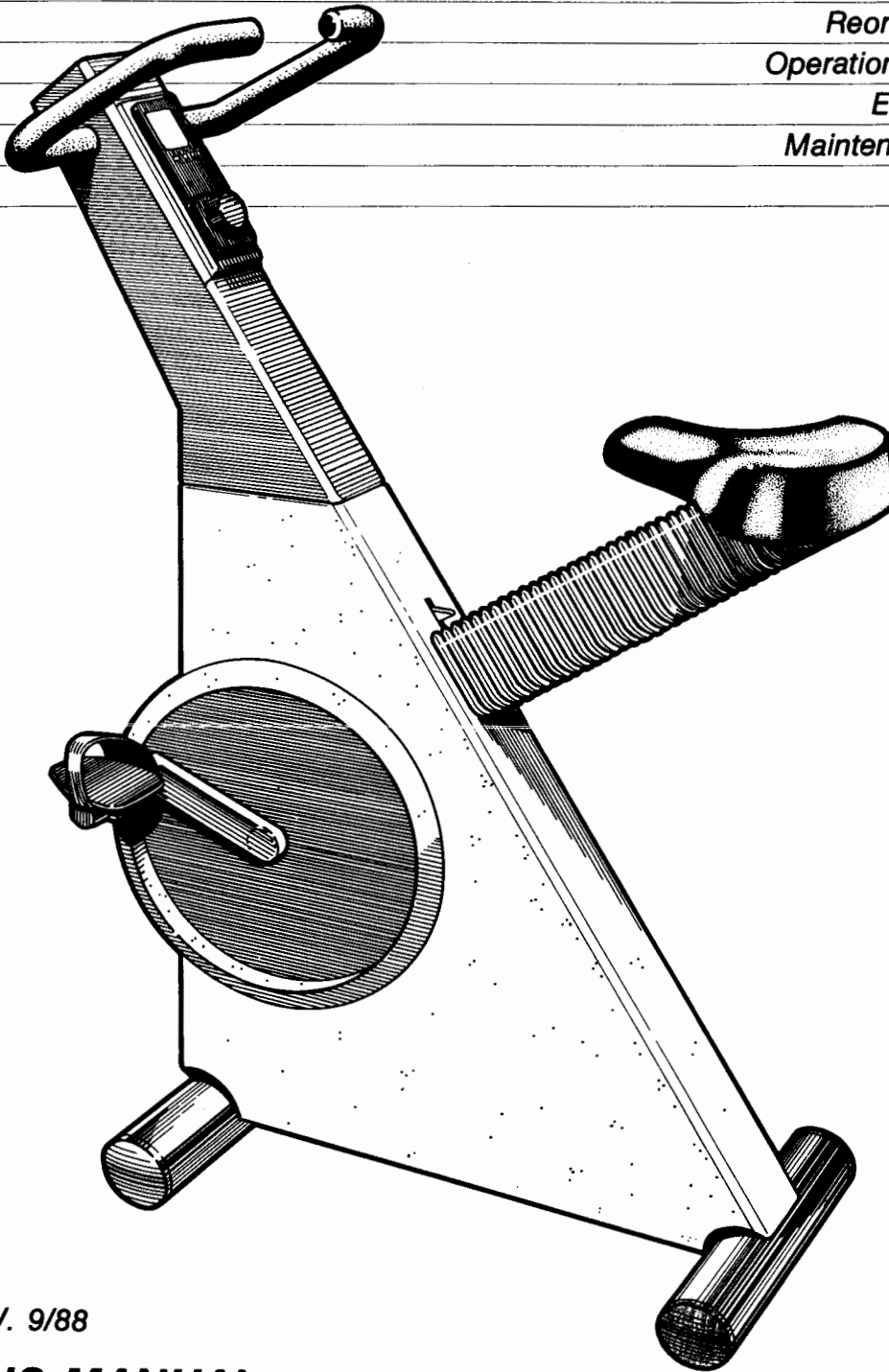


SEARS ***Lifestyler 5000***

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

046133 REV. 9/88

OWNER'S MANUAL

Model No. 831.294102

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

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, 6 a.m. until 6 p.m. Mountain 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.

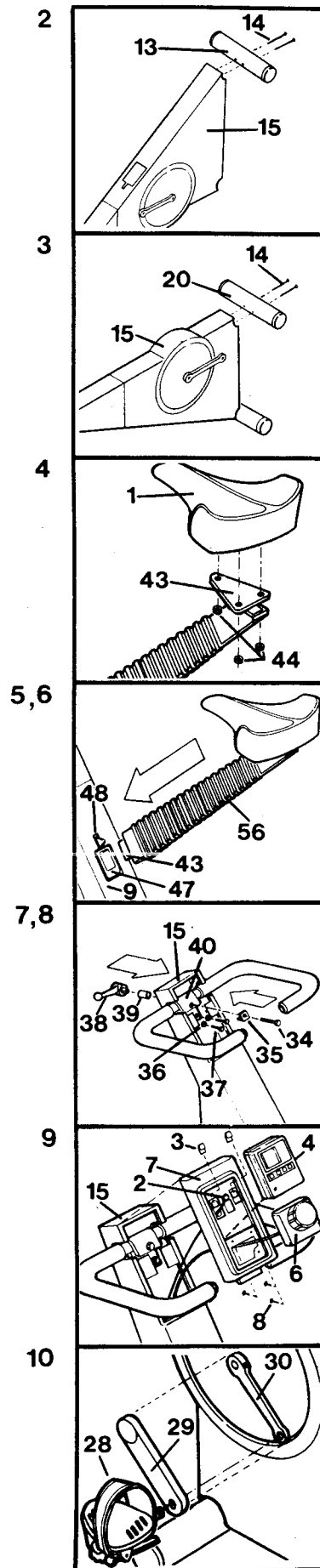
Model No. 831.294102 Serial No.
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WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. **Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of the Sears exercise bike.**

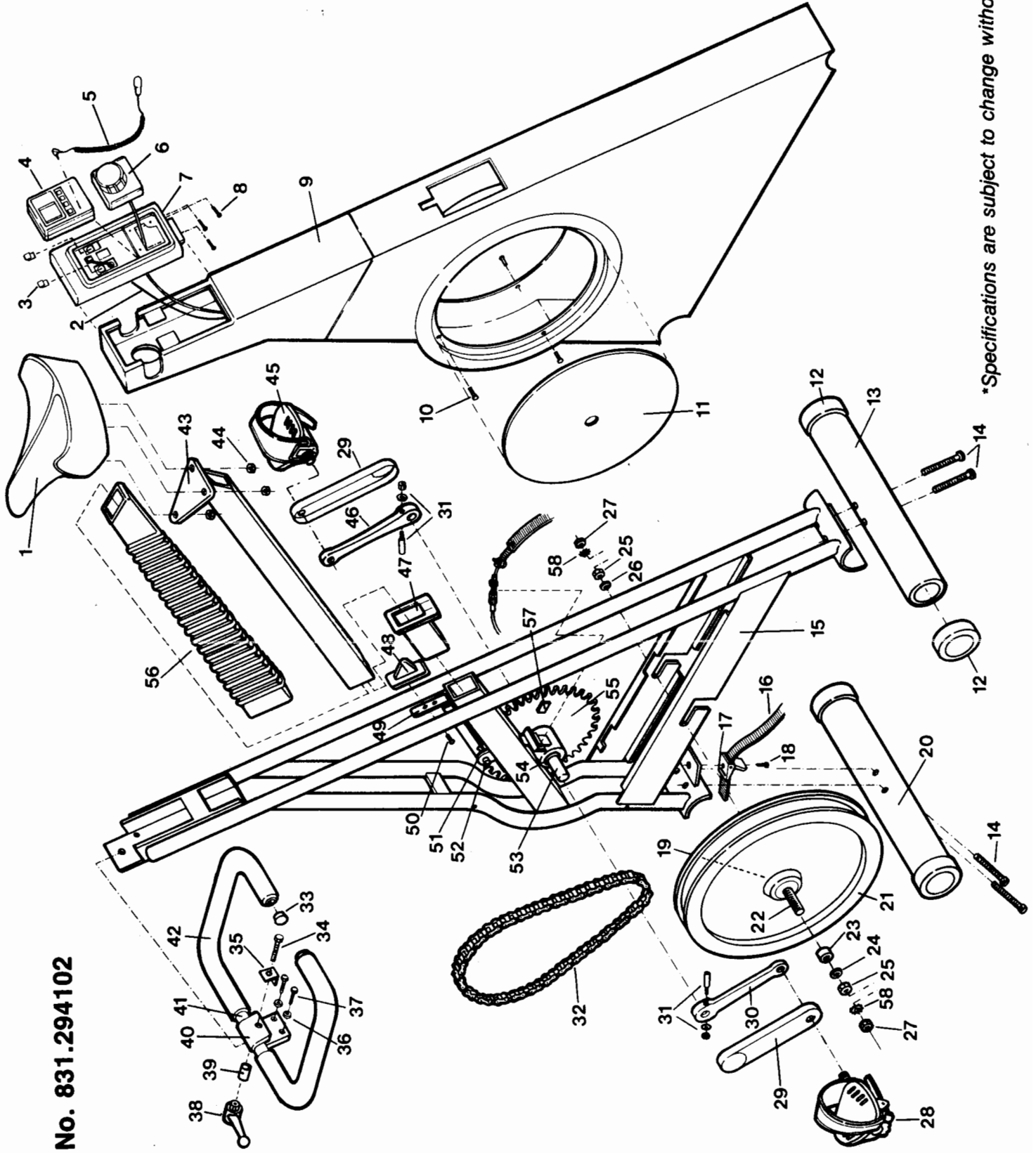
ASSEMBLY

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 all bike parts in a clear area on the floor and remove the packing materials. Make sure that all parts are included before disposing of the carton.
2. Position the Frame (15) as shown, and attach one of the Legs (13) to the bottom of the Frame with two Allen Bolts (14).
3. Tip the Frame (15) back as shown, and attach the other Leg (20) to the Frame with two Allen Bolts (14).
4. Attach the Seat (1) to the Seat Post (43) with the three Seat Nuts (44).
5. Insert the Seat Post (43) into the Seat Post Guide (47). Pull the Rubber Bellows (56) down over the Seat Post Guide and press the lower edge of the Bellows into the Body (9).
6. Lift the Seat Locking Lever (48), slide the Seat Post (43) to the desired height, and release the Lever. Be sure that the pin on the Lever is engaged in one of the holes in the Seat Post.
7. Attach the Handlebar Clamp (40) to the Frame (15) with two Bolts (37) and Washers (36).
8. Place the L-Tab (35) on the Carriage Bolt (34) and insert the Bolt through the Handlebar Clamp (40) and the Frame (15). Place the Spacer (39) on the Bolt and attach the Handlebar Adjustment Knob (38).
9. Secure the Resistance Control (6) to the Fascia (7) with three Screws (8). Plug the Sensor Wire (2) into the jack on the back of the Electronic Console (4). Note: a pen may be helpful to press the Wire into the recessed jack. Set the Fascia in the Frame (15) and secure it with the two S-Clips (3). Press the Electronic Console into the Fascia.
10. Attach the Crank Arm Covers (29) to the Crank Arms (30, 46). Tighten the Left Pedal (28) counterclockwise into the Left Crank Arm. Tighten the Right Pedal (45) clockwise into the Right Crank Arm.
11. Make sure that all parts are fastened securely before using the exercise bike.



Model No. 831.294102



*Specifications are subject to change without notice.

PART LIST - Model No. 831.294102

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Seat	31	2	Crank Pin Assembly
2	1	Sensor Wire	32	1	Chain
3	2	S-Clip	33	2	Handlebar Endcap
4	1	Electronic Console	34	1	Handlebar Bolt
5	1	Pulse Clip	35	1	Handlebar Lock
6	1	Resistance Control	36	2	Washer
7	1	Fascia	37	2	Handlebar Bolt
8	3	Screw	38	1	Handlebar Adjustment Knob
9	1	Body	39	1	Spacer
10	4	Screw	40	1	Handlebar Clamp
11	2	Crank Cover	41	1	Handlebar
12	4	Leg Caps	42	2	Foam Handgrip
13	1	Rear Leg	43	1	Seat Post
14	4	Bolt	44	3	Seat Nuts
15	1	Frame	45	1	Right Pedal
16	1	Resistance Strap	46	1	Right Crank Arm
17	1	Tension Buckle	47	1	Seat Post Guide
18	1	Screw	48	1	Seat Lock Lever
19	1	Sprocket	49	1	Seat Lock Bracket
20	1	Front Leg	50	2	Screw
21	1	Flywheel	51	1	Spring
22	1	Axle	52	1	Hitch Pin
23	1	Spacer	53	1	Crank Assembly
24	1	Washer	54	2	Bearing
25	2	Nut	55	1	Sprocket
26	1	Washer	56	1	Bellows
27	2	Axle Nut	57	1	Magnet
28	1	Left Pedal	58	2	Star Washer
29	2	Crank Arm Cover		1	Owner's Manual
30	1	Left Crank Arm		1	Electronics Guide Manual

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.

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. 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, lift the seat locking lever, slide the seat post in or out to the desired height, and release the lever. Be sure that the pin on the lever is engaged in one of the holes in the seat post.

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.

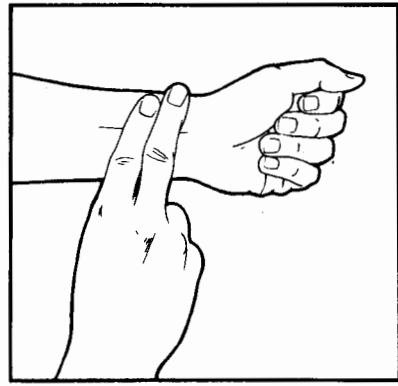
EXERCISE INTENSITY

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 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

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 pedals lose 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. Unscrew the left pedal in a clockwise direction and pull off the crank arm cover. Unscrew the nut from the crank pin, tap the pin from the crank arm, and slide off the crank arm. Firmly pull 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 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 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., SEARS TOWER, CHICAGO, IL 60684