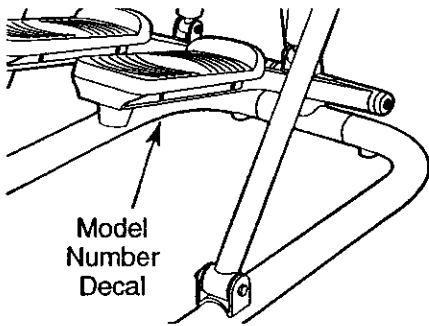


WESLO ALTA

USER'S MANUAL

Model No. 831.283600



EXERCISE
EQUIPMENT

QUESTIONS

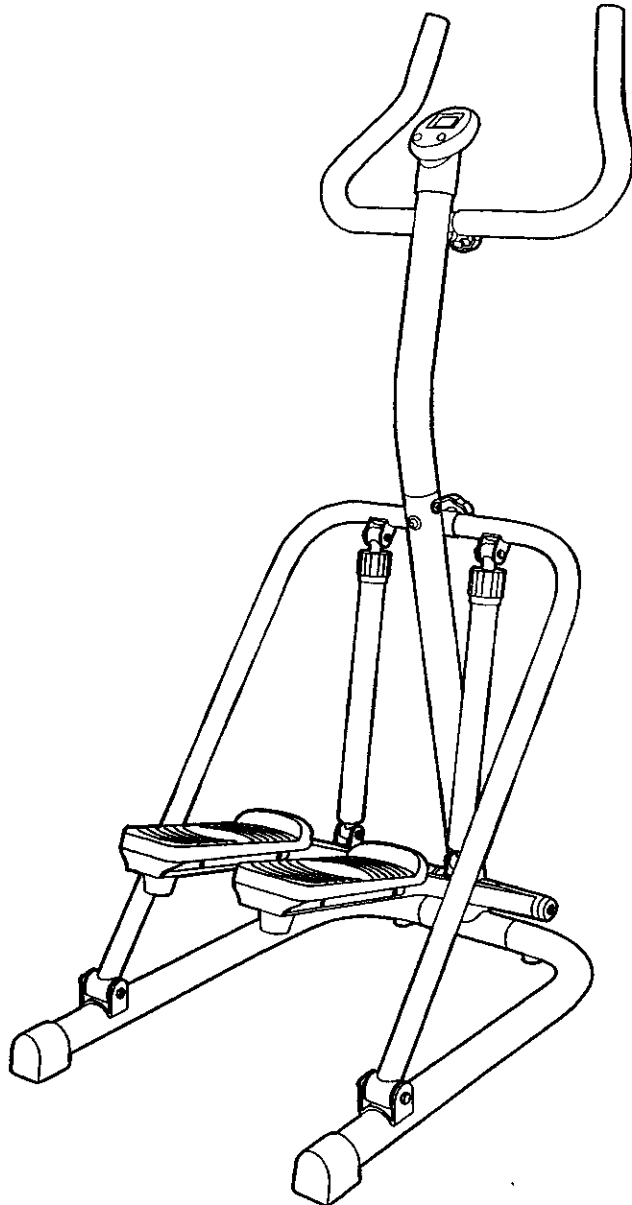
HELPLINE!

1-800-736-6879

SEARS, ROEBUCK AND CO.,
HOFFMAN ESTATES, IL 60179

CAUTION

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



Visit our Website at

www.weslo.com

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

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
HOW TO OPERATE THE STEPPER	6
MAINTENANCE AND TROUBLESHOOTING	7
CONDITIONING GUIDELINES	8
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
FULL 90 DAY WARRANTY	Back Cover

IMPORTANT PRECAUTIONS

▲ WARNING: To reduce the risk of serious injury, read the following important precautions before using the stepper.

1. Read all instructions in this manual before using the stepper. Use the stepper only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the stepper are adequately informed of all precautions.
3. Use the stepper indoors on a level surface. Keep the stepper away from moisture and dust. Place a mat under the stepper to protect the floor.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the stepper at all times.
6. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the stepper. Always wear athletic shoes for foot protection.
7. The stepper should not be used by persons weighing more than 250 pounds.
8. Always keep your back straight while using the stepper. Do not arch your back.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The stepper is intended for home use only. Do not use the stepper in a commercial, rental, or institutional setting.
11. The resistance cylinder may become hot after a period of use. Allow the cylinder to cool before touching it.

▲ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 65 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

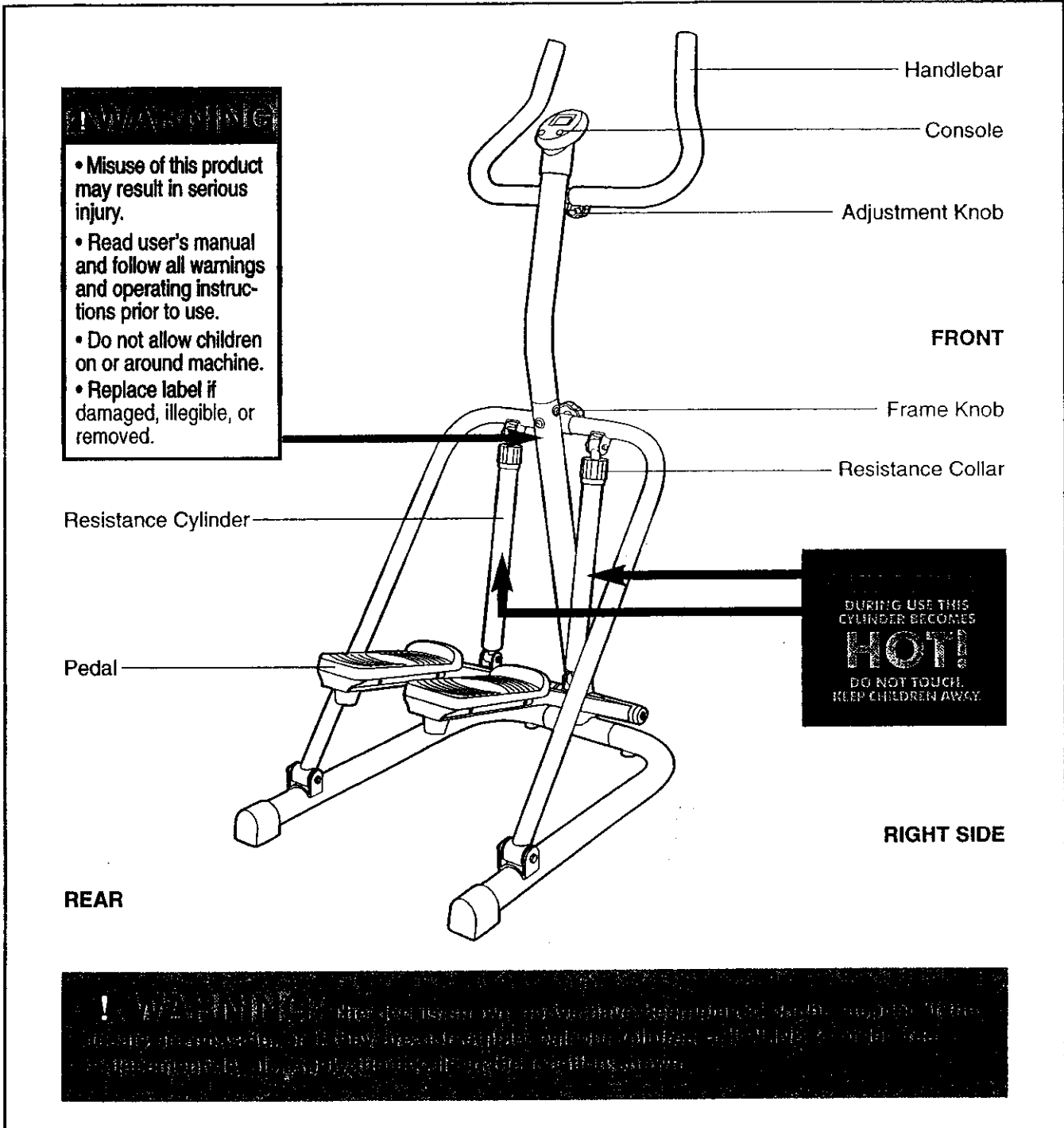
BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® ALTA 150 stepper. Stepping is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The ALTA 150 stepper offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the stepper. If you have questions after

reading the manual, please call our toll-free **HELPLINE** at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number before calling. The model number is 831.283600.

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

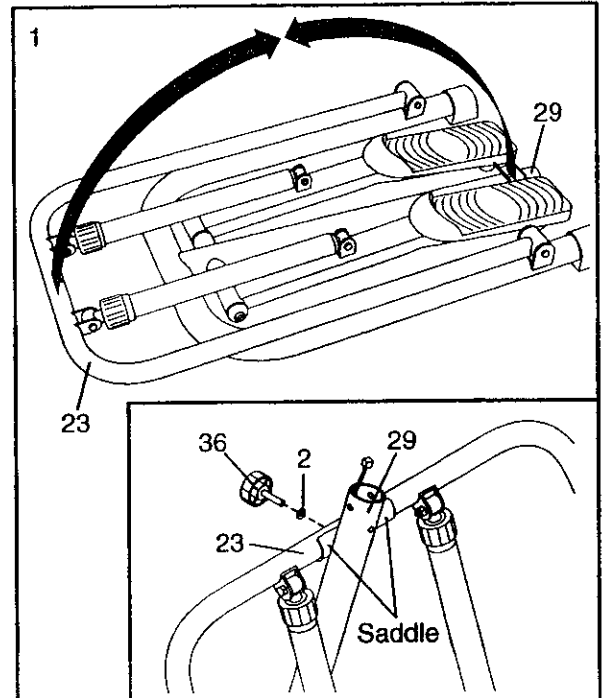


ASSEMBLY

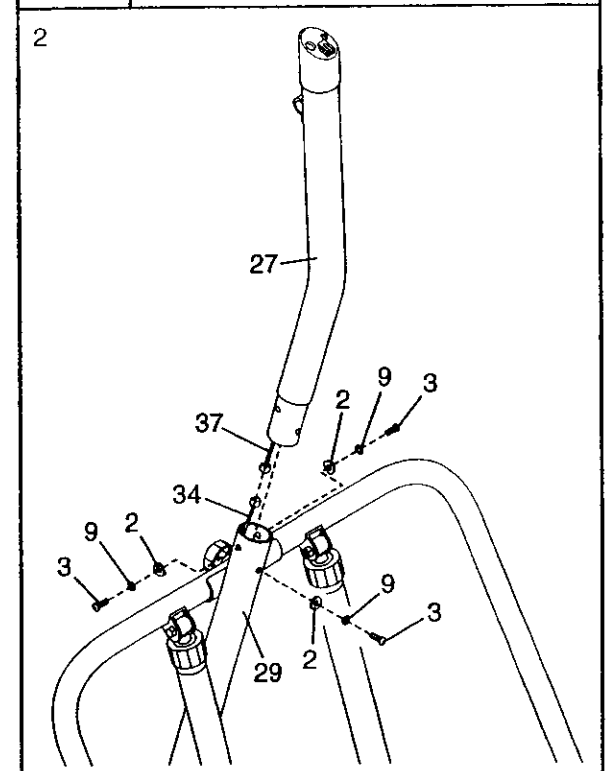
Place all parts of the stepper in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**

Assembly requires only the included allen wrench.

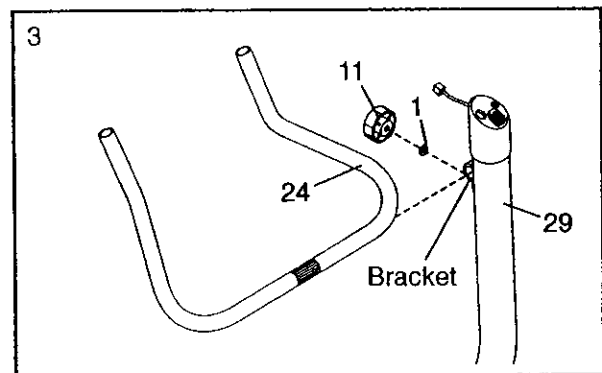
1. Raise the Stabilizer Frame (23) and the Frame (29) until they meet. Refer to the inset drawing. Set the Stabilizer Frame into the saddle on the Frame. Attach the Stabilizer Frame to the Frame with an M8 Curve Washer (2) and the Frame Knob (36).



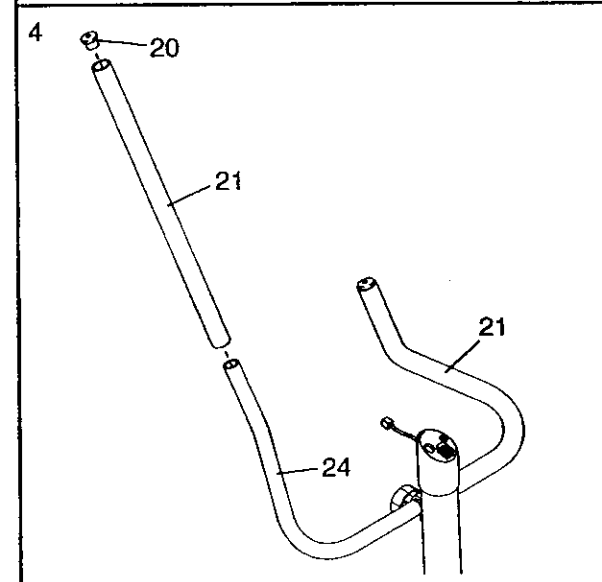
2. While holding the Upright (27) near the Frame (29) as shown, connect the Reed Switch Wire (34) to the Upper Wire (37). Attach the Upright to the Frame with three M8 Curve Washers (2), three M8 Spring Washers (9), and three M8 x 15mm Screws (3).



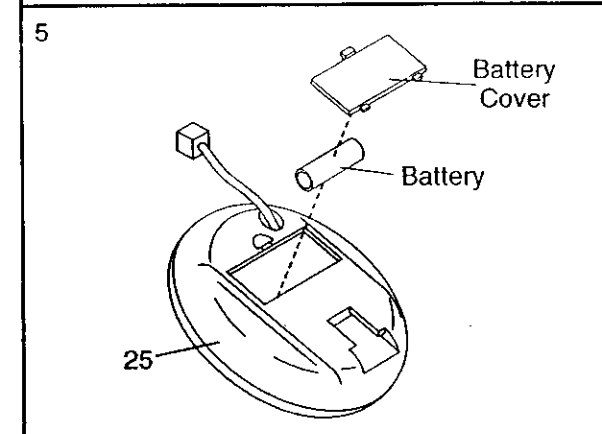
3. Insert one end of the Handlebar (24) into the bracket on the Frame (29). Center the Handlebar in the bracket and rotate the Handlebar to a comfortable position. Secure the Handlebar with an M8 x 16mm Flat Washer (1) and the Adjustment Knob (11).



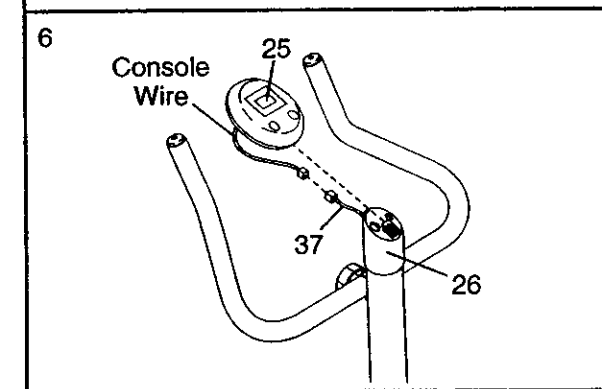
4. Apply a small amount of soapy water to the Handlebar (24). Slide a Foam Grip (21) onto each side of the Handlebar. Insert a Handlebar Endcap (20) into each end of the Handlebar.



5. The Console (25) requires one "AA" battery (not included). An alkaline battery is recommended. To install batteries, turn the console over, remove the battery cover, and insert the battery into the battery clip (not shown). **Make sure that the negative end of the battery (marked "—") is touching the spring in the battery clip.** Replace the battery cover.



6. Connect the console wire to the Upper Wire (37). Slide the Console (25) onto the Upright Cap (26). Insert the excess wire into the Upright Cap.



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

HOW TO OPERATE THE STEPPER

HOW TO EXERCISE ON THE STEPPER

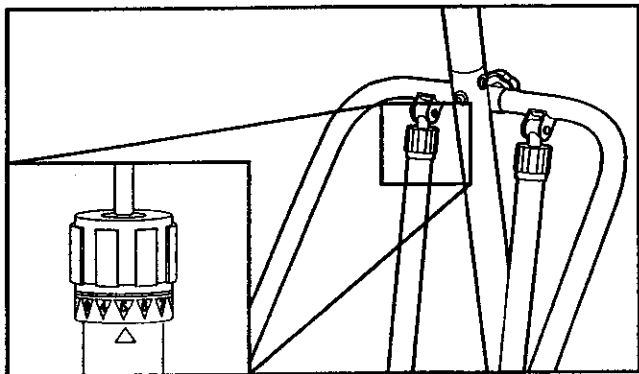
Place the stepper on a level surface and place a mat under the stepper. (The stepper features precision hydraulic cylinders. However, there is a possibility of slight oil leakage due to the nature of hydraulic cylinders.)

Hold the handlebars and step onto the pedals. Begin stepping, alternately depressing the right and left pedals with a smooth, continuous motion. Because the pedals move independently of each other, you must maintain a continuous motion or both pedals will sink to the floor. Change the height of your step or the stepping pace until you can comfortably maintain a continuous motion.

As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise. Always keep your back straight in order to avoid injury.

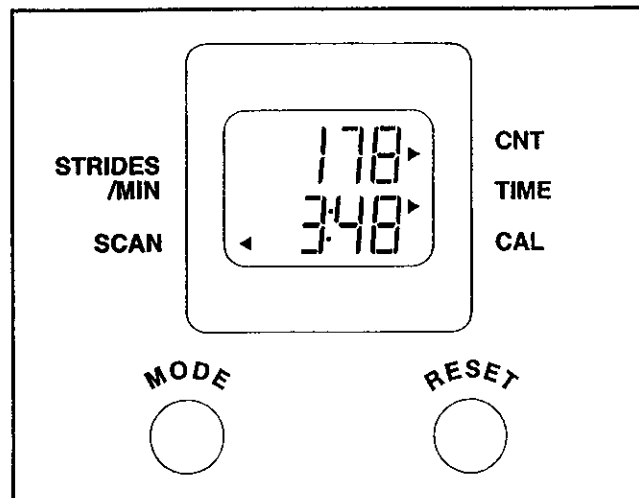
HOW TO ADJUST THE RESISTANCE

To change the stepping resistance, simply turn the resistance collars on the upper ends of the Resistance Cylinders (28) (see the inset drawing). The arrows on the Resistance Cylinders and the markings on the resistance collars show which resistance level has been selected. Make sure that both Resistance Cylinders are at the same resistance setting.



WARNING The resistance cylinders become very hot during use. Touch only the resistance collars when changing the stepping resistance.

HOW TO USE THE CONSOLE



If there is a thin sheet of clear plastic on the console, remove the plastic. To turn on the console, press the MODE or RESET button or begin stepping.

As you step, the upper half of the display will show the total number of steps you have completed. A mode arrow will point to the letters "CNT."

The lower half of the display will show the elapsed time, the approximate number of calories you have burned, and your stepping speed, changing from one mode to the next every few seconds. One mode arrow will point to the word "SCAN," and a second mode arrow will point to the letters "TIME," "CAL," or "STRIDES/MIN."

To view one mode continuously in the lower half of the display, press the MODE button until there is a mode arrow pointing to the letters "TIME," "CAL," or "STPS/MIN" but no mode arrow pointing to the word "SCAN." To view all three modes again, press the button until there is a mode arrow pointing to the word "SCAN."

To reset the display, press the RESET button for about two seconds.

If the pedals are not moved and the MODE and RESET buttons are not pressed for a few seconds, the word "STOP" will appear in the left side of the display. If the pedals are not moved and the buttons are not pressed for a few minutes, the console will turn off.

MAINTENANCE AND TROUBLESHOOTING

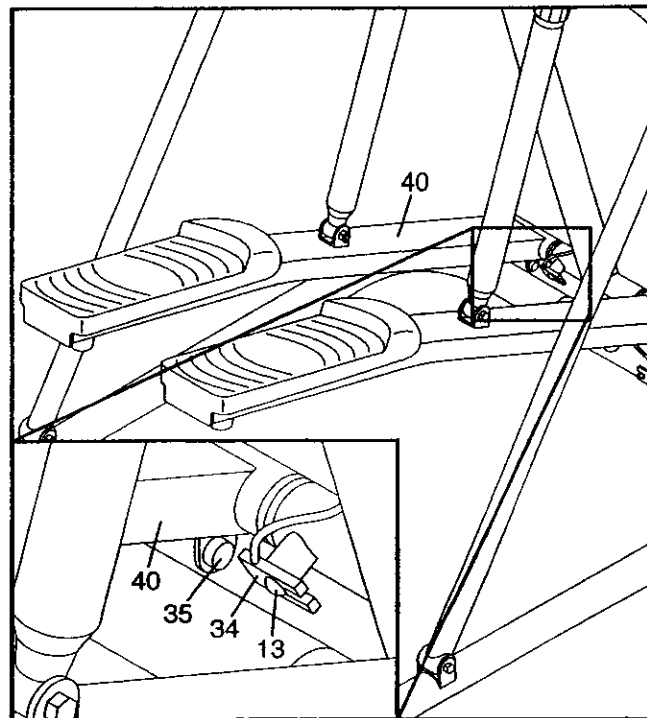
Inspect and properly tighten all parts of the stepper regularly. To clean the stepper, use a damp cloth and a small amount of mild detergent. Never use abrasives or solvents; keep liquid away from the console.

HOW TO REPLACE THE BATTERY

If the console does not function properly, or if the display becomes faint, the battery should be replaced. See assembly step 5 on page 5.

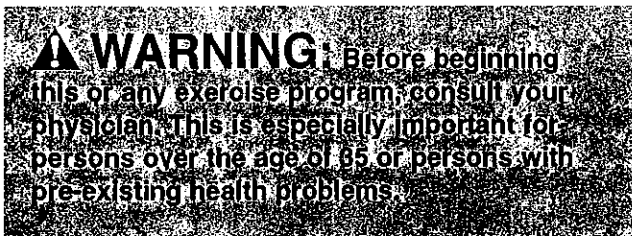
HOW TO ADJUST THE REED SWITCH

If the console still does not function properly, the Reed Switch (34) should be adjusted. Hold down the Left Pedal Leg (40) so that the Magnet (35) is level with the Reed Switch. Loosen the M5 x 10mm Self-tapping Screw (13). Slide the Reed Switch (34) in or out slightly. The gap between the Reed Switch and the Magnet should be about 1/8". Make sure that the Magnet will not hit the Reed Switch when the Left Pedal Leg is moved. Repeat until the console displays correct feedback. Then, retighten the Screw (13).



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.



EXERCISE INTENSITY

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

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

To find the proper heart rate for you, first find your age at the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest 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 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 num-

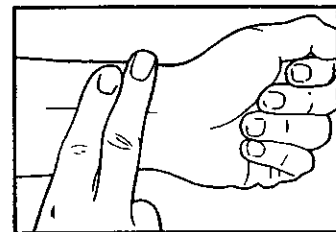
ber in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

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 heartbeat



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. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between

workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

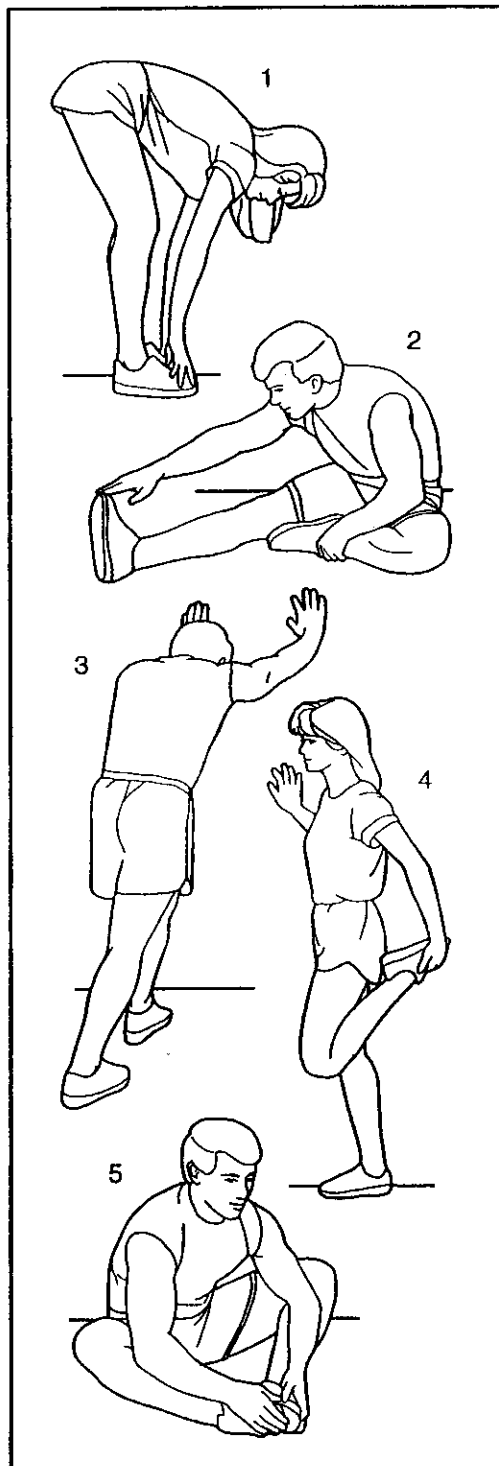
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. 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.



EXPLODED DRAWING—Model No. 831.283600

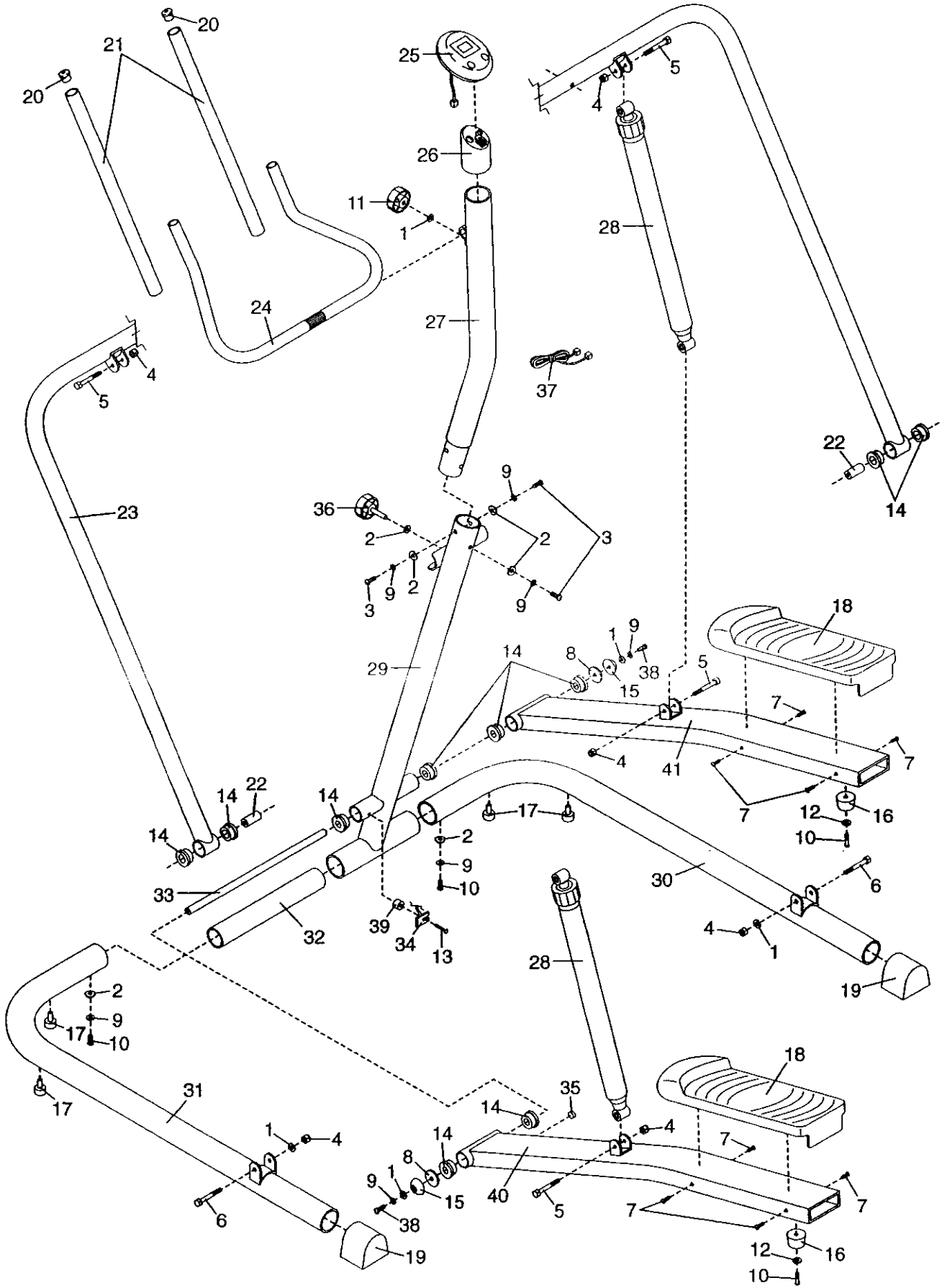
R0902A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	5	M8 x 16mm Flat Washer	23	1	Stabilizer Frame
2	6	M8 Curve Washer	24	1	Handlebar
3	3	M8 x 15mm Screw	25	1	Console
4	6	M8 Nylon Nut	26	1	Upright Cap
5	4	M8 x 40mm Bolt	27	1	Upright
6	2	M8 x 68mm Bolt	28	2	Resistance Cylinder
7	8	1/4" x 5/8" Self-tapping Screw	29	1	Frame
8	2	M8 x 38mm Flat Washer	30	1	Right Base
9	7	M8 Spring Washer	31	1	Left Base
10	4	M8 x 25mm Bolt	32	1	Pivot Frame
11	1	Adjustment Knob	33	1	Pivot Axle
12	2	M8 x 12mm Flat Washer	34	1	Reed Switch/Wire
13	1	M5 x 10mm Self-tapping Screw	35	1	Magnet
14	10	Pivot Bushing	36	1	Frame Knob
15	2	Cap	37	1	Upper Wire
16	2	Bump-on	38	2	M8 x 25mm Patch Screw
17	4	Foot	39	1	Reed Switch Spacer
18	2	Pedal	40	1	Left Pedal Leg
19	2	Base Endcap	41	1	Right Pedal Leg
20	2	Handlebar Endcap	#	1	User's Manual
21	2	Foam Grip	#	1	Allen Wrench
22	2	Spacer			

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

EXPLODED DRAWING—Model No. 831.283600

R0902A





Model No. 831.283600

QUESTIONS?

If you find that:

- you need help assembling or operating the WESLO® ALTA 150 stepper
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

**1-800-FON-PART
(1-800-366-7278)**

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.283600)
- The NAME of the product (WESLO® ALTA 150 stepper)
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING on pages 10 and 11)

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS STEPPER EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the STEPPER EXERCISER, free of charge.

This warranty does not apply when the STEPPER EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

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