

SEARS

MODEL 831.28833

- Assembly
- Adjustment
- Operation
- Training Program
- Maintenance
- Storage
- Reorder/Parts List
- Limited Warranty



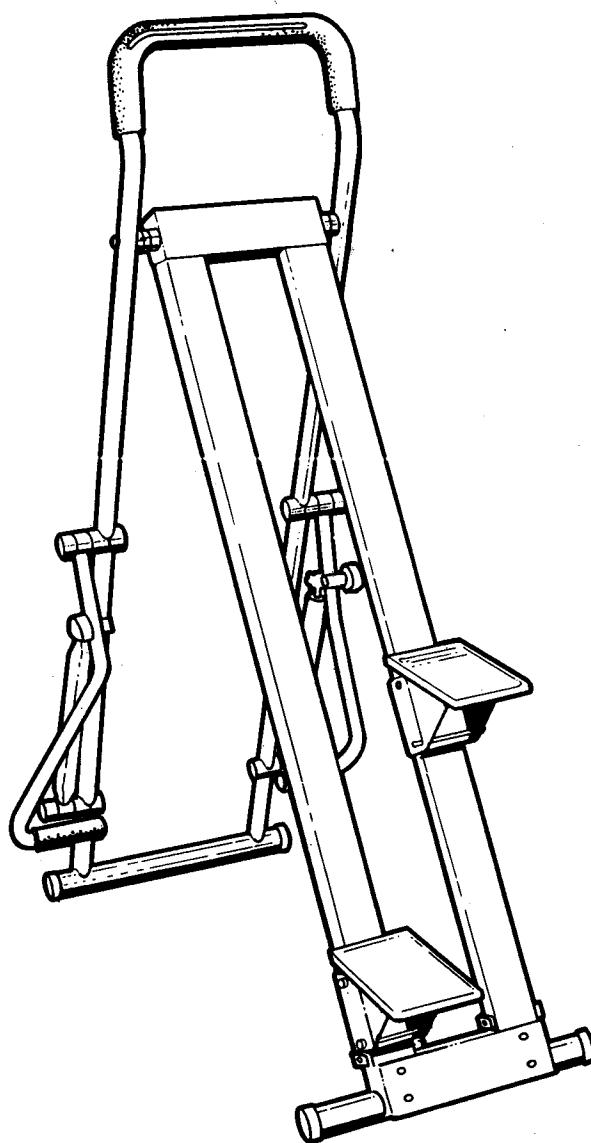
Source 831

MASTER

Lifestyler

2600

S·T·E·P·P·E·R / R·O·W·E·R



Owner's Manual and Fitness Program

Lifestyler

2600

S·T·E·P·P·E·R / R·O·W·E·R

Owner's Manual and Fitness Program

BEFORE YOU BEGIN

For maximum enjoyment and benefit, become familiar with the operation of your Stepper/Rower before initial use. If you have additional questions regarding assembly, parts, operation or your 90 day warranty, please call our

**Customer Service Line 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

INTRODUCTION

Congratulations on your purchase of the Lifestyler 2600 Stepper/Rower. The innovative Lifestyler 2600 combines both a stepper and a rowing machine in one compact unit to give you a well-rounded workout in the privacy of your own home.

This manual is designed to familiarize you with the operation of the Stepper / Rower. An exercise guide is included to help you get started with your fitness program. Please read the manual carefully before initial use.

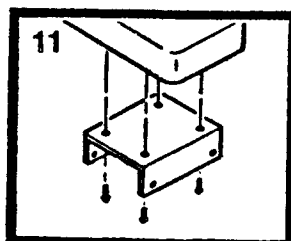
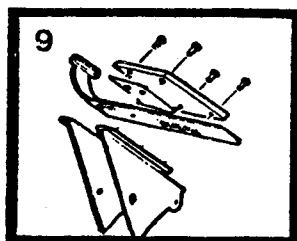
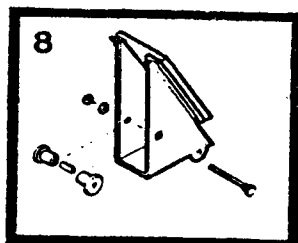
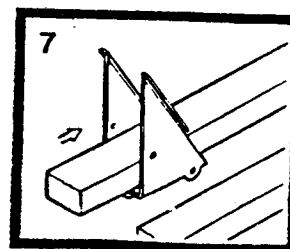
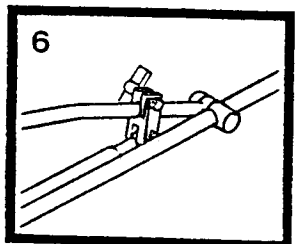
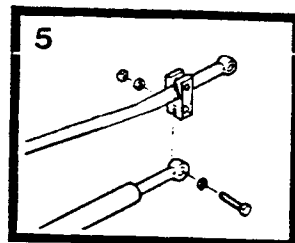
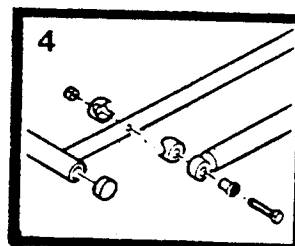
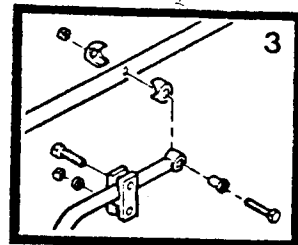
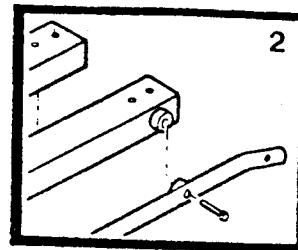
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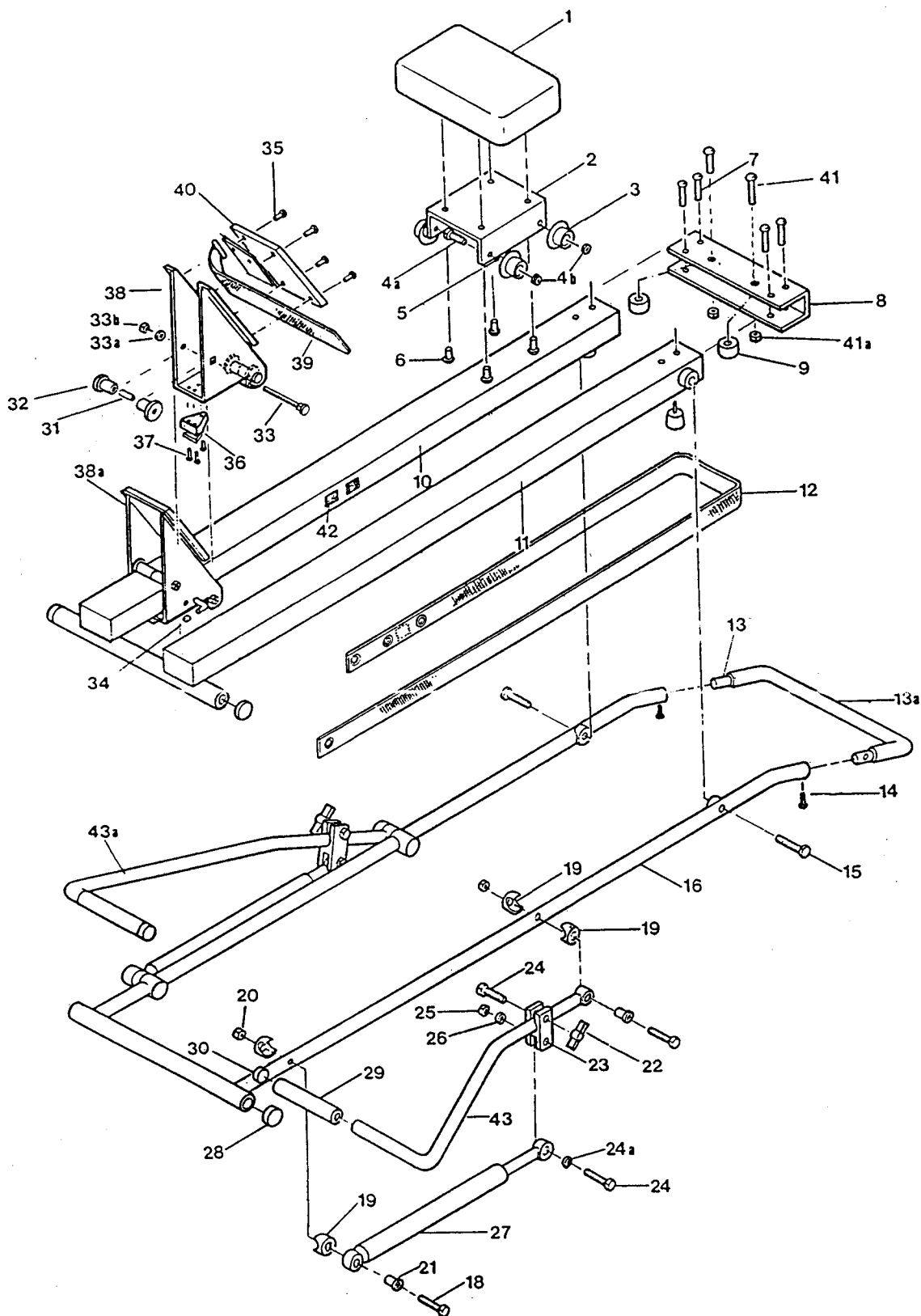
Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. **Read all instructions before using.** Sears assumes no responsibility for personal injury or property damage sustained by or through the use of the Lifestyler 2600 Stepper/Rower.

ASSEMBLY INSTRUCTIONS

Please read all instructions carefully before beginning assembly. For part identification refer to the exploded drawing and part list. Assembly can be completed with the tool provided. Nuts and bolts can be found in their final assembly position and must be removed before assembling certain parts.

1. Place the Stepper/Rower in a clear area on the floor. Remove all packing materials from the box. Be sure that all parts are included before disposing of the carton.
2. Lay the Rower Frame (16) flat with the ends touching the floor.
3. Attach the Rowing Arms (43, 43A) to the middle of the Rower Frame on the right and left sides. Secure with the Bolts (18), Arm Bushings (21), Bolt Covers (19) and Nuts (20). The T-Wingnuts should be on the outside as shown.
4. Attach the bottoms of the Shocks to the bottom of the Rower Frame on the right and left sides. Secure with the Bolts (18), Arm Bushings (21), Bolt Covers (19) and Nuts (20) as in step 5.
5. Attach the piston end of the shocks to the H-Clamps on the Rowing Arms with the Bolt (24), Washer (24A), Plastic Bushing (26) and Nut (25). Repeat on the right and left sides.
6. Set the H-Clamps at the same height on both Rowing Arms and tighten into place with the Bolt (24), Washer (26) and T-Wingnut (22).
7. Begin assembling the foot pedals by placing the Left Foot Bracket (38A) around the Left Stepper Bar (10).
8. Slide two Plastic Rollers (31) onto a Metal Spacer (32). Insert the Assembly into the Foot Bracket and fasten into place with a Carriage Bolt (33), Washer (33A) and Nut (33B).
9. Attach the Plastic Foot Plate (40) and Foot Strap (39) to the top of the Foot Bracket with the four Bolts (35) and Locknuts (35A). Repeat steps 7 through 9 for the Right Foot Pedal.
10. Place the single metal grommet found at the end of the Nylon Strap (12) onto the hook on the inside of the Right Foot Bracket. Thread the other end around the rollers in the top of the Rower Frame and attach it to the Fastening Tape.
11. To assemble the Seat, remove the Seat Bolts (6) from the bottom of the Seat (1). Line up the holes in the Seat and the Seat Bracket (2). Start all four Bolts and then tighten them down.





Replacement Parts may be ordered from any Sears store, or call 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.

PARTS LIST

No.	Description	Qty.	Reorder No.
1	Seat	1	042010
2	Seat Bracket	1	008079
3	Seat Roller	4	022014
4a	Bolt	4	013109
4b	Nut	4	012003
5	Spacer	4	019028
6	Seat Bolt	4	013072
7	Button Head Bolt	4	013219
8	End Bracket	1	008074
9	Bushing	2	019078
10	Left Stepper Bar	1	004047
11	Right Stepper Bar	1	004048
12	Nylon Strap	1	035013
13	End Tube	1	004050
14	Phillips Head Screw	2	013110
15	Shoulder Bolt	2	013221
16	Tube Frame	1	004049
18	Bolt	4	013220
19	Bolt Cover	8	040056
20	Nut	4	012068
21	Arm Bushing	4	019117
22	"T" Wingnut	2	017001
23	"H" Clamp	2	016016
24	Carriage Bolt	4	013151
24a	Washer	2	014001

No.	Description	Qty.	Reorder No.
25	Nut	2	0131720
26	Plastic Bushing	2	019077
27	Shock	2	043013
28	End Cap	4	040047
29	Hand Grip	2	041008
30	Rowing Arm End Cap	2	040004
31	Plastic Roller	8	022022
32	Metal Spacer	4	019111
33	Carriage Bolt	4	013276
33a	Washer	4	014068
33b	Nut	4	012080
34	Plastic Cap	2	040070
35	Black Bolt	8	013225
35a	Locknut	8	012079
36	Rubber Bumper	2	059006
37	Machine Screw	4	013222
38	Rt. Foot Bracket	1	008060
38a	Lft. Foot Bracket	1	008078
39	Velcro Foot Strap	2	035004
40	Plastic Foot Plate	2	061006
41	Bolt	2	013219
41A	Nut	2	012084
42	Velcro Pad	1	062003
43	Left Rowing Arm	1	002037
43a	Right Rowing Arm	1	002036

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 Lifestyler is used in a normal manner.

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

WARRANTY SERVICE IS AVAILABLE BY SIMPLY RETURNING THE LIFESTYLER 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.

STORAGE AND MAINTENANCE

The Lifestyler 2600 Stepper/Rower is relatively light and can be stored quite easily. Simply position the Stepper/Rower in whatever position is most convenient in a cool dry place.

The Lifestyler 2600 Stepper/Rower is designed to be practically maintenance free. However, to prolong the life of your Stepper/Rower it is advisable to periodically clean all exposed surfaces. If any problems should occur with your Stepper/Rower please call our toll free customer service number for further assistance.

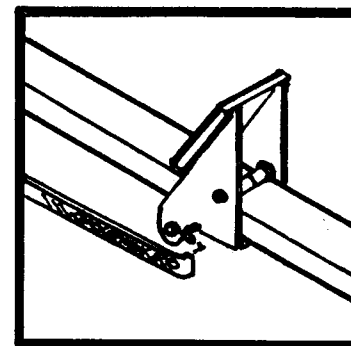
ADJUSTMENTS AND OPERATION

CONVERTING THE STEPPER/ROWER TO THE STEPPER MODE

1. Remove the rower seat from the stepper bars.
2. Stand the unit upright and unfold the stepper bars and rower frame to their maximum extension.
3. Unhook the nylon strap from the velcro pad and attach the strap to the left foot bracket.

FOOT BRACKET ADJUSTMENT

The distance that the foot brackets move up and down can be adjusted to an amount that is comfortable for you. There are three grommets in the nylon strap. When the bottom grommet is attached to the left foot bracket the distance is increased; when the top grommet is attached the distance is decreased.



NOTE: The Rubber Cap on the Foot Bracket Hook is a special safety feature to secure strap during use.

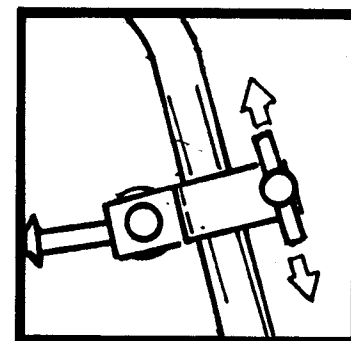
CONVERTING THE STEPPER/ROWER TO THE ROWER MODE

1. Fold the stepper bars and the rower frame together and lay the unit flat on the floor.
2. Unhook the nylon strap from the left foot bracket and attach the strap to the velcro pad.
3. Slide the foot brackets to the bottom of the stepper bars.
4. Hook the rubber bumpers on the foot brackets over the end of the rower frame.
5. Place the rower seat on the stepper bars.

ROWING ARM RESISTANCE ADJUSTMENT

The resistance on the rowing arms can be increased or decreased by adjusting the H-clamps on the arms. To change the resistance setting first loosen the T-wingnuts on the H-clamp. Raise the clamp to increase the resistance or lower the clamp to decrease the resistance. Be sure that the clamps are at the same height on both arms and retighten the T-wingnuts.

The resistance should be great enough that moving the arms requires effort, but not so much that the muscles are strained.



STEPPER EXERCISES

This exercise is designed to increase cardiovascular capacity while exercising the thighs, calves, and buttocks.

The Stepper/Rower must be in the stepper mode for this exercise.

1. Be sure that the Stepper/Rower frame is fully extended and that the nylon strap is securely attached to the foot brackets.
2. Firmly grip the handlebar.
3. Slide one foot bracket to the bottom of the stepper bar and place your foot squarely on the bracket.
4. Carefully place your other foot on the other foot bracket.
CAUTION: The foot straps are for use in the rower mode only. DO NOT USE THE FOOT STRAPS IN THE STEPPER MODE.
5. Keeping your weight on the balls of your feet, push the top bracket down and straighten your leg.
6. Push the other foot bracket down and continue alternating steps.

For safety and maximum effectiveness, keep your head erect, your back straight, and lean slightly forward while exercising.

CAUTION: Leaning backward while on the Stepper/Rower may cause the unit to tip backwards. Move your legs in a smooth, fluid motion. Do not hit the foot bracket rubber bumpers against the bottom of the frame.

ROWER EXERCISES

The Stepper/Rower must be in the Rower mode for these exercises.

The correct way to row is to use your arms and body together in a smooth, fluid motion. Long, slow strokes work better than short, quick ones.

Proper rowing form consists of 3 distinct parts: A. **the catch** B. **the drive** and C. **the finish**.

To Begin

1. Position yourself on the rower seat facing towards the foot brackets.
2. Strap your feet into the brackets.
3. Hold the rowing arms with an overhand grip.
4. Follow the procedure outlined below, breathing normally throughout.

A. The Catch is a fully compressed position. Your legs and body should be in a tucked position. Your knees should be fully bent, with your upper legs just off the chest. Arms should be straight and shoulders relaxed.

B. The Drive is started by the legs and upper body together. As you push your legs backwards, push back your upper body. Be sure to keep your back straight as you lean back from the hip. Halfway through the drive, pull the handles towards the chest. Try to keep your elbows in an outward position.

C. The Finish comes as the arms continue to bend until the elbows pass on either side of the chest. At this time your legs should be in a nearly fully extended position with your upper body leaning slightly back.

After the finish, extend your arms and slide your body forward as if following the hands back to the catch. Repeat the sequence.

ADDITIONAL EXERCISES

Rowing works virtually every muscle in the body. This provides overall muscle tone and cardiovascular conditioning. However, a great emphasis can be put on certain muscle groups through performing additional exercises.

Sit Ups

1. Position yourself on the rower as if performing regular rowing.
2. Strap your feet into the foot brackets.
3. Position the seat to allow for a slight bend in the knees.
4. Place hands on chest or behind head.
5. Inhale and tighten stomach muscles as you lower yourself back.
6. Exhale while you pull yourself up by contracting muscles in the abdomen and hip area. Repeat.

Develops: Muscles of the abdominal and hip area.

Two/Alternating Arm Press

1. Place the seat against the foot brackets.
2. Position yourself on the rowing seat facing away from the foot brackets. Sit erect with back straight.
3. Grab rowing handles with an overhand grip.
4. Exhale as you push both rowing arms away from your body.
5. Bring arms back to chest, repeat.

*Note: For a slight variation perform press with alternating arms.

Develops: Chest, triceps, and shoulders.

Alternating Rowing

1. Position yourself on the rower as if performing regular rowing.
2. Align yourself in the drive position. Knees slightly bent, back straight.
3. Without moving the seat or legs, pull one handle as far as possible towards the chest.
4. Return the rowing arm to its original position while at the same time pulling the other arm towards the chest. Repeat.

- 8 5. Breathe normally throughout the movement.

CONDITIONING

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 Lifestyler 2600 Stepper/Rower.

TRAINING PROGRAM

A. Intensity (Target Heart Rate)

To maximize health benefits from using the Lifestyler 2600 Stepper/Rower, your level of exertion must exceed mild demands while falling short of fatigue or breathlessness. This level of exercise will be achieved if you reach what is referred to as a "Target Heart Rate" during your workout.

Your target heart rate falls between 70% and 85% of the highest heart rate that you can achieve during exercise. You can estimate your target heart range by following this simple formula.

$$\frac{220 \text{ (average maximal heart rate for a child)}}{\text{-- YOUR AGE}}$$

$$= \text{YOUR MAXIMUM HEART RATE}$$

Maximum Heart Rate multiplied by .70 = Low end of Target Heart Range.

Maximum Heart Rate multiplied by .85 = High end of Target Heart Range.

For example, if you were 30 years old you would use this formula:

$$\begin{array}{r} 220 \\ - 30 \\ \hline 190 \end{array}$$

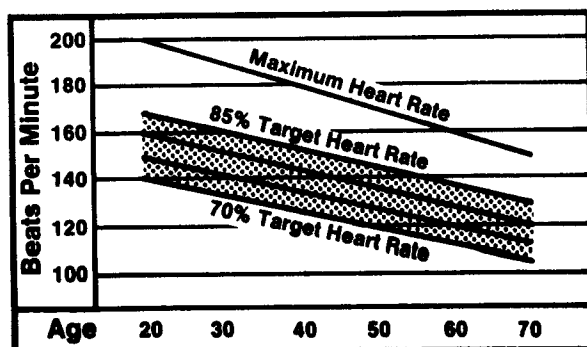
$$190 \times .70 = 133 \text{ (Low end of Target Heart Range)}$$

$$190 \times .85 = 161.5 \text{ (High end of Target Heart Range)}$$

Target Heart Range for a 30 year old is 133-162.

For your first time using the Lifestyler 2600 Stepper/Rower you should work towards obtaining a 70% target heart rate. As time goes by you should work on increasing your heart rate, at a pace of about 5% every 4 weeks, until you reach 85%. As your body adapts to the workout, more and more workload will be required to reach your target heart rate. This can be easily accomplished by increasing your speed, or tension. A need for increased workload is a definite indicator of improved physical condition.

Below is a quick reference chart to help estimate your beats/minute target rate.



B. Duration/Frequency.

To maximize benefits gained from the use of the Lifestyler 2600 Stepper/Rower you should exercise at your prescribed heart rate for at least 20 minutes 3 times a week. Alternating a day of rest between workouts is advised.

C. Exercise Pattern.

Your exercise pattern should consist of a basic 5 step pattern.

At rest
Warm up
Target Heart Range Exercise
Cool-Down
At Rest

1. Warm up and cool down are important steps in the prevention of injuries and should not be taken lightly. Warm up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. Warm up can be achieved through stretching exercises and light calisthenics for a period of 5-10 minutes prior to use of the Stepper/Rower. Then start your training with several minutes of a lighter pace prior to heart rate training.

2. Target Heart Rate, as discussed earlier in this section, is a fundamental concept in exercise efficiency and benefit. You should work out on your Stepper/Rower at a speed and tension that causes your heart rate to fall within your target heart range. You need to maintain this level for a period of 20-30 minutes to maximize the benefits.

3. Cool down is essential to preventing injuries. Stopping abruptly after vigorous exercise is likely to cause blood pooling in the extremities, a condition that causes the heart to work harder and increases the potential for muscle soreness. Again, cool down can be achieved through stretching or simply exercise at a slower pace.

STRETCHING

WARM UP

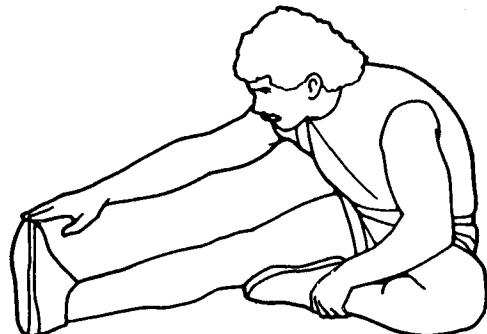
Before beginning use of the Stepper/Rower, a stretching routine is recommended. The following stretching routine provides a good warm up.

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.

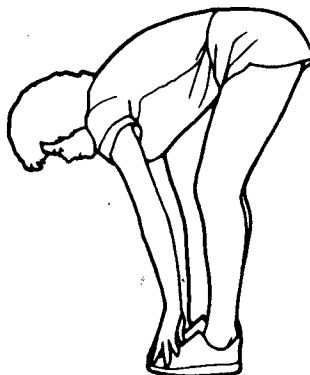
Stretches: Inner thigh muscles.



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.

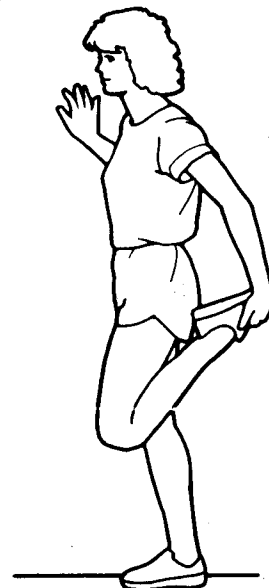
Stretches: Hamstrings, Back of Knees, Back.



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.

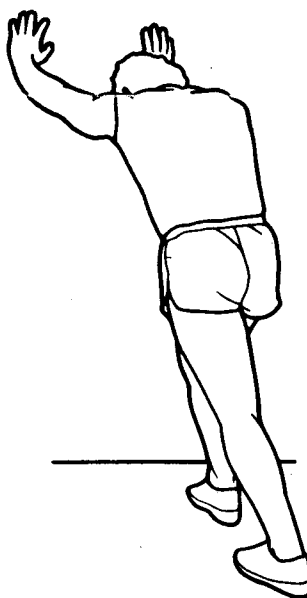
Stretches: Quadriceps, Hip muscles.



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.



COOL DOWN

These stretching exercises may also be used to "cool down" after your workout program. This will help prevent muscle stiffness the next day.

SEARS, ROEBUCK, AND CO., DEPT. 697/731A, SEARS TOWER, CHICAGO, IL 60684