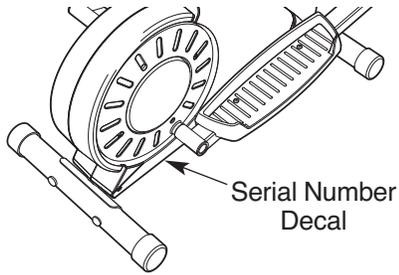


WESLO[®] MOMENTUM 730

Model No. 831.28540.0

Serial No. _____

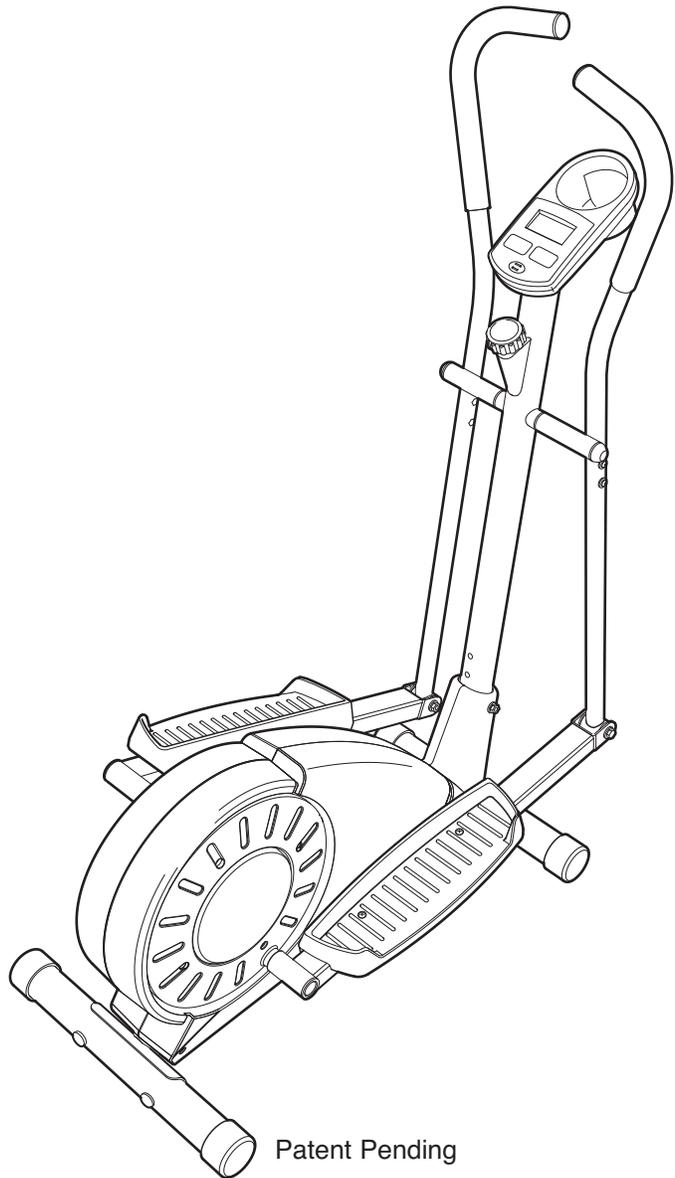


- **Assembly**
- **Operation**
- **Maintenance**
- **Part List and Drawing**

⚠ CAUTION

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

ELLIPTICAL EXERCISER User's Manual



Sears, Roebuck and Co., Hoffman Estates, IL 60179

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IMPORTANT PRECAUTIONS

⚠ WARNING: 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.
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 pounds.
8. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
9. Hold 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 while exercising, stop immediately and cool down.
13. When you stop exercising, allow the pedals to slowly come to a stop.
14. The decal shown on page 3 has been placed on the elliptical exerciser. If the decal is missing, or if it is not legible, please call toll-free 1-866-699-3756 and order 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. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

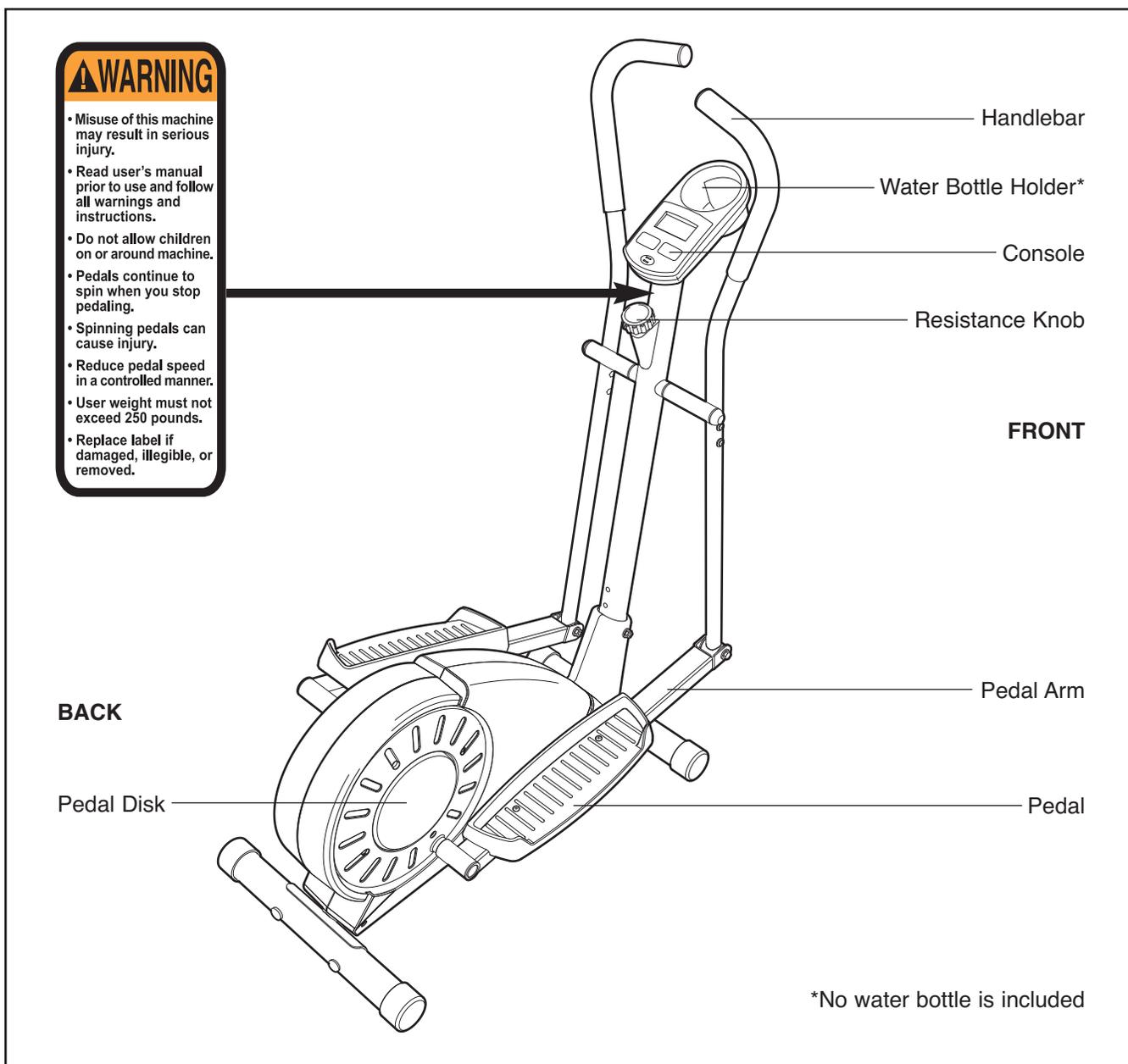
BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® MOMENTUM 730 elliptical exerciser. The MOMENTUM 730 elliptical exerciser is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique MOMENTUM 730 features adjustable resistance and a simple-to-use console to help you get the most from your exercise.

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

tions after reading this manual, call 1-800-4-MY-HOME® (1-800-469-4663). To help us assist you, please note the product model number and serial number before calling. The model number is 831.28540.0. 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).

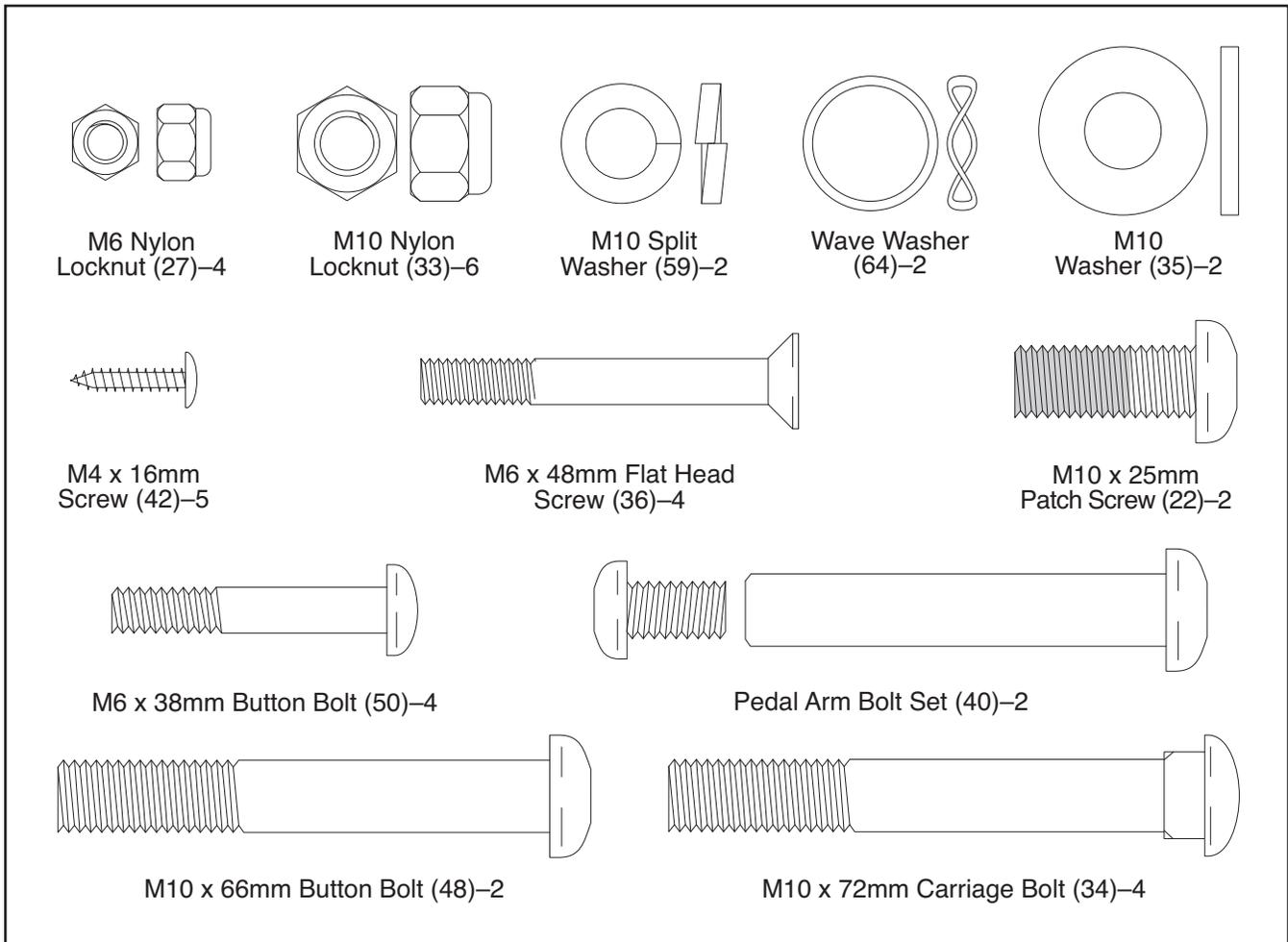
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



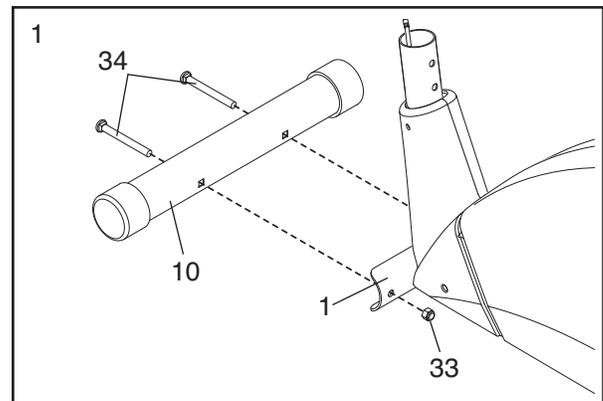
ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included allen wrenches, assembly requires a Phillips screwdriver** , **an adjustable wrench** , **and a rubber mallet** .

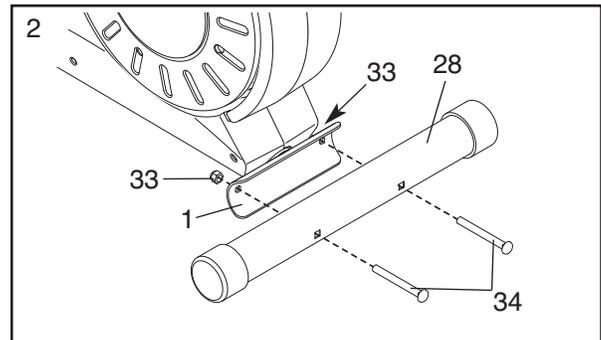
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The second number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled. If a part is missing, call toll-free 1-866-699-3756.**



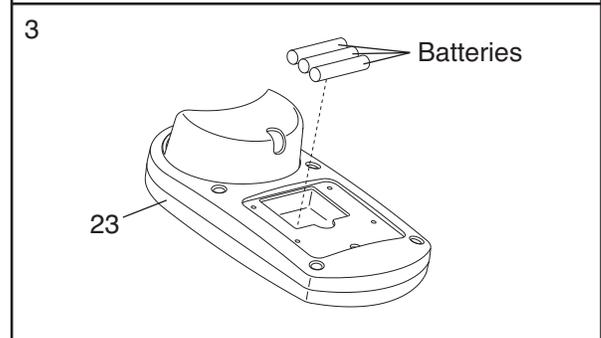
1. Identify the Front Stabilizer (10), which is narrower than the Rear Stabilizer (not shown). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 72mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).



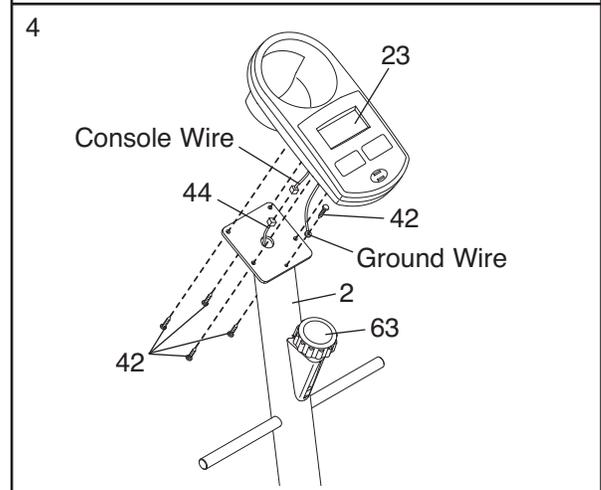
2. While another person lifts the back of the Frame (1), attach the Rear Stabilizer (28) to the Frame with two M10 x 72mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).



3. The Console (23) requires three “AA” batteries (not included); alkaline batteries are recommended. Insert three batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.**



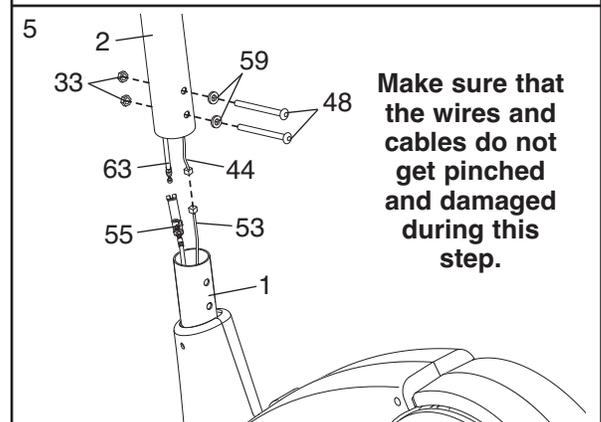
4. While another person holds the Console (23) near the Upright (2), connect the console wire to the Upper Wire (44). Next, attach the ground wire to the Upright with an M4 x 16mm Screw (42). Insert the console wire and the Upper Wire into the Upright, and insert the ground wire into the Console.



Next, attach the Console (23) to the Upright (2) with four M4 x 16mm Screws (42). **Be careful to avoid pinching the console wire, the ground wire, or the Upper Wire (44).**

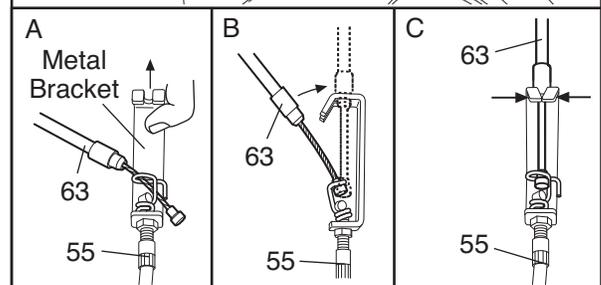
Turn the Resistance Knob (63) counterclockwise to the lowest setting before going to the next step.

5. While another person holds the Upright (2) near the Frame (1), connect the Upper Wire (44) to the Reed Switch Wire (53). Next, connect the Resistance Cable (63) to the Lower Cable (55) in the following way:



- See drawing A. Pull up on the metal bracket on the Lower Cable (55), and insert the tip of the Resistance Cable (63) into the wire clip inside of the metal bracket.
- See drawing B. **Firmly** pull the Resistance Cable (63) and slide it into the metal bracket on the Lower Cable (55) as shown.
- See drawing C. Using pliers, squeeze together the prongs on the upper end of the metal bracket.

Push the excess cable and wire down into the Frame (1). Next, slide the Upright (2) onto the Frame. **Be careful not to pinch the wires or cables.** Attach the Upright with two M10 x 66mm Button Bolts (48), two M10 Split Washers (59), and two M10 Nylon Locknuts (33). **Do not tighten the Button Bolts yet.**

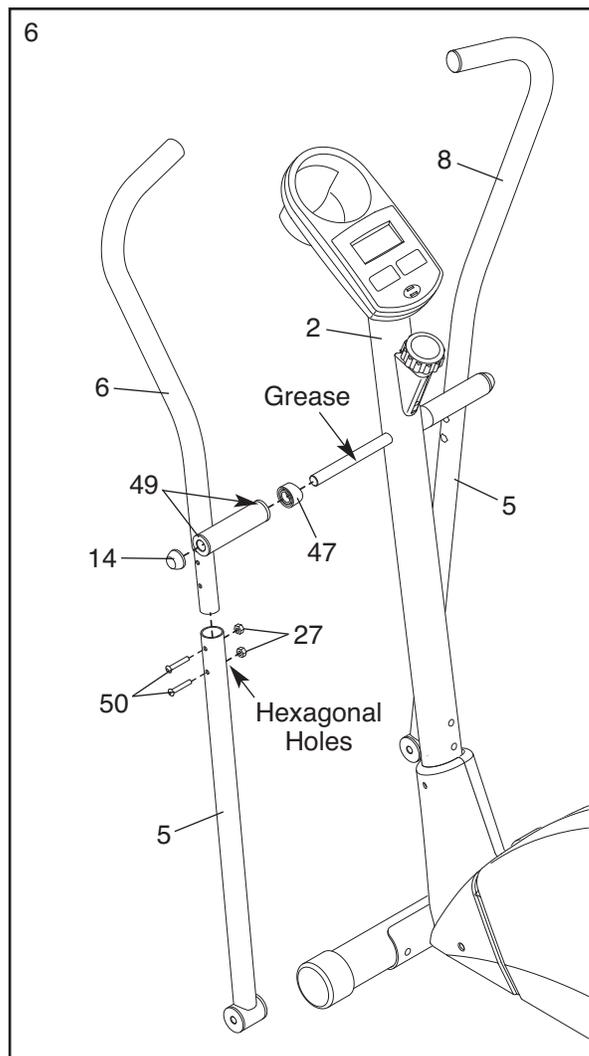


- Identify the Left Handlebar (6), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Arms (5); **make sure that the Handlebar Arm is turned so the hexagonal holes are on the indicated side.** Attach the Left Handlebar to the Handlebar Arm with two M6 x 38mm Button Bolts (50) and two M6 Nylon Locknuts (27). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not fully tighten the Button Bolts yet.**

Apply a small amount of the included grease to the left axle on the Upright (2).

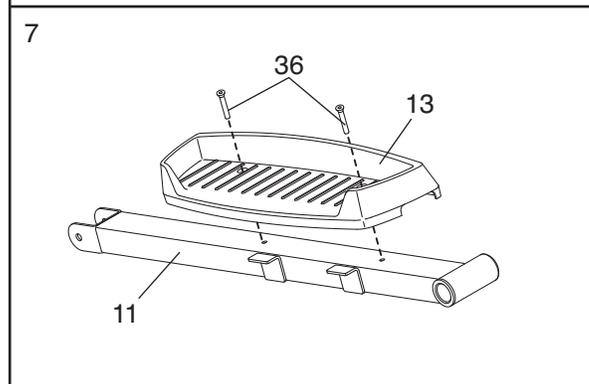
Make sure that there are two Small Handlebar Bushings (49) in the Left Handlebar (6). Slide a Handlebar Spacer (47) and the Left Handlebar onto the left axle on the Upright (2) as shown. **Make sure that the Handlebar Spacer is turned so the curved side is facing the Upright.** Tap an Axle Cap (14) onto the axle.

Repeat this step to assemble the Right Handlebar (8) and the other Handlebar Arm (5).



- Identify the Left Pedal Arm (11). Attach a Pedal (13) to the Left Pedal Arm with two M6 x 48mm Flat Head Screws (36).

Attach the other Pedal to the Right Pedal Arm (not shown) in the same way.



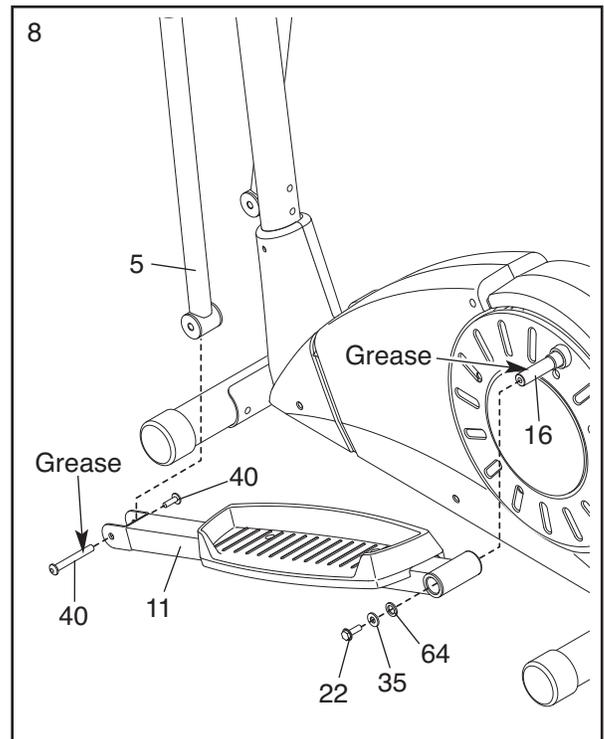
8. Apply a small amount of grease to the axle on the left Disc Crossbar (16). Slide the Left Pedal Arm (11) onto the axle, and place a Wave Washer (64) on the end of the axle. Next, slide an M10 Washer (35) onto an M10 x 25mm Patch Screw (22), and tighten the Patch Screw into the axle.

Hold the lower end of the left Handlebar Arm (5) inside of the bracket on the Left Pedal Arm (11). Next, apply grease to a Pedal Arm Bolt Set (40). Attach the Left Pedal Arm to the left Handlebar Arm with the Bolt Set. **Do not overtighten the Bolt Set; the Handlebar Arm must pivot freely.**

Attach the Right Pedal Arm (not shown) to the right side of the elliptical exerciser in the same way.

See step 5. Tighten the M10 x 66mm Button Bolts (48).

See step 6. Tighten the M6 x 38mm Button Bolts (50) in the Handlebar Arms (5).

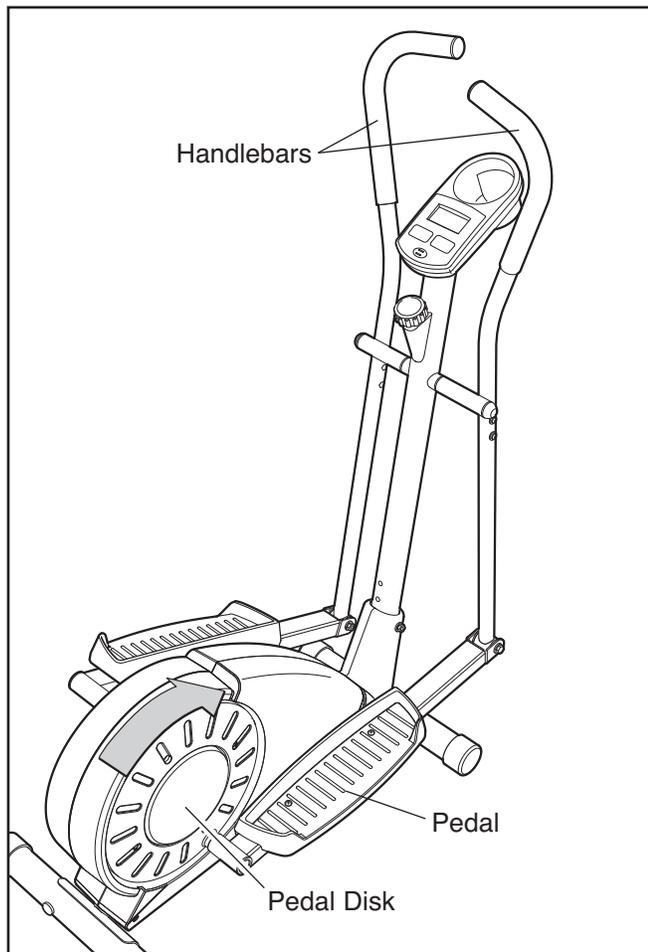


9. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

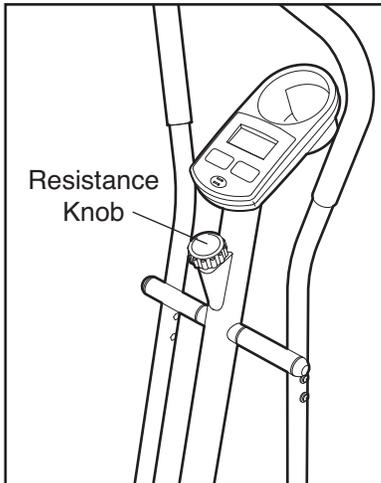
To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow; however, for variety, you may turn the pedal disks in the opposite direction.**



To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

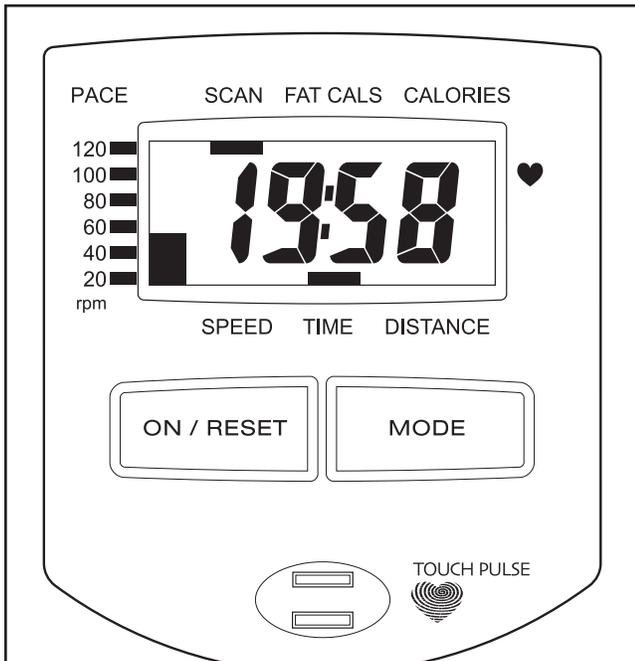
HOW TO ADJUST THE PEDALING RESISTANCE

As you exercise, you can adjust the resistance of the pedals with the resistance knob on the upright. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.



FEATURES OF THE CONSOLE

The console features a selection of modes that provide instant exercise feedback during your workouts. The modes are described below.



- **Speed**—This mode displays your pedaling speed, in miles per hour or kilometers per hour.
- **Time**—This mode displays the elapsed time. Note: If you stop pedaling for a few seconds, the time mode will pause.
- **Distance**—This mode displays the distance you have pedaled, in miles or kilometers.
- **Calories**—This mode displays the approximate number of calories you have burned.
- **Fat Calories**—This mode displays the approximate number of fat calories you have burned (see **FAT BURNING** on page 13).
- **Pulse**—This mode displays your heart rate when you use the pulse sensor.
- **Scan**—This mode displays the speed, time, distance, calories, fat calories, and pulse modes, for a few seconds each, in a repeating cycle. Note: The pulse mode will be displayed only when the pulse sensor is being used.
- **Pace**—The pace bar shows your pedaling pace, in revolutions per minute (RPM). Note: The pace mode will always be displayed while you are pedaling.

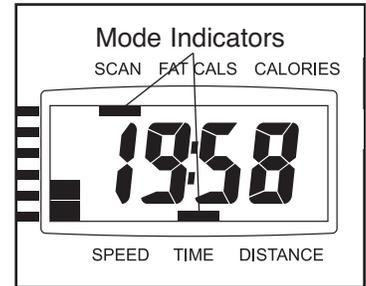
HOW TO OPERATE THE CONSOLE

Make sure there are batteries in the console (see **BATTERY REPLACEMENT** on page 11). If there is a sheet of clear plastic on the console, remove it.

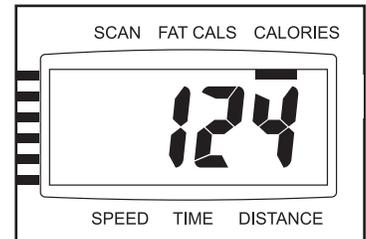
Follow the steps below to operate the console.

1. To turn on the console, press the **ON/RESET** button or begin pedaling. The entire display will briefly appear; the console will then be ready for use.
2. Select one of the modes:

Scan mode—When the power is turned on, the scan mode will be selected automatically. One mode indicator will appear below the word **SCAN** to show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If you have selected a different mode, press the **MODE** button repeatedly to reselect the scan mode.



Speed, time, distance, calories, or fat calories mode—To select one of these modes for continuous display, press the **MODE** button repeatedly.



The mode indicators will show which mode is selected. Make sure there is not a mode indicator below the word **SCAN**.

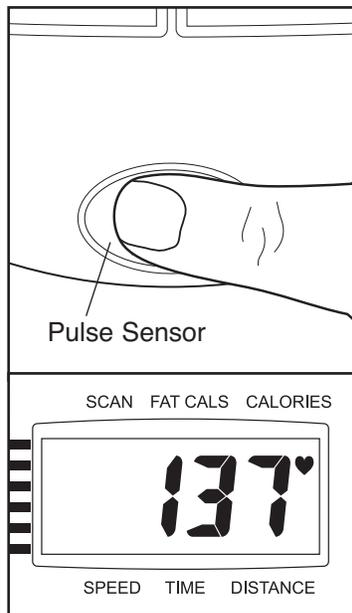
To reset the display, press the **ON/RESET** button. **Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, press the ON/RESET button for about five seconds.** The letters mph or km/h will appear in the display to show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

3. Measure your heart rate, if desired.

To measure your heart rate, **stop pedaling** and place your thumb on the pulse sensor as shown. **Do not press too hard, or the circulation in your thumb will be restricted and your pulse will not be detected.**

After a few seconds, the heart-shaped indicator in the display will flash **steadily**, two dashes will appear, and then your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above.



Make sure you are applying the proper amount of pressure to the pulse sensor. Try the pulse sensor several times until you become familiar with it. Remember to sit still while measuring your heart rate.

⚠ WARNING: 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.

4. To turn off the console, simply wait for a few minutes. **The console has an “auto-off” feature. If the pedals are not moved 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 elliptical exerciser regularly. Replace any worn parts immediately.

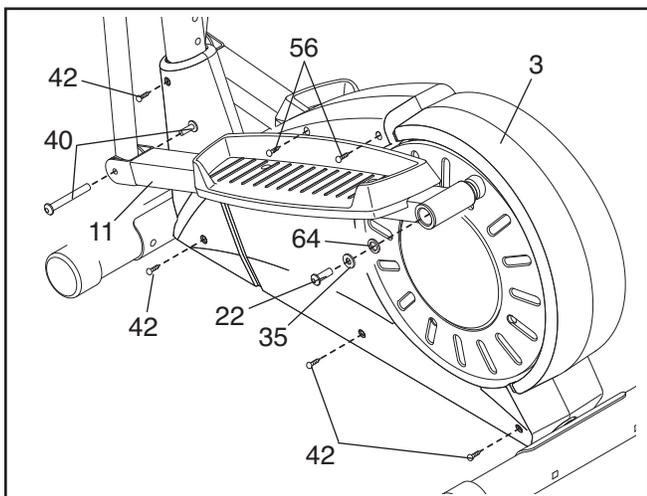
To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **Important: Keep liquids away from the console, place only a sealed water bottle in the water bottle holder, and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

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 4 on page 5 and remove the console from the upright. Next, see step 3 on page 5 and insert three batteries into the console. Reattach the console to the upright, being careful not to pinch the wires.

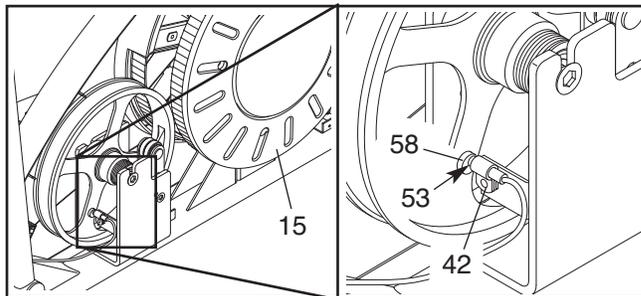
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must remove the Left Pedal Arm (11) and the Left Side Shield (3).



Remove the Pedal Arm Bolt Set (40), the M10 x 25mm Patch Screw (22), the M10 Washer (35), and the Wave Washer (64) from the Left Pedal Arm (11). Remove the Left Pedal Arm. Next, remove the two M4 x 25mm Screws (56) and the four M4 x 16mm Screws (42) from the Left Side Shield (3).

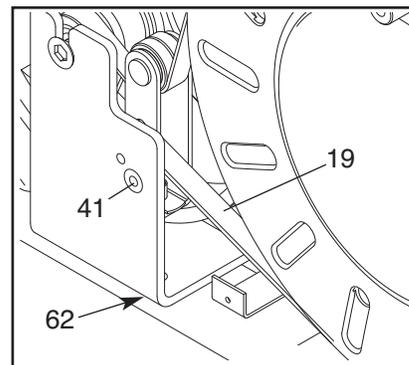
See the drawing below and locate the Reed Switch (53). Loosen, but do not remove, the indicated M4 x 16mm Screw (42). Slide the Reed Switch slightly toward or away from the Magnet (58) on the flywheel. Then, retighten the Screw. Turn the left Pedal Disc (15) for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Left Side Shield (3) and the Left Pedal Arm (11).



HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even when the resistance is adjusted to the highest setting, the Drive Belt (19) may need to be adjusted. To adjust the Drive Belt, you must first remove the left side shield. See HOW TO ADJUST THE REED SWITCH at the left and remove the left side shield.

Next, loosen the M8 x 22mm Flat Head Screw (41) and turn the Idler Adjustment Bolt (62) until the Drive Belt (19) is tight. When the Drive Belt is tight, tighten the Flat Head Screw. Reattach the left side shield.

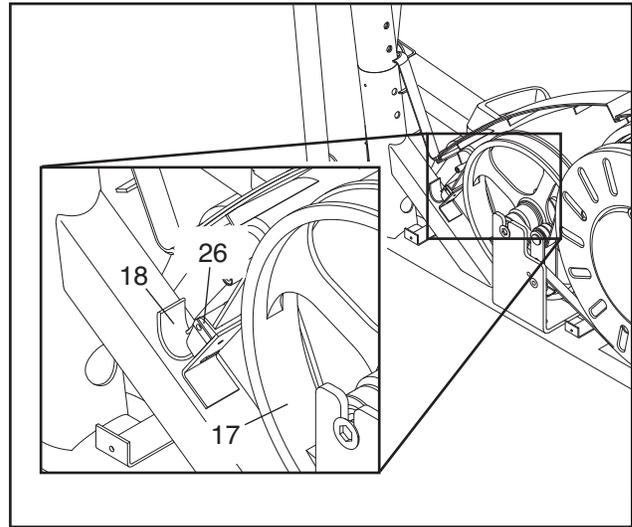


HOW TO ADJUST THE RESISTANCE STRAP

If the resistance knob is turned to the highest setting and there is not enough pedaling resistance, the resistance strap can be adjusted. To adjust the resistance strap, first remove the left side shield (see HOW TO ADJUST THE REED SWITCH on page 11).

Next, turn the resistance knob to the lowest setting. Open the Strap Clamp (26) and pull the end of the Resistance Strap (18) downward slightly. Close the Strap Clamp and turn the Flywheel (17) to make sure that there is not too much resistance.

When the resistance strap is properly adjusted, re-attach the left side shield and the left pedal arm.



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.

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.

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 lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest 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.

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. (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.

PART LIST—Model No. 831.28540.0

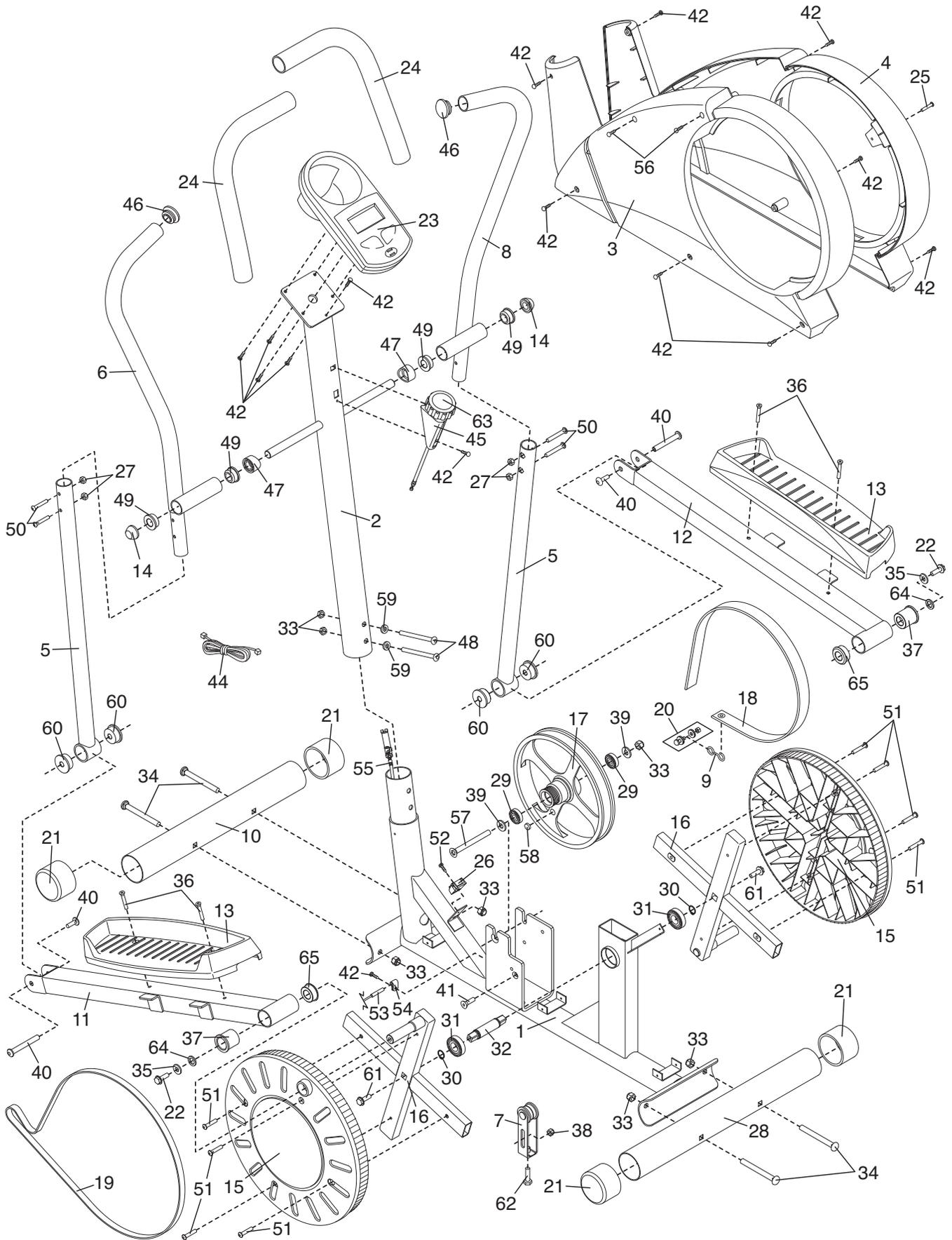
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	35	2	M10 Washer
2	1	Upright	36	4	M6 x 48mm Flat Head Screw
3	1	Left Side Shield	37	2	Pedal Arm Bushing
4	1	Right Side Shield	38	1	M8 Nylon Locknut
5	2	Handlebar Arm	39	2	M10 Small Washer
6	1	Left Handlebar	40	2	Pedal Arm Bolt Set
7	1	Idler Assembly	41	1	M8 x 22mm Flat Head Screw
8	1	Right Handlebar	42	15	M4 x 16mm Screw
9	1	Hook	44	1	Upper Wire
10	1	Front Stabilizer	45	1	Resistance Control/Cable
11	1	Left Pedal Arm	46	2	Handlebar Cap
12	1	Right Pedal Arm	47	2	Handlebar Spacer
13	2	Pedal	48	2	M10 x 66mm Button Bolt
14	2	Axle Cap	49	4	Small Handlebar Bushing
15	2	Pedal Disc	50	4	M6 x 38mm Button Bolt
16	2	Disc Crossbar	51	8	M6 x 35mm Button Screw
17	1	Flywheel	52	1	M4 x 16mm Flat Head Screw
18	1	Resistance Strap	53	1	Reed Switch/Wire
19	1	Drive Belt	54	1	Cable Clamp
20	1	Cable Clamp	55	1	Lower Cable
21	4	Endcap	56	2	M4 x 25mm Screw
22	2	M10 x 25mm Patch Screw	57	1	M10 Flat Head Bolt
23	1	Console	58	1	Magnet
24	2	Handgrip	59	2	M10 Split Washer
25	1	M5 x 16mm Bolt	60	4	Large Handlebar Bushing
26	1	Strap Clamp	61	2	5/16" x 25.4mm Hex Bolt
27	4	M6 Nylon Locknut	62	1	Idler Adjustment Bolt
28	1	Rear Stabilizer	63	1	Resistance Knob/Cable
29	2	Flywheel Bearing	64	2	Wave Washer
30	2	Large Snap Ring	65	2	Inner Pedal Arm Bushing
31	2	Large Bearing	#	1	Allen Wrench
32	1	Pedal Axle	#	1	Grease
33	7	M10 Nylon Locknut	#	1	User's Manual
34	4	M10 x 72mm Carriage Bolt			

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. **If a part is missing, call toll-free 1-866-699-3756.**

EXPLODED DRAWING—Model No. 831.28540.0

R0305A



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1-800-361-6665 (Canada)

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FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this Sears Elliptical Exerciser, contact the nearest Sears Service Center throughout the United States and Sears will repair or replace the Elliptical Exerciser, free of charge.

This warranty does not apply when the Elliptical Exerciser is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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