

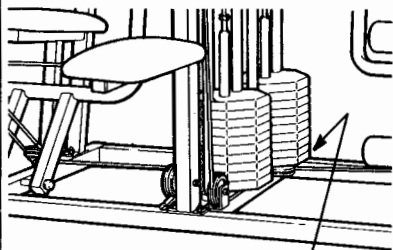
SEARS®

Model No. 831.159330

Serial No. _____

The serial number can be found
in the location shown below.

Write the serial number in the
space above.



Serial Number Decal

CAUTION!

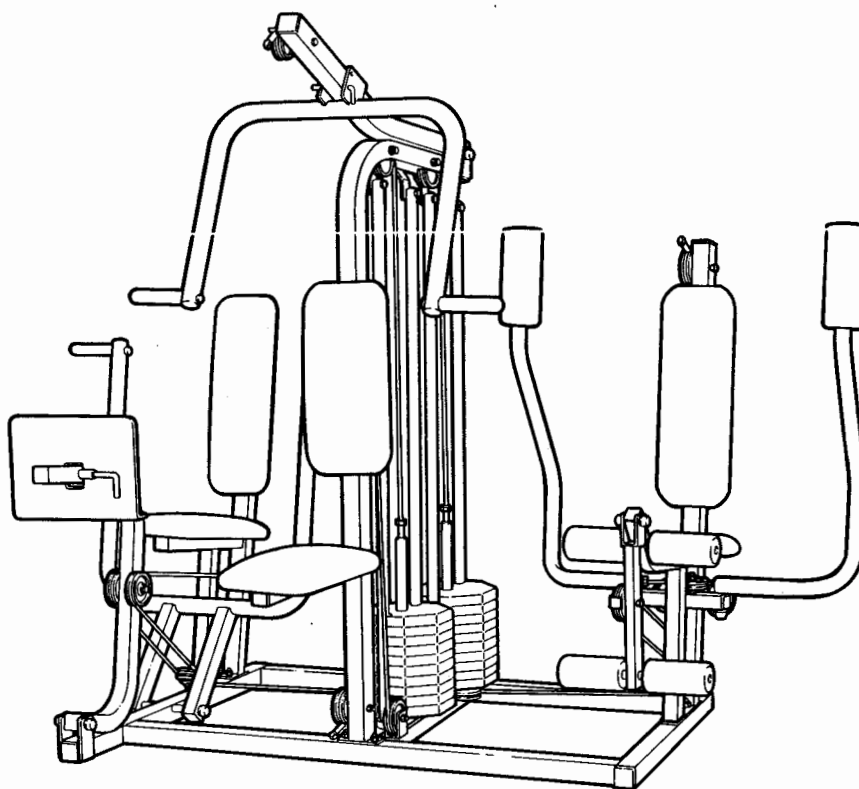
Read all safety precautions and instructions in this owner's manual and in the accompanying literature before using this equipment. Keep this owner's manual in a safe place for future reference.

Lifestyler® SYSTEM CXT

COMPACT TRAINING SYSTEM

35+ EXERCISES

200 LBS CAST IRON



OWNER'S MANUAL

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IMPORTANT SAFETY PRECAUTIONS

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

1. Read all instructions in this owner's manual and in the accompanying literature before using the compact training system. Use the compact training system only as described.
2. Inspect and properly tighten all parts of the compact training system each time you exercise. Replace any worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Always wear athletic shoes for foot protection.
4. Keep small children away from the compact training system at all times.
5. Never release the butterfly arms, leg lever, military press arm, bench press arm, leg press plate, lat bar or strap while weights are raised. The weights will fall with great force.
6. Make sure that the cables remain on the pulleys as you use the compact training system.
7. When attaching the seat bracket to the compact training system, make sure that the seat bracket is fully seated on the clevis pin.
8. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

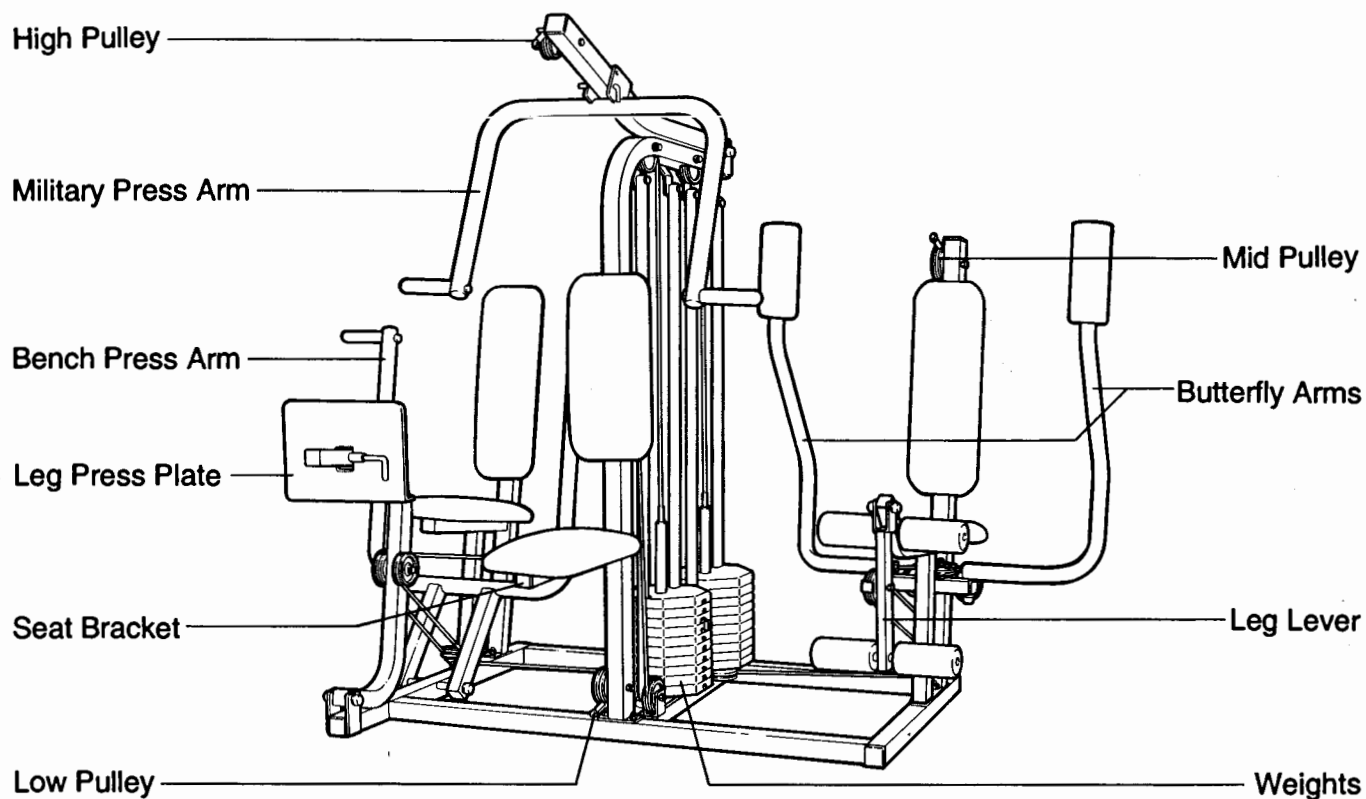
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. SEARS assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Congratulations for selecting the SEARS LIFESTYLER® SYSTEM CXT compact training system. The innovative LIFESTYLER SYSTEM CXT offers an impressive array of weight training exercises to let you develop every major muscle group of the body. Whether your goal is improved cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the LIFESTYLER SYSTEM CXT will help you to achieve the specific results you want.

For your safety and benefit, read this owner's manual and the accompanying literature before using the LIFESTYLER SYSTEM CXT. 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 is 831.159330. The serial number can be found on a decal attached to the LIFESTYLER SYSTEM CXT (see the front cover of this owner's manual for the location of the decal).

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



ASSEMBLY

Assembly requires two people and will take about four hours. Due to the weight of the compact training system, it should be assembled in the place where it will be used. Place all parts of the compact training system in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed. As you assemble the compact training system, read each step and examine each drawing carefully. **Make sure that all parts are oriented as shown in the drawings.** Refer to the PART CHART accompanying this owner's manual for help identifying the small parts used in assembly.

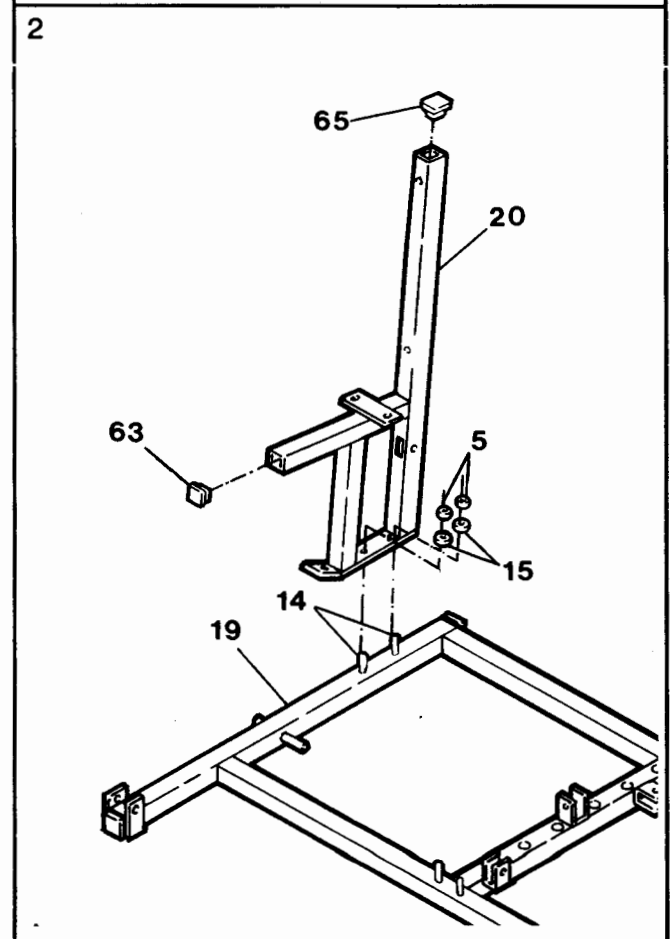
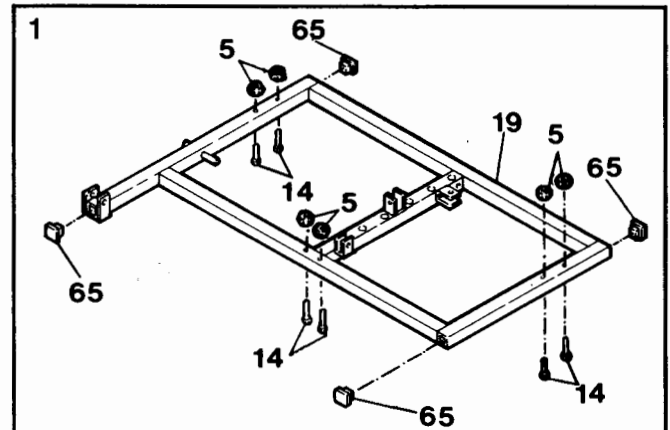
The following tools (not included) are required for assembly: two 8" adjustable wrenches, two hammers and a phillips screwdriver. Grease and a small bowl of soapy water are also required.

1. Press four 2" Square Caps (65) into the Base (19).

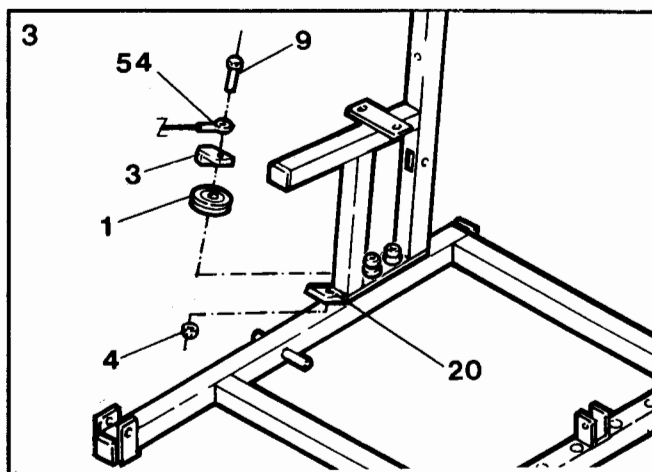
Insert the six $\frac{3}{8}$ " x 2 $\frac{1}{2}$ " Carriage Bolts (14) up through the indicated holes in the Base (19). Finger tighten six $\frac{3}{8}$ " Nuts (5) onto the Carriage Bolts. Lay the Base on the floor as shown. Remove the Nuts from the Carriage Bolts.

2. Press one 2" Square Cap (65) and one 1 $\frac{1}{2}$ " Square Cap (63) into the Press Frame (20).

Slide the Press Frame (20) onto the two indicated $\frac{3}{8}$ " x 2 $\frac{1}{2}$ " Carriage Bolts (14) in the Base (19). Attach the Press Frame with two $\frac{3}{8}$ " Lock Washers (15) and $\frac{3}{8}$ " Nuts (5). Make sure that the heads of the Carriage Bolts are flush against the Base.



3. Slide one end of the 265" Cable (54) onto a 3/8" x 2" Bolt (9). (The 265" Cable is the long Cable that has an eyelet on one end, and is threaded on the other end.) Slide a Cable Trap (3) and a Small Pulley (1) onto the Bolt. Insert the Bolt through the indicated bracket on the Press Frame (20) and tighten a 3/8" Nylock Nut (4) onto the Bolt. **IMPORTANT: As you attach each of the Pulleys in assembly steps 3–43, be careful not to overtighten the Nylock Nuts.**



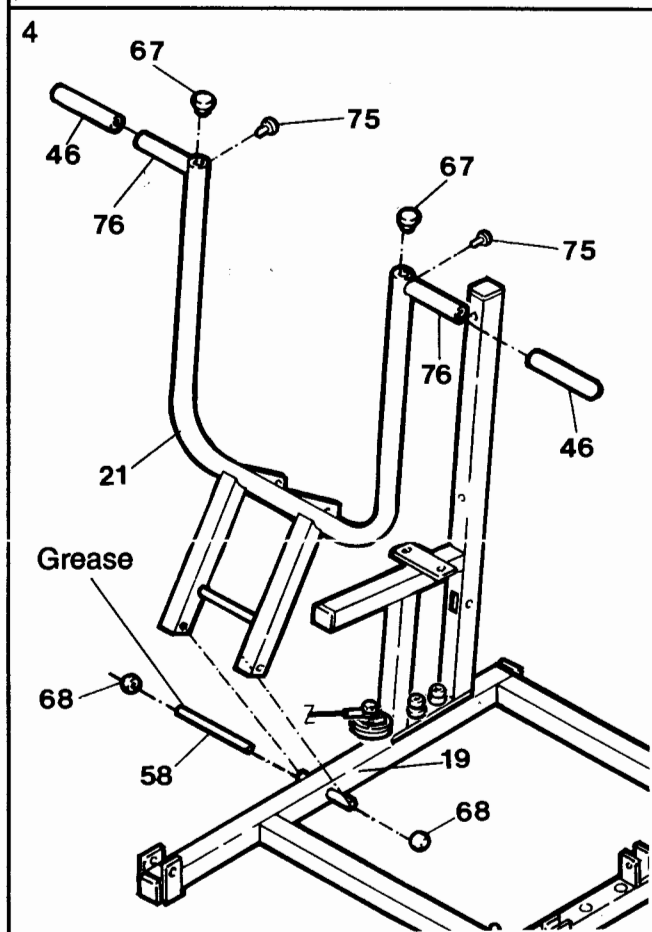
4. Press two 1 3/4" Round Caps (67) into the upper end of the Bench Press Arm (21).

Insert a Handle (76) into one side of the Bench Press Arm (21). Turn the Handle so the small hole near the end of the Handle is aligned with the hole in the Bench Press Arm. Attach the Handle with a 3/4" Screw (75).

Attach a Handle (76) to the other side of the Bench Press Arm (21) in the same manner.

Wet both Handles (76) with soapy water. Slide a Grip (46) onto each Handle.

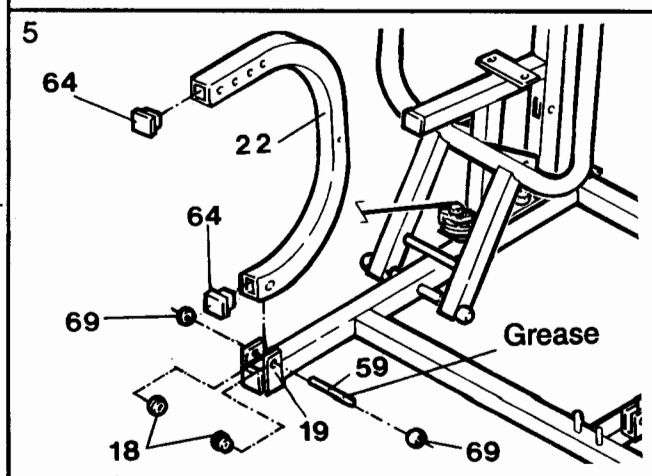
Tap a 1/2" Plastic Cap (68) onto one end of the 1/2" x 10" Axle (58). Apply a small amount of grease to the Axle. Align the lower end of the Bench Press Arm (21) with the indicated tube on the Base (19). Insert the Axle through the Bench Press Arm and the Base. While holding one hammer against the 1/2" Plastic Cap (68) on the Axle, tap another 1/2" Plastic Cap (68) onto the Axle.



5. Press the two 1 3/4" Square Caps (64) into the Leg Press Lever (22).

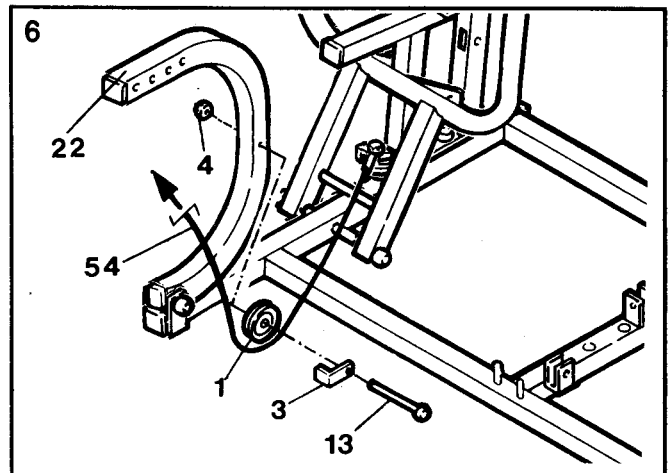
Press two 3/4" Bushings (18) into the indicated bracket on the Base (19).

Tap a 3/4" Plastic Cap (69) onto one end of the 3/4" x 3 1/2" Axle (59). Apply a small amount of grease to the Axle. Align the lower end of the Leg Press Lever (22) with the bracket on the Base (19). Insert the Axle through the Leg Press Lever and the 3/4" Bushings (18) in the Base. While holding one hammer against the 3/4" Plastic Cap (69) on the Axle, tap another 3/4" Plastic Cap (69) onto the Axle.



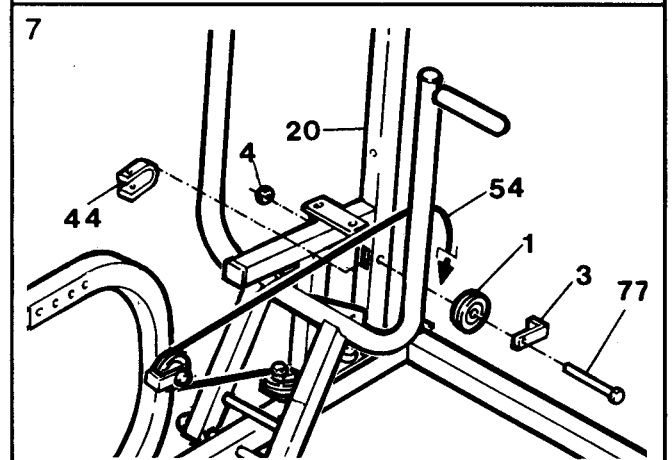
6. Slide a Cable Trap (3) and a Small Pulley (1) onto a $\frac{3}{8}$ " x $4\frac{1}{2}$ " Bolt (13). Route the 265" Cable (54) up around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley.

Insert the $\frac{3}{8}$ " x $4\frac{1}{2}$ " Bolt (13) through the indicated hole in the Leg Press Lever (22). Finger tighten a $\frac{3}{4}$ " Nylock Nut (4) onto the Bolt.



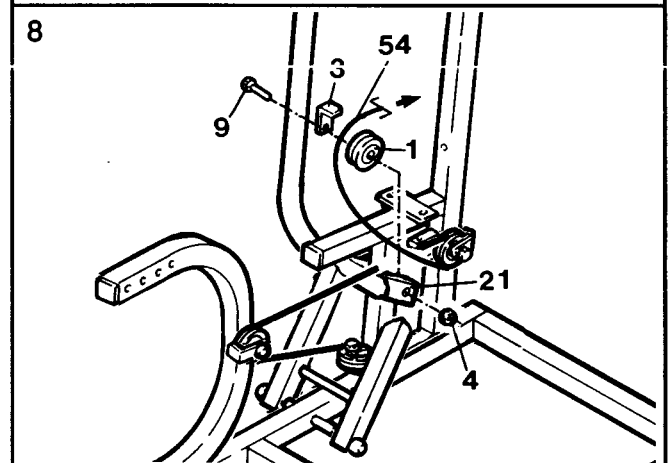
7. Slide a Cable Trap (3) and a Small Pulley (1) onto a $\frac{3}{8}$ " x 5" Bolt (77). Route the 265" Cable (54) down around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley.

Hold the "U" Bracket (44) inside the opening in the Press Frame (20). Insert the $\frac{3}{8}$ " x 5" Bolt (77) through the indicated hole in the Press Frame. The Bolt should hold the "U" Bracket in the Press Frame. Finger tighten a $\frac{3}{4}$ " Nylock Nut (4) onto the Bolt.

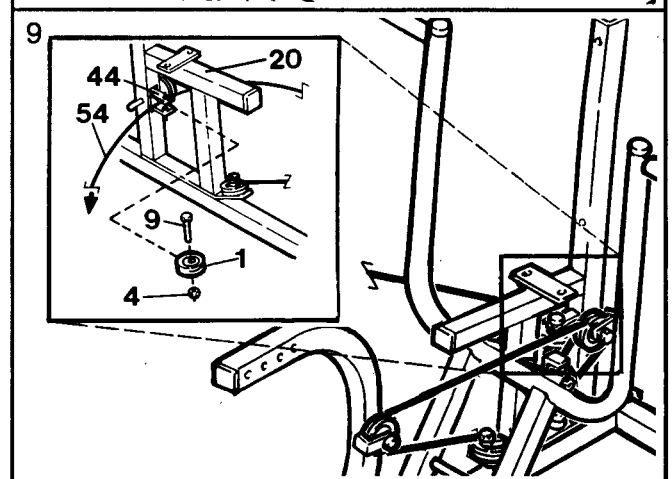


8. Slide a Cable Trap (3) and a Small Pulley (1) onto a $\frac{3}{8}$ " x 2" Bolt (9). Route the 265" Cable (54) up around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley.

Insert the $\frac{3}{8}$ " x 2" Bolt (9) through the indicated bracket on the Bench Press Arm (21). Tighten a $\frac{3}{8}$ " Nylock Nut (4) onto the Bolt.

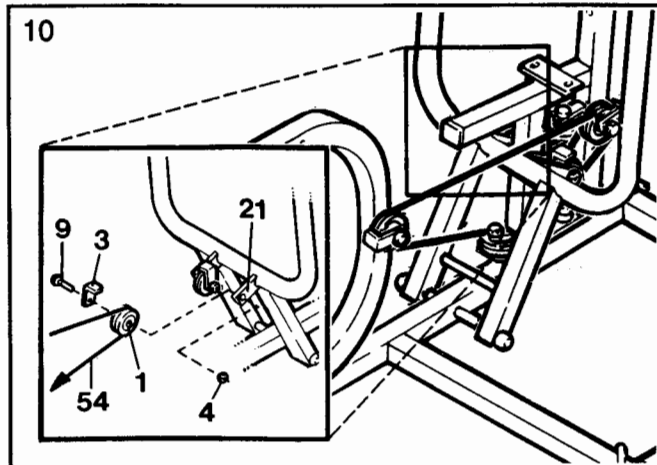


9. Route the 265" Cable (54) through the "U" Bracket (44) in the Press Frame (20). Attach a Small Pulley (1) to the "U" Bracket with a $\frac{3}{8}$ " x 2" Bolt (9) and $\frac{3}{8}$ " Nylock Nut (4).

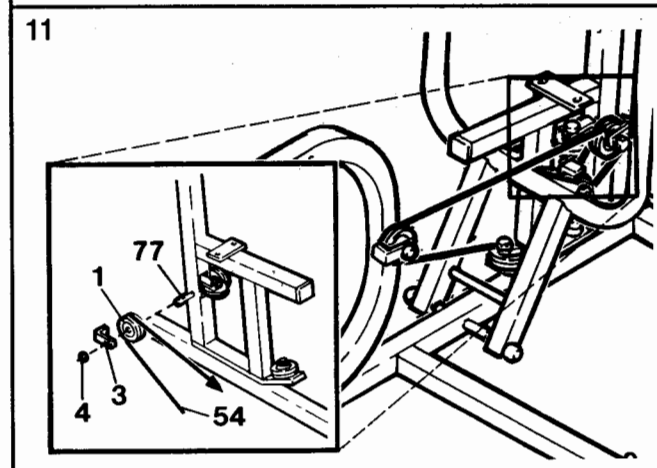


10. Slide a Cable Trap (3) and a Small Pulley (1) onto a 3/8" x 2" Bolt (9). Route the 265" Cable (54) down around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley.

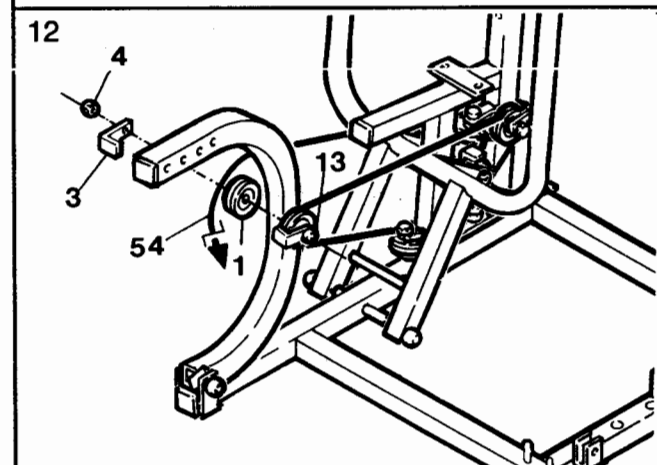
Insert the 3/8" x 2" Bolt (9) through the indicated bracket on the Bench Press Arm (21). Tighten a 3/8" Nylock Nut (4) onto the Bolt.



11. Remove the 3/8" Nylock Nut (4) from the indicated 3/8" x 5" Bolt (77). (This is the Bolt that was used in assembly step 7.) Slide a Small Pulley (1) and a Cable Trap (3) onto the Bolt. Route the 265" Cable (54) up around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley. Tighten the 3/8" Nylock Nut (4) onto the Bolt.

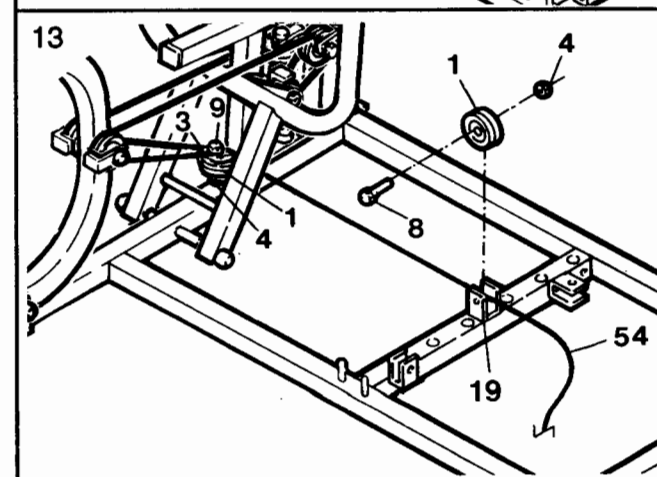


12. Remove the 3/8" Nylock Nut (4) from the indicated 3/8" x 4 1/2" Bolt (13). (This is the Bolt that was used in assembly step 6.) Slide a Small Pulley (1) and a Cable Trap (3) onto the Bolt. Route the 265" Cable (54) down around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley. Tighten the 3/8" Nylock Nut (4) onto the Bolt.



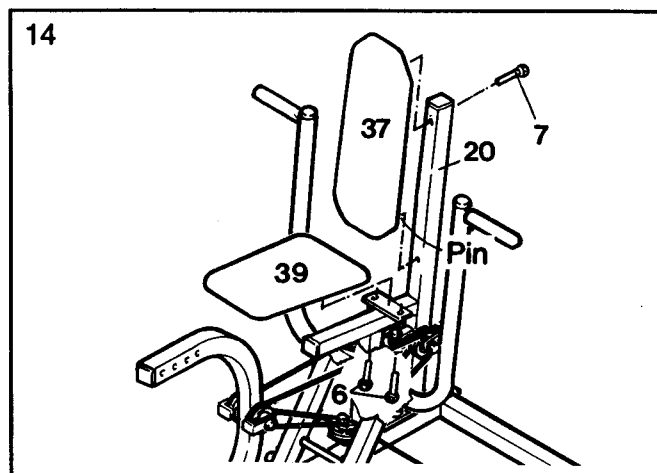
13. Loosen the 3/8" Nylock Nut (4) on the indicated 3/8" x 2" Bolt (9). Route the 265" Cable (54) around the Small Pulley (1). Make sure that the Cable is between the Cable Trap (3) and the Small Pulley. Tighten the 3/8" Nylock Nut.

Route the 265" Cable (54) through the indicated bracket on the Base (19). Attach a Small Pulley (1) to the bracket with a 3/8" x 1 3/4" Bolt (8) and 3/8" Nylock Nut (4).

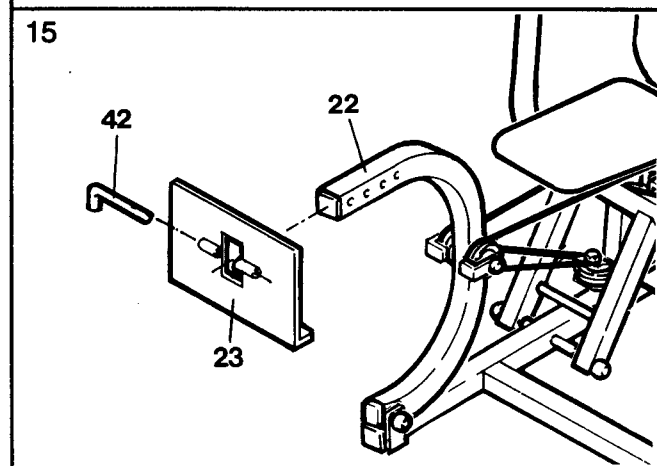


14. Attach a Seat (39) to the Press Frame (20) with two 1/4" x 3/4" Bolts (6).

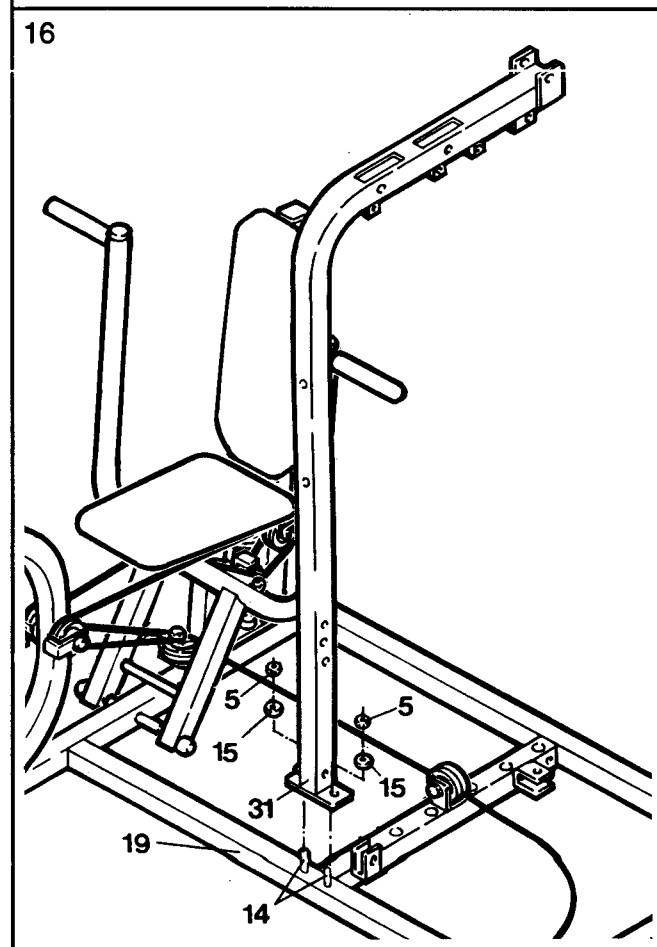
Snap the plastic pin on the lower end of the Large Backrest (37) into the lower hole in the Press Frame (20). Attach the upper end of the Large Backrest to the Frame with a 1/4" x 2 1/2" Bolt (7).



15. Slide the Leg Press Plate (23) onto the Leg Press Lever (22) as shown. Align the tubes on the Leg Press Plate with one of the four holes in the Leg Press Lever. Insert the 8" "L" Pin (42) through the Leg Press Plate and the Leg Press Lever.



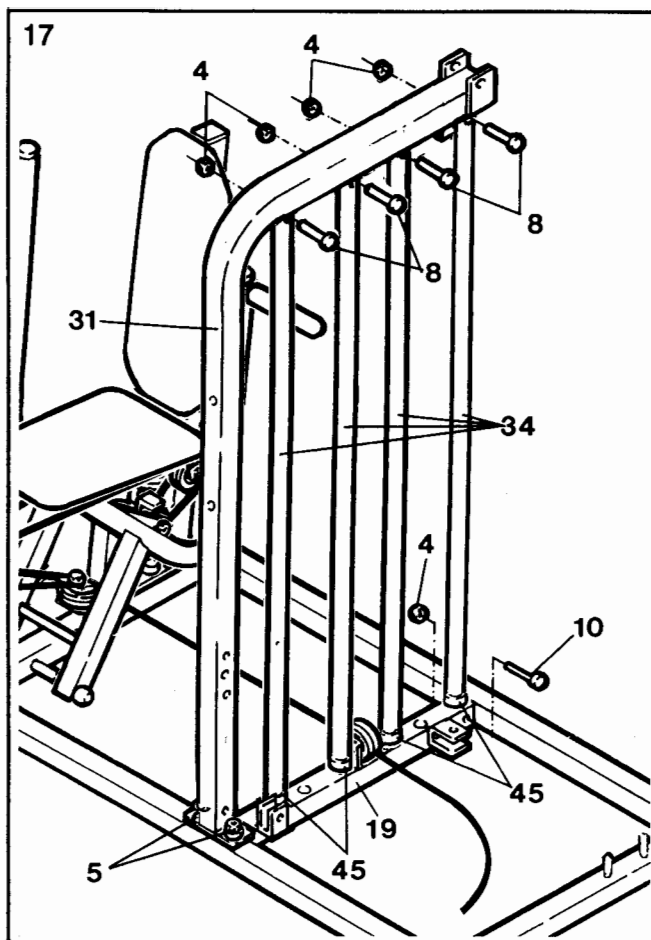
16. Slide the Weight Upright (31) onto the two indicated 3/8" x 2 1/2" Carriage Bolts (14) in the Base (19). Attach the Weight Upright with two 3/8" Lock Washers (15) and 3/8" Nuts (5). Make sure that the heads of the Carriage Bolts are flush against the Base. Do not fully tighten the Nuts yet.



17. Slide the four Bumpers (45) onto the four Weight Guides (34).

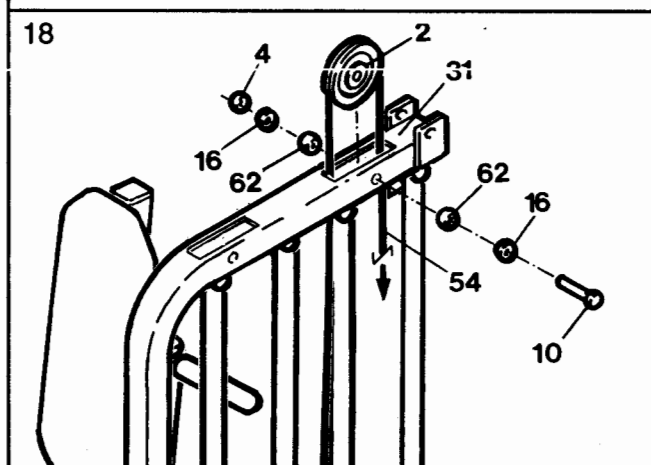
Insert the Weight Guides (34) into the indicated holes in the Base (19). Attach the upper ends of the Weight Guides to the brackets on the Weight Upright (31) with 3/8" x 1 3/4" Bolts (8) and 3/8" Nylock Nuts (4). Attach the lower end of the indicated Weight Guide to the Base with a 3/8" x 2 3/4" Bolt (10) and 3/8" Nylock Nut (4).

Tighten the 3/8" Nuts (5) at the lower end of the Weight Upright (31).



18. Slide a 3/8" Flat Washer (16) and a Spacer (62) onto a 3/8" x 2 3/4" Bolt (10).

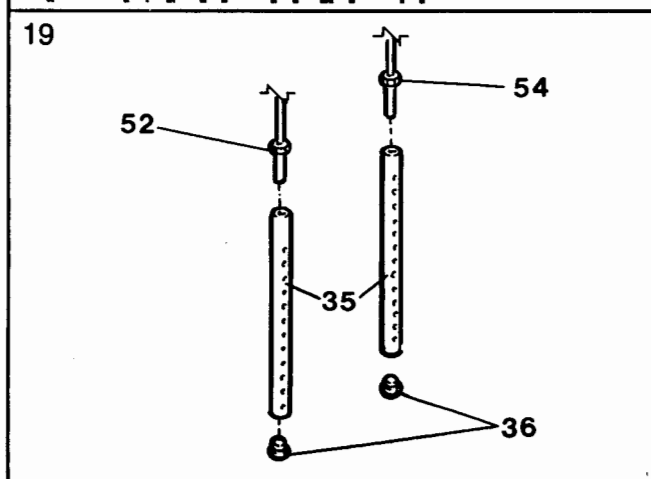
Insert the 265" Cable (54) up through the Weight Upright (31) and over a Large Pulley (2) as shown. Hold the Large Pulley inside the Weight Upright. Insert the 3/8" x 2 3/4" Bolt (10) through the Weight Upright and the Large Pulley. Slide a Spacer (62) and 3/8" Flat Washer (16) onto the Bolt. Tighten a 3/8" Nylock Nut (4) onto the Bolt.



19. Thread the end of the 265" Cable (54) into one of the Weight Tubes (35) until about half of the threads are inside of the Weight Tube.

Thread the end of the 125" Cable (52) into the other Weight Tube (35) in the same manner.

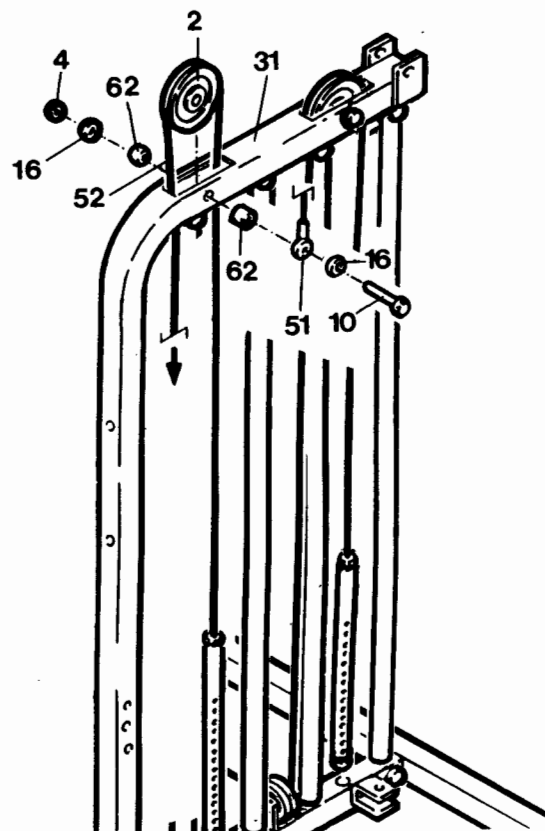
Press a Weight Tube Cap (36) into the lower end of each Weight Tube (35).



20. Slide a 3/8" Flat Washer (16), one end of the 17" Cable (51) and a Spacer (62) onto a 3/8" x 2 3/4" Bolt (10).

Insert the 125" Cable (52) up through the Weight Upright (31) and over a Large Pulley (2) as shown. Hold the Large Pulley inside the Weight Upright. Insert the 3/8" x 2 3/4" Bolt (10) through the Weight Upright and the Large Pulley. Slide a Spacer (62) and 3/8" Flat Washer (16) onto the Bolt. Tighten a 3/8" Nylock Nut (4) onto the Bolt.

20

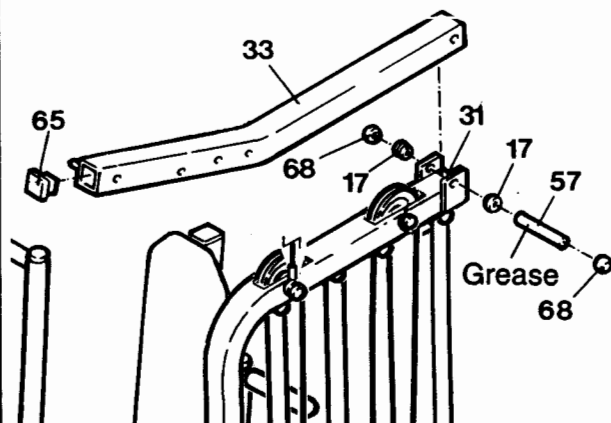


21. Press a 2" Square Cap (65) into the Military Press Lever (33).

Press two 1/2" Bushings (17) into the indicated bracket on the Weight Upright (31).

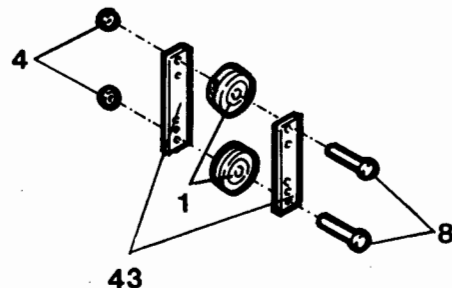
Tap a 1/2" Plastic Cap (68) onto one end of the 1/2" x 3 1/2" Axle (57). Apply a small amount of grease to the Axle. Align the end of the Military Press Lever (33) with the bracket on the Weight Upright (31). Insert the Axle through the Weight Upright and the 1/2" Bushings (17) in the Military Press Lever. While holding one hammer against the 1/2" Plastic Cap (68) on the Axle, tap another 1/2" Plastic Cap (68) onto the Axle.

21



22. Attach two Small Pulleys (1) to the two "I" Plates (43) with 3/8" x 1 3/4" Bolts (8) and 3/8" Nylock Nuts (4). Make sure that the Bolts are through the holes in the ends of the "I" Plates.

22



23. Insert the 125" Cable (52) through the "I" Plates (43). The ends of the "I" Plates with the three holes should be downward.

Slide a Cable Trap (3) and a Small Pulley (1) onto a 3/8" x 4" Bolt (12). Route the 125" Cable (52) over the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley.

Insert the 3/8" x 4" Bolt (12) through the indicated hole in the Military Press Lever (33). Slide the end of the 17" Cable (51) and a 3/8" Flat Washer (16) onto the Bolt. Tighten a 3/8" Nylock Nut (4) onto the Bolt.

24. Lay the 125" Cable (52) over a Small Pulley (1). Attach the Small Pulley to the end of the Military Press Lever (33) with a 3/8" x 3 1/2" Bolt (11) and 3/8" Nylock Nut (4). **Make sure that the Cable is between the Indicated pin and the Small Pulley.**

25. Press two 1 3/4" Round Caps (67) into the lower end of the Military Press Arm (32).

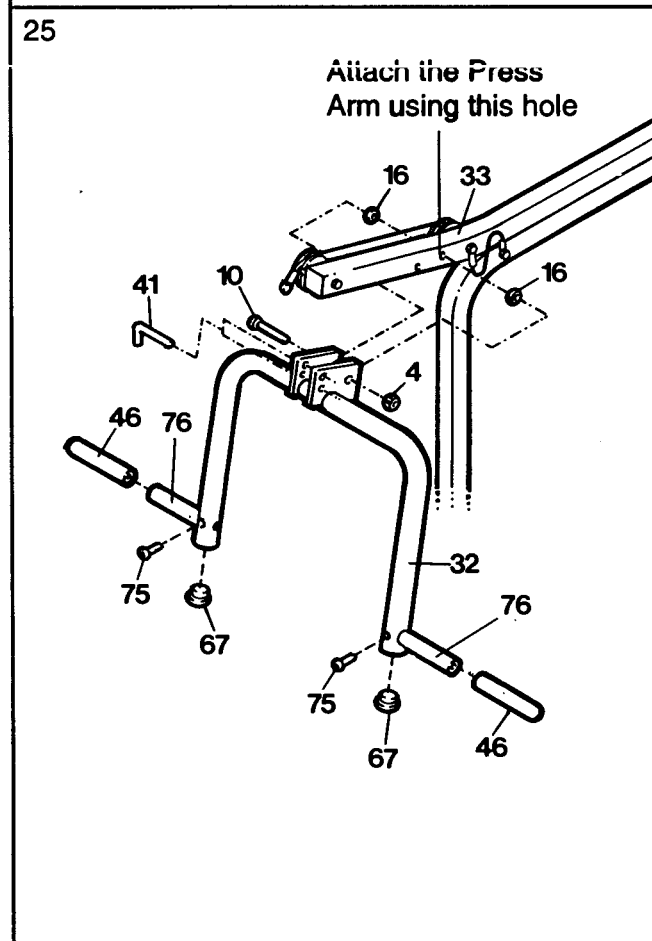
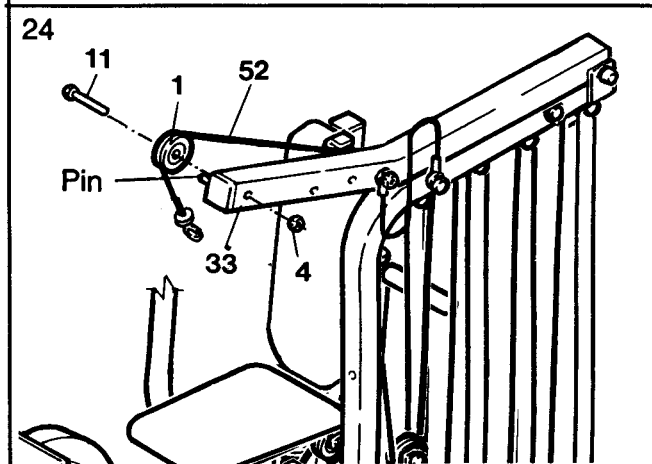
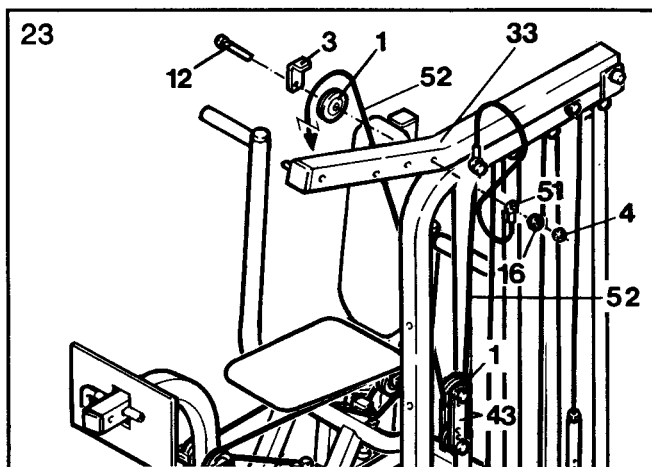
Insert a Handle (76) into one side of the Military Press Arm (32). Turn the Handle so the small hole near the end of the Handle is aligned with the hole in the Military Press Arm. Attach the Handle with a 3/4" Screw (75).

Attach a Handle (76) to the other side of the Military Press Arm (32) in the same manner.

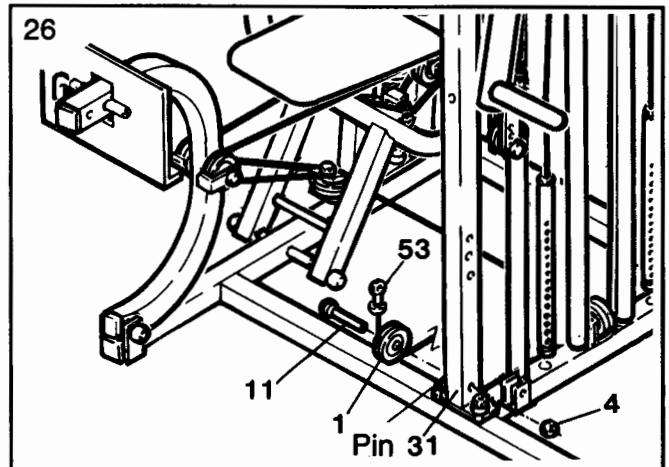
Wet both Handles (76) with soapy water. Slide a Grip (46) onto each Handle.

Attach the Military Press Arm (32) to the Military Press Lever (33) with a 3/8" x 2 3/4" Bolt (10), two 3/8" Flat Washers (16) and a 3/8" Nylock Nut (4). Make sure that the Bolt is inserted through the indicated holes, and that the Flat Washers are between the Military Press Arm and the Military Press Lever.

Pivot the Military Press Arm (32) until one of the holes in the Military Press Arm is aligned with the hole in the Military Press Lever (33). Insert the 4 1/4" "L" Pin (41) through the Military Press Arm and the Military Press Lever.

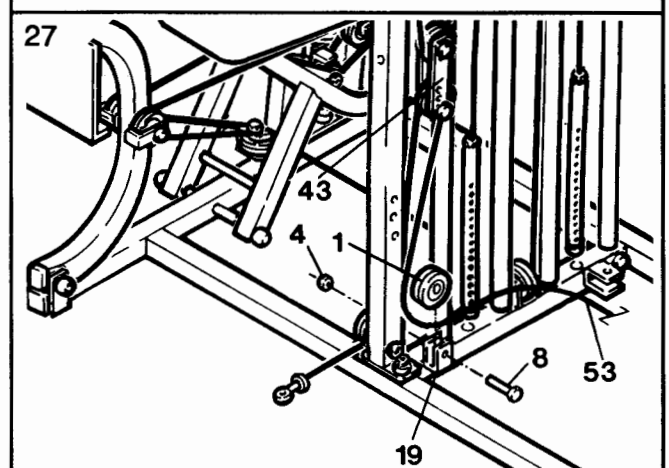


26. Route the 258" Cable (53) under a Small Pulley (1). Attach the Small Pulley to the lower end of the Weight Upright (31) with a 3/8" x 3 1/2" Bolt (11) and 3/8" Nylock Nut (4). **Make sure that the Cable is between the indicated pin and the Small Pulley.**

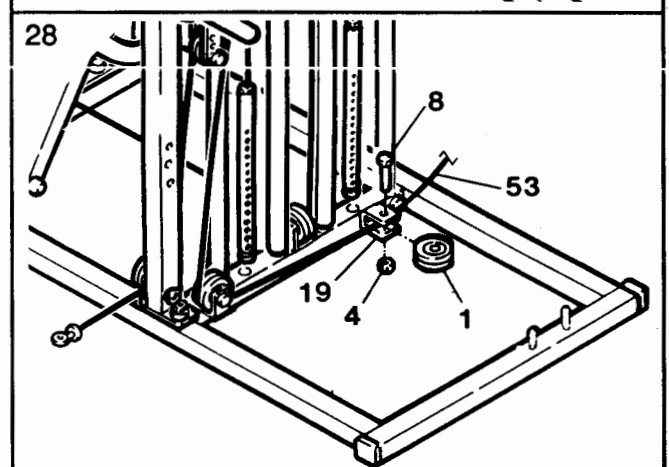


27. Insert the 258" Cable (53) through the "I" Plates (43) as shown.

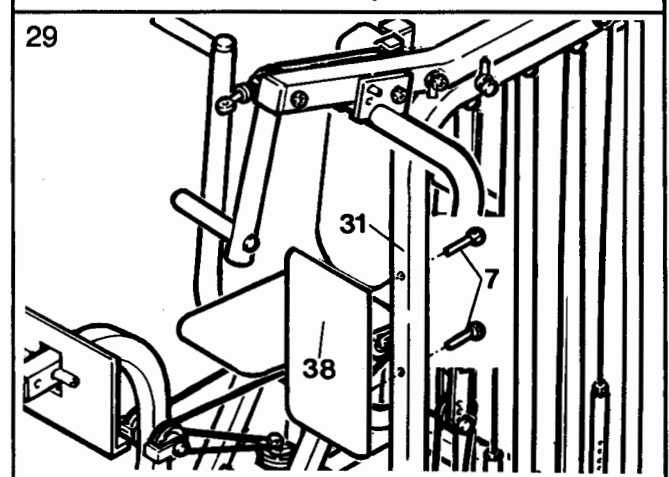
Route the 258" Cable (53) under a Small Pulley (1). Attach the Small Pulley to the indicated bracket on the Base (19) with a 3/8" x 1 3/4" Bolt (8) and 3/8" Nylock Nut (4).



28. Route the 258" Cable (53) through the indicated bracket on the Base (19). Attach a Small Pulley (1) to the bracket with a 3/8" x 1 3/4" Bolt (8) and 3/8" Nylock Nut (4).



29. Attach the Small Backrest (38) to the Weight Upright (31) with two 1/4" x 2 1/2" Bolts (7).



30. Insert the Clevis Pin (60) through one of the three holes in the Weight Upright (31). Insert the Hairpin Cotter (61) through the Clevis Pin. Note: The Clevis Pin is very similar to the Leg Lever Axle (not shown). If the Hairpin Cotter does not fit, then you have mistaken the Leg Lever Axle for the Clevis Pin.

Press a 1 1/2" Square Cap (63) into the Seat Bracket (30).

Attach a Seat (39) to the Seat Bracket (30) with two 1/4" x 3/4" Bolts (6). Slide the Seat Bracket onto the Clevis Pin (60). **WARNING: Make sure that the Seat Bracket is fully seated on the Clevis Pin.**

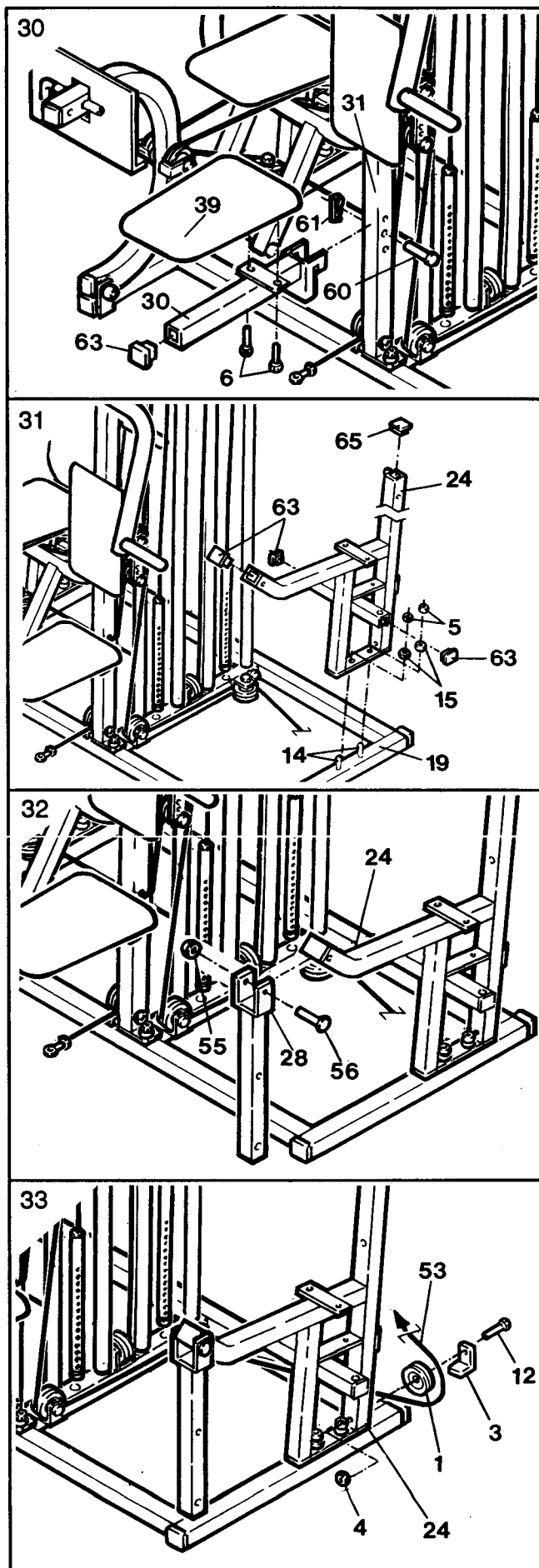
31. Press one 2" Square Cap (65) and three 1 1/2" Square Caps (63) into the Butterfly Frame (24).

Slide the Butterfly Frame (24) onto the two indicated 3/8" x 2 1/2" Carriage Bolts (14) in the Base (19). Attach the Butterfly Frame with two 3/8" Lock Washers (15) and 3/8" Nuts (5). Make sure that the heads of the Carriage Bolts are flush against the Base.

32. Align the upper end of the Leg Lever (28) with the indicated hole in the Butterfly Frame (24). Insert the Leg Lever Axle (56) through the Leg Lever and the Butterfly Frame. While holding one hammer against the Leg Lever Axle, tap the 1/2" Hat Cap (55) onto the Leg Lever Axle.

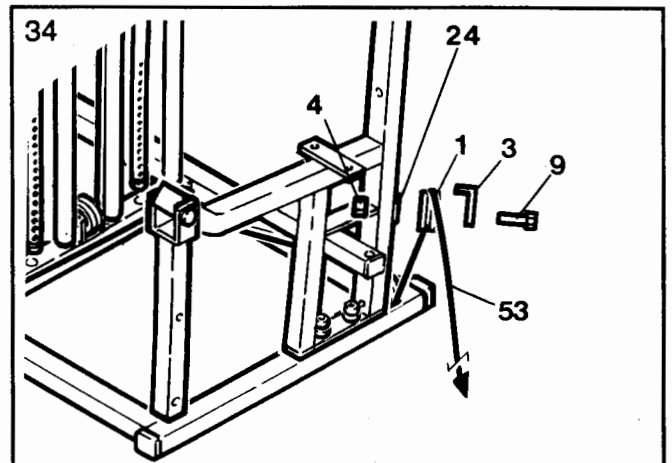
33. Slide a Cable Trap (3) and a Small Pulley (1) onto a 3/8" x 4" Bolt (12). Route the 258" Cable (53) up around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley.

Insert the 3/8" x 4" Bolt (12) through the indicated hole in the Butterfly Frame (24). Tighten a 3/8" Nylock Nut (4) onto the Bolt.



34. Slide a Cable Trap (3) and a Small Pulley (1) onto a 3/8" x 2" Bolt (9). Route the 258" Cable (53) over the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley.

Insert the 3/8" x 2" Bolt (9) through the indicated bracket on the Butterfly Frame (24). Tighten a 3/8" Nylock Nut (4) onto the Bolt.



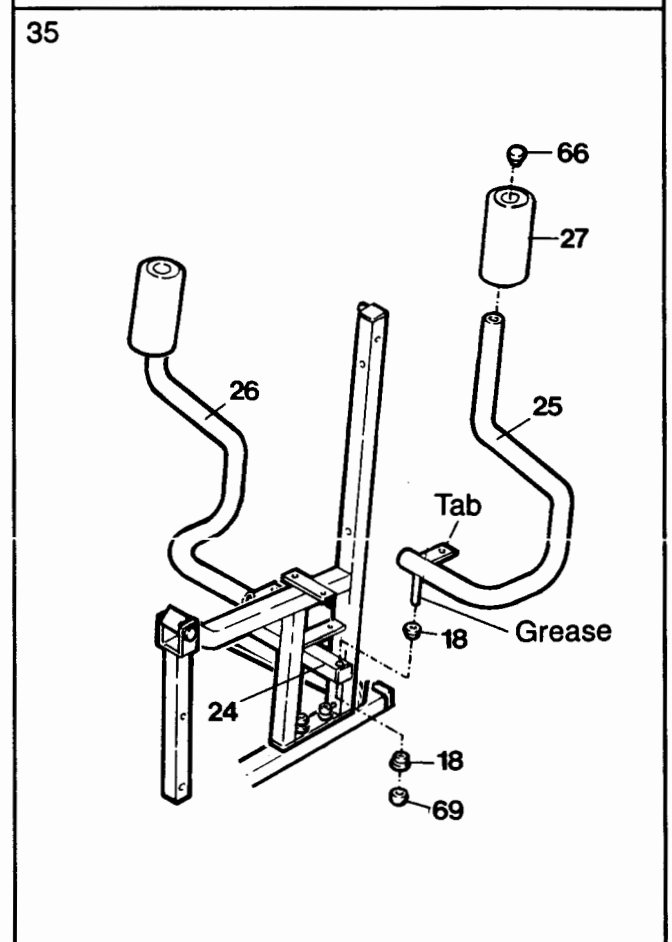
35. Press four 3/4" Bushings (18) into the Butterfly Frame (24) as shown.

Apply a small amount of grease to the pin on the lower end of the Left Butterfly Arm (25). Insert the pin through the 3/4" Bushings (18) in the Butterfly Frame (24). Make sure that the tab is on the side shown. Tap a 3/4" Plastic Cap (69) onto the pin.

Attach the Right Butterfly Arm (26) to the Butterfly Frame (24) in the same manner.

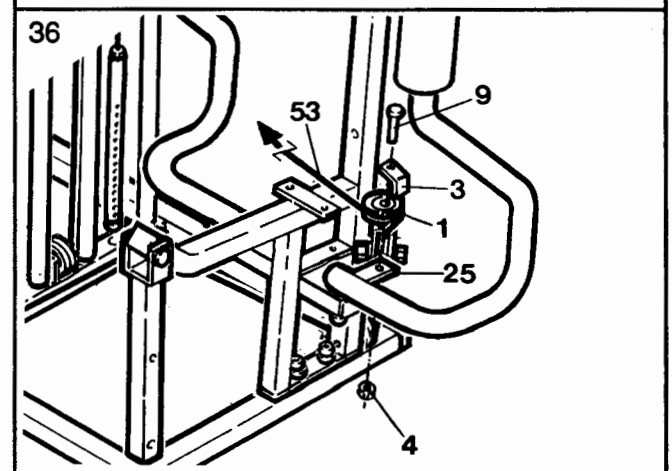
Wet the upper ends of the Butterfly Arms (25, 26) with soapy water. Slide a Large Pad (27) onto each Butterfly Arm.

Press the 1 1/2" Round Caps (66) into the upper ends of the Butterfly Arms (25, 26).

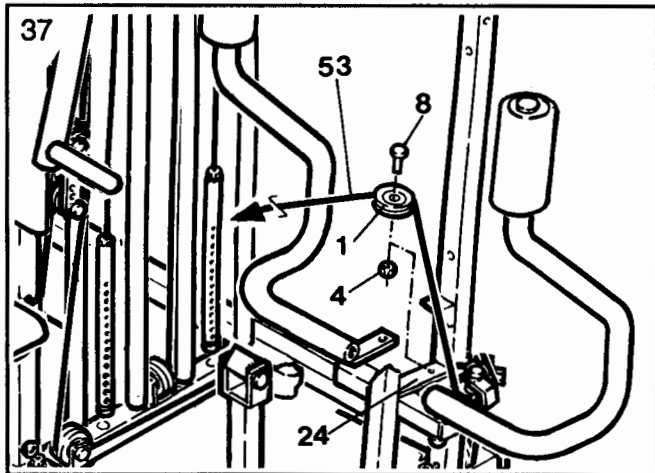


36. Slide a Cable Trap (3) and a Small Pulley (1) onto a 3/8" x 2" Bolt (9). Route the 258" Cable (53) around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley.

Insert the 3/8" x 2" Bolt (9) through the indicated bracket on the Left Butterfly Arm (25). Tighten a 3/8" Nylock Nut (4) onto the Bolt.

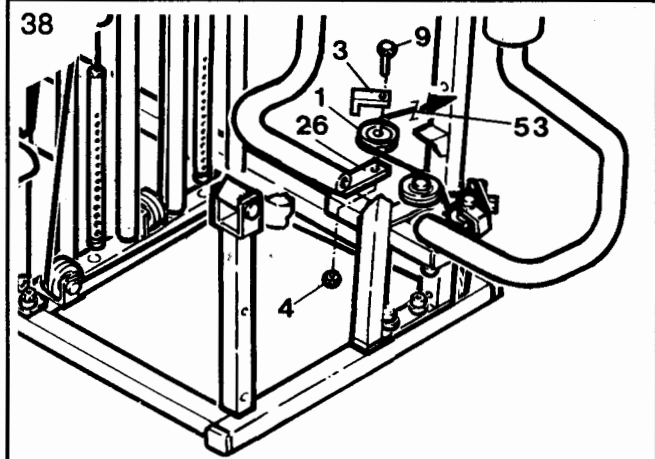


37. Route the 258" Cable (53) around a Small Pulley (1). Attach the Small Pulley to the Butterfly Frame (24) with a 3/8" x 1 3/4" Bolt (8) and 3/8" Nylock Nut (4). Make sure that the Bolt is through the indicated hole.



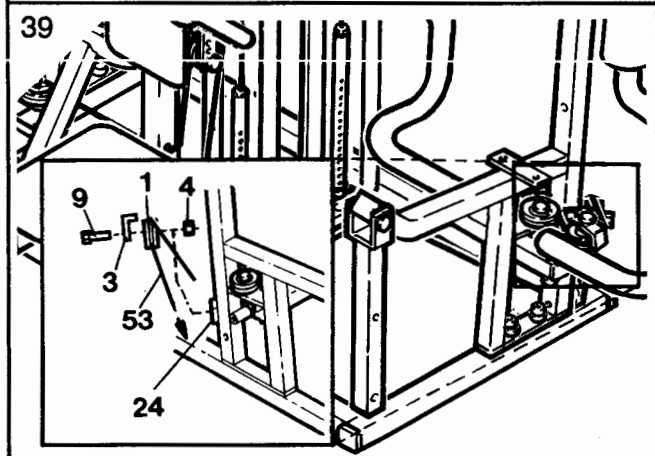
38. Slide a Cable Trap (3) and a Small Pulley (1) onto a 3/8" x 2" Bolt (9). Route the 258" Cable (53) around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley.

Insert the 3/8" x 2" Bolt (9) through the indicated bracket on the Right Butterfly Arm (26). Tighten a 3/8" Nylock Nut (4) onto the Bolt.



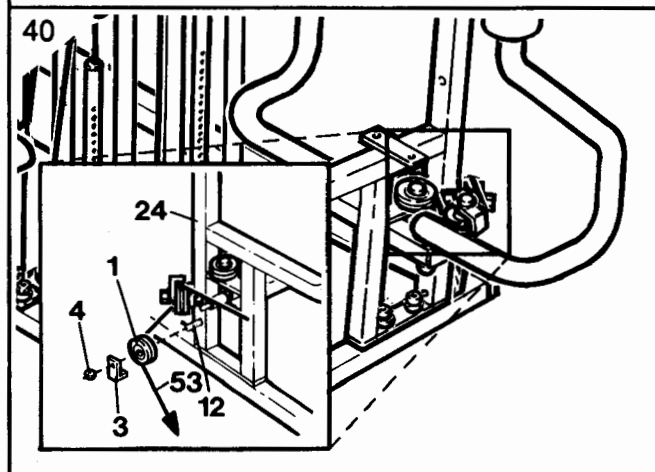
39. Slide a Cable Trap (3) and a Small Pulley (1) onto a 3/8" x 2" Bolt (9). Route the 258" Cable (53) down around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley.

Insert the 3/8" x 2" Bolt (9) through the indicated bracket on the Butterfly Frame (24). Tighten a 3/8" Nylock Nut (4) onto the Bolt.



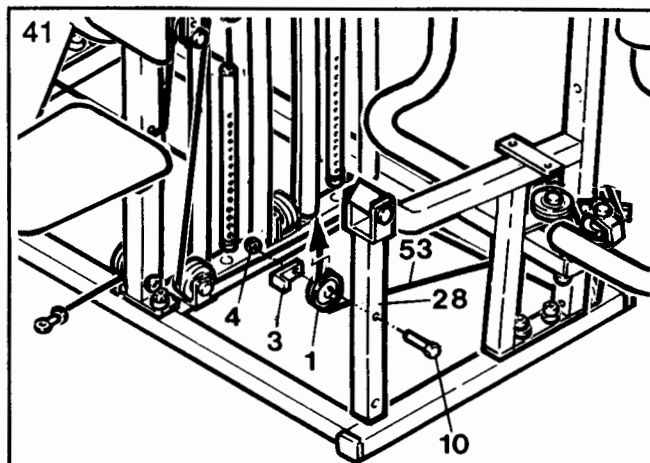
40. Insert a 3/8" x 4" Bolt (12) through the indicated hole in the Butterfly Frame (24).

Slide a Small Pulley (1) and a Cable Trap (3) onto the 3/8" x 4" Bolt (12). Route the 258" Cable (53) down around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley. Tighten a 3/8" Nylock Nut (4) onto the Bolt.



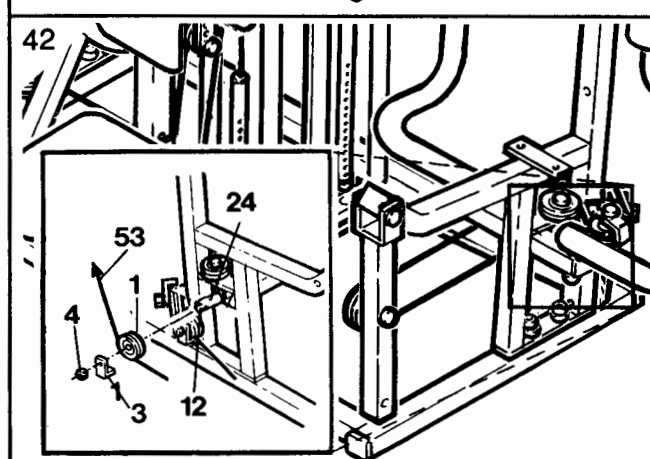
41. Insert a 3/8" x 2 3/4" Bolt (10) through the indicated hole in the Leg Lever (28).

Slide a Small Pulley (1) and a Cable Trap (3) onto the 3/8" x 2 3/4" Bolt (10). Route the 258" Cable (53) up around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley. Tighten a 3/8" Nylock Nut (4) onto the Bolt.

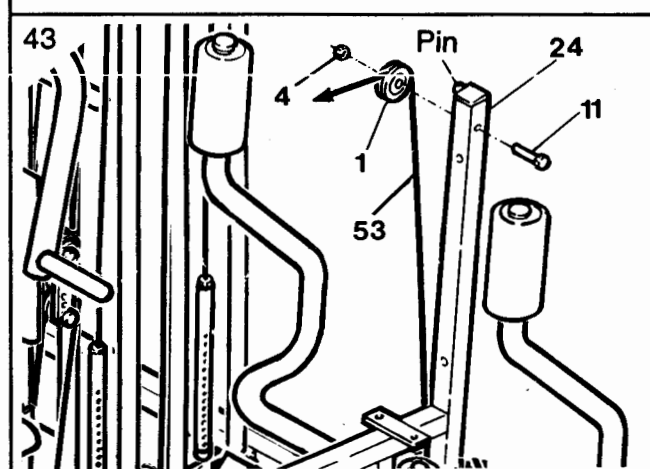


42. Insert a 3/8" x 4" Bolt (12) through the tube on the Butterfly Frame (24).

Slide a Small Pulley (1) and a Cable Trap (3) onto the 3/8" x 4" Bolt (12). Route the 258" Cable (53) up around the Small Pulley. Make sure that the Cable is between the Cable Trap and the Small Pulley. Tighten a 3/8" Nylock Nut (4) onto the Bolt.

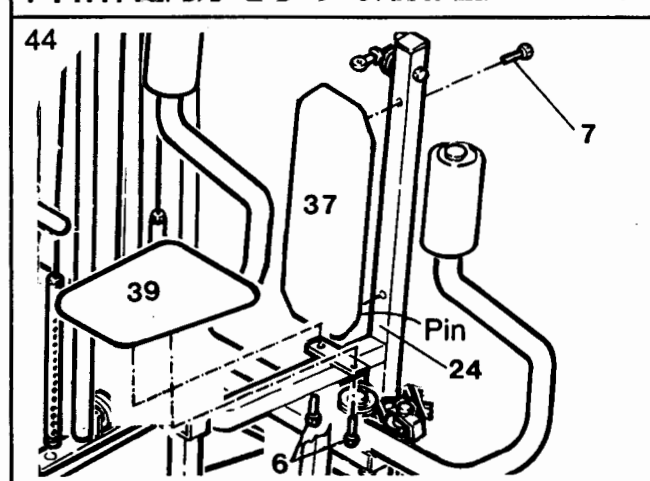


43. Route the 258" Cable (53) over a Small Pulley (1). Attach the Small Pulley to the upper end of the Butterfly Frame (24) with a 3/8" x 3 1/2" Bolt (11) and 3/8" Nylock Nut (4). **Make sure that the Cable is between the indicated pin and the Small Pulley.**



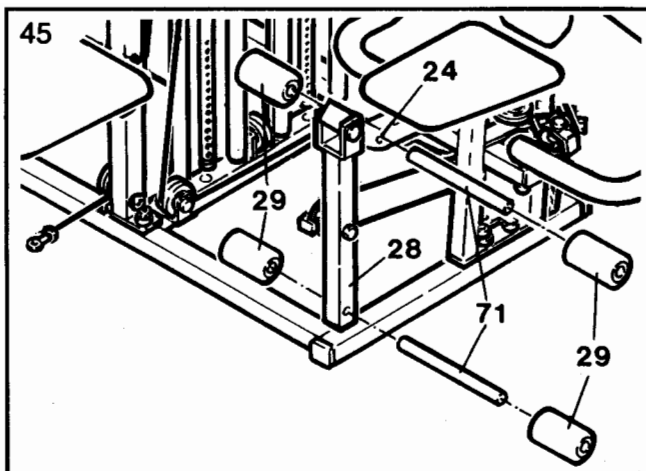
44. Attach a Seat (39) to the Butterfly Frame (24) with two 1/4" x 3/4" Bolts (6).

Snap the plastic pin on the lower end of the Large Backrest (37) into the lower hole in the Butterfly Frame (24). Attach the upper end of the Large Backrest to the Frame with a 1/4" x 2 1/2" Bolt (7).



45. Insert one Pad Tube (71) through the Butterfly Frame (24), and one Pad Tube through the Leg Lever (28).

Wet the ends of the Pad Tubes (71) with soapy water. Slide the four Small Pads (29) onto the Pad Tubes.

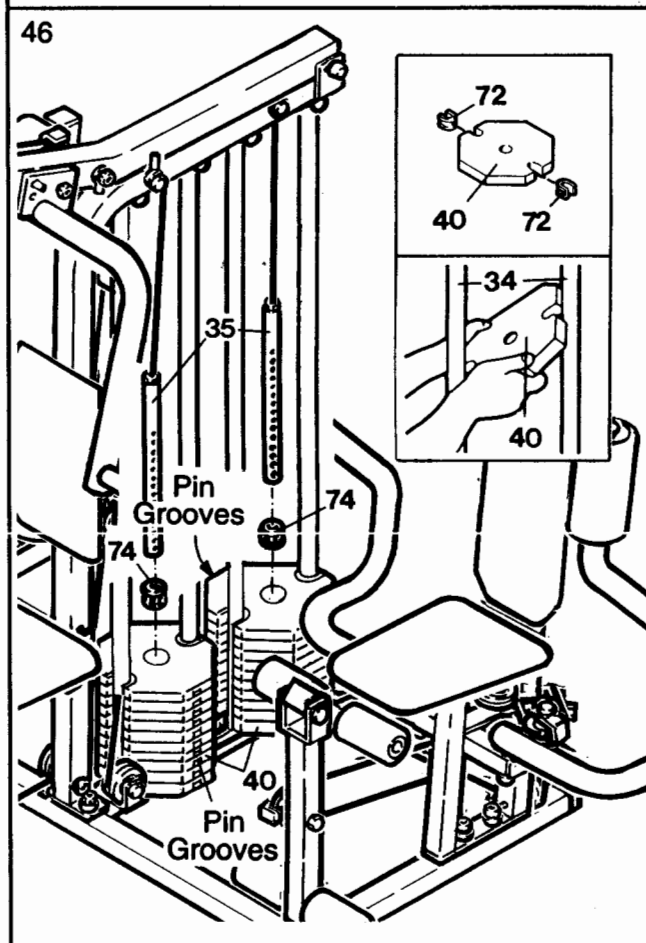


46. Press two Weight Sleeves (72) into each of the twenty Weights (40).

Slide ten Weights (40) onto each pair of Weight Guides (34) by tipping the Weights as shown. **Make sure that all of the Weights are turned so the pin grooves are downward, and are on the indicated sides or the system will be damaged.**

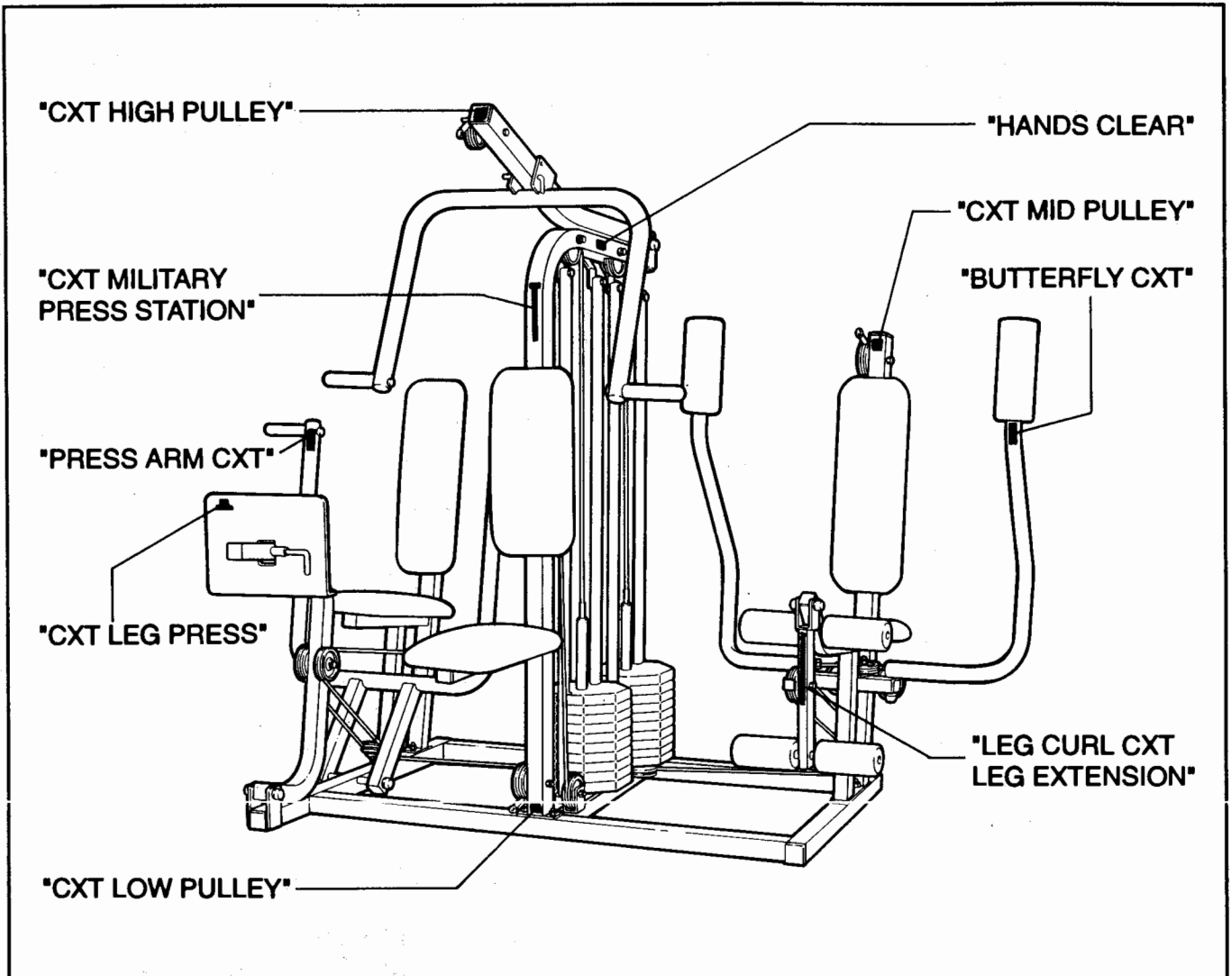
Press a Weight Center (74) into the top Weight (40) on each stack of Weights.

Insert the two Weight Tubes (35) into the stacks of Weights (40).



47. Make sure that all parts are properly tightened. **Adjust the position of each cable trap so that when the compact training system is used the cables will not rub against the edges of the cable trap.** The use of all remaining parts will be explained in the USING THE COMPACT TRAINING SYSTEM section on pages 21 and 22 of this owner's manual.
48. Before using the compact training system, test the cables and pulleys. Pull the end of each cable a few times to make sure that the cable moves smoothly over the pulleys. Move the butterfly arms, leg lever, military press arm, bench press arm and leg press plate a few times. If one of the cables does not move smoothly, locate and correct the problem before using the compact training system. See the CABLE DIAGRAMS on pages 19 and 20 of this owner's manual to see how each cable should be routed. **IMPORTANT: If the cables are not properly routed, they may be damaged when used with heavy weight.**

49. Remove the decals, one at a time, from the decal sheet, and apply them to the compact training system in the locations shown in the drawing below.

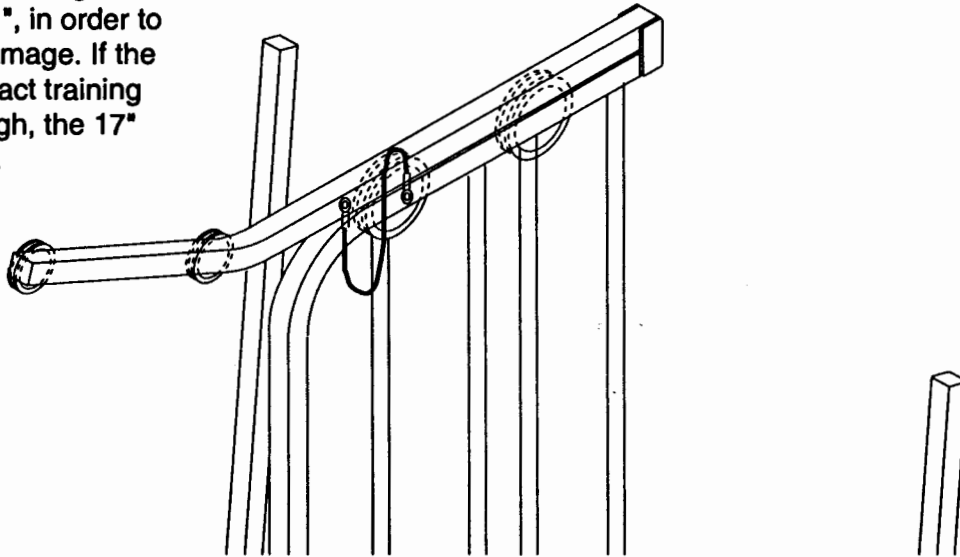


CABLE DIAGRAMS

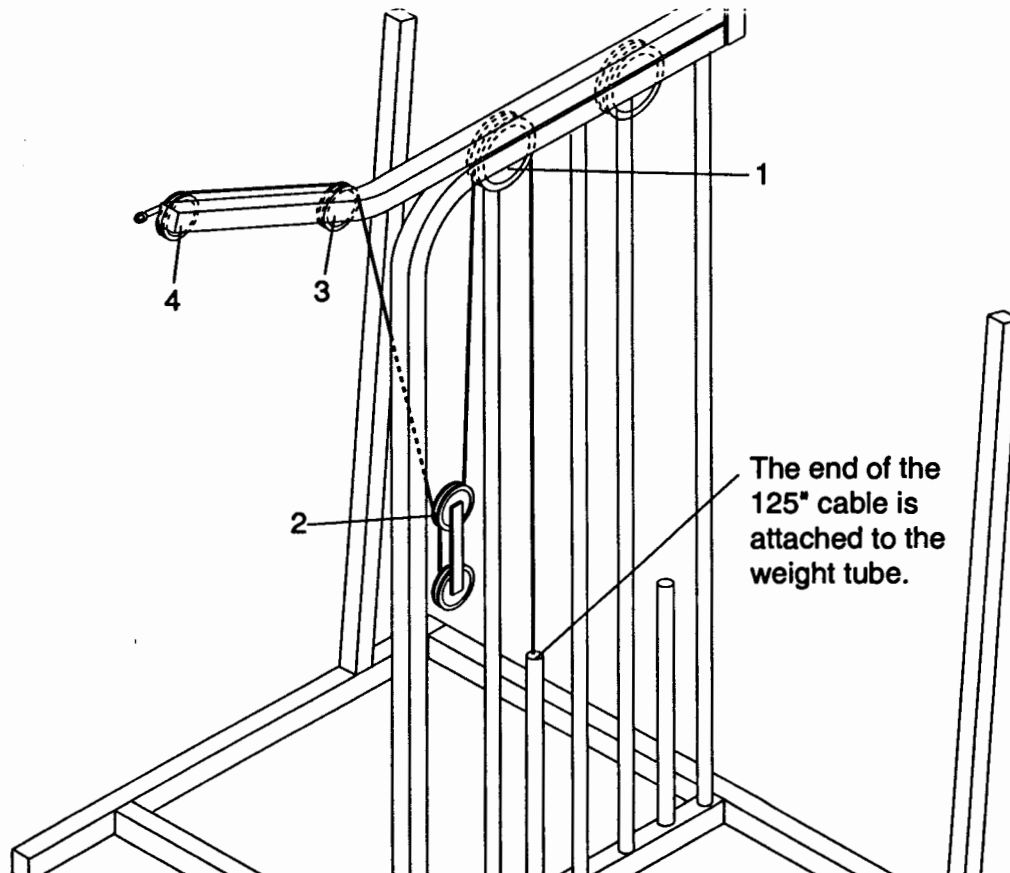
The cable diagrams show the proper routes of the four cables on the compact training system. The numbers indicate the order in which the cables are routed around the pulleys. Use the diagrams to make sure that the four cables are assembled correctly.

17" Cable (51)

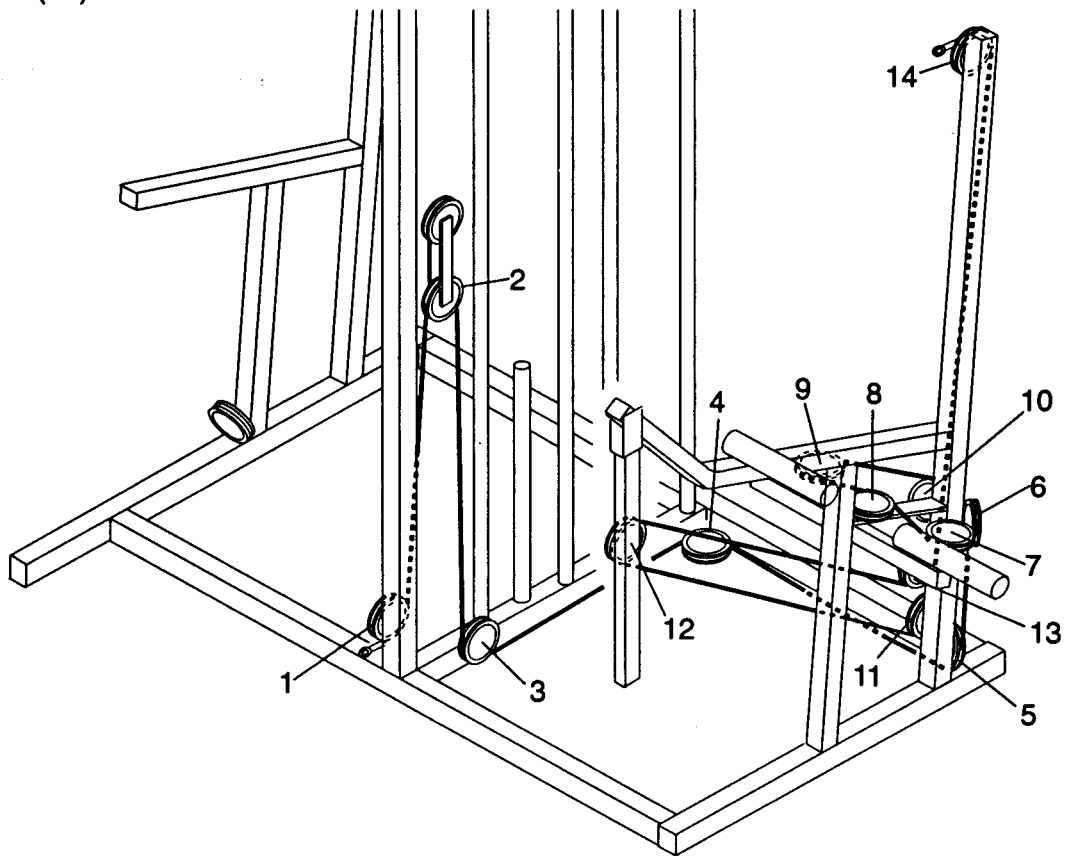
Note: The 17" cable prevents the military press lever from being raised higher than 7', 6", in order to protect ceilings from damage. If the ceiling above the compact training system is sufficiently high, the 17" cable may be removed.



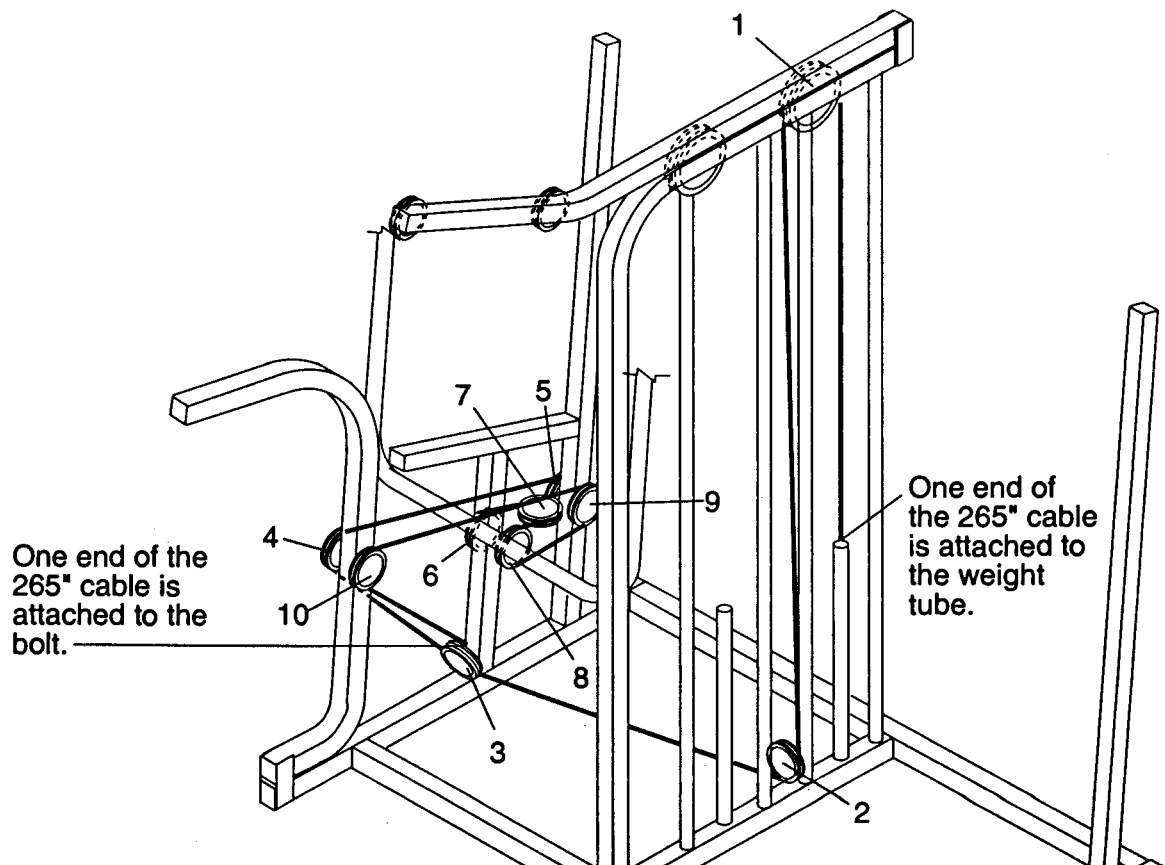
125" Cable (52)



258" Cable (53)



265" Cable (54)



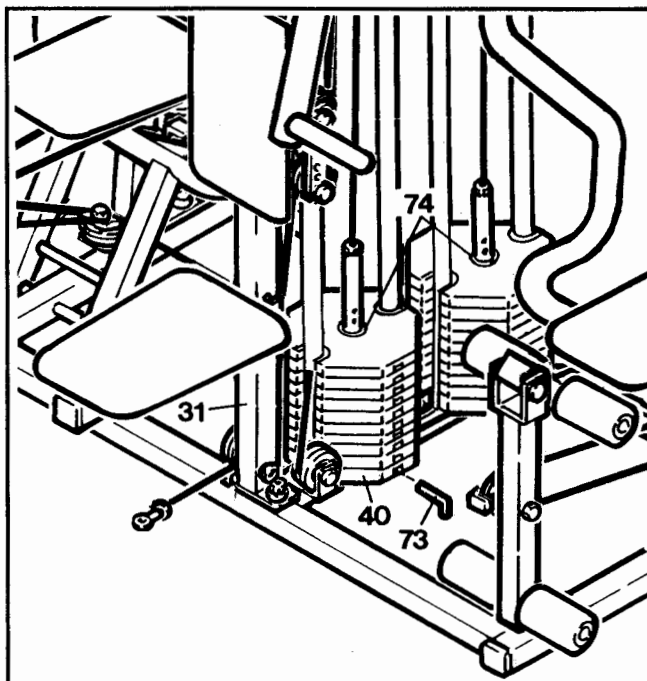
USING THE COMPACT TRAINING SYSTEM

The instructions below describe how each part of the compact training system can be adjusted. See the EXERCISE GUIDE accompanying this owner's manual to see how the compact training system should be set up for each individual exercise.

CHANGING THE WEIGHT SETTING

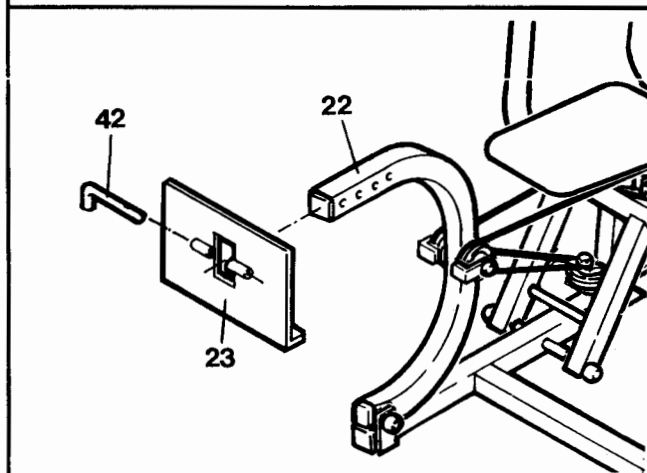
The weight stack next to the Weight Upright (31) is connected to the military press arm, butterfly arms, leg lever, low cable, mid cable and high cable. The other weight stack is connected to the bench press arm and leg press plate. To select a weight setting for either weight stack, insert a 7 1/2" "L" Pin (73) under one of the Weights (40). Turn the end of the Pin downward. **IMPORTANT: When using the bench press arm, the weight will be multiplied 1.5 times. When using the leg press plate, the weight will be tripled.**

Up to fifteen Weights (40) can be placed on either weight stack. **IMPORTANT: When moving Weights from one weight stack to the other, always leave a Weight with a Weight Center (74) on top of each weight stack.**



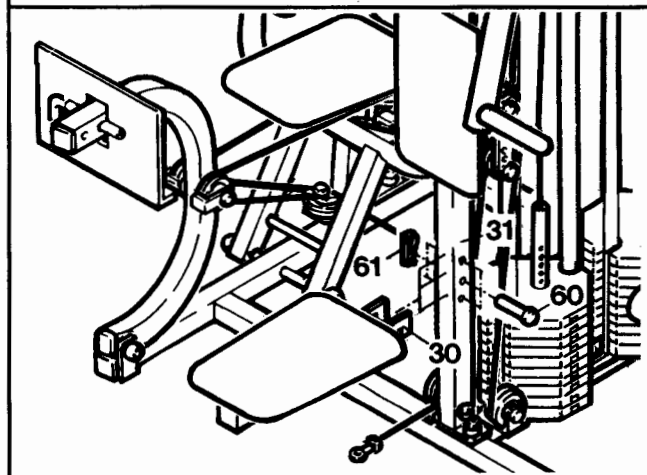
ADJUSTING THE LEG PRESS PLATE

The Leg Press Plate (23) can be adjusted to any of four positions. To change the position, first remove the 8" "L" Pin (42). Move the Leg Press Plate forward or backward, and insert the "L" Pin through the Leg Press Plate and one of the four holes in the Leg Press Lever (22).



ATTACHING THE SEAT BRACKET

To attach the Seat Bracket (30) to the Weight Upright (31), slide the Seat Bracket onto the Clevis Pin (60). **IMPORTANT: Make sure that the Seat Bracket is fully seated on the Clevis Pin.** To adjust the height of the Seat Bracket, remove the Hairpin Cotter (61) from the Clevis Pin, move the Clevis Pin to a different hole in the Weight Upright, and reattach the Hairpin Cotter. There are three adjustment holes.



For certain exercises, the Seat Bracket (30) should be lifted off the Clevis Pin (61) and set aside.

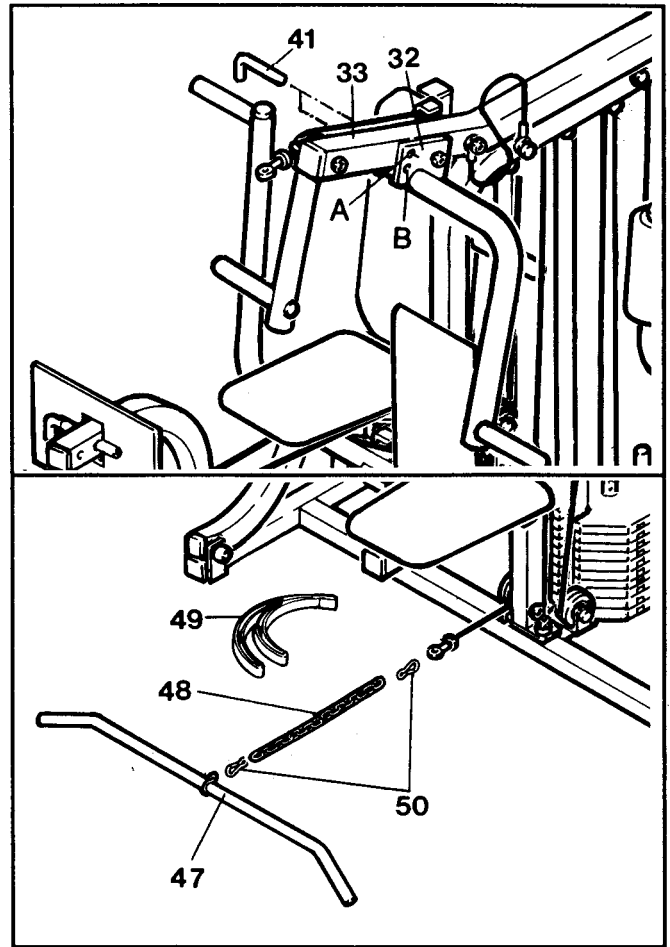
ADJUSTING THE MILITARY PRESS ARM

For the MILITARY PRESS or REVERSE MILITARY PRESS exercises (see the EXERCISE GUIDE), pivot the Military Press Arm (32) so the hole labeled "B" is aligned with the hole in the Military Press Lever (33), and insert the 4 1/4" "L" Pin (41) through the Military Press Arm and the Military Press Lever. For all other exercises, align the hole labeled "A" with the hole in the Military Press Lever, and insert the "L" Pin through the Military Press Arm and the Military Press Lever.

ATTACHING THE LAT BAR OR STRAP TO THE LOW CABLE

The Lat Bar (47) can be attached to the low cable using the Chain (48) and the two Cable Clips (50). The distance between the Lat Bar and the low cable can be adjusted by attaching the Cable Clips closer together or farther apart on the Chain. For some exercises, the Lat Bar should be attached directly to the low cable using one Cable Clip.

The Strap (49) can be attached to the low cable in the same manner.



ATTACHING THE LAT BAR OR STRAP TO THE MID CABLE OR THE HIGH CABLE

The lat bar or strap can be attached to the mid cable or the high cable in the same manner as the low cable. (See ATTACHING THE LAT BAR OR STRAP TO THE LOW CABLE above.)

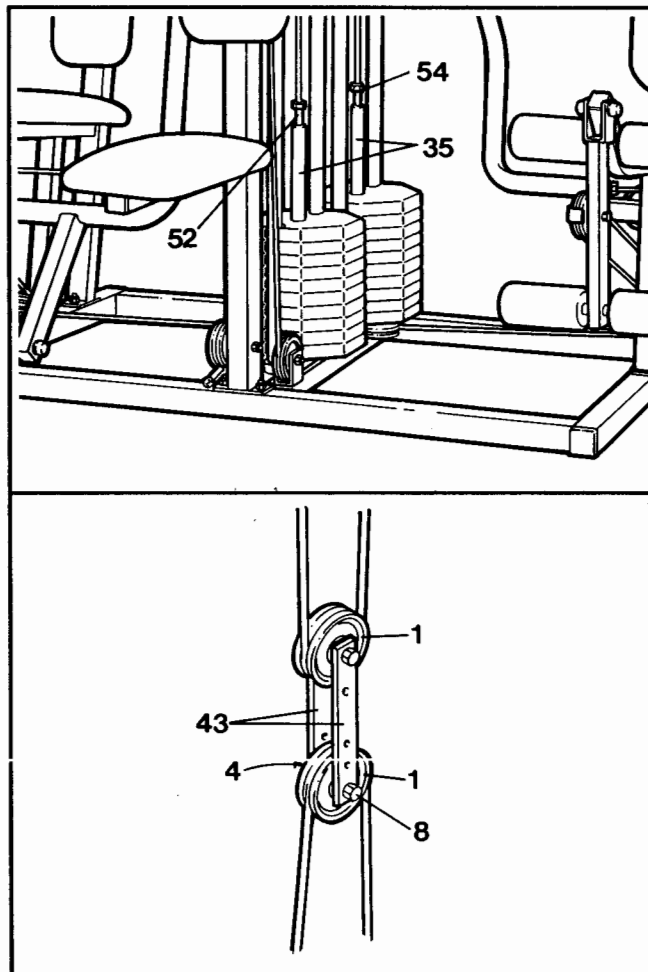
TROUBLE-SHOOTING AND MAINTENANCE

Inspect and properly tighten all parts of the compact training system each time you exercise. Replace any worn parts immediately. The compact training system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

ADJUSTING THE CABLES

If there is too much slack in the cables, the cables can be adjusted. To adjust the cables attached to the weight stack next to the weight upright, find the end of the 125" Cable (52). Turn the end of the Cable clockwise to thread it farther into the Weight Tube (35). To adjust the cables attached to the other weight stack, find the end of the 265" Cable (54). Turn the end of the Cable clockwise to thread it farther into the Weight Tube (35).

The cables attached to the weight stack next to the weight upright can also be adjusted using the two "I" Plates (43). Remove the 3/8" x 1 3/4" Bolt (8) and 3/8" Nylock Nut (4) attaching the lower Small Pulley (1) to the "I" Plates. Reattach the Small Pulley to the "I" Plates using the next higher hole in the "I" Plates. Repeat until the cables are properly tightened.



ORDERING REPLACEMENT PARTS

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

All parts listed herein can 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 transmitted to a SEARS PARTS DISTRIBUTION CENTER for handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The MODEL NUMBER of the product (831.159330).
2. The NAME of the product (SEARS LIFESTYLER® SYSTEM CXT compact training system).
3. The PART NUMBER of the part(s) from the PART LIST/EXPLODED DRAWING accompanying this owner's manual.
4. The DESCRIPTION of the part(s) from the PART LIST/EXPLODED DRAWING accompanying this owner's 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."

Should you ever need repair service or parts, call toll-free:

For repair service: **1-800-4-REPAIR** (1-800-473-7247)

For repair parts: **1-800-FON-PART** (1-800-366-7278)

FULL 90 DAY WARRANTY

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 compact training system is used in a normal manner.

This warranty does not apply when this compact training 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**