

Lifestyler®

ST 510

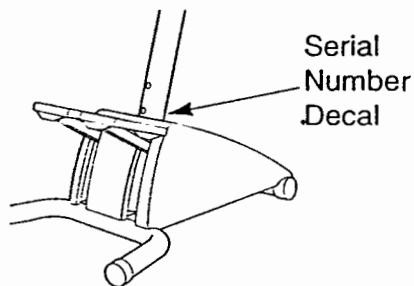
SILENT DRIVE RESISTANCE • MOTIVATIONAL TRAINING SYSTEM

SEARS®

Model No. 831.285760

Serial No. _____

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

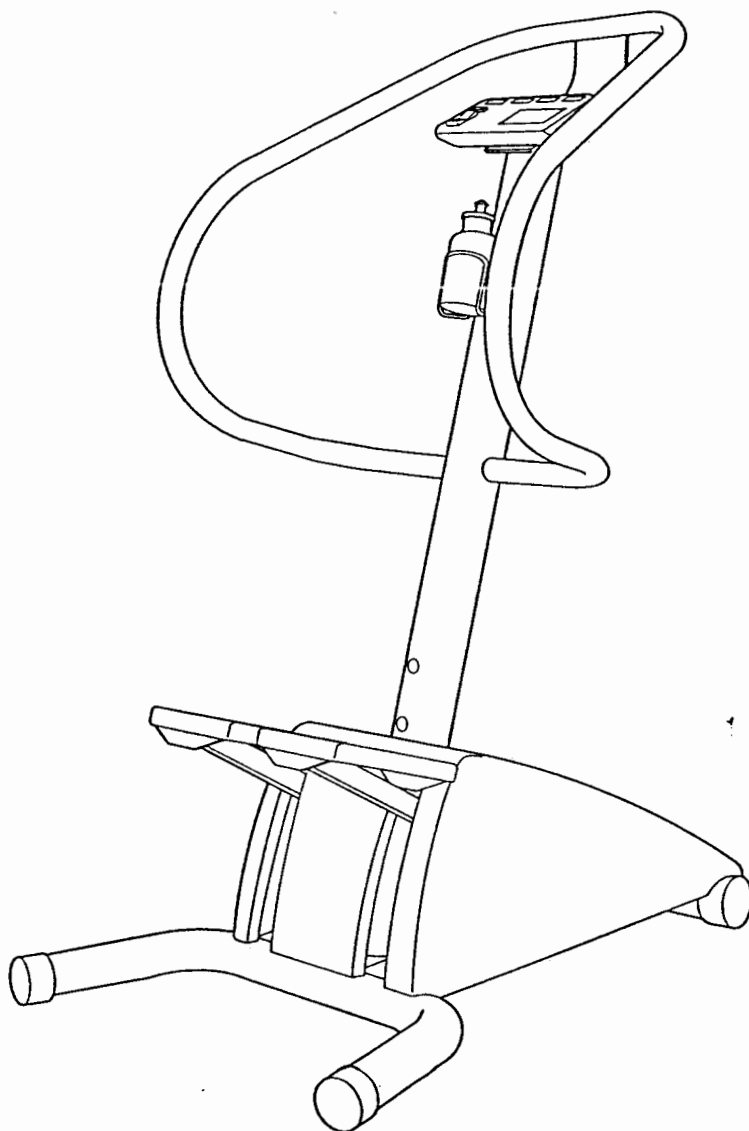


CAUTION!

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

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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 displays 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 handlebars when using the stepper.
5. Keep small children away from the stepper at all times.
6. Use the stepper only as described in this manual.

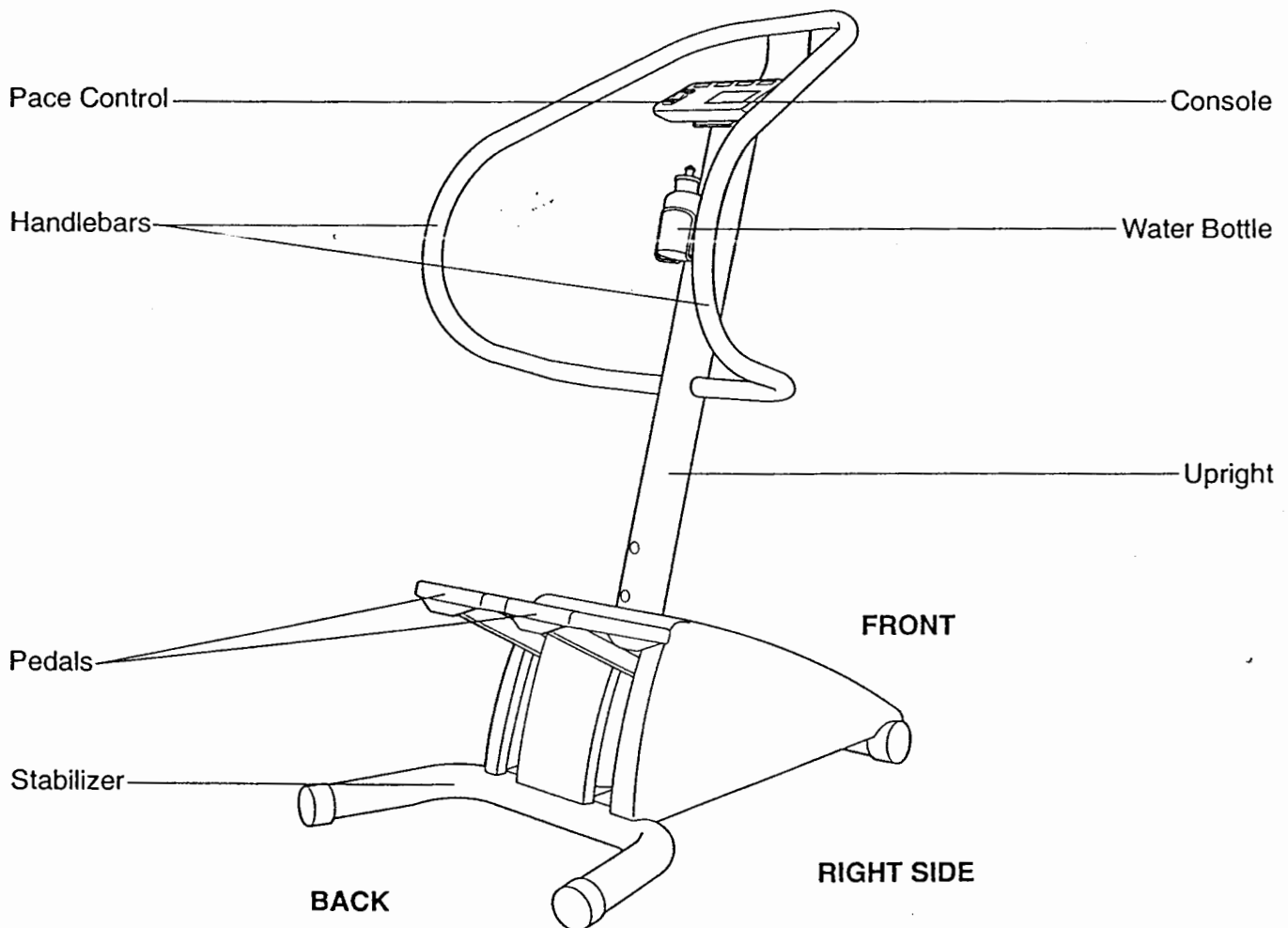
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. SEARS assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Thank you for selecting the innovative SEARS LIFESTYLER® 510 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The LIFESTYLER 510 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.

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 831.285760. The serial number can be found on a decal attached to the stepper (see the front cover of this manual for the location).

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

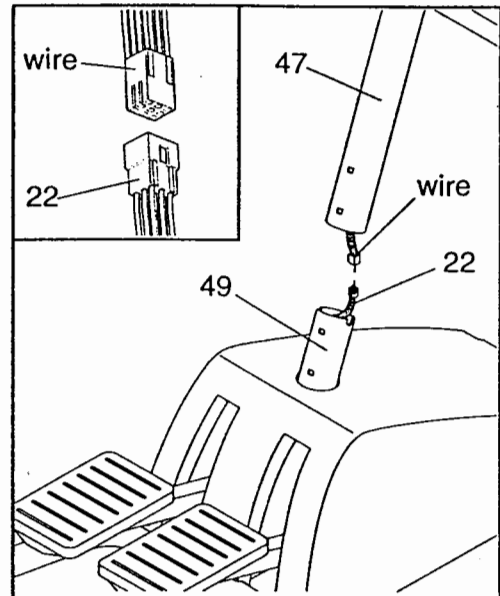


ASSEMBLY

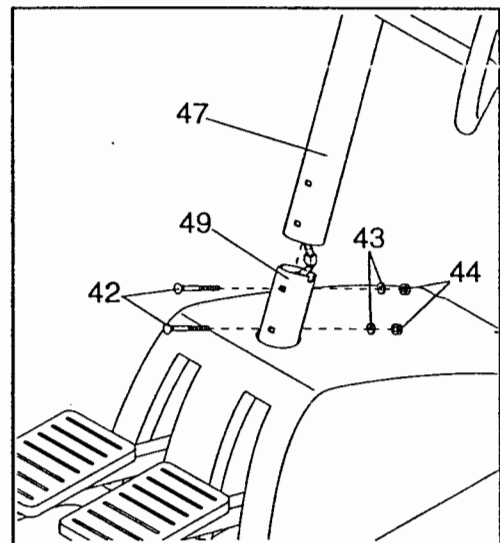
The help of a second person is necessary. Place all parts of the stepper in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires a hammer and a phillips screwdriver (not included).

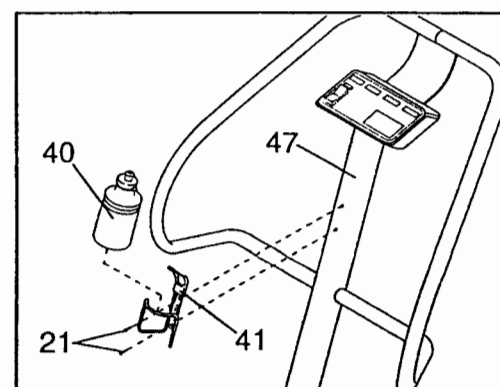
1. Plug the wire extending from the Upright (47) into the Wire Harness (22). Make sure that the wire is turned so it fits easily into the Wire Harness. If the wire is not turned correctly and is forced into the Wire Harness, the console will not function properly.



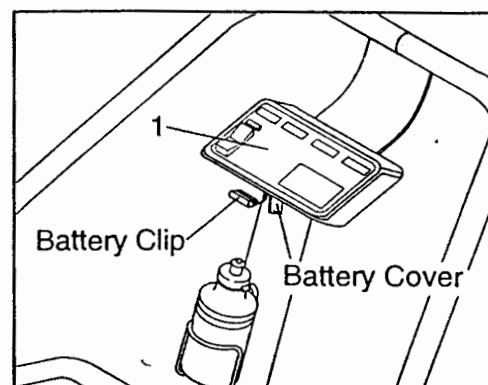
2. Attach the Upright (47) to the Base (49) with the two 3/8" x 4" Carriage Bolts (42), 3/8" Flat Washers (43), and 3/8" Nylock Nuts (44). Be careful not to pinch the wires. Damage to the wires will prevent the console from functioning properly.



3. Attach the Water Bottle Bracket (41) to the Upright (47) with two #8 x 3/4" Screws (21). Slide the Water Bottle (40) into the Water Bottle Bracket.



4. The Console (1) requires **two “AA” batteries** (not included); alkaline batteries are recommended. Slide open the battery cover on the front of the Console. Find the markings inside the battery clip showing which direction the batteries must be turned. Press the batteries into the battery clip. Close the battery cover.



OPERATION AND ADJUSTMENT

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

PLUGGING IN THE POWER CORD

Plug the transformer on the power cord into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces.

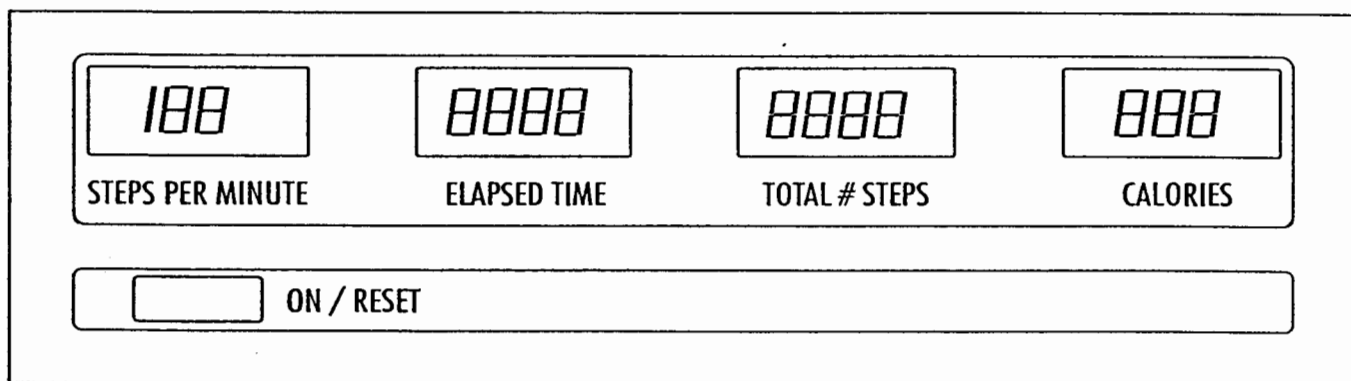
EXERCISING ON THE STEPPER

Hold the handlebars in the most comfortable position. Step onto the pedals and 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 or both pedals will sink to the floor. Change the height of your step or the stepping pace as necessary until you can comfortably maintain a continuous motion (see CHANGING THE STEPPING PACE 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.

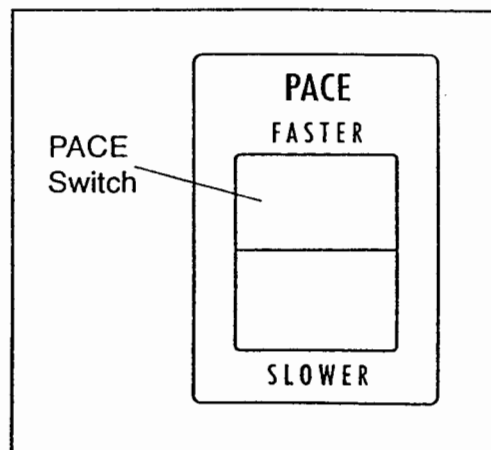
CONSOLE DIAGRAM

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



CHANGING THE STEPPING PACE

To change the stepping pace, press the pace switch on the left side of the console. To increase the pace, press the upper half of the switch, marked "FASTER." The resistance of the pedals will decrease, and you will have to increase your stepping pace to prevent the pedals from sinking to the floor. To decrease the pace, press the lower half of the switch, marked "SLOWER." The resistance of the pedals will increase, and your stepping pace will decrease.



OPERATING THE CONSOLE

To turn on the power, press the ON/RESET button or simply begin stepping. Note: The pedals must move vertically at least 10 inches or the displays will not show correct information. As you exercise, the following information will be displayed:

STEPS PER MINUTE— This display will show your current stepping pace, in steps per minute.

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

TOTAL # STEPS—This display will show the total number of steps you have taken.

CALORIES— This display will show the approximate 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.

To reset the displays, press the ON/RESET button. Note: Pressing the ON/RESET button more than once may cause an incorrect number to appear in the STEPS PER MINUTE display.

The console has an auto shut-off feature—if the stepper pedals are not moved and the console buttons are not pressed for four 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.

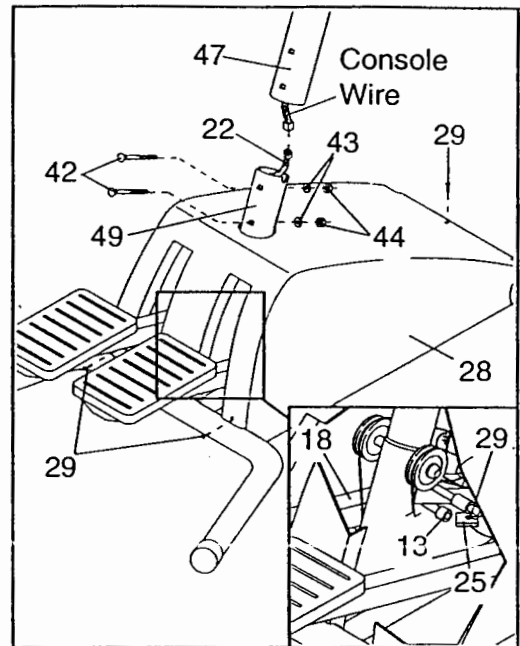
CONSOLE

If the console displays incorrect feedback, or if the displays become faint, the batteries should be replaced. See assembly step 4 on page 5 for battery installation instructions.

If the console displays incorrect feedback after the batteries are replaced, the Reed Switch (25) should be checked.

Remove the two 3/8" x 4" Carriage Bolts (42), 3/8" Flat Washers (43), and 3/8" Nylock Nuts (44) from the Upright (47). Lift the Upright off the Base (49). **Be careful not to damage the Wire Harness (22).** Disconnect the Wire Harness from the console wire. Remove the three #8 x 3/4" Tec Screws (29) from the Hood (28) and remove the Hood.

Push down the Left Pedal (18) so that the Magnet (13) passes the Reed Switch. Loosen the #8 x 3/4" Tec Screw (29) shown in the inset drawing. Adjust the Reed Switch (25) so that there is a **3/16" gap** between the Reed Switch and the Magnet. Reassemble the Hood (28), wires, and Upright (47).



CONDITIONING GUIDELINES

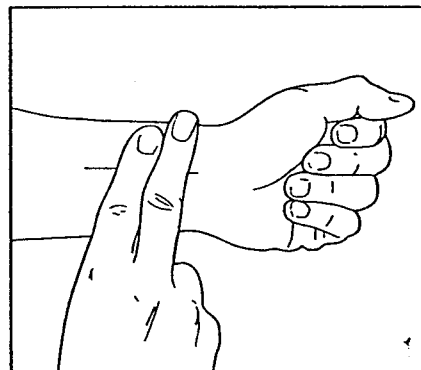
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or 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 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, 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. 831.285760

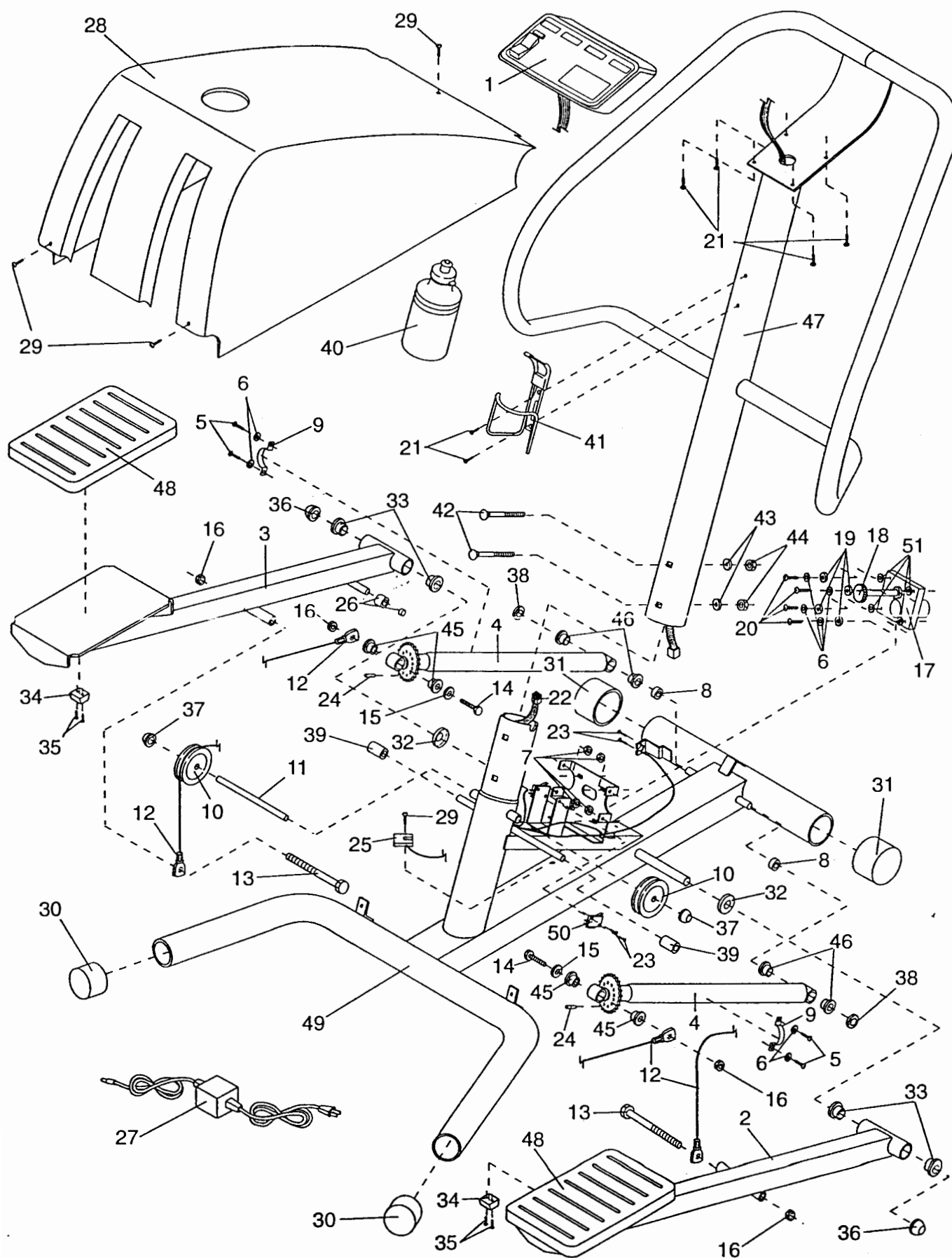
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Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	119137	1	Console	27	109954	1	Power Cord
2	120393	1	Right Pedal	28	121465	1	Hood
3	120401	1	Left Pedal	29	013300	4	#8 3/4" Tec Screw
4	120272	2	Resistance Cylinder	30	109416	2	Stabilizer Endcap
5	103025	4	1/2" Screw	31	120414	2	Leg Endcap
6	014127	8	1/4" Flat Washer	32	105101	2	Pedal Spacer
7	012090	4	1/4" Nylock Nut	33	100048	4	Pivot Bushing
8	120411	2	Cylinder Spacer	34	120709	2	Bumper
9	120271	2	Cylinder Clamp	35	115530	4	#6 x 1" Screw
10	115370	2	Pulley	36	103735	2	3/4" Axle Cap
11	120264	1	Pulley Axle	37	101768	2	3/8" Axle Cap
12	120415	2	Cable	38	112488	2	5/8" Pushnut
13	120003	2	3 1/2" Screw	39	120855	2	Pedal Stop
14	013399	2	1 3/4" Screw	40	120756	1	Water Bottle
15	014086	2	3/8" Washer	41	120757	1	Water Bottle Bracket
16	012149	4	3/8" Nylock Nut	42	120758	2	3/8" x 4" Carriage Bolt
17	120274	1	Motor	43	014086	2	3/8" Flat Washer
18	120273	1	Motor Gear	44	012149	2	3/8" Nylock Nut
19	121737	4	#10 x 1/2" Rubber Washer	45	121404	4	3/8" Cylinder Bushing
20	013463	4	#10 x 1" Screw	46	121405	4	5/8" Cylinder Bushing
21	108404	6	#8 x 3/4" Screw	47	120381	1	Upright
22	119394	1	Wire Harness	48	120690	2	Pedal Cover
23	101577	6	#4 x 3/4" Screw	49	NSP	1	Base
24	120708	2	1" Plastic Rod	50	031200	2	Limit Switch
25	101743	1	Reed Switch/Wire	51	122145	4	#10 x 1/2" Cork Washer
26	113349	1	Magnet/Retainer	#	120704	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. 831.285760

R1094A



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 (831.285760).
2. The NAME of the product (SEARS LIFESTYLER® 510 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,
HOFFMAN ESTATES, IL 60179**