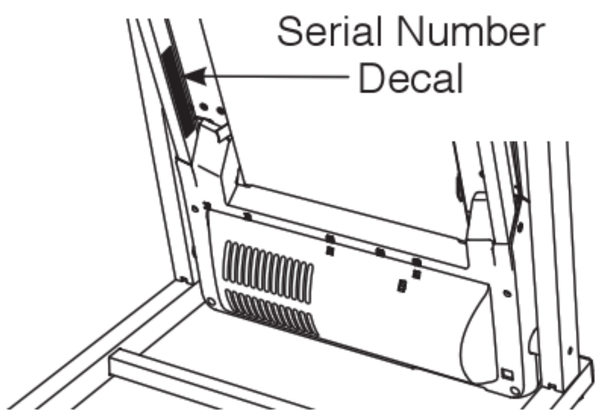
WESLO®
CADENCE G 5.9

www.weslo.com

Model No. WLTL29609.4
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

1-866-699-3756
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.wesloservice.com

⚠ CAUTION

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

USER'S MANUAL

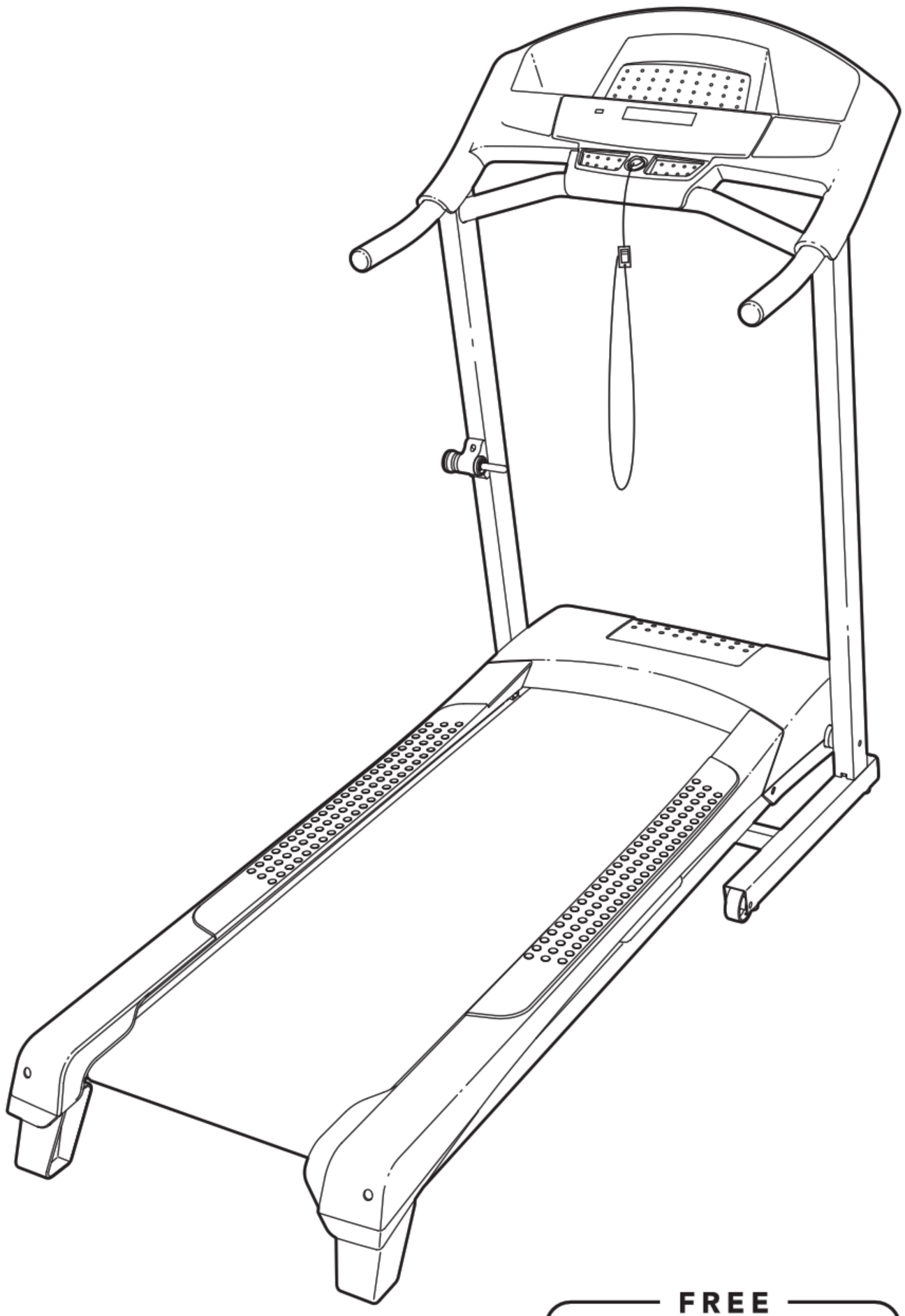


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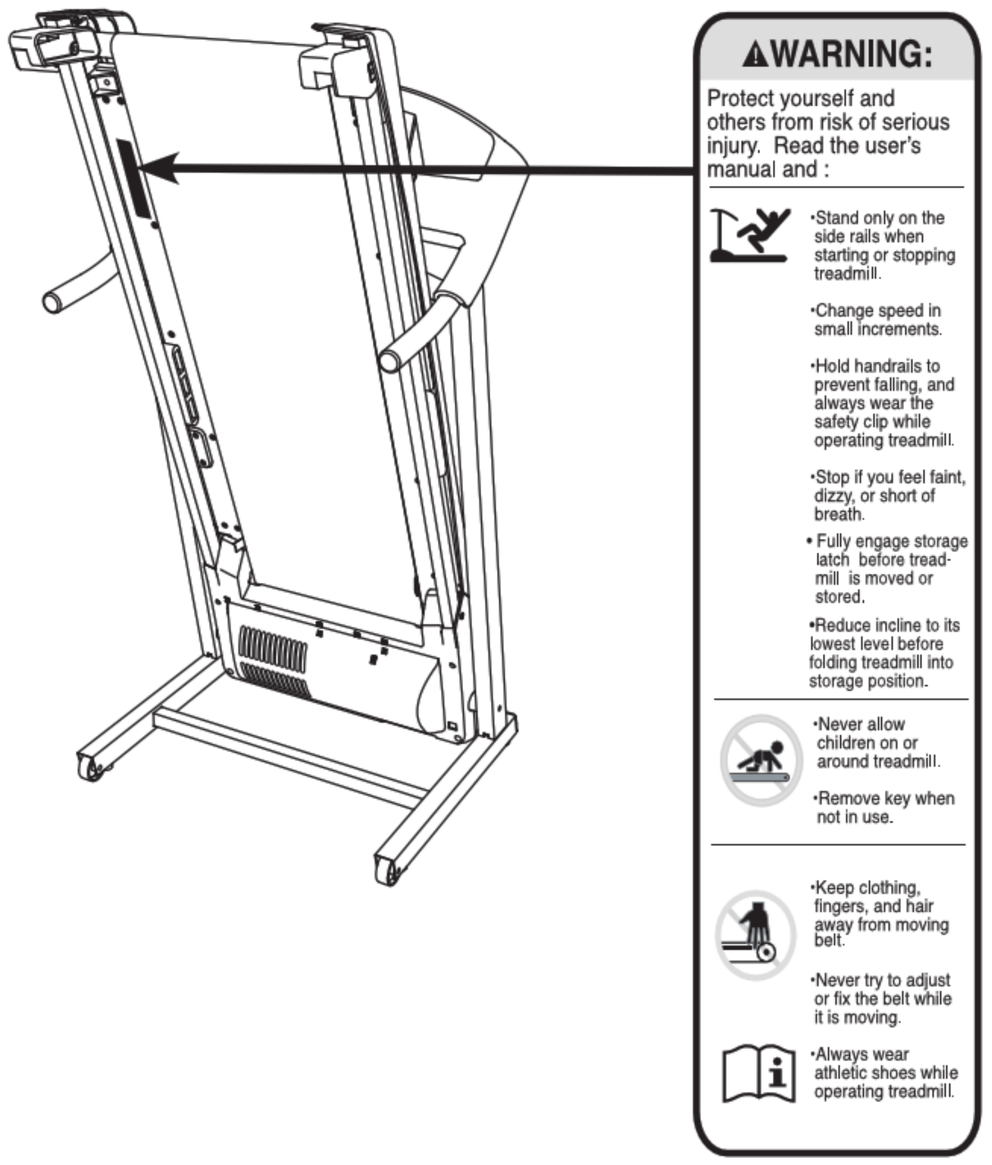
TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 5
ASSEMBLY 6
OPERATION AND ADJUSTMENT 9
HOW TO FOLD AND MOVE THE TREADMILL 15
TROUBLESHOOTING 16
EXERCISE GUIDELINES 19
PART LIST 20
EXPLODED DRAWING 21
ORDERING REPLACEMENT PARTS . . . . . Back Cover
LIMITED WARRANTY . . . . . Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



WESLO is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

3. Use the treadmill only as described.

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. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) 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.

6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

7. Keep children under age 12 and pets away from the treadmill at all times.

8. The treadmill should be used only by persons weighing 275 lbs. (125 kg) or less.

9. Never allow more than one person on the treadmill at a time.

10. Wear appropriate exercise clothes while 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.*

11. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 9). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.

12. Use only a surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, see your local WESLO dealer, call the telephone number on the front cover of this manual, or see your local electronics store.

13. 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 slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

14. Keep the power cord and the surge suppressor away from heated surfaces.

15. 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 TROUBLESHOOTING on page 16 if the treadmill is not working properly.)

16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 11).

17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

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

19. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

20. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 5 for the location of the power switch), and unplug the power cord when the treadmill is not in use.

21. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 6 and HOW TO FOLD AND MOVE THE TREADMILL on page 15.) You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.

22. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.

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

24. Never insert any object into any opening on the treadmill.

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

26. **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.

27. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

28. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

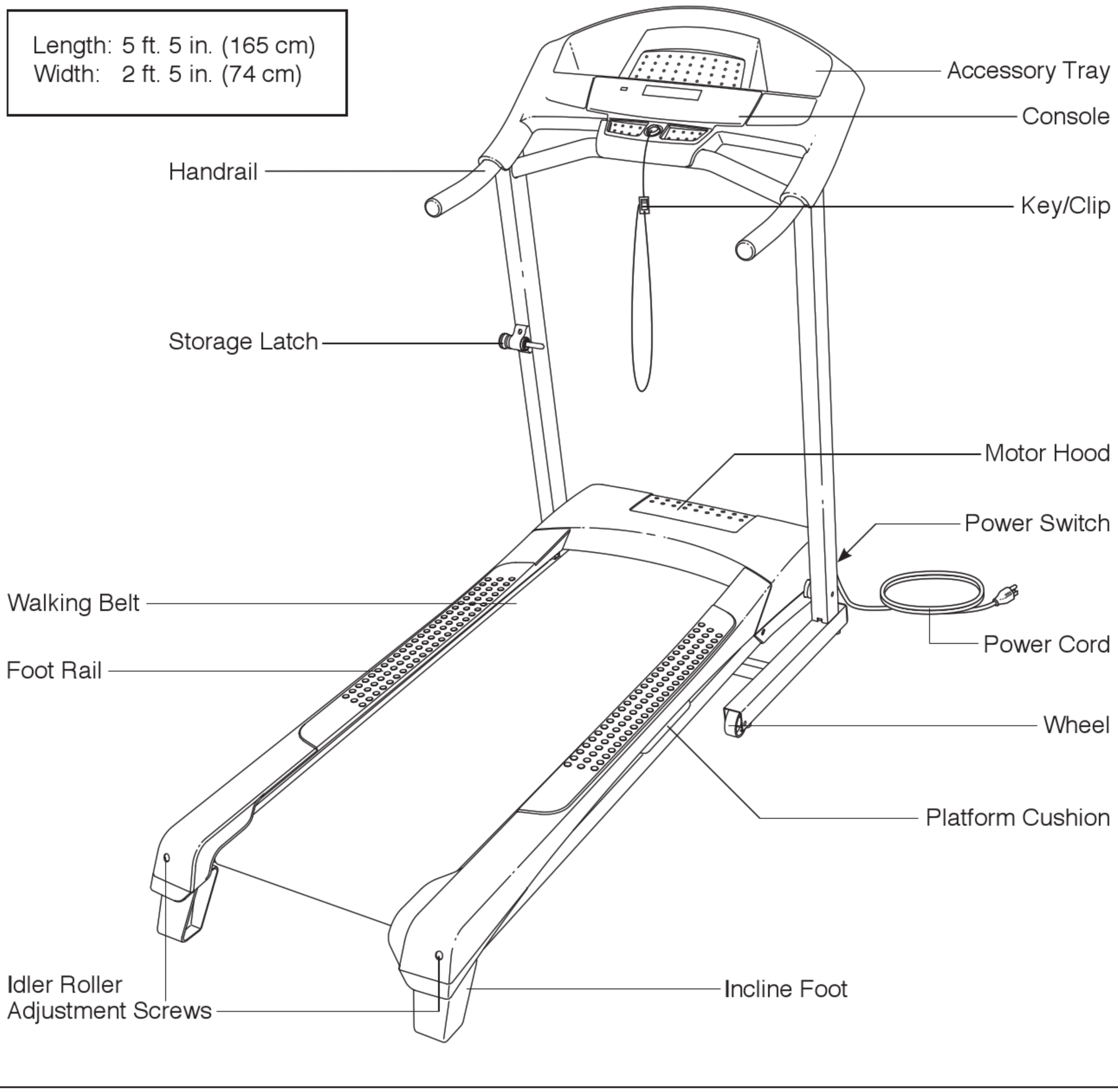
BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CADENCE G 5.9 treadmill. The CADENCE G 5.9 treadmill offers a selection of features designed to make your workouts at home more effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, 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 and the location of the serial number decal are shown on the front cover of this manual.

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

Length: 5 ft. 5 in. (165 cm)
Width: 2 ft. 5 in. (74 cm)

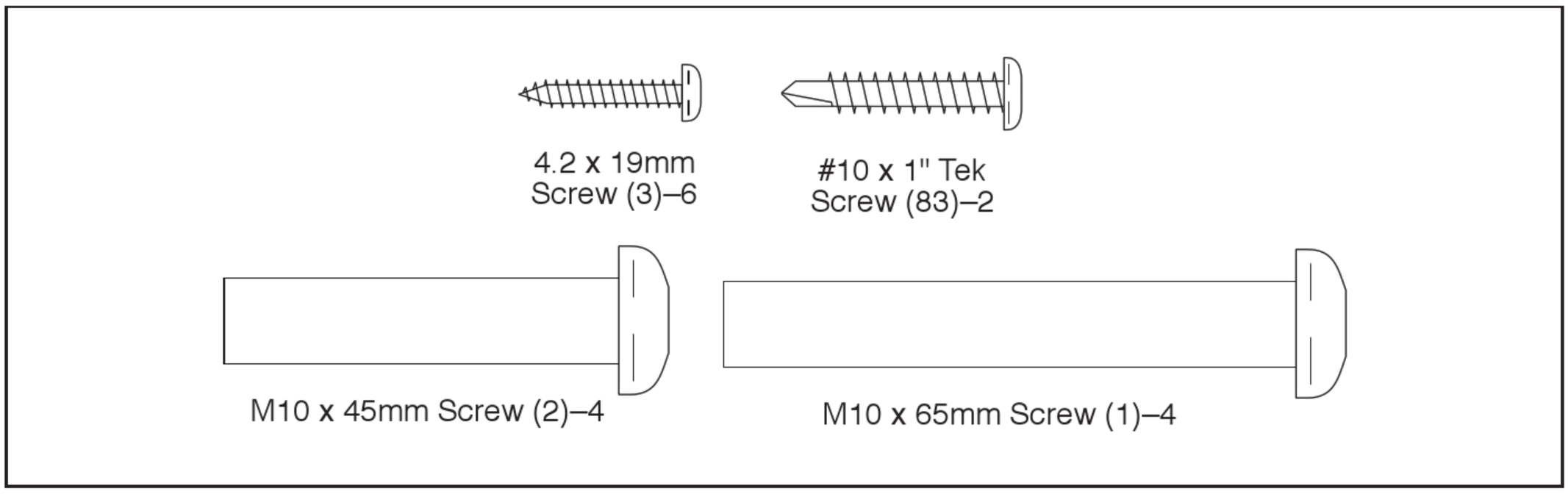


ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480. Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.** Note: After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, simply wipe it off with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys **and your own Phillips screwdriver** **and needle-nose pliers** **.**

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: Some parts may be preattached. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**

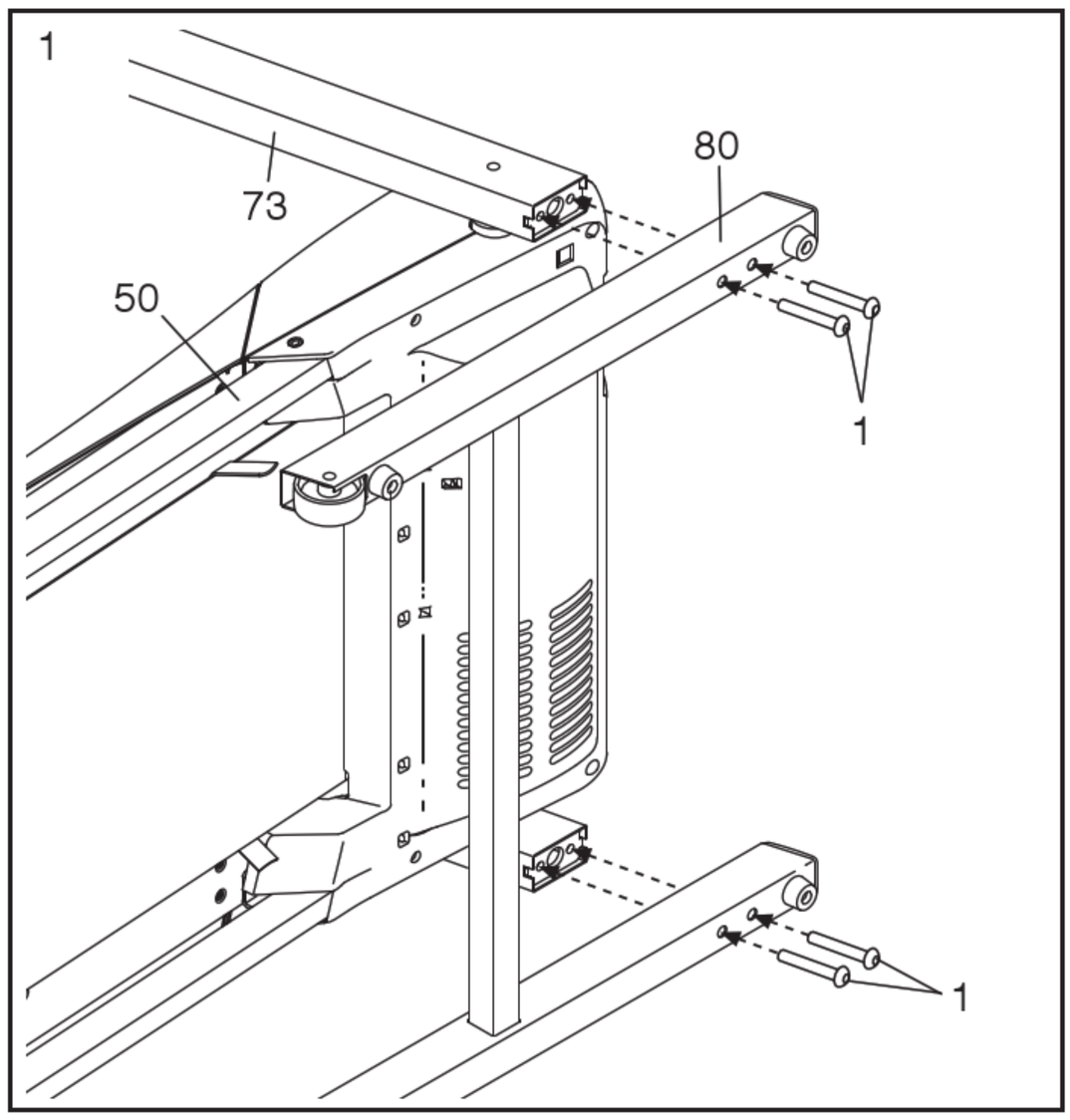


1. **Make sure that the power cord is unplugged.**

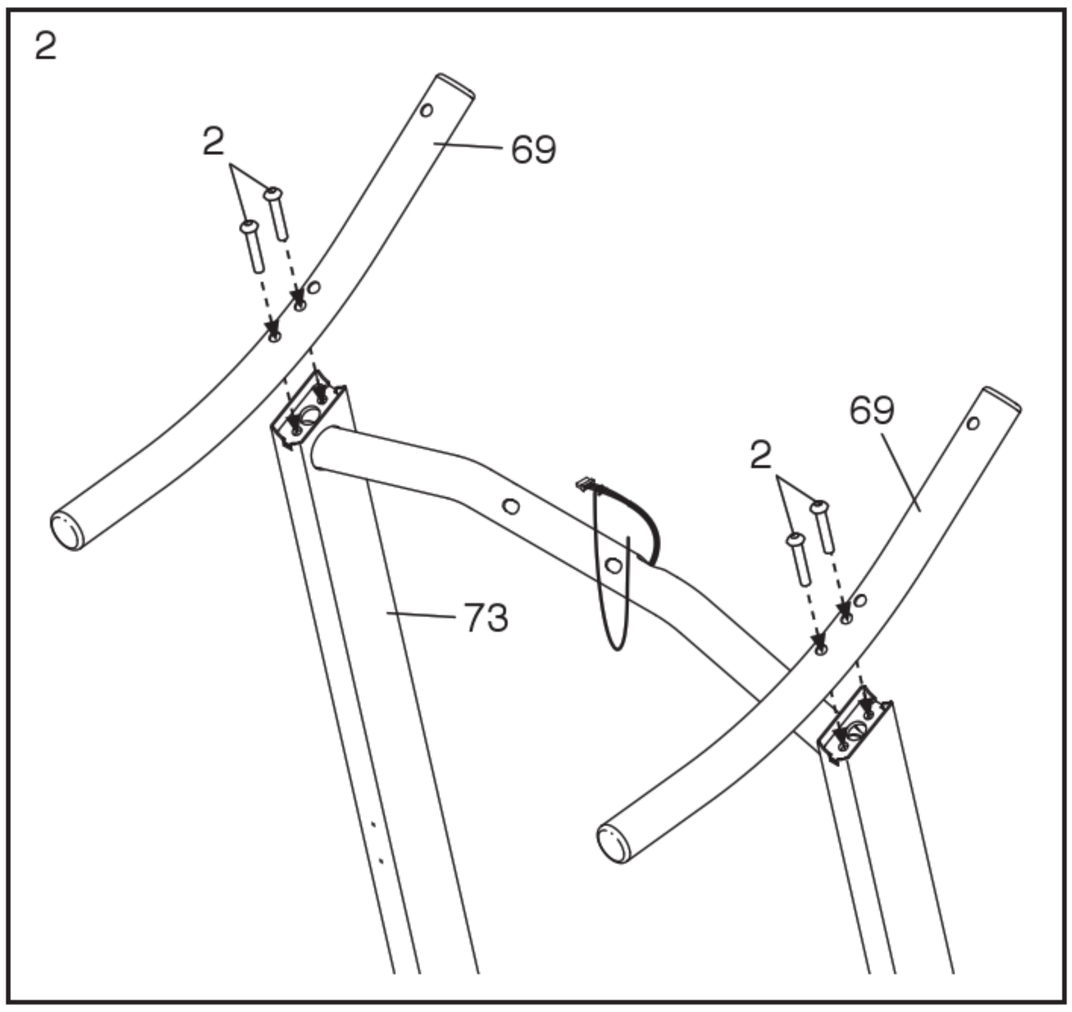
   With the help of a second person, carefully tip the treadmill onto its left side. Unfold the Frame (50) away from the Upright (73). Do not lean on the Upright.

   Orient the Base (80) as shown. Attach the Base to the Upright (73) with four M10 x 65mm Screws (1). **Start all four Screws, and then tighten them.**

   Raise the Upright (73), so that the Base (80) is flat on the floor.

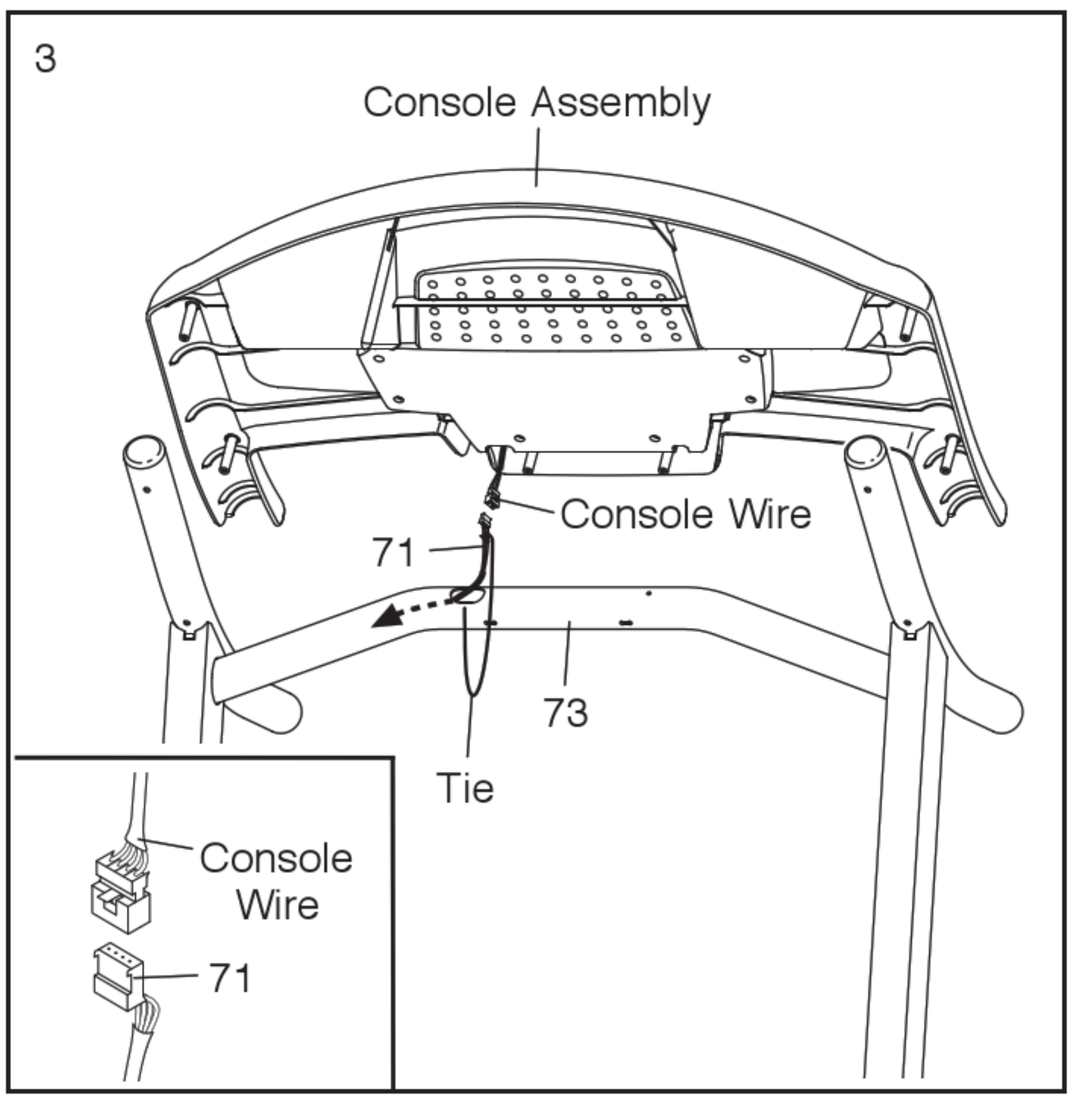


2. Attach the Handrails (69) to the Upright (73) with four M10 x 45mm Screws (2). **Start all four Screws, and then tighten them.**

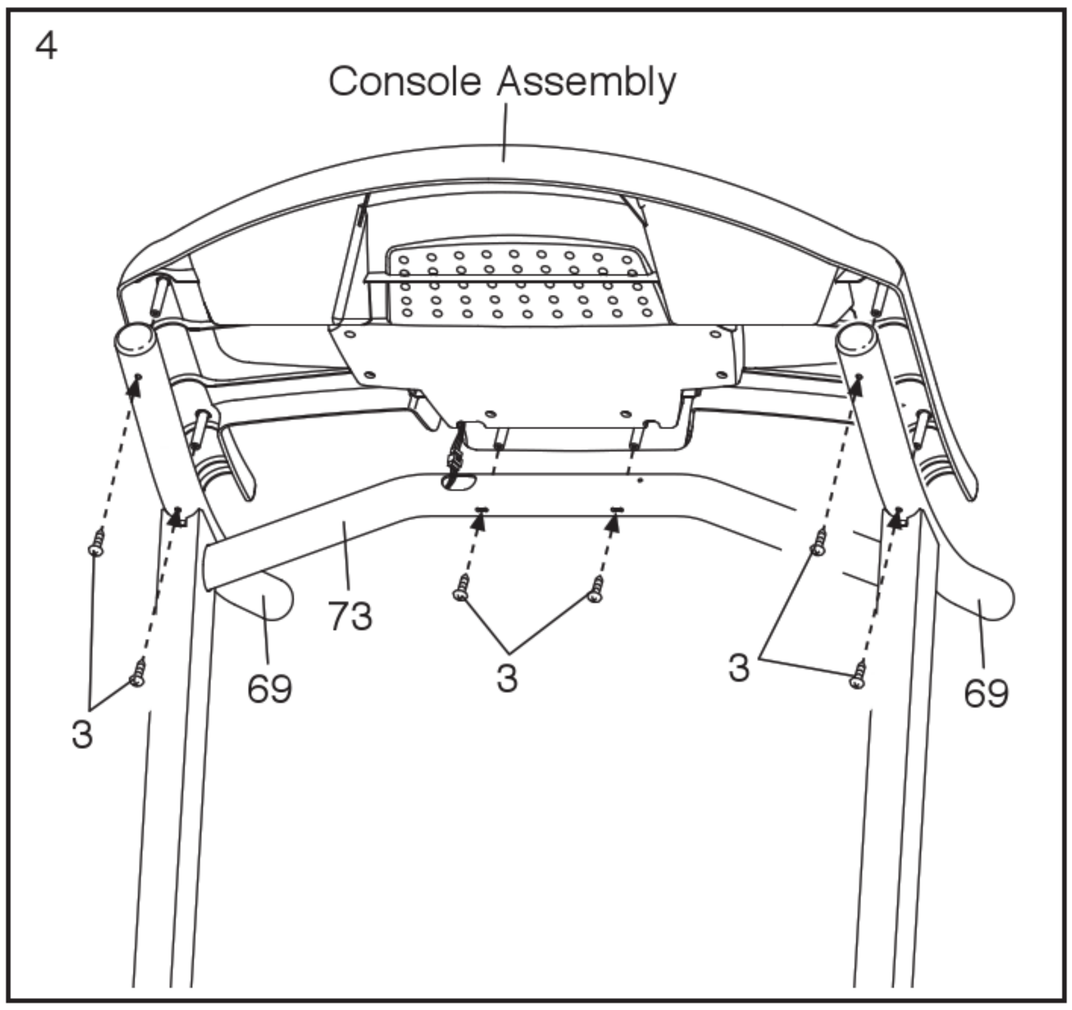


3. With the help of a second person, hold the console assembly near the Upright (73). Remove the tie from the Upright Wire (71).

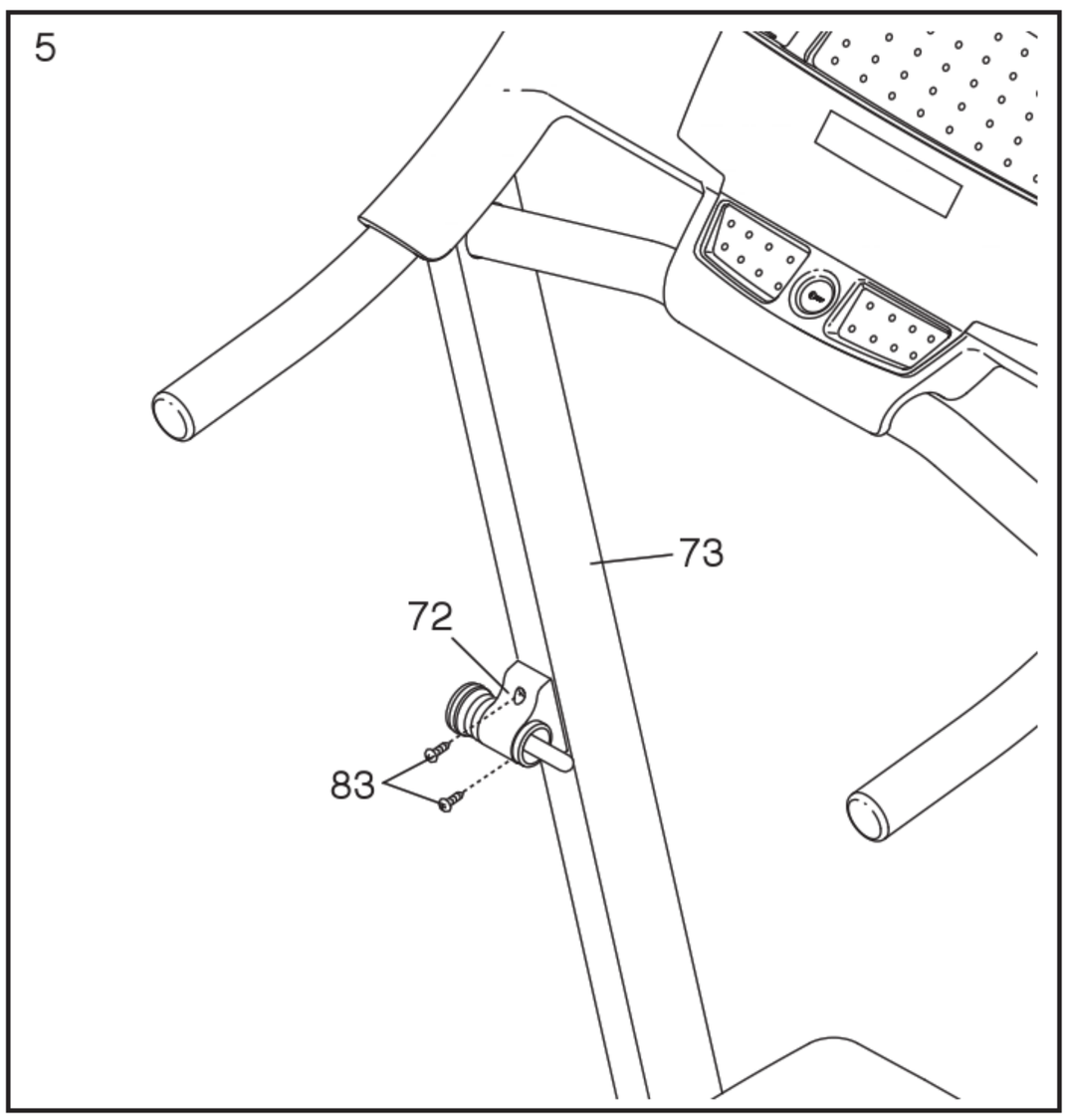
   Connect the Upright Wire (71) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Insert the connectors and the excess wire into the crossbar on the Upright (73).



4. Attach the console assembly to the Upright (73) and the Handrails (69) with six M4.2 x 19mm Screws (3). **Be careful not to pinch the wires.**



5. Attach the Latch Housing (72) to the left Upright (73) with two #10 x 1" Tek Screws (83); **start both Screws, and then tighten them.**



6. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see pages 17 and 18). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

HOW TO CONNECT THE POWER CORD

Use a Surge Suppressor

Your treadmill, like other electronic equipment, can be 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 risk of damaging the treadmill, always use a surge suppressor with the treadmill. To purchase a surge suppressor, see precaution 12 on page 3.**

Use only a 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 also 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 and serious injury to users.**

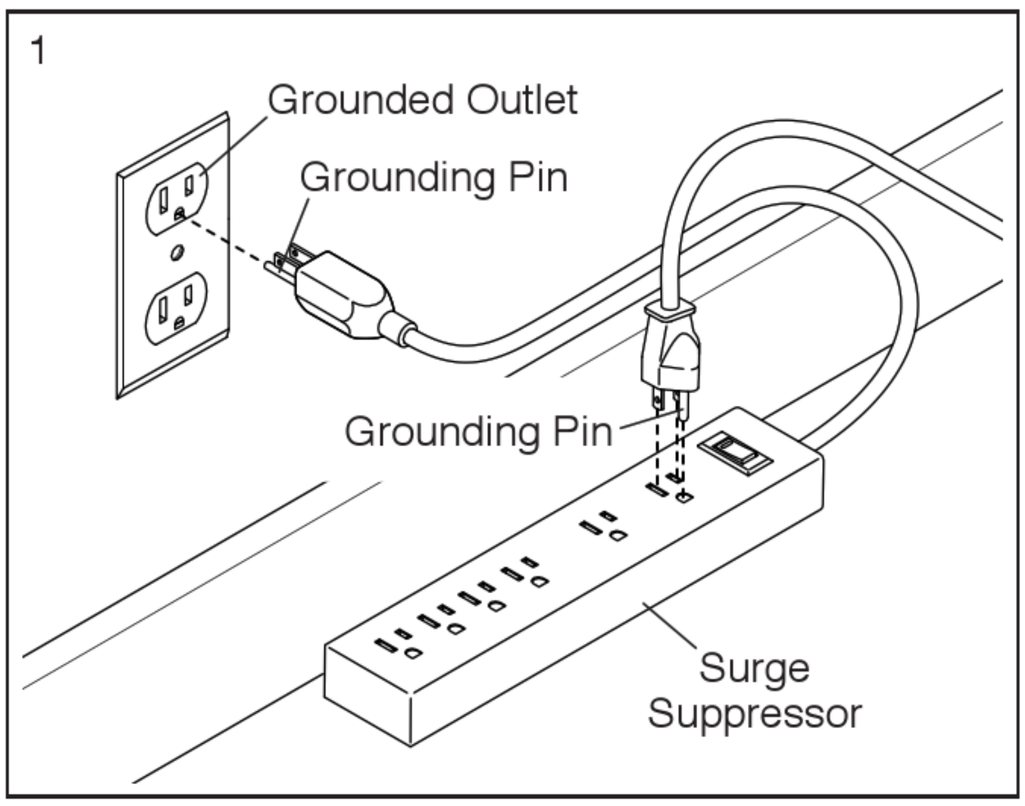
Plug in the Power Cord

The treadmill 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. The treadmill power cord has a plug with a grounding pin (see drawing 1 on this page).

⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the treadmill is properly grounded, contact a qualified electrician.

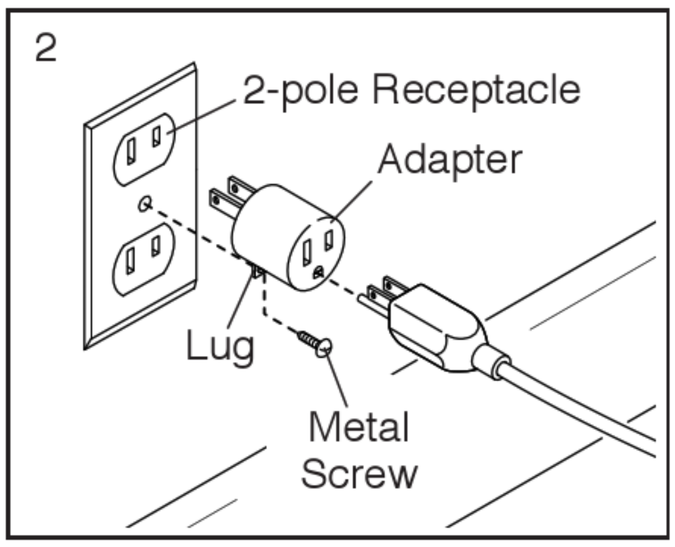
Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**

1



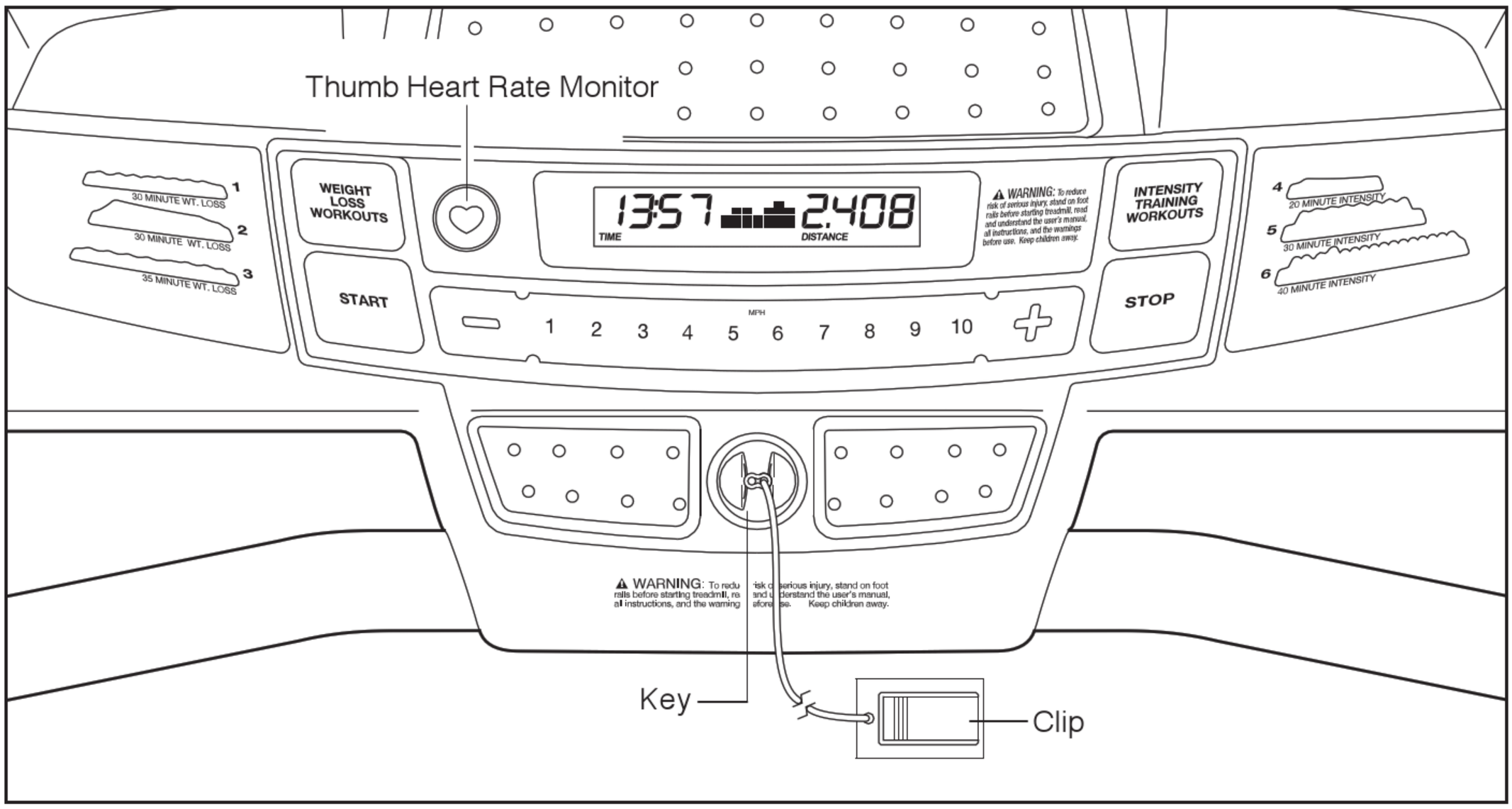
A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available.

2



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. When you select the manual mode of the console, you can change the speed of the treadmill with the touch of a button. As you exercise, the displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in heart rate monitor.

The console also offers six preset workouts. Each workout automatically controls the speed of the treadmill as it guides you through an effective exercise session.

To turn on the power, see page 11. **To use the manual mode,** see page 11. **To use a preset workout,** see page 13. **To use the information mode,** see page 14.

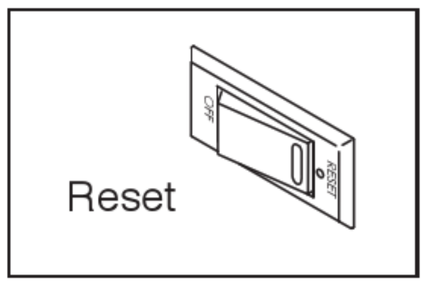
IMPORTANT: If there is a sheet of plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 18).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE INFORMATION MODE on page 14. **For simplicity, all instructions in this manual refer to miles.**

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 9). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 14 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 10), and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency, 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.**

HOW TO USE THE MANUAL MODE

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

   See HOW TO TURN ON THE POWER at the left.

2. **Select the manual mode.**

   When the key is inserted, the manual mode will be selected. If you have selected a preset workout, remove the key and then reinsert it.

3. **Start the walking belt.**

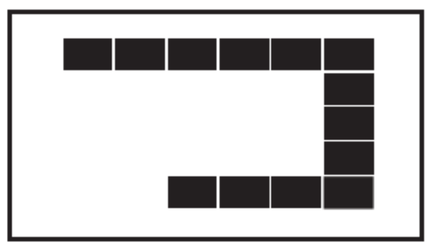
   To start the walking belt, press the Start button, the speed increase button, or one of the numbered speed buttons.

   If you press the Start button or the speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

   If you press one of the numbered speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

   To stop the walking belt, press the Stop button. The time will begin to flash in the left display. To restart the walking belt, press the Start button or the speed increase button.

4. **Follow your progress with the displays.**



The track—The track represents a distance of 1/4 mile (400 m). As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

The left display—As you exercise, the left display can show the elapsed time and the approximate number of calories that you have burned. The display also shows your heart rate when you use the heart rate monitor (see step 5 on this page). Note: When you use a preset workout, the left display will show the time remaining in the workout instead of the elapsed time.

The right display—The right display can show the speed of the walking belt and the distance that you have walked or run.

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

5. **Measure your heart rate if desired.**

To measure your heart rate, **stand on the foot rails** and place your thumb on the heart rate monitor (see the drawing on page 10). **Do not press too hard, or the circulation in your thumb will be restricted and your heart rate may not be detected.** When your heart rate is detected, the small heart symbol in the left display will flash and your heart rate will be shown. **For the most accurate heart rate reading, hold your thumb on the heart rate monitor for at least 15 seconds.**

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb for a few seconds, and then reposition your thumb on the heart rate monitor. Remember to stand still while measuring your heart rate.

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

Step onto the foot rails, press the Stop button, remove the key from the console, and put it in a secure place. When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PRESET WORKOUT

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

   See HOW TO TURN ON THE POWER on page 11.

2. **Select a preset workout.**

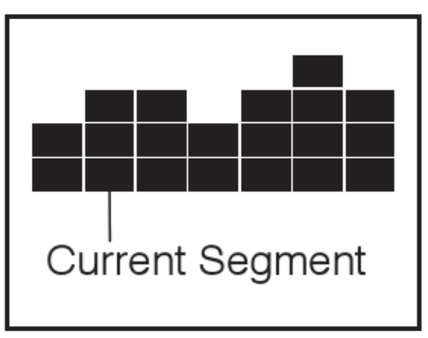
   To select a preset workout, press the Weight Loss Workouts button or the Intensity Training Workouts button repeatedly until the number of the desired workout appears in the display. The maximum speed setting of the selected workout will flash in the right display for a few seconds and then the duration of the workout will appear. In addition, a profile of the speed settings of the workout will scroll across the display.

3. **Start the walking belt.**

   Press the Start button or the speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed setting of the workout. Hold the handrails and begin walking.

   Each workout is divided into one-minute segments. One speed setting is programmed for each segment. Note: The same speed setting may be programmed for consecutive segments.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed setting is programmed for the next segment of the workout, the new speed setting will flash in the display to alert you. The treadmill will then automatically adjust to the speed setting for the next segment.

   The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

   If the speed setting for the current segment is too high or too low, you can manually override the setting by pressing the speed buttons; **however, when the current segment of the workout ends, the treadmill will automatically adjust to the speed setting for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed setting for that segment.

4. **Follow your progress with the displays.**

   See step 4 on page 12.

5. **Measure your heart rate if desired.**

   See step 5 on page 12.

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

   See step 6 on page 12.

THE INFORMATION MODE

The console features an information mode that allows you to turn on and turn off the demo mode and to select miles or kilometers as the unit of measurement. The information mode also keeps track of treadmill usage information.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a "d" will appear in the left display while the information mode is selected. To turn on or turn off the demo mode, press the speed decrease button.

The left display will also show an "E" for English miles or an "M" for metric kilometers. To change the unit of measurement, press the speed increase button.

The right display will show the total number of hours that the treadmill has been operated and the total number of miles or kilometers that the walking belt has moved, for a few seconds each.

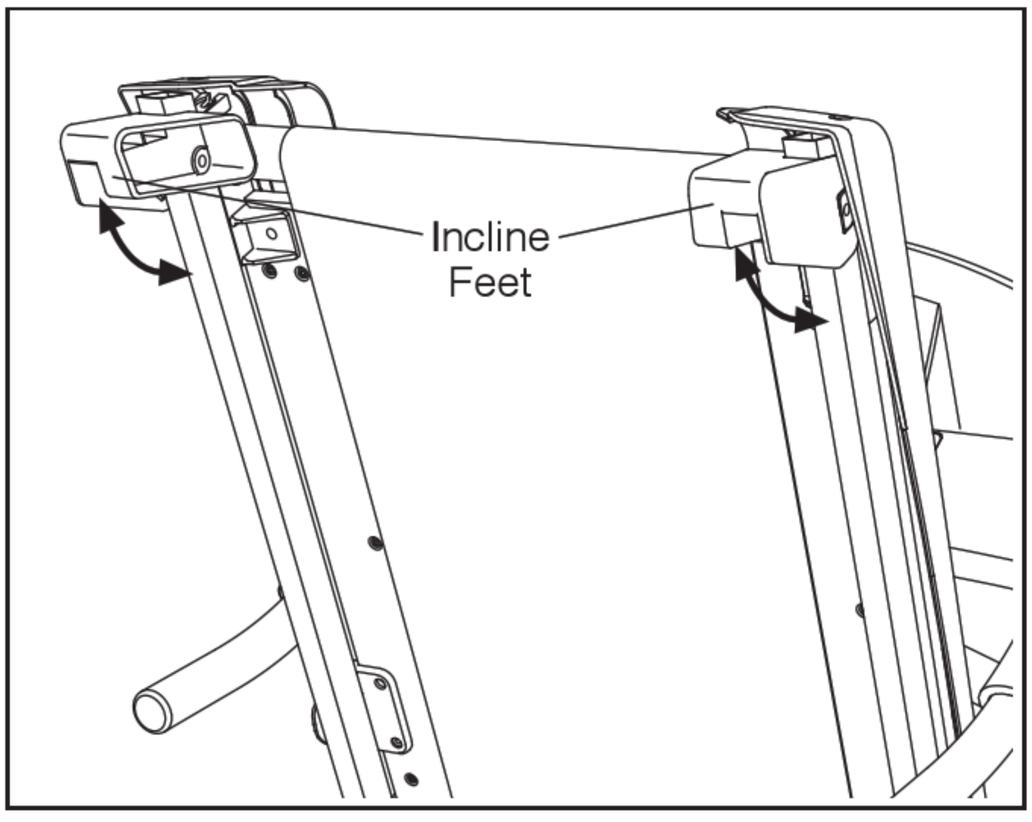
To exit the information mode, remove the key from the console.

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 two incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see page 15).

To change the incline, rotate both incline feet to the desired position. **CAUTION: Before using the treadmill, make sure that both incline feet are in the same position and are held firmly in place.**

After you have adjusted the incline feet, lower the treadmill (see page 15).

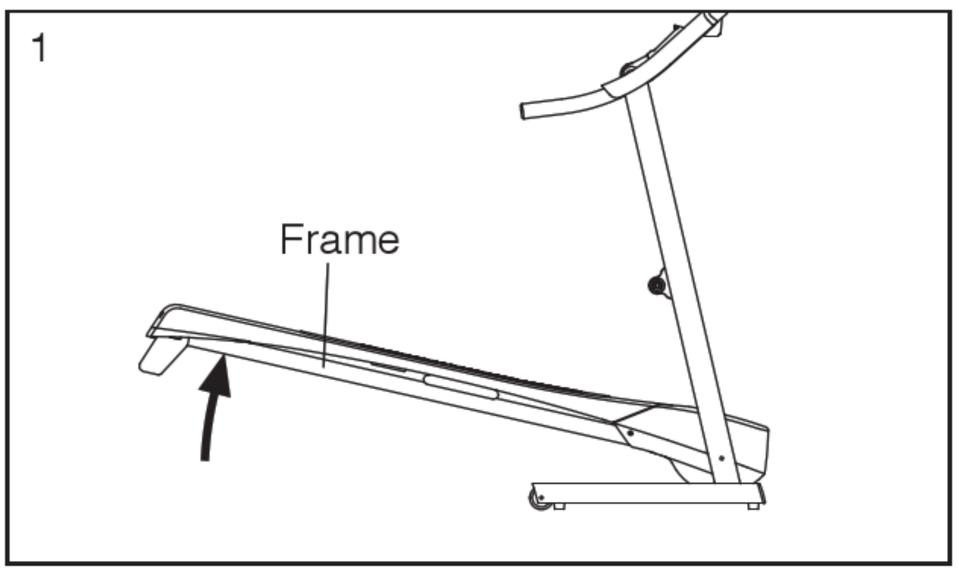


HOW TO FOLD AND MOVE THE TREADMILL

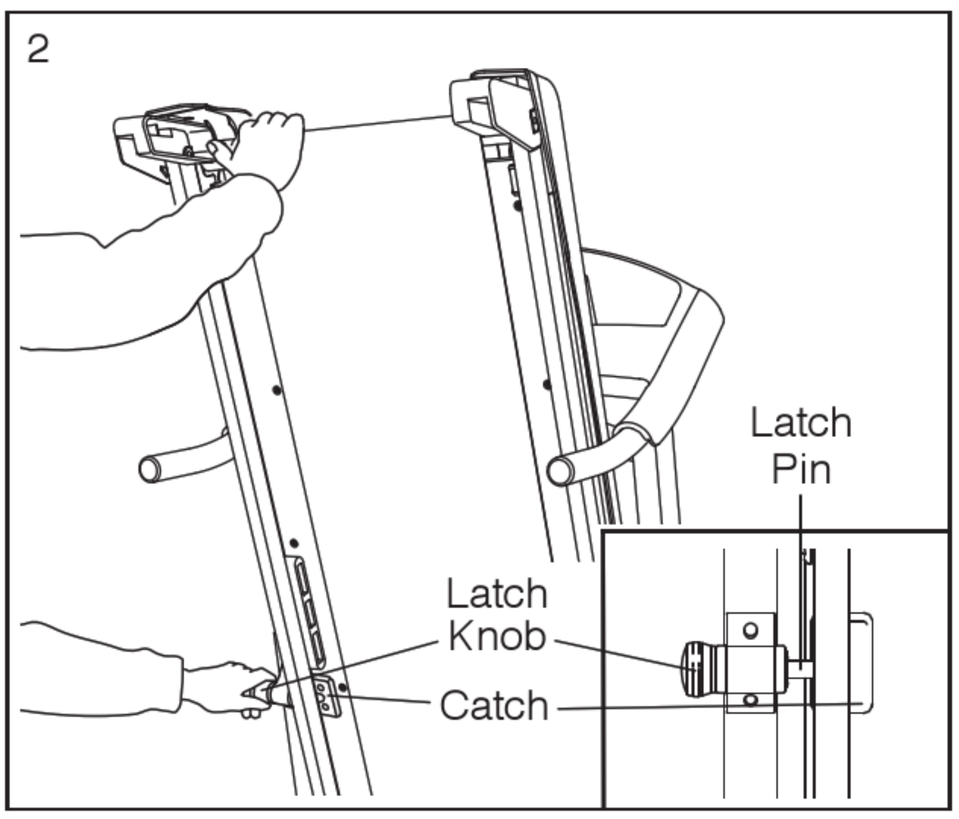
HOW TO FOLD THE TREADMILL

Before folding the treadmill, remove the key and 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 below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.** Raise the frame about halfway to the vertical position.



2. Hold the treadmill firmly with your right hand as shown. 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.**

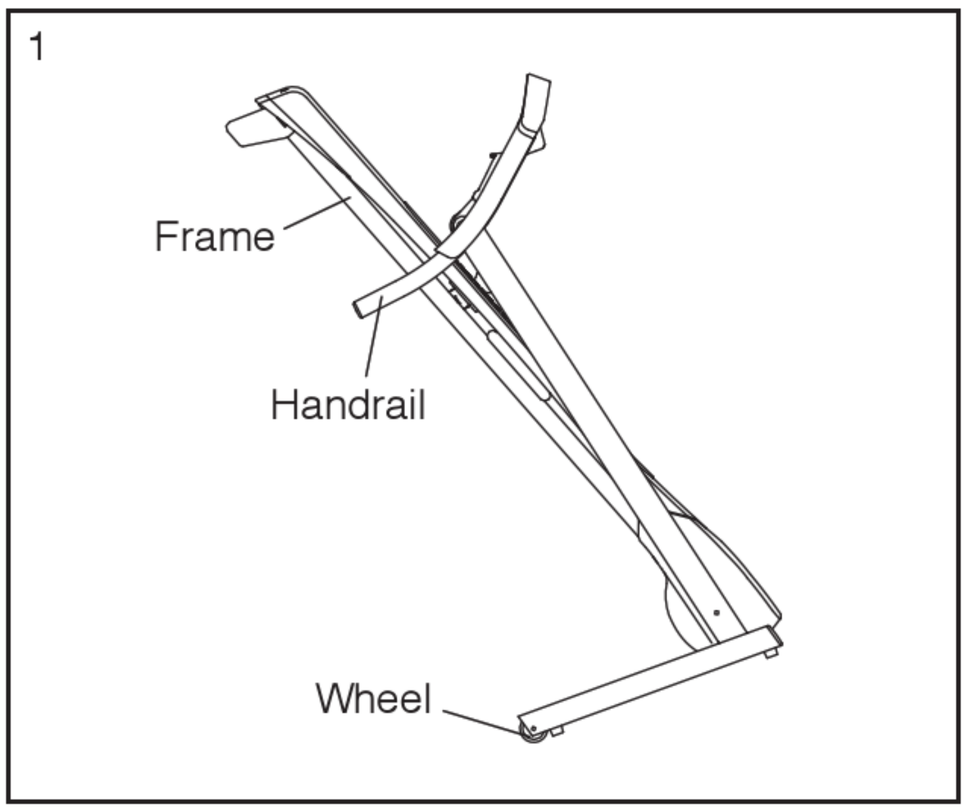


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the catch is resting against the latch pin. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.



2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill with your right hand as shown. 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. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

TROUBLESHOOTING

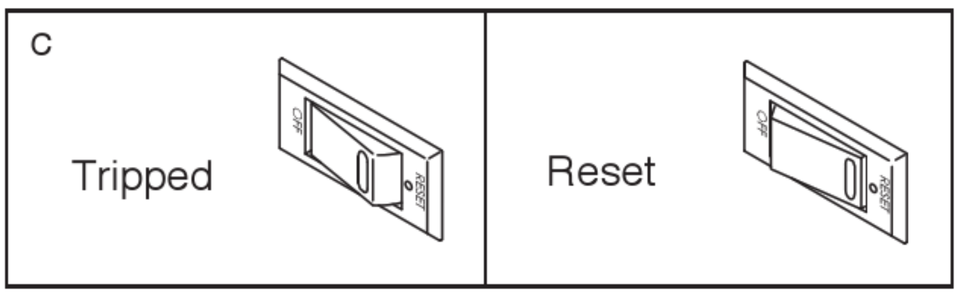
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

SYMPTOM: The power does not turn on

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 9). Use only a surge suppressor that meets all of the specifications described on page 9. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**

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

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



SYMPTOM: The power turns off during use

a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console, and then reinsert it.

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

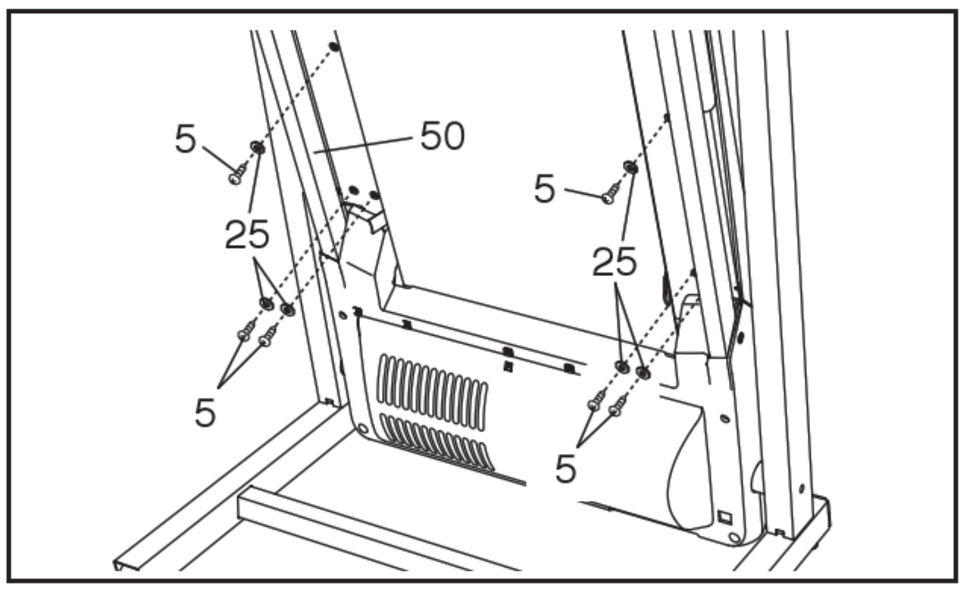
SYMPTOM: The console displays remain lit when you remove the key from the console

a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 14 to turn off the demo mode.

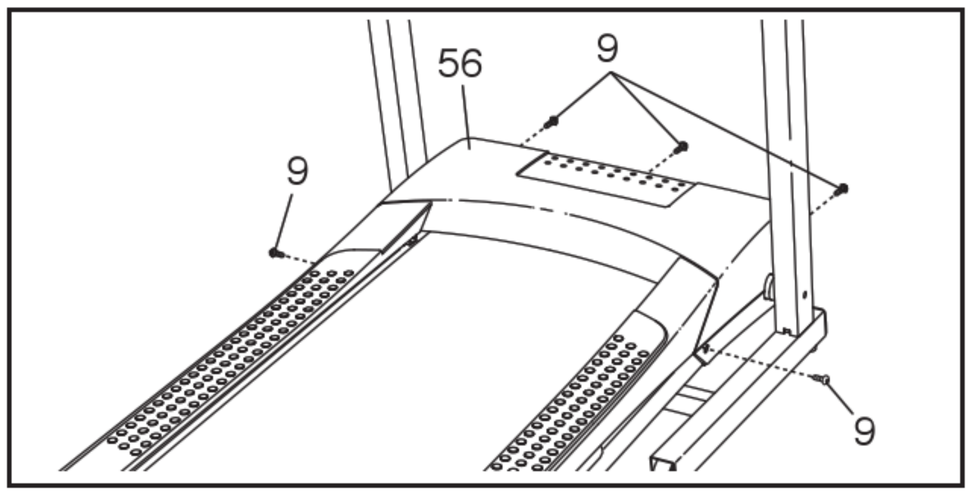
SYMPTOM: The displays of the console do not function properly

a. Remove the key from the console and **UNPLUG THE POWER CORD.** Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 15).

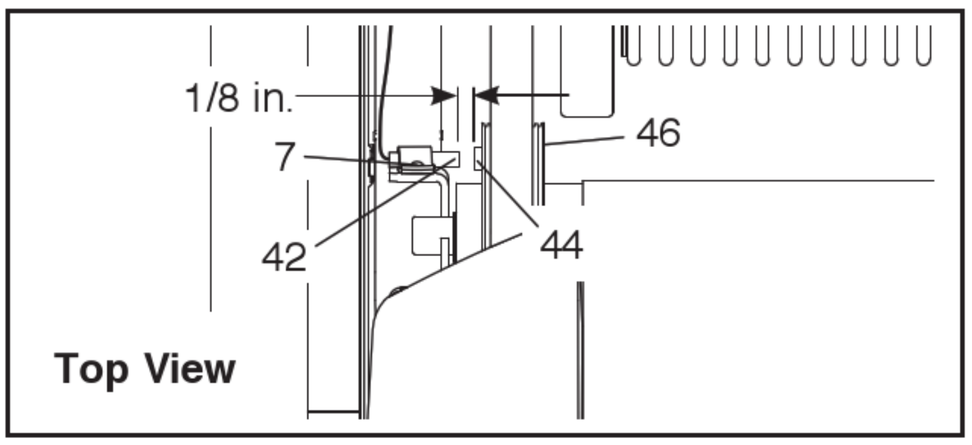
Remove the six indicated M4.2 x 13mm Washer Head Screws (5) and the six Foot Rail Flat Washers (25). Next, lower the Frame (50) (see HOW TO LOWER THE TREADMILL FOR USE on page 15).



Remove the five indicated M4.2 x 19mm Washer Head Screws (9). Then, carefully remove the Motor Hood (56).



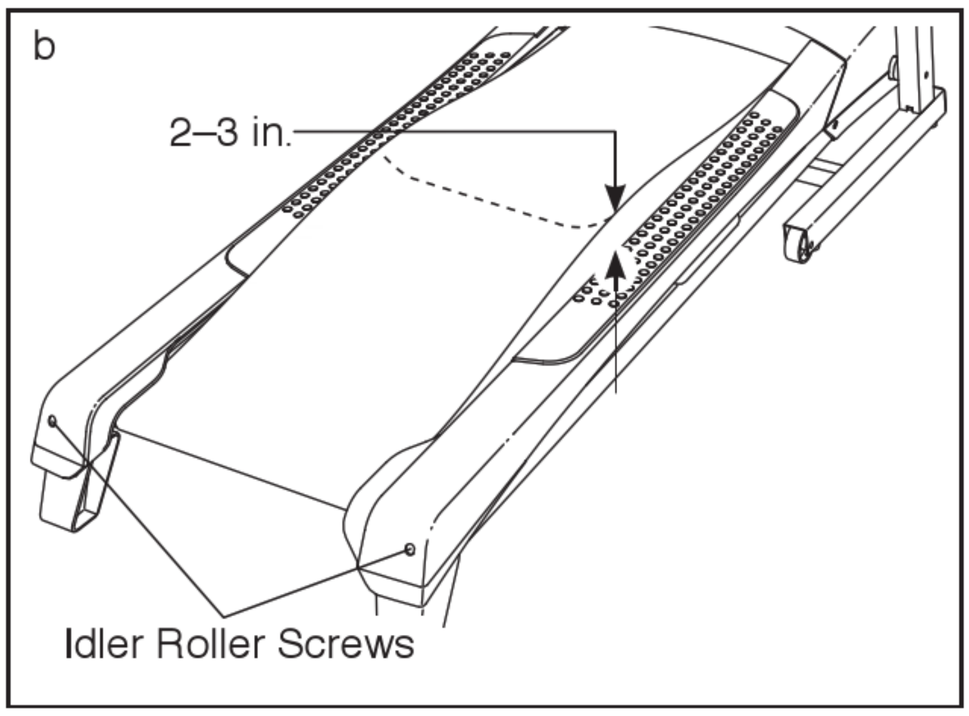
Locate the Reed Switch (42) and the Magnet (44) on the left side of the Pulley (46). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4.2 x 13mm Tek Screw (7), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



SYMPTOM: The walking belt slows when walked on

a. Use only a surge suppressor that meets all of the specifications described on page 9.

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 idler roller screws 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 in. (5 to 7 cm) 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.

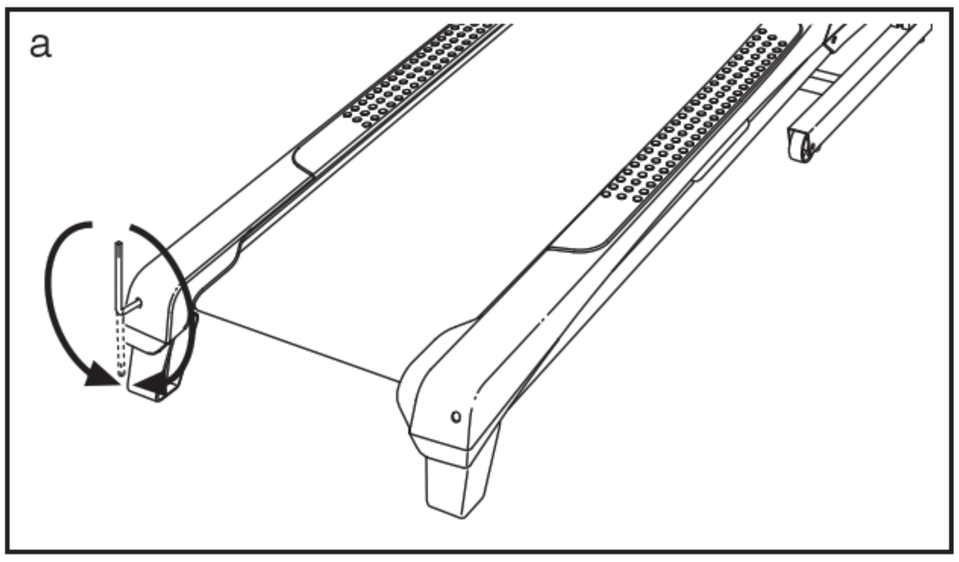


c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.

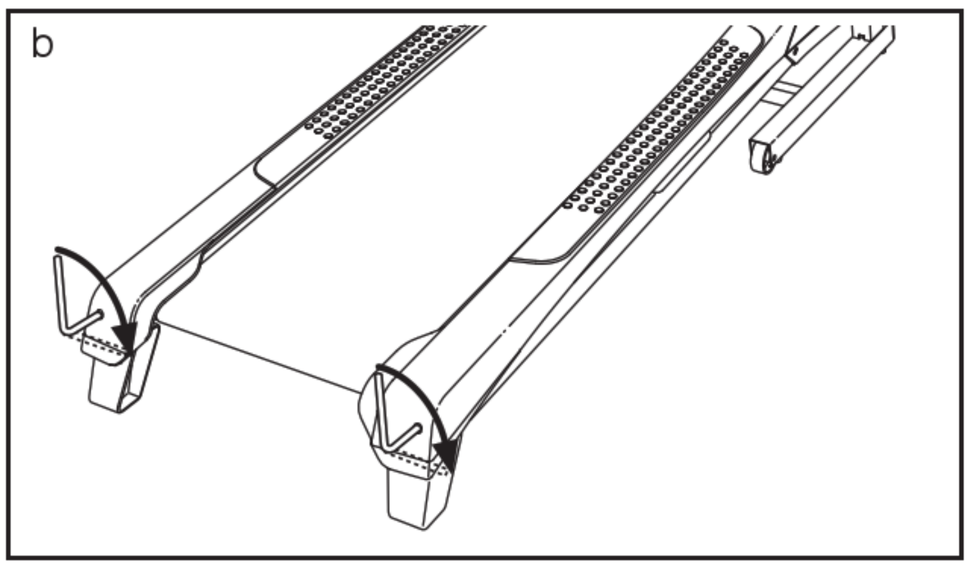
d. If the walking belt still slows when walked on, see the front cover of this manual.

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

a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws 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 in. (5 to 7 cm) 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.



EXERCISE GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. 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 intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months 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.

PART LIST

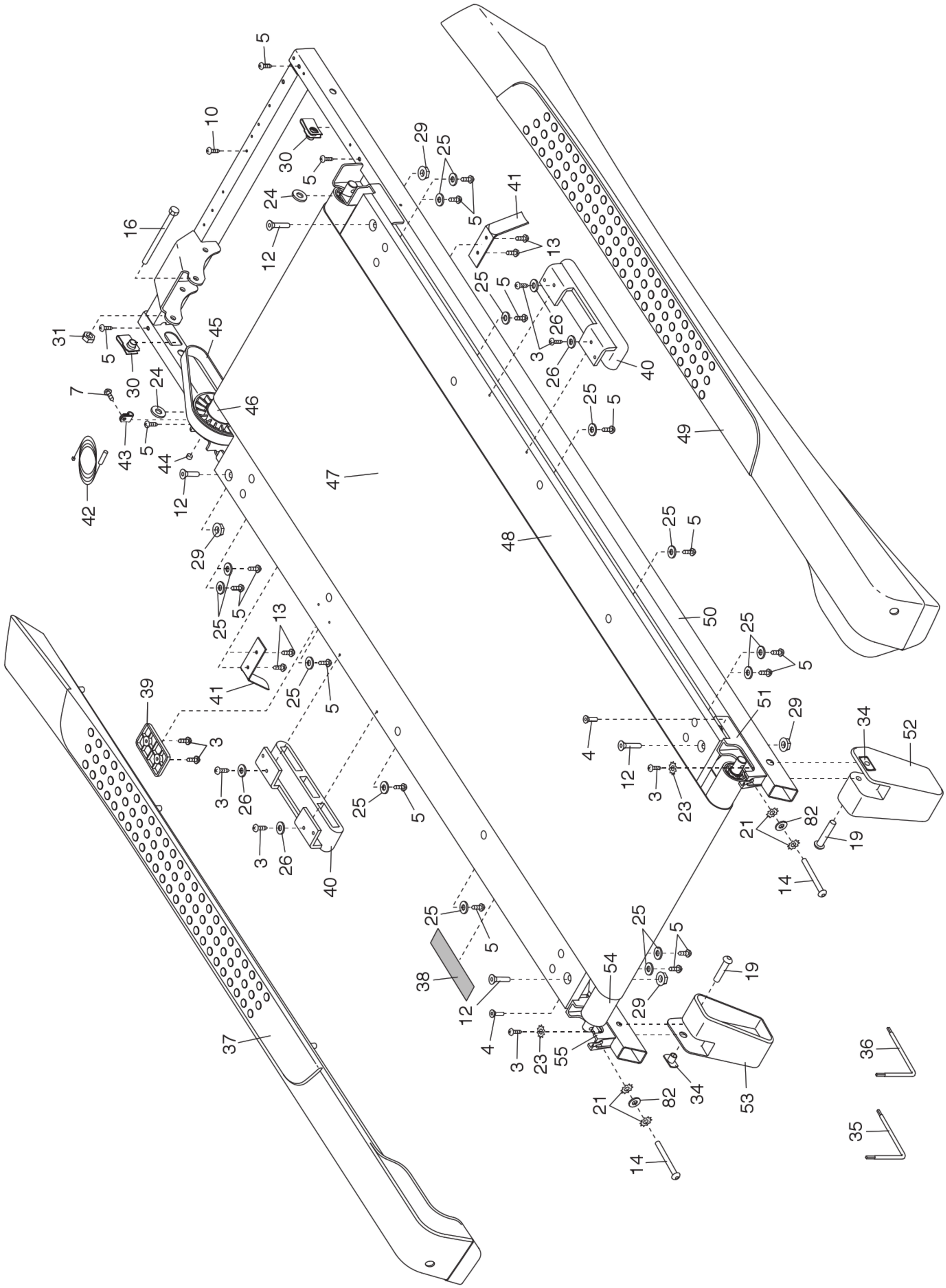
Model No. WLTL29609.4 R0412A

Key No.	Qty.	Description
1	4	M10 x 65mm Screw
2	4	M10 x 45mm Screw
3	17	M4.2 x 19mm Screw
4	2	M8 x 35mm Screw
5	18	M4.2 x 13mm Washer Head Screw
6	6	M4.2 x 13mm Screw
7	1	M4.2 x 13mm Tek Screw
8	4	M4.2 x 19mm Tek Screw
9	5	M4.2 x 19mm Washer Head Screw
10	1	M4.2 x 13mm Bright Screw
11	6	M4 x 10mm Screw
12	4	M8 x 30mm Bolt
13	4	M4.2 x 13mm Indented Screw
14	2	M6 x 70mm Screw
15	2	1/4" Motor Screw
16	1	M8 x 102mm Bolt
17	2	M8 x 20mm Bolt
18	2	3/8" x 2" Bolt
19	2	M8 x 40mm Bolt
20	2	M10 x 110mm Bolt
21	4	M6 Star Washer
22	2	M8.4 Star Washer
23	4	M4.2 Star Washer
24	2	Roller Spacer
25	14	Foot Rail Flat Washer
26	4	#8 Flat Washer
27	2	M10 Star Washer
28	2	M10 Flat Washer
29	6	M8 Flange Nut
30	2	M10 U-nut
31	1	M8 Nut
32	2	3/8" Locknut
33	3	#8 Hood Clip
34	2	M8 Rear Foot Nut
35	1	6 mm Hex Key
36	1	4 mm Hex Key
37	1	Left Foot Rail
38	1	Latch Warning Decal
39	1	Catch
40	2	Platform Cushion
41	2	Belt Guide
42	1	Reed Switch
43	1	Reed Switch Clamp
44	1	Magnet
45	1	Drive Belt
46	1	Drive Roller/Pulley
47	1	Walking Belt
48	1	Walking Platform
49	1	Right Foot Rail
50	1	Frame
51	1	Right Idler Roller Bracket
52	1	Right Incline Foot
53	1	Left Incline Foot
54	1	Idler Roller
55	1	Left Idler Roller Bracket
56	1	Motor Hood
57	1	Drive Motor Bracket
58	1	Drive Motor
59	1	Electronics Bracket
60	1	Controller
61	1	Belly Pan
62	1	Power Switch
63	2	Grommet
64	1	Power Cord
65	4	8" Tie
66	1	Releasable Wire Tie
67	1	Console Base
68	4	Handrail Cap
69	2	Handrail
70	1	Console
71	1	Upright Wire
72	1	Latch Housing
73	1	Upright
74	1	Key/Clip
75	3	Wire Tie
76	2	Frame Spacer
77	2	Base Cap
78	4	Base Pad
79	2	Wheel
80	1	Base
81	1	Upright Grommet
82	2	1/4" Flat Washer
83	2	#10 x 1" Tek Screw
84	1	Latch Pin Assembly
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

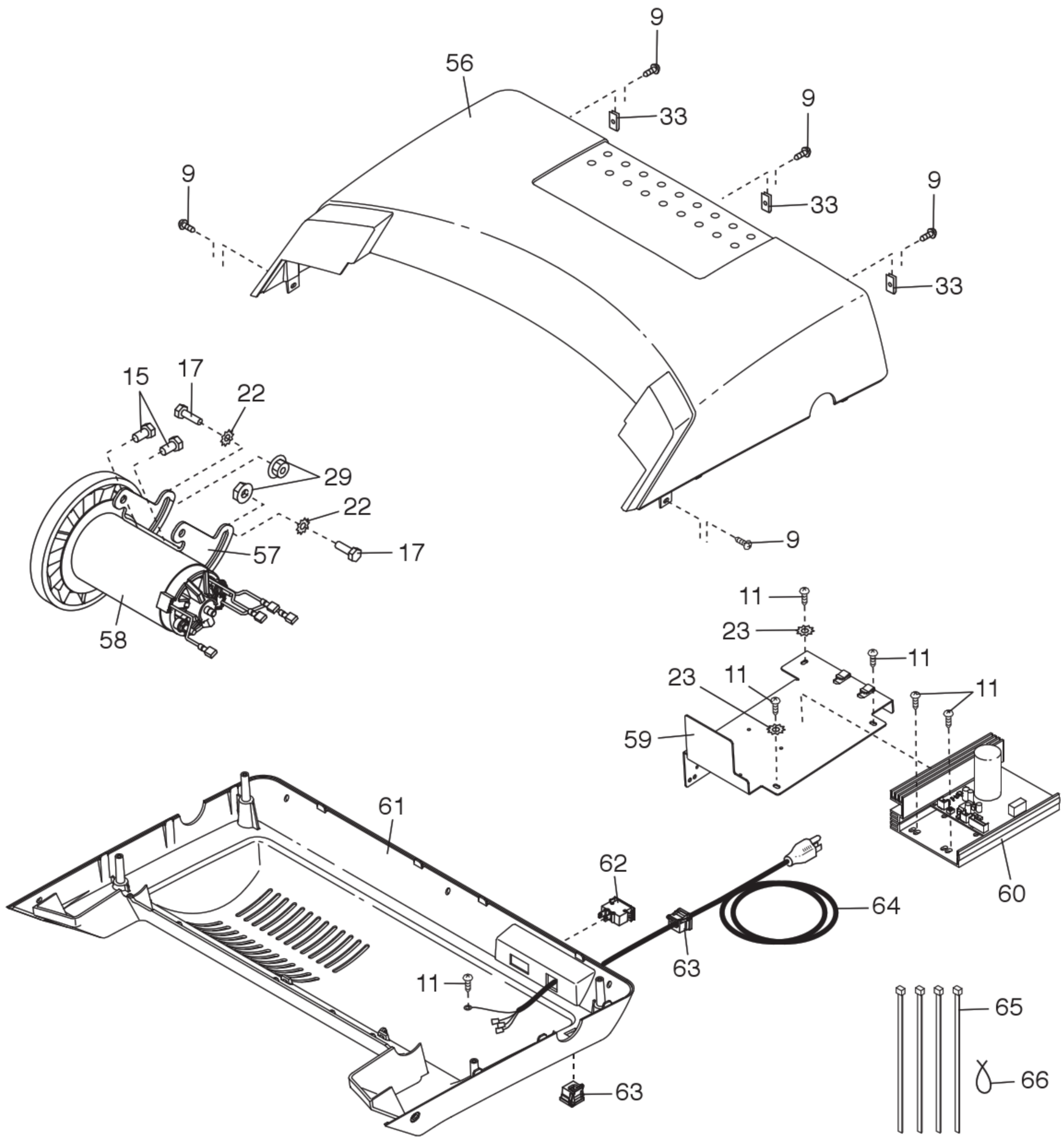
EXPLODED DRAWING A

Model No. WLTL29609.4 R0412A



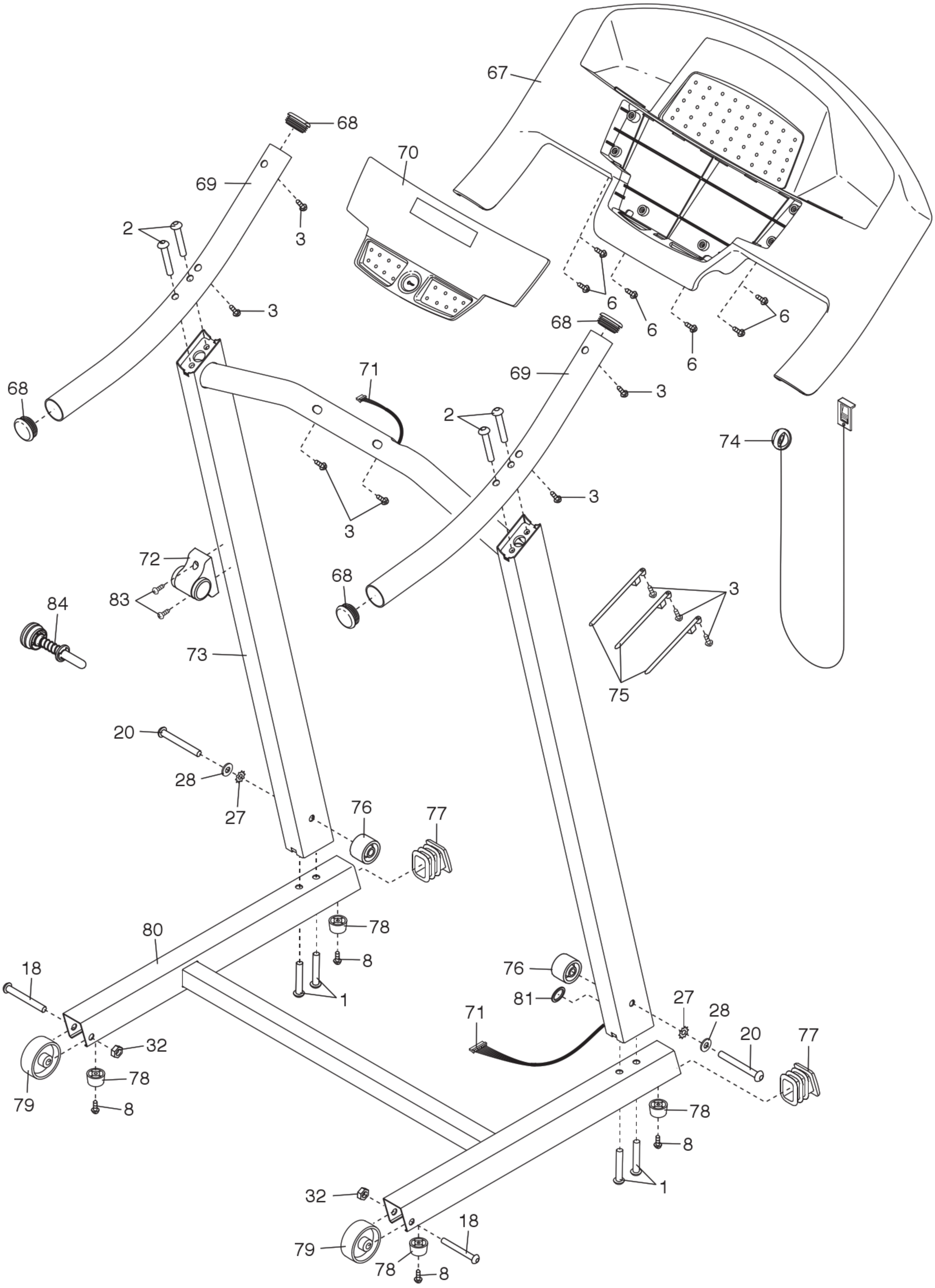
EXPLODED DRAWING B

Model No. WLTL29609.4 R0412A



EXPLODED DRAWING C

Model No. WLTL29609.4 R0412A



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 contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.wesloservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for one (1) year from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, 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. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 328209 R0412A

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