

Lifestyler®

ST 310

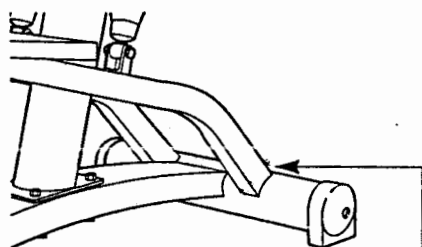
INDEPENDENT STEPPING ACTION • QUIK DIAL ADJUSTABLE RESISTANCE

SEARS®

Model No. 831.285750

Serial No. _____

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



Serial Number Decal

QUESTIONS?

Exercise Equipment Helpline:

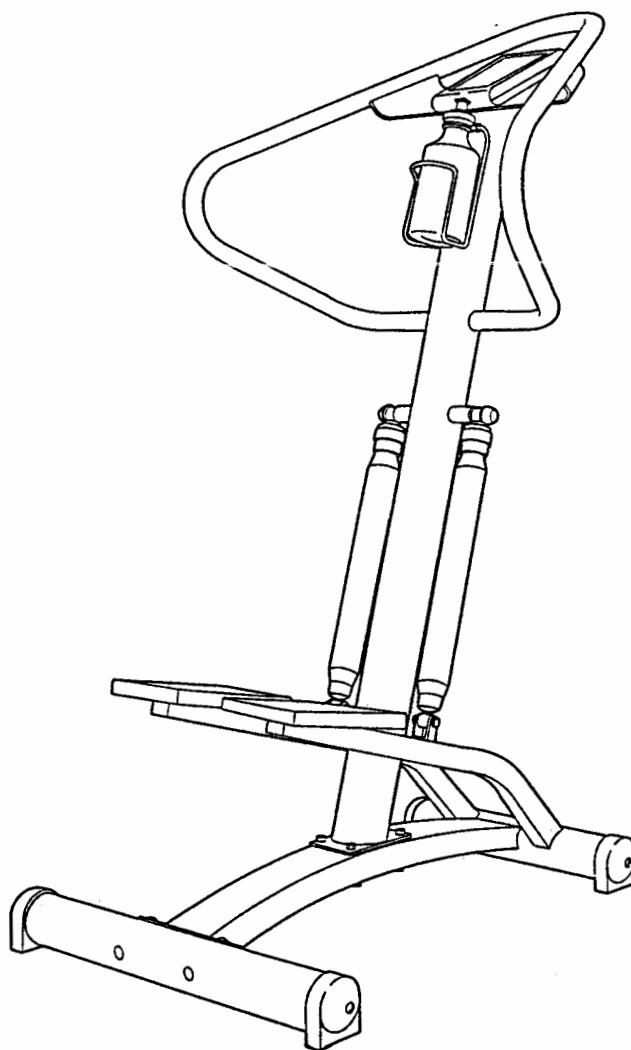
1-800-736-6879

CAUTION!

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

PATENT PENDING

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. Use the stepper only on a level surface. Keep the electronic monitor 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 hold the handlebars when using the stepper.
4. Keep small children away from the stepper.
5. The resistance cylinders become very hot during use. Touch only the resistance collars when changing the stepping resistance.
6. Always wear appropriate clothing, including athletic shoes, when using the stepper.
7. 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 LIFESTYLER® ST 310 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the body. The LIFESTYLER ST 310 blends advanced engineering with contemporary styling to let you enjoy this invigorating exercise in the comfort and privacy of your own home. Feel better, look better and be healthier in just a few minutes a day.

Read this manual carefully before using the stepper. If you have additional questions, please call our Customer Service Department toll-free at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). Before calling, please note the product model number and serial number. The model number is 831.285750. The serial number can be found on a decal attached to the stepper (see the front cover of this manual).

ASSEMBLY

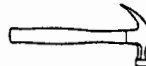
Place all parts of the stepper in a cleared area. Remove all packing materials, except the tape securing the sensor wire to the top of the upright (see assembly step 6). Do not dispose of the packing materials until assembly is completed.

Note: Some small parts may have been pre-attached for shipping purposes. If a part is not found

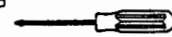
in the parts bag, check to see if it has been pre-attached.

The following tools are required for assembly (not included):

one (1) hammer

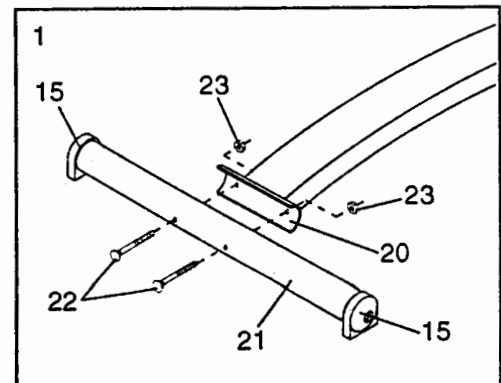


one (1) phillips screwdriver



1. Make sure that there is an Endcap (15) on each end of the Stabilizer (21). Note: The Endcaps may need to be rotated so that they are flat against the floor.

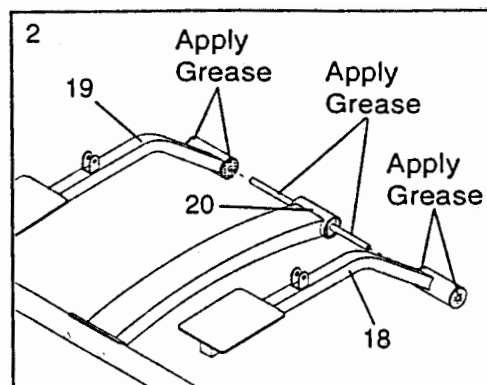
Attach the Stabilizer (21) to the saddle on the Base (20) with the two M8 Carriage Bolts (22) and M8 Nylock Nuts (23).



2. Apply grease to the shaft on the Base (20).

Apply grease **around the hole** in the right side of the Right Pedal (18), and **around the outer edge** of the left side of the Right Pedal. Slide the Right Pedal onto the shaft on the Base (20).

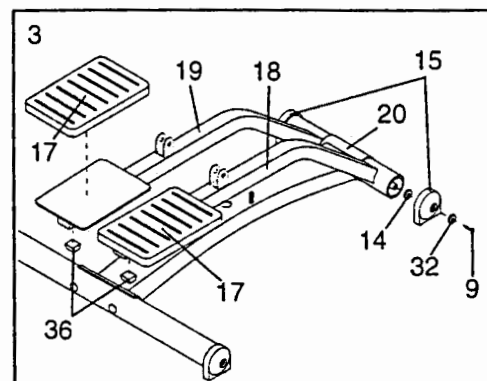
Apply grease to the Left Pedal (19) in the same manner. Slide the Left Pedal onto the shaft on the Base (20).



3. Peel the backing off the two Pedal Covers (17). Press one Pedal Cover onto the Left Pedal (19). Press the other Pedal Cover onto the Right Pedal (18).

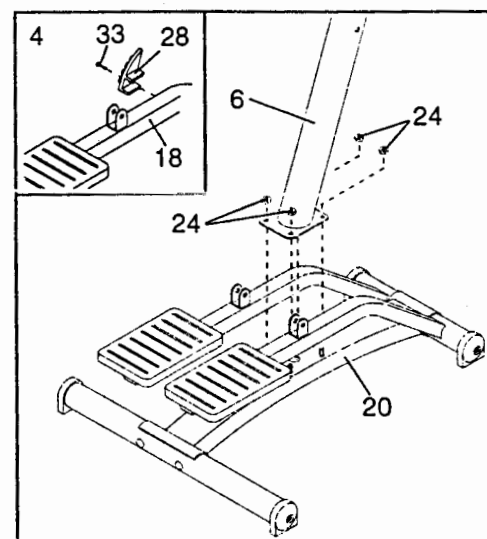
Peel the backing off the two Bumpers (36). Press a Bumper onto the underside of each Pedal (18, 19).

Attach a 2mm Washer (14), an Endcap (15) and a Lock Washer (32) to the right side of the Base (20) with an M10 Screw (9). Attach the other Endcap (15) in the same manner. Do not overtighten the Screws; the Pedals (18, 19) must pivot freely.



4. Attach the Magnet Mount (28) to the Right Pedal (18) with the M5 Self-tapping Screw (33) (see the inset drawing).

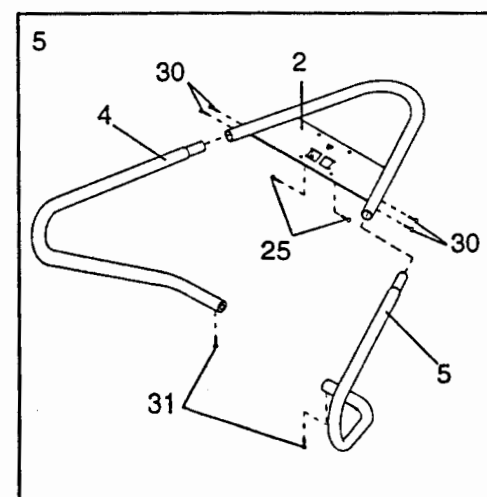
Set the Upright (6) on the four welded bolts in the Base (20). Make sure that the Upright is angled in the direction shown. Attach the Upright to the Base with four M10 Nylon Locknuts (24).



5. Remove the four M4 Screws (30) and the two M10 Plate Screws (25) from the Handlebar Plate (2). Back the M5 Screw (31) out of the lower end of each Handlebar (4, 5).

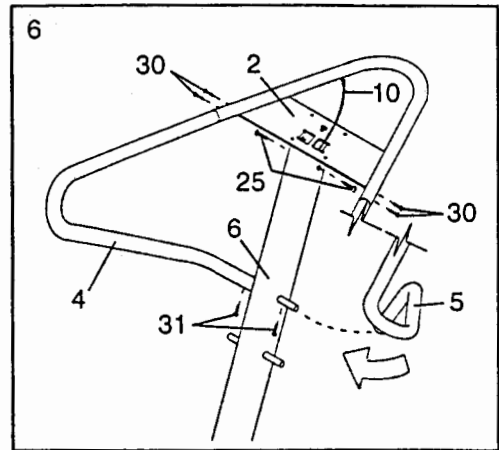
Insert the Left Handlebar (4) into the Handlebar Plate (2). Replace the two M4 Screws (30) in the left side of the Handlebar Plate. Do not fully tighten the Screws yet.

Insert the Right Handlebar (5) into the Handlebar Plate (2). Do not replace the M4 Screws (30) in the right side of the Handlebar Plate yet.



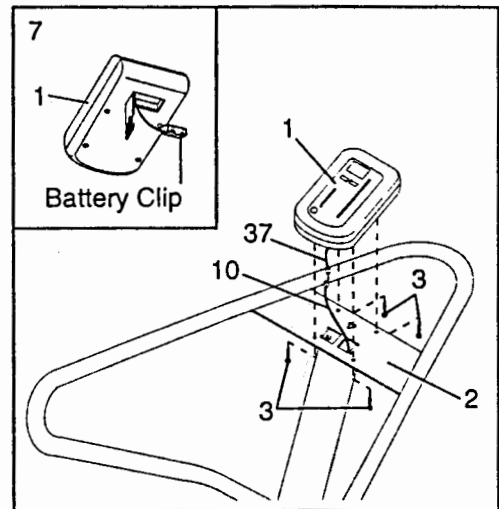
6. Slide the lower end of the Left Handlebar (4) onto the upper post on the Upright (6). Rotate the Right Handlebar (5) down and slide the lower end onto the upper post on the Upright. Set the Handlebar Plate (2) on the Upright. Insert the Sensor Wire (10) through the indicated slot in the Handlebar Plate. Do not let the Sensor Wire slip through the slot until assembly step 6 is completed. Push the lower ends of the Handlebars tight against the Upright and tighten the two M5 Screws (31) into the Handlebars.

Replace the two M4 Screws (30) in the right side of the Handlebar Plate (2). Tighten the Screws in both sides of the Handlebar Plate. Tighten the two M10 Plate Screws (25) through the Upright (6) into the Handlebar Plate.



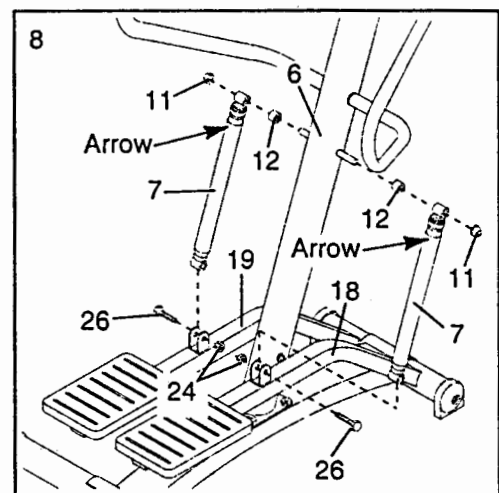
7. The Electronic Monitor (1) requires **two "AA" batteries** (not included); alkaline batteries are recommended. Slide open the battery cover and remove the battery clip from the Monitor (see the inset drawing). Find the markings inside the battery clip showing which direction the batteries must be turned. Press two batteries into the battery clip. Replace the battery clip in the Monitor and close the battery cover.

Connect the Sensor Wire (10) to the Monitor Wire (37). Attach the Monitor (1) to the Handlebar Plate (2) with the four Monitor Screws (3). **Be careful not to damage the Wires.**

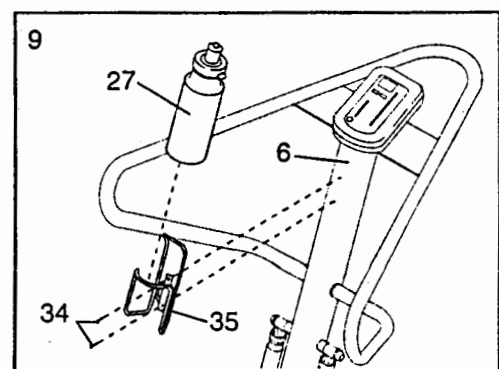


8. Slide a Cylinder Spacer (12) and a Resistance Cylinder (7) onto each of the lower posts on the Upright (6). Make sure that the Resistance Cylinders are turned so the arrows are on the side shown. Tap a Dome Cap (11) onto the end of each post.

Attach the lower ends of the Resistance Cylinders (7) to the brackets on the Right and Left Pedals (18, 19) with the two M10 Bolts (26) and two M10 Nylock Nuts (24).



9. Attach the Water Bottle Bracket (35) to the Upright (6) with the two M4 Bracket Screws (34). Slide the Water Bottle (27) into the Bracket.



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. Note: The stepper features precision hydraulic cylinders for long life and trouble-free operation; due to the nature of hydraulic cylinders, the floor underneath the stepper should be covered to protect it in case of slight oil leakage.

Hold the handlebars in the most comfortable position. Step onto the pedals and begin stepping, alternately pressing down the right and left pedals with a smooth, continuous motion. Because the pedals move independently, you must maintain a continuous motion or both pedals will sink to the floor. Change the height of your step or the stepping resistance as necessary until you can comfortably maintain a continuous motion (see CHANGING THE STEPPING RESISTANCE below).

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.

CHANGING THE STEPPING RESISTANCE

To change the stepping resistance, simply turn the resistance collars on the upper ends of the Resistance Cylinders (7) (see the drawing below). There are 12 resistance levels—level 1 is the easiest, and level 12 is the most challenging. The arrows on the Resistance Cylinders and the markings on the resistance collars show which resistance level has been selected. Make sure that both Resistance Cylinders are at the same resistance setting.

WARNING: The resistance cylinders become very hot during use. Touch only the resistance collars when changing the stepping resistance.

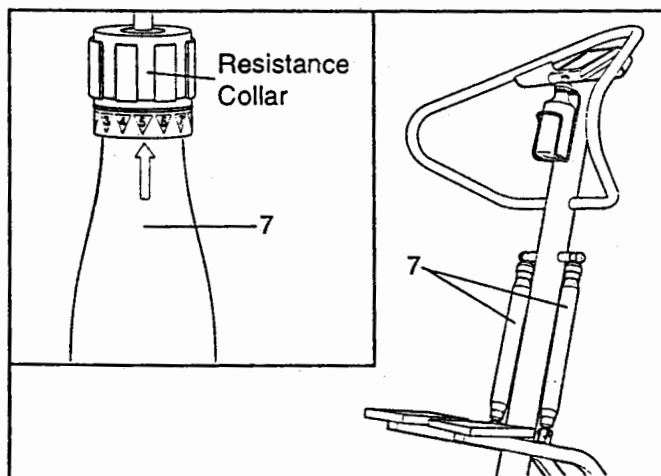
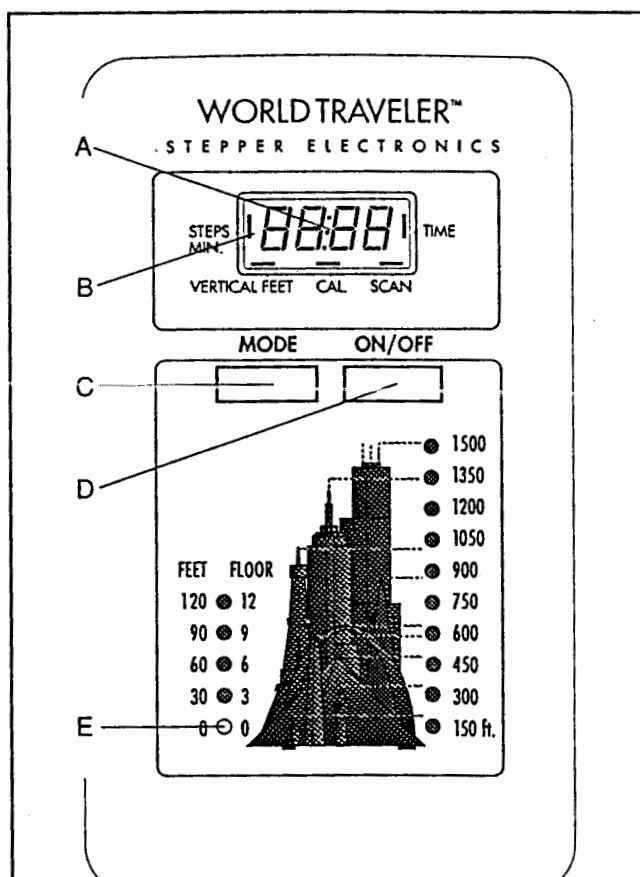


DIAGRAM OF THE ELECTRONIC MONITOR

- A. LCD display (see the drawing below).
- B. Mode indicators—These indicators show which mode is currently selected and displayed.
- C. Mode button—This button is used to select modes.
- D. On/off button—This button turns the power on and off.
- E. LED indicators—These 15 indicators show your workout progress, and provide motivation to reach your workout goals.



DESCRIPTION OF THE ELECTRONIC MONITOR

The WORLD TRAVELER electronic monitor features five different modes to provide you with instant exercise feedback. In addition, the 15 LED indicators on the monitor will show your progress, and provide you with motivation to achieve your workout goals. The five modes are described below:

STEPS PER MINUTE (STEPS MIN.)—This mode displays your current stepping speed, in steps per minute.

TIME—This mode displays the length of time that you have been stepping. Note: If the pedals are not moved for ten seconds or longer, the TIME mode will stop.

VERTICAL FEET—This mode displays the total number of vertical feet that you have stepped. Note: If you continue stepping after the display reaches 999 vertical feet, the display will begin again at zero.

CALORIE (CAL.)—This mode displays the total number of nutritional Calories that you have burned. Note: The number displayed is approximate. The actual number may vary depending on the stepping resistance.

SCAN—This mode displays all other modes, for five seconds each, in a repeating cycle.

OPERATING THE ELECTRONIC MONITOR

Note: If there is a thin sheet of clear plastic on the electronic monitor, remove it before operating the monitor.

1. To turn on the power, press the on/off button. One motivational indicator on the lower part of the monitor will light and the entire LCD display will appear for two seconds. The stepper will then be ready for you to begin your workout.

2. Select one of the five modes:

SCAN mode

When the power is turned on, the SCAN mode will automatically be selected. The console will display the STEPS PER MINUTE, TIME, VERTICAL FEET and CALORIE modes, for five seconds each, in a repeating cycle. One mode indicator will appear by the word SCAN, and a second mode indicator will show which mode is currently displayed. Note: The SCAN mode can

also be selected by repeatedly pressing the mode button.

STEPS PER MINUTE, TIME, VERTICAL FEET or CALORIE mode

If desired, the STEPS PER MINUTE, TIME, VERTICAL FEET or CALORIE mode can be continuously displayed. Press the mode button repeatedly until a mode indicator appears by the name of the mode that you want to be displayed (make sure that there is not a mode indicator by the word SCAN). The modes will be selected in the following order: STEPS PER MINUTE, TIME, VERTICAL FEET, CALORIE, SCAN.

3. The 15 motivational indicators on the lower part of the monitor will show your progress as you exercise. When the power is turned on, the first indicator will light. After you step 30 vertical feet (three floors), the second indicator will light. This will continue until you reach 150 vertical feet. A different indicator will then light after every 150 vertical feet that you step, until you reach 1500 vertical feet. (Note: If you continue stepping after the last indicator lights, the first indicator will again light.) The heights of famous structures around the world, such as the Statue of Liberty and the Eiffel Tower, are shown for comparison.

If desired, set a vertical distance goal before you begin each workout.

4. To reset the LCD display, turn the power off and then on again by pressing the on/off button twice.
5. To turn off the power, press the on/off button.

Note: If the stepper pedals are not moved and the monitor buttons are not pressed for five minutes, the power will turn off automatically in order to conserve the batteries.

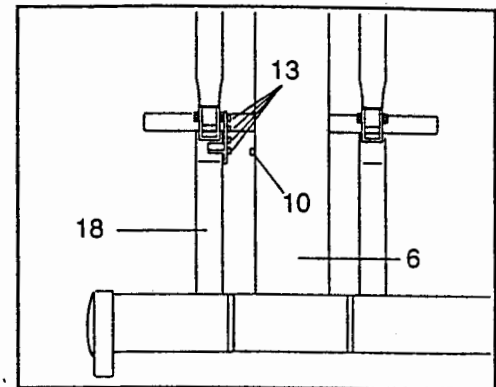
TROUBLE-SHOOTING AND MAINTENANCE

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 electronic monitor.

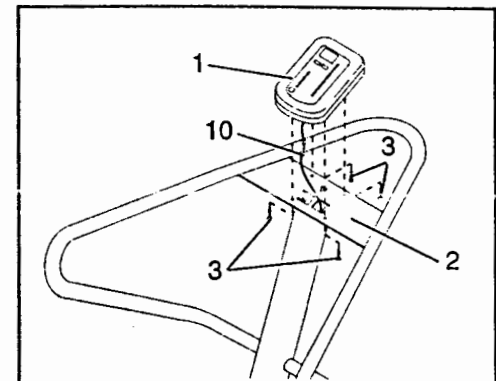
ELECTRONIC MONITOR

If the electronic monitor displays incorrect feedback, or if the display becomes faint, the batteries should be replaced. See assembly step 7 on page 5 for battery installation instructions.

If the monitor displays incorrect feedback after the batteries are replaced, the Reed Switch (10) should be checked. Hold down the Right Pedal (18) so that one of the Magnets (13) is level with the Reed Switch. Slide the Reed Switch in or out of the Upright (6) until there is a $\frac{3}{16}$ " gap between the Reed Switch and the Magnets.



If the Electronic Monitor (1) displays no feedback when the STEPS PER MINUTE, VERTICAL FEET or CALORIE mode is selected, the Sensor Wire (10) should be checked. Remove the four Monitor Screws (3) attaching the Monitor to the Handlebar Plate (2). Make sure that the Sensor Wire is plugged fully into the wire extending from the Monitor. Reattach the Monitor to the Handlebar Plate.



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.

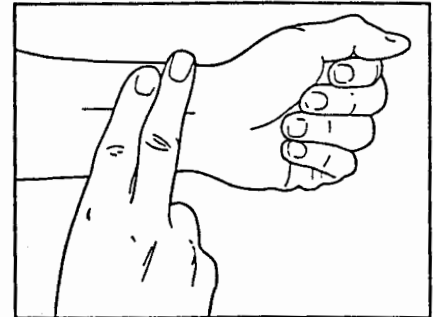
EXERCISE INTENSITY

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)
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
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 to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.285750

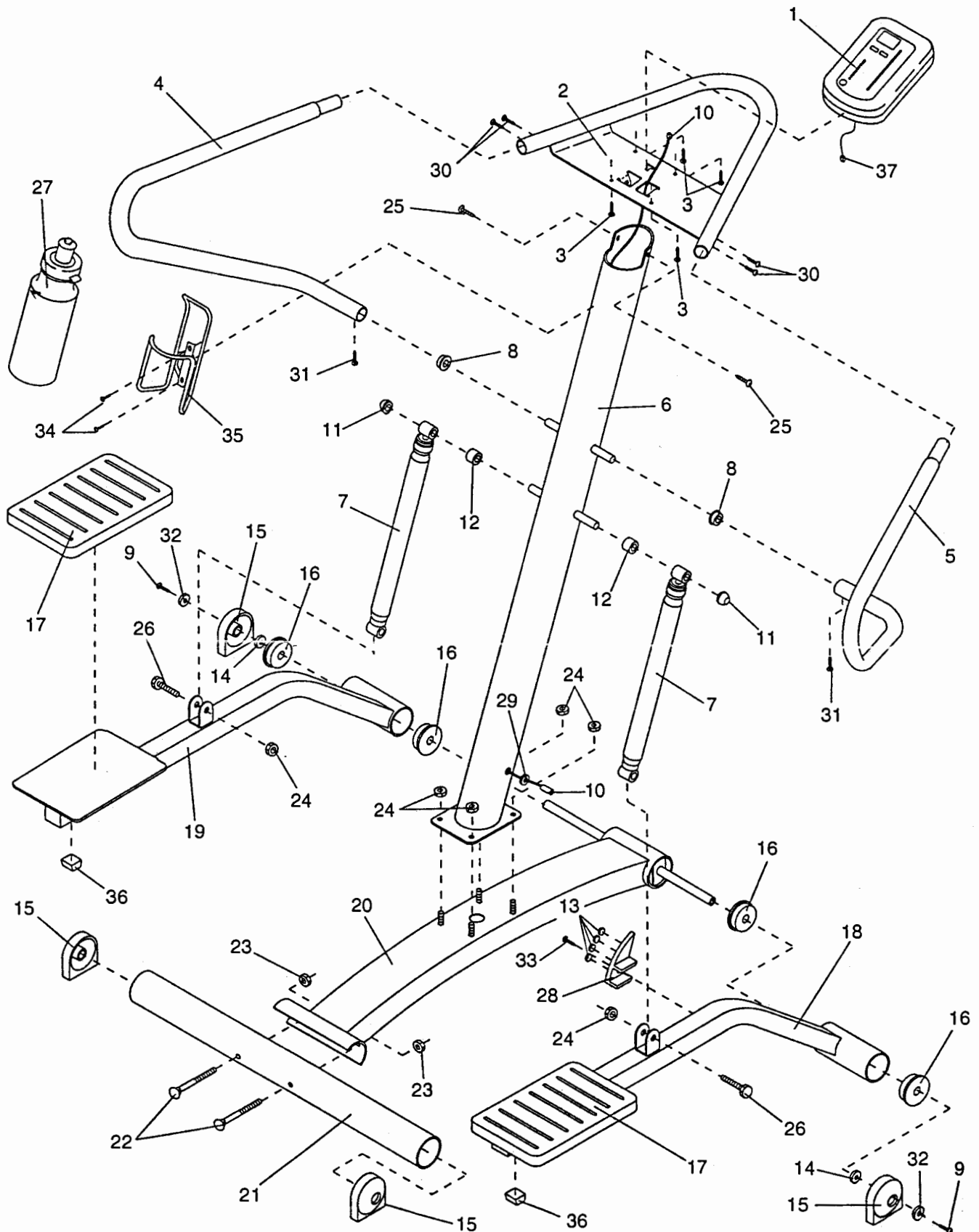
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Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	118847	1	Electronic Monitor	20	120617	1	Base
2	120607	1	Handlebar Plate	21	120621	1	Stabilizer
3	013162	4	Monitor Screw	22	121038	2	M8 Carriage Bolt
4	120612	1	Left Handlebar	23	121050	2	M8 Nylon Locknut
5	120615	1	Right Handlebar	24	012042	6	M10 Nylon Locknut
6	120627	1	Upright	25	121043	2	M10 Plate Screw
7	119813	2	Resistance Cylinder	26	121039	2	M10 Bolt
8	120610	2	Handlebar Bushing	27	121051	1	Water Bottle
9	113528	2	M10 Screw	28	120623	1	Magnet Mount
10	117882	1	Reed Switch/Sensor Wire	29	119887	1	Grommet
11	100151	2	Dome Cap	30	013222	4	M4 Screw
12	120624	2	Cylinder Spacer	31	121044	2	M5 Screw
13	100498	4	Magnet	32	121045	2	Lock Washer
14	121042	2	2mm Washer	33	121046	1	M5 Self-Tapping Screw
15	120611	4	Endcap	34	121047	2	M4 Bracket Screw
16	120618	4	Pedal Bushing	35	121048	1	Water Bottle Bracket
17	120690	2	Pedal Cover	36	121049	2	Bumper
18	120689	1	Right Pedal	37	123782	1	Monitor Wire
19	120688	1	Left Pedal	#	120625	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.

EXPLODED DRAWING—Model No. 831.285750

R0195A



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 (831.285750).
2. The NAME of the product (SEARS LIFESTYLER® ST 310 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: 1-800-736-6897, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays).

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,
HOFFMAN ESTATES, IL 60179**