WESLO®
cadence 80

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE DO NOT CONTACT THE STORE. For assistance, contact our Customer Service Department.
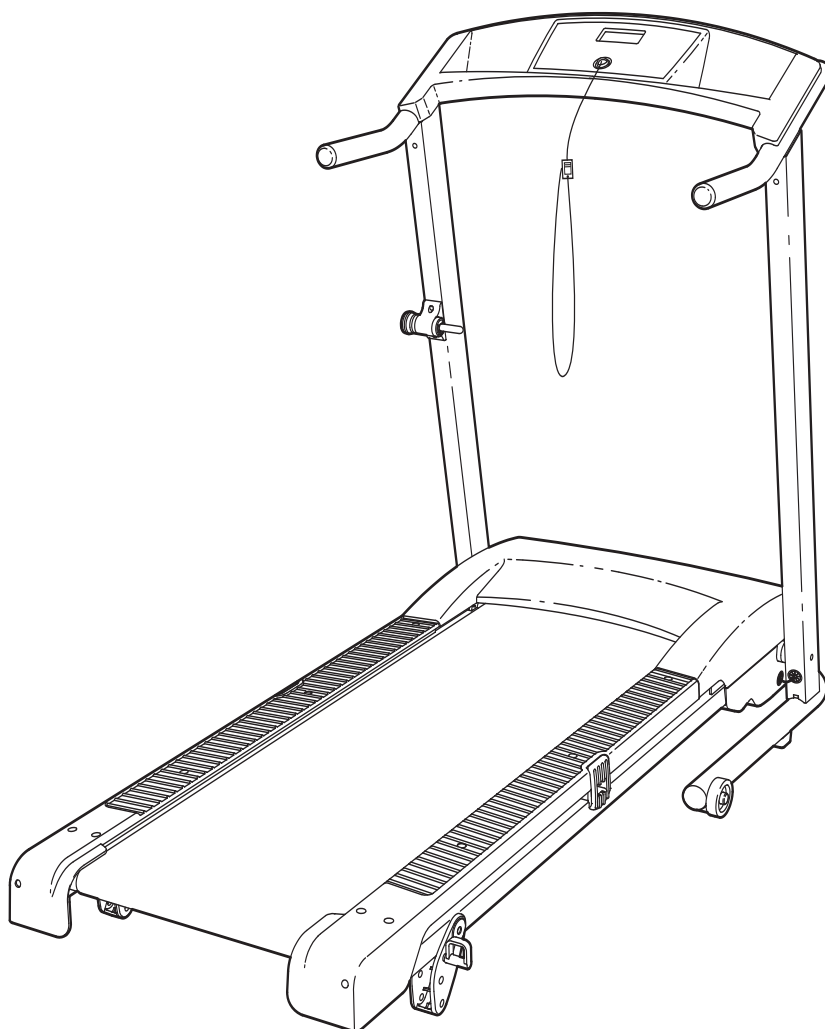
CALL TOLL-FREE:

1-888-936-4266

Mon.–Fri., 8:00 until 17:00 EST (excluding holidays)

OR E-MAIL US:
customerservice@iconcanada.ca

⚠ CAUTION

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

Visit our website at

www.weslo.com

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WARNING DECAL PLACEMENT

The decals shown here have been placed on the treadmill. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.
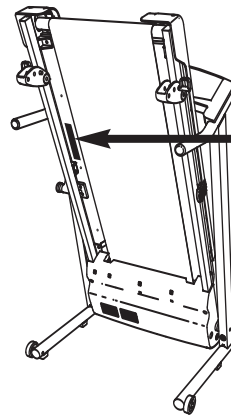
⚠WARNING:

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

•Stand only on the side rails when starting or stopping treadmill.

•Change speed in small increments.

•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

•Stop if you feel faint, dizzy, or short of breath.

• Fully engage storage latch before tread-mill is moved or stored.

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

•Never allow children on or around treadmill.

•Remove key when not in use.

•Keep clothing, fingers, and hair away from moving belt.

•Never try to adjust or fix the belt while it is moving.

•Always wear athletic shoes while operating treadmill.

⚠WARNING
•Hazardous Voltage
•Risk of Electric Shock
•Unplug Treadmill before Assembly /Disassembly.

WESLO is a registered trademark of ICON IP, Inc.

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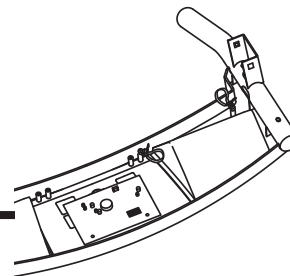
IMPORTANT PRECAUTIONS

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

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

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

3. Use the treadmill only as described.

4. Place the treadmill on a level surface, with at least 8 ft. (2 m) of clearance behind it and 2 ft. (0.5 m) 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.

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

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

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

8. The treadmill should not be used by persons weighing more than 250 lbs. (113 kg).

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

10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.*

11. When connecting the power cord (see page 10), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.

13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

14. Keep the power cord and the surge suppressor away from heated surfaces.

15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 17 if the treadmill is not working properly.)

16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 12).

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

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

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

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20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6 and HOW TO FOLD AND MOVE THE TREADMILL on page 15.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

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

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

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

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

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

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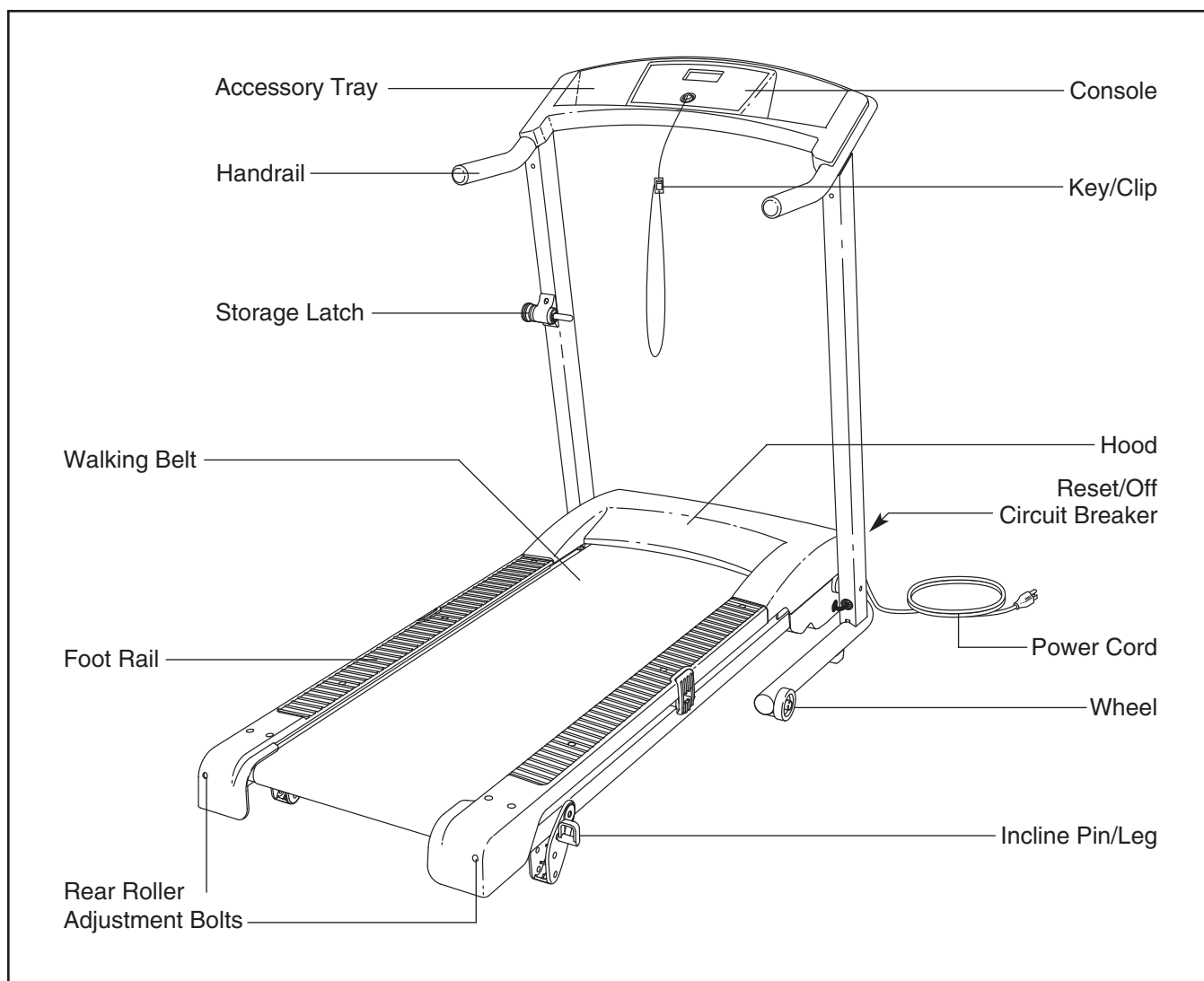
SAVE THESE INSTRUCTIONS

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BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE 80 treadmill. The CADENCE 80 treadmill 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 unique CADENCE 80 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before you use the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

- Accessory Tray
- Handrail
- Storage Latch
- Walking Belt
- Foot Rail
- Rear Roller Adjustment Bolts
- Console
- Key/Clip
- Hood
- Reset/Off Circuit Breaker
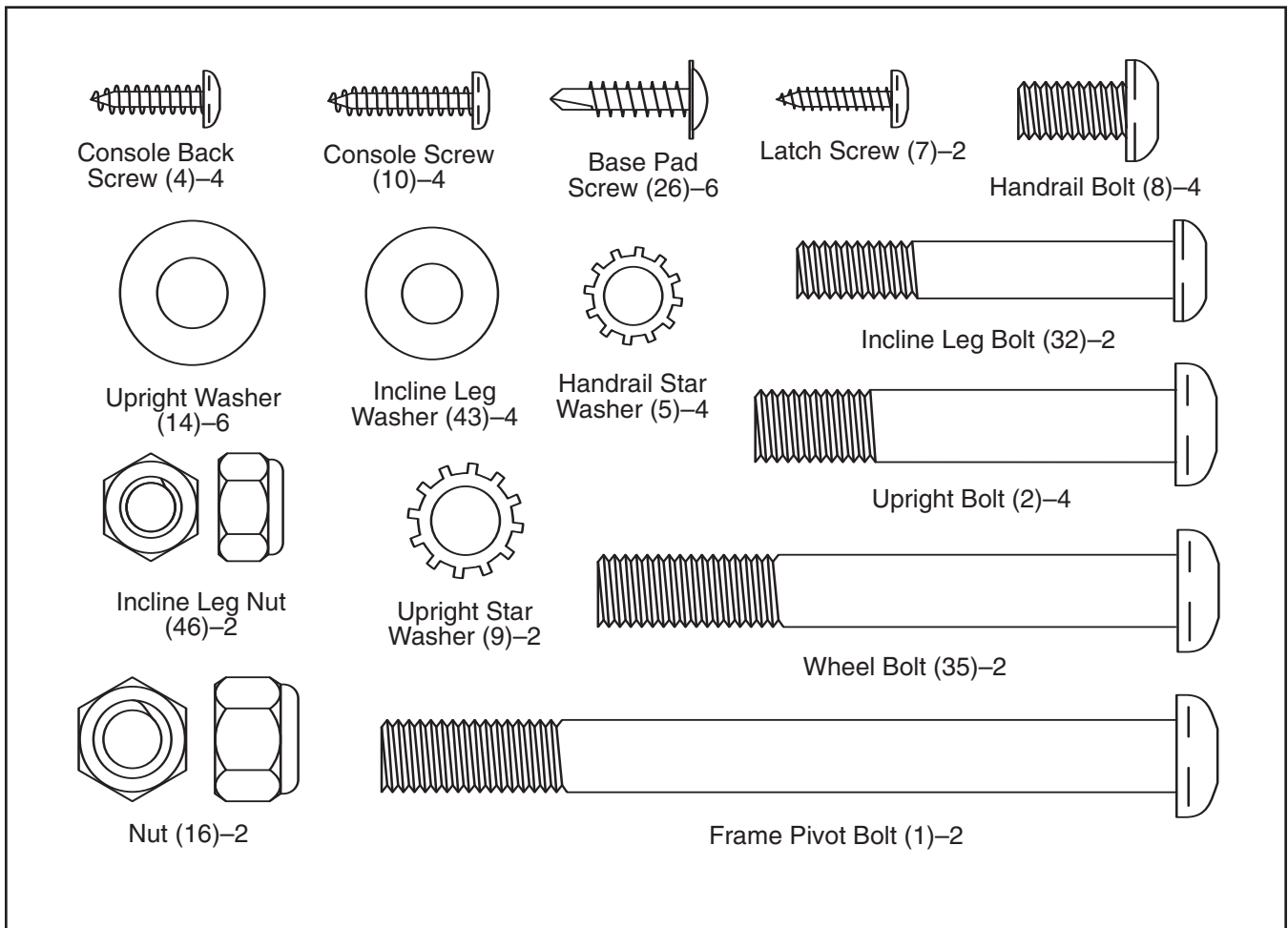- Power Cord
- Wheel
- Incline Pin/Leg

ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

In addition to the included hex keys   , assembly requires a Phillips screwdriver   , an adjustable wrench   , and wire cutters   .

As you assemble your treadmill, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. Note: If a part is not in the parts bag, first check to see if it has been pre-assembled. **To avoid damaging plastic parts, do not use power tools for assembly.**

|				
Console Back Screw (4)–4	Console Screw (10)–4	Base Pad Screw (26)–6	Latch Screw (7)–2	Handrail Bolt (8)–4
Upright Washer (14)–6	Incline Leg Washer (43)–4	Handrail Star Washer (5)–4	Incline Leg Bolt (32)–2	
Incline Leg Nut (46)–2	Upright Star Washer (9)–2		Upright Bolt (2)–4	
			Wheel Bolt (35)–2	
Nut (16)–2		Frame Pivot Bolt (1)–2		

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

   Have a second person hold the Base (52) in the position shown.

   Attach six Base Pads (63) (three are shown) to the Base (52) with six Base Pad Screws (26).

   Identify the Left Upright (53), which has two small holes near the upper end. **Hold the Left Upright so the small holes face the direction shown.** Attach the Left Upright to the Base (52) with two Upright Bolts (2) and two Upright Washers (14). **Do not tighten the Upright Bolts yet.**

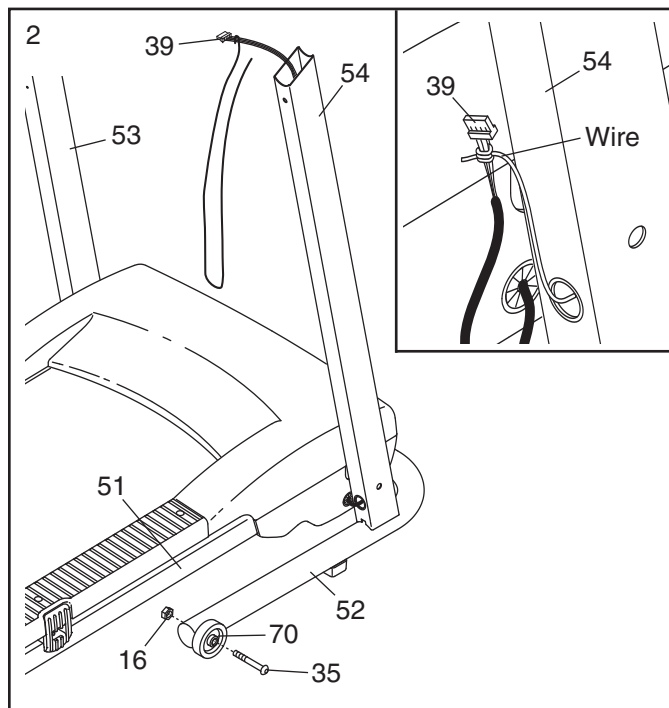   **Attach the Right Upright (54) to the Base (52) in the same way.**
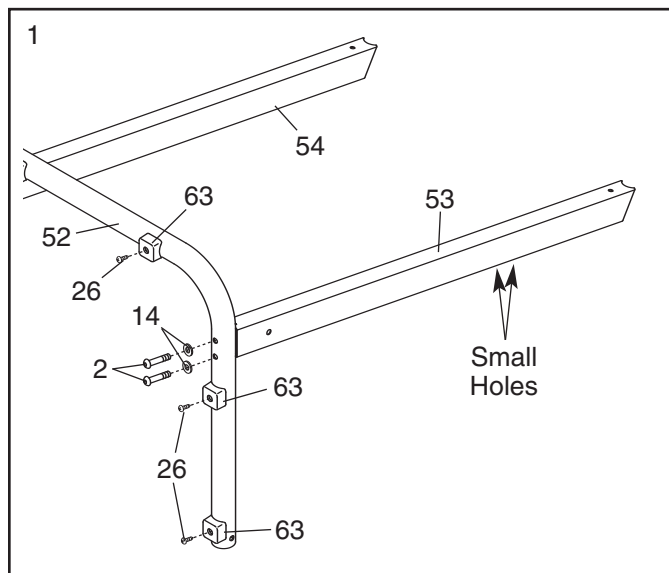
2. With the help of a second person, raise the Uprights (53, 54) so the Base (52) is flat on the floor as shown.

   Attach a Wheel (70) to the outer side of the Base (52) with a Wheel Bolt (35) and a Nut (16) as shown. **Do not overtighten the Nuts; the Wheels should turn freely.**

   Attach the other Wheel (70) to the outerside of the Base (52) in the same way.

   Position the front end of the treadmill Frame (51) between the Uprights (53, 54) as shown. Next, locate the long wire inside the lower end of the Right Upright (**see the inset drawing**). Securely tie the end of the wire to the end of the Wire Harness (39).

   Then, pull the opposite end of the wire until the Wire Harness (39) extends from the upper end of the Right Upright (54).


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3. Have a second person lift and hold the front end of the Frame (51). Hold a Frame Spacer (11) between the Right Upright (54) and the Frame. Attach the Right Upright to the Frame with a Frame Pivot Bolt (1), an Upright Washer (14), and an Upright Star Washer (9). **Do not tighten the Frame Pivot Bolt yet.**

   Repeat this step on the left side of the treadmill.
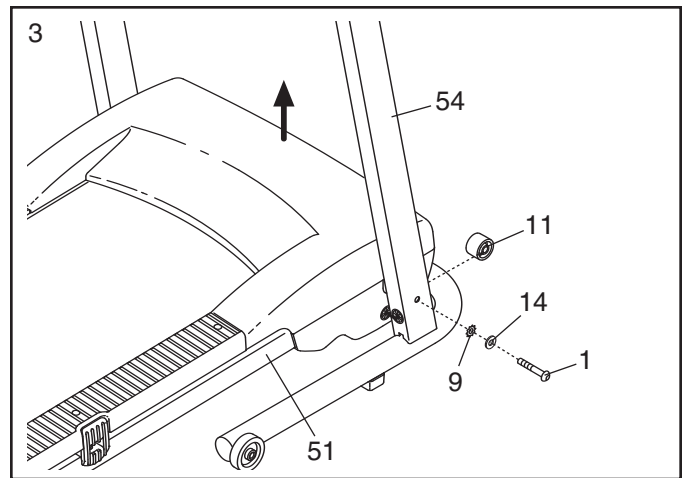
4. Set the Console Assembly (91) face down on a soft surface to avoid scratching the Console Assembly. Set the Left Handrail (22) on the Console as shown. Attach the Left Handrail with two Console Screws (10).

   Attach the Right Handrail (not shown) to the other side of the Console Assembly (91) as described above.
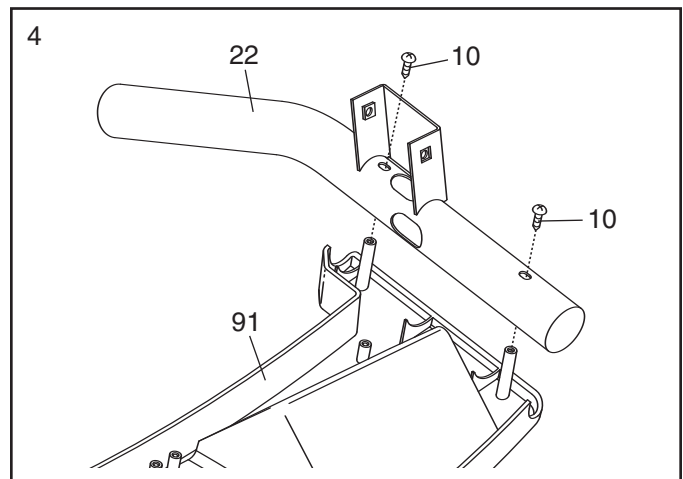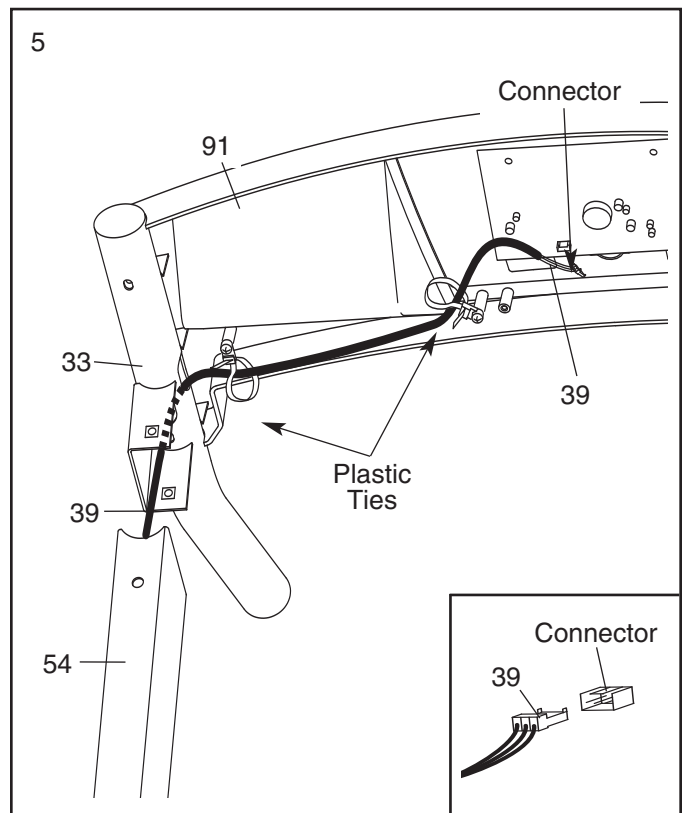
5. Hold the Console Assembly (91) near the Right Upright (54). **Touch the Right Handrail (33) to discharge any static.**

   Remove the wire from the end of the Wire Harness (39). Insert the end of the Wire Harness through the large holes in the bottom and side of the Right Handrail (33) and through the two looped plastic ties.

   Then, press the end of the Wire Harness (39) into the connector on the back of the Console Assembly (91) in the location shown. **See the inset drawing. The end of the Wire Harness should slide easily into the connector and snap into place.** If it does not, turn the end of the Wire Harness and then insert it. **IF THE CONNECTOR IS NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

   Insert the excess Wire Harness (39) downward into the Right Upright (54). Tighten the two plastic ties around the Wire Harness, and then cut off the ends of the plastic ties.

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6. Set the Left and Right Handrails (22, 33) and the Console Assembly (91) on the Uprights (53, 54).

   Tighten the four Handrail Bolts (8) with the four Handrail Star Washers (5) into the Left and Right Uprights (53, 54) and the Left and Right Handrails (22, 33). **Start all four Handrail Bolts before tightening any of them.**
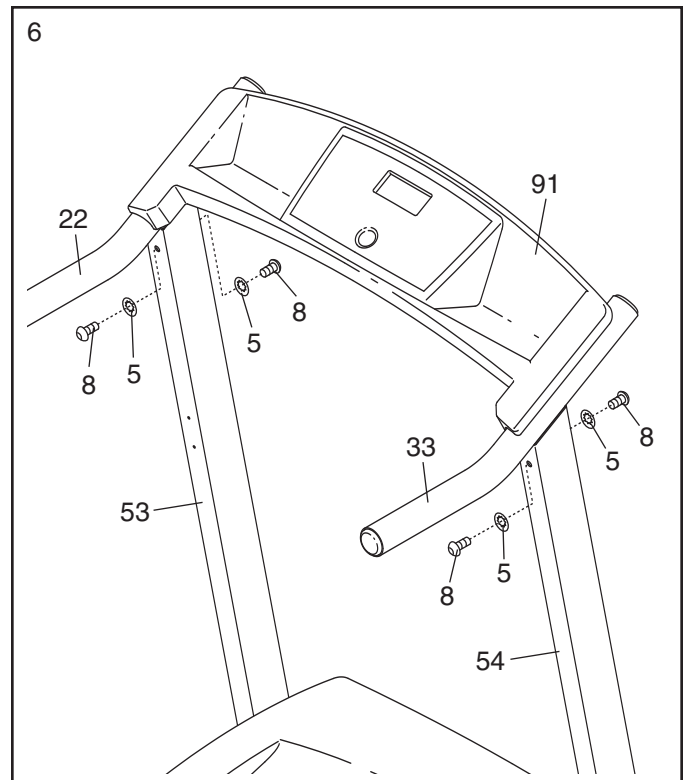
7. Attach the Console Back (73) to the Console Assembly (91) with four Console Back Screws (4). **Make sure that no wires are pinched.**

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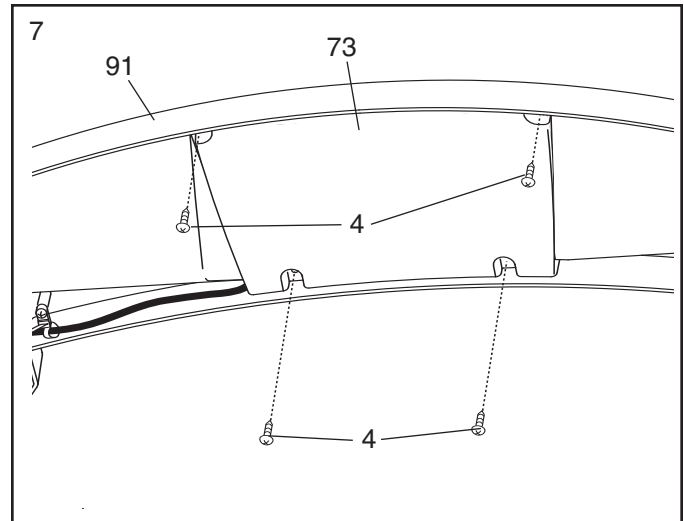
8. Carefully lower the Left and Right Handrails (22, 33) until they are touching the floor.

   See the lower drawing. Position the Uprights (53, 54) so that the treadmill Frame (51) is centered between the Uprights.

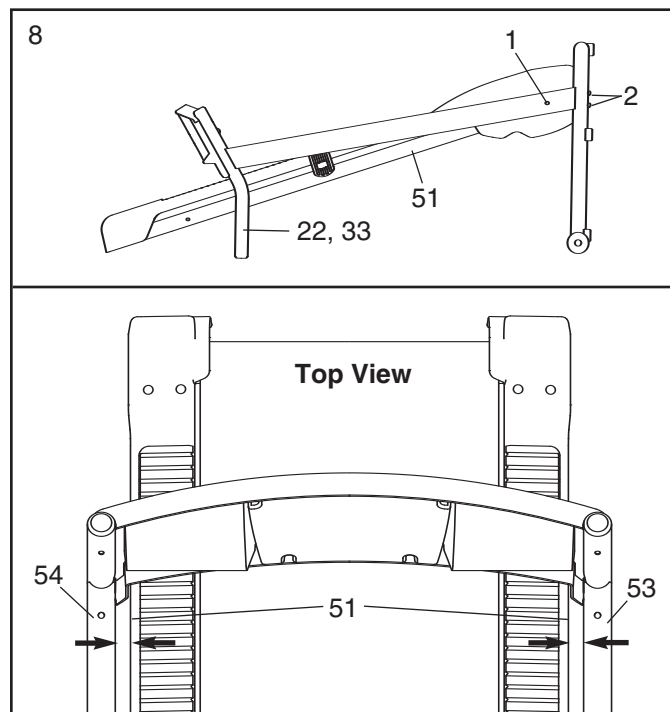   Firmly tighten the four Upright Bolts (2) and the two Frame Pivot Bolts (1) used in steps 1 and 3. **Be careful not to overtighten the Frame Pivot Bolts.**

9. Attach the Latch Housing (48) to the Left Upright (53) with two Latch Screws (7); **start both Latch Screws before tightening them. Make sure that the large hole in the Latch Housing is on the indicated side.**

   Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Insert the pin into the Latch Housing (48). Then, tighten the knob onto the pin.
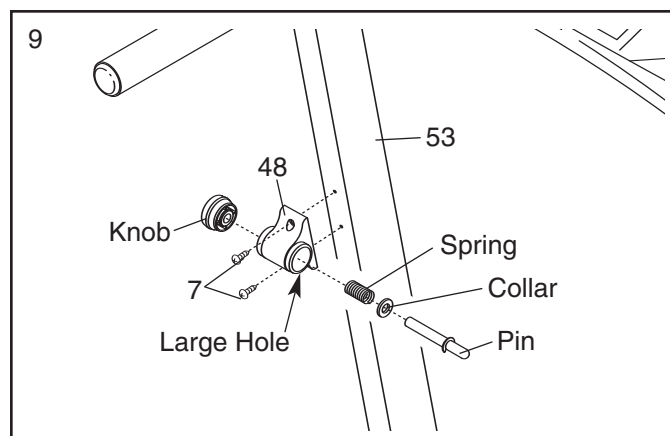
10. Raise the Frame (51) to the storage position (see HOW TO FOLD AND MOVE THE TREADMILL on page 15). Attach an Incline Leg (69) to the Frame (51) with an Incline Leg Bolt (32), two Incline Leg Washers (43), and an Incline Leg Nut (46) as shown.

    Repeat this step on the other side of the Frame (51).

    Adjust the Incline Legs (69) to the desired level (see HOW TO CHANGE THE INCLINE OF THE TREADMILL on page 14).
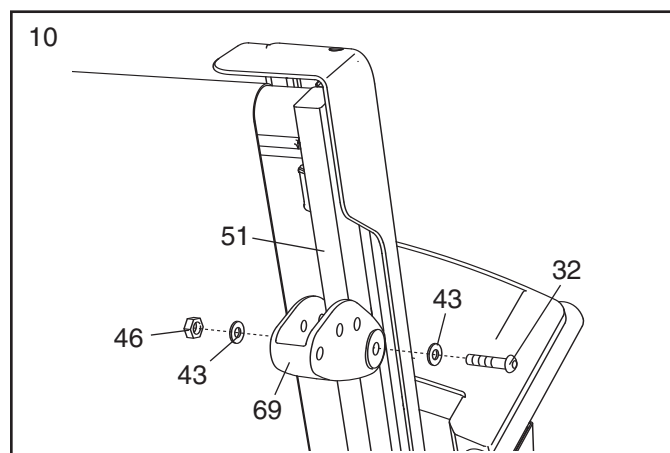
11. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place. The hex key is used to adjust the walking belt (see page 18). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: **Improper connection of the equipment-grounding 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 grounded. 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.**

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding 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-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate**

outlet that is properly installed and grounded in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.
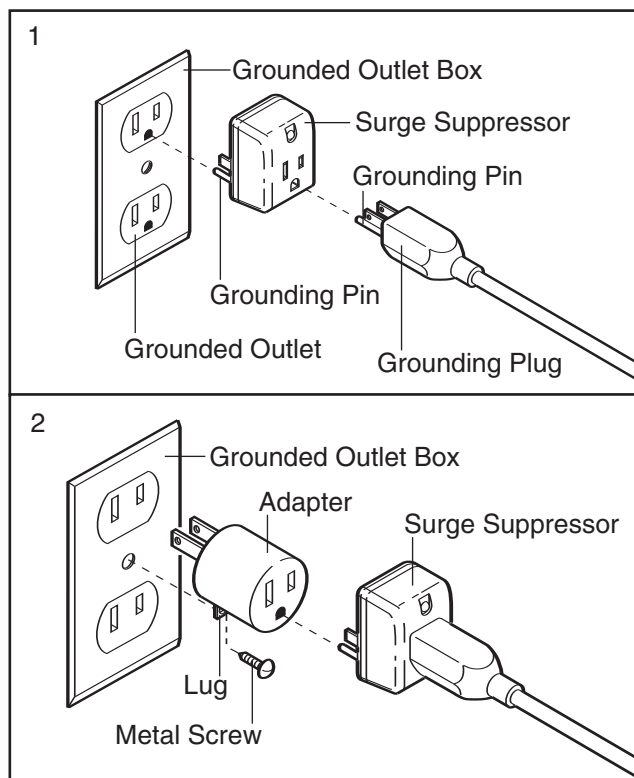
The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM

19:58 TIME

3.762 DIST.   **4.4** SPEED

START

DISPLAY

STOP

Speed Increase Button

Speed Decrease 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.

Key

Clip

Note: If there are sheets of clear plastic on the console, remove the plastic.
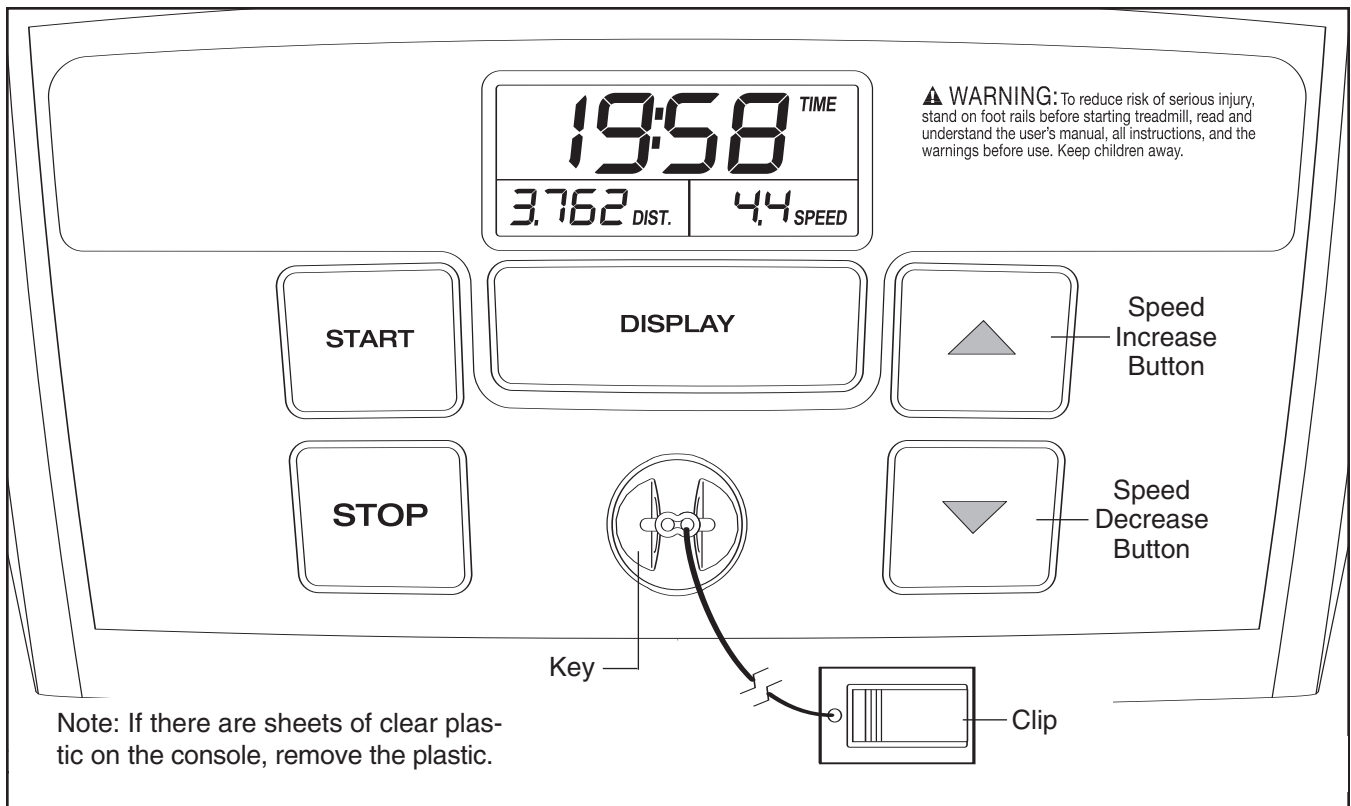
HOW TO TURN ON THE POWER

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

Plug in the power cord (see page 11). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.

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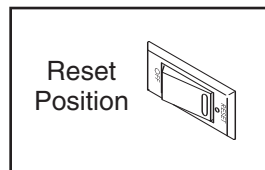
Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled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

HOW TO OPERATE THE CONSOLE

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

   See HOW TO TURN ON THE POWER on page 12.

2. **Press the Start button or the Speed increase button to start the walking belt.**

   When either button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking.

   As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After a button is pressed, it may take a moment for the walking belt to reach the selected speed setting.
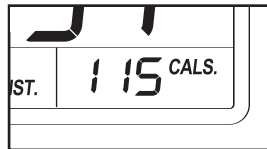
   To stop the walking belt, press the Stop button. The time will begin to flash in one of the displays. To restart the walking belt, press the Start button or the Speed increase button.

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

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

   The lower right display—The lower right display can show the approximate number of calories that you have burned and the speed of the walking belt.

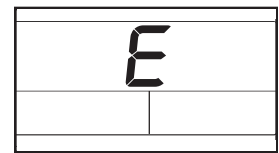**The upper display**—The upper display can show the elapsed time, the distance that you have walked or run, the approximate number of calories that you have burned, or the speed of the walking belt. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.

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

Note: The console can display speed and distance in either miles or kilometers. To see which unit of measurement is selected, first remove the key into the console. Next, hold down the Stop button, insert the key, wait until you hear a tone, and then release the Stop button. An "E" for English miles or an "M" for metric kilometers will appear in the upper display. Press the Speed Increase button to change the unit of measurement, if desired. When the desired unit of measurement is selected, remove the key and then reinsert it into the console.

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

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

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

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HOW TO CHANGE THE INCLINE OF THE TREAD-MILL

To vary the intensity of your exercise, you can change the incline of the treadmill. There are three incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see page 15).

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

After you have adjusted the incline legs, lower the treadmill (see page 16).

Incline Pin

Incline Pin

Incline Legs
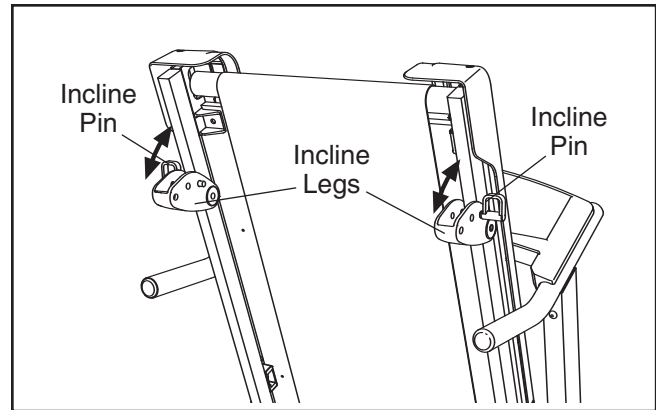
HOW TO FOLD AND MOVE THE TREADMILL

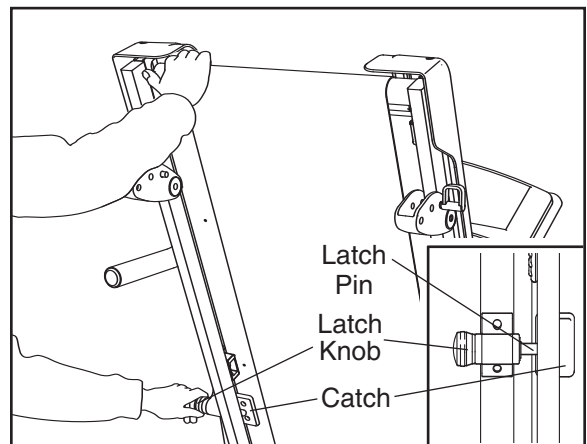**HOW TO FOLD THE TREADMILL FOR STORAGE**

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

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.
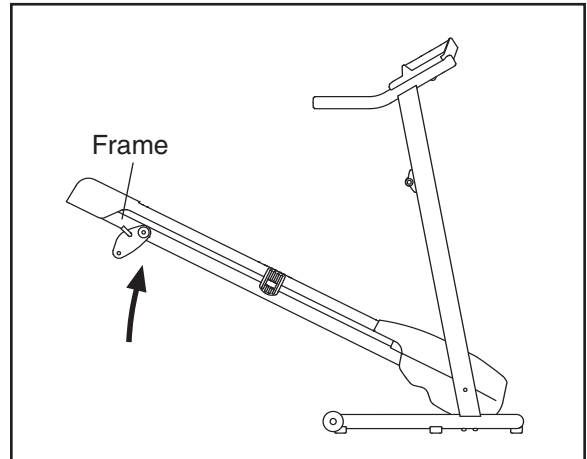
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Then, slowly release the latch knob; **make sure that the catch is resting against the latch pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch is resting against the latch pin.**

1. Hold the handrails and place one foot against one of the wheels. **Do not pull back on the frame.**

2. Tilt the treadmill backward until it rolls freely on the wheels, and carefully move the treadmill to the desired location. **Never move the treadmill without tipping it backward. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is in the storage position.

15
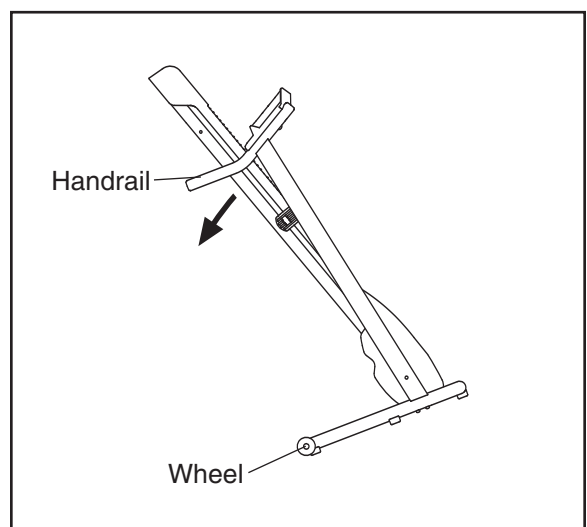
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Next, lower the frame until it is past the latch pin. Then, release the latch knob.

Latch
Pin

Latch
Knob
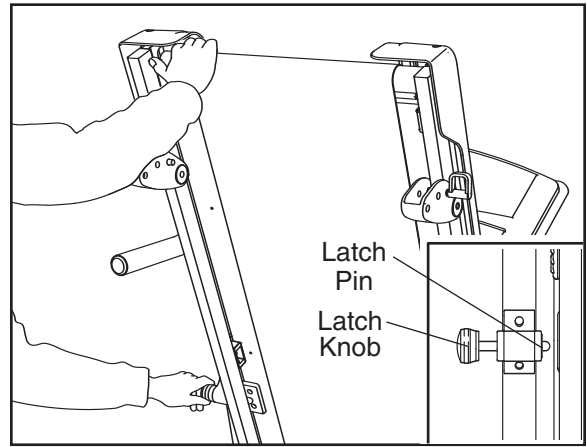
2. Hold the frame firmly with both hands, and lower it to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**

Frame
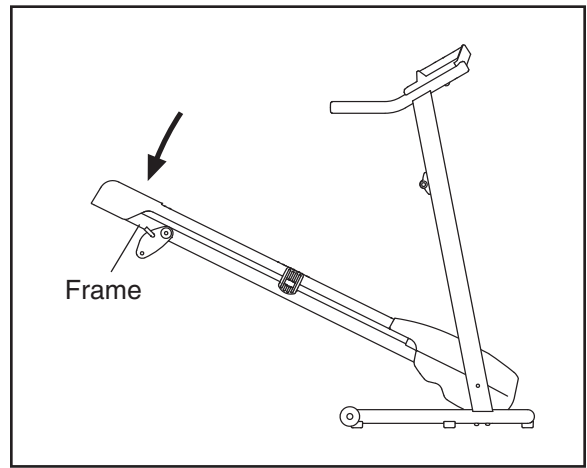
TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes, and then press the switch back in.
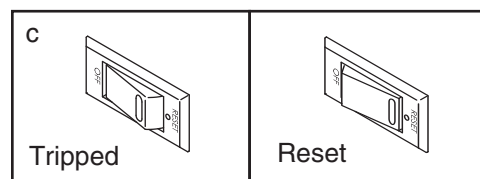
Tripped   Reset

PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

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

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

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the five indicated Screws (20). Then, carefully remove the Hood (65).
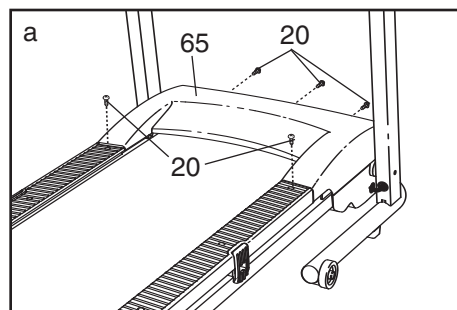
Locate the Reed Switch (89) and the Magnet (62) on the left side of the Pulley (71). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the Screw (21), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.

Top View

17
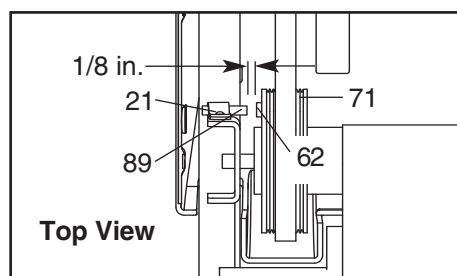
PROBLEM: **The walking belt slows when walked on**

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 8 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

b

2–3 in.

Rear Roller
Bolts
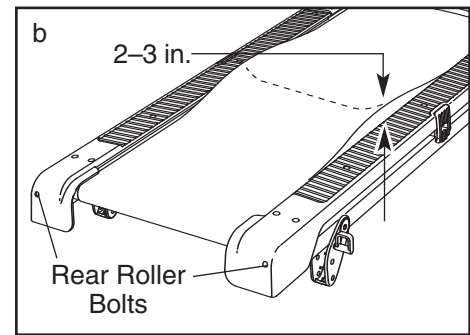
c. If the walking belt still slows when walked on, see the front cover of this manual.

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

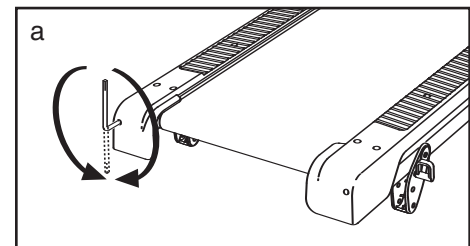**SOLUTION:** a. **If the walking belt has shifted to the left,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn the left rear roller bolt clockwise 1/2 of a turn. Be careful not to overtighten the walking belt. **If the walking belt has shifted to the right,** turn the left rear roller bolt counterclockwise 1/2 of a turn. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

a

SOLUTION: a. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, 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 edge of the walking belt 2 to 3 in. (5 to 8 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
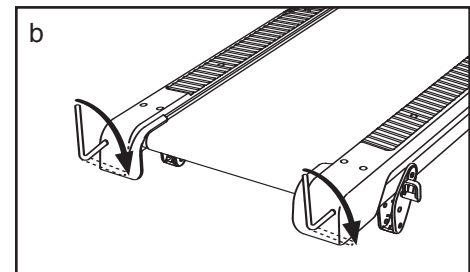

b

18

EXERCISE GUIDELINES

⚠ 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.

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.
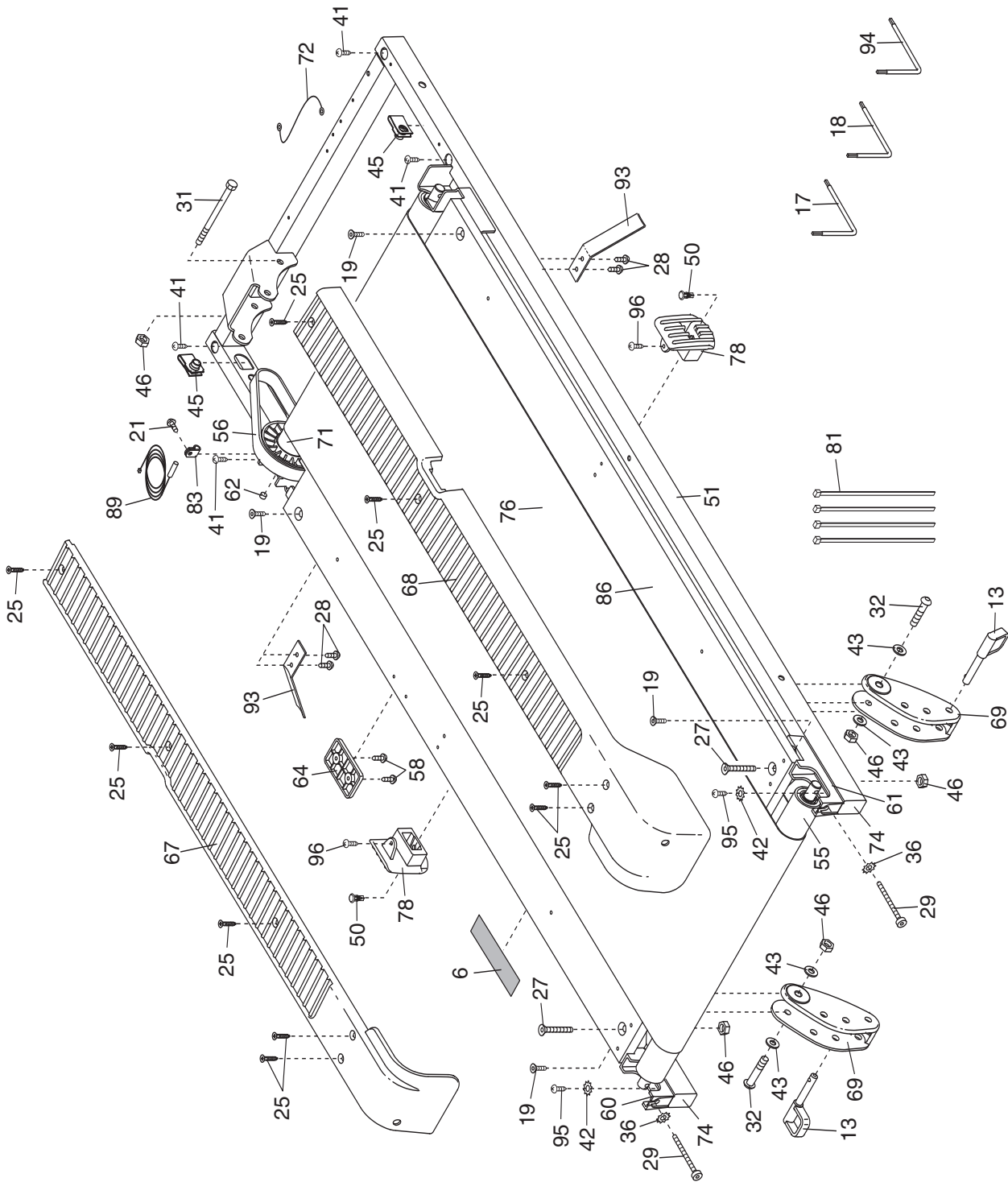
PART LIST – Model No. 30551.0

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Frame Pivot Bolt	38	2	Motor Star Washer	75	2	Base Endcap
2	4	Upright Bolt	39	1	Wire Harness	76	1	Walking Belt
3	1	Tie Holder Screw	40	1	Ground Star Washer	77	4	Handrail Endcap
4	4	Console Back Screw	41	4	Belly Pan Screw	78	2	Platform Cushion
5	4	Handrail Star Washer	42	4	Electronics Star	79	1	Drive Motor
6	1	Warning Decal			Washer	80	4	Wire Tie
7	2	Latch Screw	43	4	Incline Leg Washer	81	4	8" Tie
8	4	Handrail Bolt	44	2	Motor Tension Nut	82	2	Tie Holder
9	2	Upright Star Washer	45	2	Frame Pivot Nut	83	1	Reed Switch Clip
10	4	Console Screw	46	2	Incline Leg Nut	84	1	Belly Pan Grommet
11	2	Frame Spacer	47	5	Hood Clip	85	1	Power Cord
12	4	Cage Nut	48	1	Latch Housing			Strain Relief
13	2	Incline Pin	49	1	Upright Grommet	86	1	Walking Platform
14	6	Upright Washer	50	2	Isolator Fastener	87	1	Controller
15	1	Key/Clip	51	1	Frame	88	1	Choke
16	2	Nut	52	1	Base	89	1	Reed Switch
17	1	6 mm Hex Key	53	1	Left Upright	90	1	Power Cord
18	1	4 mm Hex Key	54	1	Right Upright	91	1	Console Assembly
19	4	Roller Bracket Screw/	55	1	Rear Roller	92	1	Ground Wire
		Front Platform Screw	56	1	Motor Belt	93	2	Belt Guide
20	5	Hood Screw	57	1	Electronics Bracket	94	1	5 mm Hex Key
21	2	13 mm Screw	58	2	Latch Catch Screw	95	5	Electronics Screw/
22	1	Left Handrail	59	1	Motor Bracket			Bracket Screw
23	1	Ground Screw	60	1	Left Rear	96	2	Isolator Screw
24	1	Latch Pin Assembly			Roller Bracket	97	3	Choke Screw/
25	10	Foot Rail Screw	61	1	Right Rear			Power Cord Screw
26	6	Base Pad Screw			Roller Bracket	*	–	6" Red Wire, M/F
27	2	Walking Platform Bolt	62	1	Magnet	*	–	4" Black Wire, M/F
28	4	Belt Guide Screw	63	6	Base Pad	*	–	4" Blue Wire, M/F
29	2	Rear Roller Adj. Bolt	64	1	Latch Catch	*	–	8" Blue Wire, 2F
30	2	Motor Bolt	65	1	Hood	*	–	10" Blue Wire, 2F
31	1	Motor Pivot Bolt	66	1	Belly Pan	*	–	6" White Wire, 2F
32	2	Incline Leg Bolt	67	1	Left Foot Rail	*	–	10" White Wire, 2F
33	1	Right Handrail	68	1	Right Foot Rail	*	–	User's Manual
34	2	Motor Tension Bolt	69	2	Incline Leg			
35	2	Wheel Bolt	70	2	Wheel			
36	2	Rear Roller	71	1	Front Roller/Pulley			
		Star Washer	72	1	Ground Wire			
37	1	Reset/Off	73	1	Console Back			
		Circuit Breaker	74	2	Frame Endcap			

* These parts are not illustrated. Specifications are subject to change without notice.
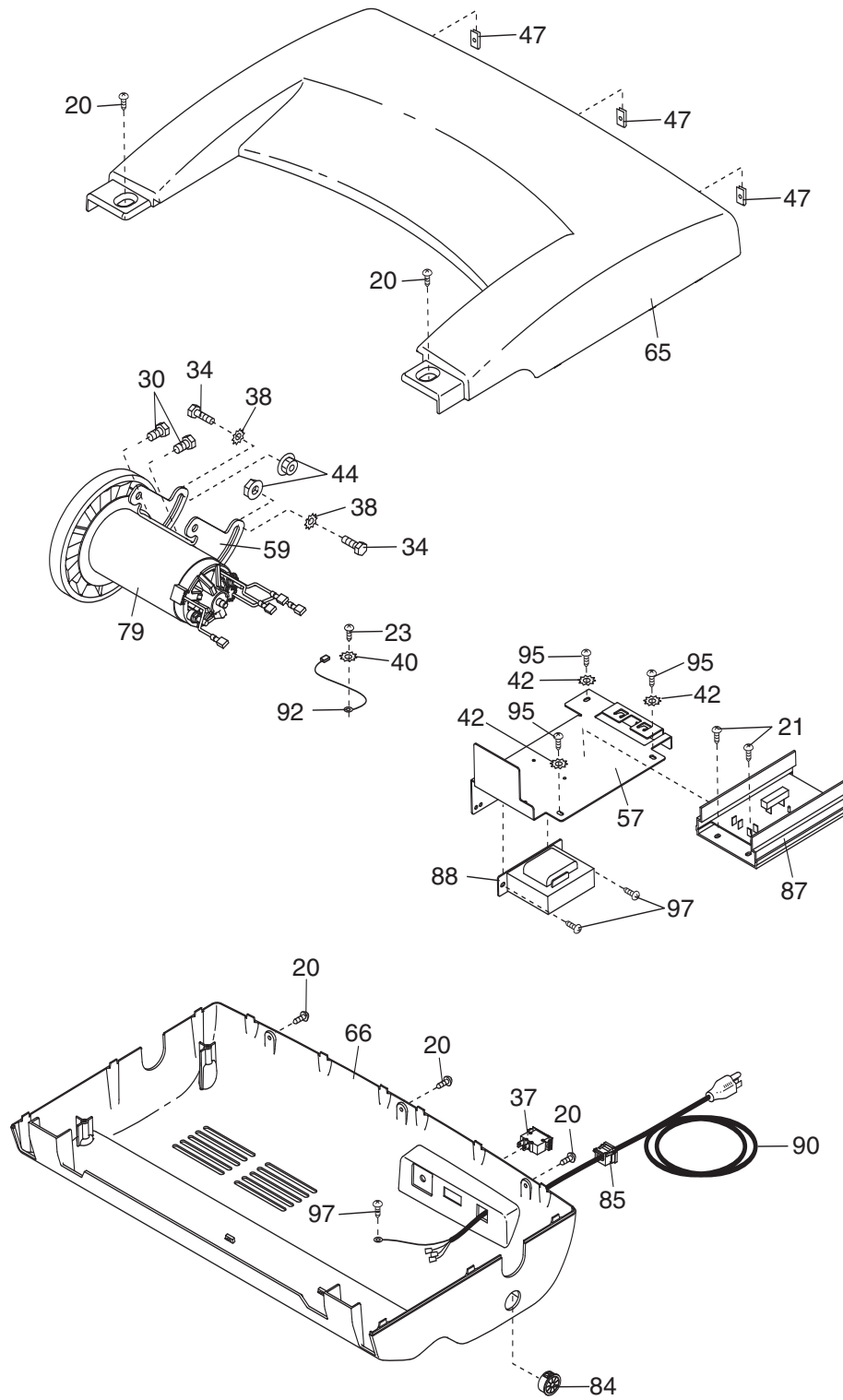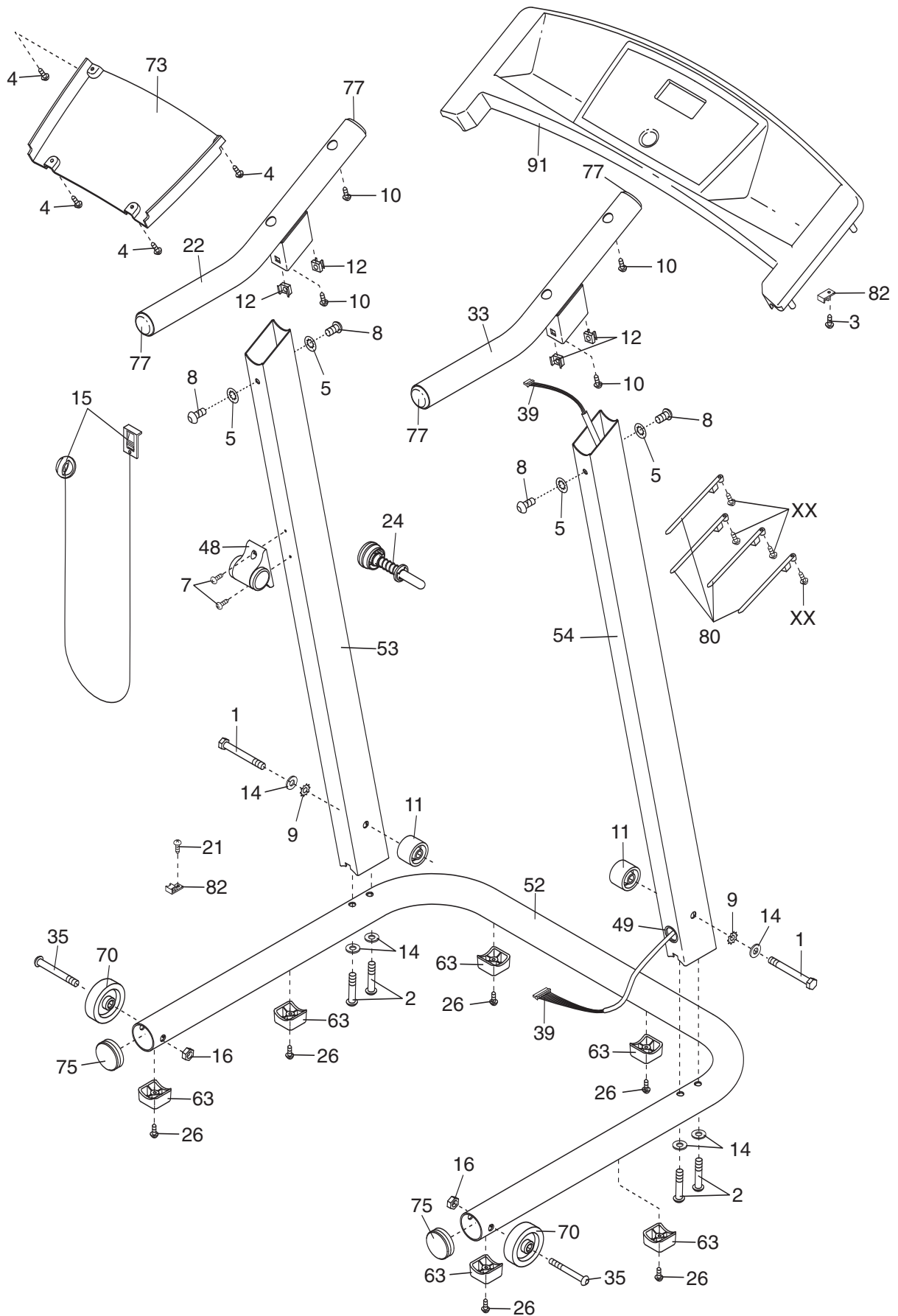
ORDERING REPLACEMENT PARTS

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

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

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

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

<div style="border: 2px solid black; padding: 20px;">

LIMITED WARRANTY

ICON OF CANADA, INC. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for four (4) years after the date of purchase. The drive motor is warranted for one (1) year after the date of purchase. Parts and labor are warranted for one (1) year after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province.

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