

CONNEXION STEPPER™

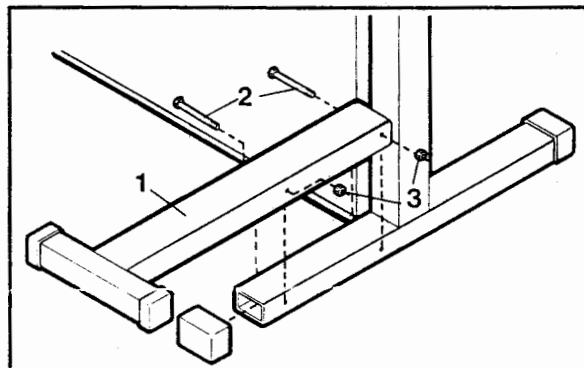
Congratulations for purchasing the CONNEXION STEPPER for your system. Please read these instructions carefully before assembling the CONNEXION STEPPER. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday - Friday, 6 a.m. - 6 p.m. Mountain Time (except holidays). To help us assist you, please mention the product model number (831.157500) when calling.

ASSEMBLY

Two persons are recommended in order to assemble the CONNEXION STEPPER. Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Assembly can be completed using two adjustable wrenches (not included).

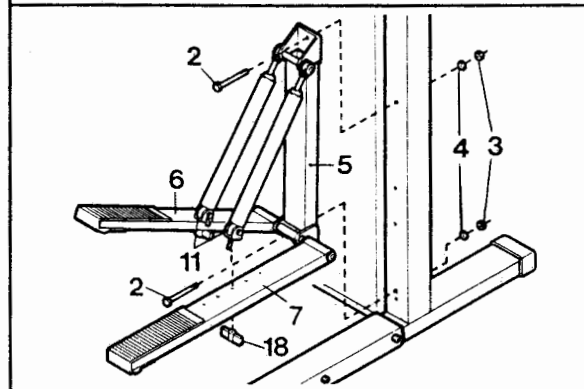
Note: The CONNEXION STEPPER is designed to fit on a variety of systems. Your system may differ slightly from the system shown in the drawings below.

1. The CONNEXION STEPPER can be attached to either the right or left sides of your system. Remove the lower frame cap from the frame, on the side where you plan to attach the CONNEXION STEPPER. Slide the Extension (1) onto the frame. Align the holes in the Extension with the holes in the frame, and insert two Bolts (2) through the Extension and frame. It may be necessary to tilt the system slightly in order to align the holes. Tighten two Locknuts (3) onto the Bolts.

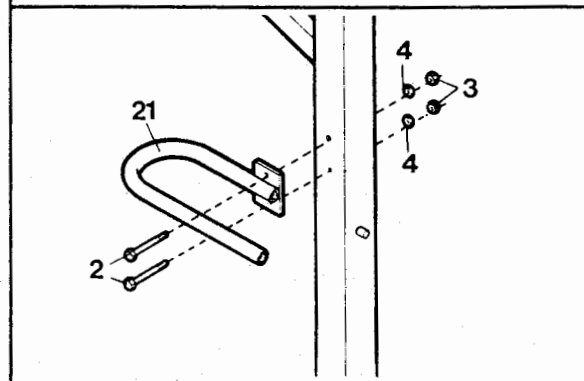


2. Rotate the Pedals (6, 7) to the position shown. Attach the Stepper Bracket (5) to the frame with two Bolts (2), Washers (4) and Locknuts (3).

Insert the right Cylinder Bracket (11) into one of the holes in the Right Pedal (7). The tab on the Bracket must be against the inside of the Pedal. Tighten a Knob (18) onto the end of the Bracket. Attach the left Cylinder Bracket to the Left Pedal (6) in the same manner.



3. Attach the Handlebar (21) to the top of the frame with two Bolts (2), Washers (4) and Locknuts (3).

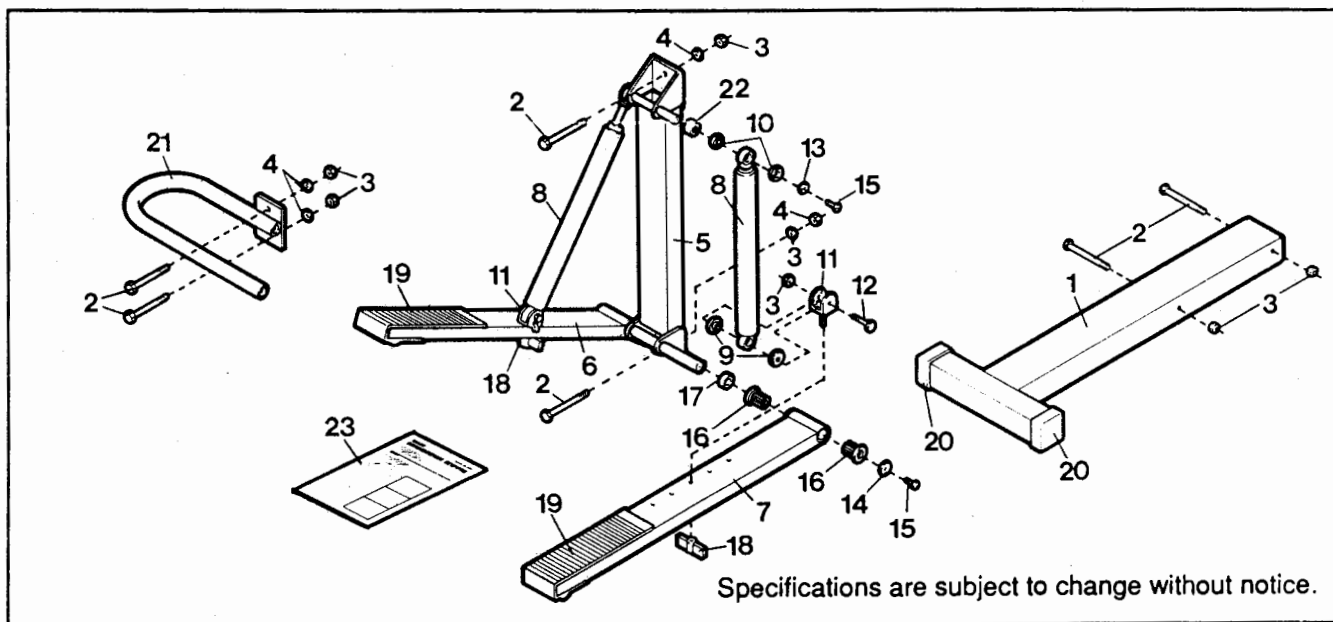


USING THE STEPPER

Firmly grip the handlebar, step onto the 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. The stepping resistance can be changed by removing the knobs from the cylinder brackets, moving the cylinder brackets to different holes in the pedals, and reattaching the knobs. For an effective aerobic workout, relatively short, rapid steps at low resistance are recommended.

PART LIST AND EXPLODED DRAWING - Model No. 831.157500

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	107340	1	Extension	13	014129	2	Cylinder Washer
2	106465	6	Bolt	14	014164	2	Pedal Washer
3	012108	8	Locknut	15	013244	4	Screw
4	014087	4	Washer	16	100048	4	Pedal Bushing
5	106448	1	Stepper Bracket	17	100105	2	Pedal Spacer
6	106998	1	Left Pedal Assembly	18	100108	2	Knob
7	106997	1	Right Pedal Assembly	19	106872	2	Foot Pad
8	105445	2	Resistance Cylinder	20	105723	2	Extension Endcap
9	106875	4	Lower Cylinder Bushing	21	106459	1	Handlebar
10	106876	4	Upper Cylinder Bushing	22	100052	2	Shock Spacer
11	100196	2	Cylinder Bracket	23	106467	1	Owner's Manual
12	104063	2	Bracket Bolt				



ORDERING REPLACEMENT PARTS

All parts listed can be ordered through SEARS, ROEBUCK AND CO. SERVICE CENTERS and most SEARS RETAIL STORES. WHEN ORDERING PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The PRODUCT MODEL NUMBER (831.157500) and PRODUCT NAME (CONNEXION STEPPER).
2. The REORDER NUMBER and DESCRIPTION of the part(s) desired.