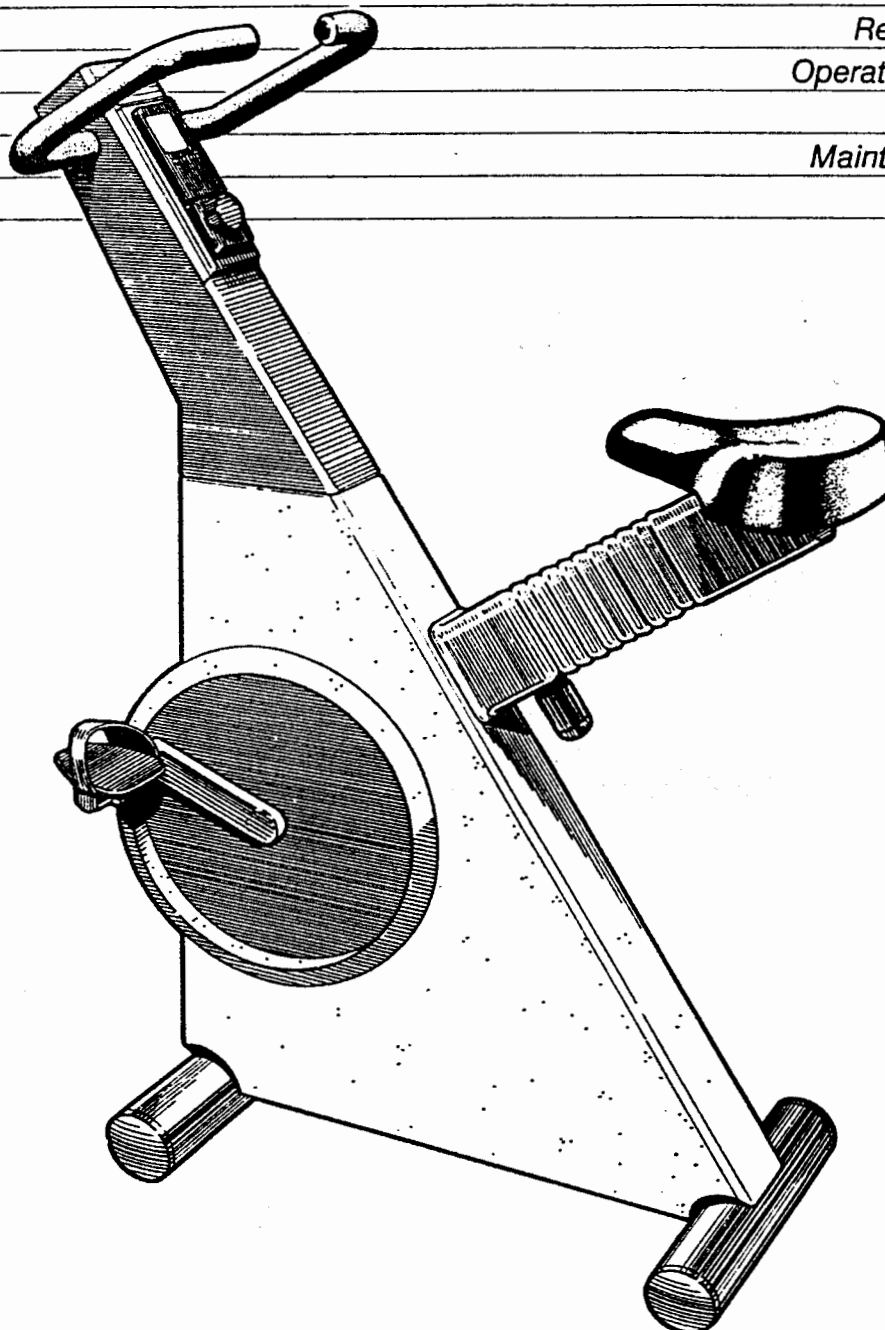


SEARS **Lifestyler 5000**

P·U·L·S·E E·R·G·O·M·E·T·E·R



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

OWNER'S MANUAL

Model No. 831.294101

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

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Lifestyler

SEARS, ROEBUCK AND CO.

5000

BEFORE YOU BEGIN

Congratulations on your purchase of a Sears Lifestyler 5000 exercise bike. There are many benefits to be gained from regular, conscientious exercise. Exercising conditions the heart and lungs, strengthens and tones the muscles, controls weight, and in many other ways helps you to look and feel better!

The Lifestyler 5000 exercise bike incorporates advanced design and technology to let you exercise effectively and comfortably in the convenience of your own home. The bike features a microprocessor-based electronic console to help you monitor and regulate your exercise.

For your benefit and safety, please read this manual carefully before initial use of the exercise bike. If you have additional questions regarding assembly, parts, operation or the 90-day warranty, please call our **toll-free Customer Service line 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 communications regarding this product, please refer to the model number, found in the box below, and the serial number, found on the bike frame. Write the serial number in the box below for easy reference.

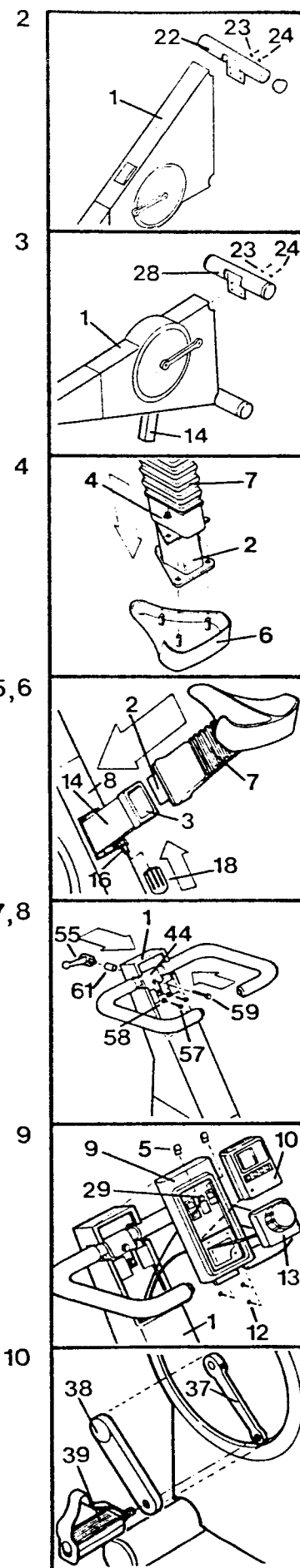
Model No. 831.294101 Serial No.
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WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. **Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of the Sears exercise bike.**

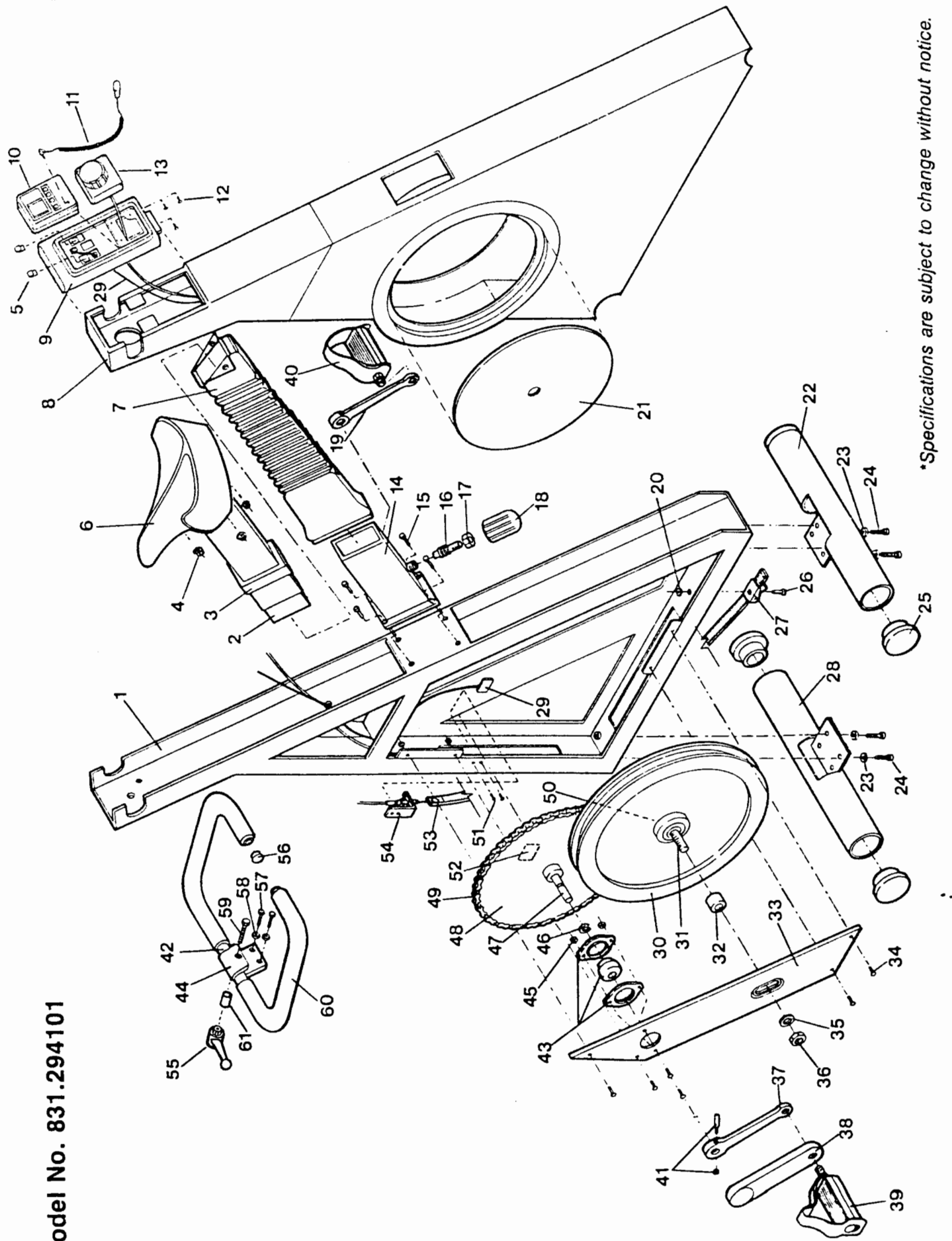
ASSEMBLY

Please read the instructions carefully before beginning assembly. Refer to the Exploded Drawing and the Part List to identify parts. Assembly can be completed using the tool provided.

1. Set up the exercise bike on a flat area on the floor and remove all packaging. Verify that all parts are included before disposal of the packaging.
2. Carefully lay out the Frame (1) as shown, and attach the Rear Leg (28) to the Frame with two Allen Bolts (24) and Washers (23).
3. Rest the Frame (1) on the Seat Post Base (14) as shown and attach the Front Leg (28) to the Frame with two Allen Bolts (24) and Washers (23). Stand the bike upright on the Legs.
4. Place the Seat (6) on the Seat Post (2). Slip the Rubber Bellows (7) over the two rear bolts on the underside of the Seat and attach the Seat with the three Seat Nuts (4).
5. Slide the Seat Post Guide (3) into the Seat Post Base (14). Insert the Seat Post (2) into the Seat Post Base. Pull the Rubber Bellows (7) down over the Seat Post and Seat Post Base. Be sure that the Seat Locking Pin (16) protrudes through the hole in the Bellows. Press the bottom edge of the Bellows into the Body (8).
6. Screw the Seat Adjustment Knob (18) onto the Seat Locking Pin (16). Pull the Knob out, lower the Seat Post to the desired height, and engage the Locking Pin in one of the holes in the Seat Post.
7. Attach the Handlebar Clamp (44) to the Frame (1) with two Bolts (57) and Washers (58).
8. Insert the Carriage Bolt (59) through the Handlebar Clamp (44) and Frame (1). Place the Spacer (61) on the Bolt and attach the Handlebar Adjustment Knob (55).
9. Secure the Resistance Control (13) on to the Fascia (9) with the three Screws (12). Plug the Monitor Wire (29) into the jack on the back of the Electronic Console (10). Set the Fascia (9) in the Frame (1) and secure it with the two Fascia Clips (5).
10. Attach the Crank Arm Covers (38) to the Right and Left Crank Arms (19, 37). Thread the Pedal marked "Left" (39) counterclockwise into the Left Crank Arm (37). Thread the pedal marked "Right" (40) clockwise into the Right Crank Arm (19). Tighten firmly.
11. Make sure that all parts are securely fastened before using your exercise bike.



Model No. 831.294101



*Specifications are subject to change without notice.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	33	1	Support Bar
2	1	Seat Post	34	8	Support Bar Bolt
3	1	Seat Post Guide	35	2	Washer
4	3	Seat Nut	36	2	Nut
5	2	Fascia Clips	37	1	Left Crank Arm
6	1	Seat	38	2	Crank Arm Cover
7	1	Rubber Bellows	39	1	Left Pedal
8	1	Body	40	1	Right Pedal
9	1	Fascia	41	2	Crank Pin w/Nut
10	1	Electronic Console	42	1	Handlebar
11	1	Pulse Monitor	43	2	Bearing Assembly
12	3	Resistance Control Screw	44	1	Handlebar Clamp
13	1	Resistance Knob w/Cable	45	4	Bearing Assembly Nut
14	1	Seat Post Base	46	2	C-Clip
15	4	Seat Post Bolt	47	1	Axle
16	1	Seat Locking Pin	48	1	Sprocket
17	1	Collar	49	1	Chain
18	1	Seat Adjustment Knob	50	2	Freewheel Assembly
19	1	Right Crank Arm	51	2	Bracket Bolts
20	1	Nut	52	1	Magnet
21	2	Crank Plate	53	1	Resistance Strap
22	1	Rear Leg	54	1	Resistance Cable Bracket
23	4	Washer	55	1	Handlebar Adjustment Knob
24	4	Allen Bolt	56	2	Handlebar Cap
25	4	Leg Cap	57	2	Handlebar Bolt
26	1	Bolt	58	2	Washer
27	1	Resistance Buckle	59	1	Carriage Bolt
28	1	Front Leg	60	2	Foam Handgrip
29	1	Monitor Wire	61	1	Spacer
30	1	Flywheel		1	Owner's Manual
31	1	Flywheel Shaft		1	Electronic Console Guide
32	2	Spacer			

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.

ADJUSTMENT

HANDLEBAR ADJUSTMENT

The angle of the handlebars should be adjusted to a position that is comfortable for you. Simply turn the handlebar adjustment knob (located in front of the handlebars) counterclockwise, move the handlebars to the desired position, and retighten the knob.

SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine the correct height sit on the seat with your feet on the pedals and turn the pedals slowly. When your legs are at their fullest extension there should be a slight bend in the knees. To adjust the seat height, pull back on the seat adjustment knob, slide the seat post in or out, and return the knob to the locked position. The seat adjustment knob has a pin which fits into holes in the seat post. Be sure that the pin is securely engaged in one of the holes.

PEDALING RESISTANCE

As you exercise, the amount of pedaling resistance can be increased or decreased using the control mounted below the electronic console. Turn the control knob clockwise to increase the resistance, or counterclockwise to decrease the resistance. There are five resistance settings.

If the range of resistance is too high or low, it can be adjusted with the tension buckle located on the underside of the bike frame. Turn the resistance control to setting 1, tip the bike forward, 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 belt and close the buckle.

CONDITIONING GUIDELINES

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 maintain or improve your heart rate is in your Training Zone, you must first exercise for at least four minutes. After four minutes, pause briefly and measure your heart rate. The easiest way to measure your heart rate is to place two fingers on the side of your neck where you feel a pulse. Carefully take a 15-second count. Adding a 0 to the number will give you your heart rate in beats per minute. (A 15-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

This Exercise bike is designed to be virtually maintenance free. Periodically check all parts to be sure that they are tightened securely. Outside surfaces of the bike can be cleaned with a soft cloth and non-abrasive detergent. Do not use solvents.

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

If the resistance strap has all resistance, the resistance strap may have become disconnected from the control cable. To reattach the resistance strap, the crank plate must first be removed from the side of the bike. Turn the left pedal in a clockwise direction and pull off the crank arm cover. Unscrew the pin from the crank pin, tap the pin from the crank arm, and slide off the crank arm. Firmly push the crank plate away from the plastic body of the bike.

To reattach the resistance strap, turn the resistance control to setting 1 and pull the strap up around the front of the flywheel. Make sure that the strap is not twisted. Hook the spring on the control cable into the grommet in the resistance strap. Reassemble the bike by reversing the steps above.

A few drops of light multi-purpose oil should be applied to the chain periodically to insure smooth operation of the bike. The oil can be applied after removing the crank plate cover as described above.

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