

SEARS® Lifestyler™

T·A·I·L·W·I·N·D

Model No. 831.294091

Assembly

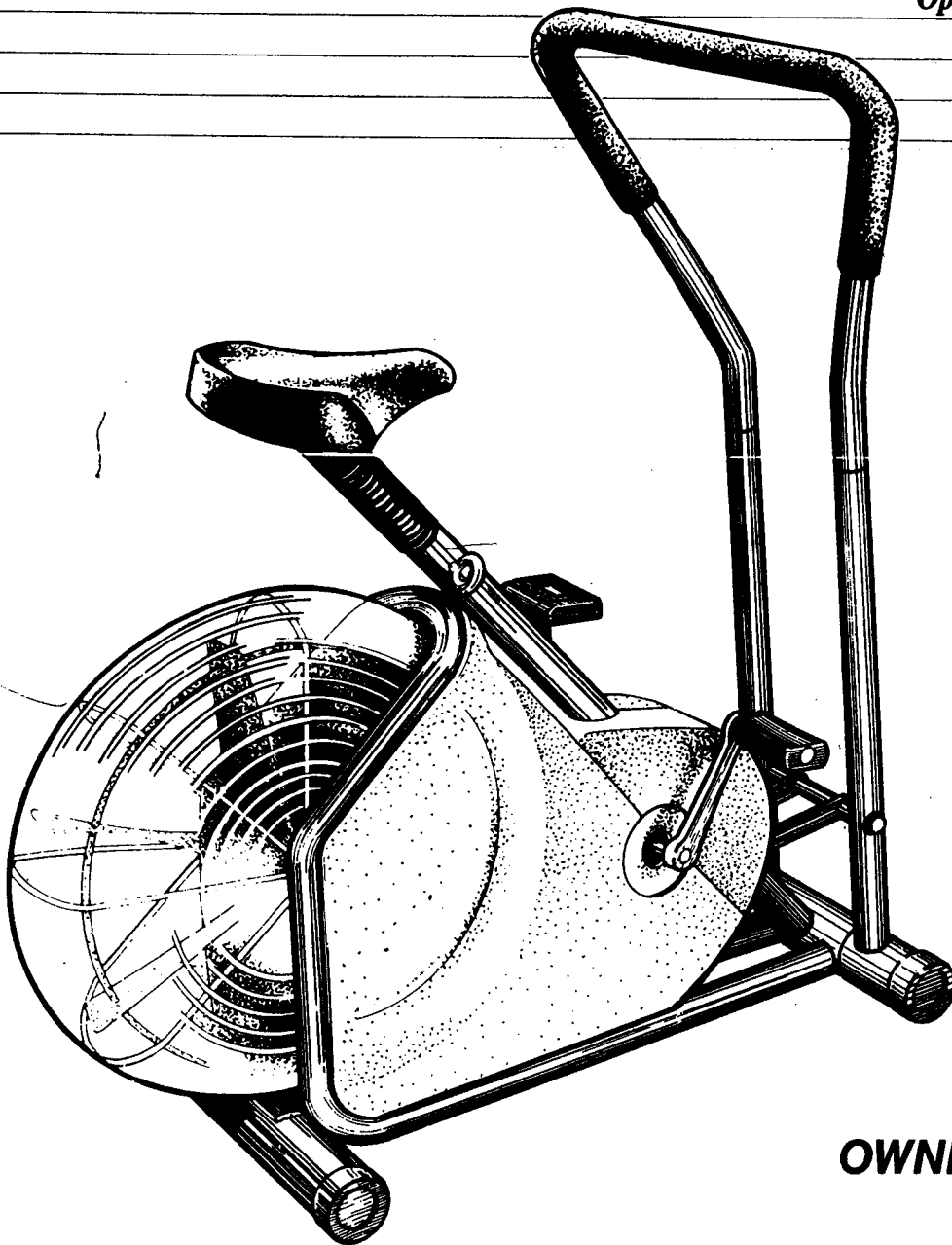
Reordering Information

Operation and Adjustments

Maintenance

Exercise Guidelines

Warranty



OWNER'S MANUAL

Part No. 046160 10/88

Patent Pending

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

SOLD BY SEARS, ROEBUCK AND CO., DEPT. 731CR-W, 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 this treadmill is used in a normal manner.

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

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE TREADMILL 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.

T·A·I·L·W·I·N·D

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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, 6 a.m. until 6 p.m. Mountain Time. In all correspondence regarding this product, use the model number (found on the front cover), and the serial number (located on the bike frame). Write the serial number in the box below for easy reference.

Serial No:

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 TAILWIND exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The Lifestyler TAILWIND combines advanced engineering with innovative design to let you enjoy this healthful exercise at your convenience, in the privacy of your home.

The TAILWIND utilizes air resistance for a smooth, even pedaling action. The handlebars are

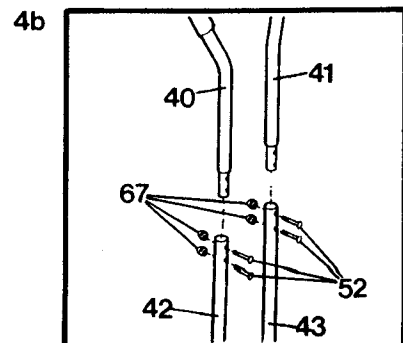
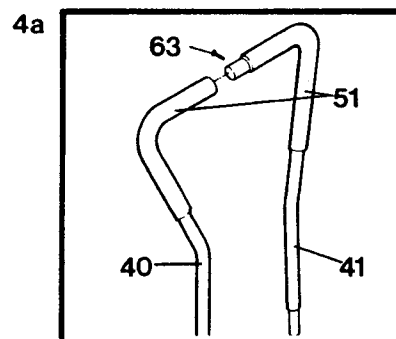
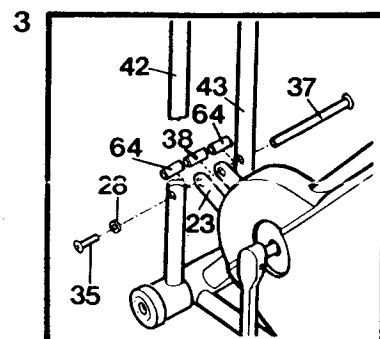
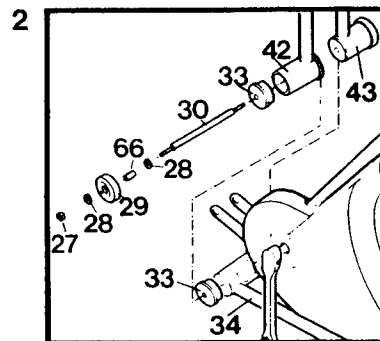
designed to be locked in a stationary position, or pushed forward and pulled back as you pedal to add upper body exercise to your workout. You can monitor your exercise on the microprocessor-based electronic console. The TAILWIND even comes complete with a cooling breeze!

This manual is designed to help you easily assemble and adjust your exercise bike. Basic conditioning guidelines are included to help you get started with your fitness program. Please read this manual carefully before initial operation of the bike.

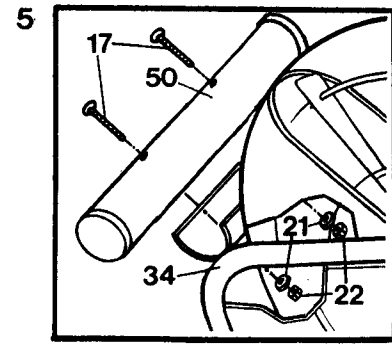
ASSEMBLY

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.

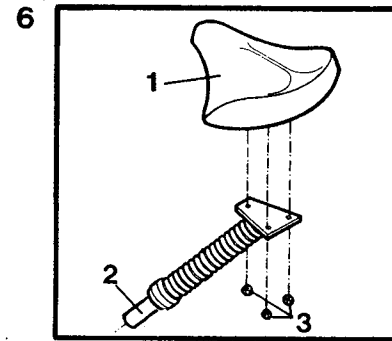
1. Set all parts in a clear area on the floor and remove the packing materials. Make sure that all parts are included before disposing of the packing materials.
2. Make sure that there is a Large Bushing (33) in each side of the Left and Right Handlebar Bases (42, 43), and in each side of the front tube of the Frame (34). Align the Handlebar Bases with the front tube of the Frame as shown. Insert the Pivot Rod (30) through the Handlebar Bases and the front tube, and attach a Wheel (29) on each end with a Spacer (66), two Washers (28) and a Nut (27), as shown.
3. Align the free end of the Shock Fork (23) between the holes in the Handlebar Bases (42,43) as shown. Insert the Shock Rod (37) through the Handlebar Bases and the Fork, placing the Rod Bushing (38) and the two Concave Rod Bushings (64) on the Rod as shown. Screw a Bolt (35) with a Washer (28) into the end of the Rod.
4. Join the Left and Right Handlebars (40,41) with a Sheet Metal Screw (63) as shown. Note: it may be necessary to roll back the Handlebar Foam (51) in order to expose the center holes. Insert the Handlebars (40, 41) into the Handlebar Bases (42, 43). Make sure that the Handlebars are bent towards the bike. Attach them with the four Handlebar Carriage Bolts (52) and the Handlebar Nuts (67) as shown, with the Carriage Bolt Heads towards the bike.



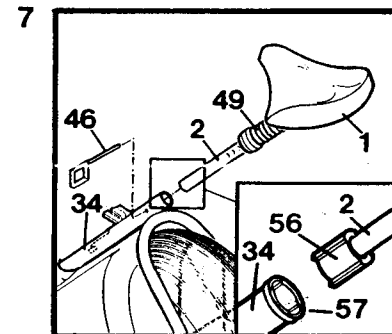
5. Carefully tip the bike forward and rest it on the Handlebars (40,41). Attach the Rear Leg (50) to the Frame (34) with two Carriage Bolts (17), Washers (21) and Nuts (22). Tip the bike back onto the Rear Leg.



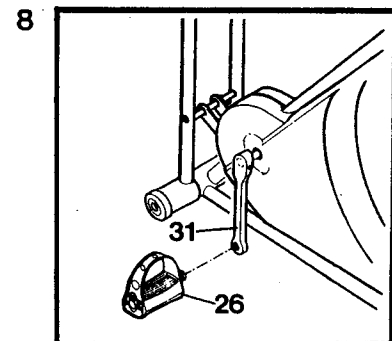
6. Remove the three Nuts (3) from the bottom of the Seat (1). Attach the Seat to the bracket on the Seat Post (2) with the three Nuts.



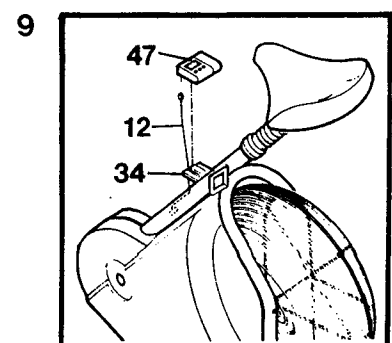
7. Push the Bellows (49) up the Seat Post (2). Turn the Seat (1) so that the Pilot (56) on the end of the Seat Post (2) fits into the Liner (57) in the seat tube of the Frame (34), and insert the Seat Post into the seat tube. Turn the Seat forward, adjust the Seat to the desired height, and insert the Seat Pin (46) through the seat tube. Pull the Bellows down over the top of the seat tube.



8. Thread the Left Pedal (26) counterclockwise into the Left Crank Arm (31). Thread the Right Pedal (6) clockwise into the Right Crank Arm (5). Tighten both Pedals firmly. Note: The Pedals are marked with a "R" or an "L" on the shaft for identification.

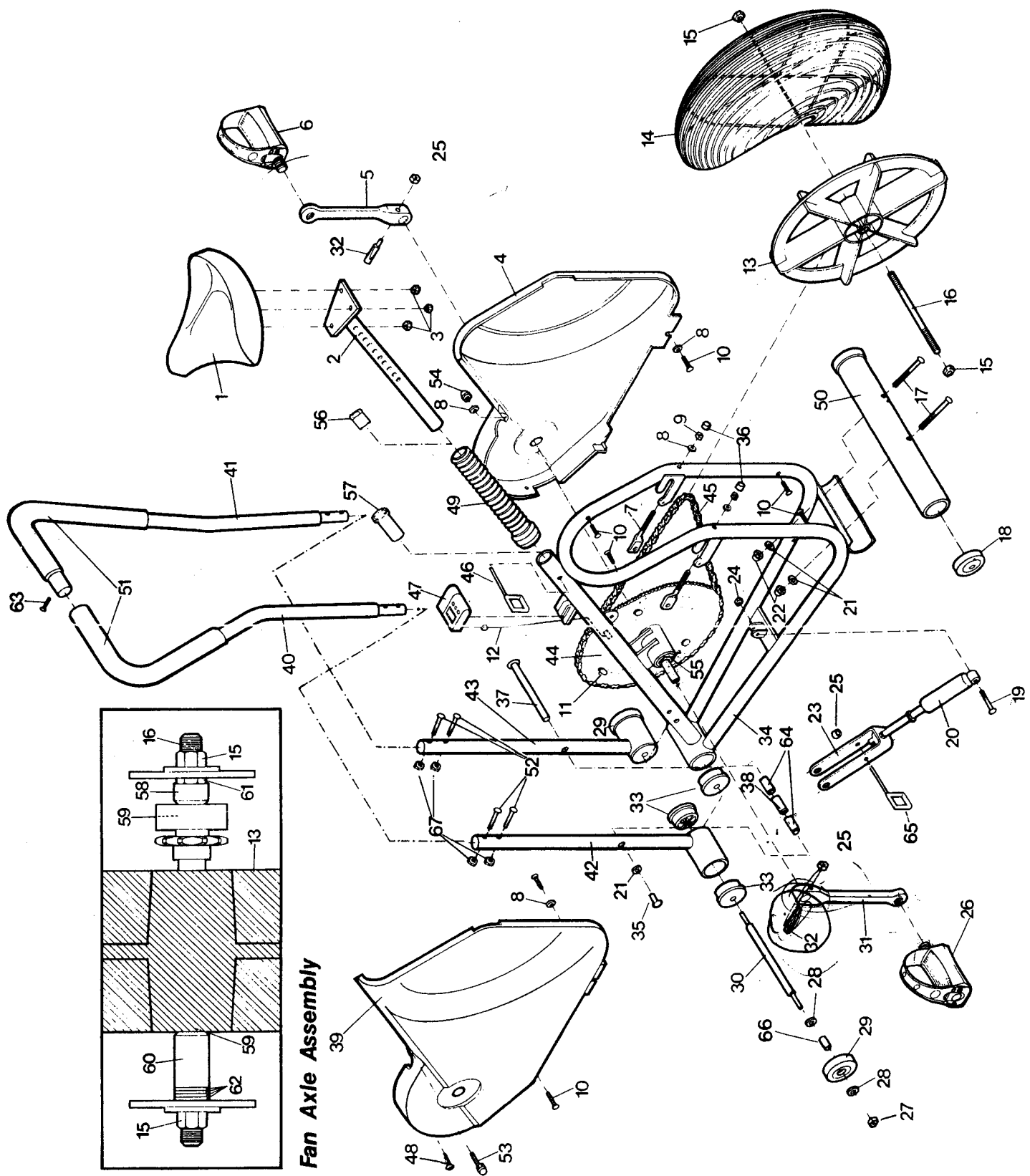


9. Plug the Sensor Wire (12) into the back of the Electronic Console (47). Slide the Console onto the bracket on the seat tube of the Frame (34).



10. Make sure that all parts are fastened securely and that the Chain (45) is tight before using the exercise bike. (See the MAINTENANCE section of this Manual for Chain tightening instructions.)

EXPLODED DRAWING - Model No. 831.294091



Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-3756**, (in Canada **1-800-824-8949**), during regular business hours: Monday - Friday, 6 a.m. - 6 p.m., Mountain Time. When ordering parts, please refer to the product name and model number, and the key number and description of the part needed.

PART LIST - Model No. 831.294091

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat	35	1	Shock Rod Bolt
2	1	Seat Post	36	2	Rubber Cap
3	3	Seat Nut	37	1	Shock Rod
4	1	Right Side Shield	38	1	Rod Bushing
5	1	Right Crank Arm	39	1	Left Side Shield
6	1	Right Pedal	40	1	Left Handlebar
7	2	Fan Adjustment Bolt	41	1	Right Handlebar
8	5	Washer	42	1	Left Handlebar Base
9	2	Adjustment Nut	43	1	Right Handlebar Base
10	6	Screw	44	1	Sprocket Assembly
11	3	Magnet	45	1	Chain
12	1	Sensor Wire w/Reed Switch	46	1	Seat Pin
13	1	Fan w/Sprocket	47	1	Electronic Console
14	1	Fan Guard	48	1	Front Side Shield Screw
15	2	Axle Nut	49	1	Bellows
16	1	Fan Axle	50	1	Rear Leg
17	2	Carriage Bolt	51	2	Handlebar Foam
18	2	End Cap	52	4	Handlebar Carriage Bolt
19	1	Shock Bolt	53	1	Acorn Bolt
20	1	Hydraulic Shock	54	1	Acorn Nut
21	3	Leg Washer	55	1	Crank Hardware
22	2	Leg Nut	56	1	Seat Post Pilot
23	1	Shock Fork	57	1	Seat Tube Liner
24	1	Shock Nut	58	2	Tapered Bushing
25	1	Rubber Shock Cap	59	1	Bearing
26	1	Left Pedal	60	2	Thin Spacer
27	2	Pivot Rod Nut	61	2	Nut
28	4	Pivot Rod Washer	62	4	Large Washer
29	2	Wheel	63	1	Sheet Metal Screw
30	1	Pivot Rod	64	2	Concave Rod Bushing
31	1	Left Crank Arm	65	1	Locking Pin
32	2	Crank Pin	66	2	Spacer
33	6	Large Bushing	67	4	Handlebar Nut
34	1	Frame		1	Owner's Manual
				1	Electronic Console Guide

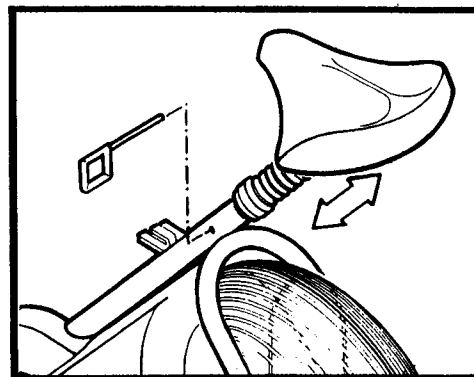
ADJUSTMENT AND OPERATION

IMPORTANT SAFETY PRECAUTIONS

1. Refrain from wearing flowing clothing, such as a gown or robe, that could become caught or tangled in the bike.
2. Do not insert objects into the Fan Guard at any time.
3. Remember that the Pedals do not freewheel, but move whenever the Fan moves. Always be alert and attentive when your feet are in the foot straps.
4. Make sure that the Chain is always tight.

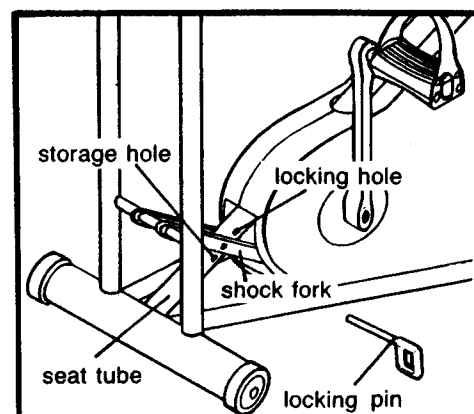
SEAT ADJUSTMENT

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 Pin.



HANDLEBAR OPERATION

The Handlebars of the TAILWIND can either be locked in a stationary position, or used in the exercise mode. To lock the Handlebars in a stationary position, align the holes in the Shock Fork with the upper hole in the seat tube of the Frame, and insert the Locking Pin through the Fork and the seat tube. To use the Handlebars in the exercise mode, simply remove the Locking Pin and store it in the lower hole in the seat tube.



MAINTENANCE

The TAILWIND is designed to be virtually maintenance-free. Check all parts periodically to be sure that they are tightened securely. Clean outside surfaces using a soft cloth and non-abrasive detergent. Do not use solvents.

This exercise bike utilizes a high-precision chain which must be kept tight at all times in order to prevent severe damage to the Fan. If the chain slips or causes excessive noise, it can be adjusted in the following manner:

1. Remove the Crank Pins and Nuts from the Right and Left Crank Arms, and remove the Crank Arms.
2. Remove the Bolt and Screws from the Right and Left Side Shields, and lift off the Side Shields.
3. Check the Chain for proper tightness by tipping the bike forward onto its handlebars and reaching through the opening in the bottom. There should be almost no slack in the chain.
4. If the Chain needs to be adjusted, first loosen the Axle Nuts on each side of the Fan. Next, remove the Rubber Caps and turn the Fan Adjustment Nuts clockwise to tighten the Chain, or counterclockwise to loosen the Chain. Make sure that the Fan is straight, replace the Rubber Caps and retighten the Axle Nuts.
5. Reattach the Right and Left Side Shields with the Bolt and Screws.
6. Reattach the Right and Left Crank Arms with the Crank Pins and Nuts.

The Chain should be oiled periodically with a few drops of light multi-purpose oil. The oil can be applied after removing the Right Crank Arm and Side Shield as described above.

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.

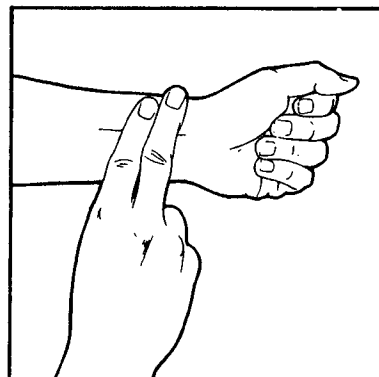
EXERCISE INTENSITY

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**.

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.

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

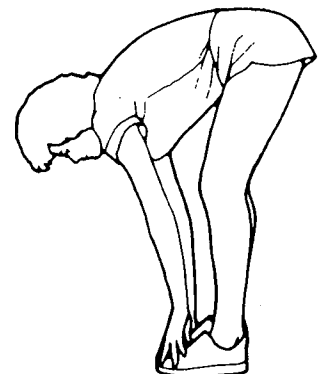
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

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

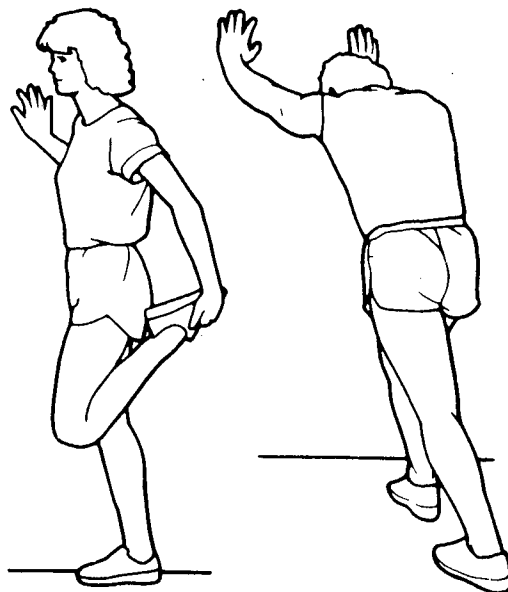
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

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.



HOW TO ORDER REPLACEMENT PARTS

Each TREADMILL has its own MODEL NUMBER.

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

All parts listed herein may be ordered through SEARS, ROEBUCK, AND CO. SERVICE CENTERS and most 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 (831.294091).
2. The NAME OF THE PRODUCT (Sears Lifestyler Tailwind).
3. The SERIAL NUMBER (see page 3).
4. The KEY NUMBER OF THE PART from the Part List found in this manual.
5. The PART DESCRIPTION from the Part List found in this manual.

Your Sears merchandise has added value when you consider that Sears has service units nation-wide 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.

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Part No. 046160 10/88

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