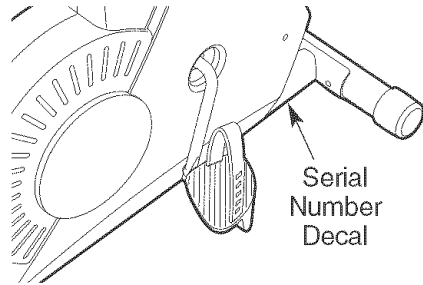


WESLO® pursuit 330

Model No. 831.215000

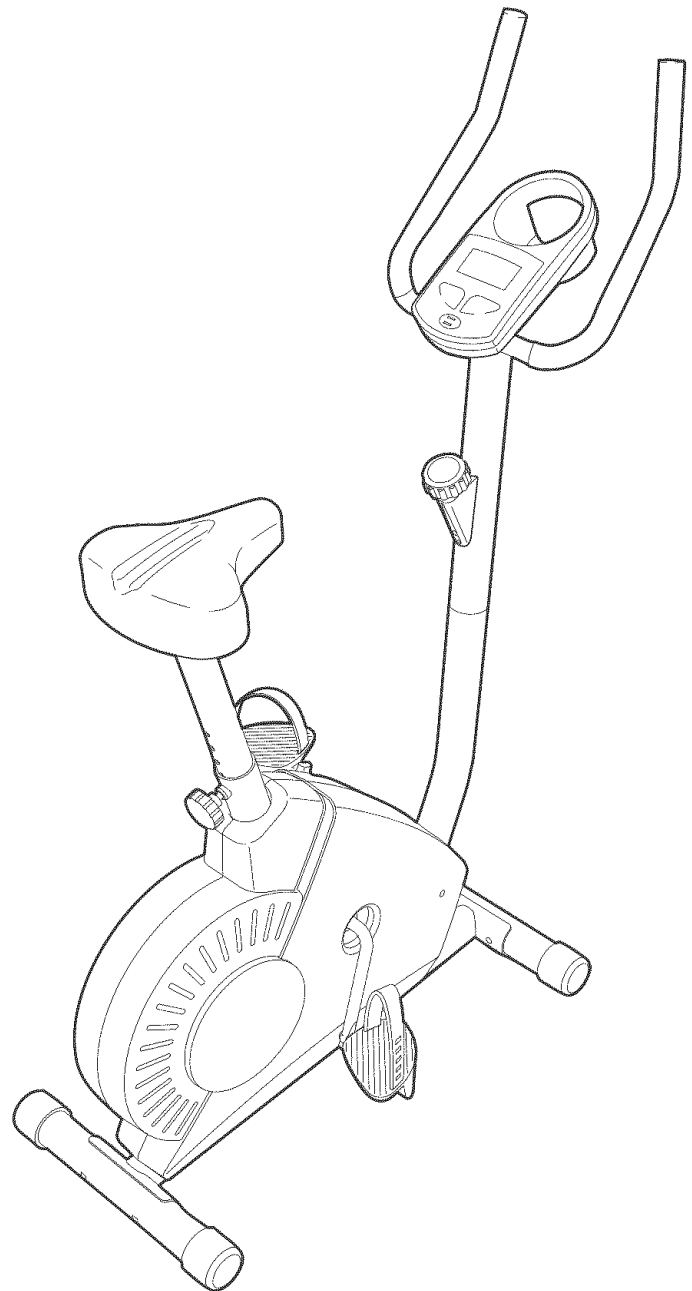
Serial No. _____

Write the serial number in the space above for reference.



BIKE EXERCISER User's Manual

- Assembly
- Operation
- Maintenance
- Part List and Drawing



▲ CAUTION

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

Sears, Roebuck and Co., Hoffman Estates, IL 60179

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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle. Use the exercise cycle only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
4. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the exercise cycle at all times.
7. The exercise cycle should not be used by persons weighing more than 250 pounds.
8. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. 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.
10. Always keep your back straight when using the exercise cycle; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. The exercise cycle does not have a freewheel; the pedals will continue to move until the fly-wheel stops.
13. The decal shown on page 3 has been placed on the exercise cycle. If the decal is missing, or if it is not legible, please call toll-free 1-866-699-3756 and order a free replacement decal. Apply the decal in the location shown.

⚠ 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. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

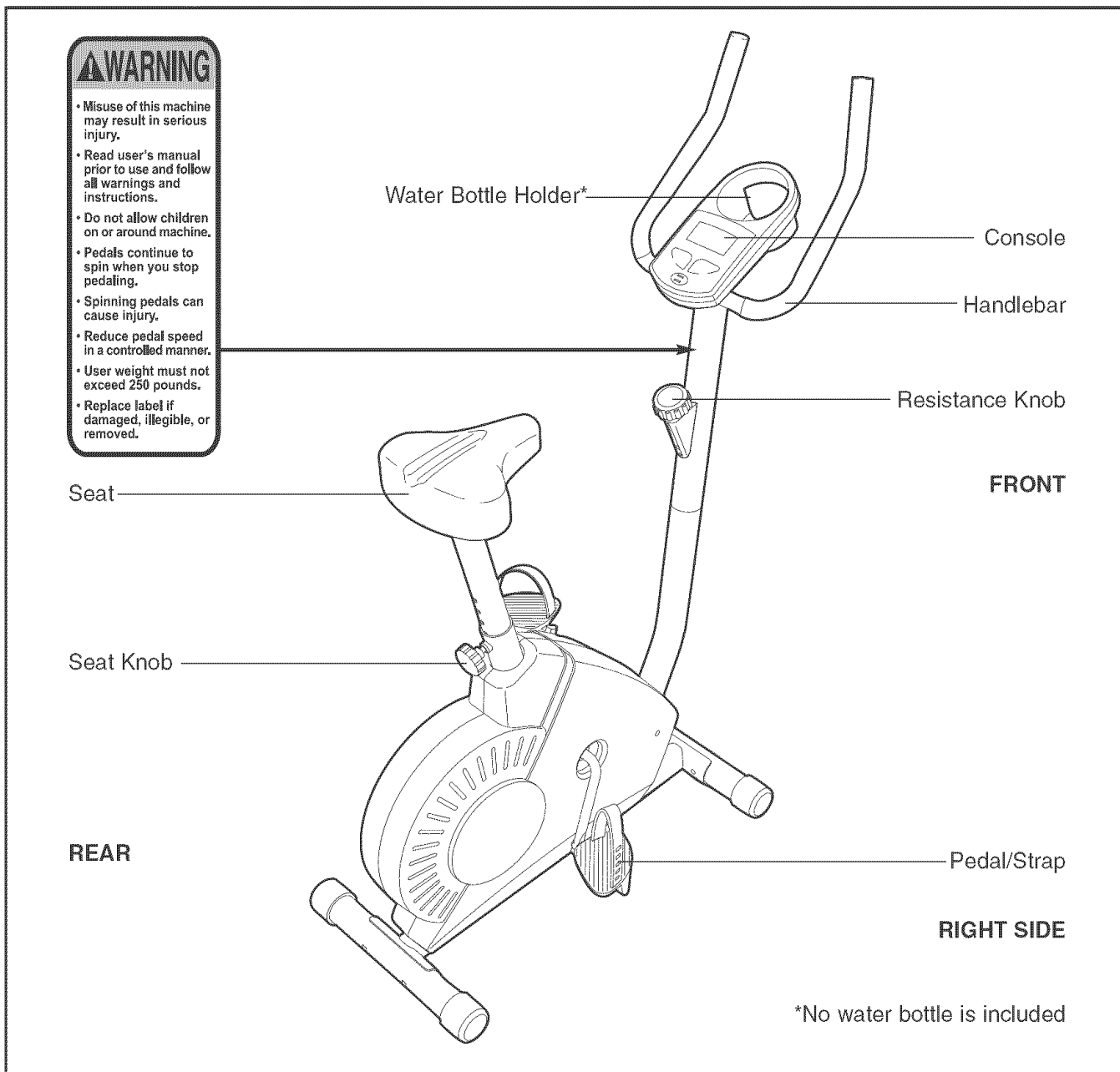
BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® PURSUIT 330 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The PURSUIT 330 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions




after reading this manual, please call 1-800-4-MY-HOME® (1-800-469-4663). To help us assist you, please note the product model number and serial number before calling. The model number is 831.215000. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).

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

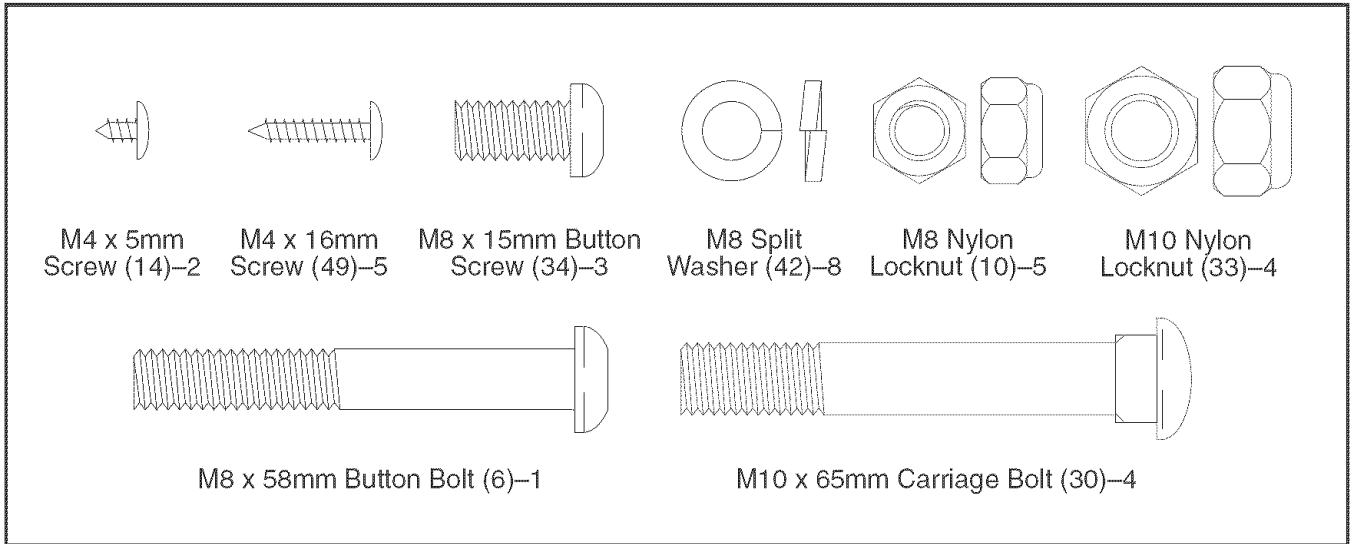


ASSEMBLY

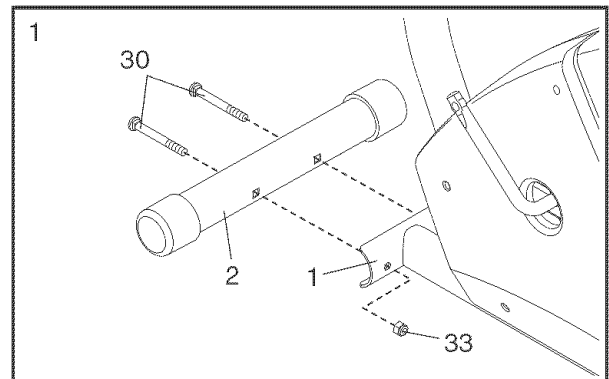
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

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

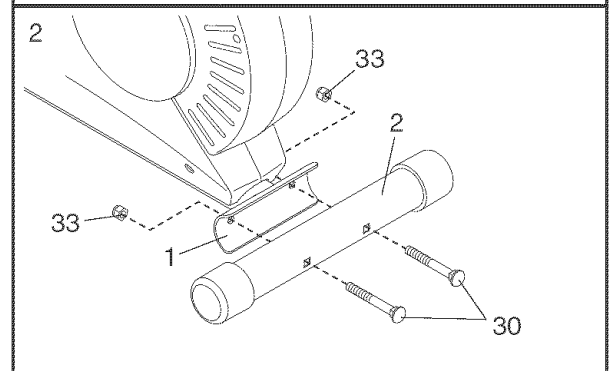
Use the drawings below to identify the small parts used for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 14. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled. If a part is missing, call toll-free 1-866-699-3756.**



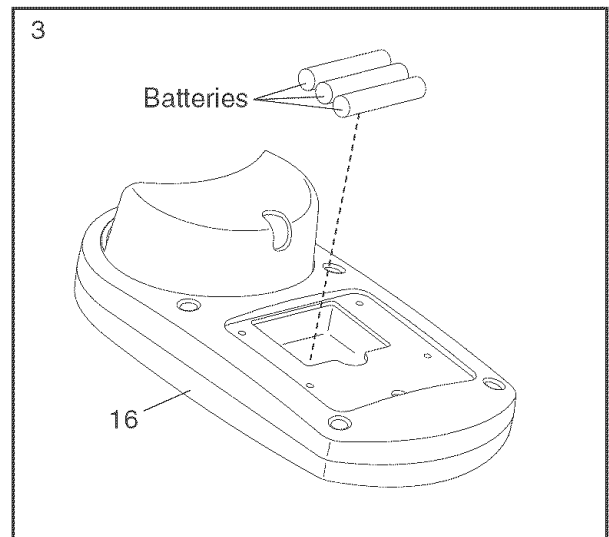
1. While another person lifts the front of the Frame (1) slightly, attach a Stabilizer (2) with two M10 x 65mm Carriage Bolts (30) and two M10 Nylon Locknuts (33).



2. While another person lifts the rear of the Frame (1) slightly, attach a Stabilizer (2) with two M10 x 65mm Carriage Bolts (30) and two M10 Nylon Locknuts (33).

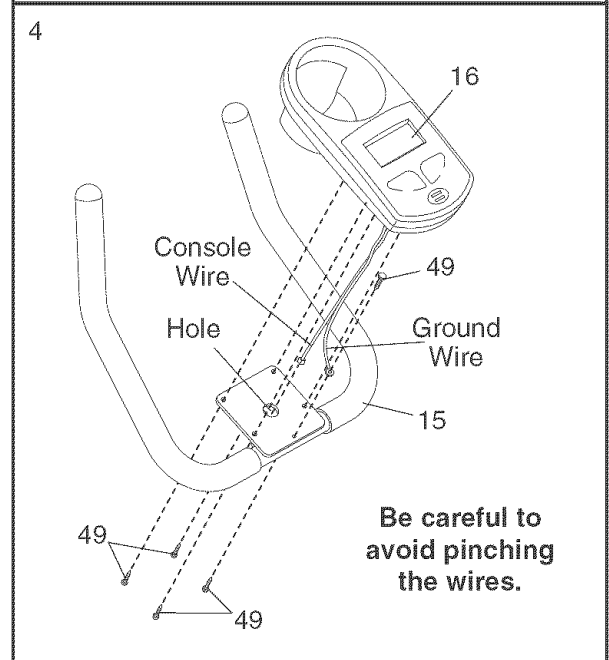


3. The Console (16) requires three AA batteries; alkaline batteries are recommended. Insert three batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the markings inside the battery compartment.**

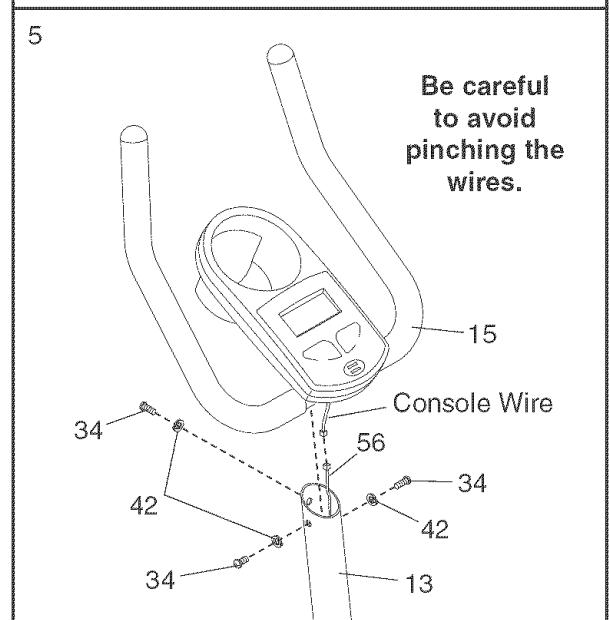


4. Hold the Console (16) near the Handlebar (15). Insert the console wire into the indicated hole in the Handlebar. Next, attach the ground wire to the Handlebar with an M4 x 16mm Screw (49).

Attach the Console (16) to the Handlebar (15) with four M4 x 16mm Screws (49). **Be careful to avoid pinching the wires.**



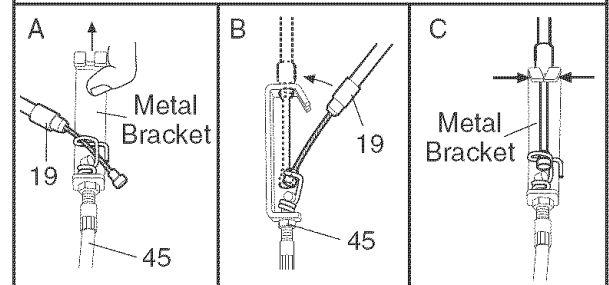
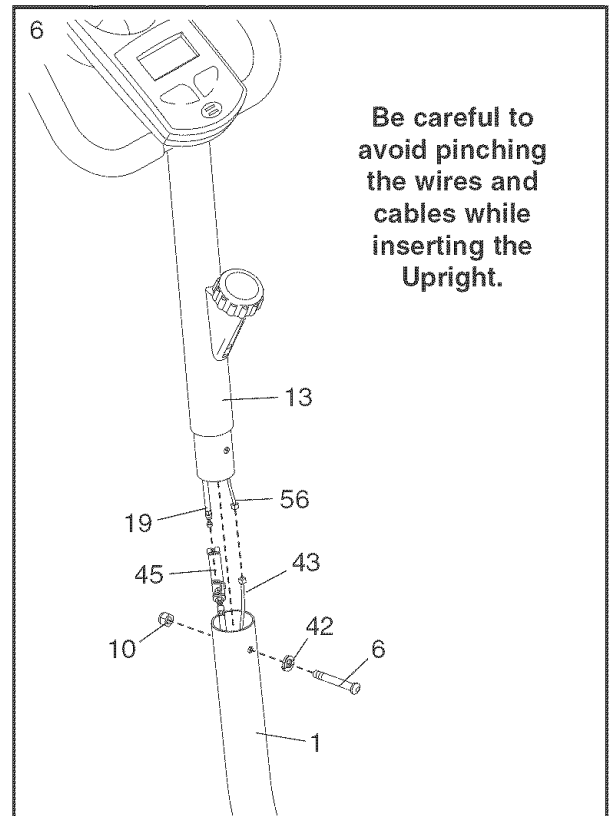
5. While another person holds the Handlebar (15) near the Upright (13), connect the console wire to the Extension Wire (56). Attach the Handlebar to the Upright with three M8 x 15mm Button Screws (34) and three M8 Split Washers (42). **Be careful to avoid pinching the wires.**



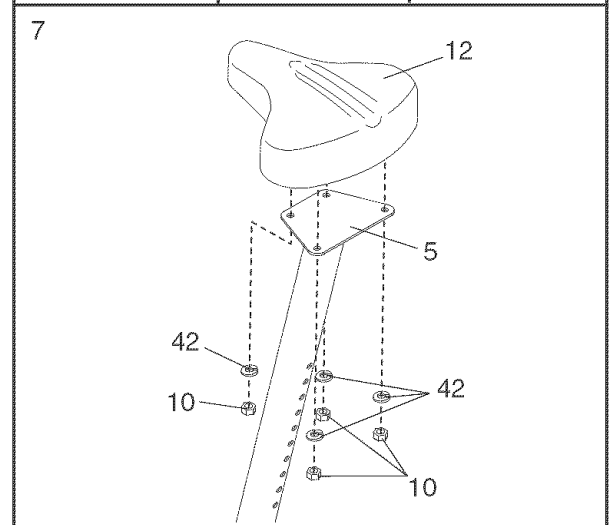
6. While another person holds the Upright (13) in the position shown, connect the Extension Wire (56) to the Reed Switch Wire (43). Next, connect the Resistance Cable (19) to the Lower Cable (45) in the following way:

- See drawing A. Pull up on the metal bracket on the Lower Cable (45), and insert the tip of the Resistance Cable (19) into the wire clip inside the metal bracket as shown.
- See drawing B. Firmly pull up the Resistance Cable (19) and slide it into the top of the metal bracket as shown.
- See drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

Push the excess Cable (19, 45) and the excess Wire (43, 56) down into the Frame (1), and insert the Upright into the Frame. **Be careful to avoid pinching the Cables and Wires.** Attach the Upright to the Frame with an M8 x 58mm Button Bolt (6), an M8 Split Washer (42), and an M8 Nylon Locknut (10).

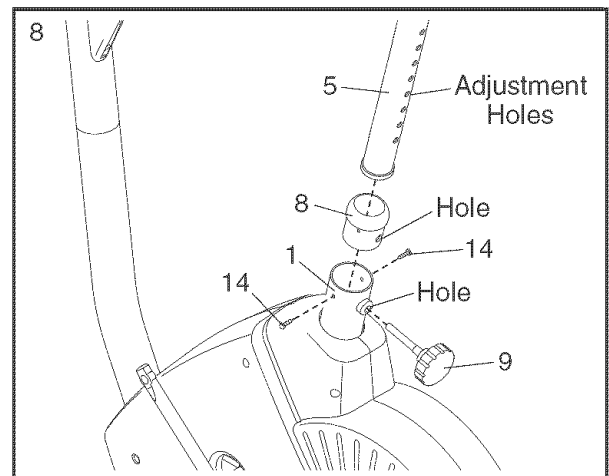


7. Attach the Seat (12) to the Seat Post (5) with four M8 Split Washers (42) and four M8 Nylon Locknuts (10). Note: The Split Washers and Nylon Locknuts may be preattached to the underside of the Seat.



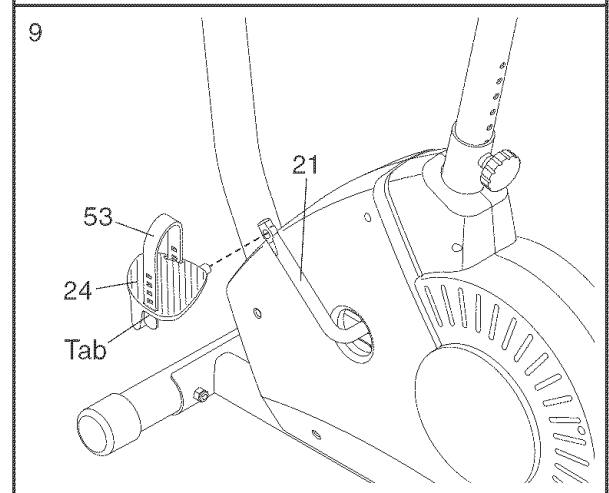
8. Orient the Seat Bushing (8) so that the indicated hole in the Seat Bushing is aligned with the indicated hole in the Frame (1), and press the Seat Bushing into the Frame. Attach the Seat Bushing with two M4 x 5mm Screws (14).

Insert the Seat Post (5) into the Frame (1), and align one of the adjustment holes in the Seat Post with the hole in the Frame. Next, insert the Seat Knob (9) into the Frame and the Seat Post, and turn the Seat Knob clockwise until it is tight. **Make sure that the Seat Knob is inserted through one of the adjustment holes in the Seat Post.**



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

Adjust the Left Pedal Strap (53) to the desired position, and press the end of the Left Pedal Strap onto the tab on the Left Pedal (24). **Adjust the Right Pedal Strap (not shown) in the same way.**

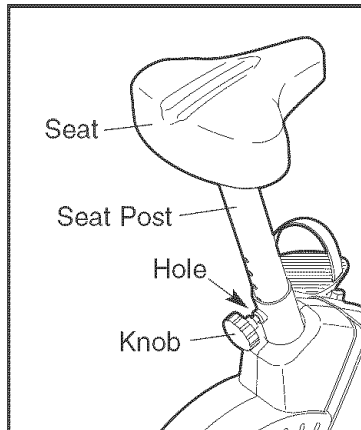


10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

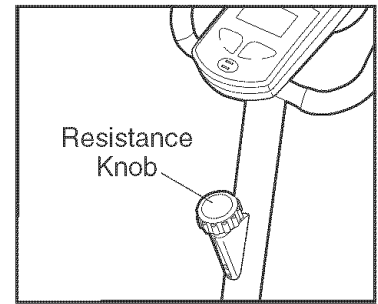
HOW TO ADJUST THE SEAT POST

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the seat knob counterclockwise and remove it. Next, slide the seat post up or down and align one of the adjustment holes in the seat post with the indicated hole in the Frame. Insert the knob into the frame and the seat post, and turn the knob clockwise until it is tight. **Make sure that the knob is inserted through one of the adjustment holes in the seat post.**



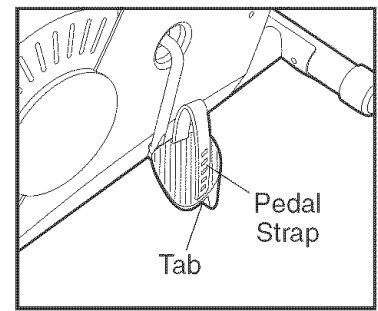
HOW TO ADJUST THE PEDALING RESISTANCE

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



HOW TO ADJUST THE PEDAL STRAPS

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



FEATURES OF THE CONSOLE

The console features a selection of modes that provide instant exercise feedback during your workouts. The modes are described below.



- **Speed**—This mode displays your pedaling speed, in miles per hour or kilometers per hour.
- **Time**—This mode displays the elapsed time. Note: If you stop pedaling for a few seconds, the time mode will pause.
- **Distance**—This mode displays the distance you have pedaled, in miles or kilometers.
- **Calories**—This mode displays the approximate number of calories you have burned.
- **Fat Calories**—This mode displays the approximate number of fat calories you have burned (see **FAT BURNING** on page 12).
- **Pulse**—This mode displays your heart rate when you use the pulse sensor.
- **Scan**—This mode displays the speed, time, distance, calories, fat calories, and pulse modes, for a few seconds each, in a repeating cycle. Note: The pulse mode will be displayed only when the pulse sensor is being used.
- **Pace**—The pace bar shows your pedaling pace, in revolutions per minute (RPM). Note: The pace mode will always be displayed while you are pedaling.

HOW TO OPERATE THE CONSOLE

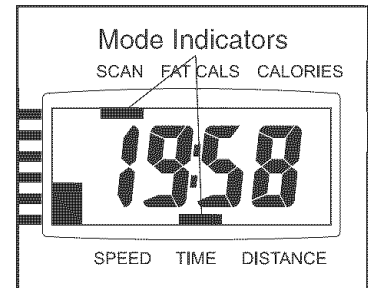
Make sure there are batteries in the console (see **BATTERY REPLACEMENT** on page 11). If there is a sheet of clear plastic on the console, remove it.

Follow the steps below to operate the console.

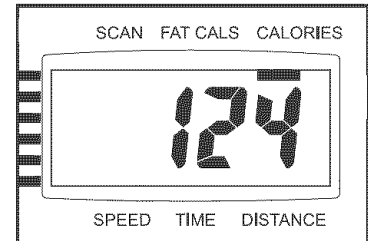
1. To turn on the console, press the **ON/RESET** button or begin pedaling. The entire display will briefly appear; the console will then be ready for use.
2. Select one of the modes:

Scan mode—

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



Speed, time, distance, calories, or fat calories mode—To select one of these modes for continuous display, press the **MODE** button repeatedly.



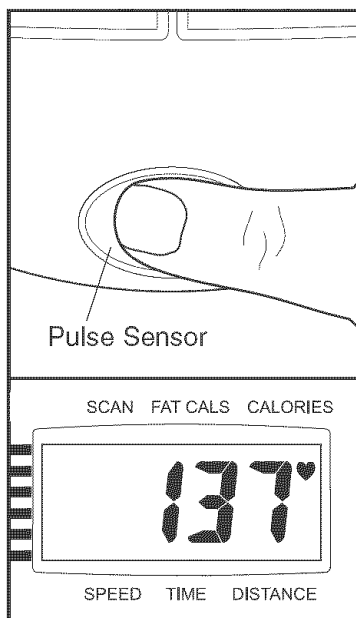
The mode indicators will show which mode is selected. Make sure there is not a mode indicator below the word **SCAN**.

To reset the display, press the **ON/RESET** button.

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

3. Measure your heart rate, if desired.

To measure your heart rate, **stop pedaling** and place your thumb on the pulse sensor as shown. **Do not press too hard, or the circulation in your thumb will be restricted and your pulse will not be detected.** After a few seconds, the heart-shaped indicator in the display will flash **steadily**, two dashes will appear, and then your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.



If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above.

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

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

4. To turn off the console, simply wait for a few minutes. The console has an “auto-off” feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

MAINTENANCE AND TROUBLESHOOTING

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

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

BATTERY REPLACEMENT

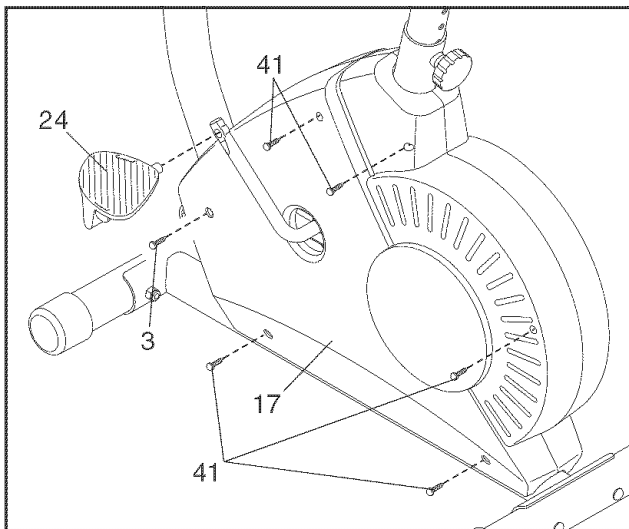
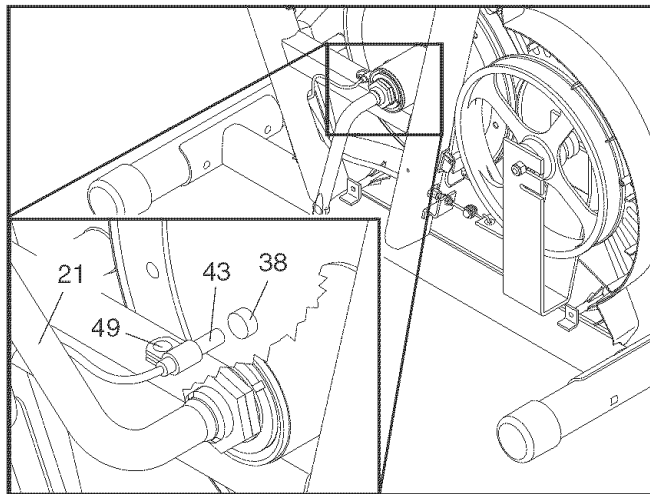
If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see step 4 on page 5 and remove the console from the handlebar. Next, see step 3 on page 5 and insert three batteries into the console. Reattach the console to the handlebar, being careful not to pinch the wires.

HOW TO ADJUST THE REED SWITCH

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

Using an adjustable wrench, turn the Left Pedal (24) clockwise and remove it. Next, remove the five M4 x 28mm Screws (41) from the Left Side Shield (17). Carefully remove the Left Side Shield.

Next, turn the resistance knob to the lowest setting. With the left side shield removed, locate the Reed Switch (43). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the M4 x 16mm Screw (49). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

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

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

To find the proper heart rate for you, first find your age at 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 are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

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

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

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

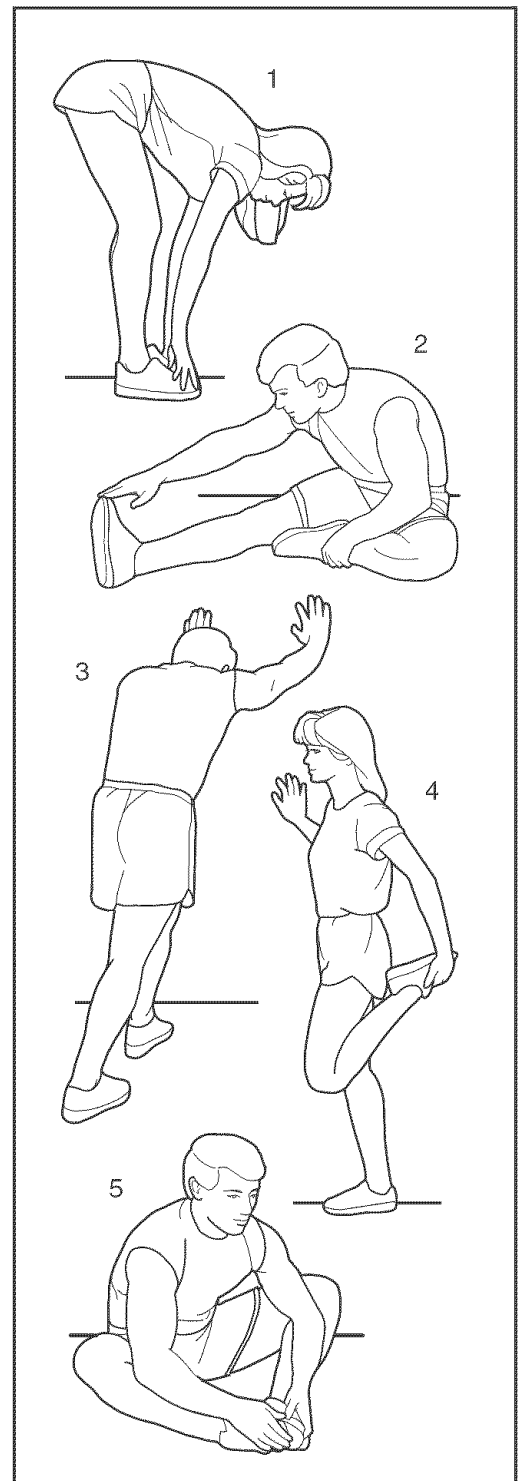
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST—Model No. 831.215000

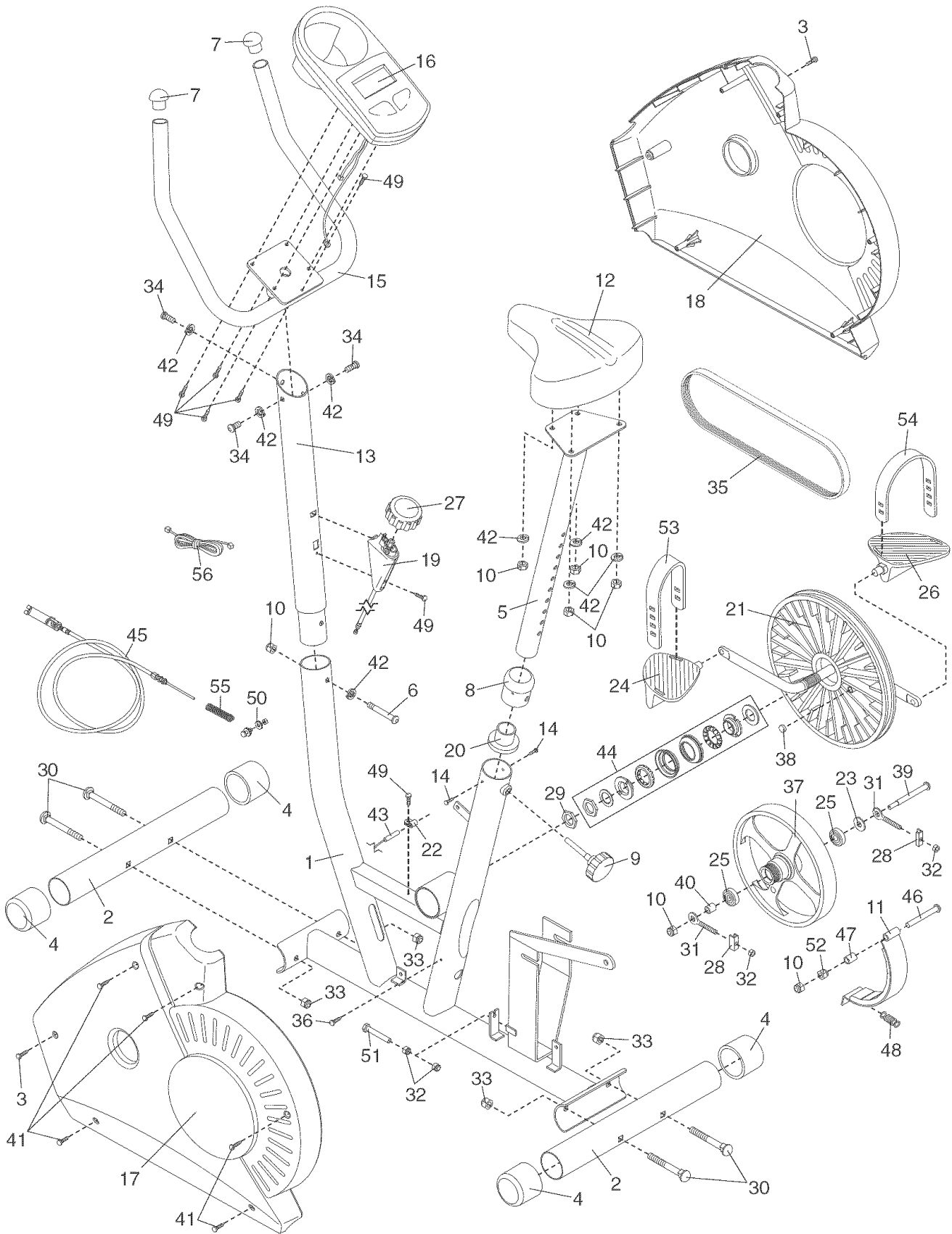
R0205B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	30	4	M10 x 65mm Carriage Bolt
2	2	Stabilizer	31	2	Eyebolt
3	2	M4 x 16mm Round Head Screw	32	4	M6 Nut
4	4	Stabilizer Endcap	33	4	M10 Nylon Locknut
5	1	Seat Post	34	3	M8 x 15mm Button Screw
6	1	M8 x 58mm Button Bolt	35	1	Belt
7	2	Handlebar Endcap	36	1	M4 x 19mm Screw
8	1	Seat Bushing	37	1	Flywheel
9	1	Seat Knob	38	1	Magnet
10	7	M8 Nylon Locknut	39	1	Flywheel Axle
11	1	C-Magnet	40	1	11mm Spacer
12	1	Seat	41	5	M4 x 28mm Round Head Screw
13	1	Upright	42	8	M8 Split Washer
14	2	M4 x 5mm Screw	43	1	Reed Switch/Wire
15	1	Handlebar	44	1	Crank Bearing Set
16	1	Console	45	1	Lower Cable
17	1	Left Side Shield	46	1	M8 x 63mm Button Bolt
18	1	Right Side Shield	47	1	13mm Spacer
19	1	Resistance Control/Cable	48	1	Spring
20	1	Seat Post Bushing	49	6	M4 x 16mm Screw
21	1	Crank/Pulley	50	1	Cable Clamp Set
22	1	Reed Switch Clamp	51	1	M6 x 40mm Bolt
23	1	M10 Washer	52	1	M8 Flange Nut
24	1	Left Pedal	53	1	Left Pedal Strap
25	2	6200Z Bearing	54	1	Right Pedal Strap
26	1	Right Pedal	55	1	Return Spring
27	1	Resistance Knob	56	1	Extension Wire
28	2	U-bracket	#	1	User's Manual
29	1	Crank Nut	#	2	Allen Wrench

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. **If a part is missing, call toll-free 1-866-699-3756.** See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. 831.215000

R0205B



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1-800-361-6665 (Canada)

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FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this Sears Bike Exerciser, contact the nearest Sears Service Center throughout the United States and Sears will repair or replace the Bike Exerciser, free of charge.

This warranty does not apply when the Bike Exerciser is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Sears, Roebuck and Co., Dept. 817WA, Hoffman Estates, IL 60179