

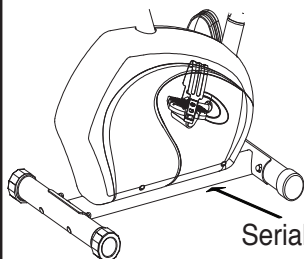
Elite

by Weslo

USER'S MANUAL

Model No. WLIVEX79412.0

Serial No. : _____



Serial No Decal

Write the serial number in the space above for reference.

QUESTIONS ?

If you have questions, or if there are missing parts, please contact us:

UK

Call: 08457 089 009

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

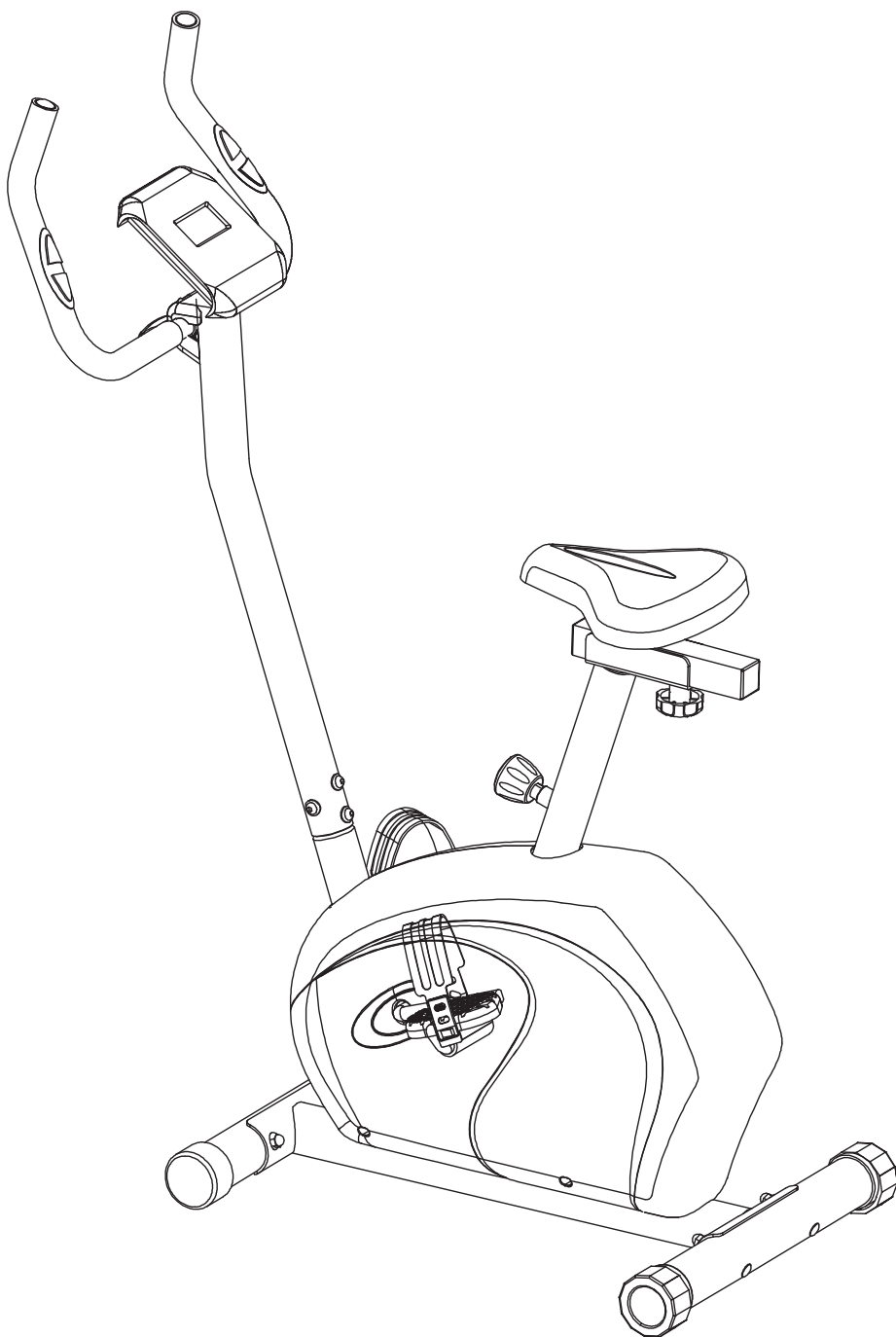
c/o HI Group PLC

Express Way

Whitwood, West Yorkshire

WF10 5QJ

UK



CAUTION

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

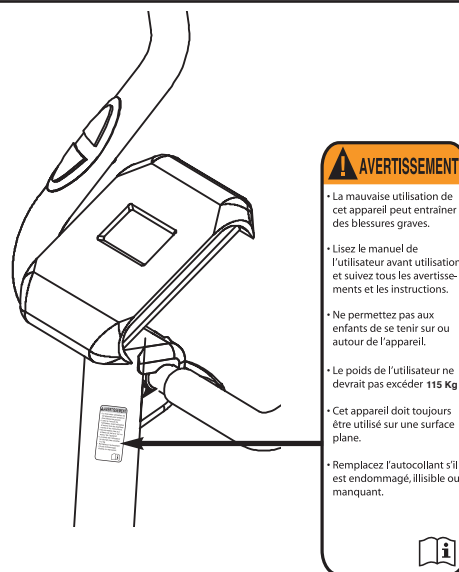
Visit our website
www.iconsupport.eu

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	1
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
MAINTENANCE AND TROUBLESHOOTING	7
HOW TO OPERATE THE BIKE	8
HOW TO MEASURE YOUR PULSE	8
CONSOLE FEATURES	9
EXERCISE GUIDELINES	12
EXPLODED DRAWINGS	13
PART LIST	15
ORDERING REPLACEMENT PARTS	Last page

WARNING DECAL PLACEMENT

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



IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use this bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the bike are adequately informed of all precautions.
4. The bike is intended for home use only. Do not use the bike in a commercial, rental, or institutional setting.
5. Keep the bike indoors, away from moisture and dust. Place the bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of the bike and 2 ft. (0.6 m) on each side.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the bike at all times.
8. The bike should not be used by persons weighing more than 250 lbs. (115 kg).
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the bike. Always wear athletic shoes for foot protection while exercising.
10. Hold the handlebars or the upper body arms when mounting, dismounting, or using the bike.
11. 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.
12. Keep your back straight while using the bike; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

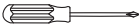

Thank you for purchasing the Weslo® Elite. The bike provides an array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the bike. If you have questions after reading this manual, please see the front cover of

this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is WLIVEX79412.0 and the location of the serial number decal are shown on the front cover of this manual.

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.

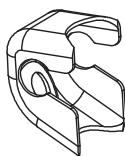
In addition to the included tool(s), assembly requires a Phillips screwdriver  and an adjustable  wrench.

As you assemble the exercise bike, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly.

Note: If a part is not in the hardware kit, check to see if it has been preassembled.



#30 1PC



#24 1PC



#23 1PC



#19 1PC



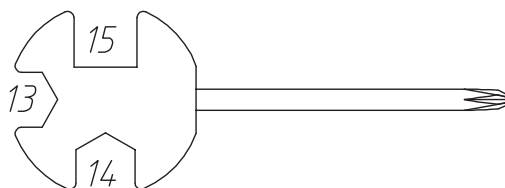
#20 1PC



#22 1PC



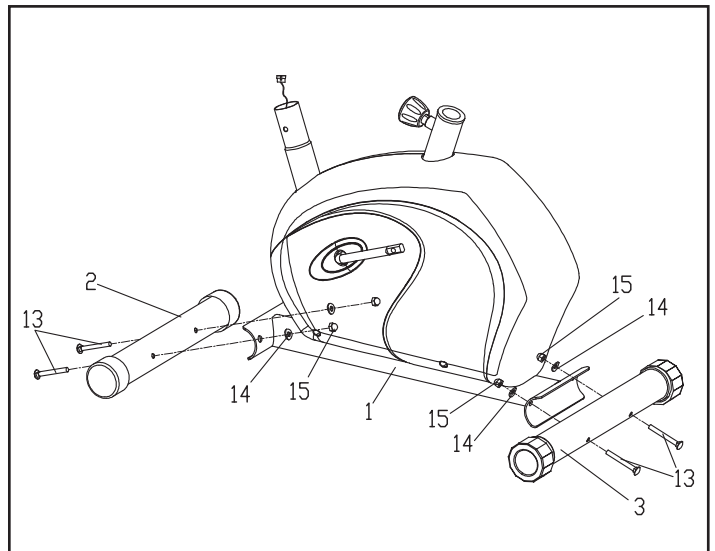
(S=6)-1PC



(S=13, 14, 15)-1

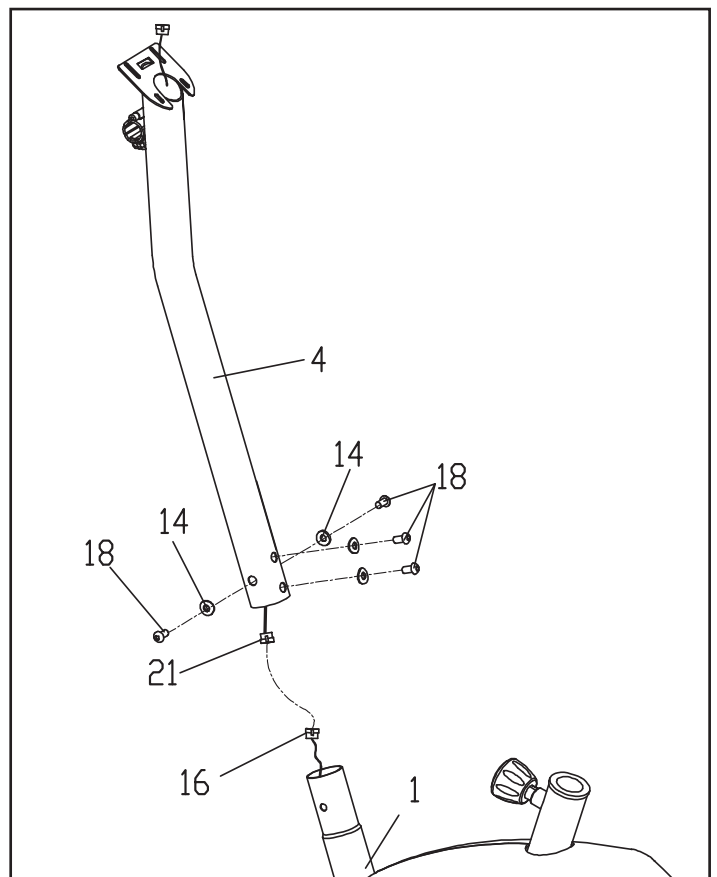
STEP 1

Install the Front stabilizer (2) and Rear stabilizer (3) to the Main frame (1) and fixing with the Square neck bolt (13), Arc washers (14) and Acorn nut (15).



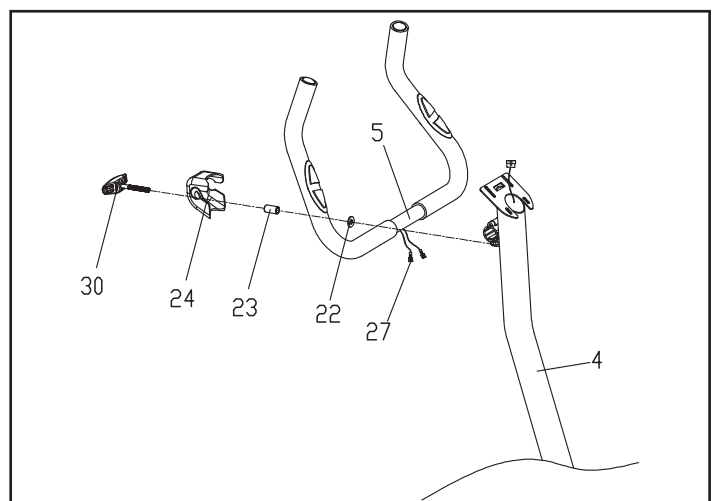
STEP 2

Connect the Sensor connective wire (21) with the Sensor wire (16), and then fix the Front vertical tube (4) to the Main frame (1) with the Bolts (18) and Arc washers (14).



STEP 3

Put the Pulse wire (27) through the top hole of the Front vertical tube (4), then adjust the Handle bar (5) to a appropriate location ,then tighten the Handlebar to the Front vertical tube (4) with T-shaped bolt(30), Handle cover(24), Fix pipe (23) and Flat washer(22).

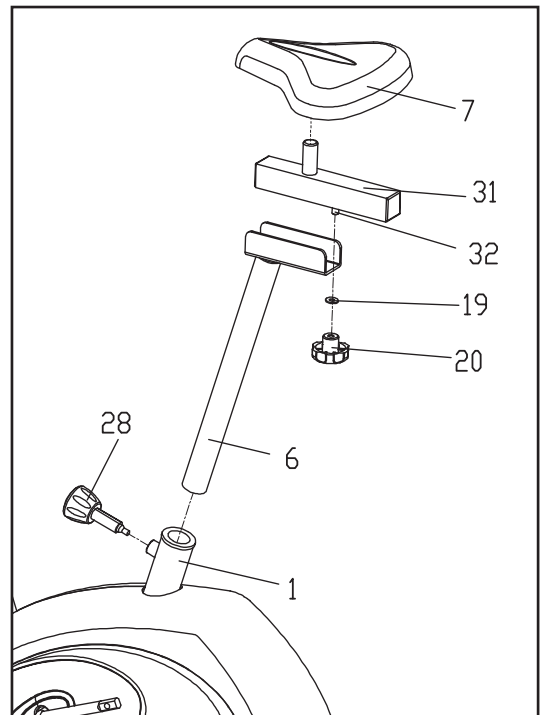


STEP 4

Install the saddle (7) to the Horizontal seal post (31) with Multifunctional wrench.

Then tighten the Horizontal seal post (31) on the Saddle supporting tube (6) with Flat washer(19),Knob nut (20). Finally, insert the Saddle supporting tube (6) to the Main frame (1) and tightly with Knob bolt (28) .You can control the Knob bolt (28) to adjust the appropriate height which is suitable for you .

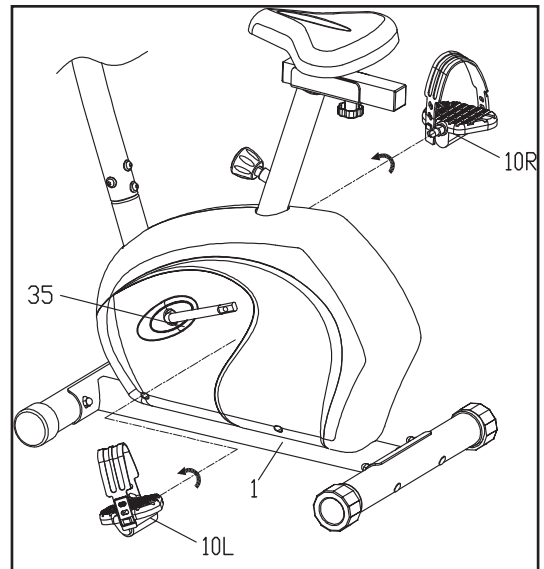
Note:Before use the bike, please make sure that the Saddle(7) have locking on the Horizontal seal post (31).



STEP 5

Attach the Pedals (10L/R) to the Cranks (35L/R) of the Main Frame (1).

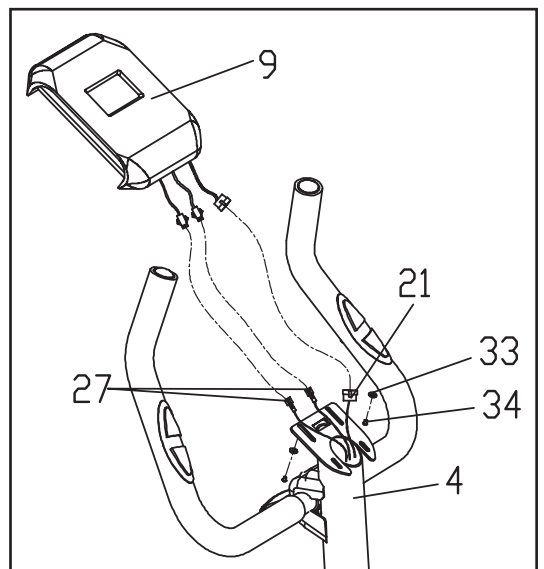
Note: The left pedal (10L) should be tighten in the counter-clockwise direction, the right pedal (10R) should be tighten in the clockwise direction.



STEP 6

Connect the Extended wire (21) and Pulse sensor wire(27) with the wire on the Computer (9). Finally fix the Computer (9) onto the top of the Front vertical tube (4) with Screws (34), Flat washers (34).

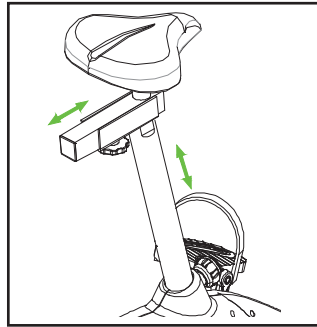
Now, your machine is ready for use.



HOW TO OPERATE THE BIKE

HOW TO ADJUST THE HEIGHT AND THE LATERAL POSITION OF THE SEAT

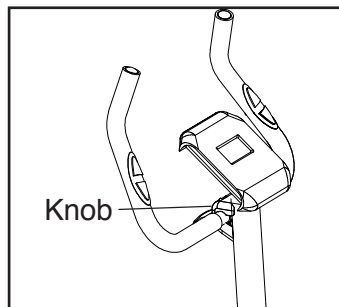
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first loosen the seat post knob. Next, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob. Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post. Then, tighten the knob.



To adjust the lateral position of the seat, first loosen the seat knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.

HOW TO ADJUST THE ANGLE OF THE HANDLEBAR

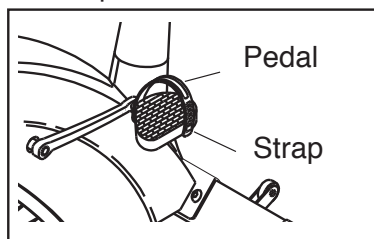
To adjust the angle of the handlebar, loosen the pivot handle, rotate the handlebar to the desired angle, and then retighten the pivot handle.



HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the pedal straps off the tabs on the pedals.

Adjust the pedal straps to the desired position, and then press the ends of the pedal straps onto the tabs.

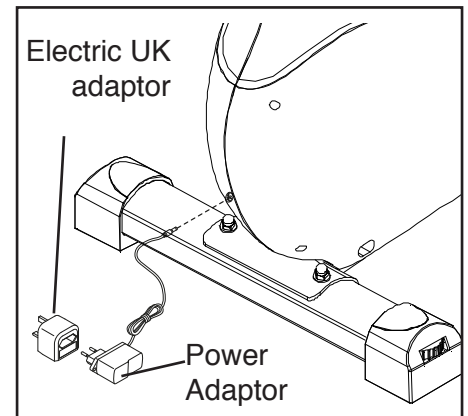


HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the exercise bike. Next, plug the power adapter into the plug adapter.

Then, plug the plug adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



CONSOLE FEATURES



CONSOLE FEATURES

Follow your progress with the display. The console has six displays that show the following workout information:

Speed—This display shows your pedaling speed, in revolutions per minute (rpm).

Time—This display shows the elapsed time.

Note: When a smart program is selected, the display will show the time remaining in the program instead of the elapsed time.

Distance—This display shows the distance you have pedaled, in total revolutions.

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

Pulse—This display shows your heart rate when you use the handgrip pulse sensor.

Watts—This display shows the watts you developed during the workout.

Programs (P)—This display show the number of program you're or you're about to use.

HOW TO USE THE CONSOLE

Make sure that you plug the product (see page 8 HOW TO PLUG IN THE POWER ADAPTER). If there is a sheet of clear plastic on the face of the console, remove it.

1. Turn on the console

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

2. Press the buttons :

UP:

Press this button to increase the resistance during the workout or during the setting mode to increase the values of Time, Distance, Calories, Age or gender or the programs.

DOWN :

Press this button to decrease the resistance during the workout or during the setting mode to decrease the values of Time, Distance, Calories, Age or Gender or programs.

ENTER :

During the time setting mode, press this button to validate the hours and minutes.

During the setting mode, press this button to validate the adjusted values.

During the STOP mode, press this button to reset the values.

START/STOP:

For a quick start, press this button to start the counting of the console, it will start at 0.

TEST :

Press this button to activate the recovery test.

MODE :

Press this button to switch the display between RPM and SPEED (speed in Km/h), CAL et WATT.

3. Start pedaling and follow your progress with the display :

While you exercise, the console will display the selected mode.

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

If the pedals do not move for a few seconds, 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.

How to use the Pulse Recovery Test :

It is a function to check the condition of pulse recovery that is scaled from 1.0 to 6.0 while 1.0 means the best and 6.0 means the worst and the increment is 0.1. In order to get rated correctly, users must test it right after the workout finished by pressing "TEST(RECOVERY) " key and then stop exercising. After the key is pressed, please also apply the heart rate detector appropriately, the test will last for 1 minute and the result will show in the display. If the computer does not detect your current heart rate, pressing "TEST(RECOVERY) " will not enter into pulse recovery test. During the pulse recovery test, press "TEST(RECOVERY) " to exit the test and return to the stop status. par minutes (RPM).

HOW TO USE THE MANUAL MODE

1. Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display will light for a moment; the console will then be ready for use.

2. Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Smart Programs button repeatedly until MANUAL appears in the display.

TIME will flash, press the UP and DOWN button to select the length of your workout. Then press ENTER to validate. Do as before to select and validate the distance and calories you wish for your exercise. Finally press START / STOP to begin.

3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. There are 8 resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. Follow your progress with the display.

The console displays the elapsed time and the distance you've pedaled. Note: When a smart program is selected, the display will show the time remaining in the program instead of the elapsed time. It also displays your pedaling speed (in RPM), the calories and fat calories you've burnt and also your heart rate when you use the handgrip pulse sensor.

5. Measure your heart rate if desired.

Note: If there are sheets of clear plastic on the metal contacts of the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor, with your palms resting against the metal contacts. Avoid moving your hands or gripping the contacts tightly. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats and two dashes will appear. After a moment, your heart rate will be shown in the display. For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds. The display will then show your

heart rate along with the other modes. If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hand excessively or to squeeze the metal contacts too tightly. For optimal performance, 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 turn off automatically.

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

HOW TO USE THE PRESET PROGRAMS :

1. Turn on the console

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

2. Select your preset program

Press the UP and DOWN button to select a program from 2 to 7. Select your program according to your goals then press the ENTER button.

Note : Programs 2, 5, 6 and 7 being Performance programs and programs 3, 4 and 6 being Endurance programs.

Consult a coach for more details on the selection and use of a program.

3. Adjust the program according to your daily goals :

TIME will flash on the console, press the UP or DOWN button to select the length of your workout. Press the ENTER button to validate. DISTANCE will then flash, repeat the operations to select and validate the distance. Do as before for CALORIES. Finally, press the START/STOP button to start your workout.

HEART RATE CONTROL PROGRAMS :

1. Turn on the console

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

2. Select your preset program

Press the UP and DOWN button to select program 8 to 11. Wait until the word PROGRAM begins flashing. Press the ENTER button to validate.

Each program corresponds to a specific target :

Program 8 you define your HRC target
Program 9 corresponds to 55% of Max HRC
Program 10 corresponds to 75% of Max HRC
Program 11 corresponds to 90% of Max HRC

The HRC is calculated as follow : $220 - \text{your age}$. For instance, for a person of 35 years old : $220 - 35 = 185$ pulse/min.

3. Entering your datas

TIME will flash, press UP and DOWN button to select the time, Press ENTER to validate and then do the same to enter the data of Distance, Calories and then your target Heart Rate for the program 8 and your Age for the program 9, 10 and 11. Validate by pressing ENTER

Finally, press START/STOP to start.

4. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

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

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise bike regularly.
Replace any worn parts immediately.
To clean the exercise bike, use a damp cloth and a small amount of mild soap.

IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST—Model No. WLIVEX79412.0

Item	Description	Qty.	Item	Description	Qty.
1	Main frame	1	40	Crank cover	2
2	Front stabilizer	1	41	Chain cover	1each
3	Rear stabilizer	1	42	Screw ST4.2x18	10
4	Front vertical tube	1	43	Nut	1
5	Handle bar	1	44	Screw ST3x10	1
6	Saddle supporting tube	1	45	Lock washer	1
7	Saddle	1	46	Nut	1
8	Tension control wire	1	47	Ball rack	2
9	Computer	1	48	Belt tray	1
10	Pedal	1each	49	Bottom bracket cup	2
11	Front stabilizer end cap	2	50	Belt	1
12	Rear stabilizer end cap	2	51	Flywheel	1
13	Square neck bolt M8x73	4	52	Flywheel axle	1
14	Arc washer $\Phi 20 \times d 8.5 \times R 30$	8	53	Flange nut M10x1	1
15	Acorn nut M8	4	54	Idler wheel	1
16	Sensor wire	1	55	Tri-slot nut	1
17	Square end cap	2	56	Idler tube	1
18	Bolt M8x15	4	57	Spring	1
19	Flat washer D10	1	58	Hex nut M5	2
20	Knob nut M10	1	59	Hex bolt M5x60	1
21	Sensor connective wire	1	60	Bolt M6x15	2
22	Flat washer D8	1	61	Flat washer D6	2
23	Fix pipe	1	62	Spring washer D6	2
24	Handle cover	1	63	Spring washer D12	2
25	Round end cap	2	64	Magnetic bracket axle	1
26	Foam grip	2	65	Magnetic bracket	1
27	Pulse wire	2	66	Magnetic	8
28	Pop –pin knob	1	67	Spring	1
29	Saddle post bushing	1	68	Small pulley	1
30	T-shaped bolt	1	69	Bolt M6x50	2
31	Horizontal seal post	1	70	Hex thin nut M10x1	3
32	U-hinge block	1	71	Spacer	1
33	Flat washer D5	2	72	Hex nut M6	2
34	Screw M4X12	2	73	Adapter	1
35	Crank	1	74	Nylon nut M8	2
36	Motor	1	75	Spring washer D8	1
37	Screw M4x15	4	76	Big washer	1
38	U-shaped washer	2	77	Thin nut M10x1	1
39	Circle	2			

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)

IMPORTANT RECYCLING INFORMATION FOR E. U. CUSTOMERS

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law. Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



SPECIFICATION :

Open Dimension : (L x l x h): 97 x 49 x 128 cm
Product Weight : 25,3 Kg