

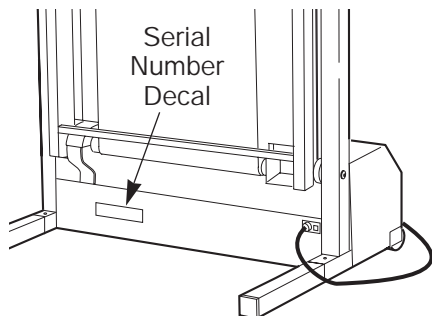
**WESLO**

# CADENCE

HEART-RATE SENSOR **DX9**

Model No. WLTL21190

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



## USER'S MANUAL

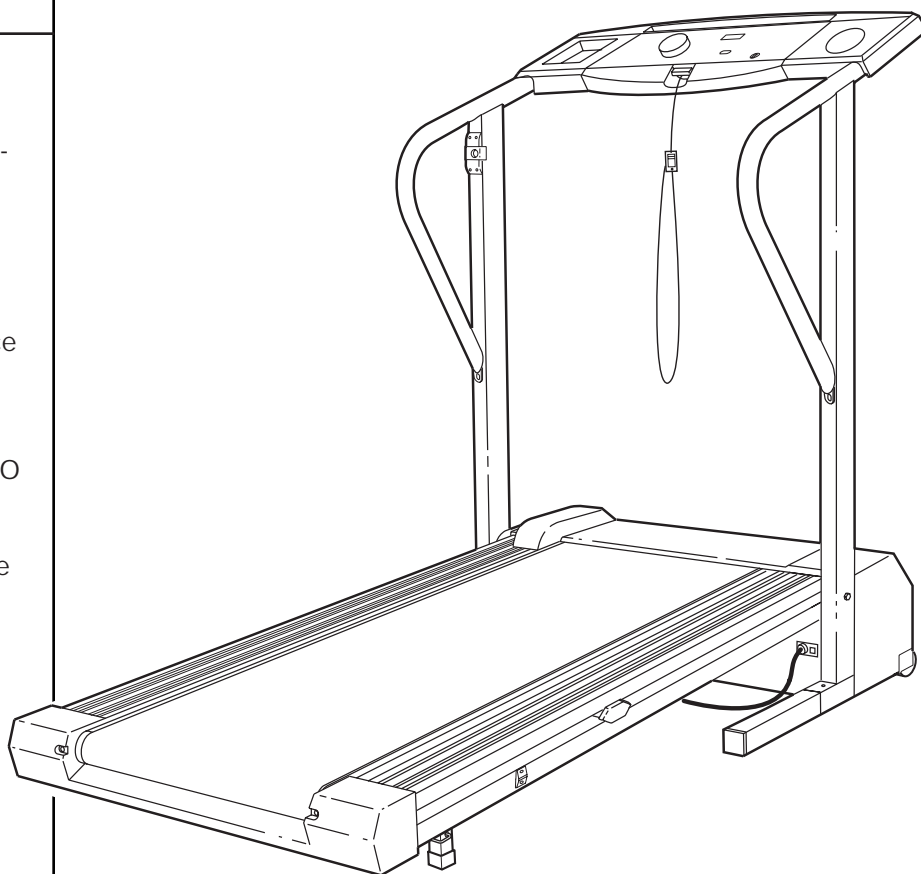
### QUESTIONS?

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

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO 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.-Fri., 6 a.m.-6 p.m. MST

VISIT OUR WEBSITE AT:  
[www.weslo.com](http://www.weslo.com)



### CAUTION

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



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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual. Please save them for future reference.

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## IMPORTANT PRECAUTIONS

 **WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

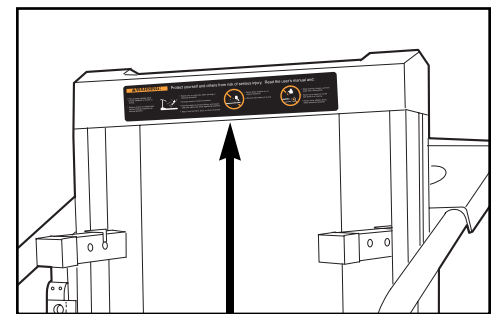
1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. **Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.**
10. When connecting the power cord (see page 7), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
12. Keep the power cord and the surge protector away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)

14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. 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.
17. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO MOVE THE TREADMILL on page 11.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.
19. Do not change the incline of the treadmill by placing objects under the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.
21. Inspect and tighten all parts of the treadmill regularly.
22. The roller guards must be 1/8 inch from the rear roller (see the drawing on page 4). Remove the key and adjust the roller guards, if necessary.
23. Never drop or insert any object into any opening.
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
25. This treadmill is intended for in-home use only. Do not use this treadmill in any 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.

## SAVE THESE INSTRUCTIONS

The decal shown below has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.



Note: The decal is shown at 38% of actual size.

**⚠ WARNING:** Protect yourself and others from risk of serious injury. Read the user's manual and:

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.
- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Never allow children on or around treadmill.
- Remove key when not in use.
- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

 Three circular safety icons with orange borders and black symbols. The first shows a person falling from a treadmill. The second shows a person on a treadmill with a safety clip attached to their waist. The third shows a person's hand reaching towards a moving treadmill belt.

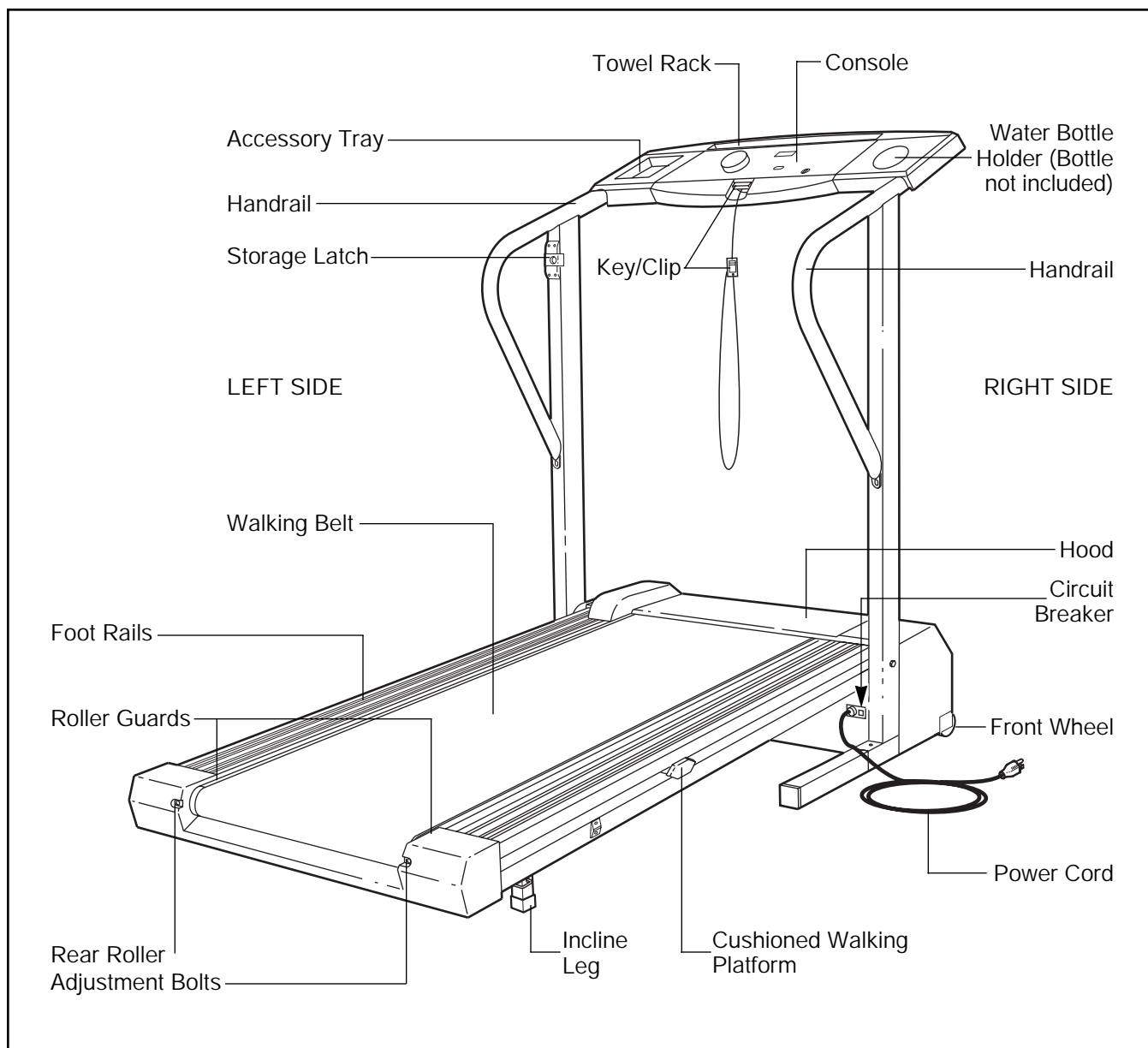
# BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE DX9 treadmill. The CADENCE DX9 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CADENCE DX9 can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions,


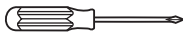

please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WLTL21190. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

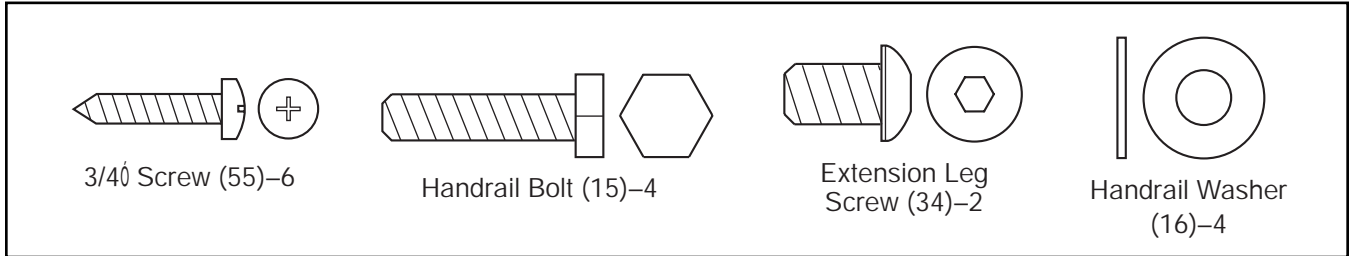


# ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

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

Refer to the drawings below to identify the parts used in assembly.



1. With the help of a second person, carefully raise the Uprights (14) with the Console Base (6) and Right Handrail (57), until the treadmill is in the position shown. Be careful not to pull on the Wire Harness (26).

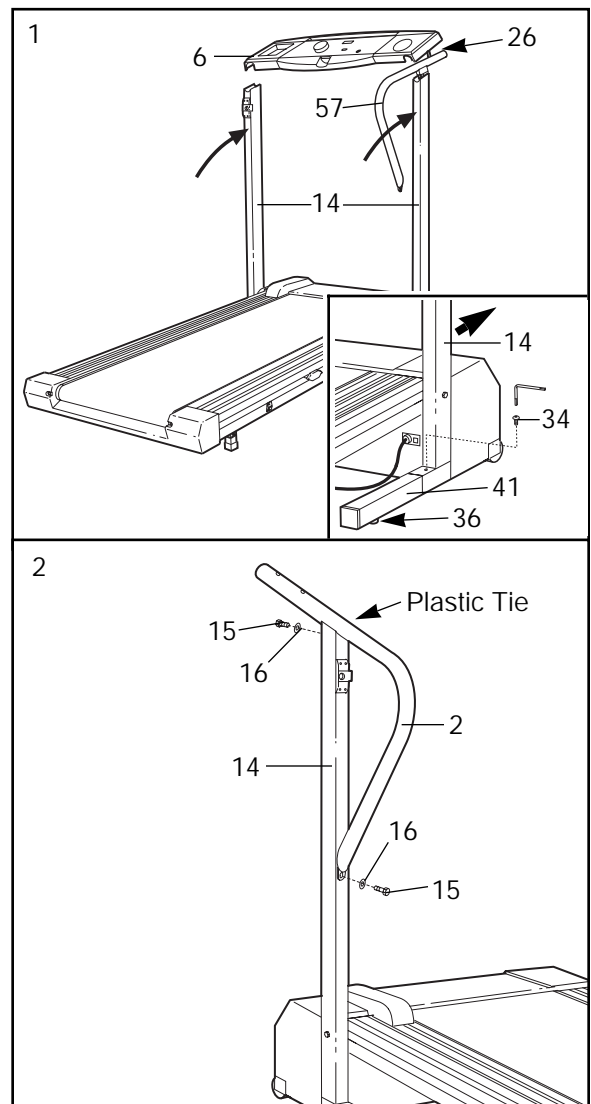
Refer to the inset drawing. Insert one of the Extension Legs (41) into the treadmill as shown. (Note: It may be helpful to tip the Uprights (14) in the direction shown by the arrow as you insert the Extension Leg. Make sure that the Base Pad (36) is on the bottom of the Extension Leg.) Attach the Extension Leg with an Extension Leg Screw (34). Be sure to push on the head of the Extension Leg Screw while tightening it.

Attach the other Extension Leg (41) in the same way.

2. Cut the plastic tie holding the cage nut in the upper end of Left Handrail (2).

Position the Left Handrail (2) on the left Upright (14). Attach the lower end of the Left Handrail first. Thread a Handrail Bolt (15) with a Handrail Washer (16) into the lower end of the Left Handrail and the left Upright. Do not tighten the Handrail Bolt yet.

Attach the upper end of the Left Handrail (2) to the left Upright (14) with a Handrail Bolt (15) and a Handrail Washer (16). Do not tighten the Handrail Bolt yet.



3. With the help of a second person, hold the Console Base (6) and the Right Handrail (57) near the right Upright (14) as shown. Insert all excess Wire Harness (26) into the Handrail and down into the right Upright. Bend the Wire Harness, if necessary.

Cut the plastic tie holding the cage nut in the Handrail (57).

Next, make sure that the Wire Harness (26) is inside of the bracket on the Right Handrail (57) and insert the bracket into the right Upright (14). Make sure that the Wire Harness is not pinched.

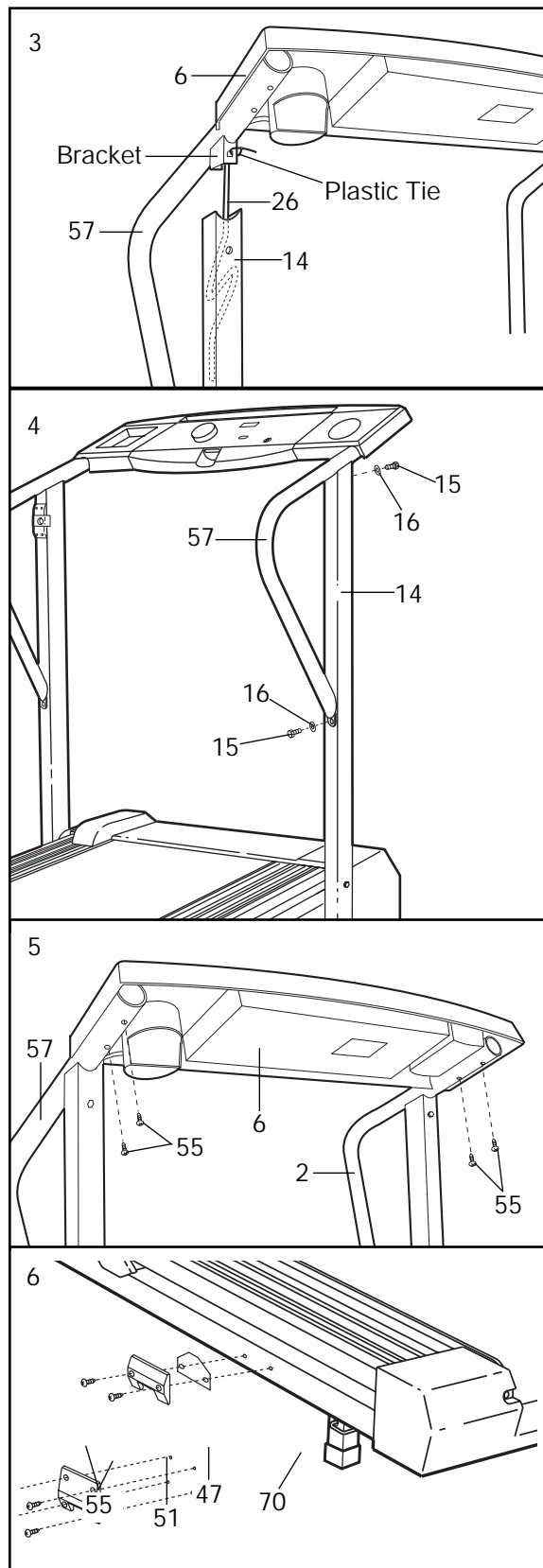
4. Position the Right Handrail (57) on the right Upright (14). Attach the lower end of the Right Handrail first. Thread a Handrail Bolt (15) with a Handrail Washer (16) into the lower end of the Right Handrail and the right Upright. Do not tighten the Handrail Bolt yet.

Attach the upper end of the Right Handrail (57) to the right Upright (14) with a Handrail Bolt (15) and a Handrail Washer (16). Do not tighten the Handrail Bolt yet.

5. Attach the Console Base (6) to the Left and Right Handrails (2, 57) with four 3/4" Screws (55).

Tighten all parts used in this step and steps 2, 3, and 4.

6. Attach the Catch (51) and the Catch Spacer (47) to the left side of the Frame (70) with two 3/4" Screws (55). Be careful not to overtighten the Screws.



7. Make sure that all parts are tightened before you use the treadmill. Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 13). To protect the floor or carpet, place a mat under the treadmill.

# OPERATION AND ADJUSTMENT

## THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT:** Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.

Surge protectors are sold at most hardware stores and department stores. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

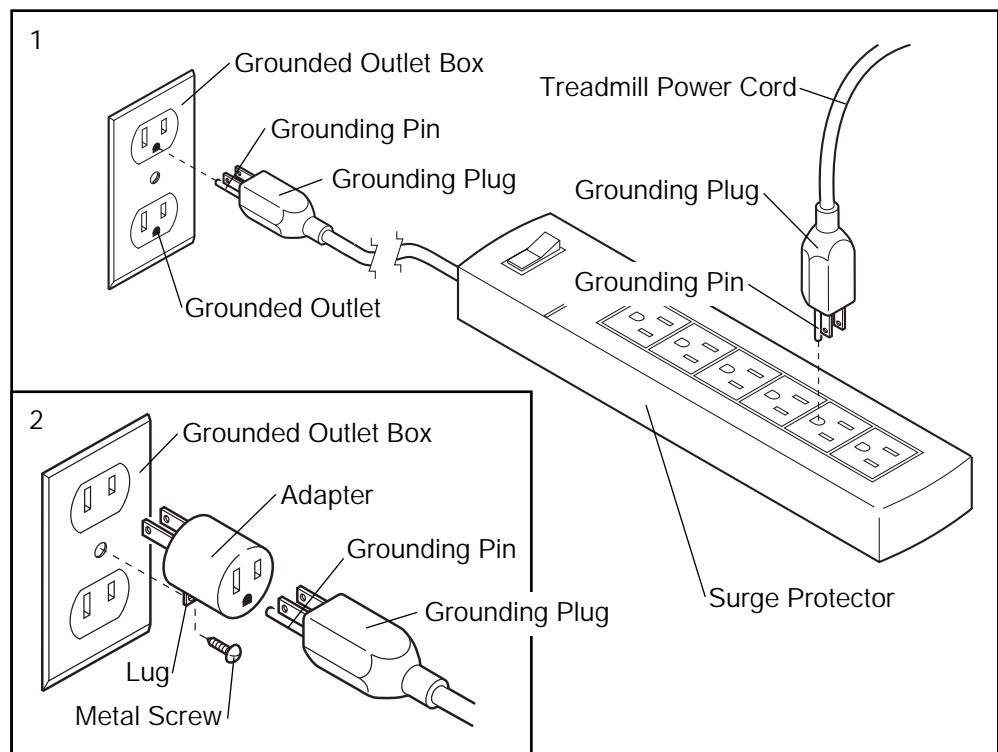
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of

electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

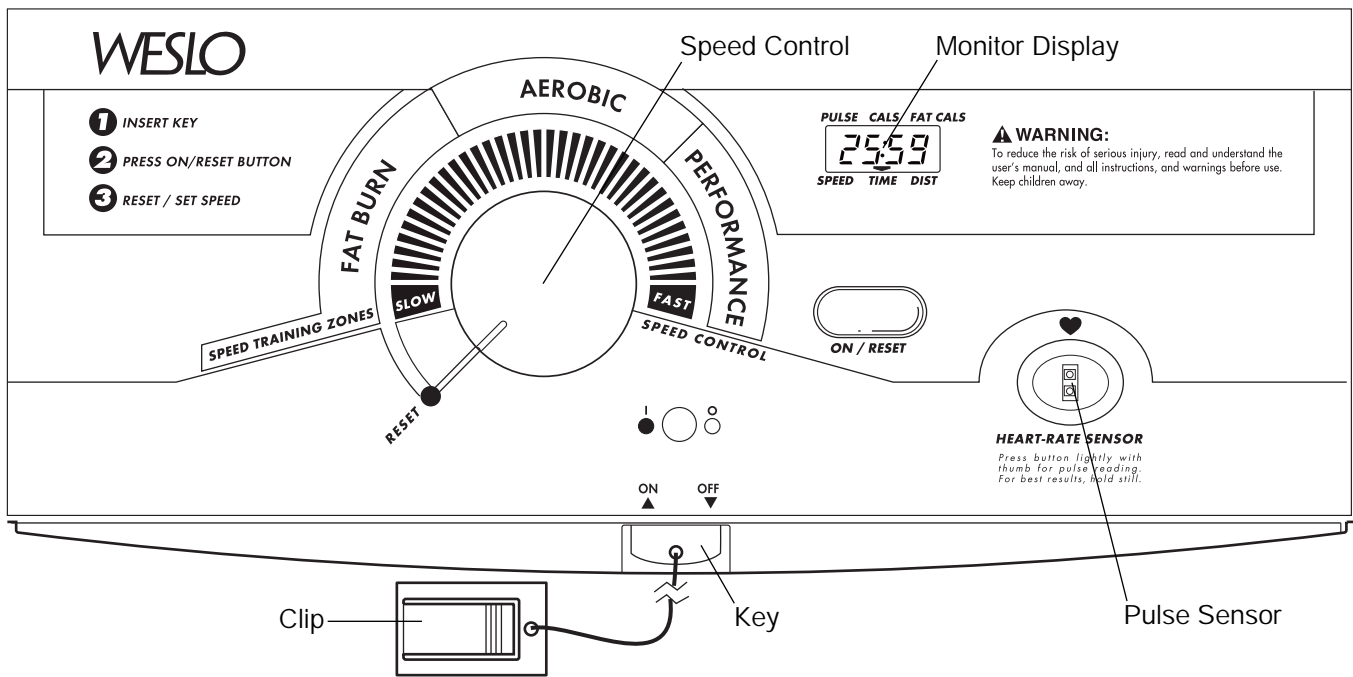
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.





## DIAGRAM OF THE CONSOLE



**⚠ CAUTION:** Before operating the console, read the following precautions.

- ¥ Do not stand on the walking belt when turning on the power.
- ¥ Always wear the clip (see the drawing above) while operating the treadmill. When the key is removed from the console, the walking belt will stop.

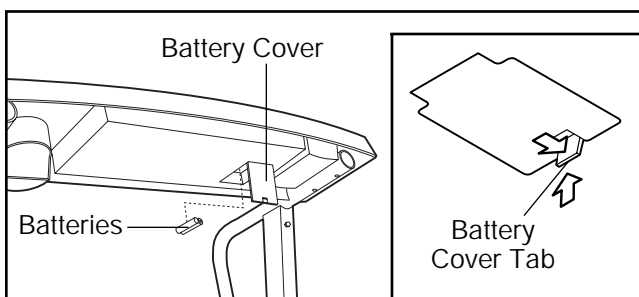
¥ Adjust the speed in small increments.

¥ The training zones marked around the speed control are general guidelines only. See page 14 or more information.

¥ To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.

## BATTERY INSTALLATION

The console requires two "AA" batteries (not included). Alkaline batteries are recommended. To install batteries, open the battery cover as shown below. Press two batteries into the battery compartment, with the negative (-) ends of the batteries touching the springs. Close the battery cover, push up on the tab, and then push the tab forward as shown. Be sure that the tab locks into place.

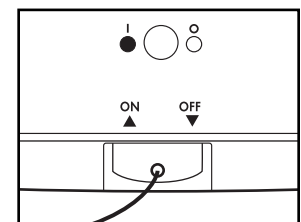


## STEP BY STEP CONSOLE OPERATION

Step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing. Follow the steps below and on page 9 to operate the console.

- 1** Insert the key fully into the power switch.

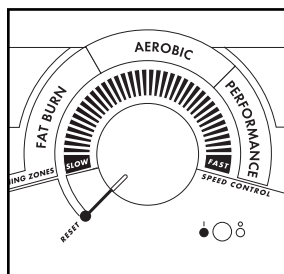
Note: Inserting the key will not turn on the display. The display will turn on when the ON/RESET button is pressed or when the walking belt is started. (If you just installed batteries, the display will already be on.)





## 2 Reset the console and start the walking belt.

Turn the speed control to the RESET position. Note: Each time the walking belt is stopped, the speed control must be turned to the RESET position before the walking belt can be restarted.

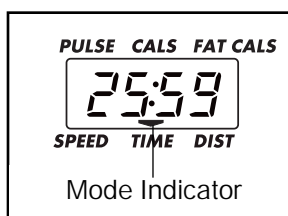


Next, slowly turn the speed control until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control.

To stop the walking belt, step onto the foot rails and turn the speed control to the RESET position.

## 3 Follow your progress with the monitor modes

When the power is turned on, the console will automatically scan through five modes. A flashing mode indicator will show which mode is currently displayed. The modes are described below.



¥ Speed — This mode shows your speed, in miles per hour.

¥ Time — This mode shows the elapsed time. Note: If you stop exercising for ten seconds or longer, the time mode will pause.

¥ Distance (DIST) — This mode shows the total number of miles you have walked or run.

¥ Fat Calories (FAT CALS) — This mode shows the approximate number of fat calories you have burned. (See FAT BURNING on page 14.)

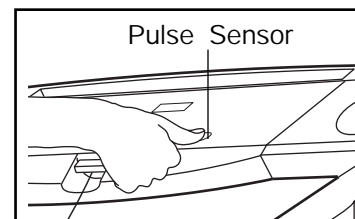
¥ Calories (CALS) — This mode shows the approximate number of calories you have burned.

¥ Pulse — This mode shows your heart rate.

If desired, reset the display by pressing the ON/RESET button.

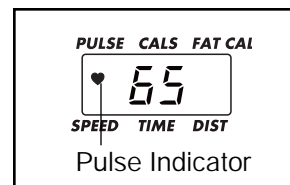
## 4 Measure your pulse, if desired.

To measure your pulse, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is



pressure activated — fully press it down. Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.

Next, raise your thumb slightly until the heart-shaped indicator in the pulse display flashes steadily. Hold your thumb at this level.



After a few seconds, three dashes will appear in the display and your pulse will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading.

If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above.

Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure. Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

## 5 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, stop the walking belt and remove the key from the console. The displays will turn off about six minutes after the key is removed. Note: The display will automatically turn off in order to conserve the batteries any time that the walking belt is stopped and the ON/RESET button is not pressed for six minutes.

## HOW TO CHANGE THE INCLINE OF THE TREADMILL

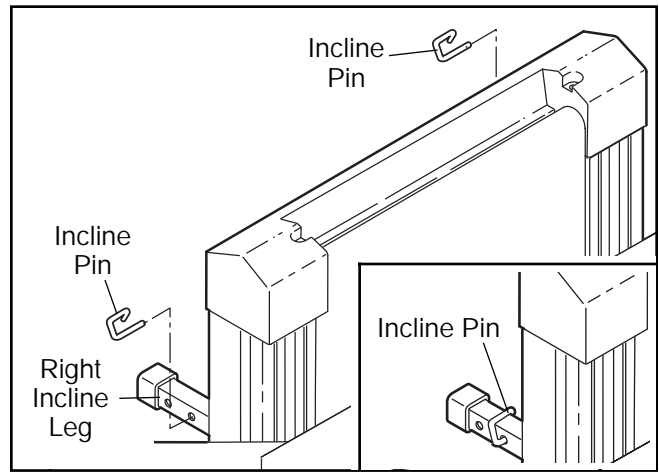
To vary the intensity of your exercise, the incline of the treadmill can be changed. There are three different incline levels. Before changing the incline, first remove the key and unplug the power cord. Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE below).

To change the incline, remove the incline pin from the right incline leg as shown at the right.

Adjust the incline leg to the desired height and fully reinsert the incline pin. Make sure that the incline pin is in the locked position shown in the inset drawing.

Adjust the left incline leg in the same way. Make sure that both incline pins are inserted from the direction shown.

**CAUTION:** Before using the treadmill, make sure that both incline pins are fully inserted at the same



height. Do not use the treadmill with the incline pins removed.

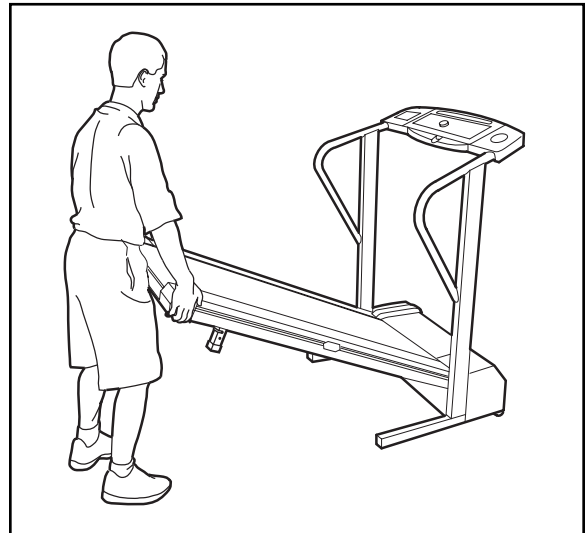
After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 11).

## HOW TO FOLD AND MOVE THE TREADMILL

### HOW TO FOLD THE TREADMILL FOR STORAGE

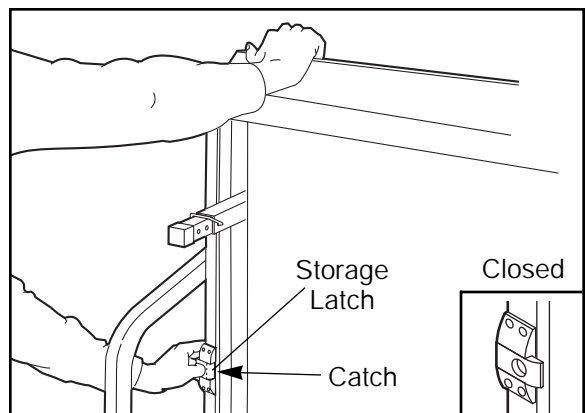
Unplug the power cord. Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. Caution: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back. Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown at the right, and hold the treadmill firmly. Raise the treadmill until the storage latch locks over the catch. Make sure that the storage latch closes fully over the catch.

To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



## HOW TO MOVE THE TREADMILL

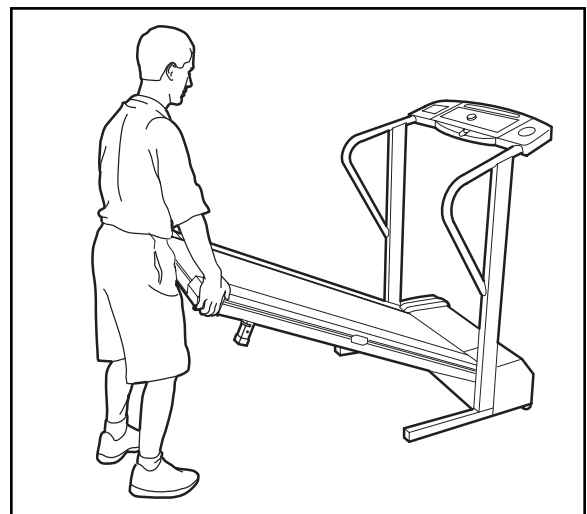
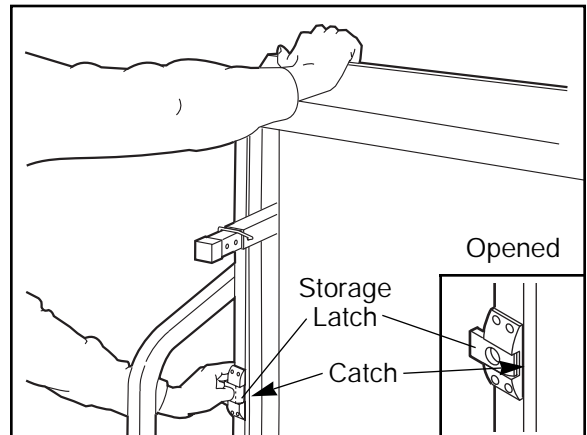
Before moving the treadmill, convert the treadmill to the storage position as described above. Make sure that the storage latch is closed fully over the catch.

1. Hold the handrails and place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, slide open the storage latch. Pivot the treadmill until the catch and the foot rail are past the storage latch.
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.



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# MAINTENANCE AND TROUBLE-SHOOTING

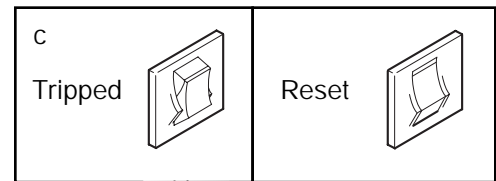
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

**PROBLEM:** The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. (See step 1 on page 8.)

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



**PROBLEM:** The power turns off during use

**SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

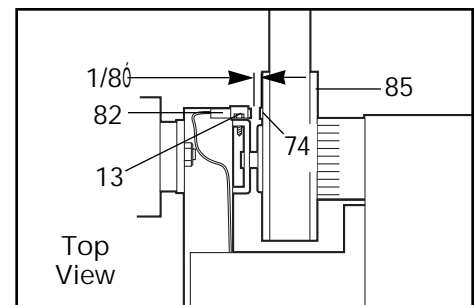
c. Remove the key from the console. Reinsert the key fully into the console. (See step 1 on page 8.)

d. If the treadmill still will not run, please call our Customer Service Department, toll-free.

**PROBLEM:** The displays of the console do not function properly

**SOLUTION:** a. Check the batteries in the console. See BATTERY INSTALLATION on page 8. Most problems are the result of drained batteries.

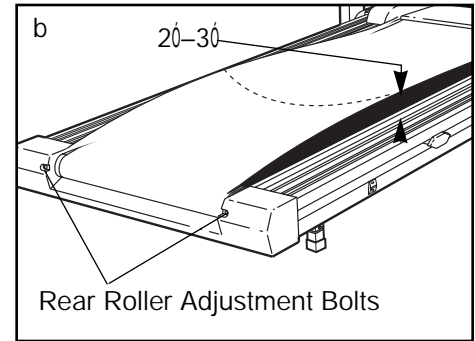
b. Remove the key from the console and UNPLUG THE POWER CORD. Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (82) and the Magnet (74) on the left side of the Pulley (85). Turn the Pulley until the Magnet is aligned with the Reed Switch. Make sure that the gap between the Magnet and the Reed Switch is about 1/8". If necessary, loosen the Screw (13) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM:** The walking belt slows when walked on

**SOLUTION:** a. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

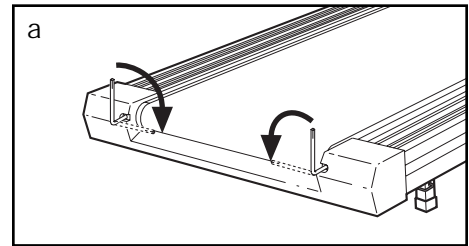
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and UNPLUG THE POWER CORD. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



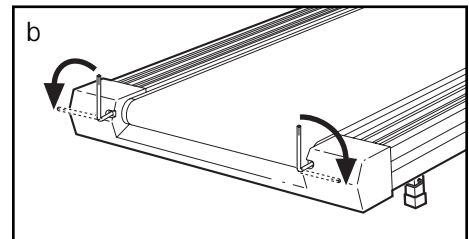
c. If the walking belt still slows when walked on, please call our Customer Service Department toll-free.

**PROBLEM:** The walking belt is off-center when walked on

**SOLUTION:** a. If the walking belt has shifted to the left, first remove the key and UNPLUG THE POWER CORD. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

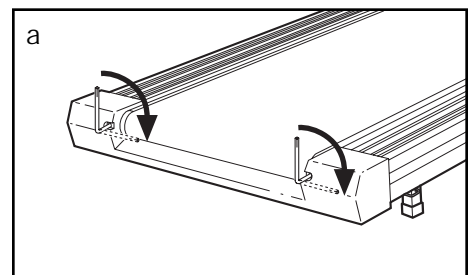


b. If the walking belt has shifted to the right, first remove the key and UNPLUG THE POWER CORD. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



**PROBLEM:** The walking belt slips when walked on

**SOLUTION:** a. If the walking belt slips when walked on, first remove the key and UNPLUG THE POWER CORD. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



# 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 your movement, may affect the accuracy of heart rate readings. The 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. Remember—these are general guidelines only. For more detailed exercise information, obtain a reputable book or consult your physician.

## 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.

HEART RATE TRAINING ZONES (BPM)								
PERFORMANCE	165	155	145	140	130	125	115	
AEROBIC		145	138	130	125	118	110	103
FAT BURN		125	120	115	110	105	95	90
AGE	20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age on 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 aerobic exercise; 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 does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the low end of your training zone. (See pages 8 and 9.)

### 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 speed and incline of the treadmill until your heart rate is near the middle of your training zone. (See pages 8 and 9.)

### High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, set the speed control on the console to PERFORMANCE to help you maintain the proper intensity level. Note: During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone.

To measure your heart rate during exercise, use the pulse sensor on the console. If your heart rate is too high or too low, adjust the speed of the treadmill as needed.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

### Warming Up

Start each workout with 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

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

### Cool-down

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



## Exercise Frequency

To maintain or improve your condition, complete three workouts each week, with at least one day of rest be-

tween workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings 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 both legs. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

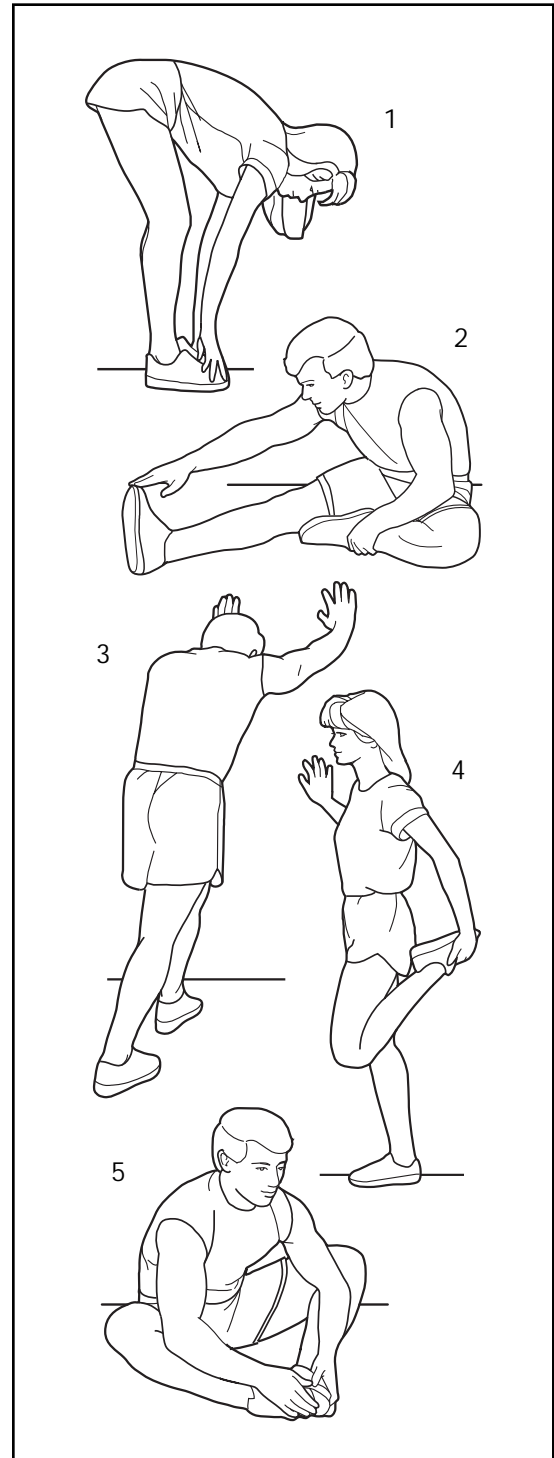
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further 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 both legs. 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. WLTL21190

R0699A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Key/Clip	47	1	Latch Catch Spacer
2	1	Left Handrail	48	1	Choke
3	2	Cage Nut	49	1	Motor Tension Nut
4	4	Wire Clip	50	2	Belt Guide
5	2	Rear Isolator Screw	51	1	Latch Catch
6	1	Console Base	52	1	Releasable Tie
7	1	Speed Control Knob	53	2	Cable Tie Clamp
8	1	Speed Potentiometer	54	1	Motor Belly Pan
9	1	Console Plug	55	18	Screw
10	2	Roller Guard Screw	56	4	8 <sup>0</sup> Wire Tie
11*	1	Console Assembly	57	1	Right Handrail
12	1	Storage Latch	58	1	Right Upright Spacer
13	16	Screw	59	2	4 <sup>0</sup> Cable Tie
14	1	Upright/Base	60	1	Incline Extension
15	4	Handrail Bolt	61	2	Roller Guard
16	7	Handrail Washer/Roller Washer	62	2	Front Isolator
17	1	Motor Belt	63	2	Incline Pin
18	1	Motor Swivel Nut	64	2	Incline Leg
19*	1	Motor/Pulley/Flywheel/Fan	65	2	Incline Leg Washer
20	1	Pulley/Flywheel/Fan	66	2	Incline Leg Cap
21	1	Motor	67	2	Frame Pivot Washer
22	1	Motor Tension Bolt	68	1	Ground Wire
23	1	Motor Tension Washer	69	2	Extension Leg Endcap
24	1	Motor Tension Star Washer	70	1	Frame
25	1	Motor Swivel Bolt	71	2	Rear Roller Adj. Bolt
26	1	Wire Harness	72	1	Rear Roller Endcap
27	3	Ground Wire Screw	73	1	Allen Wrench
28	1	Hood	74	1	Magnet
29	1	Hood Shield	75	1	Left Foot Rail
30	4	Base Pad Screw	76	1	Rear Roller
31	1	Latch Decal	77	4	Platform Screw
32	1	Battery Cover	78	1	Frame Guide
33	2	Frame Pivot Bolt	79	1	Walking Platform
34	2	Extension Leg Screw	80	1	Walking Belt
35	10	Electronics Screw	81	1	Front Roller Adjustment Bolt
36	6	Base Pad	82	1	Reed Switch
37	2	Wheel Bolt	83	1	Right Foot Rail
38	2	Wheel	84	1	Sensor Clip
39	4	Base Pivot Nut/Wheel Nut	85	1	Front Roller/Pulley
40	1	Controller	86	6	Isolator Screw
41	2	Extension Leg	87	2	Isolator Spacer
42	1	Circuit Breaker	#	1	8 <sup>0</sup> White Wire, Male/Female
43	1	Power Cord Grommet	#	1	User's Manual
44	1	Power Cord			
45	1	Left Upright Spacer			
46	2	Isolator			

\* Includes all parts shown in the box

# These parts are not illustrated

# EXPLODED DRAWING Model No. WLTL21190

R0699A

