

WESLO®

STEP FIT CLIMBER

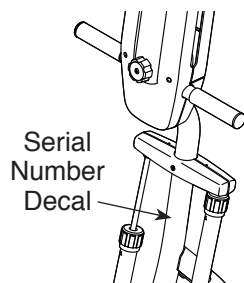
weslo.com

USER'S MANUAL

Model No. WLEL31216.2

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to my.weslo.com.

CUSTOMER CARE

For service at any time, go to wesloservice.com.

Or call 1-866-699-3756
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

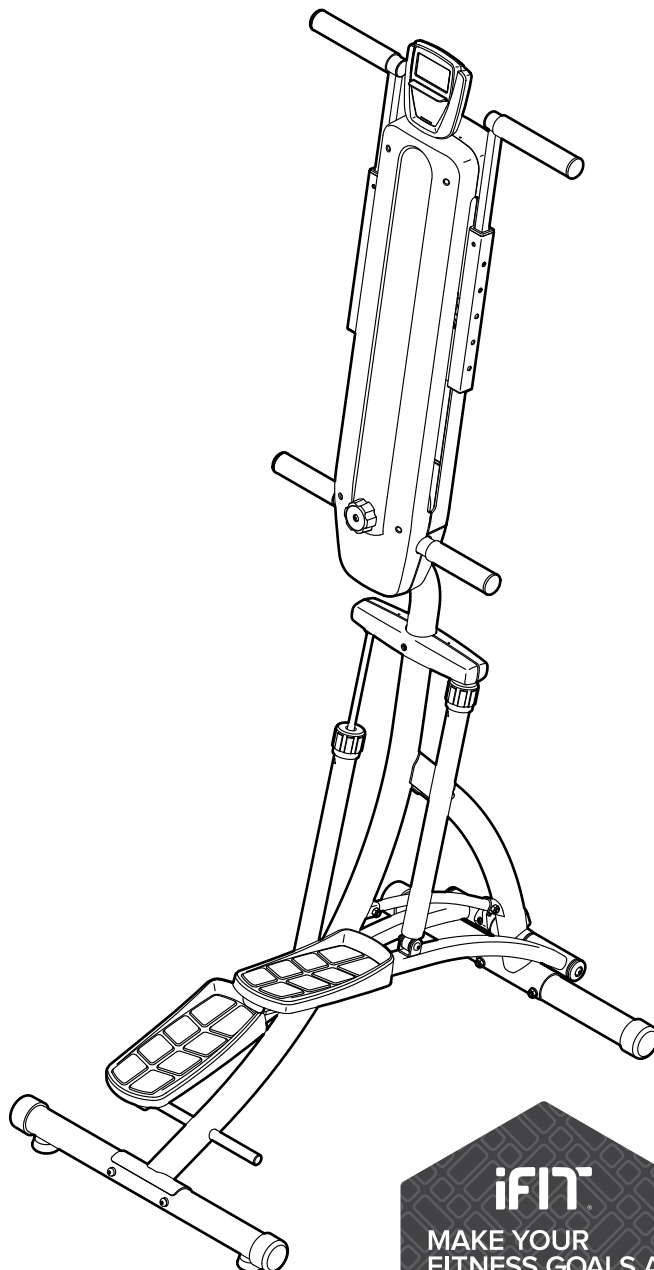
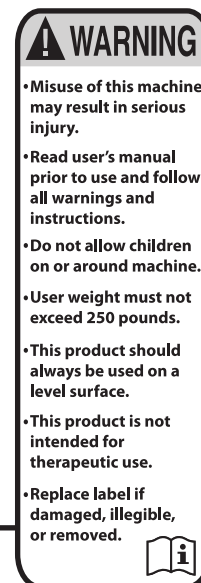
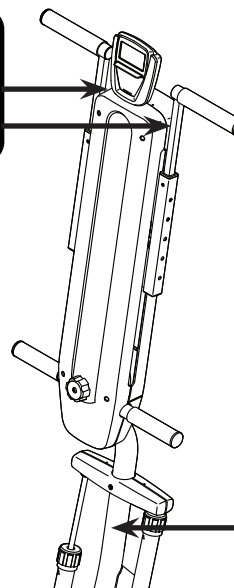


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WARNING DECAL PLACEMENT

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.



IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the stepper climber are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The stepper climber is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the stepper climber by someone responsible for their safety.
4. Use the stepper climber only as described in this manual.
5. The stepper climber is intended for home use only. Do not use the stepper climber in a commercial, rental, or institutional setting.
6. Keep the stepper climber indoors, away from moisture and dust. Do not put the stepper climber in a garage or covered patio, or near water.
7. Place the stepper climber on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the stepper climber.
8. Inspect and properly tighten all parts each time the stepper climber is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the stepper climber at all times.
10. The resistance cylinders become hot during use. Allow the resistance cylinders to cool before touching them.
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the stepper climber. Always wear athletic shoes for foot protection.
12. The stepper climber should not be used by persons weighing more than 250 lbs. (113 kg).
13. Be careful when mounting and dismounting the stepper climber.
14. Always keep your back straight while using the stepper climber; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



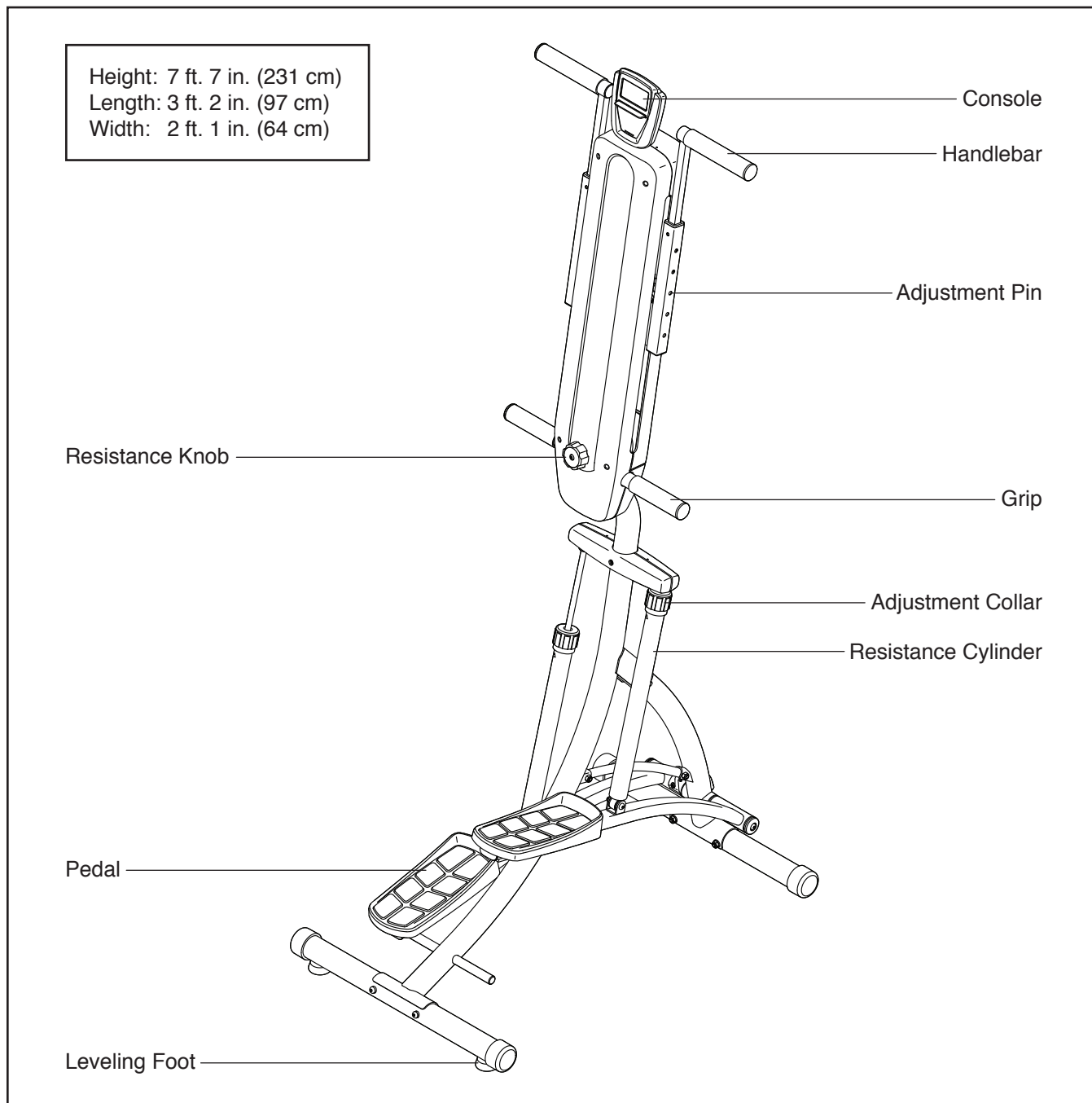
BEFORE YOU BEGIN

Thank you for selecting the new WESLO® STEP FIT CLIMBER stepper climber. Stepping is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The STEP FIT CLIMBER stepper climber provides a selection of features designed to make your workouts at home more effective and enjoyable.

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

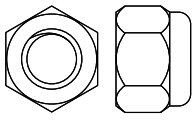
after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

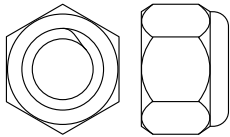


PART IDENTIFICATION CHART

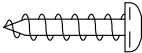
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



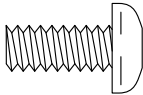
M8 Locknut
(69)–3



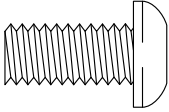
M10 Locknut
(74)–1



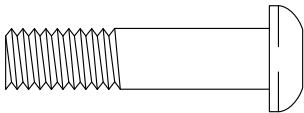
M4 x 16mm
Screw (82)–6



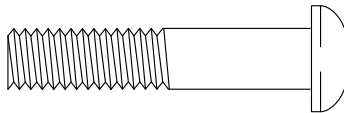
M6 x 14mm
Screw (81)–8



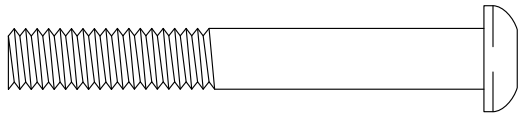
M8 x 16mm
Screw (78)–2



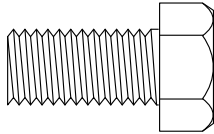
M8 x 35mm Bolt (68)–1



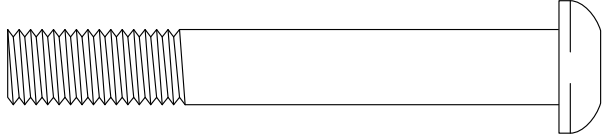
M8 x 40mm Bolt (80)–2



M8 x 68mm Screw (73)–4



M10 x 20mm
Screw (77)–4



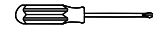
M10 x 73mm Bolt (75)–1

ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- To identify small parts, see page 6.
- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver



one adjustable wrench



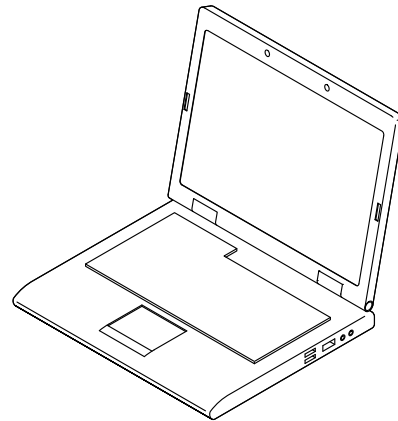
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Go to my.weslo.com on your computer and register your product.

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

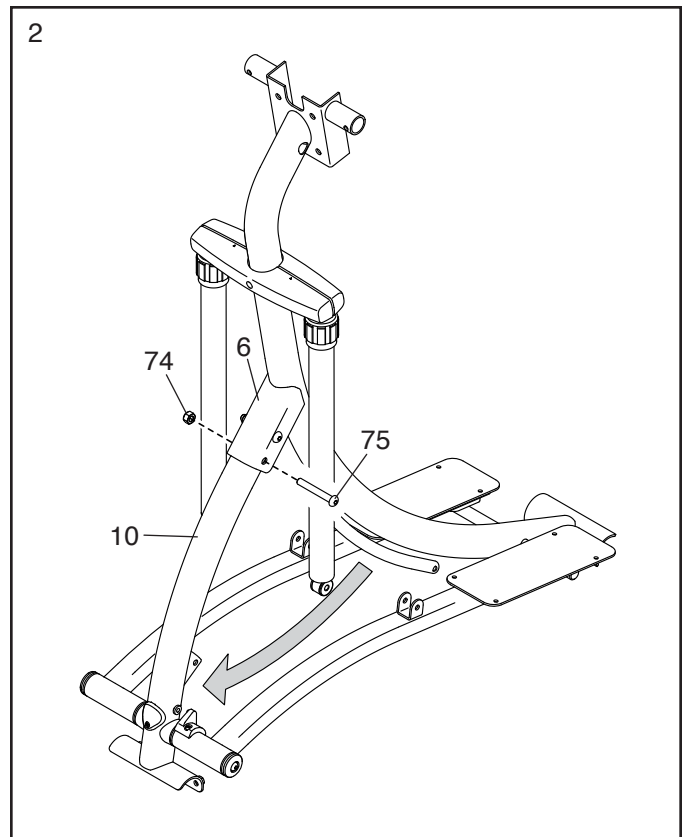
Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.

1



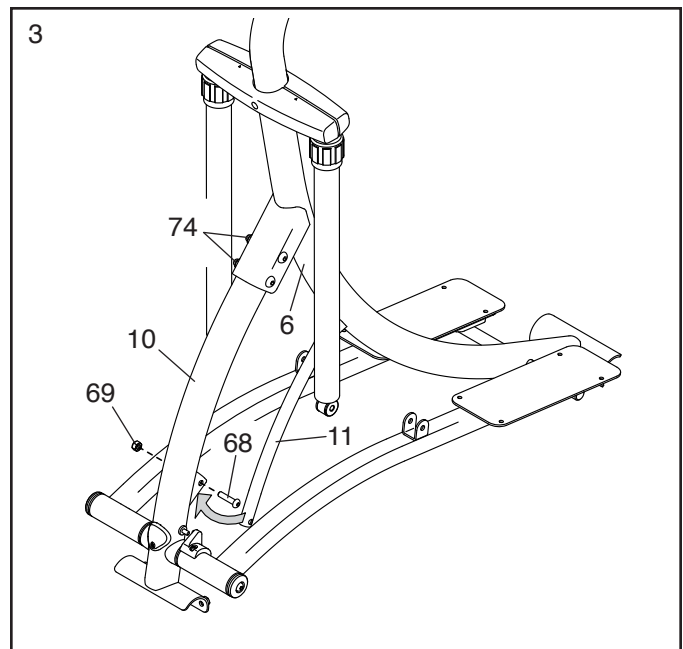
2. Pivot the Base Leg (10) away from the Base (6) and orient the parts as shown.

Secure the Base Leg (10) with an M10 x 73mm Bolt (75) and an M10 Locknut (74); **do not fully tighten the Locknut yet.**



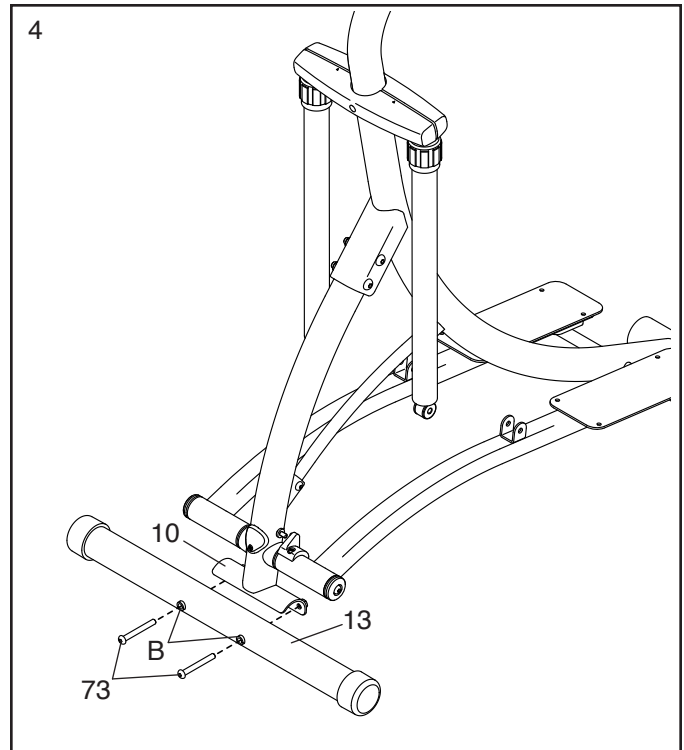
3. Pull the Base Brace (11) away from the Base (6) and attach it to the Base Leg (10) with an M8 x 35mm Bolt (68) and an M8 Locknut (69).

Then, tighten the two indicated M10 Locknuts (74).



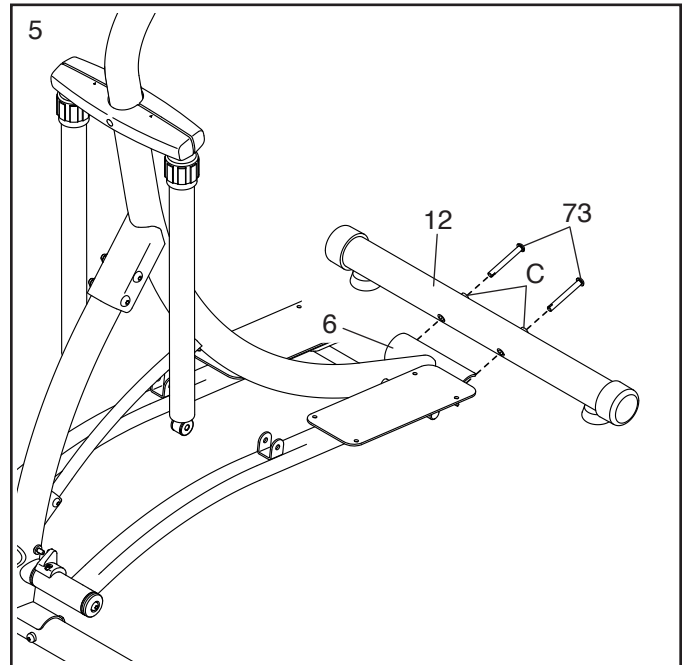
4. Orient the Front Stabilizer (13) so that the welded tubes (B) are in the locations shown.

Attach the Front Stabilizer (13) to the Base Leg (10) with two M8 x 68mm Screws (73).



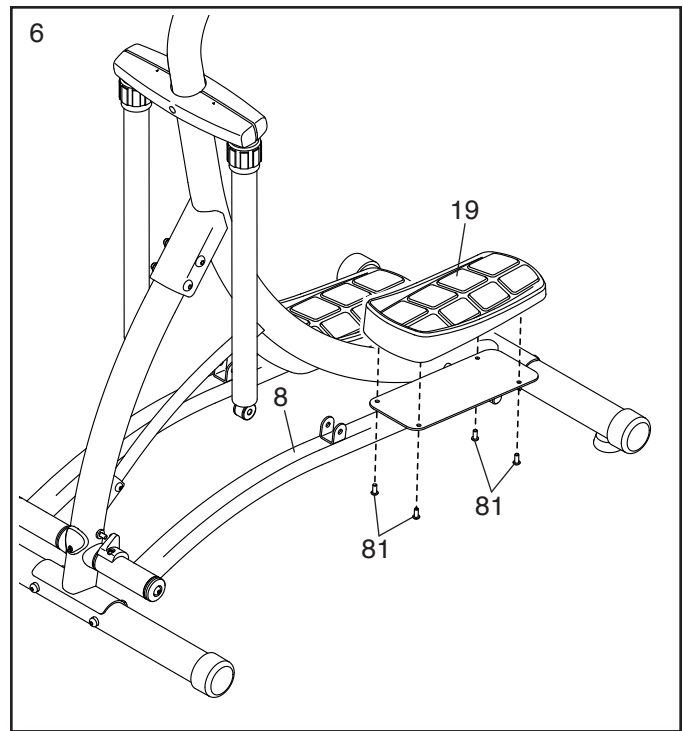
5. Orient the Rear Stabilizer (12) so that the welded tubes (C) are in the locations shown.

Attach the Rear Stabilizer (12) to the Base (6) with two M8 x 68mm Screws (73).



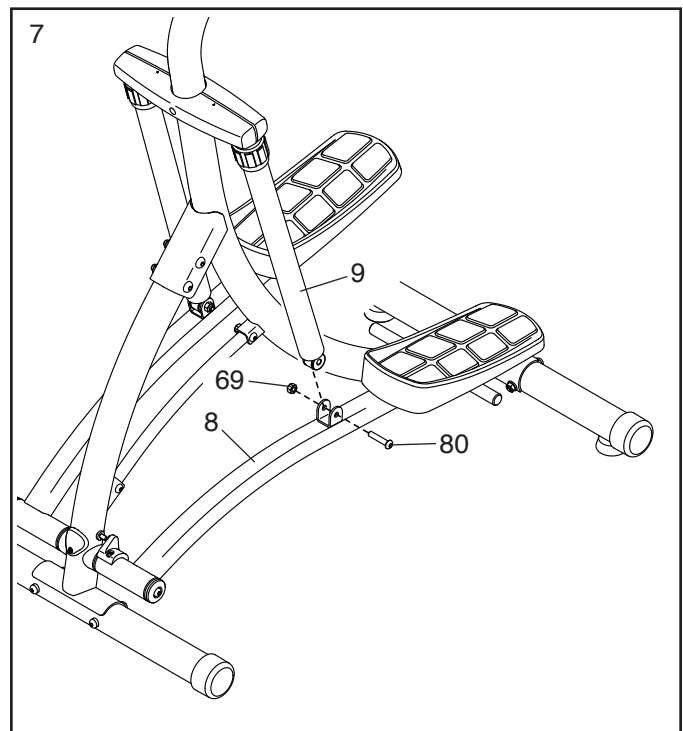
6. Attach a Pedal (19) to the Left Pedal Leg (8) with four M6 x 14mm Screws (81); **start all the Screws, and then tighten them.**

Repeat this step on the other side of the stepper climber.



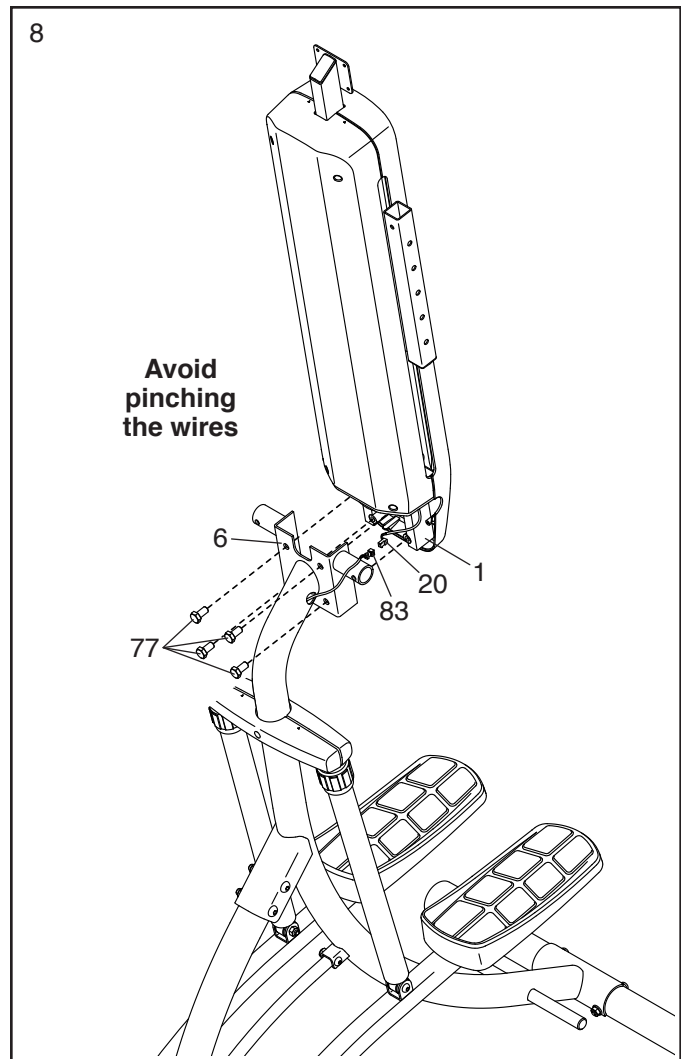
7. Attach the left Resistance Cylinder (9) to the Left Pedal Leg (8) with an M8 x 40mm Bolt (80) and an M8 Locknut (69).

Repeat this step on the other side of the stepper climber.



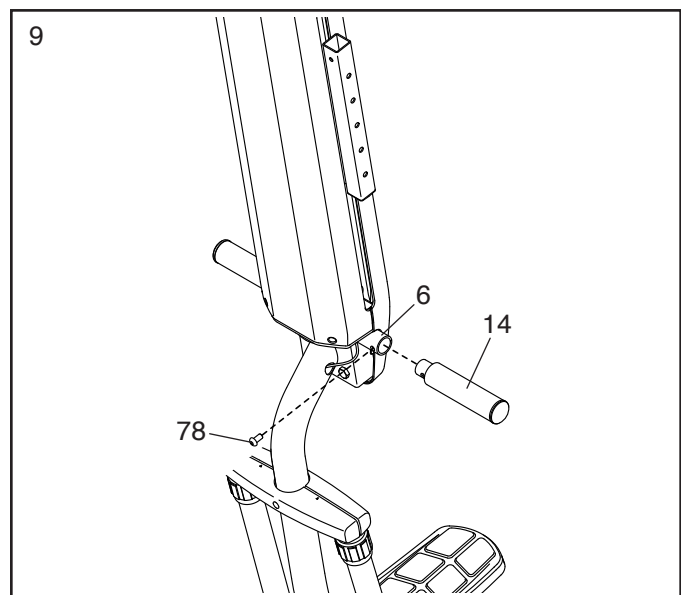
8. **Tip: Avoid pinching the wires.** With the help of a second person, attach the Frame (1) to the Base (6) with four M10 x 20mm Screws (77); **start all the Screws, and then tighten them.**

Then, connect the Extension Wire (20) in the Frame (1) to the Reed Switch Wire (83) in the Base (6). Insert the excess wire into the Base or into the Frame.



9. Attach a Grip (14) to the left side of the Base (6) with an M8 x 16mm Screw (78).

Repeat this step on the other side of the stepper climber.

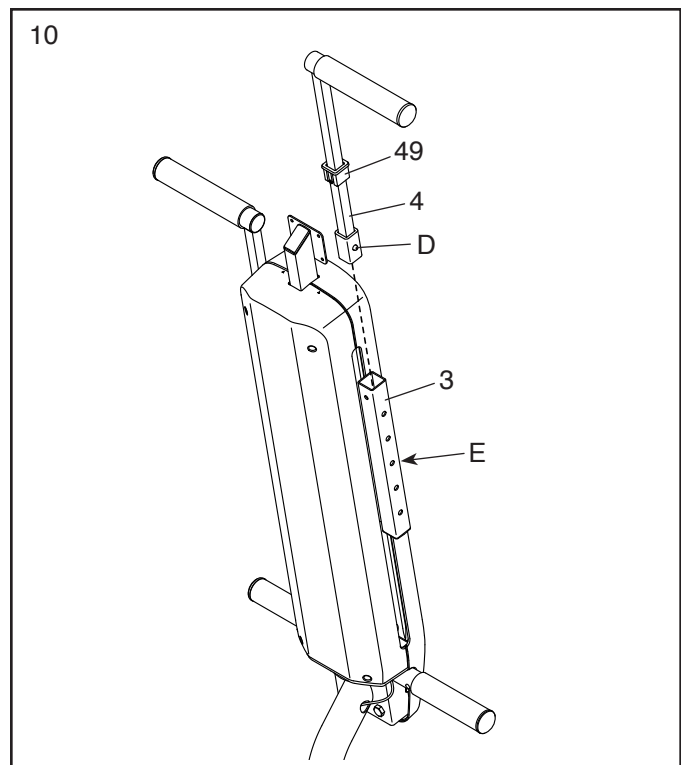


10. Orient a Handlebar (4) as shown.

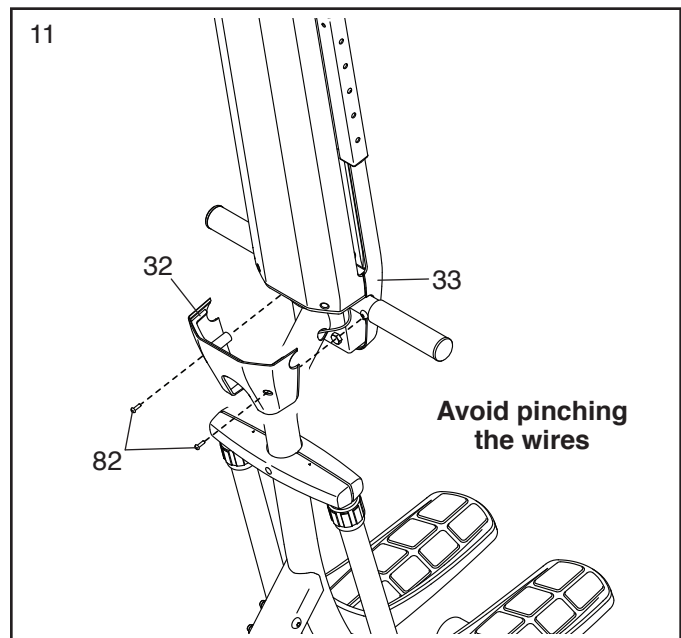
Press and hold down the adjustment pin (D), insert the Handlebar (4) into the Left Climbing Carriage (3), and then release the adjustment pin into one of the adjustment holes (E) in the Left Climbing Carriage.

Then, press the Handlebar Bracket (49) downward into the top of the Left Climbing Carriage (3).

Repeat this step on the other side of the stepper climber. Make sure to adjust the Handlebars (4) to the same height.



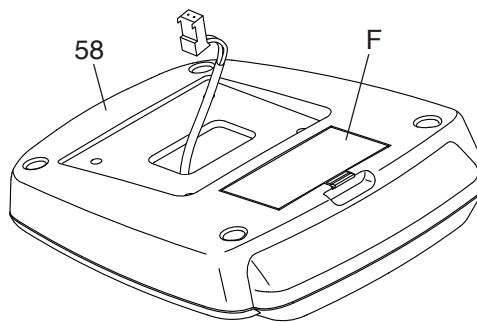
11. **Tip: Avoid pinching the wires.** Attach the Front Frame Lower Cover (32) to the Rear Frame Cover (33) with two M4 x 16mm Screws (82).



12. The Console (58) can use two AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the Console or other electronic components.**

Remove the battery cover (F) from the back of the Console (58), and insert batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

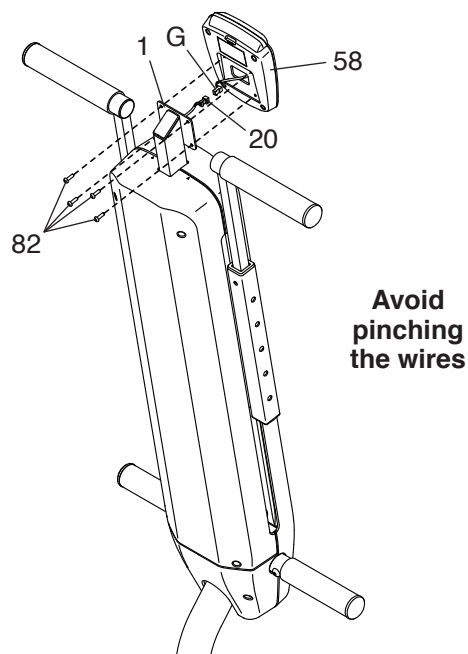
12



13. While a second person holds the Console (58) near the Frame (1), connect the console wire (G) to the Extension Wire (20).

Tip: Avoid pinching the wires. Attach the Console (58) to the Frame (1) with four M4 x 16mm Screws (82); **start all the Screws, and then tighten them.**

13

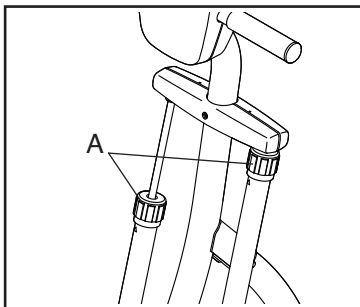


14. **Make sure that all parts are properly tightened before you use the stepper climber. After the stepper climber is assembled, inspect it to make sure that it is assembled correctly and that it functions properly.** Extra parts may be included. Place a mat under the stepper climber to protect the floor or carpet from damage.

HOW TO USE THE STEPPER CLIMBER

HOW TO ADJUST THE RESISTANCE OF THE PEDALS

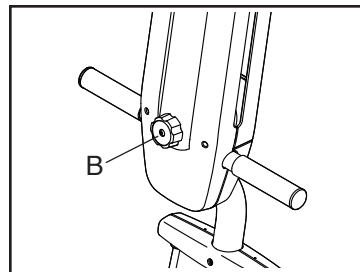
To change the resistance of the pedals, turn the adjustment collars (A) on the upper ends of the resistance cylinders. The arrows on the resistance cylinders and the marks on the collars show which resistance level has been selected. **Make sure that both resistance cylinders are at the same resistance setting.**



⚠ WARNING: The resistance cylinders may become hot during use. Touch only the adjustment collars on the resistance cylinders when changing the resistance of the pedals.

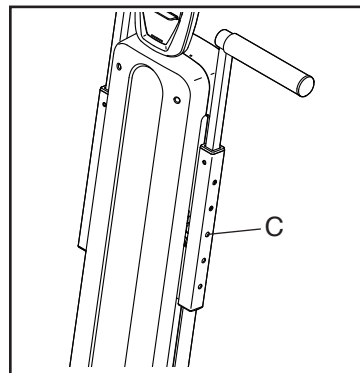
HOW TO ADJUST THE RESISTANCE OF THE HANDLEBARS

To increase the resistance of the handlebars, turn the resistance knob (B) clockwise; to decrease the resistance, turn the knob counterclockwise. **IMPORTANT: Stop turning the knob when turning becomes difficult, or you may damage the stepper climber.**



HOW TO ADJUST THE HEIGHT OF THE HANDLEBARS

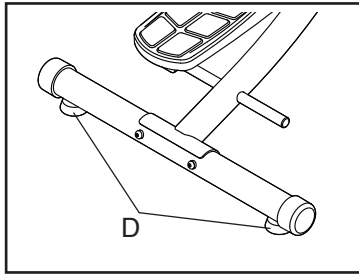
To adjust the height of the handlebars, press and hold the adjustment pin (C) on each handlebar, move the handlebar to the desired height, and then release the pin into one of the adjustment holes in the climbing carriage.



Make sure to adjust both handlebars to the same height.

HOW TO LEVEL THE STEPPER CLIMBER

If the stepper climber rocks slightly on your floor during use, turn one or both of the leveling feet (D) beneath the rear stabilizer until the rocking motion is eliminated.



HOW TO EXERCISE ON THE STEPPER CLIMBER

Hold the grips or the handlebars and step onto the pedals.

For full-body exercise, hold the handlebars and move both the handlebars and the pedals.

For lower-body exercise, hold the grips and move only the pedals.

For upper-body exercise, stand on the pedals and move only the handlebars.

As you step, alternately depress the right and left pedals with a smooth, continuous motion. Because the pedals move independently of each other, you must maintain a continuous motion or both pedals will sink to the floor. Change the height of your step or your stepping pace until you can comfortably maintain a continuous motion.

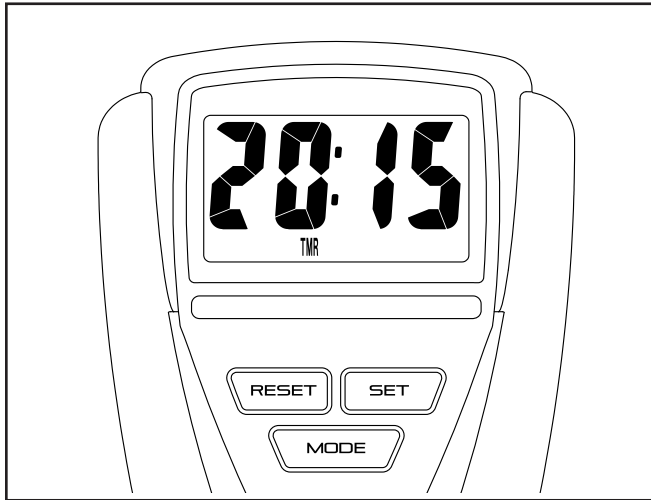
Stand erect or lean forward slightly as you exercise. Always keep your back straight in order to avoid injury.

You can exercise your upper leg muscles by keeping your feet flat on the pedals. You can exercise your calf muscles by rising on your toes as you step.

You can exercise your upper body muscles by moving the handlebars upward and downward with a smooth, continuous motion.

Note: The console will provide exercise feedback when the pedals move upward and downward in detectable steps. When the pedals do not move or when the pedals move only in small steps near the top or near the bottom of the base, the console will not provide exercise feedback.

FEATURES OF THE CONSOLE



The easy-to-use console features five modes that provide instant exercise feedback during your workouts.

Scan (SCAN)—This mode displays the time, calories, steps, and steps per minute modes, for a few seconds each, in a repeating cycle.

Time (TMR)—This mode displays the elapsed time. Note: If you set a time goal (see step 2), this display will show the time remaining in your workout.

Calories (CAL)—This mode displays the approximate number of calories you have burned during your workout. Note: If you set a calorie-burning goal (see step 2), this mode will show the number of calories still to be burned in your workout.

Steps (ODO)—This mode displays the number of steps you have taken. Note: If you set a steps goal (see step 2), this mode will show the number of steps still to be completed in your workout.

Steps Per Minute (RPM)—This mode displays your stepping rate in steps per minute.

HOW TO USE THE CONSOLE

Make sure that batteries (not included) are installed in the console (see assembly step 12 on page 13). If there is a sheet of plastic on the console, remove the plastic.

IMPORTANT: The console will provide exercise feedback when the pedals move upward and downward in detectable steps. When the pedals do not move or when the pedals move only in small steps near the top or near the bottom of the base, the console will not provide exercise feedback.

1. Turn on the console.

To turn on the console, press any button on the console or simply begin stepping.

2. Set a workout goal if desired.

To set a time, calorie-burning, or steps goal for your workout, press the MODE button repeatedly until the letters TMR, CAL, or ODO appear in the display. **Make sure that the word SCAN does not appear in the display.**

Next, press the SET button repeatedly to set a goal. To set a goal quickly, hold down the SET button. To reset the goal, press the RESET button.

3. Begin stepping and follow your progress with the display.

Scan mode—To select the scan mode, press the MODE button repeatedly until the word SCAN appears in the display.

Time, calories, steps, and steps per minute mode—To select one of these modes for continuous display, press the MODE button repeatedly until the name of the desired mode appears in the display. Make sure that the word SCAN does not appear in the display.

As you exercise, the console will provide instant feedback. **If you have set a workout goal**, the display will show zeros when you reach your goal; if you continue to exercise, the display will begin to count upward.

To pause the console, stop stepping. The word STOP will appear in the display. To continue your workout, simply resume stepping.

To reset the display and all the modes to zero, press and hold the Reset button for several seconds.

4. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the console will pause.

The console has an auto-off feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the stepper climber is used. Replace any worn parts immediately.

To clean the stepper climber, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

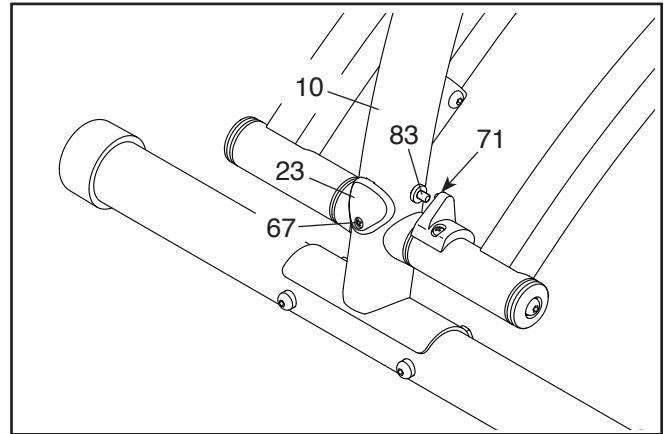
Most console problems are the result of low batteries; for replacement instructions, see assembly step 12 on page 13.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback when the pedals move in detectable steps, the reed switch should be adjusted.

Note: The console will provide exercise feedback when the pedals move upward and downward in detectable steps. When the pedals do not move or when the pedals move only in small steps near the top or near the bottom of the base, the console will not provide exercise feedback.

First, remove the M4 x 10mm Screw (67) and the Base Leg Cover (23) from the front of the Base Leg (10).



Next, insert your finger into the opening and slide the Reed Switch (83) slightly toward or away from the Magnet (71). Then, move the pedals upward and downward so that the Magnet passes the Reed Switch repeatedly. Repeat these actions until the console displays correct feedback.

When the Reed Switch (83) is correctly adjusted, reattach the Base Leg Cover (23).

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.

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	

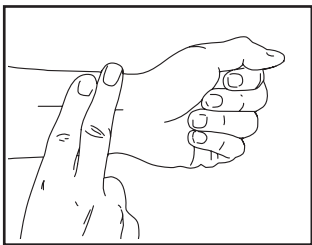
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, 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.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



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.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

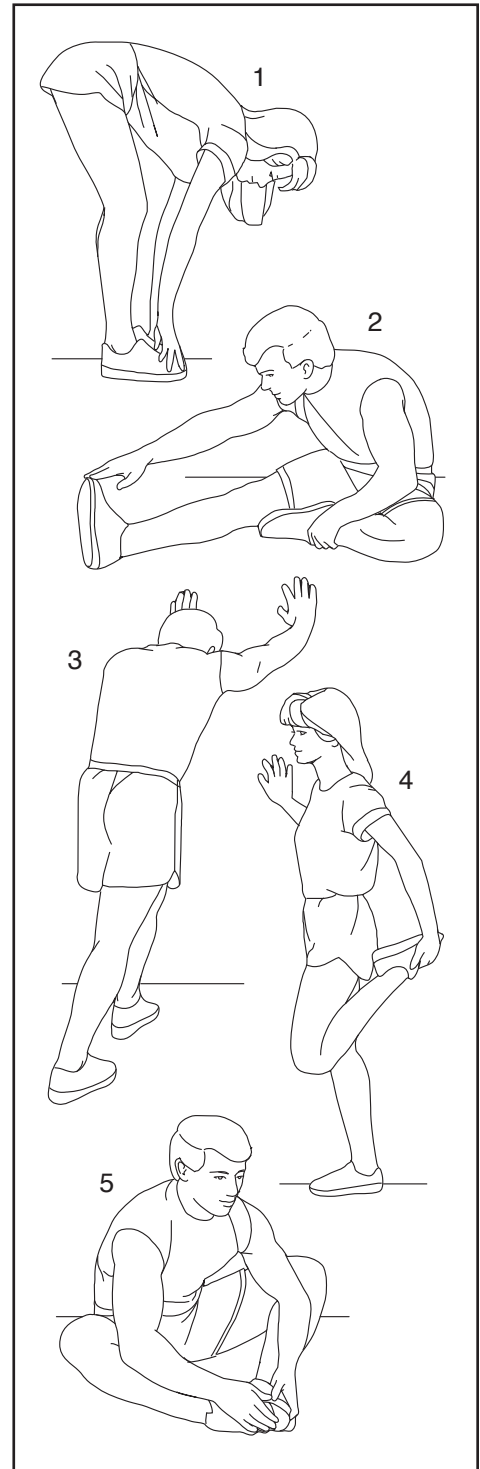
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

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



PART LIST

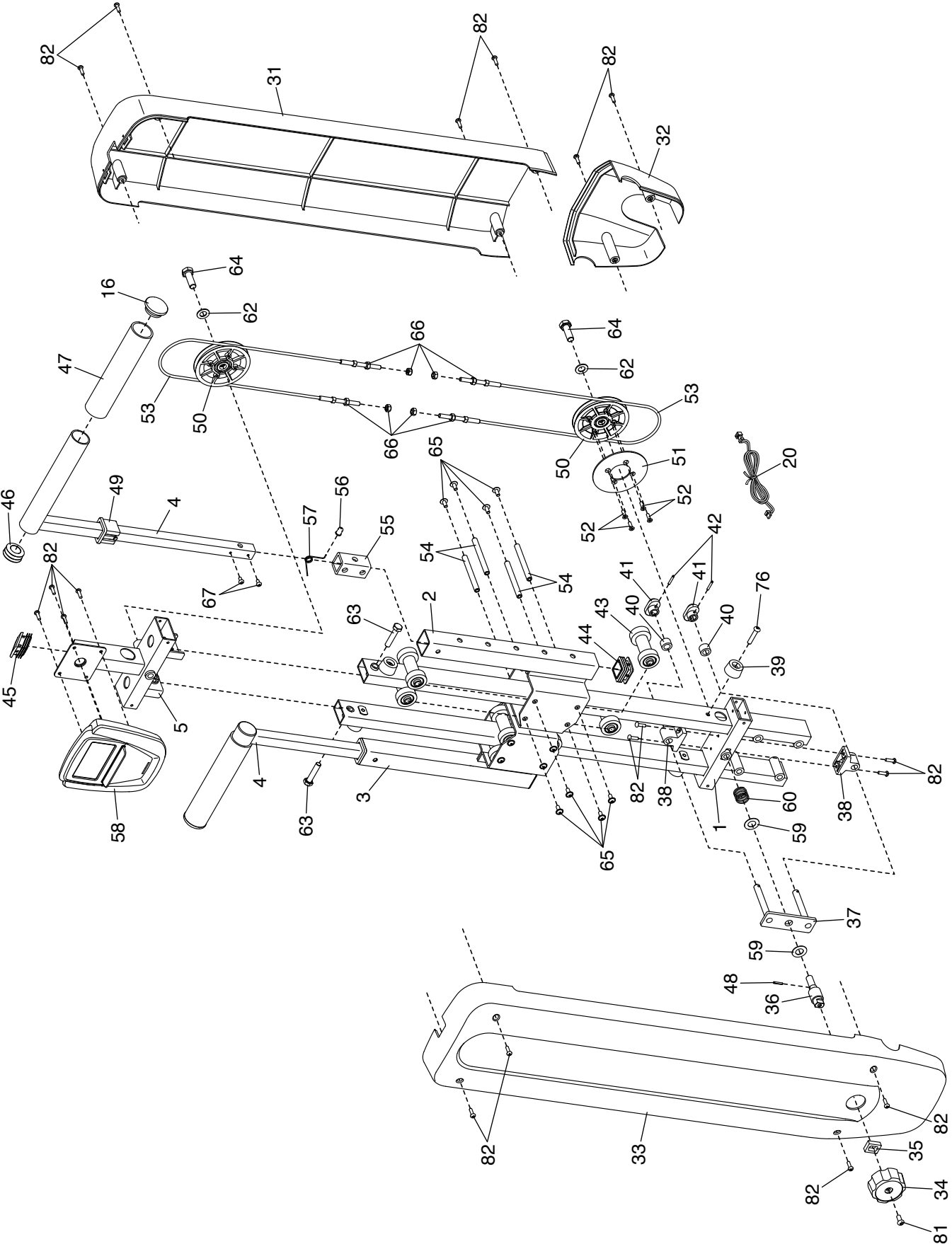
Model No. WLEL31216.2 R0318A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	44	2	Carriage Cap
2	1	Right Climbing Carriage	45	1	Console Bracket Cap
3	1	Left Climbing Carriage	46	2	Handlebar Cap
4	2	Handlebar	47	2	Handlebar Foam
5	1	Console Bracket	48	1	Resistance Pin
6	1	Base	49	2	Handlebar Bracket
7	1	Right Pedal Leg	50	2	Pulley
8	1	Left Pedal Leg	51	1	Brake Disc
9	2	Resistance Cylinder	52	4	Brake Screw
10	1	Base Leg	53	2	Cable
11	1	Base Brace	54	8	Axle
12	1	Rear Stabilizer	55	2	Handlebar Bushing
13	1	Front Stabilizer	56	2	Snap Button
14	2	Grip	57	2	Snap Spring
15	2	Grip Foam	58	1	Console
16	4	Grip Cap	59	2	Resistance Washer
17	4	Stabilizer Cap	60	1	Resistance Spring
18	2	Leveling Foot	61	2	Pedal Leg Cap
19	2	Pedal/Strap	62	2	M10 Washer
20	1	Extension Wire	63	2	M8 x 38mm Screw
21	1	Rear Base Cover	64	2	M10 x 30mm Screw
22	1	Front Base Cover	65	16	M5 x 10mm Flange Screw
23	1	Base Leg Cover	66	8	M6 Nut
24	2	Base Post Cover	67	7	M4 x 10mm Screw
25	2	Thrust Washer	68	2	M8 x 35mm Bolt
26	4	Pedal Leg Bushing	69	4	M8 Locknut
27	4	M8 Washer	70	1	Grommet
28	2	Pedal Leg Cover	71	1	Magnet
29	2	M8 x 14mm Shoulder Screw	72	2	Pad
30	1	Magnet Bracket	73	4	M8 x 68mm Screw
31	1	Front Frame Upper Cover	74	2	M10 Locknut
32	1	Front Frame Lower Cover	75	2	M10 x 73mm Bolt
33	1	Rear Frame Cover	76	4	M6 x 30mm Screw
34	1	Knob	77	4	M10 x 20mm Screw
35	1	Knob Bracket	78	2	M8 x 16mm Screw
36	1	Resistance Axle	79	2	M8 x 18mm Screw
37	1	Fork Bracket	80	2	M8 x 40mm Bolt
38	2	Resistance Bracket	81	9	M6 x 14mm Screw
39	4	Carriage Bumper	82	24	M4 x 16mm Screw
40	2	Resistance Spacer	83	1	Reed Switch/Wire
41	2	Brake	*	—	User's Manual
42	2	Brake Pin	*	—	Assembly Tool
43	8	Roller			

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.

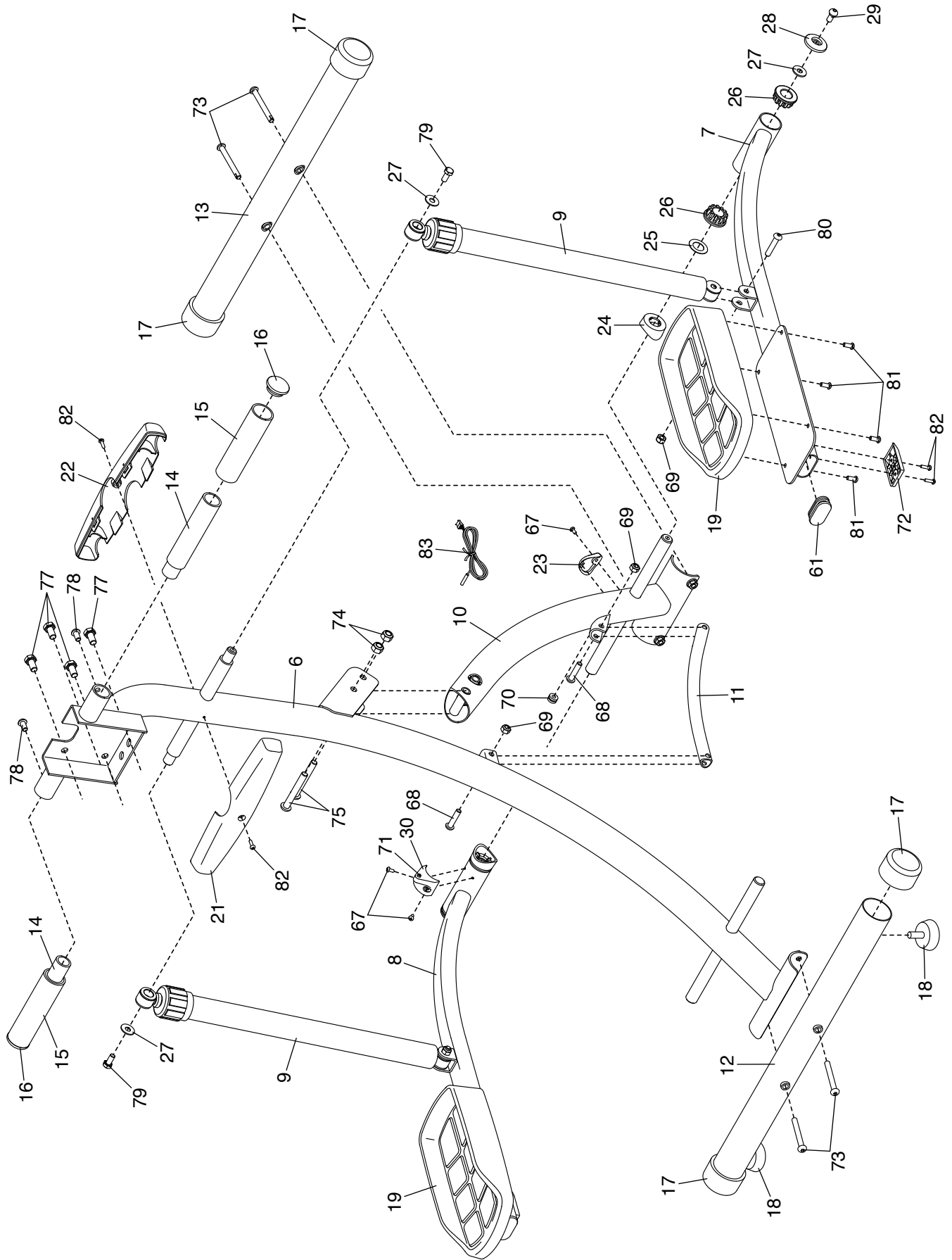
EXPLODED DRAWING A

Model No. WLEL31216.2 R0318A



EXPLODED DRAWING B

Model No. WLEL31216.2 R0318A



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: To protect your fitness equipment with an extended service plan, see page 4.

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

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. 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 may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) 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 the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) 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 (3) 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.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

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