



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

TABLE OF CONTENTS

PORTANT PRECAUTIONS	2
FORE YOU BEGIN	3
ART IDENTIFICATION CHART	4
SSEMBLY	
DW TO USE THE WESLO® ECLIPSE II	
AINTENANCE	
ONDITIONING GUIDELINES	
ART LIST	
(PLODED DRAWING	-
MITED WARRANTY	
RDERING REPLACEMENT PARTSBack Co	over

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the WESLO[®] ECLIPSE II.

- 1. Read all instructions in this manual before using the ECLIPSE II.
- 2. It is the responsibility of the owner to ensure that all users of the ECLIPSE II are adequately informed of all precautions.
- 3. Place the ECLIPSE II on a level surface, with a mat beneath it to protect the floor or carpet. Keep the ECLIPSE II indoors, away from moisture and dust.
- 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 ECLIPSE II at all times.
- 6. The ECLIPSE II should not be used by persons weighing more than 250 pounds.
- 7. Wear appropriate exercise clothing when using the ECLIPSE II. Always wear athletic shoes for foot protection.
- 8. Always hold the handlebars when mounting, dismounting, and using the ECLIPSE II. Step onto and off the pedal that is in the lowest position when mounting and dismounting.

- 9. When you stop exercising, allow the pedals to slowly come to a stop.
- 10. Keep your back straight when using the ECLIPSE II. Do not arch your back.
- 11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
- 12. The ECLIPSE II is intended for in-home use only. Do not use it in any commercial, rental, or institutional setting.
- 13. The decal shown below is found on the ECLIPSE II. If the decal is missing, or if it is not legible, call toll-free 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.



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 revolutionary WESLO[®] ECLIPSE II elliptical exerciser. The ECLIPSE II 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 ECLIPSE II features adjustable resistance and motivational electronics to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from WESLO.

For your benefit, read this manual carefully before you use the ECLIPSE II. 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 note the product model number and serial number before calling. The model number is WLEL45070. The serial number can be found on a decal attached to the ECLIPSE II (see the front cover of this manual for the location of the decal).

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



PART IDENTIFICATION CHART

Use the chart below to identify the small parts used in assembly. The number in parenthesis below each part is the key number of the part, from the PART LIST on

page 14. The number after the dash indicates the quantity needed for assembly.



*Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.

ASSEMBLY

Assembly requires two persons. Place all parts of the WESLO[®] ECLIPSE II in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.



 Remove the #8 x 3/4" Tec Screw (42) from the Cable Cover (53). While another person holds the Upright (2) near the Base (1), carefully pull the Resistance Cable (33) up through the Upright until there is no slack between the Upright and the Base.

Next, insert the Extension Wire (49) into the Base (1) until there is no slack between the Upright and the Base.

Slide the Upright (2) onto the welded bolts on the Base (1). **Be careful to avoid pinching the Extension Wire (49) and the Resistance Cable (33).** Tighten a 3/8" Nylon Locknut (54) onto each welded bolt.

Insert the upper end of the Resistance Cable (33) into the Upright (2) as shown. Insert the tab on the Cable Cover (53) into the slot in the Upright. Attach the Cable Cover to the Upright with the $#8 \times 3/4$ " Tec Screw (42).

2. Identify the Left Handlebar (6) and the left Extension Tube (5) (there are stickers on the Handlebars and Extension Tubes for identification). Make sure that there is a Tree Fastener (63) in the Extension Tube. If there is not, insert a Tree Fastener as shown.

Slide the Left Handlebar (6) onto the left Extension Tube (5), **being careful not to damage the Tree Fastener (63).** Align one of the three holes in the Left Handlebar with the hole in the Extension Tube and insert a Lock Pin (37) into the holes. Turn the Lock Pin to the position shown in drawing 2a.

Repeat this step to attach the Right Handlebar to the right Extension Tube (not shown).



3. Slide a Handlebar Spacer (46) onto the left axle on the Upright (2). Make sure that the open side of the Handlebar Spacer is facing the Upright. Next, make sure that there are two Handlebar Bushings (40) in the Left Handlebar (6). Slide the Left Handlebar onto the left axle on the Upright. Tap a 5/8" Axle Cap (45) onto the axle.

Repeat this step to attach the Right Handlebar (not shown).

4. Make sure that there are two Pedal Leg Bushings (39) in the left Pedal Leg (3). Apply a small amount of grease to a Pedal Bolt (8). Insert the Pedal Bolt into the left Pedal Leg and slide a Crank Spacer (41) onto the Pedal Bolt. Tighten the Pedal Bolt into the left Crank Arm (10), **but do not overtighten it.** You should be able to turn the Crank Spacer with some effort. Tighten a 1/2" Nylon Jam Nut (9) onto the Pedal Bolt.

Repeat this step to attach the right Pedal Leg (not shown).

5. The Console (52) requires two "AA" batteries (not included). Alkaline batteries are recommended.

To install batteries, first slide up the Battery Cover (60) and carefully remove the battery clip from the Console (52). Insert two batteries into the battery clip as shown. **Make sure that the negative ends of the batteries** (marked "–") are touching the springs in the battery clip. Replace the battery clip and close the Battery Cover.



6. Make sure that all parts of the ECLIPSE II are properly tightened. To protect the floor or carpet from damage, place a mat under the ECLIPSE II.

HOW TO USE THE WESLO® ECLIPSE II

HOW TO EXERCISE ON THE WESLO® ECLIPSE II

To mount the ECLIPSE II, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank can turn in either direction; it is recommended that you turn the crank in the direction shown below; however, to give variety to your exercise, you may choose to turn the crank in the opposite direction.**



To dismount the ECLIPSE II, allow the pedals to slowly come to a stop. **CAUTION: The ECLIPSE II does not have a freewheel; 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 lowest pedal.

HOW TO ADJUST THE RESISTANCE OF THE PEDALS

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



HOW TO ADJUST THE HANDLEBARS

To further add variety to your exercise, the handlebars and extension tubes can be adjusted to any of three positions.



Hold the right pedal leg. Remove the lock pin from the right handlebar. Slide the extension tube up or down until the hole in the extension tube is aligned with a different hole in the handlebar. (Note: As you slide the extension tube, be careful not to damage the tree fastener [see assembly step 2].) Reinsert the lock pin into the handlebar and the extension tube. Turn the lock pin to the position shown in the inset drawing. Next, adjust the position of the left handlebar and extension tube. Make sure that the lock pins are in the same holes in both handlebars. **CAUTION: If the lock pins are not turned to the position shown in the inset drawing above, the lock pins could slip out during use, resulting in injury to the user.**

DIAGRAM OF THE CONSOLE



DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you achieve your exercise goals by pacing your exercise. The programs include a staminabuilding Interval program, an Aerobic program, and a Fat Burn program. The console also features six monitor modes that provide continuous exercise feedback.

HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column will show a target pace; the right column will show your actual pace.



The target pace will change periodically during the program; as the target pace changes, simply adjust your 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. The graphs on the left side of the console show how the target pace will change during each program (see the drawing above). Each graph is divided into ten columns, and each column represents a two-minute time period. The bars in each column show what the target pace will be during that two-minute period. For example, in the first column of the Interval graph, there is one bar. This shows that during the first two minutes of the Interval program, the target pace will be 40 repetitions (strides) per minute (see the scale at the right end of the graph). In the second column, there are five bars. This shows that during the second twominute period, the target pace will be 80 strides per minute. Each pacer program is twenty minutes long.

DESCRIPTION OF THE MONITOR MODES

The six monitor modes provide continuous exercise feedback. The modes are described below.

- Reps per minute (REPS/MIN)—This mode shows your pace, in repetitions (strides) per minute.
- Time—If you select one of the three pacer programs, this mode will count down the time remaining in the program. If you select the manual mode, this mode will count up the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause.

- Distance—This mode shows the total number of repetitions (strides) you have completed, up to 999. The display will then reset to zero and continue counting.
- Fat calories (FAT CALS)—This mode shows the approximate number of fat calories you have burned. (See BURNING FAT on page 12 for an explanation of fat calories.)
- Calories (CALS)—This mode shows the approximate number of calories you have burned. (This number includes both fat calories and carbohydrate calories.)
- Scan—This mode displays the calories, fat calories, reps per minute, time, and distance modes, for five seconds each, in a repeating cycle.

STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, two "AA" batteries must be installed. (See assembly step 5 on page 6 for installation instructions.) Follow the steps below to operate the console.

1 Turn on the power

To turn on the power, press the on/reset button or simply begin exercising on the ECLIPSE II.



When the power is turned on, 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.

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 (Interval), program 2 (Aerobic), program 3 (Fat Burn), and the manual mode.



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, showing that the target pace is 40 strides per minute. The right column will show your actual pace. Adjust your pace until only one bar appears in the right column. As the program progresses, the target pace will change periodically; as the target pace changes, adjust your 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.

Follow your progress with the monitor modes

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 flashing mode

4



indicator will show which mode is currently displayed. Note: If you select a different mode, you can select the scan mode again by repeatedly pressing the mode button.

If desired, you can select the reps per minute, time, distance, fat calories, or calories mode for full-time display. To select one of these modes, repeatedly press the mode button. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)

If desired, the display can be reset by pressing the on/reset button.

Turn off the power

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

5

MAINTENANCE

CONSOLE TROUBLE-SHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 5 on page 6. In addition, make sure that the extension wire is plugged into the console. (See assembly step 1 on page 5.)

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, the Side Shield (27) must first be removed. Remove the 5/16" x 3/4" Tap Screw (18) from the left Crank Arm (10). Slide the left Crank Arm off the Crank Shaft (11). Remove the right Crank Arm (not shown) in the same way.



Remove the three #8 x 3/4" Tec Screws (42) from each side of the Side Shield (27).

Hold the Side Shield (27) near the back and pull it apart slightly until the Side Shield can be lifted off the ends of the Crank Shaft (11). Remove the Side Shield. **Do not pull the Side Shield apart at the top or the seam may be broken.** Next, locate the Reed Switch (48). Turn the Pulley (19) until the Magnet (55) is aligned with the Reed Switch. Loosen, but do not remove, the #10 x 1/2" Tec Screw (51). Slide the Reed Switch



slightly closer to or farther away from the Magnet. Make sure that the Magnet will not hit the Reed Switch. Retighten the Tec Screw. Turn the Pulley for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the side shield and the crank arms.

HOW TO ADJUST THE RESISTANCE STRAP

If the pedals do not have enough resistance, even when the resistance knob is turned to the maximum setting, the Resistance Strap (31) may need to be adjusted. To adjust the Resistance Strap, the side shield must first be removed. Refer to the instructions at the left to remove the side shield.

Turn the resistance knob to the lowest setting. (See HOW TO ADJUST THE RESISTANCE OF THE PEDALS on page 7.) Grip the end of the Resistance Strap (31) and

pull it away from the rest of the Strap. Next, pull the end of the Strap up to remove any slack. Then press the end of the Strap against the rest of the Strap as shown. Turn the pulley for a



moment to make sure that there is not too much resistance. When the Resistance Strap is properly adjusted, reattach the side shield and the crank arms.

HOW TO ADJUST THE DRIVE BELT

If the Drive Belt (32) slips as you exercise on the ECLIPSE II, the Drive Belt should be adjusted. To adjust the Drive Belt, the side shield must first be removed. Refer to the instructions on page 10 and remove the side shield.

Next, loosen the two 3/8" Nylon Jam Nuts (23) (there is one on each side of the Flywheel [20]). To tighten the Drive Belt (32), turn the two 1/4" Nylon Locknuts (26) clockwise; to loosen the Drive



Belt, turn the Nylon Locknuts counterclockwise. Make sure that the Flywheel is straight and retighten the 3/8" Nylon Jam Nuts (23). When the Drive Belt is properly adjusted, reattach the side shield and the crank arms.

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 individuals over the age of 35 or individuals with pre-existing health problems.

WHY EXERCISE?

Exercise has proven essential for good health and well-being. Participation in a well-rounded exercise program helps to develop a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to handle stress, and greater self-esteem.

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. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

	TRAINING ZONE (BEATS/MIN.)					
AGE	UNCONDITIONED	CONDITIONED				
20	138–167	133–162				
25	136–166	132–160				
30	135–164	130–158				
35	134–162	129–156				
40	132–161	127–155				
45	131–159	125–153				
50	129–156	124–150				
55	127–155	122–149				
60	126–153	121–147				
65	125–151	119–145				
70	123–150	118–144				
75	122–147	117–142				
80	120–146	115–140				

Burning Fat

To burn fat effectively, you must exercise at the proper 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, it may be helpful to use the Fat Burn program to help you to reach your goal. (See pages 11 and 12.)

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 effective aerobic exercise, it may be helpful to use the Aerobic program to help you to reach your goal. (See pages 11 and 12.)

To develop greater stamina, you may choose the Interval program to help you to reach your goal. (See pages 11 and 12.)

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count,

and multiply the result by ten to find your heart rate. (A sixsecond count is used because your heart rate drops quickly when you stop exercising.) If your heart rate



is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

WORKOUT GUIDELINES

A proper workout includes the following parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases the body temperature, heart rate, and circulation in preparation for exercise. **A cardiovascular exercise period**, including 20 to 30 minutes of exercise with your heart rate in your training zone.

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching helps to offset problems caused when you stop exercising suddenly. Stretching after exercise is also very effective for increasing flexibility.

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. Find the best time of day for your workouts, and then stick with it.

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.



PART LIST-Model No. WLEL45070

Key No.	Qty.	Description	Key No.	Qty.	Description	
1	1	Base	36	2	Extension Tube Endcap	
2	1	Upright	37	2	Lock Pin	
3	2	Pedal Leg	38	2	Crank Washer	
4	2	Pedal Bracket	39	8	Pedal Leg Bushing	
5	2	Extension Tube	40	4	Handlebar Bushing	
6	1	Left Handlebar	41	2	Crank Spacer	
7	1	Right Handlebar	42	27	#8 x 3/4" Tec Screw	
8	2	Pedal Bolt	43	2	3/4" Axle Cap	
9	2	1/2" Nylon Jam Nut	44	1	Cable Bracket	
10	2	Crank Arm	45	2	5/8" Axle Cap	
11	1	Crank Shaft	46	2	Handlebar Spacer	
12	2	Crank Bearing	47	4	Stabilizer Endcap	
13	2	Bearing Cup	48	1	Reed Switch/Sensor Wire	
14	1	Keyed Washer	49	1	Extension Wire	
15	1	Slotted Crank Nut	50	1	Reed Switch Clamp	
16	1	Tri-notch Crank Nut	51	1	#10 x 1/2" Tec Screw	
17	1	Crank Nut	52	1	Console	
18	2	5/16" x 3/4" Tap Screw	53	1	Cable Cover	
19	1	12" Pulley	54	4	3/8" Nylon Locknut	
20	1	Flywheel w/Hub	55	1	Magnet	
21	1	Flywheel Axle	56	1	Clamp Bolt	
22	2	3/8" Flat Washer	57	4	1/4" Flat Washer	
23	2	3/8" Nylon Jam Nut	58	1	1/4" Nylon Locknut	
24	2	1/4" Eyebolt	59	1	Resistance Strap Hook	
25	2	Adjustment Bracket	60	1	Battery Cover	
26	2	1/4" Nylon Locknut	61	2	Flywheel Bearing	
27	1	Side Shield	62	2	Pedal Leg Spacer	
28	2	Bearing Washer	63	2*	Tree Fastener	
29	2	Pedal Cover	#	1	User's Manual	
30	1	Resistance Strap Bracket	#	1	Grease Packet	
31	1	Resistance Strap				
32	1	Drive Belt		* Extra Tree Fasteners may be included		
33	1	Resistance Cable w/Spring	# This	part is	not illustrated	
34	1	Resistance Knob				
35	2	Handgrip				

Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING-Model No. WLEL45070

R1197A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply 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 when calling:

- The MODEL NUMBER of the product (WLEL45070).
- The NAME of the product (WESLO® ECLIPSE II elliptical exerciser).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

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

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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns 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, to products used for commercial or rental purposes, or to 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, 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.

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