

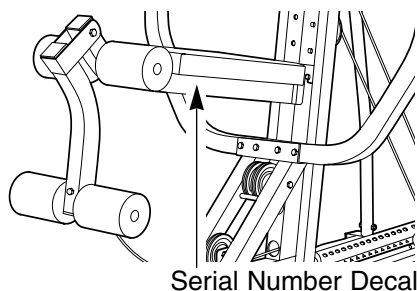
HEALTHRIDER[®]

BRS *BODY-WEIGHT RESISTANCE SYSTEM*

Model No. 831.159350

Serial No. _____

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



**EXERCISE
EQUIPMENT**

QUESTIONS

HELPLINE!

1-800-736-6879

CAUTION

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



USER'S MANUAL

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

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Note: An EXPLODED DRAWING/PART LIST and a PART IDENTIFICATION CHART are attached to the center of this manual. Remove the EXPLODED DRAWING/PART LIST and the PART IDENTIFICATION CHART before beginning assembly.

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT SYSTEM EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT SYSTEM EXERCISER, free of charge.

This warranty does not apply when the WEIGHT SYSTEM EXERCISER is used commercially or for rental purposes.

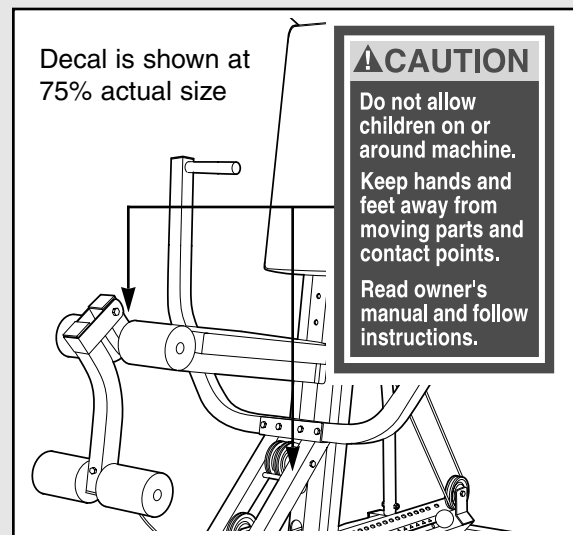
This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the home gym system.

1. It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the home gym system.
3. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
4. Use the home gym system only on a level surface. Cover the floor or carpet beneath the home gym system for protection.
5. The home gym system is designed to be used by only one person at a time.
6. The home gym system is designed to support a maximum user weight of 250 pounds.
7. Inspect and tighten all parts often. Replace any worn parts immediately. Replace the cable every two years.
8. Keep children under 12 years of age and pets away from the home gym system at all times.
9. Keep hands and feet away from moving parts.
10. Always wear athletic shoes for foot protection when exercising.
11. Never place your hands or feet under the deck.
12. Never release the press arm, butterfly arms, leg lever, lat bar, row bar, or nylon strap while the frame is raised. The frame will fall with great force.
13. Be sure that the cable remains on the pulleys at all times. If the cable binds while you are exercising, stop immediately and make sure that the cable is on all of the pulleys.
14. Always disconnect the lat bar from the home gym system when performing an exercise that does not use the lat bar.
15. The home gym system is intended for home use only. Do not use the home gym system in a commercial, rental, or institutional setting.
16. **CAUTION DECAL PLACEMENT:** The decal shown below has been placed on the home gym system in two locations. If either decal is missing, or if either decal is not legible, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays), to order a free replacement decal. Apply the replacement decal to the location shown.



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. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

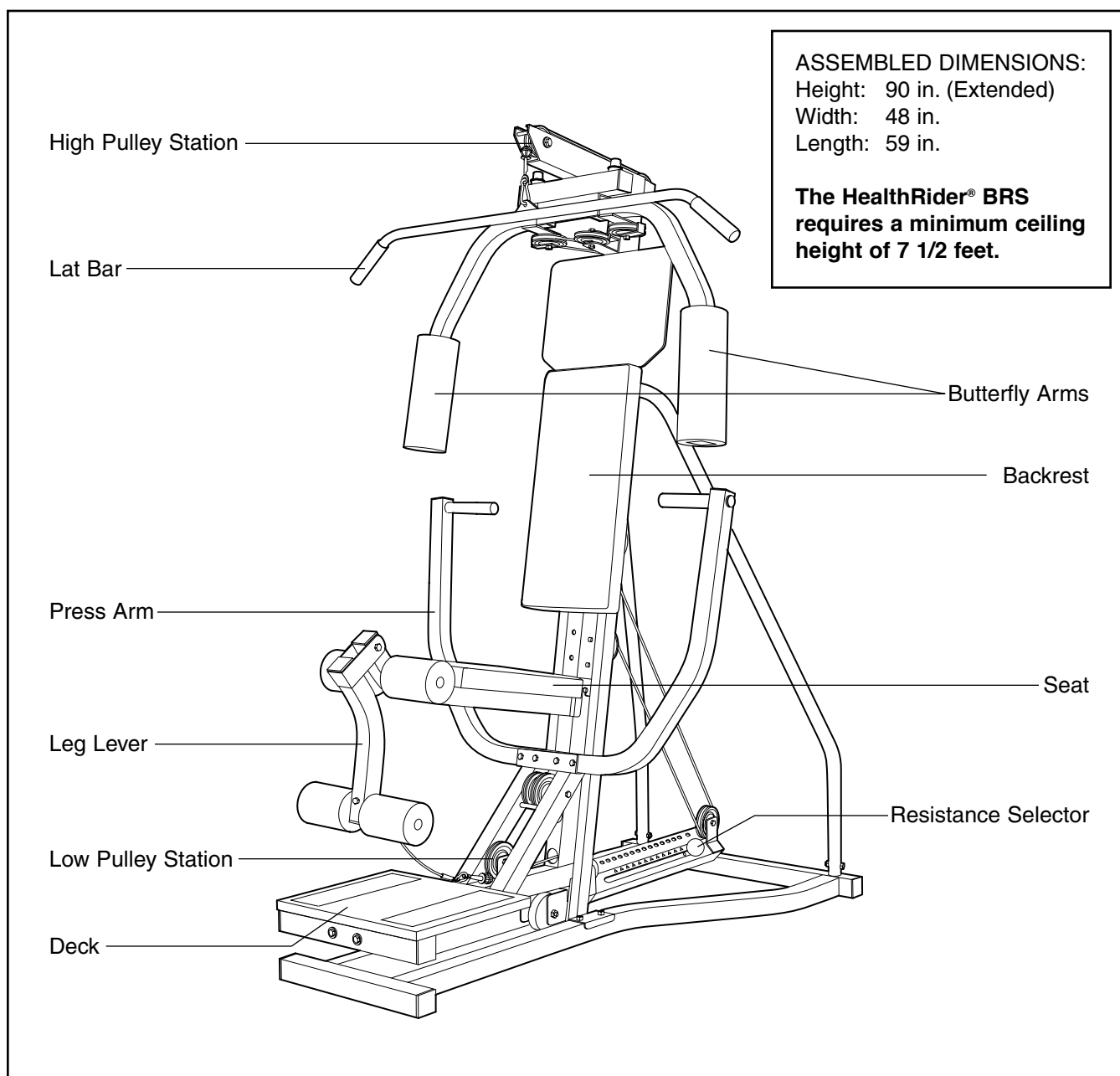
BEFORE YOU BEGIN

Thank you for selecting the HealthRider® BRS Body-Weight Resistance System. The versatile HealthRider® BRS is designed to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the HealthRider® BRS will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the HealthRider® BRS Body-Weight Resistance System. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879,

Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.159350. The serial number can be found on a decal attached to the HealthRider® BRS (see the front cover of this manual).

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



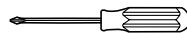
ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the home gym system in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART located in the center of this manual.** Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.
- As you assemble the home gym system, be sure that all parts are oriented as shown in the drawings.

- Tighten all parts as you assemble them, unless instructed to do otherwise.

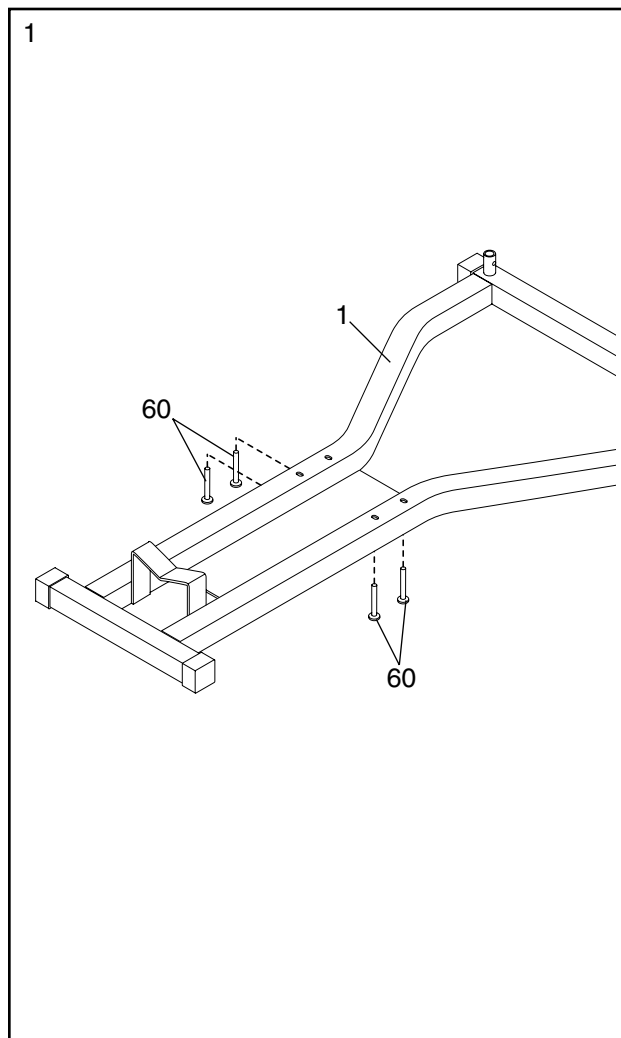
THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable wrenches** 
- **One (1) phillips screwdriver** 
- **One (1) rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Insert four 3/8" x 2 1/2" Carriage Bolts (60) up through the Base (1). **Note: It may be helpful to tape the Carriage Bolt heads in place under the Base. If you do tape the Carriage Bolt heads, remove the tape once you finish assembly.**



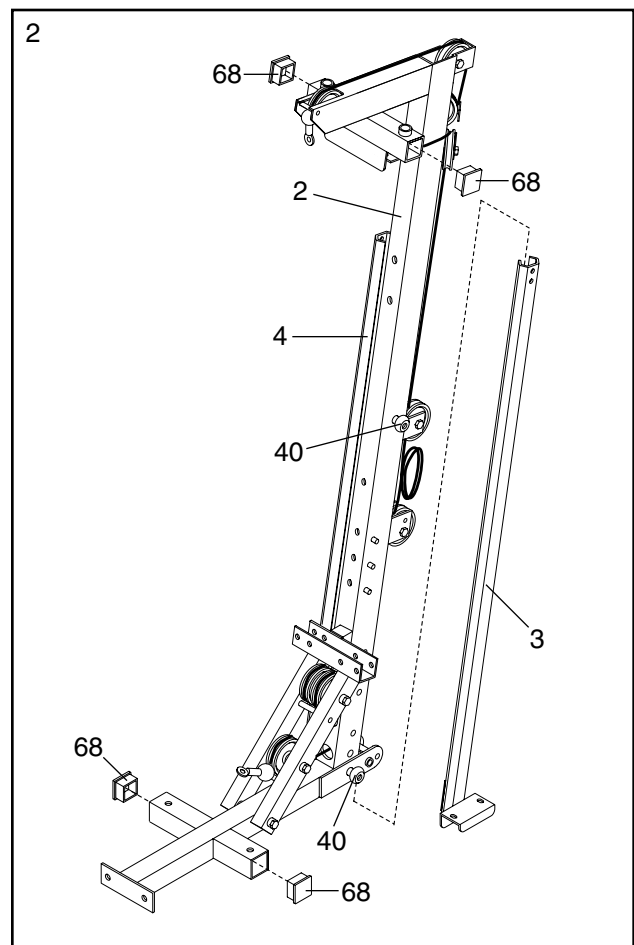
2. Press four 2" Square Inner Caps (68) into the Frame (2).

Identify the Left Wheel Channel (3) and the Right Wheel Channel (4) by comparing the welded brackets on the bottom of each Wheel Channel.

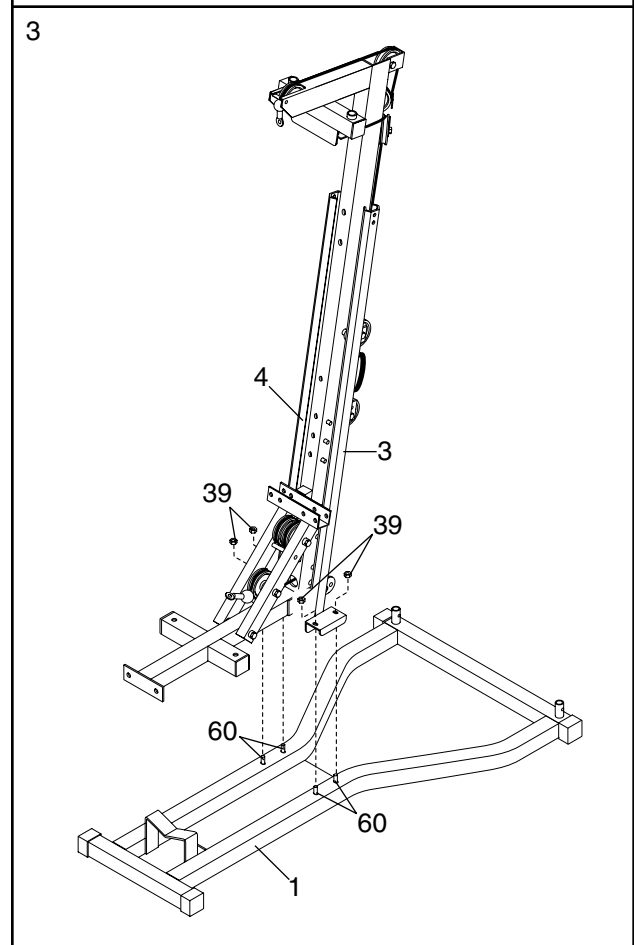
Slide the Left Wheel Channel (3) onto the indicated Small Wheels (40) attached to the Frame (2).

Note: This will be easier to do if you lay the Frame on the floor.

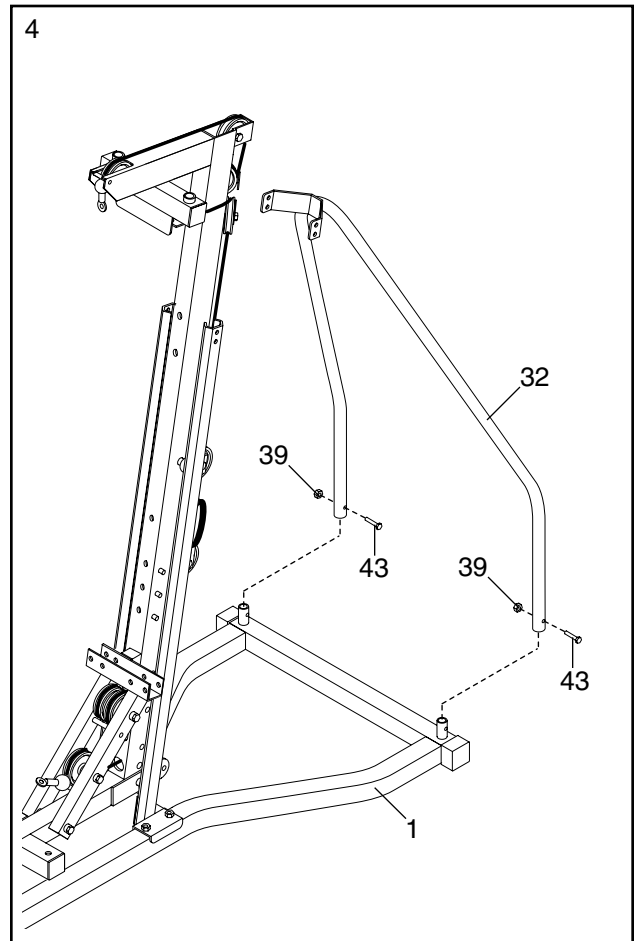
Slide the Right Wheel Channel (4) onto the Frame (2) in the same manner.



3. Slide the Left and Right Wheel Channels (3, 4) onto the 3/8" x 2 1/2" Carriage Bolts (60) in the Base (1). Partially tighten a 3/8" Nylon Locknut (39) onto each Carriage Bolt **but do not fully tighten the Nylon Locknuts yet.**



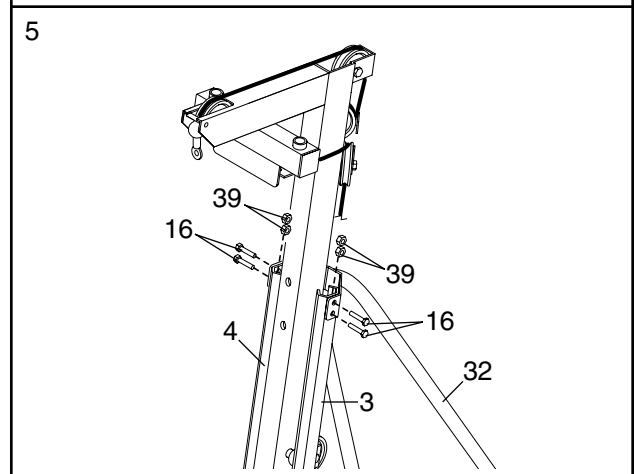
4. Slide the Support Tube (32) onto the Base (1). Attach the Support Tube to the Base with two 3/8" x 2" Bolts (43) and two 3/8" Nylon Locknuts (39). **Do not tighten the Nylon Locknuts yet.**



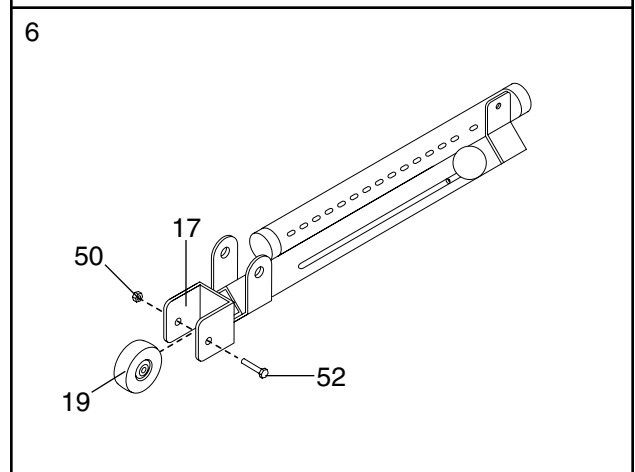
5. Attach the Support Tube (32) to the Right Wheel Channel (4) with two 3/8" x 1" Bolts (16) and two 3/8" Nylon Locknuts (39). **Note: Attach the lower Bolt and Nylon Locknut first.**

Attach the Support Tube (32) to the Left Wheel Channel (3) in the same manner.

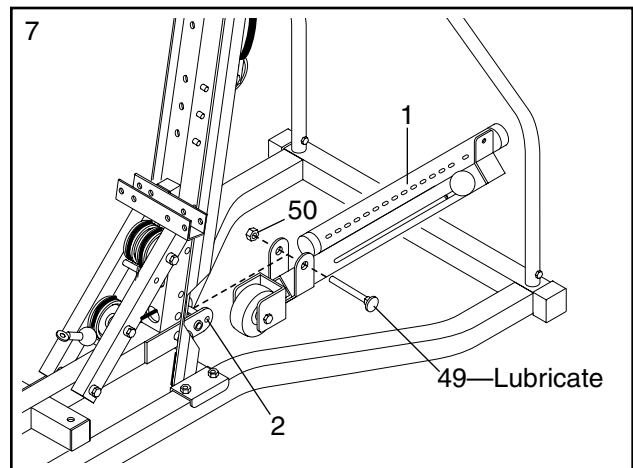
Tighten the Nylon Locknuts used in steps 3–5.



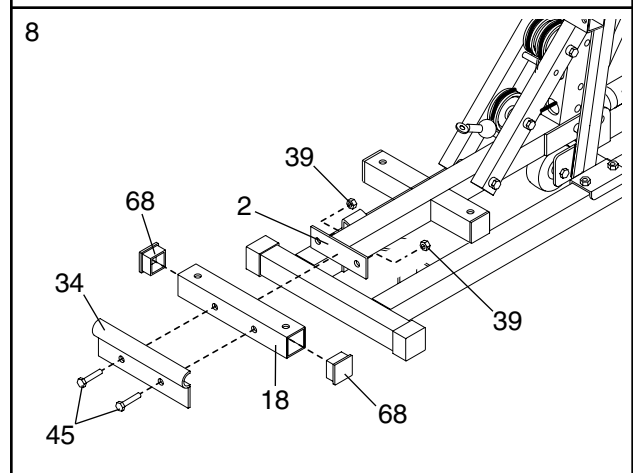
6. Attach the Large Wheel (19) to the Inner Lift Tube (17) with a 1/2" x 2 1/2" Bolt (52) and a 1/2" Nylon Jam Nut (50).



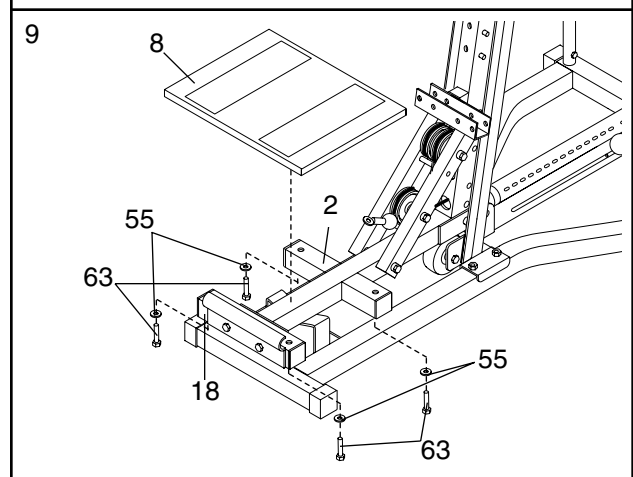
7. Lubricate the 1/2" x 3 1/2" Carriage Bolt (49). Attach the Lift Tube (11) to the Frame (2) with the Carriage Bolt and a 1/2" Nylon Jam Nut (50).



8. Attach the Platform Cover (34) and the Crossbar (18) to the Frame (2) with two 3/8" x 2 3/4" Bolts (45) and two 3/8" Nylon Locknuts (39). **Do not tighten the Nylon Locknuts yet.**

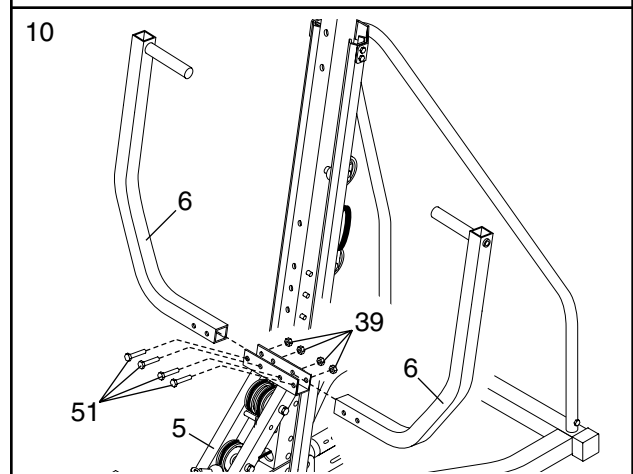


9. Attach the Platform (8) to the Frame (2) and Crossbar (18) with four 1/4" x 2 3/4" Bolts (63) and four 1/4" Washers (55).



10. Attach a Press Arm (6) to one side of the Press Frame (5) with two 3/8" x 2 1/2" Bolts (51) and two 3/8" Nylon Locknuts (39).

Attach the other Press Arm (6) to the Press Frame (5) in the same manner.



11. Press a 1" Round Inner Cap (36) into one of the Press Arms (6). Press a 1 3/4" Square Inner Cap (65) into the Press Arm.

Repeat this step for the other Press Arm (6).

12. Identify the Right Butterfly Arm (15) and the Left Butterfly Arm (14). Note the position of the welded bracket on each Arm. **Butterfly Arm identification is very important for step 13.**

Attach a Pulley (41) and a Cable Trap (67) to the Right Butterfly Arm (15) with a 3/8" x 2" Bolt (43) and a 3/8" Nylon Locknut (39) **but do not fully tighten the Nylon Locknut yet.**

Attach a Pulley (41) and a Cable Trap (67) to the Left Butterfly Arm (14) with a 3/8" x 2" Bolt (43) and a 3/8" Nylon Locknut (39) **but do not fully tighten the Nylon Locknut yet.**

Press 1 3/4" Square Inner Caps (65) into the ends of the Right and Left Butterfly Arms (15, 14). Wet the lower end of each Arm with soapy water. Slide a Butterfly Foam Pad (24) onto the lower end of each Arm.

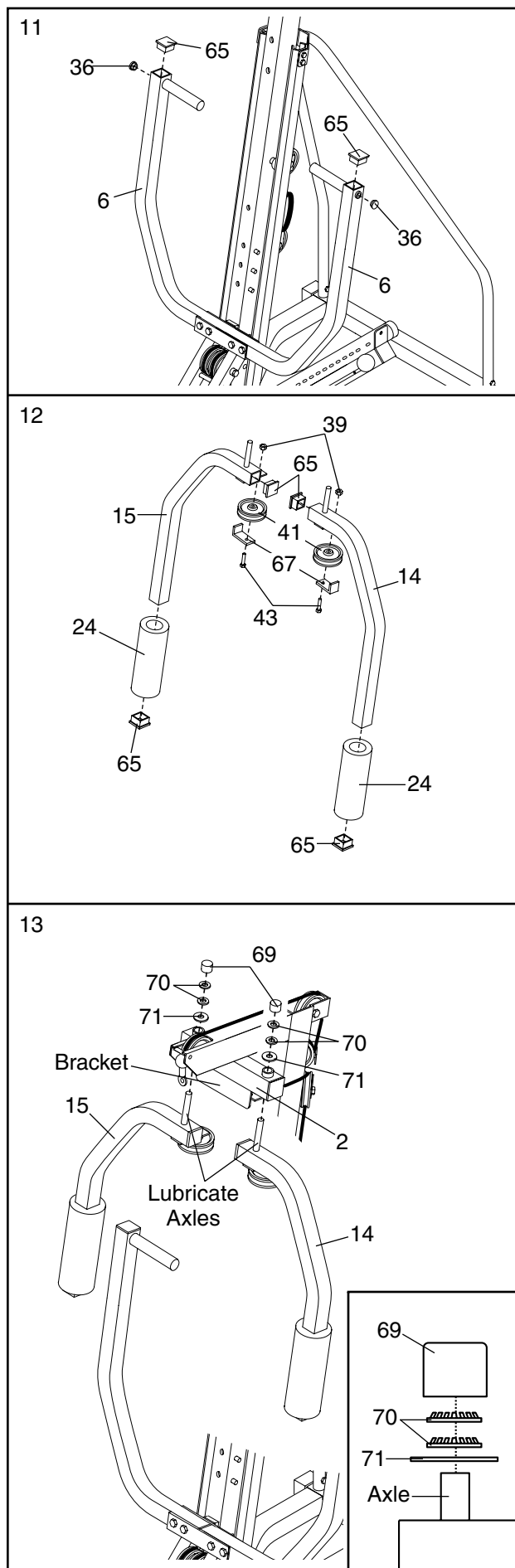
13. Lubricate the axle on the Right Butterfly Arm (15) .

Slide the axle on the Right Butterfly Arm (15) into the Frame (2). **Note: Be careful not to confuse the Right Butterfly Arm with the Left Butterfly Arm (14); refer to step 12 to identify the Right Butterfly Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Frame (2).**

IMPORTANT NOTE: Before assembling the 3/4" Retainers (70) be sure that you thoroughly understand this step. The Retainers can be assembled only once. If they must be removed, you will need to order new Retainers.

Slide a 3/4" Large Washer (71) onto the axle on the Right Butterfly Arm (15). Tap two 3/4" Retainers (70) and a 3/4" Round Outer Cap (69) onto the axle. **Be sure that the teeth on the Retainers bend toward the Round Outer Cap, as shown in the inset drawing.**

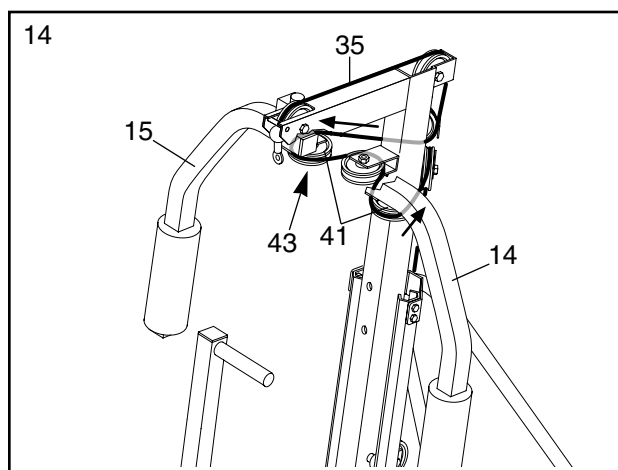
Attach the Left Butterfly Arm (14) in the same manner.



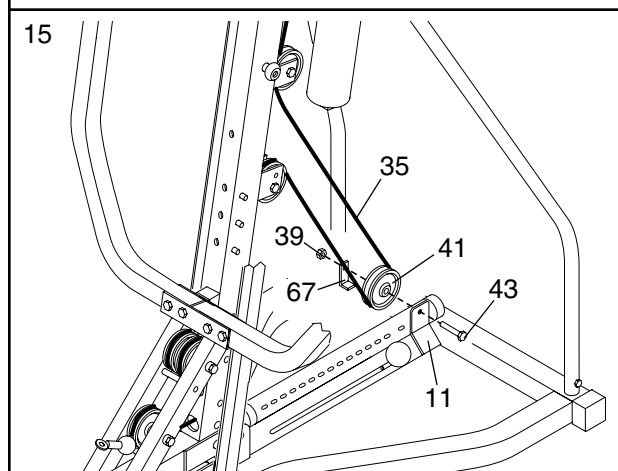
14. Cut the plastic zip tie (not shown) from the Cable (35). **Be careful not to damage the Cable.**

Pull on the Cable (35) until you have enough slack to route the Cable around the Pulley (41) attached to the Right Butterfly Arm (15). Tighten the 3/8" x 2" Bolt (43). **The Cable Trap (not shown) must be oriented as shown in step 12.**

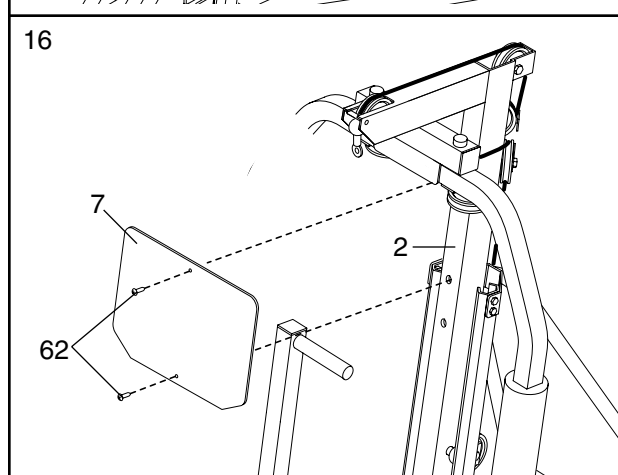
Route the Cable (35) around the Pulley (41) on the Left Butterfly Arm (14) in the same manner.



15. Pull the remaining slack in the Cable (35) as shown. Wrap the Cable around a Pulley (41). Attach the Pulley and a Cable Trap (67) to the Lift Tube (11) with a 3/8" x 2" Bolt (43) and a 3/8" Nylon Locknut (39).



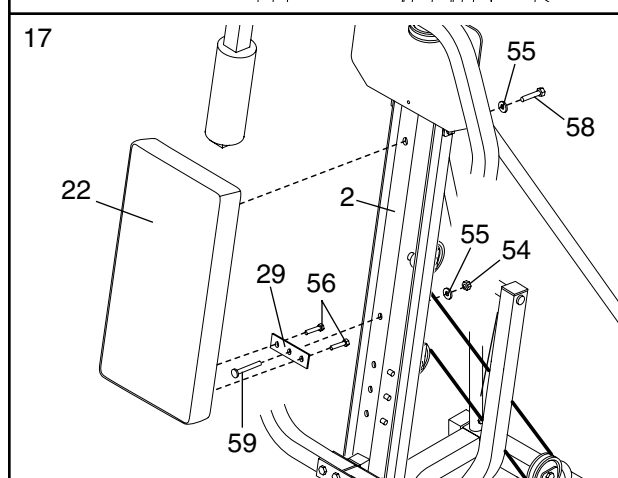
16. Attach the Nameplate (7) to the Frame (2) with two 3/4" Tap Screws (62).



17. Insert a 1/4" x 3 1/2" Carriage Bolt (59) through the center hole in a Seat Plate (29). Attach the Seat Plate to the Backrest (22) with two 1/4" x 3/4" Bolts (56).

Insert the 1/4" x 3 1/2" Carriage Bolt (59) through the indicated hole in the Frame (2). Tighten a 1/4" Nylon Locknut (54) with a 1/4" Washer (55) onto the Carriage Bolt.

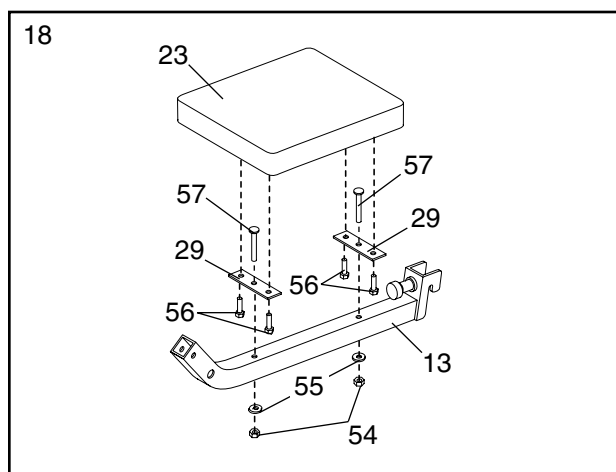
Attach the other end of the Backrest (22) to the Frame (2) with a 1/4" Washer (55) and a 1/4" x 3 1/2" Bolt (58).



18. Insert a 1/4" x 2 1/2" Carriage Bolt (57) through the center hole in a Seat Plate (29). Attach the Seat Plate to the Seat (23) with two 1/4" x 3/4" Bolts (56).

Attach another Seat Plate (29) to the Seat (23) in the same manner.

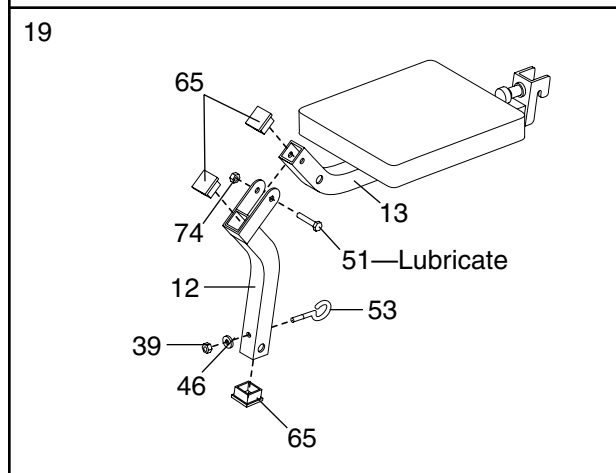
Insert the 1/4" x 2 1/2" Carriage Bolts (57) through the holes in the Seat Frame (13). Tighten a 1/4" Nylon Locknut (54) with a 1/4" Washer (55) onto each Carriage Bolt.



19. Press a 1 3/4" Square Inner Cap (65) into each end of the Leg Lever (12). Press a 1 3/4" Square Inner Cap into the Seat Frame (13).

Lubricate the 3/8" x 2 1/2" Bolt (51). Attach the Leg Lever (12) to the Seat Frame (13) with the Bolt and a 3/8" Nylon Jam Nut (74). **Do not overtighten the Nylon Jam Nut. The Leg Lever must be able to pivot freely.**

Insert the 3/8" x 2 1/2" Eyebolt (53) into the Leg Lever (12) from the direction shown. Tighten a 3/8" Nylon Locknut (39) with a 3/8" Flat Washer (46) onto the Eyebolt.

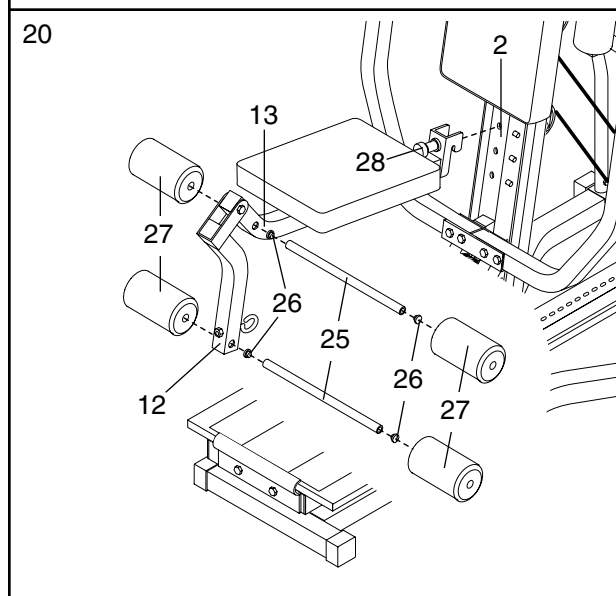


20. Turn the Lock Knob (28) counterclockwise until it turns freely. Pull the Lock Knob and hold it. Rest the Seat Frame (13) on one of the pins in the Frame (2). Release the Lock Knob. Turn the Lock Knob clockwise until it is firmly tightened.

Press 3/4" Round Inner Caps (26) into the ends of each Pad Tube (25).

Insert a Pad Tube (25) into the Seat Frame (13). Slide a Foam Pad (27) onto each end of the Pad Tube.

Insert the other Pad Tube (25) into the Leg Lever (12). Slide a Foam Pad (27) onto each end of the Pad Tube.



21. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 12 of this manual.

Before using the home gym system, pull the cable a few times to be sure that it moves smoothly over the pulleys. If the cable does not move smoothly, find and correct the problem. **IMPORTANT: If the cable is not properly installed, it may be damaged when a high resistance setting is used. See the CABLE DIAGRAM on page 15 of this manual for proper cable routing. If there is any slack in the cable, you will need to remove the slack by tightening the cable. See TROUBLE-SHOOTING AND MAINTENANCE on page 14.**

ADJUSTMENT

The instructions below describe how each part of the home gym system can be adjusted. Refer to the exercise guide accompanying this manual to see how the home gym system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE RESISTANCE SETTING

The unique HealthRider® BRS utilizes its own weight and the user's weight to provide a wide range of resistance settings.

Use the Dial Knob (9) on the Lift Tube (11) to find the approximate amount of resistance based on your body weight. The window on the far end of the Lift Tube displays your body weight. Turn the Dial Knob until the weight displayed is closest to your weight. If you will be using the low pulley station and will not be on the machine, select "0" as your weight.

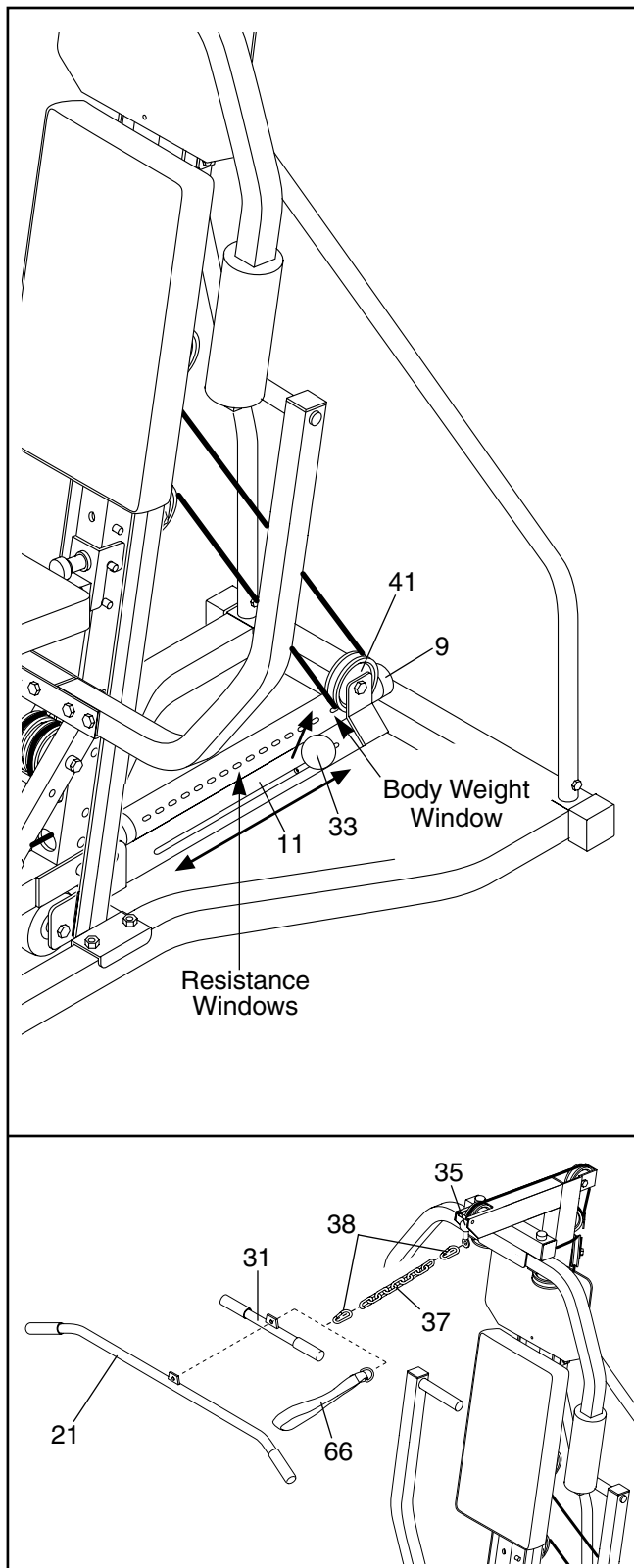
When "0" is selected as the body weight, a single number is displayed in each of the other windows. This is the pounds of resistance at the low pulley station. When you select any other body weight, two numbers are displayed in each of the other windows. The first number, in the white area, is the resistance at every station except the bench press station. The second number, in the red area, is the resistance at the bench press station. **Note: Due to the cable and pulleys, the amount of resistance at each exercise station may vary from the weight setting.**

To change the resistance setting, first pull the Adjustment Knob (33) on the Lift Tube (11). Align the Knob with the desired resistance setting and release the Knob. Be sure that the Knob fully locks into place when you release it. **Note: When you move the Adjustment Knob to the lowest settings, it may be difficult to move the Adjustment Knob. If this happens, press down on the Pulley (41). You should then be able to easily move the Adjustment Knob.**

ATTACHING THE LAT BAR, ROW BAR, OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (21) to the Cable (35) with a Cable Clip (38). For some exercises, the Chain (37) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position.**

The Nylon Strap (66) and Row Bar (31) can be attached in the same manner. **Note: When you attach the Nylon Strap, be sure that you attach the Cable Clip (38) to both rings.**



ATTACHING THE LAT BAR, ROW BAR, OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (21) to the Cable (35) with a Cable Clip (38). For some exercises, the Chain (37) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position.**

The Nylon Strap (66) and Row Bar (31) can be attached in the same manner. **Note: When you attach the Nylon Strap, be sure that you attach the Cable Clip (38) to both rings.**

See the inset drawing. When the Nylon Strap (66) is used for leg exercises, slide the Plastic Spacer (77) on the Nylon Strap until it is tight against your leg. For all other exercises that use the Nylon Strap you should slide the Plastic Spacer up against the rings on the end of the Nylon Strap.

ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (12), the seat must be attached to the frame (see SEAT ADJUSTMENT below).

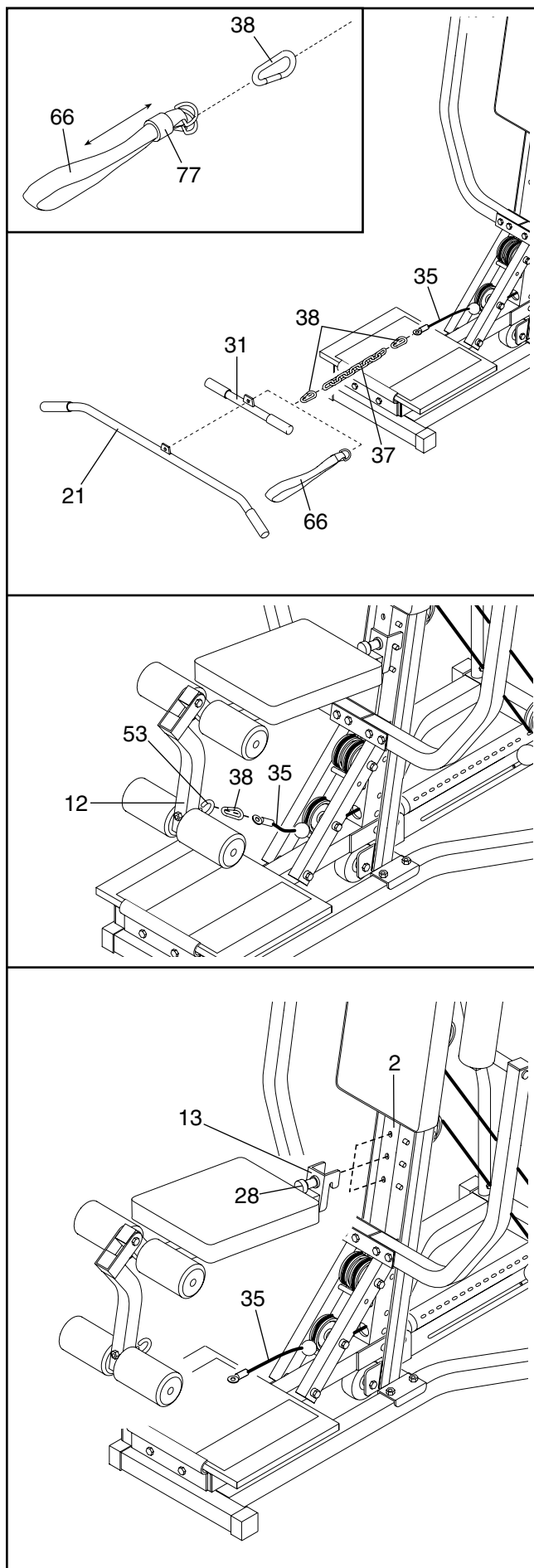
Attach the Cable (35) with a Cable Clip (38) to the Eyebolt (53). **Always remove the Cable from the Eyebolt before removing the seat.**

SEAT ADJUSTMENT

The Seat Frame (13) can be set at three different heights. To move the Seat Frame, turn the Lock Knob (28) counterclockwise until it turns freely. Pull the Lock Knob and hold it. Lift the Seat Frame and move it to one of the other pins in the Frame (2). Be sure the Seat Frame is securely on the pins. Release the Lock Knob. Turn the Lock Knob clockwise until it is firmly tightened.

For some exercises the Seat Frame (13) must be removed. **Always disconnect the Cable (35) before removing the Seat Frame.** Turn the Lock Knob (28) counterclockwise until it turns freely. Pull the Lock Knob and hold it. Lift the Seat Frame and set it aside.

To reattach the Seat Frame (13), turn the Lock Knob (28) counterclockwise until it turns freely. Pull the Lock Knob and hold it. Rest the Seat Frame (36) on one of the pins in the Frame (2). Release the Lock Knob. Turn the Lock Knob clockwise until it is firmly tightened.



TROUBLE-SHOOTING AND MAINTENANCE

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

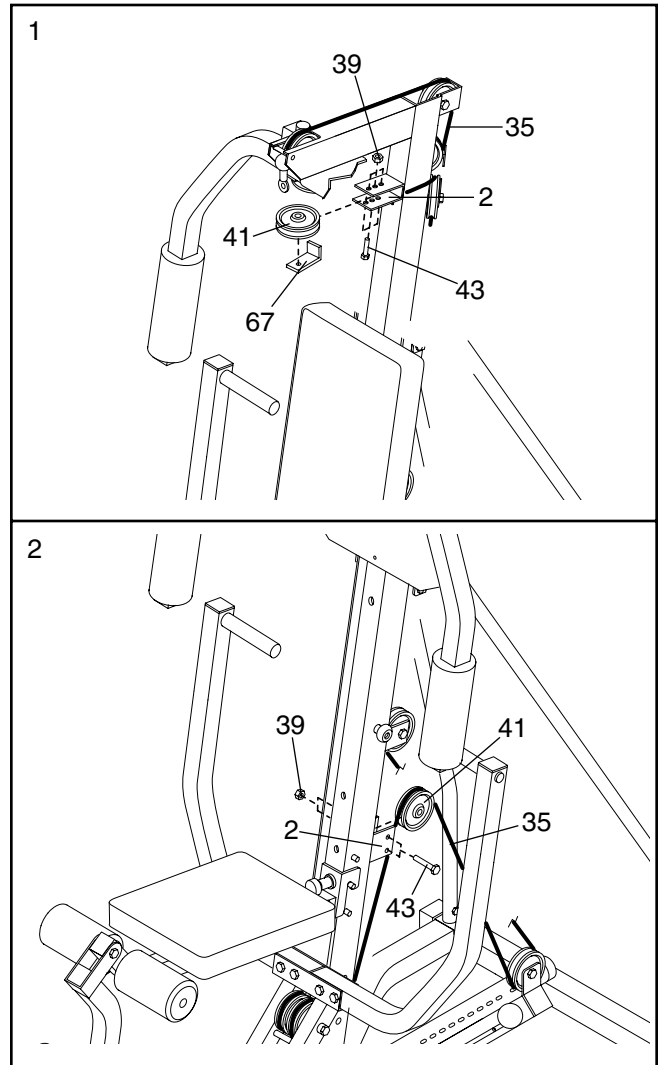
TIGHTENING THE CABLE

Woven cable, the type of cable used on the home gym system, can stretch slightly when it is first used. If there is slack in the Cable (35) before resistance is felt, the Cable should be tightened. Slack can be removed from the Cable by moving the Pulley (41) to the next hole in the indicated bracket on the upper end of the Frame (2). Remove the 3/8" Nylon Locknut (39) and the 3/8" x 2" Bolt (43) from the Cable Trap (67) and Pulley. Re-attach the Pulley and Cable Trap to the next hole in the bracket. Be sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.

Additional slack can be removed by moving the Pulley (41) to the upper hole in the indicated bracket on the back of the Frame (2). Remove the 3/8" Nylon Locknut (39) and the 3/8" x 2" Bolt (43) from the Pulley. Re-attach the Pulley to the upper hole in the bracket. Be sure that the Cable and Pulley move smoothly.

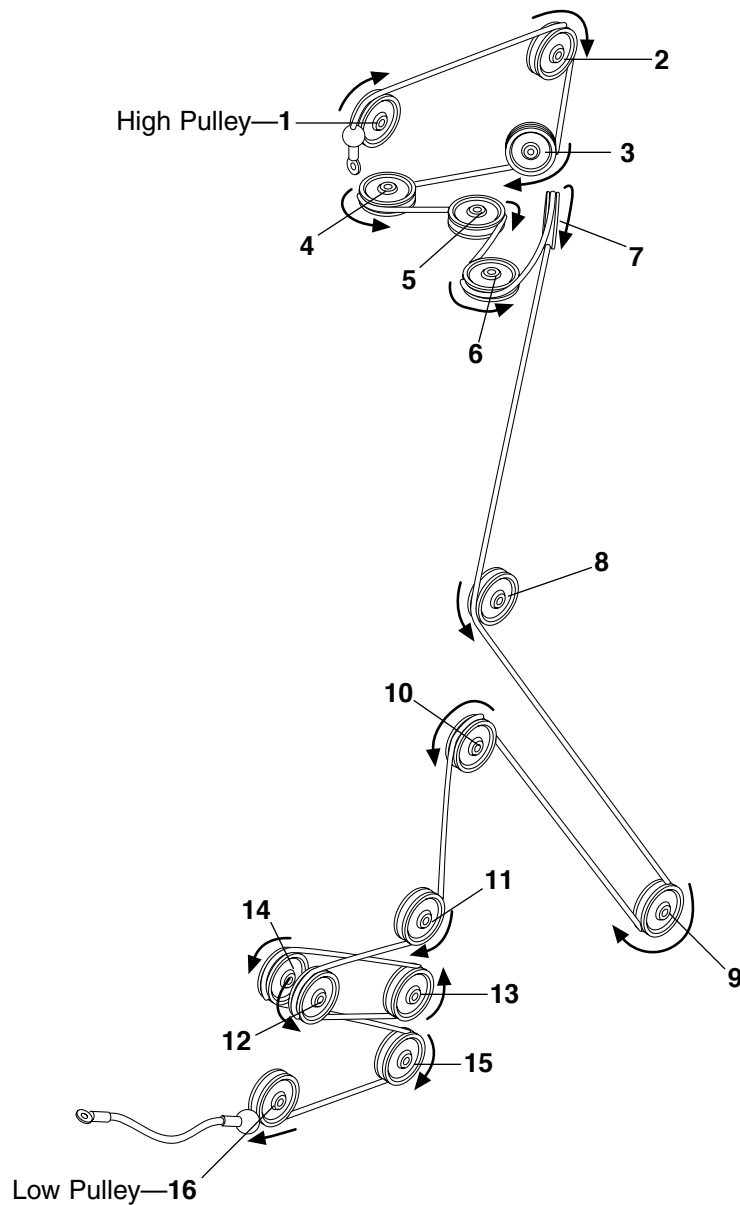
Note: If the cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

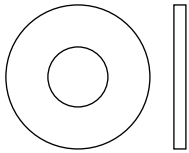
The cable must be replaced every two years. If the cable needs to be replaced, see REPLACEMENT PARTS on the back cover of this manual.



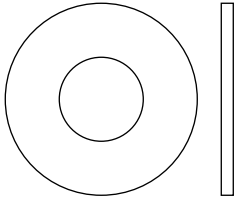
CABLE DIAGRAM

The cable diagram below shows the proper routing of the cable. Use this diagram to be sure that the Cable has been assembled correctly. The starting and ending point has been labeled. The numbers show the proper route for the Cable. **IMPORTANT: If the Cable has not been correctly routed, the HealthRider® BRS will not function properly and damage may occur.**





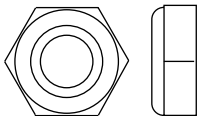
1/4" Washer (55)



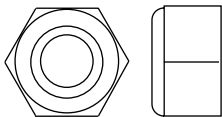
3/8" Washer (46)



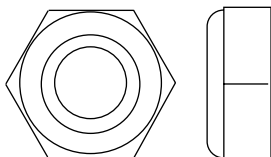
1/4" Nylon Locknut (54)



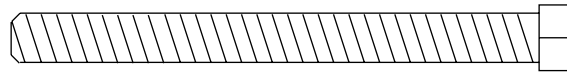
3/8" Nylon Jam Nut (74)



3/8" Nylon Locknut (39)



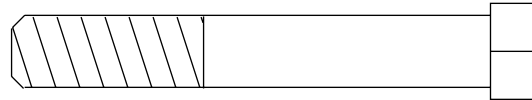
1/2" Nylon Jam Nut (50)



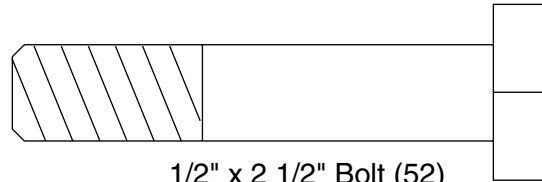
1/4" x 2 3/4" Bolt (63)



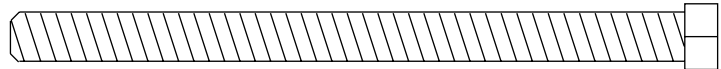
3/8" x 2 1/2" Carriage Bolt (60)



3/8" x 2 1/2" Bolt (51)



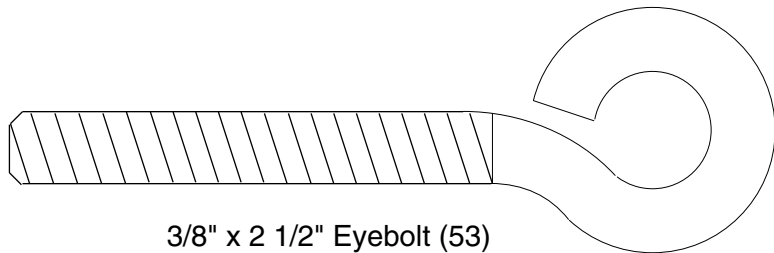
1/2" x 2 1/2" Bolt (52)



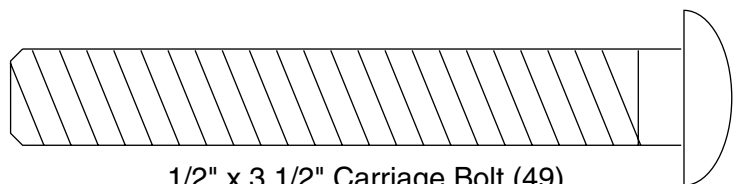
1/4" x 3 1/2" Bolt (58)



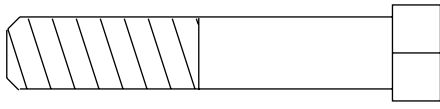
1/4" x 3 1/2" Carriage Bolt (59)



3/8" x 2 1/2" Eyebolt (53)



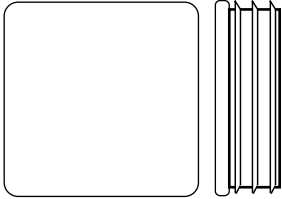
1/2" x 3 1/2" Carriage Bolt (49)



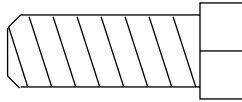
3/8" x 2" Bolt (43)



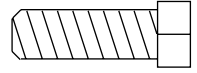
1/4" x 2 1/2" Carriage Bolt (57)



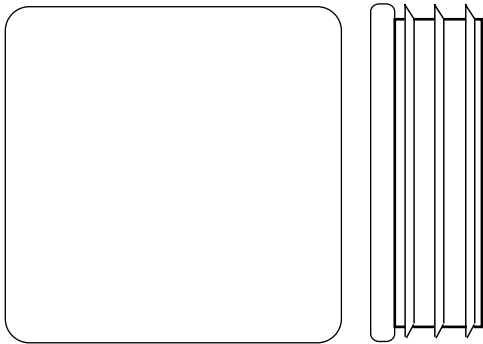
1" Square Inner Cap (64)



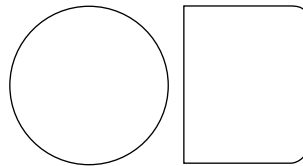
3/8" x 1" Bolt (16)



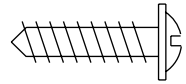
1/4" x 3/4" Bolt (56)



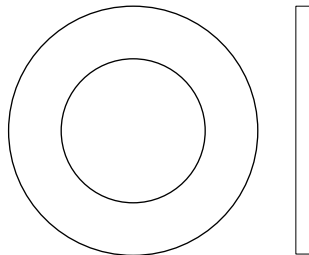
1 3/4" Square Inner Cap (65)



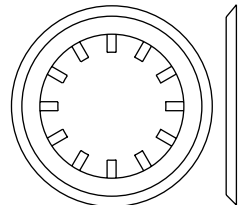
3/4" Round Outer Cap (69)



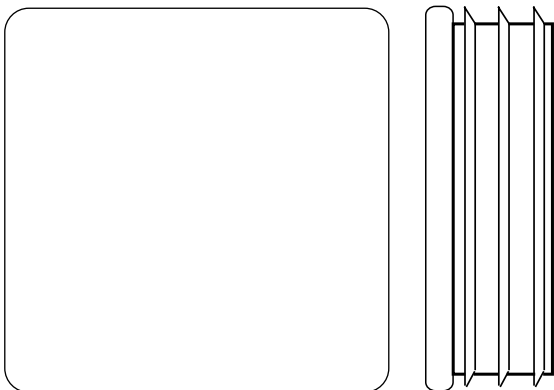
3/4" Tap Screw (62)



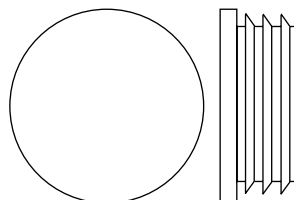
3/4" Large Washer (71)



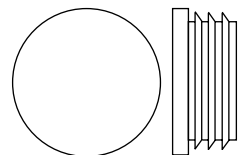
3/4" Retainer (70)



2" Square Inner Cap (68)



1" Round Inner Cap (36)



3/4" Round Inner Cap (26)

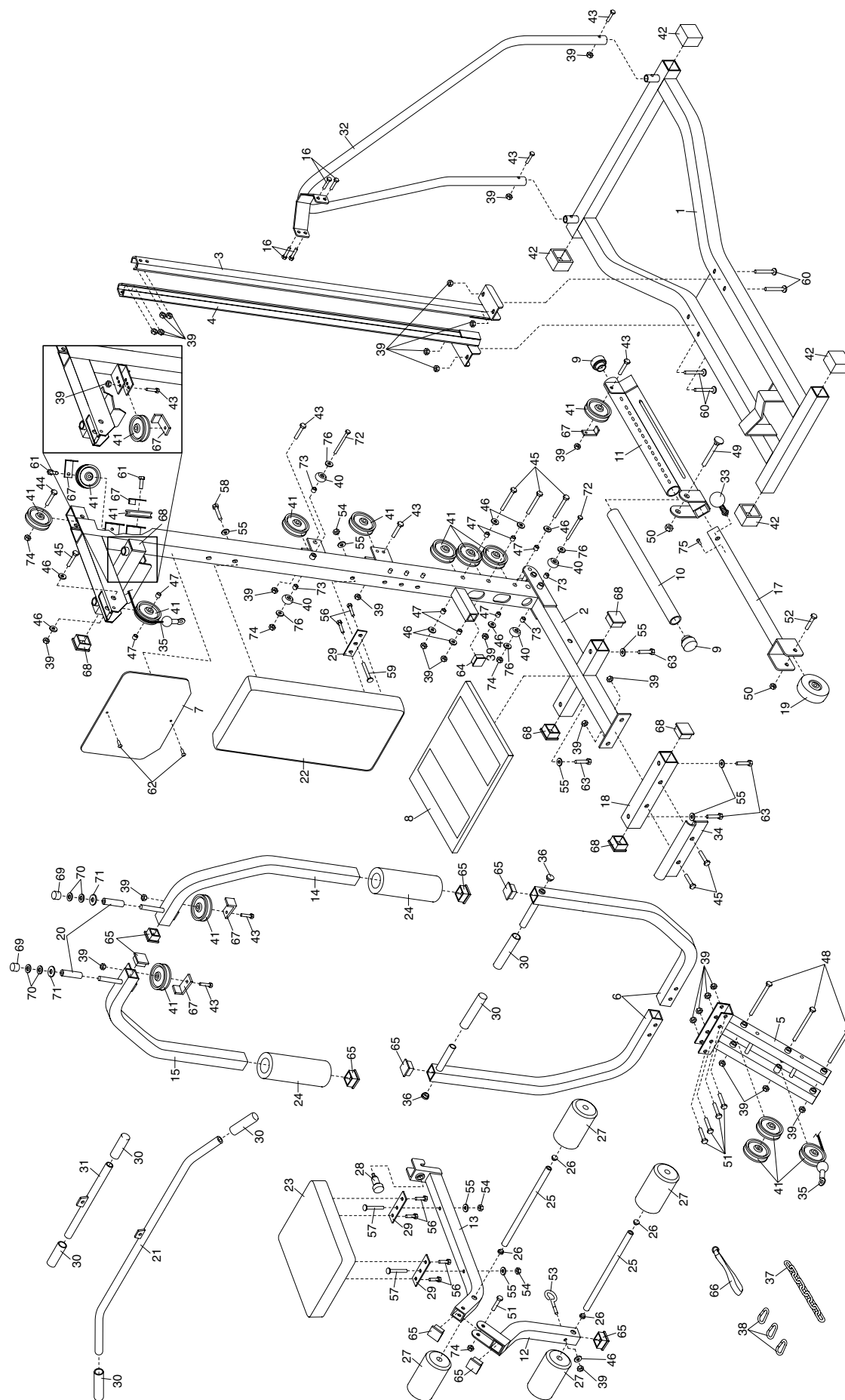
PART LIST—Model No. 831.159350

R0198A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	41	16	Pulley
2	1	Frame	42	4	2" Square Outer Cap
3	1	Left Wheel Channel	43	8	3/8" x 2" Bolt
4	1	Right Wheel Channel	44	1	3/8" x 1 3/4" Bolt
5	1	Press Frame	45	6	3/8" x 2 3/4" Bolt
6	2	Press Arm	46	9	3/8" Washer
7	1	Nameplate	47	8	1/2" x 5/8" Spacer
8	1	Platform	48	3	3/8" x 7 1/4" Bolt
9	2	Dial Knob	49	1	1/2" x 3 1/2" Carriage Bolt
10	1	Inner Dial Tube	50	2	1/2" Nylon Jam Nut
11	1	Lift Tube	51	5	3/8" x 2 1/2" Bolt
12	1	Leg Lever	52	1	1/2" x 2 1/2" Bolt
13	1	Seat Frame	53	1	3/8" x 2 1/2" Eyebolt
14	1	Left Butterfly Arm	54	3	1/4" Nylon Locknut
15	1	Right Butterfly Arm	55	8	1/4" Washer
16	4	3/8" x 1" Bolt	56	6	1/4" x 3/4" Bolt
17	1	Inner Lift Tube	57	2	1/4" x 2 1/2" Carriage Bolt
18	1	Crossbar	58	1	1/4" x 3 1/2" Bolt
19	1	Large Wheel	59	1	1/4" x 3 1/2" Carriage Bolt
20	2	Butterfly Arm Bushing	60	4	3/8" x 2 1/2" Carriage Bolt
21	1	Lat Bar	61	2	3/8" x 1 1/2" Bolt
22	1	Backrest	62	2	3/4" Tap Screw
23	1	Seat	63	4	1/4" x 2 3/4" Bolt
24	2	Butterfly Foam Pad	64	1	1" Square Inner Cap
25	2	Pad Tube	65	9	1 3/4" Square Inner Cap
26	4	3/4" Round Inner Cap	66	1	Nylon Strap
27	4	Foam Pad	67	6	Cable Trap
28	1	Lock Knob	68	6	2" Square Inner Cap
29	3	Seat Plate	69	2	3/4" Round Outer Cap
30	6	Hand Grip	70	4	3/4" Retainer
31	1	Row Tube	71	2	3/4" Large Washer
32	1	Support Tube	72	2	3/8" x 5 5/8" Bolt
33	1	Adjustment Knob	73	4	1/2" x 1/2" Spacer
34	1	Platform Cover	74	4	3/8" Nylon Jam Nut
35	1	Cable	75	1	#10 x 3/4" Screw
36	2	1" Round Inner Cap	76	4	3/8" Thin Washer
37	1	Chain	#	1	User's Manual
38	3	Cable Clip	#	1	Exercise Guide
39	30	3/8" Nylon Locknut	#	2	Caution Decal
40	4	Small Wheel			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

R0198A





Model No. 831.159350

QUESTIONS?

If you find that:

- **you need help assembling or operating the HealthRider® BRS Body-Weight Resistance System**
- **a part is missing**
- **or you need to schedule repair service**

call our toll-free HELPLINE

1-800-736-6879

**Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)**

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

**1-800-FON-PART
(1-800-366-7278)**

The model number and serial number of your HealthRider® BRS Body-Weight Resistance System are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.159350).
- The NAME of the product (HealthRider® BRS Body-Weight Resistance System).
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST/EXPLODED DRAWING at the center of this manual).

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