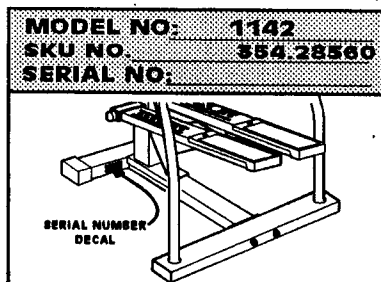


Cabinet Copy

Lifestyler SX1

VARIABLE RESISTANCE AEROBIC STEPPER



WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL

MODEL NUMBER of this UNIT

PART NAME or DESCRIPTION

ORDERING NUMBER

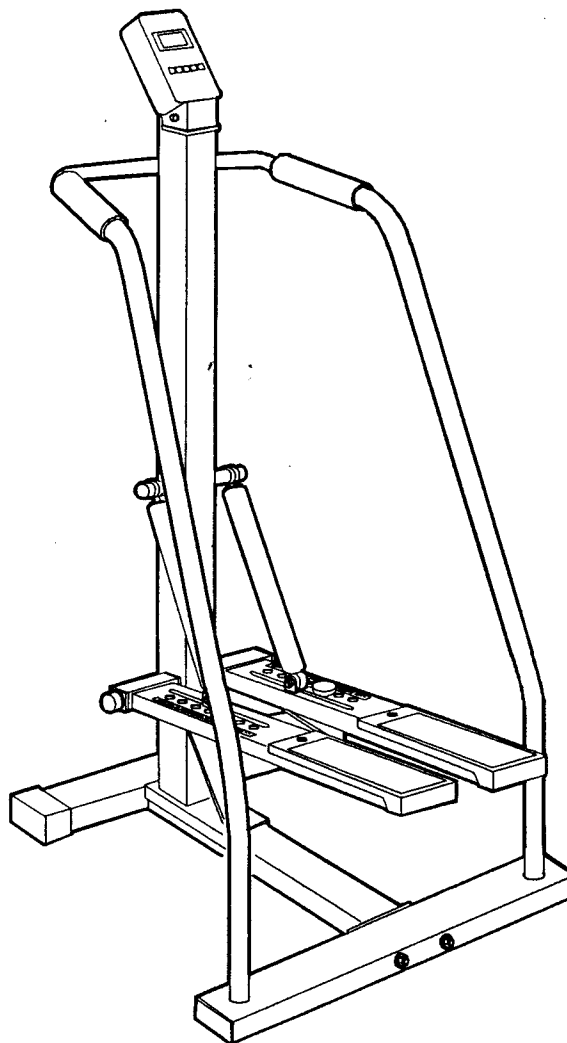
THE QUANTITY of each part that you need

THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER starts with a LETTER and is followed by 3 or 4 NUMBERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.

Weider OWNER'S MANUAL

MADE IN CANADA



WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. **AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT.** Call our "CUSTOMER ASSISTANCE LINE" for immediate assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

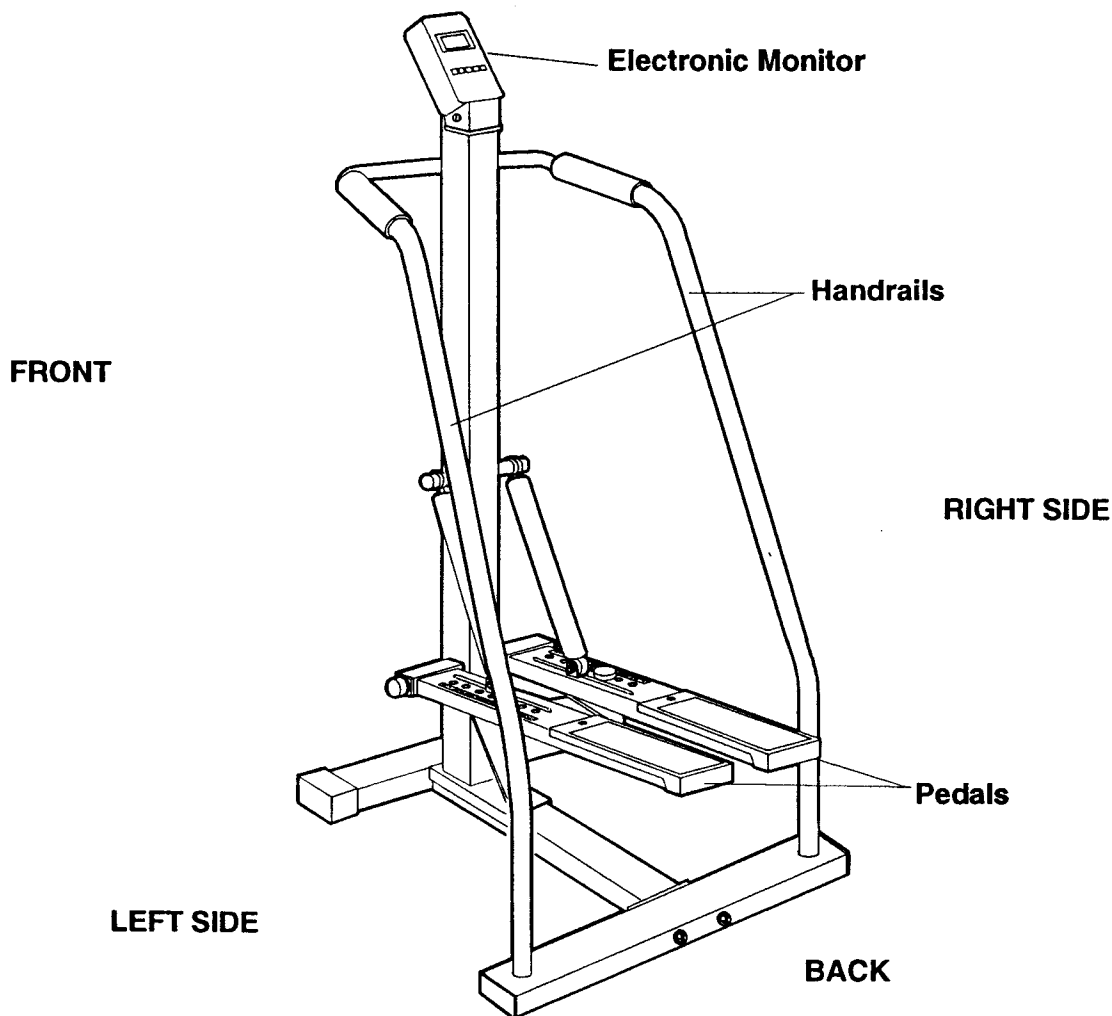
IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

NN1257SX10

PRINTED IN CANADA

WEIDER SPORTING GOODS INC.
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

Thank you for selecting the LIFESTYLER SX-1 Stepper. The LIFESTYLER SX-1 blends advanced engineering with innovative design to provide you with an effective, low-impact cardiovascular workout in the comfort and privacy of your home. To make your exercise more enjoyable, the LIFESTYLER SX-1 gives you such features as a multi-function Electronic Monitor, easy resistance adjustment, and cushioned Handrails for stability and comfort.



IMPORTANT SAFETY PRECAUTIONS

1. Position the Stepper on a level surface. The Electronic Monitor must be out of direct sunlight or the LCD display may be damaged.
2. Make sure that all the parts are tightened securely before each use.
3. Wear appropriate workout attire, including running or aerobic shoes, when using the Stepper.
4. Always hold the Handle Bars when exercising on the Stepper.
5. Keep small children away from the Stepper during use.
6. Do not touch the Resistance Cylinders after exercising. The Cylinders may reach high temperatures during use.
7. Use the Stepper only as described in this manual.
8. With continued use the moving parts of this unit become stiff and possibly begin squeaking. Lubricate the moving parts with any household lubricating oil. NOTE: It may be necessary to partially disassemble the parts to lubricate the parts properly.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this Weider product.

ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.

2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.

3. Before ordering parts by phone have ready the following information to expedite your order:

- a. Name of the product (LIFESTYLER SX1)
- b. Model number of product (SX1)
- c. Serial number of the product located on a decal on the frame
(See drawing on front cover for the location of this decal.)
- d. Ordering number of part (See Parts List page.)
- e. Description of the part from the Parts List page
- f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

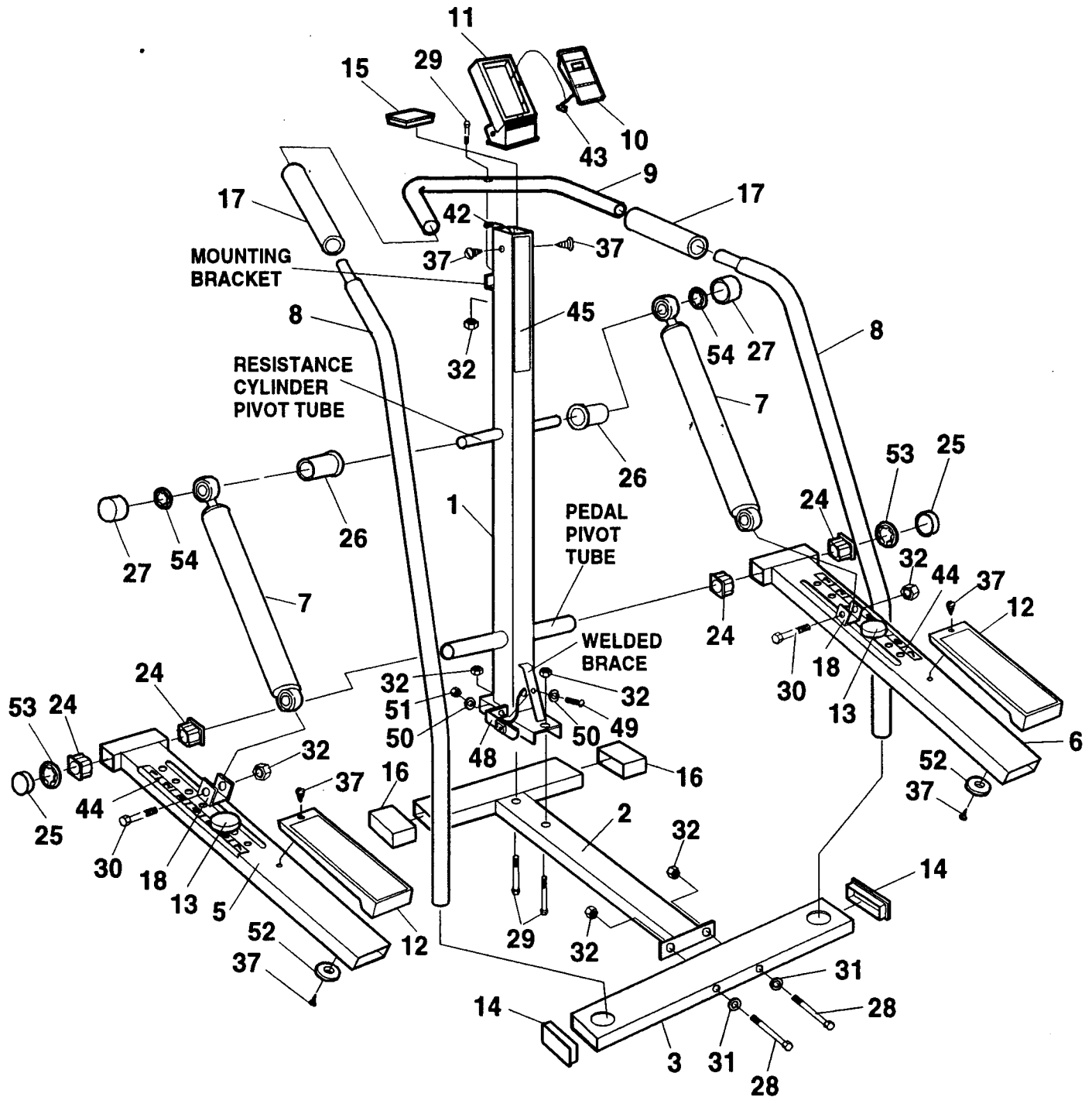
If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

Weider Sporting Goods
Parts Service Department
900 West St. John Street
Olney, Illinois 62450

SX1 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	MAIN FRAME	1	C3157-E50*G02
2	BASE "T"	1	C2152-E50*G02
3	REAR BASE TUBE	1	C2153-E50*G02
5	LEFT PEDAL	1	C2155-E50*G02
6	RIGHT PEDAL	1	C2156-E50*G02
7	RESISTANCE CYLINDER	2	ZZ-0006*G02
8	HANDRAIL	2	C6806-E50*G02
9	HANDLE BAR CROSSBAR	1	C6807-E50*G02
10	ELECTRONIC MONITOR	1	C0823-E50*G02
11	MONITOR BRACKET	1	C0825-E50*G02
12	FOOT PAD	2	AA-8209*G02
13	TENSION KNOB - 5/16" MALE	2	HH-5347*G02
14	1 1/2" X 3" PLASTIC INSERT CAP	2	AA-8130*G02
15	2 1/2" SQUARE PLASTIC INSERT CAP	1	AA-8013*G02
16	RUBBER FOOT - 1 1/2" X 3"	2	AA-8135*G02
17	FOAM GRIP	2	C0447-E50*G02
18	RESISTANCE CYLINDER MOUNTING BRACKET	2	C6929-E27*G02
19	SLIDE ADJUSTMENT BRACKET - RIGHT	1	C6927-E27*G02
20	SLIDE ADJUSTMENT BRACKET - LEFT	1	C6928-E27*G02
24	1 1/4" SQUARE END BUSHING	4	AA-8203*G02
25	1" I.D. ROUND PLASTIC COVER CAP	2	HH-5348*G02
26	5/8" I.D. FLAIR END BUSHING	2	AA-8149*G02
27	5/8" I.D. ROUND PLASTIC COVER CAP	2	HH-5357*G02
28	5/16" X 3 1/2" HEX HEAD BOLT	2	HH-5294*G02
29	5/16" X 1 3/4" HEX HEAD BOLT	3	HH-5441*G02
30	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*G02
31	5/16" FLAT WASHER	4	HH-5127*G02
32	5/16" NYLON LOCK NUT	7	HH-5012*G02
37	#8 X 1/2" SELF TAPPING SCREW	6	HH-5515*G02
40	MAGNET	1	HH-5352*G02
42	SENSOR WIRE	1	HH-5354*G02
43	ELECTRONICS CONNECTOR PLUG	1	
44	RESISTANCE SCALE DECAL	2	DE-4167*G02
45	MAST DECAL	1	DE-4166*G02
48	L-BRACKET W/SENSOR	1	C7737-G02*G02
49	1/4" X 3/4" MACHINE SCREW	1	HH-5022*G02
50	1/4" FLAT WASHER	2	HH-5048*G02
51	1/4" NYLON LOCK NUT	1	HH-5011*G02
52	RUBBER BUMPER	2	AA-8145*G02
53	1" I.D. SPRING RETAINER RING	2	HH-5423*G02
54	5/8" I.D. SPRING RETAINER RING	2	HH-5422*G02
	HARDWARE BAG	1	C8793-G02*G02
	ASSEMBLY MANUAL	1	NN-1257*G02



Specifications are subject to change without notice.

SX-1

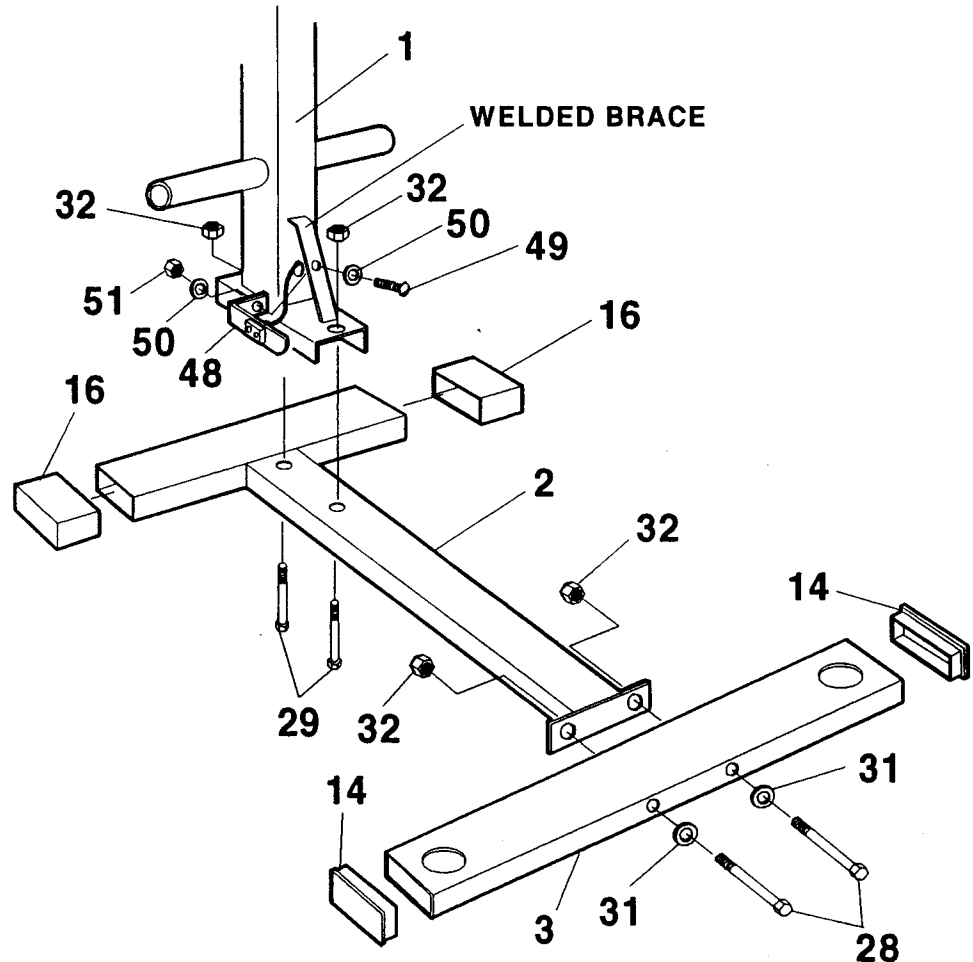
STEP 1 FRAME ASSEMBLY

PART NAME	QTY
14 1 1/2" X 3" PLASTIC INSERT CAP	2
16 1 1/2" X 3" RUBBER FEET	2
28 5/16" X 3 1/2" HEX HEAD BOLT	2
29 5/16" X 1 3/4" HEX HEAD BOLT	2
31 5/16" FLAT WASHER	2
32 5/16" NYLON LOCK NUT	4
49 1/4" X 3/4" MACHINE SCREW	1
50 1/4" FLAT WASHER	2
51 1/4" NYLON LOCK NUT	1

- ☐ Begin by pressing 1 1/2" X 3" RUBBER FEET (16) onto the ends of the BASE "T" (2).
- ☐ Bolt the MAIN FRAME (1) to the BASE "T" (2) using two 5/16" X 1 3/4" HEX HEAD BOLTS (29) to bolt up through the bottom of the Base "T" and then through the Main Frame. Secure with 5/16" NYLON LOCK NUTS (32).
- ☐ Insert 1 1/2" X 3" PLASTIC INSERT CAPS (14) into the ends of the REAR BASE TUBE (3).

- ☐ Assemble the REAR BASE TUBE (3) to the BASE "T" (2) by first assembling 5/16" FLAT WASHERS (31) onto two 5/16" X 3 1/2" HEX HEAD BOLTS (28) and then bolting through the Rear Base Tube and then through the bracket of the Base "T". Secure with 5/16" NYLON LOCK NUTS (32).

- ☐ Bolt the L-BRACKET W/SENSOR (48) to the Welded Brace on the MAIN FRAME (1) by first assembling a 1/4" FLAT WASHER (50) onto a 1/4" X 3/4" MACHINE SCREW (49) and then bolting through the front of the Brace and then through the L-Bracket. Assemble another 1/4" FLAT WASHER (50) onto the Screw and then secure with a 1/4" NYLON LOCK NUT (51).

**STEP 2 PEDAL & RESISTANCE CYLINDER ASSEMBLY**

PART NAME	QTY
24 1 1/4" SQUARE END BUSHING	4
25 1" ROUND PLASTIC COVER CAP	2
26 5/8" FLAIR END BUSHING	2
27 5/8" ROUND PLASTIC COVER CAP	2
30 5/16" X 1 1/2" HEX HEAD BOLT	2
31 5/16" FLAT WASHER	2
32 5/16" NYLON LOCK NUT	2
37 #8 X 1/2" SELF TAPPING SCREW	4
53 1" I.D. SPRING RETAINER RING	2
54 5/8" I.D. SPRING RETAINER RING	2

- ☐ To the inside and outside of each FOOT PEDAL (5) & (6), press in a large 1 1/4" SQUARE END BUSHING (24).
- * NOTE: For reference, the side of the Foot Pedal that is slotted and fitted with the sliding resistance mechanism will be referred to as the inside of the Pedal.
- ☐ Double check to be certain the correct Pedals are on the proper sides of the MAIN FRAME (1) and then press the Pedals onto the Pedal Pivot Tube located on the lower Main Frame.

- ☐ After assembling the Pedals onto the Pedal Pivot Tube, using a 1" ROUND PLASTIC COVER CAP (25) as an aid, drive a 1" I.D. SPRING RETAINER RING (53) onto the Pivot Tube to secure the Pedals in place. Note that the teeth in the Spring Retainer Rings are tilted slightly to one side. The teeth should be away from the Pivot Tube as it is driven on. Tap the Cap and Retainer Ring in place tightly with a hammer.

- ☐ Press a 5/8" FLAIR END BUSHING (26) (flair end nearest the Main Frame) onto the Resistance Cylinder Pivot Tube located on the Main Frame.

- ☐ Slide a RESISTANCE CYLINDER (7) over the Resistance Cylinder Pivot Tube and secure in place with a 5/8" I.D. SPRING RETAINER RING (54). Again the teeth of the Retainer Ring should be positioned outward and use the 5/8" ROUND PLASTIC COVER CAP (27) as an aid to help secure the Retainer Ring in place. Tap this Cap and Retainer Ring on using a hammer.

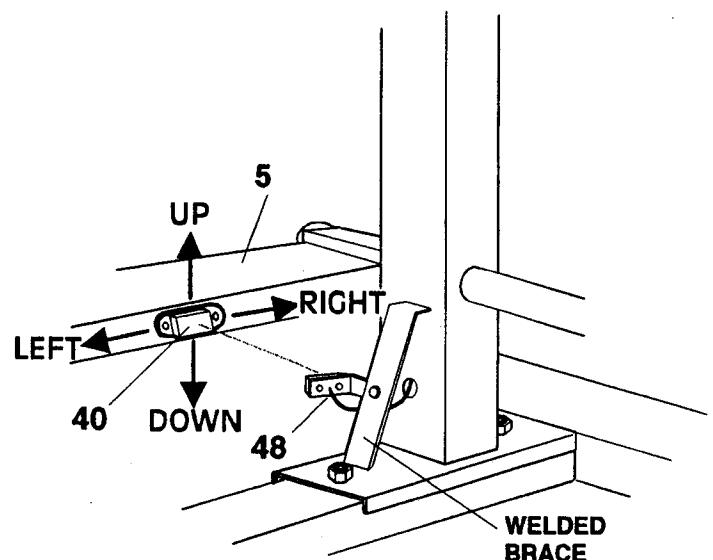
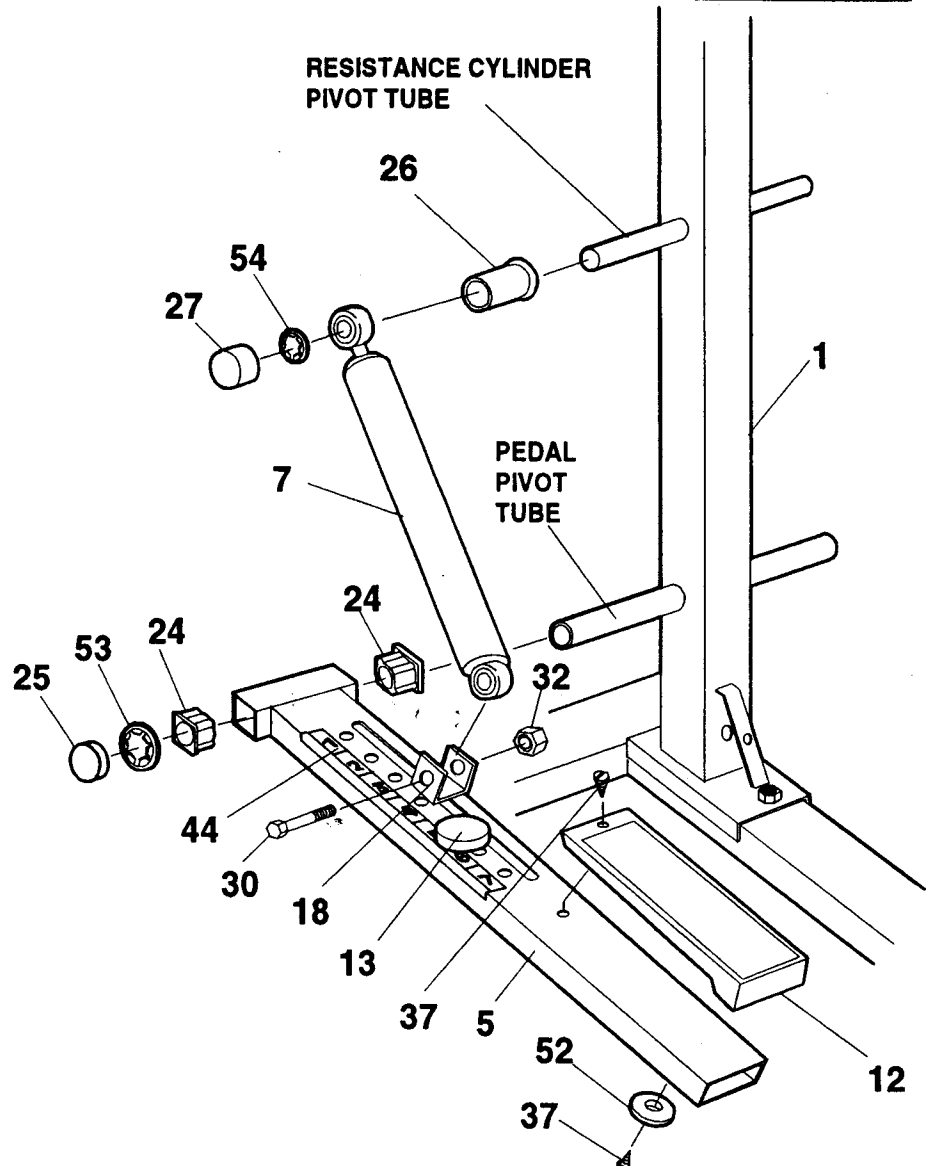
- ☐ To the bottom end of the RESISTANCE CYLINDER (7), attach the CYLINDER MOUNTING BRACKET (18) using a 5/16" X 1 1/2" HEX HEAD BOLT (30) to bolt through the Mounting Bracket and then through the Resistance Cylinder. Secure with a 5/16" NYLON LOCK NUT (32).

- ☐ Remove the RESISTANCE SCALE DECALS (44) from the backing and attach to the Pedals so they align with the hole settings. Setting "1" should be to the front of the Pedal.

- ☐ Attach the molded PLASTIC PEDAL TREADS (12) to the top of the STEPPER PEDALS (5) & (6) with a #8 X 1/2" SELF TAPPING SCREW (37).

- ☐ Apply a RUBBER BUMPER (52) under each PEDAL (5) & (6) using a #8 X 1/2" SELF TAPPING SCREW (37).

- ☐ Remove the backing from the adhesive on the underside of the MAGNETIC PICKUP (40) and locate on the inside of the PEDAL (5) in line with the sensor on the L-BRACKET (48) that is attached to the Welded Brace. Pivot the Pedal past the sensor to insure the Pickup is counting. If the counter is not registering (an audible beep), re-position the Magnet until it does. This movement may be up or down the side of the Pedal or to the right or left down the side of the Pedal.



STEP 3 HANDRAIL ASSEMBLY

PART NAME	QTY
29 5/16" X 1 3/4" HEX HEAD BOLT	1
32 5/16" NYLON LOCK NUT	1

- ☐ Begin by sliding **FOAM GRIPS (17)** onto the **LONG HANDRAILS (8)** so that the Grip is fully assembled past the tapered section of the Handrail. (SEE ILLUSTRATION A)

- ☐ Press the **LONG HANDRAIL SECTIONS (8)** into the **HANDLE BAR CROSSBAR (9)** by inserting the tapered section of the long Handle Bar into the end of the Crossbar.

- ☐ Once the Handrail assembly is complete, position the end of the Handrails so they are in line with the hole fittings in the **REAR BASE TUBE (3)**.

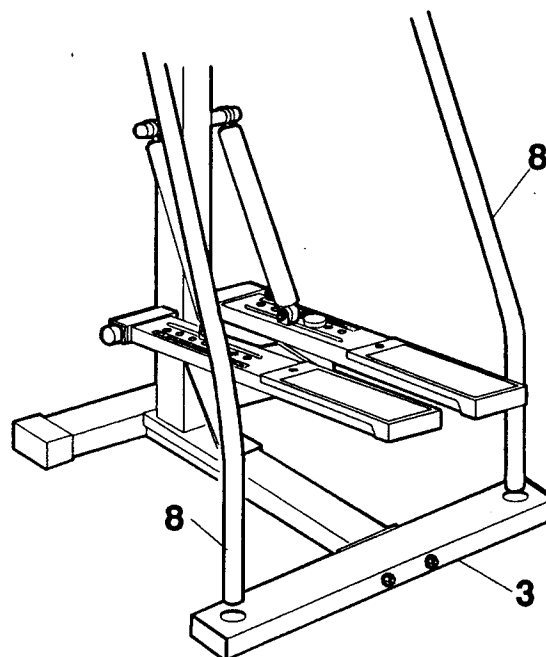
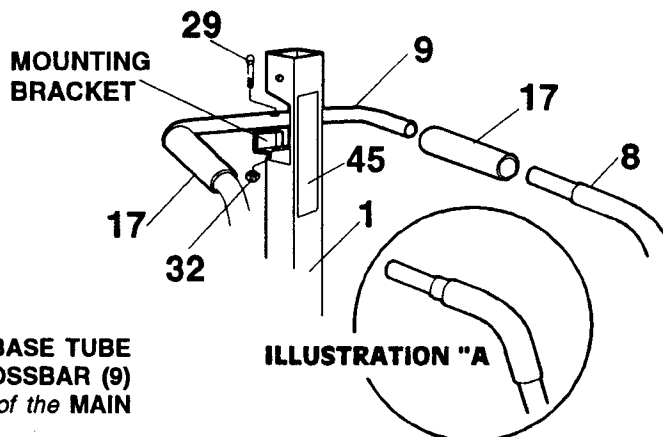
- ☐ Insert the **HANDRAILS (8)** down into the **REAR BASE TUBE (3)** while making sure that the **HANDLEBAR CROSSBAR (9)** sits down into the Mounting Bracket on the front of the **MAIN FRAME (1)**.

- ☐ Bolt the **HANDLE BAR CROSSBAR (9)** to the Mounting Bracket using a **5/16" X 1 3/4" HEX HEAD BOLT (29)** to bolt down through the top of the Handle Bar Crossbar and then through the Mounting Bracket. Secure with a **5/16" NYLON LOCK NUT (32)**.

- ☐ Slide the **FOAM GRIPS (17)** forward so they are positioned along the straight section of the Handrails and covering the joint of the Handle Bars.

- * **NOTE:** Once the Handle Bars are assembled and fitted securely into the Base and Mounting Bracket on the Main Frame, the Handrail sections become firmly locked together.

- ☐ Remove the **MAST DECAL (45)** from the backing and affix to the **MAIN FRAME (1)** approximately 1 inch below the top of the Main Frame.

**STEP 4 ELECTRONICS ASSEMBLY**

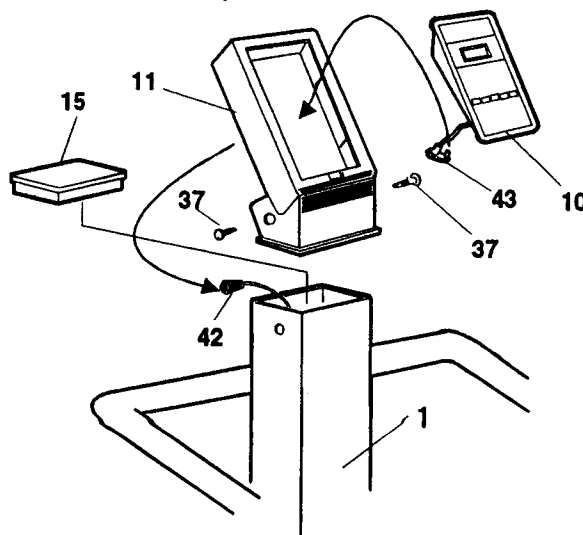
PART NAME	QTY
37 #8 X 1/2" SELF TAPPING SCREW	2

- ☐ Remove the pre-assembled **#8 X 1/2" SELF TAPPING SCREWS (37)** assembled into the sides of the **MAIN FRAME (1)**.

- ☐ Insert the **ELECTRONICS MONITOR (10)** into the **MONITOR BRACKET (11)** and connect the **ELECTRONIC CONNECTOR PLUG (43)** of the Monitor into the **SENSOR WIRE FITTING (42)** in the **MAIN FRAME (1)** to connect the Electronics Monitor.

- ☐ Position the **MONITOR BRACKET (11)** atop the **MAIN FRAME (1)** and attach the Bracket using the two previously assembled **#8 X 1/2" SELF TAPPING SCREWS (37)**.

- ☐ Cap the top of the **MAIN FRAME (1)** with a **2 1/2" SQUARE PLASTIC INSERT CAP (15)**.



ADJUSTING STEPPER RESISTANCE

To adjust the Step Resistance of your Stepper; move the Cylinder forward on the Foot Pedal to decrease resistance, and rearward to increase resistance.

Adjust by removing the TENSION KNOB (13), move to the desired resistance setting; 1 through 7 and re-tightening the Knob. 1 being the least (easiest) resistance and 7 being the greatest (hardest).

NOTE: CHECK THE TIGHTNESS OF THE FACTORY ASSEMBLIES TO BE CERTAIN THAT PROPER ASSEMBLY HAS BEEN DONE.

OPERATION AND ADJUSTMENT

Rest your hands on the Handle Bars with an overhand grip. Press the right Pedal down to the lowest position and place your right foot on the Pedal. Place your left foot on the raised left Pedal. To exercise, alternately press the right and left Pedals down with a smooth, rhythmic motion.

You can emphasize the muscles of the upper legs by keeping your feet flat on the Pedals as you step, or rise on your toes to focus on the calf muscles. Stand erect as you exercise, or lean forward slightly, always keeping your back straight to avoid injury. For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance (see ADJUSTING STEPPER RESISTANCE above).

ELECTRONIC MONITOR APPLICATION AND TROUBLE SHOOTING

All Electronic Monitors have been tested before leaving the factory, but should you find your Monitor is not functioning or counting on only one step, move the Magnet left or right across the Pedal or up and down the side of the Pedal to obtain optimum functioning.

ELECTRONIC MONITOR OPERATION

See the Electronic Monitor operation guide accompanying this manual.

MAINTENANCE AND TROUBLE-SHOOTING

This Stepper is designed to be virtually maintenance-free. Inspect and tighten all parts periodically. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the Electronic Monitor.

If the Electronic Monitor does not function properly, test the Monitor using new batteries. Most problems are the result of weak batteries. This Monitor does not have a shut-off, it is designed to automatically turn itself off after a short period. Remove the batteries when storing the Stepper for extended periods of time.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

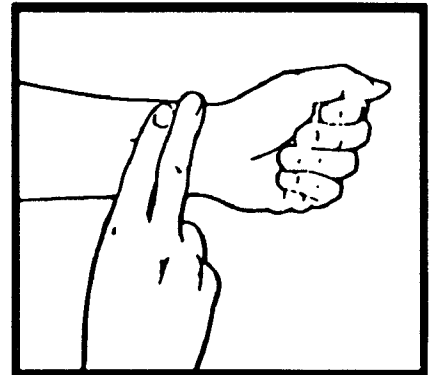
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. **AT REST**, 2. **WARMING-UP**, 3. **TRAINING ZONE EXERCISE**, 4. **COOLING-DOWN**, 5. **AT REST**.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

EXERCISE FREQUENCY

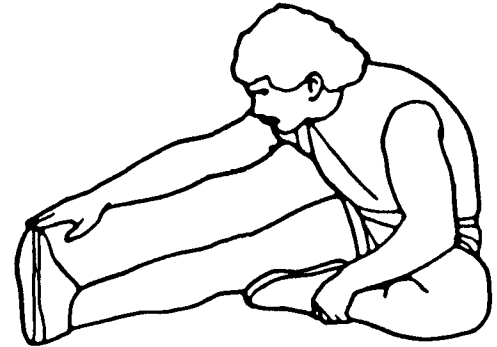
To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.



Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

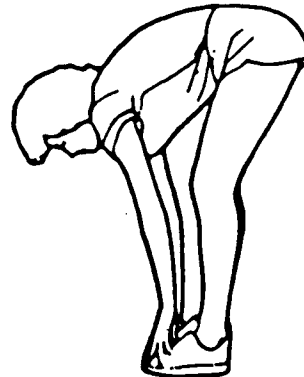
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.



Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

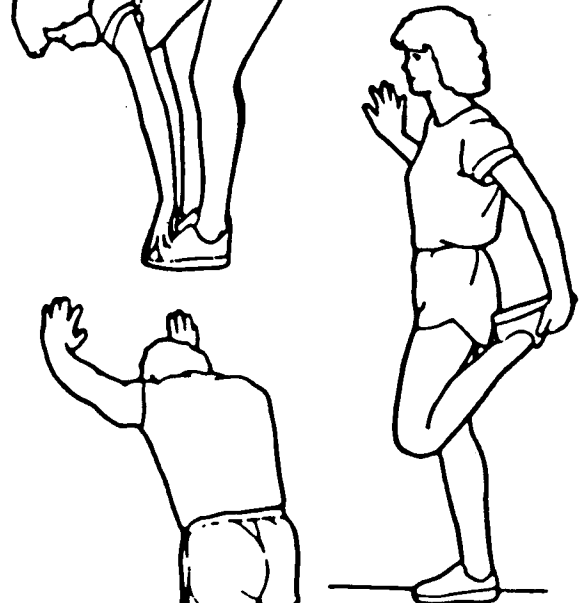
Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.



Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

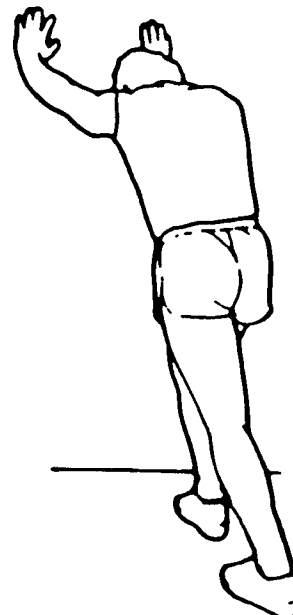
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.



Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.



Stretches: Calves, Achilles Tendons, and Ankles