

**WESLO®**

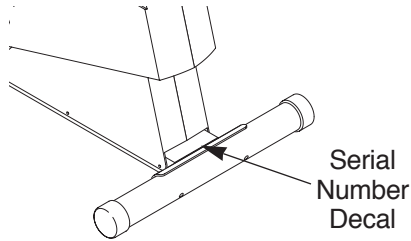
# **pursuit 616s**

**self trainer**

Model No. WLEX09000

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## **USER'S MANUAL**

### **QUESTIONS?**

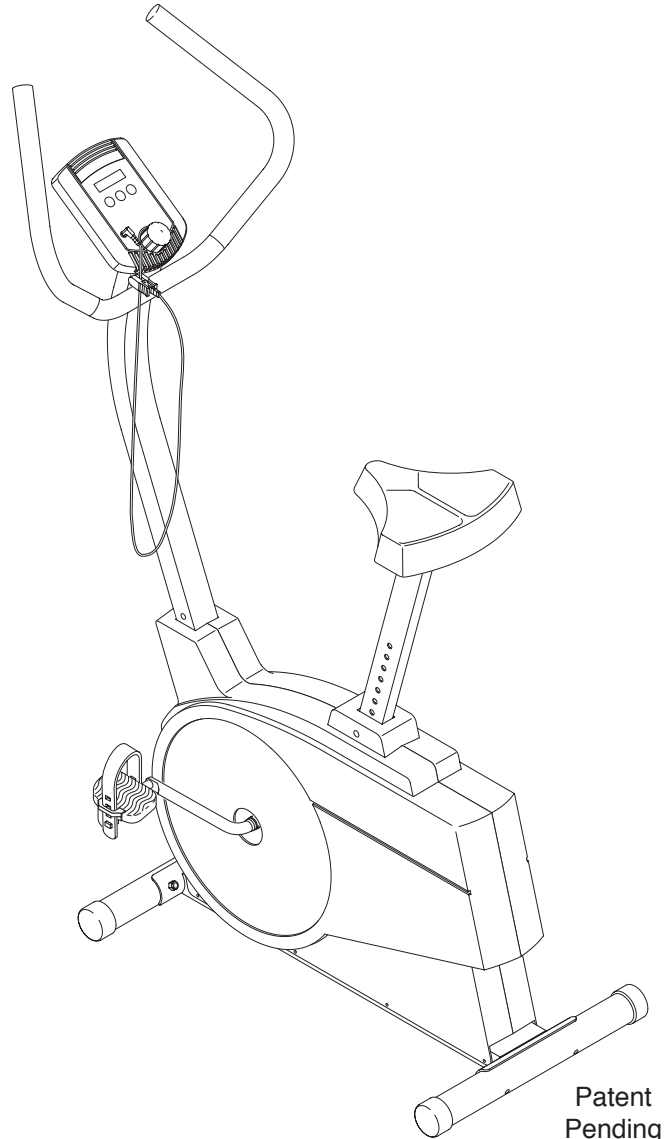
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

**1-800-999-3756**

Mon.ÐFri., 6 a.m.Ð6 p.m. MST



### **CAUTION**

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



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fitness tips, and much more!**

**WESLO®**



**self trainer**

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## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the WESLO™ PURSUIT 616s exercise cycle.

1. Read all instructions in this manual before using the exercise cycle.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions. Use the exercise cycle only as described in this manual.
3. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Cover the floor under the exercise cycle to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the exercise cycle at all times.
6. The exercise cycle should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle.
8. Always wear athletic shoes when using the exercise cycle.
9. Always keep your back straight when using the exercise cycle; do not arch your back.
10. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
11. 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.
12. The exercise cycle is intended for in-home use only. Do not use the exercise cycles in a 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.

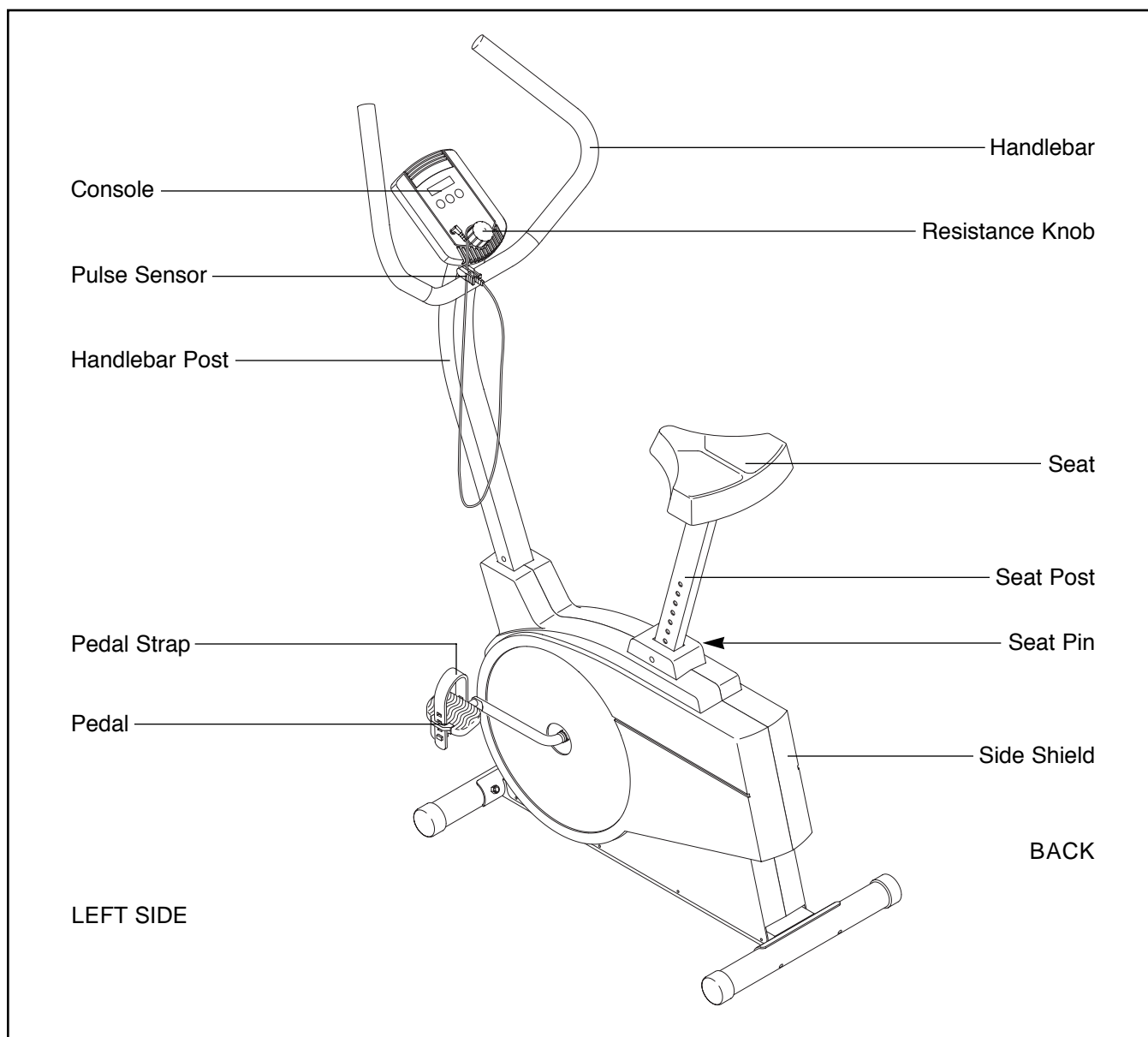
# BEFORE YOU BEGIN

Thank you for selecting the innovative WESLO® PURSUIT 616s exercise cycle. The PURSUIT 616s offers an effective form of low-impact exercise that offers greater cardiovascular benefits and increased muscle toning. And the PURSUIT 616s features adjustable resistance to let you tailor your exercise to the level that's perfect for you.

For your benefit, read this manual carefully before you use the PURSUIT 616s. If you have additional questions, please call our Customer Service



Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is WLEX09000. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

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

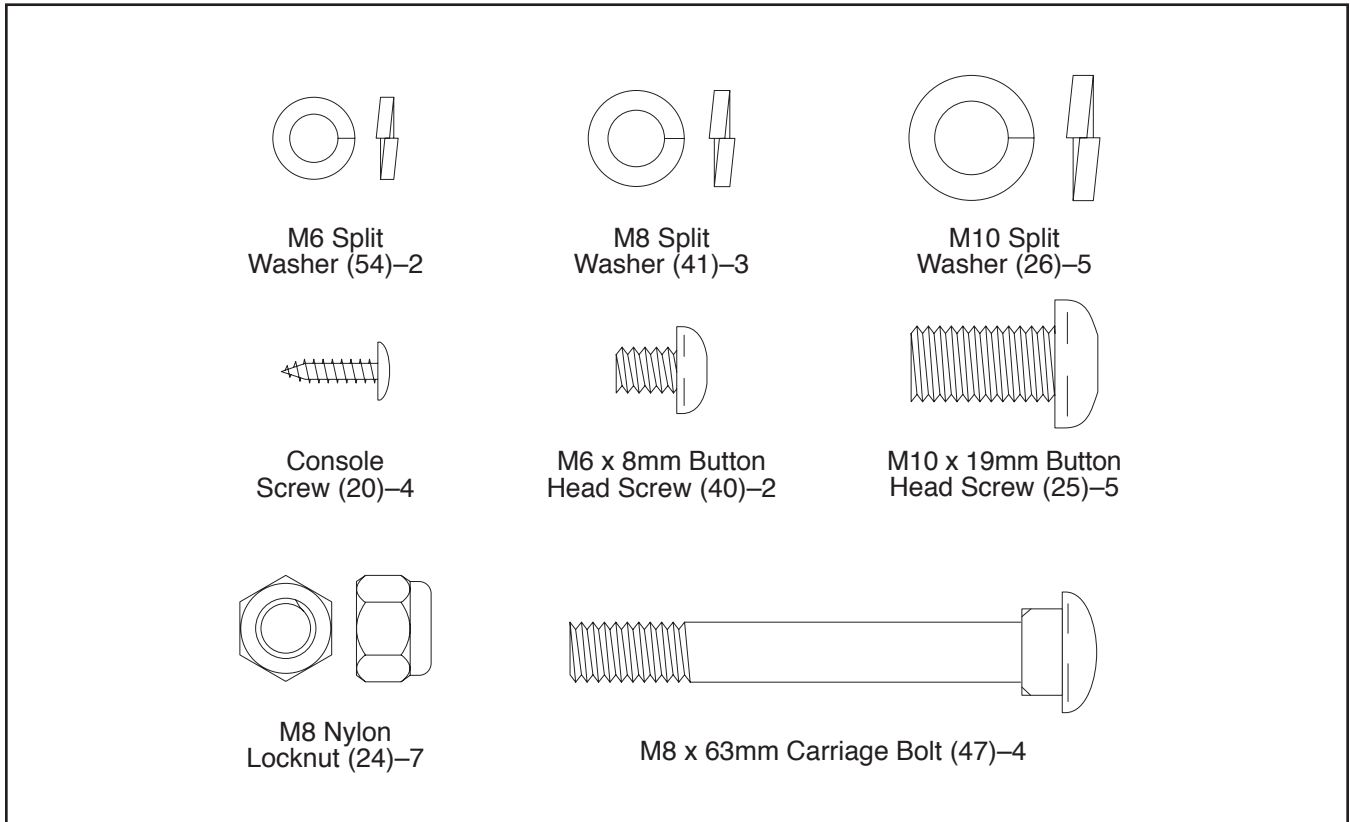


# ASSEMBLY

Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

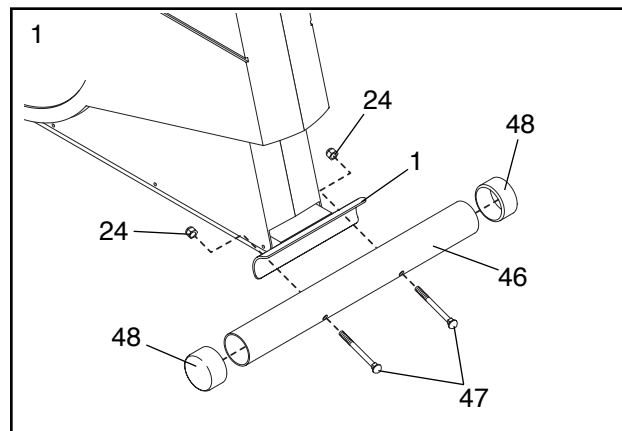
Assembly requires the included tools and your own adjustable wrench  and phillips screwdriver .

Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14; the second number refers to the quantity needed for assembly. Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.



1. Hold one of the Stabilizers (46) against the saddle on the rear of the Frame (1). Make sure that the Stabilizer is turned so the square holes are facing away from the saddle. Attach the Stabilizer with two M8 x 63mm Carriage Bolts (47) and two M8 Nylon Locknuts (24).

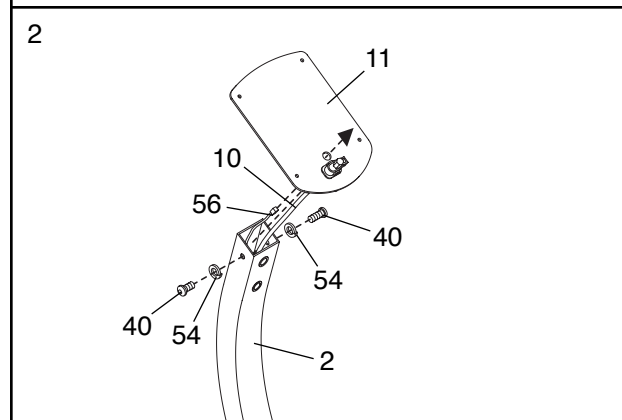
Attach the other Stabilizer (not shown) to the front of the Frame (1) in the same way.



2. Hold the Console Plate (11) near the Handlebar Post (2) as shown, and feed the Resistance Cable (10) down through the Handlebar Post.

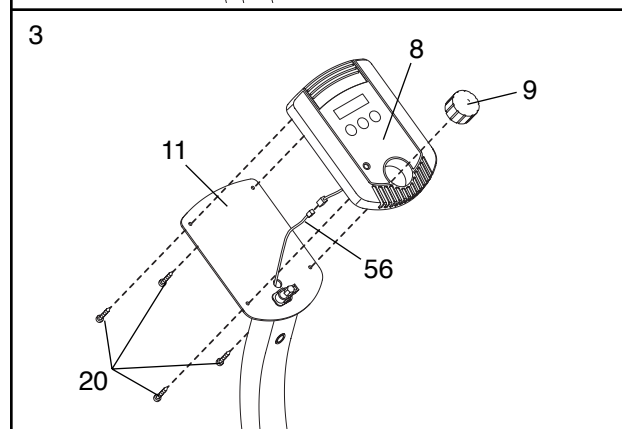
Next, feed the Extension Wire (56) up through the indicated hole in the Console Plate (11).

Attach the Console Plate (11) to the Handlebar Post (2) with two M6 x 8mm Button Head Screws (40) and two M6 Split Washers (54).



3. Connect the Extension Wire (56) to the wire on the Console (8). Next, attach the Console to the Console Plate (11) with four Console Screws (20).

Press the Resistance Knob (9) onto the Resistance Control (10).

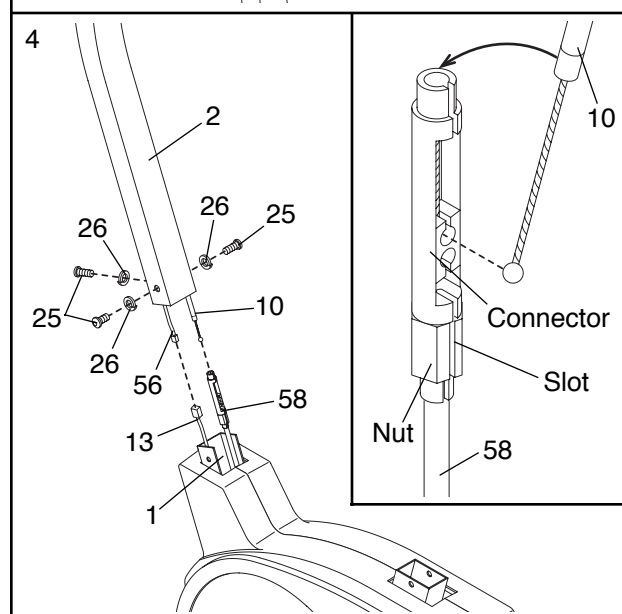


4. Hold the Handlebar Post (2) in the position shown.

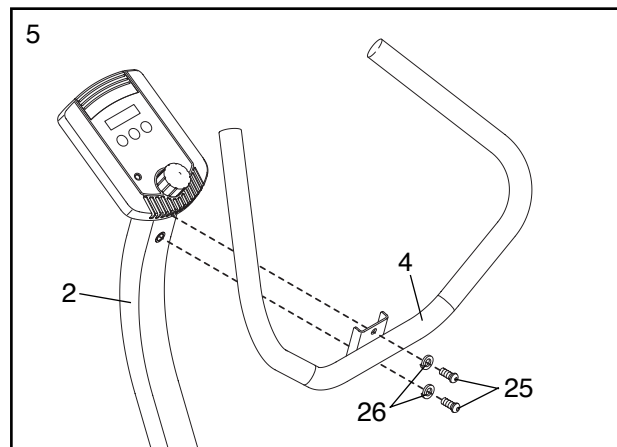
Refer to the inset drawing. Make sure that the indicated nut is threaded fully onto the connector on the Extension Cable (58). Align the slot in the nut with the slot in the connector. Next, insert the tip of the Resistance Cable (10) into the indicated opening, pull up on the Resistance Cable, and insert the Resistance Cable into the open end of the connector. Turn the nut counterclockwise one or two turns until the Resistance Cable is held snugly in the connector. Note: If there is a clear plastic sleeve on the Extension Cable, position the sleeve so that it covers the connector.

Connect the Reed Switch Wire (13) to the Extension Wire (56).

Making sure not to pinch the wires or cables, slide the Handlebar Post (2) onto the Frame (1). Attach the Handlebar Post with three M10 x 19mm Button Head Screws (25) and three M10 Split Washers (26).



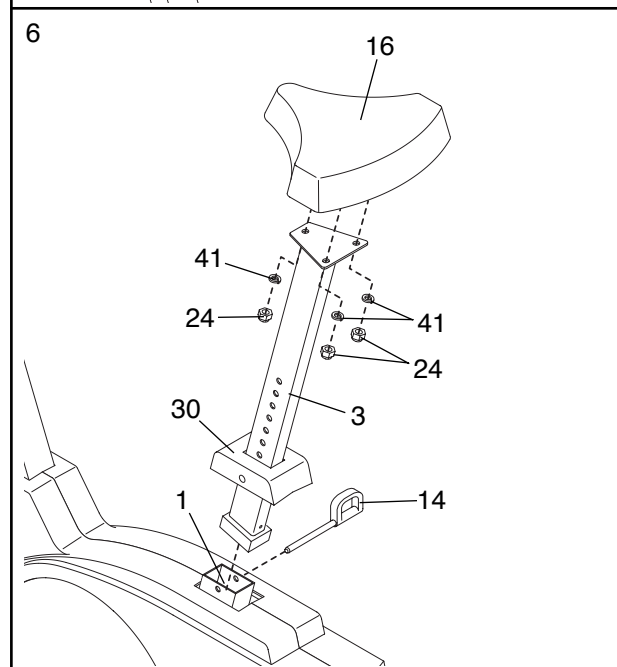
- Attach the Handlebar (4) to the Handlebar Post (2) with two M10 x 19mm Button Head Screws (25) and two M10 Split Washers (26).



- Insert the Seat Post (3) into the Frame (1). Press the Seat Post Shield (30) down onto the Frame.

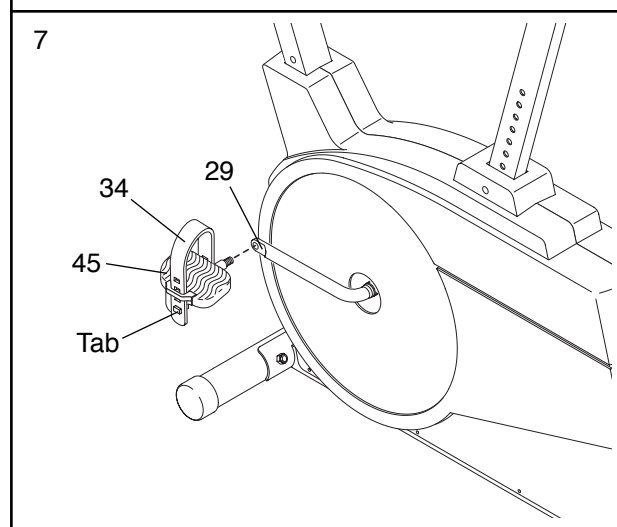
Align one of the holes in the Seat Post (3) with the hole in the Frame (1). Turn the Seat Pin (14) as shown and insert it fully into the Frame and the Seat Post. Make sure to insert the Seat Pin through one of the holes in the Seat Post; do not insert the Seat Pin under the Seat Post.

Attach the Seat (16) to the Seat Post (3) with three M8 Nylon Locknuts (24) and three M8 Split Washers (41). Note: The Nylon Locknuts and Split Washers may be pre-attached to the bottom of the Seat.

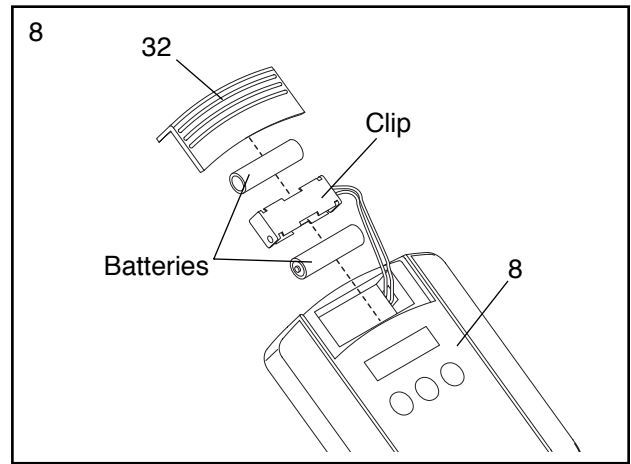


- Identify the Left Pedal (45) (there is an "L" on the Left Pedal for identification). Using an adjustable wrench, tighten the Left Pedal counterclockwise into the left arm of the Crank (29). Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank. Tighten both Pedals as fully as possible. Important: After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept properly tightened.

Adjust the Left Pedal Strap (34) to the desired position. Press the Left Pedal Strap onto the adjustment tab on the Left Pedal (39). Adjust the Right Pedal Strap (not shown) in the same way.



8. The Console (8) requires two “AA” batteries (not included); alkaline batteries are recommended. Slide off the Battery Cover (32) as shown. Press two batteries into the Console. Make sure that the negative (⊖) ends of the batteries are touching the springs. Reattach the Battery Cover.



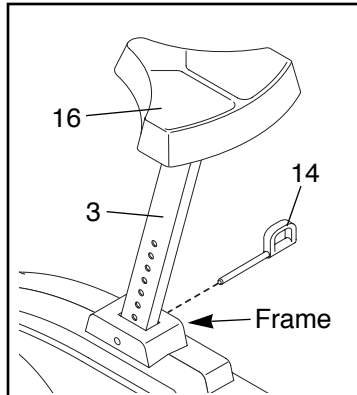
9. Make sure that all parts are properly tightened before you use the exercise cycle. Cover the floor under the exercise cycle to protect the floor or carpet. Note: There may be some hardware left over after assembly is completed.



# HOW TO USE THE EXERCISE CYCLE

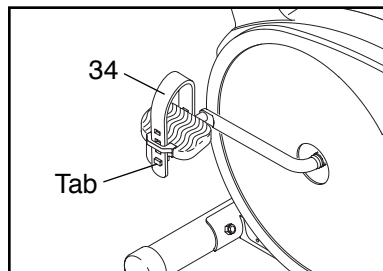
## HOW TO ADJUST THE SEAT

The Seat (16) can be adjusted to the height that is the most comfortable for you. To adjust the Seat, first remove the Seat Pin (14). Align one of the holes in the Seat Post (3) with the hole in the Frame (not shown). Turn the Seat Pin as shown and insert it fully into the Frame and the Seat Post. Make sure to insert the Seat Pin through one of the holes in the Seat Post; do not insert the Seat Pin under the Seat Post.



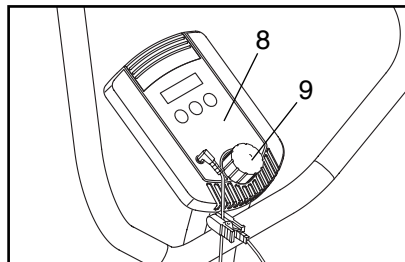
## HOW TO ADJUST THE PEDAL STRAPS

To adjust the Left Pedal Strap (34), first pull the Pedal Strap off the adjustment tab on the pedal. Align a different hole in the Pedal Strap with the tab, and press the Pedal Strap back onto the tab. Adjust the Right Pedal Strap (not shown) in the same way.



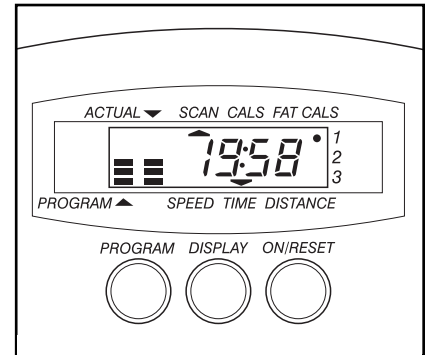
## HOW TO ADJUST THE PEDALING RESISTANCE

The pedaling resistance can be adjusted with the Resistance Knob (9) located on the Console (8). To increase the resistance, turn the Knob clockwise; to decrease the resistance, turn the Knob counterclockwise.



## DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three motivational pacer programs. Each pacer program is designed to guide you through an effective workout by pacing your exercise.



As you exercise, seven monitor modes will provide continuous exercise feedback. The monitor modes are described below:

**Speed**—This mode shows your pedaling pace, in miles per hour or kilometers per hour (see **HOW TO SELECT MILES OR KILOMETERS** on page 11).

**Time**—If you select the manual mode, this mode will show the elapsed time. If you select one of the three pacer programs, this mode will count down the time remaining in the program.

**Distance**—This mode shows the distance you have pedaled, in miles or kilometers (see **HOW TO SELECT MILES OR KILOMETERS** on page 10).

**Fat Calories (FAT CALS)**—This mode shows the approximate number of fat calories you have burned (see **BURNING FAT** on page 13).

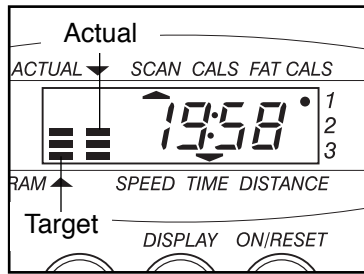
**Calories**—This mode shows the approximate number of calories you have burned.

**Scan**—This mode displays the Speed, Time, Distance, Fat Calories, and Calories modes, for five seconds each, in a repeating cycle.

**Pulse**—This mode displays your heart rate when you use the pulse sensor. To use this mode, you must plug the pulse sensor into the console and attach it to your ear lobe as described on page 11.

## HOW THE PACER PROGRAMS OPERATE

The console offers three motivational pacer programs. Each program lasts for twenty minutes. When you use a pacer program, two columns of bars will appear in the display. The left column represents a target pace, and the right column shows your actual pedaling pace. The target pace will change periodically during the program; as the target pace changes, simply change your pedaling pace to keep both columns at the same height. Important: The target pace is a **goal** pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.



## STEP-BY-STEP CONSOLE OPERATION

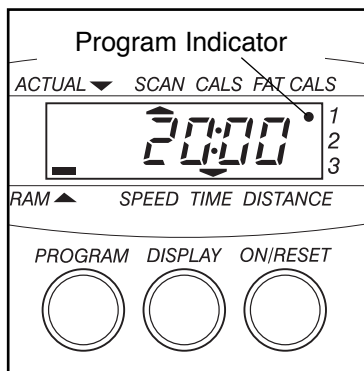
Before the console can be operated, two AAA batteries must be installed. (See step 8 on page 8.)

### 1 Turn on the power.

To turn on the power, press the on/reset button or simply begin pedaling. The entire display will appear for two seconds; the console will then be ready for use. Note: If batteries were just installed, the power will already be on.

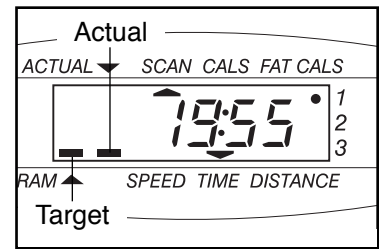
### 2 Select one of the three pacer programs or the manual mode.

To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected. To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1, program 2, program 3, manual mode.



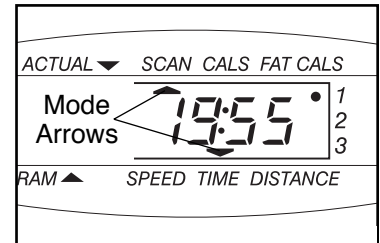
### 3 Begin your workout.

If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of bars will appear in the display. The left column will show one bar, indicating a relatively slow pace. The right column will show your actual pedaling pace. Change your pace until only one bar appears in the right column. Each time the target pace changes during the program, change your pedaling pace to keep both columns at the same height.

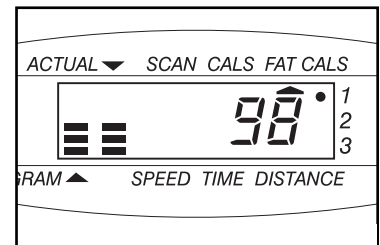


### 4 Follow your progress with the seven monitor modes.

The scan mode—Repeatedly press the display button until an arrow appears under the word “scan.” When the scan mode is selected, the console will display the speed, time, distance, fat calories, and calories modes, for five seconds each, in a repeating cycle.



The speed, time, distance, fat calories, or calories mode—To select one of these modes for continuous display, repeatedly press the display button until an arrow appears below or above the desired mode. Make sure that there is not an arrow under the word “scan.”



The pulse mode—See HOW TO USE THE PULSE SENSOR on page 11.

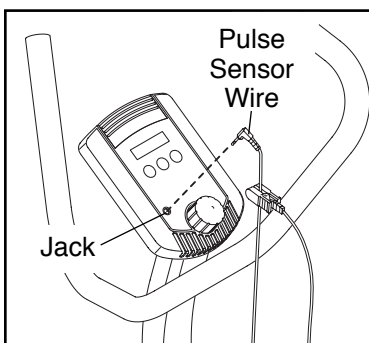
To reset the display, press the on/reset button.

## 6 Turn off the power.

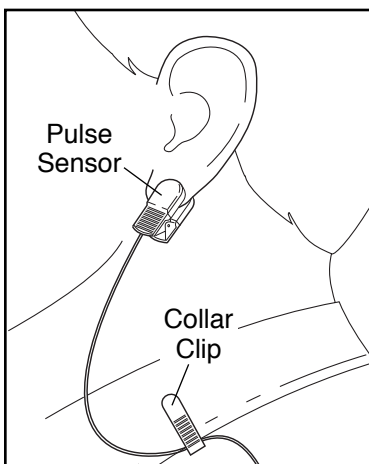
To turn off the power, simply wait for about six minutes. If the pedals are not moved and the console buttons are not pressed for six minutes, the power will turn off automatically.

### HOW TO USE THE PULSE SENSOR

To use the pulse sensor, first plug the pulse sensor wire into the jack on the console as shown.



Next, attach the collar clip to your collar or another suitable place on your clothes. Rub your left ear lobe for a moment with your thumb and index finger and then clip the pulse sensor onto your ear lobe. When your pulse is detected, the heart-shaped indicator in the display will begin to flash. Your heart rate will then be displayed.



If your heart rate does not appear in the display after a few seconds, make sure that the pulse sensor wire is fully plugged into the console. If you still don't get a reading, make sure that the pulse sensor is attached properly. It is often difficult to position the pulse sensor on the first try, so you may have to try a few times before you find the best position. It may be helpful to use a mirror or a friend to find the correct position.

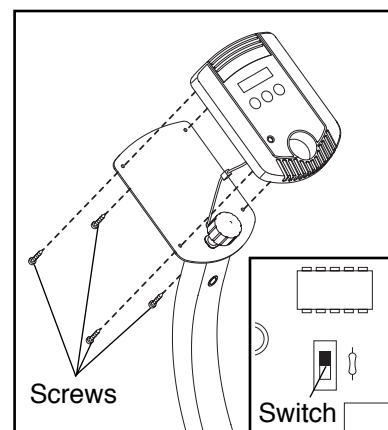
Note: The pulse sensor is more accurate when worn on the left ear lobe and when the user is sitting still. For the best results, it is recommended that you stop pedaling when using the pulse sensor.

After you have measured your heart rate, we recommend switching to another mode to conserve the batteries.

**⚠ WARNING:** 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.

### HOW TO SELECT MILES OR KILOMETERS

The console can display distance and speed in either miles or kilometers. If a "KPH" appears in the display, distance and speed will be shown in kilometers; if a "KPH" does not appear, distance and speed will be shown in miles.



To change the unit of measurement, first remove the four indicated screws. Lift the console a few inches and turn it over; be careful not to pull on the wires. Next, locate the small switch on the back of the console. Slide the switch up or down to change the unit of measurement. Reattach the console with the four screws. Be careful not to pinch any of the wires.

After changing the unit of measurement, remove one of the batteries for a few seconds and then reinsert it. This will reset the console.

# MAINTENANCE

Inspect and tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

## BATTERY REPLACEMENT

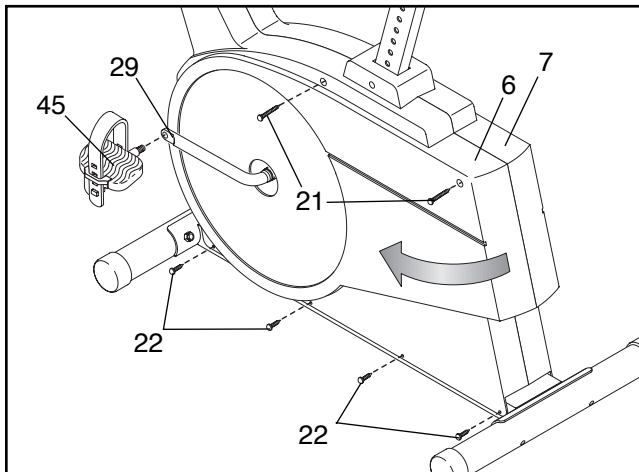
If the console does not function properly, the batteries should be replaced. See assembly step 8 on page 8.

## TIGHTENING THE PEDALS

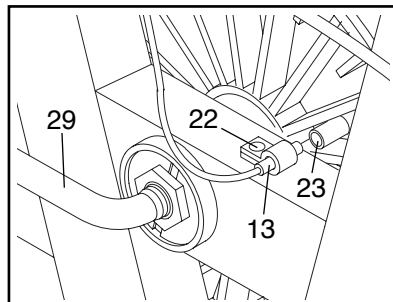
For best performance, regularly tighten both pedals.

## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch may need to be adjusted. To adjust the reed switch, you must first remove the Left Side Shield (6). Using an adjustable wrench, turn the Left Pedal (45) clockwise and remove it. Next, remove the indicated M4 x 38mm Screws (21) and M4 x 16mm Screws (22). Grip both Side Shields and gently pull them apart. Turn the left arm of the Crank (29) to the position shown, and carefully slide the Left Side Shield forward and remove it.



With the Left Side Shield (6) removed, locate the Reed Switch (13) on the frame. Turn the Crank (29) until the Magnet (23) is aligned with the Reed Switch.

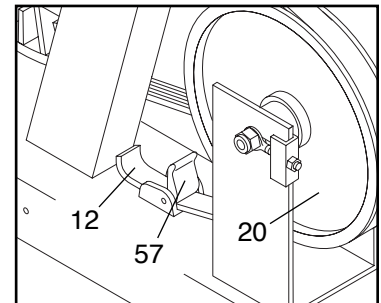


Loosen but do not remove the M4 x 16mm Screw (22). Slide the Reed Switch slightly closer to or farther away from the Magnet, and retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Left Side Shield and the Left Pedal.

## HOW TO ADJUST THE RESISTANCE STRAP

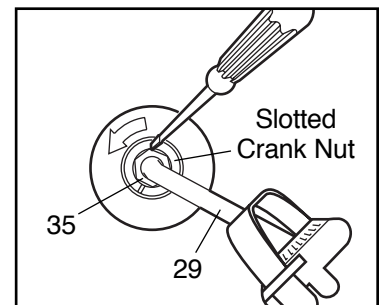
If the pedaling resistance is too low, even when the resistance knob is turned to the maximum setting, the Resistance Strap (12) may need to be adjusted. To adjust the Resistance Strap, the left side shield must first be removed, as described at the left.

Turn the resistance knob to the lowest setting (see HOW TO ADJUST THE PEDALING RESISTANCE on page 9). Open the Strap Buckle (57) and pull the end of the Resistance Strap (12) slightly. Close the Strap Buckle and turn the Flywheel (20) to make sure that there is not too much resistance. When the Resistance Strap is properly adjusted, re-attach the left side shield.



## CRANK ADJUSTMENT

If the arms of the Crank (29) become loose, they should be tightened in order to prevent excessive wear. Loosen the Crank Nuts (35) on the left arm of the Crank. Place the tip of a standard screwdriver in one of the slots in the slotted crank nut. Tap the screwdriver with a hammer to turn the slotted crank nut counterclockwise until the arms are no longer loose. Do not overtighten the slotted crank nut. When the slotted crank nut is properly tightened, tighten the Crank Nuts.



# 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 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.

The following guidelines will help you to plan your exercise program. For more information about exercise, consult your physician or obtain a reputable book.

## 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 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 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 define your “training zone.” The lowest two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

You can measure your heart rate using the pulse sensor on the console (see step 4 on page 10).

## Burning Fat

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 intensity of your exercise until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle of your training zone.

## 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 important parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

**A Warm-Up**—Begin each workout with five to ten minutes of stretching and light exercise to warm up. 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 heart rate is in your training zone for 20 to 30 minutes. Breathe regularly and deeply—never hold your breath.

**A Cool-down**—Finish each workout with 5 to 10 minutes of stretching. This will increase your flexibility 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. WLEX09000

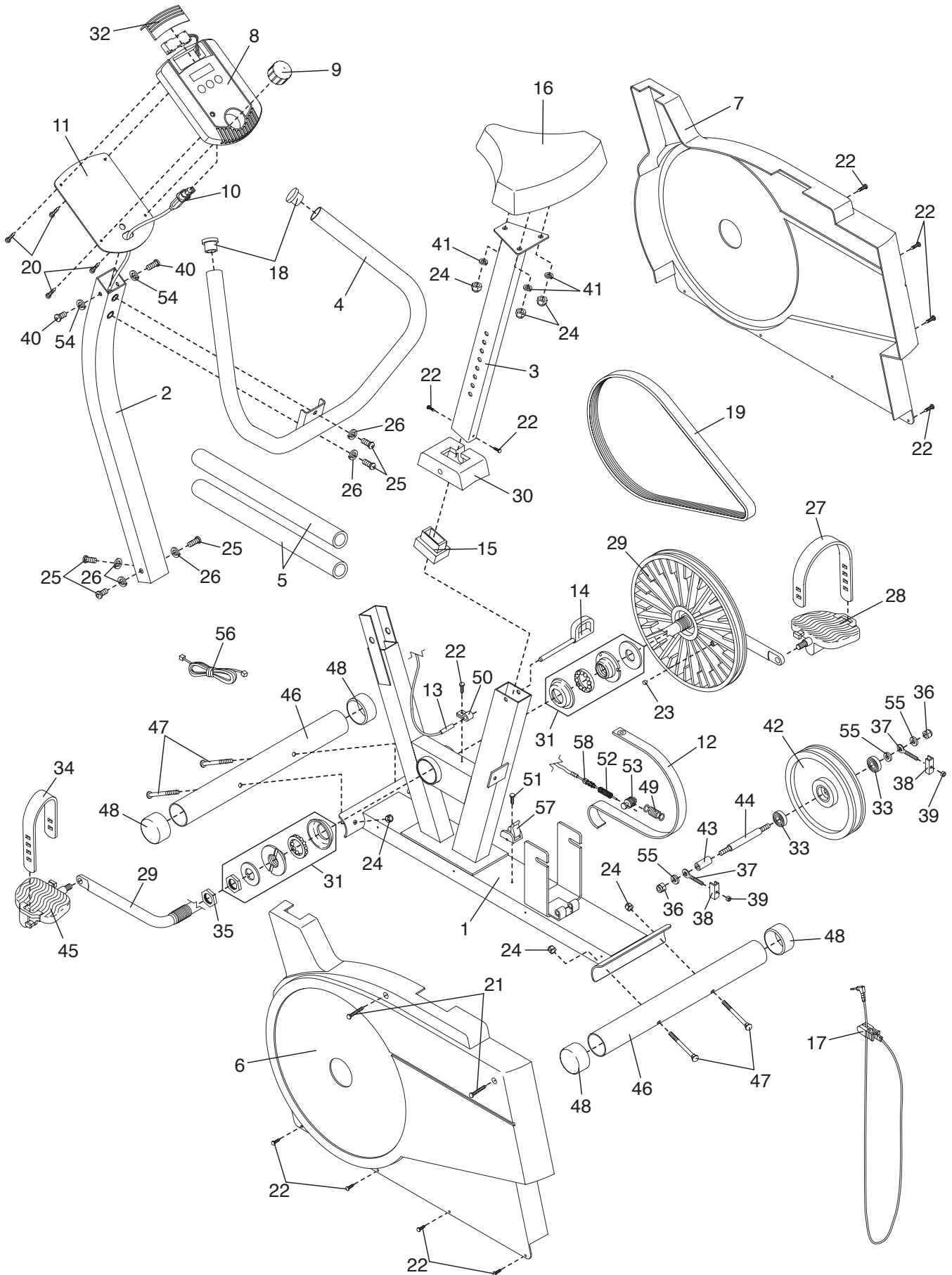
R1000B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	31	1	Crank Bearing Assembly
2	1	Handlebar Post	32	1	Battery Cover
3	1	Seat Post	33	2	Flywheel Bearing
4	1	Handlebar	34	1	Left Pedal Strap
5	2	Foam Grip	35	1	Crank Nut
6	1	Left Side Shield	36	2	M8 Flanged Hex Nut
7	1	Right Side Shield	37	2	M6 Eyebolt
8	1	Console	38	2	Adjustment Bracket
9	1	Resistance Knob	39	2	M6 Nut
10	1	Resistance Cable/Control	40	2	M6 x 8mm Button Head Screw
11	1	Console Plate	41	3	M8 Split Washer
12	1	Resistance Strap	42	1	Flywheel
13	1	Reed Switch/Wire	43	1	10.5mm x 118mm Spacer
14	1	Seat Pin	44	1	Flywheel Axle
15	1	Seat Post Bushing	45	1	Left Pedal
16	1	Seat	46	2	Stabilizer
17	1	Pulse Sensor	47	4	M8 x 63mm Carriage Bolt
18	2	1 1/4" Round Endcap	48	4	Endcap
19	1	Drive Belt	49	1	Resistance Spring
20	4	Console Screw	50	1	Reed Switch Clamp
21	2	M4 x 38mm Screw	51	1	M4 x 16mm Flat Head Screw
22	11	M4 x 16mm Screw	52	1	Return Spring
23	1	Magnet	53	1	Cable Clamp Assembly
24	7	M8 Nylon Locknut	54	2	M6 Split Washer
25	5	M10 x 19mm Button Head Screw	55	3	M8.5 Flat Washer
26	5	M10 Split Washer	56	1	Extension Wire
27	1	Right Pedal Strap	57	1	Strap Buckle
28	1	Right Pedal	58	1	Extension Cable
29	1	Crank/Pulley	#	1	User's Manual
30	1	Seat Post Shield	#	1	Allen Wrench

Note: “#” refers to 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. WLEX09000

R1000B



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# ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (WLEX09000)
- The NAME of the product (WESLO® PURSUIT 616s exercise cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14).

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## 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. 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.

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