

WESLO[®]

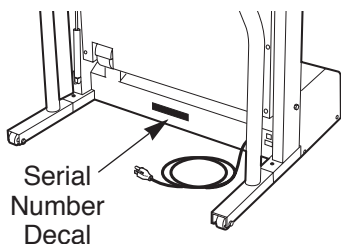
CADENCE

TV36

Model No. WLTL62790

Serial No. _____

Find the serial number in the location shown below. Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

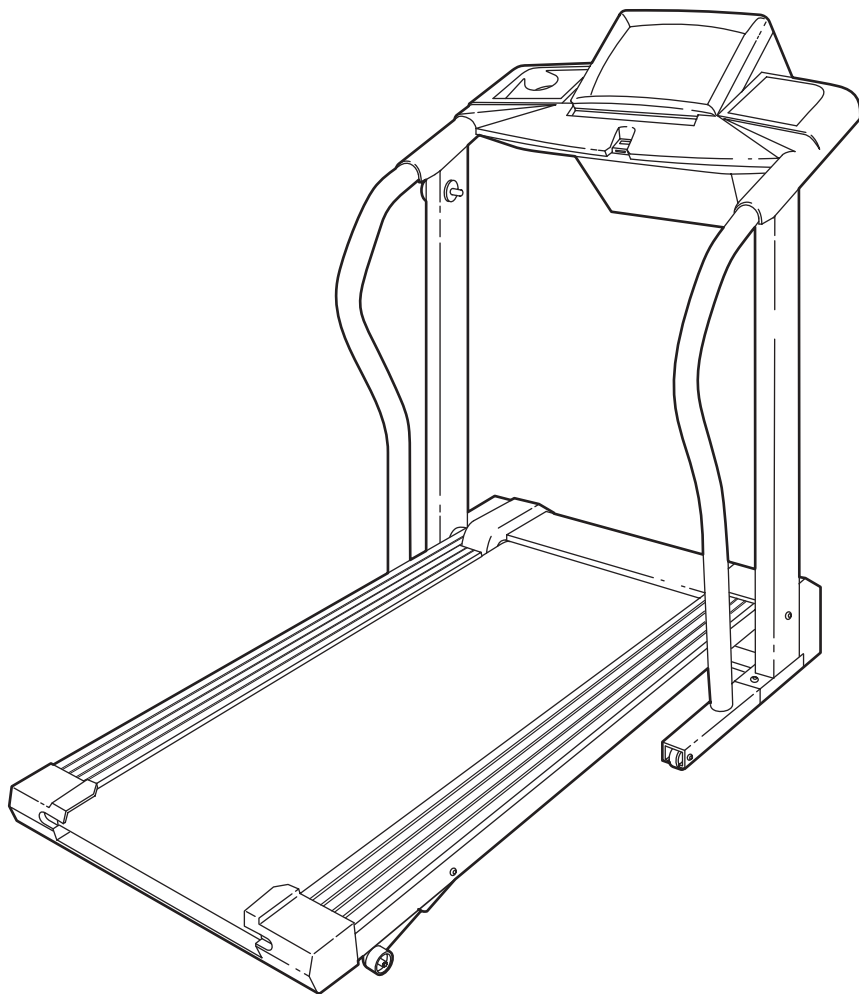
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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.



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

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Note: An EXPLODED DRAWING is attached in the center of this manual.

⚠ 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.

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. The treadmill is intended for home use only. Do not use the treadmill in a commercial, rental, or institutional setting.
4. Place the treadmill on a level surface, with eight feet of clearance behind it. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Slots and openings in the treadmill and TV are provided for ventilation, to ensure reliable operation, and to help prevent overheating. These openings must not be blocked or covered. Do not place the treadmill on any surface that blocks openings or near a radiator or other heat source.
6. Keep the treadmill indoors, away from moisture and dust. Do not place the treadmill in a garage or covered patio or near water.
7. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
8. You must be able to safely lift 45 pounds (20 kg) in order to raise or lower the treadmill.
9. Keep children under the age of 12 and pets away from the treadmill at all times.
10. The treadmill should not be used by persons weighing more than 250 pounds.
11. Never allow more than one person on the treadmill at a time.
12. 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.
13. Always wear athletic shoes when using the treadmill. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
14. Inspect and tighten all parts of the treadmill regularly.
15. The treadmill operates on 120 V, 60 Hz, AC power only. Consult your dealer before connecting the treadmill if you do not know the AC voltage in your area, as incorrect voltage might damage the treadmill or TV. Never connect the treadmill to other than the specified voltage such as 50 Hz or to direct current.
16. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 9), 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. Do not overload the wall outlets as this can result in a risk of electric shock, fires, and other hazards.
17. 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.
18. The power cord and the surge protector should be positioned so they are not likely to be walked on or pinched by items placed upon or against them; pay particular attention to the cords at the plugs, the convenience receptacles, and the point where the power cord exits the treadmill. Keep the power cord and the surge protector away from heated surfaces.
19. Do not operate the treadmill if the power cord or plug is damaged or if the treadmill is not working properly.
20. If an outside antenna or cable system is connected, be sure that the antenna or cable system is grounded so as to provide some protection against voltage surges and built-up static charges. Section 810 of the National Electrical Code, ANSI/NFPA No. 70-1984,

provides information with respect to proper grounding of the mast and supporting structure, grounding of the lead-in wire to an antenna discharge unit, size of grounding conductors, location of antenna discharge unit, connection to grounding electrodes, and requirements for the grounding electrode.

21. An outside antenna system should not be located in the vicinity of overhead power lines or other electric light or power circuits, or where it can fall into such power lines or circuits. When installing an outside antenna system, extreme care should be taken to keep from touching such power lines or circuits as contact with them might be fatal.
22. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
23. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
24. Never leave the treadmill unattended while it is running. Move the on/off switch to the "off" position when the treadmill is not in use.
25. To protect the treadmill and TV during lightning storms, unplug the power cord from the wall outlet and disconnect the antenna or cable system. This will prevent damage due to lightning and power line surges.
26. Never drop or insert any object into any opening.
27. **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.
28. To reduce the risk of electric shock, do not remove the cover or back of the TV. There are no user serviceable parts inside. Refer servicing to qualified service personnel.

29. The graphic symbols on the back cover of the TV mean the following:

The lightning flash with arrowhead symbol within an equilateral triangle is intended to alert the user to the presence of uninsulated "dangerous voltage" within the TV's enclosure that may be of sufficient magnitude to constitute a risk of electric shock to persons.



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in this manual.



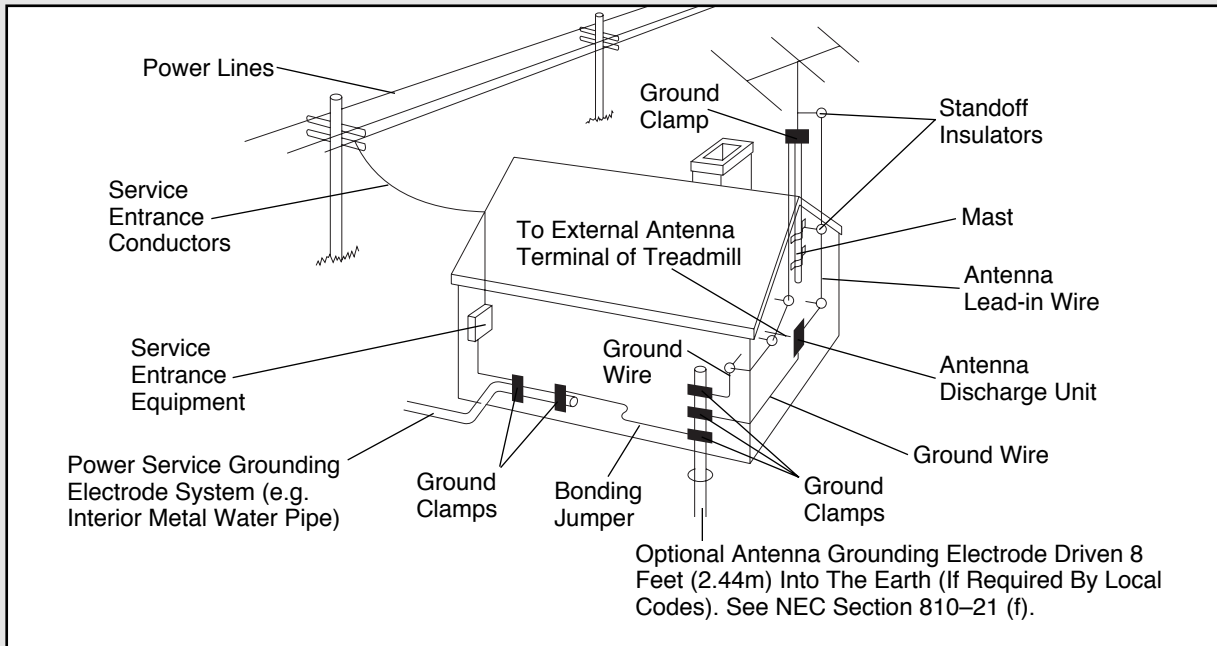
30. Unplug the treadmill from the wall outlet and refer servicing to qualified service personnel under the following conditions:
 - When the power cord or plug is damaged
 - If liquid has been spilled, or objects have fallen into the treadmill
 - If the treadmill has been exposed to water
 - If the treadmill or TV does not operate normally when the operating instructions are followed. Adjust only those controls that are covered by the operating instructions, as improper adjustment of other controls may result in damage and will often require extensive work by a qualified technician to restore normal operation
 - If the treadmill has been dropped
 - When the treadmill exhibits a distinct change in performance.
31. When replacement parts are required, be sure the service technician uses replacement parts specified by the manufacturer or those that have the same characteristics as the original part. Unauthorized substitutions may result in fire, electric shock, or other hazards.
32. Upon completion of any service or repairs to the treadmill or TV, ask the service technician to perform safety checks to determine that

the unit is in proper operating condition (refer to the drawing below).

- Use No. 10 AWG (5.3mm²) copper, No. 8 AWG (8.4mm²) aluminum, No. 17 AWG (1.0mm²) copper-clad steel or bronze wire, or larger as a ground wire.
- Secure antenna lead-in and ground wires to house with stand-off insulators spaced from 4 to 6 feet (1.22 to 1.83m) apart.
- Mount antenna discharge unit as close as possible to where the lead-in enters the house.

- Use jumper wire not smaller than No. 6 AWG (13.3mm²) copper, or the equivalent when a separate antenna-grounding electrode is used. See NEC Section 810-21 (j).

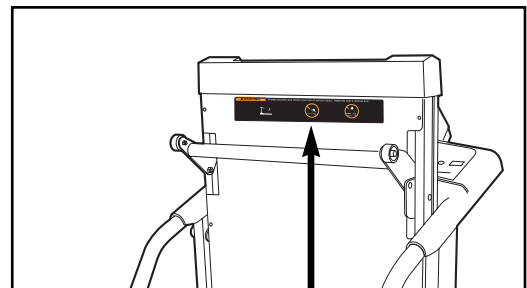
Note to CATV system installer: This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building, as close to the point of cable entry as practical.



SAVE THESE INSTRUCTIONS

The decal shown below has been placed on your treadmill in the indicated location. If the decal is missing or illegible, please call our Customer Service Department, toll-free, at 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.

Note: The decal is shown at 38% of 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.

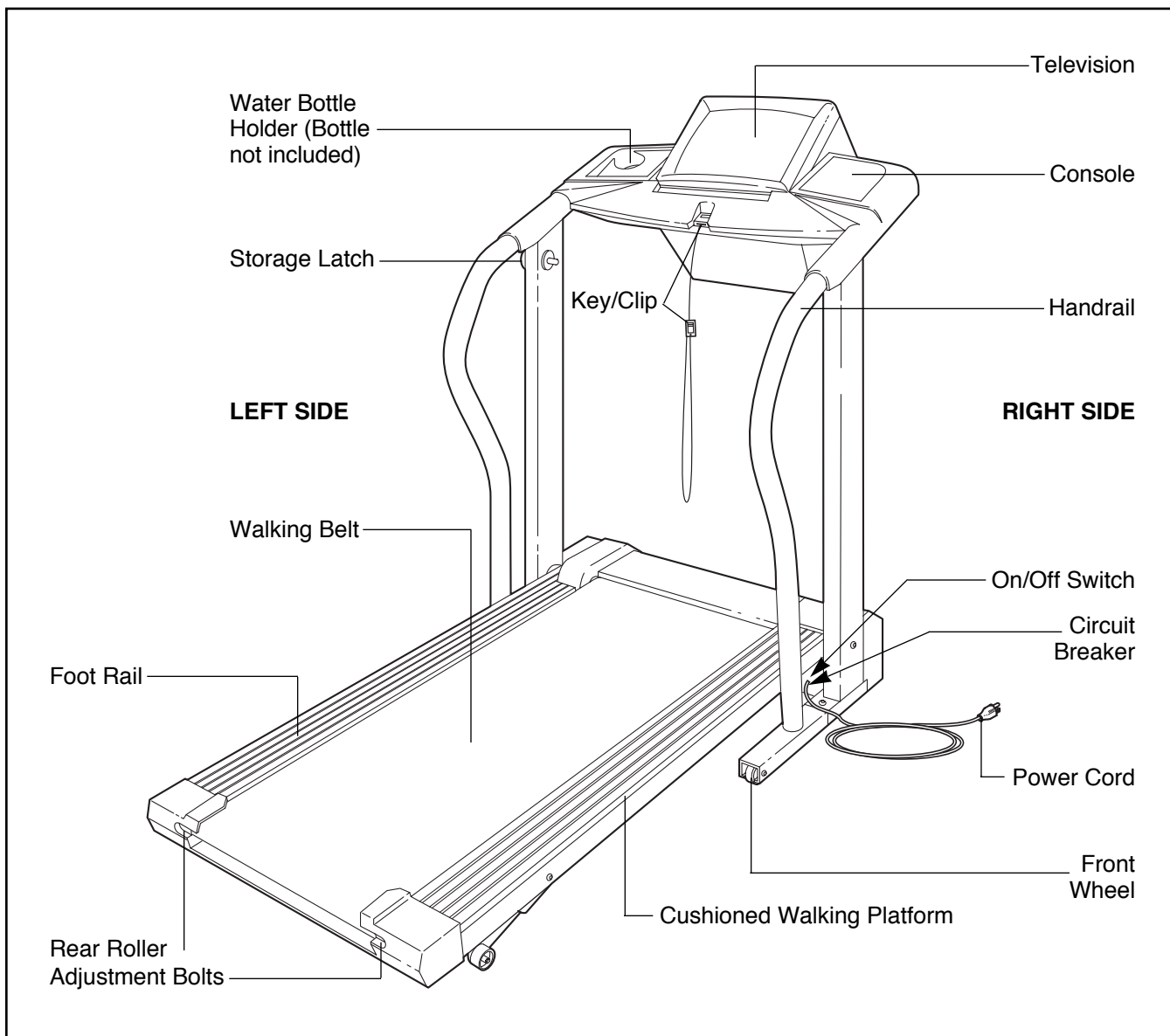
BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CADENCE TV36 treadmill. The CADENCE TV36 treadmill combines advanced technology with innovative design to help you get the most from your exercise program in the convenience of your home. And when you're not exercising, the unique CADENCE TV36 can be folded up, requiring less than half the floor space of other treadmills.

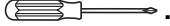
please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WLTL62790. The serial 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 familiarize yourself with the parts that are labeled in the drawing below.



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** .

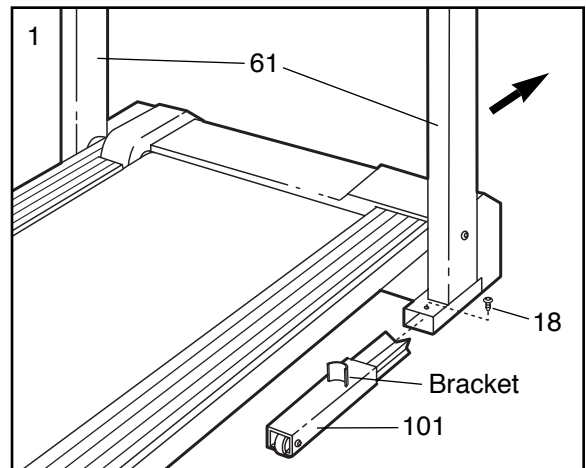
Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

1. With the help of a second person, carefully raise the Uprights (61) until the treadmill is in the position shown.

Identify the Right Extension Leg (101) by looking at the sticker on the underside. Insert the Right Extension Leg into the right side of the treadmill as shown. (Note: It may be helpful to tip the Uprights (61) in the direction shown by the arrow as you insert the Extension Leg.) Attach the Extension Leg with a Long Extension Leg Screw (18).

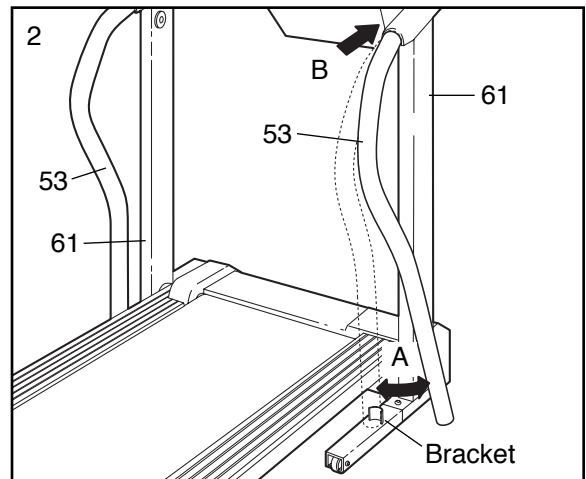
Make sure to push on the head of the Extension Leg Screw while tightening it.

Attach the Left Extension Leg (not shown) in the same way.



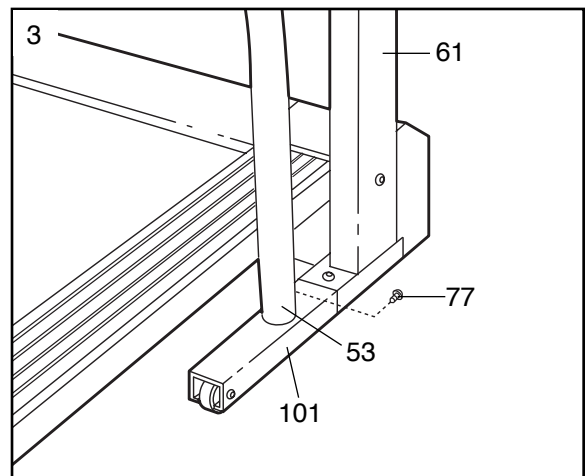
2. Insert the upper end of a Handrail (53) into the right Upright (61) as shown. **Note: It will be necessary to pivot the Handrail to the side and back repeatedly (see arrow A) while pushing on the Handrail (see arrow B) to insert it fully into the Upright.** Next, pivot the lower end of the Handrail down and push it against the bracket on the Right Extension Leg.

Insert the other Handrail (53) into the left Upright (61) in the same way.



3. Make sure that the hole in the Handrail (53) is aligned with the hole in the bracket on the Extension Leg (101). If the holes are not aligned, rotate the Handrail away from the treadmill and slide the upper end of the Handrail out of the Upright (61) slightly. Then, rotate the lower end of the Handrail back to the position shown by the dotted line in drawing 2. Repeat, if necessary, until the holes are aligned. Make sure that the lower end of the Handrail is against the bracket on the Extension Leg. Using the included allen wrench, tighten a Handrail Screw (77) into the bracket and the Handrail.

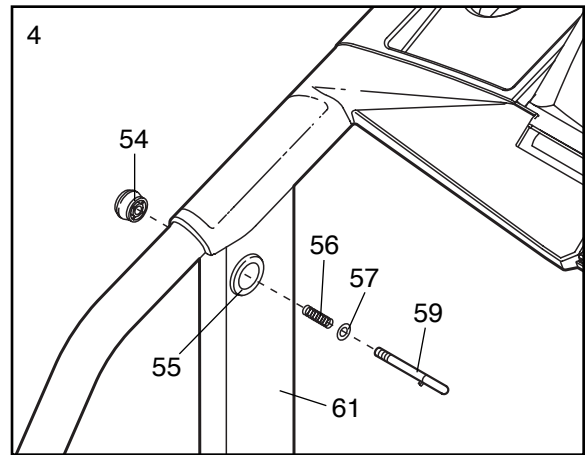
Attach the other Handrail (not shown) in the same way.



4. Remove the Lock Knob (54) from the Lock Pin (59).

Press the Lock Knob Sleeve (55) into the left Upright (61).

Make sure that the Lock Pin Collar (57) and the Spring (56) are on the Lock Pin. Insert the Lock Pin into the left Upright (61) and tighten the Lock Knob onto the Lock Pin.

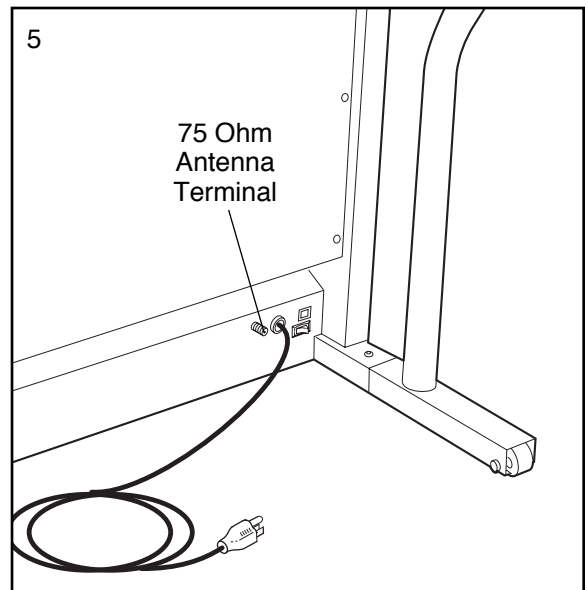


5. **Note the location of the 75 ohm antenna terminal on the treadmill (for clarity, the treadmill is shown in the storage position). For the television to operate properly, an antenna, a CATV cable, or a VCR must be connected to the 75 ohm antenna terminal.**

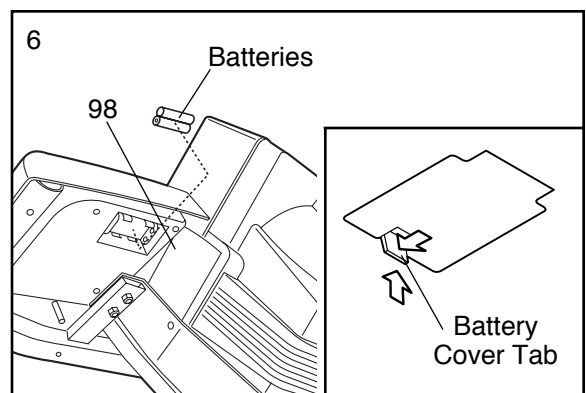
If you are using an antenna, it must be properly connected and adjusted for optimal reception. Refer to ANTENNA CONNECTIONS on pages 12 and 13 to properly connect an antenna.

If you are using a CATV cable, refer to CATV CABLE CONNECTION on page 13 to properly connect the cable.

If you are using a VCR, refer to HOW TO CONNECT A VCR on page 17 to properly connect the VCR. **The VCR must be turned on, a videocassette must be properly inserted, and the VCR must be playing. Refer to your VCR user's manual for operating instructions.**

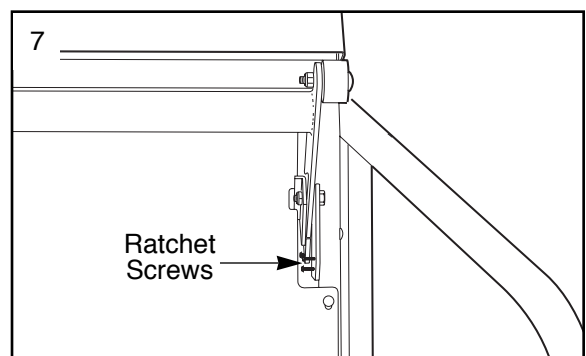


6. The console requires **two "AA" batteries** (not included). Alkaline batteries are recommended. To install batteries, first open the Battery Cover (98) as shown. Press two batteries into the battery compartment, with the negative ends of the batteries (marked "-") touching the springs. Close the battery cover, push up on the battery cover tab, and then push the tab forward as shown. Be sure that the tab locks into place.



7. **Make sure that all parts are tightened before you use the treadmill.** Note: The ratchet screws on the adjustable rear incline are factory set and **should not be adjusted.**

Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 20). To protect the floor or carpet from damage, place a mat under the treadmill.



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.

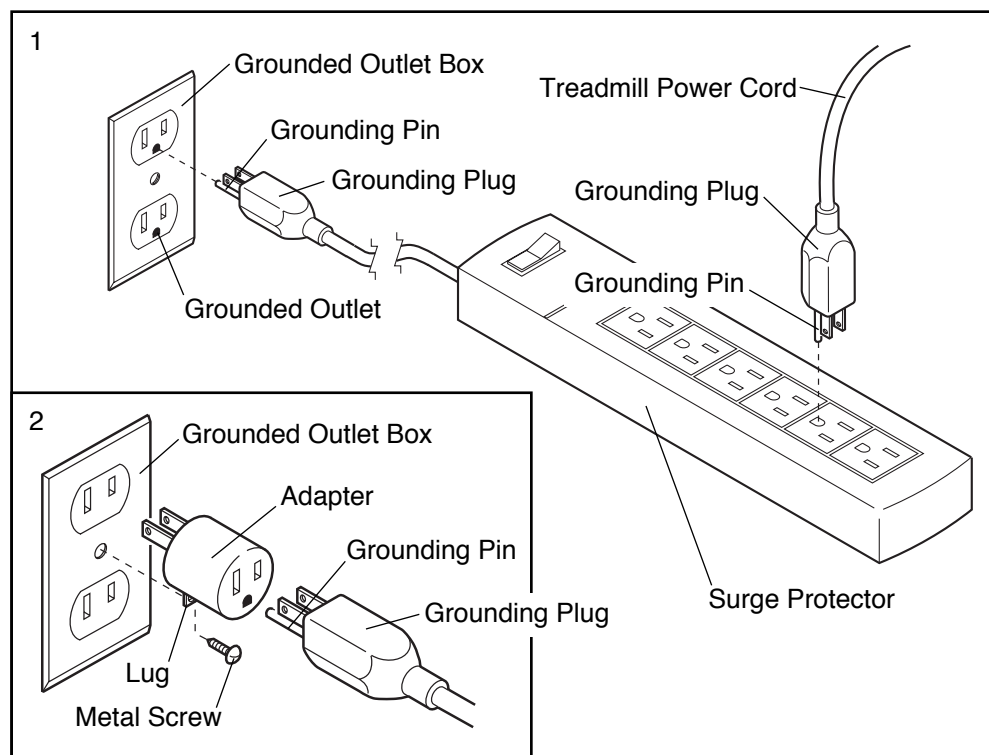
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of

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.**

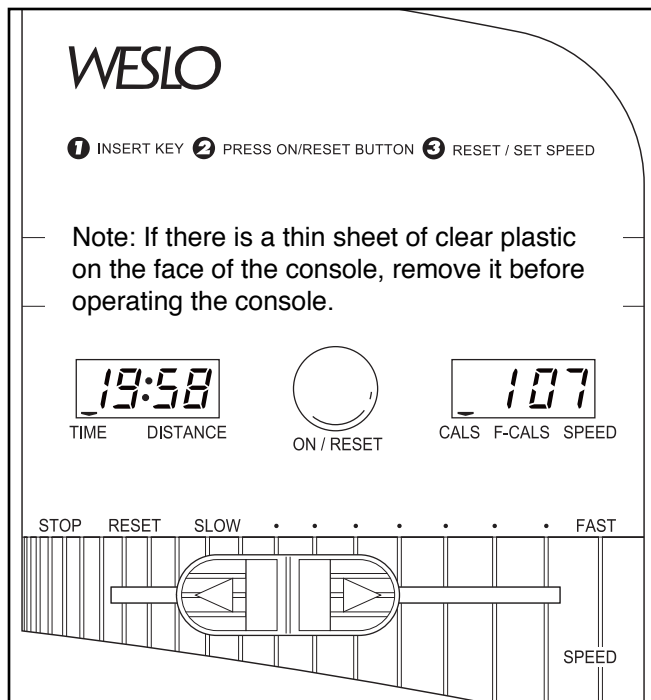
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if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



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console is designed to make your workouts more enjoyable and effective. As you exercise, the integral color TV will show your favorite television programs while the LCD displays show the elapsed time, the distance you have walked, the approximate numbers of calories and fat calories you have burned, and the speed of the walking belt.

To operate the treadmill, follow the instructions at the right.

To operate the color TV, follow the instructions beginning on page 12. **IMPORTANT: For the television to operate properly, an antenna, a CATV cable, or a VCR must be connected to the 75 ohm antenna terminal on the treadmill.**

If you are using an antenna, it must be properly connected and adjusted. Refer to ANTENNA CONNECTIONS on pages 12 and 13 to properly connect an antenna.

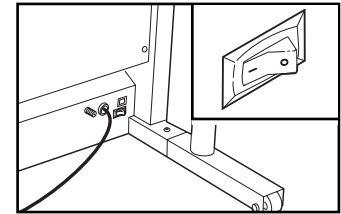
If you are using a CATV cable, refer to CATV CABLE CONNECTION on page 13 to connect the cable.

If you are using a VCR, refer to HOW TO CONNECT A VCR on page 17 to properly connect the VCR.

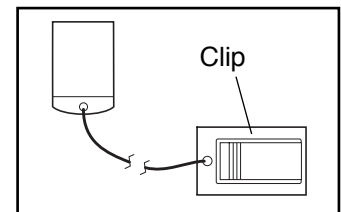
STEP-BY-STEP CONSOLE OPERATION

Note: The console requires two "AA" batteries (not included). If you have not installed batteries, see assembly step 6 on page 8.

Locate the on/off switch near the power cord. Make sure that the on/off switch is in the on position. In addition, make sure that the power cord is properly plugged in (see HOW TO PLUG IN THE POWER CORD on page 9).



When you are ready to begin exercising, step onto the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothing.



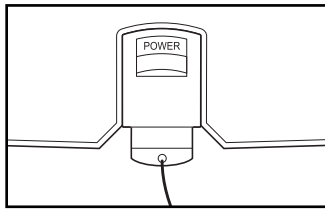
Follow the steps on page 11 to operate the console.

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

- Do not stand on the walking belt when turning on the power or starting the walking belt.
- Always wear the clip (see the drawing above) while using the treadmill. When the key is pulled from the console, the walking belt will stop.
- The treadmill is capable of high speeds. Adjust the speed in small increments.
- Never leave the treadmill unattended while it is running.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.

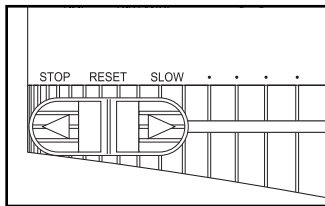
1 Insert the key into the console.

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



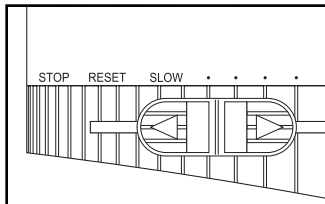
2 Reset the speed control.

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.**



3 Start the walking belt.

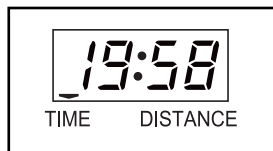
After you have moved the speed control to the RESET position, slowly slide it to the right until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control.



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

4 Monitor your progress with the LCD displays.

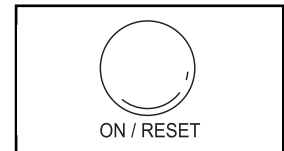
TIME/DISTANCE display—This display shows the elapsed time and distance that you have walked or run, in miles. Every seven seconds, the display will change from one number to the other. Arrows in the display will show which number is currently shown.



CALS/FAT CALS/SPEED display—This display shows the approximate numbers of calories and fat calories you have burned. (See FAT BURNING on page 22.) In addition, the display shows the speed of the walking belt, in miles per hour. Every seven seconds, the display will change. Arrows in the display will indicate which information is currently shown.



To reset the displays at any time, press the ON/RESET button.



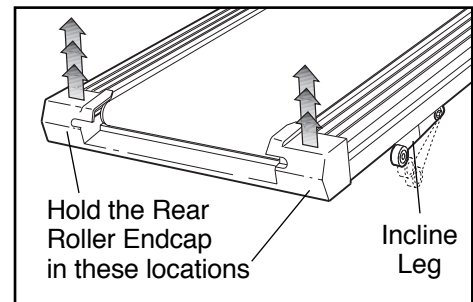
5 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, stop the walking belt, and remove the key from the console. The displays will turn off about five minutes after the key is removed. **Note: Any time that the walking belt is stopped and the ON/RESET button is not pressed for five minutes, the displays will automatically turn off in order to conserve the batteries.**

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.**

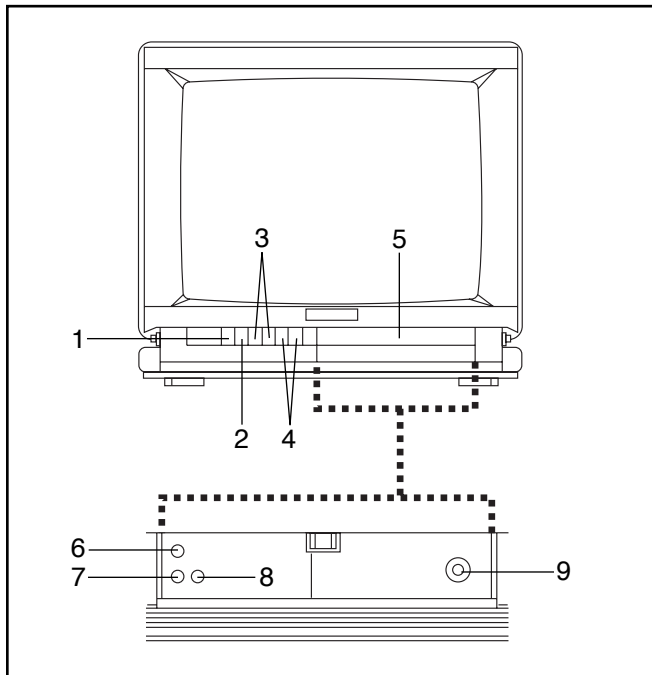
Hold the rear roller endcap with both hands. When the back end of the treadmill is in the lowest position, the incline is about 10%.



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 7%. Raise the back end again until it clicks into position. The incline will then be about 3%. To lower the back end, 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.**

TELEVISION OPERATION

DIAGRAM OF THE TELEVISION



1. Power indicator (Note: The power indicator will remain on whenever the on/off switch is on.)
2. POWER button
3. CHANNEL Δ and ∇ buttons
4. VOLUME + and - buttons
5. Compartment door (**IMPORTANT: The treadmill and TV, like any other electronic equipment, can be damaged by static electricity. Before touching the controls behind the compartment door, touch one of the treadmill handrails to discharge static electricity.**)
6. TV/CATV button
7. TV/AV button
8. Pop-up MENU button
9. Earphone Jack

FEATURES OF THE TELEVISION

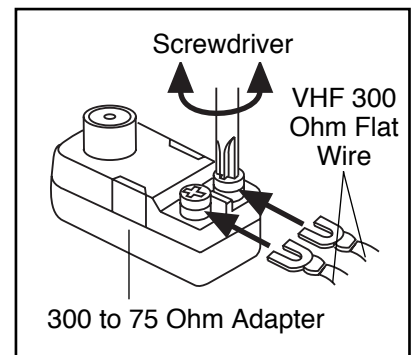
- Blackstripe picture tube
- 181 cable-ready channels (68 standard TV channels and 113 cable channels)
- Full-featured on-screen display
- User-friendly menu-driven TV controls
- Video and audio input jacks
- Real time clock with one on-timer and one off-timer
- Mono audio
- Earphone jack
- LED power indicator
- Auto memory and auto search for TV channel
- Automatically skips unavailable channels in your area

Note: If desired, the TV can be viewed without the treadmill being used. Make sure that the on/off switch located near the power cord is in the "on" position. (See the drawing near the top of page 10.)

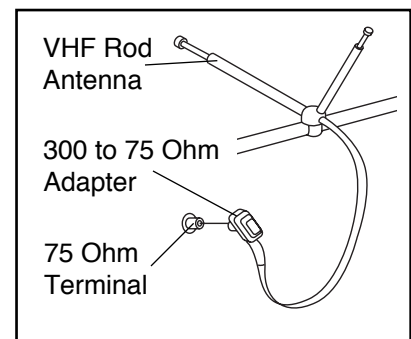
ANTENNA CONNECTIONS

Indoor Antenna

1. Place the VHF antenna in the desired location. Connect the 300 ohm flat wire to the screws on the 300 ohm to 75 ohm adapter.

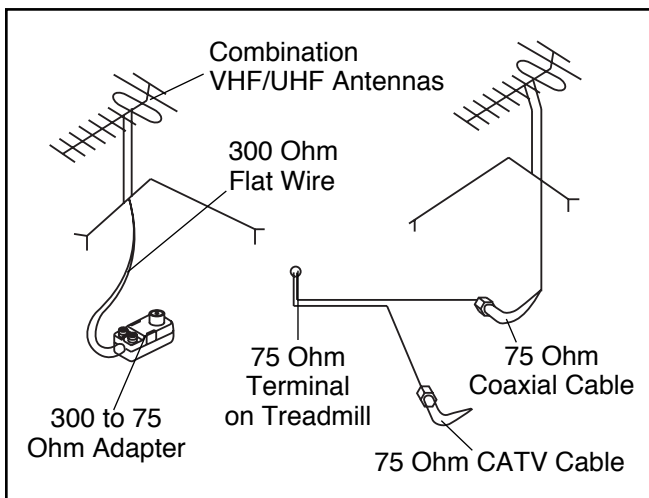


2. Connect the 300 to 75 ohm adapter to the 75 ohm antenna terminal on the treadmill. (See assembly drawing 5 on page 8 to find the location of the terminal.)



Outdoor Antenna

Outdoor antennas are subject to weathering that can reduce signal quality. Inspect the antenna and lead-in wiring before connecting the antenna. Any service center can explain the various outdoor antennas available.



300 Ohm Flat Wire

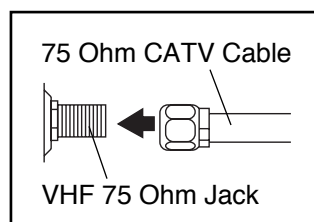
1. Refer to the drawing above. Connect the 300 ohm flat wire to the 300 ohm to 75 ohm adapter.
2. Push the end of the 300 ohm to 75 ohm adapter into the 75 ohm antenna terminal on the treadmill. (See assembly drawing 5 on page 8 to find the location of the terminal.)

75 Ohm Coaxial Cable

Refer to the drawing above. Connect the 75 ohm coaxial cable directly to the 75 ohm antenna terminal. (See assembly drawing 5 on page 8 to find the location of the terminal.)

CATV CABLE CONNECTION

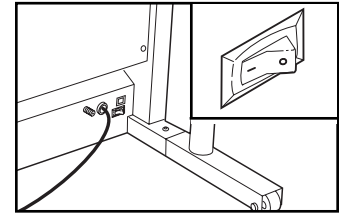
1. Remove the VHF 300 to 75 ohm adapter or the VHF cable from the antenna terminal. (See assembly drawing 5 on page 8 to find the location of the terminal.)
2. Connect the CATV cable (75 ohm coaxial cable) to the 75 ohm antenna terminal on the treadmill.



BASIC TV OPERATION

Read the important precautions on pages 3 to 5 of this manual.

Before operating the TV, make sure that the on/off switch located near the power cord is in the "on" position. In addition, make sure that the power cord is properly plugged in (see page 9).



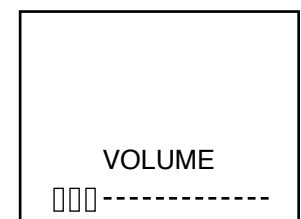
Turning on the Power

To turn on the TV, press the POWER button on the TV.

Volume Control

To adjust the volume to the desired level, press the VOLUME + or - button.

The sound level will be shown by a bar on the TV screen. As the sound level is increased, the bar will move to the right. As the sound level is decreased, the bar will move to the left. Note: If no broadcasting signal is received, the sound will be muted and the volume control will be disabled.



Skip Mode

Press the CHANNEL Δ or ∇ button to select memorized channels, skipping over empty channels. Hold down the CHANNEL Δ or ∇ button to change channels continuously. Note: If no channels are memorized, the TV will switch to the SEARCH mode.

Search Mode

Press the CHANNEL Δ or ∇ button to search for the next available channel. Hold down the CHANNEL Δ or ∇ button to search through all available channels.

Note: Before selecting channels with the CHANNEL Δ or ∇ button, the channels must be set into the TV's memory. See MEMORIZING CHANNELS on page 14.

CHANNEL PROGRAMMING

Memorizing Channels

The TV is equipped with a channel memorizing function that allows you to step up or down from the current channel to the next channel set into memory. Before channels can be selected in this way, they must be set into the TV's memory. **Note: When programming channels, if no buttons are pressed for four seconds, the TV will return to the normal screen.**

Automatic Memory Tuning

1. Press the MENU button to turn on the pop-up menu in the TV mode or CATV mode. Press the MENU button again to select CH MEMORY (channel memory).

```
▷ CH MEMORY
  ANALOG
  CLOCK/TIMER
```

2. Press the MENU button again to select AUTO MEMORY.

```
▷ AUTO MEMORY
  SEARCH/SKIP
  MEMORY ADD
    •ERASE
  TV/CATV
```

3. Press the + button to start AUTO MEMORY. The TV will begin setting into memory all the channels available in your area. When no broadcast signal is detected on a channel, the channel is erased from memory. When a signal is detected, the channel is stored in memory and the next channel is selected.

```
TV           07
```

```
AUTO MEMORY
START [+]
```

This process will be repeated until the highest channel is reached. It then stops at the lowest channel stored in memory, and returns to a normal screen after four seconds. The TV will then be in the SKIP mode.

```
TV           07
```

```
AUTO MEMORY
END
```

Erasing Channels

After all channels available in your area have been set into memory, you can erase unwanted channels by following the steps below:

1. Select the unwanted channel by using the CHANNEL Δ and ∇ button.

2. Press the MENU button to turn on the pop-up menu. Press the MENU button again to select CH MEMORY.

```
▷ CH MEMORY
  ANALOG
  CLOCK/TIMER
```

3. Press the + or – button to move the arrow to MEMORY ADD•ERASE. Select MEMORY ADD•ERASE by pressing the MENU button.

```
AUTO MEMORY
SEARCH/SKIP
▷ MEMORY ADD
  •ERASE
  TV/CATV
```

4. Press the – button to erase the stored channel from memory. The channel number will change from green to red.

```
TV           07
CHANNEL MEMORY
END           ERASE
[+]          [-]
```

Adding Channels

Channels that are not in memory can be stored manually. To manually store a channel, follow the steps above, but press the + button when MEMORY ADD•ERASE is selected. The channel will be stored in memory, and the channel number will change from red to green.

Manually Searching for and Storing Channels

1. Press the MENU button to turn on the pop-up menu. Press the MENU button again to select CH MEMORY.

▷ CH MEMORY
ANALOG
CLOCK/TIMER

2. Press the + or – button to move the arrow to SEARCH/SKIP. Select SEARCH/SKIP by pressing the MENU button.

AUTO MEMORY
▷ SEARCH/SKIP
MEMORY ADD
•ERASE
TV/CATV

3. Press the – button to select the SEARCH mode. The TV will return to the normal screen after four seconds.

CHANNEL UP/DOWN
SKIP : [+]
SEARCH : [–]

4. Press the CHANNEL Δ or ∇ button to start searching. It will stop whenever an available channel is found.

5. If you do not want to store the channel in memory, press the CHANNEL Δ or ∇ button again. To store the channel in memory, refer to ADDING CHANNELS at the left.

6. Until all desired channels have been stored, return to SEARCH/SKIP as described above and press the + button to return to the SKIP mode.

CABLE TV (CATV) OPERATION

In addition to normal broadcast reception, the TV is equipped to receive up to 125 cable channels (113 and 12 TV channels). To use the TV with a cable TV system, following the steps below.

1. Press the MENU button to turn on the pop up menu. Press the MENU button again to select CH MEMORY.

▷ CH MEMORY
ANALOG
CLOCK/TIMER

2. Press the + or – button to move the arrow to TV/CATV. Select TV/CATV by pressing the MENU button.

AUTO MEMORY
SEARCH/SKIP
MEMORY ADD
•ERASE
▷ TV/CATV

3. Press the MENU button to cycle through the four channel modes: (1) TV; (2) STD (Standard) for cable TV mode; (3) HRC (Harmonic Related Carrier) for cable TV subscriber; (4) IRC (Incremental Related Carrier) for cable TV subscriber.

TV 07

Once the appropriate cable TV mode is selected, the screen will return to normal after two seconds. Note: Consult your cable company if you are not sure which system you are using, or try different systems to obtain the maximum number of channels.

To toggle between the TV mode and the cable TV mode, press the TV/CATV button on the TV.

To memorize cable TV channels, refer to CHANNEL PROGRAMMING on page 14.

CATV Channel Reference Table

Use the table below to find which CATV channel your TV is displaying. The top row (in **bold**) represents the channel number shown on the TV screen; the bottom row represents the corresponding CATV channel.

1, 2 6 13, 14 26 36, 37 50 65, 5A, 2 6 13, A M W, W+1 . . W+14 . . W+29,
66 75 86 94, 95 99, 100 112 125 W+30 . . W+39 . . W+50 . . W+58, A-5 . . A-1, W+59 . . W+71 . . W+84

PICTURE LEVEL ADJUSTMENTS

Picture level controls are preset to nominal levels. If desired, you can individually adjust the contrast, brightness, color, or tint by following the steps below.

1. Press the MENU button to turn on the pop-up menu.

```

▶ CH MEMORY
  ANALOG
  CLOCK/TIMER
    
```

2. Press the + or – button to move the arrow to ANALOG.

```

  CH MEMORY
▶ ANALOG
  CLOCK/TIMER
    
```

3. Press the MENU button to select CONTRAST, BRIGHTNESS, COLOR, or TINT.

```

          CONTRAST
    █ █ █ -----
    
```

4. Press the + or – button to adjust the level.

SELECTING VIDEO INPUT

Press the TV/AV button on the TV to toggle between TV and VIDEO input.

USING THE RECORDING TIMER

Your TV has the capability to turn on, switch to a channel for recording, and then turn off again—all automatically. Follow the instructions below to use this feature.

Note: When setting the clock, the on timer, or the off timer, if no buttons are pressed for four seconds, the TV will return to the normal screen.

Setting the Clock

1. Press the MENU button to turn on the pop-up menu.

```

▶ CH MEMORY
  ANALOG
  CLOCK/TIMER
    
```

2. Press the + or – button to move the arrow to CLOCK/TIMER.

```

  CH MEMORY
  ANALOG
▶ CLOCK/TIMER
    
```

3. Press the MENU button to turn on the setting menu.

```

▶ CLOCK AM 12:00
  ON TIME
      AM 12:00 OFF
ON CH 02   TV
  OFF TIME
      AM 12:00 OFF
    
```

2. Press the + or – button to set the clock to the correct time.

Setting the On Timer

1. After the clock has been set, press the MENU button to select ON TIME.

```

  CLOCK AM 12:00
▶ ON TIME
      AM 12:00 OFF
ON CH 02   TV
  OFF TIME
      AM 12:00 OFF
    
```

2. Press the + or – button to set the time that you want the TV to turn on.

Setting the Channel to be Recorded

1. After the on timer has been set, press the MENU button repeatedly to select ON CH (on channel).

```
CLOCK AM 12:00
ON TIME
      AM 12:00 OFF
▷ ON CH 02   TV
OFF TIME
      AM 12:00 OFF
```

2. Press the + button to cycle through the channels until the desired channel is selected.
3. Press the – button to cycle through the four channel modes: (1) TV, (2) STD, (3) HRC, (4) IRC.

After the channel has been set, press the MENU button to select the on/off setting mode of the on timer. Pressing the + or – button at this point will change the display to “ON,” reset the seconds of the on timer, and start the count.

Setting the Off Timer

1. After a channel has been set, press the MENU button repeatedly to select OFF TIME.

```
CLOCK AM 12:00
ON TIME
      AM 12:00 OFF
ON CH 02   TV
▷ OFF TIME
      AM 12:00 OFF
```

2. Press the + or – button to set the time that you want the TV to turn off.

After the channel has been set, pressing the MENU button will select the on/off setting mode of the off timer. Pressing the + or – button at this point will change the display to “ON,” reset the seconds of the off timer, and start the count.

USING THE MENU FUNCTION

When the menu is used, pressing the MENU button will display a menu that allows selection of channel memory, the clock, the on timer, the off timer, or picture level controls. When the MENU button is pressed, the display will be as shown below.

```
▷ CH MEMORY
ANALOG
CLOCK/TIMER
```

TV Mode

```
▷ ANALOG
CLOCK/TIMER
```

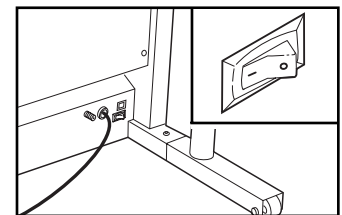
Video Mode

HOW TO CONNECT A VCR

Follow the steps below to connect your VCR (not included) to the treadmill. A CATV cable (75 ohm coaxial cable) at least nine feet long is required.

1. Connect one end of the CATV cable to the video output jack on the VCR.
2. Plug in the power cord of the VCR. Refer to your VCR user’s manual for proper grounding instructions.
3. Connect the CATV cable to the 75 ohm antenna terminal on the treadmill. (See assembly drawing 5 on page 8 to find the location of the terminal.)

To operate the VCR with the TV, make sure that the on/off switch located near the power cord is in the “on” position, and that the power cord is properly plugged in (see page 9).



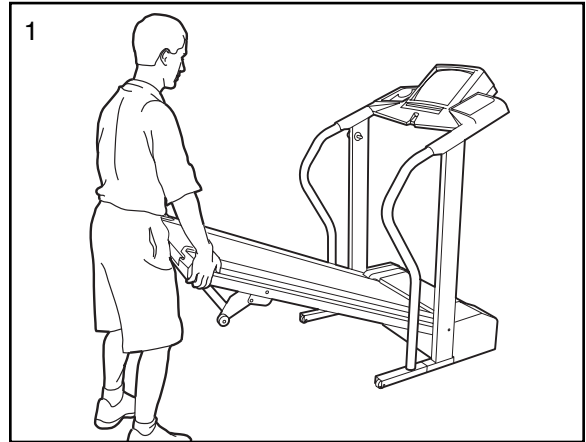
To turn on the TV, press the POWER button on the TV. Make sure that the TV is on channel 3 or 4. Note: When the treadmill is not in use, you may want to leave the surge protector plugged in. Each time the power cord is unplugged, the TV must go through an automatic channel resetting routine when the power is turned on again.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

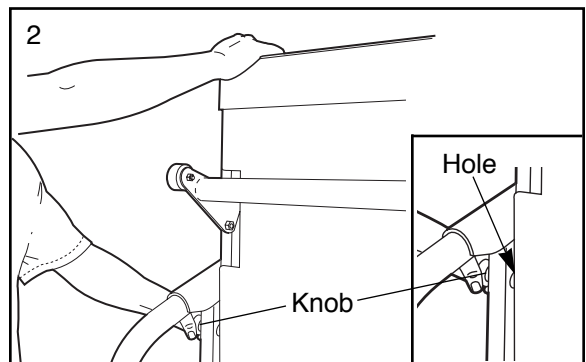
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

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. Hold the lock knob with your left hand and pull it to the left. Position the treadmill until the hole in the side of the treadmill lines up with the lock pin. Slowly release the lock knob. **Make sure that the pin on the lock knob is fully insert into the hole in the frame.**

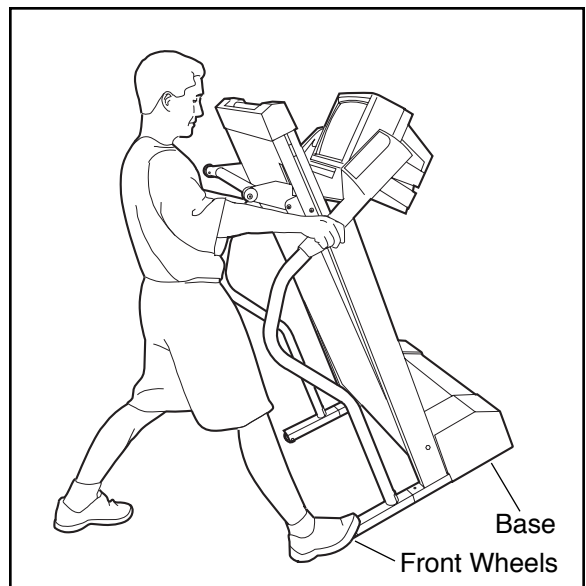
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the pin on the lock knob is holding the treadmill frame securely.**

1. Hold the handrails as shown and place one foot against a wheel.
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

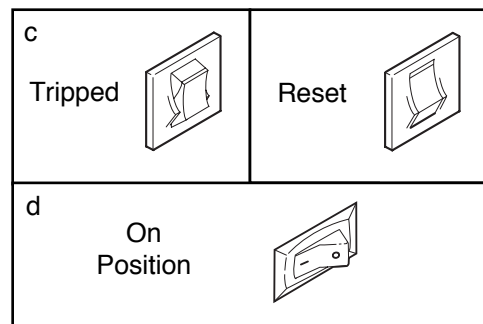
1. Refer to drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the lock knob to the left and hold it. Pivot the treadmill down until the frame is past the pin on the lock knob.
2. Refer to drawing 1 above. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

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:**
- 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 9.) Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
 - After the power cord has been plugged in, make sure that the key is fully inserted into the console.
 - 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.
 - Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.



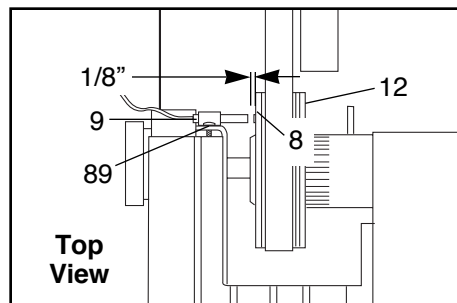
PROBLEM: The power turns off during use

- SOLUTION:**
- Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
 - Make sure that the power cord is plugged in.
 - Remove the key from the console. Reinsert the key fully into the console.
 - Make sure that the on/off switch is in the on position.
 - 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 assembly step 6 on page 8. Most problems are the result of drained batteries.

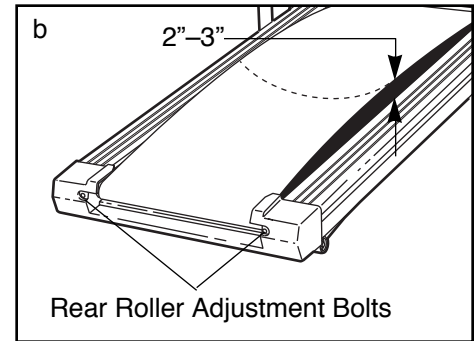
- a. Remove the key from the console and **unplug the power cord**. Remove the screws from the hood and carefully remove the hood. Locate the Reed Switch (9) and the Magnet (8) on the left side of the Pulley (12). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (39) 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 UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

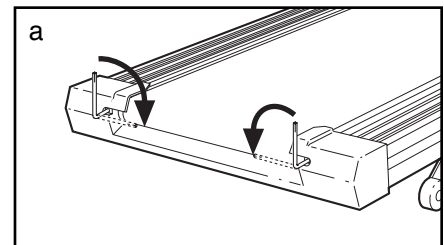
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened,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



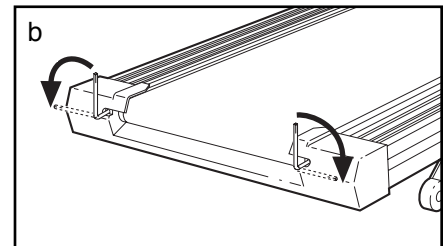
c. If the walking belt still slows, please call our Customer Service Department, toll-free.

PROBLEM: The walking belt is off-center

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.

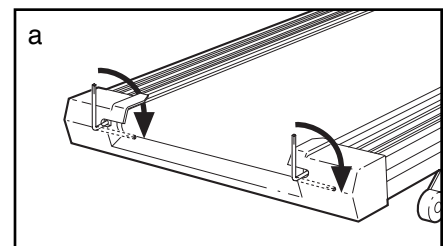


b. **If the walking belt has shifted to the right**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power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



PROBLEM: The walking belt slips when walked on

SOLUTION: a. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller 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 carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: TV reception is poor

SOLUTION: a. For the television to operate properly, good reception is necessary. If you are using an antenna, make sure that it is properly connected and that it is adjusted for optimal reception. (See ANTENNA CONNECTIONS on page 12.)

b. Check for the problems listed below and follow the applicable instructions.

- Ignition (black spots or horizontal streaks that appear or a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of the treadmill or other electric appliances to correct the problem.
- Ghosts—Ghosts are caused by the television signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects. Change the direction or position of the antenna to improve reception.
- Snow—If the TV is located in the fringe area of a television station where the signal is weak, the picture may be marred by the appearance of small dots. If the signal is weak, it may be necessary to install an external antenna to improve the picture.
- Picture Size Variation: A slight picture size variation is normal when you adjust the CONTRAST or BRIGHTNESS control.

Note: If one of these symptoms appears when the cable from a CATV company is connected, the symptom may be caused by the local company broadcast.

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. The chart below shows recommended heart rates for fat burning and aerobic exercise.

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	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 define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

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 and incline of the treadmill.

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 lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-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.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help 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.

PART LIST—Model No. WLTL62790

R1099A

To locate the parts listed below, refer to the EXPLODED DRAWING attached in the center of this manual.

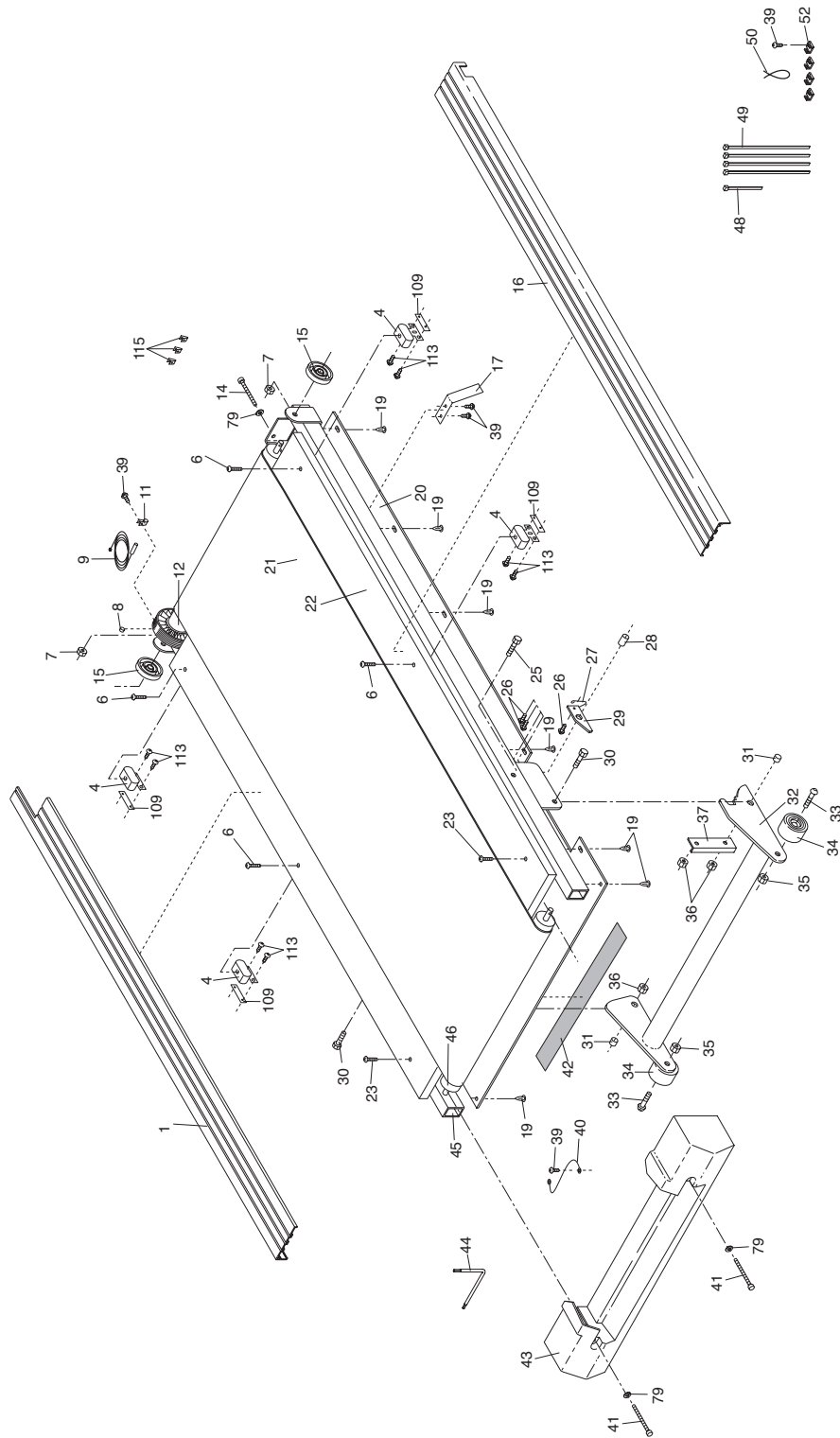
Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Foot Rail	45	1	Frame	94	1	Motor Tension Bolt
2	6	Hood Screw	46	1	Rear Roller	95	1	Motor Tension Washer
3	3	Plastic Washer	47	1	Left Extension Leg	96	1	Motor Tension Star Washer
4	4	Isolator	48	1	4" Cable Tie	97	1	Key Switch
5	8	Isolator Screw	49	4	8" Cable Tie	98	1	Battery Cover
6	4	Platform Screw	50	1	Releasable Tie	99	1	Motor Belt
7	2	Frame Pivot Nut	51	1	Tie Screw	100	1	Shock
8	1	Magnet	52	1	Cable Tie Clamp	101	1	Right Extension Leg
9	1	Reed Switch/Sensor Wire	53	2	Handrail	102	1	Controller
			54	1	Lock Knob	103	1	Motor Belly Pan
10	1	Reed Switch Screw	55	1	Lock Knob Sleeve	104	1	Motor Pivot Nut
11	1	Reed Switch Clip	56	1	Spring	105	1	Speed Potentiometer
12	1	Front Pulley/Roller	57	1	Lock Pin Collar	106	1	Speed Control Knob
13	1	Console	58	1	Pin Clip	107	4	Base Pad
14	1	Front Roller Adj. Washer	59	1	Lock Pin	108	2	Motor Belly Pan Screw
			60	1	Wire Harness	109	4	Isolator Spacer
15	2	Frame Pivot Spacer	61	1	Upright Base	110	1	Plastic Sleeve
16	1	Right Frame Rail	62	4	TV Bracket Nut	111	2	Plastic Spacer
17	2	Belt Guide	63	1	TV Bracket	112	4	1 1/2" Screw
18	2	Long Extension Leg Screw	64	4	TV Bracket Bolt	113	8	Isolator Screw
			65	4	TV Screw	114	1	TV Cable
19	14	Belly Pan Fastener	66	4	Console Base Screw	115	3	Wire Clip
20	1	Belly Pan	67	1	Key/Clip	116*	1	Left Extension Leg Assembly
21	1	Walking Belt	68	1	Console Base	117*	1	Right Extension Leg Assembly
22	1	Walking Platform	69	1	TV	#	1	8" Blue Wire, M/F
23	2	Rear Platform Screw	70	1	Console Base Plate	#	1	4" Red Wire, M/F
24	2	Ratchet Screw	71	8	Base Plate Screw	#	1	6" White Wire
25	1	Ratchet Pivot Bolt	72	13	Small Screw	#	1	6" Black Wire
26	3	Ratchet Screw	73	1	Motor Hood	#	1	4" Black Wire, 2F
27	1	Ratchet Spring	74	1	Hood Shield	#	1	User's Manual
28	1	Incline Leg Spacer (long)	75	2	Frame Pivot Bolt			
			76	2	Frame Pivot Washer			
29	1	Ratchet	77	2	Handrail Screw			
30	2	Incline Leg Pivot Bolt	78	1	On/Off Switch			
31	2	Incline Leg Spacer (short)	79	11	Washer			
			80	2	Wheel Bolt			
32	1	Incline Leg	81	2	Wheel			
33	2	Incline Wheel Bolt	82	2	Wheel Nut			
34	2	Incline Wheel	83	1	Power Cord			
35	2	Incline Wheel Nut	84	2	Handrail Screw			
36	3	Wheel Nut	85	1	Grommet			
37	1	Incline Leg Plate	86	1	Choke			
38	2	Belly Pan Screw	87	1	Circuit Breaker			
39	12	Screw	88	3	Key Switch Screw			
40	1	Ground Wire	89	1	Motor Pivot Bolt			
41	2	Rear Roller Adj. Bolt	90*	1	Motor Assembly			
42	1	Warning Decal	91	1	Motor			
43	1	Rear Endcap	92	1	Pulley/Flywheel/Fan			
44	1	Allen Wrench	93	1	Motor Tension Nut			

* Includes all parts shown in the box

These parts are not illustrated

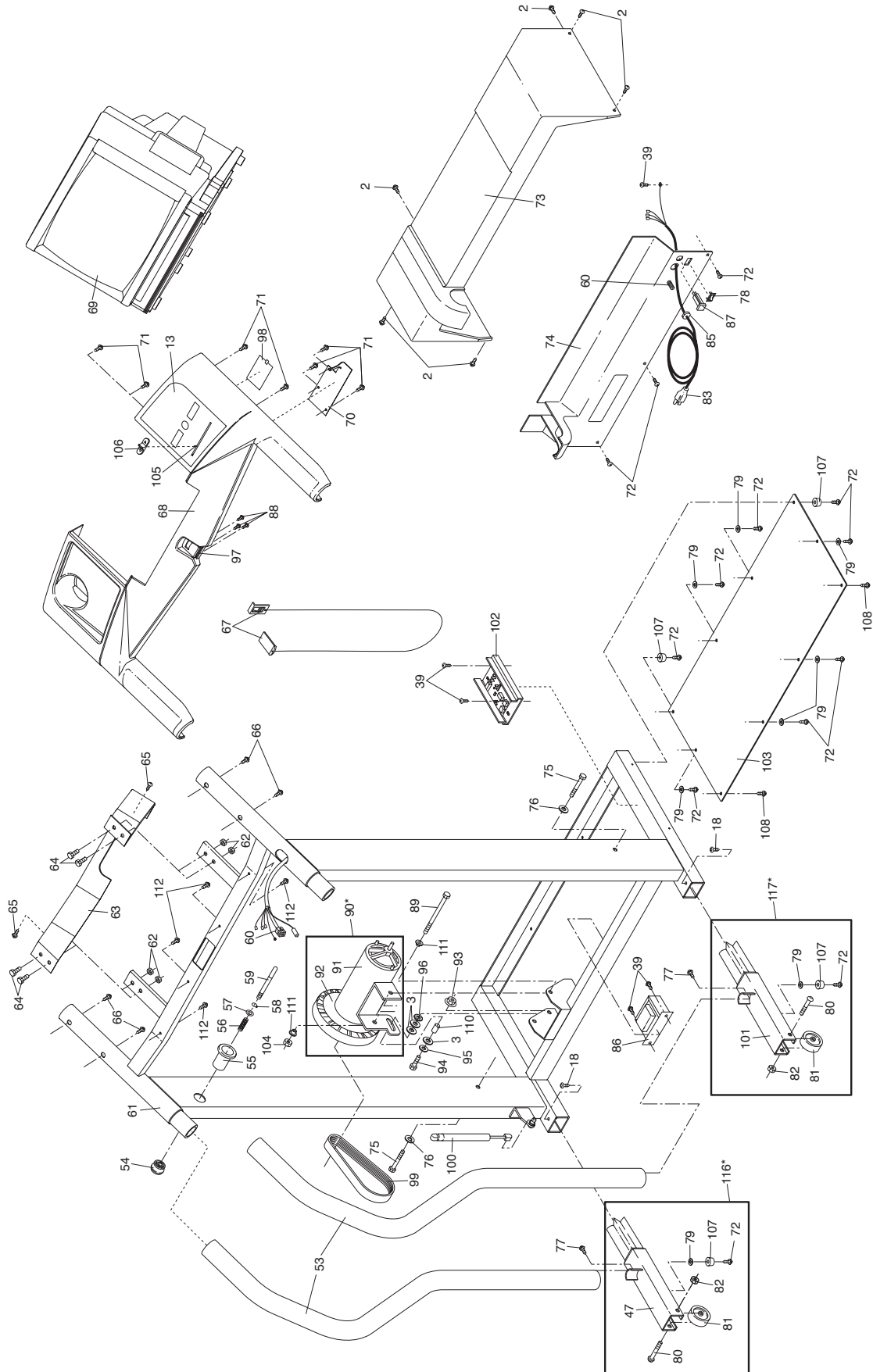
EXPLODED DRAWING—Model No. WLTL62790

R1099A



EXPLODED DRAWING—Model No. WLTL62790

R1099A



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 (WLT62790)
- The NAME OF THE PRODUCT (WESLO® CADENCE TV36 treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING attached in the center of this manual and the PART LIST on page 23).

If possible, place the treadmill near your telephone for easy reference when calling.

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