

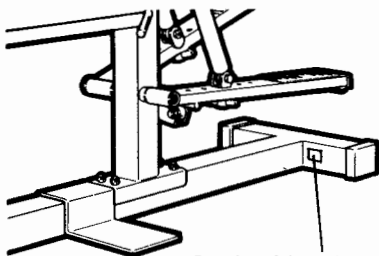
FLEX PLUSTM

CROSS TRAINING SYSTEM

SEARS[®]

Model No. 831.156430

Serial No. _____



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we 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.

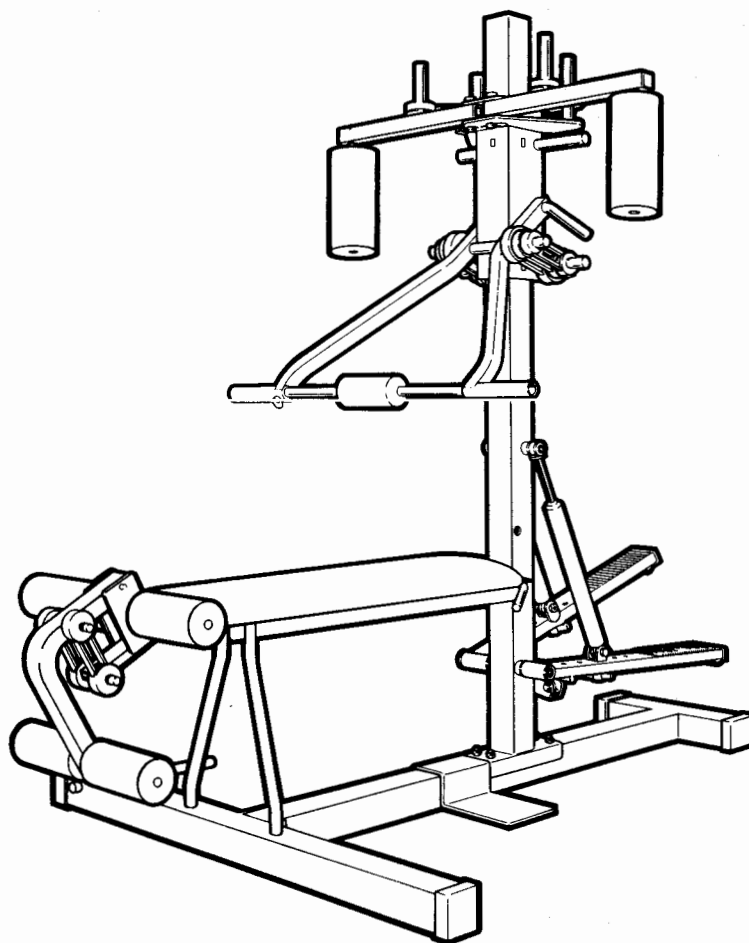
CUSTOMER HOT LINE:

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

SOLD BY SEARS, ROEBUCK AND CO., CHICAGO, IL 60684

PATENT PENDING

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IMPORTANT SAFETY PRECAUTIONS

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

1. Read all instructions in this Owner's Manual before using this equipment
2. Use this equipment only as described in this Manual.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts.
4. Keep hands away from moving parts other than the designated handles.
5. The butterfly arms must be positioned as least two (2) inches above the user's head when the user is seated on the bench. Make sure the lock knob is fully engaged in one of the holes in the main frame.
6. Never release the main arm, butterfly arms, or leg lift while the weightbands are stretched.
7. The resistance cylinders may become hot after a period of use. Allow the cylinders to cool before touching them.
8. Keep small children away from this equipment during use.

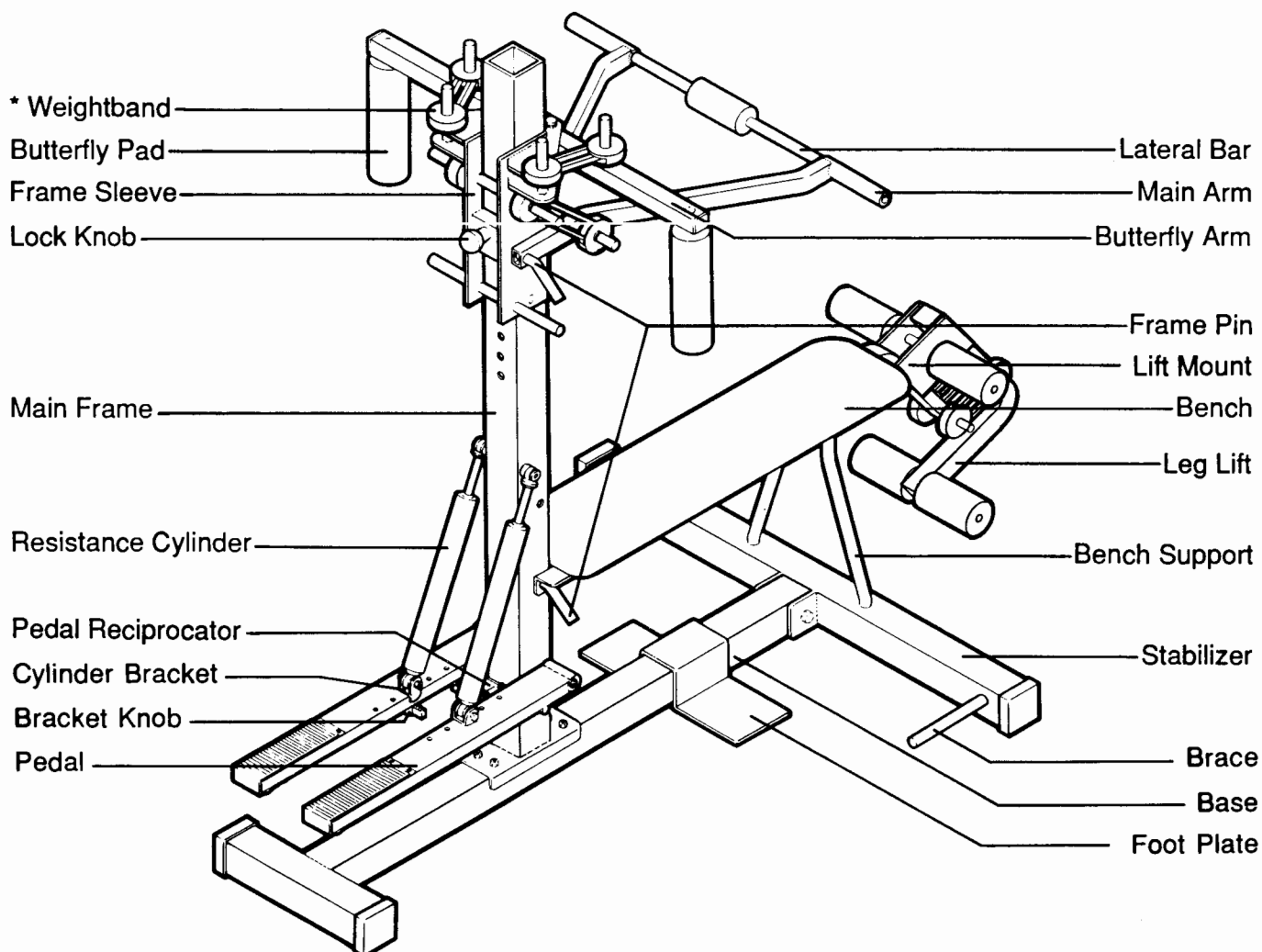
WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the FLEX PLUS Cross Training System. With a full selection of both aerobic and anaerobic exercises, the FLEX PLUS is a total body conditioning machine. Whether your goal is to dramatically increase muscle size and strength, shape and tone your body, extend your endurance and flexibility, reduce stress, or develop your heart and lungs, the FLEX PLUS gives you the power to make it happen.

This manual is provided to help you understand the simple assembly, adjustment and use of the FLEX PLUS. Basic exercise guidelines are included to help you get started with your fitness program. If you have additional questions, please call one of our Customer Service representatives 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 on the frame (see the drawing on the front cover for the location of the decal).

Before reading the following sections of this manual, please study the drawing below and familiarize yourself with the parts labeled.



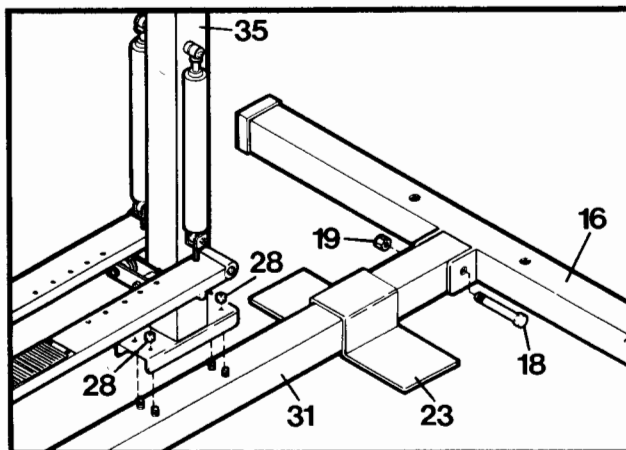
* The unique FLEX PLUS weightbands are covered by a lifetime warranty.

ASSEMBLY

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 (not included). The help of a second person is recommended.

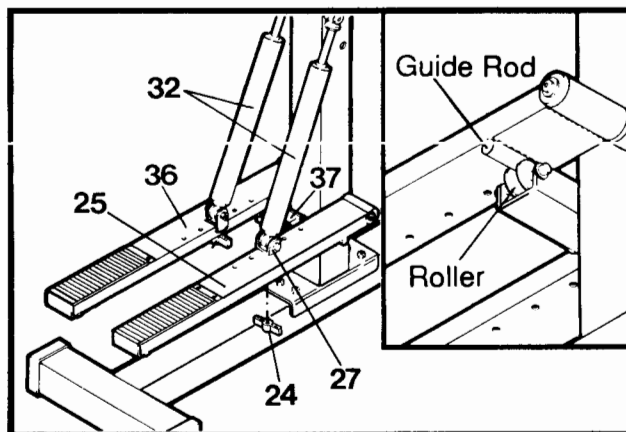
ASSEMBLING THE BASE

1. Turn the Base (31) so the threaded ends of the bolts are upwards. Place the Stabilizer (16) against the Base, and attach the Stabilizer with the Stabilizer Bolt (18) and Nut (19).
2. Position the Main Frame (35) over the bolts in the Base (31). Attach the Main Frame with four Locknuts (28). Place the Foot Plate (23) over the Base.



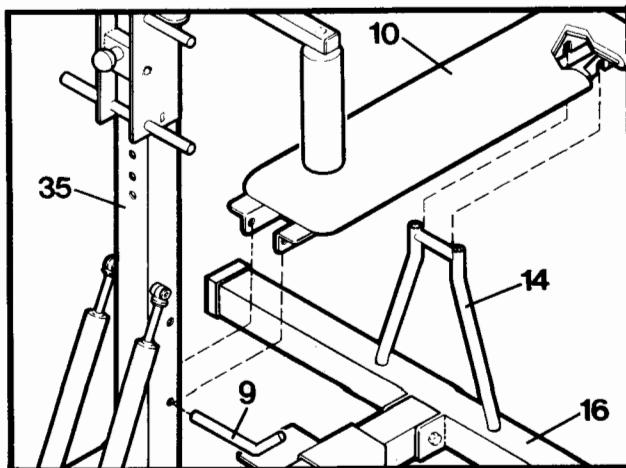
ASSEMBLING THE STEPPER PEDALS

1. Rotate the stepper Pedals (25, 36) to the position shown, with the Pedals resting on the Reciprocator (37). **NOTE:** There is a guide rod on each Pedal. The guide rods must rest on the rollers of the Reciprocator.
2. Insert the right Cylinder Bracket (27) into one of the holes in the Right Pedal (25). The tab on the Bracket must be against the inside of the Pedal. Tighten a Bracket Knob (24) onto the end of the Bracket. Attach the left Cylinder Bracket in the same manner.



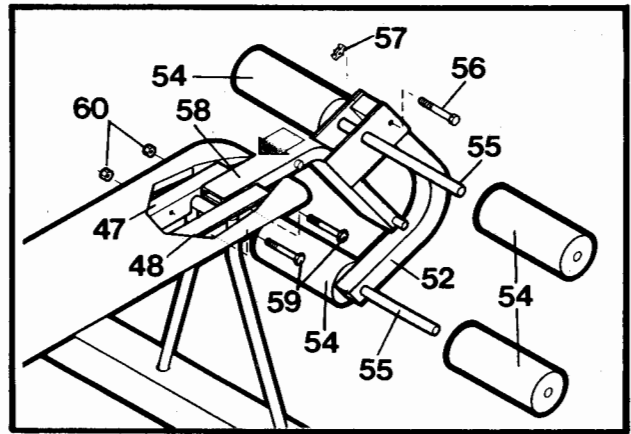
ASSEMBLING THE BENCH

1. Slide the Bench Support (14) into the holes in the top of the Stabilizer (16).
2. Fit the Bench (10) onto the Bench Support (14). Attach the Bench to the Main Frame (35) with a Frame Pin (9). **NOTE:** There are two sets of holes in the Main Frame. The Bench can be attached in either a horizontal or an inclined position.



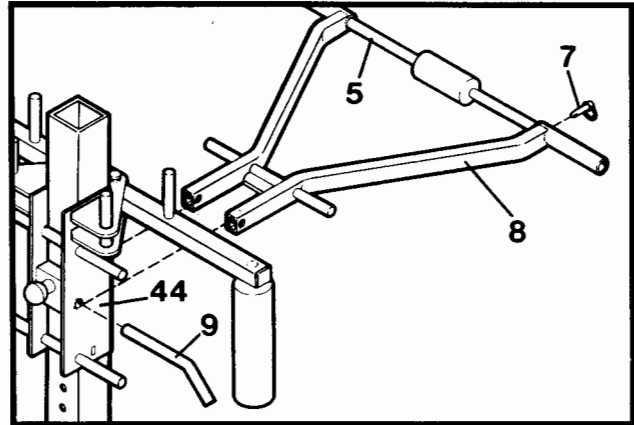
ASSEMBLING THE LEG LIFT

1. Slide the Lift Mount (58) between the Bench Rails (47, 48) as shown. Attach the Lift Mount with the two Mount Bolts (59) and Nuts (60). Tighten the Mount Nuts only finger tight.
2. Attach the Leg Lift (52) to the Lift Mount (58) with the Leg Lift Bolt (56) and Wingnut (57).
3. Center a Pad Mount Tube (55) in the Leg Lift (52). Slide a Lift Pad (54) onto each end of the Pad Mount Tube. Attach a Pad Mount Tube to the Lift Mount (58) in the same manner.



ASSEMBLING THE MAIN ARM

1. Slide the Lateral Bar (5), one end at a time, into the Main Arm (8). Align the hole in the Lateral Bar with the hole in the Main Arm, and insert the Pull Pin (7) into the Main Arm.
2. Align the Main Arm (8) with the holes in either side of the Frame Sleeve (44). Connect the Main Arm to the Frame Sleeve with a Frame Pin (9).

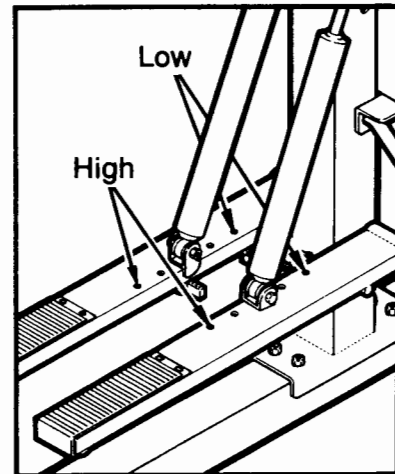


ADJUSTING THE FLEX PLUS

ADJUSTING STEPPER RESISTANCE

The resistance of the stepper can be changed by moving the cylinder brackets to different holes in the stepper pedals. There are five resistance levels. To change the resistance, first remove the bracket knobs from the cylinder brackets. Move the cylinder brackets to the desired holes in the pedals, and reattach the bracket knobs.

WARNING: The resistance cylinders may become hot after a period of use. Allow the cylinders to cool before touching them.



ATTACHING AND REMOVING THE MAIN ARM

The main arm should be attached as described in the assembly instructions. To remove the main arm, take off any weightbands and slide out the frame pin.

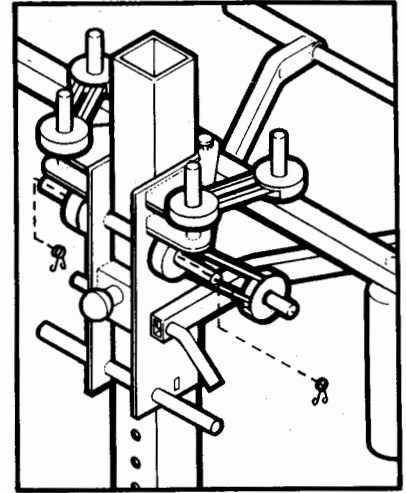
ATTACHING AND REMOVING THE LATERAL BAR

Certain exercises require the use of the lateral bar. The lateral bar should be attached as described in the assembly instructions. The lateral bar can be removed after withdrawing the pull pin.

ADJUSTING THE WORKLOAD

The FLEX PLUS utilizes specially engineered polymer weightbands to create exercise resistance. The key to the effectiveness of the weightbands is variable resistance. As the weightbands are stretched, the amount of resistance increases, working your muscles at their capacity throughout the range of motion. The eight weightbands included can be used in different combinations to create resistance in increments of about 10 pounds.

When using the main arm, slide one end of the weightbands onto the posts on the main arm. Slide the other end of the weightbands onto either the upper or lower posts on the frame sleeve, depending on the exercise to be performed. Note: When first putting weightbands on the main arm, it may be necessary to push on the main arm slightly.



When using the butterfly arms, slide the weightbands onto the posts on top of the frame sleeve. When using the leg lift, slide the weightbands onto the posts on the leg lift and the lift mount.

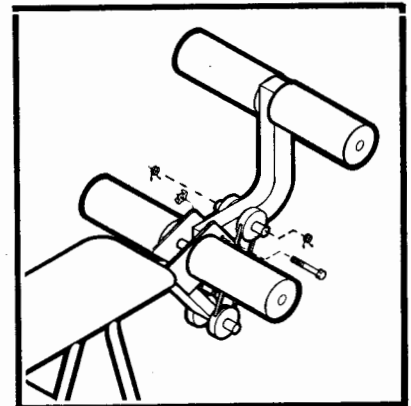
Clip retainers onto the posts to hold the weightbands in place.

ATTACHING AND REMOVING THE BENCH

The bench should be attached as described in the assembly instructions. For certain exercises, the end of the bench must rest directly on the stabilizer. If the lift mount and leg lift are attached to the bench, remove the two mount bolts and nuts, and remove the lift mount and leg lift. Remove the bench support and lower the end of the bench onto the stabilizer. The bench can be removed after sliding out the frame pin.

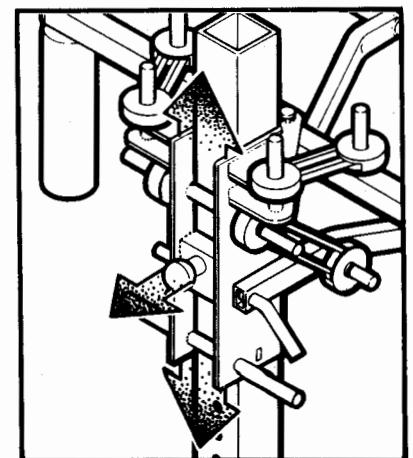
ATTACHING AND REMOVING THE LEG LIFT

The leg lift should be attached as described in the assembly instructions. For certain exercises, the leg lift must be attached in a vertical position (see illustration). To remove the leg lift, take off any weightbands and remove the leg lift bolt and wingnut. Turn the leg lift upward and replace the leg lift bolt and wingnut.



ADJUSTING THE FRAME SLEEVE

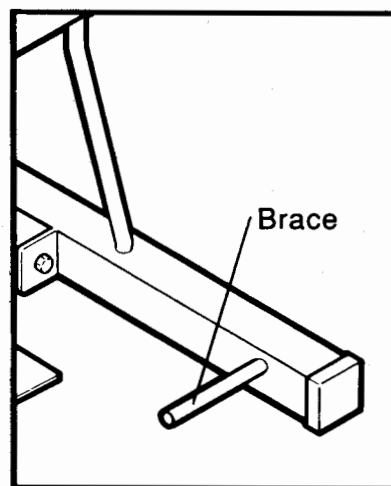
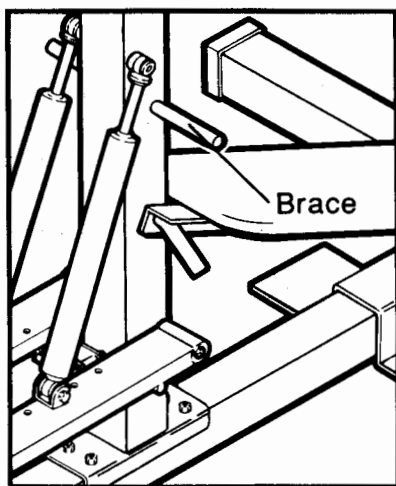
The main arm and butterfly arms are attached to the frame sleeve. The frame sleeve can easily be raised or lowered to the position that is most comfortable to you. Support the weight of the sleeve with one hand, and pull back the locking knob with the other hand. Raise or lower the sleeve to the desired position, and replace the locking knob in the locked position. **Be sure the locking knob is fully engaged in one of the holes in the main frame.**



WARNING: When using the butterfly arms, the frame sleeve must be positioned so the butterfly arms are at least two inches above the user's head when the user is seated on the bench.

POSITIONING THE BRACE

When performing exercises with the bench resting on the stabilizer, insert the brace through the main frame to provide a brace for the hands or feet. When performing roman sit-ups, insert the brace into the stabilizer to provide a brace for the feet.



EXERCISING ON THE STEPPER

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

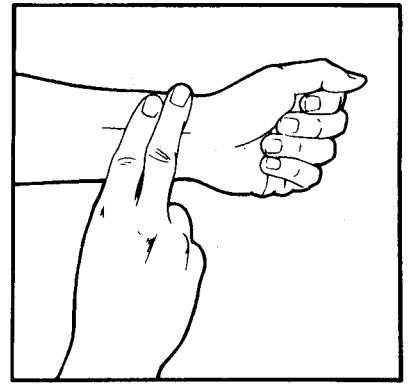
Face the FLEX PLUS and hold the upper or lower posts on the frame sleeve. Press one of the stepper pedals down and place one foot on the pedal. Place your other foot on the raised pedal. To exercise, alternately press the right and left pedals down with a smooth, rhythmic motion. Whether standing erect or leaning forward, keep your back straight to avoid injury. Remember to breathe normally as you exercise. For an effective cardiovascular workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance. **CAUTION: Never set the resistance so high that you must push or pull against the posts with your arms to press the pedals down. Exercising in this manner could result in heart risk.**

EXERCISE INTENSITY

For an effective aerobic workout, it is important to exercise with the proper intensity level. You can maintain the proper intensity level using your heart rate as a guide. To develop your cardiovascular capacity, your heart rate should be kept within what is called your "training zone" during exercise. You can find your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned 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

The easiest way to measure your heart rate is to pause during exercise and place two fingers over the wrist as shown. Carefully take a six-second heart beat count and add a 0 to the number to determine your heart rate. (A six-second count is used due to the fact that the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your training zone and adjust your pace or the resistance as necessary. During the first few weeks of exercise, the heart rate should be kept near the low end of the training zone. Over the course of a few months, the heart rate can be increased until it is near the high end of the training zone.



THE WORKOUT

Each workout should begin with at least 5 minutes of stretching or light calisthenics. Warming up in this manner prepares the body for strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. The warm-up should be followed by 20-30 minutes of exercising with your heart rate in your training zone. Each workout should end with at least 5 minutes of stretching or light exercise to aid circulation and prevent soreness. To maintain or improve your conditioning, you must exercise 2-3 times per week. A day of rest between workouts is recommended. After a few months of exercising, the number of workouts can be increased to 4-5 per week. The key to achieving successful results is **CONSISTENCY**.

WEIGHT TRAINING

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

The FLEX PLUS offers a full selection of weight training exercises, designed to develop all major muscle groups of the body. The guide accompanying this manual illustrates each exercise, demonstrating correct form and showing the areas of the body affected. By following the guidelines below, you can create an exercise program to produce the specific results you want.

Each workout will require only 30 minutes, and should include 6-10 different exercises. Select exercises for all muscle groups, with emphasis on the areas you want to develop most. The exercises can be varied from day to day to give balance to your workouts and maintain your level of interest. Always remember to begin and end each workout with 5-10 minutes of stretching and light calisthenics. Your exercise program should include three workouts per week, with at least one day of rest between workouts. Schedule your workouts for the time of day when your energy level is highest. Once you find the right schedule, stick with it.

Correct form is important for optimal results. Be careful not to overexert yourself as you begin your exercise program. Concentrate on learning the exercises correctly. Proper breathing is also important. Exhale as you exert yourself, and inhale as you return to the starting position. Never hold your breath.

To help you measure your progress and stay motivated, it may be helpful to keep a record of each workout. List the date, exercises performed, resistance used, and number of repetitions and sets completed (see **MUSCLE BUILDING** below). Include key body measurements every 4-6 weeks. A training partner can also provide helpful motivation. Because the FLEX PLUS is designed to accommodate two persons at once, it is ideal for use with a training partner.

Exercise attire should be comfortable and loose fitting to allow unrestricted movement. Always wear athletic shoes for foot protection. Remember that adequate rest and good nutrition are essential to the success of any fitness program. For more information on diet and exercise, consult your physician or obtain a book from your library.

MUSCLE BUILDING

Weight training exercises can be defined in terms of three variables: repetitions, sets and resistance. A repetition is a single exercise movement, such as one sit-up. A set is a number of repetitions performed continuously. Resistance refers to the weight or force which is overcome with each repetition. The guide accompanying this manual lists the recommended number of repetitions and sets for each exercise.

Muscles increase in size and strength when they are worked to capacity. As greater demands are placed on the muscles, the muscles will grow to meet the new demands. It may take a little experimentation at first to find the right amount of resistance for each exercise. Begin with an amount you think you can manage. If you cannot complete the recommended number of repetitions and sets, decrease the amount of resistance. If you can complete the repetitions and sets without difficulty, increase the resistance. Remember, for muscle growth, the muscles must be worked to capacity.

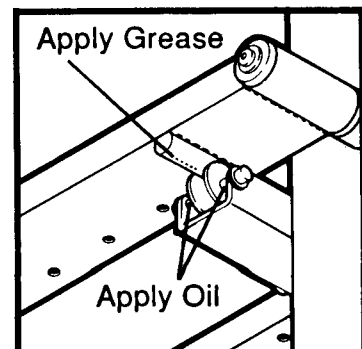
MUSCLE TONING

Muscle toning involves the same exercises as muscle building, but the exercises are performed with less intensity. The muscles should never be worked to capacity. Instead, use less resistance and do as many repetitions and sets as you choose. Endurance is more important than strength for toning and conditioning.

MAINTENANCE AND TROUBLE-SHOOTING

The FLEX PLUS 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 unit can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not use solvents.

To prevent damage to the stepper, be sure that the guide rods on the pedals always remain on the reciprocator rollers. Lubricate the rollers periodically using a few drops of light, multi-purpose oil. The underside of the guide rods should also be lubricated using a small amount of heavy grease.



PART LIST - Model No. 831.156430

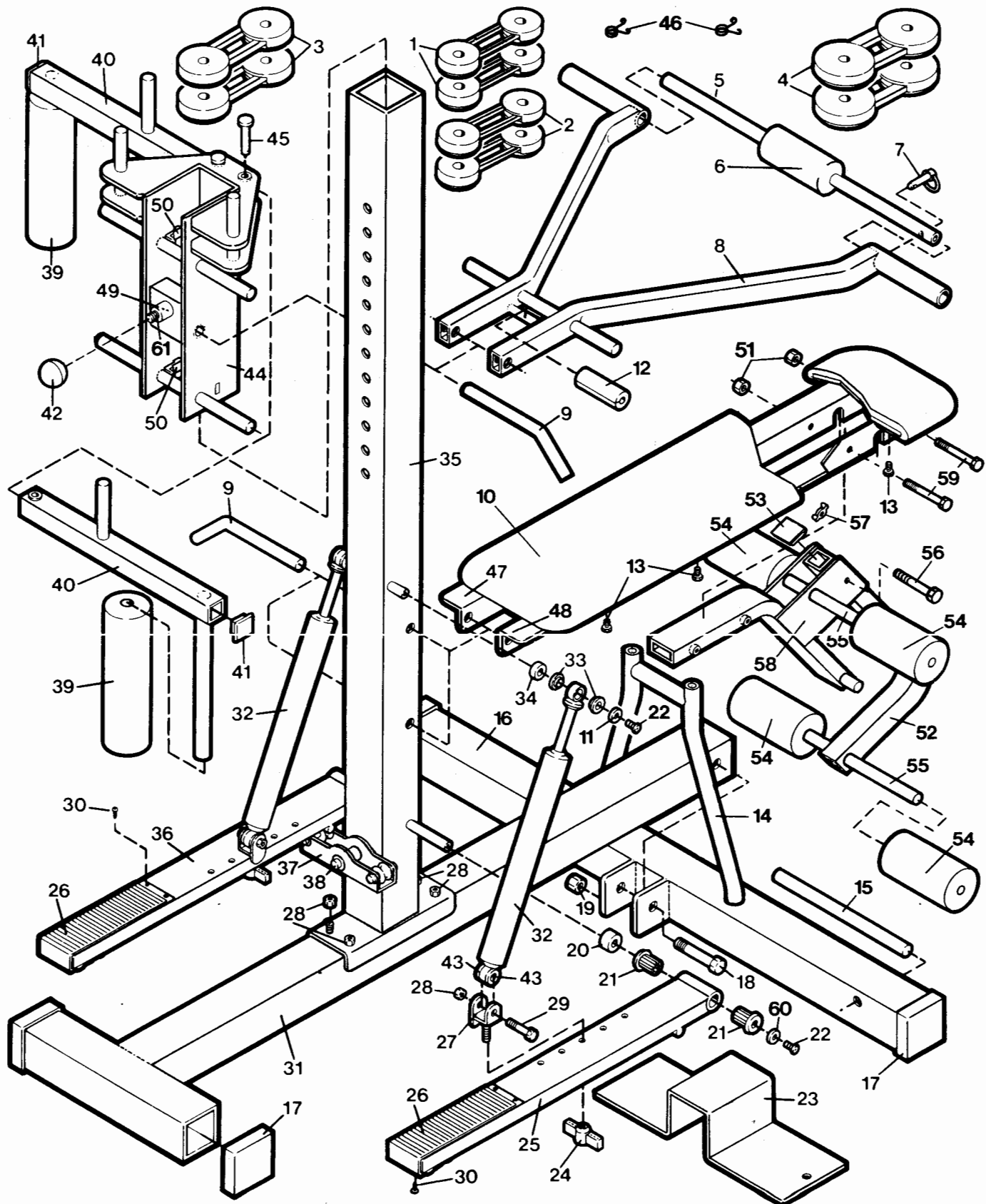
Rev. 7/91

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	100093	2	#5 Weightband	41	100056	2	Butterfly Arm Endcap
2	100094	2	#10 Weightband	42	100109	1	Lock Knob
3	100095	2	#25 Weightband	43	100256	4	Lower Cylinder Bushing
4	100096	2	#50 Weightband	44	100100	1	Frame Sleeve
5	100504	1	Lateral Bar	45	100083	2	Clevis Pin
6	100217	1	Lateral Bar Pad	46	100092	2	Retainer
7	100091	1	Pull Pin	47	100233	1	Left Bench Rail
8	100227	1	Main Arm	48	100232	1	Right Bench Rail
9	100061	2	Frame Pin	49	106557	1	Lock Pin Assembly
10	100112	1	Bench	50	100073	2	Sleeve Slider Bushing
11	014127	2	Flat Washer	51	012065	2	Mount Nut
12	100253	1	Main Arm Bumper	52	103789	1	Leg Lift
13	103368	6	Phillips Bolt	53	103833	1	Leg Lift Endcap
14	100228	1	Bench Support	54	103805	4	Lift Pad
15	100034	1	Brace	55	103779	2	Pad Mount Tube
16	100226	1	Stabilizer	56	103053	1	Leg Lift Bolt
17	100033	4	Frame Endcap	57	103959	1	Wingnut
18	013310	1	Stabilizer Bolt	58	103787	1	Lift Mount
19	012037	1	Stabilizer Nut	59	013553	2	Mount Bolt
20	100105	2	Pedal Spacer	60	014164	2	Flat Washer
21	100048	4	Pedal Bushing	61	100076	1	Spring
22	013244	4	Button Head Bolt	#	100404	1	Exercise Poster
23	100085	1	Foot Plate	#	104118	1	Exercise Manual
24	100106	2	Bracket Knob	#	103930	1	Owner's Manual
25	100230	1	Right Pedal	Optional (not included)			
26	100106	2	Pedal Footpad	#	100644	2	Locking Band
27	100196	2	Cylinder Bracket	Additional exercises can be performed using optional locking bands. Locking bands can be ordered following the instructions on the back cover of this manual. Note: To attach the locking bands, lift the main arm to the highest position. Slide one end of the locking bands onto the posts on the main arm, and the other end onto the upper posts on the frame sleeve.			
28	012108	6	Lock Nut				
29	104063	2	Cylinder Bolt				
30	100223	6	Footpad Mounting Screw				
31	100225	1	Base				
32	100190	2	Resistance Cylinder				
33	100234	4	Upper Cylinder Bushing				
34	100052	2	Cylinder Spacer				
35	100224	1	Main Frame				
36	100229	1	Left Pedal				
37	104819	1	Pedal Reciprocator				
38	100151	1	Reciprocator Axle Cap				
39	100086	2	Butterfly Pad				
40	100231	2	Butterfly Arm				

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. 831.156430

Rev. 7/91



Specifications are subject to change without notice.

ORDERING REPLACEMENT PARTS

Each FLEX PLUS has its own model number. Always mention the MODEL NUMBER when requesting service or repair parts for your FLEX PLUS.

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 (831.156430).
2. The NAME of the product (FLEX PLUS).
3. The REORDER NUMBER of the part from page 10 of this manual.
4. The DESCRIPTION of the part from page 10 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 equipment to ensure 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 FLEX PLUS is used in a normal manner.

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

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE FLEX PLUS 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.

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