

SEARS® **Lifestyler™ 2500**

▼ ELECTRONIC ▼ FITNESS ▼ MONITOR

Model No. 831.284010

Warranty

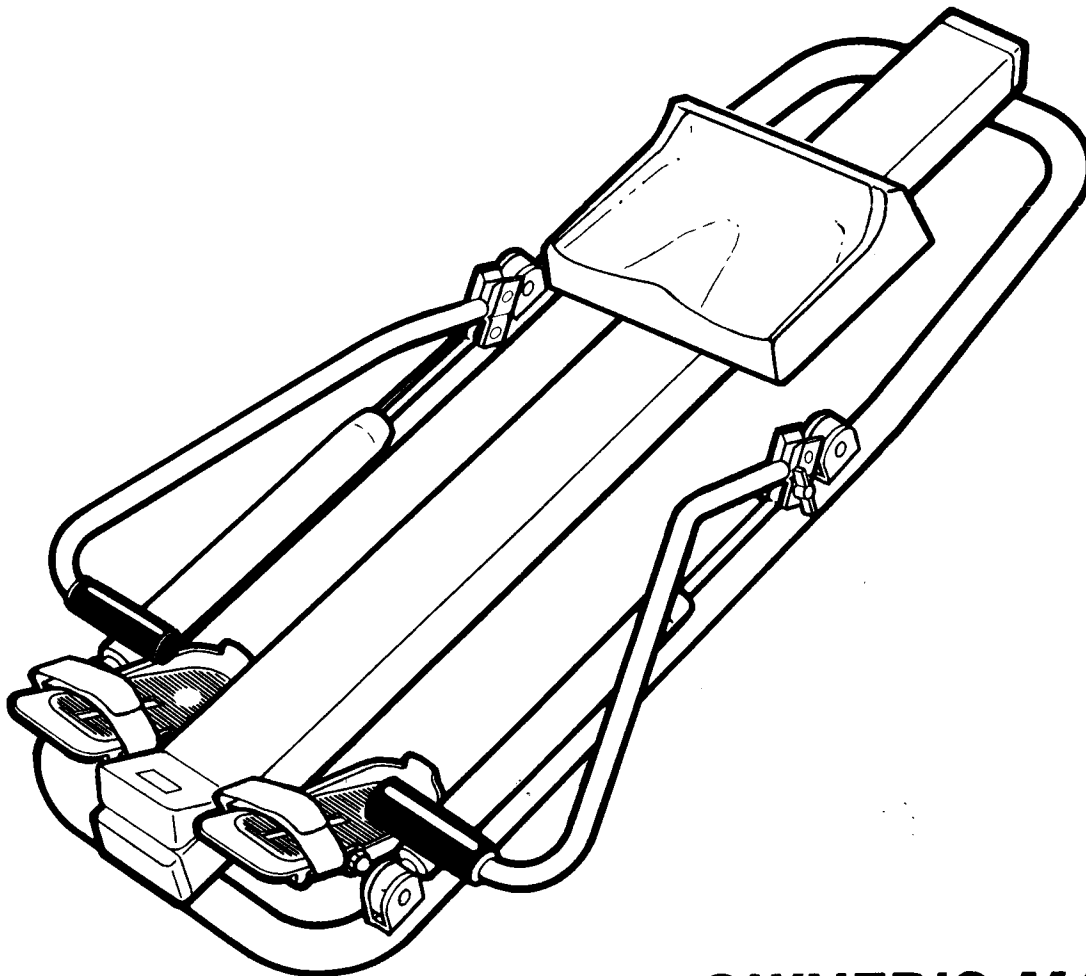
Assembly

Adjustments and Operation

Conditioning Guidelines

Maintenance and Storage

Part Ordering Information



OWNER'S MANUAL

CAUTION: Read all instructions carefully before using this product. Retain this Owner's Manual for future reference.

Part No. 046237 6/89

SOLD BY SEARS, ROEBUCK AND CO., DEPT. 731CR-W, CHICAGO, IL 60684

FULL 90 DAY WARRANTY ON PARTS

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, Sears will, free of charge, repair or replace and install a replacement part for any defective part, when the Electronic Fitness Monitor rower is used in a normal manner.

This warranty does not apply when the Electronic Fitness Monitor rower is used for commercial or rental purposes.

**SERVICE IS AVAILABLE 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. 731CR-W, CHICAGO, IL 60684

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals 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 Sears product.

Lifestyler™ 2500

▼ ELECTRONIC ▼ FITNESS ▼ MONITOR

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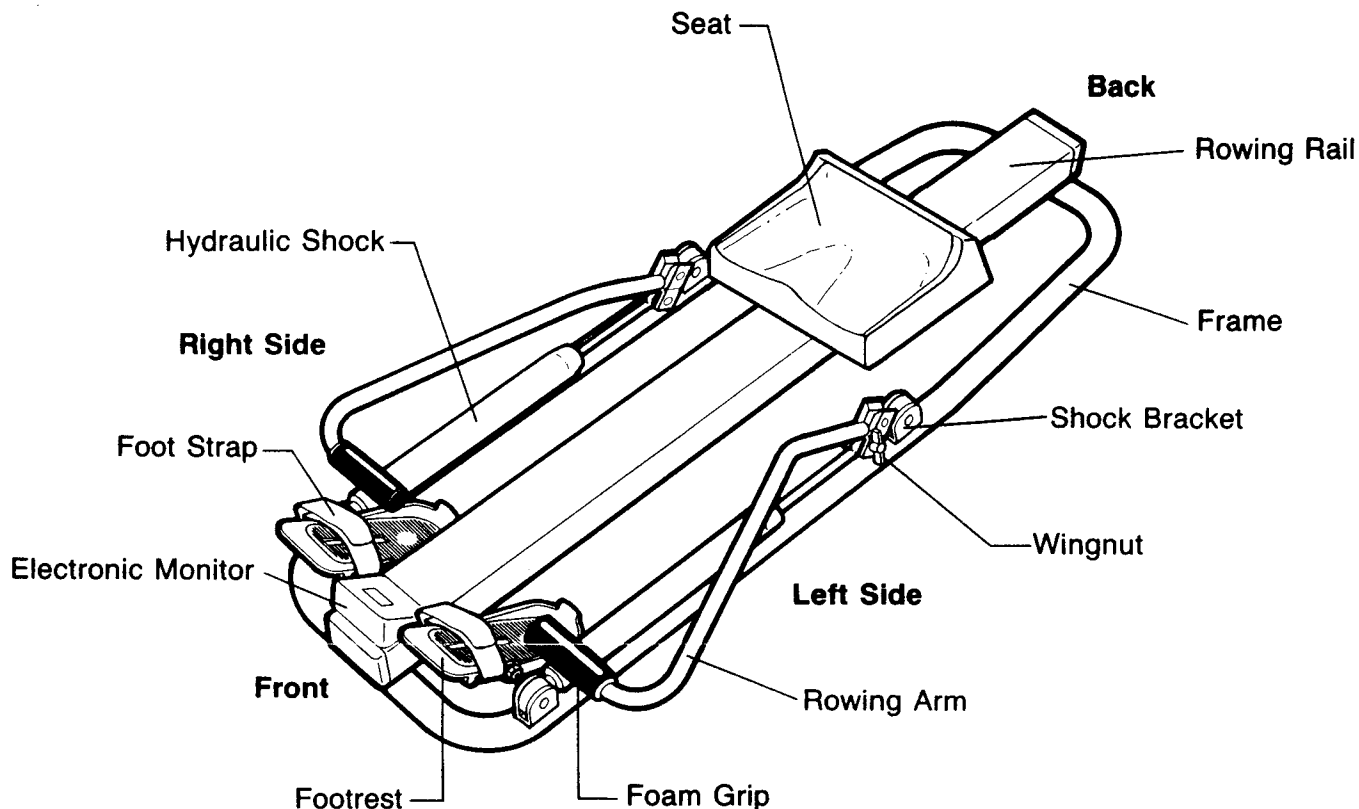
BEFORE YOU BEGIN

Congratulations on your purchase of a Sears Lifestyler 2500 Rower. There are many benefits to be gained from regular, conscientious exercise. Exercising helps control weight, strengthens and tones the muscles, improves the condition of the heart and lungs, and in many other ways helps you to look and feel better!

The Lifestyler 2500 Rower incorporates advanced technology and innovative design to provide you with one of the most effective and enjoyable forms of exercise in the convenience of your own home. For your safety, please read this manual carefully before initial use of the Lifestyler 2500. If you have additional questions, please call our Customer Service department toll-free at **1-800-999-3756**, during our regular business hours: Monday through Friday, 6 a.m. until 6 p.m. Mountain Time. In all correspondence regarding this product, refer to the product model number (831.284010).

ORIENTATION DIAGRAM

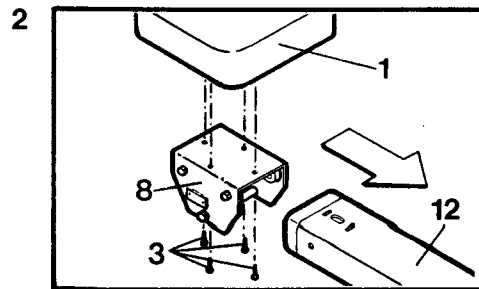
To help you understand clearly the descriptions in this manual, please examine the drawing below and familiarize yourself with the parts identified.



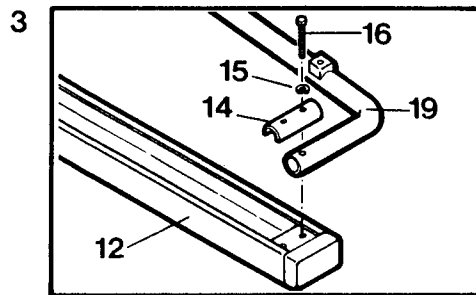
ASSEMBLY INSTRUCTIONS

Please read all steps carefully before beginning assembly. Refer to the Exploded Drawing and the Part List in this manual for help identifying parts. Assembly can be completed using the tool included.

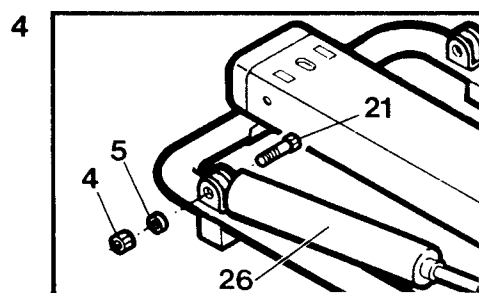
1. Set the rower in a clear area on the floor and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.**
2. Attach the Seat (1) to the Seat Bracket (8) with the four Seat Bolts (3). Slide the Seat onto the Rail (12). Note: Be sure the holes for the Electronic Monitor are on top of the Rail as shown.



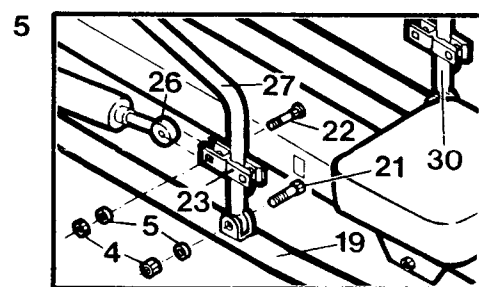
- Turn the Rail (12) upside-down and attach the Left Frame Section (19) with a Frame Bolt (16), Formed Washer (15) and Frame Bracket (14) at each end. Note: Be sure the shock brackets are downwards and the wide end of the Frame is at the end of the Rail with the holes for the Electronic Monitor. Repeat the process to attach the Right Frame Section. (Not illustrated)



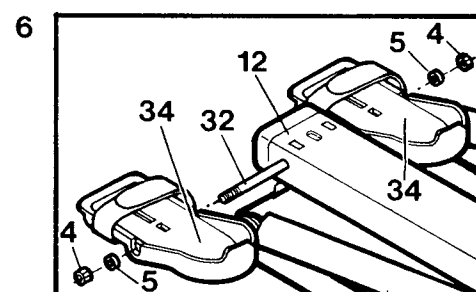
- Turn the rower upright and attach one of the Hydraulic Shocks (26) to the Left Frame Section (19) by placing the end of the Shock in the shock bracket and inserting a Bolt (21) through the hole. Attach a Washer (5) and Nut (4) to the end of the Bolt. Repeat the process to attach a Hydraulic Shock to the right side of the Frame. (Not illustrated)



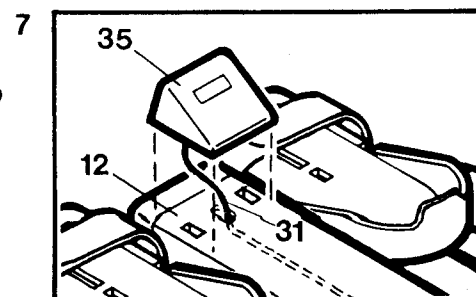
- Attach the Left Rowing Arm (27) to the Left Frame Section (19) with a Bolt (21), Washer (5) and Nut (4). Position the end of the Hydraulic Shock (26) in the H-Clamp (23) and attach it with an H-Clamp Bolt (22), Washer (5) and Nut (4). Attach the Right Rowing Arm (30) in the same manner. (Not illustrated)



- Insert the Footrest Shaft (32) through the front end of the Rail (12). Slide a Footrest (34) onto each end of the Shaft and attach each Footrest with a Washer (5) and Nut (4) as shown.



- Plug the Sensor Wire (31) into the jack on the back of the Electronic Monitor (35). Fit the tab on the left side of the Monitor into the left hole in the Rail (12). Snap the right tab into the right hole.

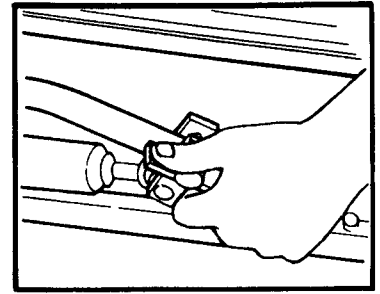


Make sure that all parts are tightened securely before using the rower.

ADJUSTMENTS AND OPERATION

RESISTANCE ADJUSTMENT

The resistance against the rowing arms can be adjusted by changing the positions of the H-Clamps on the Rowing Arms. First loosen the T-Wingnuts on the H-Clamps. To increase resistance, move the H-Clamps higher. To decrease resistance, move the H-Clamps lower. Make sure that both H-Clamps are at the same height and retighten the T-Wingnuts.



ROWING

Position yourself on the Seat facing the Footrests and strap your feet into the Footrests. Hold the Foam Grips with an overhand grip. Correct rowing form consists of three parts. Follow the procedure outlined below, breathing normally throughout.

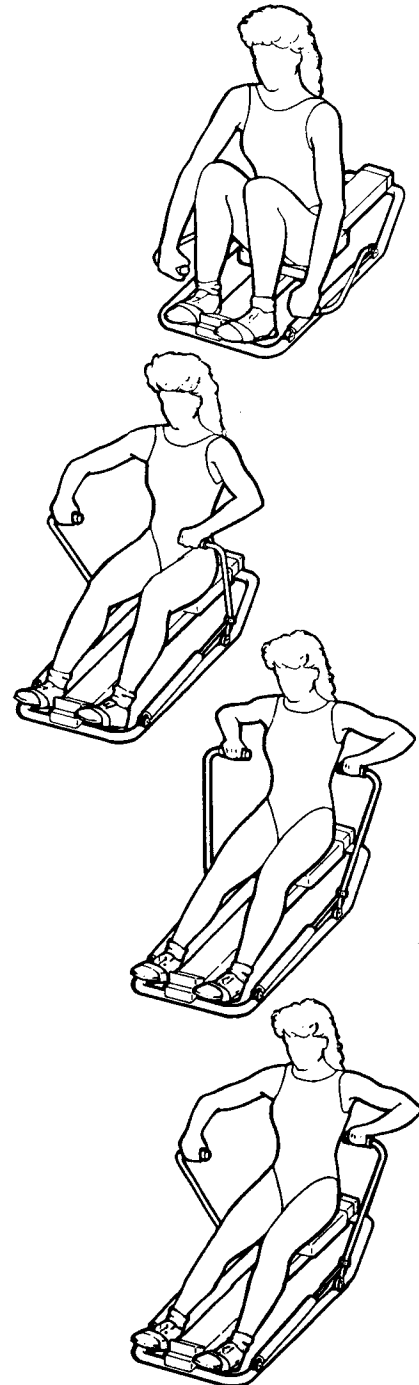
- A. **The Catch** is a fully compressed position. Your body should be in a tucked position, your knees fully bent and your upper legs just off of the chest. Arms should be straight and shoulders relaxed.
- B. **The Drive** is started by the legs and back pushing backwards together. Be sure to keep your back straight as you lean back from the hip. Halfway through the drive, pull the Rowing Arms toward your stomach. Try to keep your elbows outward.
- C. **The Finish** comes as the arms continue to bend until the elbows pass on either side of the chest. At this time your legs should be nearly extended and your upper body leaning slightly back.

After the finish, extend your arms forward and slide your body forward as if following the hands back to the catch. Repeat the sequence. Move your arms and body together in a smooth, fluid motion.

ALTERNATING ROWING

- A. Sit as if performing regular rowing in the drive position.
- B. Keeping the Seat stationary, pull the right Rowing Arm until the Foam Grip is near your chest.
- C. Return the right Rowing Arm to the starting position, at the same time pulling the left Rowing Arm toward your chest.

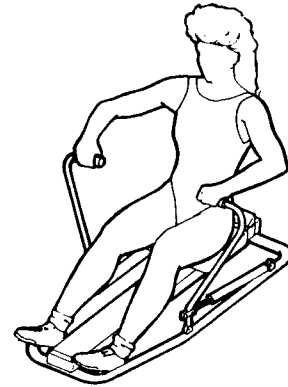
Repeat, alternately pulling the right and left Rowing Arms. Breathe normally throughout. Remember to keep your back straight.



ARM PRESS

- A. Move the Seat toward the Electronic Monitor as far as it will travel. Sit on the Seat with your back toward the Monitor.
- B. Place your feet on the end of the Frame or on the floor beside the Rail. Hold the Foam Grips with an overhand grip.
- C. Exhale as you push both Rowing Arms away until your arms are extended.

Bring the Rowing Arms back to the starting position and repeat. Remember to keep your back straight. This exercise can also be performed by pushing the right and left Rowing Arms alternately rather than together.



SIT-UPS

Sit on the Seat and strap your feet into the Footrests. Perform sit-ups in the usual manner.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. **However, before beginning this or any exercise program, consult your physician.** Remember that adequate rest and good nutrition are also essential to the success of any fitness program.

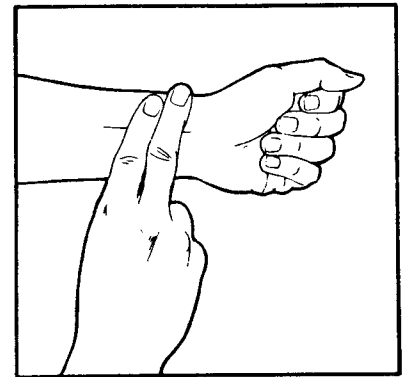
EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone."

You can determine your Training Zone by consulting the table below. Training Zones are given for both conditioned and unconditioned persons. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

To determine whether your heart rate is in your Training Zone, you must first exercise continuously for four minutes. After four minutes, pause briefly and take your pulse. The easiest way to measure your heart rate is to place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. Adding a 0 to the number will give you your heart beats per minute. (A six-second count is used because the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your Training Zone. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



During the first few weeks of your exercise program you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until you reach the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR EXERCISE**.

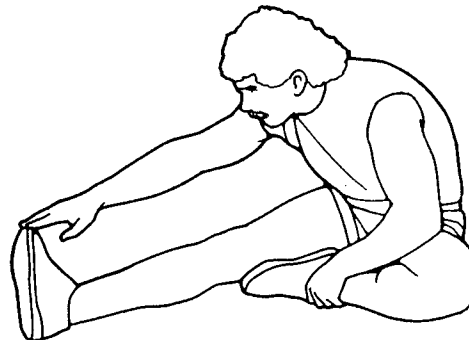
STRETCHING

The following stretches provide a good warm-up. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly — don't bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

Stretches: Hamstrings, lower back and groin.



INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

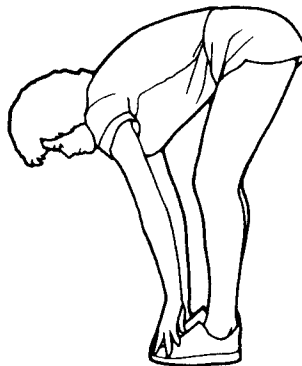
Stretches: Inner thigh muscles.



TOE TOUCHES

With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.

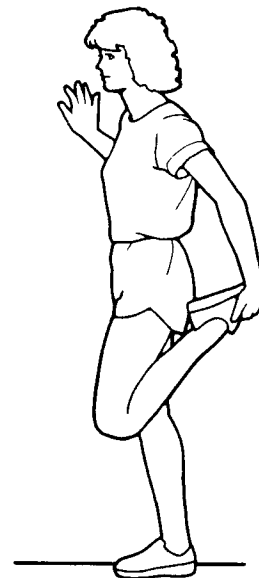
Stretches: Hamstrings, back of knees, back.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, hip muscles.



MAINTENANCE AND STORAGE

The Lifestyler 2500 rowing machine is designed to be virtually maintenance-free. Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the rower can be cleaned using a soft cloth and mild, non-abrasive detergent.

The rower can be compactly stored in a corner or closet. Simply move the seat to the end of the rail and stand the rower on end. Remove the batteries from the electronic monitor before storing the rower for extended periods of time.

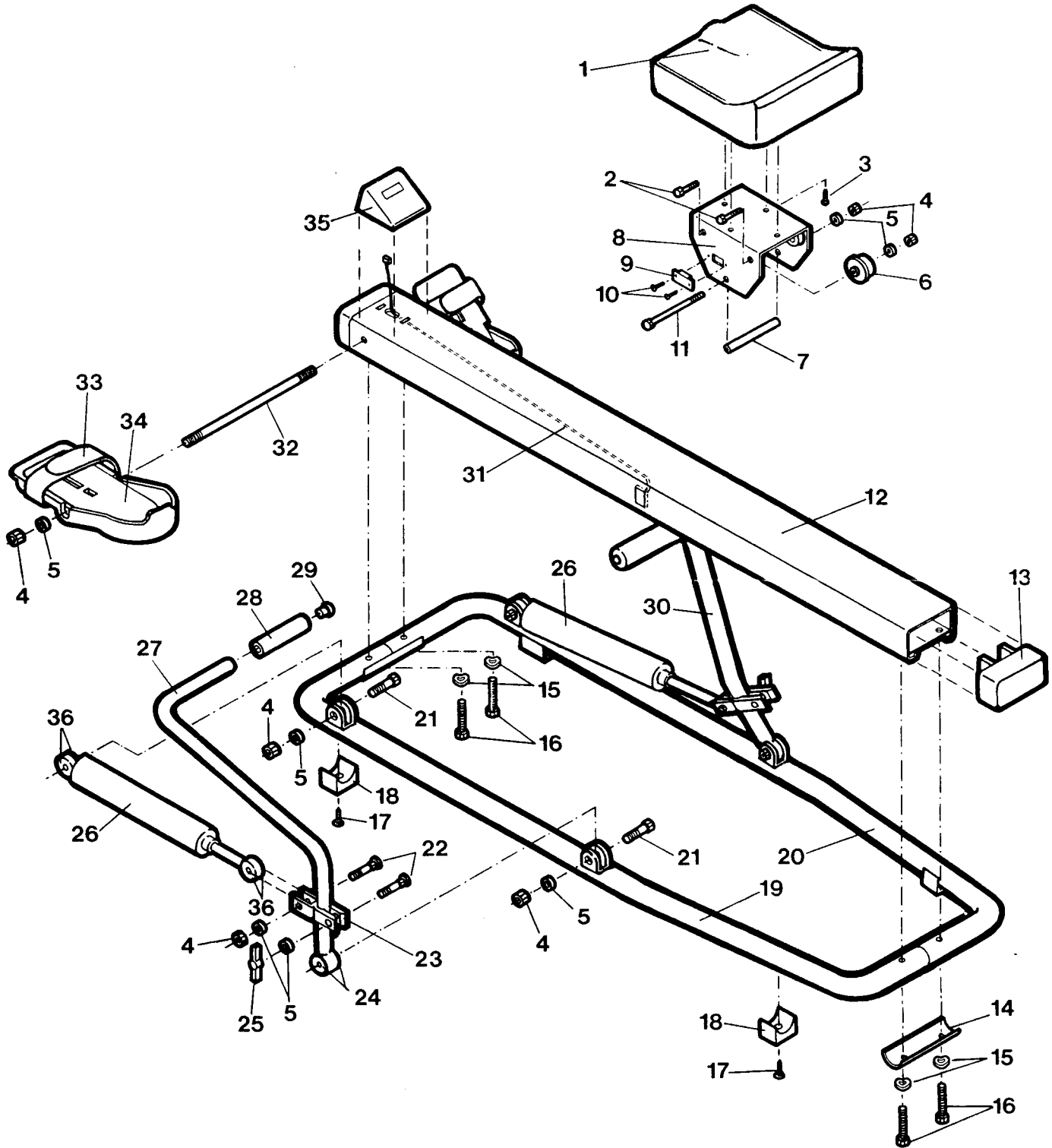
PART LIST - Model No. 831.284010

Rev. 6/89

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	042041	1	Seat	22	013096	4	H-Clamp Bolt
2	013056	4	Wheel Bolt	23	016022	2	H-Clamp
3	013072	4	Seat Bolt	24	019262	2	Bushing
4	012042	11	Nut	25	017001	2	T-Wingnut
5	014073	15	Washer	26	043035	2	Hydraulic Shock
6	022054	4	Wheels	27	002065	1	Rowing Arm (L)
7	022055	1	Plastic Roller	28	041074	2	Foam Grip
8	008225	1	Seat Bracket	29	040004	2	Endcap
9	033001	1	Magnet	30	002066	1	Rowing Arm (R)
10	013518	2	Small Bolt	31	033184	1	Sensor Wire
11	013517	1	Long Bolt	32	049008	1	Footrest Shaft
12	006159	1	Rail	33	035034	2	Foot Straps
13	040179	2	Rail Endcap	34	039001	2	Footrest
14	008227	2	Frame Bracket	35	032093	1	Electronic Monitor
15	014154	4	Formed Washer	36	019077	4	Shock Bushing
16	013265	4	Frame Bolt	#	045002	1	Hex Key
17	013312	4	Foot Screw	#	045005	1	Socket Phillips Wrench
18	051023	4	Rubber Foot	#	045014	1	Phillips-Wrench
19	004192	1	Left Section Frame	#	089039	1	Electronics Guide
20	004193	1	Right Frame Section	#	046237	1	Owner's Manual
21	013226	4	Bolt				

EXPLODED DRAWING - Model No. 831.284010

Rev. 6/89



*Specifications are subject to change without notice.

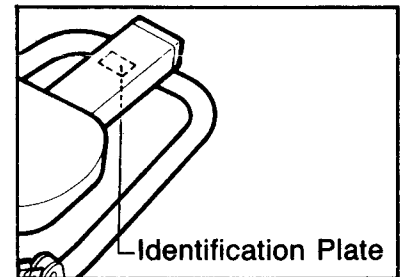
SEARS[®] SERVICE is at YOUR SERVICE

HOW TO ORDER REPLACEMENT PARTS

Each Rower has its own MODEL NUMBER.

Always mention this MODEL NUMBER when requesting service or repair parts for your Electronic Fitness Monitor Rower.

All parts listed herein may be ordered through SEARS, ROEBUCK, AND CO. SERVICE CENTERS and most RETAIL STORES.



If parts you need are not stocked locally, your order will be electronically transmitted to a SEARS PARTS DISTRIBUTION CENTER for expedited handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The MODEL NUMBER OF THE PRODUCT (831.284010).
2. The NAME OF THE PRODUCT (Electronic Fitness Monitor Rower).
3. The KEY NUMBER OF THE PART (see the Part List in this manual).
4. The DESCRIPTION OF THE PART (see the Part List in this manual).

Your Sears merchandise has added value when you consider that Sears has service units nationwide staffed with Sears trained technicians specifically trained on Sears products, having the parts, tools and the equipment to insure that we meet our pledge to you: we service what we sell.

SOLD BY SEARS, ROEBUCK AND CO., DEPT. 731CR-W, CHICAGO, IL 60684 U.S.A.

Part No. 046237 6/89

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