

## 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

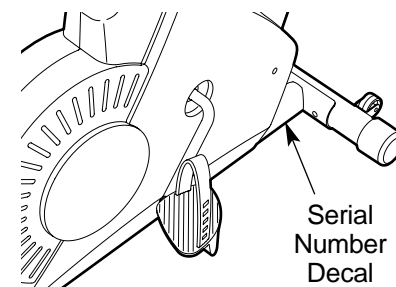
To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WLEMEX09920)
- the NAME of the product (WESLO® PURSUIT 95 exercise cycle)
- 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)

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# WESLO PURSUIT 95

Model No. WLEMEX09920  
Serial No. \_\_\_\_\_



## QUESTIONS?

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

**08457 089 009**

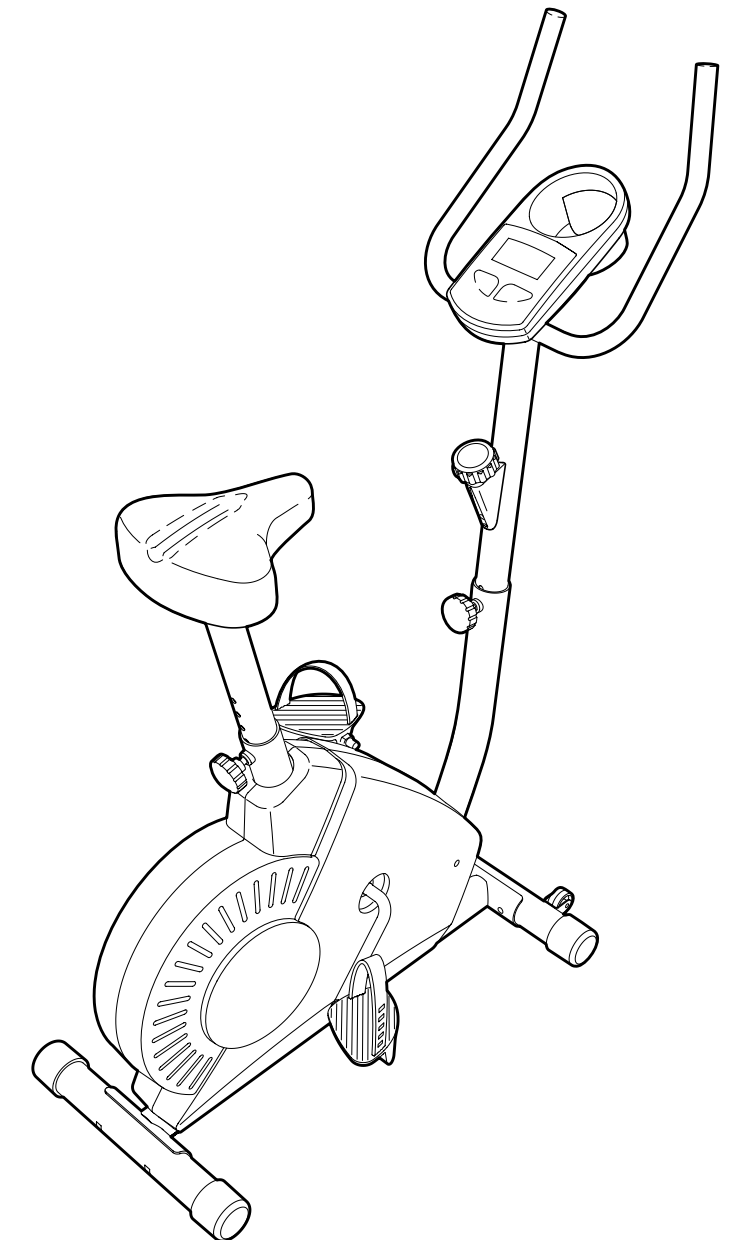
Or write:  
ICON Health & Fitness, Ltd.  
Customer Service Department  
Unit 4  
Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

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.

## USER'S MANUAL



Visit our website at

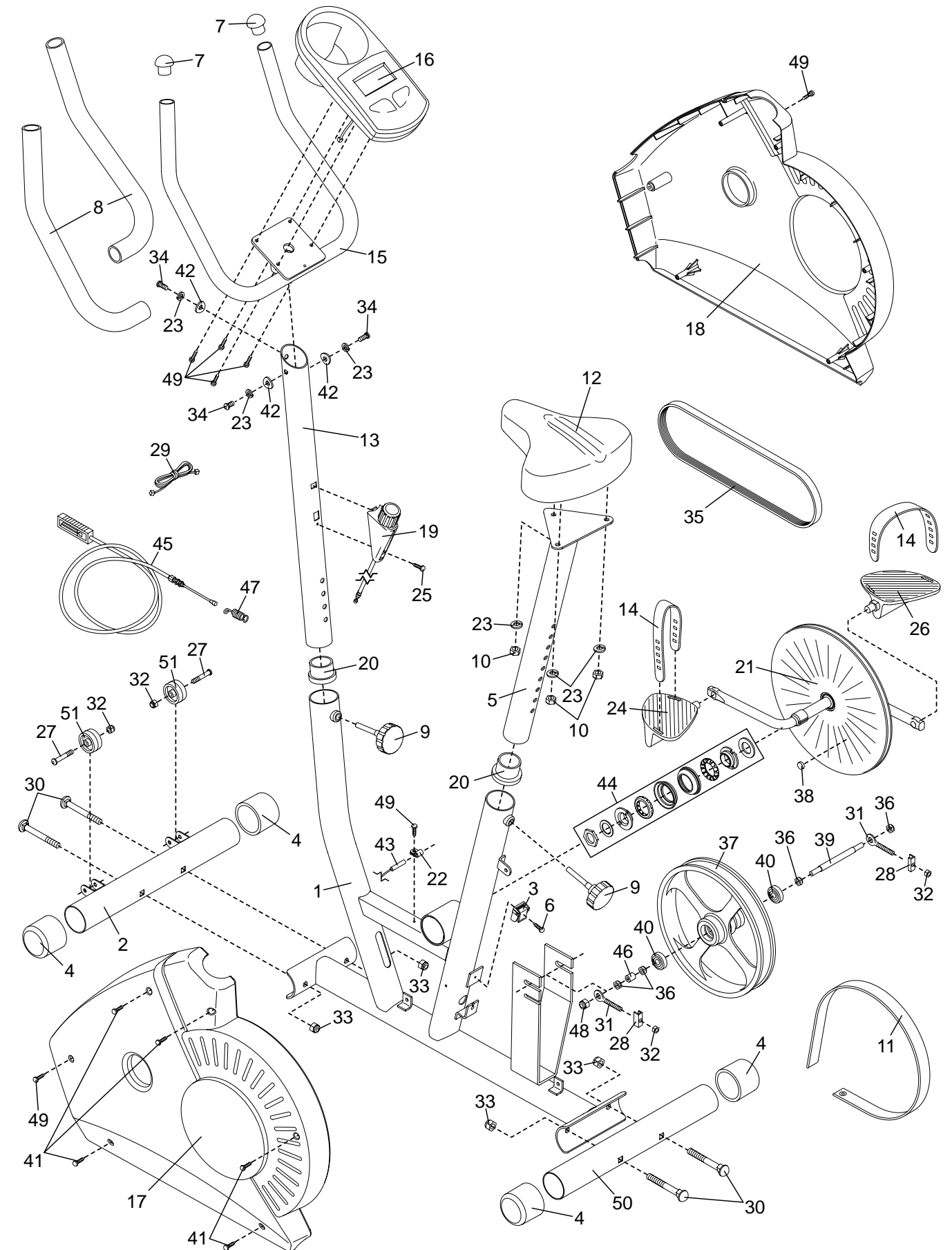
[www.iconeurope.com](http://www.iconeurope.com)

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# EXPLODED DRAWING—Model No. WLEMEX09920

R1002A



## IMPORTANT PRECAUTIONS

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

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Read all instructions in this manual before using the exercise cycle.</li> <li>2. Use the exercise cycle only as described in this manual.</li> <li>3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.</li> <li>4. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.</li> <li>5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.</li> <li>6. Keep children under the age of 12 and pets away from the exercise cycle at all times.</li> </ol> | <ol style="list-style-type: none"> <li>7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.</li> <li>8. The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs).</li> <li>9. Always keep your back straight whilst using the exercise cycle; do not arch your back.</li> <li>10. If you feel pain or dizziness whilst exercising, stop immediately and cool down.</li> <li>11. The exercise cycle does not have a free wheel; the pedals will continue to move until the flywheel stops.</li> <li>12. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.</li> </ol> |
|---|--|

**⚠ 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.

# PART LIST—Model No. WLEMEX09920

R1002A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	28	2	U-bracket
2	1	Front Stabilizer	29	1	Upper Wire
3	1	Strap Clamp	30	4	3/8" x 68mm Carriage Bolt
4	4	Stabilizer Endcap	31	2	Eyebolt
5	1	Seat Post	32	4	M6 Nut
6	1	M5 x 8mm Screw	33	4	3/8" Nylon Locknut
7	2	Handlebar Endcap	34	3	M8 x 15mm Button Screw
8	2	Foam Grip	35	1	Belt
9	2	Adjustment Knob	36	4	3/8" Jam Nut Screw
10	3	M8 Nylon Locknut	37	1	Flywheel
11	1	Resistance Strap	38	1	Magnet
12	1	Seat	39	1	Flywheel Axle
13	1	Upright	40	2	6000Z Bearing
14	2	Pedal Strap	41	5	M4 x 25mm Screw
15	1	Handlebar	42	3	M8 Curved Washer
16	1	Console	43	1	Reed Switch/Wire
17	1	Left Side Shield	44	1	Crank Bearing Set
18	1	Right Side Shield	45	1	Lower Cable
19	1	Resistance Knob/Control/Cable	46	1	M10 x 15mm Spacer
20	2	Frame Bushing	47	1	Return Spring
21	1	Crank/Pulley	48	1	3/8" Axle Nut
22	1	Reed Switch Clamp	49	7	M4 x 19mm Screw
23	6	M8 Split Washer	50	1	Rear Stabilizer
24	1	Left Pedal	51	2	Wheel
25	1	M5 x 15mm Screw	#	1	User's Manual
26	1	Right Pedal	#	2	Allen Wrench
27	2	M6 x 32mm Axle Bolt			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

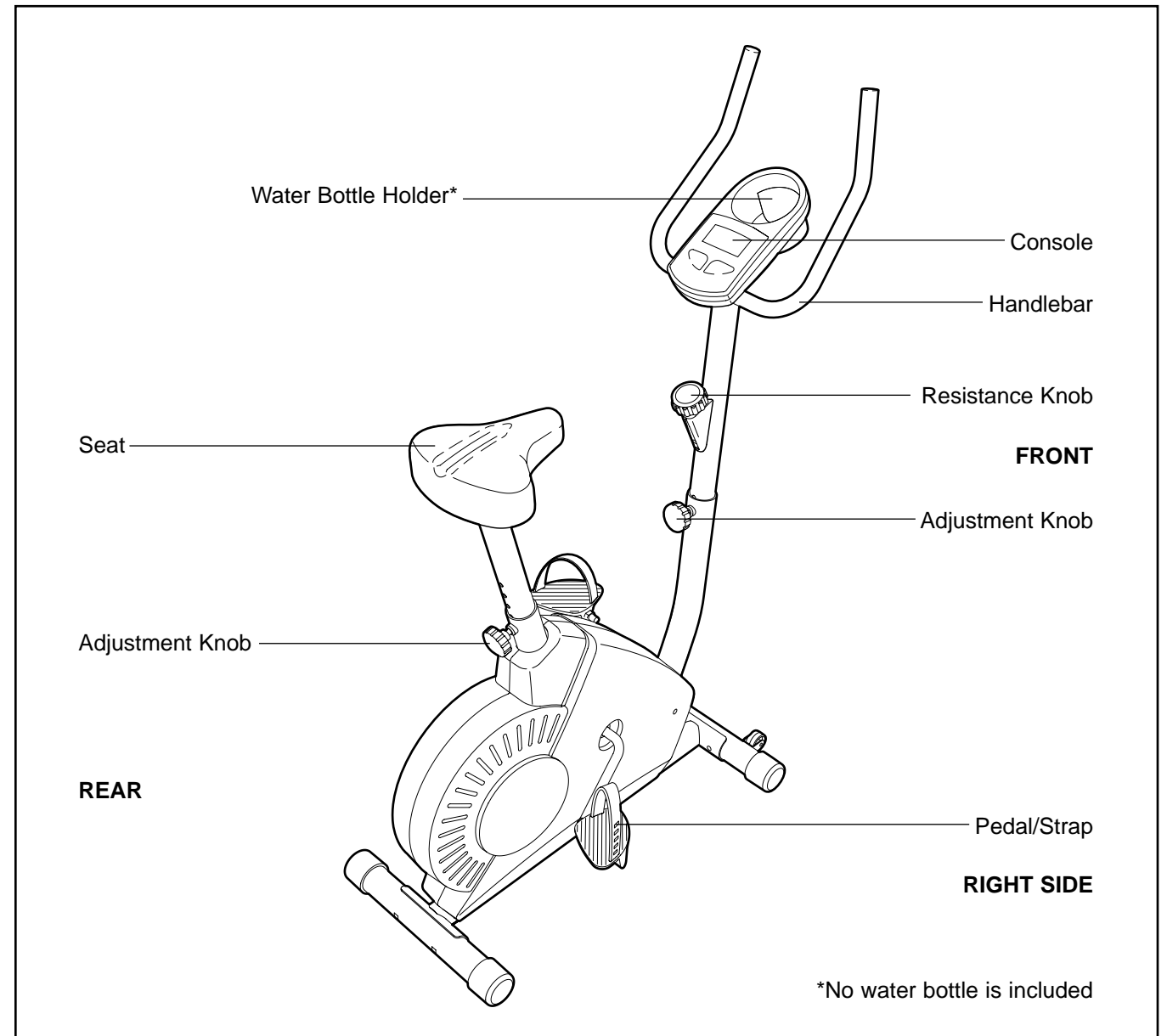
## BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® PURSUIT 95 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The PURSUIT 95 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the exercise cycle.** If you have questions




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 WLEMEX09920. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

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

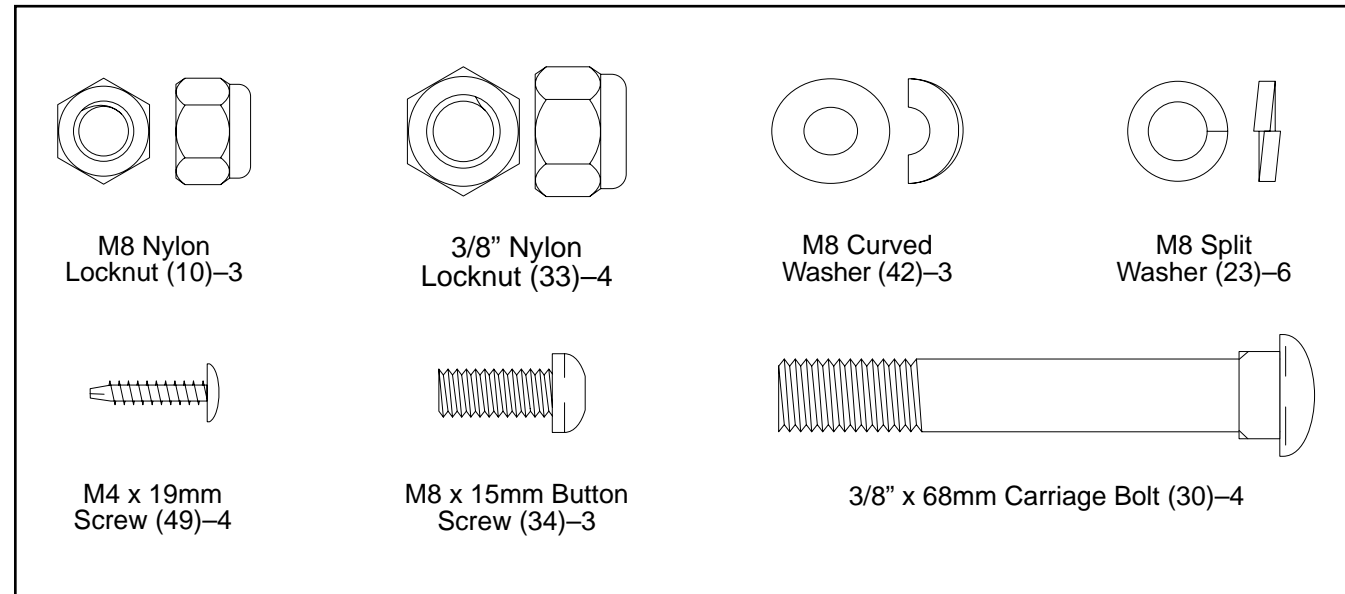


# ASSEMBLY

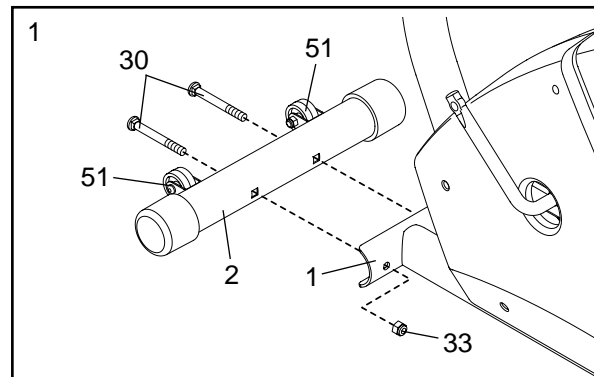
**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**Assembly requires the included tools and your own adjustable spanner  , Phillips screwdriver  , and pliers .**

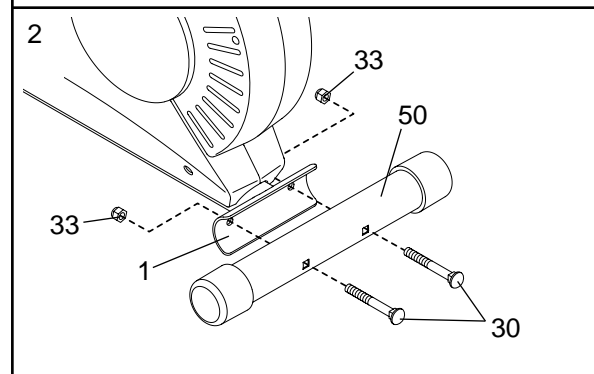
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached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



1. Set the Front Stabiliser (2) in front of the Frame (1), with the Wheels (51) on the side shown. Whilst another person lifts the front of the Frame slightly, attach the Front Stabiliser with two 3/8" x 68mm Carriage Bolts (30) and two 3/8" Nylon Locknuts (33). **Make sure that the Front Stabiliser is turned so the Wheels are not touching the floor.**



2. Whilst another person lifts the rear of the Frame (1) slightly, attach the Rear Stabiliser (50) with two 3/8" x 68mm Carriage Bolts (30) and two 3/8" Nylon Locknuts (33).



# NOTES

## 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. The key to success is 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

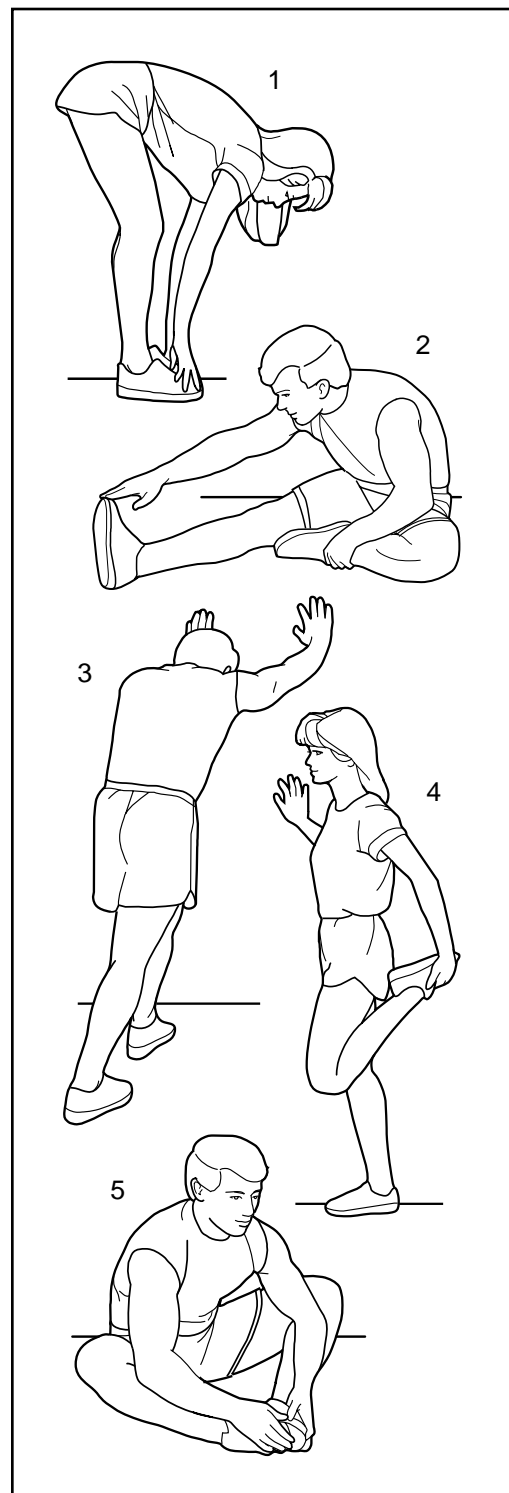
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

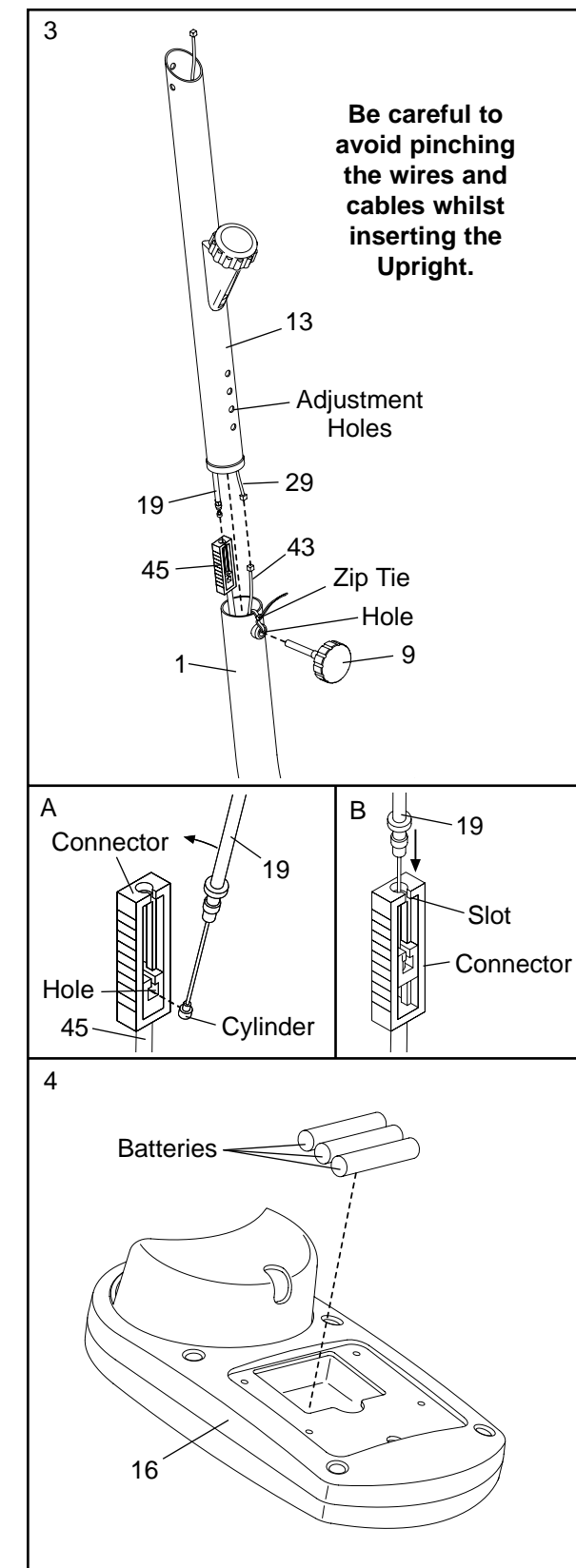


3. Whilst another person holds the Upright (13) in the position shown, connect the Upper Wire (29) to the Reed Switch Wire (43). Cut and remove the zip tie holding the Reed Switch Wire to the Frame (1). Next, connect the Resistance Cable (19) to the Lower Cable (45) in the following way:

- See drawing A. Press the small cylinder on the end of the Resistance Cable (19) into the hole in the connector on the Lower Cable (45). Pull the Resistance Cable up and slide it into the slot in the top of the connector.
- See drawing B. Turn the Resistance Cable (19) until it is aligned with the slot in the connector, and press the Resistance Cable down into the connector. The Resistance Cable will lock into place.

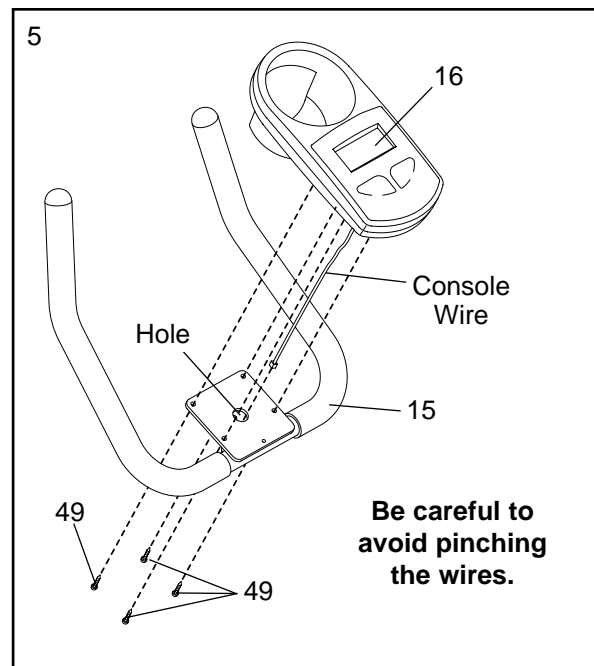
Carefully pull the excess Upper Wire (29) out of the top of the Upright (13), push the excess Cable (19, 45) down into the Frame (1), and insert the Upright into the Frame. **Be careful to avoid pinching the Wires and Cables.** Next, align one of the adjustment holes in the Upright with the indicated hole in the Frame. Insert the Adjustment Knob (9) into the Frame and the Upright, and turn the Knob clockwise until it is tight. **Make sure that the Knob is inserted through one of the adjustment holes in the Upright.**

4. The Console (16) 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 markings inside the battery compartment.**

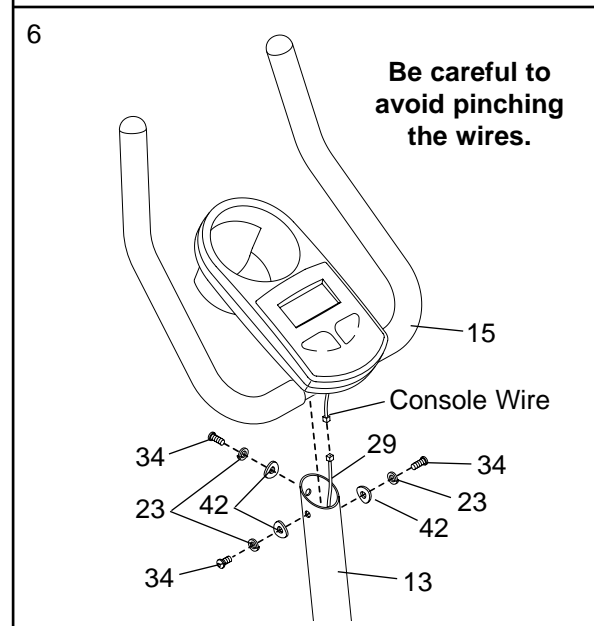


5. Hold the Console (16) near the Handlebar (15). Insert the console wire into the indicated hole in the Handlebar.

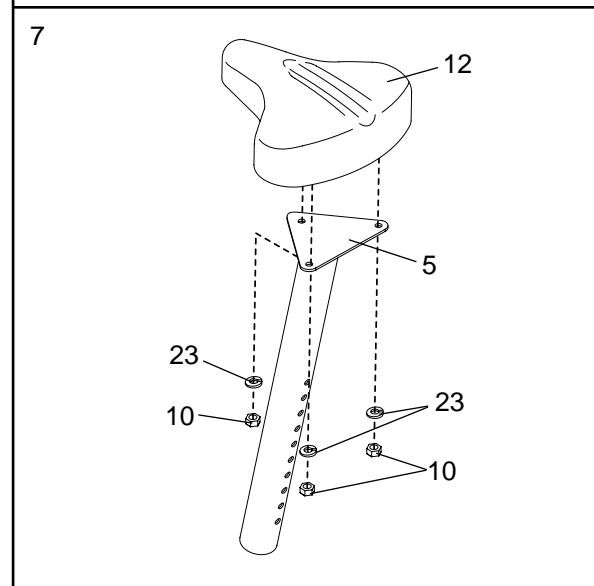
Attach the Console to the Handlebar with four M4 x 19mm Screws (49). **Be careful to avoid pinching the wires.**



6. Whilst another person holds the Handlebar (15) near the Upright (13), connect the console wire to the Upper Wire (29). Insert the excess wire down into the Upright. Attach the Handlebar to the Upright with three M8 x 15mm Button Screws (34), three M8 Split Washers (23) and three M8 Curved Washers (42). **Be careful to avoid pinching the wires.**



7. Attach the Seat (12) to the Seat Post (5) with three M8 Split Washers (23) and three M8 Nylon Locknuts (10). Note: The Split Washers and Nylon Locknuts may be preattached to the underside of the Seat.



## 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. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest num-

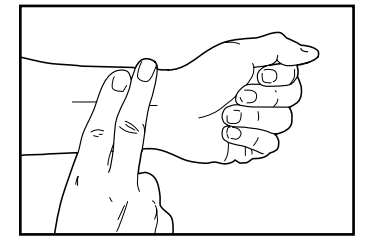
ber in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

### 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.

### HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat



count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

### 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. Note: 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.

## MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

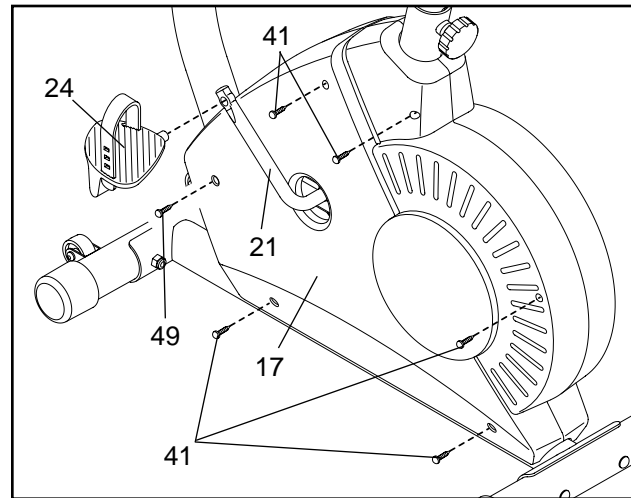
To clean the exercise cycle, use a damp cloth and a small amount of mild detergent. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

### BATTERY REPLACEMENT

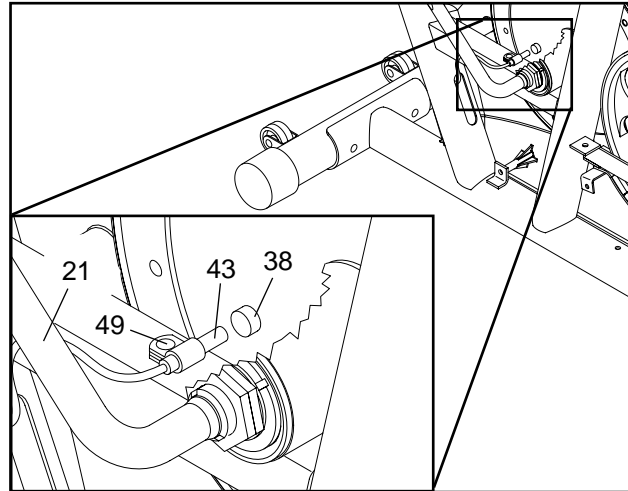
If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, refer to step 5 on page 6 and remove the console from the handlebar. Next, refer to step 4 on page 5 and insert three batteries into the console. Reattach the console to the handlebar, 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. In order to adjust the reed switch, the left side shield must be removed.

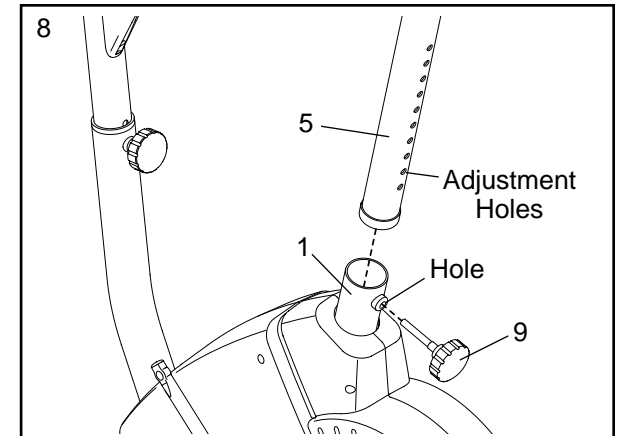


Turn the Crank (21) to the position shown. Using an adjustable spanner, turn the Left Pedal (24) clockwise and remove it. Next, remove the five M4 x 25mm Screws (41) and the M4 x 19mm Screw (49) from the Left Side Shield (17). Carefully remove the Left Side Shield.

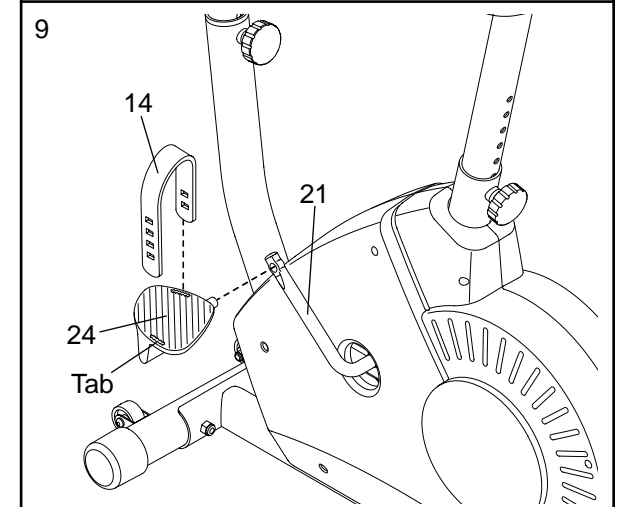


Next, locate the Reed Switch (43). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the M4 x 19mm Screw (49). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Left Side Shield and the Left Pedal.

- Insert the Seat Post (5) into the Frame (1). Align one of the adjustment holes in the Seat Post with the indicated hole in the Frame. Insert the Adjustment Knob (9) into the Frame and the Seat Post, and turn the Knob clockwise until it is tight. **Make sure that the Knob is inserted through one of the adjustment holes in the Seat Post.**



- Identify the Left Pedal (24), which is marked with an "L." Using an adjustable spanner, **firmly tighten** the Left Pedal counterclockwise into the left arm of the Crank (21). Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**



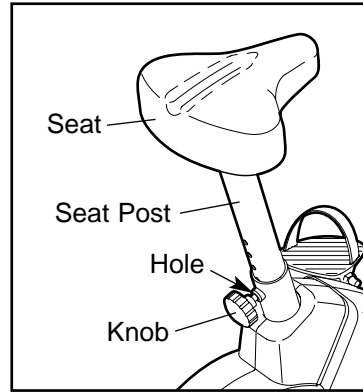
Adjust the left Pedal Strap (14) to the desired position, and press the end of the Pedal Strap onto the tab on the Left Pedal (24). Adjust the right Pedal Strap (not shown) in the same way.

- Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

# HOW TO OPERATE THE EXERCISE CYCLE

## HOW TO ADJUST THE SEAT POST

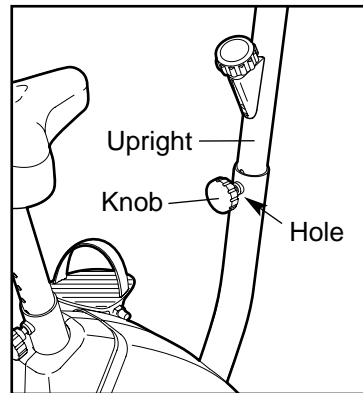
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the indicated knob counterclockwise and remove it. Next, slide the seat post up or down and align one of the adjustment holes in the seat post with the indicated hole in the frame. Insert the knob into the frame and the seat post, and turn the knob clockwise until it is tight. **Make sure that the knob is inserted through one of the adjustment holes in the seat post.**



Next, slide the seat post up or down and align one of the adjustment holes in the seat post with the indicated hole in the frame. Insert the knob into the frame and the seat post, and turn the knob clockwise until it is tight. **Make sure that the knob is inserted through one of the adjustment holes in the seat post.**

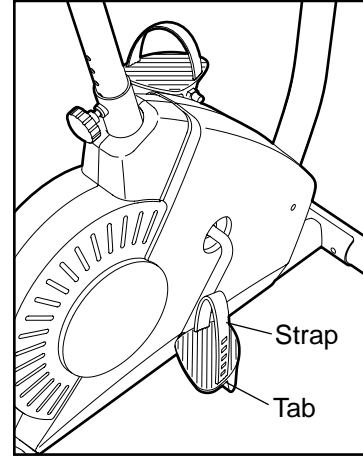
## HOW TO ADJUST THE UPRIGHT

The upright can be adjusted to the height that is the most comfortable for you. To adjust the upright, first turn the indicated knob counterclockwise and remove it. Next, slide the upright up or down and align one of the adjustment holes in the upright with the indicated hole in the frame. Insert the knob into the frame and the upright, and turn the knob clockwise until it is tight. **Make sure that the knob is inserted through one of the adjustment holes in the upright.**



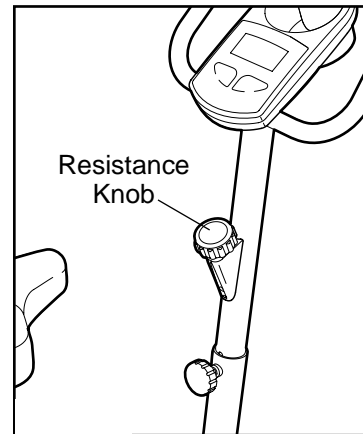
## HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and press the ends of the straps back onto the tabs.



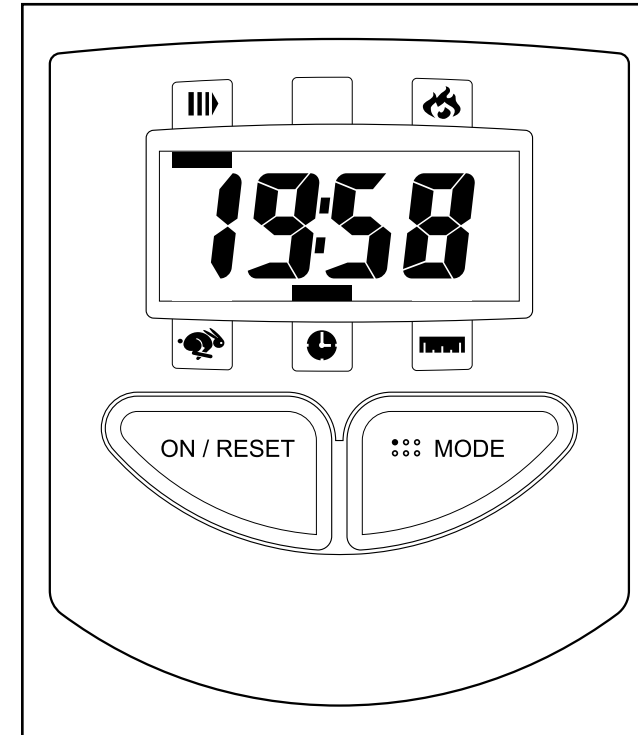
## HOW TO ADJUST THE PEDALING RESISTANCE






To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise. **Important: Stop turning the knob when turning becomes difficult, or damage may result.**



## FEATURES OF THE CONSOLE

The easy-to-use console features five 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.
-  **Calorie**—This mode displays the approximate number of calories you have burned.
-  **Scan**—This mode displays the speed, time, distance, and calorie modes, for a few seconds each, in a repeating cycle.

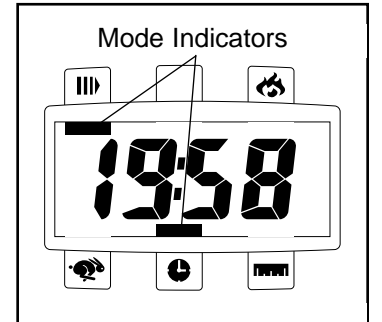
## HOW TO OPERATE THE CONSOLE

Make sure there are batteries in the console (see BATTERY REPLACEMENT on page 10). If there is a thin sheet of clear plastic on the console, remove it.

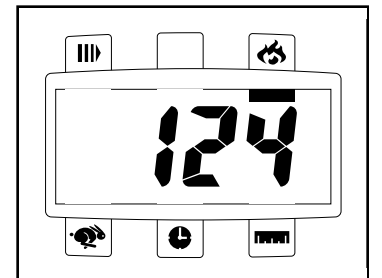
Follow the steps below to operate the console.

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 scan symbol 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 select the scan mode again.



**Speed, time, distance, or 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 scan symbol.



**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.