ORDERING REPLACEMENT PARTS

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

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

Tel:

08457 089 009

Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

• the MODEL NUMBER of the product (WETL25020)

• the NAME of the product (WESLO CADENCE® 830 treadmill)

• the SERIAL NUMBER of the product (see the front cover of this manual)

• the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual).

WESLO is a registered trademark of ICON Health & Fitness, Inc.

weslo® cadence 830

Model No. WETL25020
Serial No. _____

Write the serial number in the space above for future reference.

Serial Number Decal
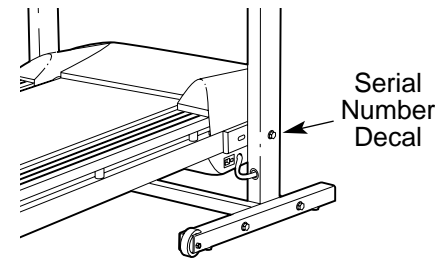
QUESTIONS?

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:
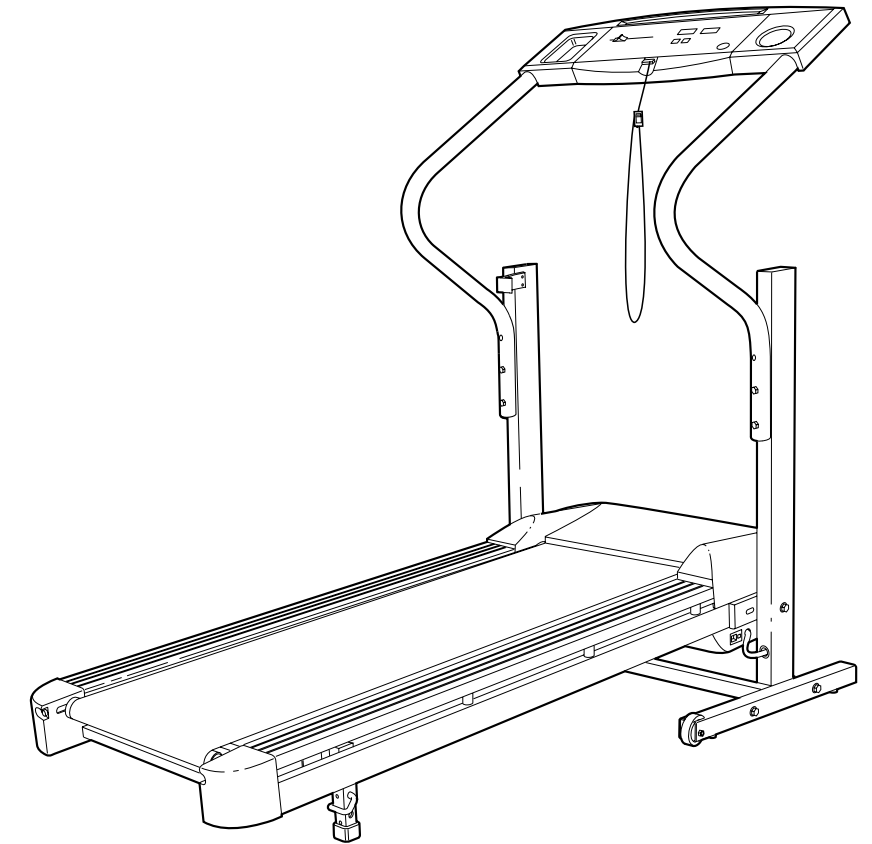
08457 089 009

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

email: csuk@iconeurope.com

⚠ CAUTION

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

USER'S MANUAL

Visit our website at
www.iconeurope.com

TABLE OF CONTENTS

Note: A PART LIST and an EXPLODED DRAWING are attached in the centre of this manual.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

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

2. Use the treadmill only as described.

3. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

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

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

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

7. The treadmill should not be used by persons weighing more than 115 kg (250 lbs.)

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

9. 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.*

10. When connecting the power cord (see page 7), 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.

11. If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

12. Keep the power cord away from heated surfaces.

13. Never move the walking belt whilst 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 BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)

CONDITIONING GUIDELINES

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

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

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a book or consult your physician.

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 and aerobic exercise.

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near 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 define your "training zone." The two lower numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor on the console.

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 does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the two lower numbers in your training zone.

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 speed and incline of the treadmill 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—Start each workout with 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—After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (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.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

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

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

SOLUTION: a. If the walking belt is off-centre, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.
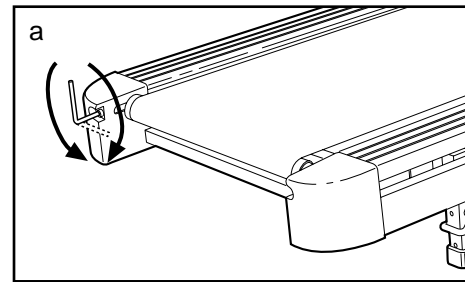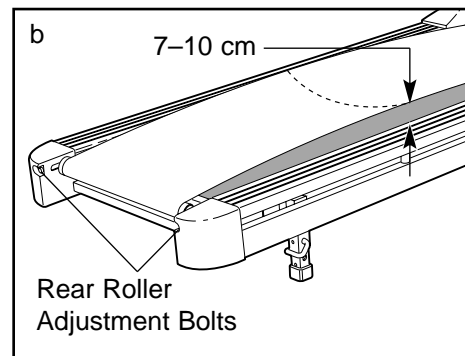
b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 7 to 10 cm (3 to 4 in.) off the walking platform. Be careful to keep the walking belt centred. 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.
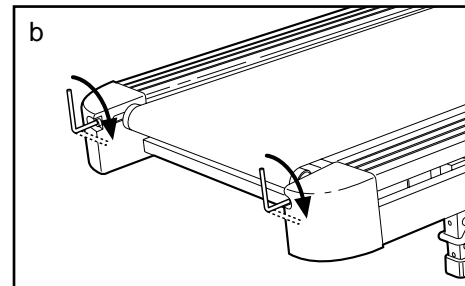
PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 7 to 10 cm (3 to 4 in.) off the walking platform. Be careful to keep the walking belt centred. 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, call our Customer Service Department.

a

b

b

7–10 cm

Rear Roller
Adjustment Bolts

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14. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.

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

16. The pulse sensor is not a medical device. Various factors, including the user's 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.

17. Never leave the treadmill unattended whilst it is running. Always remove the key and unplug the power cord when the treadmill is not in use.

18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO FOLD AND MOVE THE TREADMILL on page 11.) You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.

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

20. When folding or moving the treadmill, make sure that the storage latch is fully closed.

21. Inspect and tighten all parts of the treadmill every three months.

22. Never insert or drop any object into any opening.

23. The roller guards must be 3 mm (1/8 in.) from the rear roller (see the drawing on page 4). Remove the key and adjust the roller guards, if necessary.

24. **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 authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.

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

⚠ **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.

SAVE THESE INSTRUCTIONS

The decal shown below has been placed on your treadmill. If the decal is missing or illegible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.
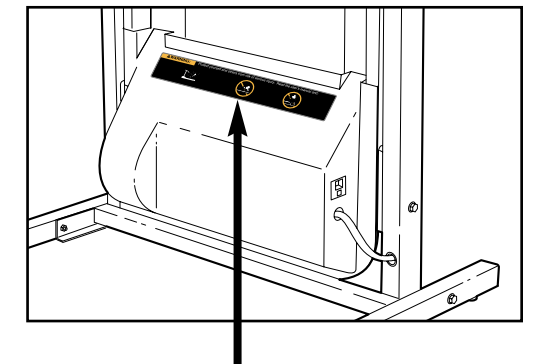
Note: This decal is shown at 38% of actual size.

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

• Fully engage storage latch before treadmill is moved or stored.
• Reduce incline to lowest level before folding treadmill into storage position.

• Stand only on 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.

• Never allow children on or around treadmill.
• Remove key when not in use.

• Keep clothing, fingers, and hair away from moving belts.
• Never try to adjust or fix the belt while it is moving.
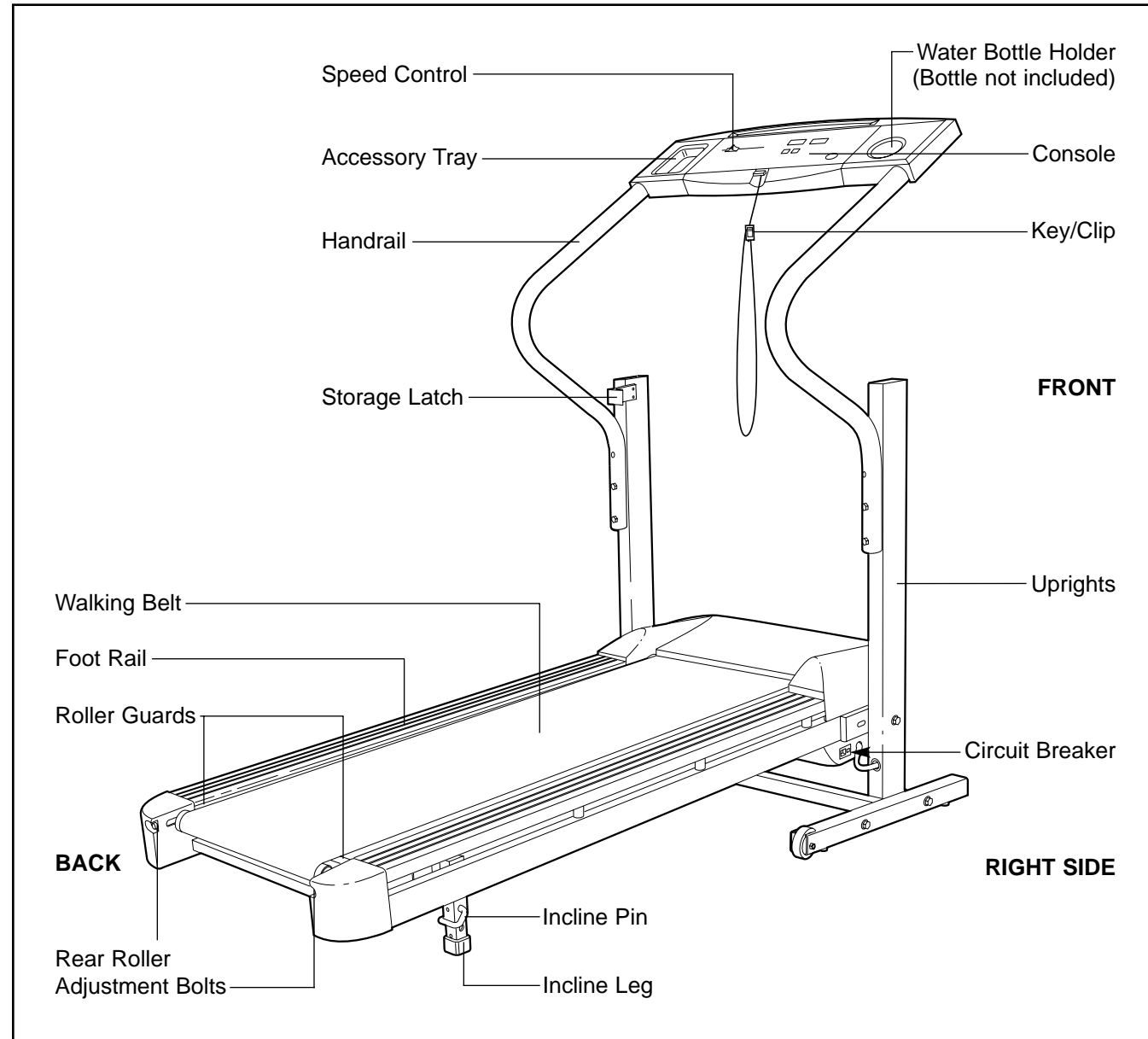• Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE 830 treadmill. The CADENCE 830 combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the CADENCE 830 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 additional questions,

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 of the treadmill is WETL25020. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

Speed Control
Accessory Tray
Handrail
Storage Latch
Walking Belt
Foot Rail
Roller Guards
BACK
Rear Roller Adjustment Bolts

Water Bottle Holder (Bottle not included)
Console
Key/Clip
FRONT
Uprights
Circuit Breaker
RIGHT SIDE
Incline Pin
Incline Leg

MAINTENANCE AND 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 call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See on page 7.) If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

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

c. Check the 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.

c
Tripped   Reset
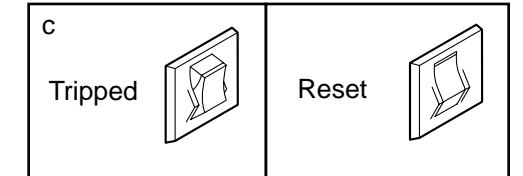
PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (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, unplug it, wait for five minutes, and then plug it back in.

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

d. If the treadmill still will not run, please call our Customer Service Department.

**PROBLEM: The displays of the console do not function properly**

SOLUTION: a. **UNPLUG THE POWER CORD.** Check the batteries in the console. If the batteries need to be replaced, see assembly step 5 on page 6. Most problems are the result of drained batteries.

b. Remove the screws from the hood, and carefully remove the hood. Locate the Reed Switch (76) and the Magnet (88) on the left side of the Pulley (77). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that there is a gap of about 3 mm (1/8") between the Magnet and the Reed Switch.** If necessary, loosen the Reed Switch Screw (17), move the Reed Switch slightly, and then retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.


b
3 mm
76
77
88
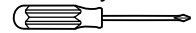17
Top View
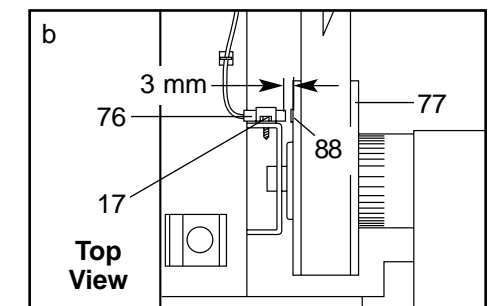
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch and hold it. Pivot the treadmill until the frame and foot rail are past the storage latch.
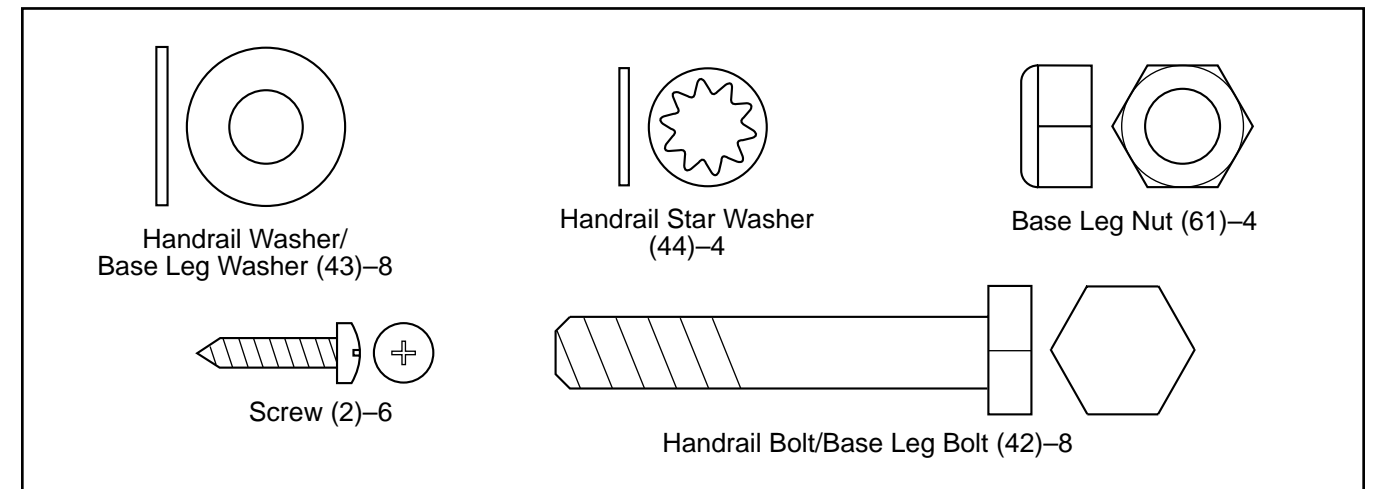
Closed

Storage Latch

Catch
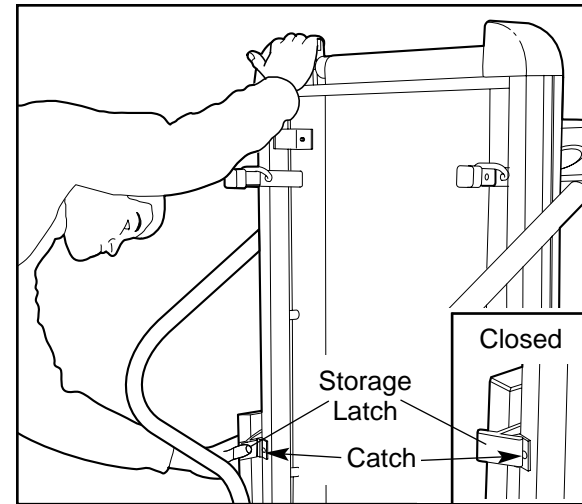
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**
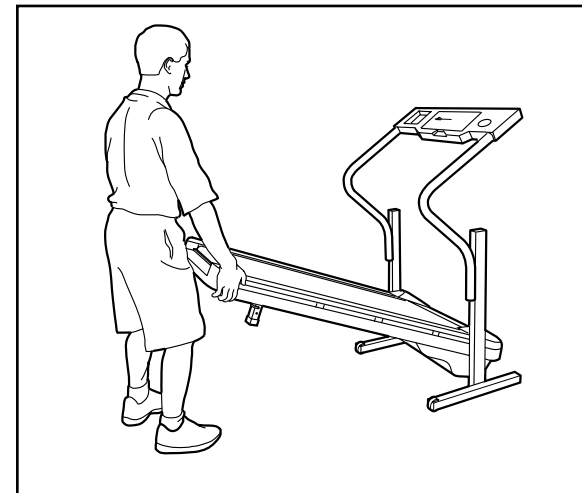
ASSEMBLY

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. **Assembly requires the included allen wrench and your own phillips screwdriver** and **two adjustable spanners** .

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 is a normal condition and 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.

Handrail Washer/
Base Leg Washer (43)–8

Handrail Star Washer (44)–4

Base Leg Nut (61)–4

Screw (2)–6

Handrail Bolt/Base Leg Bolt (42)–8

⚠ WARNING: Do not plug in the power cord until the treadmill is completely assembled.

1. Note that the right handrail (not shown) is connected to the treadmill by a wire harness. **During assembly steps 1 to 3, be careful not to pull on or damage the wire harness.**

   With the help of a second person, carefully lay the treadmill onto its side. Position one of the Base Legs (62) on the base of the Upright (46) as shown. Make sure that the Base Leg Pads (63) and the Wheel (68) are in the indicated positions. Attach the Base Leg with two Base Leg Bolts (42), two Base Leg Washers (43), and two Base Leg Nuts (61).

   Carefully turn the treadmill onto its other side. Assemble the other Base Leg (62) as described.

   With the help of a second person, carefully raise the treadmill to the upright position so that both Base Legs (62) are resting flat on the floor.

1

42

62

43

46

63

61

68
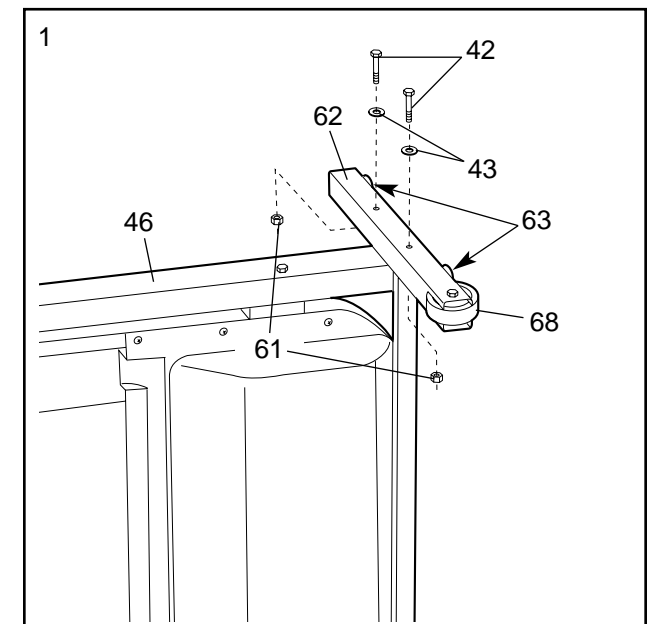
2. See HOW TO LOWER THE TREADMILL FOR USE on page 12. Follow step 2 on page 12 to lower the treadmill.

   Hold the Left Handrail (45) against the left Upright (46) as shown. **(If you are shorter than 173 cm [5 ft. 8 in.], align the upper two holes in the Handrail with the holes in the Upright; if you are 173 cm [5 ft. 8 in.] or taller, align the lower two holes.)** Attach the Left Handrail with two Handrail Bolts (42), two Handrail Washers (43), and two Handrail Star Washers (44). **Do not tighten the Handrail Bolts yet.**

   Hold the Right Handrail (65) against the right Upright (46). **Be careful not to pinch the Wires (60). Make sure that both Handrails are at the same height.** Attach the Right Handrail with two Handrail Bolts (42), two Handrail Washers (43), and two Handrail Star Washers (44). **Do not tighten the Handrail Bolts yet.**

3. Place the Console Base (52) on the Handrails (65, 45) (only the Right Handrail is shown). Pull out just enough of the two Wires (60) to connect them to the receptacles in the Console Base. Make a loop with the indicated plastic tie and insert the end through the tie holder on the bottom of the Console Base. Locate the Wire that has a two-pin connector and a three-pin connector. Plug the connectors into the matching receptacles in the Console Base. **If the connectors do not fit easily**, **rotate them and then plug them in.** Slide the Wire Cover (96) onto the connectors so that they are completely covered. Next, plug the other Wire into the other receptacle on the Console Base. **WARNING: Do not connect or disconnect the Wires whilst the treadmill power cord is plugged in.** Tighten the plastic tie and cut off the end.

   See the inset drawing. Loop the included plastic tie around the Wire Cover (96) so that the plastic tie is in the two notches in the Wire Cover. Tighten the plastic tie and cut off the end.

4. Thread four Screws (2) into the Handrails (65, 45) and the Console Base (52). **Make sure that the Wires (60) in the Right Handrail are clear of the screw holes.** After all four Screws have been started, **tighten the Screws until they are snug; do not overtighten them.**

   Tighten all parts used in steps 2 and 3.

5. Attach the Storage Latch (48) to the Upright (46) with two Screws (2). **Be careful not to overtighten the Screws.**
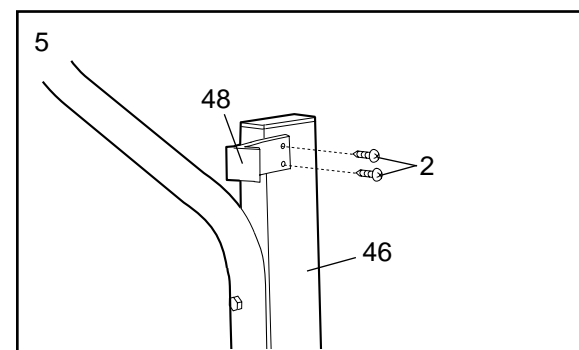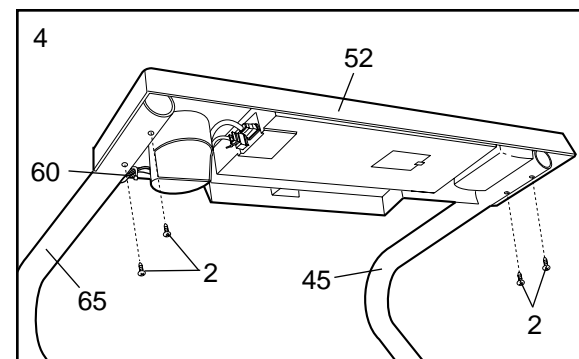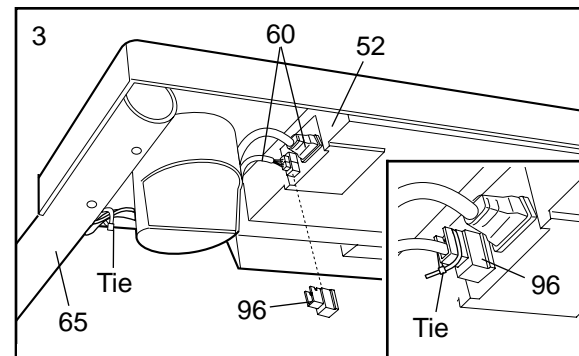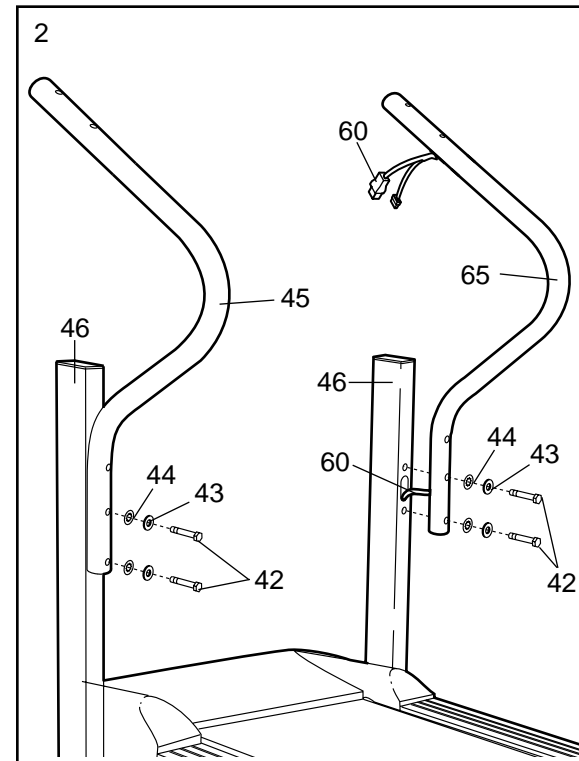
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, **UNPLUG THE POWER CORD. CAUTION: You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.
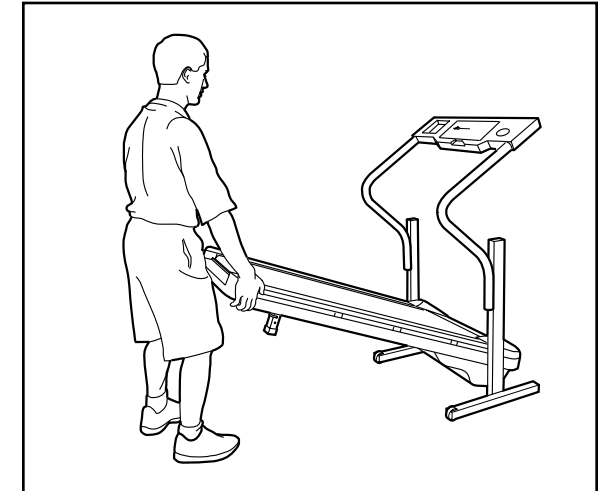
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left thumb, press the storage latch and hold it. Pivot the treadmill up until the frame and foot rail are past the storage latch. Close the storage latch over the catch. **Make sure that the storage latch is fully engaged over the catch.**

   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 30° C (85° F).
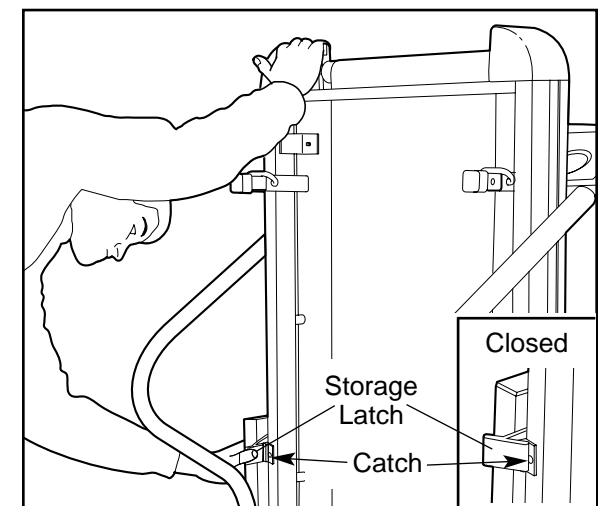
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is fully engaged over the catch.**

1. Hold the handrails and place one foot on one of the wheels as shown.

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 whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot on a wheel, and carefully lower the treadmill until the base leg is resting in the storage position.
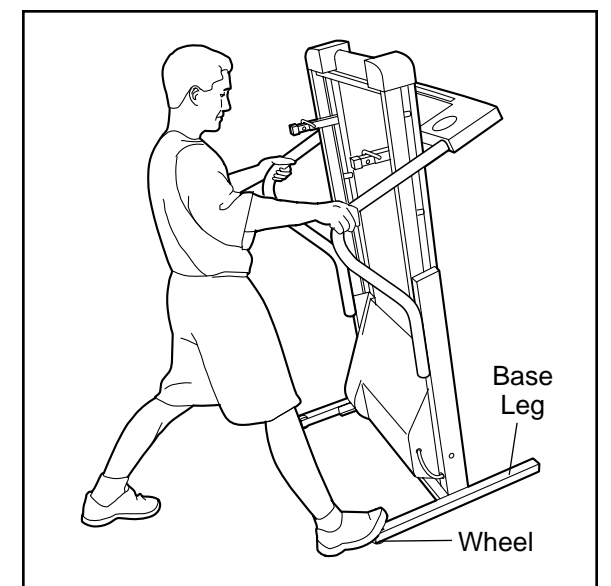
HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are four incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREAD-MILL FOR STORAGE on page 11).

To change the incline, first remove the incline pin from the right incline leg as shown below. Adjust the incline leg to the desired height and fully reinsert the incline pin. Make sure that the incline pin is in the locked position shown in the inset drawing.
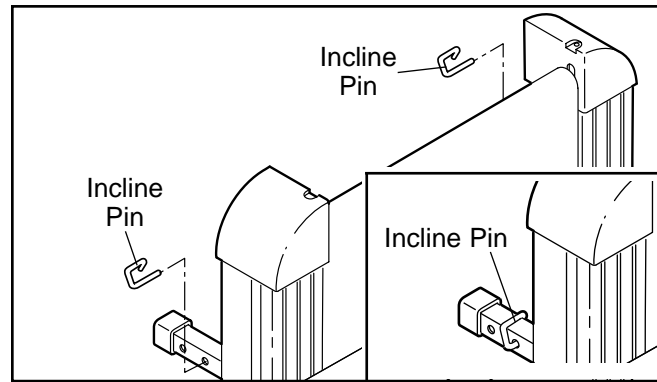

Adjust the left incline leg in the same manner. **Make sure that both incline pins are inserted from the direction shown.**

CAUTION: Before using the treadmill, make sure that both incline pins are fully inserted at the same height. Do not use the treadmill with the incline pins removed. After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 12).

HANDRAIL HEIGHT ADJUSTMENT

The Handrails (45, 65) can be adjusted to either of two heights. **Before adjusting the Handrails, remove the key and UNPLUG THE POWER CORD.**
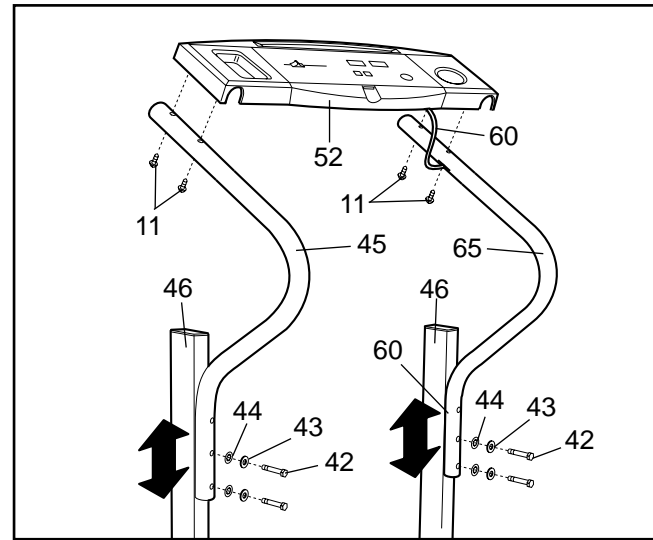
Remove the four Console Screws (11). Whilst a second person lifts the Console Base (52), remove the Handrail Bolts (42), Handrail Washers (43), and Handrail Star Washers (44). Raise or lower the Handrails (45, 65) to the desired height, being careful not to damage the Wire Harness (60). Reattach the Handrails with the Handrail Bolts, Handrail Washers, and Handrail Star Washers. **Important: If you are 173 cm (5 ft. 8 in.) or taller, use the lower two holes in the Handrail; if you are shorter than 173 cm (5 ft. 8 in.), use the upper two holes. Make sure that both Handrails are at the same height. Do not tighten the Handrail Bolts yet. Always attach each Handrail with two Handrail Bolts.**

Reattach the Console Base (52) (see assembly step 3 on page 6). Then, tighten the four Handrail Bolts (42).

6. The Console (57) requires two 1.5 V batteries. Alkaline batteries are recommended. Open the Battery Cover (54) as shown. Press two batteries into the battery compartment, with the negative (–) ends of the batteries touching the springs. Close the battery cover, push up on the battery cover tab, and then push the tab forward (see the inset drawing). Be sure that the tab locks into place.
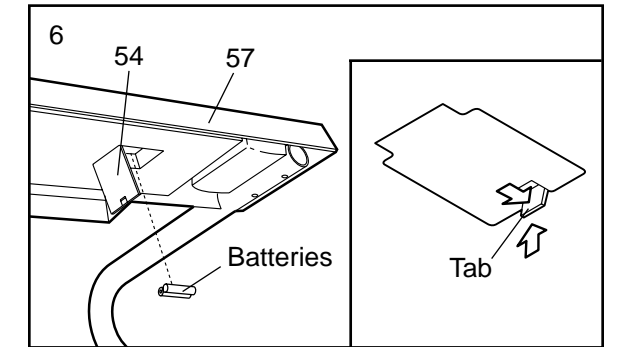
7. **Make sure that all parts are properly tightened before you use the treadmill.** To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a 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 cord having an equipment-earthing conductor and an earthing plug.
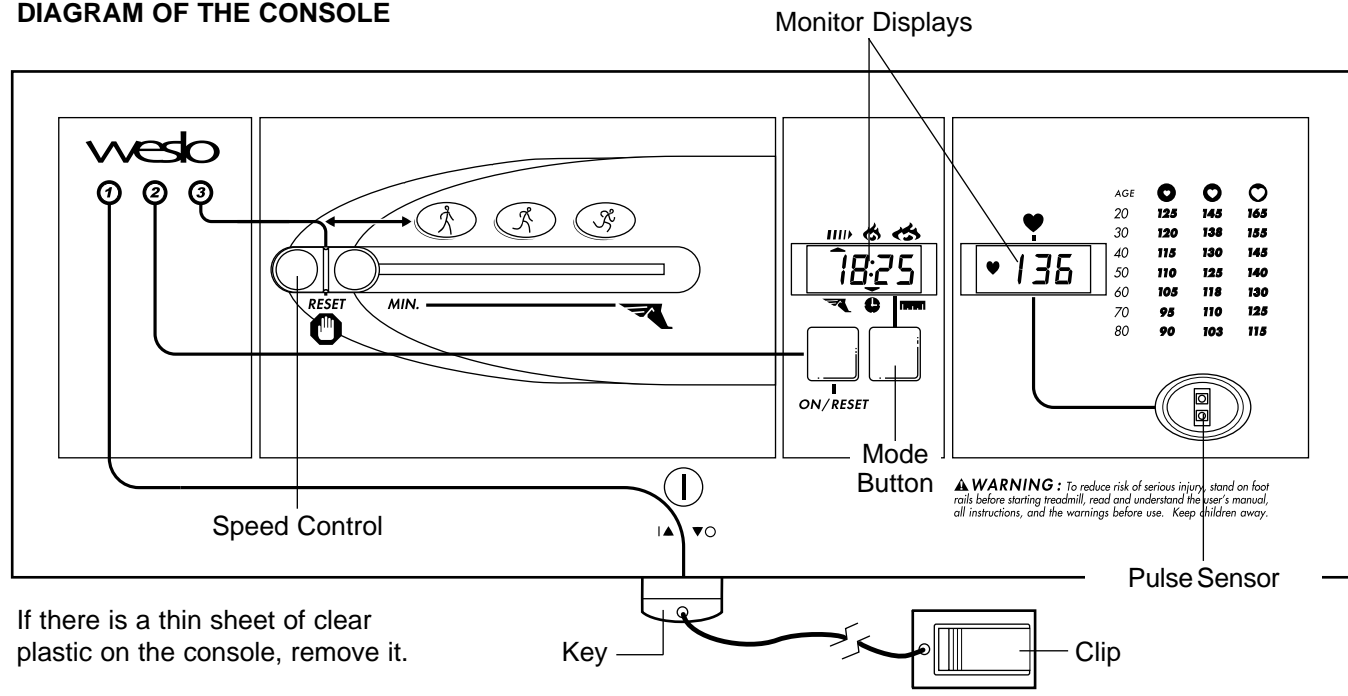
Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1, and plug the indicated end of the power cord into the socket on the treadmill. Next, lift the indicated tab on the ferrite box and clamp the ferrite box around the power cord. The ferrite box should not be allowed to slide along the power cord. Fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: In Italy, an adaptor (not included) must be used between the power cord and the outlet. Important: The treadmill is not compatible with GFCI-equipped outlets.

If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.
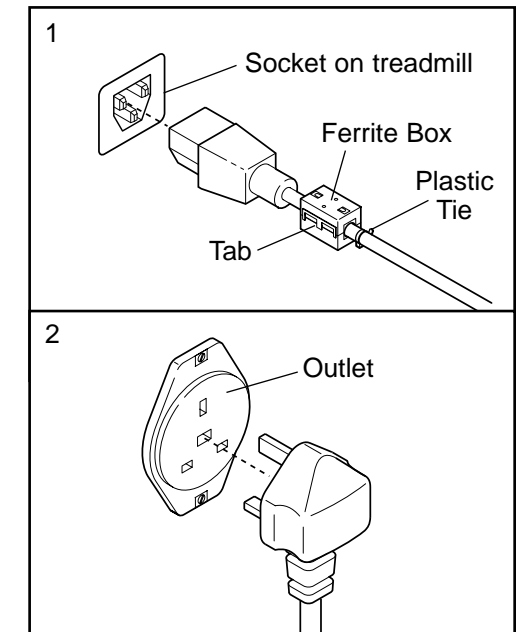
⚠ **DANGER:** Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

DIAGRAM OF THE CONSOLE

Monitor Displays

Mode Button

WARNING: To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.

Speed Control

Pulse Sensor

Key

Clip

If there is a thin sheet of clear plastic on the console, remove it.

⚠ **CAUTION:** Before operating the console, read the following precautions.

- **Do not stand on the walking belt when turning on the power.**

- **Always wear the clip (see the drawing above) whilst operating the treadmill. When the key is removed from the console, the walking belt will stop.**

- **Adjust the speed in small increments.**

- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.**

STEP-BY-STEP CONSOLE OPERATION

Next, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

Follow the steps on this page and page 9 to operate the console.

1 Insert the key fully into the console.

Inserting the key will not turn on the two displays. The displays will turn on when the ON/RESET button is pressed or when the walking belt is started. Note: If you just installed batteries, the displays will already be on.

2 Reset the console and start the walking belt.

Slide the speed control to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.**
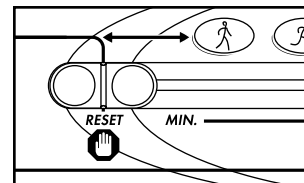

Next, slowly slide the speed control to the right until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin walking. Change the speed of the walking belt as desired by sliding the speed control.

To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position.

3 Follow your progress with the left display.

The left display offers six modes that provide instant exercise feedback:

Mode Indicator

⇥ Speed—This mode shows your speed.

🕐 Time—This mode shows the length of time you have exercised.

▦ Distance—This mode shows the total distance you have walked or run.

🔥 Fat Calories—This mode shows the approximate number of fat calories you have burned. (See FAT BURNING on page 15.)

🔥 Calories—This mode shows the approximate number of calories you have burned.
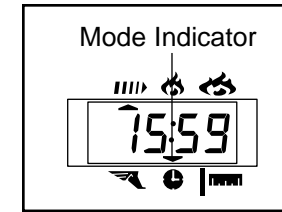
⫿⫿⫿▶ Scan—This mode displays the other five modes, for five seconds each, in a repeating cycle.

When the power is turned on, the Scan mode will be selected. One mode indicator will appear by the scan symbol, and a second mode indicator will show which mode is currently displayed.

If desired, you can select the Speed, Time, Distance, Fat Calories, or Calories mode individually. Press the Mode button repeatedly until the desired mode indicator appears. Make sure that there is not a mode indicator by the scan symbol.

If desired, press the ON/RESET button to reset the display.

4 Measure your heart rate, if desired.

To measure your heart rate, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure

Pulse Sensor
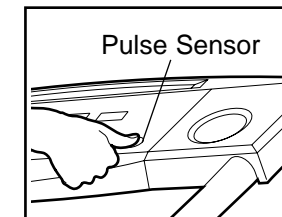
activated—fully press it down. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, raise your thumb slightly until the heart-shaped indicator in the right display flashes **steadily**. Hold your thumb at this level. After a few seconds, three dashes will appear in the display and then your heart rate will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading.

Pulse Indicator

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Try the sensor several times until you become familiar with it. Remember to stand still whilst measuring your heart rate.
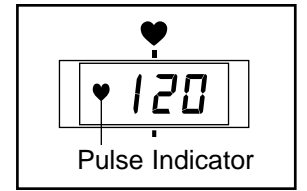
5 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, slide the speed control to the RESET position, and remove the key from the console. The displays will turn off a few minutes after the key is removed. **Note: Any time that the walking belt is stopped and the ON/RESET button is not pressed for a few minutes, the displays will automatically turn off to conserve the batteries.**

PART LIST—Model No. WETL25020

R0802A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Hood	54	2	Battery Cover
2	16	Screw	55*	1	Console Assembly
3	16	3/4" Screw	56	1	Speed Potentiometer
4	5	8" Cable Tie	57	1	Console
5	1	Cable Tie	58	1	Upright Grommet
6	1	Clamp Screw	59	2	Upright Endcap
7	1	Cable Tie Clamp	60	1	Wire
8	2	Foot Rail	61	7	Base Leg Nut
9	6	Platform Isolator	62	2	Base Leg
10	6	Platform Screw	63	4	Base Leg Pad
11	1	Ferrite Box	64	2	Handrail Endcap
12	4	Incline Leg Washer	65	1	Right Handrail
13	1	Catch	66	1	Ground Washer
14	2	Belt Guide	67	2	Wheel Bolt
15	4	Belt Guide Screw	68	2	Wheel
16	1	Reed Switch Clip	69	1	Speed Control
17	1	Reed Switch Screw	70	2	Frame Pivot Bolt
18	2	Hood Anchor	71	2	Frame Pivot Nut
19	1	Motor	72	1	Walking Belt
20	1	Pulley/Flywheel/Fan	73	1	Belly Pan
21*	1	Motor/Pulley/Flywheel/Fan	74	1	Walking Board
22	1	Motor Tension Bolt	75	1	Warning Decal
23	1	Motor Tension Washer	76	1	Reed Switch/Sensor Wire
24	3	Motor Star Washer	77	1	Drive Roller/Pulley
25	1	Motor Tension Nut	78	1	Frame Guide
26	1	Motor Pivot Bolt	79	1	Frame
27	2	Frame Spacer	80	2	Incline Pin
28	1	Receptical	81	2	Incline Leg
29	3	Wire Clip	82	2	Incline Leg Cap
30	2	Power Cord	83	1	Right Endcap
31	1	Controller	84	2	Roller Guard
32	6	Electronic Screw	85	1	Rear Roller
33	1	Choke	86	2	Rear Roller Adjustment Bolt
34	2	Bracket Screw	87	1	Allen Wrench
35	1	Electronics Bracket	88	1	Magnet
36	1	Circuit Breaker	89	1	Motor Pivot Sleeve
37	2	Base Leg Endcap	90	3	Nylon Washer
38	5	Roller Adjustment Washer	91	2	Motor Pivot Bushing
39	1	Front Roller Adjustment Bolt	92	1	Filter
40	2	Plastic Fastener	93	1	Ground Nut
41	1	Motor Belt	94	1	Ground Star Washer
42	8	Handrail Bolt/Base Leg Bolt	95	1	FilterWire
43	8	Handrail Washer/Base Leg Washer	96	1	Wire Cover
44	4	Handrail Star Washer	#	1	14" White Wire, 2F
45	1	Left Handrail	#	1	8" White Wire, Male/Female
46	1	Upright	#	1	8" Green/Yellow Wire, F/Ring
47	2	Hood Bracket	#	1	4" Green Wire, F/Ring
48	1	Storage Latch	#	1	8" Black Wire, 2F
49	1	Left Endcap	#	1	4" Black Wire, 2F
50	1	Ground Wire	#	1	User's Manual
51	1	Key/Clip			
52	1	Console Base			* Includes all parts shown in the box
53	2	Platform Screw (Rear)			Note: "#" indicates a non-illustrated part.

Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.
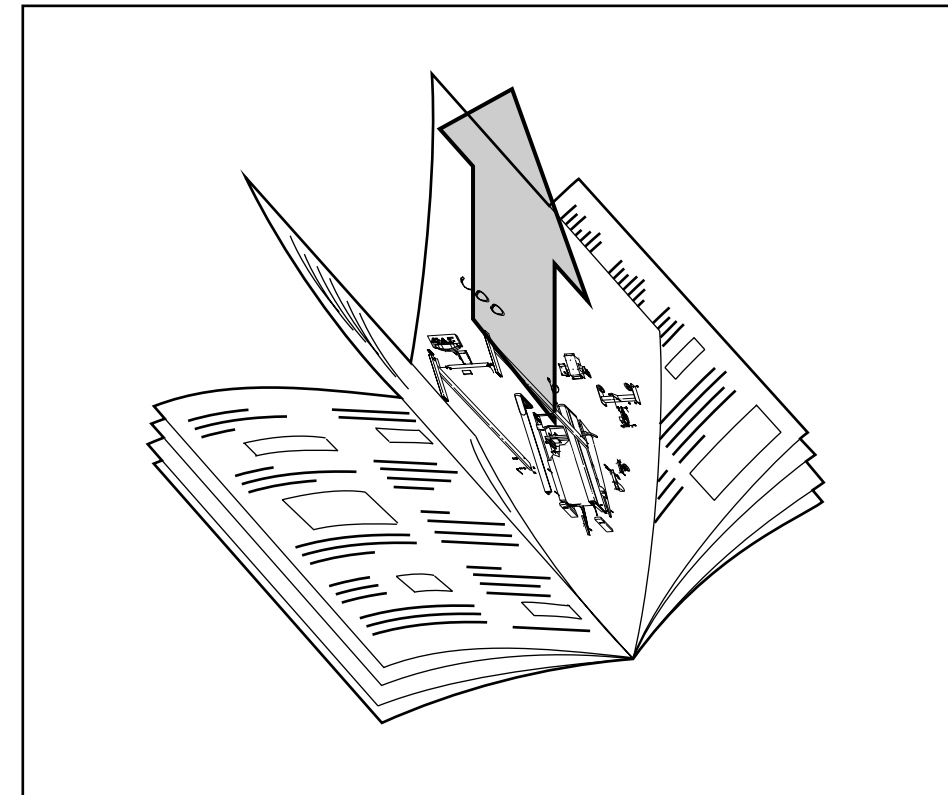
Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

EXPLODED DRAWING—Model No. WETL25020

R0802A