

Lifestyler

S·T·E·P T·H·R·U E·L·E·C·T·R·O·N·I·C E·R·G·O·M·E·T·E·R

Model No. 831.294080

Assembly

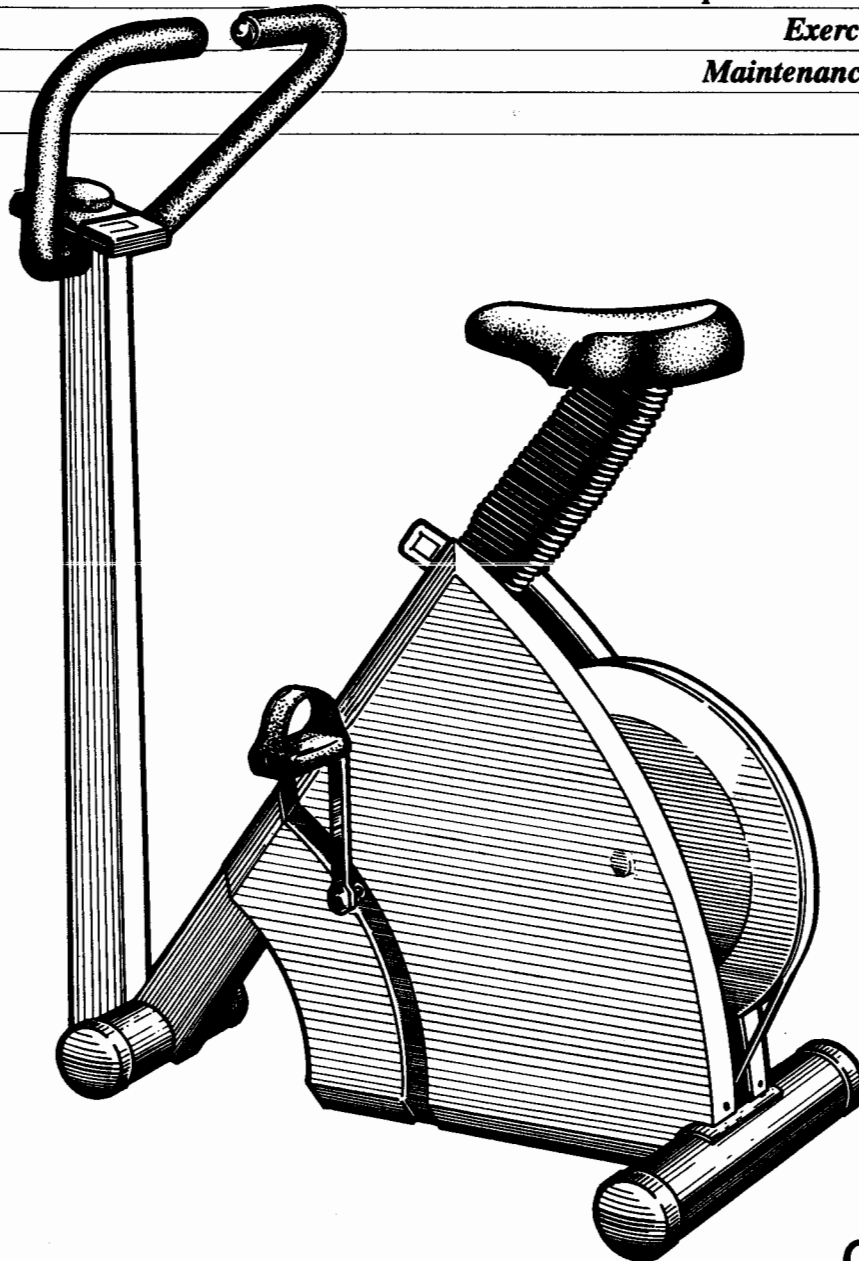
Reordering Information

Operation and Adjustments

Exercise Guidelines

Maintenance and Storage

Warranty



SEARS

**OWNER'S
MANUAL**

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

SOLD BY SEARS, ROEBUCK AND CO., SEARS TOWER, CHICAGO, IL 60684

Lifestyler

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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 1-800-999-3756 (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, found on the back of the bike frame.

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

Thank you for purchasing a Sears Lifestyler Step Thru Ergometer exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The Lifestyler Exercise Bike combines advanced technology with innovative design to let you enjoy this healthful exercise at your convenience, in the privacy of your home.

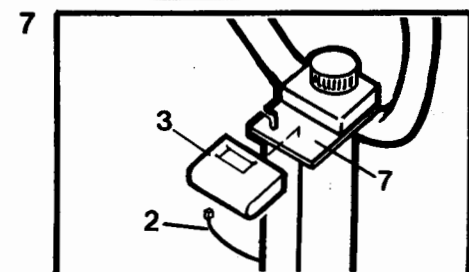
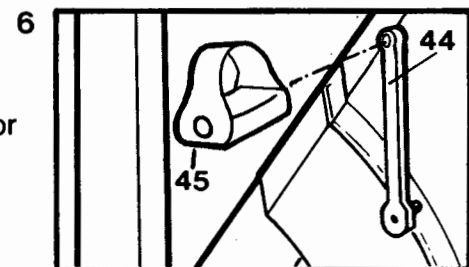
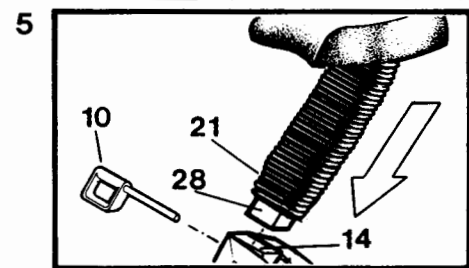
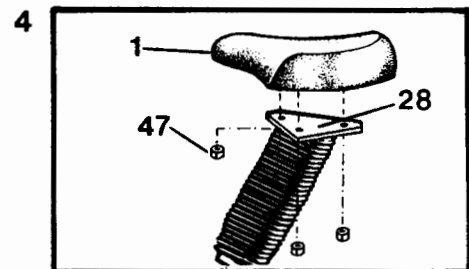
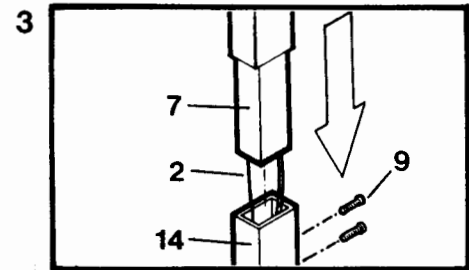
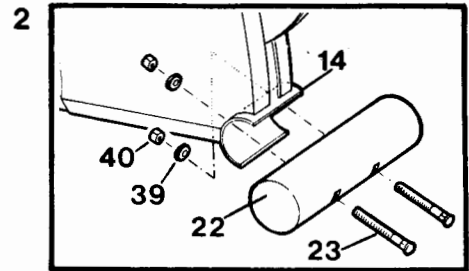
The Lifestyler features adjustable resistance, a heavy flywheel for smooth pedaling, and a comfortable step-through frame for easy mounting and dismounting. And you can monitor your exercise on the microprocessor-based electronic console.

This manual is designed to help you easily assemble, adjust and operate your exercise bike. Basic conditioning guidelines are included to help you get started with your fitness program.

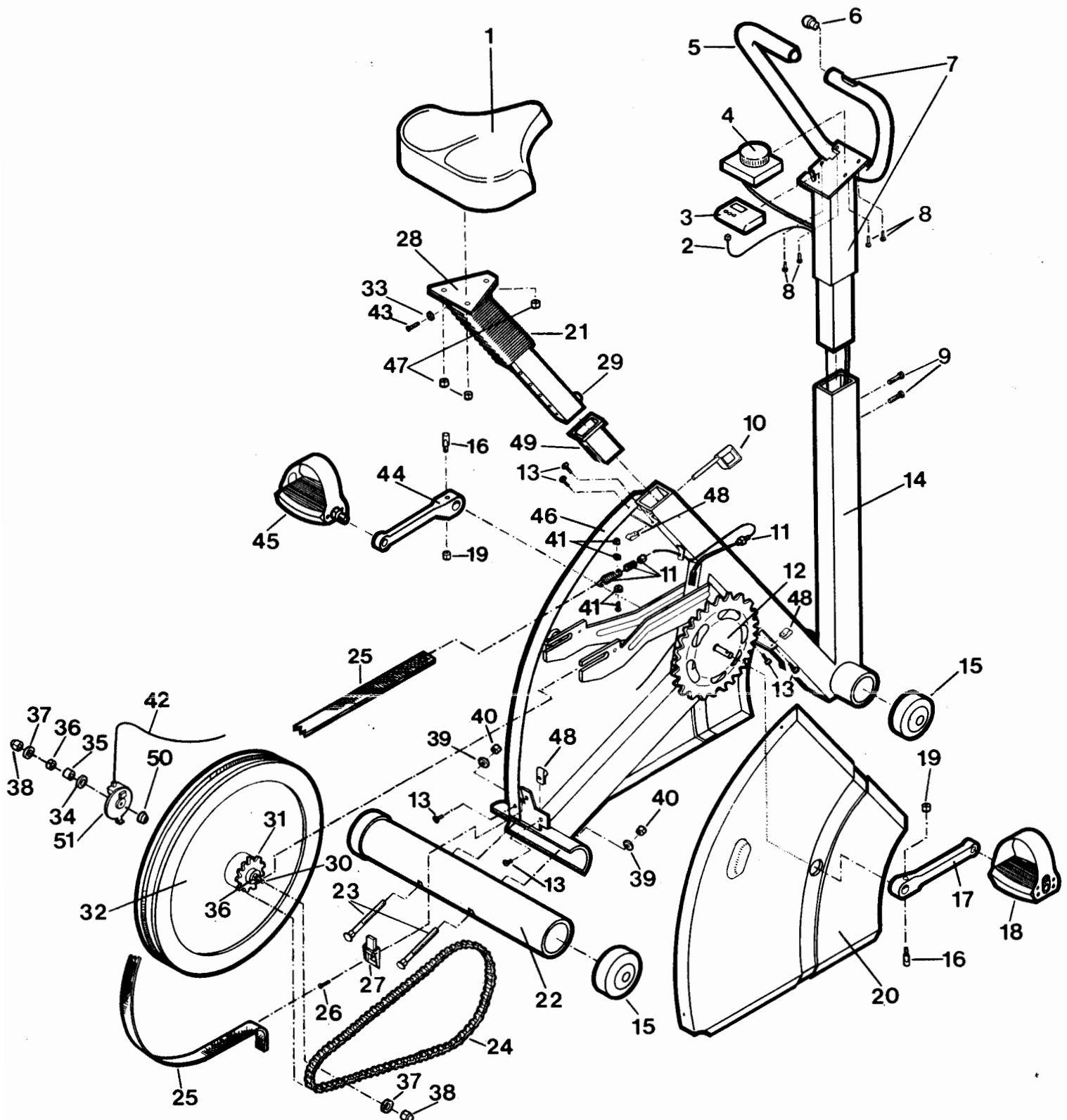
ASSEMBLY

Please read the instructions below carefully before beginning assembly. Refer to the Exploded Drawing and the Part List for help in part identification. Assembly can be completed using the tool provided.

1. Set all parts in a clear area on the floor, and remove the packing materials. Make sure that all parts are included before disposing of the packing materials.
2. Attach the Rear Leg (22) to the Frame (14) with two Carriage Bolts (23), Washers (39) and Nuts (40).
3. Turn the Handlebar (7) upright, and insert it into the front post of the Frame (14). Be careful not to damage the Sensor Wire (2) inside of the Handlebar. Secure the Handlebar with the two Handlebar Bolts (9).
4. Remove the three Nuts (47) from the bottom of the Seat (1). Position the Seat on the bracket at the top of the Seat Post (28) and reattach the Nuts.
5. Push the Bellows (21) up the Seat Post (28), and insert the Seat Post into the seat tube of the Frame (14). Adjust the Seat Post to the desired height, and insert the Seat Pin (10) through the seat tube. Pull the Bellows down over the top of the seat tube.
6. Thread the Left Pedal (45) counterclockwise into the Left Crank Arm (44). Thread the Right Pedal (18) clockwise into the Right Crank Arm (17). Tighten both pedals firmly. Note: the Pedals are marked with an "R" or an "L" on the shaft for identification.
7. Plug the Sensor Wire (2) into the back of the Electronic Console (3). Press the Console onto the bracket between the Handlebars (7).
8. Make sure that all parts are tightened securely before using the exercise bike.



EXPLODED DRAWING - Model No. 831.294080



**Specifications are subject to change without notice.*

Replacement parts may be ordered by calling customer service toll-free at **1-800-999-3756** (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 key number.

PART LIST - Model No. 831.294080

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat	27	1	Tension Buckle
2	1	Sensor Wire	28	1	Seat Post
3	1	Electronic Console	29	1	Seat Post Glide
4	1	Resistance Control	30	1	Axle
5	2	Foam Handgrip	31	1	Freewheel-Sprocket
6	2	Handlebar Plug	32	1	Flywheel
7	1	Handlebar w/Post	33	1	Washer
8	4	Console Screw	34	1	Washer
9	2	Handlebar Bolt	35	1	Spacer
10	1	Seat Pin	36	2	Inner Nut
11	1	Hollow Bolt Assembly	37	2	Washer
12	1	Crank w/Sprocket	38	2	Axle Nut
13	6	Sideshield Screw	39	2	Leg Washer
14	1	Frame	40	2	Leg Nut
15	4	Endcap	41	1	Bolt w/ Washer and Nut
16	2	Crank Pin	42	1	Electronics Drive Wire
17	1	Right Crank Arm	43	1	Bellows Screw
18	1	Right Pedal	44	1	Left Crank Arm
19	2	Crank Nut	45	1	Left Pedal
20	1	Right Sideshield	46	1	Left Sideshield
21	1	Bellows	47	3	Seat Nuts
22	1	Rear Leg	48	6	Sideshield Nuts
23	2	Carriage Bolt	49	1	Seat Post Sleeve
24	1	Chain	50	1	Beveled Washer
25	1	Tension Belt	51	1	Electronics Drive
26	1	Screw		1	Owner's Manual

ADJUSTMENT AND OPERATION

IMPORTANT SAFETY PRECAUTIONS

1. Always use the exercise bike on a clear, level surface.
2. Refrain from wearing flowing clothing, such as a gown or robe, that could become caught or tangled in the bike.
3. Keep hands away from moving parts.
4. Keep small children away from the bike during operation.

SEAT ADJUSTMENT

Proper Seat height is important for efficient exercise. When you pedal the bike there should be a slight bend in your knees when the pedals are at their lowest position. To adjust the Seat height, remove the Seat Pin from the seat tube of the Frame, raise or lower the Seat to the correct height, and reinsert the Seat Pin.

PEDALING RESISTANCE

As you exercise, you can increase or decrease the amount of pedaling resistance. The resistance is controlled with the Knob mounted between the handlebars. Turn the Knob clockwise to increase the resistance, or counterclockwise to decrease the resistance. There are 5 resistance settings, 1 being the lowest and 5 the highest.

If the range of resistance is too high or too low, it can be adjusted with the Tension Buckle located on the rear of the Frame below the Flywheel. First, turn the Resistance Control Knob to setting 1. 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.

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.

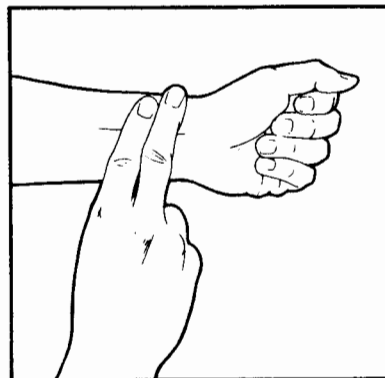
EXERCISE INTENSITY

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 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.

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

The Lifestyler is designed to be virtually maintenance-free. A periodic check should be made to insure that all screws and bolts are tightened securely. Outside surfaces of the bike can be cleaned with a soft cloth and mild detergent.

Store the bike in a cool, dry place, out of direct sunlight. Remove the batteries from the console when storing the bike for extended periods.

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 product is used in a normal manner.

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

SERVICE IS AVAILABLE BY SIMPLY RETURNING THIS PRODUCT 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