

SEARS ***Lifestyler***

M·O·T·O·R·I·Z·E·D T·R·E·A·D·M·I·L·L

Assembly

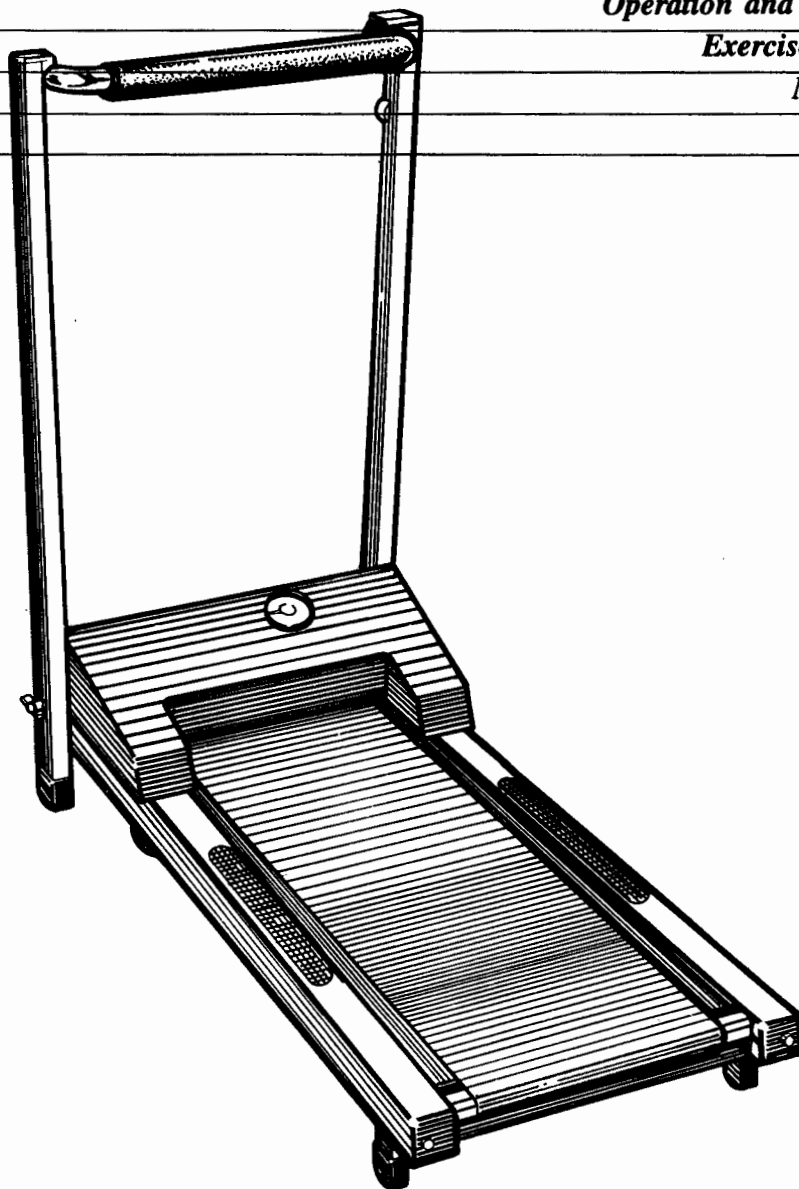
Part List and Reordering Information

Operation and Adjustments

Exercise Guidelines

Maintenance

Warranty



OWNER'S MANUAL

Model No. 831.295401

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

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

Lifestyler

M·O·T·O·R·I·Z·E·D T·R·E·A·D·M·I·L·L

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BEFORE YOU BEGIN

For maximum enjoyment and safety, become familiar with the operation of your treadmill 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. In all correspondence regarding this product, use the model number (found on the front cover), and the serial number (see back cover).

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 Treadmill.

INTRODUCTION

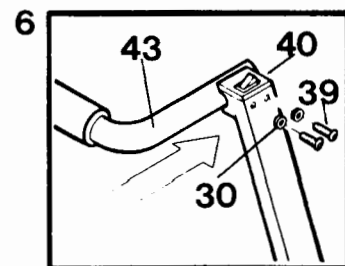
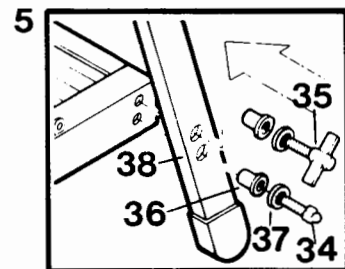
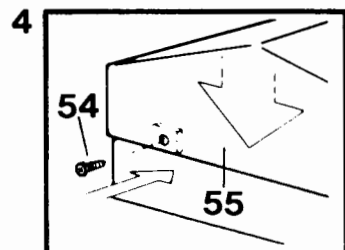
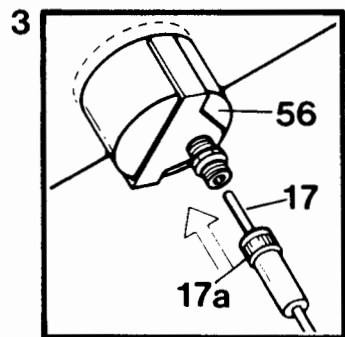
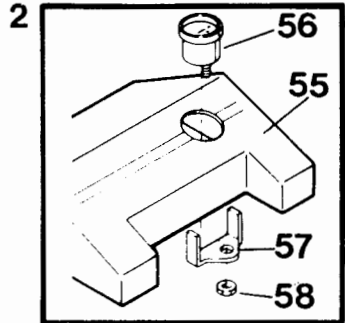
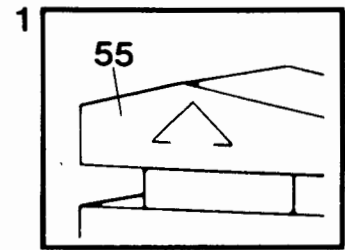
Congratulations on your purchase of a Sears Lifestyler variable speed treadmill. This walking treadmill is an innovation in home exercise equipment. With variable speed and adjustable incline you can tailor your workout to fit your individual fitness level.

Now you can enjoy one of the best forms of aerobic exercise at your convenience in the privacy of your home.

ASSEMBLY INSTRUCTIONS

IMPORTANT! Read all instructions carefully before beginning assembly. For part identification see the exploded drawing and the part list. Assembly can be completed with the tool provided. The assistance of a second person is required for step 5.

1. Set the treadmill in a clear area on the floor. Remove all packing materials. Lift the motor hood (55) and remove the styrofoam block.
2. Insert the speedometer (56) down into the hole in the motor hood (55). Place the speedometer bracket (57) over the bottom of the speedometer and attach with the nut (58).
3. Carefully insert the end of the speedometer cable (17) into the speedometer (56) as shown and fasten it with the finger nut (17A). Note: The finger nut may have slid down the speedometer cable, but cannot come off the cable.
4. Unscrew the phillips head screws (59) from the hood mounts. Place the motor hood (55) over the motor and fasten it by replacing the screws.
5. Place a washer (37) and a metal bushing (36) on a medium bolt (34) and insert the bolt through the hole in the bottom of the right handrail post (38). Place a washer and a metal bushing on a T-wing bolt (35) and insert the T-wing bolt through the next higher hole in the right handrail post. Tighten the medium bolt and the T-wing bolt securely. Repeat for the left handrail post (38A).
6. Slide the handrail (43) between the plastic endcaps (40 and 44) at the tops of the handrail posts. Attach it by inserting the four handrail bolts (39) and washers (39A).
7. Make sure that all nuts and bolts are securely tightened. Read the operating instructions before using your treadmill.

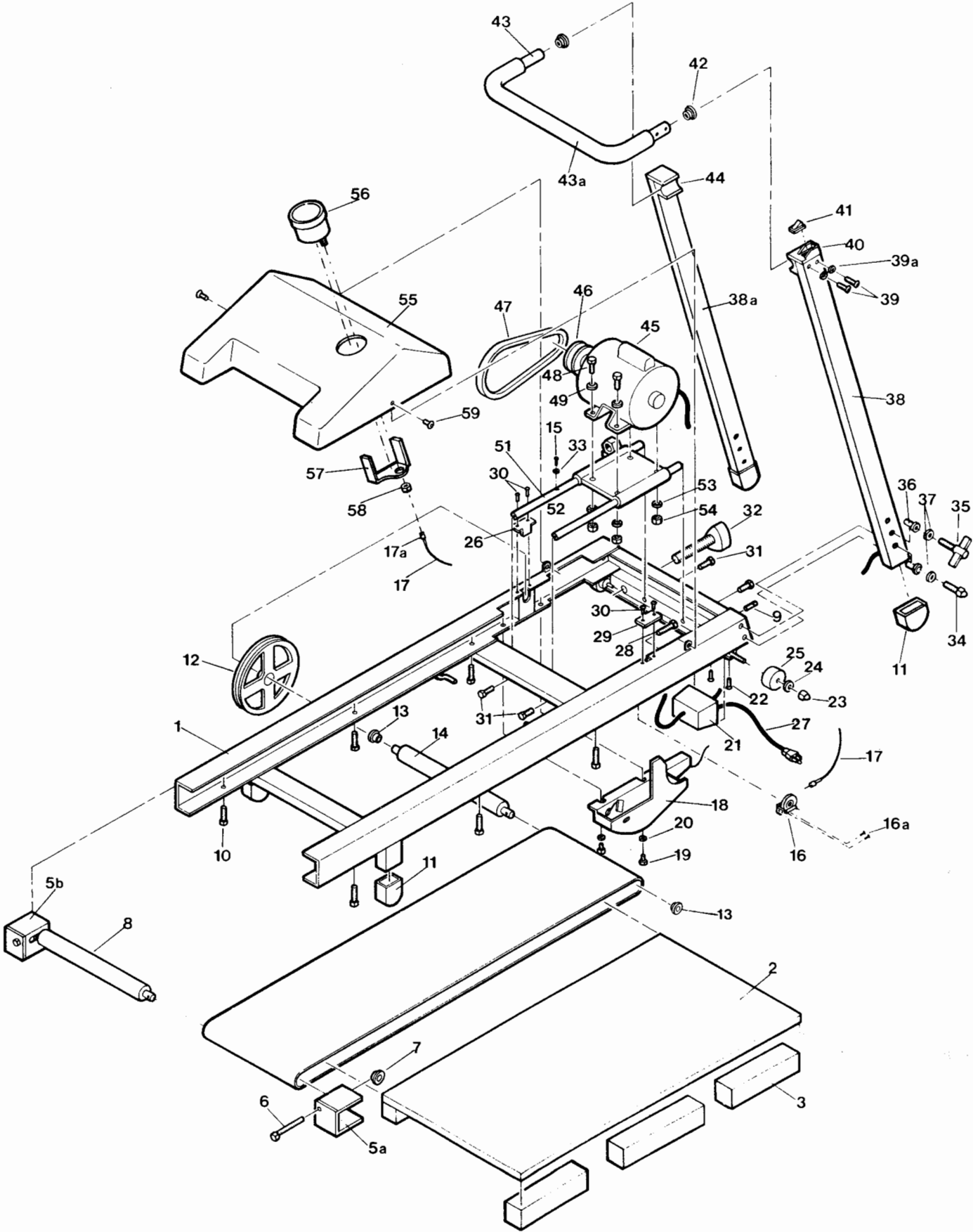


PART LIST - Model No. 831.295401

Key No.	Reorder No.	Description	Qty.	Key No.	Reorder No.	Description	Qty.
1	004100	Frame	1	33	014016	Stop Bolt Washer	2
2	053012	Low Friction Platform	1	34	013226	Hex Head Bolt	2
3	053014	Wood Supports	6	35	017003	"T" Wing Bolt	2
4	025028	Walking Belt	1	36	019106	Metal Bushing	4
5A	008141	Belt Adj. Bracket R	1	37	014001	Washer	4
5B	008062	Belt Adj. Bracket L	1	38	003044	Right Handrail Post	1
6	013070	Belt Adj. Bolt	2	38A	003043	Left Handrail Post	1
7	019082	Rear Roller Spacer	4	39	013228	Handrail Bolt	4
8	022042	Rear Roller	1	39A	014060	Washer	4
9	031001	Fuse	1	40	031087	Right Handrail Endcap	1
10	013227	Support Bolts	6	41	031014	Switch	1
11	040020	Rubber End Cap	4	42	040101	End Cap	2
12	020029	Pulley Wheel	1	43	003023	Handrail	1
13	019107	Front Roller Spacer	4	43A	041035	Handrail Foam	1
14	022041	Front Roller	1	44	008082	Left Handrail Endcap	1
15	013020	Slide Rail Stop Bolt	1	45	030005	Motor	1
16	028005	Speedometer Drive	1	46	020030	Variable Speed Pulley	1
16A	013016	Screws	2	47	025030	V-Belt	1
17	026016	Speedometer Cable	1	48	013060	Bolt	4
17A	On Cable	Finger Nut	2	49	014030	Washer	4
18	010085	Pulley Cover	1	50	031010	Motor Mount Plate	1
19	013020	Bolt	2	51	049012	Left Motor Mount Rail	1
20	014044	Washer	2	52	049011	Right Motor Mount Rail	1
21	031005	Junction Box	1	53	014042	Lock Washer	4
22	013100	Junction Box Bolts	2	54	012003	Nut	4
23	012077	Locknut	2	55	009060	Motor Hood	1
24	014061	Washer	4	56	027012	Speedometer	1
25	052011	Wheel	2	57	008142	Bracket	1
26	016012	Left Roller Lock	1	58	012034	Nut	1
27	031033	Electric Plug & Cord	1	59	013364	Phillips Head Screw	2
28	013363	Front Adj. Bolt	1		045004	Hand Tool	1
29	016013	Right Roller Lock	1		046076	Owner's Manual	1
30	013020	Bolts	4				
31	013060	Motor Mount Bolt	4				
32	017018	Speed Adj. Knob	1				

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: Monday - Friday, 8 a.m. - 5 p.m., Mountain Standard Time. When ordering parts please use the product name, model number, serial number, part description and reorder number.

EXPLODED DRAWING - MODEL NO. 831.295401



TREADMILL OPERATION

SAFETY PRECAUTIONS

Follow all instructions listed here and all directions given by your physician.

1. **Always position the treadmill on a flat, level surface.**
2. **Keep the treadmill away from water.**
3. **Keep small children away from the treadmill while in operation.**
4. **Keep walking surface and shoes clean and dry.**
5. **Wear the proper clothing and shoes.**
Clothing that allows free movement (exercise suits, or shorts and t-shirts) is recommended. Avoid wearing robes, gowns, or oversized clothing that may get tangled. Athletic shoes (tennis, running, or aerobic) are also suggested.

OPERATION

CAUTION: Do not start the treadmill while you are standing on the walking belt.

1. Stand on the siderails with your feet on the grip tape.
2. Hold the handrail firmly.
3. Turn the "On/Off" switch to the "On" position.
4. Carefully step onto the moving belt and begin walking.
5. To stop the treadmill, step off of the walking belt and turn the "On/Off" switch to the "Off" position.

TREADMILL ADJUSTMENT

Before initial use of your treadmill, it is important that you become familiar with the adjustments and operating procedure.

INCLINE ADJUSTMENT

To vary the level of exercise difficulty, the treadmill has two incline settings. To change the incline angle the handrail posts can be bolted onto the frame using either the top or bottom sets of holes in the posts. The adjustment should be done in the following manner:

1. One person should grasp the handle on the front of the frame to hold the weight of the treadmill.
2. A second person should remove the medium bolts and T-wing bolts from the handrail posts and reinsert the bolts in the higher or lower two holes in the handrail posts.
3. Retighten the bolts.

BELT ADJUSTMENT

For smooth operation and to prevent damage to the walking belt, always keep the belt centered during use. Turn the treadmill on for a few seconds and check the spaces between the walking belt and the sides of the frame. If the belt is closer to one side than the other it should be centered in the following manner:

1. Locate the adjustment bolts at the rear of the frame.
2. Turn the treadmill on at a slow speed.
3. IF THE BELT HAS SHIFTED TO THE LEFT SIDE: Use the adjustment wrench to tighten the left-hand bolt, and loosen the right-hand bolt. Turn the bolt 1/2 of a turn at a time until the belt moves to the center.
4. IF THE BELT HAS SHIFTED TO THE RIGHT SIDE: Use the adjustment wrench to tighten the right-hand bolt, and loosen the left-hand bolt. Turn the bolts 1/2 of a turn at a time until the belt moves to the center.

SPEED ADJUSTMENT

The speed of the walking belt can be controlled with the speed adjustment knob. The knob is located on the front of the treadmill frame on the left side.

1. To increase the speed, turn the knob counter-clockwise.
2. To decrease the speed, turn the knob clockwise.

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 on the following page. 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

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.

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 the Carotid Artery in your neck 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 you should increase your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



As your conditioning improves, a greater workload will be required in order to raise your heart rate to the Training Zone. Adjust your level of exertion accordingly.

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

All stretches should be performed slowly. Each position should be held for 15 counts and performed for three repetitions. Don't bounce.

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.

Stretches: Ham strings, Back of Knees, Back.

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.

HAMSTRING STRETCH

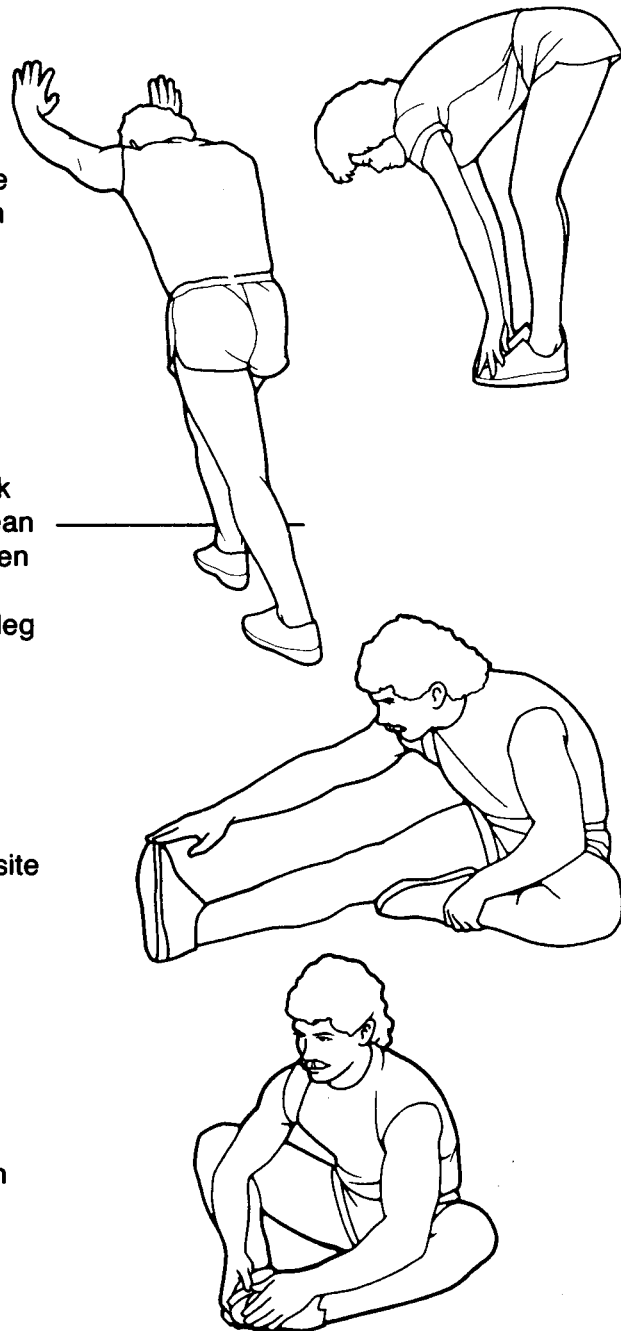
Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible.

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.

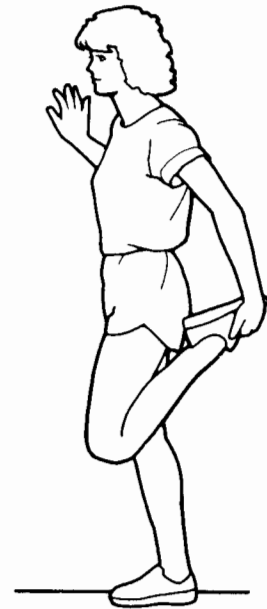
Stretches: Inner thigh muscles.



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.

Stretches: Quadriceps, Hip muscles.



MAINTENANCE AND STORAGE

Your treadmill has been designed for long life and trouble-free operation. To maintain optimal performance, the following procedures should be followed.

1. Use silicone lubricant spray under the walking belt before initial use and periodically as you use the treadmill. Do not allow the silicone spray to get on the walking surface of the belt.
2. Use one or two drops of light oil in the ends of each roller bearing as needed.
3. Clean all exposed surfaces with a damp cloth.
4. Tighten nuts, bolts, and screws as needed.

Your treadmill is easily stored. To move the treadmill, unplug the power cord and lift up the back end of the frame. The wheels on the front legs turn to allow you to move the treadmill by either pushing or pulling.

Your treadmill is quickly converted to a compact storage position. Simply unscrew the T-wing bolts from the handrail posts and fold the handrail down onto the frame. Be sure that the power cord is not between the handrail and the frame when folding the handrail down or the cord may be damaged.

The serial number can be located on the front end of the treadmill frame. Please write the serial number in the box below for use in all correspondence regarding this product.

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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 Treadmill is used in a normal manner.

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

WARRANTY 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.

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