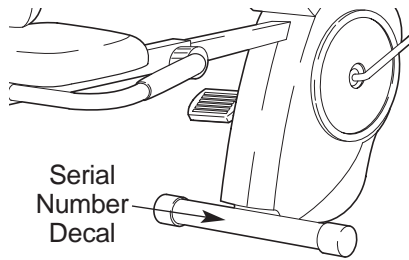


Model No. WLEX30480

Serial No. _____

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



QUESTIONS?

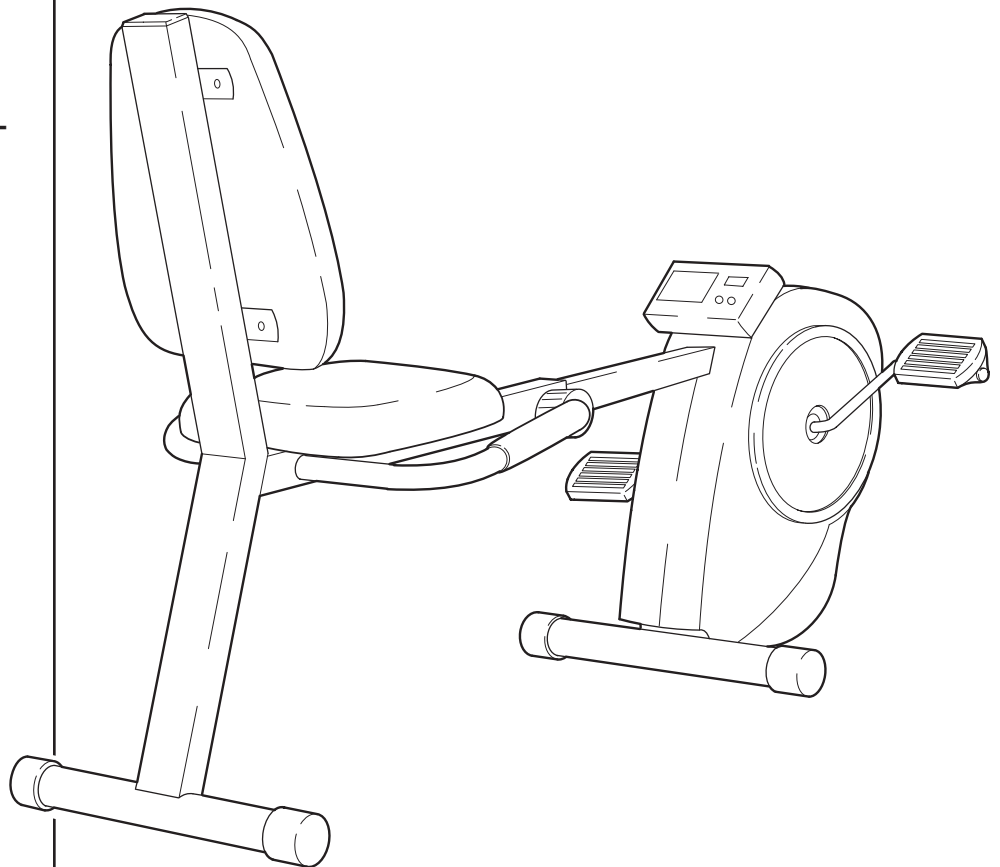
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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



CAUTION

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

kathy ireland™

Recumbent Exercise Cycle

USER'S MANUAL



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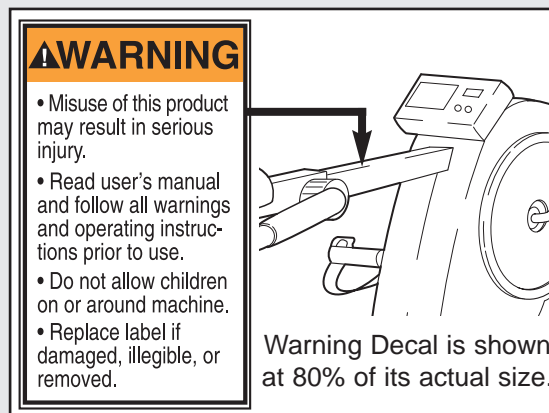
TABLE OF CONTENTS

| | |
|--------------------------------|-------------|
| IMPORTANT PRECAUTIONS | .2 |
| BEFORE YOU BEGIN | .3 |
| PART IDENTIFICATION CHART | .3 |
| ASSEMBLY | .4 |
| HOW TO USE THE EXERCISE CYCLE | .6 |
| STORAGE AND TROUBLE-SHOOTING | .7 |
| CONDITIONING GUIDELINES | .9 |
| PART LIST | .10 |
| EXPLODED DRAWING | .11 |
| HOW TO ORDER REPLACEMENT PARTS | .Back Cover |
| LIMITED WARRANTY | .Back Cover |

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 before using the exercise cycle. Use the exercise cycle only as described.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Use 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 from damage.
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 exercise cycle at all times.
6. The exercise cycle 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 exercise cycle. Always wear athletic shoes for foot protection.
8. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
9. Always keep your back straight when using the exercise cycle. Do not arch your back.
10. The exercise cycle is intended for in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
11. The exercise cycle does not have a free-wheel; the pedals will continue to move until the flywheel stops.
12. The decal shown below has been placed on the exercise cycle. If the decal is missing, or if it is not legible, call our toll-free Customer Service Department to order a free replacement decal.



⚠ 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

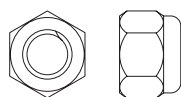
Thank you for selecting the new KATHY IRELAND™ RECUMBENT EXERCISE CYCLE. The KATHY IRELAND™ exercise cycle blends advanced engineering with contemporary styling to provide you with a low-impact workout in the convenience and privacy of your own home.

For your benefit, read this manual carefully before you use the KATHY IRELAND™ RECUMBENT EXERCISE CYCLE. If you have questions after

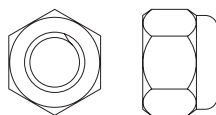
reading the manual, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is WLEX30480. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

PART IDENTIFICATION CHART

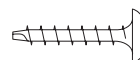
Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 10. The second number refers to the quantity used in assembly. **Note: If a part is not found in the parts bag, check to see if it has been preassembled.**



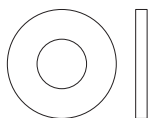
M6 Locknut (52)—6



M8 Locknut (39)—4



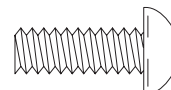
M4 x 16mm Screw (46)—1



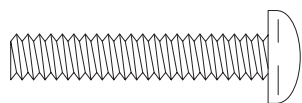
M6 Washer (35)—4



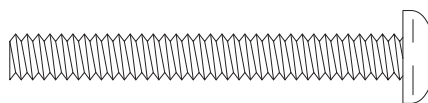
M8 Lock Washer (57)—2



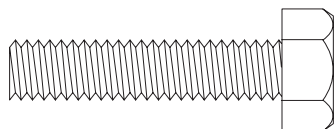
M6 x 16mm Round Head Screw (55)—8



M6 x 34mm Button Head Bolt (19)—4



M6 x 52mm Button Head Screw (47)—4






M8 x 36mm Hex Head Bolt (56)—2

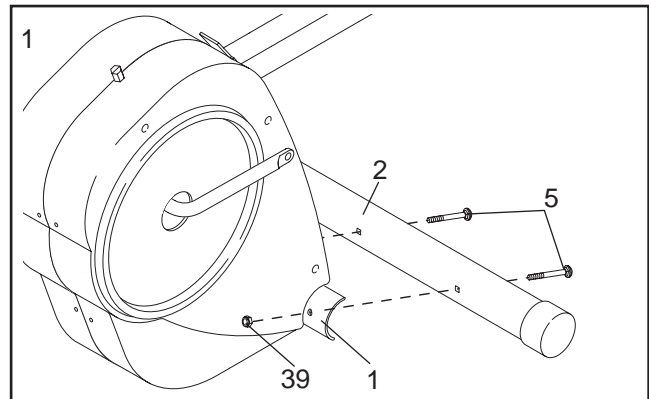


M8 x 65mm Carriage Bolt (5)—4

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 allen wrench** , **a phillips screwdriver** , and **two adjustable wrenches** .

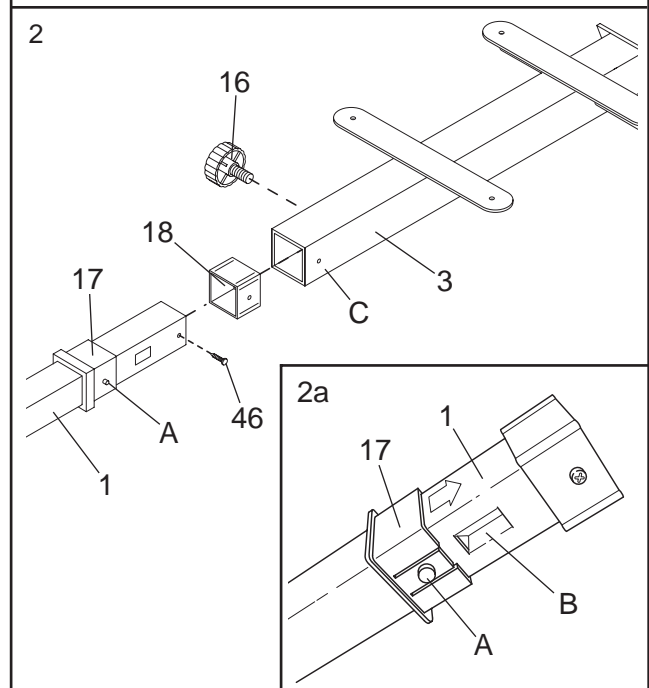
1. Hold one of the Stabilizers (2) against the saddle on the Frame (1). Attach the Stabilizer with two M8 x 65mm Carriage Bolts (5) and two M8 Locknuts (39).



2. Slide the Seat Frame Bushing (17) onto the Frame (1) as shown. Next, insert the Frame Bushing (18) into the Frame (1) and attach it with an M4 x 16mm Screw (46).

Refer to drawing 2a. Move the Seat Frame Bushing (17) until the tabs (A) are positioned over the rectangular slots (B) in the Frame (1).

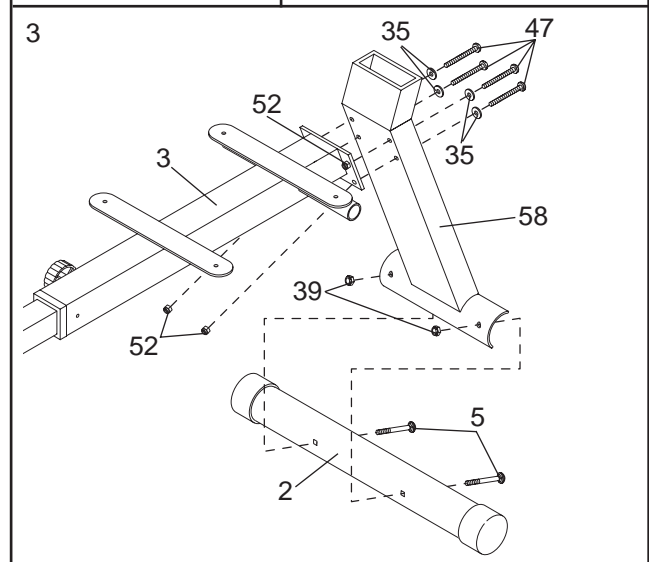
Refer to drawing 2. Press the tabs (A) on the Seat Frame Bushing (17) with your thumb and index finger, and carefully slide the Seat Frame (3) onto the Frame (1) and the Seat Frame Bushing (17); **be careful to avoid pinching your fingers**. Make sure that the tabs (A) snap into the holes (C) in the Seat Frame (3).



Finally, tighten the Adjustment Knob (16) into the Seat Frame (3).

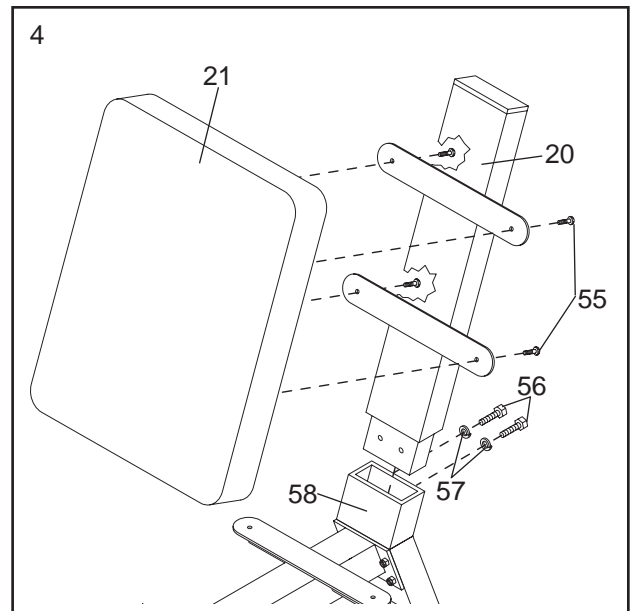
3. Attach the Lower Seat Frame (58) to the Seat Frame (3) with four M6 x 52mm Button Head Screws (47), four M6 Washers (35), and four M6 Locknuts (52).

Next, hold the other Stabilizer (2) against the saddle on the Lower Seat Frame (58). Attach the Stabilizer with two M8 x 65mm Carriage Bolts (5) and two M8 Locknuts (39).



- Slide the Backrest Frame (20) into the Lower Seat Frame (58). Attach the Backrest Frame with two M8 x 36mm Hex Head Bolts (56) and two M8 Lock Washers (57).

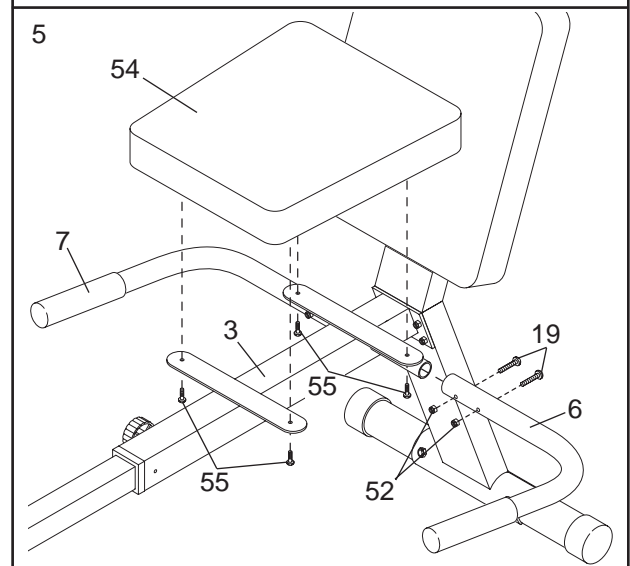
Attach the Backrest (21) to the Backrest Frame (20) with four M6 x 16mm Round Head Screws (55).



- Slide one of the Handlebars (6) onto the left side of the Seat Frame (3). Insert two M6 x 34mm Button Head Bolts (19) into the Handlebar and the Seat Frame. **Make sure that the Handlebar angles upward.** If the Handlebar does not angle upward, slide the other Handlebar onto the left side of the Seat Frame. If the Handlebar angles upward, tighten two M6 Locknuts (52) onto the Button Head Bolts.

Assemble the other Handlebar (7) in the same way.

Attach the Seat (54) to the Seat Frame (3) with four M6 x 16mm Round Head Screws (55).

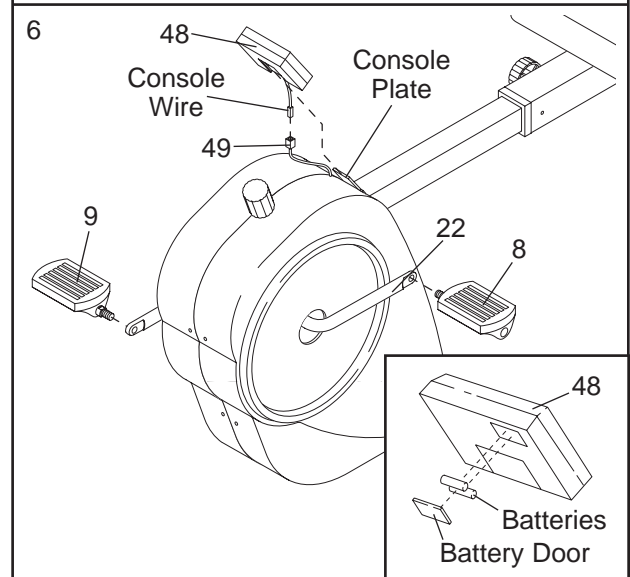


- The Console (48) requires two "AA" batteries (not included). Alkaline batteries are recommended. Refer to the inset drawing. Remove the battery door from the Console. Press two batteries into the battery compartment. **Make sure that the negative ends of the batteries (marked "-") are touching the springs in the battery compartment.** Reattach the battery door.

Slide the Console (48) onto the console plate. Make sure that the plastic clip on the back of the Console snaps onto the tab on the console plate.

Connect the console wire to the Reed Switch Wire (49).

Identify the Left Pedal (8), which is marked with an "L." Using an adjustable wrench, tighten the Left Pedal counterclockwise into the left arm of the Crank (22). Next, tighten the Right Pedal (9) clockwise into the right arm on the Crank.

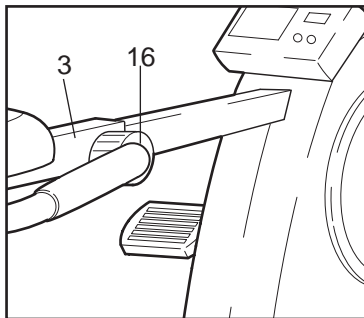


- Make sure that all parts are properly tightened before you use the exercise cycle.**

HOW TO USE THE EXERCISE CYCLE

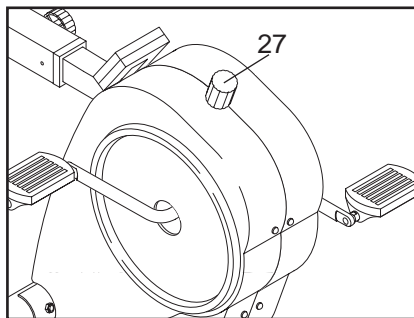
HOW TO ADJUST THE POSITION OF THE SEAT FRAME

The Seat Frame (3) can be adjusted to the position that is most comfortable for you. To adjust the Seat Frame, first loosen the Adjustment Knob (16) on the right side of the frame. Slide the Seat Frame forward or backward to the desired position. Retighten the Adjustment Knob.



HOW TO ADJUST THE PEDALING RESISTANCE

To vary the intensity of your exercise, the pedaling resistance can be adjusted. The resistance is controlled with the Resistance Knob (27). To increase the resistance, turn the Resistance Knob clockwise; to decrease the resistance, turn the Resistance Knob counterclockwise.



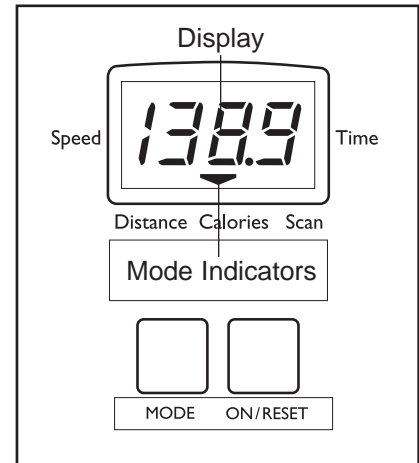
BATTERY INSTALLATION

Before the console can be operated, two "AA" batteries must be installed. If you have not installed batteries, see assembly step 6 on page 5.

DESCRIPTION OF THE CONSOLE

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

- **Speed**—Displays your pedaling speed, in miles per hour.
- **Time**—Displays the elapsed time. Note: If you stop pedaling for ten seconds or longer, the time mode will pause until you resume.

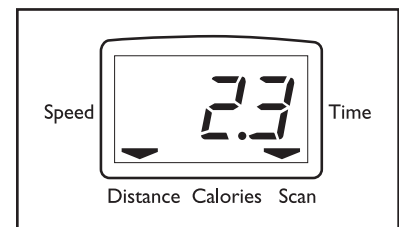


- **Distance**—Displays the total distance you have pedaled, in miles.
- **Calorie**—Displays the approximate number of calories you have burned.
- **Scan**—Displays the speed, time, distance, and calorie modes, for 5 seconds each, in a repeating cycle.

HOW TO OPERATE THE CONSOLE

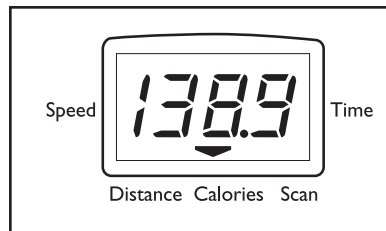
1. To turn on the power, press the on/reset button or simply begin pedaling. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for operation.
2. Select the desired mode:

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 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.



3. To reset the display, press the on/reset button.
4. To turn off the power, simply wait for about four minutes. **Note: The monitor has an “auto-off” feature. If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

NOTE: Your console displays speed in either miles per hour (mph) or revolutions per minute (rpm). If the displayed speed has a decimal point, your console displays speed in miles per hour; if the displayed speed does not have a decimal point, your console displays speed in revolutions per minute. Use the chart below to convert one unit of measurement to the other, if desired

| RPM | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 |
|-----|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| MPH | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 |
| KPH | 3.2 | 6.5 | 9.7 | 13.0 | 16.2 | 19.4 | 22.7 | 25.9 | 29.1 | 32.4 | 35.6 | 38.9 | 42.1 | 45.3 | 48.6 | 51.8 | 55.0 | 58.3 | 61.5 | 64.8 |

If your console displays speed in miles per hour, it displays distance in miles. If your console displays speed in revolutions per minute, it displays distance in total revolutions (revs). Use the chart below to convert one unit of measurement to the other, if desired.

| REVS | 300 | 600 | 900 | 1200 | 1500 | 1800 | 2100 | 2400 | 2700 | 3000 | 3300 | 3600 | 3900 | 4200 | 4500 | 4800 | 5100 | 5400 | 5700 | 6000 |
|-------|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| MILES | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| KM | 1.6 | 3.2 | 4.9 | 6.5 | 8.1 | 9.7 | 11.2 | 12.9 | 14.5 | 16.1 | 17.7 | 19.3 | 21.0 | 22.5 | 24.1 | 25.7 | 27.4 | 29.0 | 30.6 | 32.2 |

STORAGE AND TROUBLE-SHOOTING

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

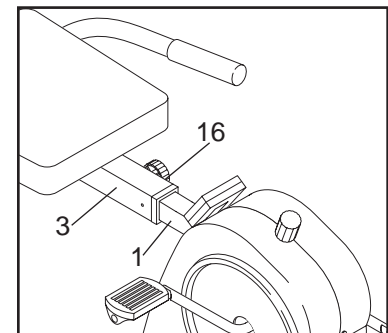
The exercise cycle can be cleaned with a soft, damp cloth. Avoid spilling liquid on the console. Keep the console out of direct sunlight or the display may be damaged. Remove the batteries when storing the exercise cycle.

BATTERY REPLACEMENT

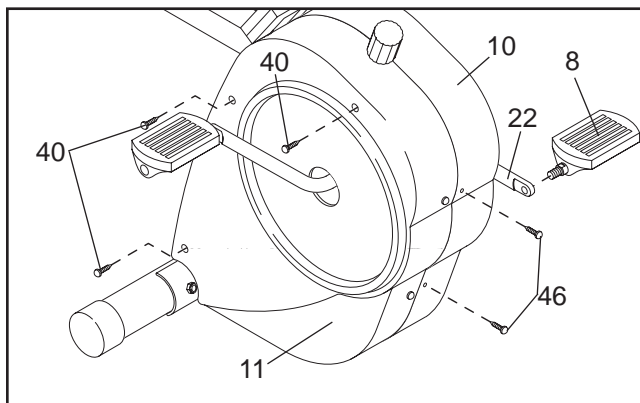
If the console does not function properly, the batteries should be replaced. See assembly step 6 on page 5. In addition, make sure that the console wire is connected to the reed switch wire.

HOW TO STORE THE EXERCISE CYCLE

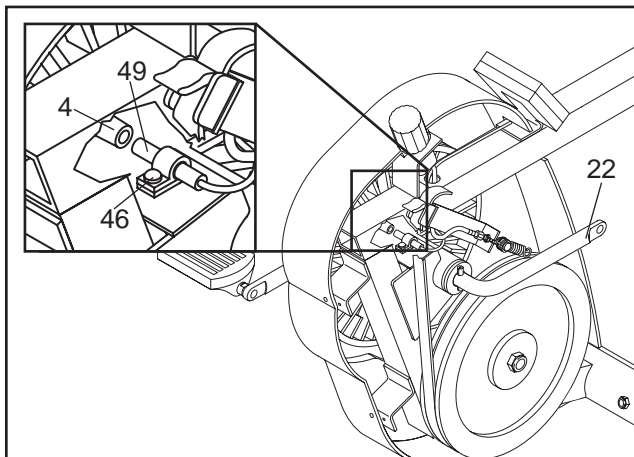
When the exercise cycle is not in use, it can be adjusted to the storage position. Refer to the drawing at the right. Loosen the Adjustment Knob (16) on the right side of the Seat Frame (3). Slide the Frame (1) as far into the Seat Frame as it will go. Tighten the Adjustment Knob. Store the exercise cycle indoors, away from moisture and dust.



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 (10) must be removed. Using an adjustable wrench, turn the Left Pedal (8) clockwise and remove it from the Crank (22). Remove the three Side Shield Screws (40) from the Right Side Shield (11) and the two M4 x 16mm Screws (46) from the Left Side Shield (10). Make sure that the arm of the Crank (22) is in the position shown in the drawing. Carefully slide the Left Side Shield (11) forward off the arm of the Crank and remove it.



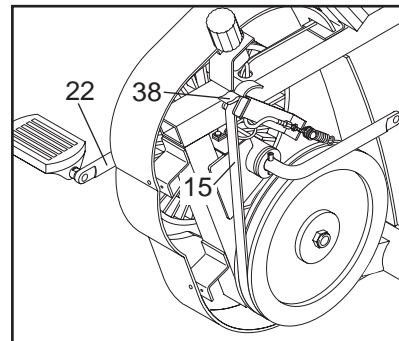
Next, locate the Reed Switch (49). Turn the Crank (22) until the Magnet (4) is aligned with the Reed Switch. Loosen but do not remove the M4 x 16mm Screw (46). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and pedal.

HOW TO ADJUST THE RESISTANCE STRAP

If there is not enough pedaling resistance when the resistance knob is turned to the highest setting, the Resistance Strap (15) may need to be adjusted. To adjust the Resistance Strap, the left side shield must

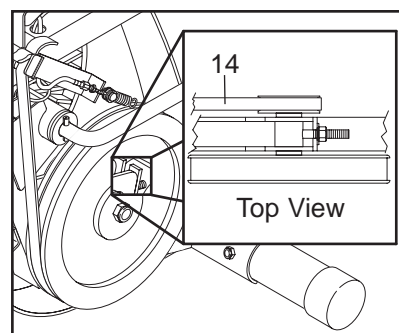
first be removed. Refer to the instructions on page 7 and remove the left side shield.

Next, turn the resistance knob to the lowest setting. Locate and open the Strap Clamp (38). Grip the end of the Resistance Strap (15) and pull it up slightly. While holding the end of the Resistance Strap, **fully** close the Strap Clamp. Turn the Crank (22) for a moment to make sure that there is not too much resistance. When the Resistance Strap is properly adjusted, reattach the left side shield and pedal.



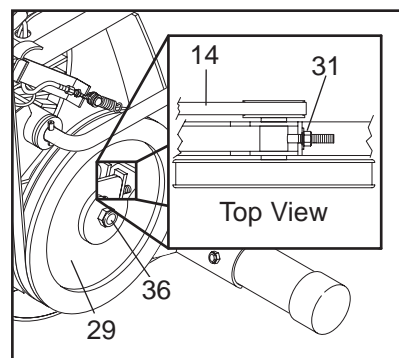
HOW TO ADJUST THE DRIVE BELT

The exercise cycle features a drive belt that must be kept properly adjusted. If the belt causes excessive noise or slips as you pedal, the belt should be checked. To do this, the side shields must first be removed. Refer to the instructions on page 7 and remove the left side shield. Next, remove the right side shield in the same way.



Press down on the center of the Drive Belt (14) between the front and rear pulleys. **There should be from 1/4" to 1/2" of movement in the center of the Belt.** If the Drive Belt (14) is properly adjusted, reattach the side shields and pedals.

If the Belt needs to be adjusted, loosen the Nylon Locknut (36) on the left side of the Flywheel (29). To tighten the Belt, turn the Adjustment Bolt (31) clockwise; to loosen the Belt, turn the Adjustment Bolt counterclockwise. Make sure that the Flywheel is straight and tighten the Nylon Locknut (36). Reattach the side shields and pedals.



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.

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.

| HEART RATE TRAINING ZONES | | | | |
|---------------------------|------------|------------|------------|--------|
| ♥ MIN BPM | | MAX BPM ♥ | | |
| AGE 20 | 125 | 145 | 165 | 20 AGE |
| 30 | 120 | 138 | 155 | 30 |
| 40 | 115 | 130 | 145 | 40 |
| 50 | 110 | 125 | 140 | 50 |
| 60 | 105 | 118 | 130 | 60 |
| 70 | 95 | 110 | 125 | 70 |
| 80 | 90 | 103 | 115 | 80 |
| | Fat Burn | Max Burn | Aerobic | |

To find the proper heart rate for you, first find your age on either side of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers to the side of 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 heart rate for maximum fat burning; the highest number is the 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 ener-

gy. 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.

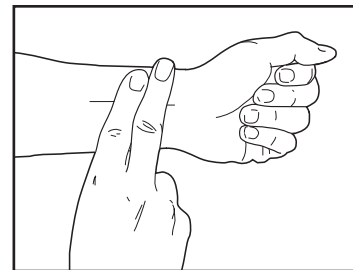
For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

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.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multiply the result by 10



to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

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. **Caution: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.**

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. WLEX30480

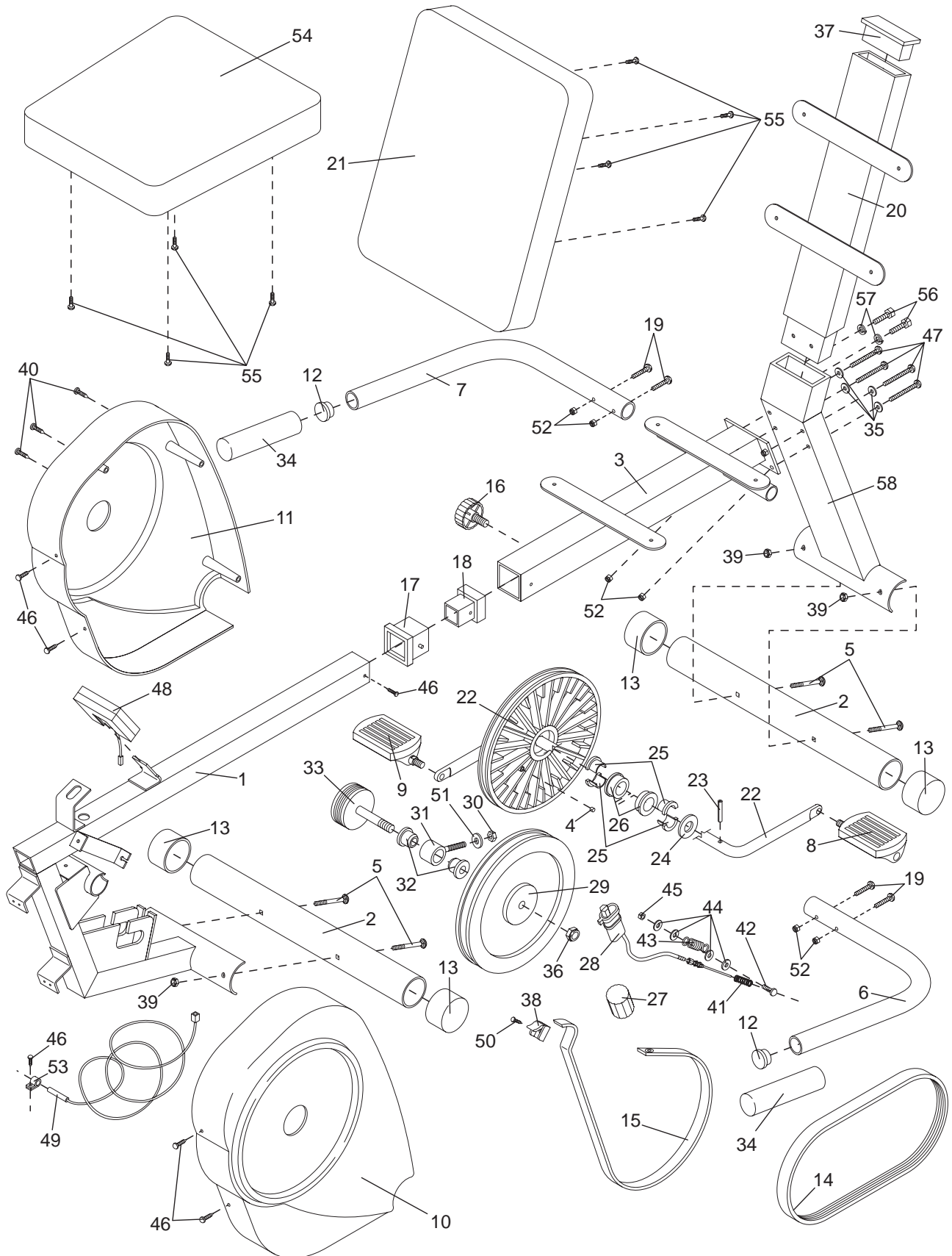
R0400A

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|----------------------------|---------|------|-----------------------------|
| 1 | 1 | Frame | 32 | 2 | Flywheel Bushing |
| 2 | 2 | Stabilizer | 33 | 1 | Flywheel Pulley/Axle |
| 3 | 1 | Seat Frame | 34 | 2 | Foam Grip |
| 4 | 1 | Magnet | 35 | 4 | M6 Washer |
| 5 | 4 | M8 x 65mm Carriage Bolt | 36 | 1 | 1/2-13 UNC Nylon Locknut |
| 6 | 1 | Left Handlebar | 37 | 1 | Backrest Frame Endcap |
| 7 | 1 | Right Handlebar | 38 | 1 | Strap Clamp |
| 8 | 1 | Left Pedal | 39 | 4 | M8 Locknut |
| 9 | 1 | Right Pedal | 40 | 3 | Side Shield Screw |
| 10 | 1 | Left Side Shield | 41 | 1 | Tension Spring |
| 11 | 1 | Right Side Shield | 42 | 1 | Clamp Screw |
| 12 | 2 | Handlebar Endcap | 43 | 1 | Resistance Spring |
| 13 | 4 | Stabilizer Endcap | 44 | 4 | 1/4" Washer |
| 14 | 1 | Drive Belt | 45 | 1 | Clamp Nut |
| 15 | 1 | Resistance Strap | 46 | 6 | M4 x 16mm Screw |
| 16 | 1 | Adjustment Knob | 47 | 4 | M6 x 52mm Button Head Screw |
| 17 | 1 | Seat Frame Bushing | 48 | 1 | Console |
| 18 | 1 | Frame Bushing | 49 | 1 | Reed Switch w/Wire |
| 19 | 4 | M6 x 34mm Button Head Bolt | 50 | 1 | M4 x 16mm Flat Head Screw |
| 20 | 1 | Backrest Frame | 51 | 1 | M10 Washer |
| 21 | 1 | Backrest | 52 | 6 | M6 Locknut |
| 22 | 1 | Crank/Pulley | 53 | 1 | Reed Switch Clamp |
| 23 | 1 | Roll Pin | 54 | 1 | Seat |
| 24 | 1 | Crank Washer | 55 | 8 | M6 x 16mm Round Head Screw |
| 25 | 2 | Half Bushing Set | 56 | 2 | M8 x 36mm Hex Head Bolt |
| 26 | 2 | Crank Bushing | 57 | 2 | M8 Lock Washer |
| 27 | 1 | Resistance Knob | 58 | 1 | Lower Seat Frame |
| 28 | 1 | Resistance Control/Cable | # | 1 | User's Manual |
| 29 | 1 | Flywheel | # | 1 | Allen Wrench |
| 30 | 1 | M10 Nylon Locknut | # | 1 | Assembly Tool |
| 31 | 1 | Adjustment Sleeve/Bolt | | | |

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. WLEX30480

R0400A



HOW TO ORDER 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 (WLEX30480).
- The NAME of the product (KATHY IRELAND™ RECUMBENT 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 10 of this manual).

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