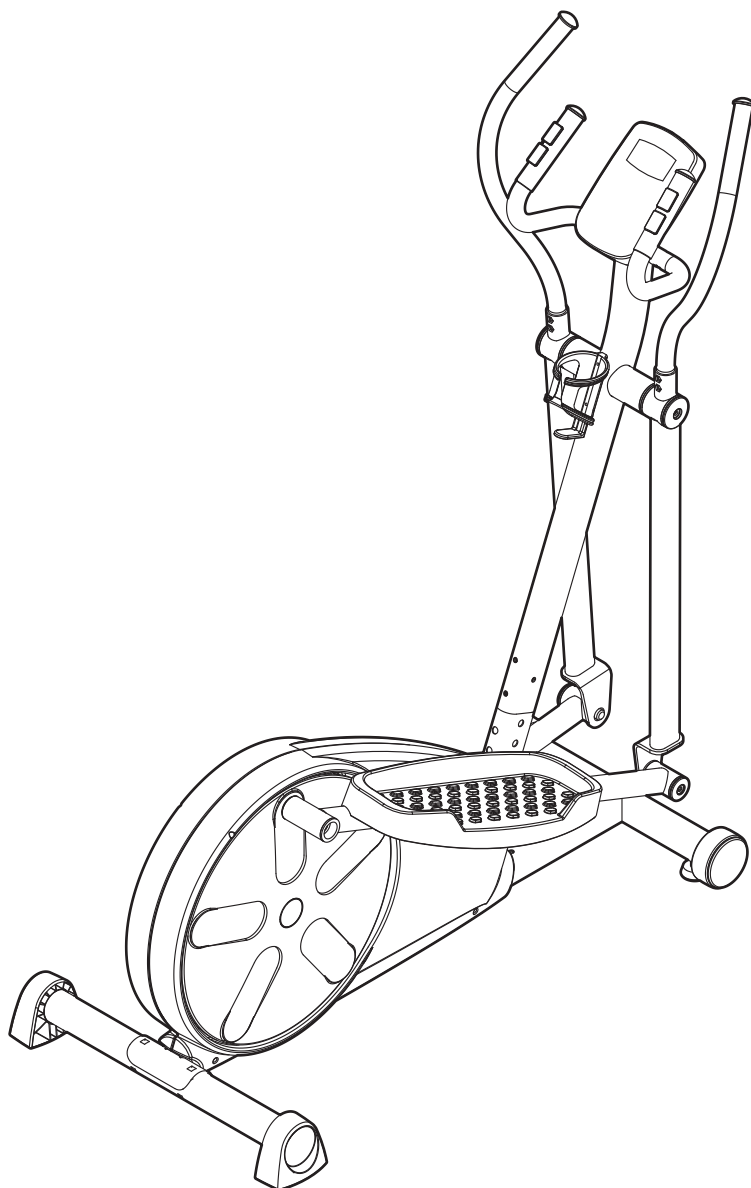
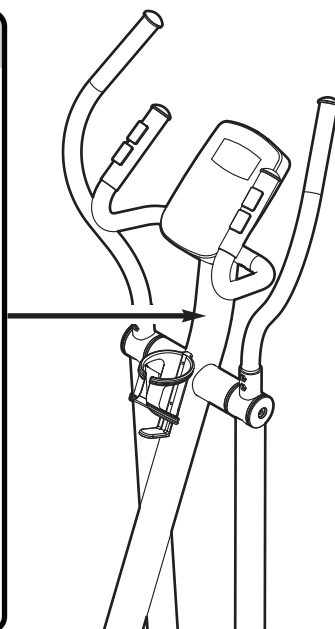
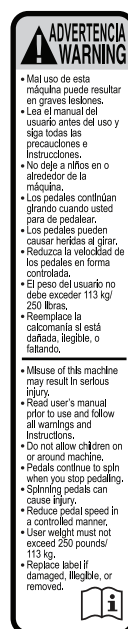


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, go to www.iconservice.com and request a free replacement decal. Apply the decal in the location shown.**
Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the upper body arms when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

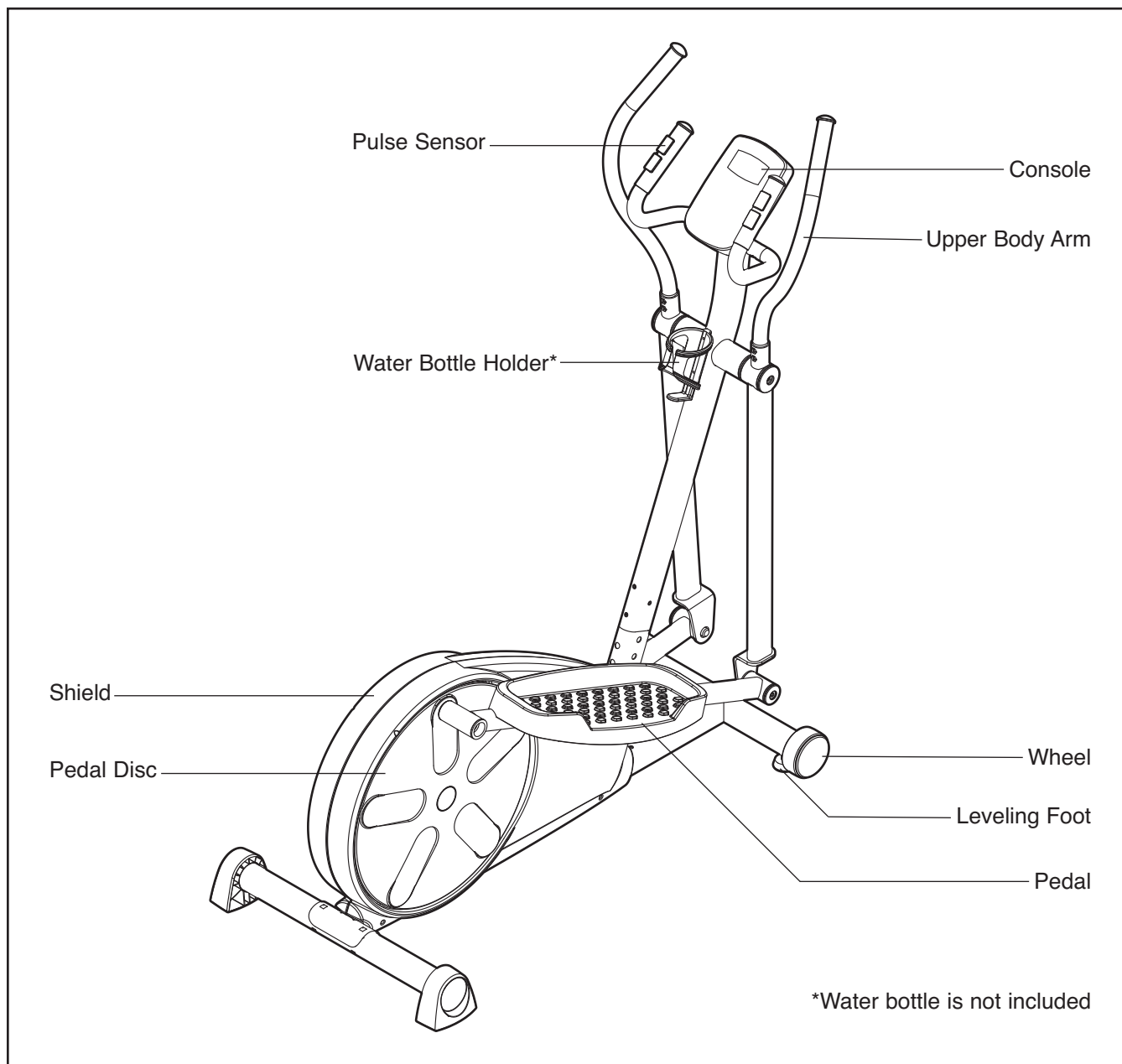
BEFORE YOU BEGIN

Thank you for selecting the WESLO® MOMENTUM CT 5.8 elliptical exerciser. The MOMENTUM CT 5.8 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. Welcome to a whole new world of natural, elliptical-motion exercise.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have ques-

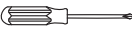
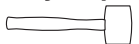
tions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

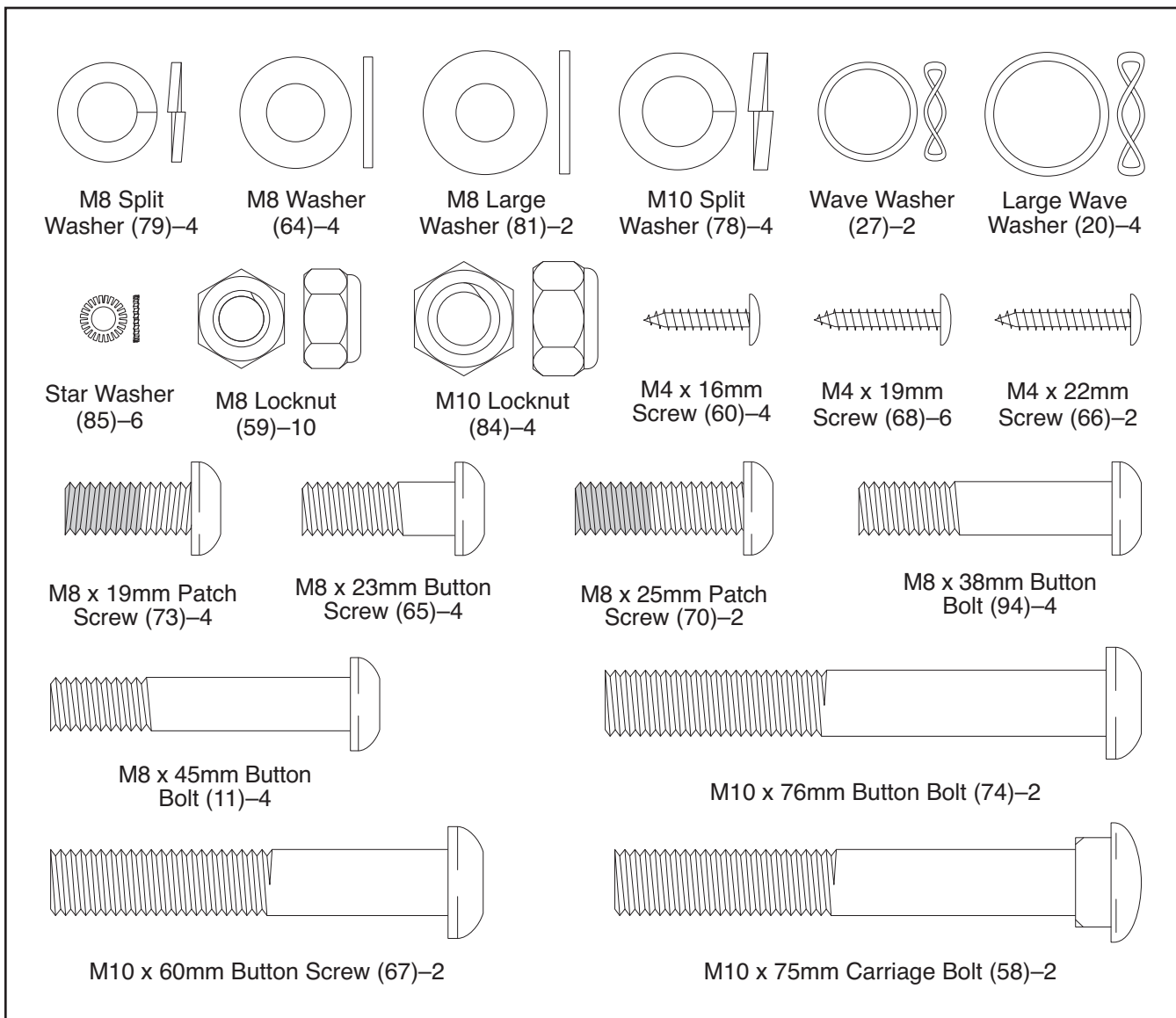


ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver , **an adjustable wrench** , and **a rubber mallet** .

See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**

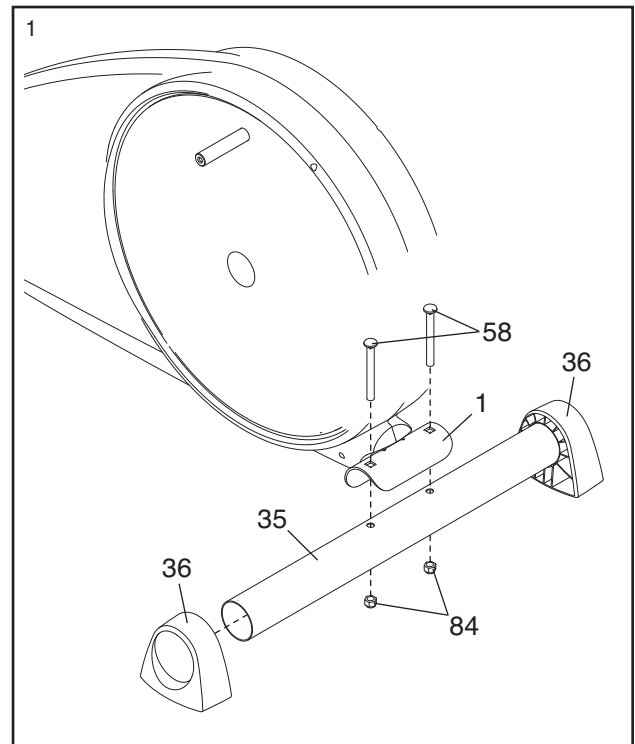


1.

To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.

Attach the Rear Stabilizer (35) to the Frame (1) with two M10 x 75mm Carriage Bolts (58) and two M10 Locknuts (84).

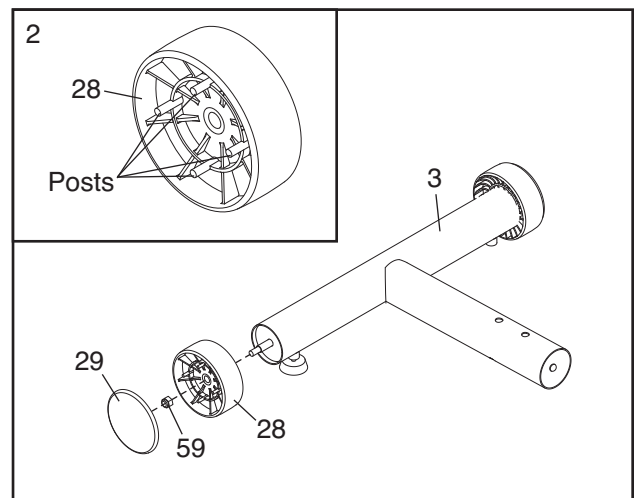
Press the Stabilizer Caps (36) onto the Rear Stabilizer (35) as shown.



2. **See the inset drawing.** Orient a Wheel (28) so that the four posts face away from the Front Stabilizer (3).

Attach the Wheel (28) to the Front Stabilizer (3) with an M8 Locknut (59). Next, press a Wheel Cover (29) onto the posts on the Wheel.

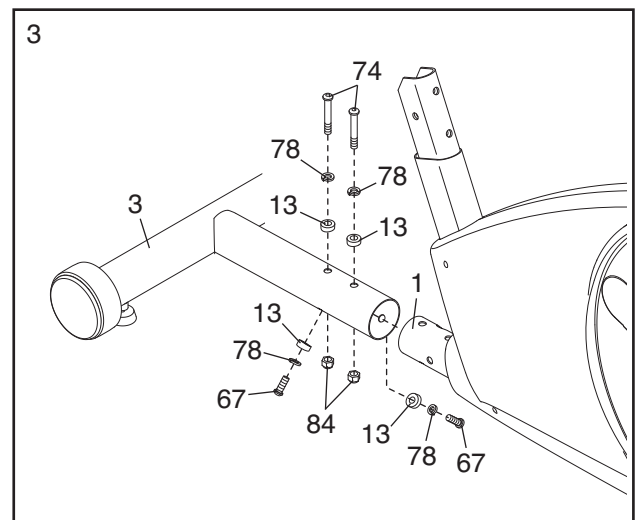
Attach the other Wheel (not shown) in the same way.



3. Attach the Front Stabilizer (3) to the Frame (1) with two M10 x 76mm Button Bolts (74), two M10 Split Washers (78), two Concave Spacers (13), and two M10 Locknuts (84). **Do not tighten the Locknuts yet.**

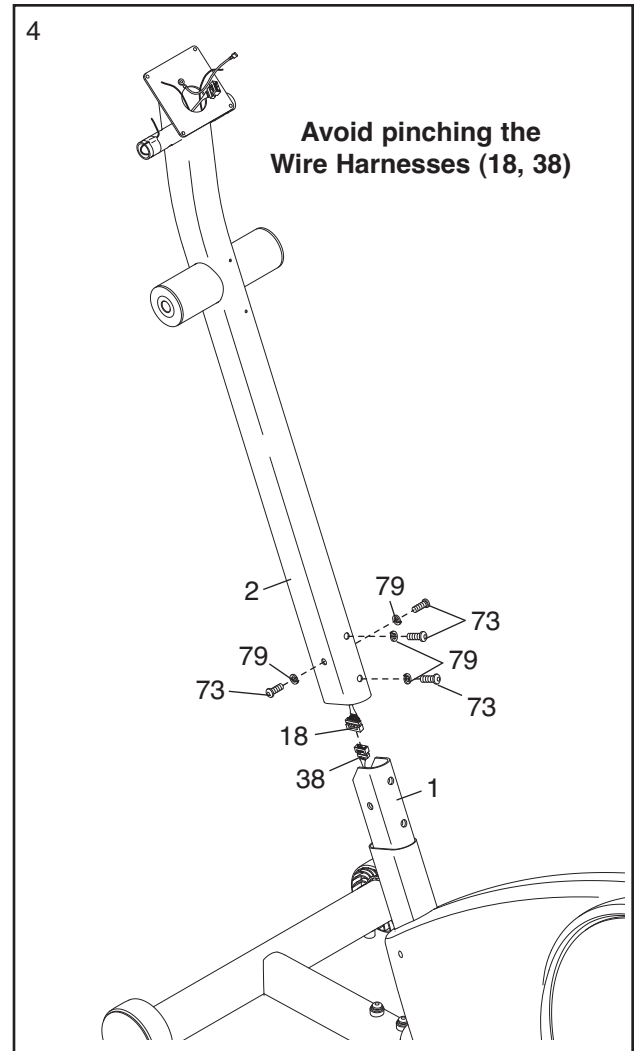
Insert two M10 x 60mm Button Screws (67) with two M10 Split Washers (78) and two Concave Spacers (13) through the Front Stabilizer (3) and into the Frame (1).

Tighten the M10 Locknuts (84), and then tighten the M10 x 60mm Button Screws (67).



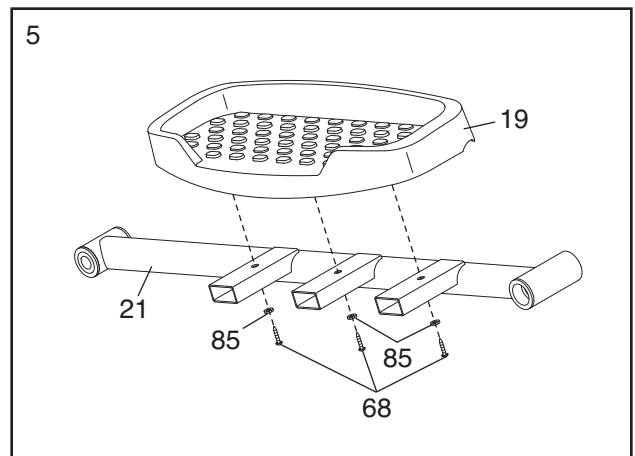
4. While another person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (18) to the Lower Wire Harness (38).

Tip: Avoid pinching the Wire Harnesses (18, 38). Carefully slide the Upright (2) onto the Frame (1). Attach the Upright with four M8 x 19mm Patch Screws (73) and four M8 Split Washers (79). **Do not tighten the Patch Screws yet.**



5. Identify the Left Pedal Arm (21), which is marked with a "Left" sticker. Attach a Pedal (19) to the Left Pedal Arm with three M4 x 19mm Screws (68) and three Star Washers (85).

Attach the other Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.

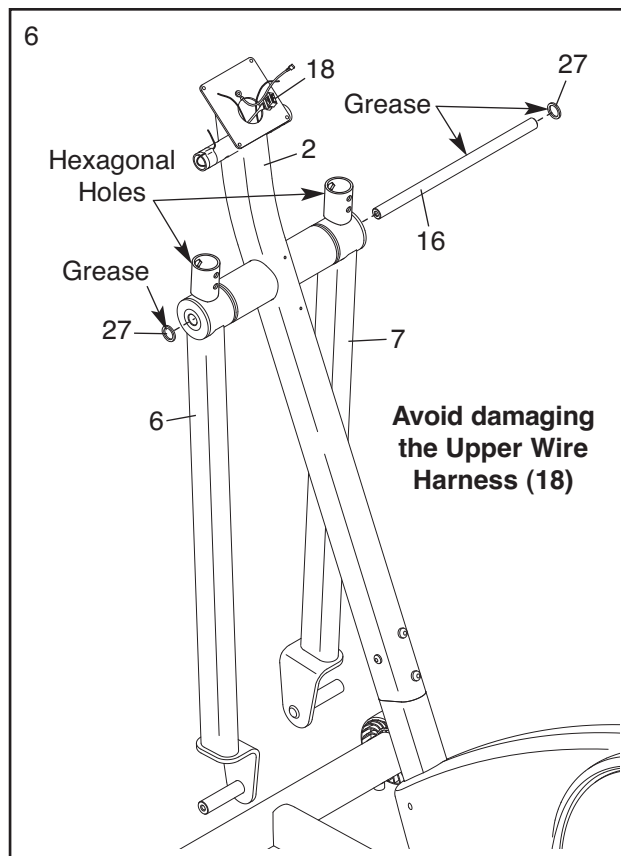


6. Apply a generous amount of the included grease to the Pivot Axle (16) and to two Wave Washers (27).

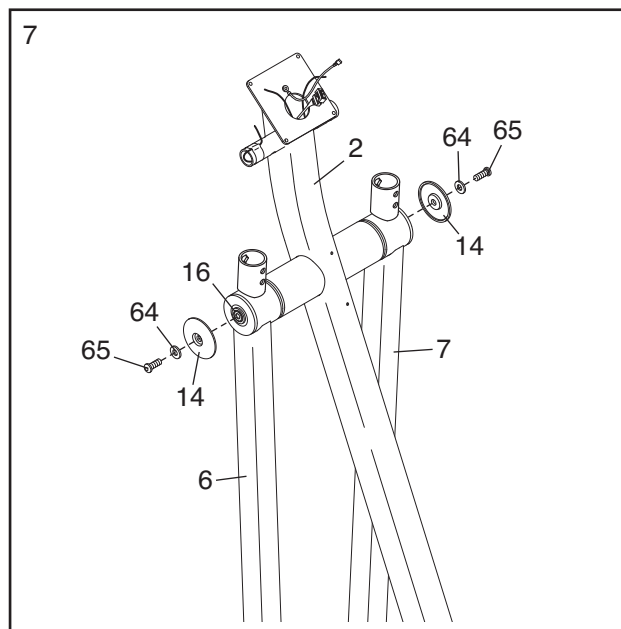
Identify the Left and Right Upper Body Legs (6, 7), which are marked with “Left” and “Right” stickers.

While another person aligns the Left and Right Upper Body Legs (6, 7) with the Upright (2) as shown, insert the Pivot Axle (16) through the Upper Body Legs and the Upright. **Tip: Avoid damaging the Upper Wire Harness (18) with the Pivot Axle.**

Slide a Wave Washer (27) onto each end of the Pivot Axle (16). **Make sure that the Wave Washers remain on the ends of the Pivot Axle.**



7. Tighten an M8 x 23mm Button Screw (65), an M8 Washer (64) and a Pivot Cover (14) into each end of the Pivot Axle (16).

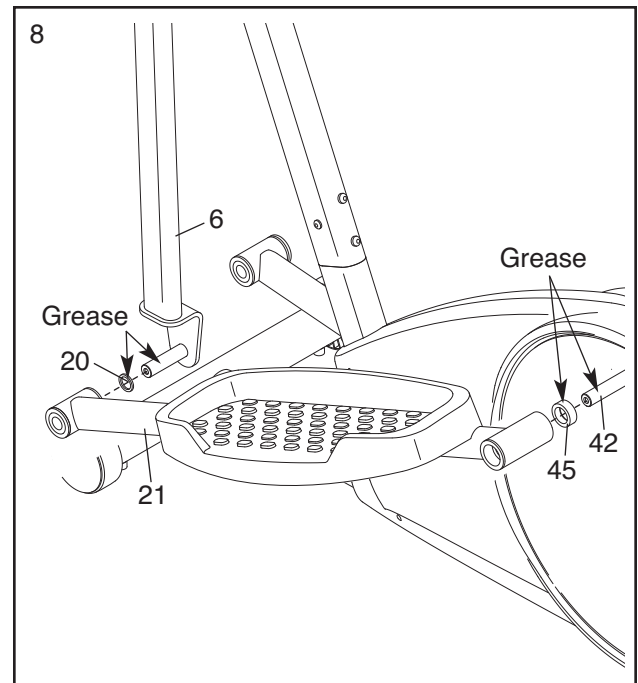


8. Apply a generous amount of grease to the axle on the Left Upper Body Leg (6). Then, apply grease to a Large Wave Washer (20), and slide it onto the axle.

Apply a generous amount of grease to the Left Crank Arm (42). Orient a Crank Arm Spacer (45) so that the flat side is facing away from the Left Crank Arm. Then, slide the Crank Arm Spacer onto the Left Crank Arm.

Then, **gradually** work the Left Pedal Arm (21) onto the Left Upper Body Leg (6) **while at the same time** working the Left Pedal Arm onto the Left Crank Arm (42).

Repeat this step for the other side of the elliptical exerciser.

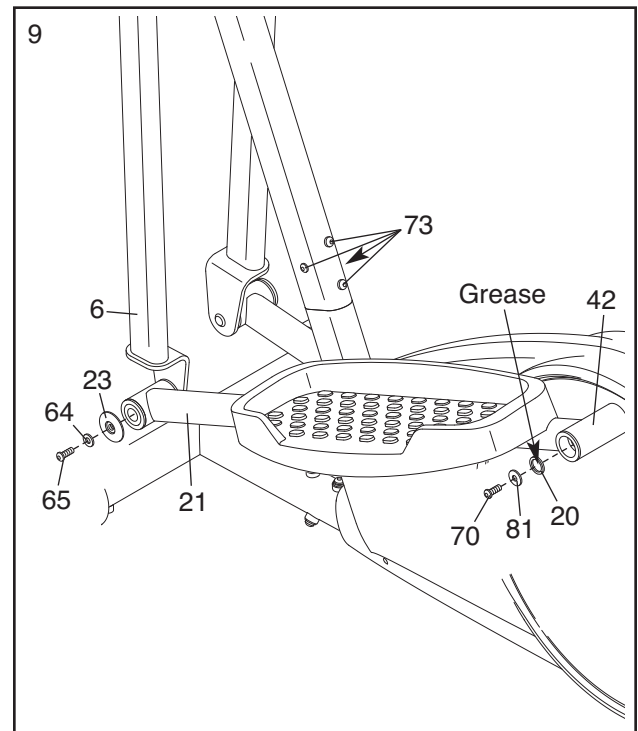


9. Attach the Left Pedal Arm (21) to the Left Upper Body Leg (6) with an M8 x 23mm Button Screw (65), an M8 Washer (64), and a Pedal Leg Cover (23).

Apply grease to a Large Wave Washer (20), and slide it onto the Left Crank Arm (42). Then, attach the Left Pedal Arm (21) to the Left Crank Arm with an M8 x 25mm Patch Screw (70) and an M8 Large Washer (81).

See step 4. Tighten the four M8 x 19mm Patch Screws (73).

Repeat this step for the other side of the elliptical exerciser.



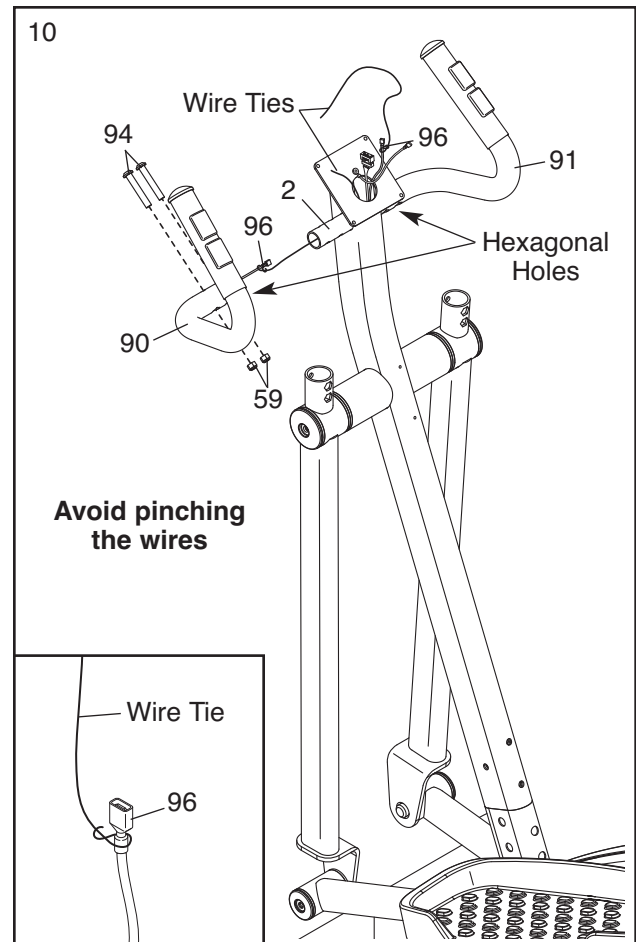
10. Identify the Left Pulse Bar (90), which is marked with a “Left” sticker. **Orient the Left Pulse Bar so that the hexagonal holes are in the indicated location.**

Have another person hold the Left Pulse Bar (90) near the Upright (2).

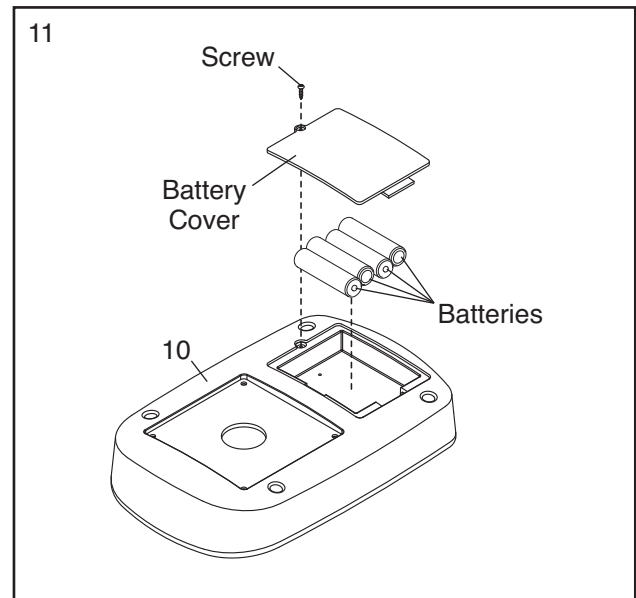
See the inset drawing. Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the left Pulse Wire (96). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

Tip: Avoid pinching the wires. Slide the Left Pulse Bar (90) onto the left side of the Upright (2). Attach the Left Pulse Bar with two M8 x 38mm Button Bolts (94) and two M8 Locknuts (59). **Make sure that the Locknuts are in the hexagonal holes.**

Repeat this step for the Right Pulse Bar (91).



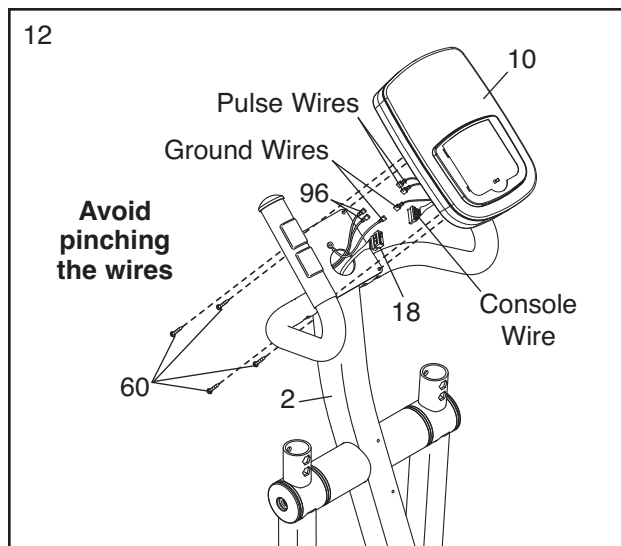
11. The Console (10) can use four AA batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries.** Otherwise, you may damage the console displays or other electronic components. Remove the battery cover, insert the batteries into the battery compartment, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment. Do not combine old and new batteries or alkaline and rechargeable batteries.**



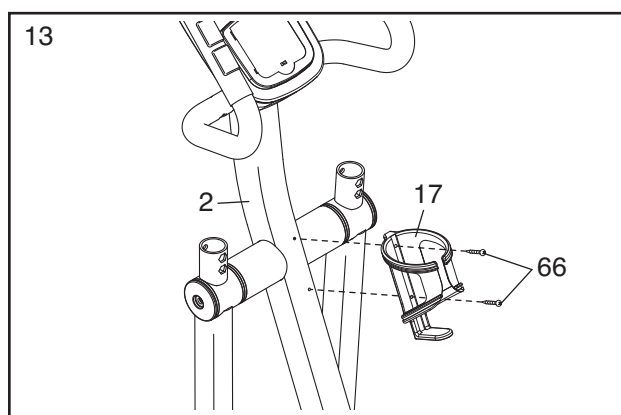
12. While another person holds the Console (10) near the Upright (2), connect the console wire to the Upper Wire Harness (18).

Next, connect the blue and orange console pulse wires to the blue and orange Pulse Wires (96). Then, connect the green console ground wire to the green ground wire on the Upright (2).

Tip: Avoid pinching the wires. Attach the Console (10) to the Upright (2) with four M4 x 16mm Screws (60).



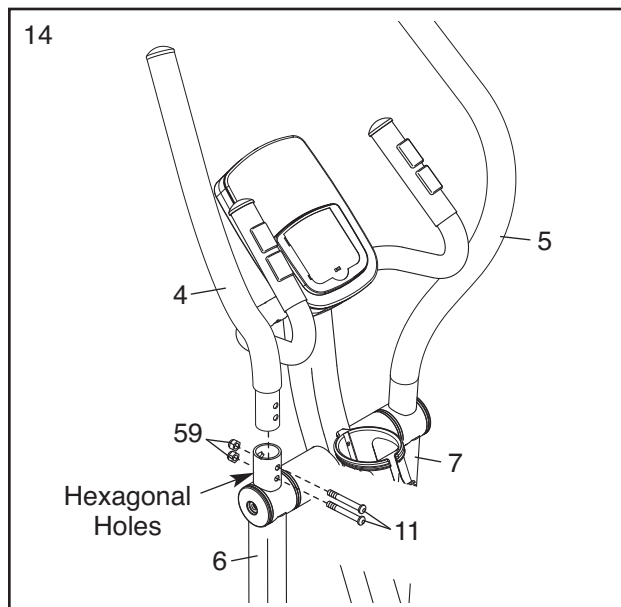
13. Attach the Water Bottle Holder (17) to the Upright (2) with two M4 x 22mm Screws (66).



14. Identify the Left Upper Body Arm (4), which is marked with a "Left" sticker.

Insert the Left Upper Body Arm (4) into the Left Upper Body Leg (6). Attach the Left Upper Body Arm with two M8 x 45mm Button Bolts (11) and two M8 Locknuts (59). **Make sure that the Locknuts are in the hexagonal holes.**

Repeat this step for the Right Upper Body Arm (5) and the Right Upper Body Leg (7).

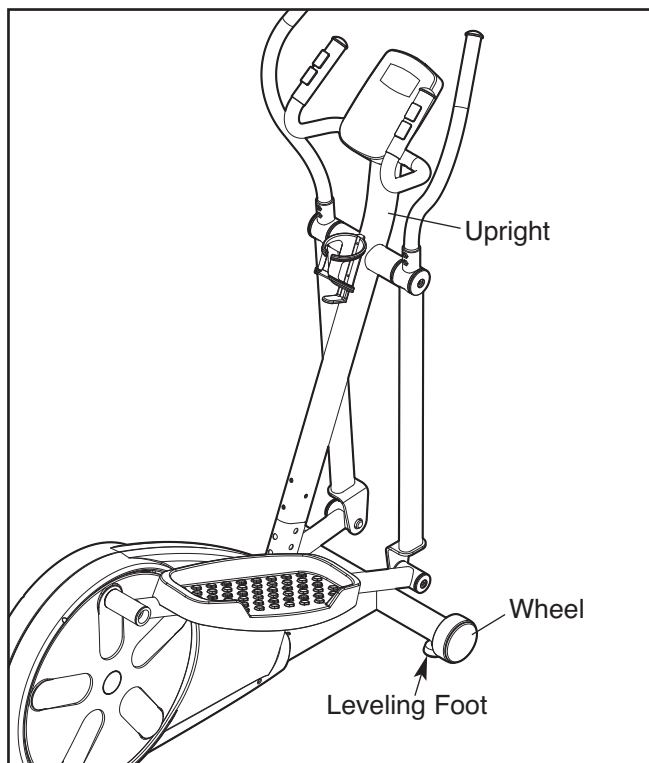


15. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

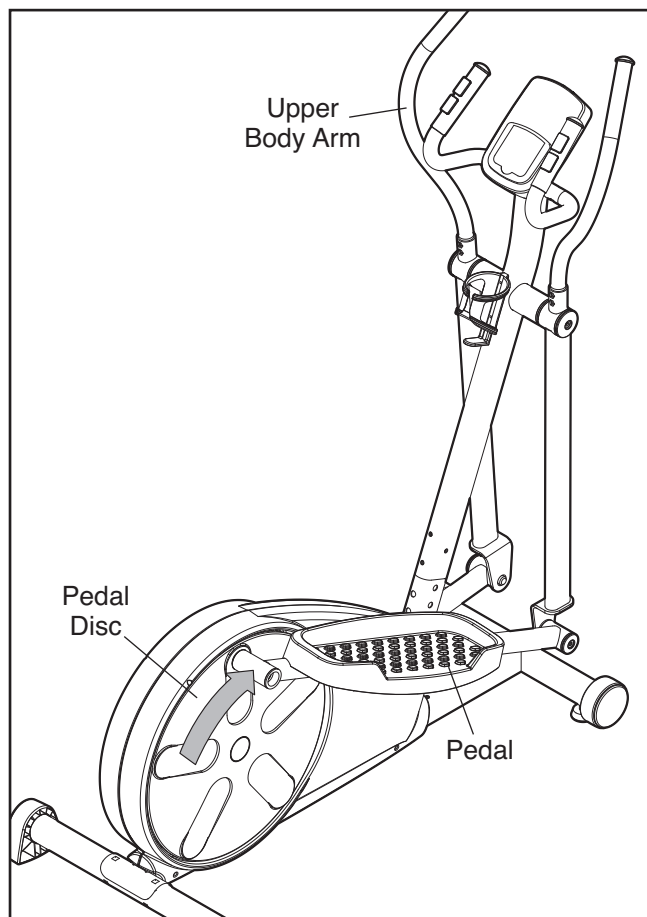
To move the elliptical exerciser, stand in front of the elliptical exerciser, place one foot against one of the wheels, and firmly hold the upper end of the upright. Pull the upright forward until you can move the elliptical exerciser on the wheels. Carefully move the elliptical exerciser to the desired location and then lower it to the floor. **To decrease the risk of injury, do not attempt to move the elliptical exerciser over an uneven surface.**



If the elliptical exerciser rocks slightly on your floor, turn one or both of the levelling feet under the front stabilizer until the rocking motion is eliminated.

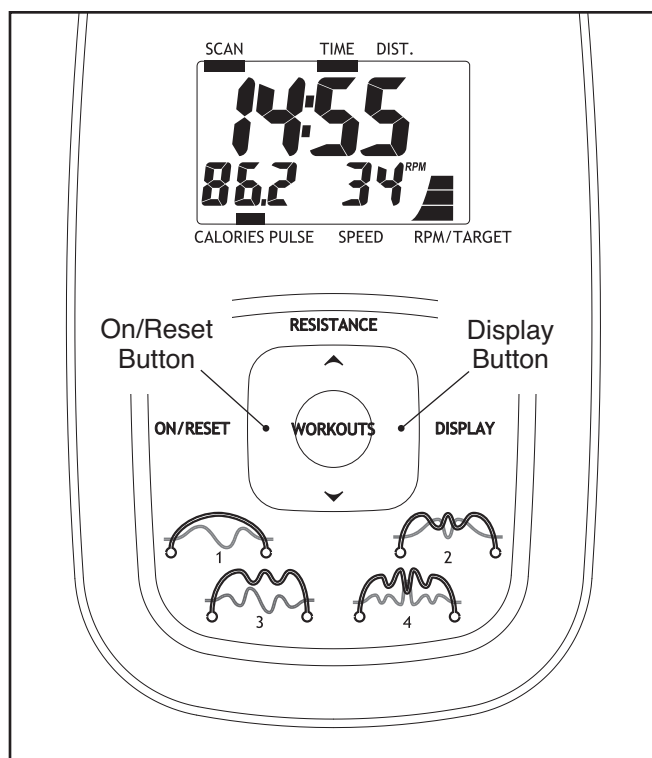
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, firmly hold the upper body arms and carefully step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you turn the pedal discs in the direction shown by the arrow below; however, for variety, you can turn the pedal discs in the opposite direction.**



To dismount the elliptical exerciser, allow the pedals to come to a complete stop. **The elliptical exerciser does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensors.

The console also offers four preset workouts that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

To use the manual mode, see the instructions at the right. **To use a preset workout,** see page 15.

Before using the console, make sure that batteries are installed (see assembly step 11 on page 10). If there is a sheet of clear plastic on the display, remove the plastic.

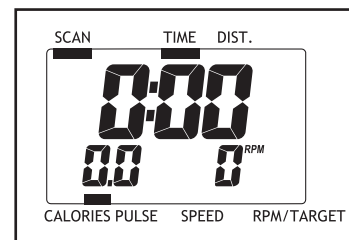
HOW TO USE THE MANUAL MODE

1. Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display will light for a moment; the console will then be ready for use.

2. Select the manual mode.

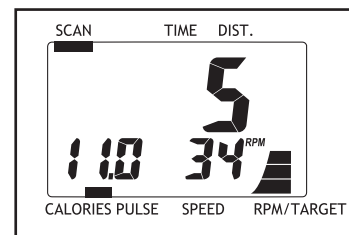
When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing the Workouts button repeatedly until zeros appear in the display.



3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.



4. Follow your progress with the display.

The display can show the following workout information:

RPM Meter—The RPM meter on the right side of the display indicates your approximate pedaling speed in revolutions per minute.

Target Meter—During a preset workout, the target meter on the right side of the display indicates the target speed.

Speed—This mode shows your pedaling speed, in revolutions per minute (rpm).

Time—This mode shows the elapsed time. **Note:** When you select a preset workout, the display shows the time remaining in the workout instead of the elapsed time.

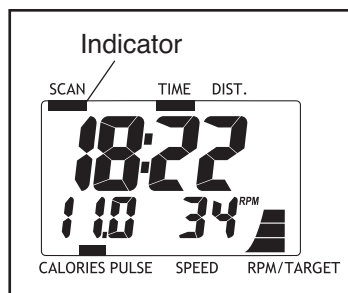
Distance—This mode shows the distance (total number of revolutions) you have pedaled.

Calories—This mode shows the approximate number of calories you have burned.

Pulse—This mode shows your heart rate when you use the handgrip pulse sensor.

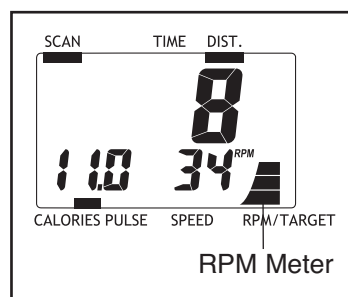
Scan—This mode shows the time and distance modes, for a few seconds each, in a repeating cycle.

When you turn on the console, the scan mode will be selected automatically. An indicator will appear below the word SCAN to show that the scan mode is selected. Note: If you have selected a different mode, press the Display button repeatedly to reselect the scan mode.



As you exercise, the upper section of the display will alternately show the elapsed time and the distance that you have pedaled; the lower left section of the display will show the number of calories you have burned. The lower right section of the display will show your pedaling speed.

In addition, the RPM meter on the right side of the display will provide a visual representation of your pedaling speed. As you increase or decrease your speed, bars will appear or disappear in the RPM meter.



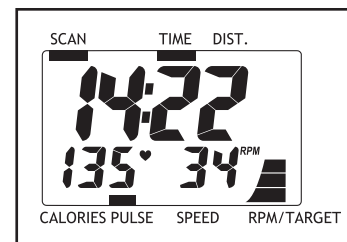
To select time or distance information for continuous display, press the Display button repeatedly. The indicators will show which mode is selected. Make sure there is not an indicator below the word SCAN.

To reset the display, press the On/Reset button.

To pause the console, stop pedaling. If the time is displayed, it will flash. To continue your workout, simply resume pedaling.

5. Measure your heart rate if desired.

Note: If there are sheets of clear plastic on the metal contacts of the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor, with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats and two dashes will appear. After a moment, your heart rate will be shown in the display. For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds.

Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

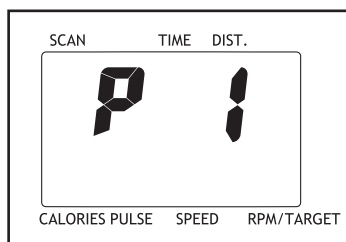
HOW TO USE A PRESET WORKOUT

1. Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display will light for a moment; the console will then be ready for use.

2. Select a preset workout.

To select a workout, press the Workouts button repeatedly until P1, P2, P3, or P4 appears in the display. A few seconds after you select a workout, the display will show the duration of the workout.

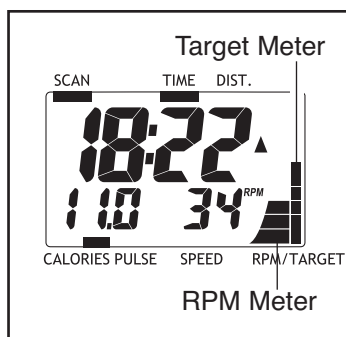


3. Begin pedaling to start the workout.

Each preset workout consists of 20 or 30 one-minute segments. One resistance level and one target speed are programmed for each segment.

Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment. Note: You can manually override the programmed resistance level by pressing the Resistance increase and decrease buttons. However, when the current segment ends, the resistance will automatically change to the resistance level programmed for the next segment.

The target speed for the workout will be shown by the target meter in the display. The RPM meter will show your actual pedaling speed.



As the target meter changes in height during the workout, adjust your pedaling speed so that the same number of bars appears in both meters. If your pedaling speed is slower than the current target speed, an arrow will appear next to the RPM meter to prompt you to increase your speed; if your speed is faster than the target speed, an arrow will prompt you to decrease your speed.

IMPORTANT: The target speed is intended only to provide a goal. Make sure to pedal at a speed that is comfortable for you.

The display will show the time remaining in the workout. If you stop pedaling for a few seconds, the workout will pause. To restart the workout, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 13.

5. Measure your heart rate if desired.

See step 5 on page 14.

6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 14.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

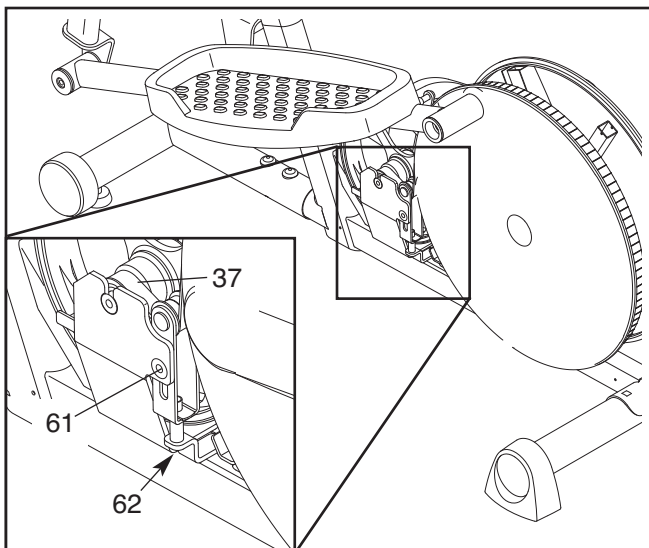
If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 11 on page 10.

If the handgrip pulse sensor does not function properly, make sure that your hands are positioned as described in step 5 on page 14.

HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance of the pedals is at the highest setting, the Belt (37) may need to be adjusted. First, remove all the screws from both shields; **there are three sizes of screws in the shields—note which size of screw you remove from each hole.** Then, gently pull the shields away from the frame.

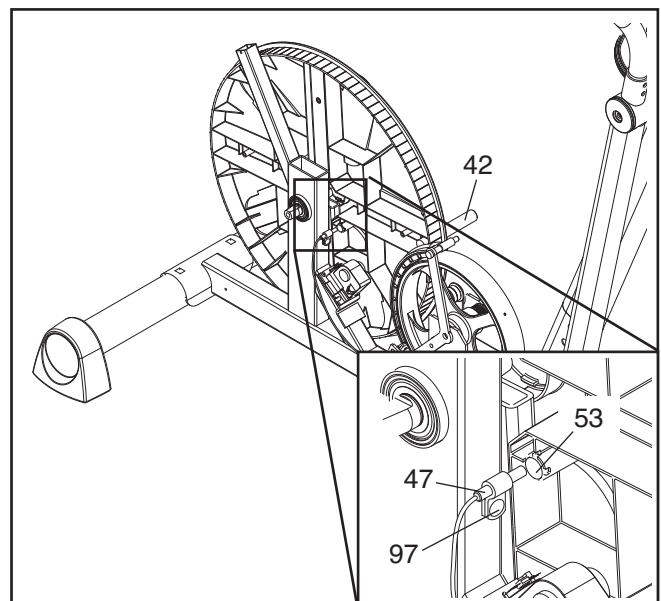
Next, loosen the M8 x 19mm Flat Head Bolt (61) and turn the Adjustment Screw (62) until the Belt (37) is tight. Once the Belt is tight, tighten the Flat Head Screw. Then, reattach the shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 23 and the PART LIST on page 21.



HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, remove all of the screws from both shields; **there are three sizes of screws in the shields—note which size of screw you remove from each hole.** Then, gently pull the shields away from the frame.

Next, locate the Reed Switch (47). Turn the Left Crank Arm (42) until a Magnet (53) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Flange Screw (97). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Repeat until the console displays correct feedback. Note: For clarity, the discs are not shown in the drawing below.



When the reed switch is correctly adjusted, reattach the shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 23 and the PART LIST on page 21.

EXERCISE GUIDELINES

⚠ 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.

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

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

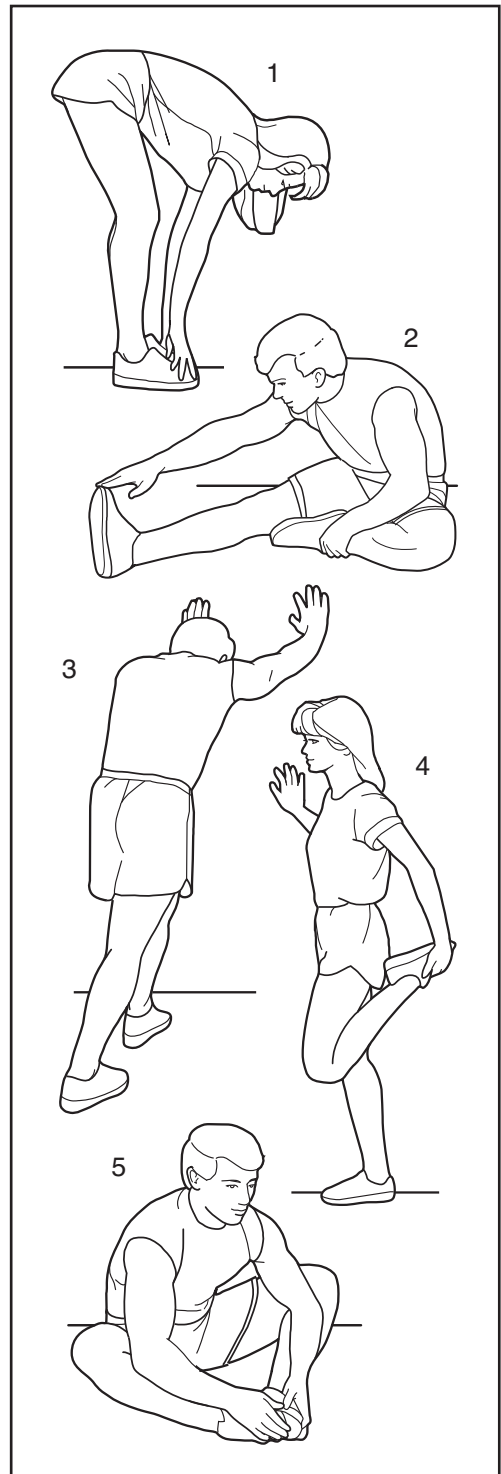
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



NOTES

NOTES

PART LIST—Model No. WMEL32608.0

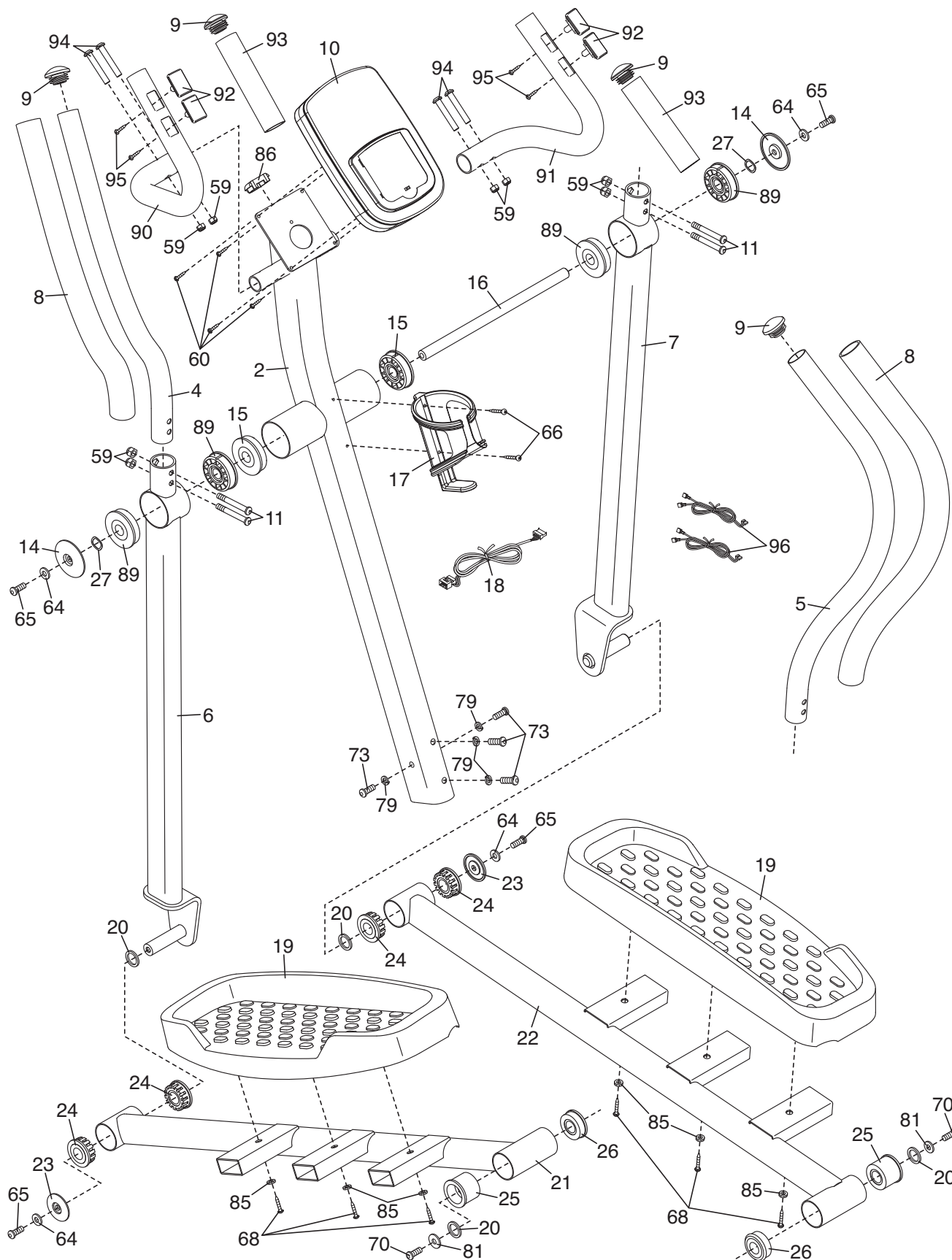
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	C-magnet
2	1	Upright	52	1	C-magnet Bracket
3	1	Front Stabilizer	53	2	Magnet
4	1	Left Upper Body Arm	54	1	Spring
5	1	Right Upper Body Arm	55	1	Idler
6	1	Left Upper Body Leg	56	1	Resistance Motor
7	1	Right Upper Body Leg	57	2	Flange Screw
8	2	Foam Grip	58	2	M10 x 75mm Carriage Bolt
9	4	Upper Body Cap	59	12	M8 Locknut
10	1	Console	60	12	M4 x 16mm Screw
11	4	M8 x 45mm Button Bolt	61	1	M8 x 19mm Flat Head Bolt
12	2	Leveling Foot	62	1	Adjustment Screw
13	4	Concave Spacer	63	1	M6 x 18mm Bolt
14	2	Pivot Cover	64	4	M8 Washer
15	2	Upper Body Bushing	65	4	M8 x 23mm Button Screw
16	1	Pivot Axle	66	2	M4 x 22mm Screw
17	1	Water Bottle Holder	67	2	M10 x 60mm Button Screw
18	1	Upper Wire Harness	68	6	M4 x 19mm Screw
19	2	Pedal	69	4	M4 x 12mm Screw
20	4	Large Wave Washer	70	2	M8 x 25mm Patch Screw
21	1	Left Pedal Arm	71	8	M5 x 25mm Screw
22	1	Right Pedal Arm	72	1	M4 x 12mm Round Head Screw
23	2	Pedal Leg Cover	73	4	M8 x 19mm Patch Screw
24	4	Pedal Leg Bushing	74	2	M10 x 76mm Button Bolt
25	2	Outer Crank Arm Bushing	75	12	M6 Star Washer
26	2	Inner Crank Arm Bushing	76	1	M6 x 38mm Bolt
27	2	Wave Washer	77	1	M6 Nut
28	2	Wheel	78	4	M10 Split Washer
29	2	Wheel Cover	79	4	M8 Split Washer
30	1	Left Shield	80	1	M4 x 25mm Screw
31	1	Right Shield	81	2	M8 Large Washer
32	1	Left Disc	82	4	M4 Washer
33	1	Right Disc	83	1	M6 Locknut
34	2	Disc Cover	84	5	M10 Locknut
35	1	Rear Stabilizer	85	6	Star Washer
36	2	Stabilizer Cap	86	1	Upright Cap
37	1	Belt	87	2	Flywheel Bushing
38	1	Lower Wire Harness	88	4	M5 x 16mm Screw
39	1	Crank	89	4	Handlebar Bushing
40	2	Crank Bearing	90	1	Left Pulse Bar
41	2	Crank Snap Ring	91	1	Right Pulse Bar
42	1	Left Crank Arm	92	4	Pulse Sensor
43	1	Right Crank Arm	93	2	Pulse Grip
44	1	Resistance Cable	94	4	M8 x 38mm Button Bolt
45	2	Crank Arm Spacer	95	4	M4 x 20mm Screw
46	1	Clamp	96	2	Pulse Wire
47	1	Reed Switch/Wire	97	1	M4 x 16mm Flange Screw
48	1	Flywheel	*	—	Assembly Tool
49	1	Flywheel Axle	*	—	Grease Packet
50	2	Flywheel Bearing	*	—	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

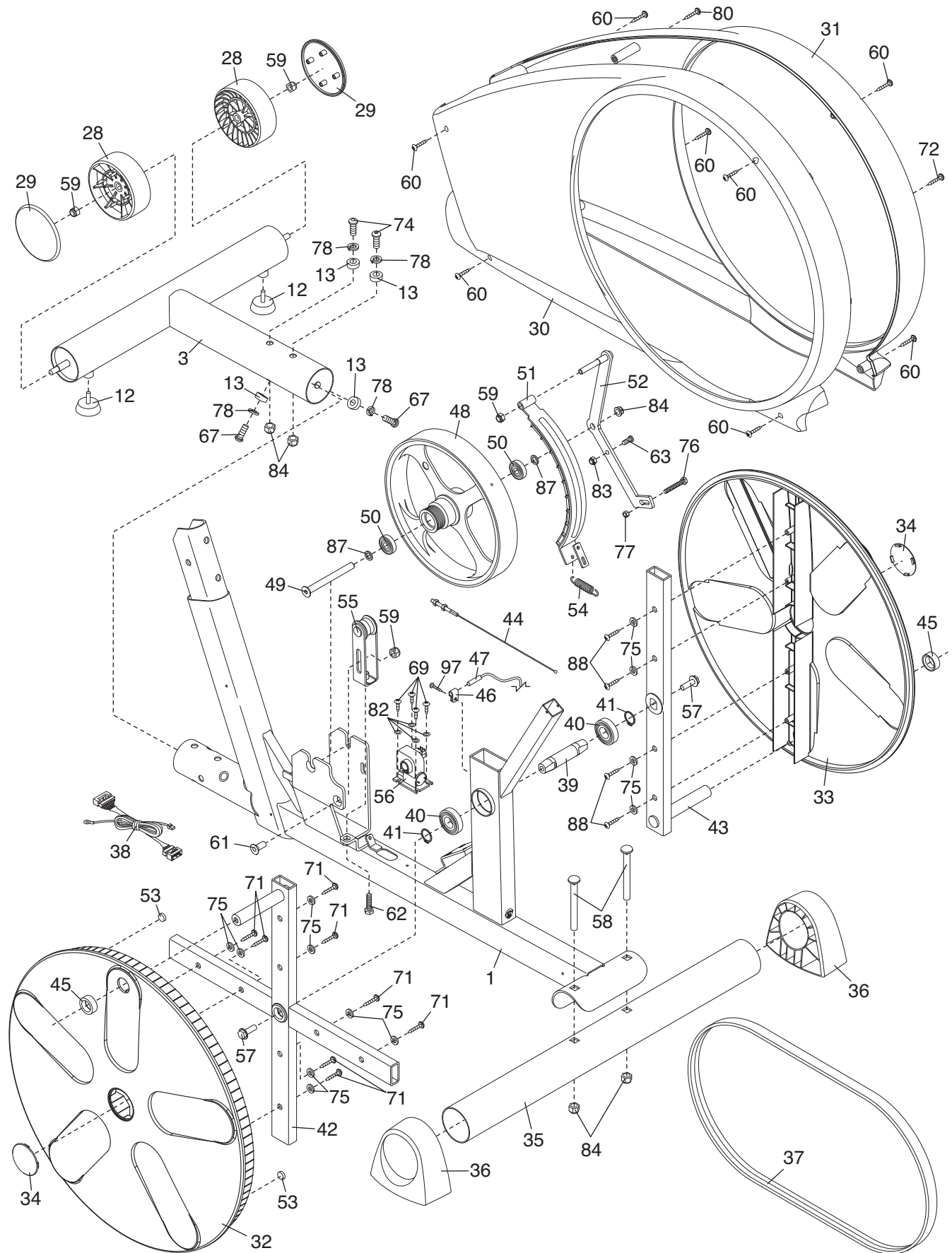
EXPLODED DRAWING A—Model No. WMEL32608.0

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EXPLODED DRAWING B—Model No. WMEL32608.0

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ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)