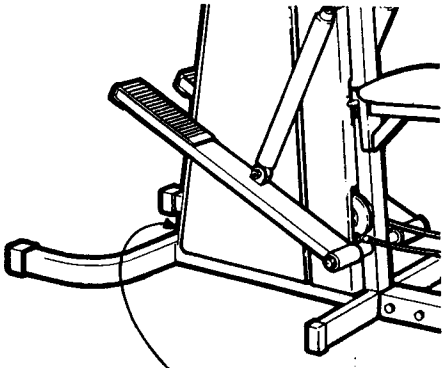


SEARS®

Model No. 831.157021
Serial No. _____



Serial Number Decal

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.

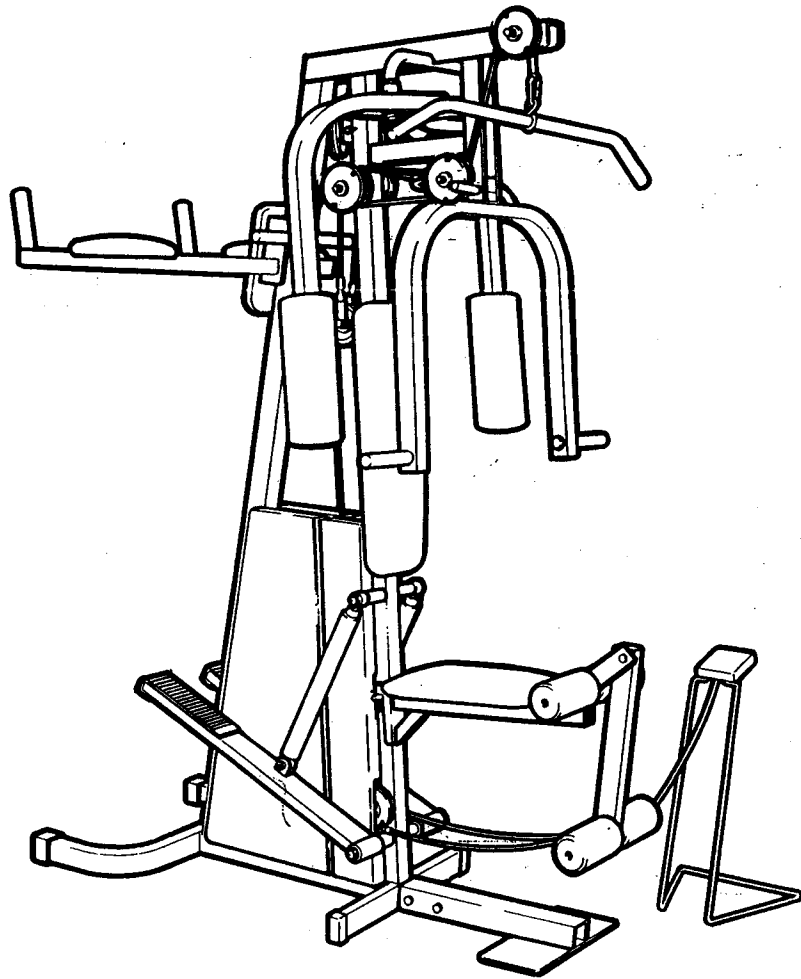
CUSTOMER HOT LINE:
1-800-999-3756
Mon.-Fri., 6 a.m.-6 p.m. MST.

CAUTION:

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

Lifestyler™ SYSTEM 50

CROSS TRAINER • ELECTRONIC RESISTANCE



OWNER'S MANUAL

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

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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 the system. Use the system only as described in the owner's manual.
2. Inspect and tighten all parts each time the system is used. Replace any worn parts.
3. Always wear shoes for foot protection. Keep your hands away from moving parts other than the designated handles. Keep small children away from the system at all times.
4. Do not change the weight while operating the system, or the system will be damaged.
5. Do not put weight on the press arm while it is in the "parked" position (see OPERATION AND ADJUSTMENT), or it will be damaged.
6. Always remove the lat bar and chain when not in use (see OPERATION AND ADJUSTMENT).
7. Never release the press arm, butterfly arms, lat bar or leg lever while they are under tension.
8. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.

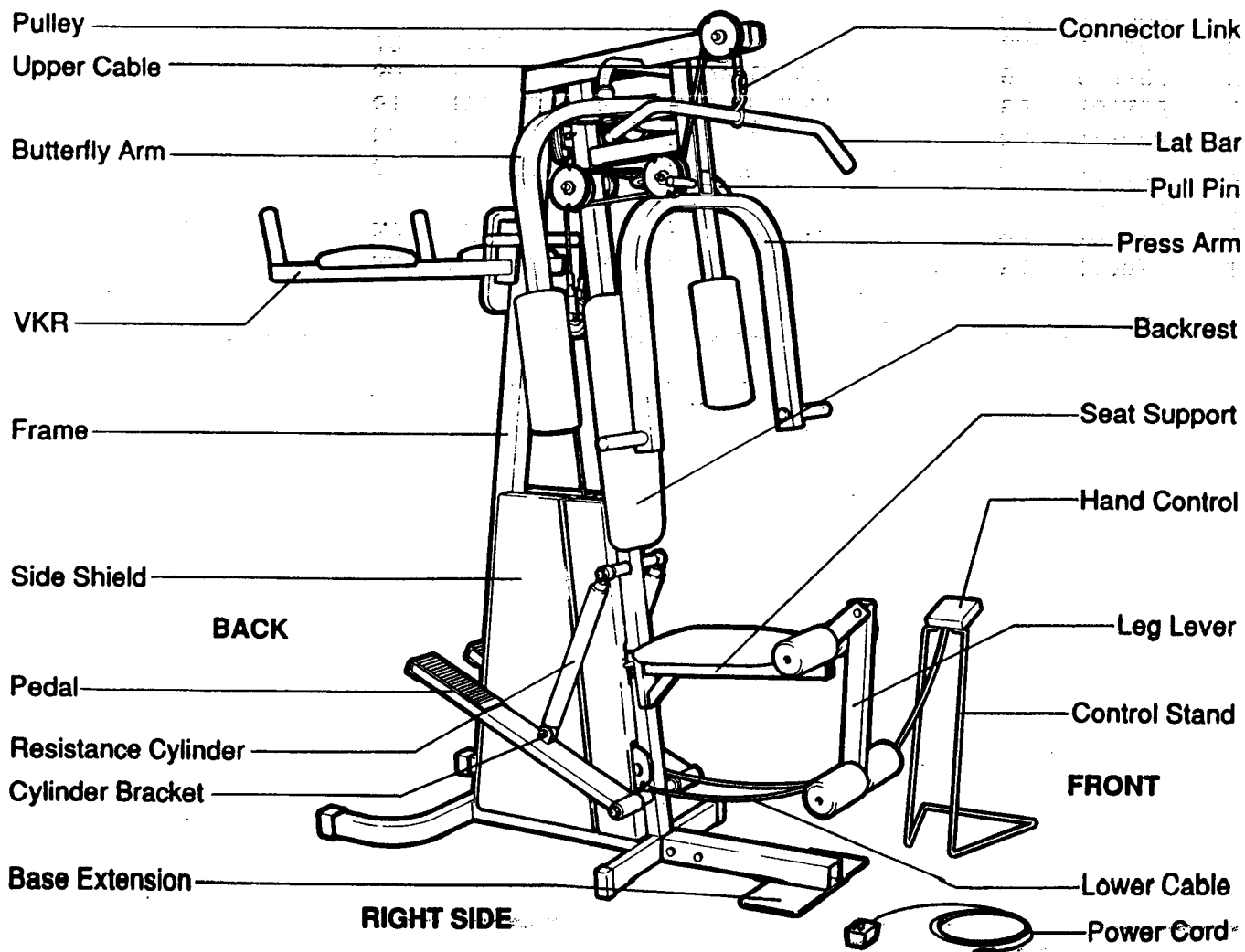
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the Lifestylar SYSTEM 50 Cross Trainer System. The unique SYSTEM 50 is a total body conditioning system, offering both weight training and aerobic exercises. Moving from station to station on the SYSTEM 50 is quick and easy, and the digital hand control allows you to change the weight with the touch of a button. Whether you want to build dramatic muscle size and strength, shape and tone your body, increase your endurance and flexibility or develop your heart and lungs, the SYSTEM 50 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 SYSTEM 50. **For your safety and benefit, read this manual carefully before using this 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).

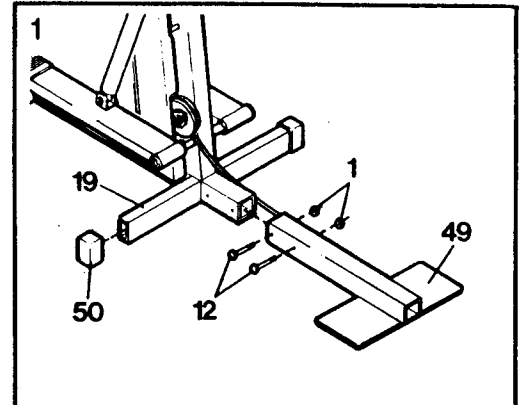
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



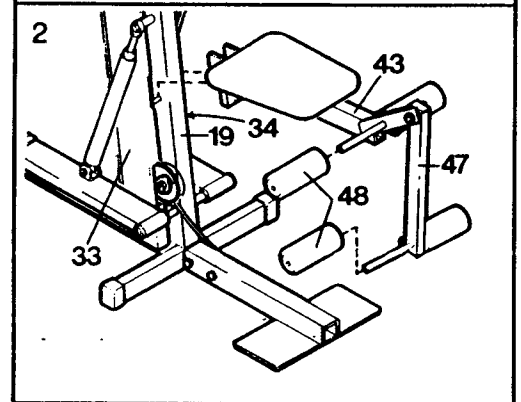
ASSEMBLY

Two persons are recommended in order to assemble this system. Set all parts in a cleared area. **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).

1. Press a Frame Cap (50) onto each side of the stabilizer on the Frame (19). Slide the Base Extension (49) onto the Frame, and align the holes. Attach the Base Extension with the two Long Bolts (12) and Nylock Nuts (1).

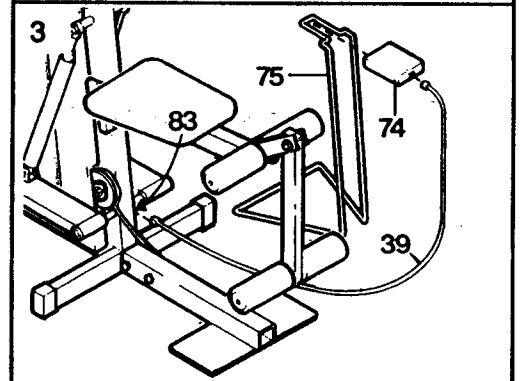


2. Rotate the Leg Lever (47) to the position shown. Insert the bracket on the Seat Support (43) into the slots in the Side Shields (33,34). Slide the bracket onto the pins welded to the Frame (19). **WARNING: Be sure the pins are inside the slots in the bracket.**



Slide the four Leg Lever Pads (48) onto the posts on the Seat Support (43) and Leg Lever (47).

3. Plug one end of the Control Cord (39) into the Hand Control (74). Plug the other end of the Cord into the Control Cord Socket (83) at the front of the system.

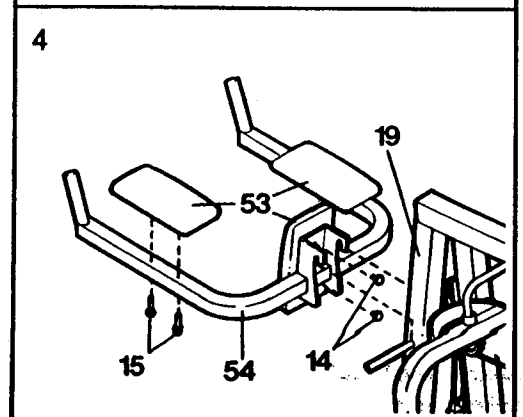


Slide the Hand Control (74) onto the Control Stand (75).

4. Attach a VKR Pad (53) to the center of the VKR (54) with the two Short VKR Bolts (14).

Attach a VKR Pad (53) to each side of the VKR (54) with two Long VKR Bolts (15).

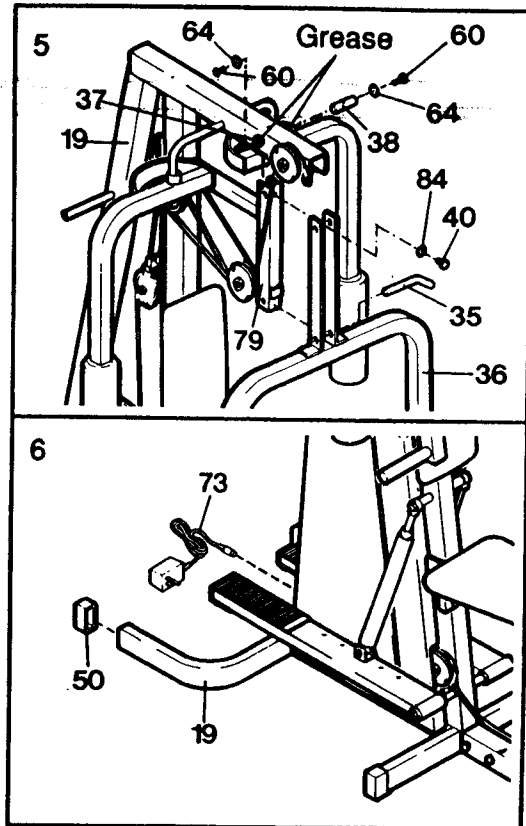
Slide the bracket on the VKR (54) onto the post on the Frame (19).



- Remove the Press Arm Axle (38) from the Frame (19) and Press Arm Bracket (79). Thread a Screw (60), with a Washer (64), into one end of the Axle. Lightly grease the Press Arm Bushings (37) in the Frame.

Insert the Press Arm Bracket (79) between the L-shaped brackets on the Press Arm (36). Align the holes in the top of the Press Arm and the Press Arm Bracket with the Press Arm Bushings (37) in the Frame (19). Insert the Press Arm Axle (38) through the Press Arm, Press Arm Bracket and Frame. Turn the Axle using the tool provided until the hole in the center of the Axle is aligned with the hole in the Press Arm Bracket. Tighten the Axle Screw (40), with the Star Washer (84), into the Press Arm Bracket and the Axle. Thread a Screw (60), with a Washer, into the other end of the Axle. Tighten the Screws in both ends of the Axle. Insert the Pull Pin (35) through the lower holes in the Press Arm and Press Arm Bracket.

- Press a Frame Cap (50) onto each end of the U-shaped stabilizer on the Frame (19). Plug the Power Cord (73) into the socket at the back of the system.

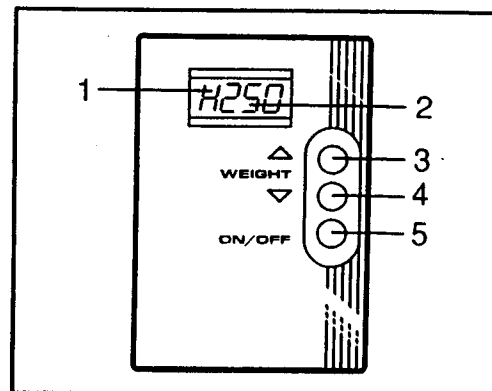


OPERATION AND ADJUSTMENT

Plug the transformer on the power cord 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.

DIAGRAM OF THE HAND CONTROL

- Low/High Range Indicator- Shows when the system is set at minimum or maximum weight.
- Weight Display- Displays the current weight setting.
- Weight Increase Button- Increases the weight.
- Weight Decrease Button- Decreases the weight.
- On/Off Button- Turns the power on or off.



TURNING ON THE POWER AND RESETTING THE SYSTEM

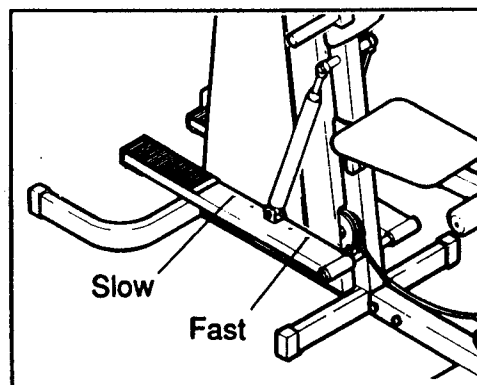
Press the on/off button. **IMPORTANT:** Each time the power is turned on, the system must be reset before the weight can be changed. The weight display will read "E—." To reset the system, press the weight increase or decrease buttons until the display reads "H250" (maximum weight) or "L30" (minimum weight).

CHANGING THE WEIGHT SETTING OF THE SYSTEM

The weight can be changed from a minimum of 30 lbs, to a maximum of 250 lbs, in increments of 1 lb. To increase the weight, press the weight increase button. To decrease the weight, press the weight decrease button. The buttons can be held down to change the weight quickly. **IMPORTANT: To prevent damage to the system, do not put any tension on the system while changing the weight. Do not push on the press arm or leg lever. If the lat bar is attached to the system, it may be helpful to support the weight of the lat bar with one hand. The system motor will emit a sound to alert you while the weight is being changed.**

ADJUSTING THE 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 different resistance levels. To change the resistance, first remove the knobs from the cylinder brackets. Move the cylinder brackets to the desired holes in the pedals, and re-attach the knobs. **WARNING: The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.**

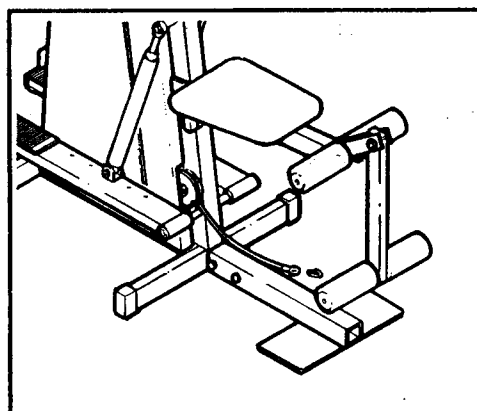


ATTACHING AND REMOVING THE SEAT SUPPORT

The seat support should be attached as described in the assembly instructions. For certain exercises, the seat support must be removed from the system. First, remove the lower cable from the leg lever. The seat support can 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 LEVER TO THE WEIGHT SYSTEM

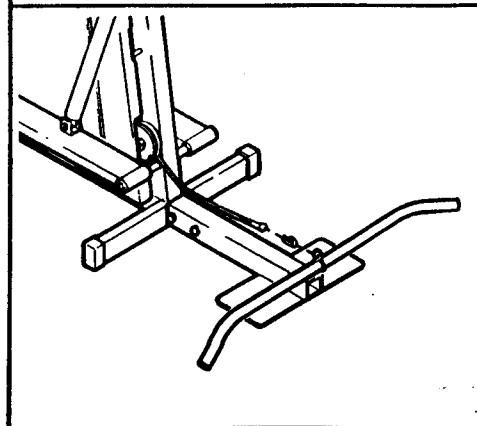
To attach the leg lever to the weight system, attach the lower cable to the leg lever using a connector link.



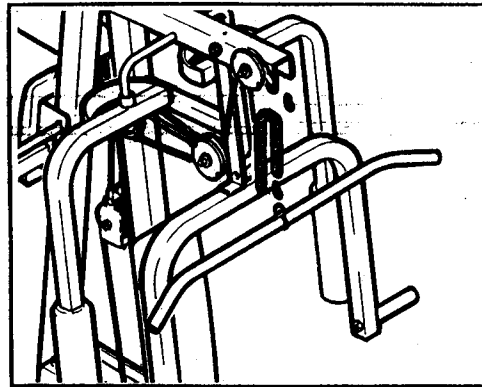
ATTACHING THE LAT BAR TO THE WEIGHT SYSTEM

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.

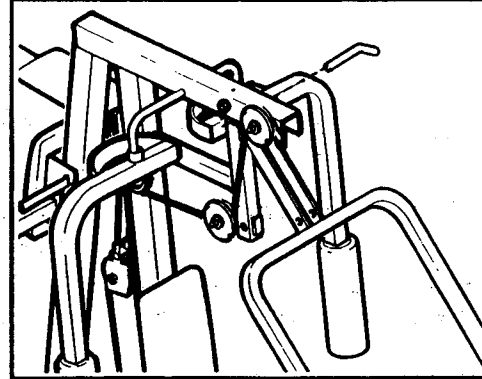


To use the lat bar with the upper cable, the chain must be attached between the lat bar and the cable using the two connector links. The chain can be shortened by attaching the connector links closer together along the chain. **IMPORTANT:** The proper length of chain between the lat bar and upper cable should be determined by the exercise to be performed. Adjust the length of chain until the lat bar is in a comfortable starting position.



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. Insert the pull pin in the upper hole of the press arm bracket and rest the press arm 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.



ATTACHING AND REMOVING THE VKR

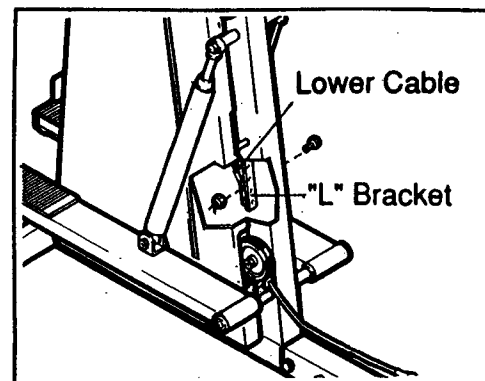
The VKR should be attached as described in the assembly instructions. To remove the VKR, lift the bracket on the VKR off of the post on the frame.

MAINTENANCE AND TROUBLE-SHOOTING

This system is designed to be virtually maintenance-free. Check the system 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.

ADJUSTING THE WEIGHT SYSTEM

If there is slack in the weight system before the weight engages, the cables may need to be adjusted. To adjust the cables, a phillips screwdriver and two adjustable wrenches (not included) are required. Remove the four 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 the motor stalls or hesitates, the cable is too tight. Move the cable to the next higher hole. 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.



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 of 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 screw and star washer from the press arm axle and press arm bracket. Remove the screw and washer from one end of the press arm axle. While holding the press arm, remove the press arm axle. Lightly grease the bushings in the frame. Re-attach the press arm to the frame as described in the assembly instructions.

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. When using the stepper, never set the resistance so high that you must push or pull against the frame to press the the pedals down. Exercising in this manner could result in heart risk.

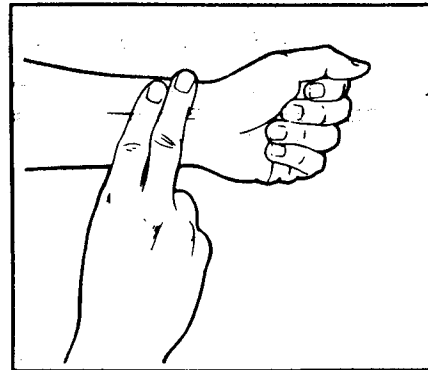
EXERCISING ON THE STEPPER

Face the system and hold the post on the frame. Step onto the stepper pedals and let both pedals sink to the floor. Begin stepping, alternately pressing the right and left pedals down with a rapid, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING THE STEPPER RESISTANCE). For an effective aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance. As you step, you can exercise the upper leg muscles by keeping your feet flat on the pedals. To focus on the calf muscles, rise on your toes as you step. Whether standing erect or leaning forward slightly, always keep your back straight in order to avoid injury.

For an effective aerobic workout, it is important to exercise with the proper intensity. The proper intensity level can be found using the heart rate as a guide. As you exercise, 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

During the first few weeks of exercise, keep your heart rate near the low end of your training zone. To measure your heart rate, stop exercising and place two fingers over your wrist as shown. Carefully take a six-second heartbeat count. Multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat 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 each workout, exercise with your heart rate in your training zone for about 30 minutes. This can be done in one continuous 30-minute period, or in several shorter periods, such as, three 10-minute periods. Begin and end every workout with 5-10 minutes of stretching or light calisthenics. 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.

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. Your exercise program should include three, 30-minute workouts each 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 give variety and balance to your workouts, vary the exercises from day to day.

To increase the size and strength of muscles, the muscles must be worked to capacity. Each exercise should 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 your workouts for the time of day when your energy level is highest.

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 dates, 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 information about exercise and diet, consult with your physician.

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PART LIST- Model No. 831.157021

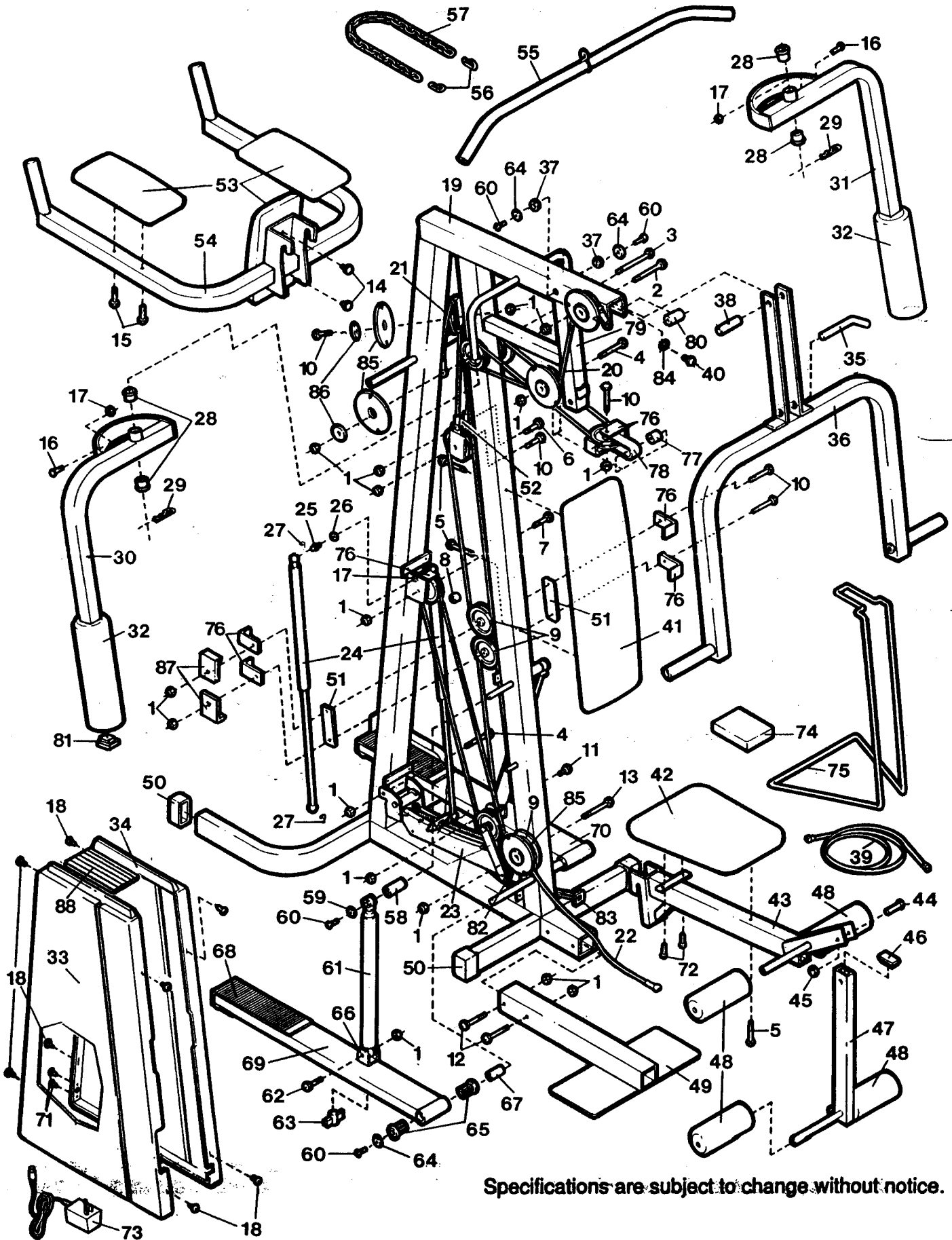
Rev. 10/91

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	012108	17	Nylock Nut	45	100150	1	Leg Lever Pushnut
2	101263	1	3/8" x 4.00" Bolt	46	104794	1	Leg Lever Cap
3	104925	1	3/8" x 5.00" Bolt	47	107372	1	Leg Lever
4	013519	3	3/8" x 3.00" Bolt	48	103805	4	Leg Lever Pad
5	013341	3	1/4" x 2.50" Bolt	49	105324	1	Base Extension
6	013564	1	3/8" x 1.75" Bolt	50	106036	2	Frame Cap
7	013574	1	3/8" x 2.25" Bolt	51	105306	2	Pulley Joiner
8	105309	1	PVC Spacer	52	105299	1	Pulley Bracket
9	101262	12	Cable Pulley	53	107267	1	VKR Pad
10	013580	6	3/8" x 2.00" Bolt	54	106071	1	VKR
11	104581	1	3/8" x 1.00" Bolt	55	105310	1	Lat Bar
12	105329	4	Long Bolt	56	103087	2	Connector Link
13	104049	1	3/8" x 3.50" Bolt	57	105315	1	Chain
14	103025	2	Short VKR Bolt	58	106053	2	Cylinder Spacer
15	013498	4	Long VKR Bolt	59	014129	2	Cylinder Washer
16	013303	2	5/16" x 1.00" Bolt	60	013244	6	Screw
17	012082	4	5/16" Nylock Nut	61	105445	2	Resistance Cylinder
18	105316	8	Side Shield Screw	62	104063	2	Cylinder Bolt
19	NSP	1	Frame	63	100108	2	Cylinder Knob
20	106007	1	Upper Cable	64	014164	5	Washer
21	105295	2	Butterfly Cable	65	101708	4	Pedal Bushing
22	106008	1	Lower Cable	66	106052	2	Cylinder Bracket
23	105140	1	Weight Mechanism	67	106054	2	Pedal Spacer
24	107367	2	Gas Shock	68	106872	2	Pedal Pad
25	105142	2	Ball Joint	69	106873	1	Right Pedal Assembly
26	014041	2	Washer	70	106874	1	Left Pedal Assembly
27	105234	4	Clip	71	106739	2	Small Screw
28	105497	4	Butterfly Bushing	72	013456	2	1/4" x 0.75" Bolt
29	101150	2	Hairpin Cotter Pin	73	105852	1	Power Cord
30	105331	1	Right Butterfly Arm	74	105922	1	Hand Control
31	105339	1	Left Butterfly Arm	75	105382	1	Control Stand
32	105342	2	Butterfly Pad	76	106719	7	L-Bracket
33	107368	1	Right Side Shield	77	107194	1	Spacer
34	107369	1	Left Side Shield	78	107192	1	U-Bracket
35	106051	1	Pull Pin	79	106023	1	Press Arm Bracket
36	106020	1	Press Arm	80	107025	1	Channel Spacer
37	106032	2	Press Arm Bushing	81	103050	2	Butterfly Endcap
38	106031	1	Press Arm Axle	82	107381	1	Wire Harness
39	106786	1	Control Cord	83	106982	1	Control Cord Socket
40	013186	1	Press Arm	84	014064	1	Star Washer
41	107311	1	Backrest	85	107483	8	Pulley Cover
42	107309	1	Seat	86	014056	7	Large Washer
43	107371	1	Seat Support	87	014056	3	L-Pulley Cover
44	105381	1	Leg Lever Pin	#	107376	1	Owner's Manual

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. 831.157021

Rev. 10/91



Specifications are subject to change without notice.

ORDERING REPLACEMENT PARTS

Each Lifestyler SYSTEM 50 has its own model number. Always mention the MODEL NUMBER when requesting service or repair parts for your SYSTEM 50.

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 (831.157021).
2. The NAME of the product (Lifestyler SYSTEM 50).
3. The REORDER NUMBER of the part(s) from page 10 of this manual.
4. The DESCRIPTION of the part(s) 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 System 50 is used in a normal manner.

This warranty does not apply when the System 50 is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY BY RETURNING THE SYSTEM 50 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