

SEARS® Lifestyler™

Model No. 831.287270

TAILWIND™ 4000

✓ VARIABLE RESISTANCE ✓ PULSE ERGOMETER

Warranty

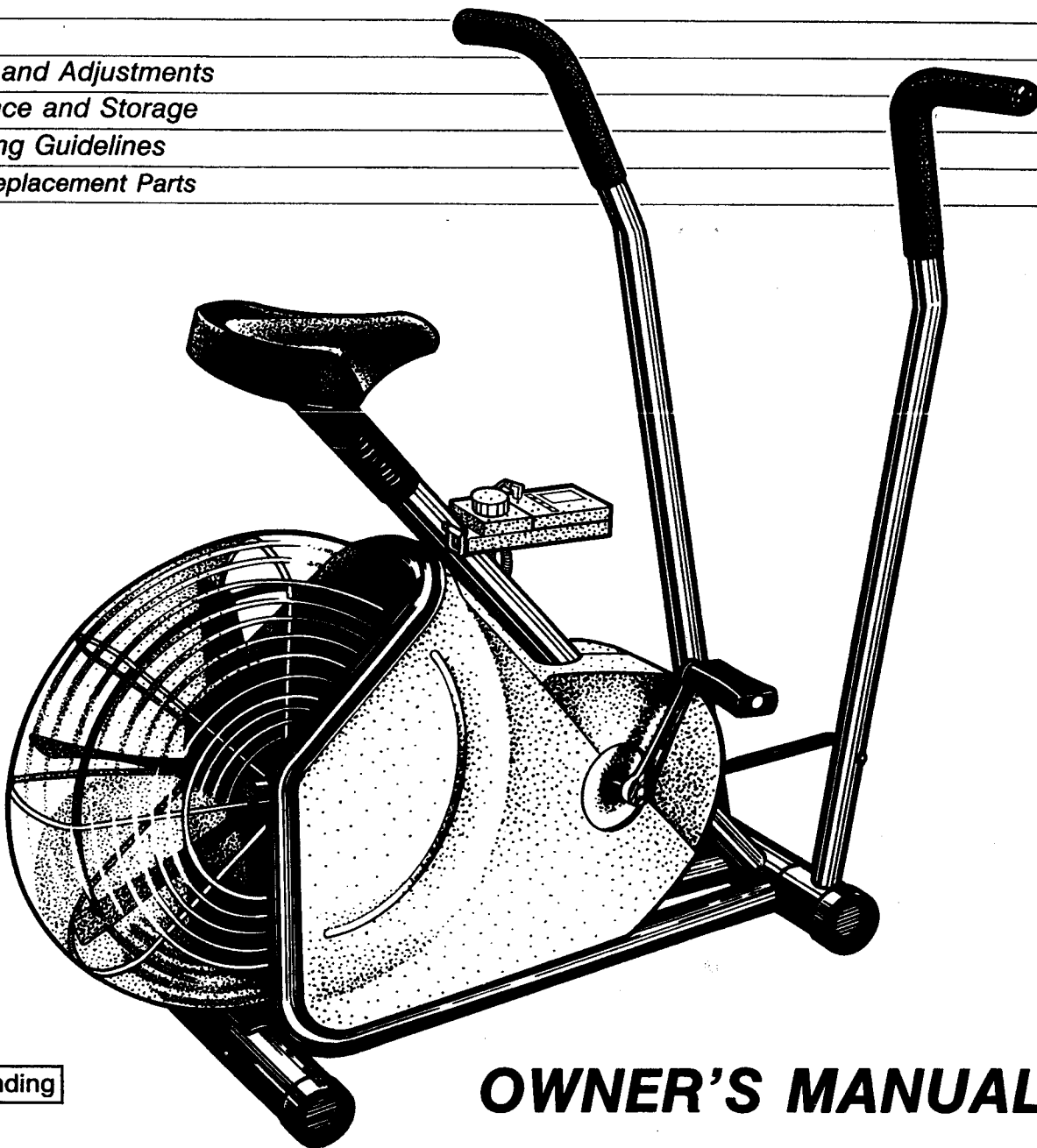
Assembly

Operation and Adjustments

Maintenance and Storage

Conditioning Guidelines

Ordering Replacement Parts



Patent Pending

OWNER'S MANUAL

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

Part No. 046233 9/89

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 this Pulse Ergometer exercise bike is used in a normal manner.

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

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE PULSE 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

Lifestyler[™]

TAILWIND[™]***4000***

▼ **VARIABLE RESISTANCE** ▼ **PULSE ERGOMETER**

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IMPORTANT SAFETY PRECAUTIONS

1. Refrain from wearing flowing clothing, such as a gown or robe, that could become caught or tangled in the bike.
2. Do not insert objects into the Fan Guard at any time.
3. Remember that the Pedals do not freewheel, but move whenever the Fan moves. Always be alert and attentive when your feet are on the foot pedals.
4. Make sure that the Chain is always tight.

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 TAILWIND 4000 exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The unique TAILWIND 4000 combines advanced engineering with innovative design to let you enjoy this healthful exercise at your convenience, in the privacy of your home. The TAILWIND 4000 utilizes air resistance for smooth pedaling, a microprocessor-based electronic pulse monitor and moving handlebars designed to add upper-body exercise to your workout.

For your benefit and safety, please read this manual carefully before using the exercise bike. If you have additional questions regarding assembly, operation or the warranty, please call our Customer Service Department toll free at **1-800-999-3756**, (in Canada **1-800-824-8949**), during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time.

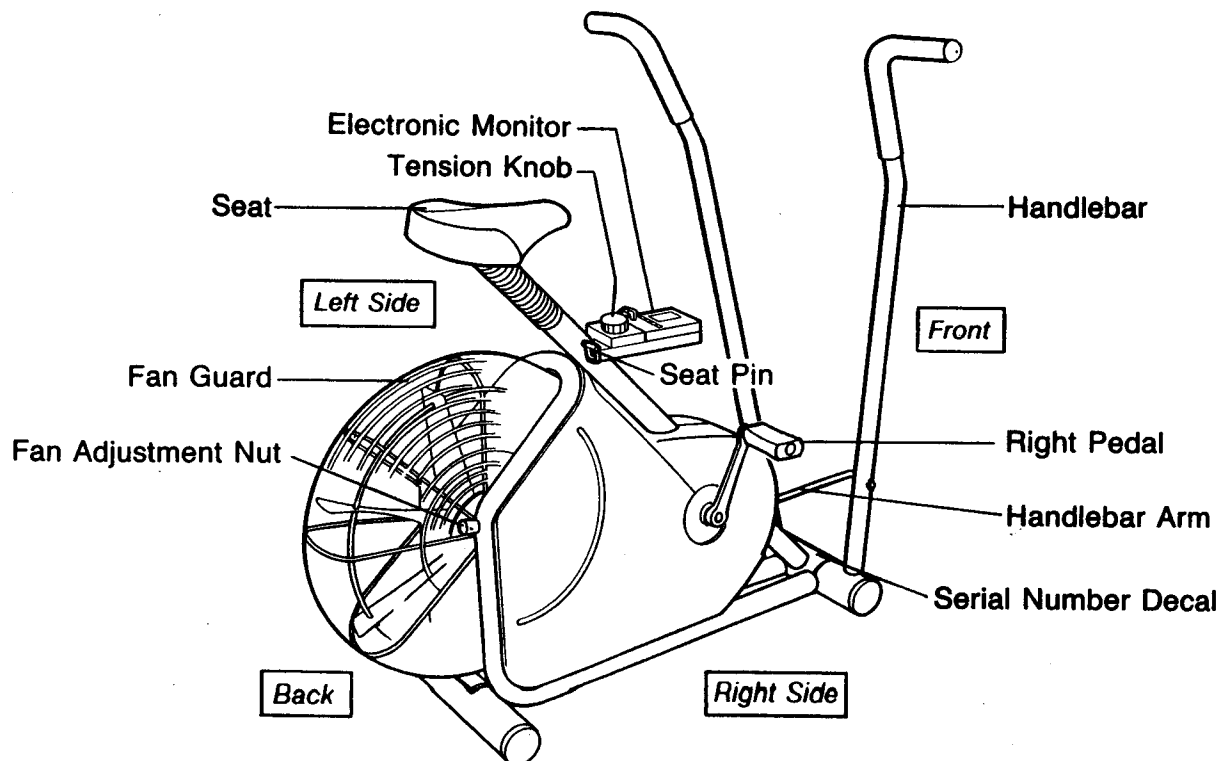
In all communications regarding this product, please refer to the model number, found in the box below, and the serial number, found on the bike frame (see the drawing below). Write the serial number in the box below for easy reference.

Model No. 831.287270 Serial No.
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This manual is designed to help you easily assemble, adjust and operate the Lifestyler TAILWIND 4000 exercise bike. Basic exercise guidelines are included to help you get started with your fitness program. Please read this manual carefully before initial use of the bike.

ORIENTATION DIAGRAM

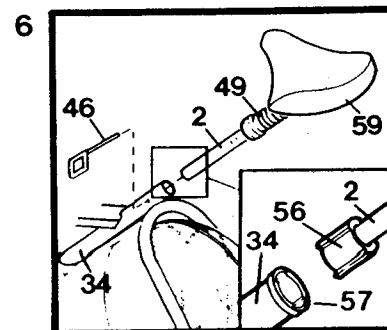
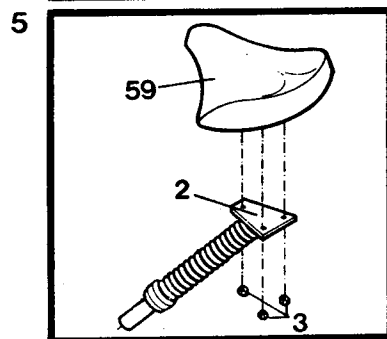
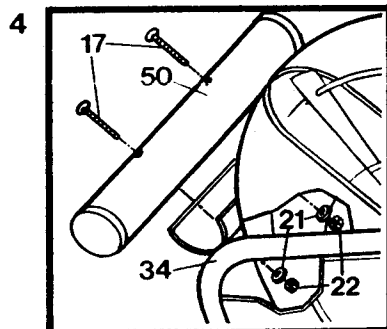
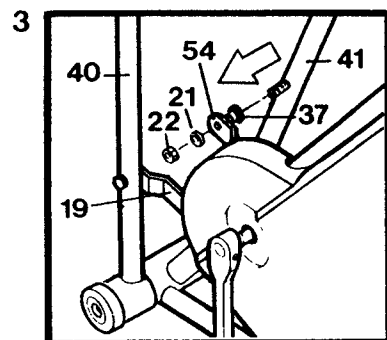
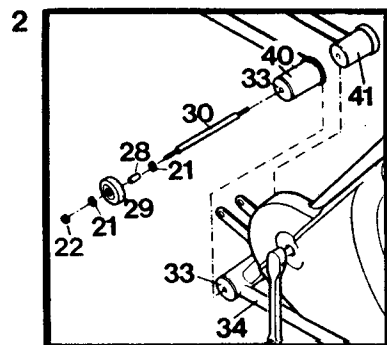
To help you understand the descriptions in this manual clearly, please examine the drawing below and familiarize yourself with the parts identified.



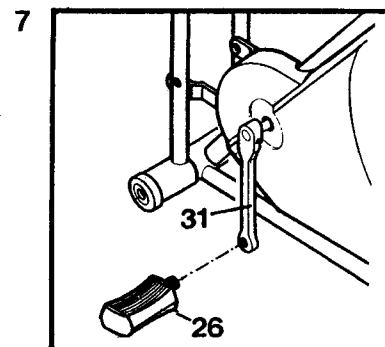
ASSEMBLY

Please read the instructions below carefully before beginning assembly. Refer to the Exploded Drawing and the Part List for help in part identification. Assembly can be completed using the tool provided.

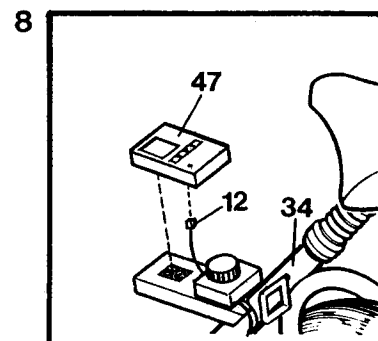
1. Set all parts in a clear area on the floor and remove the packing materials. Make sure that all parts are included before disposing of the packing materials.
2. Make sure that there is a Large Bushing (33) in each side of the Left and Right Handlebars (40, 41), and in each side of the front tube of the Frame (34). Lay the Handlebars flat on the floor and align them with the front of the Frame as shown. Make sure the Handlebars bend back towards the bike. Insert the Pivot Rod (30) through the Handlebars and the Frame, and attach a Wheel (29) onto each end with a Spacer (28), two Washers (21) and a Nut (22) as shown.
3. Attach the Left and Right Handlebar Arms (19, 54) to the insides of the Left and Right Handlebars (40, 41) with a Nut (22), Washer (21) and Bushing (37) as shown.
4. Carefully tip the bike forward and rest it on the Handlebars (not shown). Attach the Rear Leg (50) to the Frame (34) with two Carriage Bolts (17), Washers (21) and Nuts (22). Tip the bike back onto the Rear Leg.
5. Remove the three Nuts (3) from the bottom of the Seat (59). Attach the Seat to the bracket on the Seat Post (2) with the three Nuts.
6. Push the Bellows (49) up the Seat Post (2). Turn the Seat (59) so that the Pilot (56) on the end of the Seat Post fits into the Liner (57) in the seat tube of the Frame (34). Insert the Seat Post into the seat tube. Turn the Seat forward, adjust the Seat to the desired height, and insert the Seat Pin (46) through the seat tube. Pull the Bellows down over the top of the seat tube.



7. Thread the Left Pedal (26) counterclockwise into the Left Crank Arm (31). Thread the Right Pedal (6) clockwise into the Right Crank Arm (5). Tighten both Pedals firmly. Note: The Pedals are marked with a "R" or an "L" on the Pedal shaft for identification.



8. Plug the Sensor Wire (12) into the back of the Electronic Monitor (47). Set the Monitor onto the bracket on the seat tube of the Frame (34).

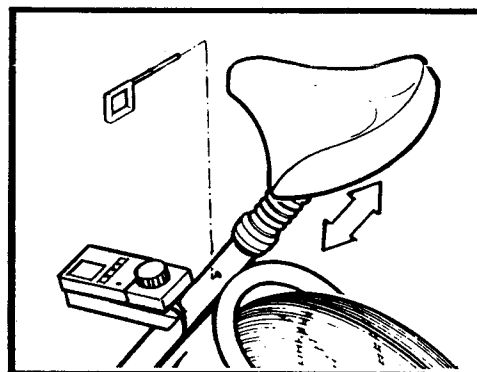


9. Make sure that all parts are fastened securely and that the Chain (45) is tight before using the exercise bike. (See the MAINTENANCE section of this Manual for Chain tightening instructions.)

ADJUSTMENT

SEAT HEIGHT ADJUSTMENT

Proper Seat height is important for efficient exercise. When you pedal the bike, there should be a slight bend in your knees when the pedals are at their lowest position. To adjust the Seat height, remove the Seat Pin from the seat tube of the Frame, raise or lower the Seat to the correct height, and reinsert the Pin.



PEDALING RESISTANCE

As you exercise, you can increase or decrease the amount of pedaling resistance. The resistance is controlled with the Knob mounted on the front of the seat tube of the frame. Turn the Knob clockwise to increase the resistance, or counterclockwise to decrease the resistance. There are 5 resistance settings, 1 being the lowest and 5 the highest.

If the range of resistance is too high or too low, it can be adjusted with the Tension Buckle located on the underside of the bike frame. Carefully tip the bike forward until it rests on the handlebars and locate the Tension Buckle (refer to the Exploded Drawing if necessary). Turn the Resistance Knob to setting 1 and open the Tension Buckle. To raise the range of resistance, pull the Tension Belt tighter and close the Buckle. To lower the range of resistance, loosen the Tension Belt and close the Buckle.

CHAIN ADJUSTMENT

This bike utilizes a high-precision Chain which must be kept tight at all times in order to prevent damage to the Fan. The Chain should be checked for proper tightness in the following manner:

1. Carefully tip the bike forward until it rests on the Handlebars. Reach through the opening in the underside of the bike and move the Chain from side to side. There should be almost no play in the Chain.
2. If the Chain needs to be adjusted, remove the Rubber Caps from the Fan Adjustment Nuts. Turn the Fan Adjustment Nuts clockwise to tighten the Chain, or counterclockwise to loosen the Chain. Make sure the Fan is aligned with the frame of the bike and replace the Rubber Caps.

If the Chain is not adjusted properly after performing steps #1 and #2 above, proceed with the following steps:

3. Remove the Crank Nuts and Pins from the Right and Left Crank Arms and pull off the Arms.
4. Remove the Bolts and Screws from the Right and Left Side Shields, lift off the Side Shields and loosen the Axle Nuts on each side of the Fan
5. Repeat step #2 above until the Chain is tight. Replace the Side Shields and the Crank Arms.

The Chain should always be checked if it slips or causes excessive noise while pedaling. A few drops of light multi-purpose oil should be applied to the Chain periodically through the opening in the underside of the bike.

If the Pedals move slightly from side to side while pedaling, the Crank Arms should be tightened. Loosen the Nuts on the Crank Pins, tap the Crank Pins firmly into place with a hammer, and retighten the Crank Nuts.

MAINTENANCE AND STORAGE

This exercise bike is designed to be virtually maintenance-free. To assure continued smooth operation, lubricate the chain periodically with a few drops of light multi-purpose oil. Outside surfaces of the bike can be cleaned with a soft cloth and mild detergent. Do not use solvents. Be sure that all parts of the bike are kept securely tightened.

Store the bike in a cool, dry place, 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 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 following table. 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.

You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the ELECTRONIC MONITOR OPERATION GUIDE). First, set the monitor for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes elapse. Immediately measure your heart rate using the PULSE function. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is too high, reduce 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.

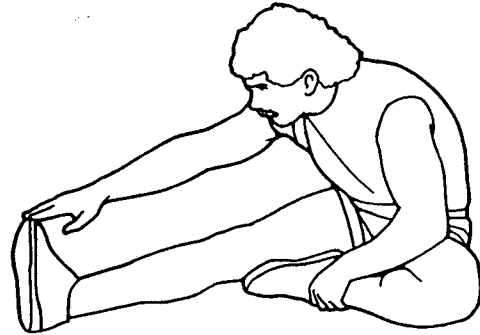
STRETCHING

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.

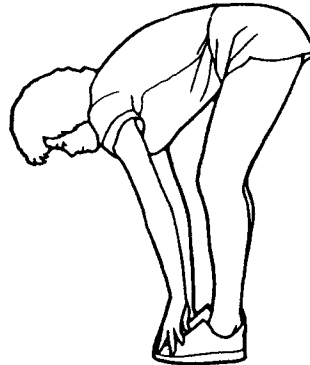
Stretches: Inner thigh muscles.



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.

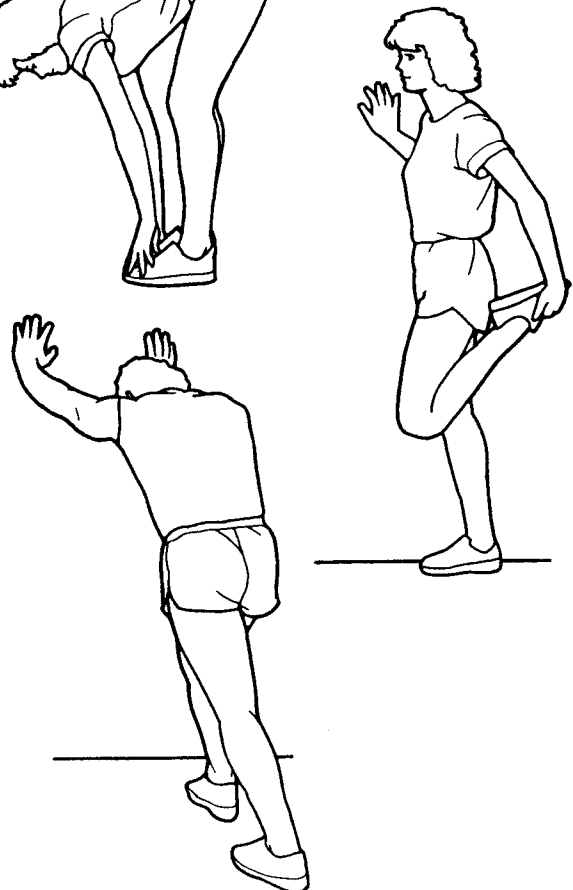
Stretches: Hamstrings, back of knees, back.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

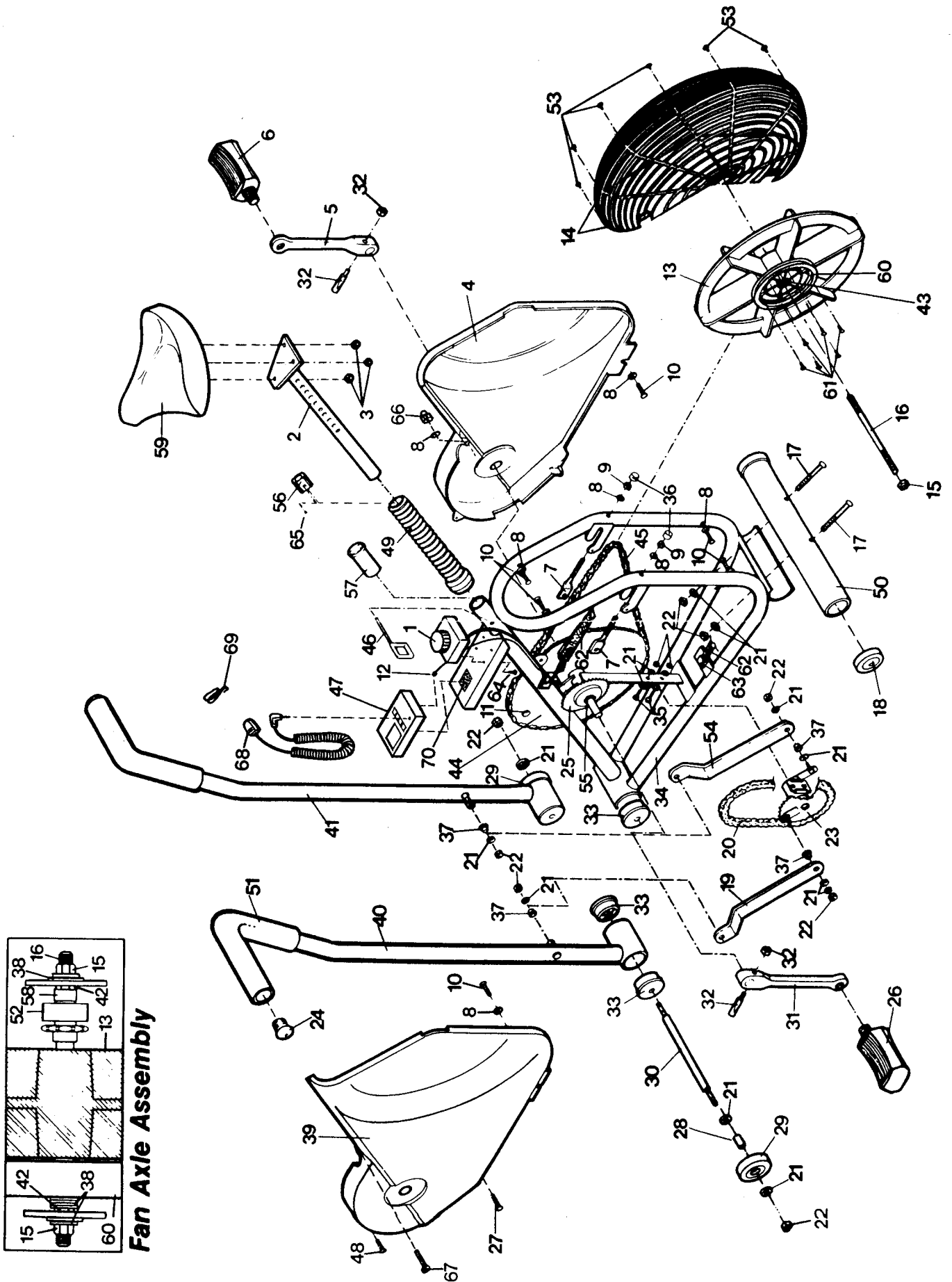
Stretches: Quadriceps, hip muscles.



CALF/ACHILLES STRETCH

With one leg in front of the other and arms forward, lean against the wall. Keep your back leg straight and back foot flat on the floor; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts. To cause further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, achilles tendons, and ankles.



PART LIST - Model No. 831.287270

Rev. 9/89

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	072046	1	Tension Knob/Cable	37	019208	4	Bushing
2	007107	1	Seat Post	38	014040	6	Large Washer
3	012002	3	Seat Nut	39	010132	1	Left Side Shield
4	010133	1	Right Side Shield	40	001061	1	Left Handlebar
5	023006	1	Right Crank Arm	41	001062	1	Right Handlebar
6	038033	1	Right Pedal	42	012127	2	Thin Nut
7	013411	2	Fan Adjustment Bolt	43	019198	1	Tapering Bushing
8	014033	9	Washer	44	024017	1	Sprocket
9	012111	2	Fan Adjustment Nut	45	025042	1	Drive Chain
10	013316	6	Screw	46	015055	1	Seat Pin
11	033121	3	Magnet	47	032050	1	Electronic Monitor
12	033107	1	Sensor Wire	48	013577	1	Side Shield Screw
13	021047	1	Fan w/Sprocket	49	010150	1	Seat Post Bellows
14	010186	1	Fan Guard Set	50	005058	1	Rear Leg
15	012115	2	Axle Nut	51	041054	2	Handlebar Foam
16	049070	1	Fan Axle	52	NSP	2	Bearing
17	013144	2	Carriage Bolt	53	013396	8	Fan Guard Screw
18	040134	2	Leg Cap	54	008222	1	Right Handlebar Arm
19	008221	1	Left Handlebar Arm	55	070516	1	Crank Assembly
20	025048	1	Arm Chain	56	037009	1	Seat Post Pilot
21	014073	15	Washer	57	019195	1	Seat Tube Liner
22	012042	10	Nut	58	014104	1	Tapered Washer
23	068004	1	Arm Gear	59	042005	1	Seat
24	040150	2	Handlebar Cap	60	020047	1	Pulley
25	024020	1	Arm Sprocket	61	013405	6	Pulley Screw
26	038032	1	Left Pedal	62	035316	1	Tension Strap
27	013549	1	Long Side Shield Screw	63	050001	1	Tension Buckle
28	019213	2	Spacer	64	013141	4	Tension Control Screw
29	052015	2	Wheel	65	013579	1	Pilot Screw
30	049080	1	Pivot Rod	66	012128	1	Side Shield Nut
31	023005	1	Left Crank Arm	67	013550	1	Side Shield Bolt
32	015033	2	Crank Pin Set	68	033007	1	Pulse Monitor Clip
33	019305	6	Large Bushing	69	054013	1	Clothes Clip
34	NSP	1	Frame	70	062018	1	Hook & Loop Strip
35	013080	2	Bolt	#	046233	1	Owner's Manual
36	059003	2	Rubber Cap	#	089014	1	Electronics Guide
				#	045004	1	Open End Wrench/Socket
				#	045005	1	Socket/Phillips Screwdriver

See the back cover of this manual for information on ordering replacement parts.

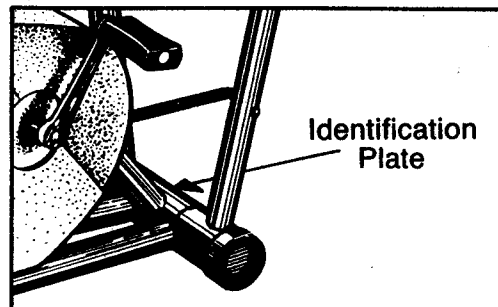
SEARS® SERVICE is at YOUR SERVICE

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 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 (831.287270).
2. The NAME OF THE PRODUCT (Lifestyler TAILWIND 4000).
3. The SERIAL NUMBER OF THE PRODUCT (see the identification plate).
4. The KEY NUMBER OF THE PART (see the Part List in this manual).
5. 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 unit nationwide staffed with Sears trained technicians specifically trained on Sears products, having the parts, tools and the equipment to insure that we met our pledge to you: we service what we sell.