

SEARS

MODEL 831.286572

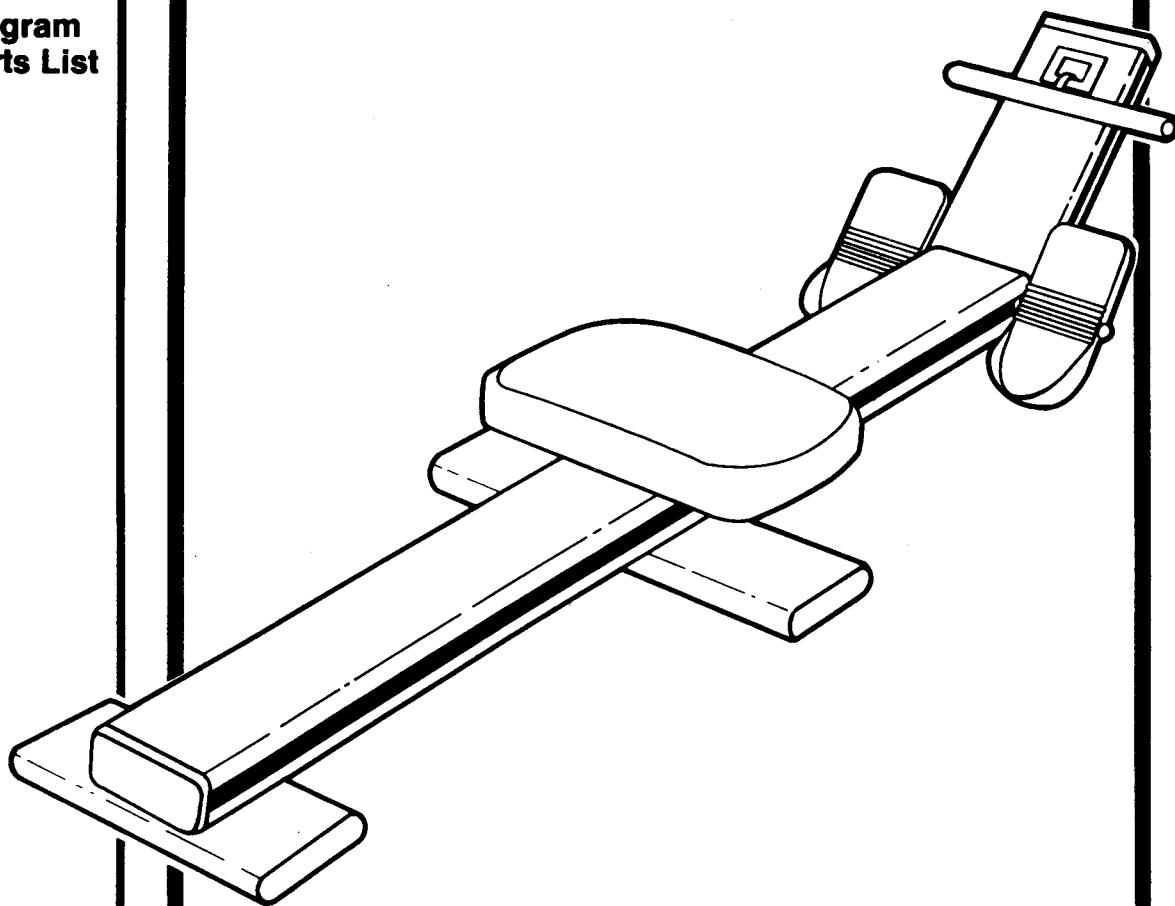
- Assembly
- Adjustment
- Operation
- Training Program
- Reorder/Parts List
- Warranty



Lifestyler

2300

I B·E·A·M R·O·W·E·R



Owner's Manual and Fitness Program

Owner's Manual and Fitness Program

BEFORE YOU BEGIN

For maximum enjoyment and benefit, become familiar with the operation of your Rower before initial use. If you have additional questions regarding assembly, parts, operation or your 90 day warranty, please call our

Customer Service Line toll-free at

1-800-824-3109

(In Canada, 1-800-824-8949)

During regular business hours, Mon.-Fri., 8 a.m. – 5 p.m. Mountain Standard Time.

INTRODUCTION

Congratulations on your purchase of a Lifestyler 2300 rower.

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

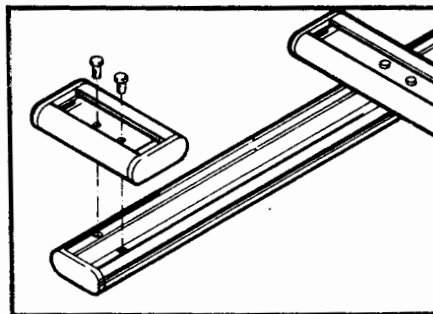
The Lifestyler 2300 rower provides you with the benefits of this healthful exercise in the convenience and privacy of your home.

This manual is designed to familiarize you with the operation of the 2300 rower and to help you get started with your exercise program. Please read all instructions before initial use.

ASSEMBLY

For your convenience your rower is delivered fully assembled except for two Stabilizer Bars. The Bars can be attached using the four Stabilizer Screws provided and a phillips - head screwdriver.

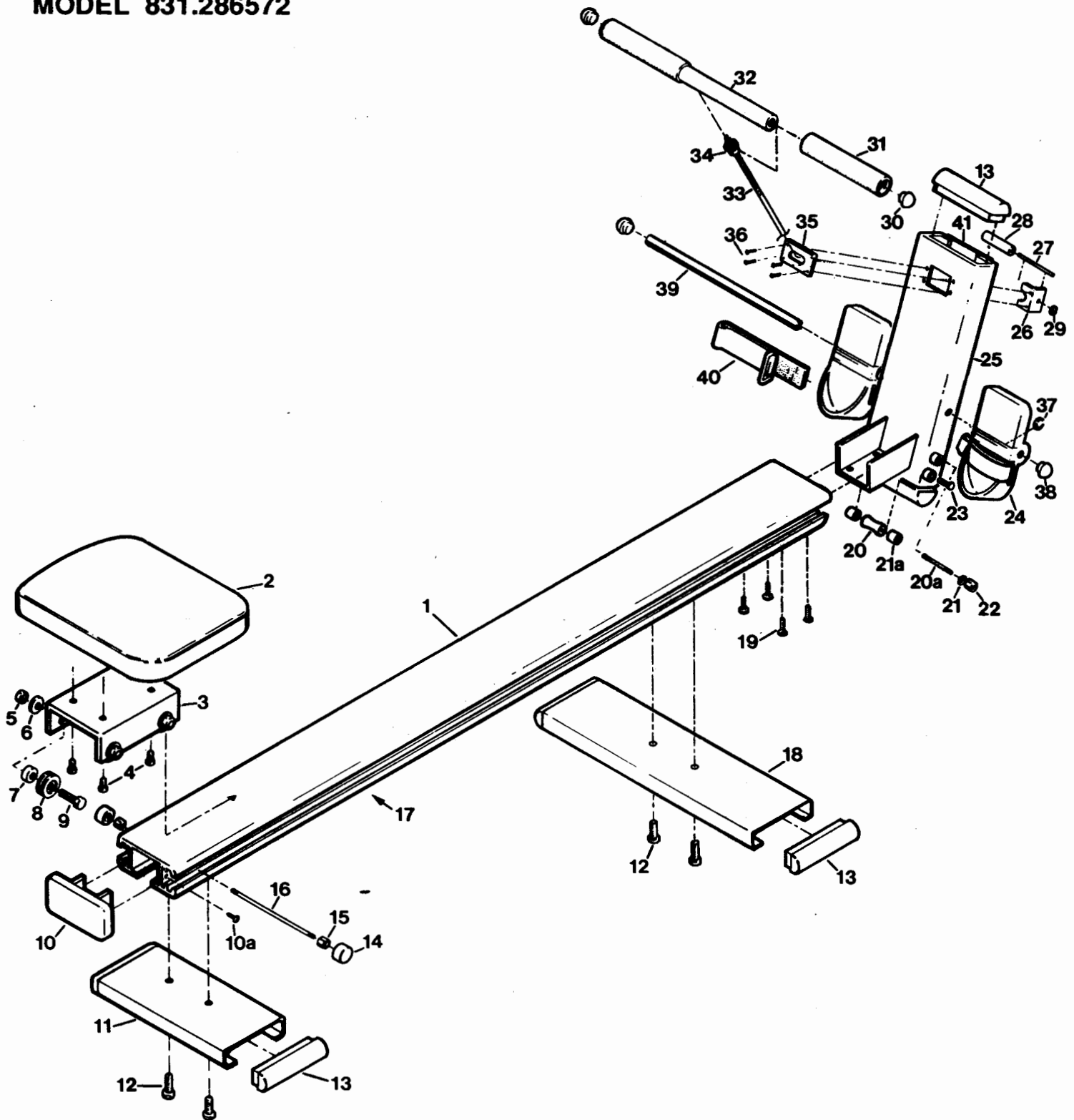
Turn the rower over and attach the Rear Stabilizer Bar (11) to the rear of the Rowing Rail (1) with two Stabilizer Screws (12). Attach the Front Stabilizer Bar (18) to the middle of the Rowing Rail with two Stabilizer Screws (12). Turn the rower upright and make sure that all bolts and screws are tightened securely.



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 Lifestyler 2300 Rower.

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Replacement Parts may be ordered from any Sears store, or call Customer Service toll-free at 800-824-3109 (in Canada, 800-824-8949) during regular business hours: 8 a.m.-5 p.m. Mountain Standard Time. Open Monday-Friday.

PARTS LIST

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No.	Description	Qty	Reorder No.	No.	Description	Qty	Reorder No.
1	Rowing Rail	1	006074	21	Washer	1	014065
2	Seat	1	012014	21a	Roller Spacer	1	019141
3	Seat Bracket	1	008119	22	Acorn Nut	2	012071
4	Seat Screw	4	013072	23	Stopper Screw	2	059008
5	Nut	4	012065	24	Footrest	2	039004
6	Washer	4	014001	25	Head Piece	1	006075
7	Spacer	4	019062	26	Roller Bracket	1	008108
8	Roller Wheel	4	022031	27	Top Roller Axle	1	049045
9	Wheel Bolt	4	013306	28	Top Roller	1	022025
10	Rail End Cap	1	040025	29	C-Clip (Roller)	2	054009
10a	Endpiece Screw	2	013255	30	Handle Cap	2	040078
11	Rear Stabilizer Bar	1	006077	31	Foam Handgrip	2	041020
12	Stabilizer Screw	4	013324	32	Rowing Handle	1	001022
13	End Cap	6	040064	33	Rowing Rope	1	026017
14	Rubber Seatstop	2	059009	34	Plastic Grommet	1	016041
15	Nut	2	012065	35	Exit Plate	1	037001
16	Seatstop Axle	1	049045	36	Plate Screws	4	013241
17	Resistance Mechanism	1	(In Rowing Rail)	37	C-Clip	2	054007
18	Front Stabilizer Bar	1	006076	38	Footshaft End Cap	2	040078
19	Head Piece Screws	4	013324	39	Footshaft	1	049044
20	Bottom Roller	1	022024	40	Velcro Strap	2	035017
20a	Roller Axle	1	043059	41	Headpiece Backing	1	040092

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 Lifestyler is used in a normal manner.

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

WARRANTY SERVICE IS AVAILABLE BY SIMPLY RETURNING THE LIFESTYLER 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.

ROWER CONDITIONING

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 Lifestyler 2300 Rower.

TRAINING PROGRAM

A. Intensity (Target Heart Rate)

To maximize health benefits from using the Lifestyler 2300 Rower, your level of exertion must exceed mild demands while falling short of fatigue or breathlessness. This level of exercise will be achieved if you reach what is referred to as a "Target Heart Rate" during your workout.

Your target heart rate falls between 70% and 85% of the highest heart rate that you can achieve during exercise. You can estimate your target heart range by following this simple formula.

$$\frac{220 \text{ (average maximal heart rate for a child)} - \text{YOUR AGE}}$$

$$= \text{YOUR MAXIMUM HEART RATE}$$

Maximum Heart Rate multiplied by .70 = Low end of Target Heart Range.

Maximum Heart Rate multiplied by .85 = High end of Target Heart Range.

For example, if you were 30 years old you would use this formula:

$$\begin{array}{r} 220 \\ - 30 \\ \hline 190 \end{array}$$

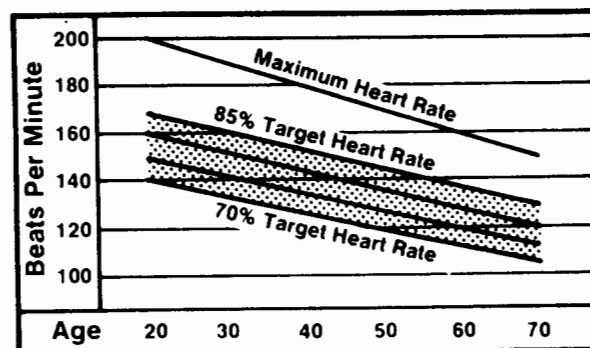
$$190 \times .70 = 133 \text{ (Low end of Target Heart Range)}$$

$$190 \times .85 = 161.5 \text{ (High end of Target Heart Range)}$$

Target Heart Range for a 30 year old is 133-162.

For your first time using the Lifestyler 2300 Rower you should work towards obtaining a 70% target heart rate. As time goes by you should work on increasing your heart rate, at a pace of about 5% every 4 weeks, until you reach 85%. As your body adapts to the workout, more and more workload will be required to reach your target heart rate. This can be easily accomplished by increasing your speed, or tension. A need for increased workload is a definite indicator of improved physical condition.

Below is a quick reference chart to help estimate your beats/minute target rate.



B. Duration/Frequency.

To maximize benefits gained from the use of the Lifestyler 2300 Rower you should exercise at your prescribed heart rate for at least 20 minutes 3 times a week. Alternating a day of rest between workouts is advised.

C. Exercise Pattern.

Your exercise pattern should consist of a basic 5 step pattern.

At rest
Warm up
Target Heart Range Exercise
Cool-Down
At Rest

1. Warm up and cool down are important steps in the prevention of injuries and should not be taken lightly. Warm up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. Warm up can be achieved through stretching exercises and light calisthenics for a period of 5-10 minutes prior to use of the Rower. Then start your training with several minutes of a lighter pace prior to heart rate training.

2. Target Heart Rate, as discussed earlier in this section, is a fundamental concept in exercise efficiency and benefit. You should work out on your Rower at a speed and tension that causes your heart rate to fall within your target heart range. You need to maintain this level for a period of 20-30 minutes to maximize the benefits.

3. Cool down is essential to preventing injuries. Stopping abruptly after vigorous exercise is likely to cause blood pooling in the extremities, a condition that causes the heart to work harder and increases the potential for muscle soreness. Again, cool down can be achieved through stretching or simply exercise at a slower pace.

SETTING THE PACE

To determine the pace required for you to reach your target heart rate, simply follow these steps:

- A. Adjust tension to a comfortable resistance level.
- B. After rowing for a period of approximately 4 minutes, take your pulse while continuing to row.
- C. If you have not reached your target heart rate, further adjustment of the tension is required to increase pressure level – intensity.
- D. Remain rowing for another 2 minutes and again check pulse.
- E. Repeat steps C-D until target heart rate is achieved.

STRETCHING

WARM UP

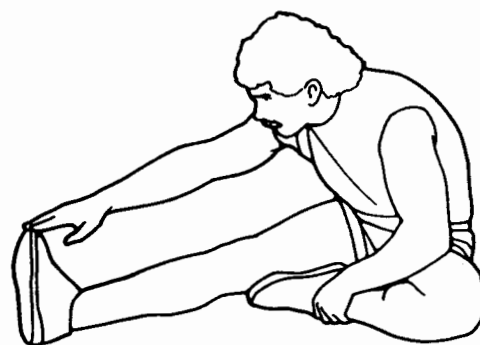
Before beginning use of the Rower, a stretching routine is recommended. The following stretching routine provides a good warm up.

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

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. Hold for 15 counts, then relax. Repeat.

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. Hold for 15 counts. Repeat.

Stretches: Inner thigh muscles.

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 and hold for 15 counts. Repeat.

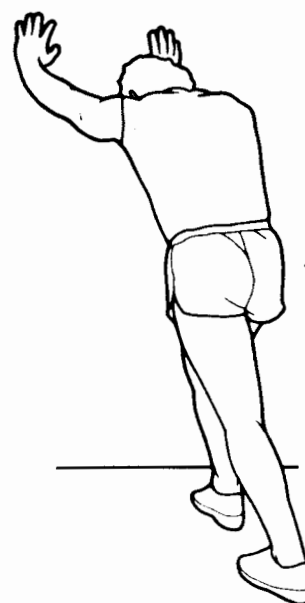
Stretches: Hamstrings, Back of Knees, Back.



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. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip muscles.



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.

COOL DOWN

These stretching exercises may also be used to "cool down" after your workout program. This will help prevent muscle stiffness the next day.

EXERCISE ROUTINE

ROWING FORM

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

Proper rowing form consists of 3 distinct parts: A. **the catch** B. **the drive** and C. **the finish**.

To Begin.

1. Sit on the rower seat facing the front.
2. Strap feet into foot rests.
3. Grasp the rowing handle with an overhand grip.
4. Follow the procedure outlined below, breathing normally throughout.

A. The Catch is a fully compressed position. Your legs and body should be in a tuck position. Your knees should be fully bent, with your upper legs just off the chest. Arms are straight and shoulders relaxed.



B. The Drive is initiated by the legs and back together. As the legs push backwards, so does your upper body. Both body and leg movements should work together. Be sure to keep your back straight as you lean back from the hip. Halfway through the drive pull the rowing handle towards your stomach. Try to keep your elbows in an outward position.



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 in a nearly fully extended position and the upper body leaning slightly back.



After the finish, extend your arms forward. Slide your body forward as if following the hands back to the catch. Then repeat the sequence.

EXERCISE VARIATIONS

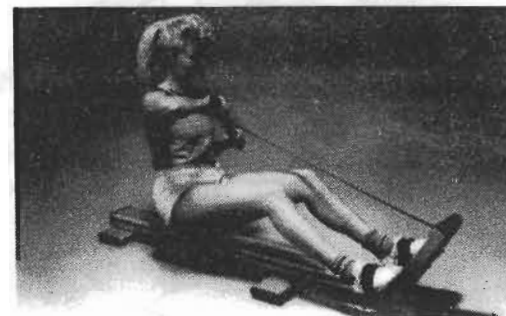
For a variation to your rowing routine, you may wish to incorporate the following exercises into your schedule:

- Side to Side Sculling Action Exercise
- Sit-Ups
- Curls
- Upright Row
- Bent-Over Row

You may also create exercises to fit your individual exercise program. In doing so, use caution in order to prevent injuries.

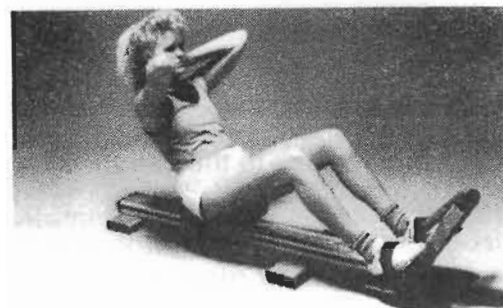
Exercise: Sculling

- A. Use the same action as in rowing.
 - B. Except, in the drive position, alternately pull the rowing handle to the right and left side.
 - C. Return to the starting, "catch" phase.
- Develops: Backs of the arms, lateral muscles, abdominal muscles.**



Exercise: Sit-ups

- A. Sit on the Rowing Seat with your knees slightly bent. Strap your feet into the foot rests.
 - 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.**





Exercise: Curls

- A. Stand or kneel (you may want to cushion your knees) on the front stabilizer bar.
- B. Hold the rowing handle with an underhand grip.
- C. While exhaling, curl your arms to your chest keeping your elbows at your waist. Then raise your elbows until your hands reach your chin.
- D. Inhale and return your hands to the starting position.

Variations: Standing or kneeling, one or two arm curl.

Develops: Biceps, upper back.



Exercise: Upright Rowing

- A. Stand on the front stabilizer bar.
- B. Use an overhand grip to hold the rowing handle.
- C. Keep your back straight. With your elbows out, exhale and pull your arms up to your chin.
- D. Inhale as you lower your arms to the starting position.

Develops: Upper back, front and middle of shoulders, biceps, forearms.



Exercise: Bent-Over Rowing

- A. Stand on the front stabilizer bar.
- B. Bend over and keep your back flat. Hold the rowing handle with an overhand grip.
- C. Exhale as you pull your arms up to your chest.
- D. Inhale as you lower your arms to the starting position.

Develops: Mid and lower back, rear part of shoulders, biceps, forearms.