

SEARS *Lifestyler* 2400

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Assembly

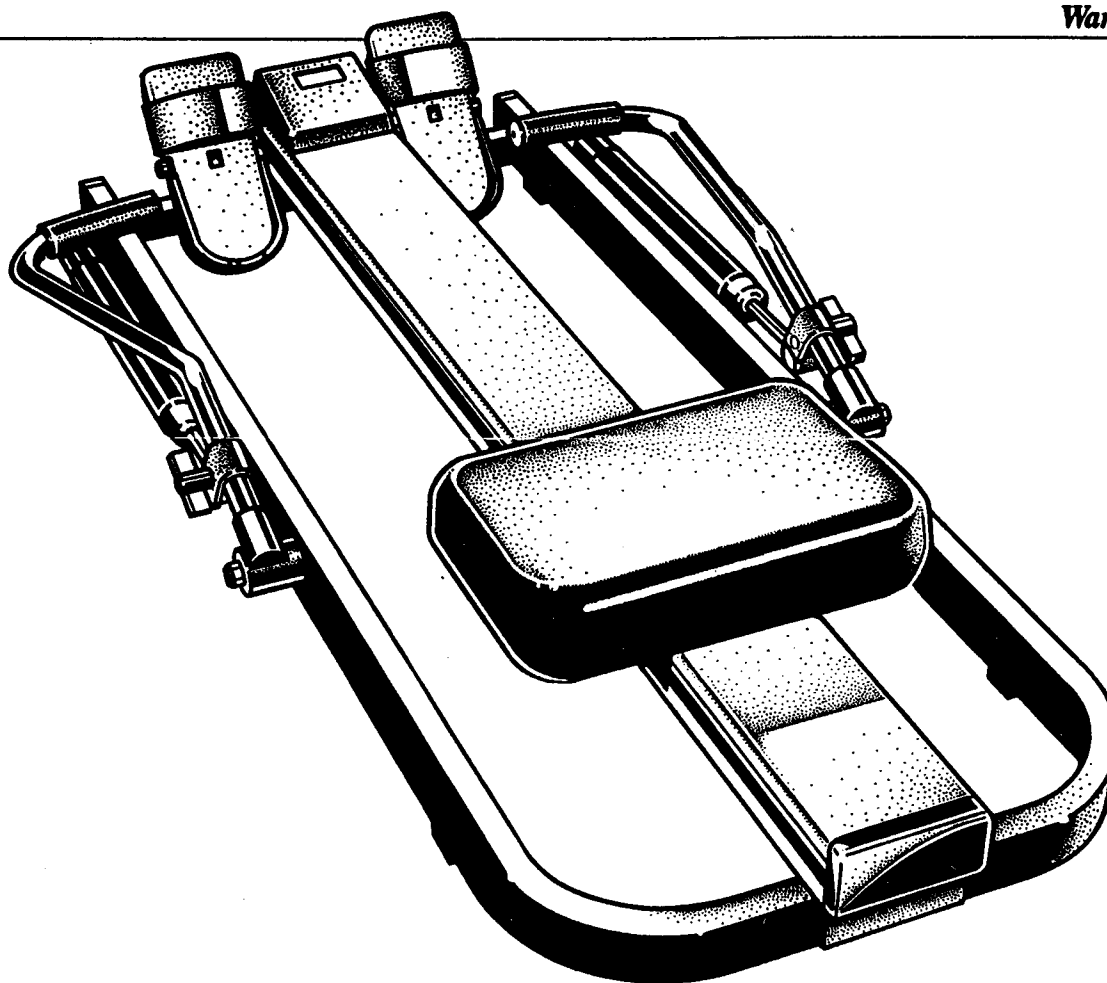
Part List and Reordering Information

Operation and Adjustments

Exercise Guidelines

Maintenance

Warranty



OWNER'S MANUAL

Model No. 831.286010

CAUTION: Read all instructions carefully before operating your rower. Retain this Owner's Manual for future reference.

SEARS, ROEBUCK AND CO., DEPT 698/731A SEARS TOWER, CHICAGO, IL 60684

Lifestyler

2400

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BEFORE YOU BEGIN

Please read this manual carefully before initial use of the rower. If you have additional questions regarding assembly, parts, operation or your 90 day warranty, please call our **Customer Service Department toll-free at 1-800-999-3756 (In Canada, 1-800-824-8949)** during regular business hours: Mon.-Fri., 8 a.m.-5 p.m. Mountain Standard Time. In all correspondence regarding this product, please use the Model Number (found on the front cover), and the Serial Number (see back cover).

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 the Sears rower.

INTRODUCTION

Rowing could be called the perfect exercise. It conditions the heart, lungs and entire vascular system, while at the same time working nearly every major muscle group in the body.

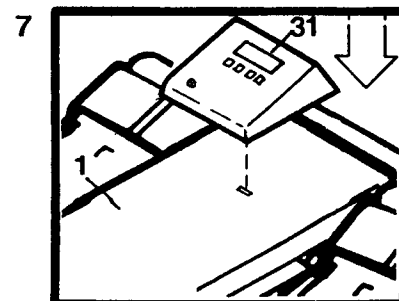
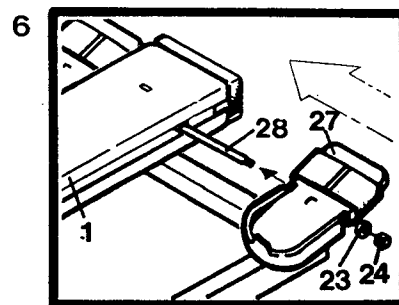
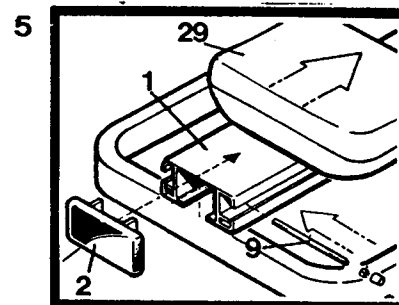
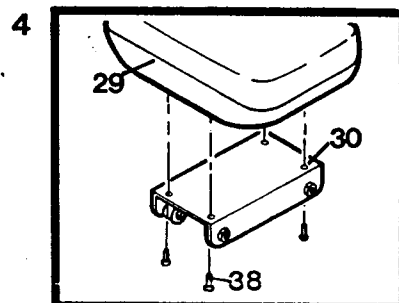
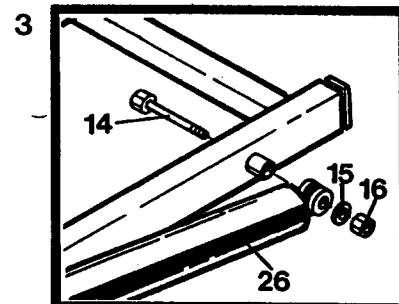
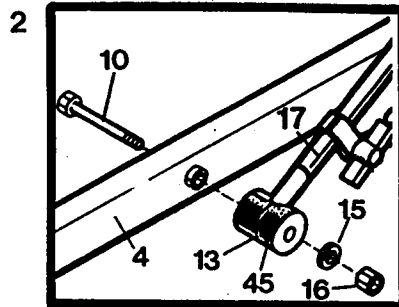
Sears' Lifestyler Electronic Rower provides that near perfect workout in the privacy of your home.

This manual is designed to familiarize you with the operation of the Lifestyler Rower as well as to outline a recommended training program.

ASSEMBLY INSTRUCTIONS

Please read all steps carefully before beginning assembly. To identify parts, see the exploded drawing and the part list. Assembly can be completed using the tool provided. Hardware not in the plastic bag can be found in one of the parts to be assembled.

1. Set the Lifestyler in a clear area on the floor. Remove all packing materials. Make sure all parts are included.
2. Attach the Right Rowing Arm (17) to the middle of the Frame (4) with the Arm Bolt (10), Inner Arm Cap (13), Outer Arm Cap (45), Washer (15) and Nut (16). Repeat for the Left Rowing Arm (18).
3. Attach the Shock (26) to the front hole in the frame with the Bolt (14), Washer (15), and Nut (16). Repeat on the opposite side.
4. Remove the Seat Bracket (30) from the protective cardboard covering. Remove the Screws (38) from the bottom of the Seat (29). Line up the holes in the Seat and Seat Bracket. Start all four Screws, then tighten them down.
5. Remove the Threaded Rod (9) from the rear of the Rowing Bar (1). Take off the Endcap (2) and slide the Seat (29) to the middle of the Rowing Bar. Replace the Rod and Endcap.
6. Push the Footrest Shaft (28) through the Rowing Bar (1). Push the Footrests (27) onto either side of the Shaft and fasten with the Washers (23) and Locknuts (24).
7. Clip the Electronic Console (31) onto the end of the Rowing Bar (1).
8. Make sure that all parts are tightened properly before using your Rower.



EXPLODED DRAWING - Model No. 831.286010

***Specifications are subject to change without notice.**

PART LIST - Model No. 831.286010

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Aluminum Rowing Bar	25	2	T-Wingnut
2	1	Rear Endcap	26	2	Hydraulic Shock
3	2	Endcap Screw	27	2	Foot rest
4	1	Frame	28	1	Foot rest Shaft
5	2	Frame Endcap	29	1	Rowing Seat
6	2	Front Foot Pad	30	1	Seat Braacket
7	4	Foot Pad Screw	31	1	Electronic Timer
8	2	Back Foot Pad	32	2	Frame Bolt
9	1	Threaded Rod	33	4	Washer
10	2	Arm Bolt	34	4	Roller Bolt
11	2	Nut	35	4	Roller Wheel
12	2	Rubber Stop Cap	36	4	Spacer
13	2	Inner Arm Cap	37	4	Lock Nut
14	2	Bolt	38	4	Seat Screw
15	6	Arm Washer	39	2	H-Clamp Washer
16	4	Arm Nut	40	2	H-Clamp Locknut
17	1	Right Rowing Arm	41	2	Foot Strap
18	1	Left Rowing Arm	42	2	Rear Frame Screw
19	2	Handgrip	43	2	Front Frame Locknut
20	2	Handgrip Cap	44	1	Front Endcap
21	2	Black H-Clamp	45	2	Outer Arm Cap
22	4	Carriage bolt	46	2	Rowing Arm Bushing
23	2	Footrest Washer	47	2	3 Piece Shock Bushing
24	2	Lock Nut		1	Owner's Manual
				1	Electronics Operation Guide

Replacement parts may be ordered by calling our Customer Service Department toll-free at **1-800-999-3756** (in Canada, **1-800-824-8989**) during regular business hours: Mon.-Fri., 8 a.m.-5 p.m. Mountain Standard Time. When ordering parts please use the product name, model no., serial no., part description and reorder no..

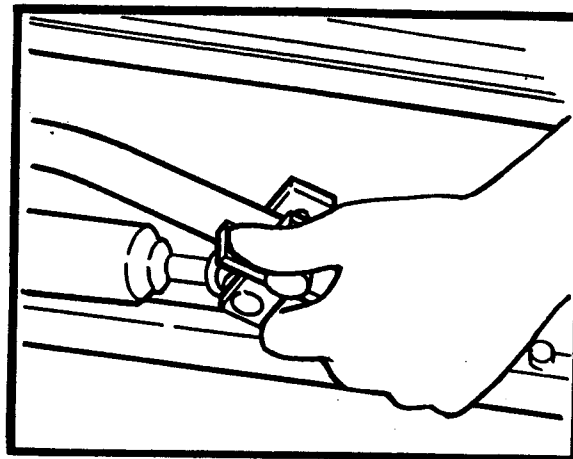
ROWER ADJUSTMENT

Before you use your rower, it is important that you become familiar with its operation and adjustment procedures.

TENSION ADJUSTMENT

To adjust the tension simply loosen the wing nut near the base of the rowing arm and slide the H-clamp to the desired setting. Then retighten. (See Illustration) Setting "1" provides the lowest amount of tension; "5" the highest.

The tension should not be so high that pulling the rowing arms towards you is too difficult or so low that moving the rowing arms about requires little or no effort. The key to proper resistance adjustment is to find a setting that's comfortable for you.



CONDITIONING GUIDELINES

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.

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. For more complete and detailed information consult your physician or obtain a book at your library.

EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of breathlessness and fatigue. This level of exertion can be attained using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone." You can determine your Training Zone by consulting the table below. Training Zones are given for both conditioned and unconditioned persons. Use the one that is appropriate for you.

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

To determine whether your heart rate is in your Training Zone, you must first exercise continuously for four minutes. After four minutes, pause briefly and take your pulse. The easiest way to measure your heart rate is to place two fingers on the Carotid Artery in your neck where you feel a pulse. Carefully take a six-second heart beat count. Adding a 0 to the number will give you your heart beats per minute. (A six-second count is used because the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your Training Zone. If your heart rate is below your Training Zone you need to increase your level of exertion.



During the first few weeks of your exercise program you should keep your heart rate near this low end of your Training Zone. Over the course of a few months you should gradually increase your heart rate until you reach the high end of your Training Zone.

As your conditioning improves, a greater workload will be required in order to raise your heart rate to the Training Zone. Adjust your level of exertion accordingly.

EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest 2. Warm-up 3. Training Zone exercise 4. Cool-down 5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising. Recommended stretching exercises will be found at the end of this section.

After warming up, begin exercising at a light pace for a few minutes. Then increase your speed and-or tension to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR EXERCISE.

STRETCHING

All stretches should be performed slowly. Each position should be held for 15 counts and performed for three repetitions. Don't bounce.

TOE TOUCHES

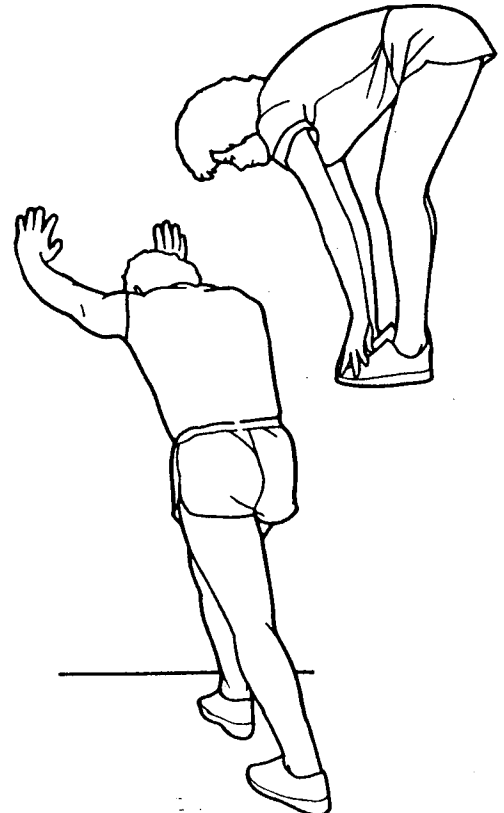
With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can.

Stretches: Ham strings, Back of Knees, Back.

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the achilles tendons, slightly bend back leg as well.

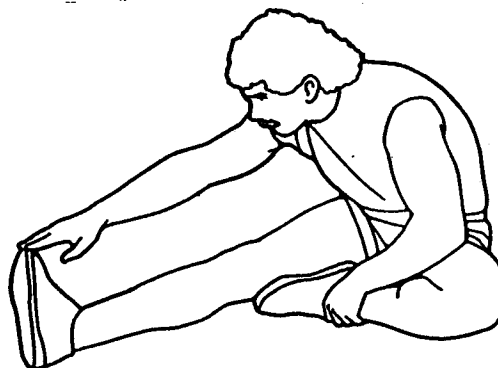
Stretches: Calves, Achilles tendons, and Ankles.



HAMSTRING STRETCH

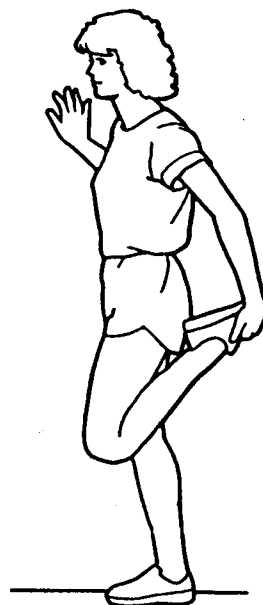
Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible.

Stretches: Hamstrings, lower back and Groin.

**INNER THIGH STRETCH**

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible.

Stretches: Inner thigh muscles.

**QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible.

Stretches: Quadriceps, Hip muscles.

EXERCISE ROUTINE**ROWING FORM**

The correct way to row is to use the arms and the body together in a smooth fluid motion. Long, slow strokes work better than short quick ones.

Proper rowing form consists of 3 distance parts: A. the Catch B. the Drive and C. the Finish.

To Begin

- A. Position yourself on the rower seat facing towards the electronic console.
- B. Strap feet into foot rests.
- C. Grab rowing arms with an overhand grip.
- D. Follow the procedure outlined below breathing normally throughout.

- A. **The Catch** is the starting position. Your legs and body should be tucked, your knees fully bent and your upper legs just off of your chest. Arms should be straight and shoulders relaxed.



- B. **The Drive** is initiated by the legs and back pushing backwards together. Be sure to keep your back straight as you lean back from the hips. Halfway through the Drive pull the rowing handle towards your stomach. Keep your elbows outward.



- C. **The Finish** comes as the arms continue to bend until the elbows pass on either side of the chest. At this time, the legs should be nearly extended and the upper body leaning slightly back.

After the Finish extend your arms forward and slide your body forward as if following the hands back to the Catch. Repeat the sequence.



ADDITIONAL EXERCISES

Rowing works nearly every major muscle group in the body, providing overall muscle and cardiovascular conditioning. However, a greater emphasis can be put on certain muscle groups through performing additional exercises.

SIT-UPS

- A. Sit on the rowing seat with your knees slightly bent.
B. Place your hands either on your chest or behind your head.
C. Inhale and keep your stomach muscles tight as you lower yourself back.
D. While exhaling, use your stomach muscles to pull yourself back up to the starting position. Keep the seat stationary.

Develops: Abdominal area.



ALTERNATING ROWING

- A. Position yourself on the rower as if performing regular rowing.
- B. Align yourself in the drive position with your knees slightly bent and your back straight.
- C. Without moving the seat or legs, pull on handle as far as possible towards the chest.
- D. Return the rowing arm to its original position while at the same time pulling the other arm towards the chest. Repeat.
- E. Breathe normally throughout the movement.

Develops: Biceps, shoulders and back.



TWO/ALTERNATING ARM PRESS

- A. Position yourself on the rowing seat facing away from the electronic console, sitting up erect with back straight.
- B. Place your feet on the base bar at the foot of the rower.
- C. Grab the rowing grips with an overhand grip.
- D. Exhale as you push both rowing arms away from your body.
- E. Bring arms back to chest, repeat.

*Note: For a slight variation perform press with alternating arms.

Develops: Chest, triceps, and shoulders.



STORAGE AND MAINTENANCE

The Lifestyler 2400 Electronic Rower is relatively light and can be stored quite easily. Place the rower in whatever position is most convenient in a cool dry place. When storing for a long period of time it is best to first remove the batteries from the electronics console.

The Lifestyler Rower is designed to be practically maintenance free. However, to prolong the life of your rower it is advisable to periodically clean all exposed surfaces. If any problems should occur with your rower please call our toll-free customer service number for further assistance.

The serial number can be located on the back end of the rower frame. Please write the serial number in the box below for use in all correspondence regarding this product.

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FULL 90 DAY WARRANTY ON PARTS

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 of any defective part, when this rower is used in a normal manner.

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

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE ROWER 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. 698/731A, SEARS TOWER, CHICAGO, IL 60684