WESLO®
easy compact 2

USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009
Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com
Website: www.iconsupport.eu

Write:
ICON Health & Fitness, Ltd.
Unit 4
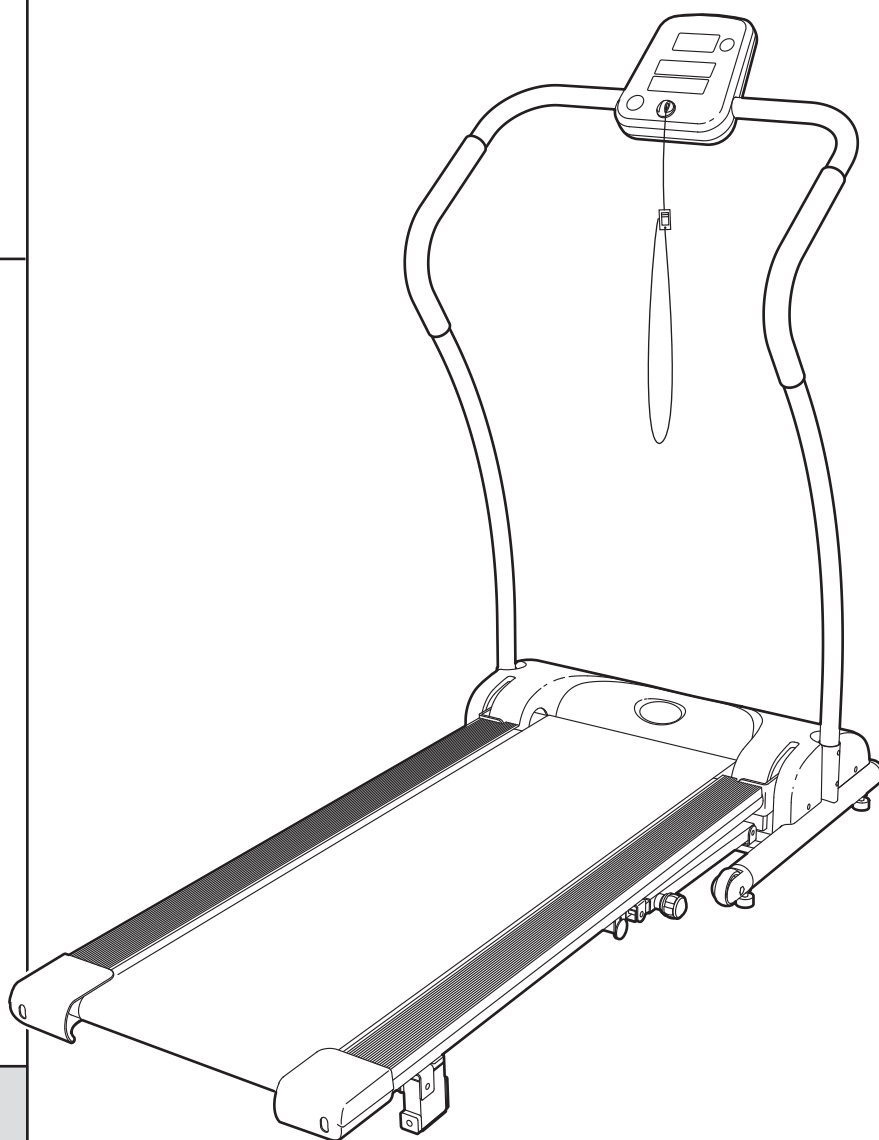**Revie Road Industrial Estate**
Revie Road, Beeston
Leeds, LS11 8JG
UK

⚠ CAUTION

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

**www.iconeurope.com**

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WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

⚠ CAUTION

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
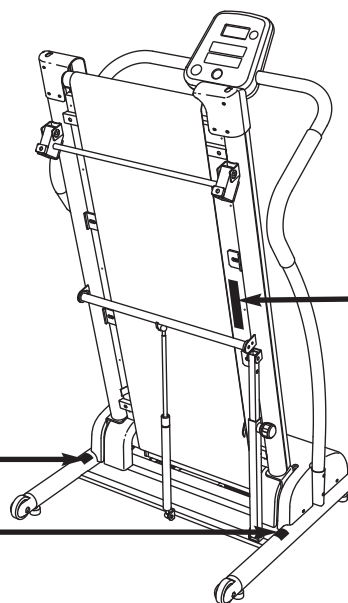
⚠WARNING:

Protect yourself and others from risk of serious injury. Read the user's manual and :

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.

- Never allow children on or around treadmill.
- Remove key when not in use.

- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

WESLO is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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

2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

3. Use the treadmill only as described in this manual.

4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

7. Keep children under age 12 and pets away from the treadmill at all times.

8. The treadmill should be used only by persons weighing 265 lbs. (120 kg) or less.

9. Never allow more than one person on the treadmill at a time.

10. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.*

11. When connecting the power cord (see page 11), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.

12. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

13. Keep the power cord away from heated surfaces.

14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 17 if the treadmill is not working properly.)

15. Read, understand, and test the emergency stop procedure before using the treadmill (see page 12).

16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the reset/off circuit breaker.)

19. The pulse sensor is not a medical device. Various factors, including your movement, 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.

20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 15.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

21. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.

22. Do not change the incline of the treadmill by placing objects under the treadmill.

23. Inspect and properly tighten all parts of the treadmill regularly.

24. Never drop or insert any object into any opening on the treadmill.

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.
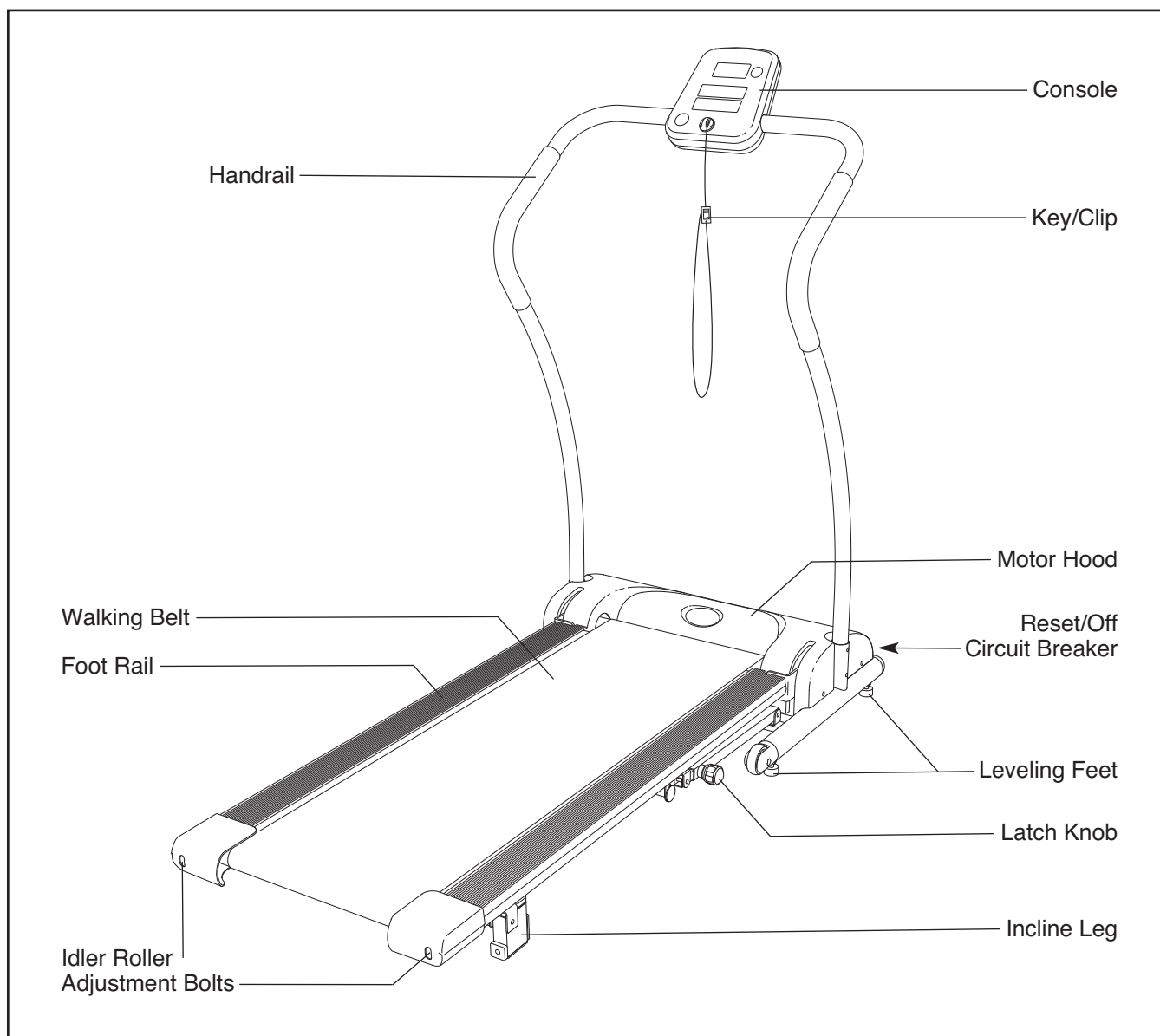
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® EASY COM-PACT 2 treadmill. The EASY COMPACT 2 treadmill offers a selection of features designed to make your workouts at home more effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after read-

ing 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 and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

Console

Handrail

Key/Clip

Motor Hood

Walking Belt

Reset/Off
Circuit Breaker

Foot Rail

Leveling Feet

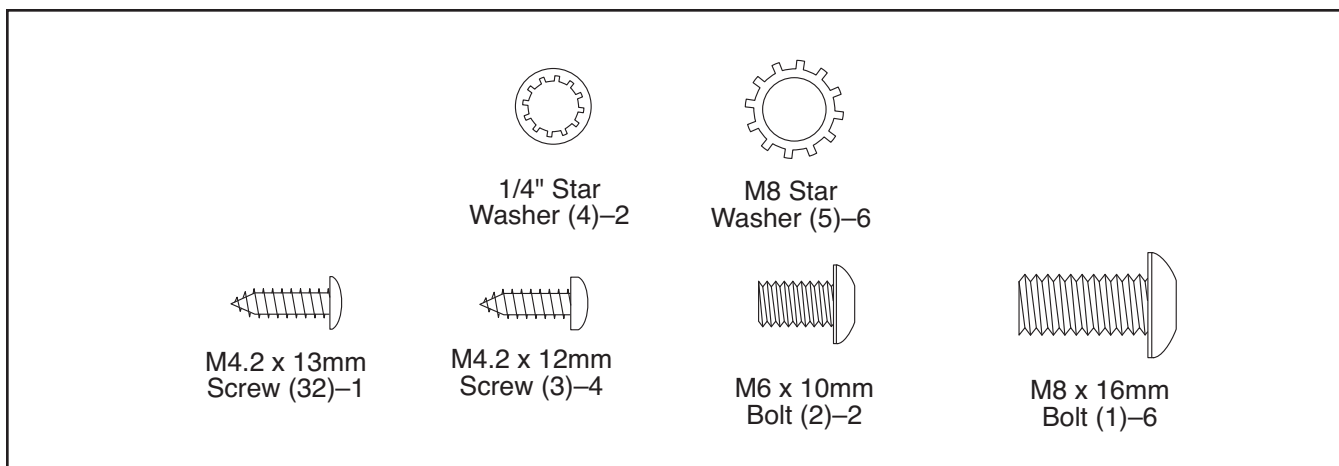Latch Knob

Incline Leg

Idler Roller
Adjustment Bolts

ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys ⌐ and your own Phillips screwdriver ▭═══•,
adjustable wrench ○══◁ , and wire cutters ◯═▷ .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**

1/4" Star
Washer (4)–2

M8 Star
Washer (5)–6

M4.2 x 13mm
Screw (32)–1

M4.2 x 12mm
Screw (3)–4

M6 x 10mm
Bolt (2)–2

M8 x 16mm
Bolt (1)–6

1. Identify the Right Handrail (86), which is marked with an "R" sticker or a "Right" sticker. Have a second person hold the Right Handrail near the tube on the Base (79). **See the inset drawing.** Tie the wire tie in the Right Handrail securely around the end of the Wire Harness (84). Then, pull the other end of the wire tie until the Wire Harness is routed completely through the Right Handrail.

   Gently pull on the Wire Harness (84) while sliding the Right Handrail (86) down into the tube on the Base (79). **Make sure not to pinch the Wire Harness.**

   Attach the Right Handrail (86) to the Base (79) with two M8 x 16mm Bolts (1) and two M8 Star Washers (5); **do not fully tighten the Bolts yet. Be careful not to pinch the Wire Harness (84).**

   Attach the Left Handrail (34) to the Base (79) with two M8 x 16mm Bolts (1) and two M8 Star Washers (5); **do not fully tighten the Bolts yet.**
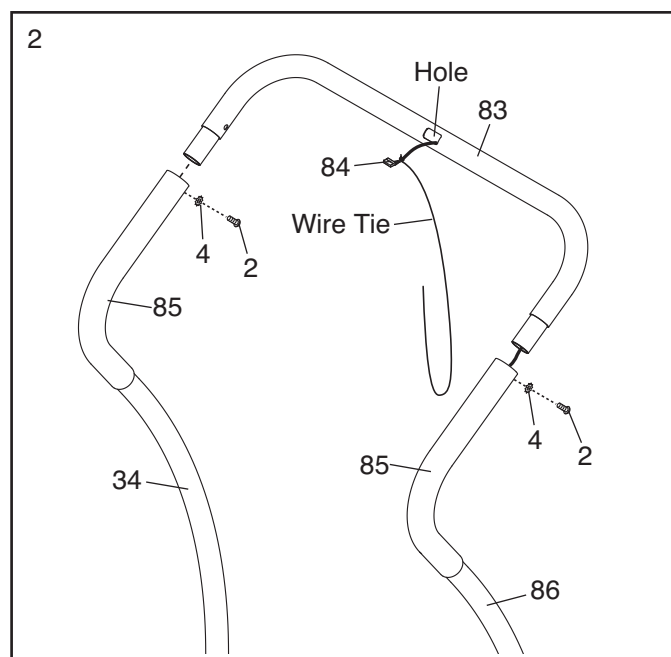
   Remove the wire tie from the Wire Harness (84).
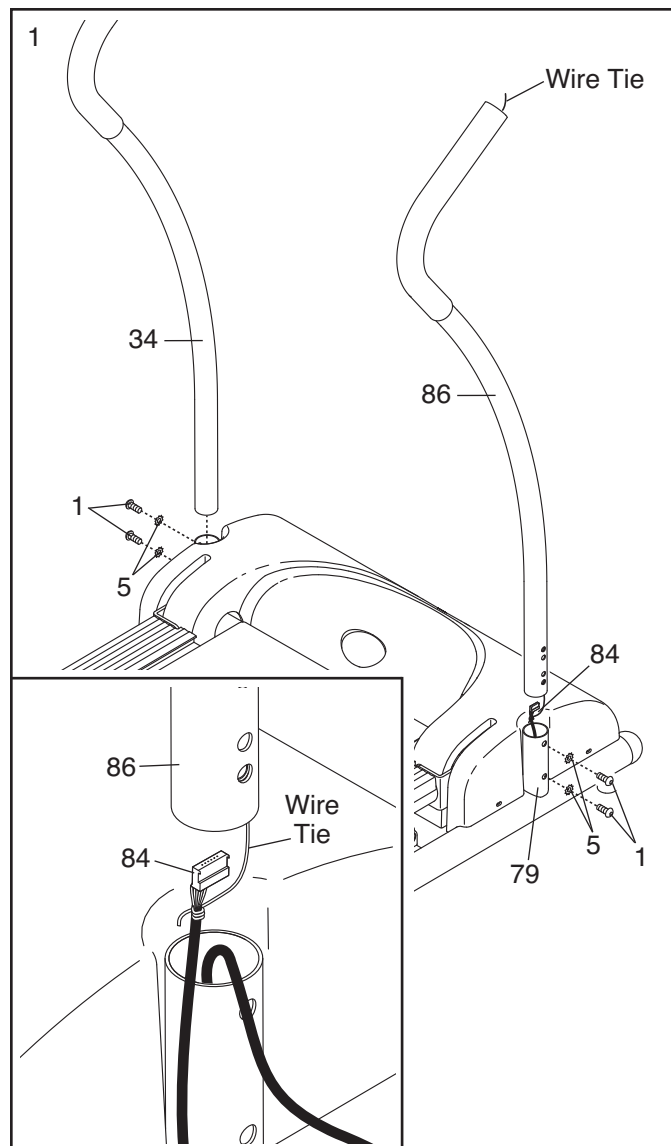
2. Orient the Handrail Crossbar (83) as shown. **See the inset drawing in step 1.** Tie the wire tie in the Handrail Crossbar securely around the end of the Wire Harness (84). Then, pull the other end of the wire tie until the Wire Harness is routed completely through the Handrail Crossbar.

   Gently pull on the Wire Harness (84) while inserting the Handrail Crossbar (83) down into the Handrails (34, 86). **Make sure not to pinch the Wire Harness.**

   Attach the Handrail Crossbar (83) with two M6 x 10mm Bolts (2) and two 1/4" Star Washers (4); **do not fully tighten the Bolts yet.** You may need to push the Foam Grips (85) down slightly.

3. Attach the Console Plate (81) to the Handrail Crossbar (83) with two M8 x 16mm Bolts (1) and two M8 Star Washers (5). **Make sure the Console Plate is oriented as shown and that the Wire Harness (84) is not pinched.**

Remove the wire tie from the Wire Harness (84).
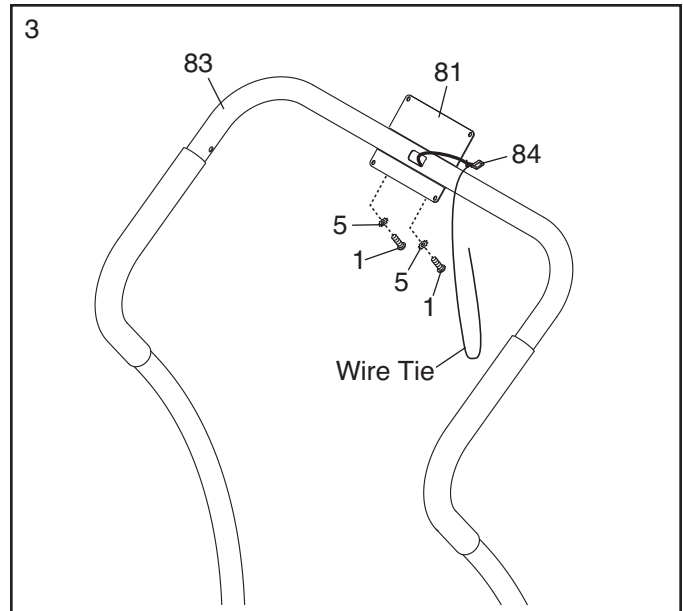
4. Remove the console back and the four M4.2 x 12mm Screws (3) from the Console (80). **Save the console back and the Screws for step 6.**

Hold the Console (80) near the Console Plate (81). **Touch the Console Plate to discharge any static.**

Next, press the connector on the end of the Wire Harness (84) into the connector on the back of the Console (80) in the location shown. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn the connector on the Wire Harness and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**
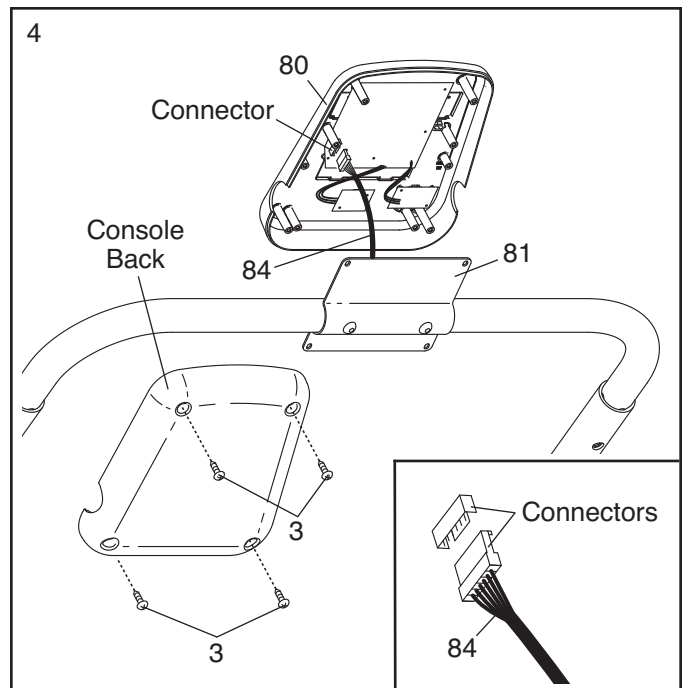
5. Set the Console (80) on the Console Plate (81), and insert the excess wire into the Handrail Crossbar (83). **Make sure that no wires are pinched.**
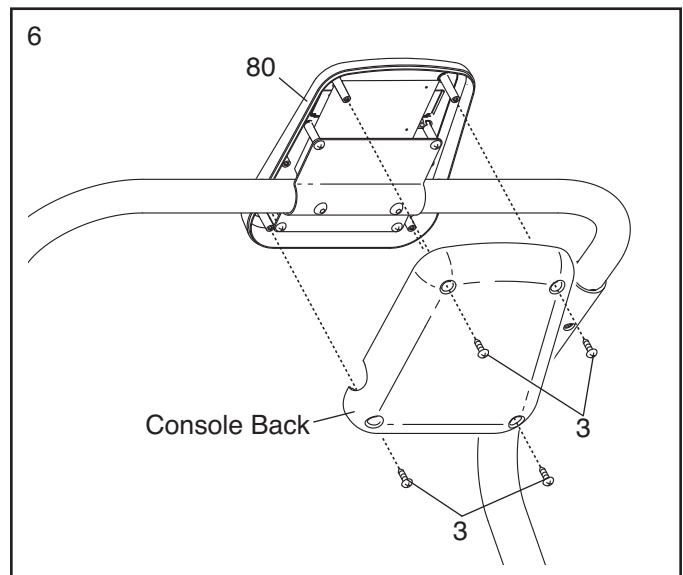
   Attach the Console (80) with four M4.2 x 12mm Screws (3); **start all four Screws before tightening any of them.**
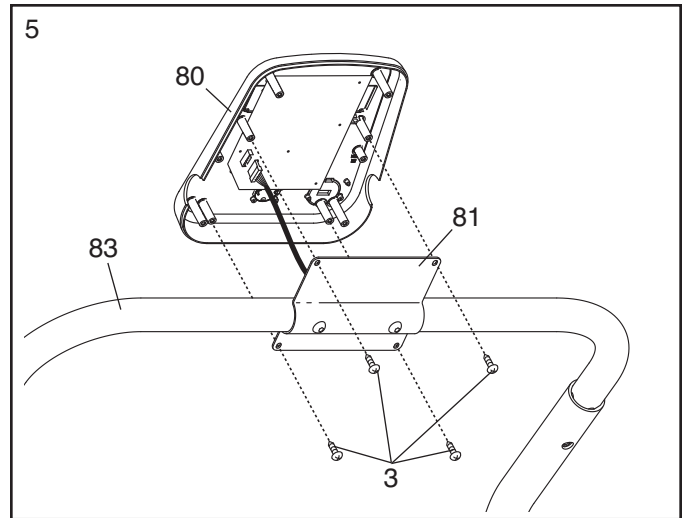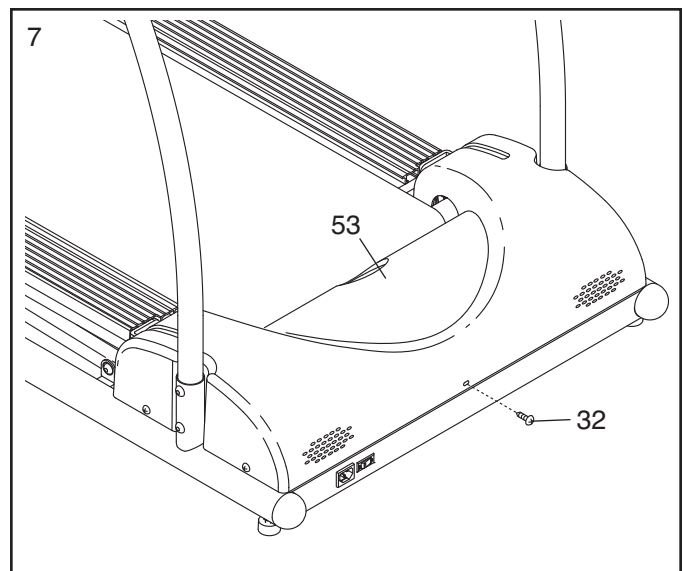
6. Attach the console back to the Console (80) with the four M4.2 x 12mm Screws (3) that you removed in step 4.

   See step 1. Tighten the two M8 x 16mm Bolts (1) on each side of the treadmill.

   See step 2. Tighten the M6 x 10mm Bolt (2) on each side of the treadmill.

7. Tighten an M4.2 x 13mm Screw (32) into the Motor Hood (53).

8. Raise the Frame (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 15). **Be careful not to crack the Motor Hood (not shown).**

Raise the Gas Spring (76) to a vertical position with the cylinder on the bottom as shown. **See the two small inset drawings.** Using your fingernail or the end of a screwdriver, press on the end of the Gas Spring Clip (77) to loosen it from the Gas Spring. Next, rotate the Gas Spring Clip and pull it out of the Gas Spring. **Be careful to avoid losing the Gas Spring Clip.** Note: Extra Gas Spring Clips are included.

Then, press the end of the Gas Spring (76) onto the ball on the bracket on the Frame (87). **See the lower drawing.** Insert the Gas Spring Clip (77) into the two indicated small holes in the end of the Gas Spring. Then, rotate the Gas Spring Clip until it clips onto the Gas Spring.
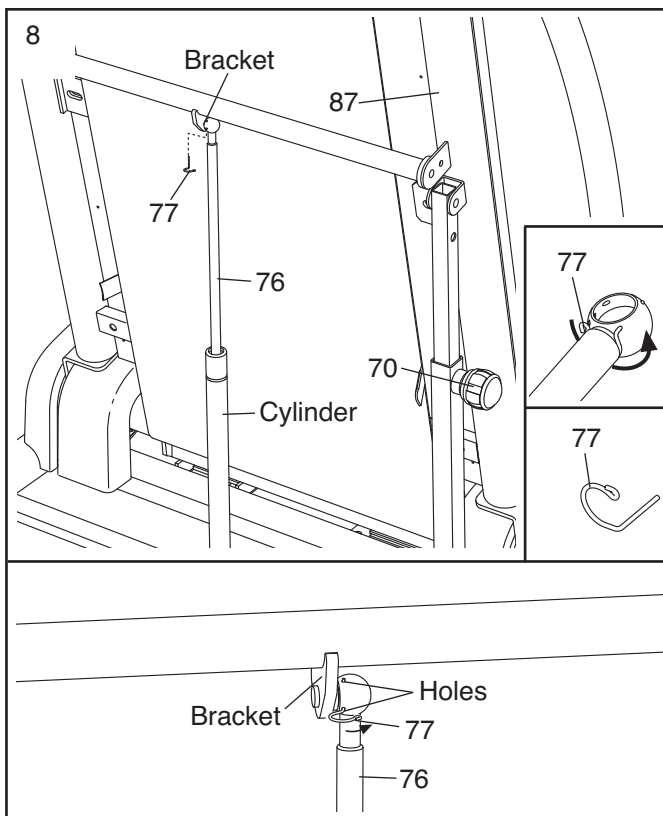
9. Position the cylinder end of the Gas Spring (76) near the bracket on the Base (79).

Remove the Gas Spring Clip (77) from the end of the Gas Spring (76) as described in step 8. If necessary, rotate the Gas Spring to align the end of the Gas Spring with the ball on the bracket on the Base (79).

See the lower drawing. Press the end of the Gas Spring (76) onto the ball on the bracket. **Note: It may be necessary to pull the Latch Knob (70) to the right and move the Frame (87) forward or backward as you press the Gas Spring onto the ball.**

Next, insert the end of the Gas Spring Clip (77) into two of the small holes in the end of the Gas Spring (76). Then, rotate the Gas Spring Clip until it clips onto the Gas Spring.

Lower the Frame (87) to the floor. See HOW TO LOWER THE TREADMILL FOR USE on page 16.

Make sure that the four Leveling Feet (not shown) rest firmly on the floor (see HOW TO LEVEL THE TREADMILL on page 14).
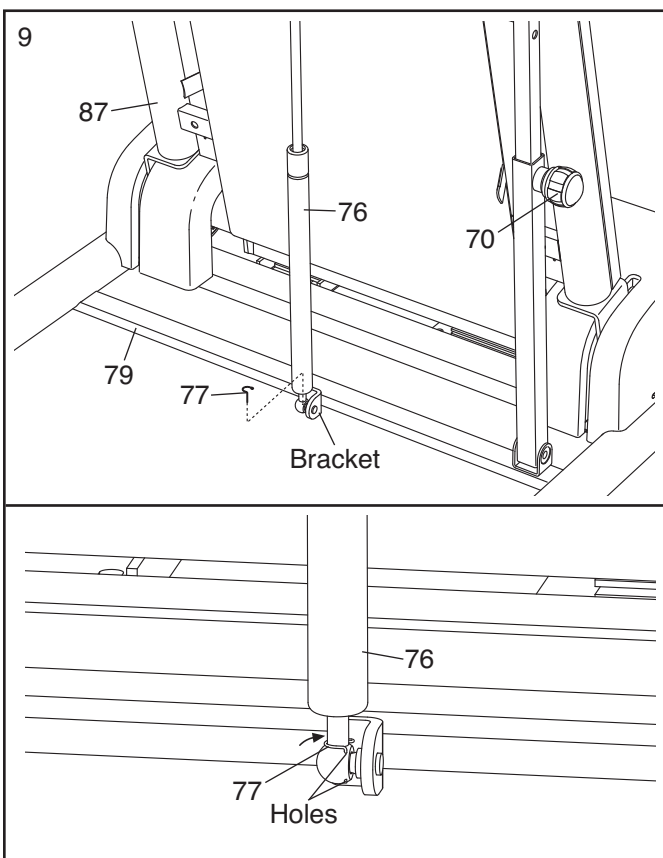
10. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see page 18).

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.

See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the adapter cover is secure and that the screw has been tightened before using the power cord.**

See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**
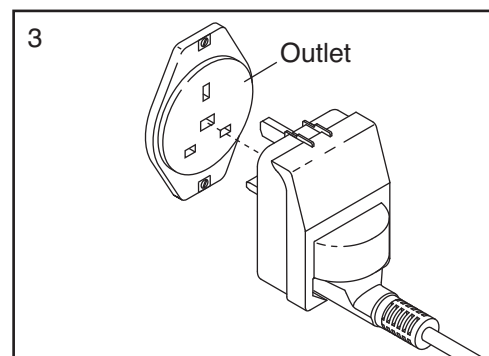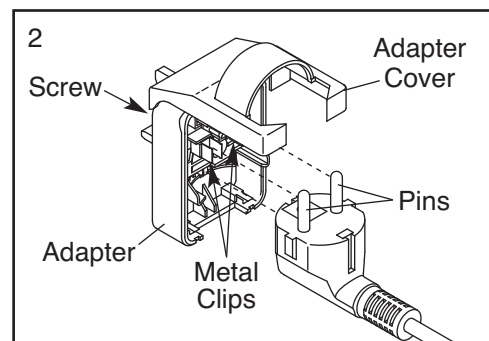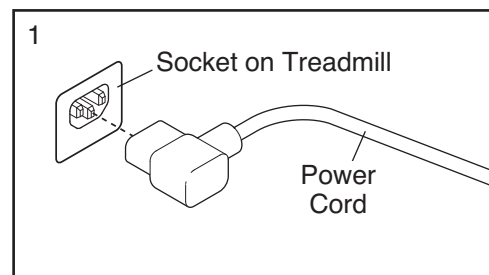
DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM
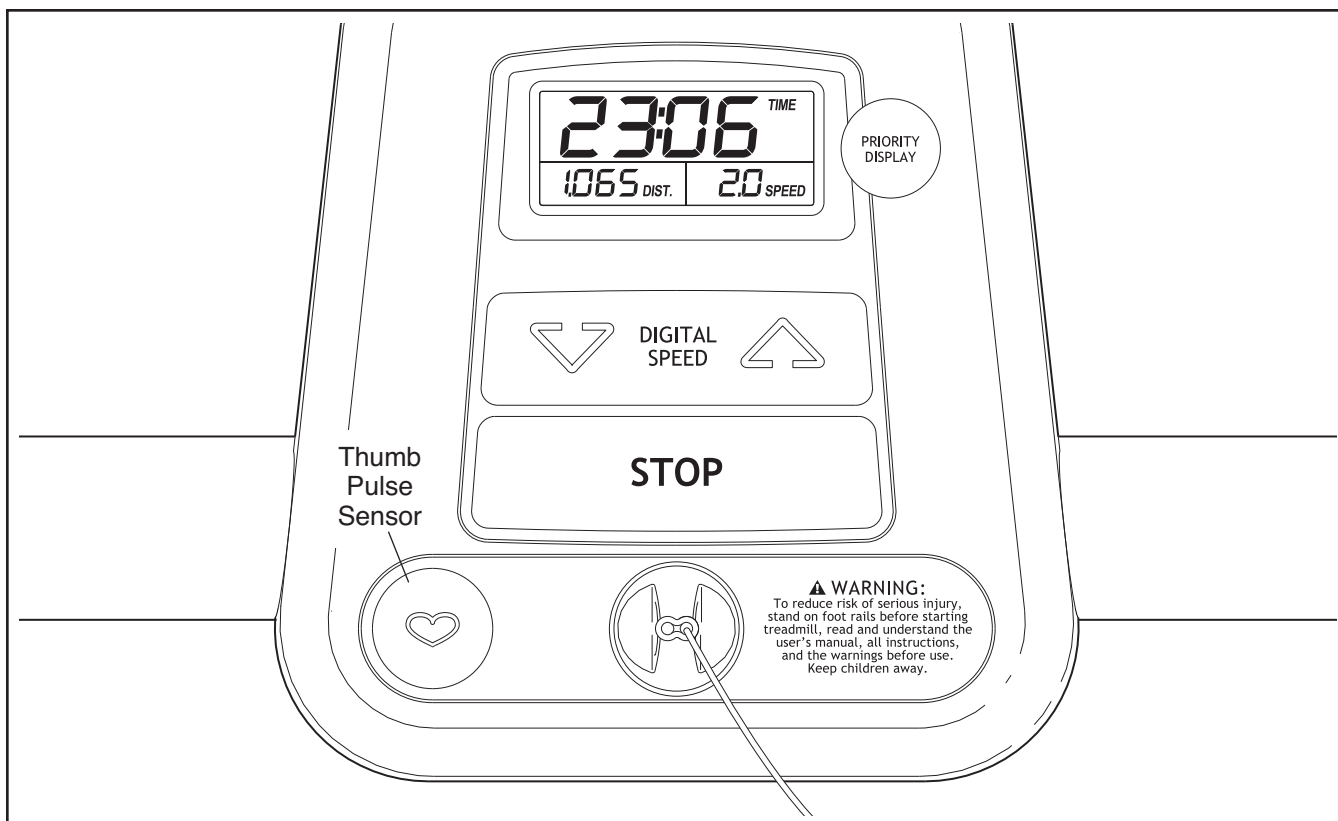
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 11). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the "reset" position.
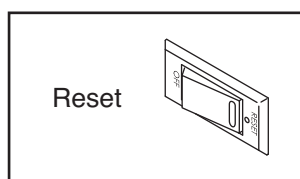
Next, stand on the foot rails of the treadmill. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key
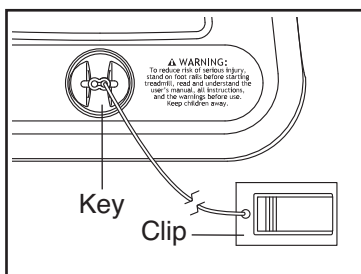
into the console. After a moment, the displays will light.
IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

IMPORTANT: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 18).

HOW TO USE THE CONSOLE

1. **Insert the key into the console.**

    See page 12.

2. **Start the walking belt.**

    Press the Digital Speed increase button to start the walking belt. A moment after you press the Digital Speed increase button, the walking belt will begin to move. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Digital Speed buttons. Each time you press a button, the speed setting will change; if you hold down a button, the speed setting will change larger increments.

    To stop the walking belt, press the Stop button. The time will begin to flash in the display.
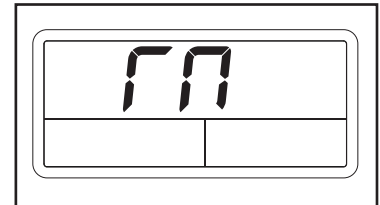
3. **Monitor your progress with the display.**

    As you exercise, the lower left corner of the display can show the elapsed time and the distance in kilometers that you have walked or run. The lower right corner of the display can show the speed of the walking belt in kilometers per hour and the approximate number of calories you have burned.

The upper half of the display is the priority display. The priority display can show the elapsed time, the distance that you have walked or run, the speed of the walking belt, or the approximate number of calories you have burned. Press the Priority Display button repeatedly until the priority display shows the information that you are most interested in viewing. Note: While information is shown in the priority display, the same information will not be shown in the lower left or right corner of the display.

The console can display speed and distance in either miles or kilometers. To see which unit of measurement is selected, hold down the Stop button, insert the key into the console, and continue to hold down the Stop button for a few seconds. An "M" for metric kilometers or an "E" for English miles will appear in the priority display. Press the Digital Speed increase button to change the unit of measurement if desired. When the desired unit of measurement is selected, remove the key and then reinsert it. Note: When you switch the reset/off circuit breaker to the "off" position, the unit of measurement will reset. For simplicity, all instructions in this section refer to kilometers.

To reset the display, press the Stop button, remove the key, and then reinsert the key.

4. **Measure your heart rate if desired.**

To measure your heart rate, **stand on the foot rails** and place your left thumb on the pulse sensor (see the drawing on page 12). **Do not press too hard, or the circulation in your thumb will be restricted and your pulse may not be detected.** When your pulse is detected, a heart-shaped indicator in the lower right display will flash each time your heart beats, and your heart rate will be shown. **For the most accurate heart rate reading, hold your thumb on the pulse sensor for at least 15 seconds.**

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb for a few seconds, and then reposition your thumb on the pulse sensor. Remember to stand still while measuring your heart rate.

5. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and remove the key from the console. Put the key in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are two incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see page 15).

To change the incline, rotate the incline legs upward or downward until the incline legs touch the frame.
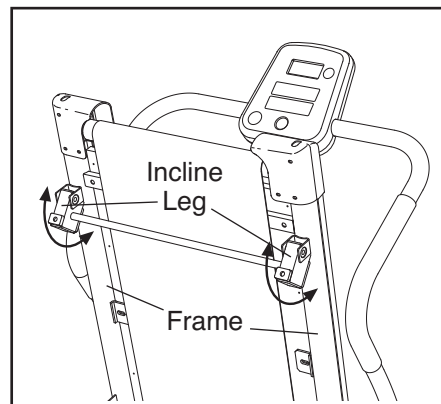
After you have adjusted the incline legs, lower the treadmill (see page 16).

HOW TO LEVEL THE TREADMILL

Make sure that all four leveling feet rest firmly on the floor (only one side is shown). If the treadmill rocks on your floor, turn one of the leveling feet clockwise or counterclockwise until the rocking motion is eliminated.
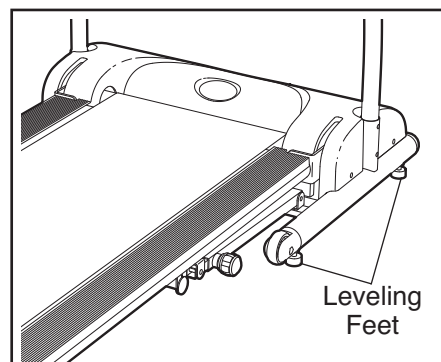
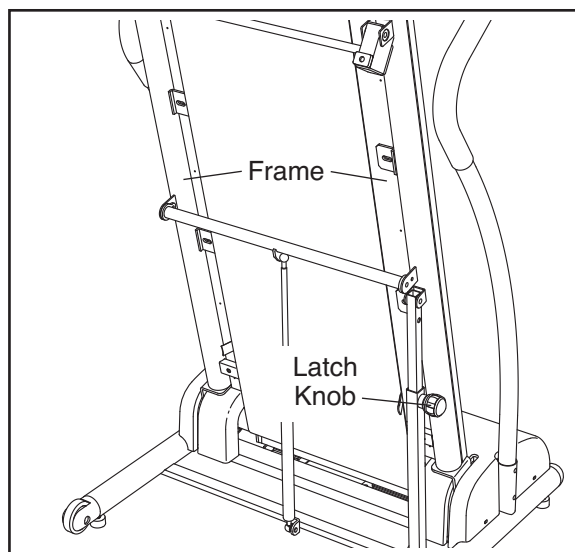# HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame.** Raise the frame about halfway to the vertical position.
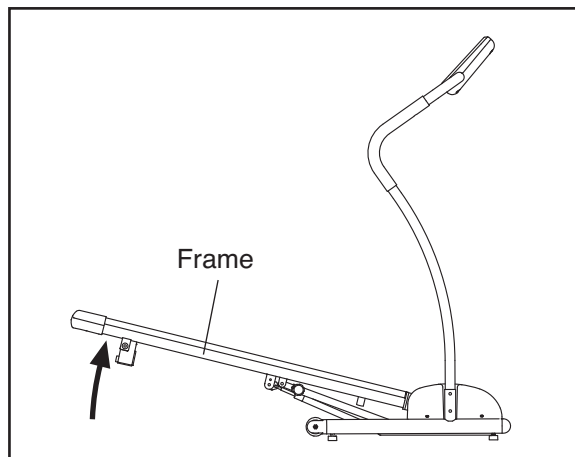
2. Raise the frame slightly and pull the latch knob to the right. Pivot the frame upward and release the latch knob. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold one handrail and place one foot against one of the wheels.

2. Tip the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

15
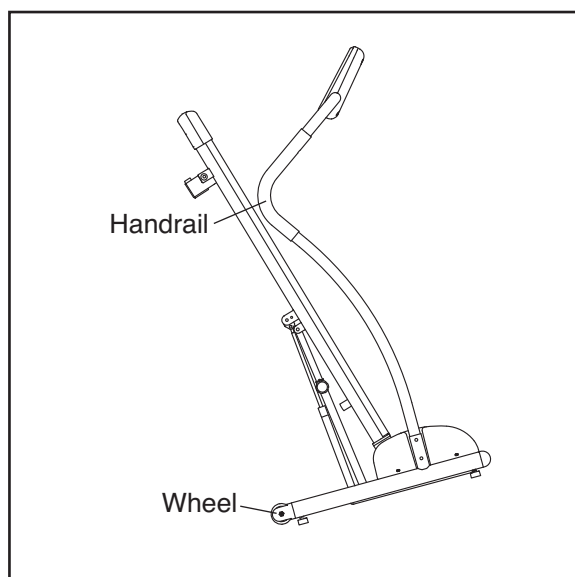
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your left hand. Pull the latch knob to the right and hold it. It may be necessary to push the frame forward as you pull the knob to the right. Pivot the frame downward and release the latch knob.

Frame

Latch Knob
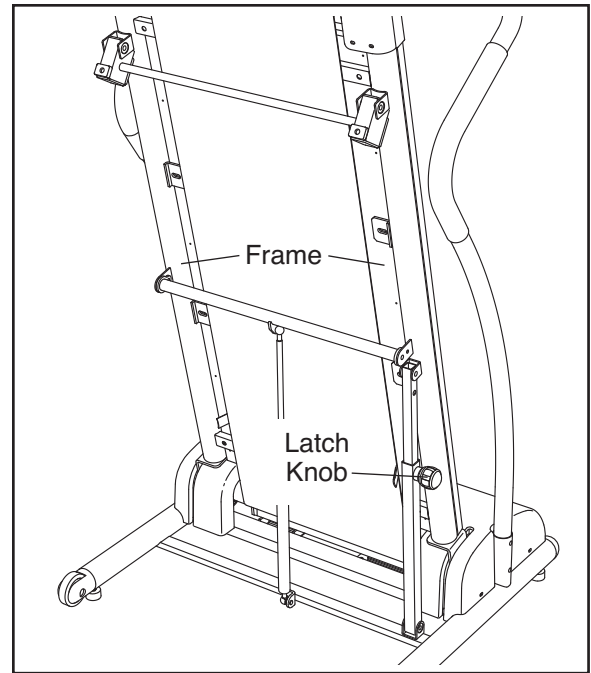
2. **Hold the metal frame firmly with both hands and lower it to the floor. CAUTION: Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.**
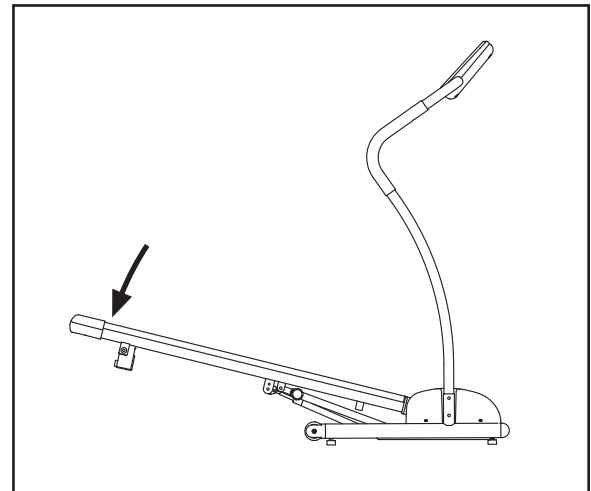
TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

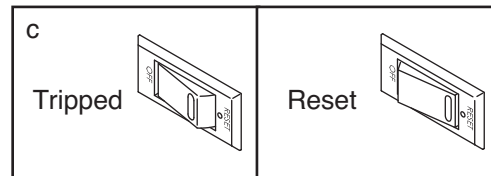**SOLUTION:** a. Make sure that the power cord is plugged into a properly earthed outlet (see page 11). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm²) cord that is no longer than 5 ft. (1.5 m). **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

c

Tripped   Reset

PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, remove the five M4.2 x 13mm Screws (32) and pivot off the Motor Hood (53).

a

32   53   32

32
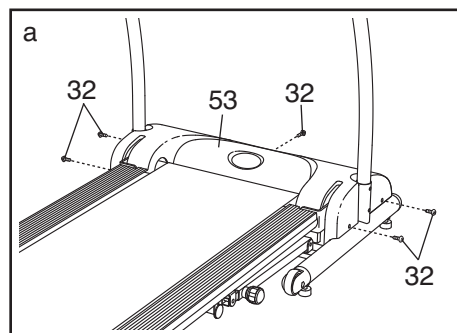
Locate the Reed Switch (88) and the Magnet (41) on the left side of the Pulley (43). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4 x 8mm Screw (30), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown) and run the treadmill for a few minutes to check for a correct speed reading.
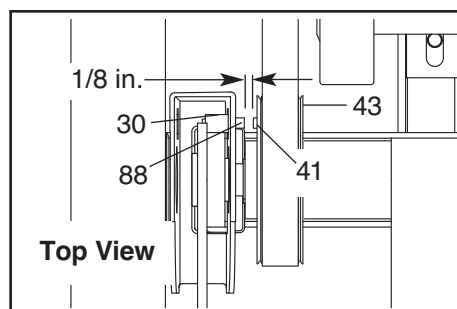

Top View

PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm²) cord that is no longer than 5 ft. (1.5 m).
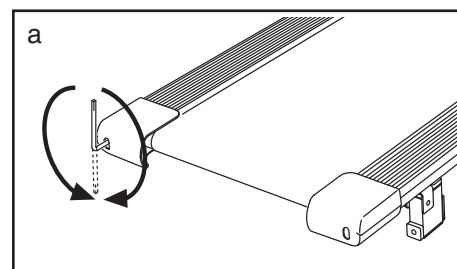
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

b

2–3 in.

Idler Roller Bolts
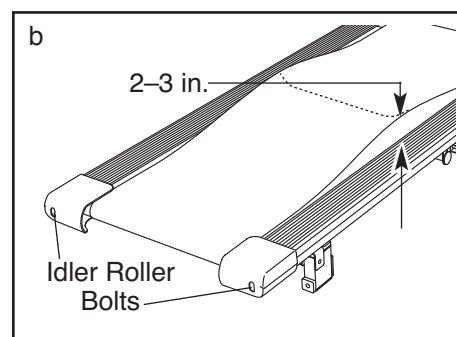
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt has shifted to the left,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn the left idler roller bolt clockwise 1/2 of a turn. Be careful not to overtighten the walking belt. **If the walking belt has shifted to the right,** turn the left idler roller bolt counterclockwise 1/2 of a turn. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

a

b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
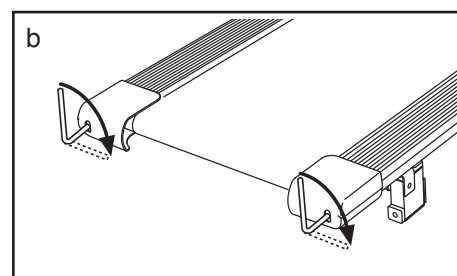

b

18

EXERCISE GUIDELINES

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

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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and 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 intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *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 number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete 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. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.
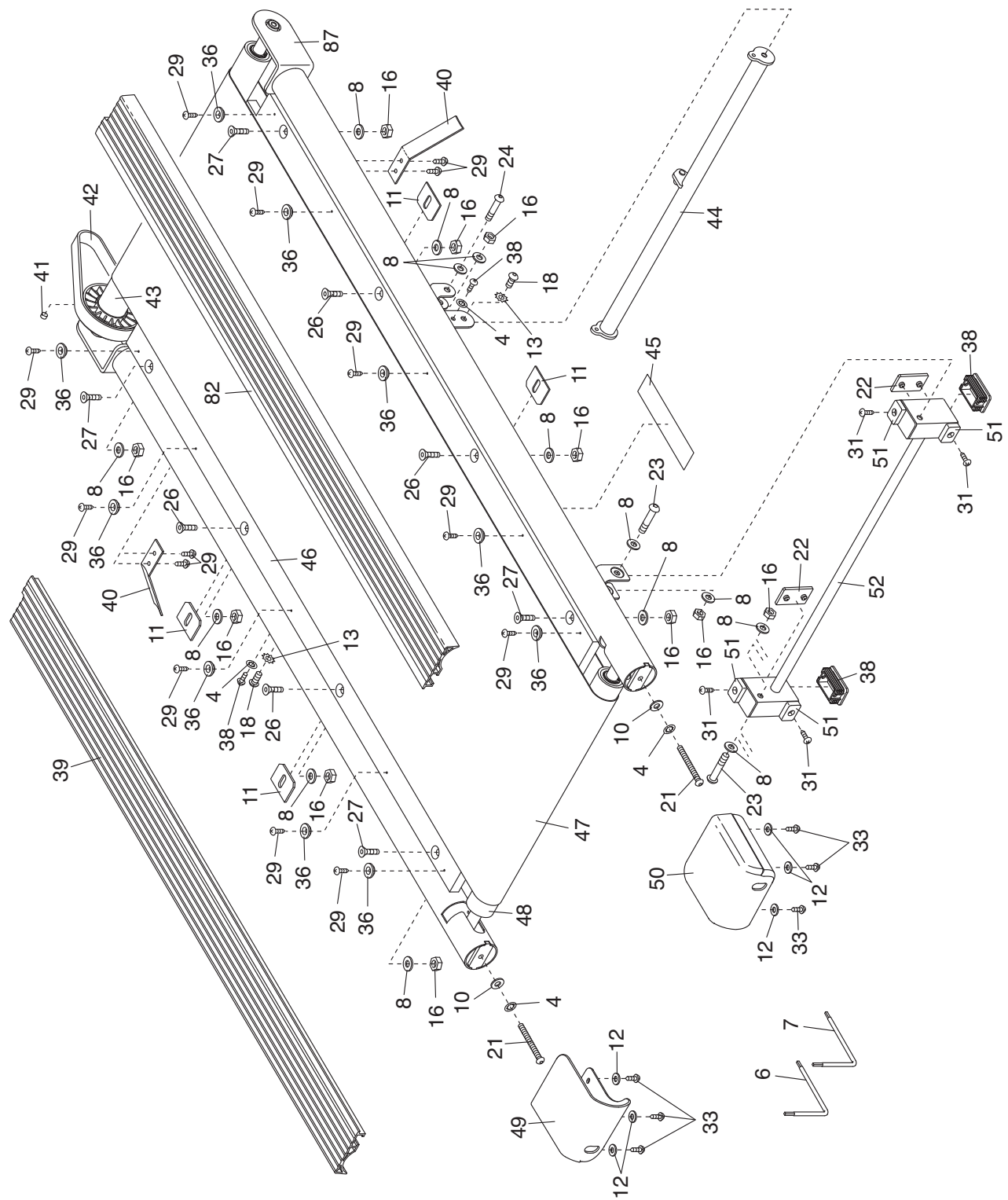
PART LIST—Model No. WETL20709.0

Key No.	Qty.	Description	Key No.	Qty.	Description
1	6	M8 x 16mm Bolt	51	4	Incline Leg Pad
2	4	M6 x 10mm Bolt	52	1	Incline Leg
3	8	M4.2 x 12mm Screw	53	1	Motor Hood
4	6	1/4" Star Washer	54	1	Motor Bracket
5	6	M8 Star Washer	55	1	Left Roller Bracket
6	1	4 mm Hex Hey	56	2	Base Cap
7	1	5 mm Hex Hey	57	2	Motor Bushing
8	16	Platform Flat Washer	58	1	Drive Motor
9	2	Drive Roller Flat Washer	59	1	Transformer
10	2	Roller Flat Washer	60	1	Controller
11	4	Platform Spacer	61	1	Filter
12	6	Flat Washer	62	1	Right Roller Bracket
13	2	Shaft External Star Washer	63	1	Reset/Off Circuit Breaker
14	1	8" Green/Yellow Ground Wire	64	1	Receptacle
15	1	M4 Nut	65	1	Power Cord Adapter
16	14	M8 Locknut	66	1	Power Cord
17	2	1/4" Motor Bolt	67	4	Leveling Foot
18	8	M8 x 16mm Bolt	68	2	Drive Roller Bushing
19	1	M8 x 50mm Motor Bolt	69	2	Caution Decal
20	1	M4 Bolt	70	1	Latch Knob
21	2	M6 x 70mm Bolt	71	1	Belly Pan
22	2	Incline Leg Bumper	72	2	Wheel
23	4	M8 x 50mm Bolt	73	2	Wheel Insert
24	1	M8 x 40mm Bolt	74	1	Upper Latch Tube
25	1	M8 x 45mm Bolt	75	1	Lower Latch Tube
26	4	M8 x 35mm Bolt	76	1	Gas Spring
27	4	M8 x 43mm Bolt	77	2	Gas Spring Clip
28	2	M8 Washer	78	1	Reed Switch Clamp
29	14	M4.2 x 16mm Screw	79	1	Base
30	7	M4 x 8mm Screw	80	1	Console
31	4	M4.2 x 12mm Spacer Screw	81	1	Console Plate
32	19	M4.2 x 13mm Screw	82	1	Right Foot Rail
33	6	M4.2 x 8mm Screw	83	1	Handrail Crossbar
34	1	Left Handrail	84	1	Wire Harness
35	1	Key/Clip	85	2	Foam Grip
36	10	Foot Rail Mount	86	1	Right Handrail
37	1	8" Ground Wire w/Decal	87	1	Frame
38	2	Incline Leg Endcap	88	1	Reed Switch
39	1	Left Foot Rail	89	8	8" Wire Tie
40	2	Belt Guide	90	1	Motor Plate
41	1	Magnet	91	1	Controller Ground Wire
42	1	Motor Belt	*	–	8" Blue Wire, 2F
43	1	Drive Roller/Pulley	*	–	4" Black Wire, 2F
44	1	Gas Spring Shaft	*	–	6" White Wire, 2F
45	1	Warning Decal	*	–	6" White Wire, F/Flag
46	1	Walking Platform	*	–	4" Blue Wire, 2F
47	1	Walking Belt	*	–	4" Black Wire, M/F
48	1	Idler Roller	*	–	4" Red Wire, M/F
49	1	Left Idler Roller Cover	*	–	User's Manual
50	1	Right Idler Roller Cover			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.
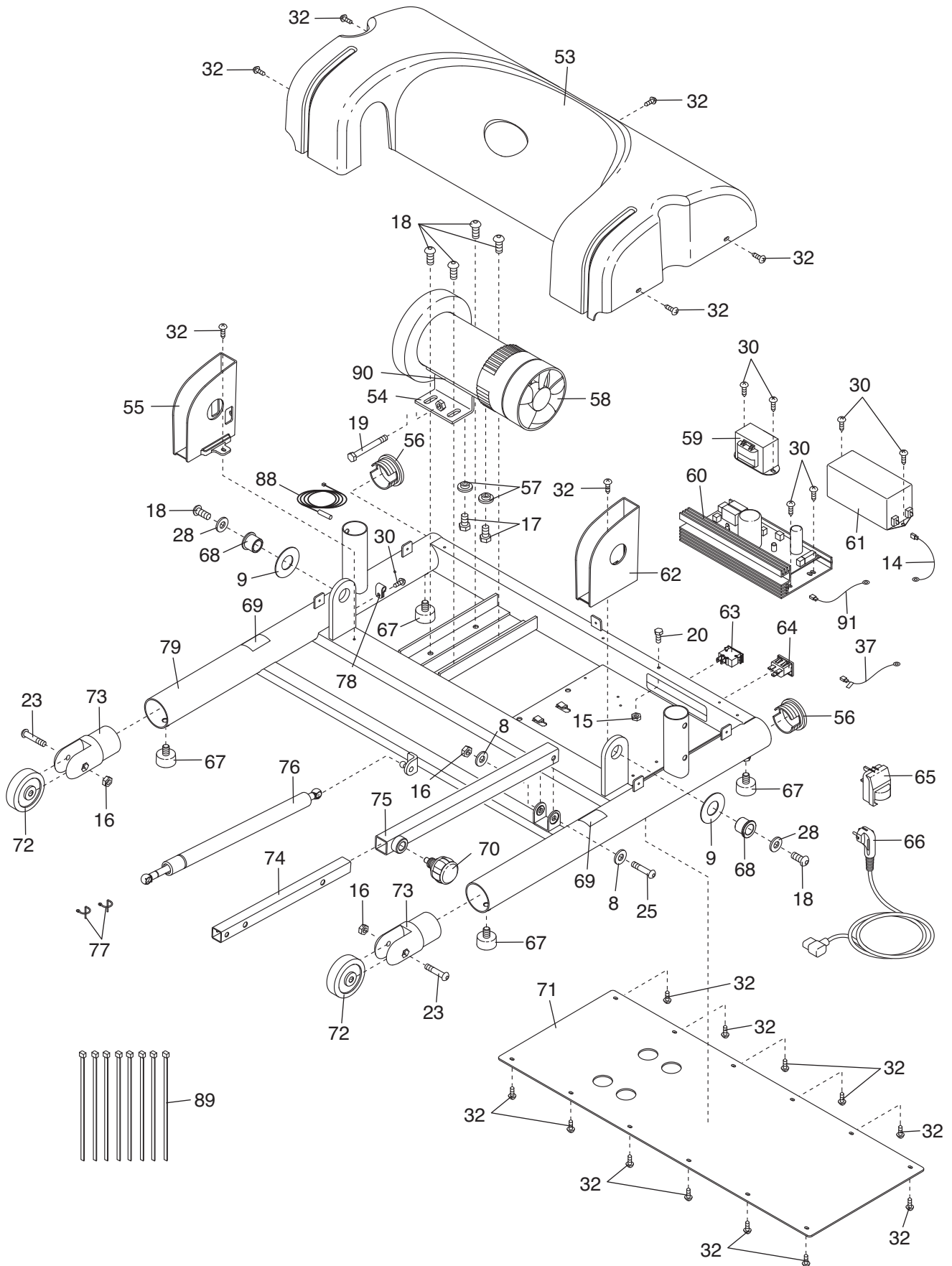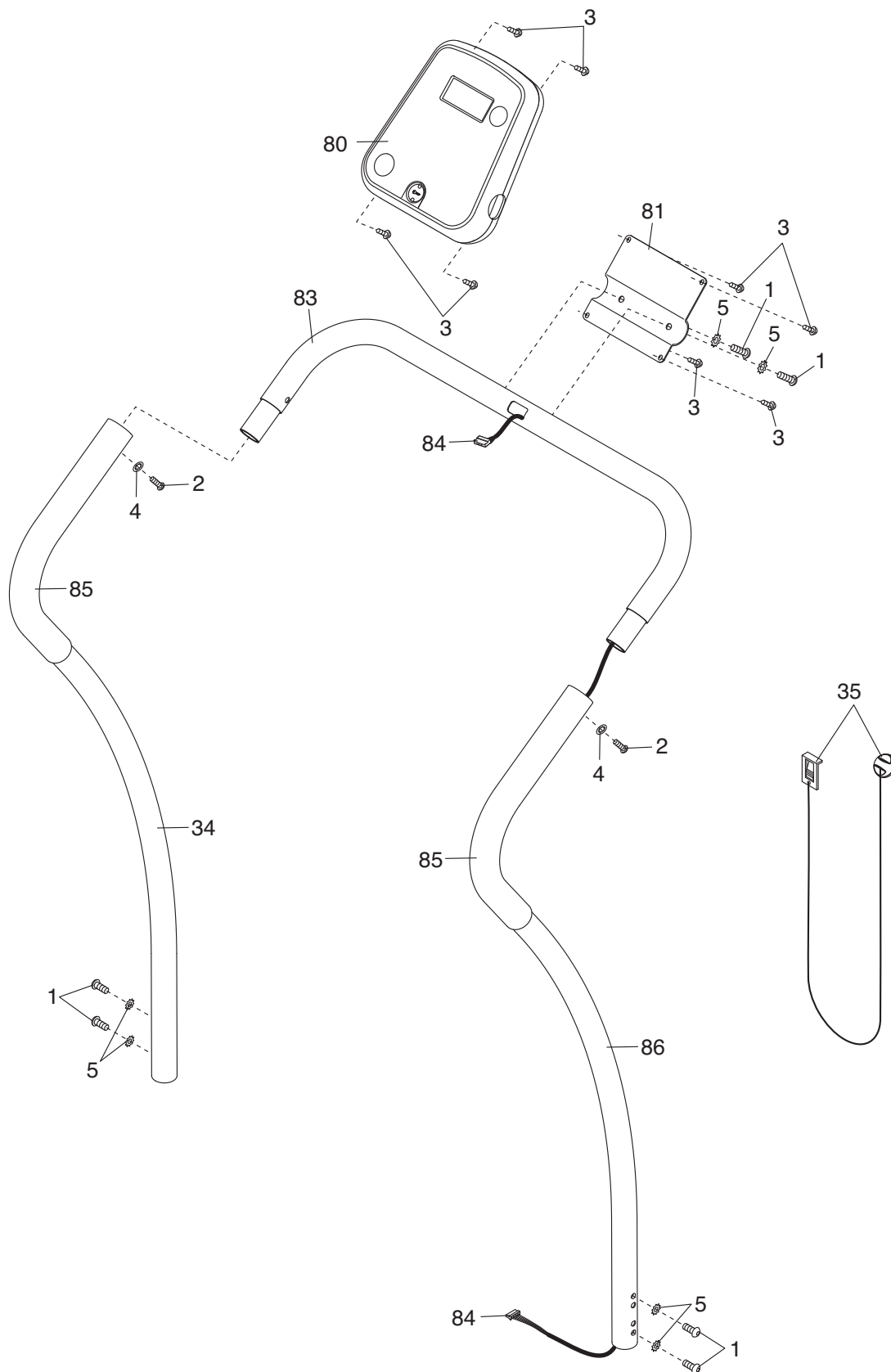
ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

• the model number and the serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

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.