

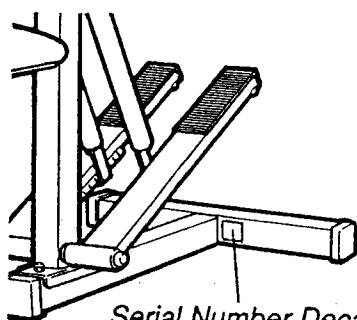
Lifestyler™

SYSTEM 25

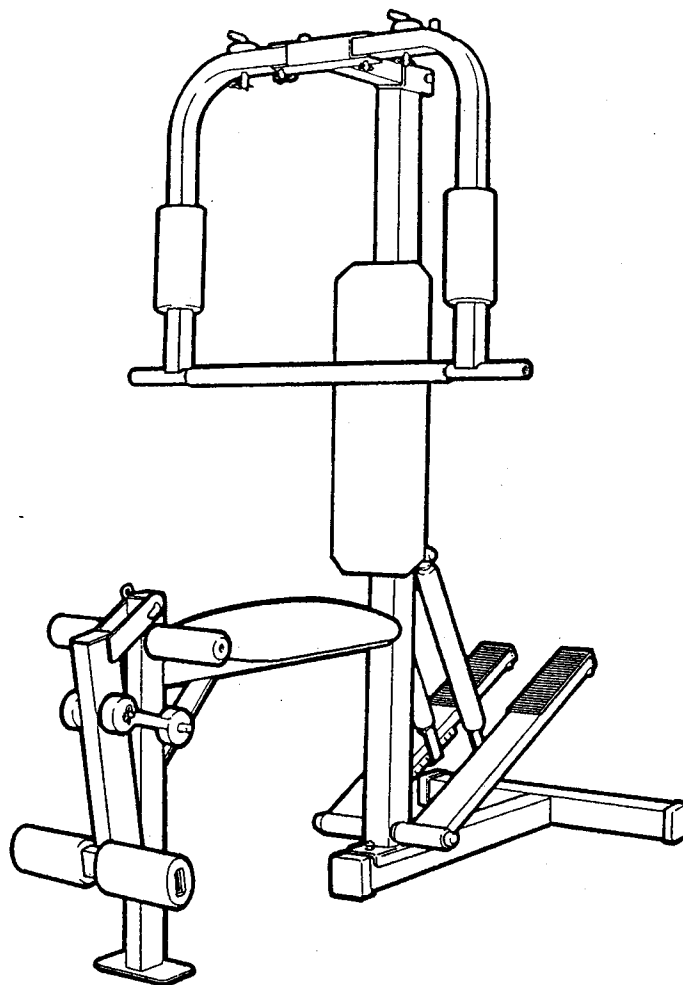
CROSS TRAINING SYSTEM • 7 WORKOUT STATIONS

Model No. 831.159201

Serial No. _____



Serial Number Decal



SEARS®

OWNER'S MANUAL

CAUTION: Carefully read all safety precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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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 manual before using this equipment. Use this equipment only as described in this manual and in any accompanying literature.
2. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Always wear shoes for foot protection. Keep small children away from this equipment at all times.
4. Always secure the weightbands using the pull pins and the retainer springs to prevent the weightbands from slipping off.
5. Always stand on the foot plate when performing any exercise that could cause this equipment to tip.
6. Never release the arms or the leg lever while the weightbands are stretched.
7. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them. It is recommended that the floor underneath the resistance cylinders be covered in case of slight oil leakage.
8. When exercising on the stepper, keep your feet on the pedals at all times. If you lift your feet off the pedals, the pedals may become separated from the resistance cylinders, resulting in serious injury.

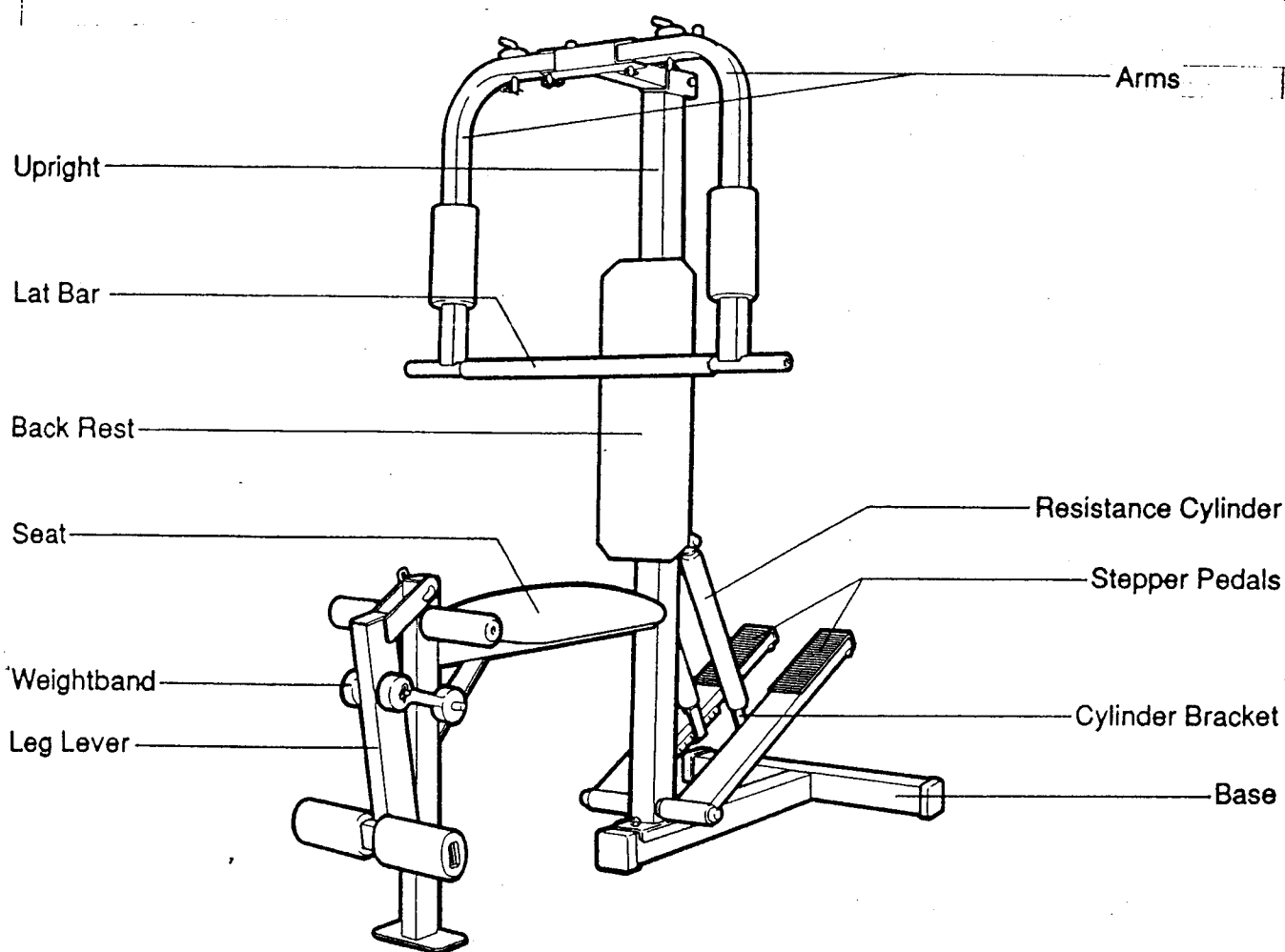
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. SEARS assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Congratulations for selecting the SEARS® LIFESTYLER SYSTEM 25 cross training system. The LIFESTYLER SYSTEM 25 provides you with a selection of both aerobic and weight training exercises for true cross-training workouts. Whether your goal is to improve your cardiovascular fitness, tone your body or develop dramatic muscle size and strength, the LIFESTYLER SYSTEM 25 will help you to achieve the specific results you want in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the LIFESTYLER SYSTEM 25. 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 the product model number and serial number before calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the LIFESTYLER SYSTEM 25 (see the front cover of this manual for the location of the decal).

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

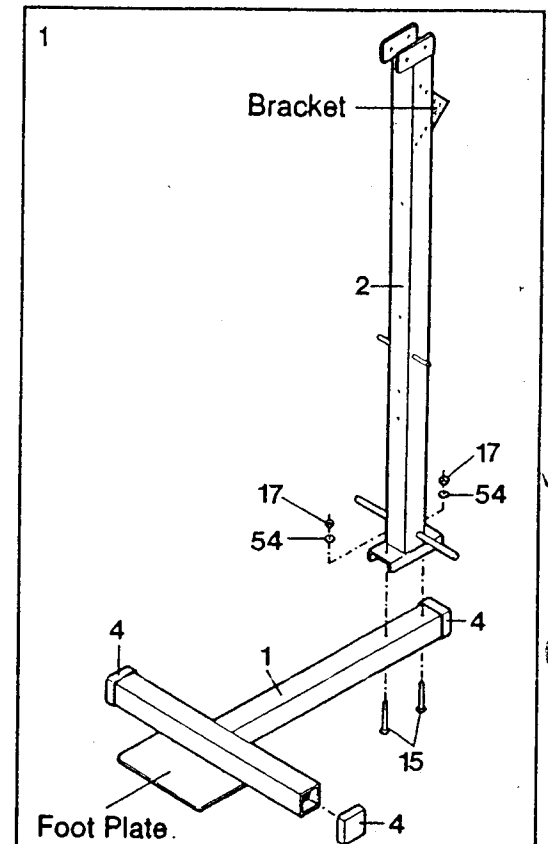


ASSEMBLY

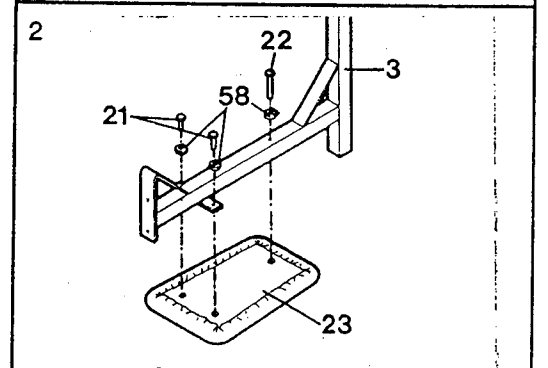
Two persons are required in order to assemble the LIFESTYLER SYSTEM 25. Place all parts in a cleared area of the floor and remove the packing materials. **Make sure all parts are included before disposing of the packing materials.** Read all steps carefully before beginning. Assembly can be completed using two adjustable wrenches, a hammer and a bowl of soapy water (not included).

1. Press the three Base Endcaps (4) onto the Base (1).

Turn the Base (1) so that the foot plate is resting on the floor. Insert the two Carriage Bolts (15) into the Base from the underside. Turn the Upright (2) so that the bracket is away from the foot plate. Attach the Upright to the Base with the two Carriage Bolts, Lock Washers (54) and Nuts (17).



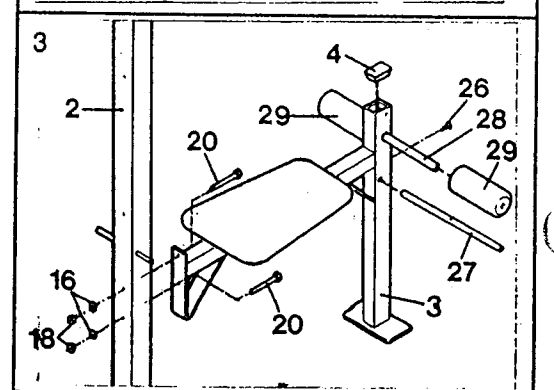
2. Attach the Seat (23) to the Seat Frame (3) with two Short Bolts (21), the Long Seat Bolt (22) and three Small Lock Washers (58).



3. Attach the Seat Frame (3) to the Upright (2) with the two Seat Frame Bolts (20), Washers (16) and Nylock Nuts (18). Press the Seat Frame Endcap (24) into the Seat Frame.

Center the Foam Pad Tube (28) in the Seat Frame (3). Slide a Foam Pad (29) onto each end of the Tube.

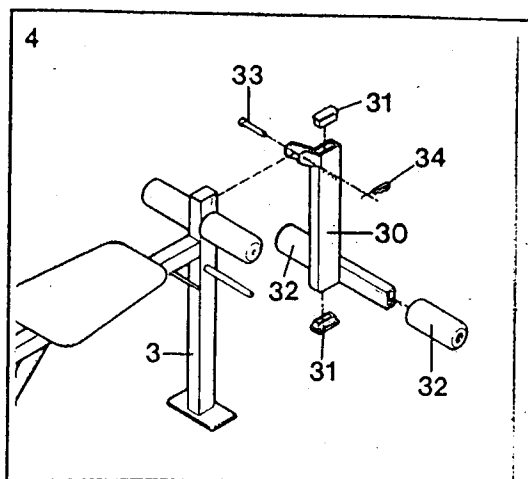
Center the Weightband Tube (27) in the Seat Frame (3). Secure the Tube to the Frame with a Screw (26).



4. Press the two Leg Lever Endcaps (31) into the Leg Lever (30).

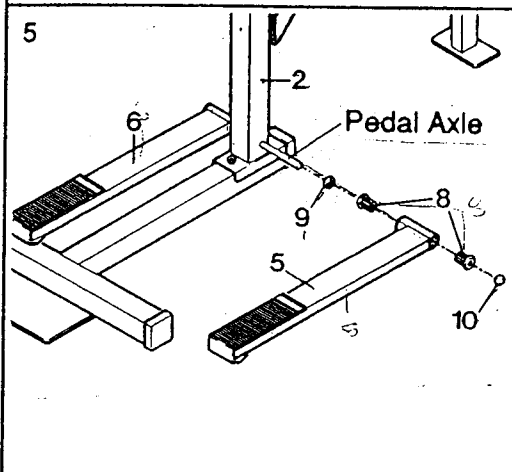
Wet the lower end of the Leg Lever (30) and the insides of the Leg Lever Foam Pads (32) with soapy water. Slide the Pads onto the Leg Lever.

Attach the Leg Lever (30) to the Seat Frame (3) with the Leg Lever Pin (33) and Hairpin Cotter Pin (34).



5. Liberally grease the pedal axle at the bottom of the Upright (2). Press two Pedal Bushings (8) into the Right Pedal (5). Slide a Pedal Spacer (9) and the Right Pedal onto the right pedal axle as shown. Make sure that the open side of the Pedal Spacer is turned toward the Upright. Press a 3/4" Axle Cap (10) onto the end of the right pedal axle.

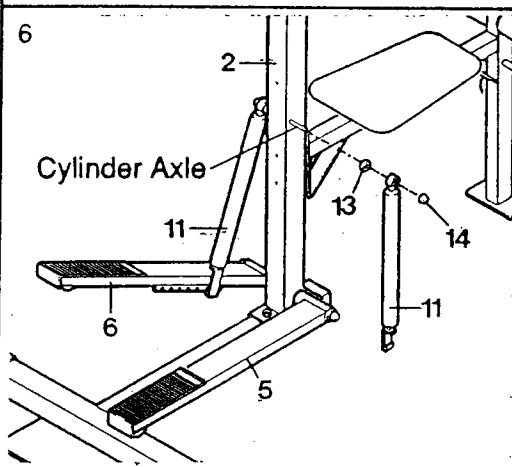
Attach the Left Pedal (6) to the left pedal axle in the same manner.



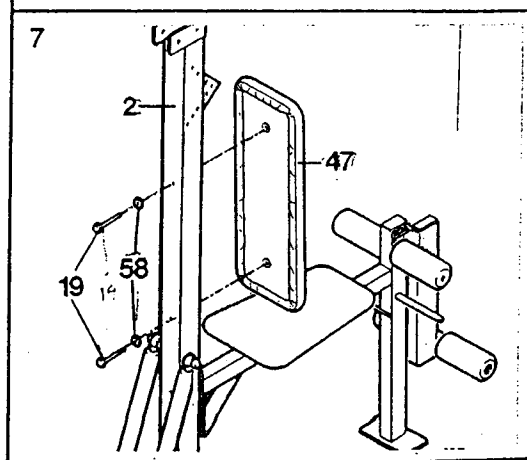
6. Liberally grease the cylinder axle of the Upright (2). Slide a Cylinder Spacer (13) and a Resistance Cylinder (11) onto the right cylinder axle. Make sure that the open side of the Cylinder Spacer is turned toward the Upright. Press a 5/8" Axle Cap (14) onto the end of the right cylinder axle.

Rest the Right Pedal (5) on the bracket at the lower end of the Resistance Cylinder (11).

Attach the other Resistance Cylinder (11) to the left cylinder axle and Left Pedal (6) in the same manner.



7. Attach the Backrest (47) to the Upright (2) with the two Backrest Bolts (19) and Small Lock Washers (58).

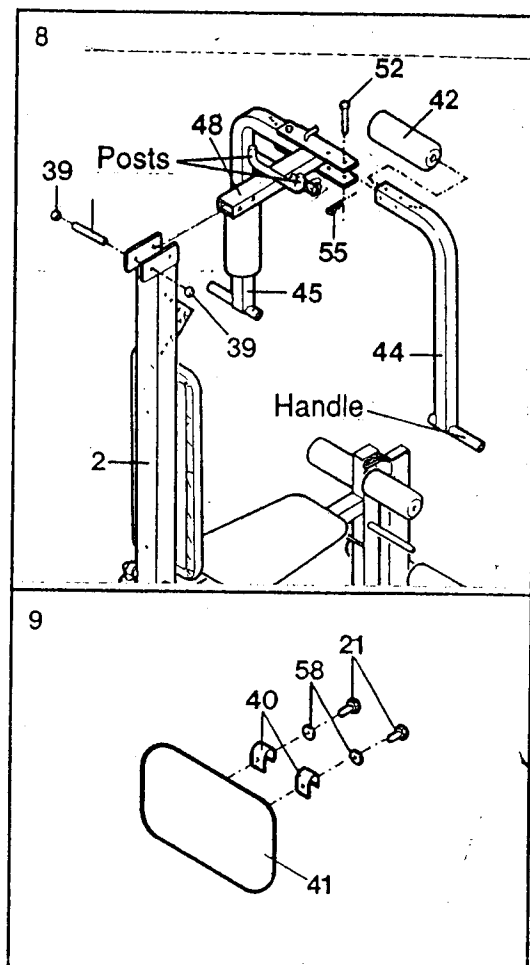


8. Tap a 1/2" Axle Cap (39) onto one end of the "D" Axle (38). Liberally grease the "D" Axle. Align the Swing Arm (48) with the "D" hole in the bracket at the top of the Upright (2). Be sure that the Swing Arm is turned so the posts are on top. Insert the "D" Axle through the bracket and the Swing Arm. Tap the other 1/2" Axle Cap onto the end of the "D" Axle.

Wet the Right Arm (44) and the inside of an Arm Foam Pad (42) with soapy water. Slide the Pad onto the Arm until it is 6 inches from the handle. Attach the Right Arm to the Swing Arm (48) with an Arm Pin (52) and a Small Cotter Pin (55).

Assemble the Left Arm (45) in the same manner.

9. Attach the two VKR Hooks (40) to the VKR Pad (41) with two Short Bolts (21) and Small Lock Washers (58).

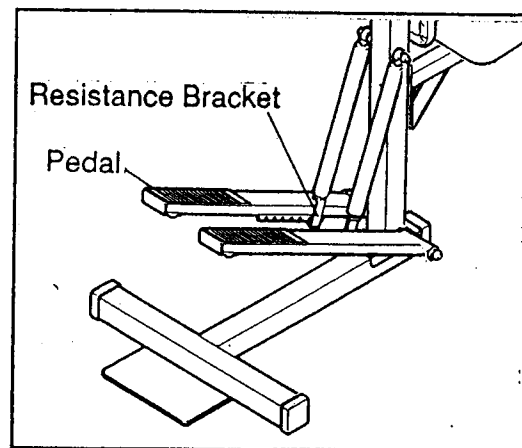


ADJUSTMENT

The stepper features precision resistance cylinders for long life and trouble-free operation; due to the nature of resistance cylinders, it is recommended that the floor underneath the stepper be covered in case of slight oil leakage.

ADJUSTING THE STEPPER RESISTANCE

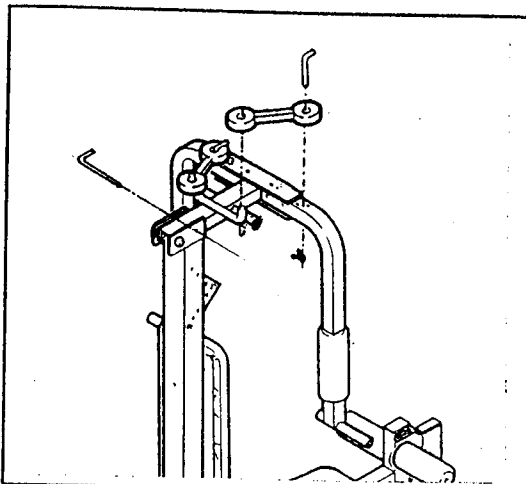
The resistance of the stepper pedals can be changed by moving the resistance brackets. Change the resistance on one pedal at a time. Hold the resistance bracket with one hand and lift the pedal with the other hand. To decrease the resistance, move the bracket closer to the upright; to increase the resistance, move the bracket farther away from the upright. Make sure that the bracket is fully inserted into one of the slots under the pedal. Change the resistance of the other pedal in the same manner, making sure that the resistance brackets are in the same position on both pedals.



WARNING: The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.

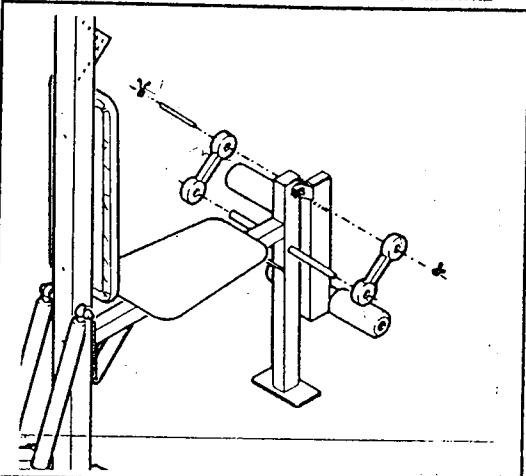
USING THE ARMS

Assemble the arms to the swing arm as described in ASSEMBLY on page 6. Insert the long pull pin through the upright and the swing arm. Slide one end of each weightband that you plan to use onto the posts on the swing arm. Attach the other end of each weightband to the arms with the two short pull pins and retainer springs. See ADJUSTING THE WORKLOAD.



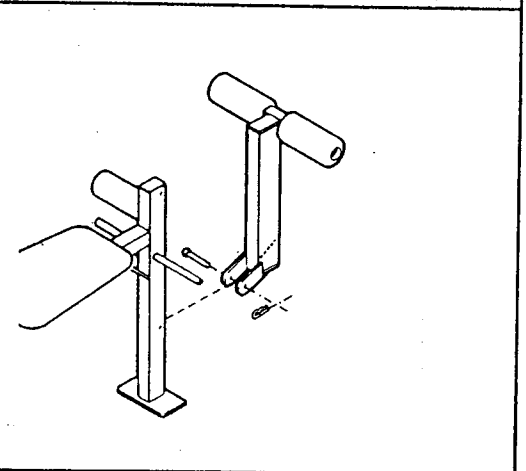
USING THE LEG LEVER

Attach the leg lever to the seat frame as described in ASSEMBLY on page 5. Slide one end of each weightband that you plan to use onto the weightband post. Attach the other end of the weightbands to the leg lever with the leg lever pin and two retainer springs. See ADJUSTING THE WORKLOAD.

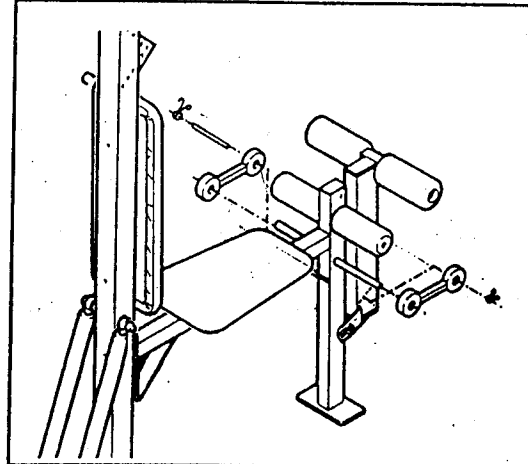


USING THE LEG PRESS

For certain exercises, the leg lever must be attached in the leg press position. While supporting the leg lever, remove the hairpin cotter pin and the leg lever pin. Reattach the leg lever as shown at the right with the leg lever pin and the hairpin cotter pin.

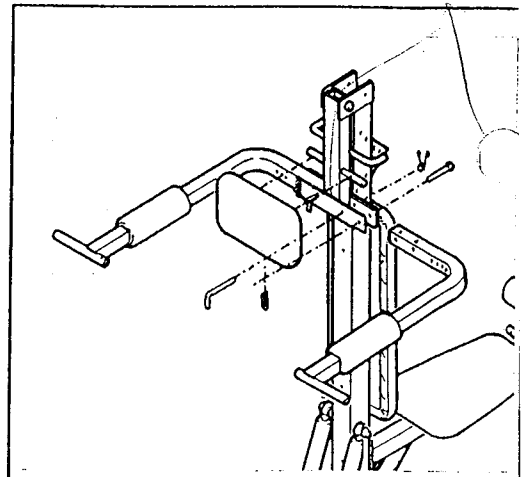


Slide one end of each weightband that you plan to use onto the weightband tube. Attach the other end of the weightbands to the leg lever with the leg lever pin and two retainer springs. See ADJUSTING THE WORKLOAD.



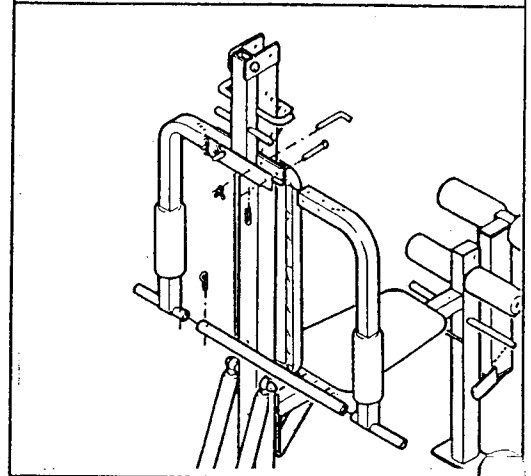
USING THE VKR

Remove the long pull pin securing the swing arm to the upright. While holding the arms, rotate the swing arm to the position shown at the right. Attach the arms to the swing arm as shown. Secure the arms with the two short pull pins and retainer springs. Hook the VKR pad to the swing arm.

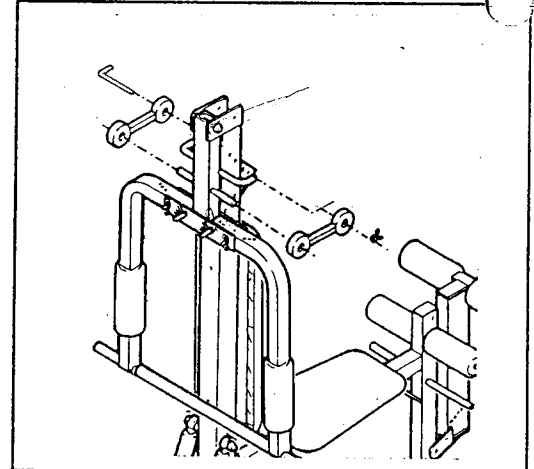


USING THE PRESS/CURL ARM

Remove the long pull pin securing the swing arm to the upright. While holding the arms, rotate the swing arm to the position shown at the right. Attach the arms to the swing arm as shown. Secure the arms with the two short pull pins and retainer springs. Fit the lat bar between the arms and insert the lat bar cotter pin.



Slide one end of the weightbands that you plan to use onto the post on the swing arm. Attach the other end of each weightband to the upright with the long pull pin and a retainer spring. See ADJUSTING THE WORKLOAD.



ADJUSTING THE WORKLOAD

The LIFESTYLER SYSTEM 25 utilizes specially engineered polymer weightbands to create resistance. The key to the effectiveness of the weightbands is variable resistance. As the weightbands are stretched, the resistance increases, working your muscles at their capacity throughout the range of motion.

The press/curl arm and leg lever have several holes where the weightbands can be fastened. The holes are decalced with a range of numbers which indicates a certain amount of weight resistance. Consult the tables below to determine the approximate weight resistance created using the different holes in the press/curl arm and leg lever.

LEG LEVER AND PRESS/CURL ARM RESISTANCE				
HOLE POSITION	1	2	3	4
#1	15	20	25	30
#1-#1	35	45	55	65
#2	30	40	50	60
#1-#2	50	60	75	80
#1-#1-#2	65	80	100	120
#2-#2	60	75	95	120
#1-#2-#2	80	95	120	150
#1-#1-#2-#2	100	120	150	195

In the butterfly position, only one weightband should be attached to each arm. The chart below gives the approximate weight resistance for both weightbands.

BUTTERFLY RESISTANCE				
HOLE POSITION	1	2	3	4
#1 WEIGHTBAND	15	20	25	30
#2 WEIGHTBAND	30	40	50	60

PART LIST—Model No. 831.159201

Rev. 10/92

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	109306	1	Base	32	108734	2	Leg Lever Foam Pad
2	109305	1	Upright	33	108737	1	Leg Lever Pin
3	110577	1	Seat Frame	34	015043	1	Hairpin Cotter Pin
4	109204	3	Base Endcap	35	109318	3	Retainer Spring
5	110225	1	Right Pedal Assembly	36	109695	2	Short Pull Pin
6	110224	1	Left Pedal Assembly	37	109696	1	Long Pull Pin
7	106872	2	Pedal Cover	38	110229	1	"D" Axle
8	109867	2	Pedal Bushing Set	39	103903	2	1/2" Axle Cap
9	109868	2	Pedal Spacer	40	109823	2	VKR Hook
10	103735	2	3/4" Axle Cap	41	106468	1	VKR Pad
11	109871	2	Resistance Cylinder	42	109685	2	Arm Foam Pad
12	109872	4	Cylinder Bushing Set	43	110306	1	Lat Bar Cotter Pin
13	109873	2	Cylinder Spacer	44	110578	1	Right Arm
14	100151	2	5/8" Axle Cap	45	109315	1	Left Arm
15	109692	2	Carriage Bolt	46	109314	1	Lat Bar
16	014156	2	Washer	47	105318	1	Backrest
17	012159	2	Nut	48	109317	1	Swing Arm
18	012108	2	Nylock Nut	49	109309	2	#1 Weightband
19	013184	2	Backrest Bolt	50	107317	2	Large #1 Wt. Hub
20	104049	2	Seat Frame Bolt	51	109689	2	Small #1 Wt. Hub
21	013456	4	Short Bolt	52	109693	2	Arm Pin
22	013498	1	Long Seat Bolt	53	109310	2	#2 Weightband
23	105376	1	Seat	54	110468	2	Lock Washer
24	108741	1	Seat Frame Endcap	55	109694	2	Small Cotter Pin
25	111132	1	Leg Lever Pin	56	107319	2	Large #2 Wt. Hub
26	013512	1	Screw	57	109690	2	Small #2 Wt. Hub
27	108697	1	Weightband Tube	58	014062	7	Small Lock Washer
28	108726	1	Foam Pad Tube	#	110499	1	Owner's Manual
29	103805	2	Foam Pad	#	109698	1	Exercise Manual
30	108635	1	Leg Lever	#	104838	1	Grease
31	108742	2	Leg Lever Endcap				

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

ORDERING REPLACEMENT PARTS

Each LIFESTYLER SYSTEM 25 has its own MODEL NUMBER. Always mention the MODEL NUMBER when requesting service or repair parts for your LIFESTYLER SYSTEM 25.

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 (831.159201).
2. The NAME of the product (SEARS® LIFESTYLER SYSTEM 25).
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."

SOLD BY SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

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 this system is used in a normal manner.

This warranty does not apply when this system 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. 817WA,
3333 BEVERLY ROAD, HOFFMAN ESTATES, IL 60179**