

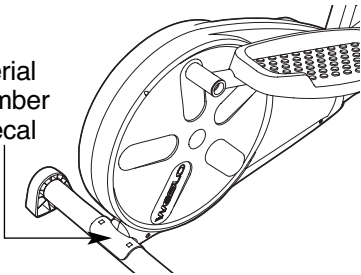
WESLO[®]

MOMENTUM 220X

Model No. WLEL2006.0

Serial No. _____

Serial
Number
Decal



USER'S MANUAL

QUESTIONS?

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

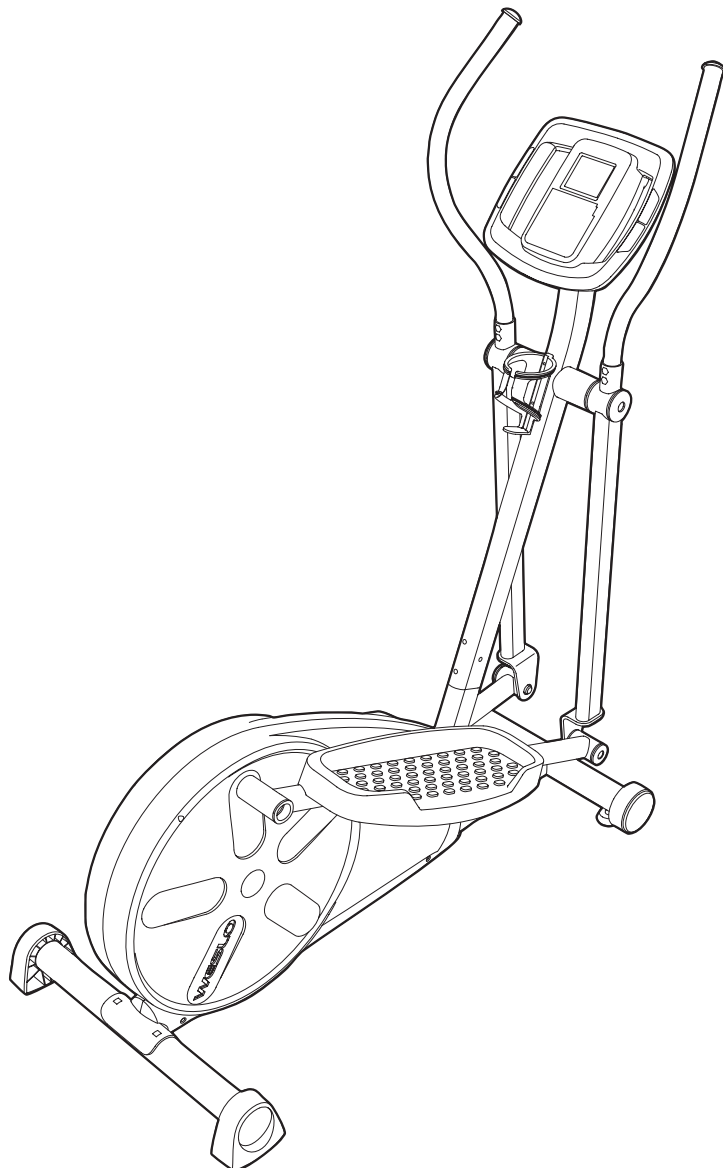
CALL TOLL-FREE:

1-866-699-3756

Mon.–Fri., 6 a.m.–6 p.m. MST
(closed on holidays)

ON THE WEB:

www.wesloservice.com



CAUTION

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



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www.weslo.com

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

WESLO[®]

MOMENTUM 220X

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
ASSEMBLY5
HOW TO USE THE ELLIPTICAL EXERCISER10
MAINTENANCE AND TROUBLESHOOTING14
CONDITIONING GUIDELINES15
PART LIST17
EXPLODED DRAWING18
HOW TO ORDER REPLACEMENT PARTSBack Cover
LIMITED WARRANTYBack Cover

WESLO is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 250 pounds.
8. Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
9. When mounting and dismounting the elliptical exerciser, always hold the upper body arms and step onto and off the pedal that is in the lowest position.
10. 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.
11. Keep your back straight when using the elliptical exerciser; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. When you stop exercising, allow the pedals to slowly come to a stop.
14. The warning decal shown on page 4 has been applied to the elliptical exerciser. 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

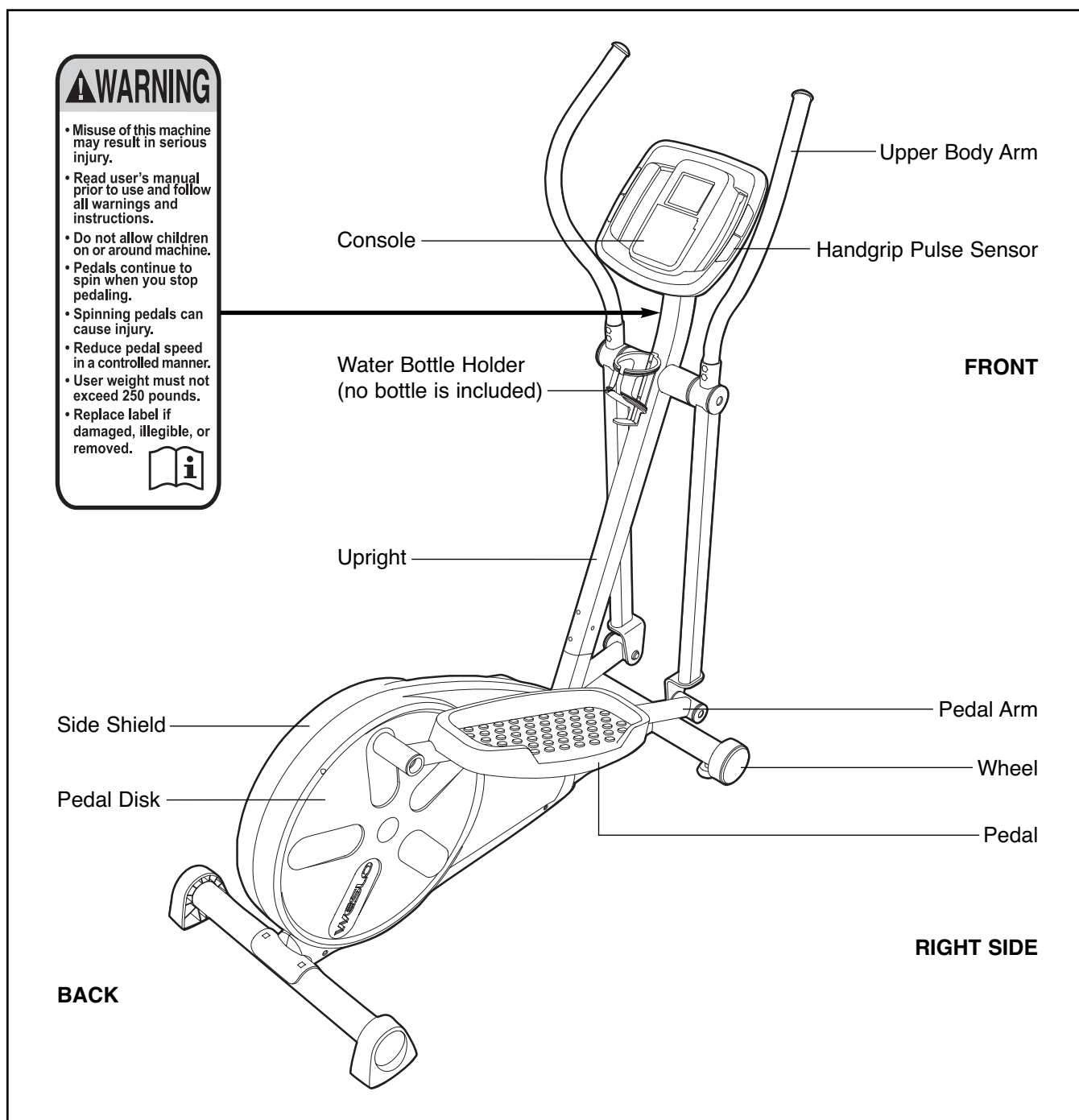
Thank you for selecting the new WESLO® Momentum 220X elliptical exerciser. The Momentum 220X is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. Welcome to a whole new world of natural, elliptical-motion exercise.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the

product model number and serial number before contacting us. The model number is WLEL2006.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual).

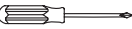

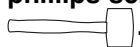
To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at www.wesloservice.com/registration.

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

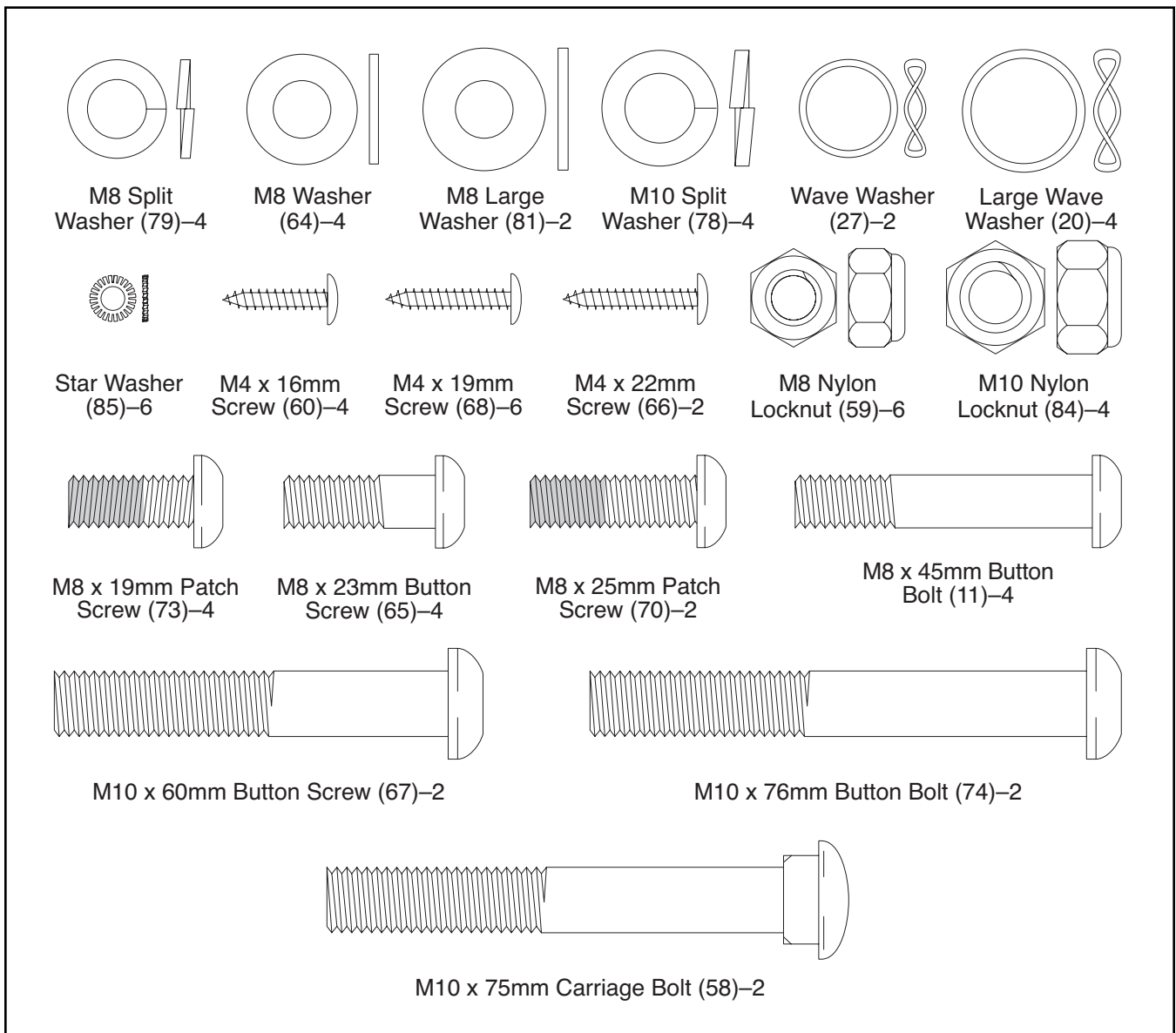


ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call toll-free 1-800-445-2480.

Assembly requires two persons. Place all parts of the elliptical exerciser 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 hex keys, assembly requires a phillips screwdriver** , **an adjustable wrench** , **and a rubber mallet** .

See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 17. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled.**

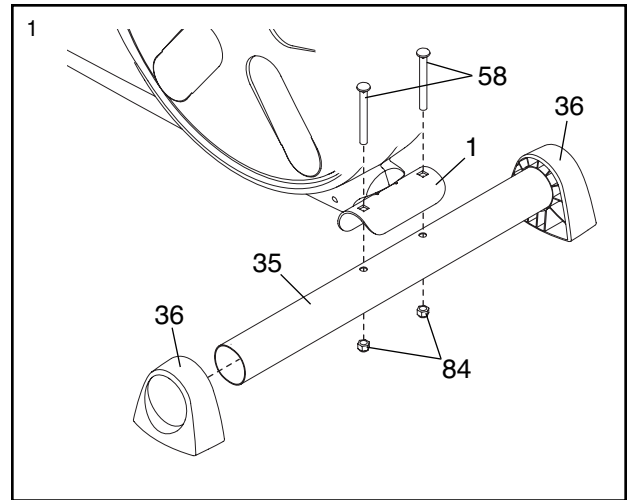


1.

To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.

Attach the Rear Stabilizer (35) to the Frame (1) with two M10 x 75mm Carriage Bolts (58) and two M10 Nylon Locknuts (84).

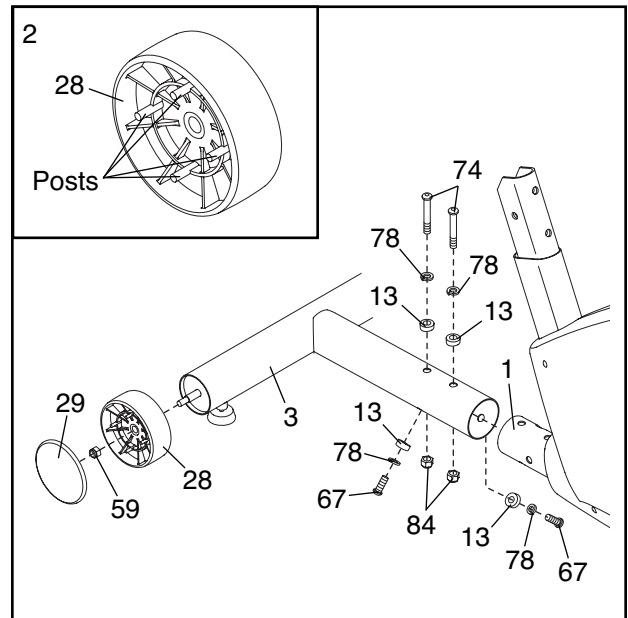
Press the Stabilizer Endcaps (36) onto the Rear Stabilizer (35) as shown.



2. Attach the Front Stabilizer (3) to the Frame (1) with two M10 x 76mm Button Bolts (74), two M10 Split Washers (78), two Concave Spacers (13), and two M10 Nylon Locknuts (84). **Do not tighten the Nylon Locknuts yet.**

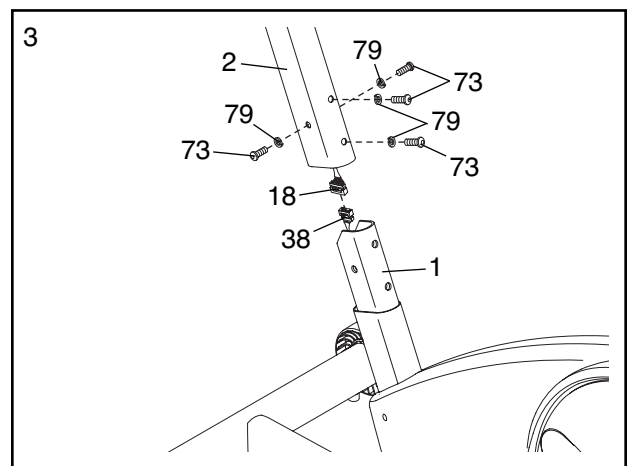
Thread two M10 x 60mm Button Screws (67) with two M10 Split Washers (78) and two Concave Spacers (13) through the Front Stabilizer (3) and into the Frame (1). **Tighten the two M10 Nylon Locknuts (84), and then tighten the Button Screws.**

Orient a Wheel (28) so the four posts (see the inset drawing) are facing away from the Front Stabilizer (3). Attach the Wheel to the Front Stabilizer with an M8 Nylon Locknut (59). Next, press a Wheel Cover (29) onto the posts on the Wheel. Attach the other Wheel (not shown) in the same way.



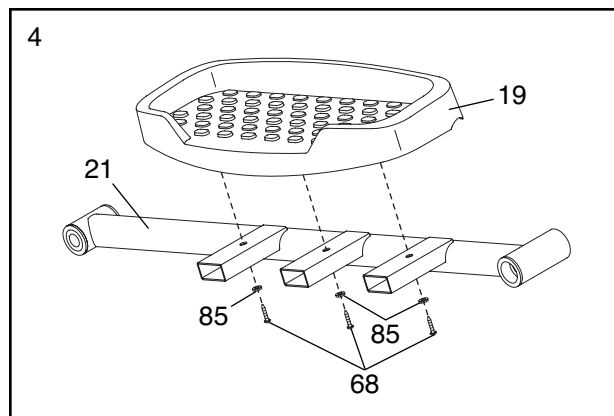
3. While another person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (18) to the Lower Wire Harness (38).

Carefully slide the Upright (2) onto the Frame (1). **Be careful to avoid pinching the Wire Harnesses (18, 38).** Attach the Upright with four M8 x 19mm Patch Screws (73) and four M8 Split Washers (79). **Do not tighten the Patch Screws yet.**



- Identify the Left Pedal Arm (21), which is marked with a "Left" sticker. Attach a Pedal (19) to the Left Pedal Arm with three M4 x 19mm Screws (68) and three Star Washers (85).

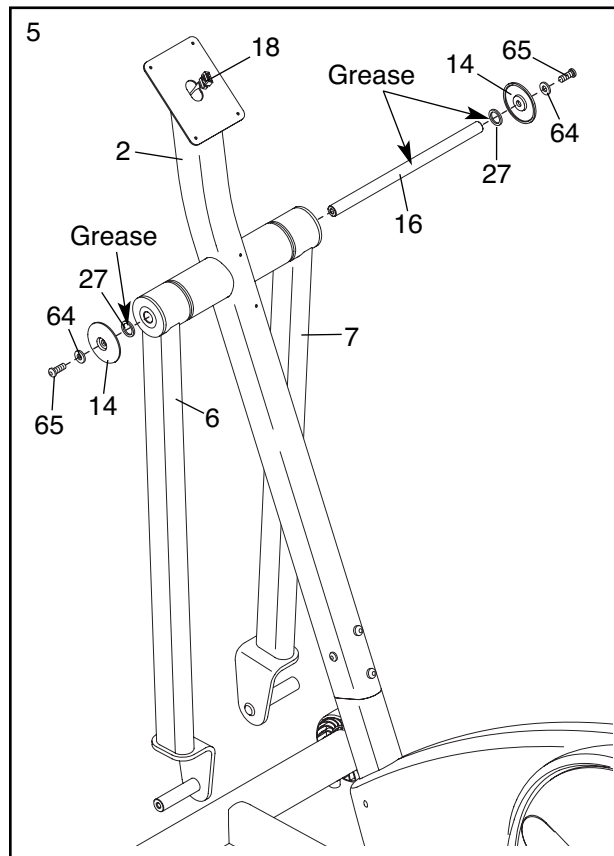
Attach the other Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.



- Apply a generous amount of grease to the Pivot Axle (16). Then, apply a small amount of grease to two Wave Washers (27).

While another person aligns the Upper Body Legs (6, 7) with the Upright (2) as shown, insert the Pivot Axle (16) into the Upper Body Legs and the Upright. **Be careful not to damage the Upper Wire Harness (18) with the Pivot Axle.**

Place a Wave Washer (27) on each end of the Pivot Axle (16). Then, tighten an M8 x 23mm Button Screw (65), an M8 Washer (64), and a Pivot Cover (14) into each end of the Pivot Axle.

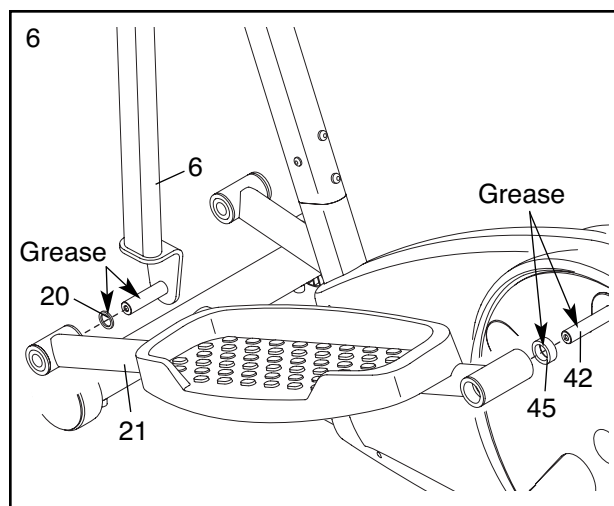


- Apply a generous amount of grease to the axle on the left Upper Body Leg (6). Then, apply grease to a Large Wave Washer (20) and slide it onto the axle.

Apply a generous amount of grease to the Left Crank Arm (42). Then, slide a Crank Arm Spacer (45) onto the Left Crank Arm. **Make sure the flat side of the Crank Arm Spacer is facing away from the Left Crank Arm.**

Slide the Left Pedal Arm (21) onto the left Upper Body Leg (6) and onto the Left Crank Arm (42).

Repeat this step for the other side of the elliptical exerciser.

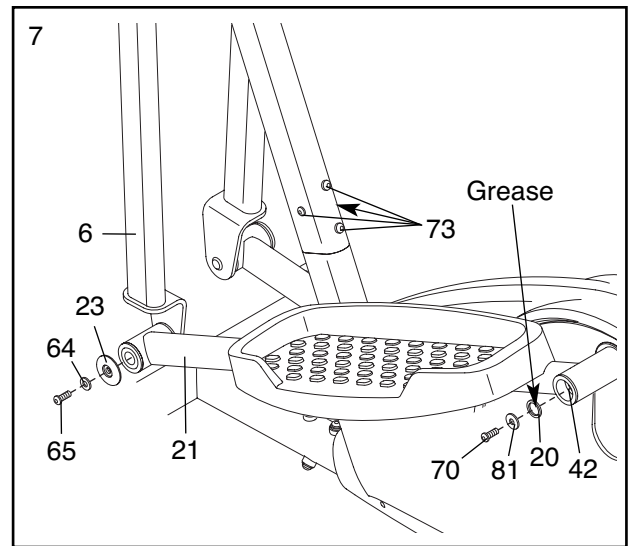


7. Attach the Left Pedal Arm (21) to the Left Upper Body Leg (6) with an M8 x 23mm Button Screw (65), an M8 Washer (64), and a Pedal Leg Cover (23).

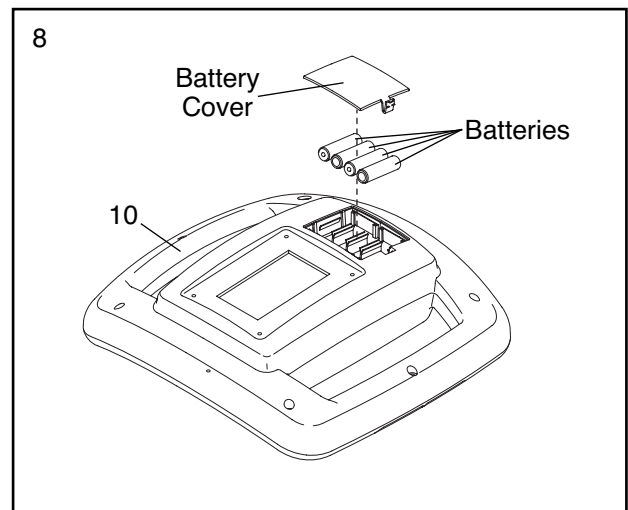
Apply grease to a Large Wave Washer (20) and slide it onto the Left Crank Arm (42). Then, attach the Left Pedal Arm (21) to the Left Crank Arm with an M8 x 25mm Patch Screw (70) and an M8 Large Washer (81).

Repeat this step for the other side of the elliptical exerciser.

See step 3. Tighten the four M8 x 19mm Patch Screws (73).



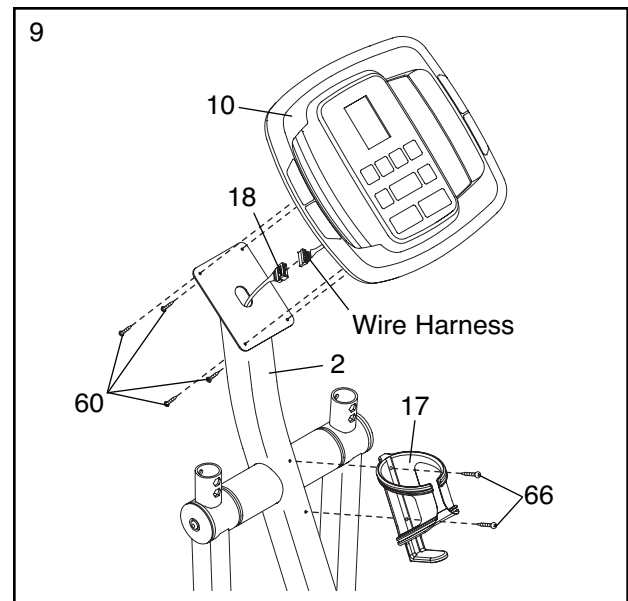
8. The Console (10) requires four “AA” batteries (not included); alkaline batteries are recommended. Remove the battery cover from the Console. Insert four batteries into the Console; **make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



9. While another person holds the Console (10) near the Upright (2), connect the Upper Wire Harness (18) to the wire harness on the Console.

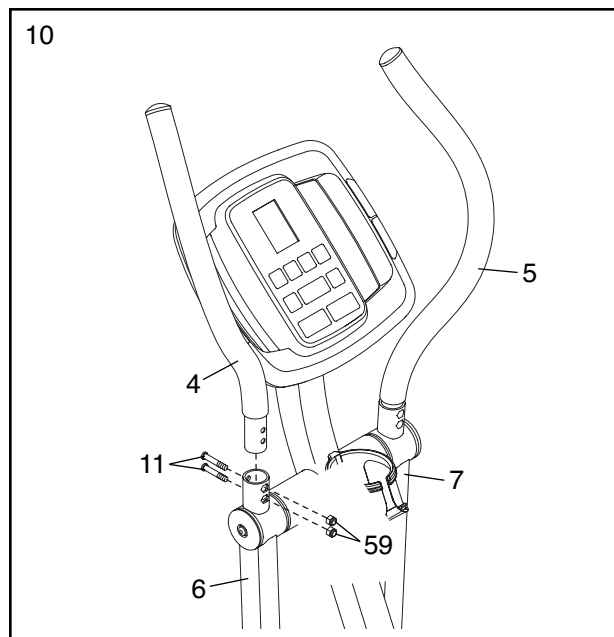
Attach the Console (10) to the Upright (2) with four M4 x 16mm Screws (60). **Be careful not to pinch the wire harnesses.**

Attach the Water Bottle Holder (17) to the Upright (2) with two M4 x 22mm Screws (66).



10. Insert the Left Upper Body Arm (4) into the Left Upper Body Leg (6) and attach it with two M8 x 45mm Button Bolts and two M8 Nylon Locknuts (59). **Make sure that the Nylon Locknuts are in the hexagonal holes in the Left Upper Body Arm.**

Repeat this step for the Right Upper Body Arm (5) and the Right Upper Body Leg (7).

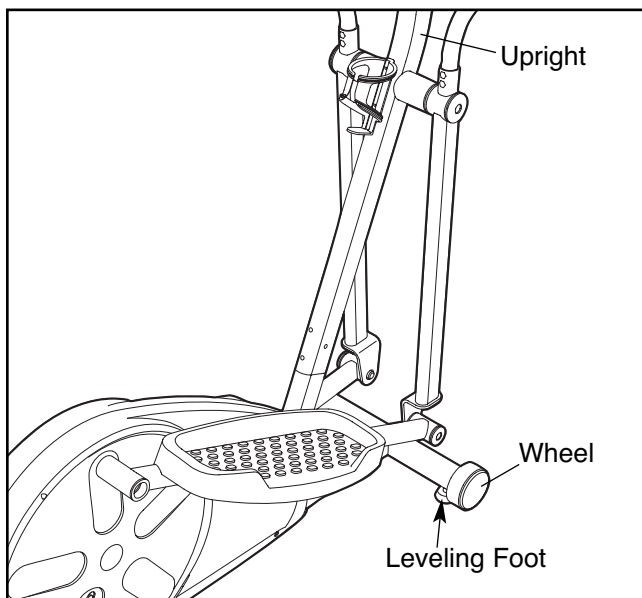


11. **Make sure that all parts of the elliptical exerciser are properly tightened.** Place a mat under the elliptical exerciser to protect the floor or carpet from damage.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, stand in front of it, place one foot against one of the wheels, and firmly hold the upper end of the upright. Pull the upright forward until you can move the elliptical exerciser on the wheels. Carefully move the elliptical exerciser to the desired location and then lower it. **To decrease the risk of injury, do not attempt to move the elliptical exerciser over an uneven surface.**

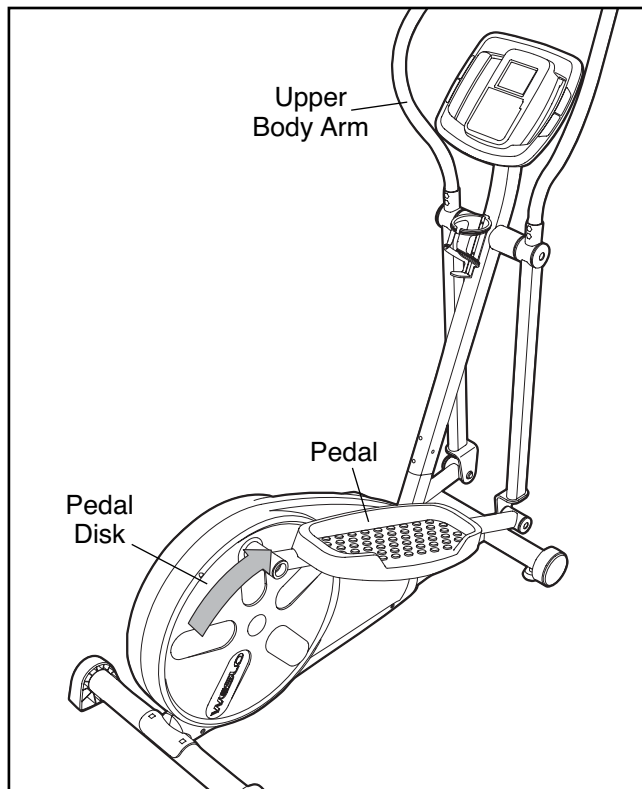


If the elliptical exerciser rocks slightly on your floor, turn one or both of the levelling feet under the front stabilizer until the rocking motion is eliminated.

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

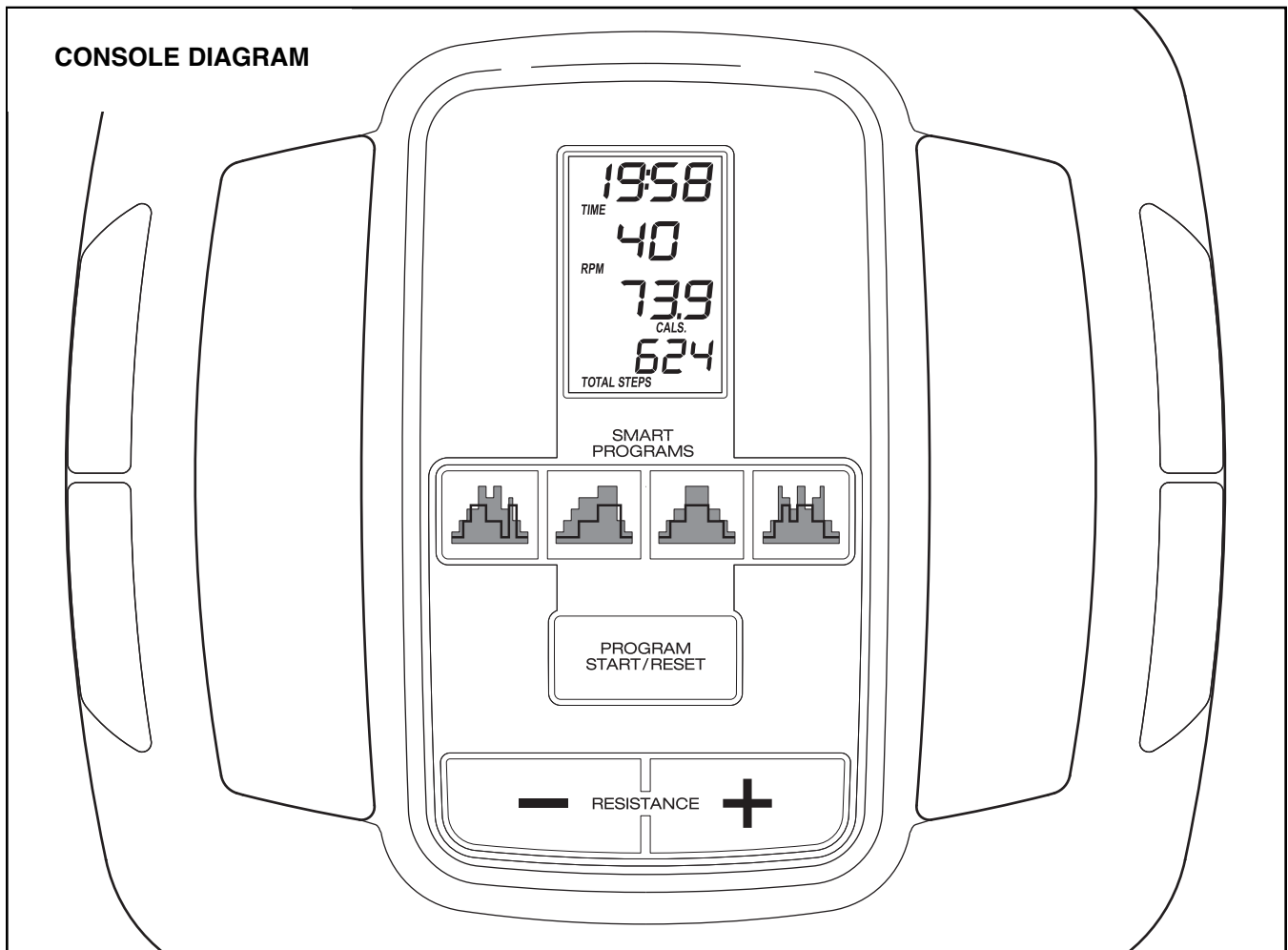
To mount the elliptical exerciser, firmly hold the upper body arms and carefully step onto the pedal that is in

the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you turn the pedal disks in the direction shown below; however, for variety, you can turn the pedal disks in the opposite direction.**



To dismount the elliptical exerciser, allow the pedals to come to a complete stop. **The elliptical exerciser does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The console offers a selection features designed to make your workouts more effective. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even monitor your heart rate using the handgrip pulse sensor.

The console also offers four smart programs that automatically change the resistance of the pedals and

prompt you to vary your pedaling pace while guiding you through an effective workout.

To use the manual mode of the console, follow the steps beginning on page 12. **To use a smart program**, see page 13.

Before using the console, make sure that batteries are installed (see assembly step 8 on page 8). 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 any button or begin pedaling. The display will light and the console will be ready for use.

2 Select the manual mode.

Each time you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing any of the Smart Programs buttons repeatedly until the display shows a time of 0:00.



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

As you pedal, change the resistance of the pedals by pressing the Resistance + and – buttons. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4 Follow your progress with the display.

The first section of the display will show the elapsed time and the distance (total number of revolutions) that you have pedaled. The display will change modes every few seconds. Note: When a smart program is selected, the display will show the time remaining in the program instead of the elapsed time.



The second section of the display will show your pedaling pace, in revolutions per minute (rpm).



The third section of the display will show the approximate number of calories you have burned and the resistance level of the pedals. The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor.



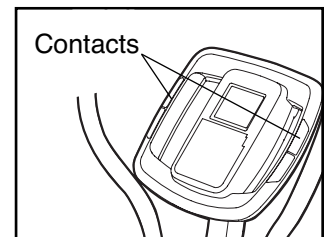
The last section of the display will show the total number of steps you have taken (one revolution equals two steps).



To reset the display, press and hold down the Program Start/Reset button for a few seconds. The display information will then be reset.

5 Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. Next, hold the handgrip pulse sensor with your palms resting on the metal contacts.



Avoid moving your hands or gripping the contacts too tightly. When your pulse is detected, a heart-shaped symbol will flash in the display each time your heart beats and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

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 begin to 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 SMART PROGRAM

1 Turn on the console.

To turn on the console, press any button or begin pedaling. The display will light and the console will be ready for use.

2 Select a smart program.

To select a smart program, press one of the four Smart Programs buttons. When a smart program is selected, the first section of the display will show how long the program will last. A few seconds later, the maximum resistance level for the program will appear in the display.



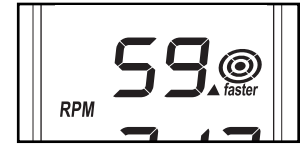
3 Start the program.

To start the program, press the Start Program/Reset button and begin pedaling.

Each program is divided into 20 one-minute segments. One resistance level and one pace setting are programmed for each segment. Note: The same resistance level and/or pace setting may be programmed for two or more consecutive segments.

Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment. Note: If the resistance level is too low or too high, you can override it by pressing the Resistance Increase and Decrease buttons. However, when the current segment ends, the resistance will automatically change to the resistance level programmed for the next segment.

As you exercise, the display will prompt you to keep your pedaling pace near the pace setting for the current segment.



When the word “faster” appears in the display, increase your pace. When the word “slower” appears, decrease your pace. When the center of the target flashes, maintain your current pace.

Important: The pace settings are intended only to provide motivation. Your actual pace may be slower than the pace settings. Make sure to exercise at a pace that is comfortable for you.

If you stop pedaling for several seconds, the time will begin to flash in the display. To restart the program, simply resume pedaling.

The program will continue until the display shows a time of 0:00. If you continue to pedal after the program is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new program.

4 Follow your progress with the display.

See step 4 on page 12.

5 Measure your heart rate if desired.

See step 5 on page 12.

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

See step 6 on page 12.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately. The elliptical exerciser can be cleaned with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

When storing the elliptical exerciser, remove the batteries from the console. Keep the elliptical exerciser in a clean, dry location, away from moisture and dust.

CONSOLE TROUBLESHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 8 on page 8.

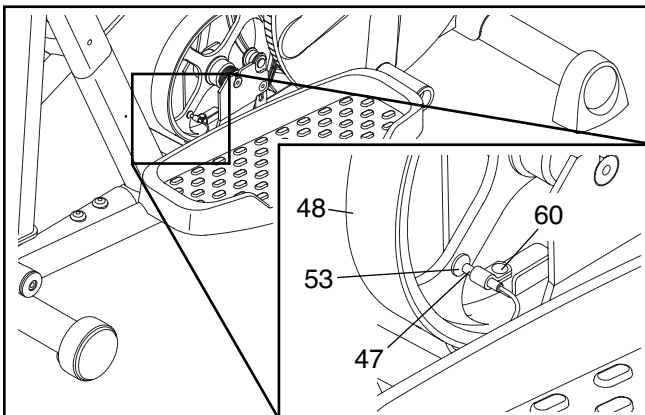
HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, make sure that your hands are positioned as described in step 5 on page 12. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals.**

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, remove all of the screws from both side shields; **there are three sizes of screws in the side shields—note which size of screw you remove from each hole.**

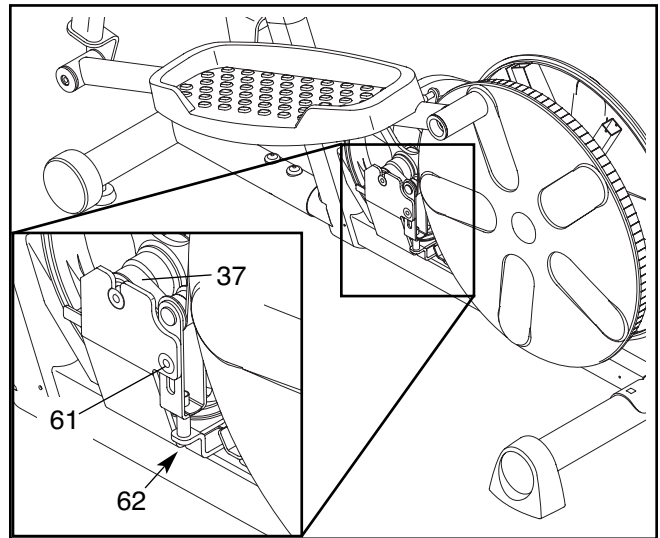
Next, locate the Reed Switch (47). Turn the Flywheel (48) until the Magnet (53) is aligned with the Reed



Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (60). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Flywheel forward and back just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the side shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 19 and the PART LIST on page 17.

HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance of the pedals is at the highest setting, the Belt (37) may need to be adjusted. First, remove all of the screws from both side shields; **there are three sizes of screws in the side shields—note which size of screw you remove from each hole.**



Next, loosen the M8 x 19mm Flat Head Bolt (61) and turn the Adjustment Screw (62) until the Belt (37) is tight. Once the Belt is tight, tighten the Flat Head Screw. Then, reattach the side shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 19 and the PART LIST on page 17.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and 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 intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

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

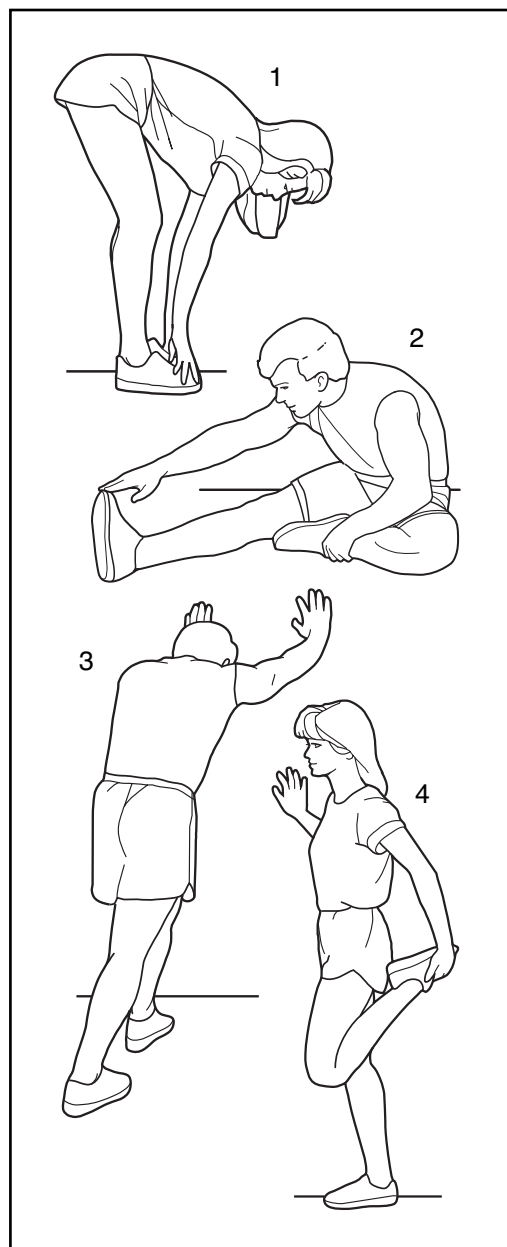
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

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.



PART LIST—Model No. WLEL2006.0

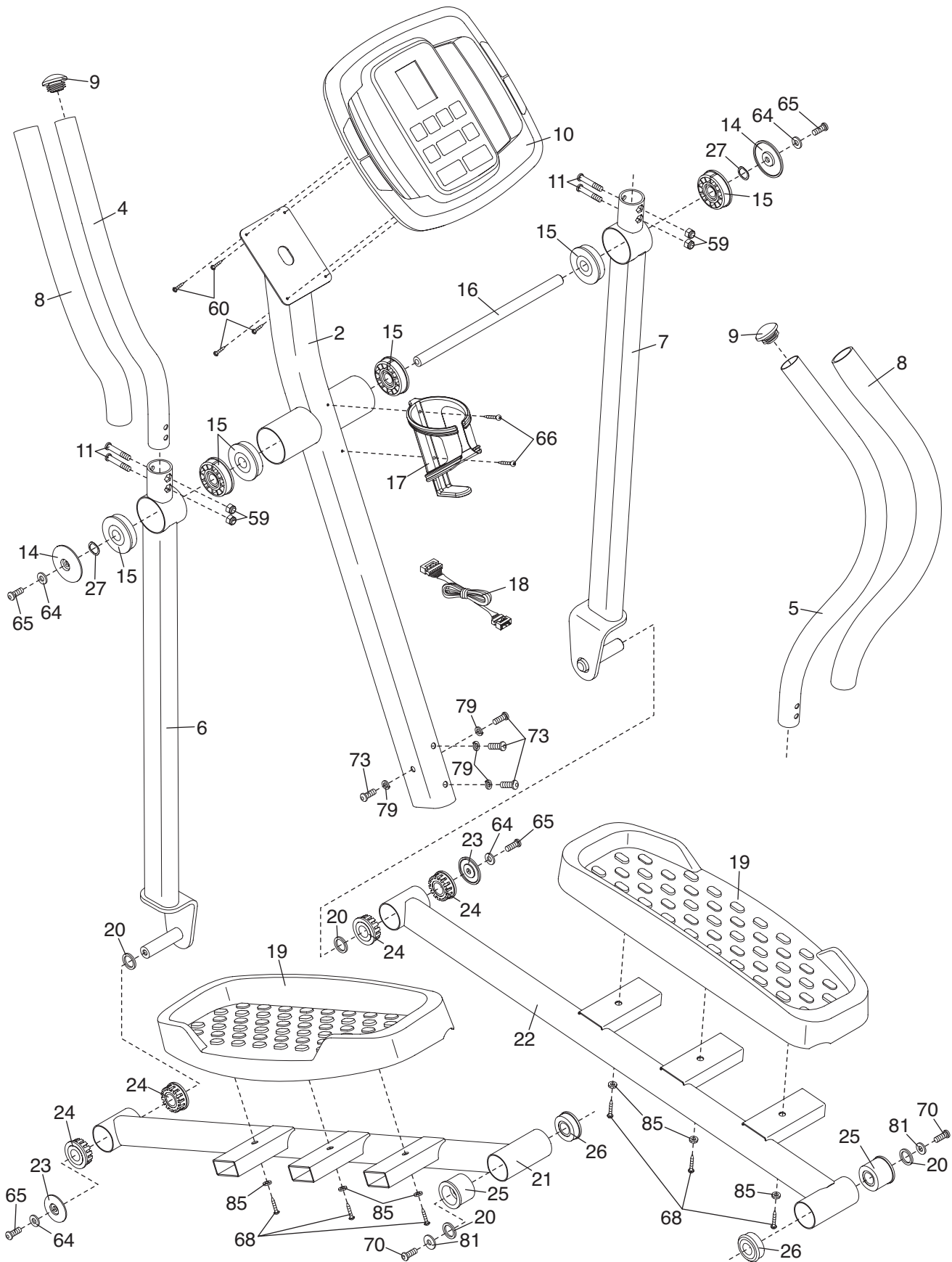
R1107A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Clamp
2	1	Upright	47	1	Reed Switch/Wire
3	1	Front Stabilizer	48	1	Flywheel
4	1	Left Upper Body Arm	49	1	Flywheel Axle
5	1	Right Upper Body Arm	50	2	Flywheel Bearing
6	1	Left Upper Body Leg	51	1	“C” Magnet
7	1	Right Upper Body Leg	52	1	“C” Magnet Bracket
8	2	Foam Grip	53	1	Magnet
9	2	Upper Body Endcap	54	1	Spring
10	1	Console	55	1	Idler
11	4	M8 x 45mm Button Bolt	56	1	Resistance Motor
12	2	Leveling Foot	57	2	Flange Screw
13	4	Concave Spacer	58	2	M10 x 75mm Carriage Bolt
14	2	Pivot Cover	59	8	M8 Nylon Locknut
15	6	Upper Body Bushing	60	11	M4 x 16mm Screw
16	1	Pivot Axle	61	1	M8 x 19mm Flat Head Bolt
17	1	Water Bottle Holder	62	1	Adjustment Screw
18	1	Upper Wire Harness	63	1	M6 x 18mm Bolt
19	2	Pedal	64	6	M8 Washer
20	4	Large Wave Washer	65	4	M8 x 23mm Button Screw
21	1	Left Pedal Arm	66	2	M4 x 22mm Screw
22	1	Right Pedal Arm	67	2	M10 x 60mm Button Screw
23	2	Pedal Leg Cover	68	6	M4 x 19mm Screw
24	4	Pedal Leg Bushing	69	4	M4 x 12mm Screw
25	2	Outer Crank Arm Bushing	70	2	M8 x 25mm Patch Screw
26	2	Inner Crank Arm Bushing	71	8	M5 x 25mm Screw
27	2	Wave Washer	72	3	M4 x 12mm Round Head Screw
28	2	Wheel	73	4	M8 x 19mm Patch Screw
29	2	Wheel Cover	74	2	M10 x 76mm Button Bolt
30	1	Left Side Shield	75	12	M6 Star Washer
31	1	Right Side Shield	76	1	M6 x 38mm Bolt
32	1	Left Disc	77	1	M6 Nut
33	1	Right Disc	78	4	M10 Split Washer
34	2	Disc Cover	79	4	M8 Split Washer
35	1	Rear Stabilizer	80	1	M4 x 25mm Screw
36	2	Stabilizer Endcap	81	2	M8 Large Washer
37	1	Belt	82	4	M4 Washer
38	1	Lower Wire Harness	83	1	M6 Nylon Locknut
39	1	Crank	84	5	M10 Nylon Locknut
40	2	Crank Bearing	85	6	Star Washer
41	2	Crank Snap Ring	86	4	M5 x 16mm Screw
42	1	Left Crank Arm	#	3	Hex Key
43	1	Right Crank Arm	#	1	Grease Packet
44	1	Resistance Cable	#	1	User's Manual
45	2	Crank Arm Spacer			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

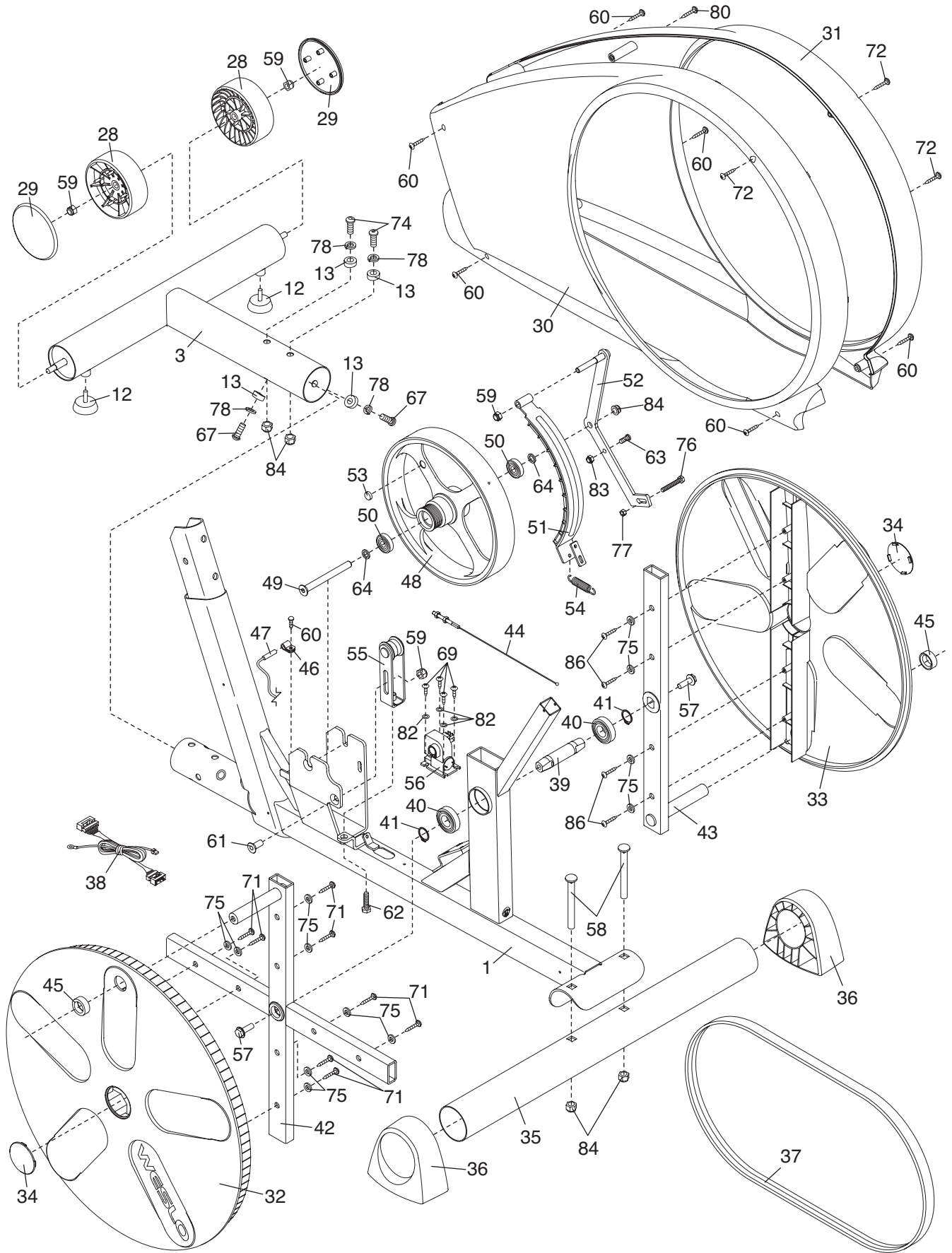
EXPLODED DRAWING A—Model No. WLEL2006.0

R1107A



EXPLODED DRAWING B—Model No. WLEL2006.0

R1107A



HOW TO ORDER 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 (WLEL2006.0)
- the NAME of the product (WESLO Momentum 220X elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 17 to 19)

LIMITED WARRANTY

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