

SEARS

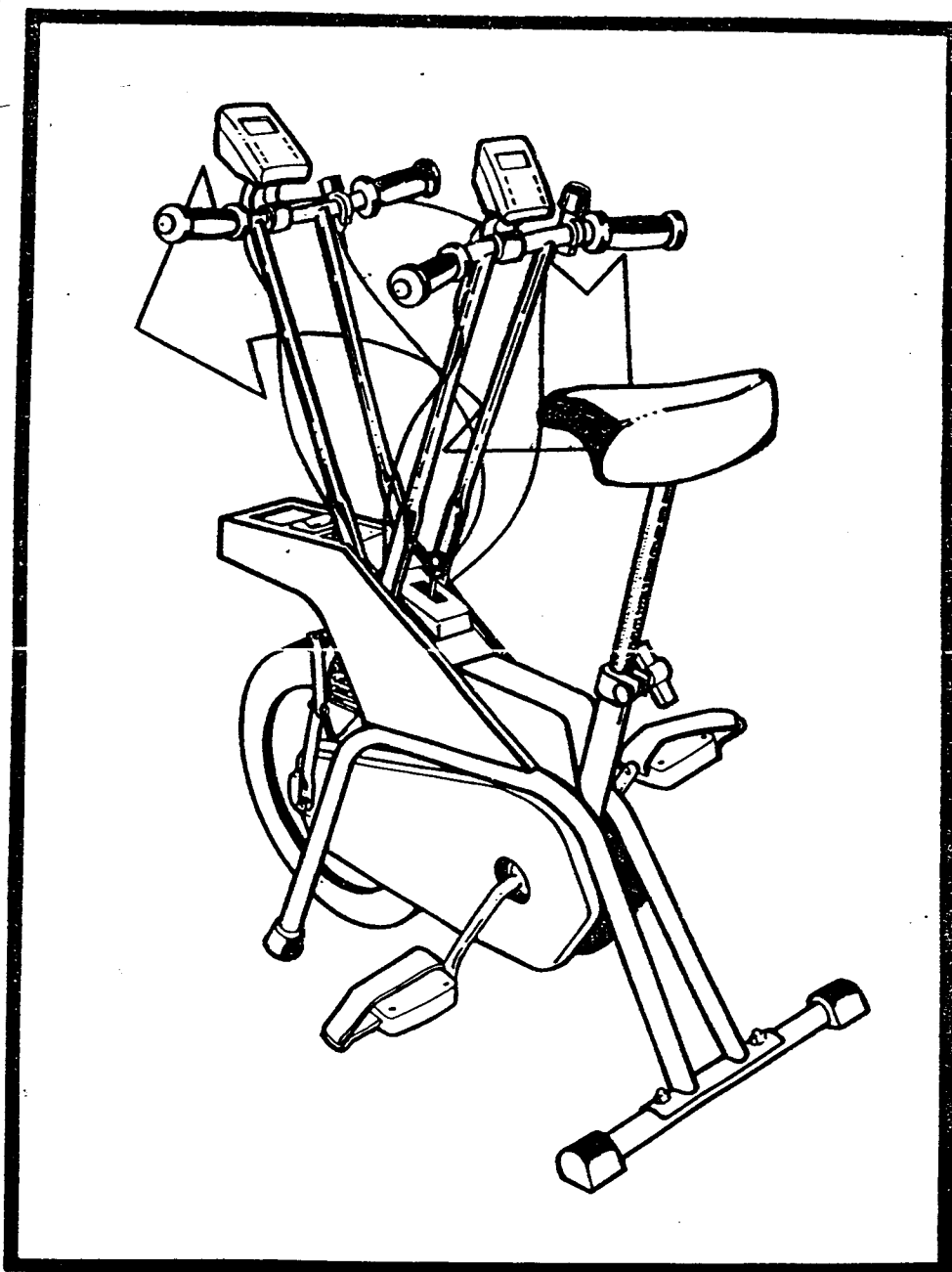
Lifestyler

D·U·A·L A·C·T·I·O·N E·R·G·O·M·E·T·E·R

525/550/575

MODEL NO. 831.29123
831.29124
831.29127

- Assembly
- Adjustment
- Operation
- Training Program
- Maintenance
- Storage
- Reorder/Parts List
- Warranty



Owner's Manual and Fitness Program

Lifestyler

D·U·A·L A·C·T·I·O·N E·R·G·O·M·E·T·E·R

525/550/575

Owner's Manual and Fitness Program

BEFORE YOU BEGIN

For maximum enjoyment and benefit, become familiar with the operation of your exercise bike before initial use. 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, Mon. -Fri., 8 a.m. -5 p.m. Mountain Standard Time.

INTRODUCTION

Congratulations on your purchase of a Lifestyler Dual-Action 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 bikes feature moveable handlebars with hydraulic shock resistance to let you exercise your upper body as well as your lower body.

This manual outlines assembly and operating instructions for the Lifestyler 525, Lifestyler 550 and Lifestyler 575 exercise bikes. Please read all sections that apply to your exercise bike.

WARNING

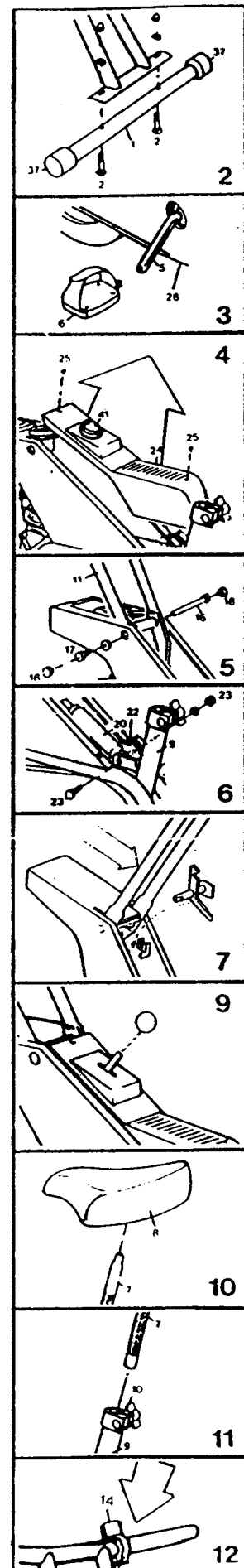
Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. **Read all instructions before using.** Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this exercise bike.

ASSEMBLY

Lifestyler 525/Lifestyler 550/Lifestyler 575

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 (3) with two Carriage Bolts (2), Molded Washers (2A) and Acorn Nuts (2B).
3. Thread the Pedal marked "Left" (6) counterclockwise onto the left arm of the Crank (5). Thread the Pedal marked "Right" (4) clockwise onto the right arm of the Crank. Tighten firmly.
4. Remove the two Screws (25A, 25B) from the Shock Hood (24) and lift the Hood off.
5. Position the pivot tube of the Handlebar (11) between the holes in the Meter Hood (19), and insert the Pivot Rod (16). Screw the Bolt (17) and Washer (17A) into the end of the Pivot Rod and snap the Plastic Caps (18) into place.
6. Place the end of the Hydraulic Shock (20) inside the bracket on the Seat Tube (9) and attach it with the Bolt (23), Washer (23A) and Locknut (23B).
7. **Lifestyler 575 only** - Pull the Handlebar (11) back until it stops. Maneuver the Locking Mechanism (47) into the Meter Hood (19) and slide the rounded shaft ends into the slots in the welded brackets. Rotate the Mechanism forward and push the Handlebar forward until it stops.
8. Reattach the Shock Hood (24) with the two Screws (25A, 25B).
9. **Lifestyler 575 only** - Screw the Locking Knob (46) onto the protruding shaft of the Locking Mechanism (47).
10. Insert the tapered end of the Seat Post (7) into the bracket on the bottom of the Seat (8) and tighten the nut on each side.
11. Insert the Seat Post (7) into the Seat Tube (9) and tighten the T-wingnut (10C). The Seat Post must be inserted at least 2 inches.
12. With the small screw removed, clip the Resistance Control Knob (14) onto the right side of the Handlebar (11). Attach the Knob by replacing the screw.



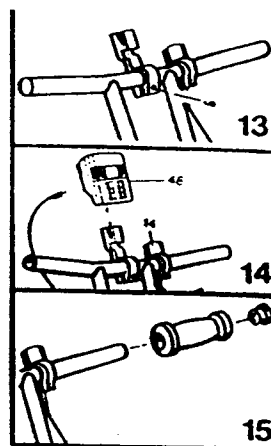
removed, clamp the Electronics Bracket (40) onto the center of the Handlebar (11). Attach the Bracket by replacing the screw.

14. **Lifestyler 550 and 575 only** - Slide the Electronic Console (41) onto the Electronics Bracket (40). Plug the Electronics Wire (45) into the jack on the lower back of the Console.

15. Moisten the ends of the Handlebar (11) and push the Handgrips (12) on. Insert the Handgrip Caps (13) into the ends of the Handlebar.

16. The Flywheel (34) has been coated with an anti-corrosive wax to prevent rust during shipment and storage. Before using the bike the Flywheel should be lightly sanded with the sandpaper included. Wipe the Flywheel with a clean cloth to remove all loosened particles.

17. Make sure that all parts are tightened securely before using your exercise bike.



EXERCISE BIKE ADJUSTMENTS

SEAT ADJUSTMENT

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

1. **Seat Angle Adjustment**
 - A. Loosen the nuts beneath the seat clamping the seat post.
 - B. Tilt the seat to the desired angle.
 - C. Firmly retighten the nuts.
2. **Seat Height Adjustment**

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.

RESISTANCE ADJUSTMENT

The resistance against the pedals can be adjusted with the adjustment knob mounted on the handlebar.

1. Turn the knob clockwise to increase the resistance.
2. Turn the knob counterclockwise to decrease the resistance.

HANDLEBAR LOCK OPERATION - Lifestyler 575 only

The handlebar of the Lifestyler 575 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.

PART LIST

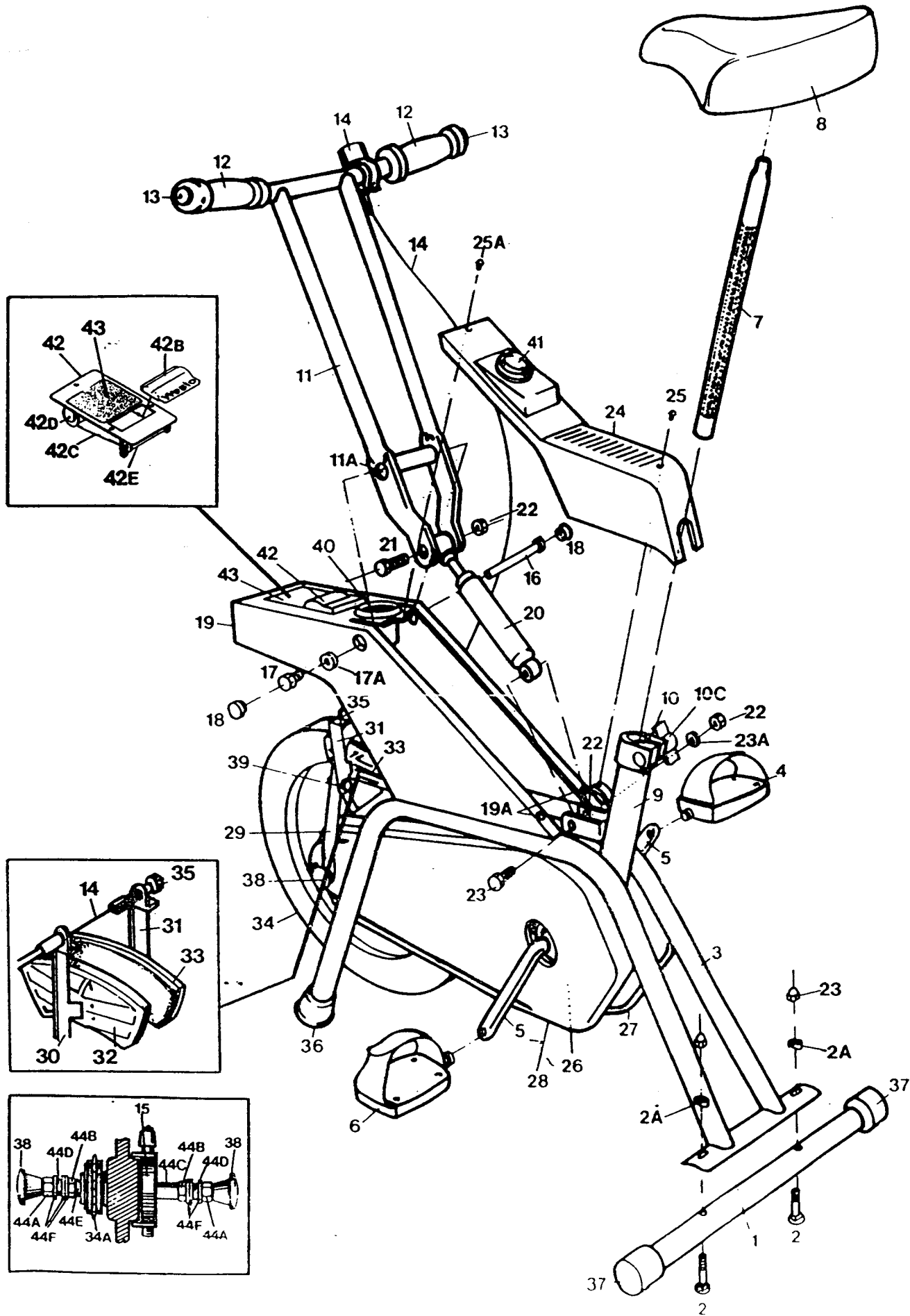
Lifestyler 525 (Model 29123)

No.	Description	Qty.	Reorder No.
1	Crossbar	1	006003
2	Carriage Bolt	2	013011
2A	Molded Washer	2	014006
2B	Acorn Nut	2	012001
3	Frame	1	004006
4	Right Pedal	1	038006
5	Crank w/Sprocket	1	023002
6	Left Pedal	1	038005
7	Seat Post	1	007003
8	Seat	1	042004
9	Seat Tube	1	On Frame
10	Clamp	1	016001
10A	Bolt	1	013001
10B	Washer	1	014005
10C	T-Wingnut	1	017001
11	Handlebar	1	001006
12	Handgrip	2	041001
13	Handgrip Cap	2	040004
14	Resistance Control w/Cable	1	072006
15	Speedometer Drive	1	028002
16	Pivot Rod	1	049004
17	Bolt	1	013020
17A	Washer	1	014003
18	Plastic Cap	2	040011
19	Meter Hood	1	009005
19A	Meter Hood Screw	2	013016
20	Hydraulic Shock	1	043001
21	Bolt	1	013052
22	Nut	2	012002
23	Bolt	1	013010
23A	Washer	1	014005
24	Shock Hood	1	009003
25	Long Screw	1	013028
25A	Short Screw	1	013023
26	Chain	1	025002

No.	Description	Qty.	Reorder No.
27	Right Chain Guard	1	010023
27A	Chain Guard Screw	1	013021
28	Left Chain Guard	1	010022
29	Brake Bracket	1	008002
30	Right Control Bar	1	072003
31	Left Control Bar	1	072002
32	Right Brake Shoe	1	036001
33	Left Brake Shoe	1	036002
34	Flywheel	1	021004
35	Brake Adjustment Screw	1	016006
36	Front Rubber Cap	2	040001
37	Rear Rubber Cap	2	040006
38	Plastic Axle Cap	2	017008
39	Bolt	2	013018
39A	Washer	2	014022
39B	Nut	2	012003
40	Speedometer	1	027006
40A	Speedometer Cable	1	
41	Timer	1	029001
42	Newton Meter Frame	1	034007
42A	Newton Meter Spring	1	058003
42B	Clear Plastic Cover	1	073003
42C	Cloth Chart	1	034006
42D	Front Roller	1	034009
42E	Back Roller	1	034006
43	Meter Chart Decal	1	034006
44	Axle	1	049002
44A	Thick Nut	2*	012032
44B	Thin Nut	2*	012031
44C	Thick Spacer	1*	019020
44D	Thin Spacer	2*	019021
44E	Tapered Spacer	2*	014001
44F	Washer	8*	014015
45	Wrench	1	045003

*Quantity may vary

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.



PART LIST

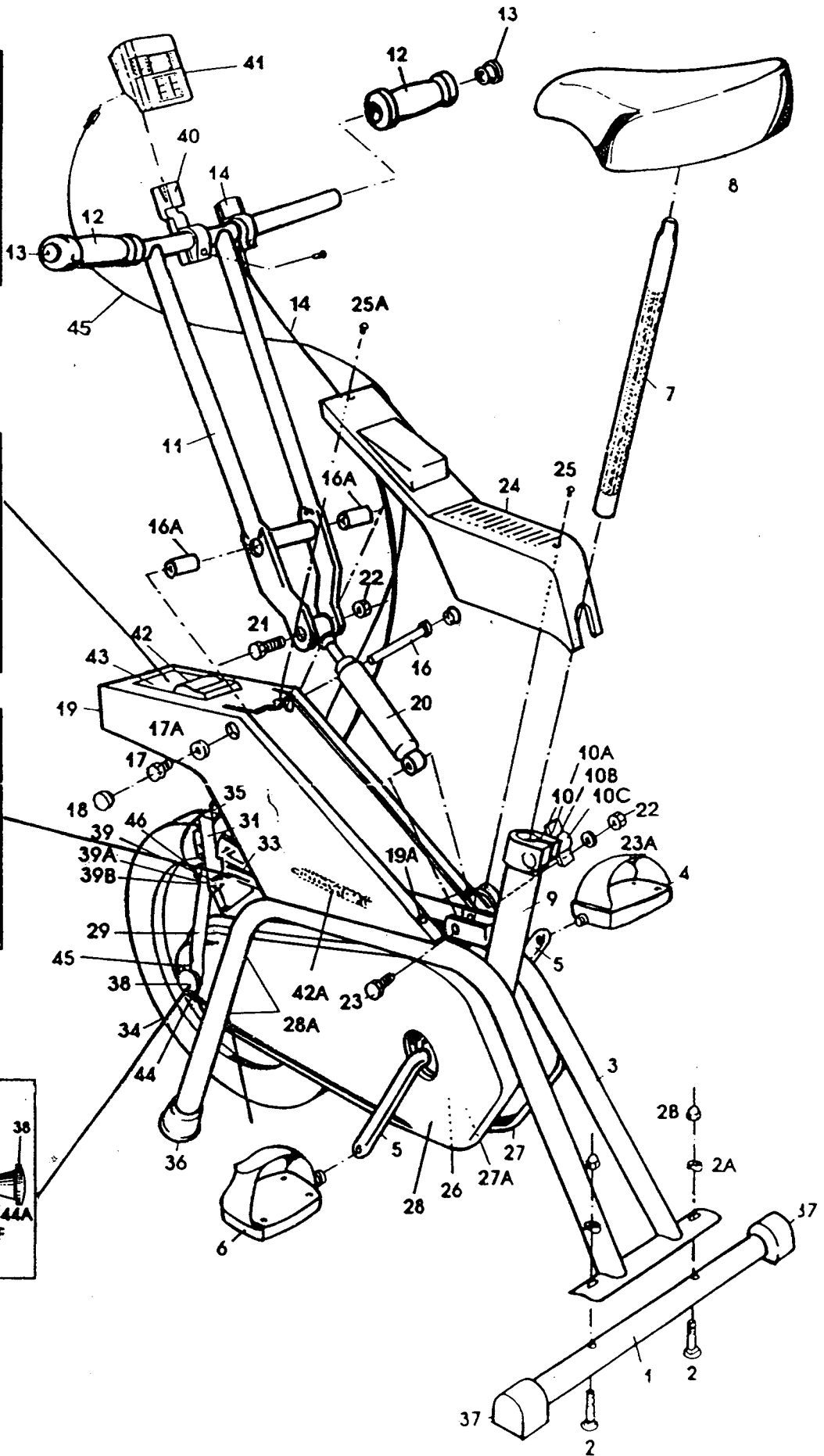
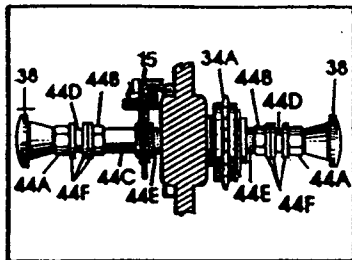
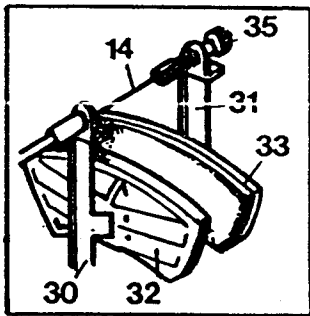
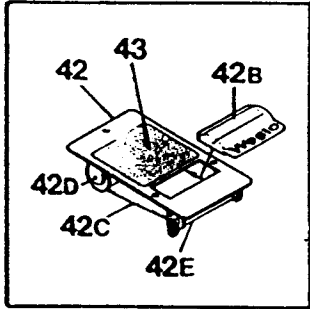
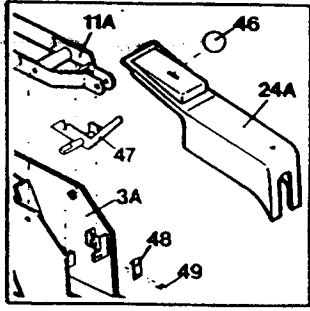
Lifestyler 550 (Model 29124)/Lifestyler 575 (Model 29127)

No.	Description	Qty.	Reorder No.	No.	Description	Qty.	Reorder No.
1	Crossbar	1	006003	27A	Chain Guard Screw	4	013021
2	Carriage Bolt	2	013011	28	Left Chain Guard	1	010022
2A	Molded Washer	2	014006	29	Brake Bracket	1	008002
2B	Acom Nut	2	012001	30	Right Control Bar	1	072003
3	Frame (Model 29124)	1	004006	31	Left Control Bar	1	072002
3A	Frame (Model 29127)	1	004094	32	Right Brake Shoe	1	036001
4	Right Pedal	1	038006	33	Left Brake Shoe	1	036002
5	Crank w/Sprocket	1	023002	34	Flywheel	1	021004
6	Left Pedal	1	038005	34A	Small Sprocket	1	024001
7	Seat Post	1	007003	35	Brake Adjustment Screw	1	016006
8	Seat	1	042004	36	Front Rubber Cap	2	040001
9	Seat Tube	1	On Frame	37	Rear Rubber Cap	2	040006
10	Clamp	1	016001	38	Plastic Axle Cap	2	017008
10A	Bolt	1	013001	39	Bolt	2	013018
10B	Washer	1	014005	39A	Washer	2	014022
10C	T-Wingnut	1	017001	39B	Nut	2	012003
11	Handlebar (Model 29124)	1	001006	40	Electronics Bracket	2	008007
11A	Handlebar (Model 29127)	1	001023	41	Electronic Console	1	032001
12	Handgrip	2	041001	42	Newton Meter Frame	1	034007
13	Handgrip Cap	2	040004	42A	Newton Meter Spring	1	058003
14	Resistance Control w/Cable	1	072006	42B	Clear Plastic Cover	1	073002
15	Speedometer Drive	1	033002	42C	Cloth Chart	1	034006
16	Pivot Rod	1	049004	42D	Large Front Roller	1	034009
16A	Pivot Rod Bushing	2	019008	42E	Small Back Roller	1	034008
17	Bolt	1	013020	43	Meter Chart Decal	1	034006
17A	Washer	1	014003	44	Axle	1	049002
18	Plastic Cap	2	040011	44A	Thick Nut	2*	012032
19	Meter Hood	1	009008	44B	Thin Nut	2*	012031
19A	Meter Hood Screw	2	013016	44C	Thick Spacer	1*	019020
20	Hydraulic Shock	1	043001	44D	Thin Spacer	2*	019021
21	Bolt	2	013052	44E	Tapered Spacer	2*	014001
22	Nut	1	012002	44F	Washer	8*	014015
23	Bolt	1	013010	45	Electronics Wire	1	033005
23A	Washer	1	014005	46	Locking Knob (Model 29127)	1	017042
24	Shock Hood (Model 29124)	1	009007	47	Lock (Model 29127)	1	008112
24A	Shock Hood (Model 29127)	1	009050	48	Spring Clip (Model 29127)	1	058014
25	Long Screw	1	013028	49	Spring Screw (Model 29127)	2	013335
25A	Short Screw	1	013023	50	Wrench	1	043003
26	Chain	1	025002				
27	Right Chain Guard	1	010023				

*Quantity may vary

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.

LIFESTYLER 575 ONLY



THE ELECTRONIC CONSOLE - Lifestyle 550/575 only

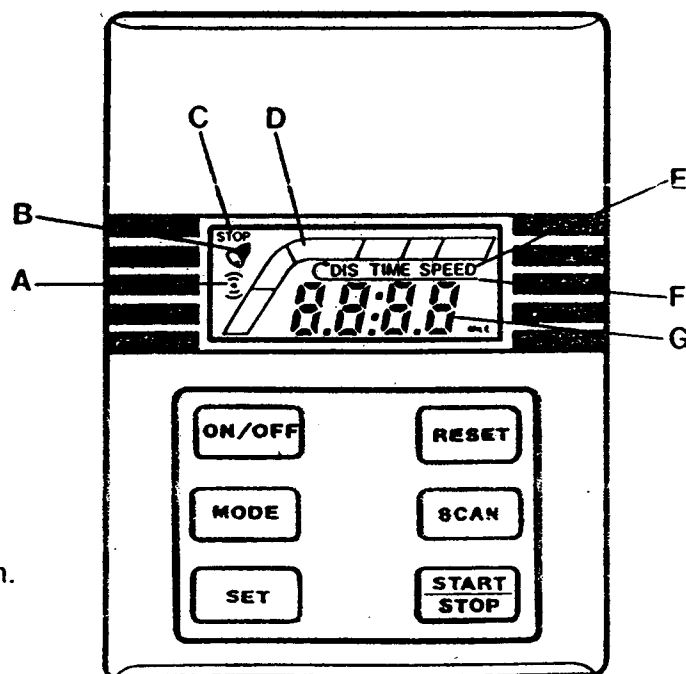
The electronic console features seven functions to help you monitor your exercise. Be sure that the electronics wire is plugged into the jack on the back of the console. Two "AA" size batteries (included) must be installed in the console before operation.

CONSOLE FUNCTIONS

- **SPEED**
Displays current speed from 0 to 99 miles per hour.
- **TIME**
Displays elapsed time from 0 to 99 minutes.
- **TIME SET**
Counts down to zero from a preselected amount of time.
- **DISTANCE**
Displays approximate distance cycled from .001 to 9999 miles.
- **DISTANCE SET**
Counts back to zero from a preselected distance.
- **SCAN**
Alternately displays the SPEED, TIME and DISTANCE functions in a repeating cycle.
- **RPM**
Displays pedal revolutions per minute.

CONSOLE DIAGRAM

- A. Indicates that the DISTANCE SET function is operating.
- B. Indicates that the TIME SET function is operating.
- C. Indicates that the functions are stopped.
- D. RPM function bar graph.
- E. Indicates that the TIME, SPEED or DISTANCE functions are operating.
- F. Indicates that the SCAN function is operating.
- G. Digital display for all functions except the RPM function.



CONSOLE OPERATION

1. Press the ON/OFF key to turn the console on.
2. Select the function desired.
 - A. **SPEED** - Press the MODE key until the SPEED indicator appears on the display.
 - B. **TIME** - Press the MODE key until the TIME indicator appears on the display. Press the START/STOP key to start timing.

- C. **TIME SET** - The STOP indicator must appear on the display before setting. Press the START/STOP key to stop the functions if necessary. Press the MODE key until the TIME indicator appears on the display. Press the RESET key to return the display to zero. Next, press the SET key to enter the desired amount of time. Each time the key is pressed the displayed time will increase by 1 minute. Holding the key down will increase the amount more rapidly. Press the START/STOP key to start counting down. When zero is reached a tone will sound.
 - D. **DISTANCE** - Press the MODE key until the DISTANCE indicator appears on the display.
 - E. **DISTANCE SET** - The STOP indicator must appear on the display before setting. Press the START/STOP key to stop the functions if necessary. Press the MODE key until the DISTANCE indicator appears on the display. Press the RESET key to return the display to zero. Next, press the SET key to enter the distance desired. Each time the key is pressed the displayed distance will increase by .1 mile. Holding the key down will increase the amount more rapidly. When the desired distance is entered simply begin exercising to start counting down. When the display reaches zero a tone will sound.
 - F. **SCAN** - Press the SCAN key. An indicator arrow will appear on the display. Press the START/STOP key to activate the function. The SCAN function automatically displays the SPEED, TIME and DISTANCE functions. (If the TIME SET or DISTANCE SET functions were selected, they will be displayed instead of the TIME or DISTANCE functions.) To cancel the SCAN function press the SCAN key again.
 - G. **RPM** - The RPM function operates automatically when you pedal the bike.
- 3. The TIME, TIME SET and SCAN functions can be stopped and restarted at any time by pressing the START/STOP key. Functions can be reset to zero by pressing the RESET key.
 - 4. Functions can be changed while exercising as described in step 2 above.
 - 5. When you finish exercising press the ON/OFF key to turn the console off.

If the display becomes faint the batteries should be replaced. Always remove the batteries from the console when storing the bike. Avoid exposing the console to direct sunlight as the console may be damaged.

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.

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 unconditioned and conditioned persons. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

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 you should gradually increase your heart rate until you reach the high end of your Training Zone.

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. If you are exercising, pause briefly while you take a measurement. 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 and adapt your exercise accordingly.



As your conditioning improves a greater workload will be required in order to raise your heart rate to your Training Zone. This can be achieved by increasing your speed or resistance.

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 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

WARM UP

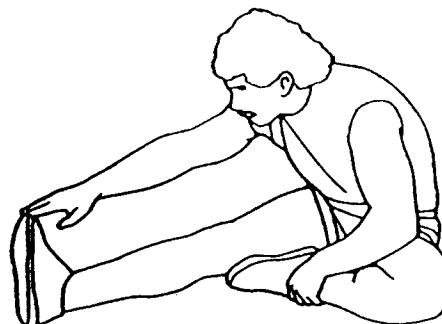
Before beginning use of the Exercise Bike, a stretching routine is recommended. The following stretching routine provides a good warm up.

All stretches should be performed slowly. 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.

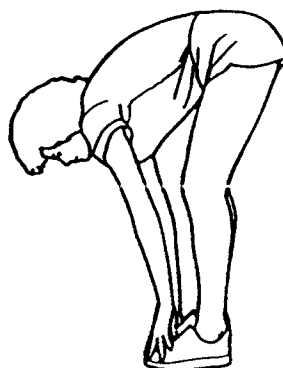
Stretches: Inner thigh muscles.



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.

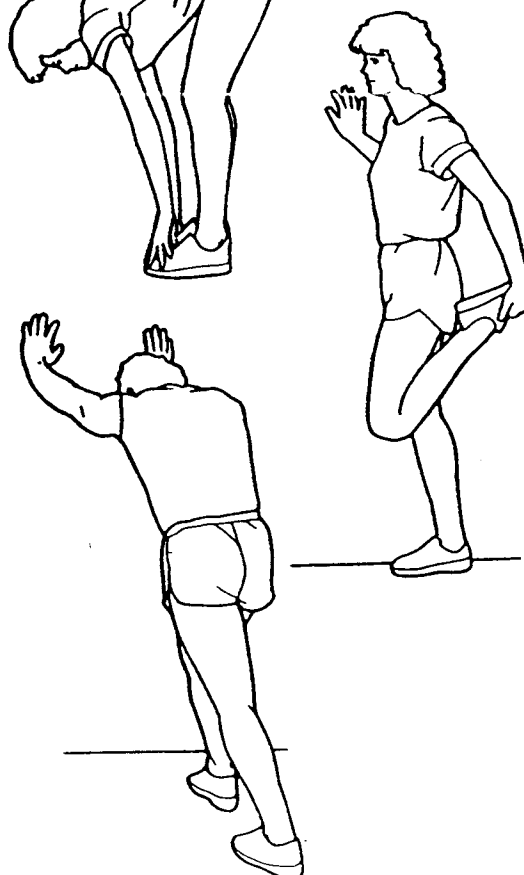
Stretches: Hamstrings, Back of Knees, Back.



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 out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles tendons, and Ankles.

COOL DOWN

These stretching exercises may also be used to "cool down" after your workout program. This will help prevent muscle stiffness the next day.

CALCULATING CALORIES BURNED

1. Pedal at a pace of 8 to 11 mph (175 to 225 rpm).
2. Set the pedaling resistance at a comfortable level with the Resistance Control Knob.
3. Once you have reached a steady rate of pedaling, set the **TIMER** and time your workout.
4. Check the **Newton Meter (42)**. Shown on the **Meter Chart (42C)** is the amount of **Watts** being used as you pedal.

Check the column that corresponds with your miles per hour (or rpms):

First Column (on the far left):

Shows Watts used at 8 mph (approx. 175 rpm).

Second Column (on the middle left):

Shows Watts used at 9.5 mph (approx. 200 rpm).

Third Column (on the middle right):

Shows Watts used at 11 mph (approx. 225 rpm).

(The far right column shows energy expended in Newtonmeters. A Newtonmeter is the amount of force required to push one kilogram of mass one meter per second.)

Try to maintain a steady Watt level during your entire workout.

5. After your workout, note the number shown in the appropriate Watts column. and the elapsed time of your workout.
6. Using this information, consult the table below to calculate the total number of calories consumed.

For example, if the Watt level was 100 and your workout was 20 minutes long, you would first find the number 100 in the column under "Watts". Next, look across from the number 100 until you find the column under "20 min.". The number at that intersection is 28.7. This is the number of Calories you have burned.

TOTAL CALORIE CONSUMPTION

Watts	1 min.	5 min.	10 min.	15 min.	20 min.	30 min.	60 min.
50	0.7	3.6	7.2	10.7	14.3	21.5	43.0
70	1.0	5.0	10.0	15.0	20.1	30.1	60.2
75	1.1	5.4	10.7	16.1	21.5	32.2	64.4
100	1.4	7.2	14.3	21.5	28.7	43.0	86.0
105	1.5	7.5	15.0	22.6	30.1	45.1	90.3
125	1.8	9.0	18.0	26.9	35.8	53.7	107.0
140	2.0	10.0	20.1	30.1	40.1	60.2	120.4
150	2.1	10.7	21.5	32.2	43.0	64.5	129.0
175	2.5	12.5	25.1	37.6	50.2	75.2	150.5
200	2.9	14.3	28.7	43.0	57.3	86.0	172.0
210	3.0	15.0	30.1	45.1	60.2	90.3	180.6
225	3.2	16.1	32.2	48.4	64.5	96.7	193.5
245	3.5	17.6	35.1	52.7	70.2	105.3	210.7
250	3.6	18.0	35.8	53.7	71.7	107.5	215.0
275	3.9	19.7	39.4	59.1	78.8	118.2	236.4
280	4.0	20.1	40.1	60.2	80.2	120.4	240.7
300	4.3	21.5	43.0	64.5	86.0	129.0	257.9
315	4.5	22.6	45.1	67.7	90.3	135.4	270.8
325	4.7	23.3	46.6	69.9	93.1	139.7	279.4
350	5.0	25.1	50.2	75.2	100.3	150.5	300.9
375	5.4	26.9	53.7	80.6	107.5	161.2	322.4
385	5.5	27.6	55.2	82.8	110.3	165.5	331.0
400	5.7	28.7	57.3	86.0	114.6	172.0	343.9
420	6.0	30.1	60.2	90.3	120.4	180.6	361.1
425	6.1	30.5	60.9	91.4	121.8	182.7	365.4
450	6.4	32.2	64.5	96.7	129.0	193.5	386.9
455	6.5	32.6	65.2	97.8	130.4	195.6	391.2
490	7.0	35.1	70.2	105.3	140.4	210.7	421.3
525	7.5	37.6	75.2	112.8	150.5	225.7	451.4

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.

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