

Weslo 5.2T (WLTL31312)

Weslo Crosswalk 5.2T Treadmill User Manual

Model: 5.2T (WLTL31312)

1. IMPORTANT SAFETY INFORMATION

Before operating the Weslo Crosswalk 5.2T Treadmill, please read all instructions carefully. Adhere to all warnings and precautions to prevent injury and ensure proper function of the equipment.

- Always consult with a physician before beginning any exercise program.
- Keep children and pets away from the treadmill during operation.
- Ensure the safety key is properly attached to your clothing before starting the treadmill. In case of emergency, pulling the safety key will immediately stop the machine.
- The maximum user weight capacity for this treadmill is **250 lbs**.
- This treadmill is designed for **residential use only**. Do not use in commercial, rental, or institutional settings.
- Place the treadmill on a level surface with at least 6 feet of clear space behind it and 2 feet on each side.
- Do not operate the treadmill if it has a damaged cord or plug, or if it has been dropped or damaged.
- The Continuous Horsepower ("CHP") rating is measured in laboratory testing using a dynamometer and does not denote the operational horsepower of the treadmill in ordinary household use.

For comprehensive safety guidelines, refer to the full user manual available for download.

2. PRODUCT OVERVIEW

The Weslo Crosswalk 5.2T Treadmill is designed to provide an effective full-body workout with its unique features. Familiarize yourself with the main components:

- **Tread Belt:** A 16 x 50 inch running surface for walking or light jogging.
- **CrossWalk Upper Body Arms:** Integrated arms designed to engage upper body muscles during your workout.
- **Console with LCD Window:** Displays workout data such as time, distance, calories burned, and speed.

- **Thumb Pulse Heart Rate Monitor:** Allows for easy monitoring of your heart rate during exercise.
- **Adjustable Incline:** Features a 2-position adjustable incline to vary workout intensity.
- **SpaceSaver Design:** Allows the treadmill to be folded vertically for convenient storage.
- **Comfort Cell Cushioning:** Provides cushioning to reduce impact on your joints.



Figure 2.1: Front view of the Weslo Crosswalk 5.2T Treadmill, showcasing the console, upper body arms, and running deck.



Figure 2.2: Detailed view of the treadmill's console, showing the LCD display, workout selection buttons, start/stop controls, and speed adjustments.

3. SETUP

While the Weslo Crosswalk 5.2T Treadmill is designed for relatively easy setup, some assembly is required. Follow these steps to prepare your treadmill for use:

1. **Unpacking:** Carefully remove all components from the packaging. It is recommended to have two people for this process due to the weight and size of the unit.
2. **Assembly:** Follow the detailed assembly instructions provided in the complete user manual. Ensure all bolts and screws are securely tightened before proceeding.
3. **Placement:** Position the treadmill on a flat, stable surface. Ensure adequate clearance around the machine as specified in the safety section.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.
5. **Initial Activation:** To activate the console for the first time, insert the safety key into its designated slot. If the console does not immediately power on, press and hold the 'iFit' button (if present) for several seconds until the display activates. This step is typically only required for the initial setup.





Figure 3.1: The treadmill in its folded, SpaceSaver position, illustrating its compact storage capability.

4. OPERATING INSTRUCTIONS

The Weslo Crosswalk 5.2T Treadmill offers various functions to customize your workout. Here's how to operate it:

1. Starting a Workout:

- Ensure the safety key is in place.
- Step onto the foot rails, not the belt.
- Press the **START** button. The belt will begin to move at a low speed.

2. Adjusting Speed: Use the **SPEED UP (▲)** and **SPEED DOWN (▼)** buttons to adjust the belt speed.

The treadmill supports speeds up to 10 MPH.

3. Using Preset Workout Apps: The console features 4 pre-programmed workout apps. Press the **WORKOUT SELECT** button to cycle through and choose a program. Follow the on-screen prompts.

4. Monitoring Heart Rate: Place your thumb on the **TARGET PULSE** sensor on the console to read your heart rate. Hold steady for a few seconds for an accurate reading.

5. Adjusting Incline: The treadmill has a 2-position adjustable incline. To change the incline, you will need to manually adjust the incline mechanism located near the base of the treadmill. Refer to the full manual for detailed instructions on incline adjustment.

6. Using CrossWalk Arms: Grasp the upper body arms and move them back and forth in a natural walking motion to engage your upper body muscles.

7. Stopping a Workout: Press the **STOP** button to gradually bring the treadmill to a halt. To stop immediately, pull the safety key from the console.



Figure 4.1: An individual demonstrating the use of the Weslo Crosswalk 5.2T Treadmill during a running workout.



Figure 4.2: A user engaging the CrossWalk upper body arms while exercising on the treadmill, providing a full-body workout.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Weslo Crosswalk 5.2T Treadmill:

- **Cleaning:** Wipe down the treadmill surfaces, including the console and belt, with a damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Belt Lubrication:** The walking belt may require periodic lubrication to reduce friction and extend its lifespan. Refer to the complete user manual for specific instructions on how and when to lubricate the belt.
- **Belt Tension and Alignment:** Check the walking belt tension and alignment regularly. If the belt slips or

drifts to one side, consult the full manual for adjustment procedures.

- **Motor Area:** Periodically vacuum the area around the motor cover to prevent dust and debris buildup, which can affect performance. Always unplug the treadmill before cleaning this area.
- **Storage:** When not in use, the treadmill can be folded into its SpaceSaver position for compact storage. Ensure the locking pin is securely engaged when folded.

6. TROUBLESHOOTING

If you encounter issues with your Weslo Crosswalk 5.2T Treadmill, refer to the following common troubleshooting tips. For more complex problems, consult the comprehensive user manual or contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; circuit breaker tripped; safety key not in place.	Ensure power cord is securely plugged into a grounded outlet. Check household circuit breaker. Verify safety key is fully inserted into the console.
Walking belt slips or hesitates.	Belt tension too loose; belt requires lubrication.	Adjust belt tension according to the full manual. Lubricate the belt if necessary.
Unusual noises during operation.	Loose components; motor issues; belt friction.	Check for any loose bolts or screws and tighten them. If noise persists, refer to the full manual or contact support.
Heart rate monitor not reading.	Improper hand placement; dry hands.	Ensure firm and consistent contact with the thumb pulse sensor. Moisten hands slightly if they are too dry.

7. SPECIFICATIONS

Feature	Detail
Brand	Weslo
Model Name	Weslo Crosswalk 5.2t Total Body Treadmill with Upper Body Workout Arms
Model Number	WLTL31312
Color	Black
Item Weight	127 Pounds
Material	Alloy Steel
Maximum Speed	10 Miles per Hour
Special Features	Foldable, Compact Design, Heart Rate Monitor
Target Audience	Adult

Feature	Detail
Maximum Horsepower	2.5 Horsepower
Assembly Required	No (<i>Note: Some user assembly is typically required despite this specification.</i>)
Display Type	LCD
Number of Programs	4
Maximum Weight Recommendation	250 Pounds
Deck Length	50 Inches
Deck Width	16 Inches
UPC	043619684544

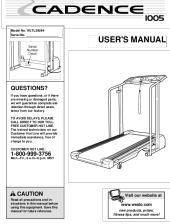
8. WARRANTY AND SUPPORT

Your Weslo Crosswalk 5.2T Treadmill is backed by a manufacturer's warranty to ensure your peace of mind.

- **Warranty Coverage:** This treadmill is protected with a **90 Day Parts and Labor Warranty**. This warranty covers defects in materials and workmanship under normal use.
- **Customer Support:** For technical assistance, warranty claims, or to order replacement parts, please contact Weslo customer support. Refer to the contact information provided in your original purchase documentation or on the official Weslo website.
- **Full User Manual:** A comprehensive user manual with detailed diagrams, assembly instructions, and advanced troubleshooting is available in PDF format. You can access it via this link: [Weslo Crosswalk 5.2T Treadmill User Manual \(PDF\)](#).

Related Documents - 5.2T (WLTL31312)

	<p>WESLO CROSSWALK 5.2t Treadmill User Manual</p> <p>This user manual provides comprehensive instructions for the WESLO CROSSWALK 5.2t treadmill, covering assembly, operation, safety precautions, troubleshooting, and exercise guidelines. Learn how to set up, use, and maintain your treadmill for effective home workouts.</p>
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	<p>Weslo WLTL31312.4 Treadmill User Manual</p> <p>User manual for the Weslo WLTL31312.4 treadmill, providing assembly instructions, operating guidelines, maintenance tips, and troubleshooting advice.</p>
	<p>Weslo Cadence 21.0 Treadmill User Manual</p> <p>Your comprehensive guide to the Weslo Cadence 21.0 treadmill. This user manual covers assembly, operation, safety precautions, troubleshooting, and exercise guidelines for effective home fitness.</p>
	<p>Weslo Cadence 1005 Treadmill User Manual</p> <p>Comprehensive user manual for the Weslo Cadence 1005 treadmill, covering setup, operation, maintenance, troubleshooting, and fitness guidelines. Includes safety precautions, assembly instructions, and warranty information.</p>
	<p>WESLO CADENCE G 5.9 Treadmill User Manual Assembly, Operation, and Maintenance</p> <p>Comprehensive user manual for the WESLO CADENCE G 5.9 treadmill. Includes assembly instructions, operation guides, safety precautions, troubleshooting, and exercise tips.</p>
	<p>WESLO CADENCE G 5.9i Treadmill User's Manual</p> <p>Comprehensive user's manual for the WESLO CADENCE G 5.9i treadmill, covering assembly, operation, maintenance, safety precautions, and troubleshooting. Includes part lists and diagrams.</p>