

LifestylerTM

AIR VLP

**TRIPLE ACTION
MOTIVATIONAL TRAINER
PULSE/CALORIE MONITOR
INTERACTIVE VIDEO TRACK**

OWNER'S MANUAL

Model No. 831.287900

Serial No. _____



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

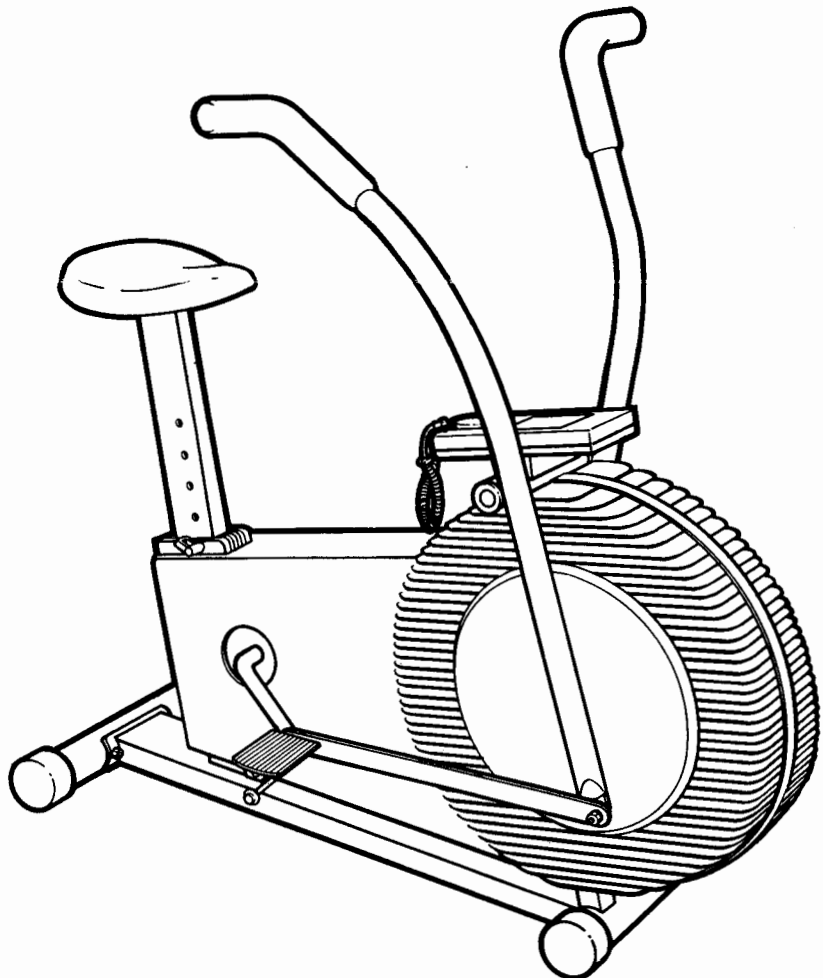
CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST.

CAUTION:

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



SEARS[®]

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IMPORTANT SAFETY PRECAUTIONS

1. Place the exercise bike on a level surface. Do not use the bike near water or outdoors.
2. Plug in the power cord and turn on the power when using the exercise bike, or the bike could be damaged. Position the power cord away from walkways and heated surfaces. Never use the bike if the power cord or plug are damaged. (Refer to the BEFORE YOU BEGIN section of this manual if the bike is damaged.)
3. Wear appropriate clothing when exercising. Do not wear loose clothing that could become caught in the exercise bike. Always wear running shoes for foot protection.
4. Keep hands and feet away from the link arms when using the bike. Always keep small children away from the bike.
5. Servicing other than the procedures described in this manual should be performed by an authorized service representative only.

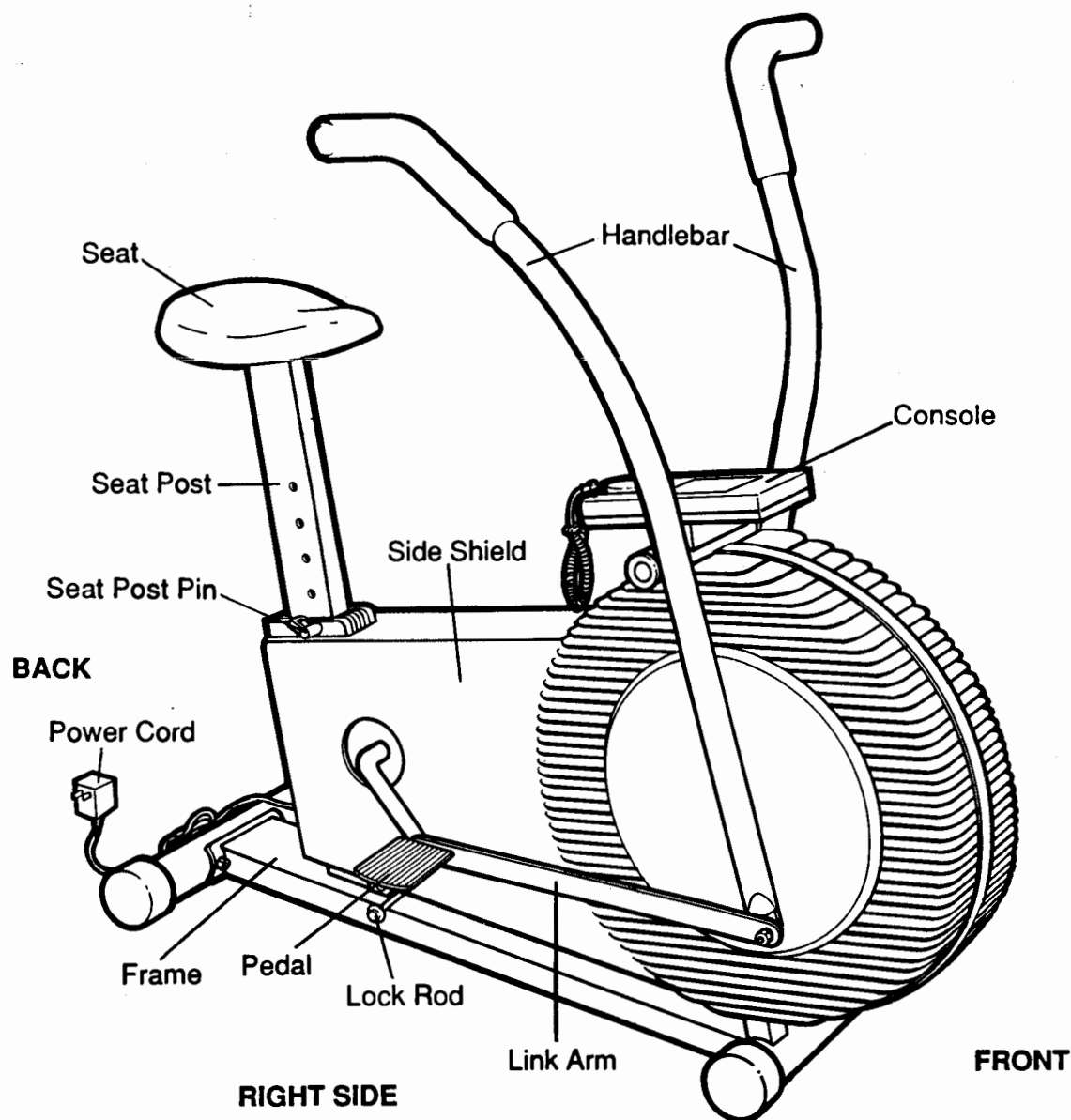
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the Lifestyler AIR VLP exercise bike. The Lifestyler AIR VLP blends advanced engineering with ergonomic styling to offer you an effective form of low-impact, cardiovascular exercise in the convenience and privacy of your home. The heart of the Lifestyler AIR VLP is the unique electronic console, offering you an impressive array of features to help you get the greatest benefit and enjoyment from your workouts.

For your safety and benefit, read this manual carefully before using this equipment. 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 quickly, please mention the model number and serial number of your exercise bike when calling. The model number is printed on the front cover of this manual. The serial number is recorded on a decal attached to the exercise bike (see the drawing on the front cover).

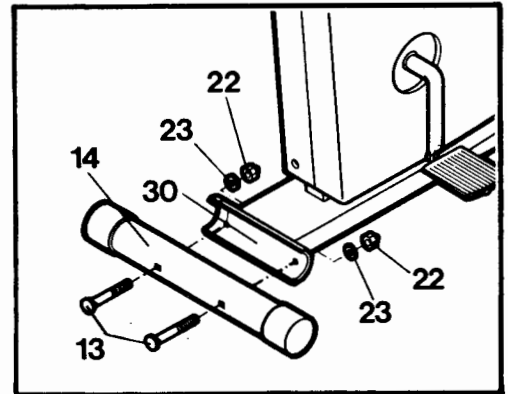
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



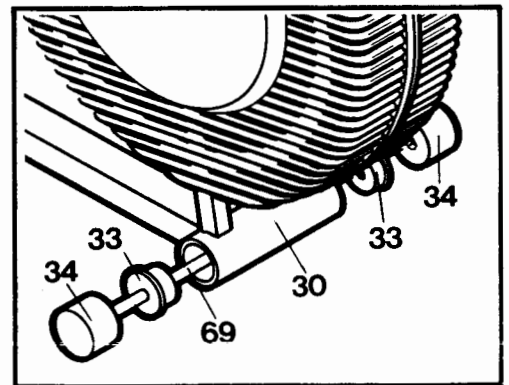
ASSEMBLY

Place all parts in a cleared area and remove the packing materials. **Be sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning assembly.

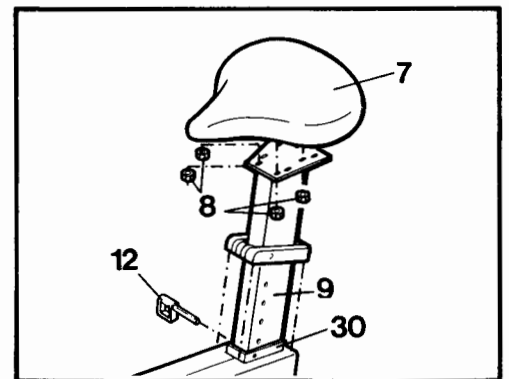
1. Turn the Rear Stabilizer (14) so that the indented holes in the Stabilizer are toward the Frame (30). Attach the Stabilizer to the Frame with two Carriage Bolts (13), Washers (23) and Nuts (22).



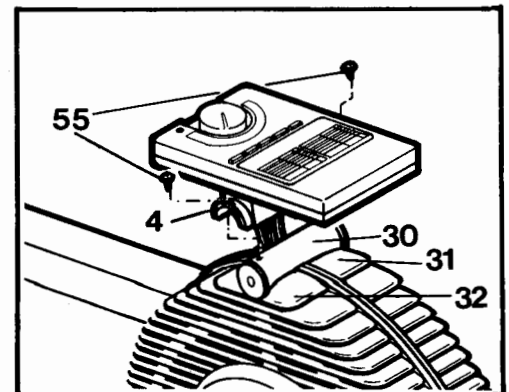
2. Press the two Roller Bushings (33) into the Frame (30) with a twisting motion. Slide the free end of the Roller Axle (69) through the Bushings. Press the unassembled Roller (34) onto the end of the Axle. Be sure that both Rollers are pressed fully onto the Axle.



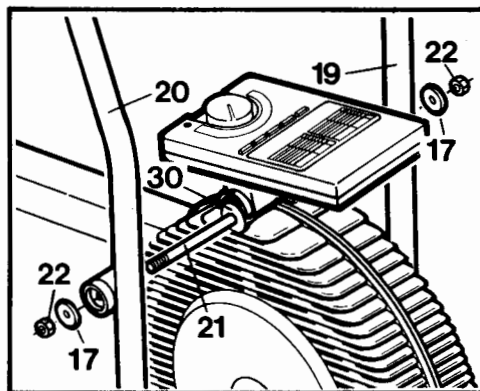
3. Raise the Seat Post (9) to maximum height and insert the Seat Post Pin (12) through the Frame (30). Remove the four Nuts (8) from the underside of the Seat (7). Attach the Seat to the top of the Seat Post with the four Nuts. Remove the Seat Post Pin, adjust the seat to the desired height and re-insert the Pin. **CAUTION:** At least 2" of the Seat Post must be inside of the Frame.



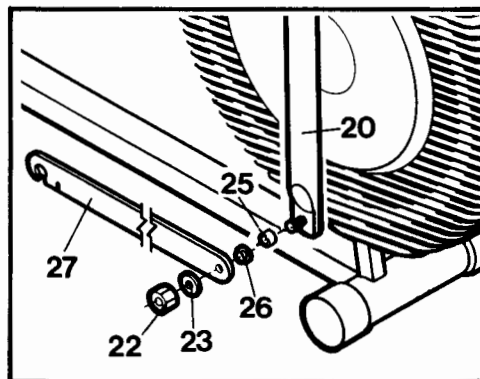
4. Attach the Mounting Bracket (4) to the Frame (30) with two Screws (55). Tuck any excess wiring into the Mounting Bracket. **Do not tuck excess wiring into the Side Shields (31, 32).**



5. Slide the Pivot Shaft (21) into the Frame (30), and center the Shaft in the Frame. Slide the Left Handlebar (19) onto the left end of the Shaft. Slide the Right Handlebar (20) onto the right end of the Shaft. (Note: For quiet operation, it is recommended that a small amount of grease [not included] be applied to each end of the Pivot Shaft.) Attach each Handlebar with a Large Washer (17) and Nut (22).



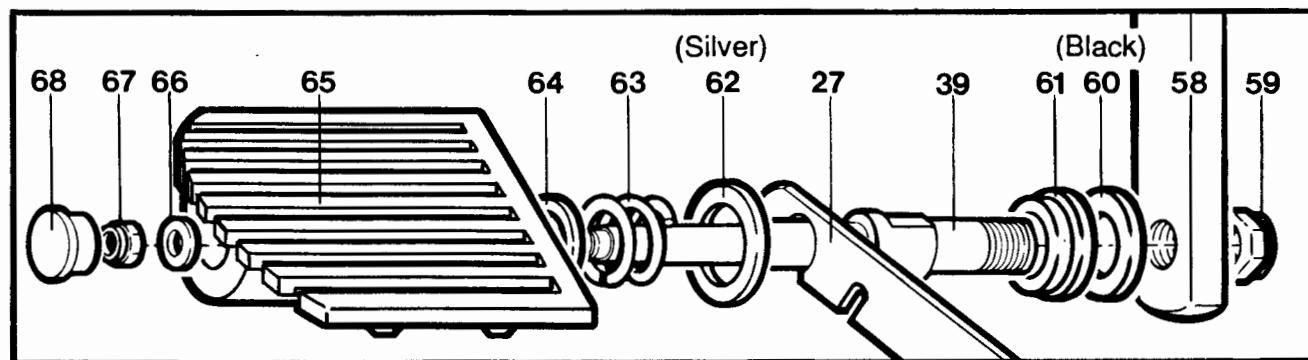
6. Slide a Handlebar Spacer (25) and a Link Arm Bushing (26) onto the lower end of the Right Handlebar (20). (The flange of the Bushing must be toward the Handlebar.) Attach a Link Arm (27) to the Handlebar with a Washer (23) and Nut (22). The Link Arm must be attached with the open end downward as illustrated.



Attach the other Link Arm to the Left Handlebar in the same manner (not shown).

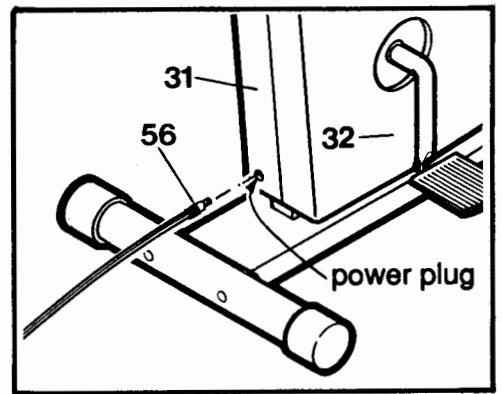
7. Slide a Pedal Bushing (61) and a Shaft Washer (60) onto the end of a Pedal Shaft (39). Thread the Pedal Shaft clockwise into the right arm of the Crank (58), and **tighten the Pedal Shaft firmly**. Tighten a Shaft Nut (59) onto the end of the Pedal Shaft. Fit the end of the right Link Arm (27) onto the Pedal Shaft and **slide it onto the Pedal Bushing**. Slide a Pedal Washer (62), Pedal Spring (63), Spring Washer (64) and Pedal (65) onto the Pedal Shaft. (The curved end of the Pedal must be away from the bike.) Attach the Pedal with an Outer Pedal Washer (66) and Outer Pedal Nut (67). Do not overtighten the Pedal Nut. The Pedal should move back and forth slightly on the Shaft. Press a Pedal Cap (68) into the end of the Pedal.

Attach the other Pedal to the left arm of the Crank in the same manner (not shown).



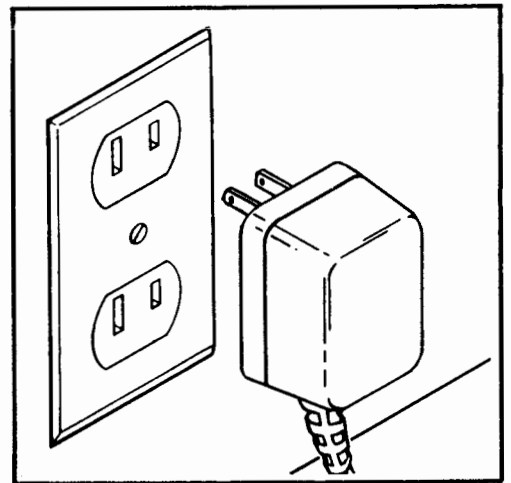
8. The Resistance Strap around the Fan (not shown) has been tightened for shipping purposes. It may be necessary to loosen the Strap before using the exercise bike. See MAINTENANCE AND TROUBLE-SHOOTING on page 11 for Strap adjustment instructions.

9. Plug the Power Cord (56) into the power plug at the rear of the Side Shields (31, 32).



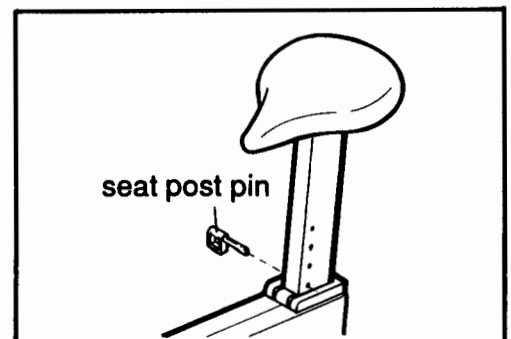
OPERATION AND ADJUSTMENT

Plug the transformer into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the exercise bike, or the bike could be damaged.



SEAT ADJUSTMENT

Proper seat height is important for efficient exercise. As 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 to the correct height: stand beside the bike, hold the seat and withdraw the seat post pin. Raise or lower the seat, and re-insert the pin. **CAUTION:** At least 2" of the seat post must be inside of the frame.



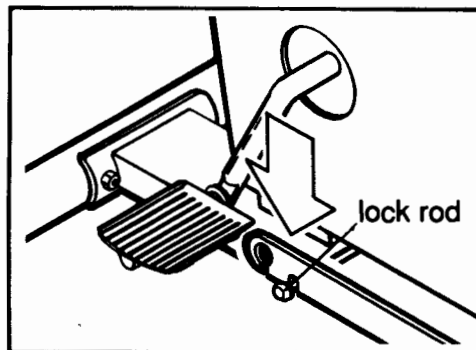
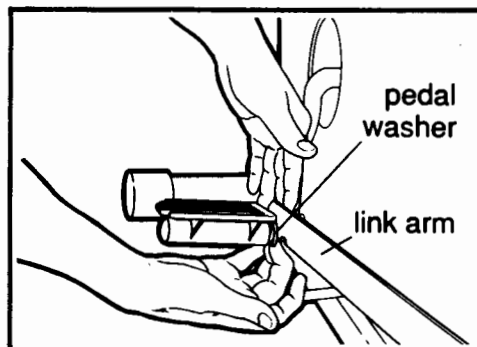
HANDLEBAR OPERATION

STATIONARY MODE

In the stationary mode, the exercise bike can be used for pedaling exercise only.

To convert the handlebars to the stationary mode, the link arms must be disconnected from the pedals. Pull the link arms outward against the tops of the pedal washers, while pulling against the bottoms of the pedal washers with your fingers. Lift the link arm off of the pedals.

Clip the ends of the link arms onto the lock rods on the bike frame.

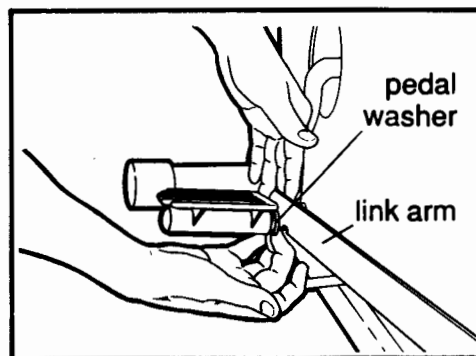
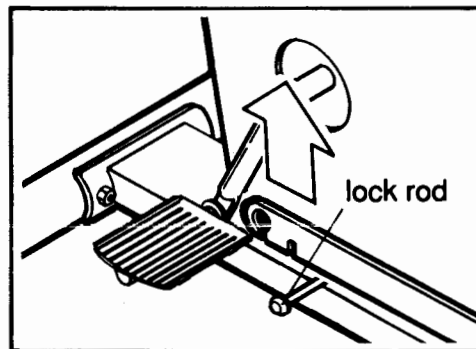


DUAL-ACTION MODE

In the dual-action mode, both the pedals and handlebars will move, allowing you to exercise your arms and legs at the same time. To exercise only your arms, rest your feet on the side shields and move the handlebars back and forth.

To convert the handlebars to the dual-action mode, first remove the link arms from the lock rods on the bike frame.

Pull the link arms outward against the tops of the pedal washers, while pulling against the bottoms of the pedal washers with your fingers. Slide the link arms onto the link arm bushings. It may be helpful to move the link arms up and down slightly to get them onto the bushings.



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CONSOLE OPERATION

CONNECTING THE VCR CABLE

To use the video track mode of the console, you must have a television, and a video cassette player with a standard "audio out" jack. One end of the VCR cable must be plugged into the jack on the side of the console. Plug the other end into the "audio out" jack on your video cassette player.

DIAGRAM OF THE CONSOLE

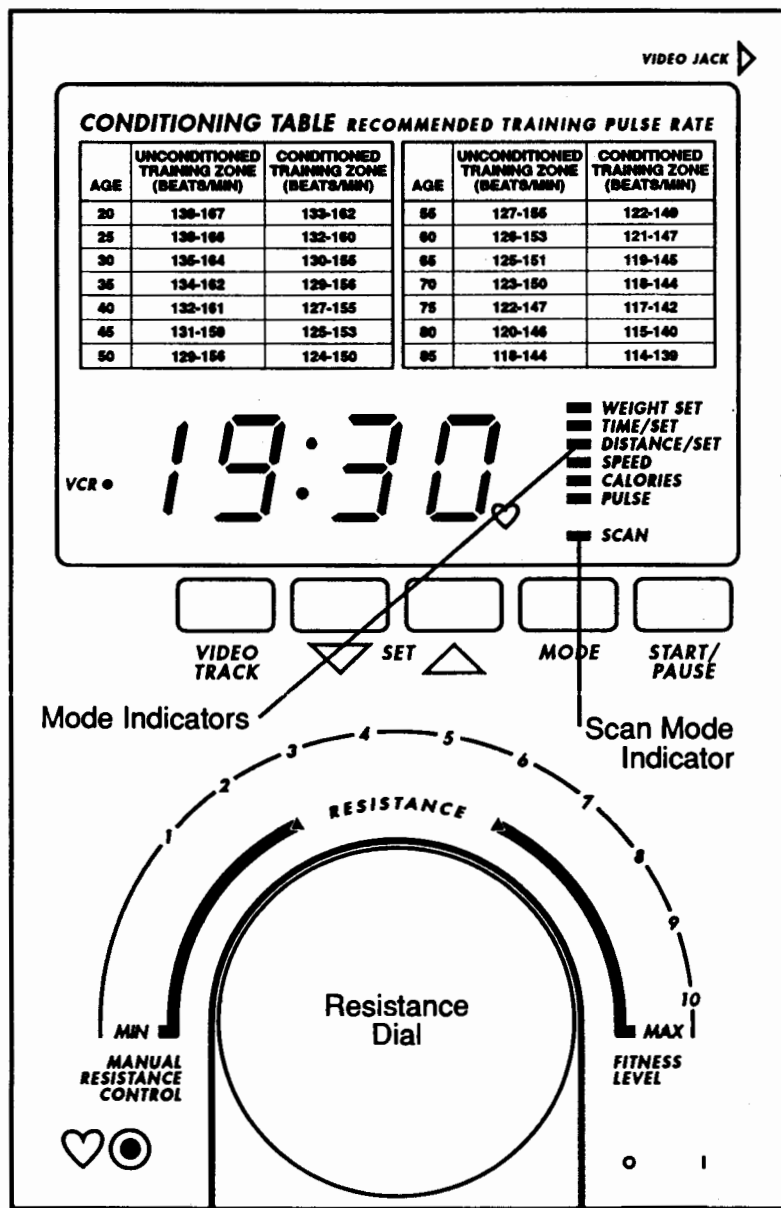
VIDEO TRACK BUTTON- This button switches the console to the video track mode. The VCR indicator will light when the console is in the video track mode.

SET BUTTONS- These buttons are used to set time and distance goals, and to enter your weight into the console.

MODE BUTTON- This button is used to select monitor modes.

START/PAUSE BUTTON- This button starts and stops the console. The mode indicators will flash when the console is stopped.

RESISTANCE DIAL- This dial is used to control the pedaling resistance, and to select fitness levels for the video track mode.



TURNING ON THE POWER

Insert the power key into the console. After inserting the key, wait for at least 3 seconds before operating the console.

MANUAL RESISTANCE MODE

When the power is turned on, the console will be in the manual mode. As you pedal the bike, the pedaling resistance can be controlled by turning the resistance dial. To increase the resistance, turn the dial clockwise. To decrease the resistance, turn the dial counterclockwise.

VIDEO TRACK MODE

When the console is in the video track mode, a video program will control the pedaling resistance automatically, simulating hills and straightaways. As you exercise, the video program will take you on a tour of majestic Canyonlands in Southern Utah, accompanied by an original music soundtrack. (Additional video cassettes featuring other scenic locations are available for purchase.)

Turn on your television and video cassette player, and start the video cassette. The video program includes three parts: a 4-minute warm-up, a 20-minute workout, and a 3-minute cool-down. After you finish the 4-minute warm-up, get onto the bike, be sure the console power is turned on and press the VIDEO TRACK button. The VCR indicator will light. Next, press the START/PAUSE button and turn the resistance dial clockwise to select a "fitness level" for the 20-minute workout. The farther the dial is turned, the more challenging the workout will be. When the workout starts, a graph will appear on the upper left of your television screen. As you exercise, a colored line will move along the graph, showing your progress. When the colored line rises, the pedaling resistance will increase. When the colored line drops, the resistance will decrease. An audible tone will sound each time the resistance is about to change. After 20 minutes, the colored line will reach the right end of the graph, and the workout will end. The workout will be followed by the 3-minute cool-down.

The console can be switched back to the manual mode by pressing the VIDEO TRACK button. The VCR indicator will darken.

SELECTING MONITOR MODES

The console features eight monitor modes to give you instant feedback as you exercise. When the power is turned on, the SCAN mode will be selected automatically. In the SCAN mode, the TIME/SET, DISTANCE/SET, SPEED, CALORIES and PULSE modes will all be displayed in a repeating cycle. (Note: The PULSE mode will be displayed only if the pulse earclip is worn [see PULSE below].) Individual modes can be selected by pressing the MODE button. Mode indicators will light to show which mode you have selected. The display can be reset to zero, if desired, by removing the power key and then re-inserting it. The eight modes are described below:

SCAN: This mode automatically displays all other modes, except WEIGHT, in a repeating cycle.
Note: The PULSE mode will be displayed only if the pulse earclip is worn (see PULSE below).

WEIGHT: Before selecting the CALORIES mode, your weight should be entered into the console. Select the WEIGHT mode, and then press the SET buttons to enter your weight, in pounds. Each time one of the buttons is pressed, the weight displayed will change by 5 pounds. The buttons can be held down to enter your weight quickly.

TIME/SET: This mode displays the elapsed time. This mode also allows time goals to be set. To set a time goal, first select the TIME/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to enter the length of time you plan to exercise. Each time one of the buttons is pressed, the time displayed will change by 10 seconds. The buttons can be held down to enter a goal quickly. When the console is started, the time will be counted down. **Note:** Time goals should be set only when the console is in the manual mode. When the console is in the video track mode, the console will be controlled by a separate timer.

DISTANCE/SET: This mode displays the total distance you have pedaled. This mode also allows distance goals to be set. To set a distance goal, first select the DISTANCE/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to enter the total distance you plan to pedal. Each time one of the buttons is pressed, the distance displayed will change by 0.1 mile. The buttons can be held down to enter a goal quickly. As you exercise, the distance will be counted down. **Note:** Distance goals should be set only when the console is in the manual mode.

SPEED: This mode displays your pedaling speed, in miles per hour.

CALORIES: This mode displays the number of Calories you have burned. For accuracy, first select the **WEIGHT** mode, and enter your weight into the console.

PULSE: This mode displays your heart rate while you exercise (your heart rate must be higher than 70 beats per minute to be displayed). Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to prevent excessive movement of the earclip wire. Note: If your heart rate is not displayed after a few seconds, try rubbing your ear lobe and repositioning the earclip.

TURNING OFF THE POWER

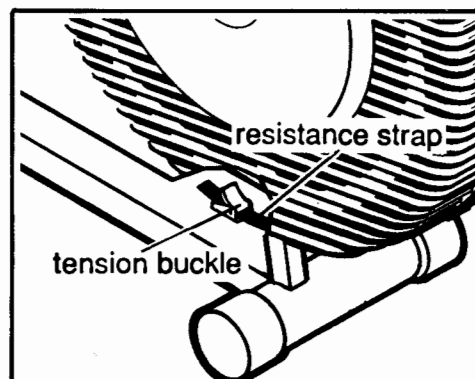
Remove the power key from the console. The key can be stored in a secure location to prevent unauthorized persons from turning on the power.

MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Inspect and tighten all parts regularly. Outside surfaces of the bike can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the console.

If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the two clear bubbles inside the earclip, using a cotton swab saturated with denatured alcohol.

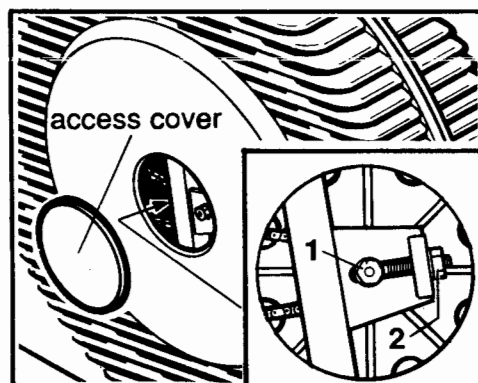
If the range of pedaling resistance is too high or too low, it can be adjusted using the tension buckle located on the frame under the side shields. To raise the range of resistance, open the tension buckle, pull the resistance strap slightly tighter and close the buckle. To lower the range of resistance, open the buckle, loosen the strap slightly and close the buckle.



CHAIN MAINTENANCE

This exercise bike utilizes a high-precision chain which must be kept properly lubricated and adjusted. If the chain is too loose, the fan may be damaged. If the chain is too tight, the bearings may be damaged. Check the chain periodically in the following manner:

1. Gently pry the access cover off of the right side shield.
2. Reach into the opening, and press down on the chain. **There should never be more than 1", or less than 1/4" of vertical movement in the center of the chain.** If the chain is properly adjusted, re-attach the access cover. If the chain needs to be adjusted, see step 3.
3. Remove the access cover from the left side shield. Loosen the fan nuts (1). To tighten the chain, turn the fan adjustment nuts (2) clockwise. Turn the adjustment nuts counterclockwise to loosen the chain. Tighten the fan nuts and re-attach the access covers.



Always check the chain if it slips or causes excessive noise when pedaling. A few drops of light, multi-purpose oil should be applied to the chain periodically. The chain can be reached by removing the access cover from the right side shield.

CONDITIONING GUIDELINES

The following guidelines will help you to outline a personal fitness program. Remember that adequate rest and good nutrition are essential to the success of any fitness program. **Before beginning this or any exercise program, consult your physician.**

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found using the 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 called your "training zone." You can find your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned persons, according to age. Find 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	130-158	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 weeks of your exercise program, 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 it is near the high end of your training zone. You can find your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is above your training zone, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20-30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for strenuous exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. 5-10 minutes of stretching or light calisthenics will provide a good warm-up. After warming up, begin exercising at a light pace. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes. Always end your workouts with 5-10 minutes of stretching to cool down. This will help to offset muscle contractions and other problems caused when you stop exercising suddenly.

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 per week. The key to success is **CONSISTENCY**.

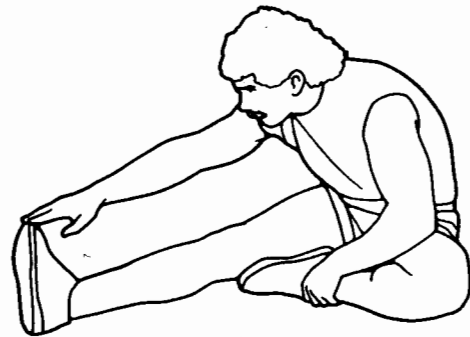
SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch- never bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

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. Hold for 15 counts, then relax. Repeat three times.

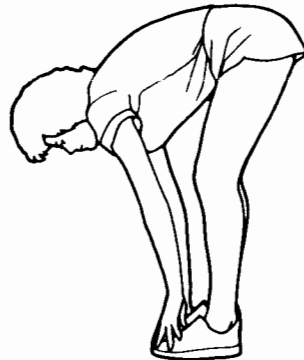
Stretches: Quadriceps, hip muscles.



TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

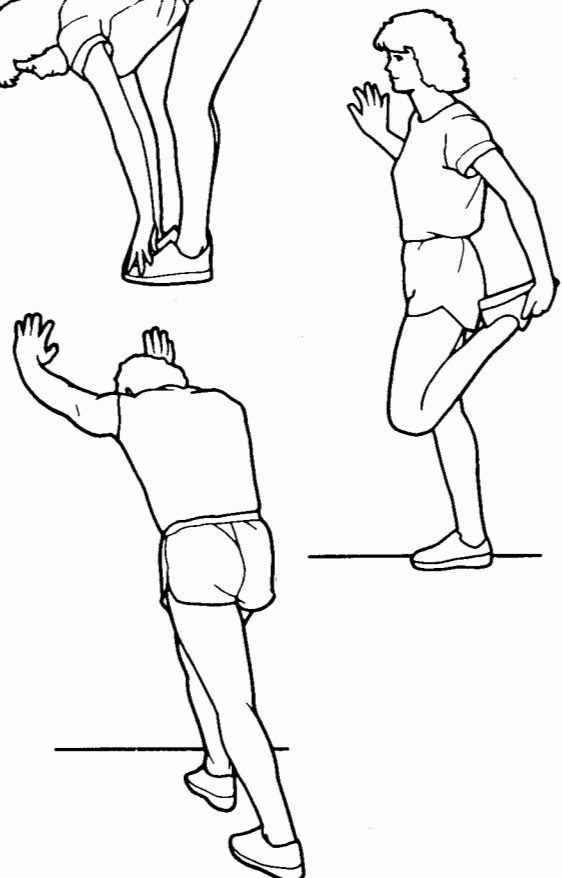
Stretches: Hamstrings, back of knees, back.



QUADRICEPS STRETCH

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

Stretches: Quadriceps, hip muscles.



CALF/ACHILLES STRETCH

With one leg in front of the other, and arms forward, lean against a wall. Keep your back leg straight and back foot flat on the floor. Bend your front leg and lean forward, moving your hips toward the wall. Hold for 15 counts, then repeat on the other side. To cause further stretching of the achilles tendons, bend back leg as well.

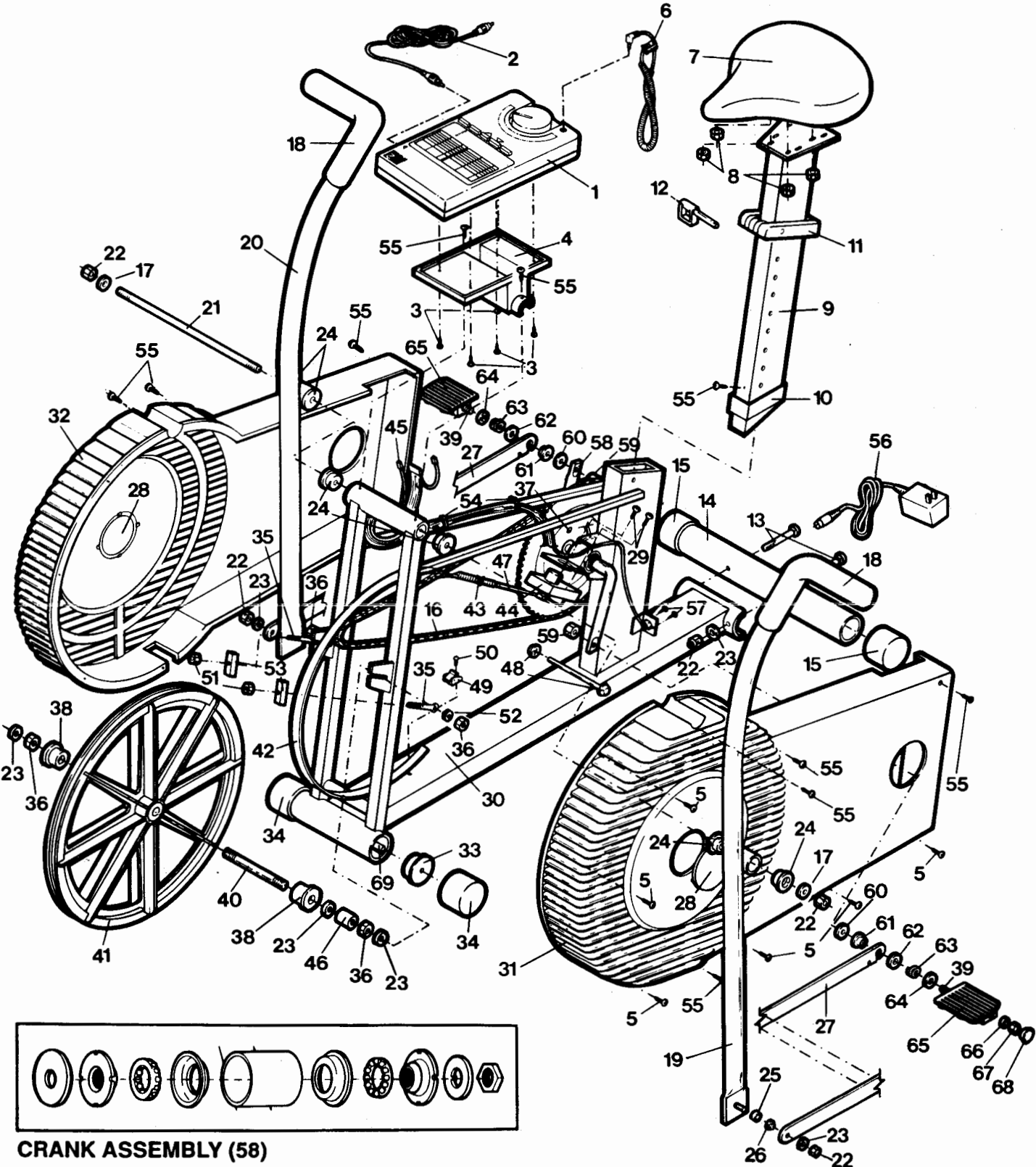
Stretches: Calves, achilles tendons, and ankles.

PART LIST- Model No. 831.287900

Rev. 9/91

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	106589	1	Console	36	012065	4	Fan Nut
2	105617	1	VCR Cable	37	100498	1	Sensor Magnet
3	013346	5	Console Screw	38	104824	2	Fan Bushing
4	101666	1	Mounting Bracket	39	100905	2	Pedal Shaft
5	013088	6	Side Shield Screw	40	104825	1	Fan Axle
6	101508	1	Earclip	41	104823	1	Fan w/Sprocket
7	105243	1	Seat	42	100261	1	Resistance Strap
8	012096	4	Seat Nut	43	102037	1	Spring Assembly
9	101663	1	Seat Post	44	106594	1	Tension Motor Assembly
10	103252	1	Inner Sleeve	45	100949	1	Sensor Wire/Reed Switch
11	105026	1	Seat Post Sleeve	46	100747	1	Spacer
12	105023	1	Seat Post Pin	47	101042	1	Tension Rope
13	013207	2	Carriage Bolt	48	101768	2	Protective Cap
14	101656	1	Rear Stabilizer	49	050001	1	Tension Buckle
15	101771	2	Rear Stabilizer Endcap	50	101288	1	Tension Buckle Screw
16	105132	1	Chain	51	012096	2	Adjustment Nut
17	014087	2	Large Washer	52	104881	2	Outer Fan Washer
18	105194	2	Handlebar Foam	53	100128	2	Adjustment Bracket
19	105037	1	Left Handlebar	54	016057	3	Wire Tie
20	105040	1	Right Handlebar	55	103502	11	Screw
21	100324	1	Pivot Shaft	56	106595	1	Power Cord
22	012082	6	Nut	57	013162	2	Power Plug Screw
23	014041	9	Washer	58	101719	1	Crank/Sprocket Assembly
24	103625	6	Handlebar Bushing	59	100904	2	Shaft Nut
25	103550	2	Handlebar Spacer	60	101494	2	Shaft Washer
26	100364	2	Link Arm Bushing	61	101036	2	Pedal Bushing
27	101679	2	Link Arm	62	101459	2	Pedal Washer
28	106105	2	Access Cover	63	103571	2	Pedal Spring
29	101049	2	Motor Mounting Screw	64	101460	2	Spring Washer
30	NSP	1	Frame	65	101683	2	Pedal
31	105213	1	Left Side Shield	66	014073	2	Outer Pedal Washer
32	105214	1	Right Side Shield	67	012002	2	Outer Pedal Nut
33	101658	2	Roller Bushing	68	040158	2	Pedal Cap
34	101661	2	Roller	69	101659	1	Roller Axle
35	104583	2	Adjustment Bolt	#	105616	1	Video Cassette
				#	105407	1	Owner's Manual

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



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 (831.287900).
2. The NAME of the product (Sears Lifestyler AIR VLP Exercise Bike).
3. The REORDER NUMBER of the part(s), from page 14 of this manual.
4. The DESCRIPTION of the part(s), from page 14 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.

FULL 90 DAY WARRANTY ON PARTS

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 the Exercise Bike is used in a normal manner.

This warranty does not apply when the 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. 731CR-W, CHICAGO, IL 60684