

SEARS®

Lifestyler™ 3000p

Model No. 831.287250

PROGRAMMABLE RESISTANCE

Warranty

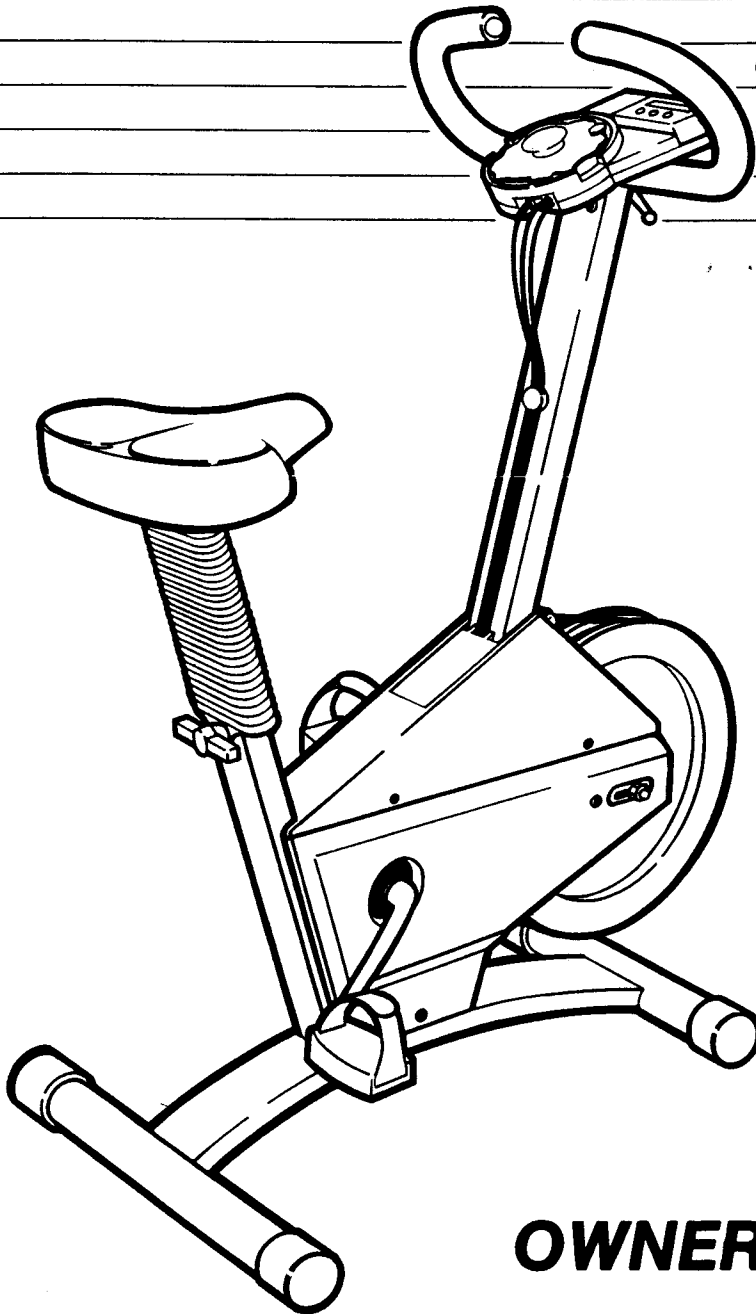
Assembly

Operation and Adjustments

Maintenance and Storage

Conditioning Guidelines

Part Ordering Information



OWNER'S MANUAL

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

Part No. 046271 10/89

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 Programmable Resistance exercise bike 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™ ***3000p*** ***PROGRAMMABLE RESISTANCE***

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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.**
- 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

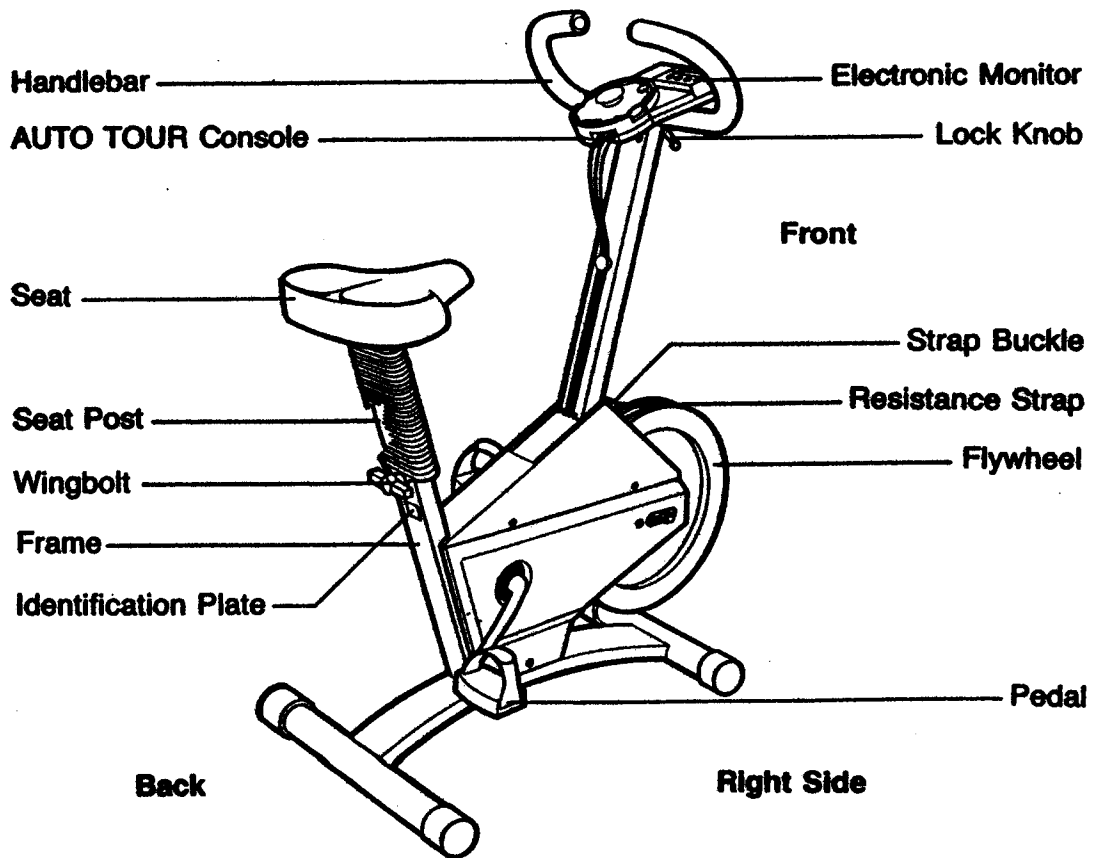
Congratulations for purchasing a Sears Lifestyler 3000p programmable resistance exercise bike. The Lifestyler 3000p combines advanced engineering with innovative design to let you enjoy one of the best forms of cardiovascular exercise at your convenience, in the privacy of your own home. The heart of the Lifestyler 3000p is the AUTO TOUR automatic resistance control system. This unique system gives you the important benefits of variable pedaling resistance without expensive motors and without the distraction of making adjustments as you pedal.

This manual is designed to help you easily assemble, adjust and use the Lifestyler 3000p. Please read this manual carefully. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. If possible, place the exercise bike near your telephone when calling.

In all correspondence regarding this product, please refer to the product model number (see the box to the right) and serial number (found on the identification plate located on the bike frame). Write the serial number in the box for easy reference.

Model No. 831.287250
Serial No.

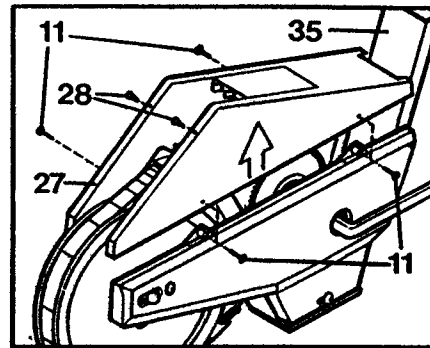
To help you understand clearly the instructions in this manual, study the drawing below and familiarize yourself with the parts labeled.



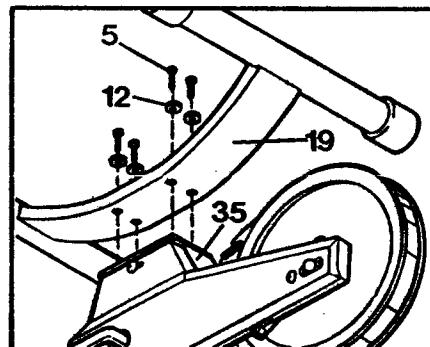
ASSEMBLY

Set all parts in a clear area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Read the instructions below carefully before beginning assembly. Refer to the Part List and the Exploded Drawing on pages 10 and 11 for help with part identification. Assembly can be completed using the tool provided. The assistance of a second person is recommended for steps 1 and 2.

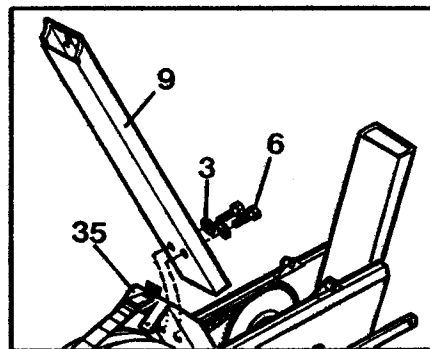
1. Remove the four Screws (11) and the two Phillips Bolts (28) from the Hood (27). Lift off the Hood and stand the Frame (35) upside-down.



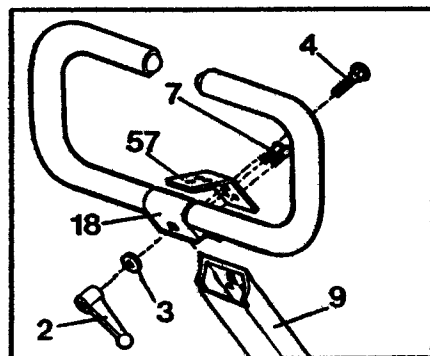
2. Attach the Base (19) to the Frame (35) with the four Base Bolts (5) and Base Washers (12). (The short tube of the Base must be toward the front.) Stand the bike upright on the Base.



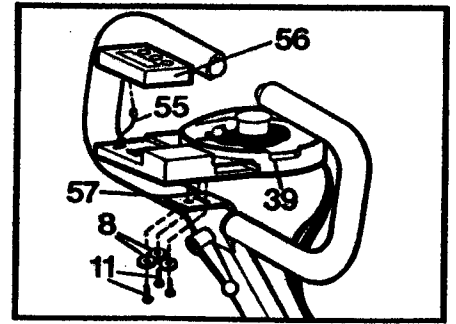
3. Attach the lower end of the Handlebar Post (9) to the Frame (35) with the Post Bolts (6) and Flat Washers (3).



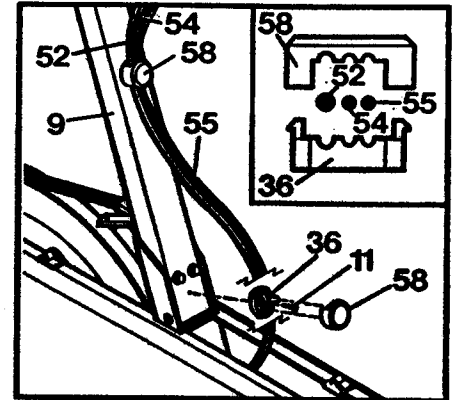
4. Hold the Handlebar Clamp (18) and the Console Bracket (57) together and slide them into the Handlebar Post (9). Attach the Clamp and Bracket with the two Clamp Bolts (7) as shown. Insert the Carriage Bolt (4) through the Handlebar Post, add a Flat Washer (3) and thread the Clamp Knob (2) onto the end of the Carriage Bolt. Adjust the Handlebar to the desired angle and tighten the Clamp Knob firmly.



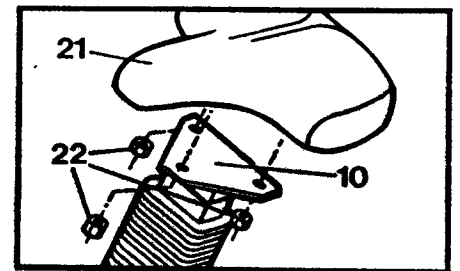
- Attach the AUTO TOUR Console (39) to the Console Bracket (57) with the three Screws (11) and Washers (8). Slide the Electronic Monitor (56) forward off of the Console. Turn the Monitor over and pull the red strip (not shown) from the battery compartment. (See the ELECTRONIC OPERATION GUIDE accompanying this manual.) Plug the Sensor Wire (55) into the back of the Electronic Monitor. Slide the Monitor back onto the clip at the front of the Console.



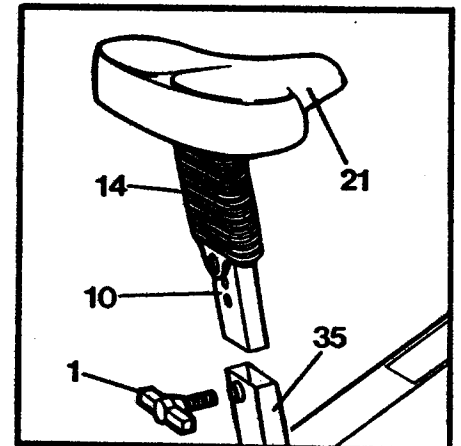
- Remove the two Screws (11) from the Handlebar Post (9). Attach the two Cable Clip Bases (36) to the Handlebar Post with the two Screws as shown. (There are three grooves in each Cable Clip Base. The largest groove must be on the left side.) Fit the Drive Cable (52), Resistance Cable (54) and Sensor Wire (55) into the Cable Clip Bases. (There must be slack in the Drive Cable between the upper Cable Clip Base and the Console or the Drive Cable may be damaged.) Snap the Cable Clips (58) onto the Cable Clip Bases, making sure that the largest grooves in the Cable Clips fit over the largest grooves in the Cable Clip Bases. Reattach the Hood with the four Screws and the two Phillip's Bolts (see step 1).



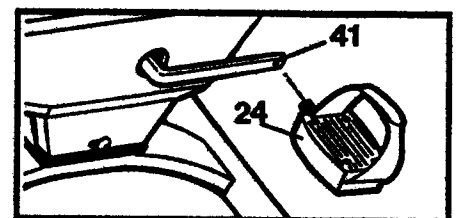
- Remove the three Nuts (22) from the underside of the Seat (21). Attach the Seat to the bracket on the Seat Post (10) with the three Nuts.



- Raise the Bellows (14) and insert the Seat Post (10) into the Frame (35). Pull the loop at the lower end of the Bellows over the hole in the Frame and thread the Wingbolt (1) into the hole. Adjust the Seat (21) to the desired height and tighten the Wingbolt through one of the holes in the Seat Post. **CAUTION:** Failure to tighten the Wingbolt through one of the holes in the Seat Post could result in injury.



- Tighten the Left Pedal (24) counterclockwise into the left arm of the Crank (41). (The Pedal shafts are marked with an "L" or an "R" for identification.) Tighten the Right Pedal clockwise into the right arm of the Crank (not shown).

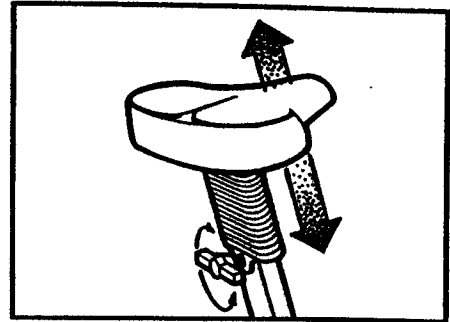


Make sure that all parts are tightened securely before using the exercise bike.

ADJUSTMENT AND OPERATION

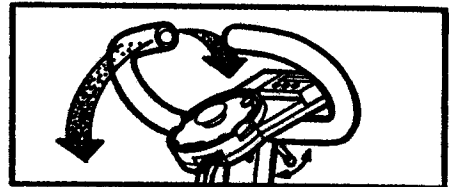
SEAT ADJUSTMENT

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, loosen the wingbolt, raise or lower the seat and retighten the wingbolt. **CAUTION:** Failure to tighten the wingbolt into one of the holes in the seat post could result in injury.



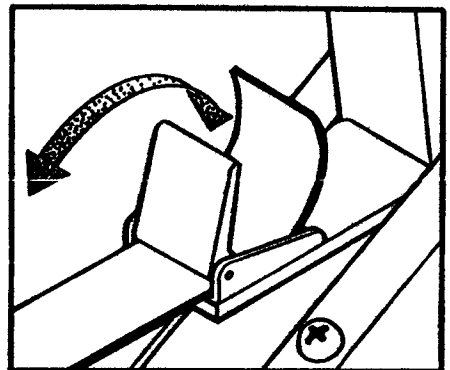
HANDLEBAR ADJUSTMENT

Adjust the handlebar to the position that is most comfortable for you. Loosen the clamp knob, move the handlebar to the desired position and retighten the clamp knob.



RESISTANCE STRAP ADJUSTMENT

The pedaling resistance is controlled by the AUTO TOUR system. If the range of resistance is too low or too high, the range can be adjusted with the strap buckle located on the frame above the flywheel. First, remove the disc from the AUTO TOUR console (see the AUTO TOUR operation guide) and open the strap buckle. To raise the range of resistance, pull the resistance strap tighter and close the buckle. To lower the range of resistance, loosen the resistance strap and close the buckle.



AUTO TOUR/ELECTRONIC MONITOR OPERATION

See the operation guides 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. Outside surfaces of the bike can be cleaned using a soft cloth and non-abrasive detergent. (Do not allow liquids to come in contact with the electronic monitor.)

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

Store the 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

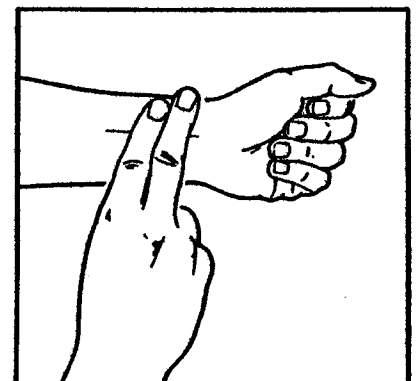
To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone."

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

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.

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.



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.

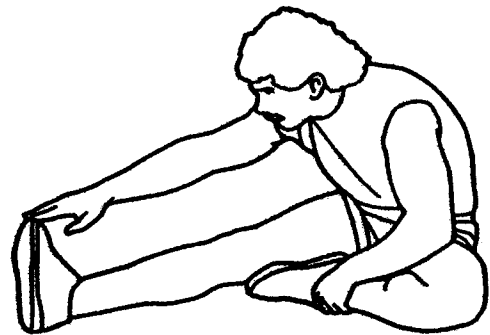
STRETCHING

The following stretches provide a good warm-up. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly — don't bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

Stretches: Hamstrings, lower back and groin.



INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

Stretches: Inner thigh muscles.



TOE TOUCHES

With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.

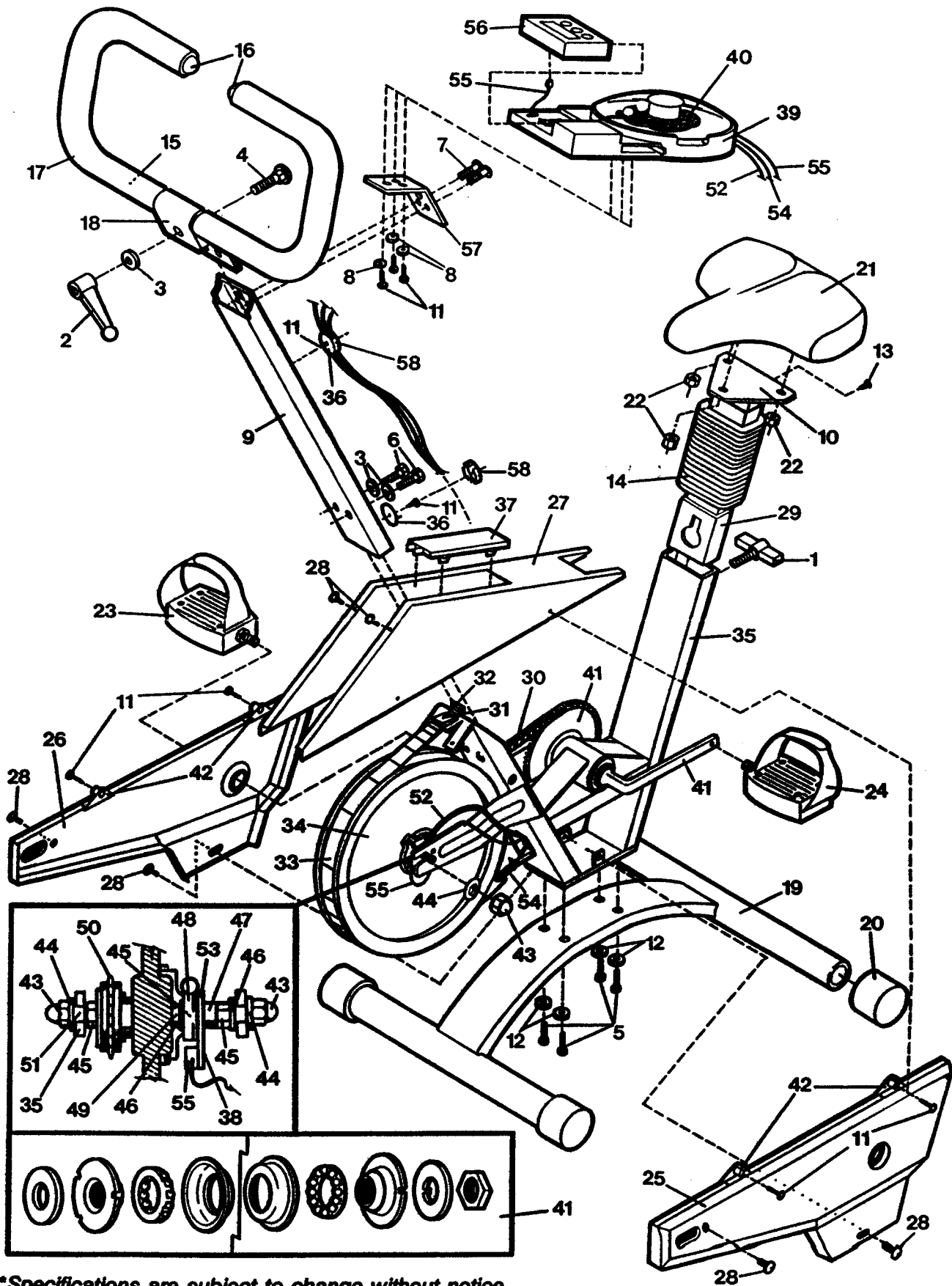
Stretches: Hamstrings, back of knees, back.



PART LIST - Model No. 831.287250

Rev. 10/89

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	017054	1	Wingbolt	32	013132	1	Buckle Screw
2	017009	1	Clamp Knob	33	035033	1	Resistance Strap
3	014030	3	Flat Washer	34	021051	1	Flywheel
4	013137	1	Carriage Bolt	35	NSP	1	Frame
5	013265	4	Base Bolt	36	054029	2	Cable Clip Base
6	013584	2	Post Bolt	37	009147	1	Hood Cap
7	013542	2	Clamp Bolt	38	013585	2	Reed Switch Screw
8	014173	3	Washer	39	072047	1	AUTO TOUR Console
9	007113	1	Handlebar Post	40	072048	1	AUTO TOUR Disc (3)
10	007114	1	Seat Post	41	070903	1	Crank Assembly
11	013141	9	Screw	42	008081	4	Side Shield Tab
12	014172	4	Base Washer	43	012048	2	Axle Nut
13	013356	1	Bellows Screw	44	014040	2	Axle Washer
14	010011	1	Bellows	45	012164	3	Hex Nut
15	001011	1	Handlebar	46	012164	2	Thin Hex Nut
16	040004	2	Handlebar Cap	47	014104	1	Beveled Washer
17	041011	2	Foam Grip	48	028006	1	Driver
18	016021	1	Handlebar Clamp	49	019300	1	Spacer
19	004208	1	Base	50	024007	1	Freewheel Sprocket
20	040047	4	Base Endcap	51	049101	1	Flywheel Axle
21	042005	1	Seat	52	026031	1	Drive Cable
22	012002	3	Seat Nut	53	061059	1	Reed Switch Bracket
23	038006	1	Right Pedal	54	026032	1	Resistance Cable Assy.
24	038005	1	Left Pedal	55	033172	1	Sens. Wire/Reed Switch
25	010154	1	Left Side Shield	56	032051	1	Electronic Monitor
26	010153	1	Right Side Shield	57	008246	1	Console Bracket
27	009113	1	Hood	58	054030	2	Cable Clip
28	013397	6	Phillips Bolt	#	045004	1	2-Piece Tool
29	019245	1	Seat Post Sleeve	#	046271	1	Owner's Manual
30	025036	1	Chain	#	089016	1	Monitor Oper. Guide
31	050001	1	Strap Buckle	#	089044	1	AUTO TOUR Guide



**Specifications are subject to change without notice.*

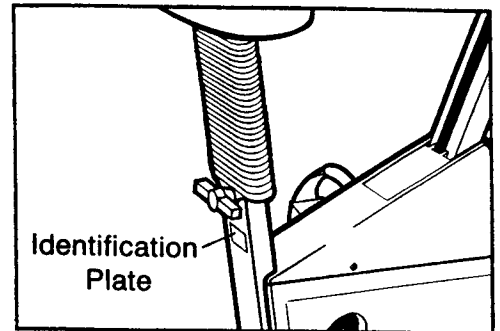
SEARS® SERVICE is at YOUR SERVICE

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 (831.287250).
2. THE NAME OF THE PRODUCT (Lifestyler 3000p Programmable Resistance exercise bike).
3. THE SERIAL NUMBER OF THE PRODUCT (see the drawing above).
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 ensure that we meet our pledge to you: we service what we sell.