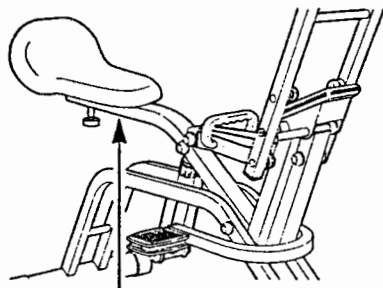


# SEARS

Model No. 831.287730

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

Write the serial number in the space above for future reference.



Serial Number Decal

EXERCISE  
EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879

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

## CAUTION

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

# Lifestyler

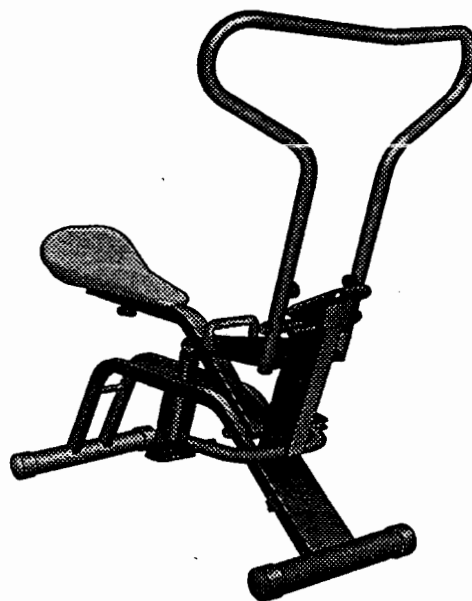
# CARDIO

# FIT



TARGET RESISTANCE TRAINER

## USER'S MANUAL



PUSH MODE



PULL MODE

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## IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the SEARS LIFESTYLER® CARDIO FIT 2.

1. It is the responsibility of the owner to ensure that all users of the CARDIO FIT 2 are adequately informed of all precautions.
2. Use the CARDIO FIT 2 only on a level surface. Cover the floor beneath the CARDIO FIT 2 for protection.
3. The CARDIO FIT 2 should not be used by persons weighing more than 250 pounds.
4. Keep small children and pets away from the CARDIO FIT 2 at all times.
5. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the CARDIO FIT 2. Always wear athletic shoes for foot protection.
6. Inspect and tighten all parts regularly. Replace any worn parts immediately.
7. After adjusting the position of the seat, make sure that the seat knob is firmly tightened.
8. Before exercising, push down on the link arms to make sure that both link arms are securely connected to the upper or lower rollers on the handlebar.
9. 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.
10. Do not use the CARDIO FIT 2 when the resistance cylinder is below room temperature or it may be damaged.
11. Always keep your back straight when using the CARDIO FIT 2; do not arch your back.
12. Use the CARDIO FIT 2 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.

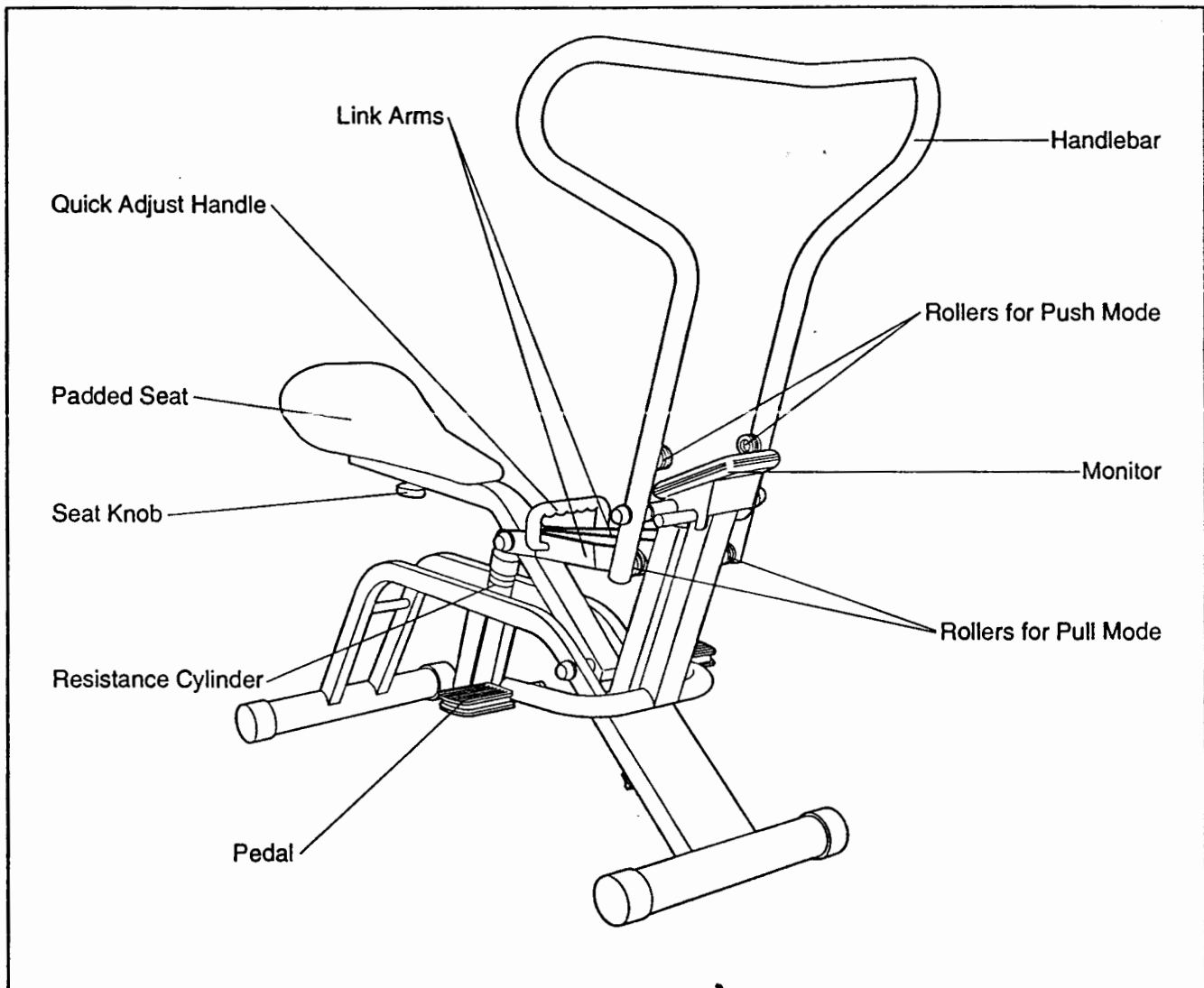
## BEFORE YOU BEGIN

Thank you for selecting the SEARSLIFESTYLER® CARDIO FIT 2. The CARDIO FIT 2 offers a unique form of low-impact exercise that uses both the upper body and the lower body for greater cardiovascular benefits and increased toning. For a more complete workout, the CARDIO FIT 2 features both a push mode and a pull mode, and the adjustable resistance cylinder lets you exercise at the intensity level that's right for you.

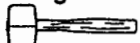
**For your benefit, read this manual carefully before using the CARDIO FIT 2. If you have questions after**

reading the manual, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number when calling. The model number is 831.287730. The serial number can be found on a decal attached to the CARDIO FIT 2 (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 all parts of the CARDIO FIT 2 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. **Assembly requires the following tools: The included pedal tool  and your own rubber mallet .**

1. **Note: Before you attach the 3/8" Dome Caps (45) shown in this step, make sure that the Handlebar (2) is turned as shown. If the Handlebar is incorrectly attached, it will be necessary to remove the Dome Caps and order new ones.**

Tap two 3/8" Bushings (25) into the Frame (6) as shown.

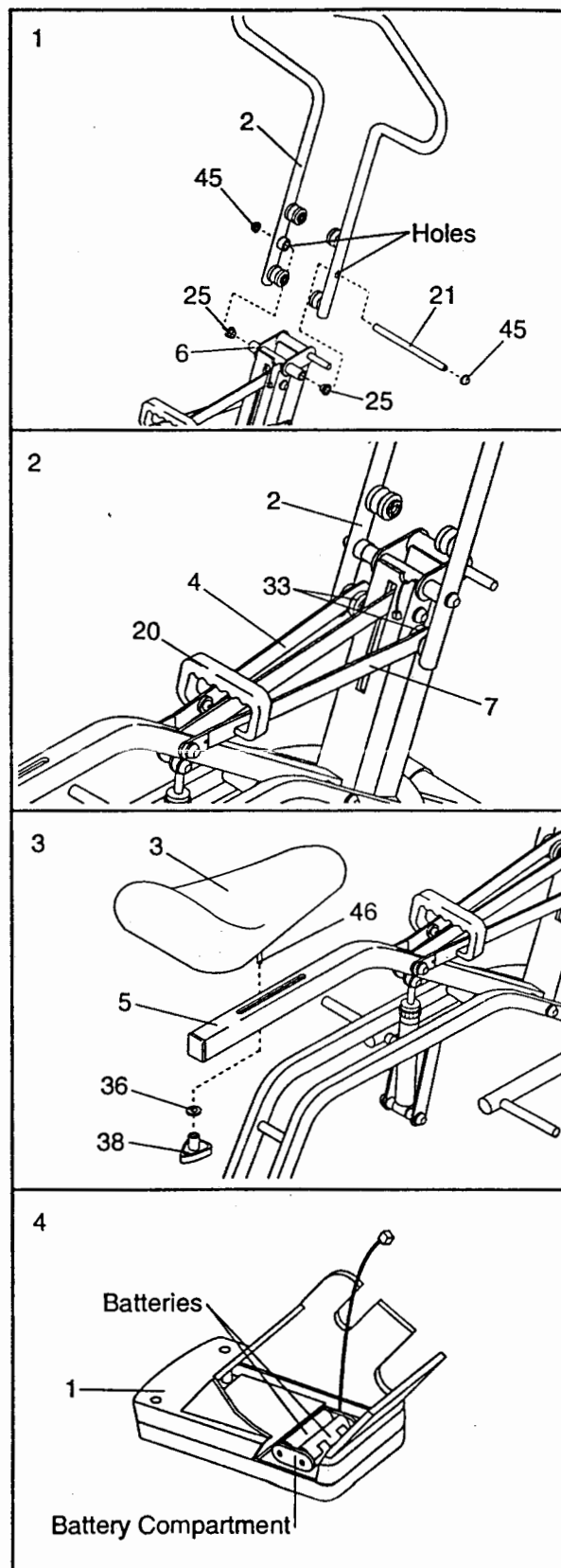
Align the indicated holes in the Handlebar (2) with the 3/8" Bushings (25) in the Frame (6). Insert the 3/8" x 10 3/8" Pivot Axle (21) through the Handlebar and the Frame. Center the Pivot Axle and tap a 3/8" Dome Cap (45) onto each end of it.

2. Hold the Handlebar (2) in the position shown. Hold the Handle (20) and hook the Link Arms (4, 7) onto the lower Rollers (33) on the Handlebar. **Push down on the Link Arms to make sure that both Link Arms are securely connected to the Rollers.**

3. The Seat (3) is attached to the underside of the Seat Frame (5) for shipping purposes. Remove the Seat Knob (38) and the Washer (36) and remove the Seat from the Seat Frame.

Insert the 3/8" x 2" Carriage Bolt (46) (located under the Seat [3]) down into the slot in the Seat Frame (5). Thread the Seat Knob (38), with the Washer (36), onto the Carriage Bolt. Slide the Seat to the desired position. **Firmly tighten the Seat Knob.**

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



5. 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 hands, and slide it down onto the Frame (6). Refer to the inset drawing. Make sure that the side of the Monitor (1) is between the Frame (6) and the 1/2" Dome Cap (29). Push the Dome Cap against the side of the Monitor.

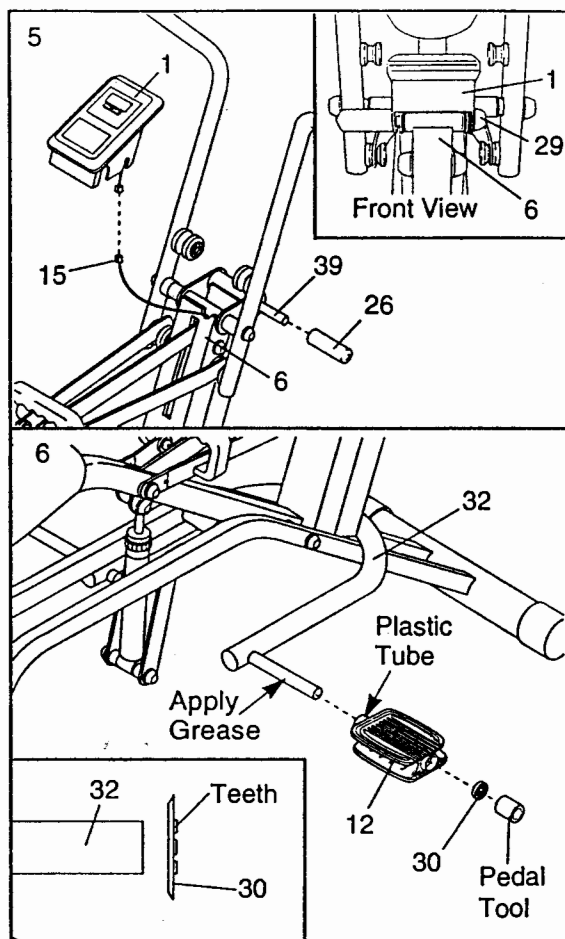
Slide the Foam Pad (26) onto the end of the 1/2" x 6 1/4" Axle (39).

6. Lightly grease 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 have been included. Save the Push Nuts and the pedal tool in case replacement Push Nuts are needed in the future.

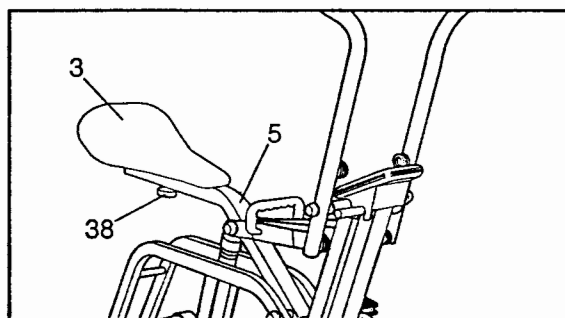
**Note: The CARDIO FIT 2 features a precision resistance cylinder; due to the nature of resistance cylinders, the floor underneath the CARDIO FIT 2 should be covered in case of slight oil leakage.**



## HOW TO USE THE CARDIO FIT 2

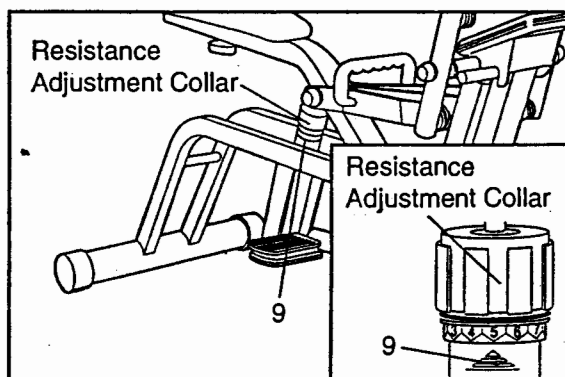
### HOW TO ADJUST THE POSITION OF THE SEAT

Before you begin exercising, the Seat (3) should be adjusted to the most comfortable position. Turn the Seat Knob (38) to loosen it. Slide the Seat to the desired position. **Firmly retighten the Seat Knob.**



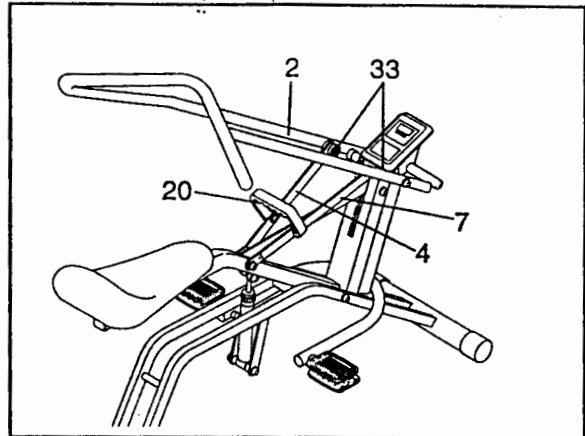
### HOW TO ADJUST THE RESISTANCE

To vary the intensity of your exercise, the resistance of the CARDIO FIT 2 can be adjusted. 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. Level 1 is the easiest resistance level. **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.**



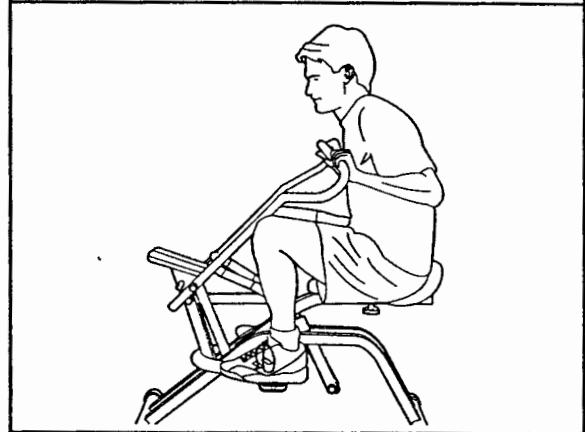
## HOW TO USE THE PUSH MODE

To convert the CARDIO FIT 2 to the push mode, hold the Handlebar (2) with one hand and hold the Handle (20) with the other hand. Lift the Handle to disconnect the Link Arms (4, 7) from the Handlebar. Pivot the Handlebar toward the seat and hook the Link Arms onto the upper Rollers (33) on the Handlebar. **CAUTION: Push down on the Link Arms to make sure that both Link Arms are securely connected to the Rollers.**



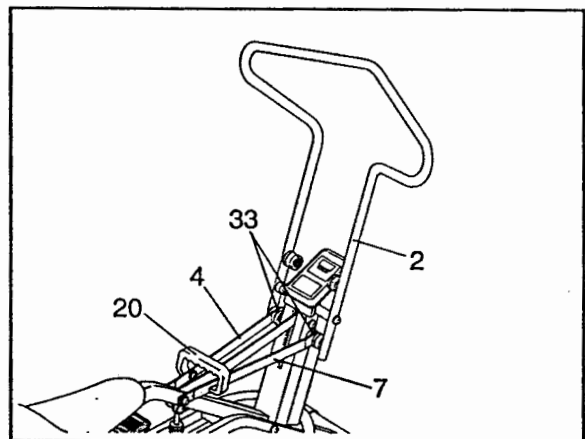
Sit on the seat, place your feet on the pedals, and hold the handlebar with an overhand grip. If necessary, adjust the position of the seat (see page 5).

To begin exercising, push the handlebar away with your arms 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.**



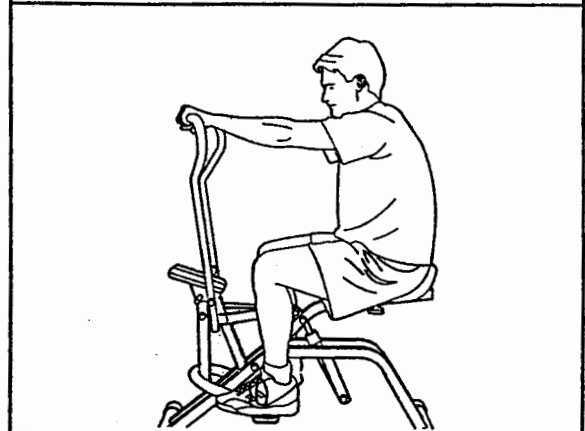
## HOW TO USE THE PULL MODE

To convert the CARDIO FIT 2 to the pull mode, hold the Handlebar (2) with one hand and hold the Handle (20) with the other hand. Lift the Handle to disconnect the Link Arms (4, 7) from the Handlebar. Pivot the Handlebar away from the seat and hook the Link Arms onto the lower Rollers (33) on the Handlebar. **CAUTION: Push down on the Link Arms to make sure that both Link Arms are securely connected to the 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 or far apart, or in an overhand or underhand grip. If necessary, adjust the position of the seat (see page 5).

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.**



## DESCRIPTION OF THE MONITOR MODES

The CARDIO FIT 2 features one of the two monitors shown at the right. Both monitors have exactly the same modes. The 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.

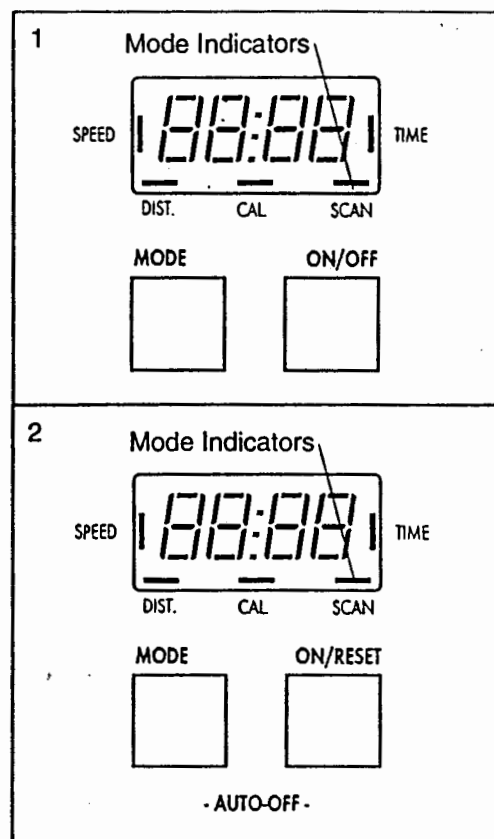
**Distance**—Displays the total number of repetitions you have completed, up to 999 or 9,999. The display will then reset to zero and continue counting.

**Calorie**—Displays the 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 calorie modes, for about 5 seconds each, in a repeating cycle.

## HOW TO OPERATE THE MONITOR

Note: If there is a thin sheet of clear plastic on the front of the monitor, remove it before operating the monitor.



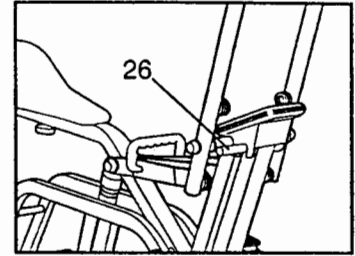
1. To turn on the power, press the on/off button or the on/reset button, or simply begin exercising on the CARDIO FIT 2. The entire display will appear for two seconds. The monitor will then be ready for operation.
2. Select one of the five modes:

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. Note: If a different mode has been selected, the scan mode can be selected again by repeatedly pressing the mode button.

Speed, time, distance, or calorie mode—To select one of these modes, repeatedly press 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, calorie, scan.
3. To reset the display, press the on/off button twice if you have monitor 1, or the on/reset button if you have monitor 2.
4. To turn off the power, press the on/off button if you have monitor 1, or simply wait for about four minutes if you have monitor 2. **Note: Both monitors have an auto-off feature. If the pedals are not moved and the monitor buttons are not pressed for about four minutes, the power will turn off automatically.**

# MAINTENANCE AND TROUBLE-SHOOTING

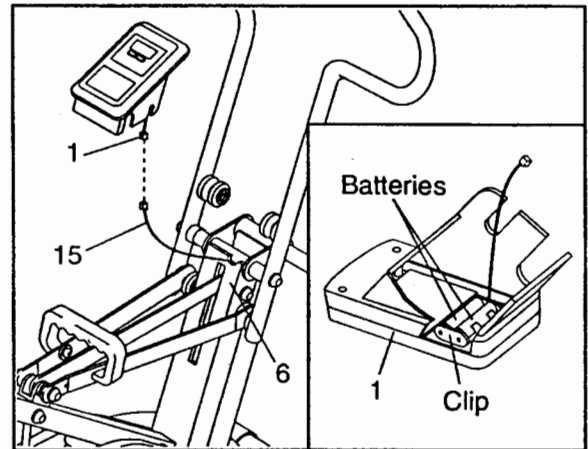
Inspect and tighten all parts of the CARDIO FIT 2 regularly. Make sure that the Foam Pad (26) is pushed all of the way onto the axle at the front. The CARDIO FIT 2 can be cleaned with a soft, damp cloth. Keep liquids away from the monitor. Do not expose the monitor to direct sunlight or the display may be damaged. When storing the CARDIO FIT 2, remove the batteries from the monitor.



## HOW TO REPLACE THE BATTERIES

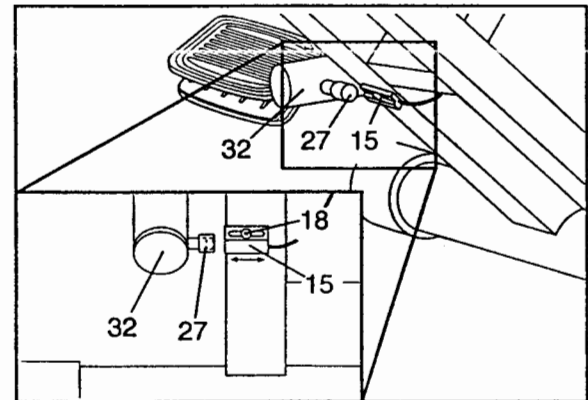
If the display of the Monitor (1) becomes dim, the two "AA" batteries should be replaced. Lift the Monitor off the Frame (6). Disconnect the Sensor Wire (15) from the Monitor. **Make sure that the end of the Sensor Wire does not slip into the Frame.** Remove the two old batteries from the Monitor. Insert two new batteries. Make sure that the negative (-) ends of the batteries are touching the springs in the Monitor.

Connect the Sensor Wire (15) to the wire on the Monitor (1). **Insert all excess wire into the Frame (6).** Press the Monitor onto the Frame (see assembly step 5 on page 5).



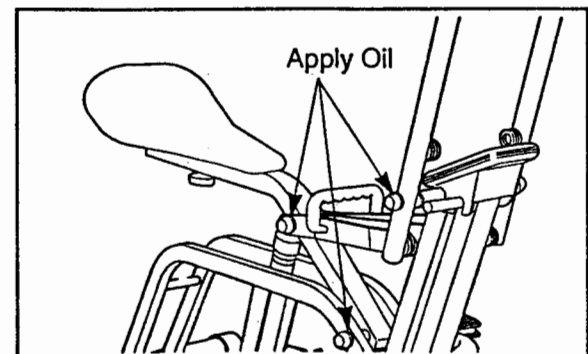
## HOW TO ADJUST THE MAGNET AND REED SWITCH

If the monitor displays incorrect feedback, the Magnet (27) and Reed Switch (15) should be checked. Pivot the Pedal Frame (32) until the Magnet is aligned with the Reed Switch. Loosen the #8 x 3/4" Screw (18) shown in the inset drawing. Slide the Reed Switch slightly closer to the Magnet. Tighten the #8 x 3/4" Screw. Exercise on the CARDIO FIT 2 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 2

Every three months, a small amount of light multi-purpose oil should be applied to the CARDIO FIT 2. 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 2.



# 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 individuals over the age of 35 or individuals with pre-existing health problems.

## WHY EXERCISE?

Exercise has proven essential for good health and general well-being. Regular participation in a well-rounded exercise program results in a stronger and more efficient heart, improved respiratory function, increased stamina and endurance, better weight management and body fat control, increased ability to deal with stress, and greater self-esteem and confidence.

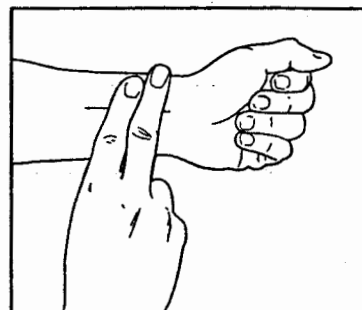
## EXERCISE INTENSITY

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 according to age and physical condition.

| 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 of regular exercise, 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 ten to find your heart rate. (A six-second count



is used because your heart rate will drop quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, 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 exercise period**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone.

**A cool-down**, with 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 also most effective after exercise. A proper cool-down should leave you relaxed and comfortably tired.

## EXERCISE FREQUENCY

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—Model No. 831.287730

R0796A

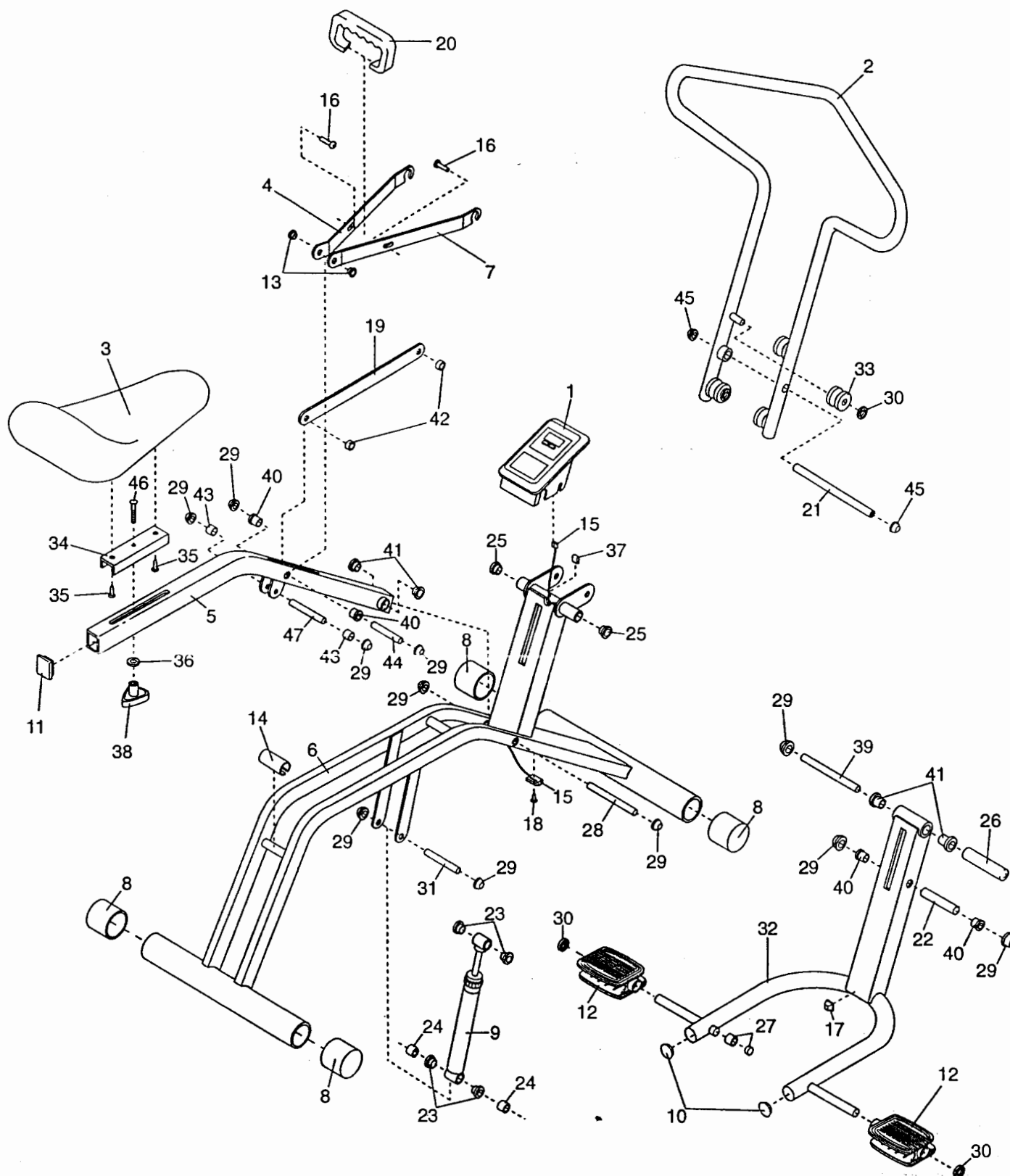
| Key No. | Part No. | Qty. | Description               | Key No. | Part No. | Qty. | Description             |
|---------|----------|------|---------------------------|---------|----------|------|-------------------------|
| 1       | 130899   | 1    | Monitor                   | 27      | 113349   | 1    | Magnet/Retainer         |
| 2       | 131084   | 1    | Handlebar                 | 28      | 127277   | 1    | 1/2" x 6" Axle          |
| 3       | 130941   | 1    | Seat                      | 29      | 103903   | 11*  | 1/2" Dome Cap           |
| 4       | 131940   | 1    | Left Link Arm             | 30      | 012155   | 8*   | 1/2" Push Nut           |
| 5       | 131937   | 1    | Seat Frame                | 31      | 127138   | 1    | 1/2" x 4" Axle          |
| 6       | NSP      | 1    | Frame                     | 32      | 131938   | 1    | Pedal Frame             |
| 7       | 131941   | 1    | Right Link Arm            | 33      | 131945   | 4    | Roller                  |
| 8       | 109416   | 4    | Round Endcap              | 34      | 130648   | 1    | Seat Bracket            |
| 9       | 131942   | 1    | Resistance Cylinder       | 35      | 013244   | 2    | Seat Bracket Screw      |
| 10      | 121642   | 2    | Pedal Frame Endcap        | 36      | 105495   | 1    | Washer                  |
| 11      | 117544   | 1    | 1 1/2" x 2" Endcap        | 37      | 054023   | 1    | Clip                    |
| 12      | 126406   | 2    | Pedal                     | 38      | 130336   | 1    | Seat Knob               |
| 13      | 103677   | 2    | Link Arm Bushing          | 39      | 131466   | 1    | 1/2" x 6 1/4" Axle      |
| 14      | 122296   | 1    | Bumper                    | 40      | 135135   | 4    | 3/4" x 1 1/4" Spacer    |
| 15      | 127898   | 1    | Reed Switch/Sensor Wire   | 41      | 110576   | 4    | 1/2" Bronze Bushing     |
| 16      | 013162   | 2    | #8 x 1/2" Screw           | 42      | 125137   | 2    | 1/2" Link Arm Spacer    |
| 17      | 126677   | 1    | 1/2" x 5/8" Bumper        | 43      | 117509   | 2    | 3/8" Plastic Spacer     |
| 18      | 013300   | 1    | #8 x 3/4" Screw           | 44      | 126288   | 1    | 1/2" x 3 3/4" Axle      |
| 19      | 131939   | 1    | Center Link Arm           | 45      | 101768   | 2    | 3/8" Dome Cap           |
| 20      | 131028   | 1    | Handle                    | 46      | 112003   | 1    | 3/8" x 2" Carriage Bolt |
| 21      | 131944   | 1    | 3/8" x 10 3/8" Pivot Axle | 47      | 131946   | 1    | 1/2" x 3" Axle          |
| 22      | 127142   | 1    | 1/2" x 3 1/4" Axle        | #       | 131490   | 1    | User's Manual           |
| 23      | 106876   | 2    | 1/2" Cylinder Bushing Set | #       | 125453   | 1    | Pedal Tool              |
| 24      | 117510   | 2    | .91" ABS Spacer           |         |          |      |                         |
| 25      | 131260   | 2    | 3/8" Bushing              |         |          |      |                         |
| 26      | 125755   | 1    | Foam Pad                  |         |          |      |                         |

\*Note: One extra 1/2" Dome Cap and extra 1/2" Push Nuts 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.

# EXPLODED DRAWING—Model No. 831.287730

R0796A





**Model No. 831.287730**

## QUESTIONS?

**If you find that:**

- you need help assembling or operating the **CARDIO FIT 2**
- 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 2** 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 2**)
- The **MODEL NUMBER OF THE PRODUCT** (**831.287730**)
- The **PART NUMBER OF THE PART** (see page 10 of this manual)
- The **DESCRIPTION OF THE PART** (see page 10 of 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**