

Lifestyler™ 700

PROGRAMMABLE RESISTANCE

Warranty

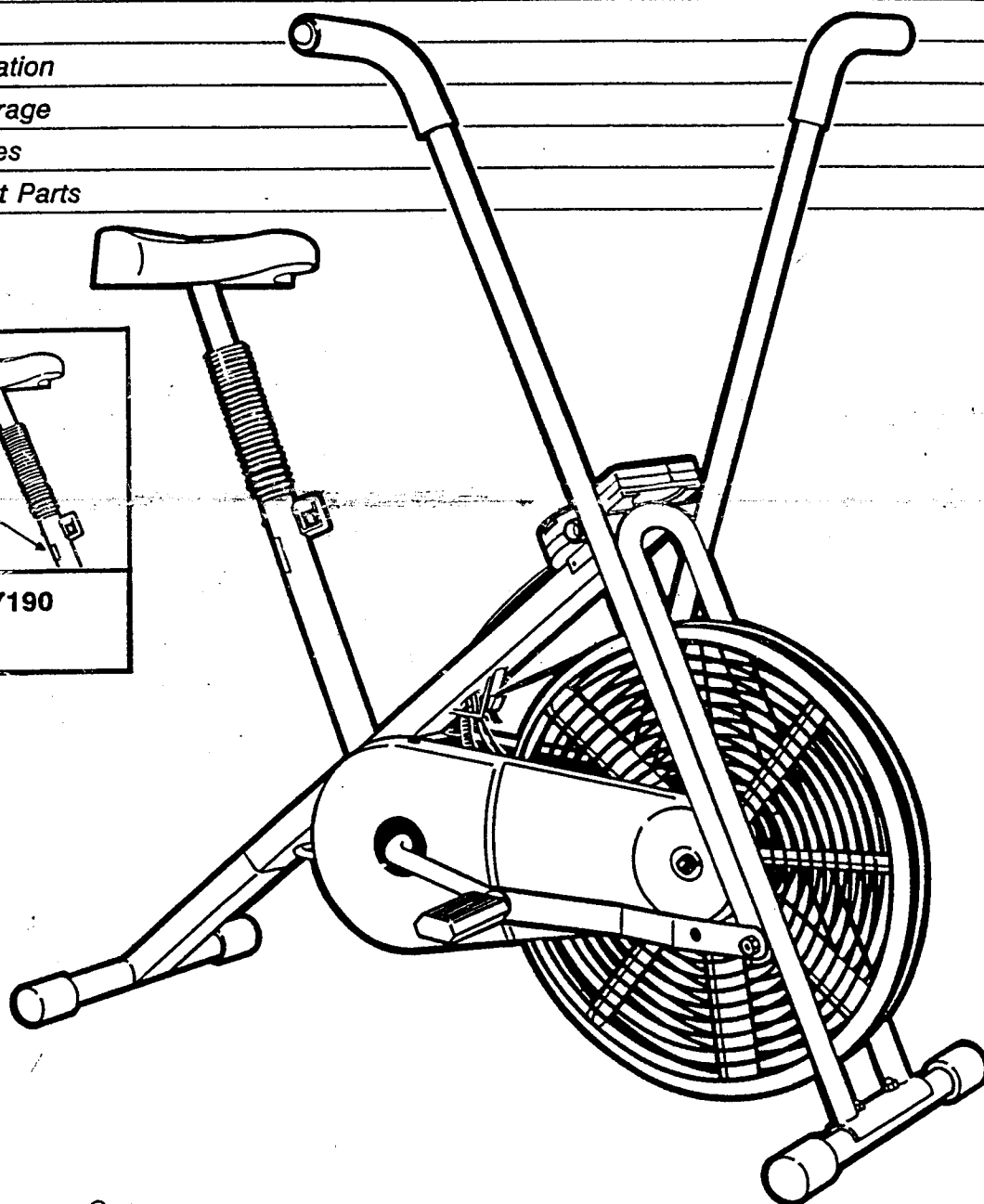
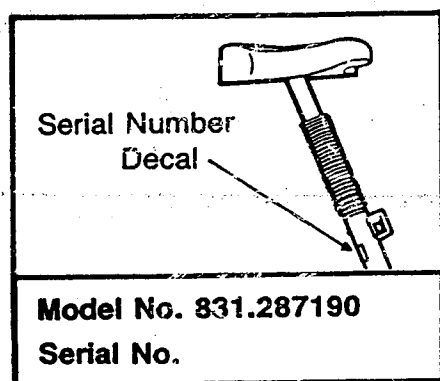
Assembly

Adjustment and Operation

Maintenance and Storage

Conditioning Guidelines

Ordering Replacement Parts



SEARS®

OWNER'S MANUAL

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

Part No. 046313 1/90

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 Programmable Resistance exercise is used in a normal manner.

This warranty does not apply when the Programmable Resistance exercise bike is used for commercial or rental purposes.

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE PROGRAMMABLE RESISTANCE EXERCISE BIKE 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

Lifestyler™

PROGRAMMABLE RESISTANCE

700

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IMPORTANT NOTICE

When riding this exercise bike, **DO NOT PEDAL BACKWARDS** or the Auto Tour console will be damaged. Due to the action of the link arms on the pedals, the pedals should be tightened before each workout.

IMPORTANT SAFETY PRECAUTIONS

1. Always use this exercise bike on a clear, level surface.
2. Do not wear flowing clothing that could become caught in the exercise bike. Always wear running or aerobic shoes when exercising.
3. Keep your hands away from moving parts.
4. Keep small children away from the exercise bike during use.

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.

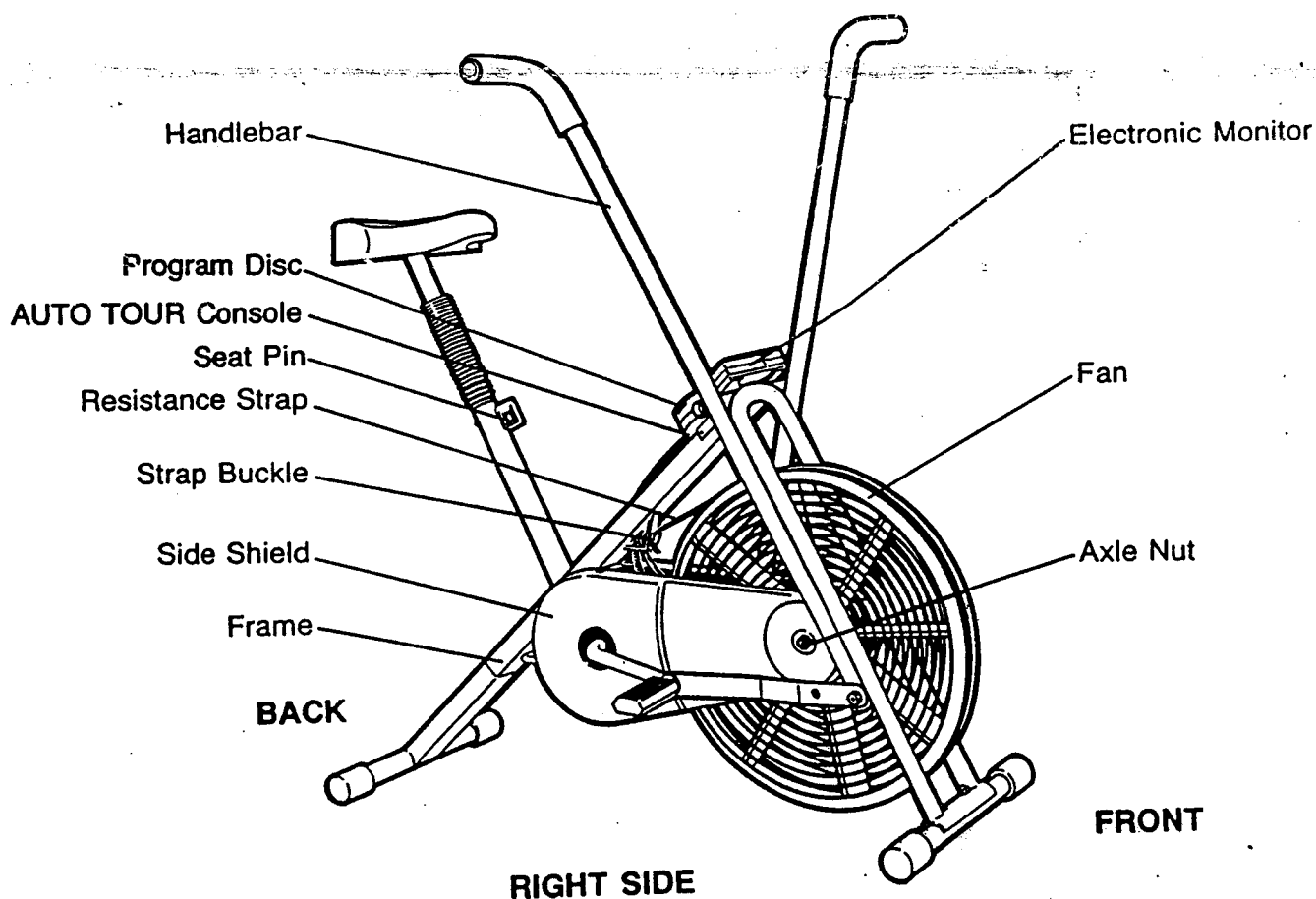
BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 700 Programmable Resistance exercise bike. The Lifestyler 700 combines advanced engineering with innovative design to provide you with one of the best forms of cardiovascular exercise in the privacy and convenience of your home. Your exercise will be more effective and enjoyable with such features as synchronized-action moving handlebars, an electronic exercise monitor and the innovative AUTO TOUR automatic resistance control system.

This manual is designed to help you easily assemble, adjust and use this exercise bike. Read this manual carefully. If you have additional questions, please call our Customer Service Department in the U.S.A. or Canada toll-free at 1-800-999-3756, during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m., Mountain Time.

In all correspondence regarding this exercise bike, please refer to the product model number and serial number. The model number is 831.287190. The serial number can be found on a decal located on the frame (see the front cover). Write the serial number in the box on the front cover for easy reference.

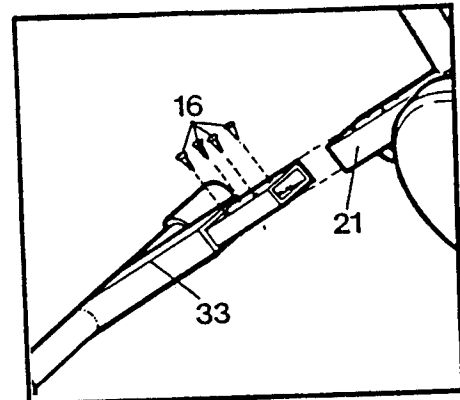
To help you understand clearly the instructions in this manual, study the drawing below and familiarize yourself with the parts labeled.



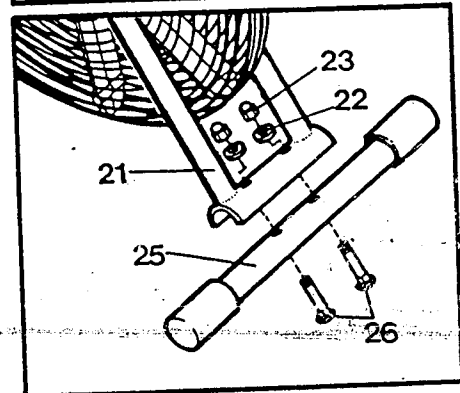
ASSEMBLY

Set all parts in a clear area on the floor and remove the packing materials. **Be sure that all parts are included before disposing of the packing materials.** Read the instructions below carefully before beginning assembly. Refer to the Exploded Drawing and the Part List on pages 10 and 11 for help in part identification. Assembly can be completed using the tool included.

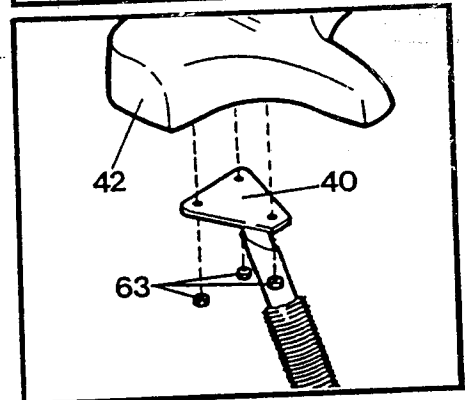
1. Attach the Rear Stabilizer (33) to the Frame (21) with the four Mounting Screws (16).



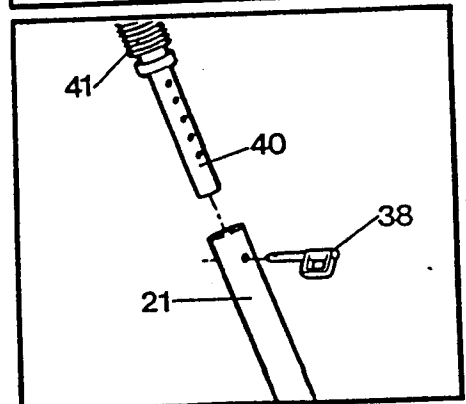
2. Attach the Front Stabilizer (25) to the Frame (21) with the two Carriage Bolts (26), Stabilizer Washers (22) and Acorn Nuts (23).



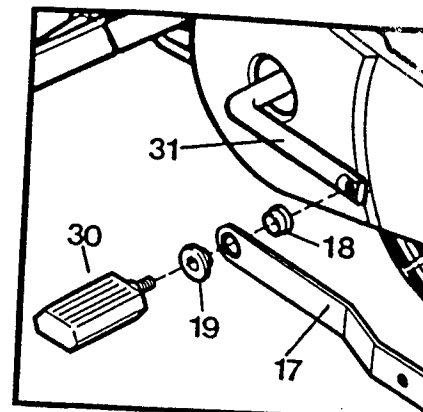
3. Remove the three Nuts (63) from the underside of the Seat (42). Attach the Seat to the bracket on the Seat Post (40) with the three Nuts.



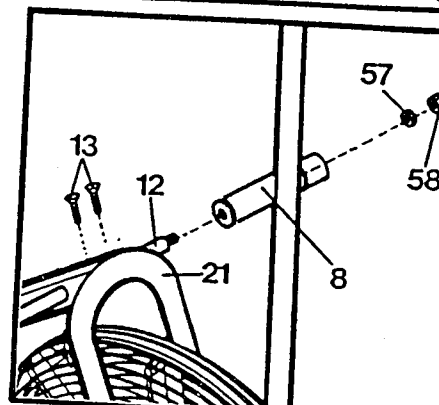
4. Raise the Bellows (41) and insert the Seat Post (40) into the seat tube of the Frame (21). Adjust the Seat to the desired height and slide the Seat Pin (38) through the Frame and the Seat Post. Pull the Bellows down over the top of the seat tube.



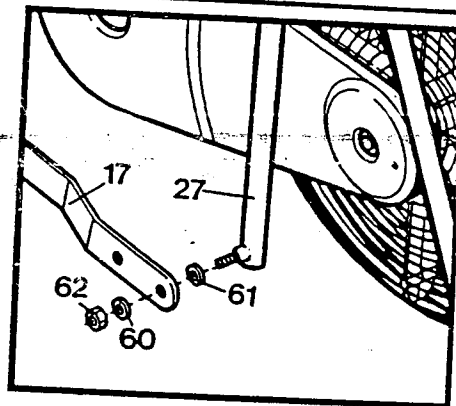
5. Slide a Black Bushing (19), a Handlebar Arm (17) and a Steel Bushing (18) onto the Shaft of the Right Pedal (30) as shown. (The shafts of the Pedals are marked with an "R" or an "L" for identification.) Tighten the Right Pedal clockwise into the right arm of the Crank (31). Slide the other Black Bushing, Handlebar Arm and Steel Bushing onto the Left Pedal and tighten the Pedal counter-clockwise into the left arm of the Crank (not shown).



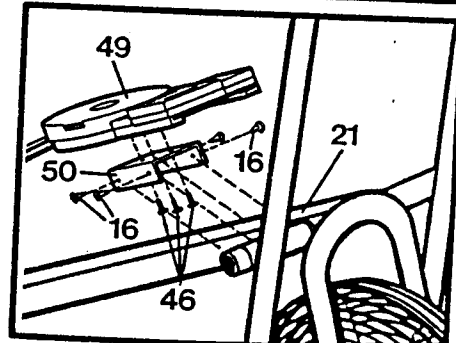
6. Slide the Pivot Shaft (12) into the Frame (21). Secure the Shaft with the two Shaft Screws (13). Slide the Left Handlebar (8) onto the left side of the Pivot Shaft as shown. Attach the Handlebar with a Pivot Washer (57) and Pivot Nut (58). Attach the Right Handlebar to the right side of the Pivot Shaft in the same manner (not shown).



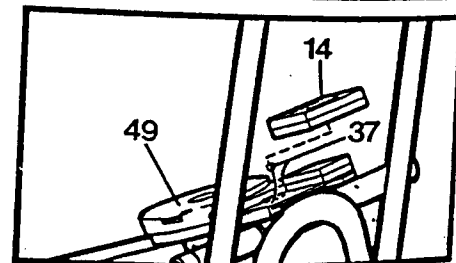
7. Connect the right Handlebar Arm (17) to the lower end of the Right Handlebar (27) with a Brass Bushing (61), an Arm Washer (60) and an Arm Nut (62) as shown. (There are two holes in the end of the Handlebar Arm. Use the back hole if you are taller than average.) Connect the left Handlebar Arm to the Left Handlebar in the same manner (not shown).



8. Attach the Console Bracket (50) to the underside of the Auto Tour Console (49) with the three Bracket Screws (46). Attach the Console Bracket to the bike Frame (21) with four Mounting Screws (16).



9. Slide the Electronic Monitor (14) off of the Auto Tour Console (49). Carefully remove the red plastic strip from the Monitor. Make sure that the Sensor Wire (37) is plugged fully into the Monitor and replace the Monitor on the Console.

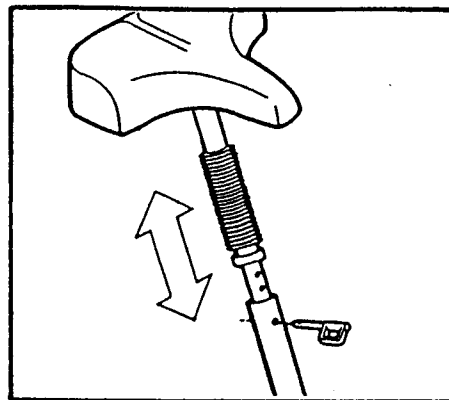


Make sure that all parts are tightened securely before using the bike.

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, remove the seat pin, raise or lower the seat and replace the pin.



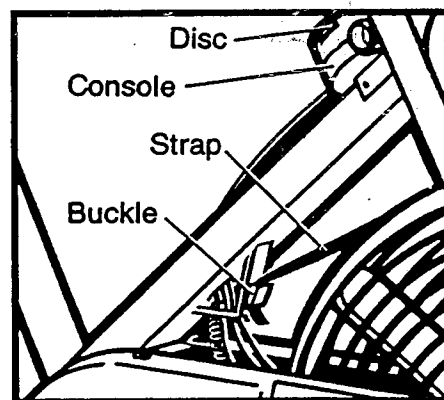
AUTO TOUR CONSOLE OPERATION

The pedaling resistance of the exercise bike is controlled by the Auto Tour system. See the Auto Tour guide accompanying this manual for operating instructions.

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 low for you, the range can be adjusted. Remove the disc from the Auto Tour console. Open the strap buckle mounted on the frame behind the fan. To raise the range of resistance, pull the resistance strap slightly tighter and close the buckle. To lower the range of resistance, loosen the strap slightly and close the buckle. Only very small strap adjustments are necessary to change the resistance. **IMPORTANT NOTE:** Excessive strap tension will result in damage to the bike.



HANDLEBAR OPERATION

The handlebars are designed to move forward and back as you pedal to strengthen and tone the muscles of the 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 STORAGE

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 fan forward. Align the fan with the frame and retighten the axle nuts.

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems with monitors 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. **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."

ELECTRONIC MONITOR OPERATION GUIDE

The electronic monitor features five separate functions to help you measure your performance and progress. Before using the monitor, we recommend that you read these instructions carefully. Save this guide for future reference.

MONITOR FUNCTIONS

SPEED - Measures your speed in miles per hour.

TIME - Measures the elapsed time of your workout.

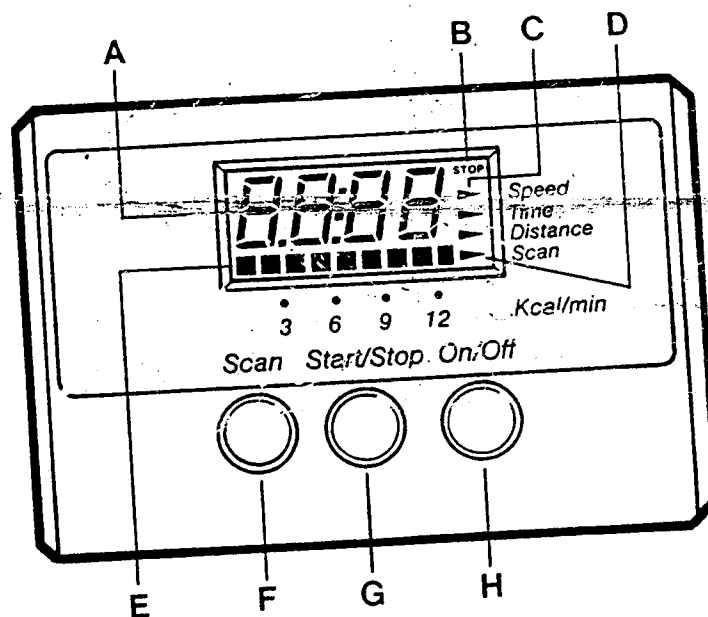
DISTANCE - Measures the approximate distance you have traveled in miles.

CALORIES - Measures the number of nutritional calories (kilocalories, or kcals) expended per minute.

SCAN - Sequentially displays the SPEED, TIME and DISTANCE functions in a repeating cycle.

MONITOR DIAGRAM

- A. LCD display
- B. Indicator that functions are stopped
- C. SPEED, TIME and DISTANCE function indicators
- D. SCAN function indicator
- E. CALORIE function display
- F. "Scan" key
- G. "Start/Stop" key
- H. "On/Off" key



MONITOR OPERATION

Note: A red insulating strip has been placed in the battery compartment to preserve the charge of the batteries during shipment. The red strip must be removed before the monitor can be operated. First, remove the monitor from the bike. Undo the screw securing the battery cover, discard the red strip, and reattach the battery cover. Replace the monitor on the bike.

1. Press the "On/Off" key to turn the monitor on.

2. Select the desired function:

- A. **SCAN**: Press the "Scan" key. The Scan indicator will appear. Press the "Start/Stop" key to start the function.

EXERCISE FREQUENCY

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

PART LIST - Model No. 831.287190

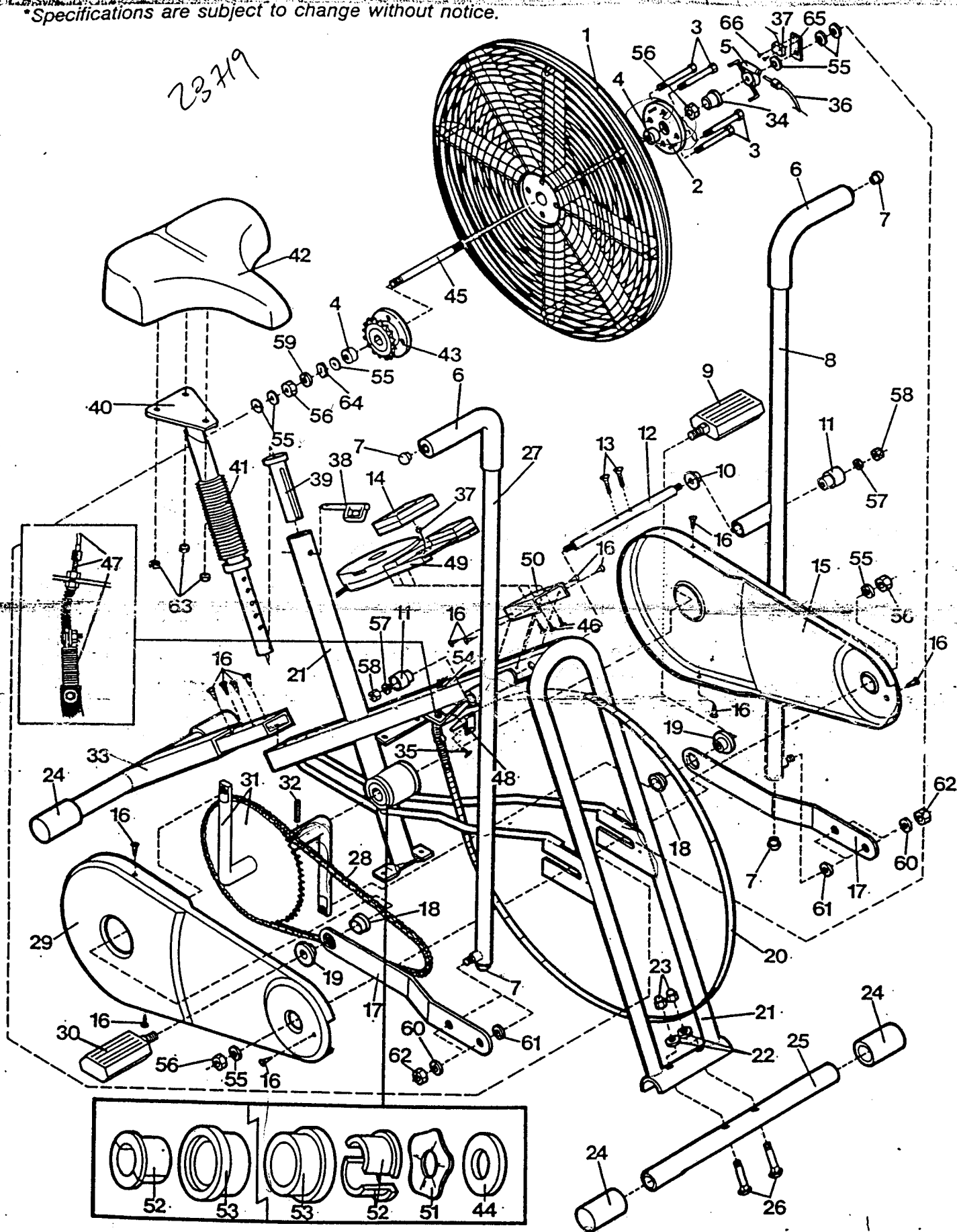
Rev. 1

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	021050	1	Fan	36	026037	1	Drive Cable
2	061054	1	Fan Plate	37	033198	1	Sensor Wire/Reed
3	013531	4	Fan Sprocket Bolt	38	015055	1	Seat Pin
4	019293	2	Bushing	39	019288	1	Seat Tube Liner
5	028007	1	Speedometer Driver	40	007112	1	Seat Post
6	041065	2	Foam Handgrip	41	010191	1	Seat Post Bellows
7	040119	4	Handlebar Cap	42	042005	1	Seat
8	001053	1	Left Handlebar	43	024024	1	Fan Sprocket
9	038045	1	Left Pedal	44	014161	1	Large Crank Washer
10	019284	2	Small Handlebar Bushing	45	049100	1	Fan Axle
11	019285	2	Large Handlebar Bushing	46	026038	1	Resistance Cable
12	049099	1	Pivot Shaft	47	013576	3	Bracket Screw
13	013525	2	Shaft Screw	48	050001	1	Strap Buckle
14	032081	1	Electronic Monitor	49	072047	1	Auto Tour Console
15	010180	1	Left Side Shield	50	008294	1	Console Mtg. Brack
16	013527	14	Mounting Screw	51	014158	1	Spring Washer
17	008205	2	Handlebar Arm	52	019290	2	Inner Crank Bushing
18	019287	2	Steel Bushing	53	019291	2	Outer Crank Bushin
19	019286	2	Black Bushing	54	081005	1	Grommet
20	035043	1	Resistance Strap	55	014040	8	Axle Washer
21	NSP	1	Frame	56	012115	4	Axle Nut
22	014030	2	Stabilizer Washer	57	014073	2	Pivot Washer
23	012120	2	Acorn Nut	58	012042	2	Pivot Nut
24	040166	4	Stabilizer Endcap	59	014160	1	Steel Washer
25	005047	1	Front Stabilizer	60	014073	2	Arm Washer
26	013092	2	Carriage Bolt	61	019208	2	Brass Bushing
27	001054	1	Right Handlebar	62	012042	2	Arm Nut
28	025066	1	Chain	63	012002	3	Seat Nut
29	010181	1	Right Side Shield	64	014159	1	Waved Washer
30	038046	1	Right Pedal	65	008285	1	Switch Mtg. Bracket
31	023029	1	Crank w/Sprocket	66	013585	2	Switch Mtg. Screw
32	015067	1	Crank Pin	#	046313	1	Owner's Manual
33	005048	1	Rear Stabilizer	#	089016	1	Monitor Guide
34	019292	1	Axle Bushing	#	045004	1	Tool
35	013530	1	Strap Buckle Screw	#	089044	1	Auto Tour Guide

Note: "#" indicates a non-illustrated part.

See the back cover of this manual for part reordering instructions.

*Specifications are subject to change without notice.



ELECTRONIC MONITOR OPERATION GUIDE

The electronic monitor features five separate functions to help you measure your performance and progress. Before using the monitor, we recommend that you read these instructions carefully. Save this guide for future reference.

MONITOR FUNCTIONS

SPEED - Measures your speed in miles per hour.

TIME - Measures the elapsed time of your workout.

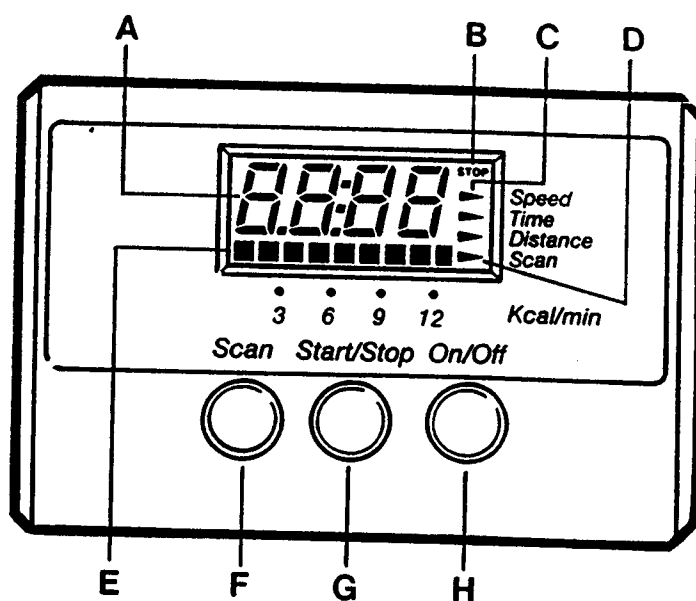
DISTANCE - Measures the approximate distance you have traveled in miles.

CALORIES - Measures the number of nutritional calories (kilocalories, or kcals) expended per minute.

SCAN - Sequentially displays the SPEED, TIME and DISTANCE functions in a repeating cycle.

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MONITOR OPERATION

Note: A red insulating strip has been placed in the battery compartment to preserve the charge of the batteries during shipment. The red strip must be removed before the monitor can be operated. First, remove the monitor from the bike. Undo the screw securing the battery cover, discard the red strip, and reattach the battery cover. Replace the monitor on the bike.

1. Press the "On/Off" key to turn the monitor on.
2. Select the desired function:
 - A. **SCAN:** Press the "Scan" key. The Scan indicator will appear. Press the "Start/Stop" key to start the function.

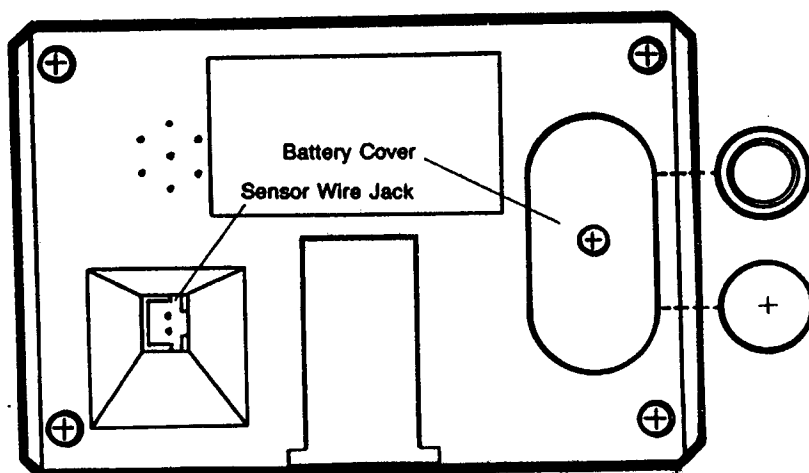
- B. **SPEED, TIME or DISTANCE:** While the SCAN function is operating, the SPEED, TIME and DISTANCE functions will be displayed in a repeating sequence. If desired, a single function can be selected for continuous display. Simply wait until the desired function is displayed, and press the "Scan" key. The SCAN function will be cancelled, and the selected function will be displayed continuously.
- C. **CALORIES:** The CALORIE display is activated simply by pedaling. The numbers beneath the display show the number of nutritional calories (kilocalories) being expended per minute. To calculate the number of calories expended during a workout, multiply the number of calories expended per minute by the number of minutes exercised. For example, if you are expending 6 calories per minute, and you have exercised for 20 minutes, you have expended a total of 120 calories. Note: Numbers are based on a medium resistance level. If the resistance is set very high or low, the actual number of calories expended will be slightly higher or lower than the number shown.
3. If you need to interrupt your workout, simply press the "Start/Stop" key to put functions on hold. Press the "Start/Stop" key to restart the functions.
4. When you are finished exercising, press the "On/Off" key to turn the monitor off. Always turn the monitor off when not in use to conserve the batteries.

MONITOR CARE

If the display becomes faint, the batteries should be replaced. Remove the monitor from the bike and unplug the sensor wire. Remove the screw from the battery cover and discard the used batteries. Insert two new 1.5-volt watch batteries, with the writing down on the top battery and up on the bottom battery. Replace the battery cover and reconnect the sensor wire. Reattach the monitor to the bike.

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

Do not expose the electronic monitor to direct sunlight for extended periods of time or the LCD window will be damaged. Do not allow liquids to come in contact with the monitor. Remove the batteries during storage.



SEARS® SERVICE is at YOUR SERVICE

ORDERING REPLACEMENT PARTS

Each SEARS 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 (831.287190).
2. The NAME OF THE PRODUCT (Lifestylor 700 Programmable Resistance exercise bike).
3. The SERIAL NUMBER OF THE PRODUCT can be found on a decal on the frame (see 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 in this manual.
5. The DESCRIPTION OF THE PART from 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.