

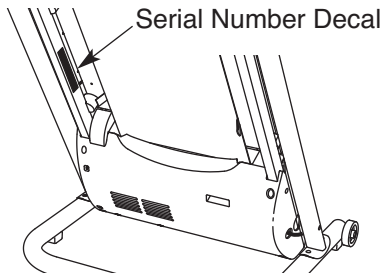
WESLO[®]

CADENCE 55

Model No. WMTL19408

Serial No. _____

Version No. 0



USER'S MANUAL

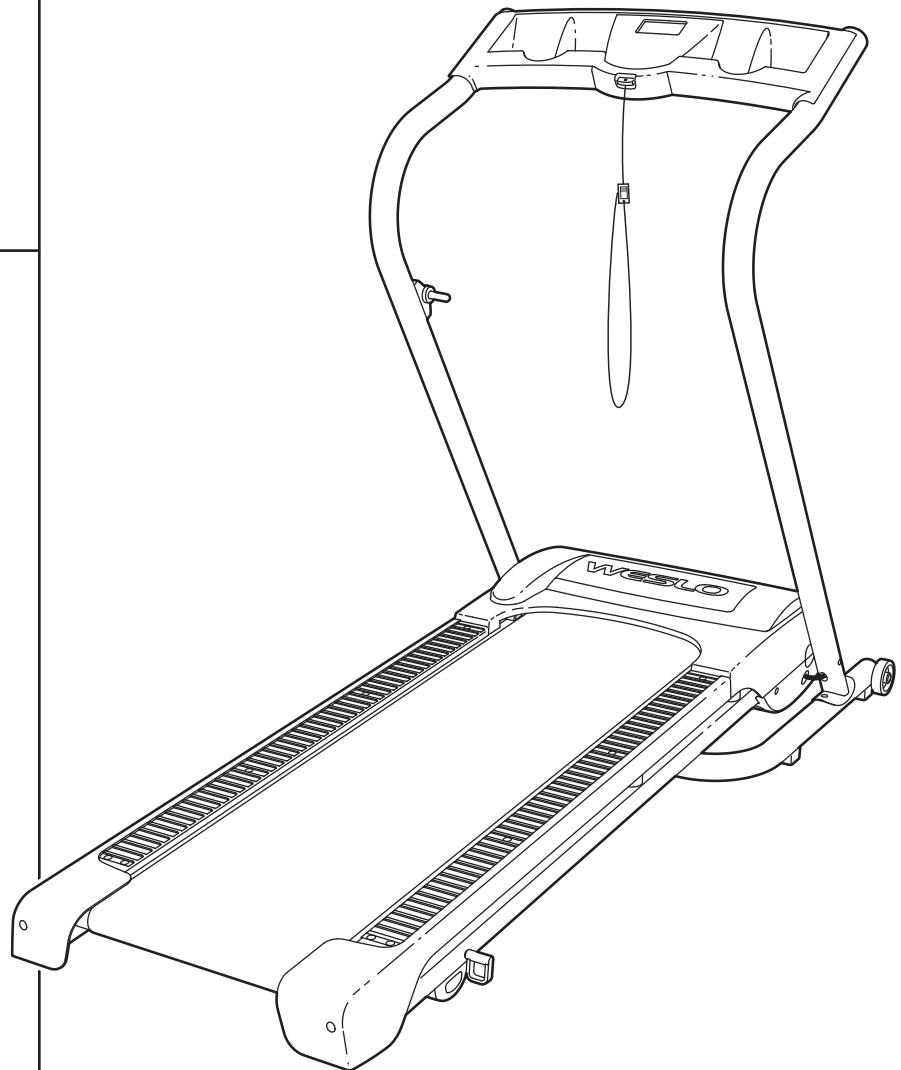
QUESTIONS?

If you have questions, or if parts are damaged or missing, **PLEASE CONTACT THE STORE WHERE YOU PURCHASED THIS PRODUCT.**

Electric Specifications:
120V ~ 60 Hz Type Y

Vendor:
Comercializadora Mexico
Americana, S. de R.L. de C.V.
Av. Nextengo No. 78
Col. Santa Cruz Acayucan
Del. Azcapotzalco
Mexico D.F., C.P. 02770
R.F.

www.iconservice.com



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

new products, prizes,
fitness tips, and much more!

WESLO®

CADENCE 55

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
ASSEMBLY	6
OPERATION AND ADJUSTMENT	9
HOW TO FOLD AND MOVE THE TREADMILL	12
MAINTENANCE AND TROUBLESHOOTING	13
EXERCISE GUIDELINES	15
ORDERING REPLACEMENT PARTS	Back Cover

Note: A PART IDENTIFICATION CHART, an EXPLODED DRAWING, and a PART LIST are located at the end 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 eight feet of clearance behind it and two feet 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 250 pounds.
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 9), 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.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, please see your local electronics store.
12. 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.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **MAINTENANCE AND TROUBLESHOOTING** on page 13 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see **STEP-BY-STEP CONSOLE OPERATION** on page 10).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
19. 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 12.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.
21. Do not change the incline of the treadmill by placing objects under the treadmill.

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

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

24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures de-

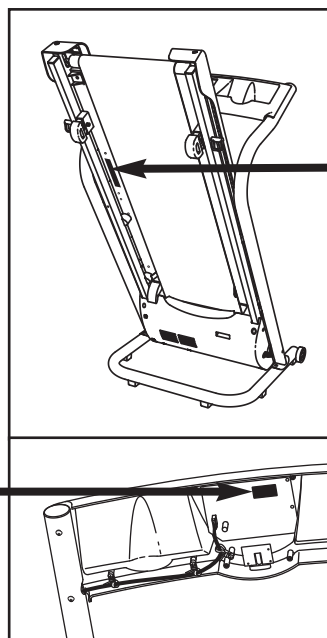
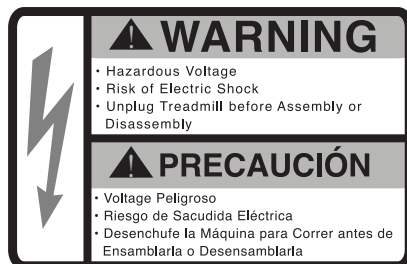
scribed in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

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 decals shown here have been placed on the treadmill. If a decal is missing, or if it is not legible, please go to www.iconservice.com and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.



⚠ WARNING:

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

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch, before treadmill is moved or stored.
- Reduce incline to its lowest level before taking 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.

⚠ ADVERTENCIA:

Protéjase y proteja a otros de riesgo de lesiones serias. Lea el manual del usuario y:

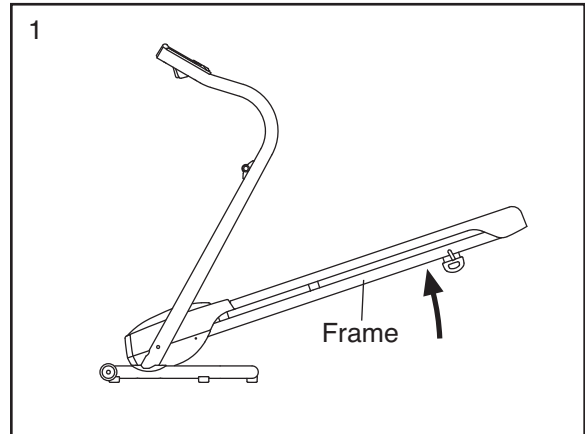
- Párese solo en las rieles de apoyo cuando esté empezando a correr o cuando se detiene.
- Cambie la velocidad en incrementos pequeños.
- Sostenga las barandillas para prevenir caídas, y siempre use el clip de seguridad mientras opera la cinta de correr.
- Pare si se siente débil, mareado o corto de aliento.
- Enganche el seguro de almacenamiento completamente antes que la cinta de correr se mueva o se gire.
- Reduzca la inclinación al nivel más bajo antes de colocar la cinta de correr a la posición de almacenamiento.
- Nunca permita a los niños ser o alrededor de la cinta de correr.
- Quite la llave cuando no está en uso.
- Mantenga ropa, dedos, y cabello lejos de la banda en movimiento.
- Nunca trate de ajustar o arreglar la banda mientras que se está moviendo.
- Siempre use zapatos atléticos mientras opera la cinta de correr.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

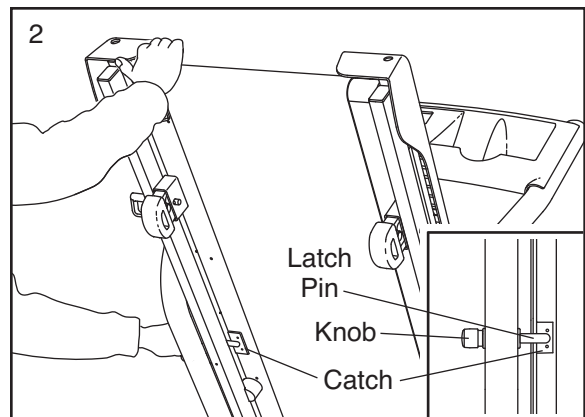
Unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

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. Slowly release the latch knob; **make sure that the latch pin is resting securely against the catch.**

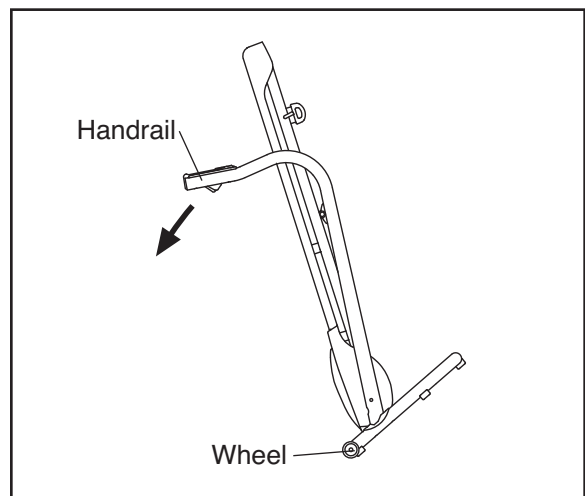
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

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

1. Hold the handrails and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. 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 a wheel, and carefully lower the treadmill until it is in the storage position.







HOW TO LOWER THE TREADMILL FOR USE

1. See drawing 2 above. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin.
2. See drawing 1 above. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION:** To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.

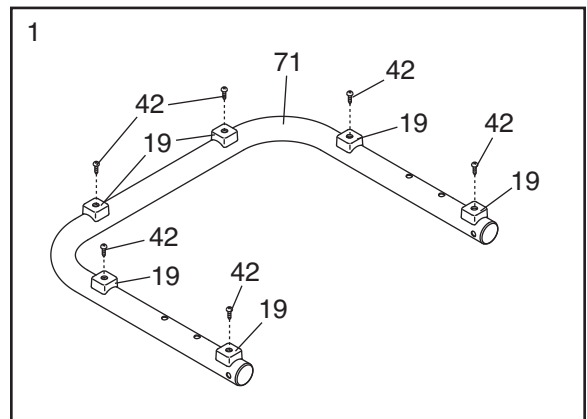
ASSEMBLY

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.** Do not remove the long wire inside the Right Handrail until told to. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex key  and your own Phillips screwdriver , adjustable wrench , and wire cutters .

Note: To identify small parts used during assembly, see the PART IDENTIFICATION CHART in the center of this manual. Some parts may be preassembled. To avoid damaging plastic parts, do not use power tools for assembly.

1. Attach the six Base Pads (19) to the bottom of the Base (71) with six Base Pad Screws (42). **Note: The Base Pads may be preassembled.**

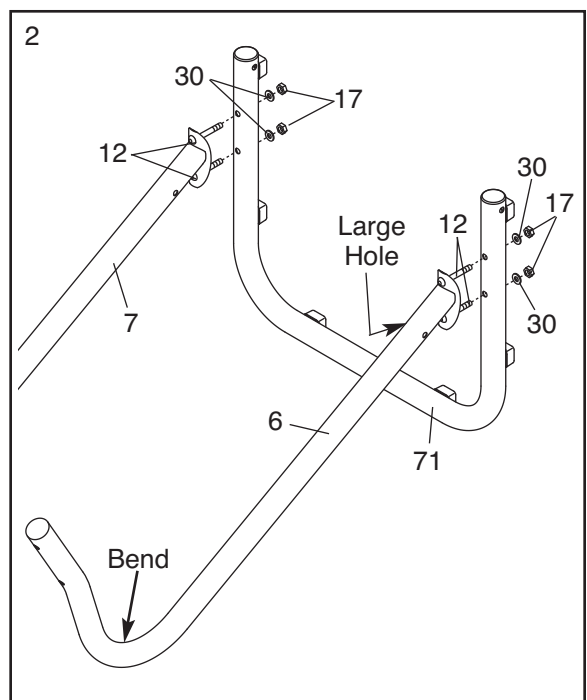


2. Have a second person hold the Base (71) in the position shown.

Identify the Right Handrail (6) which has a large hole near the lower end.

Hold the Right Handrail (6) so that the bend is in the position shown. Insert two Handrail Bolts (12) into the bracket on the Right Handrail. Attach the Right Handrail to the Base (71) with the Handrail Bolts, two Handrail Washers (30) and two Nuts (17). Do not tighten the Nuts yet.

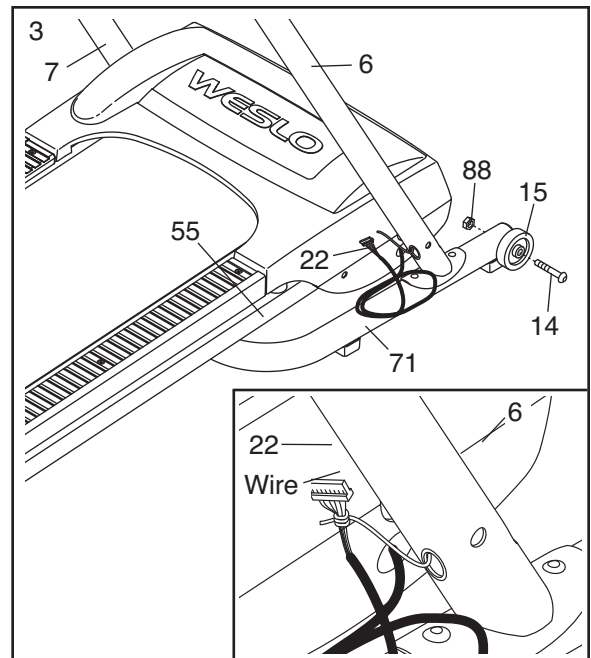
Attach the Left Handrail (7) to the Base (71) in the same way.



- With the help of a second person, raise the Handrails (6, 7) so the Base (71) is flat on the floor as shown.

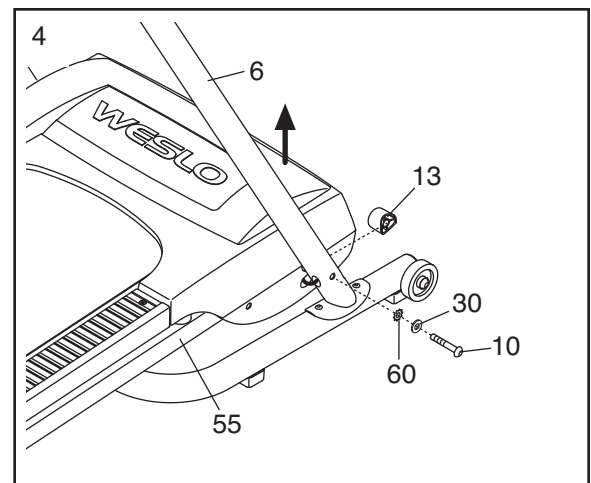
Attach the Wheels (15) to the outer sides of the Base (71) with two Wheel Bolts (14) and two Wheel Nuts (88) as shown. **Do not overtighten the Wheel Nuts; the Wheels should turn freely.**

Position the front of the treadmill Frame (55) between the Handrails (6, 7) as shown. Next, locate the long wire inside of the lower end of the Right Handrail (see the inset drawing). Tie the end of the wire securely to the end of the Wire Harness (22). Then, pull the opposite end of the wire until the end of the Wire Harness is extending from the upper end of the Right Handrail.



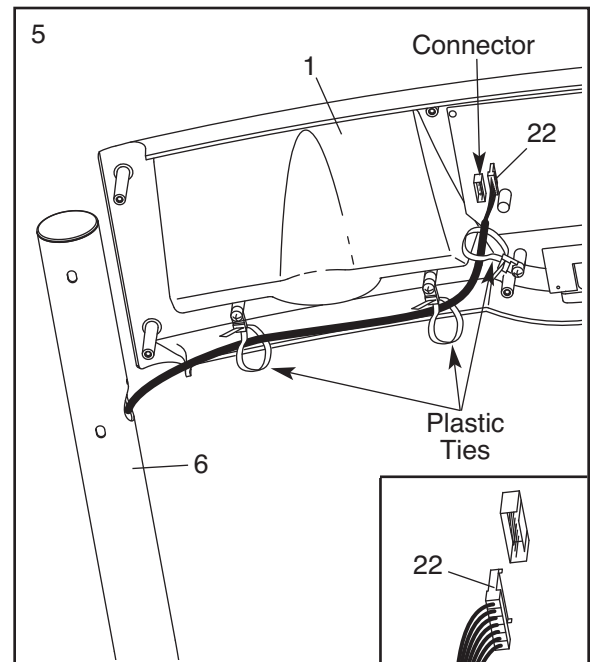
- Have a second person lift and hold the front end of the Frame (55). Hold a Frame Spacer (13) between the Right Handrail (6) and the Frame. Attach the Right Handrail to the Frame with a Frame Bolt (10), a Handrail Washer (30), and a Handrail Star Washer (60).

Repeat this step on the left side of the treadmill.



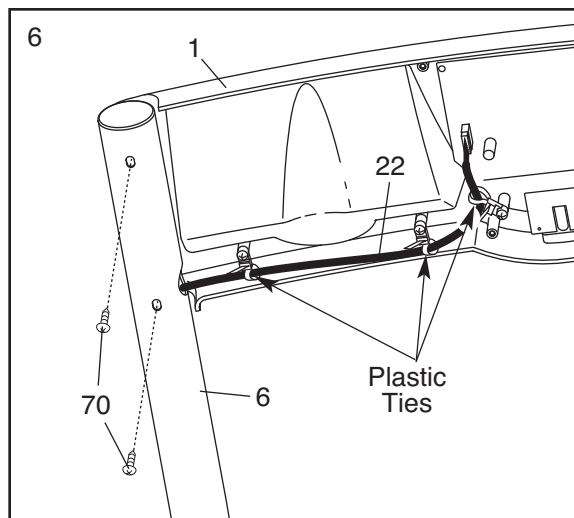
- Hold the Console (1) near the Right Handrail (6). **Touch the Right Handrail to discharge any static.**

Untie the wire from the end of the Wire Harness (22). Insert the end of the Wire Harness through the three looped plastic ties. Next, press the end of the Wire Harness into the connector on the back of the Console (1) in the location shown. **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 CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

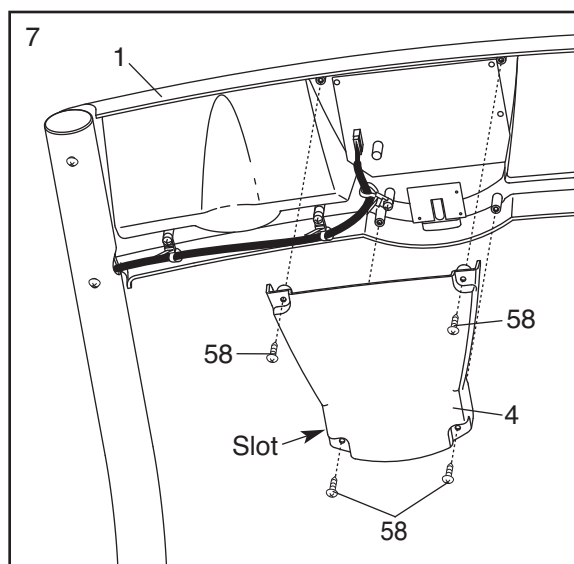


6. Set the Console (1) on the Right Handrail (6) and the Left Handrail (not shown). Finger tighten four Console Screws (70) (only two are shown) into the Console. **After you have started all four Console Screws, tighten them.**

Insert the excess Wire Harness (22) down into the Right Handrail (6). Tighten the three plastic ties around the Wire Harness, and then cut off the ends of the plastic ties.



7. Attach the Console Back (4) to the Console (1) with four 16mm Screws (58). Note that there is a slot in the side of the Console Back for the wire—**make sure that no wires are pinched.**



8. Carefully lower the Handrails (6, 7) to the floor. Center the Frame (55) between the Handrails, and tighten the four Handrail Bolts (12). Then, raise the Handrails to the vertical position.

See drawing 8a. Attach the Storage Latch Assembly (41) to the Left Handrail (7) with two 16mm Screws (58). **Make sure that the Storage Latch Assembly is oriented as shown.**

See HOW TO CHANGE THE INCLINE OF THE TREADMILL on page 11. Adjust the incline legs and insert the incline pins into the incline legs.

9. **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 14). To protect the floor or carpet, place a mat under the treadmill.

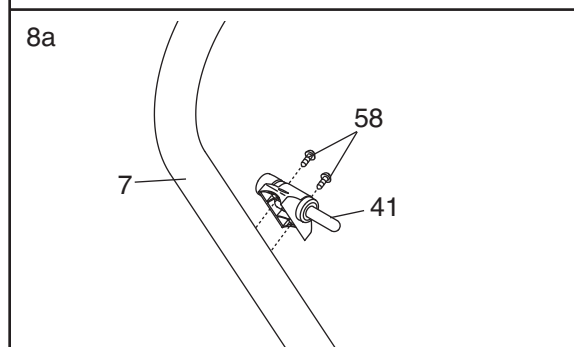
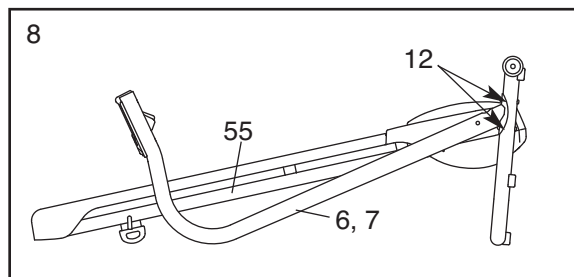
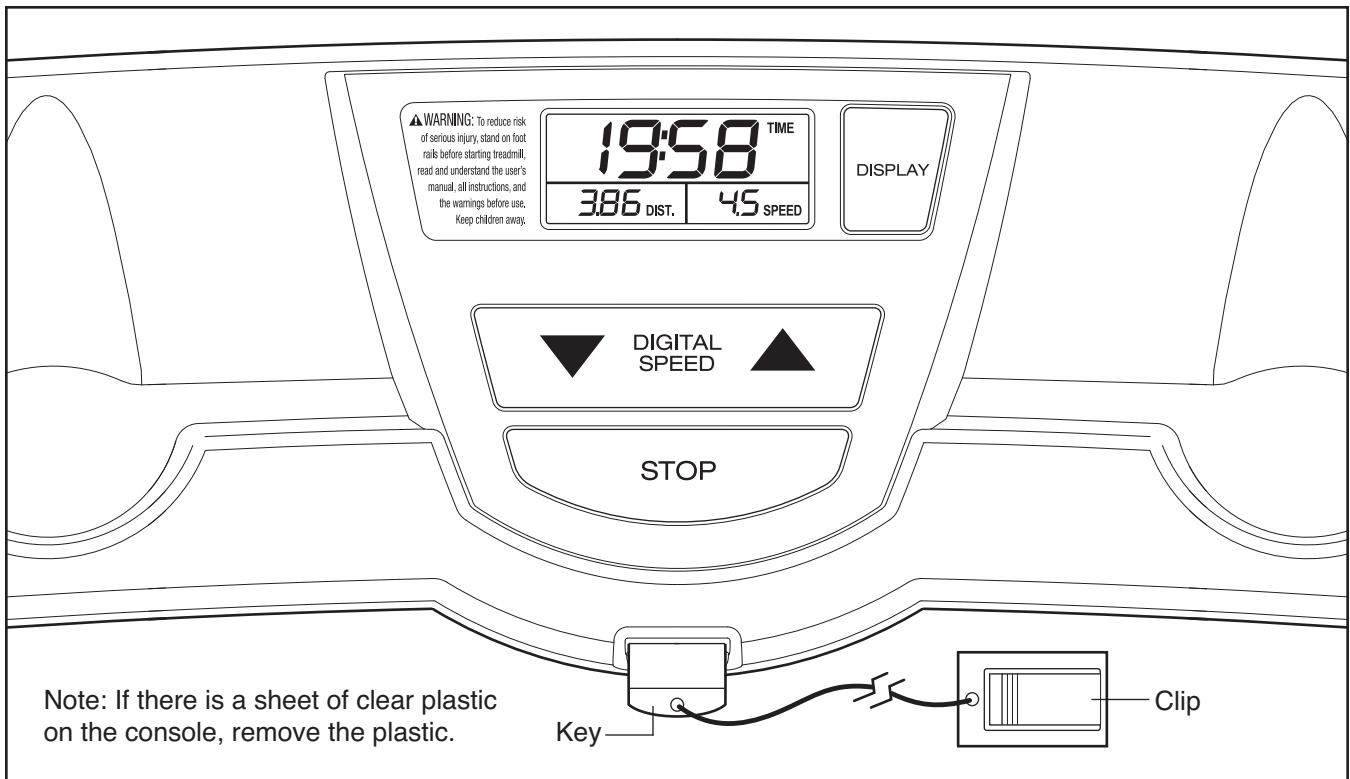


DIAGRAM OF THE CONSOLE



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) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only sealed water bottles in the water bottle holders.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip securely onto the waistband of your clothes. Then, insert the key fully into the console. After a moment, the display 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.**

Follow the steps below to operate the console.

1 Insert the key fully into the console.

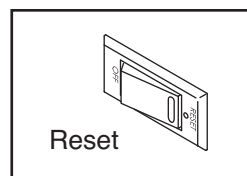
A moment after the key is inserted, the display will light.

2 Press the Digital Speed increase button to start the walking belt.

A moment after the 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 Digital Speed 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.

STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in (see page 9). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the reset position.



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.

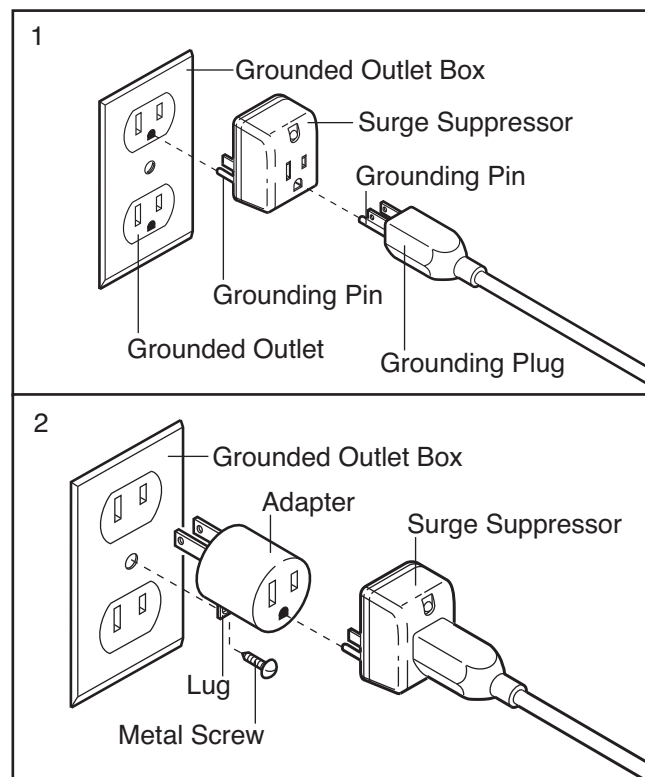
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility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

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.

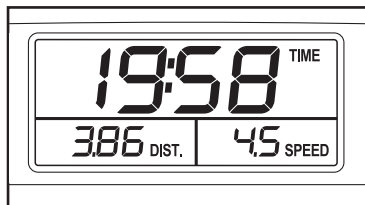
The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a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

To stop the walking belt, press the Stop button. The time will begin to flash in the display.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 14).

3 Monitor your progress with the display.

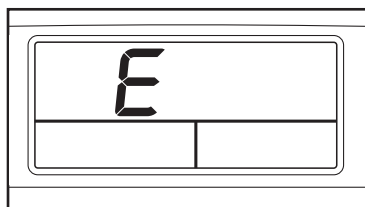
As you exercise, the lower left corner of the display can show the elapsed time and the distance that you have walked or run. The lower right corner of the display can show the speed of the walking belt and the approximate number of calories you have burned.



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

To reset the display, 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, hold down the Stop button, insert the key into the console, and continue to



hold down the Stop button for a few seconds. An "E" for English miles or an "M" for metric kilometers will appear in the priority display. Press the Digital Speed increase button to change the unit of measurement if desired. When the desired unit of measurement is selected, remove the key and then reinsert it.

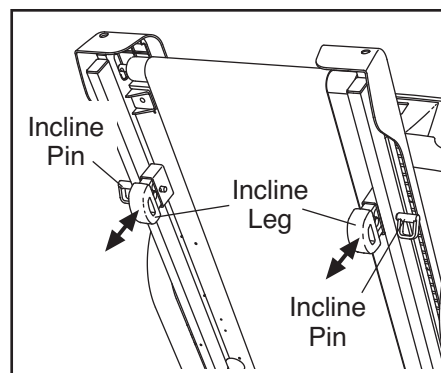
4 When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and remove the key from the console. Put the key in a secure place. Then, switch the reset/off circuit breaker to the "off" position and unplug the power cord.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, you can change the incline of the treadmill. There are three incline levels. **Before changing the incline, remove the key from the console and unplug the power cord.** Next, fold the treadmill to the storage position (see page 12).

To change the incline, first remove the incline pin from one of the incline legs. Adjust the incline leg to the desired height, and fully reinsert the incline pin. Adjust the other incline leg in the same way. **CAUTION: 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 12).

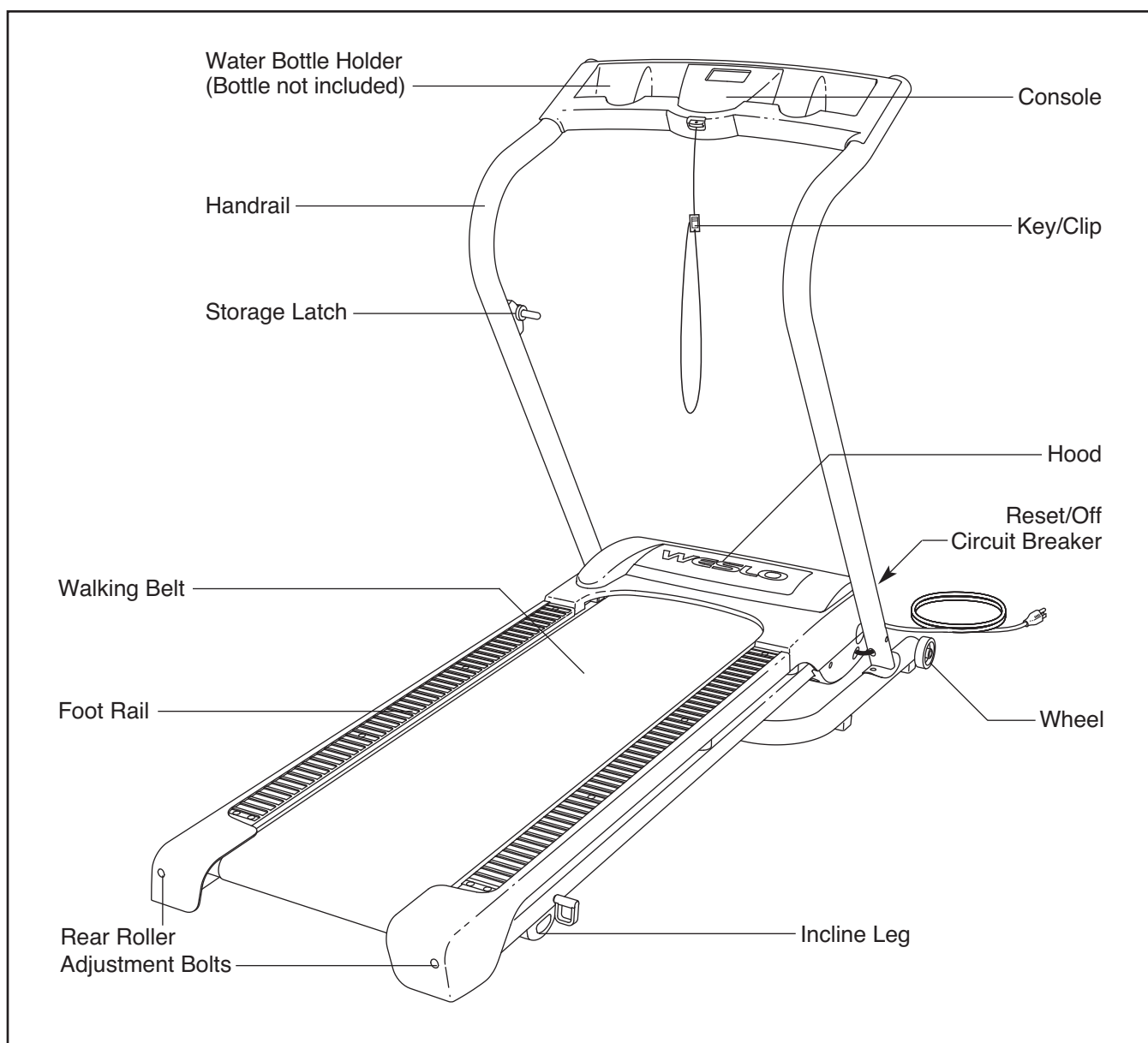
BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE 55 treadmill. The CADENCE 55 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 55 treadmill can be folded up, requiring less than half the floor space of other treadmills.

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

ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number of the treadmill is WMTL19408.0. 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 review the drawing below and familiarize yourself with the labeled parts.



MAINTENANCE AND TROUBLESHOOTING

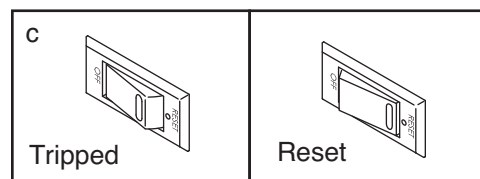
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

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 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. 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.



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.

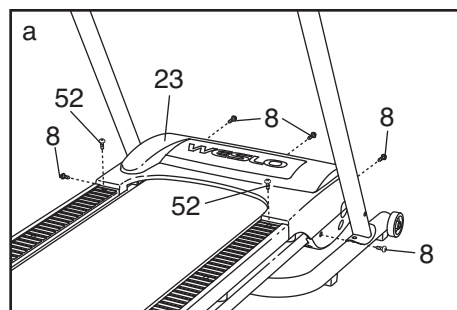
b. Make sure that the power cord is plugged in.

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

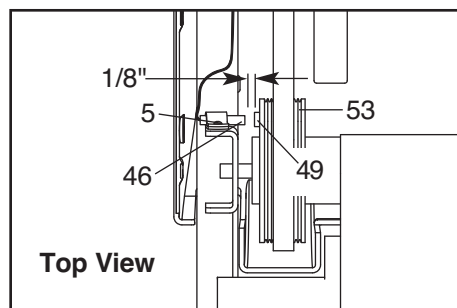
d. If the treadmill still will not run, please see the front cover of this manual.

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 Hood Screws (8) and two Foot Rail Screws (52). Then, remove the Hood (23).



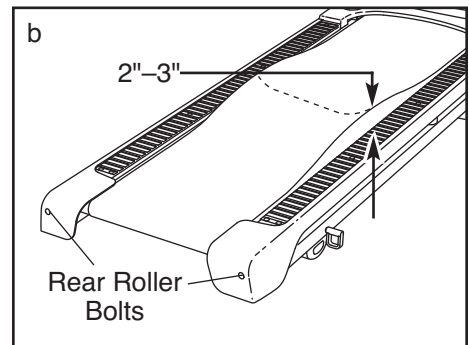
Locate the Reed Switch (46) and the Magnet (49) on the left side of the Pulley (53). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the indicated Screw (5), move the Reed Switch slightly, 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.



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 9.

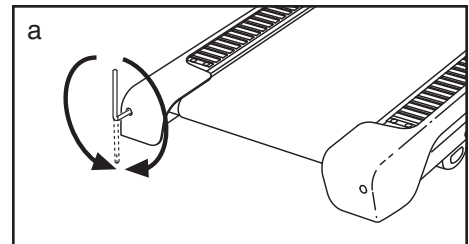
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be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



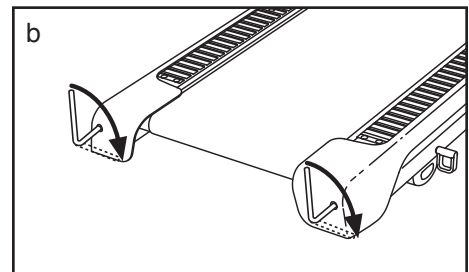
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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.



b. 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 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

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

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable 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

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

To find the proper heart rate for you, first find your age at the top of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for 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 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 one of the lower two numbers in your training zone.

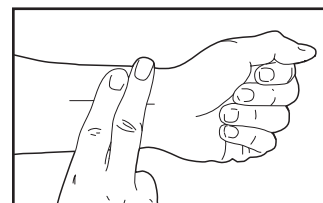
Aerobic Exercise

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.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and then multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate will begin to slow when you stop exercising.)



WORKOUT GUIDELINES

Each workout should include three important parts:

A Warm-up—Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up.

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.

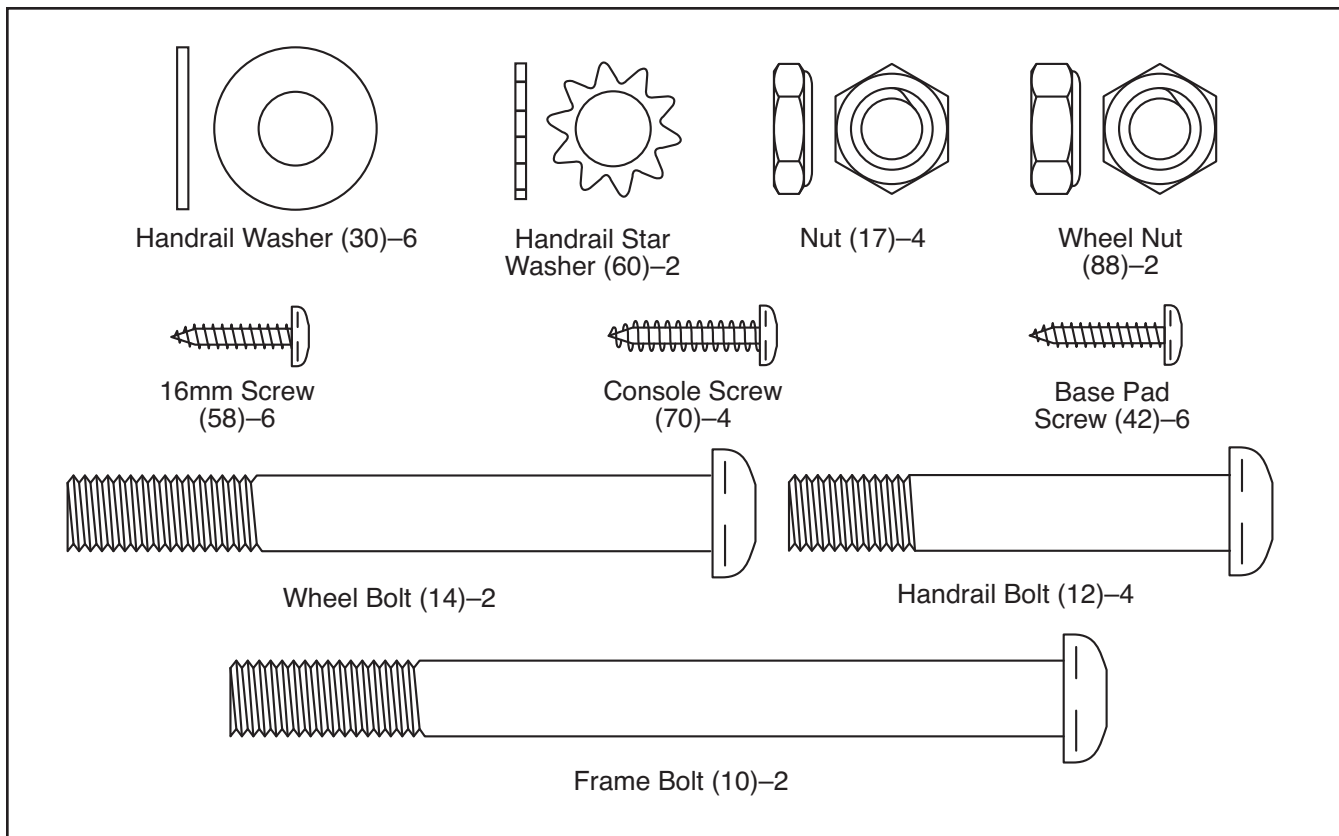
A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

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, 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.

PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



PART LIST—Model No. WMTL19408.0

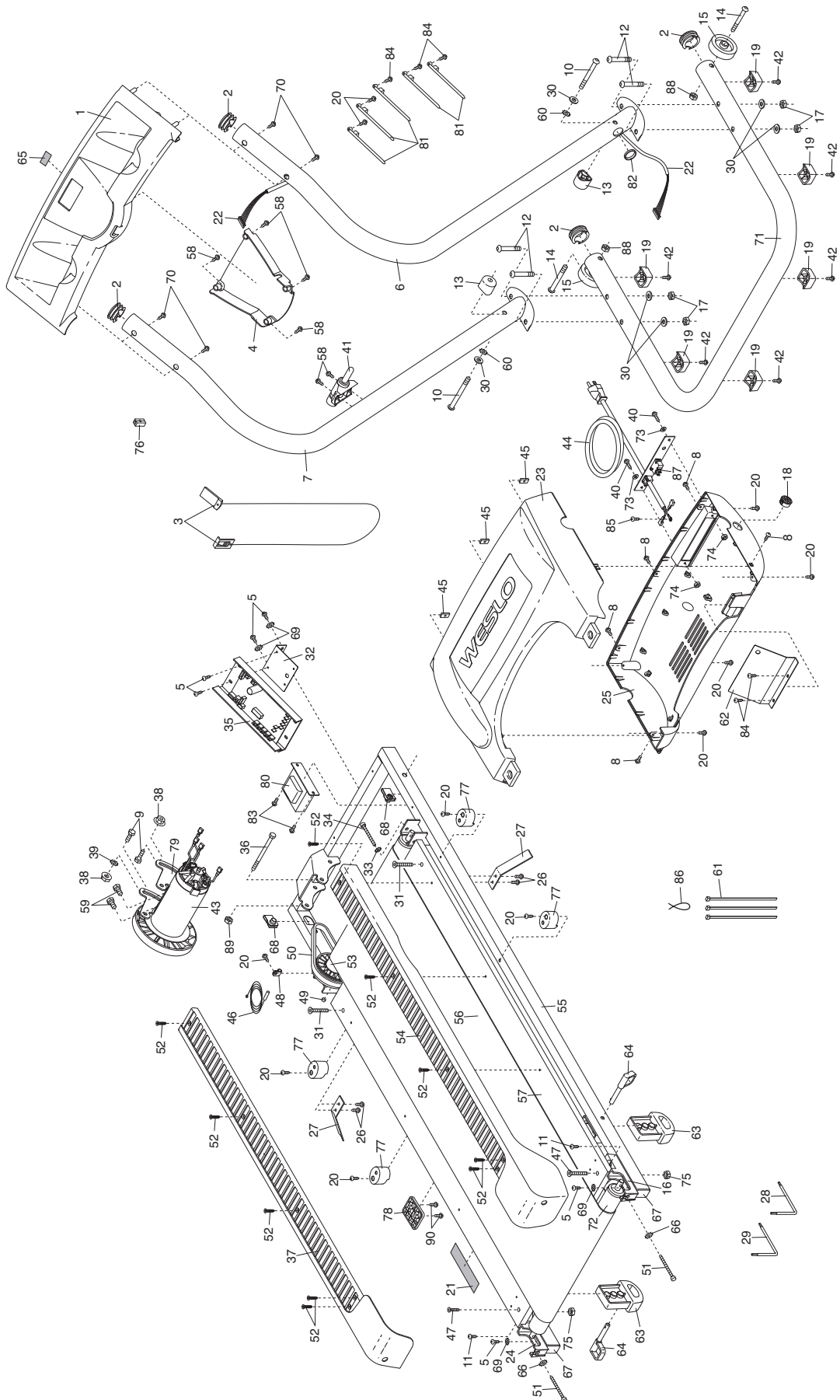
R0908A

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

Specifications are subject to change without notice.
 #These parts are not illustrated.

EXPLODED DRAWING—Model No. WMTL19408.0

R0908A



ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (WMTL19408.0)
- the NAME of the product (WESLO CADENCE 55 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 center of this manual)

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

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

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>