

SEARS

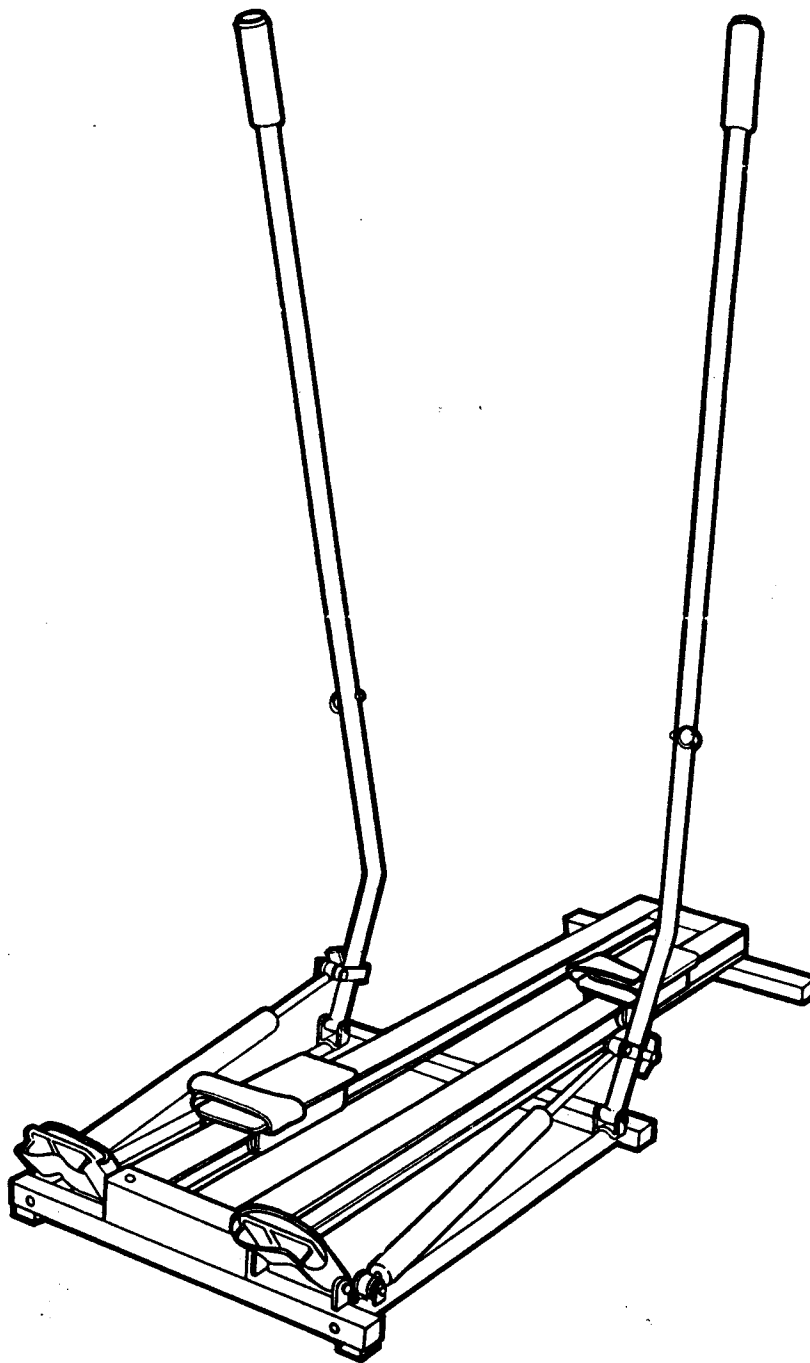
MODEL NO. 831.290442

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



Lifestyler

R·O·W·E·R / X·C - S·K·I·E·R



Owner's Manual and Fitness Program

Lifestyler

R·O·W·E·R / X·C - S·K·I·E·R

Owner's Manual and Fitness Program

BEFORE YOU BEGIN

For maximum enjoyment and benefit, become familiar with the operation of your Rower/XC 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

Rowing could be called the perfect exercise. It provides conditioning for the heart, lungs and entire cardiovascular system, while at the same time working nearly every muscle in the body. Cross country skiing is also one of the best forms of cardiovascular, muscle toning exercises. The Lifestyler Rower/XC-Skier combines the two to give you a near perfect workout.

With unilateral rowing and variable resistance the Rower/XC-Skier is a truly innovative and effective exercise aid.

This manual will help familiarize you with the basic operation of your Rower/XC-Skier and also outline a basic training program.

WARNING:

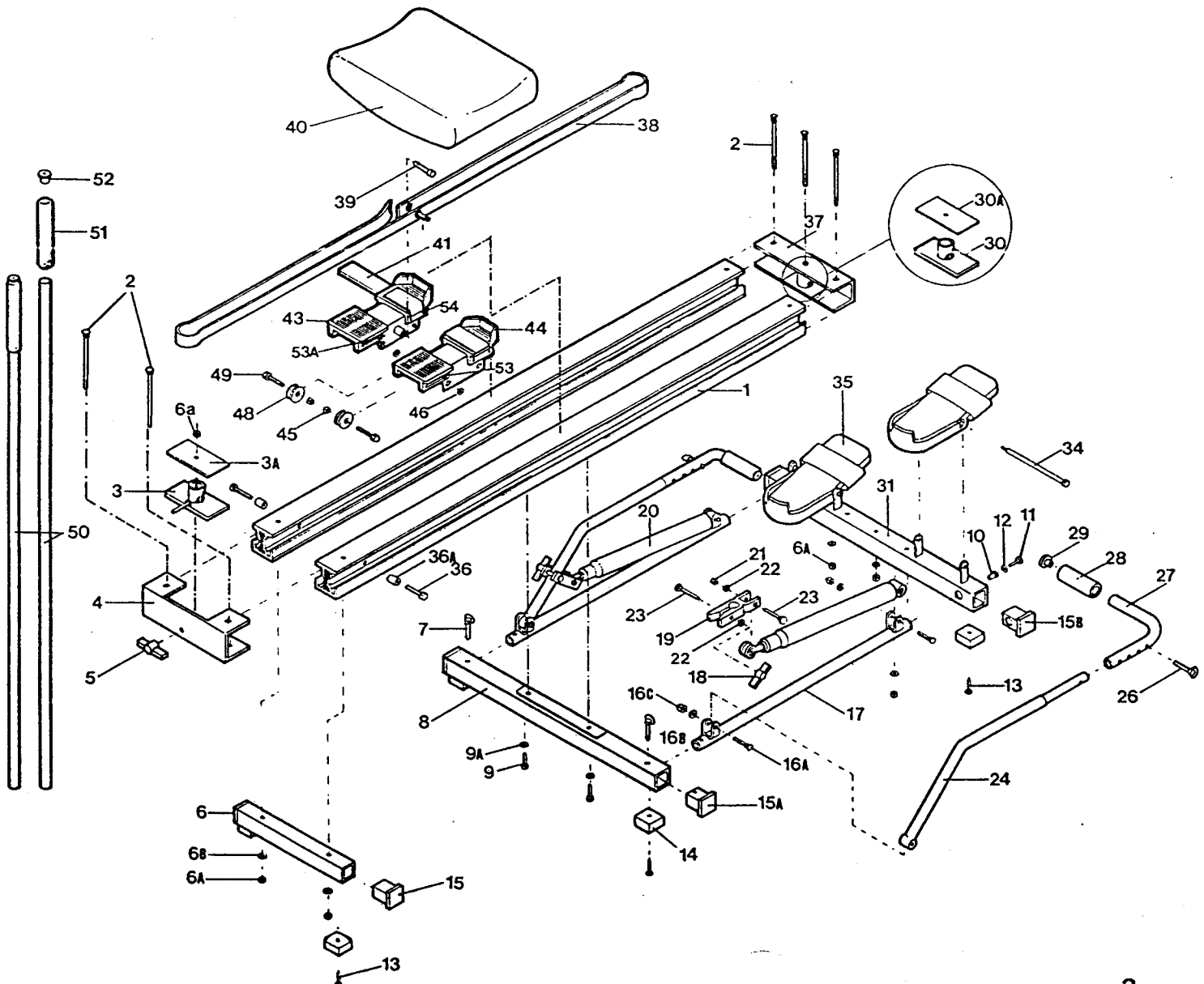
Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. **Read all instructions before using.** Sears assumes no responsibility for personal injury or property damage sustained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

PARTS LIST

MODEL NO. 831.290442

NO. DESCRIPTION QTY. REORDER NO.

1	Aluminum Bar	2	006060	16A	Bolt	4	013010	34	Foot Rest Shaft	2	049046
2	Bracket Bolt	4	013266	16B	Washer	4	014005	35	Foot Rest	2	039001
3	Rear Bracket w/Drum	1	008078	16C	Nut	4	012002	36	Stopper Bolt	2	013268
3A	Bracket Plate	1	061009	17	Swivel Arm	2	006036	36A	Spacer	2	019103
4	Frame Bracket	1	008079	18	"T" Wing Nut	2	017001	37	Front Bracket	1	008077
5	Drum Bracket Adj. Knob	1	013047	19	"H" Clamp	2	016022	38	Nylon Strap	1	026009
6	Rear Crossbar	1		20	Hydraulic Shock	2	043003	39	Hitch Pin	2	015007
6A	Nut	4	012004	21	Nut	4	012003	40	Rowing Seat	1	042009
6B	Washer	4	014010	22	Washer	4	014019	41	Strap	2	035014
7	Hitch Pin	2	015008	23	Carriage Bolt	4	013051	43	Left Skiing Pedal	1	038015
8	Middle Crossbar	1	00068	24	Rowing Arm	2	002018	44	Right Skiing Pedal	1	038016
9A	Washer	2	014019	26	Hitch Pin	2	015002	45	Nut	8	013080
9	Crossbar Bolt	2	013265	27	Rowing Handle	2	002035	46	Washer	8	014042
10	Swivel Arm Bushing	2	019029	28	Foam Handgrip	2	041008	48	Roller Wheel	8	020004
11	Swivel Arm Bolt	2	013109	29	End Cap	2	040066	49	Bolt	8	013080
12	Washer	2	014019	30	Front Bracket w/ Drums	1	008077	50	Skiing Pole	2	006028
13	Foot Pad Screw	6	013106	30A	Bracket Plate	1	061008	51	Skiing Pole Handgrip	2	041010
14	Rubber Foot	6	051003	30B	Bracket Bolt	1	013267	52	End Cap	2	004004
15	End Cap	2	040067	31	Front Crossbar	1	006081	53	Bolt	2	
15A	Mdl. Crssbr. Hsng. Cap	2	040030	32	Locknut	2	012075	53A	Wingnut	2	
15B	Front Cross Hsng. Cap	2	040030	33	Washer	2	014058	54	Phillips Head Screws	8	

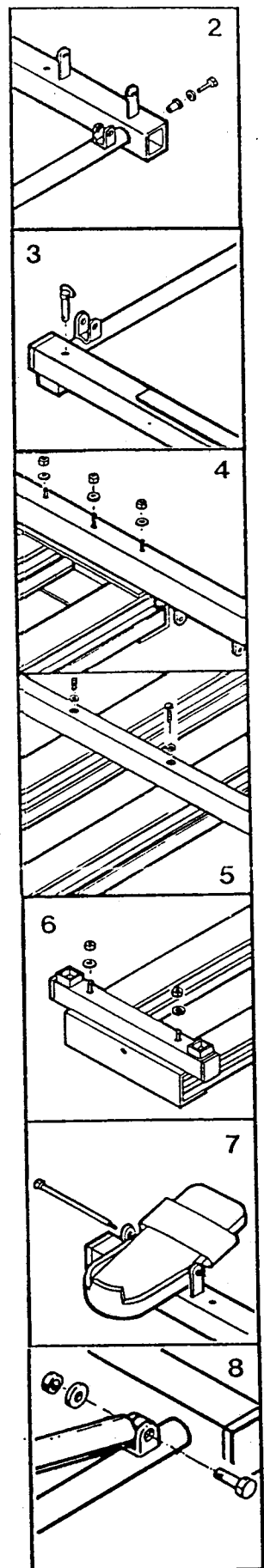


ASSEMBLY INSTRUCTIONS

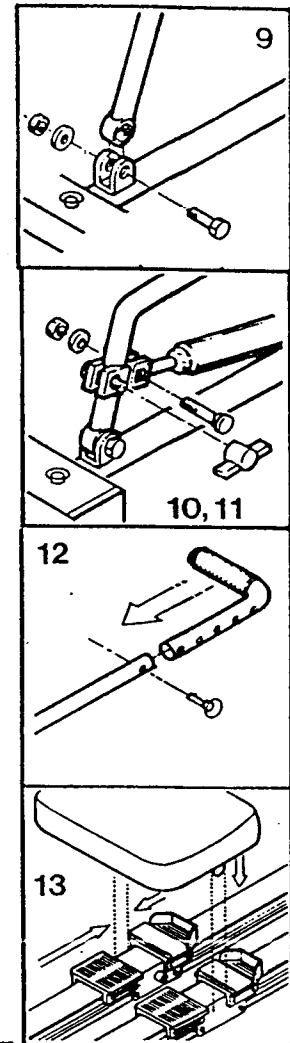
Important! Read all instructions thoroughly before beginning assembly. For part identification see the exploded drawing and parts list. Assembly can be completed with the tool provided.

Nuts and bolts can be found in their final assembly position and must be removed before assembling certain parts.

1. Place the Skier/Rower in a clear area on the floor. Remove all packing materials. Make sure all parts are included before disposing of the carton.
2. Position the Front Crossbar (31) with the footrest brackets up. Insert the front end (the end without a hole in the tube) of a Swivel Arm (17) into the round hole in the right end of the Front Crossbar. Secure with a Swivel Arm Bushing (10), Bolt (11) and Washer (12). Repeat on the left side.
3. Insert the rear ends of the Swivel Arms (17) into the holes in the Middle Crossbar (8) with the middle support bracket up. Secure with the Hitch Pins (7).
4. Position the Aluminum Bar (1) assembly with the protruding Bracket Bolt (2) ends up. Turn the assembled crossbar frame over and place the front of it over the front Bracket Bolts (2). Secure with the Washers (6B) and Nuts (6A).
5. Screw the Crossbar Bolts (9) with Washers (9A) through the Middle Crossbar (8) and into the Aluminum Bars (1).
6. Place the Rear Crossbar (6) over the Bracket Bolts (2) in the rear Frame Bracket (4). Secure with Washers (6B) and Nuts (6A).
7. Turn the Skier/Rower over. Place a Footrest (35) between the footrest brackets on the right side of the Front Crossbar (31). Insert the Footrest Shaft (34) through the outside bracket and footrest and tighten into the other bracket. Repeat for the left Footrest.
8. Attach the stationary end of a Shock (20) to the front bracket on the right Swivel Arm (17) with the Bolt (16A), Washer (16B) and Nut (16C). Repeat on the left side.



9. Attach a Rowing Arm (24) to the rear bracket on the right Swivel Arm (17) so that the T-Wingnut (18) faces out. Secure with the Bolt (16A), Washer (16B) and Nut (16C). Repeat on the left side.
10. Secure the piston end of the right Shock (20) to the H-Clamp (19) on the right Rowing Arm (24) with the Carriage Bolt (23), Washer (22) and Nut (21). Repeat on the left side.
11. Set the right and left H-Clamps (19) at an even height on the Rowing Arms (24) and tighten them into place with the Bolt (23), Washer (22) and T-Wingnut (18).
12. Place the curved Rowing Handles (27) on the Rowing Arms (24) and secure with the Hitch Pins (26).
13. Loosen the Wingnuts on the Skiing Pedals (43, 44) and extend the Pedals slightly. With the pedals aligned, position the bracket on the bottom of the Rowing Seat (40) in the slot between the Pedals. Slide the Pedals closed until they lock against the bracket tabs. Retighten the Wingnuts.



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 Rower/XC Skier, 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 called 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.

$$\begin{aligned} & \mathbf{220 \text{ (average maximal heart rate for a child)}} \\ & \mathbf{- \text{YOUR AGE}} \\ & \mathbf{= \text{YOUR MAXIMUM HEART RATE}} \end{aligned}$$

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

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

Simply subtract your age from 220. Multiply that number by .70 (70%). That will give you the low end of your range in beats-per-minute. To get the high end of your range, subtract your age from 220 and multiply the result by .80 (80%).

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

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

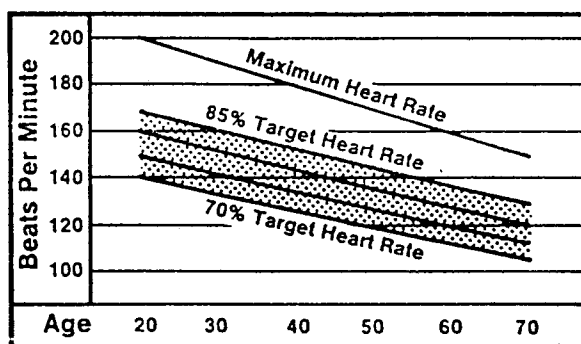
$$190 \times .70 = 133 \text{ (Low end of Target Heart Range)}$$

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

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

For your first time using the Rower/XC Skier you should work towards obtaining a 70% target heart rate. As time goes by, you should increase your heart rate about 5% every 4 weeks, until you reach 85%. As your body adapts to the workout, more workload will be required to reach your target heart rate. This can be 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 Rower/XC 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 to the muscles and raising body temperature. Warm up can be achieved through stretching exercises and light calisthenics for 5-10 minutes prior to use of the Rower/XC Skier. Then start your training with several minutes of light exercises prior to heart rate training.
2. Target Heart Rate is a fundamental concept in exercise efficiency and benefit. You should work out on the Rower/XC 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 20-30 minutes to maximize benefits.
3. Cool-down is essential to preventing injuries. Stopping abruptly after vigorous exercise causes the heart to work harder and increases the potential for muscle soreness. Again, cool-down can be achieved through stretching or simply exercising at a slower pace.

STRETCHING

WARM-UP

Before beginning your workout, 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.

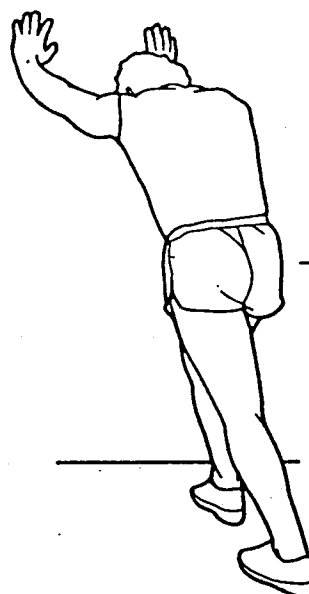
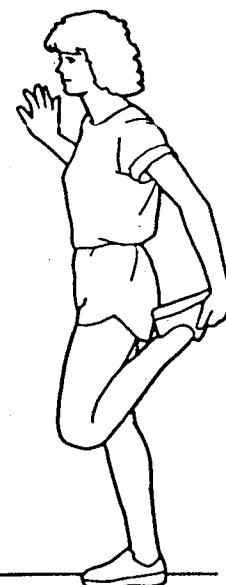
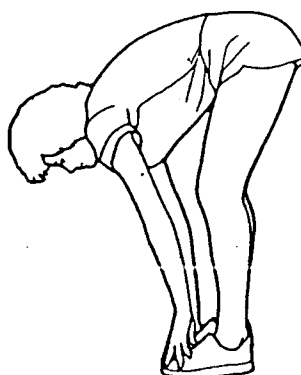
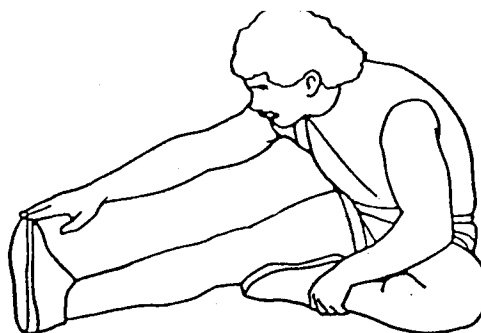
Calf/Achilles Stretch

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

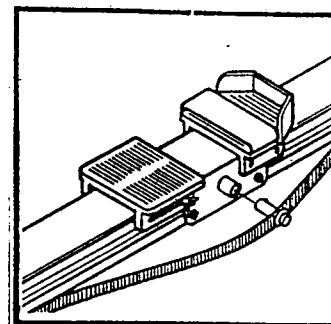
These stretching exercises may also be used to "cool-down" after your workout program. This will help prevent muscle stiffness the next day.



ADJUSTMENTS AND OPERATION

CONVERTING FROM ROWER TO SKIER MODE

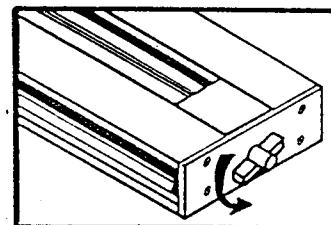
1. Remove the seat from the skiing pedals.
2. Adjust the pedals to the desired length.
3. Align the pedals with the hitch pins in the nylon strap. Insert the hitch pins into the holes in the pedals.
4. Remove the hitch pins from the rowing handles and remove the handles.
5. Slide the skiing poles onto the rowing arms and replace the hitch pins.



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

Skiing Petal Resistance

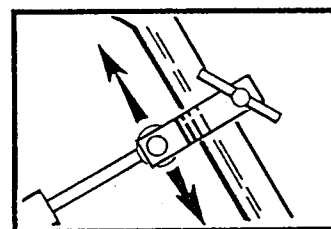
When you first begin exercising with your Rower/XC-Skier you should use a low ski pedal resistance setting. As your conditioning improves, increase the resistance level of your workout. To adjust the resistance level:



1. Turn the resistance control knob clockwise to increase the resistance, counter-clockwise to decrease it.

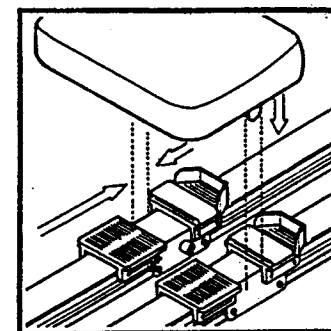
Skiing Pole/Rowing Arm Resistance

1. Raise the Skiing Poles to an upright position.
2. Loosen the T-Wingnuts on the H-clamps.
3. Slide the H-clamps upwards to increase the resistance, or downwards to decrease the resistance. Make sure the H-clamps are at the same height on each arm.
4. Re-tighten the T-Wingnuts.



CONVERTING FROM SKIER TO ROWER MODE

1. Remove the hitch pins from the poles and remove the poles.
2. Slide the rowing handles onto the rowing arms and replace the hitch pins.
3. Remove the hitch pins from the skiing pedals and move them with the strap to opposite ends of the rowing bars.
4. Loosen the wingnuts on the skiing pedals and extend the pedals slightly. Position the seat with the bracket in the slot between the pedals. Slide the pedals closed until they lock against the bracket tabs. Retighten the wingnuts.



EXERCISE ROUTINE

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

1. Always use the Rower/XC-Skier in an open, flat area.
2. Be sure that all parts are securely tightened. The pedals should be firmly attached to the nylon strap.
3. When changing the resistance on the poles or pedals, step off of the machine before making the adjustments.

SKIING TECHNIQUE

The Rower/XC-Skier must first be converted to the skiing mode to perform this exercise.

Pedal Strap Adjustment

Adjust the velcro straps on the skiing pedals one at a time, placing one foot on the pedal and keeping the other foot on the floor. Adjust the strap so that it is snug, but still allows you to lift your heel as you extend your leg backward.

Skiing Pole Adjustment

The hydraulic shock resistance should be set between three and five. Stand on the aluminum rails to test the resistance setting of the ski poles.

Pedal Resistance Adjustment

Use the resistance control knob to adjust the pedal resistance. Turning the knob clockwise will increase the tension. The tension will decrease as the knob is turned counter-clockwise. A stiff resistance at first will make it easier to mount the pedals.

Mounting the Skier

Position the pedals side by side. Hold the skiing poles upright for balance and step onto the aluminum rails and then into the skiing pedals.

SKIING FORM

The true action of cross-country skiing, like walking, is moving the right arm forward as the left leg moves forward. Begin using shorter strides until your muscles become accustomed to the skiing movement. Move your arms and legs in a smooth, rhythmic fashion. Never let the pedals hit against the brackets. You may stand straight upright or bend forward slightly at the hips. Always keep your back straight to avoid injury.

The key to the aerobic efficiency of skiing is that it uses many of the body's muscles simultaneously, quickly raising the pulse rate to the desired level with less exertion on each muscle.

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.



ROWING TECHNIQUE

The Rower/XC-Skier must first be converted to the rowing mode to perform this exercise.

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 instrument console.
2. Strap feet into foot rests.
3. Grab rowing handles 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 tuck position. Your knees should be fully bent, with your upper legs just off the chest. Arms are straight and shoulders relaxed.

B. The Drive is started by the legs and back together. As you push your legs backwards, push back your upper body. Both body and leg movements should work together. Be sure to keep your back straight as you lean back from the hip. Halfway through the drive, pull the handles towards the stomach. Try to maintain 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 and your 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.



Extended Radius Rowing

Your Rower/XC-Skier comes equipped with the extended radius rowing feature, which will provide you with 360 degree rowing action to further simulate actual rowing and provide an added workout to the back and lateral muscles. To activate this feature, simply pull out the cotter pins in the crossbars (as pictured). This will allow you to swing your arms wide in the return part of the row, as in actual rowing.



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/XC Skier is used in a normal manner.

This warranty does not apply when the Rower/XC-Skier is used for commercial or rental purposes.

WARRANTY SERVICE IS AVAILABLE BY SIMPLY RETURNING THE ROWER/XC-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.

STORAGE AND MAINTENANCE

The Rower/XC-Skier can be easily stored. Stand the unit on the front crossbar and lean it against a wall in a convenient place, out of the way.

To preserve the appearance of the Rower/XC-Skier periodically clean exposed surfaces with a damp cloth and mild soap, drying immediately to avoid water spots.

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