

SEARS

MODEL 831.296213

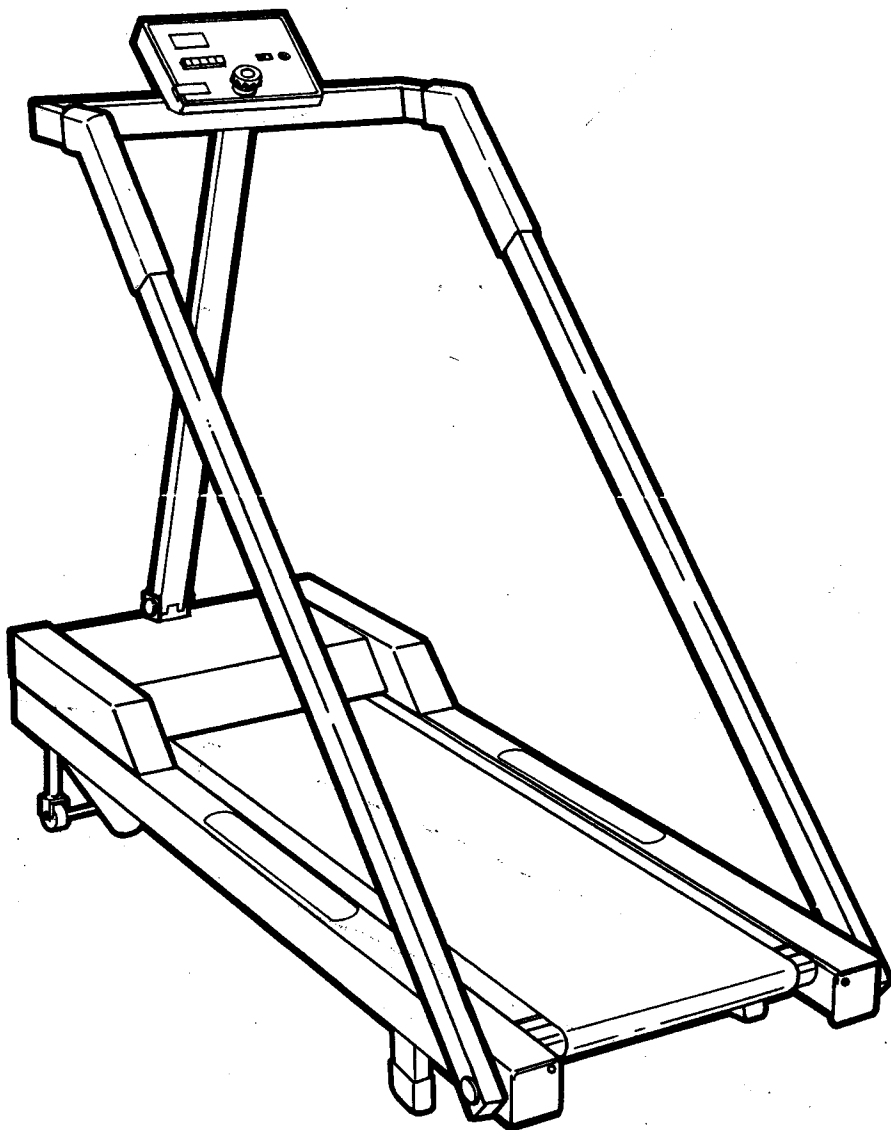
- Assembly
- Adjustment
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- Warranty



Lifestyler

1300

P·U·L·S·E M·O·N·I·T·O·R



Owner's Manual and Fitness Program

Owner's Manual and Fitness Program

BEFORE YOU BEGIN

For maximum enjoyment and benefit, 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.

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 Lifestyler 1300 Treadmill.

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PARTS LIST MODEL 831.296213

No.	Description	Qty.	Reorder No.	No.	Description	Qty.	Reorder No.
1	Treadmill Frame	1	040067	39A	Pivoting Bushing	2	015018
2	Walking Belt	1	025004	40	End Cap	2	040061
3	Low Friction Platform	1	053011	41	Washer	2	014053
4	Belt Adj. Bracket (Left)	1	008087	42	Speed Control Knob	1	072007
5	Belt Adj. Bolt	2	013216	43	Speed Control Asmbly.	1	010068
6	Rear Roller	1	022026	44	Mounting Bolts	4	013237
7	Rear Plstc Roller Spcrs	2	019122	45	Washer	2	014052
8	Belt Adj. Bracket (Right)	1	008088	46	Center Post Bolt	1	013279
9	Nut	2	012087	47	Bolt	1	013233
10	Rubber Cap	2	040020	48	Motor	1	032004 030
11	Grip Tape	2	041018	49	Motor Mount Plate	1	031013
12	Front Leg Axle	1	049050	50	Motor Slide Rail (L)	1	04901
13	Acorn Nut	2	012063	50A	Motor Slide Rail (R)	1	049012
14	Wheel	2	052005	51	Motor Mount Bolt	2	013211
15	Front Chrome Leg	2	005011	51A	Motor Mount Washer	2	014041
16	Shock	2	043018	52	Lock Washer	2	014001
17	Carriage Bolt	2	013207	52A	Lock Nut	2	012065
18	Aluminum Clamp	2	016001	53	Motor Slide Frame Bolt	2	013060
19	Triangle Leg Knob	2	017027	53A	Mtr Slide Frame Washer	2	014001
20	Power Cord & Plug	1	031033	54	V-Belt	1	025018
21	Spacer	2	019045	55	Front Pulley	1	020010 020051
22	Electric Cnctn. Box	1	031005	56	Variable Speed Pulley	1	020013 020024
23	Cotter Pin	1	012037	57	Sensor Magnet	1	033001
24	Carriage Bolt	2	013048	58	Sensor Magnet Screws	2	013069
24A	Washer	2	014001	59	Pulley Guard	1	010019
24B	Nut	2	012003	60	Pulley Guard Bolt	1	013020
25	Nut	1	012081	60A	Pulley Guard Washer	1	014012
27	Motor Hood	1	009041	61	Short Bolt	2	013238
28	Front Post	1	007026	62	Roller Lock	1	016027
28A	Console Bracket	1	On Frame	63	Front Roller	1	022013
29	Sensor Wire	1	033006	63A	Right Roller Bushing	1	019110
30	9-Volt Battery	1	062002	63B	Left Roller Bushing	1	019112
31	Post Knob	2	017030	63C	Front Roller Adj. Bolt	1	013275
32	Power Cord	1	031034	64	Hood Mounting Bolt	2	013234
33	On/Off Switch	1	031046	65	Console Bolt	1	013237
34	Electronic Console	1	032019	66	Circuit Breaker	1	031036
35	Hand Rail Bolt	4	013235	67	Pulse Monitor	1	033007
36	Front Hand Rail	1	003024	68	Wood Support	2	053011
37	Hand Grip	2	041019	69	Platform Bolts	4	013270
38	Hand Rail	2	003025	70	Allen Wrench	1	045010
39	Carriage bolt	2	013278				

Replacement Parts may be ordered by calling
customer service toll-free at

during regular business hours: 8 a.m. - 5 p.m.
Mountain Standard time. Open Monday - Friday.

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:

- A. 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.

- B. Raise or lower the front of your treadmill to the desired height and make sure the treadmill is level.
- C. Tighten the incline knobs.
- D. Firmly push down on the front of your treadmill to test the firmness of the setting. If it slips, repeat steps A through D, 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.
2. Turn the treadmill on at 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 bolts 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.

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.**
Avoid getting water or other liquids on the electronics or power cord.
3. **Keep small children away from the treadmill while in operation.**
4. **Keep walking surface and shoes clean and dry.**
Keep mud and dirt off of the walking belt. Clean as needed with a damp cloth, but wait until dry before using the treadmill. Do not walk on a wet walking belt. The surface may be slippery!
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.

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.

THE ELECTRONIC CONSOLE

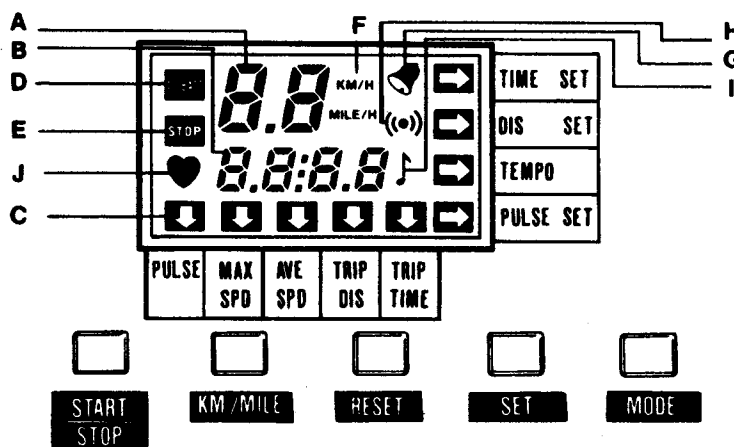
The brain center of the Treadmill is the state-of-the-art Electronic Console which performs 10 separate functions including:

Current Walking Speed	Distance Set
Average Speed	Trip Distance
Maximum Speed	Trip Time
Time Set	Pulse Set
Tempo	Pulse

Take a little time to familiarize yourself with the Electronic Console before you begin your exercise program so that you can get the most out of it.

CONSOLE DIAGRAM

- A. The two-digit Current Speed Display
- B. The Function Display
- C. The Indicator arrows (point to the function being used)
- D. The "Low Battery" Warning Signal
- E. The Stopped Function Indicator
- F. The Kilometer/Miles Per Hour Indicator
- G. The Time Set Indicator
- H. The Distance Set Indicator
- I. The Tempo Set Indicator
- J. The Pulse Indicator (flashes with the heartbeat)



FUNCTIONS OF THE KEYS

A. The "START/STOP" Key:

Starts and stops the functions. When stopped, the Current Speed and Total Distance functions continue to record while all the other functions hold. The Console is also placed in a stopped mode when the Time Set and Distance Set functions are completed. Reset will also stop the functions.

B. The "KM/MILE" Key:

Selects the unit of measuring Distances and Speeds, either in Miles Per Hour or Kilometers Per Hour. Once selected all the Distances and Speeds are displayed in the selected mode.

C. The "RESET" Key:

Clears all the information already set, including: Time Set, Distance Set, Tempo Set, Trip Time, Average Speed and Maximum Speed.

D. The "SET" Key:

Enters the values for: Time Set, Distance Set and Tempo Set. It may be used only in the stopped mode. To make corrections use the "RESET" Key.

E. The "MODE" Key:

Selects the Console Function. When stopped or as you power on, this key lights the arrow pointing to the functions in order clockwise.

USING THE ELECTRONIC CONSOLE

Step 1: Power On:

Turn on the Console and all LCD figures will "light". The Console will "warm up" for two seconds and then sound a buzzer. After the buzzer it is ready for you to set the functions. (If the "LO BATT" flashes, you need to replace the batteries for correct Console functioning.)

Step 2: Setting Data:

Push the "MODE" button to make the arrow light at the function desired. Push the "SET" and hold it down until it reaches the number desired. Repeat this step for each function you desire to use.

Step 3: Starting:

Push the "START/STOP" button and begin your exercise session. (If you do not set the functions, only the Current Speed, Time, Distance and Pulse will display.)

Step 4: Changing Functions:

Push the "MODE" button to check on any information (Set Distance, Set Time and Pulse).

Step 5: Interrupting your Exercise:

If you need to stop exercising for any reason, push the "STOP/START" button to stop the Console. All functions will pause until you push "STOP /START" again.

Step 6: Reaching Set Time and/or Distance:

The buzzer will sound for 4 seconds after you reach the Set Time or Distance. The Time and Distance and Tempo figures will disappear. All the information is stopped, but can be shown by pressing the "MODE" button as in Checking Information.

Step 7: Continuing to Exercise:

If the time runs out before you reach your Set Distance, you may press the "START/STOP" button to continue clocking your distance until you reach your goal.

Step 8: Changing Persons:

When you are finished, press the "RESET" button to clear the Console for use by another person or another exercise session.

Step 9: Power Off:

When not in use, turn off the Console to conserve the battery.

SETTING UP YOUR CONSOLE

When you first turn on the Electronic Console all the characters on the face will light and the electronic buzzer will sound for about half a second. After this initial self-test the STOP indicator, the mode indication arrow near TIME SET, zeroes and the MILE/H indicators will be lit.

TIME SET

To set the timer for your exercise press the "SET" key. The smaller zeroes will increment in minutes to the left of the colon and light the bell indicator. Press the "STOP/START" key and the time will count down the seconds from the time you set to zero and sound the buzzer for about a second. Set your desired time and then use the mode key to move the DIS SET function. The maximum time you can set is 99 minutes. The "RESET" key will clear the time and allow you to start from zero again.

DIS SET

Pressing the "MODE" once lights the arrow pointing to the DIS SET and one more zero in the smaller numbers. Pressing the "SET" key will increment the distance by tenths of miles or Kilometers (depending on the display mode you've chosen). This is the distance that you plan to walk; it will count down as you walk and sound the buzzer when you've finished your distance. Pressing the "MODE" key again moves you to the TEMPO function. Pressing the "KM/MILE" key automatically converts the distance set from Kilometers to miles or from Miles to Kilometers.

TEMPO

Pressing the "SET" key will increment the tempo indicator by .125 or 1/8 of a second. You probably won't be able to hear the count on the electronic buzzer until you have at least .375 which is about 3 counts per second. .5 is about 2 counts per second and 1 is 1 count per second. The TEMPO function beeps to help you keep a certain pace by your taking a step to each count of the buzzer. The beeping will continue until you press the "STOP/START" key and RESET the TEMPO mode or choose the TEMPO mode and press RESET to reset the TEMPO.

PULSE SET

Pressing the "SET" key starts at 50 and then increments by 5 beats per minute. This function beeps when you achieve or exceed the heart rate you've set. This is an aid to keeping within your exercise zone. If you exceed the heartrate, then you need to slow your walking speed to give your body time to catch up on the oxygen debt that exercise creates. REMEMBER, aerobic exercise is the best type of conditioning exercise. See the Health and Exercise tips for a more full description of exercise. "RESET" clears this function to zero.

TRIP TIME

Begins at zero and counts the time since you pressed the "START/STOP" key, which should be the time that you've been walking.

TRIP DIS

Records the distance you've walked since pressing the "START/STOP" key. If you don't RESET it will add the distances of all the trips you walk if you don't turn it off. Switching between MILE/H and KM/H automatically converts the displayed distances (in all modes) to the new distance.

AVE SPD

Figures your average speed for the time after you've pressed the "START/STOP" key.

MAX SPD

Records the maximum speed that you achieved during your exercise.

Note: Actual walking speed may vary by up to .3 KM/Hr. from what is displayed on the Console.

PULSE

Monitors your pulse or heart rate. The heart symbol lights at each beat and the smaller numbers show your average heart rate in beats per minute. This function uses more power from the battery than the whole console, so it is best not to use it for long periods of time.

After clipping the Pulse Monitor to your ear, a little squeeze to the portion of the clip that covers your earlobe helps seal out any other light and helps the Pulse Monitor in reading your pulse accurately. See the section on Operating the Pulse Monitor.

Turning off your Electronic Console clears all the information and resets it for your next walking session with your Treadmill.

The speed range of your Treadmill is about 1.5 mph to 4.5 mph

The "SET" key will automatically repeat after holding it down for about a second.

OPERATION OF THE PULSE MONITOR

1. Push the plug on the end of the Sensor Wire into the jack on the front of your Electronic Console.
2. Clip the Pulse Monitor ear clip to your left earlobe.
3. Push the "MODE" button until the arrow pointing to the word "Pulse" lights.
4. Wait about 4 seconds. Your pulse rate (in beats per minute) should appear in the Function Display.

The Pulse Monitor is more accurate when used on the left ear and when you are standing still. We recommend that you stand on the siderails while using the Pulse function for better results.

IMPORTANT:

The Pulse Sensor reads the heartbeat with a light beam. If the Pulse Monitor is not attached properly it will not read your heartbeat correctly.

If no signal shows after 4 seconds, check the connection to the Console. If it is good then reposition the Pulse Monitor and repeat steps 3 and 4. It is tricky to correctly position the Pulse Monitor, so don't be discouraged if at first you have to reposition the ear clip several times. (You might use a mirror or a friend to help in positioning the Pulse Monitor until you get "the feel of it.")

While using the "PULSE" function, change modes quickly because it uses 5 times as much power as any other function.

TREADMILL CONDITIONING

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.**

TRAINING PROGRAM

A. Intensity (Target Heart Rate)

To maximize health benefits from using the Treadmill, your level of exertion must exceed mild demands while falling short of fatigue or breathlessness. This level of exercise will be achieved if you reach what is referred to as a "Target Heart Rate" during your workout.

Your target heart rate falls between 70% and 85% of the highest heart rate that you can achieve during exercise. You can estimate your target heart range by following this simple formula.

$$\begin{aligned} &220 \text{ (average maximal heart rate for a child)} \\ &\text{-YOUR AGE} \\ &= \text{YOUR MAXIMUM HEART RATE} \end{aligned}$$

Maximum Heart Rate multiplied by .70=Low end of Target Heart Range.

Maximum Heart Rate multiplied by .85=High end of Target Heart Range.

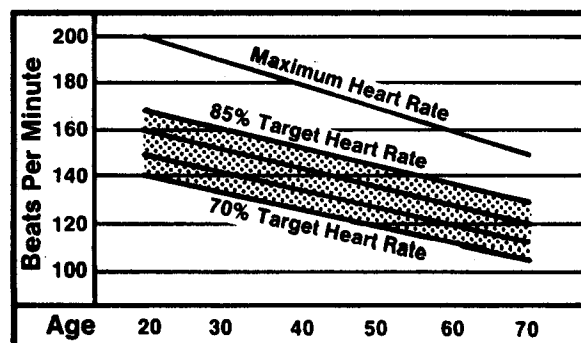
For example, if you were 30 years old you would use this formula:

$$\begin{aligned} &220 \\ &\text{-30} \\ &190 \\ &190 \times .70 = 133 \text{ (Low end of Target Heart Range)} \\ &190 \times .85 = 161.5 \text{ (High end of Target Heart Range)} \end{aligned}$$

Target Heart Range for a 30 year old is 133-162.

For your first time using the Treadmill you should work towards obtaining a 70% target heart rate. As time goes by, you should work on increasing your heart rate, at a pace of about 5% every 4 weeks, until you reach 85%. As your body adapts to the workout, more and more workload will be required to reach your target heart rate. This can be easily accomplished by increasing your speed, or tension. A need for increased workload is a definite indicator of improved physical condition.

Below is a quick reference chart to help estimate your beats/minute target rate.



B. Duration/Frequency.

To maximize benefits gained from the use of the Treadmill, you should exercise at your prescribed heart rate for at least 20 minutes 3 times a week. Alternating a day of rest between workouts is advised.

C. Exercise Pattern.

Your exercise pattern should consist of a basic 5 step pattern.

**At rest
Warm up
Target Heart Range Exercise
Cool Down
At Rest**

1. Warm up and cool down are important steps in the prevention of injuries and should not be taken lightly. Warm up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. Warm up can be achieved through stretching exercises and light calisthenics for a period of 5-10 minutes prior to use of the Treadmill. Then start your training with several minutes of a lighter pace prior to heart rate training.
2. Target Heart Rate, as discussed earlier in this section, is a fundamental concept in exercise efficiency and benefit. You should work out on your Treadmill at a speed and tension that causes your heart rate to fall within your target heart range. You need to maintain this level for a period of 20-30 minutes to maximize the benefits.
3. Cool down is essential to preventing injuries. Stopping abruptly after vigorous exercise is likely to cause blood pooling in the extremities, a condition that causes the heart to work harder and increases the potential for muscle soreness. Again, cool down can be achieved through stretching or simply exercise at a slower pace.

SETTING THE PACE

To determine the pace required for you to reach your target heart rate simply follow these steps.

- A. Set the electronic timer for 4 minutes.
- B. Press the "start/stop" key on the console and begin exercising.
- C. Immediately reset the timer for 1 more minute and take your pulse.
- D. If you do not reach your target heart rate, you need to increase your speed and/or tension.
- E. If you have surpassed your target heart rate, you need to decrease speed and/or tension.
- F. Reset counter and set timer for an additional 2 minutes.
- G. Repeat steps B-F until target heart rate is achieved.

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.

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