

LifestylerTM 2000

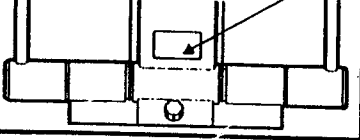
✓ SYNCHRONOUS ACTION ✓ SKIER

Model No. 831.290520

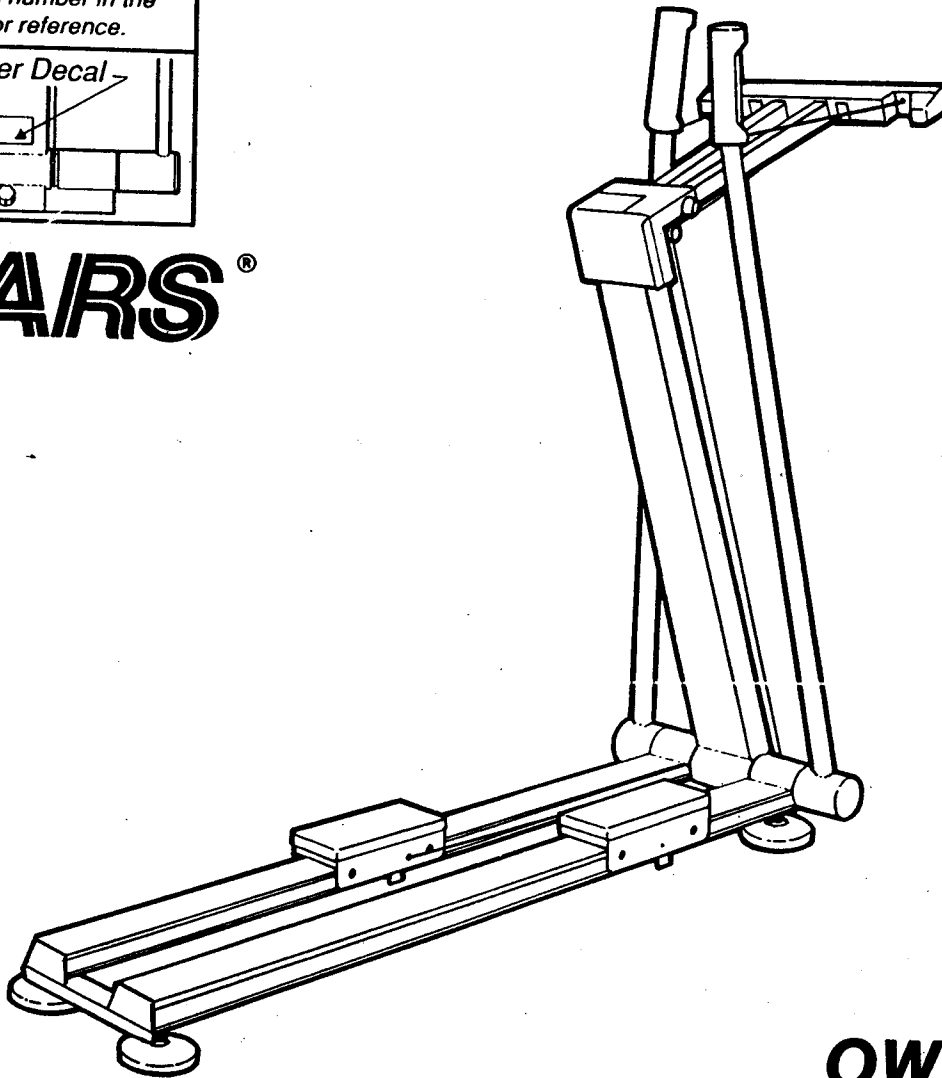
Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal →



SEARS[®]



OWNER'S MANUAL

QUESTIONS?: As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. Let the trained technicians on our Customer Hot Line provide immediate assistance, free of charge to you. CUSTOMER HOT LINE: 1-800-999-3756, Mon. - Fri., 6 am - 6 pm MST.

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

Part No. 046272 1/90

SOLD BY SEARS, ROEBUCK AND CO., 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 the Synchronous Action Skier is used in a normal manner.

This warranty does not apply when the Synchronous Action Skier 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

Lifestyler™ 2000

✓ SYNCHRONOUS ACTION ✓ SKIER

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IMPORTANT SAFETY PRECAUTIONS

1. Always use the skier on a clear, level surface.
2. Keep your hands away from the cord and resistance strap during operation. Do not insert any object into any opening.
3. Keep small children away from the skier during operation.

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.

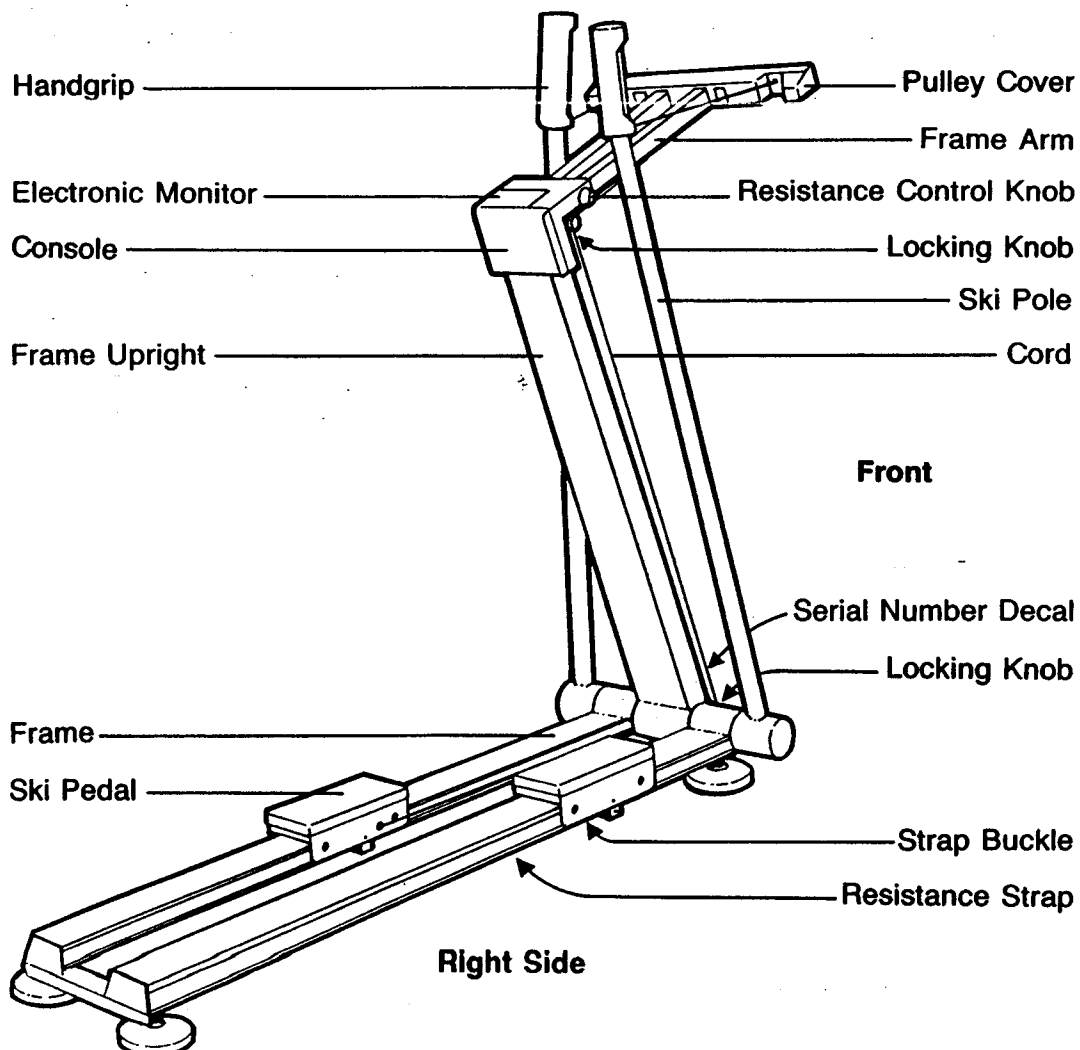
BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 2000 Synchronous Action Skier. The Lifestyler 2000 combines advanced engineering with innovative design to let you enjoy one of the best forms of cardiovascular, muscle-toning exercise at your convenience, in the privacy of your own home.

For safe and effective operation of the Lifestyler 2000, read this manual carefully before initial use. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m., Mountain Time.

In all correspondence regarding this product, please refer to the product model number and serial number. The model number is 831.290520. The serial number can be found on a decal located on the frame (see the front cover). Write the serial number in the box on the front cover for easy reference.

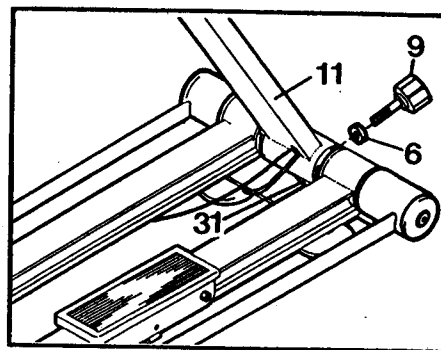
To help you understand clearly the instructions in this manual, please study the drawing below and familiarize yourself with the parts labeled.



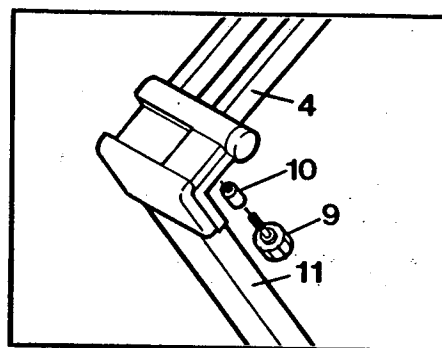
ASSEMBLY

For your convenience, the skier is delivered to you completely assembled. Set the skier in a clear area on the floor and remove the packing materials. The skier is in the compact storage position. Follow the simple steps below to convert the skier to the operating position.

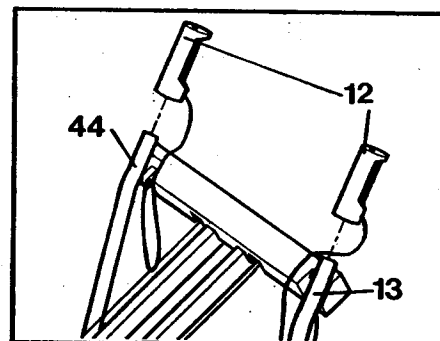
1. Raise the Frame Upright (11) as shown. Place a Washer (6) onto a Locking Knob (9), insert the Knob through the base of the Upright and tighten it into the Frame (31).



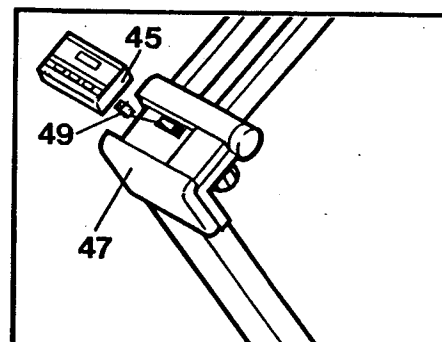
2. Pivot the Frame Arm (4) upward until it forms a right angle with the Frame Upright (11). Place the Knob Spacer (10) onto a Locking Knob (9), insert the Knob through the Frame Arm and tighten it into the Frame Upright.



3. Raise the Right and Left Ski Poles (13, 44) and slide the Handgrips (12) onto the Poles as shown.



4. Plug the Sensor Wire (49) into the back of the Electronic Monitor (45) and press the Monitor into the Console (47).



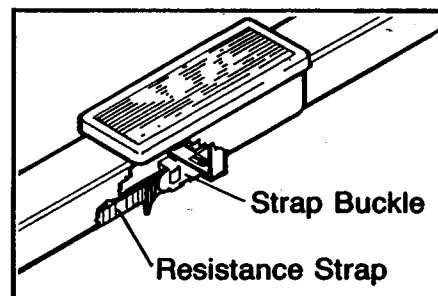
Make sure that all parts are tightened securely before exercising.

ADJUSTMENT AND OPERATION

RESISTANCE ADJUSTMENT

To vary the level of exercise intensity, the resistance against the ski pedals and ski poles can be changed. The resistance is controlled with the knob located on the right side of the console (see the drawing on page 4). To increase resistance, turn the knob clockwise. Turn the knob counter-clockwise to decrease resistance.

Resistance is created by a strap connected to the ski pedals. If resistance decreases due to stretching of the strap, the strap can be adjusted. Turn the resistance control knob counterclockwise until it stops. Locate the strap buckle under the right pedal. To increase resistance, pull the resistance strap tighter through the buckle.

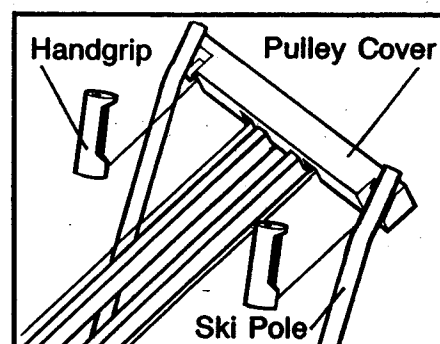


EXERCISING ON THE SKIER

Step onto the ski pedals facing the console and hold the handgrips on the ski poles. Correct cross-country skiing form is similar to that of walking. Move your arms and legs forward and back with a smooth, rhythmic motion. Your back should be straight and your knees slightly bent. Begin with short strides at low resistance until you are comfortable with the motion. Note: There is resistance against the pedals in both directions. As with cross-country skiing, however, there is resistance against the poles in only one direction.

For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid strides at low resistance. To concentrate on strengthening the muscles, long, slow strides at higher resistance are more effective.

For a freer arm movement, the handgrips can be used without the ski poles. Slide the handgrips from the ski poles and rest the poles on the pulley cover. Exercise as described above, keeping some tension on both handgrips at all times.



ELECTRONIC MONITOR OPERATION

See the OPERATION GUIDE accompanying this manual.

MAINTENANCE AND STORAGE

The Lifestyler 2000 is designed to be virtually maintenance-free. Make sure that all parts are tightened securely before each use. Outside surfaces can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the electronic monitor.

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems with monitors are the result of drained batteries. Always remove the batteries when storing the skier.

Store the skier in a cool, dry location, out of direct sunlight. The skier can be folded for compact storage in the following manner (see the ASSEMBLY section for illustrations):

1. Slide the handgrips off of the ski poles and lay the poles down beside the frame.
2. Loosen the locking knob at the base of the frame arm and lower the arm.
3. Loosen the locking knob at the base of the frame upright and lower the upright.

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.

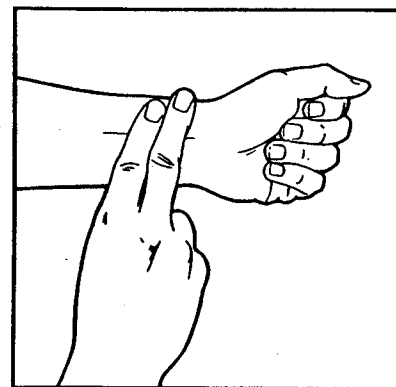
EXERCISE INTENSITY

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. As your condition improves, a greater workload will be required in order to raise your heart rate to 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

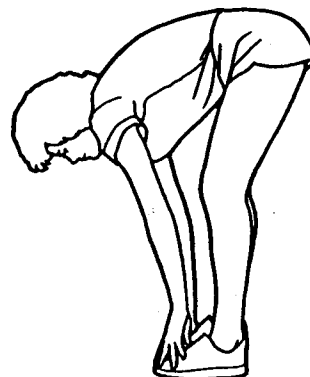
To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR 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.

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.

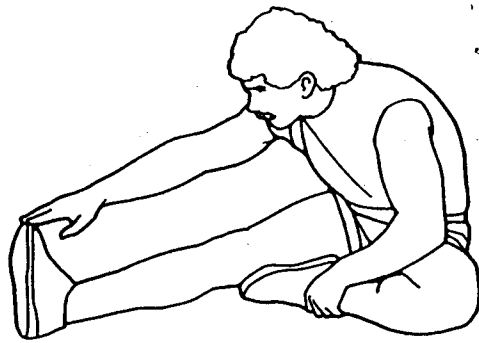


Stretches: Hamstrings, back of knees, back.

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.

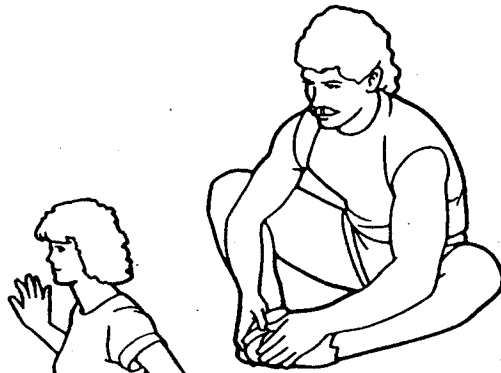
Stretches: Hamstrings, lower back and groin.



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.

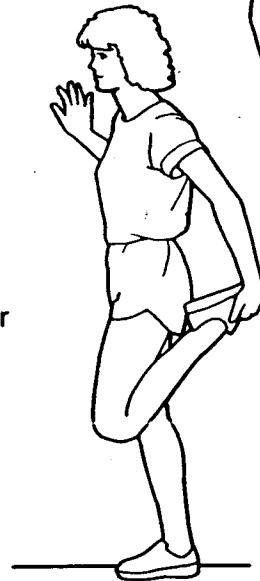
Stretches: Inner thigh muscles.



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.

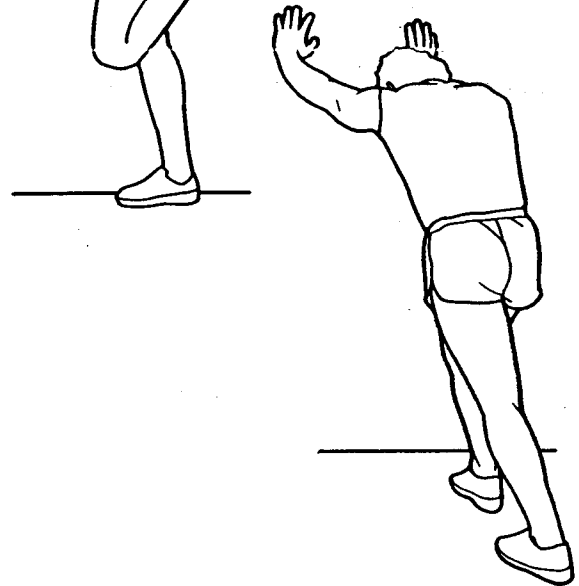
Stretches: Quadriceps, hip muscles.



CALF/ACHILLES STRETCH

With one leg in front of the other and arms forward, lean against the wall. Keep your back leg straight and back foot flat on the floor; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts. To cause further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, achilles tendons, and ankles.



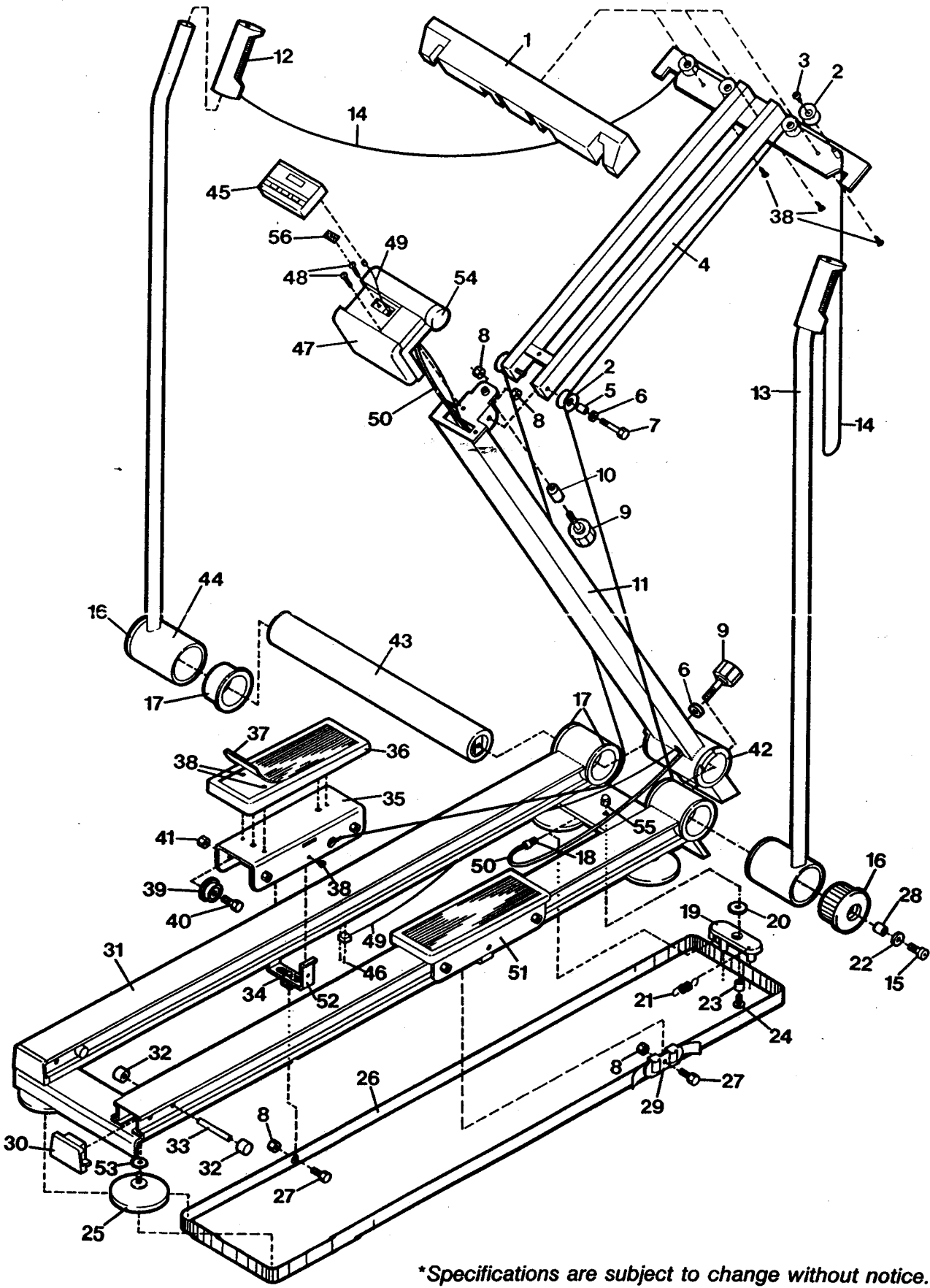
PART LIST - Model No. 831.290520

Rev. 7/89

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	009130	1	Pulley Cover	31	NSP	1	Frame
2	020052	6	Pulley	32	059018	4	Pedal Bumper
3	013533	4	Pulley Screw	33	015068	2	Bumper Pin
4	006152	1	Frame Arm	34	033001	1	Magnet
5	019295	2	Metal Bushing	35	038047	1	Left Ski Pedal
6	014030	3	Washer	36	038044	2	Pedal Plate
7	013265	2	Long Hex Bolt	37	041069	2	Grip Pad
8	012042	4	Locknut	38	013538	13	Phillips Screw
9	017104	2	Locking Knob	39	022057	8	Pedal Wheel
10	019297	1	Knob Spacer	40	013539	8	Hex Bolt
11	007092	1	Frame Upright	41	012162	8	Nylon Locknut
12	041070	2	Handgrip	42	019299	2	Notched Bushing
13	006155	1	Right Ski Pole	43	049096	1	Pivot Shaft
14	026027	2	Cord	44	006154	1	Left Ski Pole
15	013535	2	Button Head Bolt	45	032091	1	Electronic Monitor
16	040174	2	End Cap	46	013541	2	Small Screw
17	040176	6	Bushing	47	009131	1	Console w/Pad
18	013326	1	Hollow Bolt Assembly	48	013534	2	Console Screw
19	008241	1	Tension Bracket	49	033171	1	Sensor Wire/ Switch
20	014162	1	Bracket Washer	50	072044	1	Resis. Control Cable
21	058029	1	Spring	51	038048	1	Right Ski Pedal
22	014030	2	End Cap Washer	52	008243	2	Strap Bracket
23	019296	1	Metal Spacer	53	014163	4	Flat Washer
24	013536	1	Phillips Bolt	54	017105	1	Resis. Control Knob
25	051022	4	Molded Foot	55	012023	1	Acorn Nut
26	035046	1	Resistance Strap	56	062002	1	Fastener Strip
27	013537	2	Strap Bolt	#	046272	1	Owner's Manual
28	019298	2	End Cap Spacer	#	089042	1	Monitor Oper. Guide
29	050004	1	Strap Buckle				
30	040173	2	Frame End Cap				

Note: “#” indicates a non-illustrated part.

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



**Specifications are subject to change without notice.*

SEARS[®] SERVICE is at YOUR SERVICE

ORDERING REPLACEMENT PARTS

Each SEARS SKIER has its own MODEL NUMBER.

Always mention this MODEL NUMBER when requesting service or repair parts for your SKIER.

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 (831.290520).
2. The NAME OF THE PRODUCT (Lifestyler 2000 Synchronous Action Skier).
3. The SERIAL NUMBER OF THE PRODUCT can be found on a decal on the frame (see the front cover). Write the serial number in the box on the front cover for easy reference.
4. The KEY NUMBER OF THE PART from the Part List in this manual.
5. The DESCRIPTION OF THE PART from 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., CHICAGO, IL 60684

Printed in U.S.A.

Part No. 046272 1/90