

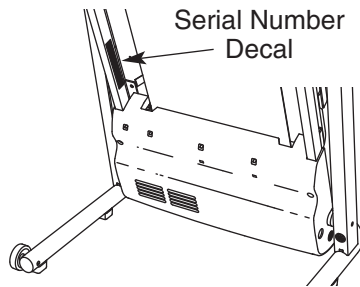
WESLO[®]

cadence 80

Sears Model No. 831.24602.0
Kmart Model No. WLTL29306.0

Serial No. _____

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



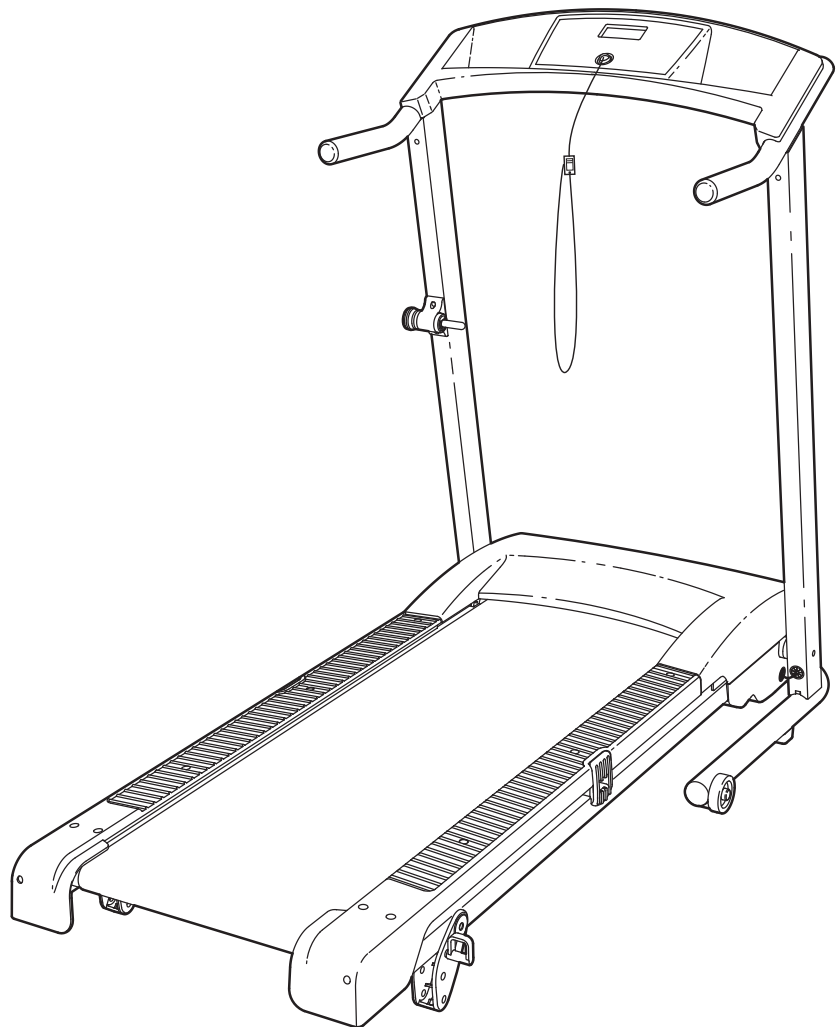
USER'S MANUAL

QUESTIONS?

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

SEARS CUSTOMERS:
1-800-4-MY-HOME[®]
(1-800-469-4663)

KMART CUSTOMERS:
1-866-699-3756
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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TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
ASSEMBLY	6
OPERATION AND ADJUSTMENT	10
HOW TO FOLD AND MOVE THE TREADMILL	13
MAINTENANCE AND TROUBLESHOOTING	15
CONDITIONING GUIDELINES	17
ORDERING REPLACEMENT PARTS	Back Cover

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

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 10), 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 10. 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 MAINTENANCE AND TROUBLESHOOTING on page 15 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 11).
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 6 and HOW TO FOLD AND MOVE THE TREADMILL on page 13.) 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 on the treadmill.

24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures de-

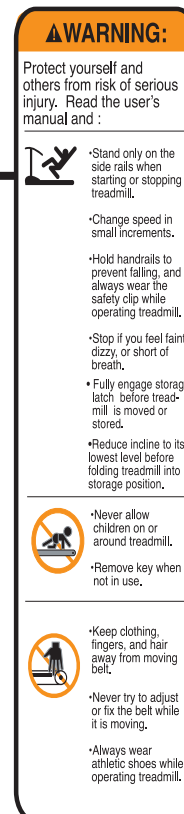
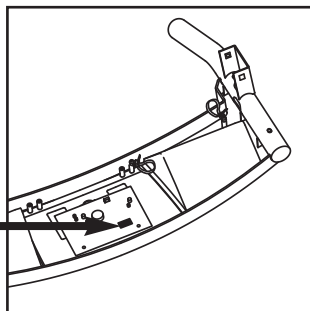
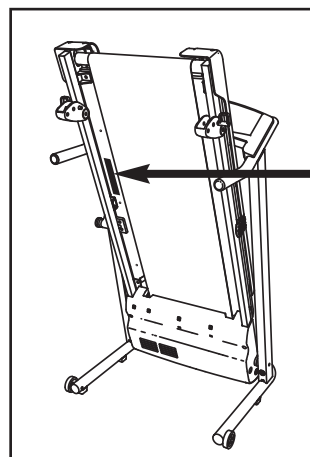
scribed in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

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 has been placed on the treadmill. If a decal is missing, or if it is not legible, 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.



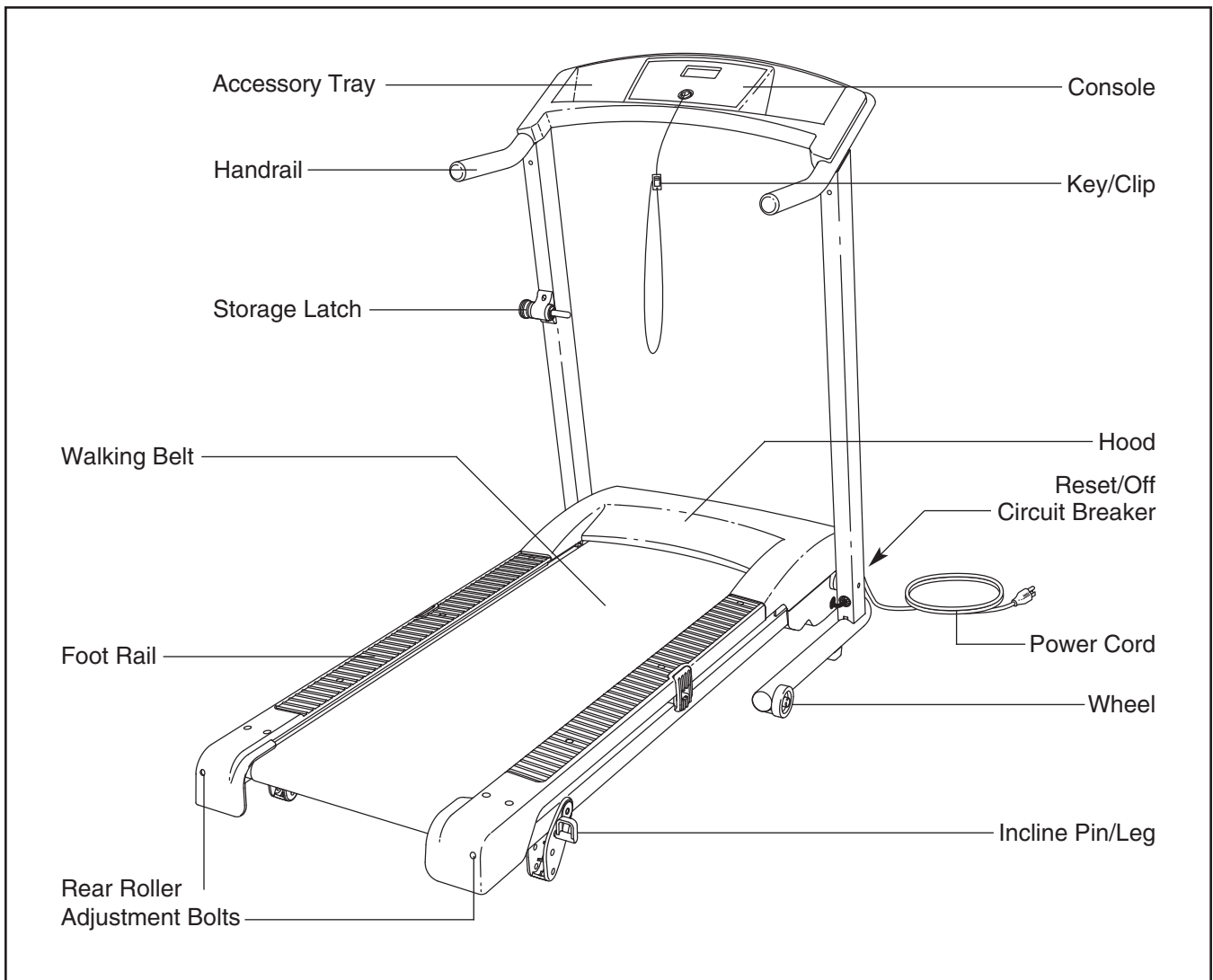
BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE 80 treadmill. The CADENCE 80 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 80 treadmill can be folded up, requiring less than half the floor space of other treadmills.

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

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

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.

In addition to the included hex keys  , assembly requires a phillips screwdriver  , an adjustable wrench  , and wire cutters  .

To identify the assembly hardware, see the **PART IDENTIFICATION CHART** in the center of this manual. Some parts may be preassembled. To avoid damaging plastic parts, do not use power tools for assembly.

1. Make sure that the power cord is unplugged.

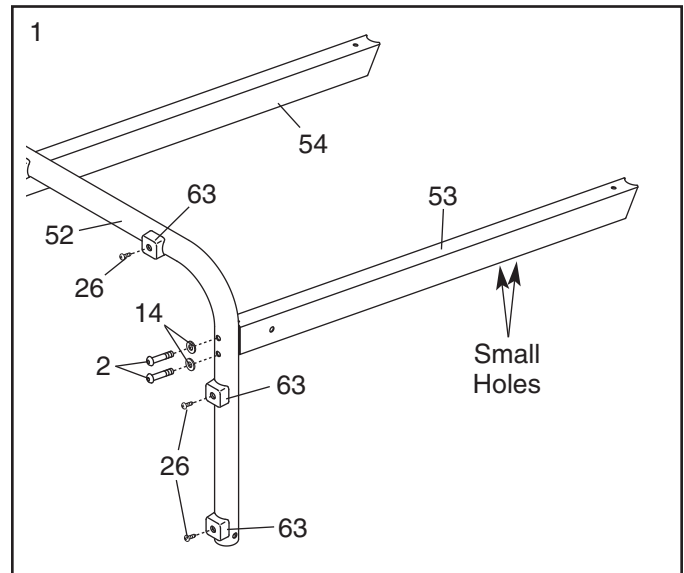


Have a second person hold the Base (52) in the position shown.

Attach six Base Pads (63) (three are shown) to the Base (52) with six Base Pad Screws (26).

Identify the Left Upright (53), which has two small holes near the upper end. **Hold the Left Upright so the small holes face the direction shown.** Attach the Left Upright to the Base (52) with two Upright Bolts (2) and two Upright Washers (14). **Do not tighten the Upright Bolts yet.**

Attach the Right Upright (54) to the Base (52) in the same way.

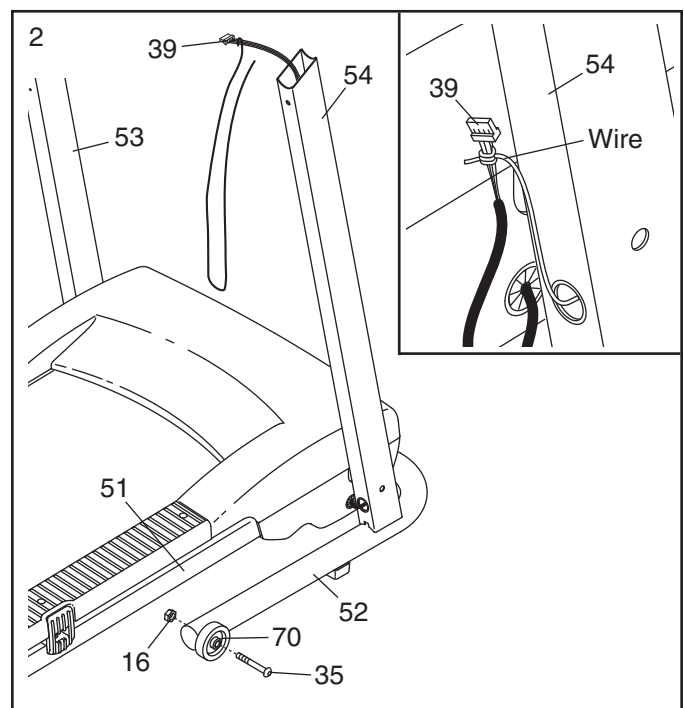


2. With the help of a second person, raise the Uprights (53, 54) so the Base (52) is flat on the floor as shown.

Attach the Wheels (70) (one is shown) to the outer sides of the Base (52) with two Wheel Bolts (35) and two Nuts (16) as shown. **Do not over-tighten the Nuts; the Wheels should turn freely.**

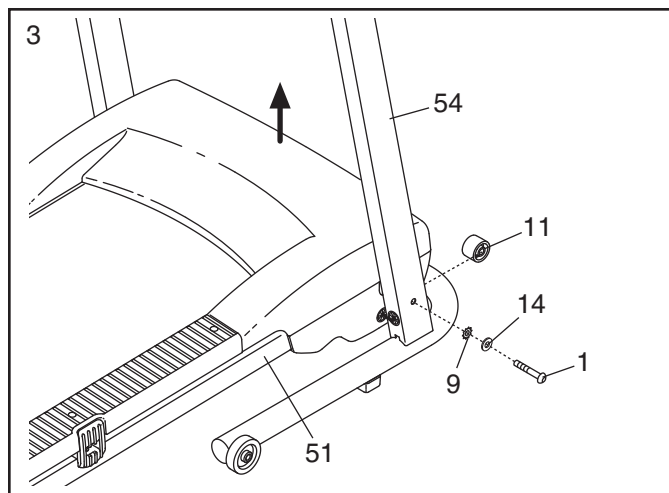
Position the front end of the treadmill Frame (51) between the Uprights (53, 54) as shown. Next, locate the long wire inside the lower end of the Right Upright (see the inset drawing). Securely tie the end of the wire to the end of the Wire Harness (39).

Then, pull the opposite end of the wire until the Wire Harness (39) extends from the upper end of the Right Upright (54).



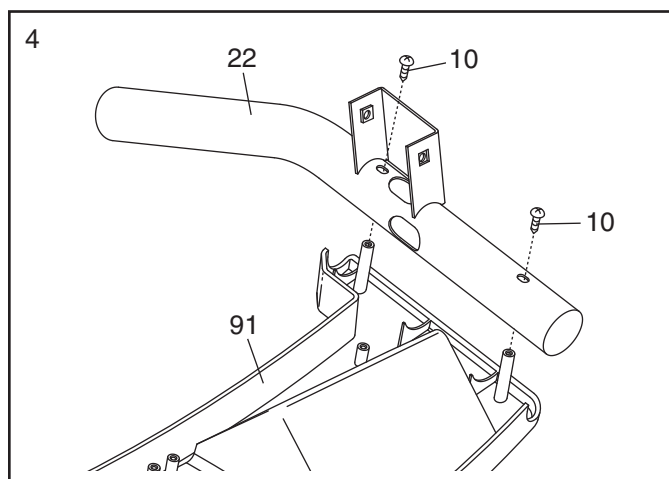
3. Have a second person lift and hold the front end of the Frame (51). Hold a Frame Spacer (11) between the Right Upright (54) and the Frame. Attach the Right Upright to the Frame with a Frame Pivot Bolt (1), an Upright Washer (14), and an Upright Star Washer (9). **Do not tighten the Frame Pivot Bolt yet.**

Repeat this step on the left side of the treadmill.



4. Set the Console Assembly (91) face down on a soft surface to avoid scratching the Console Assembly. Set the Left Handrail (22) on the Console as shown. Attach the Left Handrail with two Console Screws (10).

Attach the Right Handrail (not shown) to the other side of the Console Assembly (91) as described above.

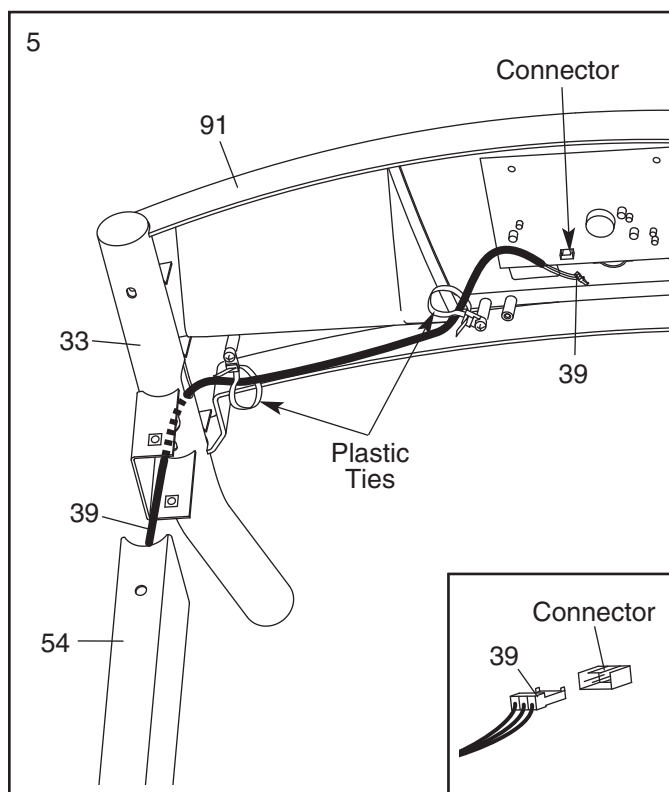


5. Hold the Console Assembly (91) near the Right Upright (54). **Touch the Right Handrail (33) to discharge any static.**

Remove the wire from the end of the Wire Harness (39). Insert the end of the Wire Harness through the large holes in the bottom and side of the Right Handrail (33) and through the two looped plastic ties.

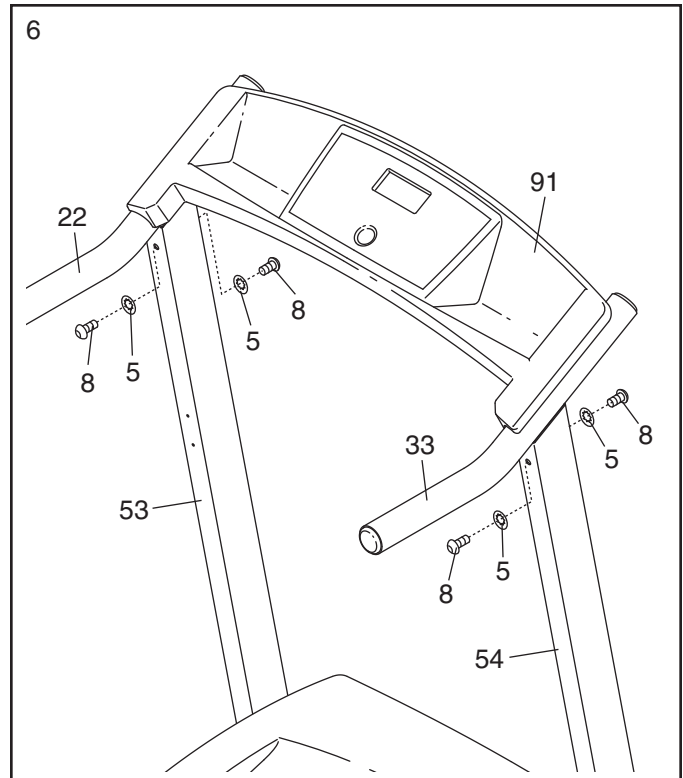
Then, press the end of the Wire Harness (39) into the connector on the back of the Console Assembly (91) in the location shown. **See the inset drawing. The end of the Wire Harness should slide easily into the connector and snap into place.** If it does not, turn the end of the Wire Harness and then insert it. **IF THE CONNECTOR IS NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

Insert the excess Wire Harness (39) downward into the Right Upright (54). Tighten the two plastic ties around the Wire Harness, and then cut off the ends of the plastic ties.

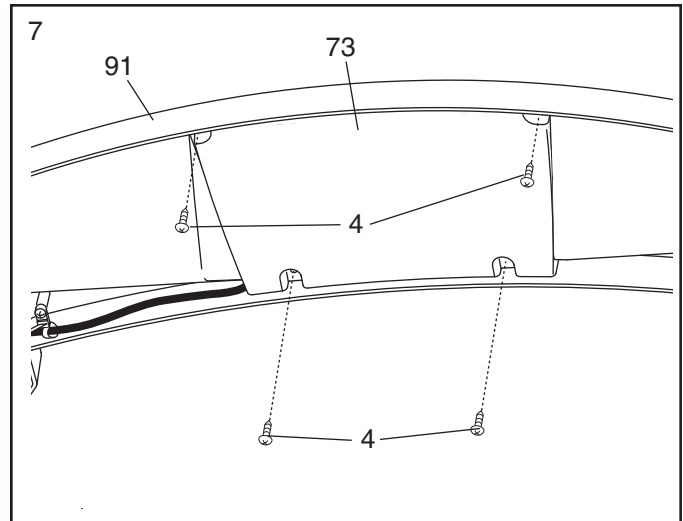


6. Set the Left and Right Handrails (22, 33) and the Console Assembly (91) on the Uprights (53, 54).

Tighten the four Handrail Bolts (8) with the four Handrail Star Washers (5) into the Left and Right Uprights (53, 54) and the Left and Right Handrails (22, 33). **Start all four Handrail Bolts before tightening any of them.**



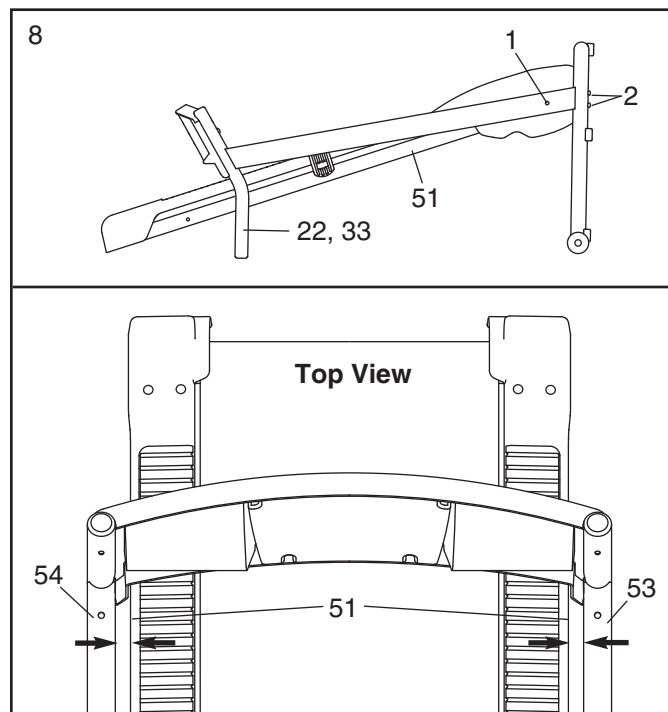
7. Attach the Console Back (73) to the Console Assembly (91) with four Console Back Screws (4). **Make sure that no wires are pinched.**



8. Carefully lower the Left and Right Handrails (22, 33) until they are touching the floor.

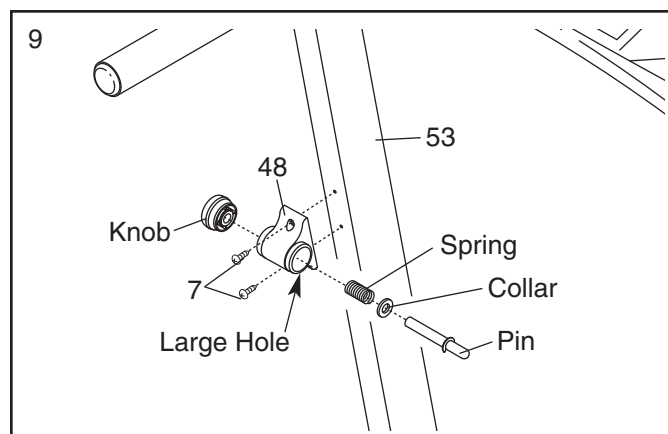
See the lower drawing. Position the Uprights (53, 54) so that the treadmill Frame (51) is centered between the Uprights.

Firmly tighten the four Handrail Bolts (2) and the two Frame Pivot Bolts (1) used in steps 1 and 3. **Be careful not to overtighten the Frame Pivot Bolts.**



9. Attach the Latch Housing (48) to the Left Upright (53) with two Latch Screws (7); **start both Latch Screws before tightening them. Make sure that the large hole in the Latch Housing is on the indicated side.**

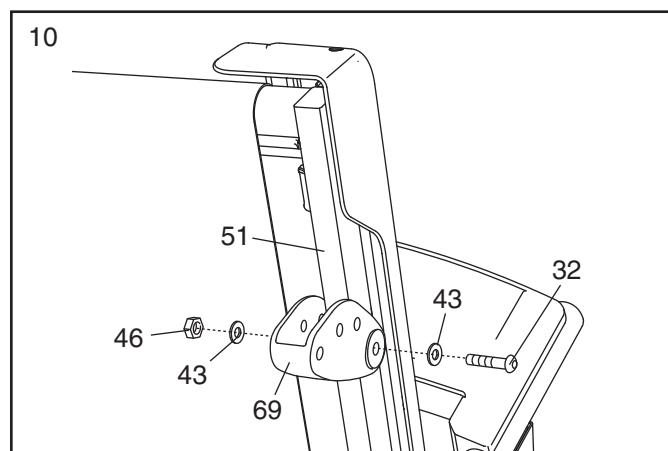
Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Insert the pin into the Latch Housing (48). Then, tighten the knob onto the pin.



10. Raise the Frame (51) to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 13). Attach an Incline Leg (69) to the Frame (51) with an Incline Leg Bolt (32), two Incline Leg Washers (43), and an Incline Leg Nut (46) as shown.

Repeat this step on the other side of the Frame (51).

Adjust the Incline Legs (69) to the desired level (see HOW TO CHANGE THE INCLINE OF THE TREADMILL on page 12).



11. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place. The hex key is used to adjust the walking belt (see page 16). 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.

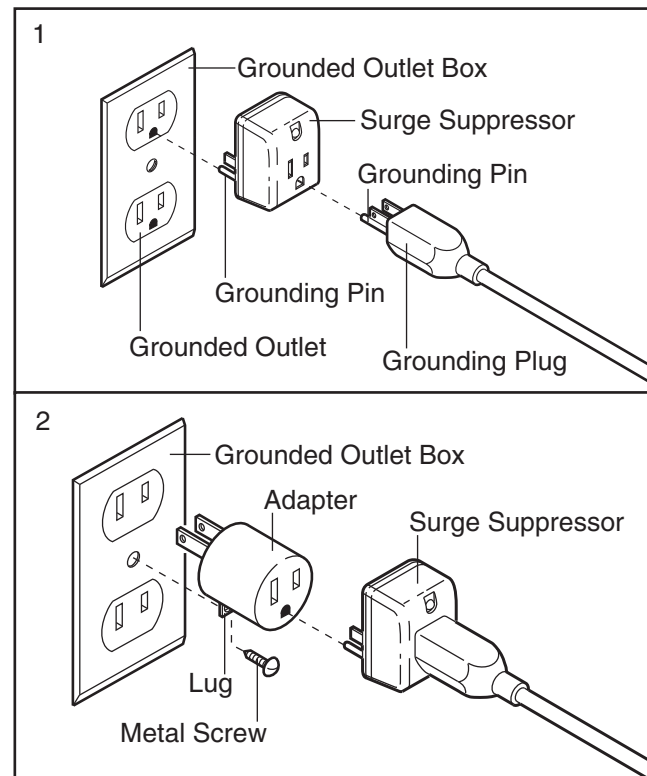
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility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

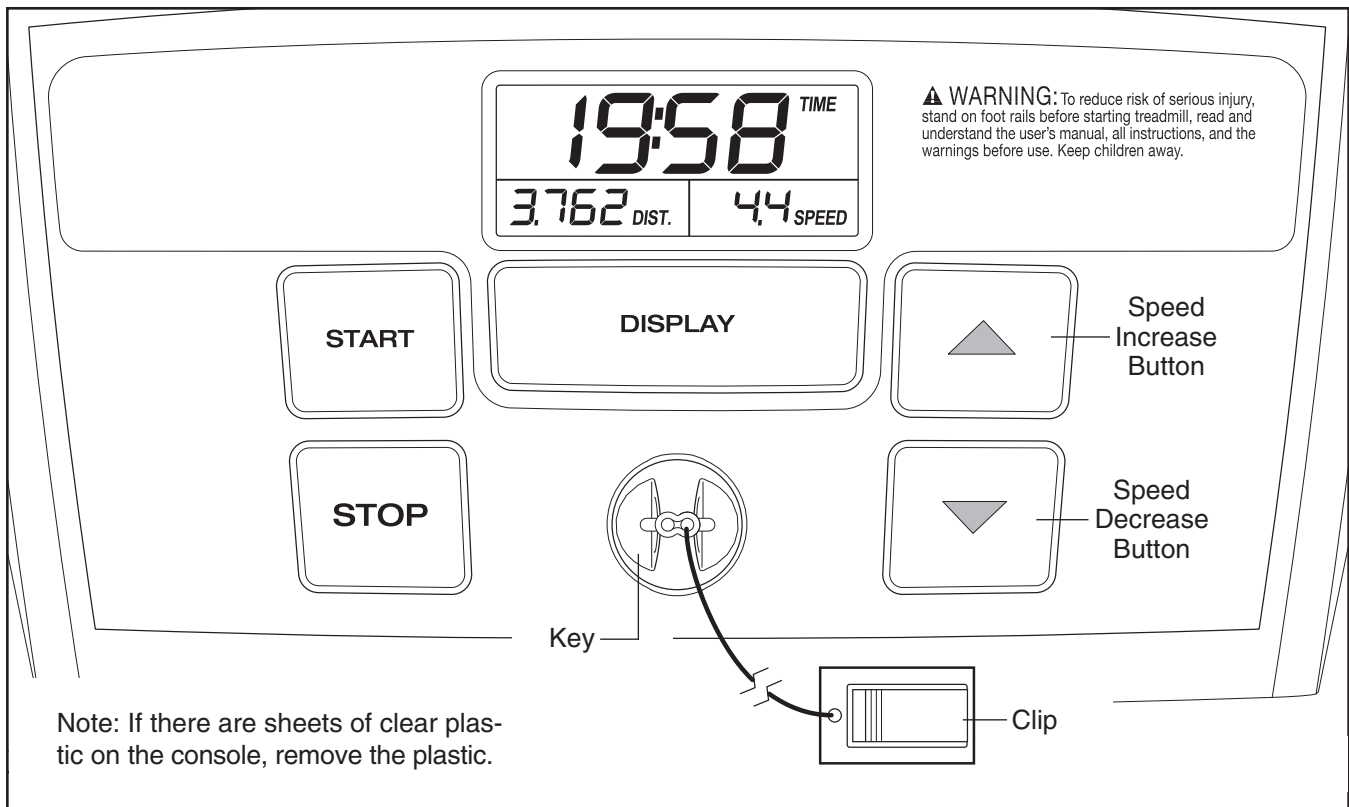
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if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

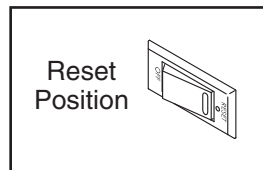
The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a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

CONSOLE DIAGRAM



HOW TO TURN ON THE POWER

Plug in the power cord (see page 10). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. 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 securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays 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.**

Note: To prevent damage to the walking platform, always wear clean athletic shoes while using the treadmill. During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and center the walking belt if necessary (see page 16).

HOW TO OPERATE THE CONSOLE

- 1 Insert the key into the console.**
See HOW TO TURN ON THE POWER at the left.
- 2 Press the Start button or the Speed increase button to start the walking belt.**

When either 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 Speed Increase and Decrease 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. Note: After a button is pressed, it may take a moment for the walking belt to reach the selected speed setting.

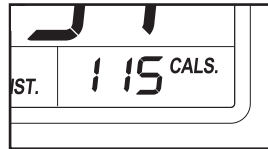
To stop the walking belt, press the Stop button. The time will begin to flash in one of the displays. To restart the walking belt, press the Start button or the Speed Increase button.

3 Follow your progress with the displays.

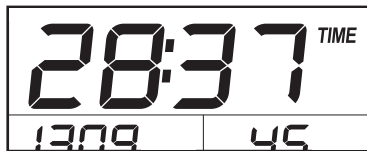
The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run.



The lower right display—The lower right display can show the approximate number of calories that you have burned and the speed of the walking belt.

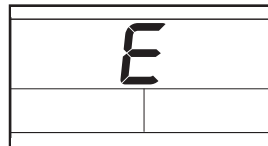


The upper display—The upper display can show the elapsed time, the distance that you have walked or run, the approximate number of calories that you have burned, or the speed of the walking belt. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.



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

Note: The console can display speed and distance in either miles or kilometers. To see which unit of measurement is selected, first remove the key into the console. Next, hold down the Stop button, insert the key, wait until you hear a tone, and then release the Stop button. An “E” for English miles or an “M” for metric kilometers will appear in the upper display. Press the Speed Increase button to change the unit of measurement, if desired. When the desired unit of measurement is selected, remove the key and then reinsert it into the console.



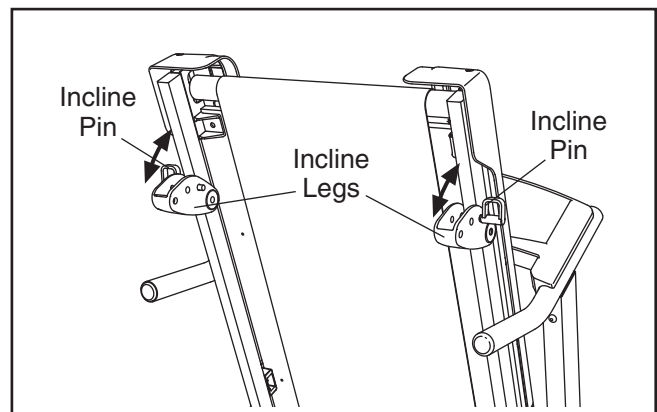
4 When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and remove the key. 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, you can change the incline of the treadmill. 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 page 13).

To change the incline, first remove the incline pin from one of the incline legs. Adjust the incline leg to the desired position, and then fully reinsert the incline pin. 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 into the incline legs.**



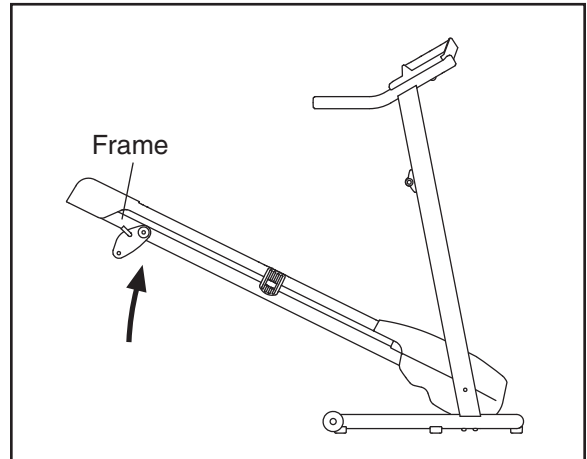
After you have adjusted the incline legs, lower the treadmill (see page 14).

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

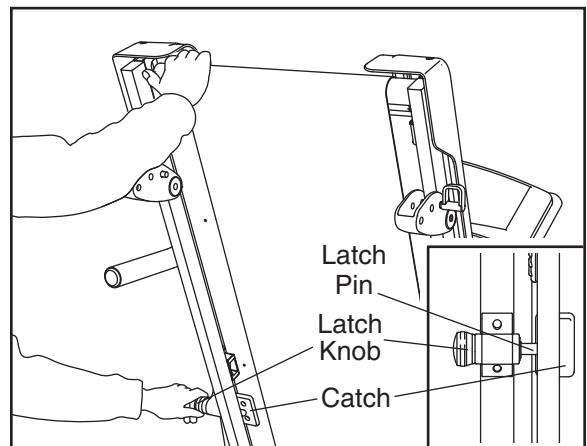
Unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back. Raise the frame about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Then, slowly release the latch knob; make sure that the catch is resting against the latch pin.

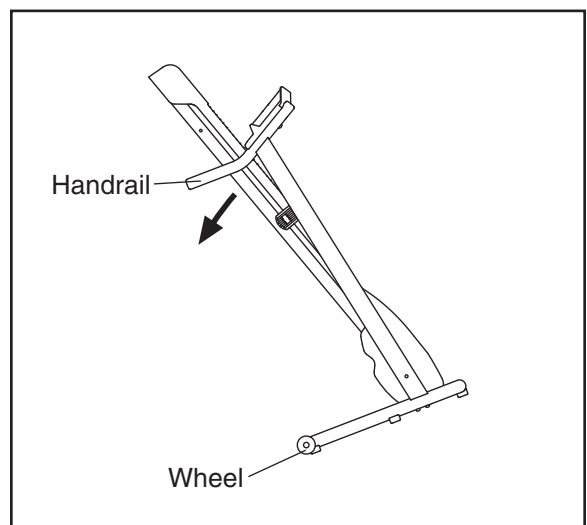
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85°F (30°C).



HOW TO MOVE THE TREADMILL

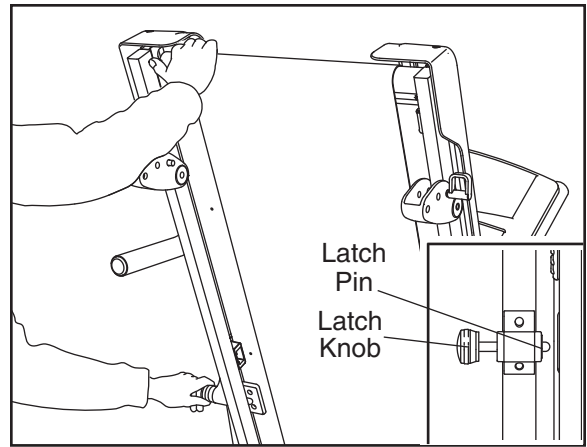
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch is resting against the latch pin.**

1. Hold the handrails and place one foot against one of the wheels. **Do not pull back on the frame.**
2. Tilt the treadmill backward until it rolls freely on the wheels, and carefully move the treadmill to the desired location. **Never move the treadmill without tipping it backward. 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.

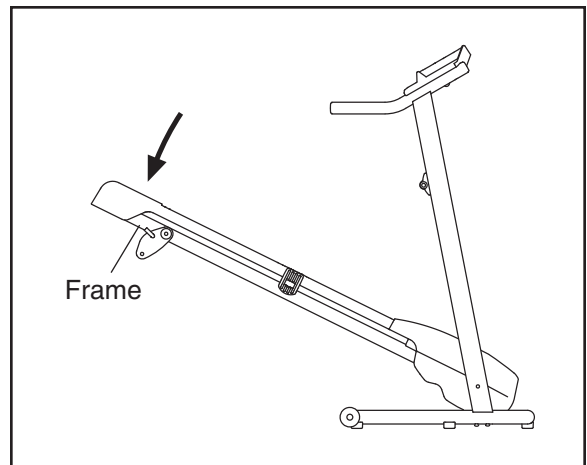


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Next, lower the frame until it is past the latch pin. Then, release the latch knob.



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



MAINTENANCE AND TROUBLESHOOTING

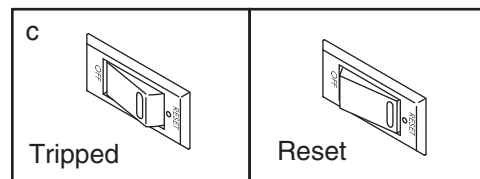
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

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 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. 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.

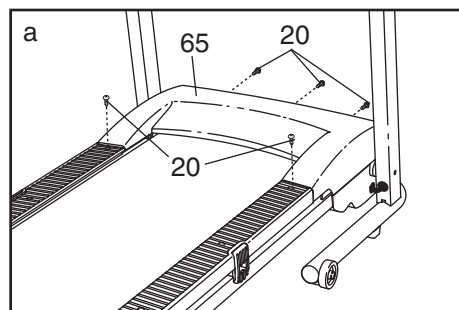
b. Make sure that the power cord is plugged in.

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

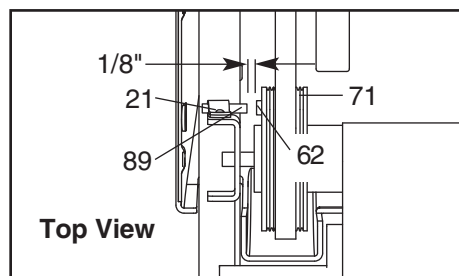
d. If the treadmill still will not run, please see the front cover of this manual.

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 five indicated Screws (20). Then, carefully remove the Hood (65).



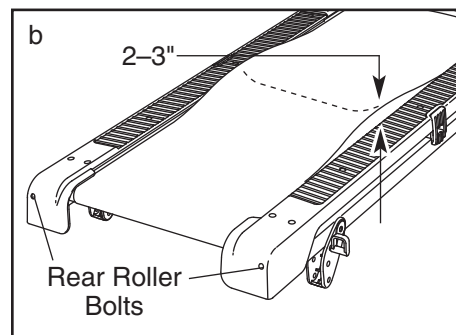
Locate the Reed Switch (89) and the Magnet (62) on the left side of the Pulley (71). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (21), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), 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 10.

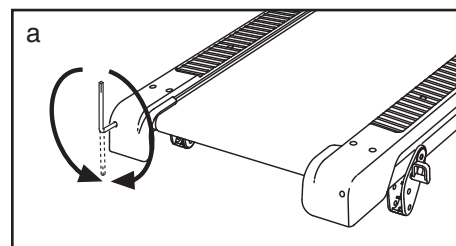
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be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



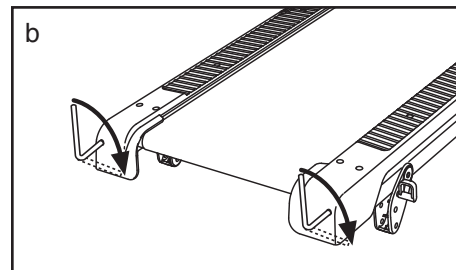
c. If the walking belt still slows when walked on, see the front cover of this manual.

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 hex key, 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. Then, 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 hex key, 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 edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, 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

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ 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.

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.

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

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

Burning Fat

To burn fat effectively, you must exercise at the proper 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 intensity of your exercise until your heart rate is between the lower two numbers in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For effective aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, 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.)

WORKOUT GUIDELINES

Each workout should include the following three important parts:

A warm-up, consisting of five to ten minutes of stretching and light exercise. This will increase your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, including 20 to 30 minutes of exercise with your heart rate in your training zone.

A cool-down, consisting of five to ten minutes of stretching. Stretching after exercise is effective for increasing flexibility and helps to offset problems caused when you stop exercising suddenly.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest after each workout. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, 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

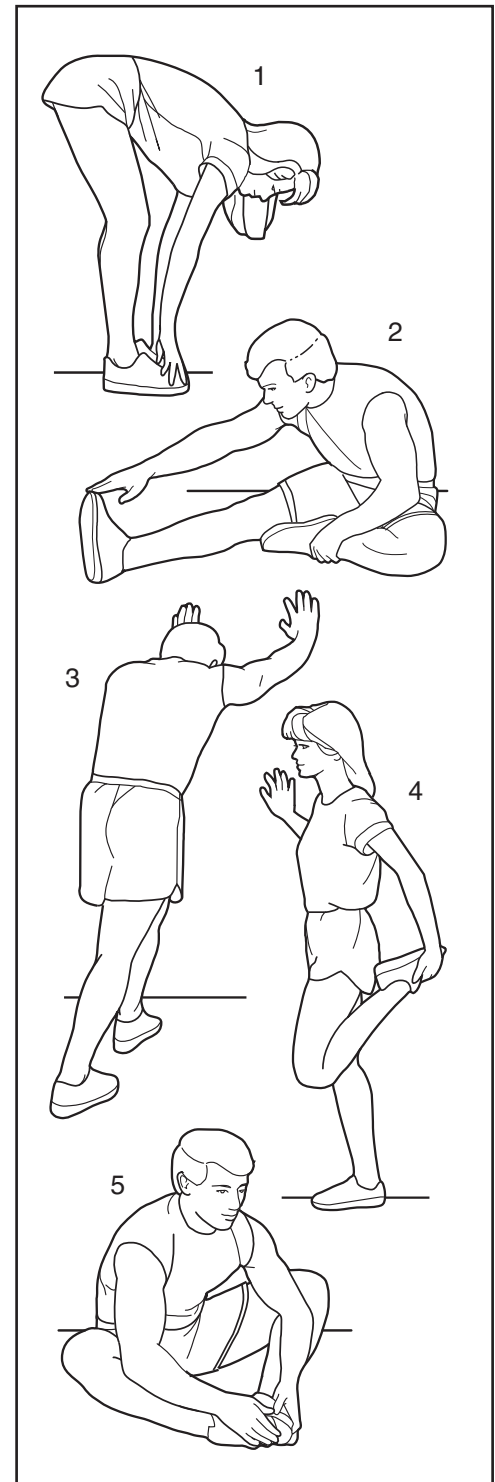
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

5. Inner Thigh Stretch

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



NOTES

PART LIST SEARS MODEL NO. 831.24602.0; KMART MODEL NO. WLTL29306.0

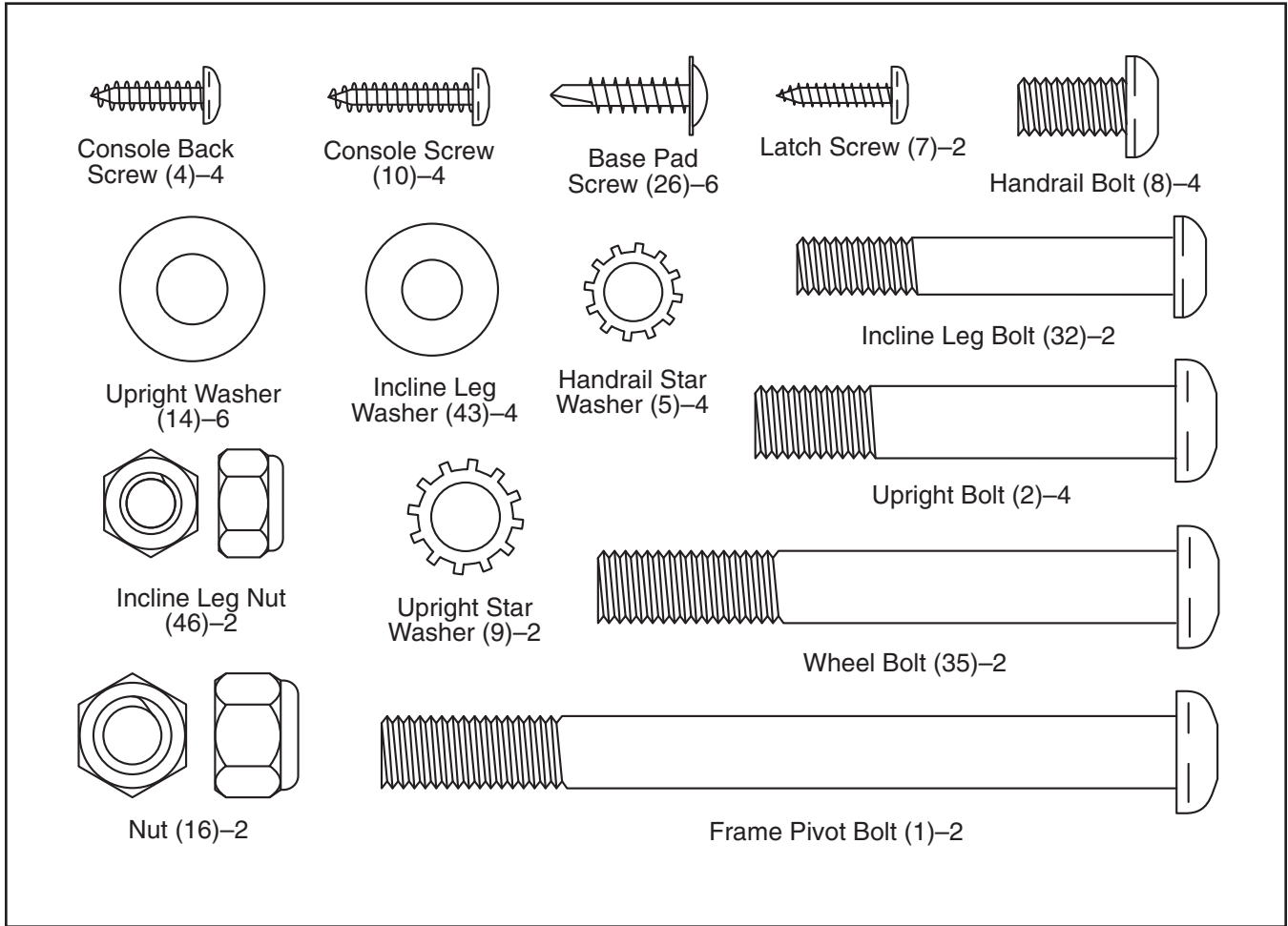
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Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Frame Pivot Bolt	37	1	Reset/Off	71	1	Front Roller/Pulley
2	4	Upright Bolt			Circuit Breaker	72	1	Ground Wire
3	1	Tie Holder Screw	38	2	Motor Star Washer	73	1	Console Back
4	4	Console Back Screw	39	1	Wire Harness	74	2	Frame Endcap
5	4	Handrail Star Washer	40	1	Ground Star Washer	75	2	Base Endcap
6	1	Warning Decal	41	11	Screw	76	1	Walking Belt
7	2	Latch Screw	42	4	Electronics Star Washer	77	4	Handrail Endcap
8	4	Handrail Bolt			Incline Leg Washer	78	2	Platform Cushion
9	2	Upright Star Washer	43	4	Motor Tension Nut	79	1	Drive Motor
10	4	Console Screw	44	2	Frame Pivot Nut	80	4	Wire Tie
11	2	Frame Spacer	45	2	Incline Leg Nut	81	4	8" Tie
12	4	Cage Nut	46	2	Hood Clip	82	2	Tie Holder
13	2	Incline Pin	47	5	Latch Housing	83	1	Reed Switch Clip
14	6	Upright Washer	48	1	Upright Grommet	84	1	Belly Pan Grommet
15	1	Key/Clip	49	1	Isolator Fastener	85	1	Power Cord
16	2	Nut	50	2	Frame			Strain Relief
17	1	6 mm Hex Key	51	1	Base	86	1	Walking Platform
18	1	4 mm Hex Key	52	1	Left Upright	87	1	Controller
19	4	Roller Bracket Screw/ Front Platform Screw	53	1	Right Upright	88	1	Choke
20	5	Hood Screw	54	1	Rear Roller	89	1	Reed Switch
21	18	Screw	55	1	Motor Belt	90	1	Power Cord
22	1	Left Handrail	56	1	Electronics Bracket	91	1	Console Assembly
23	1	Ground Screw	57	1	Latch Catch Screw	92	1	Ground Wire
24	1	Latch Pin Assembly	58	2	Motor Bracket	93	2	Belt Guide
25	10	Foot Rail Screw	59	1	Left Rear Roller Bracket	94	1	M5 Hex Key
26	6	Base Pad Screw	60	1	Right Rear Roller Bracket	#	1	6" Red Wire, M/F
27	2	Walking Platform Bolt			Magnet	#	1	4" Black Wire, M/F
28	4	Belt Guide Screw	61	1	Base Pad	#	1	4" Blue Wire, M/F
29	2	Rear Roller Adj. Bolt	62	1	Latch Catch	#	1	8" Blue Wire, 2F
30	2	Motor Bolt	63	6	Hood	#	1	10" Blue Wire, 2F
31	1	Motor Pivot Bolt	64	1	Belly Pan	#	1	6" White Wire, 2F
32	2	Incline Leg Bolt	65	1	Left Foot Rail	#	1	10" White Wire, 2F
33	1	Right Handrail	66	1	Right Foot Rail			User's Manual
34	2	Motor Tension Bolt	67	1	Incline Leg			
35	2	Wheel Bolt	68	1	Wheel			
36	2	Rear Roller Star Washer	69	2				
			70	2				

These parts are not illustrated. Specifications are subject to change without notice.

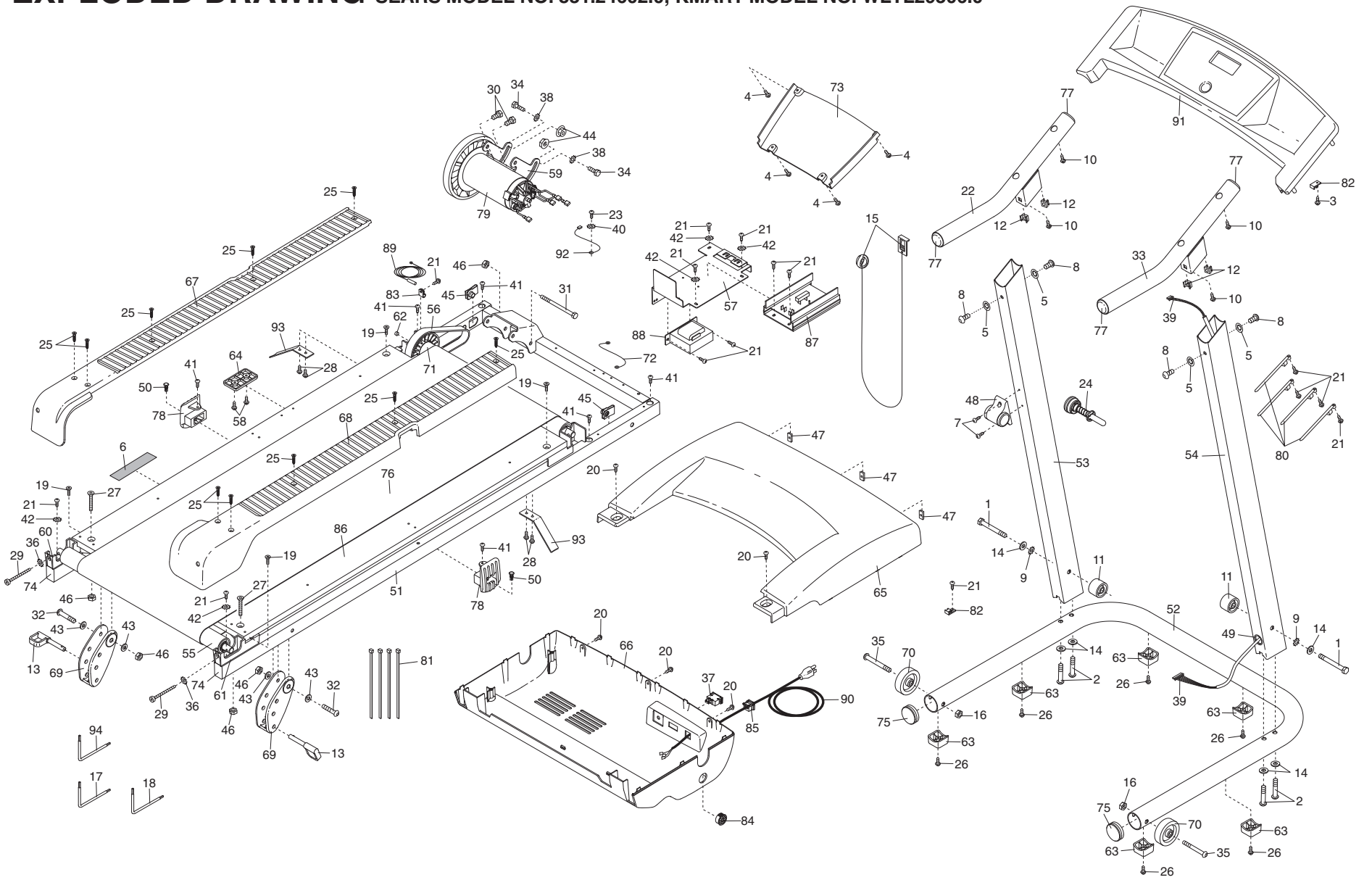
PART IDENTIFICATION CHART

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 SEARS MODEL NO. 831.24602.0; KMART MODEL NO. WLT29306.0

R0706A



ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (Sears Model No. 831.24602.0; Kmart Model No. WLTL29306.0)
- the NAME of the product (WESLO CADENCE 80 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)

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 preauthorized by ICON. 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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