

Lifestyler™

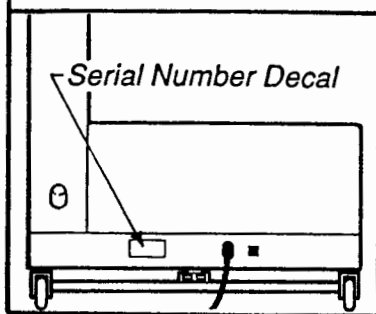
✓ PROGRAMMABLE SPEED
✓ INCLINE

2850

Model No. 831.296321

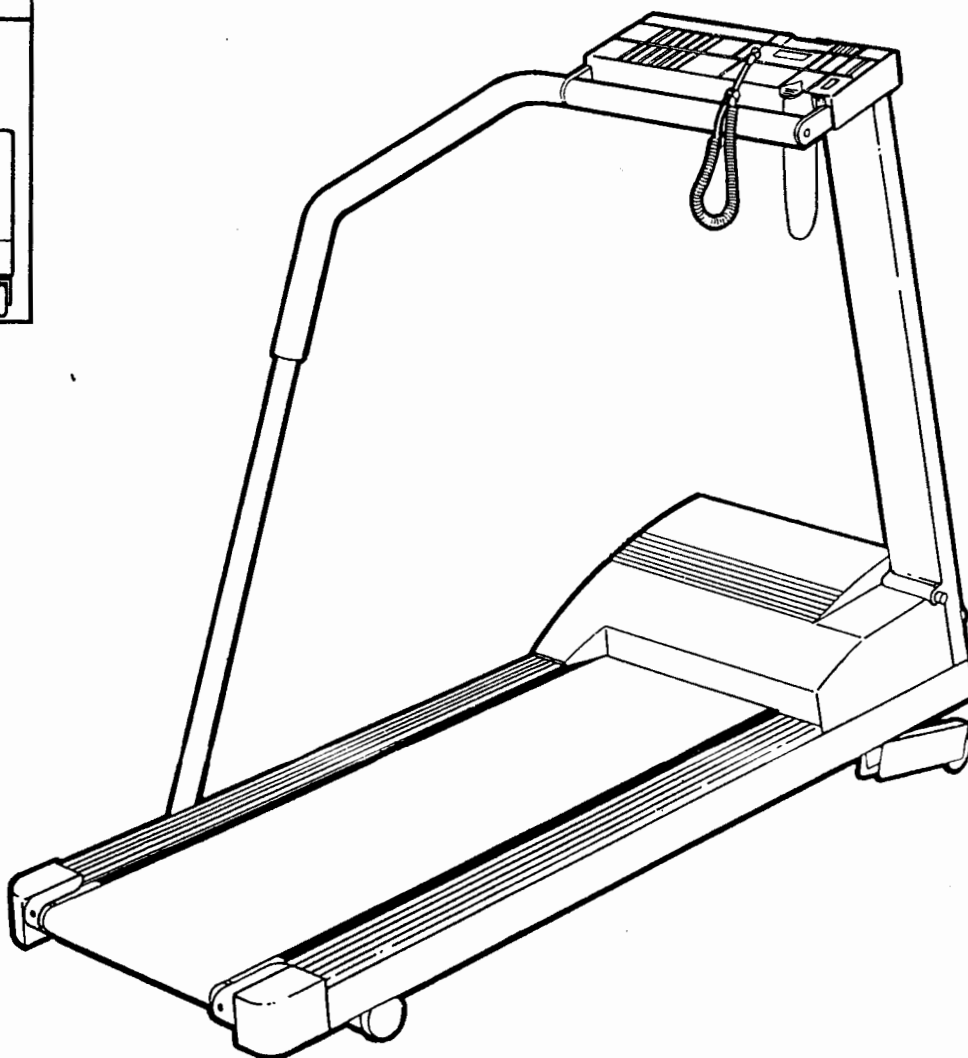
Serial No.

Write the serial number in the
space above for reference.



U.S. Patent 4,913,396

U.S. Patent 4,918,266



SEARS®

OWNER'S MANUAL

CAUTION: Read all safety precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Part No. 103708 1/91

SOLD BY SEARS, ROEBUCK AND COMPANY, CHICAGO, IL 60684

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 for any defective part, when the Programmable Speed, Incline Treadmill is used in a normal manner.

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

SERVICE IS AVAILABLE BY SIMPLY CONTACTING 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. 731CR-W, CHICAGO, IL 60684

Lifestyler™

▼ **PROGRAMMABLE SPEED**
▼ **INCLINE**

2850

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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 this product.

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important safety precautions and information before operating the treadmill.

1. Position the treadmill on a level surface, with a minimum of 8 feet of clearance behind the treadmill. Do not place the treadmill on thick carpet, near water or outdoors.
2. Plug the power cord directly into a grounded circuit carrying 12 or more amps. No other appliance should be on the same circuit. (See the OPERATION AND ADJUSTMENT section of this manual for proper grounding instructions.) Keep the power cord away from heated surfaces. If an extension cord is required, use only a 14-gauge, general-purpose cord of six to ten feet in length with a three-wire conductor.
3. Never operate the treadmill if the cord or plug are damaged, or if the treadmill is not working properly. (Refer to the BEFORE YOU BEGIN section of this manual for instructions if the treadmill is not working properly.)
4. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when walking or running on the treadmill.
5. Keep small children away from the treadmill during operation. Never leave the treadmill unattended while it is running. Always turn the treadmill power off after use.
6. Always wear appropriate clothing when using the treadmill. Do not wear flowing clothing that could become caught in the treadmill. *Always wear running or aerobic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.* Athletic support clothes are also recommended for both men and women.
7. Never drop or insert any object into any opening.
8. Do not operate where aerosol products are used or where oxygen is being administered.
9. Never allow more than one (1) person on the treadmill at a time. Use the treadmill only as described in this manual.
10. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
11. This treadmill is capable of high speeds. Always adjust the speed slowly to avoid sudden jumps in speed.

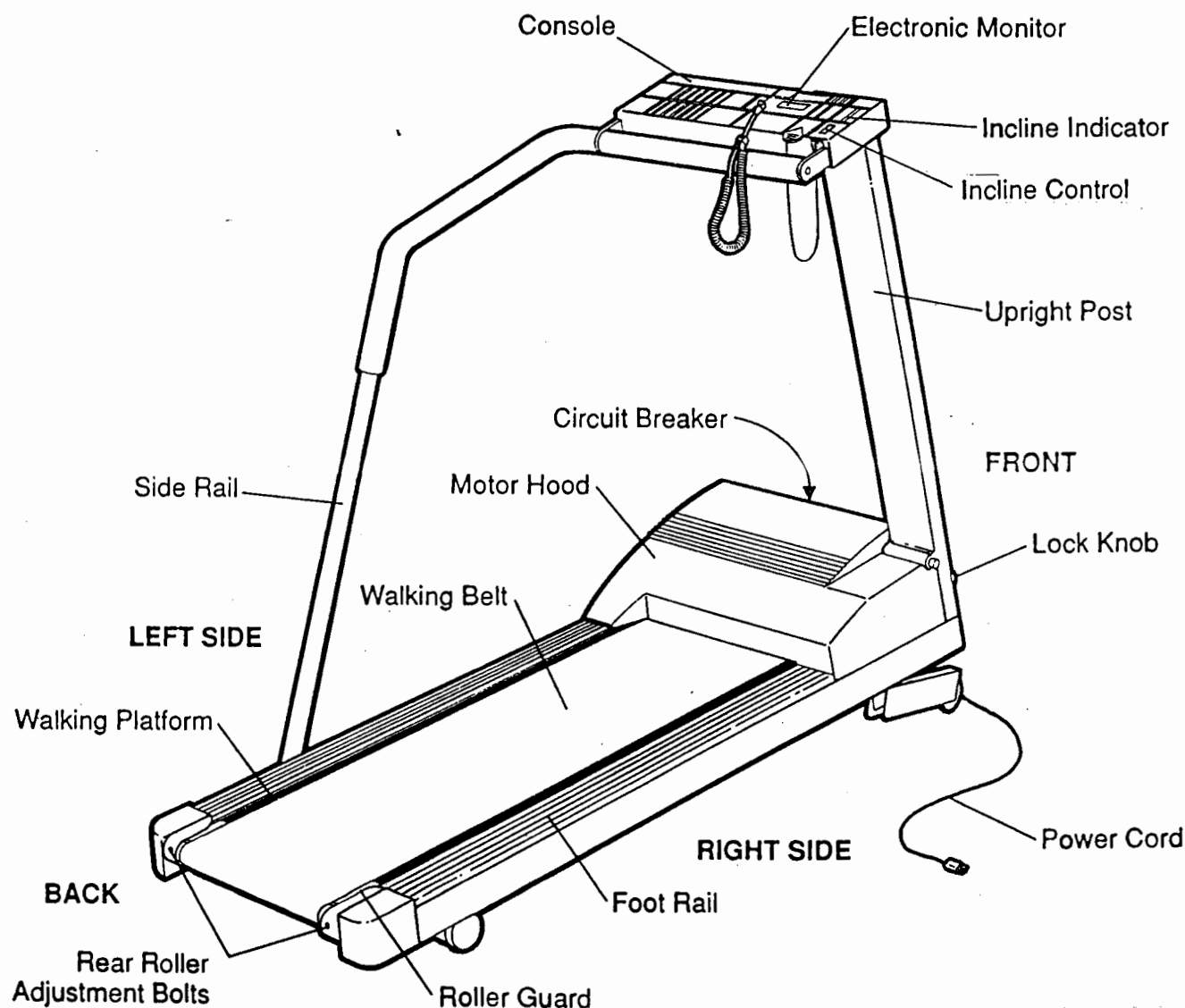
SAVE THESE INSTRUCTIONS.

BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 2850 treadmill. The Lifestyler 2850 combines state-of-the-art technology with innovative design to let you enjoy an excellent cardiovascular workout at your convenience, in the privacy of your home. Your exercise on the Lifestyler 2850 will be enhanced by such features as an oversized running surface, a card-activated power switch, electronic speed control and a programmable exercise computer.

For your safety and benefit, **read this manual carefully before using this equipment.** If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). In all communications regarding this product, please refer to your product model number and serial number. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover for the location).

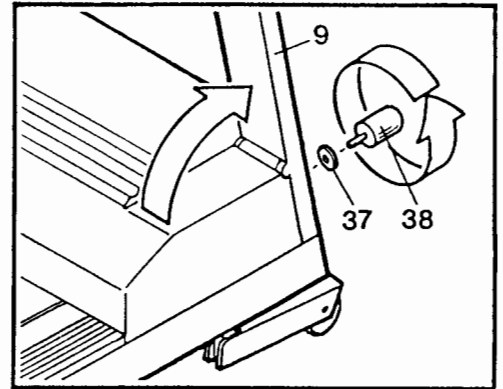
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



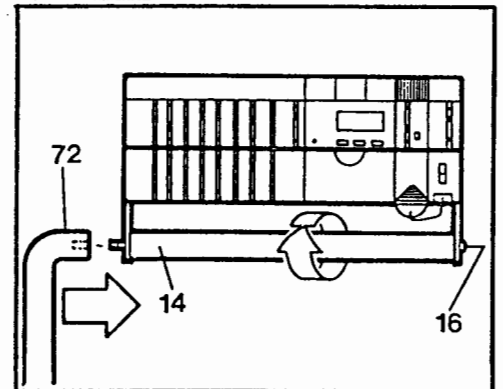
ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.** Assembly can be completed using the allen wrench included, and your own standard screwdriver. Refer to the Part List on and Exploded Drawing pages 14 and 15 for help with part identification, if necessary.

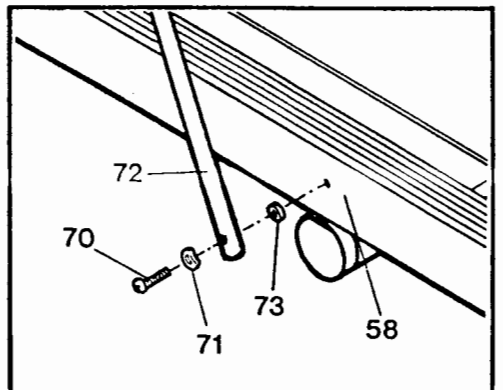
1. Raise the Upright Post (9) to a vertical position. Insert the Lock Knob (38), with the Lock Knob Washer (37) into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Align the upper end of the Side Rail (72) with the left end of the Handrail (14). Turn the Handrail as shown to thread the Handrail into the Side Rail. (Note: If the Handrail will not turn easily, loosen the Handrail Bolt [16] slightly.) Tighten the Handrail and the Handrail Bolt.



3. Align the lower end of the Side Rail (72) with the hole in the side of the treadmill Frame (58). Attach the Side Rail with a Side Rail Bolt (70), Formed Washer (71) Side Rail Washer (73) as shown. Tighten the Lock Knob (see step 1).



Make sure that all parts are tightened securely before using the treadmill.

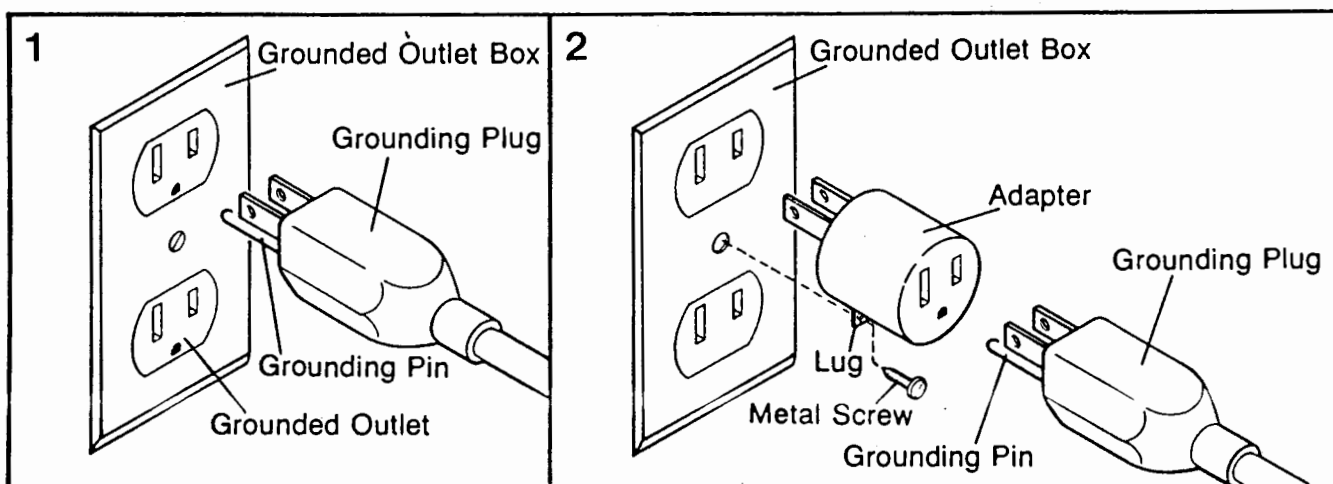
OPERATION AND ADJUSTMENT

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

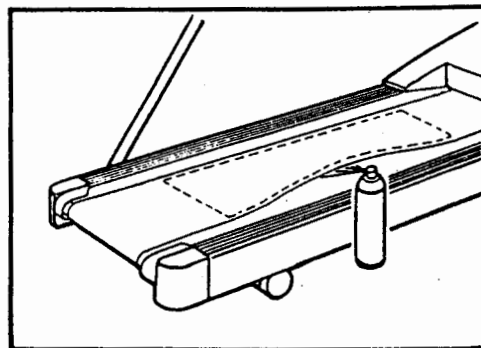
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter **must be connected** to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it **must be held in place** by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

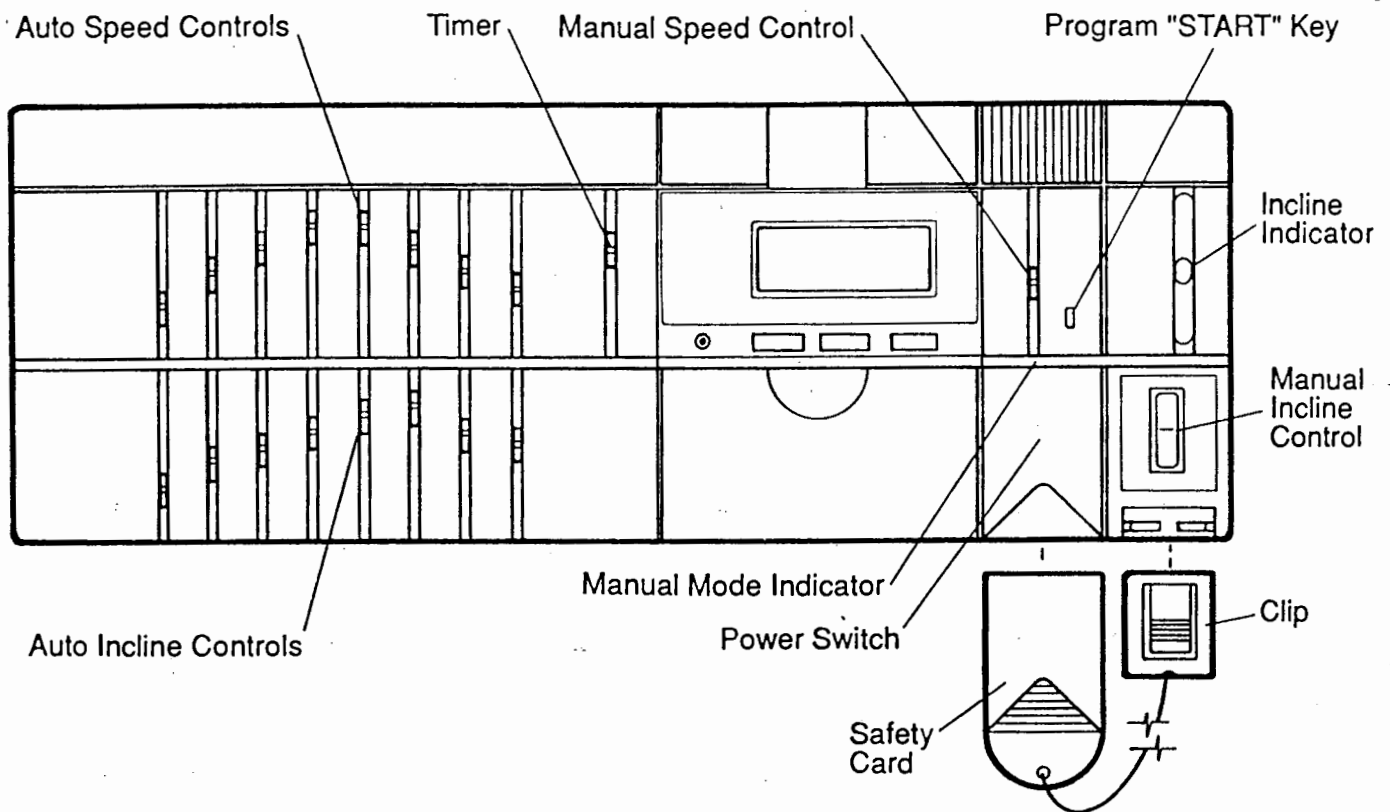


SILICONE APPLICATION

To maintain the low-friction quality of the walking belt and reduce treadmill wear, **a non-oil, non-petroleum base silicone lubricant should be applied generously to the walking platform.** (Silicone lubricant is available at most hardware and automotive stores.) It is **very important** to apply silicone lubricant before initial use of the treadmill. Lubricant should also be applied after every 10 hours of use or whenever a decrease in performance is noticed. **Unplug the power cord, lift each side of the walking belt and apply the lubricant generously to the area indicated in the drawing.**



CONSOLE DIAGRAM

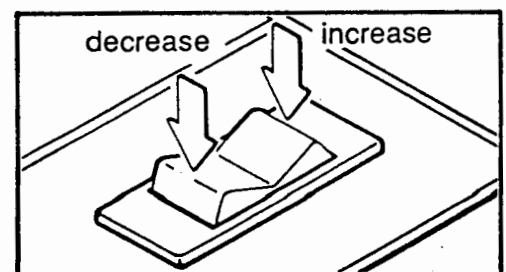


TURNING THE POWER ON AND OFF

1. Stand on the treadmill with your feet on the foot rails.
2. Attach the clip on the safety card to the waistband of your clothing. Insert the card into the power switch. The manual mode indicator above the switch will light. **IMPORTANT: For your safety, always wear the clip when using the treadmill.** If you should slip or fall while exercising, the card will be disengaged from the switch, instantly turning the power off.
3. To turn the power off, remove the safety card.

MANUAL INCLINE ADJUSTMENT

To vary the level of exercise intensity, the incline of the treadmill can be changed. The incline control is located on the right side of the console. To increase the incline of the treadmill, press the front of the control until the desired angle is reached. To decrease the incline of the treadmill, press the back of the control. There is an indicator located above the incline control on the console to measure the incline of the treadmill.



MANUAL SPEED ADJUSTMENT

1. After the power is turned on, move the speed control to the "Reset" position. (Each time the power is turned on, the control must be moved to the "Reset" position before the walking belt can be started.)
2. Move the speed control slowly forward until the walking belt begins to move at slow speed.
3. Hold the handrail firmly and step onto the walking belt.
4. Move the speed control slowly forward or backward until the belt is moving at the desired speed.

CAUTION: This treadmill is capable of high speeds. Always adjust the speed control slowly to avoid sudden jumps in speed.

PROGRAMMABLE MODE

The programmable mode allows you to set the length of time that you plan to exercise, and program eight speed and incline settings. With the touch of a key, the treadmill computer then takes over, controlling the speed and incline of the treadmill automatically.

1. Move the manual speed control to the "PROGRAM" position. (This is also the "Reset" position.)

Note: if the manual speed control is moved from the "PROGRAM" position at any time, the treadmill will revert to the manual mode. There may be a brief pause before the walking belt begins to move.

2. Set the timer control for the length of time that you plan to exercise, from 5 to 40 minutes.
3. Set the eight auto speed controls to the desired speeds.

IMPORTANT NOTE: Low speed settings are recommended until you are familiar with the operation of the treadmill. Do not set adjacent auto speed controls to greatly differing speeds. Sudden jumps in speed may cause loss of balance while running.

4. Set the eight auto incline controls to the desired levels.
5. Press the program "START" key. The indicator between the first auto speed control and the first auto incline control will light, and the treadmill will begin to operate at the first speed and incline settings. After one-eighth of the total time has elapsed, the indicator between the second auto speed and incline controls will light, and the treadmill will adjust to the second speed and incline settings. (All eight auto speed and incline controls will be activated for one-eighth of the length of time set.) When the total time has elapsed, the walking belt will slow to a stop and the treadmill will revert to the manual mode.

Note: The auto speed and incline controls can be changed while the program is running if desired. To return the treadmill to the manual mode before the program has ended, simply move the manual speed control away from the "PROGRAM" position. If one speed control is set at a very fast speed, and the next control is set at a very slow speed, the programmable mode and the walking belt may stop. If this happens, the manual speed control must be moved away from the "PROGRAM" position and then back again to the reset the console. The programmable mode can then be restarted or the treadmill can be operated in the manual mode.

IMPORTANT: This treadmill has been designed to remain operational if the electronic monitor or the programmable mode malfunctions. Even with the monitor removed, the incline, power and manual speed mode can be controlled as described above.

ELECTRONIC MONITOR OPERATION

See the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual.

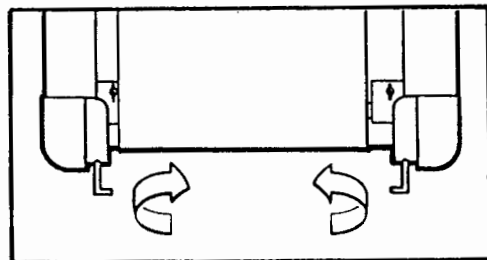
MAINTENANCE AND TROUBLE-SHOOTING

Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the electronic console.

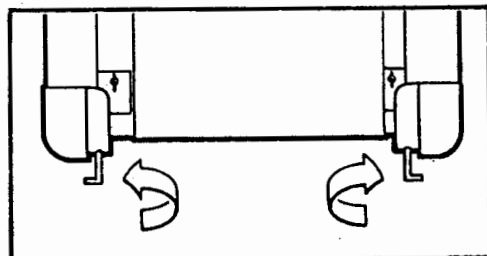
WALKING BELT ADJUSTMENT

To prevent damage to the walking belt, the belt must be kept centered on the walking platform. If the belt shifts toward the right or left sides, the belt may be damaged by the roller guard screws. The belt can be adjusted using the allen wrench included and the rear roller adjustment bolts (see the drawings below). The treadmill must be turned on at medium speed to adjust the belt. **CAUTION: KEEP YOUR HANDS AWAY FROM THE WALKING BELT OR SERIOUS INJURY COULD RESULT.**

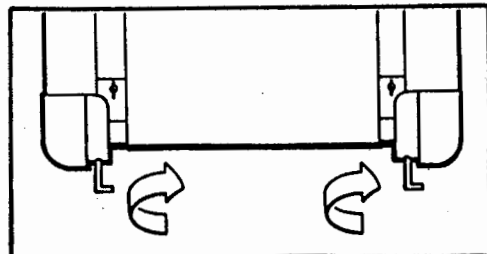
IF THE WALKING BELT HAS SHIFTED TO THE LEFT:
Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/8 of a turn at a time, until the walking belt is centered.



IF THE WALKING BELT HAS SHIFTED TO THE RIGHT:
Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/8 of a turn at a time, until the walking belt is centered.



IF THE WALKING BELT SLIPS DURING USE: Turn both adjustment bolts clockwise until the belt no longer slips. Be careful to keep the belt centered. Do not overtighten the bolts. This may cause stretching of the belt, excessive roller noise, or reduced motor performance.



To check the walking belt for proper tension, **UNPLUG THE POWER CORD**, and lift the edges of the walking belt. You should be able to raise each edge 2-3 inches off the walking platform. The center of the belt should remain just at the surface of the platform.

The allen wrench can be stored conveniently on the self-adhesive wrench clip included.

ROLLER GUARD ADJUSTMENT

The roller guards should be positioned so that the rear edges are 1/8 inch away from touching the rear roller. To adjust the roller guards, loosen the screws in the roller guards, slide the roller guards forward or backward, and retighten the screws.

CIRCUIT BREAKER

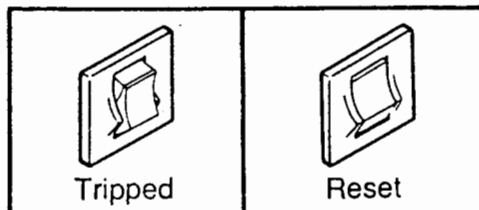
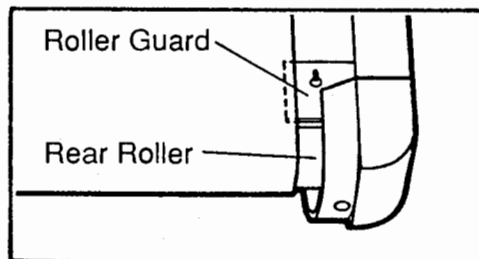
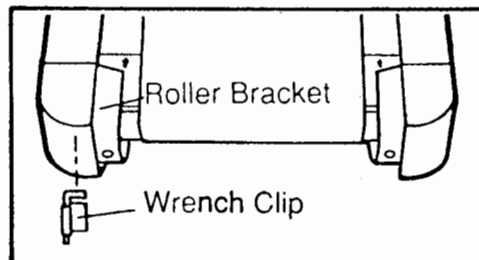
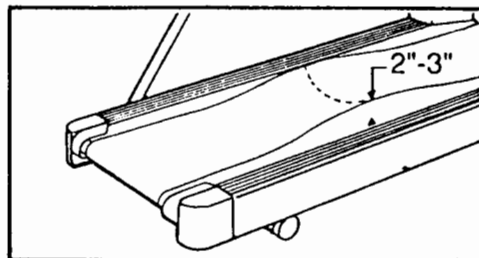
If the treadmill stops or will not start, check the circuit breaker located on the front of the frame near the power cord. The circuit breaker is designed to protect the electrical system. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the treadmill to cool for a few minutes and then push the switch back in.

PULSE EARCLIP

If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the two clear bubbles inside the earclip using a cotton swab saturated with denatured alcohol.

STORAGE

Always unplug the power cord when the treadmill is not in use. To convert the treadmill to the storage position, first remove the bolt and washers from the lower end of the side rail. Store the bolt and washers in a secure location. Remove the side rail from the handrail. Loosen the lock knob and lay the upright post on the treadmill.



CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are essential to the success of any fitness program. **Before beginning this or any exercise program, consult your physician.**

EXERCISE INTENSITY

To maximize the benefits of exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, your 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 listed for both conditioned and unconditioned persons according to age. 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, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater work load will be required in order to raise your heart rate to your Training Zone.

You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the ELECTRONIC MONITOR OPERATION GUIDE). Set the monitor for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes are elapsed. Measure your heart rate immediately using the Pulse function. If your heart rate is below your Training Zone, increase your level of exertion. If your heart rate is too high, reduce your level of exertion.

WORKOUT PATTERN

Each workout should consist of the following 5 basic stages: 1. At rest, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. At rest.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level 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 stretching or light exercise will provide an adequate 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 increase to 4-5 per week. The key to a successful program is **REGULAR** exercise.

PART LIST - Model No. 831.296321

Rev. 1/91

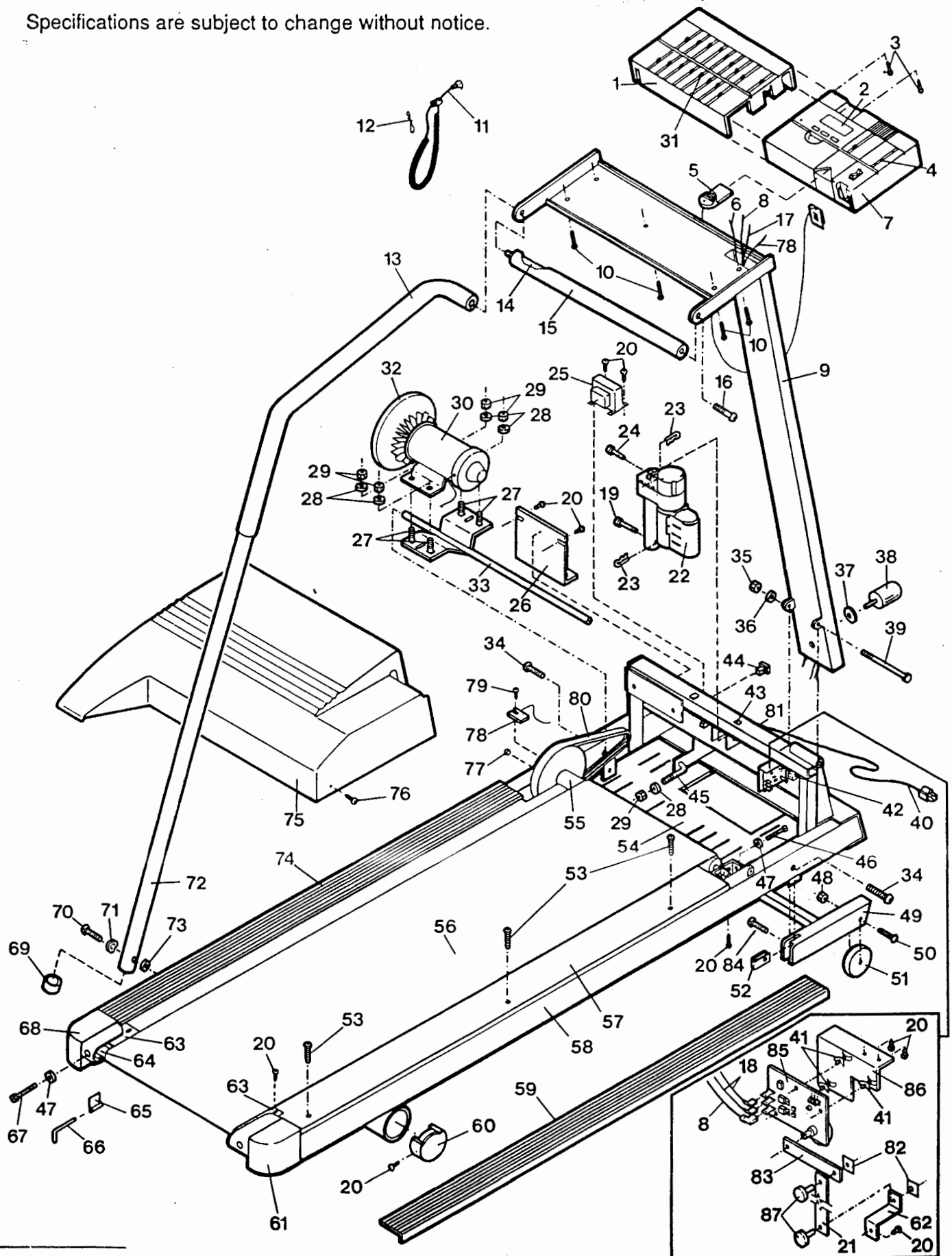
Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	033195	1	Auto Speed/Incline Assy.	46	013275	1	Front Adjustment Bolt
2	100696	1	Electronic Monitor	47	014063	3	Adjustment Washer
3	013509	2	Monitor Screw	48	012108	2	Wheel Nut
4	088015	1	Incline Indicator	49	102254	1	Incline Leg
5	070843	1	Safety Card/Clip	50	013399	2	Wheel Mounting Bolt
6	031196	1	Speed Pot. Wire	51	052014	2	Wheel
7	009159	1	Console Assy.	52	012179	2	U-Nut
8	031215	1	Incline Pot. Wire	53	100691	6	Platform Bolt
9	007115	1	Upright Post	54	104021	1	Safety Cover
10	013322	6	Console Screw	55	102599	1	Front Roller/Pulley
11	033007	1	Pulse Earclip	56	025058	1	Walking Belt
12	054013	1	Clothes Clip	57	053025	1	Walking Platform
13	041078	1	Side Rail Foam Grip	58	NSP	1	Frame
14	102723	1	Handrail	59	100741	1	Right Foot Rail
15	041077	1	Handrail Foam Grip	60	040156	2	Rear Leg Endcap
16	013496	1	Handrail Bolt	61	101632	1	Right Endcap
17	031199	1	On/Off Switch Wire	62	008286	1	Linkage Bracket
18	031197	2	Lift Wire	63	010206	2	Roller Guard
19	100896	1	Lower Lift Motor Pin	64	070084	1	Rear Roller
20	013162	21	Small Screw	65	016028	1	Wrench Clip
21	008258	1	Linkage Arm	66	045010	1	Allen Wrench
22	030016	1	Lift Motor	67	013206	2	Rear Roller Adj. Bolt
23	015043	2	Cotter Pin	68	101631	1	Left Endcap
24	015046	1	Upper Lift Motor Pin	69	040201	1	Side Rail Endcap
25	031238	1	Choke	70	013575	1	Side Rail Bolt
26	103165	1	Controller	71	014094	1	Formed Washer
27	013445	4	Motor Mount Bolt	72	102245	1	Side Rail
28	101630	5	Motor Mount Washer	73	014086	1	Side Rail Washer
29	012082	5	Motor Mount Nut	74	100554	1	Left Foot Rail
30	101629	1	Motor	75	103584	1	Motor Hood
31	017094	17	Small Knob	76	013586	4	Hood Screw
32	100147	1	Pulley/Flywheel/Fan	77	033066	1	Magnet
33	102087	1	Motor Mount Bracket	78	033208	1	Sensor Wire/Reed Switch
34	101627	2	Shaft Bolt	79	013300	1	Reed Switch Screw
35	012037	1	Pivot Nut	80	101004	1	Belt
36	014050	1	Pivot Washer	81	019084	1	Grommet
37	014156	1	Lock Knob Washer	82	012137	2	Pushnut
38	017103	1	Lock Knob	83	008257	1	Lift Board Arm
39	013543	1	Pivot Bolt	84	013303	2	Lift Frame Mtg. Bolt
40	031229	1	Power Cord	85	102552	1	Lift Board
41	015071	3	Clip Pin	86	008256	1	L-Bracket
42	008148	2	Hood Mount Anchor	87	015072	2	Plastic Pin
43	016055	4	Wire Clip	#	089036	1	Electronic Guide
44	031036	1	Circuit Breaker	#	103708	1	Owner's Manual
45	100583	1	J-Bolt				

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING - Model No. 831.296321

Rev. 1/91

Specifications are subject to change without notice.



SEARS[®] SERVICE is at YOUR SERVICE

ORDERING REPLACEMENT PARTS

Each TREADMILL has its own MODEL NUMBER. Always mention this MODEL NUMBER when requesting service or repair parts for your TREADMILL.

All parts listed herein may be ordered through SEARS, ROEBUCK AND CO. SERVICE CENTERS and most SEARS RETAIL STORES.

If parts you need are not stocked locally, your order will be electronically transmitted to a SEARS PARTS DISTRIBUTION CENTER for expedited handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The MODEL NUMBER of the product (831.296321).
2. The NAME of the product (Sears Lifestyler 2850 Treadmill).
3. The REORDER NUMBER of the part(s), from page 14 of this manual.
4. The DESCRIPTION of the part(s), from page 14 of this manual.

Your Sears merchandise has added value when you consider that Sears has service units nationwide staffed with Sears trained technicians specifically trained on Sears products, having the parts, tools and the equipment to insure that we meet our pledge to you: we service what we sell.

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