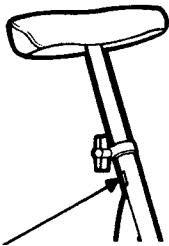


Lifestyler™

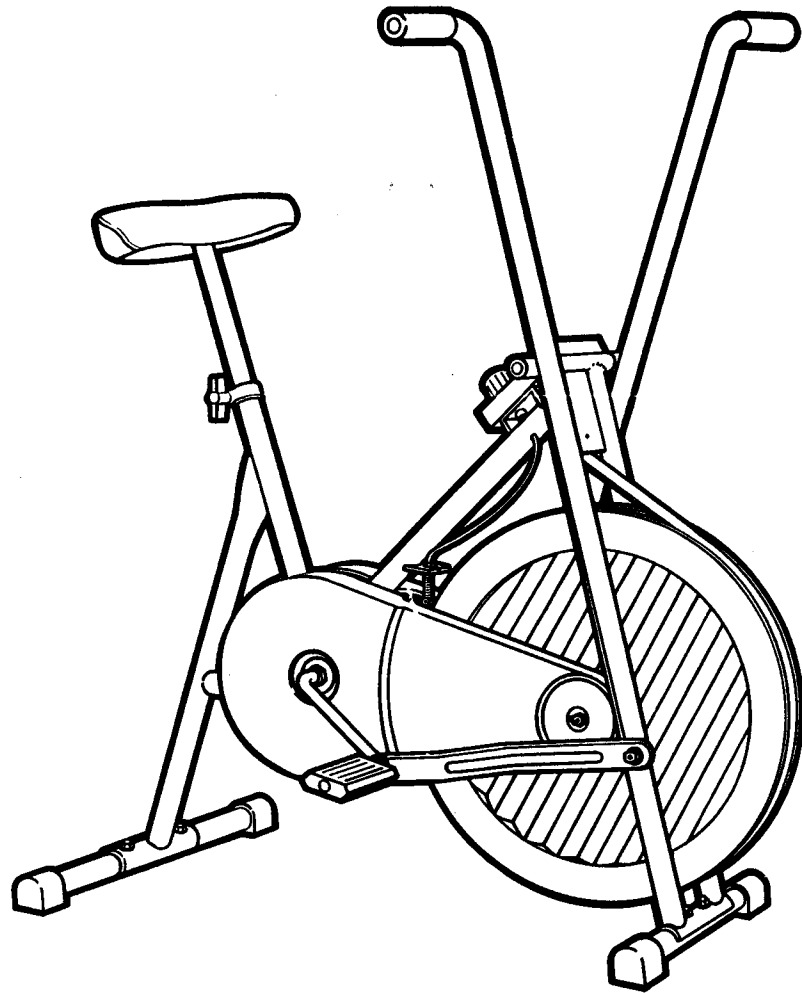
**▼ FITNESS TRAINER
▼ CALORIE MONITOR**

**Model No. 831.287140
Serial No.**

*Write the serial number in the
space above for reference.*



Serial Number Decal



SEARS®

OWNER'S MANUAL

CAUTION: Read all safety precautions and instructions in this owner's manual carefully before using this equipment. Save this manual for future reference.

Part No. 103139 9/90

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 Fitness Trainer Calorie Monitor is used in a normal manner.

This warranty does not apply when the Fitness Trainer Calorie Monitor is used for commercial or rental purposes.

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE FITNESS TRAINER CALORIE MONITOR TO YOUR NEAREST SEARS SERVICE CENTER/DEPARTMENT IN THE UNITED STATES.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 731CR-W, CHICAGO, IL 60684

LifestylerTM

▼ FITNESS TRAINER ▼ CALORIE MONITOR

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IMPORTANT SAFETY PRECAUTIONS

- 1. Position this exercise bike on a level surface. Use the bike only as described in this manual.**
- 2. Do not wear flowing clothing that could become caught in the bike. Always wear running or aerobic shoes when exercising.**
- 3. Keep your hands and feet away from the link arms during use. Keep small children away from the bike.**

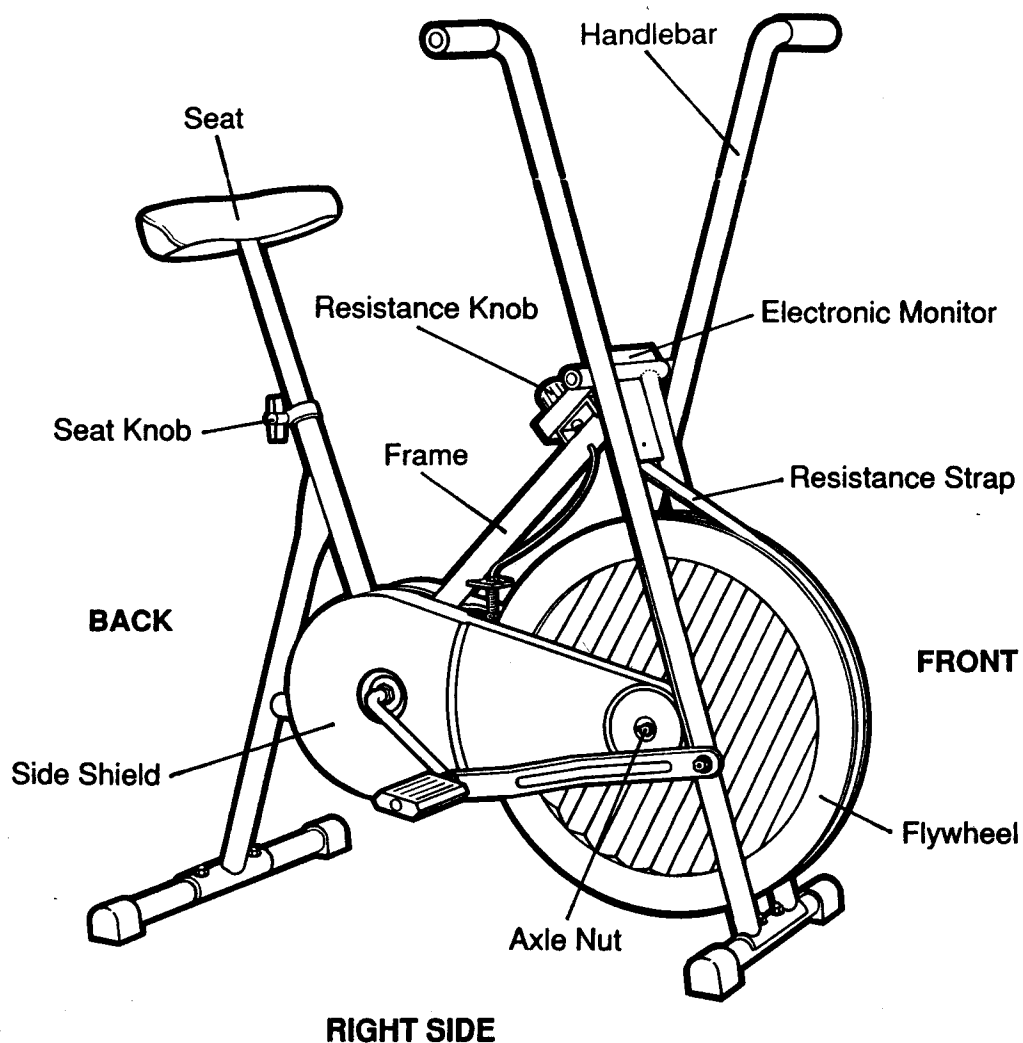
WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting a Lifestyler Fitness Trainer Calorie Monitor exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The unique Lifestyler combines advanced engineering with innovative design to let you enjoy this healthful exercise in the convenience of your own home.

For your safety and benefit, **read this manual carefully before using this equipment.** If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, during our business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. In all communications regarding this product, please refer to the product model number and serial number. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover for the location of the decal).

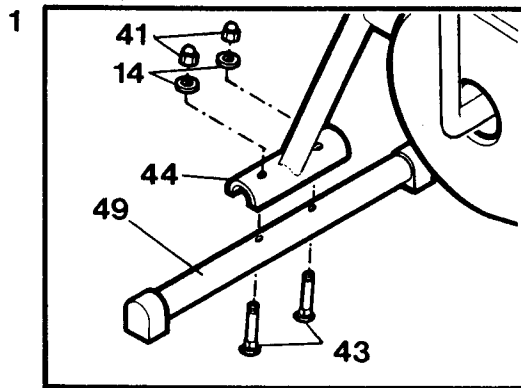
To help you understand clearly the instructions in this manual, examine the drawing below and familiarize yourself with the parts labeled.



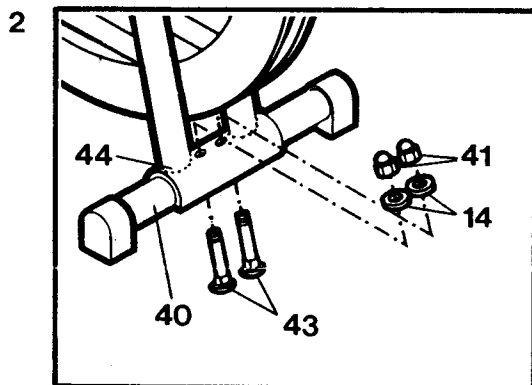
ASSEMBLY

Place all parts in a clear area and remove the packing materials. **Do not dispose of the packing materials until the bike is fully assembled and all parts are accounted for.** Read the instructions below carefully before beginning.

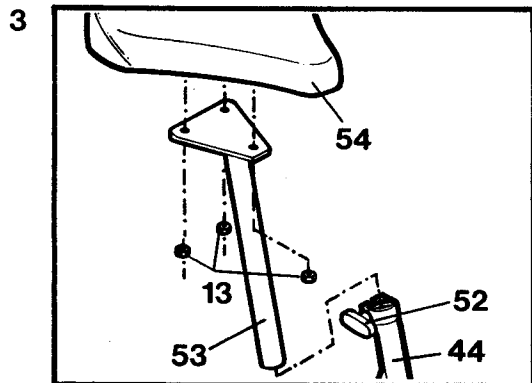
1. Attach the long Rear Stabilizer (49) to the Frame (44) with two Carriage Bolts (43), Washers (14) and Acorn Nuts (41).



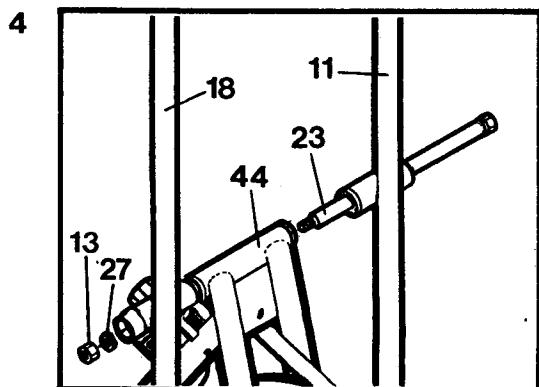
2. Attach the short Front Stabilizer (40) to the Frame (44) with two Carriage Bolts (43), Washers (14) and Acorn Nuts (41).



3. Pull the Seat Post (53) out of the seat tube of the Frame (44). Remove the three Nuts (13) from the underside of the Seat (54). Attach the Seat to the bracket on the Seat Post with the three Nuts. Insert the Seat Post into the seat tube of the Frame. Adjust the Seat to the desired height and tighten the Seat Knob (52). **Caution: The seat post must be inserted a minimum of 2 inches.**

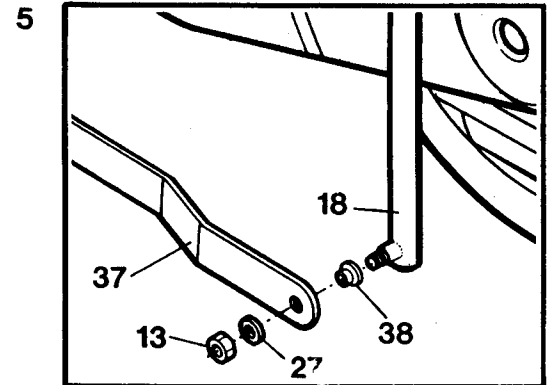


4. Remove a Nut (13) and Handlebar Washer (27) from one end of the Pivot Shaft (23). Slide the Pivot Shaft through the Left Handlebar (11) and the left side of the Frame (44). Slide the Right Handlebar (18) onto the end of the Pivot Shaft. Attach the Handlebar with the Handlebar Washer and Nut.

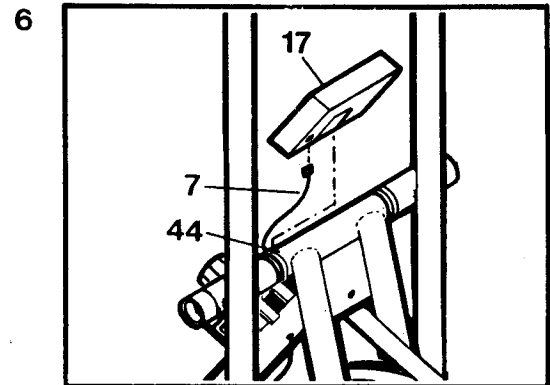


5. Connect a Link Arm (37) to the lower end of the Right Handlebar (18) with a Small Bushing (38), Handlebar Washer (27) and Nut (13) as shown.

Connect the other Link Arm to the Left Handlebar in the same manner (not shown).



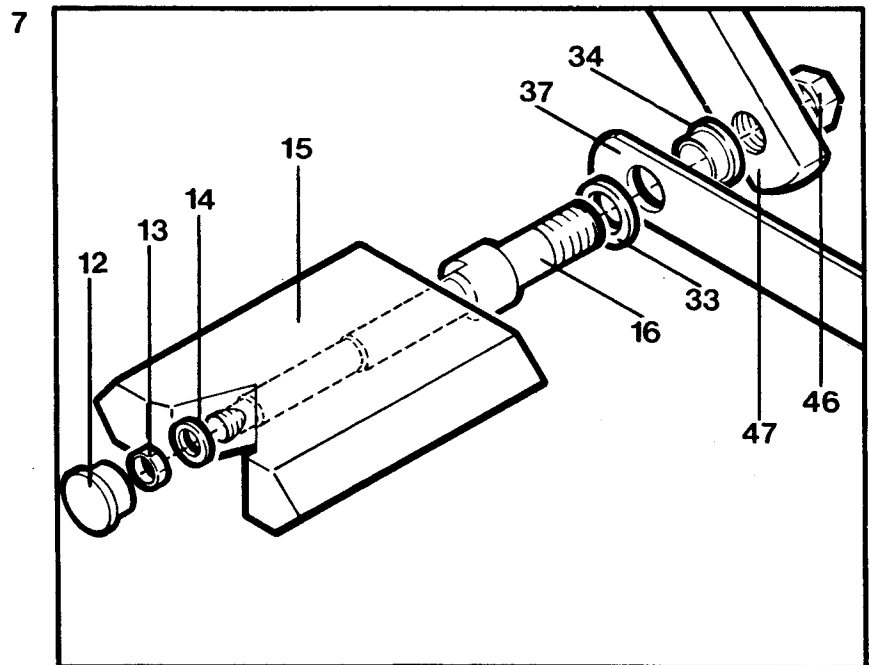
6. Plug the Sensor Wire (7) into the back of the Electronic Monitor (17). Slide the Monitor onto the bracket on the Frame (44).



7. Slide a Shaft Washer (33) onto the end of a Pedal Shaft (16). Insert the end of the Shaft through the right Link Arm (37), slide a Link Arm Bushing (34) onto the Shaft, and tighten the Shaft clockwise into the right arm of the Crank (47). Tighten a Shaft Nut (46) onto the end of the Shaft.

Slide a Pedal (15) onto the Pedal Shaft. Attach the Pedal with a Washer (14) and Nut (13). Press a Pedal Cap (12) into the end of the Pedal.

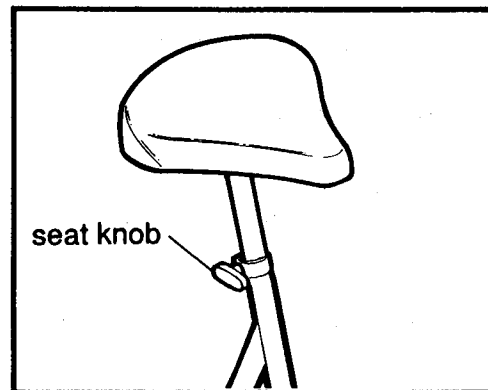
Attach the other Pedal to the left Crank Arm in the same manner (not shown).



ADJUSTMENT AND OPERATION

SEAT ADJUSTMENT

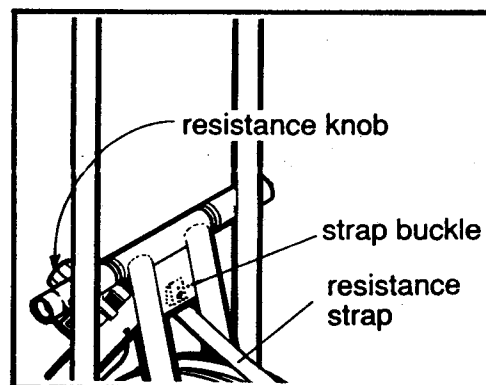
Proper seat height is important for efficient exercise. As you pedal the bike, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat: stand beside the bike, loosen the seat knob, raise or lower the seat to the desired height, and retighten the seat knob.



RESISTANCE ADJUSTMENT

To vary the level of exercise difficulty, the resistance against the pedals can be adjusted with the knob located below the electronic monitor. To increase resistance, turn the knob clockwise. To decrease resistance, turn the knob counterclockwise.

If the range of resistance is too high or too low for you, the range can be adjusted. Turn the resistance knob counterclockwise until it stops. Open the strap buckle, mounted on the frame above the flywheel. To lower the range of resistance, loosen the resistance strap slightly and close the buckle. To raise the range of resistance, tighten the strap and close the buckle.



HANDLEBAR OPERATION

The handlebars are designed to move forward and back as you pedal, strengthening and toning the muscles of your arms, shoulders, chest and back. You can emphasize these muscles by lessening leg pressure and pushing with your arms as you exercise. Or you can emphasize the leg muscles by resting your hands on the handlebars and letting your legs do the work.

ELECTRONIC MONITOR OPERATION

See the OPERATION GUIDE accompanying this manual.

MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Make sure that all parts are tightened securely before each use. Apply a few drops of multi-purpose oil to the chain every three months through the opening between the side shields. The bike can be cleaned using a damp cloth and non-abrasive detergent. Do not use solvents.

If the chain becomes loose, undo the axle nuts and pull the flywheel forward. Align the flywheel with the frame and retighten the axle nuts.

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems are the result of drained batteries.

Store the exercise bike in a cool, dry location, out of direct sunlight. Remove the batteries from the electronic monitor when storing the bike for extended periods of time.

CONDITIONING GUIDELINES

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

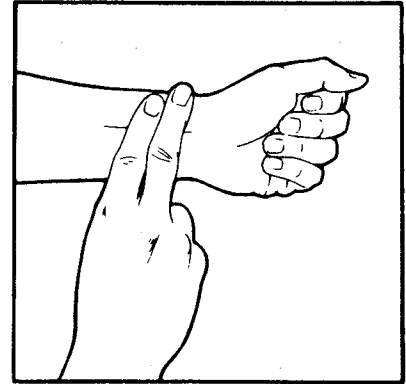
EXERCISE INTENSITY

To maximize the 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 listed for both conditioned and unconditioned persons according to age. 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

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 it reaches 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.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic phases: 1. At rest, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. At rest.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level 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 stretching or light exercise 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 per week. The key to a successful program is **REGULAR** exercise.

PART LIST - MODEL NO. 831.287140

Rev. 9/90

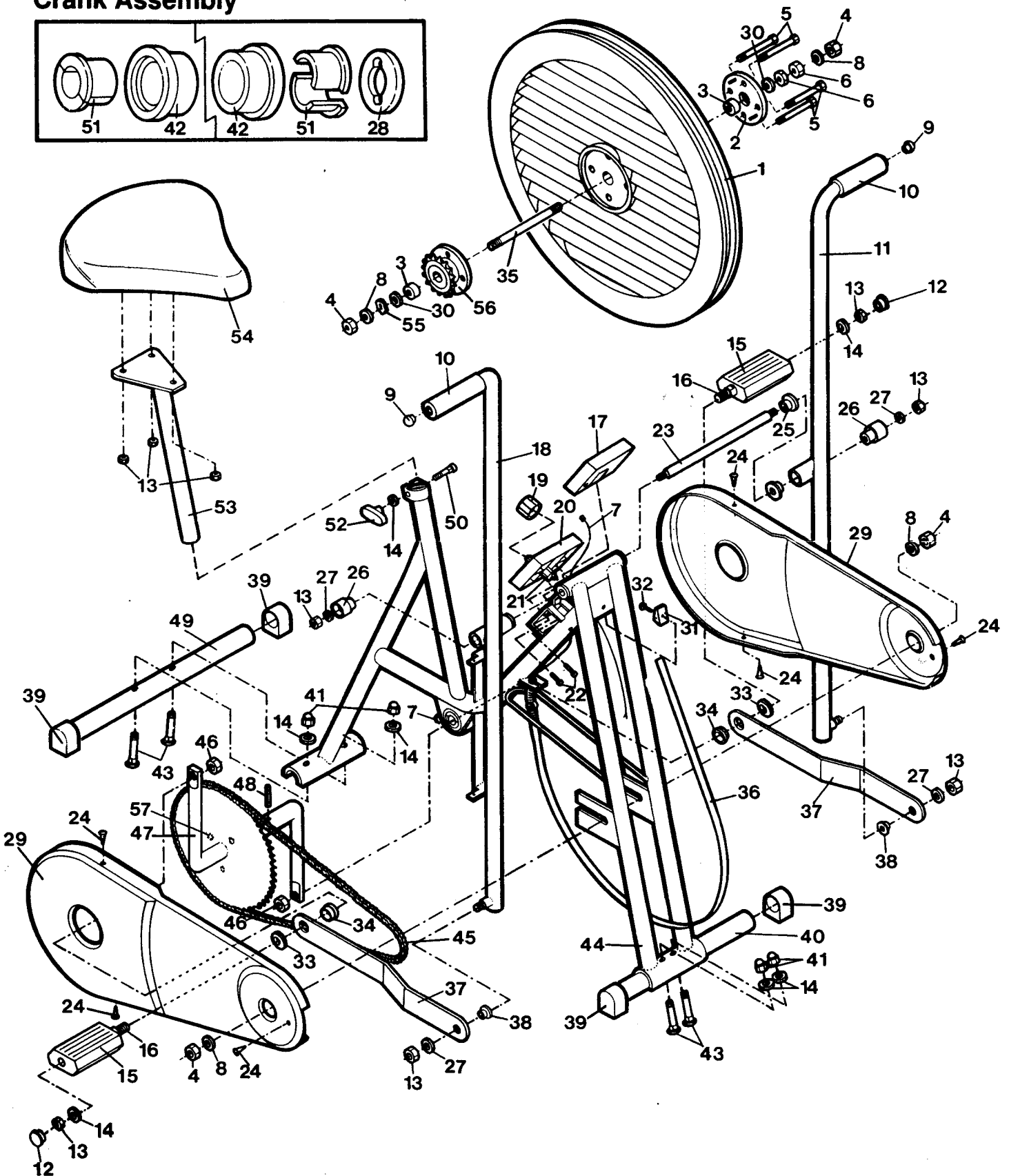
Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	021045	1	Flywheel	30	014086	2	Hardened Washer
2	061054	1	Flywheel Plate	31	050001	1	Strap Buckle
3	019293	2	Bushing	32	013572	1	Strap Buckle Screw
4	012115	4	Axle Nut	33	101494	2	Shaft Washer
5	013531	4	Flywheel Sprocket Bolt	34	101036	2	Link Arm Bushing
6	012127	2	Spacer Nut	35	049100	1	Flywheel Axle
7	100335	1	Sensor Wire/Reed Switch	36	100221	1	Resistance Strap
8	014086	4	Axle Washer	37	100509	2	Link Arm
9	040119	2	Handlebar Endcap	38	019208	2	Small Bushing
10	041065	2	Foam Handgrip	39	101993	4	Stabilizer Endcap
11	101498	1	Left Handlebar	40	101992	1	Front Stabilizer
12	040158	2	Pedal Cap	41	012001	4	Acorn Nut
13	012002	9	Nut	42	100341	2	Outer Crank Bushing
14	014012	7	Washer	43	013011	4	Carriage Bolt
15	100906	2	Pedal	44	NSP	1	Frame
16	100905	2	Pedal Shaft	45	025066	1	Chain
17	100909	1	Electronic Monitor	46	100904	2	Shaft Nut
18	101499	1	Right Handlebar	47	101998	1	Crank w/Sprocket
19	100235	1	Resistance Knob	48	015070	1	Crank Pin
20	019289	1	Resistance Knob Housing	49	101995	1	Rear Stabilizer
21	101366	1	Resistance Cable	50	013205	1	Seat Post Bolt
22	013575	2	Housing Screw	51	100340	2	Inner Crank Bushing
23	100547	1	Pivot Shaft	52	017001	1	Seat Knob
24	013527	6	Mounting Screw	53	007112	1	Seat Post
25	100546	4	Small Handlebar Bushing	54	042005	1	Seat
26	100324	2	Large Handlebar Bushing	55	014159	1	Waved Washer
27	014041	4	Handlebar Washer	56	024025	1	Flywheel Sprocket
28	100339	1	Large Crank Washer	57	100498	3	Magnet
29	010180	2	Side Shield	#	103139	1	Owner's Manual
				#	101660	1	Monitor Operation Guide

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING - MODEL NO. 831.287140

Rev. 9/90

Crank Assembly



Specifications are subject to change without notice.

SEARS SERVICE is at YOUR SERVICE

ORDERING REPLACEMENT PARTS

Each EXERCISE BIKE has its own MODEL NUMBER. Always mention this MODEL NUMBER when requesting service or repair parts for your EXERCISE BIKE. 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 MODEL NUMBER OF THE PRODUCT (831.287140).
2. The NAME OF THE PRODUCT (Lifestyler Fitness Trainer Calorie Monitor).
3. The KEY NUMBER OF THE PART (see the Part List in this manual).
4. The DESCRIPTION OF THE PART (see the Part List 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.

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