

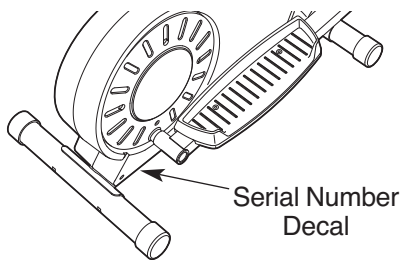
WESLO[®] MOMENTUM



EASY VIEW • EASY STRIDE

Model No. WLEVEL19830

Serial No. _____



USER'S MANUAL

QUESTIONS?

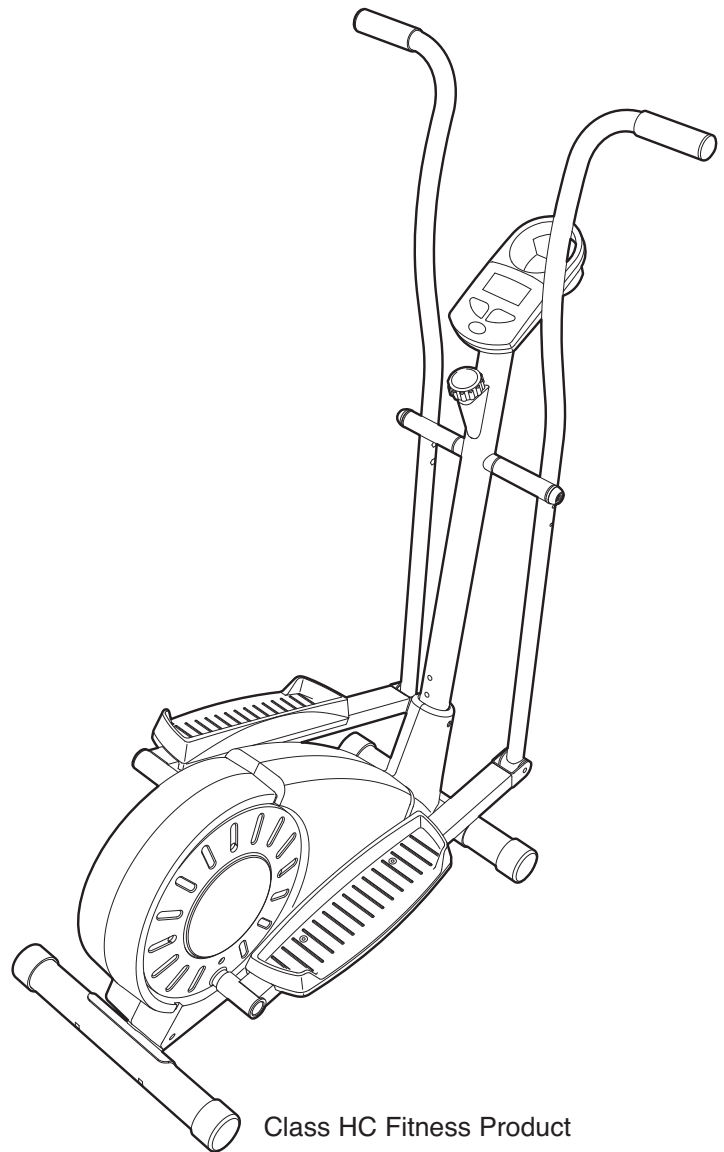
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

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



Class HC Fitness Product

⚠ CAUTION

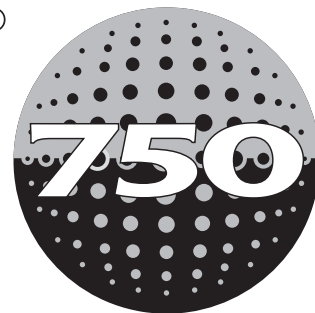
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



Visit our website at

www.iconeurope.com

WESLO[®] MOMENTUM



EASY VIEW • EASY STRIDE

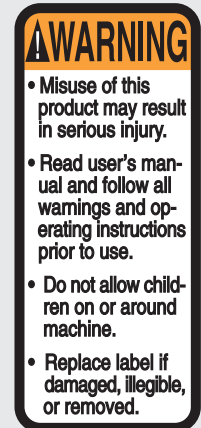
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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the elliptical crosstrainer. Use the elliptical crosstrainer only as described.
2. It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.
3. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under 12 and pets away from the elliptical crosstrainer at all times.
6. The elliptical crosstrainer should not be used by persons weighing more than 115 kg (250 lbs.).
7. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.
8. Always hold the handlebars when mounting, dismounting, or using the elliptical crosstrainer.
9. Keep your back straight when using the elliptical crosstrainer. Do not arch your back.
10. If you feel pain or dizziness whilst exercising, stop immediately and cool down.
11. When you stop exercising, allow the pedals to slowly come to a stop.
12. The elliptical crosstrainer is intended for home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.
13. The decal shown here has been placed on the elliptical trainer in the locations shown on page 4. If a decal is missing or illegible, call our Customer Service Department toll-free at 08457 089 009 to order a free replacement decal. Apply the decal in the indicated location.



⚠ 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.

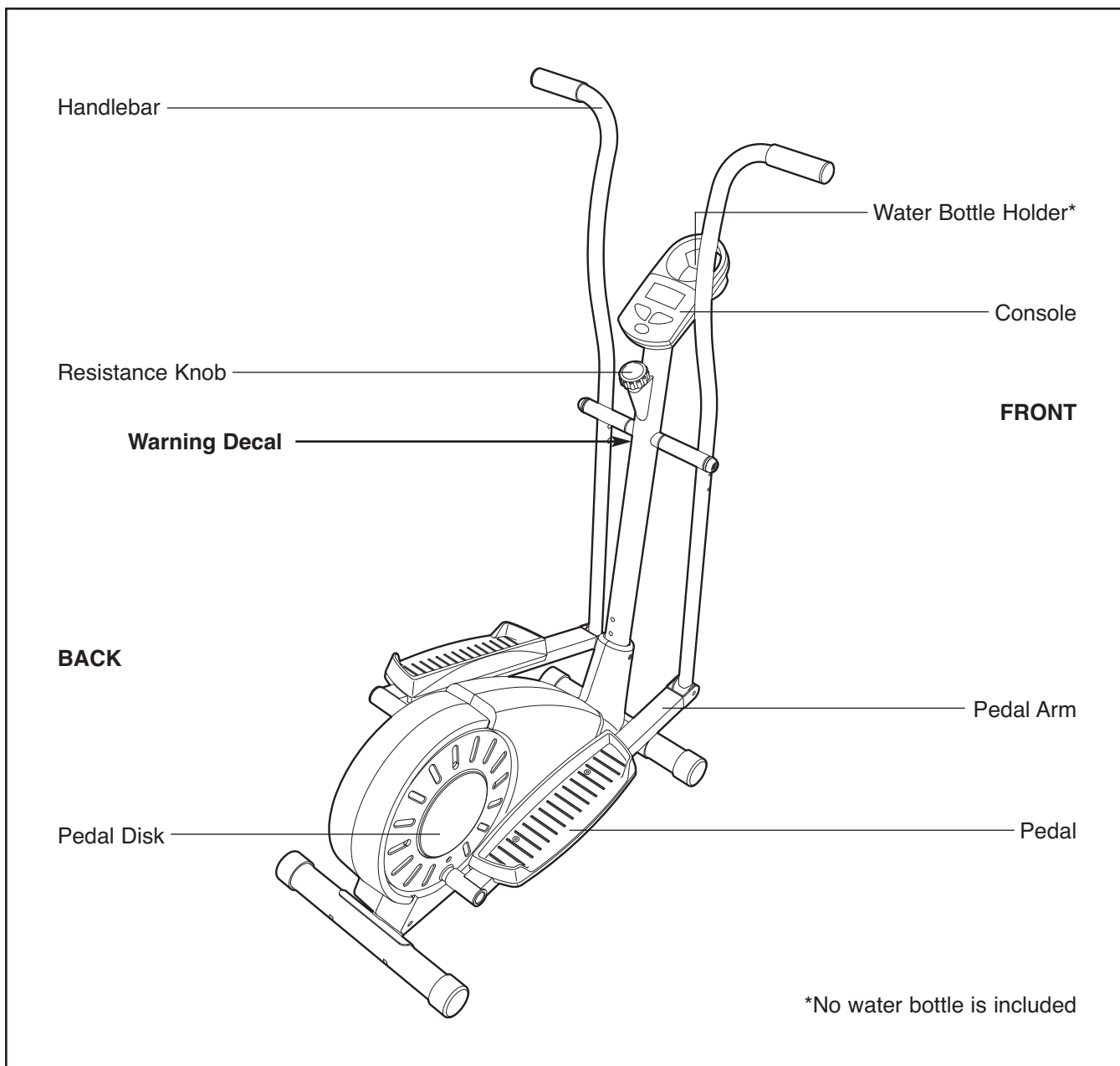
BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® MOMENTUM 750 elliptical crosstrainer. The MOMENTUM 750 elliptical crosstrainer is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimising the impact on your knees and ankles. And the unique MOMENTUM 750 elliptical crosstrainer features adjustable resistance and a simple-to-use console to help you get the most from your exercise.

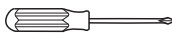


For your benefit, read this manual carefully before using the elliptical crosstrainer. If you have ques-

tions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WLEVEL19830. The serial number is found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

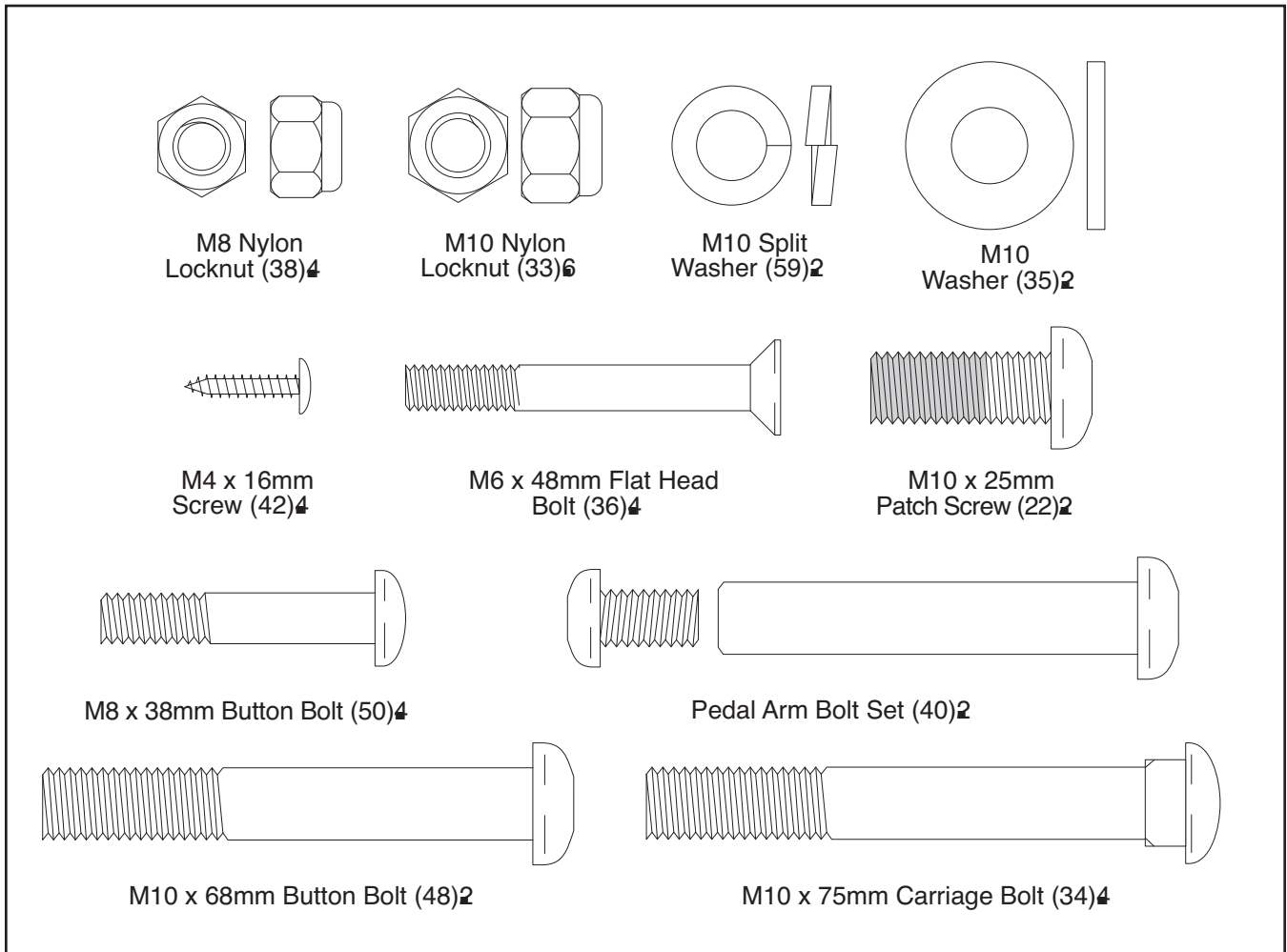
Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



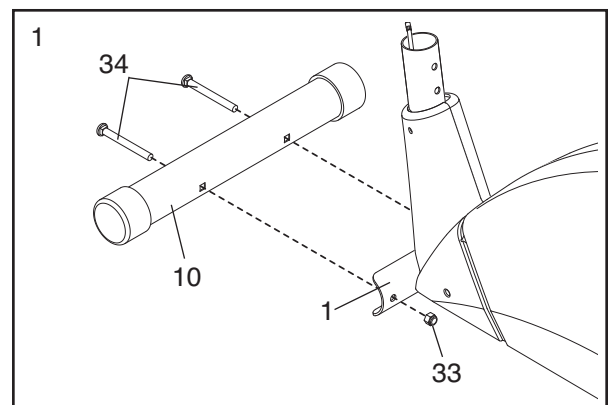
ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical crosstrainer 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 wrench** , **and a rubber mallet** .

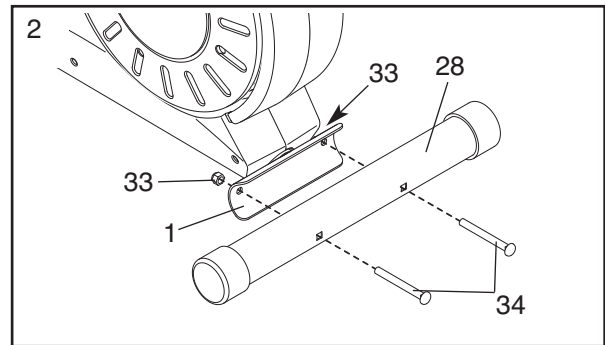
As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity used in assembly. **Note: Some small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



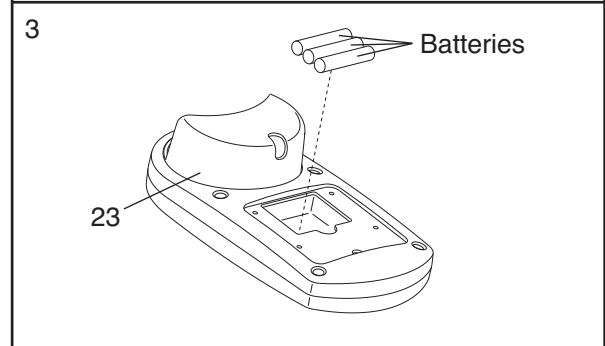
1. Identify the Front Stabilizer (10), which is narrower than the Rear Stabilizer (not shown). Whilst another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).



2. Whilst another person lifts the back of the Frame (1), attach the Rear Stabilizer (28) to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).



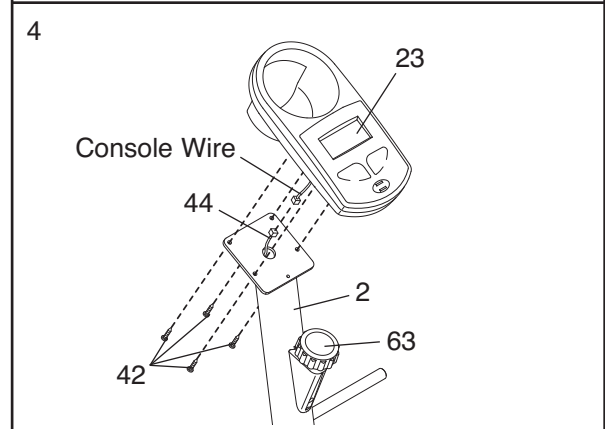
3. The Console (23) requires three 1.5V “AA” batteries; alkaline batteries are recommended. Insert three batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.**



4. Whilst another person holds the Console (23) near the Upright (2), connect the console wire to the Upper Wire (44). Insert the console wire and the Upper Wire into the Upright.

Attach the Console (23) to the Upright (2) with four M4 x 16mm Screws (42). **Be careful to avoid pinching the console wire or the Upper Wire (44).**

Turn the Resistance Knob (63) counterclockwise to the lowest setting before continuing to the next step.

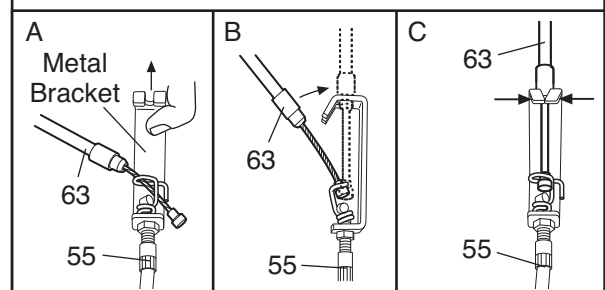
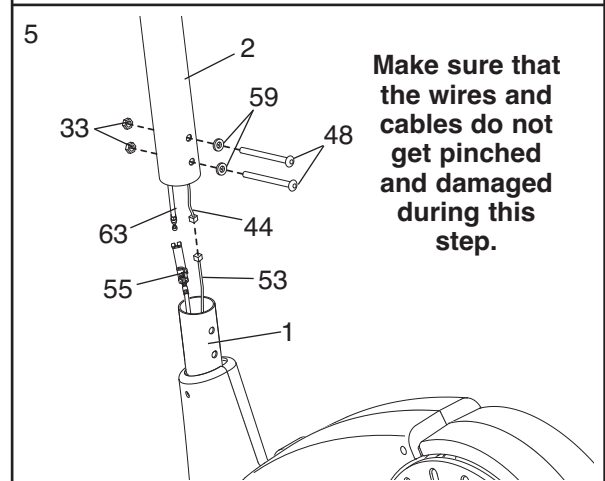


5. Whilst another person holds the Upright (2) near the Frame (1), connect the Upper Wire (44) to the Reed Switch Wire (53).

Next, connect the Resistance Cable (63) to the Lower Cable (55) in the following way:

- Refer to drawing A. Pull up on the metal bracket on the Lower Cable (55), and insert the tip of the Resistance Cable (63) into the wire clip inside of the metal bracket.
- Refer to drawing B. **Firmly** pull the Resistance Cable (63) and slide it into the metal bracket on the Lower Cable (55) as shown.
- Refer to drawing C. Using pliers, squeeze together the prongs on the upper end of the metal bracket.

Push the excess cable and wire down into the Frame (1). Slide the Upright (2) onto the Frame. **Be careful not to pinch the wires or cables.** Secure the Upright to the Frame 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.**

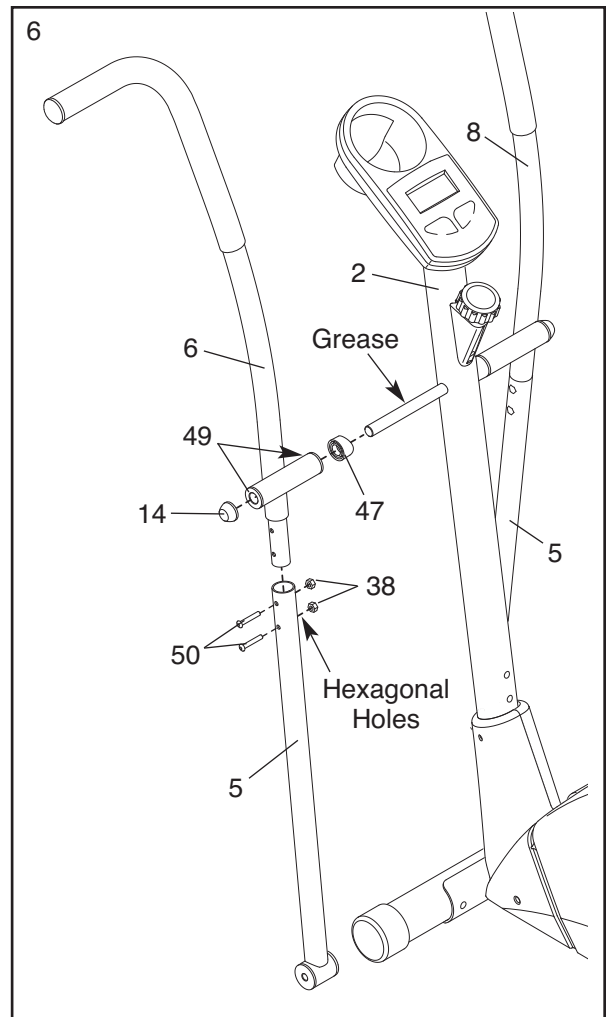


6. Identify the Left Handlebar (6), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Arms (5); **make sure that the Handlebar Arm is turned so the hexagonal holes are on the indicated side.** Attach the Left Handlebar to the Handlebar Arm with two M8 x 38mm Button Bolts (50) and two M8 Nylon Locknuts (38). **Make sure that the Nylon Locknuts are inside of 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).

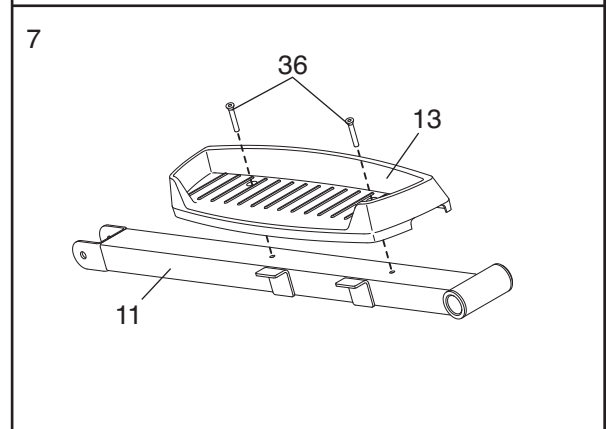
Make sure that there are two Small Handlebar Bushings (49) in the Left Handlebar (6). Slide a Handlebar Spacer (47) and the Left Handlebar onto the left axle on the Upright (2) as shown. **Make sure that the Handlebar Spacer is turned so the curved side is facing the Upright.** Tap an Axle Cap (14) onto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

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



7. Identify the Left Pedal Arm (11). Attach a Pedal (13) to the Left Pedal Arm with two M6 x 48mm Flat Head Bolts (36) as shown.

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



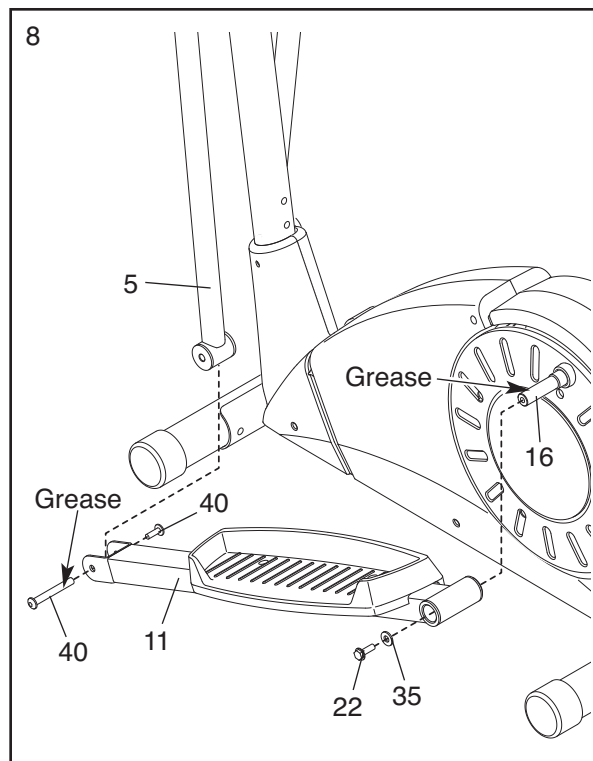
8. Apply a small amount of grease to the axle on the left Disc Crossbar (16). Slide the Left Pedal Arm (11) onto the axle. Slide an M10 Washer (35) onto an M10 x 25mm Patch Screw (22), and tighten the Patch Screw into the axle.

Next, hold the lower end of the left Handlebar Arm (5) inside of the bracket on the Left Pedal Arm (11). Apply grease to a Pedal Arm Bolt Set (40). 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 crosstrainer in the same way.

Refer to step 5. Tighten the M10 x 68mm Button Bolts (48) in the Upright (2).

Refer to step 6. Tighten the M8 x 38mm Button Bolts (50) in the Handlebar Arms (5).

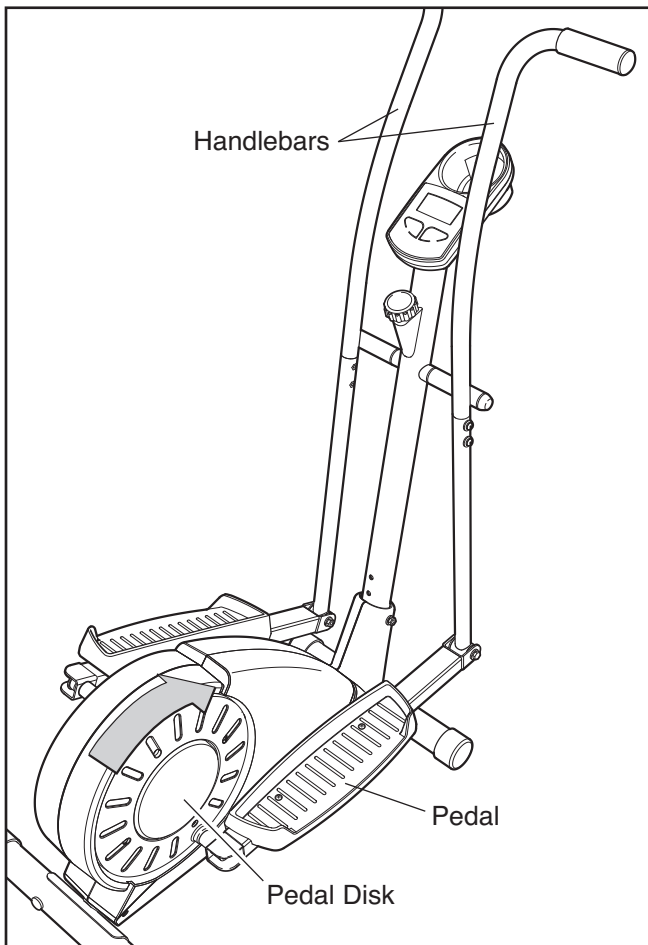


9. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

HOW TO USE THE ELLIPTICAL CROSSTRAINER

HOW TO EXERCISE ON THE ELLIPTICAL CROSSTRAINER

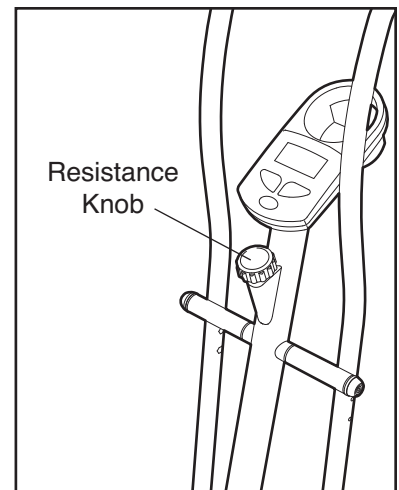
To mount the elliptical crosstrainer, hold the handlebars and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the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



To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Note: The elliptical crosstrainer 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 lowest pedal.

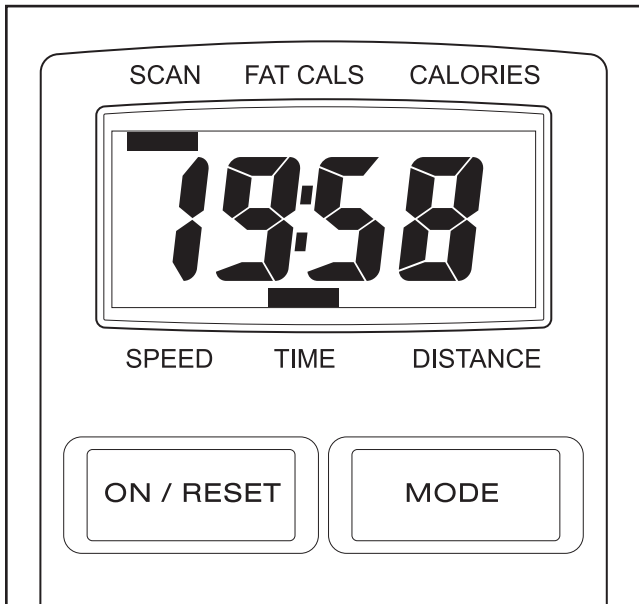
HOW TO ADJUST THE PEDALING RESISTANCE

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 counterclockwise.



FEATURES OF THE CONSOLE

The easy-to-use console features six modes that provide instant exercise feedback during your workouts. The modes are described below.



- **Speed**—This mode displays your pedalling speed, in kilometres per hour or miles per hour.
- **Time**—This mode displays the elapsed time. Note: If you stop pedalling for a few seconds, the time mode will pause.
- **Distance**—This mode displays the distance you have pedalled, in kilometres or miles.
- **Calories**—This mode displays the approximate number of calories you have burned.
- **Fat Calories**—This mode displays the approximate number of fat calories you have burned (see FAT BURNING on page 12).
- **Scan**—This mode displays the speed, time, distance, calories, and fat calories modes, for a few seconds each, in a repeating cycle.

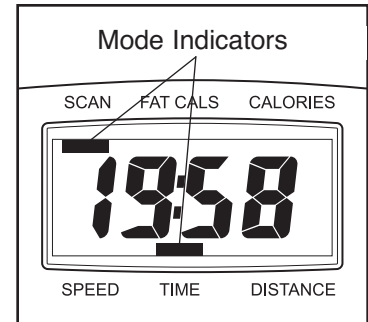
HOW TO OPERATE THE CONSOLE

Make sure there are batteries in the console (see BATTERY REPLACEMENT on page 11). If there is a sheet of clear plastic on the console, remove it.

Follow the steps below to operate the console.

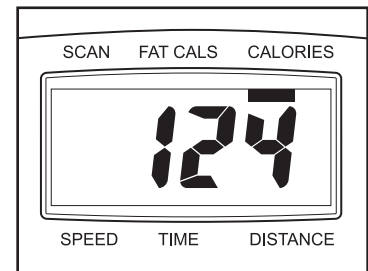
1. To turn on the power, press the ON/RESET button or begin pedalling. The entire display will briefly appear; the console will then be ready for use.
2. Select one of the modes:

Scan mode—When the power is turned on, the scan mode will be selected automatically. A mode indicator will appear below the word SCAN to show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If you have selected a different mode, repeatedly press the MODE button to reselect the scan mode.



Speed, time, distance, calorie, or fat calorie mode

—To select one of these modes for continuous display, repeatedly press the MODE button. The mode indicators will show which mode is selected. Make sure there is not a mode indicator below the word SCAN.



To reset the display at any time, press the ON/RESET button. **Note: The console can display speed and distance in either kilometres or miles. To change the unit of measurement, press the ON/RESET button for about five seconds.** The letters km/h or mph will appear in the display to show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

3. To turn off the power, simply wait for a few minutes. **The console has an “auto-off” feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.**

MAINTENANCE AND TROUBLESHOOTING

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

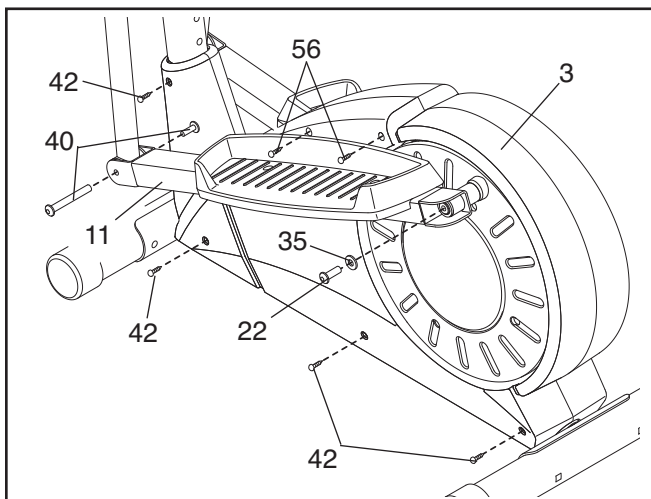
To clean the elliptical crosstrainer, use a damp cloth and a small amount of mild soap. **Important: Keep liquids away from the console, place only a sealed water bottle in the water bottle holder, and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

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, refer to step 4 on page 6 and remove the console from the upright. Next, refer to step 3 on page 6 and insert three batteries into the console. Reattach the console to the upright, being careful not to pinch the wires.

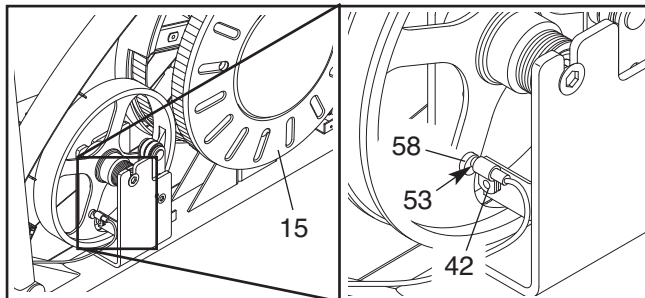
HOW TO ADJUST THE REED SWITCH

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), and the M10 Washer (35) 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).

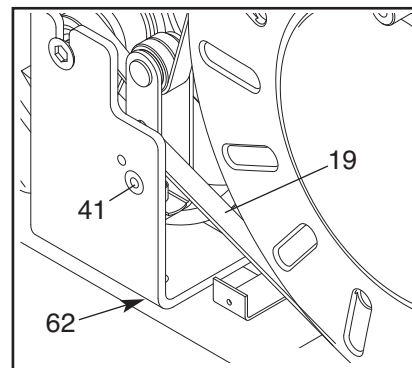
Refer to the drawing below and locate the Reed Switch (53). Loosen, but do not remove, the indicated M4 x 16mm Screw (42). Slide the Reed Switch slightly toward or away from the Magnet (58) on the flywheel. Retighten the Screw. Turn the left Pedal Disc (15) for a moment. Repeat until the console displays 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 whilst 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. Refer to 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 Button Bolt (62) until the Drive Belt (19) is tight. When the Drive Belt is tight, tighten the Flat Head Screw. 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.

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 line 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.

Fat Burning

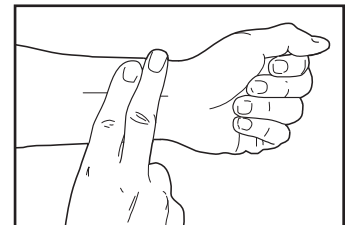
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. To burn fat, adjust the intensity of your exercise until your heart rate is between the lower two numbers 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.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate.



(A six-second count is used because your heart rate drops quickly when you stop exercising.)

WORKOUT GUIDELINES

Each workout should include the following three important parts:

A Warm-up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up (see SUGGESTED STRETCHES on page 13).

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.

A 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 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, 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 at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

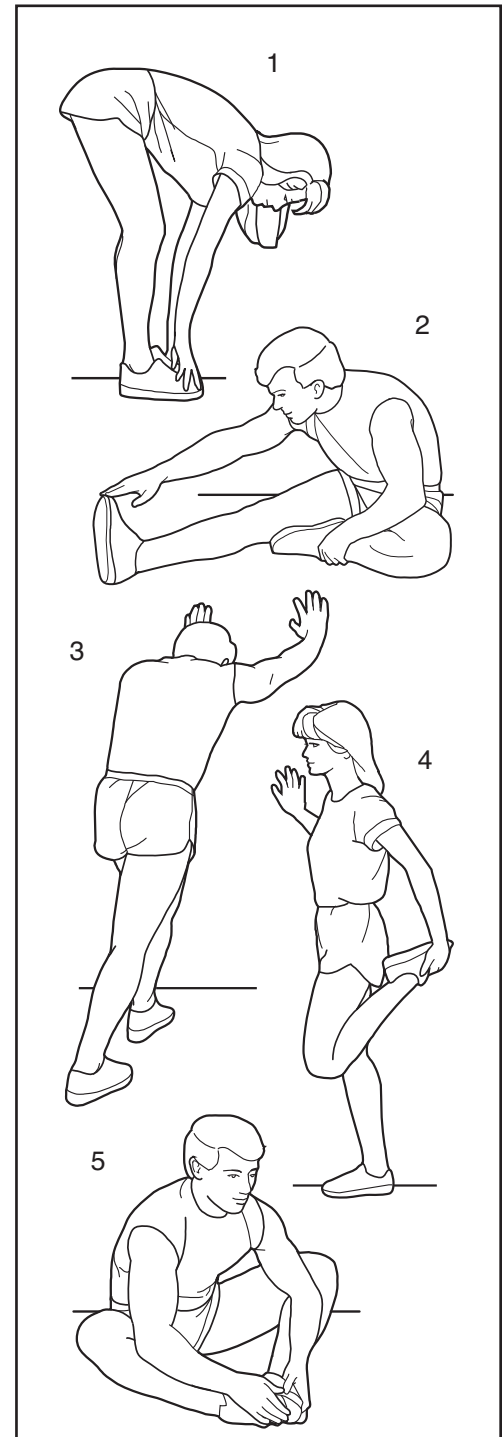
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for 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. WLEVEL19830

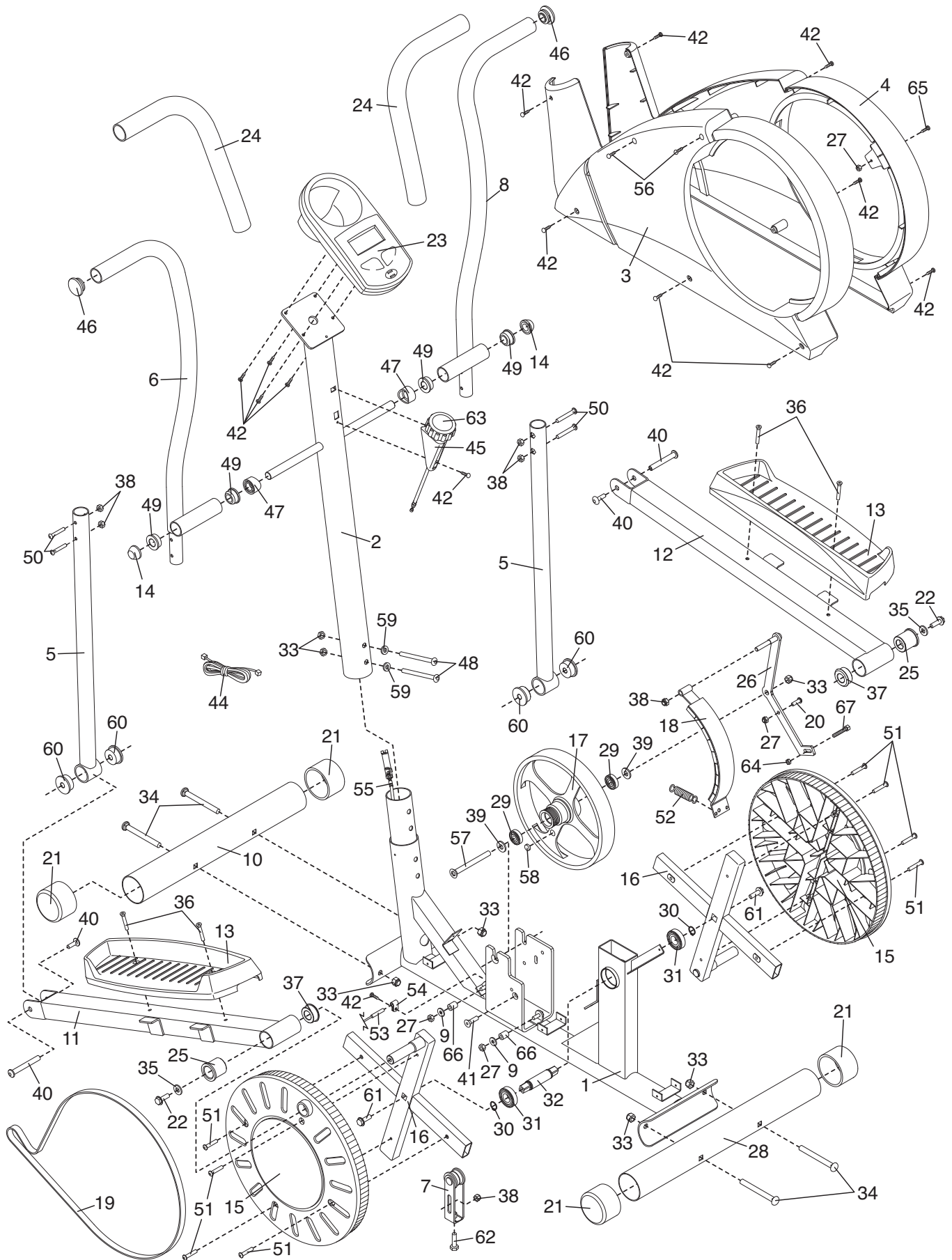
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	4	M6 x 48mm Flat Head Bolt
2	1	Upright	37	2	Pedal Arm Bushing
3	1	Left Side Shield	38	6	M8 Nylon Locknut
4	1	Right Side Shield	39	2	Flywheel Washer
5	2	Handlebar Arm	40	2	Pedal Arm Bolt Set
6	1	Left Handlebar	41	1	M8 x 22mm Flat Head Screw
7	1	Idler Assembly	42	14	M4 x 16mm Screw
8	1	Right Handlebar	44	1	Upper Wire
9	2	M6 Washer	45	1	Resistance Control/Cable
10	1	Front Stabilizer	46	2	Handlebar Cap
11	1	Left Pedal Arm	47	2	Handlebar Spacer
12	1	Right Pedal Arm	48	2	M10 x 68mm Button Bolt
13	2	Pedal	49	4	Small Handlebar Bushing
14	2	Axle Cap	50	4	M8 x 38mm Button Bolt
15	2	Pedal Disc	51	8	M6 x 35mm Screw
16	2	Disc Crossbar	52	1	Spring
17	1	Flywheel	53	1	Reed Switch/Wire
18	1	“C” Magnet	54	1	Cable Clamp
19	1	Drive Belt	55	1	Lower Cable
20	1	M6 x 16mm Bolt	56	2	M4 x 25mm Screw
21	4	Endcap	57	1	M10 Flat Head Bolt
22	2	M10 x 25mm Patch Screw	58	1	Magnet
23	1	Console	59	2	M10 Split Washer
24	2	Handgrip	60	4	Large Handlebar Bushing
25	2	Long Pedal Arm Bushing	61	2	5/16” x 25.4mm Hex Bolt
26	1	Resistance Bracket	62	1	M10 x 60mm Button Bolt
27	4	M6 Nylon Locknut	63	1	Resistance Knob/Cable
28	1	Rear Stabilizer	64	1	M6 Nut
29	2	Flywheel Bearing	65	1	M6 x 18mm Bolt
30	2	Large Snap Ring	66	2	Spacer
31	2	Large Bearing	67	1	M6 x 38mm Bolt
32	1	Pedal Axle	#	3	Hex Key
33	7	M10 Nylon Locknut	#	1	Grease
34	4	M10 x 75mm Carriage Bolt	#	1	User’s Manual
35	2	M10 Washer			

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

EXPLODED DRAWING—Model No. WLEVEL19830

R0804A



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 (WLEVEL19830)
- The NAME of the product (WESLO® MOMENTUM 750 elliptical crosstrainer)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see page 14)