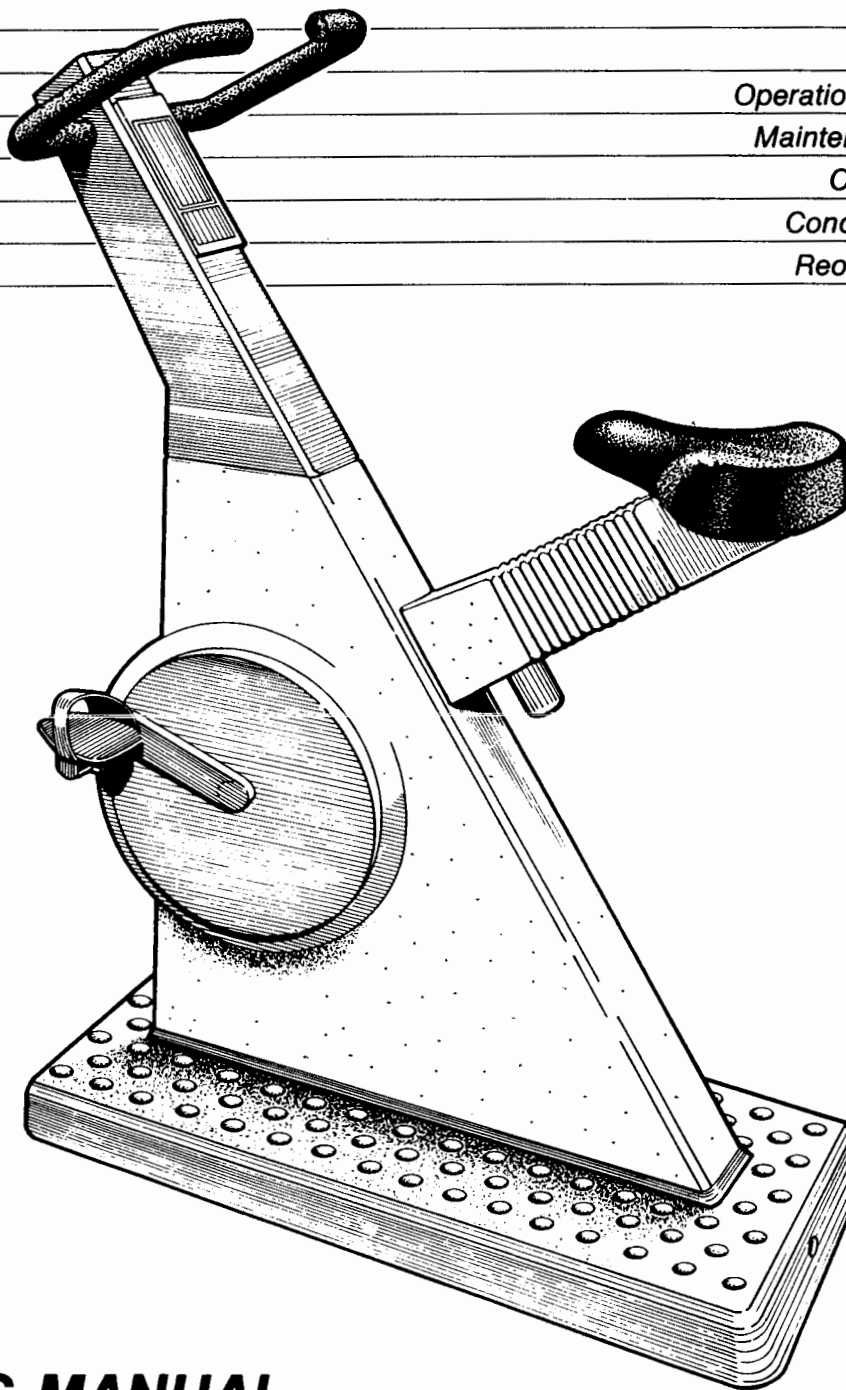


SEARS® *Lifestyler*™

P·R·O·G·R·A·M·M·A·B·L·E P·U·L·S·E E·R·G·O·M·E·T·E·R

Model No. 831.284180



Warranty

Assembly

Operation and Adjustments

Maintenance and Storage

Computer Operation

Conditioning Guidelines

Reordering Information

OWNER'S MANUAL

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

Part No. 046250 8/89

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 Programmable Pulse Ergometer exercise bike is used in a normal manner.

This warranty does not apply when the Programmable Pulse Ergometer exercise bike 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.

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IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the bike into any standard grounded outlet. Do not use an adaptor or extension cord. Note: The power cord should be unplugged during storage, but can be left plugged in during periods of regular use. When the power cord is unplugged, the electronics programs defined by the user will be erased. The four predefined programs will be retained in memory. No other appliances should be on the same circuit as the bike.
2. Position the bike on a clear, level surface. Do not use the bike near water or outdoors.
3. Always wear appropriate workout clothing when exercising. Do not wear robes or other clothing that could become caught in the exercise bike. Running or aerobic shoes are recommended.
4. The bike has a pulse driven mode which adjusts the pedal resistance automatically in response to the heart rate of the user. When in this mode, the user is responsible for entering the pulse setting. A table of suggested pulse settings is included in this manual. We recommend that you consult your physician for specific guidance before beginning this or any exercise program.

BEFORE YOU BEGIN

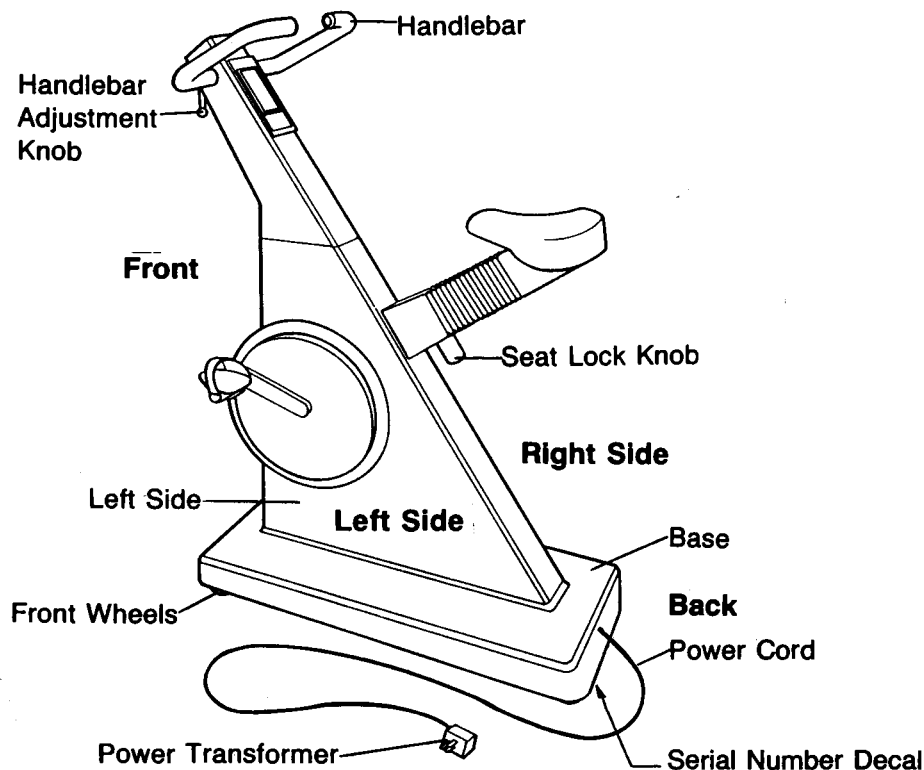
Congratulations on your purchase of a Lifestyler Programmable Pulse Ergometer exercise bike. There are many benefits to be gained from regular, conscientious exercise. Exercising conditions the heart and lungs, strengthens and tones the muscles, controls weight and in many other ways helps you to look and feel better.

The Lifestyler exercise bike incorporates state-of-the-art technology with innovative design to let you enjoy one of the best forms of exercise effectively and comfortably in the convenience of your own home. The heart of the bike is a programmable microprocessor-based exercise computer. In addition to monitoring and displaying extensive exercise data, the computer offers four predefined exercise programs and two user definable programs.

The exercise bike is delivered to you completely assembled. For your benefit and safety, please read this manual carefully before initial use of the exercise bike. If you have additional questions regarding operation of the bike, please call our Customer Service department toll-free at **1-800-999-3756**, (in Canada **1-800-824-8949**), during regular business hours: Monday - Friday, 6 a.m. - 6 p.m., Mountain Time.

In all communications regarding this product, please refer to the model number, 831.284180, and the serial number, printed on an identification plate on the underside of the base. Write the serial number in the space below for easy reference. SERIAL NO. _____

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



ADJUSTMENT AND OPERATION

HANDLEBAR ADJUSTMENT

The angle of the handlebar should be adjusted to a position that is comfortable for you. Simply turn the handlebar adjustment knob (located in front of the handlebar) counterclockwise, move the handlebar to the desired position, and retighten the knob.

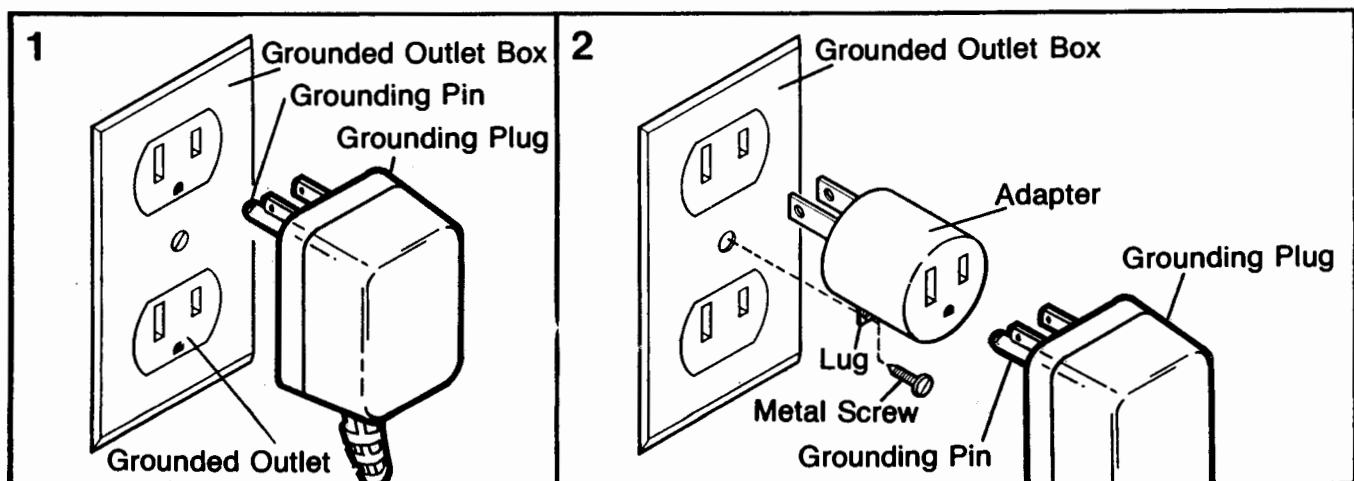
GROUNDING INSTRUCTIONS

The Power Cord must first be connected to the exercise bike. Loosen the Handlebar Adjustment Knob, rotate the Handlebar so that it extends forward, away from the bike, and retighten the Knob. Tip the bike forward until the Handlebar rests on the floor. Insert the Power Cord through the hole in the back of the Base Cover. Plug the Power Cord into the jack at the rear of the Frame base. Tip the bike upright.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter **must be connected to a permanent ground such as a properly grounded outlet box cover**. Whenever the adapter is used it **must be held in place by a metal screw**. Some 2-pole receptacle outlet box covers are not grounded. **Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. While pedaling, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat height, stand beside the bike, pull back the seat locking knob, slide the seat post in or out and return the knob to the locked position. The seat locking knob has a pin which fits into holes in the seat post. Be sure that the pin is securely engaged in one of the holes.

PEDALING RESISTANCE ADJUSTMENT

Pedaling resistance can be adjusted with the touch of a finger. The exercise computer must be turned on in order to control the resistance. Press the ON/OFF key to turn the computer on and then press the START/STOP key. Press the INCREASE or DECREASE keys to adjust pedaling resistance to the desired level. Bars will light on the computer display to show the resistance level selected, from 0 to 10. After you begin pedaling, it will take a moment for the resistance to rise to the level you have set. Refer to the COMPUTER OPERATION section of this manual for information on automatic pedaling resistance adjustment.

MAINTENANCE AND STORAGE

The exercise bike is designed to be virtually maintenance-free. Check all parts periodically to be sure that they are tightened securely. A few drops of light multi-purpose oil should be applied to the chain every three months to ensure smooth operation of the bike. The oil can be applied by tipping the bike forward and reaching through the bottom of the base cover.

The bike can be moved on the wheels under the front of the base cover. Stand in front of the bike, hold the handlebar and place one foot against the front of the base cover. Pull back on the handlebar to tip the back end of the bike off of the floor and push or pull the bike on the front wheels. To set the bike down, place one foot against the base cover and carefully lower the back end of the bike to the floor. Do not lift the C90 by the base cover.

Store the C90 in a cool, dry location, out of direct sunlight. Unplug the power cord when storing the bike. During extended periods of storage, covering the bike is recommended.

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.

MALE

FEMALE

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-160	133-162	20	134-158	138-168
25	136-158	132-160	25	132-156	136-165
30	133-156	130-158	30	130-154	134-161
35	130-154	129-156	35	128-152	130-158
40	127-151	127-155	40	126-148	127-155
45	124-148	125-153	45	123-146	124-152
50	121-145	124-150	50	120-143	122-149
55	118-143	122-149	55	117-140	120-146
60	115-141	121-147	60	114-137	118-142
65	112-138	119-145	65	113-134	115-139
70	109-135	118-144	70	110-130	112-137
75	107-133	117-142	75	105-127	110-135
80	105-130	115-135	80	100-122	107-132
85	100-127	110-130	85	95-106	100-128

You can measure your heart rate using the PULSE function of the computer. (See the COMPUTER OPERATION section of this manual.) Vary your pedaling speed and the pedal resistance to keep your heart rate in your Training Zone.

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.

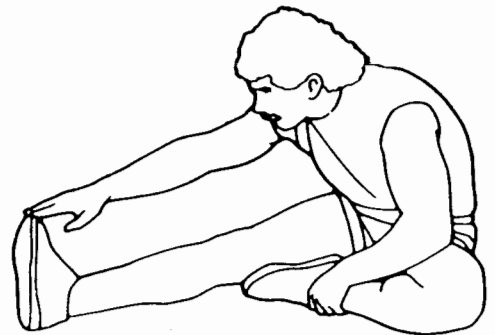
STRETCHING

The following stretches provide a good warm-up or cool-down. 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.



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.



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.



COMPUTER OPERATION

The heart of the Programmable Pulse Ergometer is the microprocessor-based exercise computer. The computer is designed to help you achieve optimum efficiency and performance, displaying extensive vital feedback on the oversized LCD display. In the auto pulse mode, the computer adjusts the pedaling resistance automatically to help you maintain a constant heart rate as you exercise. Or you can select any one of four predefined exercise programs, set the length of time that you wish to exercise, and the computer will automatically guide you through your workout. You can even create two custom programs of your own.

Please read this guide carefully and perform all steps outlined, familiarizing yourself with the operation of each function. Save this guide for future reference.

The power cord of the bike should be plugged into any standard grounded outlet. **Do not use an extension cord.** Do not attempt to remove the transformer, or rewire the power cord.

Remove the protective film from the LCD display before operating.

WARNING: In the auto pulse mode, the computer adjusts pedal resistance automatically in response to the heart rate of the user. The user is responsible for entering the pulse setting. A table of suggested settings is included in this Owner's Manual. We recommend that you consult your physician before beginning this or any exercise program.

COMPUTER CARE

The computer is a precision instrument. Do not jar the computer or allow liquids to come in contact with the display or keypad. Do not expose the LCD display to direct sunlight or the display may be damaged. When storing the exercise bike, unplug the power cord. The power cord may be left plugged in during periods of normal use.

COMPUTER FUNCTIONS

SPEED - Displays your current speed in miles or kilometers per hour.

TIMER - Allows you to enter the length of time that you plan to exercise, up to 99 minutes, and counts the time down to zero.

TRIP TIME - Displays the total elapsed time of your workout, up to 99 minutes and 59 seconds.

DISTANCE - Displays the distance that you have pedaled in miles or kilometers, up to 999 miles.

DISTANCE SET - Allows you to enter the distance that you plan to pedal, up to 999 miles, and counts the distance down to zero.

RPM - Displays your current pedal RPM, from 20 to 240 revolutions per minute.

PULSE - Displays your current pulse, from 40 to 250 beats per minute.

TARGET PULSE - Allows you to enter a target pulse, from 50 to 250 beats per minute, displays your actual pulse relative to the target pulse, and emits a warning tone if you reach or exceed the target pulse.

AUTO PULSE - Allows you to enter a target pulse, from 50 to 250 beats per minute, and adjusts the pedal resistance automatically as you exercise to keep your pulse at or near the target level.

TEMPO - Helps you to maintain a steady pedal RPM by emitting an intermittent tone at a preselected time interval, up to 250 times per minute.

PROGRAMS 1-4 - Allow you to enter the length of time that you plan to exercise, and guide you through your entire workout, automatically adjusting pedal resistance to vary the intensity level. Four different workouts are offered: Beginner, Novice, Intermediate and Advanced.

PROGRAMS 5-6 - Allow you to create your own custom workout programs.

TOTAL CALORIES - Displays the total number of nutritional Calories (kilocalories) you have expended, up to 9,999.

CALORIES/MINUTE - Displays the number of nutritional Calories (kilocalories) you are expending per minute, up to 2000 per minute.

COMPUTER DISPLAY

A. Display for the SPEED function.

B. Miles per hour and kilometers per hour indicators.

C. Pedal resistance level indicator.

D. Time display - displays the TIMER and TRIP TIME functions.

E. Mode count display - displays the DISTANCE, DISTANCE SET, RPM and PULSE functions. Also used to enter values for the TARGET PULSE, AUTO PULSE and TEMPO functions, and to enter the user's age and weight into the computer.

F. Pulse indicator - flashes in time with your pulse when the earclip is used.

G. Tone indicator - lights when a function utilizing a tone has been selected and the computer is in the stopped mode.

H. Stop indicator - lights whenever the computer is in the stopped mode.

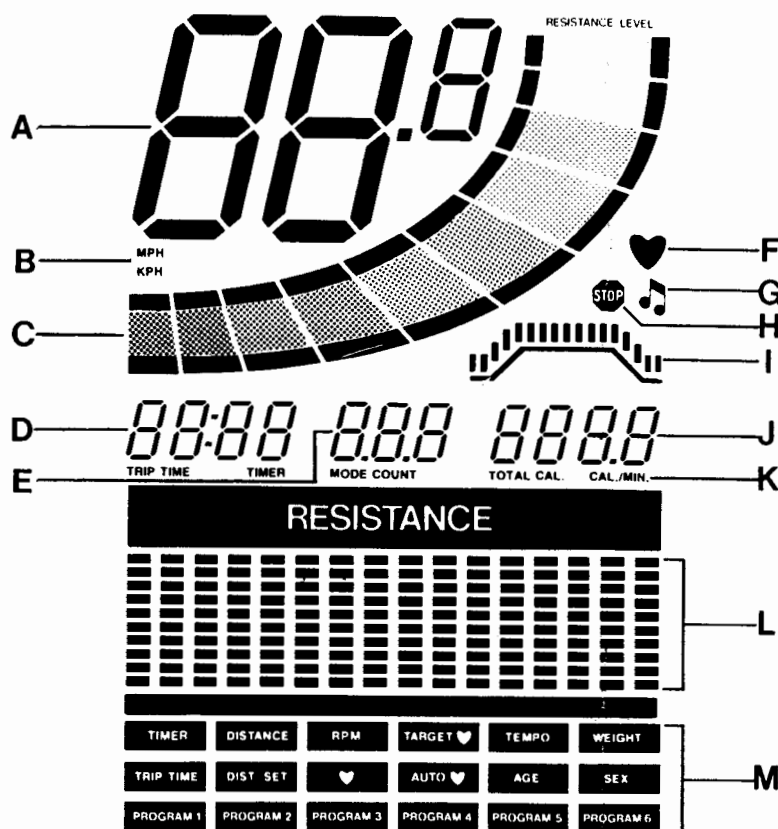
I. Graphic display for the TARGET PULSE and AUTO PULSE functions.

J. Calorie display - displays the TOTAL CALORIES and CALORIES/MINUTE functions.

K. TOTAL CALORIES and CALORIES/MINUTE function indicators.

L. Program display - displays exercise PROGRAMS 1-6. Each vertical column of bars represents a pedal resistance level. The farthest left column indicates the current level, and the entire display moves to the left as the user progresses through the program. This display also shows an "M" or an "F" when the sex of the user is entered into the computer.

M. Function indicators - light to indicate functions selected for display.



COMPUTER KEYS

Power ON/OFF key - used to turn the computer on and off.

START/STOP key - used to start and stop computer functions.

MODE FORWARD and BACKWARD keys - used to select functions for display by moving forward or backward through the function indicators.

PROGRAM key - used to initiate recording of the two user-definable programs.

Resistance INCREASE and DECREASE keys - used to change the pedal resistance level. Also used to select and set values for certain functions.

CLEAR key - used to reset displays to zero or preset values.

PEDAL RESISTANCE ADJUSTMENT

If desired, you can control the pedal resistance while you exercise without using other computer functions. The computer must be turned on in order to control the pedal resistance. Press the ON/OFF key to turn the computer on and then press the START/STOP key. The pedal resistance can be adjusted by pressing the INCREASE or DECREASE keys. Bars will light on the pedal resistance indicator (C) to show the resistance level selected, from 0 to 10. After you begin pedaling, it will take a moment for the resistance to rise to the level you have set. Note: when the computer is stopped, the resistance will reset to level 0.

If you choose to use other computer functions, pedal resistance should be adjusted in the same manner. Note: when using the AUTO PULSE function or one of the exercise programs, the computer will adjust the pedal resistance automatically.

OPERATION OF THE EXERCISE COMPUTER

1. Press the ON/OFF key to turn the computer on.
2. The computer can measure speed and distance in either miles or kilometers. The display is preset for miles. To change the unit of measurement, press one of the MODE keys until the MPH or KPH indicators (B) flash. The indicator that flashes shows the unit that has been selected. To change the unit of measurement, press the INCREASE or DECREASE keys. When the desired indicator is flashing, press one of the MODE keys again.

3. Select the functions desired:

Note: The computer must be in the stopped mode before selecting all functions except DISTANCE, DISTANCE SET, RPM, and PULSE. The computer can be started and stopped by pressing the START/STOP key. The stop indicator (H) will appear on the display when the computer is in the stopped mode.

Note: When selecting or setting functions, displays can be reset to zero or preset values by pressing the CLEAR key when the computer is in the stopped mode. Pressing the CLEAR key twice will reset all functions.

SPEED - The speed is displayed whenever the pedals are turning. No keys need be pressed to select this function.

TIMER - Press one of the MODE keys until the TIMER indicator (M) appears on the display. (If the computer has just been turned on, the TIMER indicator will already be displayed.) Press the INCREASE key to enter the length of time that you plan to exercise. Each time the key is pressed the time displayed will increase by one minute. Holding the key down will increase the time more rapidly. (Press the DECREASE key to decrease the amount if necessary.) After the desired amount of time is set, press the START/STOP key to start or stop the countdown. When the countdown reaches zero a tone will sound for 2 seconds and the computer will be in the stopped mode.

TRIP TIME - Press one of the MODE keys until the TRIP TIME indicator (M) appears on the display. Press the START/STOP key to start or stop the timer. Note: The TRIP TIME function cannot be selected if the TIMER function has been set. If the TIMER function has been set, the computer will count the time down to zero and then display the TRIP TIME function.

DISTANCE - Press one of the MODE keys until the DISTANCE indicator (M) appears on the display. Press the START/STOP key to start or stop the function. As you exercise, the distance you have pedaled will be displayed in the MODE COUNT display (E). Note: The DISTANCE function cannot be selected if the DISTANCE SET function has been set. If the DISTANCE SET function has been set, the computer will count the distance down to zero and then display the DISTANCE function.

DISTANCE SET - Press one of the MODE keys until the DISTANCE SET indicator (M) appears on the display. This function will be displayed in the MODE COUNT display (E). Press the INCREASE key to enter the distance that you plan to pedal. Each time the key is pressed the distance displayed will increase by 1 mile. Holding the key down will increase the distance more rapidly. (Press the DECREASE key to decrease the amount if necessary.) After the desired distance is set, press the START/STOP key to start or stop the function. As you pedal, the computer will count the distance down, sounding a tone when zero is reached.

RPM - Press one of the MODE keys until the RPM indicator (M) appears on the display. As you exercise, your current pedal revolutions per minute will be displayed in the MODE COUNT display (E).

PULSE - Press one of the MODE keys until the heart-shaped PULSE indicator (M) appears on the display. Plug the pulse earclip into the jack above the START/STOP key and attach the earclip to your left earlobe. When the earclip is properly attached, the heart symbol (F) on the display will flash in time with your pulse. After a few seconds your pulse will be displayed in the MODE COUNT display (E).

Important note: *Because of differences in individuals, a little experimentation may be necessary for some individuals to get the best pulse reading. Try rubbing your earlobe and repositioning the earclip. It may also be helpful to attach the metal wire on the earclip to your collar. While pulse readings can be taken while exercising, certain individuals may find that they get a better reading while sitting still.*

TARGET PULSE - Press one of the MODE keys until the TARGET PULSE indicator (M) appears on the display. Press the INCREASE key to enter the pulse that you want to maintain during exercise. Each time the key is pressed, the pulse displayed will increase by 1, beginning at 50. Holding the key down will increase the amount more rapidly. (Press the DECREASE key to decrease the amount if necessary.) After the target pulse is set, attach the pulse earclip as described above and press the START/STOP key to start or stop the function. After you begin pedaling, an indicator will appear on the graphic pulse display (I) to indicate your current pulse

relative to the target pulse you have set. If the indicator is to the left of the plateau, your pulse is below target level. If the indicator reaches the right of the plateau, your pulse is above the target level. If your pulse remains above the target level for 10 seconds, a warning tone will sound until your pulse drops to or below the target level. Vary your pedaling speed and the pedal resistance to keep the indicator on the center of the plateau.

IMPORTANT NOTE: *The user is responsible for entering the pulse setting. A table of suggested pulse settings is included in the CONDITIONING GUIDELINES section of this Manual. We recommend that you consult your physician for specific guidance.*

AUTO PULSE - Press one of the MODE keys until the AUTO PULSE indicator (M) appears on the display. Press the INCREASE key to enter the pulse that you want to maintain during exercise. Each time the key is pressed the pulse displayed will increase by 1, beginning at 50. Holding the key down will increase the amount more rapidly. (Press the DECREASE key to decrease the amount if necessary.) After the pulse is set, attach the pulse earclip and press the START/STOP key to start or stop the function. The AUTO PULSE indicator (M) will flash when the function is started. As you exercise, the computer will monitor your pulse, automatically adjusting the pedal resistance to keep your pulse at or near the level you have set. An indicator will appear on the graphic pulse display (I) to indicate your current pulse relative to the pulse you have set. Vary your pedaling speed to keep the indicator on the center of the plateau. Note: The AUTO PULSE function adjusts resistance to a maximum level of 8.

IMPORTANT NOTE: *The user is responsible for entering the pulse setting. A table of suggested pulse settings is included in the CONDITIONING GUIDELINES section of this Manual. We recommend that you consult your physician for specific guidance.*

TEMPO - Press one of the MODE keys until the TEMPO indicator (M) appears on the display. This function will be displayed in the MODE COUNT display (E). Press the INCREASE key to enter the pedal RPM that you want to maintain during exercise. For example, if you want to pedal at a constant rate of 70 revolutions per minute, enter the number 70. Each time the key is pressed the number displayed will increase by 1. Holding the key down will increase the number more rapidly. (Press the DECREASE key to decrease the number if necessary.) After the desired rate is set, press the START/STOP key to start or stop the function. To maintain the desired RPM, turn the pedals one complete revolution with each tone. To cancel the tone, stop the computer and press the CLEAR key. (The TEMPO indicator (M) must appear on the display.)

PROGRAM 1 - Program 1 is a beginning level exercise program. Press one of the MODE keys until the PROGRAM 1 indicator (M) appears on the display. This program is preset to run for 20 minutes. Press the INCREASE or DECREASE keys to set the program for a different length of time if desired. (The time must be set for a minimum of 5 minutes.) Press the START/STOP key to start or stop the program. As you exercise, the computer will automatically change the pedal resistance. The vertical columns of bars in the program display (L) represent pedal resistance levels from 1-10. The farthest left column shows the current level. As you progress through the program, the columns will move to the left until the program has ended. A tone will sound at the end of the program.

PROGRAM 2 - This is a novice level program. Press one of the MODE keys until the PROGRAM 2 indicator (M) appears on the display and run the program as described above.

PROGRAM 3 - This is an intermediate level program. Press one of the MODE keys until the PROGRAM 3 indicator (M) appears on the display and run the program as described above.

PROGRAM 4 - This is an advanced level program. Press one of the MODE keys until the PROGRAM 4 indicator (M) appears on the display and run the program as described above.

PROGRAM 5 - This function enables the user to create a custom program. Press one of the MODE keys until the PROGRAM 5 indicator (M) appears on the display. This program is preset to run for 20 minutes. Press the INCREASE or DECREASE keys to change the length of time if desired. (The time must be set for a minimum of 5 minutes.) Press the PROGRAM key and then the START/STOP key to start the program. Begin exercising, pressing the INCREASE or DECREASE keys to change the pedal resistance as desired. The computer will store in memory all of the resistance changes that you make. After the time that you have set has elapsed, press the PROGRAM key again. The entire workout will be retained in memory, and can be run automatically in the same manner as PROGRAMS 1-4.

Note: Each exercise program consists of 240 separate steps. All 240 steps of the program will be run regardless of the length of time set. For example, if the program is set to run for 10 minutes, all 240 steps will be run during the 10-minute period. If the program is set to run for 30 minutes, all 240 steps will be run during the 30-minute period. Because of this, a program can be created in just a few minutes and later run for a longer period of time.

PROGRAM 6 - This program is operated in the same manner as PROGRAM 5. Press one of the MODE keys until the PROGRAM 6 indicator (M) appears on the display and run the program as described above.

Note: All programs will be retained in memory when the computer is turned off. However, when the power cord is unplugged, only programs 1-4 will be retained in memory.

TOTAL CALORIES or CALORIES/MINUTE - Calories are calculated based on your pedaling speed, the current pedal resistance level and personal data entered into the computer. Press one of the MODE keys until the AGE indicator (M) appears on the display. The age is preset at 35 years, displayed in the MODE COUNT display (E). Press the INCREASE or DECREASE keys to set the number higher or lower. Each time the key is pressed the number displayed will change by 1.

Press one of the MODE keys until the WEIGHT indicator (M) appears on the display. The weight is preset at 160 pounds, displayed in the MODE COUNT display (A). Press the INCREASE or DECREASE keys to set the number higher or lower. Each time the key is pressed the number displayed will change by 1.

Press one of the MODE keys until the SEX indicator (M) appears on the display. The sex is preset to male, indicated by a large letter "M" on the program display (L). The sex can be changed to female by pressing the INCREASE or DECREASE keys. A large letter "F" will appear on the program display. The CLEAR key can be pressed to reset the display to male.

Press one of the MODE keys until the TOTAL CALORIE or CALORIES/MINUTE indicators (K) flash. The indicator that flashes is the function that has been selected. Press the INCREASE or DECREASE keys to change from one function to the other. When the desired indicator is flashing, press the START/STOP key to start or stop the function. If the TOTAL CALORIES function was selected, the total number of nutritional Calories (kilocalories) you have expended will be displayed as you pedal. If the CALORIES/MINUTE function was selected, the number of Calories you are expending per minute will be displayed as you pedal.

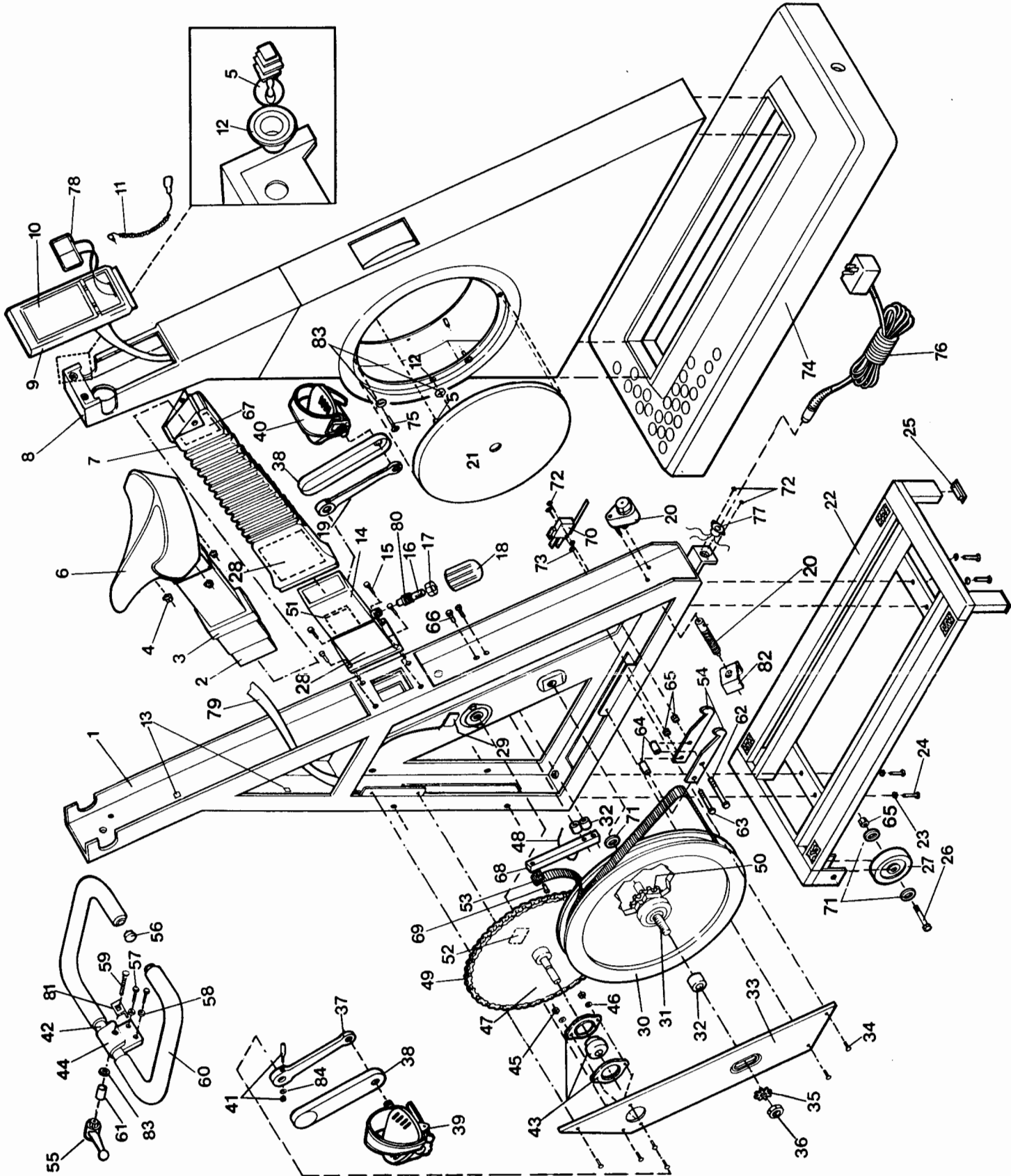
4. Some combinations of functions can be selected and displayed at the same time. The SPEED function is always displayed when the computer is on. At the same time, either the TIMER or TRIP TIME functions can be displayed in the timer display (D). The DISTANCE, DISTANCE SET or PULSE functions can be displayed in the MODE COUNT display (E). The calorie display (J) will show the CALORIES or CALORIES/MINUTE functions. In addition, either the TARGET PULSE, AUTO PULSE or TEMPO functions can be selected.

5. When you are finished exercising, press the ON/OFF key to turn the computer off. The power cord does not need to be unplugged except during extended periods of nonuse.

PART LIST - Model No. 831.284180

Rev. 8/89

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	NSP	1	Frame	45	012139	4	Nut
2	007032	1	Seat Post	46	014126	4	Lock Washer
3	019218	1	Seat Post Guide	47	023025	1	Crank Shaft/Large Sprock
4	012002	3	Seat Mounting Nut	48	031165	1	Short Wire Harness
5	054019	8	Mounting Clip	49	025049	1	Drive Chain
6	042005	1	Seat	50	024007	1	Sprocket
7	040096	1	Seat Post Bellows	51	019219	1	Small Guide
8	010156	1	Body Cover	52	033001	1	Sensor Magnet
9	008179	1	Fascia	53	035038	1	Tension Strap
10	032063	1	Electronics	54	072033	2	Tension Bar
11	033007	1	Pulse Clip	55	017009	1	Handlebar Lock Knob
12	054018	8	Fascia Mounting Clip	56	040086	2	Handlebar End Cap
13	016017	4	Adhesive Cable Tie	57	013468	2	Clamp Mounting Bolt
14	007031	1	Seat Post Base	58	014066	2	Clamp Washer
15	013470	4	Seat Post Mtg. Bolt	59	013436	1	Handlebar Lock Bolt
16	016043	1	Seat Lock Pin	60	041029	2	Foam Handgrip
17	008115	1	Seat Lock Collar	61	019206	1	Handlebar Lock Spacer
18	017044	1	Seat Lock Knob	62	013442	1	Long Tension Bar Bolt
19	023013	1	Right Crank Arm	63	013293	1	Tension Bar Bolt
20	030020	1	Tension Control Motor	64	019204	2	Tension Bar Spacer
21	010162	2	Crank Disc	65	012082	4	Lock Nut
22	004144	1	Base	66	013437	2	Strap Beam Mtg. Bolt
23	014066	4	Base Mounting Washer	67	055116	2	Upper Bellows Packing
24	013469	4	Base Mounting Bolt	68	077009	1	Strap Beam
25	040152	2	Base End Cap	69	013371	1	Strap Mounting Bolt
26	013390	2	Wheel Mounting Bolt	70	031155	1	Tension Limit Switch
27	052014	2	Wheel	71	019207	5	Spacer
28	055117	2	Foam Bellows Packing	72	013439	4	Screw
29	033133	1	Reed Switch	73	012135	6	Nut
30	021041	1	Flywheel	74	010161	1	Base Cover
31	049081	1	Secondary Axle	75	013332	4	Screw
32	019206	3	Spacer	76	031151	1	Transformer/Pwr Cord
33	061024	1	Support Plate	77	031152	1	Power Cord Jack
34	013333	8	Support Plate/Bearing Bolt	78	032065	1	Key Pad
35	014117	2	Axle Washer	79	031156	1	Wiring Harness
36	012031	2	Axle Nut	80	058013	1	Seat Lock Pin Spring
37	023012	1	Left Crank Arm	81	008176	1	Bolt Bracket
38	040104	2	Crank Arm Cover	82	012134	1	U-Nut
39	038018	1	Left Pedal	83	014030	5	Flat Washer
40	038019	1	Right Pedal	84	014003	2	Crank Arm Washer
41	015033	2	Crank Pin w/Nut	#	046250	1	Owner's Manual
42	001021	1	Handlebar				
43	018028	2	Bearing				
44	016021	1	Handlebar Clamp				



*Specifications are subject to change without notice.

NOTES

NOTES

SEARS[®] SERVICE is at YOUR SERVICE

ORDERING REPLACEMENT PARTS

Each Sears exercise bike has its own MODEL NUMBER.

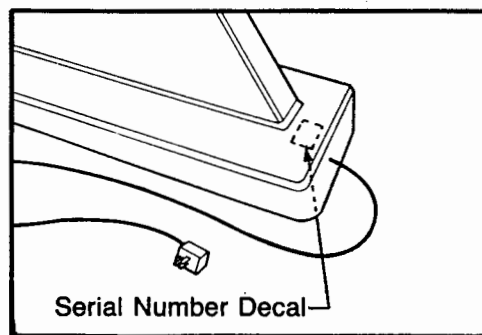
Always mention this MODEL NUMBER when requesting service or repair parts for your exercise bike.

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 (831.284180).
2. The NAME OF THE PRODUCT (Programmable Pulse Ergometer Exercise Bike).
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).
5. The SERIAL NUMBER found on the exercise bike identification plate (see the drawing above).



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.

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