

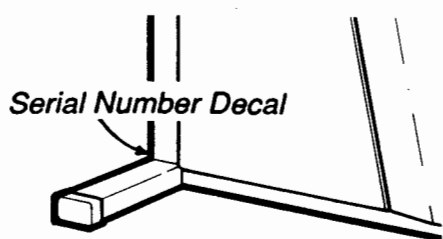
LifestylerTM

CROSS TRAINER • ELECTRONIC RESISTANCE

SYSTEM 65

Model No. 831.156120

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

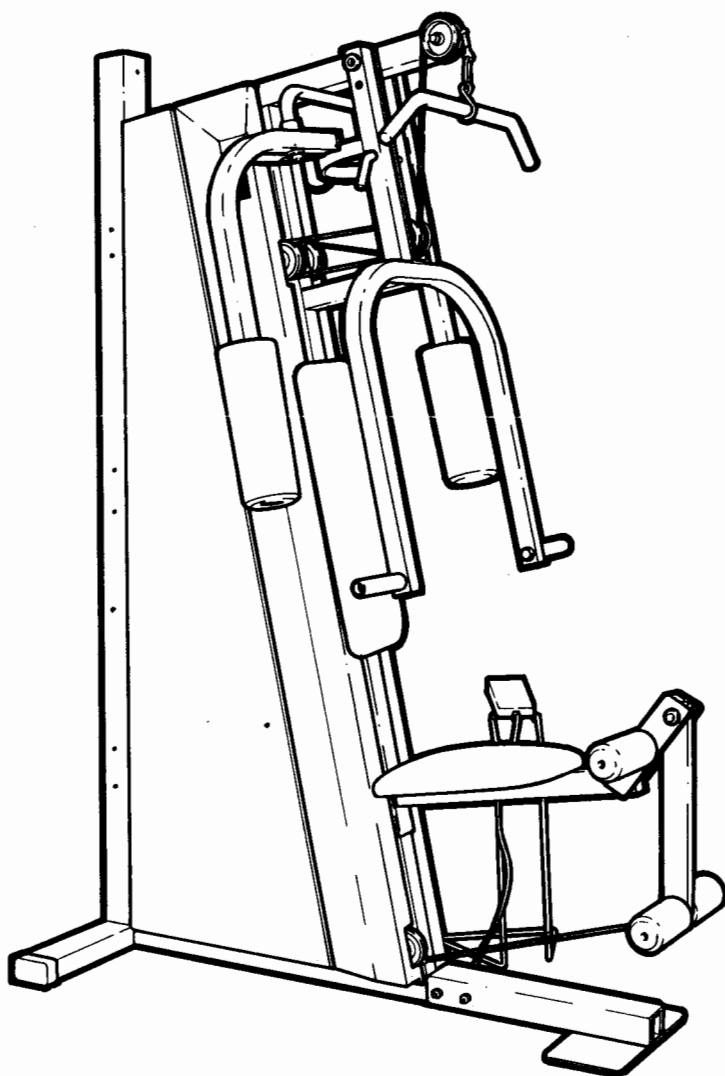
1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST.

CAUTION:

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

OWNER'S MANUAL



SEARS[®]

TABLE OF CONTENTS

Important Safety Precautions	2
Before You Begin	3
Assembly	4
Operation and Adjustment	6
Maintenance and Trouble-Shooting	7
Exercise Guidelines	8
Part List	10
Exploded Drawing	11
Ordering Replacement Parts	Back Cover
Warranty	Back Cover

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using this system.

1. Read all Instructions in this Owner's Manual before using this system. Use the system only as described in this Owner's Manual.
2. Do not change the weight while operating the system, or the system will be damaged.
3. Do not put weight on the press arm while it is in the "parked" position (see OPERATION AND ADJUSTMENT), or it will be damaged.
4. Always remove the lat bar and chain when not in use (see OPERATION AND ADJUSTMENT).
5. Keep hands away from moving parts other than the designated handles. Keep small children away from the system during use.
6. Never release the press arm, butterfly arms, lat bar or leg lift while they are under tension.
7. Inspect and tighten all parts each time the system is used. Replace any worn parts.

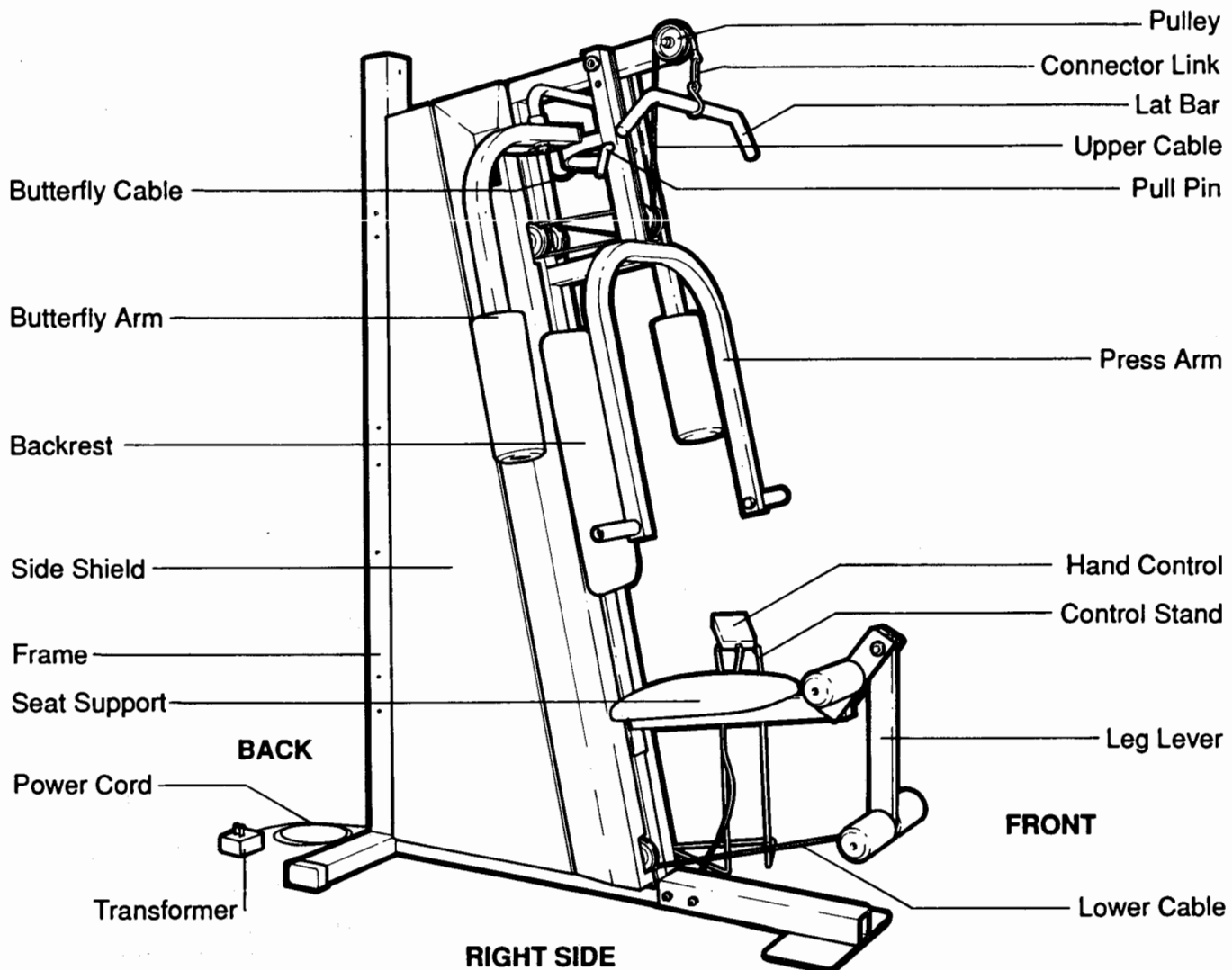
WARNING: Before beginning this or any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Congratulations for selecting the Lifestyler SYSTEM 65 cross trainer with electronic resistance. The unique Lifestyler SYSTEM 65 is a total body conditioning system, offering both weight training and aerobic exercises. Moving from one exercise to another on the system is quick and easy, and the digital hand control allows you to change the weight with the touch of a finger. Whether you want to build dramatic muscle size and strength, shape and tone your body, increase your endurance and flexibility or strengthen your heart and lungs, the Lifestyler SYSTEM 65 will help you achieve your goals in the privacy and comfort of your home.

This manual is provided to help you understand the easy assembly, adjustment and operation of the Lifestyler SYSTEM 65. For your safety and benefit, **read this manual carefully before using the system.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note your product model number and serial number before calling. The model number is listed on the front cover of this manual. The serial number is recorded on a decal attached to the system (see the front cover for the location of the decal).

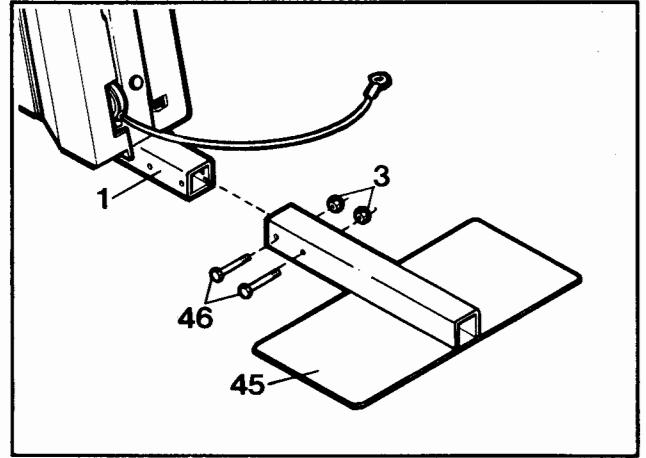
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



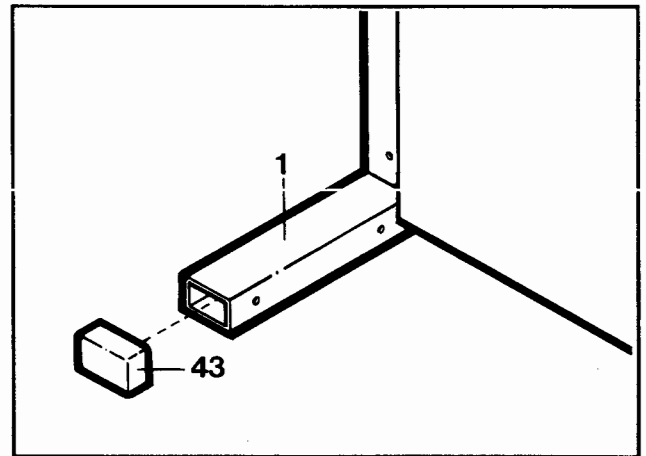
ASSEMBLY

Two persons are recommended in order to assemble this system. Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using two adjustable wrenches and a standard screwdriver (not included).

1. Slide the Base Extension (45) onto the Frame (1), and align the holes. Attach the Base Extension with the two Extension Bolts (46) and Nylock Nuts (3).

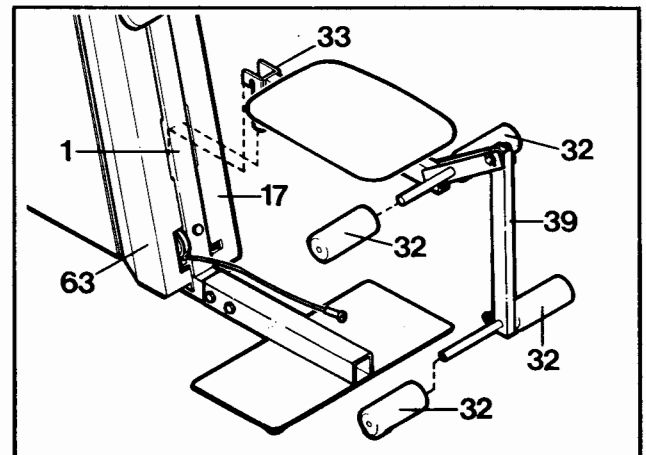


2. Press a Lower Frame Cap (43) onto each side of the back of the Frame (1).



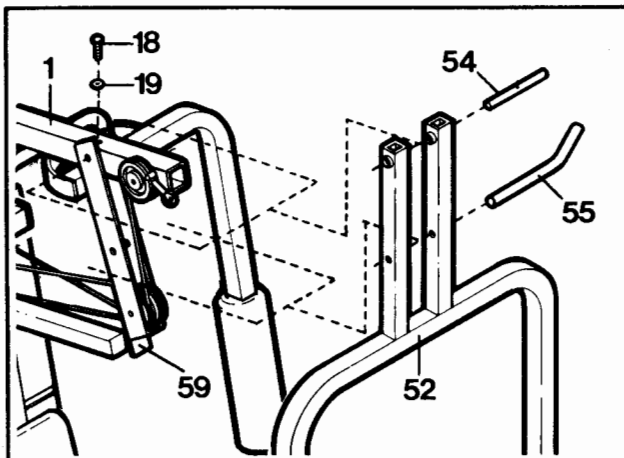
3. Rotate the Leg Lever (39) to the position shown. Insert the bracket on the Seat Support (33) into the slots in the Side Shields (17, 63). Slide the bracket onto the pins welded on the Frame (1). **WARNING: Be sure the pins are inside the slots in the bracket.**

Slide the Leg Lever Pads (32) onto the posts on the Seat Support (33) and Leg Lever (39).



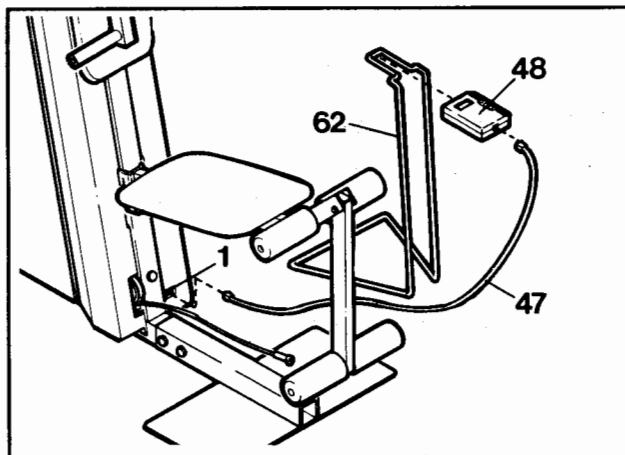
4. Remove the Axle Bolt (18), Axle Washer (19) and Press Arm Axle (54) from the Frame (1). Align the holes in the top of the Press Arm (52) with the holes in the top of the Press Arm Bracket (59) and the Frame. Lightly grease the Press Arm Axle, and insert it through the Press Arm, Press Arm Bracket and Frame. Using a standard screwdriver, turn the Press Arm Axle until the hole in the center is aligned with the hole in the top of the Frame. Tighten the Axle Bolt and Axle Washer into the Press Arm Axle.

Insert the Pull Pin (55) through the Press Arm (52) and the Press Arm Bracket (59).

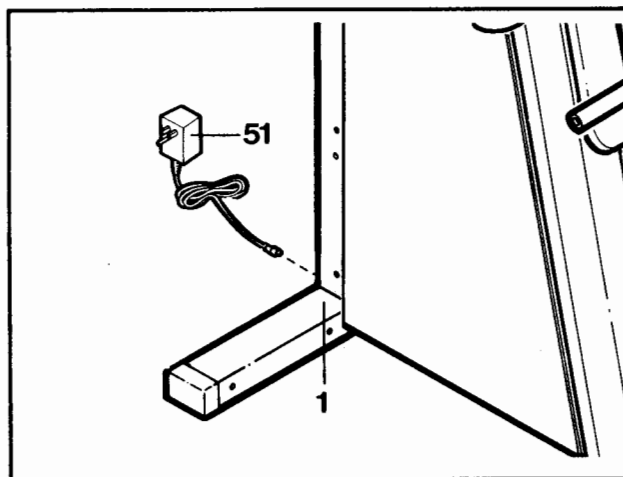


5. Plug one end of the Control Cord (47) into the Hand Control (48). Plug the other end of the Cord into the jack located at the base of the Frame (1).

Slide the Hand Control (48) onto the Control Stand (62).



6. Plug the Power Cord (51) into the socket located at the back of the frame (1).



OPERATION AND ADJUSTMENT

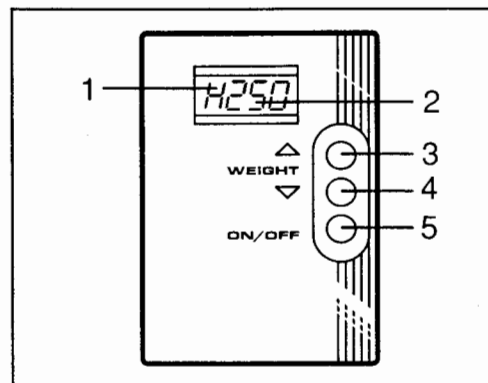
Plug the transformer into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the system, or the system could be damaged. When you are finished using the system, always unplug the transformer.

OPERATING THE HAND CONTROL

The state-of-the-art weight system allows you to change the weight using a convenient digital hand control. Read the instructions below before using the hand control.

HAND CONTROL DIAGRAM

1. Low/High Range Indicators- Show when the system is set at minimum or maximum weight.
2. Weight Display- Displays the current weight setting.
3. Increase Weight Button- Increases the weight.
4. Decrease Weight Button- Decreases the weight.
5. On/Off Button- Turns the power on and off.



TURNING ON THE POWER

Press the on/off button. The display will read "E---." The system must be manually reset by the user. To reset the system, press the increase or decrease weight buttons until the display reads either "H250" or "L30." **IMPORTANT: The display will not operate until the system has been reset.**

ADJUSTING THE WEIGHT

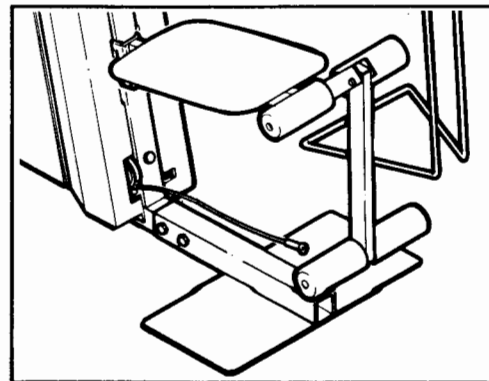
The weight can be set at a minimum of 30 lbs., up to a maximum of 250 lbs. The weight can be changed in increments of one pound. To increase the weight, press the increase weight button. To decrease the weight, press the decrease weight button. **WARNING: Never change the weight while operating the system, or the system will be damaged.**

ATTACHING AND REMOVING THE SEAT SUPPORT

The seat support should be attached as described in the assembly instructions. For certain exercises, the seat must be removed. First, remove the lower cable from the leg lever. The seat may then be removed by lifting the seat support until the bracket on the seat support is free of the pins on the frame.

ATTACHING THE LEG LIFT TO THE WEIGHT SYSTEM

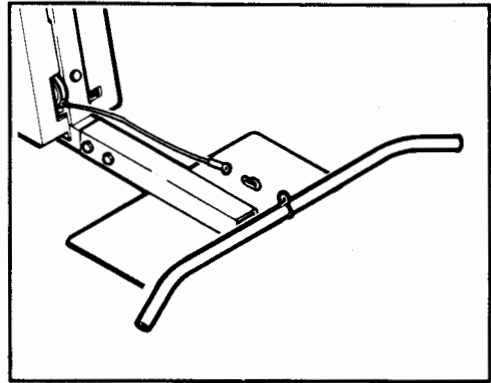
To attach the leg lift to the weight system, hook the lower cable onto the hook at the bottom of the leg lever.



ATTACHING THE LAT BAR TO THE WEIGHT SYSTEM

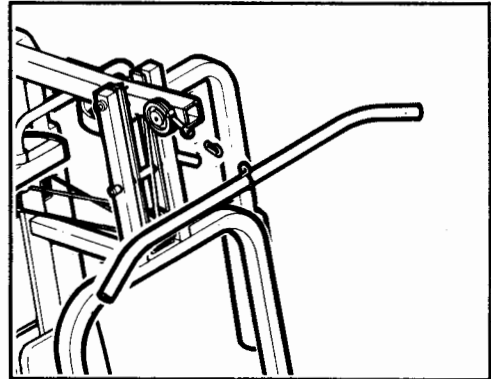
To attach the lat bar directly to the lower cable, first disconnect the cable from the leg lift. Remove the seat support from the frame as described above. Attach the lat bar to the cable using a connector link.

If desired, the chain can be attached between the lat bar and the cable, using a connector link on both ends of the chain.



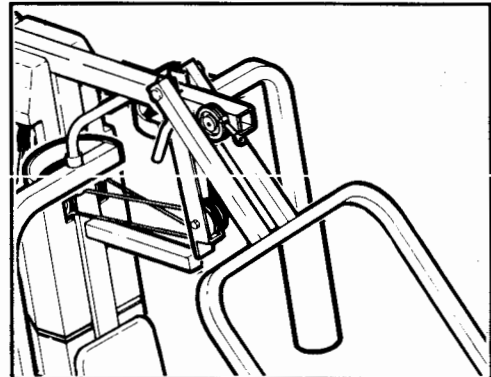
The lat bar can also be attached directly to the upper cable using a connector link.

If desired, the chain can be attached between the lat bar and the cable, using a connector link at both ends of the chain.



OPERATING AND "PARKING" THE PRESS ARM

The press arm can be put in the operating position as described in the assembly instructions. For certain exercises, the press arm must be set out of the way, or "parked." To "park" the press arm, remove the pull pin and lift the press arm away from the press arm bracket. Replace the pull pin in the press arm bracket, and let the press arm rest on top of the pull pin. **IMPORTANT: When the press arm is in the "parked" position, do not put weight on the press arm or it will be damaged.**



MAINTENANCE AND TROUBLE-SHOOTING

This system is designed to be virtually maintenance-free. Check the equipment regularly to be sure that all parts are tightened securely. Replace any worn parts immediately. The outside of the system can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not use solvents.

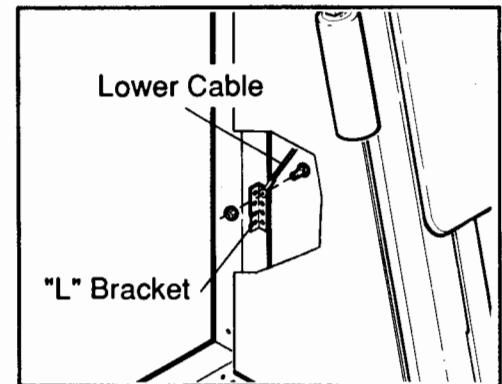
LUBRICATING THE BUTTERFLY ARMS AND PRESS ARM

The butterfly arms and press arm should be lubricated every six months with a petroleum-based grease. To lubricate the butterfly arms, remove the hairpin cotter pins and slide the butterfly arms off the frame. Lightly grease the bushings in the butterfly arms. Re-attach the butterfly arms with the hairpin cotter pins.

To lubricate the press arm, first remove the pull pin. Remove the axle bolt and washer from the top of the frame. While holding the press arm, remove the press arm axle. Lightly grease the press arm axle and the bushings in the press arm. Re-attach the press arm to the frame as described in the assembly instructions.

ADJUSTING THE WEIGHT SYSTEM

If there is slack in the weight system before the weight engages, the cables should be adjusted. To adjust the cables, a phillips screwdriver and two adjustable wrenches (not included) are required. Remove the seven screws from the right side shield, and carefully move the side shield out of the way. Locate the "L"-shaped bracket with the four holes. The lower pulley cable will be bolted to the bracket. Remove the bolt and nut attaching the cable to the bracket. Move the cable to the next lower hole in the bracket, and re-attach the cable with the bolt and nut. Test the weight system before re-attaching the side shield. If there is still slack in the cables, move the cable to the next lower hole as described above. If the cable is attached to the lowest hole in the bracket and there is still slack in the cables, the cables should be replaced (refer to the back cover). Re-attach the side shield.



EXERCISE GUIDELINES

WARNING: Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

WEIGHT TRAINING

This system offers a full selection of weight training exercises. Follow the guidelines below to outline an exercise program to achieve the specific results you want. Plan three 30-minute workouts per week, with at least one day of rest between workouts. Each workout should include 6-10 different exercises. Select exercises for all major muscle groups, with emphasis on the areas you want to develop most.

To increase the size and strength of the muscles, the muscles must be pushed to capacity. Each exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of "repetitions" and "sets" performed. (A "repetition" is a single exercise movement, such as one sit-up. A "set" is a number of repetitions performed continuously.)

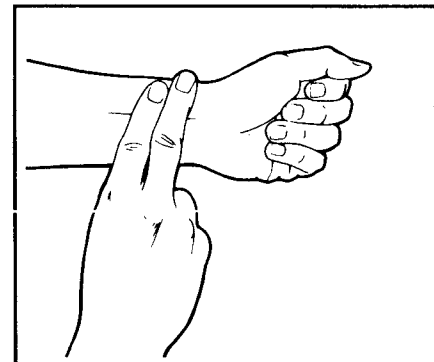
Be careful not to overexert yourself. Begin and end every workout with 5-10 minutes of stretching or light calisthenics. Rest for 30 seconds between each set, and 1 minute between each exercise. Concentrate on learning the exercises correctly. Exhale as you exert yourself, and inhale as you relax. Never hold your breath. Schedule workouts for a time of day when your energy level is high. To give variety and balance to your workouts, vary the exercises from day to day. Wear clothing that is loose-fitting and allows unrestricted movement. Always wear shoes for foot protection. For added motivation, keep a record of your workouts. List the date, exercises performed, weight used, and number of repetitions and sets completed. Record key body measurements every 4-6 weeks. For successful results, proper nutrition and adequate rest are also essential. For more detailed information about exercise and diet, consult your physician.

CARDIOVASCULAR CONDITIONING

The leg lever, lat bar and press bar can be used for an excellent cardiovascular workout. Set the weight at the lowest setting and do as many repetitions and sets as desired. For an effective cardiovascular workout, your heart rate should be kept at a level between 70% and 85% of your maximum heart rate. This is your "training zone." You can find your training zone by consulting the table below. Training zones are listed for both unconditioned and conditioned persons, ages 20 to 85 years.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

To measure your heart rate, stop exercising and place two fingers over your wrist as shown. Carefully take a six-second heart beat count. Multiply the result by 10 to find your heart rate. For example, if your six-second heart beat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your training zone. If your heart rate is below your training zone, increase the intensity of your exercise. If your heart rate is too high, decrease the intensity. During the first few weeks of exercise, keep your heart rate near the low end of your training zone.



Begin and end every workout with 5-10 minutes of stretching or light calisthenics. Exercise with your heart rate in your training zone for about 30 minutes. It makes no difference whether this is done in one continuous 30-minute period, or in a few shorter periods, such as three 10-minute periods. To maintain or improve your condition, exercise three times per week, with at least one day of rest between workouts. After a few months, the number of workouts can be increased to 4-5 per week.

PART LIST- Model No. 831.156120

Rev. 8/91

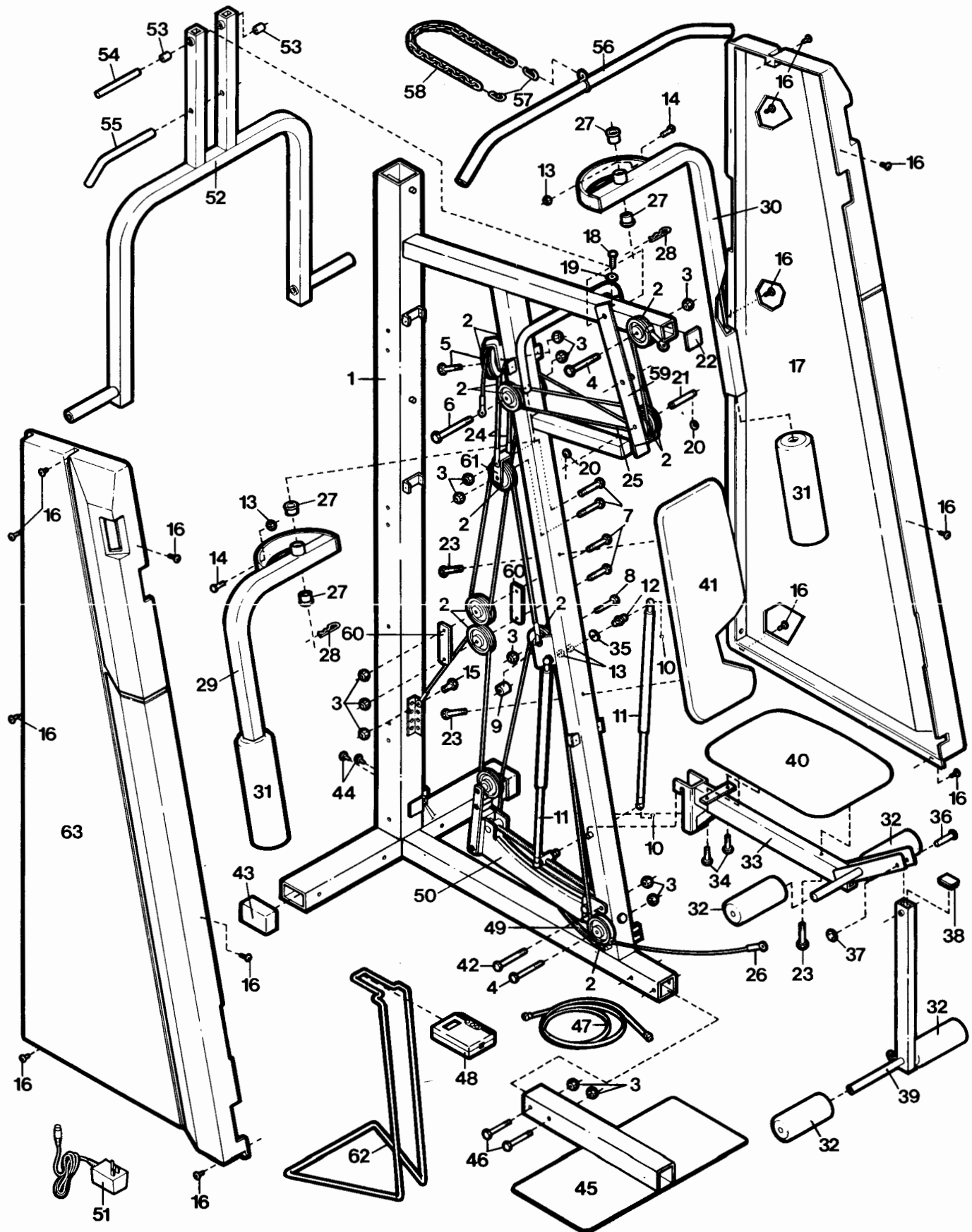
Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	NSP	1	Frame	34	013456	2	1/4" x 3/4" Bolt
2	101262	12	Pulley	35	014041	2	Ball Joint Washer
3	012108	14	Nylock Nut	36	105381	1	Leg Lever Pin
4	104049	2	3/8" x 3 1/2" Bolt	37	100150	1	Pushnut
5	013580	2	3/8" x 2" Bolt	38	104794	1	Leg Lever Cap
6	104925	1	3/8" x 4 1/2" Bolt	39	105368	1	Leg Lever
7	013564	4	3/8" x 1 3/4" Bolt	40	105376	1	Seat
8	013574	1	3/8" x 2 1/4" Bolt	41	105318	1	Backrest
9	105309	1	PVC Spacer	42	013519	1	3/8" x 3" Bolt
10	105234	4	Retaining Clip	43	105317	2	Lower Frame Cap
11	105136	2	Gas Shock	44	106739	2	Screw
12	105142	2	Ball Joint	45	105324	1	Base Extension
13	012082	4	Small Nylock Nut	46	105329	2	Extension Bolt
14	013303	2	5/16" x 1" Bolt	47	106786	1	Control Cord
15	013547	1	3/8" x 1" Bolt	48	105871	1	Hand Control
16	105316	14	Side Shield Screw	49	105405	1	Wire Harness
17	105052	1	Left Side Shield	50	105140	1	Resistance Assembly
18	013449	1	Axle Bolt	51	105852	1	Power Cord
19	105357	1	Axle Washer	52	105344	1	Press Arm
20	054016	2	E-Clip	53	100067	2	Press Arm Bushing
21	105355	1	Pulley Pin	54	105356	1	Press Arm Axle
22	105172	1	Upper Frame Cap	55	100061	1	Pull Pin
23	013341	3	1/4" x 2 1/2" Bolt	56	105310	1	Lat Bar
24	105295	2	Butterfly Cable	57	103087	2	Connector Link
25	105294	1	Upper Cable	58	105315	1	Chain
26	105296	1	Lower Cable	59	105351	1	Press Arm Bracket
27	105497	4	Butterfly Bushing	60	105306	2	Pulley Plate
28	101150	2	Hairpin Cotter Pin	61	105299	1	Pulley Bracket
29	105331	1	Right Butterfly Arm	62	105382	1	Control Stand
30	105339	1	Left Butterfly Arm	63	105051	1	Right Side Shield
31	105342	2	Butterfly Pad	#	105970	1	Owner's Manual
32	103805	4	Leg Lever Pad	#	104838	1	Grease
33	105359	1	Seat Support				

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.

EXPLODED DRAWING- Model No. 831.156120

Rev. 8/91

Specifications are subject to change without notice.



ORDERING REPLACEMENT PARTS

Each SYSTEM has its own MODEL NUMBER. Always mention this MODEL NUMBER when requesting service or repair parts for your SYSTEM.

All parts listed herein may be ordered through SEARS, ROEBUCK AND CO. SERVICE CENTERS and most SEARS RETAIL STORES.

If parts you need are not stocked locally, your order will be electronically transmitted to a SEARS PARTS DISTRIBUTION CENTER for expedited handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The MODEL NUMBER of the product (831.156120).
2. The NAME of the product (SEARS Lifestyler SYSTEM 65).
3. The REORDER NUMBER of the part(s), from page 14 of this manual.
4. The DESCRIPTION of the part(s), from page 14 of this manual.

Your Sears merchandise has added value when you consider that Sears has service units nationwide staffed with Sears trained technicians specifically trained on Sears products, having the parts, tools and the equipment to insure that we meet our pledge to you: we service what we sell.

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 for any defective part, when the System 65 is used in a normal manner.

This warranty does not apply when the System 65 is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY BY CONTACTING 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.

SEARS, ROEBUCK AND CO., DEPT. 731CR-W, CHICAGO, IL 60684