

SEARS

Lifestyler

Multifunction Gyms

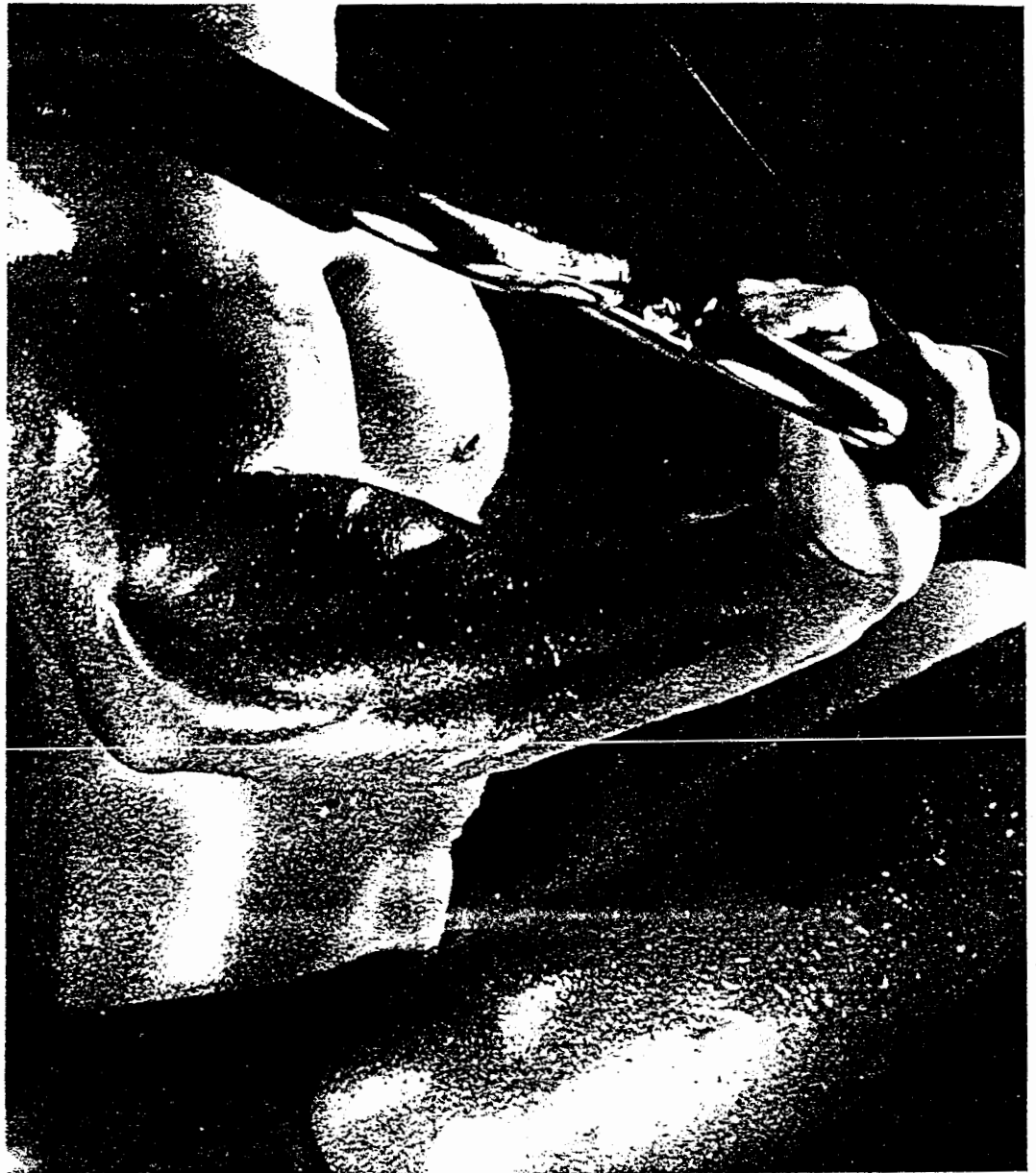
Lifestyler 300
Model No. 28667

Lifestyler 1000
Model No. 28680

Lifestyler 2000
Model No. 28686

- Operation
- Adjustment
- Exercise Guide
- Training Program
- Storage
- Reorder/Parts List
- Warranty
- Anatomical Chart

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Owners Manual and Fitness Program

Source 831



WARNING:

Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 years or persons with pre-existing health problems. Read all instructions and safety precautions before using. We assume NO responsibility for personal injury or property damage sustained by or through the use of the Lifestyler Multifunction Gyms.

SEARS *Lifestyler*

300
1000
2000

Multifunction Gyms

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Please note that we advise anyone to first consult a physician before beginning this or any other physical fitness program.

INTRODUCTION

The Lifestyler line is a very unique and versatile line of exercise apparatus which enables you to do a variety of exercises that were once only possible on much larger and more expensive equipment. Now you can, in the comfort of your own home, perform those exercises necessary to reach and maintain a very high level of physical fitness. The Lifestylers use hydraulic cylinders to offer you the ultimate in progressive resistance exercising. If you use your Lifestyler on a regular basis, you will be able to slim down and tune up your body to almost any level of desired fitness.

This manual has been designed to accompany the Lifestyler 300, 1000, and 2000. Through the use of detailed instructions, as well as photographs depicting proper form in the beginning, mid point, and final phase of the exercise, this manual will take you through a total workout.

Part I of this manual covers exercises you can do with the Lifestyler 300, 1000, and 2000.

Part II covers exercises that you can perform only with the Lifestyler 1000 and 2000.

Part III covers exercises that are exclusive to WESLO's Lifestyler 2000.

TERMINOLOGY

In order to understand the instructions in this booklet, it is important to be familiar with certain key terminology.

Exercise: Each individual movement performed, such as a bench press or curl. Exercise and movement are used interchangeably.

Repetition (Rep): Each complete cycle of an exercise.

Set: A distinct group of repetitions, usually in the range of 6-12 followed by a rest interval of 60-70 seconds.

Routine: The entire grouping of exercises, sets, and reps done in one training session or workout. Often called a training schedule.

The number of repetitions and sets needed will vary for each person, but as a general rule, maximum benefit can be reached with 1-3 sets consisting of 10-15 reps per exercise.

HEALTH AND EXERCISE TIPS

Should you get a physical examination? Any user of this equipment should undergo a comprehensive physical examination prior to commencing a body building or exercise program. Your physician will be able to detect any health problems which might effect your exercise program.

How should you progress in your exercise program? You can progress in your program by increasing the intensity of your program. This can be done in three different ways:

1. Increase the resistance you select for a given number of reps.
2. Increase the number of reps you do with a set resistance in an exercise.
3. Decrease the rest intervals between sets of an exercise done with a consistent resistance and number of reps.

You should start with the lowest setting in each exercise or at the setting which is the most comfortable for you without straining. You can increase the resistance and increase the number of reps as you build. The key is to build up slowly.

How fast should you exercise? The speed with which you perform an exercise and the length of time you rest between sets are two important training tempo factors. You should do each exercise slowly so as to maximize its effectiveness on your muscles. You should do between two and three sets of ten reps per exercise and rest about 60 seconds between each set.

How often should you exercise? Muscles do not grow in size and strength as you train, but during one or two days of rest following a workout. So, if you try to work a muscle group every day, it is unable to recuperate and grow. You should plan your routine so that you work a muscle group one day and then let it rest one day. Two suggestions are to work the upper body one day and then the lower body the next day, or work out every other day. The key is to remember to let a certain muscle group rest a day after you exercise it. It is essential to maintain a regularly scheduled exercise routine in order to realize maximum fitness benefits.

When should you workout? As long as you can find a consistent time of day at which to exercise, it matters little what specific hour you choose. Choose a time which is most convenient for your own schedule.

What should you wear? There are two key points to remember when choosing what to wear for a workout.

1. Be sure the clothing is loose fitting or loose enough to allow free movement of your limbs over an exaggerated range of motion.
2. Your workout clothing must be warm enough to keep your body from cooling off during a workout and becoming susceptible to injury.

Is exercise form important? It is essential that you learn and maintain strict exercise form while exercising. Strict form involves moving over the full range of the exercise motion as is prescribed, plus moving only those parts of the body that should be moved in the exercise. The most common types of cheating during an exercise involve bending the back and jerking the knees to help push through the exercise. Since cheating robs your muscles of much of the resistance they should feel, you must always try and keep your exercise form. It might be a good idea to exercise in front of a mirror initially to see what your form looks like.

How should you breathe? A lot of people seem to worry about how to breathe during an exercise. Essentially, as long as you don't hold your breath during an exercise, you should not worry. If you feel that you need a rule to go by, then breathe out during the exertion phase of a movement and breathe in as you relax.

What about sleep and rest? Along with hard training and proper diet, it is very important to remember to let your body properly recuperate between workouts.

Should you break-into your exercise program? It is essential that you gradually break into any exercise program in order to avoid over-doing it. Begin with less resistance or less reps per exercise so that your body has a chance to become accustomed to the exercise. With any new exercise, you may experience some muscle soreness.

How should you warm up? It is essential that before you begin exercising, you remember to warm up for five to ten minutes before. This will help prevent injuries and make the workout more productive.

There are a variety of warm-up exercises and each person might warm-up differently. If you need some suggestions, you might try 5-10 minutes of jump rope or running in place, then four or five minutes of calisthenics and stretching exercises.

What are some basic safety rules? Use your common sense when exercising and follow a few common safety rules.

1. Warm up thoroughly before each workout.
2. Don't hold your breath while exercising.
3. Don't over-do, be patient and give your body a chance to build.
4. Eat a well balanced diet.
5. Get enough rest.

TRAINING PROGRAM

A. Intensity (Target Heart Rate)

To maximize your benefits from using the Sears Lifestyler, your level of exertion must exceed mild demands while falling short of fatigue or breathlessness. This level of exercise will be achieved if you reached what is referred to 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.

$$\begin{aligned} & 220 \text{ (average maximal heart rate for a child)} \\ & \text{ - YOUR AGE} \\ & \hline & = \text{YOUR MAXIMUM HEART RATE} \end{aligned}$$

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

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

Simply subtract your age from 220. Multiply that number by .70 (70%). That will give you the low end of your range in beats-per-minute. To get the high end of your range, subtract your age from 220 and multiply the result by .85 (85%).

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

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

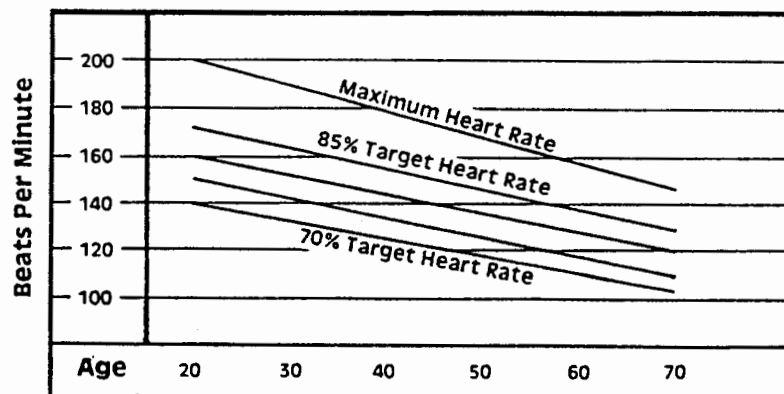
$190 \times .70 = 133$ (Low end of Target Heart Range)
 $190 \times .85 = 161.5$ (High end of Target Heart Range)

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

This level of exertion usually causes perspiration, increased breathing, and slight fatigue.

For the first time using your Lifestyler 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 and/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 your Lifestyler 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.

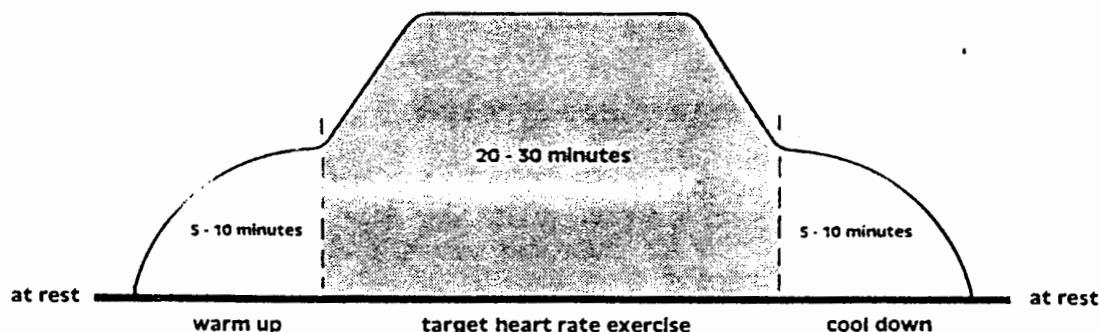
- At rest
- Warm up
- Target Heart Range Exercise
- Cool-Down
- At Rest

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 your Lifestyler. Then start your Lifestyler training with several minutes of slow exercise 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 pedal on your Lifestyler at a speed and tension that causes your heart rate to fall within your target heart rate. You need to maintain this level for a period of 20-30 minutes to maximize 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 cause the heart to work harder and increases the potential for muscle soreness. Again, cool down can be achieved through stretching or simply exercising at a slower pace.

Below is a quick reference chart of a basic exercise program.



SETTING THE PACE

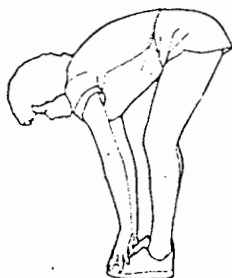
To determine the pace required for you to reach your target heart rate, simply follow these steps:

- 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. (See Training Program Section A Intensity) 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

Before beginning use of your Lifestyler, 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.



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.

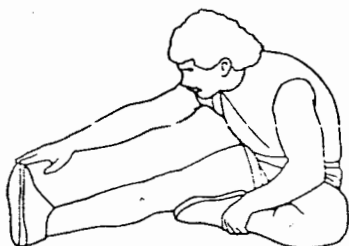
Stretches: Hamstrings, Back of Knees, Back.



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.



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.

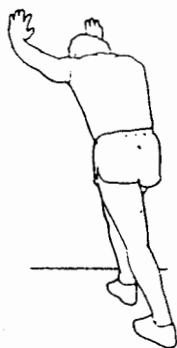
Stretches: Hamstrings, Lower back and Groin.



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull up on 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.

ADJUSTING YOUR *Lifestyler*

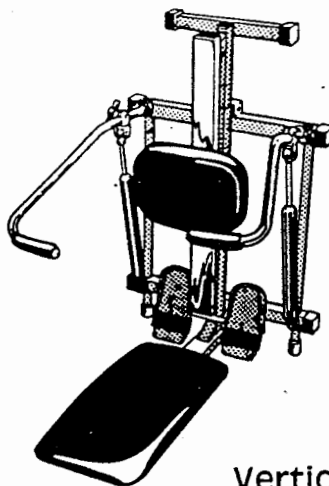
Tension:

Before beginning any exercise with your Lifestyler adjust the tension on the hydraulic shock by setting the silver clamp on the number on the rowing arms desired; (larger numbers being greater resistance) and tighten the clamp knob. To perform the basic exercises, you must place your Lifestyler in one of the three modes: Vertical, Rowing or Horizontal.

THE THREE POSITIONS

Vertical:

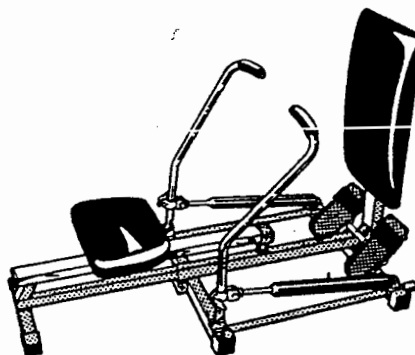
The majority of the Lifestyler exercises are done on this mode. The machine is simply set vertically, with the bench flat on the floor.



Vertical Position

Rowing:

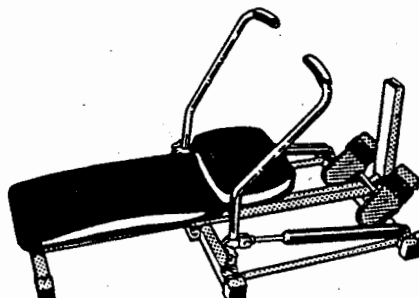
To set your Lifestyler in the rowing position, lay the machine on its back with the bench in the air. Remove the hitch pin from the end of the chrome rowing bar, then pull out the chrome rowing bar. Line up the hole in the chrome bar bracket and the hole in the rowing bar, then reinsert the hitch pin.



Rowing Position

Horizontal:

With the machine in the rowing mode, pull the bench straight off the bench post. Push the seat back toward the foot rests and slide the bench onto the chrome rowing bar.



Horizontal Position

WARNING!!!

If the hydraulic shocks get hot while in use, STOP exercising and allow them to cool down before continuing use.

PART I

Lifestyler 300

WARNING:

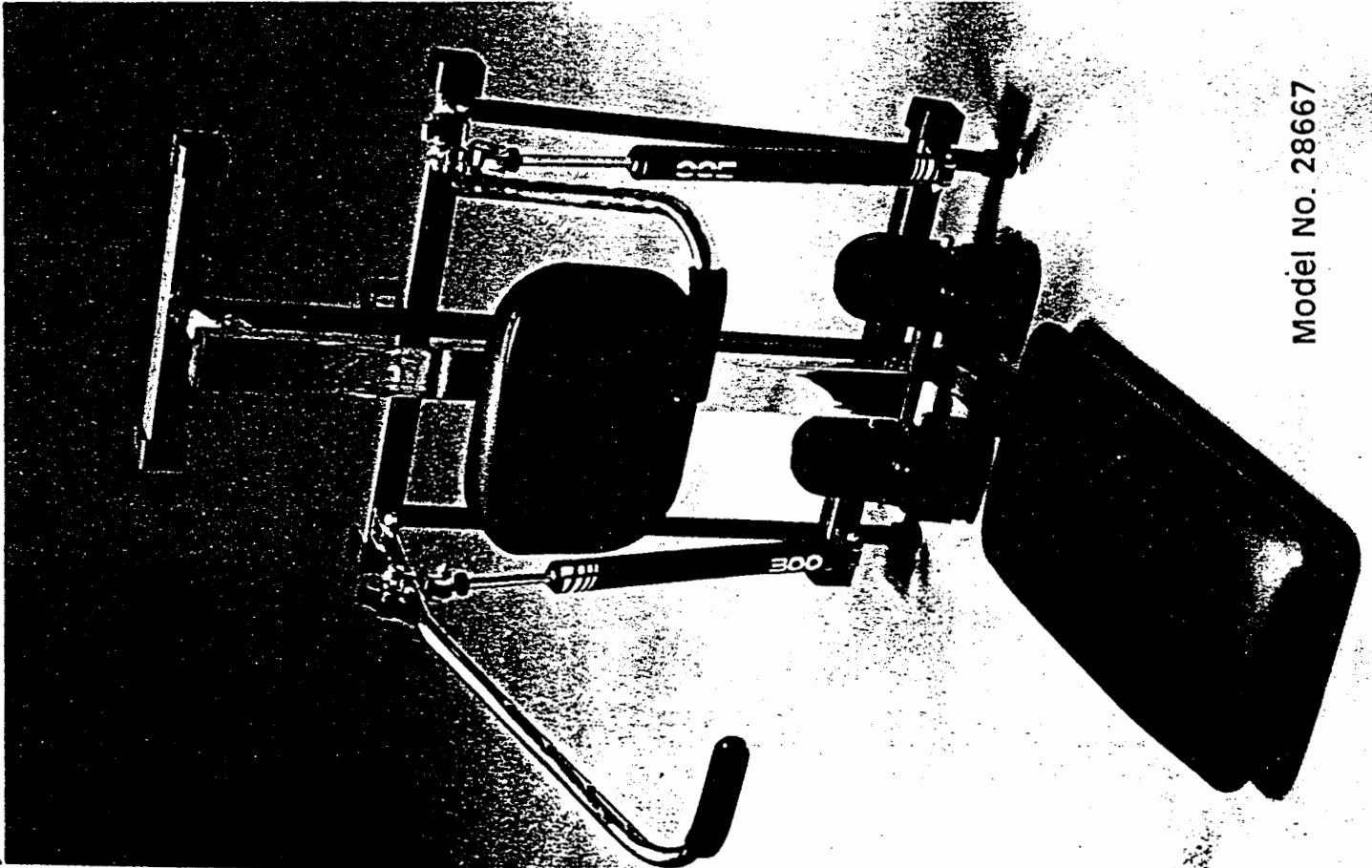
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The following exercises can be performed on the Lifestyler 300, 1000, and 2000.

1. a. Rowing
b. Alternating arm rowing
2. a. Pullovers
b. Alternating arm pullovers
3. Bent over rowing
4. Shrugs
5. Upright rowing
6. Bench press
7. a. Military press
b. Behind the neck press
8. Lateral raises
9. Rear deltoid raises
10. Front deltoid raises
11. Reverse arm raises
12. Bicep curl
13. Tricep extension
14. a. Squats
b. Hack Squats
15. Calf raises
16. Sit ups

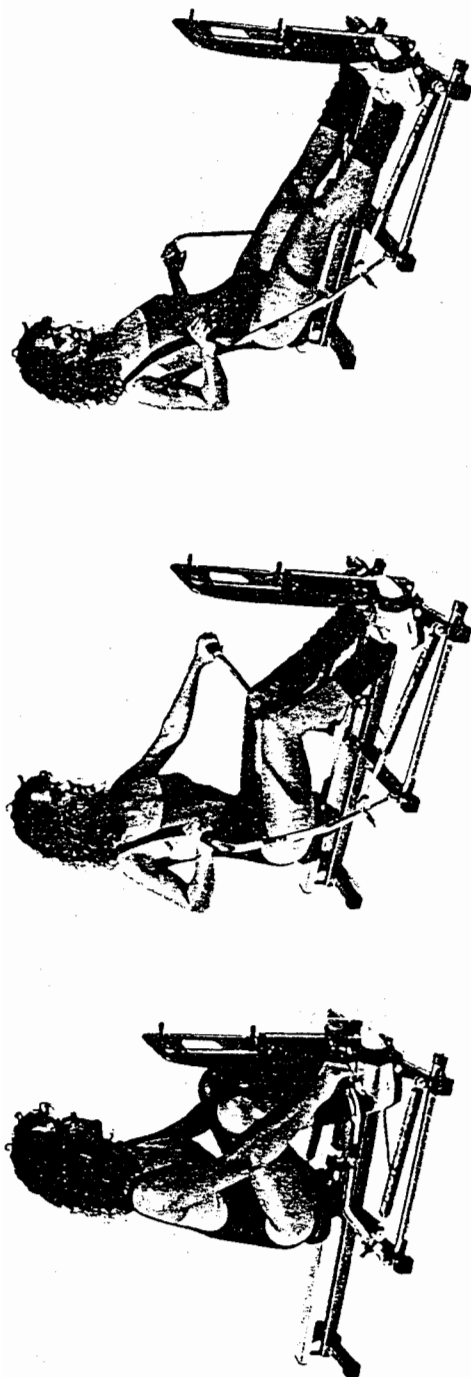
Model No. 28667

Due to individual health differences, Sears cannot guarantee exercise safety and effectiveness.



1. Exercise: Rowing (two hands and alternating hands)

Position of machine: Horizontal



- A. Sit on the seat, securing feet in foot pads.
- B. Grasp rowing arms with an overhand grip.
- C. Ride the seat forward as far as you can, inhale.
- D. Keeping your back straight, exhale while you pull with your arms and push with your legs until your legs are straight (but not locked) and arms are fully bent.
- E. Inhale while riding the seat back to starting position.

Note: You can increase your cardio-vascular (heart and lungs) work by performing this exercise with alternating arms.

Develops: Legs-back-shoulders-forearms.

2. Exercise: Pullover (two hand and alternating arms)

Position of machine: Horizontal



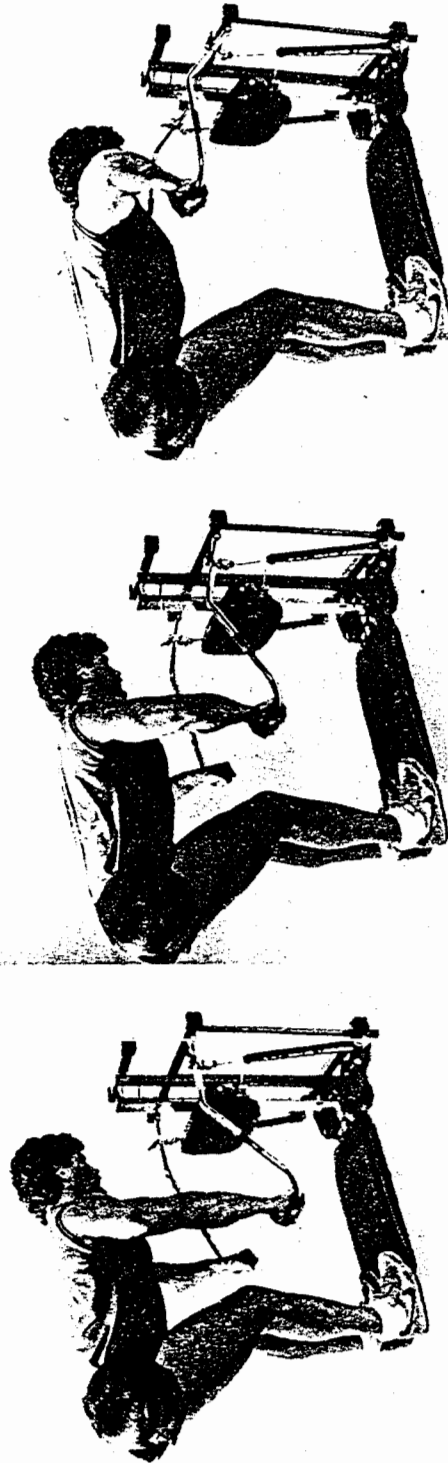
- A. Feet flat on the ground, knees bent, lie with your back flat on the backboard and head resting on rowing seat.
- B. Extend arms directly over head and grasp rowing arms.
- C. While exhaling, pull forward until hands are over chest.
- D. While inhaling, return to starting position.

Develops: Chest-shoulder muscles-under part of arm

Note: For variation, this exercise can be performed with alternating arms.

3. Exercise: Bent-over Rowing

Position of machine: Vertical



- A. Stand on the backboard facing the machine.
- B. While keeping a flat back, bend over and grasp the rowing arms in an overhand grip, inhale.
- C. With knees slightly bent, exhale as you pull arms toward chest until hands touch just below the chest.
- D. Inhale as you lower arms to starting position.

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

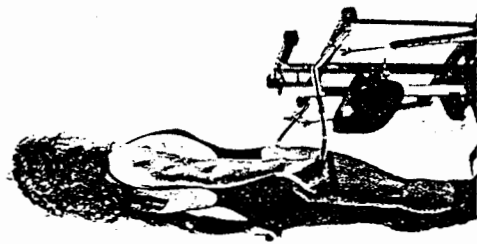
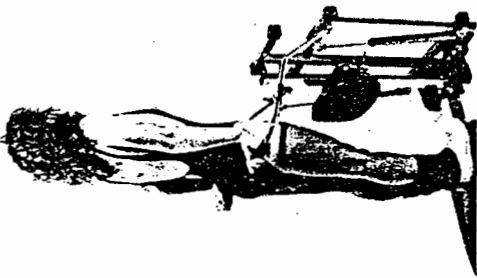
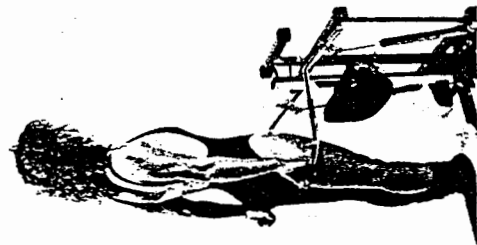
4. Exercise: Shrugs

Position of machine: Vertical

- Stand on the backboard facing the machine.
- Grasp rowing arms with an overhand grip.
- With knees slightly bent, inhale as you bring arms upward by shrugging your shoulders.
- Exhale as you lower your shoulders to starting position.

Note: Concentrate on keeping back straight and lifting handles by shrugging shoulders and contracting the upper back, not by pulling with your arms.

Develops: Upper back-shoulders-forearms

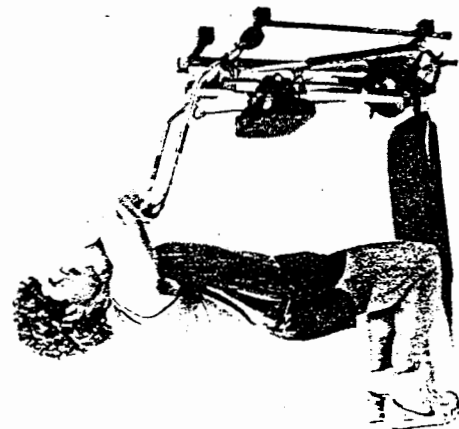
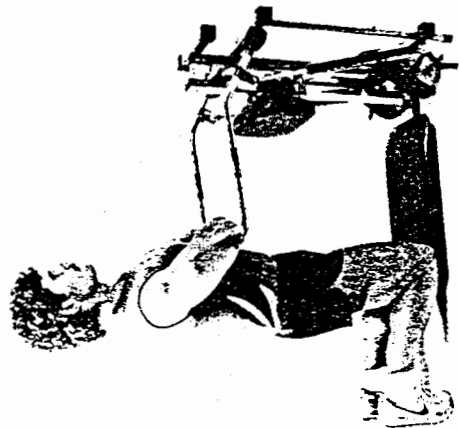
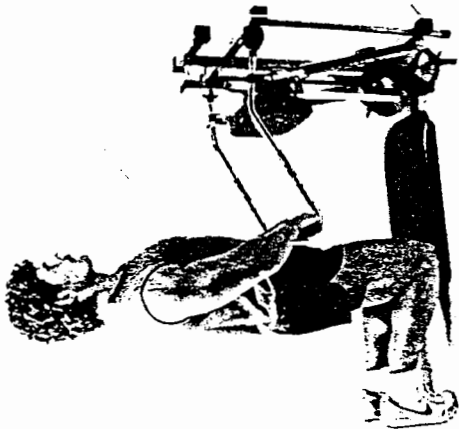


5. Exercise: Upright Rowing

Position of machine: Vertical

- Kneel on the backboard facing the machine.
- Grasp rowing arms with overhand grip.
- With back straight, exhale as you pull arms upward until arms are right under your chin.
- Inhale as you lower arms to starting position.

Develops: Upperback-front-middle part of shoulders-biceps-forearms



6. Exercise: Bench Press

Position of machine: Vertical

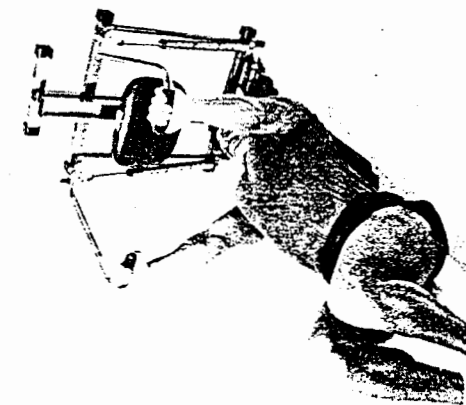
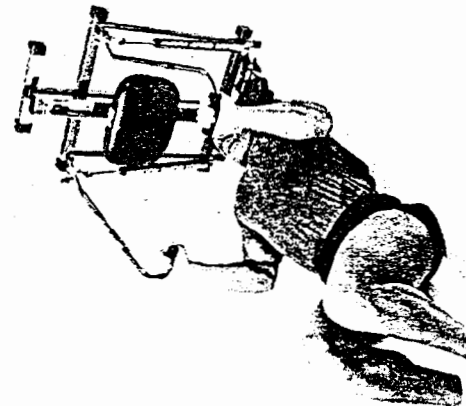
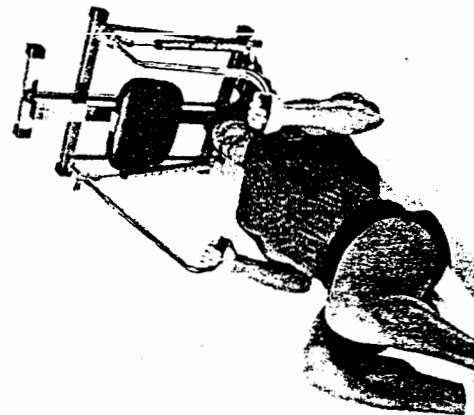
- Feet flat on the ground, knees bent, lie with your back flat on the backboard.
- Grasp rowing arms with an overhand grip.
- While exhaling, push the rowing arms upward.
- While inhaling, lower to starting position.

Note: For maximum benefit, concentrate on keeping back and shoulders flat on bench and contracting chest muscles during press.

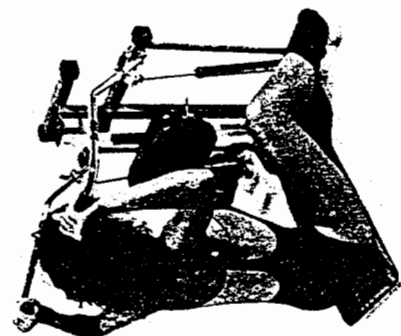
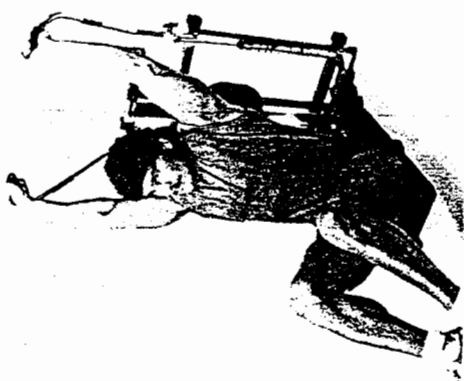
Develops: Chest-front part of shoulders and triceps

CAUTION: WHEN USING THE LIFESTYLER 2000

Be sure you have a firm grip on the rowing arms to assure that your hands do not slip. The hydraulic shocks are spring loaded and could snap back and hit you!



7. Exercise: Front Military Press/Behind the neck press
Position of machine: Vertical



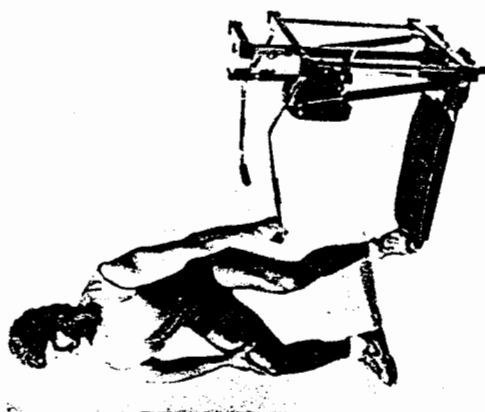
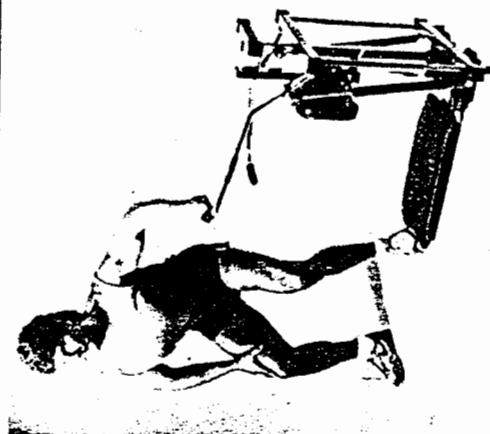
- Sit on backboard facing away from the machine with back straight, knees bent.
- Grasp the rowing arms with an overhand grip.
- While exhaling, push the rowing arms upward.
- While inhaling, lower arms to starting position.

Note: While pressing, concentrate on keeping back straight to avoid lower back pain. To put more emphasis to the rear part of shoulders, perform the exercise facing toward the machine, with elbows pointing out.

Develops: Front and middle part of shoulders - upper chest and upper back

8. Exercise: Lateral Raises

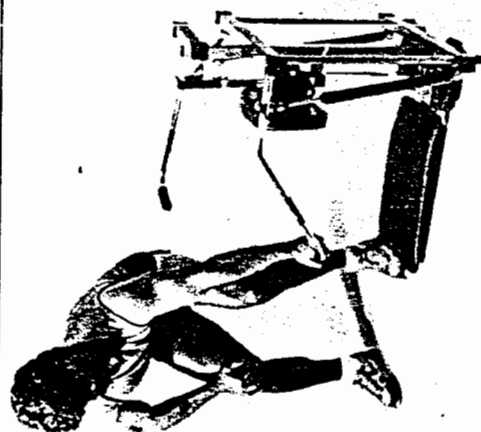
Position of machine: Vertical



- Stand approximately arms length from rowing arm, with shoulders perpendicular to machine, placing the heel of inside foot on backboard.
- Grasp rowing arm, keeping back straight and knees slightly bent.
- While inhaling, raise arm upward until it reaches shoulder height.
- While exhaling, lower to starting position.

Develops: Middle part of shoulder - upper back

9. Exercise: Rear Deltoid Raises
Position of machine: Vertical

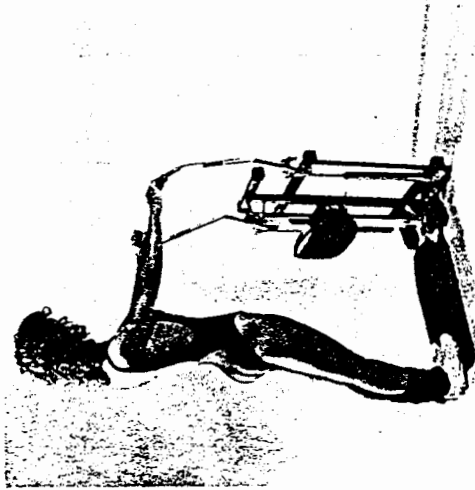
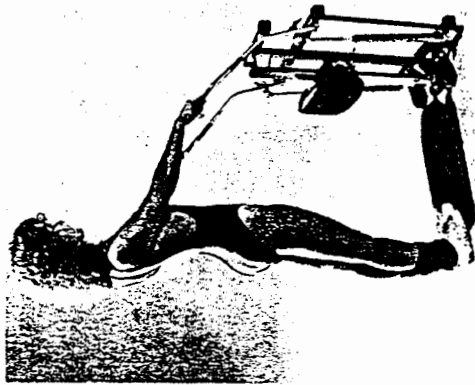
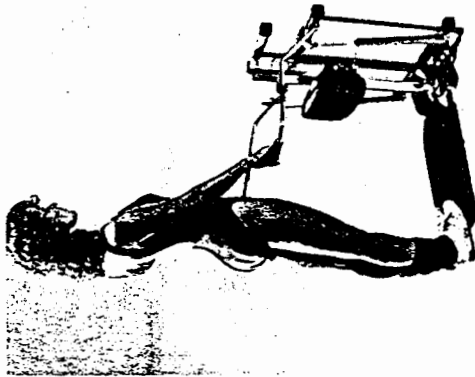


- Position yourself as when performing lateral raises.
- Bending at the waist, keeping a flat back, grasp rowing arm.
- While inhaling, raise arm upward until reaches shoulder height.
- While exhaling, lower to starting position.

Note: To maximize benefit, concentrate on lifting by contracting rear part of shoulder rather than just lifting with arm.

Develops: Rear part of shoulder - upper back.

10. Exercise: Front Deltoid Raises
Position of machine: Vertical

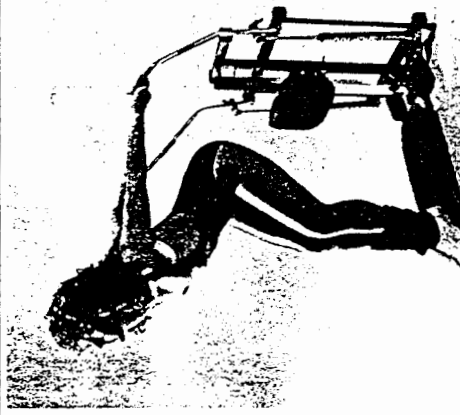
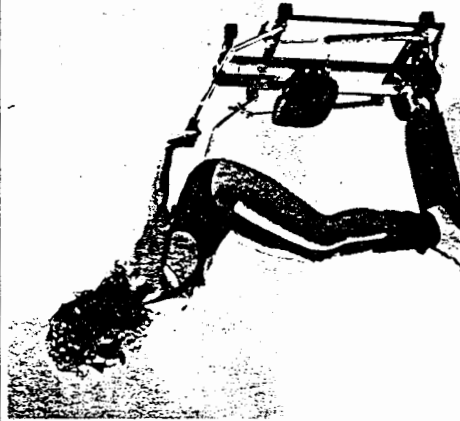
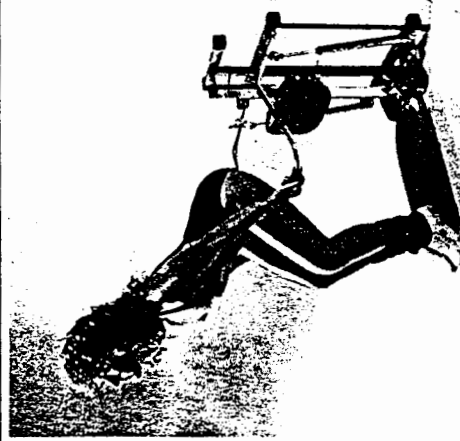


- A. Stand erect with feet on end of backboard, facing the machine.
- B. Grasp rowing arms, keeping back and arms straight.
- C. While inhaling, raise arms upward until they are shoulder height.
- D. While exhaling, lower arms to starting position.

Note: To maximize benefit keep back straight and shoulders pulled back while performing exercise.

Develops: Front of shoulders and upper back.

11. Exercise: Reverse Arm Raises
Position of machine: Vertical

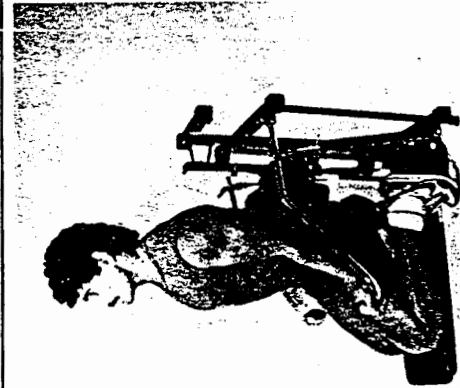


- A. Stand on backboard facing away from machine.
- B. With knees bent, grasp rowing arms.
- C. Keeping arms straight, exhale as you push arms up and back as far as possible.
- D. Inhale as you lower back to starting position.

Note: Though standing at 45° concentrate on keeping back straight (without an arch).

Develops: rear part of shoulders - triceps.

12. Exercise: Bicep Curl
Position of machine: Vertical



- A. Kneel on backboard, facing away from the machine, with back resting against seat.
- B. Grasp rowing arms with an underhand grip.
- C. While exhaling, curl arms, keeping elbows at waist until hands reach chest height, then raise elbows up and continue to curl until hands reach chin.
- D. Inhale and return to starting position.

Note: To maximize benefit and minimize chances of lower back injury, concentrate on keeping back straight and arms as close to body as possible.

Develops: Biceps - upper back.

PART II

Lifestyler 1000 **with Butterfly Extension Arms**

The Lifestyler Butterfly Extension Arm addition provides a whole new dimension in the number of exercises you can perform on your Lifestyler. All of these extra exercises can be performed with relatively no further set-up time or difficulty in converting your Lifestyler to the Butterfly Arm mode.

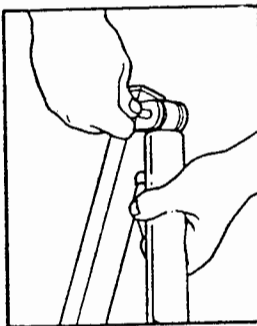
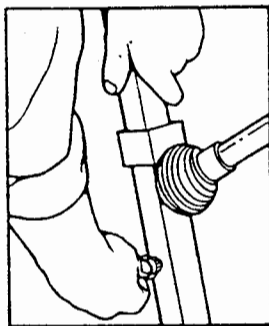
SETTING UP:

In the vertical position, attach the extension arms by inserting them into the frame as shown. Secure them to the frame with the short hitch pins.

Pull the hitch pins from the bottom of the shocks then swing the shocks up to the ends of the arms.

Replace the hitch pin with the shock's end in the bracket on the extension arm. Bolt the oar return handles to the rowing arms.

You can now perform the additional exercises outlined in this manual.



The following exercises can be performed with the Lifestyler 1000 and 2000:

1. a. Bench press (wide grip)
b. Bench press (close grip)
2. Dual lateral raises
3. Leg curls
4. Wide stroke rowing

With the use of the butterfly attachment:

5. Horizontal butterflies
6. Incline butterflies
7. Decline butterflies
8. Reverse arm crossovers
9. Inner thigh flexors

Model No. 28680

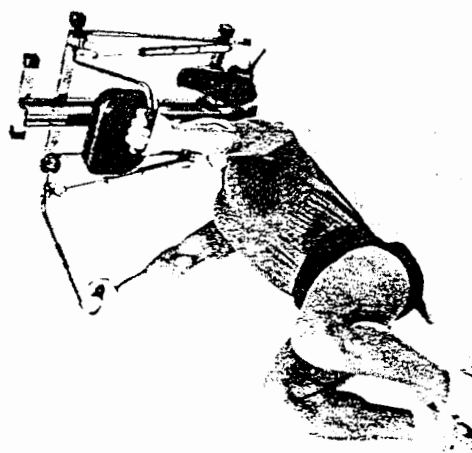
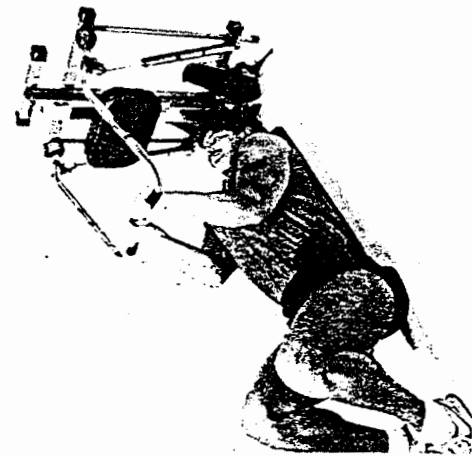
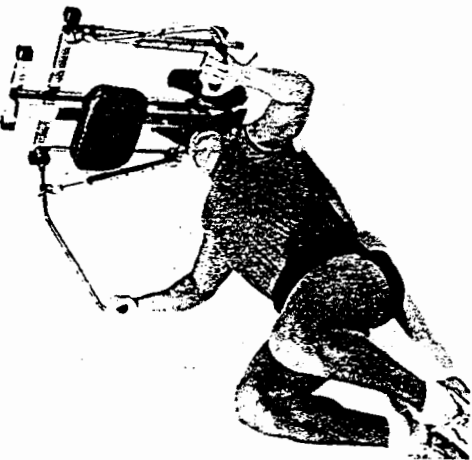
1. Exercise: Wide/Close Grip Bench Press

Position of machine: Vertical

- Feet flat on the ground, knees bent, lie with your back flat on the backboard.
 - Grasp rowing arms with an overhand grip. Inhale.
- For emphasis to outer area of chest extend rowing arms outward to perform a wide grip press.
 - For emphasis to inner area of chest hold rowing arms approximately 6 inches apart to perform a close grip press.

- While exhaling press the rowing arms upward.
- While inhaling, lower to starting position.

Develops: Chest - shoulders - triceps



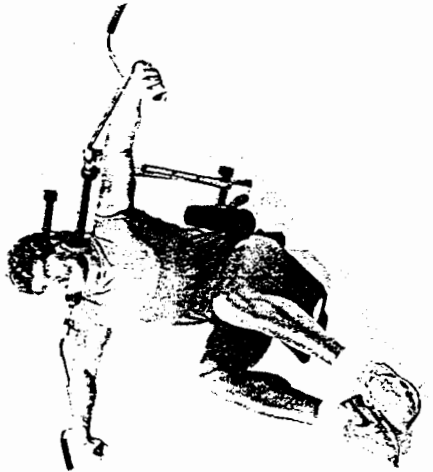
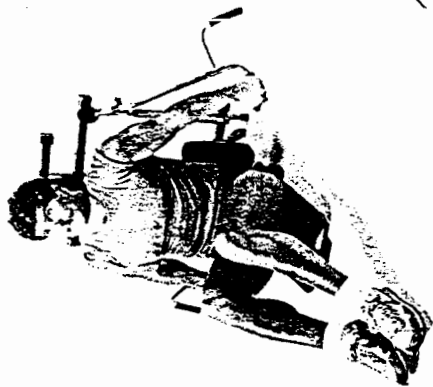
2. Exercise: Dual Lateral Raises

Position of machine: Vertical

- Sit on bench, facing away from machine.
- Grasp rowing arms with an overhand grip. Inhale.
- Exhale as you raise arms upward to shoulder height.
- Inhale as you lower to starting position.

Note: For maximum benefit concentrate on raising rowing arms by contracting shoulder muscles rather than just pulling up with arms.

Develops: Middle part of shoulders - upper back.



3. Exercise: Leg Curls

Position of machine: Horizontal

- Slide seat all the way forward and attach backboard to center bar.
- With machine arms all the way forward, stand near foot pedals, facing away from machine and tie ankles to the rowing arms.
- Lie face down on the backboard supporting yourself by your elbows on the floor. Inhale.
- Exhale while pulling handles towards your buttocks by bending your knees.
- While inhaling, straighten legs back out.

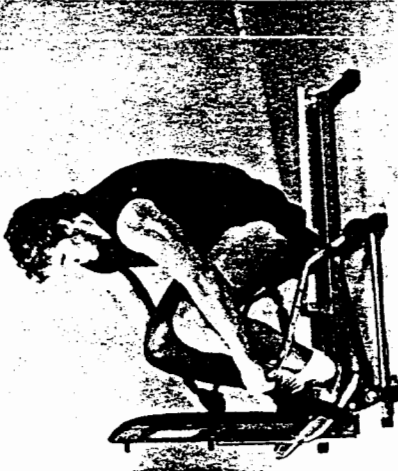
Develops: Back and front of legs - buttocks - lower back.



4. Exercise: Wide-Stroke Rowing.
Position of machine: Rowing

- Sit on the seat, securing feet in foot pads
- Grasp rowing arms with an overhand grip
- Ride the seat forward as far as you can, inhale
- Keeping your back straight, exhale while you pull with your arms and push with your legs until your legs are straight (but not locked) and arms are fully bent
- Inhale and swing arms wide as you ride the seat back to the starting position.

Develops: Legs - back - shoulders - forearms - chest - deltoids

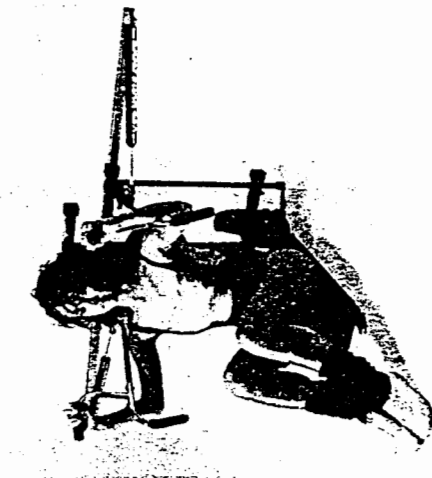
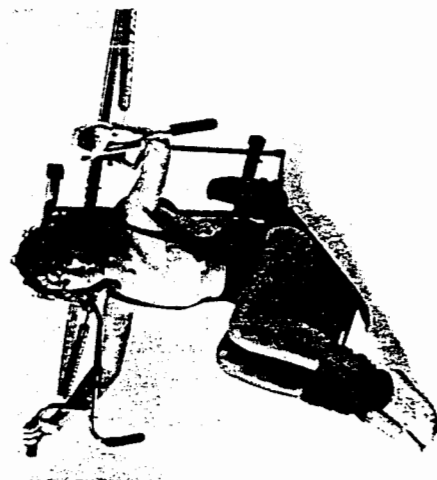


5. Exercise: Horizontal Butterfly
Position of machine: Vertical

- Sit on bench, facing away from the machine.
- Place arms behind rowing arms and grasp L-oar return handles.
- Inhale and pull back L-oar return handles so arms are extended in starting position.
- Exhale while bringing the rowing arms together in front of your face by applying pressure from your arms, near the elbow.
- Inhale as you pull back rowing arms to starting position.

Note: To maximize the benefit from all three butterfly exercises, concentrate on keeping the arms fixed in a slightly curved position, and bringing the arms together through contracting the chest muscles.

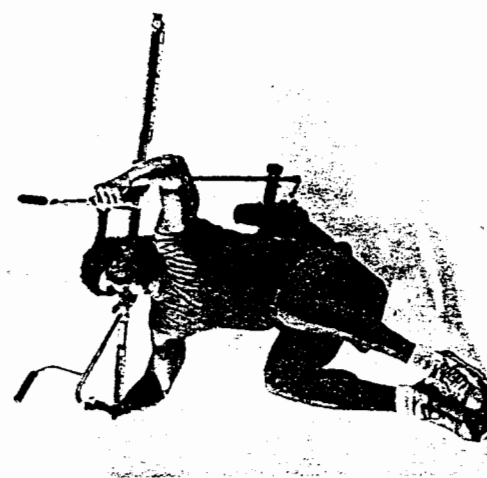
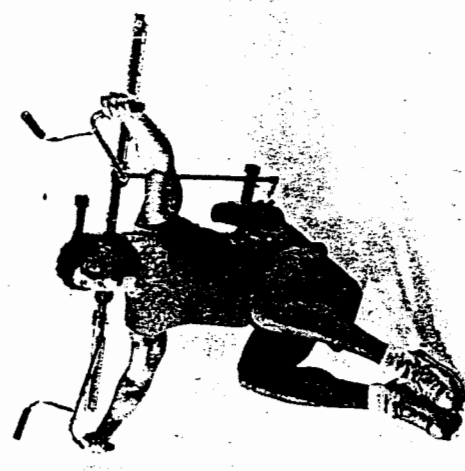
Develops: Mid area of chest and middle part of shoulders.



6. Exercise: Incline Butterfly
Position of machine: Vertical

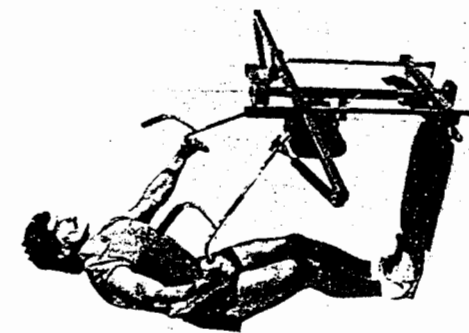
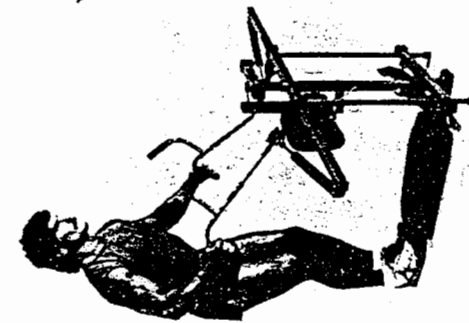
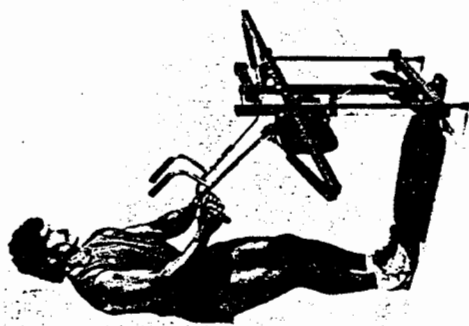
- Sit on bench facing away from machine.
- Grasp rowing arms and hold them in front of and above your face.
- Inhale and extend arms back into starting position.
- Exhale while you bring arms together slightly above head.

Develops: Upper area of chest - front part of shoulders



7. Exercise: Decline Butterfly

Position of machine: Vertical



- A. Stand on bench facing toward machine.
- B. With knees slightly bent, and leaning slightly forward, grasp rowing arms.
- C. Inhale and extend arms back into starting position.
- D. Exhale while you bring arms together at about waist level.
- E. Inhale and return to starting position.

Develops: Lower area of chest - middle part of shoulders

8. Exercise: Reverse Arm Crossover

Position of machine: Vertical

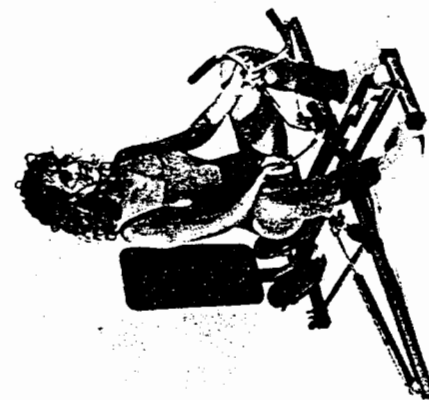


- A. Stand on the end of the bench facing away from the machine.
- B. With knees bent and keeping a flat back grasp the rowing arms from behind. Inhale.
- C. Keeping arms straight, exhale as you bring them together behind your back.
- D. Inhale and return to starting position.

Develops: Upper back - middle and rear part of shoulders - triceps.

9. Exercise: Inner Thigh Flexors

Position of machine: Horizontal

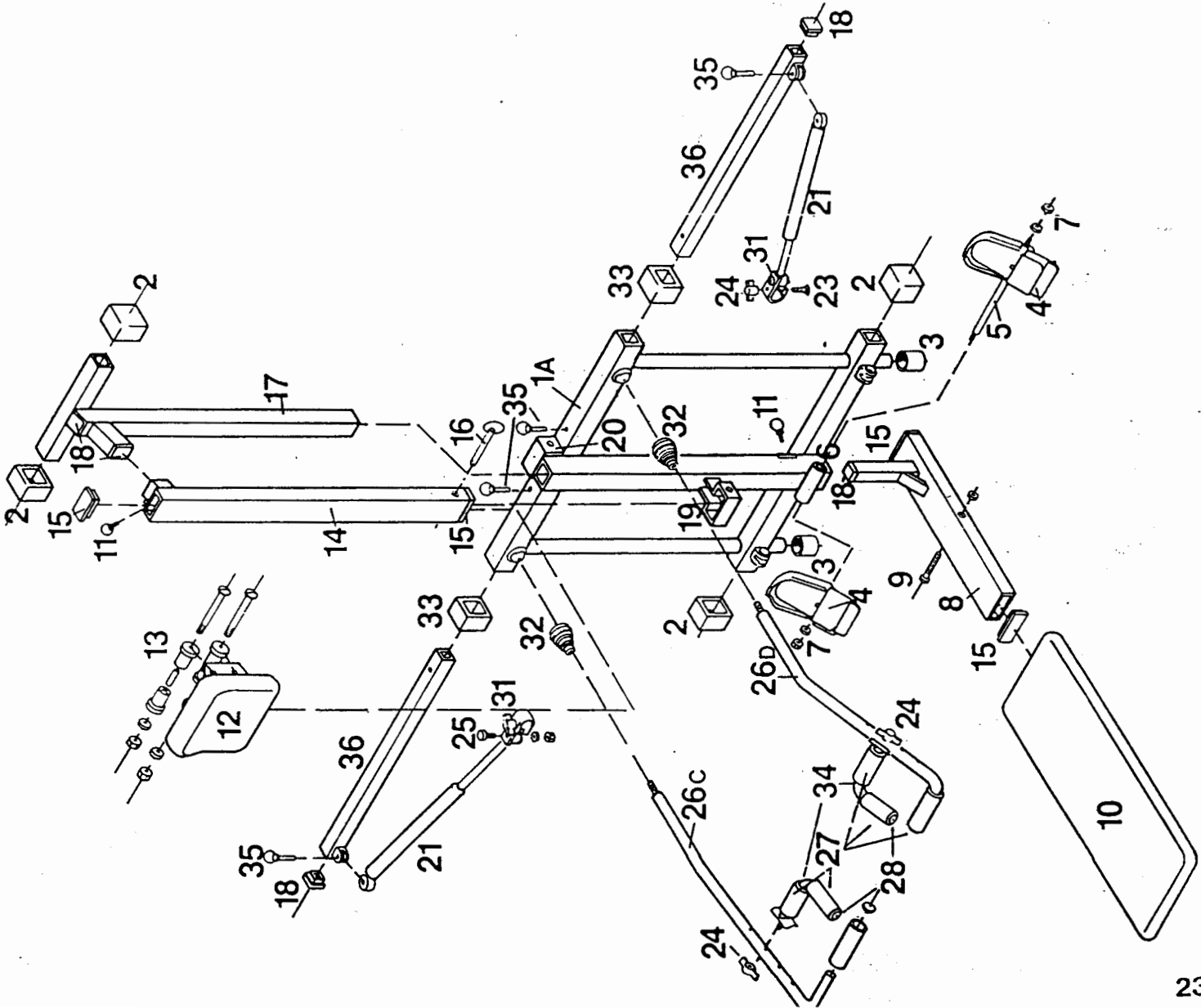


- A. Sit on rowing seat facing away from backboard with feet placed on either side of center bar.
- B. Place hands on the inside of knees and grasp rowing arms.
- C. Inhale and open legs to a full extension by pulling on rowing arms.
- D. Exhale and squeeze legs together by contracting inner thighs.
- E. Inhale and pull legs back to starting position.

Develops: Inner thighs, hips, buttocks.

PARTS LIST
Lifestyler 1000

NO.	DESCRIPTION	QUANTITY	REORDER NO.
1A	Lifestyler Ball Joint Frame	1	004009
2	Square Rubber Cap	4	040019
3	Round Rubber Cap	2	040016
4	Foot Rest	2	039001
5	Foot Rest Shaft	1	049008
6	Plastic Tube Insert	1	019017
7	Washer & Locknut	2 sets	070014
8	Bench L-Bar	1	006011
9	Long Bolt & Nut	1	070013
10	Bench	1	042006
11	Thumb Screw	2	017011
12	Rowing Seat	1	042007
13	Wheel Assembly	2 sets	070011
14	Chrome Rowing Bar	1	006013
15	Rectangle Bar Cap	4	040014
16	Hitch Pin	1	015004
17	T-Frame Support Bar	1	006014
18	Square Tube Cap	1	040021
19	Chrome Bar Bracket	(On Frame)	-----
20	Upright Bench Bracket	(On Frame)	-----
21	Hydraulic Shock	2	043003
23	Carriage Bolt	2	013015
24	"T" Wingnut	4	017001
25	Bolt, Washer & Locknut Set	2	070015
26C	Rowing Arm, Threaded Right	1	002006
26D	Rowing Arm, Threaded Left	1	002007
27	Hand Grip	6	041004
28	End Cap	4	040004
31	Black "H" Clamp	2	016016
32	Ball Joint Cap	2	010021
33	Open-Ended Rubber Cap	2	040018
34	"L" Oar Return Handle	2	002005
35	Short Hitch Pin	2	015002
35A	Arm Hitch Pin	2	015001
36	Extension Arm	2	006012



PART III**Lifestyler 2000**

The Lifestyler 2000 features the exclusive Abdominal Back Mode to exercise stomach, lower abdomen, and lower back. It also features the revolutionary Recoller hydraulic shock.

ASSEMBLY INSTRUCTIONS:

Set up is simple:

In the rowing position, loosen the H-Clamps on the Rowing Arms. Turn the arms so that the Handles are pointing outward, rather than inward as normal.

Pull the handle pins out of the rowing arms, turn the rowing handles around, then replace the pins.

Push the roller pads onto the abdominal bar, then snap the bar into the rowing handles.

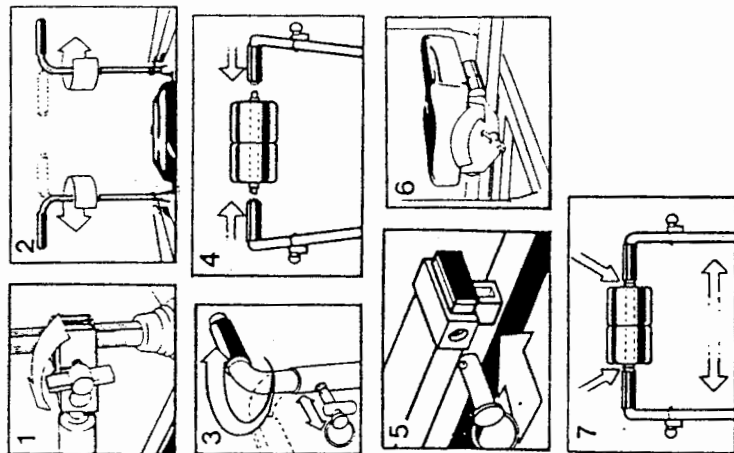
Tighten the H-Clamps on the desired resistance.

Pull the Chrome Rowing Bar out and Insert the Hitch Pin into the hole on the Chrome Bar Bracket.

Move the Seat so it is centered between the ball joints on the Rowing Arms and tighten the T-Wingbolt on the bottom of the Seat.

To detach:

Push the spring buttons on top of the abdominal bar, pull the bar out of the rowing handles, then reverse the assembly steps.



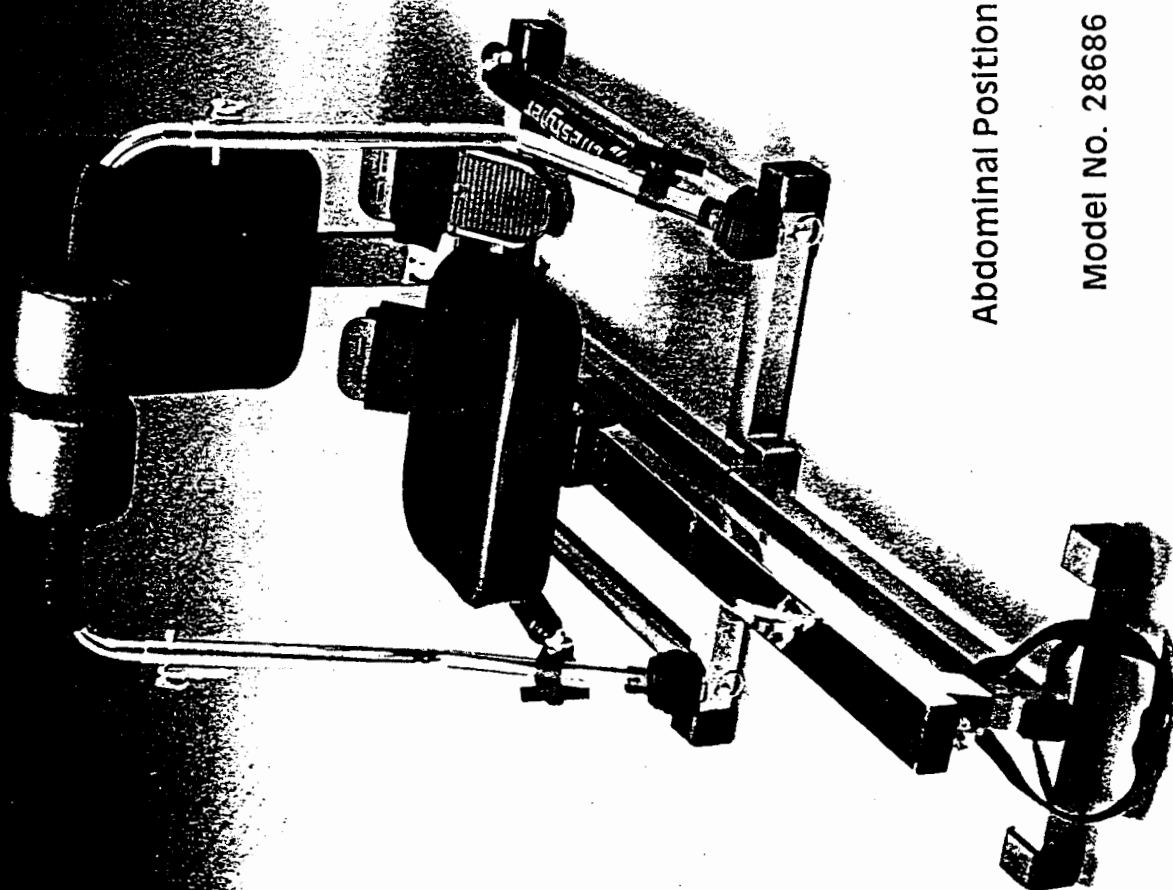
CAUTION: If abdominal exercise mode is engaged without following drawing 2 above, damage to rowing arm joints will occur. Rowing arms must be rotated 180 degrees first!

The following exercises can be performed exclusively on WESLO's Lifestyler 2000.

1. Abdominal crunches
2. Lower back extensors
3. Angled bench press

Abdominal Position

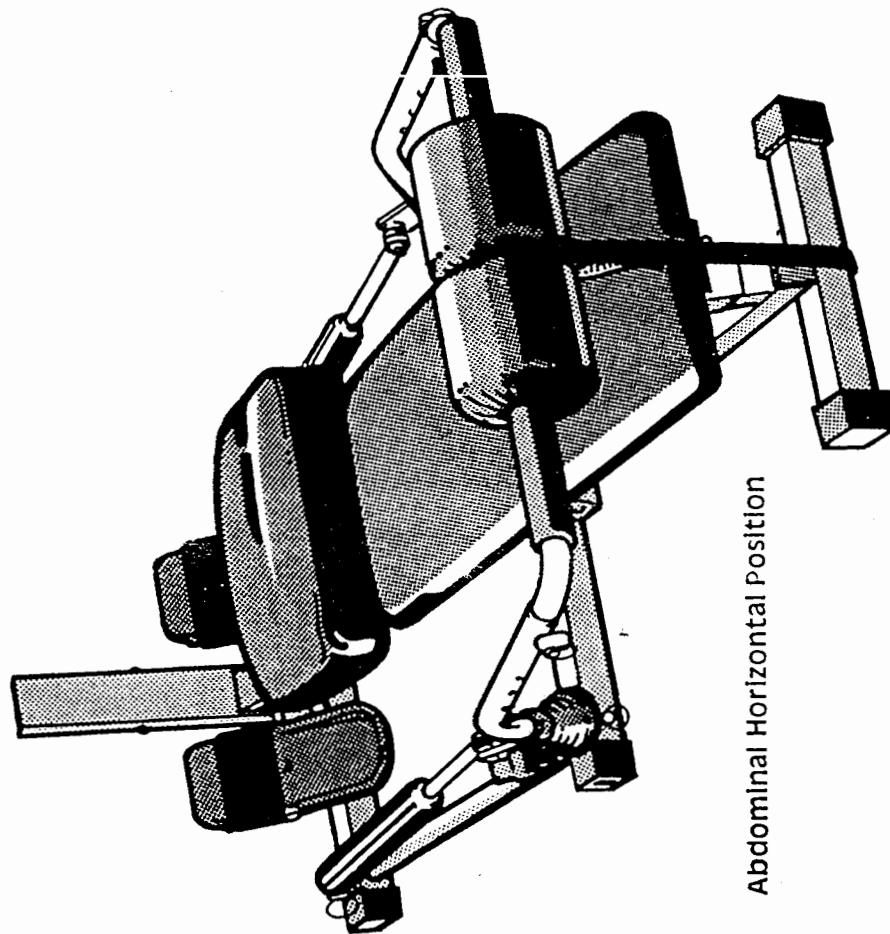
Model No. 28686



SPECIAL ADJUSTMENT STEPS FOR LIFESTYLER 2000:

Lower Back/Abdominal Horizontal Mode

To place the Lifestyler 2000 in the lower back mode, complete the steps required for the abdominal mode, then pull the bench off the L-bar and put it on the chrome rowing bar (as used for the horizontal position).



Abdominal Horizontal Position

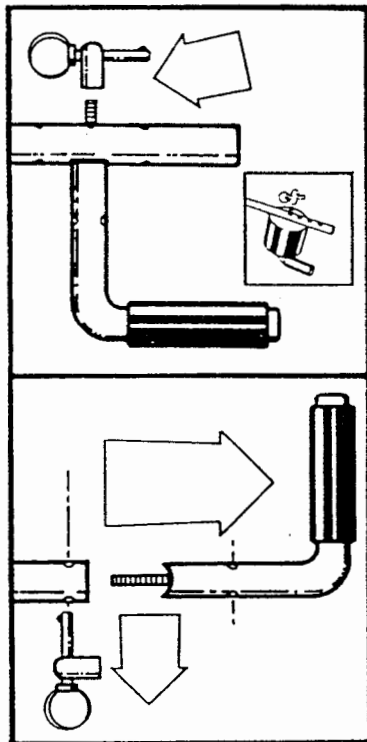
WARNING

To prevent possible injury while adjusting or getting on the Lifestyler 2000 while in the abdominal or lower back mode, fasten down the abdominal bar with the velcro strap at the end of the rowing bar. When releasing the velcro strap, place one hand firmly on the abdominal bar and release the velcro strap with the other hand.

Butterfly Arm Adjustment

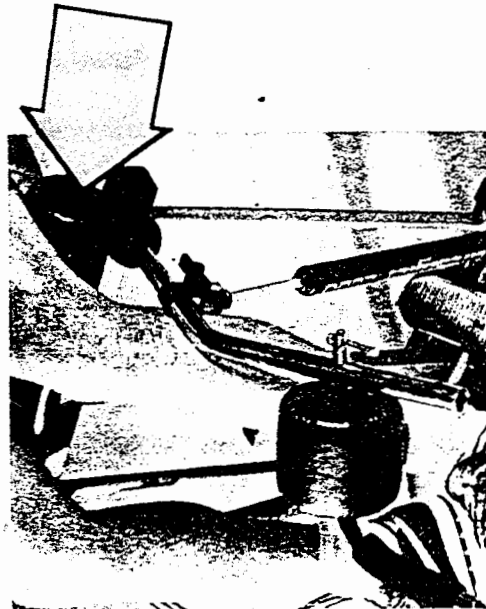
To convert the rowing arms to the butterfly mode, simply pull out the handle pins, then take the handles out of the rowing arms. Push the bolt end (threaded) of the handles into the holes on the rowing arms. Screw the handle pins onto the handle bolts.

You may also want to put the foam abdominal rollers on the handles to cushion your arms.



Upright Bench Mode

For added comfort, you may use the leg lifts individually and use one roller underneath your knee as shown. You can only do this one leg at a time.



1. Exercise: 2000 Abdominal Crunches

Position of machine: Abdominal

- Push the abdominal bar down to the end of the chrome rowing bar and secure it with the velcro strap.
- Step inside the machine and sit on the seat facing away from foot pads.
- Wrap arms loosely around pads.
- Exhale and roll forward as you contract stomach muscles.
- Inhale and pull back to starting position.

Note: For maximum benefit, concentrate on bringing pads down by contracting stomach muscles, not simply pushing down with upper body weight.

Develops: Abdominal muscles.

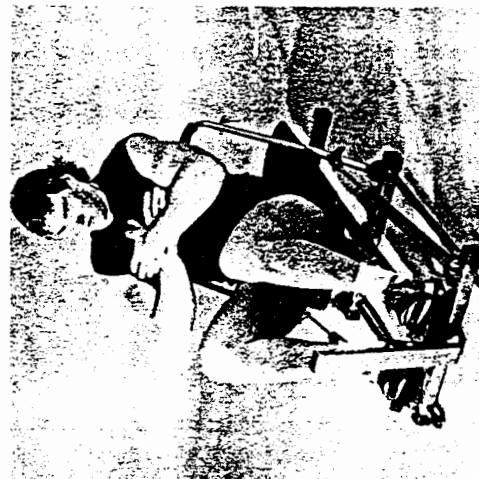
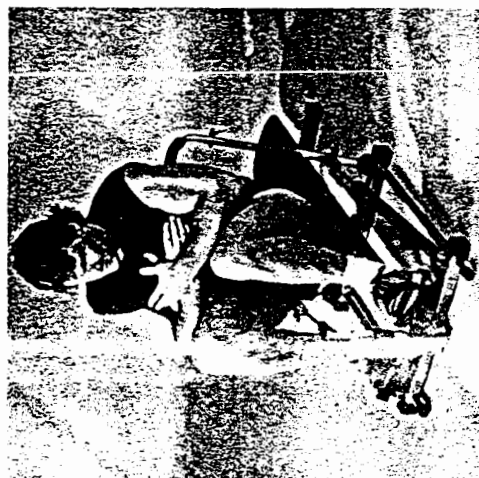


2. Exercise: Lower Back Extensors:

Position of machine: Abdominal Horizontal

- Sit on the seat facing toward the foot rest. Strap feet in.
- Allow rollers to rest against upper back (adjustments can be made by reinserting the abdominal/lower back attachment in higher or lower holes.)
- Place hands loosely on chest, straighten back, exhale as you press rollers back until you reach approximately 45° angle. Do not lean all of the way back.
- Inhale as you bring rollers back to starting position.

Develops: Lower back.



3. Exercise: Angled Bench Press

Position of machine: Abdominal

- Sit on the seat facing away from foot pads.
- Grasp rowing handles in an overhand grip.
- Keeping shoulders flat on back board, exhale and push rowing arms until arms are extended.
- Inhale and return to starting position.

Develops: Lower area of chest - front of shoulder - triceps



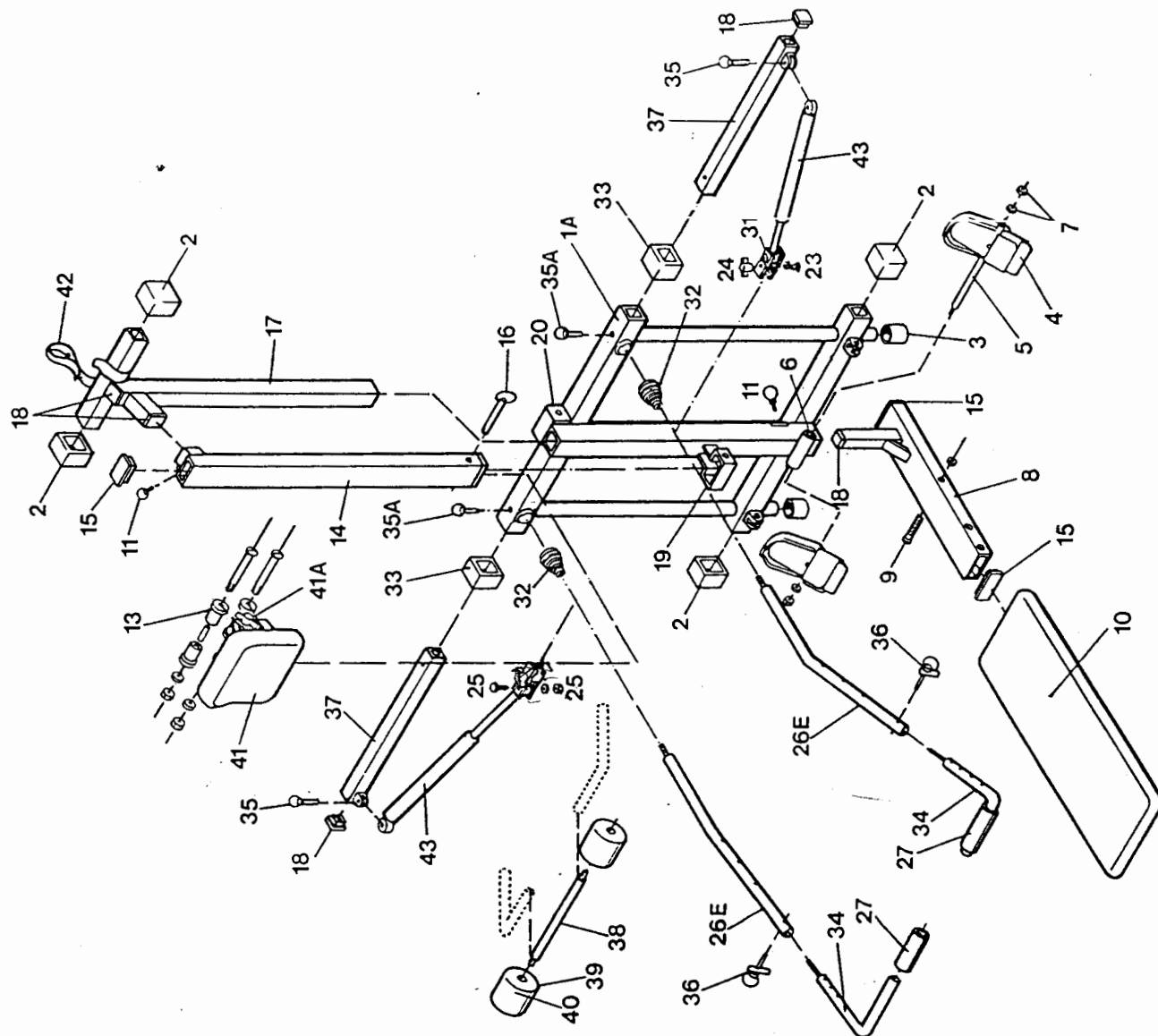
Lifestyler 2000 Reorder/Parts List

Sears Model No. 28686

PARTS LIST

Lifestyler 2000

NO.	DESCRIPTION	QUANTITY	REORDER NO.
1A	Lifestyler Ball Joint Frame	1	004012
2	Square Rubber Cap	4	040019
3	Round Rubber Cap	2	040016
4	Foot Rest	2	039001
5	Foot Rest Shaft	1	049008
6	Plastic Tube Insert	1	019012
7	Washer	2	014019
8	Bench L-Bar	1	006011
9	Long Bolt	1	013050
10	Bench	1	042006
11	Thumb Screw	2	017011
12	Wheel Assembly	2 sets	070011
14	Chrome Rowing Bar	1	006015
15	Rectangle Bar Cap	4	040014
16	Hitch Pin	1	015004
17	T-Frame Support Bar	1	006016
18	Square Tube Cap	5	040019
19	Chrome Bar Bracket	(On Frame)	-----
20	Upright Bench Bracket	(On Frame)	-----
23	Carriage Bolt	2	013107
24	"T" Wingnut	2	017001
25	Bolt, Washer & Locknut Set	2	070015
26E	Rowing Arm, Right	2	002021
27	Hand Grip	2	041003
31	Black "H" Clamp	2	016016
32	Ball Joint Cap	2	040017
33	Open-Ended Rubber Cap	2	040018
34	Handle	2	002027
35	Short Hitch Pin	2	015002
35A	Arm Hitch Pin	2	015001
36	Handle Pin	2	015016
37	Extension Arm	2	006012
38	Abdominal Bar	1	006048
39	Foam Roller Pad	2	057002
40	Roller Pad Cover	2	057003
41	Locking Seat	1	070048
41A	"T" Wingbolt	1	017003
42	Velcro Strap	1	035005
43	Recoiler Hydraulic Shock	2	043006



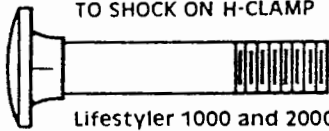
SMALL PARTS IDENTIFICATION

Lifestyler 300, 1000, 2000

PARTS MAY VARY SLIGHTLY AND/OR BE CHANGED WITHOUT NOTICE.

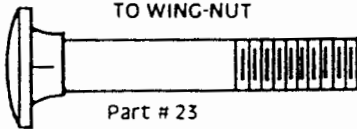
CARRIAGE BOLTS

TO SHOCK ON H-CLAMP



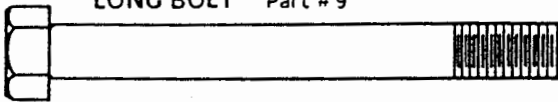
Lifestyler 1000 and 2000
Part # 25

TO WING-NUT



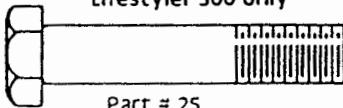
Part # 23

LONG BOLT Part # 9



BOLT

Lifestyler 300 only



Part # 25

CAP NUT



8 mm x 1.25

NYLON LOCKNUT



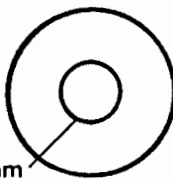
8 mm x 1.25

WASHERS



8 mm

7/16"



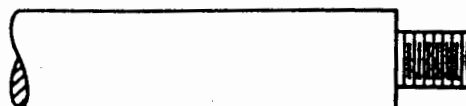
8 mm

7/8"

THUMB SCREW

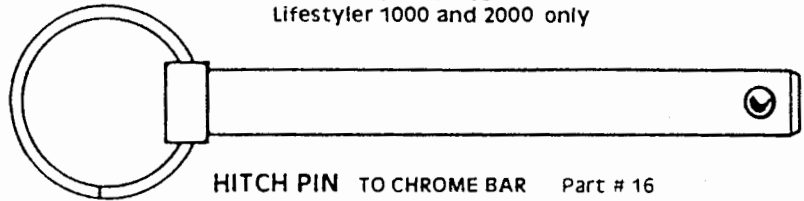


FOOTREST SHAFT

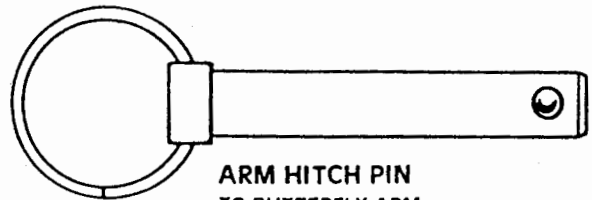


HITCH PINS

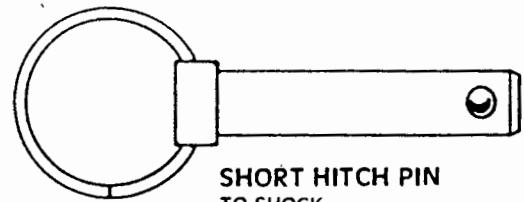
Lifestyler 1000 and 2000 only



HITCH PIN TO CHROME BAR Part # 16

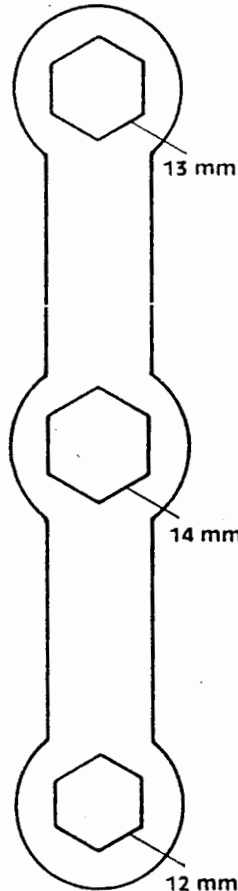


ARM HITCH PIN
TO BUTTERFLY ARM
Part # 35A



SHORT HITCH PIN
TO SHOCK
Part # 35

WRENCH

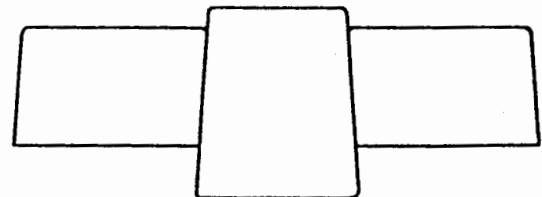


13 mm

14 mm

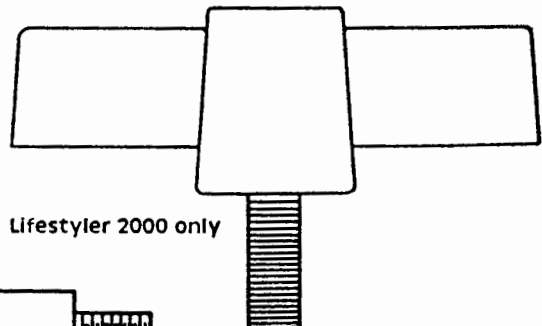
12 mm

"T" WINGNUT

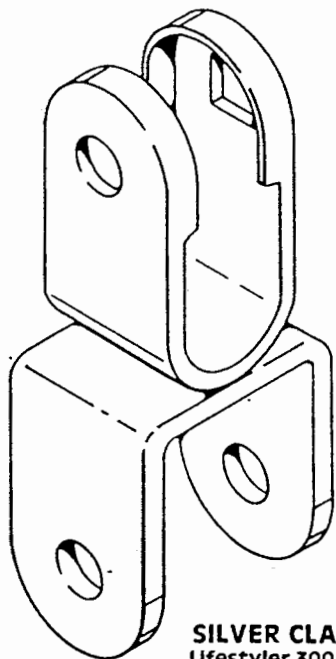


Lifestyler 1000 & 2000

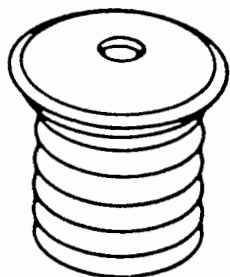
"T" BOLT



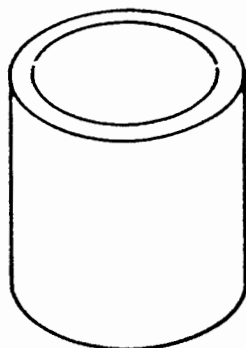
Lifestyler 2000 only



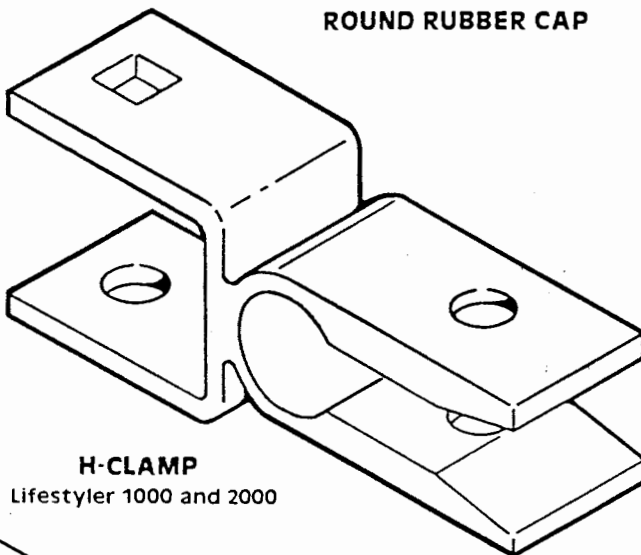
SILVER CLAMP
Lifestyler 300 only



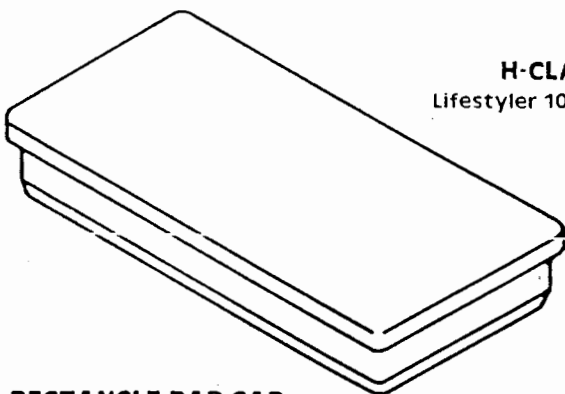
CAP END



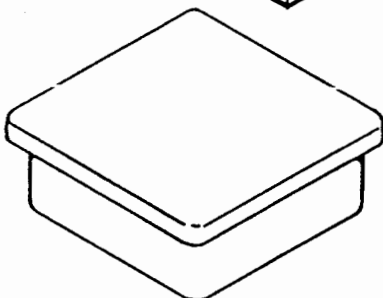
ROUND RUBBER CAP



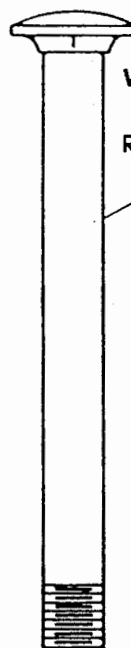
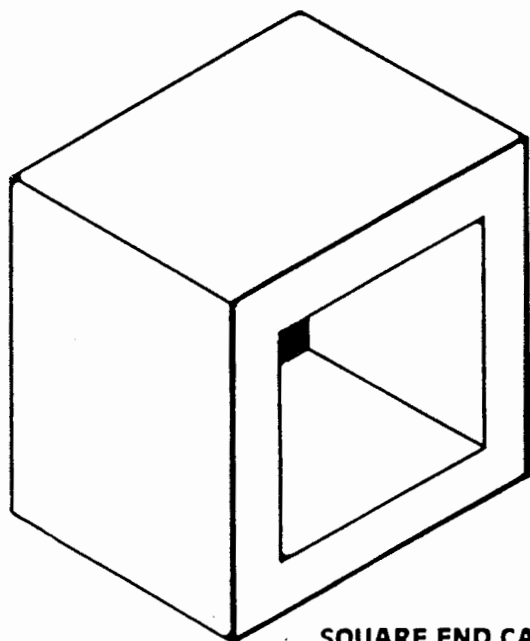
H-CLAMP
Lifestyler 1000 and 2000



RECTANGLE BAR CAP

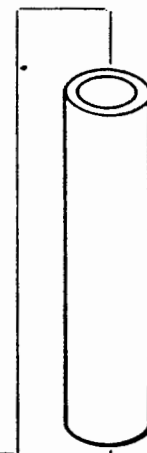


SQUARE END CAP

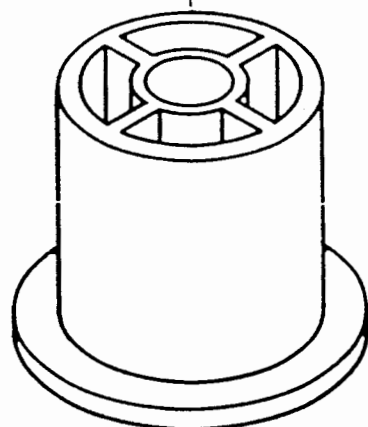


WHEEL ASSEMBLY

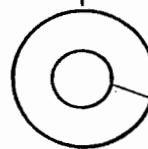
ROUND HEAD WHEEL BOLT
3 1/8"
8 mm



ROLLER SLEEVE



ROLLER WHEEL

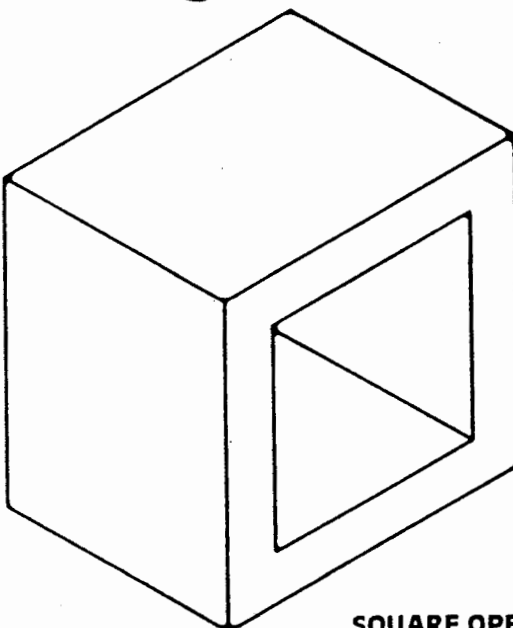


8 mm

WASHER
7/16"



NUT
8 mm x 1.25



SQUARE OPEN-END CAP
Lifestyler 1000 and 2000

Storage



The Lifestyler folds up into a very compact unit after use. Stand it in the vertical position and fold the arms down against the machine. Remove the bench and place it upright against the chrome rowing bar and the Lifestyler easily stores out of the way.

FULL 90 DAY WARRANTY ON PARTS

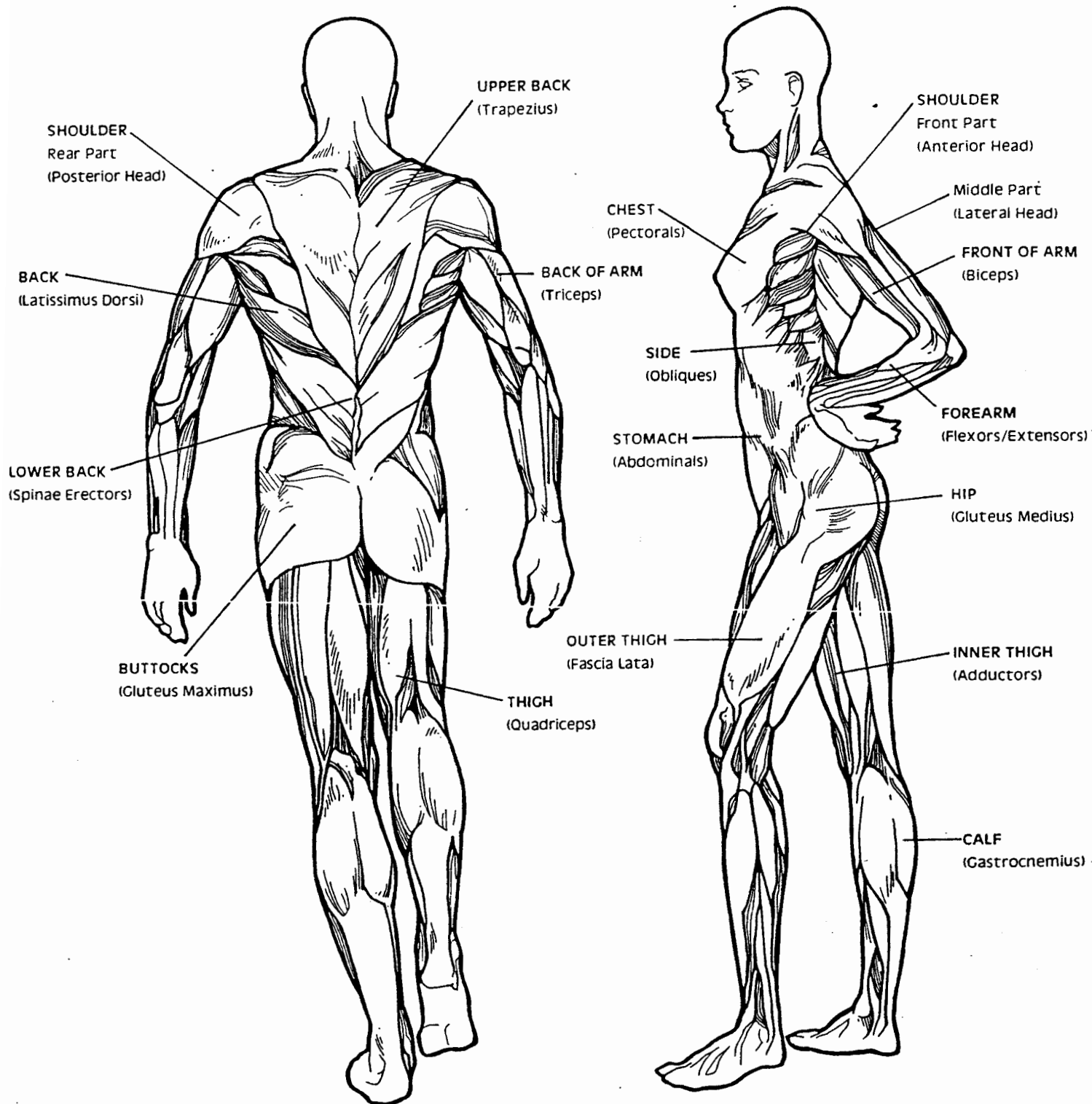
For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, Sears will, free of charge, repair or replace and install a replacement part of any defective part, when this Lifestyler is used in a normal manner.

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.

ANATOMICAL CHART



SEARS, ROEBUCK AND CO., Dept. 695/731A, Sears Tower, Chicago, IL 60684

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