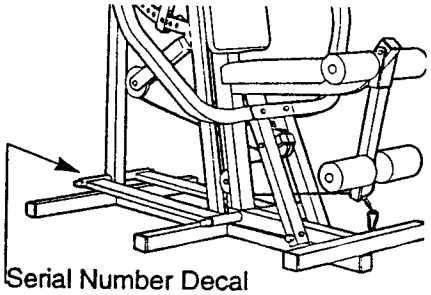
BODYLIFT™

PRO-FORM®

SEARS®

Model No. 831.159411
Serial No. _____

Write the serial number in the space above for reference.

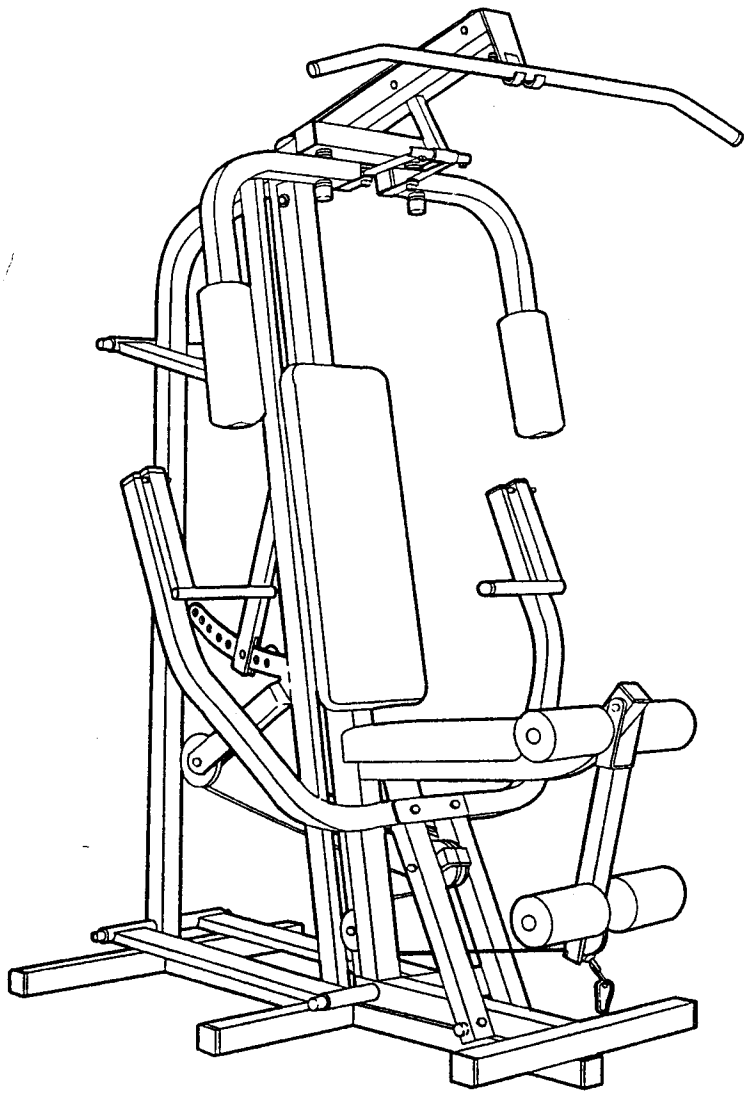


Serial Number Decal

CAUTION!

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

PATENT PENDING



OWNER'S MANUAL

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

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IMPORTANT SAFETY PRECAUTIONS

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

1. **Read all instructions in this owner's manual and in the accompanying literature before using the BODYLIFT.**
2. **Use the BODYLIFT only on a level surface. Cover the floor under the BODYLIFT to protect it.**
3. **Inspect and tighten all parts each time you use the BODYLIFT. Replace any worn or frayed parts immediately.**
4. **Keep small children away from the BODYLIFT at all times.**
5. **The BODYLIFT is designed to be used by only one person at a time.**
6. **Keep hands and feet away from moving parts.**
7. **Always wear athletic shoes for foot protection.**
8. **Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on all of the pulleys.**
9. **Remove the lat bar from the high pulley station when performing any exercise that does not use the lat bar.**
10. **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. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

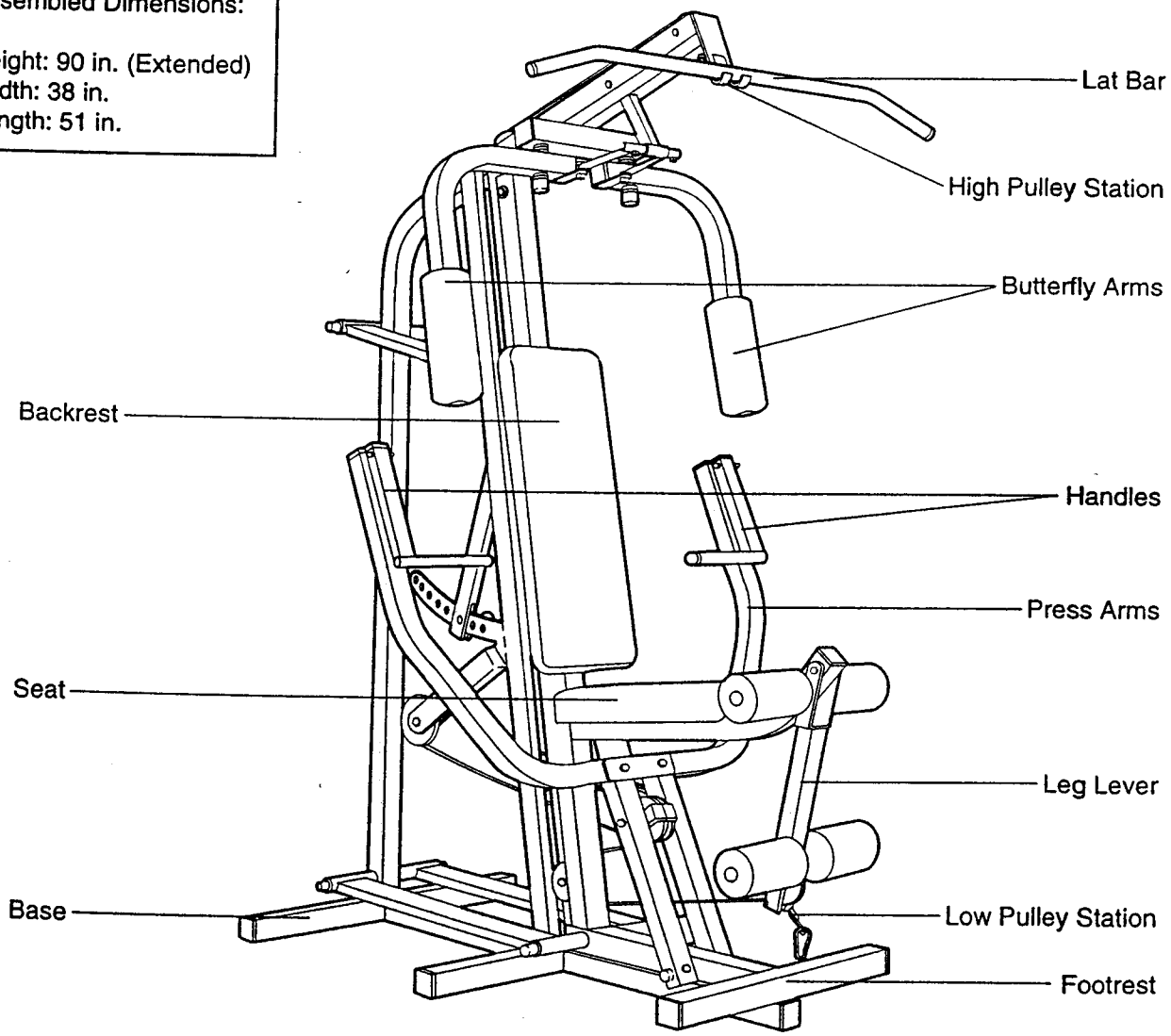
Thank you for selecting the PROFORM® BODYLIFT Body Weight Resistance System. The compact BODYLIFT features an impressive array of weight stations designed to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the BODYLIFT will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the BODYLIFT. 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 831.159411. The serial number can be found on a decal attached to the BODYLIFT (see the front cover of this owner's manual).

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

Assembled Dimensions:

Height: 90 in. (Extended)
Width: 38 in.
Length: 51 in.



IMPORTANT: The BODYLIFT requires a minimum ceiling height of 7 1/2 feet.

ASSEMBLY

Assembly requires two people. Due to the size and weight of the BODYLIFT, it should be assembled in the location where it will be used.

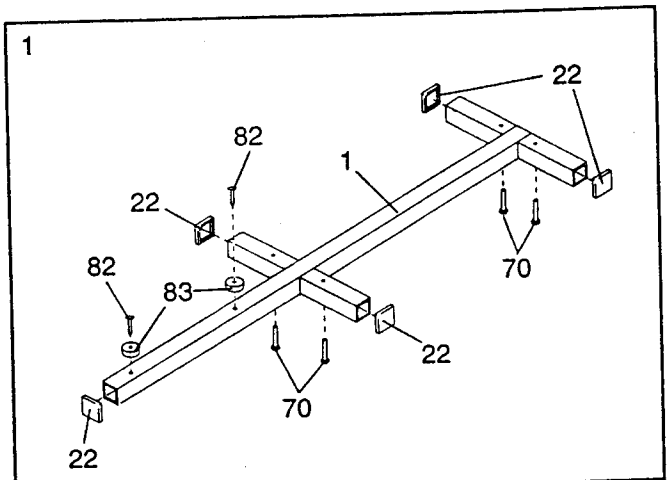
Place all parts of the BODYLIFT in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Before beginning assembly, read each step and look at each drawing carefully. As you assemble the BODYLIFT, make sure that all parts are oriented exactly as shown in the drawings. Tighten all nuts and bolts as you attach them, unless instructed to do otherwise. For help identifying the small parts used in assembly, refer to the PART CHART accompanying this owner's manual.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY: two adjustable wrenches, a phillips screwdriver and a rubber mallet. Grease and a small bowl of soapy water are also needed.

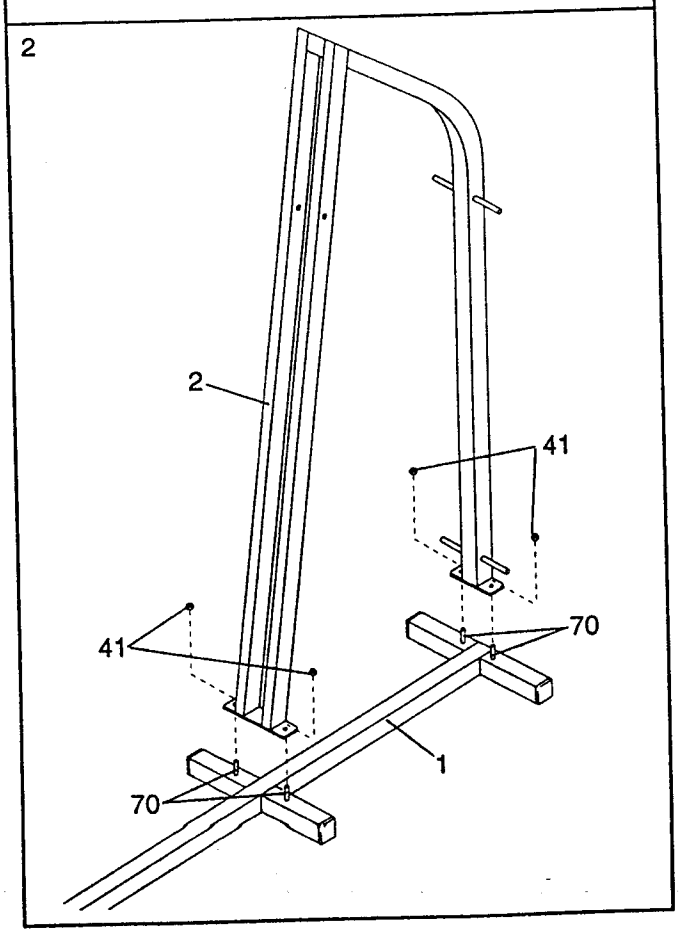
1. Press the five 2" x 2" Outer Caps (22) onto the Base (1).

   Attach the two Rubber Bumpers (83) to the Base (1) with the two #8 x 1/2" Self-Tapping Screws (82).

   Insert the four 3/8" x 2 1/2" Carriage Bolts (70) up through the Base (1).



2. Slide the Rear Upright (2) onto the four 3/8" x 2 1/2" Carriage Bolts (70) in the Base (1). Make sure that the Rear Upright is turned as shown. Attach the Rear Upright to the Base with four 3/8" Nylock Jam Nuts (41).



3. Press two 2" x 2" Inner Caps (31) into the Footrest (35).

   Attach the Footrest (35) to the lower end of the Front Upright (7) with two 3/8" x 2 3/4" Bolts (85), 3/8" Flat Washers (53) and 3/8" Nylock Nuts (33).

4. Find the end of the Cable (25) shown on the right in the inset drawing. Insert this end of the Cable up through the indicated opening in the Front Upright (7).

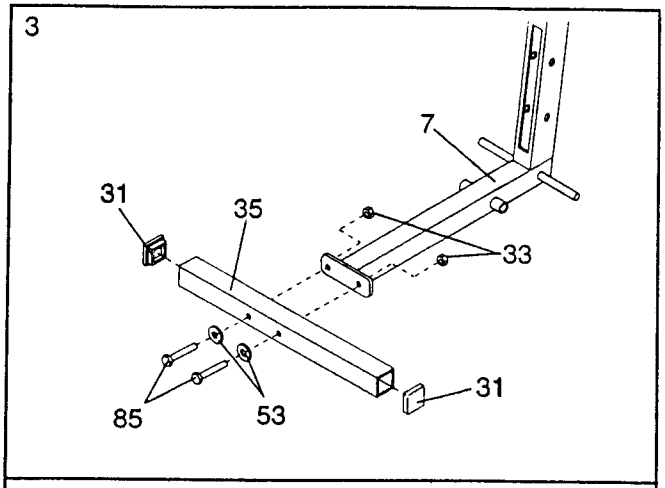
   Lay the Cable (25) over a 3 1/2" Pulley (27). Attach the Pulley and two 1/2" x 1/2" Spacers (72) inside the Front Upright (7) with a 3/8" x 3" Bolt (45) and 3/8" Nylock Nut (33).

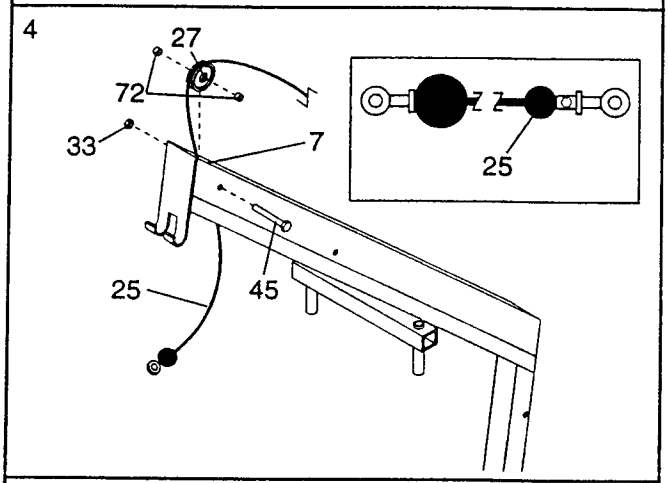
5. Turn the Pivot Arm (18) sideways and insert it down through the indicated opening in the Front Upright (7). Turn the Pivot Arm straight. Apply grease to a 3/8" x 3" Bolt (45). Insert the Bolt through the Front Upright and the tube welded to the top of the Pivot Arm. Tighten a 3/8" Nylock Nut (33) onto the Bolt.

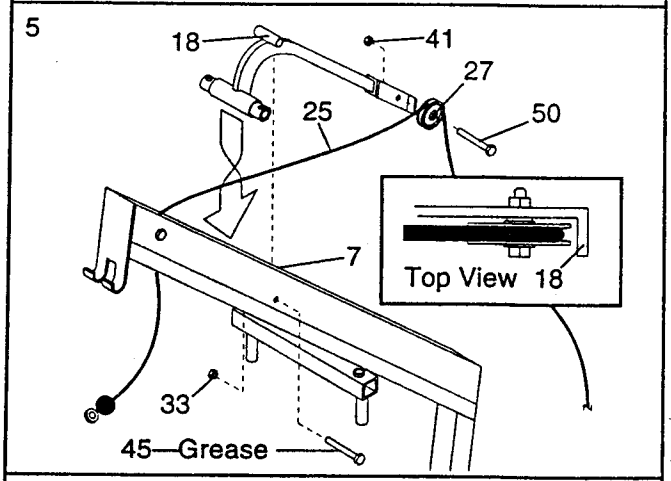
   Lay the Cable (25) over a 3 1/2" Pulley (27). Attach the Pulley to the Pivot Arm (18) with the 3/8" x 1 1/2" Bolt (50) and a 3/8" Nylock Jam Nut (41). The Cable must be between the Pulley and the "L"-shaped end of the Pivot Arm (see the inset drawing).

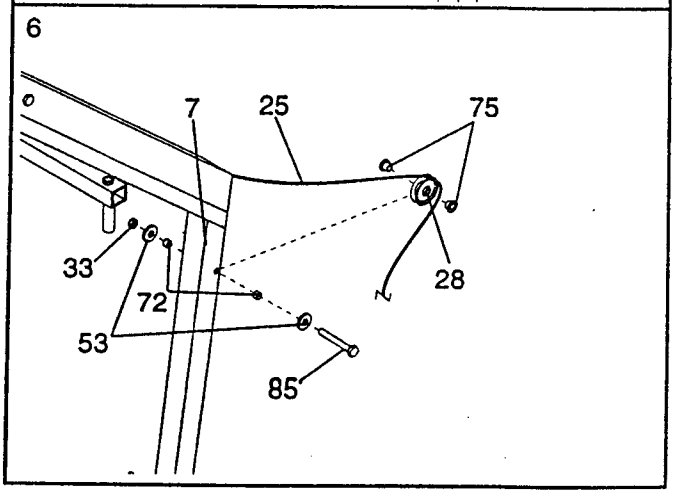
6. Insert a Thick 3/8" Flanged Bushing (75) into each side of the "V" Pulley (28). Attach the "V" Pulley inside the Front Upright (7) with a 3/8" x 2 3/4" Bolt (85), two 3/8" Flat Washers (53), two 1/2" x 1/2" Spacers (72) and a 3/8" Nylock Nut (33) as shown.

   The Cable (25) must be on the indicated side of the "V" Pulley (28).



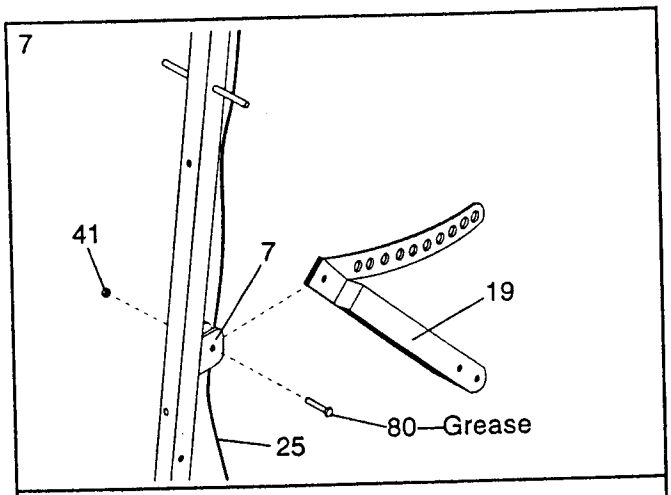






7. Route the Cable (25) between the indicated brackets on the Front Upright (7).

   Apply grease to a 3/8" x 1 1/2" Carriage Bolt (80). Attach the Selector Plate (19) to the brackets on the Front Upright (7) with the Carriage Bolt and a 3/8" Nylock Jam Nut (41).

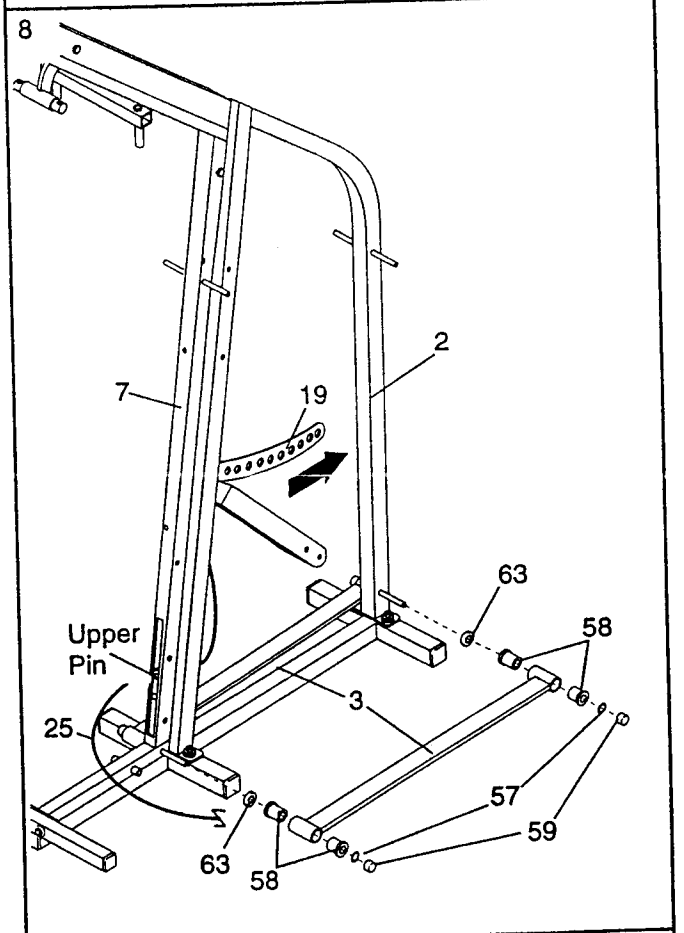


8. With the help of a second person, hold the Front Upright (7) in front of the Rear Upright (2). The Selector Plate (19) must be inserted into the Rear Upright. Insert the Cable (25) through the opening in the lower end of the Front Upright. The Cable must be above the upper pin in the opening.

   Make sure that there are four 1 1/2" Round Bushings (58) in each of the Long Risers (3).

   Slide a Weld Cover (63) onto each of the lower axles on the indicated side of the Front and Rear Uprights (7, 2). The Weld Covers must be turned so the open sides are facing the Uprights. Slide a Long Riser (3) onto the axles. The Long Riser must be turned as shown. Hold a 3/4" Retainer (57) and 3/4" Retainer Cap (59) against one of the axles. The teeth on the Retainer must bend toward the Retainer Cap. Tap the Retainer and Retainer Cap onto the axle. Tap a 3/4" Retainer (57) and 3/4" Retainer Cap (59) onto the other axle.

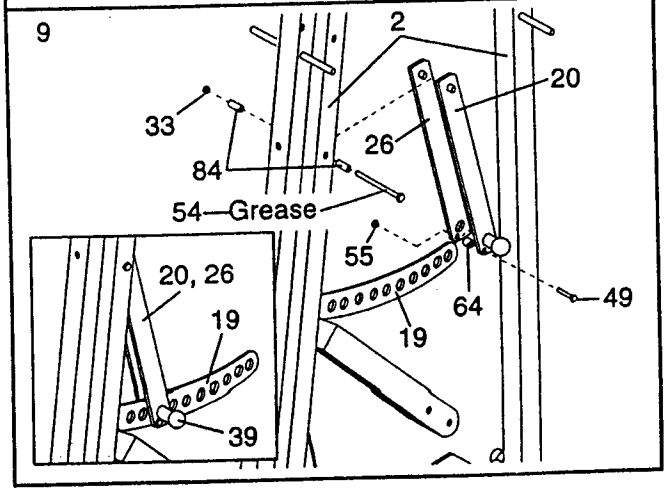
   Attach a Long Riser (3) to the lower axles on the other side of the Front and Rear Uprights (7, 2) in the same manner.



9. Attach the Left Selector Half (20) to the Right Selector Half (26) with the 1/4" x 1 1/4" Bolt (49), the 5/8" x 1/4" Plastic Spacer (64) and a 1/4" Nylock Nut (55).

   Apply grease to the 3/8" x 4 1/2" Bolt (54). Attach the Selector (20, 26) inside the Rear Upright (2) with the Bolt, the two 1/2" x 1 1/8" Bushings (84) and a 3/8" Nylock Nut (33). Do not overtighten the Nylock Nut; the Selector must pivot freely.

   Pivot the Selector (20, 26) back until it touches the back of the Rear Upright (2). Raise the Selector Plate (19) as far as possible. Pull back the Knob (39) on the Selector and pivot the Selector onto the end of the Selector Plate (see the inset drawing). Align the Selector with one of the holes in the Selector Plate, and release the Knob.



10. Make sure that there are four 1 1/2" Round Bushings (58) in each of the Short Risers (4).

    Slide a Weld Cover (63) onto each of the upper axles on the indicated side of the Front and Rear Uprights (7, 2). The Weld Covers must be turned so the open sides are facing the Uprights. Slide a Short Riser (4) onto the axles. The Short Riser must be turned as shown. Hold a 3/4" Retainer (57) and 3/4" Retainer Cap (59) against one of the axles. The teeth on the Retainer must bend toward the Retainer Cap. Tap the Retainer and Retainer Cap onto the axle. Tap a 3/4" Retainer (57) and 3/4" Retainer Cap (59) onto the other axle.

    Attach a Short Riser (4) to the upper axles on the other side of the Front and Rear Uprights (7, 2) in the same manner.

11. Align the lower end of the Moment Arm (10) with the indicated tube in the Front Upright (7). The Moment Arm must be turned so the welded plate is on the indicated side. Apply grease to the Pivot Tube (60). Insert the Pivot Tube through the Moment Arm and the Front Upright.

    Align the holes in the Pivot Tube (60) with the holes in the lower end of the Moment Arm (10). Attach the Moment Arm to the Pivot Tube with the two 5/16" x 2 1/4" Bolts (51), four 5/16" Flat Washers (66) and two 5/16" Nylock Nuts (73).

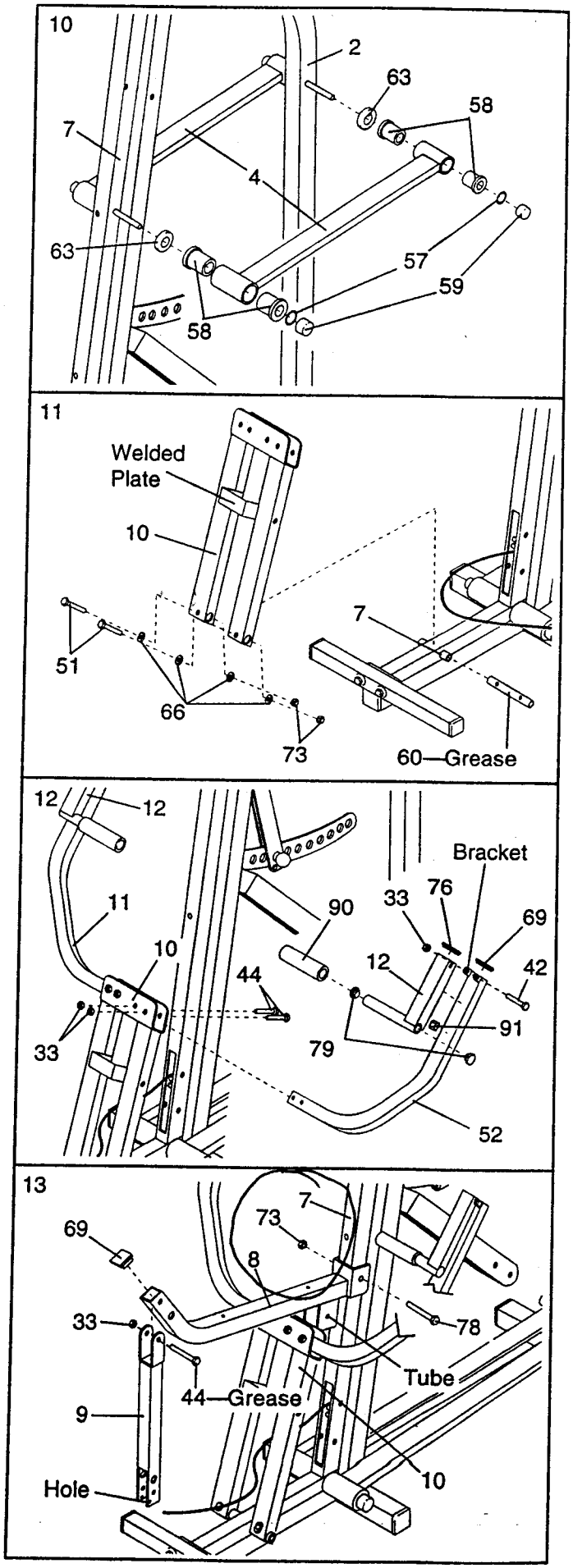
12. Attach the Left Press Arm (52) to the Moment Arm (10) with two 3/8" x 2 3/4" Bolts (44) and 3/8" Nylock Nuts (33). The bracket on the Left Press Arm must be on the indicated side. Attach a Handle (12) to the Left Press Arm with a 3/8" x 2 1/4" Bolt (42) and 3/8" Nylock Nut (33). Do not overtighten the Nylock Nut; the Handle must pivot freely. Press a 1 3/4" x 1 3/4" Inner Cap (69) into the Left Press Arm (52). Press a Small Bumper (91) onto the Left Press Arm as shown. Press a 1" x 1 1/2" Cap (76) and two 1" Round Inner Caps (79) into the Handle (12). Wet the end of the Handle with soapy water. Slide a Grip (90) onto the Handle.

    Attach the Right Press Arm (11) and a Handle (12) to the Moment Arm (10) in the same manner.

13. Press a 1 3/4" x 1 3/4" Inner Cap (69) into the Seat Frame (8).

    Attach the Seat Frame (8) to the Front Upright (7) with the 5/16" x 2 3/4" Bolt (78) and a 5/16" Nylock Nut (73). The Moment Arm (10) must be in front of the tube on the bottom of the Seat Frame.

    Apply grease to a 3/8" x 2 1/2" Bolt (44). Attach the Leg Lever (9) to the Seat Frame (8) with the Bolt and a 3/8" Nylock Nut (33). The Leg Lever must be turned so the lower hole is on the indicated side.



14. Slide a Seat Brace (21) and a 5/8" x 3/8" Spacer (65) onto a 3/8" x 2 3/4" Bolt (85). Hold a 3 1/2" Pulley (27) between the indicated holes in the Front Upright (7). Insert the Bolt through the Front Upright and the Pulley. Slide a 5/8" x 3/8" Spacer (65) and the other Seat Brace (21) onto the Bolt. Finger tighten a 3/8" Nylock Nut (33) onto the Bolt. The Cable (25) must be between the Pulley and the upper pin in the Front Upright.

    Attach the Seat Braces (21) to the Seat Frame (8) with a 3/8" x 2 3/4" Bolt (85) and 3/8" Nylock Nut (33). Tighten the Nylock Nuts on both ends of the Seat Braces.

15. Insert the 3/8" x 6 1/2" Bolt (48) through **one side** of the Moment Arm (10).

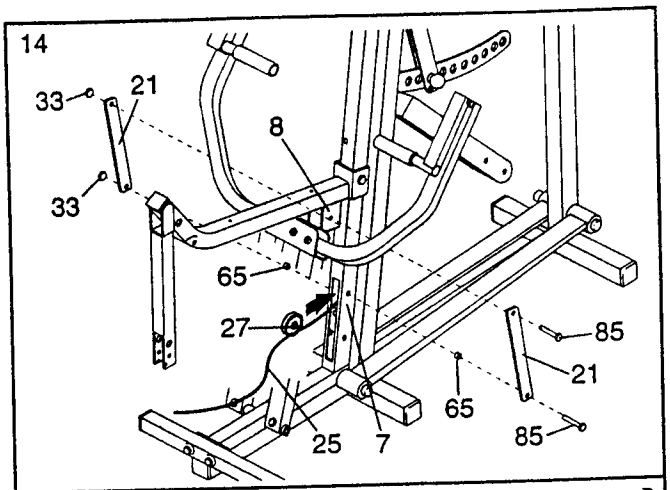
    Press a Thin 3/8" Flanged Bushing (37) into each side of a 3" Pulley (29). Route the Cable (25) up around the Pulley. Slide a 1/2" x 1/2" Spacer (72) and the Pulley onto the 3/8" x 6 1/2" Bolt (48). Insert the Bolt through the other side of the Moment Arm (10). Finger tighten a 3/8" Nylock Nut (33) onto the Bolt. The Cable must be between the Pulley and the welded plate on the Moment Arm.

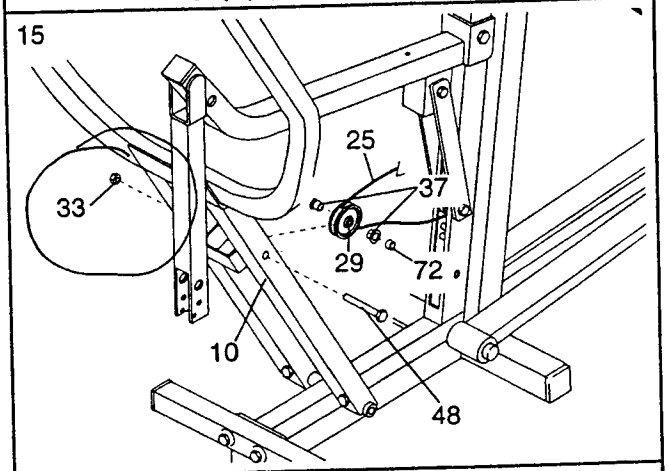
16. Insert the Cable (25) between the Seat Braces (21), through the Front Upright (7) and through the Rear Upright (2).

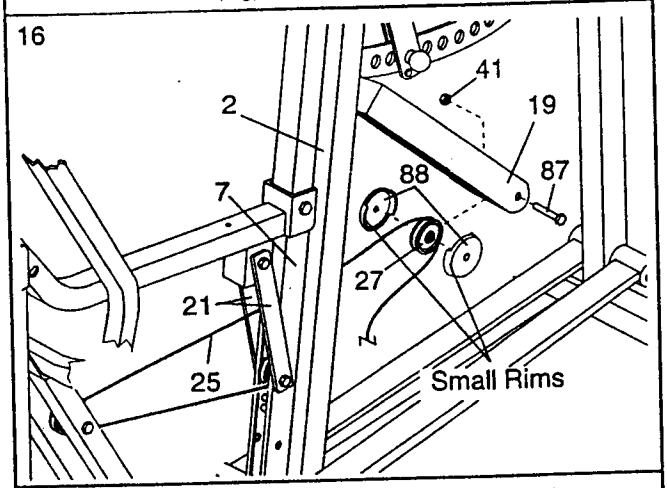
    Lay the Cable (25) over a 3 1/2" Pulley (27). Attach the Pulley and the two Pulley Covers (88) between the indicated holes in the Selector Plate (19) with the 3/8" x 1 3/4" Bolt (87) and a 3/8" Nylock Jam Nut (41). Make sure the small rims of the Pulley Covers are turned to face the Rear Upright (2). Do not over-tighten the Nut. The Cable must be able to move freely around the Pulley.

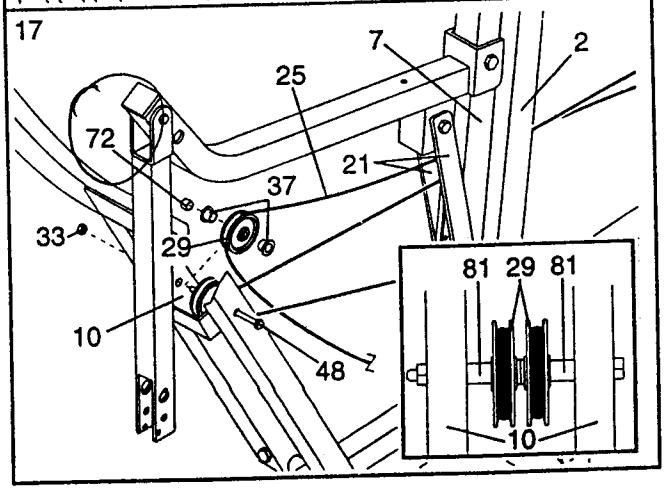
17. Insert the Cable (25) through the Rear Upright (2), through the Front Upright (7) and between the Seat Braces (21).

    Remove the 3/8" Nylock Nut (33) from the 3/8" x 6 1/2" Bolt (48). Slide the Bolt out of **one side** of the Moment Arm (10). Press a Thin 3/8" Flanged Bushing (37) into each side of a 3" Pulley (29). Lay the Cable (25) over the Pulley. Slide the Pulley and a 1/2" x 1/2" Spacer (72) onto the Bolt. Insert the Bolt completely through the Moment Arm. Tighten the 3/8" Nylock Nut (33) onto the Bolt. The Cable must be between the Pulley and the welded plate on the Moment Arm. The inset drawing shows the correct positions of the Spacers and Pulleys.

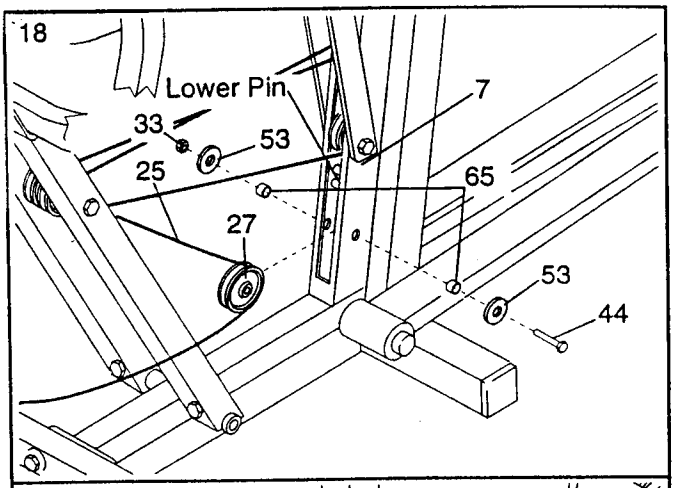






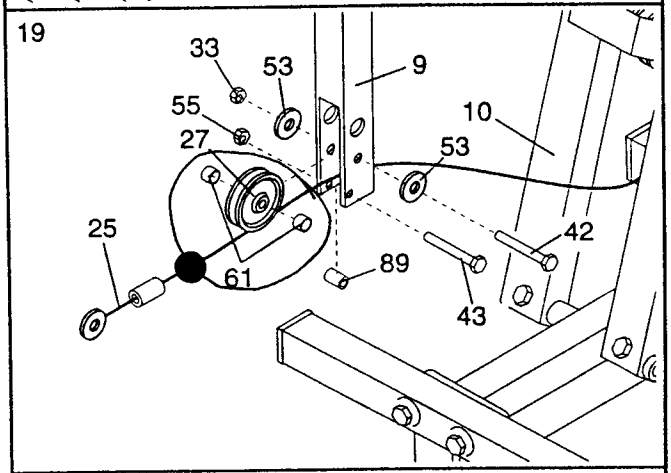


18. Wrap the Cable (25) down around a 3 1/2" Pulley (27) as shown. Attach the Pulley inside the Front Upright (7) with a 3/8" x 2 1/2" Bolt (44), two 3/8" Flat Washers (53), two 5/8" x 3/8" Spacers (65) and a 3/8" Nylock Nut (33) as shown. The Cable must be between the Pulley and the lower pin in the Front Upright.



19. Attach a 3 1/2" Pulley (27) and the two 1/2" x 1/4" Spacers (61) inside the Leg Lever (9) with a 3/8" x 2 1/4" Bolt (42), two 3/8" Flat Washers (53) and a 3/8" Nylock Nut (33). The Bolt must be inserted through the indicated hole.

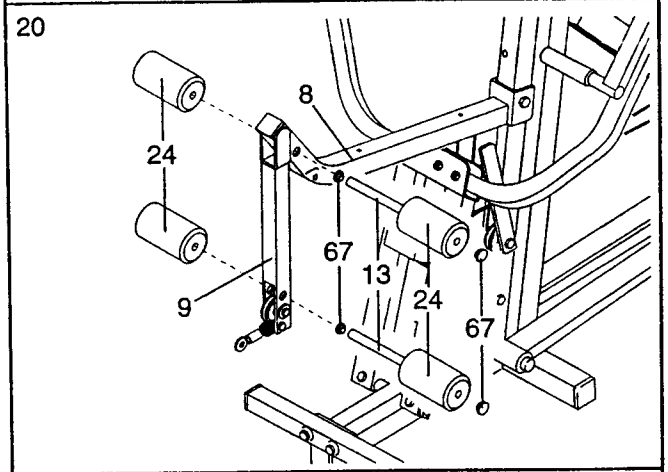
Insert the Cable (25) through the lower end of the Moment Arm (10). Wrap the Cable under the 3 1/2" Pulley (27). Attach the 1/2" x 1" Sleeve (89) inside the Leg Lever (9) with the 1/4" x 1 3/4" Screw (43) and the 1/4" Nylock Nut (55). The Cable must be between the Pulley and the Screw.



20. Press the four 3/4" Round Inner Caps (67) into the ends of the two Pad Tubes (13).

Insert one Pad Tube (13) into the Leg Lever (9). Slide a 6" Pad (24) onto each end of the Pad Tube.

Insert the other Pad Tube (13) into the Seat Frame (8). Slide a 6" Pad (24) onto each end of the Pad Tube.

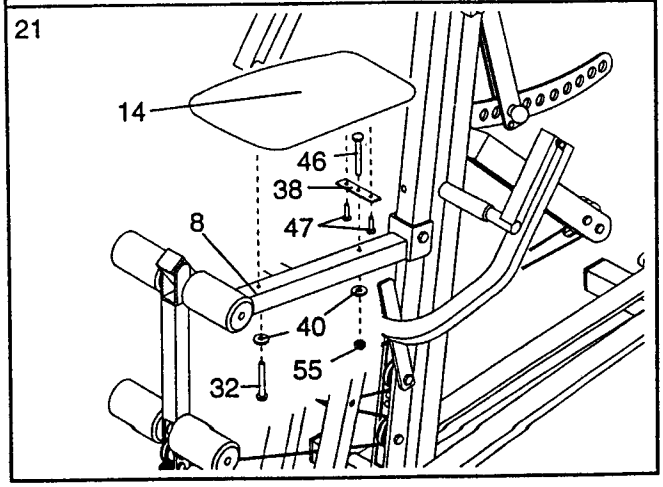


21. Attach the Seat Bracket (38) to the Seat Frame (8) with the 1/4" x 2 1/2" Carriage Bolt (46), a 1/4" Flat Washer (40) and a 1/4" Nylock Nut (55).

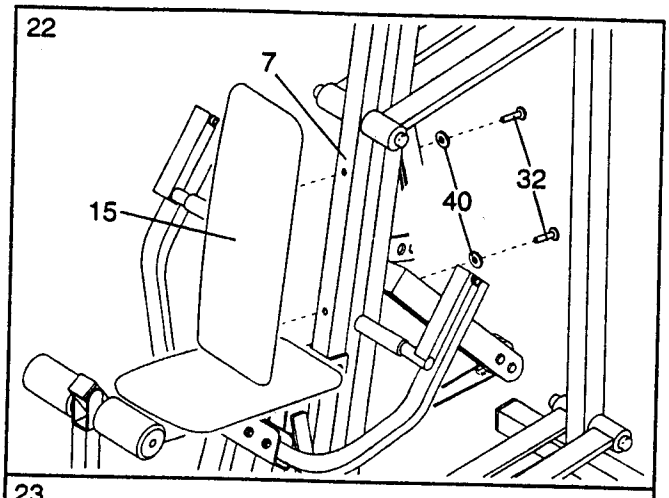
Attach the Seat (14) to the Seat Bracket (38) with the two 1/4" x 3/4" Bolts (47). Do not tighten the Bolts yet.

Attach the Seat (14) to the Seat Frame (8) with a 1/4" x 2 1/2" Screw (32) and 1/4" Flat Washer (40).

Tighten the two 1/4" x 3/4" Bolts (47).



22. Attach the Backrest (15) to the Front Upright (7) with two 1/4" x 2 1/2" Screws (32) and 1/4" Flat Washers (40). One of the holes in the back of the Backrest is 3" from the edge; the other hole is 1" from the edge. The Backrest should be turned so the hole that is 3" from the edge is at the top.



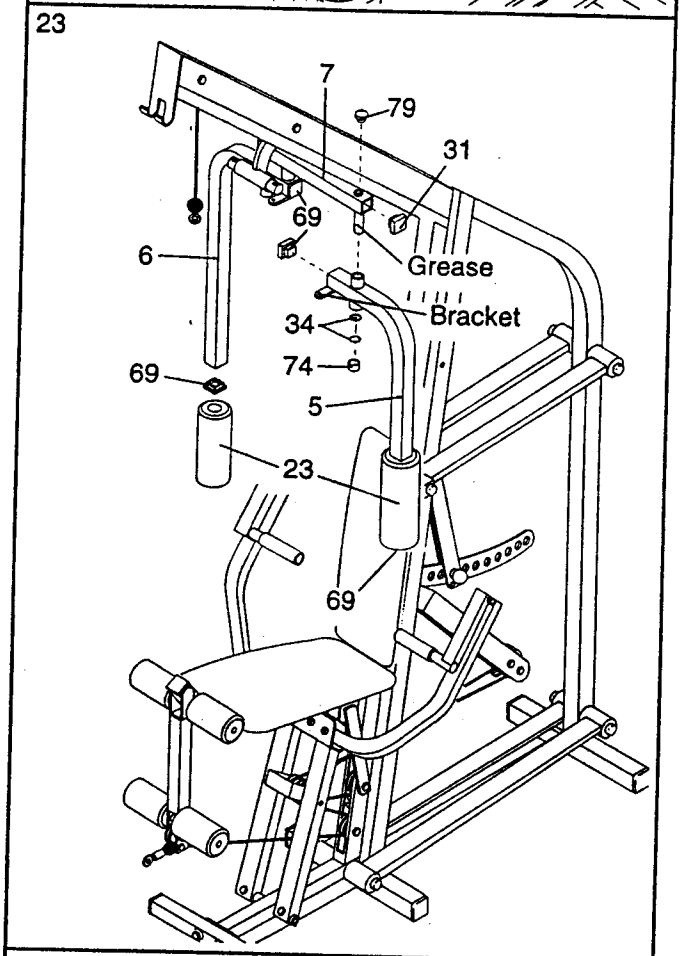
23. Press two 2" x 2" Inner Caps (31) and two 1" Round Inner Caps (79) into the indicated tube on the Front Upright (7).

    Press two 1 3/4" x 1 3/4" Inner Caps (69) into each of the Arms (5, 6).

    Apply grease to the indicated axle on the Front Upright (7). Slide the Left Arm (5) onto the axle. The bracket must be on the indicated side of the Left Arm. Hold two 1" Retainers (34) and a 1" Retainer Cap (74) against the lower end of the axle. The teeth on the Retainers must bend toward the Retainer Cap. Tap the Retainers and Retainer Cap onto the axle.

    Attach the Right Arm (6) to the right axle on the Front Upright (7) in the same manner.

    Wet the lower ends of the Arms (5, 6) with soapy water. Slide a 10" Pad (23) about halfway up each Arm.

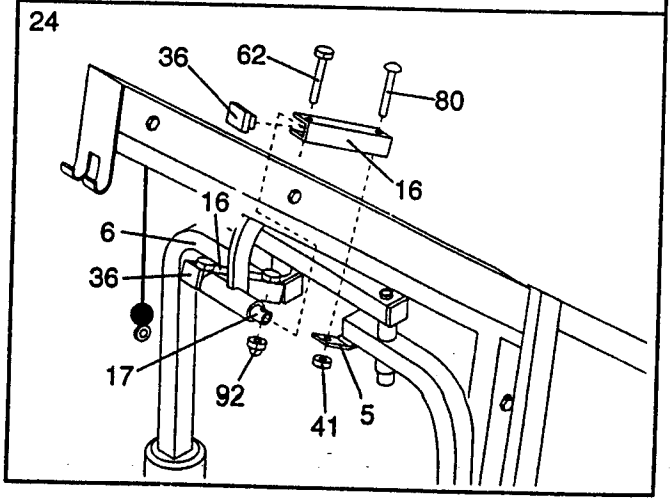


24. Slide the slotted end of a Link Tube (16) onto one end of the Link Tube Axle (17). Attach the Link Tube to the Link Tube Axle with a 1/4" x 1 1/2" Bolt (62) and 1/4" Acorn Nut (92).

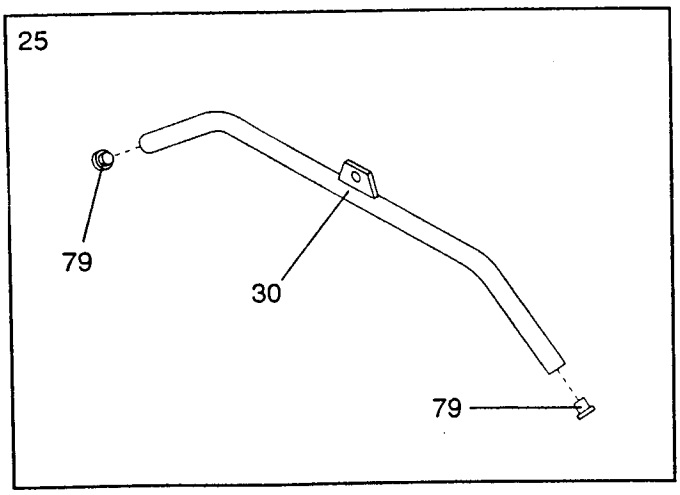
    Attach the other end of the Link Tube (16) to the bracket on the Left Arm (5) with a 3/8" x 1 1/2" Carriage Bolt (80) and 3/8" Nylock Jam Nut (41).

    Attach the other Link Tube (16) to the Link Arm Axle (17) and the Right Arm (6) in the same manner.

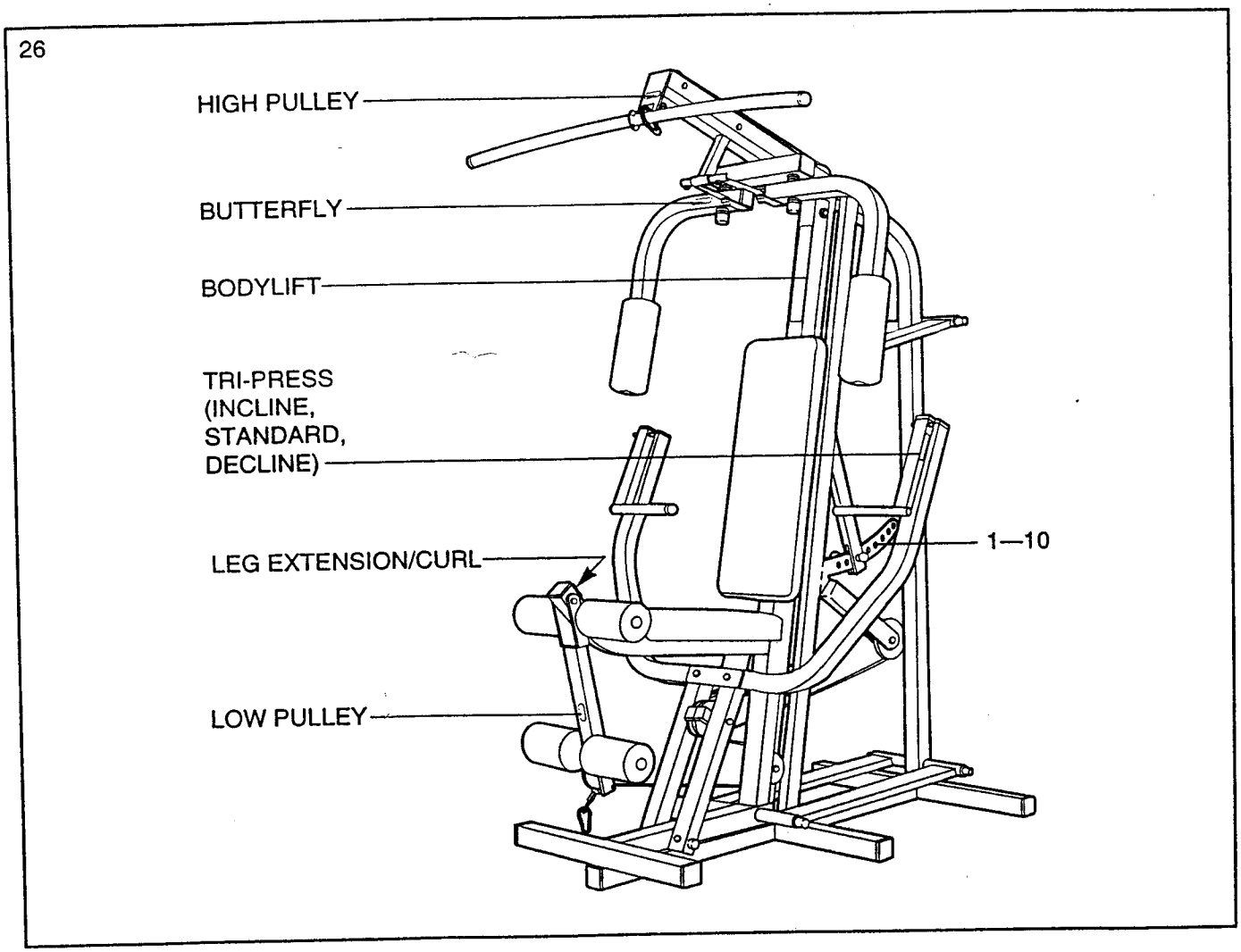
    Press a 1" x 1" Inner Cap (36) into each of the Link Tubes (16).



25. Press a 1" Round Inner Cap (79) into each end of the Lat Bar (30).



26. Remove the decals from the Decal Sheet (not shown), and apply them to the BODYLIFT in the locations shown in the drawing below.



27. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in USING THE BODYLIFT, beginning on page 12 of this owner's manual. Before using the BODYLIFT, test the cable and pulleys. Pull the cable a few times to make sure that it moves smoothly over the pulleys. If the cable does not move smoothly, locate and correct the problem before using the BODYLIFT. The diagram at the bottom of page 15 shows the correct routing of the cable. **IMPORTANT: If the cable is not correctly routed, it may be damaged when used with heavy resistance.**

USING THE BODYLIFT

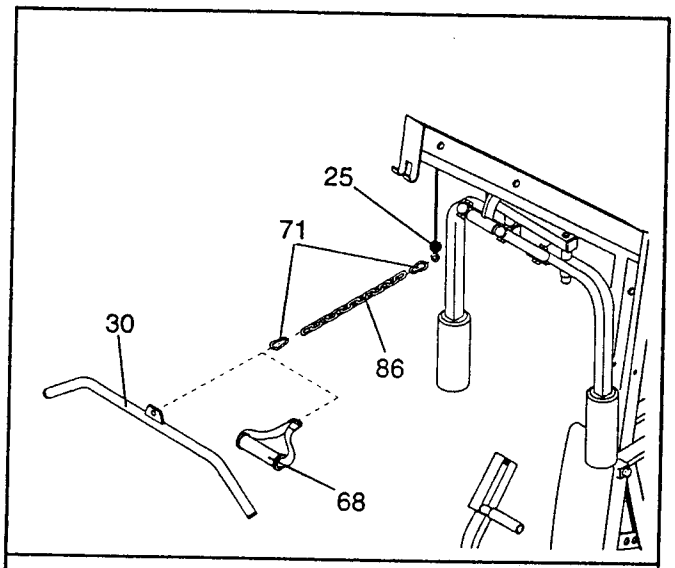
The instructions below describe how each part of the BODYLIFT can be adjusted. Refer to the EXERCISE GUIDE accompanying this owner's manual for exercise guidelines, and to see how the BODYLIFT should be set up for each exercise.

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 cable or chain as an exercise is performed, the effectiveness of the exercise will be reduced.

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

Attach the Lat Bar (30) to the Cable (25) with a Cable Clip (71). For some exercises, the Chain (86) 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 for the exercise to be performed.**

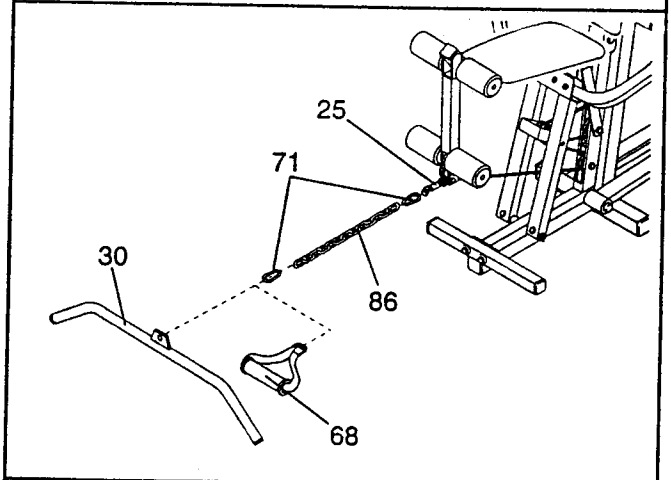
The Nylon Strap (68) can be attached in the same manner.



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

Attach the Lat Bar (30) to the Cable (25) with a Cable Clip (71). For some exercises, the Chain (86) 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 for the exercise to be performed.**

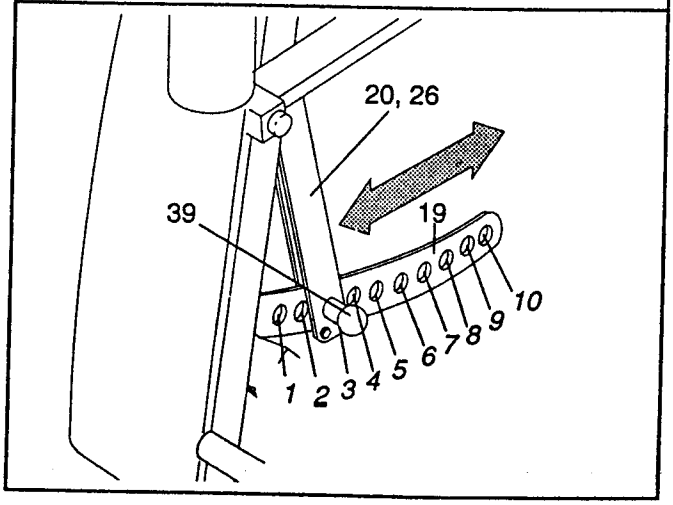
The Nylon Strap (68) can be attached in the same manner.



SELECTING A RESISTANCE SETTING

The unique BODYLIFT utilizes its own weight and the weight of the user to provide a wide range of resistance settings. To change the resistance setting, first pull back the Knob (39) on the Selector (20, 26). Align the Selector with one of the ten holes in the Selector Plate (19), and release the Knob. Make sure that the Selector is engaged in one of the holes in the Selector Plate.

To find the resistance settings of the different hole positions, refer to the convenient resistance charts on pages 13 and 14.



RESISTANCE CHARTS

The resistance settings of the BODYLIFT depend on which exercise station you are using, whether or not you are sitting on the BODYLIFT when performing an exercise, and your body weight. Follow the simple steps below to find resistance settings.

1. Find the resistance chart for the exercise station you are using (see this page and page 14). Resistance chart 1 is for the high pulley station, resistance chart 2 is for the butterfly arm station, resistance chart 3 is for the press arm station, resistance chart 4 is for the leg lever station, and resistance chart 5 is for the low pulley station.

2. Find the appropriate column of the resistance chart. If you will be performing an exercise where you will not be sitting on the BODYLIFT, refer to column 2 of the chart. If you will be sitting on the BODYLIFT, refer to columns 3, 4, 5 or 6. Column 3 is for users weighing 100 pounds, column 4 is for users weighing 150 pounds, column 5 is for users weighing 200 pounds, and column 6 is for users weighing 250 pounds. Find the column that most closely matches your body weight.

3. Next, look down the column and choose one of the listed resistance settings. Then, look across to column 1 to find the hole position for the resistance setting. For example, if you are using chart 1, you weigh about 150 pounds, and you want to select a resistance setting of 72 pounds, the chart shows that you must move the selector to hole position 2. **Note: The listed resistance settings are approximate. Actual resistance may vary.**

RESISTANCE CHART 1—HIGH PULLEY STATION

1 HOLE POSITION	2 USER OFF BODYLIFT	3 100 LB. USER	4 150 LB. USER	5 200 LB. USER	6 250 LB. USER
1	18	46	52	66	78
2	29	58	72	87	101
3	37	73	96	114	138
4	44	93	118	143	167
5	55	120	145	178	208
6	69	140	179	215	252
7	81	172	223	269	304
8	99	207	258	312	(Do not use)
9	124	252	275	(Do not use)	(Do not use)
10	163	255	305	(Do not use)	(Do not use)

RESISTANCE CHART 2—BUTTERFLY ARM STATION (BOTH ARMS ADDED TOGETHER)

1 HOLE POSITION	2 USER OFF BODYLIFT	3 100 LB. USER	4 150 LB. USER	5 200 LB. USER	6 250 LB. USER
1	46	72	84	98	110
2	50	92	98	120	136
3	56	94	114	134	152
4	60	100	128	148	169
5	62	114	144	170	196
6	70	122	154	180	208
7	72	134	172	204	234
8	76	150	188	226	262
9	80	166	212	256	298
10	86	184	220	270	312

RESISTANCE CHART 3—PRESS ARM STATION

1 HOLE POSITION	2 USER OFF BODYLIFT	3 100 LB. USER	4 150 LB. USER	5 200 LB. USER	6 250 LB. USER
1	23	44	54	65	75
2	29	54	67	80	92
3	31	63	83	99	116
4	40	76	97	115	134
5	43	84	103	124	144
6	50	103	120	147	171
7	55	106	135	161	179
8	63	126	157	189	219
9	74	139	165	198	227
10	80	150	191	226	262

RESISTANCE CHART 4—LEG LEVER STATION

1 HOLE POSITION	2 USER OFF BODYLIFT	3 100 LB. USER	4 150 LB. USER	5 200 LB. USER	6 250 LB. USER
1	24	42	57	66	77
2	26	52	67	80	93
3	30	58	77	91	106
4	34	66	85	100	117
5	40	75	96	114	134
6	41	79	104	124	144
7	45	86	112	133	151
8	48	93	122	144	168
9	52	99	130	153	179
10	57	111	143	170	198

RESISTANCE CHART 5—LOW PULLEY STATION

1 HOLE POSITION	2 USER OFF BODYLIFT	3 100 LB. USER	4 150 LB. USER	5 200 LB. USER	6 250 LB. USER
1	18	32	43	50	116
2	20	39	51	61	71
3	23	44	58	69	80
4	26	50	64	76	89
5	30	57	73	87	101
6	31	60	79	94	109
7	34	65	85	101	114
8	36	70	92	109	128
9	39	75	98	116	136
10	43	84	108	129	150

TROUBLE-SHOOTING AND MAINTENANCE

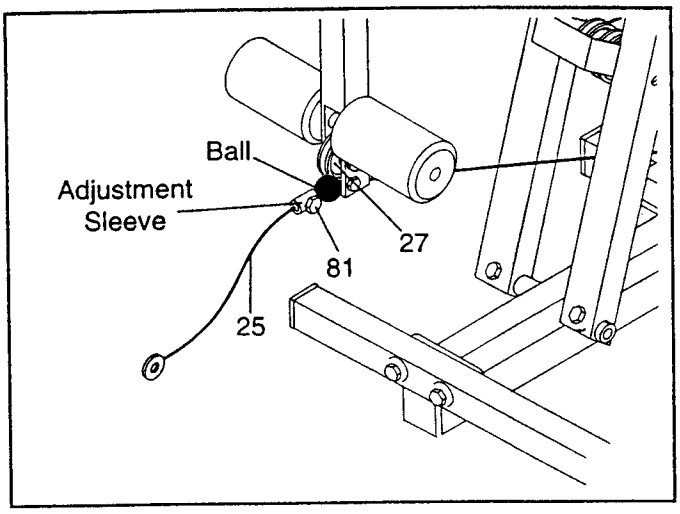
Inspect and tighten all parts each time you use the BODYLIFT. Replace any worn parts immediately. The BODYLIFT can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLE

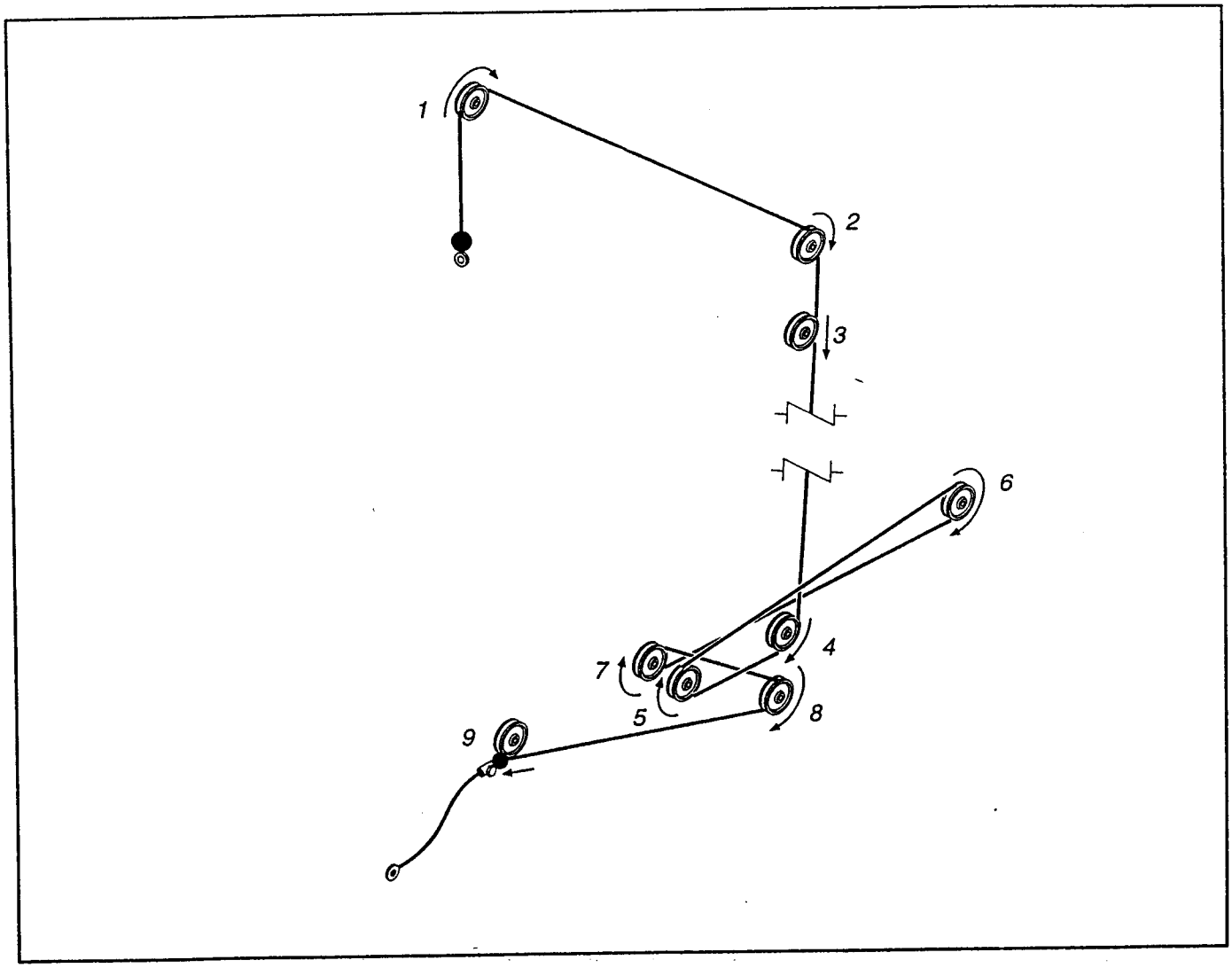
Woven cable, the type of cable used on the BODYLIFT, can stretch slightly when it is first used. If there is slack in the cable, the cable should be tightened.

Locate the adjustment sleeve and Adjustment Screw (81) near the lower end of the Cable (25). Loosen the Adjustment Screw. Pull the end of the Cable until there is no slack in the Cable, slide the adjustment sleeve and the ball against the indicated 3 1/2" Pulley (27), and retighten the Adjustment Screw.

If a replacement Cable (25) is needed, see ORDERING REPLACEMENT PARTS on the back cover of this owner's manual.



Use the diagram below to make sure that the cable is correctly routed on the BODYLIFT.



ORDERING REPLACEMENT PARTS

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

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 (831.159411).
2. The NAME of the product. (PROFORM® BODYLIFT Body Weight Resistance System.)
3. The PART NUMBER of the part(s), from page 14 of this manual.
4. The DESCRIPTION of the part(s), from page 14 of this manual.

Your BODYLIFT 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 the BODY LIFT is used in a normal manner.

This warranty does not apply when the BODY LIFT 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

Part No. 121417 R894B Printed in Canada

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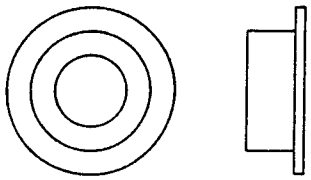
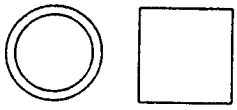
PART IDENTIFICATION CHART—Model No. 831.159411 R894A

This chart is provided to help identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity used in assembly.



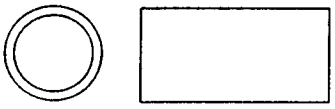
Thin 3/8" Flanged Bushing (37)–4



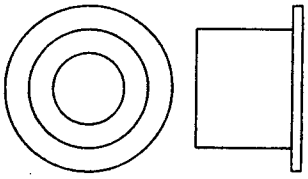
1/2" x 1/2" Spacer (72)–6

1/2" x 1 1/8" Bushing (84)–2

1/2" x 1/4" Spacer (61)–2

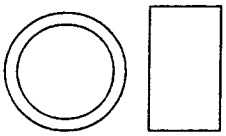


1/2" x 1" Sleeve (89)–1

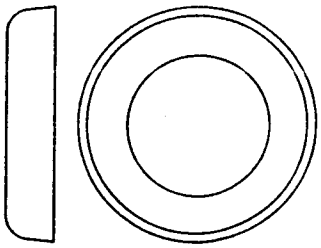


Thick 3/8" Flanged Bushing (75)–2

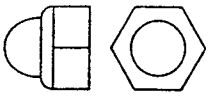
5/8" x 1/4" Plastic Spacer (64)–1



5/8" x 3/8" Spacer (65)–4

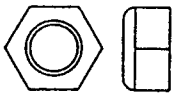


Weld Cover (63)–8

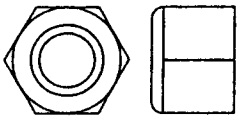


1/4" Acorn Nut (92)–2

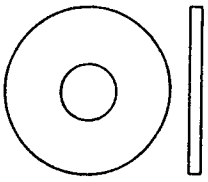
5/16" Nylock Nut (73)–3



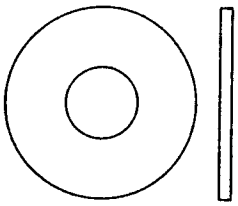
1/4" Nylock Nut (55)–3



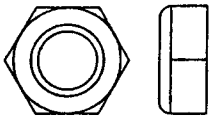
3/8" Nylock Nut (33)–18



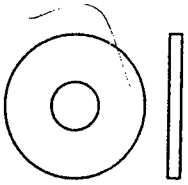
5/16" Flat Washer (66)–4



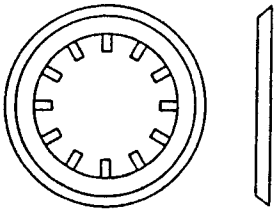
3/8" Flat Washer (53)–8



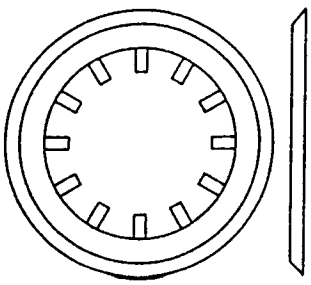
3/8" Nylock Jam Nut (41)–9



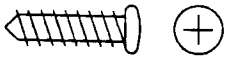
1/4" Flat Washer (40)–4



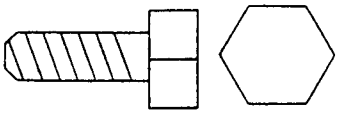
3/4" Retainer (57)–8



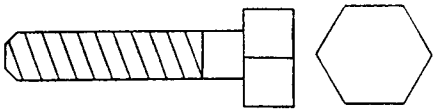
1" Retainer (34)–4



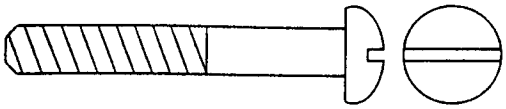
#8 x 1/2" Self-Tapping Screw (82)–2



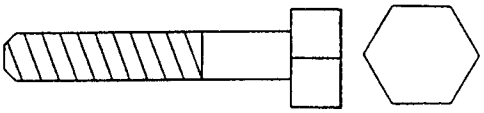
1/4" x 3/4" Bolt (47)–2



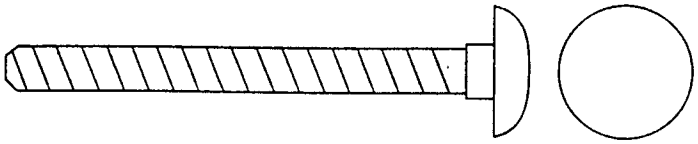
1/4" x 1 1/4" Bolt (49)–1



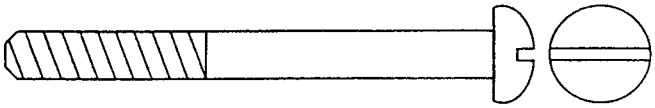
1/4" x 1 3/4" Screw (43)–1



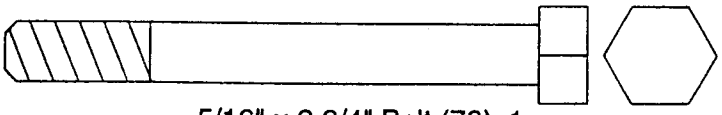
1/4" x 1 1/2" Bolt (62)–2



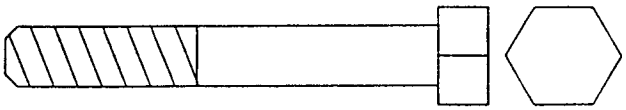
1/4" x 2 1/2" Carriage Bolt (46)–1



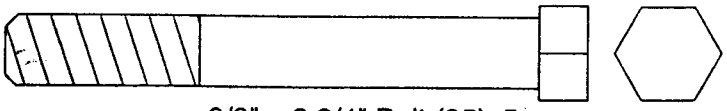
1/4" x 2 1/2" Screw (32)–3



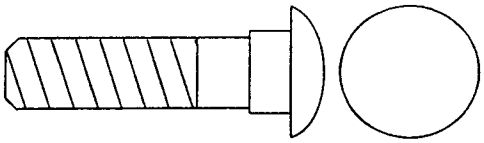
5/16" x 2 3/4" Bolt (78)–1



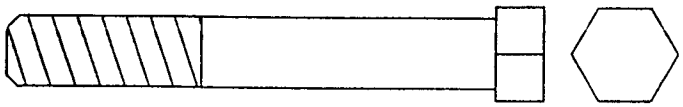
5/16" x 2 1/4" Bolt (51)–2



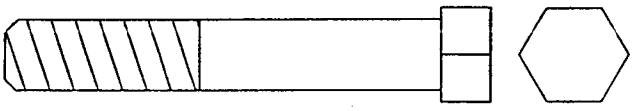
3/8" x 2 3/4" Bolt (85)–5



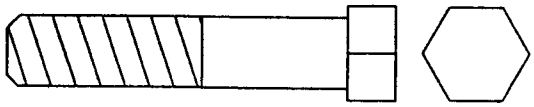
3/8" x 1 1/2" Carriage Bolt (80)–3



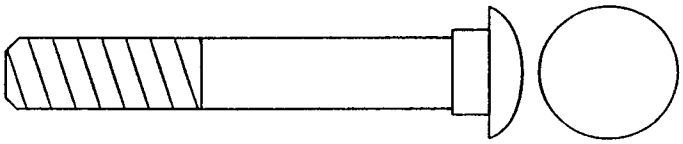
3/8" x 2 1/2" Bolt (44)–6



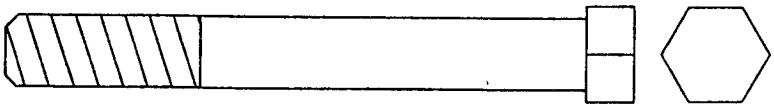
3/8" x 2 1/4" Bolt (42)–3



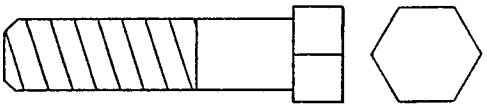
3/8" x 1 3/4" Bolt (87)–1



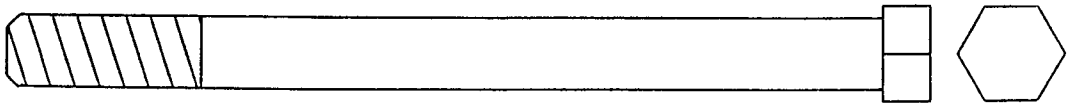
3/8" x 2 1/2" Carriage Bolt (70)–4



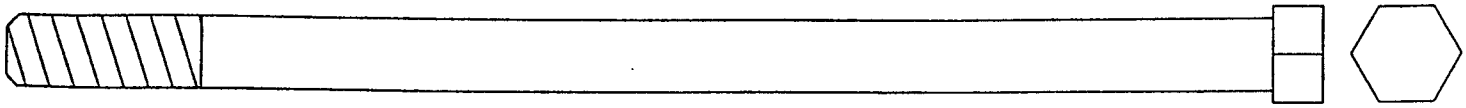
3/8" x 3" Bolt (45)–2



3/8" x 1 1/2" Bolt (50)–1



3/8" x 4 1/2" Bolt (54)–1



3/8" x 6 1/2" Bolt (48)–1

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