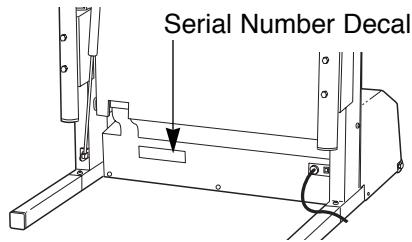


Model No. WLTL27081

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

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



## QUESTIONS?

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

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**

**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST

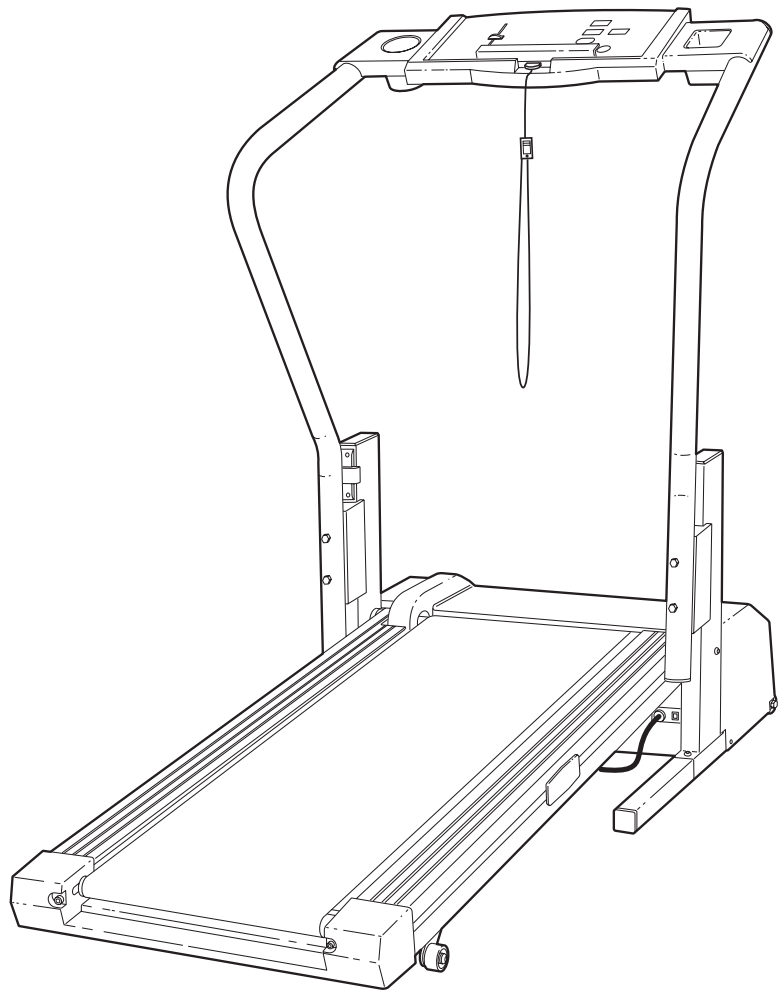
## CAUTION

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

# WESLO®

cadence 1010

## USER'S MANUAL



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Note: A PART LIST and an EXPLODED DRAWING are attached in the center of this manual. Remove the PART LIST and EXPLODED DRAWING before beginning assembly.

## 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.

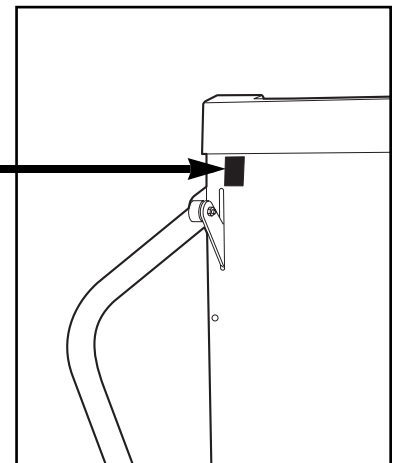
1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with eight feet of clearance behind it. Do not place the treadmill on a surface that blocks any 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 HOW TO PLUG IN THE POWER CORD on page 7), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.
11. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
12. Keep the power cord and the surge protector away from heated surfaces.
13. 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.)
14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
17. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.
18. Do not change the incline of the treadmill by placing objects under the treadmill.
19. 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 10.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.
20. When storing the treadmill, make sure that the storage latch is fully closed.
21. Inspect and tighten all parts of the treadmill every three months.
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 decal shown at the right has been placed on your treadmill. If the 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.



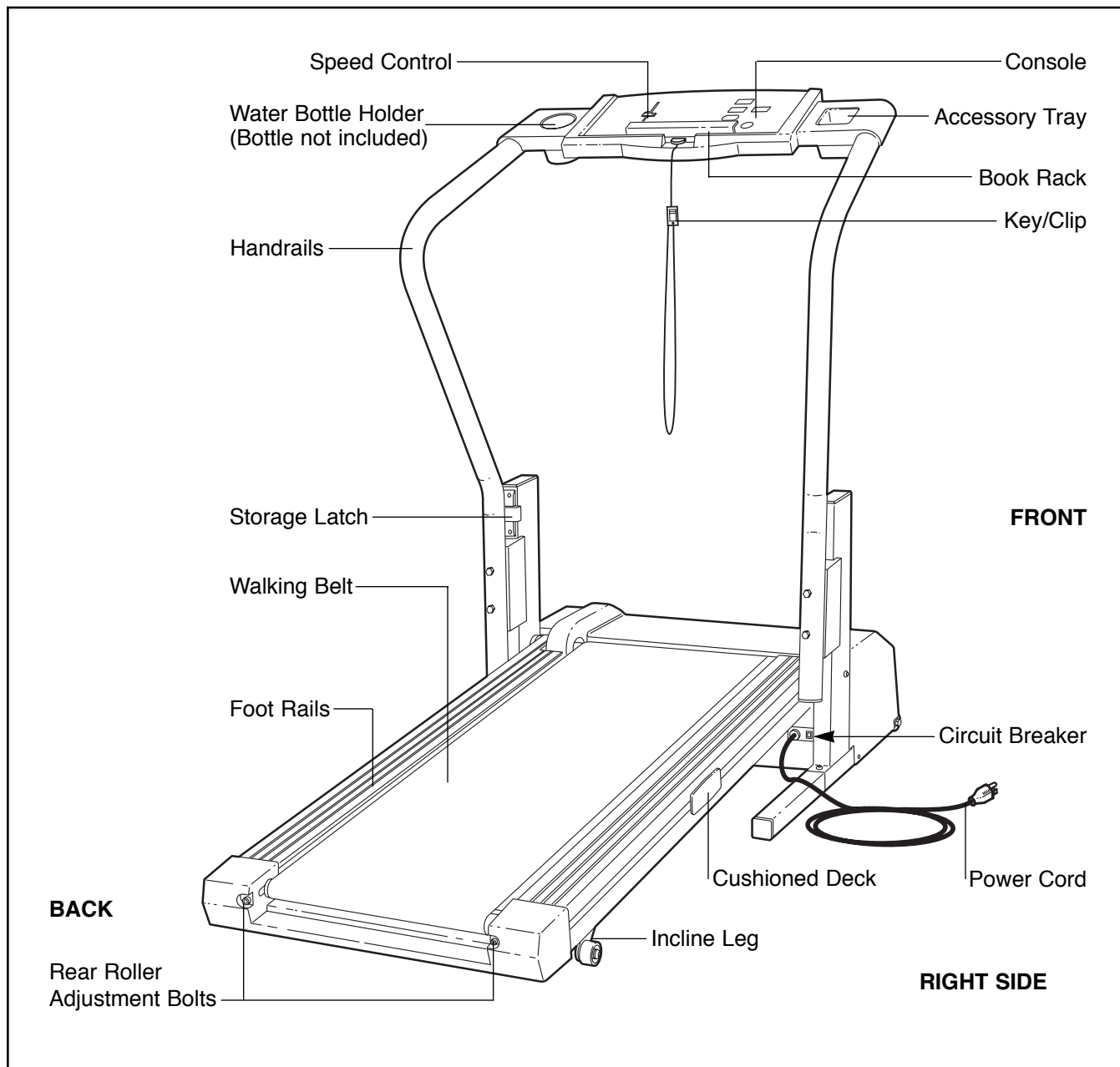
# BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE 1010 treadmill. The CADENCE 1010 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 1010 can be folded up, requiring less than half the floor space of other treadmills.



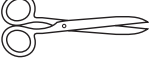
**For your benefit, read this manual carefully before using the treadmill.** If you have additional questions, please call our Customer Service Department toll-free

at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WLT27081. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



# ASSEMBLY

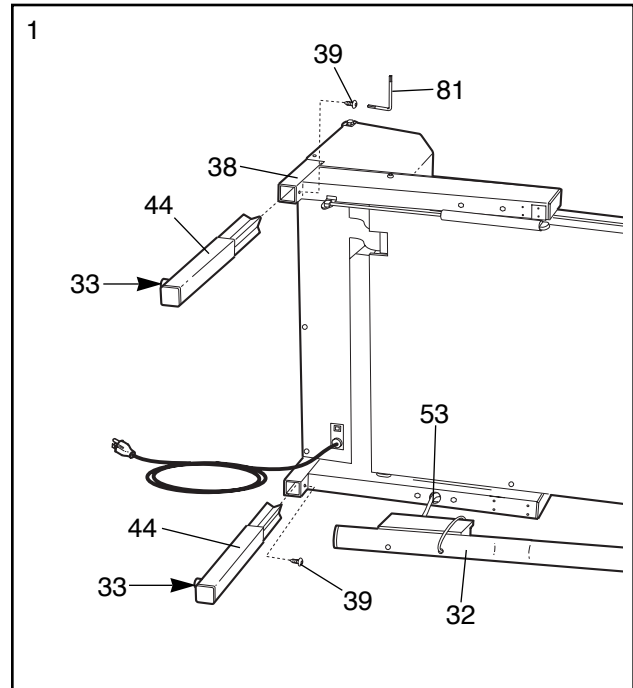
**Assembly requires two people.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own phillips screwdriver** , **adjustable wrench** , and **scissors** .

1. Note that the Right Handrail (32) and the Console Base (not shown) are connected to the treadmill by the Wire Harness (53). **During assembly steps 1 through 5, be careful to avoid pulling on or damaging the Wire Harness.**

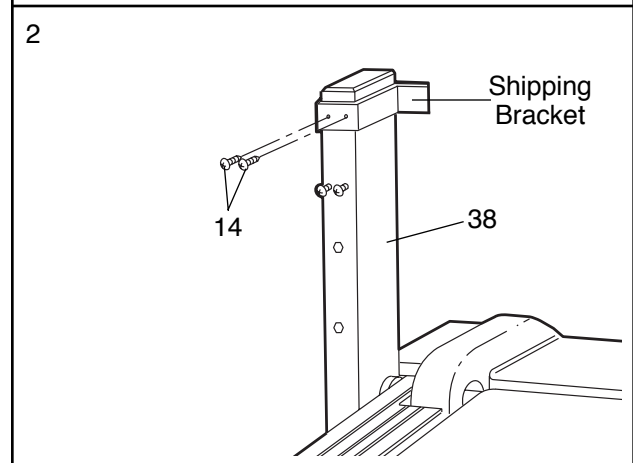
With the help of a second person, carefully lay the treadmill onto one side. Insert one of the Base Legs (44) into the Upright (38) as shown. Make sure that the Base Leg Pad (33) is in the indicated position. Using the included Allen Wrench (81), attach the Base Leg with a Base Leg Screw (39).

Attach the other Base Leg (44) as described above.

With the help of a second person, carefully raise the treadmill to the upright position so that both Base Legs (44) are resting flat on the floor.



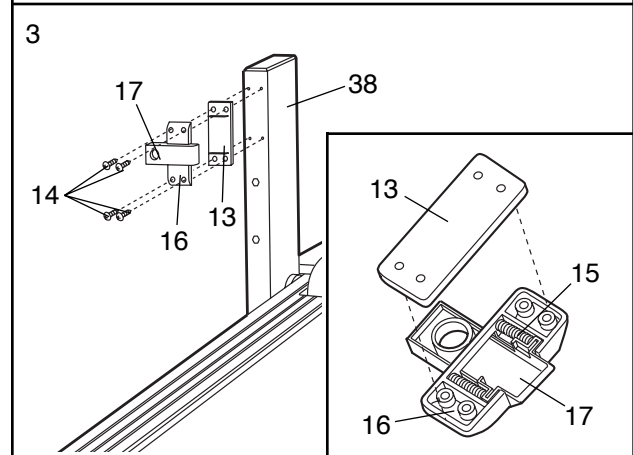
2. Carefully lower the treadmill. Remove the two indicated Latch Screws (14) and the shipping bracket from the left Upright (38). **Save the Latch Screws for use in assembly step 3;** discard the shipping bracket.



3. Remove the two remaining Latch Screws (14) from the left Upright (38).

Without removing the tape from the Latch Bracket (16) and the Latch Spacer (13), attach both parts to the left Upright (38) with the four Latch Screws (14). **Make sure that the Latch Screws are tight, but do not overtighten them; if the Latch Screws are overtightened, the Storage Latch (17) will not slide smoothly.** Remove any visible tape from the Latch Bracket and the Latch Spacer.

Note: The inset drawing shows how the Latch Bracket (16), Latch Springs (15), Storage Latch (17), and Latch Spacer (13) fit together.



- Remove the shipping tie from the Left Handrail (4) and Handrail Spacer (3). Attach the Left Handrail and Handrail Spacer to the left Upright (38) with two Handrail Bolts (1) and Handrail Washers (70) as shown. Make sure that the ramps on the Handrail Spacer is on the inside as shown. **Do not tighten the Handrail Bolts until step 5 is completed.**

Remove the shipping tie from the Right Handrail (32) and Handrail Spacer (3). Hold the Handrail Spacer against the right Upright (38) and feed the excess Wire Harness (53) into the right Upright. Attach the Right Handrail and Handrail Spacer to the right Upright with two Handrail Bolts (1) and Handrail Washers (70). **Do not tighten the Handrail Bolts until step 5 is completed.**

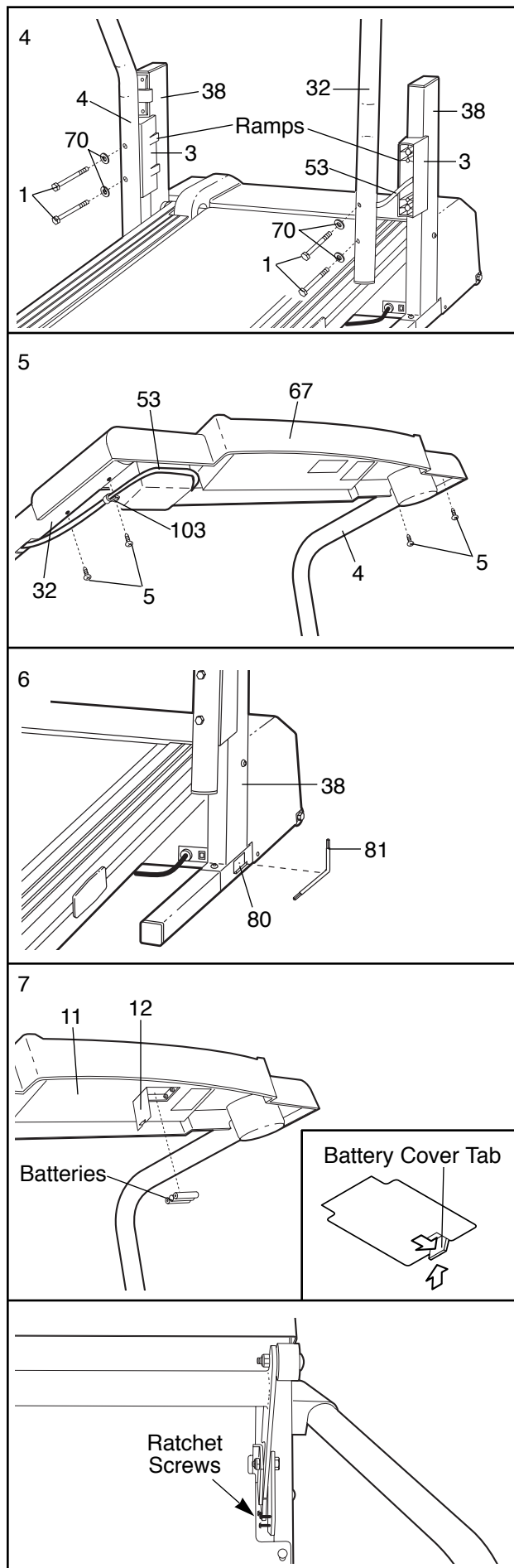
- Set the Console Base (67) on the Handrails (4, 32). Route the Wire Harness (53) as shown. Attach the Wire Harness to the Right Handrail (32) with the Harness Clip (103) and a Handrail Screw (5); **do not fully tighten the Handrail Screw yet.** Then loosely thread the other three Handrail Screws (5) into the Console Base. After all four Screws are threaded, firmly tighten the Screws. **Be careful not to overtighten the Screws.** Insert the excess Wire Harness (53) into the Right Handrail.

**Tighten the four Handrail Bolts (1) used in step 4.**

- Remove the backing from the Adhesive Clip (80). Press the Adhesive Clip onto the right Upright (38) in the indicated location. Press the Allen Wrench (81) into the Adhesive Clip.
- The Console (11) requires three "AA" batteries (not included); alkaline batteries are recommended.

Open the Battery Cover (12) as shown. Press three batteries into the battery compartment, with the negative (-) ends of the batteries touching the springs. Close the battery cover, push up on the battery cover tab, and then push the tab forward as shown in the inset drawing. Be sure that the tab locks into place.

- Make sure that all parts are tight before you use the treadmill.** (Note: The ratchet screws shown at the far right are factory set and **should not be adjusted.**) To protect the floor or carpet from damage, 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. They will deteriorate the walking belt and cause excessive wear.

## HOW TO PLUG IN THE POWER CORD

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

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.**

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

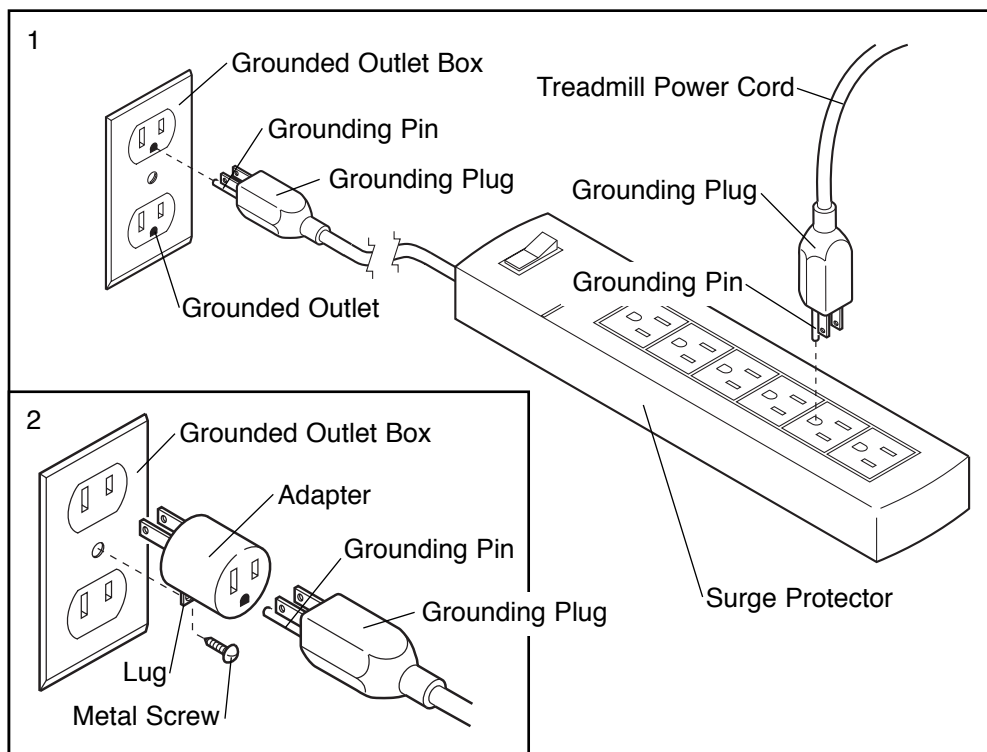
**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the

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

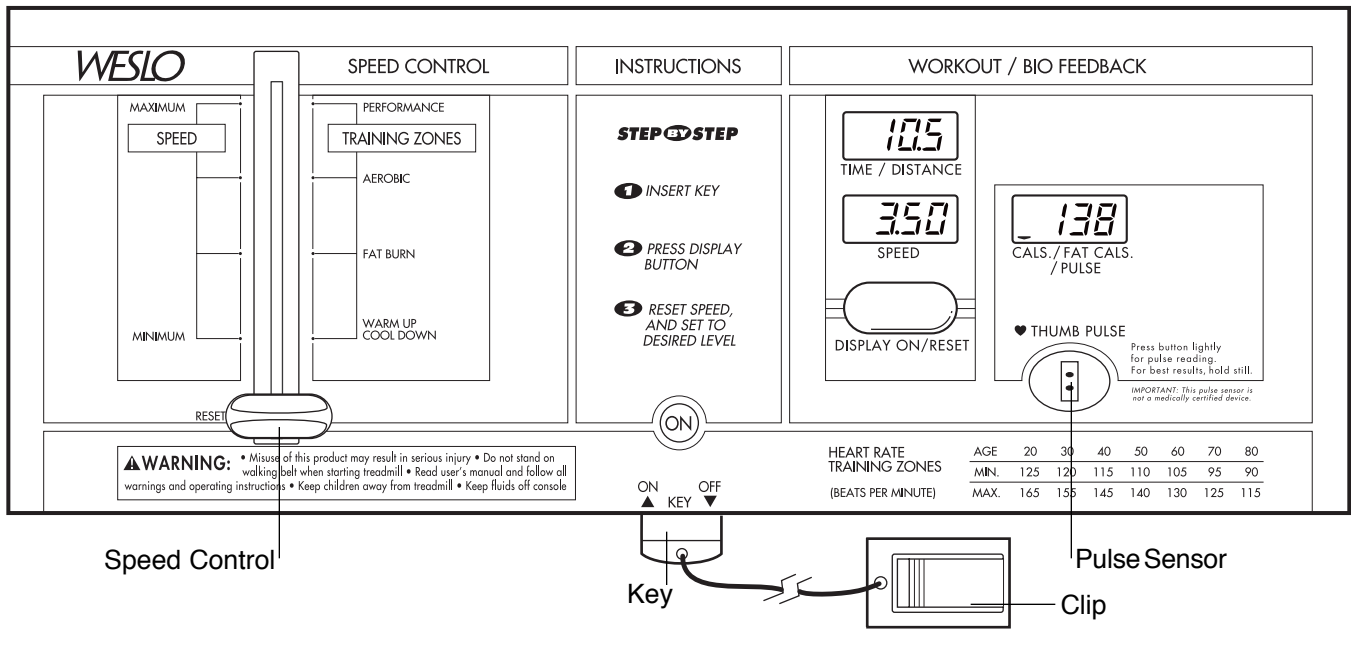
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if 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.
- The training zones marked beside the speed control are general guidelines only. See page 14 or more information.
- 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

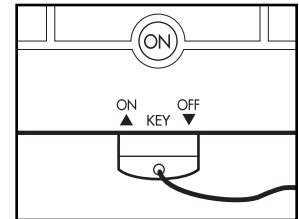
Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7.) In addition, make sure that batteries are installed in the console. (See step 7 on page 6.) If there is a thin sheet of clear plastic on the console, remove it.

Step onto the foot rails of the treadmill. Next, find the clip attached to the key (see the drawing above). Slide the clip onto your waistband.

Follow the steps below to operate the console.

#### **1** Insert the key fully into the power switch.

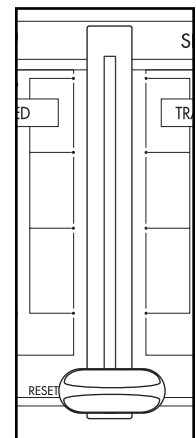
Note: Inserting the key will not turn on the displays. The displays will turn on when the DISPLAY ON/RESET button is pressed or when the walking belt is started. If you just installed batteries, the displays will already be on.



#### **2** Reset the console and start the walking belt.

Slide the speed control to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.**

Next, slowly slide 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 moving the speed control.



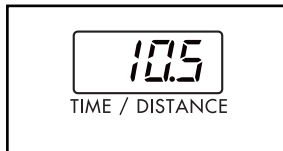
To stop the walking belt, step onto the foot rails and move the speed control to the RESET position.



### 3 Follow your progress with the three displays.

#### TIME/DISTANCE

**display**—This display shows the elapsed time and the distance that you have walked or run, in miles. The display will change between TIME and DISTANCE approximately every seven seconds.

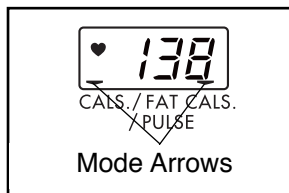


**SPEED display**—This display shows the speed of the walking belt, in miles per hour.



#### CALORIES/FAT CALORIES/PULSE display

—This display shows the approximate numbers of calories and fat calories you have burned. (See FAT BURNING on page 14.) Every seven seconds, the display will change from one number to the other. Arrows in the display will indicate which number is currently shown. This display also shows your pulse when the pulse sensor is used (see step 4).

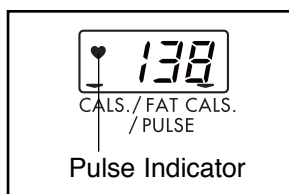
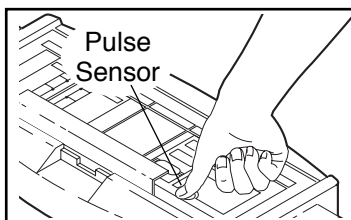


The displays can be reset, if desired, by pressing the DISPLAY ON/RESET button.



### 4 Measure your pulse, if desired.

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



After a few seconds, three dashes will appear in the display and your pulse will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading.

If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above.

Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the pulse sensor. Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

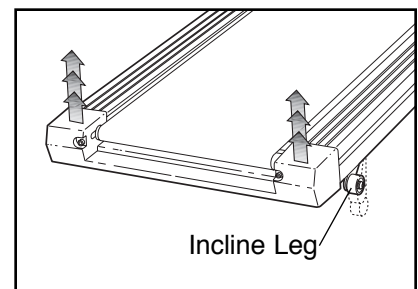
### 5 Turn off the power.

**To turn off the power, simply wait for about six minutes.** If the walking belt is stationary and the console button is not pressed for six minutes, the power will turn off automatically.

### HOW TO CHANGE THE INCLINE OF THE TREADMILL

The incline of the treadmill can be changed by raising or lowering the back end. **Before changing the incline, remove the key and unplug the power cord.**

Hold the rear roller endcap with both hands. When the back end of the treadmill is in the lowest position, the incline is about 10%. Raise the back end until it clicks into position. (Note: It may be necessary to shake the treadmill lightly so that it clicks into position.) The incline will then be about 5%. Raise the back end again until it clicks into position. The incline will then be about 3%. To lower the back end, first raise it past the highest position and then lower it. **CAUTION: Before exercising, push on the back of the treadmill to make sure that the incline legs are locked in position. Do not place objects under the treadmill to change the incline; change the incline only as described above.**



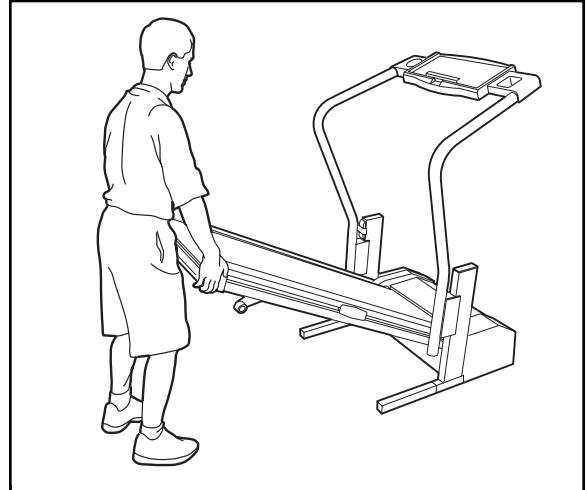
# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord.

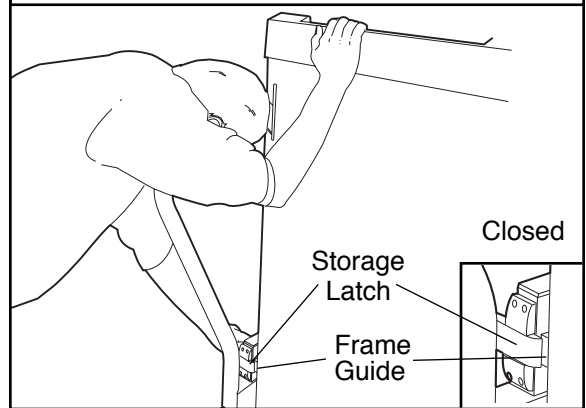
**Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **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 at the right, and hold the treadmill firmly. Raise the treadmill until the storage latch locks over the frame guide. **Make sure that the storage latch closes fully over the frame guide.**

**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 storage latch is locked fully over the frame guide.**

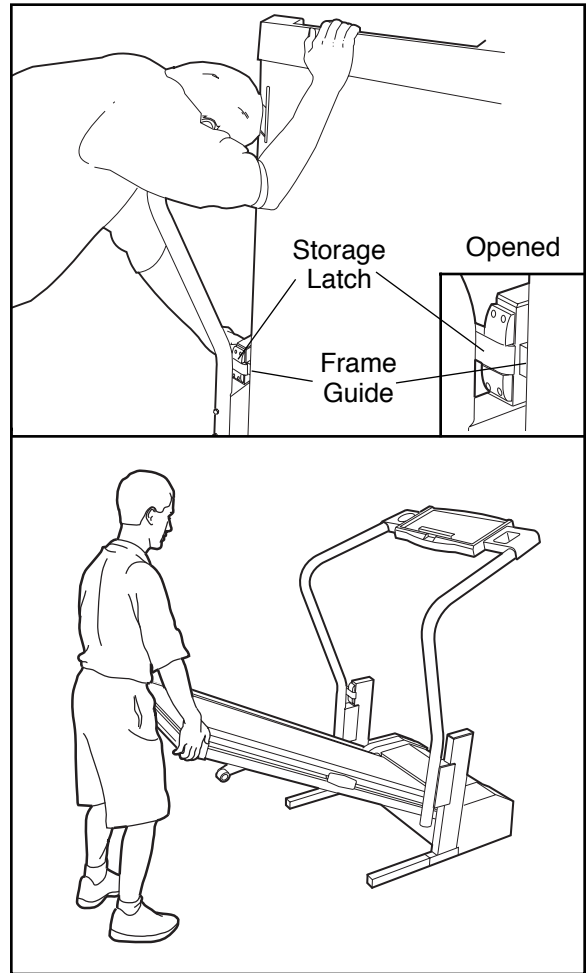
1. Hold the upper ends of the handrails. Place one foot near one of the front wheels as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, 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. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, slide open the storage latch and hold it open. Pivot the treadmill until the frame is past the storage latch.

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



# MAINTENANCE AND TROUBLE-SHOOTING

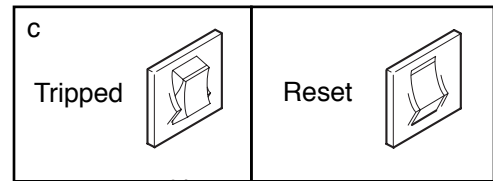
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding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

**PROBLEM: The power does not turn on**

**SOLUTION:** a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. See step 1 on page 8.

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



**PROBLEM: The power turns off during use**

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

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

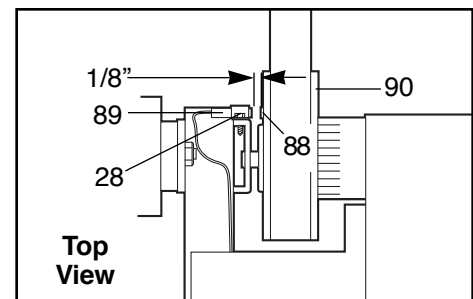
c. Remove the key from the console. Reinsert the key fully into the console. See step 1 on page 8.

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

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

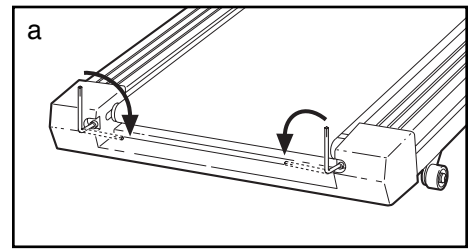
**SOLUTION:** a. Check the batteries in the console. If the batteries need to be replaced, see assembly step 8 on page 6. Most problems are the result of drained batteries.

b. Remove the key and **UNPLUG THE POWER CORD**. Remove the screws from the hood. Locate the Reed Switch (89) and the Magnet (88) on the left side of the Pulley (90). 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 (28) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

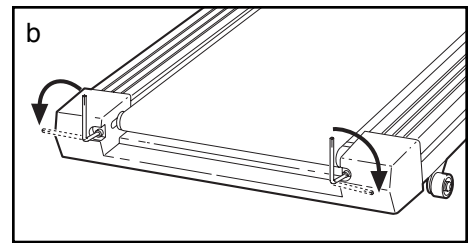


**PROBLEM: The walking belt is off-center or slips when walked on**

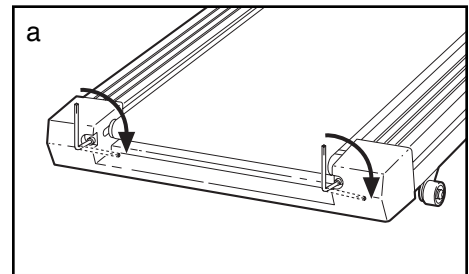
**SOLUTION:** a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug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



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



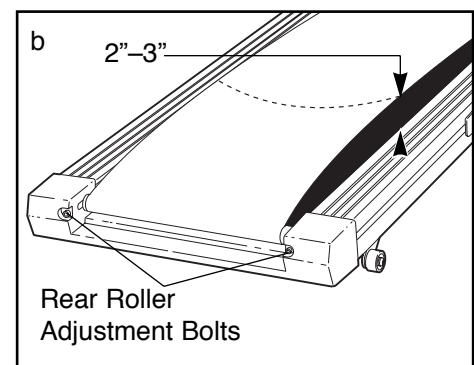
c. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches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



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

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

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



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

# 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 pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only. 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. To find the proper heart rate for you, first find your age at the top of the chart below (ages are rounded off to the nearest ten years). Next, find the two numbers below your age. The two numbers are your “training zone.”

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

## 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 the low end of your training zone. (See pages 8 and 9.)

## 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 middle of your training zone. (See pages 8 and 9.)

## High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, set the speed control on the console to PERFORMANCE to help you maintain the proper intensity level. Note: During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone.

To measure your heart rate during exercise, use the pulse sensor on the console. If your heart rate is too high or too low, adjust the speed of the treadmill as needed.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

### Warming Up

Start each workout with 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

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.

### 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 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 in the drawings 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 both legs. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

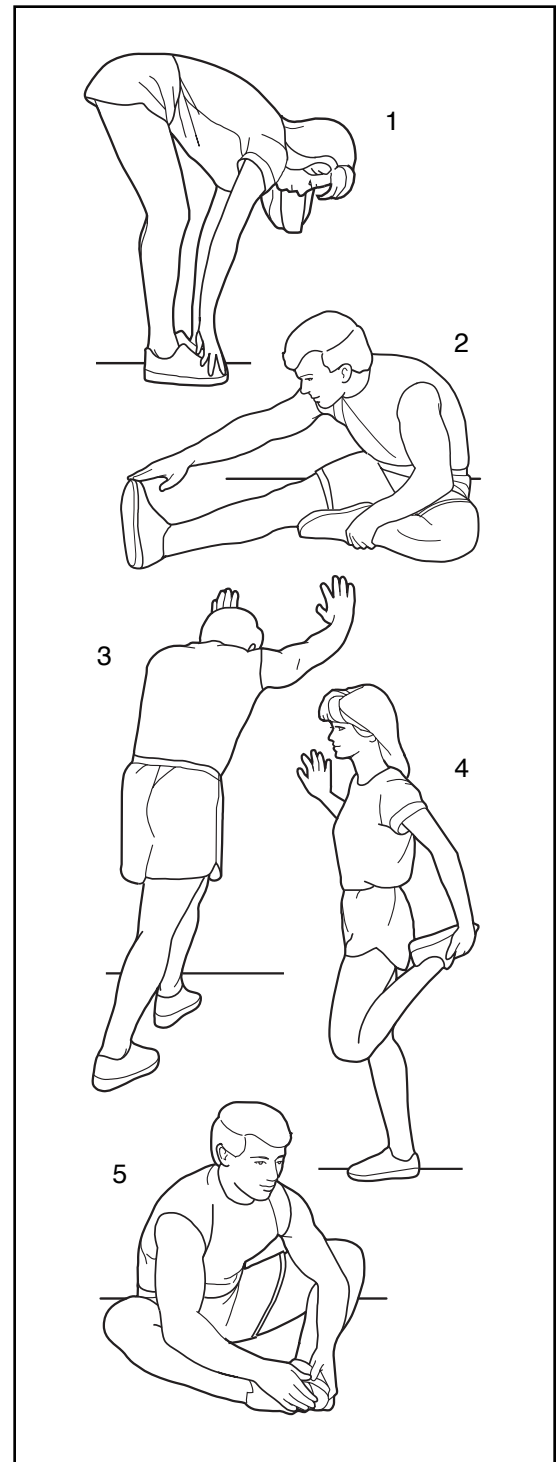
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further 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. WLTL27081

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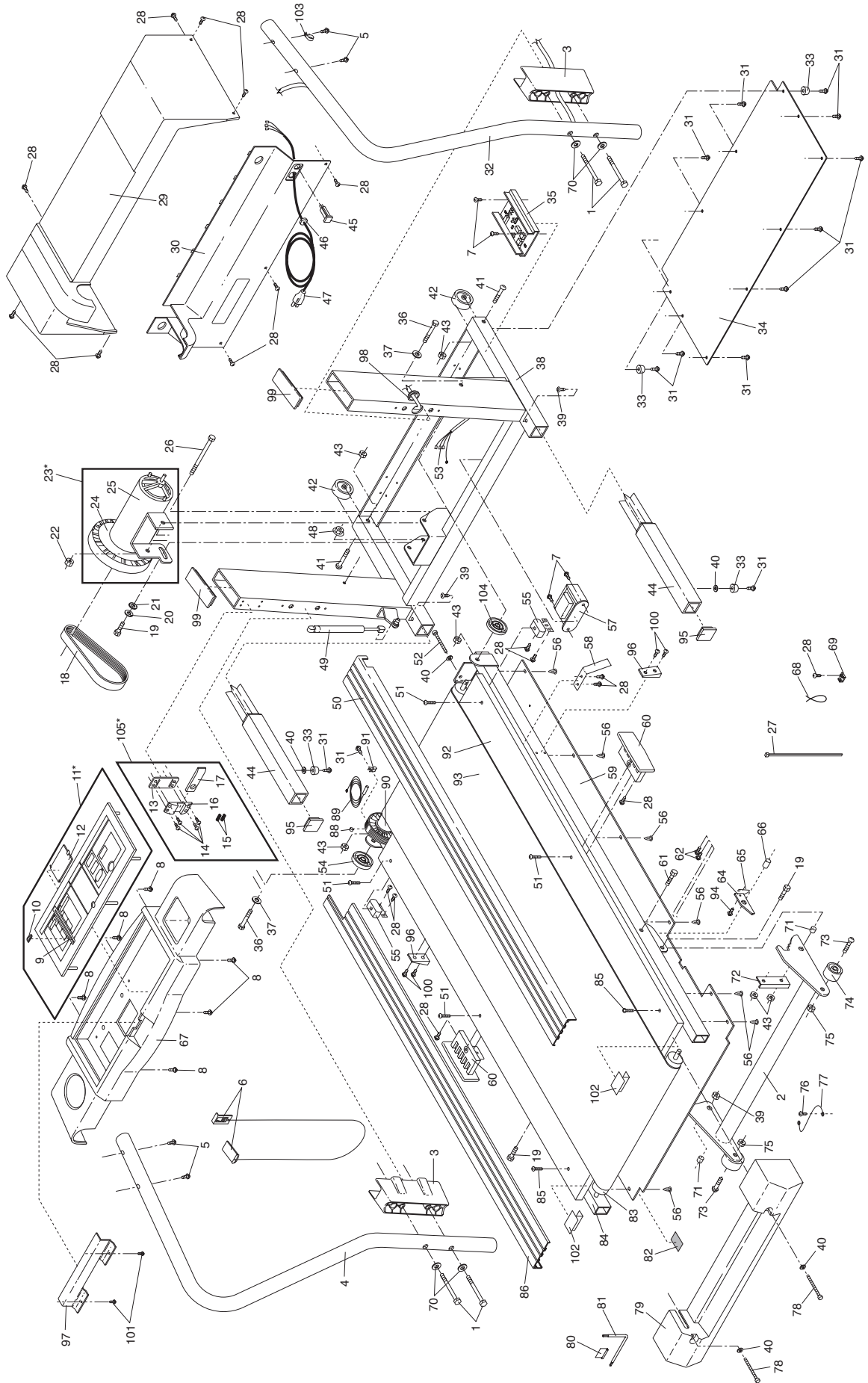
Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	Handrail Bolt	57	1	Choke
2	1	Incline Leg	58	2	Belt Guide
3	2	Handrail Spacer	59	1	Belly Pan
4	1	Left handrail	60	2	Isolator
5	4	Handrail Screw	61	1	Incline Leg Bolt
6	1	Key/Clip	62	2	Ratchet Screw
7	4	Electronic Screw	63	1	Ratchet Spring Screw
8	6	Console Screw	64	1	Ratchet
9	1	Speed Potentiometer	65	1	Ratchet Spring
10	1	Speed Control	66	1	Incline Leg Spacer (long)
11*	1	Console Assembly	67	1	Console Base
12	1	Battery Cover	68	1	Wire Tie
13	1	Latch Spacer	69	1	Wire Tie Clamp
14	4	Latch Screw	70	4	Handrail Washer
15	2	Latch Spring	71	2	Incline Leg Spacer (short)
16	1	Latch Bracket	72	1	Incline Leg Plate
17	1	Storage Latch	73	2	Incline Wheel Bolt
18	1	Motor Belt	74	2	Incline Wheel
19	3	Motor Tension Bolt/Incline Leg Bolt	75	2	Incline Wheel Nut
20	1	Motor Tension Washer	76	1	Ground Screw
21	1	Tension Star Washer	77	1	Ground Wire
22	1	Motor Pivot Nut	78	2	Rear Roller Adj. Bolt
23	1	Motor/Pulley/Flywheel/Fan	79	1	Rear Endcap
24	1	Pulley/Flywheel/Fan	80	1	Adhesive Clip
25	1	Motor	81	1	Allen Wrench
26	1	Motor Pivot Bolt	82	1	Latch Decal
27	1	8" Cable Tie	83	1	Rear Roller
28	13	Screw	84	1	Frame
29	1	Hood	85	2	Rear Platform Screw
30	1	Hood Shield	86	1	Left Foot Rail
31	9	Small Screw	87	1	Console Base
32	1	Right Handrail	88	1	Magnet
33	4	Base Pad	89	1	Reed Switch
34	1	Motor Belly Pan	90	1	Front Roller/Pulley
35	1	Controller	91	1	Sensor Clip
36	2	Frame Pivot Bolt	92	1	Walking Platform
37	2	Frame Pivot Washer	93	1	Walking Belt
38	1	Upright Base	94	1	Ratchet Screw
39	2	Base Leg Screw	95	2	Leg Endcap
40	5	Washer	96	1	Frame Guide
41	2	Wheel Bolt	97	1	Console Rack
42	2	Wheel	98	1	Upright Grommet
43	7	Wheel Nut/Incline Nut	99	2	Upright Endcap
44	2	Base Leg	100	4	Frame Guide Screw
45	1	Circuit Breaker	101	2	Console Rack Screw
46	1	Grommet	102	2	Roller Guard
47	1	Power Cord	103	1	Harness Clip
48	1	Motor Tension Nut	104	1	Right Frame Spacer
49	1	Shock	105*	1	Latch Assembly
50	1	Right Foot Rail	#	1	14" White Wire, Pig Tail
51	4	Platform Screw	#	1	8" Blue Wire, Pig Tail
52	1	Front Roller Adj. Bolt	#	1	8" Red Wire, Male/Female
53	1	Wire Harness	#	1	User's Manual
54	1	Left Frame Spacer	* Includes all parts shown in the box		
55	2	Oval Isolator	# These parts are not illustrated		
56	12	Belly Pan Fastener			

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



# EXPLODED DRAWING — Model No. WLTL27081

R0899A



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# ORDERING REPLACEMENT PARTS

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

- The MODEL NUMBER of the product (WLTL27081).
- The NAME of the product (WESLO CADENCE® 1010 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 at the center of this manual).

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## LIMITED WARRANTY

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