

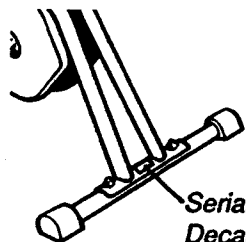
# **Lifestyler™**

## **ERGOMETER** *DUAL ACTION MOTIVATIONAL CALORIE MONITOR*

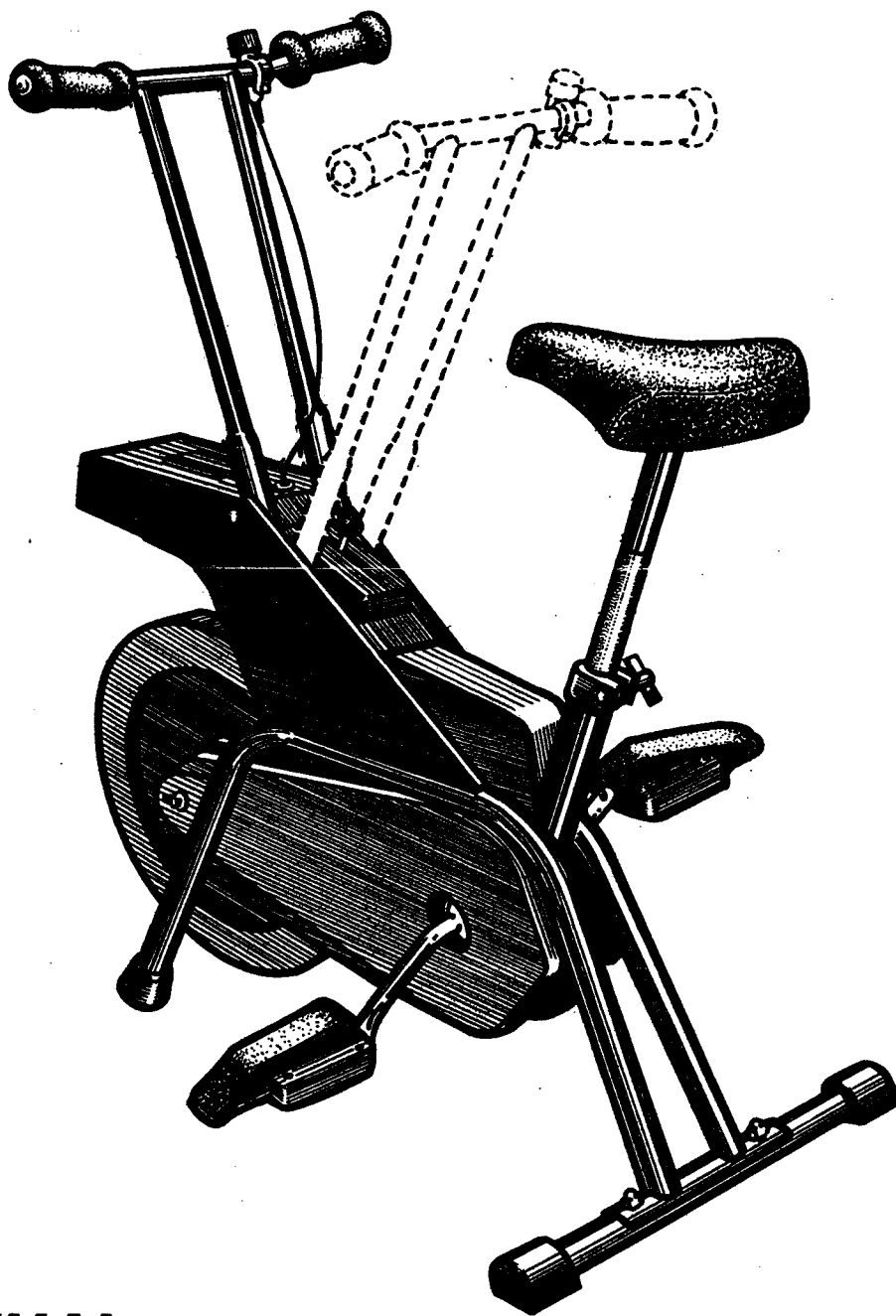
**Model No. 831.287580**

**Serial No. \_\_\_\_\_**

*Write the serial no. in the space above.*



# **SEARS®**



## **OWNER'S MANUAL**

**PATENT PENDING**

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

## **FULL 90 DAY WARRANTY**

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 exercise bike is used in a normal manner.

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

**SERVICE IS AVAILABLE SIMPLY BY RETURNING THIS 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. 817WA,  
3333 BEVERLY ROAD, HOFFMAN ESTATES, IL 60179**

**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.**

# **TABLE OF CONTENTS**

---

Warranty	2
Safety Precautions	3
Before You Begin	3
Assembly	4
Adjustment and Operation	5
Maintenance and Trouble-Shooting	6
Conditioning Guidelines	7
Part List	10
Exploded Drawing	11
Part Ordering Information	12

## **IMPORTANT SAFETY PRECAUTIONS**

---

- 1. Use this exercise bike only on a level surface.**
- 2. Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught in moving parts.**
- 3. Never allow small children near the exercise bike.**
- 4. Make sure that all parts are tight each time you use the exercise bike.**

## **BEFORE YOU BEGIN**

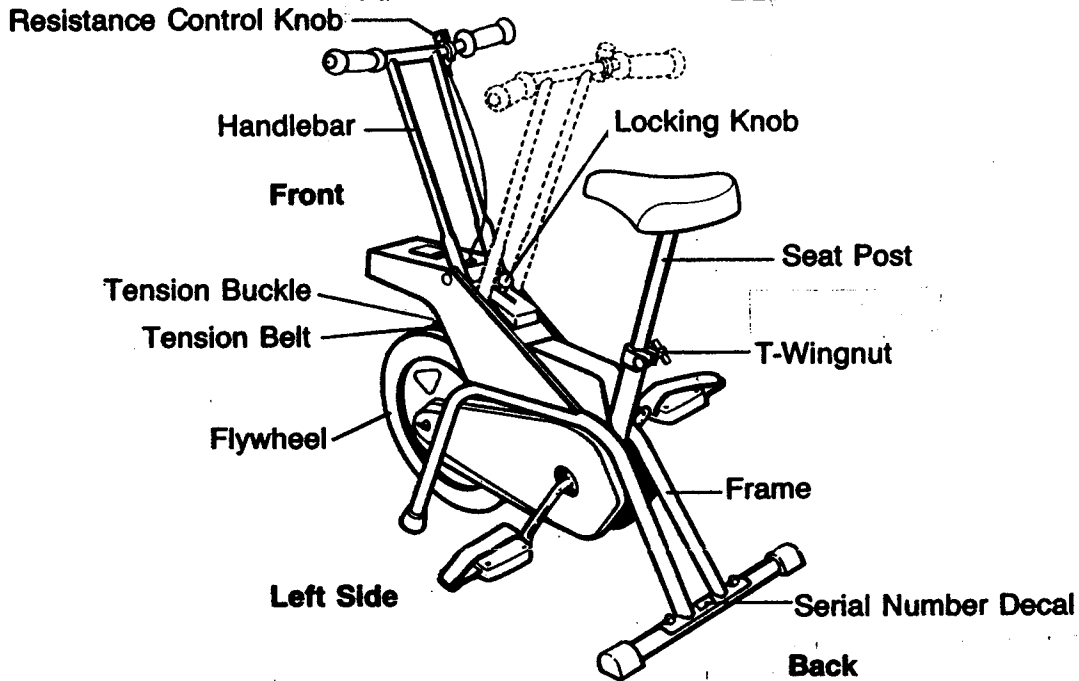
---

Thank you for purchasing a Sears Lifestyler Ergometer exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The Lifestyler Ergometer is designed to provide you with this healthful exercise in the convenience and privacy of your own home.

This manual is designed to help you easily assemble, adjust and use this exercise bike. Please read this manual carefully. If you have additional questions, call our Customer Service Department toll-free at 1-800-999-3756, 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 bike, please refer to your product model number and serial number. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover for the location).

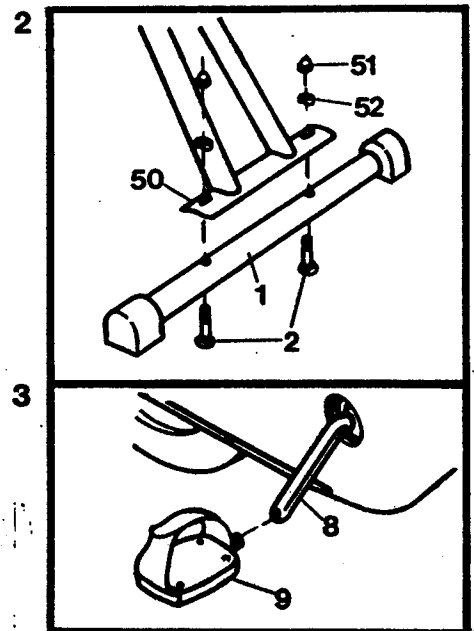
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



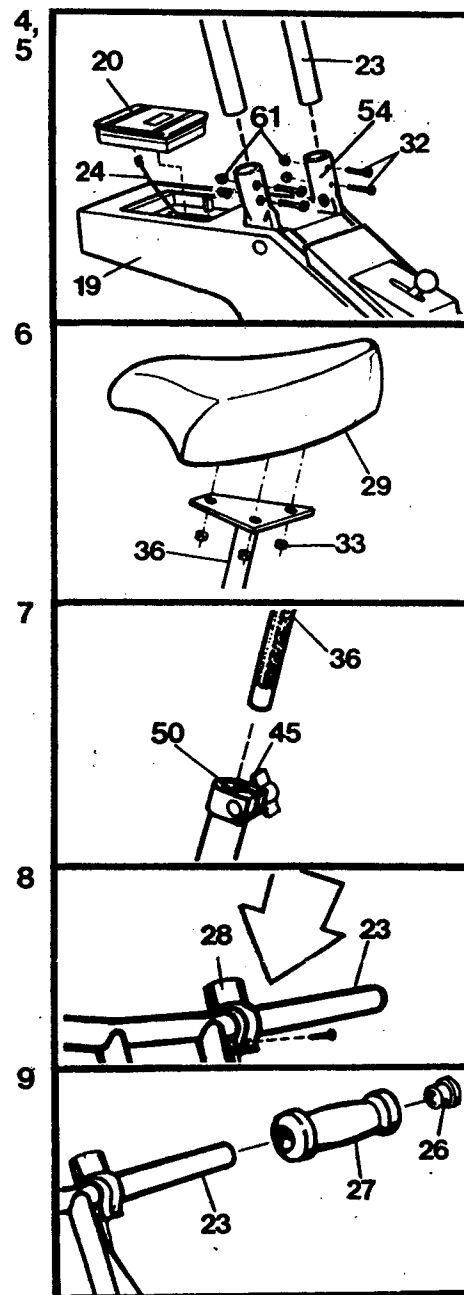
## ASSEMBLY

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

1. Place all bike 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. Attach the Crossbar (1) to the base of the Frame (50) with two Carriage Bolts (2), Molded Washers (52) and Acorn Nuts (51).
3. Tighten the Left Pedal (9) counterclockwise into the left arm of the Crank (8). (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).



4. Attach the Handlebar (23) to the Handlebar Base (54) with the four Handlebar Bolts (32) and Nuts (61).
5. Plug the Monitor Wire (24) into the back of the Electronic Monitor (20). If the Monitor has adhesive strips, remove the backing from the strips. Press the Monitor into the Console Hood (19).
6. Remove the three Seat Nuts (33) from the underside of the Seat (29). Attach the Seat to the Seat Post (36) with the three Nuts.
7. Insert the Seat Post (36) into the seat tube of the Frame (50) and tighten the T-wingnut (45) firmly. **Caution: The seat post must be inserted a minimum of 2 inches.**
8. With the small screw removed, clip the Resistance Control Knob (28) onto the Handlebar (23). Attach the Knob by replacing the screw.
9. Moisten the ends of the Handlebar (23) with soapy water and push the Handgrips (27) on. Insert the Handgrip Caps (26) into the ends of the Handlebar.
10. Make sure that all parts are fastened securely before using your exercise bike.



## ADJUSTMENT AND OPERATION

### 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 the lowest position. To adjust the seat height, stand beside the bike and loosen the T-wingnut in a counterclockwise direction. Adjust the seat to the desired height and retighten the T-wingnut firmly. **Caution: For your safety, the seat post must be inserted a minimum of 2 inches.**

## **PEDALING RESISTANCE ADJUSTMENT**

To vary the level of exercise difficulty, the resistance against the pedals can be adjusted with the resistance control knob mounted on the handlebar. To increase resistance, turn the knob clockwise. Turn the knob counterclockwise to decrease resistance.

If the range of resistance is too high or too low, it can be adjusted with the tension buckle located on the front of the frame above the flywheel. To adjust the range, turn the resistance control knob counterclockwise until it stops and open the tension buckle. To raise the range of the resistance pull the tension belt tighter and close the buckle. To lower the range of resistance, loosen the tension belt and close the buckle.

## **HANDLEBAR OPERATION**

The handlebar of the dual-action exercise bike is designed to be pushed forward and pulled back as you pedal to exercise the muscles of the arms, shoulders, chest and back. This feature allows you to strengthen and tone the muscles of the upper body as well as the lower body, without spending additional time exercising.

A hydraulic cylinder provides resistance against the handlebar. As you apply more force to the handlebar, the resistance of the cylinder increases. Applying less force decreases the resistance of the cylinder.

The handlebar can be used either in the exercise mode, or in a locked stationary position. To release the handlebar, push the locking knob forward and move the handlebar. To lock the handlebar, pull back on the locking knob and move the handlebar back and forth until the mechanism catches.

## **MAINTENANCE AND TROUBLE-SHOOTING**

To assure continued smooth operation, lubricate the chain periodically with a few drops of light oil. Be sure that all parts are tightened securely before exercising. Store your bike in a cool, dry place, away from direct sunlight. Remove the batteries when storing the bike for prolonged 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.

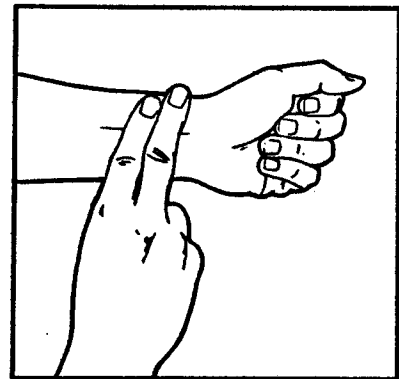
## EXERCISE INTENSITY

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 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	130-156	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, 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.



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.

## 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

All stretches should be performed slowly. 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

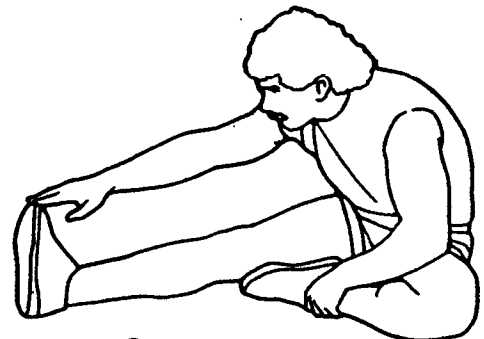
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

**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

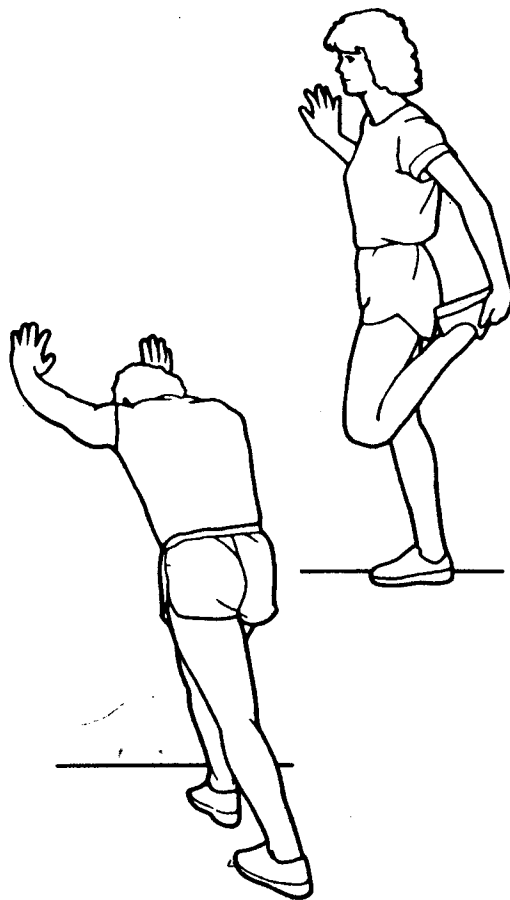
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

**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. 831.287580

Rev. 11/92

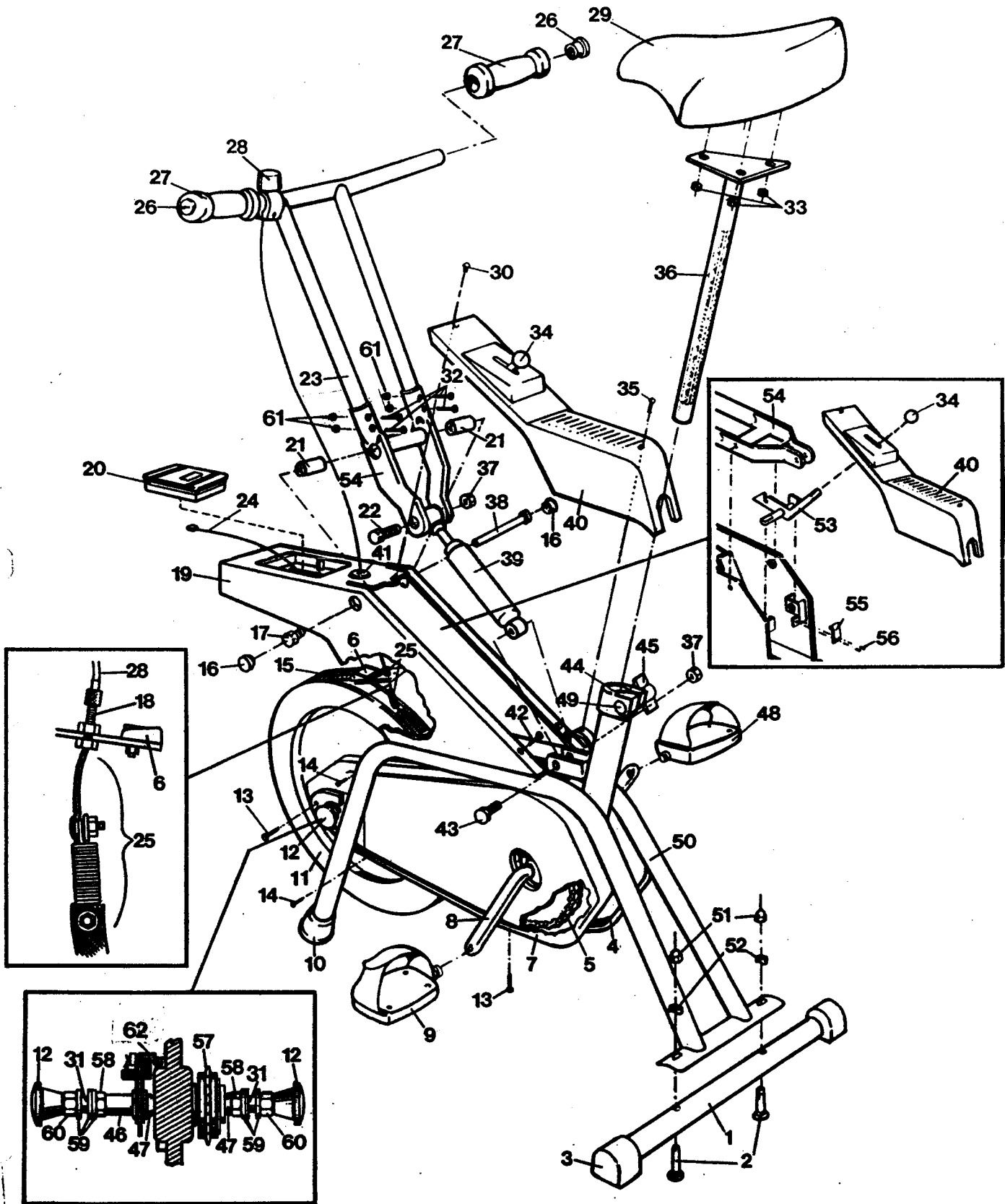
Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	006114	1	Crossbar	33	012023	3	Seat Nut
2	013011	2	Carriage Bolt	34	017042	1	Locking Knob
3	040006	2	Rear Rubber Cap	35	013024	1	Long Screw
4	010120	2	Right Chain Guard	36	007037	1	Seat Post
5	025002	1	Chain	37	012002	2	Shock Nut
6	050001	1	Tension Buckle	38	049004	1	Pivot Rod
7	010121	2	Left Chain Guard	39	043001	1	Hydraulic Shock
8	070079	1	Crank w/Sprocket	40	009111	1	Shock Hood
9	038005	1	Left Pedal	41	081003	1	Console Hood Grommet
10	040001	2	Front Rubber Cap	42	013141	2	Console Hood Screw
11	012033	1	Flywheel	43	013144	1	Shock Bolt
12	017067	2	Plastic Axle Cap	44	016001	1	Aluminum Clamp
13	013021	4	Chain Guard Screw	45	017001	1	T-Wingnut
14	013141	4	Small Chain Guard Screw	46	019020	1	Thick Spacer
15	035028	1	Tension Belt	47	014004	2	Tapered Spacer
16	040126	2	Plastic Cap	48	038006	1	Right Pedal
17	013400	1	Pivot Rod Bolt	49	013001	1	Clamp Bolt
18	013326	1	Hollow Bolt	50	NSP	1	Frame
19	009110	1	Console Hood	51	012001	4	Acorn Nut
20	032074	1	Electronic Monitor	52	014006	2	Molded Washer
21	019022	2	Pivot Rod Bushing	53	008112	1	Locking Device
22	013205	1	Piston Bolt	54	001031	1	Handlebar Base
23	001030	1	Handlebar	55	058014	1	Spring Clip
24	033103	1	Monitor Wire	56	013222	2	Spring Screw
25	058028	1	Spring Assembly	57	024007	1	Small Sprocket
26	040004	2	Handgrip Cap	58	012037	2	Thin Nut
27	041001	2	Handgrip	59	014029	8	Washer
28	072035	1	Resistance Control w/Cable	60	012032	2	Thick Nut
29	042005	1	Seat	61	012023	4	Handlebar Nut
30	013016	1	Short Screw	62	033049	1	Electronic Driver
31	049002	1	Axle	#	110262	1	Owner's Manual
32	070488	4	Handlebar Bolt w/Nut	#	089018	1	Monitor Guide

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

# EXPLODED DRAWING - MODEL NO. 831.287580

Rev. 11/92

Specifications are subject to change without notice.



## **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 (831.287580).
2. The NAME of the product (Sears Lifestyler Ergometer 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 the equipment to insure that we meet our pledge to you: we service what we sell.

**SOLD BY SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179**