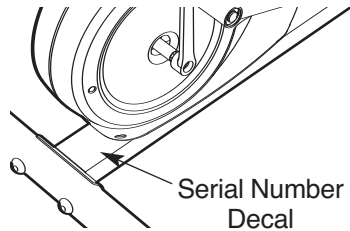


WESLO®

momentum 410

Model No. WLEVEL1186.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

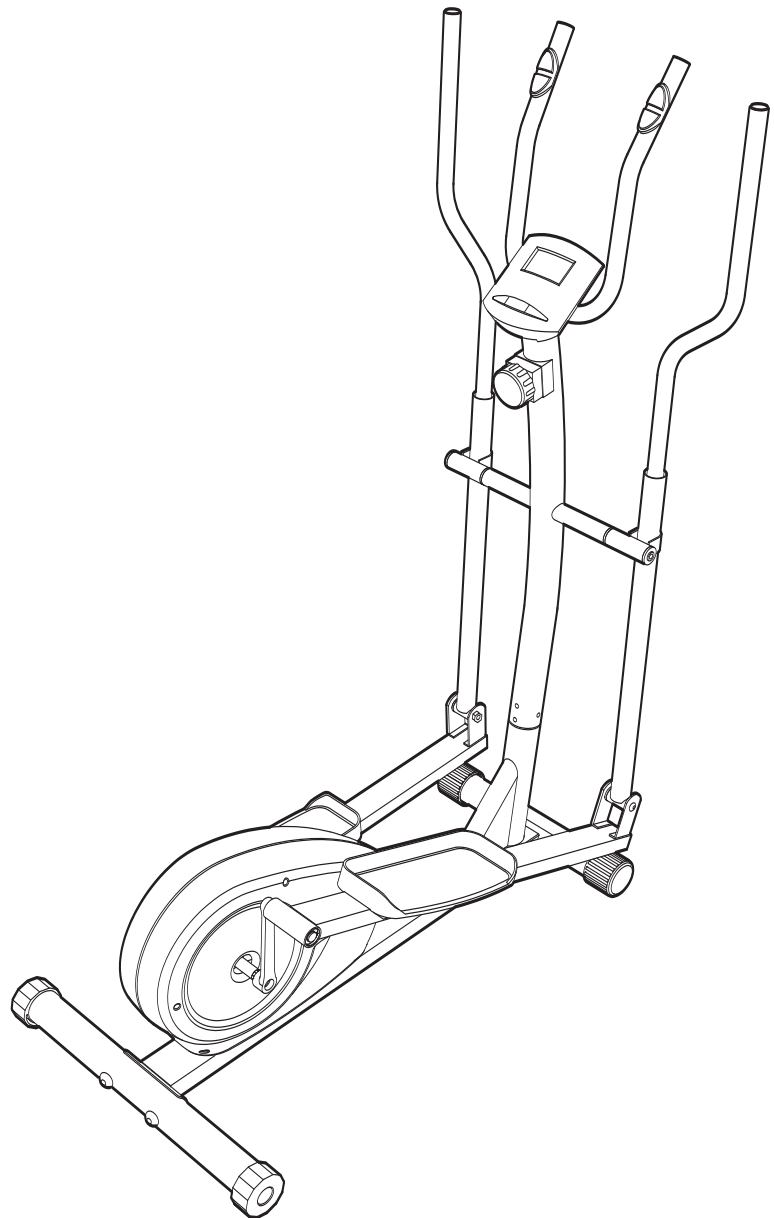
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com



⚠ CAUTION

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



Visit our website at

www.iconeurope.com

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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 113 kg (250 lbs).
8. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
9. Hold the handlebars when mounting, dismounting, or using the elliptical exerciser.
10. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. Keep your back straight when using the elliptical exerciser; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. When you stop exercising, allow the pedals to slowly come to a stop.

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

BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® MOMENTUM 410 elliptical exerciser. The MOMENTUM 410 elliptical exerciser is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique MOMENTUM 410 features adjustable resistance and a simple-to-use console to help you get the most from your exercise.

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

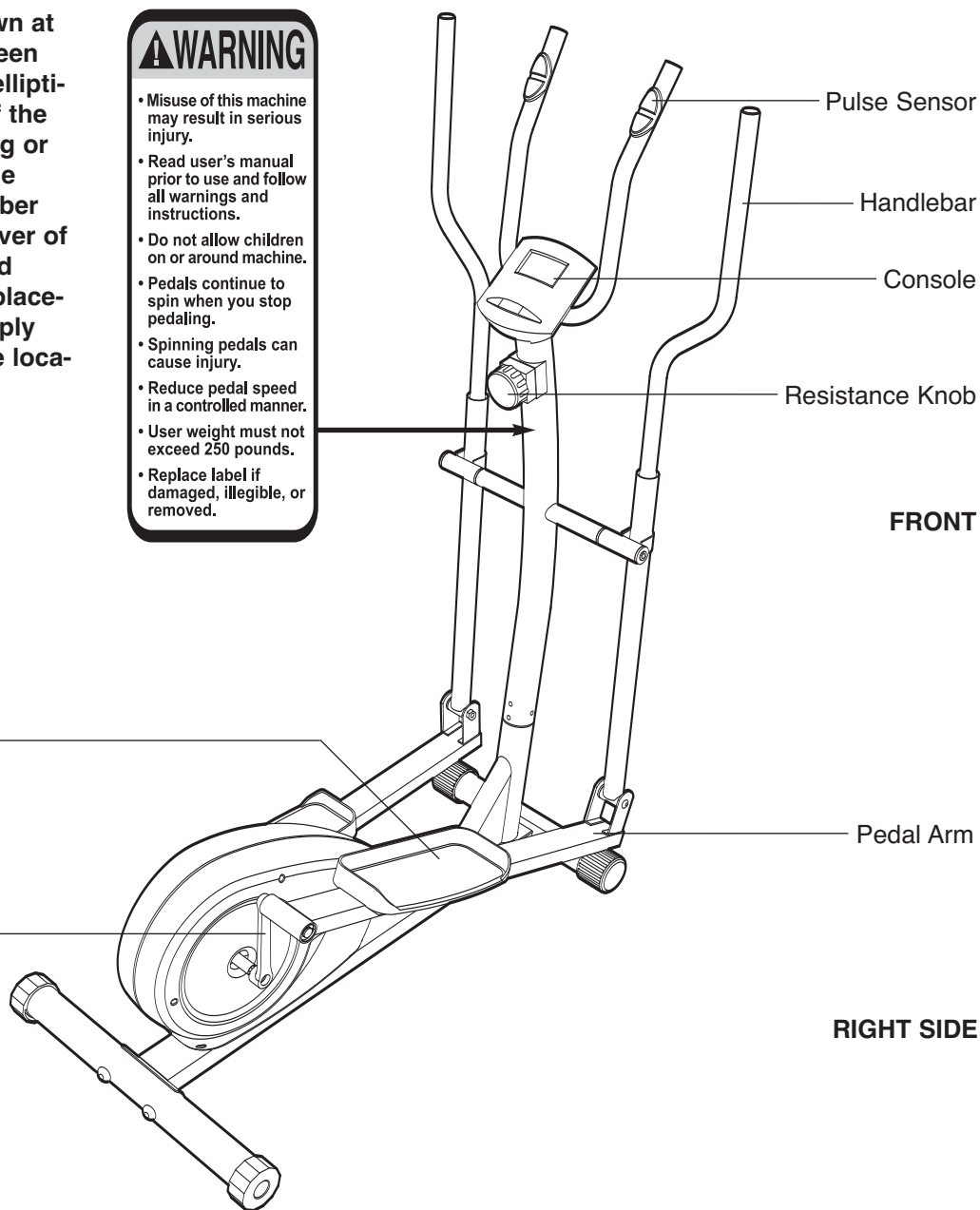
tions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is WLEVEL1186.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

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





The decal shown at the right has been placed on the elliptical exerciser. If the decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

WARNING

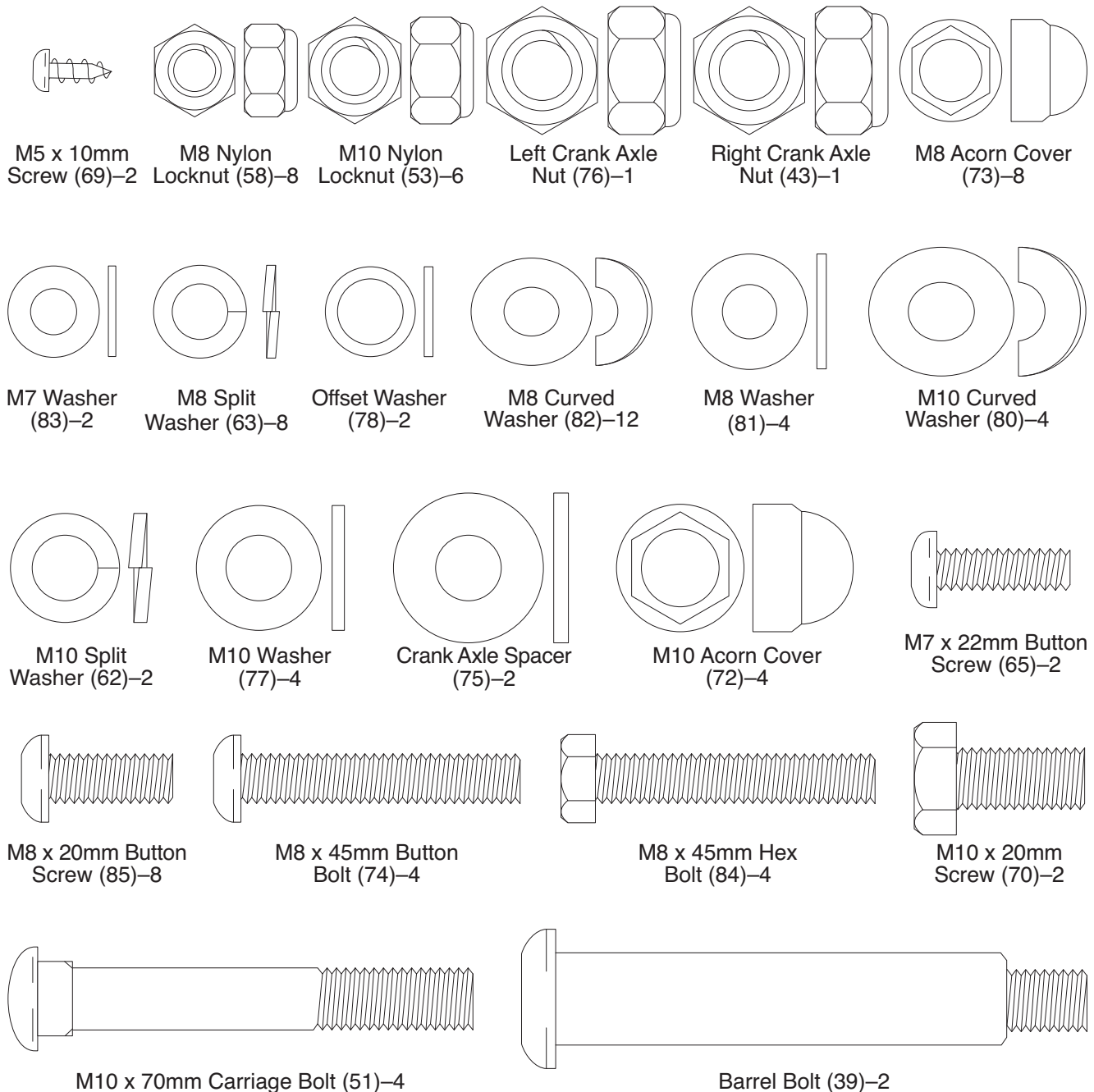
- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.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



ASSEMBLY

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

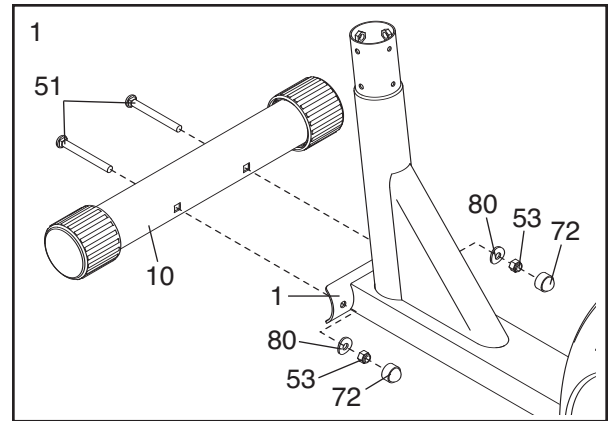
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled.**



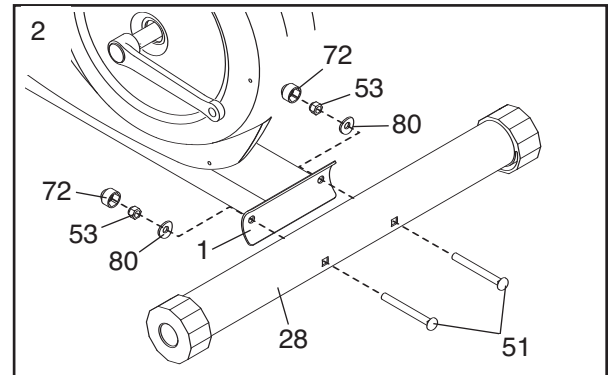
1.

To make assembly easier, read the information on page 4 before you begin assembling the elliptical exerciser.

Identify the Front Stabilizer (10), which is narrower than the Rear Stabilizer (not shown). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 70mm Carriage Bolts (51), two M10 Curved Washers (80), and two M10 Nylon Locknuts (53). Then, press an M10 Acorn Cover (72) onto each Nylon Locknut.



2. While another person lifts the back of the Frame (1), attach the Rear Stabilizer (28) to the Frame with two M10 x 70mm Carriage Bolts (51), two M10 Curved Washers (80), and two M10 Nylon Locknuts (53). Then, press an M10 Acorn Cover (72) onto each Nylon Locknut.

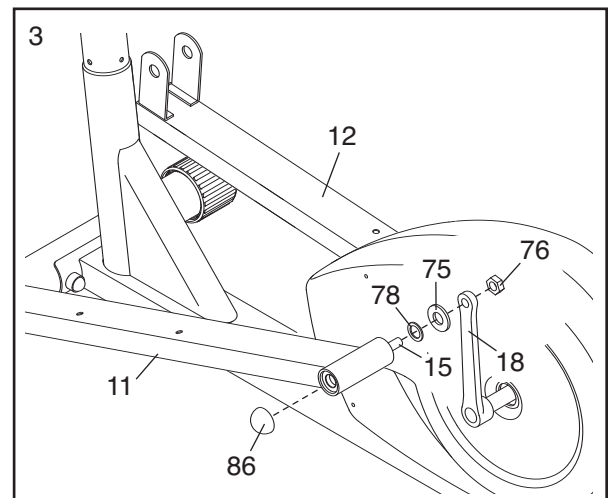


3. Identify the Left Pedal Arm (11), which is marked with a "Left" sticker. Note: All the hardware used in this step comes attached to the Left Pedal Arm.

Remove the Left Crank Axle Nut (76) from the Left Crank Axle (15). Make sure an Offset Washer (78) and a Crank Axle Spacer (75) are on the Left Crank Axle.

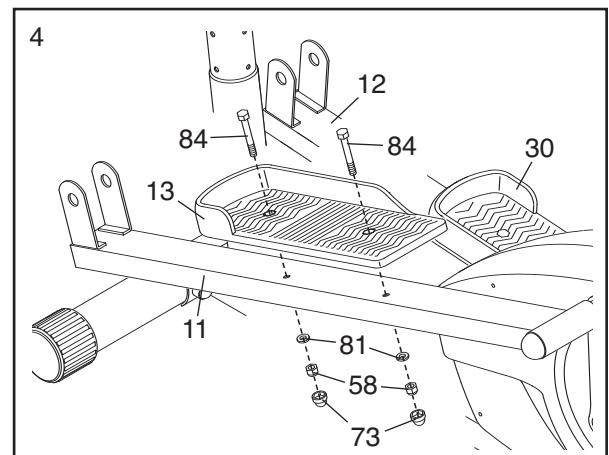
Tighten the Left Crank Axle (15) into the Left Crank Arm (18). Next, tighten the Left Crank Axle Nut (76) onto the Left Crank Axle. Then, press an M12 Axle Cap (86) onto the outside end of the Left Crank Axle.

Repeat this step for the Right Pedal Arm (12) and the Right Crank Arm (not shown).



4. Identify the Left Pedal (13), which is marked with a "Left" sticker. Attach the Left Pedal to the Left Pedal Arm (11) with two M8 x 45mm Hex Bolts (84), two M8 Washers (81), two M8 Nylon Locknuts (58), and two M8 Acorn Covers (73).

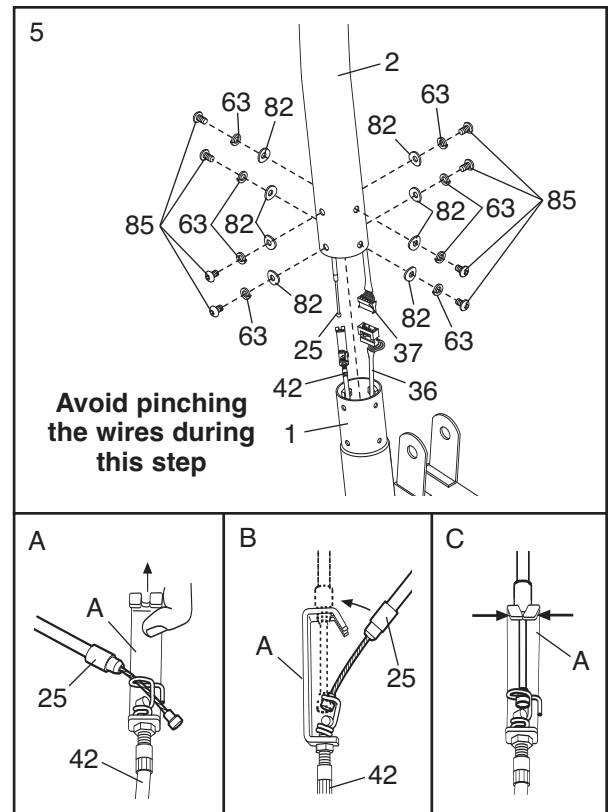
Repeat this step for the Right Pedal (30) and the Right Pedal Arm (12).



5. While another person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (37) to the Lower Wire Harness (36). Next, connect the Resistance Cable (25) to the Lower Resistance Cable (42) in the following way:

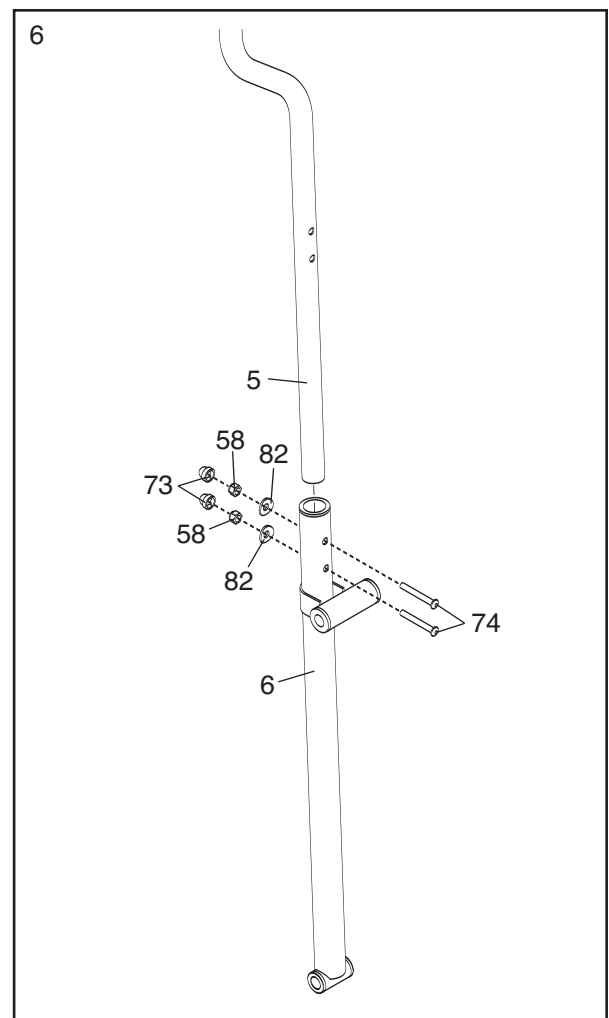
- See drawing A. Pull upward on the metal bracket (A) on the Lower Resistance Cable (42), and insert the tip of the Resistance Cable (25) into the wire clip located inside the metal bracket.
- See drawing B. **Firmly** pull the Resistance Cable (25) and slide it into the metal bracket (A) on the Lower Resistance Cable (42) as shown.
- See drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket (A) together.

Push the excess wire downward into the Frame (1). Next, slide the Upright (2) onto the Frame. **Be careful not to pinch the wires.** Attach the Upright with eight M8 x 20mm Button Screws (85), eight M8 Split Washers (63), and eight M8 Curved Washers (82).



6. Orient a Handlebar (5) and a Handlebar Leg (6) as shown. Insert the Handlebar into the Handlebar Leg. Attach the Handlebar with two M8 x 45mm Button Bolts (74), two M8 Curved Washers (82), two M8 Nylon Locknuts (58), and two M8 Acorn Covers (73).

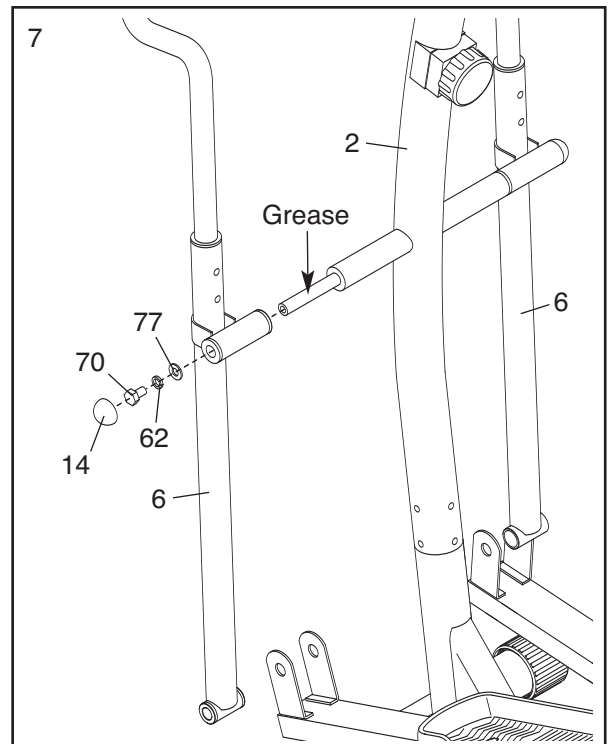
Repeat this step for the other Handlebar (not shown) and the other Handlebar Leg (not shown).



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

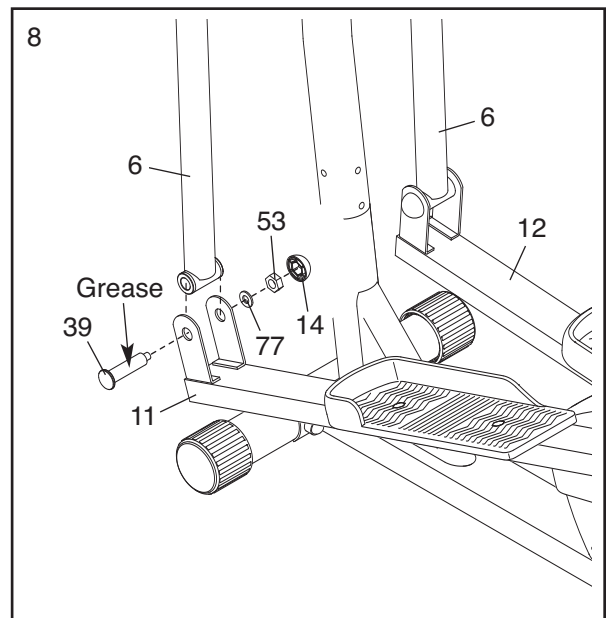
Slide a Handlebar Leg (6) onto the left axle on the Upright (2) as shown. Attach the Handlebar Leg with an M10 x 20mm Screw (70), an M10 Split Washer (62), and an M10 Washer (77). Then, press an M10 Axle Cap (14) onto the Screw.

Repeat this step for the other Handlebar Leg (6) on the right side of the elliptical exerciser.



8. Apply a small amount of grease to a Barrel Bolt (39). Next, hold the lower end of the left Handlebar Leg (6) inside the bracket on the Left Pedal Arm (11). Attach the Left Pedal Arm to the left Handlebar Leg with the Barrel Bolt, an M10 Washer (77) and an M10 Nylon Locknut (53). **Do not overtighten the Nylon Locknut; the Handlebar Leg must pivot freely.** Then, press an M10 Axle Cap (14) onto the end of the Barrel Bolt.

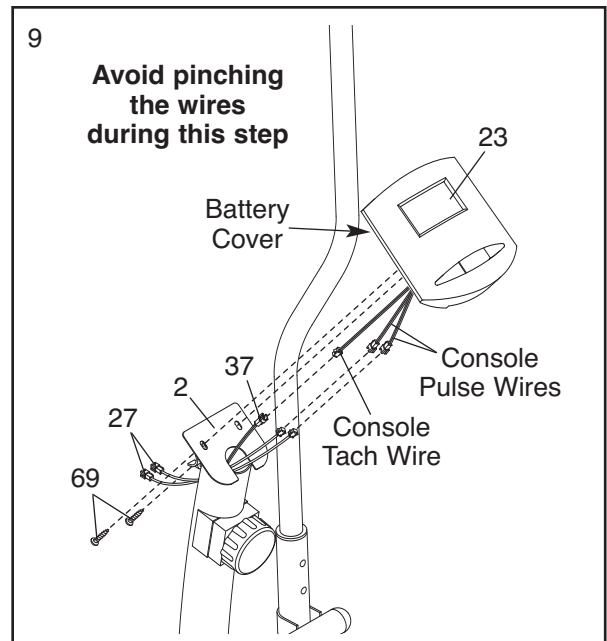
Attach the right Handlebar Leg (6) to the Right Pedal Arm (12) in the same way.



9. The Console (23) requires two 1.5 V “AA” batteries. Remove the battery cover from the back of the Console and insert two batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

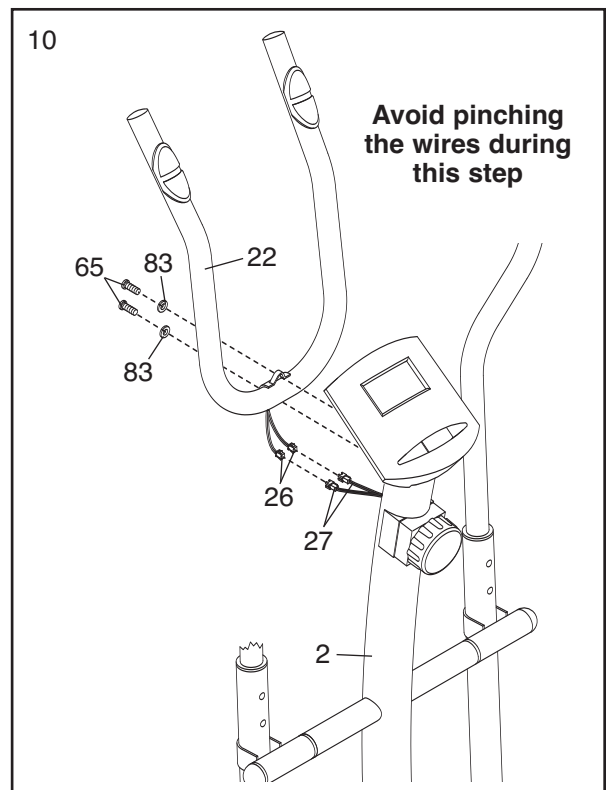
Have another person hold the Console (23) near the Upright (2). Connect the console tach wire, which is marked with a tag, to the Upper Wire Harness (37). Then, connect the two console pulse wires to the two Extension Pulse Wires (27).

Insert the excess wires downward into the Upright (2). Attach the Console (23) to the Upright with two M5 x 10mm Screws (69). **Be careful to avoid pinching the wires.**



10. While another person holds the Pulse Bar (22) near the Upright (2), connect the Pulse Wires (26) to the Extension Pulse Wires (27). Insert the excess wire into the Pulse Bar.

Attach the Pulse Bar (22) to the Upright (2) with two M7 x 22mm Button Screws (65) and two M7 Washers (83). **Be careful to avoid pinching the wires.**

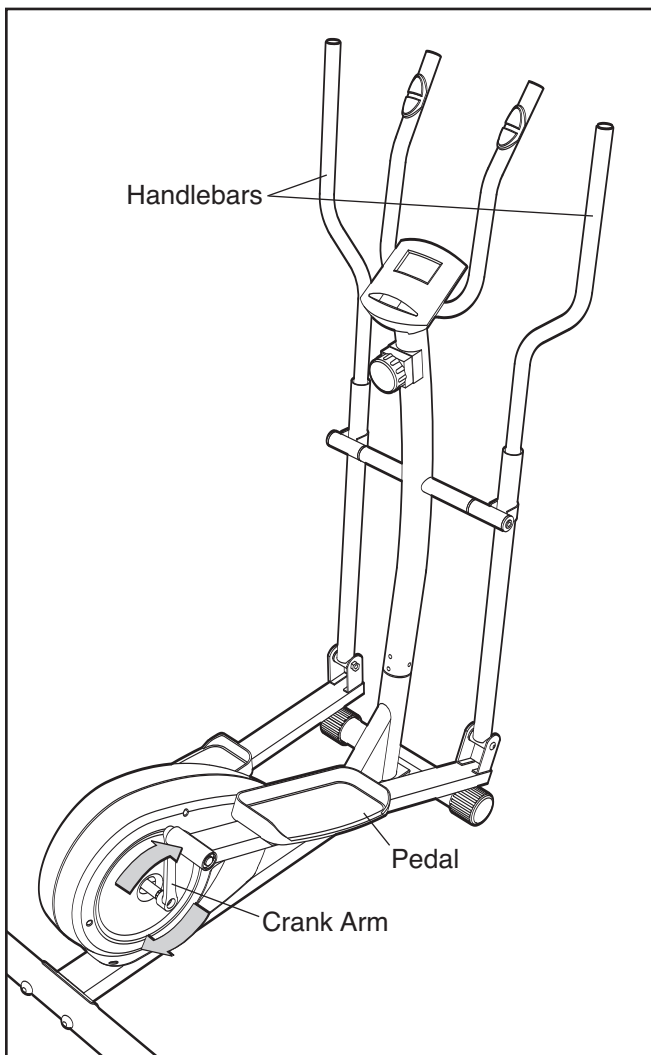


11. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

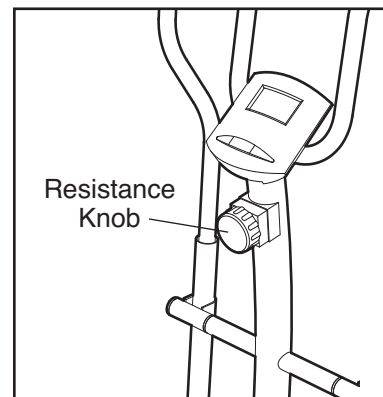
To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arms can turn in either direction. It is recommended that you move the crank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



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

HOW TO ADJUST THE PEDALING RESISTANCE

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

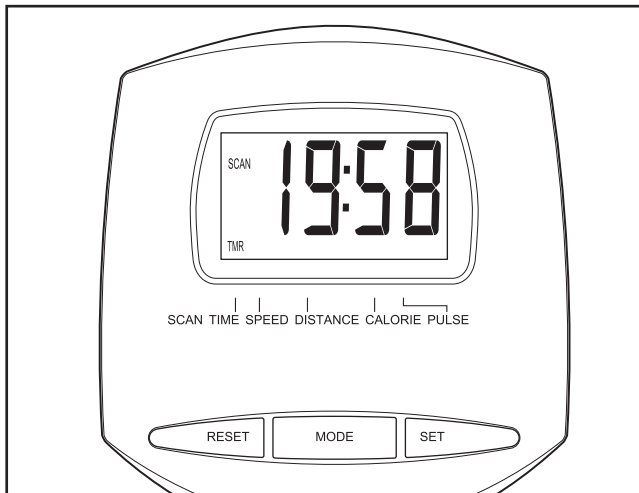


HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor, turn one or both of the endcaps on the rear stabilizer until the rocking motion is eliminated.

FEATURES OF THE CONSOLE

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



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

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

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

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

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

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

HOW TO USE THE CONSOLE

Make sure that the console has batteries (see assembly step 9 on page 8). If there is a sheet of clear plastic on the face of the console, remove it.

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

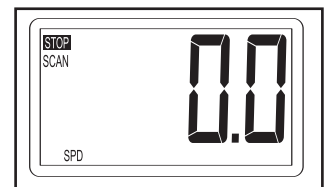
Follow the steps below to operate the console.

1. Turn on the console.

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

2. Set a workout goal, if desired.

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



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



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

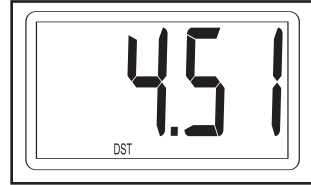


3. Select a mode.

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



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



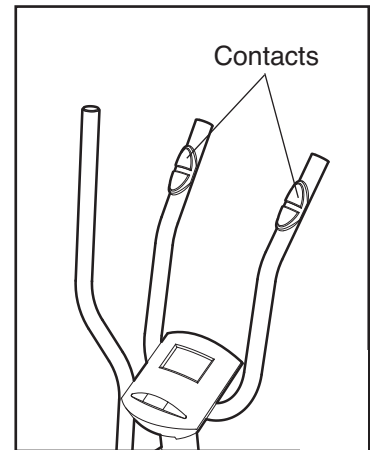
Note: To reset the time, distance, or calorie modes, first make sure that the word STOP appears in the display. Next, press the MODE button until the letters TMR, DST, or CAL appear in the display. Make sure that the word SCAN does not appear. Then, press the RESET button.

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

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

5. Measure your heart rate, if desired.

If there are sheets of clear plastic on the metal contacts of the handgrip pulse sensor, remove the plastic. Place your hands on the handgrip pulse sensor, with your palms on the contacts. **Avoid moving your hands.** When your pulse is detected, your heart rate will appear in the display.



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

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

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

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

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

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

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

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 9 on page 8.

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor, turn one or both of the endcaps on the rear stabilizer until the rocking motion is eliminated.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

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

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

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

Fat Burning

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

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

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

PART LIST—Model No. WLEVEL1186.0

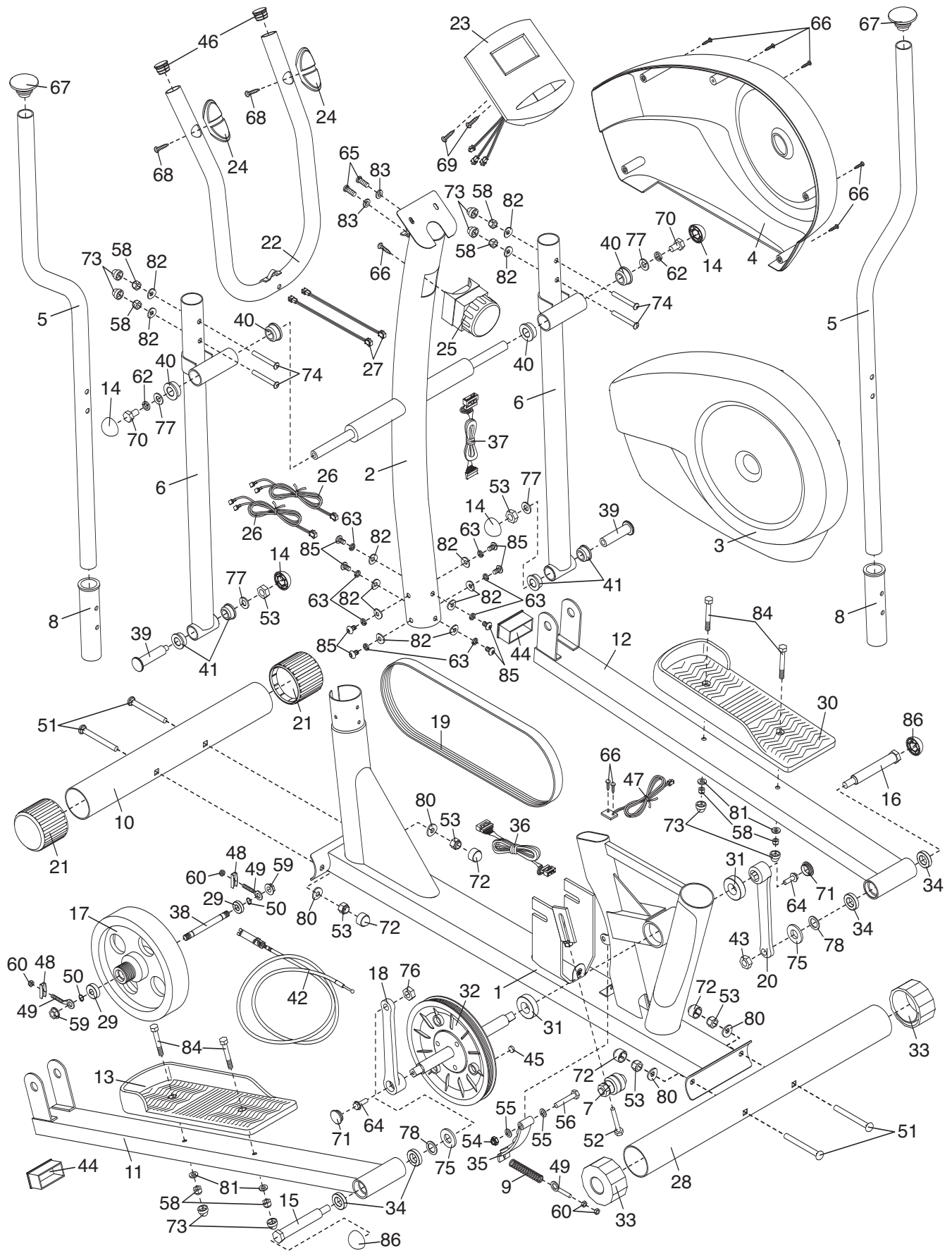
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	47	1	Reed Switch/Wire
2	1	Upright	48	2	“U” Bracket
3	1	Left Side Shield	49	3	Eye Bolt
4	1	Right Side Shield	50	2	Flywheel Snap Ring
5	2	Handlebar	51	4	M10 x 70mm Carriage Bolt
6	2	Handlebar Leg	52	1	M8 x 50mm Screw
7	1	Idler Assembly	53	6	M10 Nylon Locknut
8	2	Handlebar Sleeve	54	1	M8 Jam Nut
9	1	Spring	55	2	M8 Washer
10	1	Front Stabilizer	56	1	M8 x 54mm Bolt
11	1	Left Pedal Arm	57	—	Not Used
12	1	Right Pedal Arm	58	8	M8 Nylon Locknut
13	1	Left Pedal	59	2	M10 Flange Nut
14	4	M10 Axle Cap	60	4	M6 Nut
15	1	Left Crank Axle	61	—	Not Used
16	1	Right Crank Axle	62	2	M10 Split Washer
17	1	Flywheel	63	8	M8 Split Washer
18	1	Left Crank Arm	64	2	M8 Flange Screw
19	1	Drive Belt	65	2	M7 x 22mm Button Screw
20	1	Right Crank Arm	66	8	M4 x 25mm Screw
21	2	Front Endcap	67	2	Handlebar Endcap
22	1	Pulse Bar	68	2	M4 x 16mm Screw
23	1	Console	69	2	M5 x 10mm Screw
24	2	Pulse Sensor	70	2	M10 x 20mm Screw
25	1	Resistance Control/Cable	71	2	Crank Endcap
26	2	Pulse Wire	72	4	M10 Acorn Cover
27	2	Extension Pulse Wire	73	8	M8 Acorn Cover
28	1	Rear Stabilizer	74	4	M8 x 45mm Button Bolt
29	2	Flywheel Bearing	75	2	Crank Axle Spacer
30	1	Right Pedal	76	1	Left Crank Axle Nut
31	2	Crank Bearing	77	4	M10 Washer
32	1	Crank/Pulley	78	2	Offset Washer
33	2	Rear Endcap	79	—	Not Used
34	4	Pedal Arm Bearing	80	4	M10 Curved Washer
35	1	“C” Magnet	81	4	M8 Washer
36	1	Lower Wire Harness	82	12	M8 Curved Washer
37	1	Upper Wire Harness	83	2	M7 Washer
38	1	Flywheel Axle	84	4	M8 x 45mm Hex Bolt
39	2	Barrel Bolt	85	8	M8 x 20mm Button Screw
40	4	Pivot Bushing	86	2	M12 Axle Cap
41	4	Handlebar Leg Bushing	#	2	Pulse Bar Foam
42	1	Lower Resistance Cable	#	2	Handlebar Foam
43	1	Right Crank Axle Nut	#	1	Hex Key
44	2	Pedal Arm Endcap	#	1	Grease
45	1	Magnet	#	1	User’s Manual
46	2	Pulse Bar Endcap			

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WLEVEL1186.0

R0107C



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to provide the following information:

- the MODEL NUMBER of the product (WLEVEL1186.0)
- the NAME of the product (WESLO MOMENTUM 410 elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 14 and 15)

WESLO is a registered trademark of ICON IP, Inc.