WESLO® compact SL

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com

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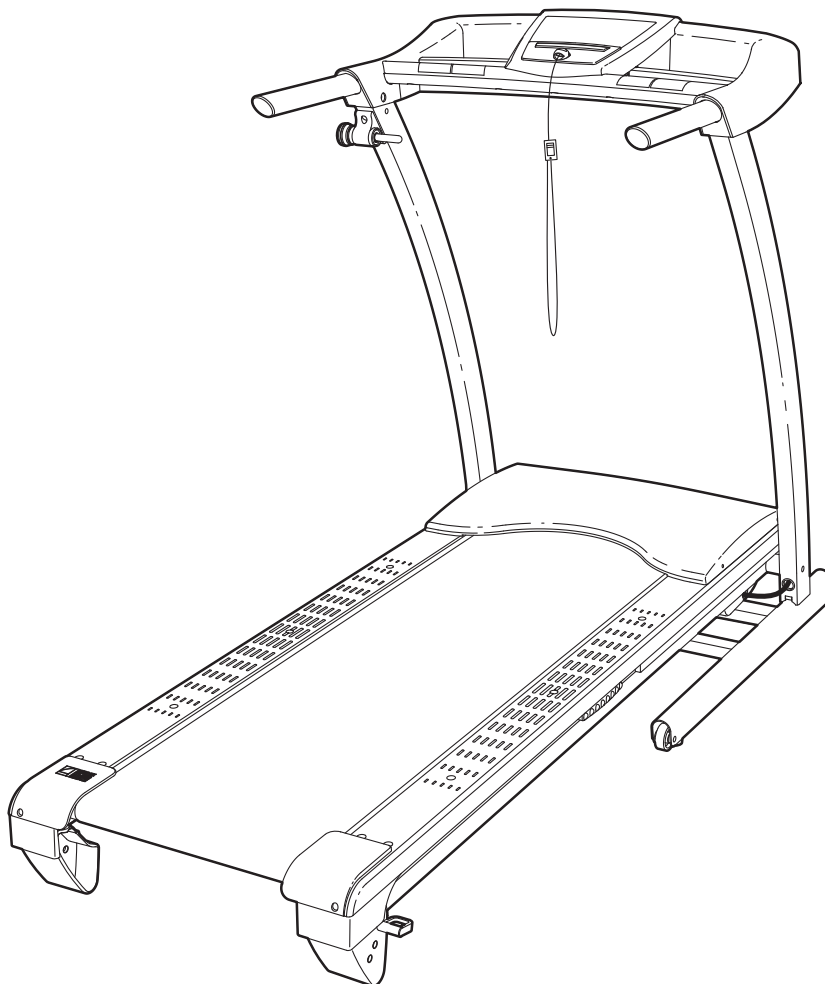**ICON Health & Fitness, Ltd.**
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.
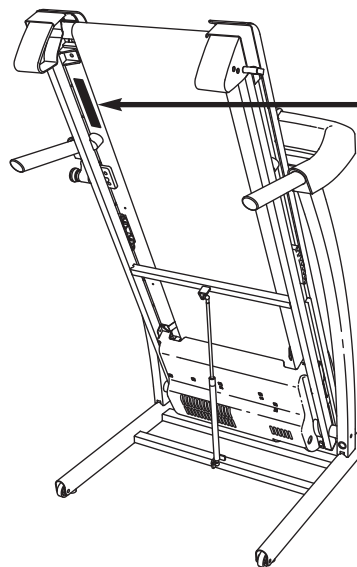
Visit our website at
www.iconeurope.com

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WARNING DECAL PLACEMENT

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

⚠WARNING:

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

• Stand only on the 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.

• Fully engage storage latch before treadmill is moved or stored.

• Reduce incline to its lowest level before folding treadmill into storage position.

• 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.

WESLO is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

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

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

3. Use the treadmill only as described in this manual.

4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

7. Keep children under age 12 and pets away from the treadmill at all times.

8. The treadmill should be used only by persons weighing 265 lbs. (120 kg) or less.

9. Never allow more than one person on the treadmill at a time.

10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes 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.*

11. When connecting the power cord (see page 15), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.

12. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

13. Keep the power cord away from heated surfaces.

14. 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 TROUBLESHOOTING on page 22 if the treadmill is not working properly.)

15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 17).

16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the reset/off circuit breaker.)

19. The pulse sensor is not a medical device. Various factors, including your 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.

20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 20.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

21. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.

22. Do not change the incline of the treadmill by placing objects under the treadmill.

23. Inspect and properly tighten all parts of the treadmill regularly.

24. Never drop or insert any object into any opening on the treadmill.

25. **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.

26. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.
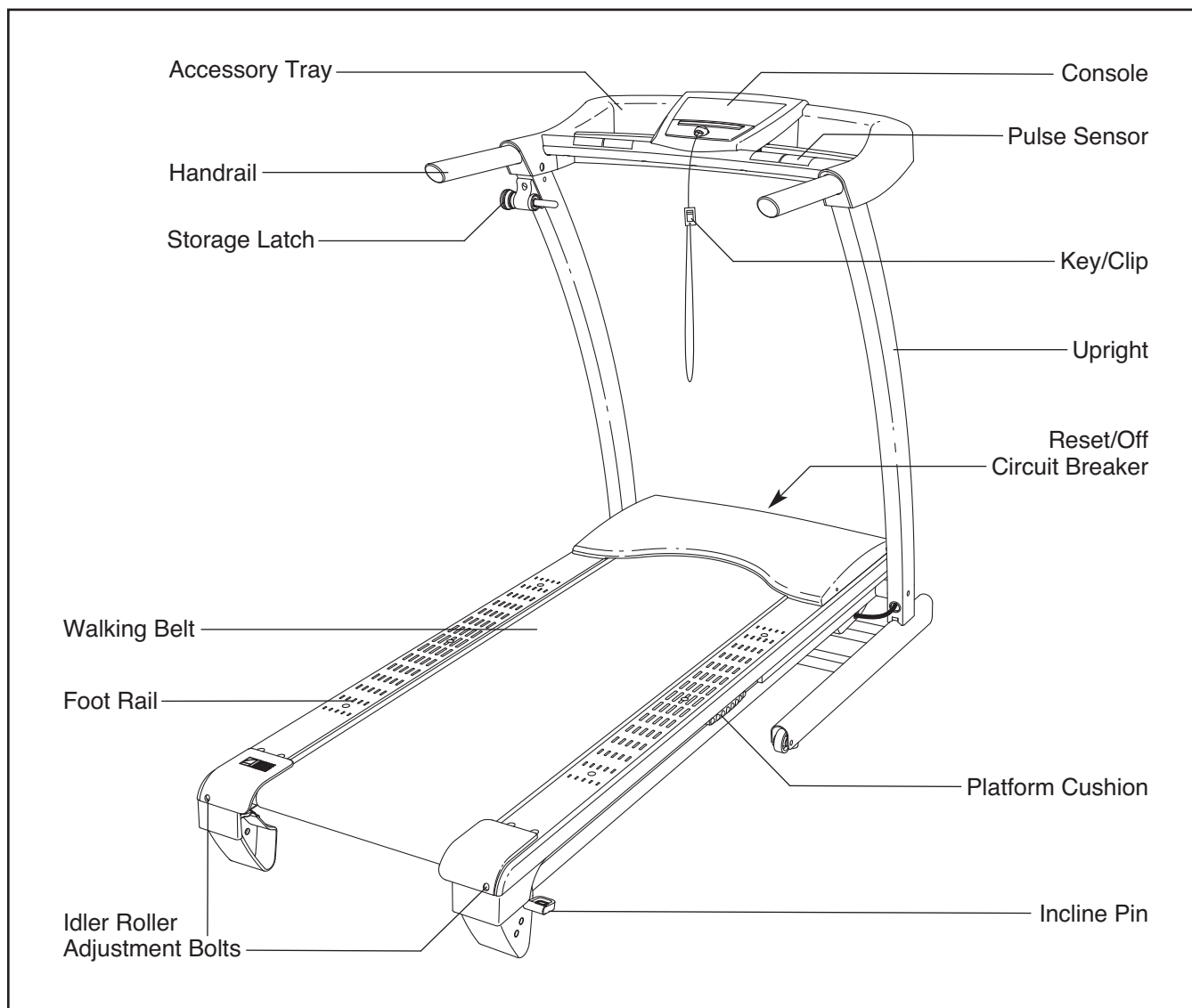
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® COMPACT SL treadmill. The COMPACT SL treadmill offers a selection of features designed to make your workouts at home more effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

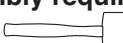**For your benefit, read this manual carefully before using the treadmill.** If you have questions after read-

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

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

Accessory Tray

Handrail

Storage Latch

Walking Belt

Foot Rail

Idler Roller
Adjustment Bolts

Console

Pulse Sensor

Key/Clip

Upright

Reset/Off
Circuit Breaker
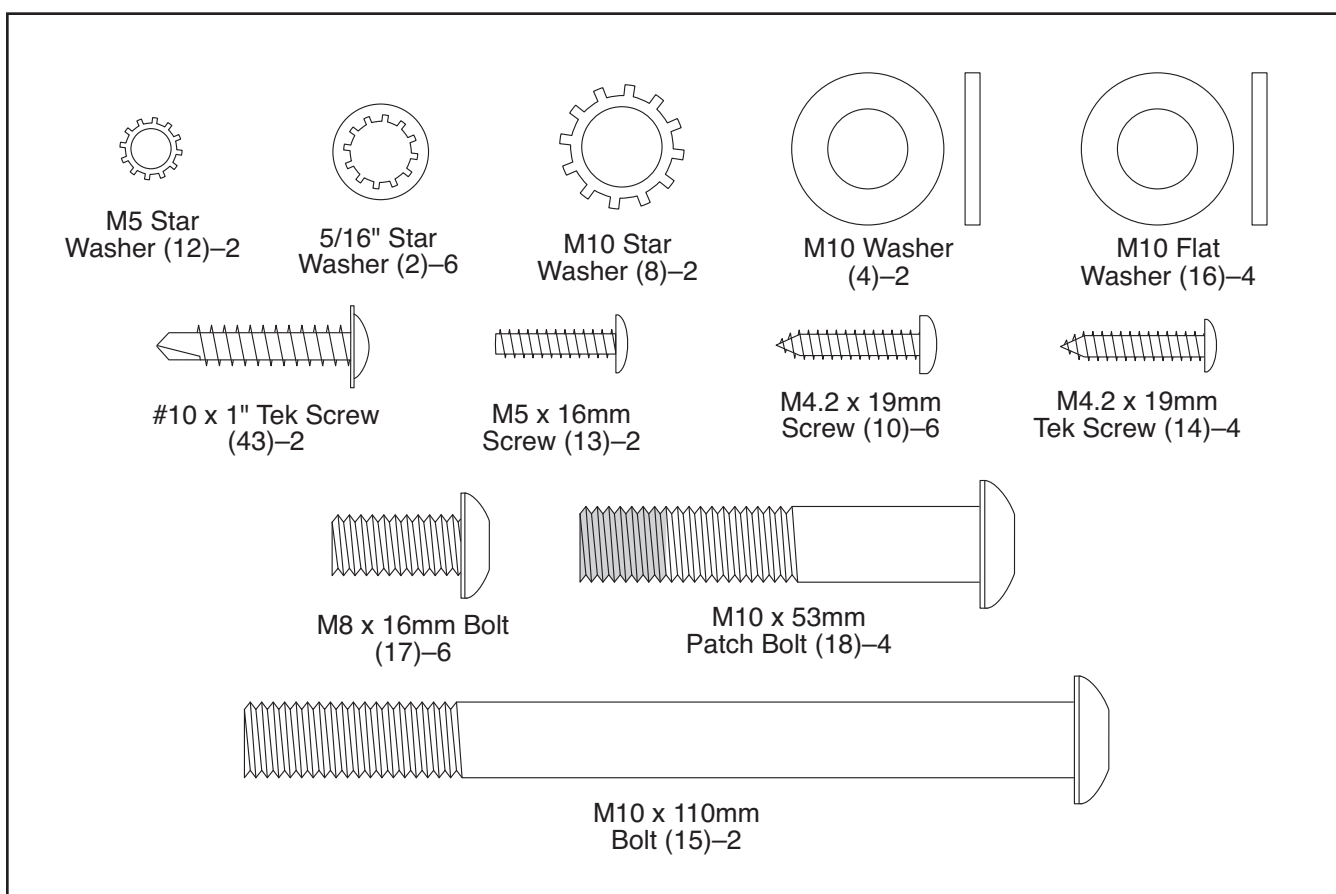
Platform Cushion

Incline Pin

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 hex keys and **your own Phillips screwdriver** , **rubber mallet** , **adjustable wrench** , **and wire cutters** .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**

M5 Star
Washer (12)–2

5/16" Star
Washer (2)–6

M10 Star
Washer (8)–2

M10 Washer
(4)–2

M10 Flat
Washer (16)–4

#10 x 1" Tek Screw
(43)–2

M5 x 16mm
Screw (13)–2

M4.2 x 19mm
Screw (10)–6

M4.2 x 19mm
Tek Screw (14)–4

M8 x 16mm Bolt
(17)–6

M10 x 53mm
Patch Bolt (18)–4

M10 x 110mm
Bolt (15)–2

1. **Make sure that the power cord is unplugged.**

   Orient the Base (101) as shown.

   Attach four Base Feet (100) to the Base (101) in the locations shown with four M4.2 x 19mm Tek Screws (14).
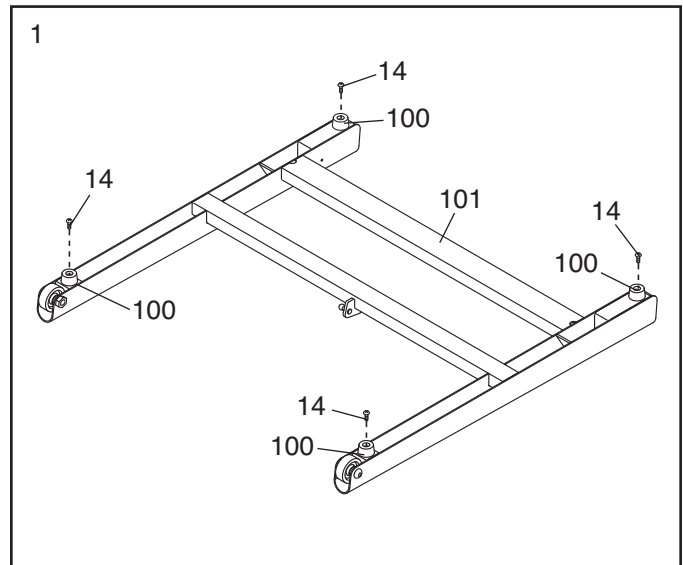

2. Identify the Right Upright (98), which has a large hole in the location shown.

   Orient the Right Upright (98) and the Base (101) as shown. Attach the Right Upright to the Base with two M10 x 53mm Patch Bolts (18) and two M10 Flat Washers (16); **do not fully tighten the Patch Bolts yet.**
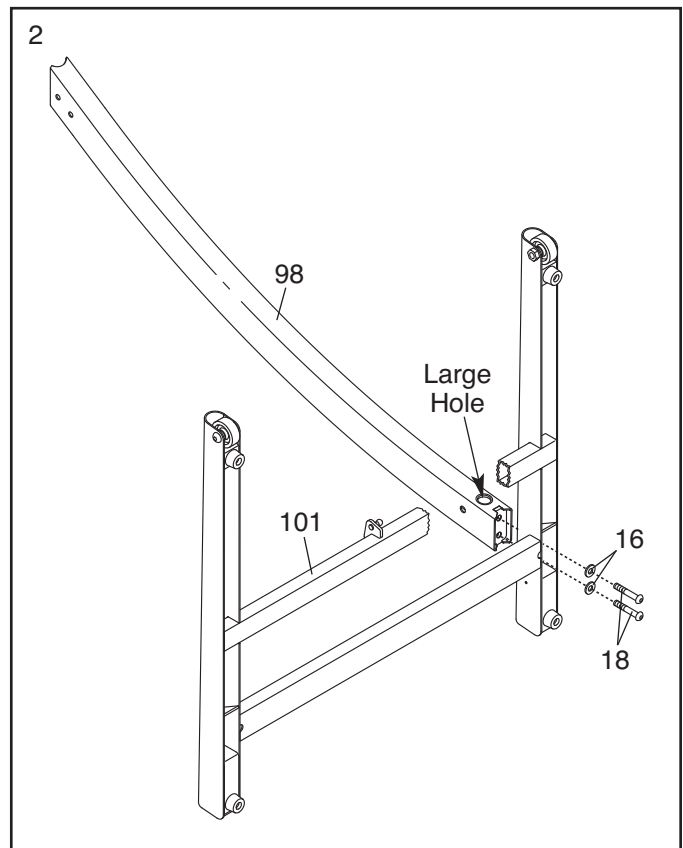
3. Orient the Left Upright (96) and the Base (101) as shown. Attach the Left Upright to the Base with two M10 x 53mm Patch Bolts (18) and two M10 Flat Washers (16); **do not fully tighten the Patch Bolts yet.**
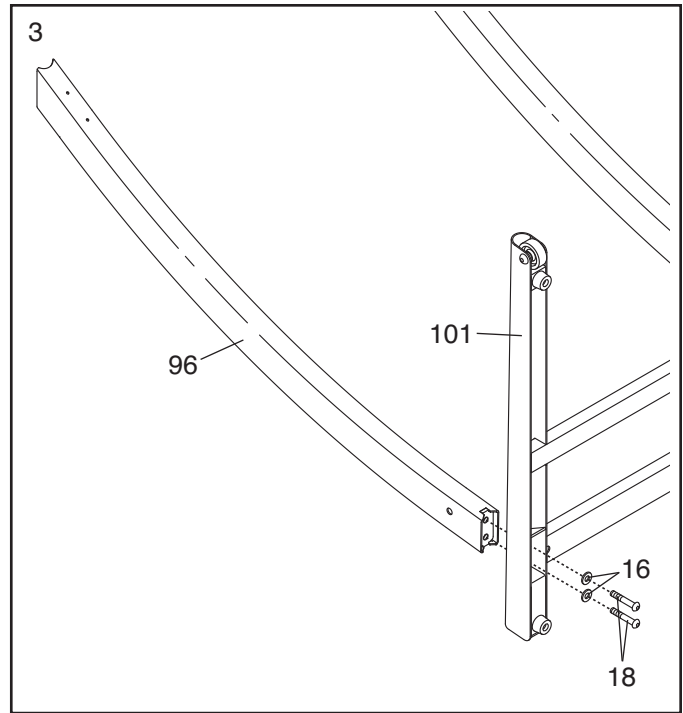
4. With the help of a second person, raise the Uprights (96, 98) so the Base (101) is flat on the floor as shown. Next, position the front of the Frame (67) between the Uprights.

   See the inset drawing. Locate the wire tie inside the lower end of the Right Upright (98). Wrap the wire tie around the end of the Wire Harness (97). Next, locate the opposite end of the wire tie, which is extending from the top of the Right Upright. Pull the wire tie until the Wire Harness is routed completely through the Right Upright.
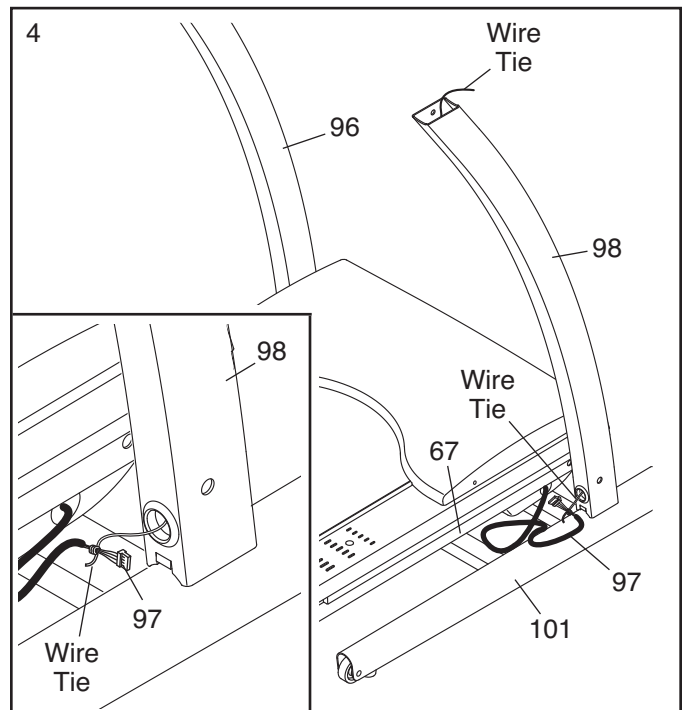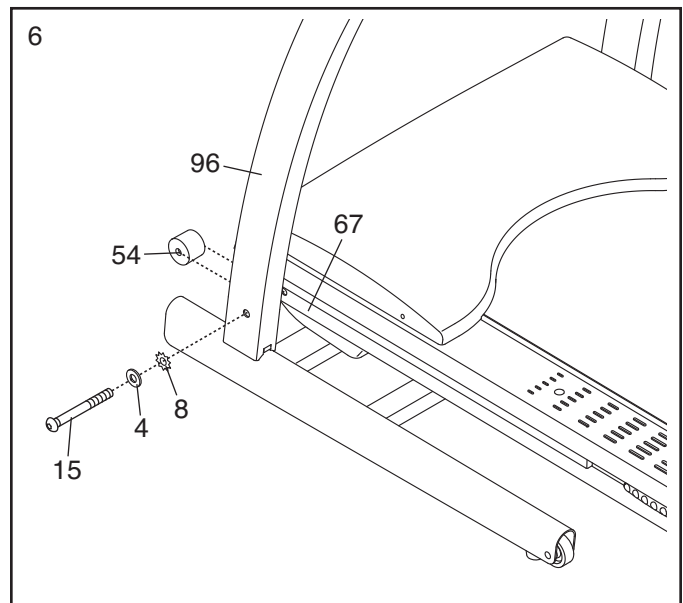
5. Have a second person raise the Frame (67) and hold it until step 6 is completed.

   Hold an Upright Spacer (54) between the Right Upright (98) and the Frame (67) as shown. Attach the Right Upright to the Frame with an M10 x 110mm Bolt (15), an M10 Washer (4), and an M10 Star Washer (8); **do not fully tighten the Patch Bolt yet. Be careful not to pinch the Wire Harness (97).**
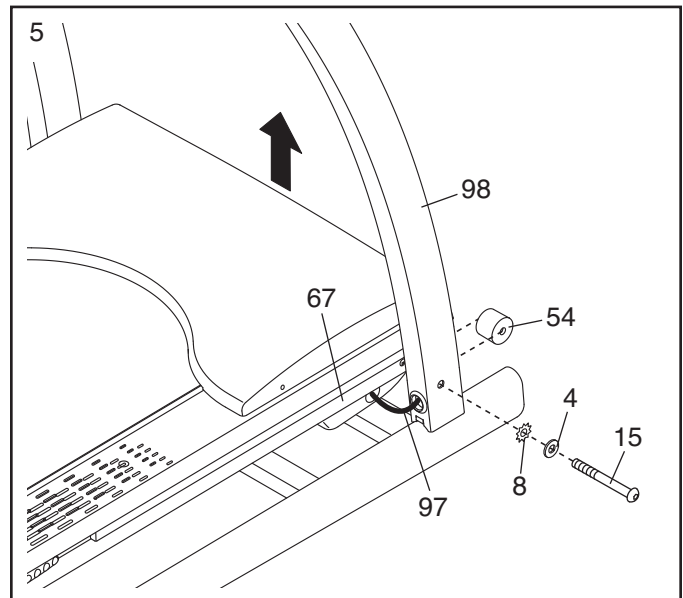
6. Hold the remaining Upright Spacer (54) between the Left Upright (96) and the Frame (67) as shown. Attach the Left Upright to the Frame with an M10 x 110mm (15), an M10 Washer (4), and an M10 Star Washer (8); **do not tighten the Patch Bolt yet.**

7. Have a second person lift and hold the Frame (67) until step 8 is completed.

Next, place the cylinder end of the Gas Spring (1) near the bracket on the Base (101).

See the two small inset drawings. Using your fingernail or the end of a screwdriver, press on the end of the Gas Spring Pin (7) to loosen it from the Gas Spring (1). Next, rotate the Gas Spring Pin and pull it out of the Gas Spring. **Be careful to avoid losing the Gas Spring Pin.**

See the lower drawing. Press the cylinder end of the Gas Spring (1) onto the ball on the bracket. Next, insert the end of the Gas Spring Pin (7) through two of the small holes in the end of the Gas Spring. Then, rotate the Gas Spring Pin until it clips onto the Gas Spring.
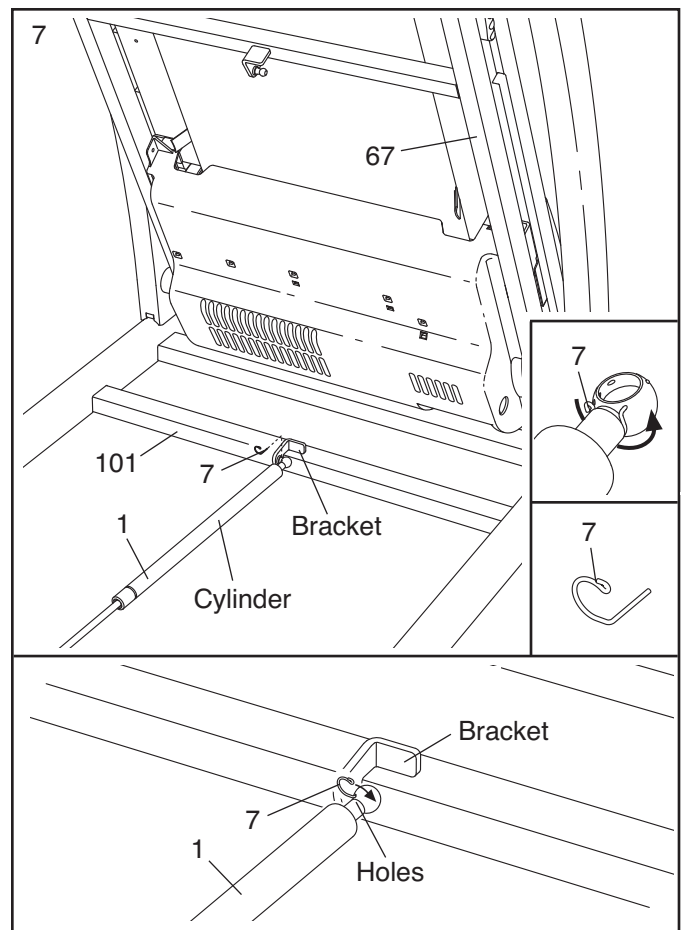
8. Raise the Gas Spring (1) to a vertical position. Remove the Gas Spring Pin (7) from the raised end of the Gas Spring as described in step 7. If necessary, rotate the Gas Spring to align the end of the Gas Spring with the ball on the bracket on the Frame (67).

Then, press the end of the Gas Spring (1) onto the ball. **Note: It may be necessary to move the Frame forward or backwards as you press the Gas Spring onto the ball.**

**See the lower drawing.** Insert the Gas Spring Pin (7) into the two indicated small holes in the end of the Gas Spring (1) Then, rotate the Gas Spring Pin until it clips onto the Gas Spring. Note: Extra Gas Spring Pins are included.

Lower the Frame (67) to the floor.

10
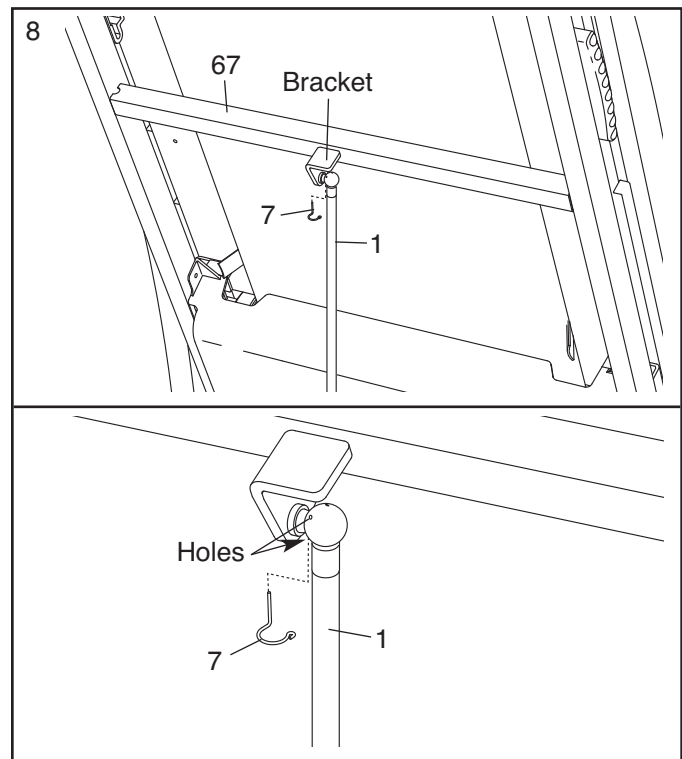
9. Identify the Right Handrail Cover (95) and the Left Handrail Cover (93). Slide the end of the Right Handrail (94) through the hole in the Right Handrail Cover, and slide the end of Left Handrail (92) through the hole in the Left Handrail Cover.

Attach the Handrail Covers (93, 95) to the Handrails (92, 94) with two M4.2 x 19mm Screws (10) in the locations shown.
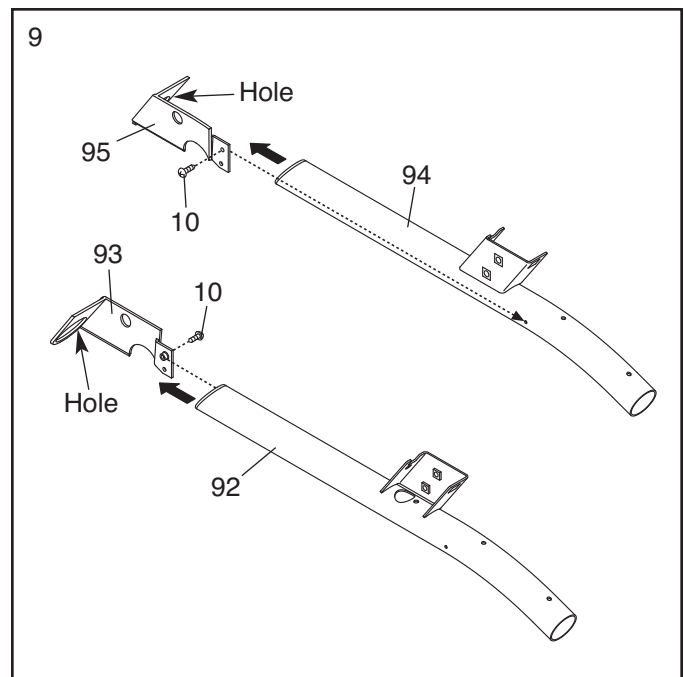
10. Set the Console (52) face down on a soft surface to avoid scratching the Console. Hold the Right Handrail (94) near the Console as shown. Insert the console wire into the large hole on the side of the Right Handrail and out the hole on top as shown.
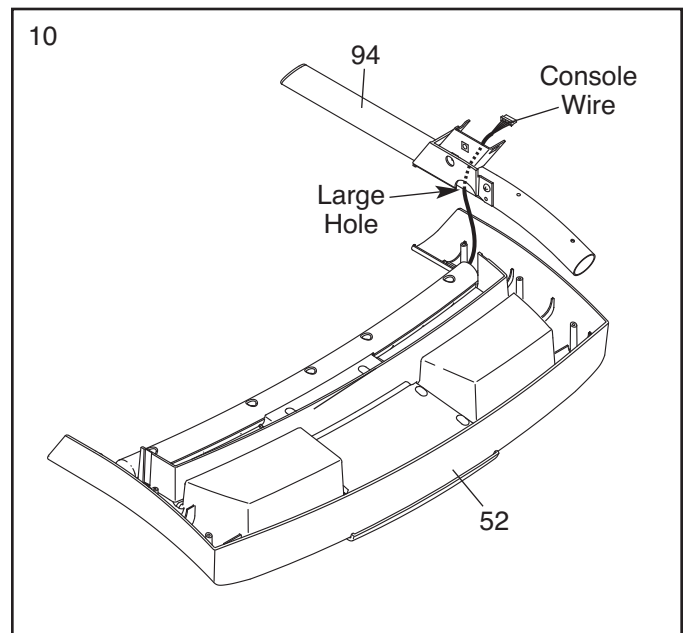
11. Attach the Right Handrail (94) to the Console (52) with an M5 x 16mm Screw (13), an M5 Star Washer (12), and two M4.2 x 19mm Screws (10). **Make sure that no wires are pinched. Start all three Screws before tightening any of them. Tighten the M5 x 16mm Screw and then tighten the M4.2 x 19mm Screws. Do not overtighten the Screws.**

Attach the Left Handrail (92) to the other side of the Console (52) in the same way. Note: There are no wires on the left side of the Console.

Remove the plastic ties from the Right Handrail (94) and the Left Handrail (92). If necessary, press the M8 Cage Nuts (41) into place.
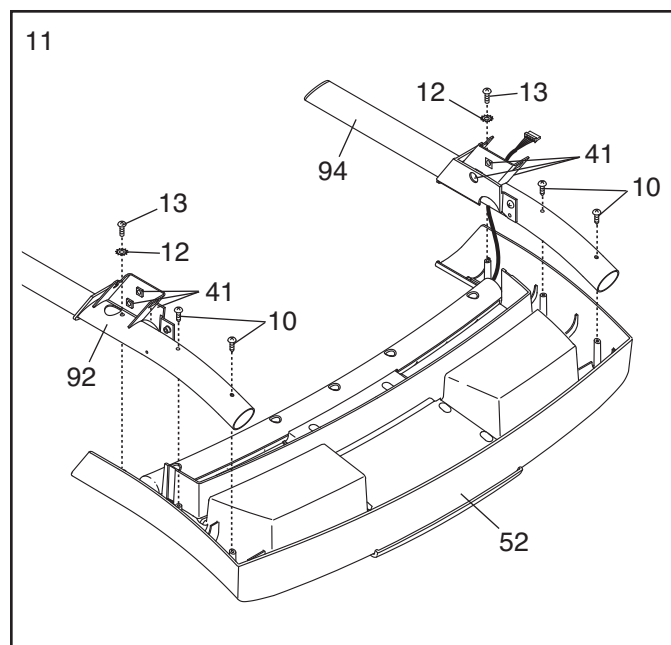
12. Have a second person hold the Console (52) near the Right Upright (98) and the Left Upright (not shown).

Connect the Wire Harness (97) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Remove the wire tie from the Wire Harness. Insert the connectors and excess wire into the Right Upright (98).

Next, set the Console (52) onto the top of the Right Upright (98) and the Left Upright (not shown). **Make sure that no wires are pinched.**
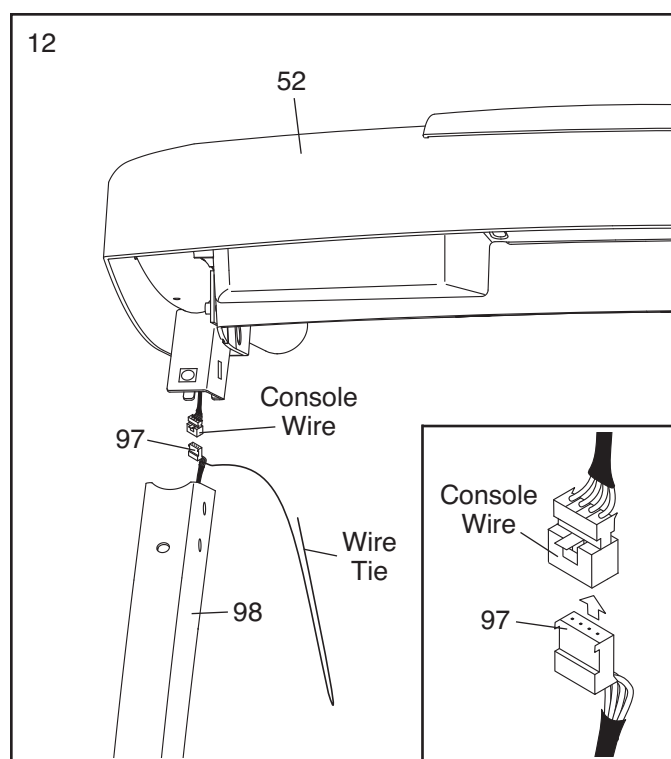
13. Attach the Console (52) to the Uprights (96, 98) with six M8 x 16mm Bolts (17) and six 5/16" Star Washers (2). **Start all six Bolts before tightening any of them.**
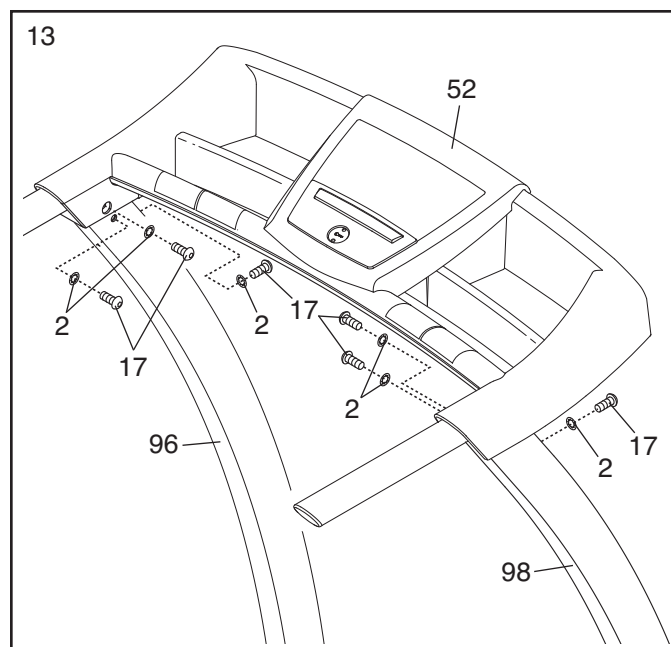
14. With the help of a second person, lower the Uprights (96, 98) as shown.

See the lower drawing. Position the Uprights (96, 98) so that the Frame (67) is centered between the Uprights.

Firmly tighten the M10 x 53mm Patch Bolts (18) and the M10 x 110mm Bolt (15) on each side of the treadmill (only one side is shown). **Do not overtighten the M10 x 110mm Bolts.**

Side View

View from Above
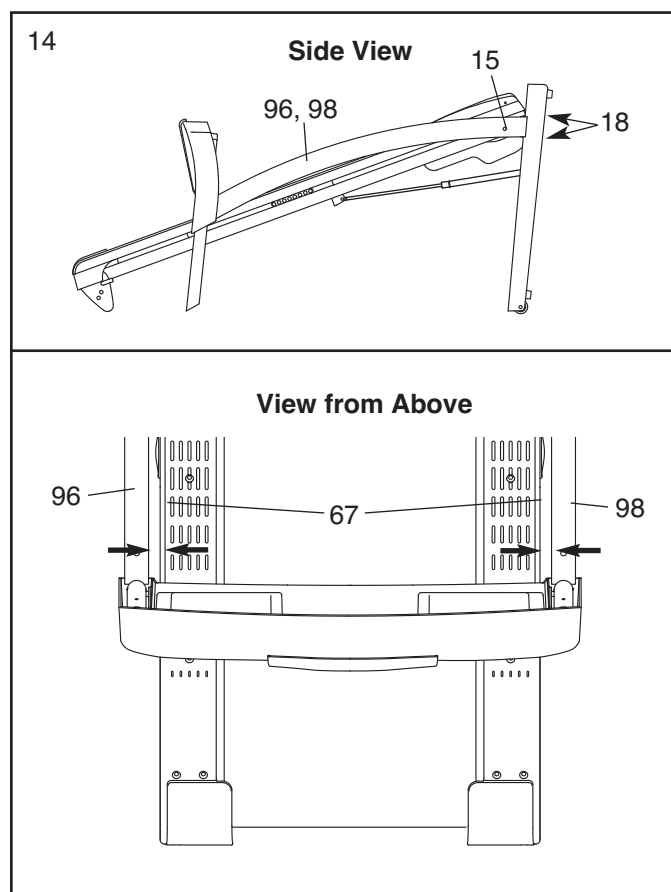
15. Attach the Latch Housing (62) to the Left Upright
(96) with two #10 x 1" Tek Screws (43). **Make
sure that the Latch Housing is oriented as
shown. Do not overtighten the Screws.**
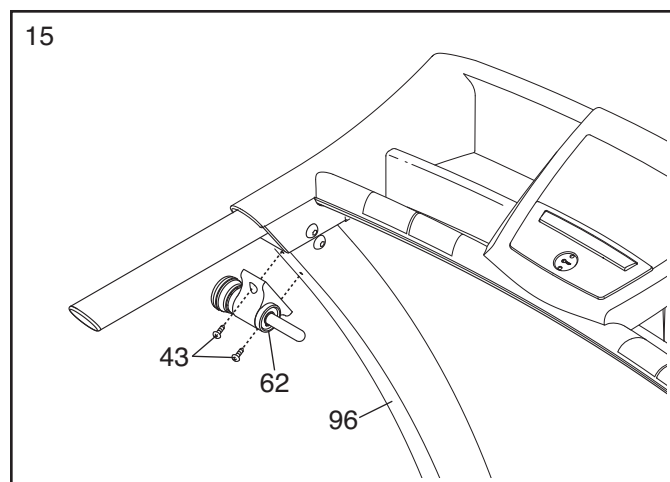
16. Place the treadmill in the storage position (see
HOW TO FOLD AND MOVE THE TREADMILL
on page 20).

   Insert the Incline Pins (24) at the desired incline
level (see HOW TO CHANGE THE INCLINE OF
THE TREADMILL on page 19).

   Lower the treadmill (see HOW TO LOWER THE
TREADMILL FOR USE on page 21).
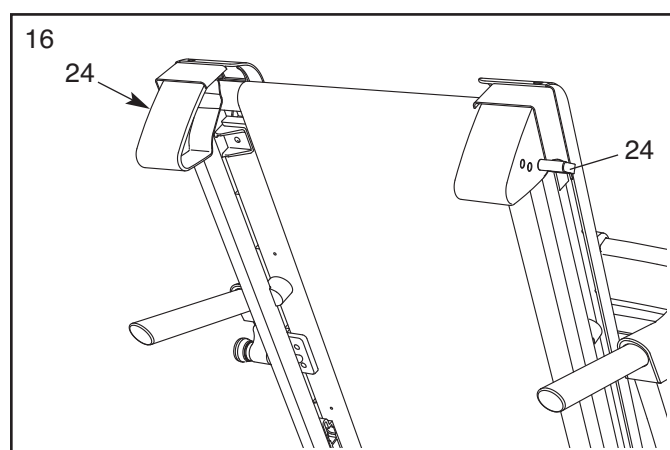
17. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may
be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking
belt (see pages 23 and 24). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.

See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**
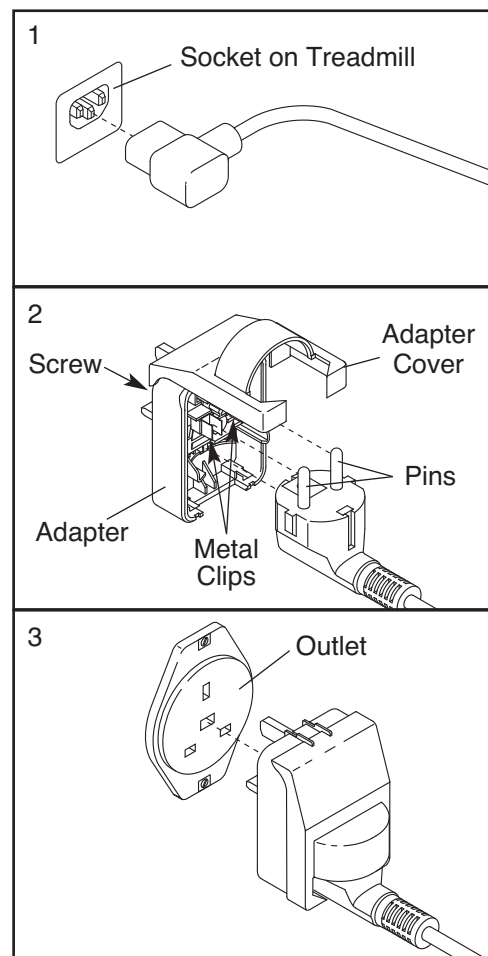
⚠ DANGER: **Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

CONSOLE DIAGRAM

Key

Clip
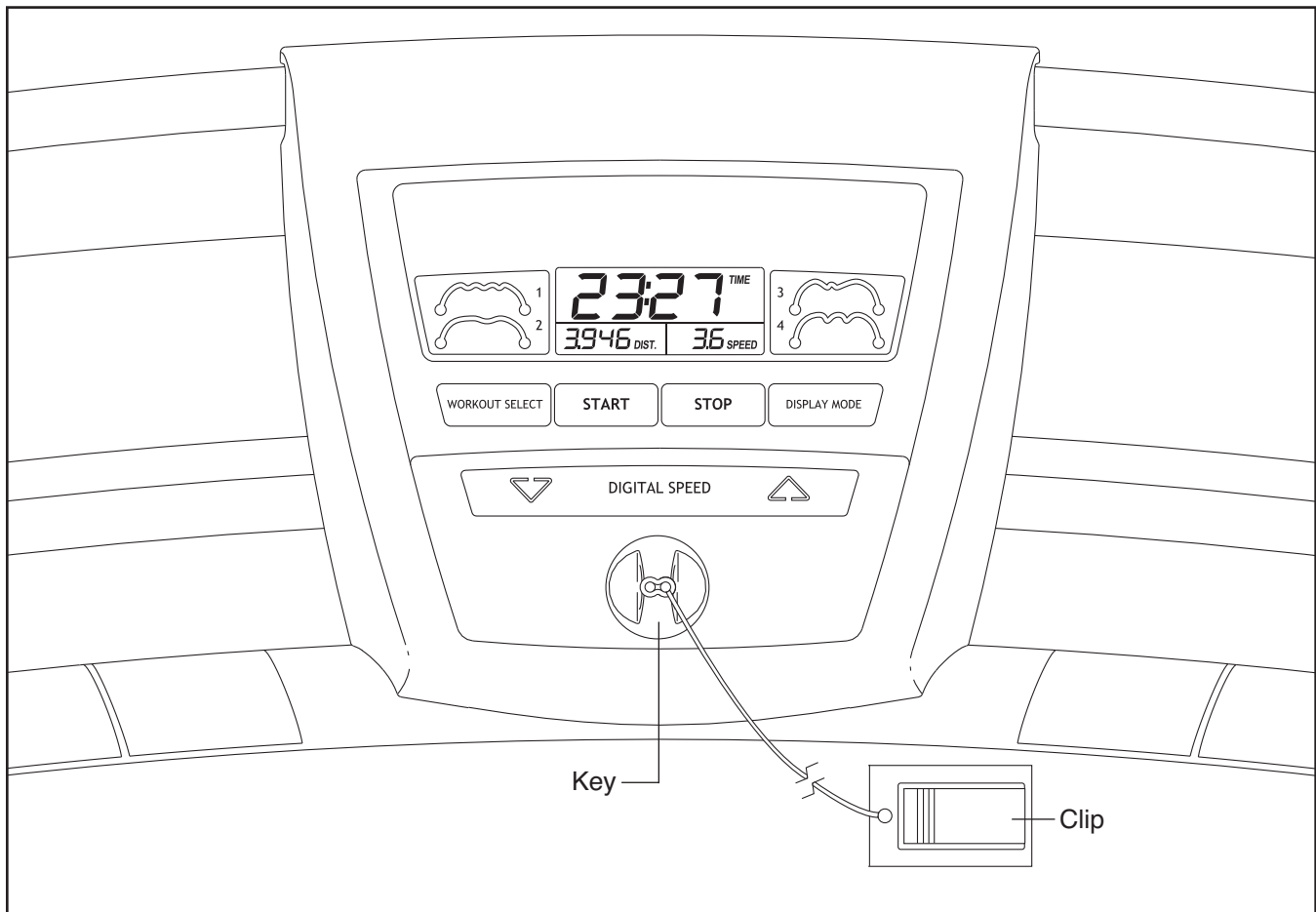
FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. When you select the manual mode of the console, you can change the speed of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

The console also features four speed workouts. Each workout controls the speed of the treadmill as it guides you through an effective exercise session.

To turn on the power, see page 17. **To use the manual mode of the console,** see page 17. **To use a speed workout,** see page 19.

IMPORTANT: If there are sheets of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 24).

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 15). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.

Reset Position
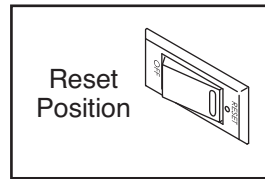
Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 16), and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER at the left.

2. **Select the manual mode.**

   When the key is inserted, the manual mode will be selected. If you have selected a speed workout, reselect the manual mode by pressing the Workout Select button repeatedly until only zeros appear in the displays.

3. **Start the walking belt.**

   To start the walking belt, press the Start button or the Digital Speed increase button. The walking belt will begin to move at 2 km/h. As you exercise, change the speed of the walking belt as desired by pressing the Digital Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 km/h; if you hold down a button, the speed setting will change in increments of 0.5 km/h.

   To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button or the Digital Speed increase button.

4. **Follow your progress with the displays.**

The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run.

The lower right display—The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned. The display also shows your heart rate when you use the handgrip pulse sensor (see step 5).
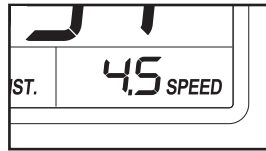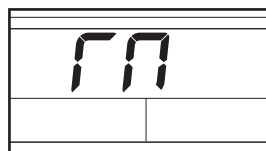
The upper display—The upper display can show the elapsed time, the distance that you have walked or run, the speed of the walking belt, or the approximate number of calories you have burned. Press the Display Mode button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower left or right display.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

Note: The console can display speed and distance in either kilometers or miles. To see which unit of measure-

ment is selected, remove the key, insert the key into the console while holding down the Stop button, and then release the Stop button. An "M" for metric kilometers or an "E" for English miles will appear in the upper display. Press the Digital Speed increase button to change the unit of measurement if desired. When the desired unit of measurement is selected, remove the key and then reinsert it.

5. **Measure your heart rate if desired.**

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.
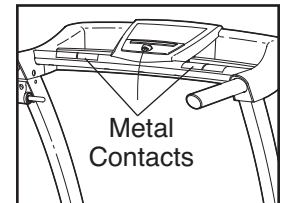
To measure your heart rate, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands.** When your pulse is detected, the small heart symbol in the lower right display will flash, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

6. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, remove the key from the console, and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**
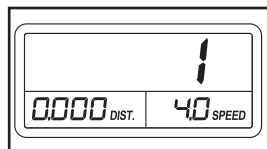
HOW TO USE A SPEED WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 17.

2. Select one of the four speed workouts.

To select a speed work-out, press the Workout Select button repeatedly until the number of the desired workout appears in the upper display. The maximum speed setting of the selected workout will appear in the lower right display.

Each workout is divided into 30 one-minute segments. One speed setting is programmed for each segment. Note: The same speed setting may be programmed for consecutive segments.

3. Press the Start button or the Digital Speed increase button to start the workout.

A moment after you press the button, the treadmill will automatically adjust to the first speed setting of the workout. Hold the handrails and begin walking.

At the end of each segment of the workout, a series of tones will sound. In addition, if a different speed setting is programmed for the next segment, the speed setting will flash in the display to alert you. When the next segment begins, the speed of the walking belt will automatically adjust to the speed setting for the next segment.

The workout will continue in this way until you have walked or run for 30 minutes. The walking belt will then slow to a stop.

If the speed setting for the current segment is too high or too low, you can override the setting by pressing the Digital Speed buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed setting for the next segment.**

To stop the workout temporarily, press the Stop button. The time will begin to flash in the display. To restart the workout, press the Start button or the Digital Speed increase button. The walking belt will begin to move at 2 km/h. When the next segment of the workout begins, the treadmill will automatically adjust to the speed setting for the next segment.

4. Follow your progress with the displays.

See step 4 on page 18.

5. Measure your heart rate if desired.

See step 5 on page 18.

6. When you are finished exercising, remove the key from the console.

See step 6 on page 18.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, you can change the incline of the treadmill. There are three incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see page 20).

To change the incline, first remove the incline pin from one of the incline legs. Adjust the incline leg to the desired position, and then fully reinsert the incline pin. Adjust the other incline leg in the same way. **CAUTION: Before using the treadmill, make sure that both incline legs are at the same height and that both incline pins are fully inserted into the incline legs.**

After you have adjusted the incline legs, lower the treadmill (see page 21).
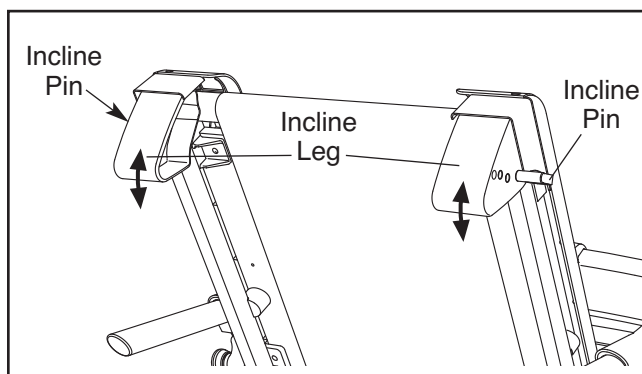
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

**Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame.** Raise the frame about halfway to the vertical position.
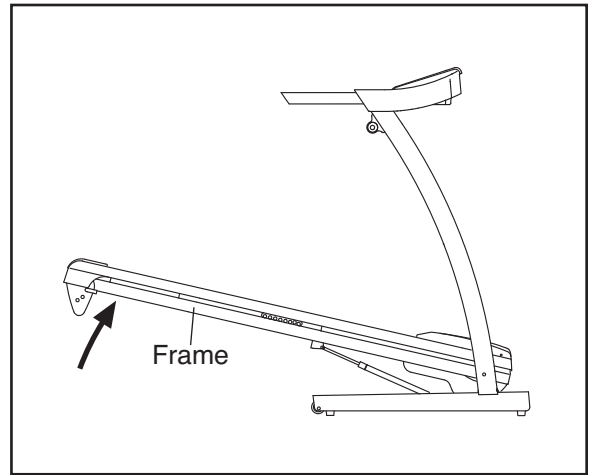
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the hole in the latch plate is aligned with the latch pin. Slowly release the latch knob; **make sure that the latch pin is fully inserted into the latch plate.**

   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° F (30° C).
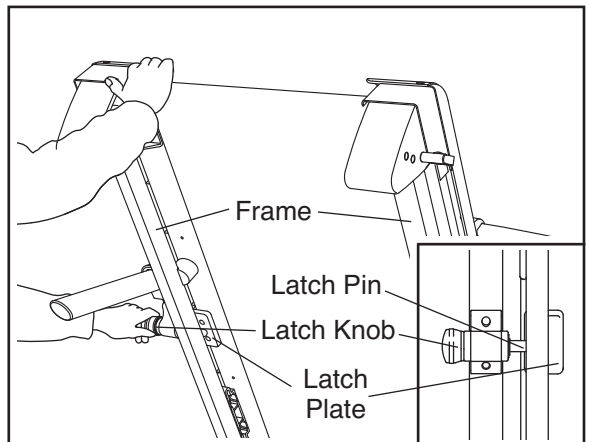
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the latch plate.**

1. Hold one handrail and place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place a foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.
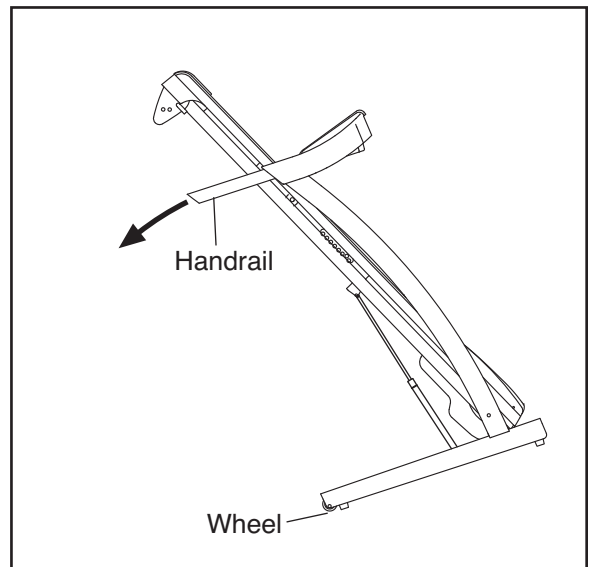
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin. Slowly release the latch knob.

Frame

Latch Pin

Latch Knob
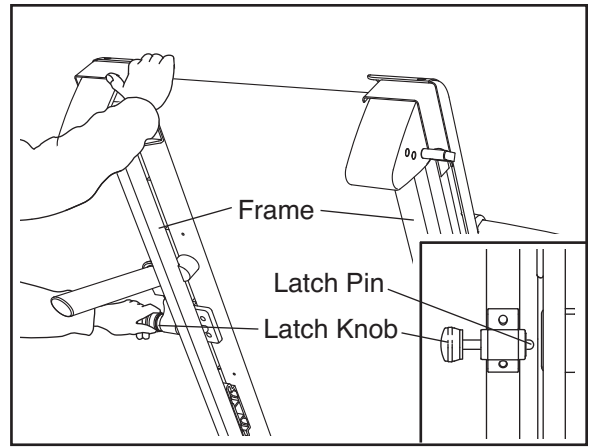
2. **Hold the metal frame firmly with both hands and lower it to the floor. CAUTION: Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.**

Frame
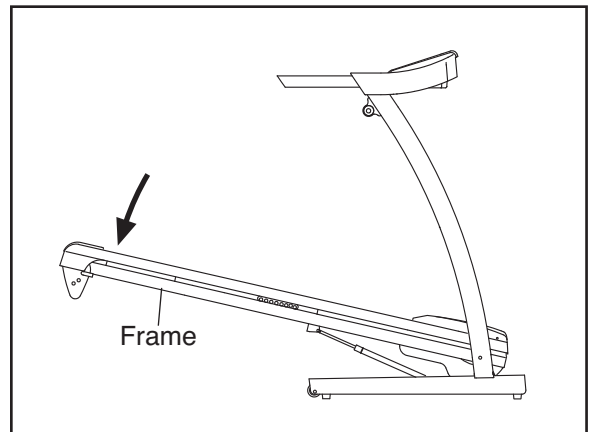
TROUBLESHOOTING

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 see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 15.) If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm²) cord that is no longer than 5 ft. (1.5 m). **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame 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.

Tripped Position

Reset Position
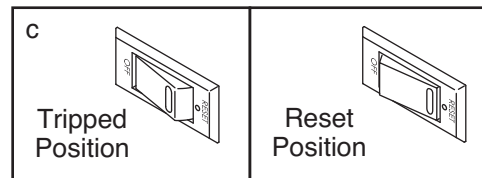
PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing 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. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the four #10 x 1" Screws (75) and carefully remove the Motor Hood (72).
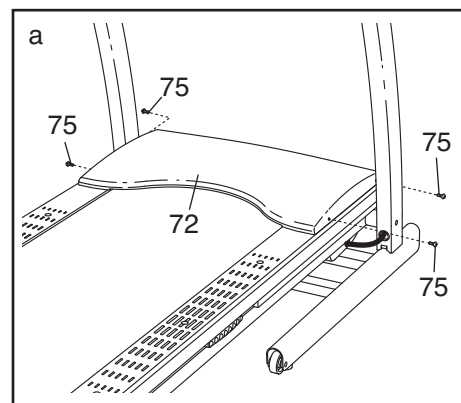
Locate the Reed Switch (55) and the Magnet (49) on the left side of the Pulley (58). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4 x 13mm Tek Screw (29), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown), 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. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm²) cord that is no longer than 5 ft. (1.5 m).

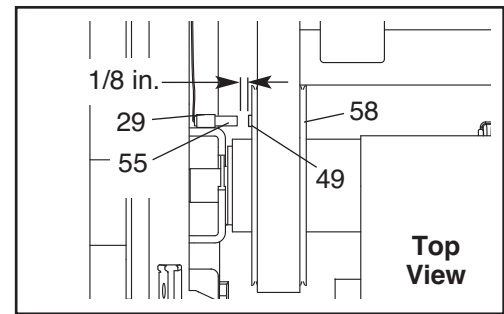b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
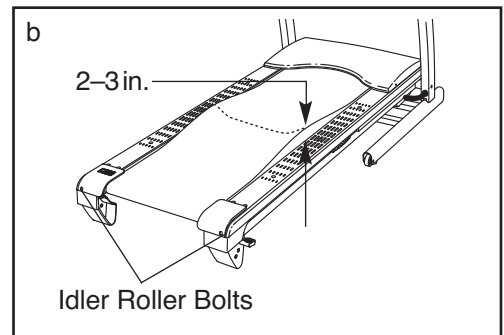
c. If the walking belt still slows when walked on, see the front cover of this manual.

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

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.
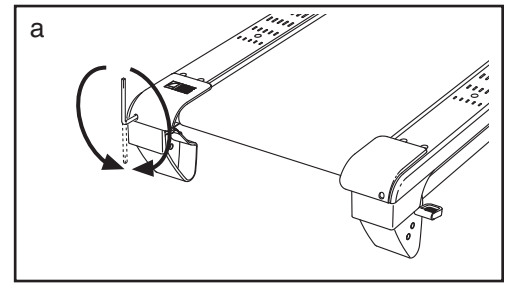
b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, 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.
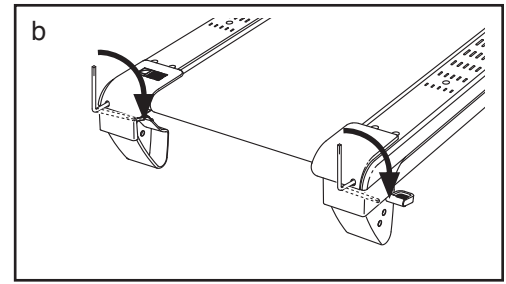
EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST—Model No. WETL30708.0 R0908A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Gas Spring	51	2	Isolator
2	6	5/16" Star Washer	52	1	Console
3	2	M10 x 51mm Bolt	53	2	Belt Guide
4	2	M10 Washer	54	2	Upright Spacer
5	2	M10 Jam Nut	55	1	Reed Switch
6	1	M4 Ground Bolt	56	1	Reed Switch Clamp
7	2	Gas Spring Pin	57	2	Frame Cap
8	2	M10 Star Washer	58	1	Drive Roller/Pulley
9	2	M10 x 47mm Bolt	59	1	Drive Belt
10	15	M4.2 x 19mm Screw	60	1	Filter
11	1	4 mm Hex Key	61	4	Wire Tie
12	2	M5 Star Washer	62	1	Latch Housing
13	2	M5 x 16mm Screw	63	1	M4 Nut
14	10	M4.2 x 19mm Tek Screw	64	1	Right Foot Rail
15	2	M10 x 110mm Bolt	65	1	Walking Platform
16	4	M10 Flat Washer	66	1	Walking Belt
17	6	M8 x 16mm Bolt	67	1	Frame
18	4	M10 x 53mm Patch Bolt	68	1	Left Idler Roller Bracket
19	5	M8 Locknut	69	1	Idler Roller
20	1	Latch Plate	70	1	Right Rear Foot
21	4	Plastic Fastener	71	1	Left Rear Foot
22	2	M8 Flange Nut	72	1	Motor Hood
23	2	M10 Locknut	73	1	Console Crossbar
24	2	Incline Pin	74	1	6 mm Hex Key
25	2	#8 x 3/4" Screw	75	4	#10 x 1" Screw
26	2	Insert Nut	76	1	Controller
27	2	Motor Bolt	77	1	Electronics Plate
28	2	M8 x 35mm Bolt	78	1	Transformer
29	3	M4 x 13mm Tek Screw	79	1	Ground Wire w/Decal
30	12	M5 x 25 mm Screw	80	1	Motor Spacer
31	4	M8 x 30mm Bolt	81	1	Drive Motor
32	4	M4.2 x 13mm Belt Guide Screw	82	2	Motor Isolator
33	2	Idler Roller Bolt	83	1	Motor Bracket
34	2	M8 x 20mm Bolt	84	1	Power Cord Adapter
35	2	M8.4 Star Washer	85	1	Power Cord
36	2	M6 Star Washer	86	1	Belly Pan
37	2	Roller Washer	87	1	Controller Ground Wire
38	8	M4.2 x 13mm Screw	88	1	Receptacle
39	3	M4.2 Star Washer	89	1	Reset/Off Circuit Breaker
40	1	M8 x 98mm Bolt	90	1	Belly Pan Grommet
41	6	M8 Cage Nut	91	2	Handrail Cap
42	4	U-nut	92	1	Left Handrail
43	2	#10 x 1" Tek Screw	93	1	Left Handrail Cover
44	1	Right Idler Roller Bracket	94	1	Right Handrail
45	1	M4.2 x 10mm Ground Screw	95	1	Right Handrail Cover
46	2	M4.2 x 10mm Screw	96	1	Left Upright
47	2	Platform Cushion	97	1	Wire Harness
48	1	5 mm Hex Key	98	1	Right Upright
49	1	Magnet	99	2	Grommet
50	1	Left Foot Rail	100	4	Base Foot

| Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Base	*	–	6" Red Wire, M/F
102	4	Wheel Spacer	*	–	6" White Wire, 2F
103	2	Wheel	*	–	10" White Wire, 2F
104	1	Key/Clip	*	–	10" Blue Wire, 2F
105	16	8" Wire Tie	*	–	8" Blue Wire, 2F
106	1	Latch Warning Decal	*	–	4" Blue Wire, M/F
*	–	4" Green Wire, F/R	*	–	4" Black Wire, 2F
*	–	4" Black Wire, M/F	*	–	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.
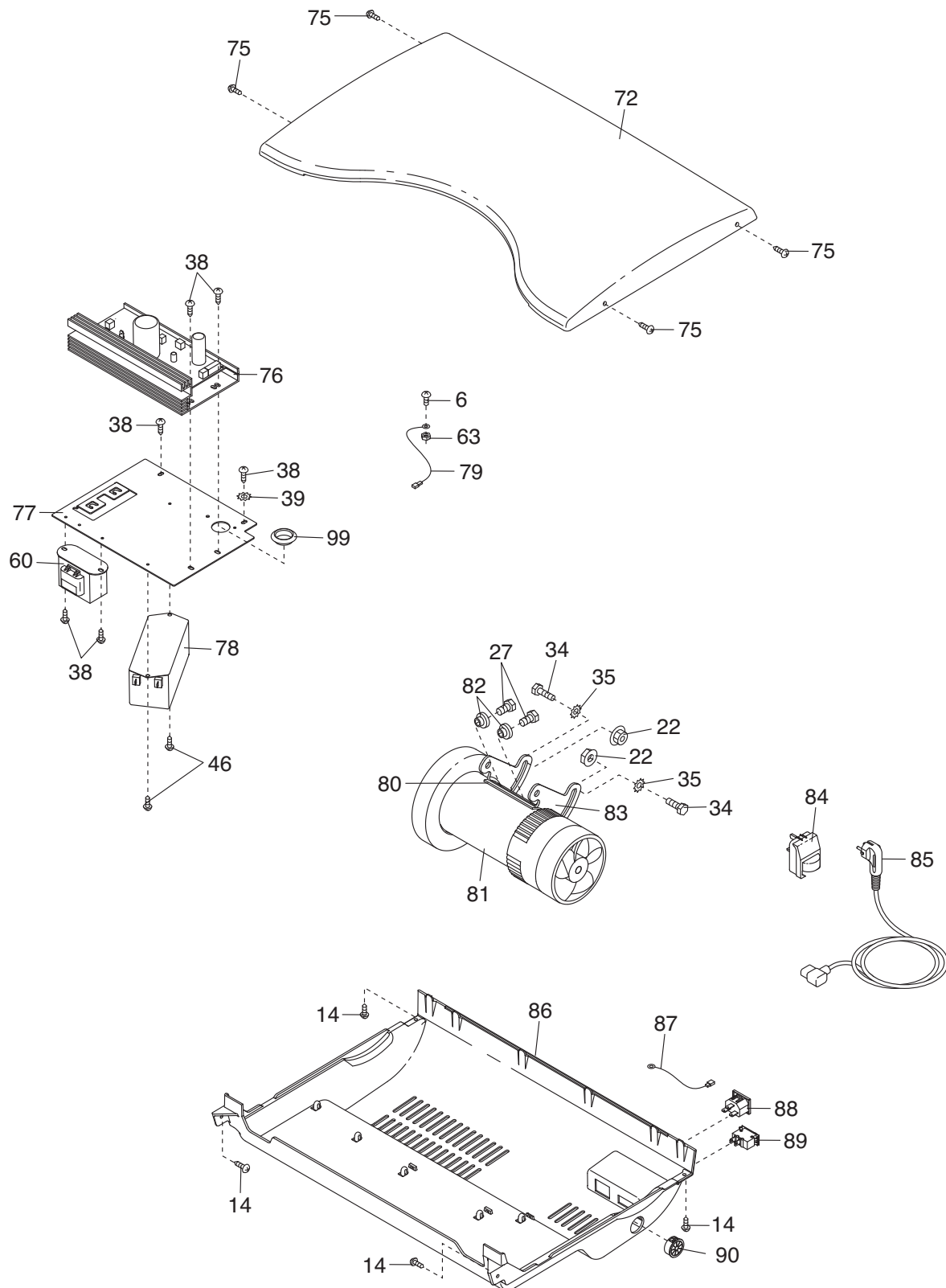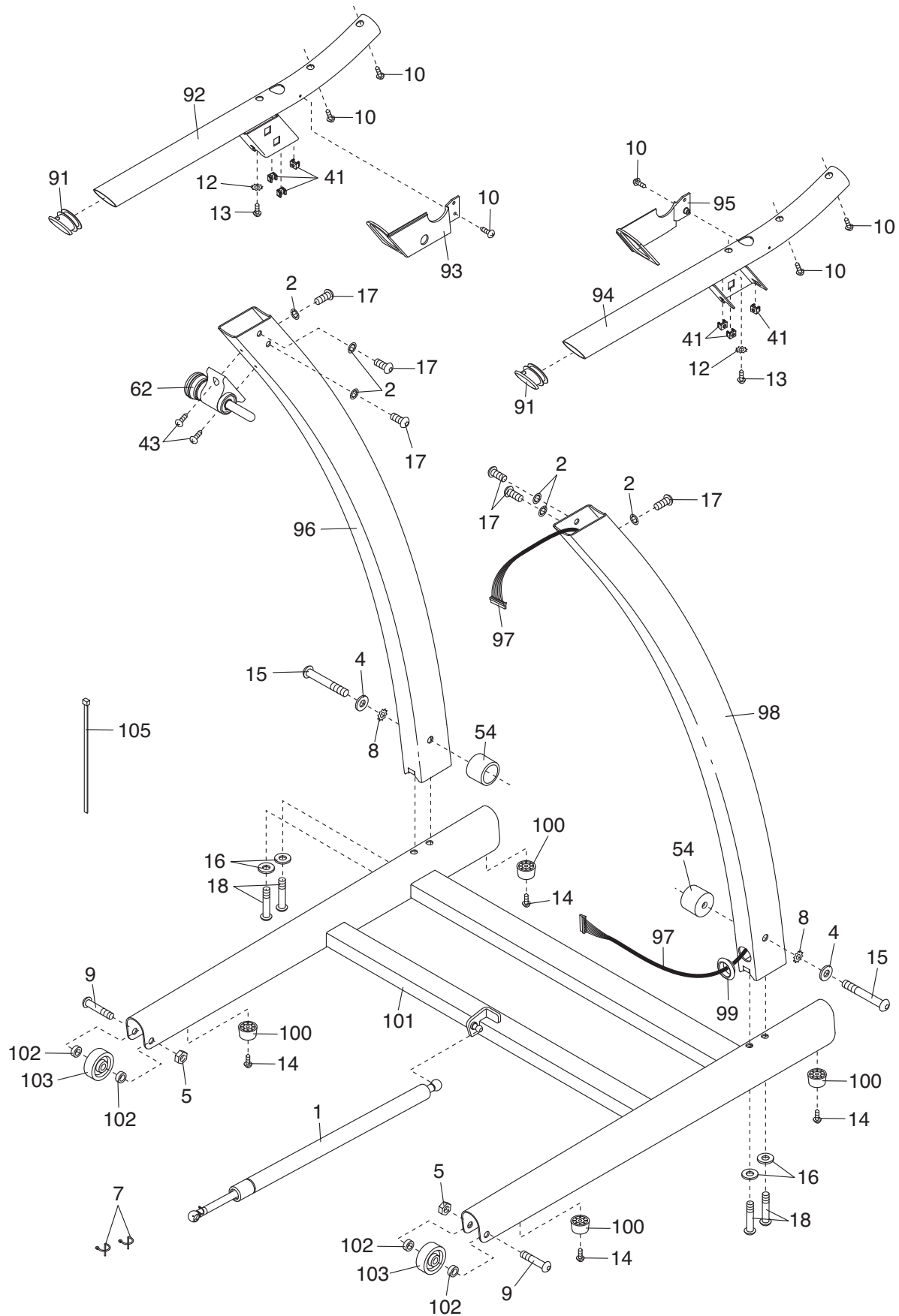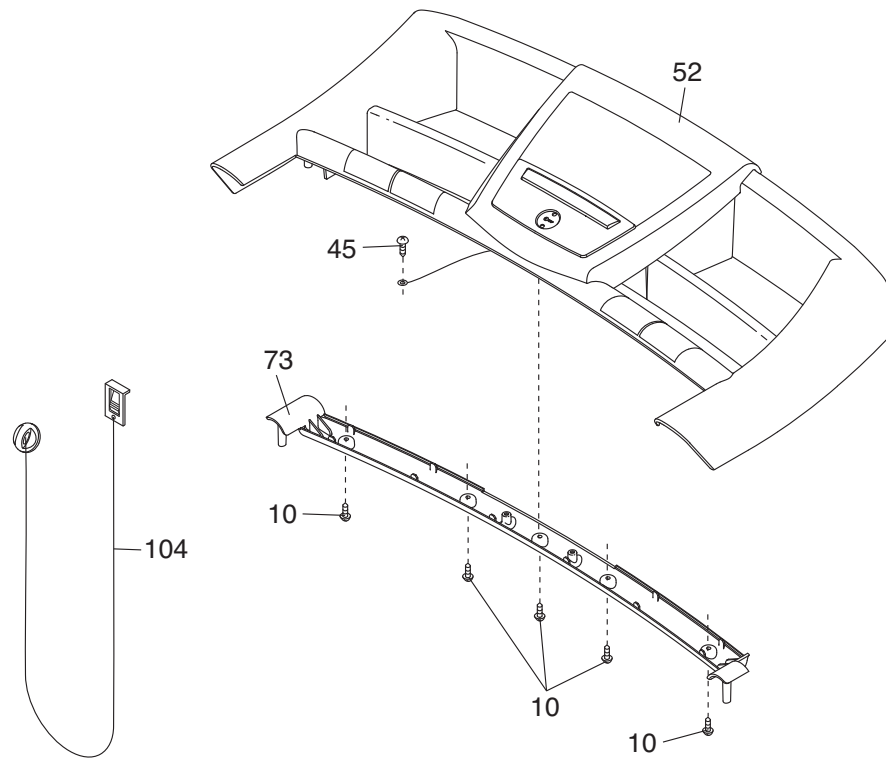
ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

• the model number and the serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.