

SEARS Lifestyler 1100

P·U·L·S·E M·O·N·I·T·O·R

Assembly

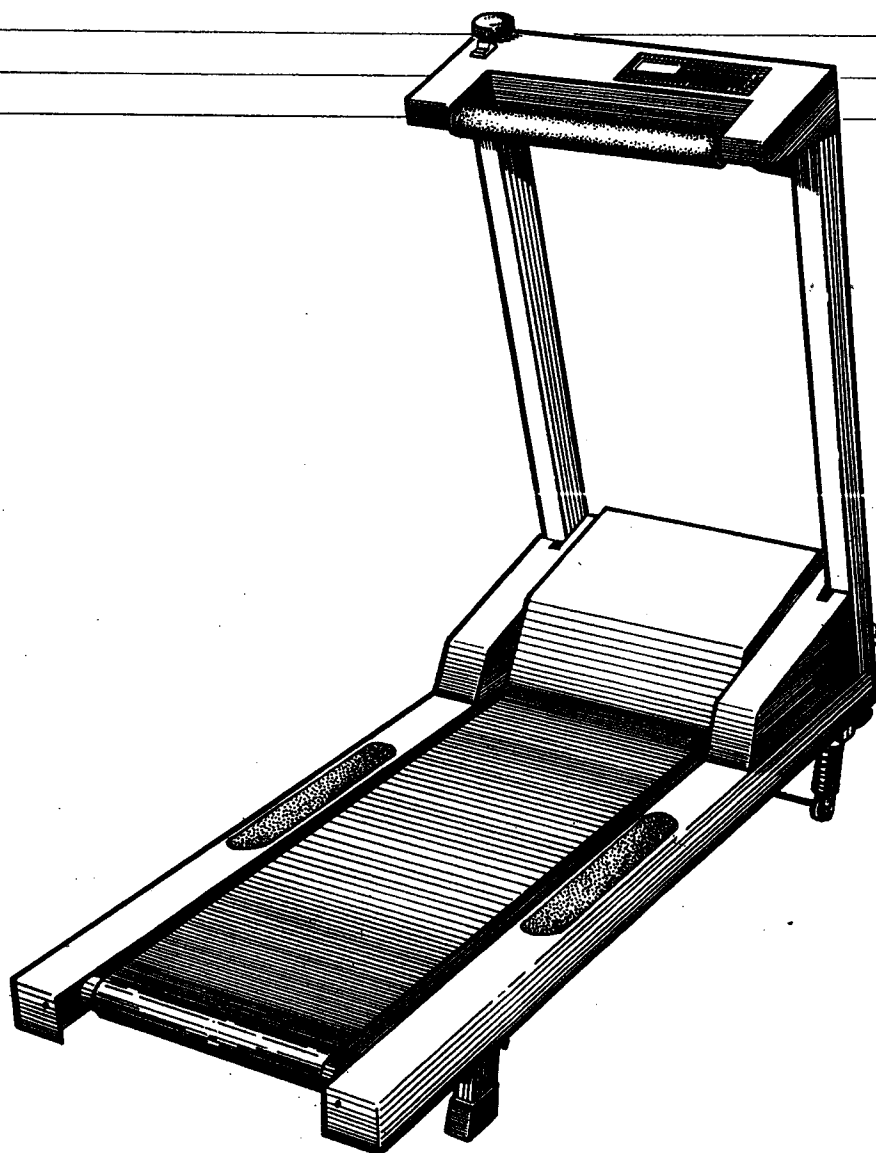
Part List and Reordering Information

Operation and Adjustments

Exercise Guidelines

Maintenance

Warranty



OWNER'S MANUAL

Model No. 831.296203

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



CONTENTS

Introduction	2
Assembly	3
Adjustments	3
Part List and Reordering Information	4
Exploded Drawing	5
Operation	6
Electronics Operation	6
Exercise Guidelines	8
Maintenance	11
Storage	11
Warranty	12

BEFORE YOU BEGIN

Please read this manual carefully before initial use of the treadmill. 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, please 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 1100 treadmill. Now you can enjoy one of the best forms of aerobic exercise at your convenience in your own home.

With variable speed and incline you can adjust the treadmill for your individual fitness level. And you can monitor your workout on the multi-function electronic console.

This manual is designed to help you understand the easy assembly and operating procedures. A basic fitness guide is included to get you started with your exercise program. For your safety and benefit please read the manual before operating the treadmill.

ASSEMBLY INSTRUCTIONS

For your convenience, your treadmill is shipped completely assembled. Simply place the treadmill in a clear area on the floor and remove all packing materials. Lift the handrails (23, 35) to the vertical position and tighten the two handrail locking knobs (19).

Check the underside of the electronic console (31) to be sure that the sensor wire (48) is plugged in. Be sure that all parts are tightened securely before using your treadmill.

TREADMILL ADJUSTMENT

For optimal use of your treadmill it is important that you become familiar with the adjustment and operating procedures.

INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the angle of the walking belt can be adjusted in the following manner:

1. Grasp the handle on the front of your treadmill to support it as you loosen the incline adjustment knobs, one on each side near the front of the treadmill.
CAUTION: Your treadmill is supported by a hydraulic shock which may cause the treadmill to spring up suddenly when you loosen the incline knobs.
2. Raise or lower the front of your treadmill to the desired height and make sure the treadmill is level.
3. Tighten the incline knobs.
4. Firmly push down on the front of your treadmill to test the firmness of the setting. If it slips, repeat steps 1 through 4, tightening the incline knobs to avoid further slippage.

SPEED ADJUSTMENT

The speed of the walking belt can be controlled with the adjustment knob located on the electronic console. To increase the speed turn the knob counter-clockwise. To decrease the speed turn the knob clockwise.

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. The bolts can be adjusted with the allen wrench provided. For your convenience, the wrench can be attached to the adjustment bracket using the adhesive tab included.
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 1/3 of a turn at a time until the belt

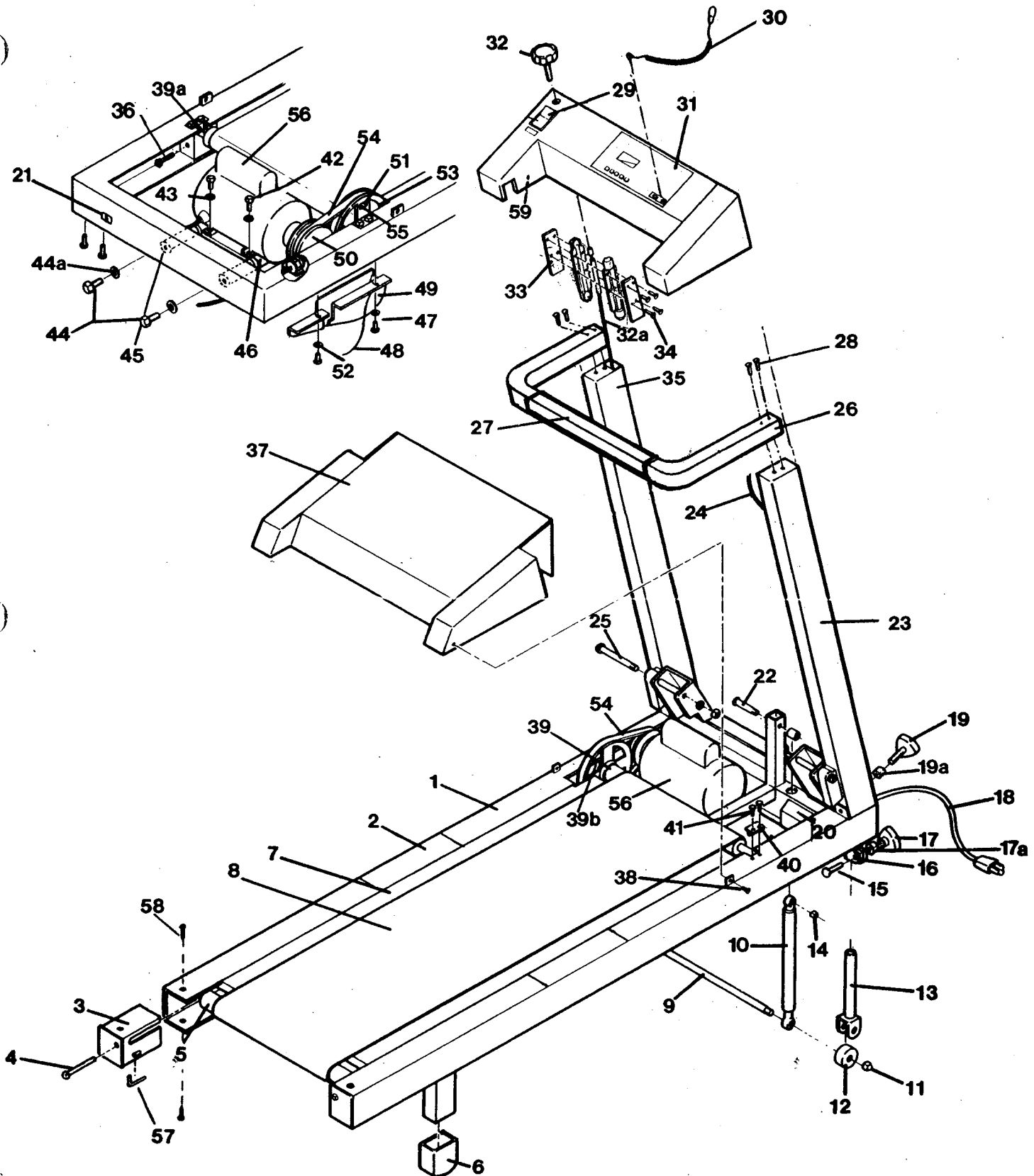
moves to the center.

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 1/3 of a turn at a time until the belt moves to the center.

If the belt slips during operation, the tension on the belt may need adjustment. Simply tighten both adjustment bolts until the belt no longer slips. Be careful to keep the belt centered.

PART LIST - MODEL 831.296203

Key No.	Reorder No.	Description	Qty.	Key No.	Reorder No.	Description	Qty.
1	004044	Treadmill Frame	1	34	013209	Mounting Bracket Bolts	4
2	041018	Grip Tape	2	35	007020	Left Handrail Post	1
3	008050	L Belt Adj. Bracket	1	36	013275	Front Roller Adj. Bolt	1
4	013206	Belt Adjustment Bolt	2	37	009055	Motor Hood	1
5	070084	Rear Roller	1	38	013302	Bolt	5
6	040020	Rubber Cap	2	39	070085	Front Roller	1
7	053007	Low Friction Platform	1	39A	019104	Right Roller Bushing	1
8	025014	Walking Belt	1	39B	019089	Left Roller Bushing	1
9	049035	Axle (Front Leg)	1	40	070192	Roller Lock	2
10	043012	Shock	1	41	013213	Short Roller Screw	4
11	012063	Acorn Nut	2	42	013211	Motor Mount Bolt	4
12	052012	Wheel	2	43	014041	Motor Mount Washer	4
13	005011	Front Chrome Leg	2	44	013211	Motor Mnt. Frame Bolt	2
14	012062	Locknut	1	44A	014001	Washer	2
15	013207	Carriage Bolt	2	45	049012	Motor Mnt. Side Rail	2
16	016011	Aluminum Clamp	2	46	031013	Motor Mount Plate	1
17	017027	Triangular Leg Knob	2	47	013213	Pulley Cover Bolt	2
17A	019045	Spacer	2	48	033006	Sensor Wire & Reed Switch	1
18	031033	Electric Plug & Cord	1	49	010019	Metal Pulley Cover	1
19	017028	Triangular Post Knob	2	49	010042	Plastic Pulley Cover	1
19A	019045	Spacer	1	50	020016	Variable Speed Pulley	1
20	031005	Elec. Connection Cover	1	51	033001	Sensor Magnet	1
21	031036	Circuit Breaker	1	52	014001	Washer	2
22	013208	Bolt (Shock)	1	53	020020	Pully	1
23	007019	Right Handrail Post	1	54	025015	V-Belt	1
24	031034	Switch Cord	1	55	013069	Sensor Magnet Screws	2
25	013162	Motor Hood Screw	5	56	030005	Motor	1
26	003028	Handrail	1	57	045010	Allen Wrench	1
27	041016	Handrail Foam	1	58	013213	Screws	2
28	013210	Handrail Bolts	4	59	010072	Console Wiring Cover	1
29	031035	On/Off Switch	1		046032	Owner's Manual	1
30	033009	Pulse Monitor	1				
31	032017	Electronic Console	1				
32	017045	Speed Adj. Knob	1				
32A	026018	Speed Adj. Cable	1				
33	008051	Speed Adj. Mounting Bracket	2				

EXPLODED DRAWING - MODEL NO. 831.296203

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: 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 reorder number.

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 proper clothing and shoes.
Clothing that allows free movement (exercise suits or shorts and t-shirts) are recommended. Avoid wearing robes, gowns, or oversized clothing that may get tangled. Athletic shoes (tennis, running, or aerobic) are also suggested.
6. Do not start the treadmill while you are standing on the walking belt.

STARTING PROCEDURE

1. Stand on the treadmill with your feet on the grip tape on the siderails.
2. Firmly grasp the handrail.
3. Turn the On/Off switch to the "On" position.
4. Carefully step onto the moving belt and begin walking.
5. Adjust the speed control knob until the desired speed is reached.
6. To stop the treadmill step onto the grip tape on the siderails and turn the "On/Off" switch to the "Off" position.

If the treadmill fails to start, check the circuit breaker on the front of the treadmill next to the power cord. If the small white button is protruding, simply push it back in and repeat the above procedure.

ELECTRONIC CONSOLE OPERATION

The brain of the treadmill is the electronic console, which performs ten separate functions to help you monitor your exercise.

FUNCTIONS

- | | |
|---|--|
| <ul style="list-style-type: none"> • TIME SET
Counts down to zero from a pre-selected amount of time. • DISTANCE SET
Counts down to zero from a pre-selected distance. • TEMPO
Paces your exercise by emitting a tone at a pre-selected time interval. • AVERAGE SPEED
Calculates your average speed. | <ul style="list-style-type: none"> • MAXIMUM SPEED
Records the maximum speed attained during your workout. • PULSE SET
Emits a warning tone if you reach or exceed a preset heart rate. • TRIP TIME
Measures the elapsed time of your workout. • TRIP DISTANCE
Measures the approximate distance traveled. |
|---|--|

- **PULSE**

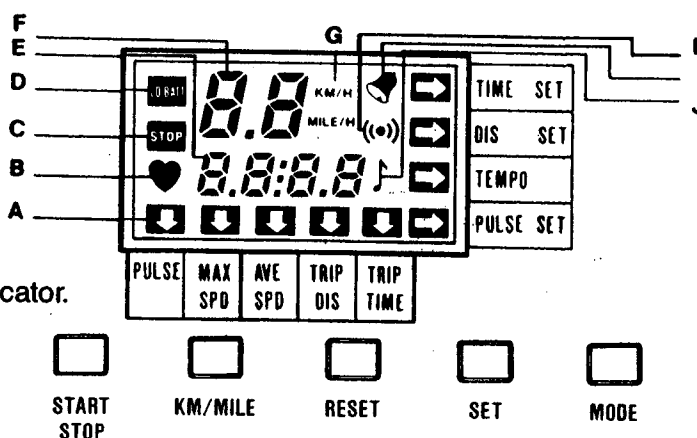
Measures your heart rate.

- **SPEED**

Measures speed in miles per hour or kilometers per hour. (May vary by up to .3 KM/H from actual speed.)

CONSOLE DIAGRAM

- A. Function indicator arrow.
- B. PULSE indicator.
- C. Indicator that the console is stopped.
- D. Low battery indicator.
- E. Display for all functions except SPEED.
- F. Display for SPEED function.
- G. Kilometers per hour and miles per hour indicator.
- H. DISTANCE SET function indicator.
- I. TIME SET function indicator.
- J. TEMPO function indicator.



OPERATING THE CONSOLE

1. Move the "ON/OFF" switch to the "ON" position.
2. Press the "KM/MILE" key to select the unit of measurement desired.
3. Select the function desired:
 - A. **TIME SET** - The console must be stopped to select this function. Press the "START/STOP" key if necessary. Press the "MODE" key until the indicator arrow points to "TIME SET". (If the console has just been turned on, the TIME SET function will already be indicated.) Press the "SET" key to enter the amount of time desired. Each time the key is pressed the time displayed will increase by one minute. Press the "START/STOP" key to start counting down. When zero is reached a tone will sound and the console will be stopped.
 - B. **DISTANCE SET** - The console must be stopped to select this function. Press the "MODE" key until the indicator arrow points to "DIS SET". Press the "SET" key to enter the distance that you plan to travel. Each time the key is pressed the distance displayed will increase by .1 mile (or kilometer). After you press the "START/STOP" key, the console will count down the distance traveled, sounding a tone and stopping the console when zero is reached.
 - C. **TEMPO** - The console must be stopped to select this function. Press the "MODE" key until the indicator arrow points to "TEMPO". Press the "SET" key to enter the interval desired. Each time the key is pressed the interval displayed will increase by 1/8 (.125) of a second. (The interval must be set to at least .375 of a second.) When the "START/STOP" key is pressed the console will emit a tone at the set interval to help you pace your strides.
 - D. **PULSE SET** - The console must be stopped to select this mode. Press the "MODE" key until the indicator arrow points to "PULSE SET". Press the "SET" key to enter the maximum heart rate desired. The rate displayed will begin at 50 with the first press of the key and increase by five with each additional pressing of the key. This function operates in conjunction with the PULSE function (see below), sounding a tone if the set heart rate is reached or exceeded.
 - E. **TRIP TIME** - Press the "MODE" key until the indicator arrow points to "TRIP TIME". The time elapsed since pressing the "START/STOP" key will be displayed.

- F. **TRIP DISTANCE** - Press the "MODE" key until the indicator arrow points to "TRIP DIS". The distance traveled since pressing the "START/STOP" key will be displayed.
 - G. **AVERAGE SPEED** - Press the "MODE" key until the indicator arrow points to "AVE SPD". The average of speeds recorded since pressing the "START/STOP" key will be displayed.
 - H. **MAXIMUM SPEED** - Press the "MODE" key until the indicator arrow points to "MAX SPD". The maximum speed recorded since pressing the "START/STOP" key will be displayed.
 - I. **PULSE** - Stop exercising and turn the treadmill motor off to get the most accurate reading. Press the "MODE" key until the indicator arrow points to "PULSE". Insert the pulse monitor plug into the jack on the console and clip the monitor onto your left earlobe. When the monitor is positioned correctly the heart symbol on the console will blink in time with your pulse. Reposition the monitor if necessary until the heart symbol blinks. After a few seconds more your heart rate will be displayed. You may wish to use the PULSE function sparingly as it requires much more power than other functions.
 - J. **SPEED** - The speed will automatically be displayed whenever the treadmill motor is running.
4. All functions (except SPEED, PULSE SET and PULSE) can be stopped and restarted at any time by pressing the "START/STOP" key.
 5. All functions (except SPEED) can be reset to zero by pressing the "RESET" key. The console will be stopped after pressing the RESET key.
 6. Functions can be changed while exercising by following the steps above.
 7. Move the "ON/OFF" switch to the "OFF" position when you are finished using the console. Always turn the console off when not in use to conserve the battery.

The battery should be replaced if the low battery indicator appears on the console.
 Keep the console LCD window out of direct sunlight.
 Avoid getting liquids on the console.

EXERCISE 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

You can measure your heart rate and find the proper level of exercise intensity using the treadmill electronic console (see ELECTRONIC CONSOLE OPERATION). First, set the TIME SET function for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes elapse. Immediately measure your heart rate using the PULSE function. If your heart rate is below your Training Zone, increase the speed or incline of the treadmill. If your heart rate is too high, reduce the speed or incline.

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.

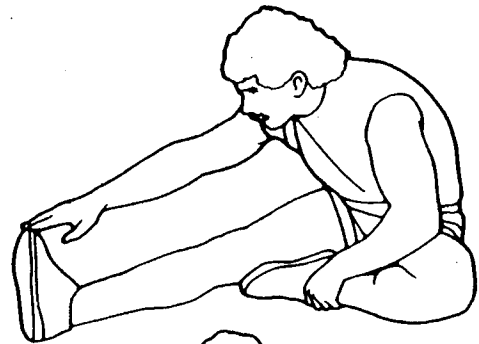
STRETCHING

All stretches should be performed slowly. 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.

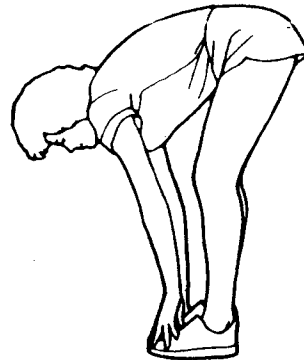
Stretches: Inner thigh muscles.



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.

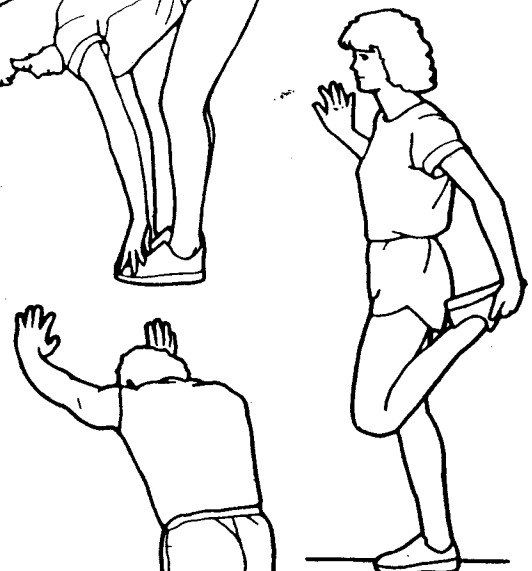
Stretches: Hamstrings, Back of Knees, Back.



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.

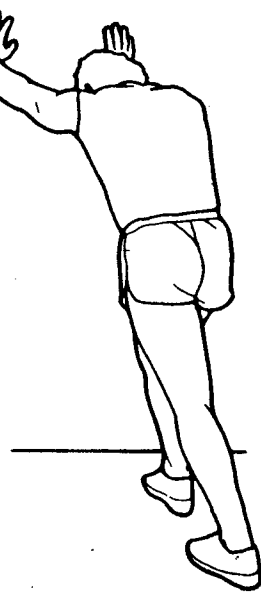
Stretches: Quadriceps, Hip muscles.



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.

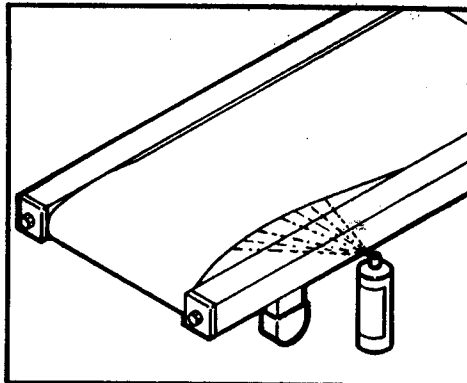
Stretches: Calves, Achilles tendons, and Ankles.



MAINTENANCE

Your treadmill has been designed for long, trouble-free operation. To maintain optimal performance, the following measures should be taken.

1. Use silicone lubricant spray under the walking belt before initial use and periodically as you use the treadmill.
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.



This treadmill has a circuit breaker located on the lower front end of the frame. This is designed to prevent burn-out of the motor.

The circuit breaker will "pop out" when the motor has overheated. The motor will stop or will not start when the circuit breaker is off. Allow the motor to cool down before resetting the breaker. Reset by pushing the circuit breaker back in.

Call Customer Service toll-free, **1-800-824-3109** (or in Canada **1-800-824-8949**) if you have any questions. The Customer Service Department is open 8 a.m. - 5p.m. (Mountain Standard Time), Monday through Friday, and closed weekends and holidays.

STORAGE

Your treadmill can be quickly converted to a compact storage position. Simply unscrew the locking knobs from the handrail posts and fold the handrail down onto the frame.

To move the treadmill, unplug the power cord and lift up the back end of the frame. The treadmill can be either pushed or pulled on the front wheels.

When not in use, keep the treadmill in a cool, dry place. Do not stack heavy objects on the treadmill. Remove the batteries from the electronic console when storing for long periods of time.

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.

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.

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