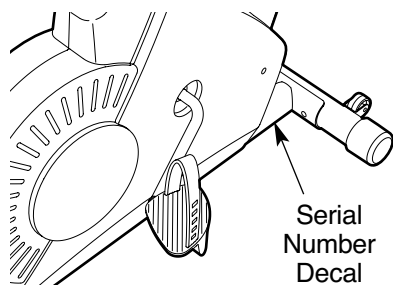


WESLO PURSUIT 102 MAGNETEX DRIVE

Model No. WLEVEX12920

Serial No. _____



USER'S MANUAL

QUESTIONS?

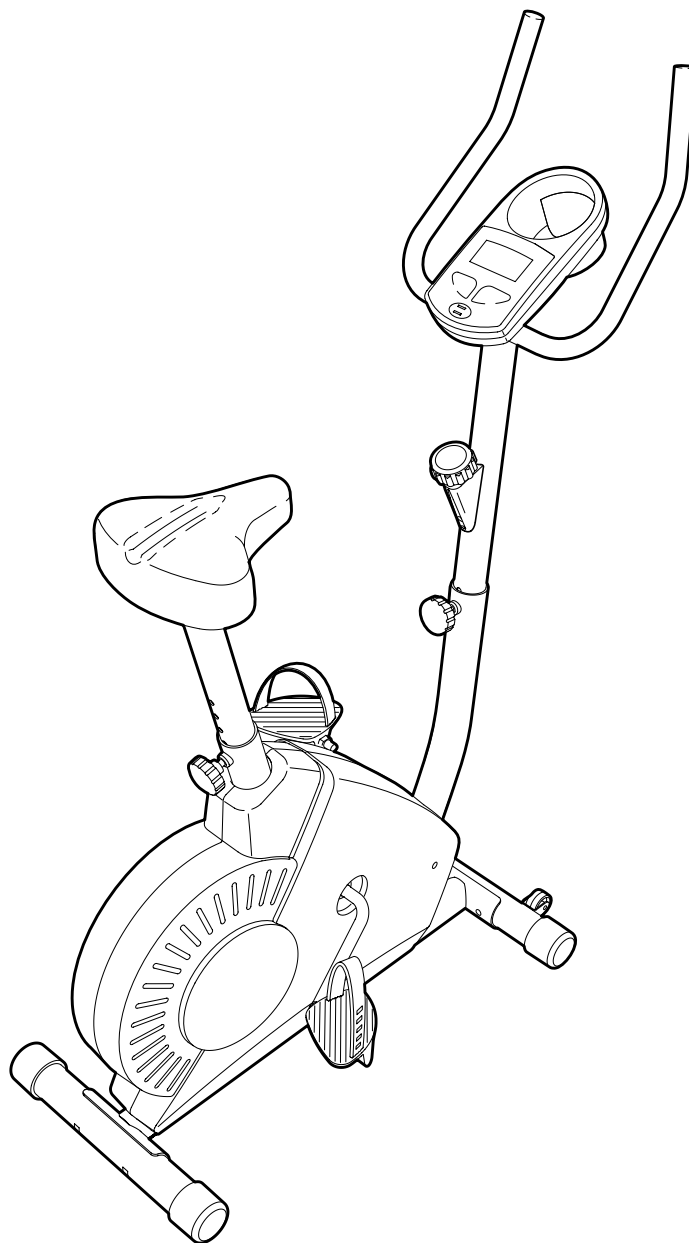
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

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. Keep this manual for future reference.



Visit our website at

www.iconeurope.com

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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the exercise cycle. Use the exercise cycle only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the exercise cycle at all times.
6. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
7. The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.).
8. Always keep your back straight whilst using the exercise cycle; do not arch your back.
9. If you feel pain or dizziness whilst exercising, stop immediately and cool down.
10. The exercise cycle does not have a free wheel; the pedals will continue to move until the flywheel stops.
11. 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.
12. The exercise cycle is intended for home use only. Do not use the exercise cycle in a 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.

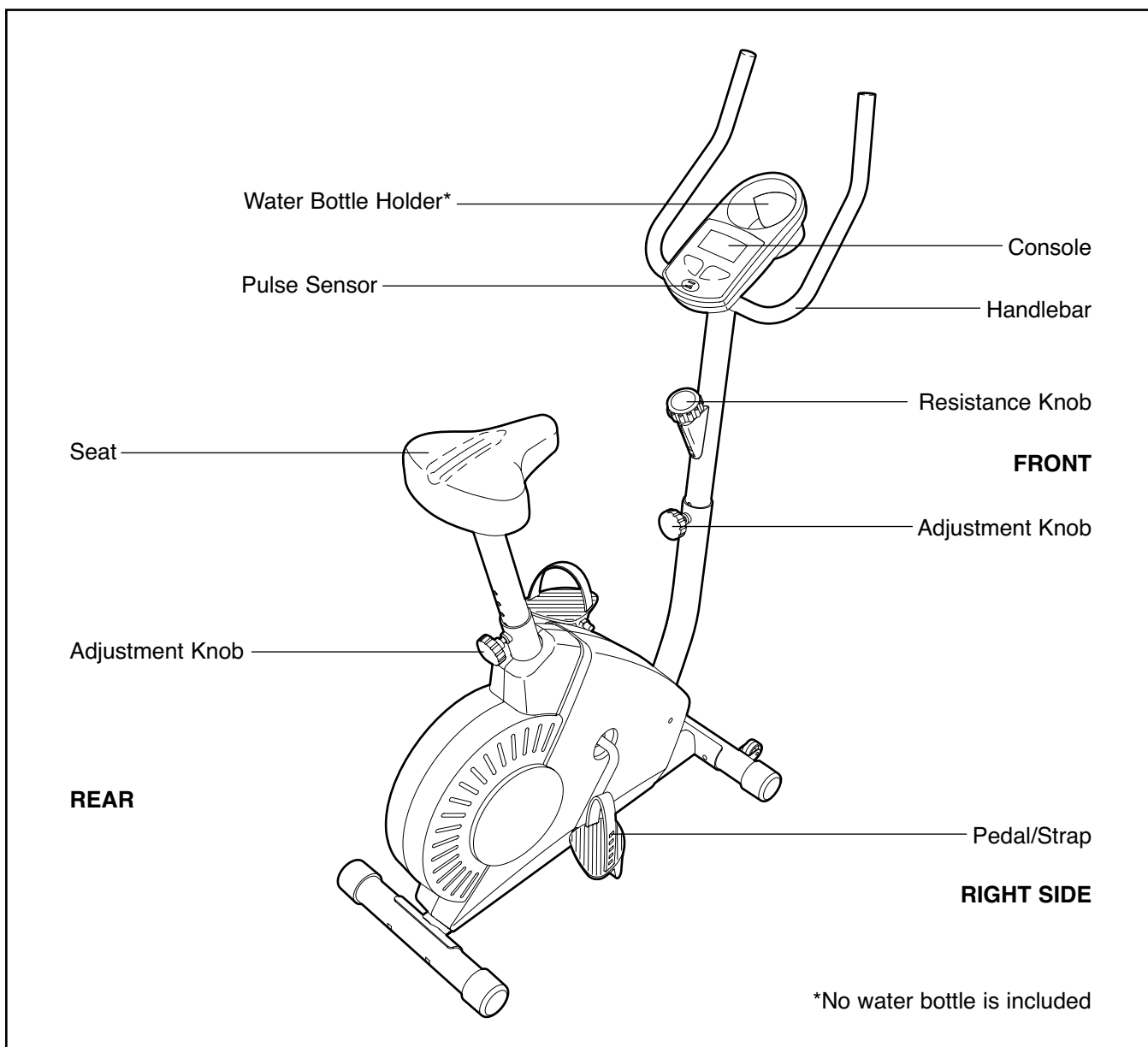
BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® PURSUIT 102 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The PURSUIT 102 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please call our Customer


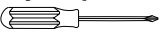

Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WLEVEX12920. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

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

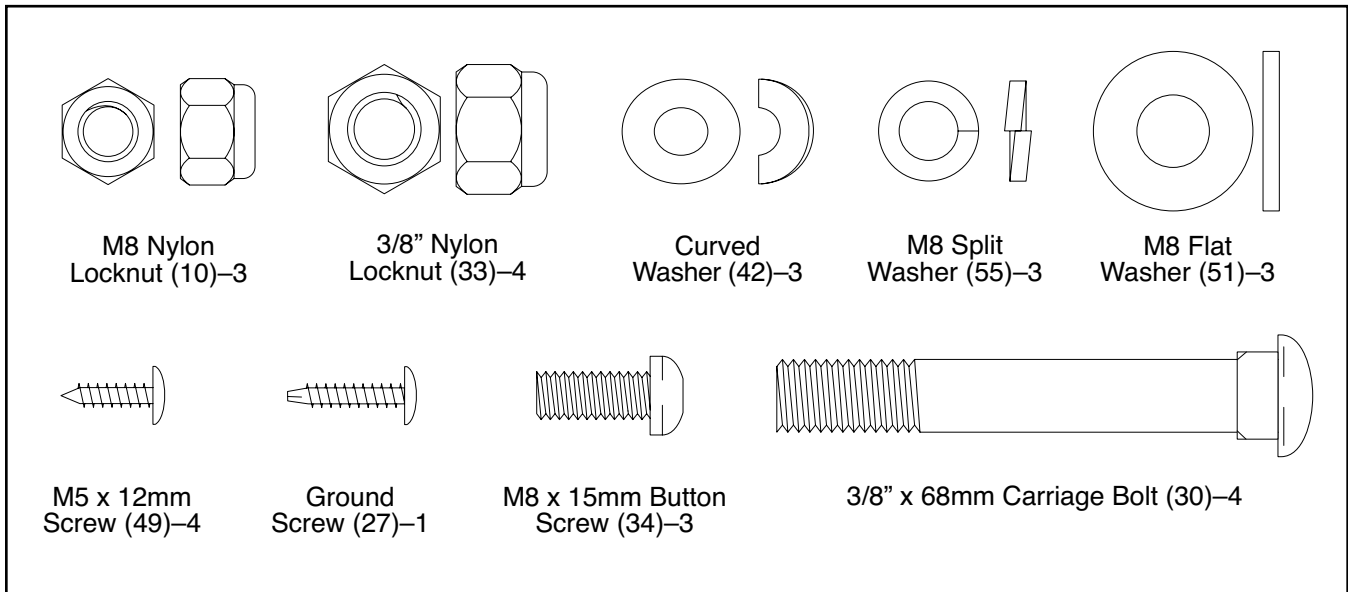


ASSEMBLY

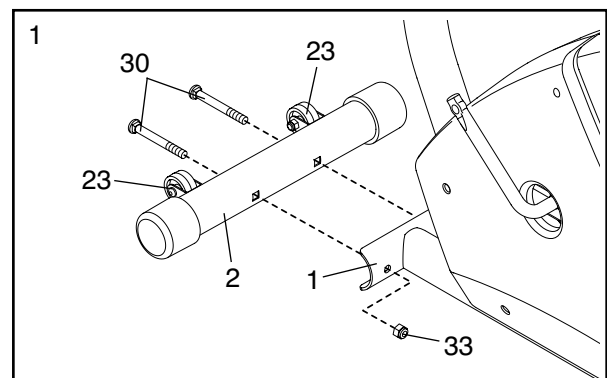
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

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

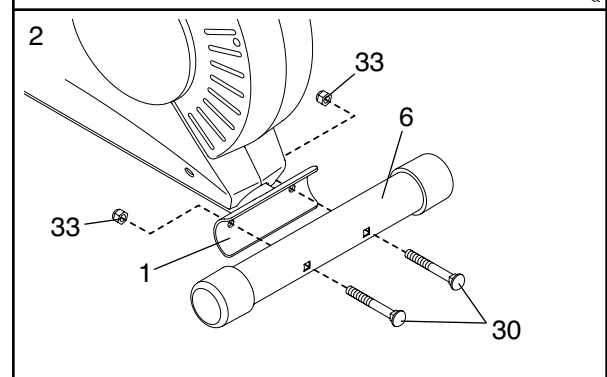
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached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



1. Set the Front Stabiliser (2) in front of the Frame (1), with the Wheels (23) on the side shown. Whilst another person lifts the front of the Frame slightly, attach the Front Stabiliser with two 3/8" x 68mm Carriage Bolts (30) and two 3/8" Nylon Locknuts (33). **Make sure that the Front Stabiliser is turned so the Wheels are not touching the floor.**



2. Whilst another person lifts the rear of the Frame (1) slightly, attach the Rear Stabiliser (6) with two 3/8" x 68mm Carriage Bolts (30) and two 3/8" Nylon Locknuts (33).

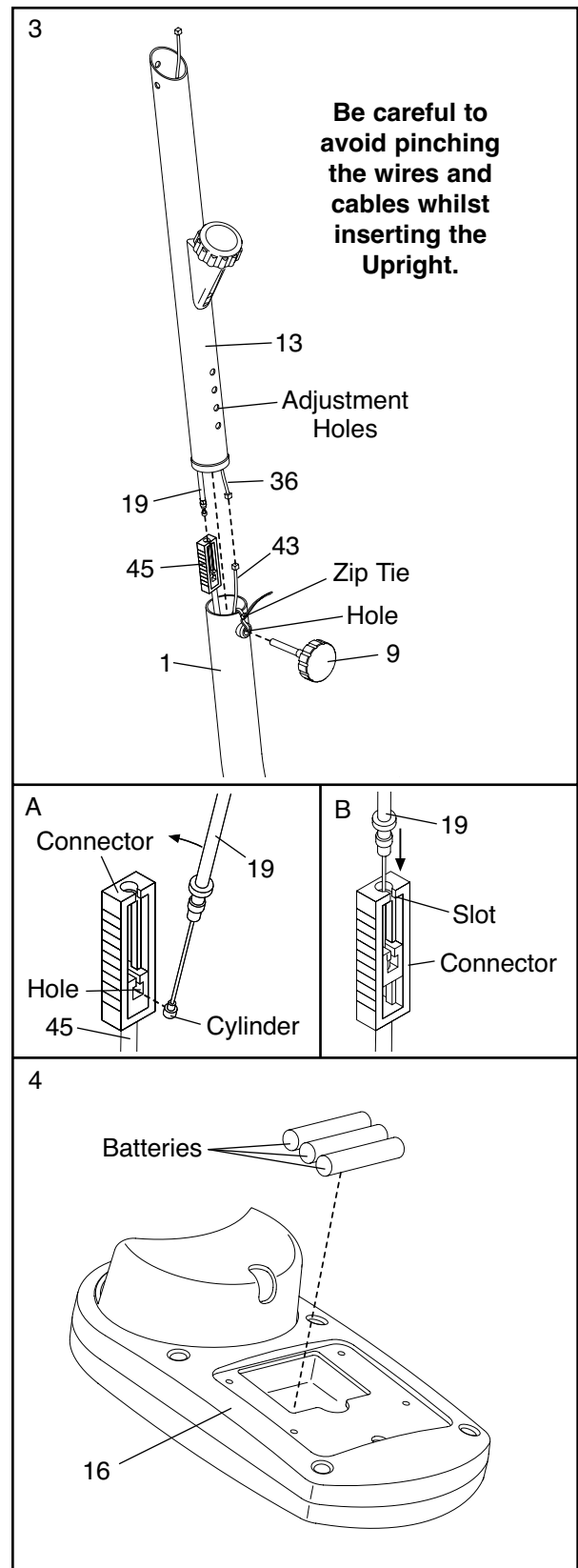


3. Whilst another person holds the Upright (13) in the position shown, connect the Upper Wire (36) to the Reed Switch Wire (43). Cut and remove the zip tie holding the Reed Switch Wire to the Frame (1). Next, connect the Resistance Cable (19) to the Lower Cable (45) in the following way:

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

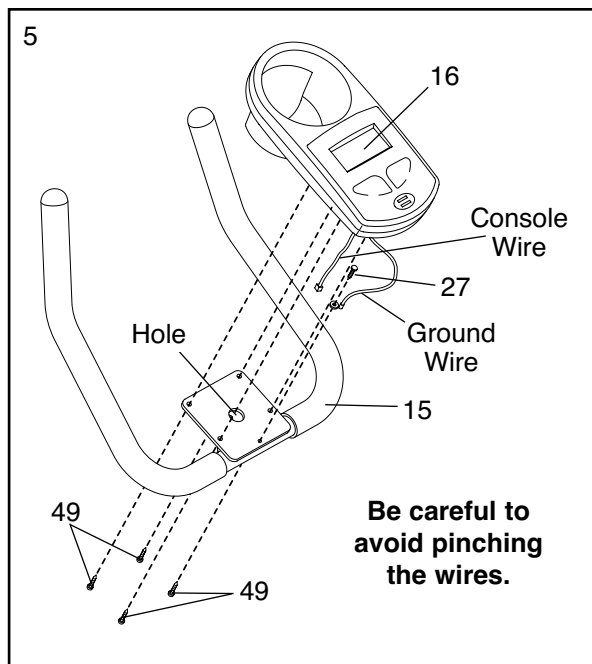
Carefully pull the excess Upper Wire (36) out of the top of the Upright (13), push the excess Cable (19, 45) down into the Frame (1), and insert the Upright into the Frame. **Be careful to avoid pinching the wires and cables.** Next, align one of the adjustment holes in the Upright with the indicated hole in the Frame. Insert the Adjustment Knob (9) into the Frame and the Upright, and turn the Knob clockwise until it is tight. **Make sure that the Knob is inserted through one of the adjustment holes in the Upright.**

4. The Console (16) requires three 1.5V AA batteries; alkaline batteries are recommended. Insert three batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the markings inside the battery compartment.**

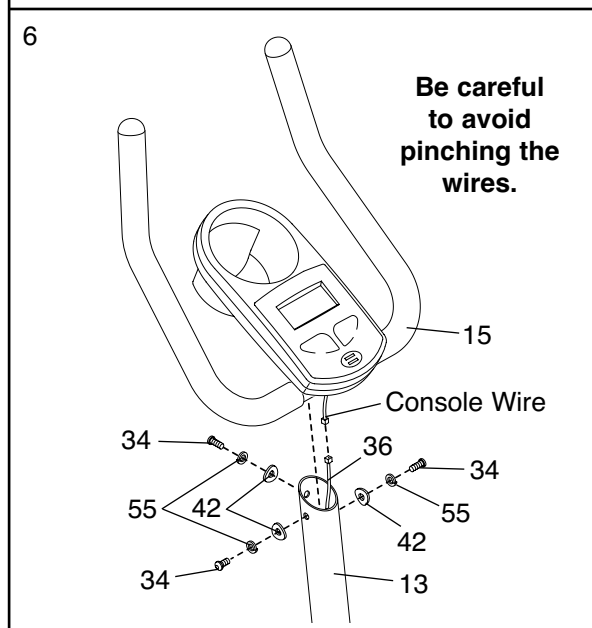


5. Hold the Console (16) near the Handlebar (15). Connect the ground wire to the Handlebar with the Ground Screw (27). Insert the console wire into the indicated hole in the Handlebar.

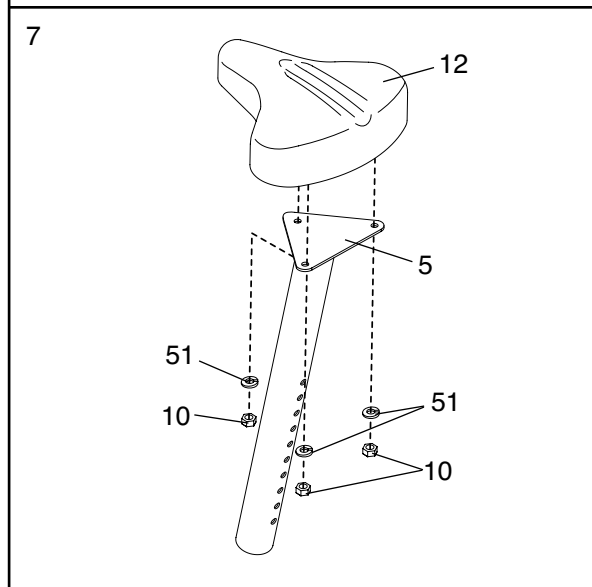
Move the Console (16) toward the Handlebar (15), at the same time inserting the excess ground wire up into the hole in the underside of the Console. Continue until all of the excess ground wire is inside of the Console. Attach the Console to the Handlebar with four M5 x 12mm Screws (49). **Be careful to avoid pinching the wires.**



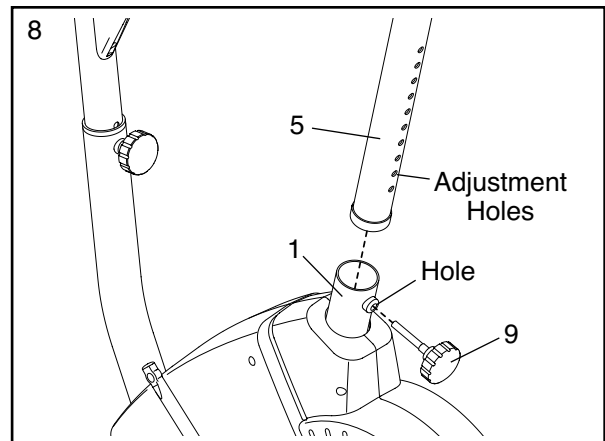
6. Whilst another person holds the Handlebar (15) near the Upright (13), connect the console wire to the Upper Wire (36). Insert the excess wire down into the Upright. Attach the Handlebar to the Upright with three M8 x 15mm Button Screws (34), three M8 Split Washers (55) and three Curved Washers (42). **Be careful to avoid pinching the wires.**



7. Attach the Seat (12) to the Seat Post (5) with three M8 Flat Washers (51) and three M8 Nylon Locknuts (10). Note: The Flat Washers and Nylon Locknuts may be preattached to the underside of the Seat.

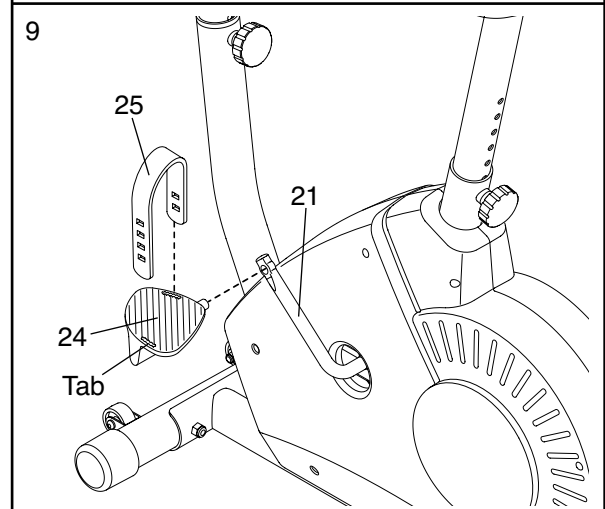


8. Turn the indicated Adjustment Knob (9) counterclockwise and remove it. Insert the Seat Post (5) into the Frame (1). Align one of the adjustment holes in the Seat Post with the indicated hole in the Frame. Insert the Adjustment Knob into the Frame and the Seat Post, and turn the Knob clockwise until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



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

Adjust the left Pedal Strap (25) to the desired position, and press the end of the Pedal Strap onto the tab on the Left Pedal (24). Adjust the right Pedal Strap (not shown) in the same way.

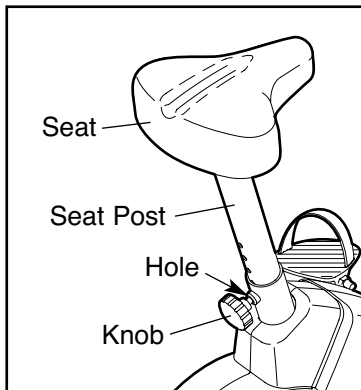


10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT POST

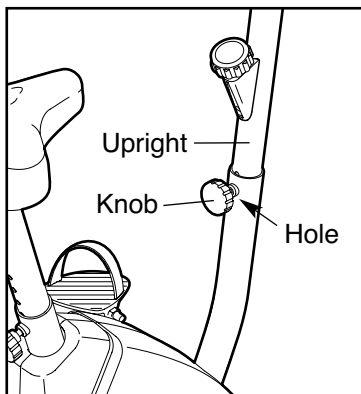
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the indicated knob counterclockwise



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

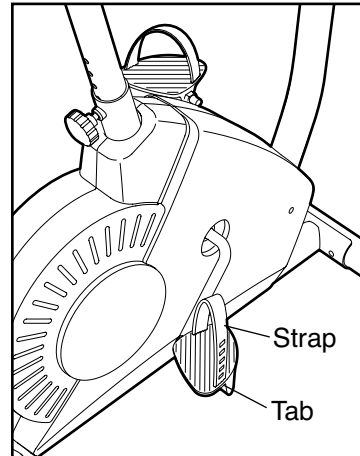
HOW TO ADJUST THE UPRIGHT

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



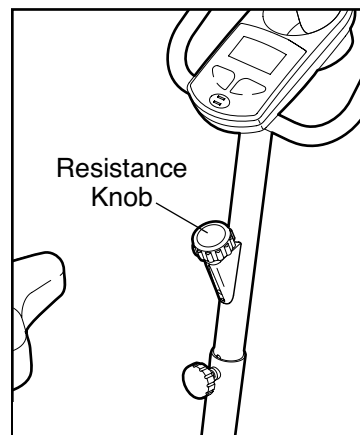
HOW TO ADJUST THE PEDAL STRAPS

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



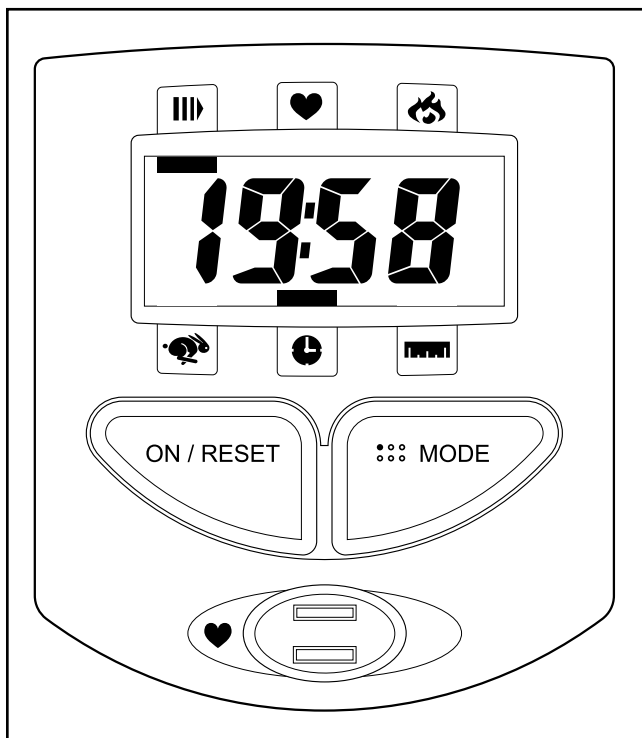
HOW TO ADJUST THE PEDALING RESISTANCE







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



FEATURES OF THE CONSOLE

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



-  **Speed**—This mode displays your pedalling speed, in kilometres per hour or miles per hour.
-  **Time**—This mode displays the elapsed time. Note: If you stop pedalling for a few seconds, the time mode will pause.
-  **Distance**—This mode displays the distance you have pedalled, in kilometres or miles.
-  **Calorie**—This mode displays the approximate number of calories you have burned.
-  **Heart Rate**—This mode displays your heart rate when you use the pulse sensor.
-  **Scan**—This mode displays the speed, time, distance, calorie, and heart rate modes, for a few seconds each, in a repeating cycle. Note: The heart rate mode will be displayed only when the pulse sensor is being used.

HOW TO OPERATE THE CONSOLE

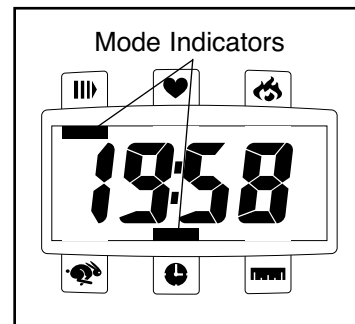
Make sure there are batteries in the console (see BATTERY REPLACEMENT on page 11). If there is a thin sheet of clear plastic on the console, remove it.

Follow the steps below to operate the console.

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

Scan mode—

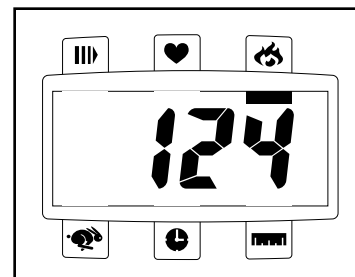
When the power is turned on, the scan mode will be selected automatically. A mode indicator will appear below the scan symbol to show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If you have selected a different mode, repeatedly press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



Speed, time, distance, or calorie mode—

To select one of these modes for continuous display, repeatedly press the MODE button. The mode indicators will show

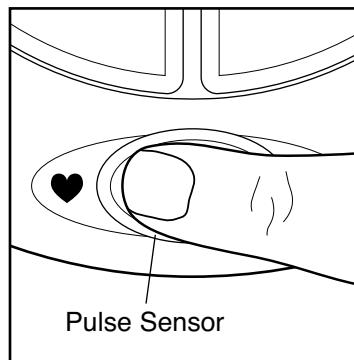
which mode is selected. Make sure there is not a mode indicator below the scan symbol.



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

3. Measure your heart rate, if desired.

To measure your heart rate, stop pedaling and place your thumb on the pulse sensor as shown. **Do not press too hard, or the circulation in your thumb will be restricted and your pulse will not be detected.**



After a few seconds, the heart-shaped indicator in the display will flash **steadily**, two dashes will appear, and then your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.

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 pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above.

Make sure you are applying the proper amount of pressure to the pulse sensor. Try the pulse sensor several times until you become familiar with it. Remember to sit still whilst measuring your heart rate.

⚠ 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 reset the display at any time, press the ON/RESET button.
5. To turn off the power, simply wait for a few minutes. **The console has an “auto-off” feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.**

MAINTENANCE AND TROUBLESHOOTING

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

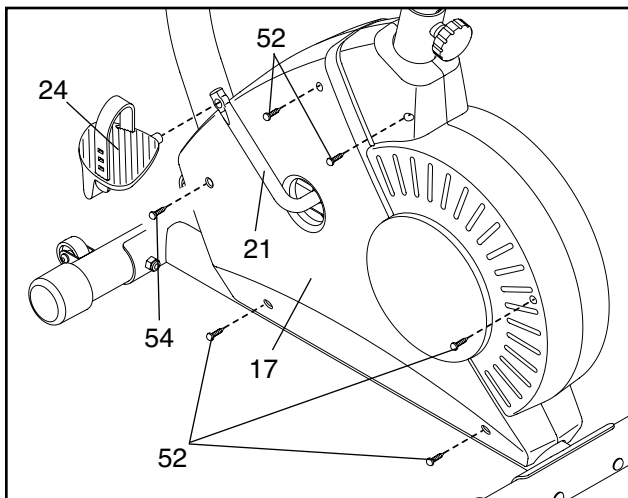
To clean the exercise cycle, use a damp cloth and a small amount of mild detergent. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

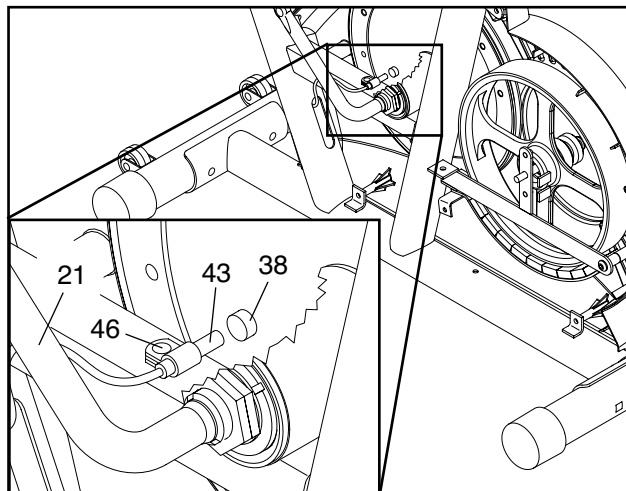
If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, refer to step 5 on page 6 and remove the console from the handlebar. Next, refer to step 4 on page 5 and insert three batteries into the console. Reattach the console to the handlebar, being careful not to pinch the wires.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, the left side shield must be removed.



Turn the Crank (21) to the position shown. Using an adjustable spanner, turn the Left Pedal (24) clockwise and remove it. Next, remove the five M4 x 25mm Screws (52) and the M4 x 19mm Screw (54) from the Left Side Shield (17). Carefully remove the Left Side Shield.



Next, locate the Reed Switch (43). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the M4 x 12mm Screw (46). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.

PULSE SENSOR TROUBLESHOOTING

Refer to step 3 on page 10.

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 line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

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

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.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

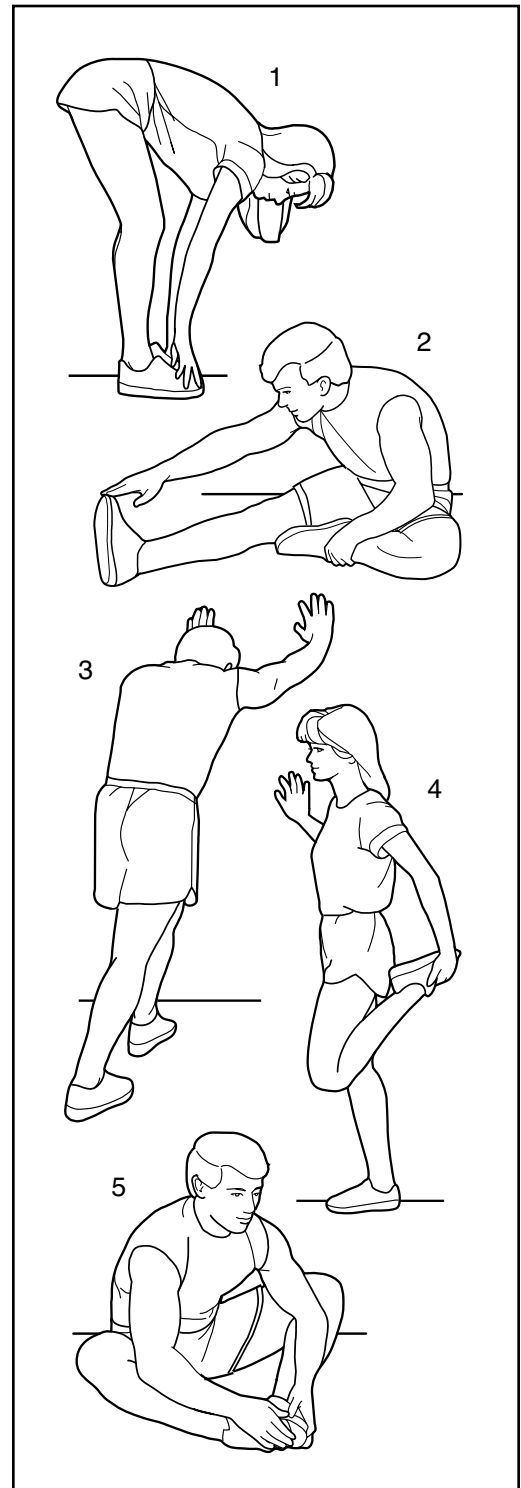
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST—Model No. WLEVEX12920

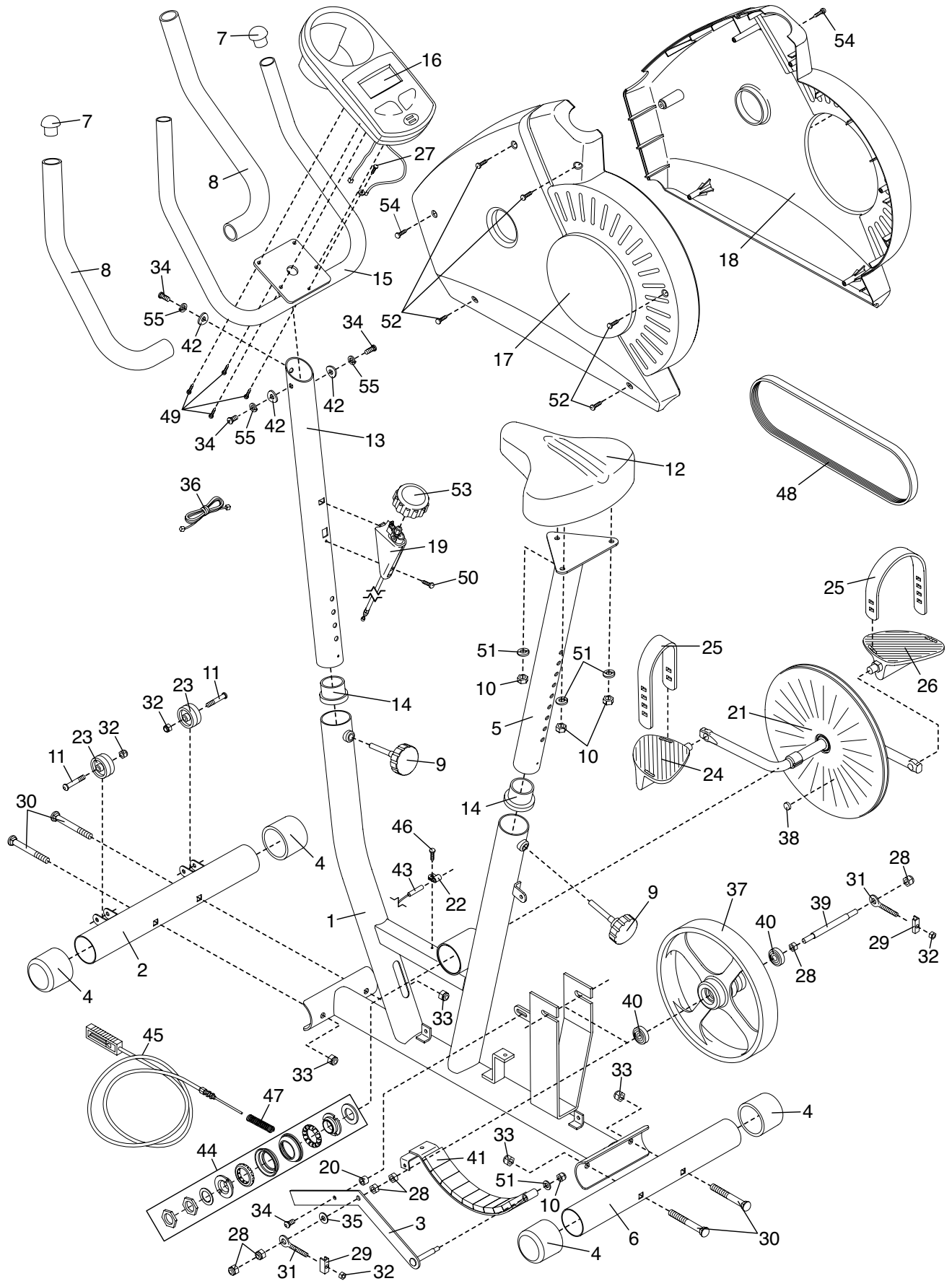
R1002A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	30	4	3/8" x 68mm Carriage Bolt
2	1	Front Stabiliser	31	2	Eyebolt
3	1	"C" Magnet Bracket	32	4	M6 Nylon Locknut
4	4	Stabiliser Endcap	33	4	3/8" Nylon Locknut
5	1	Seat Post	34	4	M8 x 15mm Button Screw
6	1	Rear Stabiliser	35	1	M10 Flat Washer
7	2	Handlebar Endcap	36	1	Upper Wire
8	2	Foam Grip	37	1	Flywheel
9	2	Adjustment Knob	38	1	Magnet
10	4	M8 Nylon Locknut	39	1	Flywheel Axle
11	2	M6 x 32mm Bolt	40	2	Flywheel Bearing
12	1	Seat	41	1	"C" Magnet
13	1	Upright	42	3	Curved Washer
14	2	Frame Bushing	43	1	Reed Switch/Wire
15	1	Handlebar	44	1	Crank Bearing Set
16	1	Console	45	1	Lower Cable
17	1	Left Side Shield	46	1	M4 x 12mm Screw
18	1	Right Side Shield	47	1	Return Spring
19	1	Resistance Control/Cable	48	1	Belt
20	1	M8 x 5mm Spacer	49	4	M5 x 12mm Screw
21	1	Crank/Pulley	50	1	M5 x 20mm Screw
22	1	Reed Switch Clamp	51	4	M8 Flat Washer
23	2	Wheel	52	5	M4 x 25mm Screw
24	1	Left Pedal	53	1	Resistance Knob
25	2	Pedal Strap	54	2	M4 x 19mm Screw
26	1	Right Pedal	55	3	M8 Split Washer
27	1	Ground Screw	#	1	User's Manual
28	6	3/8" Jam Nut	#	2	Assembly Wrench
29	2	U-bracket			

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

EXPLODED DRAWING—Model No. WLEVEX12920

R1002A



ORDERING REPLACEMENT PARTS

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

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

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133

Fax: 0 (044) 113 387 7125

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

- the MODEL NUMBER of the product (WLEVEX12920)
- the NAME of the product (WESLO® PURSUIT 102 exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14)

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

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<http://www.404manual.com>

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<http://aubethermostatmanual.com>

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<http://golfingnear.com>

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