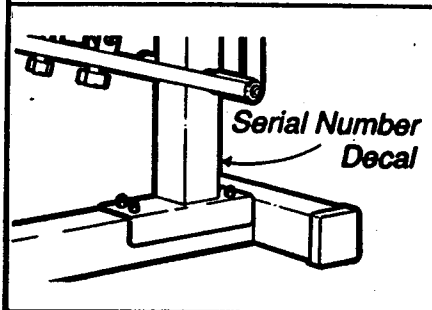


Lifestyler™ **SX²**

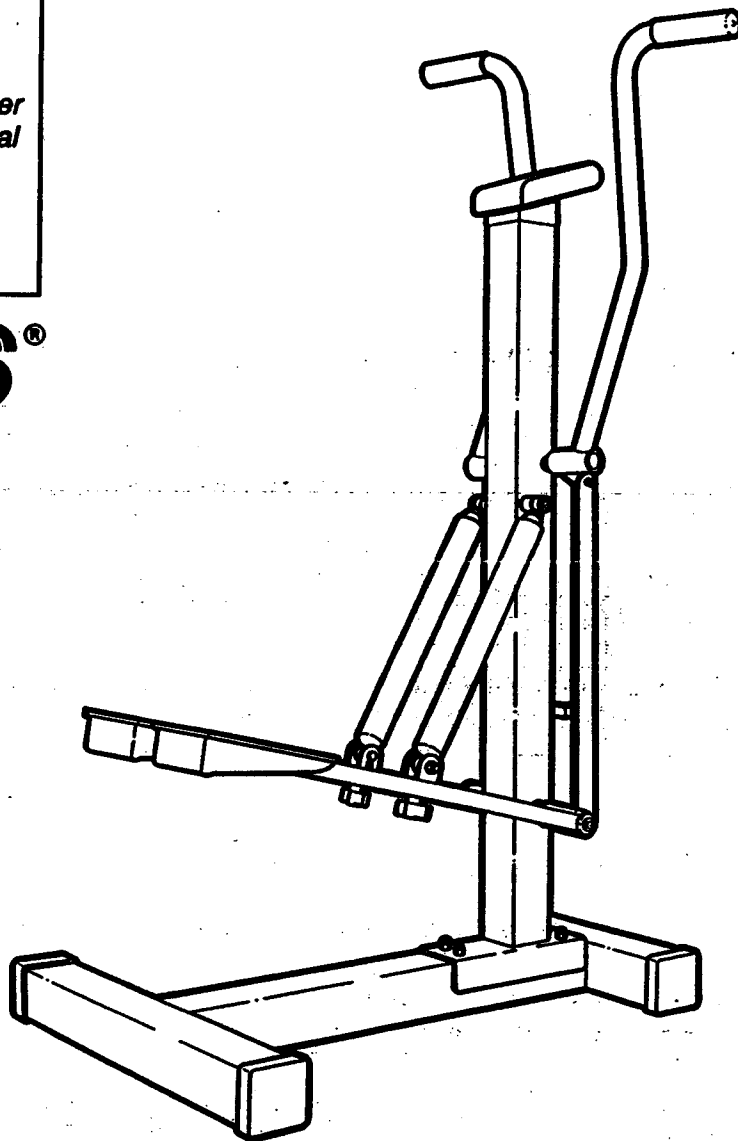
INDEPENDENT STEPPING EXERCISE • DUAL ACTION

Model No. 831.285610

Serial No. _____



SEARS®



OWNER'S MANUAL

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

SOLD BY SEARS, ROEBUCK AND CO., CHICAGO, IL 60684

PATENT PENDING

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IMPORTANT SAFETY PRECAUTIONS

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

1. Position the stepper on a level surface. The electronic monitor must be out of direct sunlight or the LCD display may be damaged.
2. Tighten the link arm knobs and all other parts of the stepper before each workout.
3. Always wear appropriate clothing and shoes when using the stepper.
4. Always hold the handlebars when using the stepper.
5. Keep your hands away from the link arms when using the stepper. Keep small children away from the stepper at all times.
6. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.
7. The stepper is designed to be used for stepping exercise, with the handlebars in either the stationary mode or the dual-action mode (see OPERATION AND ADJUSTMENT). To prevent damage to the handlebars, do not use the stepper for dips or any other type of exercise. Misuse of the stepper will void the warranty.

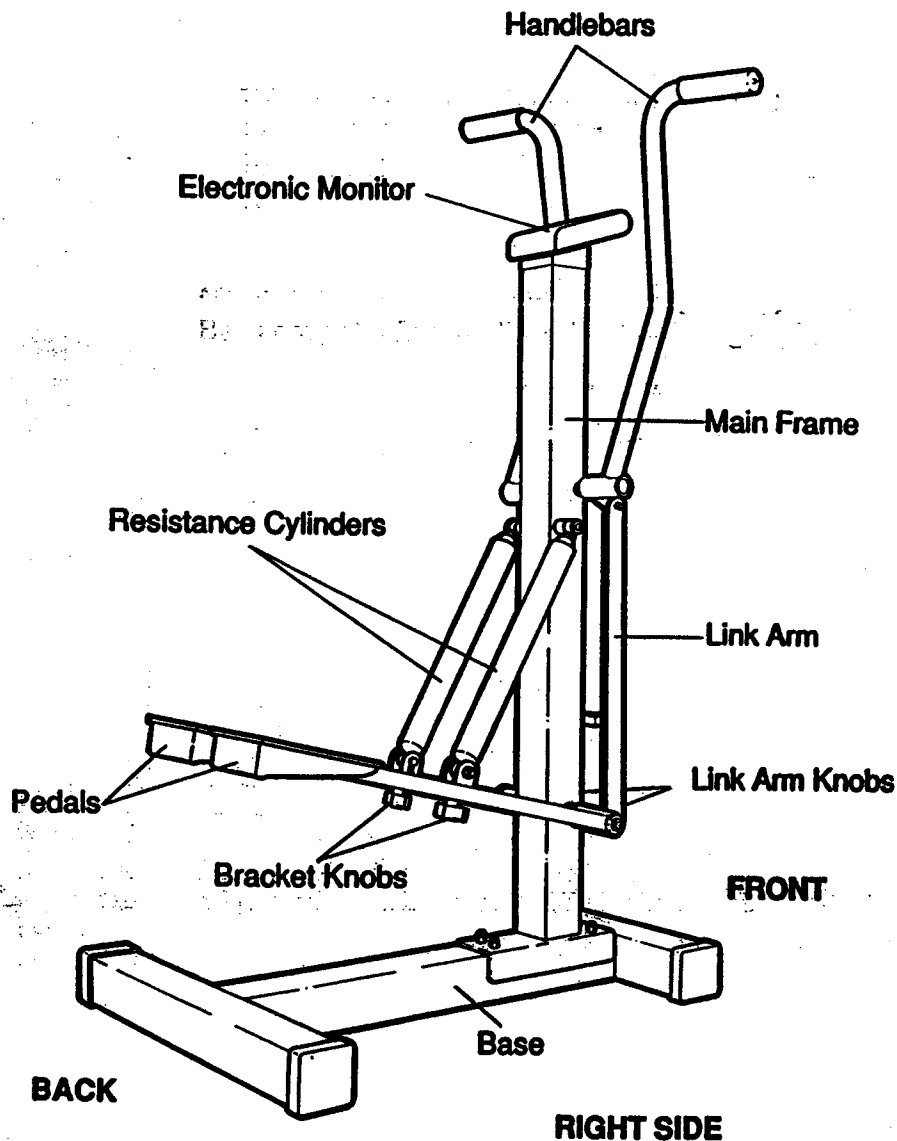
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the Sears Lifestyler SX2 Stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The Lifestyler SX2 blends advanced engineering and innovative styling to let you enjoy this dynamic exercise in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the stepper. 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 printed on the front cover of this manual. The serial number can be found on a decal attached to the stepper (see the drawing on the front cover).

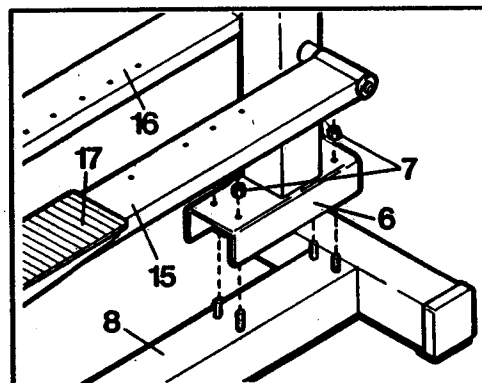
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



ASSEMBLY

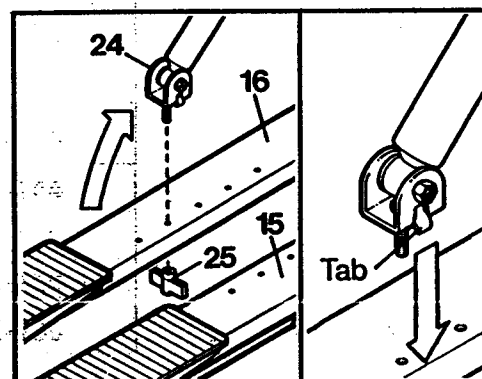
Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using an adjustable wrench and a phillips screwdriver (not included).

1. Turn the Base (8) so that the threaded ends of the bolts are upward. Rotate the Pedals (15, 16) to the position shown, so that the Foot Pads (17) are on top of the Pedals. Attach the Main Frame (6) to the Base with four Nylock Nuts (7).



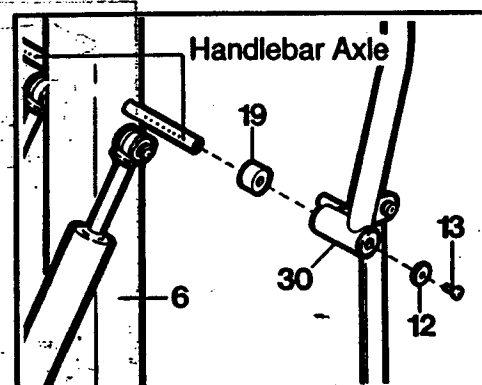
2. Lift the Left Pedal (16) and insert the left Cylinder Bracket (24) through one of the holes in the Pedal. Make sure that the tab on the Cylinder Bracket is against the inside of the Pedal. Tighten a Bracket Knob (25) onto the end of the Cylinder Bracket.

Attach the right Cylinder Bracket (not shown) to the Right Pedal (15) in the same manner.



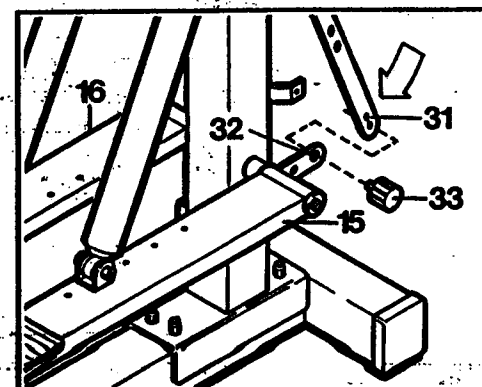
3. Grease both ends of the handlebar axle on the Main Frame (6). Slide a Cylinder Spacer (19) and the Right Handlebar (30) onto the right end of the handlebar axle. Make sure that the concave side of the Cylinder Spacer is toward the Main Frame. Attach the Right Handlebar with a Washer (12) and Bolt (13).

Attach the Left Handlebar (not shown) in the same manner.



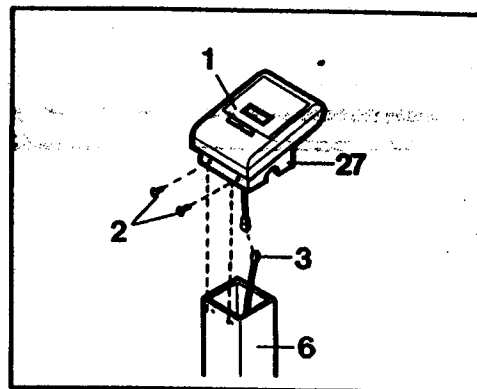
4. Grease the Brass Bushing (32) in the Right Pedal (15). Attach the right Link Arm (31) to the Right Pedal with a Link Arm Knob (33). Note: There are two holes at the lower end of the Link Arm. Insert the Link Arm Knob through the hole which puts the Handlebar (not shown) in the most comfortable position.

Attach the left Link Arm (not shown) in the same manner.



5. Connect the Sensor Wire (3) to the wire protruding from the Electronic Monitor (1). Attach the Monitor Bracket (27) to the top of the Main Frame (6) with the two Mount Screws (2).

Be sure that all parts are tightened before using the stepper.



OPERATION AND ADJUSTMENT

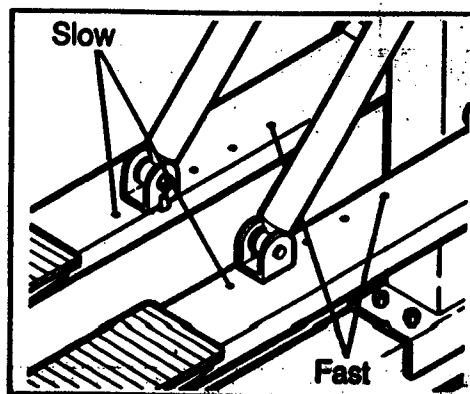
Place the stepper on a level surface. Keep the electronic monitor out of direct sunlight or the LCD display may be damaged. The stepper features dual hydraulic resistance cylinders; due to the nature of hydraulic cylinders, it is recommended that the floor underneath the stepper be covered in case of slight oil leakage.

Hold the handlebars with an overhand grip. Step onto the pedals and let both pedals sink to the floor. Begin stepping, alternately pressing the right and left pedals down with a rapid, continuous motion. Because the pedals move independently, a continuous stepping motion must be maintained. Change the height of your step or the stepping resistance as necessary until you can comfortably maintain a continuous stepping motion (see ADJUSTING STEPPER RESISTANCE). For effective aerobic exercise, relatively short, rapid steps at low resistance is recommended.

As you step, you can exercise the upper leg muscles by keeping your feet flat on the pedals. To focus on the calf muscles, rise on your toes as you step. Stand erect or lean forward slightly; always keep your back straight in order to avoid injury.

ADJUSTING STEPPER RESISTANCE

The resistance of the stepper can be adjusted by moving the cylinder brackets to different holes in the stepper pedals. There are five resistance levels. To change the resistance, first remove the bracket knobs from the cylinder brackets. Move the cylinder brackets to the desired holes in the pedals, and reattach the bracket knobs. **WARNING:** The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.

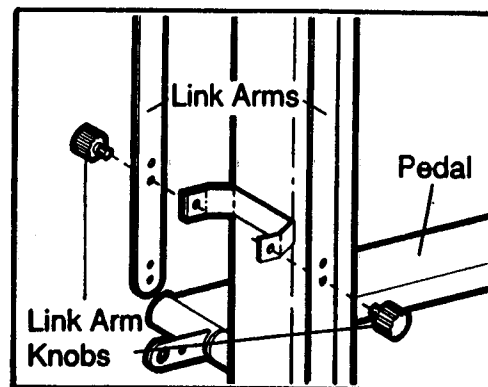


HANDLEBAR OPERATION

The handlebars are designed to be used in either the stationary mode, for stepping exercise only, or the dual-action mode, for both stepping and upper body exercise. **WARNING: To prevent damage to the handlebars, do not use the stepper for dips or any other type of exercise. Misuse of the stepper will void the warranty.**

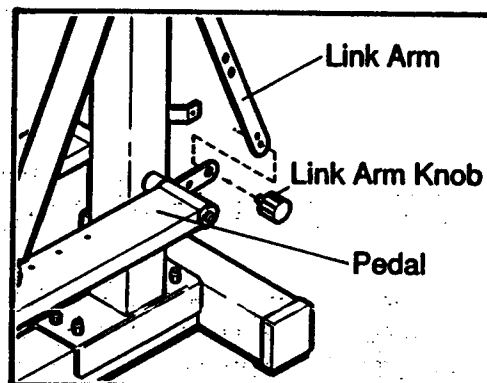
STATIONARY MODE

To convert the handlebars to the stationary mode, first disconnect the link arms from the pedals by removing the link arm knobs. Insert the link arm knobs through the holes in the middle of the link arms, and tighten the link arm knobs into the frame as shown. Note: There are two holes in the middle of each link arm. Insert the link arm knobs through the holes which put the handlebars in the most comfortable position.



DUAL-ACTION MODE

With the handlebars in the dual-action mode, the handlebars can be moved back and forth as you step, for both lower and upper body exercise. To convert the handlebars to the dual-action mode, first disconnect the link arms from the frame by removing the link arm knobs. Insert the link arm knobs through the holes in the lower end of the link arms, and tighten the link arm knobs into the pedals as shown. Note: There are two holes in the lower end of each link arm. Insert the link arm knobs through the holes which put the handlebars in the most comfortable position.



ELECTRONIC MONITOR OPERATION

The simple-to-operate electronic monitor features five different modes to provide you with instant feedback as you exercise. Please read the instructions below before using the monitor.

DESCRIPTION OF THE MODES

SPEED—Displays your stepping speed, in steps per minute.

TIME—Displays the elapsed time. Note: The time will be counted only while you are stepping. If you stop for ten seconds or longer, the time will hold until you resume stepping.

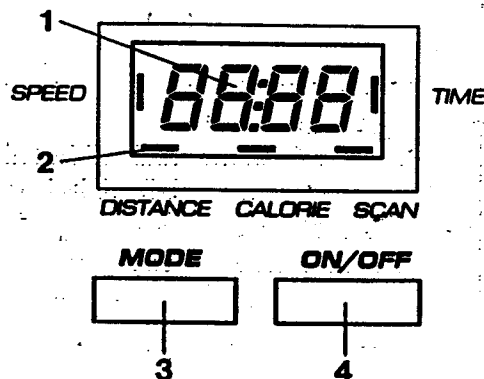
DISTANCE—Displays the total number of steps you have completed.

CALORIE—Displays the total number of Calories you have burned. Note: If your stepping speed is very fast or very slow, the actual number of Calories you have burned will be slightly higher or lower than the number shown.

SCAN—Displays the SPEED, TIME, DISTANCE and CALORIE modes in a repeating cycle.

MONITOR DIAGRAM

1. LCD display—Display for all modes.
2. Mode indicator—Shows which mode is currently selected.
3. Mode button—Selects modes.
4. On/off button—Turns the power on and off.



MONITOR OPERATION

Two "AA"-size batteries (not included) are required; alkaline batteries are recommended. (See TROUBLE-SHOOTING AND MAINTENANCE for battery installation instructions.)

1. To turn the power on, press the on/off button or simply begin stepping.
2. Select one of the five modes:
 - A. **SCAN**—When the power is turned on, the SCAN mode will be selected automatically. A mode indicator will appear by the word "SCAN." The SPEED, TIME, DISTANCE and CALORIE modes will all be displayed, for five seconds each, in a repeating cycle. A second mode indicator will show which mode is currently displayed.
 - B. **SPEED, TIME, DISTANCE or CALORIE**—The SPEED, TIME, DISTANCE or CALORIE modes can be selected by repeatedly pressing the mode button. Modes will be selected in the following order: SPEED, TIME, DISTANCE, CALORIE and SCAN.
3. To turn the power off, press the on/off button. Note: The monitor features "auto shut-off" to prevent the batteries from being drained when not in use. If the stepper pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically. Note: The TIME, DISTANCE and CALORIE modes can be reset by turning the power off and then again.

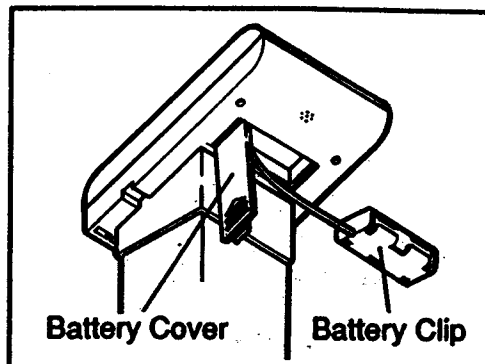
TROUBLE-SHOOTING AND MAINTENANCE

Most stepper problems can be solved by following the simple steps below. If further assistance is needed, 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).

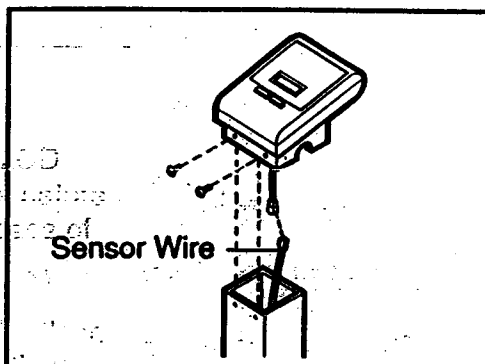
Inspect and tighten all parts of the stepper regularly. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the electronic monitor.

TROUBLE-SHOOTING THE ELECTRONIC MONITOR

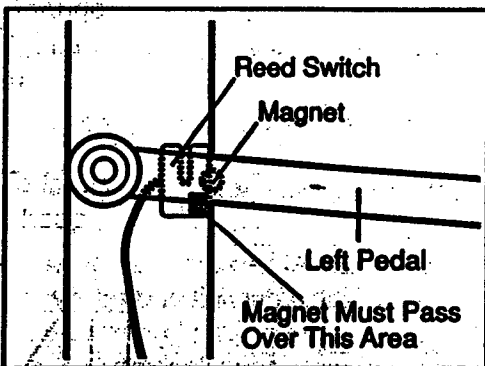
1. If the electronic monitor does not function properly, the batteries should be replaced. Most problems are the result of drained batteries. Two "AA"-size batteries are required; alkaline batteries are recommended. The battery compartment is located in the underside of the monitor. Open the battery cover and carefully remove the battery clip. Insert two new batteries, in the directions shown on the inside of the battery clip. Close the battery cover.



2. If the monitor displays incorrect feedback, the sensor wire should be checked. Remove the screws from the monitor bracket, and lift the monitor off the stepper. Make sure the sensor wire is plugged fully into the wire protruding from the monitor. Reattach the monitor bracket to the stepper.



3. If the monitor still displays incorrect feedback, the reed switch should be repositioned. Hold the left pedal down. Carefully pull the reed switch off the fastener strip. Position the reed switch on the fastener strip so that the magnet on the left pedal passes directly over the area shaded in the drawing at the right. Reposition the reed switch until the monitor displays correct feedback.



LUBRICATING THE PEDALS AND RESISTANCE CYLINDERS

The pedals and resistance cylinders should be lubricated every six months. Remove the pedals and resistance cylinders from the frame. Lubricate the axles on the frame with a petroleum-base grease. Reattach the pedals and resistance cylinders. (See the EXPLODED DRAWING on page 11 for help, if necessary.)

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

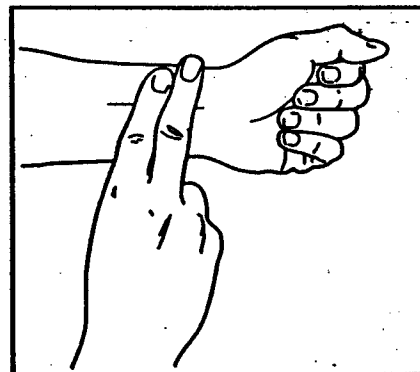
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

PART LIST—Model No. 831.285610

Rev. 6/92

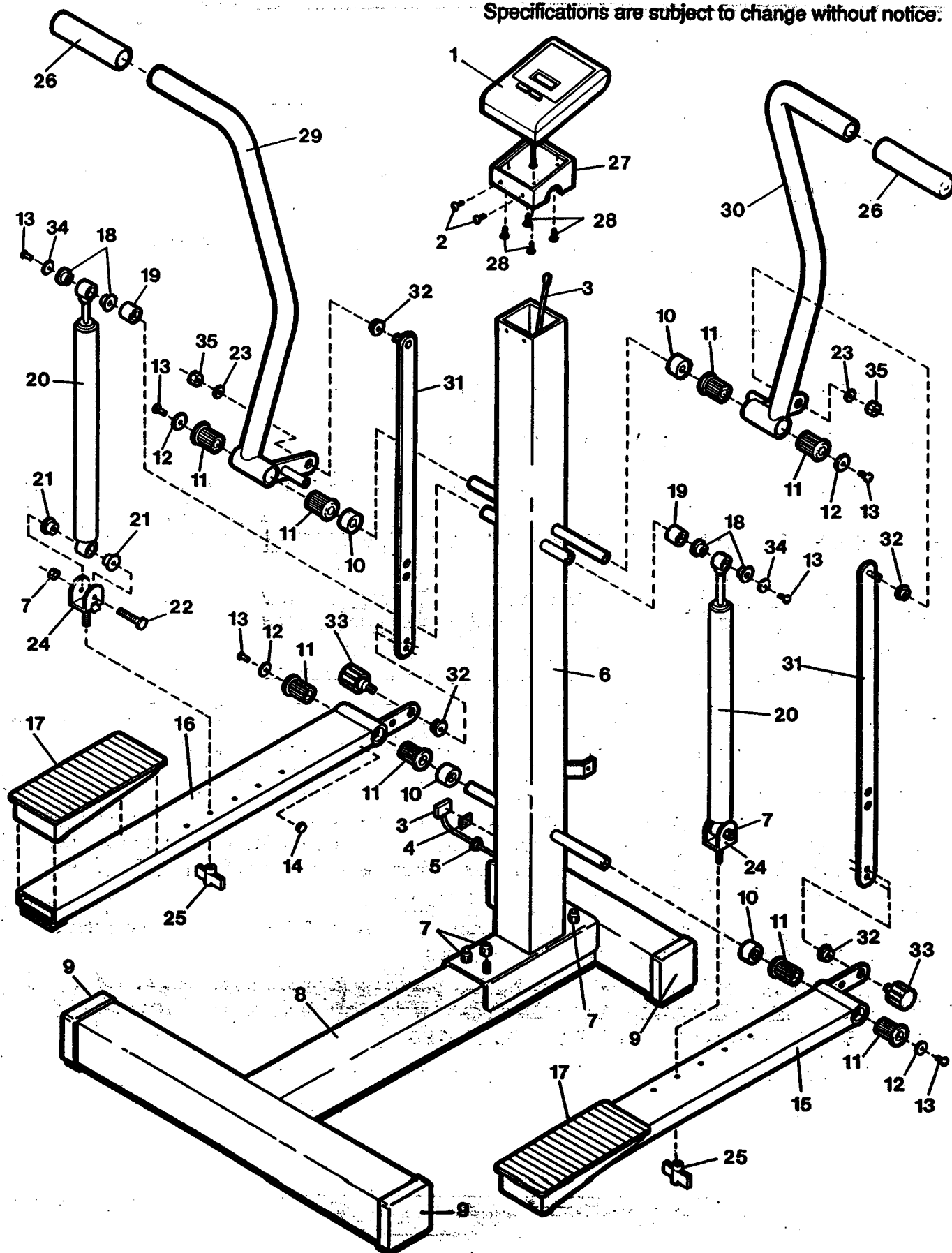
Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	104748	1	Electronic Monitor	20	105445	2	Resistance Cylinder
2	013423	2	Mount Screw	21	100256	4	Lower Cylinder Bushing
3	107945	1	Sensor Wire/Reed Switch	22	104063	2	Bracket Bolt
4	062035	1	Fastener Strip	23	105495	2	Handlebar Washer
5	104389	1	Grommet	24	106052	2	Cylinder Bracket
6	107938	1	Main Frame	25	100108	2	Bracket Knob
7	012108	6	Nylock Nut	26	105500	2	Handlebar Foam
8	107939	1	Base	27	104872	1	Monitor Bracket
9	100033	4	Base Endcap	28	013516	4	Monitor Screw
10	105501	4	Spacer	29	107942	1	Left Handlebar
11	100048	8	Bushing	30	107943	1	Right Handlebar
12	104188	4	Washer	31	105166	2	Link Arm
13	013244	6	Bolt	32	105502	4	Bronze Bushing
14	100498	1	Magnet	33	105170	2	Link Arm Knob
15	107940	1	Right Pedal	34	014129	2	Shock Washer
16	107941	1	Left Pedal	35	105133	2	Thin Nylock Nut
17	106147	2	Pedal Foot Pad	#	105570	1	Owner's Manual
18	100234	4	Upper Cylinder Bushing	#	104838	1	Grease
19	100052	2	Cylinder Spacer	#	045023	1	Allen Wrench

Note: "*" indicates a non-illustrated part. Specifications are subject to change without notice. See the Back cover for information about ordering replacement parts.

EXPLODED DRAWING-Model No. 831.285610

Rev. 6/92

Specifications are subject to change without notice.



ORDERING REPLACEMENT PARTS

Each Lifestyler SX2 has its own MODEL NUMBER. Always mention the MODEL NUMBER when requesting service or repair parts for your Lifestyler SX2.

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 MODEL NUMBER of the product (831.285610).
2. The NAME of the product (Lifestyler SX2).
3. The REORDER NUMBER of the part from page 10 of this manual.
4. The DESCRIPTION of the part from page 10 of 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 equipment to ensure that we meet our pledge to you: we service what we sell.

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 Independent Stepping Exercise/ Dual Action Exercise Stepper is used in a normal manner.

This warranty does not apply when the Independent Stepping Exercise/Dual Action Exercise Stepper is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY BY RETURNING THE INDEPENDENT STEPPING EXERCISE/DUAL ACTION EXERCISE 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