

## 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 (444) 113 387 7133  
Fax: 0 (444) 113 387 7125

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

- The MODEL NUMBER of the product (WLEVEL28830)
- The NAME of the product (WESLO® MOMENTUM 850 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)

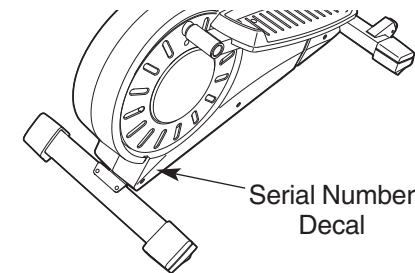
# WESLO® MOMENTUM



## USER'S MANUAL

Model No. WLEVEL28830

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



### QUESTIONS?

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

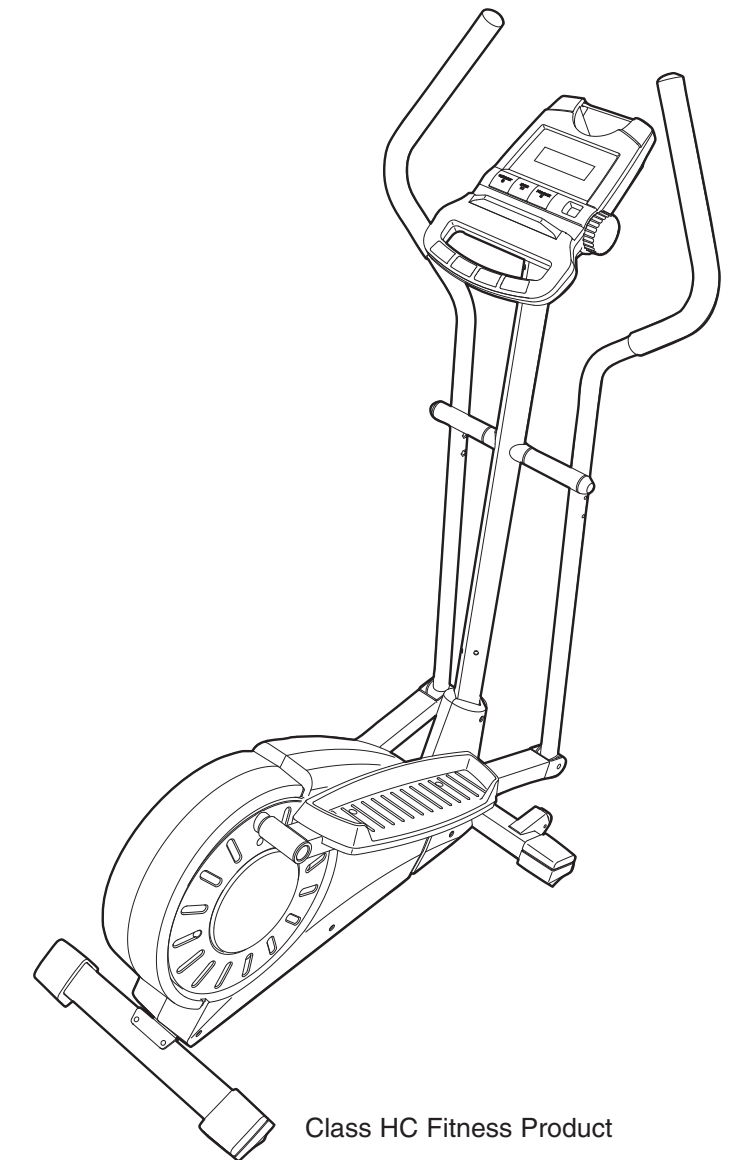
**08457 089 009**

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

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

### ⚠ CAUTION

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



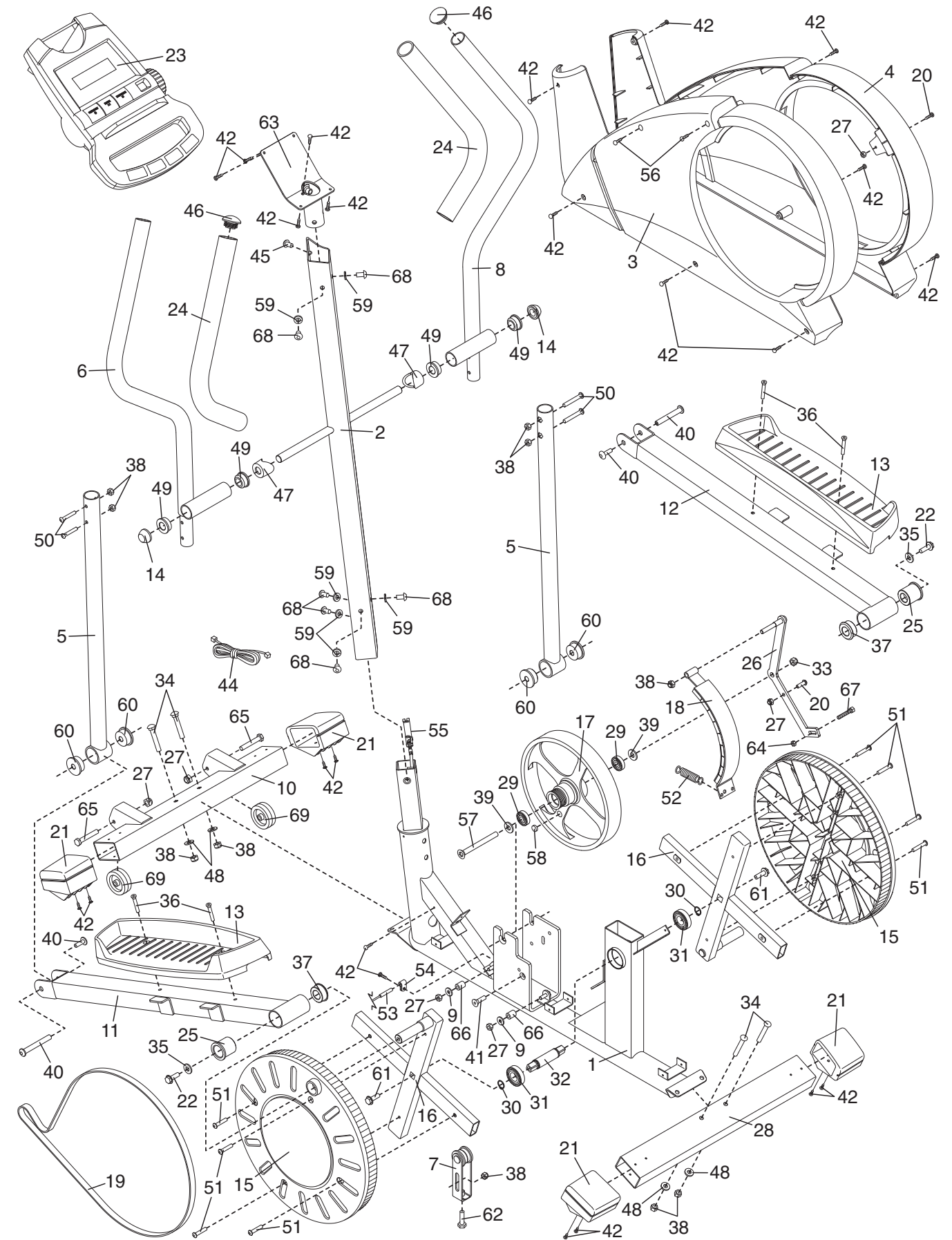
Class HC Fitness Product



Visit our website at  
[www.iconeurope.com](http://www.iconeurope.com)

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# PART LIST—Model No. WLEVEL28830

R0903A

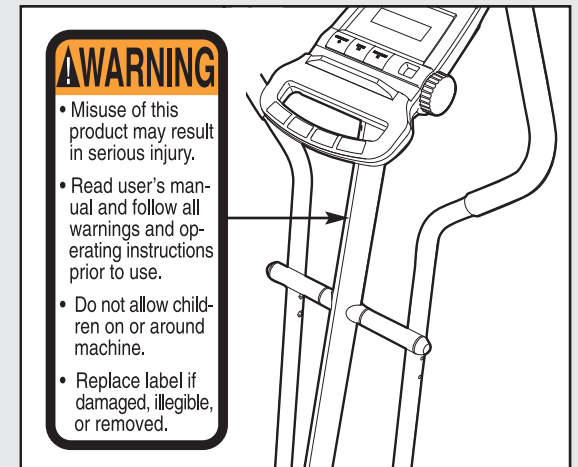
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	37	2	Pedal Arm Bushing
2	1	Upright	38	10	M8 Nylon Locknut
3	1	Left Side Shield	39	2	Flywheel Washer
4	1	Right Side Shield	40	2	Pedal Arm Bolt Set
5	2	Handlebar Arm	41	1	M8 x 22mm Flat Head Screw
6	1	Left Handlebar	42	24	M4 x 16mm Screw
7	1	Idler Assembly	44	1	Upper Wire
8	1	Right Handlebar	45	1	M8 x 25mm Button Screw
9	2	M6 Washer	46	2	Handlebar Cap
10	1	Front Stabilizer	47	2	Handlebar Spacer
11	1	Left Pedal Arm	48	4	M8 Washer
12	1	Right Pedal Arm	49	4	Small Handlebar Bushing
13	2	Pedal	50	4	M8 x 38mm Button Bolt
14	2	Axle Cap	51	8	M6 x 35mm Button Screw
15	2	Pedal Disc	52	1	Spring
16	2	Disc Crossbar	53	1	Reed Switch/Wire
17	1	Flywheel	54	1	Cable Clamp
18	1	“C” Magnet	55	1	Lower Cable
19	1	Drive Belt	56	2	M4 x 25mm Screw
20	2	M6 x 16mm Bolt	57	1	M10 Flat Head Bolt
21	4	Endcap	58	1	Magnet
22	2	M10 x 25mm Patch Screw	59	6	M8 Split Washer
23	1	Console	60	4	Large Handlebar Bushing
24	2	Handgrip	61	2	5/16” x 25.4mm Hex Bolt
25	2	Long Pedal Arm Bushing	62	1	M10 x 60mm Button Bolt
26	1	Resistance Bracket	63	1	Console Bracket
27	6	M6 Nylon Locknut	64	1	M6 Nut
28	1	Rear Stabilizer	65	2	M6 x 40mm Bolt
29	2	Flywheel Bearing	66	2	Spacer
30	2	Large Snap Ring	67	1	M6 x 38mm Bolt
31	2	Large Bearing	68	6	M8 x 19mm Button Screw
32	1	Pedal Axle	69	2	Wheel
33	4	M10 Nylon Locknut	#	3	Hex Key
34	4	M8 x 53mm Button Bolt	#	1	Grease
35	2	M10 Washer	#	1	User’s Manual
36	4	M6 x 48mm Flat Head Screw			

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

## 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. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. If you feel pain or dizziness at any time whilst exercising, stop immediately and cool down.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. The elliptical crosstrainer is intended for home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.
14. A warning decal has been placed on the elliptical crosstrainer in the location shown below. If the decal is missing, or if it is not legible, please call our Customer Service Department at 08457 089 009 to order a free replacement decal. Apply the decal in the location shown.



**⚠ 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.

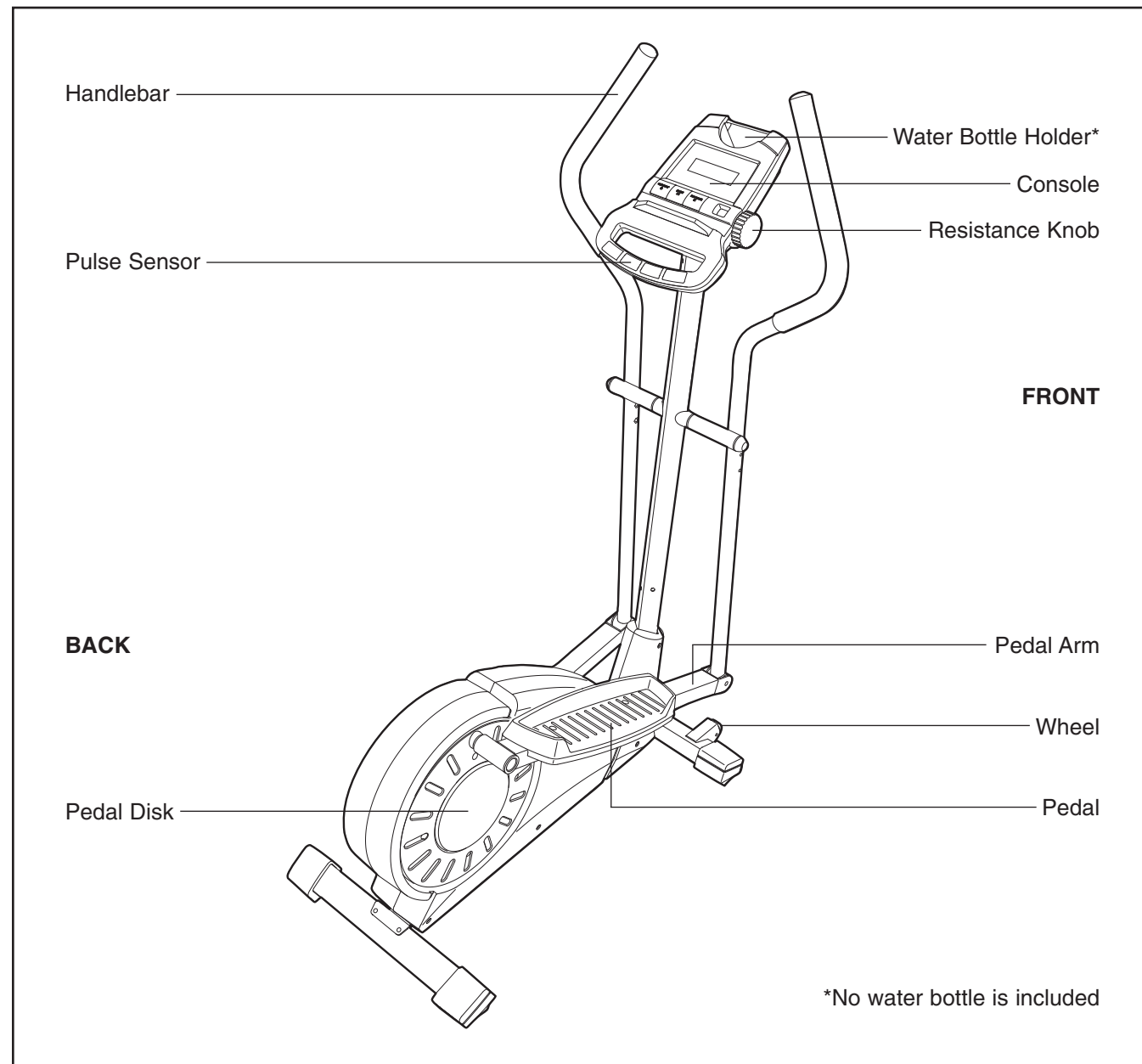
## BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® MOMENTUM 850 elliptical crosstrainer. The MOMENTUM 850 elliptical crosstrainer is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique MOMENTUM 850 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 WLEVEL28830. 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 familiarize yourself with the parts that are labeled in the drawing below.



## CONDITIONING GUIDELINES

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

### ⚠ WARNING:

- **Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
- **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

### EXERCISE INTENSITY

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

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

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

### Aerobic Exercise

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

### WORKOUT GUIDELINES

Each workout should include the following three parts:

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

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. 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.

### EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

## MAINTENANCE AND TROUBLESHOOTING

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

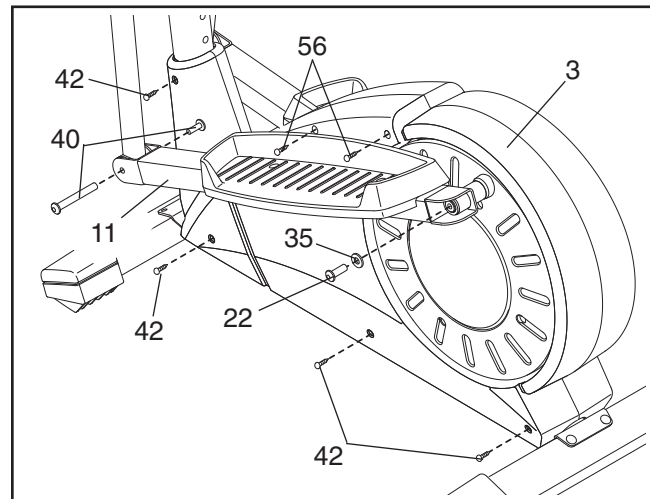
To clean the elliptical crosstrainer, use a damp cloth and a small amount of mild soap. **Important: Keep liquids away from the console, place only a sealed water bottle in the water bottle holder, and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

### 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, see step 5 on page 6 and remove the console from the upright. Next, see step 4 on page 6 and insert three batteries into the console. Reattach the console to the upright, being careful not to pinch the wires.

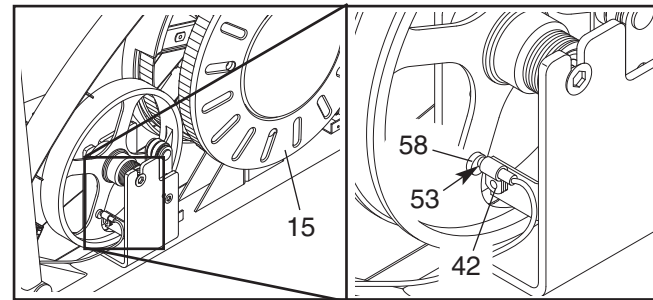
### HOW TO ADJUST THE REED SWITCH

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).

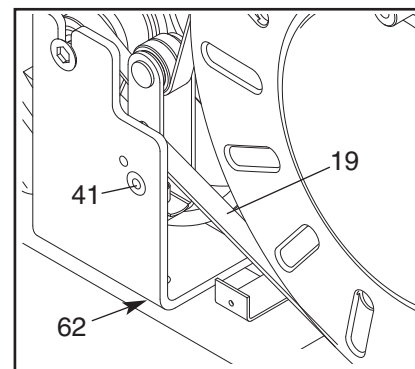
See the drawing below and locate the Reed Switch (53). Loosen, but do not remove, the indicated M4 x 16mm Screw (42). Slide the Reed Switch slightly toward or away from the Magnet (58) on the flywheel. Retighten the Screw. Turn the left Pedal Disc (15) for a moment. Repeat until the console displays 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. See HOW TO ADJUST THE REED SWITCH at the left and remove the left side shield.

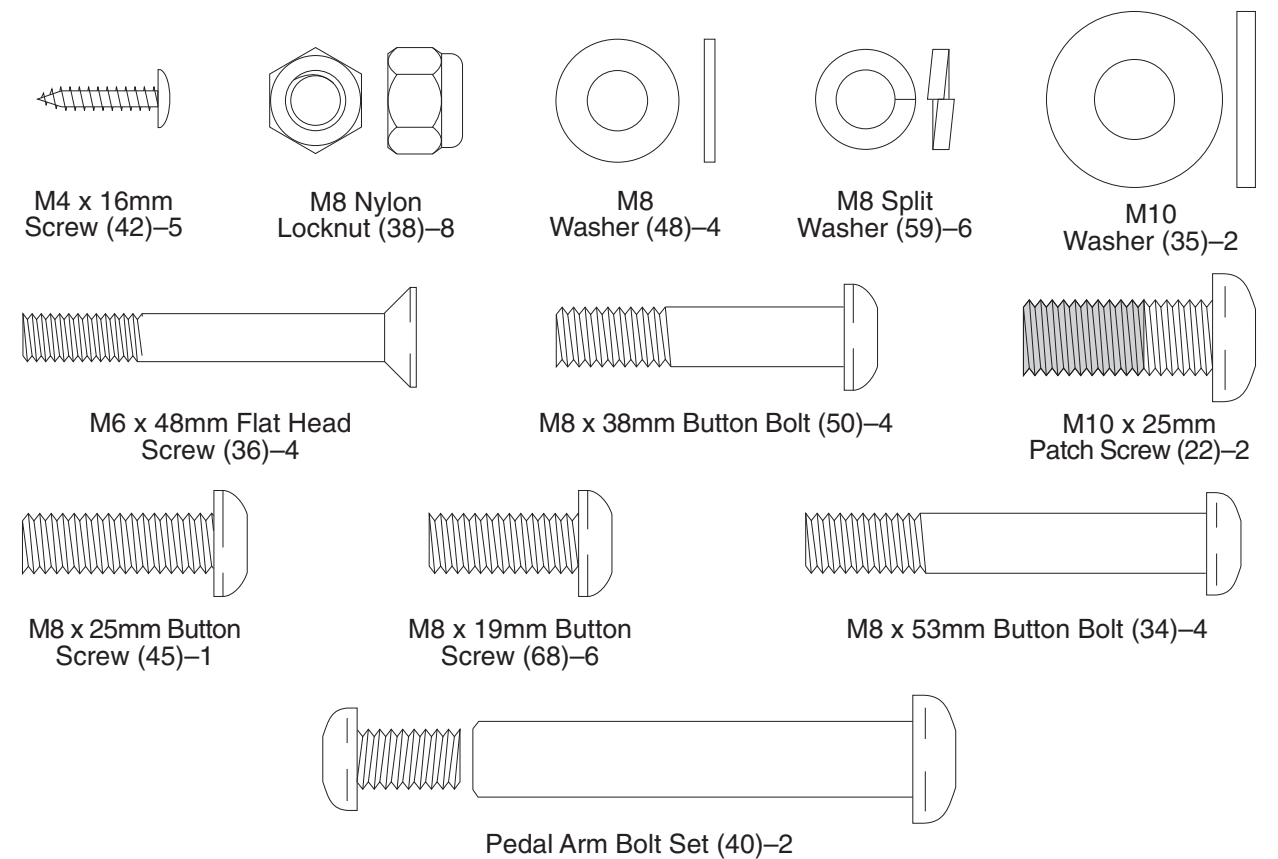
Next, loosen the M8 x 22mm Flat Head Screw (41) and turn the M10 x 60mm Button Bolt (62) until the Drive Belt (19) is tight. When the Drive Belt is tight, tighten the Flat Head Screw. Reattach the left side shield.



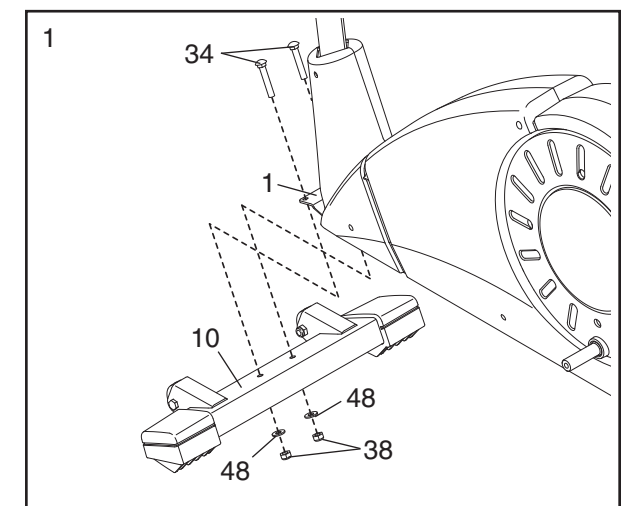
## ASSEMBLY

**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** .

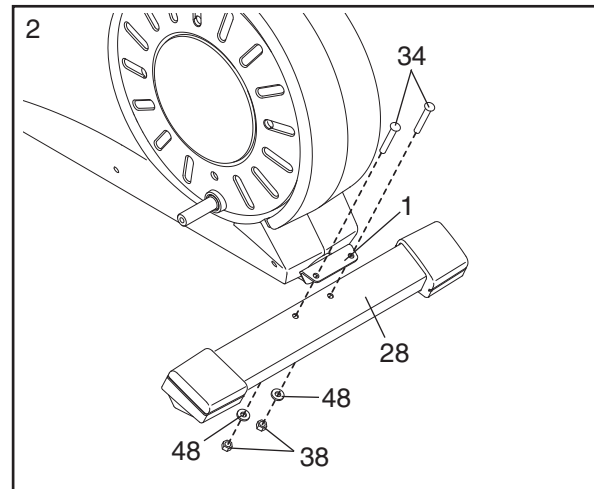
As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity used in assembly. **Note: Some small 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.**



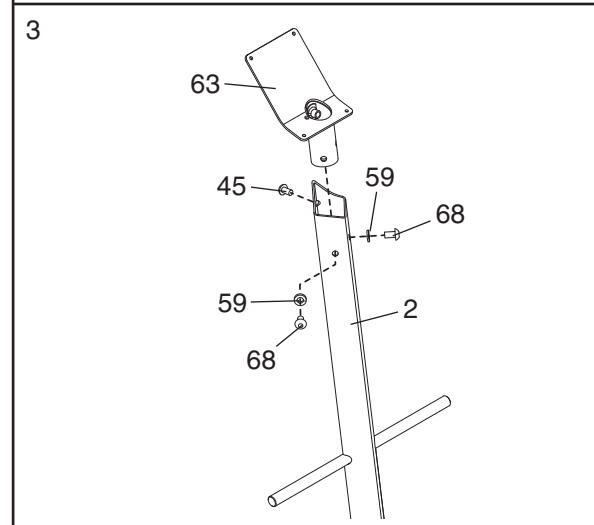
1. Identify the Front Stabilizer (10), which is narrower than the Rear Stabilizer (not shown). Whilst another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M8 x 53mm Button Bolts (34), two M8 Washers (48), and two M8 Nylon Locknuts (38).



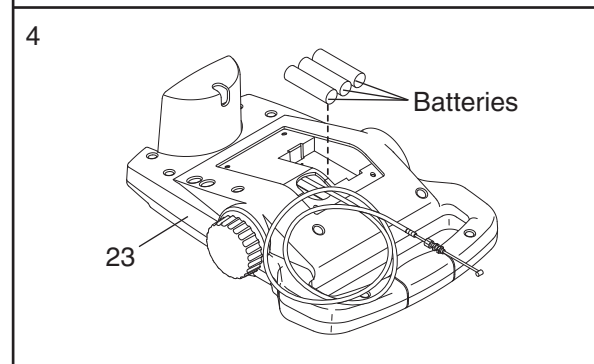
2. Whilst another person lifts the back of the Frame (1), attach the Rear Stabilizer (28) to the Frame with two M8 x 53mm Button Bolts (34), two M8 Washers (48), and two M8 Nylon Locknuts (38).



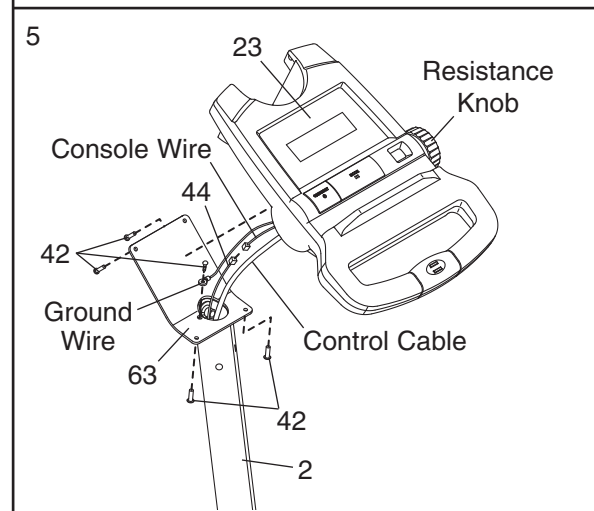
3. Insert the Console Bracket (63) into the Upright (2) as shown. Attach the Console Bracket to the Upright with an M8 x 25mm Button Screw (45), two M8 Split Washers (59), and two M8 x 19mm Button Screws (68).



4. 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.**



5. Have another person hold the Console (23) in the position shown. Insert the control cable down through the Upright (2). Connect the console wire to the Upper Wire (44). Attach the ground wire to the Console Bracket (63) with an M4 x 16mm Screw (42). Next, insert the excess cable and wire down into the Upright.

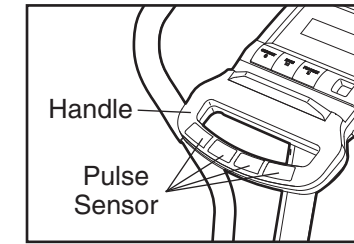


Attach the Console (23) to the Console Bracket (63) with four M4 x 16mm Screws (42). **Be careful to avoid pinching the cable and wires.**

**Make sure that the resistance knob is turned to the lowest setting before continuing.**

3. Measure your heart rate if desired.

**Note: If there are thin sheets of plastic on the four metal contacts of the pulse sensor, peel off the plastic.**

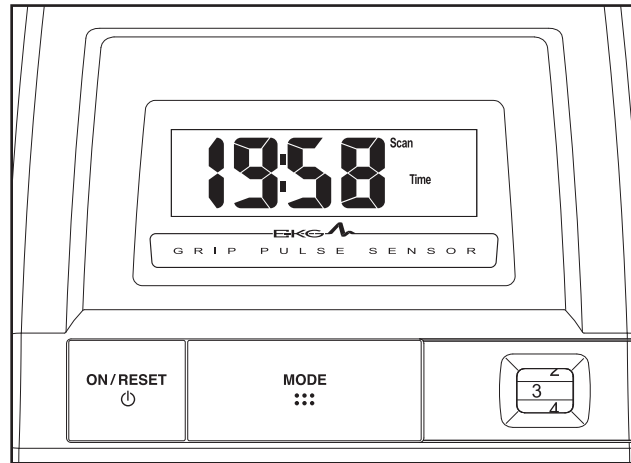


To use the pulse sensor, hold the handle on the console, with your right palm covering the two right contacts and your left palm covering the two left contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats and two dashes (— —) will appear. After a moment, your heart rate will be shown. For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds.

**⚠ WARNING:** 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.

4. 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 automatically turn off to conserve the batteries.**

## FEATURES OF THE CONSOLE



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

**Speed**—This mode displays your pedalling speed.

**Time**—This mode displays the elapsed time. Note: When you stop pedalling for a few seconds, the time mode will pause.

**Distance**—This mode displays the distance you have pedalled.

**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 13).

**Scan**—This mode displays the speed, time, distance, calories, and fat calories modes, for a few seconds each, in a repeating cycle.

**Pulse (BPM)**—This mode displays your heart rate when you use the pulse sensor.

**Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, hold down the On/Reset button for a few seconds. The mode indicators will show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.**

## HOW TO OPERATE THE CONSOLE

Make sure that there are batteries in the console (see BATTERY REPLACEMENT on page 12). If there is a thin sheet of clear plastic on the console, remove it.

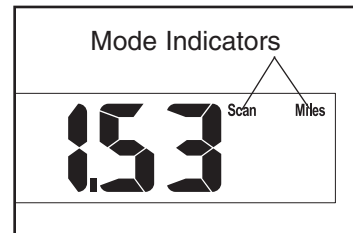
Follow the steps below to operate the console.

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. The scan indicator will appear in the display 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, you can select the scan mode again by repeatedly pressing the Mode button.



### Speed, time, distance, calories, or fat calories mode—

To select one of these modes for continuous display, press the Mode button repeatedly until only the MPH (or Km/H), Time, Miles (or Kms), Cals., or Fat Cals. indicator appears in the display. Make sure that the Scan indicator does not appear.



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

6. 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 control cable to the Lower Cable (55) in the following way:

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

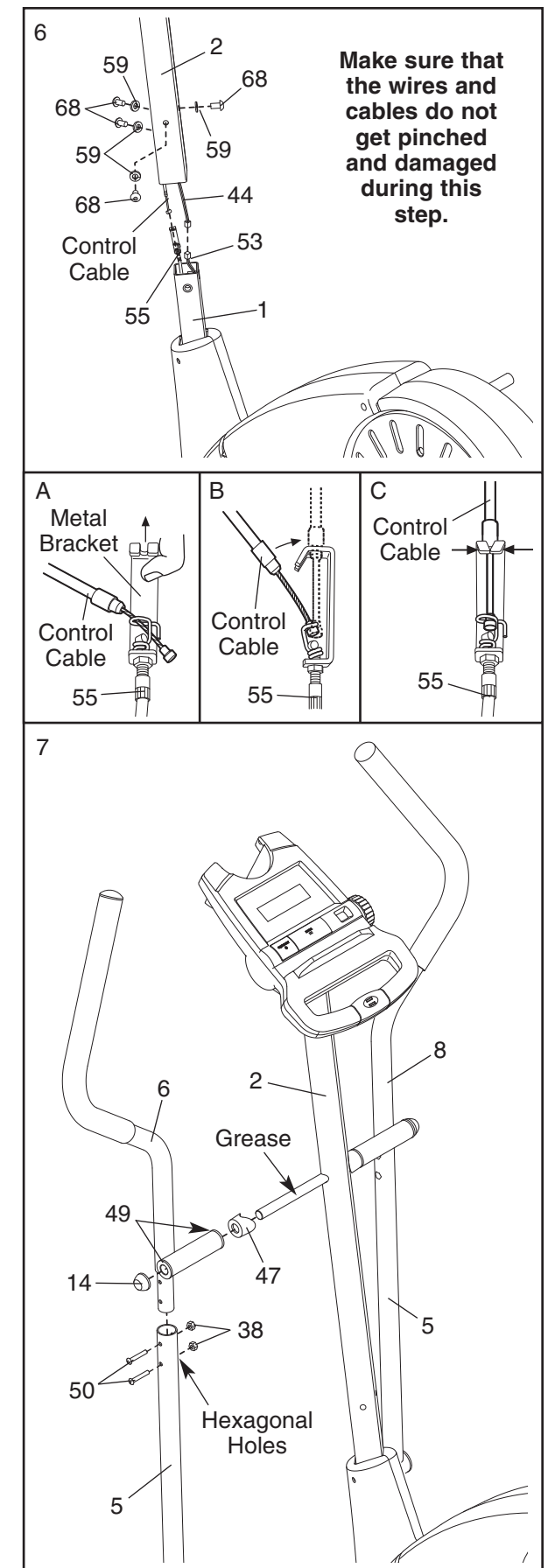
Push the excess cable and wire down into the Frame (1). Slide the Upright (2) onto the Frame. **Be careful not to pinch the wires or cables.** Attach the Upright with four M8 x 19mm Button Screws (68) and four M8 Split Washers (59). **Do not tighten the Button Screws yet.**

7. 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).

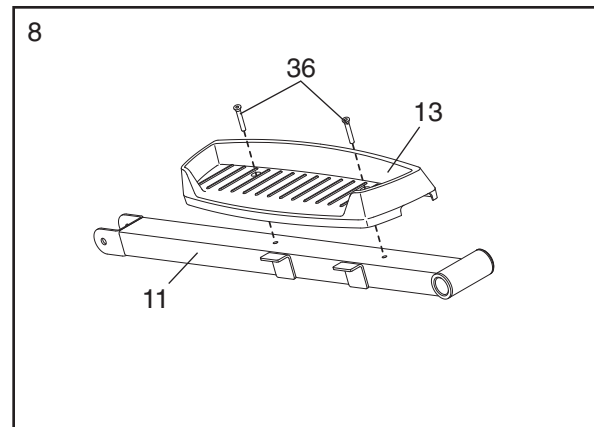
Make sure that there are two Small Handlebar Bushings (49) in the Left Handlebar (6). Slide a Handlebar Spacer (47) and the Left Handlebar onto the left axle on the Upright (2) as shown. **Make sure that the Handlebar Spacer is turned so the curved side is facing the Upright.** Tap an Axle Cap (14) onto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

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



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

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



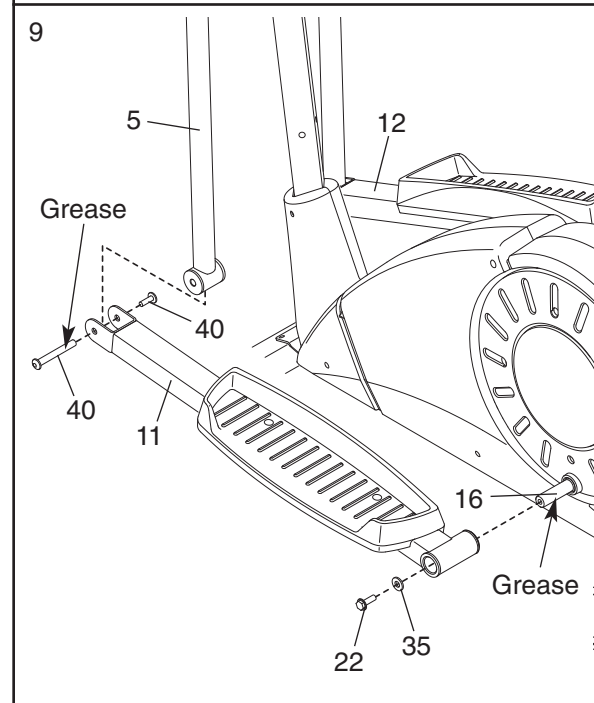
9. Apply a small amount of grease to the axle on the left Disc Crossbar (16). Slide the Left Pedal Arm (11) onto the axle. Slide an M10 Washer (35) onto an M10 x 25mm Patch Screw (22), and tighten the Patch Screw into the axle.

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 (12) to the right side of the elliptical crosstrainer in the same way.

See step 5. Tighten the M8 x 19mm Button Screws (68) in the Upright (2).

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

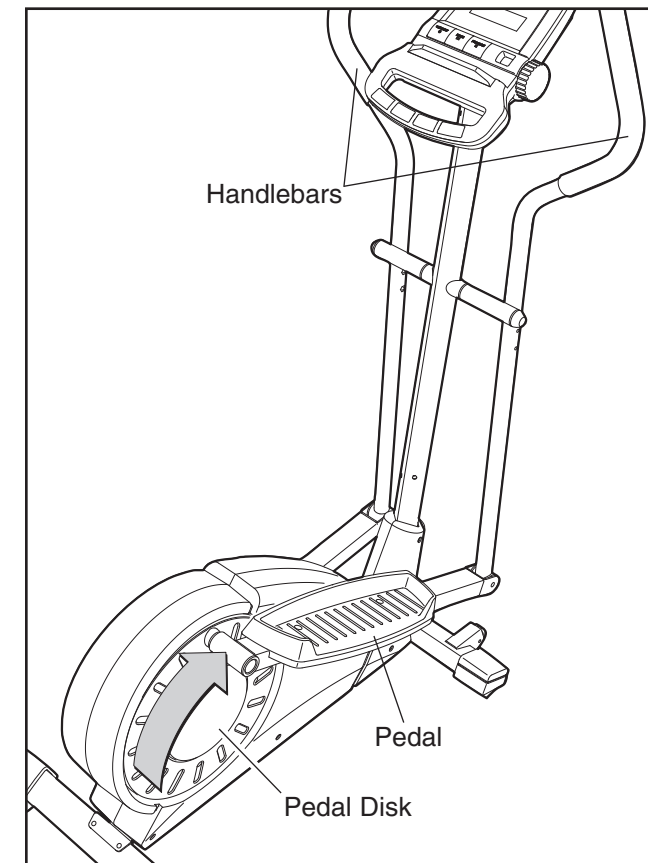


10. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

## 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.

