

SEARS® **Lifestyler™ 500**

Model No. 831.290500

XC-SKIER ROWER

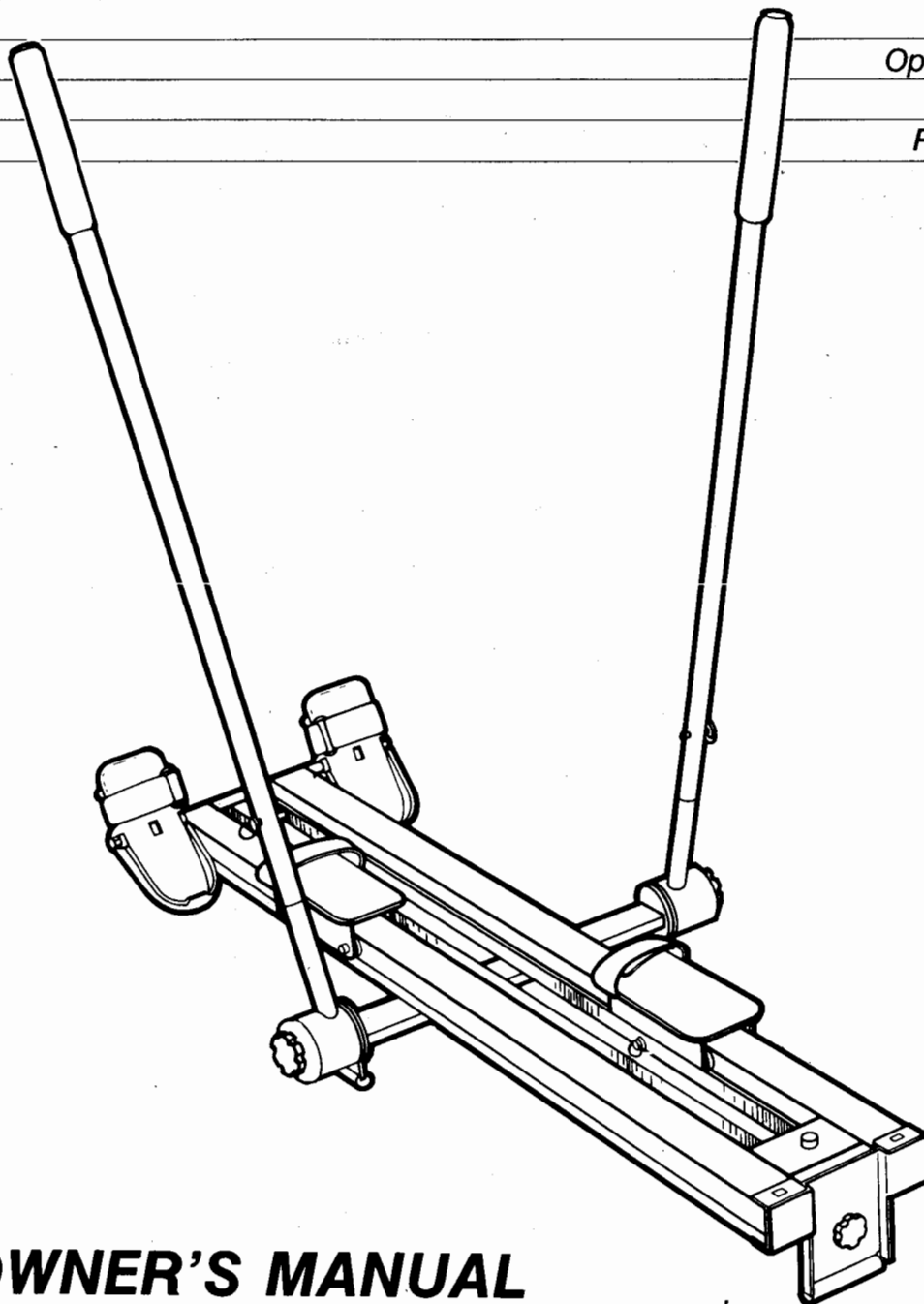
Warranty

Assembly

Operation and Adjustments

Conditioning Guidelines

Part Ordering Information



OWNER'S MANUAL

CAUTION: Read all instructions carefully before using this product. Retain this Owner's Manual for future reference.

Part No. 046235 6/89

SOLD BY SEARS, ROEBUCK AND CO., DEPT. 731CR-W, 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 this XC-Skier/Rower is used in a normal manner.

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

SERVICE IS AVAILABLE BY CONTACTING 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

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 Sears product.

LifestylerTM 500

XC-SKIER ROWER

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IMPORTANT SAFETY PRECAUTIONS

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

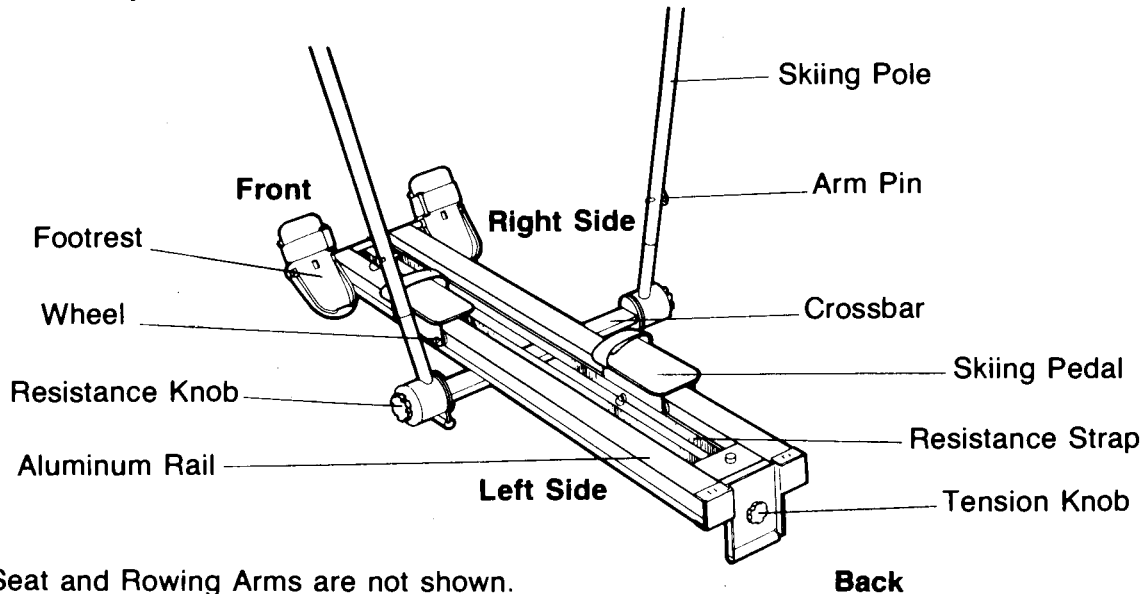
BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 500 XC-Skier/Rower. The Lifestyler 500 is designed to let you enjoy two of the best forms of cardiovascular exercise in the convenience of your own home.

For your safety and benefit, please read this manual carefully before initial use of the Lifestyler 500. If you have additional questions regarding assembly or operation, please call our Customer Service Department toll-free at **1-800-999-3756**, (in Canada at **1-800-824-8949**), Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. When calling, please refer to the product by the model number. The model number is **831.290500**.

ORIENTATION DIAGRAM

To help you understand clearly the descriptions in this manual, please examine the drawing below and familiarize yourself with the parts identified.

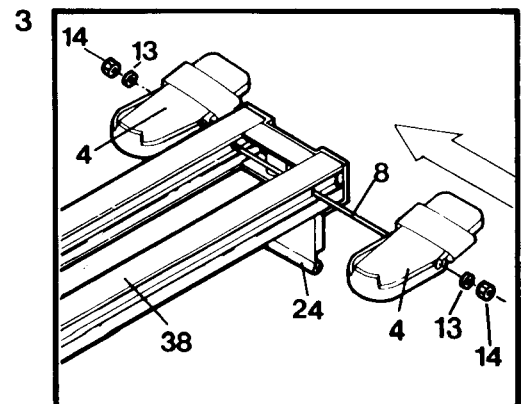
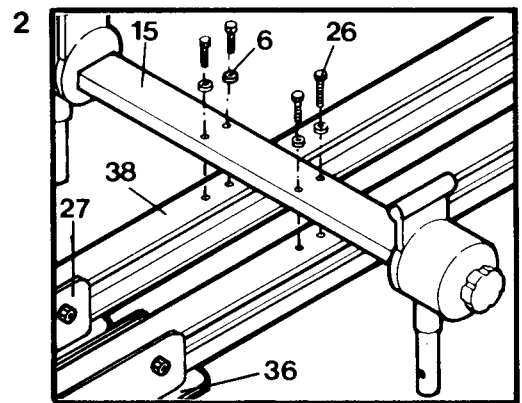


The Seat and Rowing Arms are not shown.

ASSEMBLY INSTRUCTIONS

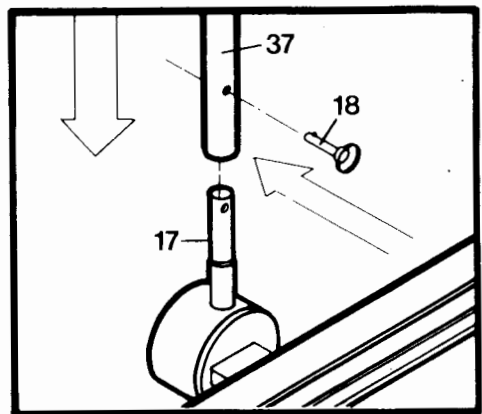
Please read all instructions carefully before beginning assembly. For identification of parts see the Exploded Drawing and the Part List. Assembly can be completed with the tool provided.

1. Place the XC-Skier/Rower in a clear area on the floor and remove the packing materials. Be sure that all parts are included before disposing of the packing materials.
2. Turn the Aluminum Rails (38) over so that the Skiing Pedals (27, 36) are towards the floor. Attach the Crossbar (15) to the Rails with four Bolts (26) and Washers (6).
3. Turn the Aluminum Rails (38) over and stand them on the four Protective Pads (24). Insert the Footrest Shaft (8) through the front end of the Rails. Place a Footrest (4) on each side of the Shaft and attach the Footrests with Washers (13) and Nuts (14) as shown.



4. Slide the Skiing Poles (37) onto the Right and Left Arm Mounts (17) and insert the Arm Pins (18).

4



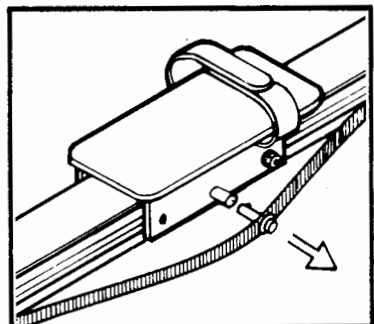
5. Make sure that all parts are securely fastened.

ROWER OPERATION AND ADJUSTMENT

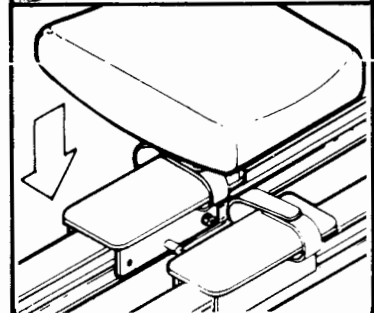
CONVERTING TO THE ROWER MODE

1. Remove the Strap Pins from the Skiing Pedals, and pull the Resistance Strap until one Pin is at the front end of the Aluminum Rails and the other Pin is at the back end.
2. Position the Skiing Pedals side by side. Set the Rowing Seat on the Pedals and press down firmly.
3. Remove the Arms Pins and pull the Skiing Poles from the Arm Mounts. Slide the Rowing Arms onto the Arm Mounts, with the Rowing Arms pointing inwards, and insert the Arm Pins.

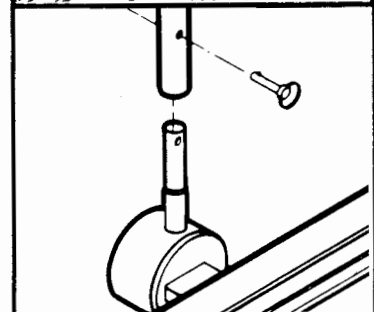
1



2

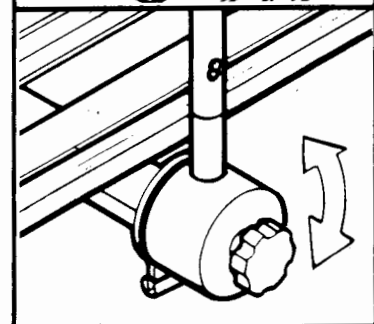


3



ROWING ARM RESISTANCE

Turn the Resistance Knobs at the end of the Crossbar clockwise to increase the resistance. Turn the Knobs counterclockwise to decrease the resistance.

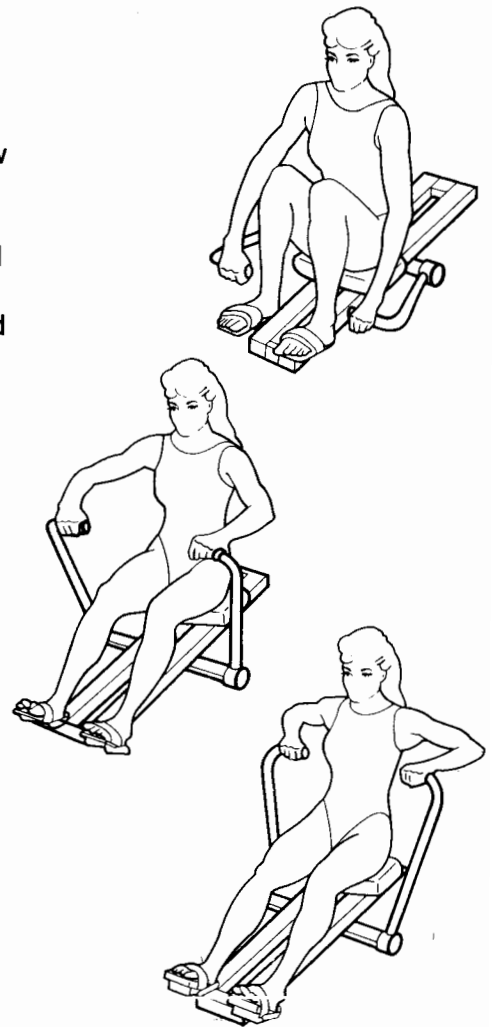


ROWING TECHNIQUE

Position yourself on the Seat facing the Footrests and strap your feet into the Footrests. Hold the rowing Handgrips with an overhand grip. Correct rowing form consists of three parts. Follow the procedure outlined below, breathing normally throughout.

- A. The Catch** is a fully compressed position. Your body should be in a tucked position, your knees fully bent and your upper legs just off of the chest. Arms should be straight and shoulders relaxed.
- B. The Drive** is started by the legs and back pushing backwards together. Be sure to keep your back straight as you lean back from the hip. Halfway through the drive, pull the Handgrips towards your stomach. Try to keep your elbows outwards.
- 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 nearly extended and your upper body leaning slightly back.

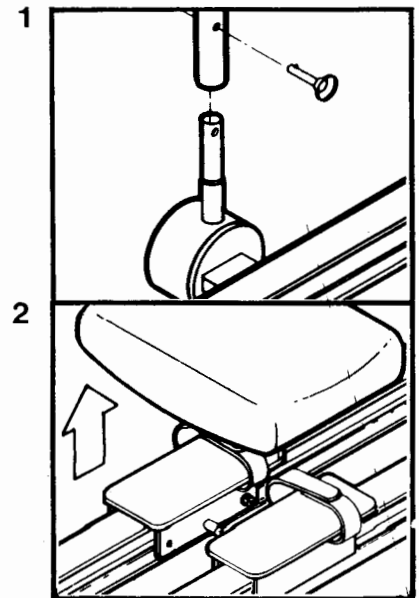
After the finish, extend your arms forward and slide your body forward as if following the hands back to the catch. Repeat the sequence. Move your arms and body together in a smooth, fluid motion.



XC-SKIER OPERATION AND ADJUSTMENT

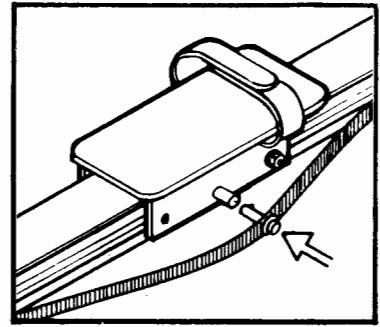
CONVERTING TO THE SKIER MODE

1. Remove the Arm Pins and pull the Rowing Arms from the Arm Mounts. Slide the Skiing Poles onto the Arm Mounts and reinsert the Arm Pins.
2. Lift the Seat from the Skiing Pedals.



3. Slide the Resistance Strap until the Strap Pins are beside the Skiing Pedals. Insert the Pins into the Pedals.

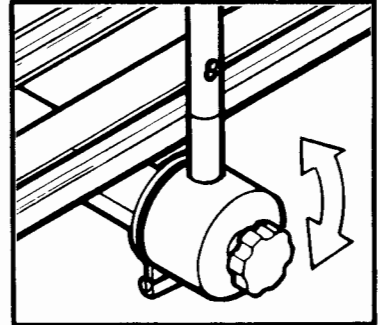
3



SKIING POLE RESISTANCE

Resistance on the Skiing Poles can be changed using the Knobs at the ends of the Crossbar. Turn the Knobs clockwise to increase resistance, or counterclockwise to decrease resistance.

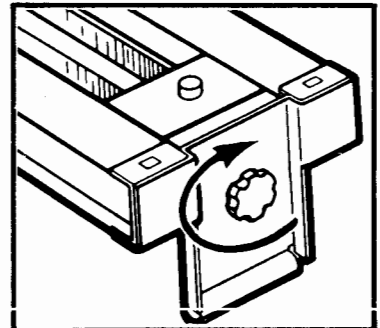
If resistance decreases with time, remove the Knobs, lubricate the insides of the Washers next to the Arm Mounts (#19 on the Exploded Drawing), and retighten the Knobs.



SKIING PEDAL RESISTANCE

Turn the Tension Knob located at the rear of the Aluminum Rails clockwise to increase Pedal resistance, or counterclockwise to decrease resistance.

If the Pedals stick during exercise, rub a small amount of paraffin wax onto the sides of the Strap where it glides around the Brackets (part #5 on the EXPLODED DRAWING). This will also prevent fraying of the strap.



PEDAL STRAP ADJUSTMENT

Adjust the Straps on the Skiing Pedals one at a time, placing one foot on a pedal and keeping the other foot on the floor. Adjust the Straps so that they are snug, but still allow you to lift your heels as you extend your legs backwards.

MOUNTING THE SKIER

Position the Pedals side by side. Hold the Skiing Poles upright for balance and step onto the Rails and then into the Skiing Pedals.

SKIING TECHNIQUE

To simulate the true action of cross-country skiing, move your right arm forward as your left leg moves forward. Begin with short strides until your muscles become accustomed to the skiing movement. Move your arms and legs together in a smooth, rhythmic fashion. Never let the pedals hit the brackets at the ends of the rails. Stand straight upright, or bend forward slightly at the hips. Always keep your back straight in order to avoid injury.

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.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program.

However, before beginning this or any exercise program, consult your physician. Remember that adequate rest and good nutrition are also essential to the success of any fitness program.

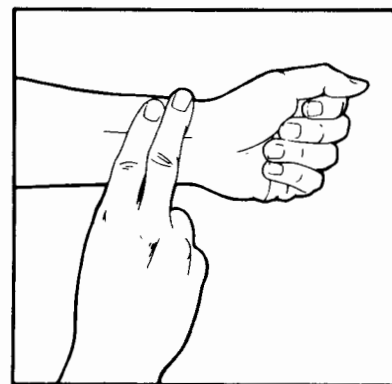
EXERCISE INTENSITY

To maximize health benefits from 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 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 conditioned and unconditioned persons. 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

To determine whether your heart rate is in your Training Zone, you must first exercise continuously for four minutes. After four minutes, pause briefly and take your pulse. The easiest way to measure your heart rate is to place two fingers on your wrist where you feel a pulse. 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. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



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 you reach the high end of your Training Zone.

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 the 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

The following stretches provide a good warm-up. 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

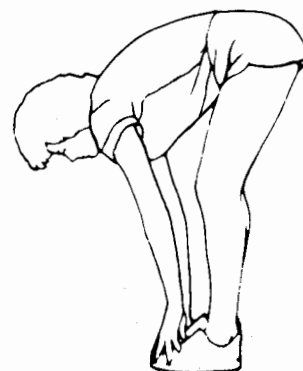
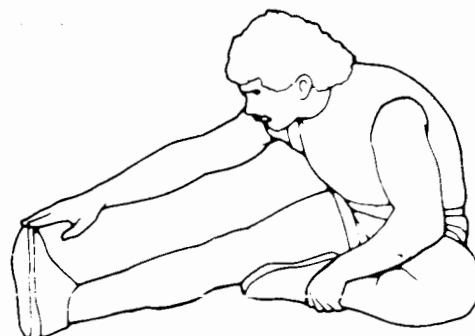
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

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.

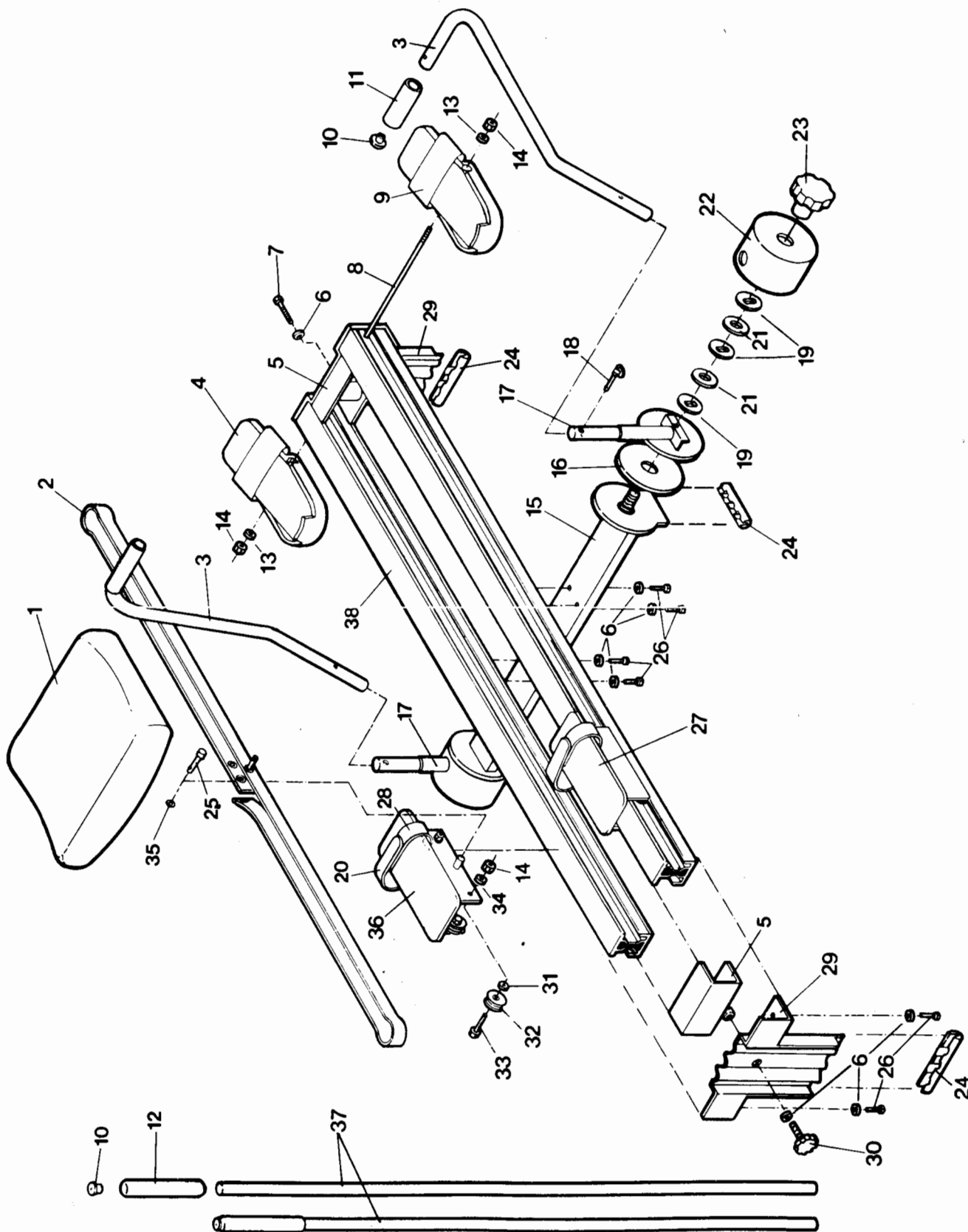
Stretches: Hamstrings, Back of Knees, Back.



EXPLODED DRAWING - Model No. 831.290500

Rev. 6/89

*Specifications are subject to change without notice.



PART LIST - Model No. 831.290500

Rev. 6/89

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	042029	1	Seat	22	040163	2	Arm Mount Cover
2	035022	1	Resistance Strap	23	017039	2	Resistance Knob
3	002062	2	Rowing Arm	24	051011	4	Protective Pad
4	039001	2	Footrest	25	015002	2	Strap Pin
5	008202	2	Bracket	26	013093	8	Frame Bolt
6	014030	10	Washer	27	038008	1	Right Skiing Pedal
7	013111	1	Adjustment Bolt	28	035009	2	Pedal Strap-Loop
8	049069	1	Footrest Shaft	29	061040	2	End Plate
9	035034	2	Footrest Strap	30	017038	1	Tension Knob
10	040010	4	End Cap	31	019182	8	Wheel Spacer
11	041008	2	Small Foam Grip	32	020004	8	Wheel
12	041026	2	Large Foam Grip	33	013319	8	Bolt
13	014041	2	Shaft Washer	34	014001	8	Pedal Washer
14	012013	10	Nut	35	081008	2	O-Ring
15	006140	1	Crossbar	36	038007	1	Left Skiing Pedal
16	061039	2	Resistance Plate	37	006141	2	Skiing Pole
17	002063	2	Arm Mount	38	006142	2	Aluminum Rail
18	015029	2	Arm Pin	#	046235	1	Owner's Manual
19	014107	6	Key Washer	#	045019	1	Tool
20	035008	2	Pedal Strap-Hook				
21	014097	4	Resistance Washer				

See the back cover of this manual for part reordering instructions.

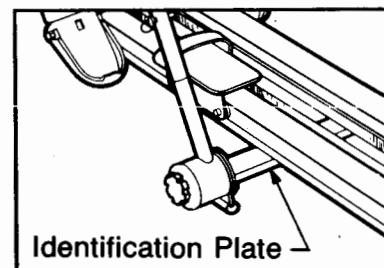
SEARS[®] SERVICE is at YOUR SERVICE

HOW TO ORDER REPLACEMENT PARTS

Each XC-Skier/Rower has its own MODEL NUMBER.

Always mention this MODEL NUMBER when requesting service or repair parts for your XC-Skier/Rower.

All parts listed herein may be ordered through SEARS, ROEBUCK, AND CO. SERVICE CENTERS and most 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 (831.290500).
2. The NAME OF THE PRODUCT (Sears Lifestyler 500 XC-Skier/Rower).
3. The KEY NUMBER OF THE PART (see the Part List in this manual).
4. The DESCRIPTION OF THE PART (see the Part List in 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 the equipment to insure that we meet our pledge to you: we service what we sell.

SOLD BY SEARS, ROEBUCK AND CO., DEPT. 731CR-W, CHICAGO, IL 60684