

USER'S MANUAL

Model number : K9200Me

Serial No. _____

Serial Number decal

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.

Unit 4

Revie Road Industrial Estate

Revie Road, Beeston

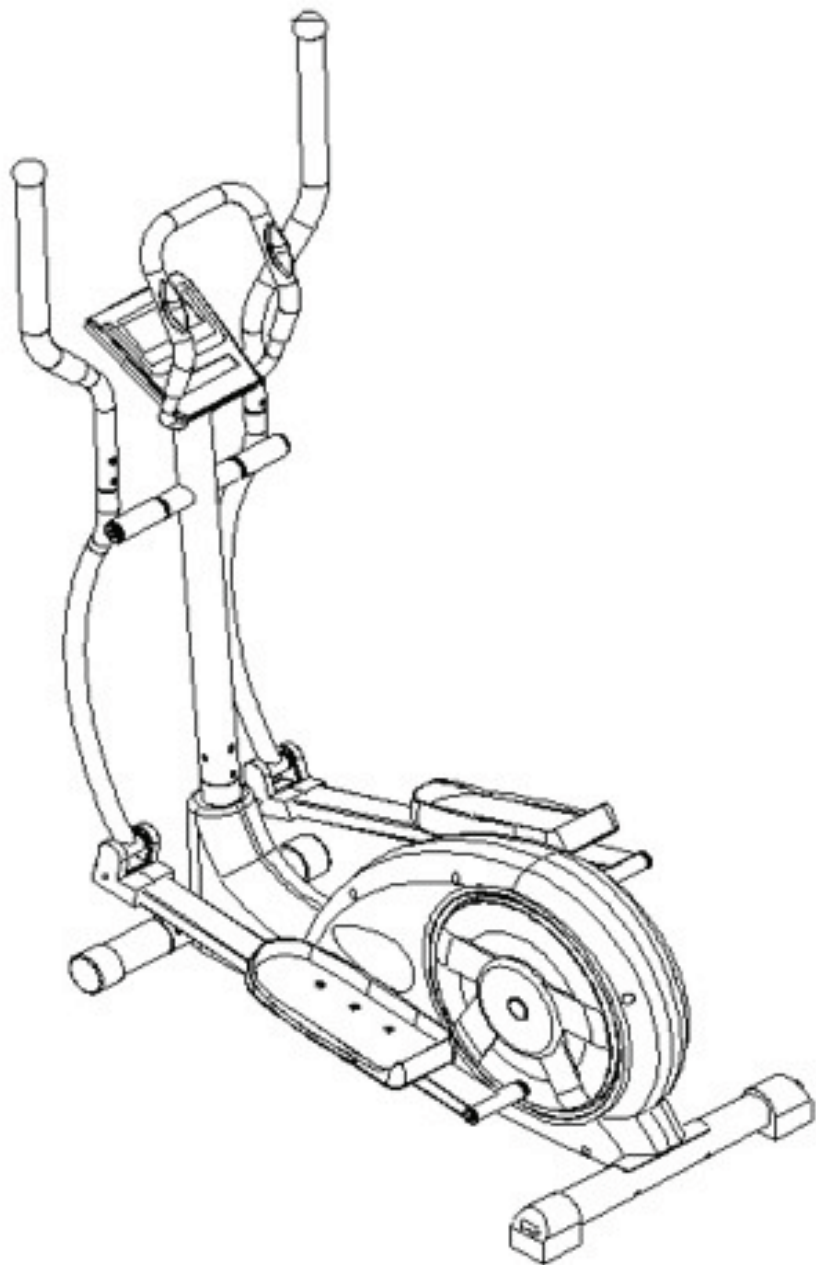
Leeds, LS11 8JG

UK

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www.iconeurope.com

Visit



CAUTION

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

Visit our website at

www.iconsupport.eu

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IMPORTANT PRECAUTIONS



WARNING :

ATTENTION : To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

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

 **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.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary WES-LO® ELITE GEAR 3.0 elliptical exerciser. The GEAR 3.0 elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.

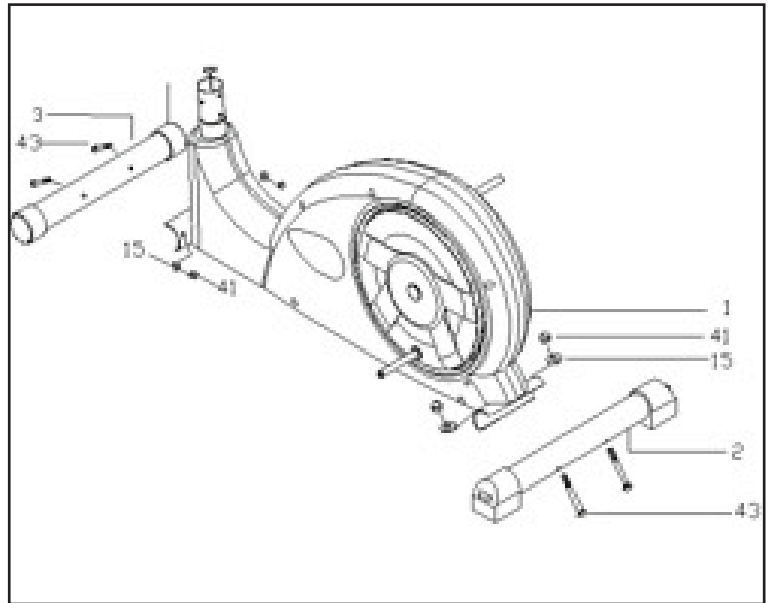
For your benefit, read this manual carefully before you use the elliptical exerciser. If you

have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is K9200Me.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

ASSEMBLY

Step 1

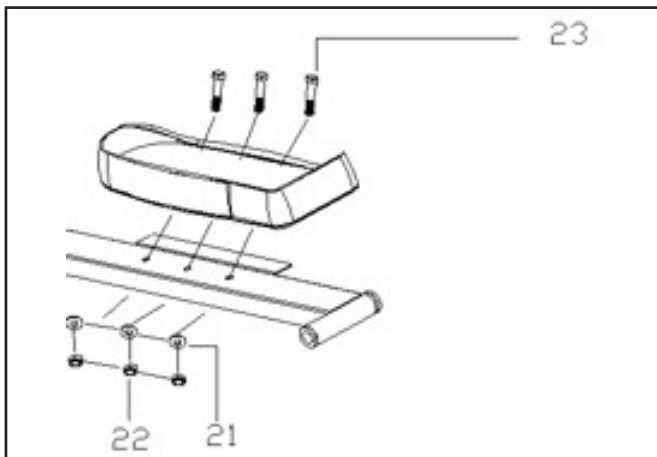
Attach the Front stabilize (3) and Rear stabilize(2) to the Main frame (1), Using 4 sets of key head bolts M8x60 (43), curved Washer (15) and Domed nuts (41).



Step 2

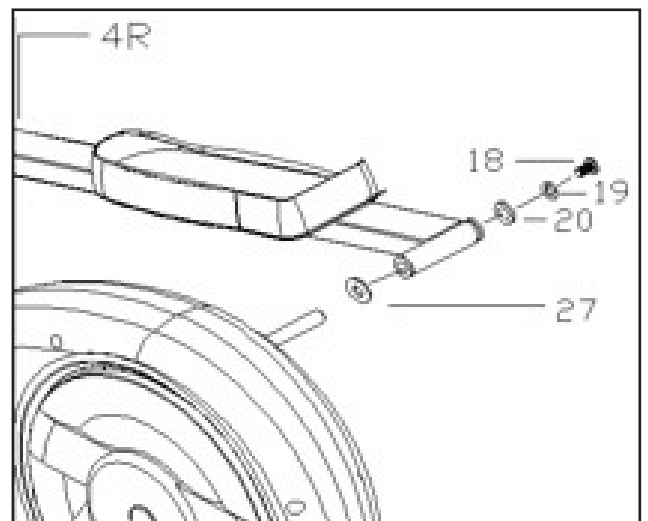
Attach pedals (10R & 10L) to pedal tubes (4R & 4L) with 6sets Allen key bolt M8 x 45 (23), washer (21), nylock nut (22)

Notes: the pedals have 2 position available. Please keep pedal (left & right) on same position.



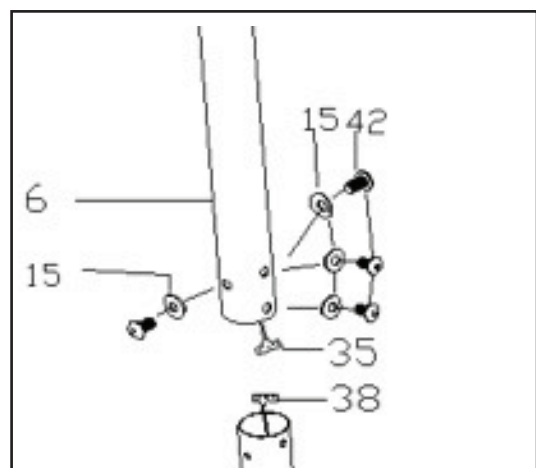
Step 3

Fix the pedal tube (4R & 4L) to axle on round disc, with 2sets of Allen key bolt M10 x 25(18), Spring Washer ϕ 10 (19), fixing washer (20), wave washer(27).



Step 4

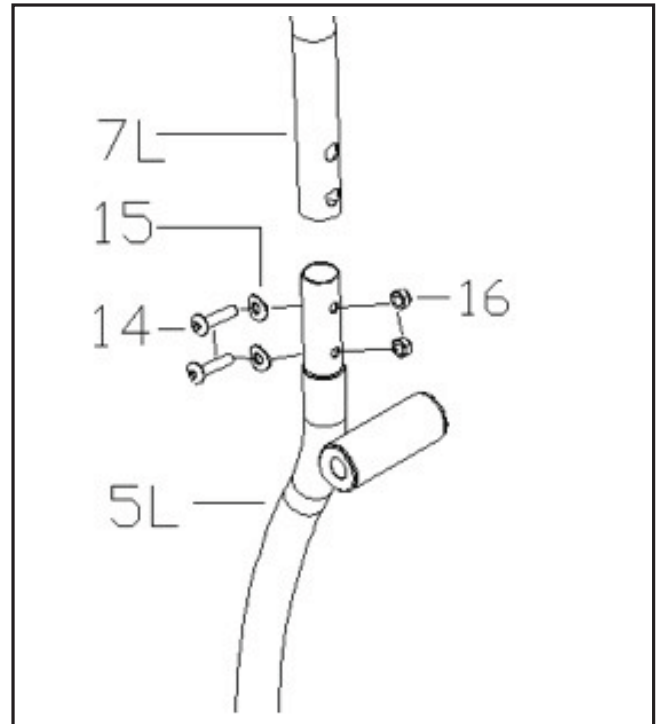
Take the front post(6), join upper Sensor wire(35), lower sensor wire(38), Slide the Front Post into the front post housing Then fix it with 4sets Allen key bolt M8x15(42), Curved washer(15).



ASSEMBLY

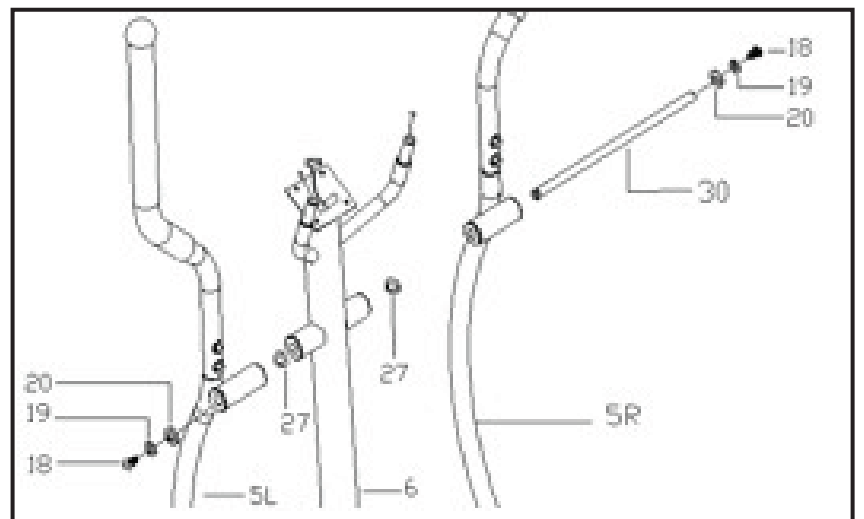
Step 5

Slide the handlebar left & right (7L & 7R) to connecting bar left and right (5L & 5R), with 4sets of Allen key bolt M8 x 40 (14), curved washer(15),Nylock nut M8 (16).



Step 6

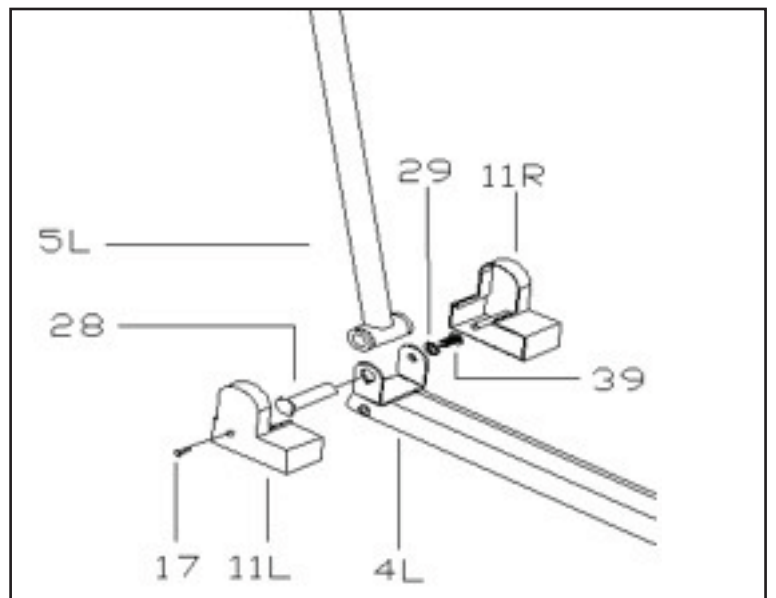
Slide connecting bar (5R & 5L) to the axle, fix it with 2sets of Allen key bolt M10x25(18), Spring washer ϕ 10(19), fixing Washer (20), wave washer(27).



Step 7

Fix the lower handlebar (5R & 5L) and pedal tube(4R & 4L) with 2sets of Bolt(M), screw M8 x 20 (28), Spring washer ϕ 8(29), Allen key bolt M8 x 20(39).

Then fix plastic cover of pipe(11R & 11L) with 2pcs Screws ϕ 4 x 20(17).

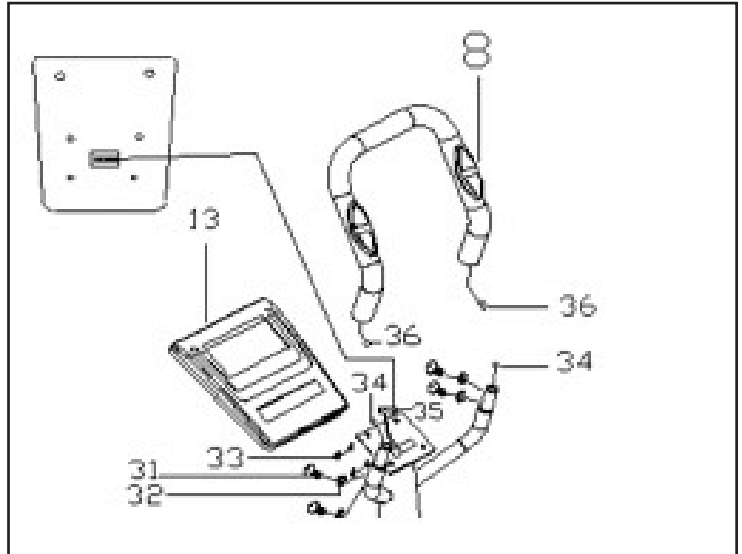


ASSEMBLY

Step 8

Attach the pulse handlebar(8) to front post(6), fix it with 4 sets of screw ϕ 6x12(31), washer ϕ 6(32).

Attach computer (13) to computer holder, fix it with 4pcs screws (33), connect the upper sensor wire(35) and pulse wire(34) to computer.



PROGRAMS

KEY FUNCTIONS

- A. ENTER(PROGRAM): Chooses the functions from PROGRAM, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, WATT, TARGET HEART RATE, AGE, and 10 columns. The chosen function shall flash. Please note that not all the functions can be selected in every program according to the type of each program.
- B. START/PAUSE: Starts or stops the program chosen, and resets the monitor by pressing and holding for 2 seconds.
- C. MODE: Changes the displays of the values between RPM and SPEED, between CAL and WATT. The values of RPM and WATT show at the same time, or the values of SPEED and CAL do by pressing it.
- D. UP (□): Selects or increases the values of PROGRAM, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, WATT, TARGET HEART RATE, AGE, and 10 columns.
- E. DOWN (—): Selects or decreases the values of PROGRAM, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, WATT, TARGET HEART RATE, AGE, and 10 columns.
- F. RECOVERY(If have): Press this button going into pulse recovery detecting.

ABOUT DISPLAYS

- A. START: Indicates the program selected has started.
- B. STOP: Indicates the program selected has stopped. Users are free to change the programs and the value of functions applied.
- C. PROGRAM n: Indicates the program selected from Program 1 to Program 16.
- D. LEVEL n: Indicates the level of loading selected from Level 1 to Level 16.
- E. Indicates the gender selected (Male or Female).
- F. Loading Profile: There are 10 columns of loading bars, and 8 bars in each column. Each column represents 3 minutes workout (without setting of TIME value), and each bar represents 2 levels of loading.

PROGRAMS

THINGS YOU SHOULD KNOW BEFORE EXERCISING

A. The values calculated or measured by the computer are for exercise purpose only, not for medical purpose.

B. Variables that may need to change in the programs:

Programs	Variables
P1-P7 :	TIME, DISTANCE, AGE
P8 :	GENDER, HEIGHT, WEIGHT, AGE
P9 :	TIME, DISTANCE, TARGET H.R.
P10-P12 :	TIME, DISTANCE, AGE
P13-P16 :	TIME, DISTANCE, AGE, 10 COLUMNS

Please note that only 1 value of TIME or DISTANCE can be adjusted. Both adjustments do not exist at the same time. For example, the value of DISTANCE is "0.0" while the value of TIME is adjustable to be any number except "00:00".

C. Program Selection:

There are 16 programs including 1 Manual Program, 6 Preset Programs, 1 Body Fat Program, 4 Heart Rate Control Programs, 4 User Setting Programs.

D. Program Graph:

Each graph shown is the profile of loading in each interval (column). With the value of TIME counting up, each interval is 3 minutes and all the columns make up a total of 30 minutes. With the value of TIME counting down, each interval is the value of setup TIME divided by 10. For example, if the time value is setup to 40 minutes, each interval will be 40 minutes divided by 10 ($40/10=4$). Namely, each interval will be 4 minutes.

The brief descriptions of the profile of each graph are as follows:

Program 1: Manual Program 2: Rolling Program 3: Valley
Program 4: Fat Bum Program 5: Ramp Program 6: Fitness Test
Program 7: Random Program 8: Body Fat Program 9: Target H.R.
Program 10: 60% H.R.C. Program 11: 75% H.R.C. Program 12: 80% H.R.C.
Program 13-16: User Setting

E. Body Types:

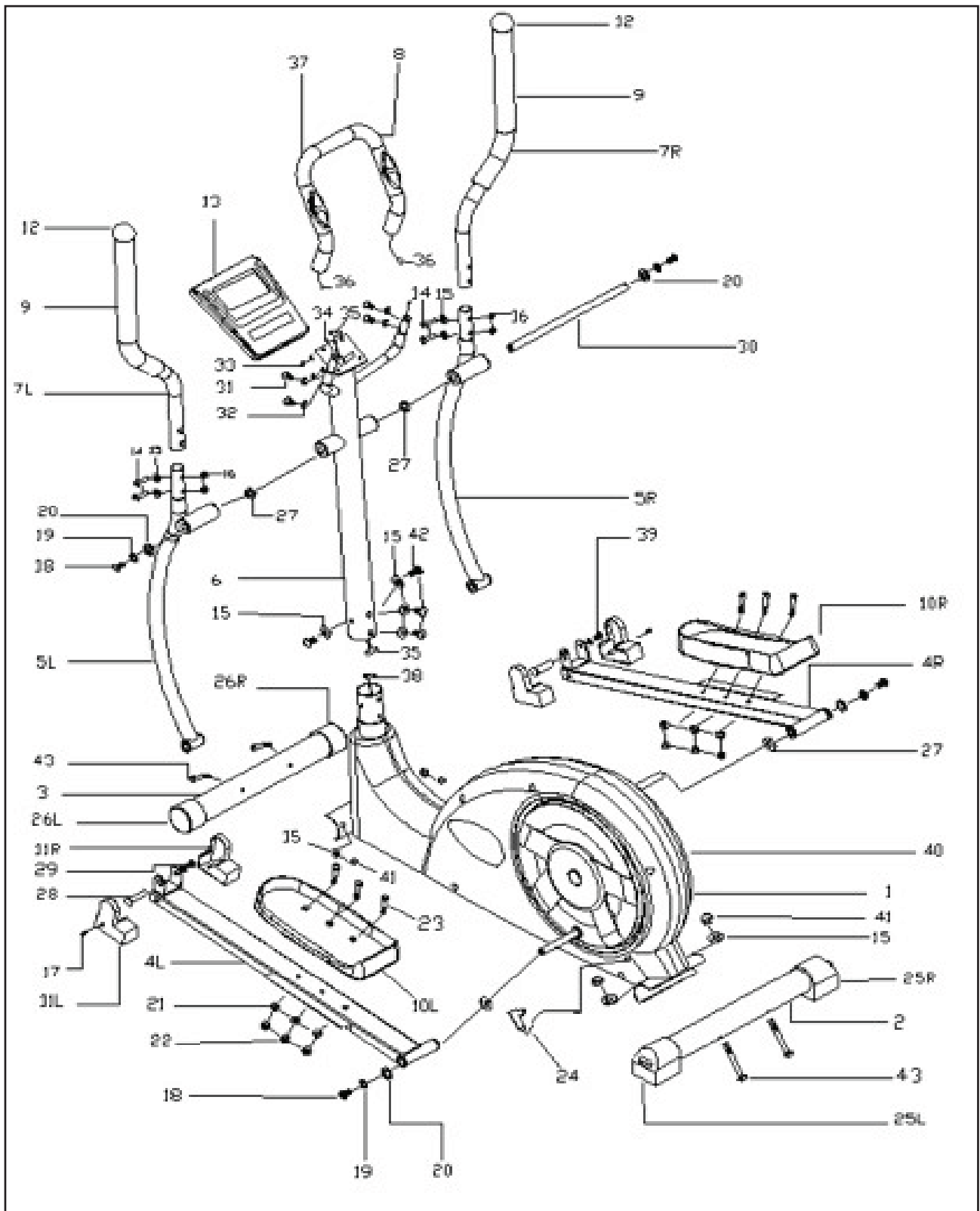
There are 9 body types divided according to the FAT% calculated.

Type 1: 5~9% Type 2: 10~14% Type 3: 15~19%
Type 4: 20~24% Type 5: 25~29% Type 6: 30~34%
Type 7: 35~39% Type 8: 40~44% Type 9: 45~50%

F. BMR: Basal Metabolism Ratio

G. BMI: Body Mass Index

EXPLODED DRAWING A—Model No.K9200Me



PART LIST—Model No K9200Me.0

Item	Description
1	Main frame
2	Rear stabilising bar
3	Front stabilising bar
4L	Left pedal pipe
4R	Right pedal pipe
5L	Left connecting bar
5R	Right connecting bar
6	Front post
7L	Left handlebar
7R	Right handlebar
8	Pulse handlebar
9	Form grip
10L	Pedals left
10R	Pedal right
11L	Left plastic cover
11R	Right plastic cover
12L	Left plastic cover of pipe
12R	Right plastic cover of pipe
13	Computer
14	Allen key bolt M8 x 40
15	Curved washer $\phi 8$
16	Nylock nut M8
17	Screw $\phi 4 \times 20$
18	Allen key bolt M10 x 25
19	Spring washer $\phi 10$
20	Fixing washer $\phi 28 \times 5$
21	Washer $\phi 8$
22	Nylock nut M8
23	Allen key bolt M8 x 45

Item	Description
24	Adaptor
25L	Rear end cap left
25	Rear end cap right
26L	Front end cap left
26R	Front end cap right
27	Wave washer $\phi 16$
28	Screw
29	Spring washer $\phi 8$
30	Axle 370mm
31	Screw M6 x 12
32	Washer $\phi 6$
33	Screw of computer
34	Lower pulse wire
35	Upper sensor wire
36	Upper pulse wire
37	Form grip
38	Lower sensor wire
39	Allen key bolt M8 x 20
40	Chain cover
41	Domed nut M8
42	Allen key bolt M8 x 15
43	Key head bolt M8 x 60

CONDITIONING GUIDELINES

It is recommended that you warm up and stretch your body before working on the Body Slimmer. The following warm up is for your reference:

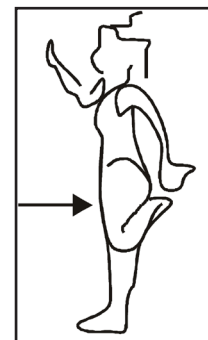
1. Calf Stretch

Hands up and lean your body to a wall, with one of your foot in the front and the other behind (see the photo illustration). Keep your back and your back leg in a line. Then bend your front leg and move your body towards the wall. Stay as close to the wall and keep this position for 10~15 seconds. Relax and repeat it for another 2 times.



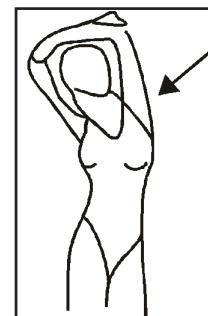
2. Thigh Stretch

Put your right hand on the wall for balance and grab your left foot with your left hand. Pull your heel towards your buttocks and keep your balance. Stay there for about 10~15 seconds. Then relax and repeat it for another 2 times.



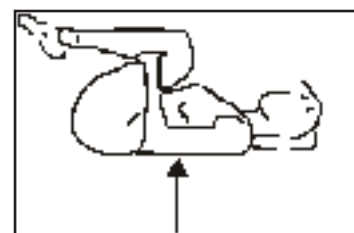
3. Upper Body Stretch

Stand on the ground, open your legs a bit, put your hands on top of your head as shown in the photo, stretch your back and waist, keep it for 10~20 seconds. Relax and repeat it for another 2 times.



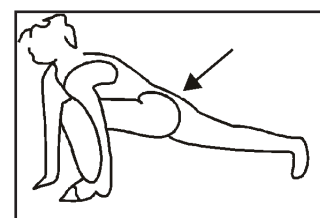
4. Kicking Stretch

Lie on the ground, hold your thighs and then kick your legs. Keep legs up high for 10~15 seconds, relax and repeat it for another 2 times.



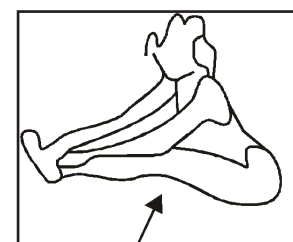
5. Waist and Bottom Stretch

Step one feet forward and bend your body down, hands down, keep your back leg straight, balance your body, push down and stretch your bottom part, remain the position for 10~15 seconds, change legs and repeat it for another 2 times.



6. Back Stretch

Sit down with your thighs and legs on the ground. Move your upper body towards your legs, touching your toes. Keep this position for 10~15 seconds. Relax a bit and repeat for another 2 times.



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 (K9200Me.0)
- the NAME of the product (WESLO ELITE GEAR 3.0 elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s)

IMPORTANT RECYCLING INFORMATION FOR E. U. CUSTOMERS

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law. Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

