

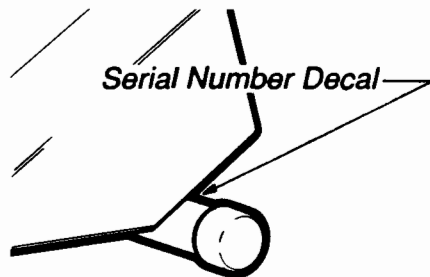
Lifestyler™

3600

- ▲ PROGRAMMED MOTORIZED RESISTANCE
- ▲ PROFESSIONAL SERIES CLUB TRAINER
- ▲ MADE IN THE U.S.A.

Model No. 831.287970

Serial No. _____



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:

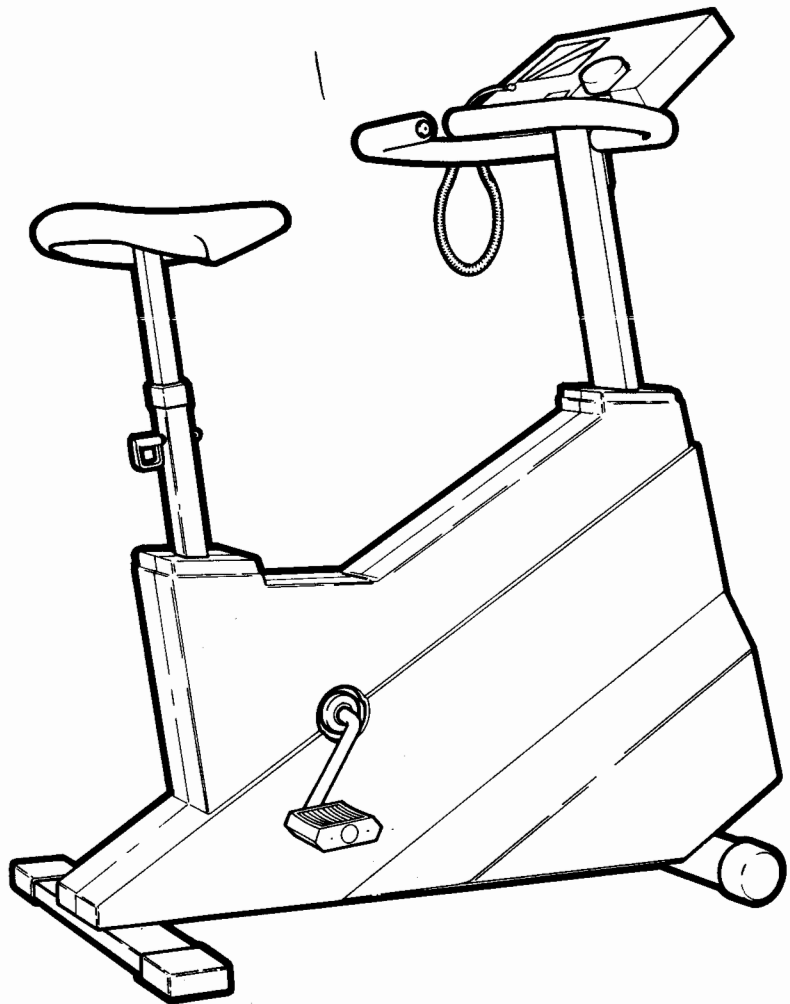
1-800-999-3756

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.

OWNER'S MANUAL



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 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, or if the bike is not working properly. (See BEFORE YOU BEGIN if the bike is not working properly.)
3. Wear appropriate clothing when exercising. Do not wear loose clothing that could become caught in the bike. Always wear running shoes for foot protection.
4. Keep small children away from the bike at all times.
5. Servicing other than the procedures described in this manual should be performed by an authorized service representative only.

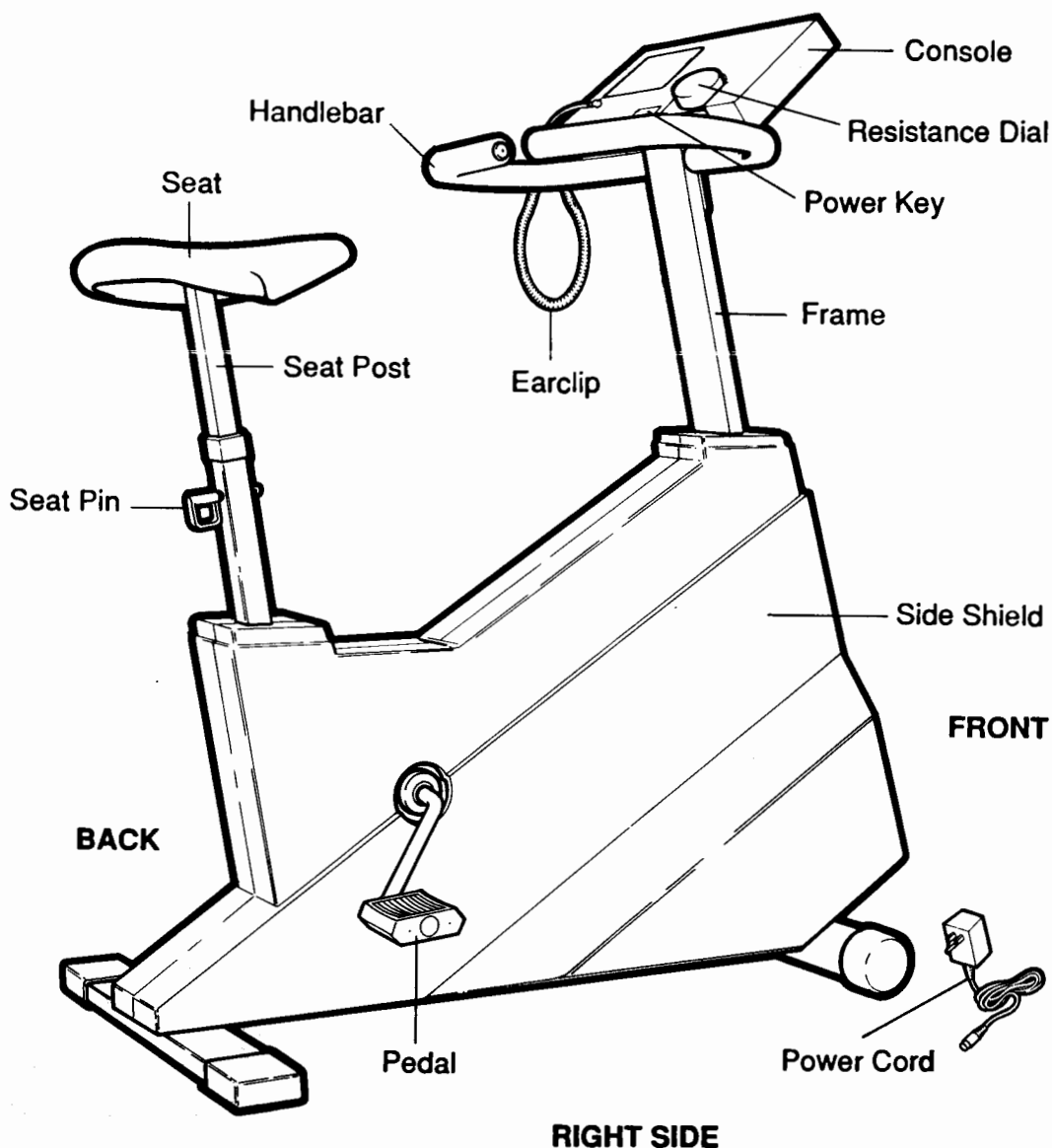
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the Sears Lifestyler 3600 exercise bike. Cycling is one of the most effective forms of low-impact, cardiovascular exercise known. The Lifestyler 3600 blends state-of-the-art engineering with innovative styling to let you enjoy this healthful exercise in the convenience and privacy of your home.

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- Friday, 6 a.m.- 6 p.m. Mountain Time (excluding holidays). To help us assist you, 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 can be found on a decal attached to the exercise bike (see the front cover for the location of the decal).

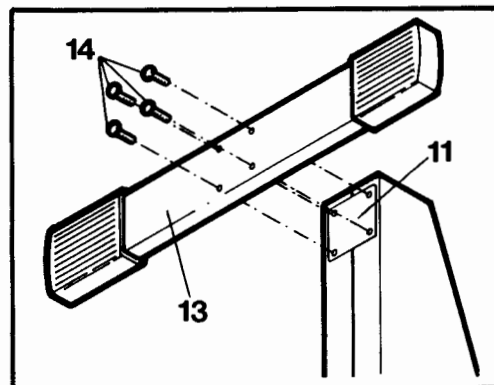
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



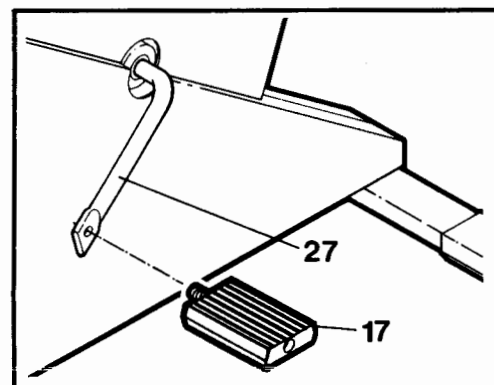
ASSEMBLY

Place all parts in a cleared area and remove the packing materials. **Do not dispose of the packing materials until the bike is fully assembled.** Read each step carefully before beginning. The assistance of a second person is recommended.

1. Tip the bike forward. Attach the Stabilizer (13) to the Frame (11) with the four Stabilizer Bolts (14). Tip the bike back.

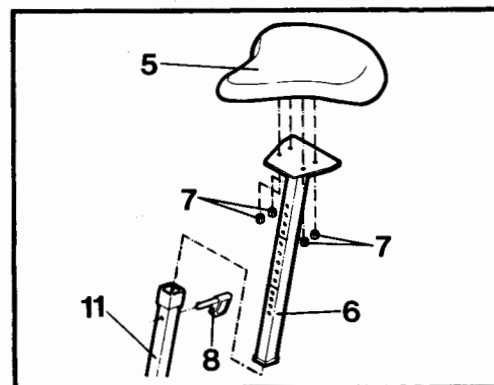


2. Tighten the Left Pedal (17) counterclockwise into the left arm of the Crank (27). Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank. The Pedals are marked for identification.

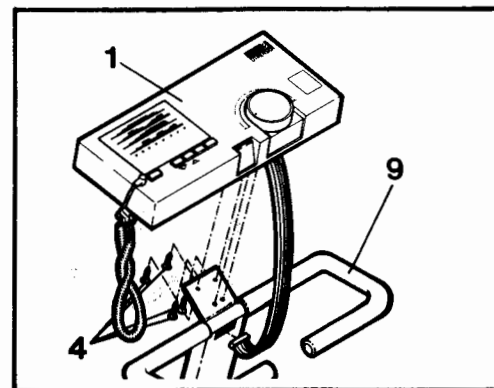


3. Remove the four Seat Nuts (7) from the underside of the Seat (5). Attach the Seat to the top of the Seat Post (6) with the four Seat Nuts.

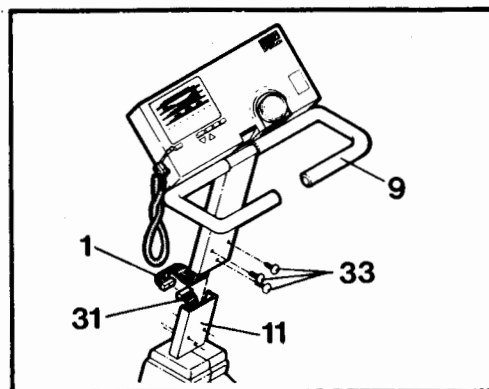
Remove the Seat Pin (8) from the Frame (11). Insert the Seat Post into the Frame, adjust the Seat to the desired height, and insert the Seat Pin through the Frame. At least 2" of the Seat Post must be inside of the Frame.



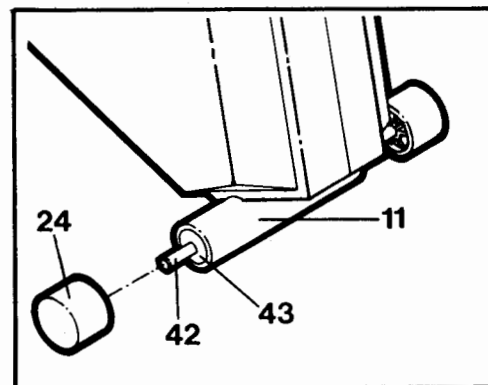
4. Insert the wire harness from the Console (1) into the slot in the Handlebar (9). Attach the Console to the bracket on the Handlebar with four Screws (4).



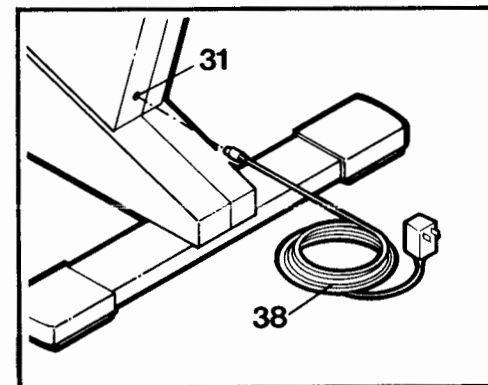
5. Connect the wire harness from the Console (1) to the Main Wire Harness (31). Slide the Handlebar (9) onto the Frame (11), being careful not to pinch the wires. Attach the Handlebar with the three Handlebar Screws (33).



6. Slide the free end of the Roller Axle (42) through the Bushings (43) and Frame (11). Press the unattached Roller (24) onto the end of the Roller Axle.

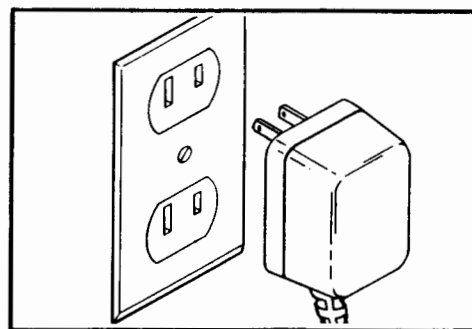


7. Plug the Power Cord (38) into the plug on the Main Wire Harness (31).



OPERATING THE EXERCISE BIKE

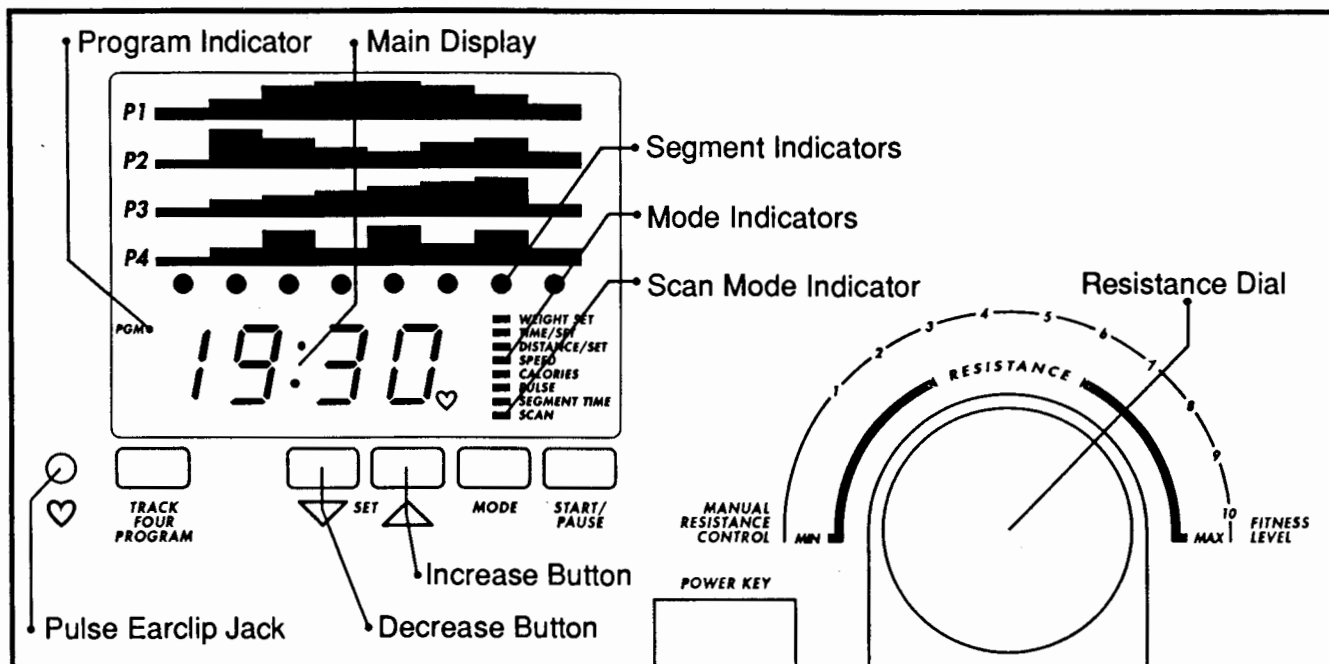
Plug the transformer into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the bike, or the bike could be damaged.



Proper seat height is important for effective 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 height, stand beside the bike and remove the seat pin from the frame. Raise or lower the seat to the proper height, and insert the seat pin through the frame. **WARNING:** At least 2" of the seat post must be inside the frame.

DIAGRAM OF THE CONSOLE

Please read all instructions carefully. Refer to the diagram below and to the bike console.



DESCRIPTION OF THE CONTROLS

TRACK FOUR PROGRAM BUTTON- This button switches the console to the program mode. The program indicator (PGM) will light when the console is in the program mode.

INCREASE AND DECREASE BUTTONS- These buttons are used to select programs, enter your weight into the console, and set time and distance goals.

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 a fitness level for programs.

TURNING ON THE POWER

Insert the power key into the slot in the front of 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. Turn the dial clockwise to increase the resistance, or counterclockwise to decrease the resistance.

PROGRAM MODE

In the program mode, preset programs will control the pedaling resistance automatically, leaving you free to concentrate on your exercise. Four different programs are offered. You can choose how long each program will last, and adjust each program for your individual fitness level.

All four programs consist of eight equal time periods, or segments. The pedaling resistance will change automatically at the beginning of each segment. The four graphs (labeled P1-P4) on the console show how the resistance will change during each program. During program 1, for example, the resistance will gradually increase, and then gradually decrease. During program 4, the resistance will alternately increase and decrease.

To switch the console to the program mode, press the TRACK FOUR PROGRAM button. The program indicator (PGM) and the eight segment indicators will light. To select one of the four programs, press the INCREASE or DECREASE buttons. A "P1," "P2," "P3" or "P4" will appear on the main display to show which program has been selected. Next, select a fitness level for the program by turning the resistance dial. The farther the dial is turned clockwise, the more challenging the program will be.

All programs are preset to last for 16 minutes (each segment will last for 2 minutes). If you want to change the length of time the program will last, first press the MODE button until the TIME/SET indicator lights. (Be sure the SCAN indicator is not lighted also.) Press the INCREASE or DECREASE buttons to change the length of time the program will last. Each time one of the buttons is pressed, the length of time displayed will change by 10 seconds. The program must be set for at least 4 minutes (each segment will last for 30 seconds).

When you are ready to start the program, press the START/PAUSE button and begin pedaling. The first segment indicator will flash. When only 10 seconds of the first segment remain, the time will be counted down on the main display. When the first segment is completed, the second segment will begin, the second segment indicator will flash, and the pedaling resistance will change. The program will continue in this manner until all eight segments are completed. If you need to stop the program before the program has ended, press the START/PAUSE button. To restart the program, press the START/PAUSE button again.

After the program has ended, the console can be switched to the manual mode by pressing the TRACK FOUR PROGRAM button again. The program indicator (PGM) will darken.

SELECTING MONITOR MODES

The console features eight different modes to monitor your exercise. When the power is turned on, the SCAN mode will be selected automatically. In the SCAN mode, the TIME, DISTANCE, SPEED, CALORIE, PULSE and SEGMENT TIME modes will be displayed in a repeating cycle. (Note: The PULSE mode will be displayed only if the pulse earclip is worn [see PULSE below]. The SEGMENT TIME mode will be displayed only if the console is in the program mode.) Modes can be selected individually by pressing the MODE button. Indicators will light to show which mode is currently selected. 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. The SEGMENT TIME mode will be displayed only if the console is in the program mode.

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

TIME: This mode displays the elapsed time. This mode also allows a time goal to be set. To set a time goal, first select the TIME mode. (A goal cannot be set while the SCAN mode is selected.) Press the INCREASE or DECREASE buttons to enter the length of time you plan to exercise. Each time one of the buttons are pressed, the time displayed will change by 10 seconds. The buttons can be held down to enter the length of time quickly. When the console is started, the time will be counted down.

DISTANCE: This mode displays the total distance you have pedaled. This mode also allows a distance goal to be set. To set a distance goal, first select the DISTANCE mode. (A goal cannot be set while the SCAN mode is selected.) Press the INCREASE or DECREASE buttons to enter the total distance you plan to pedal. Each time one of the buttons are pressed, the number displayed will change by 0.1 mile. The buttons can be held down to enter the distance quickly. As you exercise, the distance will be counted down.

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

CALORIE: This mode displays the number of Calories you have burned. For an accurate count, first select the WEIGHT mode, and enter your weight into the console.

PULSE: This mode displays your heart rate. 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 when this mode is selected, try rubbing your ear lobe and repositioning the earclip.

SEGMENT TIME: When the console is in the program mode, this mode displays the time remaining for the current program segment. Note: Even if this mode is not selected, the time remaining will be displayed during the last ten seconds of all segments.

TURNING OFF THE POWER

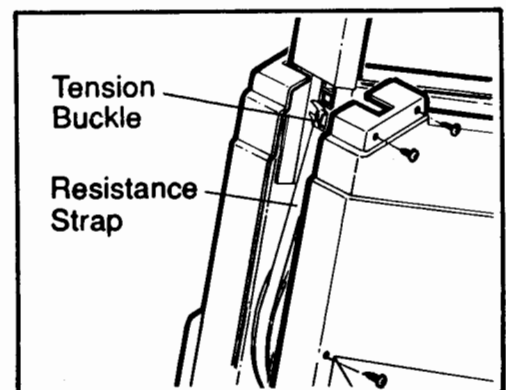
Remove the power key from the console. The key can be stored in a secure location to prevent unauthorized persons from turning on the power.

MAINTENANCE AND TROUBLE-SHOOTING

This exercise bike is designed to be virtually maintenance-free. Periodically inspect and tighten all parts of the bike. Outside surfaces of the bike can be cleaned using a soft cloth and mild detergent. Do not allow liquid 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 clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

If the range of pedaling resistance is too high or low, the range can be adjusted. Remove three screws from the left side shield as shown. Carefully pull the side shield away from the bike, and locate the tension buckle on the front of the frame. To raise the range of resistance, open the buckle, pull the resistance strap slightly tighter, and close the buckle. To lower the range of resistance, loosen the strap slightly. Replace the three screws in the left side shield.



CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your 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, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, your heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "training zone." You can determine your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned persons according to age. Use 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, you should 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 reaches the high end of your training zone. You can measure your heart rate and find the proper level of exercise intensity using the console. Exercise for at least four minutes, and then measure your heart rate using the pulse mode. If your heart rate is above your training zone, decrease your level of exertion. If your heart rate is too low, increase your level of exertion.

WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. Resting, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. Resting. Warming up should be an important part of every workout, preparing the body for strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. 5-10 minutes of stretching can provide a good warm-up. After warming up, begin exercising with low intensity for a few minutes. Then increase the intensity of your exercise to raise your heart rate to your training zone for a period of 20-30 minutes. To aid circulation and help prevent soreness, finish your workout with 5-10 minutes of stretching or light exercise.

EXERCISE FREQUENCY

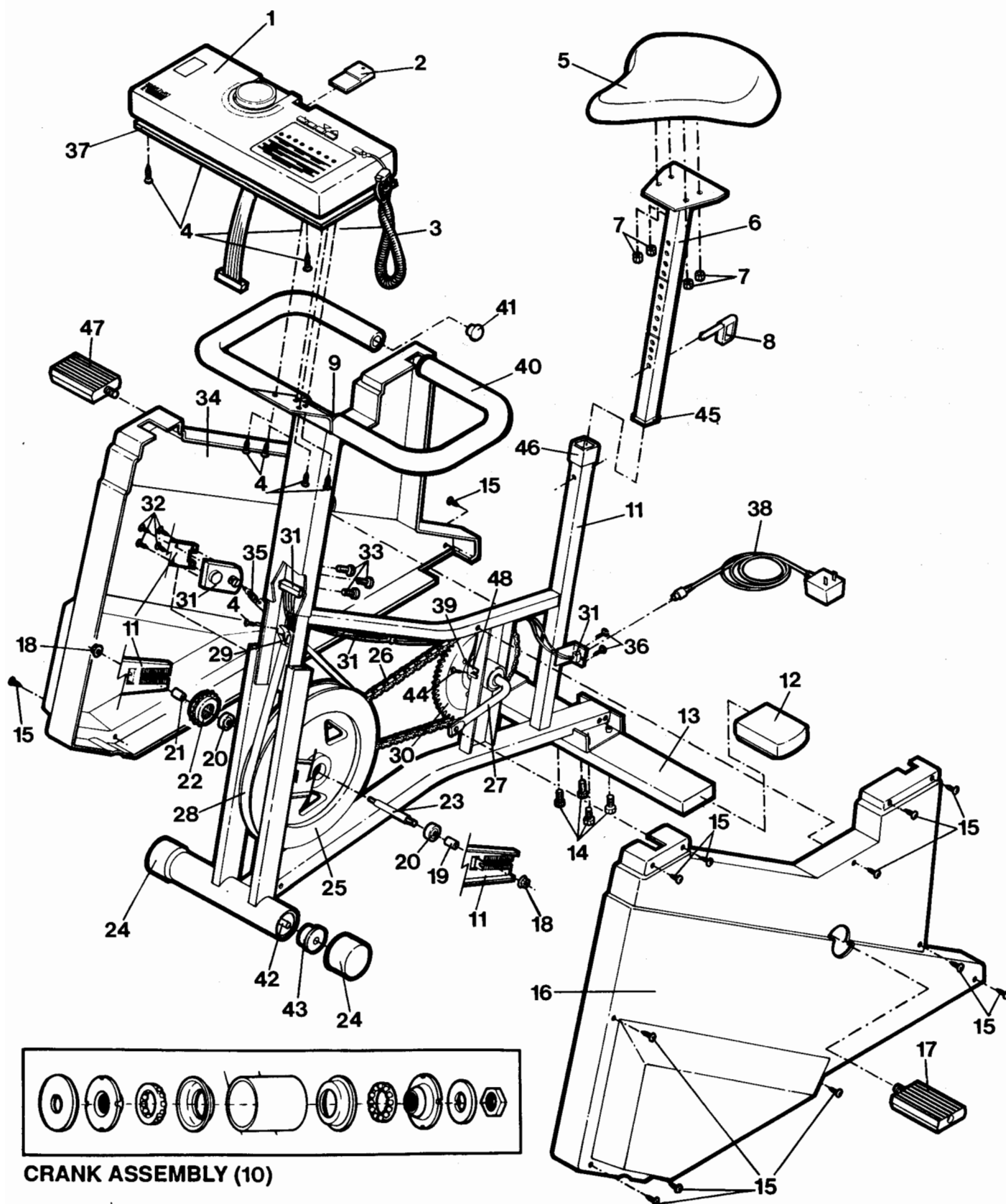
To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to a successful program is **REGULAR** exercise.

PART LIST- Model No. 831.287970

Rev.8/91

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	105427	1	Console	26	104803	1	Chain
2	100933	1	Power Key	27	104800	1	Crank
3	101508	1	Pulse Earclip	28	101929	1	Resistance Strap
4	013423	11	Screw	29	050001	1	Tension Buckle
5	105022	1	Seat	30	104801	1	Sprocket
6	104781	1	Seat Post	31	106594	1	Main Wire Harness
7	012096	4	Seat Nut	32	101049	4	Motor Mounting Screw
8	015073	1	Seat Pin	33	013556	3	Handlebar Screw
9	104761	1	Handlebar	34	104604	1	Right Side Shield
10	102572	1	Crank Assembly	35	102037	1	Tension Spring Assembly
11	NSP	1	Frame	36	013516	2	Power Plug Screw
12	105590	2	Stabilizer Endcap	37	105924	1	Console Plate
13	104815	1	Stabilizer	38	106595	1	Power Cord
14	013469	4	Stabilizer Bolt	39	100498	1	Magnet
15	013322	14	Side Shield Screw	40	104774	2	Foam Grip
16	104603	1	Left Side Shield	41	104809	2	Handlebar Endcap
17	038023	1	Left Pedal	42	106698	1	Roller Axle
18	104806	2	Flange Nut	43	106880	2	Roller Bushing
19	105766	1	Spacer	44	101288	1	Reed Switch Screw
20	102356	2	Bearing	45	104787	1	Seat Post Glide
21	019300	1	Short Spacer	46	104786	1	Seat Post Collar
22	024001	1	Small Sprocket	47	032022	1	Right Pedal
23	104805	1	Flywheel Axle	48	100949	1	Sensor Wire/Reed Switch
24	106697	2	Roller	#	106755	1	Owner's Manual
25	021052	1	Flywheel				

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



CRANK ASSEMBLY (10)

Specifications are subject to change without notice.

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 (831.287970).
2. The NAME of the product (Sears Lifestyler 3600 exercise bike).
3. The REORDER NUMBER of the part(s), from page 10 of this manual.
4. The DESCRIPTION of the part(s), from page 10 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 equipment to ensure that we meet our pledge to you: we service what we sell.

SOLD BY SEARS, ROEBUCK AND COMPANY, CHICAGO, IL 60684

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 Programmed Motorized Resistance Exercise Bike is used in a normal manner.

This warranty does not apply when the Programmed Motorized Resistance Exercise Bike is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY BY RETURNING THE PROGRAMMED MOTORIZED RESISTANCE 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