

LifestylerTM PRO

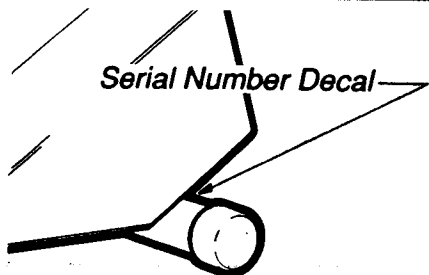
PROFESSIONAL SERIES MOTIVATIONAL CLUB TRAINER

SEARS[®]

Model No. 831.287531

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.

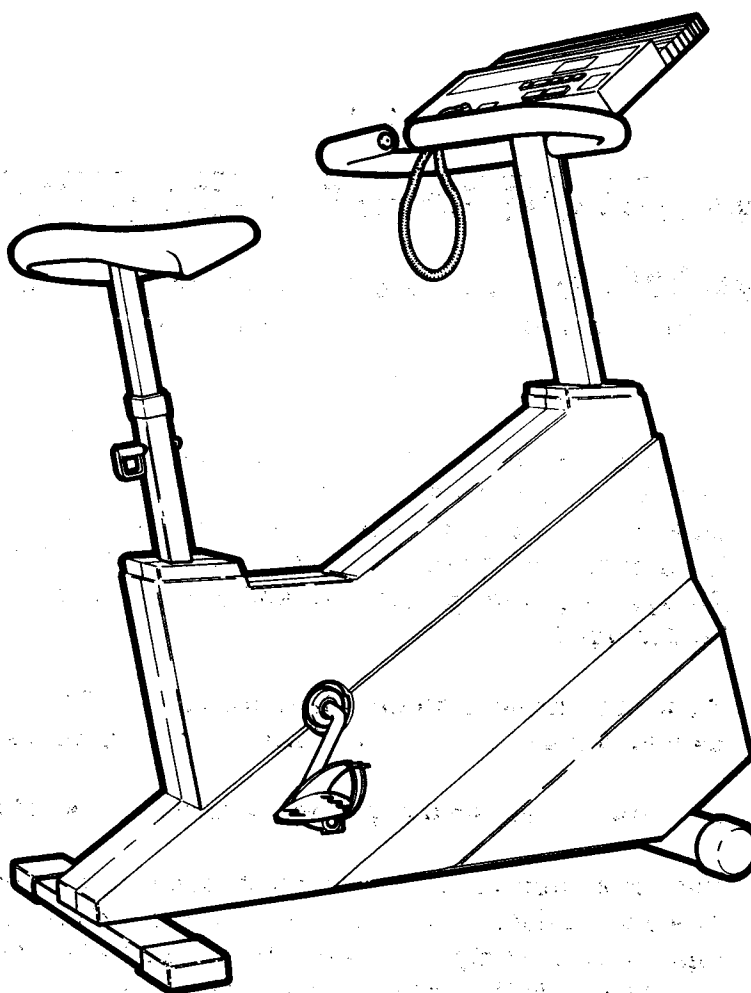
CUSTOMER HOT LINE:

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

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following Important safety precautions and information before operating the exercise bike.

1. Position the exercise bike on a level surface. Do not use the bike near water or outdoors.
2. The exercise bike must be grounded (see OPERATION AND ADJUSTMENT for grounding instructions). Keep the power cord away from walkways and heated surfaces. Do not use an extension cord. Do not use the bike if the power cord or plug are damaged, or if the bike is not functioning properly (see BEFORE YOU BEGIN if the bike is not functioning properly). Always plug in the power cord and turn on the power when using the bike, or the bike could be damaged.
3. Wear appropriate clothing when exercising. Do not wear loose clothing that could become caught in the exercise bike. Always wear running shoes for foot protection.
4. Keep small children away from the exercise bike at all times.
5. Use the exercise bike only as described in this owner's manual. Servicing other than the procedures described in this owner's manual should be performed by an authorized service representative only. The power board is a 120-volt device, and should never be touched or serviced while the power cord is plugged in.

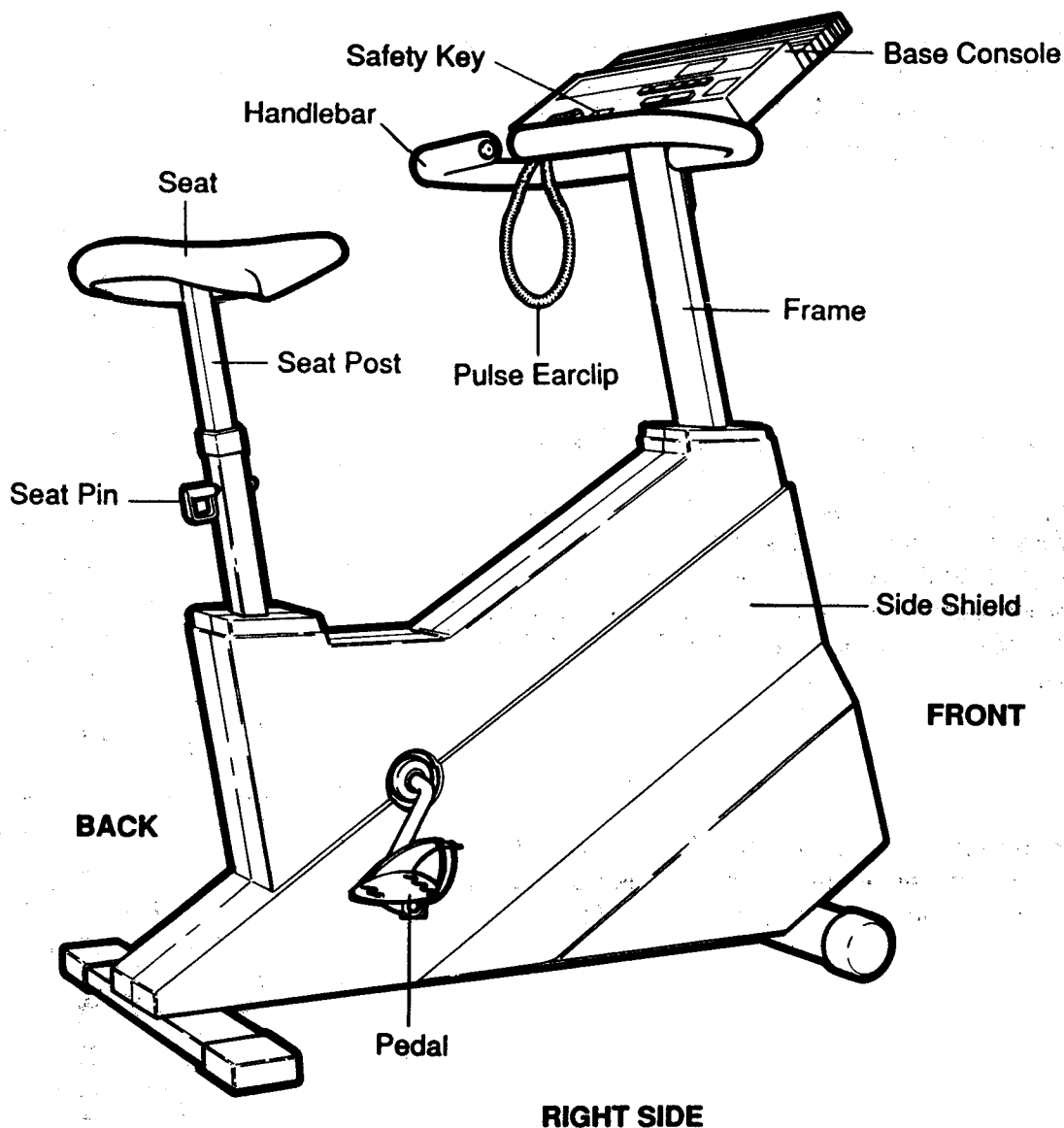
WARNING: Before beginning this or any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN

Thank you for selecting the Lifestyler PRO exercise bike. The Lifestyler PRO 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 PRO is the unique OPTIONS base console, offering an impressive array of features to help you get the most from your exercise.

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).

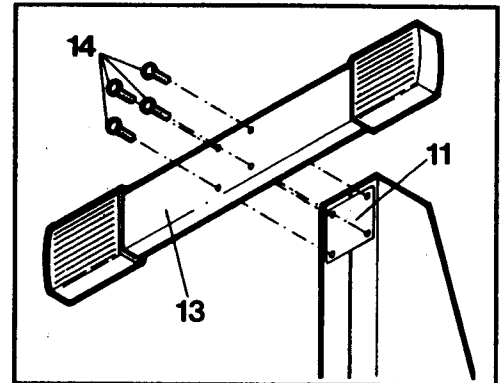
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



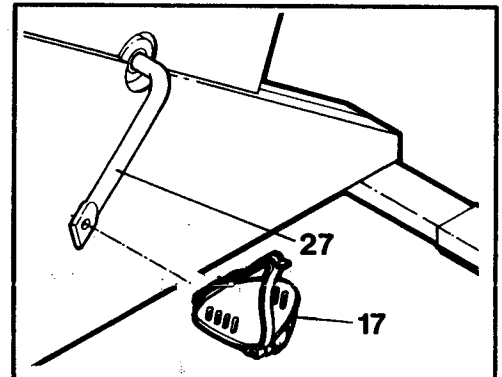
ASSEMBLY

Place all parts in a cleared area and remove the packing materials. **Do not dispose of the packing materials until the bike is fully assembled.** Read each step carefully before beginning. The assistance of a second person is recommended.

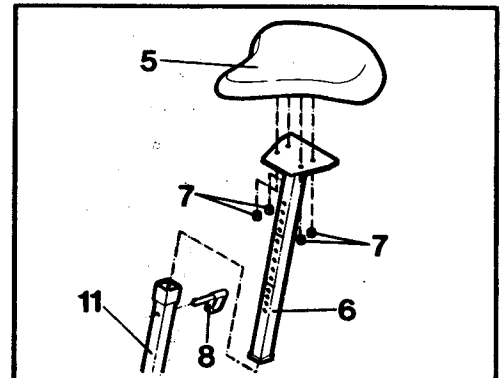
1. Tip the bike forward. Attach the Stabilizer (13) to the Frame (11) with the four Stabilizer Bolts (14). Tip the bike back.



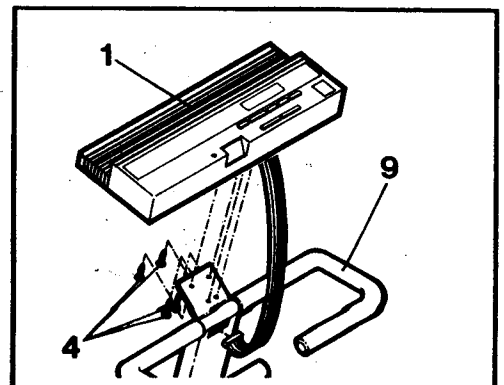
2. Tighten the Left Pedal (17) counterclockwise into the left arm of the Crank (27). Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank. The Pedals are marked for identification.



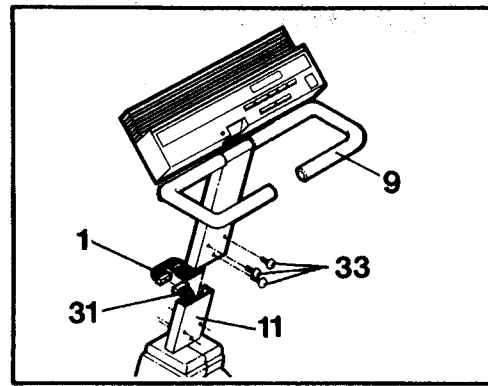
3. Remove the four Seat Nuts (7) from the underside of the Seat (5). Attach the Seat to the top of the Seat Post (6) with the four Seat Nuts. Remove the Seat Pin (8) from the Frame (11). Insert the Seat Post into the Frame, adjust the Seat to the desired height, and insert the Seat Pin through the Frame. **CAUTION: At least 2" of the Seat Post must be inside of the Frame.**



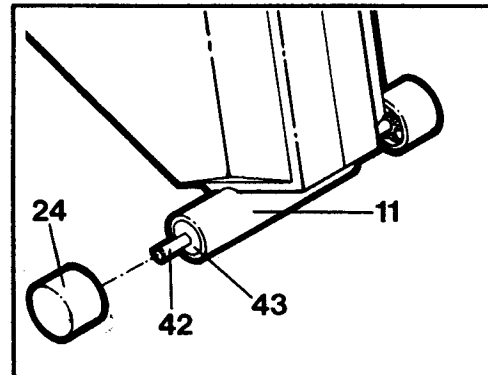
4. Insert the wire harness from the Base Console (1) into the slot in the Handlebar (9). Attach the Base Console to the bracket on the Handlebar with the four Screws (4).



5. Connect the wire harness from the Base Console (1) to the Main Wire Harness (31). Slide the Handlebar (9) onto the Frame (11), being careful not to pinch the wires. Attach the Handlebar with the three Handlebar Screws (33).



6. Slide the free end of the Roller Axle (42) through the Bushings (43) and Frame (11). Press the unattached Roller (24) onto the end of the Roller Axle.



MAINTENANCE AND TROUBLE-SHOOTING

PULSE EARCLIP

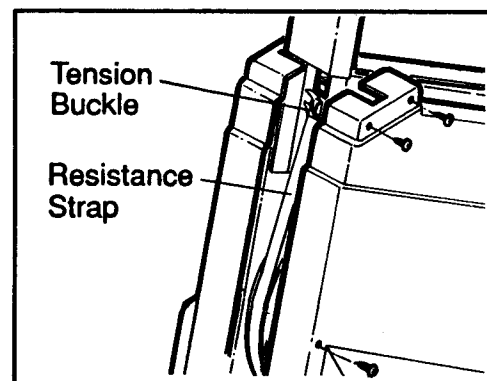
If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

TIGHTENING THE CHAIN

There should always be between 1/4" and 1" of vertical movement in the center of the chain. To check the chain for proper tightness, remove the right side shield and press down on the chain. If the chain needs to be adjusted, loosen the flange nuts on the ends of the flywheel axle and slide the flywheel forward or backward as necessary. Make sure the flywheel is straight, and tighten the flange nuts firmly.

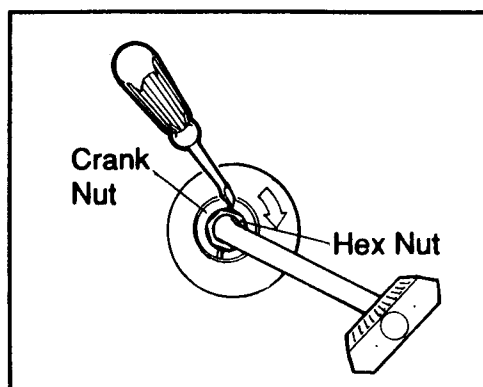
ADJUSTING THE RANGE OF PEDALING RESISTANCE

If the range of pedaling resistance is too high or too low, the range can be adjusted. Remove three screws from the left side shield as shown. Carefully pull the side shield away from the bike until the tension buckle on the front of the frame is exposed. To raise the range of resistance, open the buckle, pull the resistance strap slightly tighter, and close the buckle tightly. To lower the range of resistance, loosen the strap slightly. Replace the three screws in the left side shield.



TIGHTENING THE CRANK ARMS

If the crank arms become loose, they should be tightened in order to prevent excessive wear on the exercise bike. Loosen the hex nut on the left arm of the crank. Place the end of a standard screwdriver in one of the grooves in the crank nut. Lightly tap the screwdriver with a hammer to turn 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.



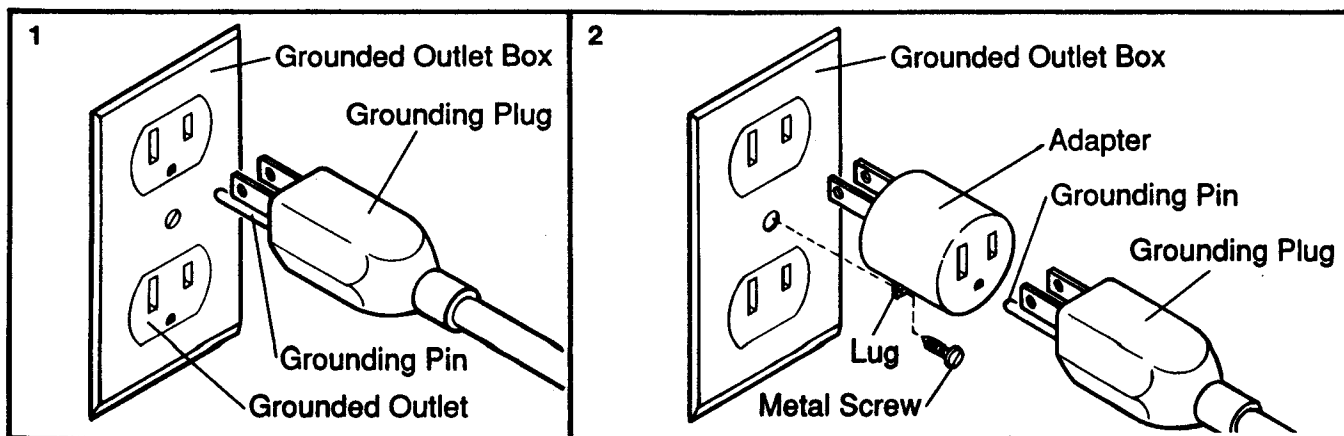
OPERATION AND ADJUSTMENT

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter **must be connected to a permanent ground such as a properly grounded outlet box cover.** Whenever the adapter is used it **must be held in place by a metal screw.** **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.



THE OPTIONS BASE CONSOLE

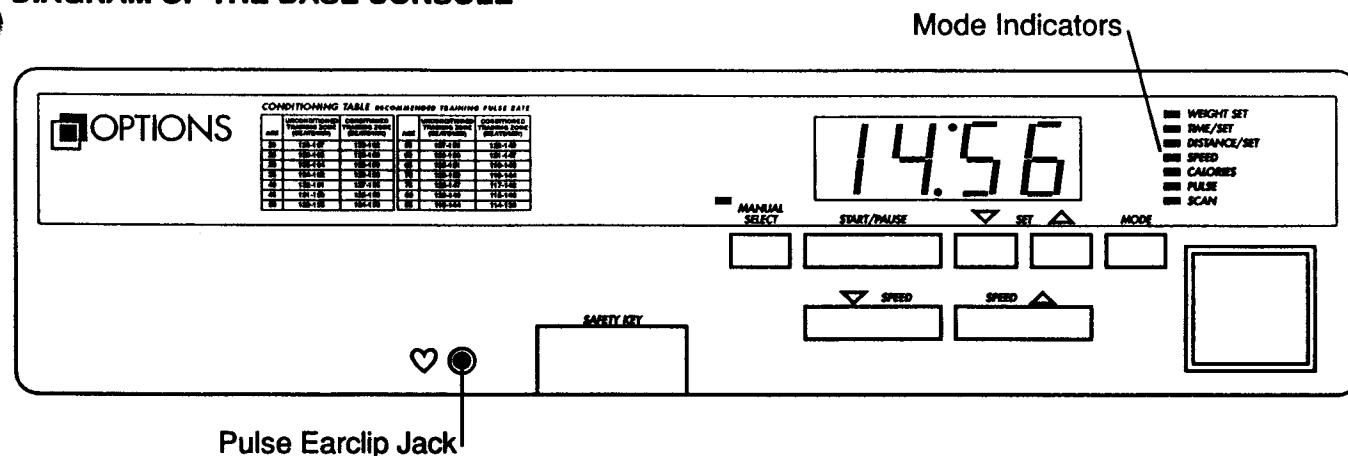
The heart of the exercise bike is the innovative OPTIONS base console. The OPTIONS base console features a safety key-operated power switch, a large, easy-to-read LED display, convenient push-button speed controls and a multiple-mode exercise monitor. And the OPTIONS base console is modular—up to three additional modules are available to give you even more options:

With the state-of-the-art VIDEO TRACK module, you can connect the base console to your TV and VCR for exciting motivational workouts. During each workout, you will enjoy a tour of some of the most beautiful natural scenery in America, accompanied by an original music soundtrack. As you exercise, the VIDEO TRACK module will control the pedaling speed automatically to simulate changing terrain. The VIDEO TRACK module comes complete with the colorful CANYONLANDS video cassette.

The powerful TRACK FIVE module offers five preset workout programs, each designed to give you a different type of workout. Simply select one of the programs, set the length of time you plan to exercise and choose a workout intensity level. The TRACK FIVE module will control the pedaling speed automatically as it guides you through an invigorating cardiovascular workout.

The versatile PERSONAL TRAINER PLUS module lets you create your own workout programs. Up to four workout programs can be stored in the module's memory simultaneously, and recalled for future workouts. The PERSONAL TRAINER PLUS module is also compatible with PERSONAL TRAINER programs. Just connect the module to your telephone, and call your PERSONAL TRAINER. Your PERSONAL TRAINER will ask you questions about your fitness goals, and then program the module via your telephone, with a PERSONAL TRAINER program designed to help you achieve the specific results you want. For information about ordering, see ORDERING REPLACEMENT PARTS.

DIAGRAM OF THE BASE CONSOLE



SPEED BUTTONS- These buttons are used to control the pedaling speed.

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

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

START/PAUSE BUTTON- This button starts and stops the TIME/SET mode. This button also starts and stops programs when modules are connected to the base console.

MANUAL SELECT BUTTON- This button switches the base console to the manual mode when modules are connected to the base console.

TURNING ON THE POWER AND ADJUSTING THE PEDALING SPEED

Insert the safety key into the slot in the front of the base console. The base console will be in the manual mode. As you pedal, your pedaling speed can be controlled using the SPEED buttons. When the power is turned on, the pedaling speed will be on the fastest setting. To decrease the pedaling speed, press the SPEED decrease button. The button can be held down to decrease the pedaling speed quickly. To increase the pedaling speed, press the SPEED increase button. Note: After the SPEED buttons are pressed, it will take a few seconds to reach the selected pedaling speed.

SELECTING MONITOR MODES

The base console offers seven monitor modes to give you instant feedback on your performance as you exercise. The modes can be selected by repeatedly pressing the MODE button. Indicators will light to show which mode is currently displayed. The display can be reset, if desired, by removing the safety key and then reinserting it. The monitor modes are described below.

WEIGHT SET: For the CALORIES mode to be accurate, select the WEIGHT SET mode, and press the SET buttons to enter your weight into the base console. Each time one of the buttons is pressed, the weight displayed will change by 1 lb. 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. (Make sure the SCAN mode is not selected.) Press the SET buttons to set 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 set a time goal quickly. As you exercise, the time will be counted down. When the time goal is completed, a tone will sound. The base console will then display the elapsed time since the goal was completed. Note: Time goals can be set only when the base console is in the manual mode.

DISTANCE/SET: This mode displays the distance you have pedaled. This mode also allows distance goals to be set. To set a distance goal, first select the DISTANCE/SET mode. (Make sure the SCAN mode is not selected.) Press the SET buttons to set the distance you plan to pedal. Each time one of the buttons is pressed, the distance displayed will change by 0.2 miles. The buttons can be held down to set a distance goal quickly. As you exercise, the distance will be counted down. When the distance goal is completed, a tone will sound. The base console will then display the distance you have pedaled since the goal was completed. Note: Distance goals can be set only in the manual mode.

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

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

PULSE: This mode displays your heart rate. Plug the pulse earclip into the jack on the base 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. After a few seconds, your heart rate will be displayed. Note: If your heart rate is not displayed, try rubbing your ear lobe lightly and repositioning the earclip. It may be helpful to stop pedaling briefly while you measure your pulse. The pulse earclip is not a medically certified device. External factors such as movement may affect the accuracy of heart rate readings.

SCAN: This mode automatically displays all modes except WEIGHT SET, for approximately 3 seconds each, in a repeating cycle. Note: The PULSE mode will be displayed only if the pulse earclip is worn.

TURNING OFF THE POWER

To turn the power off, remove the safety key from the base console.

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.

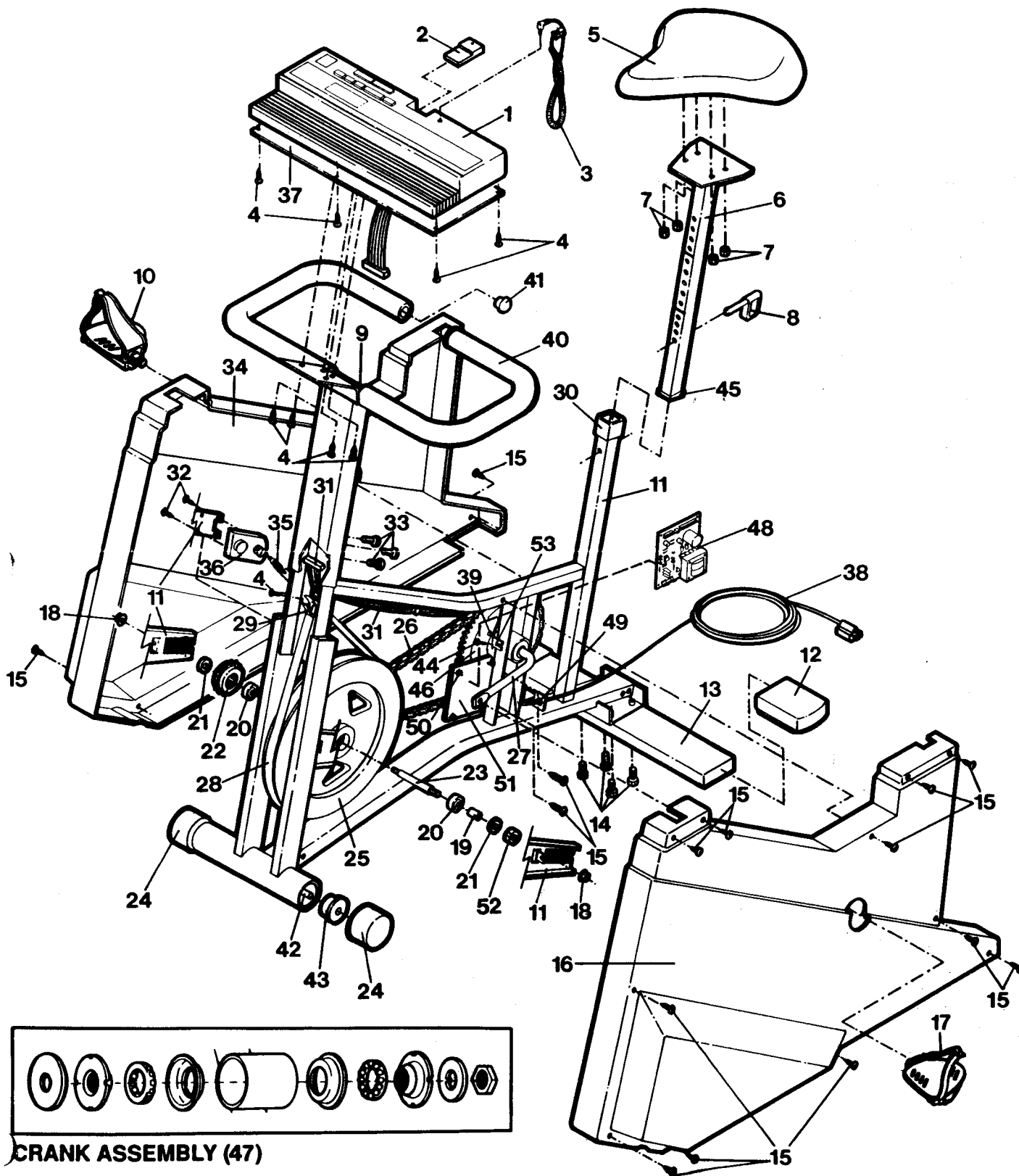
To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to success is **CONSISTENCY**.

PART LIST - Model No. 831.287531

Rev.11/91

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	105863	1	Base Console	28	101929	1	Resistance Strap
2	100933	1	Safety Key	29	050001	1	Tension Buckle
3	101508	1	Pulse Earclip	30	104786	1	Seat Post Collar
4	013423	9	Screw	31	105864	1	Main Wire Harness Assy.
5	105022	1	Seat	32	101049	2	Motor Mounting Screw
6	104781	1	Seat Post	33	013556	3	Handlebar Screw
7	012096	4	Seat Nut	34	104604	1	Right Side Shield
8	015073	1	Seat Pin	35	102037	1	Tension Spring Assembly
9	104761	1	Handlebar	36	106681	1	Motor Assembly
10	038033	1	Right Pedal	37	105924	1	Console Plate
11	NSP	1	Frame	38	105870	1	Power Cord
12	105590	2	Stabilizer Endcap	39	100498	1	Magnet
13	104815	1	Stabilizer	40	104774	2	Foam Grip
14	013469	4	Stabilizer Bolt	41	104809	2	Handlebar Endcap
15	013322	16	Side Shield Screw	42	106698	1	Roller Axle
16	104603	1	Left Side Shield	43	106880	2	Roller Bushing
17	038032	1	Left Pedal	44	062035	1	Reed Switch Fastener
18	104806	2	Flange Nut	45	104787	1	Seat Post Glide
19	019300	1	Spacer	46	104801	1	Sprocket
20	102356	2	Bearing	47	102572	1	Crank Assembly
21	014087	2	Washer	48	105870	1	Power Board
22	024001	1	Small Sprocket	49	019084	1	Grommet
23	104805	1	Flywheel Axle	50	015071	4	Plastic Clip
24	106697	2	Roller	51	107119	1	Power Board Plate
25	021023	1	Flywheel	52	106732	1	Nut
26	104803	1	Chain	53	100949	1	Reed Switch/Sensor Wire
27	104800	1	Crank	#	105422	1	Owner's Manual

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



ORDERING REPLACEMENT PARTS

Each EXERCISE BIKE has its own MODEL NUMBER. Always mention the 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 (831.287531).
2. The NAME of the product (Lifestyler PRO exercise bike).
3. The REORDER NUMBER of the part(s) from page 10 of this manual.
4. The DESCRIPTION of the part(s) 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 ensure that we meet our pledge to you: we service what we sell.

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