

WESLO PRO™

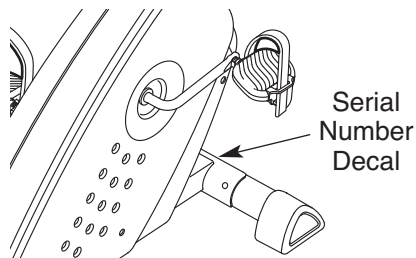
II.Ox

www.weslo.com

Model No. WLEX31810.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

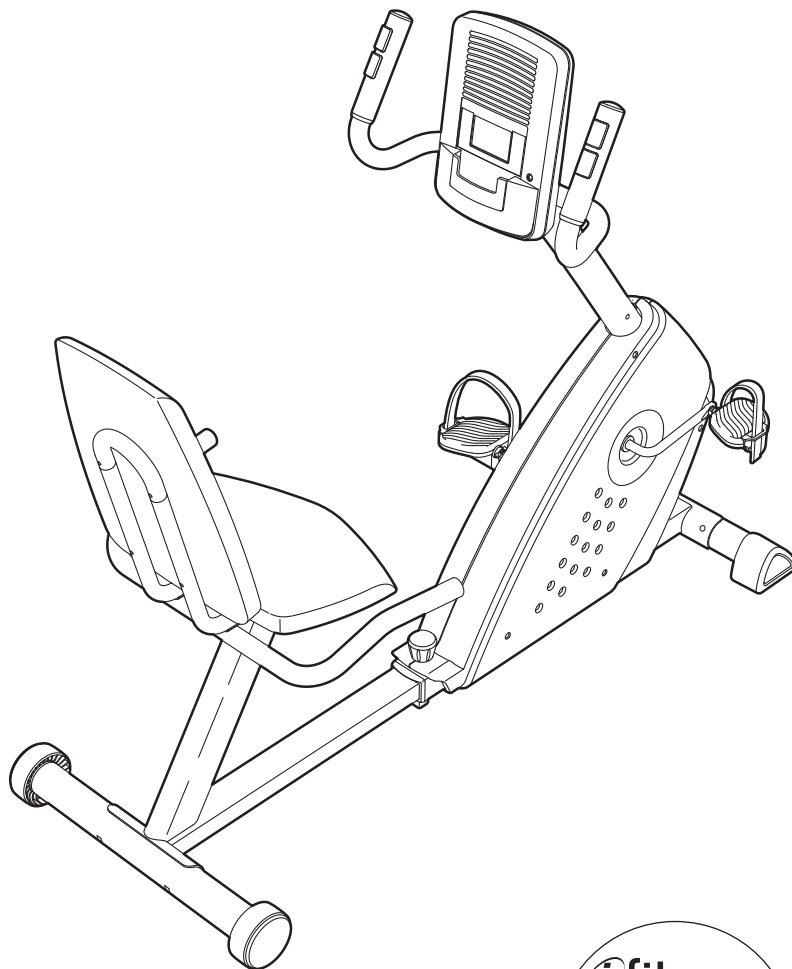
1-866-699-3756

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.wesloservice.com



CAUTION

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

USER'S MANUAL

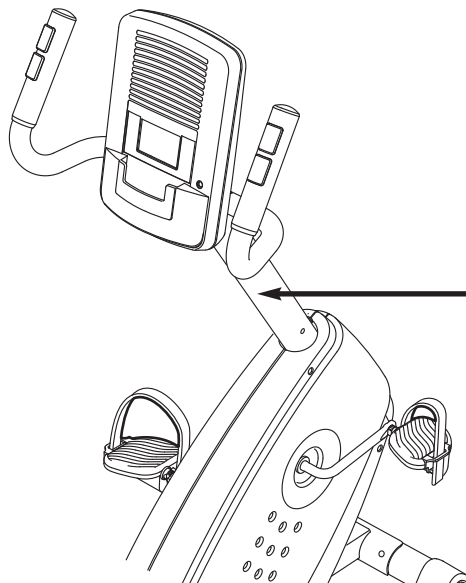


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WARNING DECAL PLACEMENT

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



WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 pounds.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around your exercise bike.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the exercise bike at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
9. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
10. 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.
11. The exercise bike does not have a free wheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

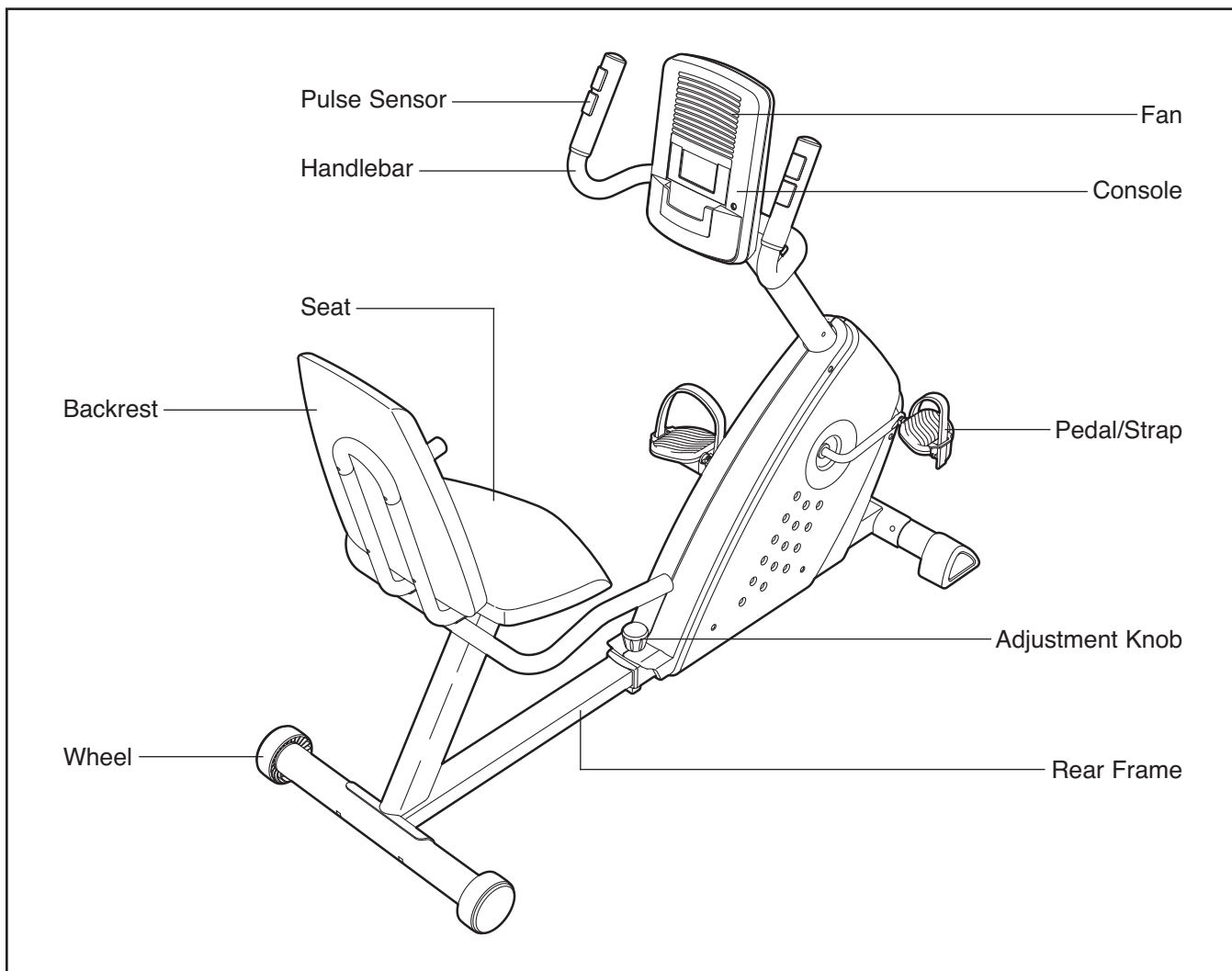
BEFORE YOU BEGIN

Thank you for selecting the revolutionary WESLO PRO™ 11.0X exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 11.0X exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions

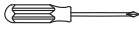

after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

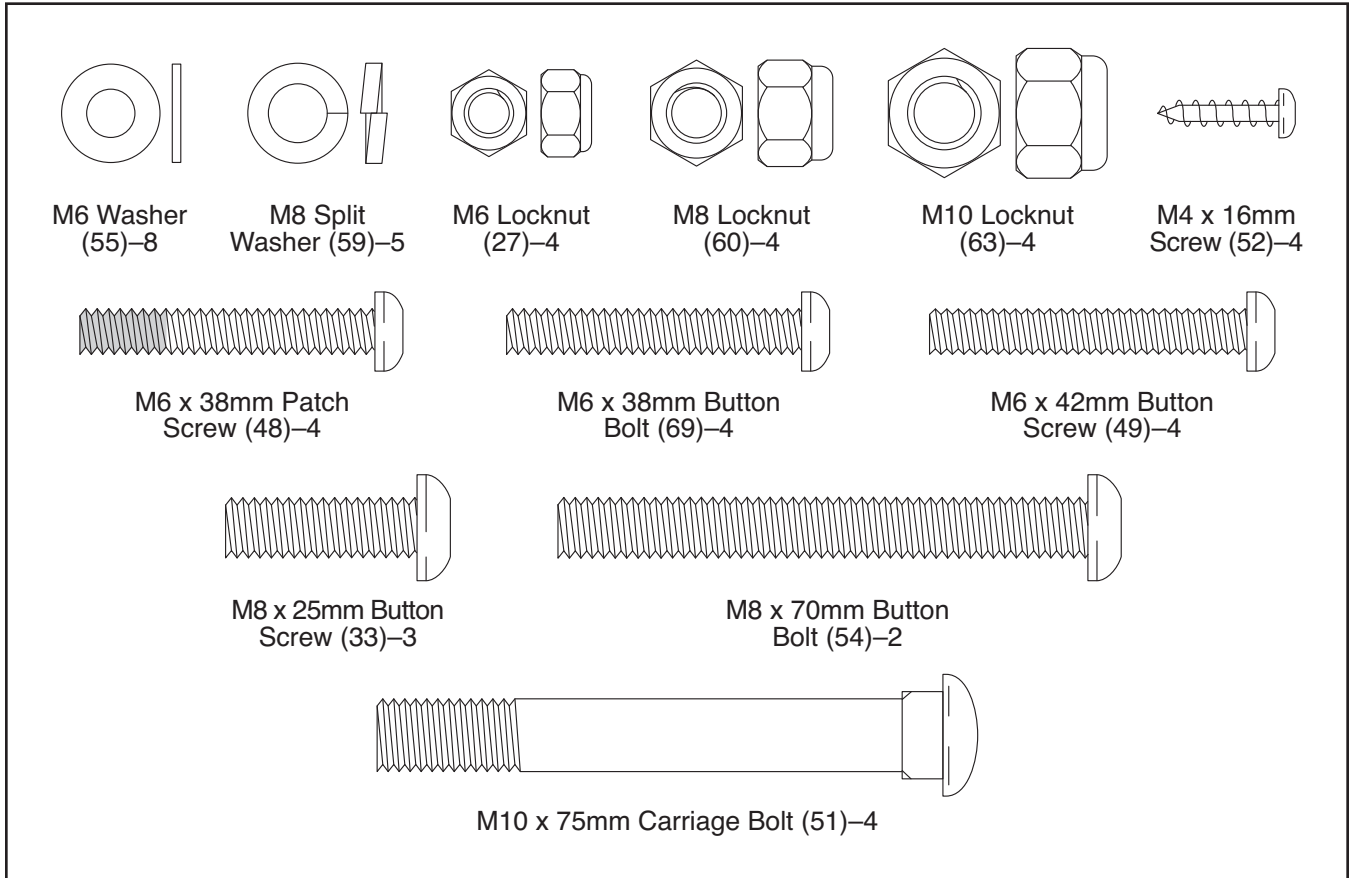


ASSEMBLY

To hire an authorized service technician to assemble the exercise bike, call 1-800-445-2480.

Assembly requires two persons. Place all parts of the exercise bike 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 tools, assembly requires a Phillips screwdriver**  **and an adjustable wrench** .

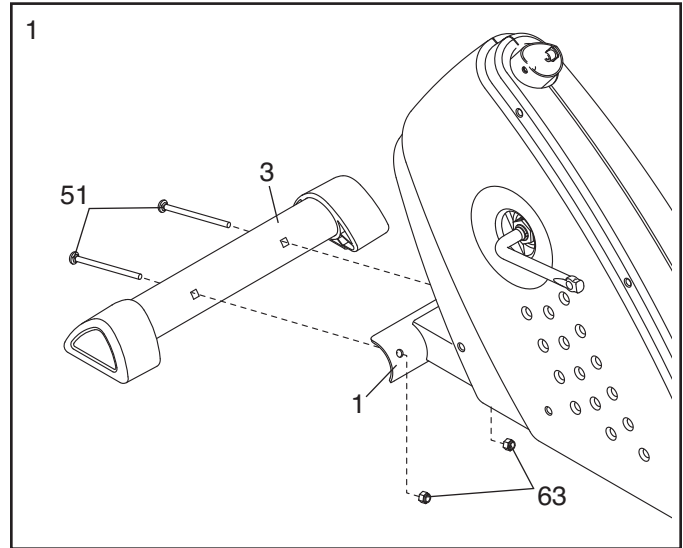
As you assemble the exercise bike, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid breaking parts, do not use power tools for assembly.**



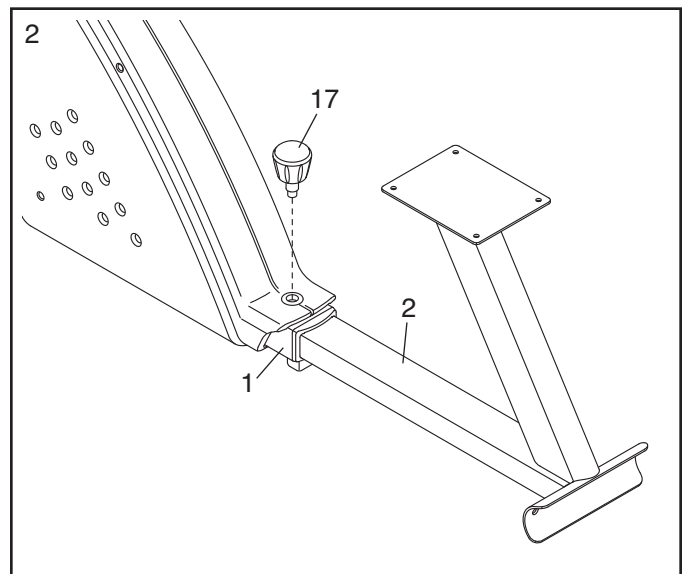
1.

To make assembly easier, read the information on page 5 before you begin.

While a second person lifts the front of the Frame (1), attach the Front Stabilizer (3) to the Frame with two M10 x 75mm Carriage Bolts (51) and two M10 Locknuts (63).

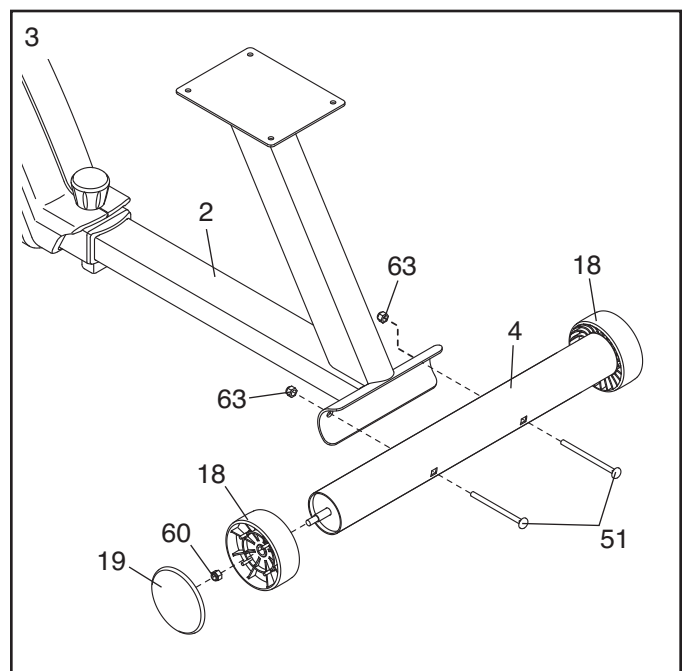


2. Slide the Rear Frame (2) out of the Frame (1), and then tighten the Adjustment Knob (17) into the Frame.

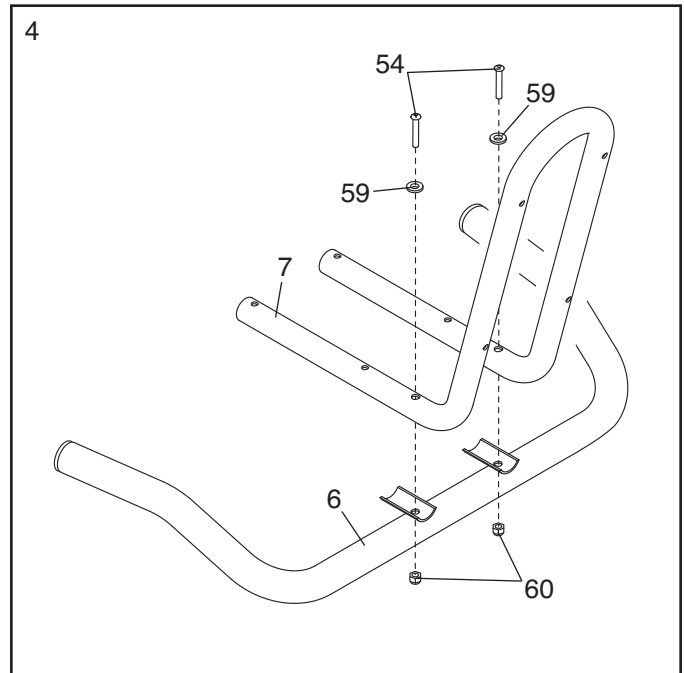


3. Attach the Wheels (18) to the Rear Stabilizer (4) with two M8 Locknuts (60). Press a Wheel Cap (19) onto each Wheel.

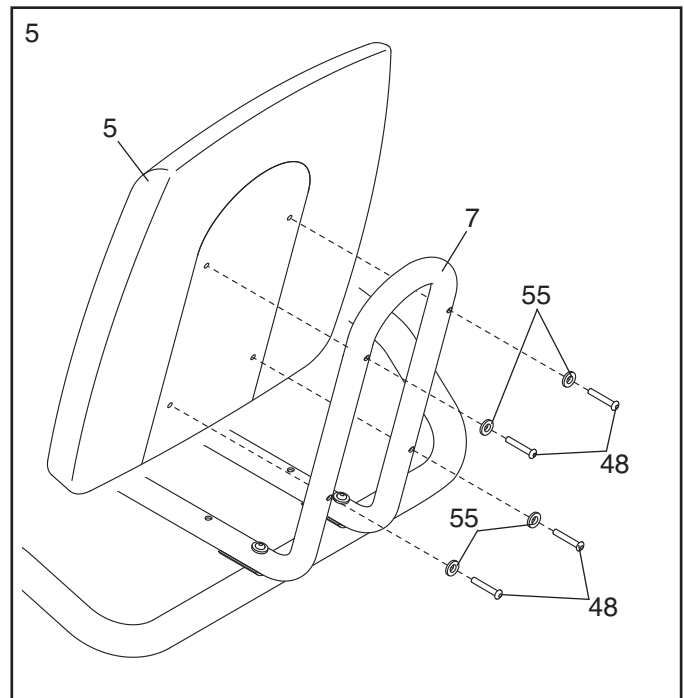
Attach the Rear Stabilizer (4) to the Rear Frame (2) with two M10 x 75mm Carriage Bolts (51) and two M10 Locknuts (63).



- Attach the Seat Frame (7) to the Handlebar (6) with two M8 x 70mm Button Bolts (54), two M8 Split Washers (59), and two M8 Locknuts (60).



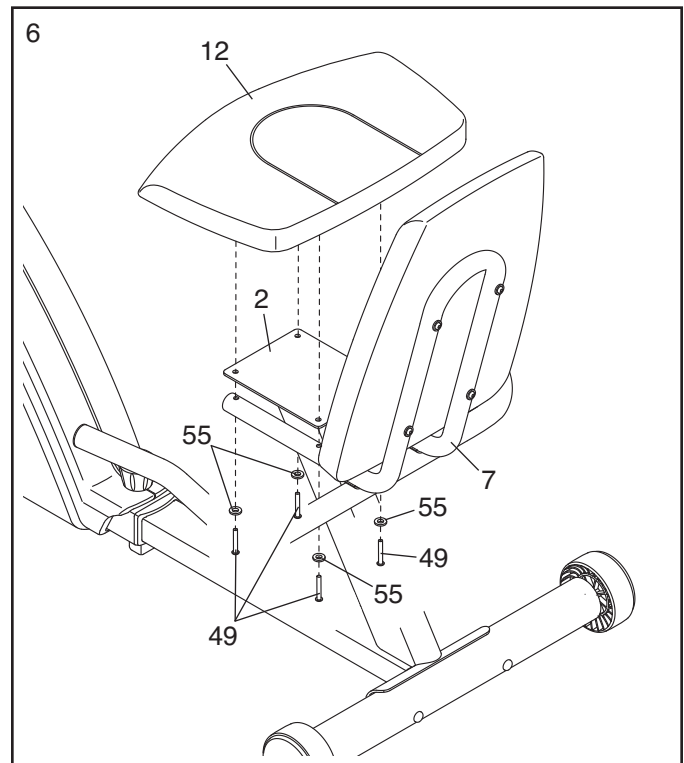
- Attach the Backrest (5) to the Seat Frame (7) with four M6 x 38mm Patch Screws (48) and four M6 Washers (55). **Do not tighten the Patch Screws yet.**



6. Have a second person hold the Seat Frame (7) under the Rear Frame (2) as shown.

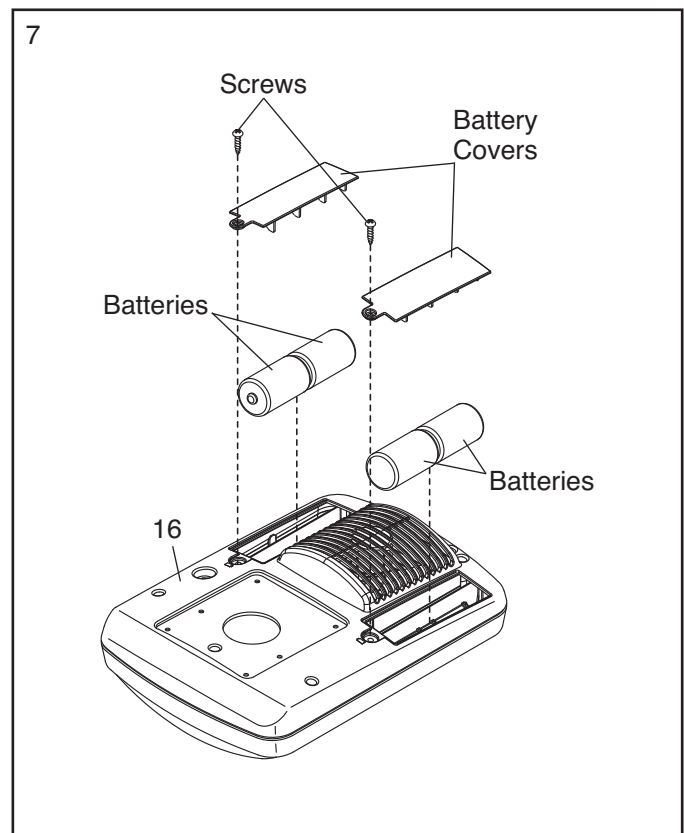
Attach the Seat Frame (7) and the Seat (12) to the Rear Frame (2) with four M6 x 42mm Button Screws (49) and four M6 Washers (55).

See step 5. Tighten the four M6 x 38mm Patch Screws (48).



7. The Console (16) can use four D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screws, remove the battery covers, insert the batteries into the battery compartments, and reattach the battery covers. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**

To purchase an optional power adapter, call the telephone number on the front cover of this manual. To avoid damaging the console, use only a manufacturer-supplied power adapter. Plug one end of the power adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



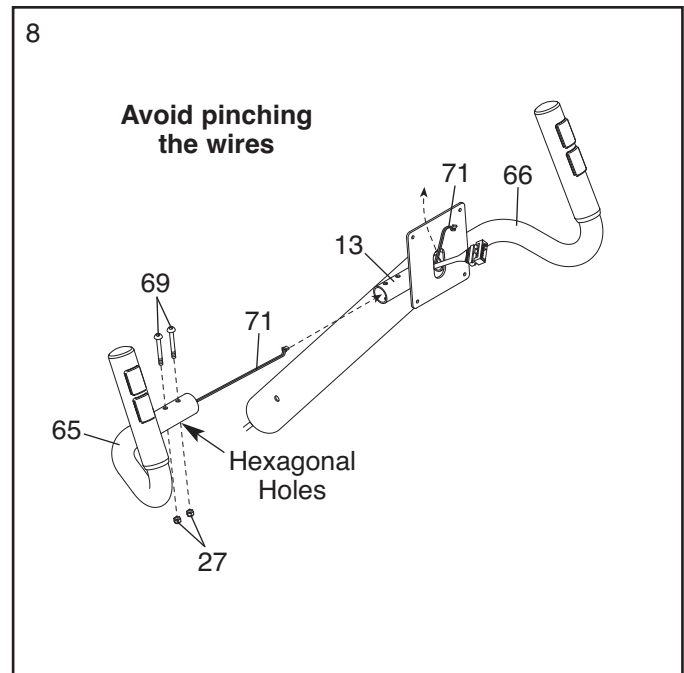
8. Identify the Left Pulse Bar (65), which is marked with a "Left" sticker.

Have a second person hold the Left Pulse Bar (65) near the left side of the Upright (13).

Insert the left Pulse Wire (71) into the Upright (13) and pull it upward out of the top of the Upright.

Tip: Do not pinch the wires. Slide the Left Pulse Bar (65) onto the Upright (13). Attach the Left Pulse Bar with two M6 x 38mm Button Bolts (69) and two M6 Locknuts (27). **Make sure that the Locknuts are in the hexagonal holes.**

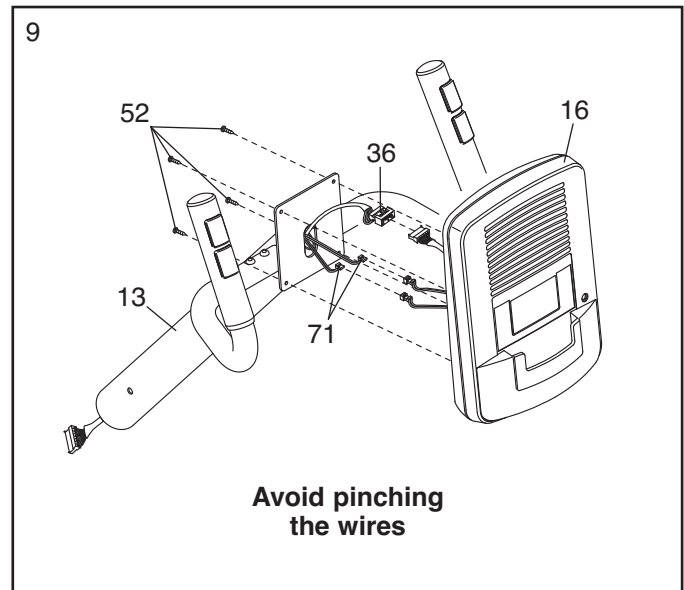
Repeat this step for the Right Pulse Bar (66).



9. While a second person holds the Console (16) near the Upright (13), connect the wires on the Console to the Upper Wire (36) and to the Pulse Wires (71).

Insert the excess wire downward into the Upright (13) or upward into the Console (16).

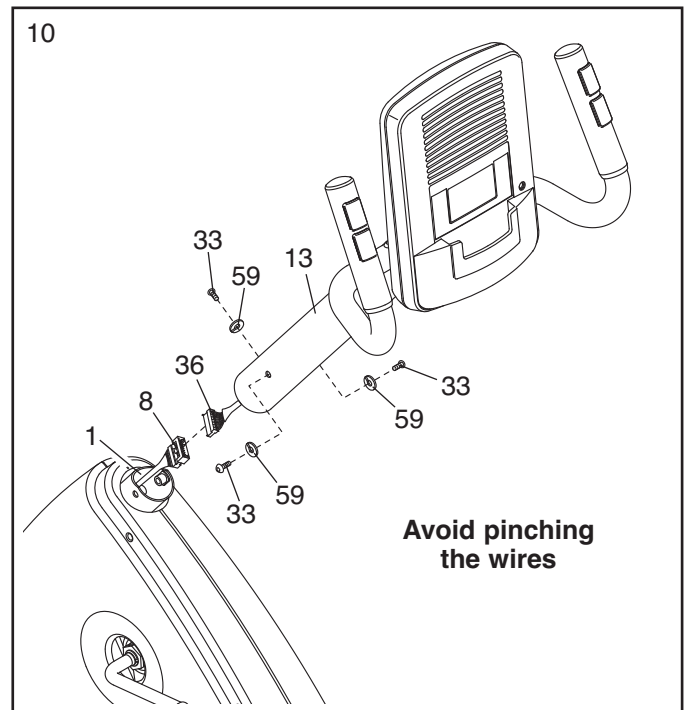
Tip: Avoid pinching the wires. Attach the Console (16) to the Upright (13) with four M4 x 16mm Screws (52).



10. While a second person holds the Upright (13) near the Frame (1), connect the Upper Wire (36) to the Lower Wire (8).

Tip: Avoid pinching the wires. Slide the Upright (13) onto the Frame (1).

Attach the Upright (13) with three M8 x 25mm Button Screws (33) and three M8 Split Washers (59).

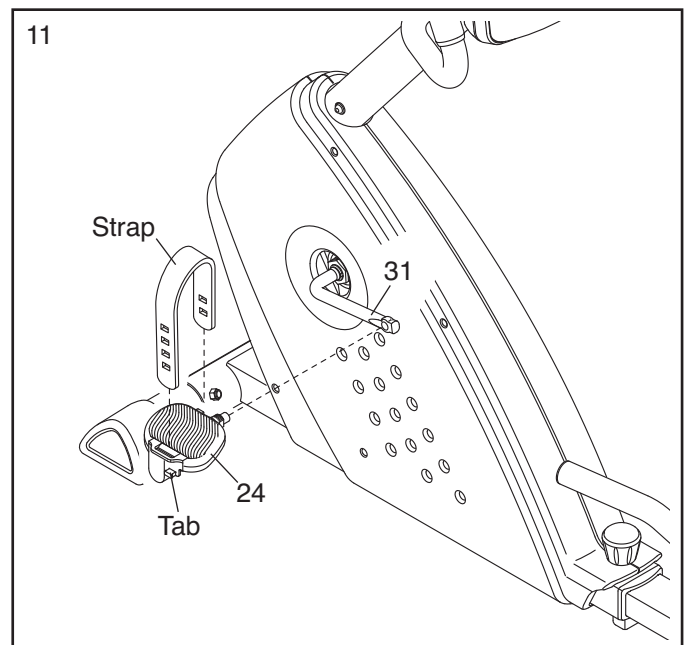


11. Identify the Left Pedal (24), which is marked with a "Left" sticker.

Firmly tighten the Left Pedal (24) *counterclockwise* into the left arm of the Crank (31).

Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank (not shown).

Adjust the strap on the Left Pedal (24) to the desired position, and press the end of the strap onto the tab on the Left Pedal. **Adjust the strap on the Right Pedal (not shown) in the same way.**



12. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: Some hardware may be left over after assembly is completed. Place a mat beneath the exercise bike to protect the floor.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

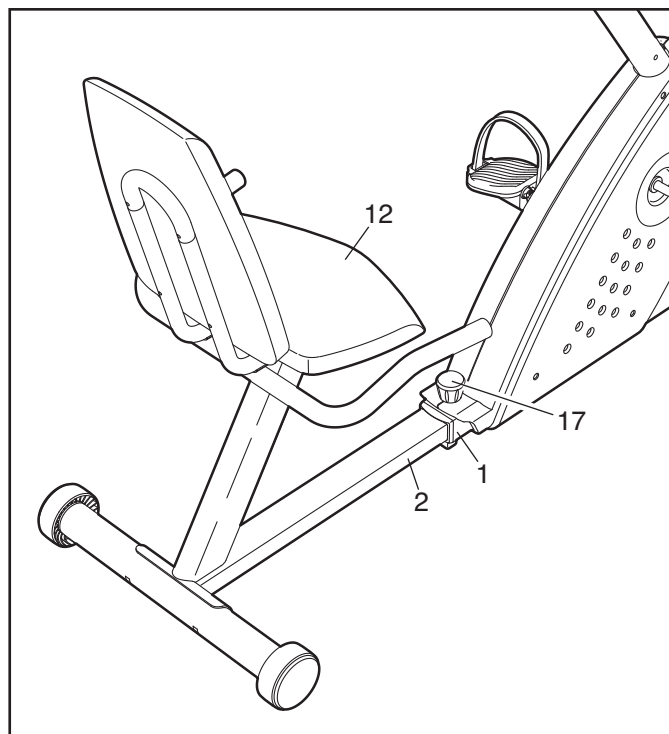
WARNING: Per FCC rules, changes or modifications not expressly approved by ICON could void the user's authority to operate the equipment.

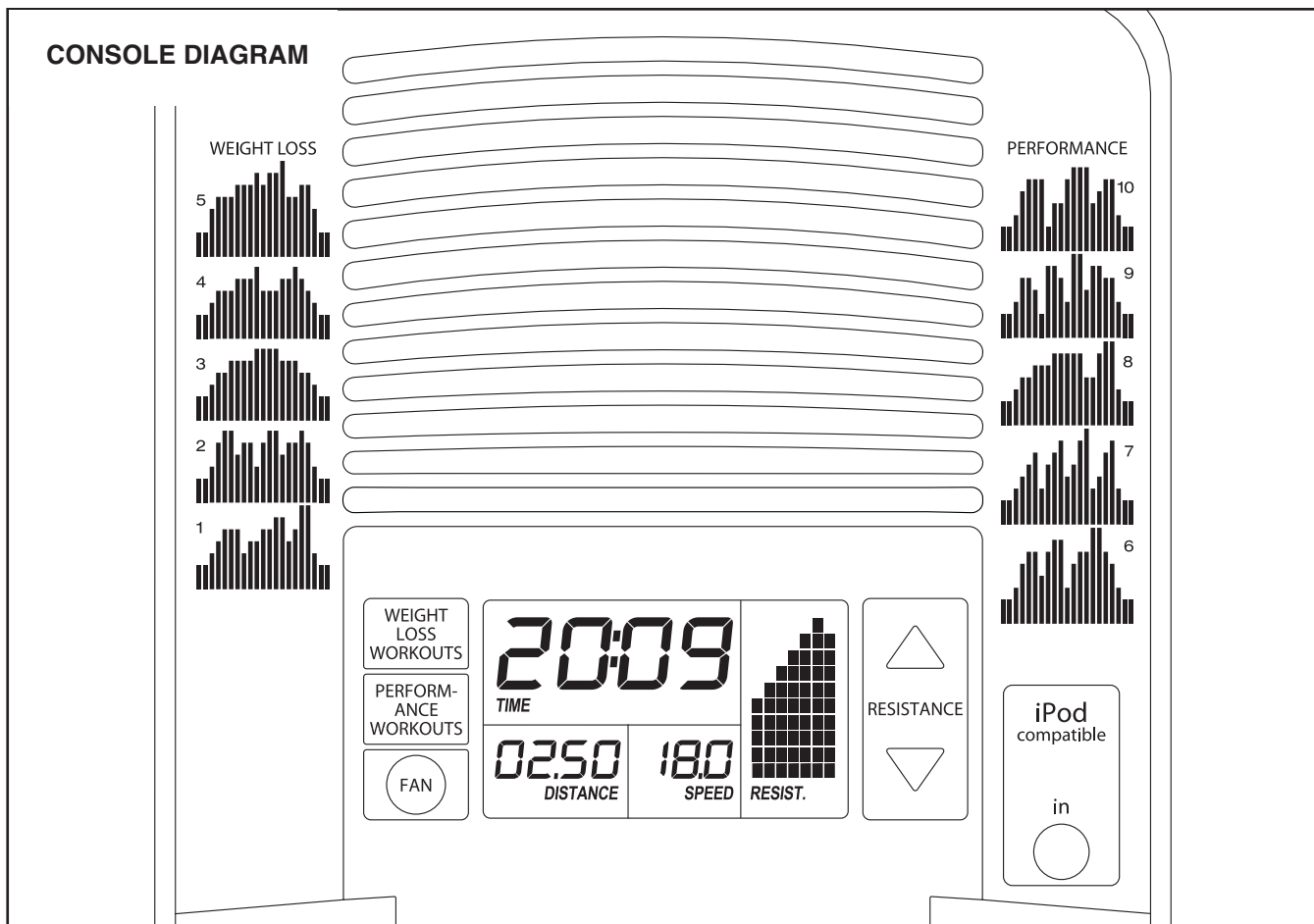
HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE SEAT

After the exercise bike is assembled, adjust the Seat (12) to the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the most forward position.

Loosen the Adjustment Knob (17), slide the Rear Frame (2) forward or backward in the Frame (1), and then tighten the Adjustment Knob.





FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console offers ten preset workouts—five weight loss workouts and five performance workouts. Each preset workout automatically changes the resistance of the pedals as it guides you through an effective workout.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 13. **To use a preset workout**, see page 15. **To use the sound system**, see page 15.

Note: Before using the console, make sure that batteries are installed (see assembly step 7 on page 8). If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

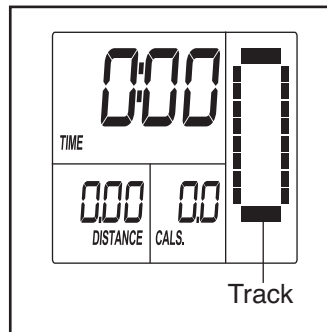
Press any button or begin pedaling to turn on the console.

When you turn on the console, the display will turn on. A tone will sound and the console will be ready for use.

2. Select the manual mode.

When you turn on the console, the manual mode will be selected.

If you have selected a workout, reselect the manual mode by pressing the Weight Loss Workouts or the Performance Workouts button repeatedly until zeros appear in the displays.



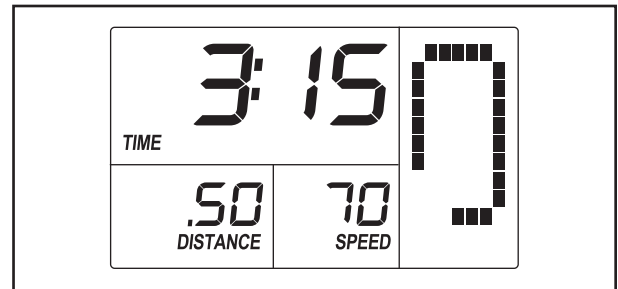
3. Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. Follow your progress with the displays.

The upper display—This display will show the elapsed time and the resistance level of the pedals each time the resistance level changes.



Note: During a workout, the display will show the time remaining in the workout.

The lower left display—This display will show the distance (total number of revolutions) that you have pedaled.

The lower right display—This display will show your pedaling speed in revolutions per minute (rpm) and the approximate number of calories you have burned.

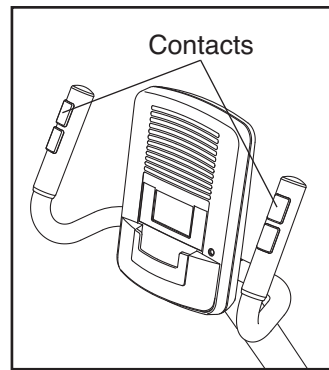
The lower right display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 14).

The right display—This display will show a track that represents 640 revolutions (1/4 mile or 400 meters). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

5. Measure your heart rate if desired.

If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean.

To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, a heart-shaped symbol will flash in the display and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

6. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan.

Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

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

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for several minutes, the console will turn off and the display will be reset.

HOW TO USE A PRESET WORKOUT

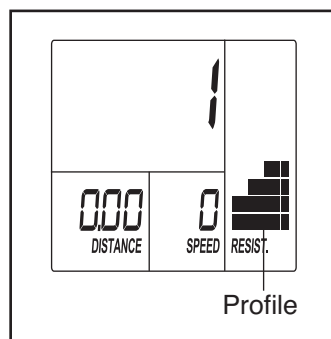
1. Turn on the console.

See step 1 on page 13.

2. Select a preset workout.

To select a preset workout, press the Weight Loss Workouts or the Performance Workouts button repeatedly until the name of the desired workout appears in the upper display.

When you select a preset workout, the duration of the workout will appear in the upper display and a profile of the resistance levels of the workout will scroll across the right display.



Note: Complete profiles of the preset workouts are printed on the sides of the console.

3. Begin pedaling to start the workout.

Each workout is divided into 30 one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

Note: If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

4. Follow your progress with the displays.

See step 4 on page 13.

5. Measure your heart rate if desired.

See step 5 on page 14.

6. Turn on the fan if desired.

See step 6 on page 14.

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

See step 7 on page 14.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the audio cable into the jack on the console and into the jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

MAINTENANCE AND TROUBLESHOOTING

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

To clean the exercise bike, use a damp cloth and a small amount of liquid dish soap. **IMPORTANT: To avoid damaging the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

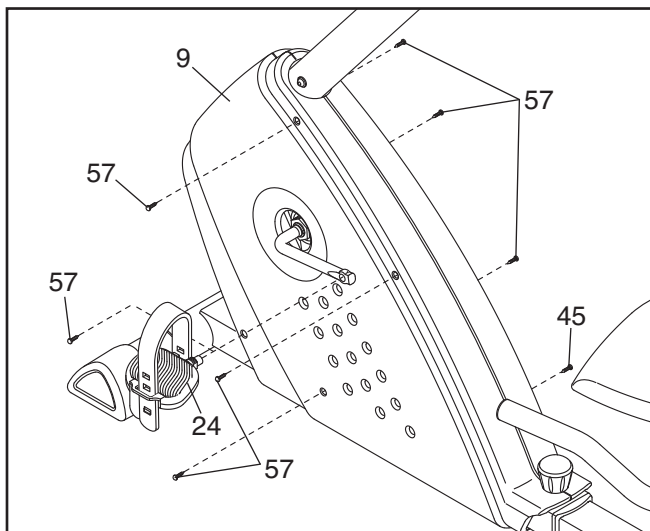
If the console display becomes dim, replace all the batteries at the same time; most console problems are the result of low batteries. To replace the batteries, see assembly step 7 on page 8.

If the handgrip pulse sensor does not function properly, see step 5 on page 14.

HOW TO ADJUST THE REED SWITCH

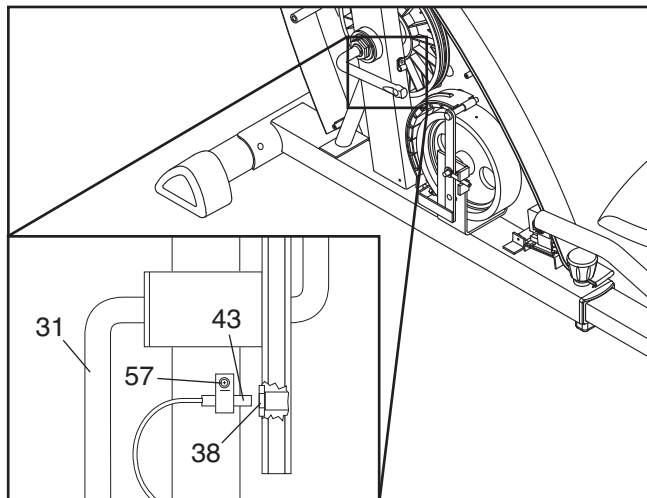
If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, you must first remove the Left Shield (9). Using an adjustable wrench, turn the Left Pedal (24) clockwise and remove it.



Next, remove the M4 x 16mm Screws (57) and the M4 x 25mm Screw (45). Then, carefully remove the Left Shield (9).

Locate the Reed Switch (43). Turn the Crank (31) until a Magnet (38) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4 x 16mm Screw (57).



Slide the Reed Switch (43) slightly closer to or away from the Magnet (38), and then retighten the M4 x 16mm Screw (57). Turn the Crank (31) for a moment.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the left shield and the left pedal.

EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. WLEX31810.0

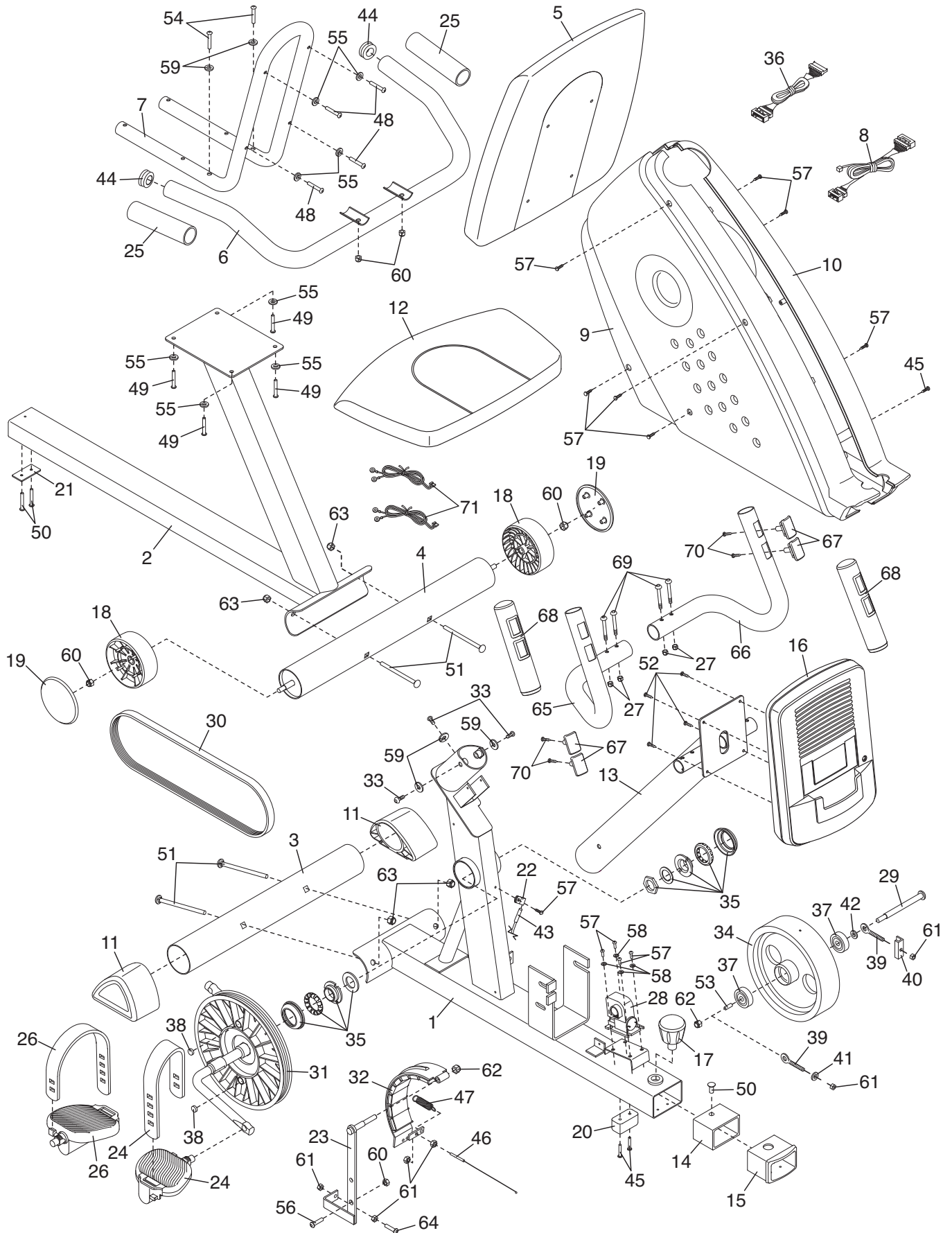
R0710A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	38	2	Magnet
2	1	Rear Frame	39	2	Tension Bolt
3	1	Front Stabilizer	40	1	Tension Bracket
4	1	Rear Stabilizer	41	1	M8 Washer
5	1	Backrest	42	1	Flywheel Washer
6	1	Handlebar	43	1	Reed Switch/Wire
7	1	Seat Frame	44	2	Handlebar Cap
8	1	Lower Wire	45	3	M4 x 25mm Screw
9	1	Left Shield	46	1	Resistance Cable
10	1	Right Shield	47	1	Return Spring
11	2	Stabilizer Cap	48	4	M6 x 38mm Patch Screw
12	1	Seat	49	4	M6 x 42mm Button Screw
13	1	Upright	50	3	M4 x 16mm Flat Head Screw
14	1	Front Bushing	51	4	M10 x 75mm Carriage Bolt
15	1	Rear Bushing	52	4	M4 x 16mm Screw
16	1	Console	53	1	5mm Spacer
17	1	Adjustment Knob	54	2	M8 x 70mm Button Bolt
18	2	Wheel	55	8	M6 Washer
19	2	Wheel Cap	56	1	M8 x 20mm Button Bolt
20	1	Frame Pad	57	12	M4 x 16mm Screw
21	1	Frame Stop	58	4	M5 Washer
22	1	Clamp	59	5	M8 Split Washer
23	1	C-magnet Bracket	60	5	M8 Locknut
24	1	Left Pedal/Strap	61	6	M6 Nut
25	2	Foam Grip	62	2	M8 Jam Nut
26	1	Right Pedal/Strap	63	4	M10 Locknut
27	4	M6 Locknut	64	1	M6 x 38mm Bolt
28	1	Resistance Motor	65	1	Left Pulse Bar
29	1	Flywheel Axle	66	1	Right Pulse Bar
30	1	Drive Belt	67	4	Pulse Sensor
31	1	Pulley/Crank	68	2	Pulse Grip
32	1	C-magnet	69	4	M6 x 38mm Button Bolt
33	3	M8 x 25mm Button Screw	70	4	M4 x 20mm Screw
34	1	Flywheel	71	2	Pulse Wire
35	1	Crank Bearing Assembly	*	—	User's Manual
36	1	Upper Wire	*	—	Assembly Tool
37	2	Bearing			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WLEX31810.0

R0710A



ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.wesloservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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