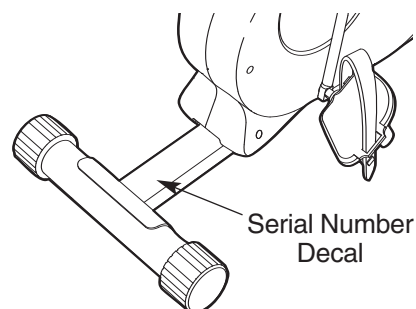


WESLO®

pursuit R 60

Model No. WLEVEX1216.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

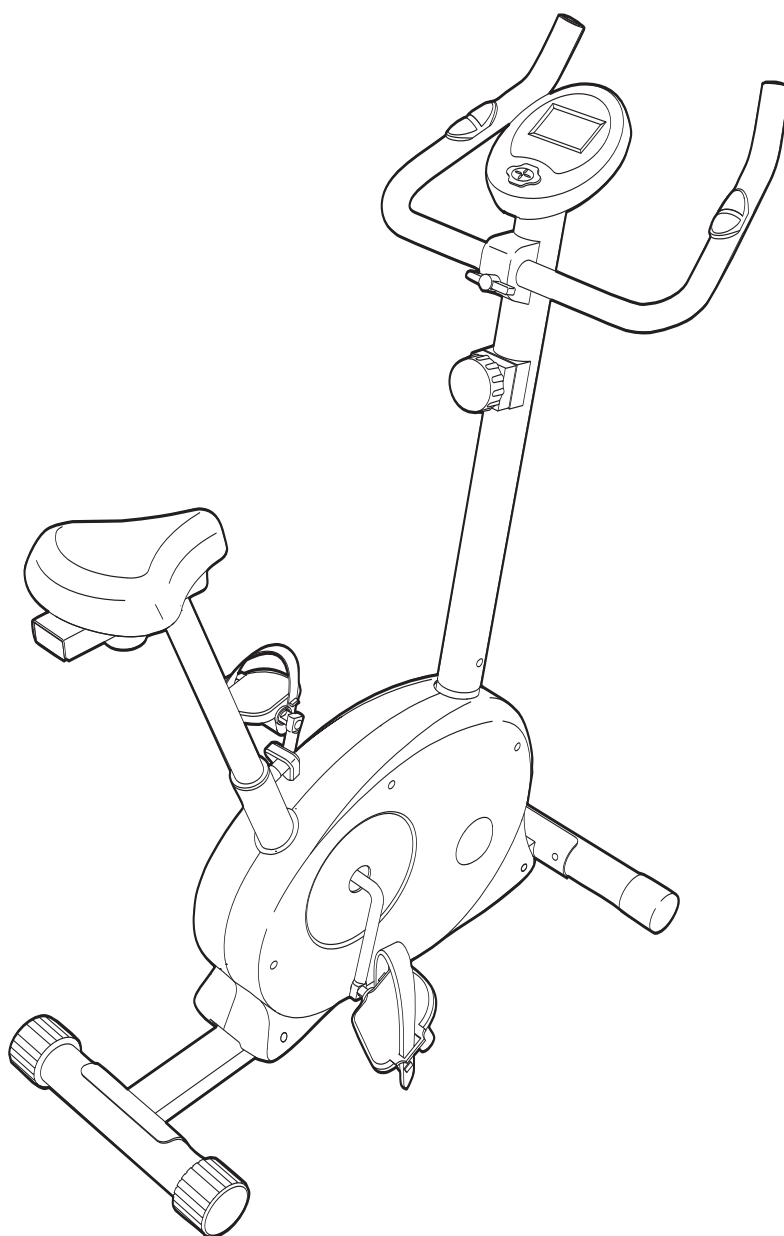
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

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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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
5. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the exercise cycle at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.)
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. Always keep your back straight while using the exercise cycle; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. The warning decal shown on page 3 has been placed on the exercise cycle. If the 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.

⚠ 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.

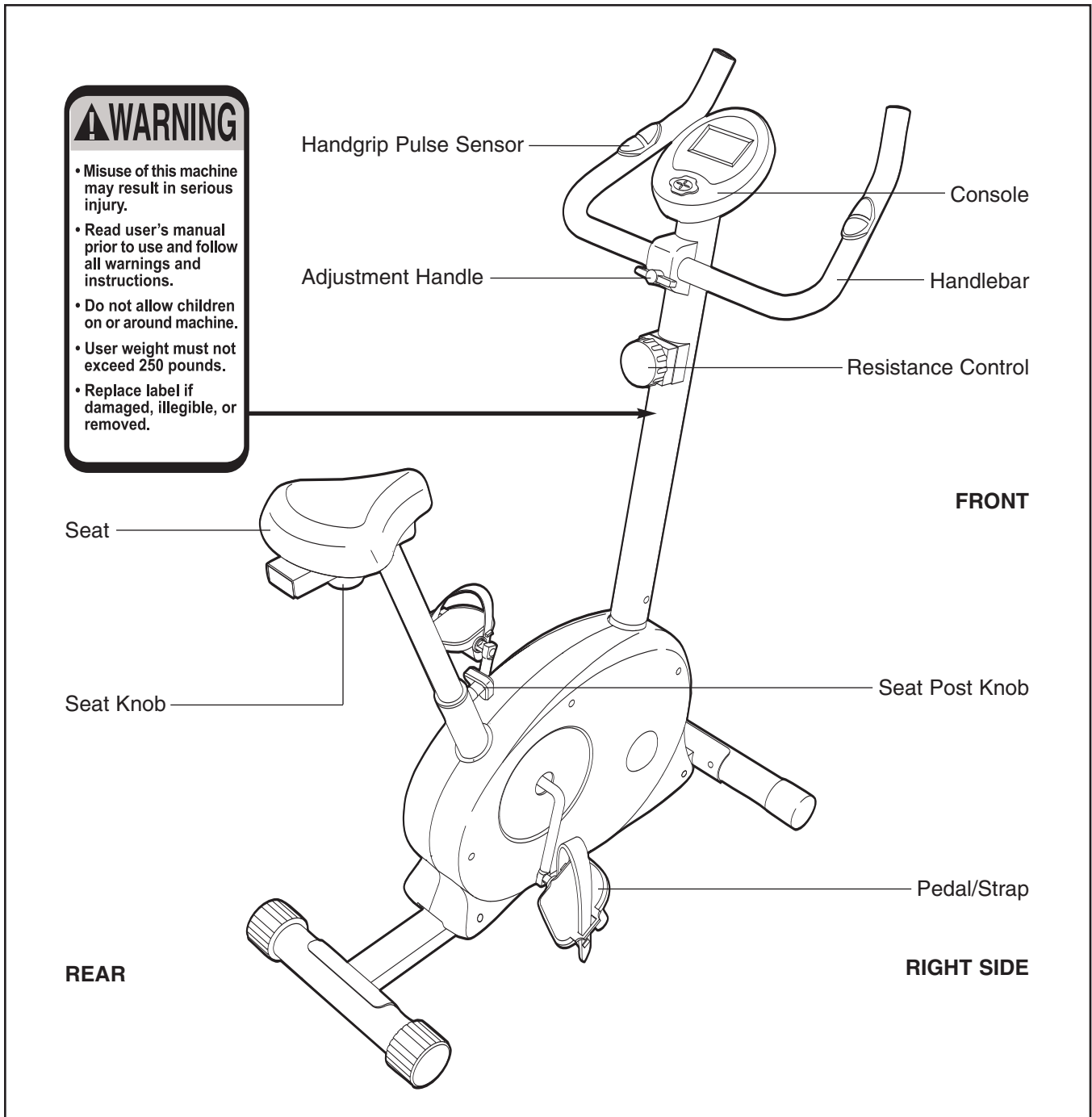
BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® PURSUIT R 60 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The PURSUIT R 60 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. 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 WLEVEX1216.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

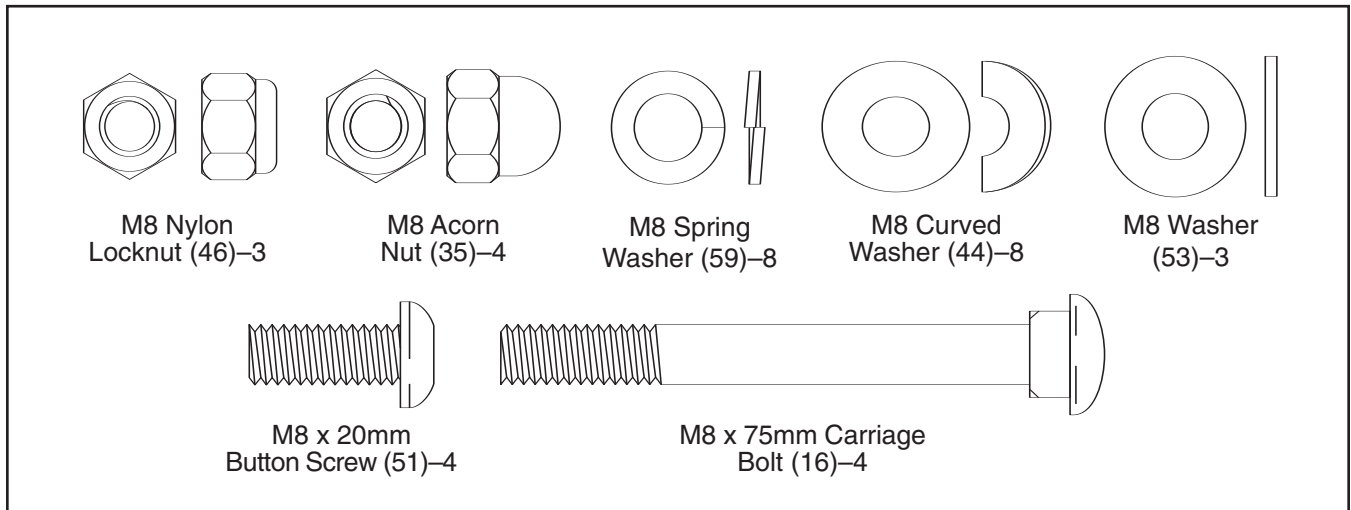


ASSEMBLY

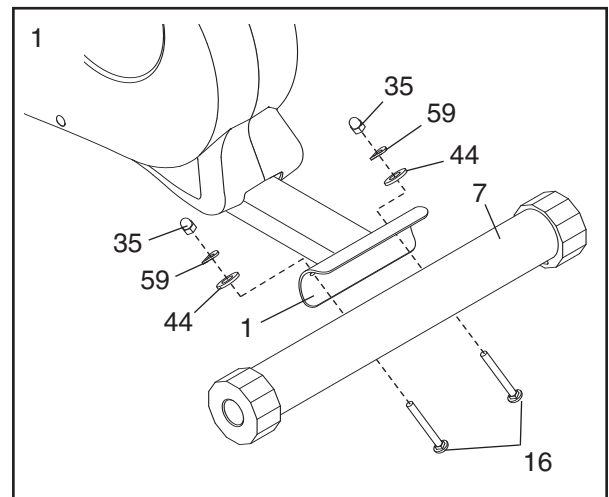
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable spanner , **Phillips screwdriver** , and **pliers** .

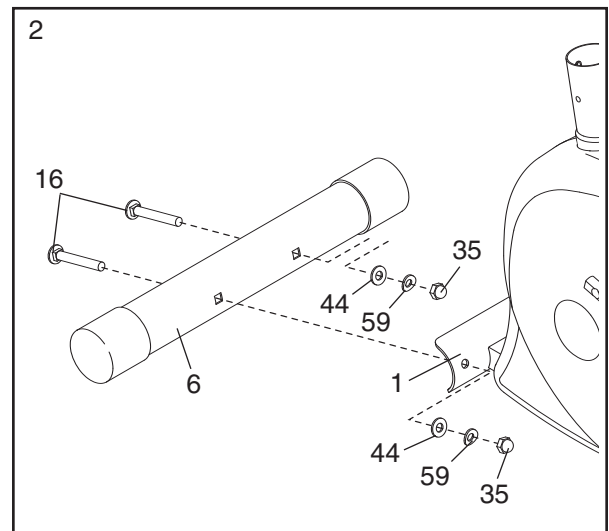
As you assemble the exercise cycle, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts shown in the assembly steps may be pre-assembled. If a part is not found in the parts bag, check to see if it is pre-assembled.**



1. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (7) to the Frame with two M8 x 75mm Carriage Bolts (16), two M8 Curved Washers (44), two M8 Spring Washers (59), and two M8 Acorn Nuts (35).



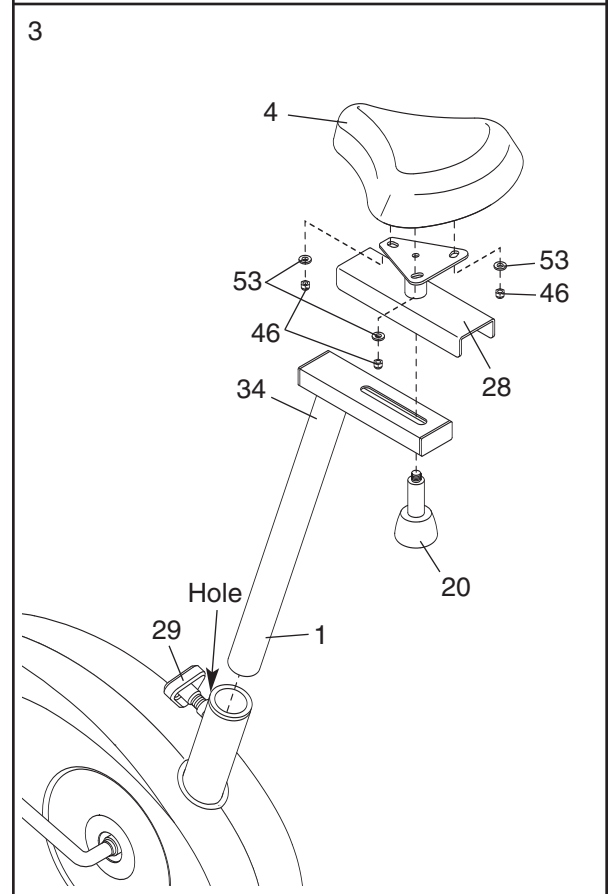
2. While another person lifts the front of the Frame (1), attach the Front Stabilizer (6) with two M8 x 75mm Carriage Bolts (16), two M8 Curved Washers (44), two M8 Spring Washers (59), and two M8 Acorn Nuts (35).



3. Attach the Seat (4) to the Seat Carriage (28) with three M8 Washers (53) and three M8 Nylon Locknuts (46). Note: The Washers and Nylon Locknuts may be pre-attached to the underside of the Seat.

Next, slide the Seat Carriage (28) onto the Seat Post (34). Insert the Seat Knob (20) into the Seat Post and the Seat Carriage and turn the Seat Knob clockwise until it is tight. **Make sure that the Seat Knob is inserted into the hole in the Seat Carriage.**

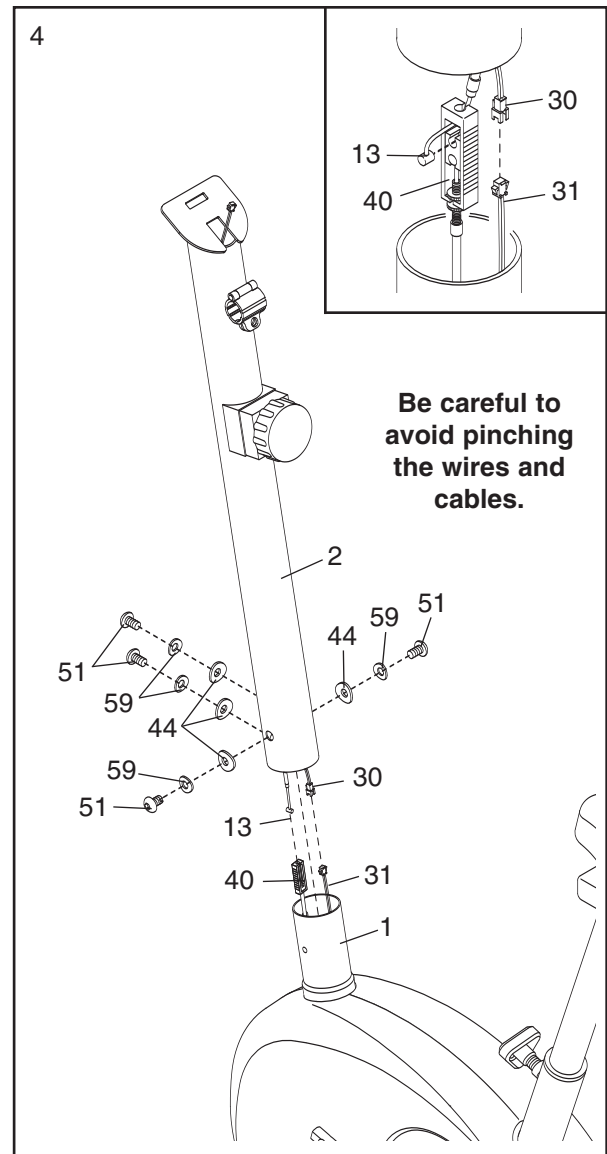
Remove the Seat Post Knob (29) by turning it counter-clockwise. Next, insert the Seat Post (34) into the Frame (1). Align one of the adjustment holes in the Seat Post with the indicated hole in the Frame. Insert the Seat Knob into the Frame and the Seat Post, and turn the Seat Knob clockwise until it is tight. **Make sure that the Seat Post Knob is inserted into one of the adjustment holes in the Seat Post.**



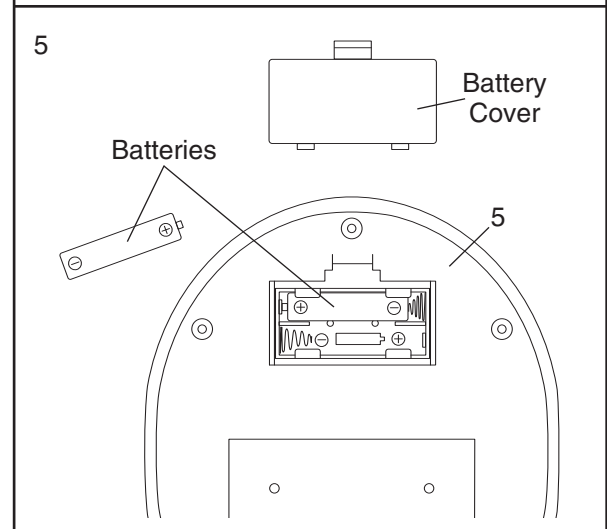
4. While another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (30) to the Reed Switch Wire (31). Next, connect the Resistance Cable (13) to the Lower Cable (40) in the following way:

- See the inset drawing. Insert the end of the Resistance Cable (13) through the connector from the side shown. Next, press the small cylinder on the end of the Resistance Cable into the indicated hole in the connector.
- Pull the Resistance Cable (13) upward and insert it into the hole in the top of the connector.

Carefully pull the excess Upper Wire Harness (30) upward from the top of the Upright (2), push the excess Cables (13, 40) down into the Frame (1), and slide the Upright onto the Frame. **Be careful to avoid pinching the Wires and Cables.** Next, attach the Upright with four M8 x 20mm Button Screws (51), four M8 Spring Washers (59), and four M8 Curved Washers (44).

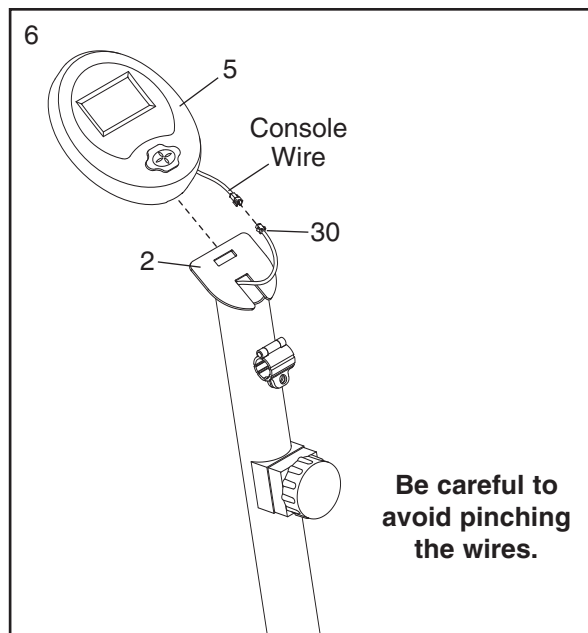


5. The Console (5) requires two 1.5V AA batteries; alkaline batteries are recommended. Remove the battery cover from the Console. Insert two batteries into the Console. **Make sure that the batteries are oriented as shown by the diagram inside the Console.** Then, reattach the battery cover.



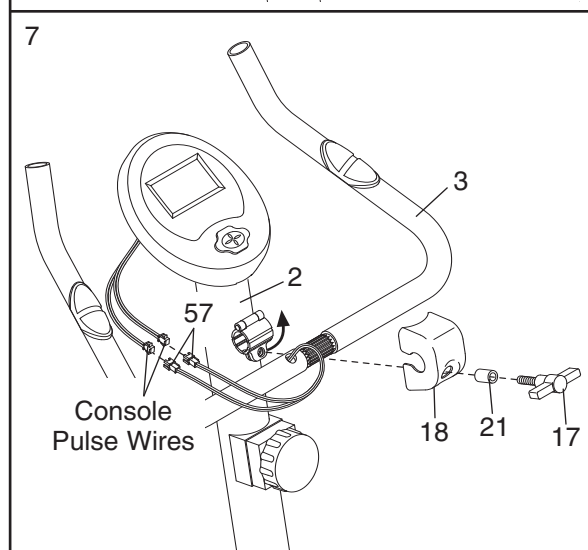
6. Have another person hold the Console (5) near the Upright (2). Connect the console wire to the Upper Wire Harness (30).

Insert the excess console wire and Upper Wire Harness (30) downward into the Upright (2). Slide the Console (5) onto the Upright. **Be careful to avoid pinching the wires.**

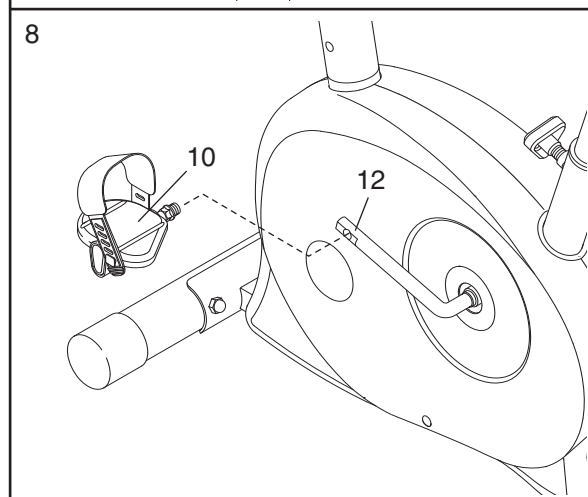


7. Position the Handlebar (3) inside the hinged bracket on the Upright (2). Attach the Handlebar with the Handlebar Cover (18), a Handlebar Spacer (21), and the Adjustment Handle (17).

Connect the console pulse wires to the Pulse Wires (57) as shown. Insert the excess wiring into the Handlebar (3).



8. Identify the Left Pedal (10), which is marked with an "L". Using an adjustable spanner, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (12). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

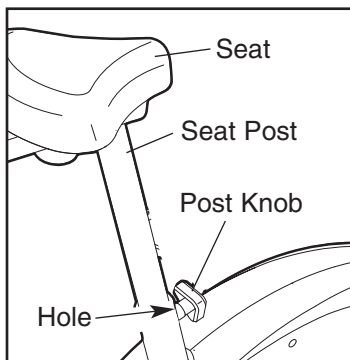


9. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

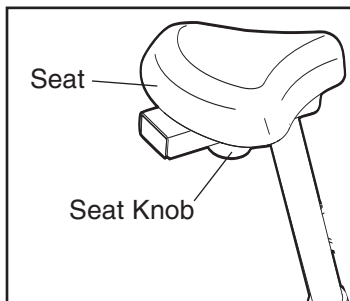
HOW TO ADJUST THE SEAT POST

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first remove the seat post knob by turning it counterclockwise. Next, slide the seat post up or down to the desired position, and align one of the adjustment holes in the seat post with the indicated hole in the frame. Then, insert the knob into the frame and the seat post, and turn the knob clockwise until it is tight. **Make sure that the knob is inserted into one of the adjustment holes in the seat post.**



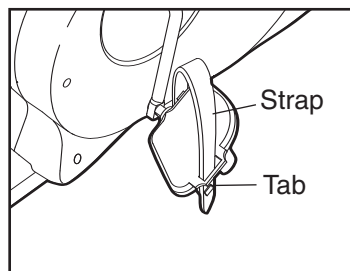
HOW TO ADJUST THE SEAT

To adjust the seat, loosen the seat knob by turning it counterclockwise. Next, slide the seat forward or backward on the seat carriage to the desired position, then turn the seat knob clockwise until it is tight.



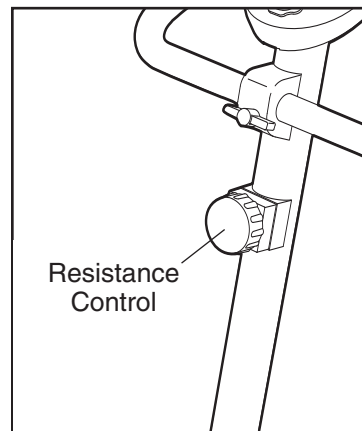
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and press the ends of the straps back onto the tabs.



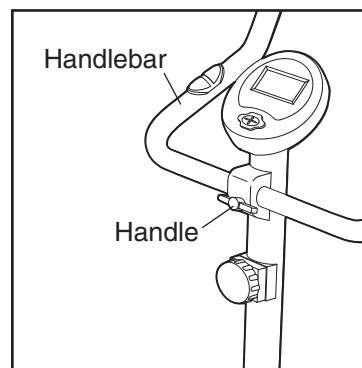
HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance control clockwise; to decrease the resistance, turn the control counterclockwise. **Important: Stop turning the control when turning becomes difficult, or damage may result.**



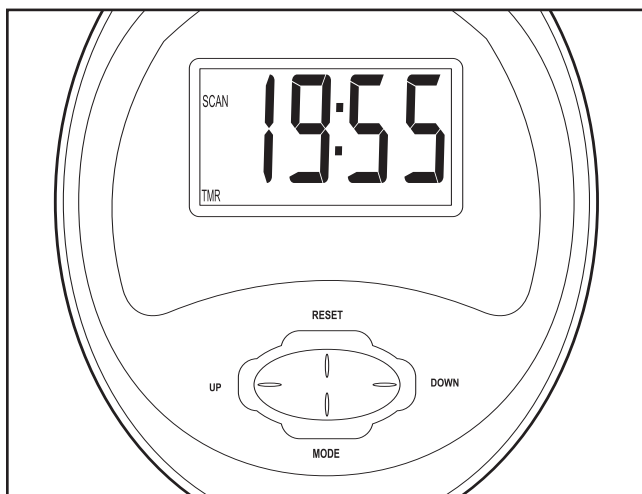
HOW TO ADJUST THE HANDLEBAR

To adjust the handlebar, first loosen the indicated adjustment handle by turning it counterclockwise. Pivot the handlebar forward or backward to the desired position and then retighten the handle.



FEATURES OF THE CONSOLE

The easy-to-use console features six modes that provide instant exercise feedback during your workouts. The console modes are described below.



Scan (SCAN)—This mode displays the time, speed, distance, odometer, calorie, and pulse modes, for a few seconds each, in succession.

Time (TMR)—This mode displays the elapsed time. Note: If you set a time goal (see step 2), this mode will display the time remaining in your workout.

Speed (SPD)—This mode displays your pedaling speed, in kilometers per hour or miles per hour.

Distance (DST)—This mode displays the distance you have pedaled during your workout, in kilometers or miles. Note: If you set a distance goal (see step 2), this mode will display the distance remaining in your workout.

Calorie (CAL)—This mode displays the approximate number of calories you have burned during your workout. Note: If you set a calorie-burning goal (see step 2), this mode will display the number of calories still to be burned in your workout.

Pulse (PULSE)—This mode displays your heart rate when you hold the handgrip pulse sensors.

HOW TO USE THE CONSOLE

Make sure that the console has batteries (see assembly step 5 on page 6). If there is a sheet of clear plastic on the face of the console, remove it.

Note: You can set the console to display speed and distance in either kilometers or miles. When you insert batteries into the console, “KPH” will begin to flash in the display. While “KPH” is flashing, you can press the MODE button repeatedly to switch between “KPH” (kilometers) and “MPH” (miles). A few seconds after you have selected “KPH” or “MPH,” the unit of measurement will be set.

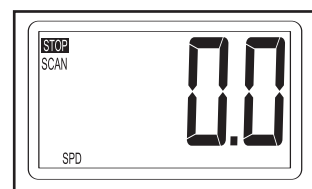
Follow the steps below to operate the console.

1. Turn on the console.

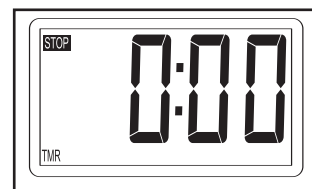
To turn on the console, press any button on the console or simply begin pedaling.

2. Set a workout goal if desired.

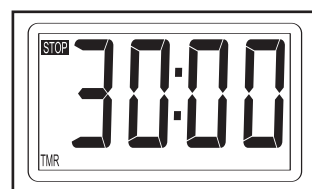
To set a time, distance, or calorie-burning goal for your workout, first stop pedaling and wait for the word STOP to appear in the display.



Next, press the MODE button repeatedly until the letters TMR, DST, or CAL appear near the lower edge of the display. **Make sure that the word SCAN does not appear.**



Next, press the UP button repeatedly to set a goal. To set a goal quickly, hold down the UP button. To reset the goal, press the RESET button.

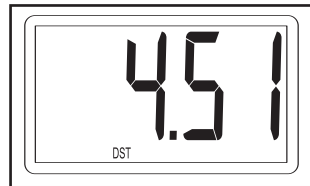


3. Select a mode.

Scan mode—To select the scan mode, repeatedly press the MODE button until the word SCAN appears in the display.



Time, speed, distance, or calorie mode—To select one of these modes for continuous display, repeatedly press the MODE button until the desired selection appears in the display. **Make sure that the word SCAN does not appear in the display.**



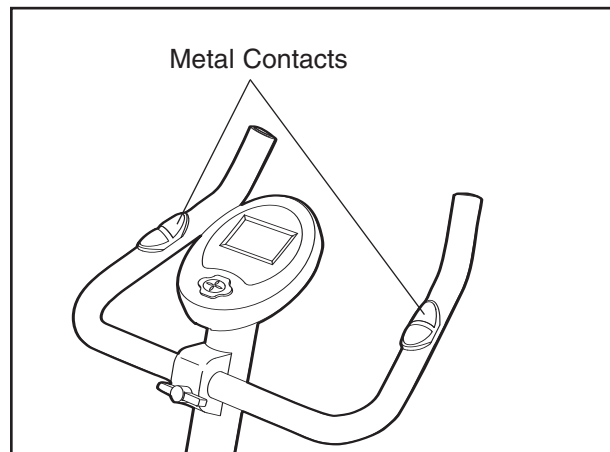
Note: To reset the time, distance, or calorie mode, first make sure that the word STOP appears in the display. Next, press the MODE button until the letters TMR, DST, or CAL appear in the display. Make sure that the word SCAN does not appear. Then, press the RESET button.

4. Begin pedaling and follow your progress with the display.

As you exercise, the console will display the mode(s) that you select. If you have set a workout goal, a tone will sound for several seconds when you reach your goal.

5. Measure your heart rate, if desired.

If there are sheets of clear plastic on the metal contacts of the handgrip pulse sensor, peel off the plastic. Place your hands on the handgrip pulse sensor, with your palms on the contacts. **Avoid moving your hands.** When your pulse is detected, your heart rate will be shown.



For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. When you are finished exercising, the console will automatically turn off.

If the pedals do not move for a few seconds, the word STOP will appear in the display, and the console will pause.

The console has an “auto-off” feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild detergent.

Important: To avoid damaging the console, keep liquids away from the console and keep the console out of direct sunlight.

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see step 5 on page 6.

CONDITIONING GUIDELINES

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.

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.

The following guidelines will help you to plan your exercise program. Remember that 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, 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 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 lower two numbers are recommended heart rates for 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 number 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 as you exercise.

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.

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. Remember, 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 each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

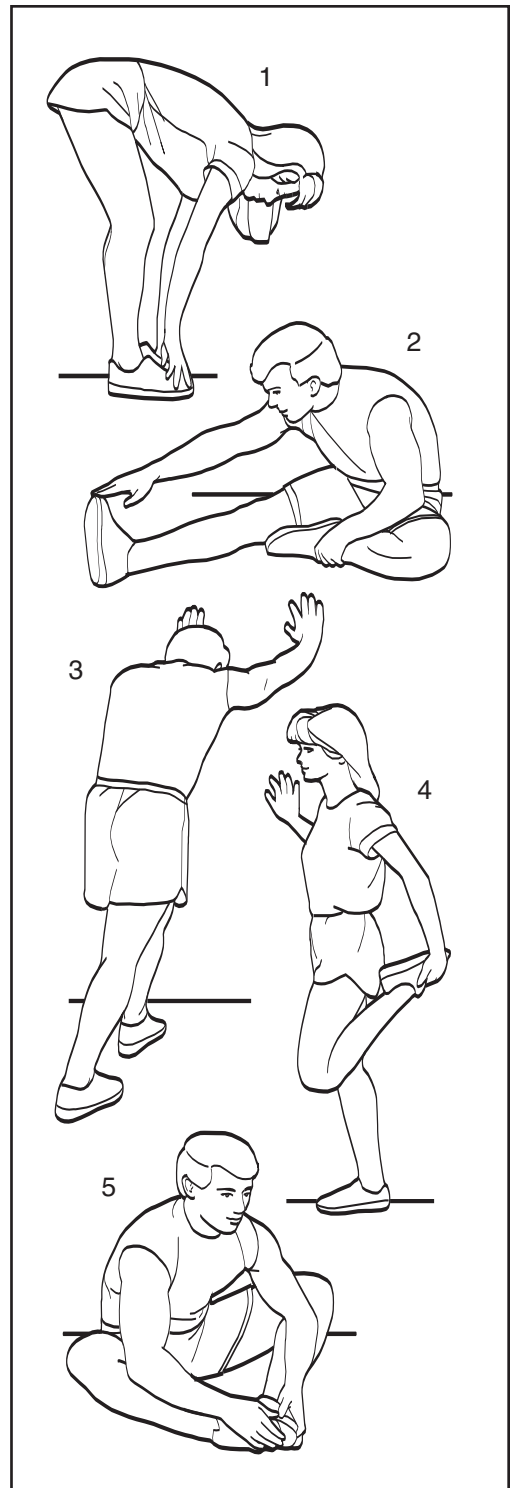
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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 each leg. 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.



PART LIST—Model No. WLEVEX1216.0

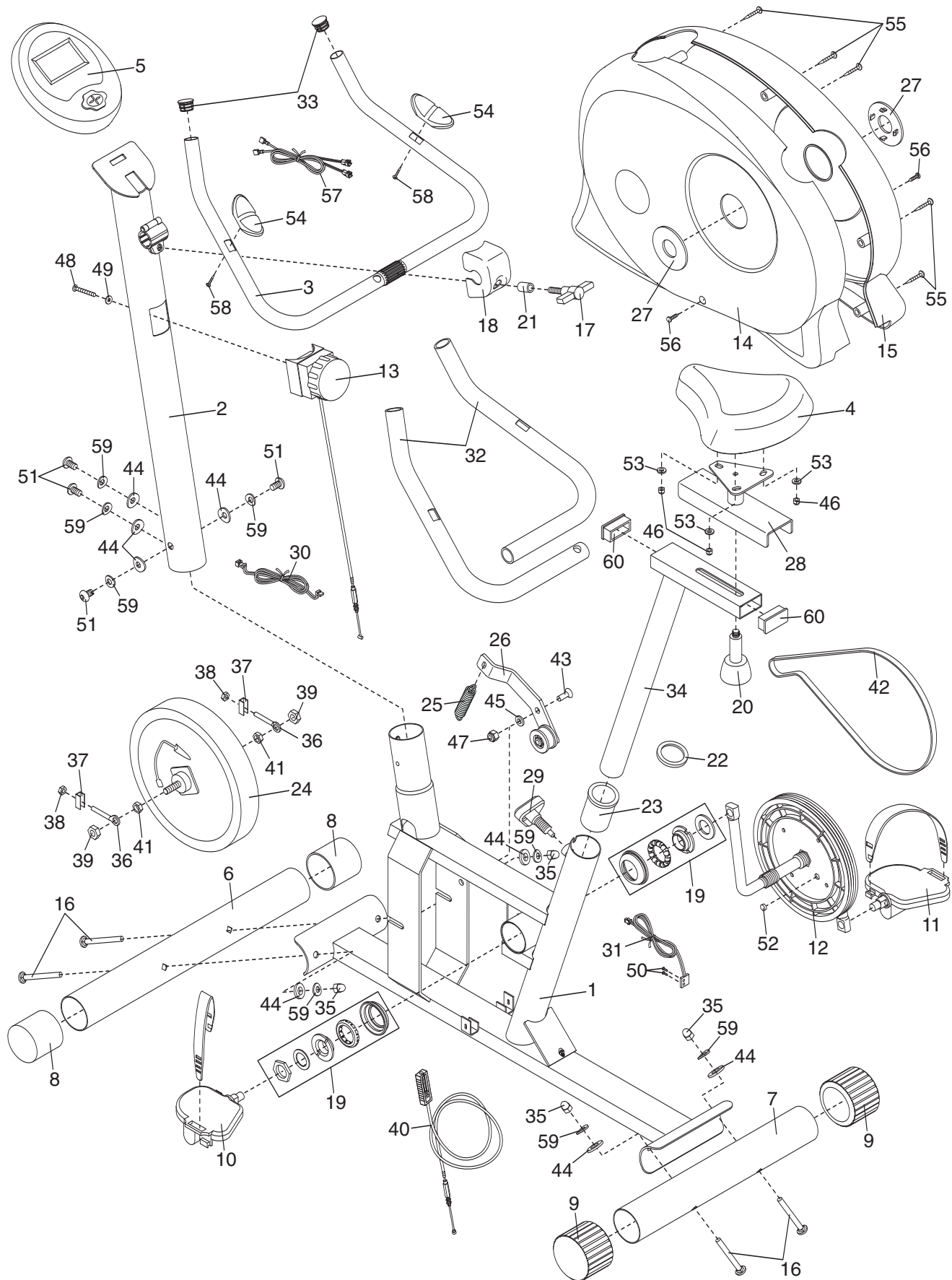
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	32	2	Foam Grip
2	1	Upright	33	2	Handlebar Endcap
3	1	Handlebar	34	1	Seat Post
4	1	Seat	35	4	Acorn Nut
5	1	Console	36	2	Eye Bolt
6	1	Front Stabilizer	37	2	“U” Bracket
7	1	Rear Stabilizer	38	2	M6 Nut
8	2	Front Endcap	39	2	M10 Flange Nut
9	2	Rear Endcap	40	1	Lower Cable
10	1	Left Pedal/Strap	41	2	Flywheel Nut
11	1	Right Pedal/Strap	42	1	Belt
12	1	Crank/Pulley	43	1	Idler Bolt
13	1	Resistance Control/Cable	44	8	M8 Curved Washer
14	1	Left Side Shield	45	1	Idler Spacer
15	1	Right Side Shield	46	3	M8 Nylon Locknut
16	4	M8 x 75mm Carriage Bolt	47	1	Idler Nut
17	1	Adjustment Handle	48	1	M5 x 50mm Button Screw
18	1	Handlebar Cover	49	1	M5 Curved Washer
19	1	Crank Bearing Set	50	2	M3 x 15mm Screw
20	1	Seat Knob	51	4	M8 x 20mm Button Screw
21	1	Handlebar Spacer	52	1	Magnet
22	1	Seat Post Collar	53	3	M8 Washer
23	1	Seat Post Bushing	54	2	Pulse Sensor
24	1	Flywheel/Magnet Assembly	55	5	M4 x 35mm Screw
25	1	Spring	56	2	M5 x 15mm Screw
26	1	Idler Assembly	57	1	Pulse Wire
27	2	Crank Cover	58	2	M4 x 15mm Screw
28	1	Seat Carriage	59	8	M8 Spring Washer
29	1	Seat Post Knob	60	2	Seat Post Endcap
30	1	Upper Wire Harness	#	1	User's Manual
31	1	Reed Switch/Wire	#	2	Assembly Tool

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. WLEVEX1216.0

R0606A



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 (WLEVEX1216.0)
- the NAME of the product (WESLO PURSUIT R 60 exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14)

WESLO is a registered trademark of ICON IP, Inc.