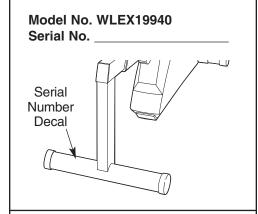
# vesco pursuit E45



# **QUESTIONS?**

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

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

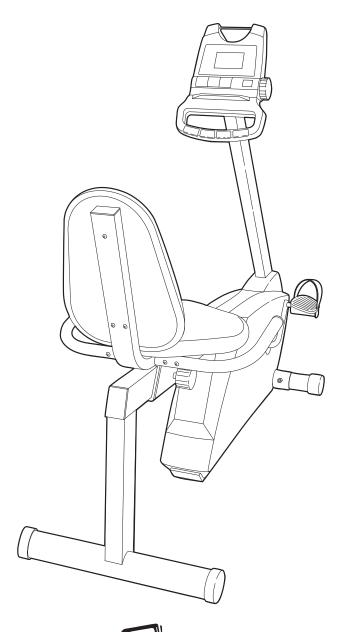
CUSTOMER HOT LINE: **1-866-699-3756**Mon.-Fri., 6 a.m.-6 p.m. MST

Patent Pending

# **A** CAUTION

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

# **USER'S MANUAL**





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# **IMPORTANT PRECAUTIONS**

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

- 1. Read all instructions in this manual before using the exercise cycle. Use the exercise cycle only as described in this manual.
- 2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
- Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.
- 4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
- 5. Keep children under the age of 12 and pets away from the exercise cycle at all times.
- Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
- 7. The exercise cycle should not be used by persons weighing more than 250 pounds.

- 8. Always keep your back straight when using the exercise cycle; do not arch your back.
- 9. If you feel pain or dizziness while exercising, stop immediately and cool down.
- 10. The exercise cycle does not have a freewheel; the pedals will continue to move until the flywheel stops.
- 11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
- 12. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
- 13. The warning decal shown on page 3 has been placed on the exercise cycle. If the decal is missing, or if it is not legible, call our Customer Service Department toll-free at 1-866-699-3756 and order a free replacement decal. Apply the decal in the location shown.

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.

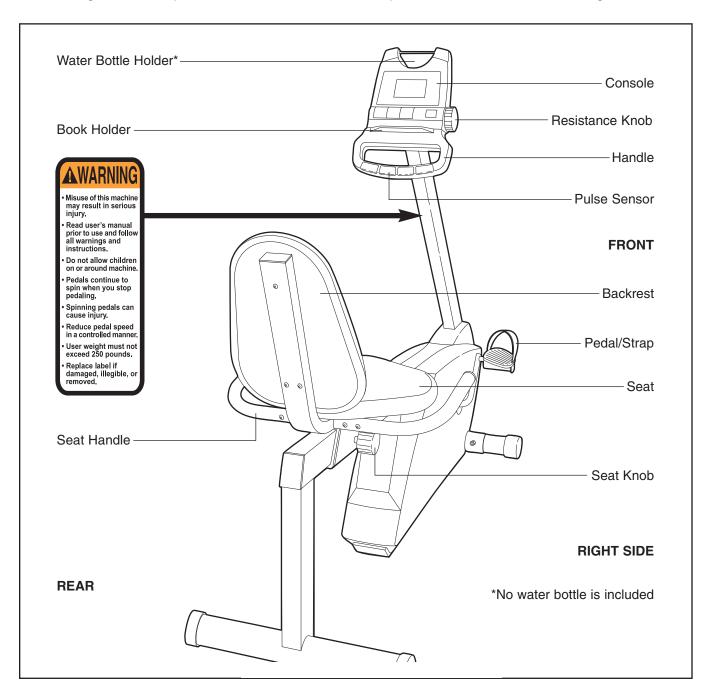
# **BEFORE YOU BEGIN**

Congratulations for selecting the new WESLO® PURSUIT E45 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The PURSUIT E45 exercise cycle offers a selection of features that will let you enjoy this healthful exercise in the convenience of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please call our Customer

Service Department toll-free at 1-866-699-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is WLEX19940. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).

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

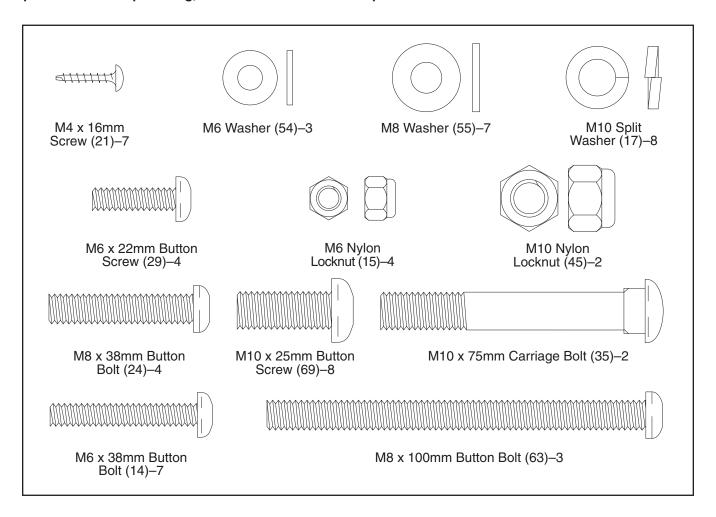


# **ASSEMBLY**

**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

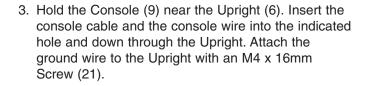
Assembly requires the included tools and your own adjustable wrench and Phillips screwdriver.

Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.** 

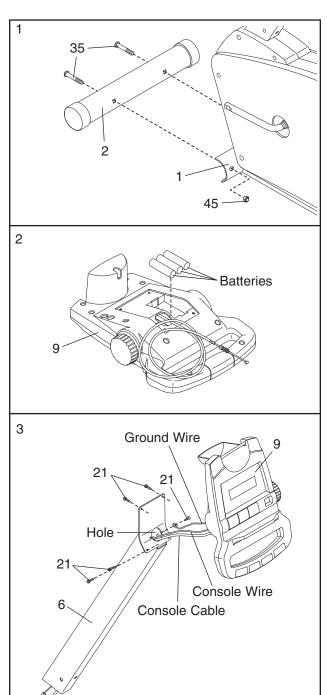


1. Attach the Front Stabilizer (2) to the front of the Frame (1) with two M10 x 75mm Carriage Bolts (35) and two M10 Nylon Locknuts (45).

 The Console (9) requires three "AA" batteries (not included); alkaline batteries are recommended. Insert three batteries into the Console as shown. Make sure that the batteries are oriented as shown by the diagram inside the Console.



Insert the excess wire and cable into the Upright (6). Attach the Console (9) to the Upright with four M4  $\times$  16mm Screws (21). Make sure that the wires and the cable are not pinched.



- 4. While another person holds the Upright (6) in the position shown, connect the console wire to the Reed Switch Wire (20). Next, connect the console cable to the Lower Cable (65) in the following way:
  - See inset drawing A. Pull up on the metal bracket on the Lower Cable (65), and insert the tip of the console cable (CC) into the wire clip inside of the metal bracket.
  - See inset drawing B. Firmly pull the console cable (CC) and slide it into the metal bracket on the Lower Cable (65) as shown.
  - See inset drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

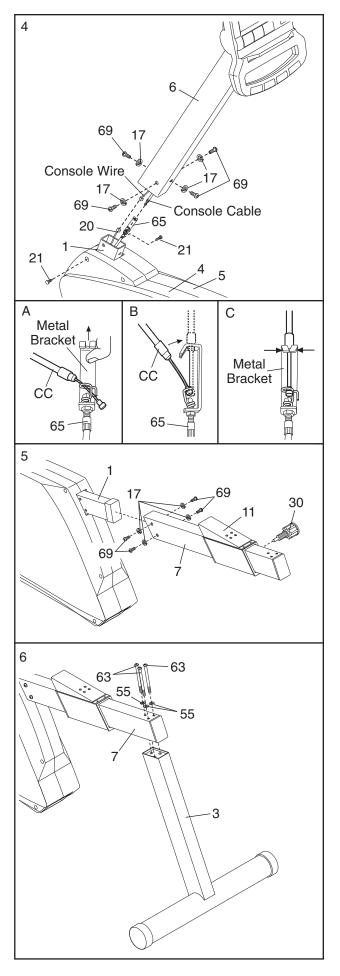
Insert the excess wire and cable down into the Frame (1). Slide the Upright (6) onto the Frame. **Make sure that the wires and cables are not pinched.** Attach the Upright to the Frame with four M10 x 25mm Button Screws (69) and four M10 Split Washers (17).

Attach the Left and Right Side Shields (4, 5) to the Upright (6) with two M4 x 16mm Screws (21).

 Slide the Carriage Bar (7) onto the indicated tube on the Frame (1). Attach the Carriage Bar to the Frame with four M10 x 25mm Button Screws (69) and four M10 Split Washers (17).

Slide the Seat Carriage (11) onto the Carriage Bar (7) as shown. Thread the Seat Knob (30) clockwise into the Seat Carriage until it is tight.

 Hold the Rear Stabilizer (3) under the Carriage Bar (7) in the position shown. Attach the Rear Stabilizer to the Carriage Bar with three M8 x 100mm Button Bolts (63) and three M8 Washers (55).



7. Insert the lower end of the Backrest Frame (8) into the Seat Frame (27). Attach the Seat Frame and the Backrest Frame to the Seat Carriage (11) with four M8 x 38mm Button Bolts (24).

8. Slide a Seat Handle (61) onto one side of the Backrest Frame (8). Attach the Seat Handle with

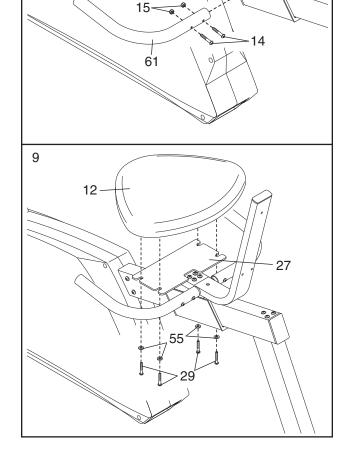
7

Attach the other Seat Handle (not shown) to the other side of the Backrest Frame (8).

Locknuts (15).

two M6 x 38mm Button Bolts (14) and two M6 Nylon

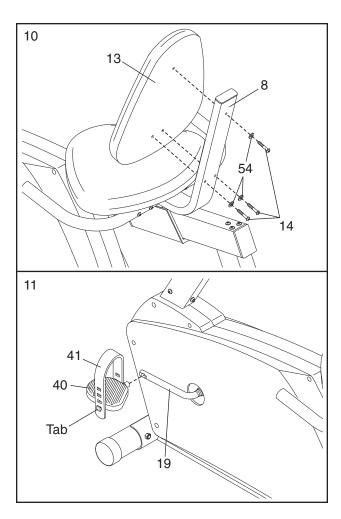
9. Attach the Seat (12) to the Seat Frame (27) with four M6 x 22mm Button Screws (29) and four M8 Washers (55).



10. Attach the Backrest (13) to the Backrest Frame (8) with three M6 x 38mm Button Bolts (14) and three M6 Washers (54).

11. Identify the Left Pedal (40), which is marked with an "L." Using an adjustable wrench, firmly tighten the Left Pedal counterclockwise into the left Crank Arm (19). Tighten the Right Pedal (not shown) clockwise into the right Crank Arm. Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.

Adjust the Left Pedal Strap (41) to the desired position and press the end of the Pedal Strap onto the tab on the Left Pedal (40). Adjust the Right Pedal Strap (not shown) in the same way.

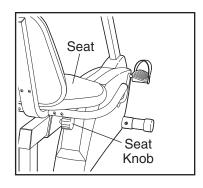


12. Make sure that all parts are properly tightened before you use the exercise cycle. Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

# HOW TO OPERATE THE EXERCISE CYCLE

#### HOW TO ADJUST THE POSITION OF THE SEAT

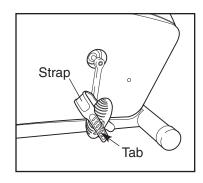
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the farthest position. To adjust the seat, first turn the seat knob coun-



terclockwise to loosen it (if the seat knob is not loosened enough, it may scratch the frame). Next, slide the seat to the desired position, and then retighten the seat knob. IMPORTANT: After you adjust the seat, make sure that your knees will not touch the handlebar or the console when you pedal.

#### HOW TO ADJUST THE PEDAL STRAPS

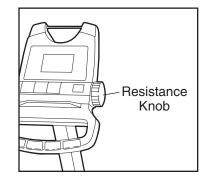
To adjust the pedal straps, first pull the straps off the tabs on the pedals. Press the straps back onto the tabs using different holes in the straps.



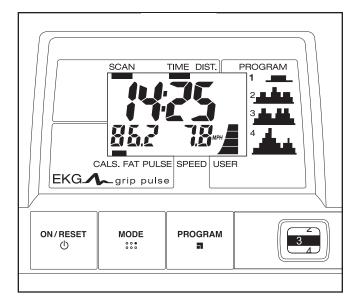
#### HOW TO ADJUST THE RESISTANCE

To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise. Important: Stop turning the knob when turning becomes difficult,

or damage may result.



#### FEATURES OF THE CONSOLE



The easy-to-use console is designed to help you get the most from your workouts. As you exercise, the console will display the following modes:

Time—This mode displays the elapsed time (or the time remaining in a pace program). Note: If you stop pedaling, the time will begin to flash.

Distance—This mode displays the distance that you have pedaled.

Calories—This mode displays the approximate number of calories you have burned.

Fat calories—This mode displays the approximate number of fat calories you have burned (see FAT BURNING on page 13).

Pulse—This mode displays your heart rate when you use the pulse sensor.

Speed—This mode displays your pedaling speed.

Scan—When this mode is selected, the upper section of the display will show both the speed mode and the distance mode, and the lower left section of the display will show the calories mode and the fat calories mode.

The console also offers four pace programs. Each program automatically prompts you to increase or decrease your pace as it guides you through an effective workout.

#### HOW TO USE THE MANUAL MODE

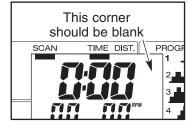
Note: If there is a sheet of clear plastic on the console, remove it.

# Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling.

# Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If a pace program has been selected, select the manual



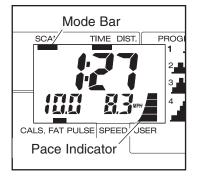
mode by pressing the Program button repeatedly until the upper right corner of the display is blank.

# Begin pedaling and adjust the resistance of the pedals.

As you exercise, adjust the resistance of the pedals as desired by turning the resistance knob.

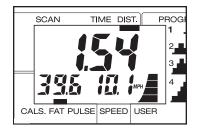
# Follow your progress with the display.

When the console is turned on, the scan mode will be selected, as shown by the mode bar below the word SCAN. As you exercise, the upper section of the display will alter-



nately show the elapsed time and the distance that you have pedaled; the lower left section of the display will alternately show the number of calories you have burned and the number of fat calories you have burned; and the lower right section will show your pedaling speed.

In addition, the pace indicator on the right side of the display will provide a visual representation of your pedaling pace. As you increase or decrease your pace, the indicator will increase or decrease in height. To cancel the scan mode, press the Mode button. The mode bar below the word SCAN will disappear. The upper section of the dis-



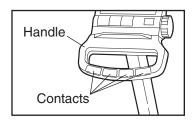
play will then show only the elapsed time, and the lower left section of the display will show only the number of calories you have burned. Press the Mode button again. The upper section of the display will then show only the distance pedaled, and the lower left section of the display will show only the number of fat calories you have burned. To select the scan mode again, press the Mode button repeatedly until a mode bar appears below the word SCAN.

To reset the display, press the On/Reset button.

Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, hold down the On/Reset button for about six seconds. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

### Measure your heart rate if desired.

Note: If there are thin sheets of plastic on the metal contacts of the pulse sensor, peel off the plastic.



To use the pulse sensor, hold the handle on the console, with your right palm covering the two right contacts and your left palm covering the two left contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats and two dashes (--) will appear. After a moment, your heart rate will be shown. For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds.

# When you are finished exercising, the console will automatically turn off after a few minutes.

If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will automatically turn off to conserve the batteries.

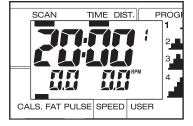
#### **HOW TO USE A PACE PROGRAM**

Turn on the console.

See step 1 on page 10.

Select one of the four pace programs.

Each time the console is turned on, the manual mode will be selected. To select a pace program, press the Program button



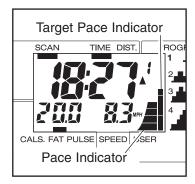
repeatedly until the number 1, 2, 3, or 4 appears in the upper right corner of the display.

The four profiles on the right side of the console show how the target pace will change during the programs. For example, profile number 1 shows that during program 1, the target pace will increase near the beginning of the program, and then decrease near the end.

# 3 Start the program.

To start the program, begin pedaling. Each program consists of either 20 or 30 one-minute periods. One target pace is programmed for each period. (The same target pace setting may be programmed for consecutive periods.)

The target pace settings for the program will be shown by the target pace indicator in the display. (The pace indicator will show your actual pedaling pace.) As the



target pace indicator changes in height during the program, adjust your pedaling pace so that both indicators are the same height. If your pedaling pace is slower than the current target pace setting, an arrow will appear next to the pace indicators to prompt you to increase your pace; if your pace is faster than the target pace, an arrow will prompt you to decrease your pace.

Important: The target pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the target pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.

During the program, adjust the resistance of the pedals as desired by turning the resistance knob.

The display will show the time remaining in the program. If you continue exercising after the program is completed, the display will continue to show your exercise feedback.

Follow your progress with the display.

See step 4 on page 10.

Measure your heart rate if desired.

See step 5 on page 10.

When you are finished exercising, the console will automatically turn off after a few minutes.

See step 6 on page 10.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. To clean the exercise cycle, use a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

#### TIGHTENING THE PEDALS

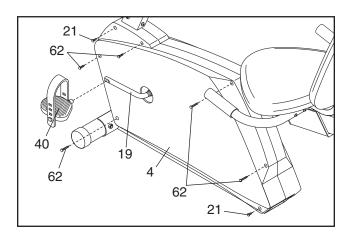
For best performance, regularly tighten both pedals.

#### **BATTERY REPLACEMENT**

If the console does not function properly, the batteries should be replaced. See assembly step 4 on page 5.

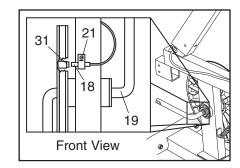
#### HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the Left Side Shield (4) must be removed.



Using an adjustable wrench, turn the shaft of the Left Pedal (40) clockwise, and remove it from the left arm of the Crank (19). Next, remove the two M4 x 16mm Screws (21) and the five M4 x 38mm Screws (62) from the Left Side Shield (4). Move the left arm of the Crank to the position shown above, and carefully slide the Left Side Shield forward off the Crank.

Next, locate the Reed Switch (18). Turn the Crank (19) until the Magnet (31) is aligned with the Reed Switch. Loosen but do not

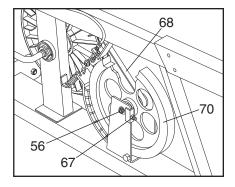


remove the M4 x 16mm Screw (21). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the pedal.

#### **HOW TO ADJUST THE BELT**

The exercise cycle features a precision belt that must be kept properly adjusted. If the belt causes excessive noise or slips as you pedal, the belt should be checked. To do this, the side shields must first be removed. See the instructions at the left and remove the left side shield. Remove the right side shield in the same way.

Press down on the center of the Belt (68) between the front and rear pulleys. There should be from 1/4" to 1" of vertical movement in the center of the Belt.



If the Belt is properly adjusted, reattach the side shields and the pedals. If the Belt needs to be adjusted, loosen the M8 Nylon Locknut (56) on each side of the Flywheel (70). To tighten the Belt, turn the two Adjustment Nuts (67) clockwise; to loosen the Belt, turn the Nuts counterclockwise. Make sure that the Flywheel is straight, and tighten the M8 Nylon Locknuts (56). Reattach the side shields and the pedals.

#### **PULSE SENSOR TROUBLESHOOTING**

- Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings. Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

# **CONDITIONING GUIDELINES**

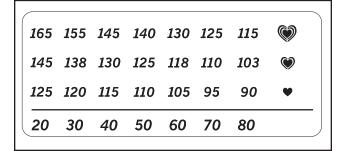
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

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

#### **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, maximum fat burning, and cardiovascular (aerobic) exercise.



To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

To measure your heart rate, use the pulse sensor on the console.

#### **Burning Fat**

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 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 as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

#### **Aerobic Exercise**

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise 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**, consisting of 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**, consisting of 20 to 30 minutes of exercising 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.)

**A cool-down**, with 5 to 10 minutes of stretching (see page 13). This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

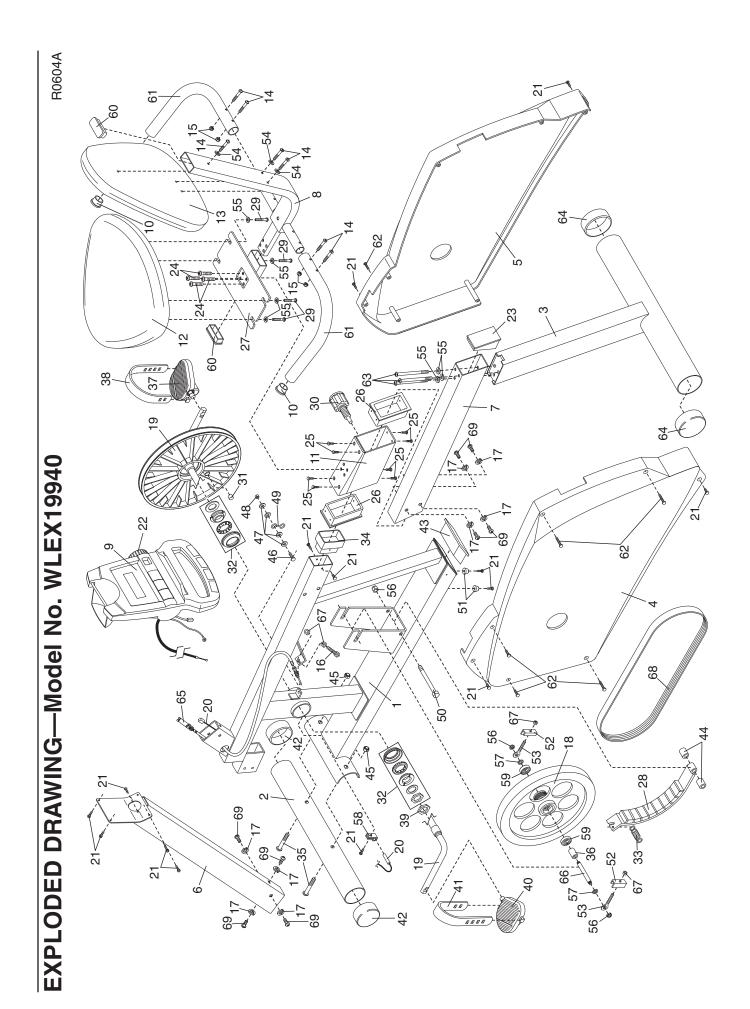
#### **EXERCISE FREQUENCY**

To maintain or improve your condition, plan 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 make exercise a regular and enjoyable part of your everyday life.

# EXPLODED DRAWING—Model No. WLEX19940

Description	Resistance Hook M8 x 112mm Hex Bolt	Bumper	Adjustment Bracket	Eyebolt	M6 Washer	M8 Washer	M8 Nylon Locknut	M8 Black Flat Washer	Reed Switch Clamp	Flywheel Bearing	Seat Frame Endcap	Seat Handle	M4 x 38mm Screw	M8 x 100mm Button Bolt	Rear Stabilizer Endcap	Lower Cable	Axle	Adjustment Nut	Belt	M10 x 25mm Button Screw	User's Manual	Allen Wrench	
Otty.		2	7	7	က	7	က	7	-	7	7	7	9	က	7	-	-	4	-	ω	_	က	
Key No. Qty.	49	51	52	53	54	55	26	22	28	29	09	61	62	63	64	65	99	29	89	69	#	#	
Description	M5 x 6mm Screw Seat Carriage Bushing	Seat Frame	"C" Magnet	M6 x 22mm Button Screw	Seat Knob	Magnet	Crank Bearing Assembly	Return Spring	Frame Bushing	M10 x 75mm Carriage Bolt	Flywheel Spacer	Right Pedal	Right Pedal Strap	Crank Nut	Left Pedal	Left Pedal Strap	Front Stabilizer Endcap	Base Tube Endcap	"C" Magnet Spacer	M10 Nylon Locknut	Clamp Bolt	Clamp Washer	Clamp Nut
Qty.	∞ ∨	_	-	4	-	-	-	-	-	0	-	-	-	-	-	-	0	-	0	0	-	4	-
Key No. Qty.	25 26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
Description	Frame Front Stabilizer	Rear Stabilizer	Left Side Shield	Right Side Shield	Upright	Carriage Bar	Backrest Frame	Console	Handlebar Endcap	Seat Carriage	Seat	Backrest	M6 x 38mm Button Bolt	M6 Nylon Locknut	Stop Bolt	M10 Split Washer	Flywheel	Pulley/Crank	Reed Switch/Wire	M4 x 16mm Screw	Resistance Knob	Frame Endcap	M8 x 38mm Button Bolt
Oty.		-	-	-	-	-	-	-	Ŋ	-	-	-	7	4	-	8	-	-	-	4	-	-	4
Key No. Qty.	- 0	က	4	2	9	7	∞	တ	10	Ξ	12	13	4	15	16	17	48	19	50	21	22	23	24

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



# **HOW TO ORDER REPLACEMENT PARTS**

To order replacement parts, call our Customer Service Department toll-free at 1-866-699-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (WLEX19940)
- The NAME of the product (WESLO® PURSUIT E45 exercise cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14).

WESLO is a registered trademark of ICON IP, Inc.

# LIMITED WARRANTY

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