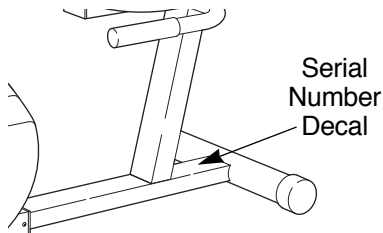


Model No. WLEX28080

Serial No. \_\_\_\_\_

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



# WESLO®

## pursuit 680s

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY 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.

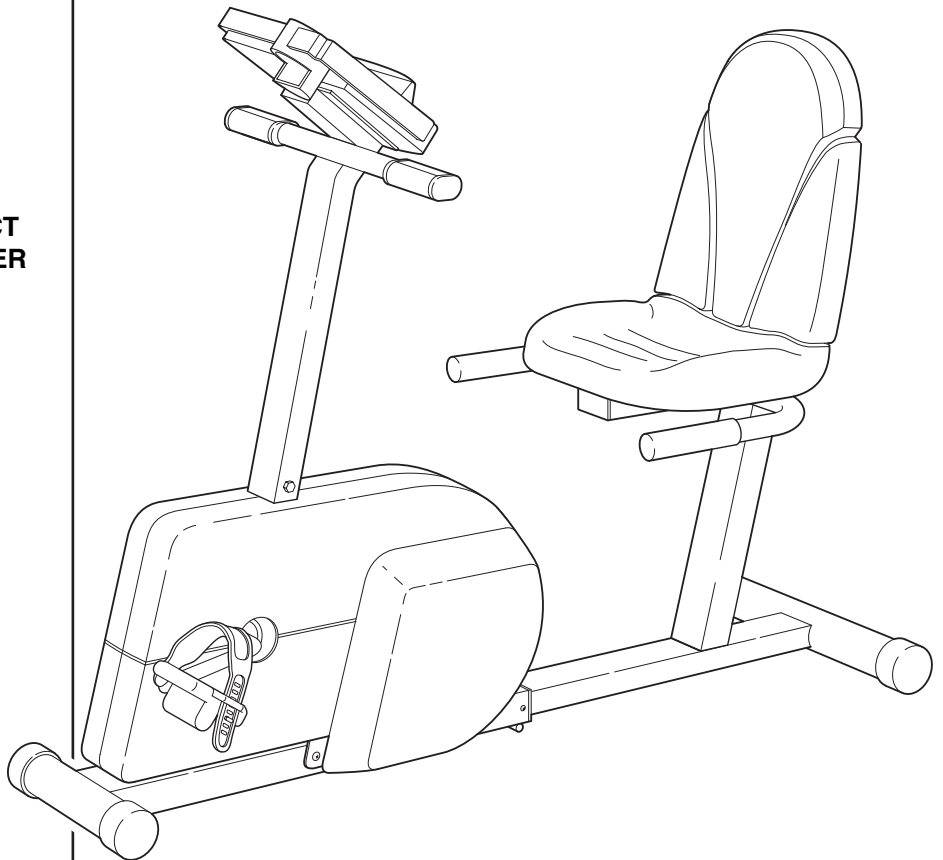
CUSTOMER HOT LINE:

**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST

Patent Pending

### USER'S MANUAL



### 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](http://www.weslo.com)

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

# WESLO®

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## pursuit 680s

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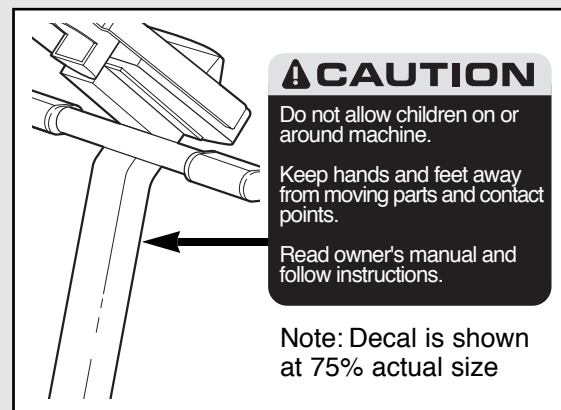
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# IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the WESLO® PURSUIT 680s.

1. Read all instructions in this manual before using the 680s.
2. It is the responsibility of the owner to ensure that all users of the 680s are adequately informed of all precautions. Use the 680s only as described in this manual.
3. Use the 680s indoors on a level surface. Keep the 680s away from moisture and dust. Place a mat under the 680s to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the 680s at all times.
6. The 680s should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the 680s. Always wear athletic shoes when using the 680s.
8. Always keep your back straight when using the 680s. Do not arch your back.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
10. The 680s is intended for in-home use only. Do not use the 680s in a commercial, rental, or institutional setting.
11. **CAUTION DECAL PLACEMENT:** The decal shown below has been placed on the 680s. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756 to 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.

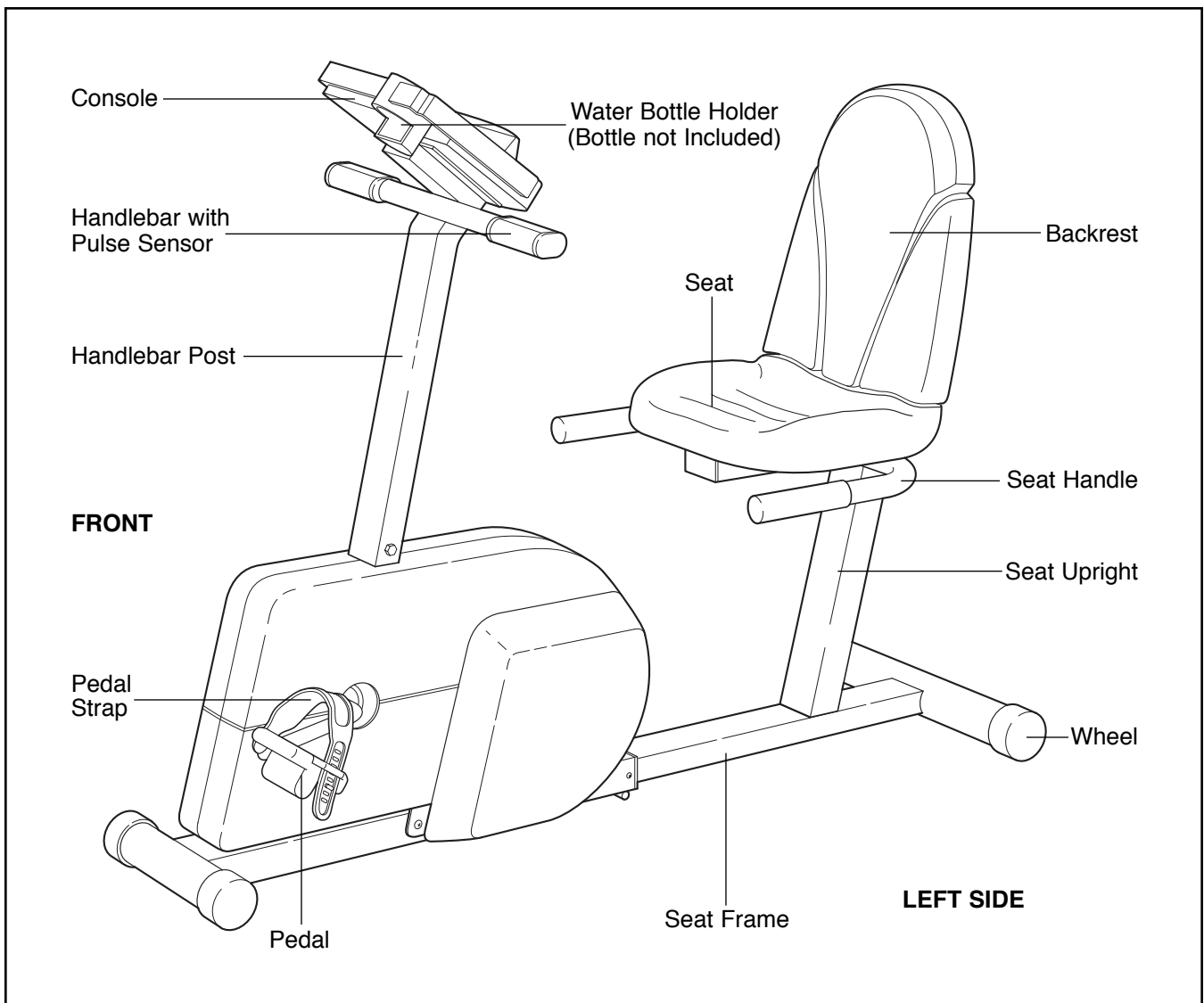
# BEFORE YOU BEGIN

Thank you for selecting the innovative WESLO® PURSUIT 680s. The PURSUIT 680s offers a unique form of low-impact exercise that offers greater cardiovascular benefits and increased muscle toning. And the 680s features adjustable resistance to let you tailor your exercise to the level that's perfect for you.

**For your benefit, read this manual carefully before you use the PURSUIT 680s.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday


through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is WLEX28080. The serial number can be found on a decal attached to the PURSUIT 680s (see the front cover of this manual for the location of the decal).

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



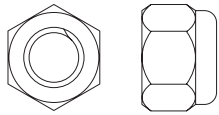
# ASSEMBLY

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.**

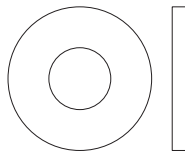
Assembly requires the included tools and your own adjustable wrench .

## PART CHART

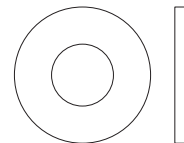
Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part; the second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



M8 Nylon Locknut (55)–12



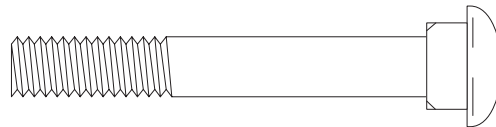
M8 x 19mm Washer (54)–7



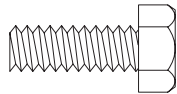
M8 Washer (26)–2



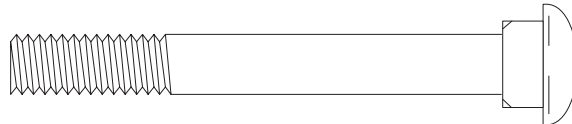
#8 x 1/2" Screw (43)–5



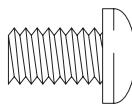
M8 x 55mm Carriage Bolt (11)–4



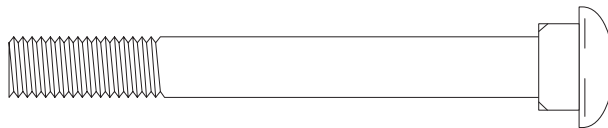
M6 x 16mm Hex Head Screw (46)–8



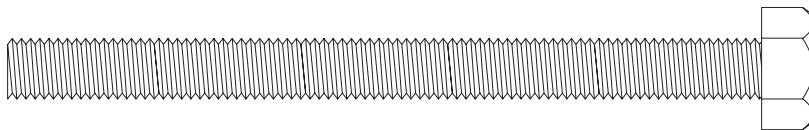
M8 x 65mm Carriage Bolt (52)–4



M8 x 15mm Button Screw (53)–7



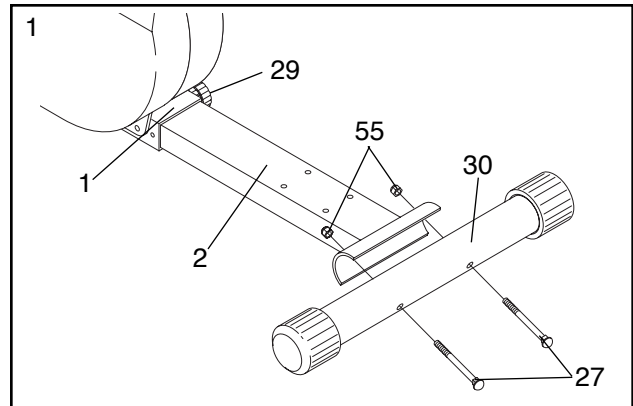
M8 x 70mm Carriage Bolt (27)–2



M8 x 100mm Hex Head Bolt (12)–2

1. Loosen the Frame Knob (29) on the right side of the Frame (1). Slide the Seat Frame (2) out until it stops. Tighten the Frame Knob.

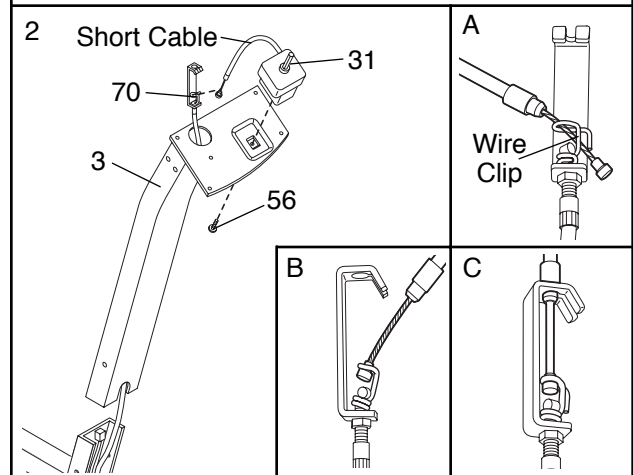
Attach the Stabilizer (30) to the Seat Frame (2) with two M8 x 70mm Carriage Bolts (27) and two M8 Nylon Locknuts (55).



2. Attach the Resistance Control (31) to the Handlebar Post (3) with the Resistance Control Screw (56). Insert the Resistance Cable (70) up through the Handlebar Post as shown.

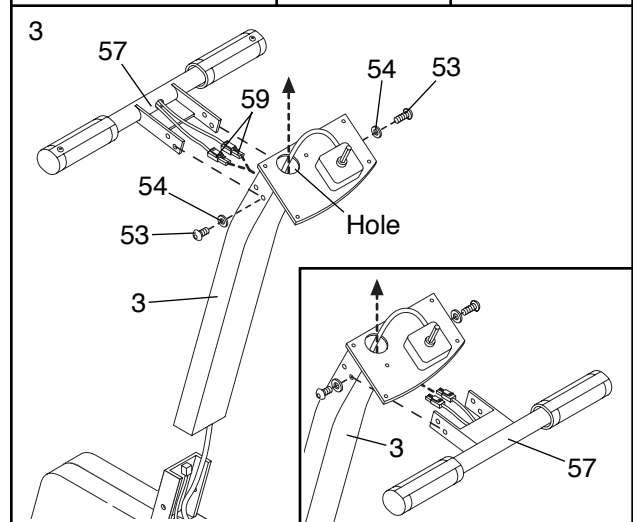
Next, connect the short cable on the Resistance Control (31) to the Resistance Cable (70) as follows:

- Insert the tip of the short cable into the wire clip as shown in drawing A.
- Firmly pull the short cable and slide it into the metal bracket as shown in drawings B and C. Make sure that the tip of the short cable is held by the wire clip as shown.



3. Route both Pulse Wires (59) into the Handlebar Post (3) and up through the indicated hole. Attach the Handlebar (57) to the Handlebar Post with two M8 x 15mm Button Screws (53) and two M8 x 19mm Washers (54). **Make sure that the Screws are threaded into the indicated holes. Do not tighten the Screws yet.**

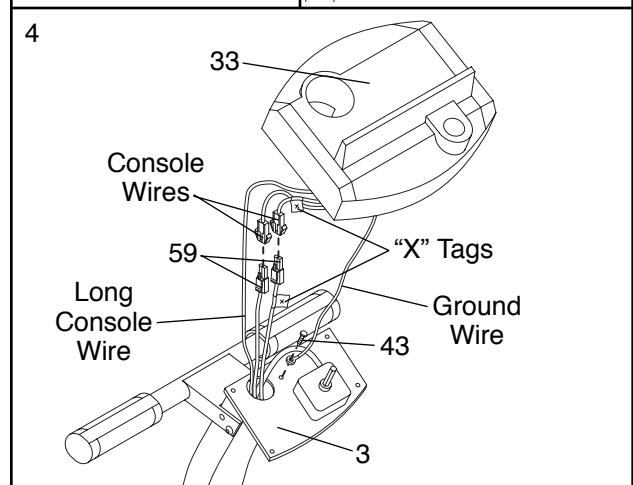
**Important: All drawings in this manual show the Handlebar (57) attached to the front of the Handlebar Post (3). However, the Handlebar can be attached to the back of the Handlebar Post, as shown in the inset drawing. Choose the position that is the most comfortable for you.**



4. Connect the two Pulse Wires (59) to the corresponding wires on the Console (33). **Make sure that the wires with "X" tags are connected to each other.**

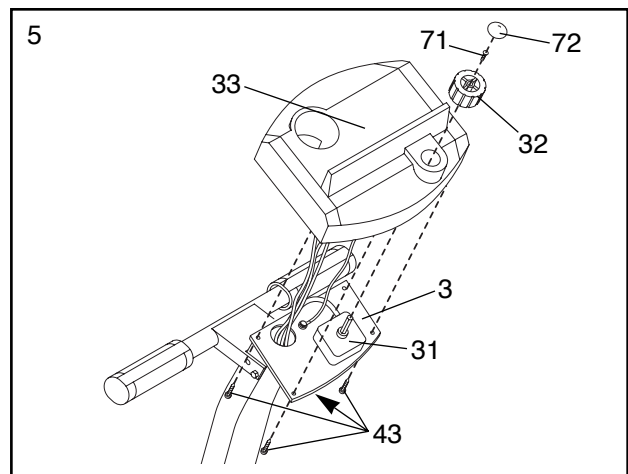
If your Console (33) has a ground wire, attach it to the Handlebar Post (3) with a #8 x 1/2" Screw (43).

Next, insert the long console wire down through the Handlebar Post (3).

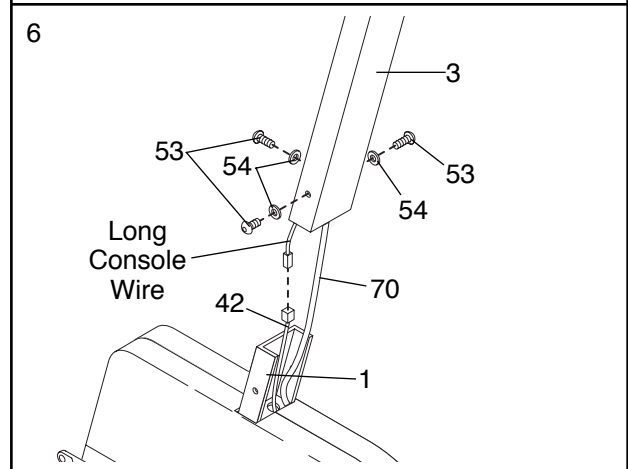


- Attach the Console (33) to the Handlebar Post (3) with four #8 x 1/2" Screws (43). **Be careful to avoid pinching the wires and cables.**

Next, press the Resistance Knob (32) onto the Resistance Control (31). Attach the Resistance Knob with the Knob Screw (71). Press the Knob Cover (72) onto the Resistance Knob.

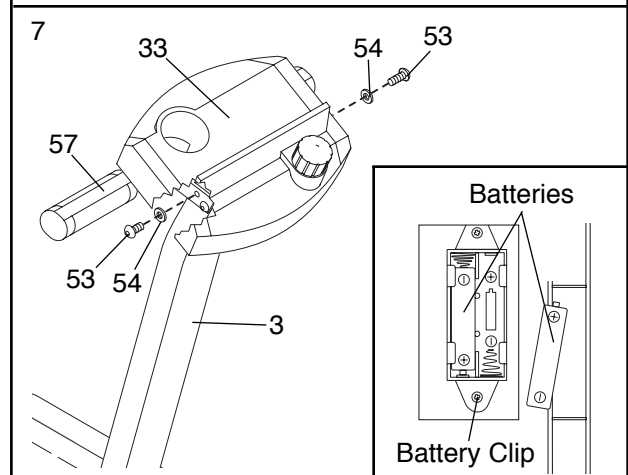


- Connect the long console wire (42) to the Reed Switch Wire (42). Next, attach the Handlebar Post (3) to the Frame (1) with three M8 x 15mm Button Screws (53) and three M8 x 19mm Washers (54). **Be careful not to pinch the Reed Switch Wire (42) or the Resistance Cable (70).**

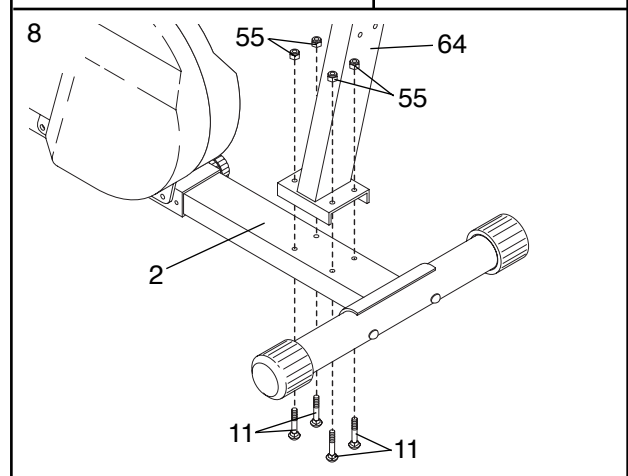


- Finish attaching the Handlebar (57) to the Handlebar Post (3) with two more M8 x 15mm Button Screws (53) and two more M8 x 19mm Washers (54). **Tighten all four Hex Head Screws.**

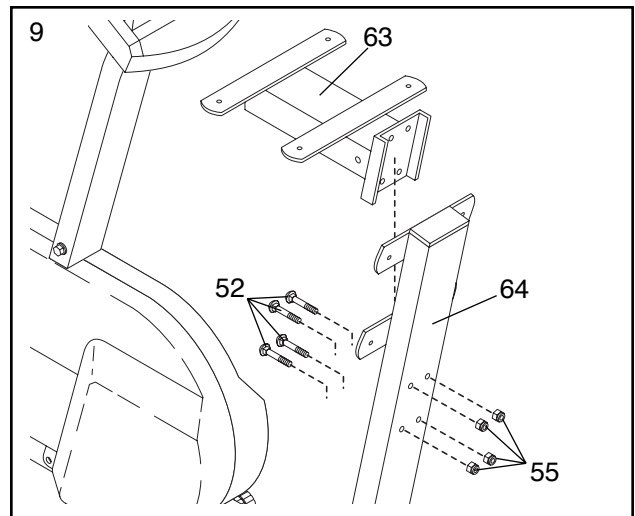
The Console (33) requires two "AA" batteries (not included)—alkaline batteries are recommended. Refer to the inset drawing. Open the battery cover (not shown) on the back of the Console. Press two batteries into the battery clip. **Make sure that the negative (-) ends of the batteries are touching the springs.** Close the battery cover.



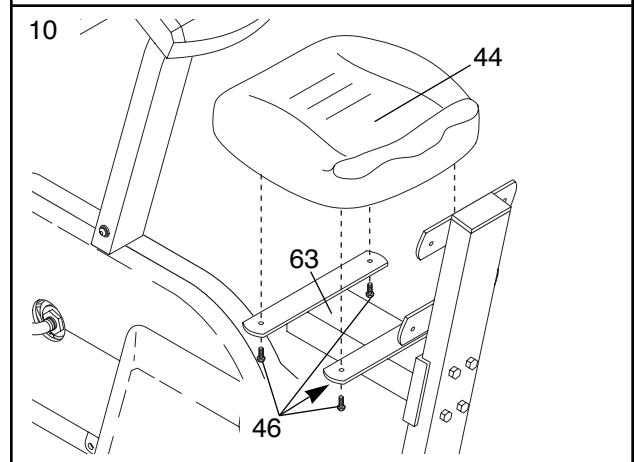
- Attach the Seat Upright (64) to the Seat Frame (2) with four M8 x 55mm Carriage Bolts (11) and four M8 Nylon Locknuts (55). Note: It may be helpful to tip the exercise cycle on its side to attach the Seat Upright.



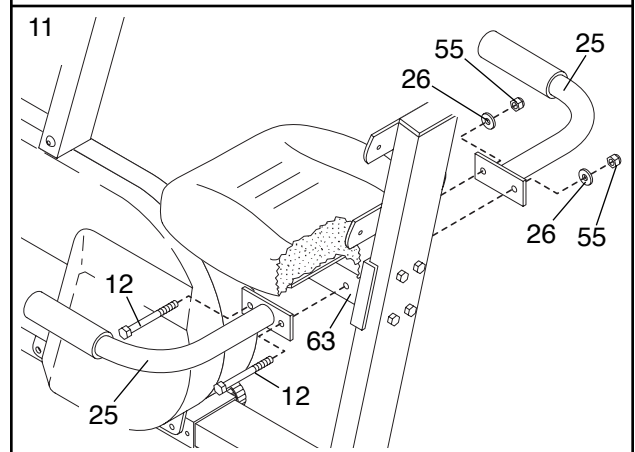
9. Attach the Seat Bracket (63) to the Seat Upright (64) with four M8 x 65mm Carriage Bolts (52) and four M8 Nylon Locknuts (55).



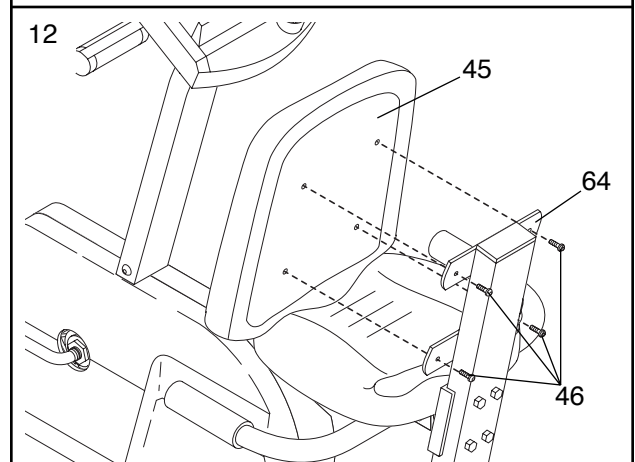
10. Attach the Seat (44) to the Seat Bracket (63) with four M6 x 16mm Hex Head Screws (46).



11. Attach the Seat Handles (25) to the Seat Bracket (63) with two M8 x 100mm Hex Head Bolts (12), two M8 Washers (26), and two M8 Nylon Locknuts (55).



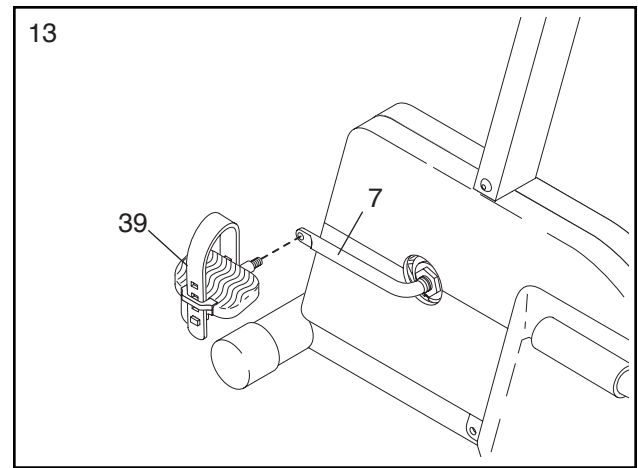
12. Attach the Backrest (45) to the Seat Upright (64) with four M6 x 16mm Hex Head Screws (46).





13. Identify the Left Pedal (39) (there is an "L" on the Left Pedal). Using an adjustable wrench, tighten the Left Pedal counterclockwise into the left arm of the Crank (7).

Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank (7).

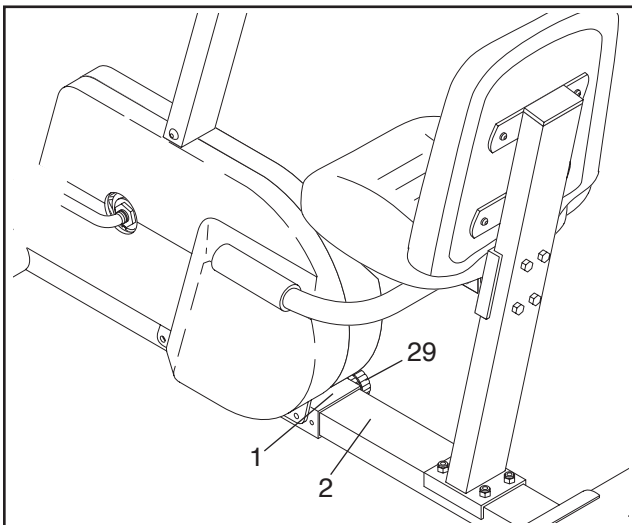


14. Make sure that all parts are properly tightened before you use the exercise cycle.

## HOW TO USE THE EXERCISE CYCLE

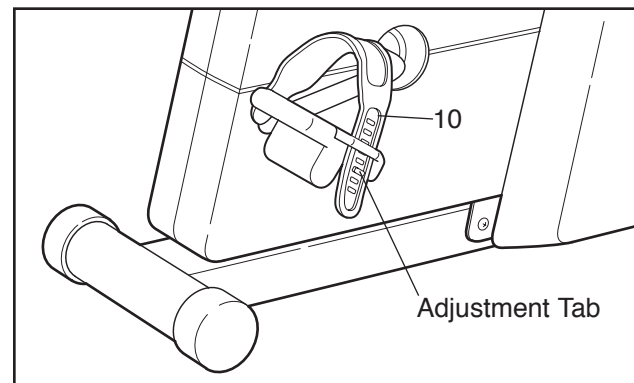
### HOW TO ADJUST THE POSITION OF THE SEAT FRAME

The Seat Frame (2) can be adjusted to the position that is the most comfortable for you. To adjust the Seat Frame, first loosen the Frame Knob (29) on the right side of the Frame (1). Slide the Seat Frame forward or backward to the desired position. Tighten the Frame Knob.



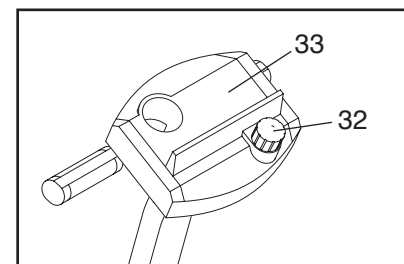
### HOW TO ADJUST THE PEDAL STRAPS

To adjust each Pedal Strap (10), first pull the Pedal Strap off the adjustment tab on the pedal. Align a different hole in the Pedal Strap with the adjustment tab. Press the Pedal Strap onto the adjustment tab.



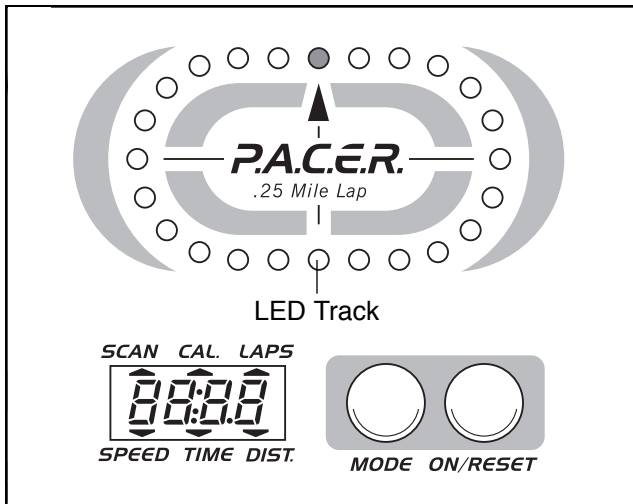
### HOW TO ADJUST THE PEDALING RESISTANCE

The pedaling resistance can be adjusted with the Resistance Knob (32) located on the Console (33). To increase the resistance, turn the Resistance Knob clockwise; to decrease the resistance, turn the Resistance Knob counterclockwise.



## DESCRIPTION OF THE CONSOLE

The console is designed to help you get the most from your workouts. As you exercise, you can watch your progress around the LED track, while the display provides continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor. The modes of the display are described below.



**Speed**—This mode displays your pedaling speed, in miles per hour.

**Time**—This mode displays the elapsed time. Note: If you stop exercising, the time mode will pause.

**Distance**—This mode displays the total distance you have pedaled, in miles.

**Laps**—This mode displays the number of 1/4-mile laps you have completed around the LED track.

**Calorie**—This mode displays the approximate number of Calories you have burned.

**Scan**—This mode displays the speed, time, distance, laps and calorie modes, for 5 seconds each, in a repeating cycle.

**Pulse**—This mode displays your heart rate when the pulse sensor is used (see page 11).

## BATTERY INSTALLATION

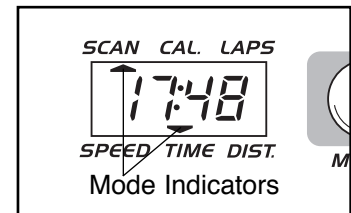
Before the console can be operated, two "AA" batteries must be installed (see assembly step 7 on page 7).

## HOW TO OPERATE THE CONSOLE

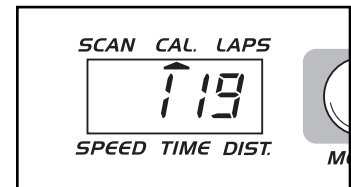
If there is a thin sheet of clear plastic on the face of the console, remove it.

1. To turn on the power, press the on/reset button or simply begin pedaling. When the power is turned on, one LED indicator will light in the LED track, and the entire display will appear for two seconds. The console will then be ready for operation.
2. Select one of the modes:

**Scan mode**—When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a flashing mode indicator will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the mode button.



**Speed, time, distance, laps or calorie 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 that the scan mode is not selected.)



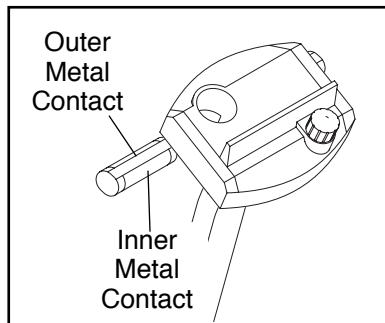
**Pulse mode**—To use the pulse mode, see page 11.

3. The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. A new lap will then begin.
4. To reset the display, press the on/reset button.
5. To turn off the power, simply wait for about four minutes. **The console has an "auto-off" feature. If the pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

# HOW TO USE THE PULSE SENSOR

The convenient pulse sensor allows you to measure your heart rate at any time during your workouts. You can measure your heart rate before you begin exercising, while you exercise, and again when you finish.

To use the pulse sensor, first make sure that the power is turned on. Next, stop exercising, rest both feet on the floor, and place your hands on the metal contacts of the pulse sensor.



**Your palms must be resting on the inner contacts and your fingers must be touching the outer contacts.** Avoid moving your hands. After a moment, the heart indicator in the display will flash and your heart rate will be shown. For the most accurate reading, continue to hold the contacts for about 15 seconds.

## PULSE SENSOR TROUBLE-SHOOTING

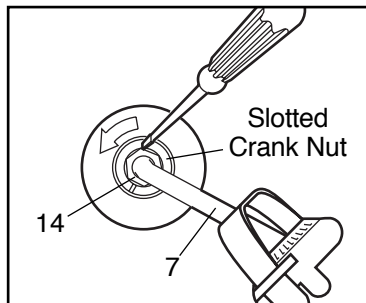
- Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings. If the pulse sensor is not used correctly, the heart indicator in the display will flash repeatedly but your heart rate will not be shown.
- If an “L” appears in the display, the pulse sensor is receiving too little pulse information to accurately calculate your pulse. If an “H” appears, the pulse sensor is receiving too much pulse information. Let go of the metal contacts, and then place your hands on the contacts again. Your palms must be resting on the inner contacts and your fingers must be touching the outer contacts.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, wait for about 15 seconds.
- For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—do not use alcohol, abrasives, or chemicals.

# MAINTENANCE AND STORAGE

Inspect and tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

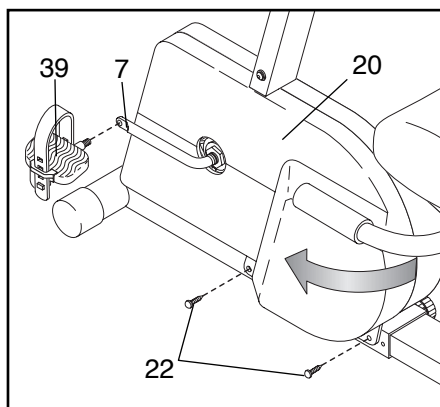
## CRANK ADJUSTMENT

If the arms of the Crank (7) become loose, they should be tightened in order to prevent excessive wear. Loosen the Hex Crank Nuts (14) on the left arm of the Crank. Place the tip of a standard screwdriver in one of the slots in the slotted crank nut. Tap the screwdriver with a hammer to turn the slotted crank nut counterclockwise until the arms are no longer loose. **Do not overtighten the slotted crank nut.** When the slotted crank nut is properly tightened, tighten the Hex Crank Nuts.

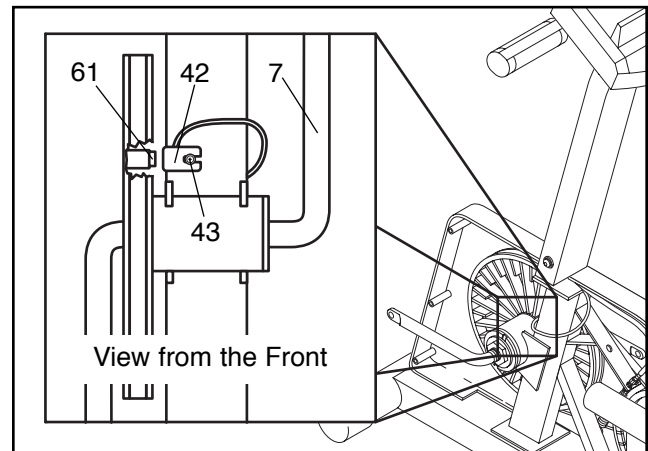


## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch may need to be adjusted. To adjust the reed switch, you must first remove the Left Side Shield (20). Using an adjustable wrench, turn the Left Pedal (39) clockwise and remove it. Next, remove the indicated #8 x 1/4" Screws (22). Grasp both Side Shields and gently pull them apart. Turn the left arm of the Crank (7) to the position shown, and then carefully slide the Left Side Shield forward and remove it.



With the left side shield removed, locate the Reed Switch (42) (see the drawing below). Turn the Crank (7) until the Magnet (61) is aligned with the Reed Switch. Loosen but do not remove the #8 x 1/2" Screw (43). 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.



## BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. See assembly step 7 on page 7.

# 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 individuals over the age of 35 or individuals with pre-existing health problems.**

## WHY EXERCISE?

Exercise has proven essential for good health and general well-being. Regular participation in a well-rounded exercise program results in a stronger and more efficient heart, improved respiratory function, increased stamina and endurance, better weight management and body fat control, increased ability to deal with stress, and greater self-esteem and confidence.

## EXERCISE INTENSITY

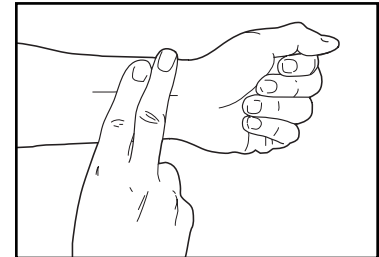
To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138–167	133–162
25	136–166	132–160
30	135–164	130–158
35	134–162	129–156
40	132–161	127–155
45	131–159	125–153
50	129–156	124–150
55	127–155	122–149
60	126–153	121–147
65	125–151	119–145
70	123–150	118–144
75	122–147	117–142
80	120–146	115–140
85	118–144	114–139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.

To measure your heart rate, use the pulse sensor in the handlebar. You can also measure your pulse by placing two fingers on your wrist. Stop exercising and

take a six-second heartbeat count. Multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.



## WORKOUT GUIDELINES

Each workout should include three important parts: a warm-up, training zone exercise, and a cool-down.

**Warming up**—Begin 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 heart rate is in your training zone for 20 to 30 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

**Cooling down**—Finish each workout with 5 to 10 minutes of stretching. This will increase your flexibility 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.

# PART LIST—Model No. WLEX28080

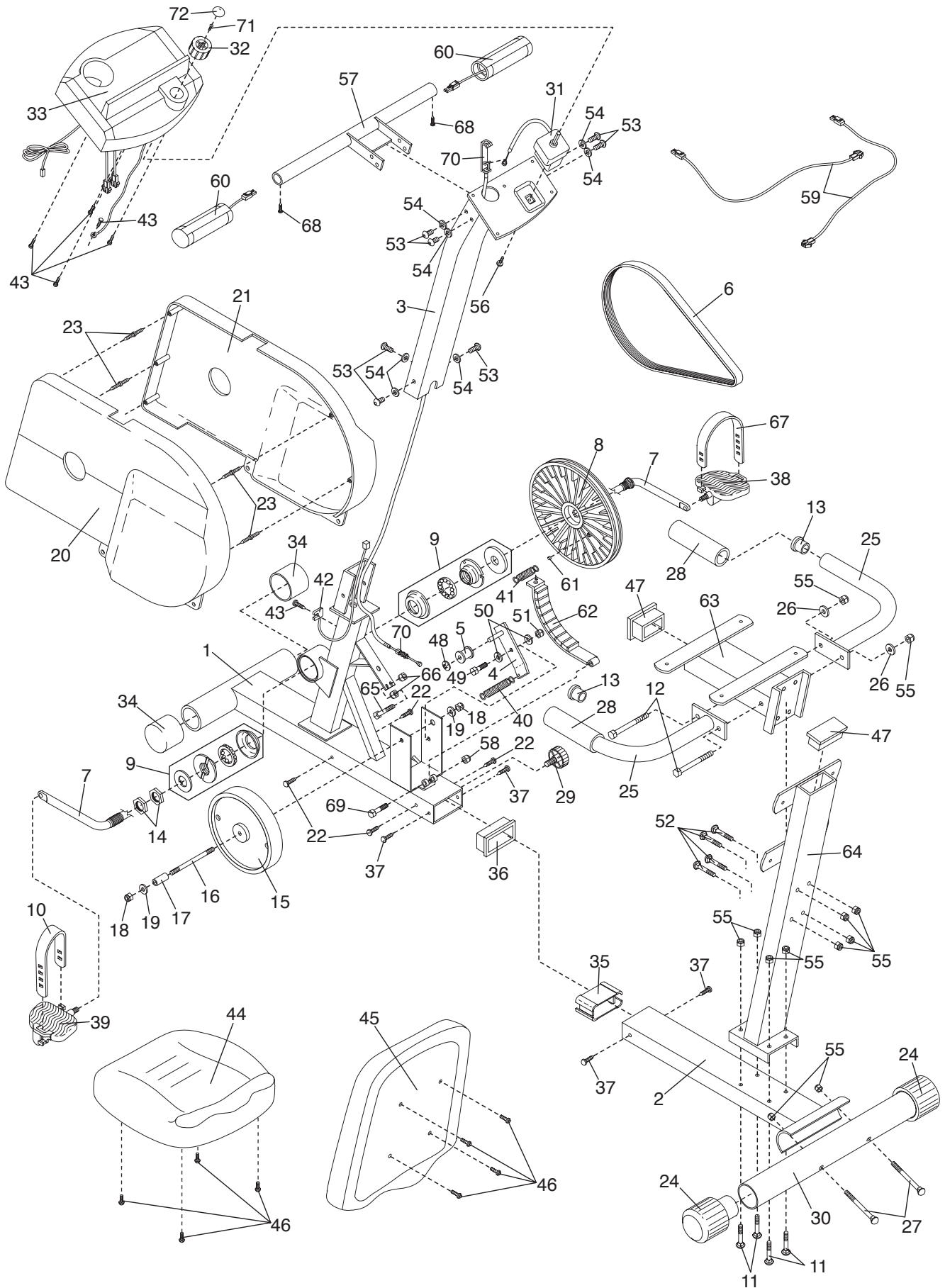
R0100A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	38	1	Right Pedal w/Strap
2	1	Seat Frame	39	1	Left Pedal w/Strap
3	1	Handlebar Post	40	1	Idler Arm Spring
4	1	Idler Arm	41	1	"C" Magnet Spring
5	1	Idler Wheel	42	1	Reed Switch w/Wire
6	1	Drive Belt	43	6	#8 x 1/2" Screw
7	1	Crank	44	1	Seat
8	1	12" Pulley	45	1	Backrest
9	1	Bearing Assembly	46	8	M6 x 16mm Hex Head Screw
10	1	Left Pedal Strap	47	2	2" x 3" Endcap
11	4	M8 x 55mm Carriage Bolt	48	1	1/2" Push Nut
12	2	M8 x 100mm Hex Head Bolt	49	1	Idler Arm Screw
13	2	Handle Endcap	50	2	Idler Arm Washer
14	2	Hex Crank Nut	51	1	Idler Arm Nut
15	1	Flywheel Assembly	52	4	M8 x 65mm Carriage Bolt
16	1	Flywheel Axle	53	7	M8 x 15mm Button Screw
17	1	Flywheel Spacer	54	7	M8 x 19mm Washer
18	2	5/16" Nylon Jam Nut	55	12	M8 Nylon Locknut
19	2	5/16" Flat Washer	56	4	Resistance Control Screw
20	1	Left Side Shield	57	1	Handlebar
21	1	Right Side Shield	58	1	"C" Magnet Nut
22	4	#8 x 1/4" Screw	59	2	Pulse Wire
23	5	Tree Fastener	60	2	Pulse Grip
24	2	Wheel Assembly	61	1	Magnet
25	2	Seat Handle	62	1	"C" Magnet
26	2	M8 Washer	63	1	Seat Bracket
27	2	M8 x 70mm Carriage Bolt	64	1	Seat Frame
28	2	Foam Grip	65	1	Stop Bolt
29	1	Frame Knob	66	2	Stop Nut
30	1	Stabilizer	67	1	Right Pedal Strap
31	1	Resistance Control	68	2	Pulse Grip Screw
32	1	Resistance Knob	69	1	"C" Magnet Bolt
33	1	Console	70	1	Resistance Control Cable
34	2	Stabilizer Endcap	71	1	Knob Screw
35	1	Seat Frame Bushing	72	1	Knob Cover
36	1	Frame Bushing	#	1	User's Manual
37	4	#8 x 1/2" Black Screw			

Note: "#" refers to 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—Model No. WLEX28080

R0100A



# ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (WLEX28080).
- The NAME of the product (WESLO® PURSUIT 680s).
- 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 of this manual).

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