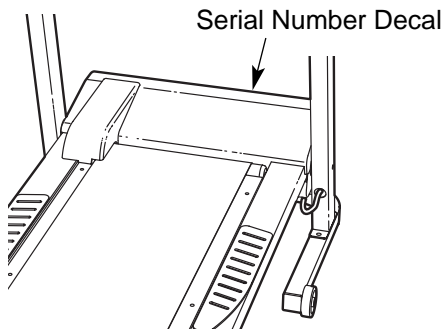


WESLO® CADENCE_{c22}

Model No. WLTL19323

Serial No. _____



USER'S MANUAL

QUESTIONS?

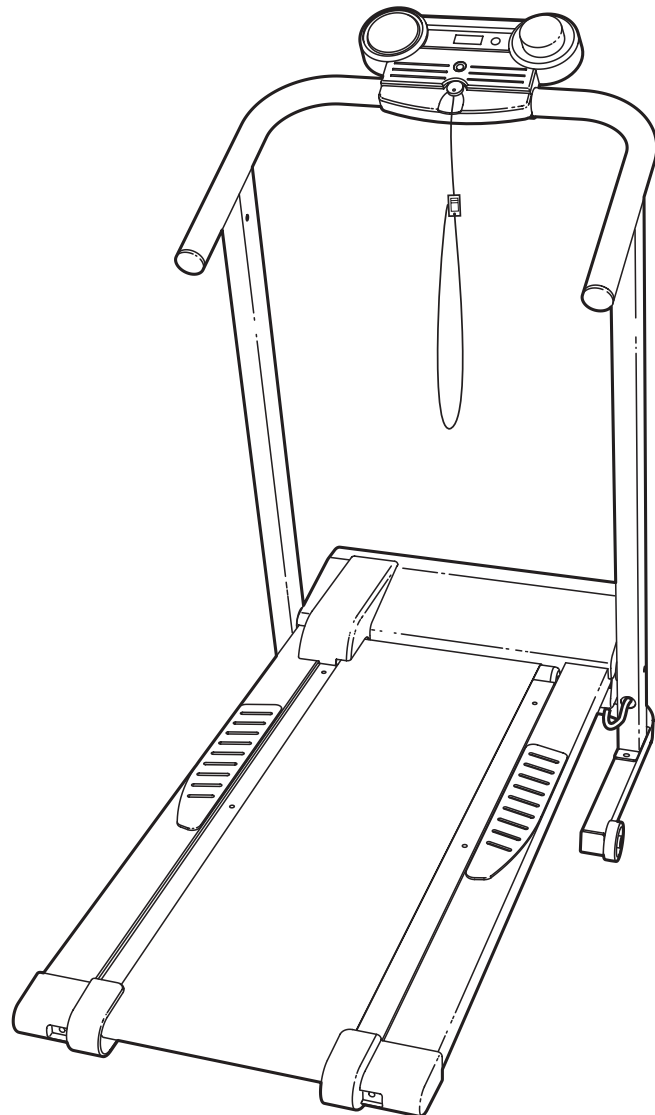
If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID 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. Save this manual for future reference.



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fitness tips, and much more!*

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Note: An EXPLODED DRAWING, a PART LIST, and a PART IDENTIFICATION CHART are attached in the center of this manual. Save them 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 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 clothing when using the treadmill. Do not wear loose clothing 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 1-800-806-3651 and order part number 146148.
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 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 page 4 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

17. 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.

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

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

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

21. Inspect and tighten all parts of the treadmill regularly.

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

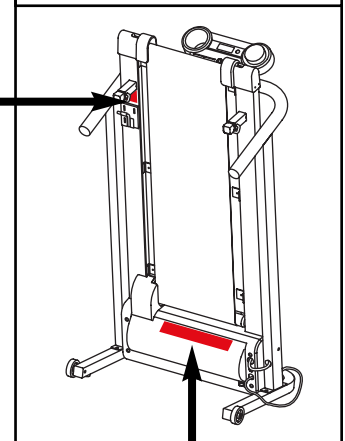
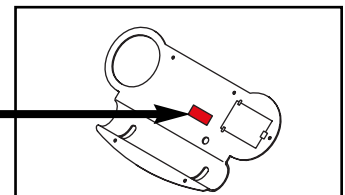
23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other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

24. 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 have been placed on your treadmill. If a decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). 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.

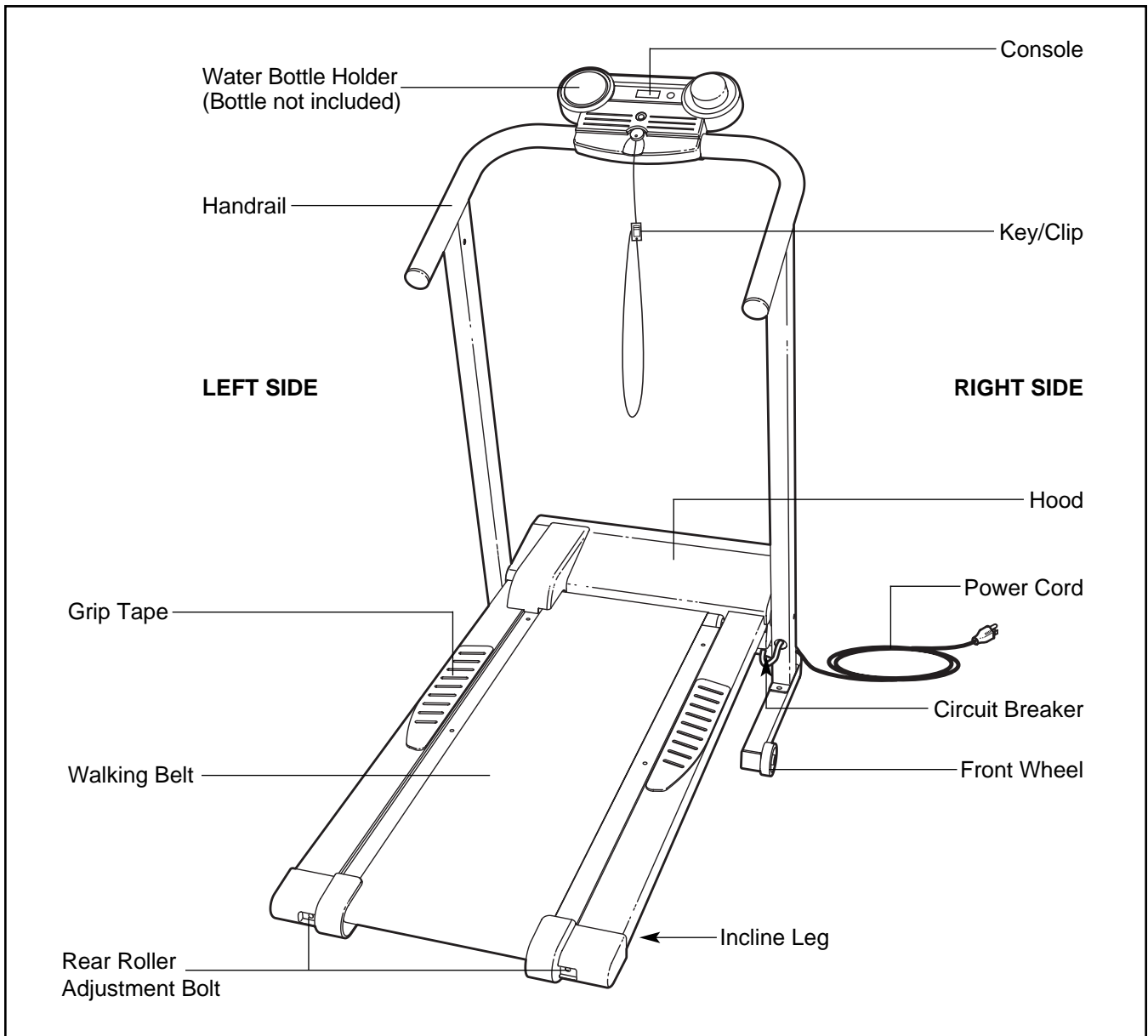
BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE C22 treadmill. The CADENCE C22 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 C22 treadmill can be folded up, requiring less than half the floor space of other treadmills.

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 note the product model number and serial number before calling. The model number of the treadmill is WLTL19323. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

For your benefit, read this manual carefully before using the treadmill. If you have additional questions,

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

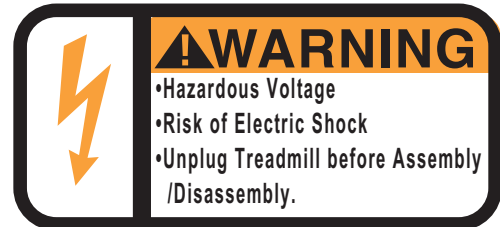


ASSEMBLY

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.** 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 a phillips screwdriver  and two adjustable wrenches .

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



1. With the help of a second person, carefully tip the treadmill onto its right side as shown.

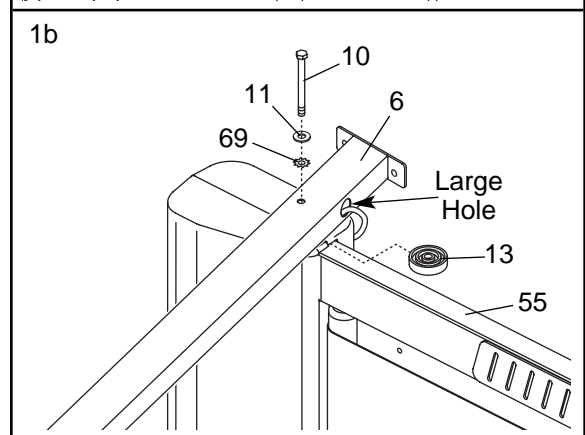
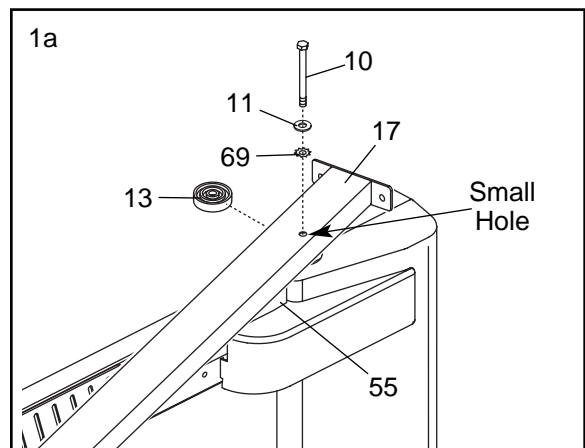
Identify the Left Upright (17), which does **not** have a large round hole near the lower end. (Note: There may be identification decals on the Uprights.) Hold the Left Upright so the indicated small hole is in the position shown, and hold a Frame Spacer (13) between the Left Upright and the Frame (55). Finger tighten a Frame Bolt (10) with a Washer (11) and a Star Washer (69) through the Left Upright and the Frame Spacer into the Frame as shown.

Note: Do not tighten the bolts used in steps 1, 2, and 4 until step 4 is completed.

Refer to drawing 1b. With the help of a second person, tip the treadmill onto its left side.

Hold the Right Upright (6) so the indicated large hole is in the position shown. Insert the Wire Harness (22) into the large hole and out of the top of the Right Upright.

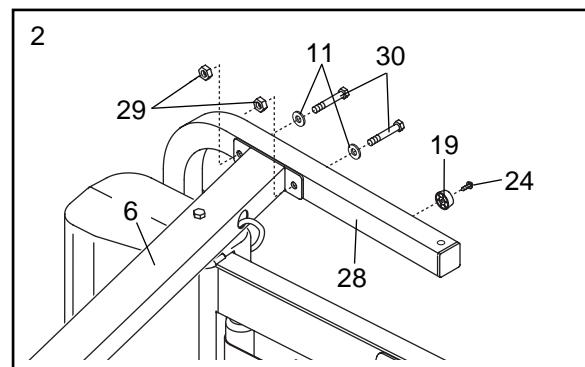
Hold a Frame Spacer (13) between the Right Upright (6) and the Frame (55). Finger tighten a Frame Bolt (10) with a Washer (11) and a Star Washer (69) through the Right Upright and the Frame Spacer into the Frame.



2. With the help of a second person, attach the Base (28) to the Right Upright (6) with two Upright Bolts (30), two Washers (11), and two Upright Nuts (29).

Attach the Base (28) to the Left Upright (not shown) in the same way.

Attach four Base Pads (19) to the bottom of the Base (28) with four 3/4" Tek Screws (24) (only one Base Pad is shown).

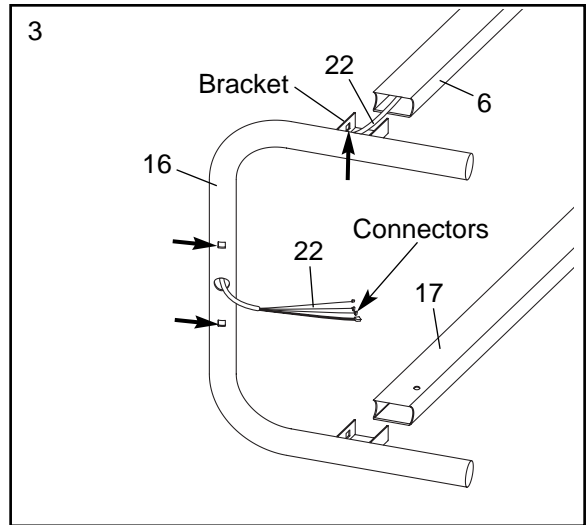


3. Make sure that the treadmill is on its left side.

If there are plastic ties in the three holes indicated by the arrows, remove them. Hold the Handrail (16) near the Right Upright (6) as shown. Insert the Wire Harness (22) up through the bracket on the Handrail and out of the round hole in the center of the Handrail. If necessary, use needlenose pliers to pull the Wire Harness out of the hole. **Be careful not to damage the Wire Harness.** Insert the brackets on the Handrail into the Uprights.

Remove the tape from the connectors on the end of the Wire Harness (22).

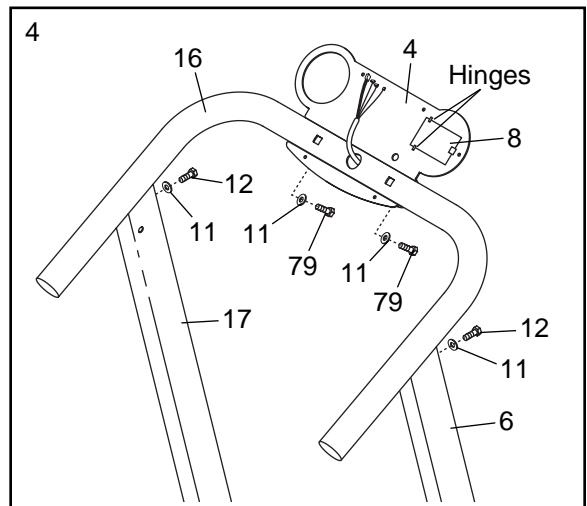
With the help of a second person, raise the treadmill to the vertical position.



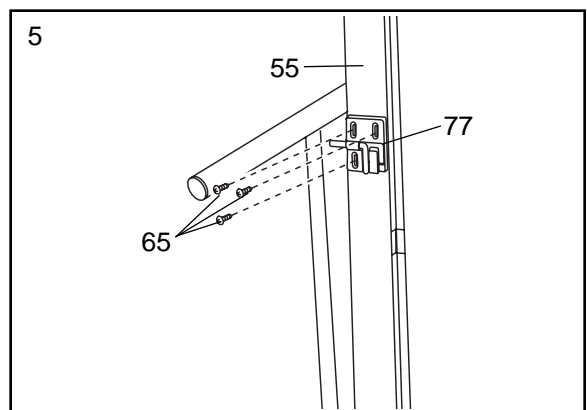
4. Loosely attach the Handrail (16) to the Uprights (6, 17) with two Handrail Bolts (12) and two Washers (11).

Loosely attach the Console Plate (4) to the Handrail (16) with two Console Bolts (79) and two Washers (11). Insert the Battery Cover (8) into the Console Plate, with the hinges in the position shown.

Have a second person raise the treadmill frame to the vertical position (see drawing 1 of HOW TO FOLD THE TREADMILL FOR STORAGE on page 11). **While the frame is being held, tighten the bolts used in steps 1, 2, and 4.** Make sure that no part of the treadmill rubs on the treadmill frame when it is lowered and raised.



5. Carefully raise the Frame (55) to the vertical position. Attach the Storage Latch (77) to the Frame with three 3/4" Screws (65).



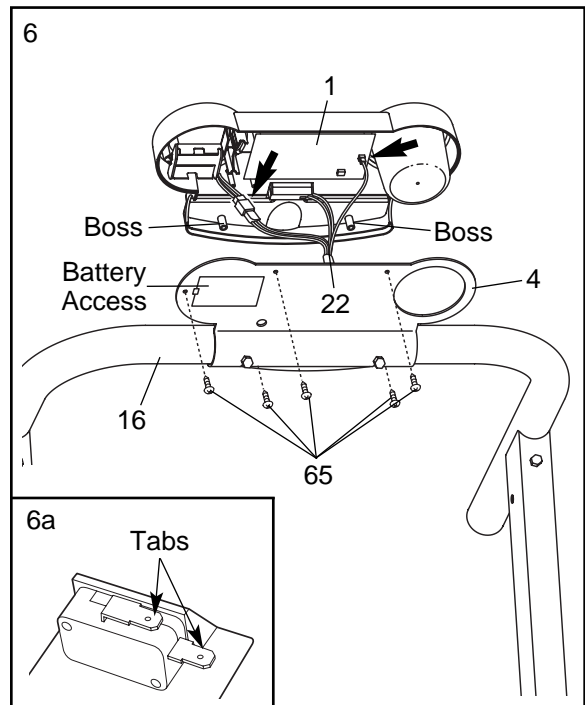
6. Hold the Console (1) near the Console Plate (4). **Touch the Handrail (16) to discharge any static.**

Locate the two wires in the Wire Harness (22) that have L-shaped connectors on the ends. Press the connectors onto the two tabs on the switch shown in inset drawing 6a. Connect the other two wires in the Wire Harness to the back of the Console (1) in the locations shown by the arrows in drawing 6. **If the connectors do not fit together easily, rotate them and then connect them.**

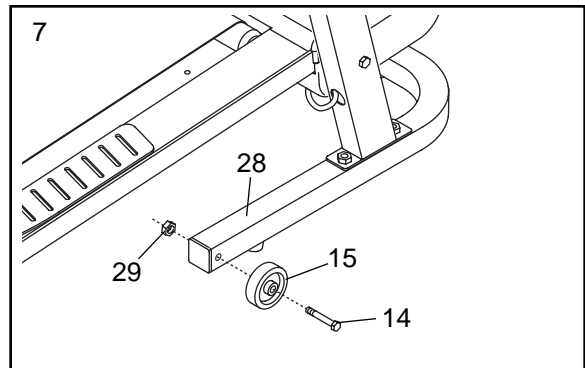
Set the Console (1) on the Console Plate (4).

IMPORTANT: Keep the Wire Harness (22) away from the battery access opening and the bosses shown above. Make sure that no wires are pinched before you attach the Console (1) to the Console Plate (4).

Finger tighten the five 3/4" Screws (65) into the Console Plate (4) and the Console (1). **IMPORTANT: Make sure no wires are damaged by the Screws.** After all five Screws have been started, firmly tighten them.



7. Attach a Wheel (15) to each side of the Base (28) with a Wheel Bolt (14) and a Nut (29).



8. **Make sure that all parts used in assembly 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 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. 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.

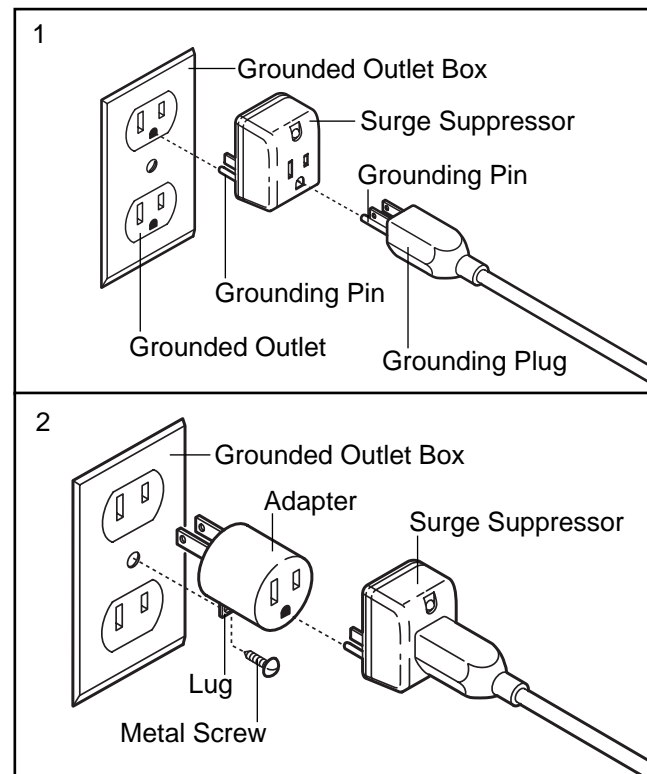
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility 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 1-800-806-3651 and order part number 146148.

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

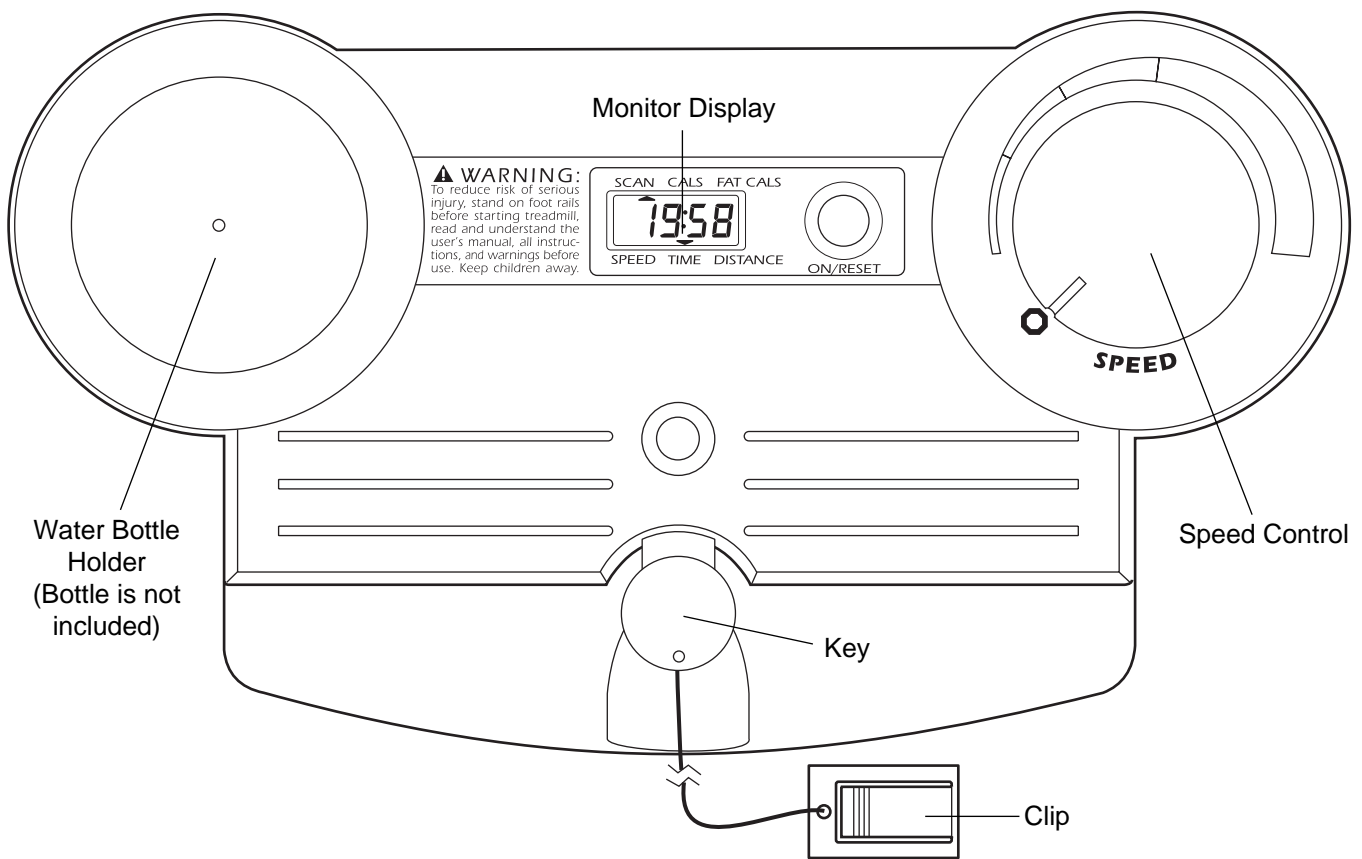
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if 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

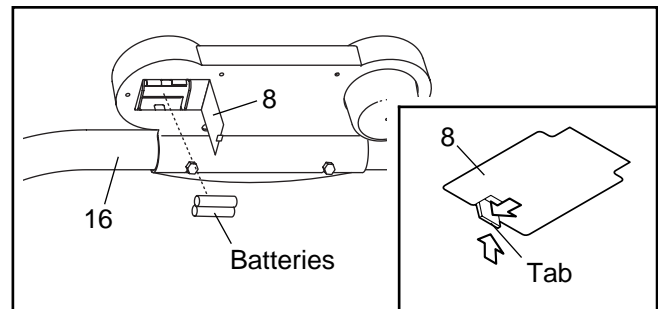


CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while operating the treadmill. When the key is removed from the console, the walking belt will stop.
- Adjust the speed in small increments.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.

STEP-BY-STEP CONSOLE OPERATION

The console requires two "AA" batteries (not included). Alkaline batteries are recommended. Refer to the drawing at the right. **Touch the Handrail (16) to discharge any static.** Next, open the Battery Cover (8). Press two



batteries into the battery compartment, with the negative (-) ends of the batteries touching the springs. Close the battery cover, push up on the tab, and then push the tab forward as shown in the inset drawing. Make sure that the tab locks into place.

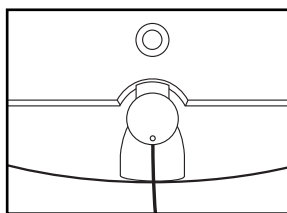
Step onto the foot pads on the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.** Then, remove the key from the console.

Follow the steps on page 10 to operate the console.

1 Insert the key fully into the console.

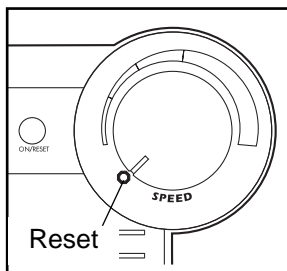
Inserting the key will not turn on the display. The display will turn on when the ON/RESET button is pressed or when the walking belt starts.

Note: If you just installed batteries, the display will already be on.



2 Reset the console and start the walking belt.

Turn the speed control to the reset position. **Note: Each time the walking belt is stopped, the speed control must be turned to the reset position before the walking belt can be restarted.**



Next, slowly turn the speed control until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control.

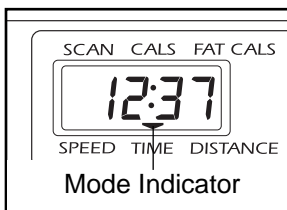
To stop the walking belt, step onto the foot rails and turn the speed control to the reset position.

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

3 Follow your progress with the monitor modes

When the power is turned on, the console will automatically scan through five modes. A flashing mode indicator will show which mode is currently displayed. The modes are described below.

- Speed—This mode shows your speed, in miles per hour.
- Time—This mode shows the elapsed time. Note: If you stop exercising for ten seconds or longer, the time mode will pause.
- Distance—This mode shows the total number of miles you have walked or run.
- Fat Calories (FAT CALS)—This mode shows the



approximate number of fat calories you have burned. (See BURNING FAT on page 14.)

- Calories (CALC)—This mode shows the approximate number of calories you have burned.

If desired, reset the display by pressing the ON/RESET button.

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

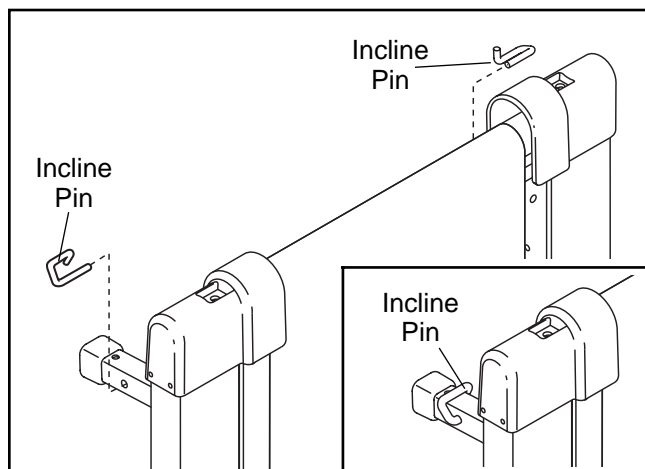
Step onto the grip tape, stop the walking belt, and remove the key from the console. The display will turn off a few minutes after the key is removed.

Note: The display will automatically turn off to conserve the batteries any time that the walking belt is stopped and the ON/RESET button is not pressed for a few minutes.

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 incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 11).

To change the incline, remove the incline pin from one of the incline legs as shown below. 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. **Make sure that both incline pins are inserted from the direction shown.**



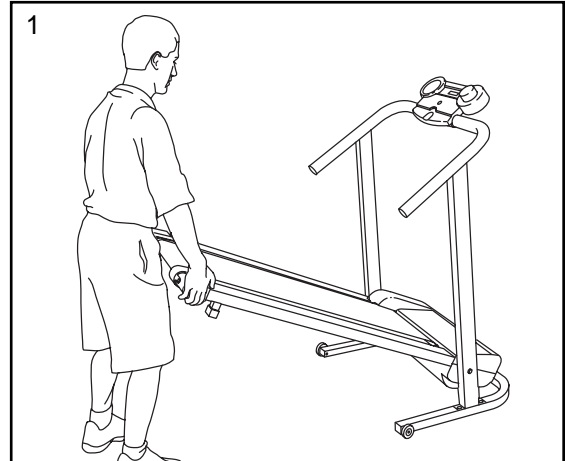
CAUTION: Before using the treadmill, make sure that both incline pins are fully inserted at the same height. Do not use the treadmill with the incline pins removed. After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 11).

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

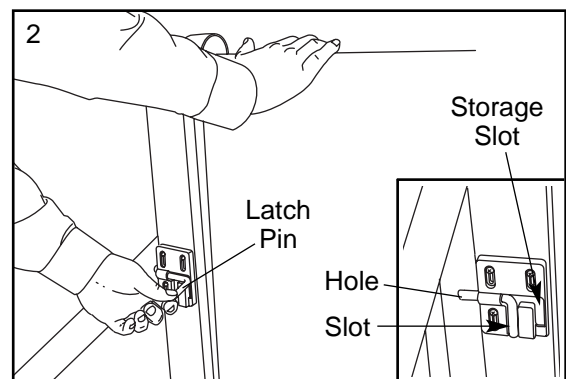
Unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

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 upright. Slide the latch pin into the hole. **Make sure that the latch pin is inserted as far as possible into the hole.** Lock the 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 left upright and locked into place as described above.**

1. Hold the handrails and place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the front 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 on the base, and carefully lower the treadmill until it is resting in the storage position.



HOW TO LOWER THE TREADMILL FOR USE

1. Refer to drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, slide the latch pin to the right. Lock the pin in place by pressing the end of the pin into the storage slot.
2. Refer to drawing 1. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

MAINTENANCE AND TROUBLESHOOTING

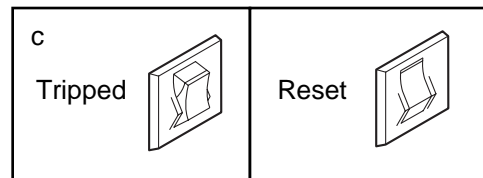
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding 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 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 circuit breaker located on the treadmill 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 1. c. 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. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

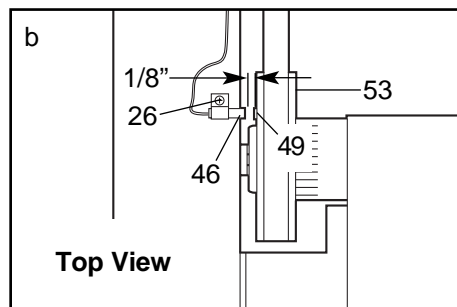
c. Remove the key from the console. Reinsert the key fully into the console.

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 (see page 9). Most problems are the result of drained batteries.

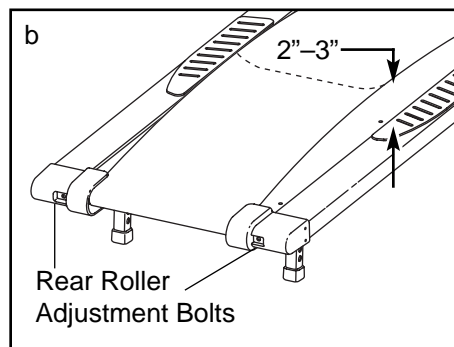
b. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (46) and the Magnet (49) on the left side of the Pulley (53). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (26) 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 slows when walked on

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

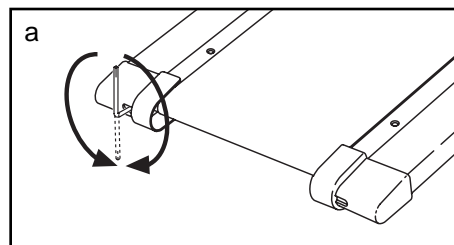
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should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



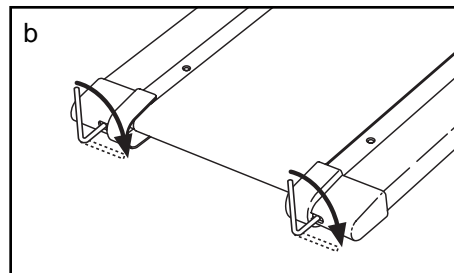
c. If the walking belt still slows when walked on, please call our toll-free Customer Service Department.

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

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the bolt counterclockwise 1/2 of a turn. 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 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 information about exercise, obtain a book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or 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. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone.

You can find your training zone in the table below. Training zones are listed according to age and physical condition.

Age	Training Zone (Beats/Min.)	
	Unconditioned	Conditioned
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

Burning Fat

To burn fat, you must exercise at a 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 low end of 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 middle of your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, place two fingers on your wrist as shown. Stop exercising and take a six-second heart-beat count. Multiply the result by ten to find your heart rate.



(A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

WORKOUT GUIDELINES

Each workout should include three basic parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

Warming 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 pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling 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 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

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

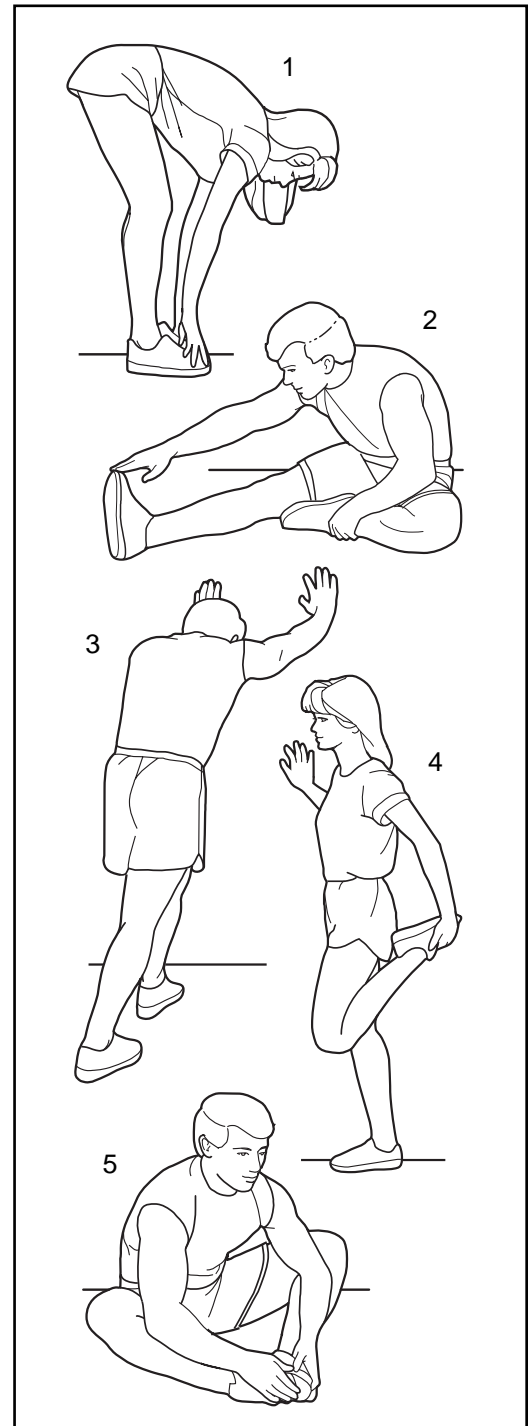
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

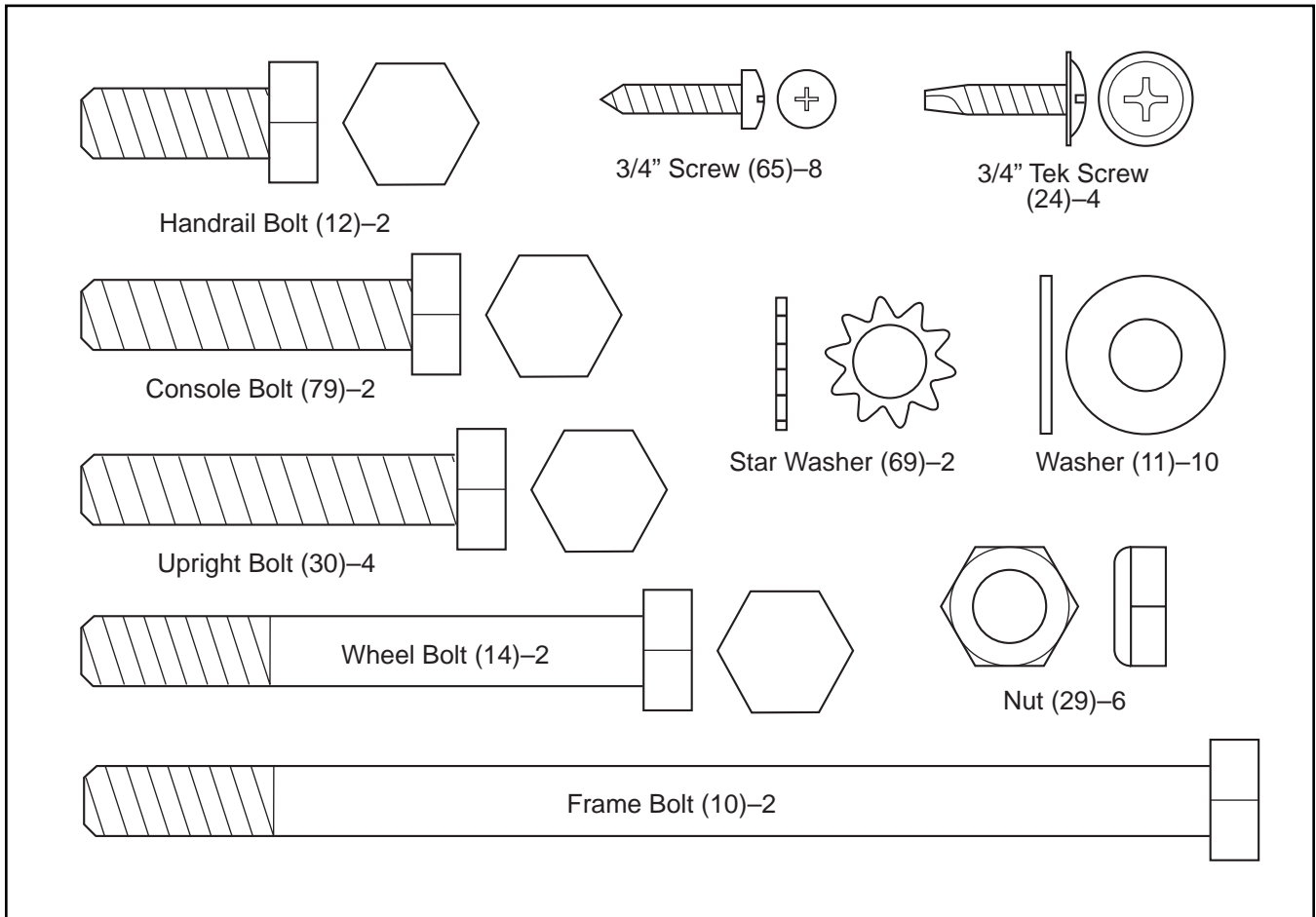
5. Inner Thigh Stretch

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 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.



PART LIST—Model No. WLTL19323

R0703A

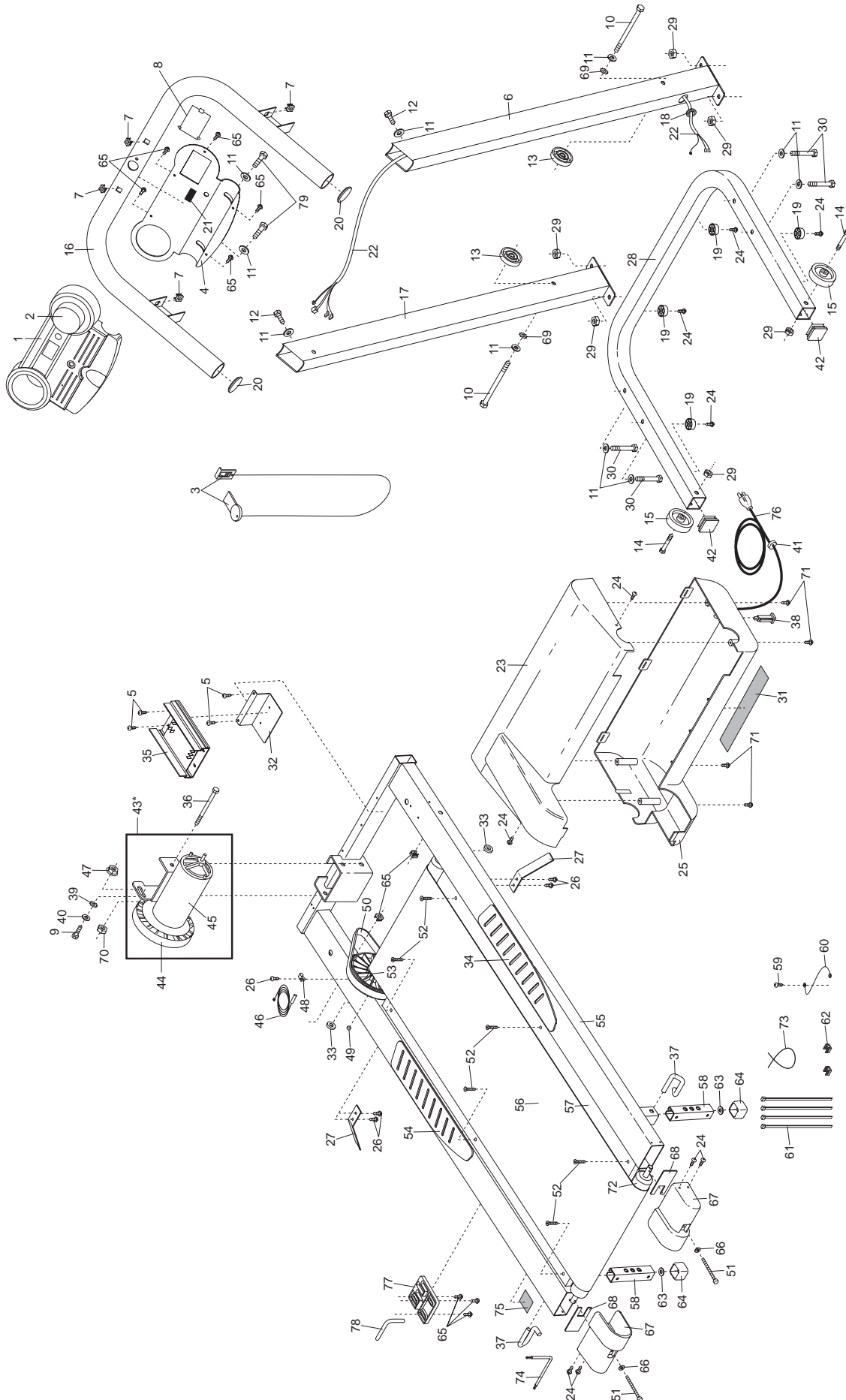
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	44	1	Pulley/Flywheel
2	1	Speed Control	45	1	Motor
3	1	Key/Clip	46	1	Reed Switch
4	1	Console Plate	47	1	Motor Tension Nut
5	6	Screw	48	1	Reed Switch Clip
6	1	Right Upright	49	1	Magnet
7	4	Handrail Cage Nut	50	1	Belt
8	1	Battery Cover	51	2	Roller Adj. Bolt
9	1	Motor Tension Bolt	52	6	Platform Screw
10	2	Frame Bolt	53	1	Front Roller/Pulley
11	10	Washer	54	1	Left Foot Pad
12	2	Handrail Bolt	55	1	Frame
13	2	Frame Spacer	56	1	Walking Belt
14	2	Wheel Bolt	57	1	Walking Platform
15	2	Wheel	58	2	Incline Leg
16	1	Handrail	59	1	Ground Screw
17	1	Left Upright	60	1	Ground Wire
18	1	Handrail Grommet	61	4	8" Cable Tie
19	4	Base Pad	62	2	Wire Tie Clamp
20	2	Handrail Endcap	63	2	Incline Leg Washer
21	1	Warning Decal	64	2	Incline Leg Endcap
22	1	Wire Harness	65	8	3/4" Screw
23	1	Hood	66	2	Roller Washer
24	10	3/4" Tek Screw	67	2	Frame Endcap
25	1	Belly Pan	68	2	Rear Endcap Spacer
26	4	Belt Guide Screw	69	2	Star Washer
27	2	Belt Guide	70	1	Motor Pivot Nut
28	1	Base	71	4	Belly Pan Screw
29	6	Nut	72	1	Rear Roller
30	4	Upright Bolt	73	1	Releasable Wire Tie
31	1	Large Warning Decal	74	1	Allen Wrench
32	1	Controller Bracket	75	1	Latch Warning Decal
33	2	Roller Spacer	76	1	Power Cord
34	1	Right Foot Pad	77	1	Storage Latch
35	1	Controller	78	1	Latch Pin
36	1	Motor Bolt	79	2	Console Bolt
37	2	Incline Pin	#	1	8" White Wire, Male/Female
38	1	Circuit Breaker	#	1	4" Black Wire, Male/Flag
39	1	Motor Star Washer	#	1	User's Manual
40	1	Motor Tension Washer			
41	1	Power Cord Grommet			
42	2	Base Endcap			
43*	1	Motor Assembly			

* Includes all parts shown in the box

These parts are not illustrated

EXPLODED DRAWING—Model No. WLTL19323

R0703A



ORDERING REPLACEMENT PARTS

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

- The MODEL NUMBER of the product (WLTL19323)
- The NAME of the product (WESLO® CADENCE C22 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)

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