WESLO® CADENCE C78

USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-866-699-3756
Mon.–Fri., 6 a.m.–6 p.m. MST
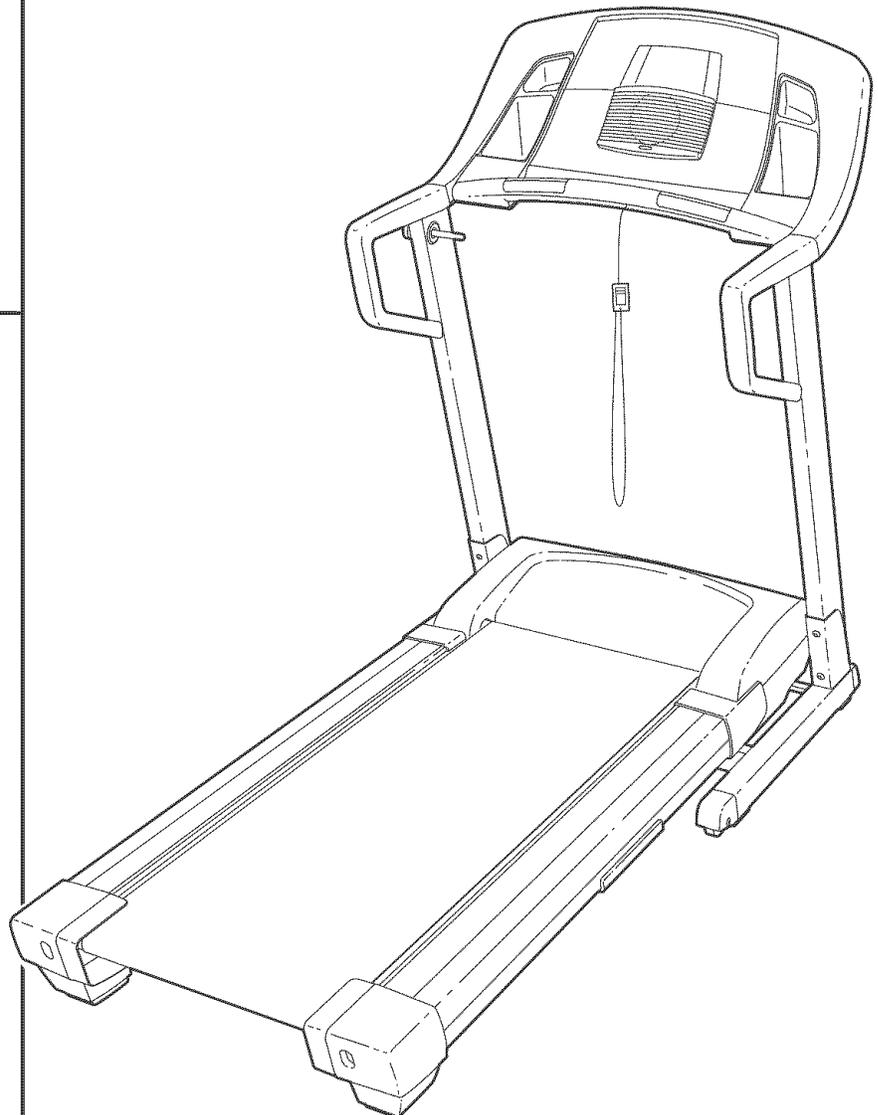
⚠ CAUTION

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

Visit our website at
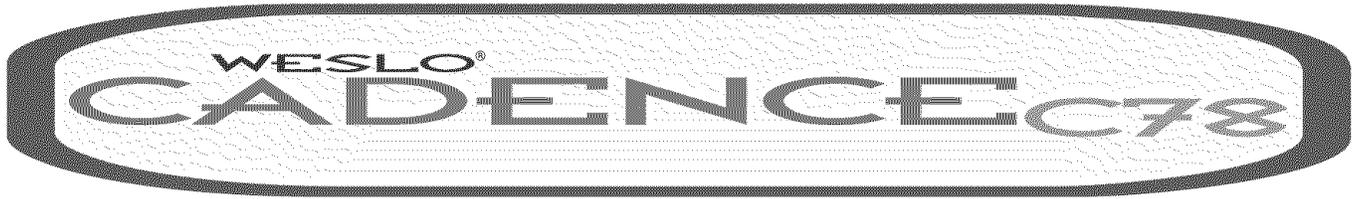**www.weslo.com**
new products, prizes, fitness tips, and much more!

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Note: An EXPLODED DRAWING is attached in the center 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 in this manual.

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

8. 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.*

9. 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.

10. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. To purchase a surge suppressor, see your local WESLO dealer or call 1-866-699-3756 and order part number 146148.

11. 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 or stop unexpectedly, which may result in a fall and serious injury.

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

13. 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 BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)

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

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

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

17. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)

18. 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 21.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

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

20. When using iFIT.com CDs and videos, an electronic "chirping" sound will alert you when the speed of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed changes. In some instances, the speed may change before the personal trainer describes the change.

21. When using iFIT.com CDs and videos, you can manually override the speed setting at any time by pressing the speed buttons. However, when the next "chirp" is heard, the speed will change to the next settings for the CD or video program.

22. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.

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

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

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. The treadmill is intended for in-home use only. Do not use the 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 below have been placed on your treadmill. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-866-699-3756 to order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown actual size.

⚠ CAUTION

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
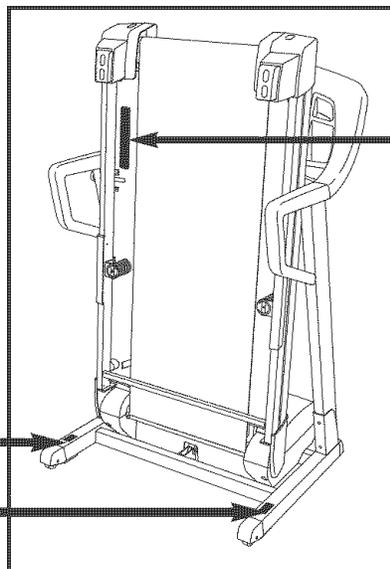
⚠WARNING:

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 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.

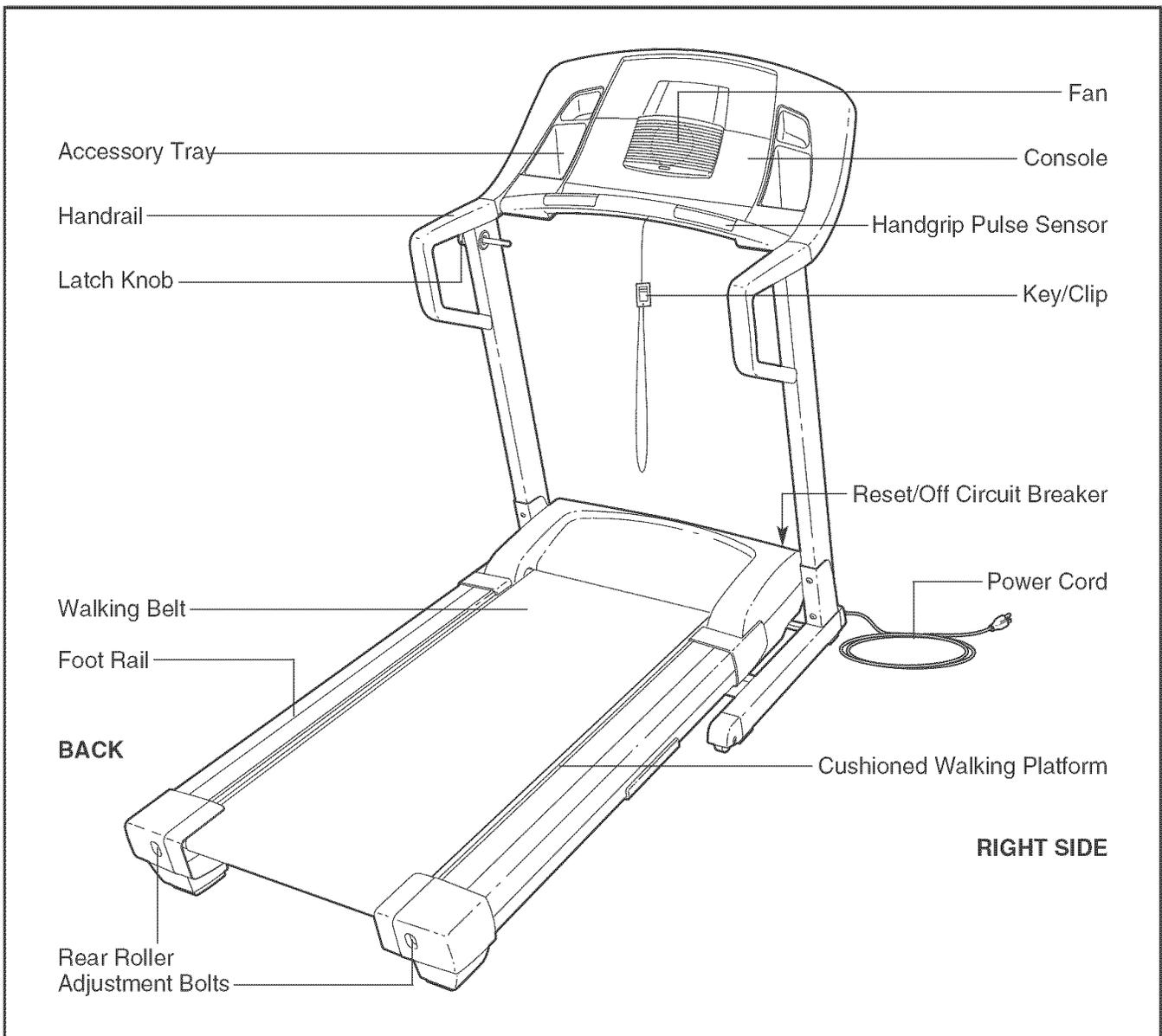- •Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Congratulations for purchasing the WESLO® CA-DENCE C78 treadmill. The CADENCE C78 treadmill offers an impressive array of features to help you achieve your fitness goals in the convenience of your home. From the advanced console to the cushioned walking platform, the CADENCE C78 treadmill is designed to make each workout more effective and enjoyable. And when you're not exercising, the treadmill can be folded away, taking less than half the floor space of conventional treadmills.

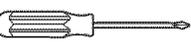**For your benefit, read this manual carefully before**

using the treadmill. If you have questions after reading this manual, call our Customer Service Department toll-free at 1-866-699-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WLTL493040. 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 familiarize yourself with the parts that are labeled in the drawing below.
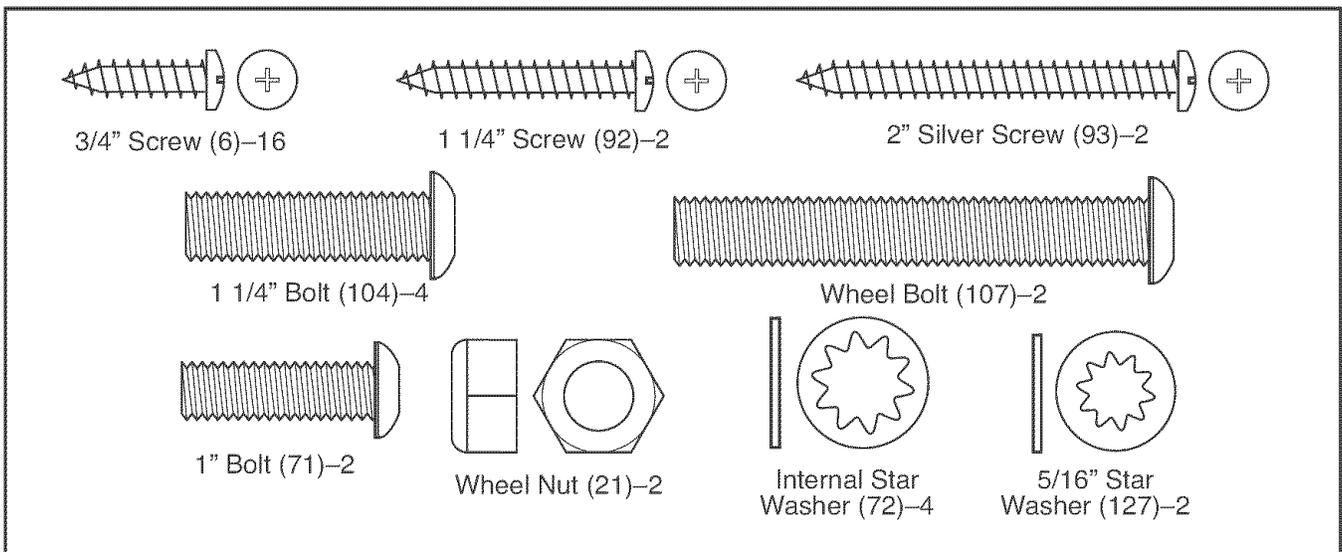
Fan

Accessory Tray

Console

Handrail

Handgrip Pulse Sensor

Latch Knob

Key/Clip

Reset/Off Circuit Breaker

Power Cord

Walking Belt

Foot Rail

BACK

Cushioned Walking Platform

RIGHT SIDE

Rear Roller
Adjustment Bolts

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 is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrenches and your own **phillips screwdriver wire cutters** , **rubber mallet** , **and adjustable wrench** .

For help identifying the assembly hardware, refer to the drawings below. Note: The assembly hardware and other small parts are packaged in separate part bags. **Do not open the part bags until instructed to do so. (The part bags are not labeled according to the order in which they are to be opened.) If a part is not found in the part bags, check to see if the part has been preassembled.**

3/4" Screw (6)–16	1 1/4" Screw (92)–2	2" Silver Screw (93)–2
1 1/4" Bolt (104)–4		Wheel Bolt (107)–2
1" Bolt (71)–2	Wheel Nut (21)–2	Internal Star Washer (72)–4 5/16" Star Washer (127)–2

1. **Open part bag B.** Identify the Right Upright (82) (the Left Upright [69] has a large round hole in the location shown). Lay the Right Upright flat. Cut the plastic ties off the lower end of the Right Upright. Next, feed the Wire Harness (83) into the bottom of the Right Upright and pull it out of the hole in the top. Note: There may be a tie on the end of the Wire Harness to help you pull it through the hole.

   Attach the Right Upright (82) to the bracket on the right side of the Base (109) with two 1 1/4" Bolts (104) and two Internal Star Washers (72). (Note: It may be helpful to use a rubber mallet to fully insert the Right Upright into the bracket.) **Do not tighten the Bolts yet. Be careful not to damage the Wire Harness.**

   Attach the Left Upright (69) to the left side of the Base (109) in the same way. Note: There is not a wire harness on the left side.

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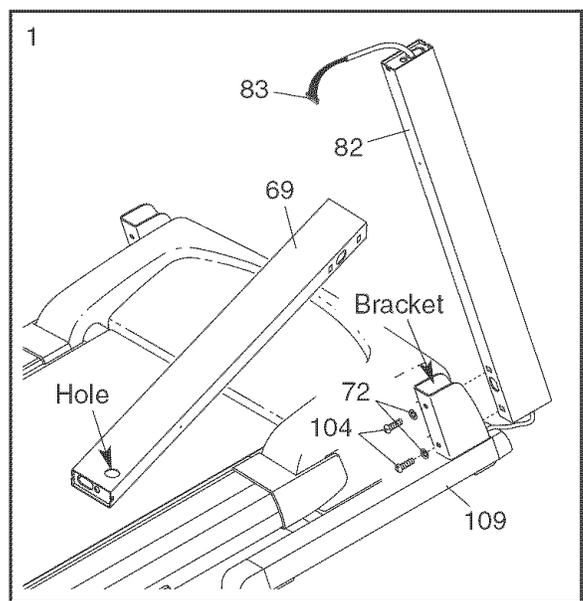
2. **Open part bag C.** See drawing 2a. Locate the Wheel Housings (106). Attach a Wheel (108) to each Wheel Housing with a Wheel Bolt (107) and a Wheel Nut (21) as shown. **Do not overtighten the Wheel Bolts.**

See drawing 2b. Insert a Wheel Housing (106) into the Base (109). (Note: It may be helpful to use a rubber mallet to fully insert the Wheel Housing.) Press a Base Endcap (99) onto the end of the Base.

**Repeat this step on the opposite side of the treadmill.**
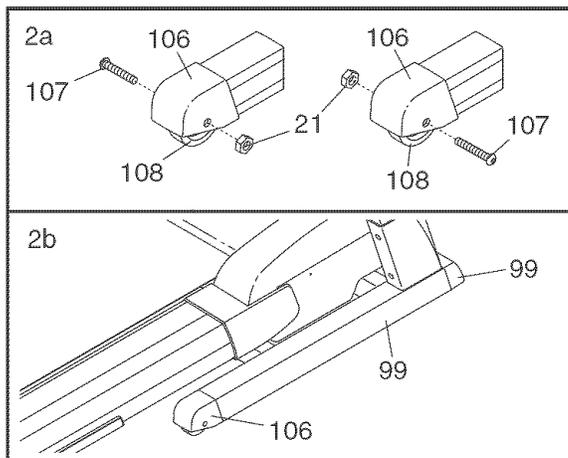
3. With the help of a second person, carefully tip the Uprights (69, 82) down so the treadmill pivots on the Wheels (108) as shown.

Tighten a 3/4" Screw (6) into one side of the Base (109) and one of the Wheel Housings (106). Attach a **long** Rear Base Pad (105) and a **short** Front Base Pad (100) to the Base with four additional 3/4" Screws (6) as shown.

**Repeat this step on the opposite side of the treadmill.**

With the help of a second person, carefully raise the Uprights (69, 82) to the vertical position.
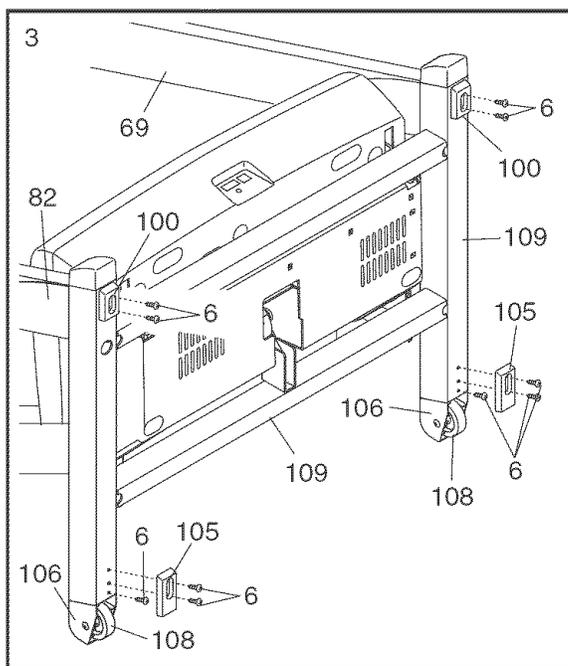
4. With the help of a second person, hold the Console Base (85) near the Uprights (69, 82) as shown.

Connect the Wire Harness (83) to the wire harness in the Right Handrail Bracket (113). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try to connect them again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the wire harness into the Right Upright (82).

Open part bag A. Hold the Handrail Brackets (73, 113) on top of the Uprights (69, 82). Finger tighten two 1" Bolts (71) with 5/16" Star Washers (127) into the Handrail Brackets and the tops of the Uprights as shown. **Press the Handrail Brackets towards the center of the treadmill.** Then, tighten both Bolts.
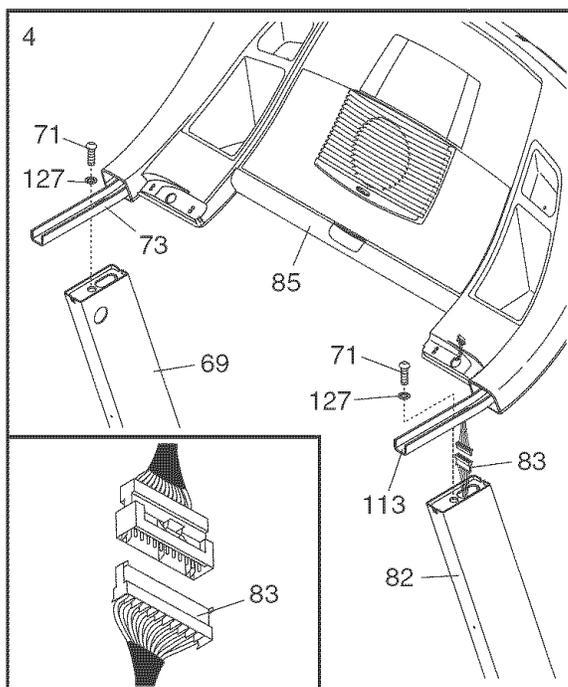
5. Hold the Pulse Bar (125) near the Console Base (85). Connect the Pulse Wire (124) on the Pulse Bar to the indicated wire on the Console Base. **The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try to connect them again. Insert the wires into the hole in the Console Base.

Have a second person hold the Pulse Bar (125) firmly on the Console Base (85). Attach the Pulse Bar to the Console Base with two **1 1/4" Screws (92) in the locations shown. Be careful not to damage the Pulse Wire (124) or the wire on the Console Base.** Next, tighten two 2" Silver Screws (93) into the Console Base and the Pulse Bar in the locations shown. **Note: The correct Screws must be used in the correct locations, or the Pulse Bar may be damaged.**
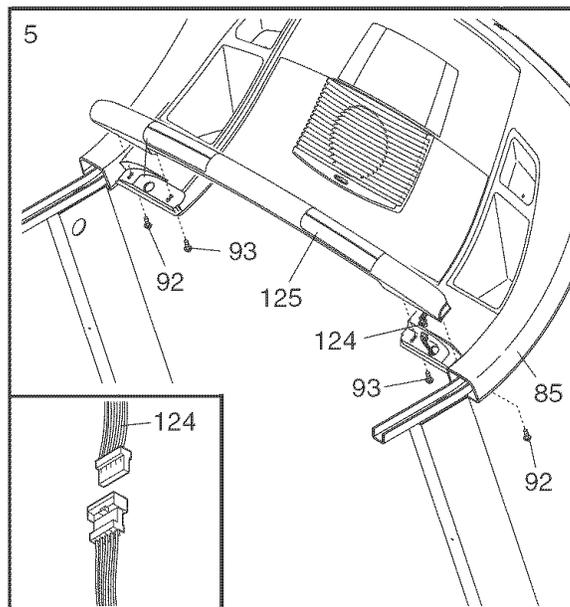
6. Identify the Left and Right Handrails (68, 81) (see the end views of the Handrails in the inset drawing). The curved edges of the Handrails should be on the outside.

Slide the Right Handrail (81) onto the Right Handrail Bracket (113), and press the lip on the front of the Right Handrail under the Console Base (85). (Note: It may be helpful to tip the Right Handrail and to tap it with a rubber mallet to correctly position it.) Tighten three 3/4" Screws (6) into the Right Handrail as shown. Note: It may be necessary to move the lower end of the Right Handrail slightly to align the lower screw hole.

Attach the Left Handrail (68) in the same way.

See assembly step 1. Tighten the four 1 1/4" Bolts (104).
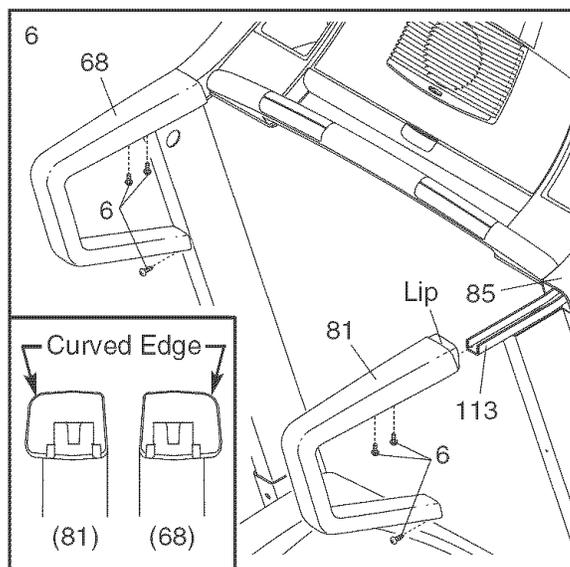
7. Press the Latch Knob Sleeve (75) into the Left Upright (69). Note: It may be helpful to use a rubber mallet to fully insert the Latch Knob Sleeve.

Remove the Latch Knob (70) from the Latch Pin (80). Make sure that the Latch Pin Collar (76) and the Spring (77) are on the Latch Pin. (Note: If there are two Latch Pin Collars, place one on each side of the Spring.) Insert the Latch Pin into the Left Upright (69) and tighten the Latch Knob onto the Latch Pin.
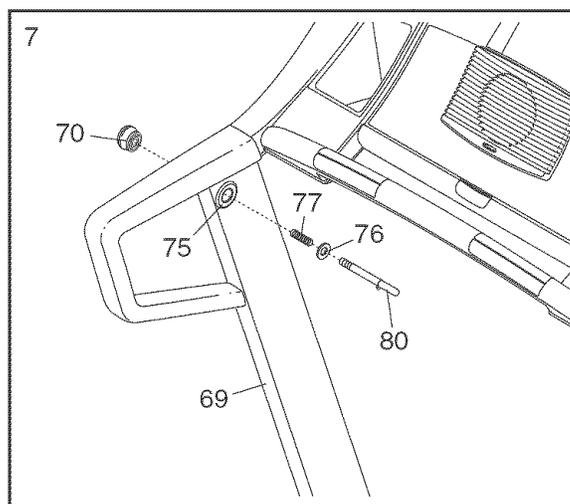
8. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place. The large allen wrench is used to adjust the walking belt (see page 23). To protect the floor or carpet, place a mat under the treadmill.

If you purchase the optional chest pulse sensor (see page 20), follow the steps below to install the receiver and the short jumper wire included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated 3/4" Screw (6) and the Access Door (94) from the back of the Console Back (95).

2. Remove the paper from the adhesive pad on the back of the receiver (A). **Hold the receiver so the small cylinder is near the lower edge of the receiver and is facing the Console (88) as shown.** Firmly press the receiver onto the indicated corner of the Access Door (94). Connect the wire on the receiver to the indicated wire extending from the Console.

3. **Make sure that no wires are pinched.** Reattach the Access Door (94) with the 3/4" Screw (6). The other wires included with the receiver may be discarded.

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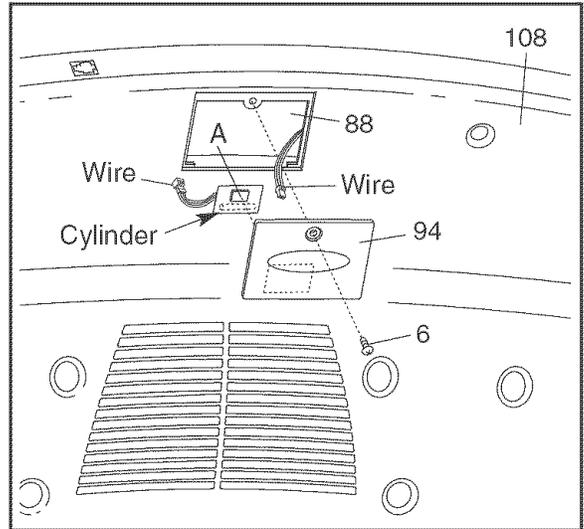
TREADMILL OPERATION

THE PERFORMANT LUBE™ WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

⚠️ **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, see your local WESLO dealer or call toll-free 1-866-699-3756 and order part number 146148.**

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 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.
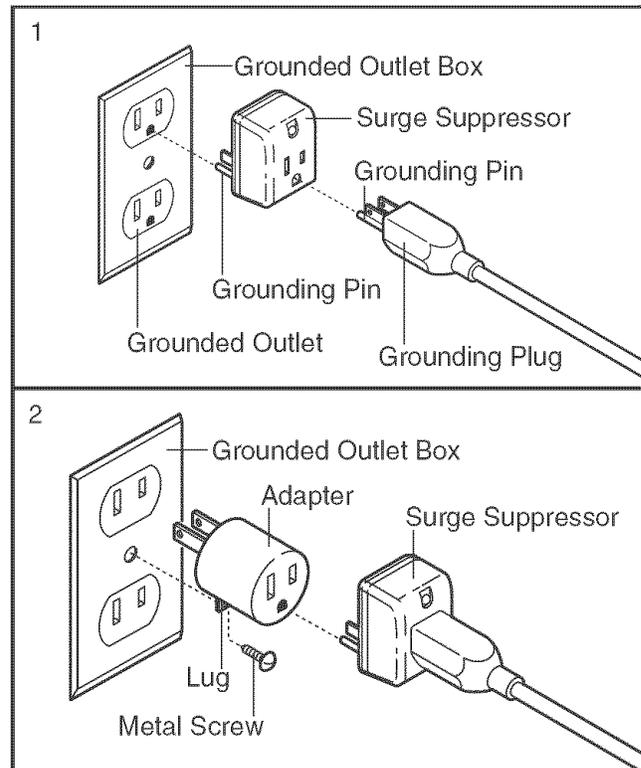
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

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

Note: If there is a thin sheet of plastic on the console, remove it.
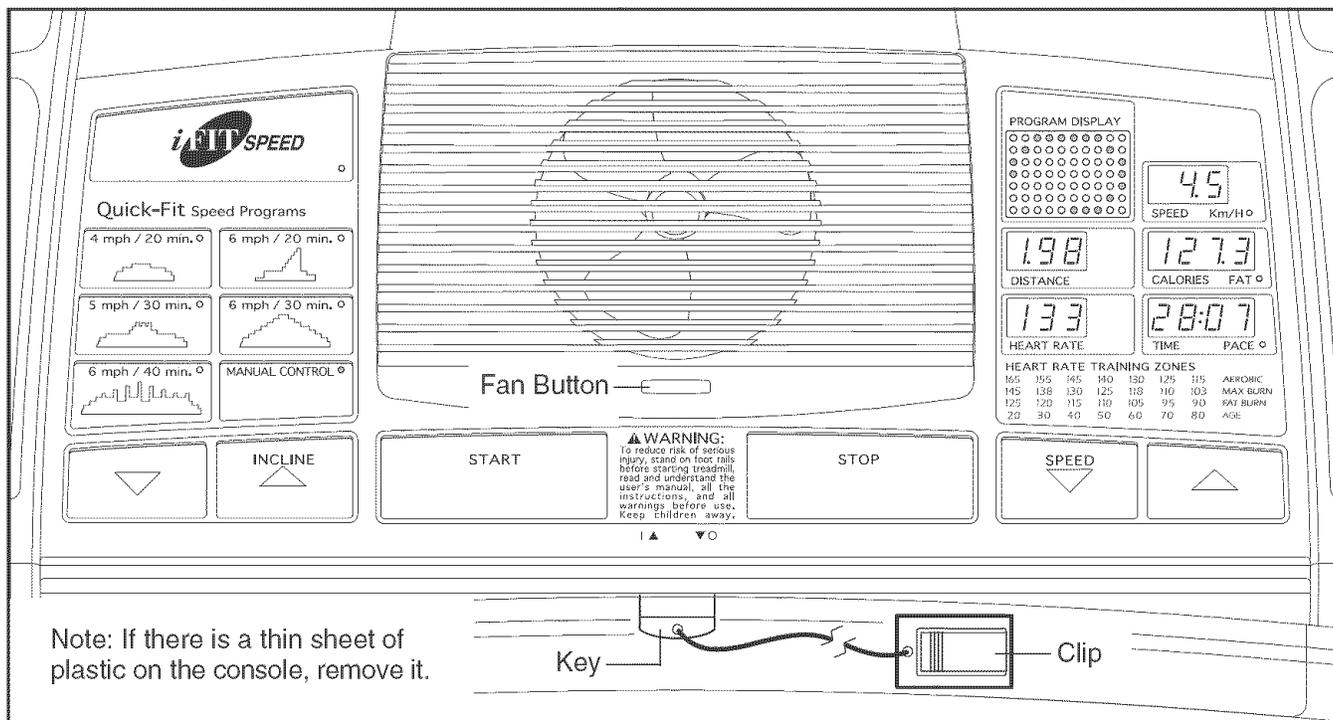
⚠ CAUTION: Before operating the console, read the following precautions.

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

* **Always wear the clip (see the drawing above) 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 a sealed water bottle in the water bottle holder.**

FEATURES OF THE CONSOLE

The easy-to-use console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 20).

Five Quick-Fit speed programs are also offered. Each program automatically controls the speed of the treadmill as it guides you through an effective workout.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed of the treadmill as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, call toll-free 1-866-699-3756.**

With the treadmill connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 12. **To use a Quick-Fit speed program**, see page 13. **To use an iFIT.com CD or video program**, see page 18. **To use an iFIT.com program directly from our Web site**, see page 19.

HOW TO TURN ON THE POWER

1 Plug in the power cord (see page 10).

2 **Move the on/off switch to the on position.**

Locate the reset/off switch on the treadmill near the power cord. Move the switch to the reset position.

Reset Position
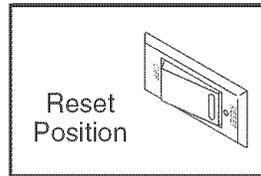
3 Stand on the foot rails of the treadmill.

4 Find the clip attached to the key (see the drawing on page 11), and slide the clip onto the waistband of your clothes. Next, route the cord attached to the clip **under the handgrip pulse sensor,** and insert the key into the console. After a moment, the displays and various indicators will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER above.

2 **Select the manual mode.**

When the key is inserted, the manual mode will be selected and the Manual Control indicator will light. If you have selected a program, press the Manual Control button to reselect the manual mode.

MANUAL CONTROL
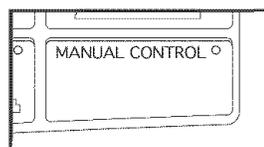
3 **Press the Start button or the Speed △ button to start the walking belt.**

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the

SPEED   Km/H○
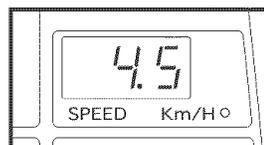
Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. **Note: The console can display speed and distance in either miles or kilometers. For simplicity, all instructions in this section refer to miles.**

To stop the walking belt, press the Stop button. The Time/Pace display will begin to flash. To restart the walking belt, press the Start button or the Speed △ button.

Note: The first time you use the treadmill, inspect the alignment of the walking belt, and align it if necessary (see page 23).

**4** **Change the incline of the treadmill as desired.**

To change the incline of the treadmill, press either of the Incline buttons until the desired incline level is reached.

**5** **Follow your progress with the matrix and the displays.**

The matrix—When the manual mode or the iFIT.com mode is selected, the matrix will show a track representing 1/4 mile. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.
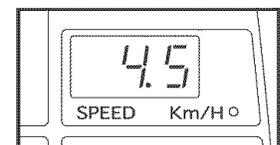
PROGRAM DISPLAY
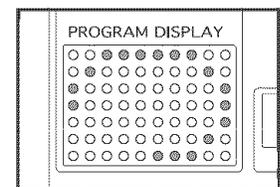
Distance display—This display shows the distance that you have walked or run.

DISTANCE
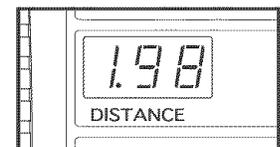
Heart Rate display—This display will show your heart rate when you use the handgrip pulse sensor (see step 6 on page 13) or the optional chest pulse sensor (see page 20).

HEART RATE
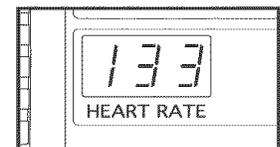
Speed display—This display shows the speed of the walking belt.

SPEED   Km/H○

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Note: When the Km/H indicator below the Speed display is lit, the console will display speed and distance in kilometers; when the Km/H indicator is not lit, the console will display speed and distance in miles. To change the unit of measurement, first hold down the Stop button and insert the key into the console. An "E" for English miles or an "M" for metric kilometers will appear in the Speed display. Press the Speed △ button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.
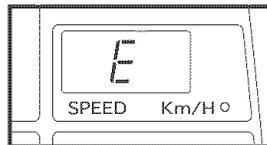
Calories display—This display shows the approximate numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 24). The display will change from one number to the other every few seconds. The FAT indicator will light when the number of fat calories is shown.
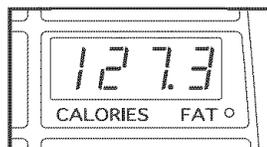
Time/Pace display—When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time. When a Quick-Fit speed program is selected, the display will show the time remaining in the program.

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

6 **Measure your heart rate if desired.**

You can measure your heart rate using either the handgrip pulse sensor or the optional chest pulse sensor.

To use the handgrip pulse sensor, first make sure that your hands are clean. Next, **stand on the foot rails** and hold the handgrip pulse sensor, with your hands on the metal contacts. **Avoid moving your hands.** When your pulse is detected, two dashes (– –) will appear in the Heart Rate display, and then your heart rate
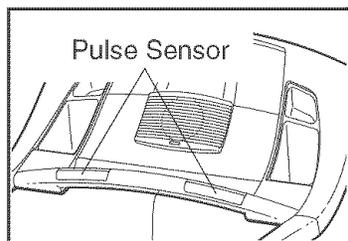
will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 **Turn on the fan if desired.**

To turn on the fan, press the button below the fan. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: A few minutes after the walking belt is stopped, the fan will automatically turn off.

8 **When you are finished exercising, remove the key.**

Step onto the foot rails and press the Stop button. **Adjust the incline of the treadmill to the lowest setting. If this is not done, the treadmill may be damaged when it is folded to the storage position.** Next, remove the key from the console and put it in a secure place. Move the reset/off switch near the power cord to the off position and unplug the power cord.

HOW TO USE A QUICK-FIT SPEED PROGRAM

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

See HOW TO TURN ON THE POWER on page 12.

2 **Select a Quick-Fit speed program.**

When the key is inserted, the manual mode will be selected. To select a Quick-Fit speed program, press one of the five program buttons; the indicator on the button you press will light. Note: The program buttons show the maximum speed setting of each program, the number of minutes each program will last, and a graph of the speed settings of each program.

13
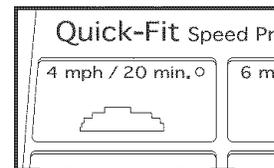
When a program is selected, the Speed display will flash the maximum speed setting of the program for a few seconds, the Time/Pace display will show how long the program will last, and the matrix will show the first seven speed settings of the program.
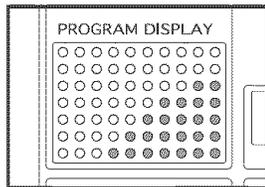
3 Press the Start button or the Speed △ button to start the program.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

Each program is divided into several time periods of different lengths. One speed setting is programmed for each period. (The same speed setting may be programmed for two or more consecutive periods.) The speed setting for the first period will be shown in the flashing Current Period column of the matrix. The speed settings for the next seven periods will be shown in the columns to the right.
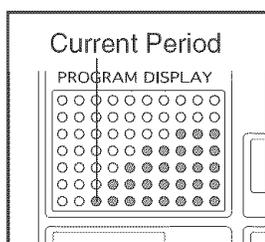
When only three seconds remain in the first period of the program, the Speed display will flash, the Current Period column and the column to the right will flash, and a series of tones will sound. When the first period ends, *all speed settings will move one column to the left*. The speed setting for the second period will then be shown in the flashing Current Period column, and the walking belt will automatically adjust to the speed setting for the second period. Note: If the same speed setting is programmed for the second period, the Speed display will not flash and the column to the right of the Current Period column will not flash during the last three seconds of the current period.

Note: If all of the indicators in the Current Period column are lit after the speed settings have moved to the left, *the speed settings will move downward so that only the highest indicators in the columns appear in the matrix*. If some indicators in the

Current Period column are not lit after the speed settings have moved to the left again, the speed settings will move back up.

To change the incline of the treadmill during the program, press the Incline buttons until the desired incline level is reached.

The program will continue until the speed setting for the last period is shown in the Current Period column and the current period ends. The walking belt will then slow to a stop.

Note: If the speed setting is too high or too low during the program, you can manually override the setting by pressing the Speed buttons. Every few times a button is pressed, an additional indicator will light or darken in the Current Period column. (If any of the columns to the right of the Current Period column have the same number of lit indicators as the Current Period column, an additional indicator may light or darken in those columns as well.) **Important: When the current period of the program ends, the treadmill will automatically adjust to the speed setting for the next period.**

To stop the program, press the Stop button. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed △ button. After a moment, the walking belt will begin to move at 1 mph. When the next period of the program begins, the walking belt will automatically adjust to the speed setting for the next period.

4 Follow your progress with the displays.

See step 5 on page 12.

5 Measure your heart rate if desired.

See step 6 on page 13.

6 Turn on the fan if desired.

See step 7 on page 13.

7 When you are finished exercising, remove the key.

See step 8 on page 13.

HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 15 and 16 for connecting instructions. **To use iFIT.com video-cassettes**, the treadmill must be connected to your VCR. See page 17 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 16 for connecting instructions.
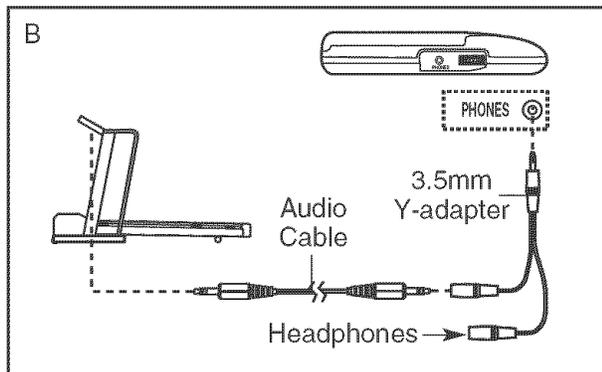
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
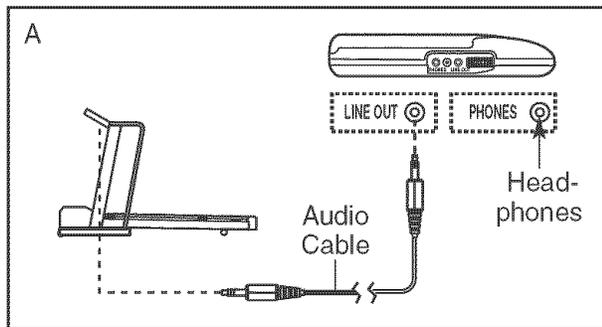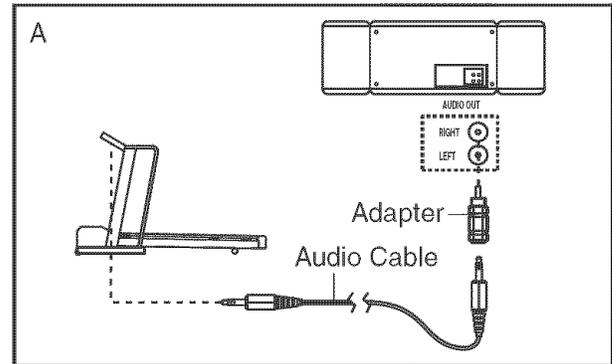

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.
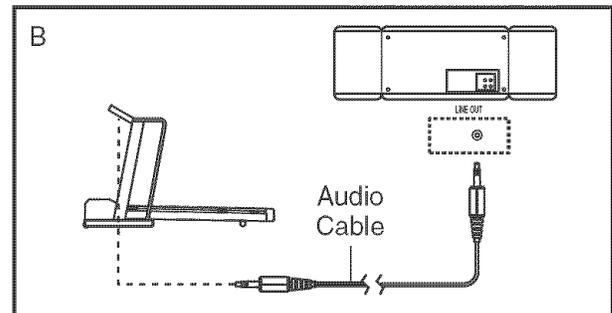

HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.
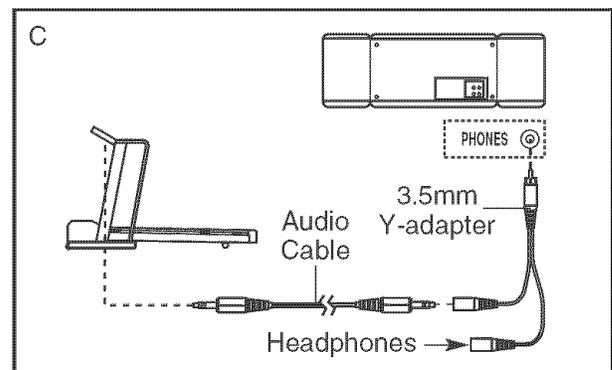
A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo.

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.
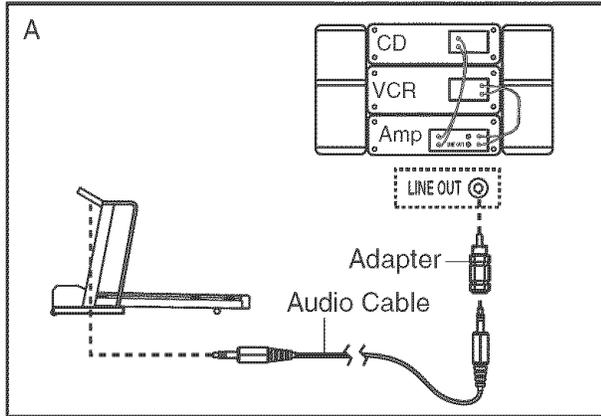

C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.
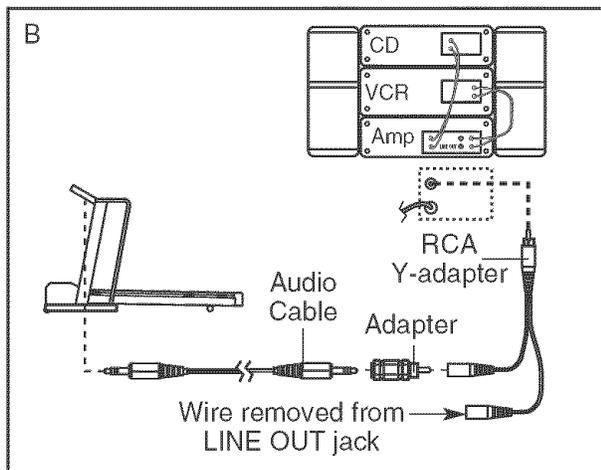

15

HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into the LINE OUT jack on your stereo.
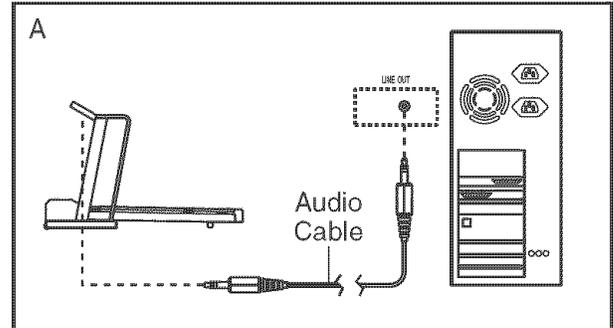

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.

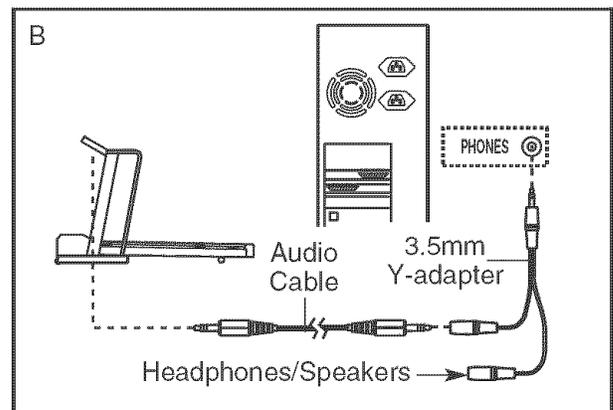## HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.
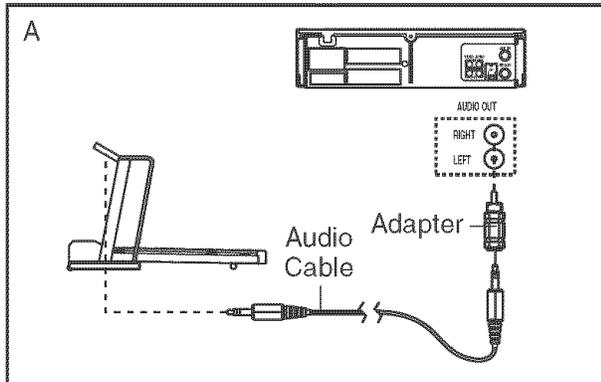

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.
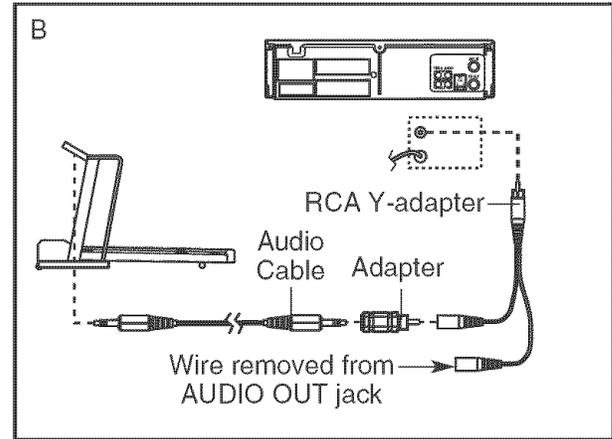
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 16.

A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.

B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.

HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on pages 15 -17. **Note: IFIT.com CD and video programs will control only the speed of your treadmill. To purchase iFIT.com CDs or videocassettes, call toll-free 1-866-699-3756.**
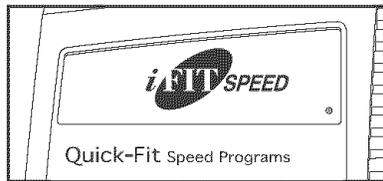
Follow the steps below to use an iFIT.com CD or video program.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use iFIT.com CDs or videocassettes, press the large iFIT.com button; the indicator on the button will light.

3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time/Pace display is flashing, press the Start button or the Speed △ button on the console. The treadmill will not respond to a CD or video program while the Time/Pace display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared**

for speed changes. In some instances, the speed may change before the personal trainer describes the change.

If the speed setting is too high or too low, you can manually override the setting by pressing the Speed buttons on the console. However, **when the next "chirp" is heard, the speed will change to the next setting of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed △ button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed will change to the next setting of the CD or video program**.

When the CD or video program is completed, the walking belt will stop and the Time/Pace display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1.

Note: If the speed of the walking belt does not change when a "chirp" is heard:

• **Make sure that the iFIT.com indicator is lit and that the Time/Pace display is not flashing. If the Time/Pace display is flashing, press the Start button or the Speed △ button on the console.**

• **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

• **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

5 Follow your progress with the matrix and the displays.

See step 5 on page 12.

6 When you are finished exercising, remove the key.

See step 8 on page 13.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player or VCR when you are finished using them.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access programs directly from the internet. See www.iFIT.com for details. **Note: Programs will control only the speed of your treadmill.**

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 16. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

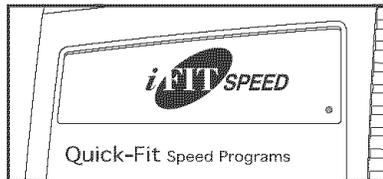Follow the steps below to use a program from our Web site.

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

See HOW TO TURN ON THE POWER on page 12.

2 **Select the iFIT.com mode.**

When the key is inserted, the manual mode will be selected. To use a program from our Web site, press the large iFIT.com button; the indicator on the button will light.

iFIT SPEED

Quick-Fit Speed Programs

3 **Go to your computer and start an internet connection.**

4 **Start your web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.**

When the on-screen countdown ends, the program will start and the walking belt will begin to move. Hold the handrails and begin walking. During the program, an electronic "chirping" sound will alert you when the speed of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed changes.**

If the speed setting is too high or too low, you can manually override the setting by pressing the Speed buttons on the console. **However, when the next "chirp" is heard, the speed will change to the next setting for the program.**

To stop the walking belt, press the Stop button on the console. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed △ button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed will change to the next setting for the program.**

When the program is completed, the walking belt will stop and the Time/Pace display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed of the treadmill does not change when a "chirp" is heard, make sure that the iFIT.com indicator is lit and that the Time/Pace display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 **Follow your progress with the matrix and the displays.**

See step 5 on page 12.

**9** **When you are finished exercising, remove the key.**

See step 8 on page 13.

THE INFORMATION MODE

The console features an information mode that keeps track of the total number of hours that the treadmill has been used and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour.

To select the information mode, hold down the Stop button and insert the key into the console. When the information mode is selected, the following information will be shown:
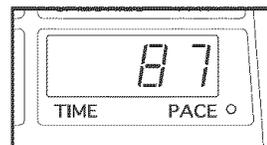
The Distance display will show the total number of miles (or kilometers) that the walking belt has moved.
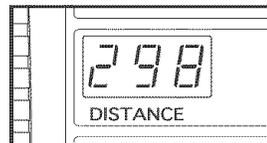
An "E" for english miles or an "M" for metric kilometers will appear in the Speed display. Press the Speed △ button to change the unit of measurement.
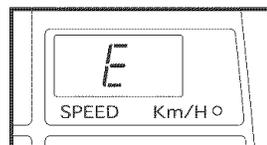
The Time/Pace display will show the total number of hours that the treadmill has been used.

To exit the information mode, remove the key from the console.

THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate while you exercise on the treadmill. **To purchase a chest pulse sensor, call toll-free 1-866-699-3756.**
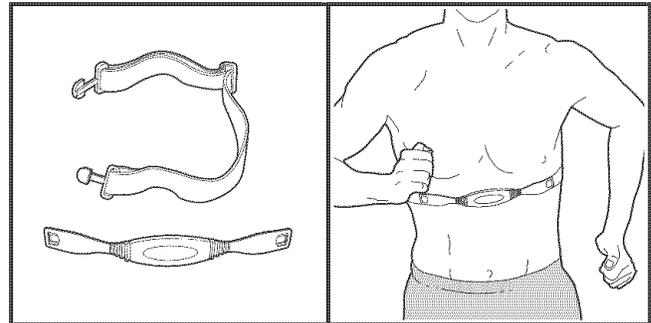
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, 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 treadmill in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.
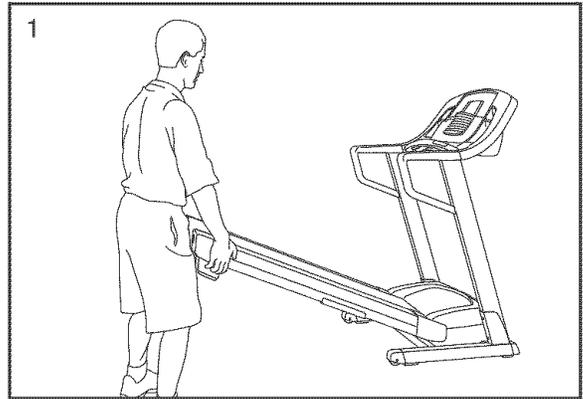
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the frame is past the latch pin. Slowly release the latch knob. **Make sure that the frame is securely held by the latch pin.**

   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° Fahrenheit.
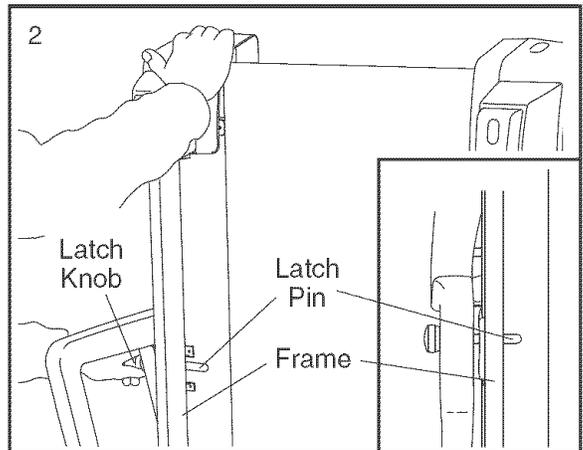
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is securely held by the latch pin.**

1. Hold the upper ends of the handrails. Place one foot on the base as shown.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.
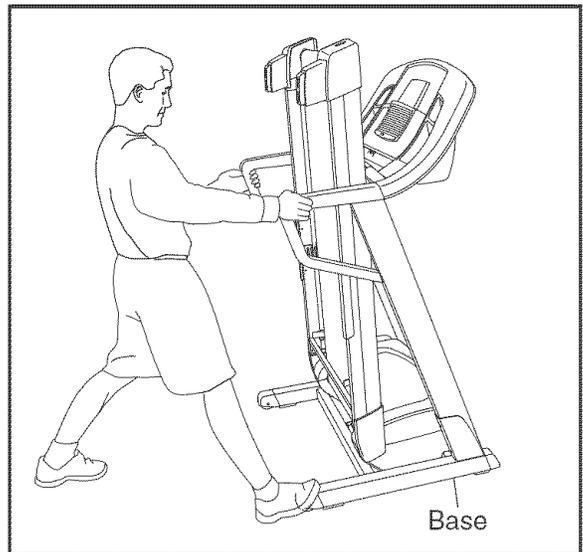
HOW TO LOWER THE TREADMILL FOR USE

1. See drawing 2 above. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin.

2. See drawing 1 above. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

TROUBLESHOOTING

Most treadmill problems can be solved by following the instructions below. If further assistance is needed, please call our Customer Service Department toll-free at 1-866-699-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

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 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. Make sure that the key is fully inserted into the console.

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

Off   Reset
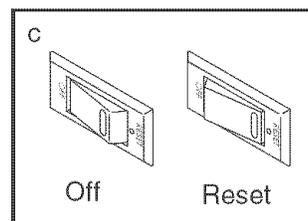
**PROBLEM:** The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console and then reinsert it.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip the Base (109) down as shown. Remove the four Long Belly Pan Screws (121). Note: A phillips screwdriver with at least a 5" shaft is required.
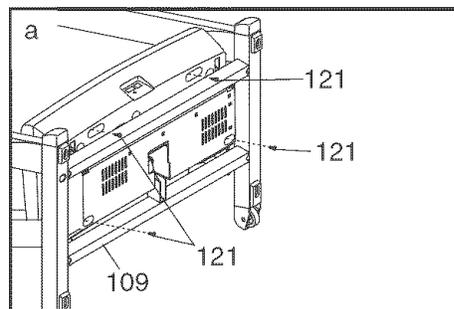
With the help of a second person, carefully raise the Upright (82) as shown. Carefully pivot the Hood (39) off.
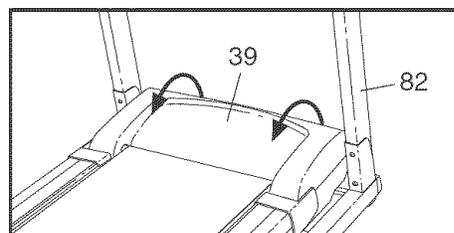
Locate the Reed Switch (24) and the Magnet (18) on the left side of the Pulley (120). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (25) and move the Reed Switch slightly. Retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.

Top View
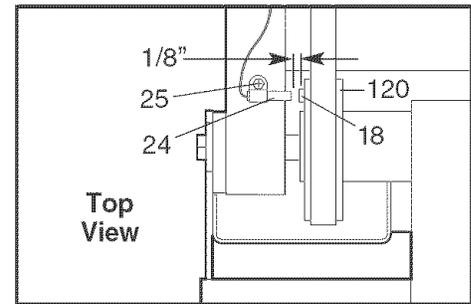
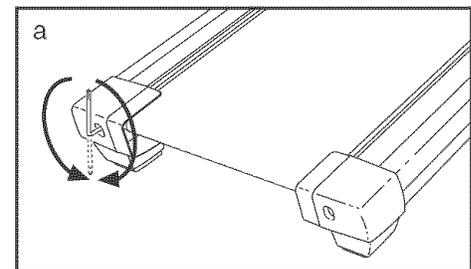**PROBLEM:** **The walking belt slows when walked on**

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10.

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

Rear Roller Adjustment Bolts
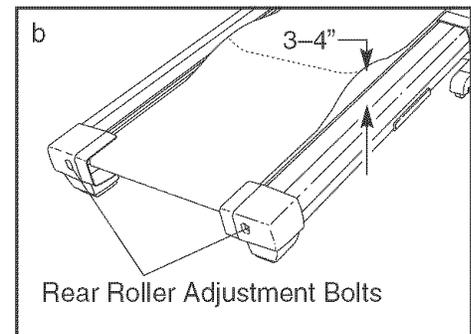
PROBLEM: **The walking belt is off-center or slips when walked on**

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD.** Using the allen wrench, turn both rear roller bolts clockwise 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
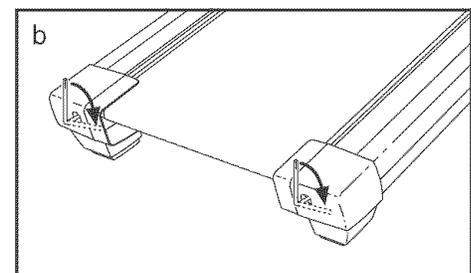
EXERCISE GUIDELINES

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

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the handgrip pulse sensor. If your heart rate is too high or too low, adjust the speed or incline of the treadmill.

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 or incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed or incline of the treadmill until your heart rate is near the middle number 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 or incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

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

EXERCISE FREQUENCY

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

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. Rest the sole of your other foot 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.
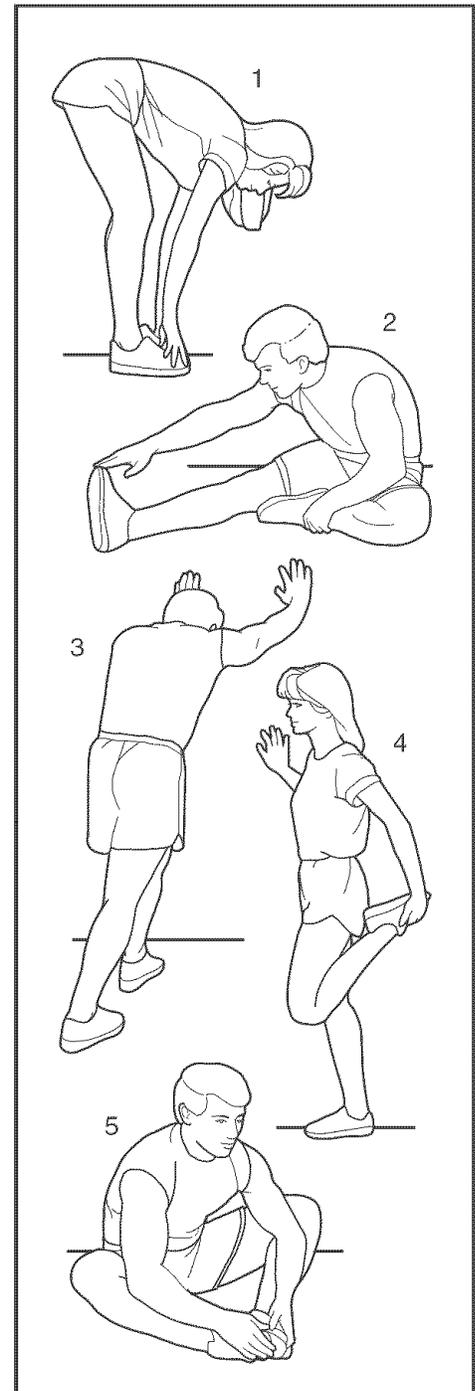
PART LIST—Model No. WLTL493040

To locate the parts listed below, see the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Cover	56	1	Right Foot Rail
2	1	Left Foot Rail	57	1	Rear Roller
3	1	Left Front Endcap	58	1	Right Rear Foot
4	2	Belt Guide	59	1	Allen Wrench
5	4	Belt Guide Screw	60	2	Rear Roller Adj. Bolt
6	45	3/4" Screw	61	2	Rear Roller Washer
7	1	Left Decal Holder	62	1	Right Rear Endcap
8	2	Cushion Spring	63	1	Left Rear Foot
9	4	Catch Screw/Isolator Screw	64	1	Left Rear Endcap
10	1	Warning Deal	65	2	Small Endcap Screw
11	2	Rear Platform Bolt	66	2	Endcap Washer
12	1	Latch Catch	67	4	Front Endcap Screw
13	2	Spring Bolt (Bottom)	68	1	Left Handrail
14	2	Spring Bolt (Top)	69	1	Left Upright
15	2	Front Isolator	70	1	Latch Knob
16	2	Front Platform Screw	71	2	1" Bolt
17	2	Platform Pivot Bolt	72	4	Internal Star Washer
18	1	Magnet	73	1	Left Handrail Bracket
19	2	1.5" Console Screw	74*	1	Latch Assembly
20	1	Motor Pivot Bolt	75	1	Latch Knob Sleeve
21	7	Wheel Nut	76	1	Latch Pin Collar
22	2	Frame Spacer	77	1	Latch Spring
23	1	Reed Switch Clip	78	1	Jack
24	1	Reed Switch	79	1	Pin Clip
25	1	Reed Switch Screw	80	1	Latch Pin
26	1	Lift Frame	81	1	Right Handrail
27	1	Motor Tension Nut	82	1	Right Upright
28	1	Motor	83	1	Wire Harness
29	1	Pulley/Flywheel/Fan	84	1	Left Accessory Tray
30	1	Motor Belt	85	1	Console Base
31*	1	Motor Assembly	86	1	Incline Clevis Pin
32	1	Motor Tension Bolt	87	1	Fan
33	1	Motor Tension Washer	88	1	Console
34	1	Motor Star Washer	89	1	Fan Housing
35	2	Motor Bracket Bolt	90	1	Right Accessory Tray
36	10	Small Screw	91	1	Key/Clip
37	2	Ground Wire	92	2	1 1/4" Screw
38	1	Transformer	93	2	2" Sliver Screw
39	1	Hood	94	1	Access Door
40	1	Controller	95	1	Console Back
41	1	Power Cord	96	1	Tie Holder
42	1	iFIT.com Wire Nut	97	1	Releasable Tie
43	1	iFIT.com Wire	98	1	Plastic Tie
44	1	Power Cord Grommet	99	2	Base Endcap
45	2	Static Decal	100	2	Front Base Pad
46	1	Reset/Off Switch	101	2	Clevis Pin
47	3	Belly Pan Screw	102	3	Hairpin Cotter
48	1	Belly Pan	103	4	Cage Nut
49	1	Photo Switch Wire	104	4	1 1/4" Bolt
50	1	Filter Wire	105	2	Rear Base Pad
51	1	Right Front Endcap	106	2	Wheel Housing
52	1	Walking Belt	107	2	Wheel Bolt
53	1	Walking Platform	108	2	Wheel
54	1	Frame	109	1	Base
55	2	Platform Nut	110	1	Incline Stop Bracket

Key No.	Qty.	Description
111	2	Incline Motor Bolt
112	1	Incline Motor
113	1	Right Handrail Bracket
114	1	Right Decal Holder
115	1	5/16" Allen Wrench
116	1	iFIT.com Cable
117	1	Motor Bracket
118	2	J-Nut
119	1	Front Roller Adj. Bolt
120	1	Front Roller/Pulley
121	4	Long Belly Pan Screw
122	1	Controller Wire
123	2	Rear Roller Star Washer
124	1	Pulse Wire

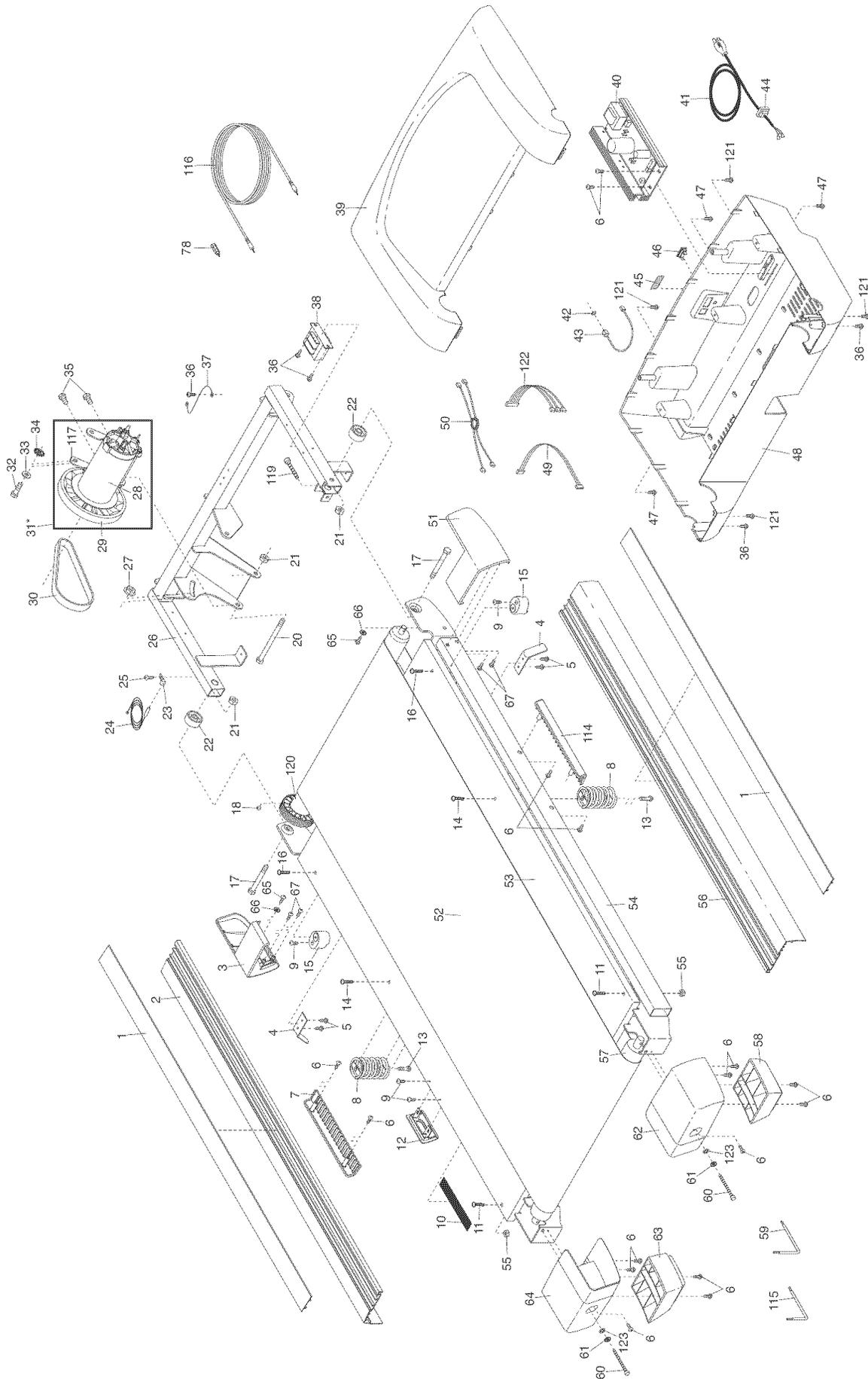| Key No.	Qty.	Description
125	1	Pulse Bar
126	2	Caution Decal
127	2	5/16" Star Washer
#	1	10" Blue Wire, 2 F
#	1	4" Blue Wire, 2 F
#	1	4" Black Wire, M/F
#	1	4" Red Wire, M/F
#	1	12" Green Wire, F/Ring
#	1	User's Manual

* Includes all parts shown in the box
\# These parts are not illustrated

Specifications are subject to change without notice.
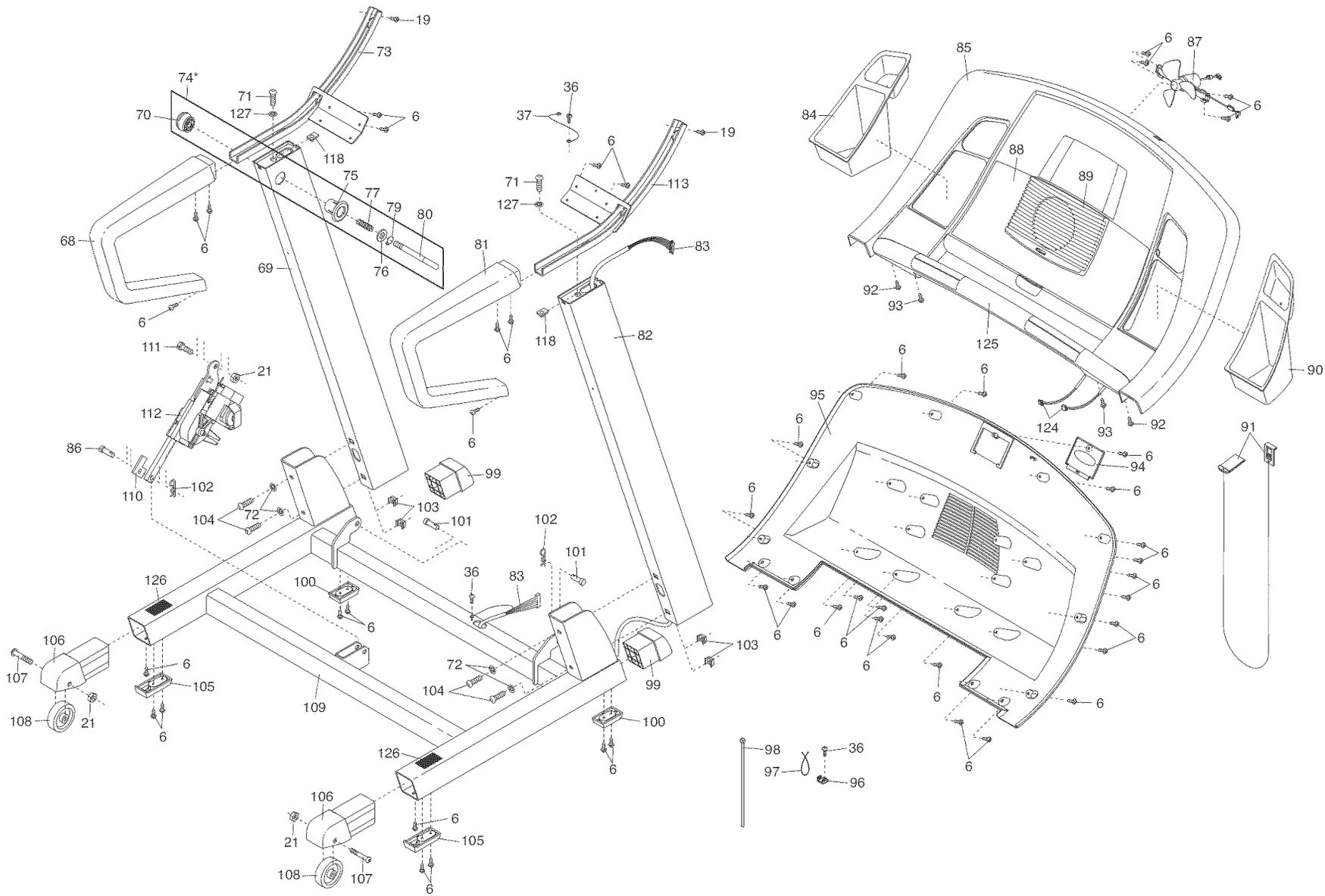
ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-866-699-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

* The MODEL NUMBER of the product (WLTL493040)

* The NAME of the product (WESLO® CADENCE C78 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 on page 26 and the EXPLODED DRAWING in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from 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. 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 states 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 states 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 state to state.

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