

Lifestyler®

CARDIOFIT PLUS

push & pull exercises • low body impact

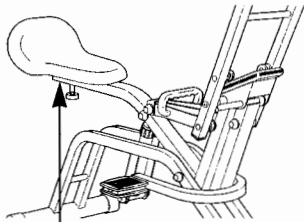


SEARS

Model No. 831.287728

Serial No. _____

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



Serial Number Decal

If you have questions after reading this manual, please call our **HELPLINE**, Monday-Saturday, 7 a.m.-7p.m. Central Time.

EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

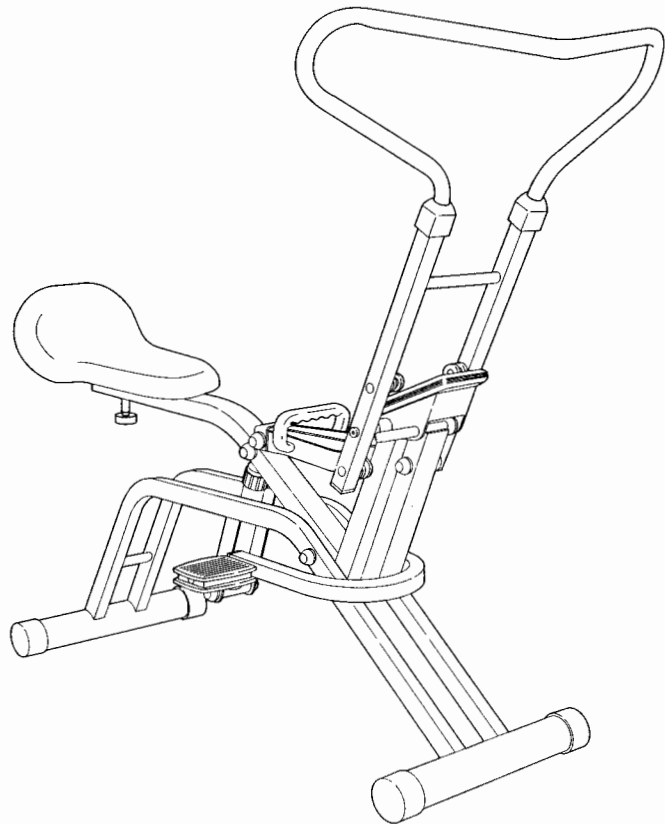
1-800-736-6879

CAUTION

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

PATENT PENDING

USER'S MANUAL



PUSH MODE



PULL MODE

IMPORTANT PRECAUTIONS

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

1. Use the CARDIO FIT PLUS only on a level surface.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the CARDIO FIT PLUS. Always wear athletic shoes for foot protection.
3. Keep small children and pets away from the CARDIO FIT PLUS at all times.
4. After adjusting the position of the seat, push on the seat to make sure that the seat knob is engaged in one of the holes in the underside of the seat frame. Do not use the CARDIO FIT PLUS unless the seat is securely locked in position.
5. Before exercising, make sure that the link arms are securely connected to the upper or lower rollers on the handlebar frame.

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. The CARDIO FIT PLUS should not be used by persons weighing more than 250 pounds.
8. Do not use the CARDIO FIT PLUS when the resistance cylinder is below room temperature or damage may occur.
9. Always keep your back straight when using the CARDIO FIT PLUS. Do not arch your back.
10. Use the CARDIO FIT PLUS 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.

2. Turn the Seat Knob (38) to loosen it. Pull down the Seat Knob and slide the Seat (3) onto the Seat Frame (5). Slide the Seat to the desired position and release the Seat Knob. Retighten the Seat Knob. **Push on the Seat to make sure that the Seat Knob is engaged in one of the holes in the underside of the Seat Frame**
3. Press the two Domed Endcaps (11) onto the upper end of the Handlebar Frame (7).

Insert the Handlebar (2) into the Handlebar Frame (7). The sides of the Handlebar must bend toward the Seat (not shown). Tighten the four #8 x 1/2" Screws (16) into the Handlebar Frame and the Handlebar.

4. Connect the Sensor Wire (15) to the wire on the Monitor (1). **Insert all excess wire into the Frame (6).**

Hold the Monitor (1) with both hand and slide it down onto the Frame (6). Refer to the inset drawing. Be sure that the side of the Monitor is between the Frame and the indicated 1/2" Dome Cap (29). Push the 1/2" Dome Cap against the side of the Monitor.

Slide the Foam Pad (26) onto the end of the 1/2" x 6 1/2" Axle (39).

5. Apply a small amount of grease to the shaft on the right side of the Pedal Frame (32). Slide a Pedal (12) onto the shaft. Make sure that the Pedal is turned so the plastic tube is facing the Pedal Frame. Using the included pedal tool, tap a 1/2" Push Nut (30) onto the shaft. **Make sure that the Push Nut is turned as shown in the inset drawing.**

Attach the other Pedal (not shown) in the same manner.

Note: Extra 1/2" Push Nuts (30) may and the pedal tool in case replacement.

Note: The CARDIO FIT PLUS features the nature of resistance cylinders, it is located beneath the CARDIO FIT PLUS be covered.

ASSEMBLY

Place all parts of the CARDIO FIT PLUS 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 beginning.

1. Raise the Handlebar Frame (7) to the position shown. Hold the Handle (20) and hook the Link Arms (4) onto the lower Rollers (33) on the Handlebar Frame.

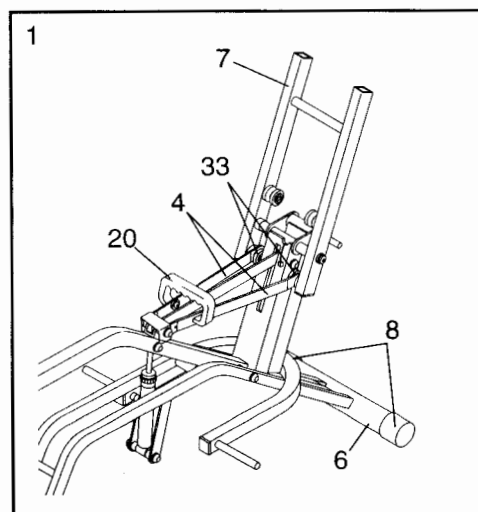
Press two Round Endcaps (8) onto the stabilizer at the front of the Frame (6). Press two Round Endcaps onto the stabilizer at the rear of the Frame (not shown).

THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY:

The included pedal tool 

A phillips screwdriver 

A rubber mallet 

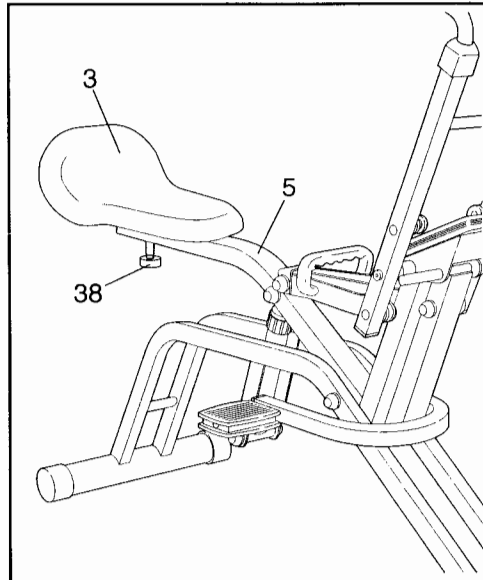


Note: The CARDIO FIT PLUS features the nature of resistance cylinders, it is located beneath the CARDIO FIT PLUS be covered.

HOW TO USE THE CARDIO FIT PLUS

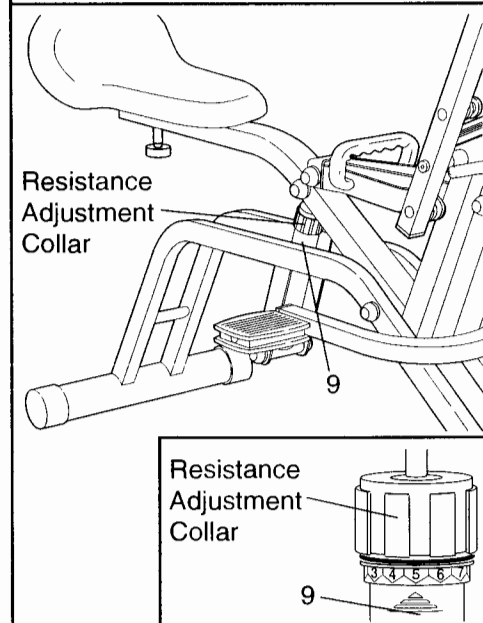
HOW TO ADJUST THE POSITION OF THE SEAT

Before you begin exercising, the Seat (3) should be adjusted to the most comfortable position. Turn the Seat Knob (38) to loosen it. Pull down the Seat Knob, slide the Seat to the desired position, and release the Seat Knob. Retighten the Seat Knob. **Push on the Seat to make sure that the Seat Knob is engaged in one of the holes in the underside of the Seat Frame (5).** Do not use the **CARDIO FIT PLUS** unless the seat is securely locked in position.



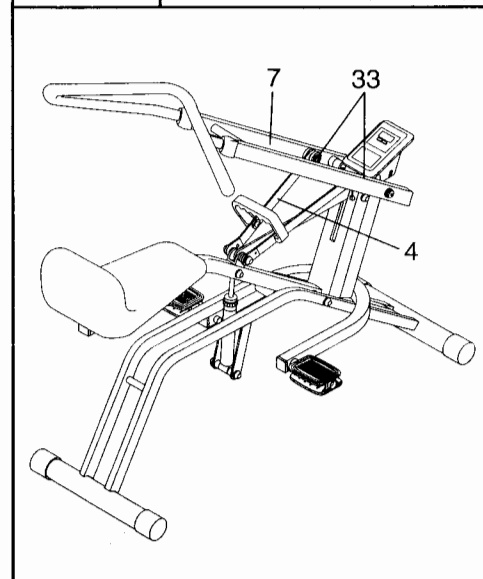
HOW TO ADJUST THE RESISTANCE

To vary the intensity of your exercise, the resistance of the **CARDIO FIT PLUS** 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 the Resistance Cylinder to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.**



HOW TO USE THE PUSH MODE

To convert the **CARDIO FIT PLUS** to the push mode, hold the Handlebar Frame (7) with one hand and hold the Handle (20) with the other hand. Lift the Handle to disconnect the Link Arms (4) from the Handlebar Frame. Pivot the Handlebar Frame toward the seat and hook the Link Arms onto the upper Rollers (33) on the Handlebar Frame. **CAUTION: Make sure that the Link Arms are securely connected to the upper Rollers.**



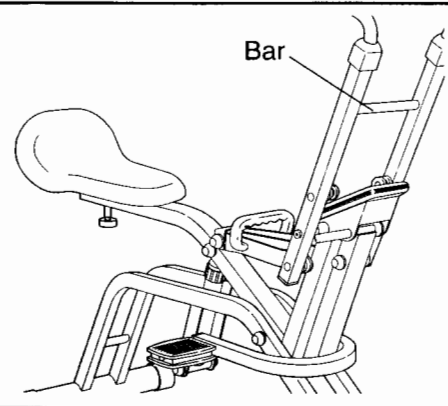
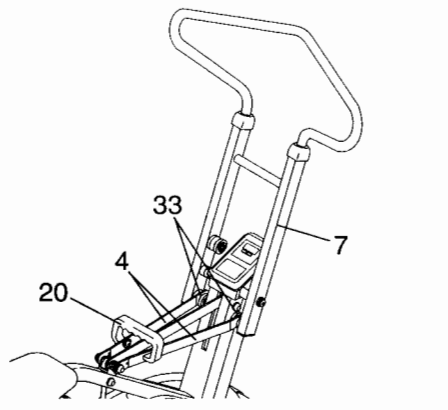
Sit on the seat, place your feet on the pedals, and hold the handlebar with an overhand grip. If necessary, adjust the position of the seat. To begin exercising push the handlebar away with your arm while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady pace. **CAUTION: To avoid injury, keep your back straight. Do not arch your back.**

HOW TO USE THE PULL MODE

To convert the **CARDIO FIT PLUS** to the pull mode, hold the Handlebar Frame (7) with one hand and hold the Handle (20) with the other hand. Lift the Handle to disconnect the Link Arms (4) from the Handlebar Frame. Pivot the Handlebar Frame away from the seat and hook the Link Arms onto the lower Rollers (33) on the Handlebar Frame. **CAUTION: Make sure that the Link Arms are securely connected to the lower Rollers.**

Sit on the seat, place your feet on the pedals, and hold the handlebar. Your hands can be positioned on the top, sides or bottom of the handlebar, close together, far apart, or in an overhand or underhand grip. If necessary, adjust the position of the seat. To begin exercising, pull the handlebar toward 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 and maintain a steady pace. **CAUTION: To avoid injury, keep your back straight. Do not arch your back.**

To focus on the muscles of the lower body, rest your hands on the indicated bar as you exercise. To focus on your core 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.** To exercise your abdominal muscles, keep your arms straight and bend back at the waist as you exercise. **Remember to keep your back straight.**



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 "0" and continue counting.

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 the speed, time, distance and calories modes, for approximately 5 seconds each, in a repeating cycle.

OPERATING THE ELECTRONIC MONITOR

1. To turn on the power, press the on/reset button or simply begin exercising on the **CARDIO FIT PLUS**.
 Note: on some monitors, the on/reset button may be labeled on/clear. The entire display will appear for two seconds. The electronic monitor will then be ready for operation. At any time you can reset the console by pressing the on/reset button.

2. Select one of the five modes:

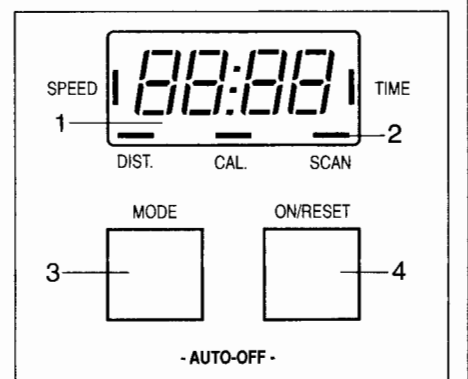
Scan mode—When the power is turned on, the scan mode will be selected automatically. The scan mode can also be selected by pressing the mode button. One mode indicator will show that the scan mode has been selected, and a second mode indicator will show which mode is currently displayed.

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. The modes will be selected in the following order: speed, time, distance, calories.

3. To turn off the power, simply wait about four minutes. This monitor has 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.

ELECTRONIC MONITOR DIAGRAM

1. LCD display—Displays all modes.
2. Mode indicators—Show which mode has been selected.
3. Mode button—Selects all modes except the scan mode.
4. On/reset button—Turns the power on and resets the monitor. Note: on some monitors, this button may be labeled on/clear.



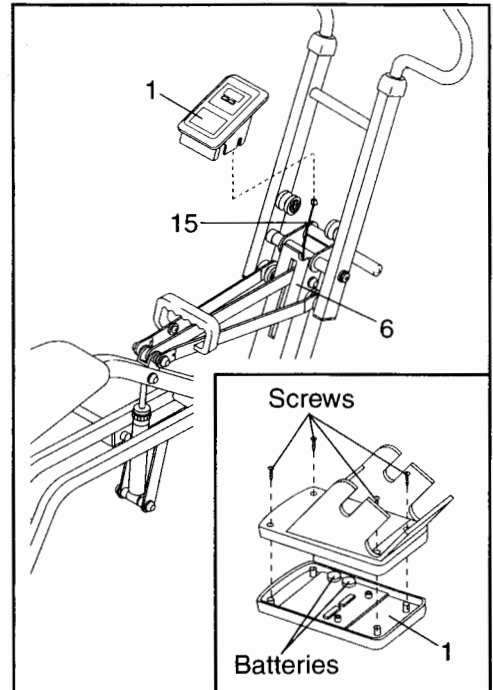
MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the **CARDIO FIT PLUS** regularly. Keep the monitor out of direct sunlight or the display may be damaged. The **CARDIO FIT PLUS** can be cleaned with a soft, damp cloth. Keep liquid away from the monitor. When storing the **CARDIO FIT PLUS**, remove the batteries from the monitor.

HOW TO REPLACE THE BATTERIES

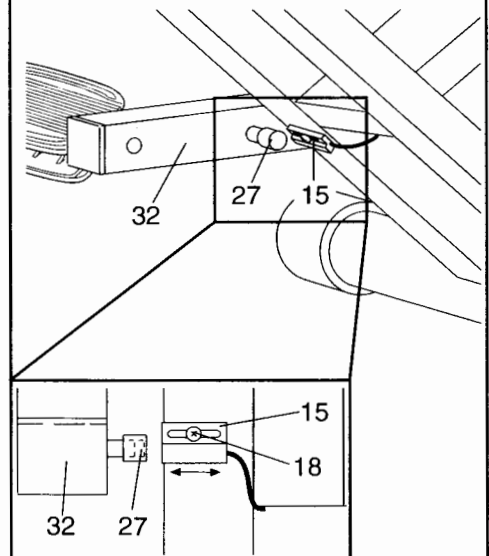
If the display of the Monitor (1) becomes dim, the **two L1154 watch batteries** should be replaced. Lift the Monitor off the Frame (6). Disconnect the Sensor Wire (15) from the Monitor. Remove the four screws from the back cover of the Monitor and remove the back cover (see the inset drawing). Push the two old batteries out of the battery clips, noting which way each battery is turned. Insert two new batteries.

Reattach the back cover of the Monitor (1). Connect the Sensor Wire (15) to the Monitor. Insert all excess wire into the Frame (6). Press the Monitor onto the Frame.



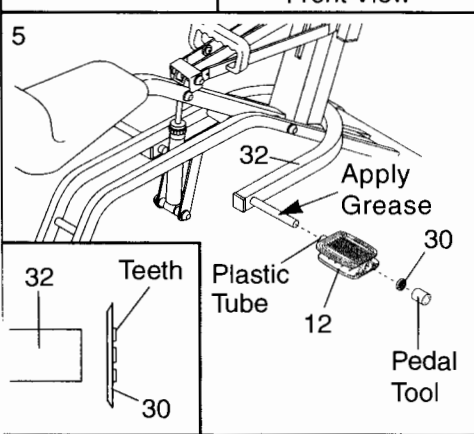
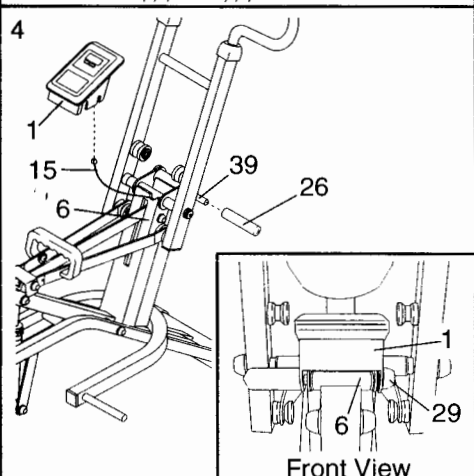
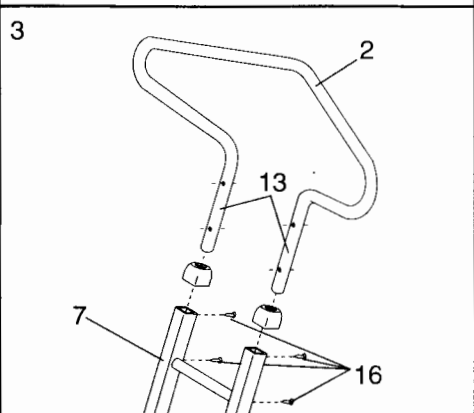
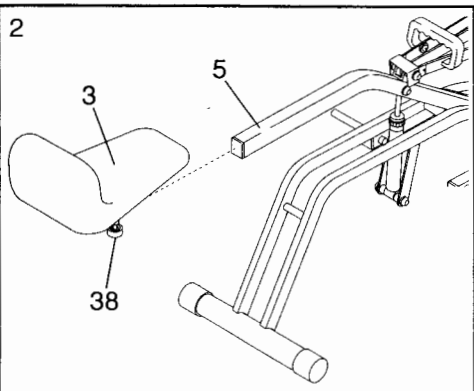
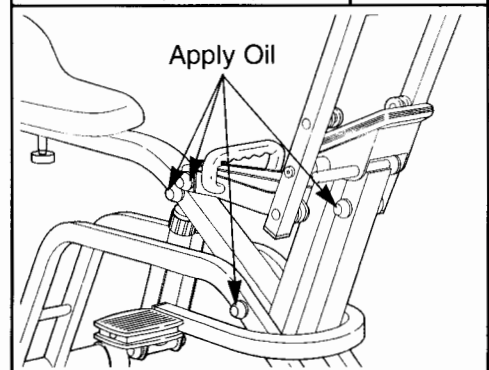
HOW TO ADJUST THE MAGNET AND REED SWITCH

If the monitor displays incorrect feedback, the Magnet (27) and the Reed Switch (15) should be checked. Pivot the Pedal Frame (32) until the Magnet is aligned with the Reed Switch. Slightly loosen the #8 x 3/4" Screw (18) in the Reed Switch. Slide the Reed Switch slightly closer to the Magnet. Tighten the #8 x 3/4" Screw. Exercise on the **CARDIO FIT PLUS** for a moment. Repeat until the monitor displays correct feedback. **Make sure that the Magnet does not hit the Reed Switch.**



HOW TO LUBRICATE THE **CARDIO FIT PLUS**

Every three months, a small amount of light multi-purpose oil should be applied to the **CARDIO FIT PLUS**. Apply a few drops of oil between the dome caps and the frame in the locations shown at the right. Make sure to apply oil to both sides of the **CARDIO FIT PLUS**.



been included. Save the Push Nuts and Push Nuts are needed in the future. precision resistance cylinder; due to commended that the floor under-n case of slight oil leakage.

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.

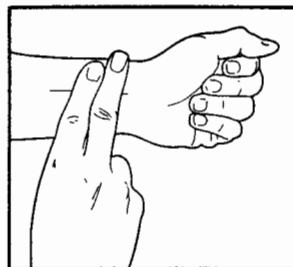
EXERCISE INTENSITY

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

A well-rounded workout includes the following three phases:

A warm-up phase, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches. This will increase the body temperature, heart rate, and circulation in preparation for strenuous exercise.

A cardiovascular phase, including 20 to 30 minutes of exercising with your heart rate in your training zone.

A cool-down phase, consisting of 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is often most effective during this phase. This phase should leave you relaxed and comfortably tired.

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. Find the best time of day for your workouts, and then stick with it.

Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST

Key No.	Part No.	Qty.
1	124884	1
2	125376	1
3	128785	1
4	127209	1
5	126416	1
6	NSP	1
7	126403	1
8	109416	4
9	127600	1
10	117545	4
11	117544	1
12	126406	2
13	125390	2
14	122296	1
15	127898	1
16	013162	*6
17	126677	1
18	013300	1
19	126413	1
20	125399	1
21	129523	1
22	127142	2
23	106876	2
24	117510	2
25	124546	4
26	125755	1
27	113349	1
28	127277	1
29	103903	*13
30	012155	*6
31	127138	1
32	126405	1
33	128491	4
34	125439	1
35	126414	1
36	127804	5
37	127379	2
38	111633	1
39	124341	1
40	125135	2
41	110576	2
42	013244	4
43	103677	2
44	126288	1
45	126408	2
46	126517	2
47	125137	2
48	054023	1
#	129695	1
#	125453	1

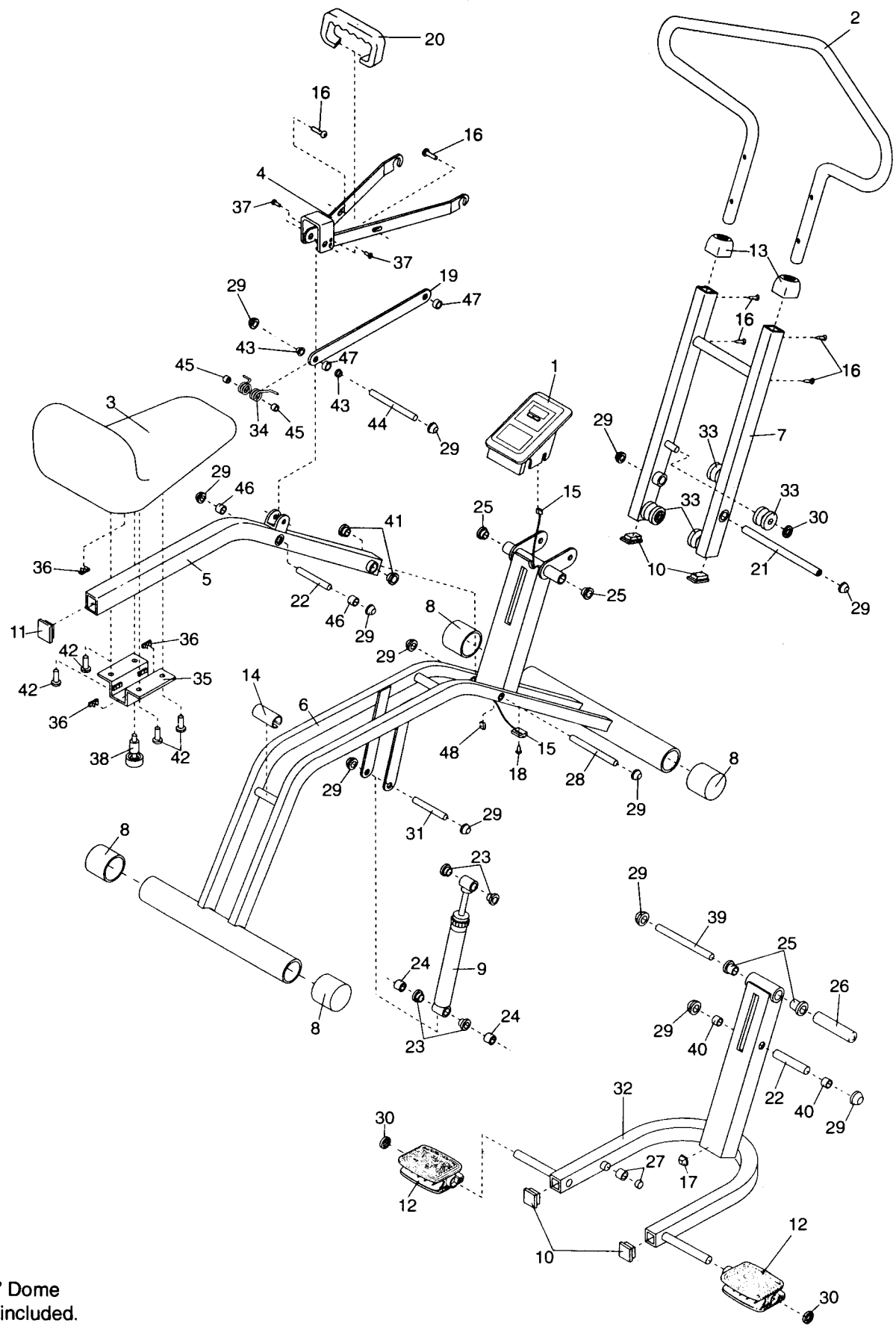
*Note: One extra #1 Cap, and extra 1/2

id EXPLODED DRAWING—Model No. 831.287728

R0296A

Description

- Monitor
- Handlebar
- Seat
- Link Arm
- Seat Frame
- Frame
- Handlebar Frame
- Endcap
- Resistance Cylinder
- 1/4" x 1 1/4" Endcap
- 1/2" x 2" Endcap
- Endcap
- Endcap
- Imper
- ed Switch/Sensor Wire
- 1/2" Screw
- 1/2" x 5/8" Bumper
- 3/4" Screw
- Center Link Arm
- Endcap
- 1/2" x 10 3/4" Pivot Axle
- 1/2" x 3 1/4" Axle
- 1/2" Cylinder Bushing Set
- 1/2" ABS Spacer
- 1/2" Bushing
- Seat Pad
- Magnet/Retainer
- 1/2" x 6" Axle
- 1/2" Dome Cap
- 1/2" Push Nut
- 1/2" x 4" Axle
- Endcap Frame
- Roller
- Ring
- Seat Adjust Bracket
- Endcap Bushing
- 2 x 1/2" Screw
- Seat Knob
- 1/2" x 6 1/2" Axle
- 1/2" x 1 1/4" Spacer
- 1/2" Bronze Bushing
- 1/2" Screw
- Endcap Bushing
- 1/2" x 3 3/4" Axle
- Endcap Spacer
- 1/2" Plastic Spacer
- 1/2" Link Arm Bushing
- Owner's Manual
- Endcap Tool



1/2" Screw, one extra 1/2" Dome
 1/2" Nuts may have been included.



Model No. 831.287728

QUESTIONS?

If you find that:

- you need help assembling or operating the **CARDIO FIT PLUS**
- 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 PLUS** 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 PLUS**)
- The **MODEL NUMBER OF THE PRODUCT** (831.287728)
- The **PART NUMBER OF THE PART** (see **PART LIST** and **EXPLODED DRAWING**)
- The **DESCRIPTION OF THE PART** (see **PART LIST** and **EXPLODED DRAWING**)

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