

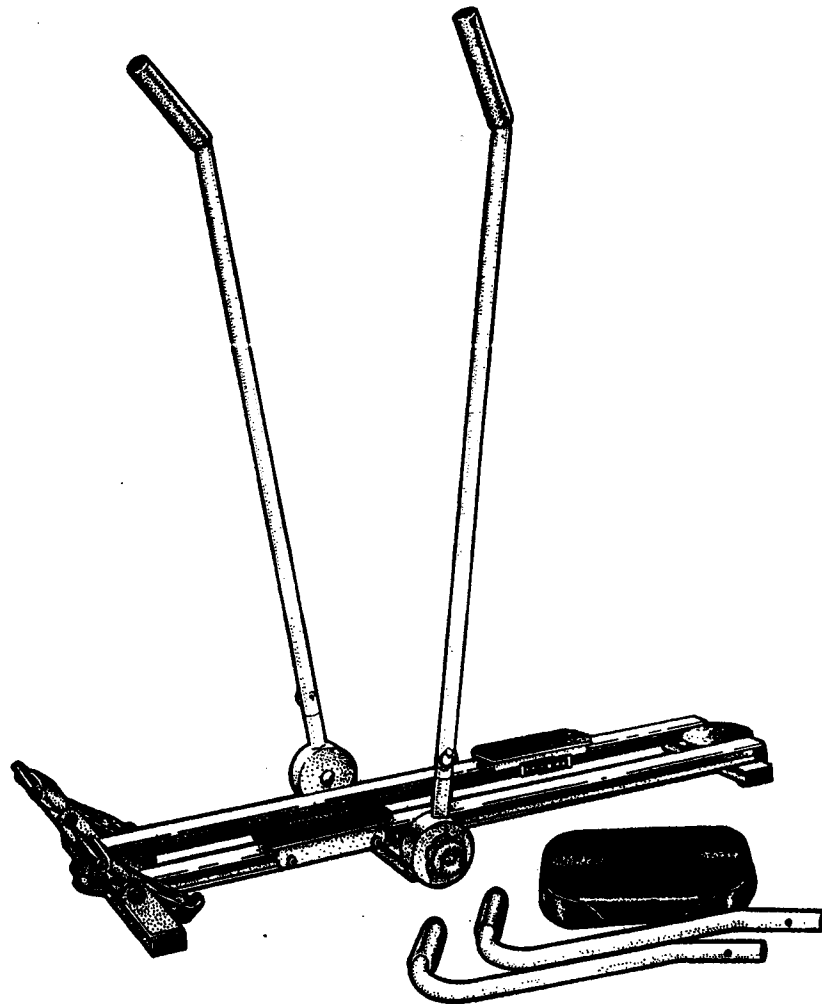
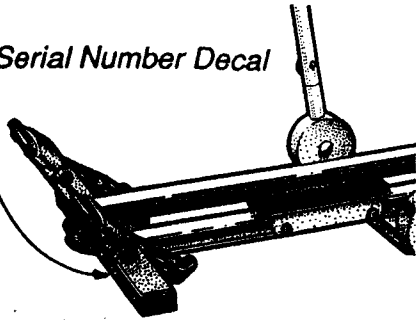
Lifestyler™ 500

▼ XC-SKIER ▼ ROWER

Model No. 831.290502

Serial No. _____

Serial Number Decal



SEARS®

OWNER'S MANUAL

CAUTION: Carefully read all safety precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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 this XC-Skier/Rower is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY 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. 817WA,
3333 BEVERLY ROAD, HOFFMAN ESTATES, IL 60179**

Lifestyler™ 500

▼ XC-SKIER ▼ ROWER

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read all safety precautions and instructions in this manual before using the cross-country skier/rower.

1. Place the cross-country skier/rower on a level surface.
2. Inspect and tighten all parts each time you use the cross-country skier/rower.
3. Keep small children away from the cross-country skier/rower at all times.
4. Always wear appropriate attire, including athletic shoes, when using the cross-country skier/rower.
5. Always dismount the cross-country skier/rower before changing the resistance of the ski pedals or ski poles.
6. Use the cross-country skier/rower only as described in this manual.

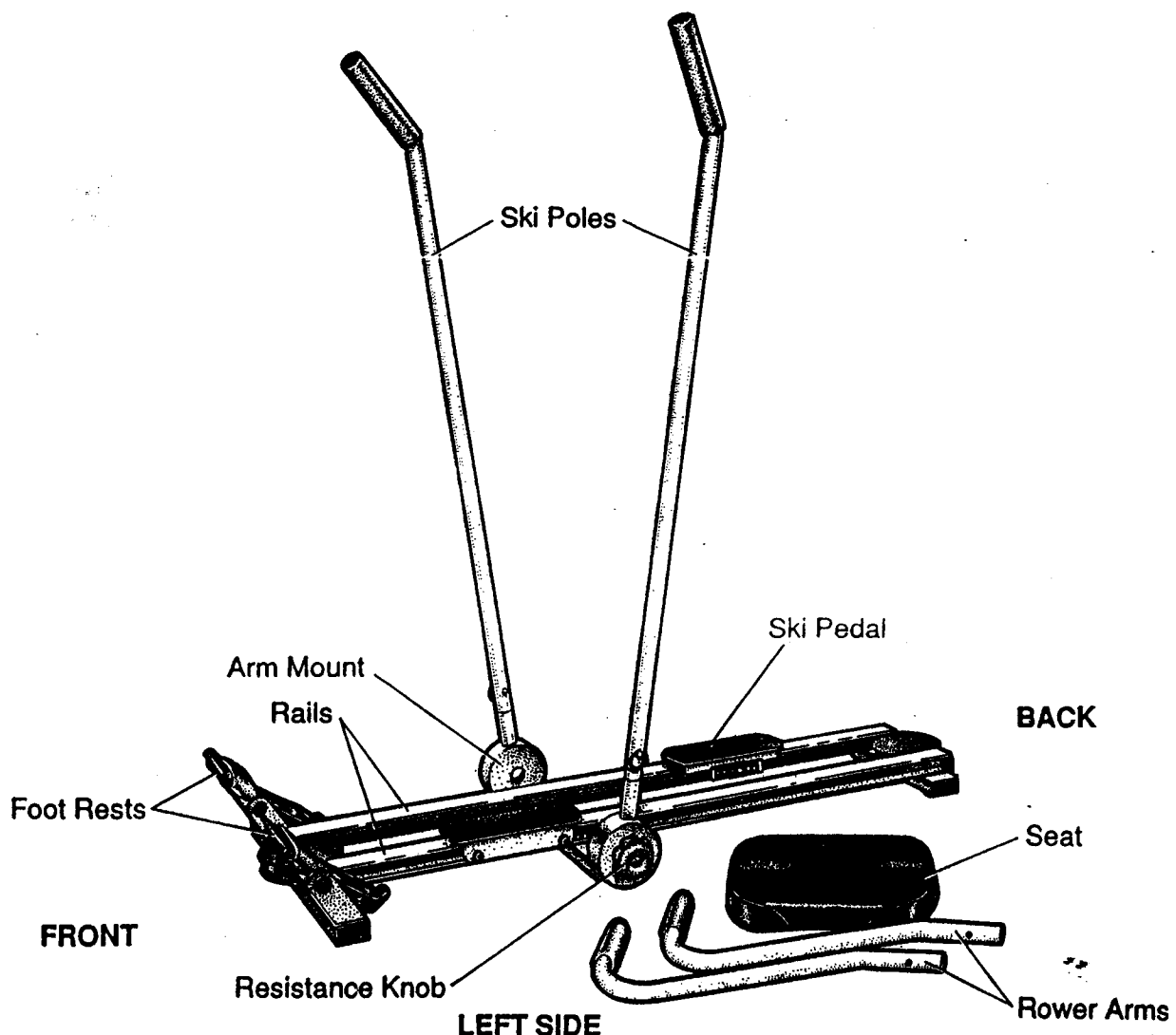
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read this manual carefully before using this product. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the SEARS® LIFESTYLER 500 cross-country skier/rower. Rowing and cross-country skiing are two of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The LIFESTYLER 500 lets you enjoy both exercises with one compact machine in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the cross-country skier/rower. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the cross-country skier/rower (see the front cover of this manual for the location).

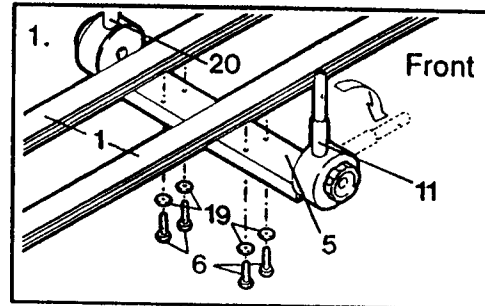
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



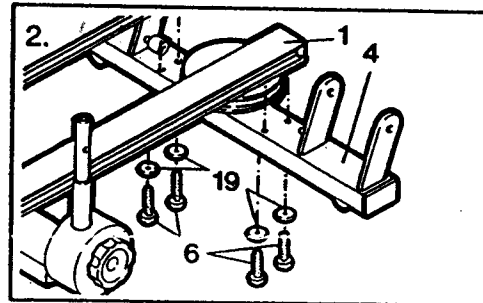
ASSEMBLY

Set all parts of the cross-country skier/rower in a cleared area on the floor and remove the packing materials. **Do not dispose of the packing materials until the cross-country skier/rower is completely assembled.** A phillips screwdriver is required for assembly.

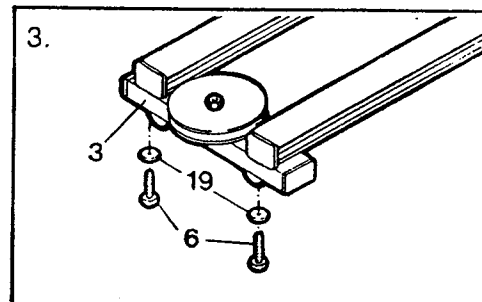
1. Attach the Center Rail Support (5) to the Rails (1) with four Rail Support Bolts (6) and Washers (19). Make sure that the Center Rail Support is turned so the "Front" decal is toward the front end of the Rails. The Arm Mounts (11, 20) should rotate toward the front end of the Rails.



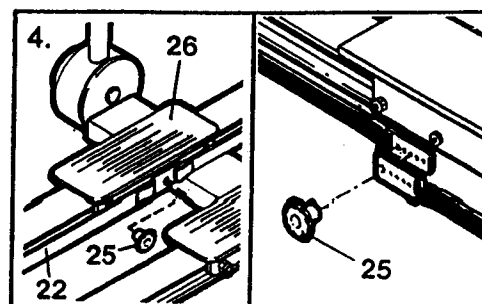
2. Attach the Front Rail Support (4) to the front end of the Rails (1) with four Rail Support Bolts (6) and Washers (19). Make sure that the brackets on the Front Rail Support angle forward as shown.



3. Insert and tighten two Rail Support Bolts (6) and Washers (19) into the Rear Rail Support (3). Tighten the two Rail Support Bolts that are already in the Rear Rail Support.



4. Loop the Resistance Strap (22) around the outside of the Pulleys (not shown—see the EXPLODED DRAWING on page 11 for the correct position). Attach the metal bracket in the center of the Strap to the left Ski Pedal (26) with a Strap Knob (25). Attach the metal brackets at the ends of the Strap to the right Ski Pedal with the other Strap Knob (25). Make sure that the metal brackets remain parallel to each other as you tighten the Strap Knob.



ROWER ADJUSTMENT AND OPERATION

CONVERTING TO THE ROWER MODE

Remove the strap knobs from the left and right pedals. Remove the resistance strap from the pulleys. Keep the strap and knobs in a secure place.

Position the ski pedals side by side. Set the seat on the pedals and press down firmly.

If the ski poles are attached, remove the pull pins and pull the ski poles from the arm mounts. Slide the rower arms onto the arm mounts, with the handles pointed inward. Reinsert the pins into the rowing arms.

CHANGING THE RESISTANCE OF THE ROWER ARMS

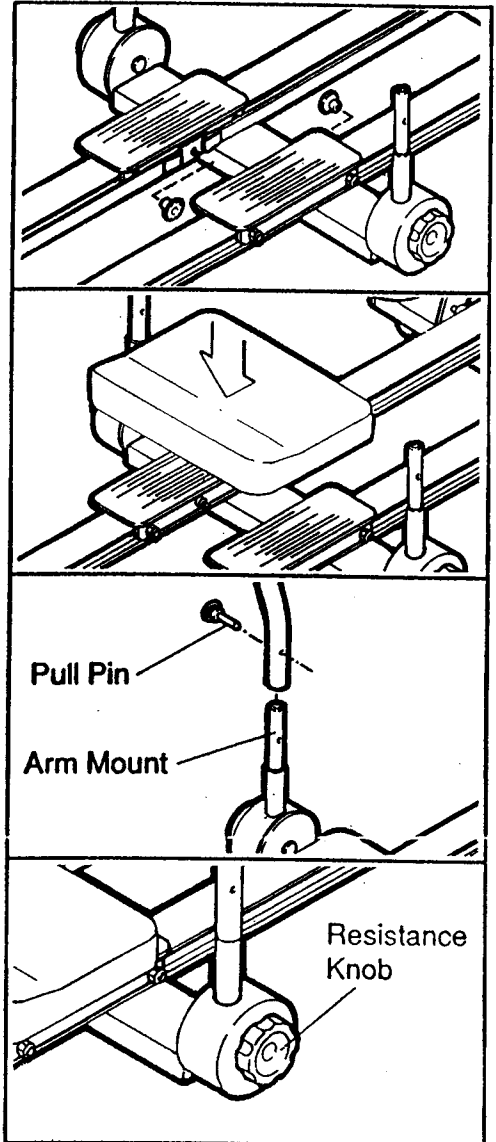
The resistance of the rower arms can be changed by turning the resistance knobs on the arm mounts. To increase the resistance, turn the knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.

EXERCISING ON THE ROWER

Sit on the seat facing the front of the cross-country skier/rower and strap your feet into the foot rests. Hold the handles of the rower arms with an overhand grip. Proper rowing form consists of three parts:

1. The **catch** is the starting position. Tuck your body, with your knees bent and your upper legs just off your chest. Keep your arms straight and your shoulders relaxed.
2. The **drive** begins as you push backward with your legs, at the same time leaning back slightly from your hips. Remember to keep your back straight. Halfway through the drive, begin to pull the handles of the rower arms toward your stomach, keeping your elbows outward and at the same height.
3. The **finish** comes as you extend your legs and continue to bend your arms until your elbows pass on either side of your chest. You should still be leaning back slightly from your hips.

After the finish, extend your arms and slide your body forward to the catch position. The return to the catch position should be half as fast as the drive, allowing for a moment of relaxation before the next drive. Repeat the sequence, moving your arms and body together with a smooth, fluid motion.

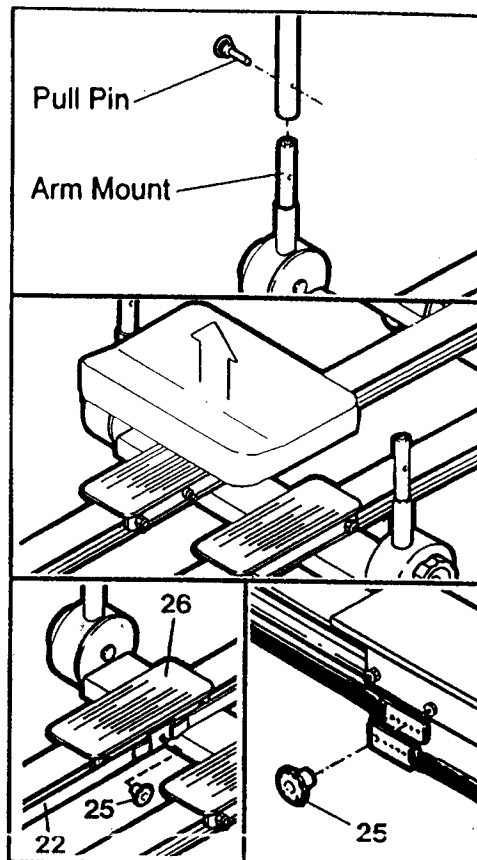


CROSS-COUNTRY SKIER ADJUSTMENT AND OPERATION

CONVERTING TO THE CROSS-COUNTRY SKIER MODE

If the rowing arms are attached, remove the pull pins and pull the rowing arms from the arm mounts. Slide the ski poles onto the arm mounts and reinsert the pull pins.

Lift the seat from the ski pedals.

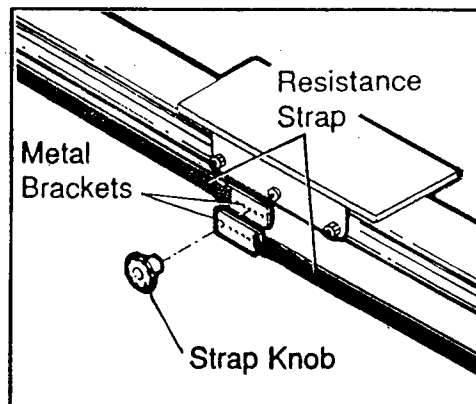


Loop the Resistance Strap (22) around the outside of the Pulleys (not shown—see the EXPLODED DRAWING on page 11 for the correct position). Attach the metal bracket in the center of the Strap to the left Ski Pedal (26) with a Strap Knob (25). Slide the metal brackets at the ends of the Strap onto the right Ski Pedal, and tighten a Strap Knob (25) onto the Pedal. Make sure that the metal brackets remain parallel to each other as you tighten the Knob.

CHANGING THE RESISTANCE OF THE SKI PEDALS

The resistance of the ski pedals can be changed by adjusting the resistance strap. **CAUTION: Always dismount the cross-country skier before changing the resistance.**

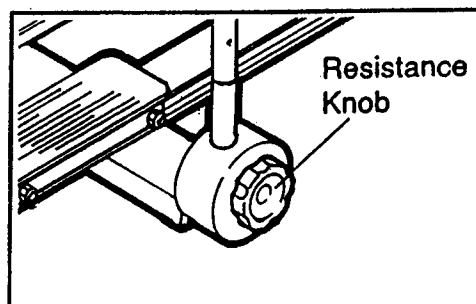
Remove the strap knob from the right ski pedal. Slide the two metal brackets off the right ski pedal. To increase the resistance, move one or both of the metal brackets so that the ends of the resistance strap are closer together; to decrease the resistance, move the metal brackets farther apart. Slide the metal brackets back onto the right ski pedal. Tighten the knob onto the right ski pedal. Make sure that the metal brackets remain parallel to each other as you tighten the knob.



CHANGING THE RESISTANCE OF THE SKI POLES

The resistance of the ski poles can be changed by turning the resistance knobs on the arm mounts. **CAUTION: Always dismount the cross-country skier before changing the resistance.**

To increase the resistance, turn the knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.



EXERCISING ON THE CROSS-COUNTRY SKIER

Hold both ski poles firmly. Step onto the ski pedals and center your feet on the pedals. The correct form for exercising on the cross-country skier is similar to the motion of walking. Move your arms and legs forward and backward with a smooth, rhythmic motion. Keep your back straight and your knees bent slightly.

For effective aerobic exercise, exercise physiologists recommend short, rapid strides at low resistance. To strengthen the muscles, long, slow strides at medium resistance are recommended.

For a lower-body workout, the cross-country skier can be used with the ski poles in a stationary position. When using the cross-country skier in this manner, always hold the ski poles for support.

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the cross-country skier/rower. Clean the cross-country skier/rower periodically using a soft, dry cloth. Apply a few drops of light multi-purpose oil to the hubs of the pulleys at the ends of the resistance strap every six months.

SKI PEDALS

If the ski pedals are difficult to move, the resistance may be too high. The resistance should be decreased. See **ADJUSTMENT AND OPERATION**. If the movement of the ski pedals becomes noisy or rough, clean the ski rails with a soft cloth. Next, apply a non-oil-, non-petroleum-base silicone lubricant to the ski rails where the ski pedal rollers make contact. (We recommend Uni-Sport silicone spray, which can be ordered conveniently by calling our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time. Lubricant is also available at most hardware and automotive stores.) Clean the ski rails and apply lubricant at least once every three months. If the movement of the ski pedals is still rough, the ski pedal rollers may need to be replaced. See **ORDERING REPLACEMENT PARTS**.

SKI POLES

If the ski poles have little resistance, even when the resistance knobs are turned clockwise, the resistance pads may need to be replaced. See **ORDERING REPLACEMENT PARTS**.

ROWER ARMS

If the rower arms have little resistance, even when the resistance knobs are turned clockwise, the resistance pads may need to be replaced. See **ORDERING REPLACEMENT PARTS**.

STORAGE

Loosen the resistance knobs and remove the ski poles or rower arms. Cover the cross-country skier/rower during extended periods of storage.

CONDITIONING GUIDELINES

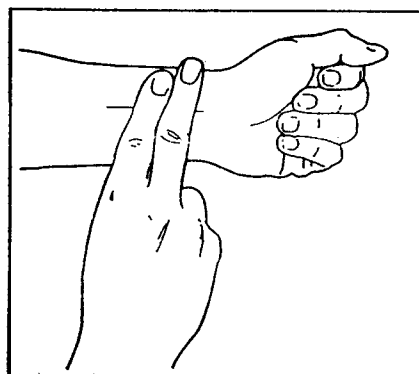
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

PART LIST—Model No. 831.290502

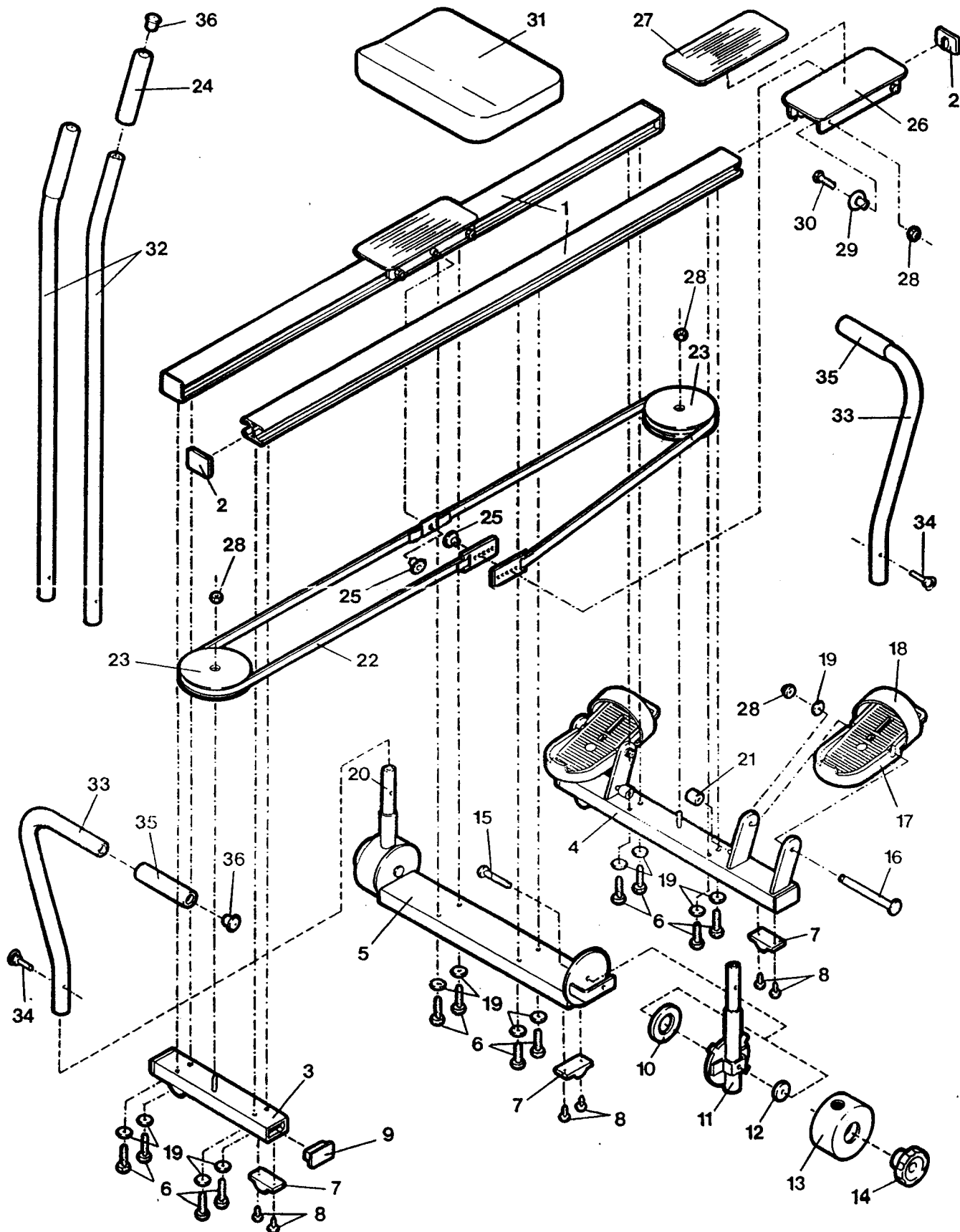
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Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	111670	2	Rail	20	111261	1	Left Arm Mount
2	111232	4	Rail Endcap	21	111240	2	Ski Pedal Bumper
3	111233	1	Rear Rail Support	22	111241	1	Strap
4	111234	1	Front Rail Support	23	111242	2	Pulley
5	111258	1	Center Rail Support	24	111248	2	Ski Pole Foam Grip
6	111236	12	Rail Support Bolt	25	111243	2	Strap Knob
7	005040	6	Rubber Foot	26	111244	2	Ski Pedal
8	013129	12	Rubber Foot Screw	27	100801	2	Ski Pedal Pad
9	111237	4	Rail Support Endcap	28	012002	12	Nylock Nut
10	111259	2	Resistance Pad	29	111245	8	Ski Pedal Wheel
11	111260	1	Right Arm Mount	30	013111	8	Ski Pedal Bolt
12	111270	2	Nylon Washer	31	042029	1	Seat
13	111263	2	Arm Mount Cover	32	111246	2	Ski Pole
14	108105	2	Resistance Knob	33	111247	2	Rower Arm
15	111264	2	Carriage Bolt	34	015063	2	Pull Pin
16	111229	2	Foot Rest Shaft	35	041004	2	Rower Arm Foam Grip
17	111239	2	Foot Rest	36	040010	4	Endcap
18	035034	2	Foot Rest Strap	#	111662	1	Owner's Manual
19	014041	14	Washer				

Note: "*" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacements parts.

EXPLODED DRAWING—Model No. 831.290502

Rev. 10/92



SEARS® SERVICE is at YOUR SERVICE

ORDERING REPLACEMENT PARTS

Each XC-SKIER/ROWER has its own MODEL NUMBER. Always mention the MODEL NUMBER when requesting service or repair parts for your XC-SKIER/ROWER.

All parts listed may be ordered through SEARS, ROEBUCK AND CO. SERVICE CENTERS and most SEARS 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 (831.290502).
2. The NAME of the product. (SEARS® LIFESTYLER 500 cross-country skier/rower.)
3. The SERIAL NUMBER of the product. (See the front cover of this manual.)
4. The REORDER NUMBER of the part(s), from page 10 of this manual.
5. The DESCRIPTION of the part(s), from page 10 of 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 equipment to ensure that we meet our pledge to you: "We service what we sell."

SOLD BY SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179