

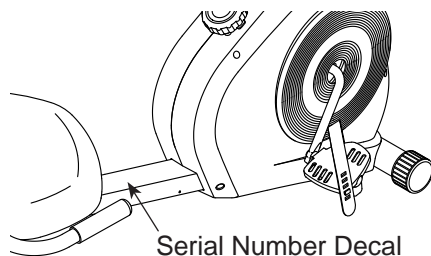
# WESLO®

## pursuit G 3.1

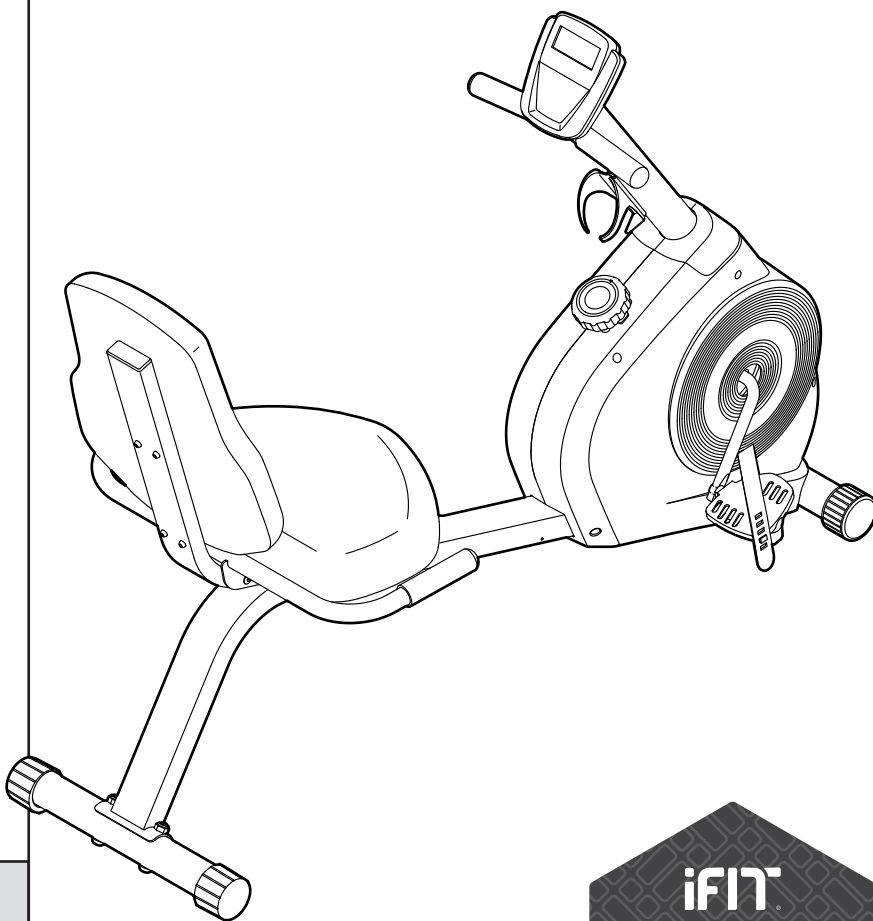
Model No. WLEX61115.2

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL



### CAUTION

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

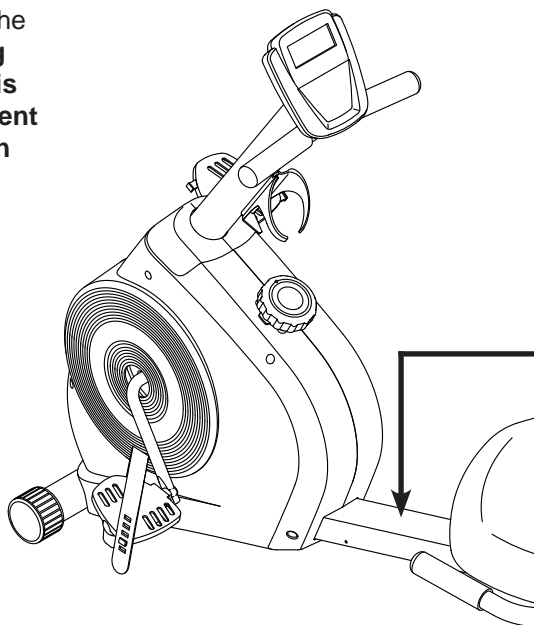


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## WARNING DECAL PLACEMENT

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.



**⚠ WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 pounds.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Set the resistance to maximum when the bike is not in use.
- Replace label if damaged, illegible, or removed.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. 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 exercise bike 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 exercise bike 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 exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
7. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
8. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the exercise bike at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
11. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
12. Be careful when mounting and dismounting the exercise bike.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. 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.

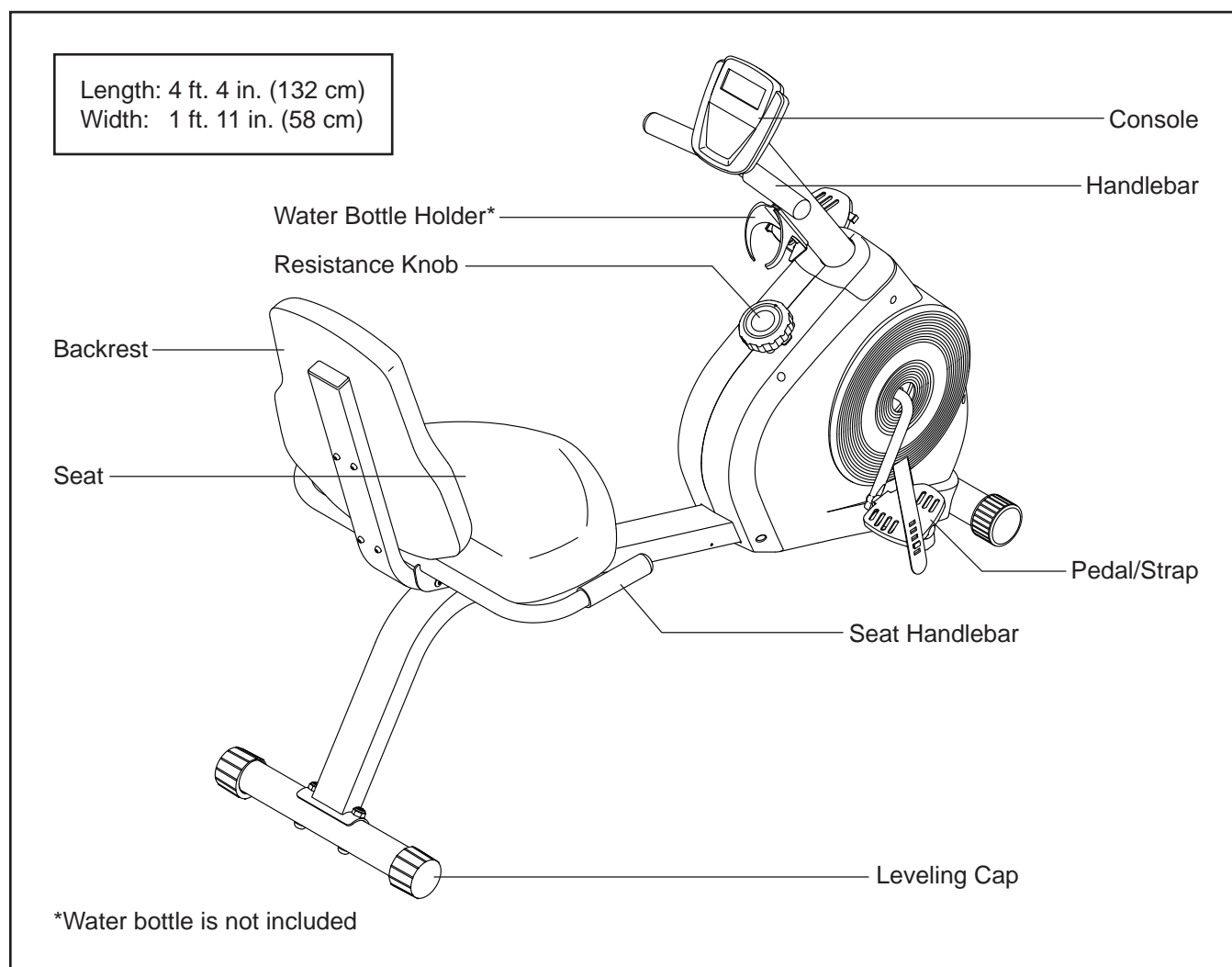
## BEFORE YOU BEGIN

Thank you for selecting the WESLO® PURSUIT G 3.1 exercise bike. The PURSUIT G 3.1 exercise bike 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 exercise bike.** If you have questions after reading this manual, please see the front cover of this

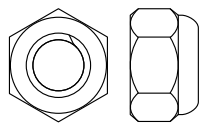
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

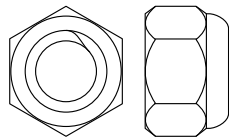


# PART IDENTIFICATION CHART

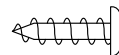
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



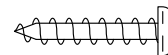
M8 Locknut  
(35)–2



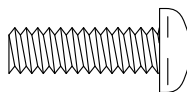
M10 Locknut  
(45)–2



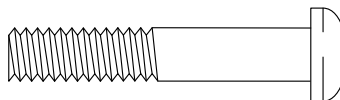
M4 x 13mm  
Screw (42)–4



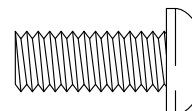
M4 x 19mm  
Screw (27)–2



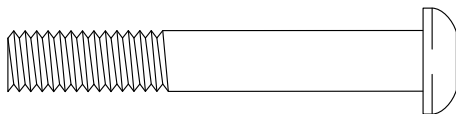
M6 x 20mm  
Screw (47)–4



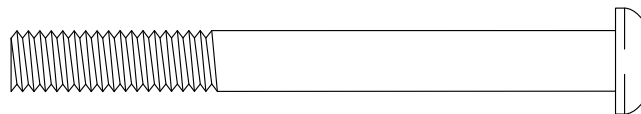
M6 x 40mm Screw (44)–4



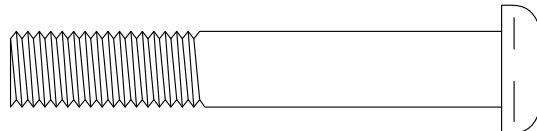
M8 x 20mm  
Screw (40)–7



M8 x 55mm Screw (46)–2



M8 x 80mm Bolt (39)–2



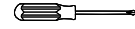
M10 x 65mm Bolt (28)–2

# ASSEMBLY

- 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



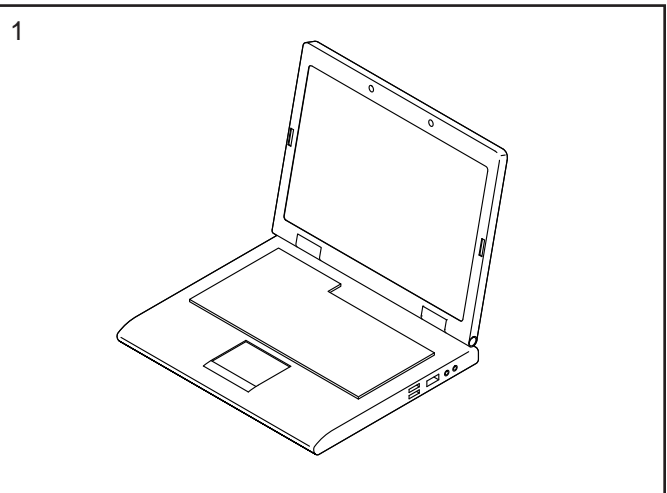
one adjustable wrench



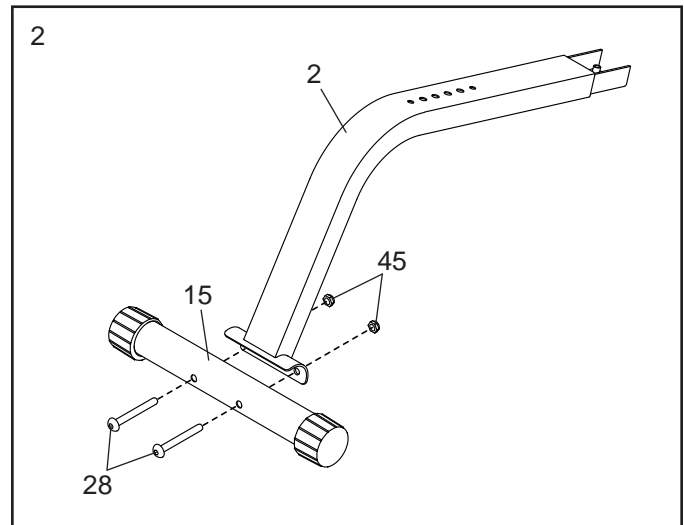
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

## 1. Go to weslo on your computer and register your product.

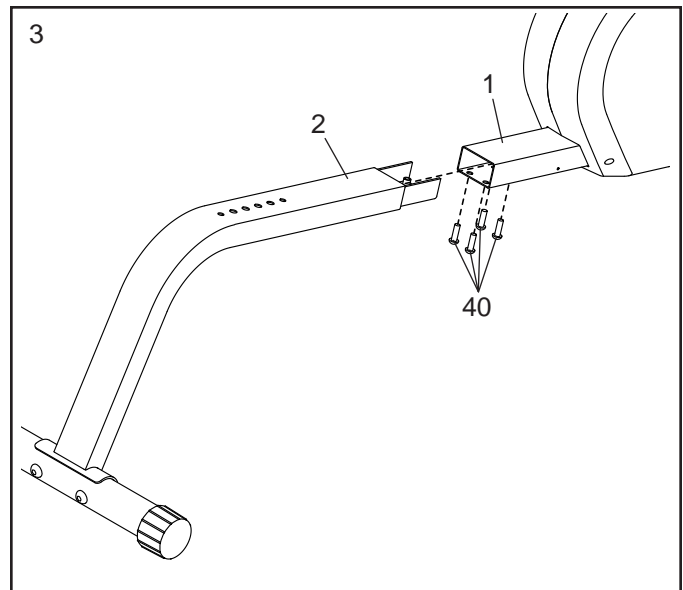
- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed



## 2. Attach the Rear Stabilizer (15) to the Seat Frame (2) with two M10 x 65mm Bolts (28) and two M10 Locknuts (45).

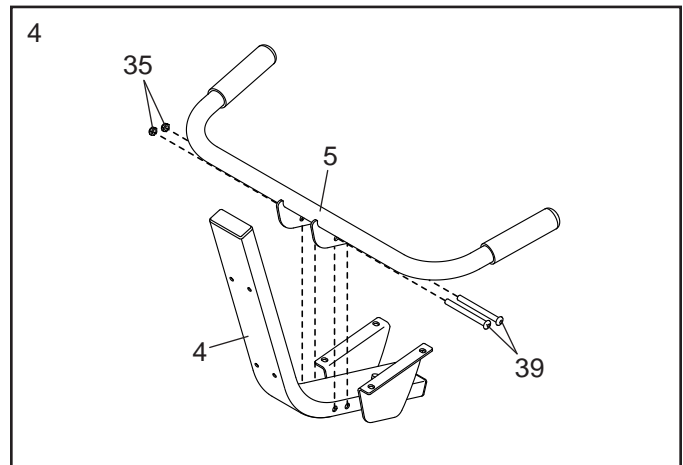


3. Attach the Seat Frame (2) to the Frame (1) with four M8 x 20mm Screws (40); **start all the Screws, and then tighten them.**

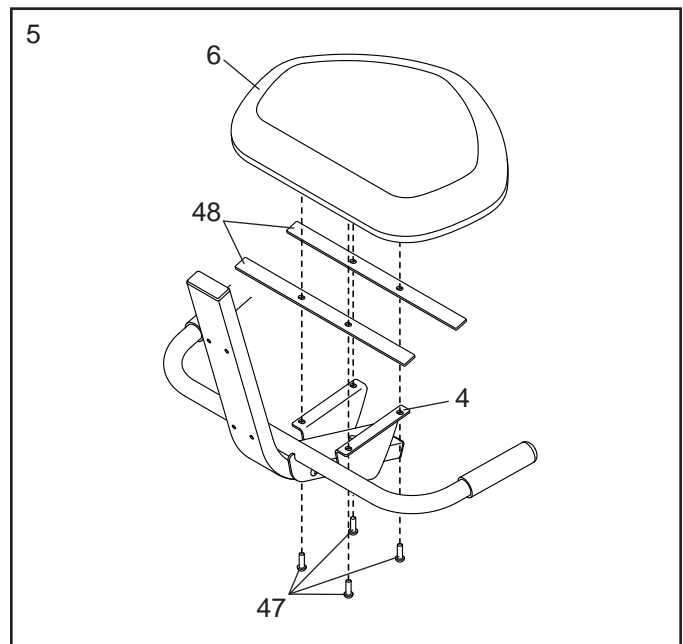


4. Orient the Seat Carriage (4) and the Handlebar (5) as shown.

Attach the Handlebar (5) to the Seat Carriage (4) with two M8 x 80mm Bolts (39) and two M8 Locknuts (35).

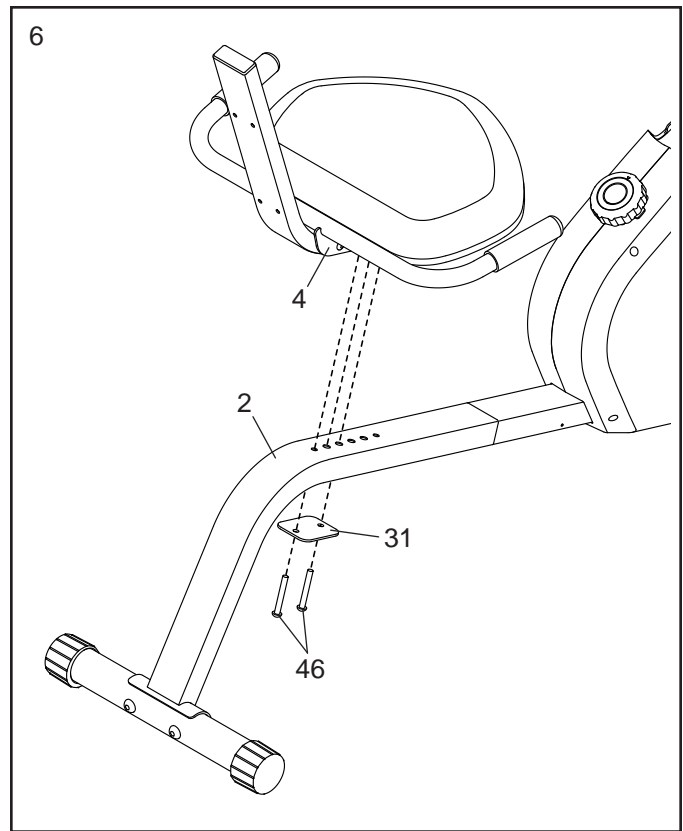


5. Attach the Seat (6) and the two Seat Supports (48) to the Seat Carriage (4) with four M6 x 20mm Screws (47); **start all the Screws, and then tighten them.**

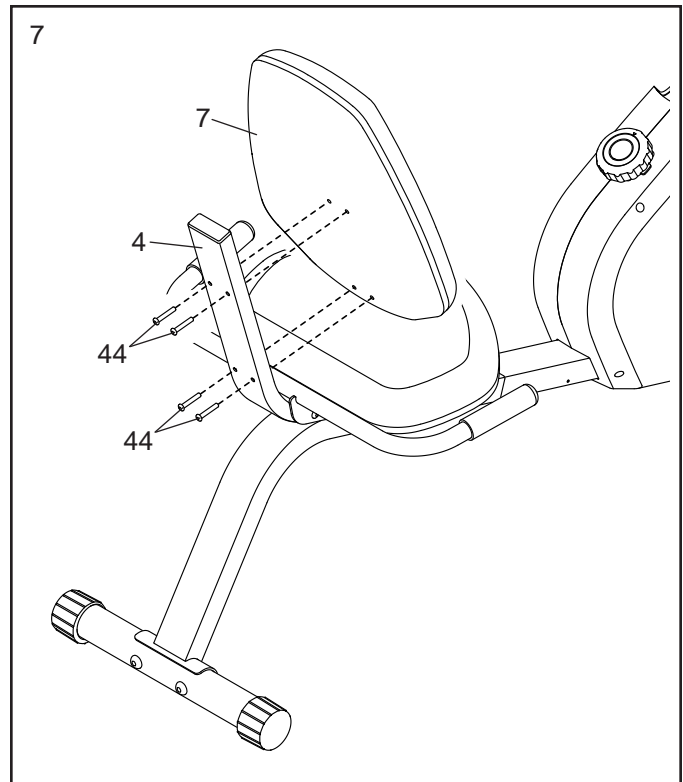


6. Insert the pin on the underside of the Seat Carriage (4) into the desired adjustment hole in the Seat Frame (2).

Attach the Seat Carriage (4) to the Seat Frame (2) with the Carriage Plate (31) and two M8 x 55mm Screws (46).



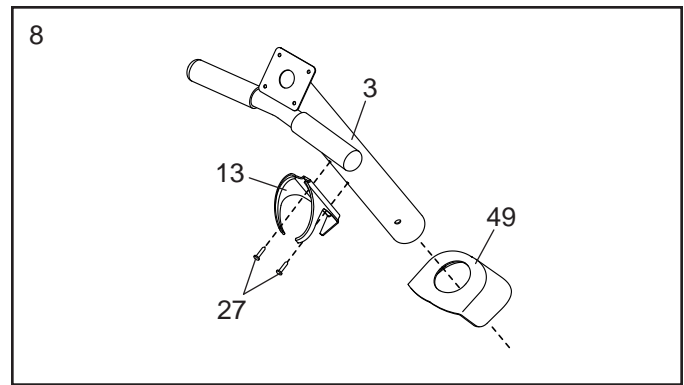
7. Attach the Backrest (7) to the Seat Carriage (4) with four M6 x 40mm Screws (44); **start all the Screws, and then tighten them.**





8. Attach the Water Bottle Holder (13) to the Upright (3) with two M4 x 19mm Screws (27).

Then, orient the Upright Cover (49) as shown and slide it onto the Upright (3).



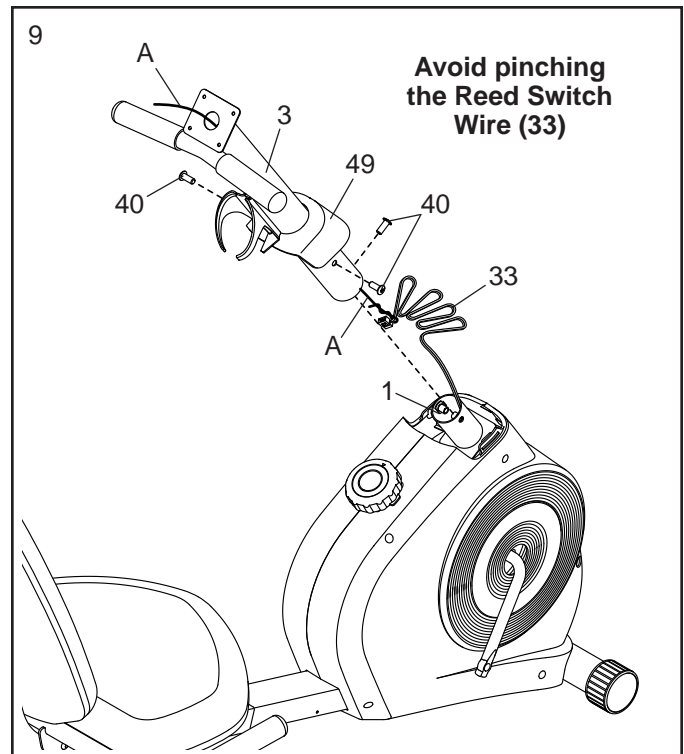
9. Have a second person hold the Upright (3) near the Frame (1).

Locate the wire tie (A) in the Upright (3). Tie the lower end of the wire tie to the Reed Switch Wire (33). Next, pull the upper end of the wire tie until the Reed Switch Wire is routed through the Upright.

**Tip: To prevent the Reed Switch Wire (33) from falling into the Upright (3), secure the Reed Switch Wire with the wire tie (A).**

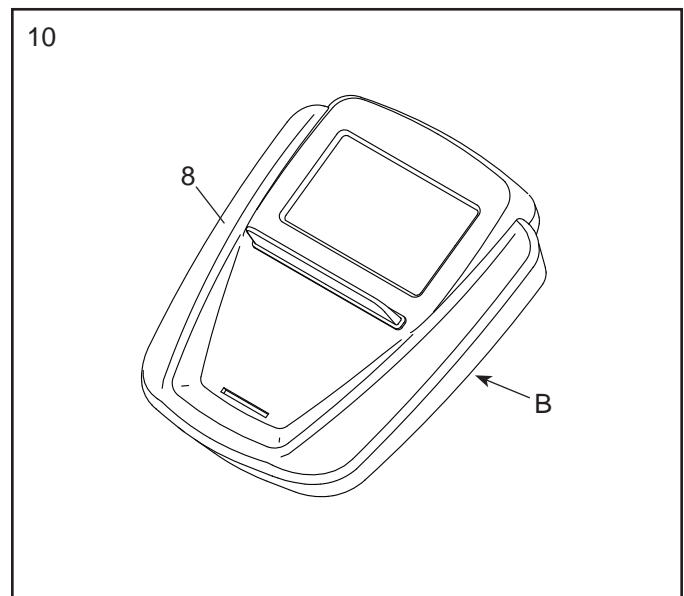
**Tip: Avoid pinching the Reed Switch Wire (33).** Slide the Upright (3) onto the Frame (1).

Attach the Upright (3) with three M8 x 20mm Screws (40); **start all the Screws, and then tighten them.** Then, slide the Upright Cover (49) downward and press it into place.



10. The Console (8) 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 inserting batteries. Otherwise, you may damage the Console or other electronic components.**

Remove the battery cover from the back of the Console (8), and insert batteries into the battery compartment (B). **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

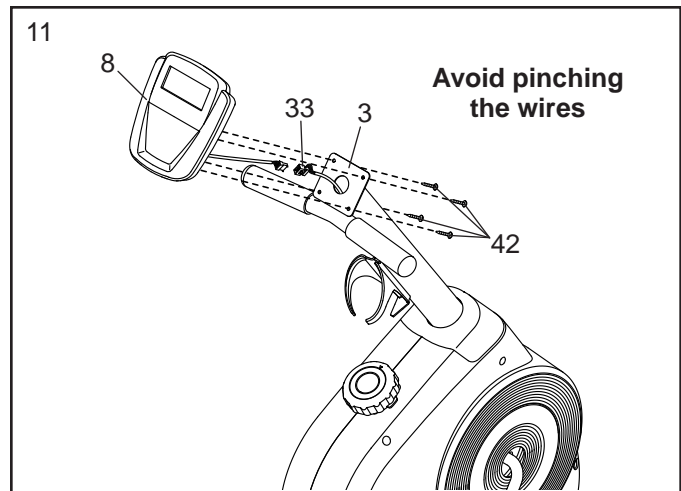


11. Untie and discard the wire tie on the Reed Switch Wire (33).

While a second person holds the Console (8) near the Upright (3), connect the wire on the Console to the Reed Switch Wire (33).

Insert the excess wire into the Upright (3) or into the Console (8).

**Tip: Avoid pinching the wires.** Attach the Console (8) to the Upright (3) with four M4 x 13mm Screws (42); **start all the Screws, and then tighten them.**

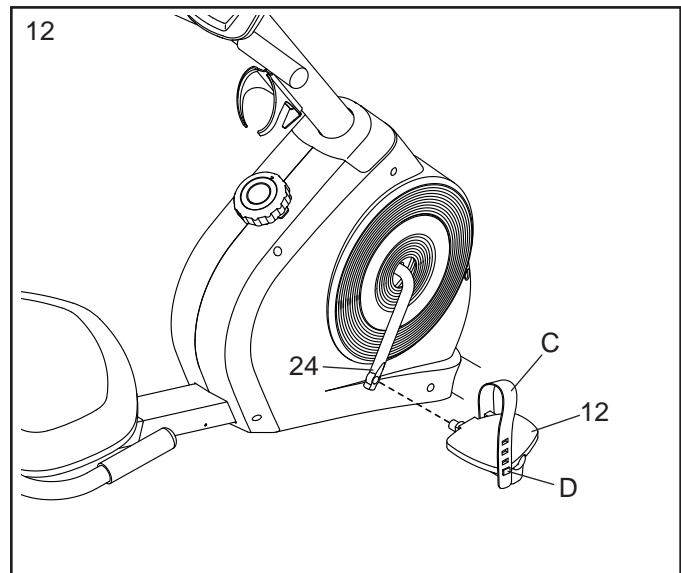


12. Identify the Right Pedal (12).

Using an adjustable wrench, **firmly tighten** the Right Pedal (12) **clockwise** into the right side of the Crank (24).

**Firmly tighten the Left Pedal (not shown) counterclockwise into the side of the Crank (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.**

Then, adjust the strap (C) on the Right Pedal (12) to the desired position, and press the end of the strap onto the tab (D) on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



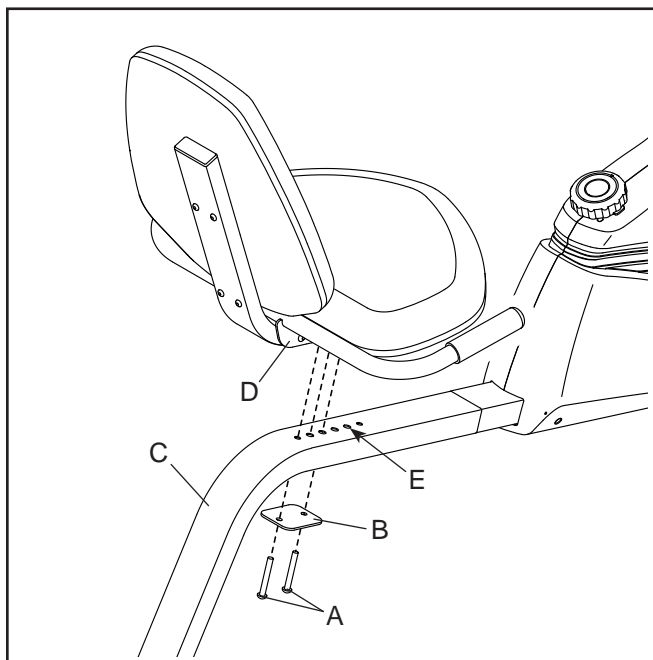
13. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

# HOW TO USE THE EXERCISE BIKE

## HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable for you.

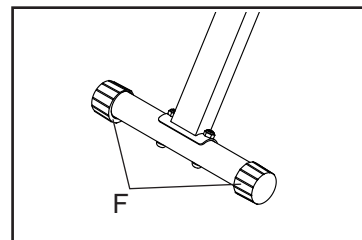
To adjust the seat, first remove the two indicated screws (A) and the carriage plate (B) from the seat frame (C) and the seat carriage (D).



Next, insert the pin on the underside of the seat carriage (D) into the desired adjustment hole (E) in the seat frame (C). Then, attach the seat carriage with the screws (A) and the carriage plate (B).

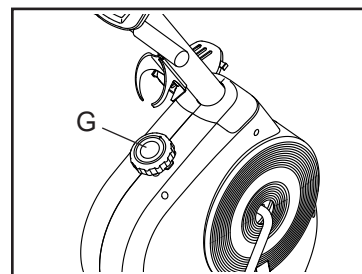
## HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling caps (F) under the rear stabilizer until the rocking motion is eliminated.

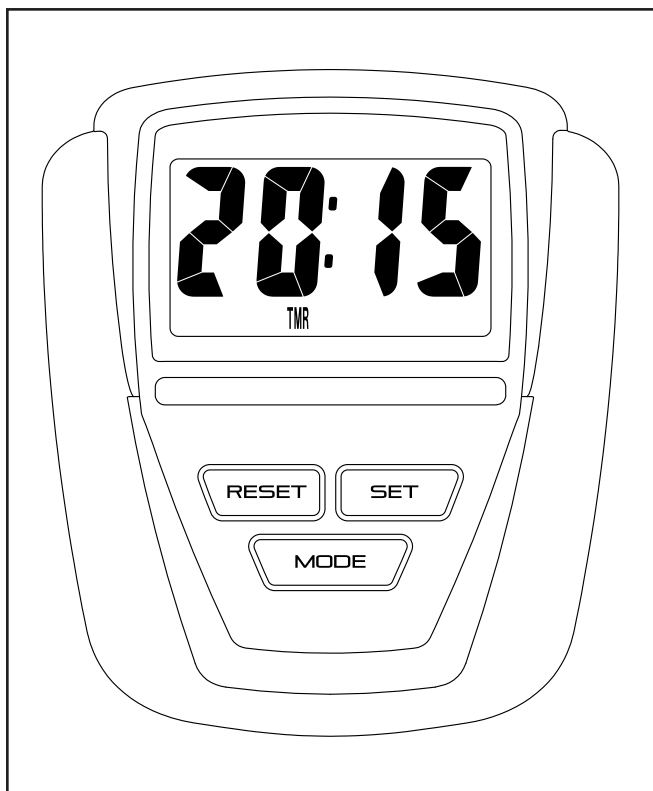


## HOW TO ADJUST THE PEDALING RESISTANCE

**To increase the resistance of the pedals,** turn the resistance knob (G) clockwise; **to decrease the resistance,** turn the resistance knob (G) counterclockwise.



## 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 14), this mode will show the time remaining in your workout.

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

**Distance (DST)**—This mode displays the distance you have pedaled during your workout, in miles. Note: If you set a distance goal (see step 2 on page 14), 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 14), 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 10 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 or simply begin pedaling.

### 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. Begin pedaling 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 when you reach your goal; if you continue to exercise, the display will begin to count upward.

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

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.

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## 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 exercise bike is used. Replace any worn parts immediately.

To clean the exercise bike, 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. To replace the batteries, see assembly step 10 on page 10.

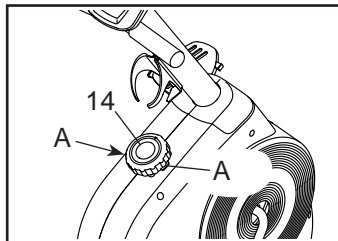
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, you must remove the left pedal, the resistance knob, and the left shield.

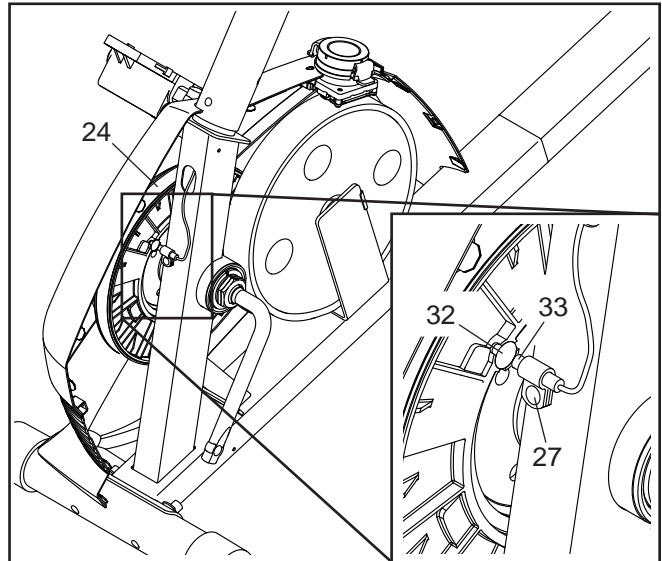
Using an adjustable wrench, turn the left pedal clockwise and remove it.

Next, press the tabs (A) on the sides of the resistance control and pull the Resistance Knob (14) upward off the resistance control.



See the **EXPLODED DRAWING** on page 19. Identify the Left Shield (9). Remove the two M3.5 x 19mm Screws (43) and the three M4 x 19mm Screws (27) from the Left Shield. Then, remove the Left Shield.

Next, locate the Reed Switch (33). Rotate the Pulley (24) until a Magnet (32) is aligned with the Reed Switch. Then, slightly loosen the indicated M4 x 19mm Screw (27), and slide the Reed Switch slightly toward or away from the Magnet.



Then, retighten the M4 x 19mm Screw (27). Turn the Pulley (24) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the left shield, the resistance knob, and the left pedal.

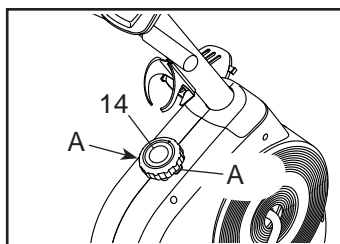
## HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted.

To adjust the drive belt, you must remove the pedals, the resistance knob, and the shields.

Using an adjustable wrench, turn the left pedal clockwise and remove it. Then, turn the right pedal counterclockwise and remove it.

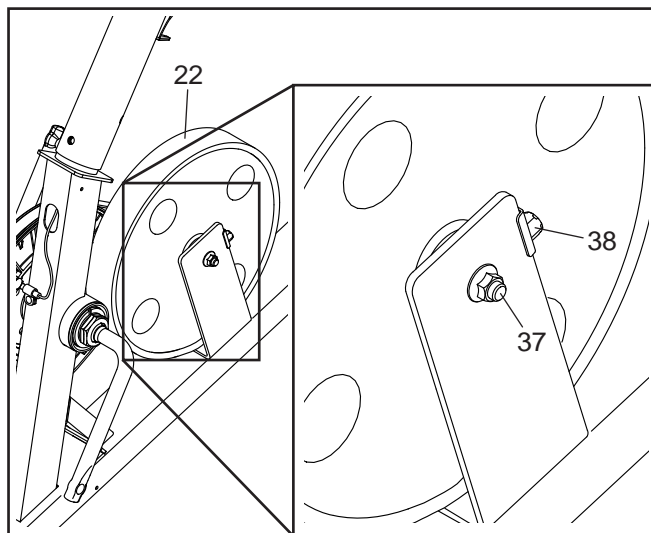
Next, press the tabs (A) on the sides of the resistance control and pull the Resistance Knob (14) upward off the resistance control.



**See the EXPLODED DRAWING on page 19.**

Identify the Left and Right Shields (9, 10). Remove the four M3.5 x 19mm Screws (43) and the six M4 x 19mm Screws (27) from the Left and Right Shields. Then, remove the Left and Right Shields.

Next, loosen the two M10 Flange Locknuts (37)—one on each side of the Eddy Mechanism (22). Then, tighten the two M6 Nuts (38) until the Drive Belt (not shown) is tight. When the Drive Belt is tight, tighten the M10 Flange Locknuts.



When the drive belt is correctly adjusted, reattach the shields, the resistance knob, and the pedals.



# 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	

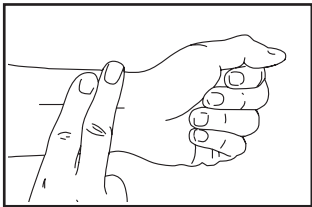
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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



# PART LIST

Model No. WLEX61115.2 R0719A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	28	4	M10 x 65mm Bolt
2	1	Seat Frame	29	2	Eyebolt
3	1	Upright	30	2	Tension Bracket
4	1	Seat Carriage	31	1	Carriage Plate
5	1	Handlebar	32	2	Magnet
6	1	Seat	33	1	Reed Switch/Wire
7	1	Backrest	34	1	Clamp
8	1	Console	35	2	M8 Locknut
9	1	Left Shield	36	1	Idler Pulley
10	1	Right Shield	37	2	M10 Flange Locknut
11	1	Left Pedal/Strap	38	2	M6 Nut
12	1	Right Pedal/Strap	39	2	M8 x 80mm Bolt
13	1	Water Bottle Holder	40	7	M8 x 20mm Screw
14	1	Resistance Control/Knob	41	1	M8 x 32mm Bolt
15	1	Rear Stabilizer	42	4	M4 x 13mm Screw
16	1	Front Stabilizer	43	4	M3.5 x 19mm Screw
17	2	Stabilizer Cap	44	4	M6 x 40mm Screw
18	2	Leveling Cap	45	2	M10 Locknut
19	2	Handlebar Grip	46	2	M8 x 55mm Screw
20	4	Handlebar Cap	47	4	M6 x 20mm Screw
21	2	Carriage Cap	48	2	Seat Support
22	1	Eddy Mechanism	49	1	Upright Cover
23	1	Bearing Assembly	50	2	Seat Grip
24	1	Crank/Pulley	51	1	M8 Idler Pulley Locknut
25	1	Drive Belt	*	—	Assembly Tool
26	1	Axle	*	—	User's Manual
27	11	M4 x 19mm Screw			

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

Model No. WLEX61115.2 R0719A

