

Lifestyler[®] MTN

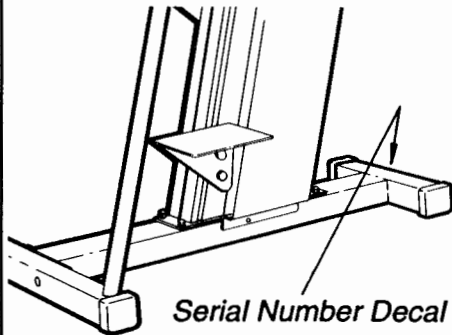
**TOTAL BODY MOTION
ADJUSTABLE RESISTANCE**

SEARS[®]

Model No. 831.285650

Serial No. _____

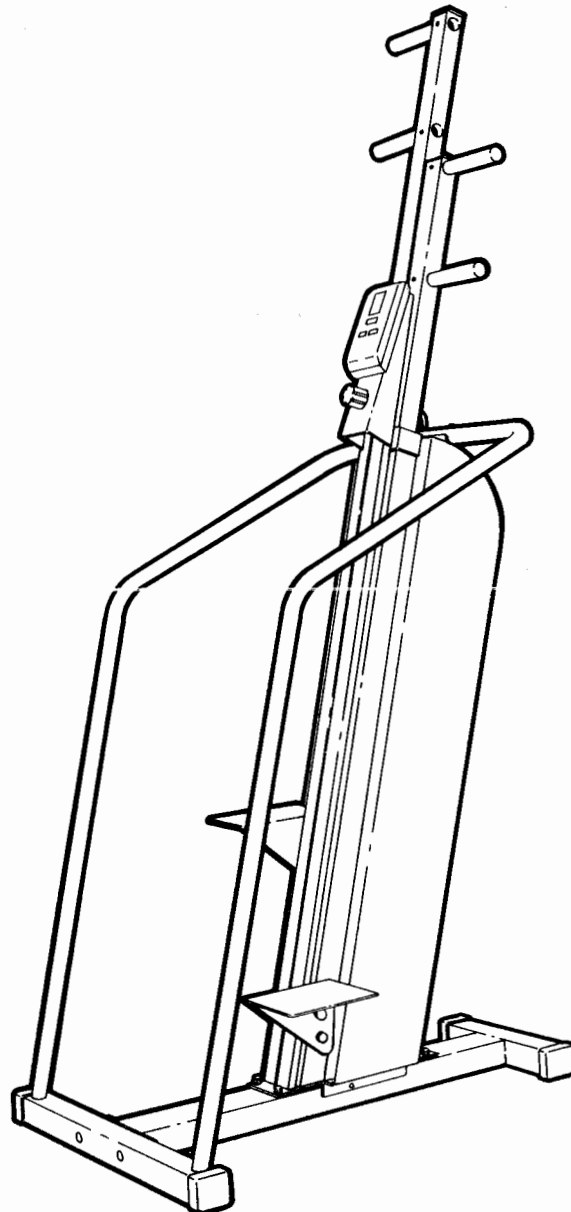
The serial number can be found in the location shown below. Write the serial number in the space above.



CAUTION!

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

PATENT PENDING



OWNER'S MANUAL

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

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
ADJUSTMENT AND OPERATION	6
TROUBLE-SHOOTING AND MAINTENANCE	7
CONDITIONING GUIDELINES	9
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following Important safety precautions before using the LIFESTYLER MTN.

1. Use the LIFESTYLER MTN only on a level surface.
2. Inspect and tighten all parts of the LIFESTYLER MTN regularly. Replace any worn parts immediately.
3. Always wear suitable exercise clothing, including athletic shoes, when using the LIFESTYLER MTN.
4. Keep hands away from moving parts other than the handles when using the LIFESTYLER MTN. Keep small children away from the LIFESTYLER MTN at all times.
5. Use the LIFESTYLER MTN only as described in this manual.

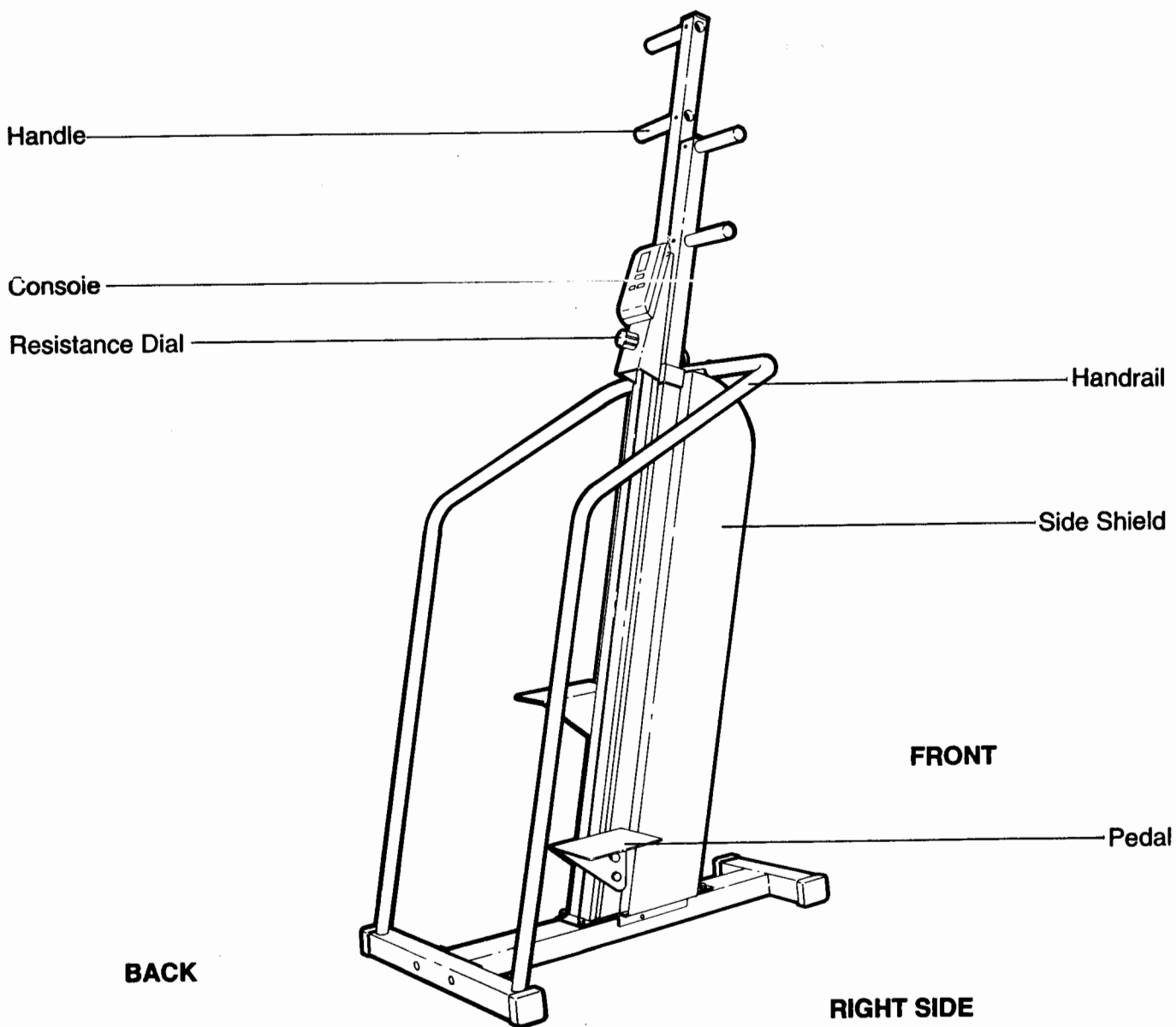
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for purchasing the innovative SEARS LIFESTYLER® MTN. The LIFESTYLER MTN blends advanced engineering with contemporary styling to let you enjoy an effective form of low-impact cardiovascular exercise in the convenience and privacy of your home. Feel better, look better and be healthier in just a few minutes a day.

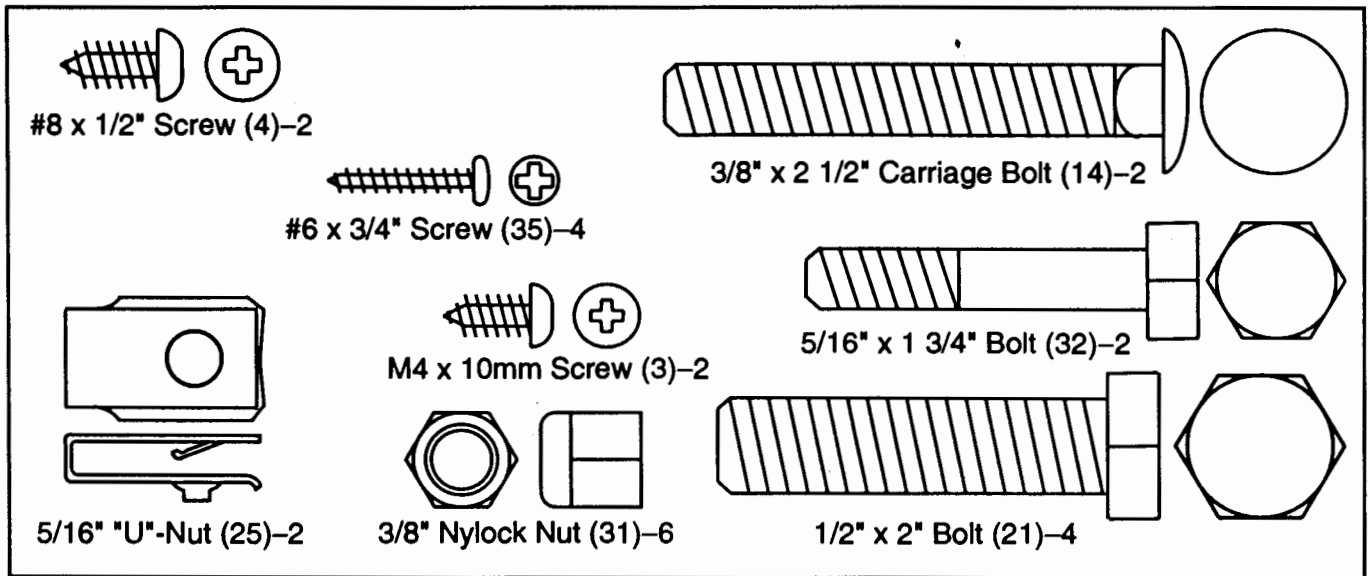
For your safety and benefit, read this manual carefully before using the LIFESTYLER MTN. If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.285650. The serial number can be found on a decal attached to the LIFESTYLER MTN (see the drawing on the front cover of this manual for the location of the decal).

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



ASSEMBLY

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part. The second number refers to the quantity used in assembly. **Assembly requires an adjustable wrench and a phillips screwdriver (not included).**



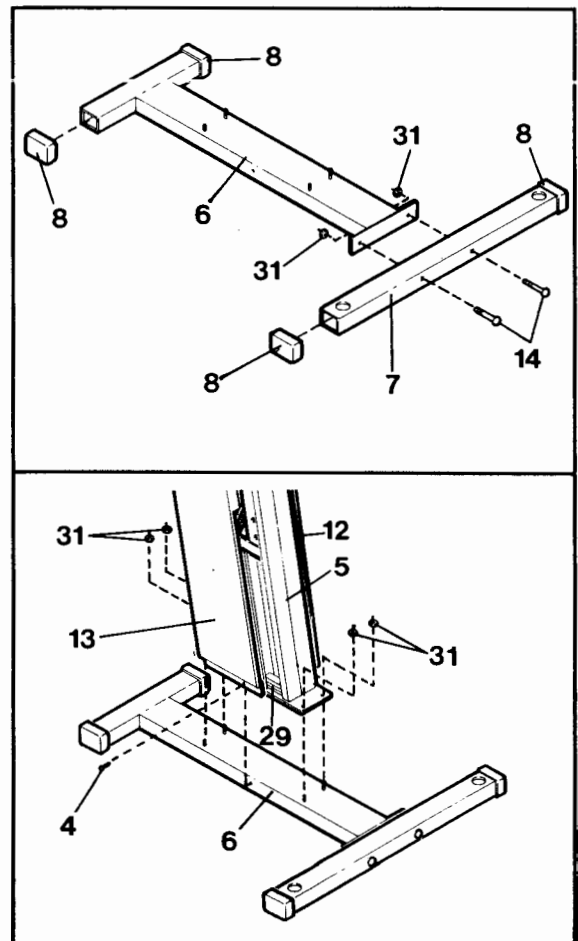
1. Make sure that there are two Outer Caps (8) on the Base (6). Turn the Base so the four threaded bolt ends are on top.

Make sure that there are two Outer Caps (8) on the Stabilizer (7). Turn the Stabilizer so the two large holes are on top.

Attach the Stabilizer (7) to the Base (6) with the two 3/8" x 2 1/2" Carriage Bolts (14) and two 3/8" Nylock Nuts (31).

2. Slide the Frame (5) onto the four bolts in the Base (6). Attach the Frame with four 3/8" Nylock Nuts (31).

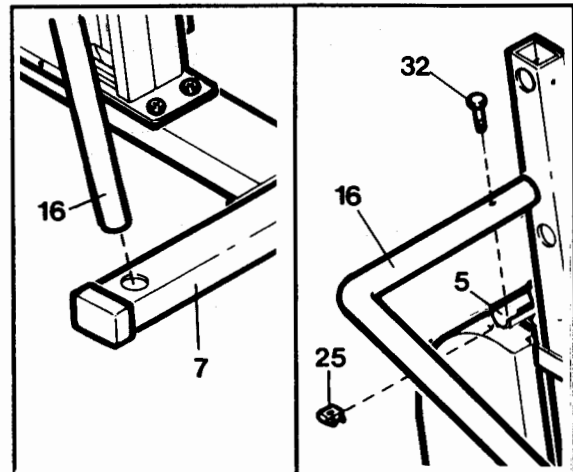
Attach the bottom of the Left Side Shield (13) to the Base (6) with a #8 x 1/2" Screw (4). Attach the bottom of the Right Side Shield (12) to the Base in the same manner.



3. Insert the lower end of the Left Handrail (16) into the Stabilizer (7). (See the drawing on page 3 if you need help identifying the Left Handrail.)

Slide a 5/16" "U"-Nut (25) onto the left end of the curved bracket on the Frame (5). The flat side of the "U"-Nut must be on top. Rest the upper end of the Left Handrail in the curved bracket. Insert a 5/16" x 1 3/4" Bolt (32) down through the Left Handrail and the curved bracket. Tighten the Bolt into the "U"-Nut.

Attach the Right Handrail (not shown) in the same manner.

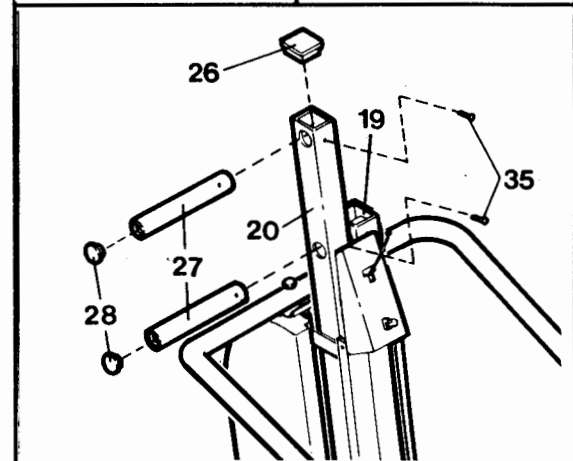


4. Press an Inner Cap (26) into the upper end of the Left Slider (20).

Insert a Handle (27) into the upper hole in the Left Slider (20). Align the small hole near the end of the Handle with the small hole in the Left Slider. Attach the Handle with a #6 x 3/4" Screw (35). Attach a Handle to the lower hole in the Left Slider in the same manner.

Press a Round Cap (28) into each of the Handles (27).

Repeat step 4 with the Right Slider (19).

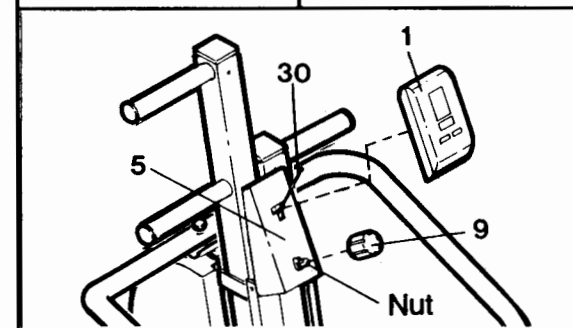
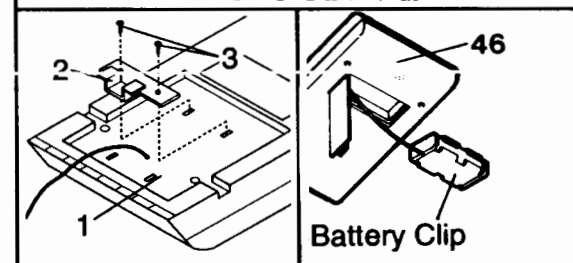


5. Attach the Console Bracket (2) to the Console (1) with the two M4 x 10mm Screws (3).

The Console (1) requires two "AA" batteries (not included). Alkaline batteries are recommended. Open the battery cover and remove the battery clip. Find the markings inside the battery clip showing which direction the batteries should be turned. Press the batteries into the battery clip. Close the battery cover.

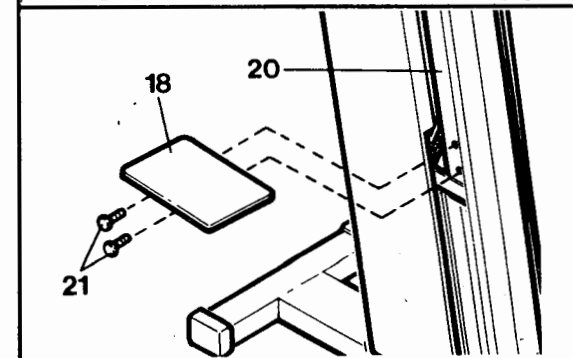
Plug the Sensor Wire (30) into the back of the Console (1). Slide the Console onto the bracket on the Frame (5). **Be careful not to damage the wire.**

Press the Resistance Dial (9) firmly onto the indicated nut.



6. Attach the Left Pedal (18) to the Left Slider (20) with two 1/2" x 2" Bolts (21).

Attach the Right Pedal (not shown) to the Right Slider (not shown) in the same manner.

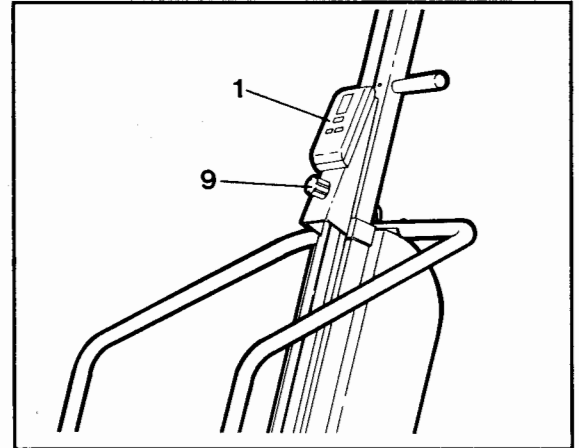


ADJUSTMENT AND OPERATION

Hold the handrails firmly and step onto the pedals. Begin stepping, alternately pressing the right and left pedals down with a smooth, rhythmic motion. For a lower body workout, hold the handrail as you exercise. For a total body workout, hold the handles on the sliders. There are two sets of handles on the sliders—hold the handles that are at the most comfortable height.

RESISTANCE ADJUSTMENT

To vary the intensity of your exercise, the stepping resistance can be adjusted. The resistance is controlled by the Resistance Dial (9) located below the Console (1). To increase the resistance, turn the Resistance Dial clockwise. To decrease the resistance, turn the Resistance Dial counterclockwise. Note: If the range of stepping resistance is too high or too low for you, the range can be adjusted. See ADJUSTING THE RANGE OF RESISTANCE on page 8 of this manual.



DESCRIPTION OF THE CONSOLE MODES

The console features five different modes to give you instant exercise feedback:

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

TIME—Displays 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.

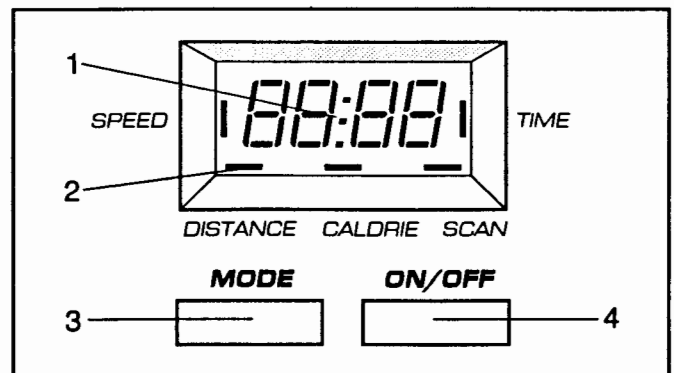
DISTANCE—Displays the total number of steps you have taken during your workout.

CALORIE—Displays the total number of Calories you have burned during your workout. Note: If the stepping resistance is near the lowest or highest setting, the actual number of Calories you have burned will be slightly lower or higher than the number displayed.

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

DIAGRAM OF THE CONSOLE

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



CONSOLE OPERATION

Note: The console requires two "AA" batteries (not included). Alkaline batteries are recommended. See assembly step 5 on page 5 of this manual for battery installation instructions.

1. To turn on the power, 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 mode can be selected for continuous display by repeatedly pressing the mode button. The modes will be selected in the following order: SPEED, TIME, DISTANCE, CALORIE, SCAN.
3. To reset the LCD display, turn the power off and then on again by pressing the on/off button twice.
4. When you are finished exercising, press the on/off button to turn off the power. Note: If the pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically to conserve the batteries.

TROUBLE-SHOOTING AND MAINTENANCE

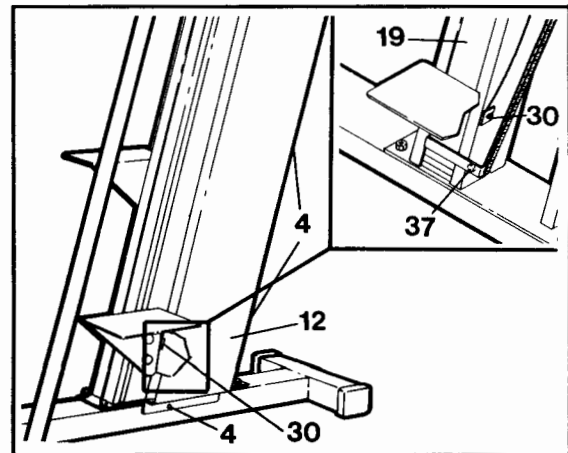
Inspect and tighten all parts regularly; make sure that the bolts attaching the pedals are tight. Replace any worn parts immediately. Outside surfaces can be cleaned using mild detergent. Keep liquids away from the console. Keep the console out of direct sunlight, or the LCD display may be damaged.

CONSOLE

If the LCD display becomes faint, the batteries should be replaced. Most problems are the result of drained batteries. The console requires two "AA" batteries (not included). Alkaline batteries are recommended. See assembly step 5 on page 5 of this manual for battery installation instructions.

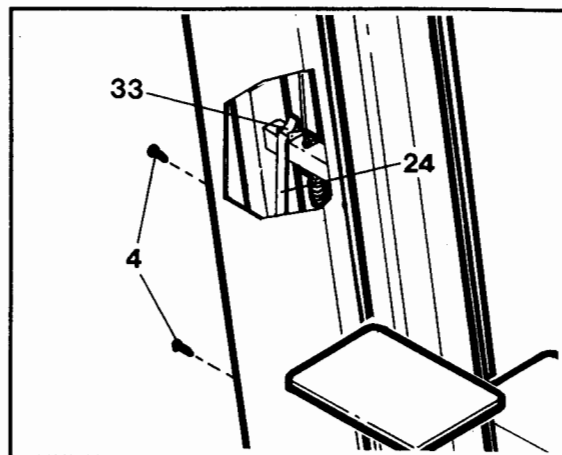
If the console displays incorrect information, the sensor wire should be checked. See assembly step 5 on page 5 of this manual. Make sure that the sensor wire is plugged fully into the back of the console.

If the console still displays incorrect information, the Reed Switch (30) should be checked. Remove the five #8 x 1/2" Screws (4) attaching the Right Side Shield (12). Raise the Right Slider (19) until the Magnet (37) on the front of the Right Slider is level with the Reed Switch (30). There should be a 3/16" gap between the Magnet and the Reed Switch. If necessary, pull the Reed Switch off the pad and reposition it so there is a 3/16" gap. Reattach the Right Side Shield.



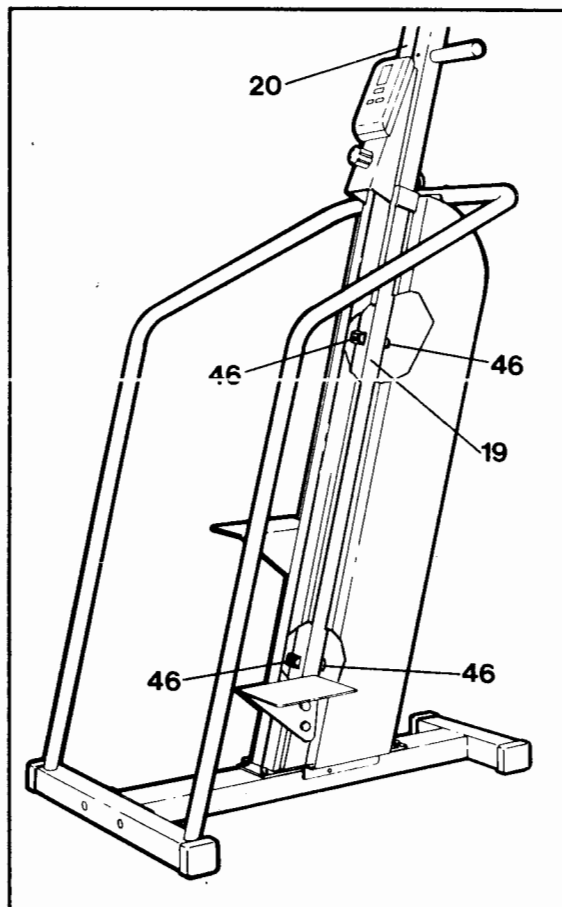
ADJUSTING THE RANGE OF RESISTANCE

If the range of stepping resistance is too high or too low for you, or if the pedals slip as you step, the Resistance Strap (24) should be adjusted. Remove the five #8 x 1/2" Screws (4) attaching one of the side shields. Locate the Tension Buckle (33) and open it. To raise the range of resistance, pull the Resistance Strap slightly tighter and close the Tension Buckle tightly. To lower the range of resistance, loosen the Resistance Strap slightly and close the Tension Buckle tightly. Reattach the side shield.



LUBRICATING THE SLIDER SPACERS

The Slider Spacers (46) on the Right and Left Sliders (19, 20) should be lubricated at least once every three months. Apply a small amount of non-oil-, non-petroleum base silicone lubricant to the four Slider Spacers on each Slider. We recommend Uni•Sport™ spray, which can be ordered by calling our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time. Lubricant is also available at most hardware and automotive stores. Note: A small amount of lubricant may leak onto the floor. The floor beneath the Sliders should be covered for protection.



CONDITIONING GUIDELINES

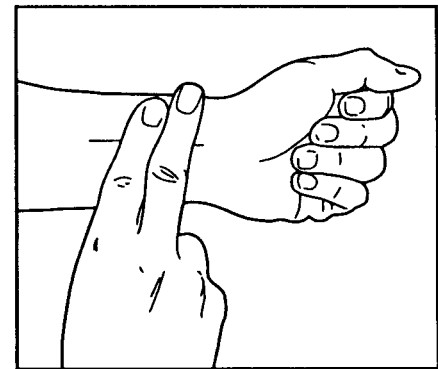
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or 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 level 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, 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 after you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

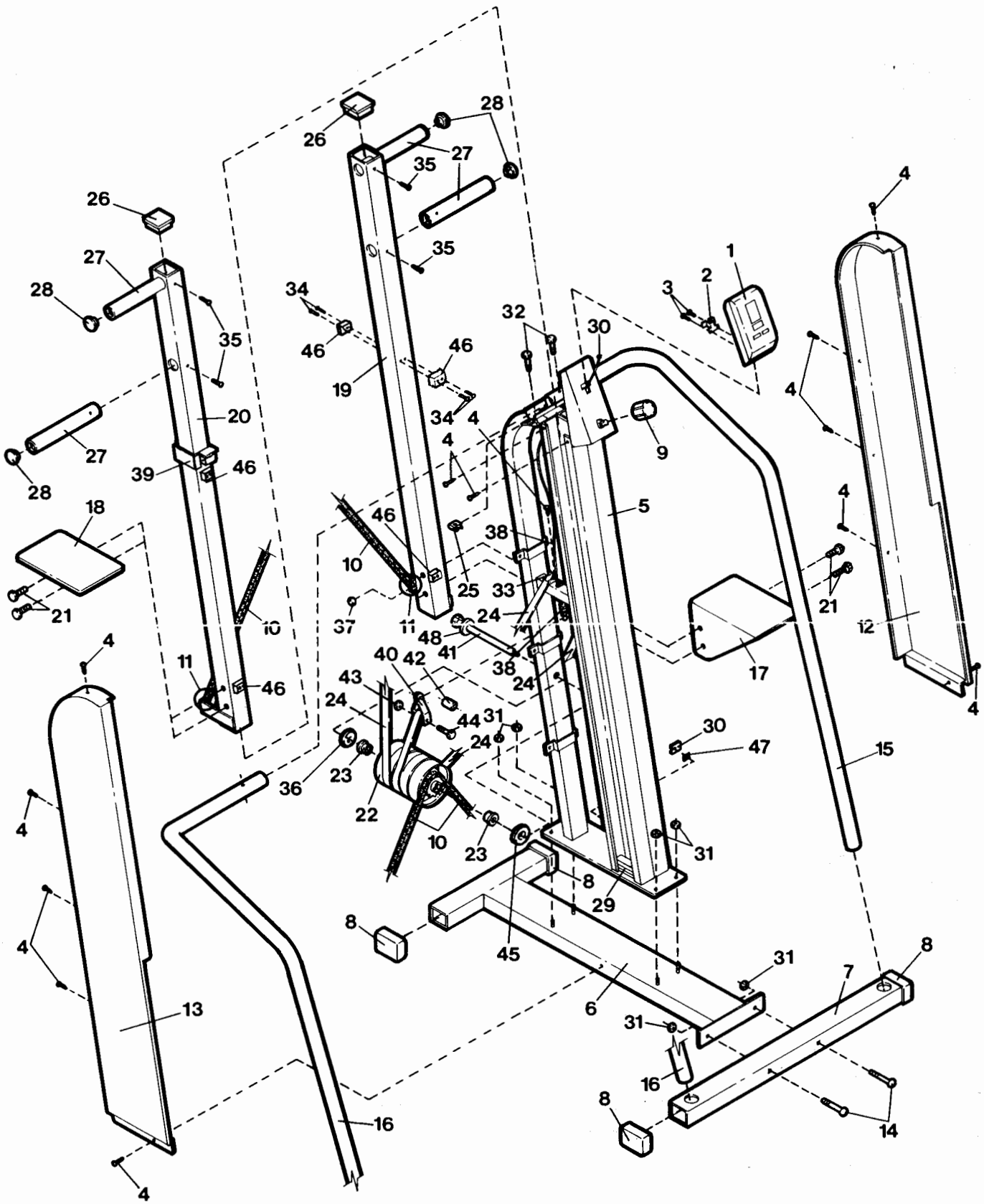
Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of light stretching and 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, as well as 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. 831.285650

Rev. 10/93

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	114195	1	Console	27	113932	4	Handle
2	114491	1	Console Bracket	28	040127	4	Round Cap
3	111903	2	M4 x 10mm Screw	29	019344	6	Slider Bumper
4	013162	16	#8 x 1/2" Screw	30	106115	1	Reed Switch/Sensor Wire
5	NSP	1	Frame	31	012108	6	3/8" Nylock Nut
6	113889	1	Base	32	102073	2	5/16" x 1 3/4" Bolt
7	113972	1	Stabilizer	33	050001	1	Tension Buckle
8	105723	4	Outer Cap	34	115530	16	#6 x 1" Screw
9	113922	1	Resistance Dial	35	013510	4	#6 x 3/4" Screw
10	113915	1	Chain	36	014168	1	Nylon Washer
11	110867	2	Master Link Assembly	37	107094	1	Magnet
12	113931	1	Right Side Shield	38	113386	1	Tension Cable Assembly
13	113930	1	Left Side Shield	39	113903	2	Slider Bushing
14	108674	2	3/8" x 2 1/2" Carriage Bolt	40	113929	2	Tension Strap Bracket
15	113933	1	Right Handrail	41	113916	1	Hub Bolt
16	113934	1	Left Handrail	42	113951	1	Spacer
17	114528	1	Right Pedal	43	012082	1	5/16" Nylock Nut
18	114526	1	Left Pedal	44	013210	1	5/16" x 1 1/2" Bolt
19	113911	1	Right Slider	45	014156	1	3/8" Metal Washer
20	113904	1	Left Slider	46	113908	8	Slider Spacer
21	013208	4	1/2" x 2" Bolt	47	115449	1	Fastener
22	113925	1	Resistance Hub	48	014079	1	1/2" Washer
23	110576	2	Brass Bushing	#	016055	3	Wire Tie
24	113923	1	Resistance Strap	#	016029	1	Cable Tie
25	012179	2	5/16" "U"-Nut	#	114347	1	Owner's Manual
26	114242	2	Inner Cap				

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



ORDERING REPLACEMENT PARTS

Each LIFESTYLER MTN has its own MODEL NUMBER. Always mention this MODEL NUMBER when requesting service or repair parts for the LIFESTYLER MTN.

All parts listed herein can 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 (831.285650).
2. The NAME of the product (SEARS LIFESTYLER® MTN).
3. The PART NUMBER of the part(s) (see page 10 of this manual).
4. The DESCRIPTION of the part(s) (see page 10 of this manual).

Your SEARS LIFESTYLER MTN 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."

Should you ever need repair service or parts, call toll-free:

For repair service: **1-800-4-REPAIR** (1-800-473-7247)

For repair parts: **1-800-FON-PART** (1-800-366-7278)

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 the LIFESTYLER MTN is used in a normal manner.

This warranty does not apply when the LIFESTYLER MTN is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY BY RETURNING THE LIFESTYLER MTN 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**