

SEARS

MODEL 831.28810

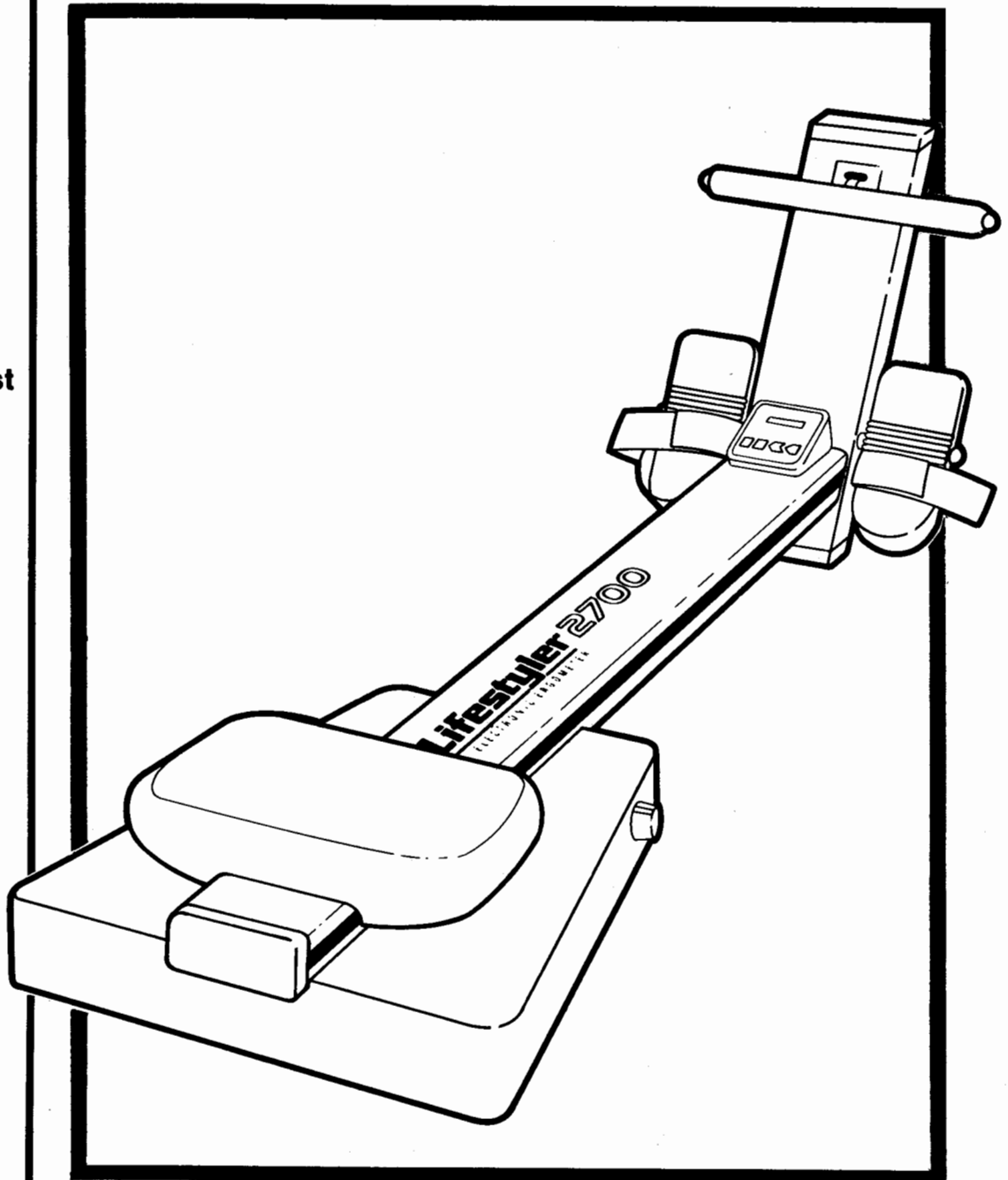
- Assembly
- Adjustment
- Operation
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- Maintenance
- Storage
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- Warranty



Lifestyler

2700

E·L·E·C·T·R·O·N·I·C E·R·G·O·M·E·T·E·R



Owner's Manual and Fitness Program

Lifestyler

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Owner's Manual and Fitness Program

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BEFORE YOU BEGIN

Please read this manual carefully before initial use of your new rower. If you have additional questions regarding assembly, parts, operation or your 90 day warranty, please call our **Customer Service Department** toll-free at 1-800-824-3109 (In Canada, 1-800-824-8949) during regular business hours: Mon.-Fri., 8 a.m.-5 p.m. Mountain Standard Time.

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 the Sears rower.

INTRODUCTION

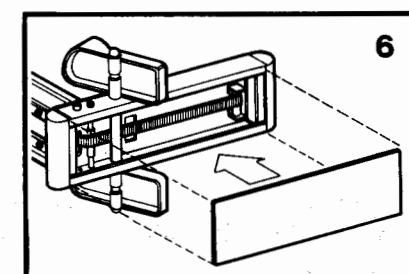
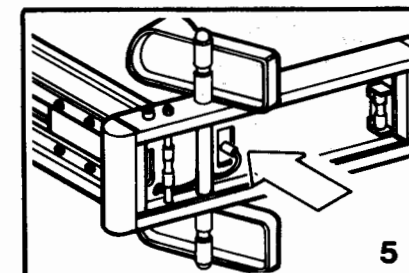
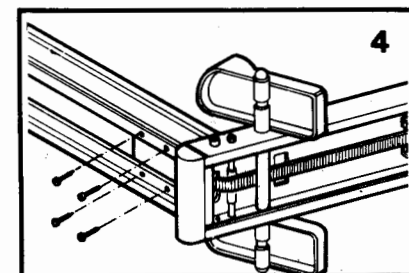
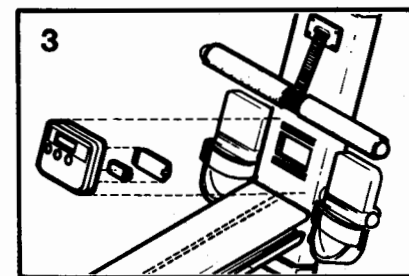
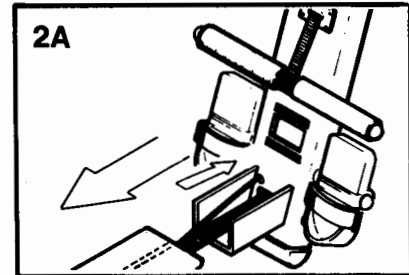
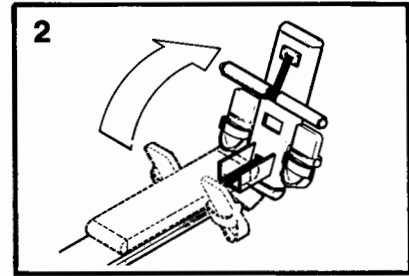
Rowing could be called the perfect exercise. It conditions the heart and lungs, while strengthening and toning nearly every major muscle group in the body. With the Lifestyler 2700 Rower you can enjoy the benefits of this healthful exercise in the privacy of your home. And you can monitor your exercise on the multi-function electronic console.

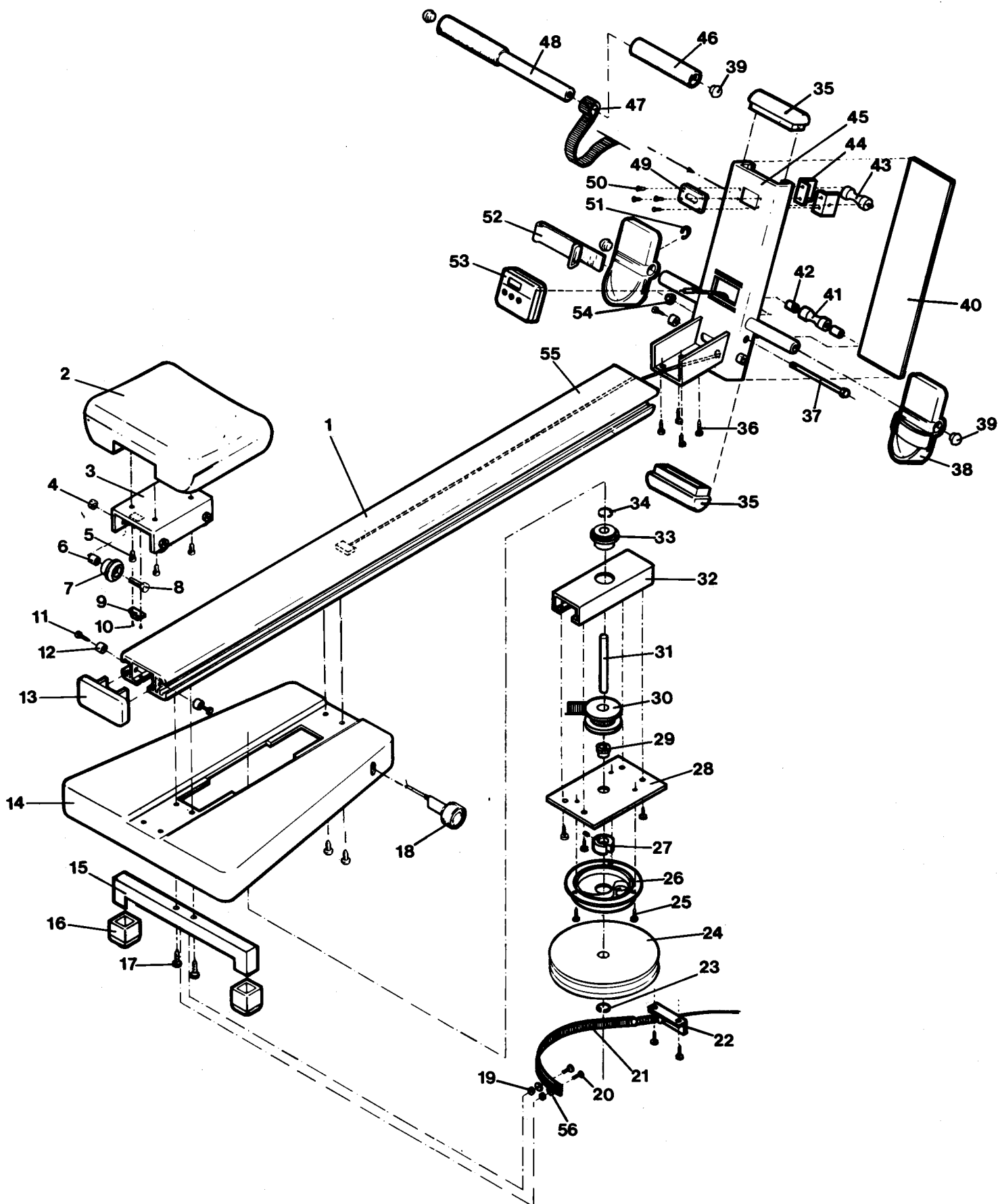
This manual is designed to help you assemble, adjust and operate your rower. An exercise guide is included to help you get started with your fitness program.

ASSEMBLY

For ease of assembly, the assistance of a second person is recommended. Read all steps carefully before beginning. Assembly can be completed using a phillips screwdriver.

1. Set the rower in a clear area on the floor and remove all tape and packing materials.
2. Position the Headpiece (45) in front of the Rowing Rail (1) as shown. Locate the Sensor Wire (55) on the underside of the Rowing Rail, and insert it through the small hole in the Headpiece. Slide the Headpiece bracket into the end of the Rowing Rail (1), being careful not to pinch the Sensor Wire.
3. Insert a 9-volt battery into the back of the Electronic Console (53), and press the Console firmly into the opening in the Headpiece.
4. Carefully tip the rower onto its side. Attach the Headpiece to the Rowing Rail with the four Headpiece Screws (36).
5. Thread the Sensor Wire under the Bottom Roller (41) and footrest shaft, and plug it into the back of the Electronic Console. Be sure to keep the Wire free of the Rowing Strap (47).
6. Be sure that the Rowing Strap is not twisted inside the Rowing Rail or the Headpiece. Remove the adhesive backing from the Headpiece Cover (40) and press it firmly over the back of the Headpiece.
7. Be sure that the Resistance Strap (21) is fitted snugly around the Flywheel (24). Carefully tip the rower down onto its base.
8. Make sure that all parts are tightened securely.





Replacement Parts may be ordered by calling customer service toll-free at 800-824-3109 (in Canada, 800-824-8949) during regular business hours: 8 a.m.-5 p.m. Mountain Standard time. Open Monday-Friday.

PART LIST – Model 831.28810

No.	Description	Qty.	Reorder No.	No.	Description	Qty.	Reorder No.
1	Rowing Rail	1	006095	30	Spool	1	020021
2	Seat	1	042019	31	Flywheel Shaft	1	049051
3	Seat Bracket	1	008024	32	Shaft Bracket	1	008124
4	Roller Nut	4	012065	33	Shaft Bearing	1	018021
5	Seat Screw	4	013345	34	C-Clip	1	054011
6	Spacer	4	019130	35	Headpiece Cap	2	040064
7	Seat Roller	4	052013	36	Headpiece Screw	4	013324
8	Roller Bolt	4	013306	37	Bottom Roller Bolt	1	049059
9	Magnet	1	033001	38	Footrest	2	039005
10	Magnet Screw	2	013346	39	Bullet Cap	4	040078
11	Stopper Screw	2	013311	40	Headpiece Cover	1	040075
12	Plastic Seat Stopper	2	059014	41	Bottom Roller	1	022036
13	Endcap	1	040073	42	Spacer	2	019153
14	Base	1	010014	43	Top Roller	1	022035
15	Rear Leg	1	005021	44	Roller Bracket	2	008108
16	Rubber Foot	2	040020	45	Headpiece	1	004085
17	Leg Screw	4	013324	46	Foam Handgrip	2	041023
18	Resistance Knob	1	072004	47	Rowing Strap	1	035019
19	Resistance Strap Nuts	2	012103	48	Rowing Handle	1	001025
20	Resistance Strap Bolts	2	013347	49	Strap Guide	1	040074
21	Resistance Strap	1	035027	50	Guide Screw	4	013241
22	Strap Bracket	1	008125	51	C-Clip	2	054007
23	C-Clip	1	054014	52	Footrest Strap	2	035017
24	Flywheel	1	021013	53	Electronic Console	1	032028
25	Spring Screw	3	013339	54	Acorn Nut	1	049059
26	Spring Assembly	1	070091	55	Sensor Wire & Reed Switch	1	033065
27	Collar	1	019150	56	Lock Washer	2	014027
28	Spring Plate	1	061028	57	Owners Manual	1	046053
29	Bronze Bushing	1	019149				

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 of any defective part, when this rower is used in a normal manner.

This warranty does not apply when the rower is used for commercial or rental purposes.

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE ROWER 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. 698/731A, SEARS TOWER, CHICAGO, IL 60684

ROWER OPERATION

ROWING RESISTANCE ADJUSTMENT

The amount of resistance on the rowing strap can be adjusted with the resistance knob located on the right side of the rower base. There are five key resistance levels, which can be selected in the following manner:

- A. Turn the resistance knob counter clockwise until it stops.
- B. Turn the knob clockwise two complete revolutions until the indicator on the knob points to the number 1. This is resistance level 1. Turn the knob clockwise another complete revolution to the number 2. This is resistance level 2. Repeat for levels 3, 4, and 5.

ROWING FORM

To begin, sit on the rowing seat and strap your feet into the footrests. Hold the rowing handle with an overhand grip. Follow the procedure below, breathing normally throughout.

Proper rowing form consists of 3 parts: A. the Catch B. the Drive and C. the Finish.

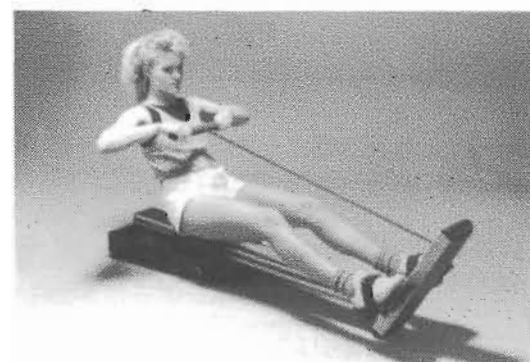
- A. The Catch is the starting position. Your legs and body should be tucked, your knees fully bent and your upper legs just off of your chest. Arms should be straight and shoulders relaxed.



- B. The Drive is initiated by the legs and back pushing backwards together. Be sure to keep your back straight as you lean back from the hips. Halfway through the Drive pull the rowing handle towards your stomach. Keep your elbows outward.



- C. The Finish comes as the arms continue to bend until the elbows pass on either side of the chest. At this time, the legs should be nearly extended and the upper body leaning slightly back.



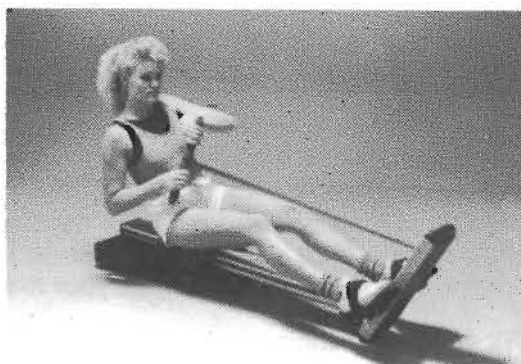
After the Finish extend your arms forward and slide your body forward as if following the hands back to the Catch. Repeat the sequence.

EXERCISE VARIATIONS

SCULLING

- A. Use the same action as in rowing, but alternately pull the rowing handle to the right and left sides.

Develops: Backs of the arms, lateral muscles, abdominal muscles.



SIT-UPS

- A. Sit on the rowing seat with your knees slightly bent.
B. Place your hands either on your chest or behind your head.
C. Inhale and keep your stomach muscles tight as you lower yourself back.
D. While exhaling, use your stomach muscles to pull yourself back up to the starting position. Keep the seat stationary.

Develops: Abdominal area.



CONDITIONING GUIDELINES

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.

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. For more complete and detailed information consult your physician or obtain a book at your library.

EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the 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 given for both unconditioned and conditioned persons. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
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

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
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 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 you should gradually increase your heart rate until you reach the high end of your Training Zone.

The easiest way to measure your heart rate is to place two fingers on the carotid artery in your neck where you feel a pulse. If you are exercising, pause briefly while you take a measurement. Carefully take a six-second heart beat count. Adding a 0 to the number will give you your heart beats per minute. (A six-second count is used because the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your Training Zone and adapt your exercise accordingly.



As your conditioning improves a greater workload will be required in order to raise your heart rate to your Training Zone. This can be achieved by increasing your speed or resistance.

EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern.

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising.

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

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 times per week. The key to a successful program is REGULAR exercise.

STRETCHING

All stretches should be performed slowly. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly—don't bounce.

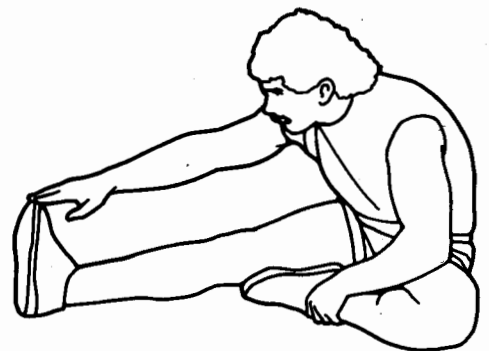
Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

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. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.



Toe Touches

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

Stretches: Hamstrings, Back of Knees, Back.

Quadriceps Stretch

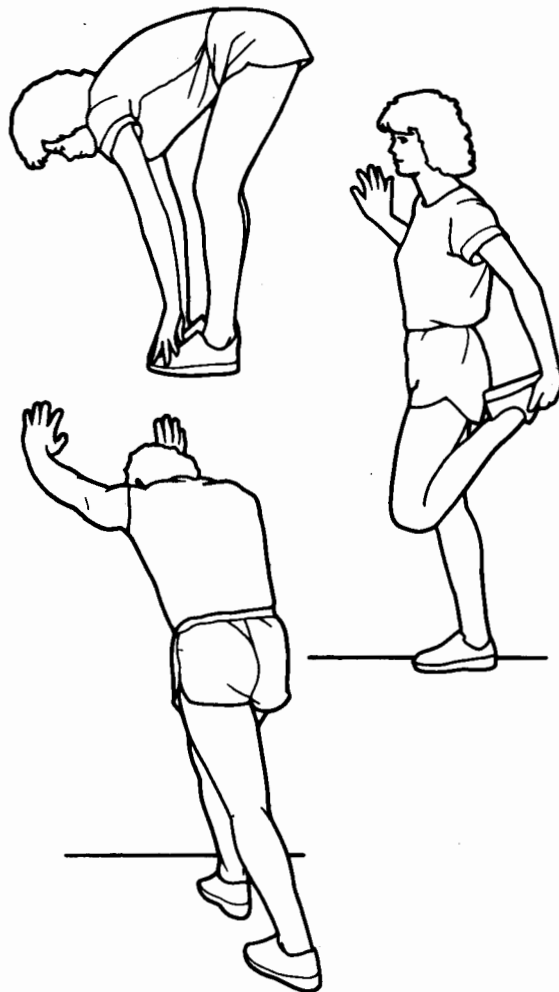
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip muscles.

Calf/Achilles Stretch

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles tendons, and Ankles.



ELECTRONIC CONSOLE OPERATION

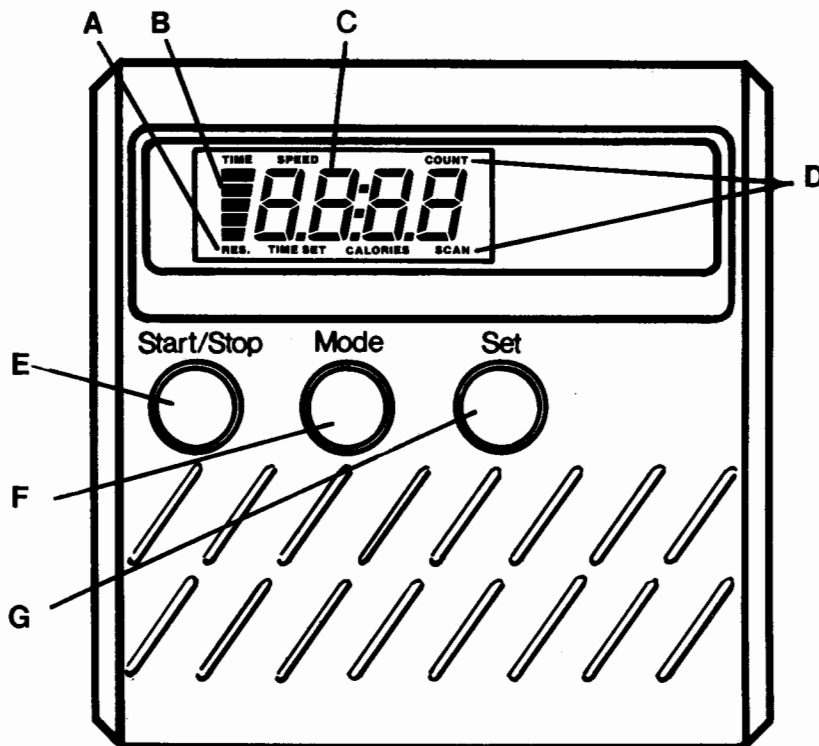
The rower electronic console performs six separate functions to help you monitor and regulate your workout. To become familiar with the operation of the console please read all instructions carefully.

CONSOLE FUNCTIONS

- **TIME**
Measures the elapsed time of your workout.
- **SPEED**
Measures your approximate speed in miles per hour.
- **COUNT**
Counts the number of strokes rowed.
- **TIME SET**
Counts down to zero from a pre-selected amount of time.
- **CALORIES**
Measures approximate nutritional Calories (kilocalories) burned.
- **SCAN**
Alternately displays the TIME, SPEED, COUNT, TIME SET (if set) and CALORIES functions in a repeating cycle.

CONSOLE DIAGRAM

- A. Resistance setting indicator
- B. Resistance indicator
- C. Digital display for function in use
- D. Function indicators
- E. "Start/Stop, on" key
- F. "Mode" key
- G. "Set" key



CONSOLE OPERATION

The electronic console is powered by a 9-volt battery, which must be installed in the back of the console before using. Be sure the reed switch wire is plugged into the jack on the back of the console.

1. Press the "Start/Stop, on" key to turn the console on. The console will be in the SCAN mode (see SCAN below).
2. Select the function desired.
 - A. **TIME:** Press the "Mode" key until the TIME indicator appears. (Note: the TIME indicator is the word "TIME" appearing steadily on the display. When the word "TIME" flashes on and off, it is not the TIME indicator. Instead, it appears whenever the timer is stopped, regardless of the function selected.) Press the "Start/Stop" key to start the timer.
 - B. **SPEED:** Press the "Mode" key until the SPEED indicator appears. Simply begin rowing to activate the function.
 - C. **COUNT:** Press the "Mode" key until the COUNT indicator appears. Simply begin rowing to activate the function.
 - D. **SCAN:** Press the "Mode" key until the SCAN indicator appears. The console will alternately display the TIME, SPEED, COUNT and CALORIES functions in a repeating cycle. (If the TIME SET function has been set, that function will be displayed instead of the TIME function. After zero is reached and any key is pressed the TIME function will be displayed.) If the "Mode" key is pressed after the SCAN function is started, the SCAN function will be canceled and the function displayed when the key was pressed will be displayed continuously.
 - E. **CALORIES:** To get the most accurate calorie measurement, the resistance indicator on the console must be set to match the rowing resistance level. (See ROWING RESISTANCE

ADJUSTMENT.) For example, if the rowing resistance is set at level 3, the indicator on the console should also be set at 3. To set the resistance indicator first press the "Mode" key until the resistance setting indicator (RES.) appears. Press the "Set" key to enter the resistance level. Each time the key is pressed the next higher bar will appear. After the resistance is set, press the "Mode" key until the CALORIES indicator appears. Simply begin rowing to activate the function.

- F. **TIME SET:** The timer must be stopped before selecting this function. (The word "TIME" will flash on and off when the timer is stopped. Press the "Start/Stop" key to stop the timer if necessary.) Next, press the "Mode" key until the TIME SET indicator appears. Press the "Set" key to enter the amount of time desired. Each time the key is pressed the displayed time will increase by one minute. Holding the key down will increase the amount more rapidly. (If you go past the desired amount, simply continue to 99:00 and start again at zero.) When the desired amount is entered, press the "Start/Stop" key to start counting down. The countdown can be stopped and restarted, if desired, by pressing the "Start/Stop" key. When the timer reaches zero the display will flash on and off. Press any key to stop the flashing.

After you finish your workout the console will automatically shut off after 2.5 minutes.

If the display becomes faint, or the readout inaccurate, the batteries should be replaced.

Do not get liquids on the console. Do not expose the LCD window to direct sunlight or the window may be damaged.

MAINTENANCE AND STORAGE

Your rower is designed to be virtually maintenance free. To prevent undue wear, periodically make sure that all parts are fastened securely. In addition, occasionally clean the rail tracks with a damp cloth to prevent a build-up of dirt and dust which could damage the seat rollers.

If a sudden loss of resistance in the rowing action is noticed, tip the rower onto its side to see if the resistance strap has slipped off the flywheel. Simply replace the strap around the flywheel to restore resistance. Always keep some tension on the strap to keep the strap from slipping.

The rower can be tipped on end for compact storage. Always remove the battery from the electronic console when storing the rower for an extended period of time.