

SEARS

Lifestyler

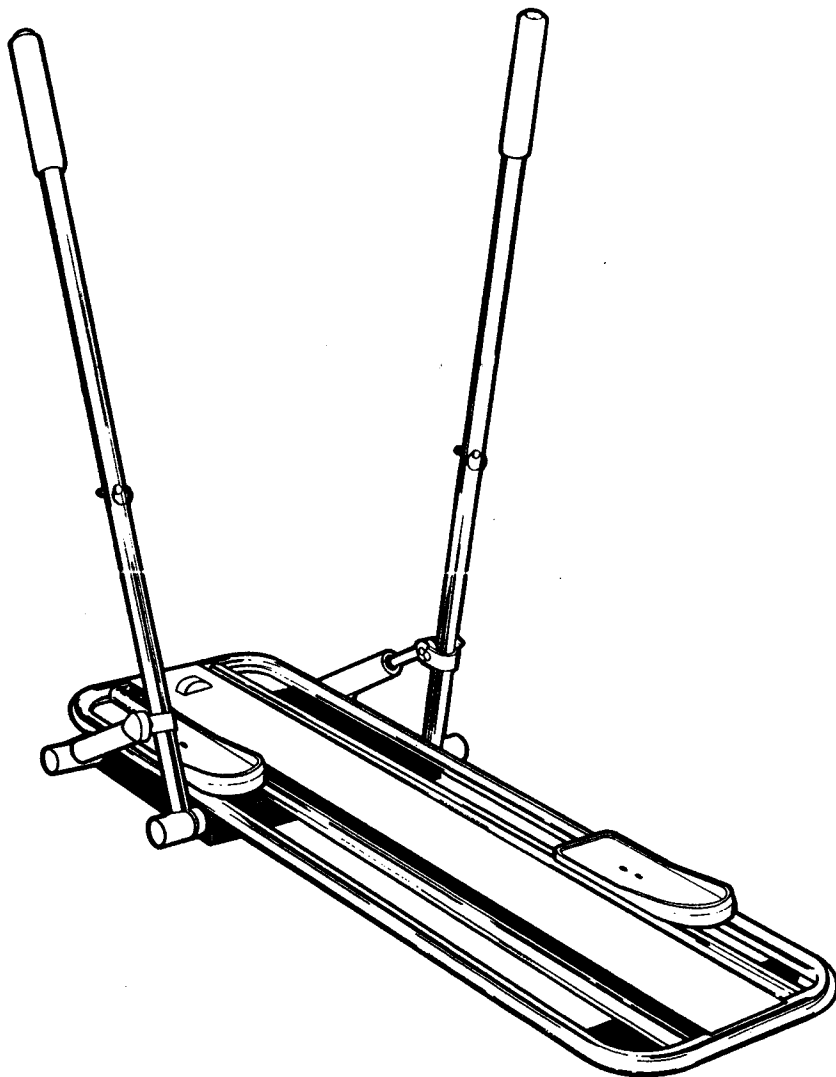
X·C·S·K·I·E·R

MODEL 831.29040

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



MASTER



**Owner's Manual
and Fitness Program**

Lifestyler

Owner's Manual and Fitness Program

BEFORE YOU BEGIN

For maximum enjoyment and benefit, become familiar with the operation of your Skier 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

Cross-country skiing is one of the best forms of cardiovascular muscle-toning exercise. With the innovative Lifestyler X/C Skier you can have the benefits of this healthful exercise in the convenience of your home. This manual is designed to familiarize you with the operation of your X/C Skier as well as to outline a basic training program.

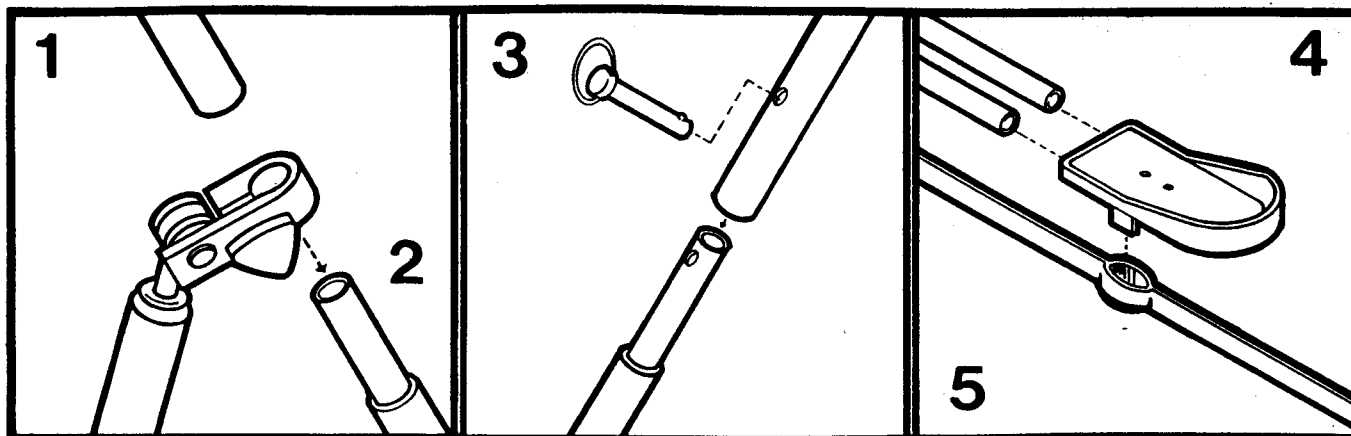
WARNING:

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 X/C Skier.

ASSEMBLY INSTRUCTIONS

1. Loosen the Triangle Knobs (23) on the J-clamps (22). Slide the J-clamps over the tops of the Skiing Arms (16), and push the J-clamps down to the desired height.
2. Make sure that the J-clamps are even on both sides and tighten the Triangle Knobs.
3. Slide the Skiing Poles (15) over the ends of the Skiing Arms (16) and attach them with the Hitch Pins(37).
4. Clip the Pedals (33 & 34) onto the Side Rails (6).
5. With the Pedals side by side, attach the Tabs (33a & 34a) to the Nylon Strap (10).



Model No. 831.290401

PARTS LIST

Part No.	Reorder Number	Description	Qty.	Part No.	Reorder Number	Description	Qty.
1	004041	Main Frame	1	21	019006	Outside Shock Bushing	2
2	040049	Large Rubber Strip	1	22	016005	"J" clamp	2
3	006065	Frame End Bar	2	23	017031	Triangle Knob	2
4	019068	Threaded Spacer	4	24	013107	Carriage Bolt	4
5	013201	Bolt	4	25	043016	Hydraulic Shock	2
6	006069	Side Rail	2	26	013262	Allen Head Bolt	4
7	012073	Nut	1	27	019070	Spacer	2
8	072010	Tension Strap Guide	1	28	014005	Washer	4
9	010057	Center Platform	1	29	012074	Lock Nut	4
10	035012	Nylon Tension Strap	1	30	013263	Frame Bolts	12
11	017026	Tension Control Knob	1	31	051008	Rubber Feet	2
12	072009	Tension Control Bar	1	32	040065	Small Rubber Strip	1
13	040004	End Cap	2	33	038013	Left Pedal	1
14	041008	Foam Hand Grip	2	33a	008076	Left Pedal Tab	1
15	006028	Skiing Pole	2	34	038014	Right Pedal	1
16	006067	Skiing Arm	2	34a	008076	Right Pedal Tab	1
17	010056	Base Plate	1	35	008075	Foot Bracket	2
18	012002	Lock Nut	2	35a	041021	Foot Grip Tape	2
19	014019	Washer	2	36	013264	Bolt	4
20	019005	Inside Shock Bushing	2	37	015002	Hitch Pin	2

This exploded view diagram illustrates the assembly of a metal frame, likely for a table or bench. The components are numbered as follows:

- 1, 2, 3, 4:** Main horizontal frame rails.
- 5, 6, 7, 8:** Vertical support legs and cross-bracing elements.
- 9, 10:** Top horizontal rails or panels.
- 11, 12:** Fasteners and brackets for the top panel.
- 13, 14, 15:** Long vertical support posts.
- 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30:** Various bolts, nuts, washers, and small structural components.
- 31, 32, 33, 34, 35, 36, 37:** Additional fasteners, brackets, and a U-shaped component.

Dashed lines indicate the alignment and assembly sequence of the parts.

SKIER 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.**

TRAINING PROGRAM

A. Intensity (Target Heart Rate)

To maximize health benefits from using the XC Skier, your level of exertion must exceed mild demands while falling short of fatigue or breathlessness. This level of exercise must 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.

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

= 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:

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

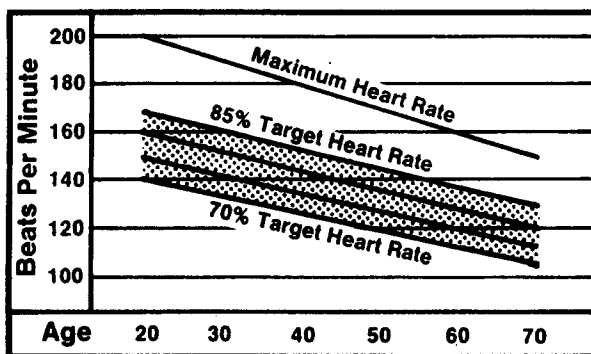
$$190 \times .70 = 133 \text{ (Low end of Target Heart Range)}$$

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

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

For your first time using the XC Skier 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 X/C Skier 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 Skier. 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 Skier 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

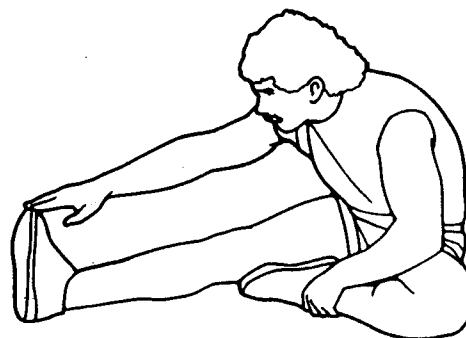
Before beginning use of the Skier, a stretching routine is recommended. The following stretching routine provides a good warm up.

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

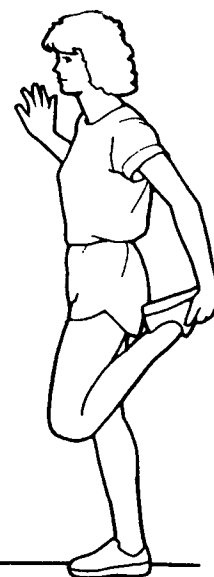
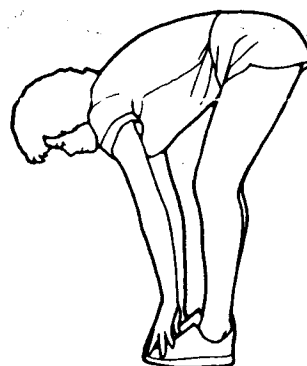
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

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.

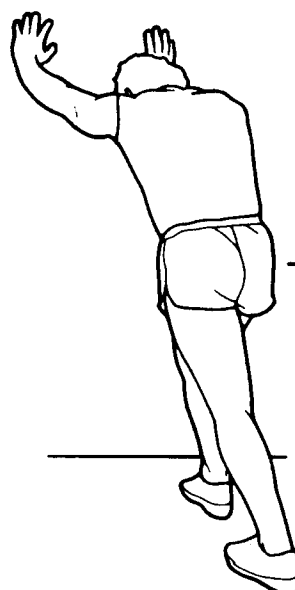
Stretches: Hamstrings, Back of Knees, Back.



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.

ADJUSTMENTS AND OPERATION

In order to adjust the Skier for your current fitness level, and to vary the intensity of your workout, you can change the amount of resistance on both the Skiing Poles and the Skiing Pedals.

SKIING POLE RESISTANCE

1. Raise the Skiing Poles (15) to an upright position.
2. Loosen the Triangle Knobs (23) on the J-clamps (22).
3. Slide the J-clamps upwards to increase the resistance, or downwards to decrease the resistance.
4. Re-tighten the Triangle knobs.

SKIING PEDAL RESISTANCE

1. Turn the Tension Control Knob (11) to the left to increase the resistance. Turn the knob to the right to decrease the resistance.

For safe and efficient skier operation, please observe the following guidelines:

1. Always use the skier in an open, flat area.
2. be sure that all parts are securely tightened. The pedals should be firmly clipped to the skiing bars, and attached to the nylon strap.
3. When changing the resistance on the poles or pedals, step off of the machine before making the adjustments.

USING THE SKIER

1. Hold the skiing poles in an upright position.
2. Firmly gripping the skiing poles, step carefully onto the skiing pedals.
3. Begin exercising using shorter strides until your muscles become accustomed to the skiing movement. Never let the pedals hit against the base plate.
4. To simulate the action of cross-country skiing, move your right arm forward as your left leg moves forward. Move your arms and legs in a smooth, rhythmic fashion.



Alternate Method: You may vary your exercise by moving your right arm and right leg forward simultaneously. This will work your muscles in a different way than the method described above.

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 X/C Skier is used in a normal manner.

This warranty does not apply when the X/C Skier is used for commercial or rental purposes.

WARRANTY SERVICE IS AVAILABLE BY SIMPLY RETURNING THE X/C SKIER 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. 697 /731A, SEARS TOWER, CHICAGO, IL 60684

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