

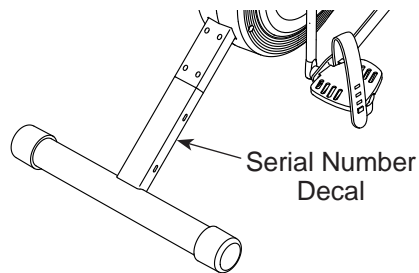
WESLO[®]

CROSS CYCLE

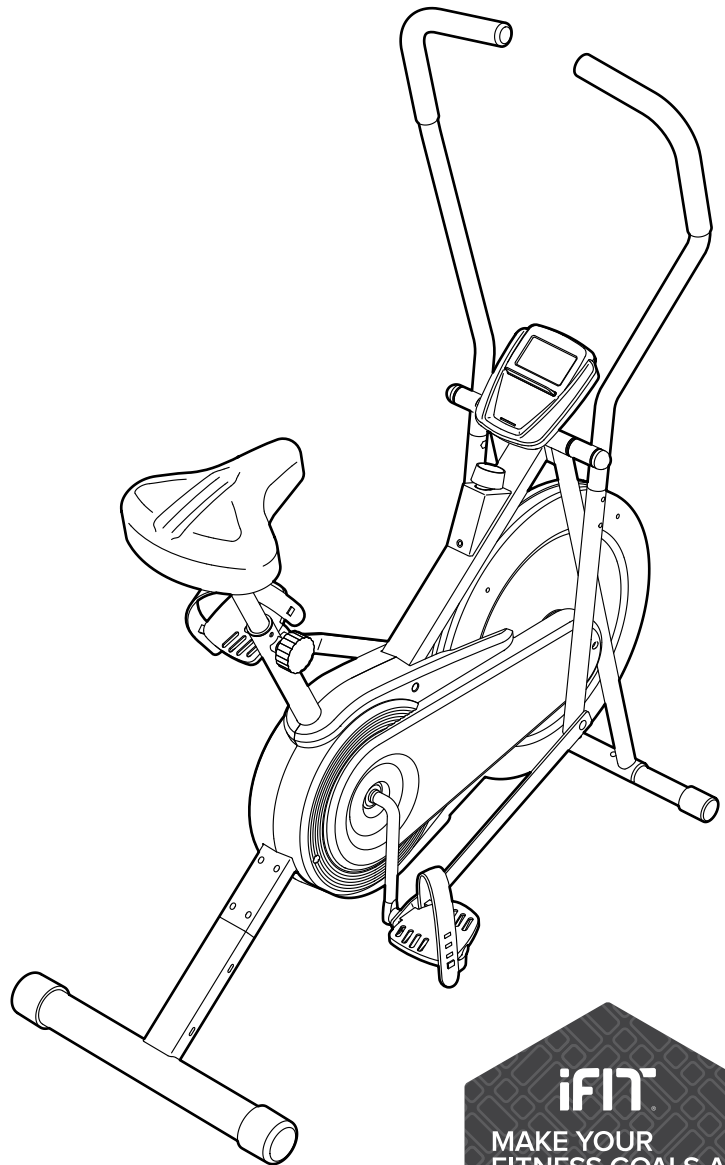
Model No. WLEX61215.1

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.

iFIT
MAKE YOUR
FITNESS GOALS A
REALITY

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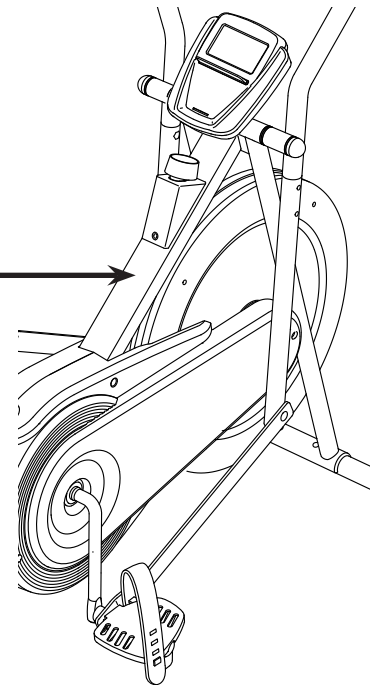
WARNING DECAL PLACEMENT

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 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 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. When adjusting the seat, insert the seat knob into one of the holes in the seat post. Do not insert the seat knob under the seat post.
15. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
16. 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.

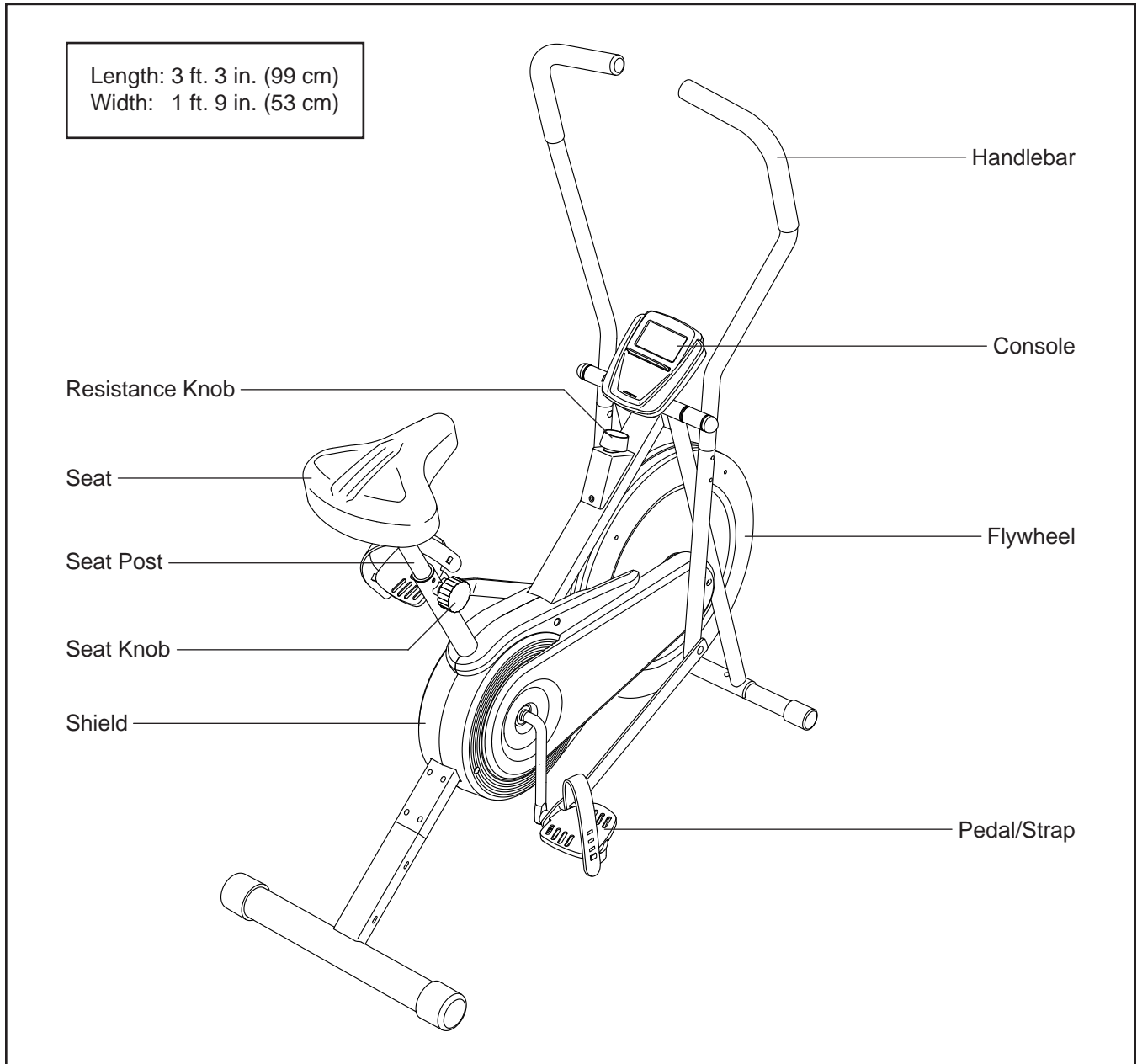
BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CROSS CYCLE exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The CROSS CYCLE 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

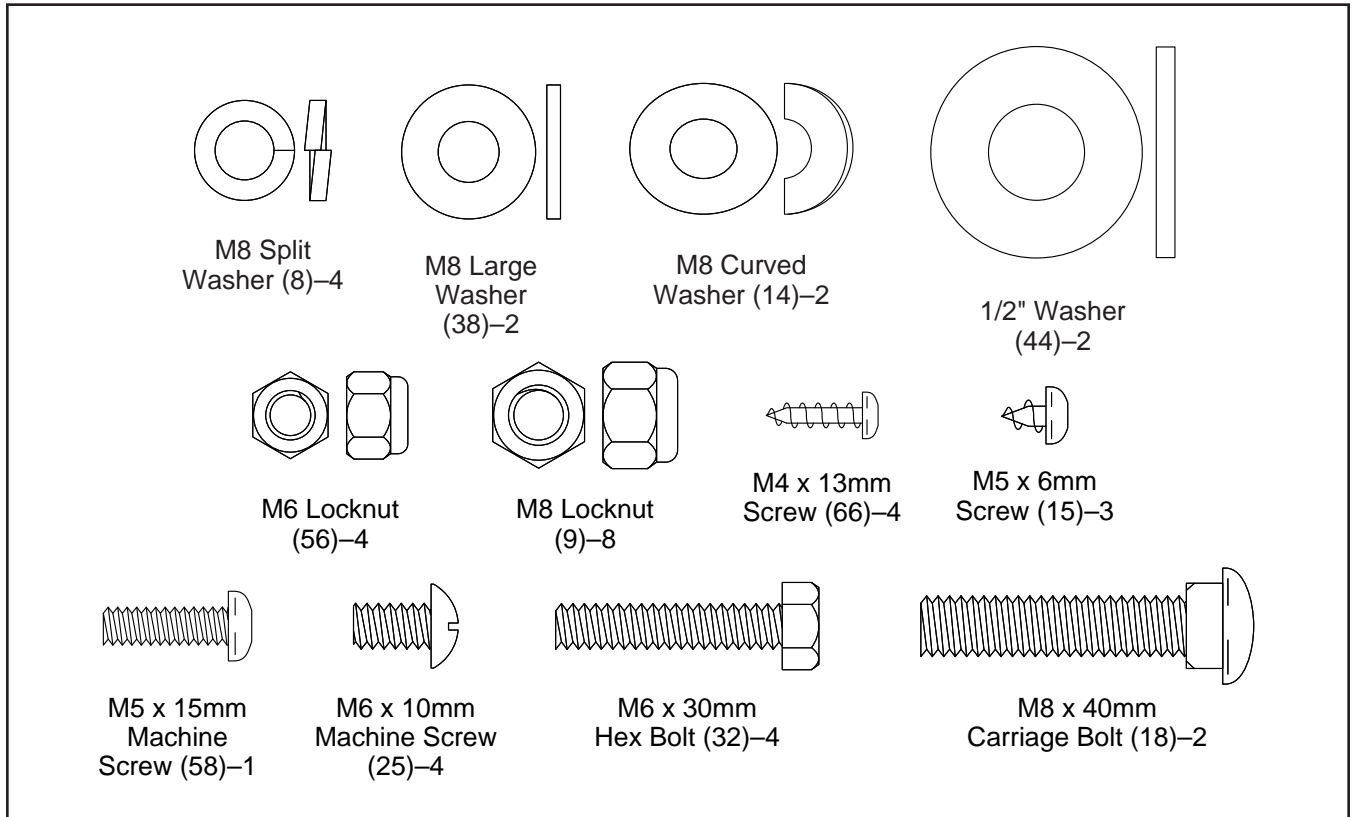
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

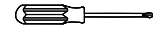
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



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



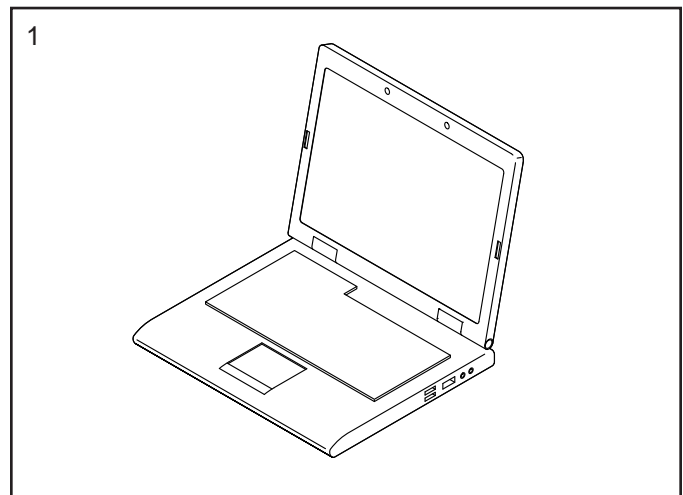
one adjustable wrench



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

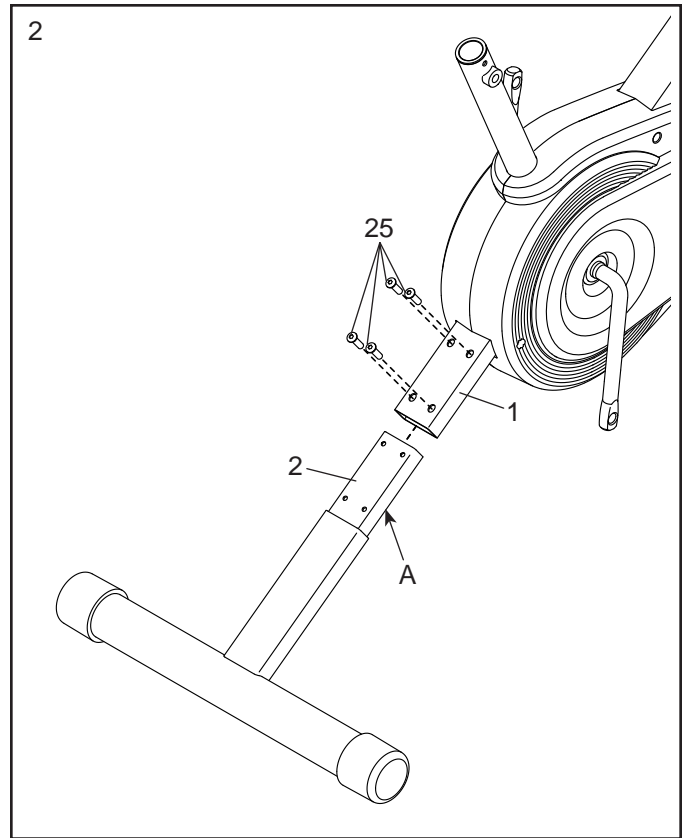
1. **Go to weslo on your computer and register your product.**

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



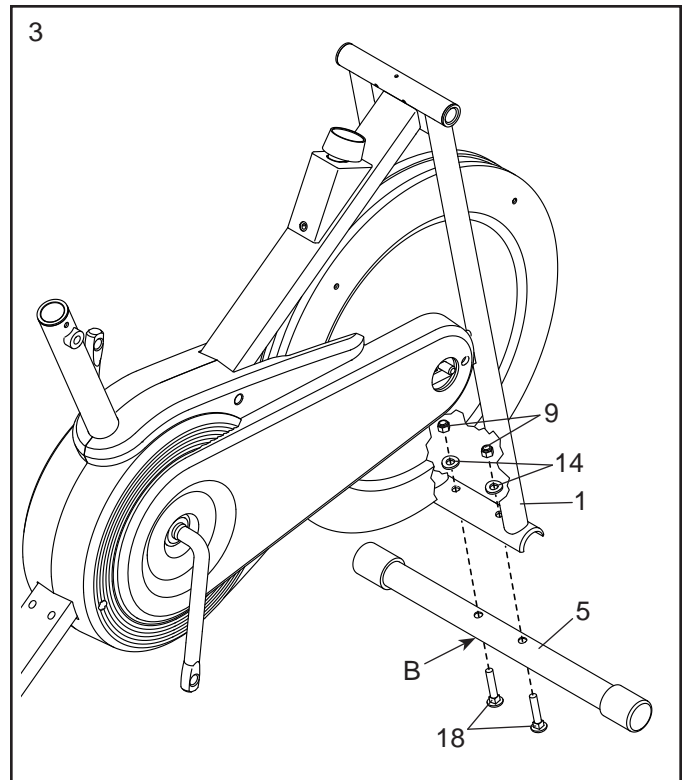
- Turn the Rear Stabilizer (2) so that the slot (A) faces downward, and insert the Rear Stabilizer into the Frame (1).

Attach the Rear Stabilizer (2) with four M6 x 10mm Machine Screws (25); **start all the Machine Screws, and then tighten them.**



- Turn the Front Stabilizer (5) so that the square holes (B) are facing away from the saddle bracket on the Frame (1).

Attach the Front Stabilizer (5) with two M8 x 40mm Carriage Bolts (18), two M8 Curved Washers (14), and two M8 Locknuts (9).

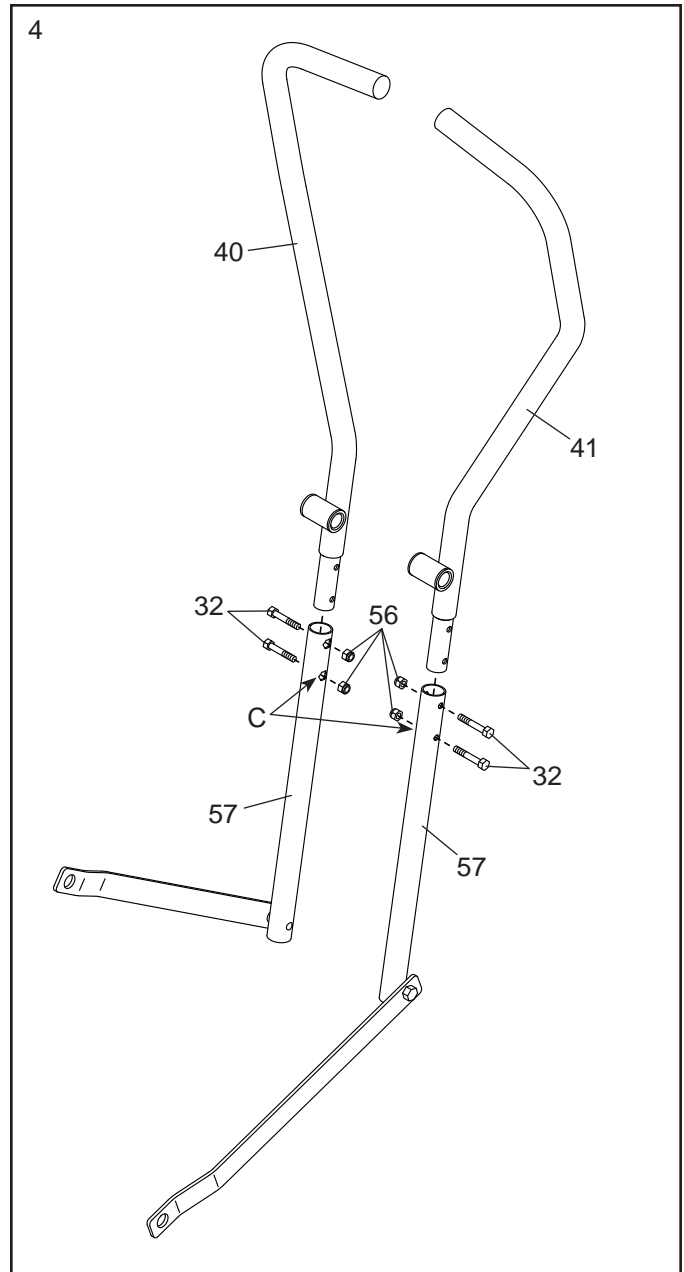


4. Identify the Right Upper Handlebar (41) and orient it as shown.

Insert the Right Upper Handlebar (41) into one of the Lower Handlebars (57). **Make sure that the hexagonal holes (C) are in the indicated position.**

Attach the Right Upper Handlebar (41) with two M6 x 30mm Hex Bolts (32) and two M6 Locknuts (56). **Make sure that the Locknuts are inside of the hexagonal holes (C).**

Repeat this step with the Left Upper Handlebar (40) and the other Lower Handlebar (57).



5. Remove all parts from the Pivot Axle (3).

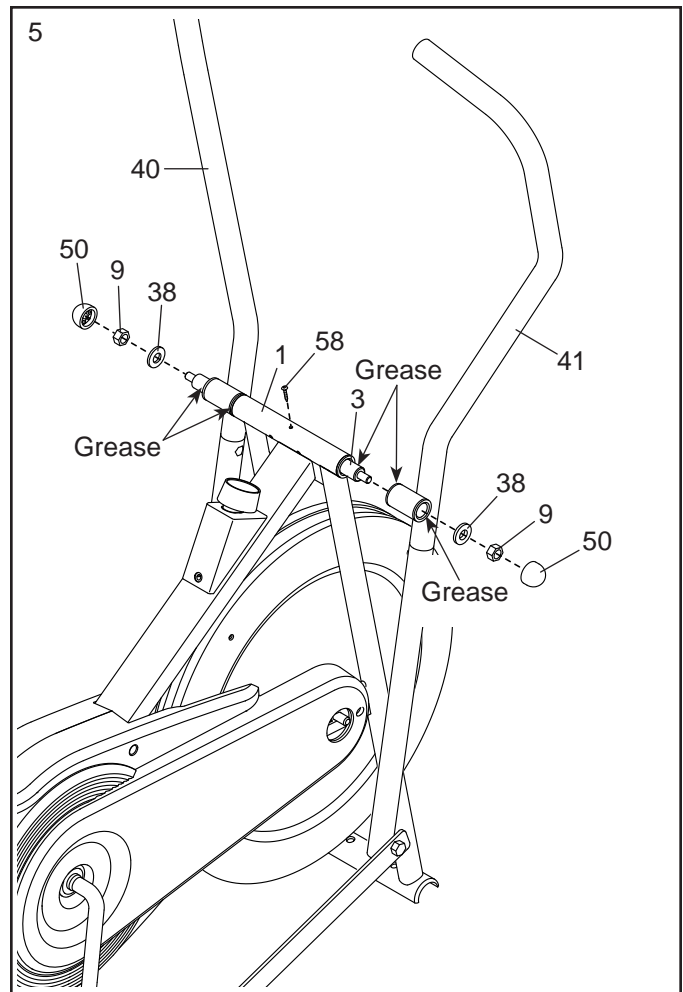
Using a small plastic bag to keep your fingers clean, apply some of the included grease to the Pivot Axle (3) and to the indicated locations.

Insert the Pivot Axle (3) into the Frame (1), and align the hole in the center of the Pivot Axle with the hole in the center of the Frame. Then, tighten an M5 x 15mm Machine Screw (58) into the Frame and the Pivot Axle.

Next, slide the Left and Right Upper Handlebars (40, 41) onto the ends of the Pivot Axle (3).

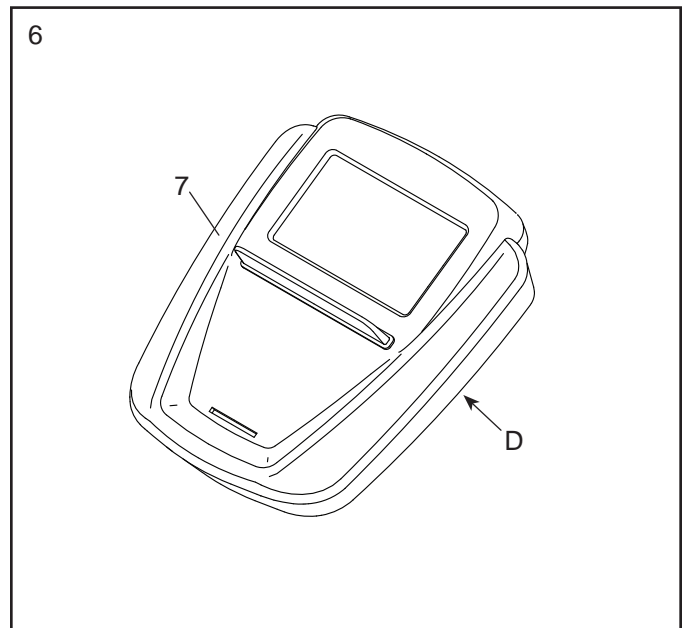
Next, slide an M8 Large Washer (38) onto each end of the Pivot Axle (3), and tighten an M8 Locknut (9) onto each end of the Pivot Axle at the same time. **Make sure that at least two threads on each end of the Pivot Axle extend past each Locknut. In addition, make sure that the Upper Handlebars (40, 41) move freely.**

Then, press a Pivot Cap (50) onto each end of the Pivot Axle (3).



6. The Console (7) 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 (7), and insert batteries into the battery compartment (D). **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

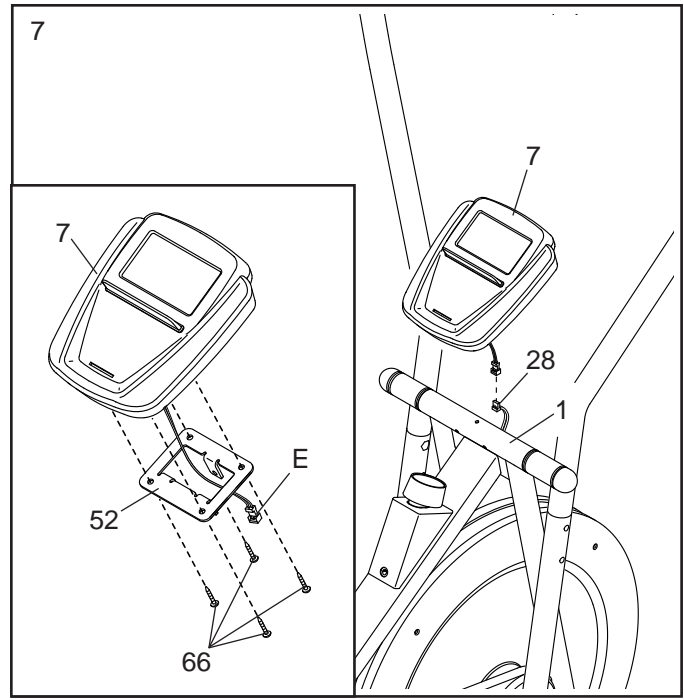


7. **See the inset drawing.** Orient the Console (7) and the Console Bracket (52) as shown, and insert the wire (E) on the Console through the Console Bracket.

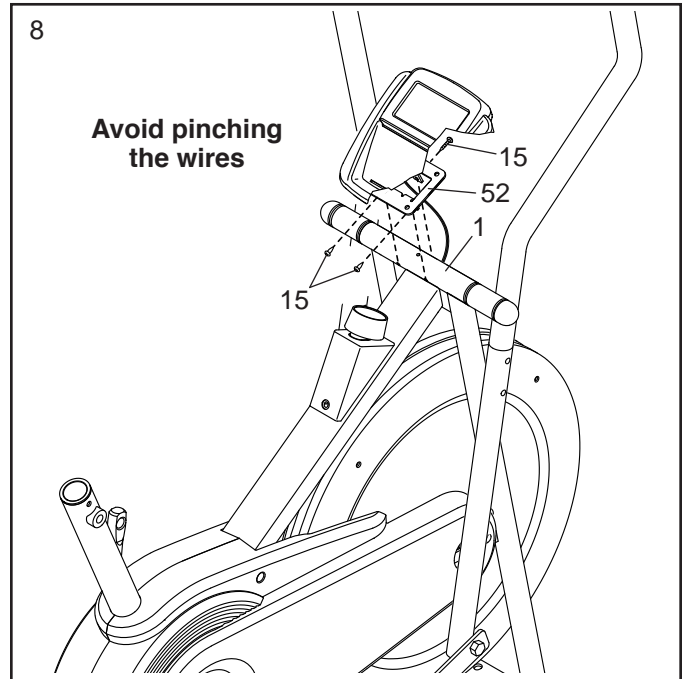
Attach the Console Bracket (52) to the Console (7) with four M4 x 13mm Screws (66); **start all the Screws, and then tighten them.**

While a second person holds the Console (7) near the Frame (1), connect the wire (E) on the Console to the Reed Switch Wire (28).

Insert the excess wire into the Console (7).



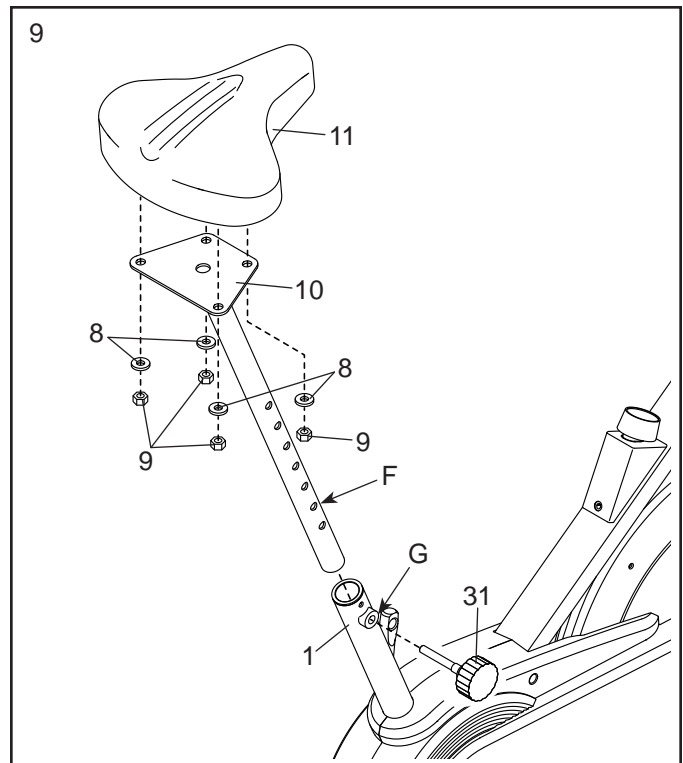
8. **Tip: Avoid pinching the wires.** Press the Console Bracket (52) onto the center of the Frame (1). Attach the Console Bracket with three M5 x 6mm Screws (15); **start all the Screws, and then tighten them.**



9. Attach the Seat (11) to the Seat Post (10) with four M8 Locknuts (9) and four M8 Split Washers (8); **start all the Locknuts, and then tighten them.** Note: The Locknuts and Split Washers may be preattached to the Seat.

Next, insert the Seat Post (10) into the Frame (1), and align one of the adjustment holes (F) in the Seat Post with the hole in the Frame (G).

Insert the Seat Knob (31) into the Frame (1) and the Seat Post (10). **Make sure that the Seat Knob is inserted into one of the adjustment holes in the Seat Post; do not insert the Seat Knob under the Seat Post.** Then, tighten the Seat Knob into the Frame.

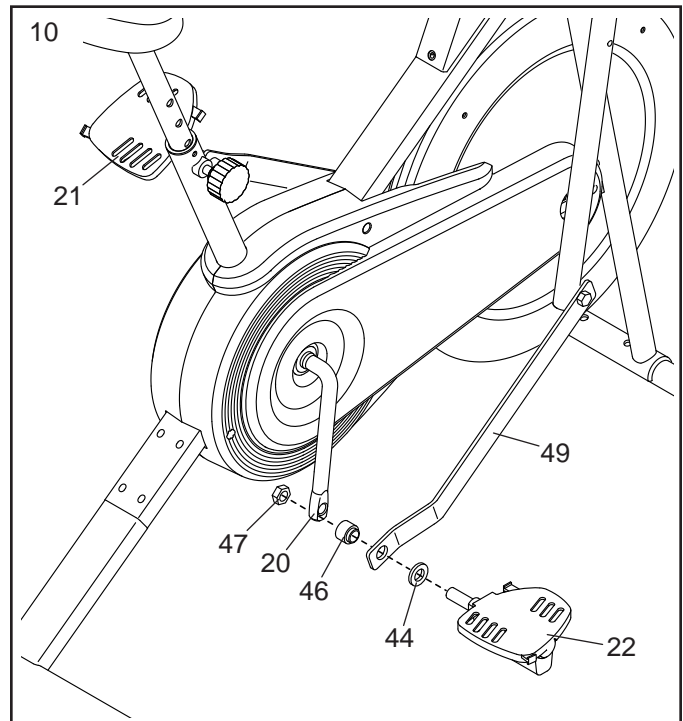


10. Identify the Right Pedal (22). Remove only the Right Pedal Nut (47) and the Pedal Bushing (46) from the Right Pedal.

Next, slide a 1/2" Washer (44) onto the shaft of the Right Pedal (22), and insert the shaft into the right Pedal Arm (49). Then, orient the Pedal Bushing (46) as shown, slide it onto the shaft of the Right Pedal, and insert it into the Pedal Arm.

Tighten the shaft of the Right Pedal (22) **clockwise** into the right arm of the Crank (20) as firmly as possible. Then, tighten the Right Pedal Nut (47) **clockwise** onto the shaft. **Tighten the Right Pedal and the Right Pedal Nut as firmly as possible.**

Repeat this step to attach the Left Pedal (21), turning the Left Pedal and the Left Pedal Nut (not shown) **counterclockwise.**



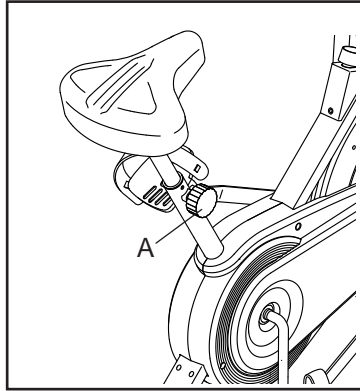
11. **Make sure that all parts are properly tightened before you use the exercise bike. After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly.** Extra parts may be included. Place a mat under the exercise bike to protect the floor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

HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE HEIGHT OF THE SEAT

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first loosen and remove the seat knob (A). Next, slide the seat post upward or downward to the desired position, and then insert the seat knob into one of the adjustment holes in the seat post.

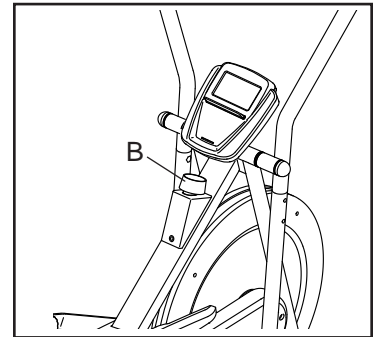


Move the seat post upward or downward slightly to make sure that the seat knob is engaged in one of the adjustment holes in the seat post. Then, tighten the knob.

HOW TO ADJUST THE PEDALING RESISTANCE

To vary the intensity of your exercise, the pedaling resistance can be adjusted.

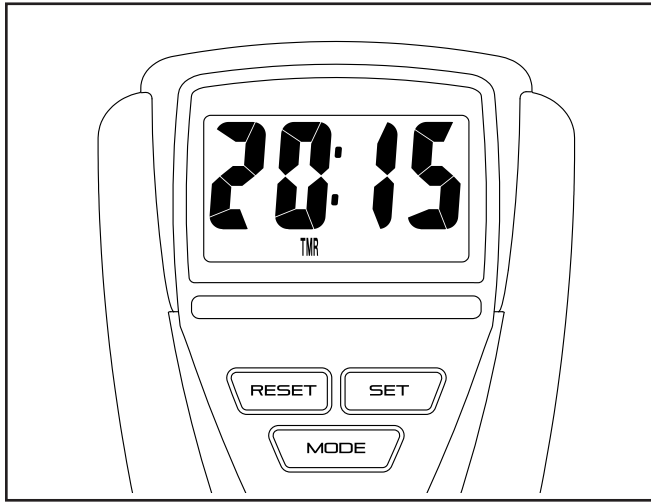
To increase the resistance, turn the resistance knob (B) clockwise; **to decrease the resistance**, turn the knob counterclockwise.



HOW TO USE THE PEDALS

To use the pedals (see the drawing on page 5), insert your shoes under the straps. Adjust the straps on the pedals to the desired position, and press the ends of the straps onto the tabs on the pedals.

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), this display 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), 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), 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 6 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 letters TMR, DST, or CAL 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 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. **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.

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.**

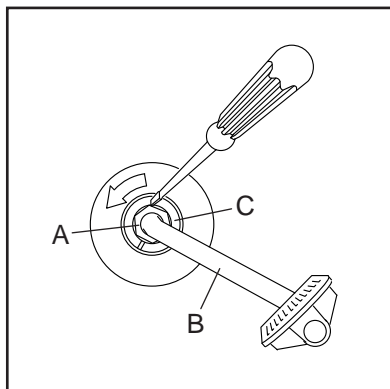
BATTERY REPLACEMENT

Most console problems are the result of low batteries. To replace the batteries, see assembly step 6 on page 10.

HOW TO TIGHTEN THE CRANK

If the arms of the crank become loose, they should be tightened in order to prevent excessive wear.

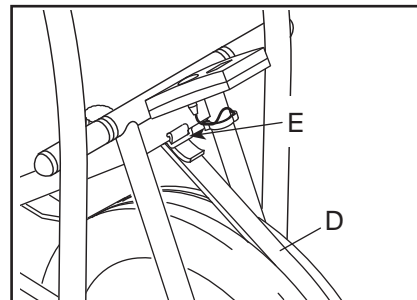
To tighten the arms of the crank, first loosen the crank nut (A) on the left arm of the crank (B). Next, place the end of a standard screwdriver in one of the slots in the slotted crank nut (C). Then, lightly tap the screwdriver with a hammer to turn the slotted crank nut counterclockwise until the arms are no longer loose. **Do not overtighten the slotted crank nut.** When the slotted crank nut is properly tightened, retighten the crank nut.



HOW TO ADJUST THE RESISTANCE STRAP

If there is not enough pedaling resistance when the resistance knob is turned to the highest setting, the resistance strap may need to be adjusted.

To adjust the resistance strap (D), first turn the resistance knob counterclockwise to the lowest setting. Next, locate the slotted tab (E) on the front of the

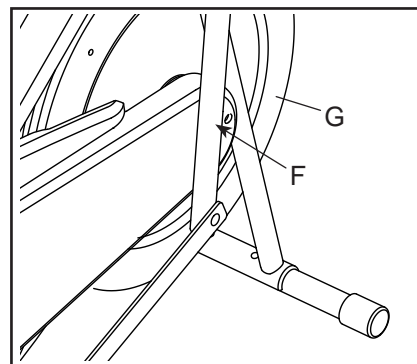


exercise bike. Grip the longest part of the resistance strap underneath the slotted tab and pull it towards the slot. When a little slack is created, pull the end of the resistance strap tight. Turn the crank for a moment to make sure that there is not too much resistance.

HOW TO ADJUST THE CHAIN

The exercise bike features a chain that must be kept properly adjusted. If the chain causes excessive noise or slips as you pedal, the chain should be adjusted.

To tighten the chain, first slightly loosen the axle nuts (F) on both sides of the flywheel (G). Next, pull the flywheel forward slightly. **Make sure that the flywheel is straight.** Then, retighten the axle nuts.



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	♥
<hr/>							
20	30	40	50	60	70	80	

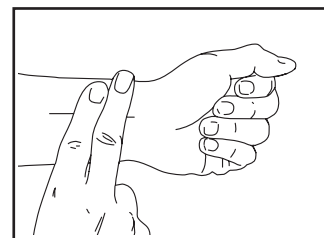
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, 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. WLEX61215.1 R0818B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	2	M8 x 42mm Bolt
2	1	Rear Stabilizer	37	2	Pedal Arm Bushing
3	1	Pivot Axle	38	2	M8 Large Washer
4	1	Frame Bushing	39	2	Round Cap
5	1	Front Stabilizer	40	1	Left Upper Handlebar
6	2	Leveling Cap	41	1	Right Upper Handlebar
7	1	Console	42	2	Foam Grip
8	4	M8 Split Washer	43	6	Pivot Bushing
9	10	M8 Locknut	44	2	1/2" Washer
10	1	Seat Post	45	1	Left Shield
11	1	Seat	46	2	Pedal Bushing
12	1	Right Shield	47	1	Right Pedal Nut
13	2	Bronze Bushing	48	1	Left Pedal Nut
14	4	M8 Curved Washer	49	2	Pedal Arm
15	3	M5 x 6mm Screw	50	2	Pivot Cap
16	1	Flywheel	51	1	Clamp
17	1	Resistance Strap	52	1	Console Bracket
18	2	M8 x 40mm Carriage Bolt	53	1	Resistance Control Housing
19	1	Crank Bearing Assembly	54	2	3/8" Jam Nut
20	1	Crank	55	2	Handlebar Cap
21	1	Left Pedal/Strap	56	4	M6 Locknut
22	1	Right Pedal/Strap	57	2	Lower Handlebar
23	1	Chain	58	1	M5 x 15mm Machine Screw
24	1	Resistance Cable/Knob	59	2	Grommet
25	4	M6 x 10mm Machine Screw	60	1	M4 x 15mm Screw
26	1	Flywheel Axle	61	1	M12 Spring Washer
27	1	3/8" Nut	62	7	M4 x 15mm Self-tapping Screw
28	1	Reed Switch/Wire	63	2	M5 x 15mm Self-tapping Screw
29	2	3/8" Flange Nut	64	1	M10 Washer
30	1	M5 x 15mm Screw	65	1	Magnet
31	1	Seat Knob	66	4	M4 x 13mm Screw
32	4	M6 x 30mm Hex Bolt	*	–	User's Manual
33	2	Small M8 Washer	*	–	Assembly Tool
34	1	Resistance Spring	*	–	Grease Packet
35	1	Sprocket			

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. WLEX61215.1 R0818B

