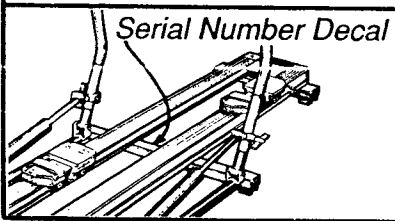


SEARS® **Lifestyler™ 1000**

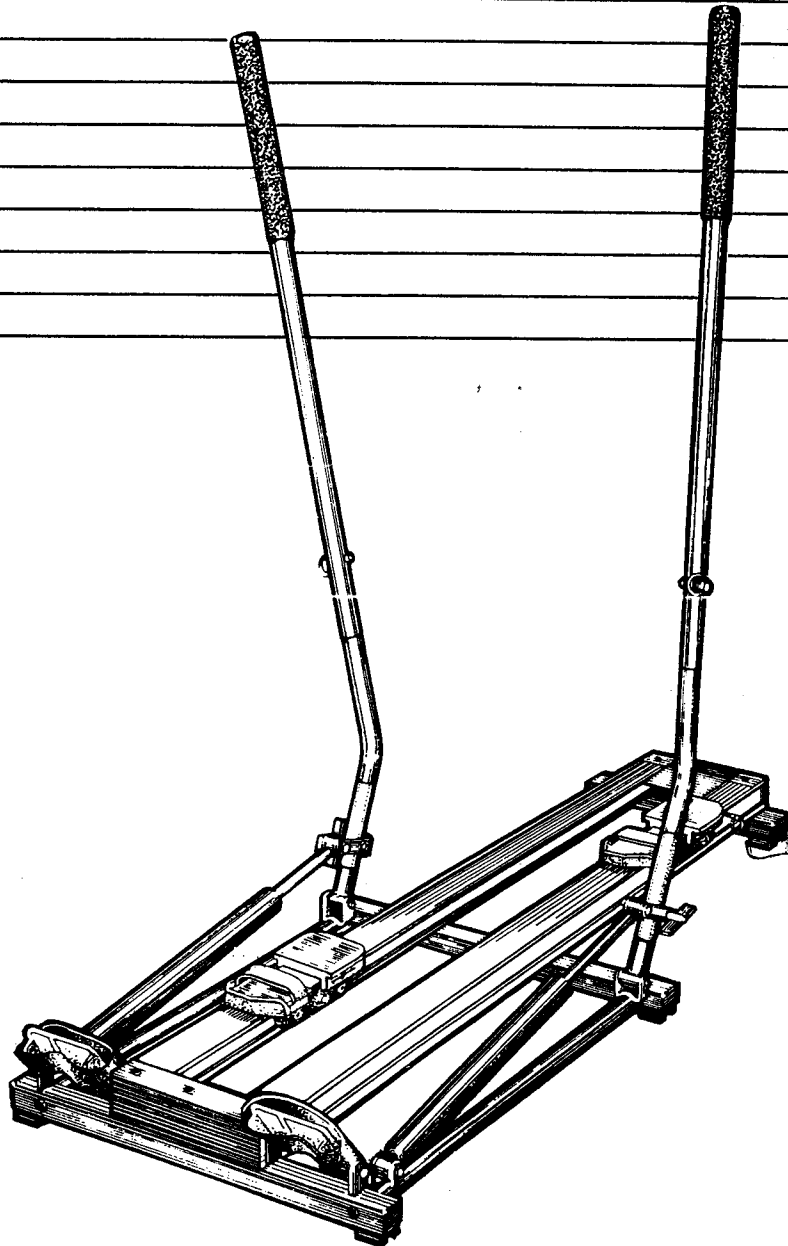
▼ XC-SKIER ▼ ROWER ▼ ABDOMINAL PRESS

Model No. 831.290511
Serial No.

Record the serial number in
the space above.



OWNER'S MANUAL



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

Lifestyler™ 1000

▼ XC-SKIER ▼ ROWER ▼ ABDOMINAL PRESS

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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 the XC-Skier/Rower/Abdominal Press is used in a normal manner.

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

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE XC-SKIER/ROWER/ABDOMINAL PRESS 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. 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.

IMPORTANT SAFETY PRECAUTIONS

1. Always use the Lifestyler 1000 on a level surface.
2. Be sure that all parts are tightened securely before each use.
3. When in the XC-Skier mode, always step off the machine before making adjustments. Hold the skiing poles for balance when mounting or dismounting in the XC-Skier mode.
4. Use the Lifestyler 1000 only as described in this manual.

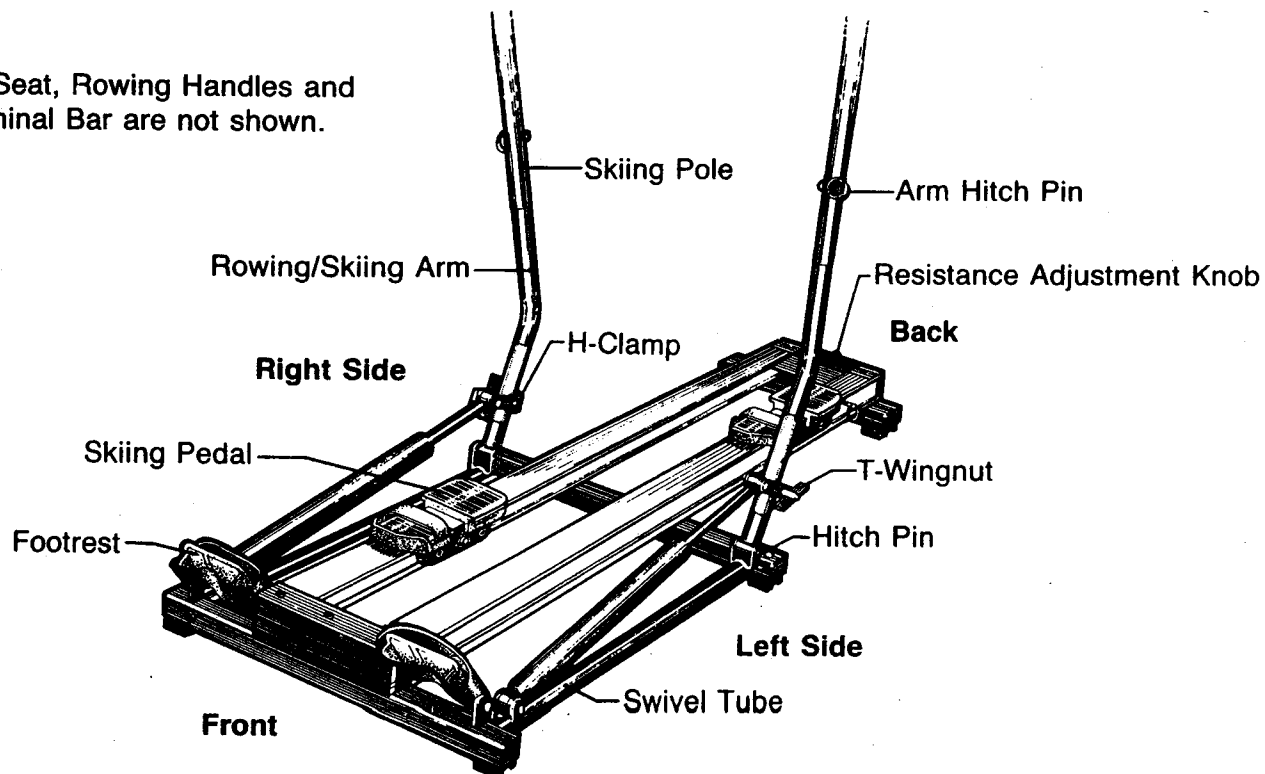
BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 1000 XC-Skier/Rower/Abdominal Press. Rowing could be called the perfect exercise. It conditions the heart, lungs and entire cardiovascular system, at the same time working nearly every major muscle group in the body. Cross-country skiing is another excellent cardiovascular exercise. The Lifestyler 1000 offers you both exercises, plus an abdominal mode, in one compact machine to give you a near-perfect workout in the convenience and privacy of your home.

For your safety and benefit, **read this manual carefully before using this equipment.** 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). In all communications regarding this product, please mention your product model number and serial number. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover for the location).

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

*The Seat, Rowing Handles and Abdominal Bar are not shown.

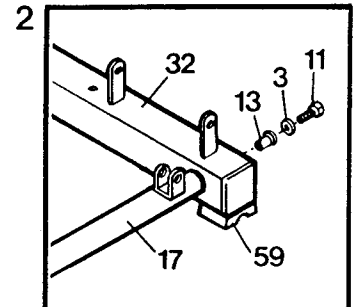


ASSEMBLY

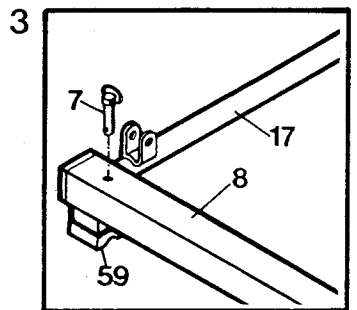
Please read all assembly steps before beginning. Refer to the Exploded Drawing and the Part List in this manual for help identifying parts. Assembly can be completed using the tool included.

1. Place all XC-Skier/Rower parts in a clear area on the floor and remove all packing materials. Make sure that all parts are included before disposing of the carton.

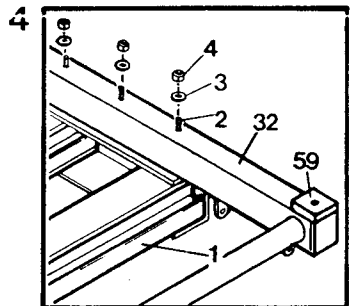
2. Turn the Front Crossbar (32) so that the Plastic Feet (59) are on the bottom. Insert the front ends of the Swivel Tubes (17) into the round holes near the ends of the Front Crossbar. (The end of the Swivel Tube without a hole in the side is the front end.) Secure each Swivel Tube with a Bushing (13), Washer (3) and Bolt (11) as shown.



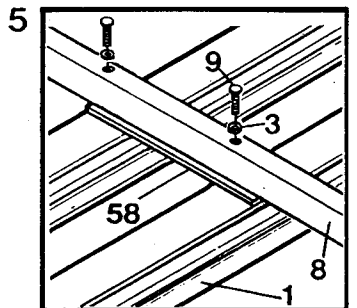
3. Insert the back ends of the Swivel Tubes (17) into the holes in the Middle Crossbar (8). (Be sure the Plastic Feet (59) are on the bottom of the Crossbar.) Insert the two Hitch Pins (7) through the Crossbar and into the Swivel Tubes.



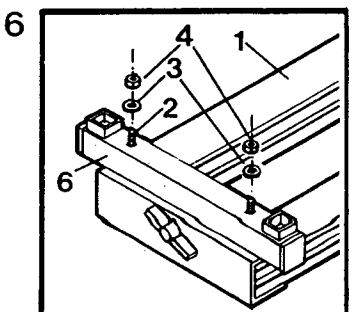
4. Turn the Aluminum Rail assembly (1) so that the ends of the Bracket Bolts (2) are upwards. Turn the assembled Crossbar frame so that the Plastic Feet (59) are on top and place the Front Crossbar (32) over the three Bracket Bolts at the front of the Rails. Secure the Crossbar with three Washers (3) and Nuts (4).



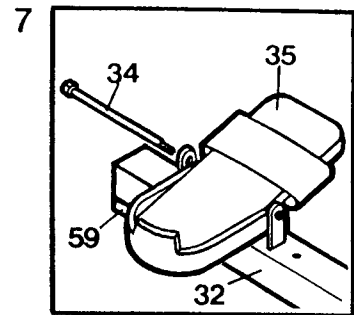
5. Slide the Crossbar Plate (58) between the Middle Crossbar (8) and the Aluminum Rails (1). Screw the two Crossbar Bolts (9) with Washers (3) through the Crossbar into the Rails.



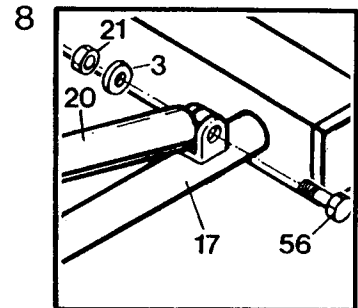
6. Place the Rear Crossbar (6) over the two Bracket Bolts (2) at the rear of the Aluminum Rails (1). Secure the Crossbar with two Washers (3) and Nuts (4).



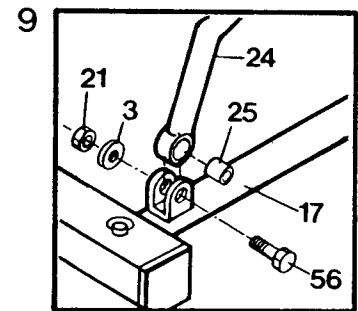
7. Turn the XC-Skier/Rower over so that it rests on the Plastic Feet (59). Place a Footrest (35) inside the footrest bracket on the left side of the Front Crossbar (32). Insert a Footrest Shaft (34) through the Footrest and tighten it into the bracket. Repeat on the right side of the Crossbar with the other Footrest.



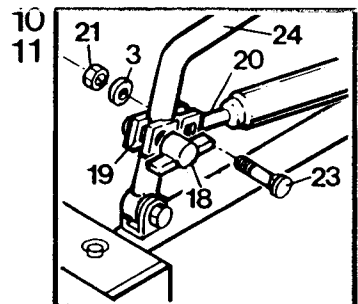
8. Attach the stationary end of one of the Hydraulic Shocks (20) to the front bracket on the right Swivel Tube (17) with a Bolt (56), Washer (3) and Nut (21). Repeat with the other Shock on the left Swivel Arm.



9. Insert a Bushing (25) into one of the Rowing Arms (24). Attach the Rowing Arm to the rear bracket on the right Swivel Tube (17) with a Bolt (56), Washer (3) and Nut (21). (The Rowing Arm should bend toward the front of the XC-Skier/Rower.) Repeat with the other Rowing Arm on the left Swivel Tube.



10. Secure the piston end of the right Hydraulic Shock (20) to the H-Clamp (19) on the right Rowing Arm (24) with an H-Clamp Bolt (23), Washer (3) and Locknut (21). Repeat on the left side.



11. Set the right and left H-Clamps (19) at the same height on both Rowing Arms (24) and secure them by tightening the T-Wingnuts (18).

Make sure that all parts are tightened securely. See ROWER OPERATION on page 6 to convert the XC-Skier/Rower to the rower mode.

ROWER OPERATION

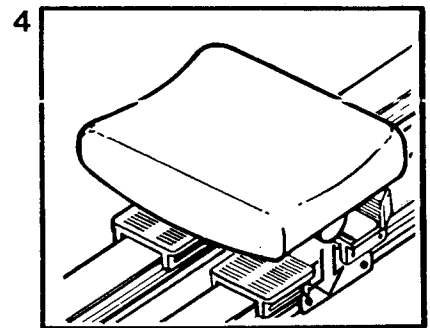
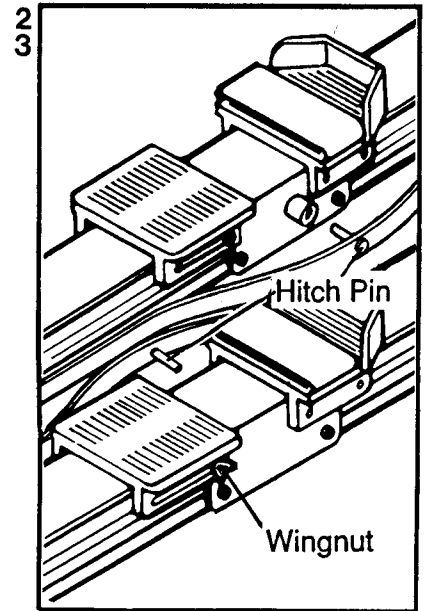
CONVERTING THE XC-SKIER/ROWER TO THE ROWER MODE

1. Remove the hitch pins from the skiing poles and remove the poles. Slide the rowing handles onto the rowing/skiing arms, with the handles pointing inwards, and replace the hitch pins.

2. Pull the hitch pins in the nylon strap out of the skiing pedals. Slide the strap so that the pins are at opposite ends of the rails.

3. Position the skiing pedals side by side. Loosen the wingnuts on the outsides of the pedals and lengthen the pedals slightly.

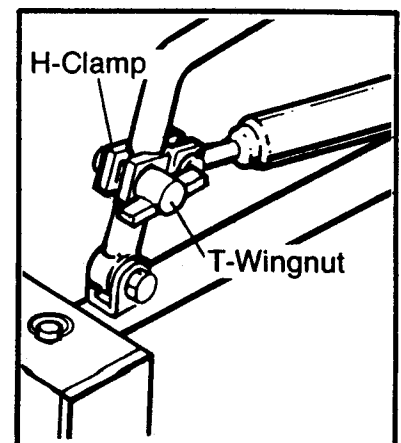
4. There is a bracket on the underside of the rowing seat. Fit the bracket over the pedals as shown, with the thickest part of the seat toward the rear of the machine. Slide the pedals closed against the bracket and tighten the wingnuts.



ROWING ARM RESISTANCE ADJUSTMENT

The resistance on the rowing arms can be adjusted in the following manner:

1. Loosen the T-Wingnuts on the H-Clamps.
2. Slide the H-Clamps upward to increase the resistance or downward to decrease the resistance.
3. Make sure that the H-Clamps are at the same height on both arms and retighten the T-Wingnuts.

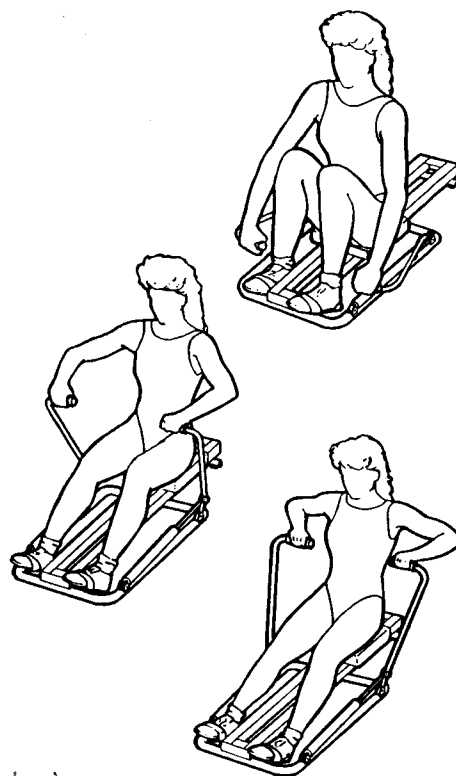


EXERCISE FORM

Sit on the rowing seat facing the front of the machine and strap your feet into the footrests. Hold the rowing handles with an overhand grip. Proper rowing form consists of three parts:

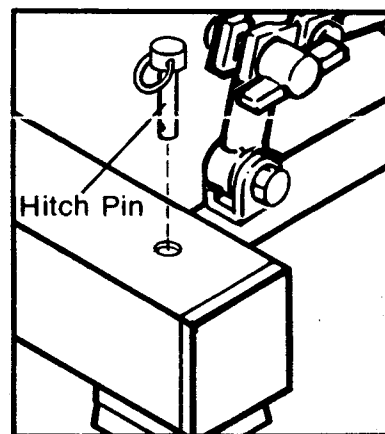
1. The **Catch** is the starting position. Your legs and body should be tucked, your knees fully bent with your upper legs just off of your chest. Your arms should be straight and your shoulders relaxed.
2. The **Drive** is initiated by your legs pushing backwards. Be sure to keep your back straight as you lean back from your hips. Halfway through the Drive, pull the rowing handles toward your stomach. Keep your elbows outward.
3. The **Finish** comes as your arms continue to bend until your elbows pass on either side of your chest. At this time, your legs should be nearly extended and your upper body leaning back slightly.

After the Finish, extend your arms and slide your body forward to the Catch position. Repeat the sequence. Move your arms and body together with a smooth, fluid motion.



EXTENDED RADIUS ROWING

The rowing arms are mounted to tubes which can either be locked in a stationary position, or unlocked to swivel as you row, further simulating actual rowing. To unlock the tubes, remove the hitch pins from the ends of the middle crossbar. This will allow you to swing the arms wide as you row. To lock the tubes in a stationary position, replace the hitch pins in the middle crossbar.



XC-SKIER OPERATION

CONVERTING THE XC-SKIER/ROWER TO THE SKIER MODE

See CONVERTING THE XC-SKIER/ROWER TO THE ROWER MODE for illustrations.

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

SKIING POLE RESISTANCE ADJUSTMENT

See ROWING ARM RESISTANCE ADJUSTMENT

The resistance against the skiing poles can be adjusted in the following manner:

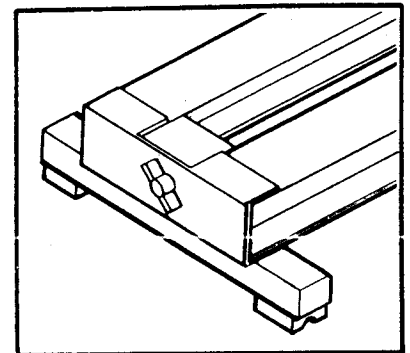
1. Raise the skiing poles to an upright position.
2. Loosen the T-Wingnuts on the H-Clamps.
3. Slide the H-Clamps upwards to increase the resistance, or downwards to decrease the resistance.
4. Make sure that the H-Clamps are at the same height on both arms and retighten the T-Wingnuts.

SKIING PEDAL STRAP ADJUSTMENT

Adjust the straps on the skiing pedals one at a time, placing one foot on the pedal and keeping the other foot on the floor for balance. The strap should be snug, but still allow you to lift your heel as you extend your leg backward.

SKIING PEDAL RESISTANCE ADJUSTMENT

The resistance on the skiing pedals can be adjusted using the adjustment knob located on the back end of the machine. Turn the knob clockwise to increase the resistance, or counterclockwise to decrease the resistance. A low resistance is recommended to begin with. As you become better conditioned, the resistance can be increased.



EXERCISE FORM

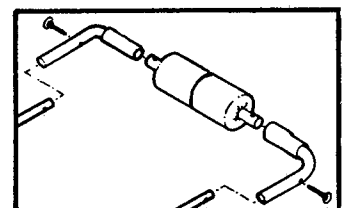
1. To simulate the motion of cross-country skiing, move the right arm forward as the left leg moves forward. The proper motion is similar to that of walking.
2. Move your arms and legs together in a smooth, rhythmic fashion.
3. Begin with short strides until your muscles become accustomed to the skiing movement.
4. Never let the pedals hit the brackets at the ends of the rails.
5. Stand upright or bend forward slightly at the hips, keeping your back straight to avoid injury.

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

ABDOMINAL BAR OPERATION

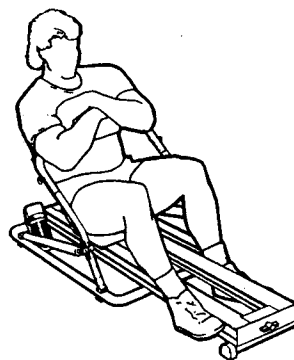
CONVERTING TO THE ABDOMINAL MODE

1. Remove the arm pins from the skiing poles and remove the poles.
2. Insert the abdominal bar into the ends of the rowing handles. Slide the rowing handles onto the rowing arms and insert the arm pins.



EXERCISE FORM

1. Sit on the seat facing away from the footrests. Wrap your arms around the bar with the pad resting against your chest.
2. Exhale as you bend forward from the waist. Use your stomach muscles rather than your upper body weight to push the bar.
3. Inhale as you return to the starting position. Repeat.



MAINTENANCE AND TROUBLE - SHOOTING

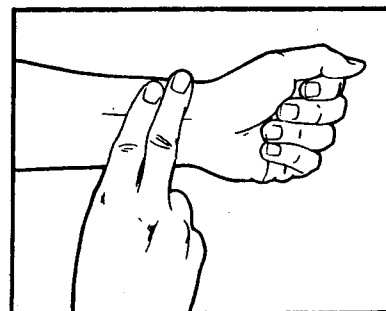
Make sure that all parts are tightened securely before each use. The machine can be cleaned using a soft cloth and mild, non-abrasive detergent. Clean the rail tracks regularly to prevent damage to the skiing pedal rollers. If the pedals stick, rub a small amount of paraffin or ski wax onto the inside of the strap where it glides around the brackets at the ends of the rails.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your personal exercise program. **Before beginning this or any exercise program, consult your physician.** To maximize the benefits of exercising, it is important to exercise with the proper level of intensity. The proper level can be determined using the heart rate as a guide. During exercise, your heart rate should be kept between 70% and 85% of your maximum heart rate. This is your "training zone". You can find your training zone by consulting the table below. Use the column that is appropriate for you, based on age and conditioning.

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 if your heart rate is in your training zone, first exercise continuously for four minutes. Pause and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. Add a 0 to the result to determine your heart rate. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Increase or decrease your level of exertion as necessary until your heart rate is in your training zone.



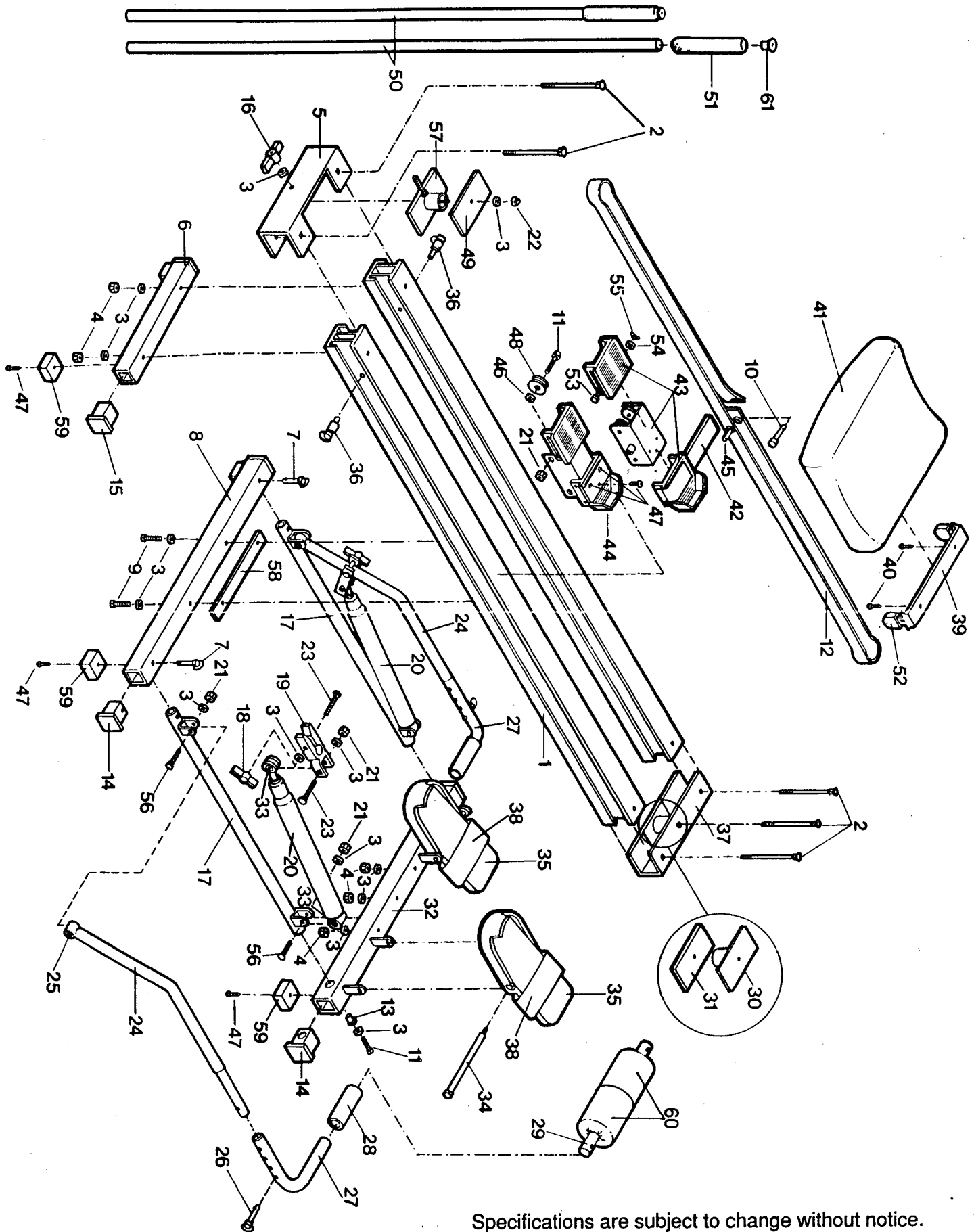
Each workout should include the following five parts: 1. resting, 2. warming up, 3. 20-30 minutes of training zone exercise, 4. cooling down, 5. resting. Warming up is an important part of every workout. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising body temperature. 5-10 minutes of stretching can provide a good warm-up. This should be followed by a few minutes of light exercise on the machine. The intensity of the exercise should then be increased to raise your heart rate to your training zone for 20-30 minutes. Always finish with 5-10 minutes of stretching or light exercise to cool down. Cooling down is important in aiding circulation and preventing soreness.

To maintain or improve your conditioning, you will want to work out 2-3 times per week. A day of rest between workouts is recommended. After a few months of exercising, the number of workouts can be increased to 4-5 per week. Remember, the key to a successful program is REGULAR EXERCISE.

PART LIST - Model No. 831.290511

Rev. 9/90

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	006138	2	Aluminum Rail	33	019077	4	Shock Bushing
2	013266	5	Bracket Bolt	34	049046	2	Footrest Shaft
3	014030	19	Washer	35	039001	2	Footrest
4	012118	5	Bracket Nut	36	015063	2	Pin w/Rubber Stopper
5	008251	1	Rear Bracket	37	008253	1	Front Bracket
6	006177	1	Rear Crossbar	38	035004	2	Footrest Strap
7	015003	2	Swivel Tube Hitch Pin	39	008133	1	Seat Bracket
8	006178	1	Middle Crossbar	40	013360	2	Seat Bolt
9	013265	2	Crossbar Bolt	41	042027	1	Rowing Seat
10	015034	1	Long Strap Hitch Pin	42	035045	2	Skiing Pedal Strap
11	013056	10	Bolt	43	038015	1	Left Skiing Pedal
12	035029	1	Nylon Strap	44	038016	1	Right Skiing Pedal
13	019029	2	Swivel Tube Bushing	45	015049	1	Short Strap Hitch Pin
14	040030	4	Crossbar Endcap	46	019177	8	Wheel Spacer
15	040067	2	Rear Crossbar Endcap	47	013316	12	Screw
16	017053	1	Resistance Adj. Knob	48	020004	8	Wheel
17	006179	2	Swivel Tube	49	061064	1	Rear Drum Plate
18	017001	2	T-Wingnut	50	006181	2	Skiing Pole
19	016022	2	H-Clamp	51	041039	2	Long Foam Handgrip
20	043035	2	Hydraulic Shock	52	040013	2	Seat Bracket Cap
21	012042	14	Locknut	53	013100	2	Pedal Bolt
22	012120	1	Acorn Nut	54	014033	2	Pedal Washer
23	013096	4	H-Clamp Bolt	55	012104	2	Pedal Wingnut
24	002018	2	Rowing/Skiing Arm	56	013374	4	Swivel Tube Bolt
25	019006	2	Arm Bushing	57	008254	1	Rear Drum
26	015002	2	Arm Hitch Pin	58	061065	1	Crossbar Plate
27	002068	2	Rowing Handle	59	051003	6	Plastic Foot
28	041004	2	Short Foam Handgrip	60	057002	2	Abdominal Bar Pad
29	006048	2	Abdominal Bar	61	040010	2	Skiing Pole Endcap
30	008252	1	Front Drum	#	045005	2	Tool
31	061063	1	Front Drum Plate	#	102744	1	Owner's Manual
32	006180	1	Front Crossbar				



Specifications are subject to change without notice.

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 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 (831.290511).
2. The NAME OF THE PRODUCT (Lifestyler 1000 XC-Skier/Rower/Abdominal Press).
3. The REORDER NUMBER OF THE PART from the Part List on page 10.
4. The DESCRIPTION OF THE PART from the Part List on page 10.

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., CHICAGO, IL 60684 U.S.A.

Part No. 102744 9/90