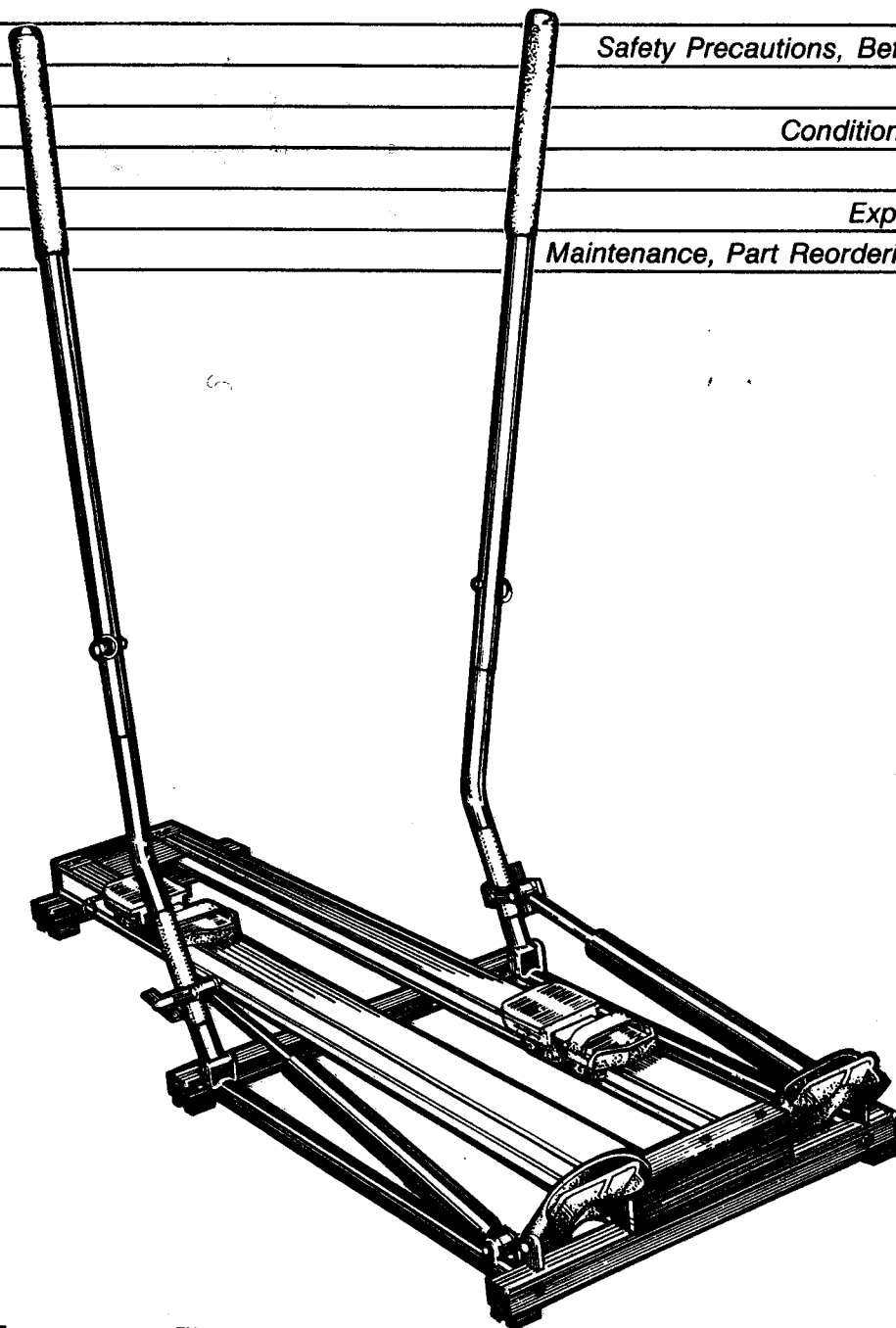


# POWERGLIDE 80™

Model No. XC80

R·O·W·E·R / X·C - S·K·I·E·R



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**weslo, inc**™

A Subsidiary of Weider Health and Fitness, Inc.

**OWNER'S MANUAL**

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

Part No. 046191 4/90

## **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**

**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 this Weslo product.**

# IMPORTANT SAFETY PRECAUTIONS

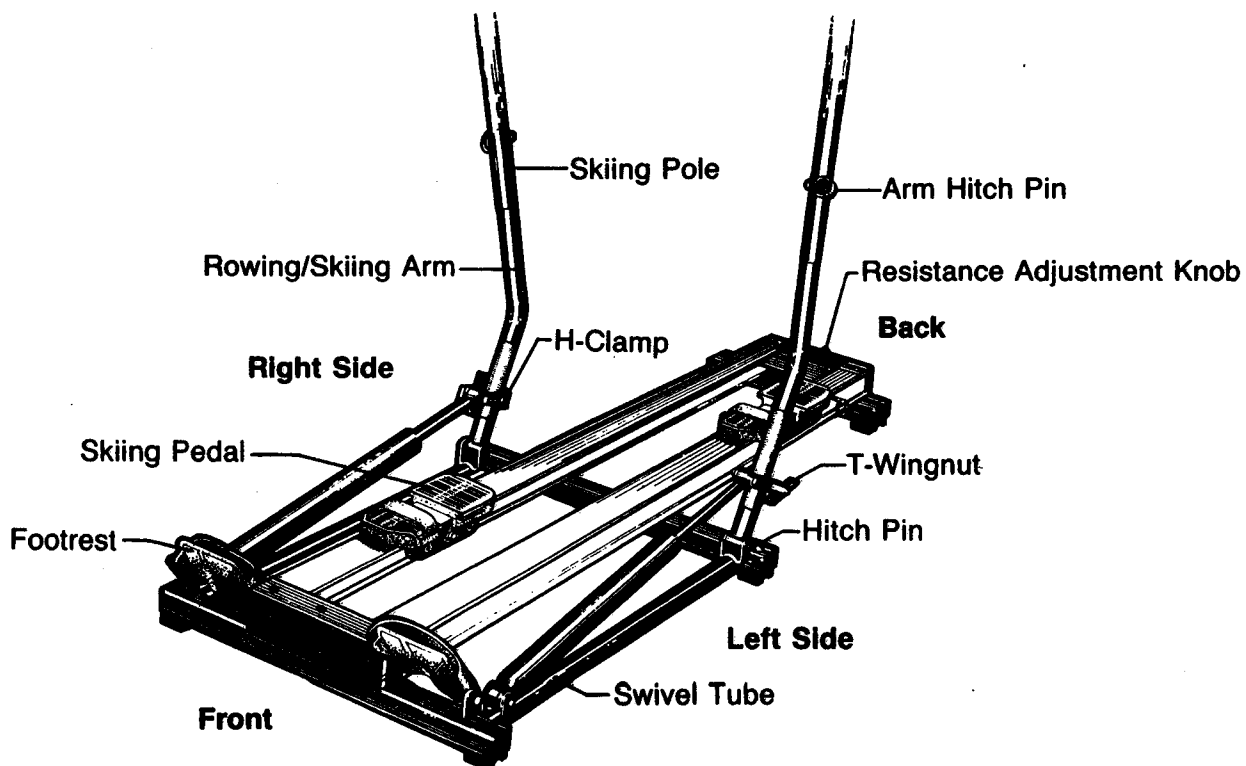
1. Always use the Rower/XC-Skier on a clear, level surface.
2. Be sure that all parts are tightened securely before each use.
3. When in the XC-Skier mode, always step off of the machine before making adjustments.
4. Always hold onto the skiing poles for balance when mounting or dismounting in the XC-Skier mode.

## BEFORE YOU BEGIN

Thank you for purchasing a Weslo Powerglide 80 Rower/XC-Skier. Rowing could be called the perfect exercise. It conditions the heart, lungs and entire cardiovascular system, at the same time working nearly every major muscle group in the body. Cross-country skiing is another excellent cardiovascular exercise. The Powerglide Rower/XC-Skier offers you both exercises in one compact machine to give you a near perfect workout in the convenience of your home.

For your safety and benefit, please read this manual carefully before initial use of the Powerglide 80. If you have additional questions regarding assembly, parts, operation or the 90-day warranty, please call our Customer Service Department toll-free at 1-800-99WESLO (999-3756), Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. Refer to the product model number (XC80) when calling. If possible, place the Rower/XC-Skier near the telephone for easy reference.

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



# ASSEMBLY INSTRUCTIONS

Please read all assembly steps before beginning. Refer to the Exploded Drawing and the Part List in this manual for help identifying parts. Assembly can be completed using the tool included.

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

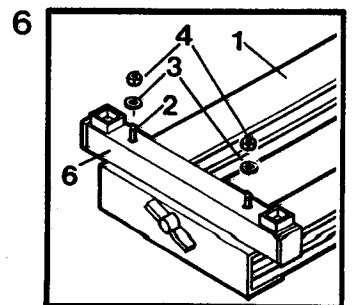
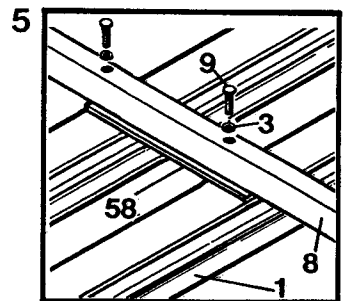
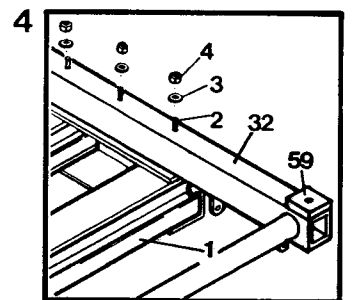
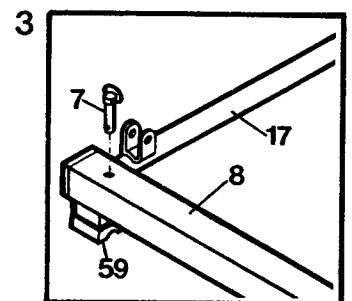
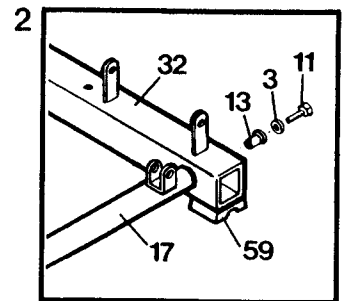
2. Turn the Front Crossbar (32) so that the Plastic Feet (59) are on the bottom. Insert the front ends of the Swivel Tubes (17) into the round holes near the ends of the Front Crossbar. (The end of the Swivel Tube without a hole in the side is the front end.) Secure each Swivel Tube with a Bushing (13), Washer (3) and Bolt (11) as shown.

3. Insert the back ends of the Swivel Tubes (17) into the holes in the Middle Crossbar (8). (Be sure that the Plastic Feet (59) are on the bottom of the Crossbar). Insert the two Hitch Pins (7) through the Crossbar and into the Swivel Tubes.

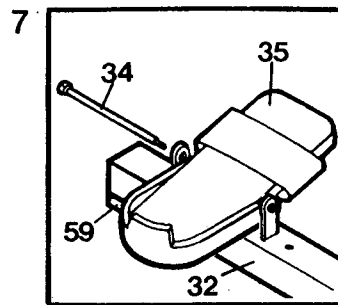
4. Turn the Aluminum Rail assembly (1) so that the ends of the Bracket Bolts (2) are upwards. Turn the assembled Crossbar frame so that the Plastic Feet (59) are on top and place the Front Crossbar (32) over the three Bracket Bolts at the front of the Rails. Secure the Crossbar with three Washers (3) and Nuts (4).

5. Slide the Crossbar Plate (58) between the Middle Crossbar (8) and the Aluminum Rails (1). Screw the two Crossbar Bolts (9) with Washers (3) through the Crossbar into the Rails.

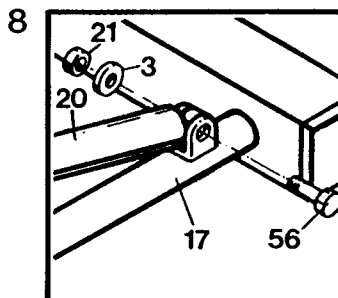
6. Place the Rear Crossbar (6) over the two Bracket Bolts (2) at the rear of the Aluminum Rails (1). Secure the Crossbar with two Washers (3) and Nuts (4).



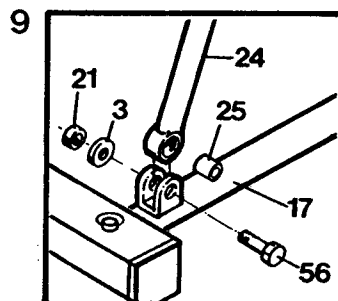
7. Turn the Rower/XC-Skier over so that it rests on the Plastic Feet (59). Place a Footrest (35) inside the footrest bracket on the left side of the Front Crossbar (32). Insert a Footrest Shaft (34) through the Footrest and tighten it into the bracket. Repeat on the right side of the Crossbar with the other Footrest.



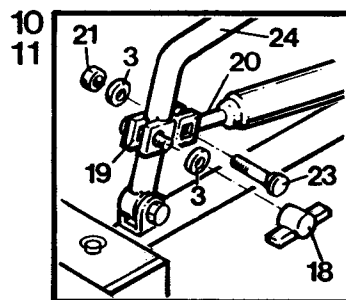
8. Attach the stationary end of one of the Hydraulic Shocks (20) to the front bracket on the right Swivel Tube (17) with a Bolt (56), Washer (3) and Nut (21). Repeat with the other Shock on the left Swivel Arm.



9. Insert a Bushing (25) into one of the Rowing Arms (24). Attach the Rowing Arm to the rear bracket on the right Swivel Tube (17) with a Bolt (56), Washer (3) and Nut (21). (The Rowing Arm should bend toward the front of the Rower/XC-Skier.) Repeat with the other Rowing Arm on the left Swivel Tube.



10. Secure the piston end of the right Hydraulic Shock (20) to the H-Clamp (19) on the right Rowing Arm (24) with an H-Clamp Bolt (23), Washer (3) and Locknut (21). Repeat on the left side.



11. Set the right and left H-Clamps (19) at the same height on both Rowing Arms (24) and secure them by tightening the T-Wingnuts (18).

Make sure that all parts are tightened securely. See ROWER OPERATION on page 6 to convert the Rower/XC-Skier to the rower mode.

# **ROWER OPERATION**

## **CONVERTING THE ROWER/XC-SKIER TO THE ROWER MODE**

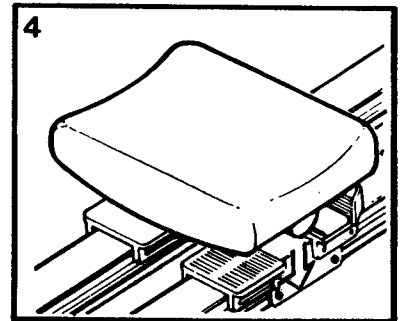
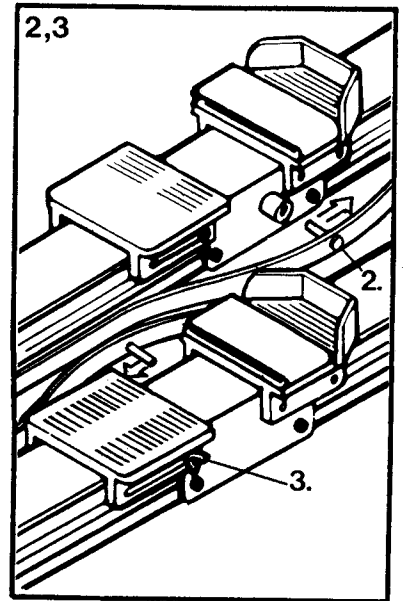
Note: If the Rower/XC-Skier has just been assembled, please disregard step 1.

1. Remove the hitch pins from the skiing poles and remove the poles. Slide the rowing handles onto the rowing/skiing arms, with the handles pointing inwards, and replace the hitch pins.

2. Pull the hitch pins in the nylon strap from the skiing pedals, and slide the strap so that the pins are at opposite ends of the rails.

3. Position the skiing pedals side by side. Loosen the wingnuts on the outsides of the pedals and extend the pedals slightly.

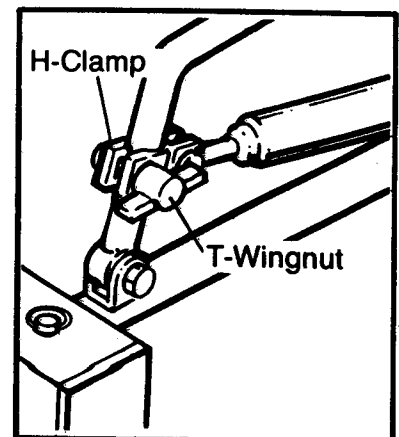
4. Place the bracket on the underside of the rowing seat into the slots in the pedals. (The thickest part of the seat should be toward the back of the machine.) Slide the pedals closed against the bracket and tighten the wingnuts.



## **ROWING ARM RESISTANCE ADJUSTMENT**

The resistance, on the rowing arms can be adjusted in the following manner:

1. Loosen the T-Wingnuts on the H-Clamps.
2. Slide the H-Clamps upwards to increase the resistance or downwards to decrease the resistance.
3. Make sure that the H-Clamps are at the same height on both arms and retighten the T-Wingnuts.



## EXERCISE FORM

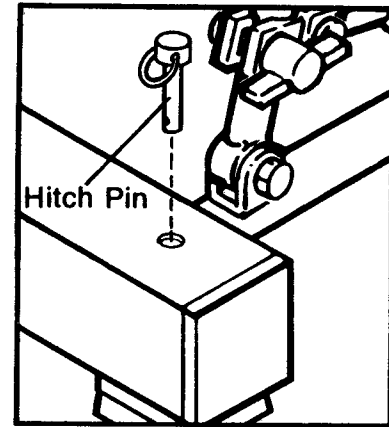
Sit on the rowing seat facing the front of the Rower/XC-Skier and strap your feet into the footrests. Hold the rowing handles with an overhand grip. Proper rowing form consists of three parts:

- A. The **Catch** is the starting position. Your legs and body should be tucked, your knees fully bent and your upper legs just off of your chest. Arms should be straight and shoulders relaxed.
- B. The **Drive** is initiated by the legs and back pushing backwards together. Be sure to keep your back straight as you lean back from the hips. Halfway through the Drive pull the rowing handles towards your stomach. 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, the legs should be nearly extended and the 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. Use your arms and body together in a smooth, fluid motion.

## EXTENDED RADIUS ROWING

The rowing arms are mounted to tubes which can either be locked in a stationary position, or unlocked to swivel as you row, further simulating actual rowing. To unlock the tubes, remove the hitch pins from the ends of the middle crossbar. This will allow you to swing the arms wide as you row. To lock the tubes in a stationary position, replace the hitch pins in the middle crossbar.



## XC-SKIER OPERATION

### CONVERTING THE ROWER/XC-SKIER TO THE SKIER MODE

See CONVERTING THE ROWER/XC-SKIER TO THE ROWER MODE for illustrations.

1. Remove the hitch pins from the rowing handles and remove the handles. Slide the skiing poles onto the rowing/skiing arms and replace the hitch pins.
2. Loosen the wingnuts on the outsides of the skiing pedals and remove the rowing seat from the pedals.
3. Adjust the skiing pedals to the desired length and retighten the wingnuts.
4. Align the hitch pins in the nylon strap with the skiing pedals. Insert the hitch pins into the holes in the pedals.

## SKIING POLE RESISTANCE ADJUSTMENT

See ROWING ARM RESISTANCE ADJUSTMENT

The resistance against the skiing poles can be adjusted in the following manner:

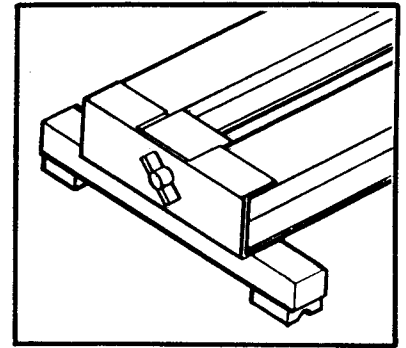
1. Raise the skiing poles to an upright position.
2. Loosen the T-Wingnuts on the H-Clamps.
3. Slide the H-Clamps upwards to increase the resistance, or downwards to decrease the resistance.
4. Make sure that the H-Clamps are at the same height on both arms and retighten the T-Wingnuts.

## SKIING PEDAL STRAP ADJUSTMENT

Adjust the straps on the skiing pedals one at a time, placing one foot on the pedal and keeping the other foot on the floor for balance. The strap should be snug, but still allow you to lift your heel as you extend your leg backward.

## SKIING PEDAL RESISTANCE ADJUSTMENT

The resistance on the skiing pedals can be adjusted using the adjustment knob located on the back end of the machine. Turn the knob clockwise to increase the resistance, or counterclockwise to decrease the resistance. A low resistance is recommended to begin with. As you become better conditioned, the resistance can be increased.



## EXERCISE FORM

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

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

## CONDITIONING GUIDELINES

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The following guidelines will help you to plan and regulate your personal fitness program. **However, before beginning this or any exercise program, consult your physician.** Remember that adequate rest and good nutrition are also essential to the success of any fitness program.

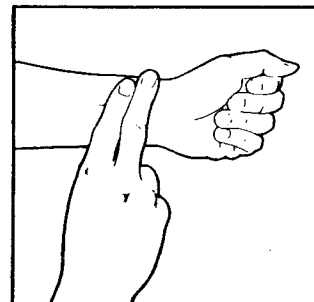
## EXERCISE INTENSITY

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.

## ***PART LIST - Model No. XC80***

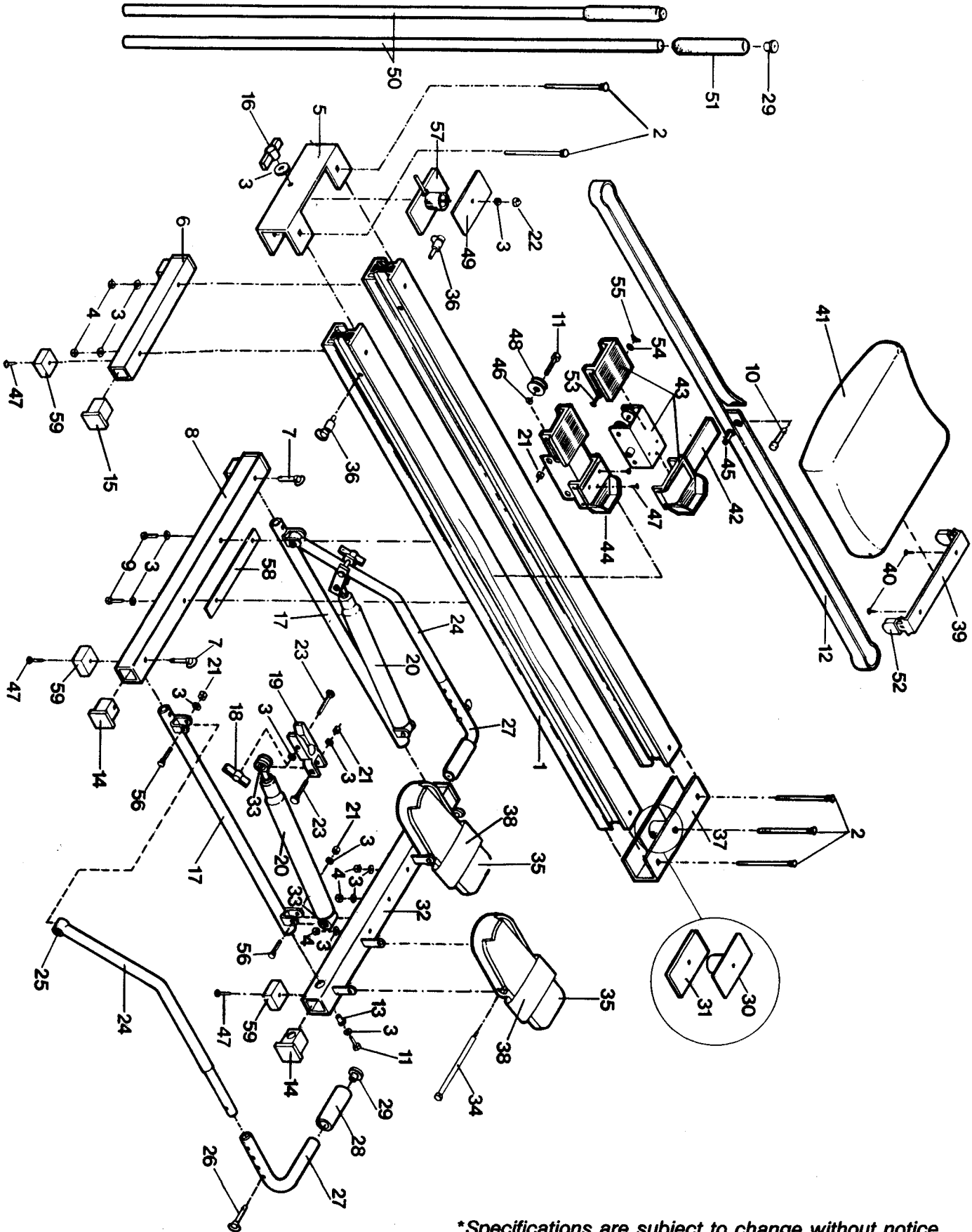
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Aluminum Rail	32	1	Front Crossbar
2	5	Bracket Bolt	33	4	Shock Bushing
3	19	Washer	34	2	Footrest Shaft
4	5	Bracket Nut	35	2	Footrest
5	1	Rear Bracket	36	2	Pin w/Rubber Stopper
6	1	Rear Crossbar	37	1	Front Bracket
7	2	Swivel Tube Hitch Pin	38	2	Footrest Strap
8	1	Middle Crossbar	39	1	Seat Bracket
9	2	Crossbar Bolt	40	2	Seat Bolts
10	1	Long Strap Hitch Pin	41	1	Rowing Seat
11	10	Bolt	42	2	Skiing Pedal Strap
12	1	Nylon Strap	43	1	Left Skiing Pedal
13	2	Swivel Tube Bushing	44	1	Right Skiing Pedal
14	4	Crossbar Endcap	45	1	Short/Strap Hitch Pin
15	2	Rear Crossbar Endcap	46	8	Wheel Spacer
16	1	Resistance Adjustment Knob	47	12	Screw
17	2	Swivel Tube	48	8	Wheel
18	2	T-Wingnut	49	1	Rear Drum Plate
19	2	H-Clamp	50	2	Skiing Pole
20	2	Hydraulic Shock	51	2	Long Foam Handgrip
21	14	Locknut	52	2	Bracket Cap
22	1	Acorn Nut	53	2	Pedal Bolt
23	4	H-Clamp Bolt	54	2	Pedal Washer
24	2	Rowing/Skiing Arm	55	2	Pedal Wingnut
25	2	Arm Bushing	56	4	Swivel Tube Bolt
26	2	Arm Hitch Pin	57	1	Rear Drum
27	2	Rowing Handle	58	1	Crossbar Plate
28	2	Short Foam Handgrip	59	6	Plastic Foot
29	4	Handle Endcap	#	2	Tool
30	1	Front Drum	#	1	Owner's Manual
31	1	Front Drum Plate			

Note: "#" indicates a non-illustrated part.

# EXPLODED DRAWING - Model No. XC80

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\*Specifications are subject to change without notice.

## **MAINTENANCE**

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The Rower/XC-Skier is designed to be virtually maintenance-free. Make sure that all parts are tightened securely before each use. Outside surfaces of the machine can be cleaned using a soft cloth and mild, non-abrasive detergent. The aluminum rail tracks should be cleaned regularly to prevent damage to the skiing pedal wheels.

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. This will also prevent fraying of the strap.

## **ORDERING REPLACEMENT PARTS**

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Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-99WESLO (999-3756)**, 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 80 Rower/XC-Skier).
2. The MODEL NUMBER OF THE PRODUCT (XC80).
3. The KEY NUMBER OF THE PART from the Part List found in this manual.
4. The DESCRIPTION OF THE PART from the Part List found in this manual.

If possible, place your telephone near the Rower/XC-Skier for easy reference.