

Lifestyler™ 3500a

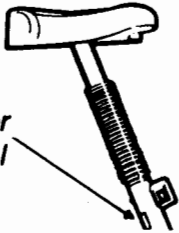
▼ VARIABLE RESISTANCE ▼ ELECTRONIC ERGOMETER

SEARS®

Model No. 831.287266

Serial No. _____

Serial Number
Decal



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

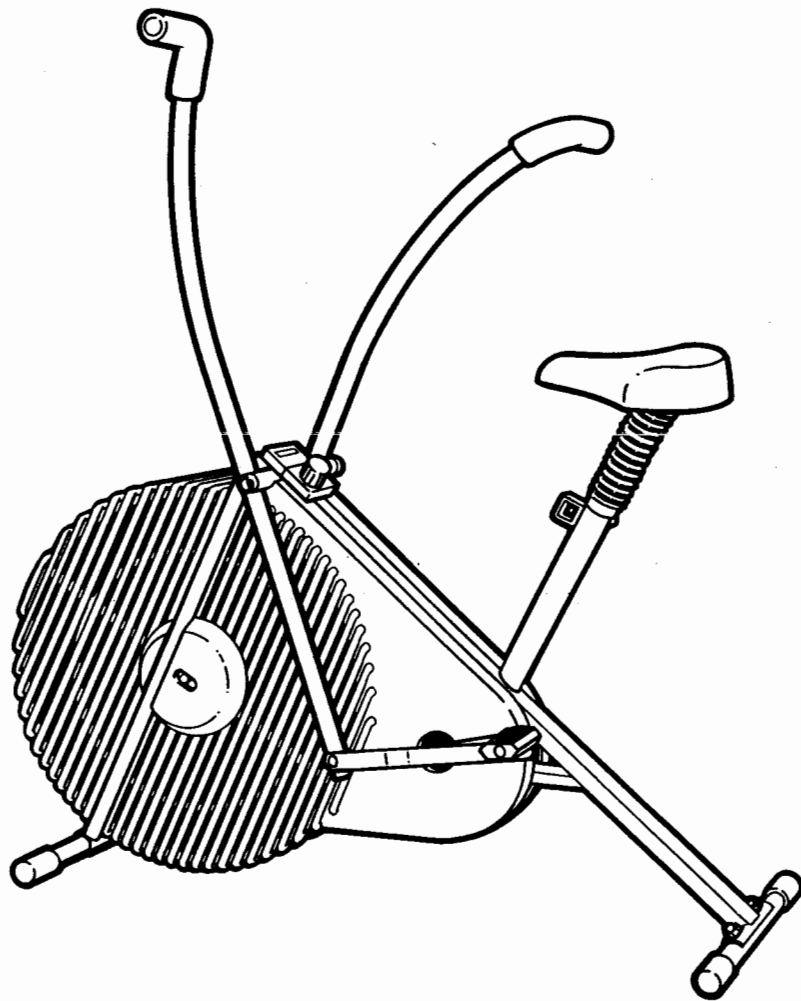
CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST.

CAUTION:

Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.



OWNER'S MANUAL

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 Variable Resistance Electronic Ergometer exercise bike is used in a normal manner.

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

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE VARIABLE RESISTANCE ELECTRONIC ERGOMETER 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

LifestylerTM

▼ VARIABLE RESISTANCE 3500a **▼ ELECTRONIC ERGOMETER**

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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.
4. Make sure that the chain is always properly adjusted. See MAINTENANCE AND TROUBLE-SHOOTING.

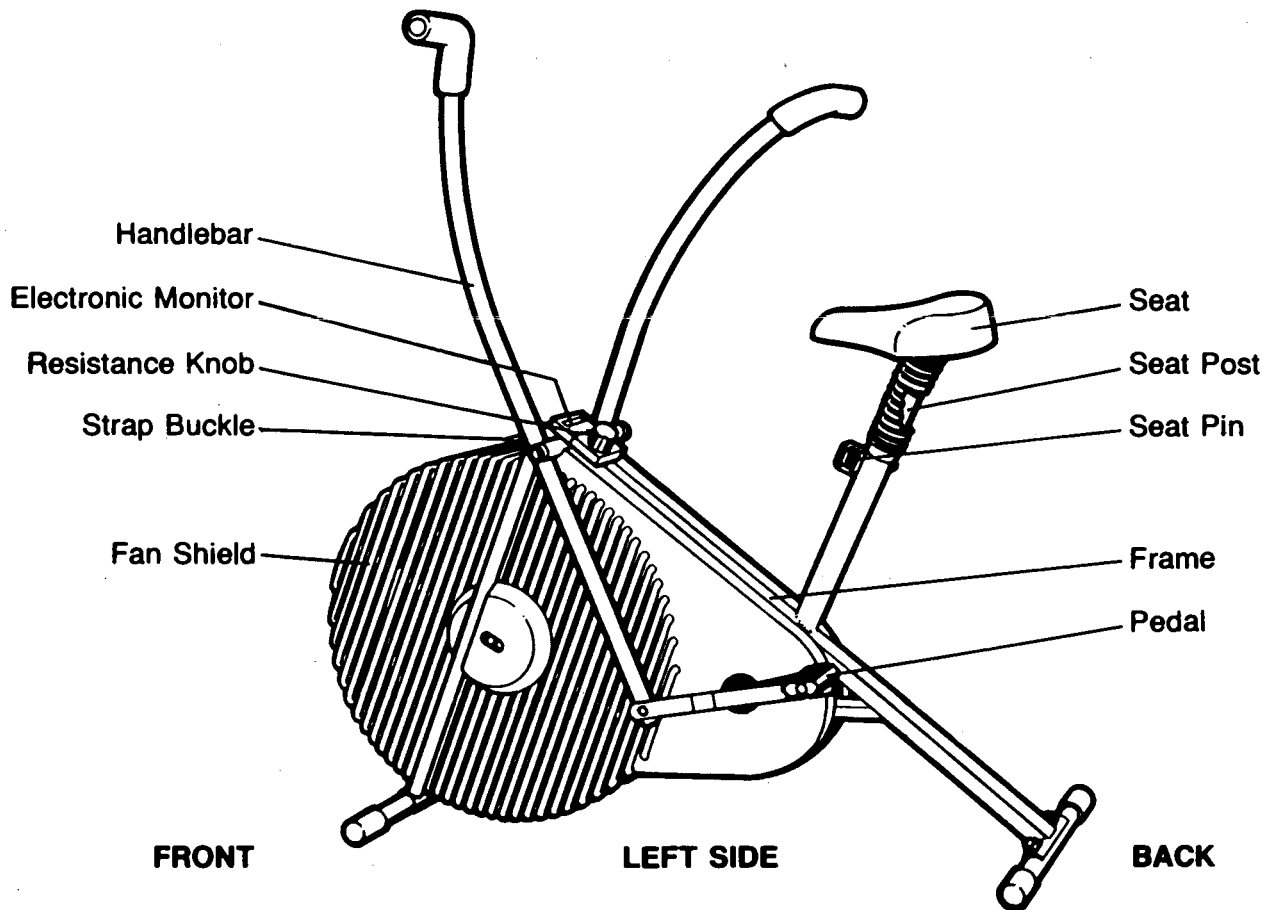
WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the Lifestyler 3500a Variable Resistance Electronic Ergometer. Cycling is one of the best forms of cardiovascular exercise known. The Lifestyler 3500a blends advanced engineering with ergonomic styling to let you enjoy this healthful exercise in the convenience and privacy of your 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 (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is printed on the front cover of this manual. The serial number is recorded on a decal attached to the product (see the drawing on the front cover).

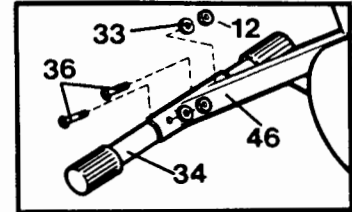
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



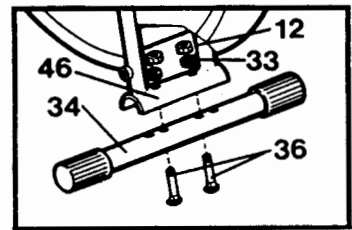
ASSEMBLY

Remove all parts from the packing carton. **Make sure all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Some of the hardware used in assembly will be found on one of the parts to be assembled, and must be removed before assembly.

1. Attach one of the Stabilizers (34) to the rear of the Frame (46) with two Carriage Bolts (36), Curved Washers (33) and Lock-nuts (12). (The Stabilizer must be turned so that the recessed holes in the Stabilizer are toward the Frame.)



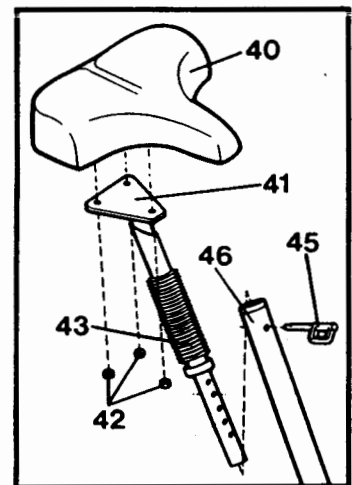
2. Attach the other Stabilizer (34) to the front of the Frame (46) with two Carriage Bolts (36), Curved Washers (33) and Lock-nuts (12). (The Stabilizer must be turned so that the recessed holes in the Stabilizer are toward the Frame.)



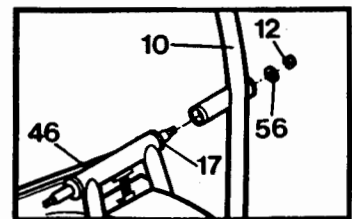
3. Remove the three Nuts (42) from the underside of the Seat (40). Attach the Seat to the top of the Seat Post (41) with the three Nuts.

Slide the Bellows (43) onto the Seat Post (41) as shown. Remove the Seat Pin (45), and insert the Seat Post into the Frame (46). Adjust the Seat (40) to the desired height, and insert the Seat Pin through the Frame and Seat Post.

CAUTION: At least 2" of the Seat Post must be inside the Frame.

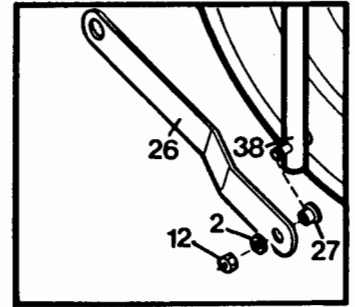


4. Slide the Pivot Shaft (17) into the Frame (46). Slide the Left Handlebar (10) onto the left end of the Shaft. Slide the Right Handlebar (not shown) onto the right end of the Shaft. Attach each Handlebar with a Pivot Washer (56) and Locknut (12).



- Slide a Handlebar Bushing (27), a Link Arm (26) and a Flat Washer (2) onto the pin on the lower end of the Right Handlebar (38). Tighten a Locknut (12) onto the end of the pin.

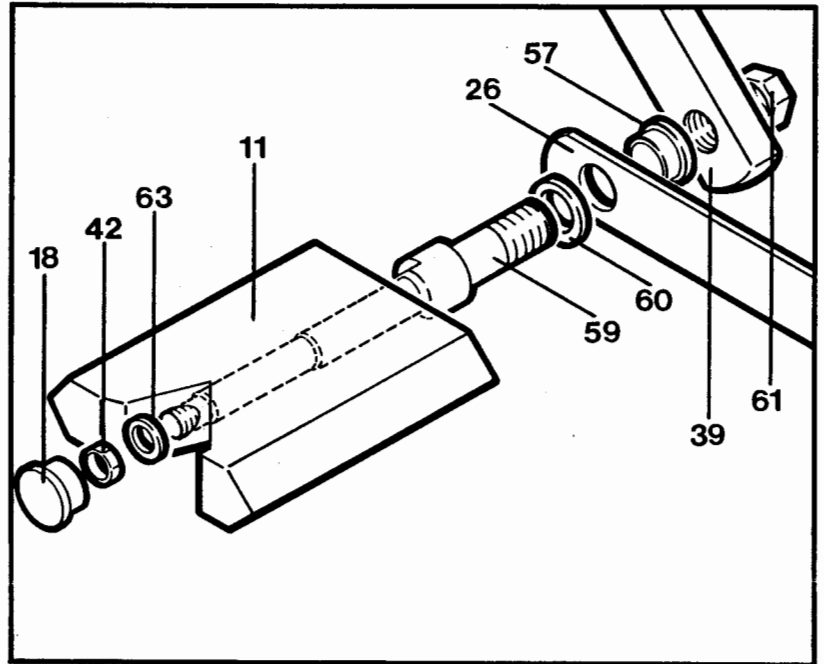
Attach the other Link Arm to the Left Handlebar in the same manner (not shown).



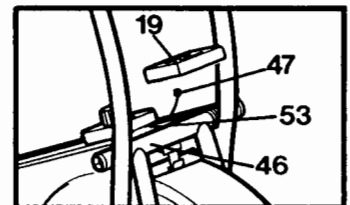
- Slide a Shaft Washer (60) onto the end of a Pedal Shaft (59). Insert the end of the shaft through the right Link Arm (26), slide a Link Arm Bushing (57) onto the Shaft, and firmly tighten the Shaft clockwise into the right arm of the Crank (39). Tighten a Shaft Nut (61) onto the end of the Shaft.

Slide a Pedal (11) onto the Pedal Shaft (59), with the deepest recess in the Pedal outward. Attach the Pedal with a Pedal Washer (63) and a Pedal Locknut (42). Press a Pedal Cap (18) into the Pedal.

Attach the other Pedal in the same manner (not shown).



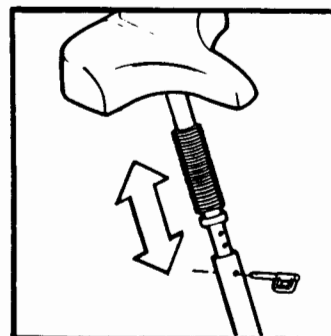
- If there is a red strip in the back of the Electronic Monitor (19), remove the strip. Plug the Sensor Wire (47) into the back of the Monitor. Slide the Monitor onto the Monitor Clip (53) on the Frame (46).



ADJUSTMENT AND OPERATION

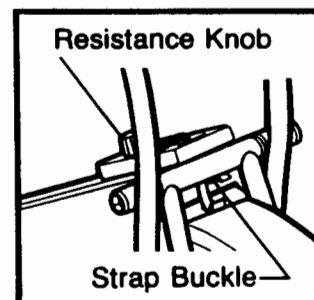
SEAT ADJUSTMENT

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. **CAUTION: At least 2" of the seat post must be inside of the frame.**



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. As you turn the resistance knob counterclockwise (decreasing resistance), **stop when it becomes difficult to turn the knob.** If you continue to turn the knob, the knob may be damaged.



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

Note: The resistance strap has been tightened to prevent the strap from slipping off the fan during shipping. It may be necessary to loosen the strap slightly before initial use of the bike.

ELECTRONIC MONITOR OPERATION

See the Electronic Monitor Operation Guide accompanying this manual.

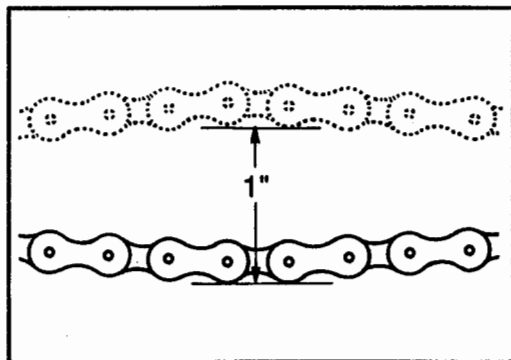
MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. (Liquids should never come in contact with the electronic monitor.)

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

This exercise bike features a high-precision chain. A few drops of light, multi-purpose oil should be applied to the chain periodically. The chain should also be checked regularly to ensure that it is properly adjusted. If the chain is not properly adjusted, the fan or bearings can be damaged. The chain should be checked and adjusted in the following manner:

1. Remove the right pedal assembly.
2. Remove the screws attaching the fan shield and the right side shield, and take off the fan shield and the right side shield.
3. Check the chain for proper tightness. **There should never be more than 1", or less than 1/4", of vertical movement in the center of the chain.** If the chain needs to be adjusted, first loosen the nut on each end of the fan axle. Turn the fan adjustment nut clockwise to tighten the chain, or counterclockwise to loosen the chain, as necessary. Make sure that the fan is straight, and re-tighten the nut on each end of the fan axle.
4. Ride the exercise bike vigorously. If the chain slips or causes excessive noise, repeat step 3 until the chain is properly adjusted.
5. Re-attach the fan shield and the right side shield.
6. Re-attach the right pedal assembly.



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.

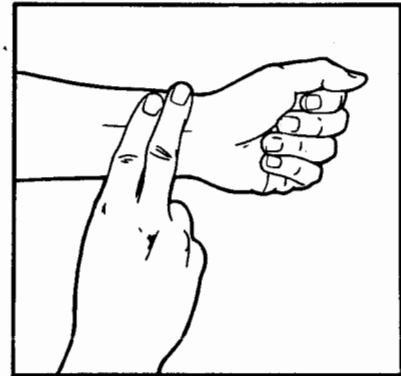
EXERCISE INTENSITY

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, first exercise continuously for four minutes. After four minutes, stop exercising and place two fingers on your wrist as shown. Carefully count how many times your heart beats in six seconds, and add a zero to the result to find your heart rate. For example, if your heart beats 14 times in six seconds, your heart rate is 140 beats per minute. (A six-second count is used because your 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 too high, 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

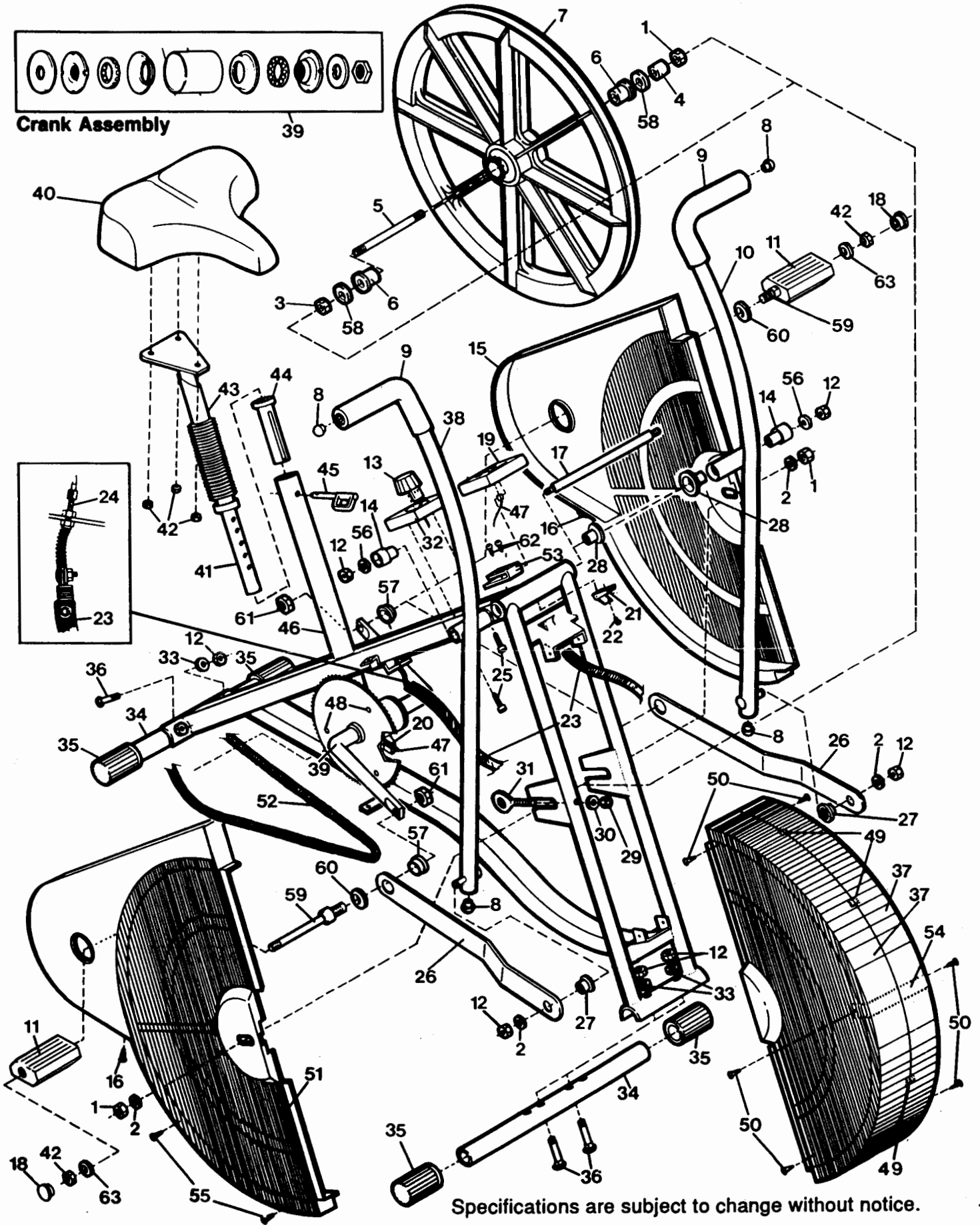
To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR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

PART LIST - Model No. 831.287266

Rev. 9/91

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	100387	4	Axle Nut	34	100506	2	Stabilizer
2	014030	10	Flat Washer	35	040207	4	Stabilizer Cap
3	012169	2	Pedal Washer	36	013092	4	Carriage Bolt
4	100747	1	Axle Spacer	37	010199	2	Fan Shield
5	104825	1	Axle Shaft	38	101592	1	Right Handlebar
6	104824	2	Bushing	39	100639	1	Crank/Sprocket Assy.
7	104823	1	Fan w/ Sprocket	40	042005	1	Seat
8	040062	4	Handlebar Endcap	41	007123	1	Seat Post
9	041065	2	Foam Grip	42	012002	5	Nut
10	101591	1	Left Handlebar	43	010124	1	Bellows
11	100906	2	Pedal	44	019288	1	Seat Post Sleeve
12	012042	8	Locknut	45	105073	1	Seat Pin
13	100235	1	Resistance Knob	46	NSP	1	Frame
14	019325	2	Outer Pivot Bushing	47	100335	1	Sensor Wire/Reed Switch
15	100544	1	Left Side Shield	48	100498	3	Sensor Magnet
16	013282	2	Side Shield Screw	49	054035	4	Clip
17	100547	1	Pivot Shaft	50	013538	6	Fan Shield Screw
18	040158	2	Pedal Cap	51	100545	1	Right Side Shield
19	032051	1	Electronic Monitor	52	025071	1	Chain
20	102334	1	Reed Switch Block	53	008207	1	Monitor Clip
21	050001	1	Strap Buckle	54	008279	1	Fan Shield Bracket
22	013572	1	Buckle Screw	55	100690	4	Self-Tapping Screw
23	100261	1	Resistance Strap	56	014073	2	Pivot Washer
24	100366	1	Resistance Cable Assy.	57	101036	2	Link Arm Bushing
25	013088	2	Knob Screw	58	104881	2	Fan Axle Washer
26	101590	2	Link Arm	59	100905	2	Pedal Shaft
27	019208	2	Handlebar Bushing	60	101494	2	Pedal Washer
28	100546	4	Inner Pivot Bushing	61	100904	2	Shaft Nut
29	012111	1	Adjustment Nut	62	013497	2	Clip Screw
30	014171	1	Formed Washer	63	014012	2	Washer
31	013568	1	Adjustment Bolt	#	106966	1	Owner's Manual
32	019289	1	Knob Housing	#	089016	1	Monitor Guide
33	014100	4	Curved Washer				

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



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 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 (831.287266).
2. The NAME OF THE PRODUCT (Lifestyler 3500a Variable Resistance Electronic Ergometer).
3. The KEY NUMBER OF THE PART from page 10 of this manual.
4. The DESCRIPTION OF THE PART from page 10 of 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 equipment to insure that we meet our pledge to you: we service what we sell.

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

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