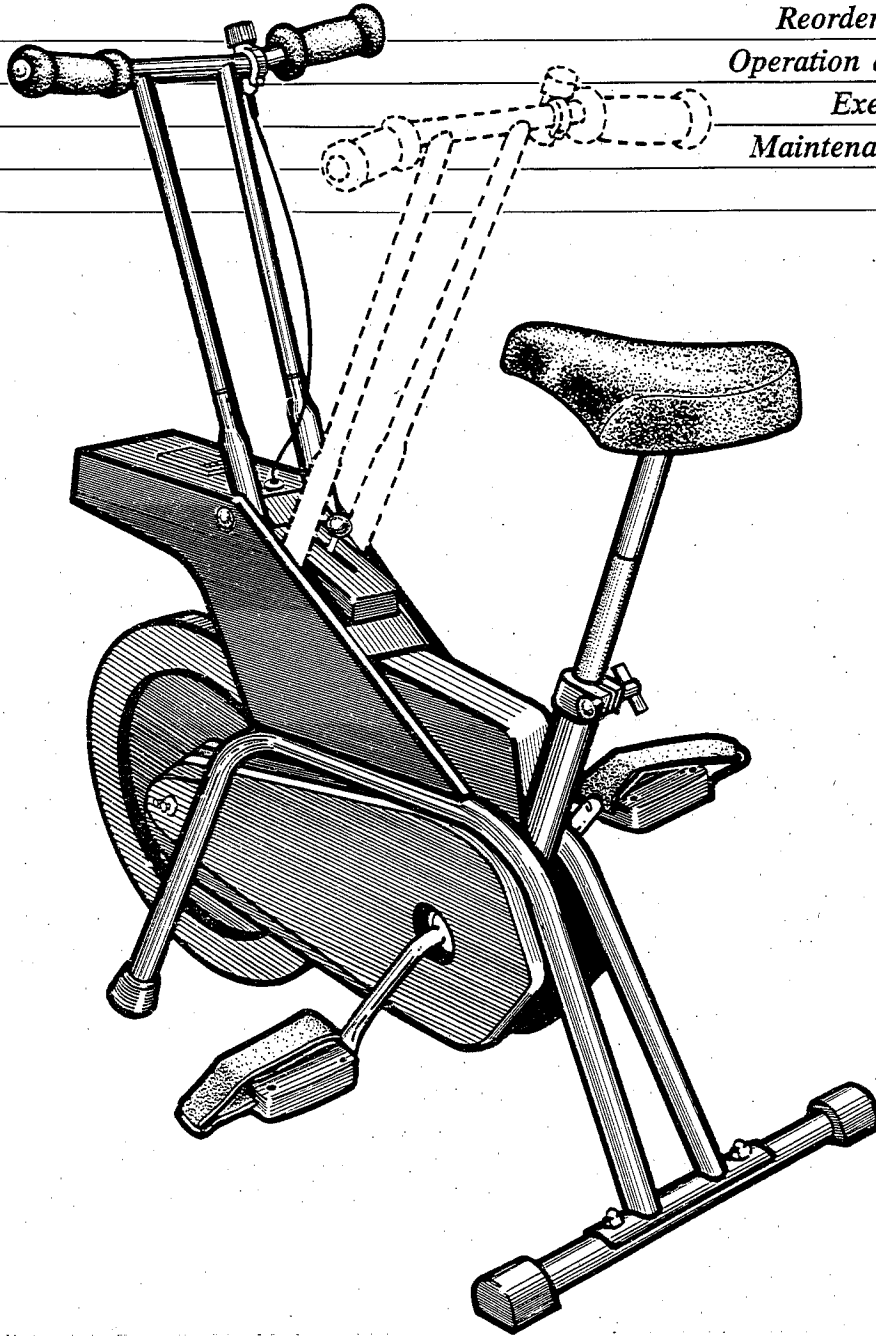


# SEARS *Lifestyler* 2000

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*Assembly*  
*Reordering Information*  
*Operation and Adjustments*  
*Exercise Guidelines*  
*Maintenance and Storage*  
*Warranty*

## **OWNER'S MANUAL**

**Model No. 831.291170**

**CAUTION:** Read all instructions carefully before operating your exercise bike. Retain this Owner's Manual for future reference.

SEARS, ROEBUCK AND CO., DEPT. 698/731A SEARS TOWER, CHICAGO, IL 60684

# Lifestyler

## 2000

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## **BEFORE YOU BEGIN**

For maximum enjoyment and safety, please read this manual carefully before initial use of your exercise bike. 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: Monday - Friday, 8 a.m. - 5 p.m. Mountain Standard Time. In all correspondence regarding this product, use the model number (found on the front cover), and the serial number (located on the back of the crossbar). Please write the serial number in the box below for use in all correspondence regarding this product.

**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 Sears exercise bike.

## **INTRODUCTION**

Congratulations on your purchase of a Lifestyler 2000 Dual-Action Electronic Ergometer exercise bike. Now you can enjoy one of the best forms of cardiovascular exercise at your convenience in your own home.

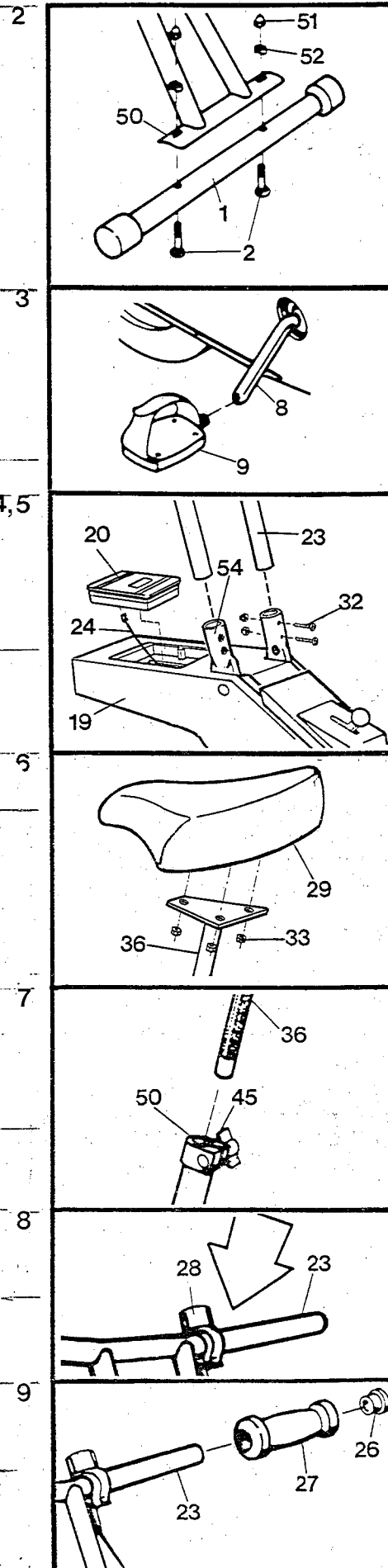
To give you a more complete workout the Lifestyler exercise bike features moveable handlebars with hydraulic shock resistance to let you exercise your upper body as well as your lower body. And you can monitor your progress on the micro-processor based electronic console.

This manual is designed to familiarize you with the easy assembly and operation of your bike. Basic exercise guidelines are included to get you started with your fitness program.

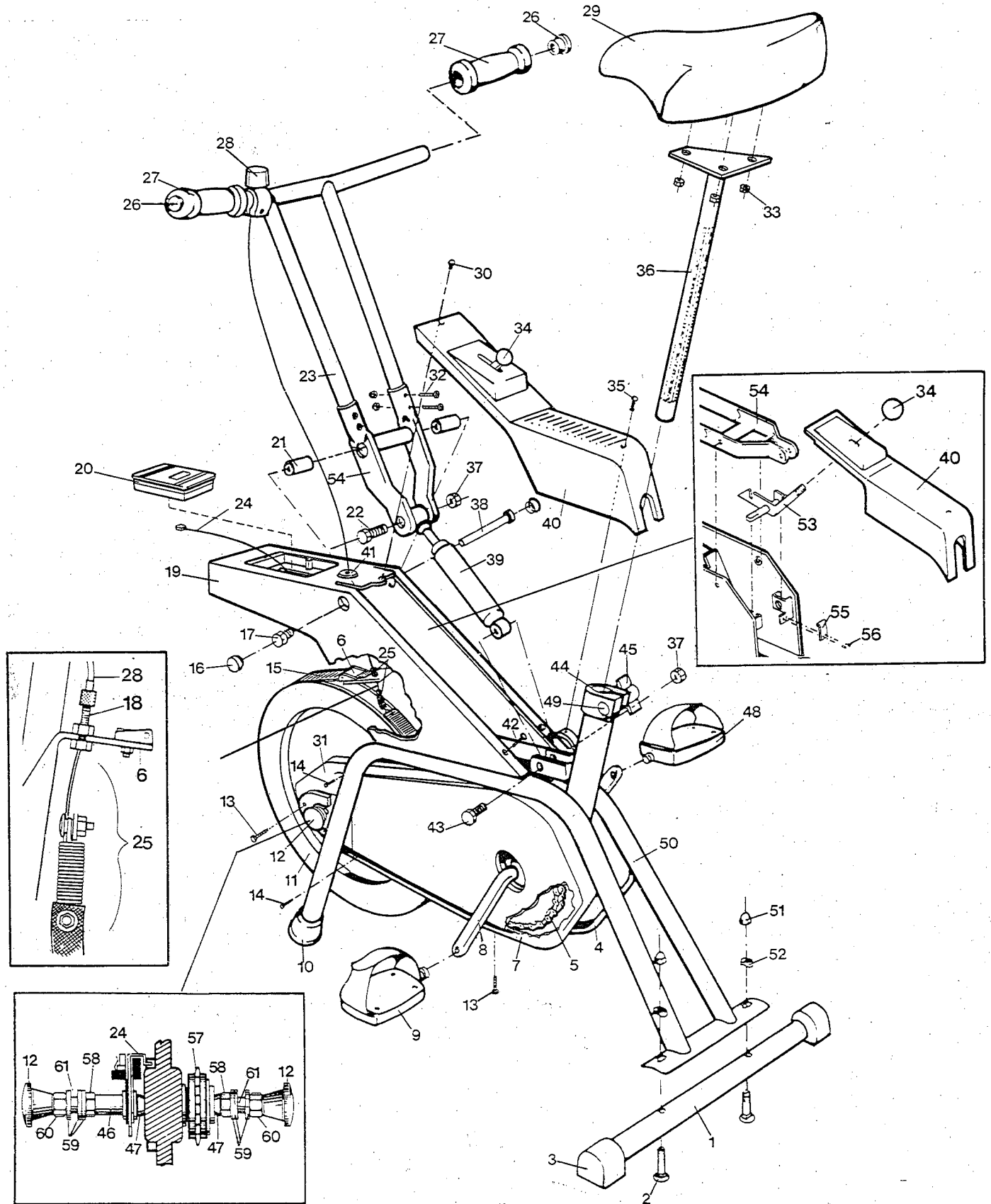
# ASSEMBLY

Please read all instructions carefully before beginning assembly. To identify parts refer to the Exploded Drawing and the Part List. Assembly can be completed with the tool provided.

1. Place the exercise bike in a clear area on the floor and remove all packing materials.
2. Attach the Crossbar (1) to the base of the Frame (50) with two Carriage Bolts (2), Molded Washers (52) and Acorn Nuts (51).
3. Thread the Pedal marked "Left" (9) counterclockwise onto the left arm of the Crank (8). Thread the Pedal marked "Right" (48) clockwise onto the right arm of the Crank. Tighten firmly.
4. Insert the Handlebar (23) into the Handlebar Base (54) and secure it with the four Bolts and Acorn Nuts (32).
5. Plug the Monitor Wire (24) into the back of the Electronic Console (20). If the console has self-adhesive strips, remove the backing. Press the Electronic Console into the Console Hood (19).
6. Attach the Seat (29) to the Seat Post (36) with the three Seat Nuts (33). (The nuts must first be removed from the seat.) Tighten securely.
7. Insert the Seat Post (36) into the Seat Tube on the frame (50) and tighten the T-wingnut (45). The Seat Post must be inserted at least 2 inches.
8. With the small screw removed, clip the Resistance Control Knob (28) onto the Handlebar (23). Attach the Knob by replacing the screw.
9. Moisten the ends of the Handlebar (23) and push the Handgrips (27) on. Insert the Handgrip Caps (26) into the ends of the Handlebar.
10. Make sure that all parts are fastened securely before using your exercise bike.



# EXPLODED DRAWING - MODEL NO. 831.291170



Replacement parts may be ordered by calling customer service toll-free at **1-800-824-3109** (in Canada, **1-800-824-8949**) during regular business hours: 8 a.m. - 5 p.m., Mon.-Fri., Mountain Standard Time. When ordering parts please use the product name, model number, serial number, part description and reorder number.

**PART LIST - MODEL NO. 831.291170**

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Crossbar	32	4	Handlebar Bolt w/Nut
2	2	Carriage Bolt	33	3	Seat Nut
3	2	Rear Rubber Cap	34	1	Locking Knob
4	1	Right Chain Guard	35	1	Long Screw
5	1	Chain	36	1	Seat Post
6	1	Tension Buckle	37	2	Shock Nut
7	1	Left Chain Guard	38	1	Pivot Rod
8	1	Crank w/Sprocket	39	1	Hydraulic Shock
9	1	Left Pedal	40	1	Shock Hood
10	2	Front Rubber Cap	41	1	Console Hood Grommet
11	1	Flywheel	42	2	Console Hood Screw
12	2	Plastic Axle Cap	43	1	Shock Bolt
13	4	Chain Guard Screw	44	1	Aluminum Clamp
14	4	Small Chain Guard Screw	45	1	T-Wingnut
15	1	Tension Belt	46	1	Thick Spacer
16	2	Plastic Cap	47	2	Tapered Spacer
17	2	Pivot Rod Bolt	48	1	Right Pedal
18	1	Hollow Bolt	49	1	Clamp Bolt
19	1	Console Hood	50	1	Frame
20	1	Electronic Console	51	2	Acorn Nut
21	2	Pivot Rod Bushing	52	2	Molded Washer
22	1	Piston Bolt	53	1	Locking Device
23	1	Handlebar	54	1	Handlebar Base
24	1	Monitor Wire w/Drive	55	1	Spring Clip
25	1	Tension Strap Spring	56	2	Spring Screw
26	2	Handgrip Cap	57	1	Small Sprocket
27	2	Handgrip	58	2	Thin Nut
28	1	Resistance Control w/Cable	59	8	Washer
29	1	Seat	60	2	Thick Nut
30	1	Short Screw	61	1	Axle
31	2	Front Chain Guard		1	Owner's Manual

**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 exercise bike is used in a normal manner.

This warranty does not apply when the exercise bike is used for commercial or rental purposes.

**SERVICE IS AVAILABLE BY SIMPLY RETURNING THE EXERCISE BIKE 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.

## **OPERATION AND ADJUSTMENT**

### **SEAT ADJUSTMENT**

It is important that the bike seat be properly adjusted for maximum cycling efficiency.

Position the seat so that there is a slight bend in your knee when the pedal is at its lowest point.

- A. Turn the T-wingnut on the seat tube counterclockwise to loosen it.
- B. Raise or lower the seat as necessary. The seat must be inserted a minimum of 2 inches.
- C. Firmly retighten the T-wingnut.

### **PEDALING RESISTANCE ADJUSTMENT**

As you exercise you may wish to increase or decrease the amount of pedaling resistance. To adjust the resistance:

- A. Turn the resistance control knob mounted on the handlebar clockwise to increase the resistance.
- B. Turn the knob counterclockwise to decrease the resistance.

If the range of resistance is too high or too low, it can be adjusted with the tension buckle located on the front of the frame above the flywheel. First, turn the resistance control knob counterclockwise until it stops and open the tension buckle. To raise the range of resistance, pull the tension belt tighter and close the buckle. To lower the range of resistance, loosen the tension belt and close the buckle.

### **DUAL ACTION**

Dual Action is a unique feature which gives a more complete workout. The handlebar on the dual-action bike is designed to be pushed forward and pulled back while you pedal to exercise the muscles of the arms, shoulders, chest and back. This feature allows you to strengthen and tone the upper body and the lower body without spending additional time exercising.

A Hydraulic Cylinder provides resistance to the handlebar. As more pressure is exerted on the handlebar the nature of the cylinder causes the resistance to increase. Exerting less force will decrease the resistance.

### **HANDLEBAR LOCK OPERATION**

The handlebar of the Lifestyler 2000 can be used in either the exerciser mode or in a locked stationary position. To lock the handlebar pull back on the locking knob and move the handlebar back and forth until the locking mechanism catches. The handlebar can be released by pushing the locking knob forward.

# CONDITIONING GUIDELINES

**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.

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. For more complete and detailed information consult your physician or obtain a book at your library.

## EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of 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 the Carotid Artery in your neck 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.

## **MAINTENANCE AND STORAGE**

Your exercise bike is designed to be virtually maintenance-free. To assure continued smooth operation lubricate the chain periodically with a few drops of light oil. Be sure that all parts are tightened securely before exercising. Store your bike in a cool dry place, away from direct sunlight. Remove the batteries when storing the bike for prolonged periods of time.