

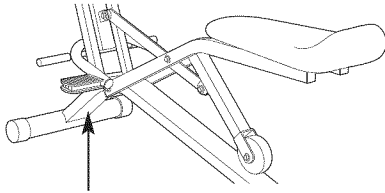
WEIDER®

SHAPE *glider*

Model No. WECR43062

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

QUESTIONS?

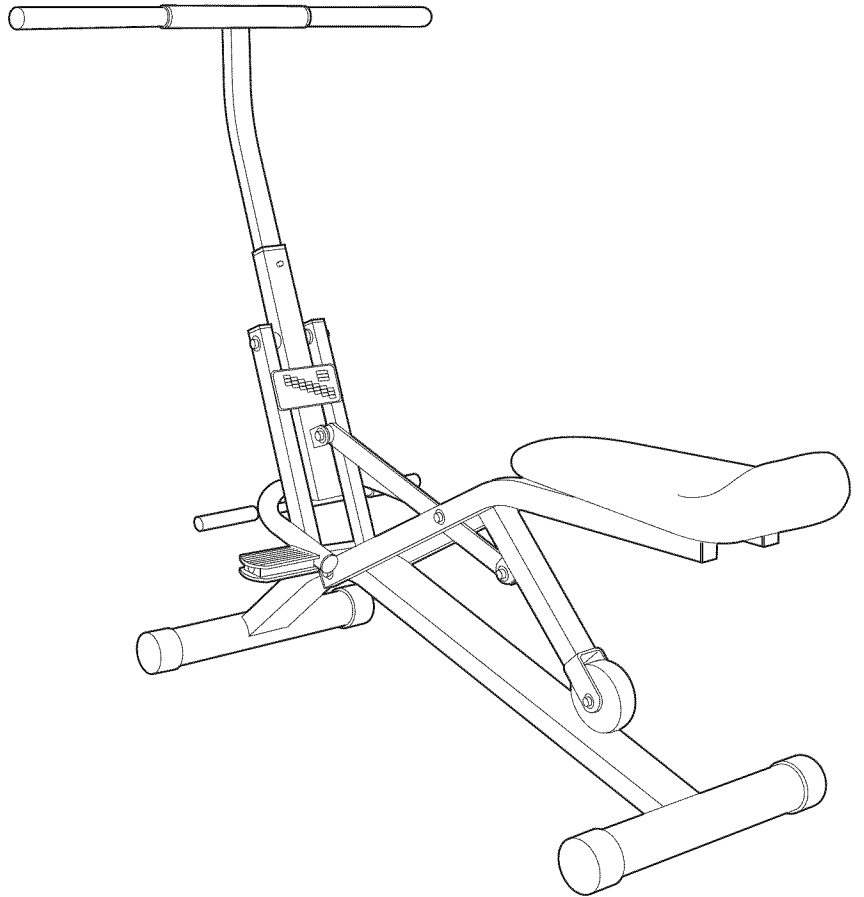
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

CAUTION

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



USER'S MANUAL

WEIDER[®]
SHAPE *glider*

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

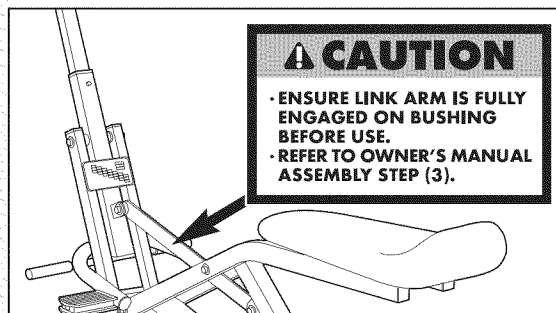
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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the SHAPE GLIDER.

1. Read all instructions in this manual before using the SHAPE GLIDER.
2. It is the responsibility of the owner to ensure that all users of the SHAPE GLIDER are adequately informed of all precautions.
3. The SHAPE GLIDER should not be used by persons weighing more than 250 pounds (115 kg).
4. Keep children under the age of 12 and pets away from the SHAPE GLIDER at all times.
5. Place the SHAPE GLIDER on a level surface during use. Cover the floor beneath the SHAPE GLIDER to protect it.
6. Regularly inspect and tighten all parts of the SHAPE GLIDER.
7. When inserting the handlebar post into the pedal frame or the wheel tube (refer to the drawing on page 4), make sure that the spring clip snaps into the hole in the pedal frame or the wheel tube.
8. When exercising, do not wear loose clothing that could become caught on the SHAPE GLIDER. Always wear athletic shoes.
9. Use the SHAPE GLIDER only as described in this manual.
10. The decal shown below has been placed on the SHAPE GLIDER. If the decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.



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.

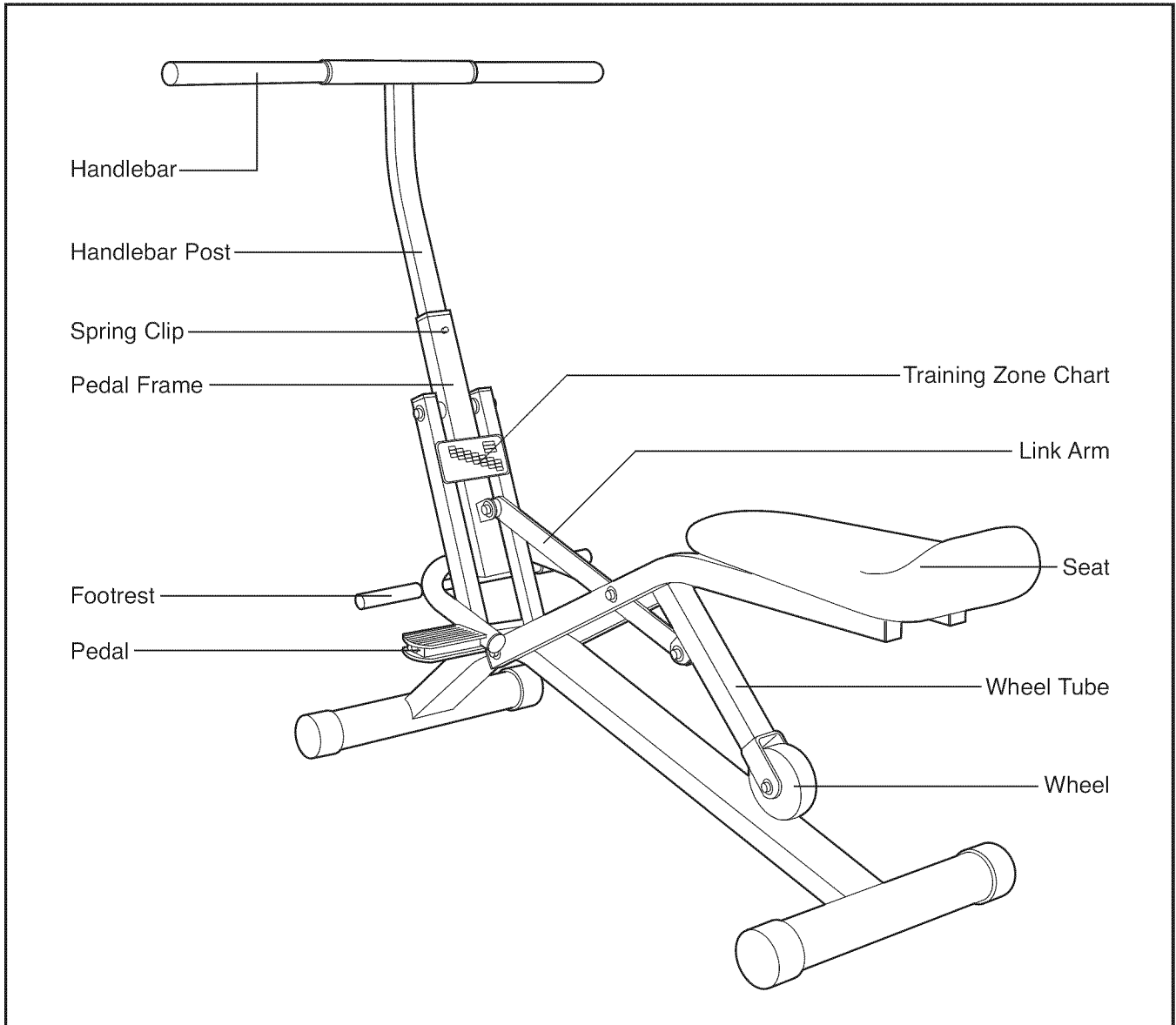
BEFORE YOU BEGIN

Thank you for selecting the new SHAPE GLIDER from WEIDER. The SHAPE GLIDER offers a unique form of low-impact exercise that uses both the upper body and the lower body for greater cardiovascular benefits and increased toning.

For your benefit, please read this manual carefully before using the SHAPE GLIDER. If you have additional questions, please call our Customer Service Department at **0345-089009**. To help us assist you,

please note the product model number and serial number before calling. The model number is WEER43062. The serial number can be found on a decal attached to the SHAPE GLIDER (see the front cover of this manual for the location).

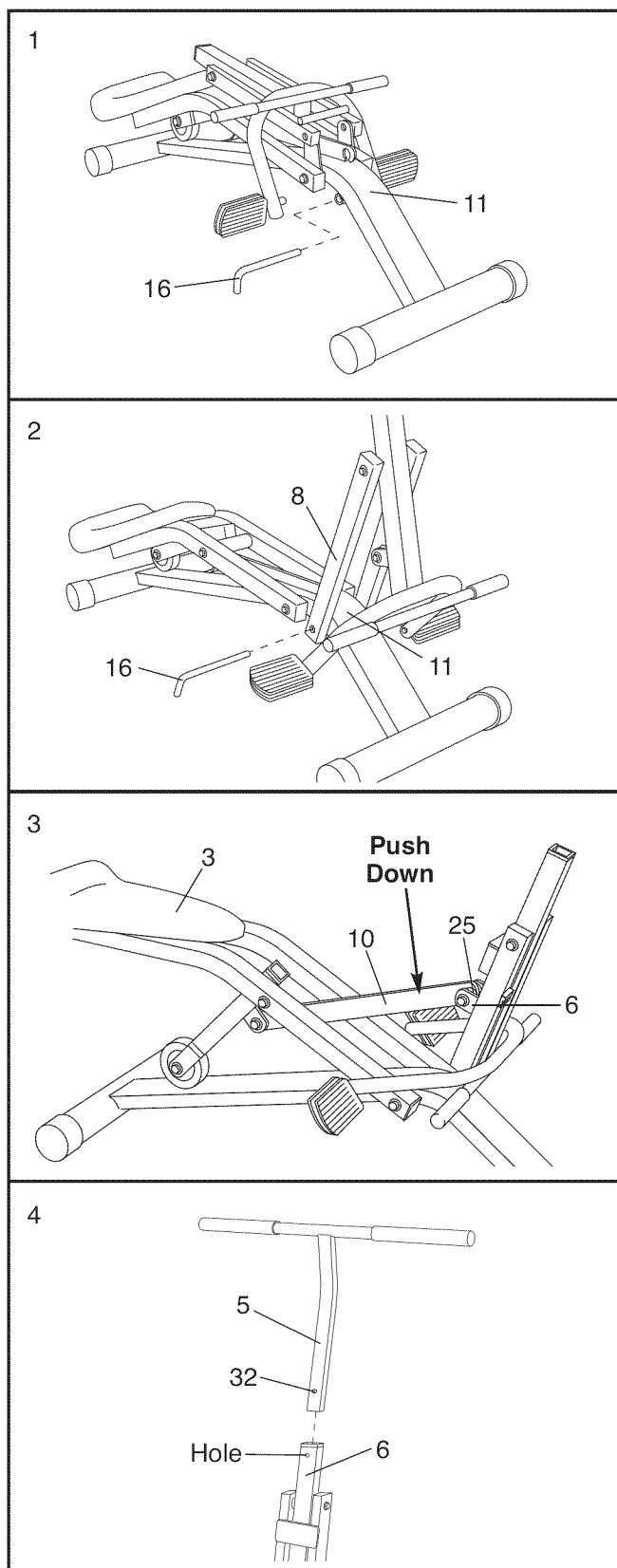
Before reading further, please take a moment to familiarise yourself with the parts that are labelled in the drawing below.



ASSEMBLY

For your convenience, the SHAPE GLIDER is shipped in the storage position. To set up the SHAPE GLIDER for use, place it in a cleared area and remove all packing materials. Do not dispose of the packing materials until the SHAPE GLIDER is fully set up. **Setting up the SHAPE GLIDER may require a hammer (not included).**

1. Remove the Lock Pin (16) from the tube under the Base (11).
2. Raise the Upright Frame (8) and hold it in the position shown. Insert the Lock Pin (16) through the Upright Frame and the tube under the Base (11). **Note: It may be helpful to lubricate the holes and use a hammer to tap in the Lock Pin.**
3. Raise the Seat (3) and hook the Link Arm (10) onto the Butterfly Bushing (25) on the Pedal Frame (6). **Push down on the Link Arm to make sure it is fully seated on the Butterfly Bushing.**
4. Press the Spring Clip (32) in the Handlebar Post (5). Insert the Handlebar Post into the Pedal Frame (6). **Make sure that the Spring Clip snaps into the indicated hole in the Pedal Frame.**



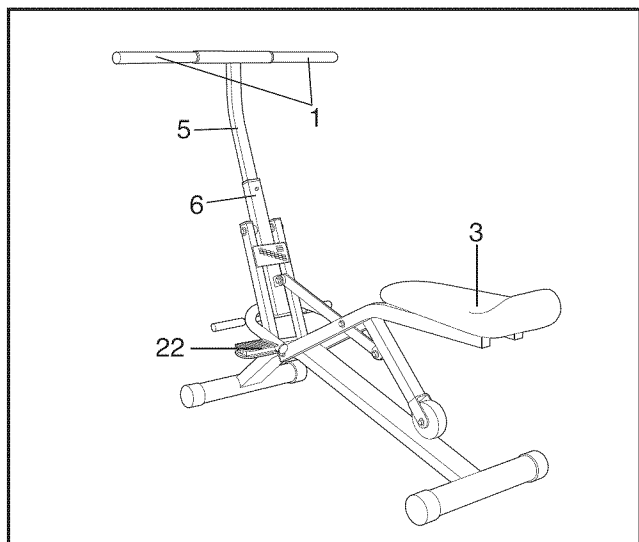
To fold the SHAPE GLIDER for storage, refer to MAINTENANCE AND STORAGE on page 9.

HOW TO USE THE SHAPE GLIDER

The SHAPE GLIDER features three different modes: the full body mode, the upper body mode, and the lower body mode.

HOW TO USE THE FULL BODY MODE

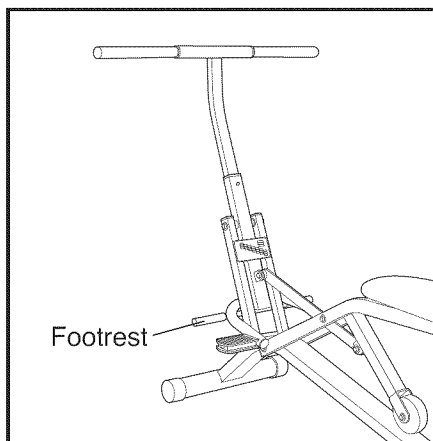
Make sure that the Handlebar Post (5) is in the Pedal Frame (6). Sit on the Seat (3), place your feet on the Pedals (22), and hold the Foam Grips (1). To give variety to your exercise, place your hands close together or far apart, or use an overhand or underhand grip.



To begin exercising, pull the handlebar towards your waist whilst pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. Be sure to move through the full range of motion, maintain a steady pace, and keep your back straight.

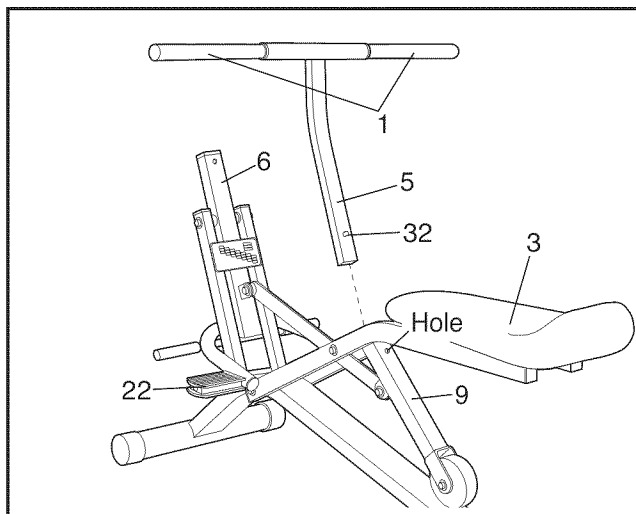
HOW TO USE THE UPPER BODY MODE

To focus on the muscles of your upper body, exercise as described above, but place your feet on the footrests instead of the pedals.



HOW TO USE THE LOWER BODY MODE

To exercise the muscles of your lower body, the position of the handlebar should be changed. First, press the Spring Clip (32) and slide the Handlebar Post (5) out of the Pedal Frame (6). Press the Spring Clip again and insert the Handlebar Post into the Wheel Tube (9). **Make sure that the Spring Clip snaps into the indicated hole in the Wheel Tube.** Sit on the Seat (3), place your feet on the Pedals (22), and hold the Foam Grips (1).



To exercise, push the pedals away with your legs. Return to the starting position. Repeat, moving with a smooth, continuous motion. Be sure to concentrate on using the muscles of your lower body.

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.

BPM	HEART RATE TRAINING ZONES						
165							Aerobic
145	155						Max Fat Burn
125	138	145					Fat Burn
	120	130	140				
		115	125	130			
			110	118	125		
				105	110	115	
					95	103	
						90	
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, look above your age and find the three numbers in light grey boxes. 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 your pace until your heart rate is near the lowest number in your training zone as you exercise.

Maximum Fat Burning

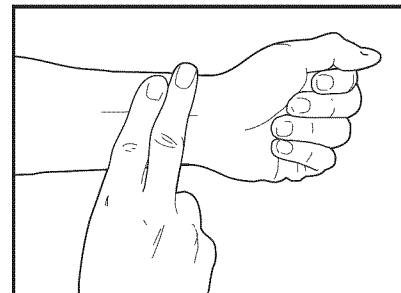
For increased fat burning, adjust your pace until your heart rate is near the middle number in your training zone as you exercise.

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 your pace 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.)



Adjust your pace until your heart rate is at the desired level.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate, and circulation in preparation for strenuous exercise. (Refer to SUGGESTED STRETCHES on page 8.)

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (See the chart on page 7 to find your training zone.)

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercising. A proper cool-down should

leave you relaxed and comfortably tired.

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.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

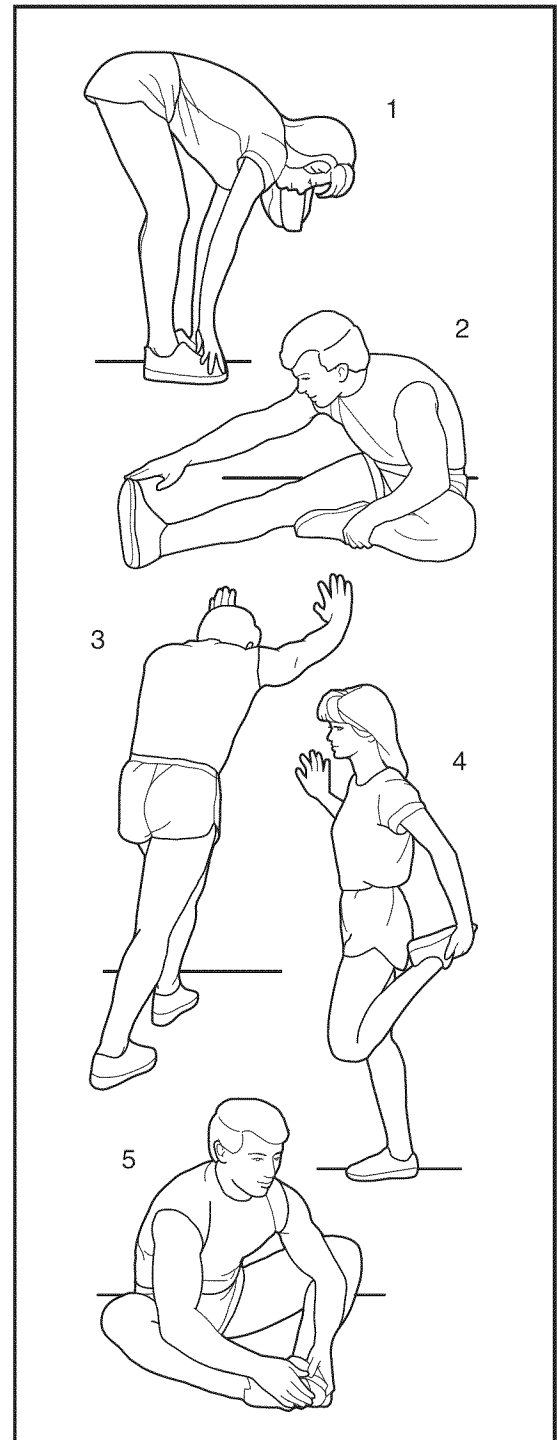
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

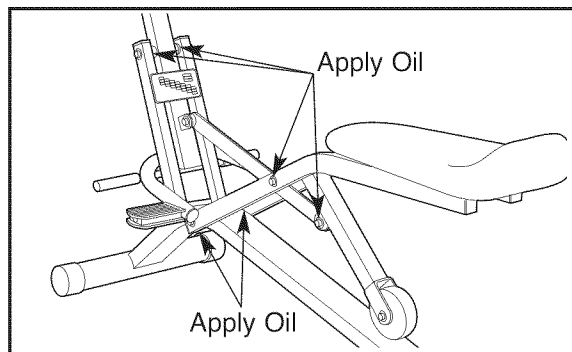
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



MAINTENANCE AND STORAGE

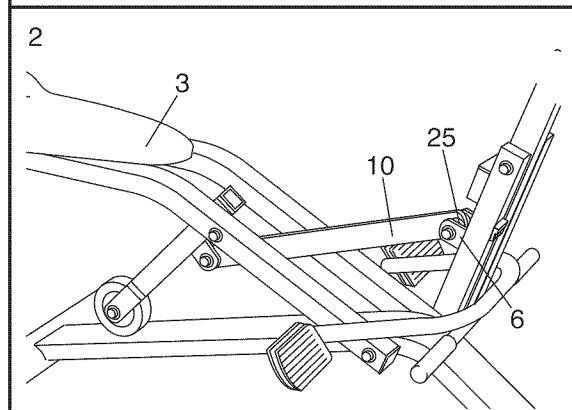
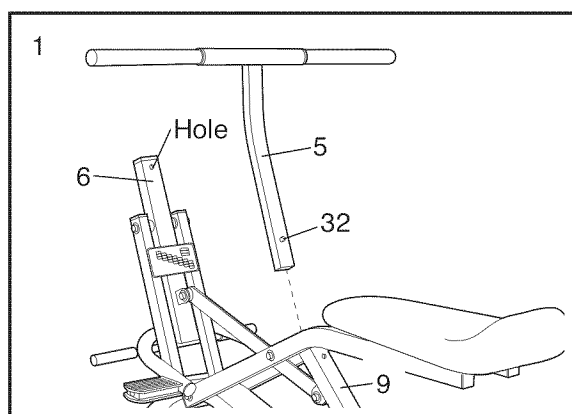
Inspect and tighten all parts of the SHAPE GLIDER regularly.

The SHAPE GLIDER should be oiled every six months. Apply a few drops of light multi-purpose oil in the locations shown at the right. Be sure to apply oil to both sides of the SHAPE GLIDER.



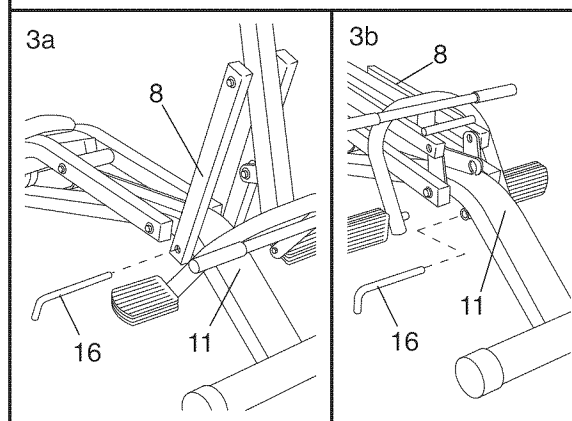
The unique SHAPE GLIDER can be folded for easy storage. Follow the steps below to fold the SHAPE GLIDER.

1. If the Handlebar Post (5) is in the Wheel Tube (9), the Handlebar Post must be moved to the Pedal Frame (6) before the SHAPE GLIDER can be folded. Press the Spring Clip (32) and slide the Handlebar Post out of the Wheel Tube. Press the Spring Clip again and insert the Handlebar Post into Pedal Frame (6). Make sure that the Spring Clip snaps into the indicated hole in the Pedal Frame.
2. Firmly hold the handlebar (not shown) and lift the Link Arm (10) off the Butterfly Bushing (25) on the Pedal Frame (6). Lower the Seat (3).



3. Refer to drawing 3a. **Firmly hold the handlebar (not shown) to prevent it from falling.** Remove the Lock Pin (16) From the Upright Frame (8) and the Base (11).

Refer to drawing 3b. Lower the Handlebar Frame (8). Insert the Lock Pin (16) into the tube under the Base (11).



To set up the SHAPE GLIDER for use, refer to ASSEMBLY on page 5.

PART LIST—Model No. WECR43062

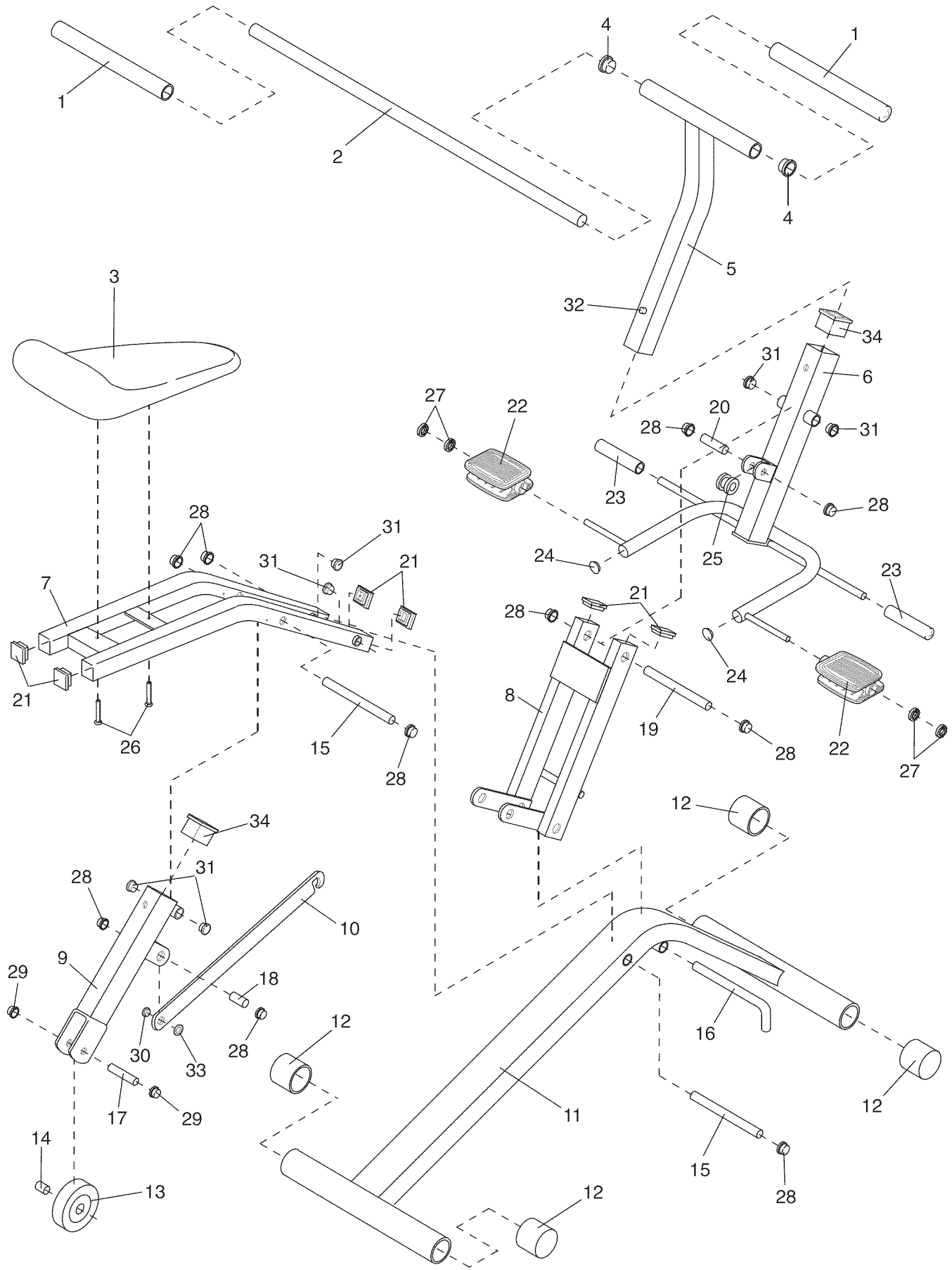
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Handlebar Foam Grip	19	1	144mm Rod
2	1	Handlebar	20	1	51mm Rod
3	1	Seat	21	6	20mm x 40mm x 2mm Endcap
4	2	Handlebar Bushing	22	2	Pedal
5	1	Handlebar Post	23	2	Footrest Foam
6	1	Pedal Frame	24	2	Pedal Frame Endcap
7	1	Seat Frame	25	1	Butterfly Bushing
8	1	Upright Frame	26	2	Seat Screw
9	1	Wheel Tube	27	4	1/2" Pushnut
10	1	Link Arm	28	10	1/2" Hat Cap
11	1	Base	29	2	3/8" Hat Cap
12	4	Base Endcap	30	1	Link Arm Bushing
13	1	Wheel	31	6	Pivot Bushing
14	1	Wheel Spacer	32	1	Spring Clip
15	2	151mm Rod	33	1	13mm Washer
16	1	Lock Pin	34	2	Handlebar Post Bushing
17	1	60mm Rod	#	1	User's Manual
18	1	34mm Rod			

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.

EXPLODED DRAWING—Model No. WECR43062

R0498A



ORDERING REPLACEMENT PARTS

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

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code: 0345-089009
Fax: 0113-2411120

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

- The MODEL NUMBER of the product (WECR43062).
- The NAME of the product (WEIDER® SHAPE GLIDER).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 10 of this manual.