

CLUBSX²TM

INDEPENDENT DUAL ACTION MOTIVATIONAL
CLUB STEPPER • SILENT DRIVE RESISTANCE

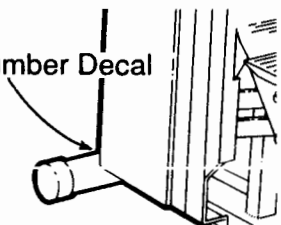
SEARS®

Model No. 831.285641

Serial No. _____

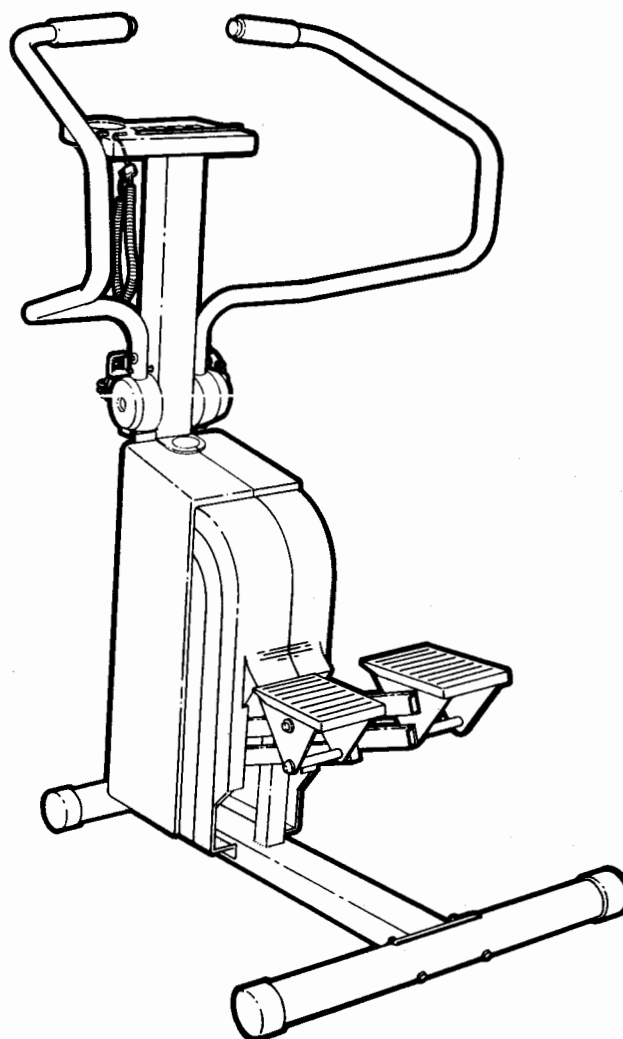
The serial number can be found in the location shown below. Write the serial number in the space above.

Serial Number Decal



CAUTION!

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



OWNER'S MANUAL

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

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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. Do not use the stepper outdoors or near water.
2. Wear suitable exercise clothing, including athletic shoes, when using the stepper.
3. Always hold the handlebars when using the stepper. Keep your hands away from the pedals and pedal arms. Keep small children away from the stepper at all times.
4. Never set the stepping resistance so high that you must pull against the handlebars with your arms in order to press the pedals down. Exercising in this manner could result in heart risk.
5. Use the stepper only as described in this manual. Servicing other than the procedures described in this manual should be performed only by an authorized service representative.

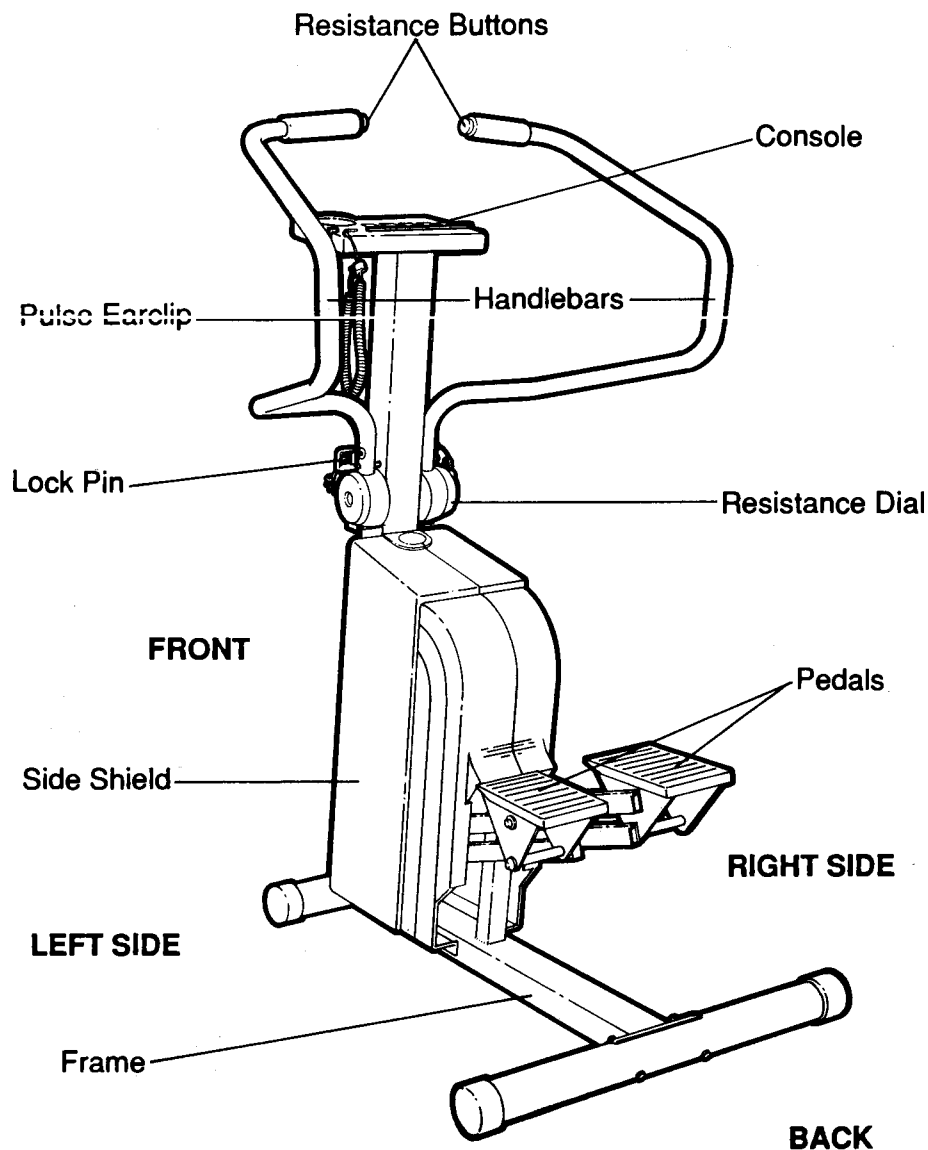
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the sophisticated SEARS® CLUB SX2 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The CLUB SX2 stepper combines advanced technology with 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 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).

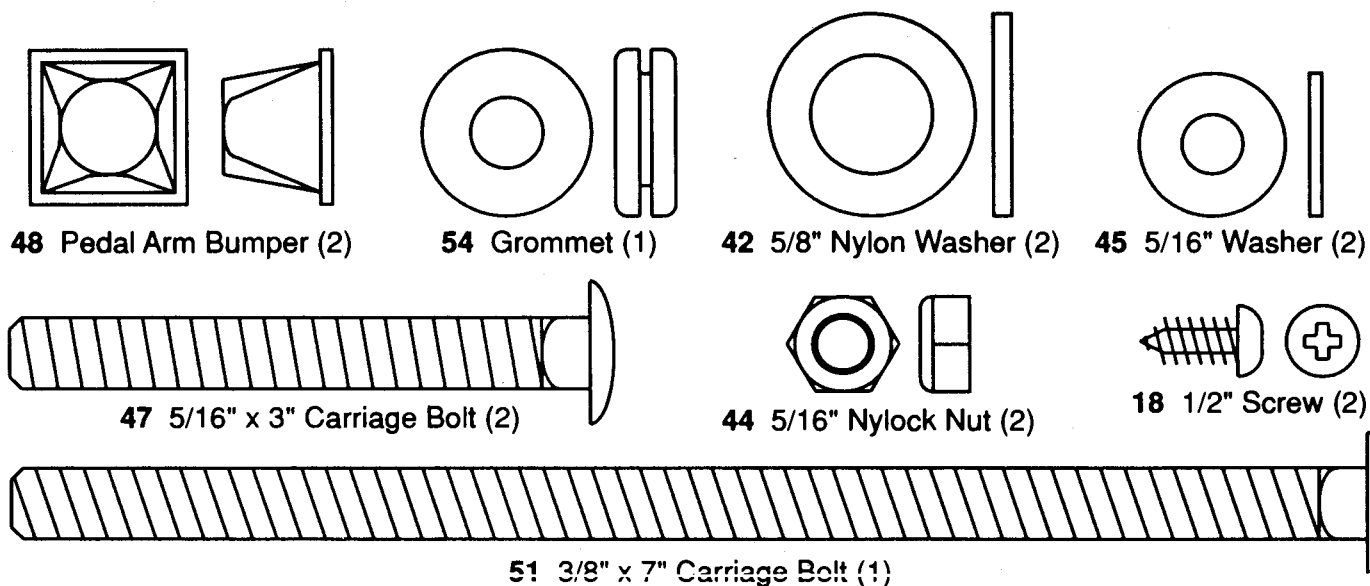
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ASSEMBLY

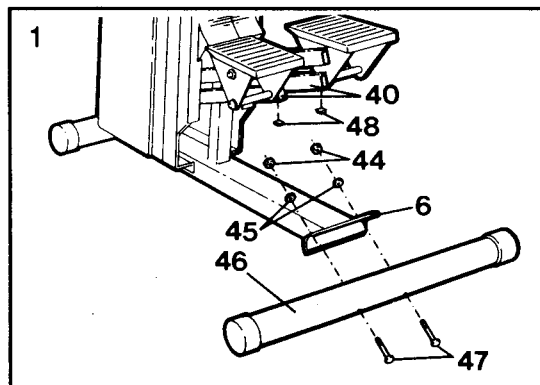
Place all parts of the stepper in a cleared area and remove the packing materials. Do not dispose of the packing materials until the stepper is completely assembled. Assembly can be completed using an 8" adjustable wrench and a phillips screwdriver (not included).

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. If a part is missing, see the back cover of this manual for instructions.

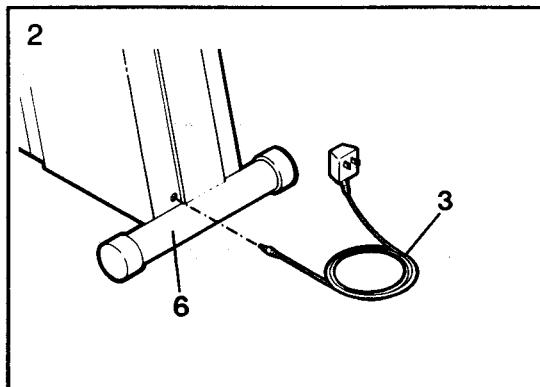


1. Turn the Stabilizer (46) so the indented bolt holes are toward the Frame (6). Attach the Stabilizer with the two 5/16" x 3" Carriage Bolts (47), 5/16" Washers (45) and 5/16" Nylock Nuts (44).

Remove the backing from the two Pedal Arm Bumpers (48). Press one Pedal Arm Bumper onto the underside of each Lower Pedal Arm (40).

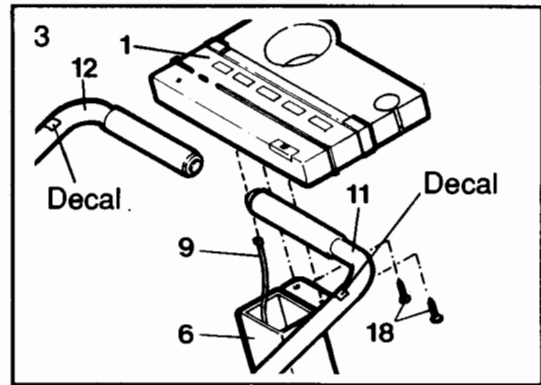


2. Plug the Power Cord (3) into the jack at the front of the Frame (6).

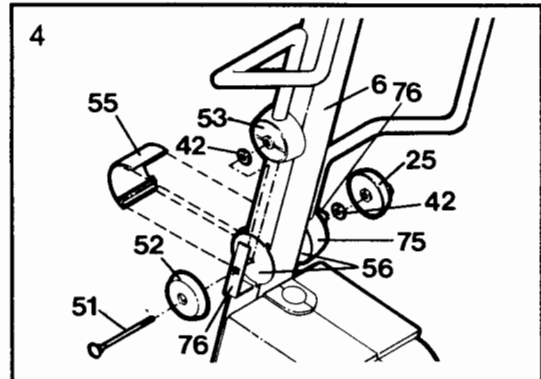


3. Remove the two 1/2" Screws (18) from the underside of the Console (1). Plug the Sensor Wire (9) into the Console. Attach the Console to the Frame (6) with the two 1/2" Screws. Make sure that the Sensor Wire is not pinched between the Console and the Frame.

Apply the "PRESS RIGHT BUTTON" decal to the Right Handlebar (11) in the indicated location, and the "PRESS LEFT BUTTON" decal to the Left Handlebar (12).

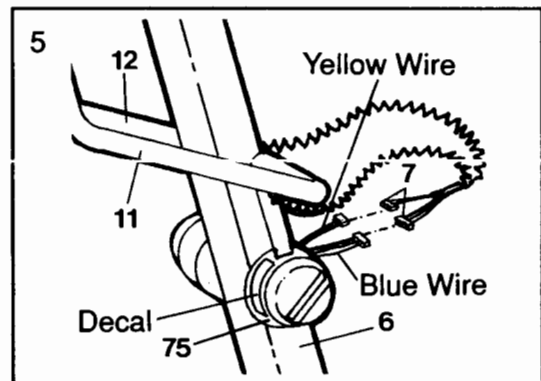


4. Place a Friction Plate (56) on the left side of the Frame (6). Insert two of the tabs of the Plate into the slots in the side of the Frame. Apply grease to a 5/8" Nylon Washer (42). Place the Washer in the side of the Left Handlebar Housing (53). (See page 3 for help identifying the Left Handlebar, if necessary.) Hold the Left Handlebar Housing inside the left Handlebar Bracket (76). Slide the Housing Cap (52) onto the 3/8" x 7" Carriage Bolt (51) and apply grease to the Bolt. Insert the Bolt from the left through the Handlebar Bracket, 5/8" Nylon Washer, Handlebar Housing, Friction Plate and Frame. **Be careful not to damage the Sensor Wire (not shown) inside the Frame.**



Hold the Frame Cap (55) against the Frame (6). Place a Friction Plate (56) on the right side of the Frame. Insert two of the tabs of the Plate into the slots in the side of the Frame. Insert the other two tabs of both Friction Plates into the Frame Cap. Hold the Right Handlebar Housing (75) and a greased 5/8" Nylon Washer (42) inside the right Handlebar Bracket (76). Insert the 3/8" x 7" Carriage Bolt (51) through all parts.

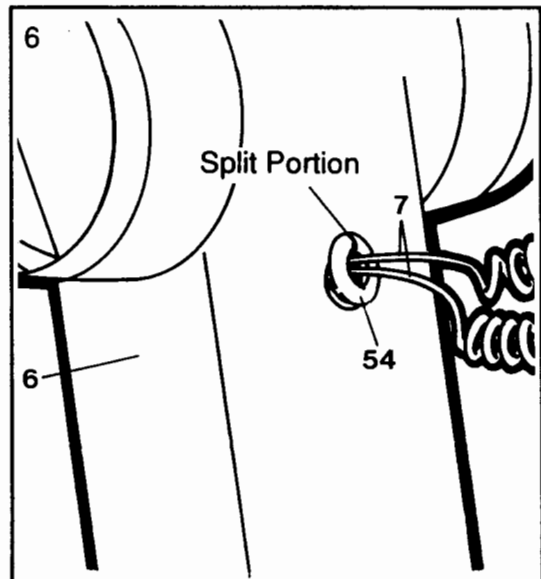
Align the notch in the Housing Cap (52) with the left Housing Bracket (76). Make sure that the head of the 3/8" x 7" Carriage Bolt (51) is in the square hole in the Housing Cap. Tighten the Resistance Dial (25) onto the end of the Bolt.



5. Connect the Wire (7) from the Right Handlebar (11) to the indicated plug with the blue wire. Connect the Wire (7) from the Left Handlebar (12) to the plug with the yellow wire. Insert all excess wire into the hole in the Frame (6).

Apply the "ARC" decal to the Right Handlebar Housing (75) in the indicated location. Make sure that the "+" arrow is at the top of the decal.

6. Wrap the Grommet (54) around the Wires (7). Turn the Grommet so the cut portion is at the top. Insert the cut portion of the Grommet into the hole in the Frame (6) as shown. Press the remainder of the Grommet into the hole, working from the top to the bottom.



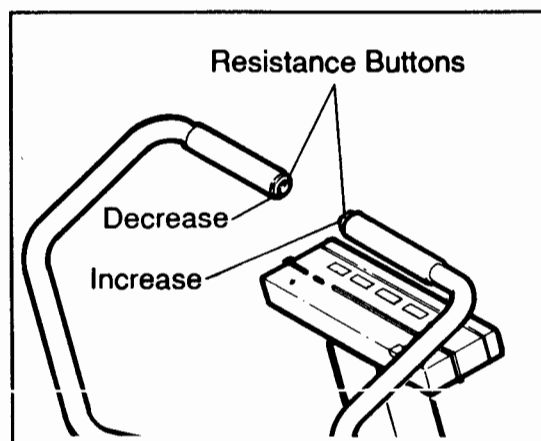
STEPPER OPERATION

Place the stepper on a level surface. Keep the console out of direct sunlight or the LCD display may be damaged. Due to the nature of hydraulic cylinders, the floor underneath the stepper should be covered in case of slight oil leakage. The accessory tray on the console is designed to hold a beverage and a towel. Press a corner of your towel into the slot in the right side of the tray.

Plug the transformer on the power cord into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Hold the handlebars with an overhand grip and step onto the pedals. Both pedals will slowly sink. Begin stepping, alternately pressing the right and left pedals down. Because the pedals move independently, it is important to maintain a continuous motion. Change the stepping resistance until you can comfortably maintain a continuous motion (see below). Note: If your steps are too shallow, the console may not display correct feedback. Move the pedals through a wide range of motion, without letting the pedals hit the floor. As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To exercise your calf muscles, rise on your toes. Stand erect or lean forward slightly, always keeping your back straight in order to avoid injury.

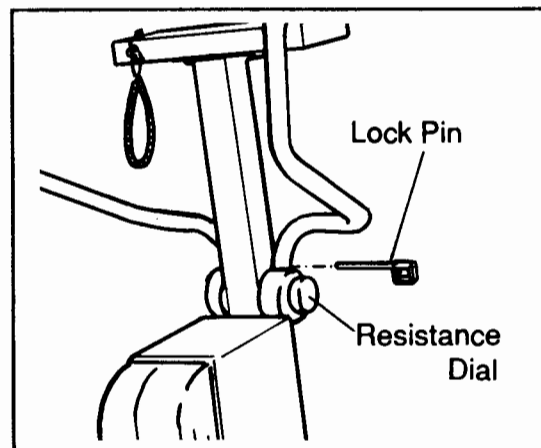
ADJUSTING THE STEPPING RESISTANCE

To vary the intensity of your exercise, the stepping resistance can be changed using the electronic buttons in the handlebars. As you press the right button, the resistance will increase and your stepping pace will decrease. As you press the left button, the resistance will decrease and your pace will increase. **IMPORTANT:** Do not hold down either button for more than sixty seconds or the motor or transformer may be damaged. If a button sticks after it is pressed, tap the button until it releases. If the button does not release, unplug the transformer immediately, and call our Customer Service Department at 1-800-999-3756.

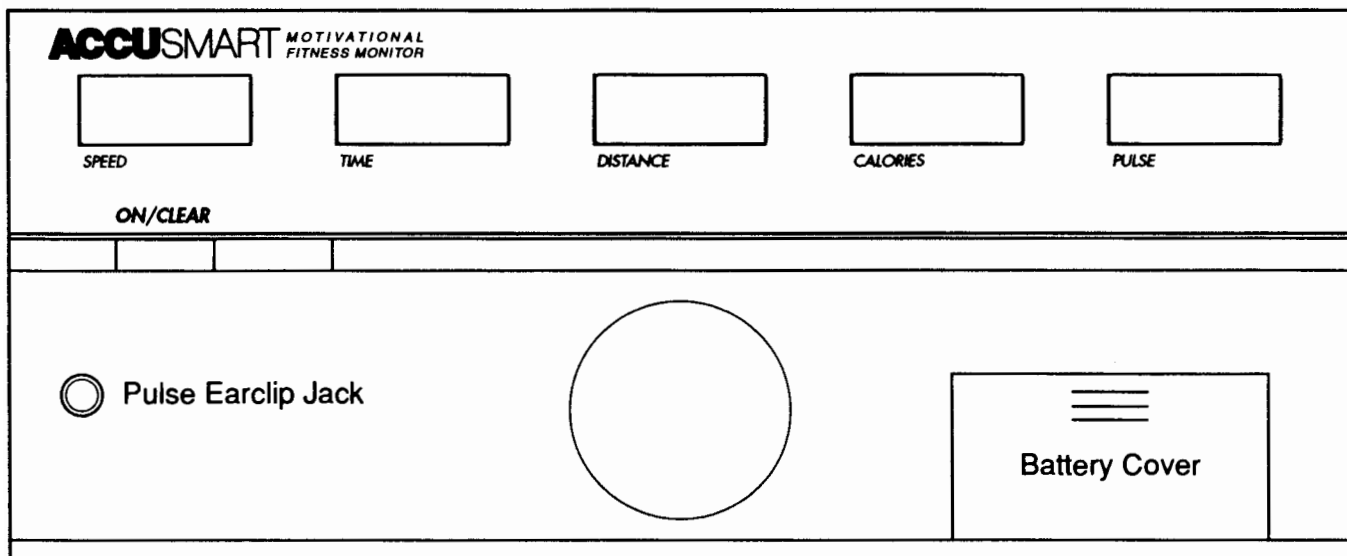


HANDLEBAR OPERATION

The handlebars can be used in either the stationary mode, for stepping exercise only, or the dual-action mode, for both upper- and lower-body exercise. To use the handlebars in the stationary mode, raise both handlebars and insert the lock pin through the handlebars and frame. To use the handlebars in the dual-action mode, remove the lock pin. Keep the lock pin in a secure location. The resistance of the handlebars can be changed by turning the resistance dial. To increase the resistance, turn the dial clockwise; to decrease the resistance, turn the dial counterclockwise.



CONSOLE OPERATION



INSTALLING BATTERIES

The console requires two "AA" batteries (not included) for operation. Alkaline batteries are recommended. Slide the battery cover open and remove the battery clip. Find the markings inside the battery clip showing which direction batteries should be inserted. Press two batteries into the battery clip. Replace the battery clip in the console and close the battery cover.

OPERATING THE CONSOLE

To turn the power on, press the **ON/CLEAR** button or simply begin stepping. When the power is turned on, the five displays of the motivational fitness monitor will be activated. The displays can be reset by pressing the **ON/CLEAR** button. The five displays are described below:

SPEED—This display shows your current stepping speed, in steps per minute.

TIME—This display shows the elapsed time. **Note:** 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—This display shows the total number of steps you have completed.

CALORIES—This display shows the total number of nutritional Calories you have burned. **Note:** The number displayed is averaged. The actual number may be slightly higher or lower depending on the stepping resistance and the resistance of the handlebars.

PULSE—This display shows your heart rate. Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. Slide the metal clothes clip onto the earclip wire, and attach the clothes clip to your collar to minimize movement of the earclip wire. After a few seconds, your heart rate will be displayed. If your heart rate is not displayed after a few seconds, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your heart rate.

TURNING THE POWER OFF

If no buttons are pressed and the stepper pedals are not moved for five minutes, the power will turn off automatically.

TROUBLE-SHOOTING AND MAINTENANCE

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 console.

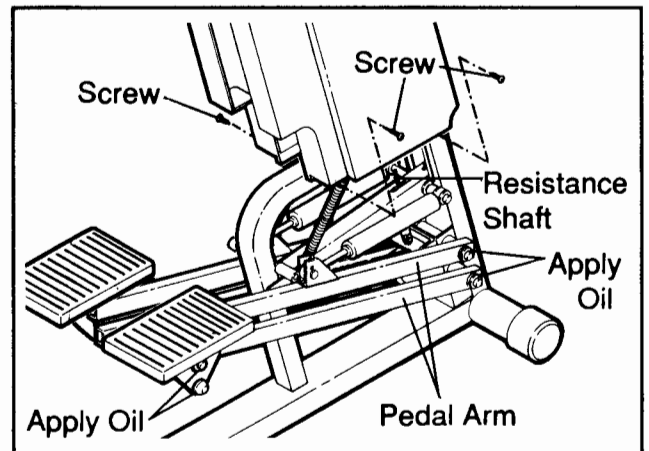
CONSOLE

If the console does not function properly, or if the display becomes faint, the batteries should be replaced (see INSTALLING BATTERIES on page 6). Most problems are the result of drained batteries.

If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

PEDALS

The lower end of the resistance shaft and the axles to which the pedals and pedal arms are attached should be oiled regularly. Apply oil every six months, or whenever the joints become noisy. Remove the four screws at the bottom of the side shields. Pull the bottom of the side shields apart slightly, until the side shields can be lifted off the frame. Apply a few drops of light multi-purpose oil at the locations indicated in the drawing. Reattach the side shields with the screws.



STEPPING RESISTANCE

If the stepping resistance does not change when the buttons in the handlebars are pressed, make sure that the power cord is plugged in.

If the resistance still does not change, the wire connections should be checked. **UNPLUG THE POWER CORD.** Remove the grommet from the hole in the front of the frame. Make sure that the handlebar wires are plugged fully into the wires in the frame. Reinsert the grommet into the hole.

Next, check the switches in the handlebars. Using an adjustable wrench, turn the plastic nut on each switch until the switches can be removed from the handlebars. Make sure that the wires in the handlebars are plugged fully into the switches. Retighten the plastic nuts on the switches and press the switches back into the handlebars.

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)	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 months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise. **WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**

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 your muscles as well as help to decrease soreness and other post-exercise problems.

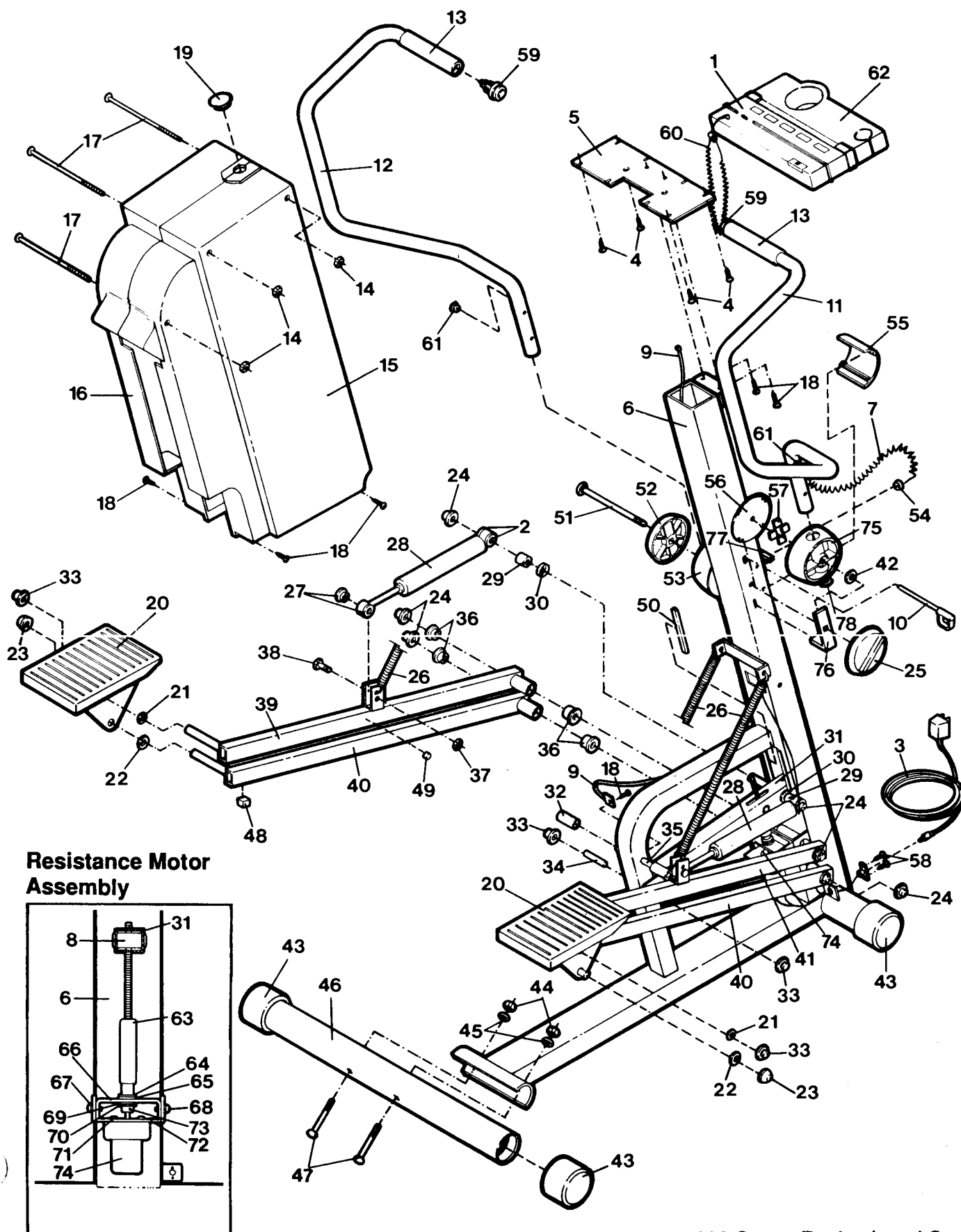
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

PART LIST—Model No. 831.285641

Rev. 1/93

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	109771	1	Console	42	110147	2	5/8" Nylon Washer
2	110219	4	Upper Cylinder Bushing	43	109416	4	Stabilizer Endcap
3	109954	1	Power Cord	44	012082	2	5/16" Nylock Nut
4	013423	4	5/16" x 1/2" Screw	45	014041	2	5/16" Washer
5	109121	1	Console Plate	46	111584	1	Stabilizer
6	NSP	1	Frame	47	013207	2	5/16" x 3" Carriage Bolt
7	109898	2	Handlebar Wire	48	019183	2	Pedal Arm Bumper
8	111065	1	3/8" Nut	49	107094	1	Magnet
9	033208	1	Reed Switch/Sensor Wire	50	109394	2	Plastic Slide
10	109855	1	Lock Pin	51	109515	1	3/8" x 7" Bolt
11	112192	1	Right Handlebar	52	109517	1	Housing Cap
12	112191	1	Left Handlebar	53	110823	1	Left Handlebar Housing
13	104567	2	Handlebar Foam Grip	54	109925	1	3/8" Grommet
14	103762	3	3/16" Nut	55	110621	1	Frame Cap
15	110247	1	Right Side Shield	56	112286	2	Friction Plate
16	110246	1	Left Side Shield	57	111291	8	Friction Pad
17	107370	3	3/16" x 6 1/2" Bolt	58	013516	2	1/8" x 3/8" Screw
18	013162	7	3/16" x 1/2" Screw	59	109949	2	Handlebar Switch
19	109122	1	Side Shield Cap	60	101508	1	Pulse Earclip
20	111933	2	Pedal	61	109926	2	5/16" Grommet
21	109374	2	1/2" Washer	62	109039	1	Accessory Tray
22	109375	2	3/4" Washer	63	111021	1	Adjustment Shaft
23	103903	2	1/2" Dome Cap	64	111026	1	3/4" Washer
24	103735	6	3/4" Dome Cap	65	109085	1	3/4" Bushing
25	109511	1	Resistance Dial	66	109049	1	Adjustment Bracket
26	109081	2	Spring	67	014066	2	5/16" Lock Washer
27	110218	4	Lower Cylinder Bushing	68	013212	2	5/16" x 1/2" Bracket Screw
28	111923	2	Resistance Cylinder	69	109084	1	3/4" Nylon Washer
29	109413	2	Cylinder Spacer	70	102994	1	3/4" E-Clip
30	105101	2	3/4" Spacer	71	111043	2	5/32" x 1/4" Screw
31	111018	1	Resistance Arm	72	111066	1	Motor Plate
32	104446	2	Bumper	73	109636	1	3/32" x 1" Pin
33	100150	4	1/2" Hat Cap	74	109715	1	Resistance Motor
34	111940	1	Resistance Arm Pin	75	112193	1	Right Handlebar Housing
35	112190	1	Bumper Shaft	76	110193	2	Housing Bracket
36	110576	8	3/8" Bushing	77	109952	1	Motor Harness
37	012082	2	5/16" Nut	78	112013	2	Handlebar Housing Plug
38	013210	2	5/16" x 1 1/2" Bolt	#	109408	1	"ARC" Decal
39	112194	1	Left Upper Pedal Arm	#	110033	2	Handlebar Decal
40	112196	2	Lower Pedal Arm	#	104838	1	Grease
41	112195	1	Right Upper Pedal Arm	#	111368	1	Owner's Manual

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 (831.285641).
2. The NAME of the product (SEARS® CLUB SX2 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., DEPT. 817WA
3333 BEVERLY ROAD, HOFFMAN ESTATES, IL 60179**