

POWERGLIDE 50™

Model No. XC50

XC SKIER/ROWER

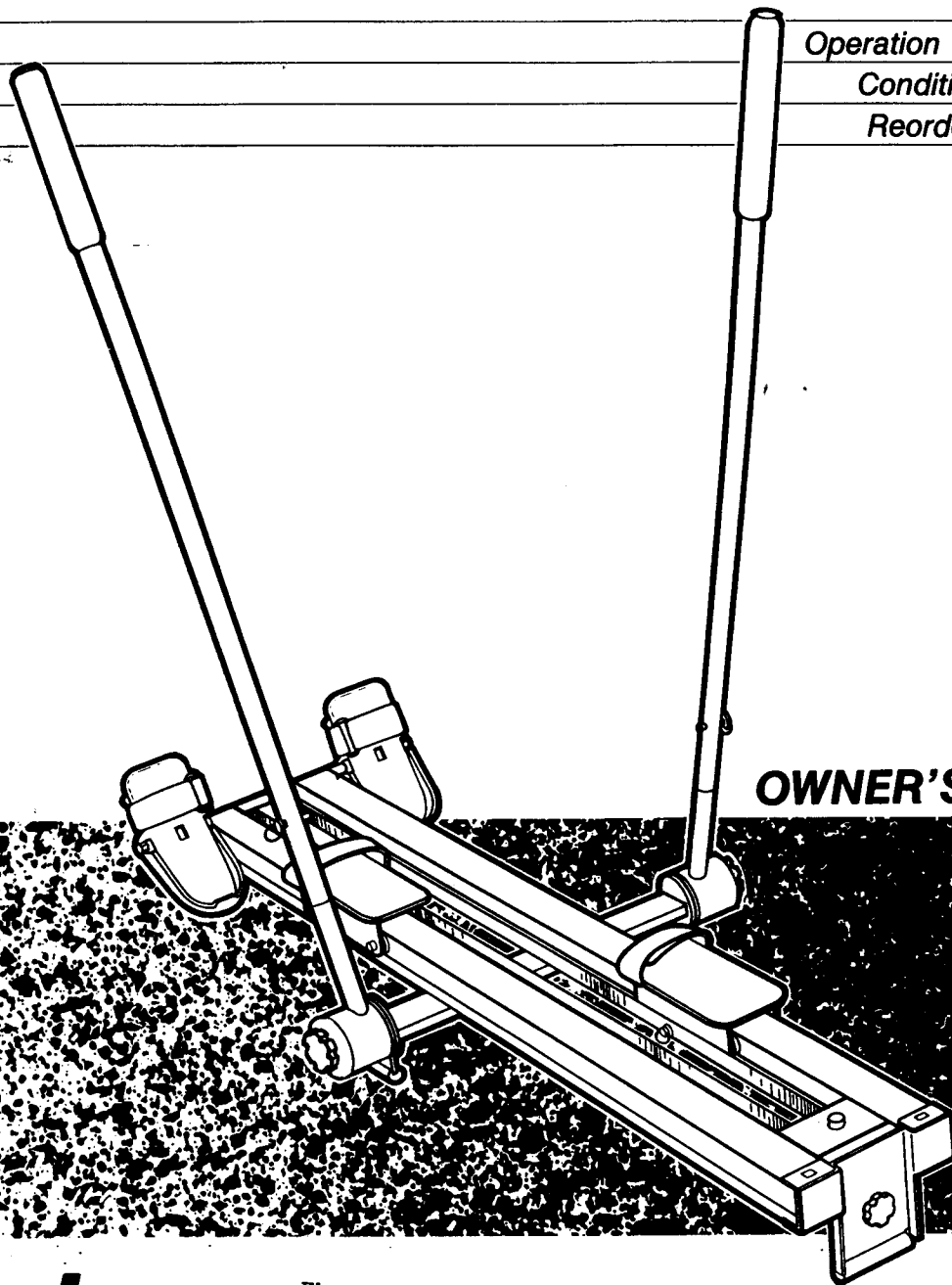
Warranty

Assembly

Operation and Adjustments

Conditioning Guidelines

Reordering Information



OWNER'S MANUAL

weslo,inc™

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

Part No. 046189 3/89

LIMITED WARRANTY

Weslo, Inc. ("Weslo") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. Weslo's obligation under this Warranty is limited to replacing or repairing, at Weslo's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by Weslo at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by Weslo. Pre-authorization may be obtained by calling Weslo's Customer Service Department at 1-800-99WESLO. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a Weslo authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Weslo.

WESLO IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

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

WESLO INC., P.O. BOX 10, LOGAN, UT 84321

IMPORTANT SAFETY PRECAUTIONS

- 1. Always use the Skier/Rower in an open, level area.**
- 2. Be sure that all parts are tightened securely. The pedals should be firmly attached to the resistance strap when in the skier mode.**
- 3. When changing the resistance on the poles or pedals, step off of the machine before making the adjustments.**

POWERGLIDE 50™

XC SKIER/ROWER

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WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals 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 the WESLO POWERGLIDE 50.**

BEFORE YOU BEGIN

Thank you for purchasing a Weslo POWERGLIDE 50 XC Skier/Rower. The POWERGLIDE 50 offers you two of the best forms of aerobic exercise known in the convenience and comfort of your home.

This manual is designed to help you understand the easy assembly and operating procedures of the Skier/Rower. A basic fitness guide is included to get you started with your exercise program.

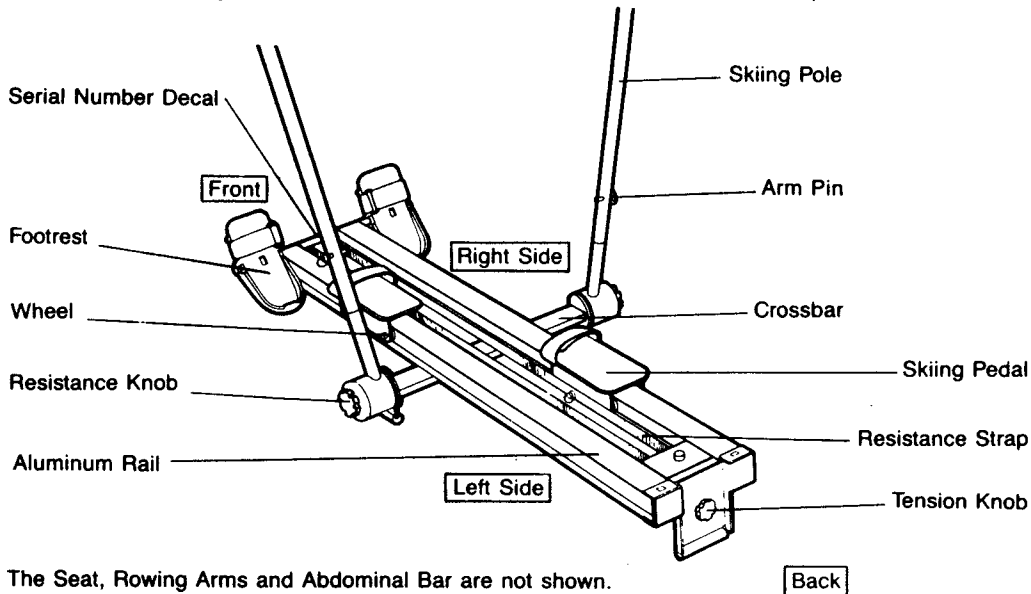
For your benefit and safety, please read this manual carefully before initial use of the 50. If you have additional questions regarding assembly, parts, operation or the 90-day warranty, please call our toll-free Customer Service line at 1-800-99WESLO (999-3756), (In Canada, 1-800-824-8949) during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m., Mountain Time.

In all communications regarding this product, please refer to the model number, recorded in the box below, and the serial number, found on the endbracket of the POWERGLIDE 50 frame. (Refer to the Orientation Diagram on page 4). Write the serial number in the box below for easy reference.

Model No. XC50 Serial No.
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ORIENTATION DIAGRAM

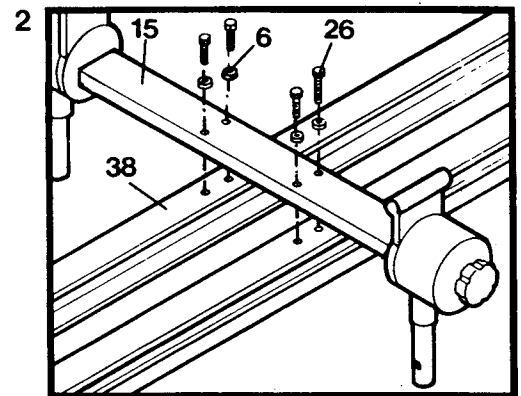
To help you clearly understand the descriptions in this manual, please examine the drawing below and familiarize yourself with the parts identified.



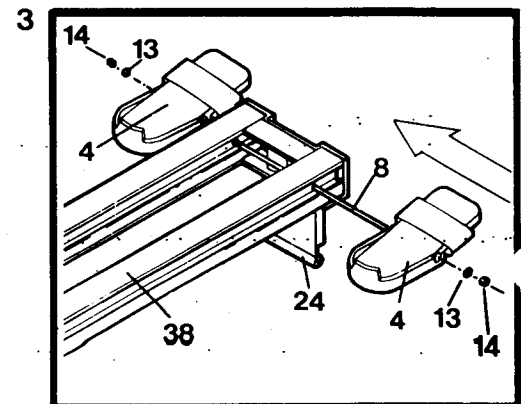
ASSEMBLY INSTRUCTIONS

Please read all instructions carefully before beginning assembly. For identification of parts see the exploded drawing and the part list. Assembly can be completed with the tool provided.

1. Place the Skier/Rower in a clear area on the floor and remove the packing materials. Be sure that all parts are included before disposing of the packing materials.



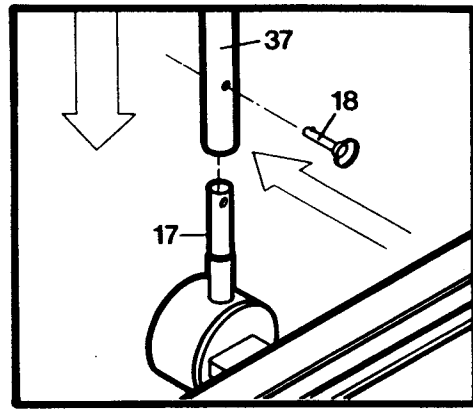
2. Turn the Aluminum Rails (38) over so that the End Plates (29) are upwards. Attach the Crossbar (15) to the Rails with four Bolts (26) and Washers (6).



3. Turn the Aluminum Rails (38) over and stand them on the four Protective Pads (24). Insert the Footrest Shaft (8) through the front end of the Rails. Place a Footrest (4) on each side of the Shaft and attach the Footrests with Washers (13) and Nuts (14) as shown.

4. Slide the Skiing Poles (37) onto the Right and Left Arm Mounts (17) and insert the Arm Pins (18).

4



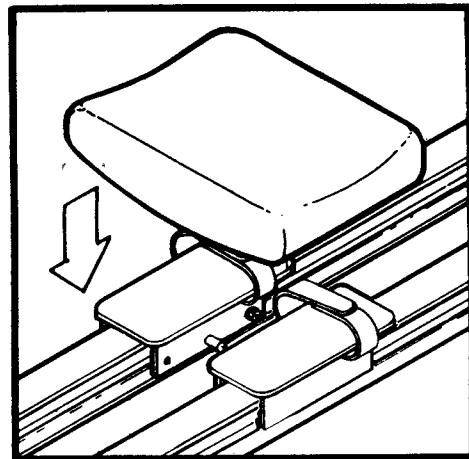
5. Make sure that all parts are securely fastened. Your Skier/Rower is now ready for use in the skiing mode.

ROWER ADJUSTMENT AND OPERATION

CONVERTING TO THE ROWER MODE

1. Remove the Strap Pins from the Skiing Pedals, and pull the Resistance Strap until one Pin is at the front end of the Aluminum Rails and the other Pin is at the back end.
2. Position the Skiing Pedals side by side. Set the Rowing Seat on the Pedals and press down firmly.
3. Remove the Arm Pins and pull the Skiing Poles from the Arm Mounts. Slide the Rowing Arms onto the Arm Mounts, with the Rowing Arms pointing inwards, and insert the Arm Pins.

2



ROWING ARM RESISTANCE

Turn the Resistance Knobs at the ends of the Crossbar clockwise to increase the resistance. Turn the Knobs counterclockwise to decrease the resistance.

ROWING TECHNIQUE

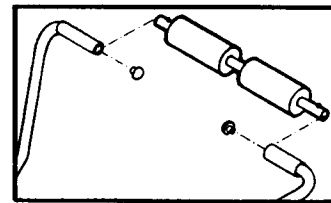
Position yourself on the seat facing the footrests and strap your feet into the footrests. Hold the rowing handgrips with an overhand grip. Correct rowing form consists of three parts. Follow the procedure outlined below, breathing normally throughout.

- A. The Catch** is a fully compressed position. Your body should be in a tucked position, your knees fully bent and your upper legs just off of the chest. Arms should be straight and shoulders relaxed.
- B. The Drive** is started by the legs and back pushing backwards together. Be sure to keep your back straight as you lean back from the hip. Halfway through the drive, pull the handgrips towards your stomach. Try to keep your elbows outwards.
- C. The Finish** comes as the arms continue to bend until the elbows pass on either side of the chest. At this time your legs should be nearly extended and your upper body leaning slightly back.

After the finish, extend your arms forward and slide your body forward as if following the hands back to the catch. Repeat the sequence. Move your arms and body together in a smooth, fluid motion.

CONVERTING TO THE ABDOMINAL MODE.

Remove the End Caps from the Rowing Arms, and insert the Abdominal Bar with the Roller Pads into the ends of the Rowing Arms.



Exercise: Abdominal Crunches

- A. Sit on the Seat facing away from the Footrests.
- B. With the Roller Pads resting against your chest, wrap your arms loosely around the Pads.
- C. Exhale as you bend forward at the waist. Concentrate on using your stomach muscles rather than your upper body weight to bring the Bar down.
- D. Inhale as you raise the Bar back to the starting position.

Exercise: Lower Back Extensors

- A. Sit on the Rowing Seat and strap your feet into the Footrests.
- B. Rest the Roller Pads against your upper back.
- C. Rest your hands on your chest, keep your back straight and exhale as you press the Bar back until you reach a 45 degree angle. Do not lean all of the way back.
- D. Inhale as you bring the Bar back to the starting position.

XC SKIER ADJUSTMENT AND OPERATION

CONVERTING TO THE SKIER MODE

1. Remove the Arm Pins and pull the Rowing Arms from the Arm Mounts. Slide the Skiing Poles onto the Arm Mounts and reinsert the Arm Pins.
2. Lift the Seat from the Skiing Pedals.
3. Slide the Resistance Strap until the Strap Pins are beside the Skiing Pedals. Insert the Pins into the Pedals.

SKIING POLE RESISTANCE

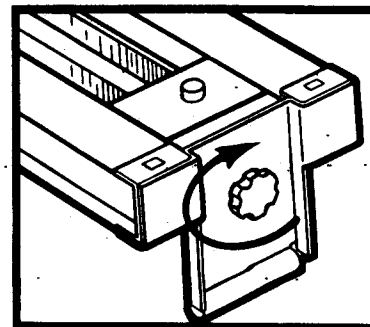
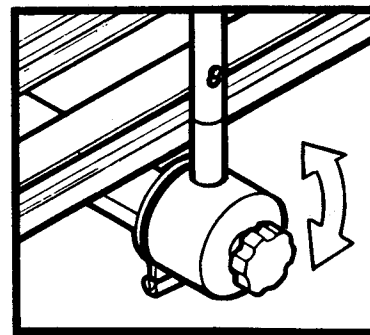
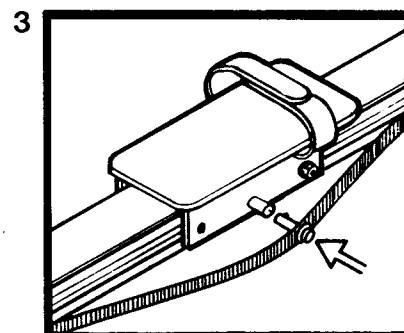
Resistance on the Skiing Poles can be changed using the Knobs at the ends of the Crossbar. Turn the Knobs clockwise to increase resistance, or counterclockwise to decrease resistance.

If resistance decreases with time, remove the Knobs, lubricate the insides of the Washers next to the Arm Mounts (#19 on the Exploded Drawing), and retighten the Knobs.

SKIING PEDAL RESISTANCE

Turn the Tension Knob located at the rear of the Aluminum Rails clockwise to increase Pedal resistance, or counterclockwise to decrease resistance.

If the Pedals stick during exercise, rub a small amount of paraffin wax onto the sides of the Strap where it glides around the Brackets (part #5 on the EXPLODED DRAWING). This will also prevent fraying of the strap.



PEDAL STRAP ADJUSTMENT

Adjust the Straps on the Skiing Pedals one at a time, placing one foot on the Pedals and keeping the other foot on the floor. Adjust the Straps so that they are snug, but still allow you to lift your heels as you extend your legs backward.

MOUNTING THE SKIER

Position the Pedals side by side. Hold the Skiing Poles upright for balance and step onto the Rails and then into the Skiing Pedals.

SKIING TECHNIQUE

To simulate the true action of cross-country skiing, move your right arm forward as your left leg moves forward. Begin with short strides until your muscles become accustomed to the skiing movement. Move your arms and legs together in a smooth, rhythmic fashion. Never let the pedals hit against the brackets at the ends of the rails. Stand straight upright, or bend forward slightly at the hips. Always keep your back straight in order to avoid injury.

Alternate method: You may vary your exercise by moving your right arm and right leg forward simultaneously. This will work your muscles in a different way than the method described above.

CONDITIONING GUIDELINES

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. For more complete and detailed information consult your physician or obtain a book at your library.

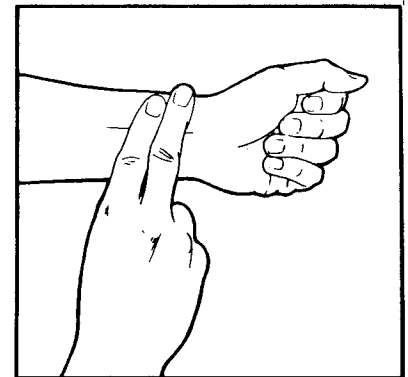
EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone."

You can determine your Training Zone by consulting the table below. Training Zones are given for both conditioned and unconditioned persons. Use the column that is appropriate for you.

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

To determine whether your heart rate is in your Training Zone, you must first exercise continuously for four minutes. After four minutes, pause briefly and take your pulse. The easiest way to measure your heart rate is to place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. Adding a 0 to the number will give you your heart beats per minute. (A six-second count is used because the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your Training Zone. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



During the first few weeks of your exercise program you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until you reach the high end of your Training Zone.

EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR EXERCISE.

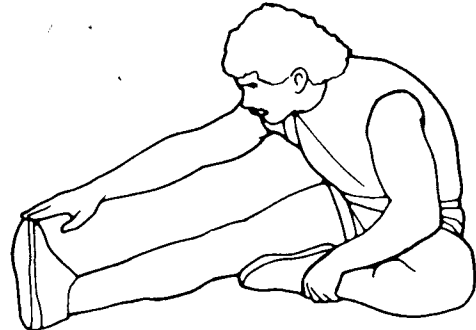
STRETCHING

The following stretches provide a good warm-up. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly-don't bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

Stretches: Hamstrings, Lower back and Groin.



INNER THIGH STRETCH

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

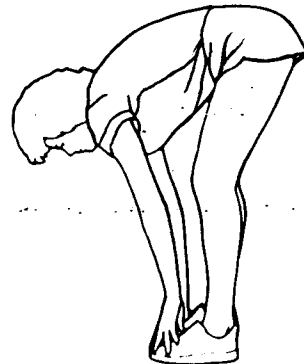
Stretches: Inner thigh muscles.



TOE TOUCHES

With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.

Stretches: Hamstrings, Back of Knees, Back.



QUADRICEPS STRETCH

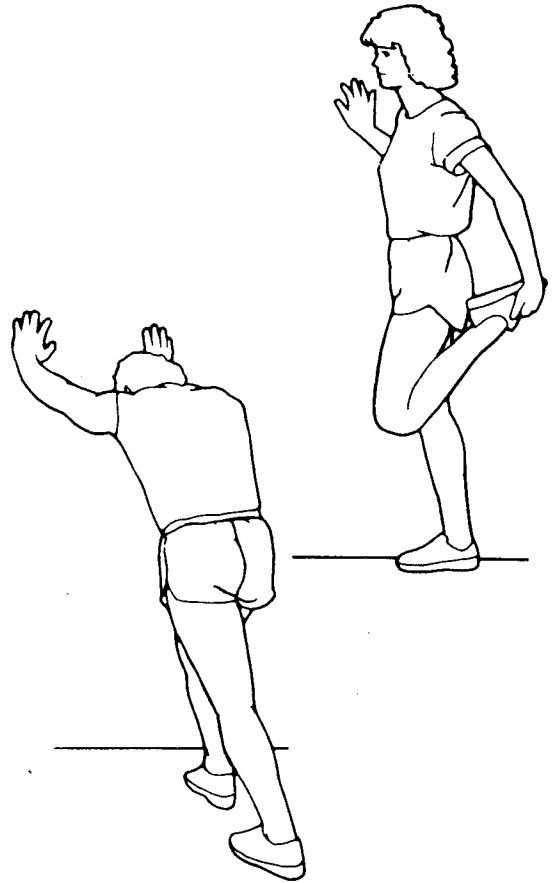
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip muscles.

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles tendons, and Ankles.



PART LIST - Model No. XC50

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat	22	2	Arm Mount Cover
2	1	Resistance Strap	23	2	Resistance Knob
3	2	Rowing Arm	24	4	Protective Pad
4	2	Footrest	25	2	Strap Pin
5	2	Bracket	26	8	Frame Bolt
6	9	Washer	27	1	Right Skiing Pedal
7	1	Adjustment Bolt	28	2	Pedal Strap-Loop
8	1	Footrest Shaft	29	2	End Plate
9	2	Footrest Strap	30	1	Tension Knob
10	4	End Cap	31	8	Wheel Spacer
11	2	Small Foam Grip	32	8	Wheel
12	2	Large Foam Grip	33	8	Bolt
13	2	Shaft Washer	34	8	Pedal Washer
14	10	Nut	35	2	O-Ring
15	1	Crossbar	36	1	Left Skiing Pedal
16	2	Resistance Plate	37	2	Skiing Pole
17	2	Arm Mount	38	2	Aluminum Rail
18	2	Arm Pin	39	1	Abdominal Bar
19	6	Resistance Washer	40	2	Roller Pad
20	2	Pedal Strap-Hook	#	1	Owner's Manual
21	4	Key Washer	#	1	Tool

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-99WESLO (999-3756)**, (in Canada at **1-800-824-8949**) during regular business hours: Monday-Friday, 6 a.m. - 6 p.m., Mountain Time.

When ordering parts, please be prepared to give the following information.

1. The NAME OF THE PRODUCT (POWERGLIDE 50).
2. The MODEL NUMBER OF THE PRODUCT (XC50).
3. The SERIAL NUMBER OF THE PRODUCT (See page 3 of this manual).
4. The KEY NUMBER OF THE PART from the Part List found in this manual.
5. The DESCRIPTION OF THE PART from the Part List found in this manual.

If possible, place your telephone near the POWERGLIDE 50 for easy reference.

