WESLO CADENCE **840**



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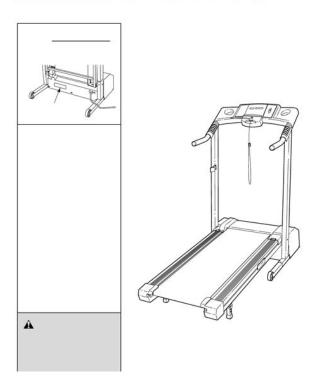


Serial Number Decal QUESTIONS. If you have guestions, or if parts are damaged or missing, DO NOT CONTACT THE STORE; please contact Customer Care. Note The decals may not be shown at actual size. WESLO is a registered trademark of ICON IP, Inc. Inspect and properly tighten all parts of the it is running. Always remove the key, press treadmill regularly. The selection of features designed to make your workouts model number and the location of the serial number at home more effective. Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; do not dispose of the pack ing materials until assembly is completed. Note After shipping, there may be an oily substance on the exterior of the treadmill. Start all four Screws, and then tighten them. 3. With the help of a second person, hold the con sole assembly near the Upright 73. Remove Console Assembly the tie from the Upright Wire 71. To avoid overloading the circuit, do Use a Surge Suppressor not plug other electrical devices, except for low power devices such as cell phone chargers, into Your treadmill, like other electronic equipment, can be the surge suppressor or into an outlet on the same circuit. To prevent damage to the walking platform, wear clean ath The treadmill console offers a selection of features designed to make your workouts more effective. If you do not See HOW TO TURN ON THE POWER at the left. The track—The track To measure your heart rate, stand on the foot rails and place your thumb on the heart rate moni represents a distance tor see the drawing on page 10. If a different speed setting is programmed for 1. Insert the key into the console.CAUTION You must be left. Find the symptom that cover of this manual.If further assis tance is needed, see the front cover of this manual. Then, carefully remove the Motor formance may decrease and the walking belt may Hood 56.http://www.astronox.com/userfiles/dex-2-manual.xml

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During the first few minutes of exercise, your or any exercise program, consult your physi body uses carbohydrate calories for energy. 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. To turn on the power, see page 13. To use the manual mode, see page 13. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. A moment after you press the button, the treadmill will is programmed for the next segment of the workout, the new speed setting will flash in the display to alert you. To turn on or turn off the demo mode, press the Speed decrease button. To exit the information mode, remove the key from the console, or press stop repeatedly. Inspect and properly tighten all parts each time the treadmill is used. Regularly clean the treadmill and keep the walking belt clean and dry. You can use your heart rate as a guide which is activity that requires GUIDELINES Warming UpStart with 5 to helps to prevent postexercise problems. To find the proper intensity key to success is to make exercise a regular and enjoyable part of your everyday life. Please try again. Please try again. In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. Register a free business account Please try your search again later. The Cardio Stride Plus is outfitted with a dual flywheel that helps the tread belt roll evenly, producing a smooth, natural motion as you run. The treadmills threeposition manual incline system, meanwhile, lets you adjust the incline from 13 to 20 percent to intensify your workout and burn more calories. And thanks to the StepbyStep feedback consolewhich features an extralarge LCD displayits a breeze to stay on top of your

workout.http://dealmakersmachinery.com/admin/images/dexis-9-manual.xml





Other features include a SpaceSaver design with a folding running deck for easy storage, a 250pound capacity, and a 90day warranty on parts and labor. About Treadmills Walking is still considered one of the most beneficial cardiovascular exercises for people of all ages, body types, and fitness levels. As a fundamental form of aerobic training, walking has numerous physical benefits for the heart, lungs, and circulatory system, while also increasing muscle tone and burning fat calories. Treadmills provide a convenient way to regularly exercise in all weather conditions in the comfort and safety of your own home. From beginners just starting an exercise regimen to advanced athletes looking to maintain their fitness level, anyone interested in getting and staying in shape can benefit greatly from regular use of a treadmill. Treadmills allow you to determine the pace, distance, and complexity of the workout based on your needs, all while watching television, talking on the telephone, or reading a magazine. Much easier on sensitive joints like the knees and hips, treadmill walking and running surfaces are typically long, padded platforms that allow ample room for a long stride and comfortable, lowimpact walk or jog without the harsh contact of a concrete surface. While many different types, styles, and price ranges of treadmills exist, many of them offer unique features like a foldup design for easy storage, an electronic display monitor showing speed, distance, workout time, incline level, and burned calories, and EKG grip pulses to monitor the heart rate while exercising. Regardless of the simple to complex features you may choose, treadmills offer an array of aerobic exercise opportunities that will provide longlasting beneficial cardiovascular results without a commute to the gym or a jog in the rain. To calculate the overall star rating and percentage breakdown by star, we don't use a simple average.

Instead, our system considers things like how recent a review is and if the reviewer bought the item on Amazon. It also analyzes reviews to verify trustworthiness. Please try again later. Cindy in Indy 5.0 out of 5 stars Im trying to loose a few pounds, so I like to briskly walk for 1.5 miles in the morning and then while watching a movies. Im using this treadmill to test my diligence to exercise on a treadmill. So far it has surpassed my expectation and maybe Ill keep this one for longer than expected. It definitely works you out more than a motorized treadmill since you are doing all the work. Cons The bed creaks a bit while walking, so I have to turn up audio system pretty loud. The belt takes some adjusting to get and keep it centered and I find that when I move the treadmill, the belt often has to be recentered. This is probably due to the very simple centering system and the fact

that minor level changes in the floor will impact belt centering. You also need to keep your hands on the handles which will make reading somewhat difficult. I was really torn whether to go with an electric or manual. I am a 57 year old woman with a lot of back issues but htis treadmill works wonderful for me. It is compact, durable, an so easy to use. I use this 5 days a week, so if anyone is not sure whether to go manual I promise you will be extremely satisfied with this product. It was easy to assemble and so far, we have quite a few miles on it with no problems at all. We did find it harder than outdoor walking, so we leveled the incline using several books under the rear deck. So far, we love it! I am able to ride my exercycle for 45 mins straight and I dance for two hours straight every weekend so its not MY fitness level. Also, when I try to adjust the height of the platform one of the removeable pegs sticks AND its incredibly difficult and frustrating to lineup the pegs once they are removed and you adjust the platform height. Overall, I am disappointed.



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http://www.erejuvenation.co.uk/images/bri-10w-manual.pdf



At the same time, it remained as reliable and compact. So, what awaits us in this review. We will look at the main characteristics of the treadmill that may be of interest to you. We will also focus on the advantages and disadvantages. Let's try to answer how justified such a purchase or should choose something more expensive and functional. We will also answer the most common questions about this model of treadmills. Well, briefly tell you how you can use Cadence G 5.9 in their training. How diverse and full you can burn extra calories. We will tell you in more detail on how to make your training more effective without spending a lot of time. So read to the end to find out all the details. In the end, we summarize the results and we will perform the estimation of the parameters. For the moment, and this review deals with treadmill Weslo Cadence G 5.9 WLTL29615. Weslo Cadence G 5.9 Treadmill Manual Contents Weslo Cadence G 5.9 Treadmill Manual Main Advantage Video Review How to Use Frequently Asked Questions Most likely, you will not need to complete the entire Assembly. The treadmill comes in a box partially assembled. Download instructions for Assembly by the link Weslo Cadence G 5.9 Treadmill Manual.pdf. This manual contains information about all components and the possibilities of use. It is worth paying attention to the recommendations for training. The manufacturer indicates how you can improve the effectiveness of your training focusing on the pulse zone. Use the right training mode to burn extra calories faster and more efficiently without harming your health. As a result, the size of the treadmill is quite modest. This is an advantage, as you will not have difficulties with its storage. But it is also a drawback, as the deck is not as big as we would like. For a full understanding, we give the dimensions of the equipment after installation. Main Advantage Now consider what advantages in addition to low prices you get when you choose this model.

http://experience-hr.com/images/bria-manual-iphone.pdf



How justified its purchase and whether it is worth the money. 1. Weslo Cadence G 5.9 treadmill weight limit 275 lbs. This is slightly less than the good more expensive models. Such endurance will allow you to perform not only walking but also Jogging. At the same time, the equipment remains sufficiently stable. When training there is no doubt in the reliability and strength of the frame. 2. The engine power and the available speed range. 2.25 HP Drive System is used. This is more than enough for the home track. The possible speed range of up to 10 MPH is also quite suitable for most potential buyers. 3. Usability. You will be available to the required minimum functionality. 6 training programs. Adjusting the speed and other training parameters are located on the console in a convenient place. The necessary security options are provided. 4. The angle of inclination is adjusted mechanically. It is not very convenient, but reliable. There are only two options for setting and increasing the load during training. 5. An additional opportunity for training is iFit support. Your training will be more interesting and it will motivate You to new results and progress towards the goal. Video Review How to Use Before you start training, you should perform a minimum adjustment of the equipment to your needs. Set the angle of inclination if necessary. If the floor is very smooth under the feet is to lay a rubber Mat for greater stability. This treadmill model is foldable. The frame has a special lock that allows you to fold Weslo Cadence G 5.9 and store it in a more compact form. This is convenient when using the equipment in a small apartment. The process will take less than a minute. To move the treadmill folded transport wheels are provided. When training, regardless of the planned amount of load you need to perform a warmup. It will warm up your muscles and ligaments and eliminate injuries and sprains. Increase the speed gradually.

When training, record the performance of your training. All the necessary data is displayed. Above it there is a place to place the tablet. It allows you to use the iFit app or simply combine training and watching videos, news or chatting with anyone. Start and stop are carried out by large convenient buttons. The speed selection is also in the center of the console. This allows you to conveniently increase or decrease the speed without stopping. If necessary, you can use the handles that are in front and on the sides. You must use working power supply and do not modify the equipment plug. If you have any doubts about the outlet, we recommend that you contact a qualified electrician. There is a power button next to the connection cables.Rate this post Related Posts ProForm Pro 2000 Treadmill Review Steelbody Power Tower Bowflex BodyTower Review About Author Michael Jones I am Michael Jones and I support this blog with a group of authors consisting of Personal Trainers, Physiotherapist and sellers of fitness equipment. 2 Comments Dennis 26.06.2019 I agree with You, this treadmill does not provide great opportunities for training, but it is suitable for home. However, if you compare the choice to 300 or even 500 dollars, it is one of those that can be purchased for home gym. Thanks for the review. Reply Raymond 29.06.2019 Hey. I choose an inexpensive model

for my girlfriend. How suitable is it for her training. Reply Add a Comment Cancel reply Your email address will not be published. Well assume youre ok with this, but you can optout if you wish. Out of these cookies, the cookies that are categorized as necessary are stored on your browser as they are essential for the working of basic functionalities of the website. We also use thirdparty cookies that help us analyze and understand how you use this website. These cookies will be stored in your browser only with your consent. You also have the option to optout of these cookies.

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But opting out of some of these cookies may have an effect on your browsing experience. Necessary Necessary Always Enabled Necessary cookies are absolutely essential for the website to function properly. This category only includes cookies that ensures basic functionalities and security features of the website. These cookies do not store any personal information. Nonnecessary Nonnecessary Any cookies that may not be particularly necessary for the website to function and is used specifically to collect user personal data via analytics, ads, other embedded contents are termed as nonnecessary cookies. It is mandatory to procure user consent prior to running these cookies on your website. It is compact, folds up, has two manual incline settings, and is an affordable treadmill for users under 275 pounds. Being a lowweight treadmill, you can easily move the Cadence G 5.9 in and out of position if you don't have space to keep it in the open at all times. That way, your body experiences less impact than if you were exercising outside on concrete or asphalt. However, it is only 16" wide, which is narrower than other options, so consider if this deck will provide enough surface area for you. It also runs quietly, and there are many household appliances which will be louder than your Cadence G 5.9 treadmill. From this display, you can keep track of your workout progress, such as the time elapsed, distance covered, speed, heart rate, and calories burned. The LCD window isn't backlit, so you will want to have good lighting over your treadmill console to ensure you can see the exercise data. A safety key on the lower panel is conveniently located. It is 29" wide and 60" high when folded. To use this incline feature, you will need to go to the end of the treadmill deck and fold up the two feet of the treadmill, leaving the deck at an incline. You can swap between the flat, 0% incline and the folded incline to help engage your leg muscles more and burn calories faster.

These premade workout programs should help shake up your regular workout routine so that you can keep engaged in your exercise. Improve your health and your life as you train on the Cadence G5.9i with all the great content in iFit. Bluetooth technology connects you to iFit personal trainers and programs, which will improve your workouts and make them more fun! In order to check your heart rate, all you need to do is to put your thumb on the little heart icon, which is a sensor. It'll show your heart rate on the display, though guite a few customers have said that the thumb sensor is not very accurate. It ships directly from Amazon and is a great option for light jogging or walking. Compact footprint makes it ideal for those in apartments, condos, or who have limited workout space. Folds up easily when not in use. Serial No. Write the serial number in the Serial Number DecalVisit our website atNote A PART LIST and an EXPLODED DRAWING are attached in the center of this manual. Remove the PART. LIST and EXPLODED DRAWING before beginning assembly.TO PLUG IN THE POWER CORD on page 7,Do not placeDo not put the treadmill in aBEFORE YOU BEGIN on page 4 if the treadmill is not working properly. Always hold the Adjust the speed in small increments to Various factors, including the users movement, may affect the accuracy of heart rateNever remove theASSEMBLY on page 5, and HOW TO MOVE. THE TREADMILL on page 10. You must be This is especially important for persons over the age of 35 or persons with preexisting health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product. Department, tollfree, to order a freeREPLACEMENT PARTS on the backApply the decalBefore reading further, please review the

drawingFor your benefit, read this manual carefully beforeSpeed Control. Console. Water Bottle HolderAccessory Tray. Book Rack. Handrails. Storage LatchFoot Rails. Circuit Breaker.

Cushioned Deck. Power CordRear Roller. Adjustment BoltsSet the treadmill in a cleared area and remove all packing materials. Do notAssembly requires the included allen wrenchBase not shown are connected to the treadmill by During assembly steps 1 Insert one of the Base Legs Make sure that Using the included Allen Wrench 81, attach the. Base Leg with a Base Leg Screw 39. With the help of a second person, carefully raise the Legs 44 are resting flat on the floor. Remove the two indicated Latch Screws 14 and the shipping bracketSave the Latch ScrewsBracketMake sure that the Latch Screws are tight, butLatch Bracket and the Latch Spacer. Bracket 16, Latch Springs 15, Storage Latch 17, Attach the Left Handrail and. Handrail Spacer to the left Upright 38 with two. Handrail Bolts 1 and Handrail Washers 70 as Spacer is on the inside as shown. Do not tighten the. Handrail Bolts until step 5 is completed. Remove the shipping tie from the Right Handrail 32Hold the Handrail SpacerWire Harness 53 into the right Upright. Attach the. Right Handrail and Handrail Spacer to the right. Upright with two Handrail Bolts 1 and Handrail. Washers 70. Do not tighten the Handrail BoltsRoute the Wire Harness 53 as shown. Attach the, Wire Harness to the Right Handrail 32 with the. Harness Clip 103 and a Handrail Screw 5; do not Then loosely Console Base. After all four Screws are threaded, firmly tighten the Screws. Be careful not to overtightenPress the Adhesive Clip onto the right Upright 38 inPress the Allen Wrench 81Press three. Close the battery cover, push up on the battery coverBatteriesTo protect the floor or carpet from damage, place aRatchet. ScrewsThis product is equipped with aYour treadmill features a walking belt coated with. PERFORMANT LUBETM, a highperformance lubricant.

IMPORTANT Never apply silicone spray or otherThey will deteriorate the walking belt andThis product is for use on a nominal 120volt circuit, A temporary adapter that Check with a qualified electrician or serviceman if you are in doubt as to whether the Do not modify The temporary adapter should be used only until a The green colored rigid ear, lug, or the like extending Whenever the adapter is used it must be held in placeContact a qualifiedYour treadmill, like any other type of sophisticatedVoltage surges, spikes, and noise interference canGrounded Outlet BoxGrounding PinGrounding Plug. Grounding PlugSurge protectors are This product must be Grounding Pin. Grounded OutletAdapter. Grounding Pin. Grounding Plug. Lug. Metal ScrewSpeed Control. Key. Clip. Follow the steps below to operate the console. Note Inserting the keyThe displays will See page 14 or more information. Slide the speed control to the. RESET position. Note EachAvoid spilling liquidsPLUG IN THE POWER CORD on page 7. In addition, Next, slowly slide the speedCarefully step onto the walkingChange the speed of the walking belt as desired by movingStep onto the foot rails of the treadmill. Next, find the To stop the walking belt, step onto the foot rails Follow your progress with the three displays. If the displayed pulse appears to be too high or too Make sure that your thumb is positioned as shown, Try the sensor several Remember to Mode Arrows This display also showsTo measure. PulseSensorNext, raise yourPulse IndicatorTo turn off the power, simply wait for about sixBefore changing the Hold the rearIncline LegThe incline will then be about 5%. Raise the back endThe incline will then beCAUTION BeforeDo not place objects under the treadmill toCaution You must be able to safely lift 45 pounds 20As you raiseRaise the treadmill until theMake sure thatTo protect the floor or carpet from damage, place aKeep the treadmill out of. Closed. Storage. Latch. Frame.

GuideMake sure that thePlace one foot nearNever move the treadmill without tipping it back. To reduce the risk of injury, use extreme cautionDo not attempt to moveFront WheelsPivot the treadmill until the frameStorage. GuideTo decrease the possibility ofFind the symptom that applies, andIf further assistance is needed, please call our Customer Service Department tollfree at 18009993756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time excluding holidays. PROBLEM The power does not turn on. SOLUTION a. Make sure that the power cord is plugged into a surge protector,

and that the surge protector is See step 1 on page 8. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes Reset. Tripped. Reset. PROBLEM The power turns off during use. SOLUTION a. Check the circuit breaker located on the treadmill frame near the power cord see the drawing Reinsert the key fully into the console. See step 1 on page 8. PROBLEM The displays of the console do not function properly. SOLUTION a. Check the batteries in the console. If the batteries need to be replaced, see assembly step 8 on Remove the screws from the hood. Locate the Reed. Switch 89 and the Magnet 88 on the left side of Make sure that the Retighten the Screw. Reattach the hood, and run the treadmill for a few View. PROBLEM The walking belt is offcenter or slips when walked on. SOLUTION a. If the walking belt has shifted to the left, first Be careful not to overtighten Be careful not to overtighten When the walking Repeat until the PROBLEM The walking belt slows when walked on. SOLUTION a. Use only a ULlisted surge protector, rated at 15 amps, with a 14 gauge cord of five feet or less When the walking belt is Plug in the power cord, insert the key and run Repeat until the Rear Roller. Adjustment Bolts Department. This increases the demand For aerobic exercise, The pulse sensor is not a medical device.

Various factors, including your movement, The sensor is intended only as an exercise aid High Performance Athletic Conditioning. The following guidelines will help you to plan your exercise program. For more detailed exercise information, The proper intensity level can be found by using your heart rateNext, find the twoThe two numbers are your. If your goal is high performance athletic conditioning, setNote DuringTo measure your heart rate during exercise, use theIf your heart rate is tooWarming Up. Start each workout with 5 to 10 minutes of stretchingTraining Zone Exercise. After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60Fat Burning. To burn fat effectively, you must exercise at a relatively If your goal is to burn fat, adjustAerobic ExerciseFinish each workout with 5 to 10 minutes of stretchingExercise Frequency. To maintain or improve your condition, complete threeStand with your knees bent slightly and slowly bend forwardHold for 15Sit with one leg extended. Bring the sole of the opposite footHold for 15Hamstrings, lower back and groin. Keep your back leg straight and Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, To cause further Stretches Calves, achilles tendons and ankles. With one hand against a wall for balance, reach back and Bring your heel as closeHold for 15 counts, then relax. Repeat 3 times for both legs. Stretches Quadriceps and hipSit 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.Key No. Qty. Description. Handrail Bolt. Incline Leg. Handrail Spacer. Left handrail. Handrail Screw. Electronic Screw. Console Screw. Speed Potentiometer. Speed Control. Console Assembly. Battery Cover. Latch Spacer. Latch Screw. Latch Spring. Latch Bracket. Storage Latch. Motor Belt. Motor Tension Washer.

Tension Star Washer. Motor Pivot Nut. Motor. Motor Pivot Bolt. Screw. Hood. Hood Shield. Small Screw. Right Handrail. Base Pad. Motor Belly Pan. Controller. Frame Pivot Bolt. Frame Pivot Washer. Upright Base. Base Leg Screw. Washer. Wheel Bolt. Wheel. Base Leg. Grommet. Power Cord. Motor Tension Nut. Shock. Right Foot Rail. Platform Screw. Front Roller Adj. Bolt. Wire Harness. Left Frame Spacer. Oval Isolator. Belly Pan FastenerSee the back coverTo help us assist you, please be prepared to give the following information when calling. DRAWING at the center of this manual. This warranty extends only to the original purchaser. ICONs obligation under this warranty is limited to replacing or repairing, at ICONs option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. This warranty does notNo other warranty beyondICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss ofSome states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other

warranties and any implied warranties of Accordingly, the above This warranty gives you specific legal rights. You may also have other rights which vary from state to state. Part No. 148161 H02005C R0899A. Too steep I placed some bricks at the back section to level it out and provide some more height. The belt is very smooth, easy to assemble. I am updating my review as this equipment works better with use. I am not slipping off as before and it now works similar to the lady in the video, I have not had to use the blocks. I am updating my rating to 4.It was easy to set up. It runs quietly, and I quite enjoy going for my daily walk.

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