

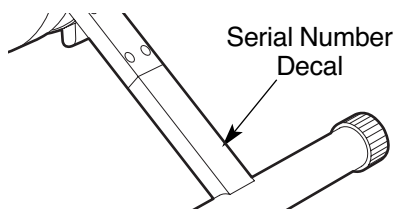
WESLO®

PUR.SUIT E28

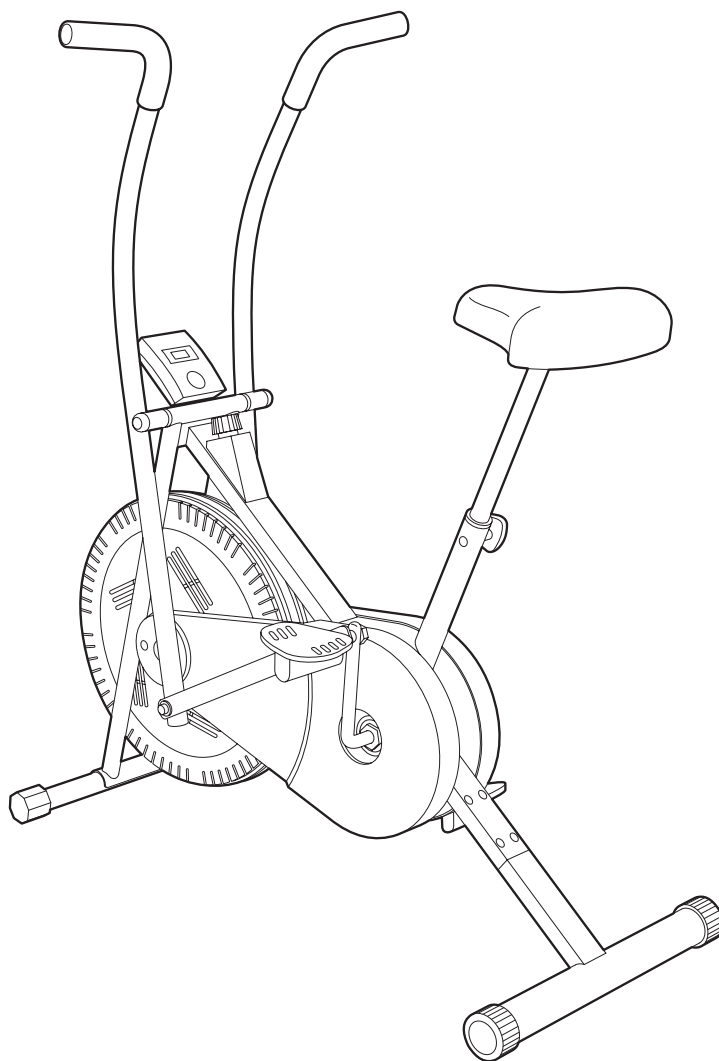
Model No. WLEX70907.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL



CAUTION

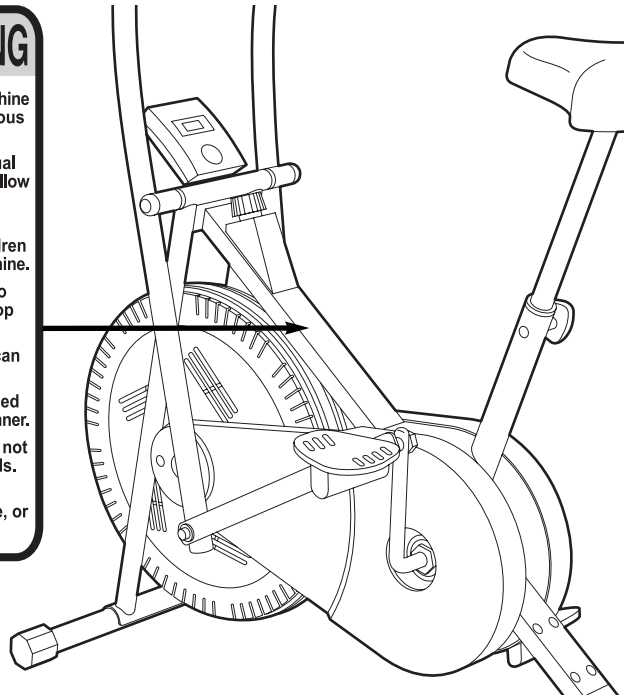
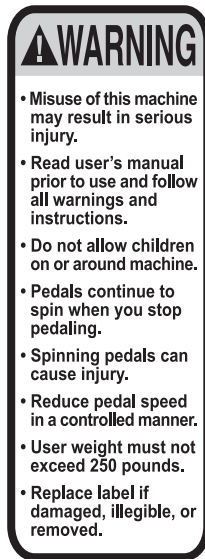
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

TABLE OF CONTENTS

WARNING DECAL PLACEMENT2
IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
ASSEMBLY5
HOW TO USE THE EXERCISE CYCLE8
MAINTENANCE AND TROUBLESHOOTING10
EXERCISE GUIDELINES11
PART LIST14
EXPLODED DRAWING15
ORDERING REPLACEMENT PARTSBack Cover
LIMITED WARRANTYBack Cover

WARNING DECAL PLACEMENT

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



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 cycle before using your exercise cycle. 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 the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Your exercise cycle is intended for home use only. Do not use your exercise cycle in a commercial, rental, or institutional setting.
4. Keep your exercise cycle indoors, away from moisture and dust. Place your exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise cycle at all times.
7. Your exercise cycle should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection while exercising.
9. When adjusting the seat, insert the seat pin into one of the holes in the seat post. Do not insert the seat pin under the seat post.
10. Keep your back straight while using your exercise cycle; do not arch your back.
11. When you stop exercising, allow the pedals to slowly come to a stop.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. Use your exercise cycle only as described in this manual.

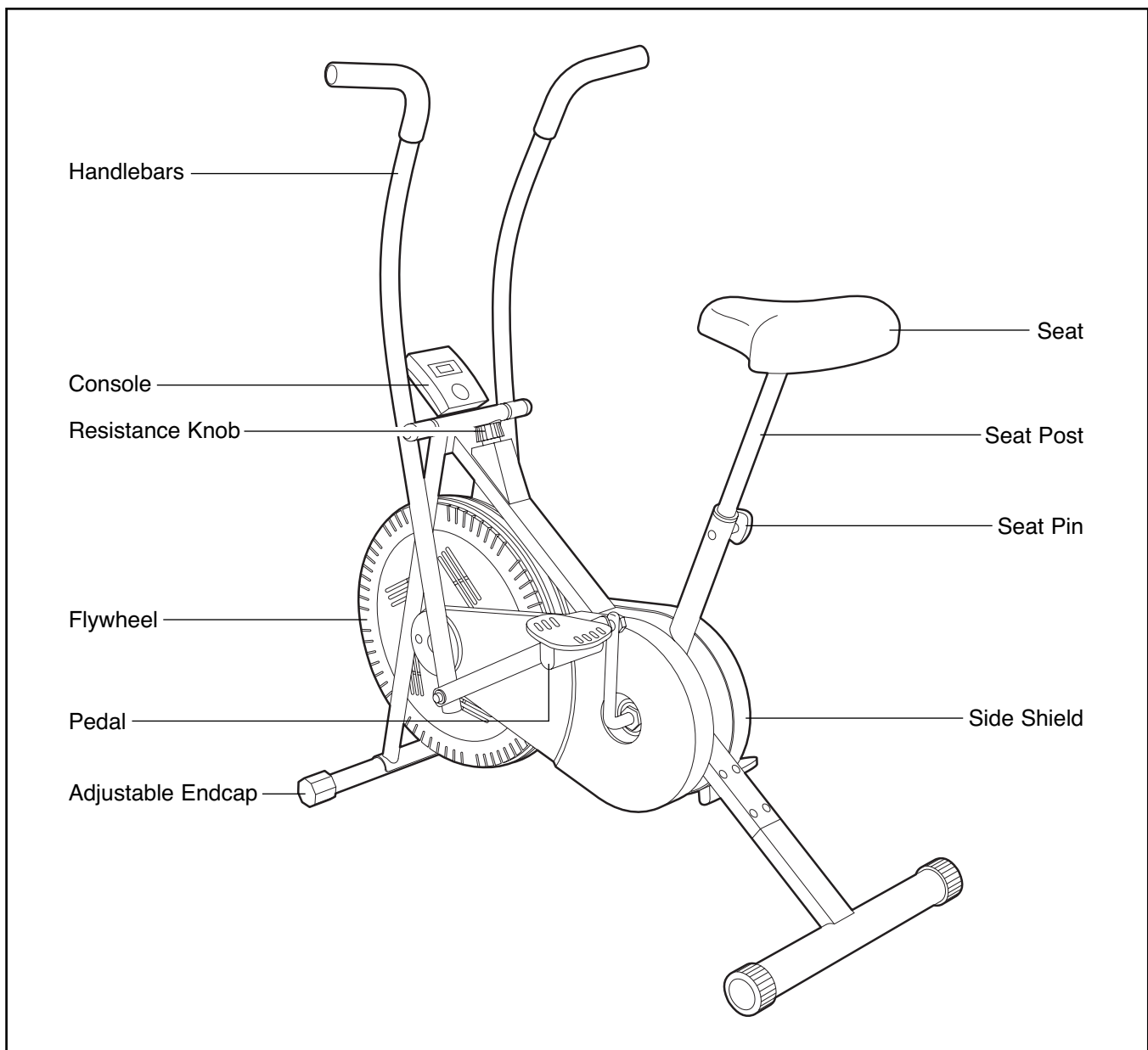
BEFORE YOU BEGIN

Thank you for selecting the new WESLO PURSUIT® E 28 exercise cycle. The PURSUITE 28 exercise cycle blends advanced engineering with contemporary styling to provide you with effective, low-impact workouts in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting

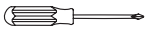

us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



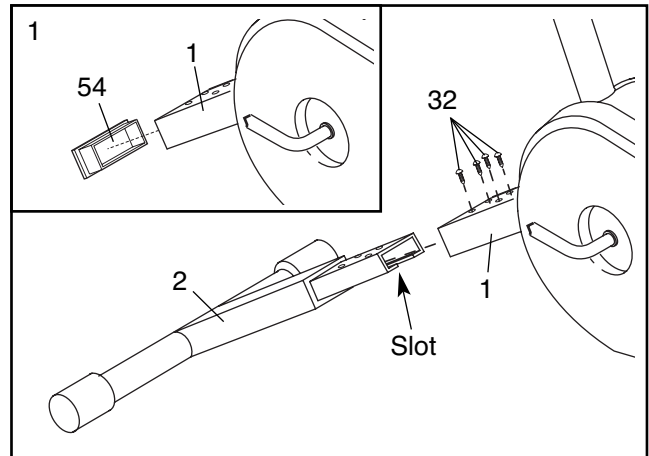
ASSEMBLY

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

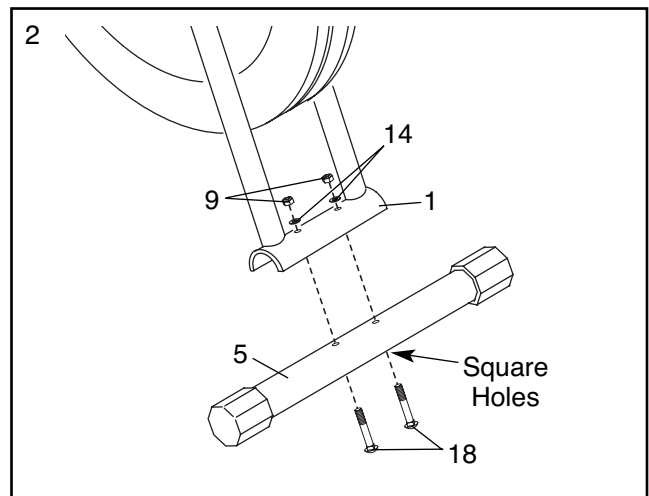
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included hex tools, assembly requires your own Phillips screwdriver**  **and adjustable wrench**  . A small amount of liquid soap is also required.

1. See the inset drawing. Remove the Shipping Insert (54) from the Frame (1) and discard it.

Turn the Rear Stabilizer (2) so that the slot faces downward, and insert the Rear Stabilizer into the Frame (1). Attach the Rear Stabilizer with four M5 x 10mm Machine Screws (32).



2. Turn the Front Stabilizer (5) so that the square holes face away from the saddle bracket on the front of the Frame (1). Attach the Front Stabilizer with two M8 x 40mm Carriage Bolts (18), two M8 Curved Washers (14), and two M8 Nylon Locknuts (9).

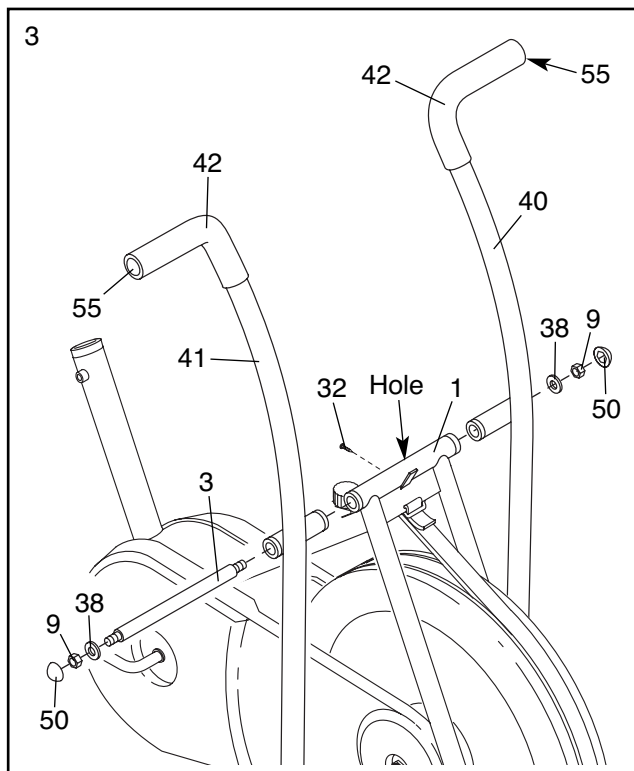


- Remove all parts from the Pivot Axle (3). Insert the Pivot Axle into the Frame (1). Align the hole in the center of the Pivot Axle with the hole in the center of the Frame. Tighten an M5 x 10mm Machine Screw (32) into the Frame and the Pivot Axle.

Slide the Left and Right Handlebars (40, 41) onto the ends of the Pivot Axle (3). Slide an M8 Flat Washer (38) onto each end of the Pivot Axle, and then thread an M8 Nylon Locknut (9) onto each end of the Pivot Axle. Tighten each Nylon Locknut until at least two threads on the end of the Pivot Axle extend past the Nylon Locknut. **Make sure that the Handlebars move freely.**

Press a Pivot Endcap (50) onto each end of the Pivot Axle (3).

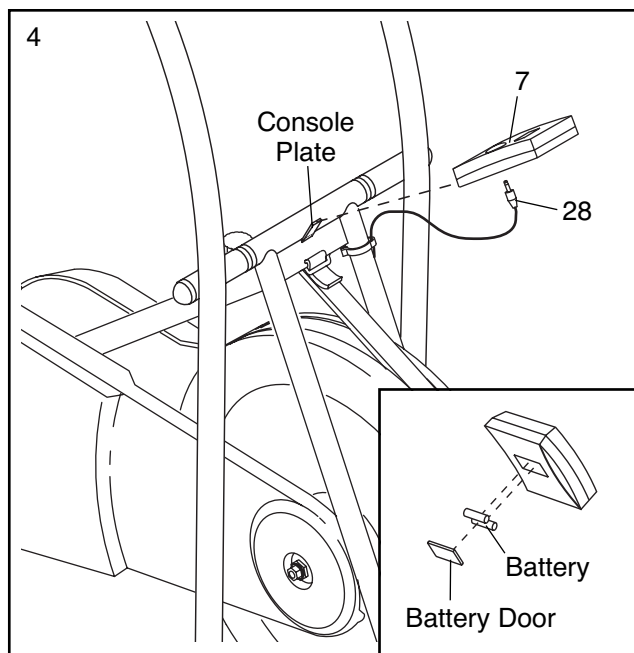
Apply a small amount of liquid soap to the upper end of each Handlebar (40, 41). Slide a Foam Grip (42) onto each Handlebar. Make sure that there is a Handlebar Endcap (55) in each Handlebar.



- The Console (7) requires one “AAA” battery (not included); an alkaline battery is recommended. **IMPORTANT: If the exercise cycle has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** See the inset drawing. Remove the battery door from the back of the Console and insert the battery into the Console. **Make sure that the battery is oriented as shown by the diagram inside the battery compartment.** Then, reattach the battery door.

Next, plug the Reed Switch Wire (28) fully into the socket on the back of the Console (7).

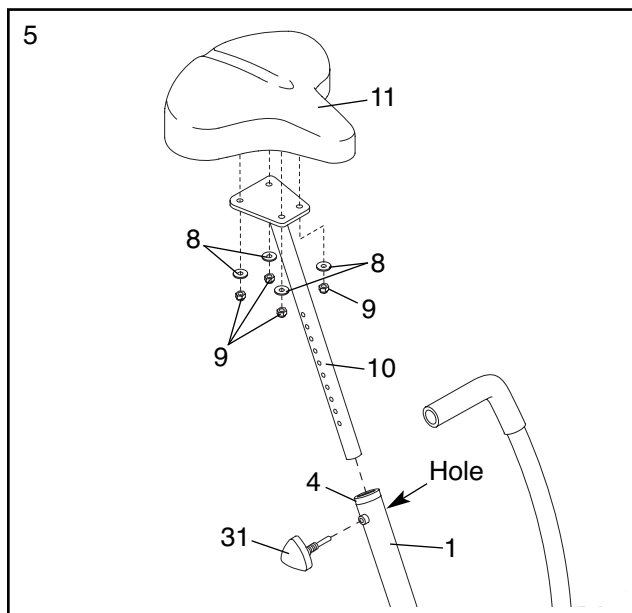
Slide the Console (7) onto the console plate. Note: The Console is held by friction; it does not snap into place.



5. Attach the Seat (11) to the Seat Post (10) with four M8 Nylon Locknuts (9) and four M8 Spring Washers (8). Note: The Nylon Locknuts and Spring Washers may be pre-attached to the Seat.

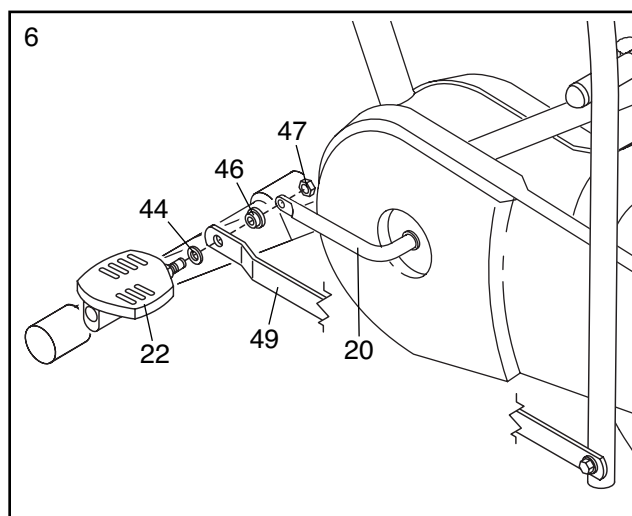
Press the Frame Bushing (4) into the Frame (1). (Note: The Frame Bushing may be pre-assembled.) Next, insert the Seat Post (10) into the Frame.

Align one of the holes in the Seat Post (10) with the hole in the Frame (1). Insert the Seat Pin (31) into the Frame and the Seat Post. **Make sure that the Seat Pin is inserted into one of the holes in the Seat Post; do not insert the Seat Pin under the Seat Post.** Tighten the Seat Pin into the Frame.



6. Identify the Right Pedal (22), which is marked with an "R" sticker. Remove only the Right Pedal Nut (47) and the Pedal Bushing (46) from the Right Pedal. Next, insert the shaft of the Right Pedal into the right Pedal Arm (49). Slide the Pedal Bushing onto the Right Pedal, and position the Pedal Bushing so that it slides into the Pedal Arm. Tighten the shaft of the Right Pedal *clockwise* into the right arm of the Crank (20) as firmly as possible. Then, tighten the Pedal Nut *clockwise* onto the Right Pedal. **Make sure that the Right Pedal and the Pedal Nut are tightened as firmly as possible.**

Repeat this step to attach the Left Pedal (not shown), turning the Left Pedal and the Left Pedal Nut (not shown) *counterclockwise*.

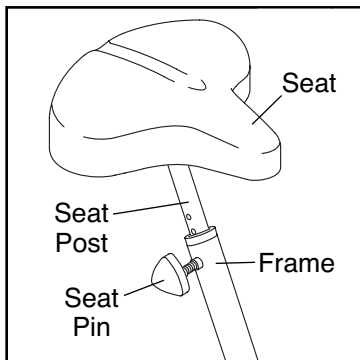


7. **Make sure that all parts are properly tightened before you use the exercise cycle. Note: Some hardware may be left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet from damage.

HOW TO USE THE EXERCISE CYCLE

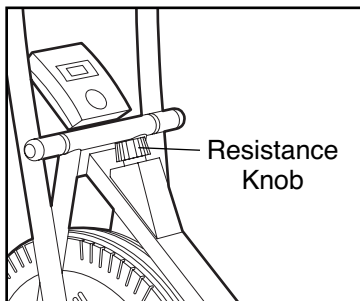
HOW TO ADJUST THE SEAT

For effective exercise, the seat must be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the seat, first hold the seat and turn the seat pin counterclockwise to remove it. Next, align a different hole in the seat post with the hole in the frame, and insert the seat pin into the frame and the seat post. **Make sure to insert the seat pin into the seat post; do not insert the seat pin under the seat post.** Tighten the seat pin into the frame.



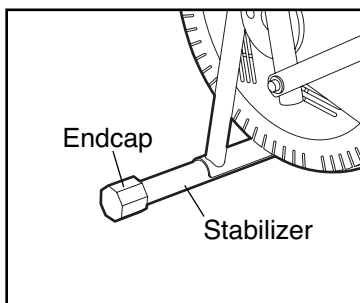
HOW TO ADJUST THE PEDALING RESISTANCE

To vary the intensity of your exercise, you can adjust the pedaling resistance. To increase the resistance, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise.



LEVELING THE EXERCISE CYCLE

The exercise cycle features adjustable endcaps on the front stabilizer. If the exercise cycle rocks on your floor, turn one or both of the endcaps until the rocking motion is eliminated.

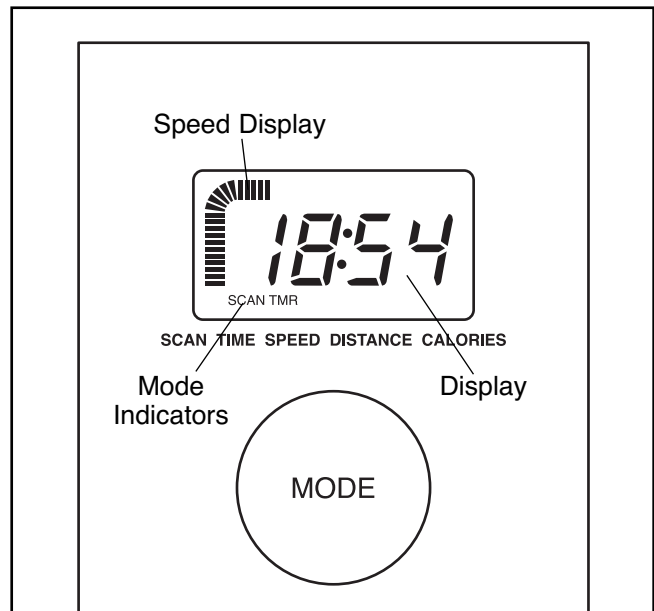


BATTERY INSTALLATION

Before the console can be operated, one “AAA” battery must be installed. If you have not installed a battery, see assembly step 4 on page 6.

DESCRIPTION OF THE CONSOLE

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



- Scan mode—Displays the speed, time, distance, and calories modes, for five seconds each, in a repeating cycle.
- Time mode—Displays the elapsed time. Note: If you stop pedaling for five seconds or longer, the time mode will pause and a stop symbol will appear in the upper right-hand corner of the display.
- Speed mode—Displays your pedaling speed, in miles per hour.
- Distance mode—Displays the total distance you have pedaled, in miles.
- Calories mode—Displays the approximate number of calories you have burned.

Note: The console also features a speed display. As you increase your pedaling speed, additional indicators will appear in the bar.

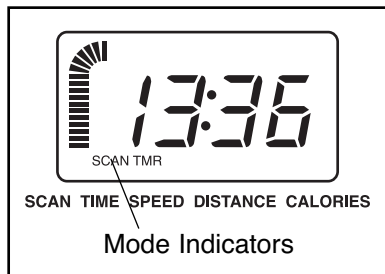
HOW TO OPERATE THE CONSOLE

Note: If there is a sheet of clear plastic on the face of the console, remove it before operating the console.

1. To turn on the power, press the mode button or simply begin pedaling. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for operation.
2. Select one of the five modes:

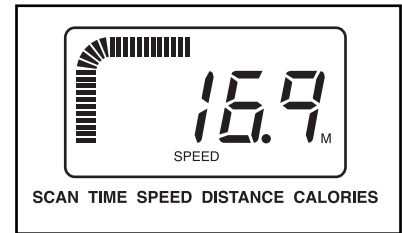
Scan mode—

When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the mode button.



Time, speed, distance, or 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 that the scan mode is not selected.



3. To reset the display, hold down the mode button for two seconds. After the display is reset, the scan mode will be selected.
4. To turn off the power, simply wait for about four minutes. **Note: The console has an “auto-off” feature. If the pedals do not move and the mode button is not pressed for a few minutes, the power will turn off automatically to conserve the battery.**

MAINTENANCE AND TROUBLESHOOTING

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

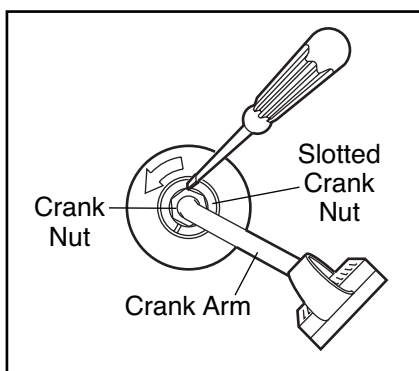
The exercise cycle can be cleaned with a soft, damp cloth. Avoid spilling liquid on the console. Keep the console out of direct sunlight or the display may be damaged. Remove the battery when storing the exercise cycle.

BATTERY REPLACEMENT

If the console does not function properly, the battery should be replaced. See assembly step 4 on page 6. In addition, make sure that the reed switch wire is plugged fully into the console.

HOW TO TIGHTEN THE CRANK

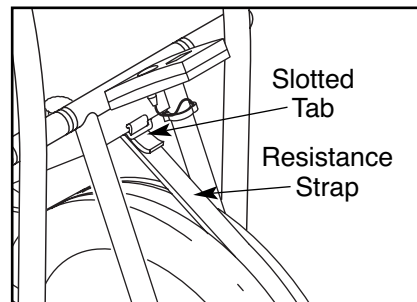
If the arms of the crank become loose, they should be tightened in order to prevent excessive wear. Loosen the crank nut on the left arm of the crank.



Place the end of a standard screwdriver in one of the slots in the slotted crank nut. Lightly tap the screwdriver with a hammer to turn the slotted crank nut counter-clockwise until the arms are no longer loose. **Do not overtighten the slotted crank nut.** When the slotted crank nut is properly tightened, retighten the crank nut.

HOW TO ADJUST THE RESISTANCE STRAP

If there is not enough pedaling resistance when the resistance knob is turned to the highest setting, the resistance strap may need to be adjusted. To adjust the resistance strap, first turn the resistance knob counter-clockwise to the lowest setting. Next, locate the slotted tab on the front of the exercise cycle.

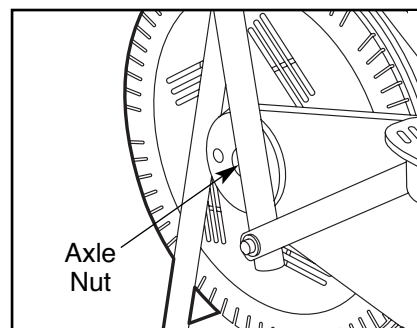


Grip the longest part the resistance strap underneath the slotted tab and pull it towards the slot. When a little slack is created, pull the end of the resistance strap tight. Turn the crank for a moment to make sure that there is not too much resistance.

HOW TO ADJUST THE CHAIN

The exercise cycle features a chain that must be kept properly adjusted. If the chain causes excessive noise or slips as you pedal, the chain should be adjusted.

To tighten the chain, loosen, but do not remove, the axle nuts on both sides of the flywheel. Pull the flywheel forward slightly. Make sure that the flywheel is straight and retighten the axle nuts.



EXERCISE GUIDELINES

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

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, maximum 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	

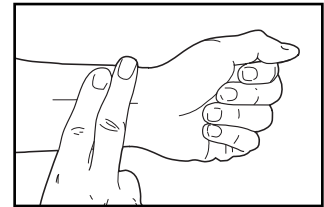
To find the proper intensity level, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown.



Take a six-second heartbeats count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeats count is 14, your heart rate is 140 beats per minute.

WORKOUT GUIDELINES

Warm-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.

Cool-down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and will help 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.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

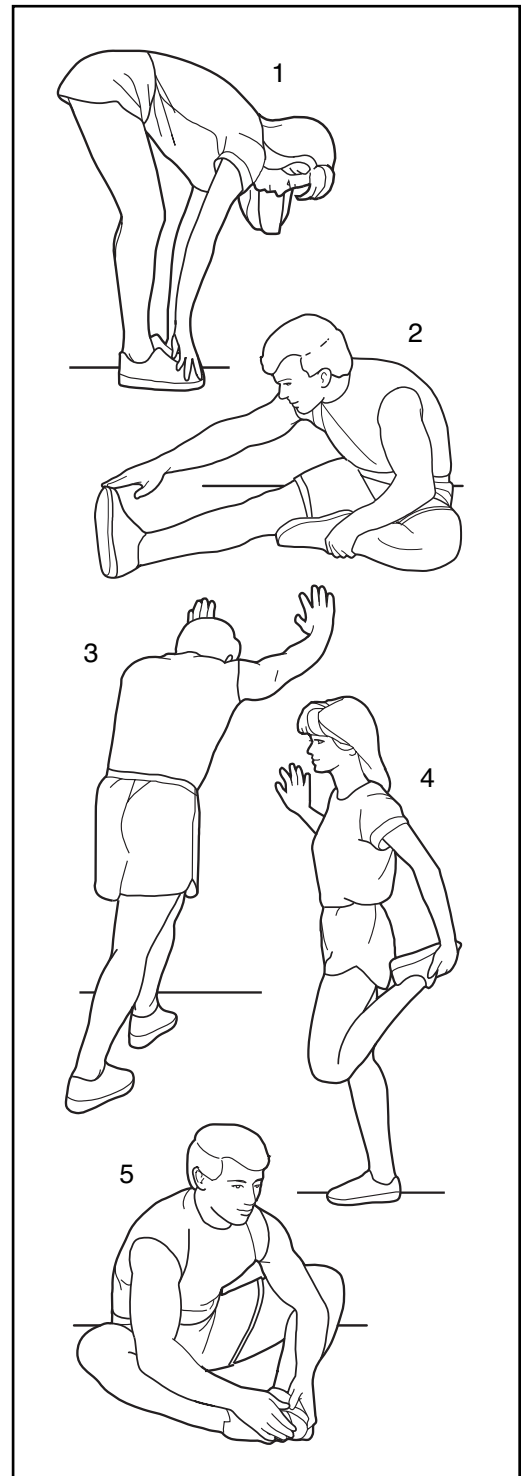
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



NOTES

PART LIST—Model No. WLEX70907.0

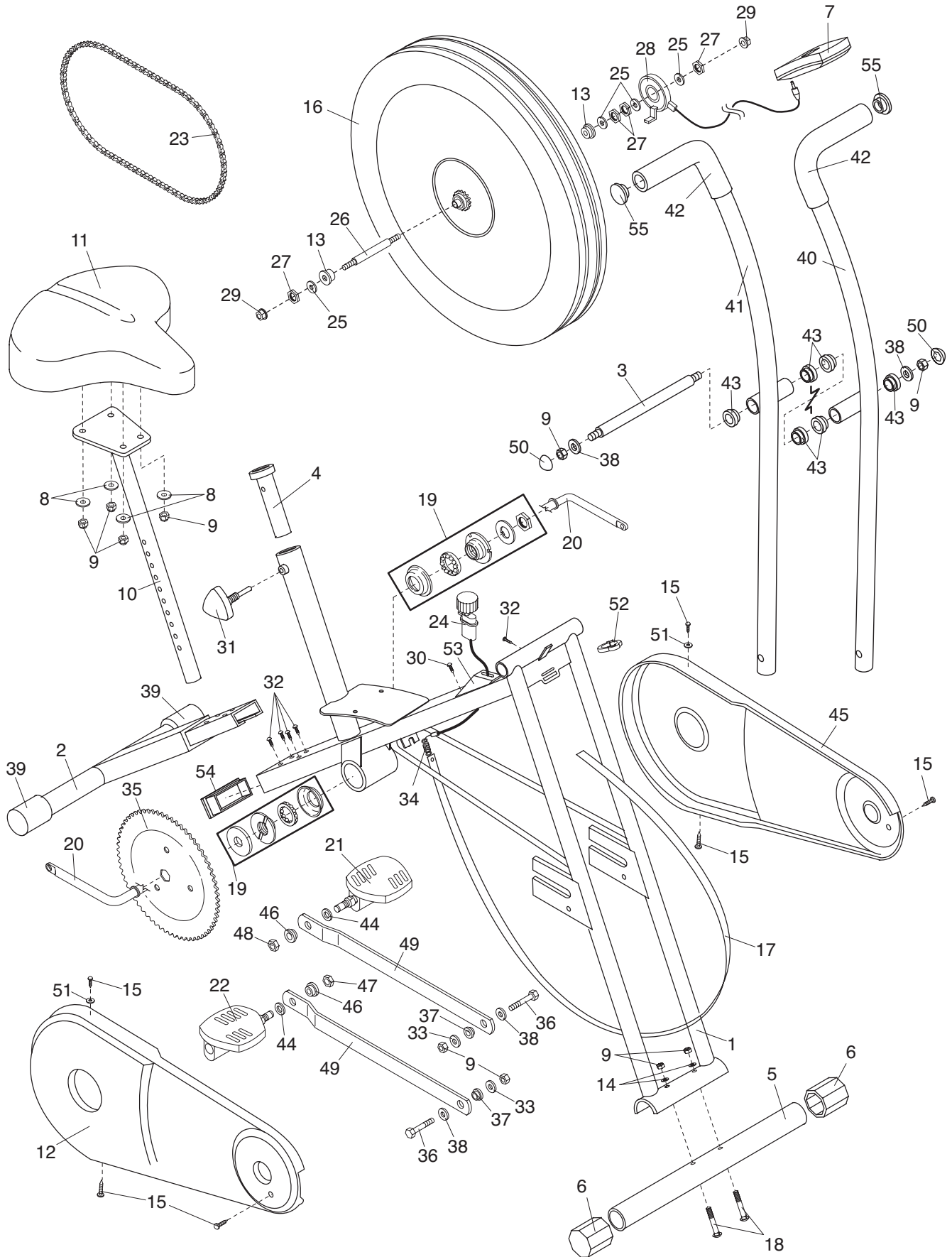
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	30	1	M5 x 15mm Screw
2	1	Rear Stabilizer	31	1	Seat Pin
3	1	Pivot Axle	32	5	M5 x 10mm Machine Screw
4	1	Frame Bushing	33	2	M8 Custom Flat Washer
5	1	Front Stabilizer	34	1	Resistance Spring
6	2	Adjustable Endcap	35	1	Sprocket
7	1	Console	36	2	M8 x 43mm Bolt
8	4	M8 Spring Washer	37	2	Pedal Arm Bushing
9	10	M8 Nylon Locknut	38	4	M8 Flat Washer
10	1	Seat Post	39	2	Round Endcap
11	1	Seat	40	1	Left Handlebar
12	1	Right Side Shield	41	1	Right Handlebar
13	2	Bronze Bushing	42	2	Foam Grip
14	2	M8 Curved Washer	43	6	Pivot Bushing
15	6	M5 x 10mm Self-tapping Screw	44	2	1/2" Flat Washer
16	1	Flywheel	45	1	Left Side Shield
17	1	Resistance Strap	46	2	Pedal Bushing
18	2	M8 x 40mm Carriage Bolt	47	1	Right Pedal Nut
19	1	Crank Bearing Assembly	48	1	Left Pedal Nut
20	1	Crank	49	2	Pedal Arm
21	1	Left Pedal	50	2	Pivot Endcap
22	1	Right Pedal	51	2	M5 Flat Washer
23	1	Chain	52	1	Wire Clip
24	1	Resistance Cable/Knob	53	1	Resistance Control Housing
25	4	7/16" Flat Washer	54	1	Shipping Insert
26	1	Flywheel Axle	55	2	Handlebar Endcap
27	4	3/8" Axle Nut	*	—	User's Manual
28	1	Reed Switch/Wire	*	—	13mm/15mm Multi-purpose Tool
29	2	3/8" Axle Nut	*	—	13mm/19mm Multi-purpose Tool

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

EXPLODED DRAWING—Model No. WLEX70907.0

R0607A



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

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of 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 replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized 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 in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or 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; products used for commercial or rental purposes; or products used as store display models. 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, 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 is limited in its 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 which vary from state to state.