

# Lifestyler<sup>®</sup> SC

MAGNETIC DRIVE • INDEPENDENT ACTION

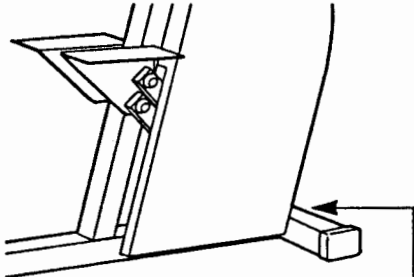
## SEARS<sup>®</sup>

## OWNER'S MANUAL

Model No. 831.285661

Serial No. \_\_\_\_\_

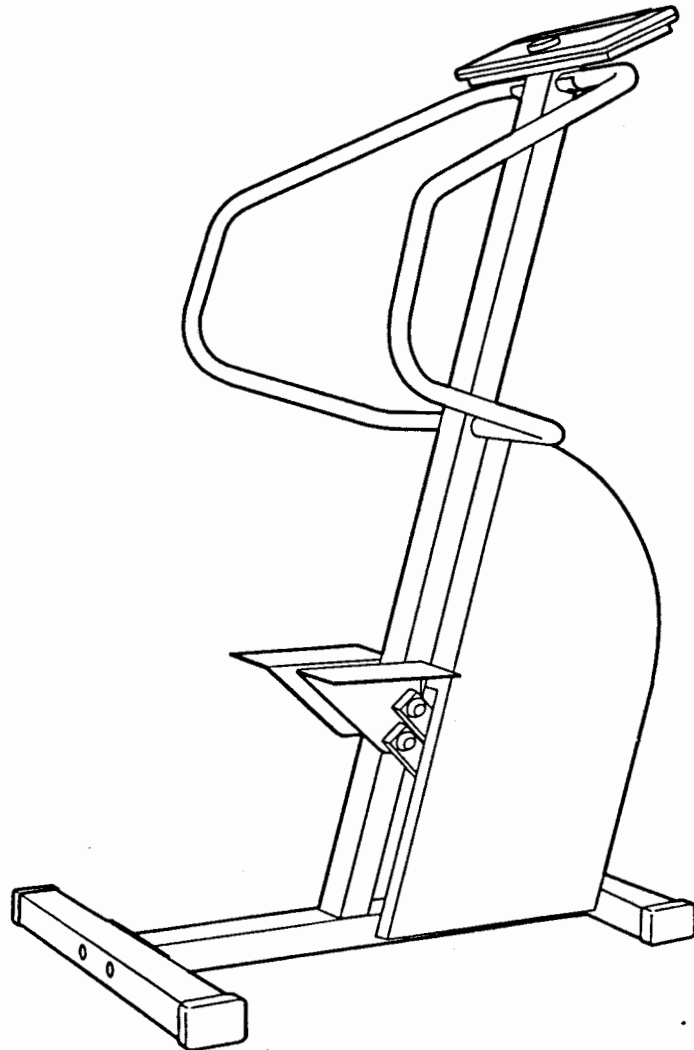
The serial number can be found in the location shown below. Write the serial number in the space above.



Serial Number Decal

### CAUTION!

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



PATENT PENDING

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. Use the stepper only on a level surface.
2. Inspect and tighten all parts of the stepper regularly. Replace any worn parts immediately.
3. Always wear suitable exercise clothing, including athletic shoes, when using the stepper.
4. Always hold the handrails when using the stepper.
5. Keep your hands away from the pedals when the stepper is in use. Keep small children away from the stepper at all times.
6. Use the stepper only as described in this manual.

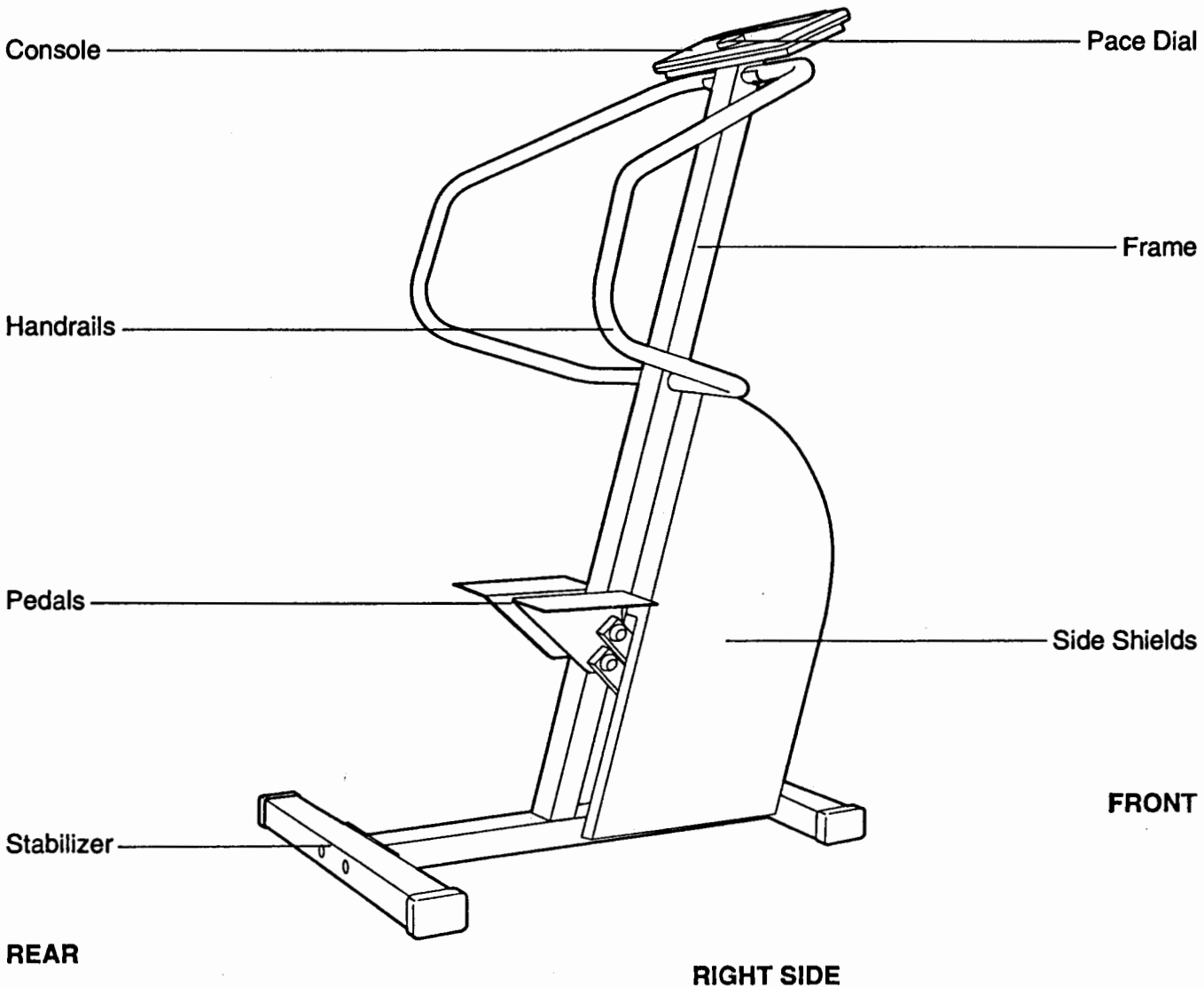
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage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

# BEFORE YOU BEGIN

Congratulations for selecting the unique SEARS LIFESTYLER® SC stepper with magnetic resistance and independent action pedals. The LIFESTYLER SC stepper blends advanced engineering with innovative 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 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 831.285661. The serial number can be found on a decal attached to the stepper (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. **Assembly requires an allen wrench (Included), an adjustable wrench and a phillips screwdriver (not Included).**

1. Press two Endcaps (43) onto the Stabilizer (44). Make sure there are two Endcaps on the front of the Frame (11) (not shown). Attach the Stabilizer (44) to the Frame (11) with the two 3/8" x 3 1/2" Bolts (45) and two 3/8" Locknuts (38).

Peel the backing off the two Bumpers (39). Press the Bumpers onto the left Lower Pedal Arm (56) and the right Lower Pedal Arm (not shown).

2. Insert the wire extending from the Console (1) through the hole in the center of the Console Plate (5). Connect the wire to the Sensor Wire (62).

Attach the Console Plate (5) to the Console (1) with the four 5/32" x 1/2" Screws (3).

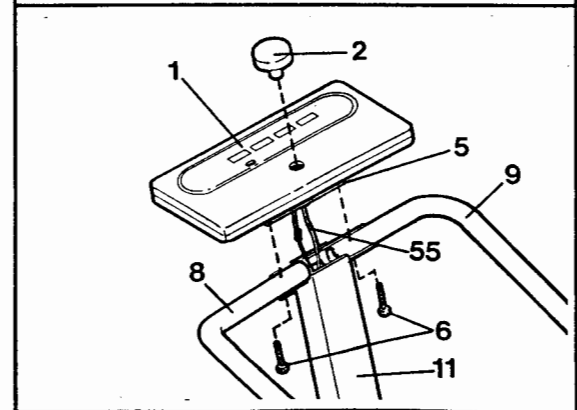
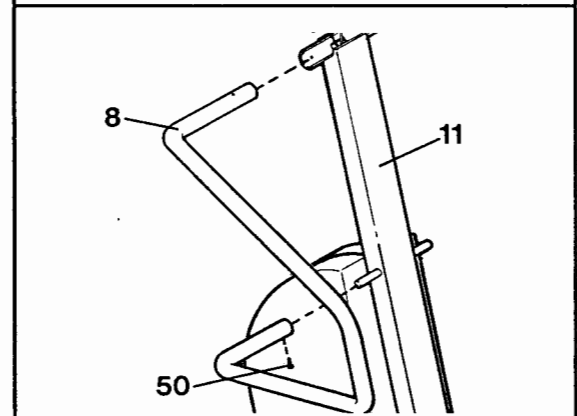
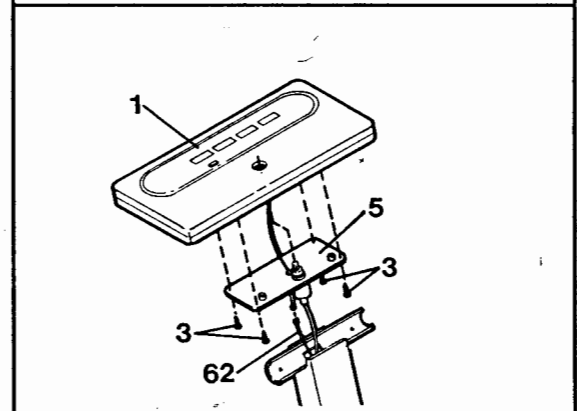
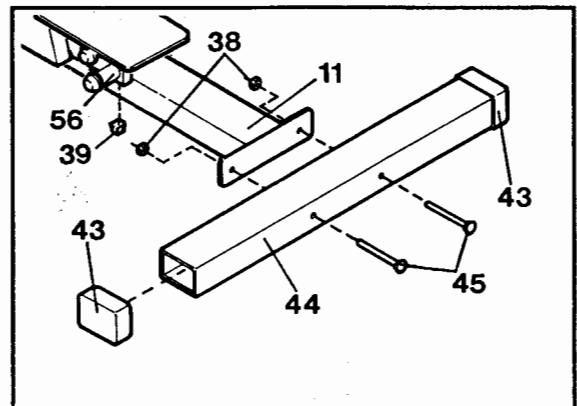
3. Back the 3/32" x 1/2" Screw (50) out of the lower end of the Left Handrail (8). Slide the Left Handrail onto the Frame (11) as shown. Thread the 3/32" x 1/2" Screw into the lower end of the Left Handrail. Do not tighten the 3/32" x 1/2" Screw yet.

Attach the Right Handrail (not shown) to the Frame (11) in the same manner.

4. **Carefully** insert the Tension Cable (55) down into the Frame (11). **If the Tension Cable becomes kinked, the Pace Dial (2) will not adjust the stepping pace.** Hold the Console (1) on top of the Left and Right Handrails (8, 9). Insert the two 3/8" x 2" Bolts (6) up through the Frame and the Handrails. Tighten the 3/8" x 2" Bolts into the Console Plate (5).

Press the Pace Dial (2) into the Console (1) as shown.

Tighten the 3/32" x 1/2" Screws (50) (see assembly step 3 above), in the lower ends of the Handrails (8, 9).



# OPERATION

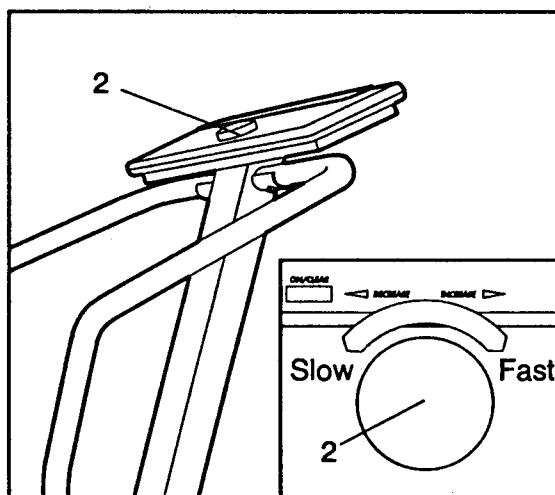
Place the stepper on a level surface. Keep the console out of direct sunlight or the four LCD displays may be damaged.

Face the stepper, hold the handrails and step onto the pedals. Both pedals will slowly sink. Begin stepping, alternately pressing the right and left pedals down with a smooth, continuous motion. Because the pedals move independently, you must maintain a continuous motion or both pedals will sink to the floor. Adjust your stepping pace until you can comfortably maintain a continuous motion (see **ADJUSTING THE STEPPING PACE** below).

For effective aerobic exercise, exercise physiologists recommend taking relatively short, rapid steps. For strengthening the muscles, deep, slow steps are more effective (see **CONDITIONING GUIDELINES** on page 7 for additional exercise guidelines). As you step, stand erect or lean forward slightly. Always keep your back straight in order to avoid injury. To exercise your upper leg muscles, keep your feet flat on the pedals. To develop your calf muscles, rise on your toes.

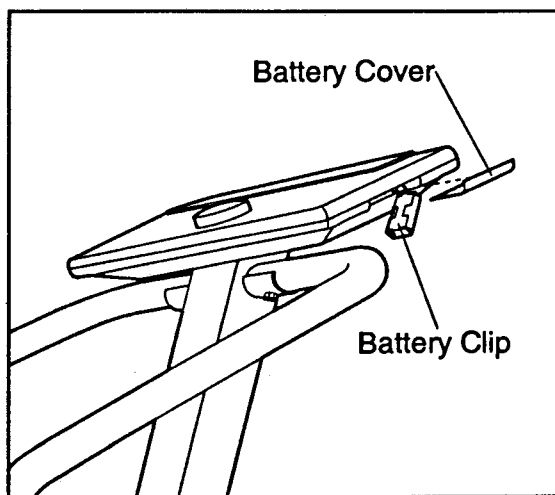
## ADJUSTING THE STEPPING PACE

To vary the intensity of your exercise, the stepping pace can be adjusted. The stepping pace is controlled by the Pace Dial (2) located on the console. For a faster stepping pace, turn the Pace Dial clockwise. For a slower stepping pace, turn the Pace Dial counter-clockwise.

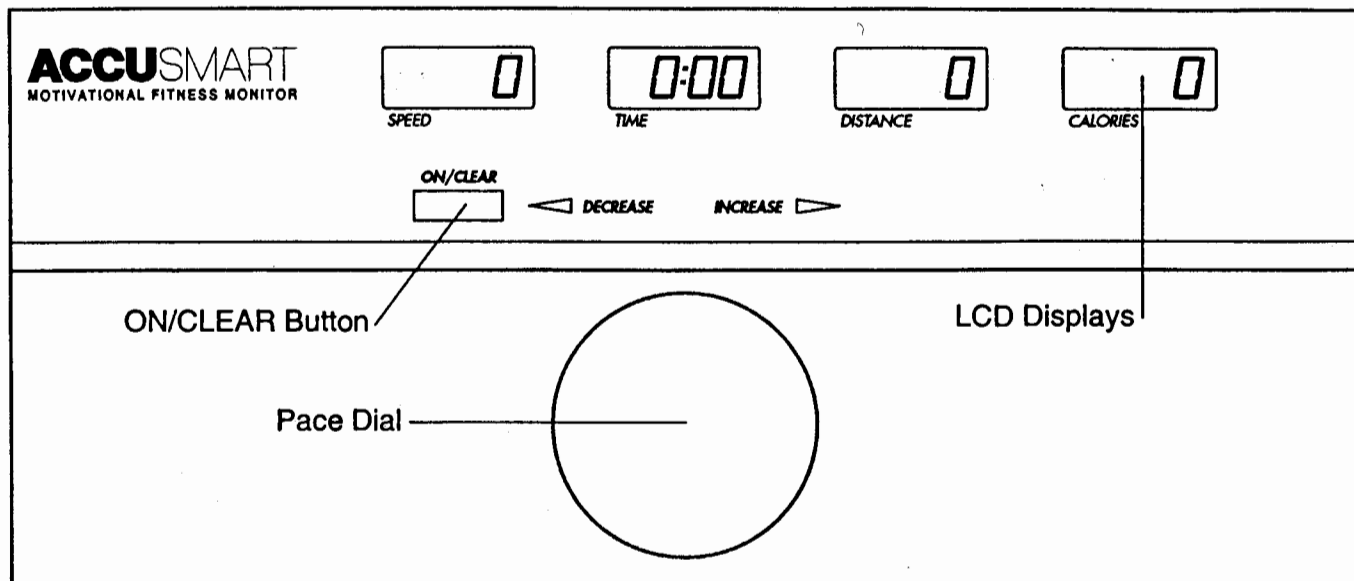


## INSTALLING BATTERIES

The motivational fitness monitor requires **two "AA" batteries** for operation (batteries are not included). Alkaline batteries are recommended. The battery compartment is located on the right side of the console. Slide the battery cover off as shown, and carefully remove the battery clip. Find the markings inside the battery clip showing which direction the batteries must be turned. Press two batteries into the battery clip. Return the battery clip to the battery compartment and slide the battery cover back on.



## OPERATING THE MOTIVATIONAL FITNESS MONITOR



The motivational fitness monitor has four independent LCD displays to provide continuous exercise information. Remove the piece of clear protective film from the motivational fitness monitor.

To turn the motivational fitness monitor on, press the ON/CLEAR button or simply begin stepping. Note: The pedals must move vertically at least 10 inches or the motivational fitness monitor will not display the correct information. As you exercise, the following information will be displayed:

**SPEED display**—This display will show your current stepping pace, in steps per minute.

**TIME display**—This display will show the elapsed time. Note: If you stop stepping for ten seconds or longer, the TIME display will pause until you resume.

**DISTANCE display**—This display will show the total number of steps you have taken.

**CALORIES display**—This display will show the total number of Calories you have burned. Note: The number displayed is based on an average stepping pace. If you step at a very fast or slow pace, the actual number of Calories you have burned may differ slightly from the number displayed.

The four displays can be reset by pressing the ON/CLEAR button. To turn the power off, simply stop stepping. If the pedals are not moved and the ON/CLEAR button is not pressed for four minutes, the motivational fitness monitor will turn off automatically to conserve the batteries.

# CONDITIONING GUIDELINES

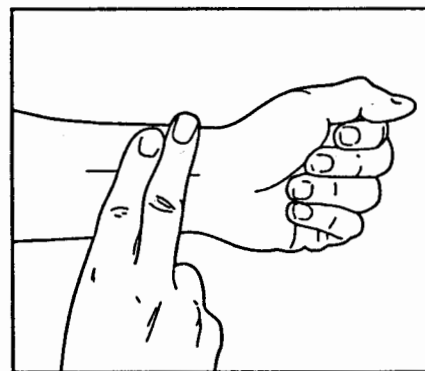
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or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

# TROUBLE-SHOOTING AND MAINTENANCE

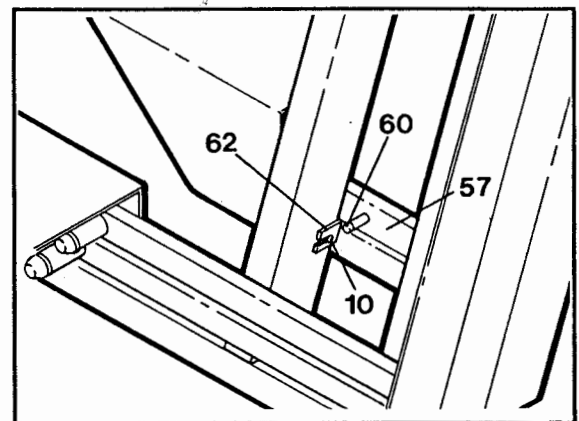
Inspect and tighten all parts of the stepper regularly. Replace any worn parts immediately. Outside surfaces of the stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Keep liquids away from the console.

## MOTIVATIONAL FITNESS MONITOR

If the motivational fitness monitor does not function properly, or if the LCD displays become faint, the batteries should be replaced. Most problems are the result of drained batteries. See **INSTALLING BATTERIES** on page 5. Two "AA" batteries are required.

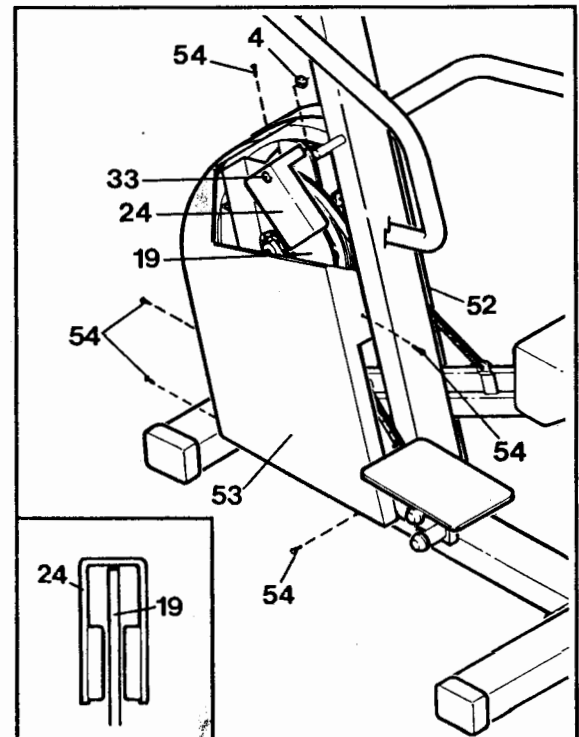
If the motivational fitness monitor displays incorrect information, the console wire and sensor wire should be checked. See assembly step 2 on page 4. Make sure that the wire extending from the console is plugged into the sensor wire.

If the motivational fitness monitor still displays incorrect information, the Reed Switch (62) should be repositioned. Loosen the 5/32" x 3/4" Screw (10). Hold the Left Upper Pedal Arm (57) down so that it is parallel with the floor. Adjust the position of the Reed Switch so that there is a 3/16" gap between the Reed Switch and the Magnet (60). Tighten the 5/32" x 3/4" Screw.



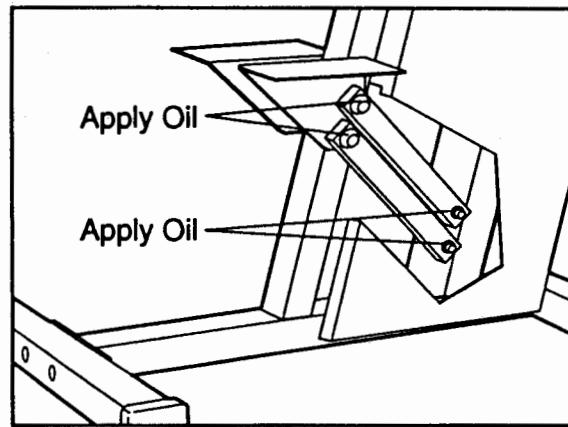
## ADJUSTING THE TENSION BRACKET

If the stepper produces a grinding noise as you step, the Tension Bracket (24) should be adjusted. Remove the ten 5/32" x 1/2" Screws (54) from the Right and Left Side Shields (52, 53). Remove the Side Shields. Hold the 3/8" Adjustment Nut (4) stationary with a wrench. If the Tension Bracket is touching the right side of the Resistance Disk (19), turn the 3/8" x 4 1/2" Bolt (33) clockwise until the Tension Bracket is centered (see the inset drawing). If the Tension Bracket is touching the left side of the Resistance Disk, turn the 3/8" x 4 1/2" Bolt counterclockwise. Reattach the Left and Right Side Shields.



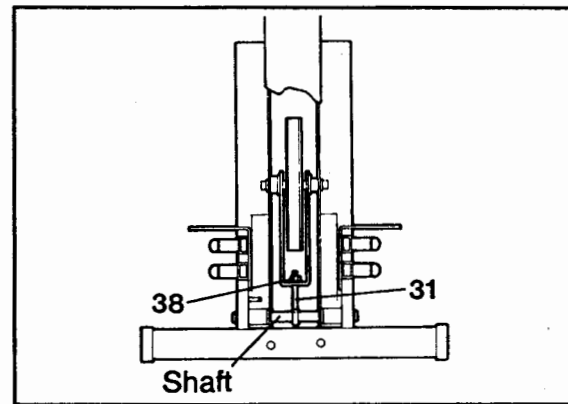
## LUBRICATING THE STEPPER

The axles at both ends of the pedal arms should be oiled every six months. Remove the side shields (see **ADJUSTING THE TENSION BRACKET** on page 8). Apply a few drops of light multi-purpose oil in the indicated locations on both sides of the stepper. Reattach the side shields.



## ADJUSTING THE TENSION BELT

If the pedals slip as you step, the tension belt should be adjusted. Remove the side shields (see **ADJUSTING THE TENSION BRACKET** on page 8). Locate the J-Bolt (31) and 3/8" Locknut (38) shown in the drawing at the right. Make sure that the J-Bolt is centered on the indicated shaft. If the J-Bolt is not centered, a ringing sound may be heard as you step. Next, turn the Locknut clockwise one third of a turn. Step for a few minutes. If further adjustment is required, turn the Locknut clockwise an additional third of a turn. Repeat until the tension belt is properly adjusted. **IMPORTANT: Do not overtighten the Locknut.** Reattach the side shields.



# PART LIST—Model No. 831.285661

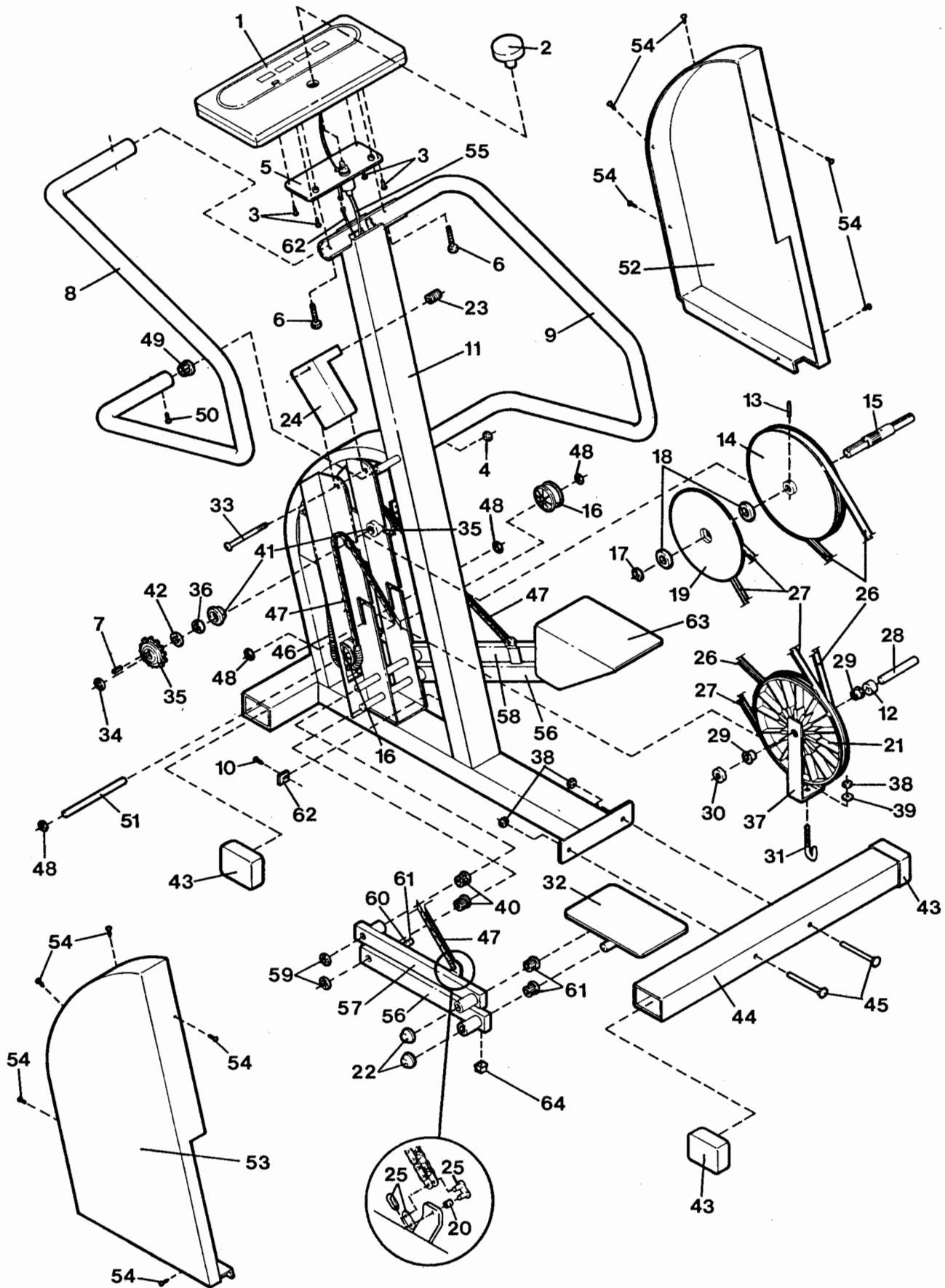
Rev. 12/93

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	113385	1	Console	34	109551	2	Large Pushnut
2	113387	1	Pace Dial	35	101568	2	Freewheel Sprocket
3	013423	4	5/32" x 1/2" Screw	36	113390	2	Tabbed Hub
4	012108	1	3/8" Adjustment Nut	37	109563	1	Pulley Bracket
5	115141	1	Console Plate	38	012082	3	3/8" Locknut
6	013544	2	3/8" x 2" Bolt	39	019183	2	Bumper
7	113391	2	Key	40	113348	4	5/8" Pedal Bushing
8	114550	1	Left Handrail	41	109553	2	Tabbed Bushing
9	114551	1	Right Handrail	42	110655	2	1 1/8" Nylon Washer
10	013300	1	5/32" x 3/4" Screw	43	105317	4	Endcap
11	NSP	1	Frame	44	113350	1	Stabilizer
12	112627	1	Large Spacer	45	109692	2	3/8" x 3 1/2" Bolt
13	109701	1	Roll Pin	46	104475	2	Pedal Spring
14	109555	1	Drive Pulley	47	113398	2	Pedal Chain
15	109548	1	Drive Shaft	48	105496	4	Small Pushnut
16	103341	2	Pulley	49	113382	2	Handrail Bushing
17	113451	1	Thin Spacer	50	113438	2	3/32" x 1/2" Screw
18	018030	2	Bearing	51	113392	1	Pulley Shaft
19	115142	1	Resistance Disk	52	115140	1	Right Side Shield
20	102353	4	Master Link Bushing	53	116159	1	Left Side Shield
21	109557	1	Tension Pulley	54	013162	10	5/32" x 1/2" Screw
22	103903	4	1/2" Axle Cap	55	113386	1	Tension Cable
23	109571	1	Large Tension Spring	56	114556	2	Lower Pedal Arm
24	113389	1	Tension Bracket	57	114554	1	Left Upper Pedal Arm
25	101575	4	Master Link Assembly	58	114555	1	Right Upper Pedal Arm
26	109560	1	Drive Belt	59	112488	4	5/8" Large Pushnut
27	109559	1	Tension Belt	60	113349	1	Magnet/Retainer
28	109565	1	Pulley Axle	61	113347	1	1/2" Pedal Bushing
29	111007	2	Small Bushing	62	106115	1	Reed Switch/Sensor Wire
30	112628	1	Pulley Axle Spacer	63	114558	1	Right Pedal
31	111011	1	J-Bolt	#	115241	1	Owner's Manual
32	114557	1	Left Pedal	#	045017	1	Allen Wrench
33	104924	1	3/8" x 4 1/2" Bolt	#	016055	1	Wire Tie

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. 831.285661

Rev. 12/93



# 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 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 (831.285661).
2. The NAME of the product (SEARS LIFESTYLER® SC stepper).
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 STEPPER 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 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 THE 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