

## ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON HEALTH & FITNESS LTD. office, or write:

ICON HEALTH & FITNESS LTD.  
Greenwich House  
223 North Street  
Sheepscar  
Leeds LS7 2AA  
West Yorkshire

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

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (WETL21100)
- The NAME OF THE PRODUCT (WESLO CADENCE® 920 treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual)
- The DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual).

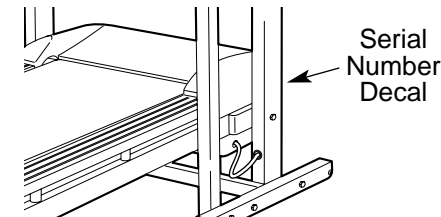
WESLO is a registered trademark of ICON Health & Fitness, Inc.

# WESLO cadence 920

Class HC Fitness Product

Model No. WETL21100  
Serial No. \_\_\_\_\_

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



## QUESTIONS?

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

Please CALL:  
0345-089009

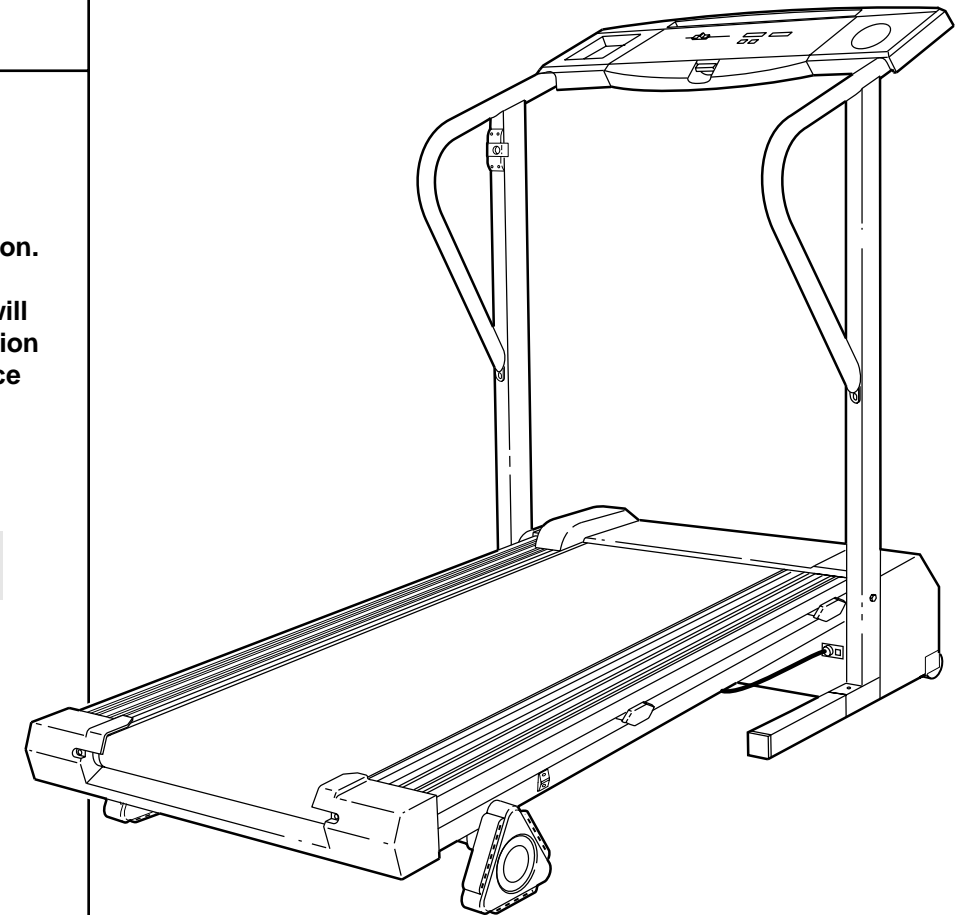
**0345-089009**

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

## CAUTION

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

## USER'S MANUAL



Visit our website at

[www.weslo.com](http://www.weslo.com)

new products, prizes,  
fitness tips, and much more!

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Note: A PART LIST and an EXPLODED DRAWING are attached in the centre of this manual.

## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with 8 feet (2 m) of clearance behind it. 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.
4. When choosing a location for the treadmill, make sure that the location and position permits access to the plug.
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 the age of 12 and pets away from the treadmill at all times.
8. The treadmill should not be used by persons weighing more than 250 pounds (115 kg).
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing 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 7), plug the power cord into an earthed circuit. When replacing the fuse, on ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.
12. If you need an extension cord, use only a 3-conductor, 14 gauge (1 mm<sup>2</sup>) cord that is no longer than five feet (1,5 m).
13. Keep the power cord and away from heated surfaces.
14. Never move the walking belt whilst 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 BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

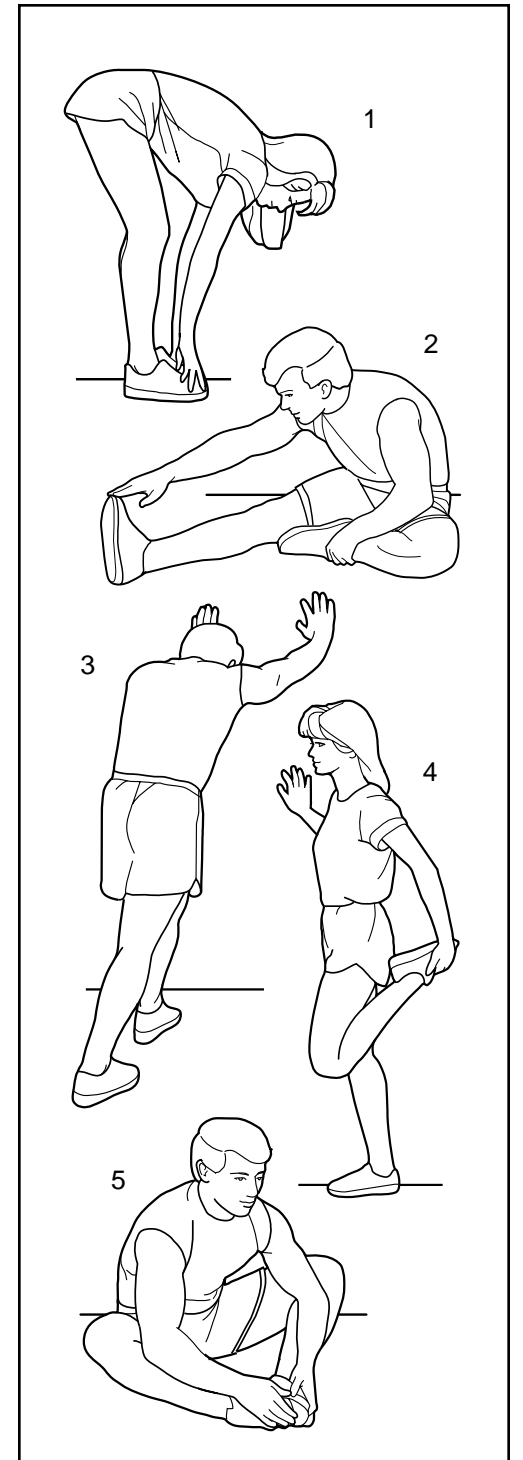
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further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

### 4. Quadriceps Stretch

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

### 5. Inner Thigh Stretch

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



# CONDITIONING GUIDELINES

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

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The 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—these are general guidelines only. For more detailed exercise information, obtain a reputable book or consult your physician.

## 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. To find the proper heart rate for you, first find your age at the top of the chart below (ages are rounded off to the nearest ten years). Next, find the two numbers below your age. The two numbers are your “training zone.”

AGE	20	30	40	50	60	70	80
MIN.	125	120	115	110	105	95	90
MAX.	165	155	145	140	130	125	115

To measure your heart rate during exercise, use the pulse sensor on the console. If your heart rate is too high or too low, adjust the speed of the treadmill as needed.

## 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 does your body

begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the low end of your training zone. (See pages 7 to 9.)

## 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 speed and incline of the treadmill until your heart rate is near the middle of your training zone. (See pages 7 to 9.)

## WORKOUT GUIDELINES

Each workout should include the following three parts:

### A Warm-up

Start each workout with 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

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

### A Cool-down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help 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, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

- Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.
- The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
- The pulse sensor is not a medical device. Various factors, including the user's 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.
- Never leave the treadmill unattended whilst it is running. Always remove the key when the treadmill is not in use.
- Do not change the incline of the treadmill by placing objects under the treadmill.
- Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO MOVE THE TREADMILL on page 11.) You must be

- able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.
- When storing the treadmill, make sure that the storage latch is fully closed.
- Inspect and tighten all parts of the treadmill every three months.
- Never drop or insert any object into any opening.
- DANGER:** Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.
- This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

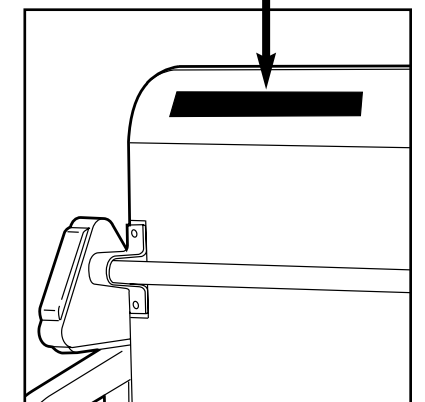
**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## SAVE THESE INSTRUCTIONS

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

- Fully engage storage latch before treadmill is moved or stored.
- Stand only on side rails when starting or stopping treadmill.
- Never allow children on or around treadmill.
- Keep clothing, fingers, and hair away from moving belt.
- Reduce incline to lowest level before folding treadmill into storage position.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Remove key when not in use.
- Never try to adjust or fix the belt while it is moving.
- Stop if you feel faint, dizzy, or short of breath.
- Always wear athletic shoes while operating treadmill.

The decal shown has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.



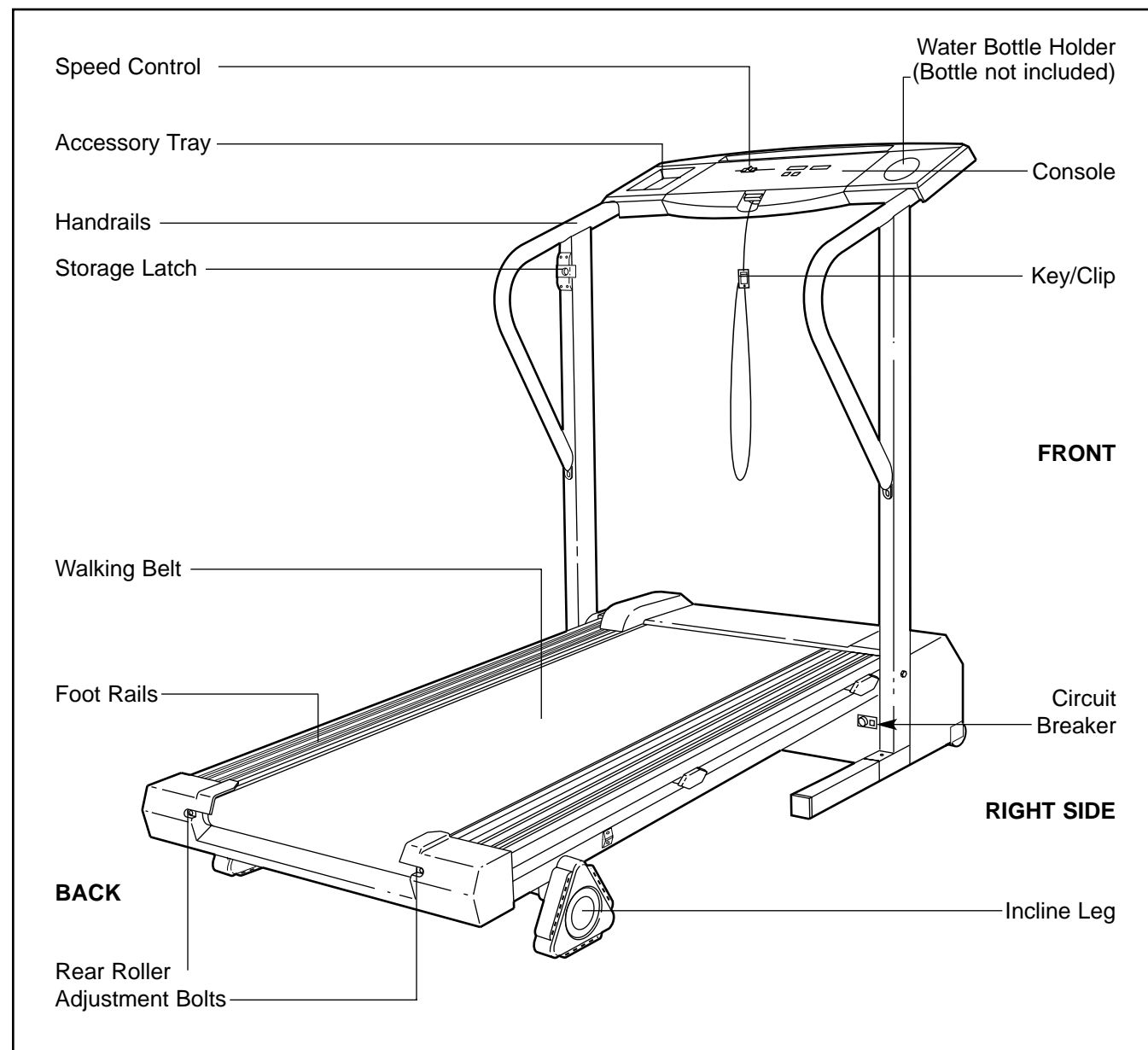
## BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE 920 treadmill. The CADENCE 920 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CADENCE 920 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 additional questions,

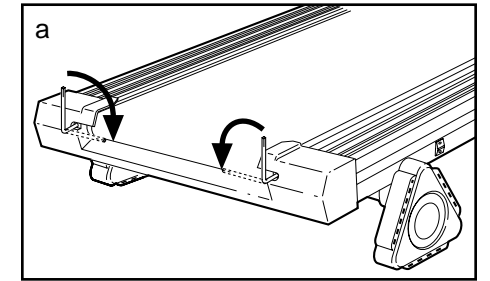
please call our Customer Service Department at 0345-089009. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WETL21100. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.

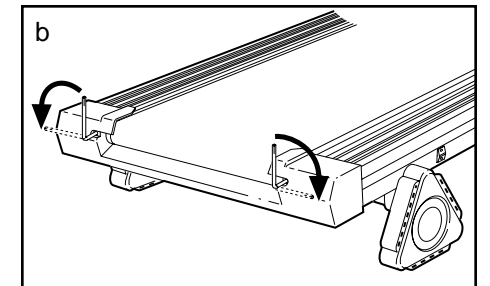


**PROBLEM: The walking belt is off-centre or slips when walked on**

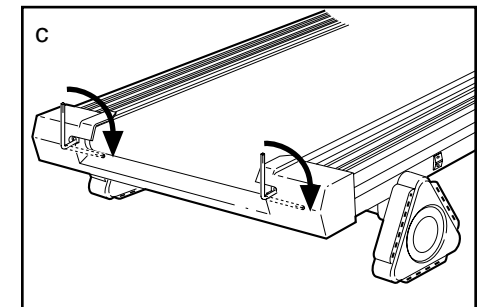
**SOLUTION:** a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



b. **If the walking belt has shifted to the right**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



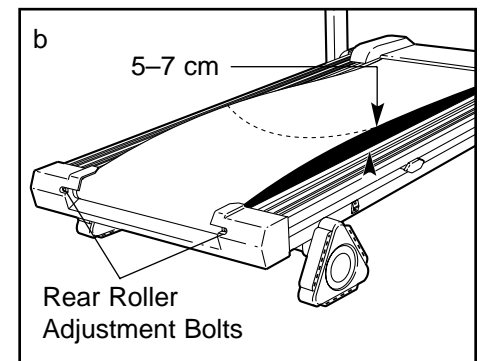
c. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5 to 7 cm off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1mm<sup>2</sup>) cord that is no longer than 5 feet (1,5 m).

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 7 cm off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



c. If the walking belt still slows when walked on, please call our Customer Service Department.

## MAINTENANCE AND TROUBLE-SHOOTING

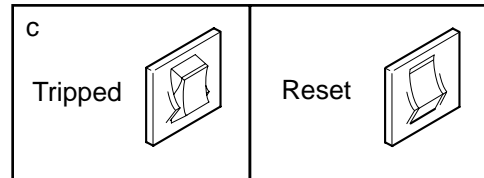
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

### PROBLEM: The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a properly earthed outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) If an extension cord is needed, use only a 14-gauge cord of 5 feet (1,5 m) or less in length.

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

c. Check the 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.



### PROBLEM: The power turns off during use

**SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (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.

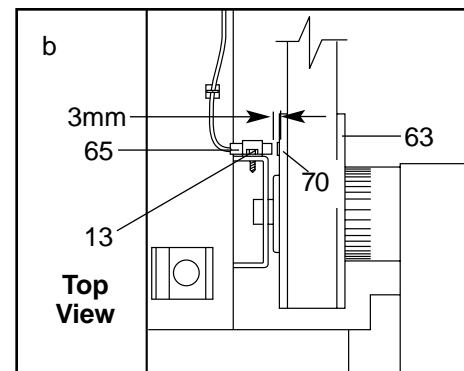
c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, please call our Customer Service Department.

### PROBLEM: The displays of the console do not function properly

**SOLUTION:** a. Check the batteries in the console. If the batteries need to be replaced, see assembly step 5 on page 6. Most problems are the result of drained batteries.

b. If the speed display does not show a correct reading, remove the key and **UNPLUG THE POWER CORD**. Remove the screws from the sides and front of the hood. Carefully remove the hood. Locate the Reed Switch (65) and the Magnet (70) on the left side of the Pulley (63). 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" (3mm)**. If necessary, loosen the Screw (13) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood and run the treadmill for a few minutes to check for a correct speed reading.



## ASSEMBLY

**Assembly requires two people.** Set all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench as well as a phillips screwdriver and two adjustable wrenches (not included).**

Note: The underside of the walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

If further assistance is needed, please call our Customer Service Department at 0345-089009.

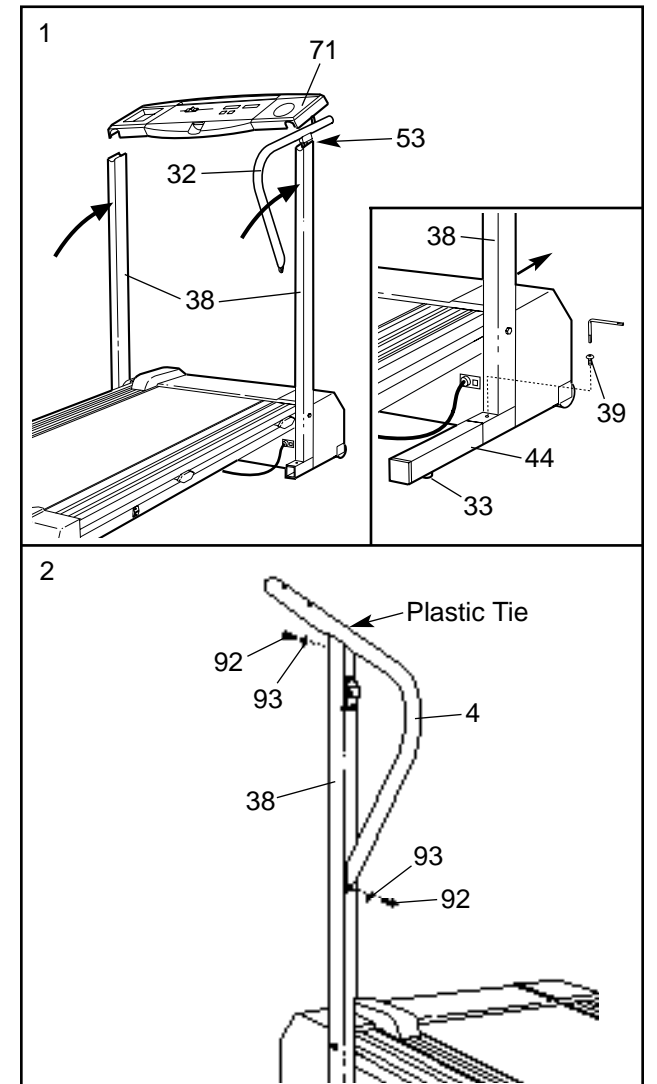
1. With the help of a second person, carefully raise the Uprights (38), the Console Base (71), and the Right Handrail (32), until the treadmill is in the position shown. **Be careful not to pull on the Wire Harness (53).**

Refer to the inset drawing. Insert one of the Extension Legs (44) into the treadmill as shown. (Note: It may be helpful to tip the Uprights [38] in the direction shown by the arrows as you insert the Extension Leg. Make sure that the Base Pad [33] is on the bottom of the Extension Leg.) Use the included allen wrench to attach the Extension Leg with one of the two Extension Leg Screws (39). **Make sure to push on the head of the Extension Leg Screw while tightening it.**

Attach the other Extension Leg (44) in the same way.

2. Cut the indicated plastic tie off the Left Handrail (4).

Position the Left Handrail (4) on the left Upright (38). Loosely thread a Handrail Bolt (92) with a Handrail Washer (93) into the **lower end** of the Left Handrail and the left Upright. Next, loosely thread a Handrail Bolt (92) with a Handrail Washer (93) into the **upper end** of the Left Handrail and the left Upright. **Do not tighten the Handrail Bolts yet.**



- Cut the plastic tie off the Right Handrail (32).

While a second person holds the Console Base (71) and the Right Handrail (32) near the right Upright (38), insert the excess Wire Harness (53) through the Right Handrail and down into the right Upright. Bend the Wire Harness as shown, if necessary.

Next, make sure that the Wire Harness (53) is inside of the bracket on the Right Handrail (32) and insert the bracket into the right Upright (38). **Make sure that the Wire Harness is not pinched.**

- Loosely thread a Handrail Bolt (92) with a Handrail Washer (93) into the **lower end** of the Right Handrail (32) and the right Upright (38). Next, loosely thread a Handrail Bolt (92) with a Handrail Washer (93) into the **upper end** of the Right Handrail and the right Upright. **Do not tighten the Handrail Bolts yet.**

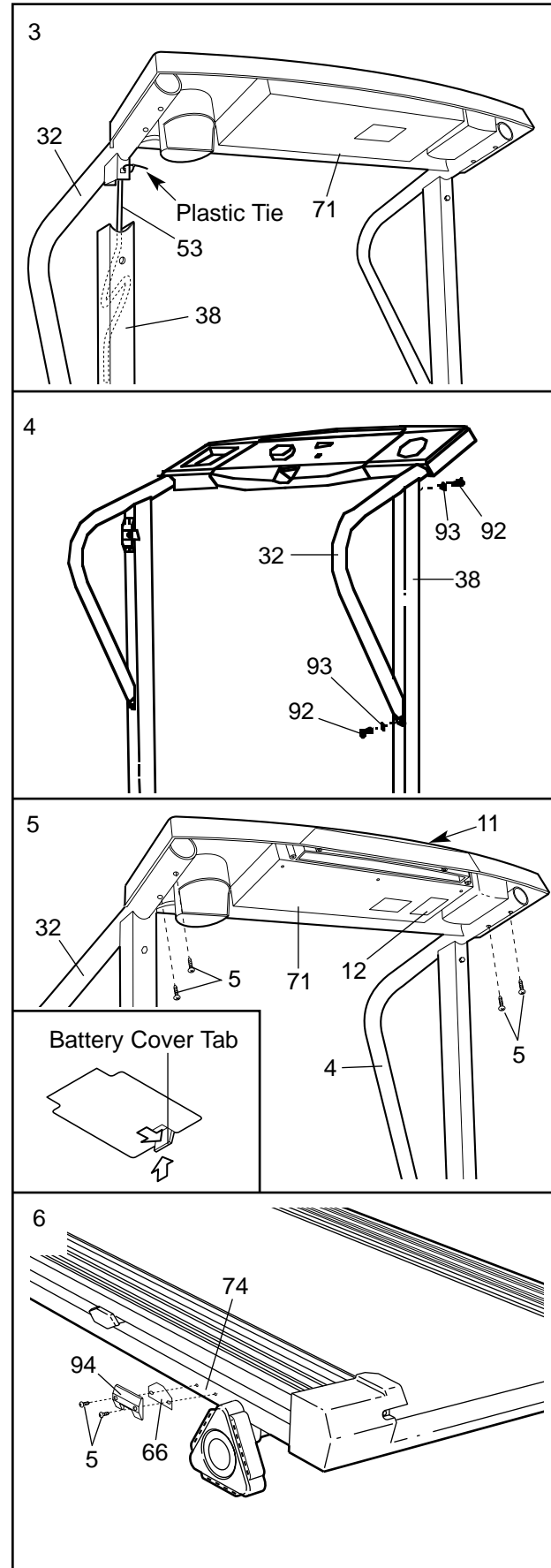
- Attach the Console Base (71) to the Left and Right Handrails (4, 32) with four Handrail Screws (5).

**Tighten the four Handrail Bolts (not shown) used in steps 2 and 4.**

The Console (11) requires three 1.5V batteries (not included); alkaline batteries are recommended. Open the Battery Cover (12) and press the batteries into the Console; the negative (-) ends of the batteries must touch the springs. Close the battery cover, push up on the tab, and then push the tab forward as shown in the inset drawing. Make sure that the tab locks into place.

- Attach the Catch (94) and the Catch Spacer (66) to the left side of the Frame (74) with two Handrail Screws (5). **Be careful not to overtighten the Handrail Screws.**

- Make sure that all parts are properly tightened before you use the treadmill.** Note: Some parts may be left over after assembly is completed. Save the included allen wrench for adjusting the walking belt. To protect the floor or carpet from damage, place a mat under the treadmill.



## HOW TO MOVE THE TREADMILL

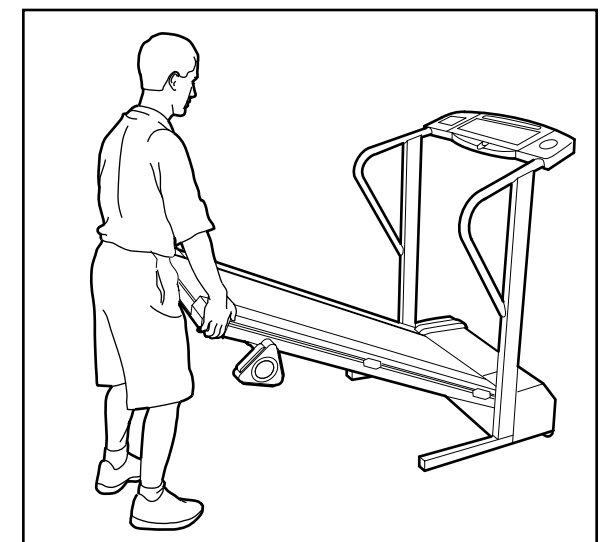
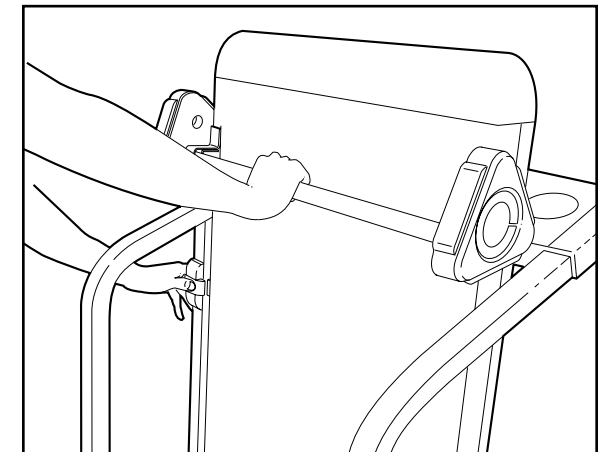
Before moving the treadmill, convert the treadmill to the storage position as described on page 10. **Make sure that the storage latch is locked fully over the frame guide.**

- Hold the upper ends of the handrails. Place one foot on one of the front wheels as shown.
- Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back, or the base pads may come off. To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
- Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



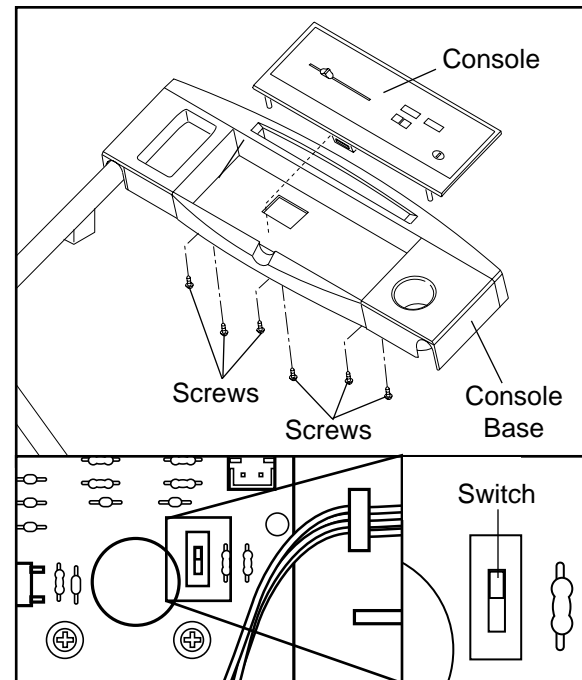
## HOW TO LOWER THE TREADMILL FOR USE

- Hold the upper end of the treadmill with your right hand as shown. Using your left hand, slide open the storage latch. Pivot the treadmill until the frame guide and the foot rail are past the storage latch. If necessary, turn the incline leg as you lower the treadmill.
- Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



## HOW TO SELECT KILOMETRES AND MILES

The console can display distance and speed in either kilometres or miles. To change the unit of measurement, first **UNPLUG THE POWER CORD**. Next, remove the six screws attaching the console to the console base. Lift the console a few inches, being careful not to pull on the wires, and turn the console over. Locate the small switch on the back of the console. Move the switch upward or downward to select kilometres or miles. Re-attach the console to the console base. **After changing the unit of measurement, remove one of the batteries from the console for about five seconds and then reinsert it. This will reset the console.**

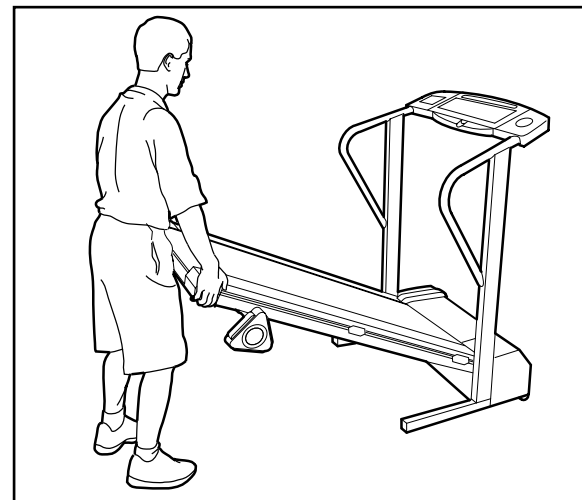


## HOW TO FOLD AND MOVE THE TREADMILL

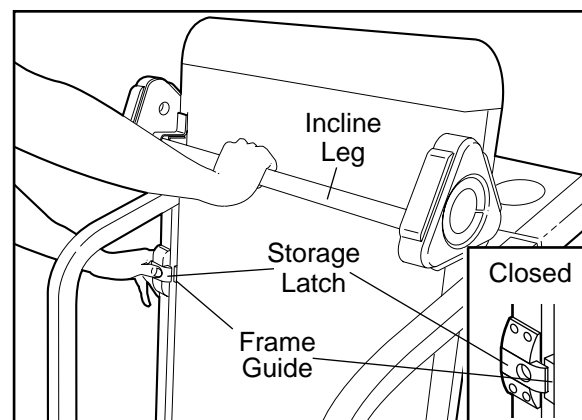
### HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord.  
**Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown at the right, and hold the treadmill firmly. Raise the treadmill until the storage latch locks over the frame guide. If necessary, turn the incline leg as you raise the treadmill. **Make sure that the storage latch closes fully over the frame guide.**



**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 30° Celsius.**

## OPERATION AND ADJUSTMENT

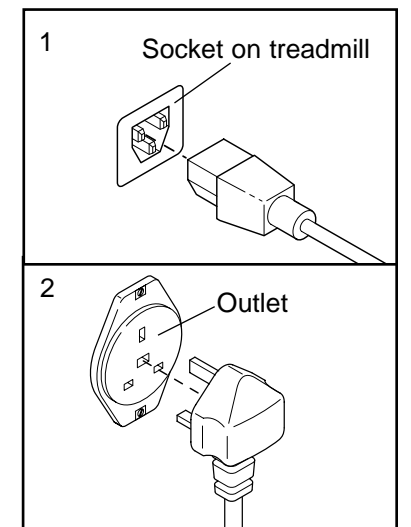
### THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a 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 cord having an equipment-earthing conductor and an earthing plug.

**Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1, and plug the indicated end of the power cord into the socket on the treadmill. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: In Italy, an adaptor (not included) must be used between the power cord and the outlet. Important: The treadmill is not compatible with GFCI-equipped outlets.**

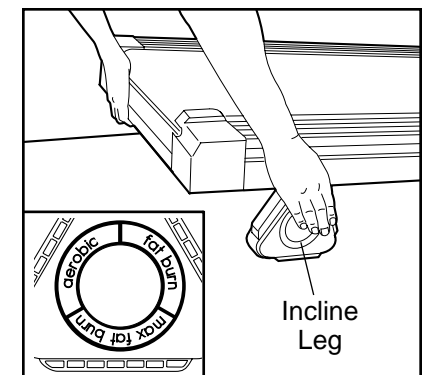


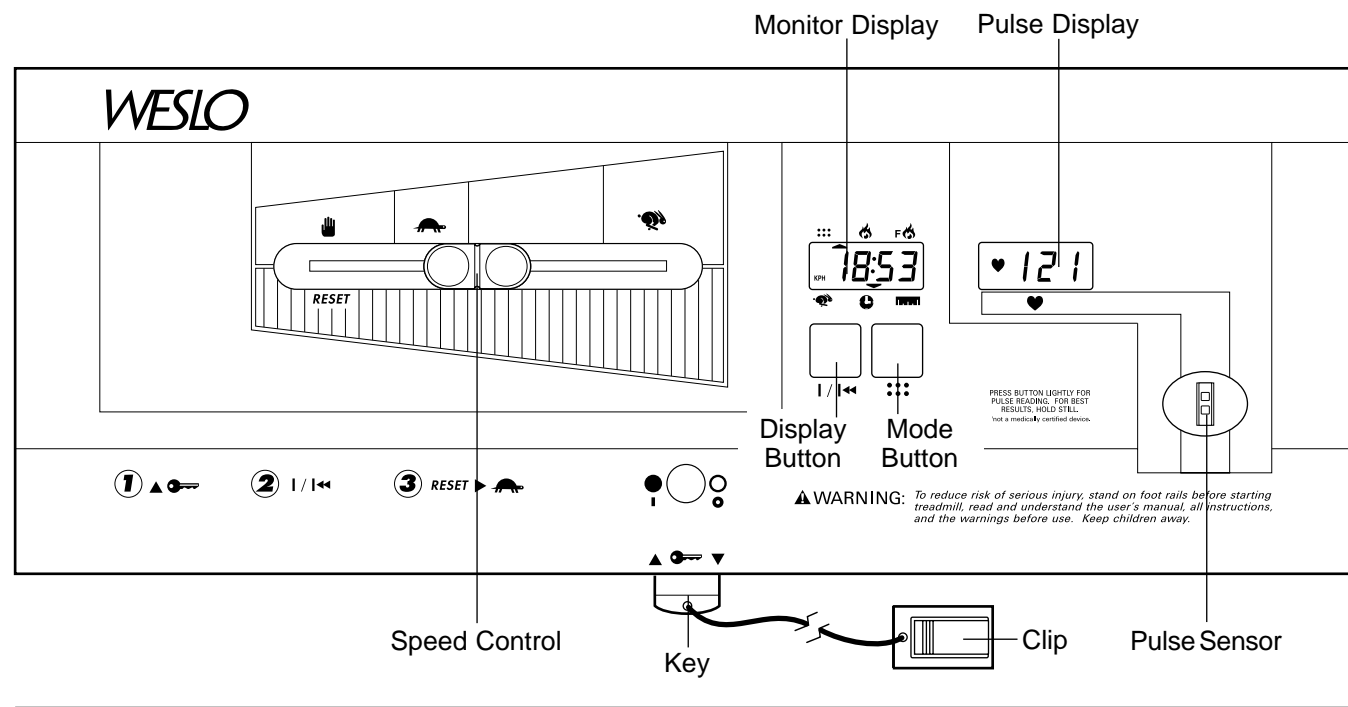
**⚠ DANGER:** Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

### 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 three different incline levels. **Before changing the incline, remove the key and unplug the power cord.**

To change the incline of the treadmill, first hold the rear roller endcap with one hand and raise the back of the treadmill a few inches. Using your other hand, rotate the incline leg to one of the three incline positions. The inset drawing at the right shows the incline leg rotated to the “max fat burn” position. This position is ideal for maximum fat burning. For a less intense fat burning workout, rotate the incline leg to the “fat burn” position. For aerobic exercise, rotate the incline leg to the “aerobic” position. When you have turned the incline leg to the desired position, lower the treadmill. Make sure that the incline leg is resting flat on the floor.





**CAUTION:** Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) whilst operating the treadmill. When the key is removed from the console, the walking belt will stop.
- Adjust the speed in small increments.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.

**STEP-BY-STEP CONSOLE OPERATION**

Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7.) In addition, make sure that batteries are installed in the console. (See step 5 on page 6.) If there is a thin sheet of clear plastic on the console, remove it.

Step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip securely onto the waistband of your clothes.

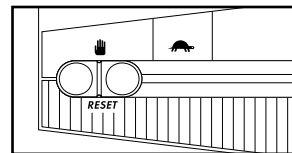
Follow the steps below to operate the console.

**1 Insert the key fully into the power switch.**

Note: Inserting the key will not turn on the displays. The displays will turn on when the display button is pressed or when the walking belt is started. If you just installed batteries, the displays will already be on.

**2 Reset the console and start the walking belt.**

Move the speed control to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.**

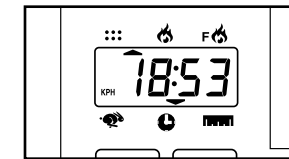


Next, slowly move the speed control until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by moving the speed control.

To stop the walking belt, step onto the foot rails and move the speed control to the RESET position.

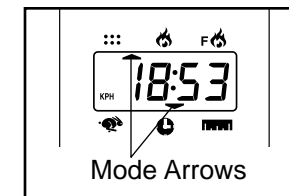
**3 Follow your progress with the monitor display.**

The monitor display offers six modes that provide instant exercise feedback:



- Speed**—This mode shows the speed of the walking belt, in miles per hour or kilometres per hour.
- Time**—This mode shows the length of time you have exercised. Note: If the walking belt is stopped for ten seconds or longer, the time mode will pause.
- Distance**—This mode shows the distance that you have walked or run, in miles or kilometers.
- Fat Calories**—This mode shows the approximate number of fat calories you have burned. (See FAT BURNING on page 14.)
- Calories**—This mode shows the approximate number of calories you have burned.
- Scan**—This mode displays the other five modes, for five seconds each, in a repeating cycle.

When the power is turned on, the scan mode will be selected. One mode arrow will appear by the scan symbol and a second mode arrow will show which mode is currently displayed.



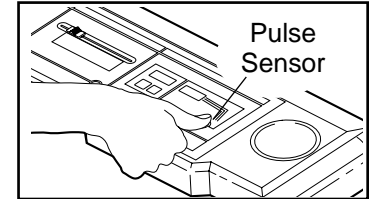
If desired, the speed, time, distance, fat calories, or calories mode can be individually selected. Press the mode button repeatedly until a mode arrow appears by the desired mode symbol. Make sure that there is not a mode arrow by the scan symbol.



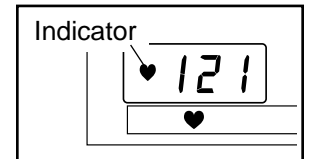
To reset the display, press the display button.

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

When you are not using the pulse sensor, a "P" will appear in the pulse display. To measure your heart rate, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure activated—fully press it down. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, raise your thumb slightly until the heart-shaped indicator in the pulse display flashes steadily. Hold your thumb at this level. After a few seconds, three dashes will appear in the display and your heart rate will be shown. Hold your thumb on the sensor for another 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 sensor and allow the display to reset. Press down again on the sensor as described above.



Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure. Try the sensor several times until you become familiar with it. Remember to stand still whilst measuring your pulse.

**5 Turn off the power.**

To turn off the power, simply wait for about six minutes. If the walking belt is stationary and the console buttons are not pressed for six minutes, the power will turn off automatically.



# PART LIST—Model No. WETL21100

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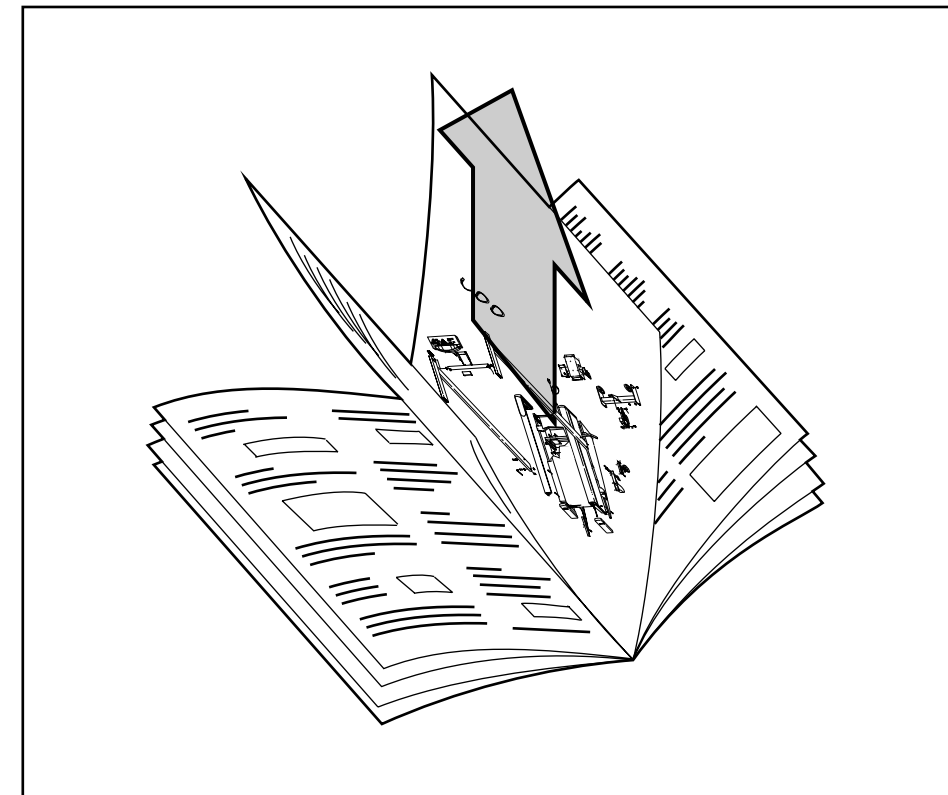
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Filter	54	2	Frame Pivot Spacer
2	1	Motor Pivot Sleeve	55	2	Grommet
3	1	Right Frame Guide	56	1	Walking Belt
4	1	Left Handrail	57	1	Choke
5	12	Handrail/Latch Screw	58	2	Belt Guide
6	1	Key/Clip	59	1	Walking Platform
7	2	Leg Endcap	60	2	Isolator
8	6	Hood Screw	61	1	Sensor Clip
9	1	Speed Potentiometer	62	1	Euro Power Cord Set
10	1	Speed Control	63	1	Front Roller/Pulley
11*	1	Console Assembly	64	1	Ground Nut
12	1	Battery Cover	65	1	Reed Switch
13	20	Electronic Screw	66	1	Frame Guide Spacer
14	4	Belt Guide Screw	67	1	Latch
15	4	Nylon Washer	68	9	Wire Tie
16	1	Electronic Bracket	69	5	Wire Tie Clamp
17	1	Motor Pivot Bushing	70	1	Magnet
18	1	Motor Belt	71	1	Console Base
19	1	Motor Tension Bolt/Incline Leg Bolt	72	1	Left Foot Rail
20	1	Motor Tension Washer	73	2	Rear Platform Screw
21	1	Tension Star Washer	74	1	Frame
22	1	Motor Pivot Nut	75	1	Rear Roller
23	1	Motor/Pulley/Flywheel/Fan	76	2	Ground Screw
24	1	Pulley/Flywheel/Fan	77	1	Ground Wire
25	1	Motor	78	2	Rear Roller Adj. Bolt
26	1	Motor Pivot Bolt	79	1	Rear Endcap
27	2	8" Cable Tie	80	2	5/16" Washer
28	6	Isolator Screw	81	1	Allen Wrench
29	1	Hood	82	1	Latch Decal
30	1	Hood Shield	83	2	Incline Leg Bolt
31	6	Console Screw	84	6	Incline Pad
32	1	Right Handrail	85	2	Incline Leg
33	4	Base Leg Pad	86	2	Incline Leg Plate
34	1	Motor Belly Pan	87	2	Incline Leg Bushing
35	1	Controller	88	2	Incline Leg Bracket
36	2	Frame Pivot Bolt	89	4	Screw
37	2	Star Washer	90	1	Incline Rod
38	1	Upright/Base	91	2	Cage Nut
39	2	Extension Leg Screw	92	4	Hand Rail Bolt
40	15	Washer	93	4	Hand Rail Washer
41	2	Wheel Bolt	94	1	Catch
42	2	Wheel	95	2	Base Leg Assembly
43	4	Wheel Nut/Incline Nut	#	1	4" Green/Yellow Wire
44	2	Extension Leg	#	1	4" White Wire, 2 Female
45	1	Circuit Breaker	#	2	4" Black Wire, 2 Female
46	2	3/8" Washer	#	2	8" Green/Yellow Wire
47	1	Receptacle	#	1	8" White Wire, Pig Tail
48	1	Motor Tension Nut	#	1	10" White Wire, 2 Female
49	15	Motor Pan Screw	#	1	User's Manual
50	1	Right Foot Rail			
51	4	Platform Screw			
52	1	Front Roller Adj. Bolt			
53	1	Wire Harness			

\* Includes all parts shown in the box

# Indicates a non-illustrated part

## REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

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# EXPLODED DRAWING—Model No. WETL21100

R0900A

