

SEARS® *Lifestyler*™

M·U·L·T·I·A·C·T·I·O·N

R·O·W·E·R

2200

Warranty

Assembly

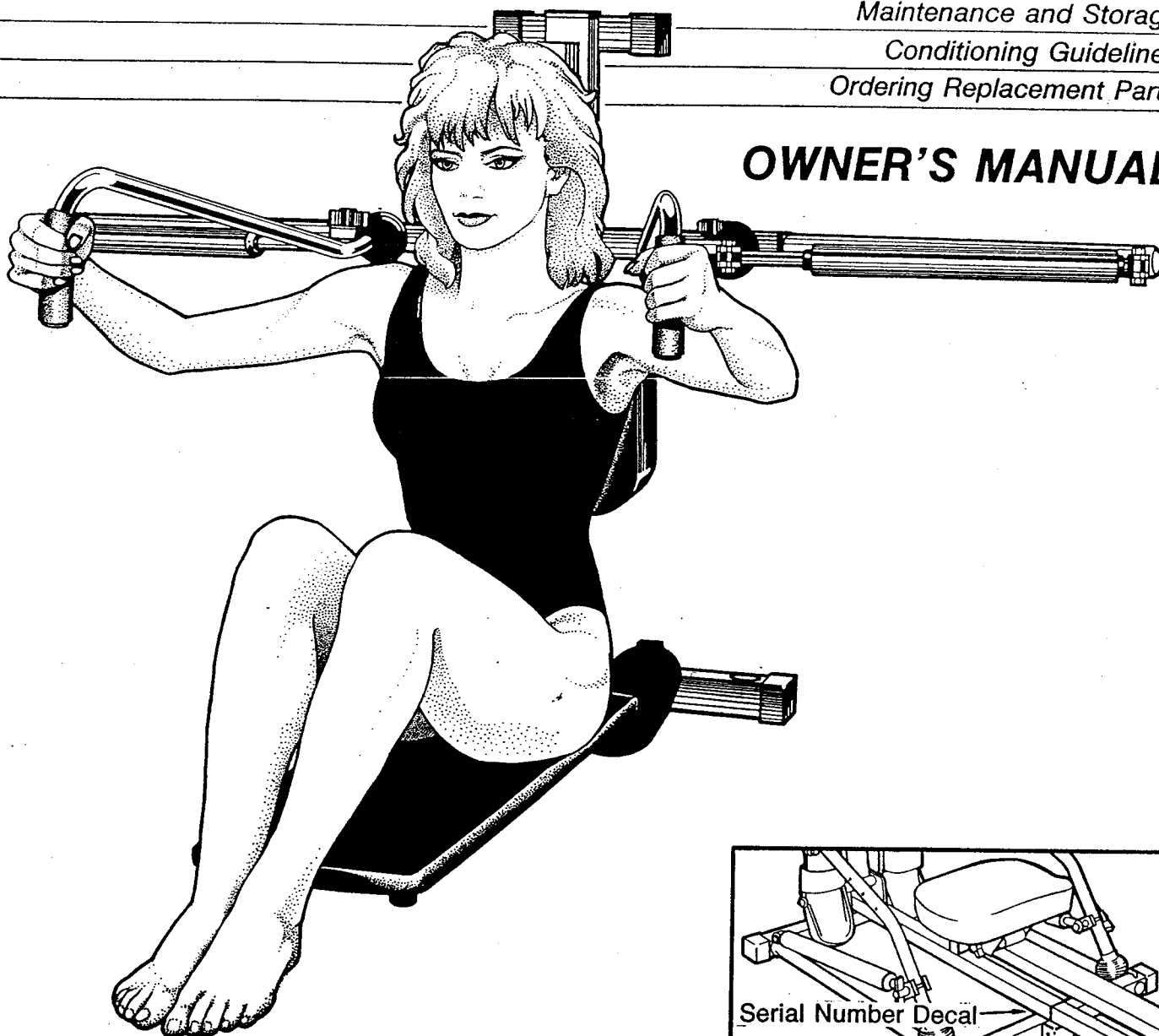
Using the Multi-Action Rower

Maintenance and Storage

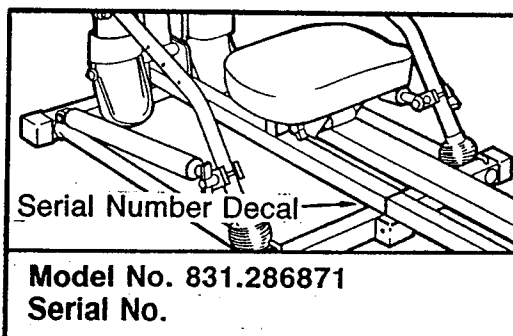
Conditioning Guidelines

Ordering Replacement Parts

OWNER'S MANUAL



Patent Pending



Model No. 831.286871
Serial No.

CAUTION: Read all instructions carefully before using this product. Retain this Owner's Manual for reference.

Part No. 046334 12/89

SOLD BY SEARS, ROEBUCK AND CO., CHICAGO, IL 60684

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 for any defective part, when the Multi-Action Rower is used in a normal manner.

This warranty does not apply when the Multi-Action Rower is used for commercial or rental purposes.

SERVICE IS AVAILABLE BY CONTACTING 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. 731CR-W, CHICAGO, IL 60684

SEARS® Lifestyler™

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IMPORTANT SAFETY PRECAUTIONS

1. Always use the Multi-Action Rower in a clear, level area.
2. Be sure that all parts are tightened securely before each use.
3. Use the Multi-Action Rower only as described in this manual.

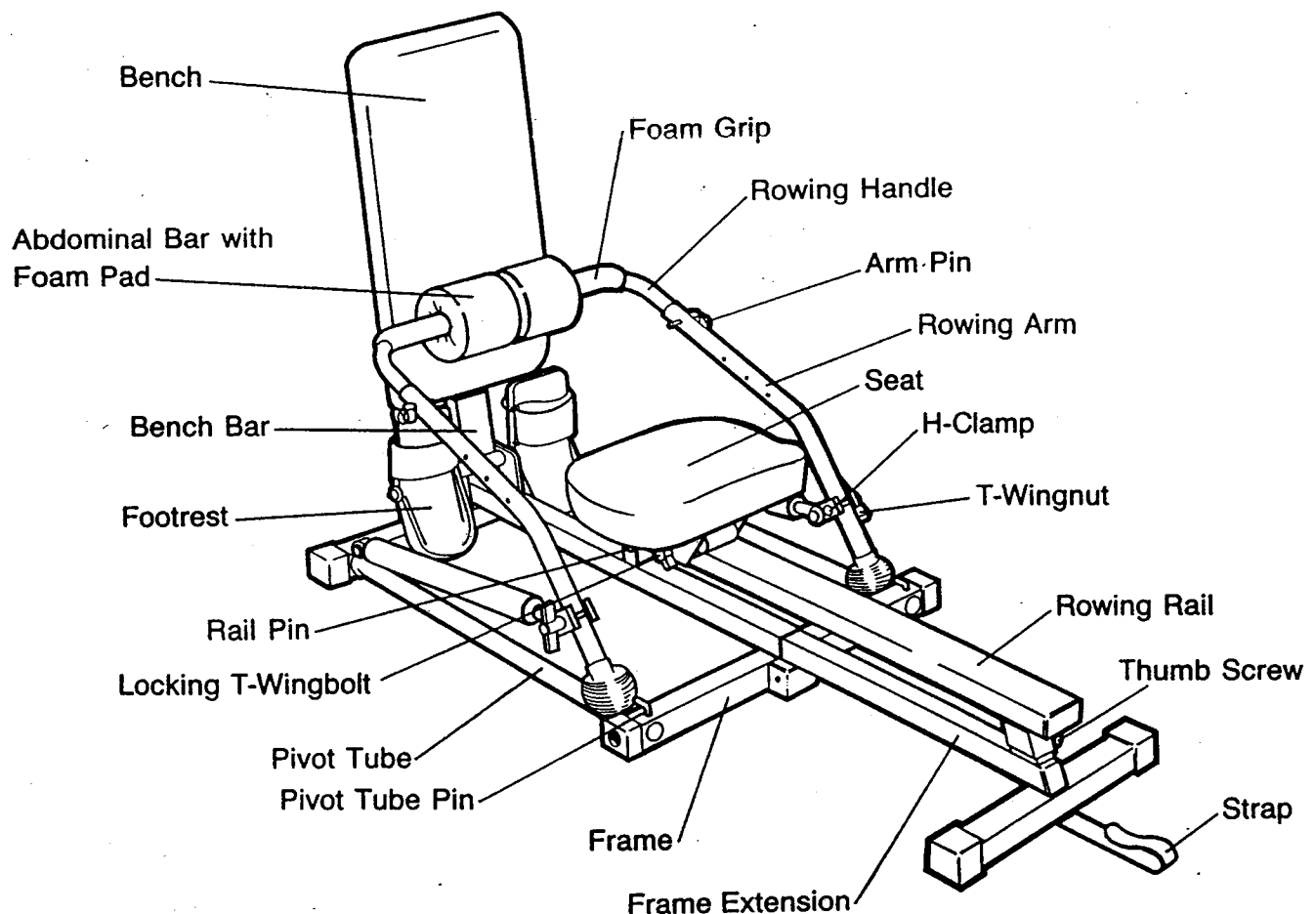
WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 2200 Multi-Action Rower. Rowing could be called the perfect exercise, conditioning the heart, lungs, and entire cardiovascular system. In addition, the Lifestyler 2200 offers a variety of exercises designed to strengthen and tone nearly every major muscle group in the body. The Lifestyler 2200 gives you a near-perfect workout, all on one machine, in the convenience of your home.

For your benefit and safety, read this manual carefully before initial use of the Lifestyler 2200. If you have additional questions, please call our Customer Service Department toll-free in the U.S.A. or Canada at 1-800-999-3756, during our regular business hours: Monday through Friday, 6 a.m. until 6 p.m. Mountain Time. Please refer to the product model number and serial number when calling. The model number is 831.286871. The serial number can be found on a decal located on the frame (see the drawing on the front cover). Write the serial number in the box on the front cover for easy reference.

To help you understand clearly the instructions in this manual, please review the drawing below and familiarize yourself with the parts labeled.

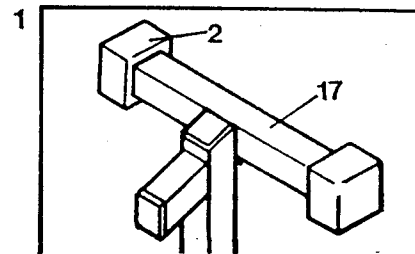


ASSEMBLY

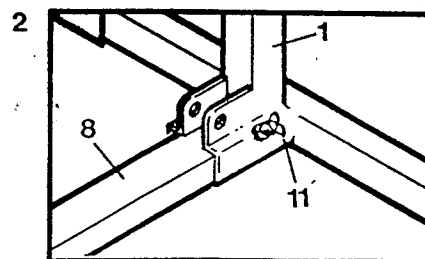
Read all instructions carefully before beginning assembly. See the Part List and the Exploded Drawing on pages 18 and 19 for assistance identifying parts. Assembly can be completed using the tool provided.

Place all parts in a clear area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Stand the Frame in an upright position.

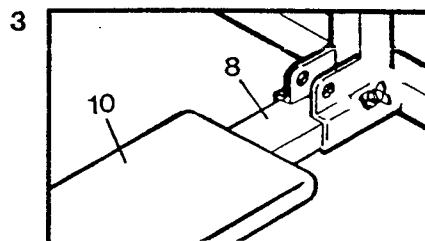
1. Attach a Frame Endcap (2) to each end of the crossbar of the Frame Extension (17). Attach a Frame Endcap to each end of the front crossbar of the Frame (not illustrated).



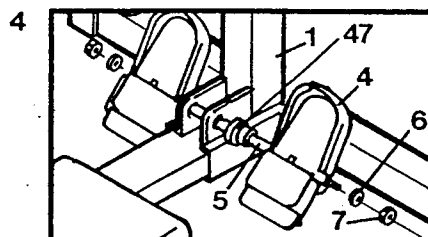
2. Slide the Bench Bar (8) into the Frame (1). Lock the Bench Bar in place by tightening a Thumb Screw (11) into the Frame.



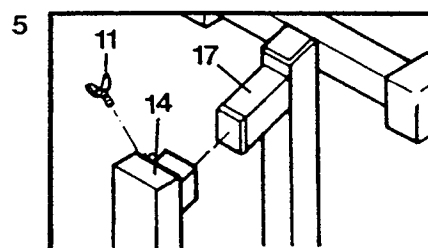
3. Slide the Bench (10) onto the Bench Bar (8)



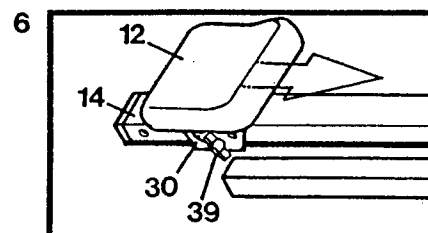
4. Insert the Footrest Shaft (5) through the Frame (1). Slide a Plastic Spacer (47), a Footrest (4) and a Footrest Washer (6) onto each side of the Shaft. Tighten a Locknut (7) onto each end of the Shaft.



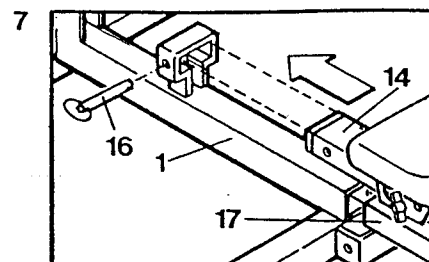
5. Join the Frame Extension (17) to the Rowing Rail (14) as shown. Tighten a Thumb Screw (11) into the socket on the Rowing Rail.



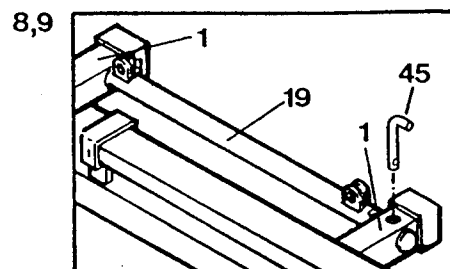
6. Loosen the Locking T-Wingbolt (39) located on the Seat Bracket (30). Slide the Seat (12), thickest part first, onto the Rowing Rail (14).



7. Remove the Rail Pin (16) from the bracket on top of the Frame (1). Slide the Frame Extension (17) into the Frame and the Rowing Rail (14) through the bracket on top. Insert the Rail Pin through the hole in the Rowing Rail.

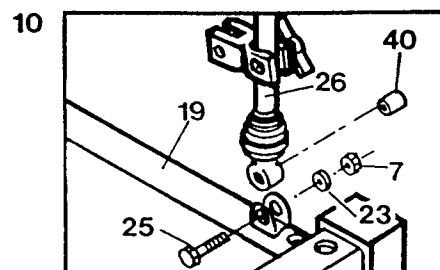


8. Slide the back ends of the Pivot Tubes (19) through the holes in the middle crossbar of the Frame (1). (The back ends can be identified by the two holes in the top.) Slide the Pivot Tubes forward until the front ends rest in the front crossbar of the Frame.

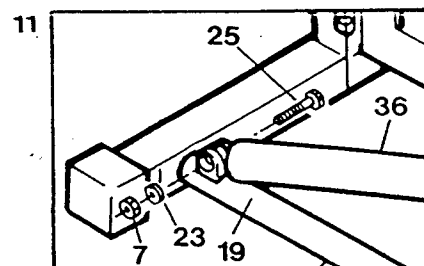


9. Insert the Swivel Tube Pins (45) down into the middle crossbar of the Frame (1) and the Pivot Tubes (19).

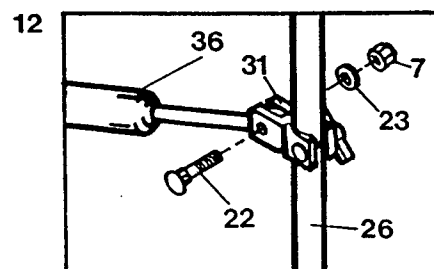
10. Insert a Bushing (40) into each Rowing Arm (26). Attach the Rowing Arms to the brackets at the backs of the Pivot Tubes (19) with the Bolts (25), Washers (23) and Locknuts (7) as shown. (The Rowing Arms should bend towards the front of the machine.)



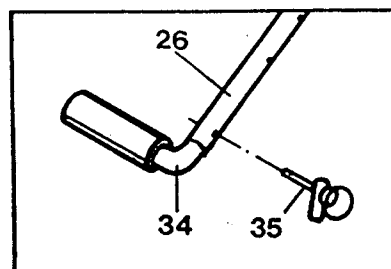
11. Attach the Resistance Cylinders (36) to the brackets at the front of the Pivot Tubes (19) with the Bolts (25), Washers (23) and Locknuts (7) as shown.



12. Attach the pistons of the Resistance Cylinders (36) to the H-clamps (31) on the Rowing Arms (26) with Carriage Bolts (22), Washers (23) and Locknuts (7) as shown.



13. Slide the Rowing Handles (34) into the Rowing Arms (26). Insert the Arm Pins (35) through the Rowing Arms.



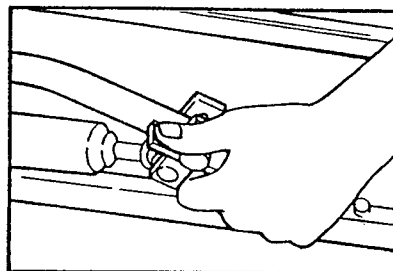
Make sure that all parts are securely tightened. Read the manual before using the Multi-Action Rower.

USING THE MULTI-ACTION ROWER

RESISTANCE ADJUSTMENT

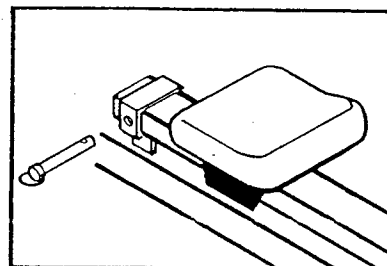
To vary the level of exercise difficulty, the resistance of the rowing arms can be adjusted. The adjustment is made by changing the position of the H-clamps on the rowing arms in the following manner:

1. Loosen the T-wingnuts on the H-clamps by turning them in a counterclockwise direction.
2. To increase resistance, move the H-clamps higher on the rowing arms. To decrease resistance, move the H-clamps lower.
3. Be sure that both H-clamps are at the same level and retighten the T-wingnuts.



ROWING MODE

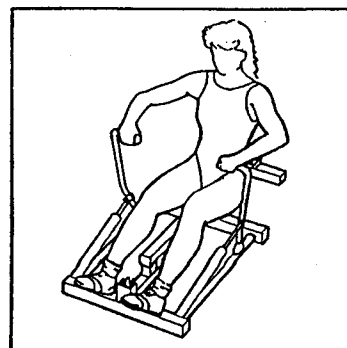
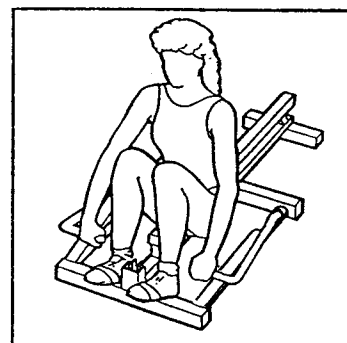
To convert the Multi-Action Rower to the rowing mode, first lay the machine on the floor with the bench upwards. Remove the rail pin from the rowing rail. Slide the frame extension out until the hole in the rowing rail is aligned with the hole in the bracket on the frame. Insert the rail pin through the bracket and rowing rail.



Exercise: Rowing

Sit on the seat and strap your feet into the footrests. Hold the rowing handles with an overhand grip. Each rowing stroke should consist of three parts:

- A. Start with your body in a tucked position, legs fully bent, knees near the chest, and arms extended.
- B. Lean back at the hips as you push yourself backward with your legs. When your legs are half extended, begin to pull the rowing handles toward you. Keep your elbows outward.

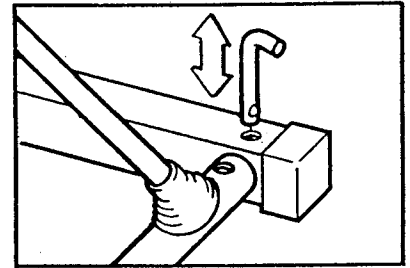
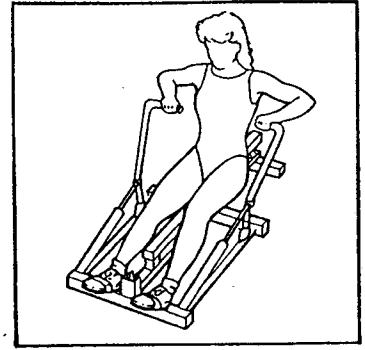


- C. Continue to move backward until your legs are nearly extended. Pull the rowing handles until they are even with your chest.

At the end of the stroke, extend your arms forward and move your body forward to the starting position. Row with a smooth, fluid motion, keeping your back straight to avoid injury. For a variation on this exercise, you can row with the right and left arms alternately.

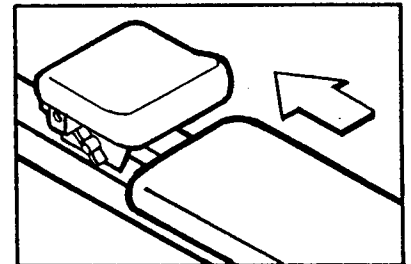
DEVELOPS: Legs, back, shoulders and forearms.

The rowing arms are mounted to tubes which can either be locked in a stationary position, or unlocked to swivel as you row. To unlock the tubes, pull the swivel tube pins out of the middle crossbar of the frame. Slide the pins through the holes in the tubes. With the tubes unlocked, you can perform the exercise described above, swinging the rowing arms outward as you row. To lock the tubes in a stationary position, remove the pins from the tubes and insert them down into the middle crossbar.



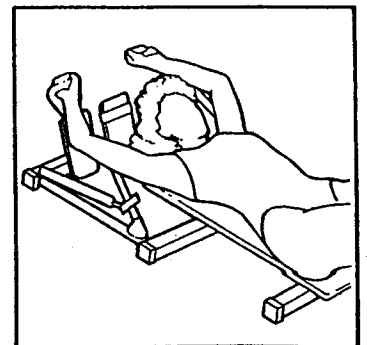
HORIZONTAL MODE

With the machine in the rowing position, loosen the thumb screw and remove the bench and the bench bar. Slide the seat forward and lock it in place by tightening the Locking T-wingbolt on the seat bracket. Slide the bench onto the rowing rail until it rests against the seat.



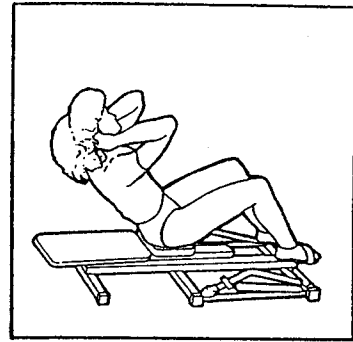
Exercise: Pullover

- A. Lie with your back on the bench and your head resting on the seat. Your knees should be bent and your feet flat on the floor.
- B. Extend your arms over your head and hold the rowing handles.
- C. Exhale and pull the rowing arms down until the rowing handles are directly above your chest.
- D. Inhale and return to the starting position.



Exercise: Sit-ups

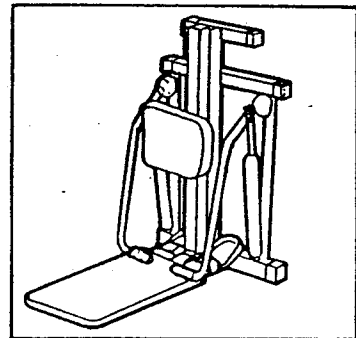
- A. Sit on the seat and strap your feet into the footrests. Move the seat until your legs are slightly bent and tighten the T-wingbolt on the seat bracket.
- B. Place your hands behind your head.
- C. Inhale and lower yourself until your back almost touches the bench.
- D. Exhale and rise to the starting position by contracting your stomach muscles.



DEVELOPS: Abdominal muscles.

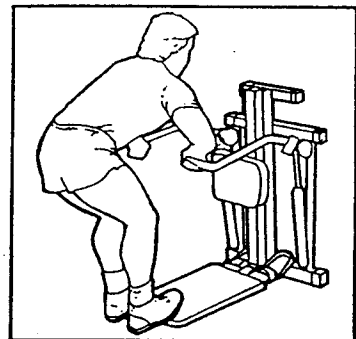
VERTICAL MODE

Attach the bench and the bench bar to the machine. Remove the rail pin from the rowing rail, slide the rail and the frame extension into the frame and replace the pin in the rail. Tip the machine up so that the bench is flat on the floor. Raise the seat halfway up the rail and lock it in place by tightening the T-wingbolt.



Exercise: Bent Over Rowing

- A. Stand facing the machine with your feet on the end of the bench.
- B. Bend your knees slightly, bend over at the waist and grasp the rowing handles with an overhand grip. Keep your back straight.
- C. Exhale and pull the rowing arms until your hands touch your chest.
- D. Inhale and return the rowing arms to the starting position.

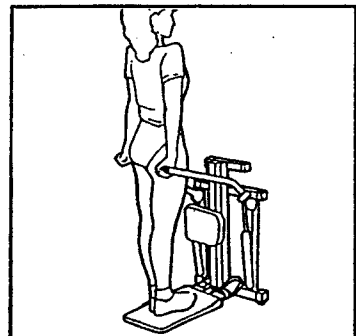


DEVELOPS: Middle and lower back, shoulders, biceps and forearms.

Exercise: Shrugs

- A. Stand on the bench facing the machine.
- B. Grasp the rowing handles with an overhand grip.
- C. Inhale as you bring your arms upward by shrugging your shoulders.
- D. Exhale as you lower your shoulders to the starting position.

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

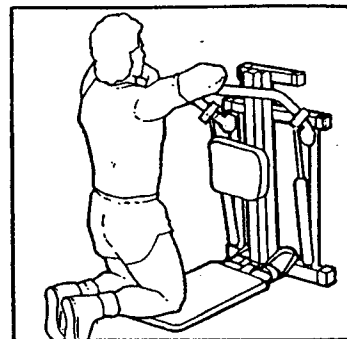


DEVELOPS: Upper back, shoulders and forearms.

Exercise: Upright Rowing

- A. Kneel on the bench facing the machine.
- B. Grasp the rowing handles with an overhand grip.
- C. With your back straight, exhale as you pull the rowing arms upward until the rowing handles are under your chin.
- D. Inhale as you lower the rowing arms to the starting position.

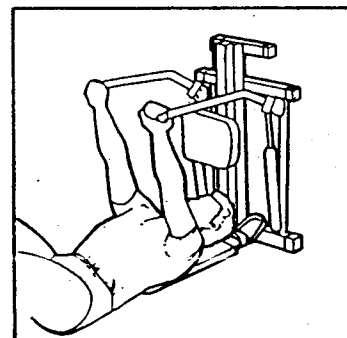
DEVELOPS: Upper back, front and middle part of shoulders, biceps and forearms.



Exercise: Bench Press

- A. Lie with your back on the bench, your knees bent and your feet flat on the floor.
- B. Grasp the rowing handles with an overhand grip and inhale.
- C. While exhaling, press the rowing arms upward.
- D. While inhaling, lower the rowing arms to the starting position.

DEVELOPS: Chest, shoulders, and triceps.

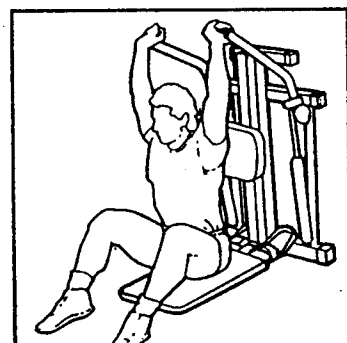


Exercise: Behind the Neck Press/Front Military Press

- A. Sit on the bench facing away from the machine with your back straight and knees bent.
- B. Grasp the rowing handles with an overhand grip.
- C. While exhaling, push the rowing arms upward.
- D. While inhaling, lower the rowing arms to the starting position.

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

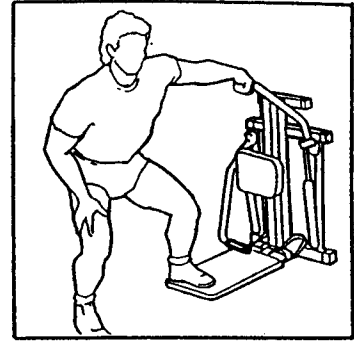
DEVELOPS: Front and middle part of shoulders, upper chest and upper back.



Exercise: Lateral Raises

- A. Stand in front of the machine, with your shoulders perpendicular to the machine, and place the heel of your inside foot on the bench.
- B. Grasp a rowing arm, keeping your back straight and your knees slightly bent.
- C. While inhaling, raise arm upward until it reaches shoulder height.
- D. While exhaling, lower the rowing arm to the starting position.

DEVELOPS: Middle part of shoulder and upper back.

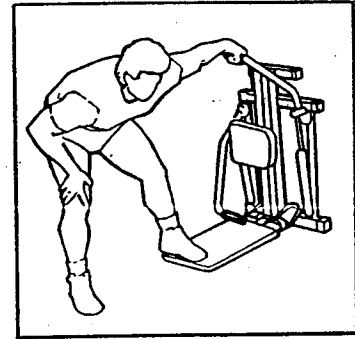


Exercise: Rear Deltoid Raises

- A. Position yourself as if performing lateral raises.
- B. Bend at the waist, keep a flat back and grasp the rowing handle.
- C. While inhaling, raise your arm upward to shoulder height.
- D. While exhaling, lower the rowing arm to the starting position.

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

DEVELOPS: Rear part of shoulder, upper back.

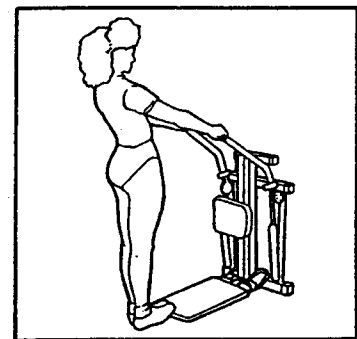


Exercise: Front Deltoid Raises

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

Note: To maximize benefit, keep your back straight and your shoulders back while performing this exercise.

DEVELOPS: Front of shoulders and upper back.

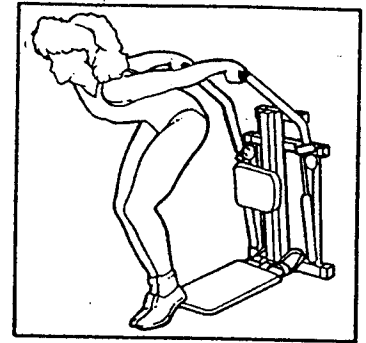


Exercise: Reverse Arm Raises

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

Note: Keep your back straight as you bend forward at the waist.

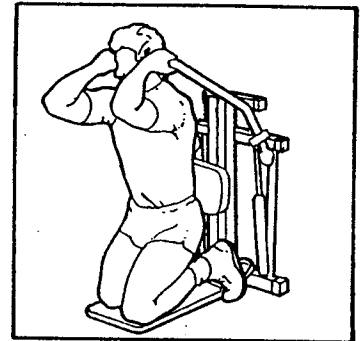
DEVELOPS: Rear part of upper arm and triceps.



Exercise: Bicep Curl

- A. Kneel on the bench, facing away from the machine, with your back resting against the seat.
- B. Grasp the rowing handles with an overhand grip.
- C. Exhale and curl your forearms upward, keeping your elbows at your waist.
- D. When your hands reach chest height, continue to move the rowing arms upward by raising your elbows until they are at chest height.
- E. Inhale and return the rowing arms to the starting position. Keep your back straight throughout.

DEVELOPS: Biceps, upper back.

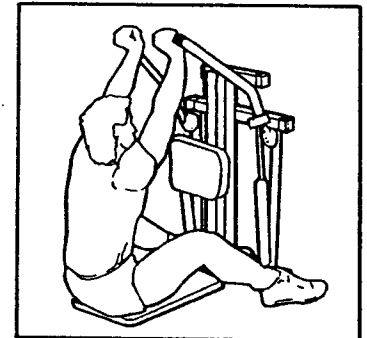


Exercise: Tricep Extension

- A. Sit on the bench facing the machine.
- B. Keeping your back straight, lean forward and grasp the rowing handles with an overhand grip.
- C. While exhaling, extend your arms until straight.
- D. While inhaling, lower your arms to the starting position.

Note: To maximize benefit, keep your elbows as close together as possible. Remember to keep your back straight to minimize the chance of lower back pain.

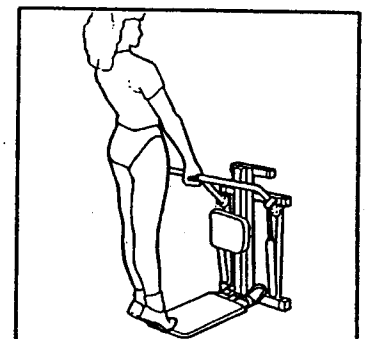
DEVELOPS: Triceps and shoulders.



Exercise: Calf Raises

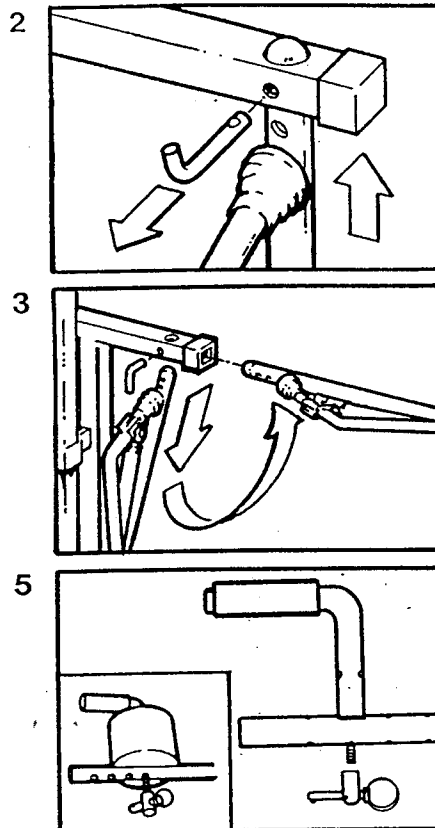
- A. Stand on the bench facing the machine.
- B. Grasp the rowing handles with an overhand grip.
- C. Inhale as you rise up on your toes.
- D. Exhale and lower to the starting position.

DEVELOPS: Calf muscles.



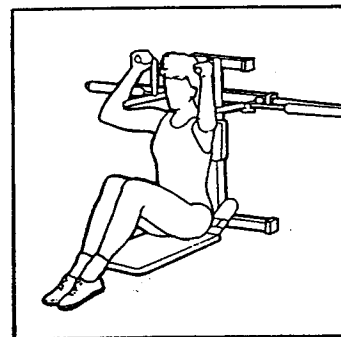
BUTTERFLY MODE

1. Position the machine with the bench flat on the floor.
2. Remove the swivel tube pins from the middle crossbar of the frame. Slide the swivel tubes upward until they are free of the front crossbar. Slide the tubes out of the middle crossbar.
3. Insert the tubes into the ends of the middle crossbar as shown and insert the swivel tube pins through the crossbar.
4. Remove the arm pins and the rowing handles.
5. Insert the threaded ends of the rowing handles through the rowing arms as shown and screw the arm pins onto the ends. Note: To cushion your arms further, the foam pads can be slipped on the rowing handles before attaching the handles.



Exercise: Horizontal Butterfly

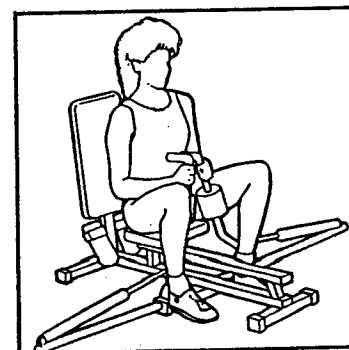
- A. Sit on the bench facing away from the machine.
- B. Reach around the rowing arms and grasp the rowing handles.
- C. Exhale and pull the rowing arms together until the rowing handles are one foot apart. Concentrate on using the chest muscles to move the rowing arms.
- D. Inhale and return the rowing arms to an open position with the rowing handles pointing to the sides.



DEVELOPS: Middle chest and shoulders.

Exercise: Inner Thigh Flexors

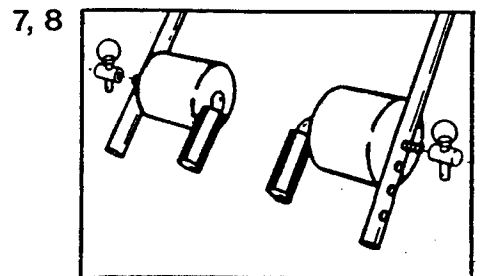
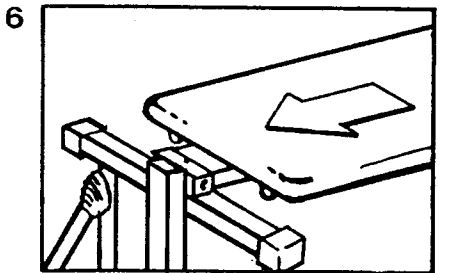
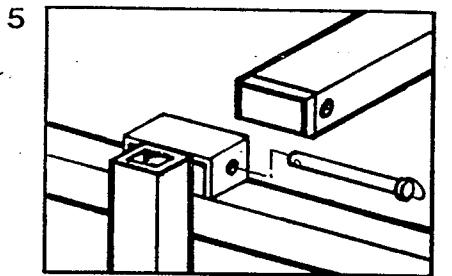
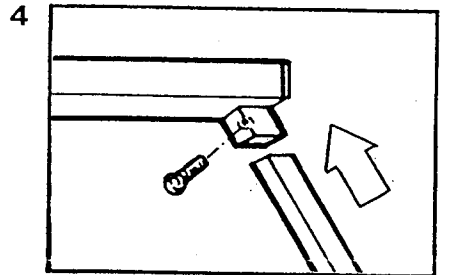
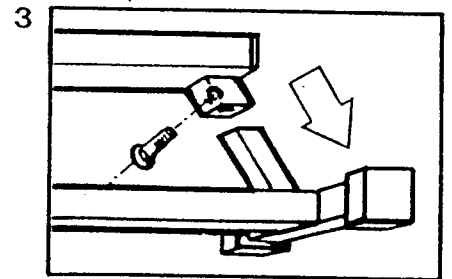
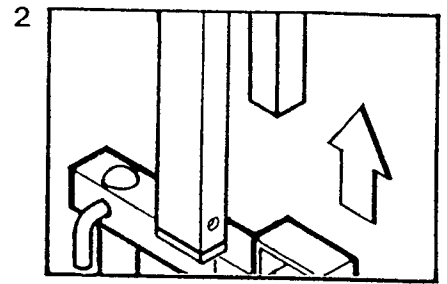
- A. Position the machine with the bench upward.
- B. Sit on the seat with your back toward the bench and your feet on either side of the rail. Grasp the rowing handles with the rowing arms between your knees. Open your legs and hold the rowing arms apart.
- C. Exhale and press the rowing arms together using your legs.
- D. Inhale and separate the rowing arms to the starting position.



DEVELOPS: Inner thighs, hips and buttocks.

UPRIGHT BENCH MODE

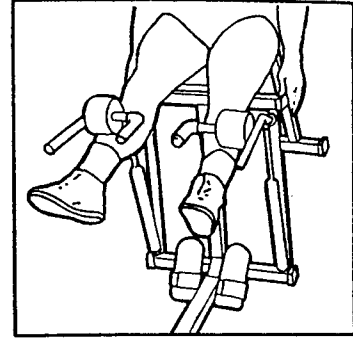
1. Position the machine with the bench flat on the floor.
2. Remove the rail pin. Slide the rowing rail and the frame extension out of the frame. Slide the seat off of the rail.
3. Loosen the thumb screw and separate the frame extension from the rowing rail.
4. Connect the opposite end of the frame extension to the rowing rail. Tighten the thumb screw.
5. Set the crossbar of the frame extension on the floor and insert the end of the rowing rail into the bracket on the end of the frame. Insert the rail pin through the rail and bracket.
6. Remove the bench from the bench bar and slide it onto the rowing rail. The bench should overhang the bracket on the frame.
7. Remove the arm pins and the rowing handles. Slide the foam pads onto the rowing handles.
8. Insert the threaded ends of the rowing handles through the rowing arms as shown and screw the arm pins onto the ends.



Exercise: Leg Lifts

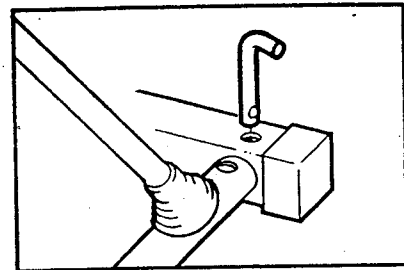
- A. Sit on the bench with your knees just at the edge of the bench. Put your feet under the foam pads on the rowing handles. Place your hands on the ends of the middle crossbar of the frame.
- B. Exhale and extend your legs. Concentrate on using only the leg muscles.
- C. Inhale and return the rowing arms to the starting position.

DEVELOPS: Upper legs, hips and thighs.

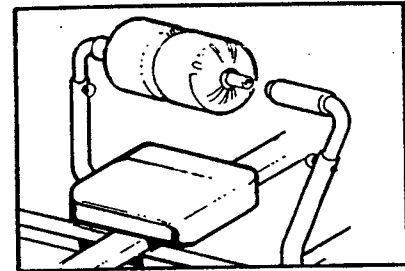


ABDOMINAL MODE

1. Place the machine in the rowing position. Remove the swivel tube pins from the middle crossbar of the frame.



2. Slide the foam pads onto the abdominal bar and insert the ends of the bar into the rowing handles. Replace the swivel tube pins in the crossbar.



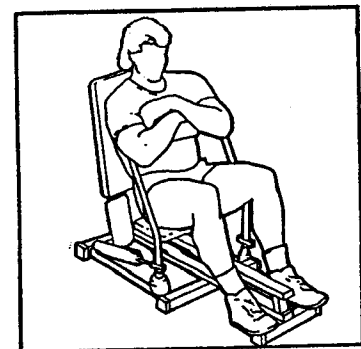
Note: To remove the abdominal bar, roll back the foam grips on the rowing handles slightly and depress the buttons on the ends of the bar.

Caution: To prevent injury while adjusting or mounting the machine in this mode, the abdominal bar can be held in place with the strap on the frame extension.

Exercise: Abdominal Crunches

- A. Secure the abdominal bar with the strap. Sit on the seat with your back against the bench.
- B. Release the abdominal bar and hold the foam pads against your chest as shown.
- C. Exhale and bend forward at the waist. Concentrate on using only your stomach muscles to move the abdominal bar.
- D. Inhale and return the abdominal bar to the starting position.

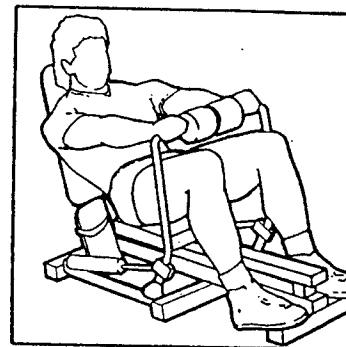
DEVELOPS: Abdominal muscles.



Exercise: Angled Bench Press

- A. Sit on the seat facing away from the foot rests.
- B. Grasp the rowing handles with an overhand grip.
- C. Keeping your shoulders flat on the bench, exhale and push the rowing arms until your arms are extended.
- D. Inhale and return to the starting position.

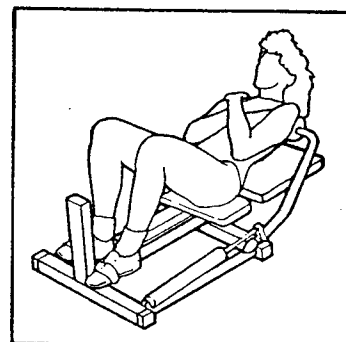
DEVELOPS: Lower area of the chest, front of the shoulders and triceps.



Exercise: Lower Back Extensors

- A. Remove the bench and slide it onto the rowing rail. Sit on the rowing seat and strap your feet into the footrests.
- B. Allow the Roller Pads to rest against your upper back. (Adjustments can be made by reinserting the hitch pins in higher or lower holes in the rowing handles).
- C. Place your hands loosely on your chest, keep your back straight and exhale as you press the foam pads back until you reach a 45 degree angle. Do not lean all of the way back.
- D. Inhale as you bring the Roller Pads back to the starting position.

DEVELOPS: Lower back.



MAINTENANCE AND STORAGE

The Multi-Action Rower is designed to be virtually maintenance-free. Make sure that all parts are tightened securely before each use. The machine can be cleaned using a damp cloth and mild, non-abrasive detergent.

For compact storage, stand the machine with the bench on the floor. Fold the rowing arms against the frame. Remove the rail pin, slide the rowing rail and frame extension fully into the frame, and replace the pin. Remove the bench and lean it against the rowing rail.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. **However, before beginning this or any exercise program, consult your physician.** Remember that adequate rest and good nutrition are also essential to the success of any fitness program.

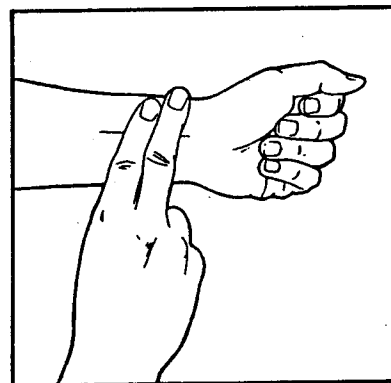
EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined 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 column 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 your wrist 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 increase your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



During the first few weeks of your exercise program you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until you reach the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

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.

Begin exercising at a light pace for a few minutes. Then increase the intensity 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.

PART LIST - Model No. 831.286871

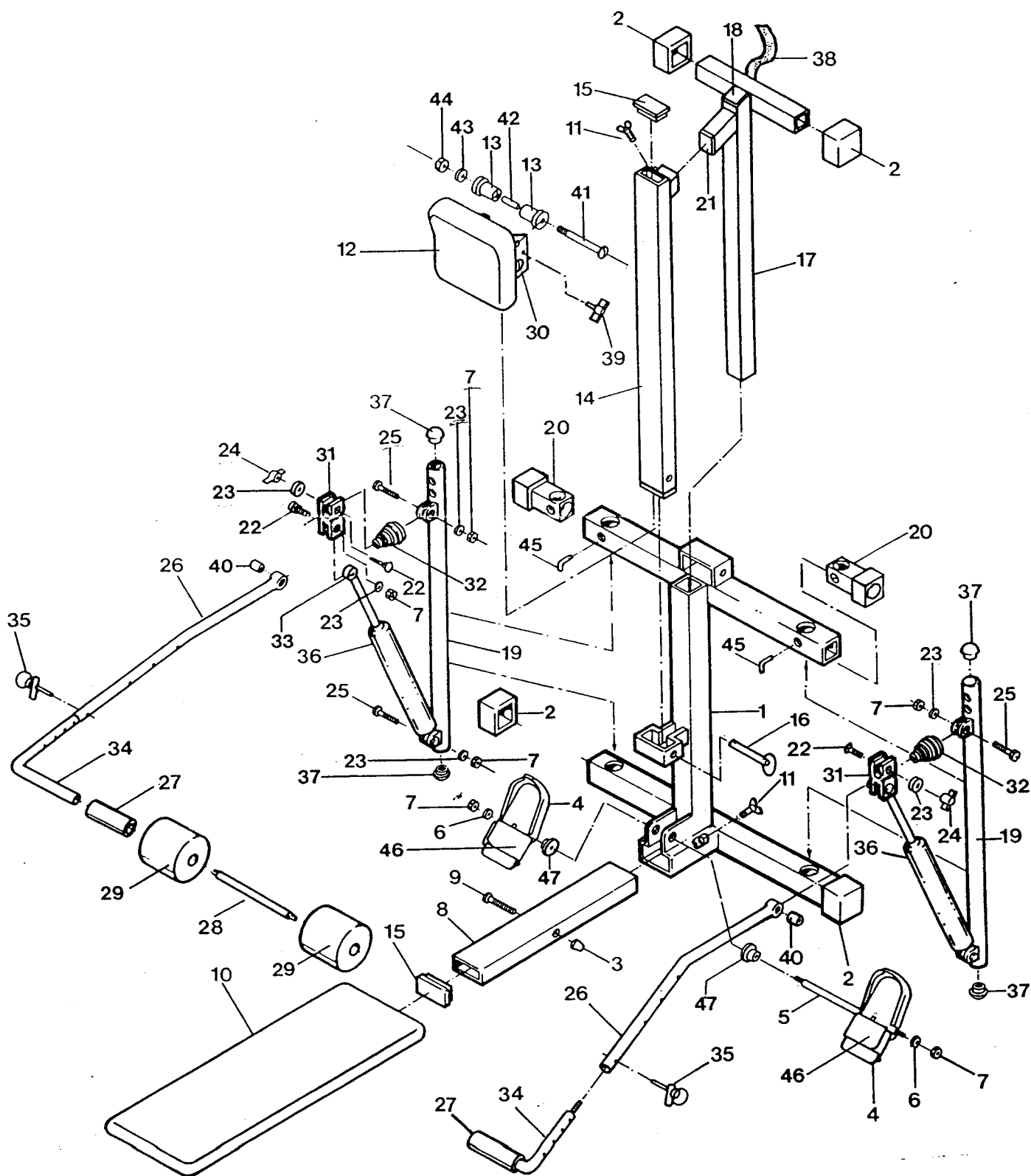
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Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	NSP	1	Frame	25	013010	4	Bolt
2	040135	4	Frame Endcap	26	002030	2	Rowing Arm
3	012013	1	Acorn Nut	27	041004	2	Foam Grip
4	039001	2	Footrest	28	006048	1	Abdominal Bar
5	049015	1	Footrest Shaft	29	057002	2	Foam Roller Pad
6	014017	2	Footrest Washer	30	008006	1	Seat Bracket
7	012002	8	Locknut	31	016022	2	Black H-Clamp
8	006080	1	Bench Bar	32	010021	2	Joint Cap
9	013050	1	Long Bolt	33	019077	4	2-Piece Shock Bushing
10	042006	1	Bench	34	002027	2	Rowing Handle
11	017011	2	Thumb Screw	35	015016	2	Arm Pin
12	042007	1	Seat	36	043006	2	Resistance Cylinder
13	022022	4	Roller	37	040052	4	Plug
14	006015	1	Rowing Rail	38	035005	1	Strap
15	040014	3	Rectangular Bar Cap	39	017003	1	Locking T-Wingbolt
16	015004	1	Rail Pin	40	019006	2	Bushing
17	006016	1	Frame Extension	41	013048	2	Roller Bolt
18	040015	1	Square Tube Cap	42	019011	2	Spacer
19	006070	2	Pivot Tube	43	014009	2	Roller Washer
20	008052	2	Frame Insert	44	012003	2	Roller Nut
21	040120	1	Angled Tube Cap	45	015048	2	Pivot Tube Pin
22	013205	4	Carriage Bolt	46	035004	2	Footrest Strap
23	014019	8	Washer	47	019012	2	Plastic Spacer
24	017001	2	T-Wingnut	#	046334	1	Owner's Manual

EXPLODED DRAWING - Model No. 831.286871

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See the back cover of this manual for part ordering information.



*Specifications are subject to change without notice.

SEARS® SERVICE is at YOUR SERVICE

ORDERING REPLACEMENT PARTS

Each MULTI-ACTION ROWER has its own MODEL NUMBER

Always mention this MODEL NUMBER when requesting service or repair parts for your MULTI-ACTION ROWER.

All parts listed herein may 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 electronically transmitted to a SEARS PARTS DISTRIBUTION CENTER for expedited handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The NAME OF THE PRODUCT (Lifestyler 2200 Multi-Action Rower).
2. The MODEL NUMBER OF THE PRODUCT (831.286871).
3. The SERIAL NUMBER OF THE PRODUCT found on a decal on the frame (see the drawing on the front cover). Write the serial number in the box on the front cover for easy reference.
4. The KEY NUMBER OF THE PART from the Part List found in this manual.
5. The DESCRIPTION OF THE PART from the Part List found in this manual.

Your Sears merchandise 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 the equipment to insure that we meet our pledge to you: we service what we sell.