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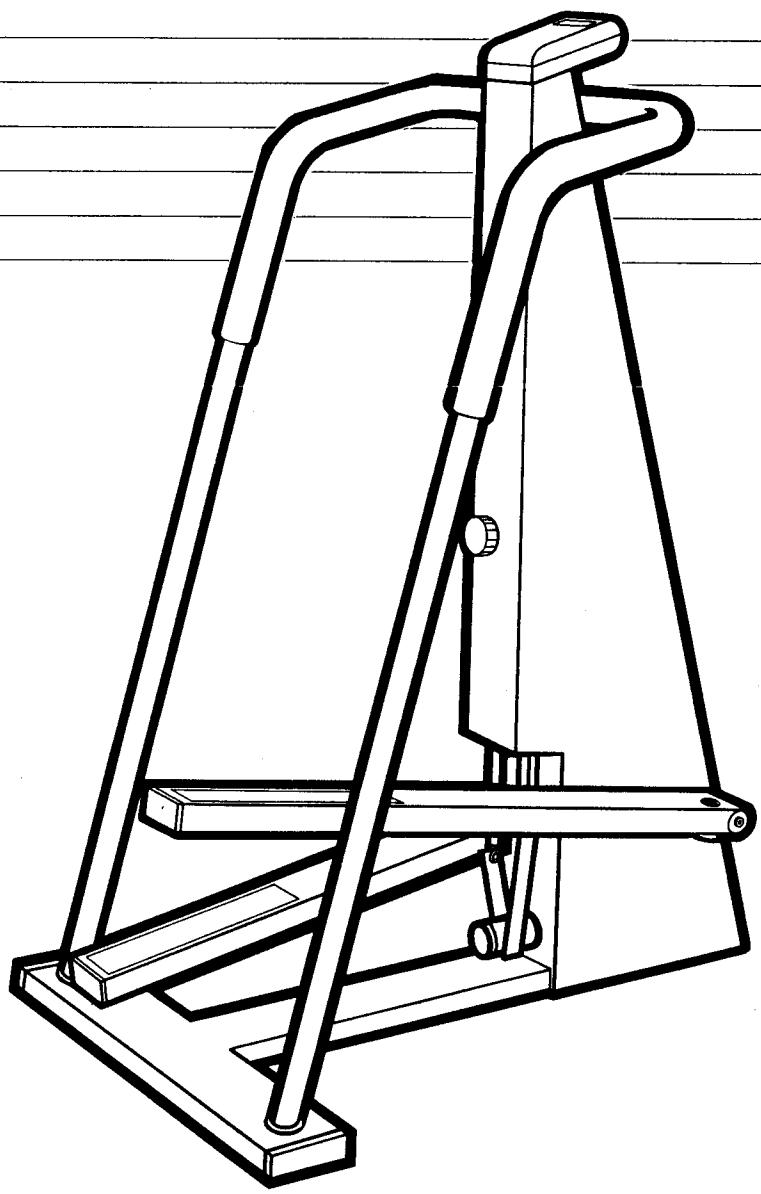
**SEARS**<sup>®</sup>

**Lifestyler**<sup>™</sup> **3000p**

✓ **DUAL ACTION**  
✓ **MOTIVATIONAL STEPPER**

Model No. 31.285020

- Warranty
- Assembly
- Operation and Adjustment
- Maintenance
- Conditioning Guidelines
- Part Ordering



**OWNER'S MANUAL**

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

Part No. 046286 9/89

SOLD BY SEARS, ROEBUCK AND CO., 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 Dual Action Motivational Stepper is used in a normal manner.

This warranty does not apply when the Dual Action Motivational Stepper is used for commercial or rental purposes.

**SERVICE IS AVAILABLE BY SIMPLY RETURNING THE DUAL ACTION MOTIVATIONAL STEPPER TO 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**

# **Lifestyler™** 3000p

**✓ DUAL ACTION**  
**✓ MOTIVATIONAL STEPPER**

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## **IMPORTANT SAFETY PRECAUTIONS**

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1. Position the stepper on a clear, level surface.
2. Make sure that all parts are tightened securely before each use.
3. Wear appropriate workout attire, including running or aerobic shoes, when using the stepper.
4. Always hold the handlebars when exercising on the stepper.
5. Keep small children away from the stepper during use.
6. Do not touch the hydraulic cylinder after exercising. The cylinder may reach high temperatures during use.
7. Use the stepper only as described in this manual.

**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.

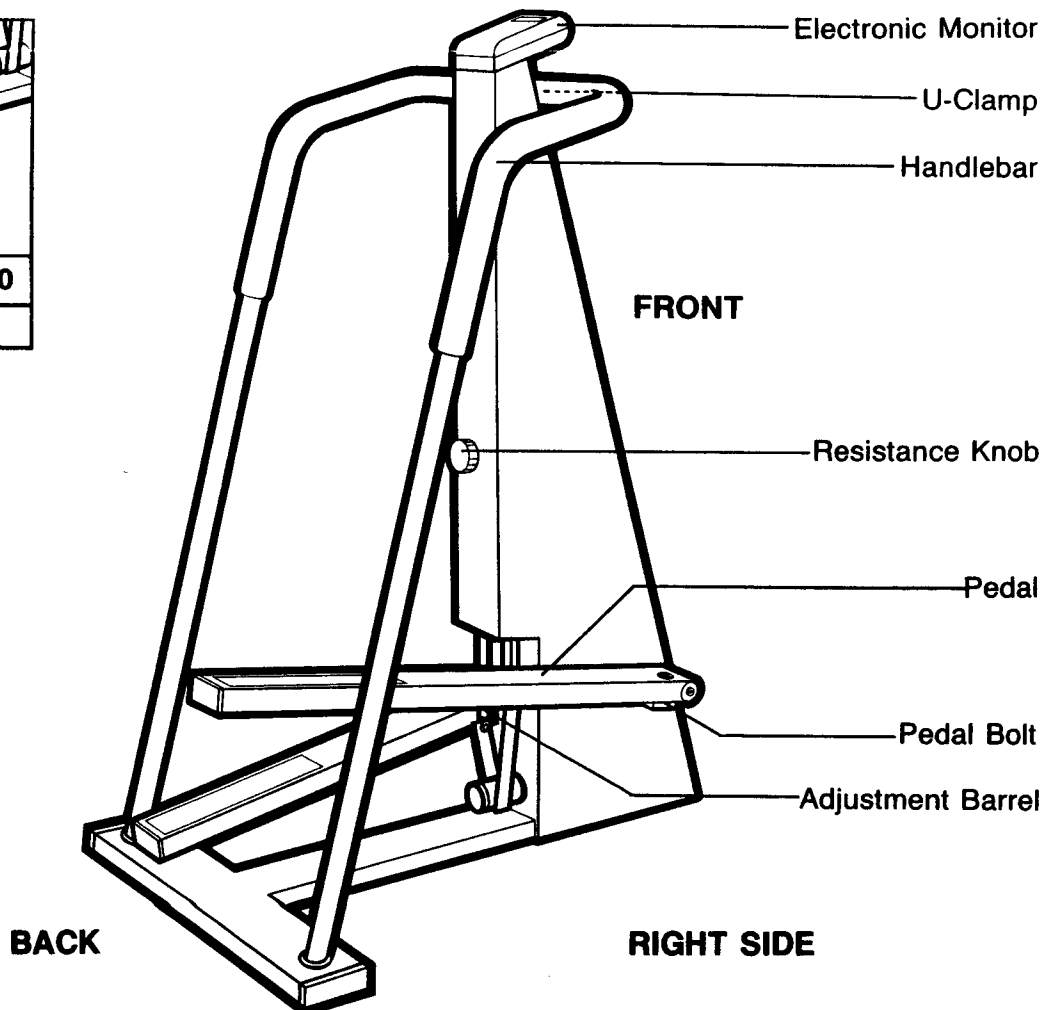
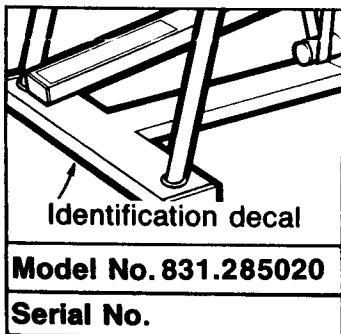
# **BEFORE YOU BEGIN**

Thank you for purchasing a Sears Lifestyler 3000p Dual Action Motivational Stepper. The unique Lifestyler 3000p combines advanced engineering with innovative design to give you an excellent low-impact cardiovascular workout in the convenience and privacy of your own home. Your exercise will be more enjoyable and effective with such features as adjustable hydraulic resistance, a motivational electronic exercise monitor and a dual action mode to add upper-body exercise to your workout.

For your safety and benefit, read this manual carefully before initial use of the stepper. If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, (in Canada at 1-800-824-8949), during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. If possible, place the stepper near your telephone for reference when calling.

In all communications regarding this product, please mention the product model number (see the box below) and serial number (found on a decal on the underside of the base). Write the serial number in the box for reference.

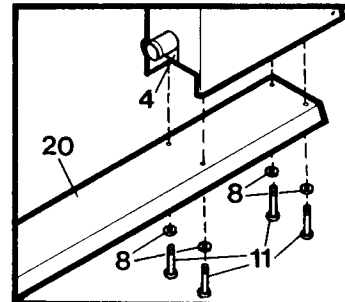
To help you understand the instructions in this manual clearly, study the drawing below and familiarize yourself with the parts labeled.



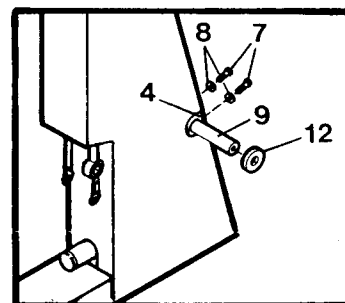
# ASSEMBLY

Place all parts in a clear area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Read each assembly step carefully before beginning. Refer to the Part List and Exploded Drawing on pages 10 and 11 for help with part identification.

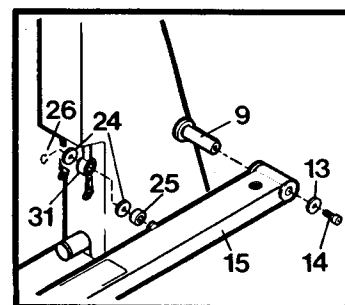
1. Attach the Base (20) to the Frame (4) with the four Base Bolts (11) and Washers (8).



2. Slide the Pivot Shaft (9) into the Frame (4) and attach the Shaft with the two Shaft Bolts (7) and Washers (8). (The recessed holes in the Shaft must be toward the Bolts.) Slide a Spacer (12) onto the right end of the Shaft.

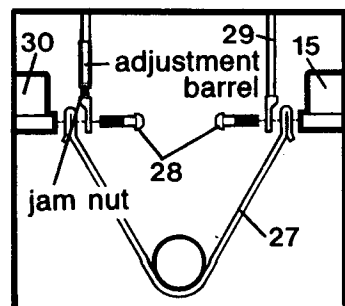


3. Slide a Cylinder Spacer (25) and a Cylinder Washer (24) onto the post of the Right Pedal (15). Slide the Pedal onto the Pedal Shaft (9), with the post through the piston of the Hydraulic Cylinder (31). Attach a Cylinder Washer and an E-Clip (26) onto the end of the post. Attach the Pedal to the Shaft with a Flat Washer (13) and Pivot Bolt (14).



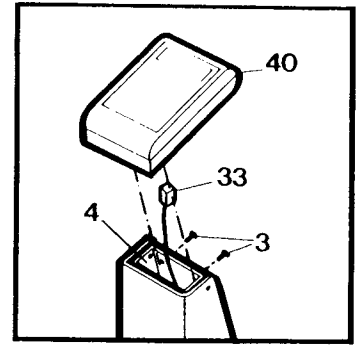
Attach the Left Pedal to the left side of the Pivot Shaft with a Spacer, Flat Washer and Pivot Bolt in the same manner (not shown).

4. Remove the tape securing the ends of the Cable (29). Attach one end of the Strap (27) and the right end of the Cable to the Right Pedal (15) with a Cable Bolt (28). Place the Strap around the post on the Frame (4) as shown.

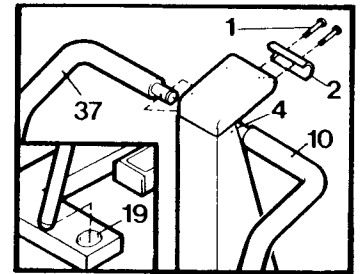


Loosen the adjustment barrel on the left end of the Cable. Attach the other end of the Strap and the left end of the Cable to the Left Pedal (30) with a Cable Bolt. Tighten the Cable/Strap assembly by turning the adjustment barrel. Tighten the jam nut against the adjustment barrel.

5. Plug the Sensor Wire (33) into the jack on the back of the Electronic Monitor (40). Fit the Monitor onto the top of the Frame (4) and attach it with the two Mounting Screws (3).



6. Rest the lower end of the Right Handlebar (10) in the right Handlebar Socket (19). Align the upper end of the Handlebar with the hole in the front of the Frame (4). Fit the U-Clamp (2) over the Handlebar and insert a U-Clamp Bolt (1). Attach the Left Handlebar (37) in the same manner and tighten both U-Clamp Bolts. Make sure that all parts are tightened securely before using the stepper.



## **OPERATION AND ADJUSTMENT**

### **STEPPER OPERATION**

Place your hands on the Handlebars. Press the Right Pedal down to the lowest position and place your right foot on the Pedal. Place your left foot on the raised Left Pedal. To exercise, alternately press the Right and Left Pedals down with a smooth, rhythmic motion.

Position your feet flat on the Pedals to emphasize the quadriceps muscles of the upper legs, or rise on your toes to focus on the calf muscles. Stand erect as you exercise, or lean forward slightly, always keeping your back straight to avoid injury.

For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance. The total vertical travel of the Pedals should be approximately eight (8) inches.

### **RESISTANCE ADJUSTMENT**

To vary the level of exercise intensity, the resistance of the Pedals can be adjusted. To decrease resistance, turn the Resistance Knob counterclockwise. Turn the Knob clockwise to increase resistance. **Important: Do not turn the Knob clockwise until it stops and attempt to exercise. If the Pedals are moved at maximum resistance, the resistance system may be damaged.**

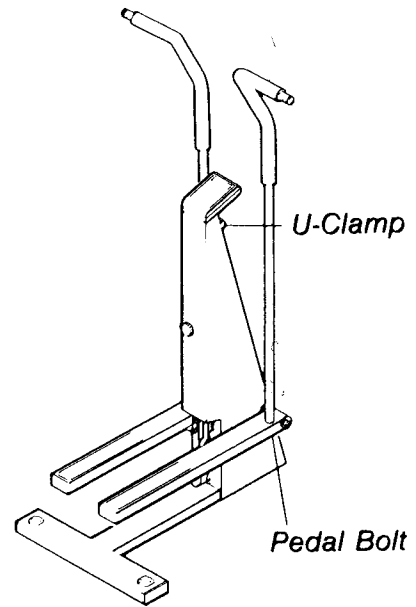
### **ELECTRONIC MONITOR OPERATION**

- 6 See the operation guide accompanying this manual.

## CONVERTING TO THE DUAL ACTION MODE

With the stepper in the dual action mode, the Handlebars move forward and back with the Pedals, strengthening and toning the muscles of the arms, shoulders, chest and back.

To convert the stepper to the dual action mode, first remove the U-Clamp and remove the Left and Right Handlebars from the stepper. Loosen both Pedal Bolts and insert the lower ends of the Handlebars into the Pedals. (The Handlebars should bend toward the user with the handles pointing outward.) Adjust the Handlebars to the desired height and tighten the Pedal Bolts. Exercise as described above, pushing and pulling with your arms as you exercise.



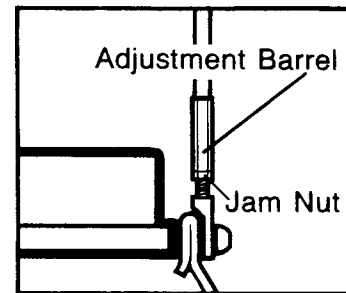
## MAINTENANCE

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The stepper is designed to be virtually maintenance-free. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. (Liquids should never come in contact with the Electronic Monitor.)

If the Electronic Monitor does not function properly, test the Monitor using new batteries. Most problems are the result of weak batteries.

The stepper Cable should be kept tight at all times. If the Cable stretches after a period of use, it can be retightened. Loosen the Jam Nut on the left end of the Cable, turn the Adjustment Barrel until the Cable is tight and retighten the Jam Nut.



## CONDITIONING GUIDELINES

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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

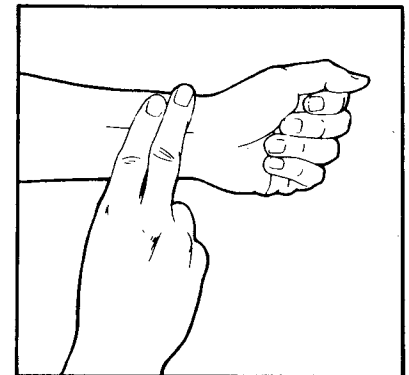
To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a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

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.

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.



## 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**.

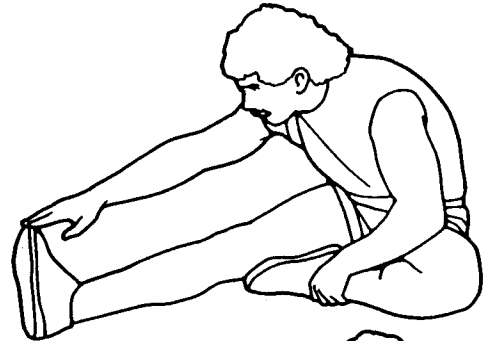
## STRETCHING

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, 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.

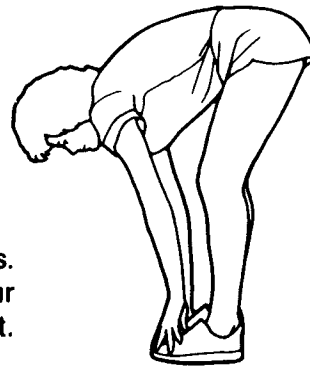
**Stretches: Inner thigh muscles.**



### 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.

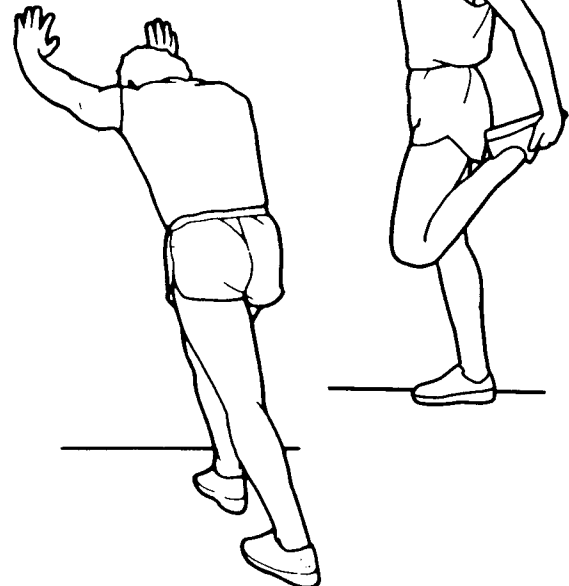
**Stretches: Hamstrings, Back of Knees, Back.**



### 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.**



### CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the achilles tendons, slightly bend back leg as well.

**Stretches: Calves, Achilles tendons, and Ankles.**

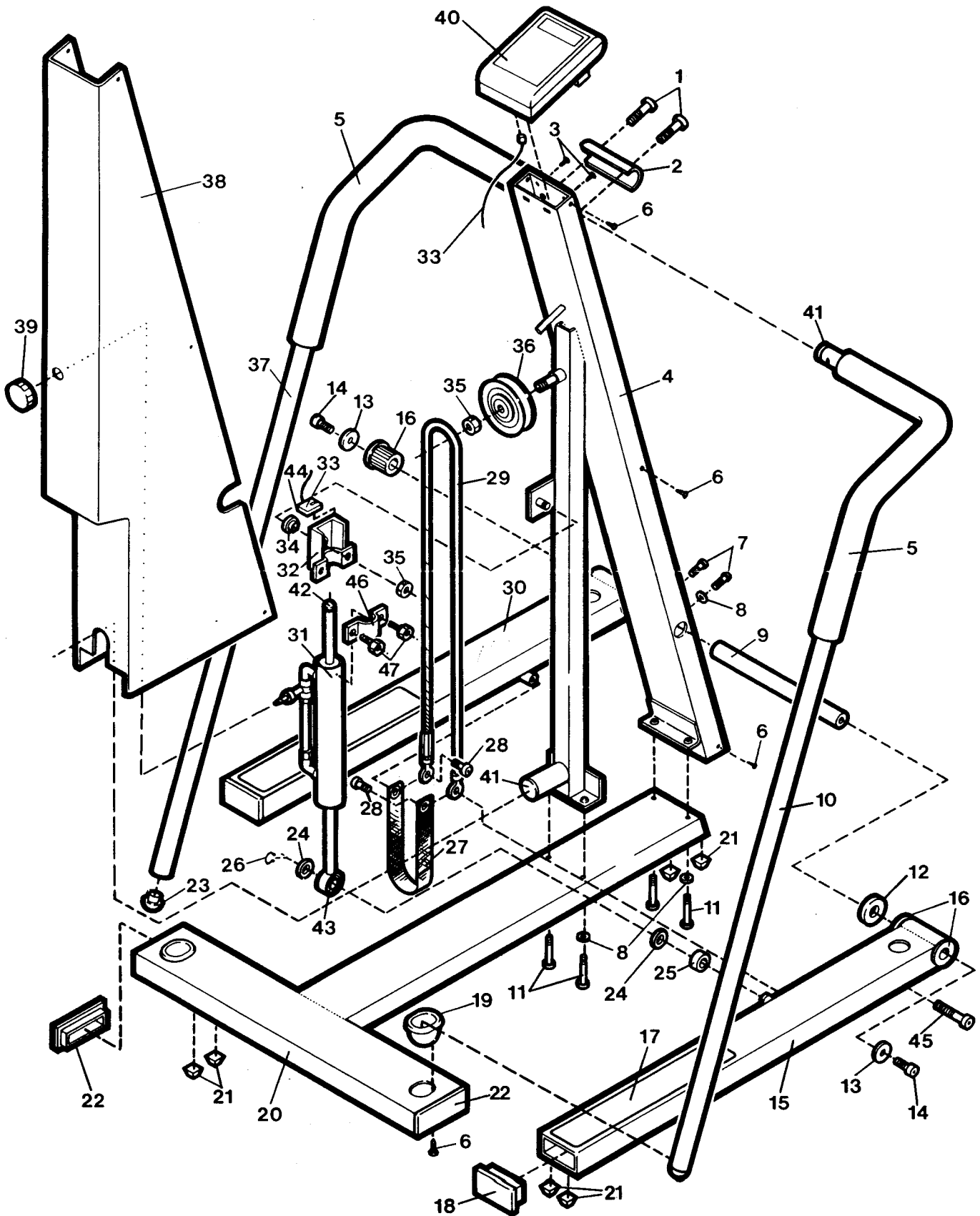
# **PART LIST - Model No. 831.285020**

9/89

<b>Key No.</b>	<b>Reorder No.</b>	<b>Qty.</b>	<b>Description</b>	<b>Key No.</b>	<b>Reorder No.</b>	<b>Qty.</b>	<b>Description</b>
1	013561	2	U-Clamp Bolt	26	054024	1	E-Clip
2	016058	1	U-Clamp	27	035049	1	Strap
3	013282	2	Bracket Mounting Screw	28	013558	2	Cable Bolt
4	NSP	1	Frame	29	026029	1	Cable
5	041066	2	Foam Grip	30	005049	1	Left Pedal
6	013511	8	Small Screw	31	043042	1	Resistance Cylinder
7	013492	2	Shaft Bolt	32	016060	1	Cylinder Mount
8	014126	6	Washer	33	033169	1	Sensor Wire/Reed Switch
9	049087	1	Pivot Shaft	34	014168	1	Top Cylinder Washer
10	001056	1	Right Handlebar	35	012166	2	Jam Nut
11	013523	4	Base Bolt	36	020057	1	Pulley
12	019301	2	Spacer	37	001055	1	Left Handlebar
13	014164	2	Flat Washer	38	010182	1	Plastic Cover
14	013244	2	Pivot Bolt	39	017091	1	Resistance Knob
15	005050	1	Right Pedal	40	032085	1	Electronic Monitor
16	019240	4	Pedal Bushing	41	040182	3	Flat Endcap
17	041067	2	Grip Tape	42	008265	1	Magnet Mount
18	040169	2	Pedal Endcap	43	081010	1	Rubber Grommet
19	019306	2	Handlebar Socket	44	062037	1	Adhesive Tape
20	004196	2	Base	45	013500	2	Pedal Bolt
21	019115	10	Rubber Pad	46	016061	1	Cylinder Mnt. Bracket
22	040194	2	Base Endcap	47	013556	2	Bracket Bolt
23	040168	2	Bullet Endcap	#	046286	1	Owner's Manual
24	014169	2	Cylinder Washer	#	089043	1	Monitor Oper. Guide
25	019311	1	Cylinder Spacer				

Note: “#” indicates a non-illustrated part

See the back cover of this manual for part ordering information.



\*Specifications are subject to change without notice.

# SEARS® SERVICE is at YOUR SERVICE

## **PART ORDERING**

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Each SEARS STEPPER has its own MODEL NUMBER.

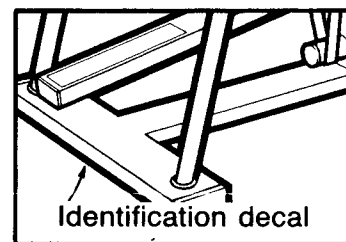
Always mention this MODEL NUMBER when requesting service or repair parts for your STEPPER.

All parts listed herein may 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 electronically transmitted to a SEARS PARTS DISTRIBUTION CENTER for expedited handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The NAME of the product (Lifestyler 3000p Dual Action Motivational Stepper).
2. The MODEL NUMBER of the product (831.285020).
3. The SERIAL NUMBER of the product (see the drawing to the right).
4. The KEY NUMBER OF THE PART from the Part List in this manual.
5. The DESCRIPTION OF THE PART from 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 ensure that we meet our pledge to you: we service what we sell.