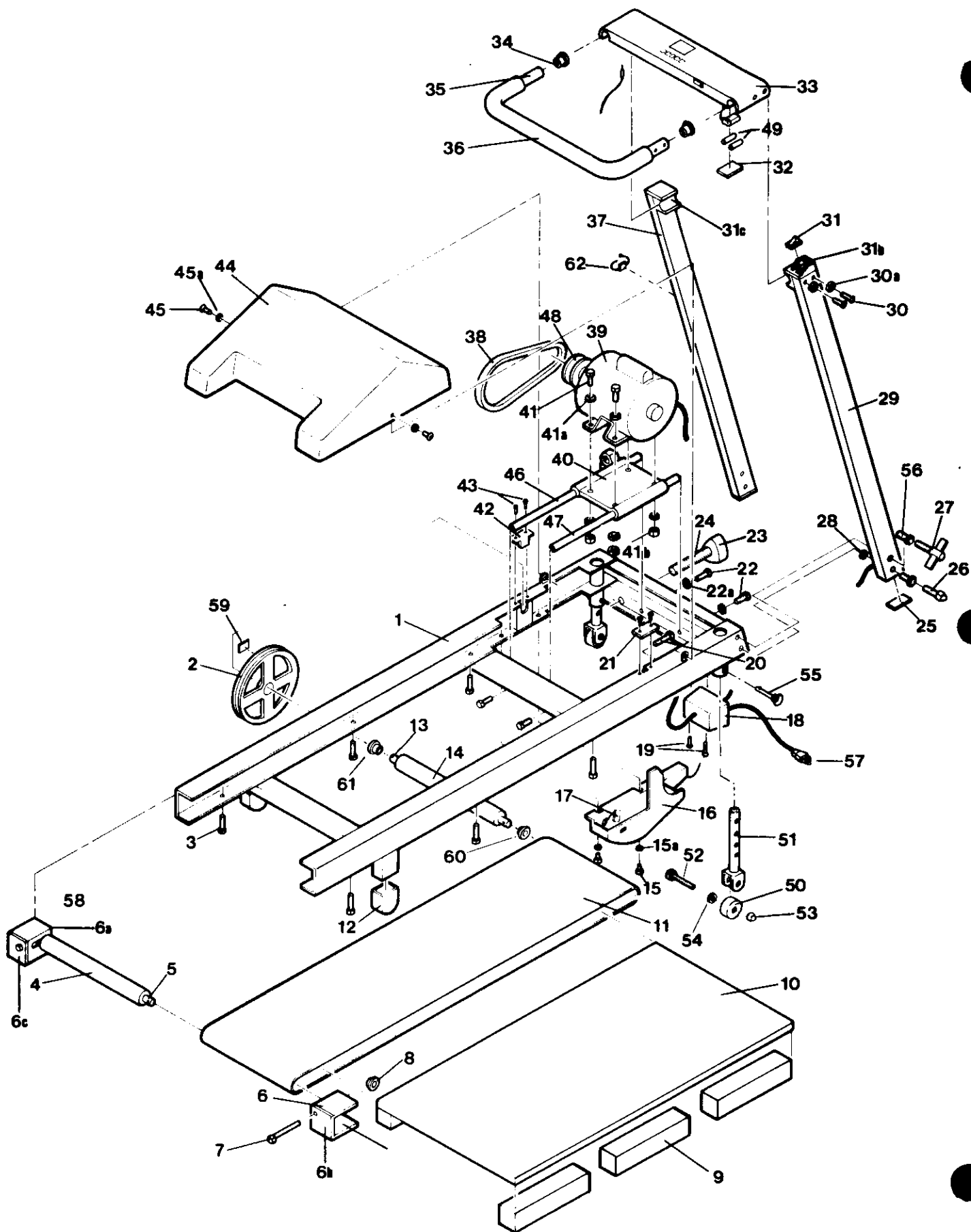
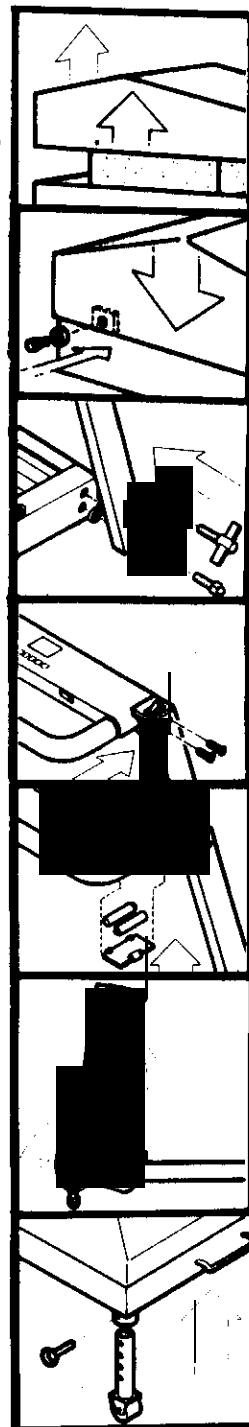




ASSEMBLY INSTRUCTIONS

IMPORTANT! Read all instructions carefully before beginning assembly. For part identification see drawing and parts list. Assembly can be completed with the tool provided. The assistance of a second person is required for step 7.

1. Set the treadmill in a clear area on the floor. Remove all packing materials. Lift the motor hood (44) and remove the styro-foam block.
2. Unscrew the short bolts (45) and washers (45A) from the hood mounts. Place the motor hood over the motor and fasten it by replacing the short bolts and washers.
3. Insert a medium bolt (26) through a metal bushing into the hole in the bottom of the right handrail post (29). Add a washer (28) onto the protruding end of the bolt and screw it into the bottom hole in the frame. Secure the handrail post with a T-wingbolt (27) and metal spacer. Repeat the process for the left handrail post (37).
4. Slide the electronic console (33) and handrail (35) between the plastic end caps (31B) (31C) at the top of the handrail posts, and secure by inserting the four handrail bolts (30) and washers (30A).
5. Insert 2 "AA" batteries into the compartment in the underside of the electronics console.
6. Insert the plug on the end of the sensor wire (17) into the jack on the underside of the electronics console. Use the cable tie (62) to fasten the sensor wire to the left handrail post.
7. Lift the treadmill by the handle on the front and insert the chrome legs (51) into the tubes in the frame, adjust the treadmill to the desired height and insert the hitchpins (55) through the holes in the frame and legs.
8. Make sure that all nuts and bolts are tightened securely. Read the operation instructions before using your treadmill.



STORAGE AND MAINTENANCE

The Lifestyler Treadmill is relatively light and can be stored quite easily. Simply position the Treadmill in whatever position is most convenient in a cool dry place. When storing for a long period of time it is best to first remove the batteries from the electronics console.

Your treadmill can be easily converted to the compact storage position. Simply unscrew the T-wingnuts from the handrail posts and fold the handrails down onto the frame. Do not place heavy objects on the treadmill when in storage.

To assure smooth operation and prolong the life of your Treadmill we recommend using silicone lubricant spray under the Walking Belt before initial use and periodically as you use your Treadmill. DO NOT allow the silicone spray to get on the walking surface of the Belt.

MODEL NUMBER: 29619
VERSION: 00
PRODUCT NAME: LIFESTYLER
PRODUCT DESC:

MODEL/PART BOOK LISTING

PAGE 1
INI023P1
RUN DATE: 3/22/97
RUN TIME: 9:41:36

KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
1	NSP	FRAME	1
2	NLA	PULLEY WHEEL	1
3	013227	PLATFORM SUPPORT BOLT	0
4	NLA	REAR ROLLER	1
5	049039	REAR AXLE	1
6	008081	RIGHT BELT ADJ. BRACKET	1
6A	NLA	LEFT BELT ADJ. BRACKET	1
6B	061011	RIGHT BELT BRACKET PLATE	1
6C	061013	LEFT BELT BRACKET PLATE	1
7	013070	BELT ADJUSTMENT BOLT	0
8	019082	SPACER	0
9	053009	WOOD SUPPORT	0
10	NLA	LOW FRICTION PLATFORM	1
11	125411	WALKING BELT	1
12	040020	RUBBER ENDCAP	0
13	NLA	FRONT AXLE	1
14	022016	FRONT ROLLER	0
15	013020	BOLT	0
15A	014003	WASHER	0
16	010042	PULLEY COVER	1
17	033006	SENSOR WIRE/REED SWITCH	1
18	NLA	ELECTRIC CONNECTION COVER	1
19	013088	CONNECTION COVER BOLT	0
20	013068	FRONT ROLLER ADJ. BOLT	0
21	016013	RIGHT ROLLER LOCK	1
22	013060	MOTOR MOUNT FRAME BOLT	0
22A	014066	WASHER	0
23	NLA	SPEED ADJUSTMENT KNOB	1
24	NLA	SPEED ADJ. BOLT OR SHAFT	0
25	040057	ENDCAP	0
26	013226	ACORN BOLT	0
27	017003	T-WINGBOLT	0
28	014066	WASHER	1
29	NLA	RIGHT HANDRAIL POST	0
30	013228	HANDRAIL BOLT	0
30A	014060	WASHER	0
31	031035	SWITCH	1
31A	061010	SWITCH PLATE	1
31B	061013	LEFT POST PLATE	1
31C	008082	HANDRAIL MOUNTING BRACKET	1
32	NLA	BATTERY COVER	1
33	NLA	ELECTRONIC CONSOLE	1
34	NLA	ENDCAP	0
35	NLA	HANDRAIL	1
36	NLA	HANDRAIL FOAM GRIP	1
37	NLA	LEFT HANDRAIL POST	1
38	025043	V-BELT	1
39	107833	MOTOR	1
40	NLA	MOTOR MOUNT PLATE	1
41	013060	MOTOR MOUNT BOLT	0
41A	014012	WASHER	0
41B	012003	NUT	0
42	NLA	LEFT ROLLER LOCK	1
43	013020	ROLLER LOCK SCREW	0

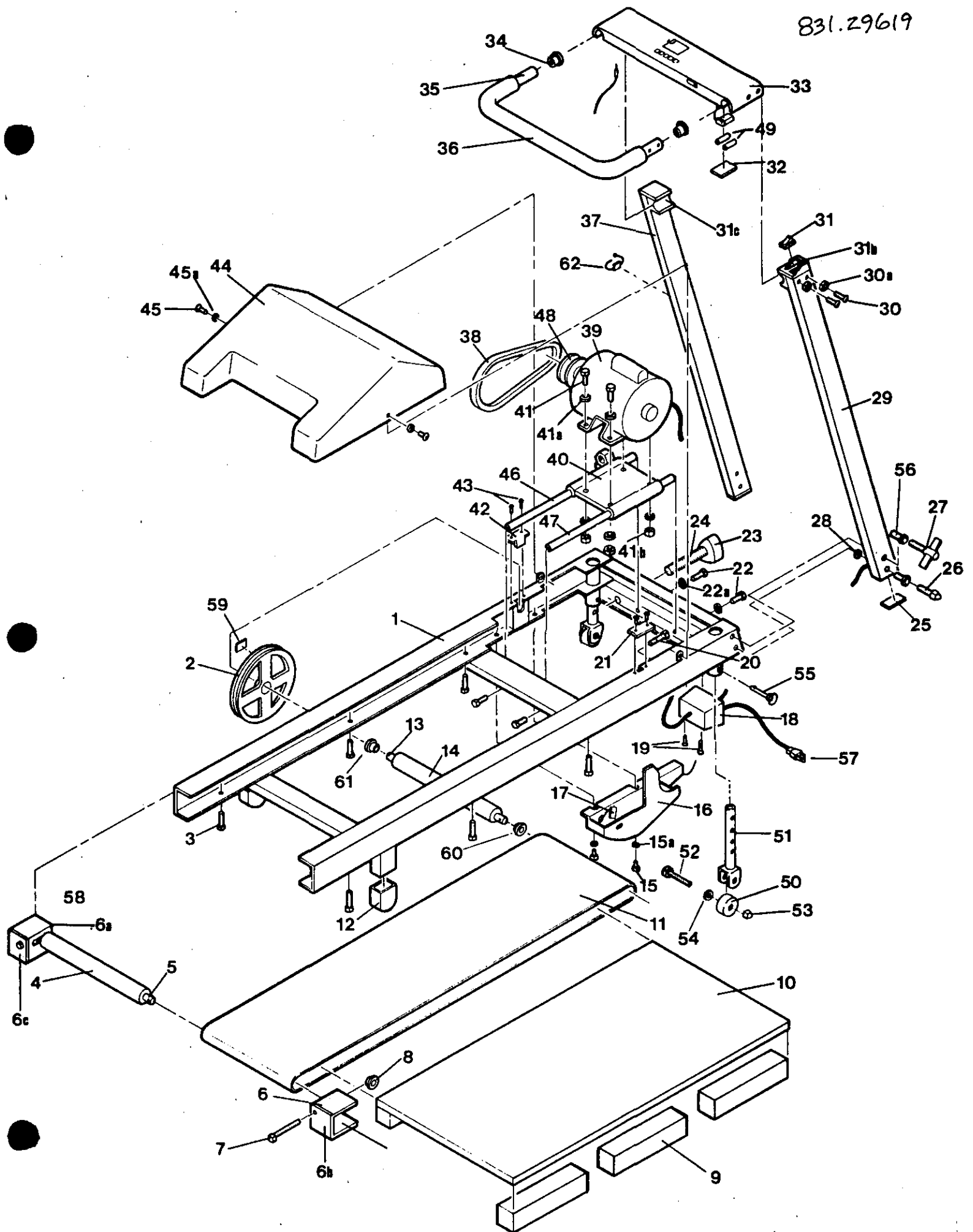
MODEL NUMBER: 29619
VERSION: 00
PRODUCT NAME: LIFESTYLER
PRODUCT DESC:

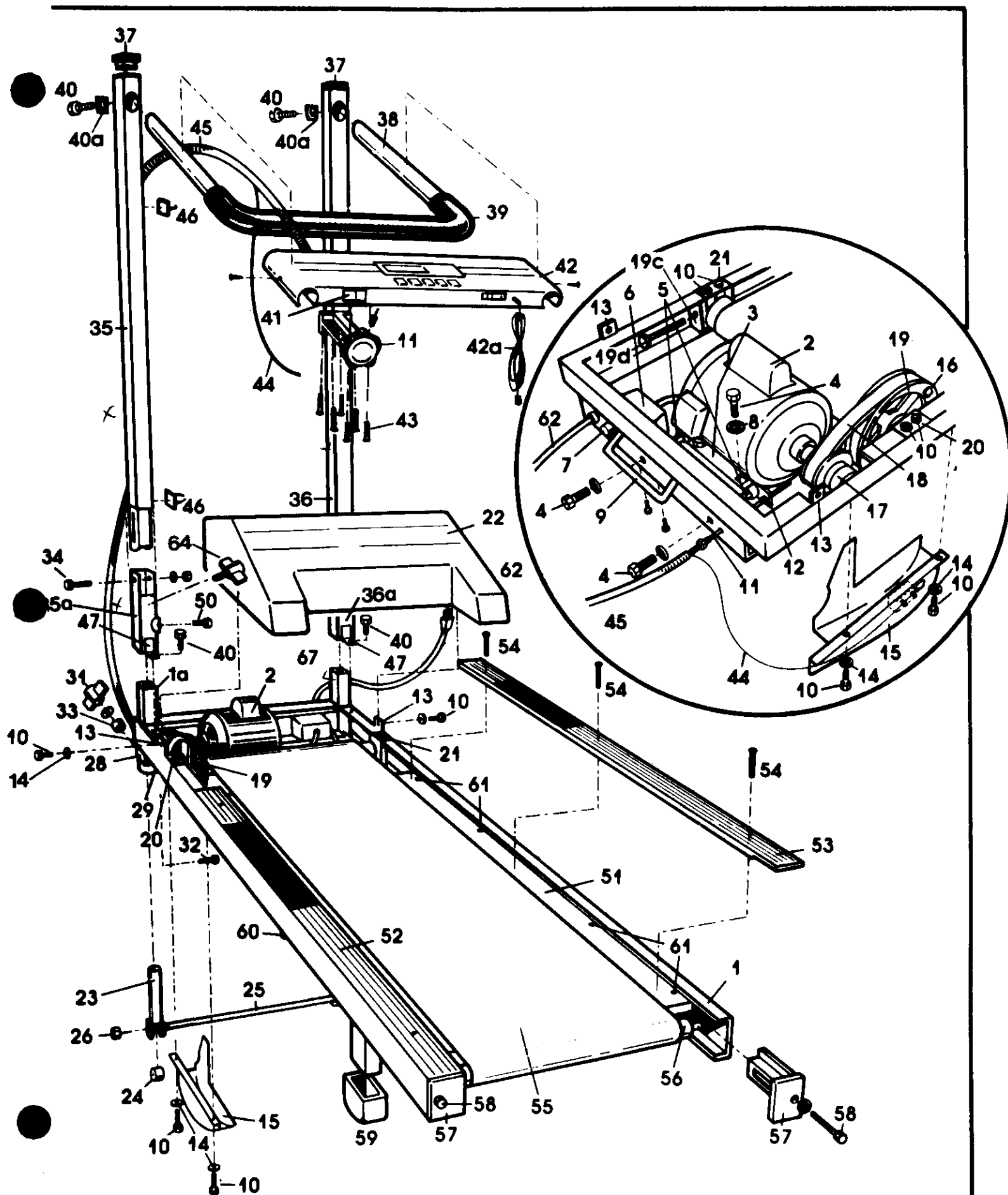
MODEL/PART BOOK LISTING

PAGE 2
INI023P1
RUN DATE: 3/22/97
RUN TIME: 9:41:36

KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
44	NLA	MOTOR HOOD	1
45	013020	ROLLER LOCK SCREW	0
45A	014012	WASHER	0
46	049012	MOTOR SLIDE RAIL LEFT	1
47	049011	MOTOR SLIDE RAIL RIGHT	1
48	020013	VARIABLE SPEED PULLEY	1
49	NLA	BATTERY	1
50	052003	WHEEL	0
51	NLA	CHROME LEG	0
52	013269	BOLT	0
53	012077	NUT	0
54	014059	WASHER	0
55	NLA	HITCH PIN	0
56	019106	METAL BUSHING	0
57	031229	POWER CORD	1
58	008081	RIGHT BELT ADJ. BRACKET	1
59	070035	MAGNET & SCREW	1
60	NLA	RIGHT ROLLER BUSHING	1
61	019109	LEFT ROLLER BUSHING	1
62	016017	CABLE TIE	1
#	046039	OWNERS MANUAL	1
#	109382	CIRCUIT BREAKER, 15AMP	1

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OPERATION

When using, before getting on, look at the Belt (55) to see if it is running too fast for you. If it is too fast, locate the Speed Adjustment Knob (43) at the front of the Console. Turn the Knob to the right to slow it down, and to the left to increase speed. Note: High speeds may cause some vibration.

If the Belt (55) is not running centered on the Platform (51), tighten the Belt Adjustment Bolt (58) on the side that is too close to the Runners (52 or 53).

For proper use and exercise form, see your Instruction Manual.

TROUBLE-SHOOTING AND REPAIRS

We are confident that you will enjoy your Treadmill for many years to come. Although we do not expect that you will have any problem assembling your Treadmill, some damage may have occurred in shipping. If this has occurred, then here are some of the problems you may expect to find.

Problem 1: Speed Adjustment Knob (43) hard to turn. This may be caused by Motor Slide Rails (5) being bent during shipment.

Solution: Remove Speed Adjustment Cable (11) and Motor Slide Rails (5) by unscrewing the two Bolts (4) and unscrewing the cable. Call for replacement parts.

Problem 2: V-Belt (18) weaving may be caused by Variable Speed Pulley (17) and Belt Pulley being out of alignment.

Solution: Variable Speed Pulley is a self-centering pulley. Check to see if springs on each side of the pulley move in and out on the Motor Shaft. If they are not moving then please call for a replacement Part #17.

Problem 3: Electronic speedometer and mileage counter not registering.

- Clean the faces of the Magnet (16) and the Reed Switch (44).
- Check the Sensor Wire (44) for damage. If cut or broken order replacement part #44.
- Make sure that the distance between the Magnet (16) and the Reed Switch (44) is not greater than 3/8 of an inch when they pass. The gap can be adjusted by loosening the Bolts (10) on the Pulley Cover (15) and sliding the Cover slightly in or out and then re-tightening the Bolts.

Problem 4: Speed Adjustment Knob (43) broken.

Solution: Call for a replacement part.

Problem 5: Incline feature hard to raise and lower.

Solution: Incline Clamp (28) may have been tightened too far. Take a screwdriver and spread the Incline Clamp (29) until leg (23) slides through freely.

Problem 6: Motor fails to run when switched on.

Solution: Check fuse by unscrewing. If metal bar in fuse is broken, then replace fuse (7).

Problem 7: Bearings in each end of Belt Rollers (19 or 56) squeal.

Solution: Use 1 or 2 drops of light sewing machine oil.

Problem 8: Treadmill Belt (55) slips when in use.

Solution: Increase tension with Belt Adjustment Bolts (58) as described in Instruction Manual.

IMPORTANT CONSUMER NOTICE

To assure smooth operation and prolong the life of your treadmill it is recommended that before initial use and as an occasional maintenance measure, to spray a silicon spray underneath the Treadmill Belt (55).

(See assembly drawings).

Customer Service Toll-Free number is 1-800-824-3109 in U.S.A., and 1-800-824-8949 in Canada.

PARTS LIST

No.	Description	Qty.	No.
1	Main Frame	1	004052
2	Pulley Wheel	1	020002
3	Platform Support Bolts	6	013227
4	Rear Roller	1	022015
5	Rear Axle	1	049039
6	Right Belt Adj. Bracket	1	008062
6A	Left Belt Adj. Bracket	1	008062
6B	Right Belt Bracket Plate	1	061011
6C	Left Belt Bracket Plate	1	061013
7	Belt Adj. Bolt	2	013070
8	Spacer	2	019082
9	Wood Support	6	053009
10	Low Friction Platform	1	053008
11	Walking Belt	1	025017
12	Rubber End Cap	2	040020
13	Front Axle	1	049040
14	Front Roller	1	022016
15	Bolt	2	013020
15A	Washer	2	014003
16	Pulley Cover	1	010019
17	Rd. Switch. w/ Snr. Wr.	1	031006
18	Electric Connection Cvr	1	031005
19	Connection Cover Bolts	2	013088
20	Front Roller Adj. Bolt	1	013068
21	Right Roller Lock	1	016013
22	Motor Mount Frame Bolt	1	013060
22A	Washer	1	014001
23	Speed Adj. Knob	1	017018
24	Speed Adj. Bolt or Shaft	1	013034
25	End Cap (Posts)	2	040057
26	Acorn Bolt	2	013226
27	"T" Wing Bolt	2	017003
28	Washer	2	014001
29	Right Hand Rail Post	1	003021
30	Hand Rail Bolt	4	013228
30A	Washer	4	014060
31	Switch	1	031014
31A	Right Handrail Cap	1	061010
31B	Left Handrail Cap	1	008082
32	Battery Cover	1	033022
33	Electronic Console	1	032018
34	Cap Ends (Handrail)	2	040004
35	Handrail	1	003023
36	Handrail Foam	1	041005
37	Left Hand Rail Post	1	003022
38	"V" Belt	1	025005
39	Motor	1	031001
40	Motor Mount Plate	1	031010
41	Motor Mount Bolt	4	013060
41A	Washer	8	014012
41B	Nut	4	012003
42	Left Roller Lock	1	016012
43	Roller Lock Screws	4	013020
44	Motor Hood	1	009024
45	Bolt	2	013020
45A	Washer	2	014012
46	Motor Slide Rail L	1	049012
47	Motor Slide Rail R	1	049011
48	Variable Speed Pulley	1	020001
49	Batteries	2	033021
50	Wheel	1	052003
51	Chrome Legs	2	005013
52	Bolt	2	013269
53	Nut	2	012077
54	Washer	2	014059
55	Hitch Pin	2	015003
56	Metal Bushings	4	019106
57	Electric Plug and Cord	1	031033
58	Right Belt Adj. Bracket	1	008081
59	Magnet	1	070035
60	Right Roller Bushing	1	019187
61	Left Roller Bushing	1	019109
62	Lock Tie	1	017029

Replacement Parts may be ordered from any Sears store, or call customer Service toll-free at **800-824-3109** (in Canada, **800-824-8949**) during regular business hours: 8 a.m. – 5 p.m. Mountain Standard time. Open Monday – Friday.

FULL 90 DAY WARRANTY ON PARTS

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, Sears will, free of charge, repair or replace and install a replacement part of any defective part, when this Lifestyler is used in a normal manner.

This warranty does not apply when the Lifestyler is used for commercial or rental purposes.

WARRANTY SERVICE IS AVAILABLE BY SIMPLY RETURNING THE LIFESTYLER TO YOUR NEAREST SEARS SERVICE CENTER/DEPARTMENT IN THE UNITED STATES.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

TREADMILL ADJUSTMENT AND OPERATION

Before initial use of your treadmill, it is important that you are familiar with the adjustments and operating procedure.

INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the angle of the walking belt can be adjusted in the following manner:

1. Firmly grip the handle on the front of the treadmill and remove the hitch pin from each front chrome leg.
2. Raise or lower the treadmill to the desired height. Be sure the treadmill is at the same height on both sides.
3. Reinsert the hitch pins.

BELT ADJUSTMENT

For smooth operation and to prevent damage to the walking belt, always keep the belt centered during use. Turn the treadmill on for a few seconds and check the spaces between the walking belt and the sides of the frame. If the belt is closer to one side than the other, it should be centered in the following manner:

1. Locate the adjustment bolts at the rear of the frame.
2. Turn the treadmill on at slow speed.
3. IF THE BELT HAS SHIFTED TO THE LEFT SIDE: Use the adjustment wrench to tighten the left-hand bolt, and loosen the right-hand bolt. Turn the bolt 1/3 of a turn at a time until the belt moves to the center.
4. IF THE BELT HAS SHIFTED TO THE RIGHT SIDE: Use the adjustment wrench to tighten the right-hand bolt, and loosen the left-hand bolt. Turn the bolts 1/3 of a turn at a time until the belt moves to the center.

SPEED ADJUSTMENT

The speed of the walking belt can be adjusted easily to any setting from 1.2 mph to 3.1 mph.

1. Locate the speed adjustment knob at the front of the treadmill on the right side.
2. To increase the speed, turn the knob counter-clockwise. To decrease the speed, turn the knob clockwise.

SAFETY PRECAUTIONS:

Follow all instructions listed here and all directions given by your physician.

1. **Always position the treadmill on a flat, level surface.**
2. **Keep the treadmill away from water.**

Avoid getting water or other liquids on the electronics or power cord.

3. **Keep small children away from the treadmill while in operation.**
4. **Keep walking surface and shoes clean and dry.**

Keep mud and dirt off the belt. Clean as needed with a damp cloth, but wait until dry before using the treadmill. Do not walk on a wet walking belt. The surface may be slippery!

5. **Wear proper clothing and shoes.**

Clothing that allows free movement (exercise suits, or shorts and t-shirts) are recommended. Avoid wearing robes, gowns, or oversized clothing that may get tangled. Athletic shoes (tennis, running, or aerobic) are also suggested.

6. **Do not start the treadmill while you are standing on the walking belt.**

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KEY NO.	PART NO.	DESCRIPTION	KEY NO.	PART NO.	DESCRIPTION
1	004052	MAIN FRAME	39	030001	MOTOR
2	020002	PULLEY WHEEL	40	031010	MOTOR MOUNT PLATE
3	013227	PLATFORM SUPPORT BOLTS	41	013060	MOTOR MOUNT BOLT
4	022015	REAR ROLLER	41A	014012	WASHER
5	049039	REAR AXLE	41B	012003	NUT
6	008081	RIGHT BELT ADJ BRACKET	42	016012	LEFT ROLLER LOCK
6A	008062	LEFT BELT ADJ BRACKET	43	013020	ROLLER LOCK SCREWS
6B	061011	RIGHT BELT BRACKET PLATE	44	009024	MOTOR HOOD
6C	061013	LEFT BELT BRACKET PLATE	45	013020	ROLLER LOCK SCREWS
7	013070	BELT ADJ BOLT	45A	014012	WASHER
8	019082	SPACER	46	049012	MOTOR SLIDE RAIL LEFT
9	053009	WOOD SUPPORT	47	049011	MOTOR SLIDE RAIL RIGHT
10	053008	LOW FRICTION PLATFORM	48	020001	VARIABLE SPEED PULLEY
11	025017	WALKING BELT	49	033021	BATTERIES
12	040020	RUBBER END CAP	50	052003	WHEEL
13	049040	FRONT AXLE	51	005013	CHROME LEGS
14	022016	FRONT ROLLER	52	013269	BOLT
15	013020	BOLT	53	012077	NUT
15A	014003	WASHER	54	014059	WASHER
16	010019	PULLEY COVER	55	015003	HITCH PIN
17	031006	READ SWITCH W/SENSOR WIRE	56	019106	METAL BUSHINGS
18	031005	ELECTRIC CONN COVER	57	031033	ELECTRIC PLUG AND CORD
19	013088	CONNECTION COVER BOLTS	58	008081	RIGHT BELT ADJ BRACKET
20	013068	FRONT ROLLER ADJ BOLTS	59	070035	MAGNET & SCREWS
21	016013	RIGHT ROLLER LOCK	60	019187	RIGHT ROLLER BUSHING
22	013060	MOTOR MOUNT FRAME BOLT	61	019109	LEFT ROLLER BUSHING
22A	014001	WASHER	62	016017	CABLE TIE
23	017018	SPEED ADJ KNOB		046039	OWNER'S MANUAL
24	013034	SPEED ADJ BOLT OR SHAFT			
25	040057	END CAP (POSTS)			
26	013226	ACORN BOLT			
27	017003	"T" WINGBOLT			
28	014001	WASHER			
29	003021	RIGHT HAND RAIL POST			
30	013228	HAND RAIL BOLT			
30A	014060	WASHER			
31	031014	SWITCH			
31A	061010	SWITCH PLATE			
31B	061013	LEFT POST PLATE			
31C	008082	HANDRAIL MOUNTING BRACKET			
32	033022	BATTERY COVER			
33	032018	ELECTRONIC CONSOLE			
34	040004	CAP ENDS (HANDRAIL)			
35	003023	HANDRAIL			
36	041005	HANDRAIL FOAM			
37	003022	LEFT HANDRAIL POST			
38	025005	V-BELT			

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