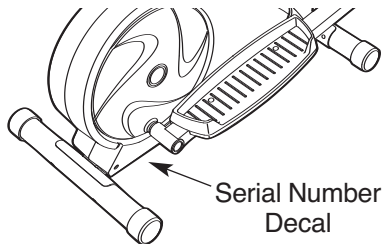


# WESLO<sup>®</sup>

## momentum 605

Model No. WLEVEL1976.0

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



## USER'S MANUAL

### QUESTIONS?

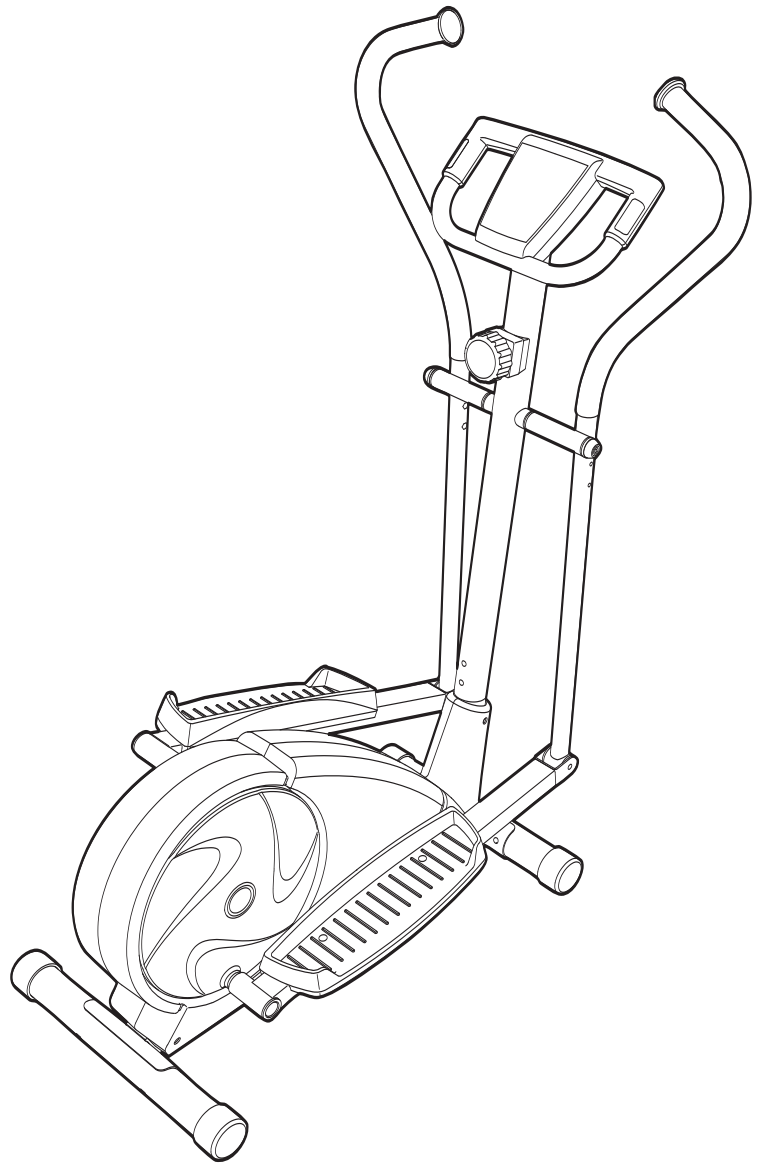
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

**08457 089 009**

Or write:

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

email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)



### **⚠ CAUTION**

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



Visit our website at

[www.iconeurope.com](http://www.iconeurope.com)

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## IMPORTANT PRECAUTIONS

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

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

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

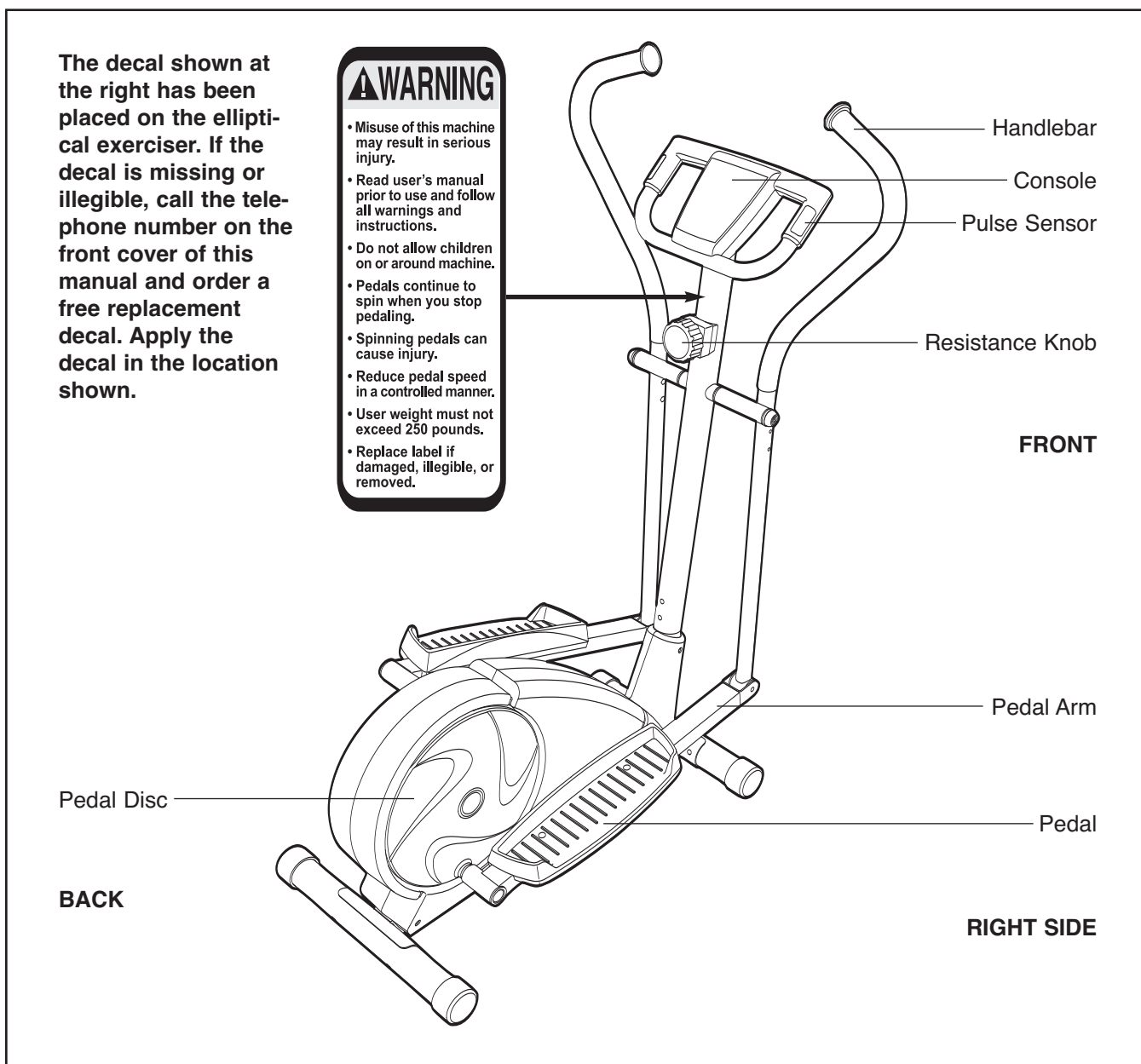
# BEFORE YOU BEGIN

Congratulations for selecting the versatile new WESLO® MOMENTUM 605 elliptical exerciser. The MOMENTUM 605 elliptical exerciser is a smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique MOMENTUM 605 features adjustable resistance and an easy-to-use console to help you get the most from your exercise.

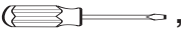



**For your benefit, read this manual carefully before you use the elliptical exerciser.** If you have ques-

tions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is WLEVEL1976.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

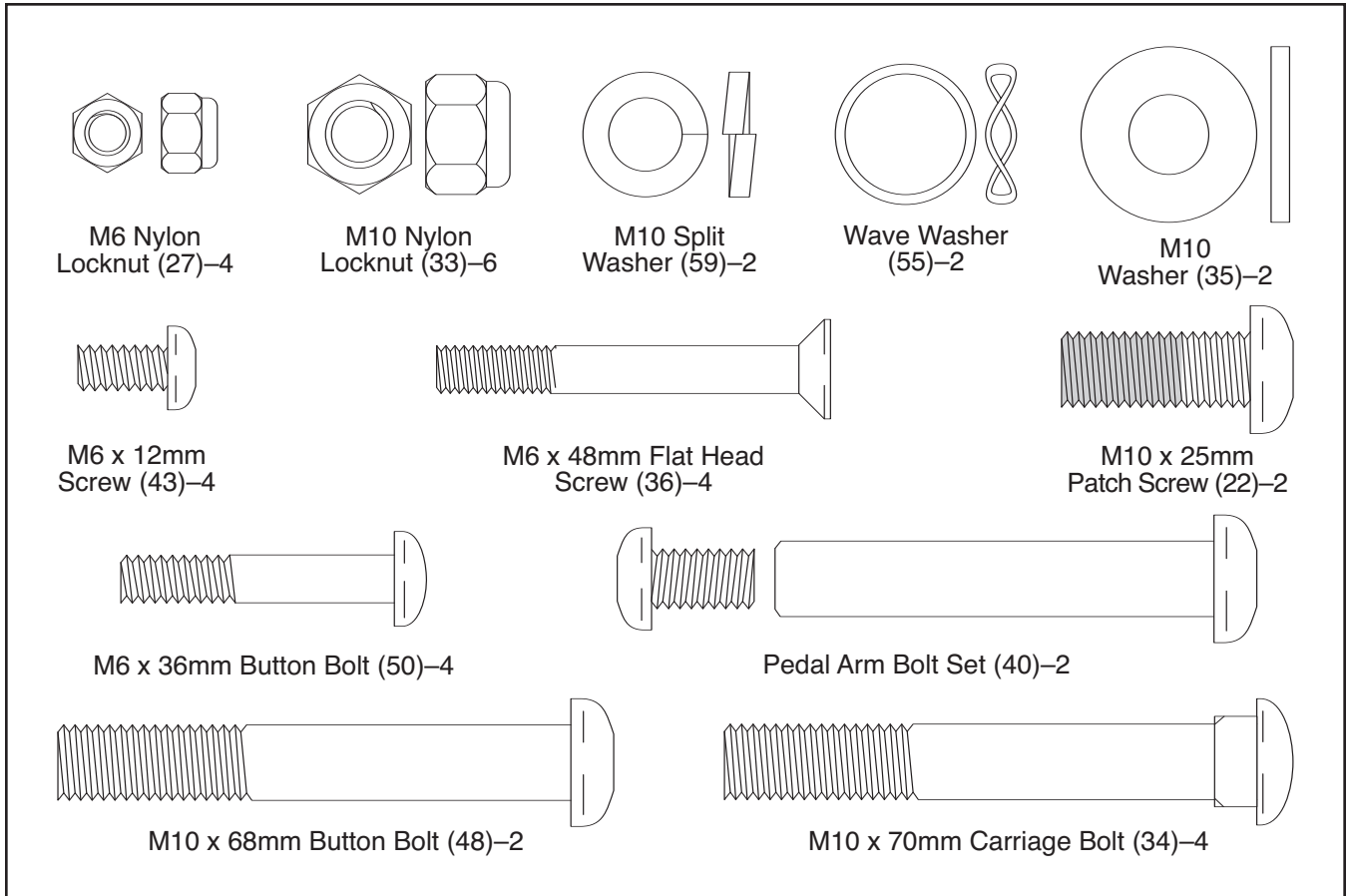
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



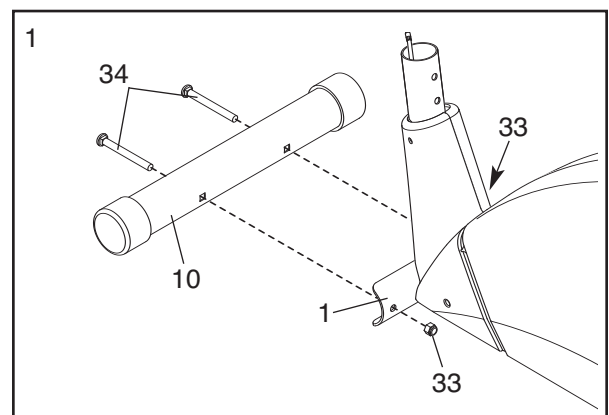
# ASSEMBLY

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

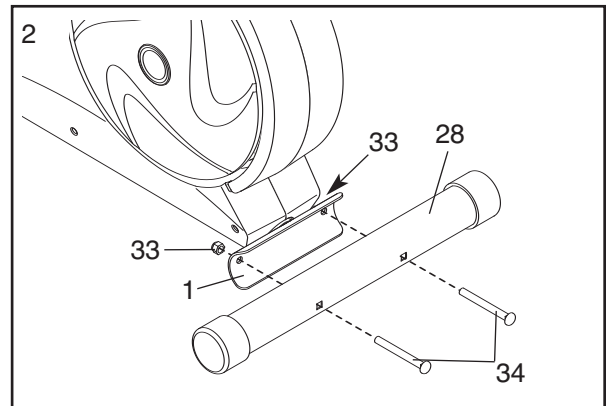
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have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



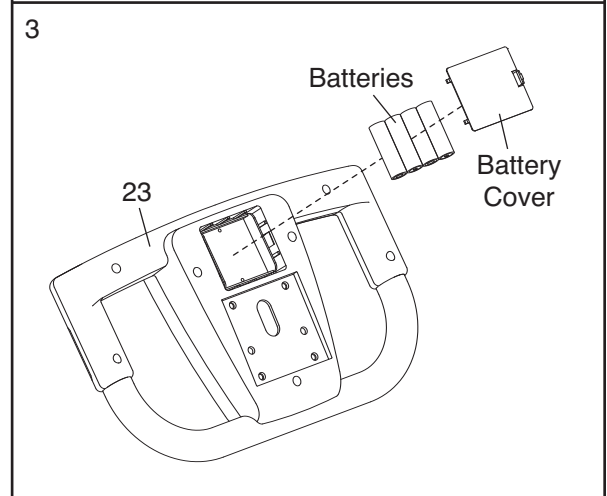
1. Identify the Front Stabilizer (10), which is narrower than the Rear Stabilizer (not shown). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 70mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).



2. While another person lifts the back of the Frame (1), attach the Rear Stabilizer (28) to the Frame with two M10 x 70mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).



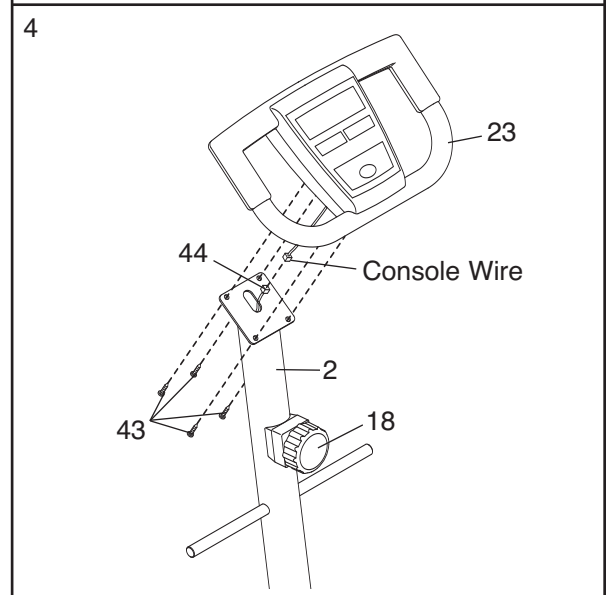
3. The Console (23) requires four “AA” batteries; alkaline batteries are recommended. Insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.**



4. While another person holds the Console (23) near the Upright (2), connect the console wire to the Upper Wire (44). Then, insert the wires into the Upright.

Attach the Console (23) to the Upright (2) with four M6 x 12mm Screws (43). **Be careful to avoid pinching the wires.**

**Turn the Resistance Knob (18) counterclockwise to the lowest setting before going to the next step.**



5. While another person holds the Upright (2) near the Frame (1), connect the Upper Wire (44) to the Reed Switch Wire (53). Next, connect the Resistance Cable (45) to the Lower Cable (20) in the following way:

- See drawing A. Pull up on the metal bracket on the Lower Cable (20), and insert the tip of the Resistance Cable (45) into the wire clip inside of the metal bracket.
- See drawing B. **Firmly** pull the Resistance Cable (45) and slide it into the metal bracket on the Lower Cable (20) as shown.
- See drawing C. Using pliers, squeeze together the prongs on the upper end of the metal bracket.

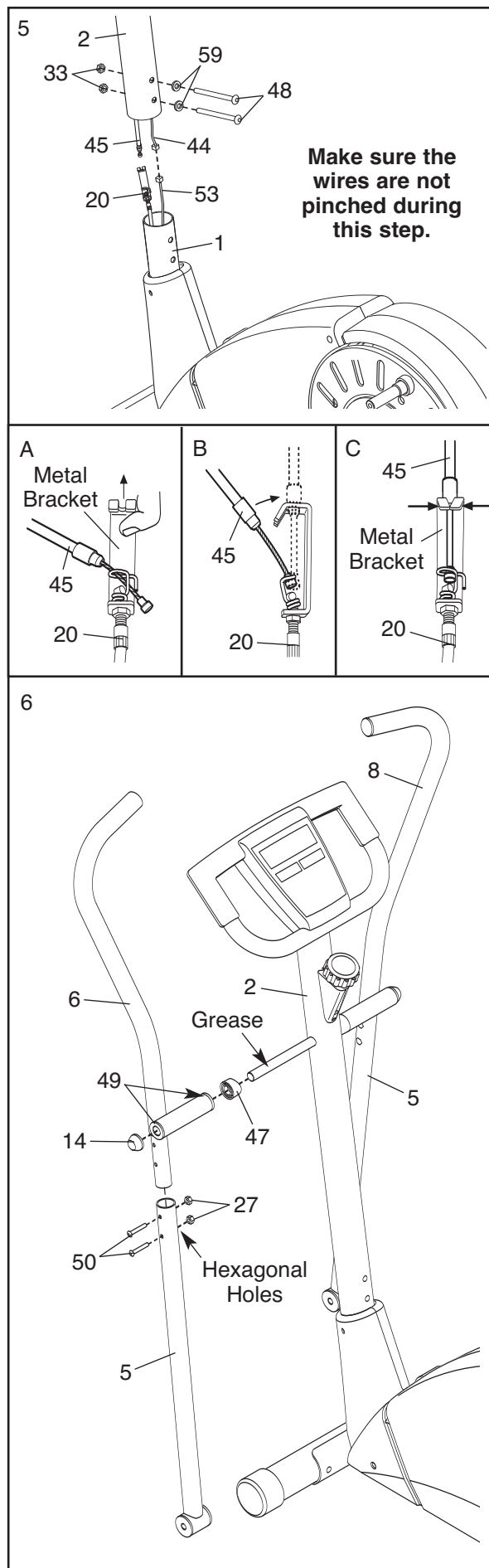
Push the excess cable and wire downward into the Frame (1). Next, slide the Upright (2) onto the Frame. **Be careful not to pinch the wires or cables.** Attach the Upright with two M10 x 68mm Button Bolts (48), two M10 Split Washers (59), and two M10 Nylon Locknuts (33). **Do not tighten the Button Bolts yet.**

6. Identify the Left Handlebar (6), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Arms (5); **make sure that the Handlebar Arm is turned so the hexagonal holes are on the indicated side.** Attach the Left Handlebar to the Handlebar Arm with two M6 x 36mm Button Bolts (50) and two M6 Nylon Locknuts (27). **Make sure that the Nylon Locknuts are inside the hexagonal holes.** **Do not fully tighten the Button Bolts yet.**

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

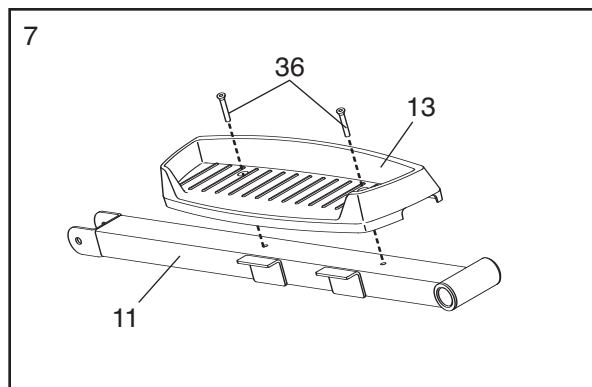
Make sure that there are two Small Handlebar Bushings (49) in the Left Handlebar (6). Slide a Handlebar Spacer (47) and the Left Handlebar onto the left axle on the Upright (2) as shown. **Make sure that the Handlebar Spacer is turned so the curved side is facing the Upright.** Tap an Axle Cap (14) onto the axle.

**Repeat this step to assemble the Right Handlebar (8) and the other Handlebar Arm (5).**



7. Identify the Left Pedal Arm (11), which is marked with a sticker. Attach a Pedal (13) to the Left Pedal Arm with two M6 x 48mm Flat Head Screws (36).

**Attach the other Pedal to the Right Pedal Arm (not shown) in the same way.**



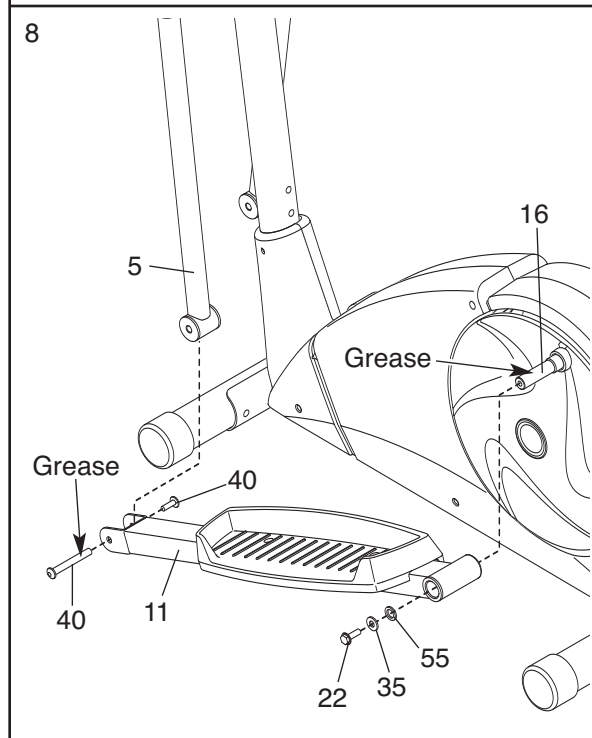
8. Apply a small amount of grease to the axle on the left Disc Crossbar (16). Slide the Left Pedal Arm (11) onto the axle and place a Wave Washer (55) on the end of the axle. Next, slide an M10 Washer (35) onto an M10 x 25mm Patch Screw (22), and tighten the Patch Screw into the axle.

Apply grease to a Pedal Arm Bolt Set (40). Then, hold the lower end of the left Handlebar Arm (5) inside the bracket on the Left Pedal Arm (11). Attach the Left Pedal Arm to the left Handlebar Arm with the Bolt Set. **Do not overtighten the Bolt Set; the Handlebar Arm must pivot freely.**

**Attach the Right Pedal Arm (not shown) to the right side of the elliptical exerciser in the same way.**

**See step 5.** Tighten the M10 x 68mm Button Bolts (48).

**See step 6.** Tighten the M6 x 36mm Button Bolts (50) in the Handlebar Arms (5).

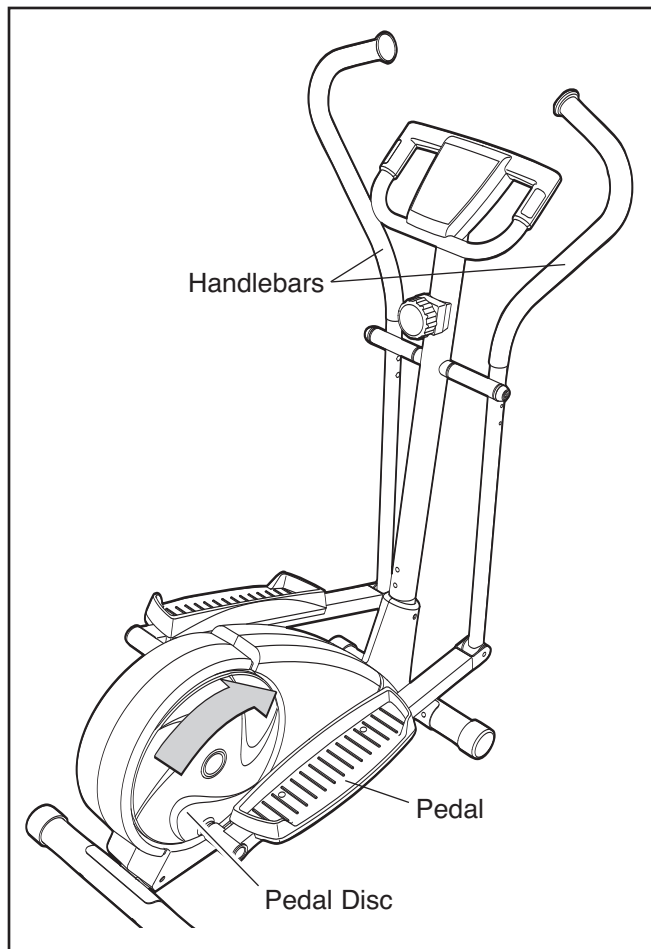


9. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

# HOW TO USE THE ELLIPTICAL EXERCISER

## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

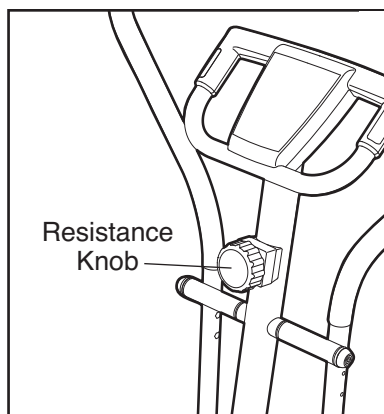
To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you move the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



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

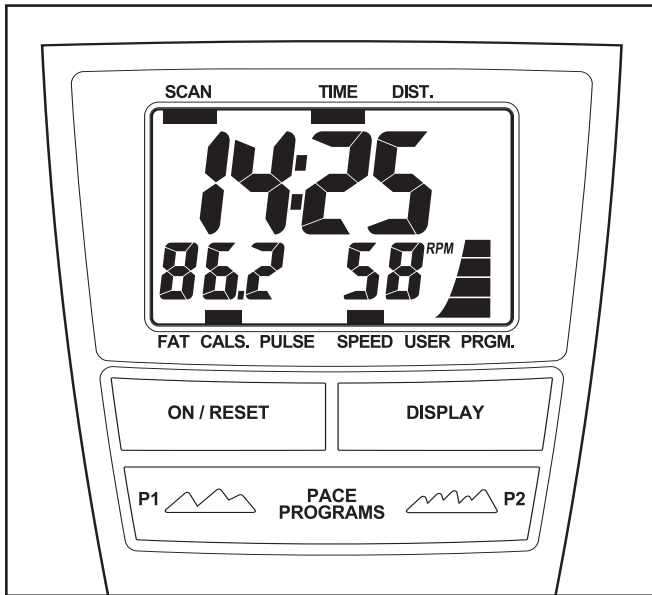
## HOW TO ADJUST THE PEDALING RESISTANCE

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





## CONSOLE DIAGRAM



## FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

The console also offers two pace programs that prompt you to vary your pedaling pace while guiding you through an effective workout.

Before using the console, make sure that batteries are installed (see assembly step 3 on page 5). If there is a sheet of clear plastic on the display, remove the plastic.

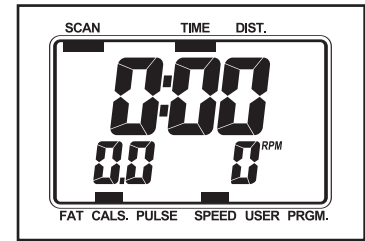
## HOW TO USE THE MANUAL MODE

### 1 Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling.

### 2 Select the manual mode.

Each time you turn on the console, the manual mode will be selected. If you have selected a pace program, reselect the manual mode by pressing the Pace Programs button repeatedly until zeros appear in the display.



### 3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, adjust the resistance of the pedals as desired by turning the resistance knob.

### 4 Follow your progress with the display.

The console has seven modes that show the following workout information:

**Time**—This mode shows the elapsed time. Note: If a pace program is selected, the display will show the time remaining in the program instead of the elapsed time.

**Distance**—This mode shows the distance that you have pedaled, in total revolutions.

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

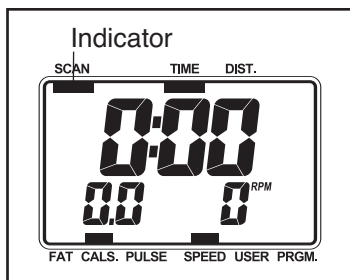
**Calories**—This mode shows the approximate number of calories you have burned.

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

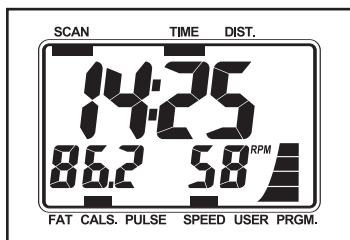
**Pulse**—This mode shows your heart rate when you use the handgrip pulse sensor.

**Scan**—When you select this mode, the upper section of the display will show both the time mode and the distance mode, and the lower left section of the display will show the calories mode and the fat calories mode.

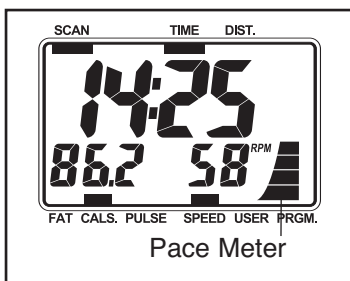
When you turn on the console, the scan mode will be selected automatically, as shown by the indicator below the word SCAN.



As you exercise, the upper section of the display will alternately show the elapsed time and the distance that you have pedaled; the lower left section of the display will alternately show the number of calories you have burned and the number of fat calories you have burned. The lower right section will show your pedaling speed.



In addition, the pace meter on the right side of the display will provide a visual representation of your pedaling pace. As you increase or decrease your pace, bars will appear or disappear in the pace meter.



To cancel the scan mode, press the Display button. The indicator below the word SCAN will disappear. The upper section of the display will then show only the elapsed time, and the lower left section of the display will show only the number of calories you have burned. If you press the Display button again, the upper section of the display will show only the distance pedaled, and the lower left section of the display will show only the number of fat calories you have burned. To select the scan mode again, press the Display button repeatedly until an indicator appears below the word SCAN.

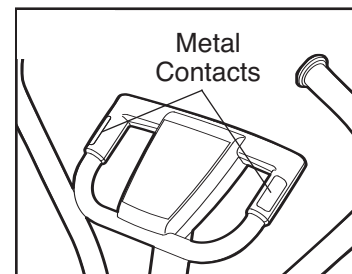
To reset the display, press the On/Reset button.

To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

## 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.

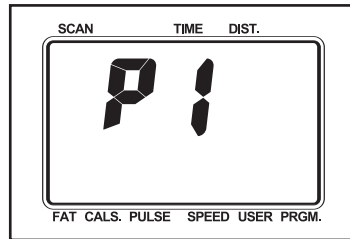
## HOW TO USE A PACE PROGRAM

### 1 Turn on the console.

See step 1 on page 9.

### 2 Select one of the two pace programs.

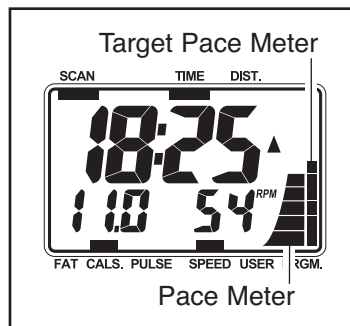
To select a pace program, press the Pace Programs button repeatedly until P1 or P2 appears in the display.



### 3 Begin pedaling to start the program.

Each program consists of either 20 or 30 one-minute periods. One target pace is programmed for each period. Note: The same target pace setting may be programmed for consecutive periods.

The target pace settings for the program will be shown by the target pace meter on the right side of the display. The pace meter will show your actual pedaling pace. As the target pace meter changes in height during the program, adjust your pedaling pace so that the



same number of bars appears in both meters. If your pedaling pace is slower than the current target pace setting, an arrow will appear next to the pace meter to prompt you to increase your pace; if your pace is faster than the target pace, an arrow will prompt you to decrease your pace.

**Important: The target pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the target pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

During the program, adjust the resistance of the pedals as desired by turning the resistance knob.

The display will show the time remaining in the program. If you continue exercising after the program is completed, the display will continue to show exercise feedback.

### 4 Follow your progress with the display.

See step 4 on page 9.

### 5 Measure your heart rate if desired.

See step 5 on page 10.

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

See step 6 on page 10.

# MAINTENANCE AND TROUBLESHOOTING

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

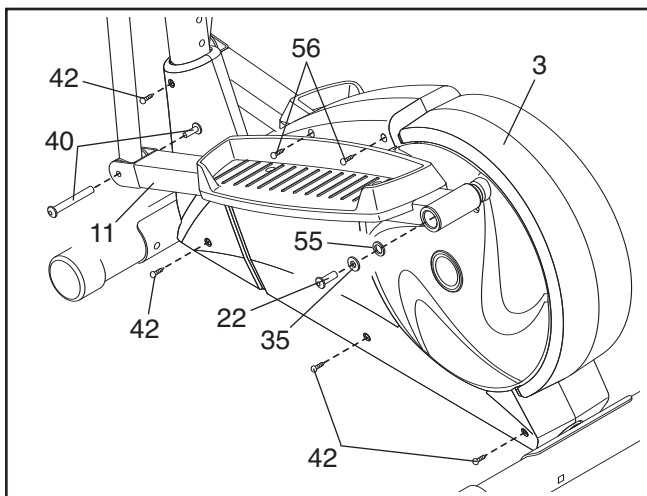
To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **Important: Keep liquids away from the console and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

## BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 3 on page 5.

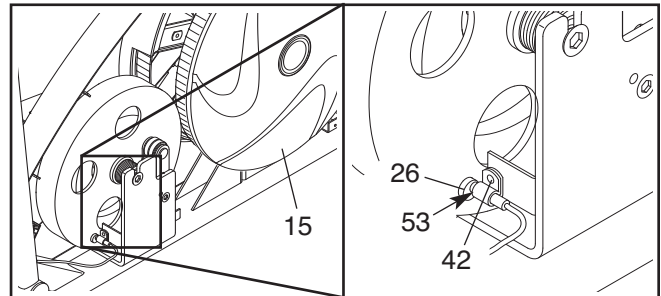
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must remove the Left Pedal Arm (11) and the Left Side Shield (3).



Remove the Pedal Arm Bolt Set (40), the M10 x 25mm Patch Screw (22), the M10 Washer (35), and the Wave Washer (55) from the Left Pedal Arm (11). Remove the Left Pedal Arm. Next, remove the two M4 x 25mm Screws (56) and the four M4 x 16mm Screws (42) from the Left Side Shield (3).

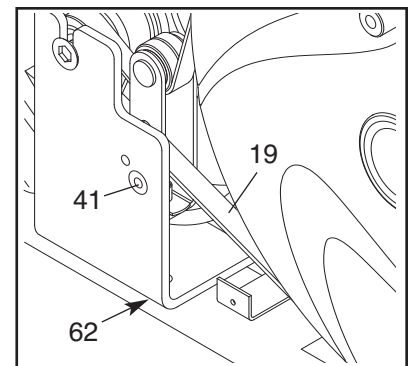
See the drawing below and locate the Reed Switch (53). Loosen, but do not remove, the indicated M4 x 16mm Screw (42). Slide the Reed Switch slightly toward or away from the Magnet (26) on the flywheel. Then, retighten the Screw. Turn the left Pedal Disc (15) for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Left Side Shield (3) and the Left Pedal Arm (11).



## HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even when the resistance is adjusted to the highest setting, the Drive Belt (19) may need to be adjusted. To adjust the Drive Belt, you must first remove the left side shield. See HOW TO ADJUST THE REED SWITCH at the left and remove the left side shield.

Next, loosen the M8 x 22mm Flat Head Screw (41) and turn the M10 x 60mm Bolt (62) until the Drive Belt (19) is tight. When the Drive Belt is tight, tighten the Flat Head Screw. Then, reattach the left side shield.



# CONDITIONING GUIDELINES

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

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

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

## EXERCISE INTENSITY

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

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

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

### Burning Fat

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

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

### Aerobic Exercise

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

## WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

## EXERCISE FREQUENCY

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

# PART LIST—Model No. WLEVEL1976.0

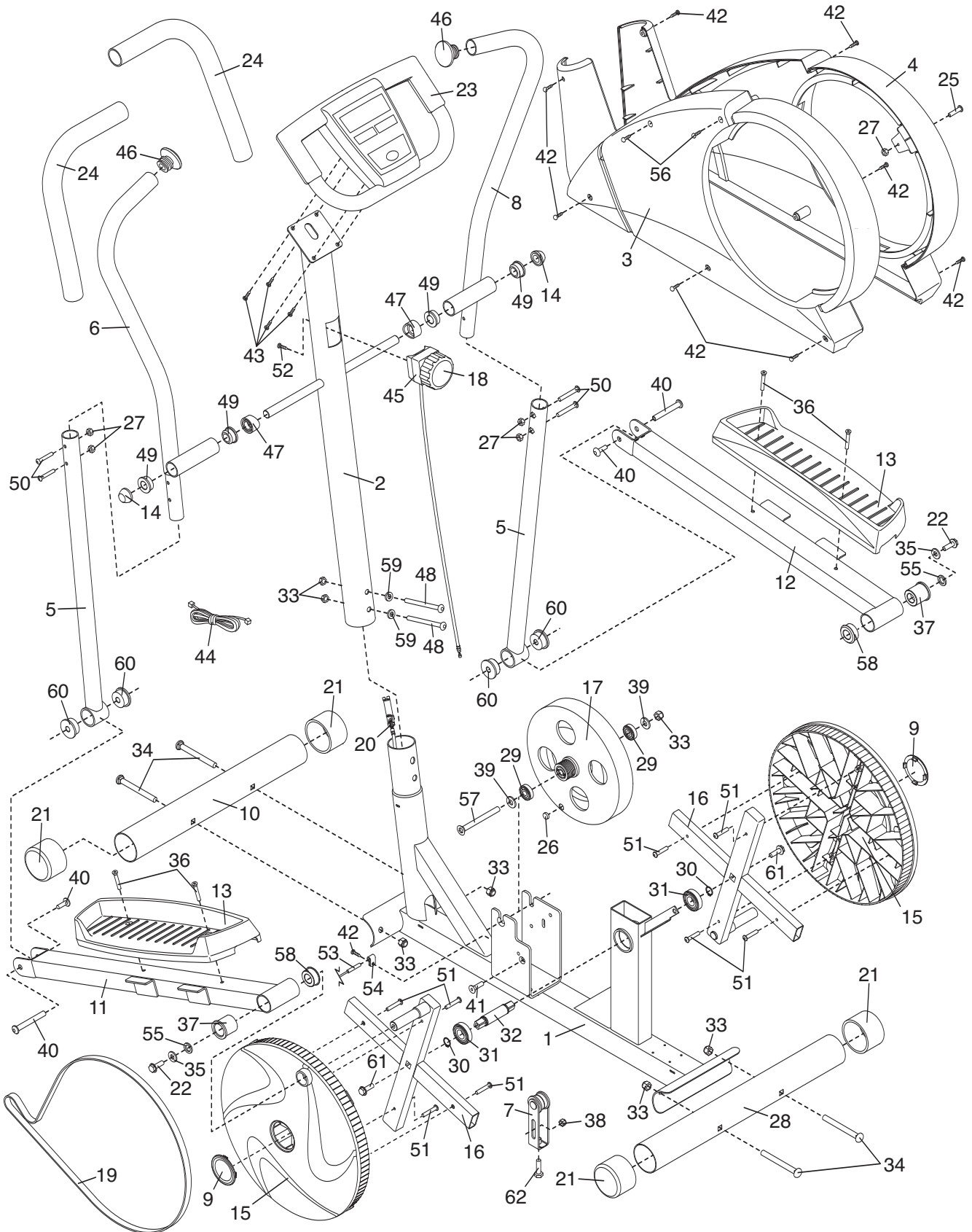
R0806A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	34	4	M10 x 70mm Carriage Bolt
2	1	Upright	35	2	M10 Washer
3	1	Left Side Shield	36	4	M6 x 48mm Flat Head Screw
4	1	Right Side Shield	37	2	Pedal Arm Bushing
5	2	Handlebar Arm	38	1	M8 Nylon Locknut
6	1	Left Handlebar	39	2	M10 Small Washer
7	1	Idler Assembly	40	2	Pedal Arm Bolt Set
8	1	Right Handlebar	41	1	M8 x 22mm Flat Head Screw
9	2	Disc Cover	42	9	M4 x 16mm Screw
10	1	Front Stabilizer	43	4	M6 x 12mm Screw
11	1	Left Pedal Arm	44	1	Upper Wire
12	1	Right Pedal Arm	45	1	Resistance Control/Cable
13	2	Pedal	46	2	Handlebar Cap
14	2	Axle Cap	47	2	Handlebar Spacer
15	2	Pedal Disc	48	2	M10 x 68mm Button Bolt
16	2	Disc Crossbar	49	4	Small Handlebar Bushing
17	1	Flywheel	50	4	M6 x 36mm Button Bolt
18	1	Resistance Knob/Cable	51	8	M6 x 35mm Button Screw
19	1	Drive Belt	52	1	M4 x 16mm Flat Head Screw
20	1	Lower Cable	53	1	Reed Switch/Wire
21	4	Endcap	54	1	Cable Clamp
22	2	M10 x 25mm Patch Screw	55	2	Wave Washer
23	1	Console	56	2	M4 x 25mm Screw
24	2	Handgrip	57	1	M10 Flat Head Bolt
25	1	M6 x 16mm Bolt	58	2	Inner Pedal Arm Bushing
26	1	Magnet	59	2	M10 Split Washer
27	5	M6 Nylon Locknut	60	4	Large Handlebar Bushing
28	1	Rear Stabilizer	61	2	5/16" x 25.4mm Hex Bolt
29	2	Flywheel Bearing	62	1	M10 x 60mm Bolt
30	2	Large Snap Ring	#	1	Hex Key
31	2	Large Bearing	#	1	Grease
32	1	Pedal Axle	#	1	User's Manual
33	7	M10 Nylon Locknut			

Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. WLEVEL1976.0

R0806A



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# ORDERING REPLACEMENT PARTS

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

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

Tel:

**08457 089 009**

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

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

- the MODEL NUMBER of the product (WLEVEL1976.0)
- the NAME of the product (WESLO MOMENTUM 605 elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 14 and 15)

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