

Lifestyler[®] CT

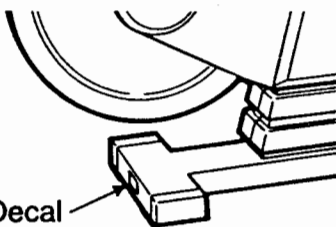
ADJUSTABLE RESISTANCE • CYCLE TRAINER

SEARS[®]

Model No. 831.287610

Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



Serial
Number Decal

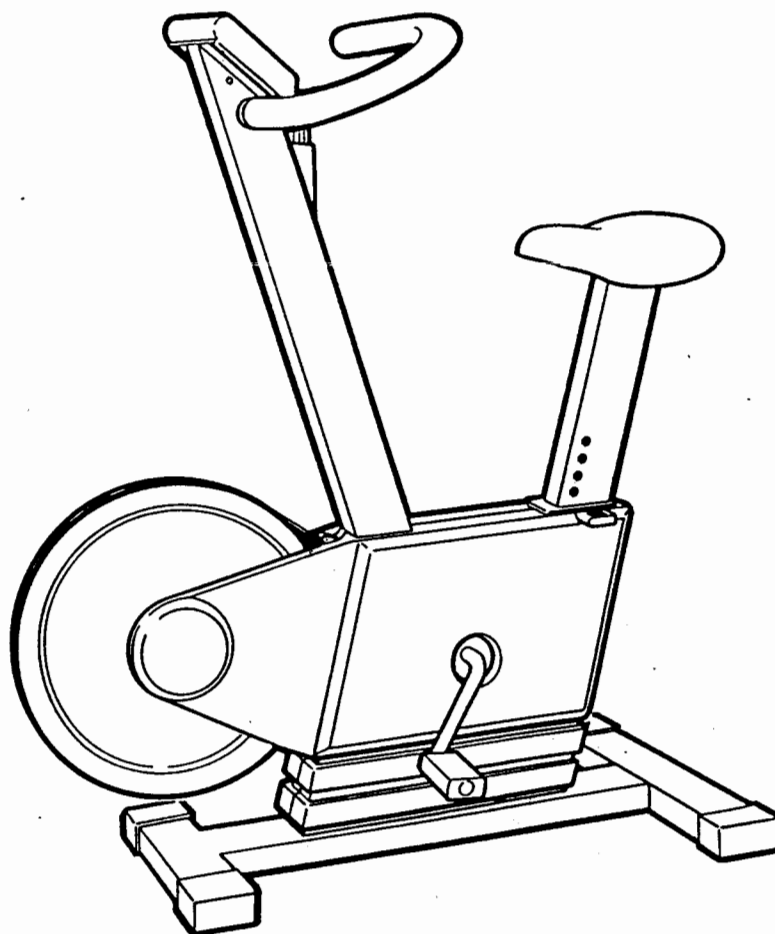
CAUTION!

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

PATENT PENDING

OWNER'S MANUAL

*Cabinet
Copy*



SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
OPERATION AND ADJUSTMENT	5
ELECTRONIC MONITOR OPERATION	6
MAINTENANCE AND TROUBLE-SHOOTING	7
CONDITIONING GUIDELINES	8
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the exercise bike.

1. Place the exercise bike on a level surface.
2. Wear appropriate clothing when using the exercise bike; do not wear loose clothing that could become caught in the exercise bike. Always wear athletic shoes for foot protection.
3. Keep small children away from the exercise bike at all times.
4. Use the exercise bike only as described in this manual.

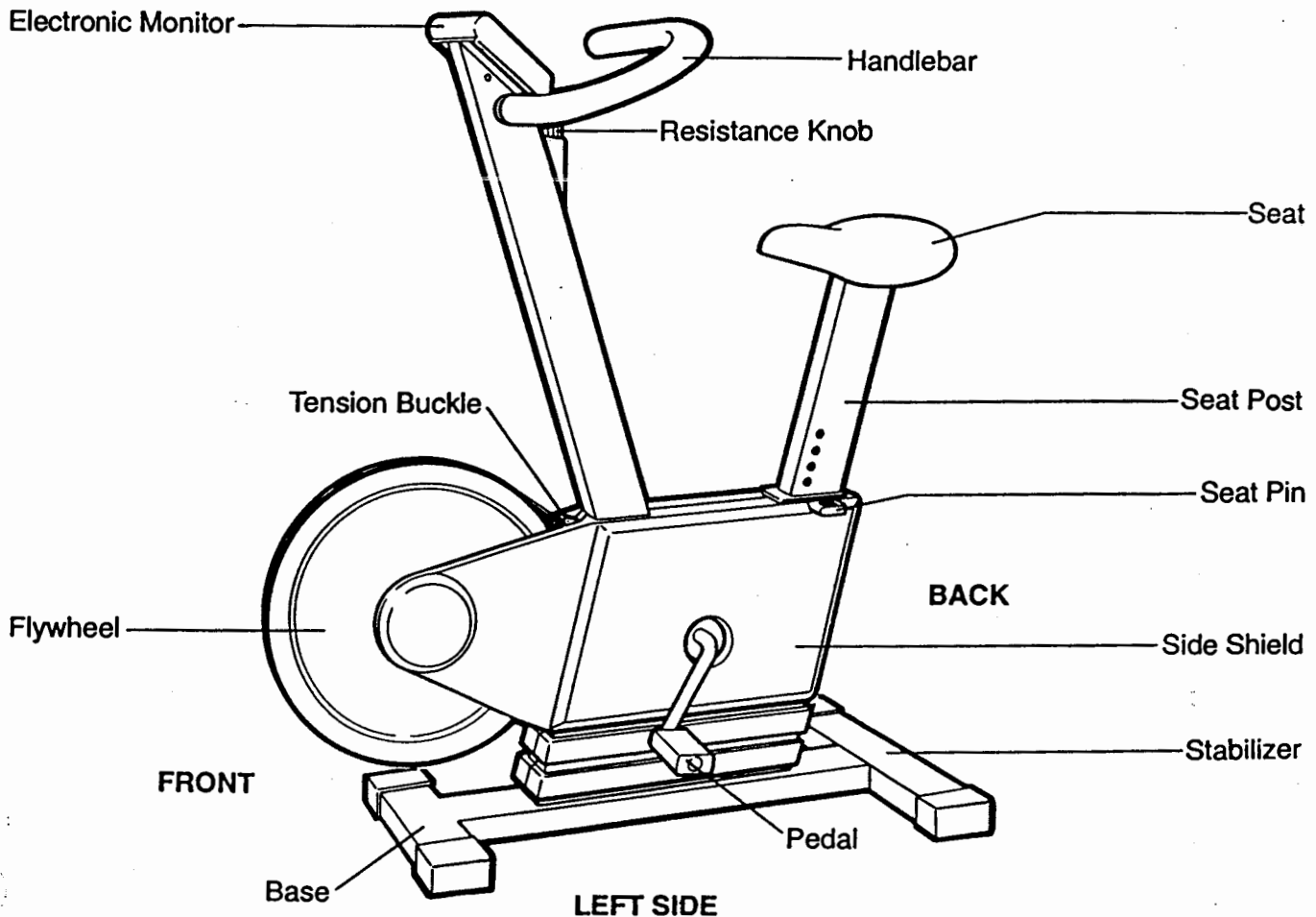
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Congratulations for selecting the SEARS LIFESTYLER® CT Adjustable Resistance Cycle. Cycling is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The LIFESTYLER CT blends advanced engineering with innovative styling to let you enjoy this dynamic exercise in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the exercise bike. 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 note the product model number and serial number when calling. The model number is 831.287610. The serial number can be found on a decal attached to the exercise bike (see the front cover of this manual for the location of the decal).

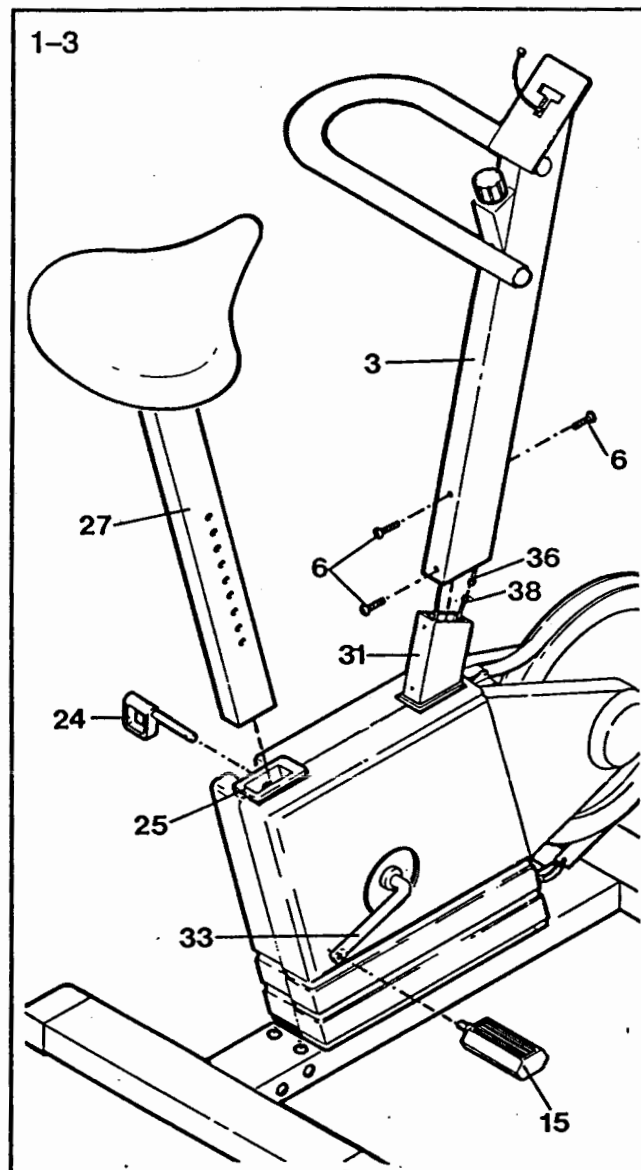
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



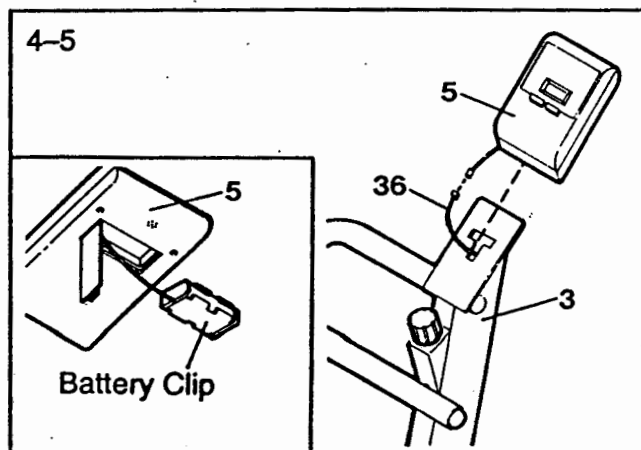
ASSEMBLY

Place the shipping carton in a cleared area. Tear down the sides of the carton and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly can be completed using the allen wrench included.**

1. Find the Right Pedal (15). Each Pedal is marked with an "R" or "L" for identification. Tighten the Right Pedal clockwise into the right arm of the Crank (33). Tighten the Left Pedal (not shown) counterclockwise into the left arm of the Crank (33).
2. Slide the Seat Post (27) into the Seat Post Bushing (25). Adjust the Seat Post to the desired height. Insert the Seat Pin (24) through the Seat Post Bushing (25), Frame (31) and Seat Post (27). **CAUTION: The Seat Pin must be inserted completely through the Frame.**
3. Plug the Sensor Wire (36) into the Reed Switch Wire (38). Push the excess Wire into the Frame (31) and slide the Handlebar Post (3) onto the Frame. **CAUTION: Be careful to avoid pinching your fingers or the Wires.** Attach the Handlebar Post with the three M6 x 16 Screws (6).



4. The Electronic Monitor (5) requires two "AA" batteries (not included). Alkaline batteries are recommended. The battery compartment is located in the back of the Electronic Monitor. Open the battery cover and carefully remove the battery clip. Find the markings inside the battery clip showing which direction the batteries must be turned. Insert two new "AA" batteries into the battery clip. Close the battery cover.
5. Connect the Sensor Wire (36) to the wire on the Electronic Monitor (5). Slide the Electronic Monitor onto the Handlebar Post (3) as shown.

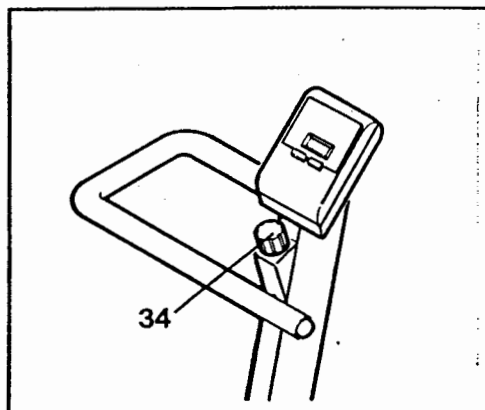


OPERATION AND ADJUSTMENT

RESISTANCE ADJUSTMENT

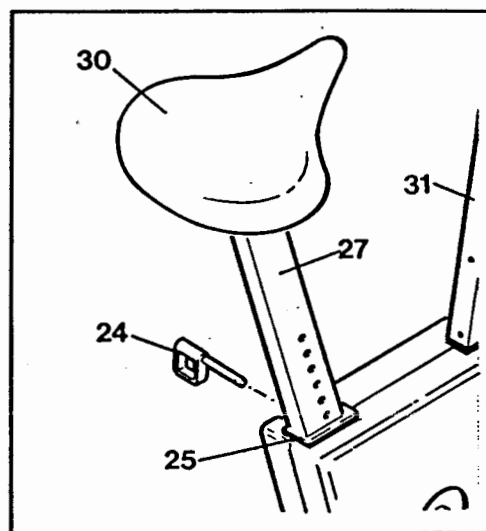
To vary the intensity of your exercise, the pedaling resistance can be changed using the Resistance Knob (34) in front of the electronic monitor. To increase the resistance, turn the Knob clockwise; to decrease the resistance, turn the Knob counterclockwise. **IMPORTANT:** Stop turning the Knob when turning becomes difficult, or the Knob may be damaged.

If the range of pedaling resistance is too high or too low, the range can be adjusted. See **MAINTENANCE AND TROUBLESHOOTING** on page 7 of this manual.



SEAT ADJUSTMENT

Proper seat height is important for effective exercise. As you pedal, there should be a slight bend in your knees when the pedals are at the lowest position. To change the seat height, first dismount the exercise bike. Hold the Seat (30) and remove the Seat Pin (24). Adjust the Seat Post (27) to the proper height and insert the Seat Pin (24) through the Seat Post Bushing (25), Frame (31) and Seat Post (27). **CAUTION: The Seat Pin must be inserted completely through the Frame.**



ELECTRONIC MONITOR OPERATION

DESCRIPTION OF THE MODES

SPEED—Displays your pedaling speed, in miles per hour.

TIME—Displays the elapsed time. Note: Time will be counted only while you are pedaling. If you stop for ten seconds or longer, the time will hold until you resume pedaling.

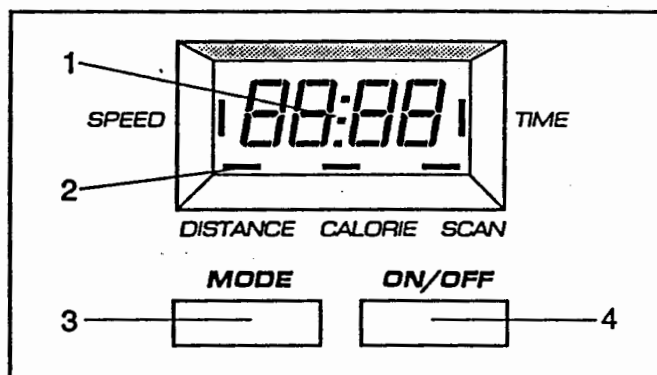
DISTANCE—Displays the total distance you have pedaled, in miles.

CALORIE—Displays the total number of Calories you have burned. Note: If the pedaling resistance is near the lowest or highest setting, the actual number of Calories you have burned will be slightly lower or higher than the number displayed.

SCAN—Displays the SPEED, TIME, DISTANCE and CALORIE modes in a repeating cycle.

ELECTRONIC MONITOR DIAGRAM

1. LCD display—Display for all modes.
2. Mode indicator—Shows which mode is currently selected.
3. Mode button—Selects modes.
4. On/off button—Turns the power on and off, and resets the display.



ELECTRONIC MONITOR OPERATION

Note: The electronic monitor requires two "AA"-size batteries (not included). See assembly step 4 on page 4 of this manual, for battery installation instructions.

1. To turn on the power, press the on/off button or simply begin pedaling.
2. Select one of the five modes:
 - A. **SCAN**—When the power is turned on, the SCAN mode will be selected automatically. A mode indicator will appear by the word "SCAN." The SPEED, TIME, DISTANCE and CALORIE modes will all be displayed, for five seconds each, in a repeating cycle. A second mode indicator will show which mode is currently displayed.
 - B. **SPEED, TIME, DISTANCE or CALORIE**—The SPEED, TIME, DISTANCE or CALORIE mode can be selected by repeatedly pressing the mode button. The modes will be selected in the following order: SPEED, TIME, DISTANCE, CALORIE, SCAN.
3. To reset the LCD display, turn the power off and then on again by pressing the on/off button twice.
4. When you are finished exercising, press the on/off button to turn off the power. Note: If the pedals are not turned and the electronic monitor buttons are not pressed for four minutes, the power will turn off automatically to conserve the batteries.

MONITOR CARE

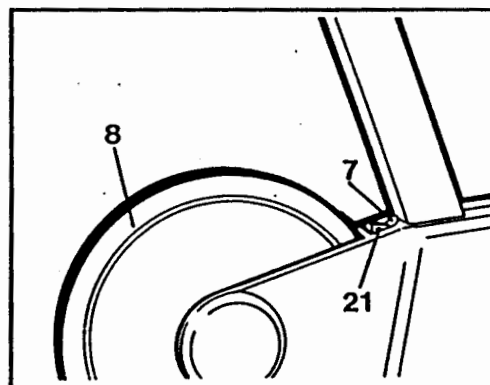
Keep the electronic monitor out of direct sunlight, or the LCD display may be damaged. Clean the monitor periodically using a soft, dry cloth. Do not allow liquids to come in contact with the monitor.

If the LCD display becomes faint, or if the electronic monitor does not function properly, the batteries should be replaced. See assembly step 4 on page 4 of this manual for battery installation instructions. If the monitor still does not function properly, the sensor wire should be checked. See assembly step 5 on page 4 of this manual to see how the sensor wire should be connected.

MAINTENANCE AND TROUBLE-SHOOTING

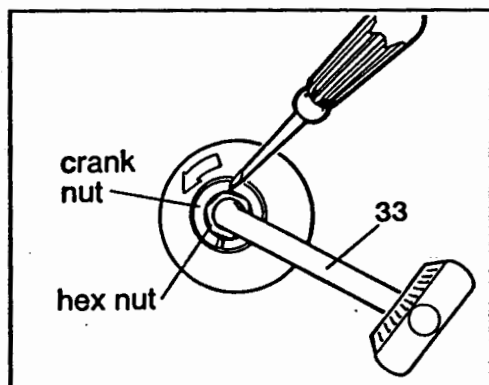
ADJUSTING THE RANGE OF PEDALING RESISTANCE

If the range of pedaling resistance is too high or too low, the range can be adjusted. Find the Tension Buckle (21) located on the frame above the Flywheel (8). Open the Tension Buckle. To raise the range of resistance, pull the Resistance Strap (7) slightly tighter and close the Tension Buckle tightly. To lower the range of resistance, loosen the Resistance Strap slightly and close the Tension Buckle tightly.



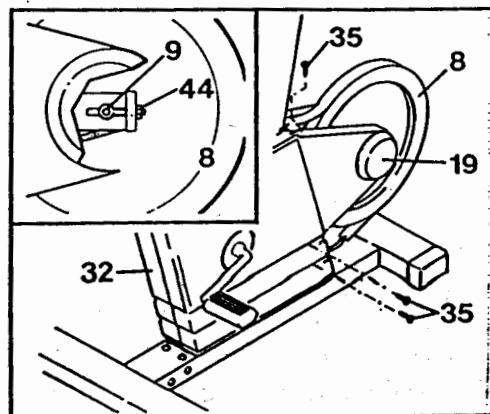
TIGHTENING THE CRANK ARMS

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 (33). 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 counterclockwise, until the crank arms are no longer loose. Do not overtighten the crank nut. When the crank nut is properly tightened, retighten the hex nut.



ADJUSTING THE CHAIN

Remove the three #8 x 1/2" Screws (35) from the front of each of the Side Shields (19, 32). Carefully pry the Side Shields apart until you can loosen the two 3/8" Axle Nuts (9) (see the inset). To tighten the chain, turn the M6 Hex Nuts (44) clockwise; to loosen the chain, turn the M6 Hex Nuts counterclockwise. **There should be no more than 1 inch, and no less than 1/4 inch, of vertical movement in the center of the chain.** Make sure that the Flywheel (8) is straight, tighten the 3/8" Axle Nuts (9) and reattach the Side Shields with the #8 x 1/2" Screws (35).



CONDITIONING GUIDELINES

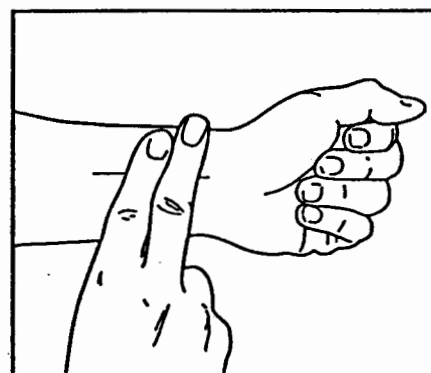
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your 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 known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

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 months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 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. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, as well as reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

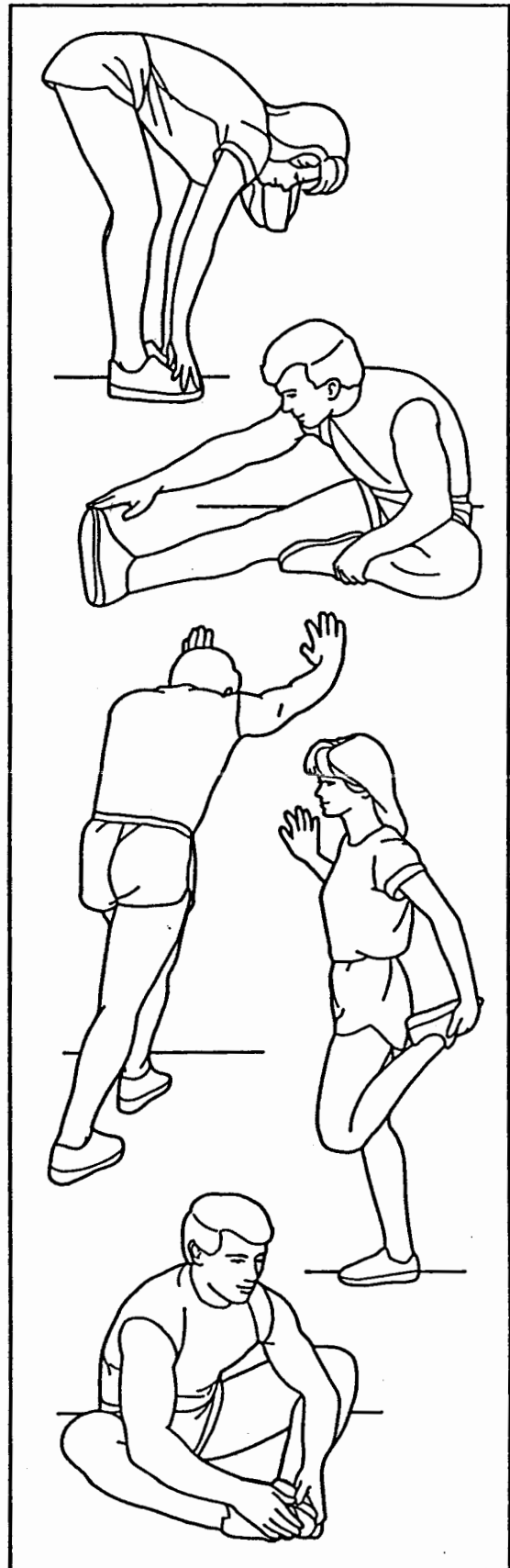
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



PART LIST—Model No. 831.287610

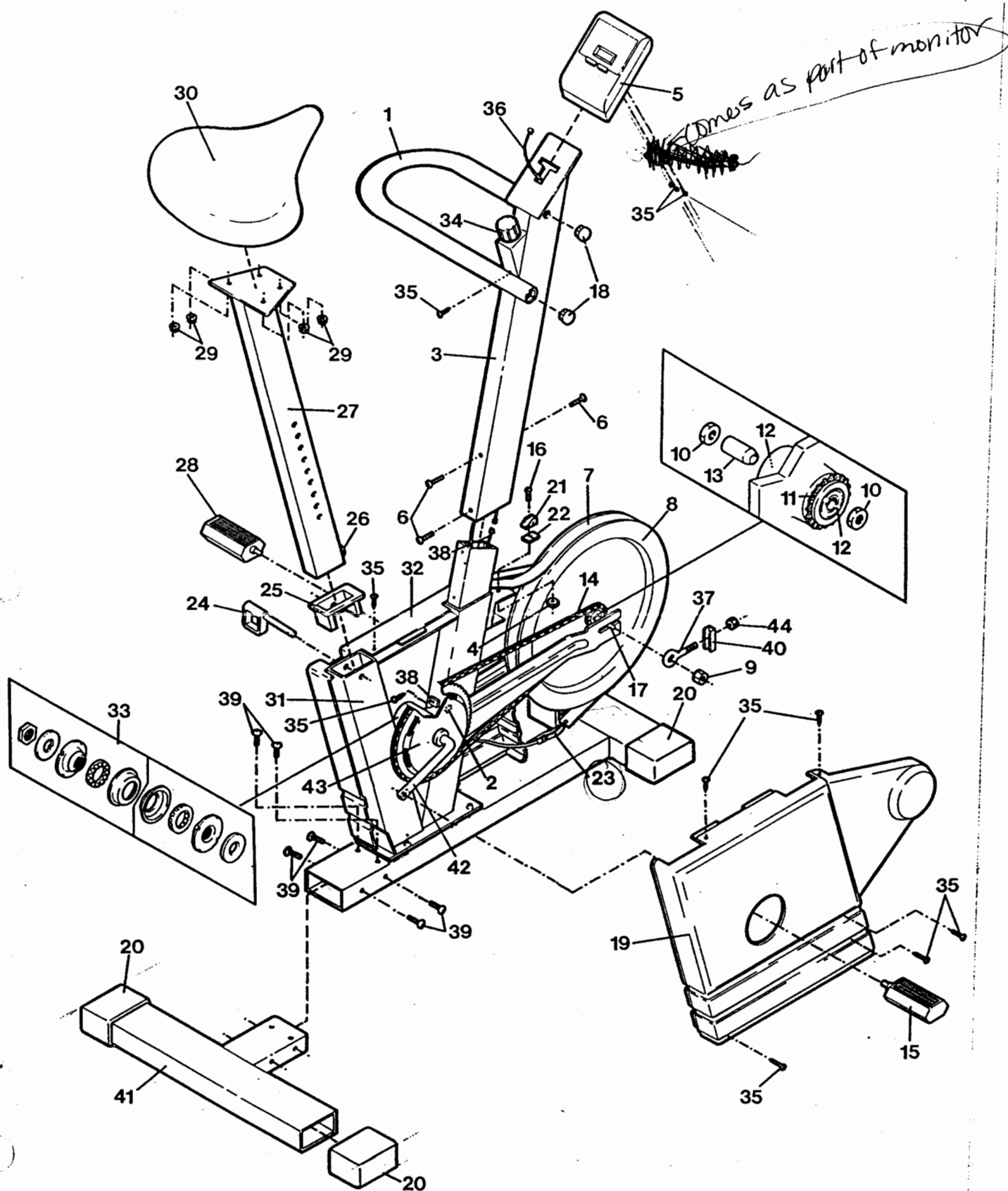
Rev. 8/93

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	102541	1	Foam Grip	24	015076	1	Seat Pin
2	100498	1	Magnet	25	019343	1	Seat Post Bushing
3	113041	1	Handlebar Post	26	100127	1	Seat Post Guide
4	012107	1	#10 Hex Nut	27	113107	1	Seat Post
5	112950	1	Electronic Monitor	28	038023	1	Left Pedal
6	121501	3	M6 x 16 Screw	29	012096	4	1/4" Hex Nut
7	113051	1	Resistance Strap	30	105022	1	Seat
8	021055	1	Flywheel	31	113042	1	Frame/Base
9	012032	2	3/8" Axle Nut	32	114604	1	Left Side Shield
10	012031	2	3/8" Thin Axle Nut	33	102572	1	Crank/Sprocket Assy.
11	024007	1	Freewheel Sprocket	34	113040	1	Resistance Knob w/Cable
12	102356	2	Flywheel Bearing	35	013040	14	#8 x 1/2" Screw
13	019341	1	Axle Spacer	36	033217	1	Sensor Wire
14	025075	1	Chain	37	008054	2	Chain Adjustment Bolt
15	038022	1	Right Pedal	38	033218	1	Reed Switch/Wire
16	113528	1	#10 x 1" Screw	39	100411	6	M8 x 16 Screw
17	049111	1	Axle	40	100128	2	Chain Adjustment Bracket
18	103343	2	Handlebar Endcap	41	113105	1	Stabilizer
19	114605	1	Right Side Shield	42	023018	1	Crank
20	040225	4	Base Endcap	43	100245	1	Sprocket
21	050001	1	Tension Buckle	44	012006	2	M6 Hex Nut
22	114606	1	Tension Buckle Spacer	#	045008	1	Allen Wrench
23	114491	1	Spring Assembly	#	114607	1	Owner's Manual

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

EXPLODED DRAWING—Model No. 831.287610

Rev. 8/93



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 can 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 transmitted to a SEARS PARTS DISTRIBUTION CENTER for handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The MODEL NUMBER of the product (831.287610).
2. The NAME of the product (SEARS LIFESTYLER® CT Adjustable Resistance Cycle Trainer).
3. The PART NUMBER of the part(s) (see page 10 of this manual).
4. The DESCRIPTION of the part(s) (see page 10 of this manual).

Your SEARS EXERCISE BIKE 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."

Should you ever need repair service or parts, call toll-free:

For repair service: **1-800-4-REPAIR** (1-800-473-7247)

For repair parts: **1-800-FON-PART** (1-800-366-7278)

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 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. 817WA,
3333 BEVERLY ROAD, HOFFMAN ESTATES, IL 60179**