

Weslo Pursuit G 3.1

Weslo Pursuit G 3.1 Exercise Bike Instruction Manual

Model: Pursuit G 3.1 | Brand: Weslo

1. INTRODUCTION

Welcome to your new Weslo Pursuit G 3.1 Exercise Bike. This manual provides essential information for the safe assembly, setup, operation, and maintenance of your exercise bike. Please read all instructions carefully before using the equipment. The Weslo Pursuit G 3.1 is designed to provide a comfortable and effective cardio workout. Key features include an adjustable cushioned seat, an easy-to-use resistance knob, and an LCD display to track your workout metrics.

2. IMPORTANT SAFETY INFORMATION

- Consult your physician before beginning any exercise program.
- Read all instructions in this manual before using the exercise bike.
- Keep children and pets away from the exercise bike at all times.
- Place the exercise bike on a level surface with at least 2 feet (0.6 meters) of clearance around it.
- Inspect the exercise bike for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and athletic shoes during use.
- Do not exceed the maximum user weight capacity of 250 lbs (113 kg).
- Always maintain proper balance while mounting, dismounting, and operating the bike.

3. ASSEMBLY

The Weslo Pursuit G 3.1 Exercise Bike requires assembly. While specific step-by-step instructions are provided in the separate assembly guide, general steps include:

1. Unpack all components and verify against the parts list.
2. Attach the front and rear stabilizers to the main frame.
3. Install the pedals, ensuring they are tightened securely.
4. Assemble the seat post and seat, then attach to the main frame.
5. Connect the console mast and handlebars.

6. Connect any necessary wires for the console display.

All necessary tools for assembly, such as Allen wrenches and a Phillips screwdriver, are typically included with the product. Ensure all bolts and nuts are securely fastened before use.

4. SETUP AND ADJUSTMENTS

4.1 Seat Adjustment

The seat on your Weslo Pursuit G 3.1 is horizontally and vertically adjustable to accommodate various user heights and preferences. To adjust the seat:

- Loosen the adjustment knob or lever located beneath the seat or on the seat post.
- Slide the seat forward or backward, or raise/lower it, until you find a comfortable pedaling position where your knees have a slight bend at the bottom of the pedal stroke.
- Tighten the adjustment knob or lever securely before use.

4.2 Stabilizer Adjustment

If the exercise bike is unstable, adjust the leveling feet on the front or rear stabilizers until the bike is level and stable on the floor.

5. OPERATING INSTRUCTIONS

5.1 Console Overview

The LCD window display provides real-time feedback on your workout. It typically shows:

- **Time:** Duration of your workout.
- **Speed:** Current pedaling speed.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **RPM:** Revolutions Per Minute (pedal cadence).



*Tablet not included.

Figure 1: Weslo Pursuit G 3.1 Console and Controls. Features include an integrated device shelf, LCD window display, mode selector, and manual resistance knob.

5.2 Starting a Workout

To begin your workout:

1. Sit comfortably on the seat and place your feet securely in the pedals.
2. Begin pedaling. The LCD display will automatically activate and start tracking your workout data.
3. Use the 'MODE' button on the console to cycle through different display metrics (Time, Speed, Distance, Calories, RPM).
4. The 'RESET' button can be used to clear all workout data. The 'SET' button may be used for specific program settings if available.



Figure 2: User demonstrating the comfortable recumbent position on the Weslo Pursuit G 3.1 Exercise Bike.

5.3 Adjusting Resistance

The Weslo Pursuit G 3.1 features SMR™ Silent Magnetic Resistance, allowing for smooth and quiet adjustments. To change the resistance level:

- Locate the manual resistance knob on the bike frame, typically below the console.
- Turn the knob clockwise to increase resistance, making pedaling more challenging.
- Turn the knob counter-clockwise to decrease resistance, making pedaling easier.
- Adjust the resistance as needed to maintain your desired workout intensity.





Figure 3: Top-down view showing the manual resistance knob for adjusting workout intensity.

5.4 Integrated Tablet Holder

The exercise bike includes an integrated tablet holder, allowing you to place your personal device for entertainment or workout tracking during your session.



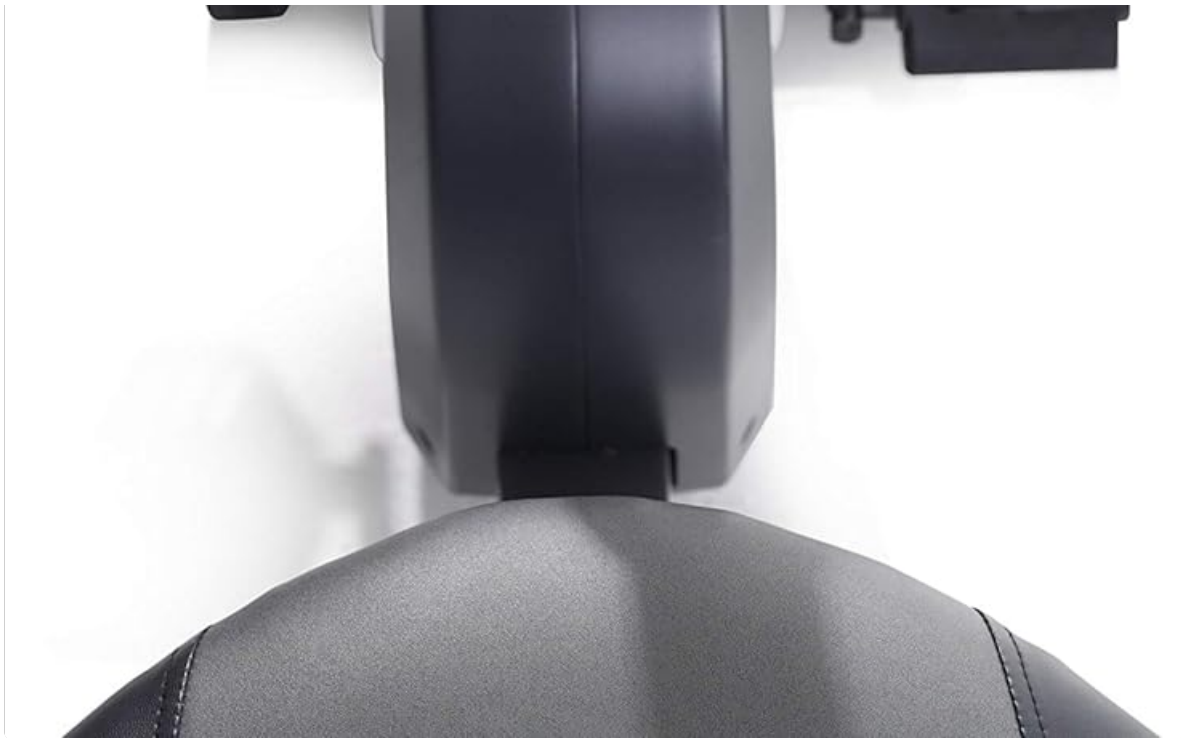


Figure 4: Integrated device shelf with a tablet in place.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No regular lubrication is typically required for the internal magnetic resistance system. Refer to the full product manual for specific lubrication guidelines if any.
- **Storage:** Store the exercise bike in a dry, clean environment away from extreme temperatures and direct sunlight.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Console display not working	Batteries are dead or incorrectly installed.	Replace batteries (typically AA or AAA). Ensure correct polarity.
No resistance or inconsistent resistance	Resistance cable disconnected or damaged; internal mechanism issue.	Check the connection of the resistance cable to the knob and the internal mechanism. If damaged, contact customer support for replacement parts.
Squeaking or grinding noise	Loose parts; internal friction.	Inspect and tighten all visible bolts and nuts. If noise persists, internal components may require professional inspection.
Bike feels unstable	Uneven floor surface; stabilizer caps not adjusted.	Adjust the leveling feet on the front and rear stabilizers until the bike is stable.

8. SPECIFICATIONS

Feature	Detail
Model Name	Pursuit G 3.1
Brand	Weslo
Resistance Mechanism	Magnetic (SMR™ Silent Magnetic Resistance)
Number of Resistance Levels	10
Maximum Weight Recommendation	250 Pounds (113 kg)
Item Weight	58 Pounds (26.3 kg)
Dimensions (LxWxH)	Approx. 52.5" x 21.9" x 50" (133 cm x 56 cm x 127 cm)
Power Source	Battery Powered (for console)
Special Feature	Adjustable Seat (Horizontal and Vertical), Integrated Tablet Holder, Step-Thru Design, Transport Wheels
Color	Black

Dimensions and Weight Limit

Weight Limit: 250 lbs.



Figure 5: Product dimensions and weight limit.

9. WARRANTY AND SUPPORT

9.1 Warranty Information

The Weslo Pursuit G 3.1 Exercise Bike comes with a **90-Day Parts and Labor Warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For technical assistance, parts inquiries, or warranty service, please contact Weslo Customer Support. Refer to the contact information provided with your product packaging or visit the official Weslo website.