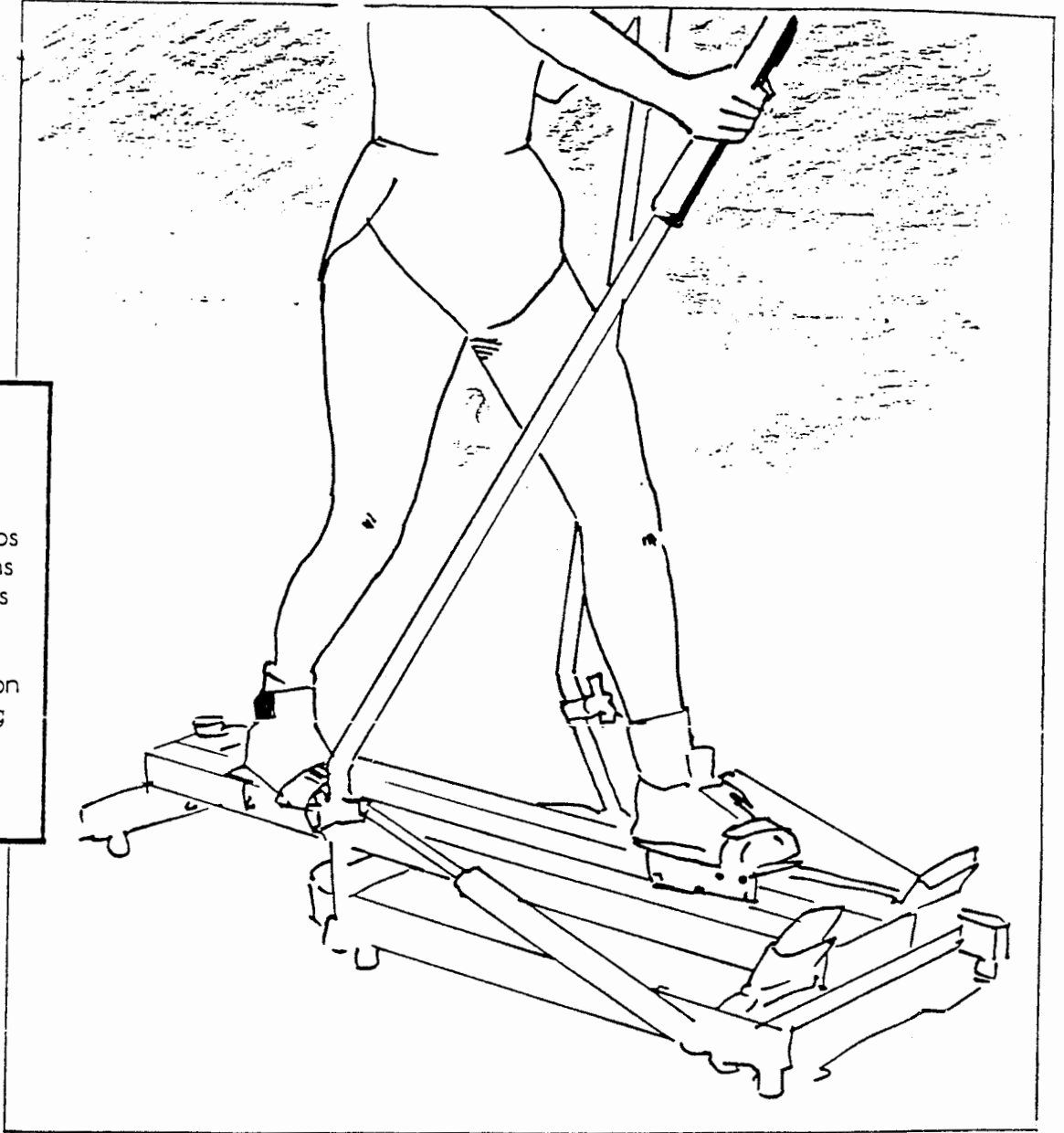


POWERGLIDE 2000

Cross-Country/Rower

Model XC2000



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Specifications
Assembly
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General Exercise Tips
Exercise Suggestions
Suggested Exercises
Trouble Shooting
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Owner's Manual and Exercise Guide

WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important to individuals over the age of 35 years and those with known health problems. Read all the instructions and safety precautions before using. We assume NO responsibility for personal injury or property damage sustained by or through the use of the WESLO Powerglide Cross Country Rower.

POWERGLIDE 2000

Cross-Country Rower

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SPECIFICATIONS: _____

Physical Size

HEIGHT: 7 inches
LENGTH: 53 inches
WIDTH: 26.75 inches
WEIGHT: 50 pounds

Physical Characteristics

Required floor space 27 inches x 53 inches
/Resistance control disk brake type and
adjustable leverage
Hand Grips foam
Rowing Handle Adjustments (4) 1 inch intervals

Functional Features

Brake type friction resistance control
step length 0 to 40 inches
conversion from rower to cross-country skiing mode

Accommodations

level of physical fitness all*
Rower/Skier's weight up to 350 pounds
Rower/Skier's height 5 foot and taller
Force application (arms & legs) legs-bidirectional,
arms-unidirectional

*Be sure to observe all warnings and see your doctor.

Specifications subject to change without notice.

INTRODUCTION: _____

Welcome to the Powerglide: a unique combination of exercises available on one machine. All the benefits of a complete rower, plus the benefits of cross-country skiing in a compact exercise machine. Rowing machines are preferred by many fitness experts for building muscle power and size.

Congratulations on your purchase of the Weslo Powerglide. You now have a truly innovative exercise aid. Your new Powerglide will give you the same quality aerobic workout as cross-country skiing. The two oil-filled shocks provide an isokinetic movement, same speed with any level of effort. Experts say that an isokinetic exercise is the best available for muscle development.

The many unique features of the Powerglide provide you with a state-of-the art exercise machine to help you on your way to a better and healthier lifestyle.

ASSEMBLY: _____

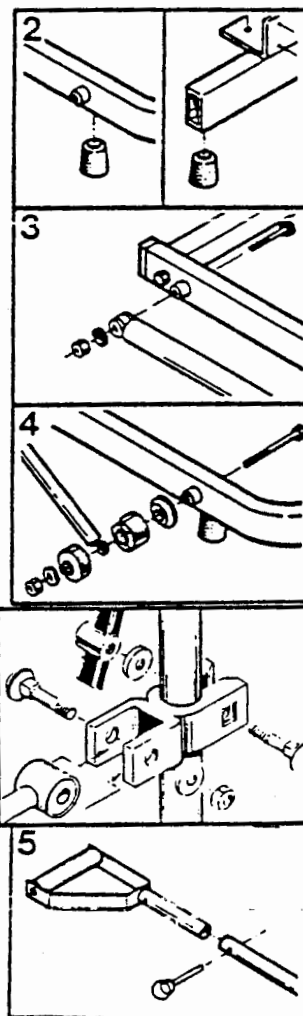
NOTE:

Your Powerglide comes partially assembled. In the Assembly directions we have used only the parts that you must assemble. If you wear out a part please look at the parts list at the end of your Powerglide Manual for a description and reorder number.

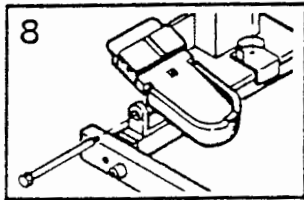
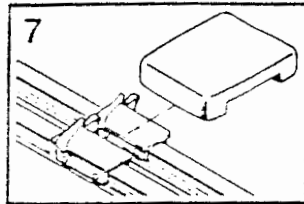
You should be able to complete assembly with an adjustable wrench and the tool provided.

Please read and make sure you understand all the assembly instructions BEFORE you begin assembly to avoid mistakes in assembly that may later cause unsafe operation. You may want to assemble your Powerglide with a friend to make it easier.

1. Remove all the parts from the carton and check them against the assembly parts list to make sure that all the parts have been included.
2. Attach the Plastic Feet (7) to the bottom of the Rear Crossbar (8) and the Left and Right Frame Sections (2 & 3).
3. Connect the Hydraulic Shocks (21) to the front of the Frame Sections (2 & 3) with the Bolt, Nut and Washers (20). The large end of the Shock connects to the Frame. DO NOT over-tighten the nut. It should be snug but not crush the plastic bushings in the shock mount.
4. Insert the Bolt (20) through the hole in the rear of the Frame Section (2 & 3) and then thread on the Cover Washers (26), Rowing Arms (28) and Plastic Joint Covers (27) onto the Bolt. Secure the assembly with the Washer and Locknut (20b, 20a).
DO NOT over-tighten the nut because it will cause a squeaking noise and premature wear in the joint.
5. Pull the Shock shaft out and connect it to the Black "J" Clamp (22) on the Rowing Arm (28) with the Carriage Bolt, Washer and Locknut (25, 10b, 18a).
6. Slide the Rowing Handles (30) onto the Rowing Arms (28) and secure with the Hitch Pins (29).



Powerglide
 Cross-Country
 Rower
 Model #
 XC2000

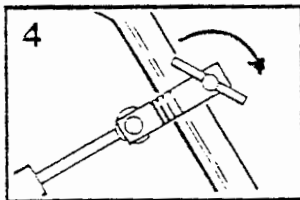
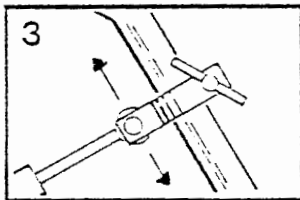
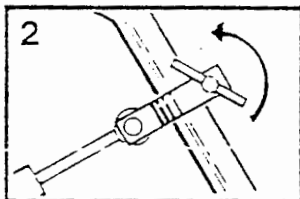


7. Align the Skiing Pedals (48a & 48b) so they are side by side and then firmly press the Rowing Seat (52) onto the Pedals to secure the velcro binding.
8. Hold the Foot Rests (17) between the Foot Rest Brackets (16) and then insert the Foot Rest Shaft (18) through the holes in the Bracket and the Foot Rest and screw it into the Bracket. Thread the Locknut (18a) onto the Foot Rest Shaft and tighten.
9. Make sure that all the Nuts and Bolts are properly tightened before using your Powerglide.

OPERATION:

Adjusting the Resistance

As you begin exercising with your Powerglide you should use the lower resistance settings, but as you improve you will want to increase the level of your workout. A large part of your workout is in the resistance supplied by the Hydraulic Shocks on the rowing arms and the brakes on the skiing pedals. To adjust the resistance level follow these steps:



Rowing Arm

1. Raise the Rowing Arm (28).
2. Loosen the "T" Wingnut (23).
3. Slide the Black 'H' Clamp (22) up to increase (or down to decrease) the resistance. The numbers stamped on the Rowing Arms may be used to adjust for the same level of resistance on both arms. The number 1 represents the lowest resistance level while the number 5 represents the highest resistance level.
4. Tighten the "T" Wingnut (23) to secure your selected level of resistance.

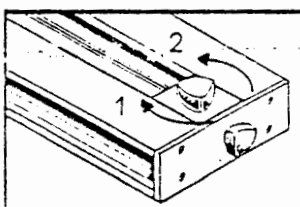
This is the same method for the Rowing Mode as well as for the Skiing Mode.

Skiing Pedal

WARNING:

Adjust your Pedal Resistance ONLY while standing on the floor. To avoid falling off the machine and injury, DO NOT attempt to adjust the Pedal Resistance while standing on your Powerglide.

This adjustment should be made only for the Skiing Mode. You should always disconnect the cable from the Skiing Pedals and place the Pedal Hitch Pins at the maximum travel before using the Rowing Mode.

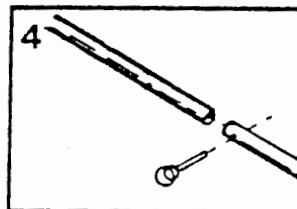
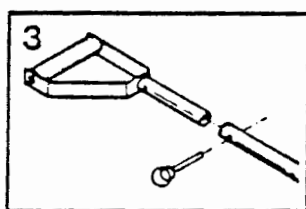
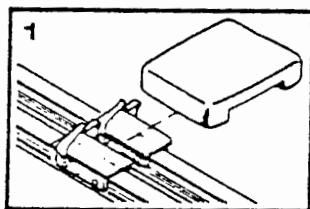
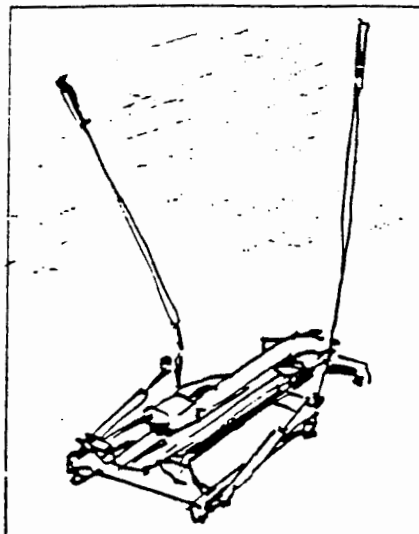


1. Turn the Resistance Control Knob (42) clockwise to increase the resistance.
2. Turn the Resistance Control Knob (42) Counter-clockwise to decrease the resistance.

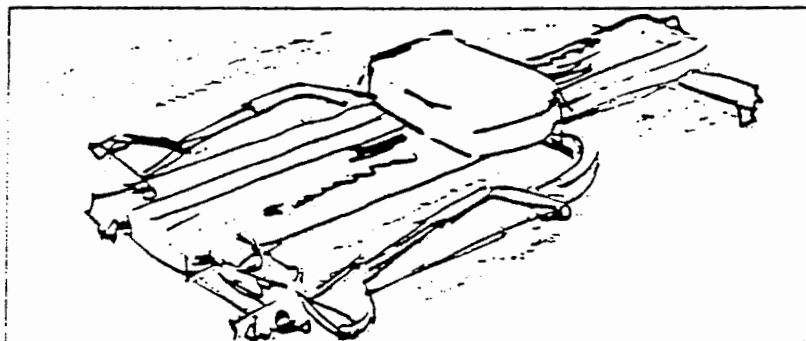
The Powerglide has two workout positions. You should become familiar with the transitions so that you can easily and quickly change from one exercise mode to another as you continue in your exercise program.

Converting from Rowing to Cross Country Skiing Mode

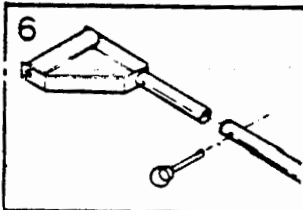
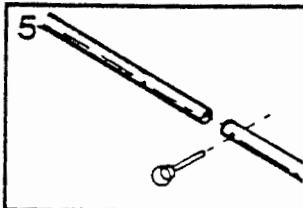
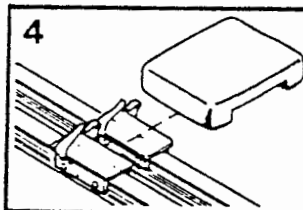
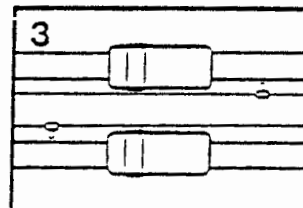
1. Pull the seat (52) from the Skiing Pedals (48a & 48b).
2. Loosen the Resistance Control Knob (42) and then pull the Pedal Hitch Pins (41) on the Cable (37) to align them with the holes in the Skiing Pedals (48a & 48b) and insert the Pins into the holes on the Skiing Pedals. (Make sure that you tighten the Resistance Control Knob to provide some tension in the cable for mounting.)
3. Pull the Hitch Pins (29) from the Rowing Handles (30). Pull off the Rowing Handles.
4. Slide the Skiing Poles (34) onto the Rowing Arm (28). Replace the Hitch Pins to Secure the Skiing Poles to the Rowing Arms.



Converting from Cross Country Skiing to Rowing Mode



1. Pull one of the Skiing Pedals (48a & 48b) to the rear of the Aluminum Bar (1) until it touches the Drum Cover (44).
2. Pull the Pedal Hitch Pins (41) from the Skiing Pedals (48a & 48b).
3. Pull the Pedal Hitch Pins (41) to the ends of their travel.
THIS IS VERY IMPORTANT. To avoid tangling the Hitch Pins with the action of the Rower you must pull the cable to the maximum travel. This also saves some wear on the cable, Skiing Pedals and Pedal Hitch Pins.
4. Align the Skiing Pedals (48a & 48b) and firmly press the Rowing Seat (52) onto them.
5. Remove the Hitch Pins (29) from the Skiing Poles (34) and then remove the Poles from the Rowing Arms (28).
6. Slip the Rowing Handles (30) onto the Rowing Arms (28) and secure with the Hitch Pins (29).



WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important to individuals over the age of 35 years and those with known health problems. We assume NO responsibility for personal injury or property damage sustained by or through the use of the Powerglide.

TERMINOLOGY

In order to understand the instructions in this booklet, it is important to be familiar with certain key words:

Exercise: Each individual movement performed, such as rowing or skiing. Exercise and movement are used interchangeably. Exercise is also used to mean an activity for developing the capabilities of the body.

Repetition (Rep): Each complete cycle of an exercise. For example, each time you return to the starting position is one repetition.

Set: A distinct group of repetitions, usually in the range of 6 to 12 followed by a rest interval of 60 to 70 seconds.

Routine: The entire grouping of exercises, sets and reps done in one training session or workout. Often called a training schedule.

The number of repetitions and sets needed will vary for each person, but as a general rule, the maximum benefit can be reached with 1 to 3 sets of 10 to 15 reps per exercise.

TIPS

You should get a physical examination.

Any user of this equipment should undergo a comprehensive physical examination prior to beginning a body building or exercise program. Your physician will be able to detect any health problems which might affect, or be aggravated by, your exercise program.

You can progress in your program by increasing its intensity. Be prepared to sweat. This can be done in three different ways:

1. Increase the resistance you select for a given number of reps.
2. Increase the number of reps you do with a set resistance in an exercise.
3. Decrease the rest intervals between sets of an exercise done with a consistent resistance and number of reps.

The speed with which you perform an exercise and the length of time you rest between sets are two important training tempo factors. You should do each exercise slowly to maximize its effectiveness on your muscles. You should do between two and three sets of ten reps per exercise and rest about 60 seconds between each set. (More detailed information for the Powerglide can be found in the next section.)

You should exercise often, but remember:

Muscles do not grow in size and strength as you train, but during the one or two days of rest following a workout. So, if you try to work a muscle group every day, it is unable to recuperate and grow. You should plan your routine so that you work a muscle group one day and then let it rest one day. Two suggestions are: 1. work the upper body one day and then the lower body the next day; 2. work out every other day. The key is to remember to let a certain muscle group rest a day after you exercise it. It is essential to maintain a regularly scheduled exercise routine in order to realize maximum fitness benefits.

As long as you can find a consistent time of day at which to exercise, it matters little what specific hour you choose. Choose a time that is most convenient for your own schedule. However, it is best not to exercise close to bed time because increased activity before sleep causes the body to be more awake and could make it difficult to get to sleep.

- ...remember to remember when choosing what to wear for a workout:
1. Be sure the clothing is loose fitting or loose enough to allow free movement of your limbs over an exaggerated range of motion.
 2. Your workout clothing must be warm enough to keep your body from cooling off during a workout and becoming susceptible to injury.
 3. Also, avoid oversized and "flowing" clothing because it may become entangled in the moving parts of the Powerglide and cause injury.

Exercise form is important.

It is essential that you learn and maintain strict exercise form while exercising. Strict form involves moving over the full range of the exercise motion as it is described, plus moving only those parts of the body that should be moved in the exercise. The most common types of cheating during an exercise involve bending back and jerking the knees to help push through the exercise. "Cheating" robs your muscles of much of the resistance they should feel and may cause injury. You must always try and keep your exercise form. It might be a good idea to exercise in front of a mirror initially to see what your form looks like and help make any necessary corrections.

Many people seem to worry about how to breathe during an exercise. Essentially, as long as you don't hold your breath during an exercise, you should not worry. If you feel that you need a rule to go by, then breathe out during the exertion phase of a movement and breathe in as you relax. In many of the exercises with the Powerglide you're relaxing one side of your body while exerting the other; establishing a rhythm for your breathing may be more appropriate. Listen to your body's need, you should be exercising aerobically, that is, with air. If, however, you find yourself getting lightheaded you're probably hyperventilating and you should breathe a little less vigorously. Your breathing should feel "natural" and not forced.

Sleep and rest are important parts of your training.

Along with hard training and proper diet, it is very important to remember to let your body properly recuperate between workouts, a large part of recuperation is sleep.

It is essential that you gradually break into any exercise program in order to avoid "over-doing" it. Begin with less resistance or fewer reps per exercise so that your body has a chance to become accustomed to the exercise. With any new exercise, you may experience some muscle soreness.

It is essential that you warm up for five to ten minutes before exercising. This will help prevent injuries and make the workout more productive. There are a variety of warm-up exercises and each person might warm-up differently. If you need some suggestions you might try two or three minutes of stretching followed by five or ten minutes of jump rope or running in place and then four or five minutes of calisthenics and stretching exercises.

Use your common sense when exercising and follow a few common safety rules:

1. Warm up thoroughly before each workout.
2. Don't hold your breath while exercising.
3. Don't "over-do", be patient and give your body a chance to build.
4. Eat a well-balanced diet.
5. Get enough rest.

EXERCISE SUGGESTIONS

Your Powerglide is a new and innovative piece of exercise equipment that opens the way for a variety of exercises based around one machine. Following are a few tips on form to aid you in getting the most out of your Powerglide:

STRETCHING

Before beginning any exercise on your Powerglide, a stretching routine is recommended to limber and warm-up your muscles. The following routine provides a good warm-up:

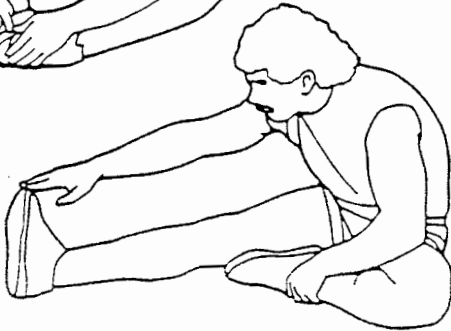
1. All stretches should be performed slowly.
 2. Each position should be held for a count of 15 and performed for three repetitions.
- Stretch slowly — DO NOT BOUNCE.
-



INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close as possible to your groin area. Gently push your knee as close to the floor as possible. Hold for a count of 15.

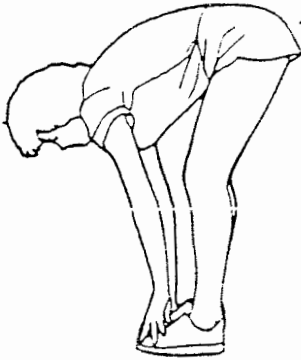
The inner thigh muscles are stretched.



HAMSTRING STRETCH

Sit with one leg extended. Bring the opposite foot in toward you resting the sole on the extended leg's inner thigh. Make sure to keep your extended foot pointed toward the ceiling and stretch toward your toe as far as possible. Hold for a count of 15 then relax. Change legs and repeat.

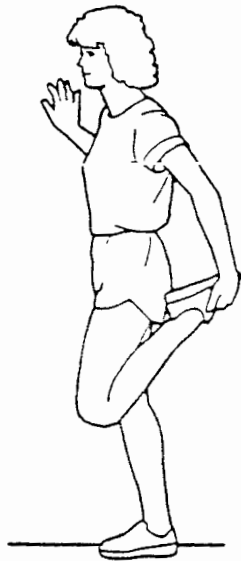
The hamstring, back of the knees and back are stretched.



TOE TOUCHES

Stand with your knees slightly bent. Bend forward at the waist, allowing your back and shoulders to relax as you stretch your hands toward your toes. Go down as far as you can (it should hurt some) and hold for a count of 15. Repeat. You should do three reps.

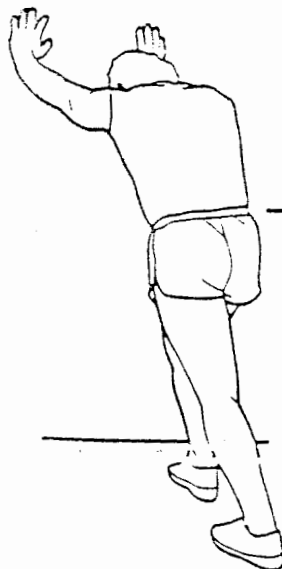
The Hamstrings, back of knees and back are stretched.



QUADRICEPS STRETCH

Stand about an arm's length from the wall facing parallel with the wall. Place one hand on the wall for balance and then lift the the outside (away from the wall) foot up and grasp it with your free hand. Pull your foot as close to your buttocks as possible (yes, it should hurt some). Hold the position for a count of 15. You should do 3 reps for each leg.

The Quadriceps and hip muscles are stretched.



CALF/ACHILLES STRETCH:

Stand about a step to a step and a half away from the wall and then stretch your arms toward the wall. Lean on the wall with your arms. Put one leg in front of the other. Keep your back foot flat on the ground pointing toward the wall. Bend your front leg and move your hips forward. You should feel your calf muscle tighten, move forward to a point of pain and hold the position for a count of 15 (approximately 10 seconds). You may bend your back leg slightly to further stretch the calf muscle and Achilles tendon.

Repeat the stretch on the other leg by switching the positions of your legs and stretching.

You should stretch each leg, alternately, for three reps.

The Calves, Achilles tendons and ankles are stretched.

Heart rate training is a method of monitoring your exercise to make sure that you are working hard enough to get the full benefits of aerobic exercising while not exceeding the limits of your body's present level of conditioning for aerobic exercise. This method of training has been developed and widely accepted by exercise experts.

The basis for your "training zone" is the target heart rate. To find your target heart rate subtract your present age from 220 (the maximum heart rate for a child). The result is your maximum heart rate. The range for your target heart rate is between 70 to 85 percent of your maximum heart rate.

For example, if you were 30 years old you would use this formula:

$$\begin{array}{r} 220 \\ - 30 \\ \hline 190 \end{array}$$

190 x .70 = 133 (the low end of your target heart range)
 190 x .85 = 161.5 (the high end of your target heart range)

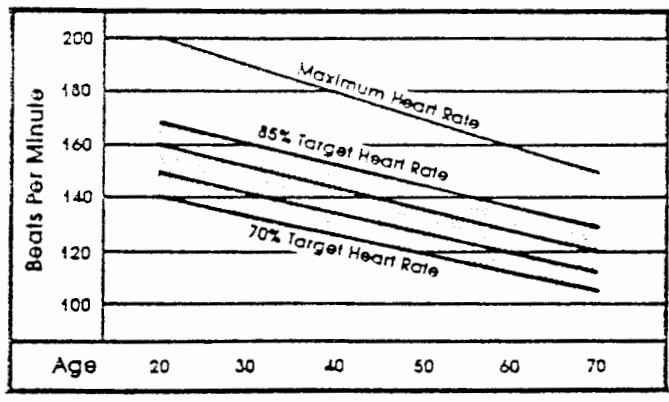
The level of exertion to gain this target heart range usually causes perspiration, an increase in breathing and slight fatigue.

For your first time out on the Powerglide you should work toward the lower end of your target heart range (70% of your maximum heart rate). As you continue exercising you should work at increasing your heart rate by about 5% every 4 weeks until you reach the upper end of your target heart range (85% of your maximum heart rate). As your body adapts to the workout, more and more workload will be required to achieve your target heart rate. To increase the workload you may:

1. Increase the resistance you select for a given number of reps. (Use the resistance control lever described in Powerglide OPERATION.)
2. Increase the number of reps you do with a set resistance in an exercise.
3. Decrease the rest intervals between sets of an exercise done with a consistent resistance and number of reps.

A need for increased workload to elevate your heart rate into the target range is a definite indicator of improved physical condition.

Below is a quick reference chart to help estimate your target heart rate in beats per minute.



To maximize the benefits of the aerobic exercise provided by your Powerglide you should exercise at your prescribed heart rate for at least 20 minutes 3 times a week with a day of rest between workouts.

Your exercise pattern should consist of 5 steps.

1. begin from rest (not exercising)
2. warm-up (stretches & etc. as described)
3. target heart rate exercise
4. cool-down (less strenuous exercise & stretches)
5. return to rest state (not exercising)

1. The warm-up period and cool-down periods are important steps in the prevention of injuries and should not be taken lightly. Warm-up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles and raising the body temperature. Warm-up can be achieved through stretching exercises and light calisthenics for a period of 5 to 10 minutes prior to using the Powerglide. You should then start exercising with the Powerglide with several minutes of easy exercising before beginning target heart rate exercises.
2. Target heart rate exercise, is a fundamental concept in exercise efficiency and benefit. You should work out on your Powerglide at a speed and resistance that causes your heart rate to fall within your target heart range. You need to maintain this level for a period of 20 to 30 minutes to maximize the benefits of your exercising. (The 20 to 30 minutes of target heart rate exercise need not be continuous exercise. You should pause occasionally to check your heart rate and change your exercise rate accordingly — if your heart rate is low, increase your exercise; if your heart rate is high, slow down a little so you don't burn out).
3. Cooling down is essential to preventing injuries. Stopping abruptly after vigorous exercise is likely to cause blood to pool in the extremities (arms and legs), a condition that causes the heart to work harder and increases the potential for muscle soreness. Again, cool-down can be achieved through stretching or simply exercising at a much easier pace.

SUGGESTED EXERCISES

The suggestions here are just a few of the many exercises that can be performed with the Powerglide. As you design your own program and invent a few of your own exercises, REMEMBER to keep safety in mind:

1. Never use the full travel of your Powerglide during exercises, especially in the Skiing Mode.
2. DO NOT attempt to change the rowing or skiing angle by placing your Powerglide on a hill or placing anything under the base.
3. Always make sure your Powerglide is firmly on a level surface.

The Powerglide can be used to provide an isokinetic workout. An isokinetic (equal motion) workout is one where the movement is made at the same speed regardless of the power you put into it. Many fitness experts say that an isokinetic exercise is one of the most beneficial. You can develop strength, power and endurance using the resistance settings available on your Powerglide in the following manner:

1. To develop STRENGTH, set the resistance to the maximum and exert a maximum force to row. Do 8 to 12 slow reps per set.
2. To develop POWER, set the resistance to a minimum and exert a maximum of force to row. Do 15 to 30 fast reps per set. BE SURE NOT TO SLAM AGAINST THE BRACKETS AT THE ENDS OF THE FRAME!
3. To develop ENDURANCE, set the resistance to an intermediate level and exert a low to medium force to row. Do as many reps as you can. You should experience local fatigue in the arms and legs.

Note:

Because of limiting factors of design, you should not attempt to develop STRENGTH in the Skiing Mode. The Skiing Mode was designed to develop ENDURANCE and the cardiovascular system.

The above guidelines may be applied to each of the following exercises (with the above noted exception) whether or not you are using your entire body as in Rowing or Skiing.

WARNING:

DO NOT use the full range of travel in any exercise on your Powerglide. To do so is abusive treatment and voids the warranty.

Consult your physician before beginning this or any exercise program. This is especially important for those over 35 years of age and those with known health problems.

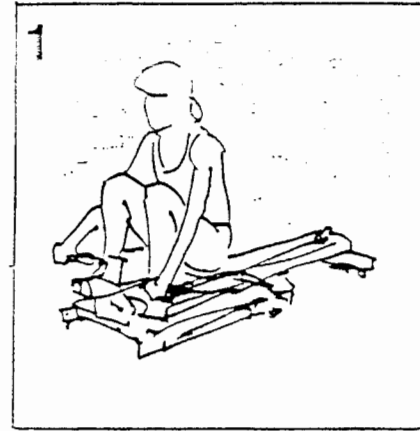
ROWING

This exercise is performed by sitting on the Rowing Seat facing the foot rests and strapping your feet into the foot rests with the Velcro Foot Strap.

Rowing consists of three distinct parts: The CATCH, the DRIVE and the FINISH.

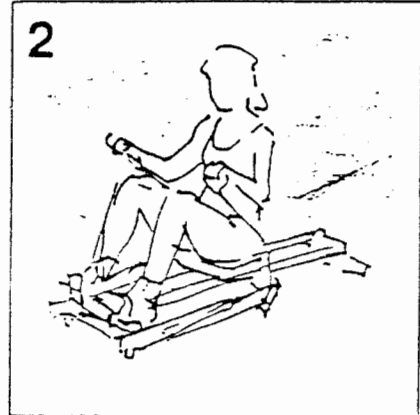
1. The CATCH

You begin rowing in a fully compressed position. Your legs and body should be in a tucked position; your knees should be fully bent, with your upper legs just off the chest. Your arms should be straight and your shoulders relaxed.



2. The DRIVE

You initiate the drive with the legs and back together. As the legs push backwards, so does your upper body. Both body and legs movements should work together. Be sure to keep your back straight as you lean back from the hip. Halfway through the drive the arms should begin to pull the handles toward the stomach. Try to maintain your elbows in an outward position through all the parts of rowing.

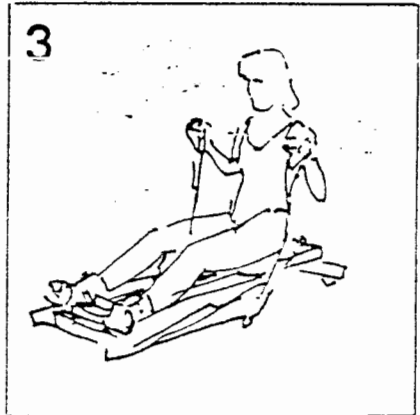


3. The FINISH

Your legs should be in a nearly fully extended position and the upper body should lean slightly back. Your arms should continue to pull back on the handles until the elbows pass on either side of the chest.

As you complete the finish you extend your arms forward and slide back to the CATCH position.

Rowing works virtually every muscle in the body and provides overall muscle tone and cardiovascular conditioning. However, you may place a greater emphasis on certain muscle groups through performing additional exercises.



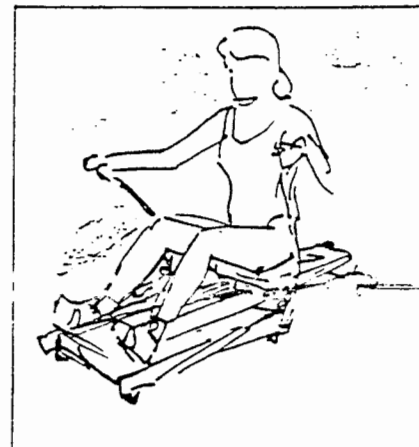
ALTERNATE ROWING

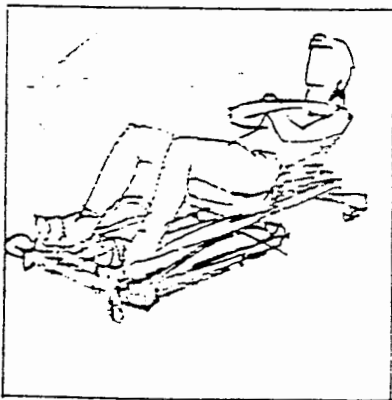
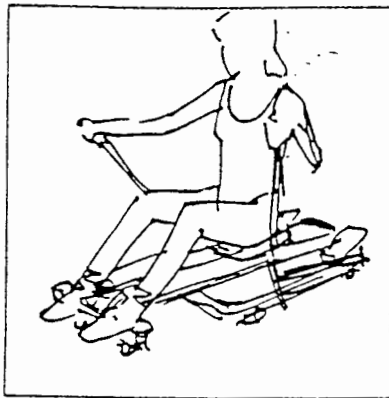
This exercise is performed from the same basic position as Rowing, facing forward with your feet strapped to the foot rests.

1. Extend your legs so that you're about midway through the motion of the Drive.
2. Without moving the seat or your legs, pull one handle as far as possible toward your chest.
3. While returning the rowing handle you pulled back to the starting position, pull the other rowing handle toward your chest.
4. Repeat.

You should breathe normally throughout the movement.

This exercise works the biceps, shoulder and back.





TWO/ALTERNATING ARM PRESS

This exercise is performed by sitting on your Powerglide facing away from the foot rests. You may rest the seat against the bracket on the front of your machine. You should extend your feet over the center bracket and to the rear crossbar if you can reach it.

1. Grasp the rowing handles with an overhand grip.
2. Exhale as you push the handles away from you with both arms.
3. Breathe in as you bring your arms back to your chest and repeat the motion.

This exercise may also be performed with alternating arms.

This exercise works the chest, triceps and shoulders.

SIT UPS

This exercise is performed by sitting on the Powerglide facing the foot rests, and strapping your feet in the footrests with the velcro straps.

1. Extend your legs so that they are bent at about 45 degrees.
2. Place your hands behind your head or across your chest.
3. Inhale as you lower yourself backward. **DO NOT** Lay on the Resistance Adjustment Knob. You should not relax your muscles as you lay back.
4. Exhale as you pull yourself up to the starting position.
5. Repeat.

This exercise works the muscles of the abdominal and hip areas.

CROSS COUNTRY SKIING

Because your Powerglide is such an innovative piece of exercise equipment you should carefully follow the instructions for using the Skiing Mode to avoid injuries. Here are a few safety rules to follow:

1. Do not make any resistance adjustments while standing on the skiing pedals.
2. Always adjust the velcro straps on the skiing pedals **BEFORE** you mount the Powerglide, keeping one foot on the floor as you adjust the straps for the other.
3. Lift the skiing poles to an upright position before you step into the skiing pedals. You may use them to aid your balance.

4. Align the skiing pedals so that they are next to each other before attempting to step into them. If they are spread apart they may slide out from under you as you attempt to get into them.
5. Step up onto the aluminum bars and then into the skiing pedals while holding onto the skiing poles.
6. Periodically tighten the resistance adjustment knob to prevent the cable from jumping off the drum.
7. Make sure that you always place your Powerglide on a flat level surface.
8. Periodically tighten all the bolts and nuts to insure that the frame doesn't flex except as it was designed to.
9. Make sure that you have plenty of room to move the Powerglide through its motion.
10. Be sure that the cable hitch pins are inserted into the skiing pedals.
11. Begin with shorter skiing steps to avoid hyperextending your leg muscles. Your body needs to adjust from the day to day needs of walking to the larger motions involved in skiing on the Powerglide.
12. Don't bang against the brackets at the end of motion of your Powerglide.
13. The Powerglide was designed to accommodate persons of up to six feet four inches tall. You should not use the full range of motion of the Powerglide if you are under six feet tall.

CAUTION:

DO NOT make any resistance adjustments while standing on the skiing pedals to avoid falling. DO NOT adjust the velcro straps of the skiing pedals while standing on them. Always make sure that you have some resistance on the cable before you mount the Powerglide.

SKIING

This exercise is performed by first converting your Powerglide to the Skiing Mode (See the detailed description in the section on OPERATION).

Once converted you should adjust the straps on the skiing pedals, one at a time as you stand on the floor with the other foot. You should adjust the strap so that it is snug but still allows you to lift your heel as you extend your leg backward.

You should adjust the resistance of the Shocks to somewhere in the range of 3 to 5 because the movement of the skiing poles is larger and you will need the higher resistance. You may wish to stand on the aluminum bars to test the resistance setting of the skiing poles.

Adjust the pedal resistance with resistance control knob so that the pedal motion feels a little stiff to your hand, but not so much that you can't move it. A stiff action for the first few times will add a little safety to mounting and help remind you not to use the full range of motion to avoid hyperextending your muscles. Pull the skiing poles upright and use them for balance as you step onto the aluminum bars and then into the skiing pedals.

The true action of Cross Country skiing is to move the right arm forward as your left leg moves forward. This is the natural motion of walking.

You may, however, use an alternate method of moving your right arm and leg forward at the same time. The key to this exercise's aerobic efficiency is that it uses most of the muscles of the body simultaneously; doing so, quickly elevates the pulse rate to the desired training level with less exertion on each muscle.

While skiing you may stand straight upright, or lean slightly forward at the hips as you feel comfortable. But, if you do lean, keep your back straight to avoid cheating and lower back pain.

Skiing is a smooth rhythmic exercise, so you shouldn't jar yourself against the brackets at the maximum travel of the pedals.



TROUBLE SHOOTING

Listed in this portion of your manual are some of the most common problems and solutions. If you need further assistance or have a question that is not covered in this trouble shooting guide, please call our toll free customer service number 800-824-3109 during regular office hours (8 am to 5 pm Monday through Friday). In Canada call 800-824-8949

SHOCKS

The shocks "whistle" as you pull them through the exercises. This is a normal sign that the shocks are working. There is no solution.

Loss of Resistance.

During an extended exercise period the fluid in the shocks warms up and loses its resistance. Allowing the shocks to cool down restores the resistance to movement.

If the shock loses oil, get a replacement through our customer service line.

CABLE

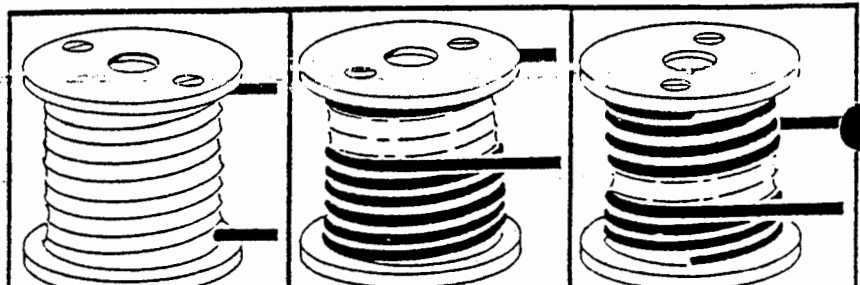
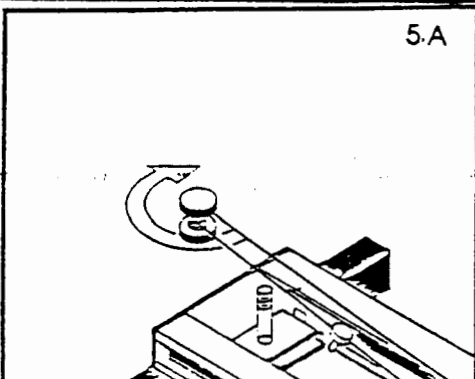
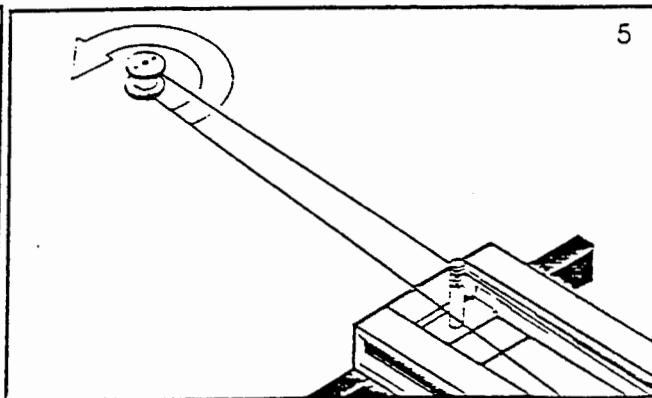
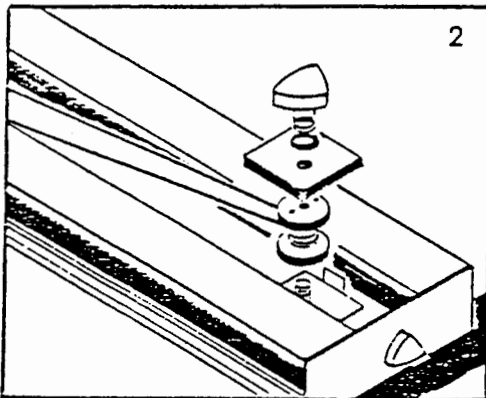
Jumping from the drum:

Tighten the resistance control knob (turn it clockwise).

Cable is off the drum and tangled:

1. Loosen drum bracket adjustment knob.
2. Remove the resistance control knob, washers, spring, drum cover and drum.
3. Untangle the cable and stretch it taut by walking away from your Powerglide holding the drum.
4. Orient the drum so the cables do not cross.
5. Wind the cable from one end until the pedal hitch pin reaches its maximum forward travel. If some slack remains before it will fit onto the bracket, wrap the other cable the opposite way until the drum and bracket align.
6. Replace the drum, drum cover, washers, spring and resistance control knob on the bracket.
7. Tighten the drum bracket adjustment knob to take the slack out of the cable.

Periodic tightening of the resistance adjustment knob will prevent most problems with the cable.



SQUEAKS

Squeaks while you row or ski are usually caused by overtightening the bolts that hold the rowing arms.

Loosen the bolts holding the rowing arms to the frame (No. 20 on the exploded drawing). They should be tight enough to prevent most of the side to side motion of the rowing arms, but not tight enough to bind them.

RATTLES

Rattling noises may have one of two sources.

Loose bolts in the frame and rowing arms.
Tighten the bolts.

The skiing pedals clicking against the pedal hitch pins.
Move the pins to the maximum travel out of the way of the motion of the seat while rowing.

UNEVEN CABLE RESISTANCE

The brake pads that provide the resistance for the cable do wear out.
Remove the resistance control knob, washer, spring, drum cover and drum.
Check the thickness of the felt brake pads. If they are less than $\frac{1}{16}$ of an inch thick where they contact the drum order replacements.
Replace the drum cover, spring, washer and adjustment knob.

The rollers may be binding.
Check the tracks on the aluminum bars for smoothness.
If they are not smooth you may clean them or sand them lightly to make them smooth.
Check the bolts holding the rollers on the skiing pedals for proper tightness.
Check the rollers on the skiing pedals for wear, if they are worn order replacements.

CARE SUGGESTIONS

The Powerglide is a sturdily built piece of exercise equipment and should give you years of trouble-free service. These "Care Suggestions" were designed to help you prolong the life of your Powerglide.

Use a mild detergent in a damp (NOT SOPPING WET) cloth to remove the perspiration from your Powerglide. The Anodized portions should be wiped dry with a soft cloth to avoid water spots.

Periodically (each time you use your Powerglide would not be too often) check all the nuts and bolts for tightness.

When you store your Powerglide, do not stack things on it. Folded down with the rowing handles on backward your Powerglide will fit a 7 inch x 53 inch x 26.75 inch space either flat or standing up against a wall. Store your Powerglide in a cool place away from water and sunlight. Sunlight will fade the colors of your Powerglide.

Powerglide
Cross-
Country
Power
Model #
XC2000

WARRANTY

WESLO, Inc. (warrantor) warrants the Powerglide to be free from defects in material and workmanship for a period of 90 days from the date of sale to the original purchaser. This warranty does not include any damage which may occur through misuse, improper operation, normal wear, shipping or unauthorized repair made or attempted.

The manufacturer will remedy any defects in materials or workmanship during the limited warranty period by repair or replacement. The manufacturer reserves the option to determine whether the remedy shall be made by repair or replacement.

To make a claim on this warranty, contact the dealer from whom the Weslo Powerglide was purchased, or, if for some reason he cannot be reached, contact our company headquarters whose address is listed below. You will be required to pay for shipping costs involved in repair or replacement and/or transportation costs for inspection. Incidental or consequential damages such as phone calls, loss of time, transportation, inconvenience, or commercial loss are not covered within this limited warranty. There is no implied warranty of merchantability except as stated herein.

Return of the attached warranty registration card within ten days from purchase date is necessary to receive warranty coverage.

Some states do not allow limitations on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

This warranty gives you specific legal rights, you may have other rights which may vary from state to state.

This is the only express warranty authorized by WESLO, INC.

WARRANTOR: WESLO, INC., P.O. BOX 10, LOGAN, UTAH 84321

Send the warranty registration card to:
Weslo Warranty
P.O. Box 10
Logan, Utah 84321

cut on dotted line

cut on dotted line

WESLO POWERGLIDE SKIING MACHINE WARRANTY REGISTRATION CARD

1. Weslo Powerglide _____
2. Date Purchased _____
3. Dealer Name _____
4. Dealer Address _____
5. Your Name _____
6. Occupation _____
7. Your Address _____
8. How did you learn about the Powerglide?
A. Radio ___ b. Newspaper ___ c. Friend ___ d. Store ___