

Lifestyler®

CARDIO FIT

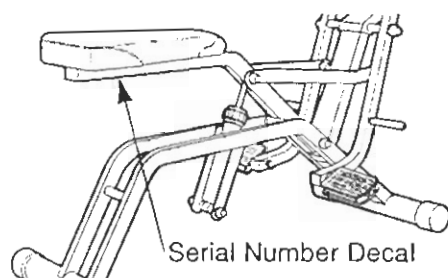
TOTAL BODY MOTION • LOW IMPACT

SEARS

Model No. 831.2876210

Serial No. _____

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



EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

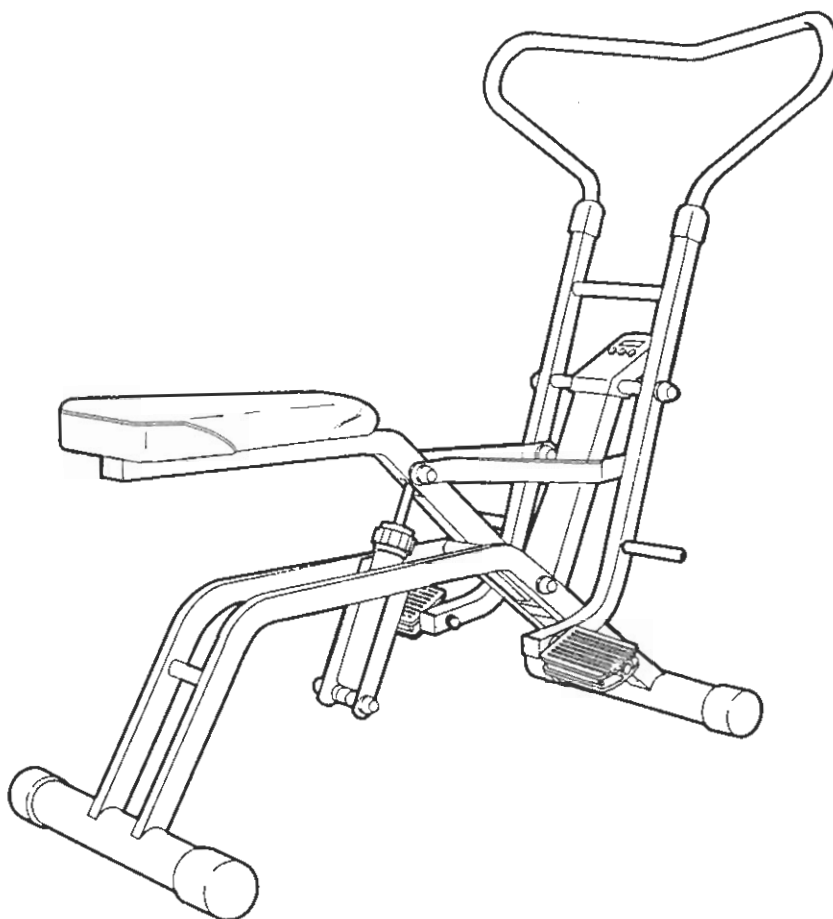
1-800-736-6879

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

PATENT PENDING

USER'S MANUAL



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

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following Important precautions before using the SEARS LIFESTYLER® CARDIO FIT.

1. It is the responsibility of the owner to ensure that all users of the CARDIO FIT are adequately informed of all precautions.
2. Use the CARDIO FIT only on a level surface.
3. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the CARDIO FIT. Always wear athletic shoes for foot protection.
4. The CARDIO FIT features a precision resistance cylinder; due to the nature of resistance cylinders, it is recommended that the floor underneath the CARDIO FIT be covered in case of slight oil leakage.
5. Keep small children and pets away from the CARDIO FIT at all times.
6. The resistance cylinder becomes very hot during use. Allow the resistance cylinder to cool before touching it. When adjusting the

resistance, touch only the resistance adjustment collar.

7. Do not use the CARDIO FIT when the resistance cylinder is below room temperature or damage may occur.
8. The CARDIO FIT should not be used by persons weighing more than 250 pounds. Never allow more than one person at a time on the CARDIO FIT.
9. Inspect and tighten all parts regularly. Replace any worn parts immediately.
10. Use the CARDIO FIT 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.

WARNING DECAL PLACEMENT

The decal shown at the right has been placed on the resistance cylinder of your CARDIO FIT.

If the decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see the back cover of this manual). Apply the decal in the location shown at the right.



ASSEMBLY

Place all parts of the CARDIO FIT in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Read each step carefully before you begin.

1. Tap a 1/2" Bushing (25) into each side of the Frame (6) as shown.

Apply grease to the Pivot Rod (21). Align the holes in the Pedal Frame (7) with the indicated tube on the Frame (6). Tap the Pivot Rod through the Pedal Frame and the Frame.

IMPORTANT NOTE: Before assembling the 1/2" Dome Caps (29), make sure that you thoroughly understand the assembly step(s) they are used in. They can be assembled only once. If they must be removed, you will need to order new Dome Caps.

Center the Pivot Rod (21) and tap a 1/2" Dome Cap (29) onto each end of it.

Make sure that the Magnet (27) is on the Pedal Frame (7).

2. Make sure that there is a 1/2" Link Arm Bushing (19) in the right Link Arm (4) (see the inset drawing). Slide the Link Arm onto the indicated pin on the Pedal Frame (7). Pivot the Pedal Frame and tap a 1/2" Dome Cap (29) onto the pin.

Attach the left Link Arm (not shown) in the same manner.

3. Make sure that there is a 1 1/4" x 2" Endcap (13) on each end of the Handlebar (2). The Endcaps must be turned so the round holes are on top.

Slide the Handlebar (2) into the Pedal Frame (7). The Handlebar must be turned so the sides bend toward the seat (not shown). Align the holes in the Handlebar with the holes in the Pedal Frame. Attach one side of the Handlebar with two #8 x 1/2" Screws (16). Attach the other side of the Handlebar with two #8 x 1/2" Screws.

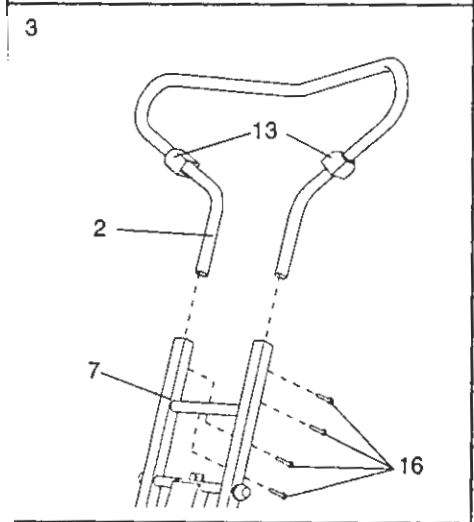
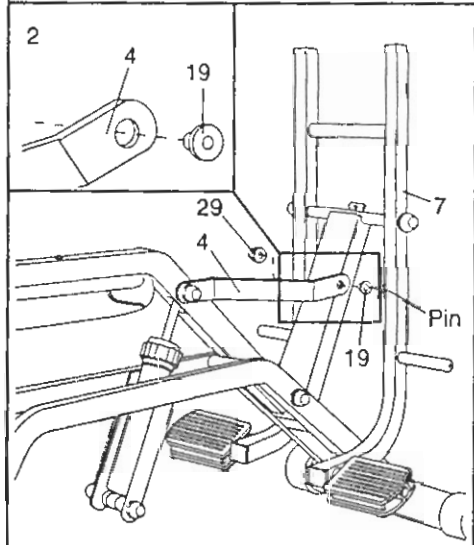
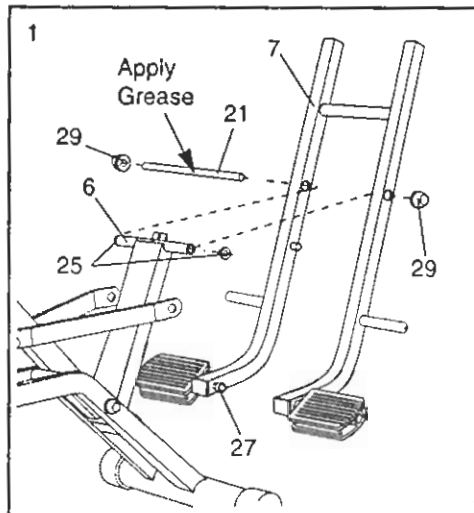
Slide the 1 1/4" x 2" Endcaps (13) down over the Pedal Frame (7).

Assembly requires the following tools:

one phillips screwdriver 

one adjustable wrench 

one rubber mallet 



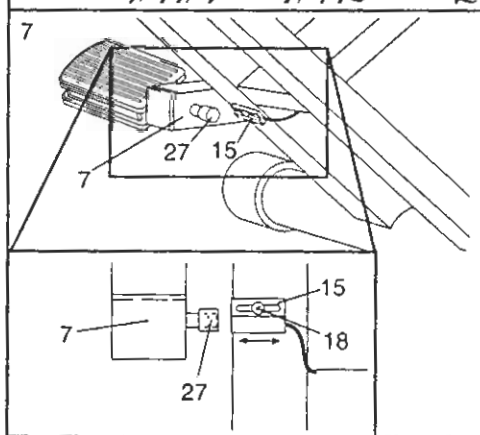
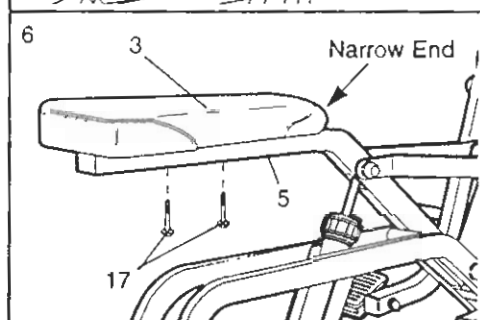
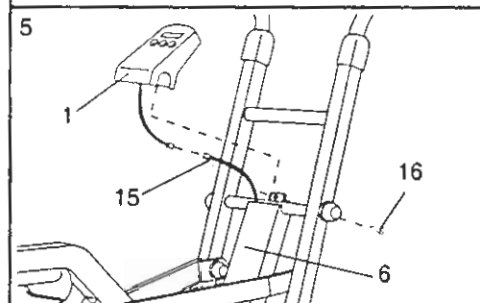
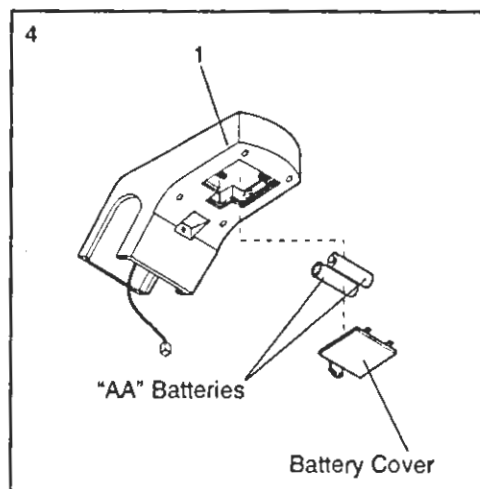
4. **The Monitor (1) requires two "AA" batteries (not included); alkaline batteries are recommended.** Remove the battery cover from the back of the Monitor. Insert two "AA" batteries into the battery compartment of the Monitor. Make sure that the negative (-) ends of the batteries are touching the springs in the battery compartment.

Reattach the battery cover to the back of the Monitor (1).

5. Connect the Sensor Wire (15) to the wire on the Monitor (1). Insert any excess wire into the Frame (6). Attach the Monitor to the Frame with a #8 x 1/2" Screw (16). Make sure not to pinch the wire between the Frame and the Monitor.

6. Remove the two 1/4" x 2" Screws (17) attaching the Seat (3) to the underside of the Seat Tube (5). Attach the Seat to the top of the Seat Tube with the two Screws as shown. Make sure that the narrow end of the Seat is facing forward.

7. Pivot the Pedal Frame (7) until the Magnet (27) is aligned with the Reed Switch (15). See the inset drawing. Loosen the indicated #8 x 3/4" Screw (18). Slide the Reed Switch slightly closer to the Magnet. Tighten the #8 x 3/4" Screw. Exercise on the CARDIO FIT for a moment. Repeat until the monitor displays correct feedback. **Make sure that the Magnet does not hit the Reed Switch.**



Note: One extra #8 x 1/2" Screw (16) and one extra 1/2" Dome Cap (29) may have been included.

ADJUSTMENT AND OPERATION

EXERCISING ON THE CARDIO FIT

Sit on the seat, place your feet on the pedals and hold the handlebar. To add variety to your exercise, you can hold the top, sides or bottom of the handlebar, place your hands close together or far apart, or hold the handlebar with an overhand or underhand grip.

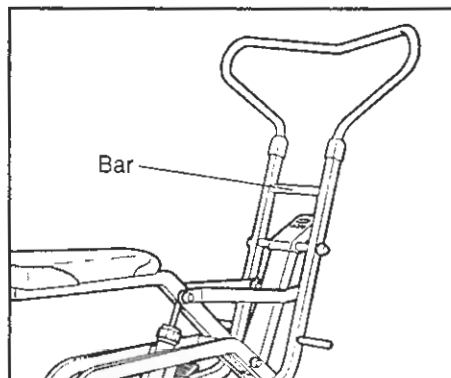
To begin exercising, pull the handlebar towards your waist while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion, maintain a steady pace, and keep your back straight.

LOWER BODY EXERCISE

To focus on the muscles of the lower body, rest your hands on the indicated bar as you exercise.

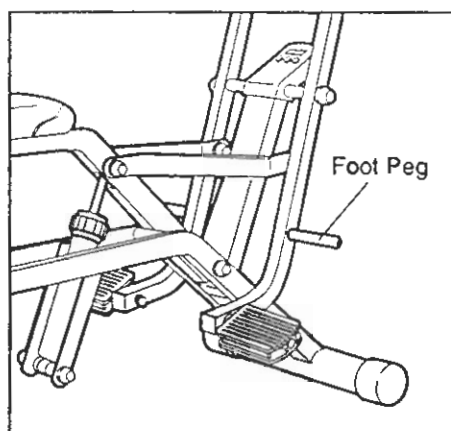
To focus on the calf muscles, point your toes as you push the pedals away. As you return to the starting position, raise your toes and rotate your heels downward.

CAUTION: To avoid injury, keep your feet firmly on the pedals to prevent them from slipping.



UPPER BODY EXERCISE

To focus on the muscles of the upper body, rest your feet on the foot pegs rather than the pedals as you exercise.

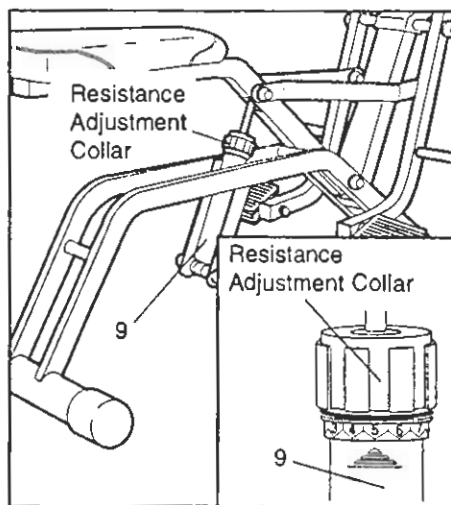


ABDOMINAL EXERCISE

To exercise your abdominal muscles, keep your arms straight and bend back at the waist as you exercise. Remember to keep your back straight.

RESISTANCE ADJUSTMENT

To vary the intensity of your exercise, the resistance of the CARDIO FIT can be adjusted. There are 9 resistance levels; level 1 is the easiest, and level 9 is the most challenging. To change the resistance, turn the resistance adjustment collar on the Resistance Cylinder (9). The arrow on the Resistance Cylinder will show which resistance level you have selected. **CAUTION:** The Resistance Cylinder becomes very hot during use. Allow it to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.

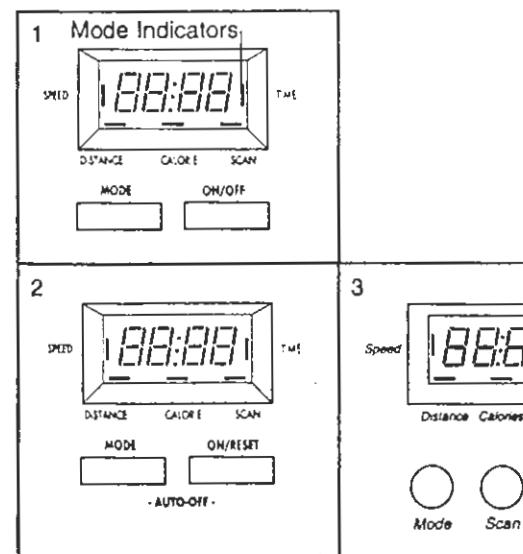


ELECTRONIC MONITOR

The simple-to-operate electronic monitor features five different modes to provide you with instant exercise feedback. The five modes are described below:

- **Speed**—Displays your speed, in repetitions per minute.
- **Time**—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.
- **Distance**—Displays the total number of repetitions you have completed, up to 999. The display will then reset to zero and continue counting. (Monitor 2 below will display up to 9,999 repetitions.)
- **Calories**—Displays the approximate number of Calories you have burned. Note: If the resistance is near the highest or lowest setting, the actual number of Calories you have burned will be slightly higher or lower than the number displayed.
- **Scan**—Displays all of the above modes, for approximately 5 seconds each, in a repeating cycle.

Note: The CARDIO FIT features one of the four monitors shown below. All four monitors have exactly the same modes. The operation of the monitors is described at the right.



MAINTENANCE AND TROUBLE-SHOOTING

HOW TO OPERATE THE MONITOR

To turn on the power, press the on/off button or simply begin exercising on the CARDIO FIT. (If you have monitor 2 below, press the on/reset button.) When the power is turned on, the entire display will appear for two seconds. The monitor will then be ready for operation.

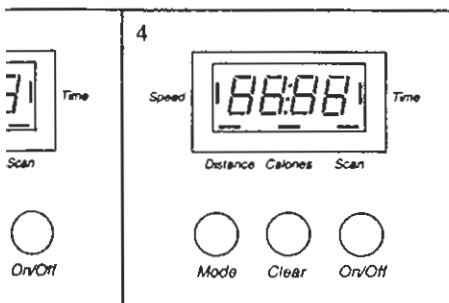
Select one of the five modes:

Scan mode—When the power is turned on, the scan mode will be selected automatically. One mode indicator will show that the scan mode has been selected, and a second mode indicator will show which mode is currently displayed. The scan mode can also be selected by repeatedly pressing the mode button. (If you have monitor 3 below, press the scan button).

Speed, time, distance or calories mode—These modes can be selected by repeatedly pressing the mode button. The mode indicators will show which mode has been selected. (Make sure that the scan mode is not selected.) The modes will be selected in the following order: speed, time, distance, calories.

To reset the display, press the on/off button twice. (If you have monitor 2 below, press the on/reset button; if you have monitor 4, press the clear button.)

To turn off the power, press the on/off button. (If you have monitor 2 below, there is no on/off button. Simply wait for about four minutes for the "auto-off" feature to turn off the power.) Note: All four monitors have an "auto-off" feature. If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.



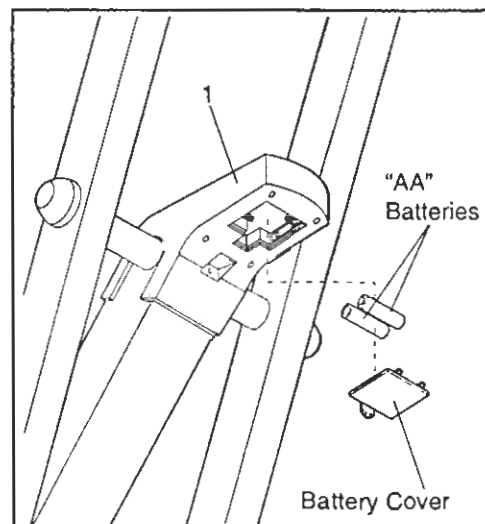
MONITOR CARE

Keep the monitor out of direct sunlight or the LCD display may be damaged. The monitor can be cleaned using a soft, dry cloth. Do not allow liquid to come in contact with the monitor. Remove the batteries when storing the CARDIO FIT.

REPLACING THE BATTERIES

If the display of the Monitor (1) becomes dim, the two "AA" batteries should be replaced. Remove the battery cover from the back of the Monitor. Remove the two old batteries, making sure to note which way each battery is turned. Insert two new batteries.

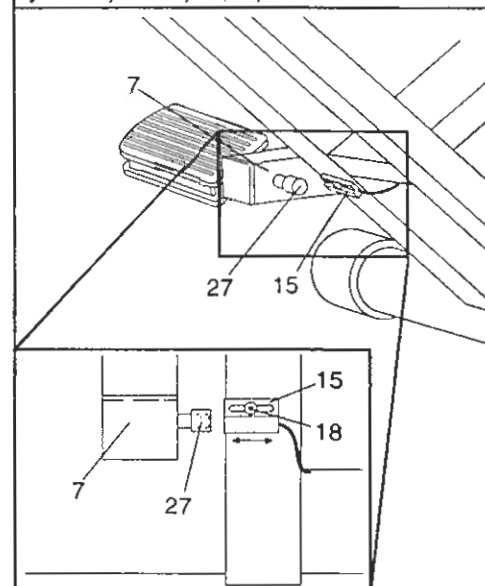
Reattach the battery cover to the back of the Monitor (1).



ADJUSTING THE MAGNET AND REED SWITCH

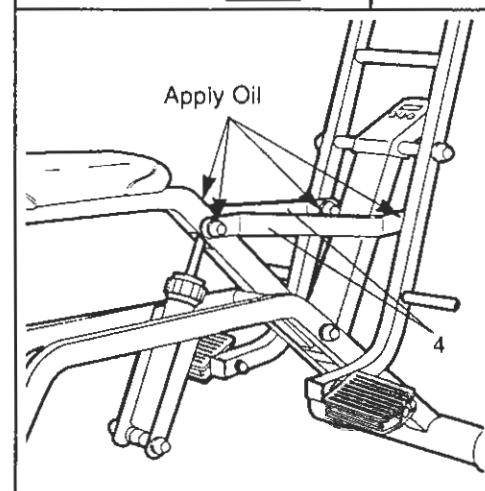
If the monitor does not function properly, the Magnet (27) and Reed Switch (15) should be checked. Pivot the Pedal Frame (7) until the Magnet is aligned with the Reed Switch. See the inset drawing. Loosen the indicated #8 x 3/4" Screw (18). Slide the Reed Switch (15) slightly closer to the Magnet (27).

Tighten the #8 x 3/4" Screw. Exercise on the CARDIO FIT for a moment. Repeat until the monitor displays correct feedback. **Make sure that the Magnet does not hit the Reed Switch.**



LUBRICATING THE CARDIO FIT

The ends of the Link Arms (4) should be oiled every six months. Apply a few drops of light multi-purpose oil between the Link Arms and the dome caps in the indicated locations.



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.

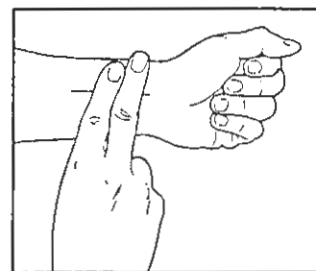
EXERCISE INTENSITY

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	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
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, and 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 to make exercise a regular and enjoyable part of your everyday life.

PART LIST and EXPLODED DRAWING—Model No. 831.2876210

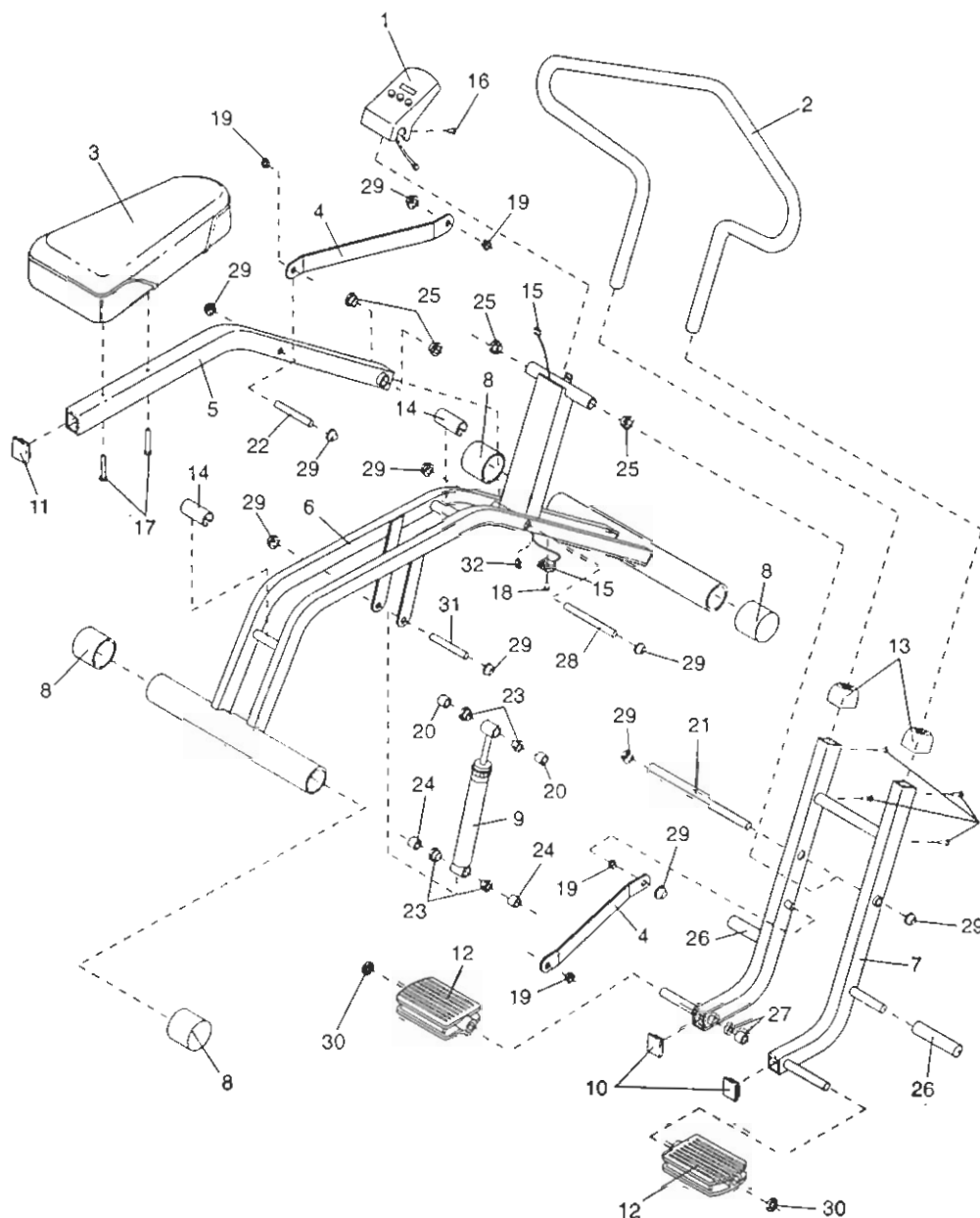
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Key No.	Part No.	Qty.	Description
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1	127104	1	Monitor
2	117529	1	Handlebar
3	117511	1	Seat
4	126341	2	Link Arm
5	129713	1	Seat Tube
6	NSP	1	Frame
7	130339	1	Pedal Frame
8	109416	4	Round Endcap
9	123216	1	Resistance Cylinder
10	117545	2	1 1/4" x 1 1/4" Endcap
11	117544	1	1 1/2" x 2" Endcap
12	126406	2	Pedal
13	125390	2	1 1/4" x 1" Endcap
14	122296	2	Bumper
15	127898	1	Reed Switch/Sensor Wire
16	013162	5*	#8 x 1/2" Screw
17	013498	2	1/4" x 2" Screw
18	013300	1	#8 x 3/4" Screw
19	103677	4	1/2" Link Arm Bushing
20	126517	2	1/2" Spacer
21	130325	1	1/2" x 10 3/4" Pivot Rod
22	126288	1	1/2" x 3 3/4" Rod
23	106876	2	1/2" Cylinder Bushing Set
24	117510	2	15/16" Spacer
25	110576	4	1/2" Bushing
26	118904	2	Foot Peg Foam
27	113349	1	Magnet/Retainer
28	117551	1	1/2" x 6" Axle
29	103903	10*	1/2" Dome Cap
30	012155	2	1/2" Push Nut
31	127138	1	1/2" x 4" Rod
32	054023	1	Clip
#	129719	1	User's Manual

*Note: One extra #8 x 1/2" Screw and one extra 1/2" Dome Cap may have been included.

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.





Model No. 831.2876210

QUESTIONS?

If you find that:

- you need help assembling or operating the LIFESTYLER CARDIO FIT
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART
(1-800-366-7278)

The model number and serial number of your SEARS LIFESTYLER® CARDIO FIT are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The NAME OF THE PRODUCT (SEARS LIFESTYLER® CARDIO FIT)
- The MODEL NUMBER OF THE PRODUCT (831.2876210)
- The PART NUMBER OF THE PART (see the PART LIST and EXPLODED DRAWING in this manual)
- The DESCRIPTION OF THE PART (see the PART LIST and EXPLODED DRAWING in this manual).

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS CARDIO FIT EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the CARDIO FIT EXERCISER, free of charge.

This warranty does not apply when the CARDIO FIT EXERCISER is used commercially or for rental purposes.

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, HOFFMAN ESTATES, IL 60179