

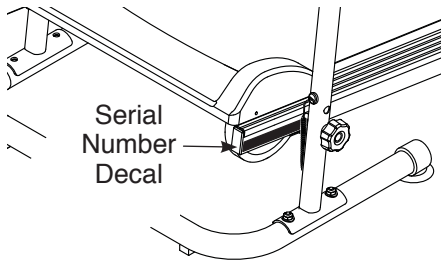
# WESLO® *CardioStride 4.0*

[www.weslo.com](http://www.weslo.com)

Model No. WLTL99616.0

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 [www.wesloservice.com/registration](http://www.wesloservice.com/registration).

## CUSTOMER CARE

For service at any time, go to [www.wesloservice.com](http://www.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

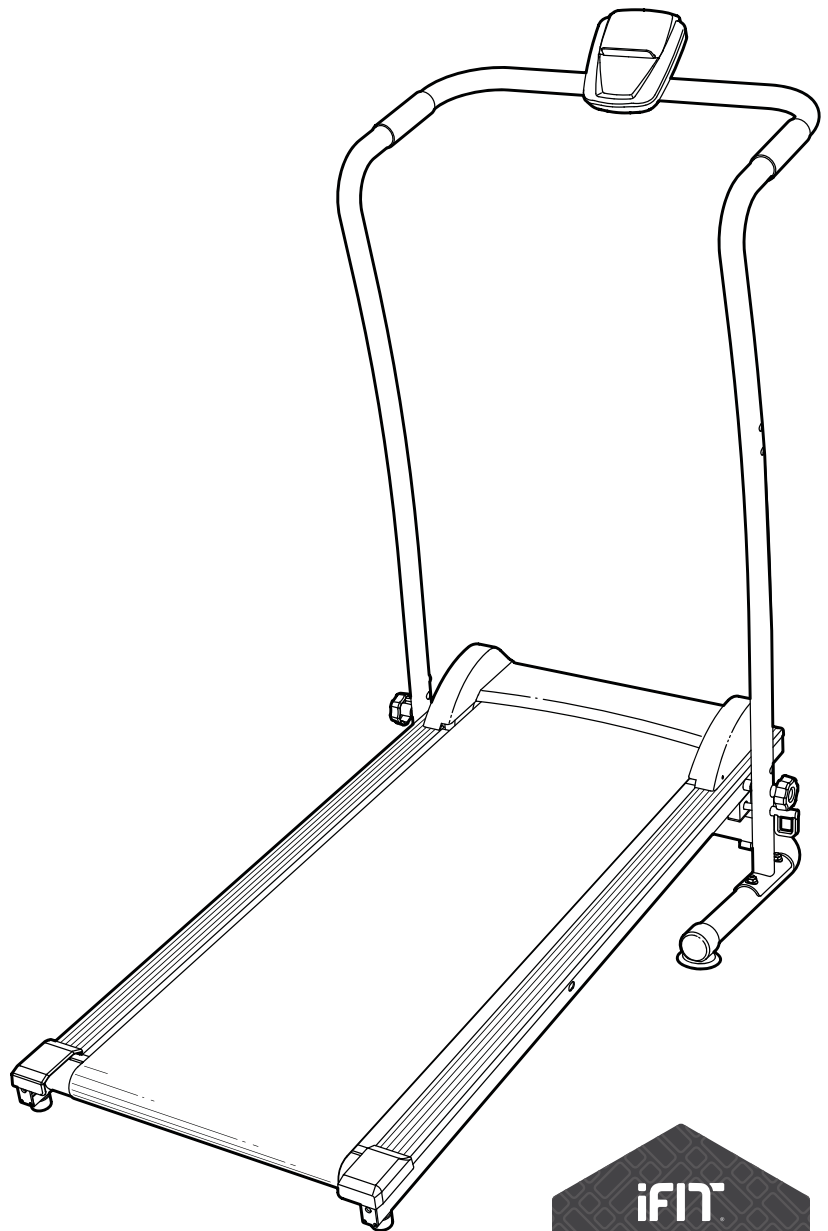
**Please do not contact the store.**

Note: Some replacement parts are available. For information about replacement parts, call Customer Care.

## ⚠ CAUTION

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

# USER'S MANUAL

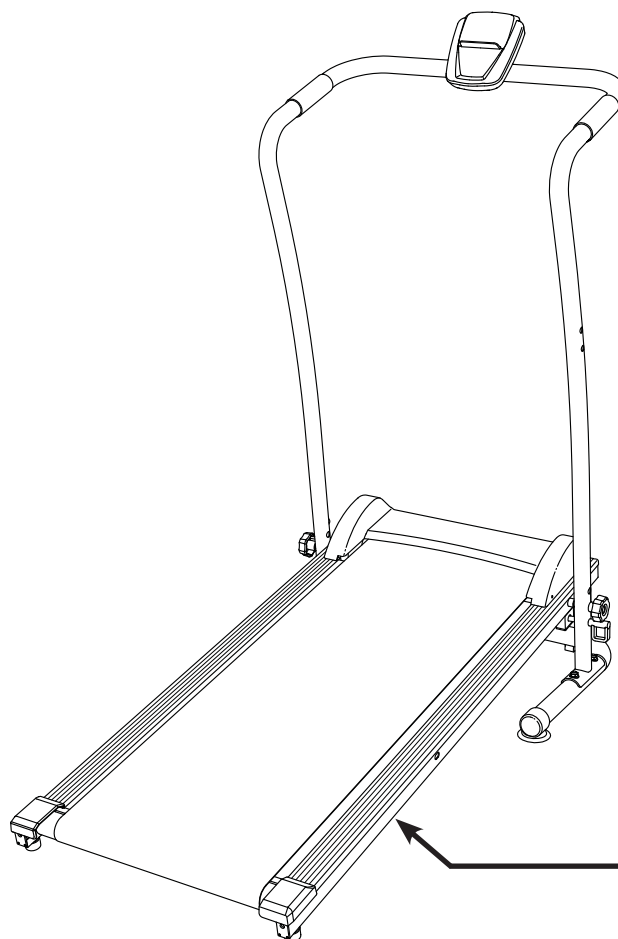


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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on 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.



### ▲WARNING:

Protect yourself and others from risk of serious injury. Read the user's manual and :



- Stand only on the side rails when starting or stopping treadmill.

- Change speed in small increments.

- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

- Stop if you feel faint, dizzy, or short of breath.

- Fully engage storage latch before treadmill is moved or stored.

- Reduce incline to its lowest level before folding treadmill into storage position.



- Never allow children on or around treadmill.

- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.

- Never try to adjust or fix the belt while it is moving.



- Always wear athletic shoes while operating treadmill.

# 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. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and 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 treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by someone responsible for their safety.
4. Use the treadmill only as described in this manual.
5. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
6. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
7. 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.
8. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
9. Keep children under age 13 and pets away from the treadmill at all times.
10. The treadmill should be used only by persons weighing 250 lbs. (114 kg) or less.
11. Never allow more than one person on the treadmill at a time.
12. 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.*
13. Do not operate the treadmill if the treadmill is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 15 if the treadmill is not working properly.)
14. Always hold the handrails while using the treadmill.
15. When a person is walking on the treadmill, the noise level of the treadmill will increase.
16. Keep fingers, hair, and clothing away from the moving walking belt.
17. Do not place hands or feet under the treadmill while it is in use.
18. The roller guards must be 1/8 inch (3 mm) from the rear roller (see the drawing on page 5). Adjust the roller guards, if necessary.
19. Do not attempt to raise or lower the treadmill until it is properly assembled. (See ASSEMBLY on page 7 and HOW TO FOLD THE TREADMILL on page 14.) You must be able to safely lift 25 lbs. (11 kg) to raise or lower the treadmill.
20. When folding the treadmill, make sure that the storage pin is holding the frame securely in the storage position.

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

**22. Inspect and properly tighten all parts each time the treadmill is used.**

**23. Never drop or insert any object into any opening on the treadmill.**

**24. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

**25. 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.**

**SAVE THESE INSTRUCTIONS**

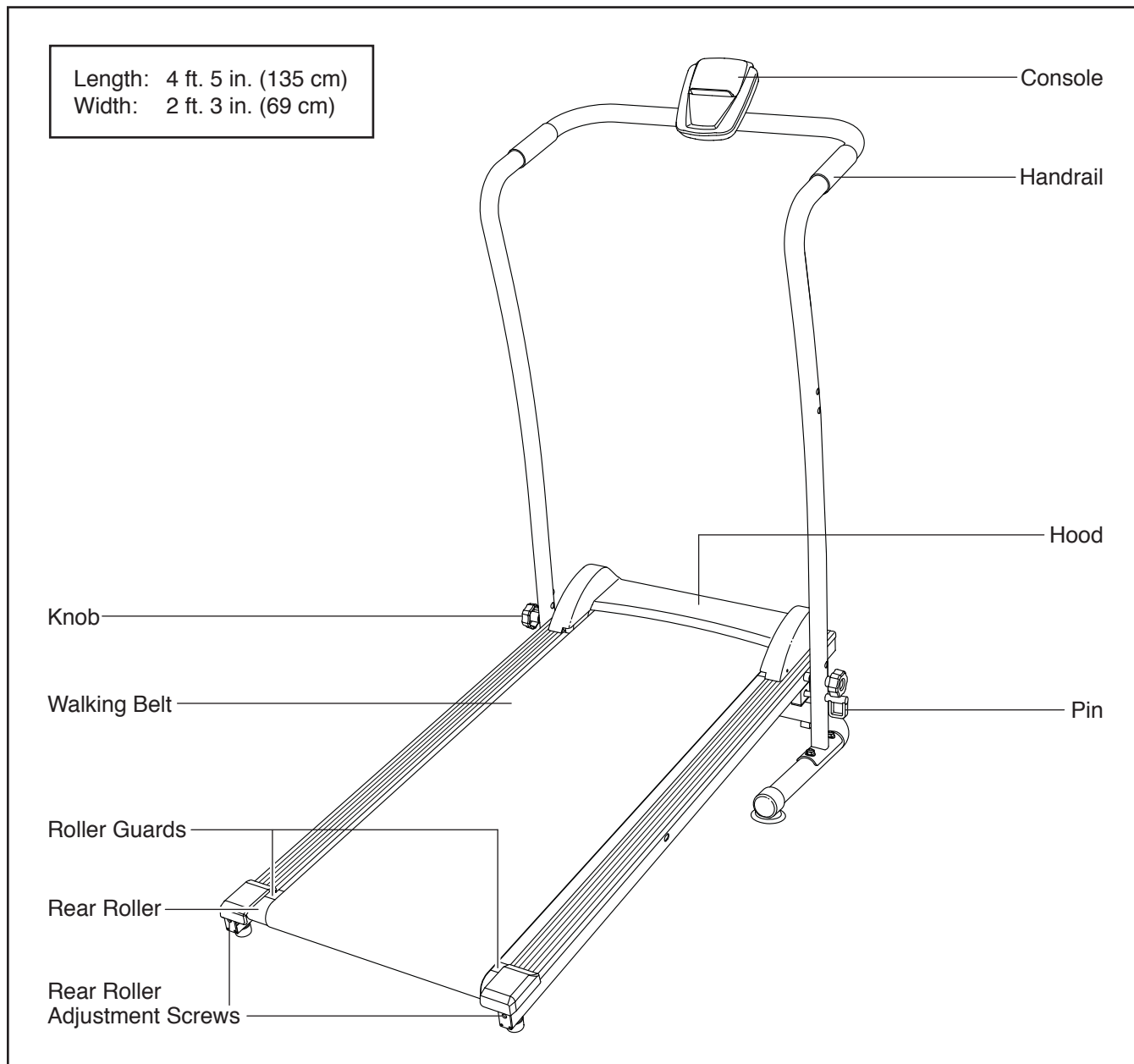
# BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CARDIO STRIDE 4.0 treadmill. The CARDIO STRIDE 4.0 treadmill offers a selection of features designed to make your workouts at home more effective and enjoyable. 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

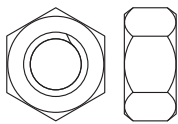
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

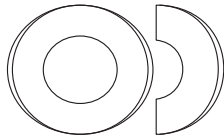


# PART IDENTIFICATION CHART

Use the drawings below to identify small parts used 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 used for assembly. **Note: If a part is not in the hardware kit, check to see whether it is preattached. Extra parts may be included.**



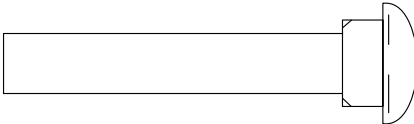
M8 Nylon  
Nut (2)–4



M8 Curved  
Washer (3)–4





M4 x 12mm  
Screw (4)–12



M8 x 50mm Bolt  
(1)–4

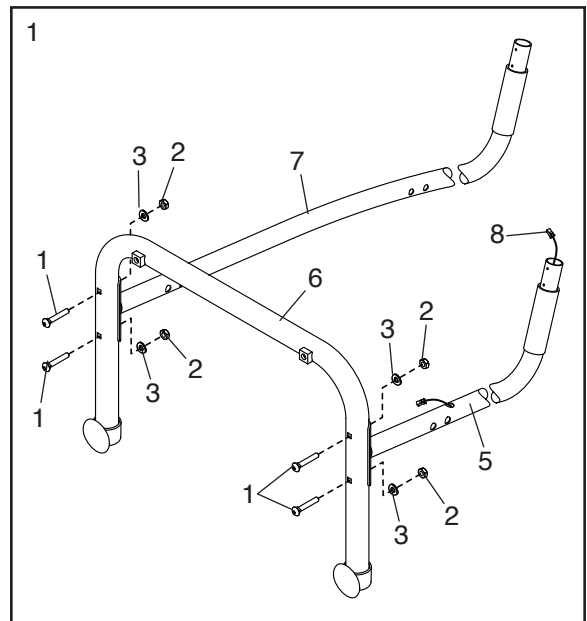
# ASSEMBLY

- 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 finish all assembly steps.
- 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, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.
- Assembly requires the following tools:
  - the included hex key 
  - one adjustable wrench 
- To avoid damaging parts, do not use power tools.

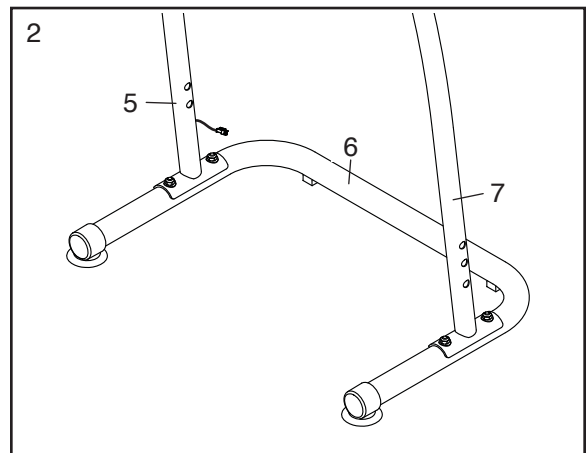
1. Identify the Right Handrail (7), and orient it as shown. Hold the Right Handrail against the Base (6).

Attach the Right Handrail (7) to the Base (6) with two M8 x 50mm Bolts (1), two M8 Curved Washers (3), and two M8 Nylon Nuts (2). **Make sure that the curved sides of the Curved Washers are against the Base.** Do not tighten the Nylon Nuts yet.

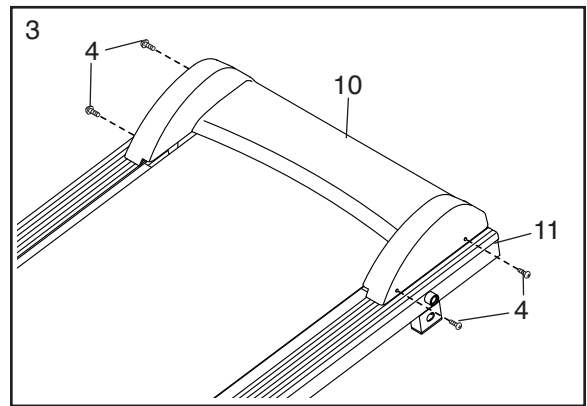
**Attach the Left Handrail (5) to the Base (6) in the same way. Make sure that the Left Handrail and the Handrail Wire (8) are oriented as shown.**



2. Raise the Right Handrail (7) and the Left Handrail (5) to the position shown.

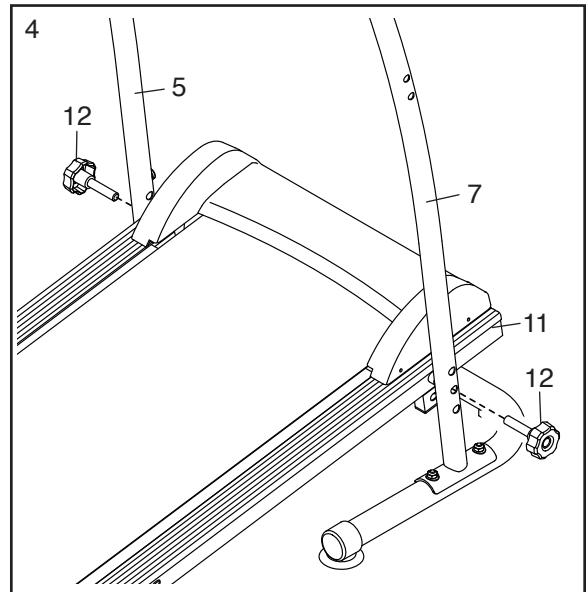


3. Attach the Hood (10) to the front of the Frame (11) with four M4 x 12mm Screws (4).



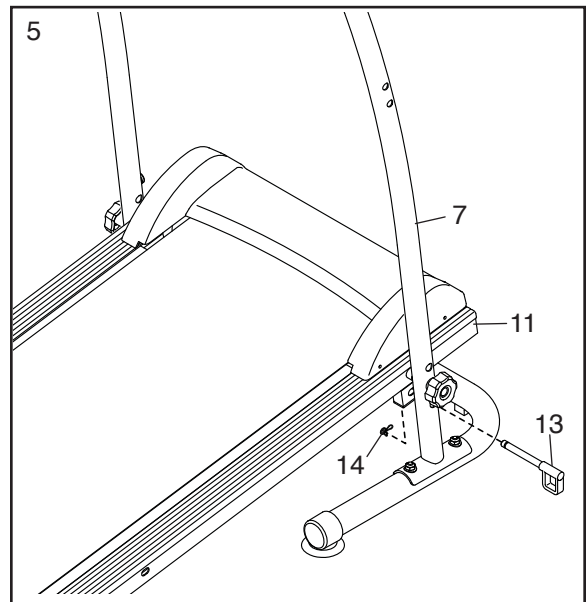
4. Hold the front of the Frame (11) between the Left and Right Handrails (5, 7).

The Frame can be inclined at two levels. Align the hole in the Frame (11) with one of the holes in Right Handrail (7). Then, tighten a Knob (12) into each Handrail and into the Frame. **Make sure that both Knobs are at the same level.**



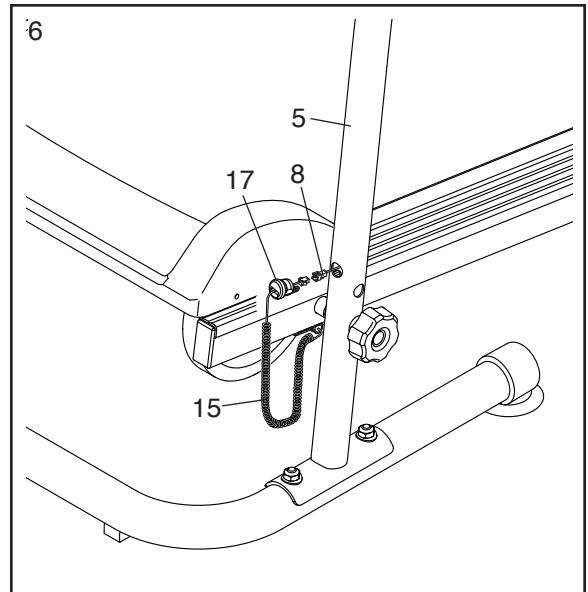
5. Insert the Pin (13) into the holes in the Right Handrail (7) and the Frame (11). **Make sure that the Pin is fully inserted.** Then, attach a Spring Clip (14) to the end of the Pin.

**IMPORTANT: Make sure that the Pin (13) is fully inserted when the treadmill is being used.**





6. Connect the Reed Switch Wire (15) to the Lower Handrail Wire (8). Clip the Upright Grommet (17) onto the Reed Switch Wire and press the Grommet into the Left Upright (5).

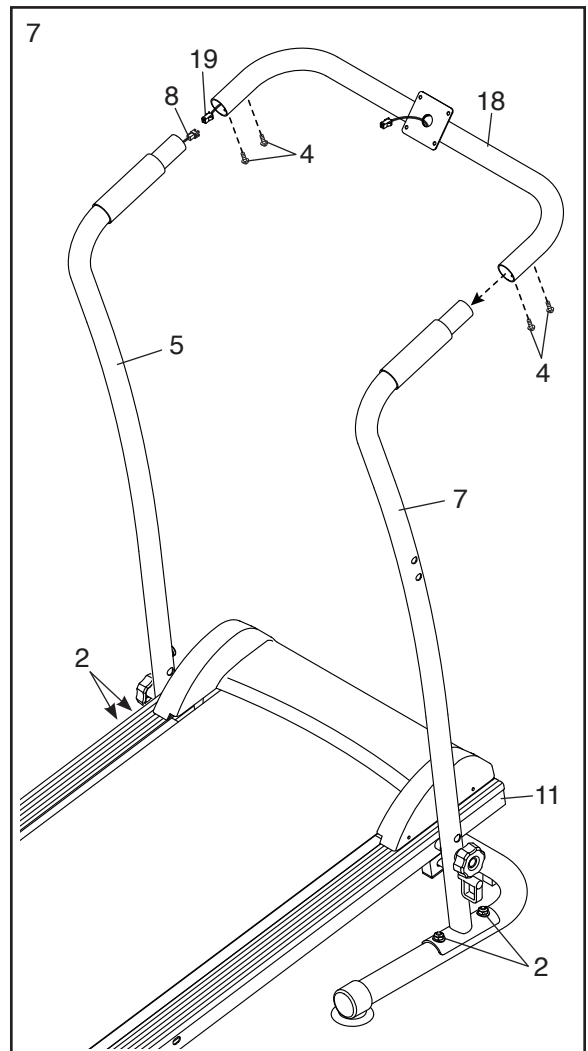


7. Have a second person hold the Center Handrail (18) near the Left and Right Handrails (5, 7). Connect the Lower Handrail Wire (8) to the Upper Handrail Wire (19).  
**Tip: Pull out only enough wire to make a connection.** Then, insert the wires downward into the Left Handrail.

Attach the Center Handrail (18) to the Handrails (5, 7) with four M4 x 12mm Screws (4). **Do not pinch the Wires (8, 19).**

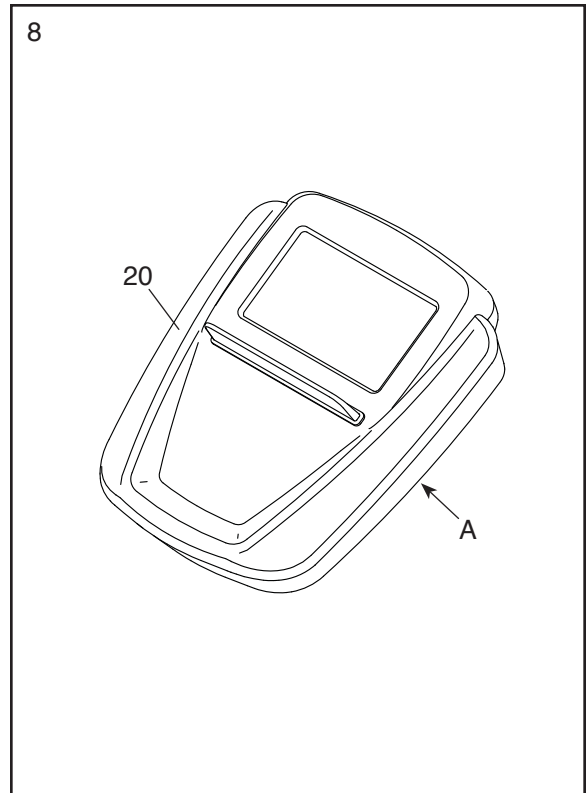
Next, place the treadmill in the storage position (see page 14). Then, center the Frame (11) between the Handrails (5, 7), and tighten the four M8 Nylon Nuts (2).

Then, lower the Frame (11) (see page 14).



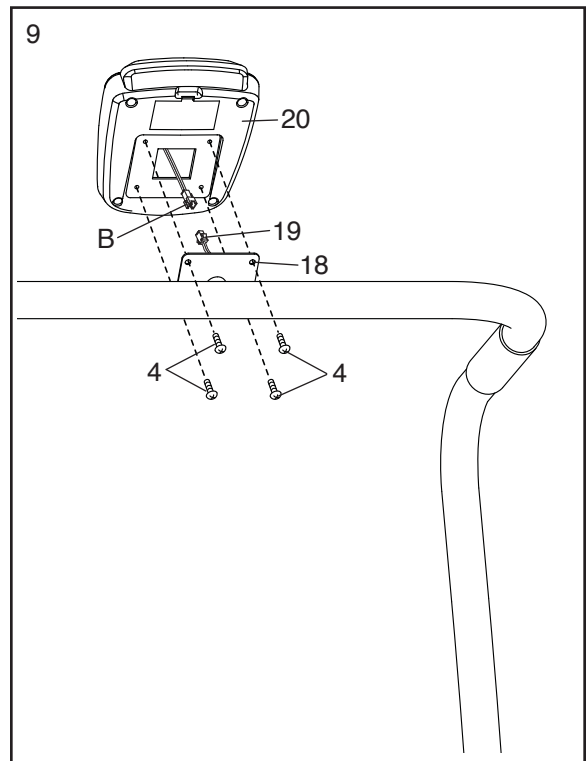
8. The Console (20) can use two AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert the batteries. Otherwise, you may damage the Console or other electronic components.**

Remove the battery cover from the back of the Console (20), and insert the batteries into the battery compartment (A). **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



9. Hold the Console (20) near the Center Handrail (18). Connect the wire on the Console (B) to the Upper Handrail Wire (19).

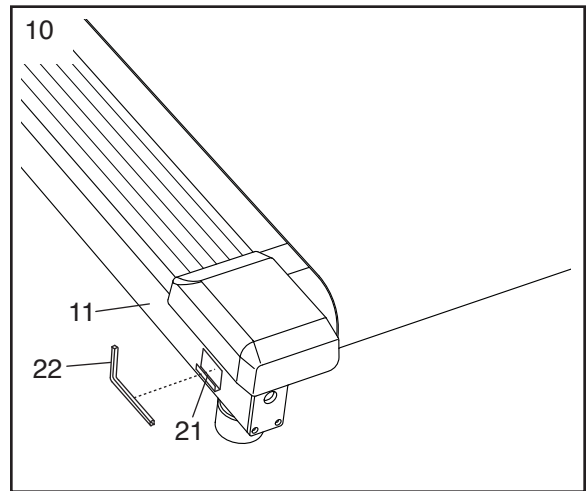
Attach the Console (20) to the bracket on the Center Handrail (18) with four M4 x 12mm Screws (4). **Do not overtighten the Screws. Make sure that the wires are not pinched.**



10. Remove the paper backing from the Adhesive Clip (21). Press the Adhesive Clip onto the left side of the Frame (11) in the indicated location. Then, press the Hex Key (22) into the Adhesive Clip.

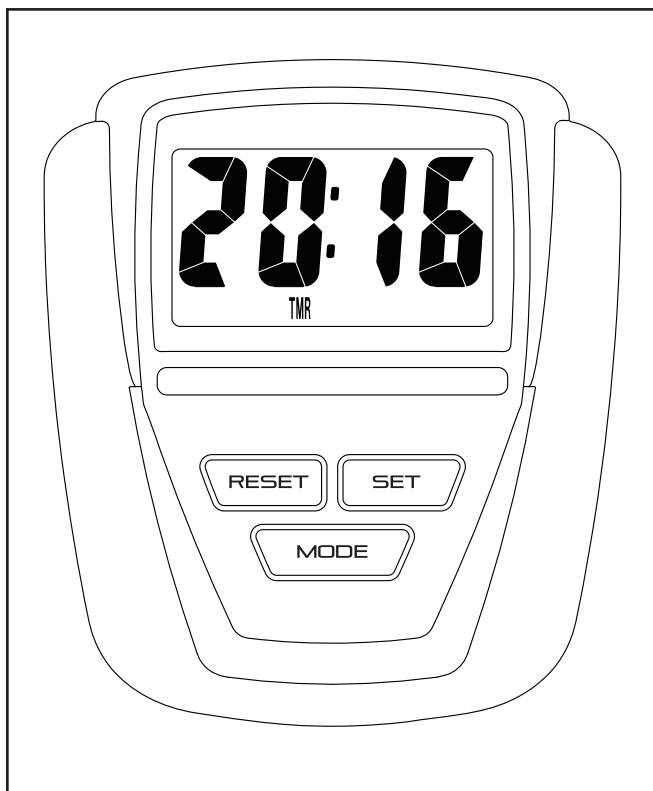
**Make sure that the walking belt is properly tightened (see page 16).**

**Then, lubricate the walking platform (see page 15).**



11. **Make sure that all parts are properly tightened before you use the treadmill.** To protect the floor or carpet, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight.

## CONSOLE DIAGRAM



## 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, speed, distance, and calories 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 on page 13), this mode will show the time remaining in your workout.

**Speed (SPD)**—This mode displays your speed, in miles per hour.

**Distance (DST)**—This mode displays the distance you have moved during your workout, in miles. Note: If you set a distance goal (see step 2 on page 13), this mode will show the distance 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 on page 13), this mode will show the number of calories still to be burned in your workout.

## HOW TO USE THE CONSOLE

Make sure that batteries (not included) are installed in the console (see assembly step 8 on page 10). If there is a sheet of plastic on the console, remove the plastic.

### 1. Turn on the console.

To turn on the console, press any button on the console.

### 2. Set a workout goal if desired.

To set a time, distance, or calorie-burning goal for your workout, press the MODE button repeatedly until the word TMR, DST, or CAL appears 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. Start walking or running 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, speed, distance, calories 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 about your workout. **If you have set a workout goal**, the display will show zeros and the console will beep when you reach your goal; if you continue to exercise, the display will begin to count upward.

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

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

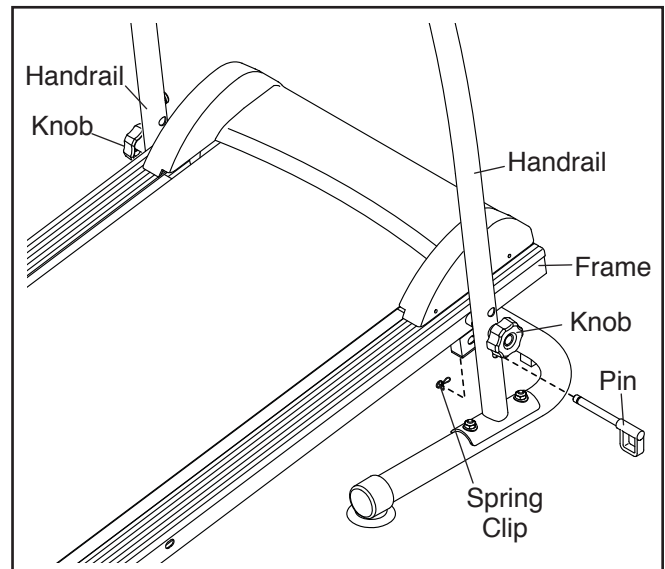
### 4. When you are finished exercising, the console will turn off automatically.

If the walking belt does not move for a few seconds, the console will pause.

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

## HOW TO ADJUST THE INCLINE

The frame can be inclined at two levels. Align the hole in the frame with the desired holes in the handrails. Then, tighten a knob into each handrail and into the frame. **Make sure that both knobs are at the same level.**



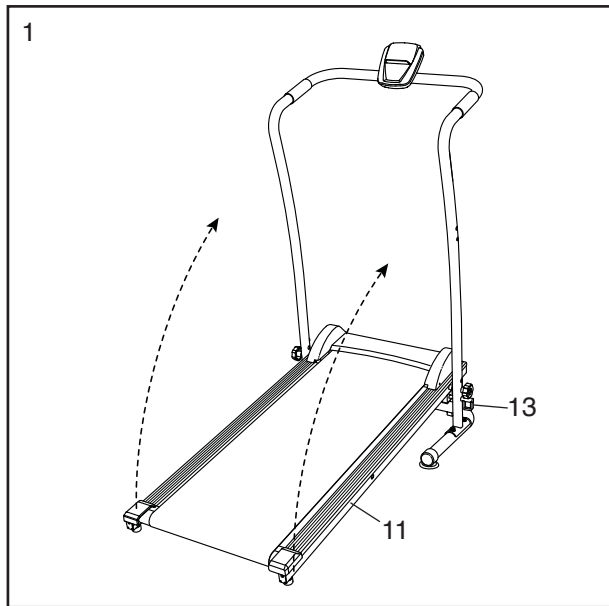
Insert the pin into the holes in the right handrail and the frame. **Make sure that the pin is fully inserted.** Then, attach the spring clip to the end of the pin.

# HOW TO FOLD THE TREADMILL

## FOLDING THE TREADMILL FOR STORAGE

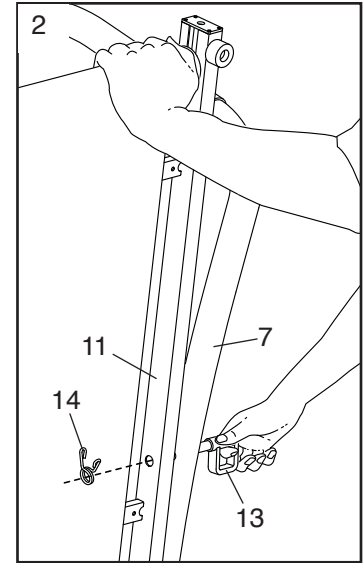
When the treadmill is not in use, it can be folded to the compact storage position. **CAUTION: You must be able to safely lift 25 pounds (11 kilograms) to raise or lower the treadmill.**

1. Remove the Pin (13) from the right side of the treadmill. Hold the end of the Frame (11) firmly with your hands. **CAUTION: Bend your legs and keep your back straight. As you raise the Frame, make sure to lift with your legs rather than your back.** Raise the Frame to the vertical position.



2. Hold the treadmill securely with your left hand as shown. Insert the Pin (13) into the hole in the right side of the Right Handrail (7) and into the Frame (11) as far as it will go.

Press the ends of the Spring Clip (14) together and slide the Spring Clip onto the end of the Pin (13).



## LOWERING THE TREADMILL FOR USE

1. Hold the treadmill securely with your left hand as shown in drawing 2. Press the ends of the Spring Clip (14) together and slide the Spring Clip off the end of the Pin (13). Pull out the Pin and pivot the treadmill downward a few inches.
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: Bend your legs and keep your back straight.** Then, reinsert the pin and reattach the spring clip.

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

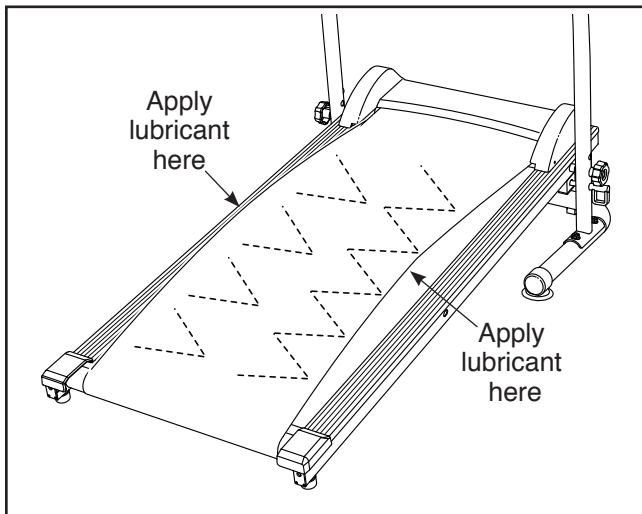
Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the treadmill is used.

Regularly clean the treadmill and keep the walking belt clean and dry. Wipe exterior parts of the treadmill with a damp cloth and a small amount of mild soap.

**IMPORTANT: Do not spray liquids directly onto the treadmill. To avoid damage to the console, keep liquids away from the console.** Then, thoroughly dry the treadmill with a soft towel.

## LUBRICATING THE WALKING PLATFORM

**Before the treadmill is used, the walking platform should be lubricated.** Open the included lubricant packet. Reach under one side of the walking belt as far as you can, and apply half of the lubricant to the walking platform. Then, reach under the other side of the walking belt and apply the remaining lubricant. **After you have applied the lubricant, walk on the treadmill for a few minutes to spread the lubricant.**

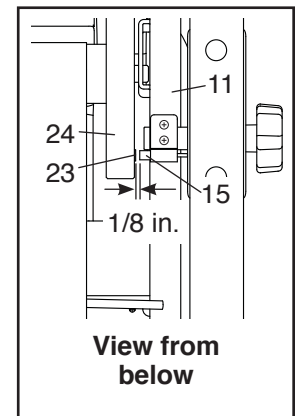


## TROUBLESHOOTING

**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.**

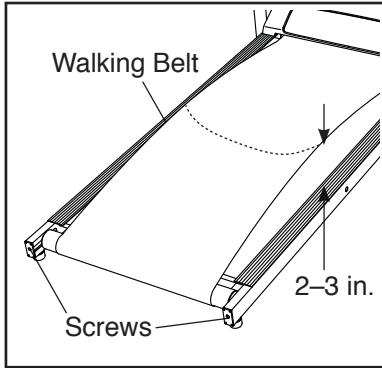
### SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- Replace the batteries in the console (see assembly step 8 on page 10).
- Look under the left side of the Frame (11) and locate the Reed Switch (15). Next, locate the Magnet (23) on the Flywheel (24). Turn the Flywheel until the Magnet is aligned with the Reed Switch. **Move the Reed Switch so that there is a 1/8" (3 mm) gap between the Reed Switch and the Magnet.**
- Make sure that the handrail wire is plugged fully into the wire on the console (see assembly step 9 on page 10).
- The console, like most electronics, is susceptible to static electricity build-up caused by certain types of clothing or by the operation of the treadmill. If the display is blank or gives incorrect readings, apply an anti-static spray to the handrail. Anti-static spray is available where laundry supplies are sold.

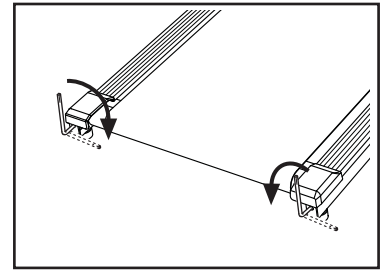


**SYMPTOM: THE WALKING BELT DOES NOT MOVE SMOOTHLY**

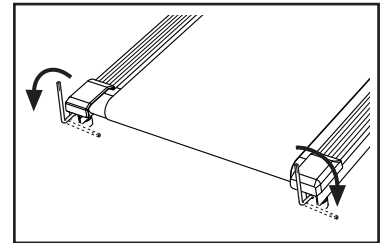
- a. If the walking belt is over-tightened, performance may be reduced and the walking belt may be permanently damaged. Using the hex key, turn both adjustment screws counterclockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



- b. **If the walking belt has shifted to the left side,** use the hex key to turn the left adjustment screw clockwise, and the right adjustment screw counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Walk on the treadmill for a few minutes. Repeat until the walking belt is centered.

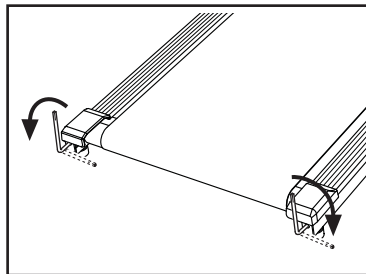


- c. **If the walking belt has shifted to the right side,** use the hex key to turn the left adjustment screw counterclockwise, and the right adjustment screw clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Walk on the treadmill for a few minutes. Repeat until the walking belt is centered.



**SYMPTOM: THE WALKING BELT SLIPS OR IS OFF-CENTER**

- a. **If the walking belt slips when walked on,** use the hex key to turn both adjustment screws clockwise, 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. 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.

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	

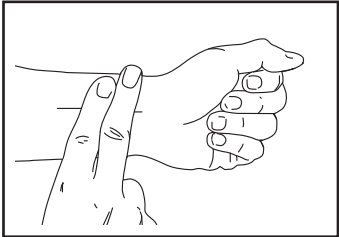
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

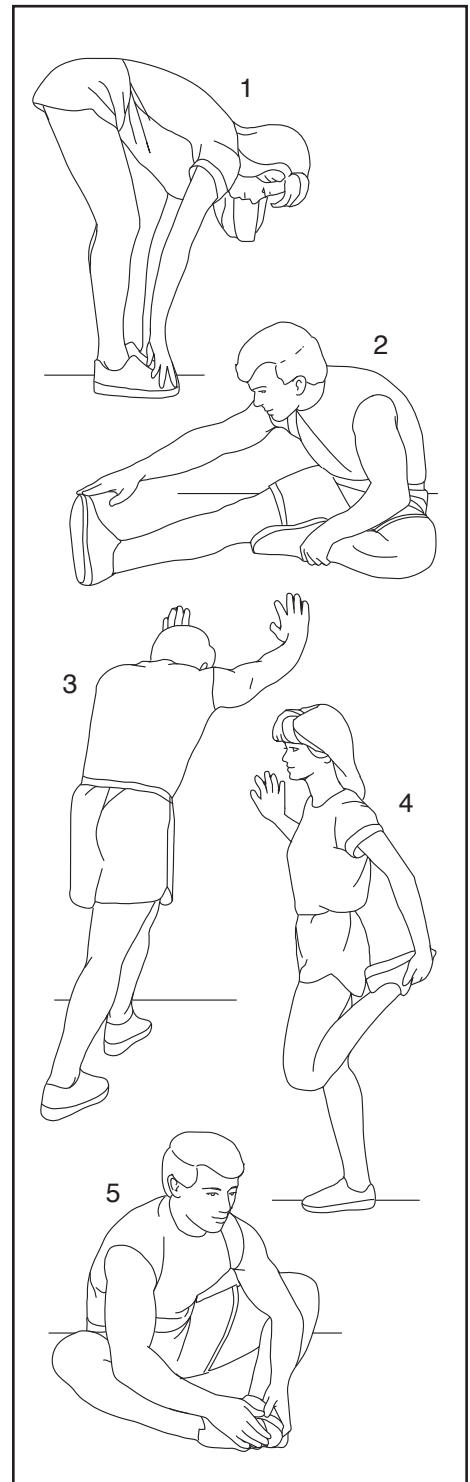
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



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## NOTES

## LIMITED WARRANTY

**To register your product and activate your warranty today, go to [www.wesloservice.com/registration](http://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. 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.

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