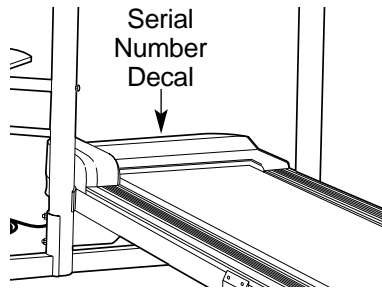


Model No. WLTL46080

Serial No. _____

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



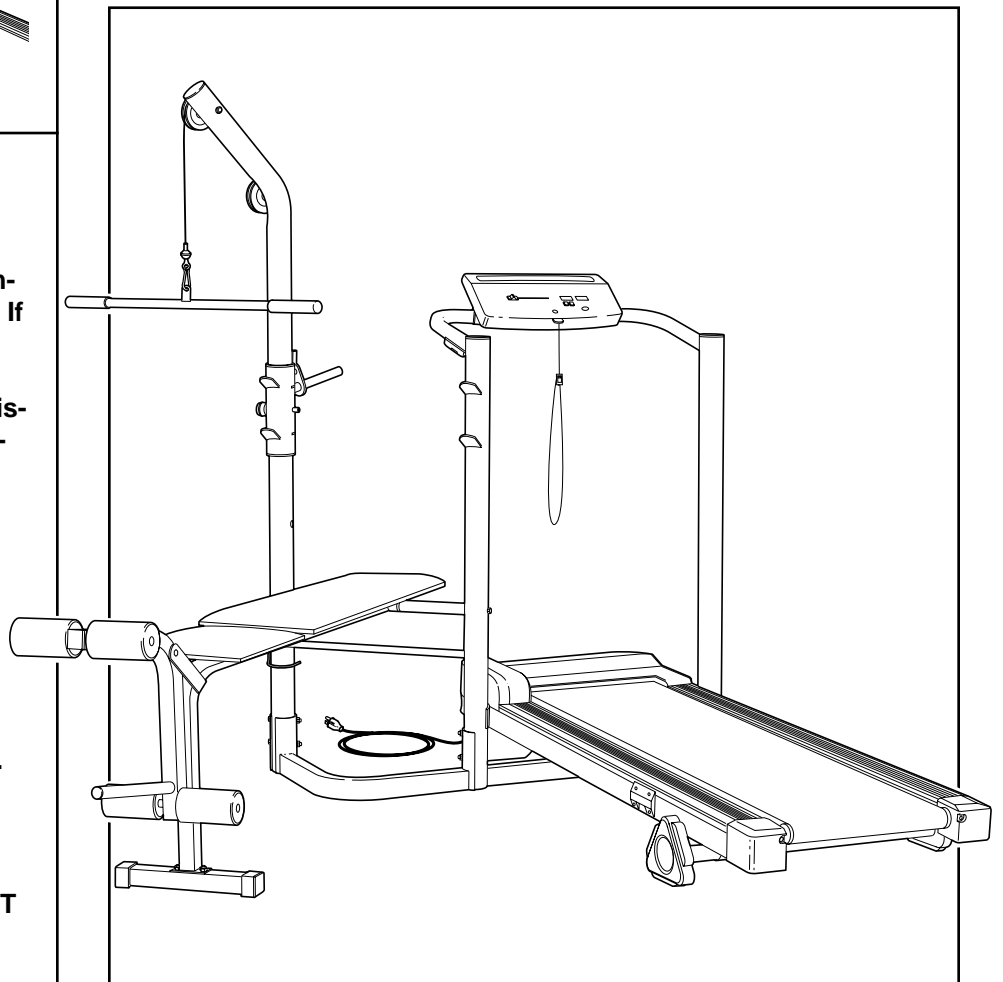
USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, 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.

Patent Pending

Table of Contents

IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
PART IDENTIFICATION CHART	6
ASSEMBLY	7
HOW TO OPERATE THE TREADMILL	13
HOW TO EXERCISE ON THE TREADMILL	17
HOW TO OPERATE THE WEIGHT BENCH	18
HOW TO EXERCISE ON THE WEIGHT BENCH	20
TROUBLE-SHOOTING AND MAINTENANCE	21
PART LIST	23
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

Note: An Exploded Drawing is attached in the center of this manual. Save the Exploded Drawing for future reference.

Important Precautions

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the WESLO® CADENCE DL35.

1. It is the responsibility of the owner to ensure that all users of the CADENCE DL35 are adequately informed of all warnings and precautions.
2. Use the CADENCE DL35 only as described in this manual.
3. Place the CADENCE DL35 on a level surface, with eight feet of clearance behind it. Do not place it on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the CADENCE DL35.
4. Keep the CADENCE DL35 indoors, away from moisture and dust. Do not put it in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the CADENCE DL35 at all times.
7. The CADENCE DL35 should be used only by persons weighing 250 pounds or less.
8. The CADENCE DL35 should never be used by more than one person at a time.
9. Wear appropriate exercise clothing when using the CADENCE DL35. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women.
10. Always wear athletic shoes when using the CADENCE DL35. Never use it with bare feet, wearing only stockings, or in sandals.
11. Inspect and tighten all parts of the CADENCE DL35 regularly.
12. To connect the power cord (see page 13), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
13. Use only a UL-listed surge suppressor, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
14. Keep the power cord and surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See Before You Begin on page 5 if the treadmill is not working properly.)
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrail while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than one hour.
19. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.
20. You must be able to safely lift 50 pounds (23 kg) in order to raise or lower the treadmill.
21. Never insert any object into any opening.
22. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed only by an authorized service representative.

23. 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.

24. When using a barbell (not included), always make sure that there is an equal amount of weight on each side of the barbell.

25. Do not use a barbell that is longer than five feet with the weight bench.

26. When using the backrest in the inclined position, make sure that the support rod is fully inserted into the lat tower and the upright, and that the support rod is turned to the locked position (see page 19).

27. Always perform bench press exercises with a partner. Your partner should stand behind

you to catch the barbell if you cannot complete a repetition.

28. The weight bench does not include weights. The weight bench is designed to support a maximum of 360 pounds, including the user, a weight bar and weights. Do not place more than 110 pounds, including a weight bar and weights, on the weight rests. Do not place more than 50 pounds on the leg lever. Do not place more than 30 pounds on the weight carriage on the lat tower.

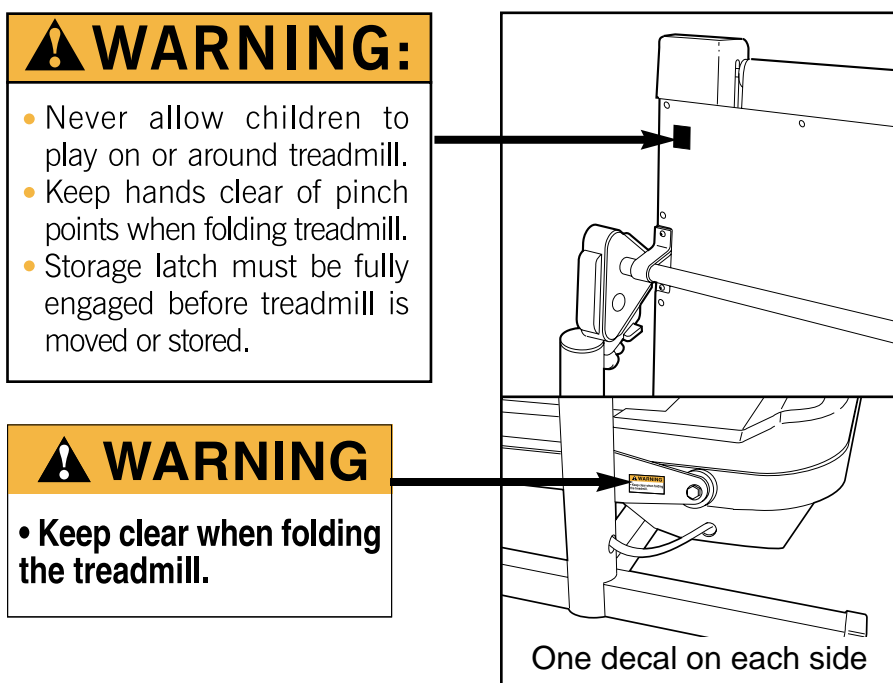
29. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

30. The CADENCE DL35 is intended for in-home use only. Do not use the CADENCE DL35 in any commercial, rental, or institutional setting.

⚠ 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.

SAVE THESE INSTRUCTIONS

The decals shown below have been placed in the indicated locations on the treadmill. If a 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.



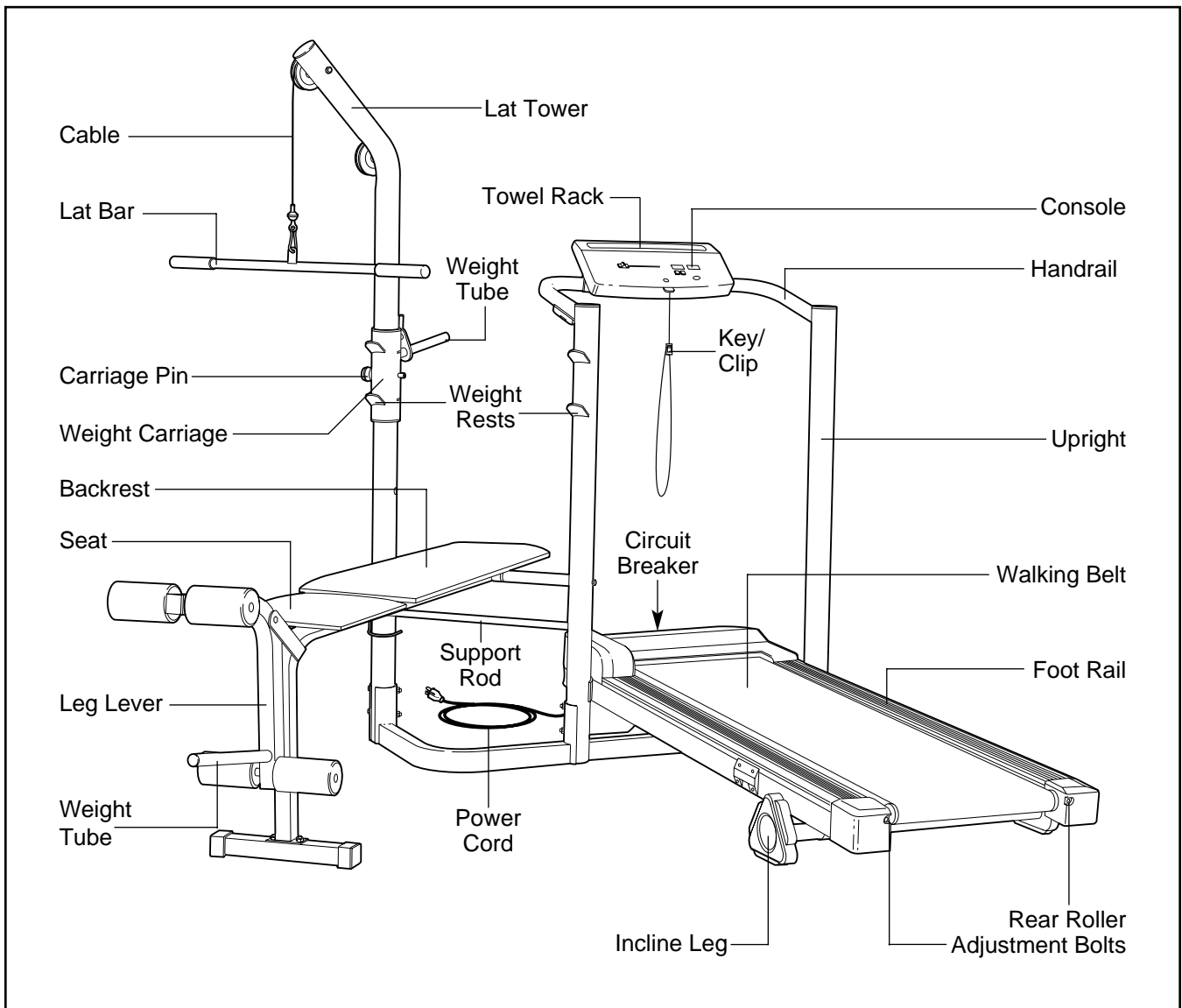
Before You Begin

Congratulations for purchasing the revolutionary WESLO® CADENCE DL35 treadmill. The CADENCE DL35 offers both aerobic exercise and strength training exercise to help you achieve total fitness in the convenience and privacy of your home. And when you're not exercising, the CADENCE DL35 can be folded up, taking a fraction of the space needed for both a treadmill and a weight bench.

For your benefit, read this manual carefully before using the CADENCE DL35. 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). Please note the product model number and serial number before calling. The model number is WLTL46080. The serial number can be found on a decal attached to the CADENCE DL35 (see the front cover of this manual for the location of the decal).

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



Part Identification Chart

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the Part List on page 23.

Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bag(s), check to see if it has been pre-assembled.

3/8" Jam Nut (11)	3/8" x 4 1/2" Pulley Bolt (44)	
Square Nut (30)	3/8" x 3 1/4" Bolt (32)	
5/16" Nylon Locknut (15)	Bench Pivot Bolt (41)	3/8" x 2 1/4" Bolt (10)
1/4 x 3/4" Screw (3)	1/2" x 2" Carriage Bolt (22)	3/8" x 1 1/2" Pulley Bolt (46)
Catch Screw (126)	5/16" x 2" Bolt (19)	3/8" x 1" Lat Bolt (141)
	3/8" Washer (31)	5/16" Washer (102)



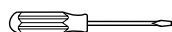

Assembly

Everything in this manual is designed to ensure that the CADENCE DL35 can be assembled successfully by anyone. However, it is important to recognize that the CADENCE DL35 contains many parts and that the assembly process will take time. Most people find that by setting aside plenty of time and by deciding to make the task enjoyable, assembly will go more smoothly. Before beginning, make sure that you understand the following important points:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- For help identifying small parts, refer to the Part Identification Chart on page 6.

- During assembly, make sure that all parts are oriented as shown in the drawings.

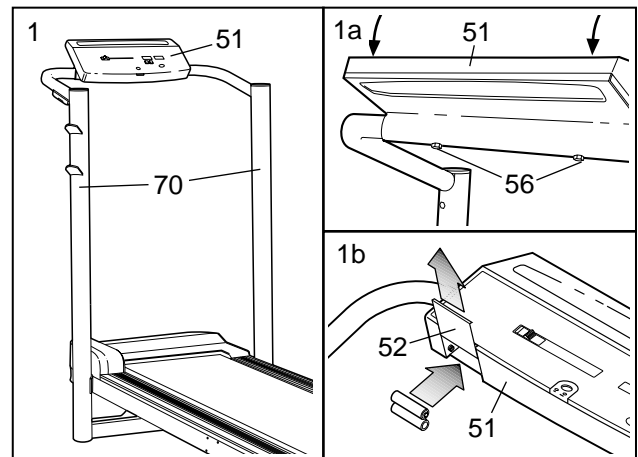
The following tools (not included) are required for assembly:

- Two (2) adjustable wrenches 
- One (1) rubber mallet 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- Lubricant, such as grease or petroleum jelly, and soapy water.

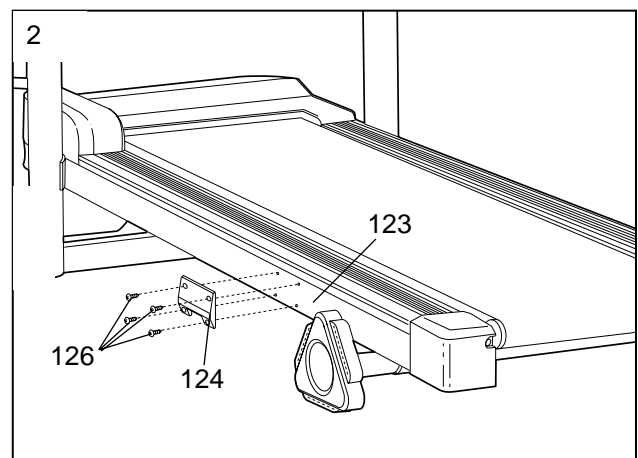
Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. With the help of a second person, raise the Uprights (70) to the position shown in drawing 1. Next, pivot the Console (51) to the position shown in drawings 1 and 1a. Tighten the two Console Bolts (56).

The Console (51) requires two “AA” batteries (not included). Alkaline batteries are recommended. Refer to drawing 1b. Slide the Battery Cover (52) upward and remove it. Insert two “AA” batteries into the Console (51), making sure that the negative ends of the batteries (marked “-”) are touching the springs in the Console. Reattach the Battery Cover.

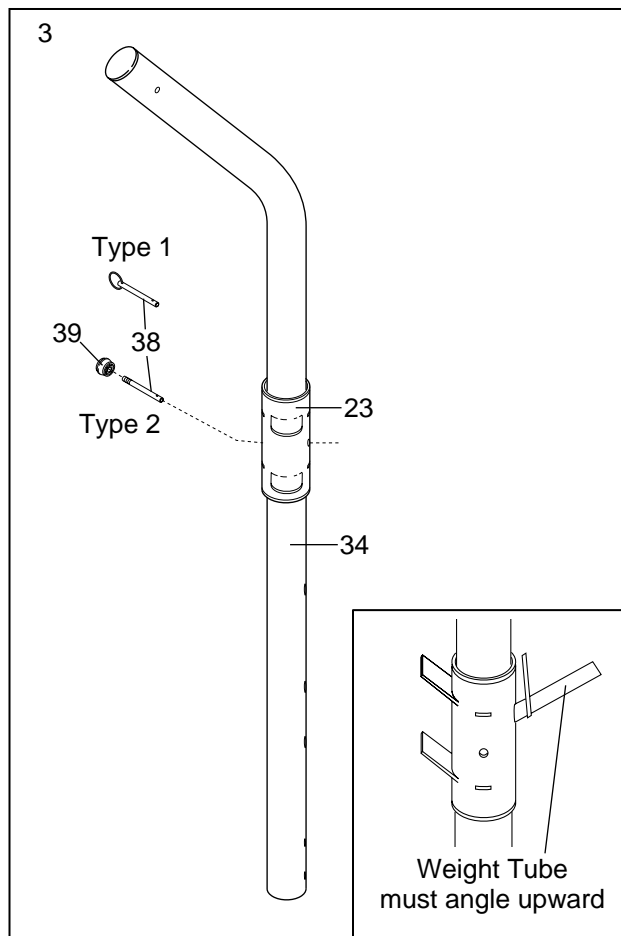


2. Attach the the Catch (124) to the left side of the Frame (123) with four Catch Screws (126). **Make sure that the Catch is turned as shown.** Note: It may be necessary to remove the Catch Screws from the left side of the Frame before beginning this step.



- You have one of two types of Carriage Pins (38). If you have type 2 (refer to the drawing), make sure the Carriage Pin Knob (39) is attached to the Carriage Pin (38).

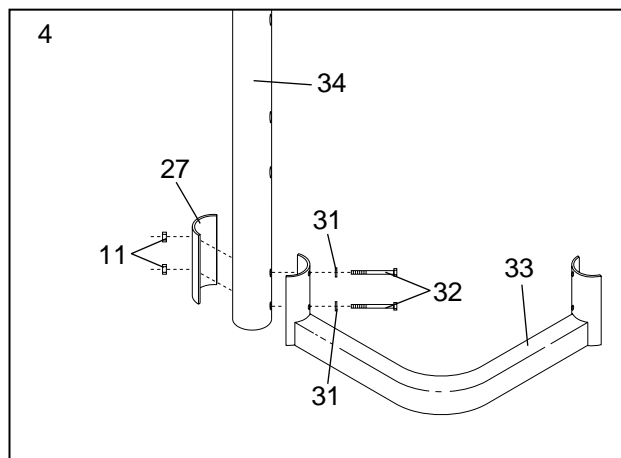
Slide the Weight Carriage (23) onto the Lat Tower (34). **Make sure that the Weight Carriage is turned as shown in the inset drawing.** Slide the Weight Carriage to the position shown and insert the Carriage Pin (38) through the Weight Carriage and the Lat Tower.



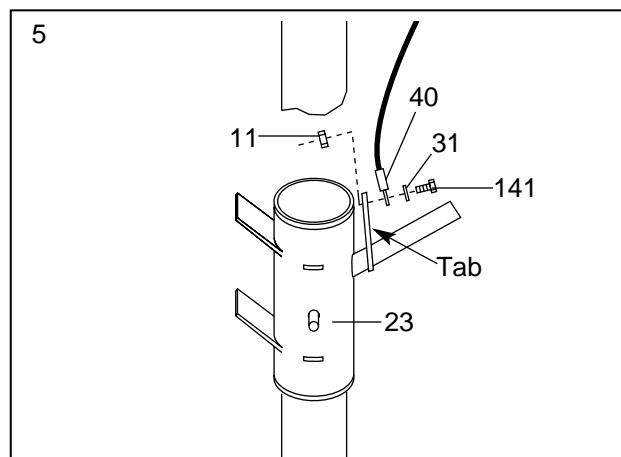
- Hold the Lat Tower (34) in the position shown. Make sure that the Lat Tower is turned as shown on page 5.

Attach the Base Plate (27) and the Corner Base (33) to the Lat Tower (34) with two 3/8" x 3 1/4" Bolts (32), two 3/8" Washers (31), and two 3/8" Jam Nuts (11).

Lay the Lat Tower (34) down on the floor so that it cannot be tipped over. The assembly of the Lat Tower will be completed in step 17.

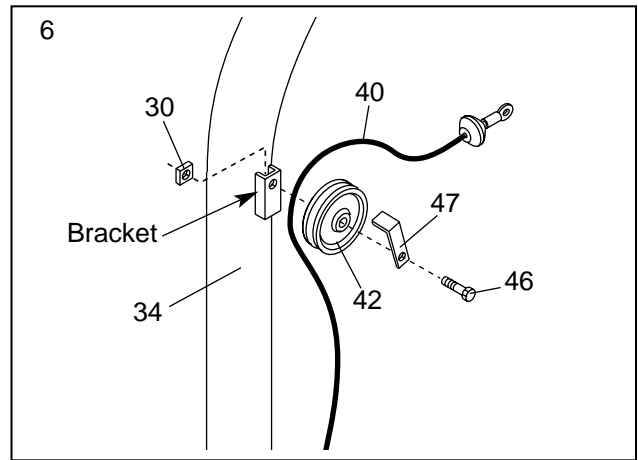


- Identify the indicated end of the Lat Cable (40). Attach the Lat Cable to the tab on the Weight Carriage (23) with a 3/8" x 1" Lat Bolt (141), a 3/8" Washer (31), and a 3/8" Jam Nut (11). **Note: Do not fully tighten the Jam Nut.**



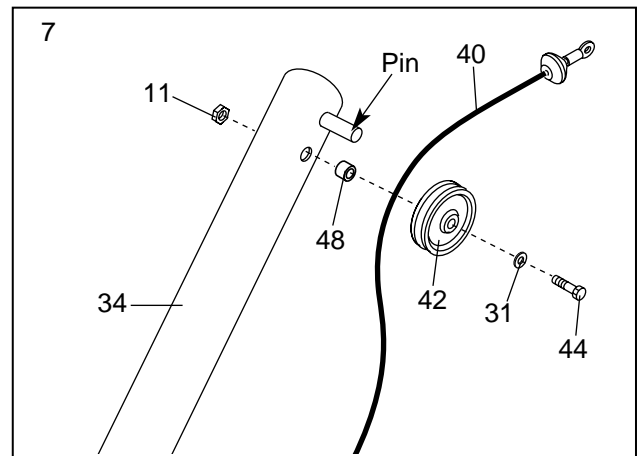
- Lay the Lat Cable (40) over a Pulley (42). Slide the Cable Trap (47) and Pulley onto a $3/8"$ x $1 1/2"$ Pulley Bolt (46). Next, insert a Square Nut (30) into the bracket on the Lat Tower (34) and insert a screwdriver up into the bracket to hold the Square Nut in place. Insert the $3/8"$ x $1 1/2"$ Pulley Bolt (46) into the bracket and tighten it into the Square Nut.

Make sure that the Cable Trap (47) is turned to the position shown, and that the Pulley (42) turns freely.



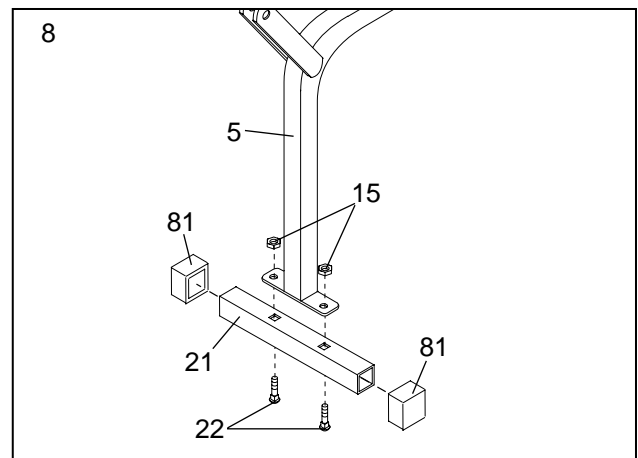
- Lay the Lat Cable (40) over another Pulley (42). Attach the Pulley to the Lat Tower (34) with a $3/8"$ x $4 1/2"$ Pulley Bolt (44), a $3/8"$ Washer (31), a Pulley Spacer (48), and a $3/8"$ Jam Nut (11).

Make sure that the Lat Cable (40) is between the Pulley (42) and the welded pin, and that the Pulley turns freely.



- Press a Stabilizer Cap (81) onto each end of the Bench Stabilizer (21).

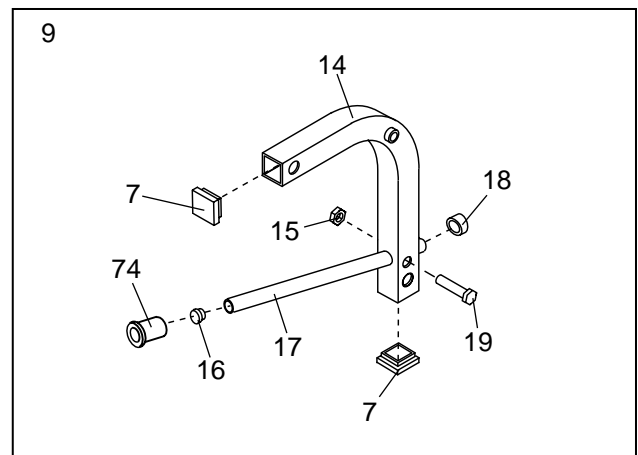
Attach the Bench Stabilizer (21) to the Bench Frame (5) with two $1/2"$ x $2"$ Carriage Bolts (22) and two $5/16"$ Nylon Locknuts (15).



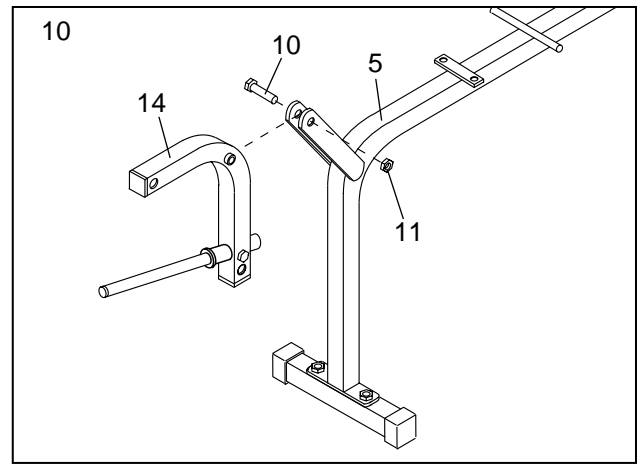
- Attach the Weight Tube (17) to the Leg Lever (14) with a $5/16"$ x $2"$ Bolt (19) and a $5/16"$ Nylon Locknut (15).

Press a 1" Inner Cap (16) into the indicated end of the Weight Tube (17). Press the 1" Outer Cap (18) onto the other end of the Weight Tube. Slide the Weight Bushing (74) onto the Weight Tube.

Press a Frame Cap (7) into each end of the Leg Lever (14).

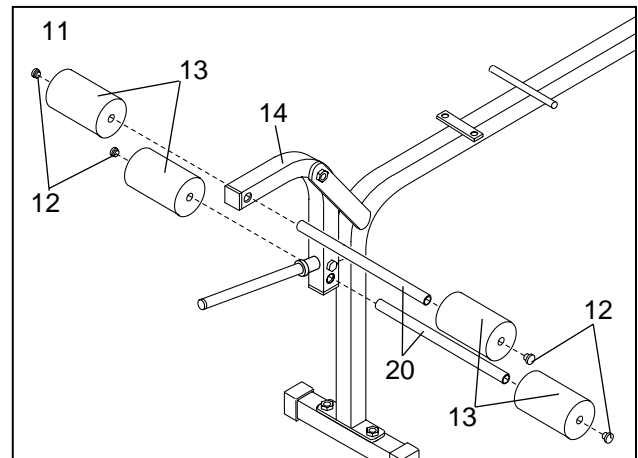


10. Lubricate the 3/8" x 2 1/4" Bolt (10). Attach the Leg Lever (14) to the Bench Frame (5) with the Bolt and a 3/8" Jam Nut (11). **Do not overtighten the Jam Nut. The Leg Lever must pivot freely.**

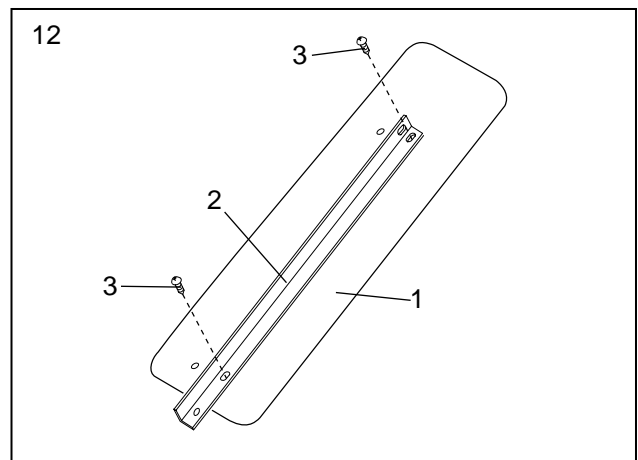


11. Tap two 3/4" Inner Caps (12) into each Pad Tube (20).

Insert the Pad Tubes (20) through the holes in the Leg Lever (14). Center the Pad Tubes and slide two Foam Pads (12) onto each Pad Tube.



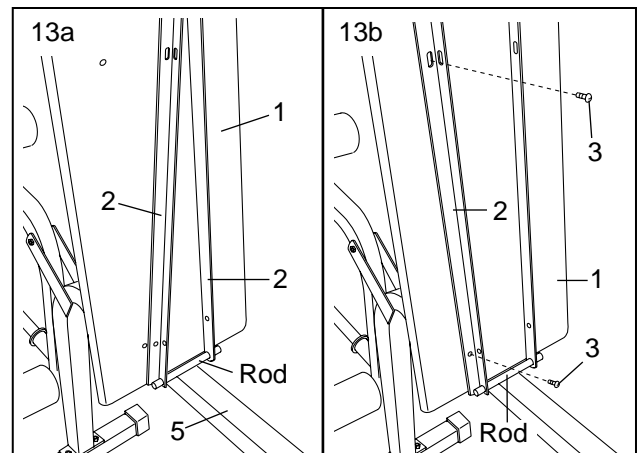
12. Attach a Backrest Bracket (2) to the Backrest (1) with two 1/4" x 3/4" Screws (3). **Make sure that the Backrest Bracket is oriented as shown. Do not tighten the Screws yet.**



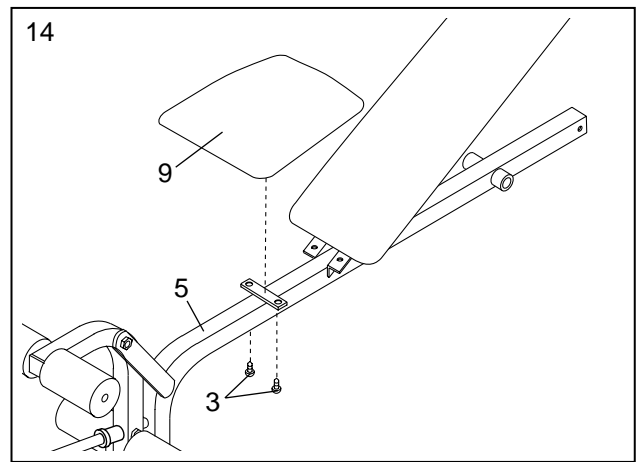
13. Refer to drawing 13a. Hold the Backrest (1) in a vertical position as shown and slide the end of the attached Backrest Bracket (2) onto the welded rod on the Bench Frame (5). Hold the other Backrest Bracket (2) at an angle as shown and slide it onto the rod.

Refer to drawing 13b. Attach the Backrest Bracket (2) to the Backrest (1) with two 1/4" x 3/4" Screws (3). **Note: The Screw nearest the rod should be attached first.**

Fully tighten all four 1/4" x 3/4" Screws (3) used in steps 12 and 13.

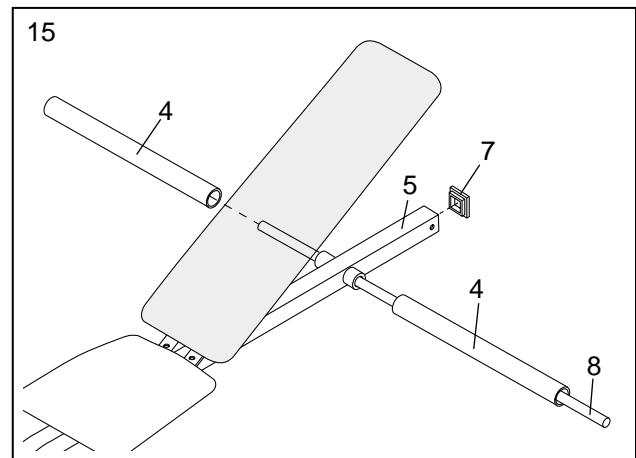


14. Attach the Seat (9) to the bracket on the Bench Frame (5) with two 1/4" x 3/4" Screws (3).

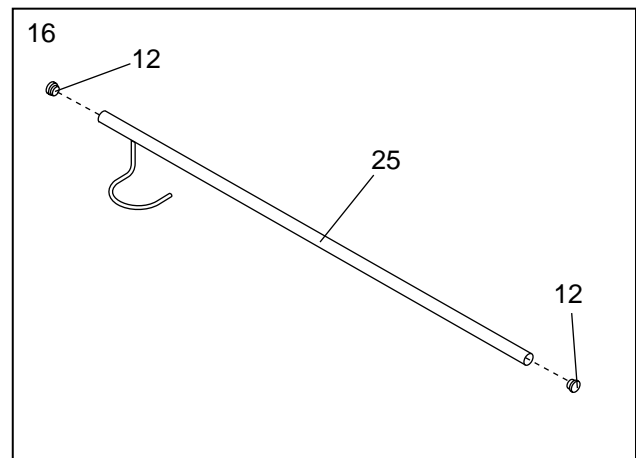


15. Press a Frame Cap (7), into the Bench Frame (5).

Insert the Bench Pivot Rod (8) through the Bench Frame (5) as shown. Center the Bench Pivot Rod and slide a Bench Spacer (4) onto each end of it.



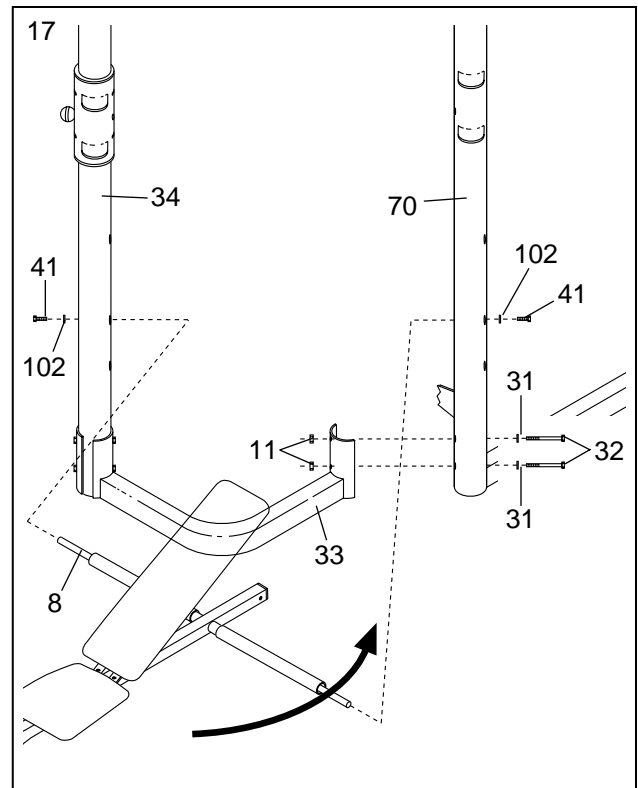
16. Press a 3/4" Inner Cap (12) into each end of the Support Rod (25).



17. Insert the left end of the Bench Pivot Rod (8) into the indicated hole in the Lat Tower (34). Loosely thread a Bench Pivot Bolt (41) with a 5/16" Washer (102) into the end of the Bench Pivot Rod.

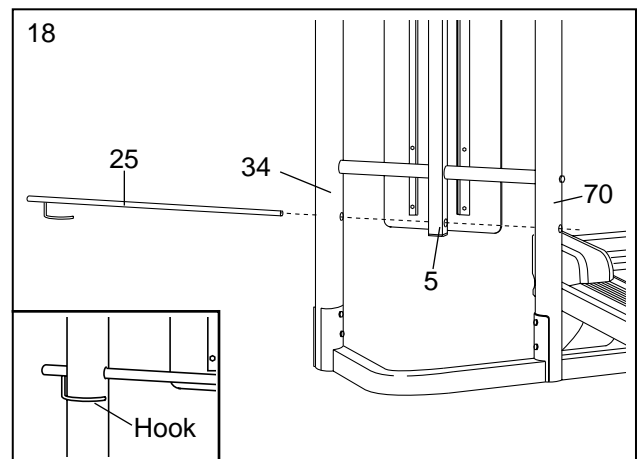
Next, insert the right end of the Bench Pivot Rod (8) into the Upright (70) and slide the Corner Base (33) against the lower end of the Upright. Loosely thread a Bench Pivot Bolt (41) with a 5/16" Washer (102) into the end of the Bench Pivot Rod.

Loosely attach the Corner Base (33) to the Upright (70) with two 3/8" x 3 1/4" Bolts (32), two 3/8" Washers (31), and two 3/8" Jam Nuts (11).



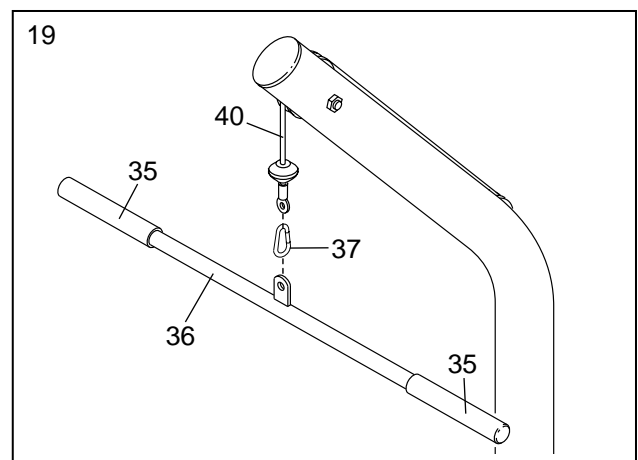
18. Raise the Bench Frame (5) to the position shown and hold it in place. Insert the Support Rod (25) through the indicated holes in the Lat Tower (34), the Bench Frame (5), and the Upright (70). Rotate the Support Rod to the locked position, with the hook clipped onto the Lat Tower as shown in the inset drawing.

Refer to step 17. Tighten all parts assembled in step 17.



19. Make sure that there are Handgrips (35) on the ends of the Lat Bar (36).

Attach the Lat Bar (36) to the Lat Cable (40) with a Cable Clip (37).



20. **Make sure that all parts are properly tightened before you use the CADENCE DL35.** If desired, attach the included allen wrench to the treadmill frame with the plastic adhesive clip.

How to Operate the Treadmill

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **Important: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off.

To decrease the possibility of your treadmill being damaged, always use a surge suppressor (not included) with your treadmill.

Surge suppressors are sold at most hardware stores and department stores. Use only a UL-listed surge suppressor, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

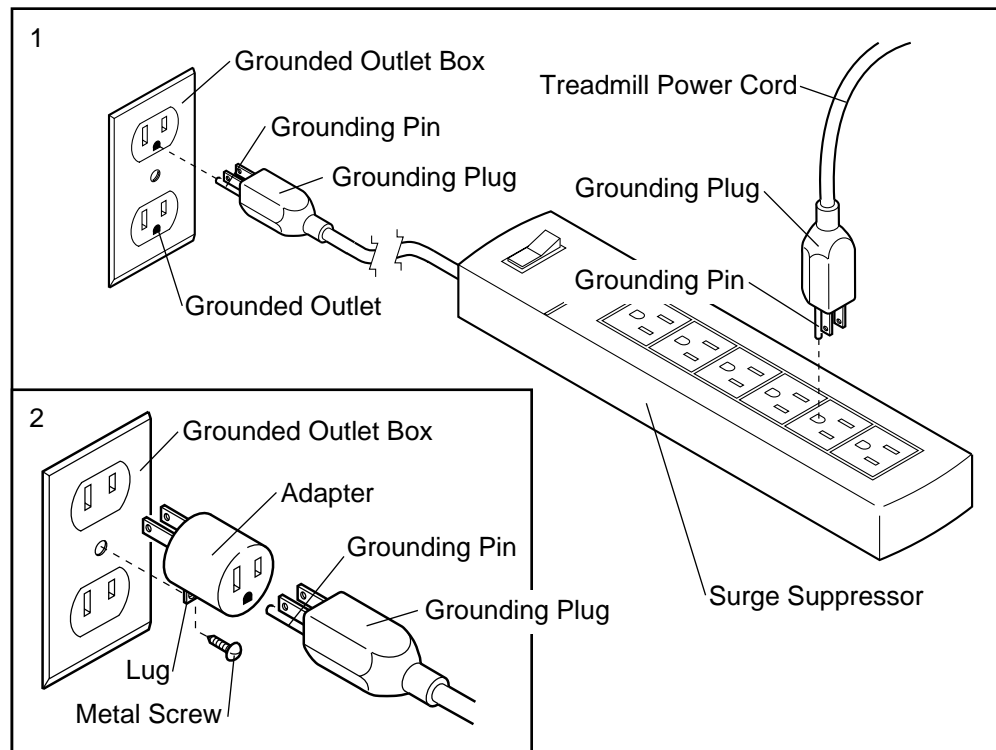
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of

electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

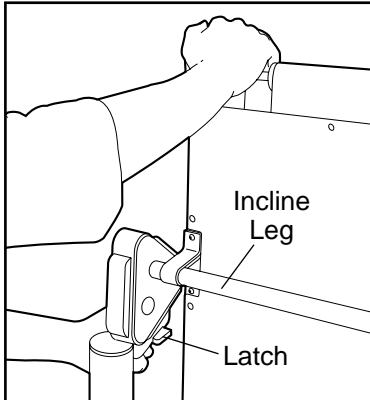
The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



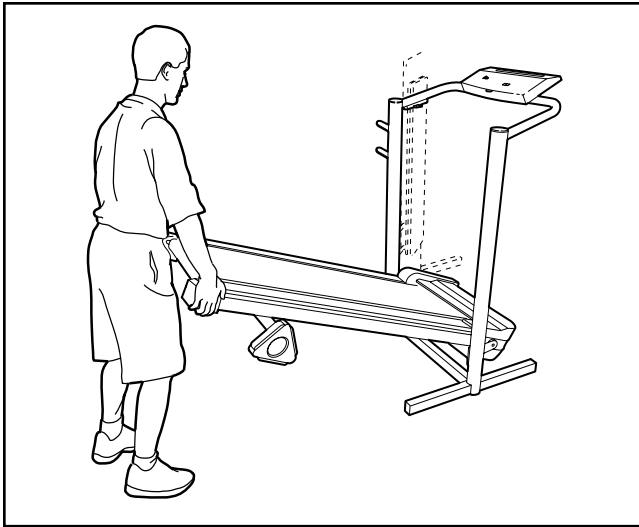
HOW TO LOWER THE TREADMILL FOR USE

CAUTION: You must be able to safely lift 50 pounds (23 kg) in order to lower the treadmill.

To lower the treadmill, hold the upper end of the treadmill with your right hand as shown. Using your left hand, slide the storage latch to the left. Pivot the treadmill down until all parts are past the storage latch. Note: It may be necessary to turn the incline leg in order to lower the treadmill.



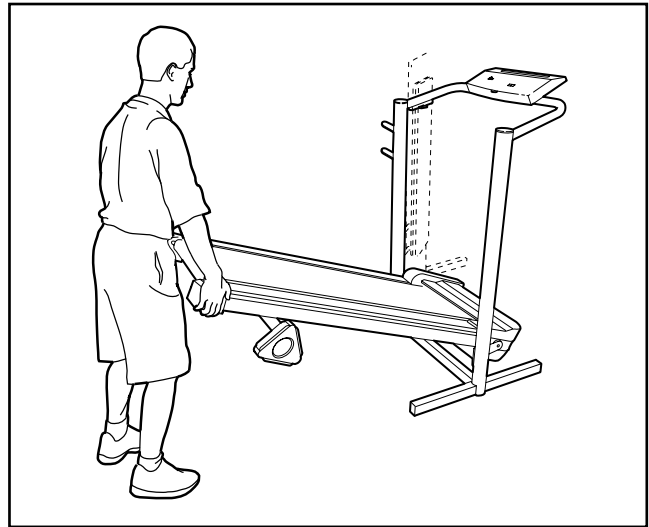
Next, hold the treadmill firmly with both hands and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



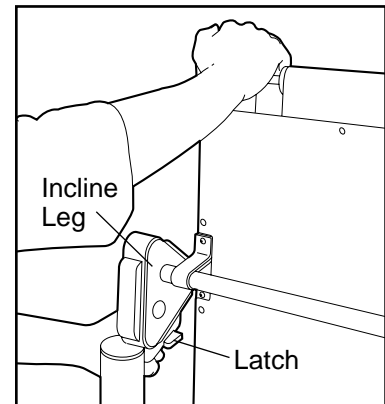
HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord. **CAUTION:** You must be able to safely lift 50 pounds (23 kg) in order to raise the treadmill.

To raise the treadmill, hold the treadmill with your hands in the locations shown below. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.

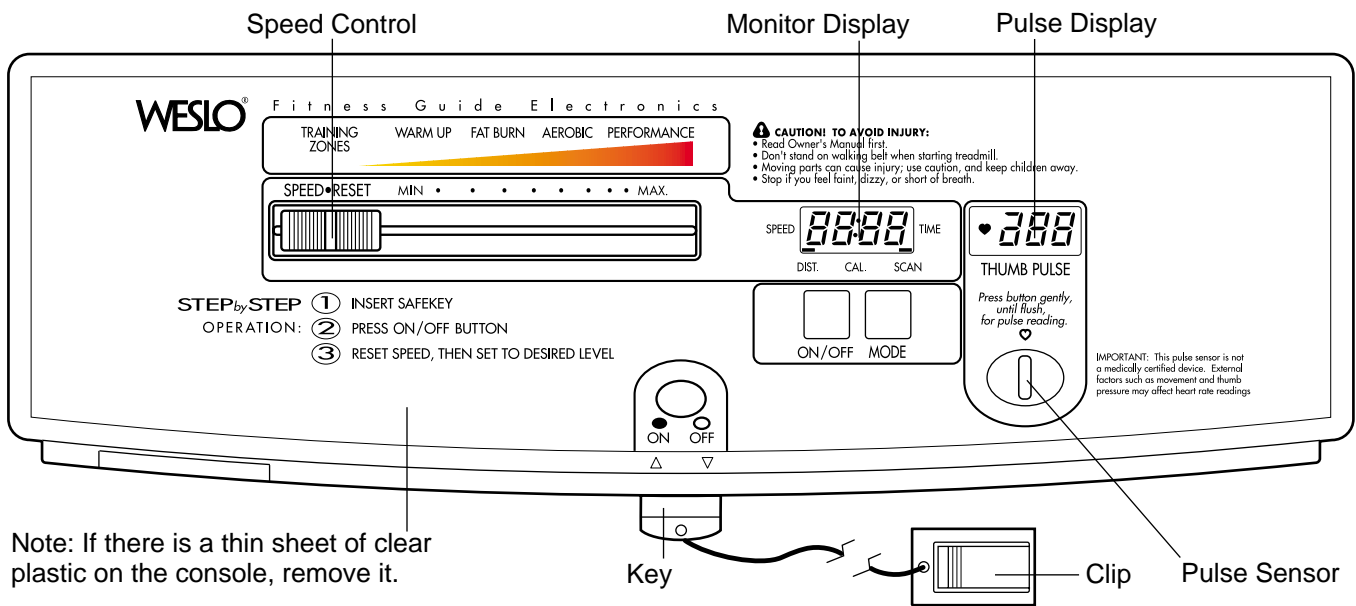


Next, move your right hand to the position shown, and hold the treadmill firmly. Using your left hand, slide the storage latch to the left. Raise the treadmill until the storage latch locks over the catch. **Make sure that the latch closes fully over the catch.**



To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.

DIAGRAM OF THE CONSOLE



CAUTION: Before operating the console, read the following important precautions.

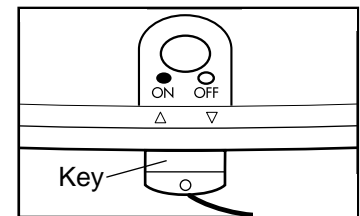
- Do not stand on the walking belt when turning on the power.
- Always wear the clip while operating the treadmill. When the key is removed from the console, the power will shut off.
- After the speed control is moved, there will be a pause before the walking belt begins to move.
- Adjust the speed in small increments until you are familiar with the treadmill.
- The training zones marked above the speed control are guidelines only. Read How to Exercise on the Treadmill on page 17 to determine the proper exercise level.
- To reduce the risk of electric shock, keep the console dry. Avoid spilling liquid on the console and use only a sealed water bottle.

STEP BY STEP CONSOLE OPERATION

Make sure that batteries are installed in the console. (See assembly step 1 on page 7.) Next, make sure that the power cord is properly plugged in. (See How to Plug in the Power Cord on page 13). Step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto your waistband. Follow the steps on pages 15 and 16 to operate the console.

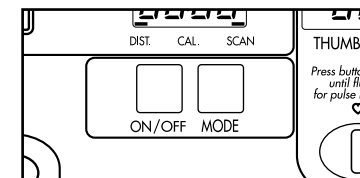
1 Insert the key fully into the power switch.

Note: The two displays will not appear when the key is first inserted.



2 Press the ON/OFF button.

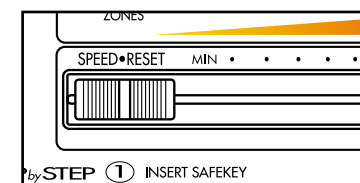
The two displays will appear. Note: If batteries were just installed, the displays will already appear.



3 Reset the speed control and start the walking belt.

Slide the speed control all of the way to the left, to the "SPEED RESET" position.

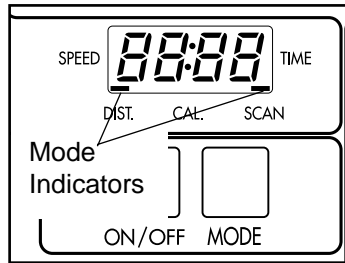
Next, slide the control to the right until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin walking. Change the speed of the walking belt as desired by sliding the speed control. Note: To stop the walking belt, slide the speed control to the "SPEED RESET" position.



4 Press the **MODE** button to select the desired monitor mode.

The monitor offers five different modes to provide instant exercise feedback:

- **SPEED**—displays your speed, in miles per hour.
- **TIME**—displays the elapsed time.
- **DISTANCE**—displays the distance that you have walked or run, in miles.
- **CALORIES**—displays the approximate number of Calories you have burned. Note: The actual number of Calories you have burned may differ slightly from the number displayed if the speed or incline is near the lowest or highest setting.
- **SCAN**—displays the **SPEED**, **TIME**, **DISTANCE**, and **CALORIES** modes, for five seconds each, in a repeating cycle.



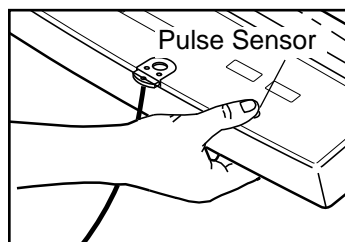
When the power is turned on, the **SCAN** mode will automatically be selected. One mode indicator (see the drawing above), will appear by the word **SCAN**, and a second mode indicator will show which mode is currently displayed.

If desired, the **SPEED**, **TIME**, **DISTANCE** or **CALORIES** mode can be displayed continuously. Press the **MODE** button repeatedly until the mode indicator by the word **SCAN** disappears, and a mode indicator appears by the name of the desired mode.

Note: The monitor displays can be reset by pressing the **ON/OFF** button twice.

5 Measure your pulse, if desired.

To use the pulse sensor, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure-activated—fully press it down. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, slightly raise your thumb until the heart-shaped indicator in the pulse display



flashes **steadily**. Hold your thumb at this level. After 5 to 10 seconds, your pulse will be displayed. Hold your thumb on the sensor for another 15 seconds for the most accurate reading.

If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure. Try the sensor several times until you become familiar with it. Always stand still while measuring your pulse.

6 When you are finished, stop the walking belt and remove the key.

Step onto the foot rails, slide the speed control to the “**SPEED RESET**” position, and remove the key. Store the key in a secure location.

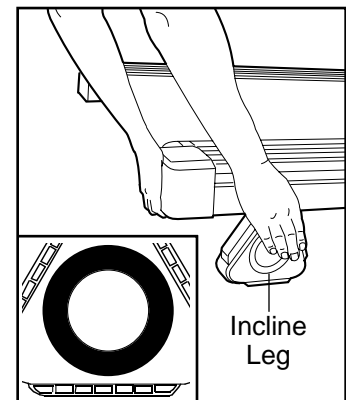
7 Press the **ON/OFF** button.

To turn off the displays, press the **ON/OFF** button. Note: If the walking belt is stopped and the console buttons are not pressed for 3 to 6 minutes, the displays will turn off automatically.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are three different incline levels. **Before changing the incline, remove the key and unplug the power cord.**

To change the incline of the treadmill, first hold the rear roller endcap with one hand and raise the back of the treadmill a few inches. Using your other hand, rotate the incline leg to one of the three incline positions. The inset drawing at the right shows the incline leg rotated to the “**max fat burn**” position. Lower the treadmill, making sure that the incline leg is resting flat on the floor.



How to Exercise on the Treadmill

⚠ 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.

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.

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 and aerobic exercise.

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

To find the proper heart rate for you, first find your age on the left side of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers to the right of your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily

accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone.

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 speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three important parts:

A warm-up—Start each workout with 5 to 8 minutes of stretching and light exercise (see SUGGESTED STRETCHES on page 18). 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 60 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.) Breathe regularly and deeply as you exercise—do not hold your breath.

A cool-down—Finish each workout with 5 to 8 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help 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, you may complete up to five workouts each week if desired.

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

SUGGESTED STRETCHES

Move slowly as you stretch—never bounce.

1. 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.

2. Calf/Achilles Stretch

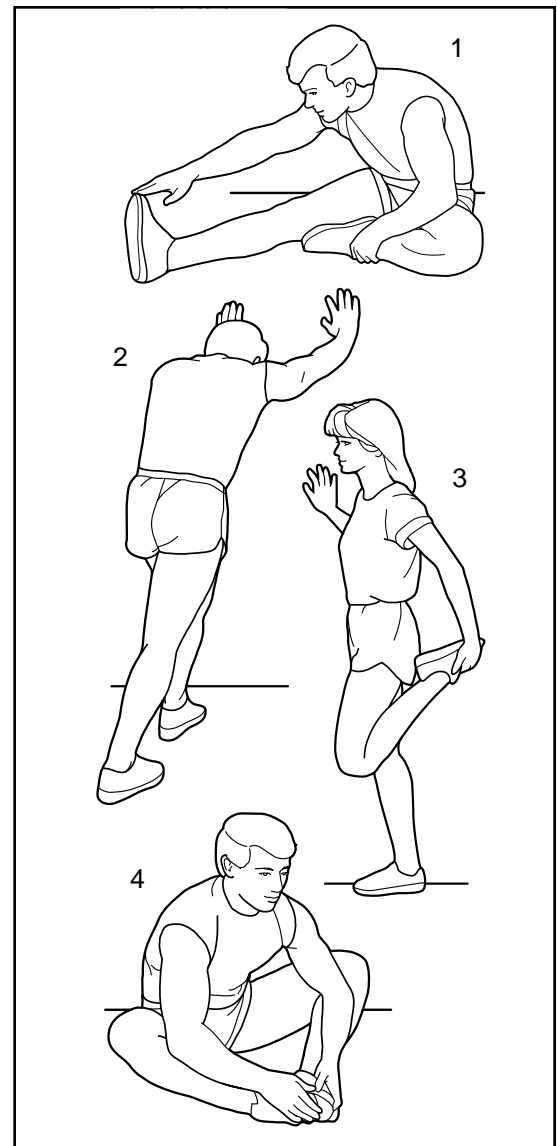
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

3. 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 both legs. Stretches: Quadriceps and hip muscles.

4. Inner Thigh Stretch

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



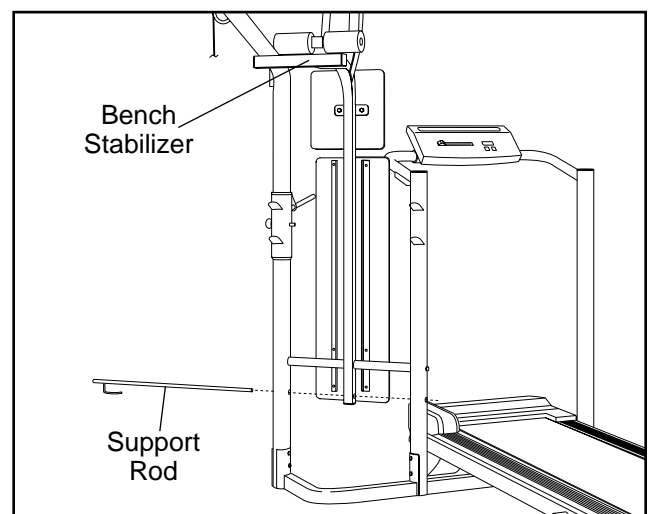
How to Operate the Weight Bench

HOW TO LOWER THE BENCH FOR USE

To lower the bench, first hold the bench firmly and remove the support rod from the upright and the lat tower as shown.

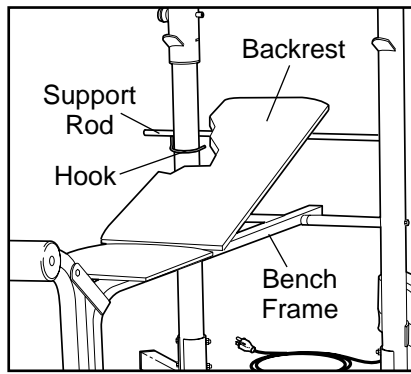
Next, carefully lower the bench until the bench stabilizer is resting on the floor.

Reinsert the support rod into the holes in the lat tower and the upright.



HOW TO ADJUST THE BACKREST

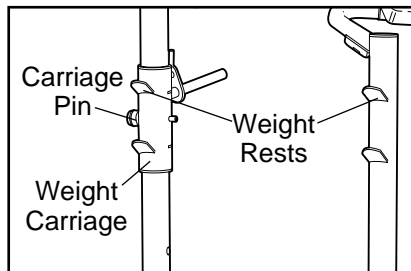
To use the backrest in an inclined position, first lift the backrest. Insert the support rod through the indicated holes in the lat tower and the upright. Rotate the support rod to the locked position, with the hook clipped onto the lat tower as shown. Lay the backrest on the support rod.



To use the backrest in the level position, remove the support rod and lay the backrest on the bench frame. Insert the support rod into the lower holes for storage.

LOCKING/UNLOCKING THE WEIGHT CARRIAGE

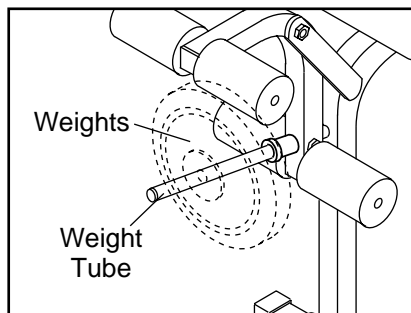
To set a barbell (not included) on the weight rests, slide the weight carriage to the position shown and insert the carriage pin fully through the weight carriage and the lat tower.



To use the lat tower, remove the carriage pin.

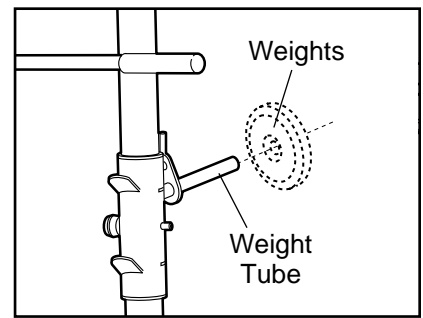
ATTACHING WEIGHTS TO THE LEG LEVER

To use the leg lever, slide the desired weights (not included) onto the weight tube. **WARNING: Do not place more than 50 pounds on the leg lever.**



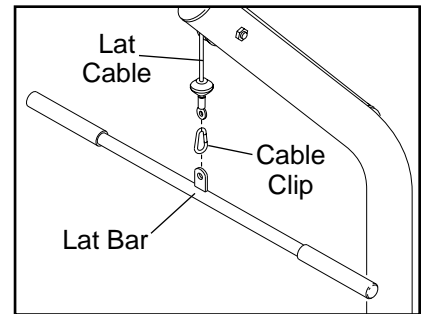
ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the weight carriage, slide the desired weights (not included) onto the weight tube. **WARNING: Do not place more than 30 pounds on the weight carriage.**



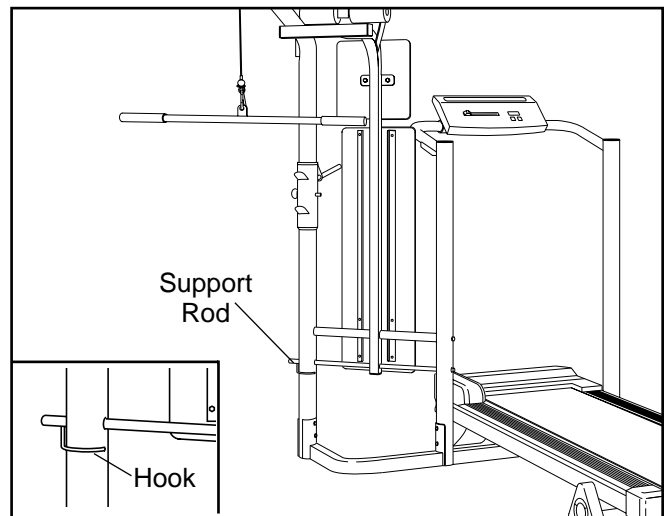
ATTACHING THE LAT BAR

The lat bar can be attached to the lat cable with the cable clip. **Always remove the lat bar when you are not using it.**



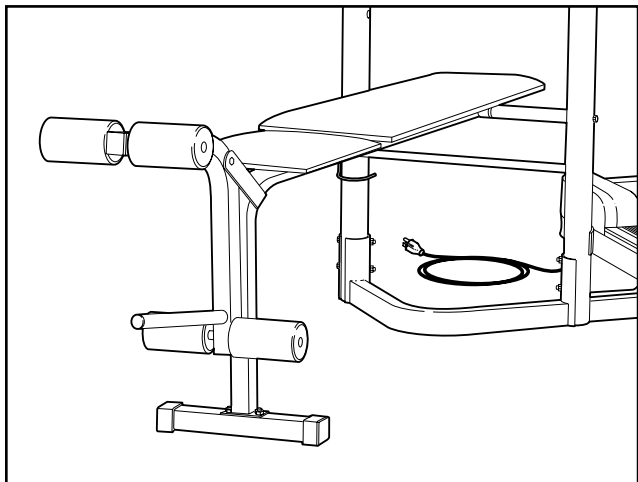
HOW TO FOLD THE BENCH TO THE STORAGE POSITION

Before folding the bench, remove any weights from the leg lever and adjust the backrest to the level position.



Next, remove the support rod. Raise the bench to the position shown above and hold it in place. Insert the support rod through the indicated holes in the lat tower, the bench frame, and the upright. Rotate the support rod to the locked position, with the hook clipped onto the lat tower as shown in the inset drawing.

How to Exercise on the Weight Bench



The treadmill offers a variety of exercises designed to trim, tone, and strengthen the body. Please read these guidelines before using the weight bench.

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

STRENGTH TRAINING GUIDELINES

Your strength training program should include 3 workouts each week. To give your body time to rest, workouts should be on alternating days, such as Monday, Wednesday, and Friday.

Instead of waiting for a convenient time to exercise, plan a specific time. The morning hours work well for many, and the self-discipline required to rise early and exercise may result in greater productivity throughout the day. For others, exercising before dinner offers a chance to wind down from the day's activities. Whatever time you choose, be consistent and stick with it.

Each workout should include the following three important parts: (1) a warm-up, (2) 6 to 10 exercises, and (3) a cool-down.

Begin each workout with 5 to 8 minutes of stretching to warm up (see Suggested Stretches on page 18). This will prepare the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature.

Next, perform 6 to 10 of the exercises shown on the included exercise poster. To give balance and variety to your workouts, vary the exercises from workout to workout. **Note: Exercises 7, 13, and 14 on the exercise poster cannot be performed while sitting on the weight bench. To perform these exercises, stand or kneel in front of the lat tower.**

Begin with 1 set of 12 repetitions for each exercise. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed without pausing.) As your fitness level increases, perform 2 or 3 sets for each exercise. Always rest for at least 1 minute after each set. When you can complete 3 sets of 12 repetitions without difficulty, you may choose to use heavier weights (weights are not included).

Finish each workout with 5 to 8 minutes of stretching to cool down. This will increase your flexibility, and will help to reduce soreness.

It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. **CAUTION: If you feel pain or dizziness at any time, stop immediately and begin cooling down.**

EXERCISE FORM

For the best results, correct form is important. Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. The photographs on the included poster show the correct positions for each exercise. Make sure to perform each exercise with a smooth, steady motion. Exhale as you exert yourself, and inhale as you return to the starting position; never hold your breath.

STAYING MOTIVATED

To stay motivated, try listening to music or watching television while you exercise. If desired, use a calendar to keep a record of your workouts, and write key body measurements at the end of every month.

Remember, the key to lasting results is to make exercise a regular and enjoyable part of your daily life.

Trouble-Shooting and Maintenance

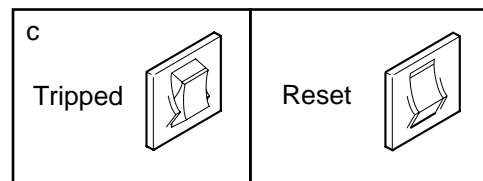
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet. (See How to Plug in the Power Cord on page 13.) Use only a UL-listed surge suppressor, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. See step 1 on page 15.

c. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

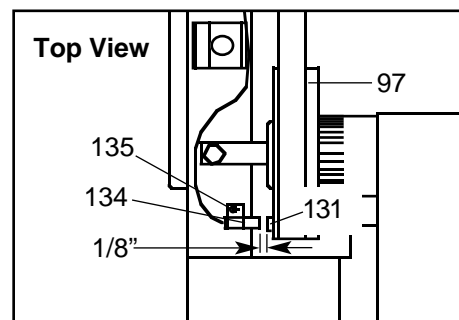
c. Remove the key from the console. Reinsert the key fully into the console. See step 1 on page 15.

d. If the treadmill still will not run, please call our Customer Service Department, toll-free.

PROBLEM: The displays of the console do not function properly

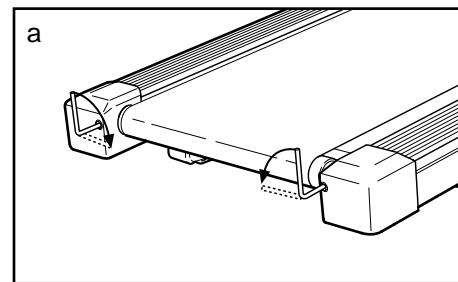
SOLUTION: a. Check the batteries in the console. If the batteries need to be replaced, see assembly step 1 on page 7. Most problems are the result of drained batteries.

b. If the speed display does not show a correct reading, remove the key and **UNPLUG THE POWER CORD**. Remove the screws from the sides and front of the hood. Carefully remove the hood. Locate the Reed Switch (134) and the Magnet (131) on the left side of the Pulley (97). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (135) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood and run the treadmill for a few minutes to check for a correct speed reading.

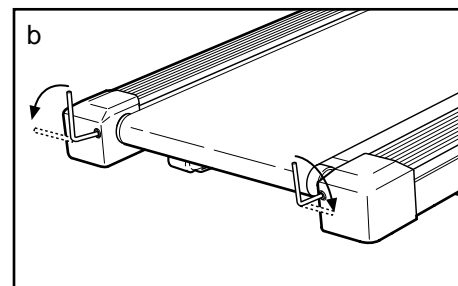


PROBLEM: The walking belt is off-center or slips when walked on

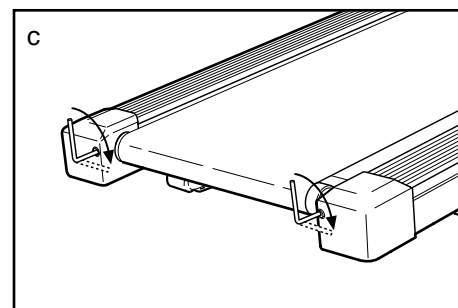
SOLUTION: a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt has shifted to the right**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



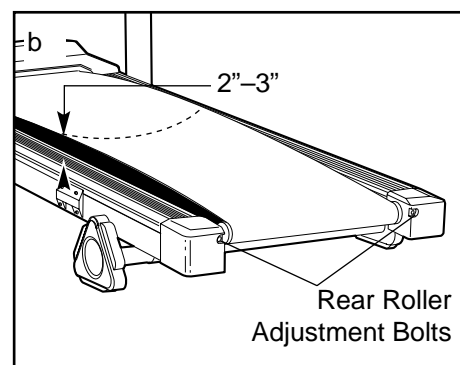
c. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a UL-listed surge suppressor, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



c. If the walking belt still slows when walked on, please call our toll-free Customer Service Department.

PROBLEM: The weight carriage sticks when the lat bar is used

SOLUTION: a. To help the weight carriage slide more freely, apply a light coat of a silicone-base lubricant to the lat tower.

Part List—Model No. WLTL46080

R0898E

To identify parts listed below, refer to the Exploded Drawing attached in the center of this manual. To order replacement parts, see the back cover of this manual. Specifications are subject to change without notice.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Backrest	51	1	Console	101	8	Deck Screw
2	2	Backrest Bracket	52	1	Battery Cover	102	2	5/16" Washer
3	6	1/4" x 3/4" Screw	53	4	Carriage Nut	103	1	Right Frame Guide
4	2	Bench Spacer	54	1	Console Plate	104	4	Belt Guide Screw
5	1	Bench Frame	55	1	Left Handrail	105	2	Incline Leg Plate
6	2	Bench Frame Bushing	56	2	Console Bolt	106	6	Incline Leg Pad
7	3	Frame Cap	57	7	Console Screw	107	2	Incline Leg Bolt
8	1	Bench Pivot Rod	58	1	Latch Spacer	108	2	Incline Leg
9	1	Seat	59	1	Latch Base	109	2	Roller Guard
10	1	3/8" x 2 1/4" Bolt	60	1	Latch	110	2	Incline Leg Bushing
11	7	3/8" Jam Nut	61	6	Latch/Hood Screw	111	2	Incline Leg Bracket
12	4	3/4" Inner Cap	62	2	Latch Spring	112	1	Adhesive Clip
13	4	Foam Pad	63	3	Handrail/Motor Bolt	113	1	Allen Wrench
14	1	Leg Lever	64	1	Key/Clip	114	1	Right Treadmill Endcap
15	3	5/16" Nylon Locknut	65	1	Right Handrail	115	2	Rear Roller Adj. Bolt
16	1	1" Inner Cap	66	6	Screw	116	1	Left Treadmill Endcap
17	1	Weight Tube	67	1	Controller	117	14	Belly Pan Screw
18	1	1" Outer Cap	68	1	Electronics Bracket	118	1	Rear Roller
19	1	5/16" x 2" Bolt	69	1	Choke	119	5	Ground/Control. Screw
20	2	Pad Tube	70	1	Treadmill Upright/Base	120	1	Ground Wire
21	1	Bench Stabilizer	71	1	Wire Clip	121	1	Latch Warning Decal
22	2	1/2" x 2" Crg. Bolt	72	1	Power Cord	122	1	Treadmill Incline Rod
23	1	Weight Carriage Slide	73	1	Power Cord Grommet	123	1	Frame
24	1	Carriage Sleeve	74	1	Weight Bushing	124	1	Catch
25	1	Support Rod	75	4	Hood Anchor	125	2	Front Roller Bolt
26	2	Base Cap	76	1	Circuit Breaker	126	4	Catch Screw
27	1	Base Plate	77	1	Motor Belt	127	1	Rear Belly Pan
28	7	Base Pad	78	1	Motor	128	1	Interface Bracket
29	16	Base Pad Screw	79	1	Pulley/Flywheel/Fan	129	1	Motor Belly Pan
30	1	Square Nut	80*	1	Motor/Pulley/Fly./Fan	130	2	Belt Guide
31	7	3/8" Washer	81	2	Stabilizer Cap	131	1	Magnet
32	4	3/8" x 3 1/4" Bolt	82	1	Motor Tension Washer	132	1	Motor Pivot Spacer
33	1	Corner Base	83	1	Star Washer	133	1	Reed Switch Clip
34	1	Lat Tower	84	1	Motor Nut	134	1	Reed Switch
35	2	Handgrip	85	1	Motor Pivot Bolt	135	3	Clip Screw
36	2	Lat Bar	86	1	Motor Hood	136	2	Treadmill Pivot Bolt
37	1	Cable Clip	87	1	Hood Screw	137	2	Treadmill Pivot Washer
38	1	Carriage Pin	88	1	Releasable Cable Tie	138	1	Ground Screw
39	1	Carriage Pin Knob	89	1	Clamp Screw	139	1	Wire Harness
40	1	Lat Cable	90	1	Tie Clamp	140	1	Power Cord Grommet
41	2	Bench Pivot Bolt	91	3	8" Cable Tie	141	1	3/8" x 1" Lat Bolt
42	2	Pulley	92	1	Right Foot Rail	142	3	Upright/Tower Endcap
43	2	Front Roller Nut	93	2	Frame Pivot Spacer	143	2	Warning Decal
44	1	3/8" x 4 1/2" Pulley Bolt	94	1	Front Roller Adj. Bolt	144	1	Bottom Tower Endcap
45	2	Console Washer	95	3	Roller Adj. Washer	#	1	8" White Wire, M/F
46	1	3/8" x 1 1/2" Pulley Bolt	96	2	Treadmill Pivot Nut	#	1	14" White Wire, M/F
47	1	Cable Trap	97	1	Front Roller/Pulley	#	1	User's Manual
48	1	Pulley Spacer	98	1	Walking Deck	#	1	Exercise Poster
49*	1	Console Assembly	99	1	Walking Belt			
50	1	Speed Control	100	1	Left Foot Rail			

How to Order Replacement Parts

To order replacement parts, simply 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 when calling:

- The MODEL NUMBER of the product (WLTL46080).
- The NAME of the product (WESLO® CADENCE DL35 treadmill).
- 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 23 of this manual and the Exploded Drawing attached in the center of this manual).

WESLO is a registered trademark of ICON Health & Fitness, Inc.

Limited Warranty

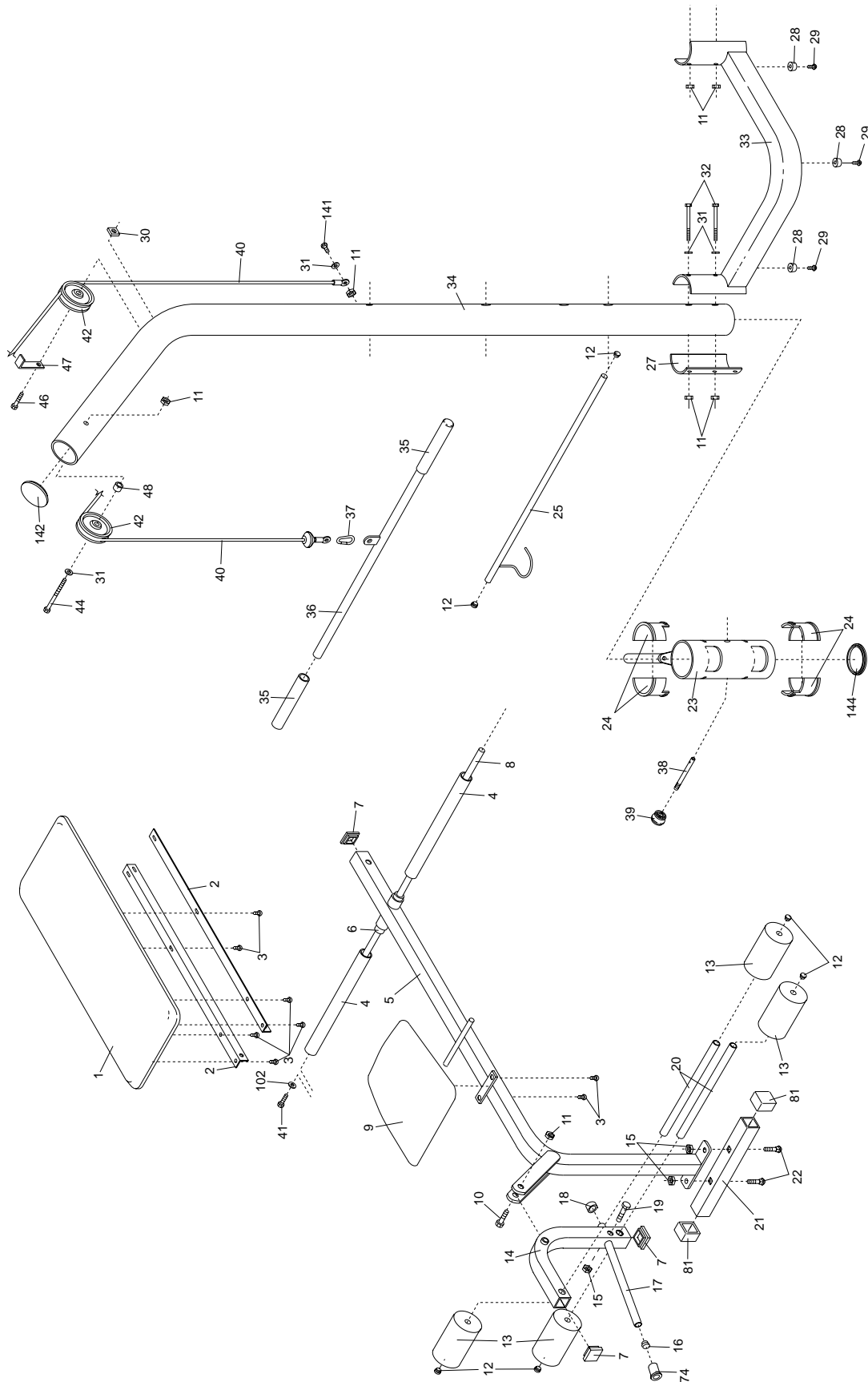
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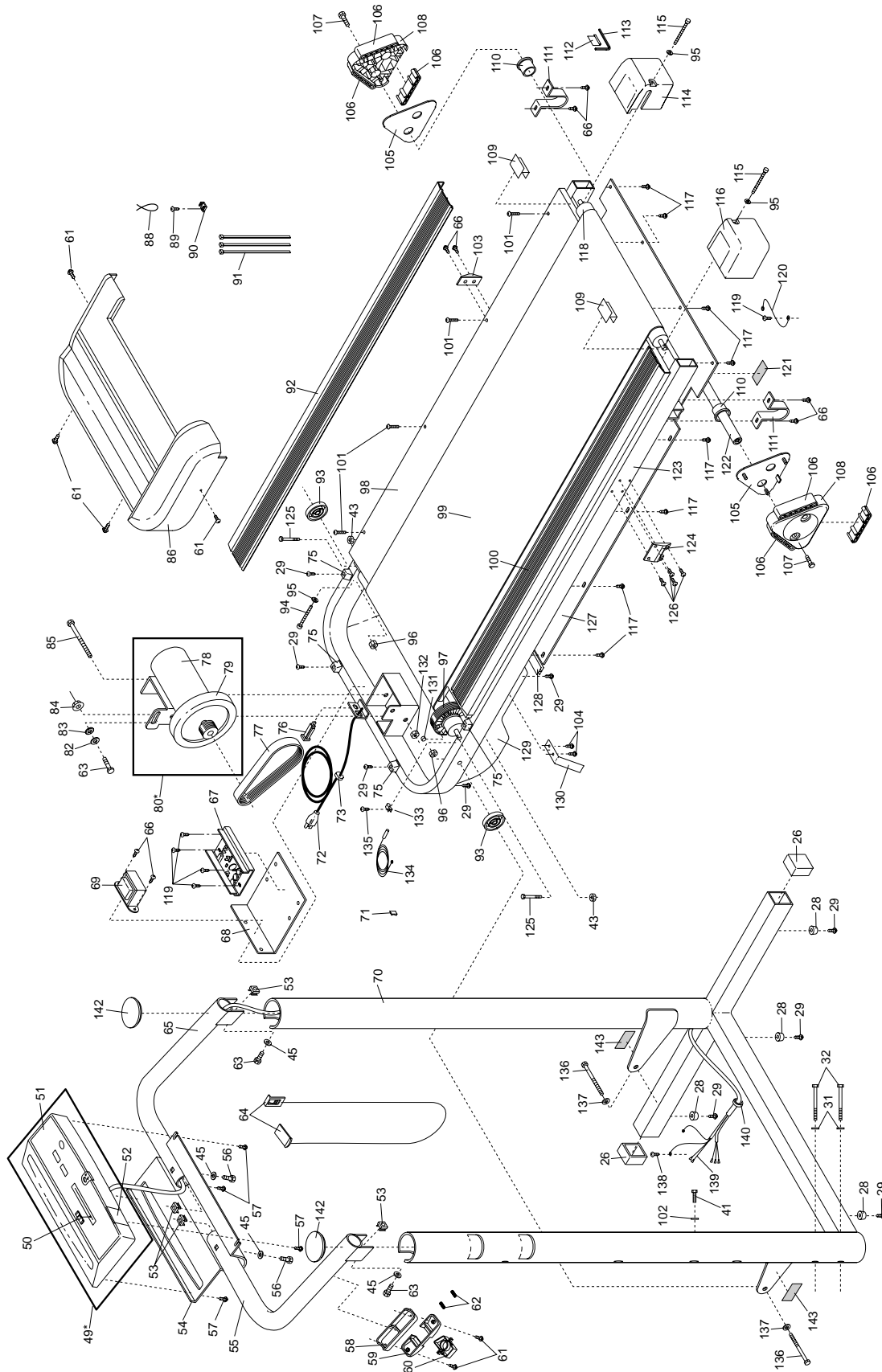
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Exploded Drawing—Model No. WLTL46080

R0898E



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