

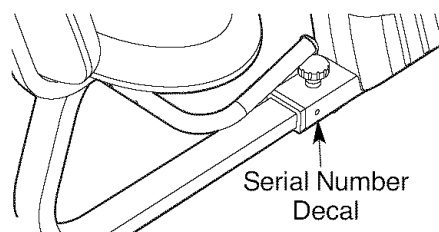
WESLO®

Pursuit 360R

Sears Model No. 831.21611.0
Kmart Model No. WLEX1476.0

Serial No. _____

Write the serial number in the space above for future reference.



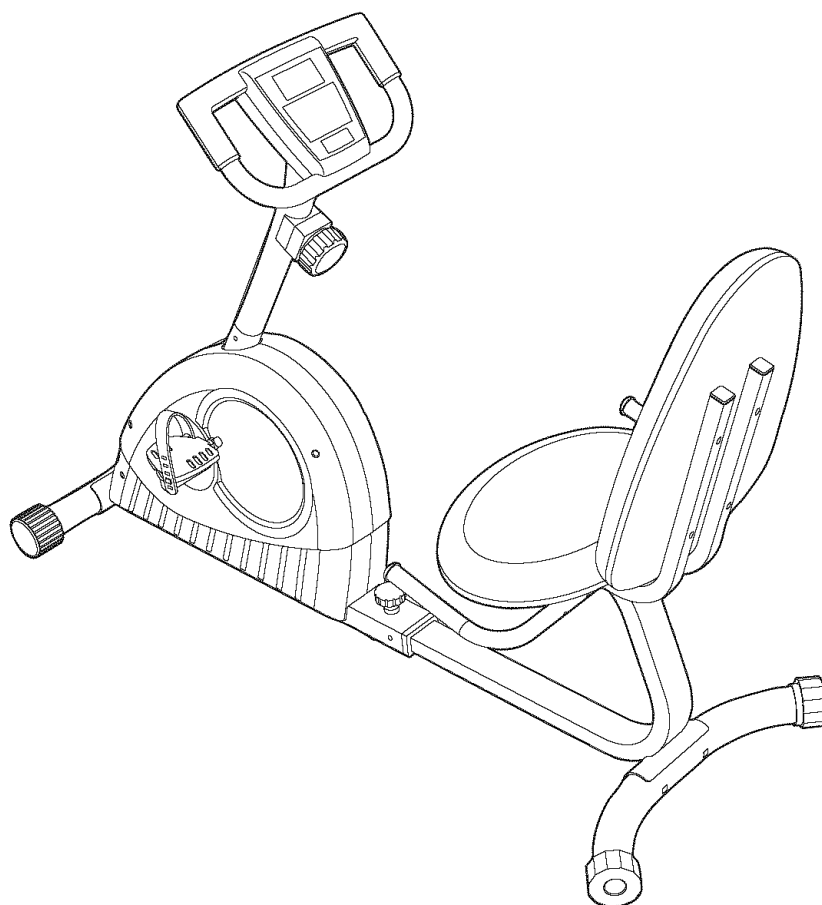
USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

SEARS CUSTOMERS:
1-800-4-MY-HOME®
(1-800-469-4663)

KMART CUSTOMERS:
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. Keep this manual for future reference.



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

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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 warning decals 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. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use the exercise cycle.
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. 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.
8. The exercise cycle should not be used by persons weighing more than 250 pounds.
9. Always keep your back straight while using the exercise cycle; do not arch your back.
10. If you feel pain or dizziness while exercising, stop immediately and cool down.
11. The exercise cycle does not have a free wheel; the pedals will continue to move until the flywheel stops.
12. 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.
13. The warning decal shown on page 3 has been placed on the exercise cycle. If the decal is missing or illegible, call the toll-free telephone number on the front cover of this manual 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

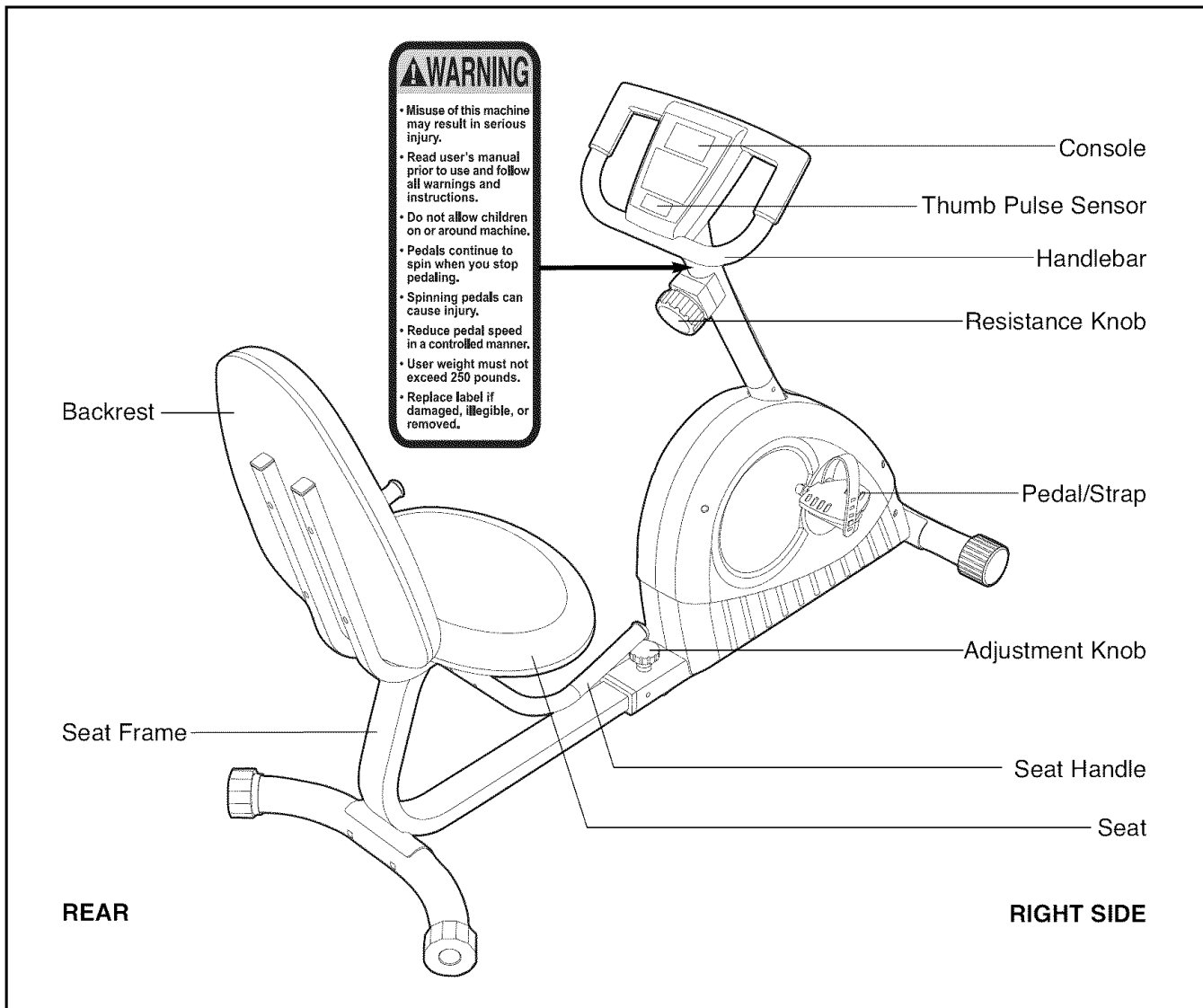
BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® PURSUIT 360R exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The PURSUIT 360R 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 see the front cover of this manual. To help us assist you, note the product model number and serial number before calling. The model number is found on the front cover of this manual. The serial number is found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

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

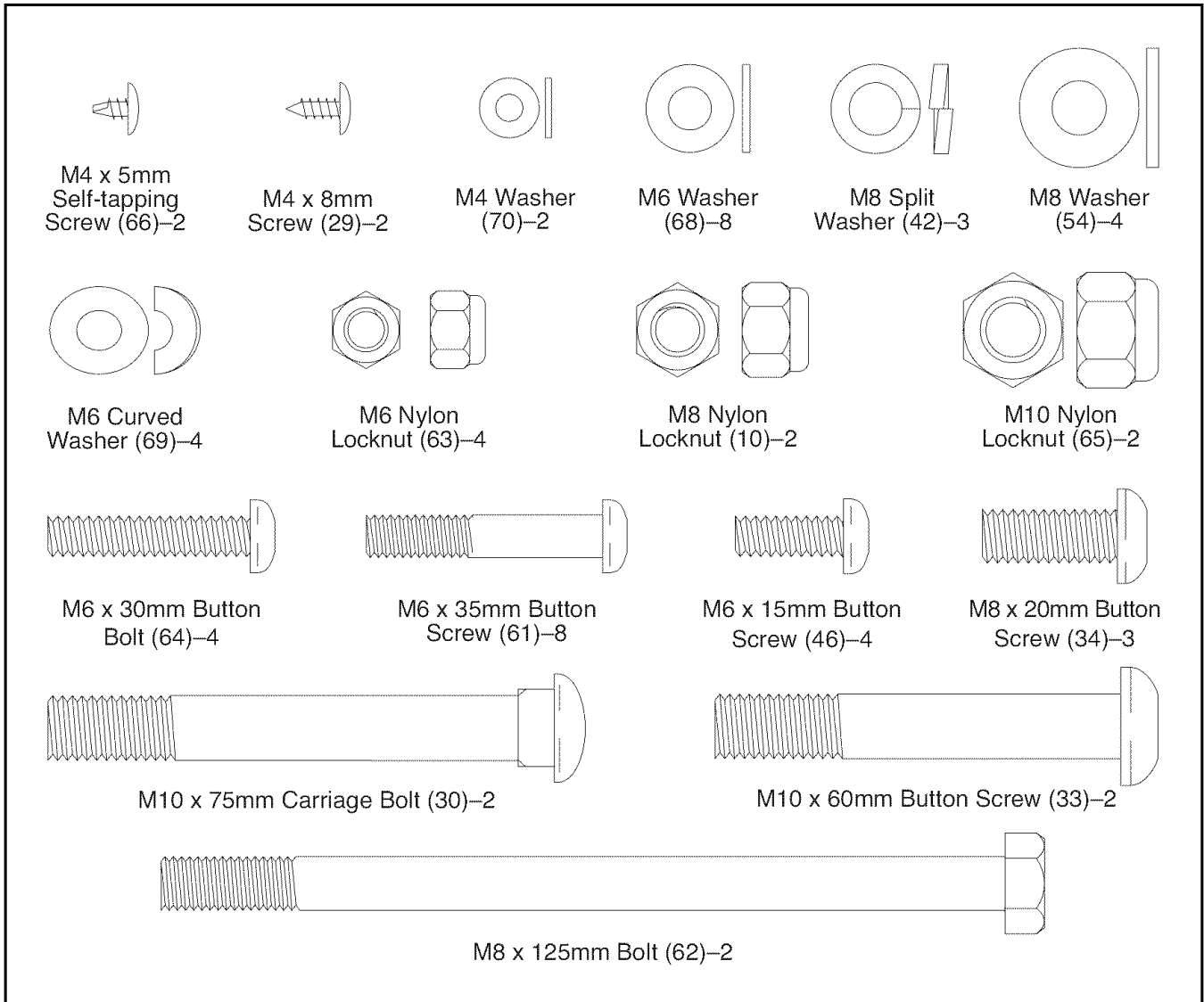


ASSEMBLY

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.

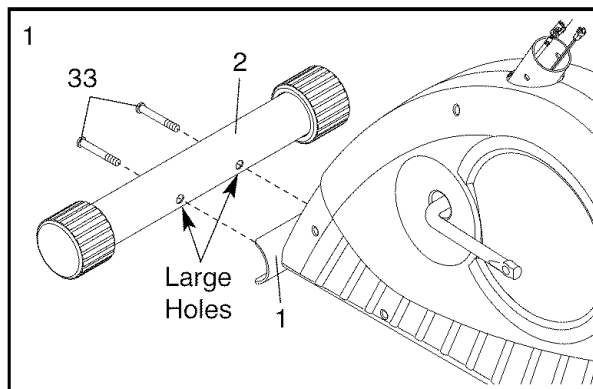
In addition to the included tools, assembly requires a Phillips screwdriver , two adjustable wrenches , and pliers .

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

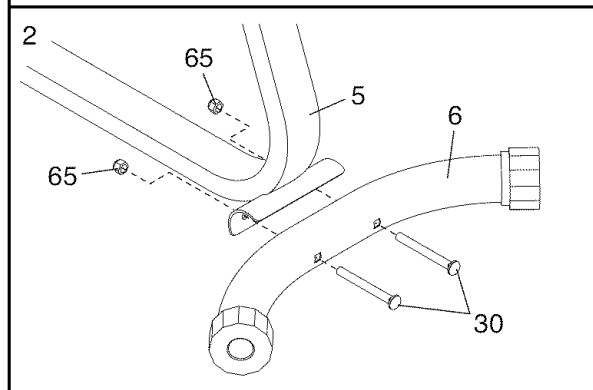


1. **To make assembly easier, read the information on page 4 before you begin assembling the exercise cycle.**

Turn the Front Stabilizer (2) so that the large holes are facing the Frame (1). Attach the Front Stabilizer to the Frame with two M10 x 60mm Button Screws (33).

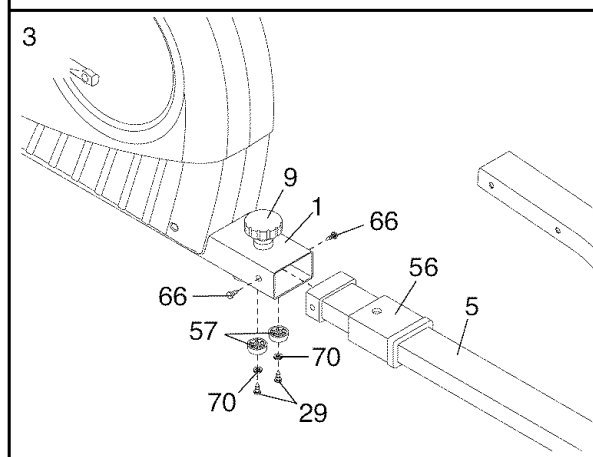


2. Attach the Rear Stabilizer (6) to the Seat Frame (5) with two M10 x 75mm Carriage Bolts (30) and two M10 Nylon Locknuts (65).

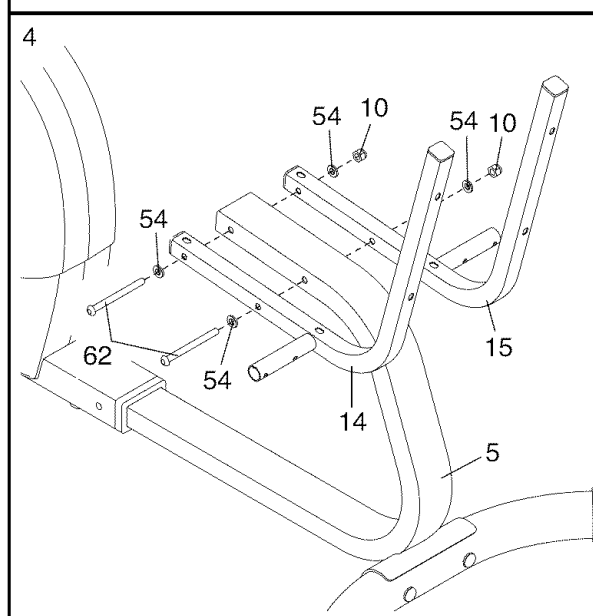


3. Insert the end of the Seat Frame (5) into the Frame (1). Next, firmly press the Frame Bushing (56) into the Frame. Attach the Frame Bushing to the Frame with two M4 x 5mm Self-tapping Screws (66). Then, tighten the Adjustment Knob (9) into the Frame.

Carefully tip the exercise cycle onto its side. Attach the two Bumpers (57) to the Frame (1) with two M4 x 8mm Screws (29) and two M4 Washers (70). Then, tip the exercise cycle upright.

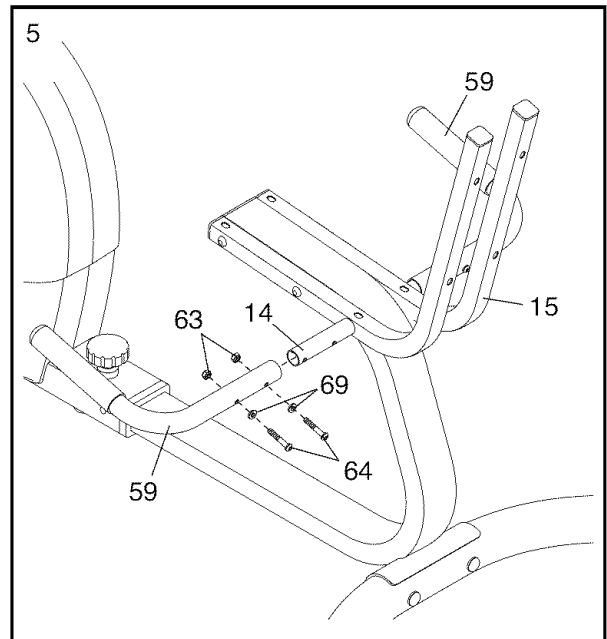


4. Attach the Left and Right Seat Brackets (14, 15) to the Seat Frame (5) with two M8 x 125mm Bolts (62), four M8 Washers (54), and two M8 Nylon Locknuts (10) as shown. **Do not tighten the Nylon Locknuts yet.**



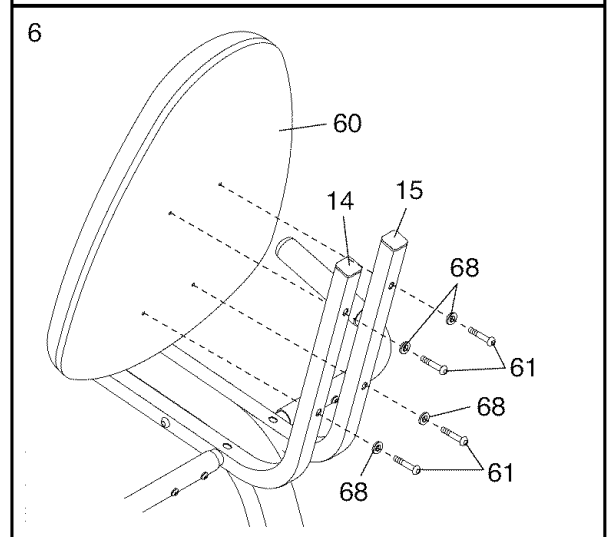
5. Attach a Seat Handle (59) to the round tube on the Left Seat Bracket (14) with two M6 x 30mm Button Bolts (64), two M6 Curved Washers (69), and two M6 Nylon Locknuts (63).

Attach the other Seat Handle (59) to the Right Seat Frame (15) in the same way.

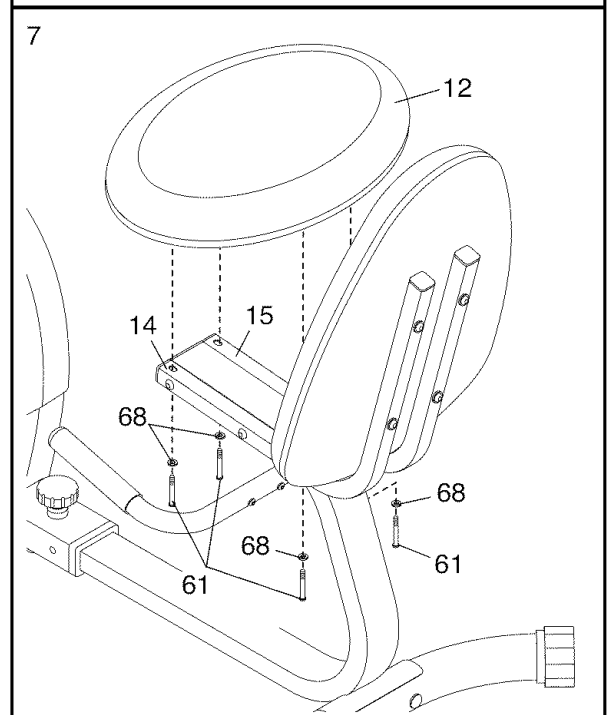


6. Attach the Backrest (60) to the Seat Brackets (14, 15) with four M6 x 35mm Button Screws (61) and four M6 Washers (68).

See step 4. Tighten the two M8 Nylon Locknuts (10).



7. Attach the Seat (12) to the Seat Brackets (14, 15) with four M6 x 35mm Button Screws (61) and four M6 Washers (68).



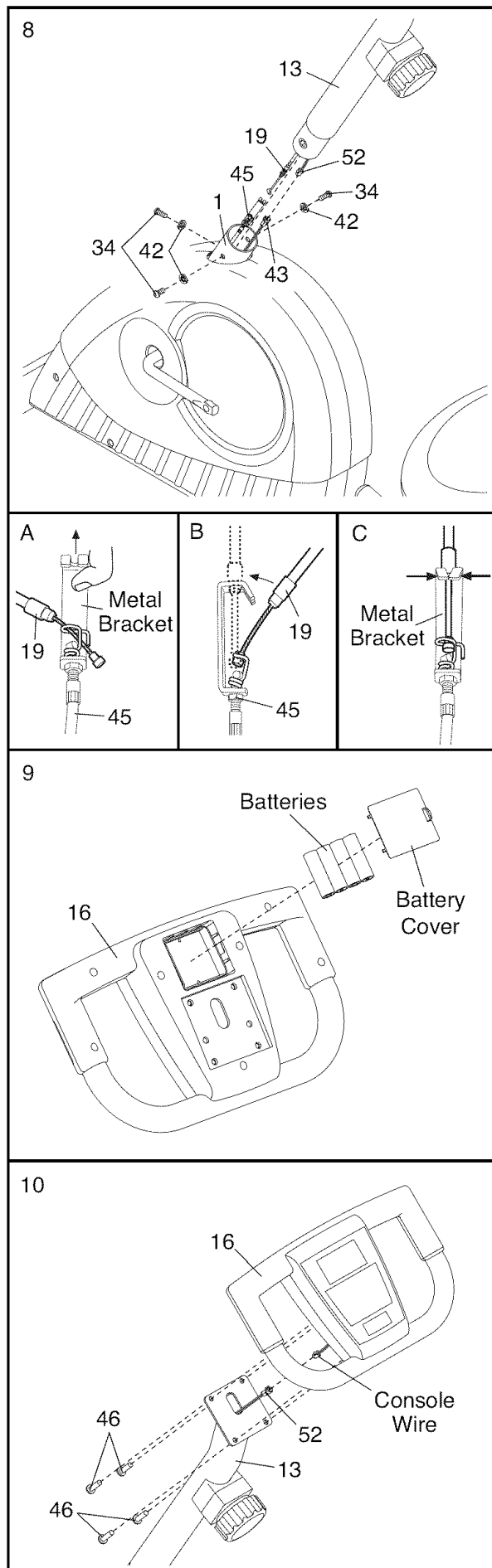
8. While another person holds the Upright (13) in the position shown, connect the Extension Wire (52) to the Reed Switch Wire (43). Next, connect the Resistance Cable (19) to the Lower Cable (45) in the following way:

- **See drawing A.** Pull upward 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 the Resistance Cable (19) upward 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 wire and cable downward into the Frame (1), and insert the Upright (13) into the Frame. **Be careful to avoid pinching the wires and cables.** Attach the Upright to the Frame with three M8 x 20mm Button Screws (34) and three M8 Split Washers (42).

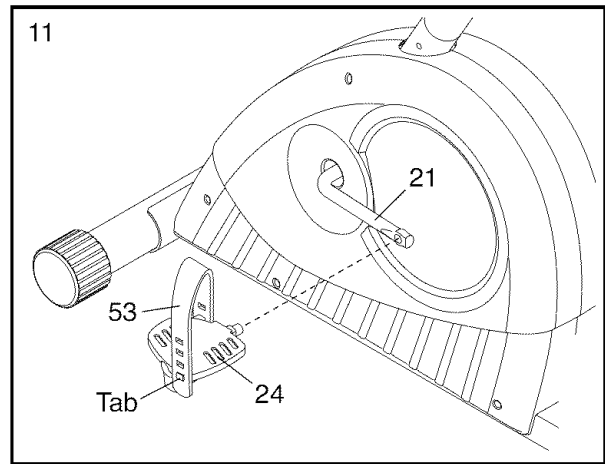
9. The Console (16) requires four AA batteries (not included); alkaline batteries are recommended. Remove the battery cover and insert four batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the diagram inside the Console.** Then, reattach the battery cover.

10. While another person holds the Console (16) near the Upright (13), connect the console wire to the Extension Wire (52). Then, insert the wires downward into the Upright. Attach the Console to the Upright with four M6 x 15mm Button Screws (46). **Be careful to avoid pinching the wires.**



11. Identify the Left Pedal (24), which is marked with an "L" sticker. 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, keep the Pedals tightened.**

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



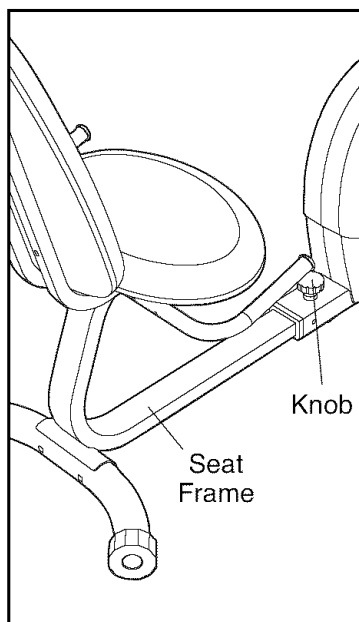
12. **Make sure that all parts are properly tightened before you use the exercise cycle.** After assembly is completed, some extra parts may be left over. Place a mat under the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT FRAME

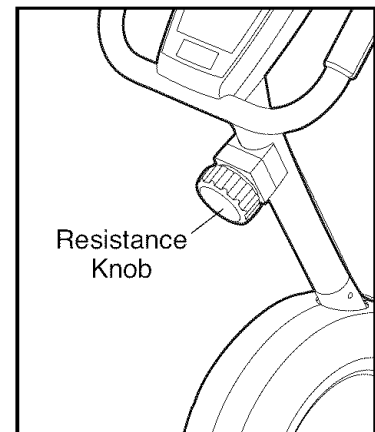
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the most forward position.

To adjust the seat frame, first loosen the adjustment knob on the frame. Slide the seat frame forward or backward to the desired position. Then, retighten the adjustment knob.

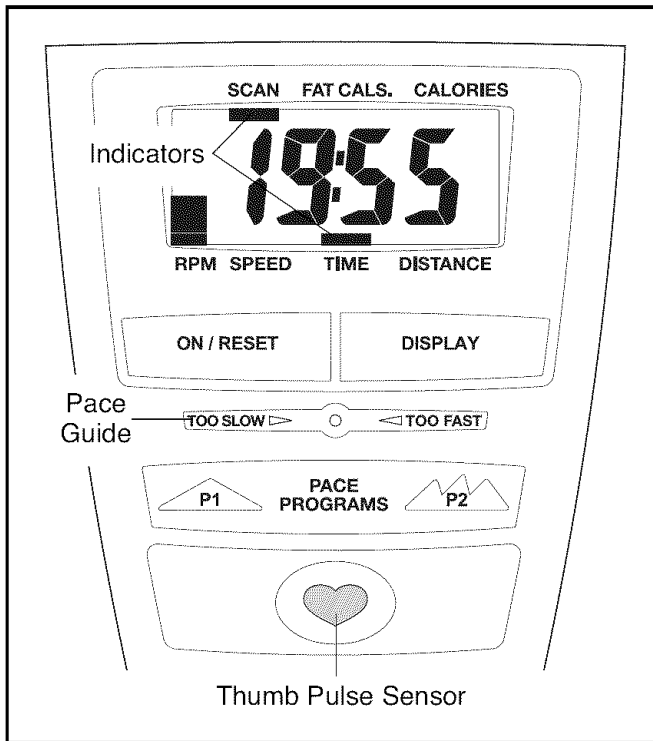


HOW TO ADJUST THE PEDALING RESISTANCE

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



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in thumb pulse sensor.

The console also offers two pace programs that prompt you to vary your pedaling pace while guiding you through an effective workout.

To use the manual mode of the console, see the instructions at the right. **To use a pace program**, see page 11.

Before using the console, make sure that batteries are installed (see assembly step 9 on page 7). If there is a sheet of clear plastic on the display, remove the plastic.

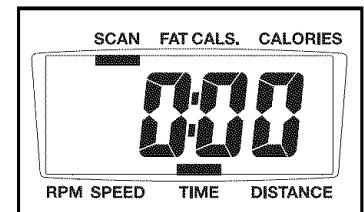
HOW TO USE THE MANUAL MODE

1 Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display and the pace guide will light for a moment; the console will then be ready for use.

2 Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Pace Programs button repeatedly until the scan and time indicators appear in the display.



3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, adjust the resistance of the pedals by turning the resistance knob.

4 Follow your progress with the display.

The console has seven displays that show the following workout information:

Speed—This display shows your pedaling speed, in miles or kilometers per hour.

Time—This display shows the elapsed time. Note: When a pace program is selected, the display shows the time remaining in the program instead of the elapsed time.

Distance—This display shows the distance you have pedaled, in miles or kilometers.

Calories—This display shows the approximate number of calories you have burned.

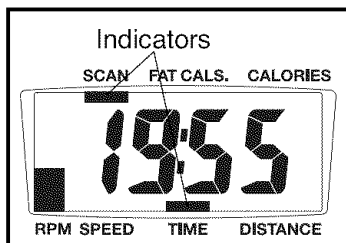
Fat Calories—This display shows the approximate number of fat calories you have burned (see Burning Fat on page 13).

Pulse—This display shows your heart rate when you use the thumb pulse sensor.

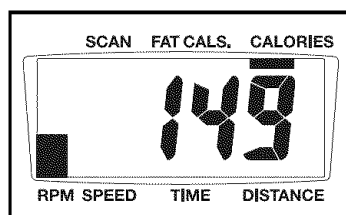
Scan—This display shows the speed, time, distance, calories, fat calories, and pulse displays, for a few seconds each, in a repeating cycle.

Note: The pulse display will appear only when you use the pulse sensor.

When you turn the power on, the scan display will be selected automatically. One indicator will appear below the word Scan to show that the scan display is selected, and a second indicator will show which information is currently displayed.



To select speed, time, distance, calories, or fat calories information for continuous display, press the Display button repeatedly. The indicators will show which display is selected. Make sure there is not an indicator below the word Scan.



As you pedal, the RPM meter on the left side of the display will indicate your approximate pedaling pace in revolutions per minute (rpm). The lowest bar on the RPM meter indicates a pedaling pace of 30 rpm. Additional bars will appear or disappear in increments of 10 rpm as you change your pedaling pace.

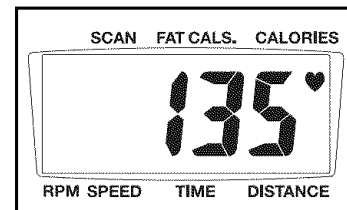
Note: The console can show speed and distance in either miles or kilometers. The letters "mph" or "km/h" will appear in the display to show which unit of measurement is selected. To change the unit of measurement, hold down the On/Reset button for several seconds until the desired unit of measurement appears in the display.

To reset the display, press the On/Reset button.

To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

5 Measure your heart rate if desired.

To measure your heart rate, **stop pedaling** and place your thumb on the pulse sensor. **Do not press too hard, or the cir-**



ulation 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.

6 When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

HOW TO USE A PACE PROGRAM

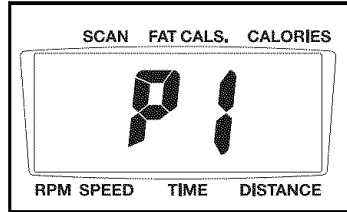
1 Turn on the console.

See step 1 on page 9.

2 Select a pace program.

To select a pace program, press the Pace Programs button repeatedly until P1 or P2

appears in the display. A few seconds after you select a pace program, the display will show the length of the program.

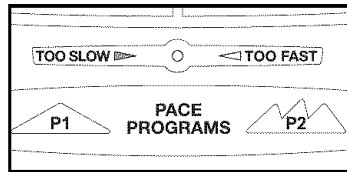


3 Begin pedaling to start the program.

The pace programs consist of several one-minute segments. A target pace is programmed for each segment. Note: You can set the resistance level as desired during a pace program.

During the program, the pace guide will prompt you to keep your pedaling pace near the target pace setting for

the current segment. When the left indicator lights, increase your pace; when the right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace.



Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.

The display will show the time remaining in the program. If you stop pedaling, the program will pause and the time will flash in the display. To restart the program, simply resume pedaling.

4 Follow your progress with the display.

See step 4 on page 9.

5 Measure your heart rate if desired.

See step 5 on page 10.

6 When you are finished exercising, the console will turn off automatically.

See step 6 on page 10.

MAINTENANCE AND TROUBLESHOOTING

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

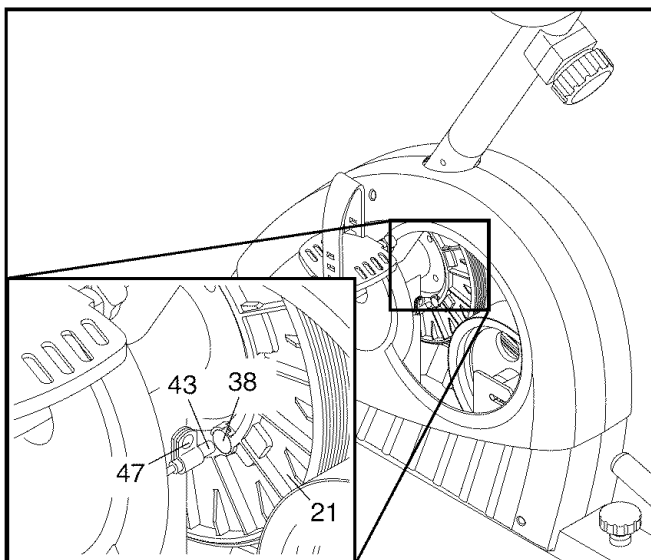
To clean the exercise cycle, use a damp cloth and a small amount of mild detergent. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

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 assembly step 9 on page 7.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first remove the left side shield cover.

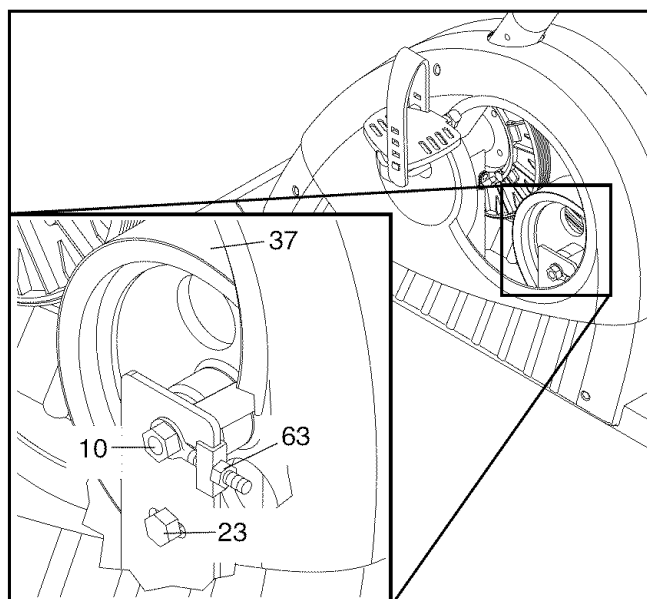


Next, turn the resistance knob to the lowest setting. With the left side shield cover removed, locate the Reed Switch (43). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the M4 x 15mm Self-tapping Screw (47). Slide the Reed Switch slightly closer to or away from the Magnet, and then 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 cover.

HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is at the highest level, the belt may need to be adjusted.

To adjust the belt, remove the left and right side shield covers. Next, loosen, but do not remove, the M8 x 20mm Bolt (23). Loosen the two M8 Nylon Locknuts (10), one on each side of the Flywheel (37). Then, tighten the M6 Nylon Locknuts (63), one on each side of the Flywheel, until the belt is properly tightened. Finally, tighten the M8 Nylon Locknuts (10) and the M8 x 20mm Bolt (23). Then, reattach the side shield covers.



CONDITIONING GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

To find the proper heart rate for you, first find your age at the bottom 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, and the highest number is the recommended heart rate for aerobic exercise.

Burning Fat

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. (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.

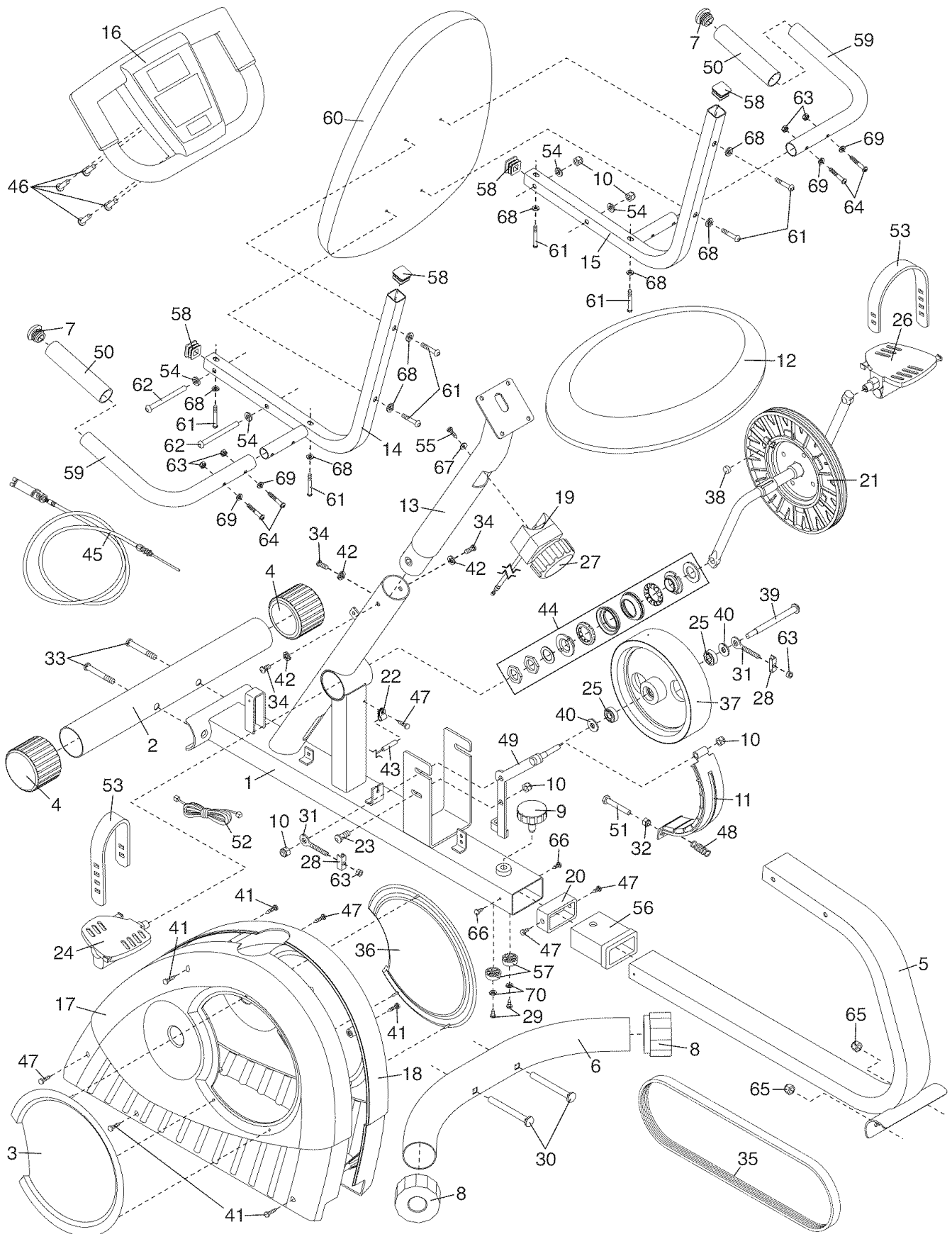
EXERCISE FREQUENCY

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.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	37	1	Flywheel
2	1	Front Stabilizer	38	1	Magnet
3	1	Left Side Shield Cover	39	1	Flywheel Axle
4	2	Front Stabilizer Endcap	40	2	M10 Small Washer
5	1	Seat Frame	41	5	M4 x 25mm Screw
6	1	Rear Stabilizer	42	3	M8 Split Washer
7	2	Handlebar Endcap	43	1	Reed Switch/Wire
8	2	Rear Stabilizer Endcap	44	1	Crank Bearing Set
9	1	Adjustment Knob	45	1	Lower Cable
10	5	M8 Nylon Locknut	46	4	M6 x 15mm Button Screw
11	1	C-Magnet	47	5	M4 x 15mm Self-tapping Screw
12	1	Seat	48	1	Spring
13	1	Upright	49	1	Bracket
14	1	Left Seat Bracket	50	2	Foam Grip
15	1	Right Seat Bracket	51	1	M6 x 45mm Button Bolt
16	1	Console	52	1	Extension Wire
17	1	Left Side Shield	53	2	Pedal Strap
18	1	Right Side Shield	54	4	M8 Washer
19	1	Resistance Control/Cable	55	1	M5 x 35mm Button Screw
20	1	Seat Frame Bushing	56	1	Frame Bushing
21	1	Crank/Pulley	57	2	Bumper
22	1	Reed Switch Clamp	58	4	Square Cap
23	1	M8 x 20mm Bolt	59	2	Seat Handle
24	1	Left Pedal	60	1	Backrest
25	2	6000Z Bearing	61	8	M6 x 35mm Button Screw
26	1	Right Pedal	62	2	M8 x 125mm Bolt
27	1	Resistance Knob	63	6	M6 Nylon Locknut
28	2	U-bracket	64	4	M6 x 30mm Button Bolt
29	2	M4 x 8mm Screw	65	2	M10 Nylon Locknut
30	2	M10 x 75mm Carriage Bolt	66	2	M4 x 5mm Self-tapping Screw
31	2	Eyebolt	67	1	M5 Curved Washer
32	1	M6 Nut	68	8	M6 Washer
33	2	M10 x 60mm Button Screw	69	4	M6 Curved Washer
34	3	M8 x 20mm Button Screw	70	2	M4 Washer
35	1	Belt	#	1	User's Manual
36	1	Right Side Shield Cover	#	3	Hex Key

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING SEARS MODEL NO. 831.21611.0; KMART MODEL NO. WLEX1476.0



R0806B

ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (Sears Model No. 831.21611.0; Kmart Model No. WLEX1476.0)
- the NAME of the product (WESLO PURSUIT 360R exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14)

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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. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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