

Lifestyler™

AIRCYCLE VLP

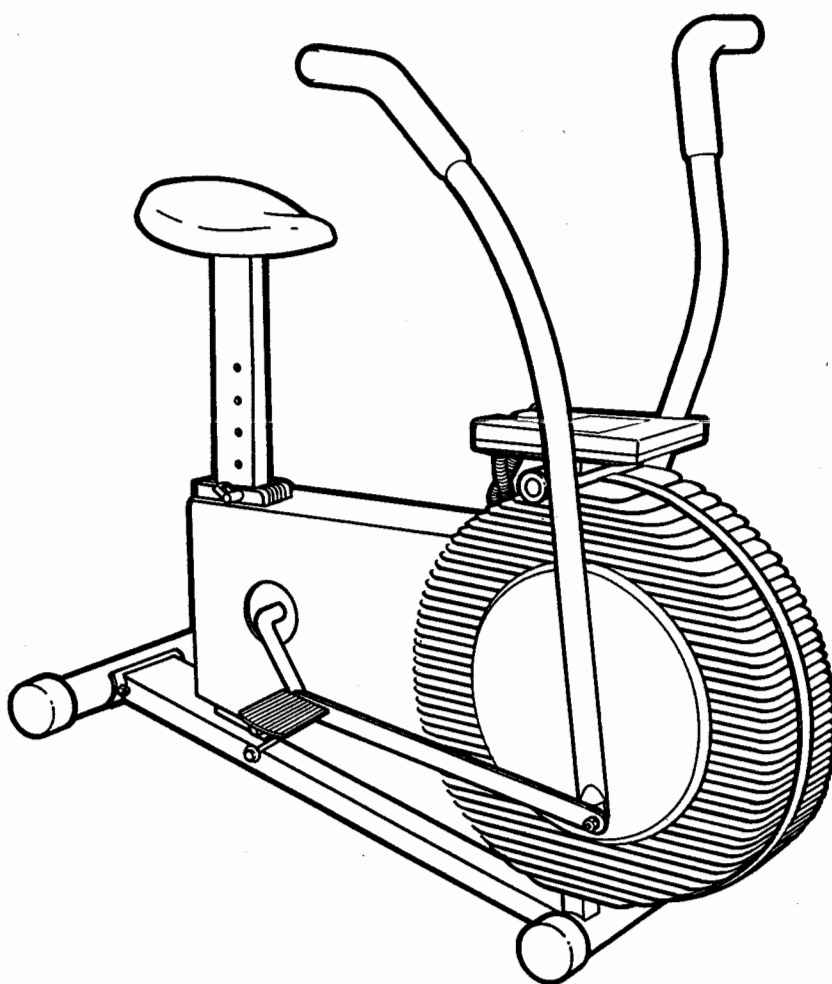
- ▲ TRIPLE ACTION
- ▲ PULSE/CALORIE MONITOR
- ▲ INTERACTIVE VIDEO TRACK
- ▲ PROGRAMMABLE RESISTANCE

Model No. 831.287521

Serial No. _____



Serial Number Decal



SEARS®

OWNER'S MANUAL

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

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 Exercise Bike is used in a normal manner.

This warranty does not apply when the Exercise Bike is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY BY RETURNING THE 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.

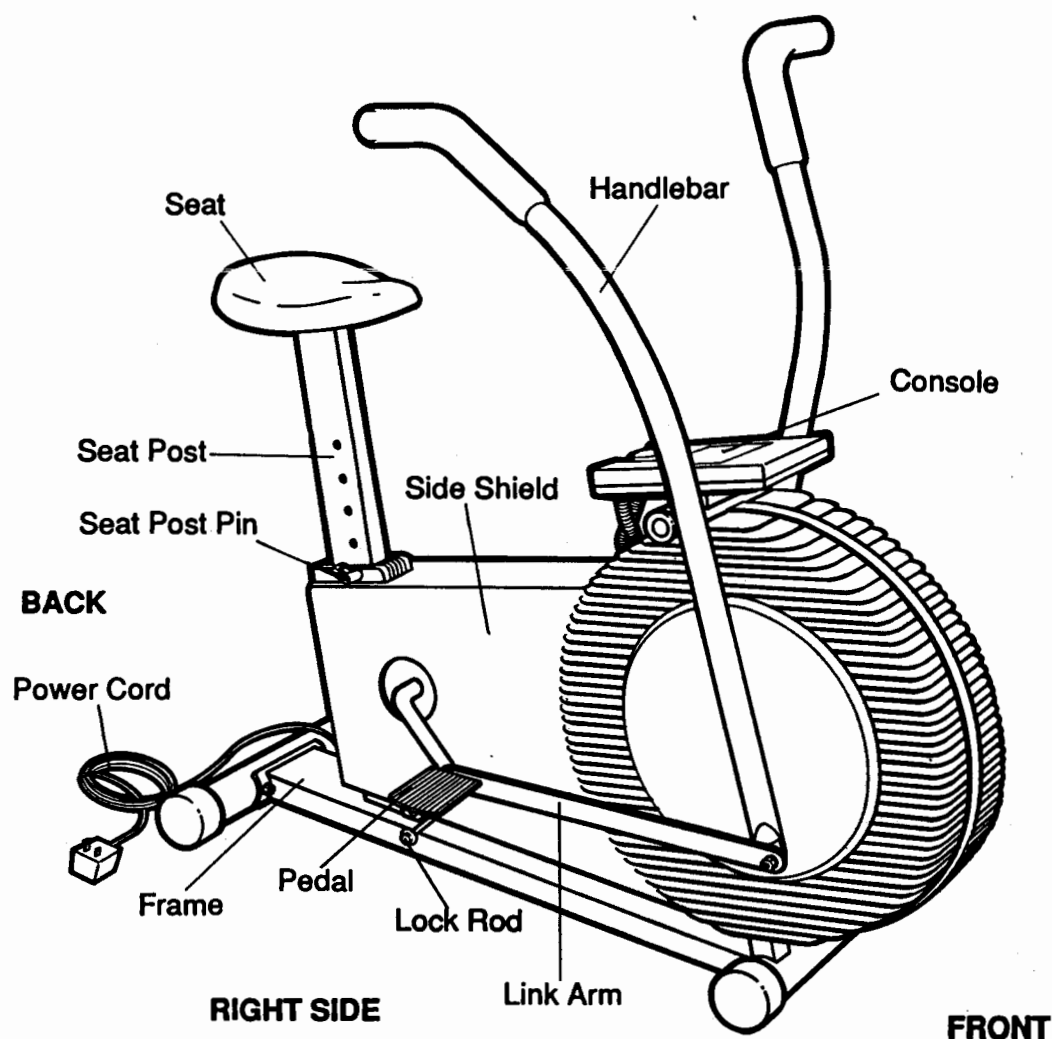
SEARS, ROEBUCK AND CO., DEPT. 731CR-W, CHICAGO, IL 60684

BEFORE YOU BEGIN

Thank you for selecting the Lifestyler Air Cycle VLP exercise bike. The Lifestyler Air Cycle VLP blends advanced engineering with ergonomic styling to let you enjoy an effective form of low-impact, cardiovascular exercise in the convenience and privacy of your home. The heart of the Lifestyler Air Cycle VLP is the unique electronic console, designed to help you get the greatest benefit and enjoyment from your workouts.

Please 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, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when 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).

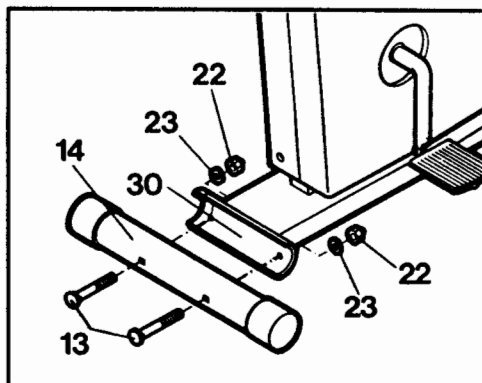
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



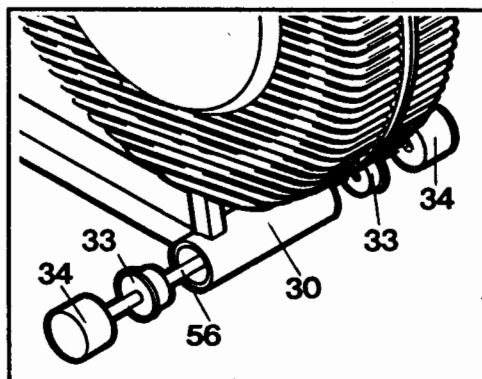
ASSEMBLY

Place all parts in a cleared area and remove the packing materials. **Be sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning assembly.

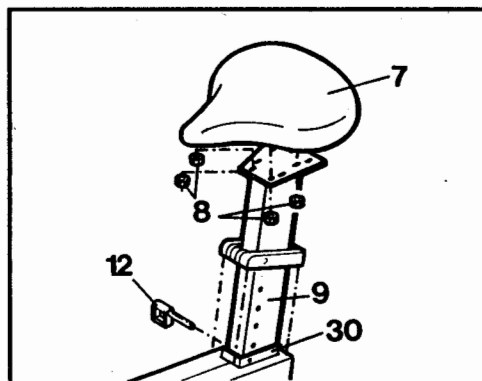
1. Turn the Rear Stabilizer (14) so that the indented holes in the Stabilizer are toward the Frame (30). Attach the Stabilizer to the Frame with two Carriage Bolts (13), Washers (23) and Nuts (22).



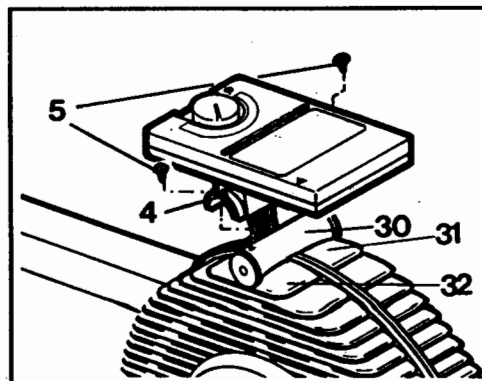
2. Press the two Roller Bushings (33) into the Frame (30) with a twisting motion. Slide the free end of the Roller Axle (56) through the Bushings. Press the unassembled Roller (34) onto the end of the Axle. Be sure that both Rollers are pressed fully onto the Axle.



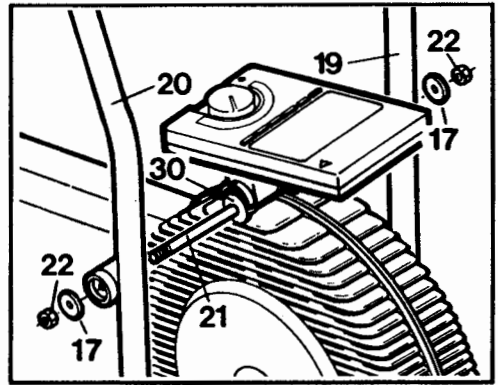
3. Raise the Seat Post (9) to maximum height and insert the Seat Post Pin (12) through the Frame (30). Remove the four Nuts (8) from the underside of the Seat (7). Attach the Seat to the top of the Seat Post with the four Nuts. Remove the Seat Post Pin, adjust the seat to the desired height and re-insert the Pin. **CAUTION:** At least 2" of the Seat Post must be inside of the Frame.



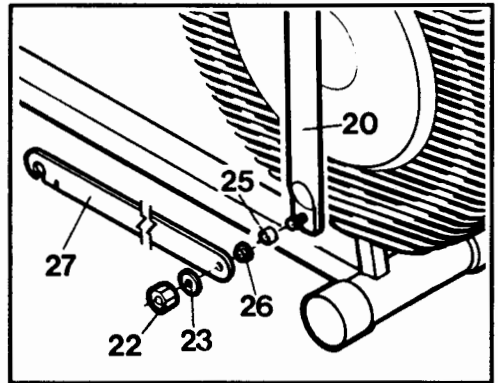
4. Attach the Mounting Bracket (4) to the Frame (30) with two Mounting Screws (5). Tuck any excess wiring into the Mounting Bracket. **Do not tuck excess wiring into the Side Shields (31, 32).**



5. Slide the Pivot Shaft (21) into the Frame (30), and center the Shaft in the Frame. Slide the Left Handlebar (19) onto the left end of the Shaft. Slide the Right Handlebar (20) onto the right end of the Shaft. (Note: For quiet operation, it is recommended that a small amount of grease [not included] be applied to each end of the Pivot Shaft.) Attach each Handlebar with a Large Washer (17) and Nut (22).



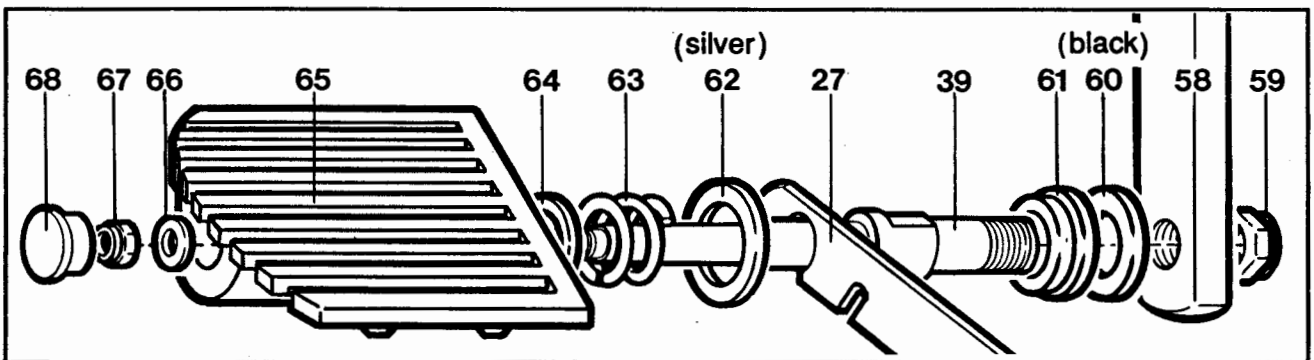
6. Slide a Handlebar Spacer (25) and a Link Arm Bushing (26) onto the lower end of the Right Handlebar (20). (The flange of the Bushing must be toward the Handlebar.) Attach a Link Arm (27) to the Handlebar with a Washer (23) and Nut (22). The Link Arm must be attached with the open end downward as illustrated.



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

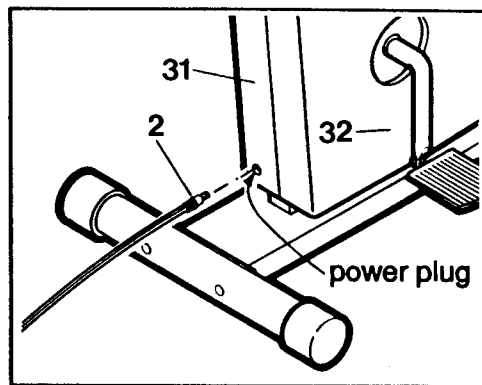
7. Slide a Pedal Bushing (61) and a Shaft Washer (60) onto the end of a Pedal Shaft (39). Thread the Pedal Shaft clockwise into the right arm of the Crank (58), and **tighten the Pedal Shaft firmly**. Tighten a Shaft Nut (59) onto the end of the Pedal Shaft. Fit the end of the right Link Arm (27) onto the Pedal Shaft and **slide it onto the Pedal Bushing**. Slide a Pedal Washer (62), Pedal Spring (63), Spring Washer (64) and Pedal (65) onto the Pedal Shaft. (The curved end of the Pedal must be away from the bike.) Attach the Pedal with an Outer Pedal Washer (66) and Outer Pedal Nut (67). Do not overtighten the Outer Pedal Nut. The Pedal should move back and forth slightly on the Shaft. Press a Pedal Cap (68) into the end of the Pedal.

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

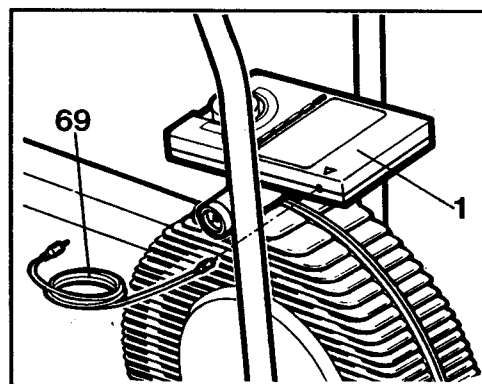


8. The Resistance Strap around the Fan (not shown) has been tightened for shipping purposes. It may be necessary to loosen the Strap before using the exercise bike. See MAINTENANCE AND TROUBLE-SHOOTING in this manual for Strap adjustment instructions.

9. Plug the Power Cord (2) into the power plug at the rear of the Side Shields (31, 32).

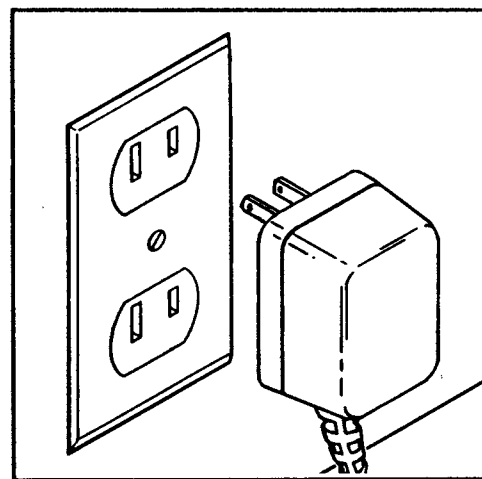


10. Plug one end of the VCR Cable (69) into the jack on the right side of the Console (1).



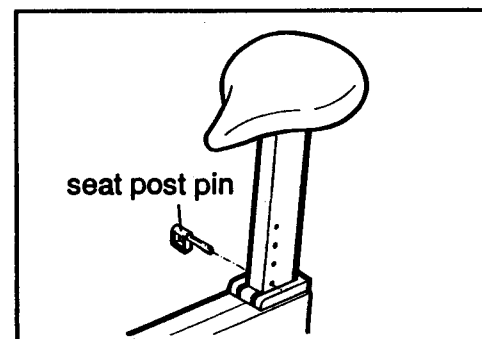
OPERATION AND ADJUSTMENT

Plug the transformer on the power cord into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the exercise bike, or the bike could be damaged.



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 to the correct height: stand beside the bike, hold the seat and withdraw the seat post pin. Raise or lower the seat, and re-insert the pin. **CAUTION:** At least 2" of the seat post must be inside of the frame.

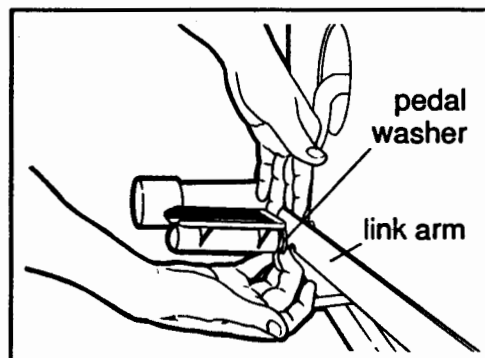


HANDLEBAR OPERATION

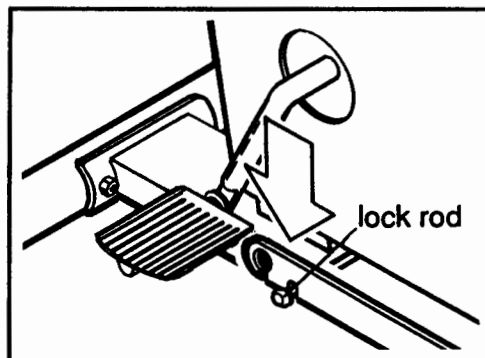
The handlebars can be used in either a stationary mode, for pedaling exercise only, or in a dual-action mode, for both upper-body and lower-body exercise.

STATIONARY MODE

To convert the handlebars to the stationary mode, the link arms must be disconnected from the pedals. Pull the link arms outward against the tops of the pedal washers, while pulling against the bottoms of the pedal washers with your fingers. Lift the link arms off of the pedals.

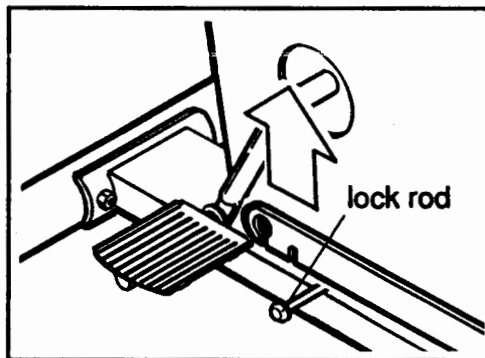


Clip the ends of the link arms onto the lock rod on the bike frame.



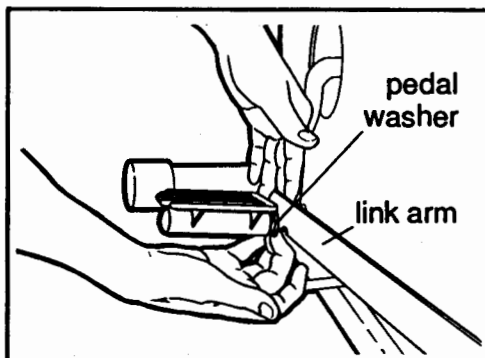
DUAL-ACTION MODE

To convert the handlebars to the dual-action mode, first remove the link arms from the lock rod on the bike frame.



Pull the link arms outward against the tops of the pedal washers, while pulling against the bottoms of the pedal washers with your fingers. Slide the link arms onto the pedal bushings. It may be helpful to move the link arms up and down slightly until they slide onto the bushings.

To further exercise the muscles of the upper body, rest your feet on the side shields and exercise using only your arms.



OPERATING THE CONSOLE

Note: To use the video track mode of the console, you must have a TV, and a VCR with a standard "audio out" jack. One end of the VCR cable provided must be plugged into the jack on the right side of the console. The other end must be plugged into the "audio out" jack on your VCR.

DIAGRAM OF THE CONSOLE

TRACK FOUR PROGRAM BUTTON-

This button switches the console to the program mode. The PGM indicator will light when the console is in the program mode.

VIDEO TRACK BUTTON- This button switches the console to the video track mode. The VCR indicator will light when the console is in the video track mode.

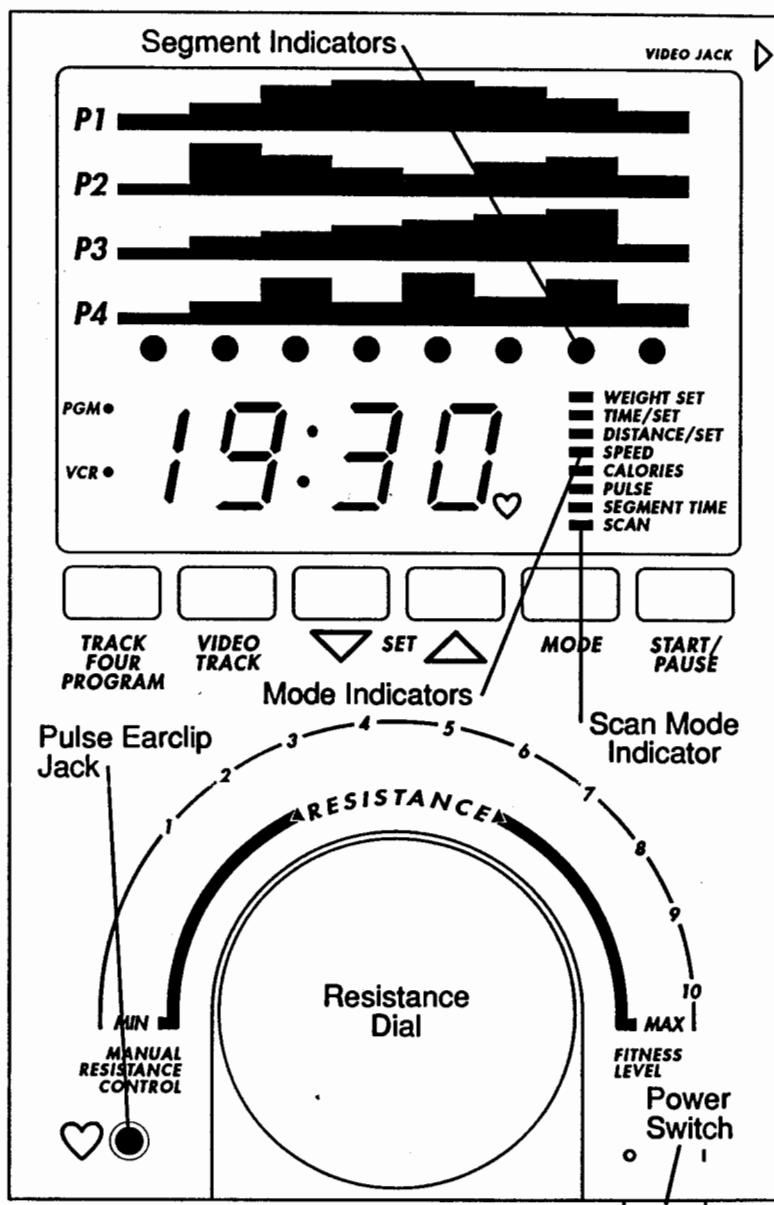
SET BUTTONS- These buttons are used to select programs, set time and distance goals and enter your weight into the console.

MODE BUTTON- This button is used to select monitor modes.

START/PAUSE BUTTON- This button starts and stops the console. The mode indicators will flash when the console is stopped.

RESISTANCE DIAL- This dial is used to control the pedaling resistance and select fitness levels for programs.

POWER SWITCH- This switch turns the power on and off.



TURNING THE POWER ON

Press the power switch to the "on" position. Wait for three seconds before operating the console.

MANUAL MODE

When the power is turned on, the console will be in the manual mode. As you pedal, the pedaling resistance can be controlled by turning the resistance dial. To increase the resistance, turn the dial clockwise; to decrease the resistance, turn the dial counterclockwise.

PROGRAM MODE

When the console is in the program mode, the pedaling resistance will be controlled automatically by programs you select. Four different programs are offered. Each program consists of eight equal time periods, called "segments." The resistance will change automatically at the beginning of each segment. The four graphs, labeled "P1"- "P4," show how the resistance will change during each program. During program 1, for example, the resistance will gradually increase and then gradually decrease.

To switch the console to the program mode, press the TRACK FOUR PROGRAM button. To select one of the four programs, press either of the SET buttons. A "P1," "P2," "P3" or "P4" will appear on the display to show which program you have selected. Next, select a "fitness level" for the program by turning the resistance dial. The farther the dial is turned clockwise, the more challenging the program will be.

Each program is preset to last for 16 minutes (each segment will last for 2 minutes). If you want the program to last for a different length of time, first press the MODE button until the TIME/SET indicator lights. (Be sure the SCAN indicator is not lighted also.) Press the SET buttons to set the length of time you want the program to last. Each time one of the buttons is pressed, the length of time displayed will change by 10 seconds. The program must be set to last for at least 4 minutes.

To start the program, press the START/PAUSE button and begin pedaling. The first segment indicator will flash to show that the first segment of the program has started, and the pedaling resistance will adjust automatically to the first setting. When only 10 seconds remain in the first segment, the time will be counted down on the display. When the first segment is completed, the second segment indicator will flash and the pedaling resistance will change automatically to the second setting. The program will continue in this manner until all eight segments are completed.

If you desire to change the pedaling resistance while the program is in progress, turn the resistance dial to select a different fitness level. If you need to stop the program, press the START/PAUSE button. To restart the program, press the START/PAUSE button again. The console can be switched back to the manual mode by pressing the TRACK FOUR PROGRAM button.

VIDEO TRACK MODE

When the console is in the video track mode, a video cassette will take you on a scenic tour of breathtaking Canyonlands in Southern Utah, while controlling the pedaling resistance automatically to simulate changing terrain. (Other video cassettes featuring different locations and workouts are available.)

The video cassette includes three segments: a 4-minute warm-up, a 20-minute workout and a 3-minute cool-down. Turn your TV and VCR on, and start the video cassette. After you have completed the warm-up, get onto the bike, turn the power on and press the VIDEO TRACK button. Next, press the START/PAUSE button and turn the resistance dial to select a fitness level for the workout. When the workout starts, wait for a tone to sound and then begin pedaling. A graph representing the workout will appear on the upper left of your TV screen. As you exercise, a colored line will move along the graph, showing your progress. When the colored line moves up or down along the graph, the pedaling resistance will change automatically. A tone will sound to prepare you each time the resistance is about to change. After 20 minutes, the colored line will reach the right end of the graph and the workout will end. The workout will be followed by the cool-down.

If you desire to change the pedaling resistance while the workout is in progress, turn the resistance dial to select a different fitness level. If you need to stop the workout before the workout has ended, press the START/PAUSE button and stop the video cassette. To restart the program, start the video cassette and press the START/PAUSE button. Wait for a tone to sound and then begin pedaling. The console can be switched back to the manual mode by pressing the VIDEO TRACK button.

SELECTING MONITOR MODES

The console features eight monitor modes to give you instant feedback on your performance as you exercise. When the power is turned on, the SCAN mode will be selected automatically. In the SCAN mode, the TIME/SET, DISTANCE/SET, SPEED, CALORIES, PULSE and SEGMENT TIME modes will all be displayed in a repeating cycle. (Note: The PULSE mode will be displayed only if the pulse earclip is worn [see PULSE below]. The SEGMENT TIME mode will be displayed only if the console is in the program mode.) Individual modes can be selected by repeatedly pressing the MODE button. Mode indicators will light to show which mode you have selected. The display can be reset to zero, if desired, by pressing the power switch off and then on again. The eight modes are described below:

SCAN: This mode displays all other modes except WEIGHT SET, in a repeating cycle.

Note: The PULSE mode will be displayed only if the pulse earclip is worn (see PULSE below). The SEGMENT TIME mode will be displayed only if the console is in the program mode.

WEIGHT SET: For the CALORIES mode to be accurate, your weight should be entered into the console. Select the WEIGHT SET mode and press the SET buttons to enter your weight, in 5-pound increments. The buttons can be held down to enter your weight quickly.

TIME/SET: This mode displays the elapsed time. This mode also allows time goals to be set. To set a time goal, first select the TIME/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to enter the length of time you plan to exercise. Each time one of the buttons is pressed, the time displayed will change by 10 seconds. The buttons can be held down to enter a time goal quickly. When the console is started, the time will be counted down. **Note:** Set time goals only when the console is in the manual mode. When the console is in the program or video track modes, time goals will be set already.

DISTANCE/SET: This mode displays the total distance you have pedaled. This mode also allows distance goals to be set. To set a distance goal, first select the DISTANCE/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to enter the total distance you plan to pedal. Each time one of the buttons is pressed, the distance displayed will change by 0.1 mile. The buttons can be held down to enter a distance goal quickly. As you exercise, the distance will be counted down. **Note:** Set distance goals only when the console is in the manual mode.

SPEED: This mode displays your pedaling speed, in miles per hour.

CALORIES: This mode displays the number of Calories you have burned. For accuracy, first select the WEIGHT SET mode, and enter your weight into the console.

PULSE: This mode displays your heart rate as you exercise (your heart rate must be higher than 70 beats per minute to be displayed). Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to prevent excessive movement of the earclip wire. **Note:** If your heart rate is not displayed after a few seconds, try rubbing your ear lobe and repositioning the earclip. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

SEGMENT TIME: When the console is in the program mode, this mode displays the time remaining in the current program segment. **Note:** Even if this mode is not selected, the time remaining will be displayed during the last ten seconds of each segment.

TURNING THE POWER OFF

Press the power switch to the "off" position.

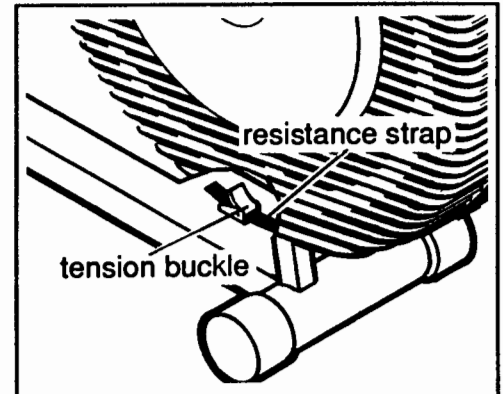
MAINTENANCE AND TROUBLE-SHOOTING

CLEANING THE PULSE EARCLIP

If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

ADJUSTING THE RANGE OF PEDALING RESISTANCE

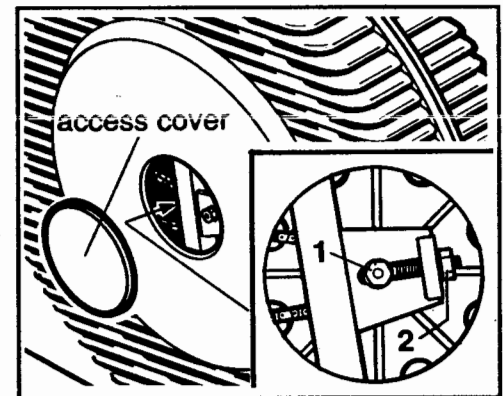
If the range of pedaling resistance is too high or too low, the range can be adjusted, using the tension buckle located on the frame beneath the side shields. Turn the resistance knob counterclockwise until it stops. To raise the range of resistance, open the tension buckle, pull the resistance strap slightly tighter, and close the buckle tightly. To lower the range of resistance, loosen the resistance strap slightly.



MAINTAINING THE CHAIN

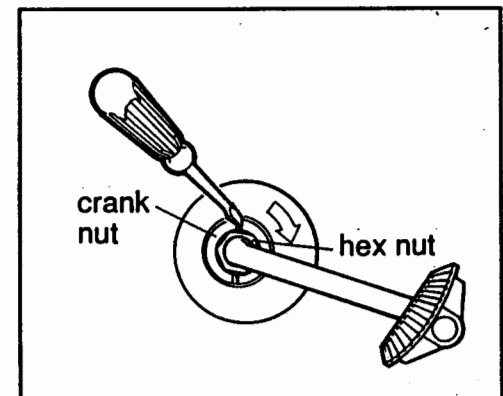
The high-precision chain must be kept properly lubricated and adjusted. Apply a few drops of light, multi-purpose oil to the chain periodically. If the chain becomes loose, the fan may be damaged. If the chain is too tight, the bearings may be damaged. If the chain slips or causes excessive noise when you pedal, check the chain in the following manner:

1. Gently pry the access cover off of the right side shield and press down on the chain. **There should not be more than 1," or less than 1/4," of vertical movement in the center of the chain.** If the chain is properly adjusted, reattach the access cover. If the chain needs to be adjusted, see step 2.
2. Remove the access cover from the left side shield. Loosen the fan nuts (1). To tighten the chain, turn the fan adjustment nuts (2) clockwise; to loosen the chain, turn the fan adjustment nuts counterclockwise. Make sure the fan is straight, tighten the fan nuts and attach the access covers.



TIGHTENING THE CRANK ARMS

If the crank arms become loose, they should be tightened in order to prevent excessive wear. Loosen the hex nut on the left arm of the crank. Place the tip of a standard screwdriver in one of the grooves in the crank nut. Lightly tap the screwdriver with a hammer, turning the crank nut clockwise, until the crank arms are no longer loose. Do not overtighten the crank nut. When the crank nut is properly tightened, tighten the hex nut.



TIGHTENING THE PEDALS

If the pedals wobble, tighten the pedal shafts into the arms of the crank. Tighten the shaft nuts onto the ends of the pedal shafts (see assembly step 7 on page 6).

CONDITIONING GUIDELINES

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

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found using the heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is called your "training zone." You can find your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned persons, according to age. Find 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, 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 is near the high end of your training zone. You can find your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is above your training zone, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20-30 minutes of training zone exercise, and a cool-down.

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. 5-10 minutes of stretching will provide a good warm-up.

After warming up, begin exercising at a light pace. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes.

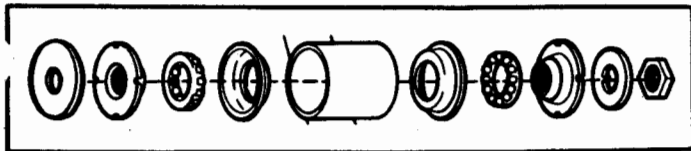
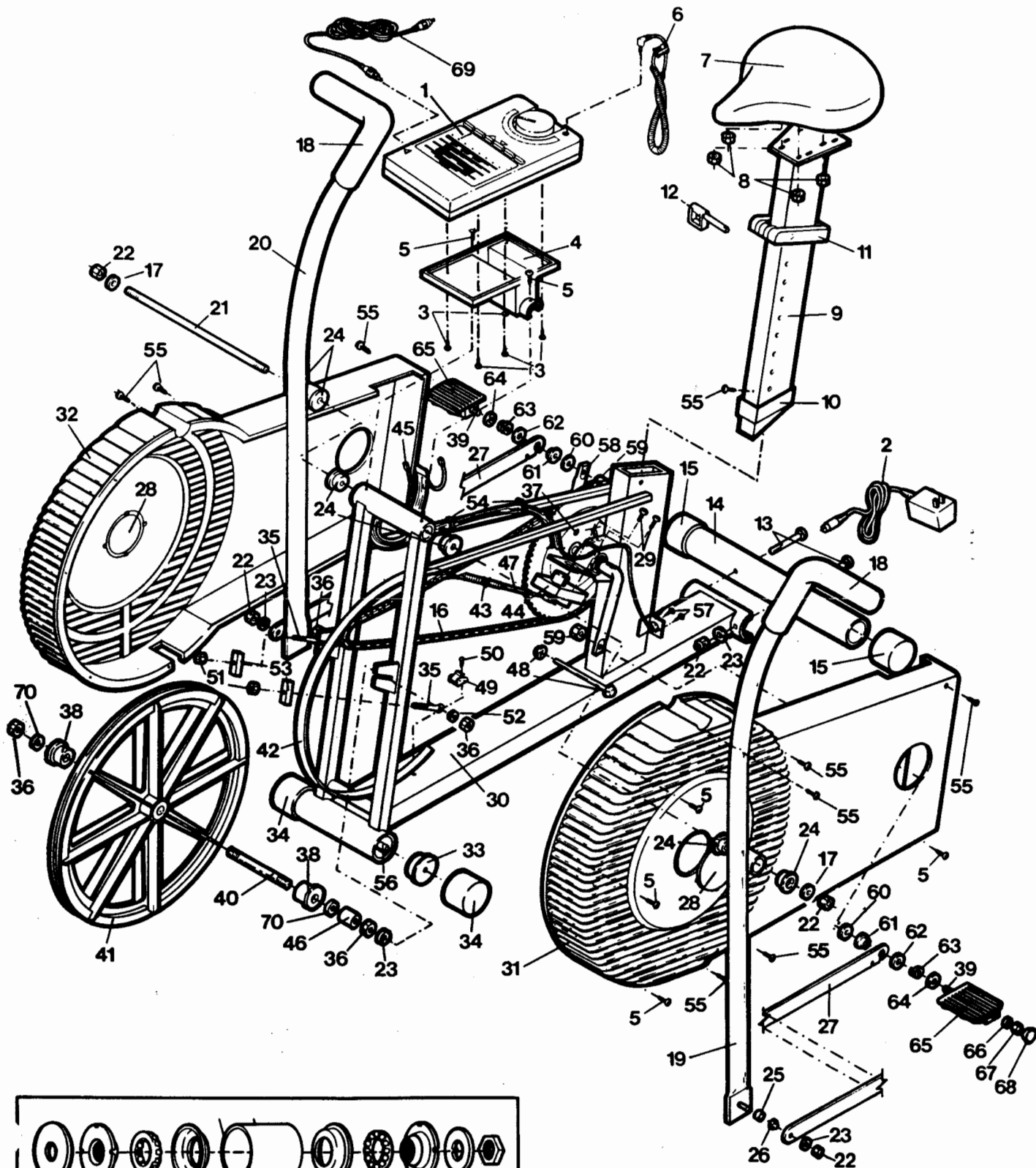
Always end your workouts with 5-10 minutes of stretching to cool down. This will help to offset muscle contractions and other problems caused when you stop exercising suddenly.

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 success is **CONSISTENCY**.

EXPLODED DRAWING - Model No. 831.287521

Rev. 12/91

Specifications are subject to change without notice.



CRANK ASSEMBLY (58)

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 (831.287521).
2. The NAME of the product (Lifestyler Air Cycle VLP exercise bike).
3. The REORDER NUMBER of the part(s), from page 14 of this manual.
4. The DESCRIPTION of the part(s), from page 14 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.