

ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WLUOSK10161)
- the NAME of the product (WESLO® ARC SKIER PLUS cross-country skier)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 10 of this manual)

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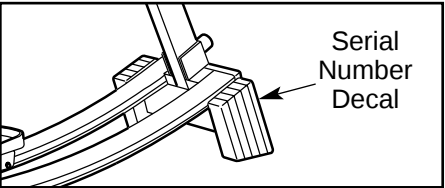


SKIER PLUS

USER'S MANUAL

Model No. WLUOSK10161
Serial No. _____

Write the serial number in the space above for reference.



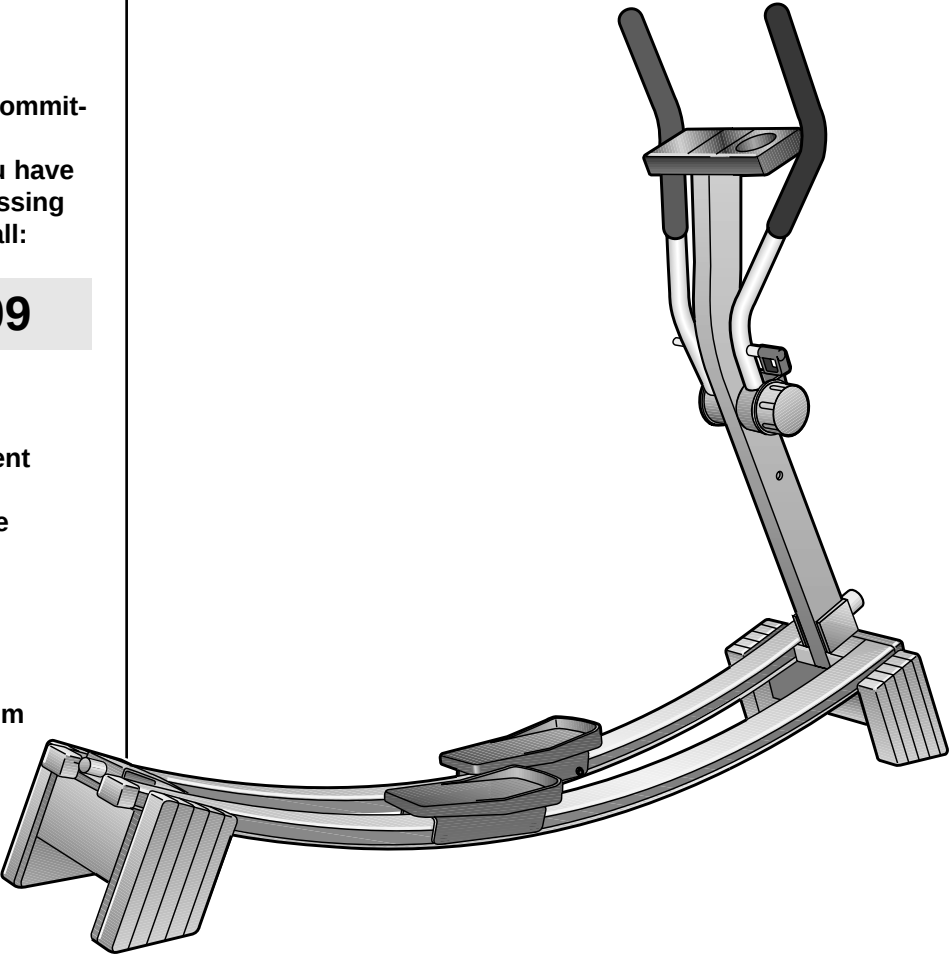
QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com



CAUTION

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



Visit our website at

www.iconeurope.com

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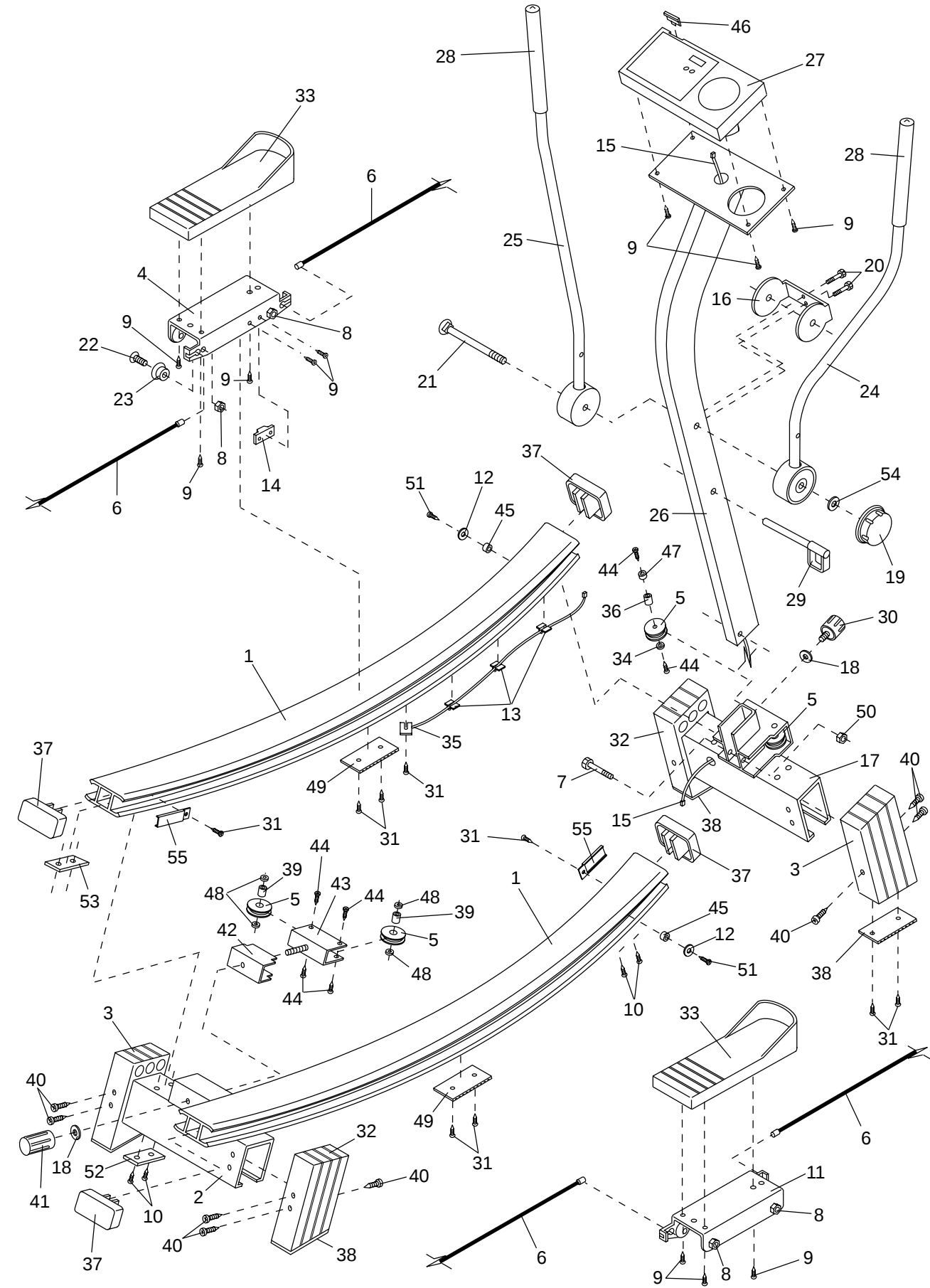
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EXPLODED DRAWING—Model No. WLUOSK10161 R1002A



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the cross-country skier.

1. Read all instructions in this manual before using the cross-country skier.
2. Use the cross-country skier only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the cross-country skier are adequately informed of all precautions.
4. Place the cross-country skier on a level surface, with a mat beneath it to protect the floor or carpet. Keep the cross-country skier indoors, away from moisture and dust.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the cross-country skier at all times.
7. The cross-country skier should not be used by persons weighing more than 115 kg (250 lbs.).
8. Always wear proper clothing and athletic shoes when using the cross-country skier.
9. Keep hands and feet away from moving parts.
10. Always dismount the cross-country skier before adjusting the resistance of the ski pedals.
11. If you feel pain or dizziness whilst exercising, stop immediately and cool down.
12. The cross-country skier is intended for in-home use only. Do not use the cross-country skier in a commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between

workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. WLUOSK10161

R1002A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Ski Rail	30	1	Lock Knob
2	1	Rear Stabiliser	31	17	M5 x 19mm Screw
3	2	Right Front/Left Rear Leg	32	2	Left Front/Right Rear Leg
4	1	Left Ski Pedal	33	2	Ski Pedal Cover
5	4	Pulley	34	2	6.25mm Spacer
6	2	Ski Pedal Cord	35	1	Reed Switch/Wire
7	1	M10 x 60mm Bolt	36	2	M6 x 35.2mm Rod
8	8	M6 Nut	37	4	Ski Rail Endcap
9	12	M5 x 12mm Screw	38	4	Rubber Pad
10	8	M6 x 22mm Screw	39	2	M6 x 25.8mm Rod
11	1	Right Ski Pedal	40	12	M5 x 26mm Screw
12	2	M6 Washer	41	1	Resistance Knob
13	3	Adhesive Wire Clamp	42	1	Plastic Sleeve
14	1	Magnet	43	1	Pulley Bracket
15	1	Console Wire	44	8	M6 x 12mm Screw
16	1	Arm Bracket	45	2	Pedal Bumper
17	1	Front Stabiliser	46	1	Battery Cover
18	2	M10 Washer	47	2	10.2mm Spacer
19	1	Resistance Dial	48	4	3.68mm Spacer
20	2	M6 x 16mm Bolt	49	2	Rail Pad
21	1	M10 Carriage Bolt	50	1	M10 x 1.5mm Nut
22	8	M6 x 26mm Bolt	51	2	M5 x 31.8mm Screw
23	8	Ski Pedal Wheel	52	4	Support Plate
24	1	Right Upper Body Arm	53	4	Threaded Plate
25	1	Left Upper Body Arm	54	1	Round Spring Washer
26	1	Upright	55	4	Pulley Trap
27	1	Console	#	1	User's Manual
28	2	Foam Grip	#	1	Silicon Oil
29	1	Lock Pin			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

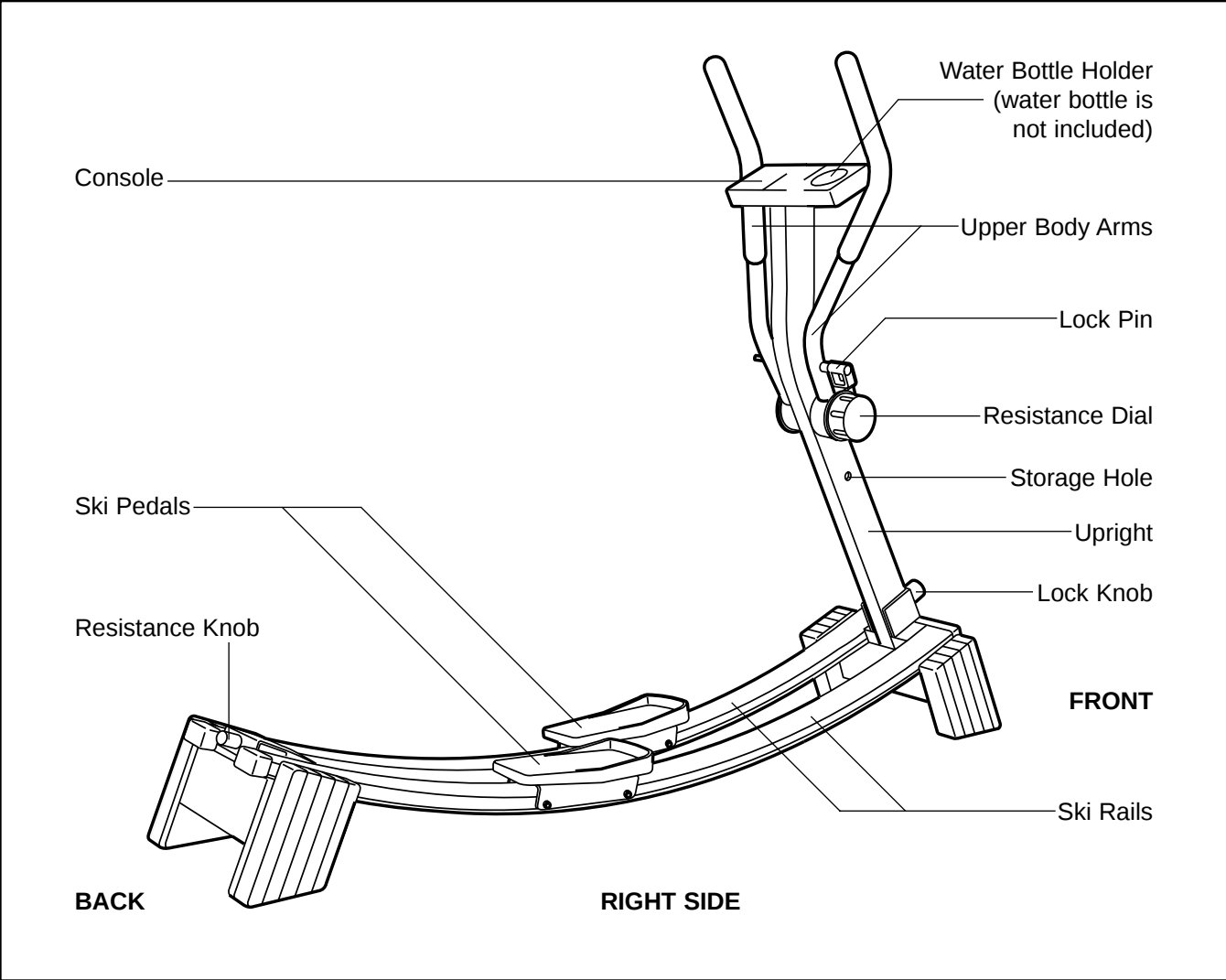
BEFORE YOU BEGIN

Thank you for selecting the innovative WESLO® ARC SKIER PLUS cross-country skier. Cross-country skiing is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the muscles. The ARC SKIER PLUS cross-country skier features ultra-smooth skiing pedals, ergonomic curved ski rails, upper body arms, and adjustable resistance to let you enjoy this dynamic exercise in the convenience of your home.

you use the cross-country skier. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WLU-OSK10161. The serial number can be found on a decal attached to the cross-country skier (see the front cover of this manual for the location).

For your benefit, read this manual carefully before

Before reading further, please look at the drawing below and familiarise yourself with the labeled parts.



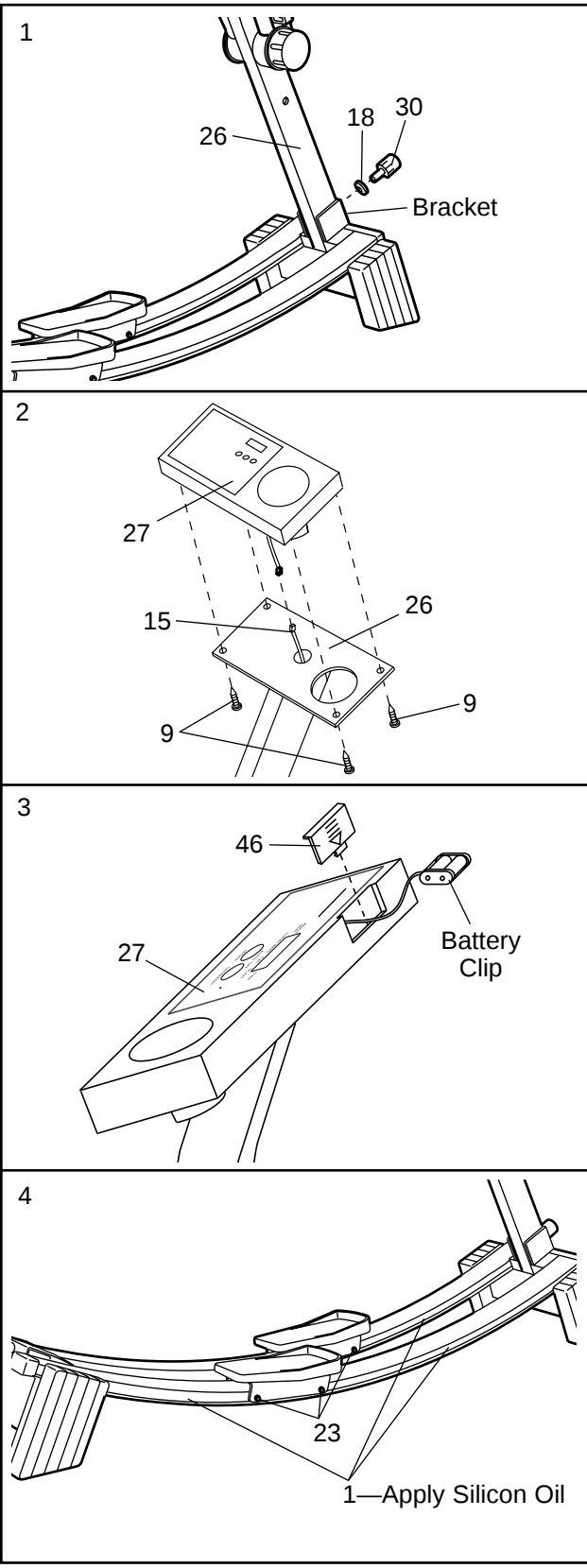
ASSEMBLY

Place all parts of the cross-country skier in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires a phillips screwdriver (not included).**

1. Raise the Upright (26) to the position shown. Slide the M10 Washer (18) onto the Lock Knob (30). Insert the Lock Knob into the indicated bracket and tighten the Lock Knob into the lower end of the Upright.
2. If the Console (27) is not attached to the Upright (26), attach it as described below.

Connect the Console Wire (15) to the wire under the Console (27). Insert any excess wire into the Upright (26). Attach the Console to the Upright with four M5 x 12mm Screws (9).
3. The Console (27) requires two 1.5V (AA) batteries (not included). Alkaline batteries are recommended.

To install batteries, first slide up the Battery Cover (46). Carefully remove the battery clip from the Console (27). Insert two batteries into the battery clip. **Make sure that the negative (-) ends of the batteries are touching the springs.** Insert the battery clip into the Console and close the Battery Cover.
4. Before using the cross-country skier, the included silicon oil should be applied. Apply a few drops of silicon oil to the Ski Rails (1) where the Ski Pedal Wheels (23) make contact.
5. **Make sure that all parts are properly tightened before you use the cross-country skier.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the cross-country skier to protect the floor.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age at the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *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 num-

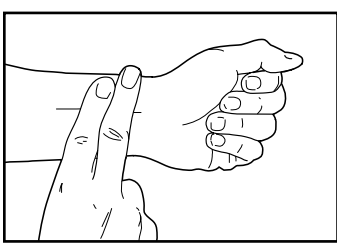
ber in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

MAINTENANCE AND TROUBLESHOOTING

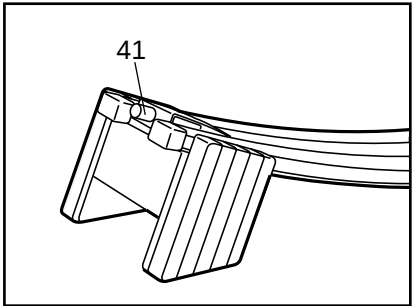
Inspect and properly tighten all parts each time you use the cross-country skier. Once every three months, apply a few drops of light multi-purpose oil to the hubs of the pulleys at the ends of the cross-country skier.

CONSOLE

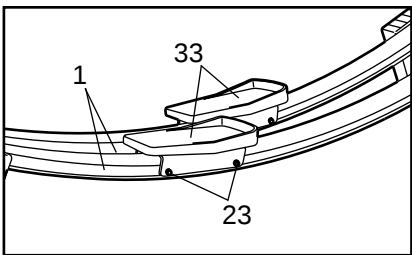
If the console does not function properly, or if the display becomes faint, the batteries should be replaced. See assembly step 3 on page 4 for installation instructions.

SKI PEDALS

The cords connecting the ski pedals may stretch slightly when the cross-country skier is first used. If necessary, turn the Resistance Knob (41) clockwise to remove any slack from the cords. If there is slack in the cords, the cords could slip off the pulleys at the ends of the ski rails.



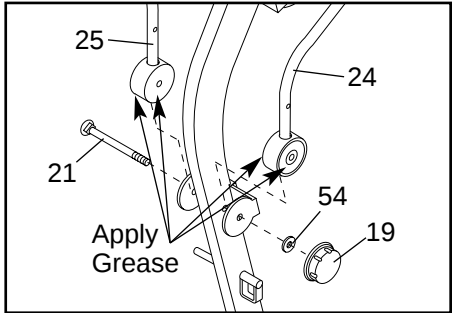
If the movement of the Ski Pedals (33) becomes rough or noisy, clean the Ski Rails (1) and the Ski Pedal Wheels (23) with a soft, dry cloth. Next, apply silicon oil to the Ski Rails where the Ski Pedal Wheels make contact. (Silicon oil is available at most automotive and hardware stores.) Apply silicon oil at least once every three months.



If the movement of the Ski Pedals (33) is still rough, the Ski Pedal Wheels (23) may need to be replaced. See the back cover of this manual.

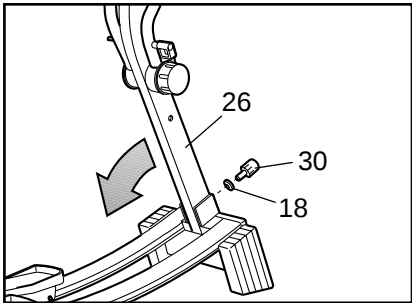
UPPER BODY ARMS

If a squeaking sound is heard when the upper body arms are moved, a small amount of grease may be applied. Refer to the drawing below. Turn the Resistance Dial (19) counter-clockwise and remove it. Remove the Round Spring Washer (54). Using pliers, grip the head of the M10 Carriage Bolt (21) and remove it. Apply a thin film of grease to both sides of the Upper Body Arms (24, 25) in the indicated locations. Reattach all parts, making sure that they are in the positions shown.



STORAGE

When the cross-country skier is not in use, it can be folded to the compact stow-away position. Remove the Lock Knob (30) and the M10 Washer (18) from the lower end of the Upright (26). Fold down the Upright. Thread the Lock Knob and the M10 Washer into the Upright for storage.

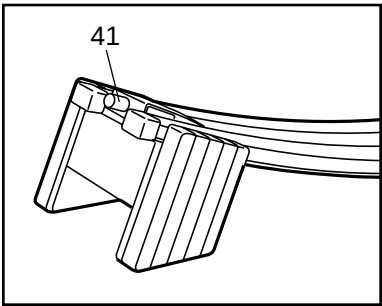


HOW TO USE THE CROSS-COUNTRY SKIER

HOW TO ADJUST THE RESISTANCE OF THE SKI PEDALS

To vary the intensity of your exercise, the resistance of the ski pedals can be adjusted. The resistance is controlled with the Resistance Knob (41) at the back of the cross-country skier. **CAUTION: Always dismount the cross-country skier before adjusting the resistance of the ski pedals.**

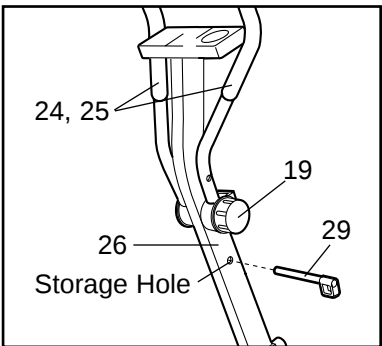
To increase the resistance of the ski pedals, turn the Resistance Knob (41) clockwise; to decrease the resistance, turn the Knob counterclockwise. Note: The cords connecting the ski pedals may stretch slightly when the cross-country skier is first used. If necessary, turn the Knob clockwise to remove any slack from the cords. If there is slack in the cords, the cords may slip off the pulleys at the ends of the ski rails.



To vary the intensity of your exercise, use the upper body arms (see the section below), or change the pace of your exercise.

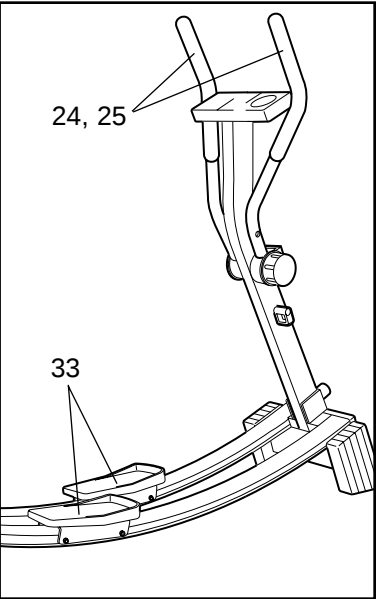
HOW TO USE THE UPPER BODY ARMS IN THE DUAL-MOTION POSITION

The Upper Body Arms (24, 25) can be used in either the dual-motion position or the stationary position. To use the Upper Body Arms in the dual-motion position, remove the Lock Pin (29) from the Upper Body Arms and the Upright (26). Insert the Lock Pin into the storage hole.



The resistance of the Upper Body Arms (24, 25) can be adjusted with the Resistance Dial (19) on the side of the cross-country skier (see the drawing above). To increase the resistance, turn the Dial clockwise; to decrease the resistance, turn the Dial counterclockwise.

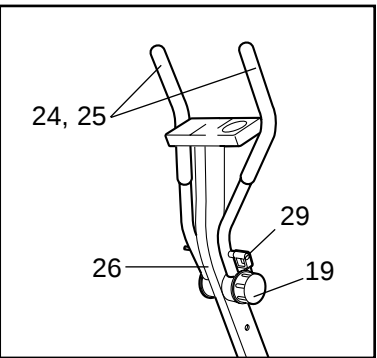
To exercise, hold both Upper Body Arms (24, 25), step onto the Ski Pedals (33), and centre your feet on the Pedals. The correct form for exercising on the cross-country skier is similar to the motion of walking. Move your arms and legs forward and backward with a smooth, continuous motion. Be sure to keep your back straight and your knees bent slightly.



For effective aerobic exercise, short, rapid strides at low resistance are recommended. To strengthen the muscles, long, slow strides at higher resistance are recommended.

HOW TO USE THE UPPER BODY ARMS IN THE STATIONARY POSITION

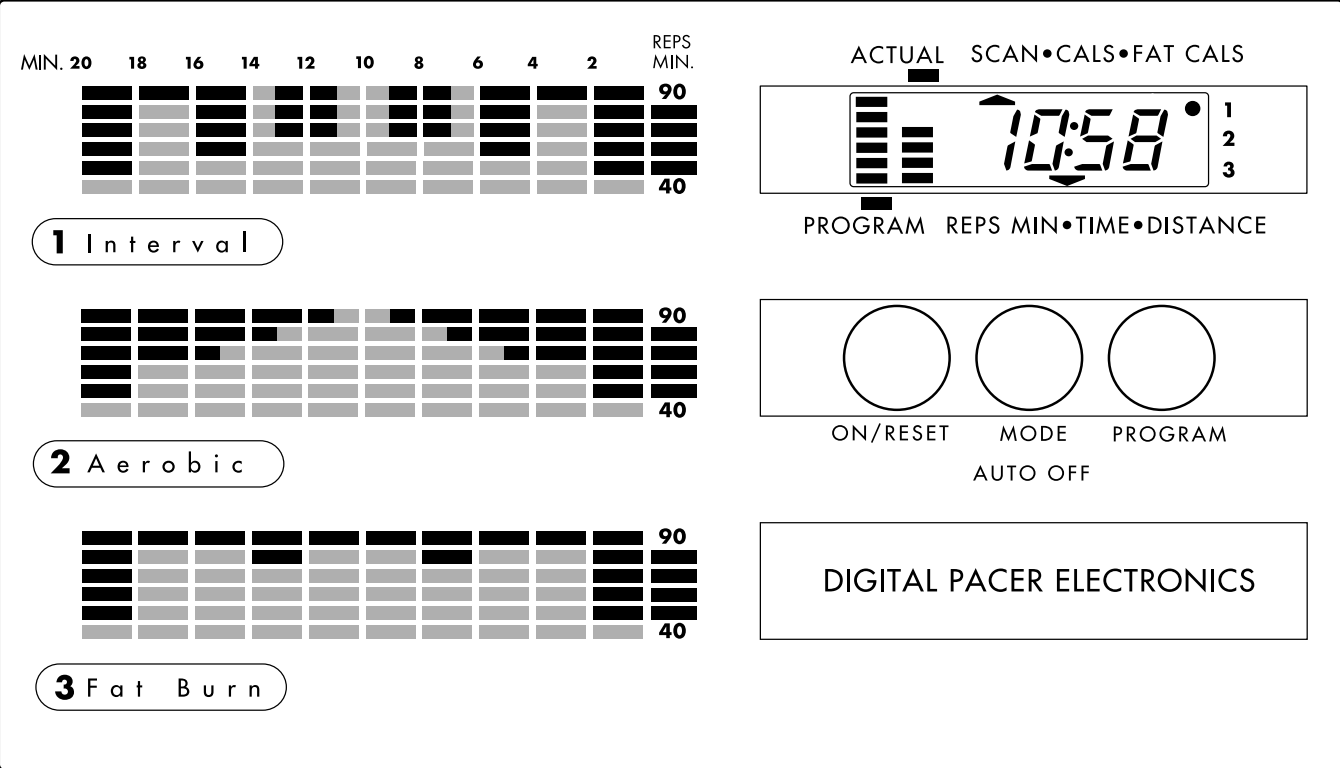
To use the Upper Body Arms (24, 25) in the stationary position, align the holes in the Upper Body Arms with the hole in the Upright (26). Insert the Lock Pin (29) through all parts. Note: If it is difficult to insert the Lock Pin, do not hit the Lock Pin. Twist the Upper Body Arms **slightly** in order to align the holes.



Next, tighten the Resistance Dial (19) on the side of the cross-country skier (see the drawing above).

To use the Upper Body Arms (24, 25) in the stationary position, exercise as described at the top of this page, but hold the Upper Body Arms for support and use only your legs.

DIAGRAM OF THE CONSOLE

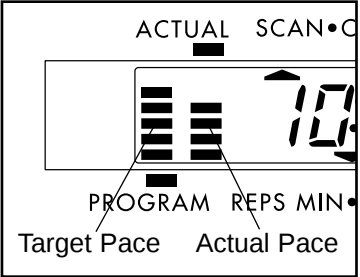


DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you achieve specific exercise goals by pacing your exercise. The programs include a stamina-building Interval program, an Aerobic program, and a special Fat Burn program. Whether you select the manual mode or one of the pacer programs, the console will provide continuous exercise feedback during your workouts. Please read pages 6 and 7 before operating the console.

HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column will show a target pace; the right column will show your actual pace. The target pace will change periodically during the program; as the target pace changes, simply adjust your pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



The graphs on the left side of the console show how the target pace will change during the programs. Look at the graphs for a moment (see the drawing above). Each graph is divided into ten columns, with six bars in each column. The columns represent two-minute time periods, and the red bars show what the target pace will be. In the first column of the Fat Burn graph, for example, there is one red bar. This shows that during the first two minutes of the Fat Burn program, the target pace will be 40 repetitions (strides) per minute (see the scale at the right end of the graph). In the second column there are five red bars. This shows that during the second two-minute time period, the target pace will be 80 strides per minute. Note: Because there are ten two-minute periods, each program will last for twenty minutes.

DESCRIPTION OF THE MONITOR MODES

The six monitor modes provide continuous exercise feedback. The modes are described below.

- Reps per minute (REPS MIN)—This mode shows your pace, in repetitions (strides) per minute.
- Time—If you select one of the three pacer programs, this mode will count down the time remaining in the program. If you select the manual mode, this mode will count up the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause.

- Distance—This mode shows the total number of repetitions (strides) you have completed, up to 999. The display will then reset to zero and continue counting.
- Fat calories (FAT CALS)—This mode shows the approximate number of fat calories you have burned. (See FAT BURNING on page 9 for an explanation of fat calories.)
- Calories (CALS)—This mode shows the approximate number of calories you have burned. (This number includes both *fat* calories and *carbohydrate* calories. See FAT BURNING on page 9.)
- Scan—This mode displays the calories, fat calories, reps per minute, time, and distance modes, for a few seconds each, in a repeating cycle.

STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, batteries must be installed (see assembly step 3 on page 4). If there is a thin sheet of clear plastic on the face of the console, remove it.

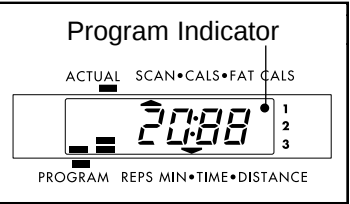
Follow the steps below to operate the console.

1 Turn on the power

To turn on the power, press the on/reset button or simply begin exercising on the cross-country skier. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for use. Note: If batteries were just installed, the power will already be on.

2 Select one of the three pacer programs or the manual mode

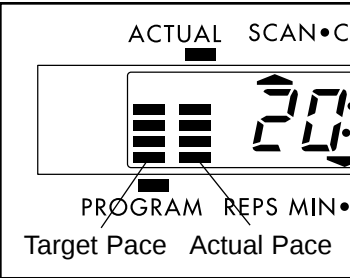
To select a pacer program, repeatedly press the program button. The program indicator will show which program you have selected. To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1 (Interval), program 2 (Aerobic), program 3 (Fat Burn), manual mode.



3 Begin your workout

If you selected the manual mode, go to step 4. If you selected a pacer program, two columns of bars will appear in the display.

The left column will show one bar, showing that the target pace is 40 strides per minute. The right column will show your actual pace. Adjust your pace until only one bar appears in the right column. As the program progresses, the target pace will change periodically; as the target pace changes, adjust your pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



4 Follow your progress with the monitor modes

When the power is turned on, the scan mode will be selected. One mode indicator will show that the scan mode is selected, and a flashing mode indicator will show which mode is currently displayed. Note: If you select a different mode, you can select the scan mode again by repeatedly pressing the mode button.

If desired, you can select only the reps per minute, time, distance, fat calories, or calories mode for continuous display. Repeatedly press the mode button. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)

If desired, reset the display by pressing the on/reset button.

5 Turn off the power

To turn off the power, simply wait for a few minutes. If the ski pedals are not moved and the console buttons are not pressed for a few minutes, the power will turn off automatically.