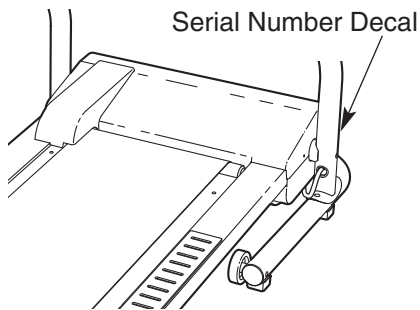


# WESLO<sup>®</sup> cadence G-25

Model No. WLTL19105.1

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



## USER'S MANUAL

### QUESTIONS?

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

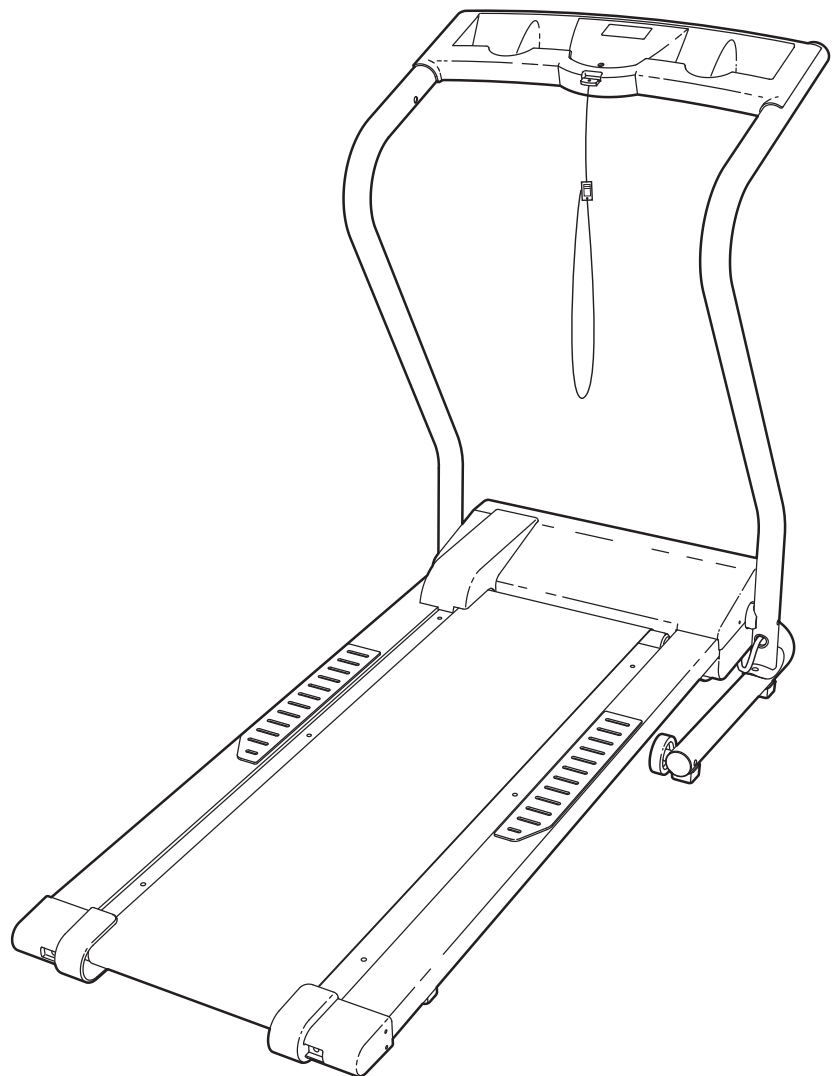
CALL TOLL-FREE:

**1-866-699-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

[www.wesloservice.com](http://www.wesloservice.com)



### **⚠ CAUTION**

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



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

new products, prizes,  
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Note: A PART IDENTIFICATION CHART, an EXPLODED DRAWING, and a PART LIST are attached in the center of this manual.

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## 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 treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill 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 treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 8), 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.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. To purchase a surge suppressor, see your local WESLO dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. 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 4 if the treadmill is not working properly.)

15. Read, understand, and test the emergency stop procedure before using the treadmill (see TREADMILL OPERATION).

16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails 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. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.

19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5 and HOW TO FOLD AND MOVE THE TREADMILL on page 11.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

20. When folding or moving the treadmill, make sure that the storage latch is fully closed.

21. Do not change the incline of the treadmill by placing objects under the treadmill.

22. Inspect and properly tighten all parts of the treadmill regularly.

23. Never drop or insert any object into any opening.

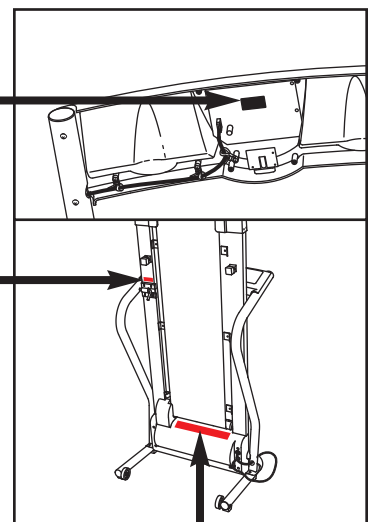
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

25. This treadmill is intended for in-home use only. Do not use this treadmill 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 here have been placed on your treadmill. If a decal is missing, or if it is not legible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.



### ⚠ WARNING:

Protect yourself and others from risk of serious injury. Read the user's manual and:

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.



- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.



- Never allow children on or around treadmill.
- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

# BEFORE YOU BEGIN

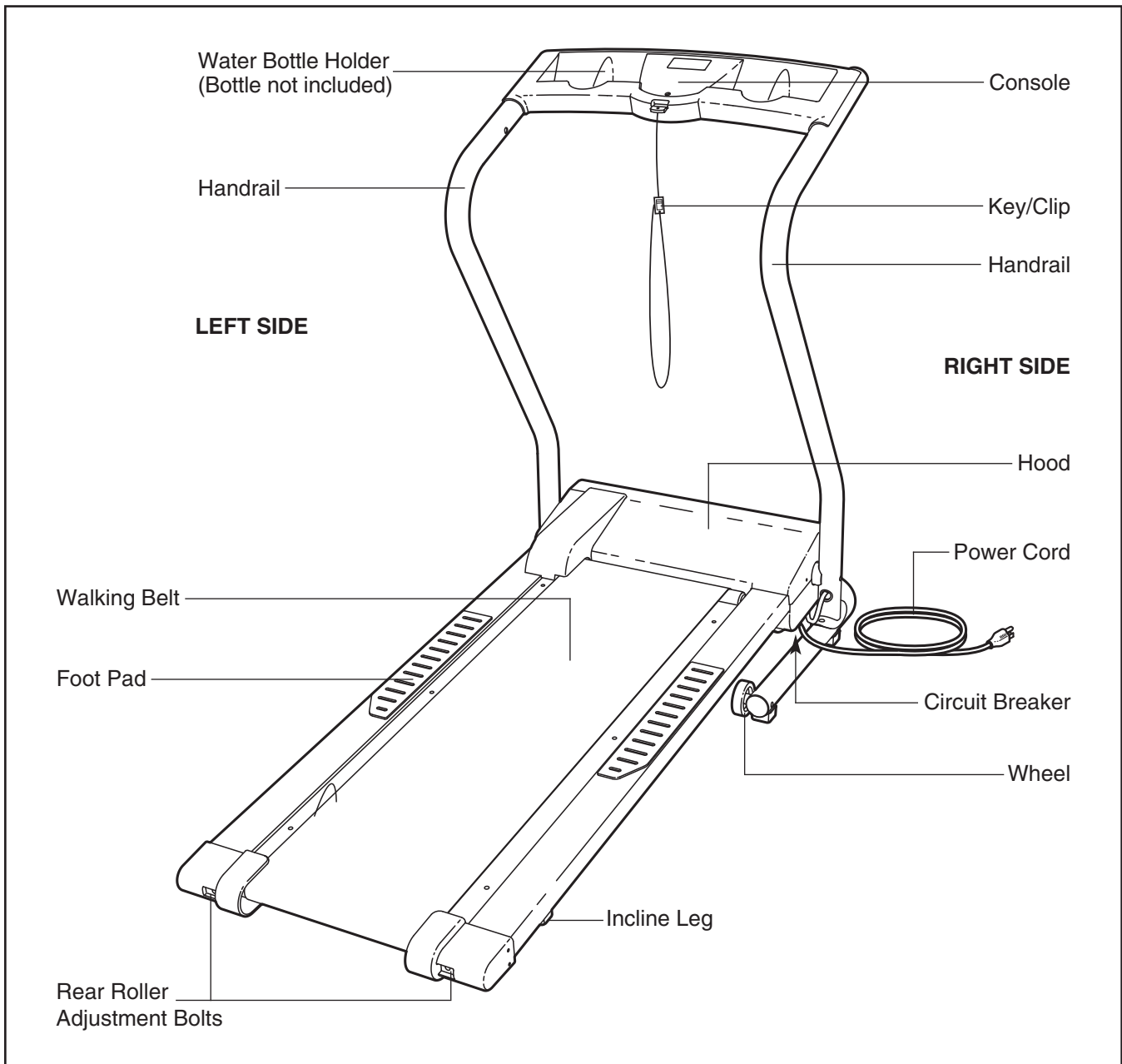
Thank you for selecting the WESLO® CADENCE G-25 treadmill. The CADENCE G-25 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CADENCE G-25 can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after reading this manual, see the front cover of this manual. To

help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WLTL19105.1. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

**To avoid a registration fee for any service needed under warranty, you must register the treadmill at [www.wesloservice.com/registration](http://www.wesloservice.com/registration).**




Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



# ASSEMBLY

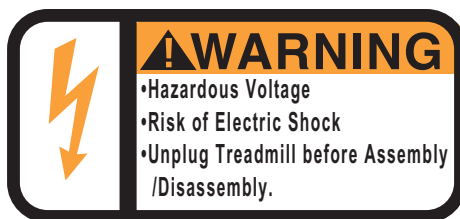
To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480.

**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.** Do not remove the long plastic tape inside the Right Handrail until told to. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrench  and your own phillips screwdriver , adjustable wrenches , and 9/16" socket wrench , wire cutters .

**Note:** To identify small parts used during assembly, see the PART IDENTIFICATION CHART in the center of this manual.

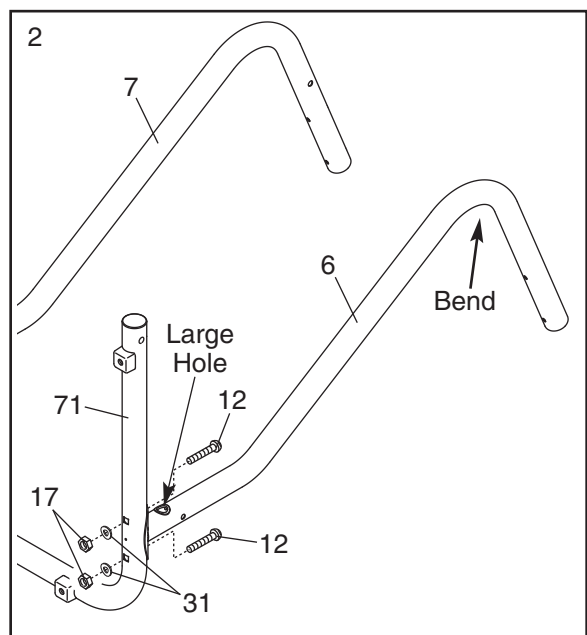
1. Hold the Base (71) in the position shown. Identify the Right Handrail (6), which has a large hole near the lower end.



**Hold the Right Handrail with the bend in the position shown.**

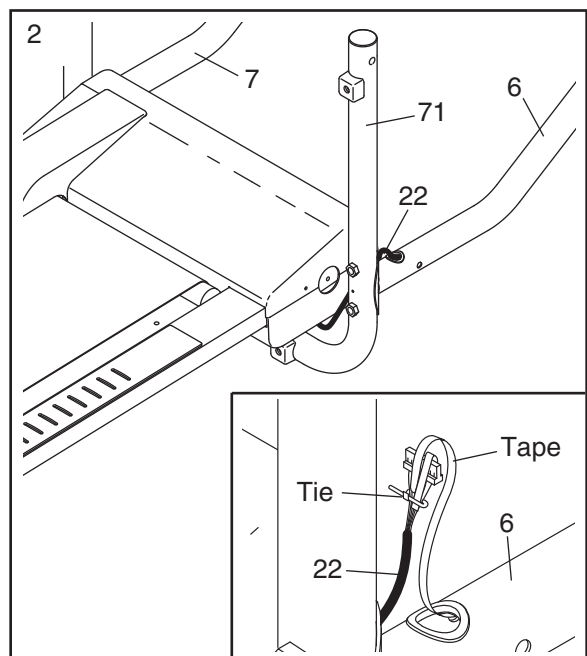
Using a 9/16" socket wrench and the included allen wrench, attach the Right Handrail (6) to the Base (71) with two Handrail Bolts (12), two Formed Washers (31), and two Nuts (17). **Do not tighten the Handrail Nuts yet.**

Attach the Left Handrail (7) to the Base (71) in the same way.



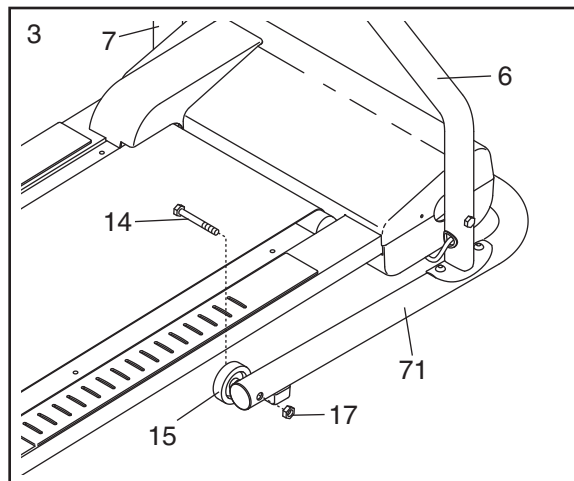
2. Position the treadmill near the Handrails (6, 7) as shown. A long plastic tape is inside the Right Handrail (6). Secure the end of the plastic tape to the Wire Harness (22) with the included plastic tie. Pull on the other end of the tape to pull the Wire Harness through the Right Handrail and out of the top.

With the help of a second person, raise the Handrails (6, 7) so that the Base (71) is resting flat on the floor.



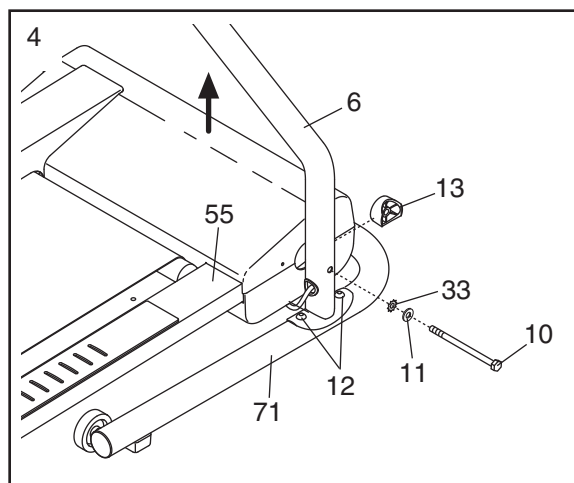
3. Using two adjustable wrenches, attach the Wheels (15) to the inner sides of the Base (71) with two Wheel Bolts (14) and two Nuts (17) as shown. **Do not overtighten the Wheel Nuts; the Wheels should turn freely.**

It may be helpful to tip the Handrails (6, 7) forward when attaching the Wheels (15).



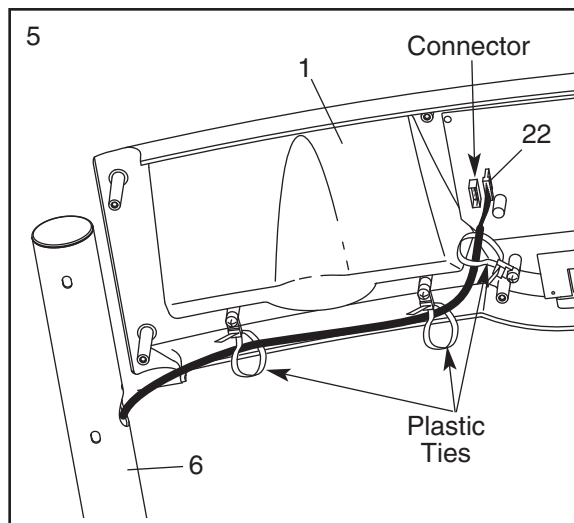
4. Have a second person raise and hold the front end of the treadmill. Hold a Frame Spacer (13) between the Right Handrail (6) and the Frame (55). Attach the Right Handrail and the Base (71) to the Frame with a Frame Bolt (10), a Handrail Washer (11), and a Star Washer (33).

Repeat this step on the left side of the treadmill.



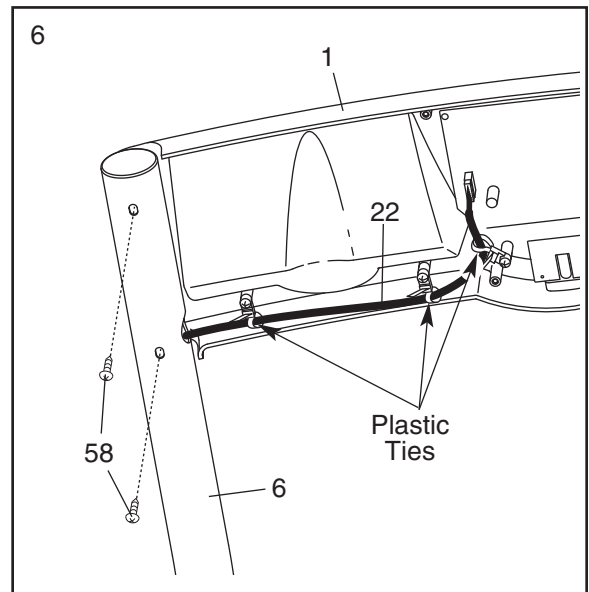
5. Hold the Console Base (1) near the Right Handrail (6). **Touch the Right Handrail to discharge any static.**

Insert the end of the Wire Harness (22) through the three looped plastic ties. Press the end of the Wire Harness into the connector on the back of the Console Base (1) in the location shown. **The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



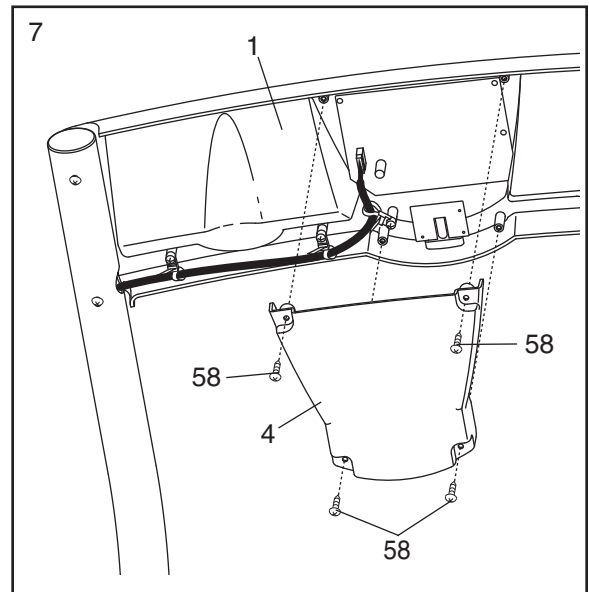
6. Set the Console (1) on the Right Handrail (6) and the Left Handrail (not shown). Start four Console Screws (58) (only two are shown) into the Console. **After you have started all four Console Screws, tighten them.**

Insert the excess Wire Harness (22) down into the Right Handrail (6). Tighten the three plastic ties around the Wire Harness, and then cut off the ends of the plastic ties.



7. Attach the Console Back (4) to the Console (1) with four Console Screws (58). Make sure that no wires are pinched.

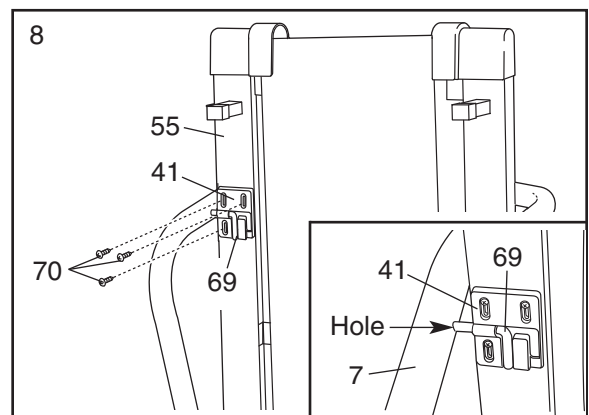
See step 4. Tighten the four Handrail Bolts (12).



8. Raise the Frame to the vertical position (55). Make sure that the Latch Pin (69) is in the Storage Latch (41) as shown. Attach the Storage Latch to the Frame (55) with three Latch Screws (70). **Do not tighten the Screws yet.**

See the inset drawing. Position the Storage Latch (69) so the Latch Pin (69) is aligned with the hole in the Left Handrail (7). Slide the Latch Pin into the hole, as shown.

Tighten the three Latch Screws (70).



9. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 13). To protect the floor or carpet, place a mat under the treadmill.

# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances 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.

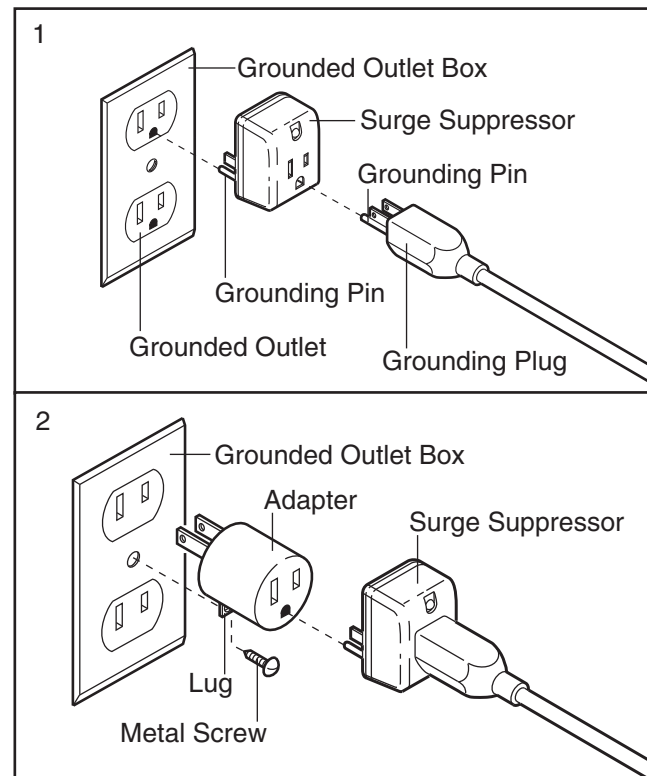
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local WESLO dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

**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 elec-

tric 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. Important: The treadmill is not compatible with GFCI-equipped outlets.**

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.

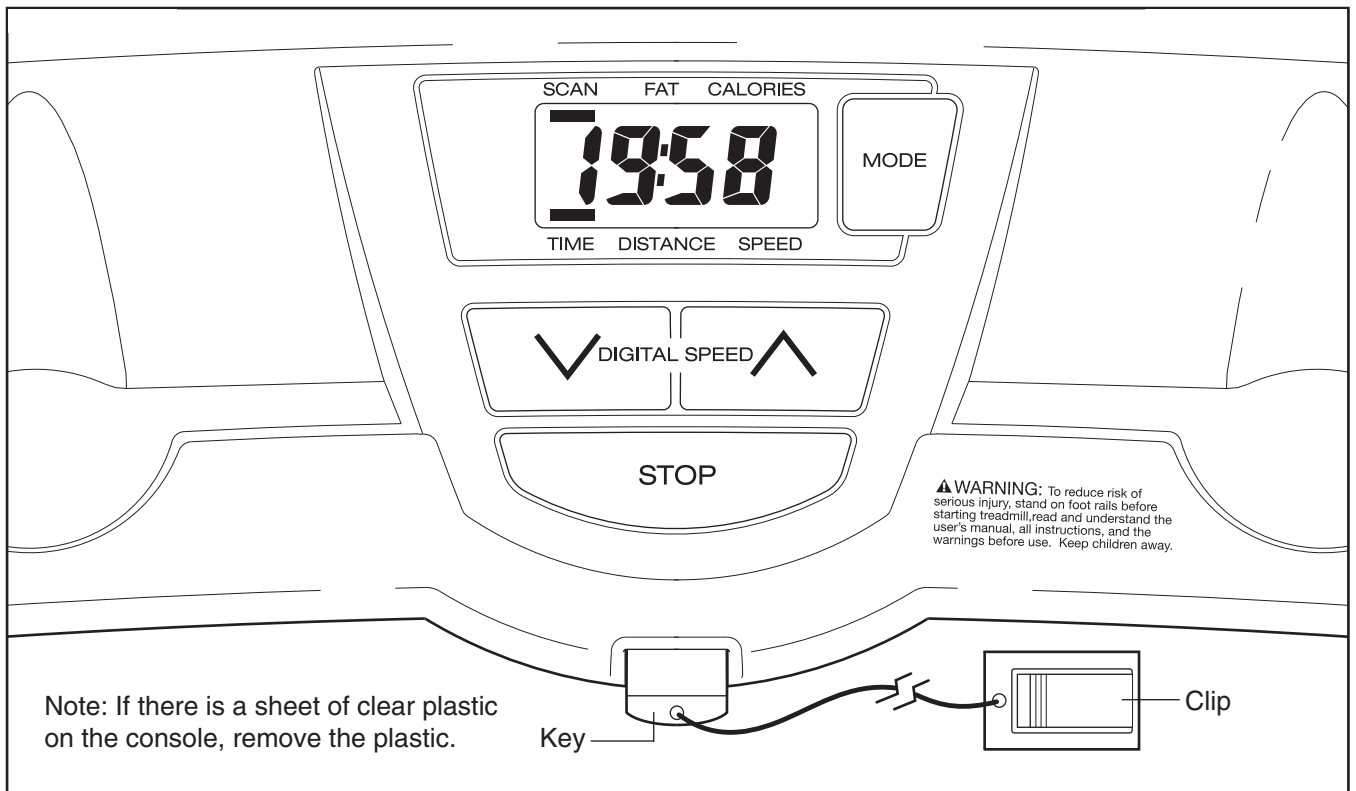


The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

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.**



## DIAGRAM OF THE CONSOLE



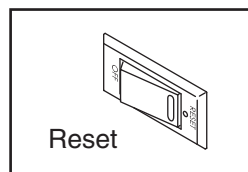
### **CAUTION:** Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holders.

### STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in (see page 8).

In addition, locate the reset/off circuit breaker on the treadmill near the power cord, and make sure that the circuit breaker is in the reset position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes. Then, insert the key fully into the console. After a moment, the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

Follow the steps below to operate the console.

#### **1** Insert the key fully into the console.

A moment after the key is inserted, the display will light.

#### **2** Press the Digital Speed increase button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the Digital Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph.

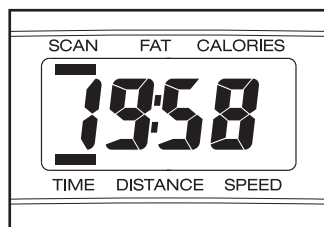
To stop the walking belt, press the Stop button.  
 Note: If the time mode is displayed (see step 3 below), the time will begin to flash.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 13).

### 3 Follow your progress with the display.

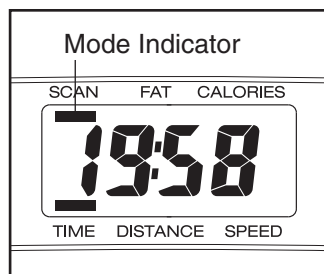
As you exercise, the console can display the following modes:

- Time—This mode displays the elapsed time. Note: If the time is displayed when the walking belt is stopped, the time will begin to flash.



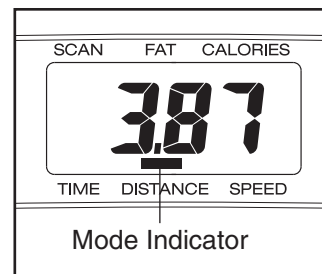
- Distance—This mode displays the distance that you have walked or run, in miles.
- Speed—This mode displays the speed of the walking belt, in miles per hour.
- Calories—This mode displays the approximate number of calories you have burned during your workout.
- Fat Calories (FAT)—This mode displays the approximate number of fat calories you have burned (see FAT BURNING on page 14).
- Scan—This mode displays the Time, Distance, Speed, Calories, and Fat Calories modes, for about seven seconds each, in a repeating cycle.

When the key is inserted, the Scan mode will be selected. One mode indicator will appear below the word SCAN, and a second mode indicator will show which mode is currently displayed.



To select only the Time, Distance, Speed, Calories, or Fat Calories mode, press the Mode button repeatedly until a mode indicator appears

above or below the word TIME, DISTANCE, SPEED, CALORIES, or FAT. Make sure that there is not a mode indicator below the word SCAN.



To reset all modes, press the Stop button, remove the key, and then reinsert the key.

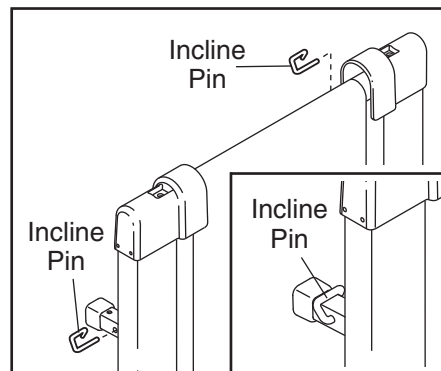
### 4 When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and remove the key from the console. Keep the key in a secure place. Then, switch the reset/off circuit breaker to the "off" position and unplug the power cord.

### 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 two incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see page 11).

To change the incline, remove the incline pin from one of the incline legs as shown. Adjust the incline leg to the desired height, and fully reinsert the incline pin. Make



sure that the incline pin is in the "locked" position shown in the inset drawing. Adjust the other incline leg in the same way. **CAUTION: Before using the treadmill, make sure that both incline legs are at the same height and that both incline pins are fully inserted from the direction shown. Do not use the treadmill with the incline pins removed.**

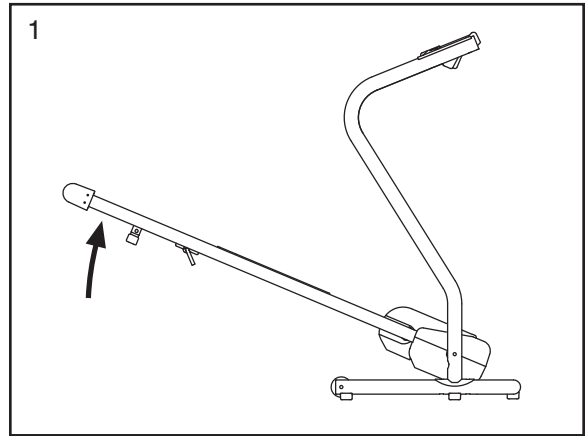
After you have adjusted the incline legs, lower the treadmill (see page 11).

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

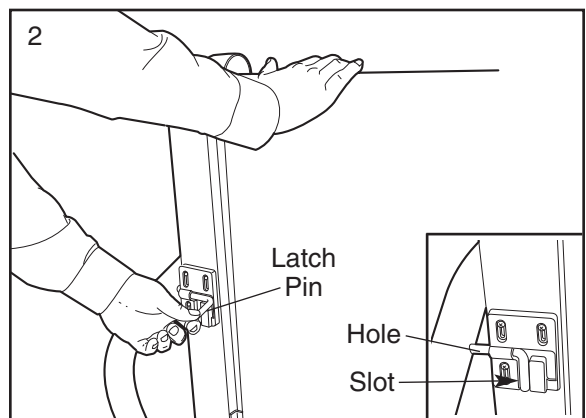
Unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: 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.



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the latch pin is aligned with the hole in the left handrail. Slide the latch pin into the hole. **Make sure that the latch pin is inserted as far as possible into the hole.** Lock the latch pin by pressing the end of the pin into the slot in the storage latch as shown in the inset drawing.

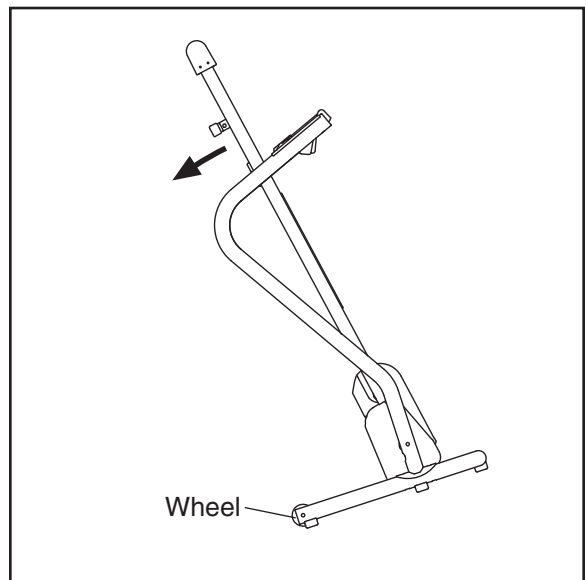
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the hole in the handrail and locked into place as described above.**

1. Hold the handrails and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is in the storage position.



## HOW TO LOWER THE TREADMILL FOR USE

1. See drawing 2 above. Hold the upper end of the treadmill with your right hand. Using your left hand, slide the latch pin to the right. Lock the latch pin in place by pressing the end of the pin into the slot in the storage latch.
2. See drawing 1 above. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

# MAINTENANCE AND TROUBLESHOOTING

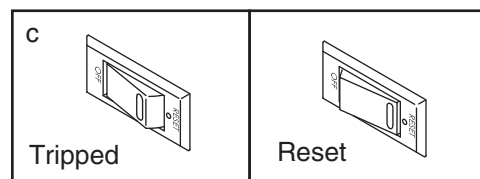
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

**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 page 8). Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the reset/off 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 reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

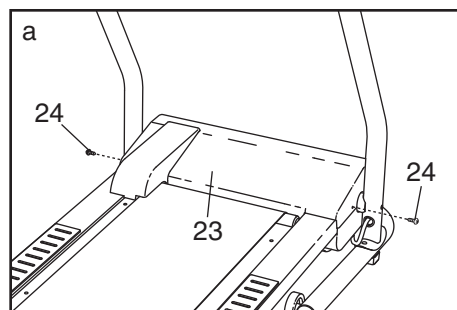
b. Make sure that the power cord is plugged in.

c. Remove the key from the console. Reinsert the key fully into the console.

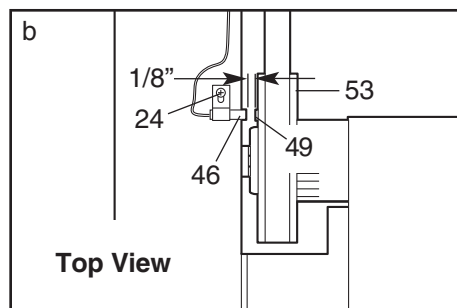
d. If the treadmill still will not run, see the front cover of this manual.

**PROBLEM: The displays of the console do not function properly**

**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the Hood Screws (24) from the Hood (23). Carefully remove the Hood.



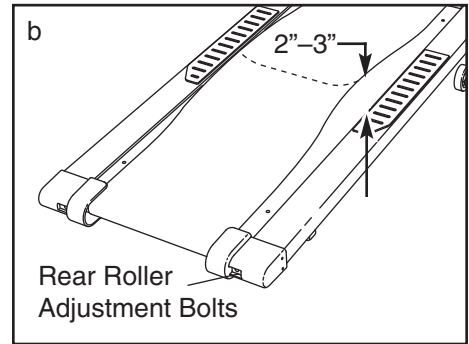
b. Locate the Reed Switch (46) and the Magnet (49) on the left side of the Pulley (53). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (24), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8.

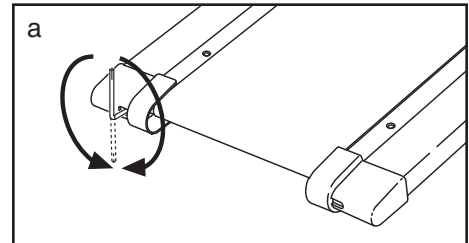
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should 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.



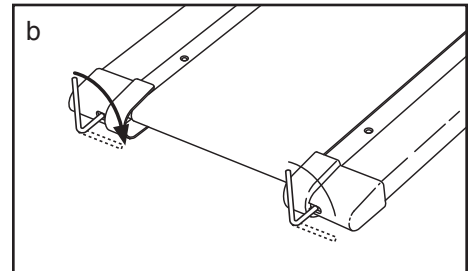
c. If the walking belt still slows when walked on, see the front cover of this manual.

**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 bolt clockwise 1/2 of a turn. Be careful not to overtighten the walking belt. **If the walking belt has shifted to the right**, turn the left rear roller bolt counterclockwise 1/2 of a turn. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



**SOLUTION:** a. 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 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 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



# CONDITIONING GUIDELINES

**⚠ 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 following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

## 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.

### HEART RATE TRAINING ZONES

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

To find the proper heart rate for you, first find your age at the top of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

## Fat Burning

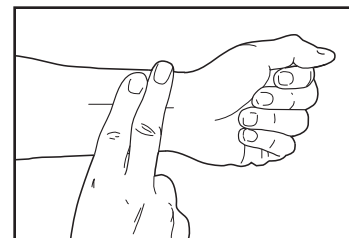
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* 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.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown.



Take a six-second heartbeat count, and multiply the result by ten to find

your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.

## WORKOUT GUIDELINES

Each workout should include the following three important parts:

### A Warm-up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up (see SUGGESTED STRETCHES on page 15).

### 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—never hold your breath.

### A Cool-down

Finish each workout with 5 to 10 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 be-

tween 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

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

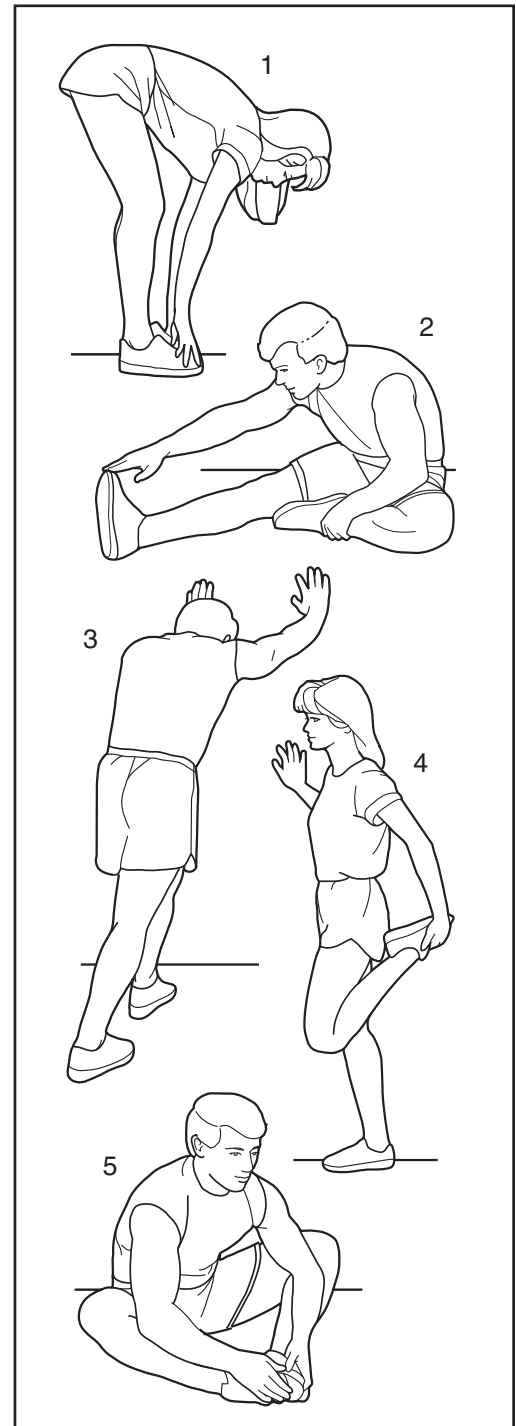
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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 both legs. 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.



# PART LIST—Model No. WLTL19105.1

R1005A

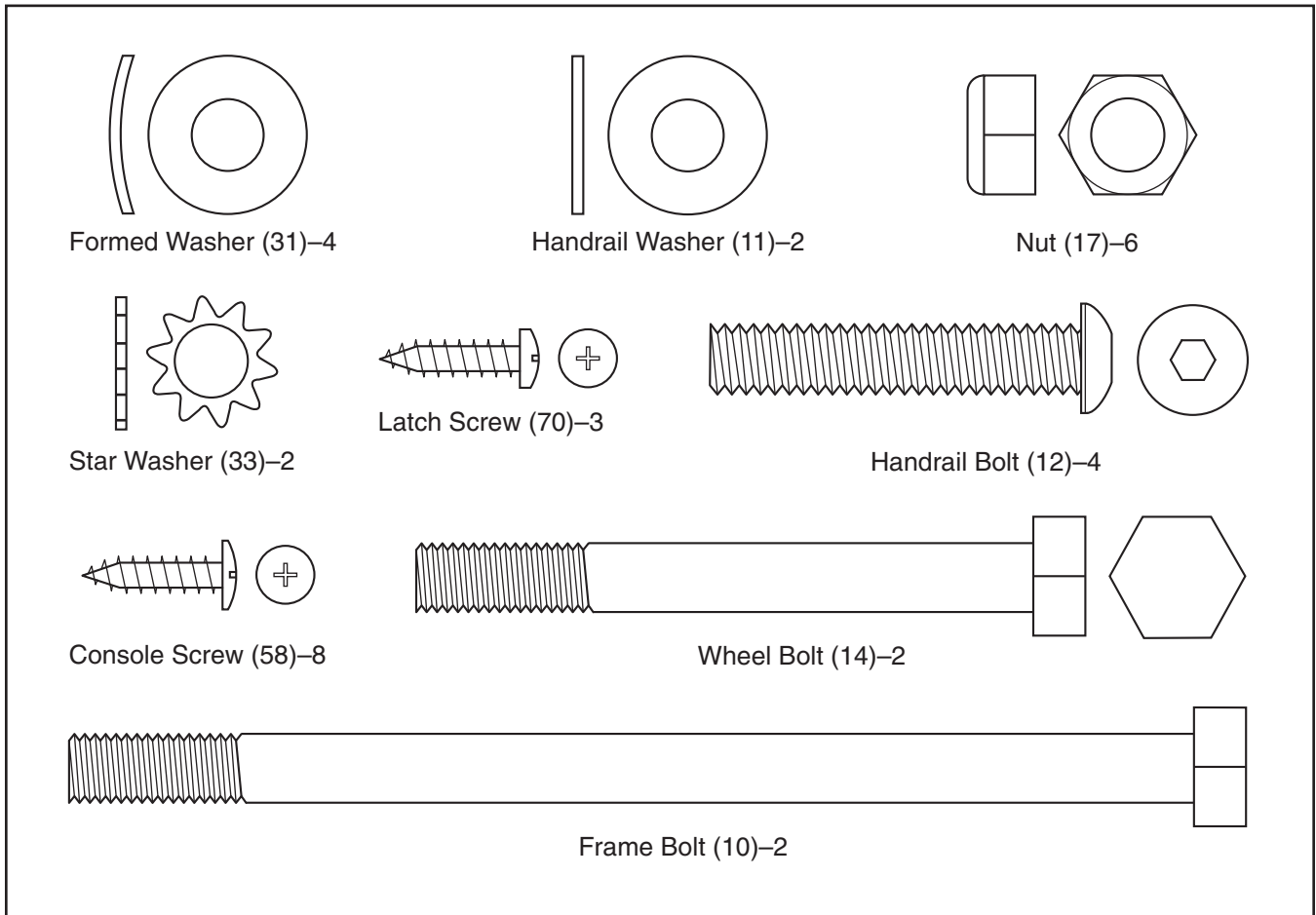
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	40	1	Motor Tension Washer
2	2	Handrail Endcap	41	1	Storage Latch
3	1	Key/Clip	42	6	Base Pad Screw
4	1	Console Back	43	1	Motor Assembly
5	6	Ground Screw	44	1	Power Cord
6	1	Right Handrail	45	1	Large Warning Decal
7	1	Left Handrail	46	1	Reed Switch
8	2	Rear Foot	47	1	Wire Tie Clamp
9	1	Motor Tension Bolt	48	1	Reed Switch Clip
10	2	Frame Bolt	49	1	Magnet
11	2	Handrail Washer	50	1	Belt
12	4	Handrail Bolt	51	2	Roller Adj. Bolt
13	2	Frame Spacer	52	6	Platform Screw
14	2	Wheel Bolt	53	1	Front Roller/Pulley
15	2	Wheel	54	1	Foot Pad, Right
16	2	Base Cap	55	1	Frame
17	7	Nut	56	1	Walking Belt
18	1	Belly Pan Plug	57	1	Walking Platform
19	6	Base Pad	58	8	Console Screw
20	4	Belly Pan Screw	59	2	Endcap Plate
21	1	Latch Warning Decal	60	1	Ground Wire
22	1	Wire Harness	61	8	8" Cable Tie
23	1	Hood	62	1	Power Cord Grommet
24	7	Hood Screw	63	2	Incline Leg
25	1	Belly Pan	64	2	Incline Pin
26	4	Small Screw	65	1	Voltage Warning Decal
27	2	Belt Guide	66	2	Roller Adj. Washer
28	2	Roller Spacer	67	2	Frame Endcap
29	1	Allen Wrench	68	2	U-nut
30	1	Reset/Off Circuit Breaker	69	1	Latch Pin
31	4	Formed Washer	70	3	Latch Screw
32	1	Controller Bracket	71	1	Base
33	2	Star Washer	72	1	Rear Roller
34	2	Incline Leg Washer	#	1	8" White Wire, Male/Female
35	1	Controller	#	1	4" Black Wire, Male/Flag
36	1	Motor Bolt	#	1	User's Manual
37	1	Foot Pad, Left			
38	1	Motor Tension Nut			
39	1	Motor Star Washer			

\*Includes all parts shown in the box.  
Specifications are subject to change without notice.



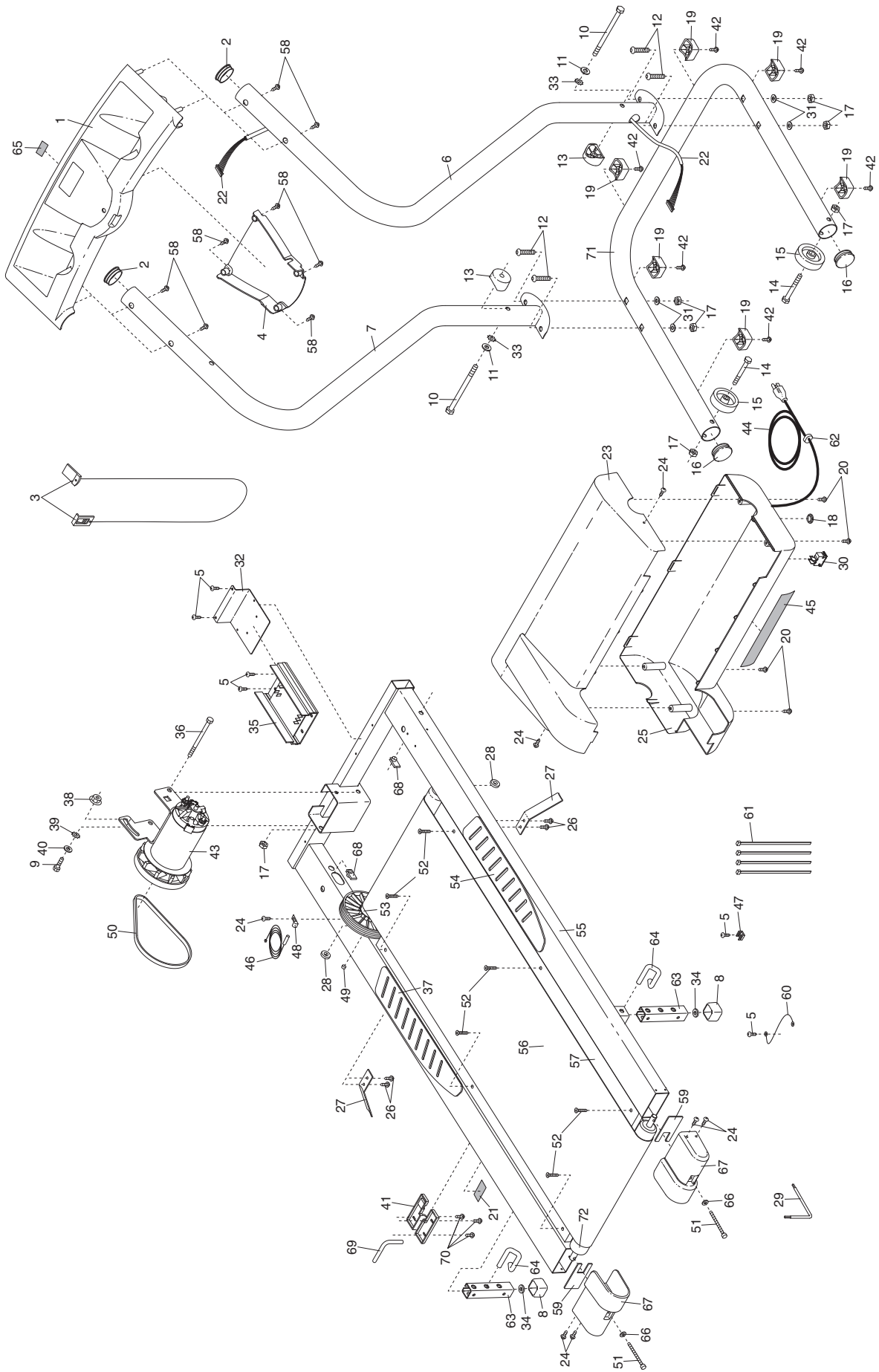
# PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



# EXPLODED DRAWING—Model No. WLTL19105.1

R1005A



# ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WLTL19105.1)
- the NAME of the product (WESLO® CADENCE G-25 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

WESLO is a registered trademark of ICON IP, Inc.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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