

Lifestyler SLR™

▲ **SPEED LINK RESISTANCE**

▲ **SELF LEVELING PEDALS**

▲ **INDEPENDENT STEPPING ACTION**

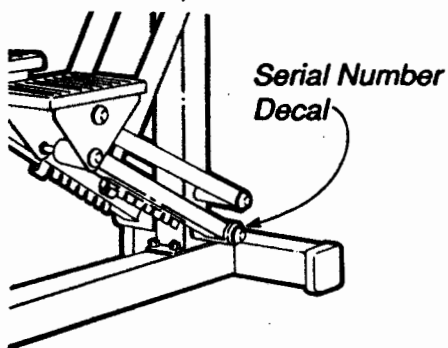
▲ **MOTIVATIONAL CALORIE MONITOR**

SEARS®

Model No. 831.285621

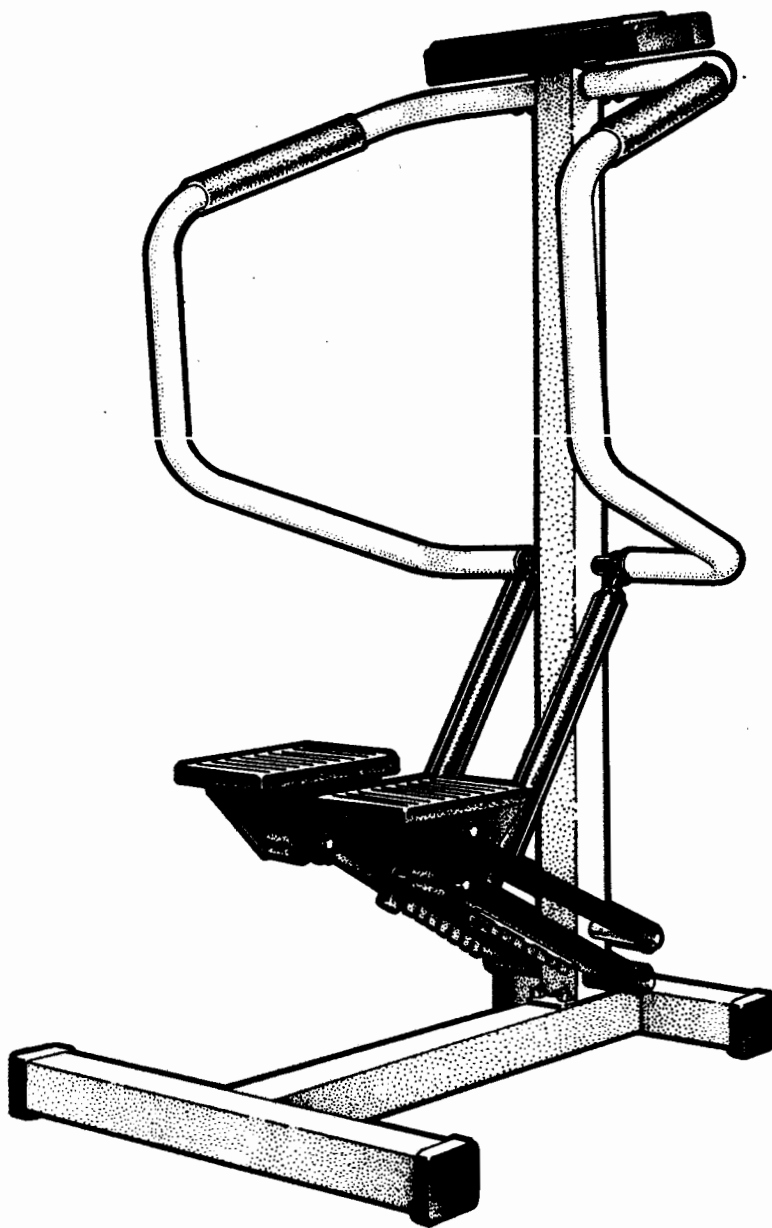
Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



CAUTION!:

Read all safety precautions and instructions in this owner's manual before using this equipment. Keep this owner's manual in a safe place for future reference.



OWNER'S MANUAL

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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. Place the stepper on a level surface. Keep the console out of direct sunlight or the LCD display may be damaged.
2. Inspect and tighten all parts each time you use the stepper.
3. Always wear appropriate clothing, including athletic shoes, when using the stepper.
4. Always hold the handrails when using the stepper.
5. Keep small children away from the stepper at all times.
6. Do not lift your feet off the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.
7. The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them.
8. Use the stepper only as described in this manual.

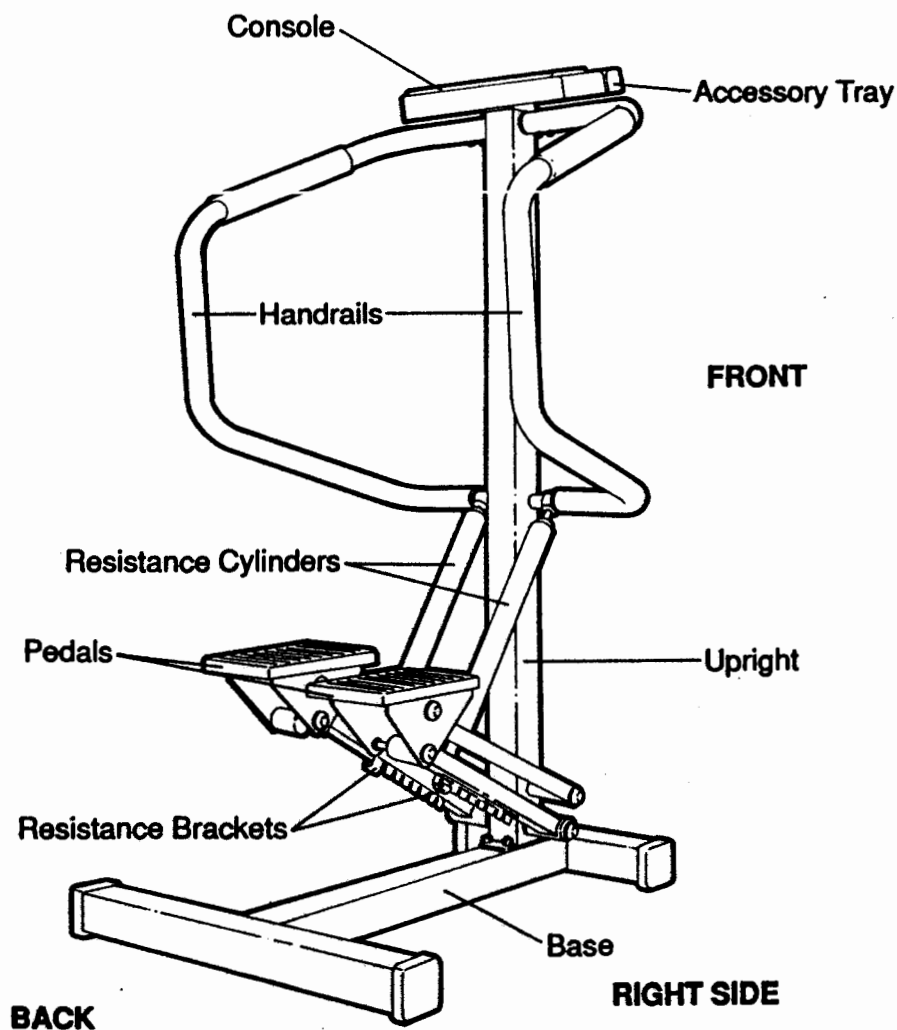
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. SEARS assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Thank you for selecting the innovative SEARS® LIFESTYLER SLR stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The LIFESTYLER SLR blends advanced engineering with contemporary styling to let you enjoy this invigorating exercise in the comfort and privacy of your home. Feel better, look better and be healthier in just a few minutes a day.

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 can be found on the front cover of this manual. The serial number can be found on a decal attached to the stepper (see the front cover of this manual).

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

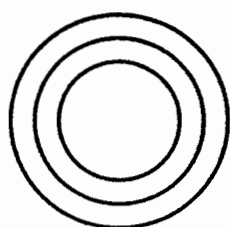


ASSEMBLY

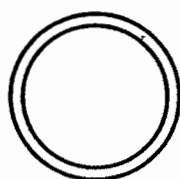
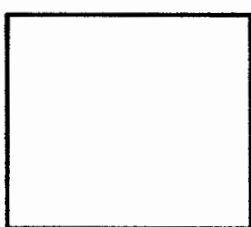
Place all parts of the stepper in a cleared area and remove the packing materials. Do not dispose of the packing materials until the stepper is fully assembled. **Tools needed for assembly: phillips screwdriver, regular screwdriver, adjustable wrench and hammer.**

Read all steps and examine all drawings carefully before beginning. Use the part chart below to identify the small hardware used in assembly. The bold number beneath each part refers to the key number of the part. The number in parenthesis refers to the quantity included. Note: Some of the small hardware used in assembly may be attached to one of the parts to be assembled. If a part is missing, see the back cover of this manual for instructions.

PART IDENTIFICATION CHART



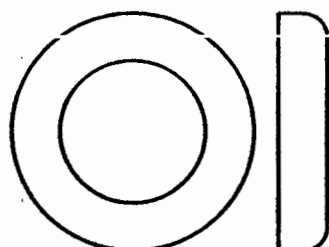
19 1/2" x 1 1/4" Spacer (2)



29 3/4" Axle Cap (2)



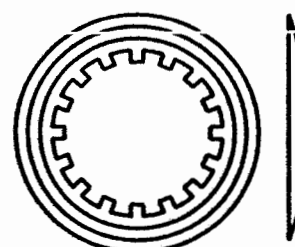
28 1/2" Hat Cap (2)



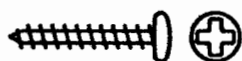
10 3/4" Metal Spacer (2)



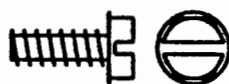
7 3/8" Nylock Nut (4)



33 3/4" Retainer Ring (2)



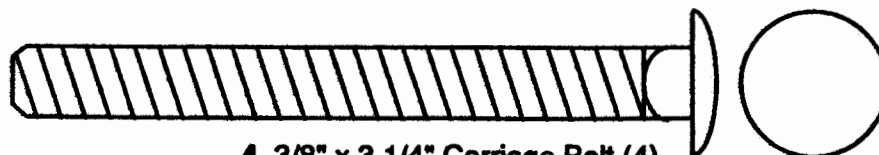
2 3/4" Screw (4)



13 1/2" Screw (4)
(Already in Handlebar)



31 1/2" Tap Screw (4)



4 3/8" x 3 1/4" Carriage Bolt (4)

1. Turn the Base (8) so the four square holes are on the bottom. Insert the four 3/8" x 3 1/4" Carriage Bolts (4) up through the Base. Attach the Upright (6) to the Base with four 3/8" Nylock Nuts (7). Make sure the plate at the top of the Upright is angled as shown. Press the four Base Endcaps (9) onto the Base.
2. Slide a 1/2" x 1 1/4" Spacer (19) onto the right resistance cylinder axle as shown. Slide a Resistance Cylinder (20) onto the right resistance cylinder axle.

Back the two 1/2" Screws (13) out of the Right Handrail (5). Slide the Right Handrail onto the Upright (6) as shown, making sure the Handrail is flush against the Resistance Cylinder (20). Attach the Handrail with two 1/2" Tap Screws (31) and the two 1/2" Screws (13).

Attach the other Resistance Cylinder and the Left Handrail (not shown) in the same manner.

3. Slide a 3/4" Metal Spacer (10) onto the lower right pedal axle as shown. Make sure the open side of the Spacer is turned toward the Upright. Apply grease to the lower pedal axle.

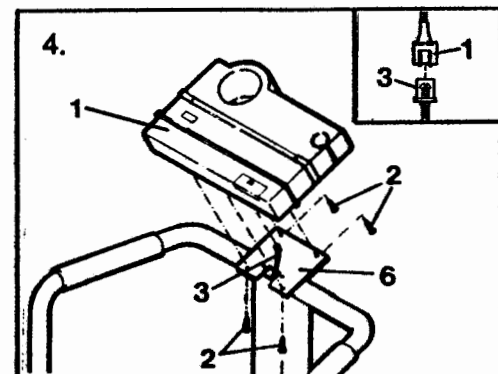
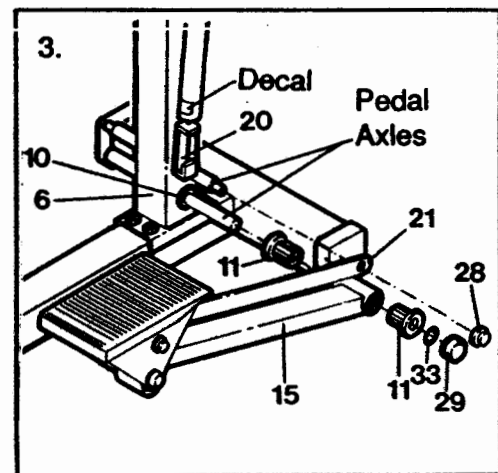
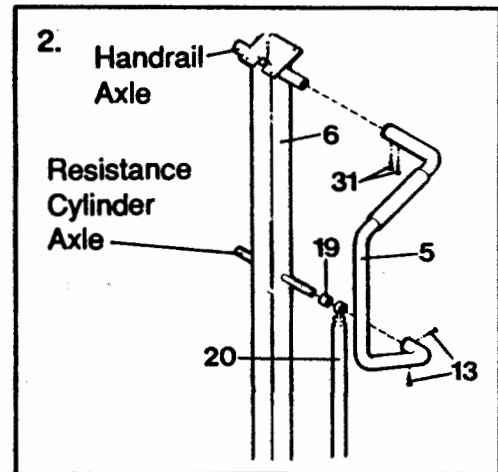
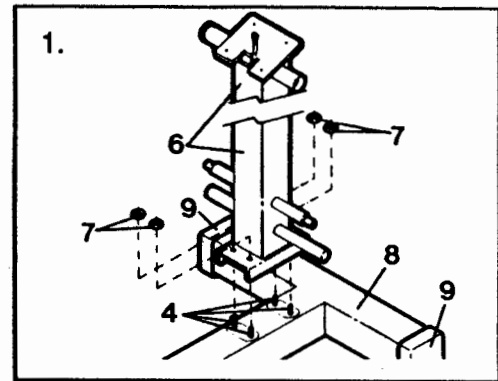
Make sure there is a 3/4" x 1 1/2" Bushing (11) in each side of the Right Pedal Arm (15). Slide the Right Pedal Arm and the right Link Arm (21) onto the right pedal axles as shown. (IMPORTANT: The Right Pedal Arm is similar to the Left Pedal Arm [not shown]. If the Pedal Arms are on the correct sides, the slotted brackets on the bottoms of the Pedal Arms will be toward the Base [8].)

Press a 3/4" Retainer Ring (33) as far as it will go onto the lower right pedal axle as shown. Make sure the teeth of the Retainer Ring bend outward. Press a 3/4" Axle Cap (29) onto the lower pedal axle. Tap a 1/2" Hat Cap (28) onto the upper pedal axle.

Rest the Right Pedal Arm (15) on the bracket at the lower end of the right Resistance Cylinder (20). Make sure the bracket is fully inserted into one of the slots under the Right Pedal Arm. Apply a "HOT!" decal to the lower end of the Resistance Cylinder.

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

4. Connect the Sensor Wire (3) to the wire protruding from the Console (1) (see the inset drawing). Insert all excess wire into the Upright (6). Attach the Console to the plate at the top of the Upright with the four 3/4" Screws (2). See page 7 for battery installation instructions (batteries are not included).



OPERATION AND ADJUSTMENT

Place the stepper on a level surface. Keep the console out of direct sunlight or the LCD display may be damaged. The resistance cylinders may leak a small amount of oil; this is a normal condition for hydraulic cylinders. The floor beneath the resistance cylinders should be covered for protection.

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 smooth, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the height of your step or the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING THE RESISTANCE). For an effective aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance. For strengthening the muscles, slower steps at medium resistance are more effective.

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

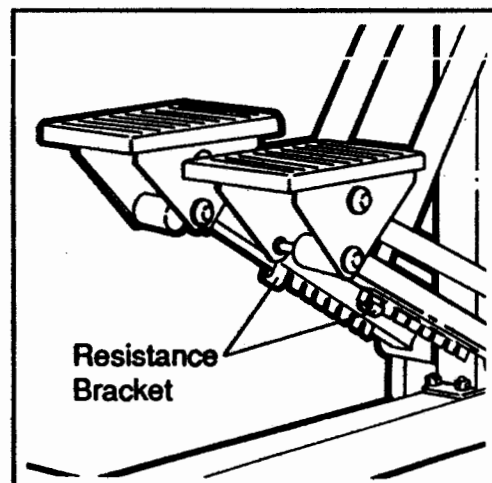
WARNING: Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.

The accessory tray on the console is designed to hold a drink and your exercise towel. Slide one corner of your towel into the slot in the right side of the tray.

ADJUSTING THE RESISTANCE

The resistance of the stepper pedals can be changed by moving the resistance brackets. Change the resistance of one pedal at a time. Hold the resistance bracket with one hand, and lift the pedal with the other hand. To decrease the resistance, move the bracket closer to the upright; to increase the resistance, move the bracket farther away from the upright. Make sure that the bracket is fully inserted into one of the slots under the pedal. Change the resistance of the other pedal in the same manner. **Make sure that the resistance brackets are in the same position on both pedals.**

WARNING: The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them.



CONSOLE OPERATION

The console features a five-mode electronic monitor to provide you with continuous feedback as you exercise. Please read these instructions before operating the monitor.

DESCRIPTION OF THE MODES

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

TIME—Displays the elapsed time. Note: If you stop exercising for ten seconds or longer, the TIME mode will pause until you resume.

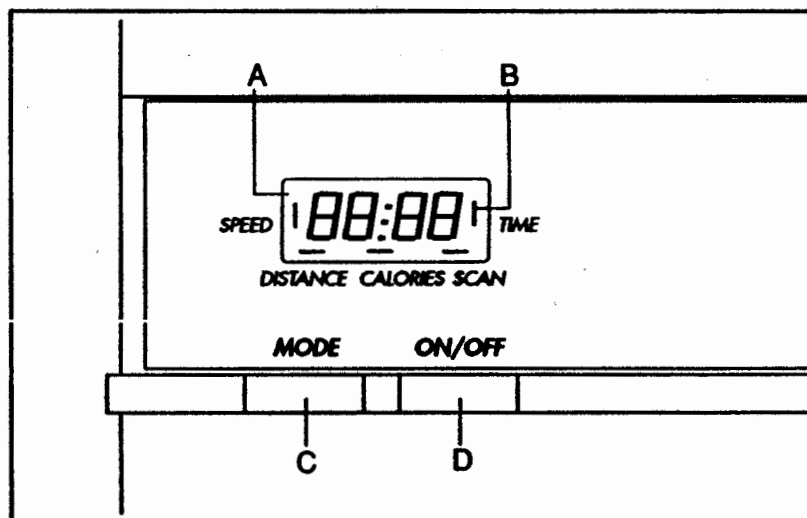
DISTANCE—Displays the total number of steps you have completed.

CALORIES—Displays the total number of nutritional Calories you have burned. Note: The number displayed is an averaged figure. The actual number may vary depending on the stepping resistance.

SCAN—Displays all of the above modes, for five seconds each, in a repeating cycle.

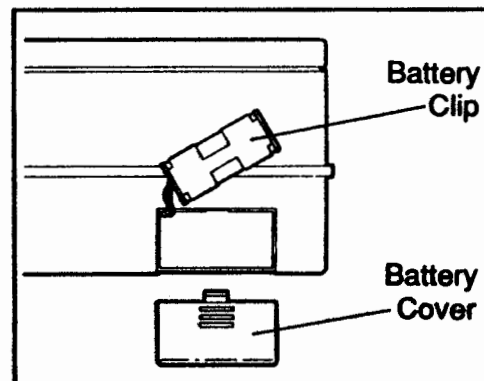
MONITOR DIAGRAM

- A. LCD display.
- B. Mode indicators—Show which mode is currently selected.
- C. Mode button—Selects modes.
- D. On/off button—Turns the power on and off.



BATTERY INSTALLATION

The console requires two "AA" batteries (not included) for operation; alkaline batteries are recommended. The battery compartment is located near the right side of the console. Slide the battery cover open and remove the battery clip from the console. Find the markings inside the battery clip showing which direction the batteries must be turned. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.



OPERATING THE MONITOR

1. If there is a piece of clear plastic film on the LCD display, remove it before operating the monitor. To turn the power on, press the on/off button or simply begin stepping. The entire display will appear for two seconds. The monitor will then be ready for operation.

2. Select one of the five modes:

SCAN mode—When the power is turned on, the SCAN mode will be selected automatically. One mode indicator will show that the SCAN mode has been selected, and a second mode indicator will show which mode is currently displayed. The SCAN mode can also be selected by repeatedly pressing the MODE button.

SPEED, TIME, DISTANCE or CALORIES mode—These modes can be selected by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. The modes are selected in the following order: SPEED, TIME, DISTANCE, CALORIE and SCAN.

3. To reset the modes, turn the power off and then on again by pressing the on/off button.

4. To turn the power off, press the on/off button. Note: If the stepper pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically.

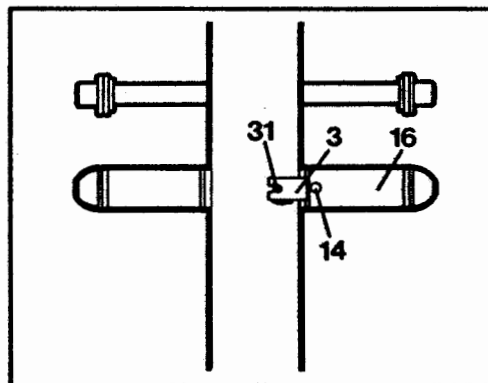
TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the stepper. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the console.

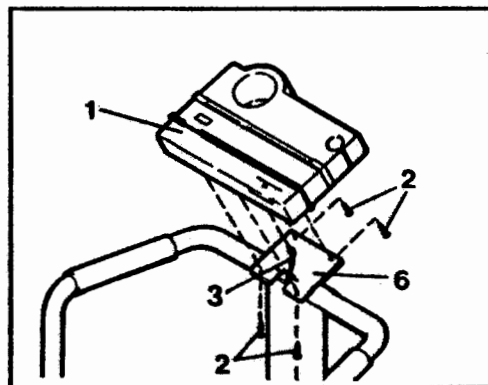
CONSOLE

If the console does not function properly, or if the display becomes faint, the batteries should be replaced. See BATTERY INSTALLATION on page 7.

If the electronic monitor displays incorrect feedback, the Reed Switch (3) should be repositioned. Loosen the 1/2" Tap Screw (31). Push the Left Pedal Arm (16) down until it is parallel to the floor. Adjust the position of the Reed Switch (3) so that there is a 3/16" gap between the Reed Switch and the Magnet (14). Tighten the 1/2" Tap Screw.



If the electronic monitor still displays incorrect feedback, the Sensor Wire (3) should be checked. Remove the four 3/4" Screws (2) attaching the Console (1) to the Upright (6). Make sure that the Sensor Wire (3) is plugged fully into the wire protruding from the Console. Reattach the Console to the Upright.



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 persons over the age of 35 or persons with pre-existing health problems.**

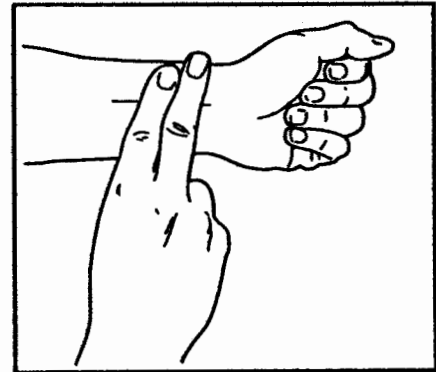
EXERCISE INTENSITY

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	114-138

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

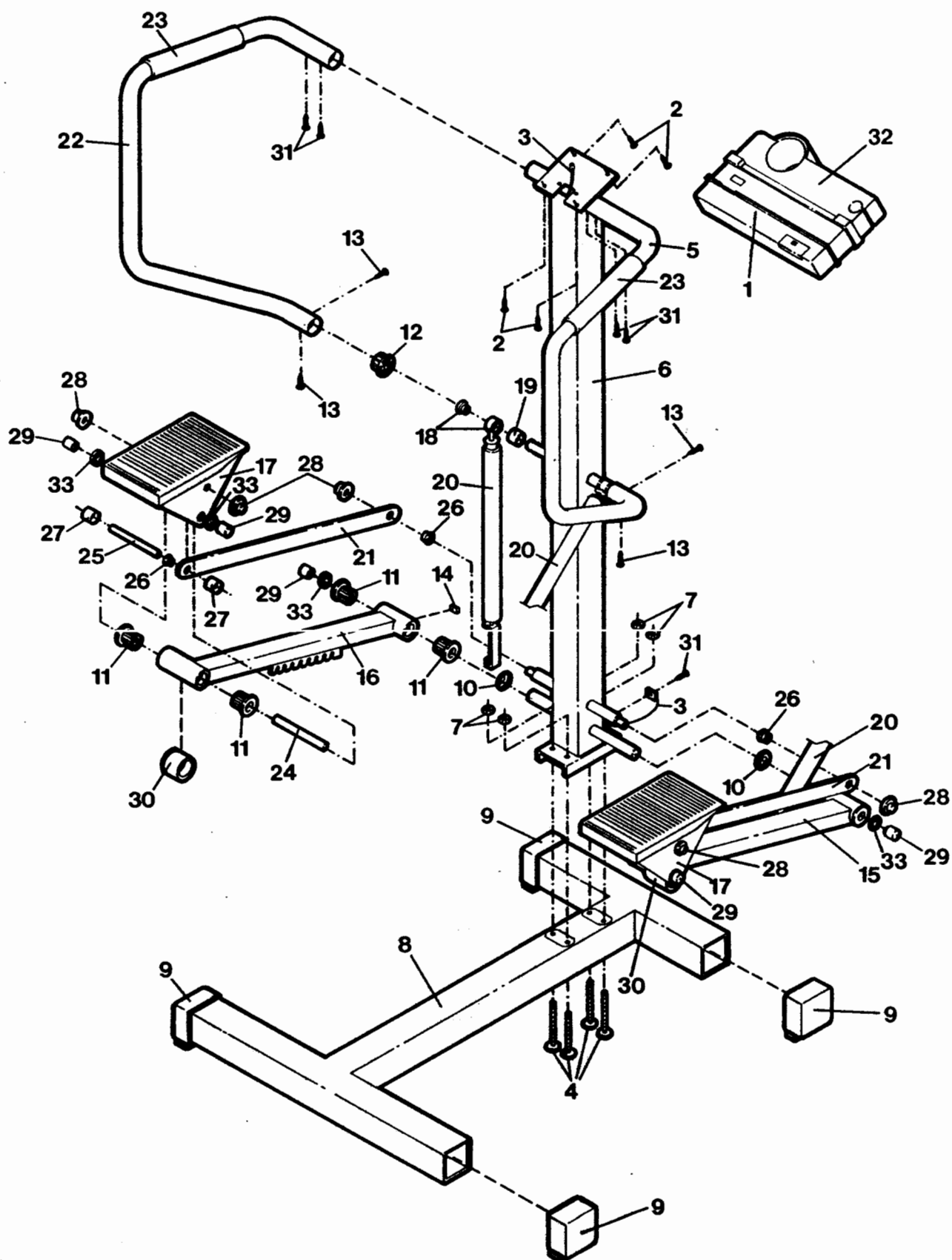
Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes 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. 831.285621

Rev. 1/93

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	109038	1	Console	19	112308	2	1/2" x 1 1/4" Cylinder Spacer
2	013510	4	3/4" Screw	20	109527	2	Resistance Cylinder
3	106115	1	Sensor Wire/Reed Switch	21	103675	2	Link Arm
4	109692	4	3/8" x 3 1/2" Carriage Bolt	22	110832	1	Left Handrail
5	110833	1	Right Handrail	23	103956	2	Handrail Foam
6	110831	1	Upright	24	103902	2	Pedal Arm Axle
7	012108	4	3/8" Nylock Nut	25	105091	2	Link Arm Axle
8	112325	1	Base	26	103677	4	1/2" Bronze Bushing
9	109204	4	2 1/2" x 2 1/2" Endcap	27	109196	4	1/2" x 3/4" Spacer
10	105101	2	3/4" Metal Spacer	28	100150	6	1/2" Hat Cap
11	100048	8	3/4" x 1 1/2" Bushing	29	112326	6	3/4" Axle Cap
12	103625	2	1/2" Handrail Bushing	30	105433	2	1 1/2" x 2 1/4" Bumper
13	102690	4	1/2" Screw	31	013423	5	1/2" Tap Screw
14	109763	1	Magnet	32	109039	1	Accessory Tray
15	110836	1	Right Pedal Arm	33	109091	6	3/4" Retainer Ring
16	110835	1	Left Pedal Arm	#	112156	1	Owner's Manual
17	109009	2	Pedal	#	109591	1	Cylinder Decal Sheet
18	109399	4	1/2" Bushing				

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



ORDERING REPLACEMENT PARTS

Each 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 transmitted to a SEARS PARTS DISTRIBUTION CENTER for handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The MODEL NUMBER of the product (831.285621).
2. The NAME of the product (SEARS® LIFESTYLER SLR stepper).
3. The PART NUMBER of the part(s), from page 10 of this manual.
4. The DESCRIPTION of the part(s), 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

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 this stepper is used in a normal manner.

This warranty does not apply when this stepper is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY BY RETURNING THIS 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., HOFFMAN ESTATES, IL 60179