

SEARS *Lifestyler* 2000

E·L·E·C·T·R·O·N·I·C E·R·G·O·M·E·T·E·R

Assembly
Reordering Information
Operation and Adjustments
Exercise Guidelines
Maintenance and Storage
Warranty



OWNER'S MANUAL

Model No. 831.296421

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

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2000

BEFORE YOU BEGIN

Congratulations on your purchase of a Lifestyler 2000 Electronic Ergometer treadmill. Now you can enjoy one of the best forms of aerobic exercise at your convenience, in the privacy of your own home.

For maximum enjoyment and safety, please read this manual carefully before initial use of your treadmill. If you have additional questions regarding assembly, parts, operation or your 90 day warranty, please call our **Customer Service Line toll-free at 1-800-999-3756 (In Canada, 1-800-824-8949)** during regular business hours: Monday - Friday, 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 (located on the front of the treadmill frame). Write the serial number in the box below for easy reference.

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.

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.

ASSEMBLY

Please read all instructions carefully before beginning assembly. For help in part identification refer to the Exploded Drawing and the Part List. Assembly can be completed using the tool provided.

1. Place the treadmill in a clear area on the floor. Take the treadmill from the box and remove all packing materials.

2. Loosen the Triangular Clamp Knobs (25) at the front of the treadmill, and push the treadmill down to the lowest position. Retighten the Clamp Knobs.

3. Remove the backing from the self-adhesive strip on the Incline Indicator (78), and position the Indicator on the side of the Motor Hood (32) as shown in the drawing. Tilt the Indicator until the bubble in the Indicator is under the number 2 to the left of the 0. Press the Indicator firmly into place.

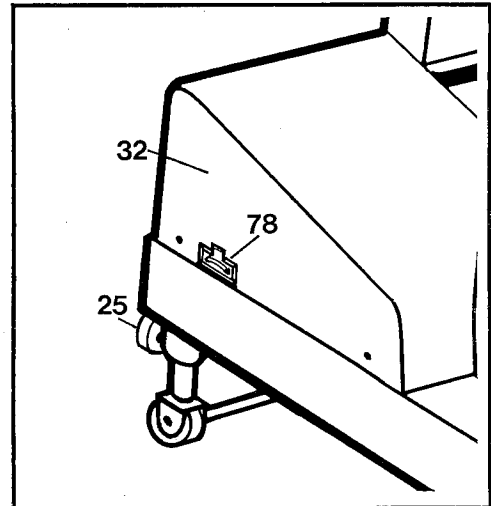
4. Raise the Handrail (44) and the Front Post (36) and rest the Handrail on the Post to form a tripod. Insert the two Handrail Locking Knobs (34) through the console bracket on the Front Post, and tighten the Knobs into the Handrail.

5. Install the batteries into the compartment in the back of the Electronic Console (40). Insert the Sensor Wire (53) into the jack on the back of the Console. Note: A pen may be used to press the Wire fully into the recessed jack.

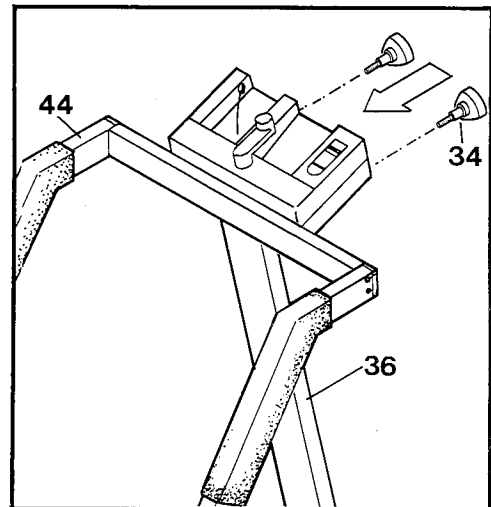
6. Press the Electronic Console (40) into the Console Housing (38).

7. Be sure that all parts are securely fastened before using the treadmill.

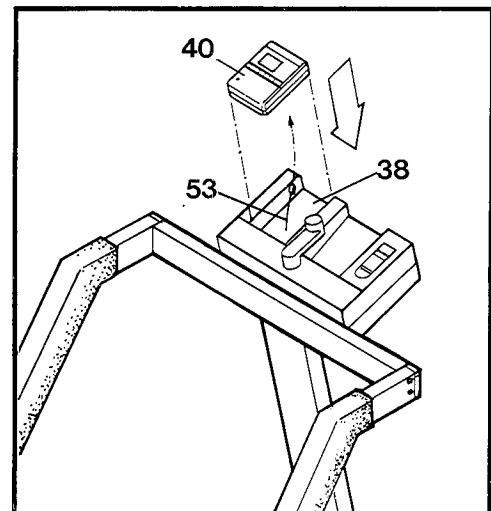
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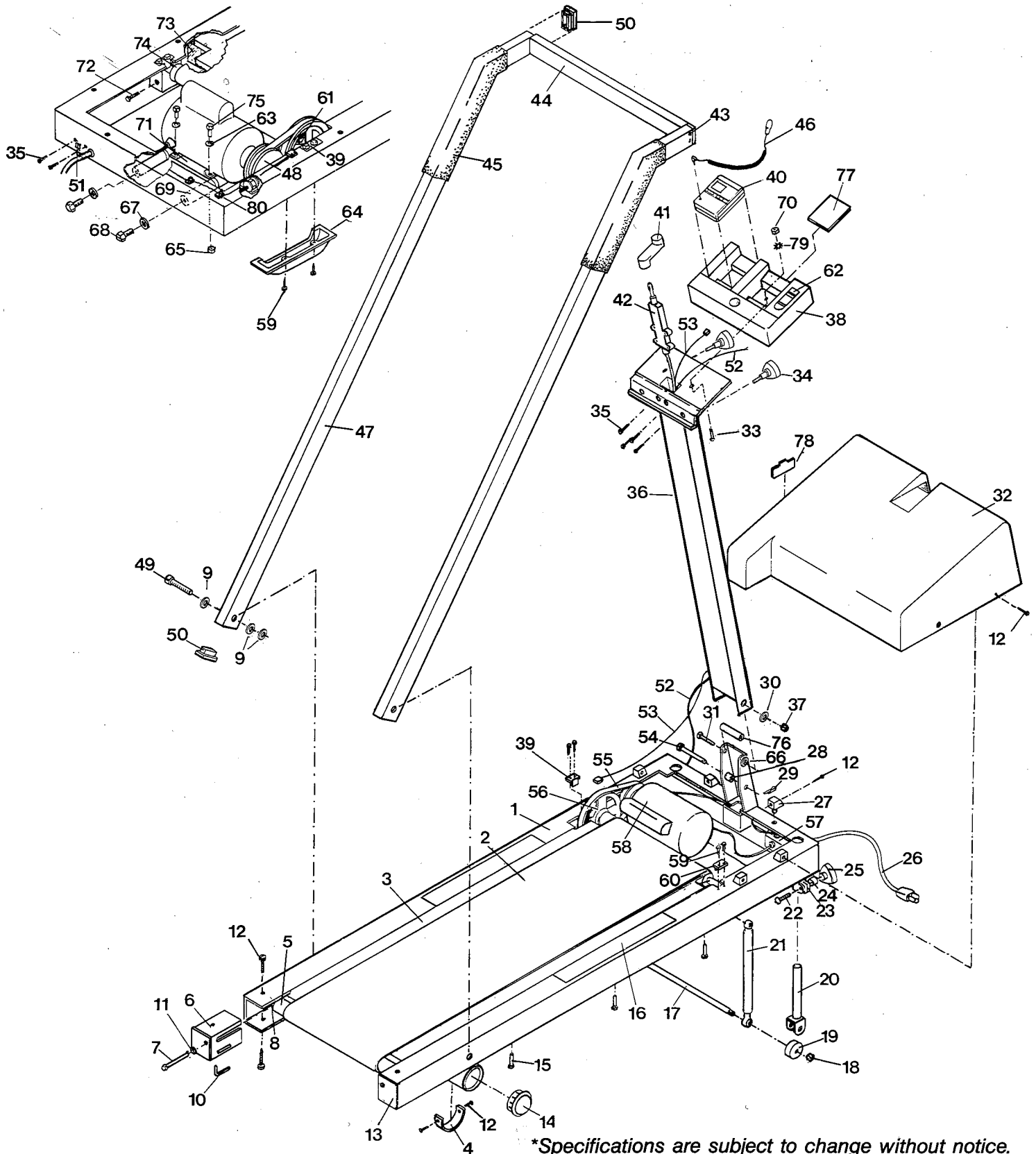


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EXPLODED DRAWING - Model No. 831.296421

*Specifications are subject to change without notice.

Replacement parts may be ordered by calling customer service toll-free at 1-800-999-3756 (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 key number.

PART LIST - Model No. 831.296421

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	42	1	Speed Control Assembly
2	1	Walking Belt	43	4	Handrail Bolt
3	1	Walking Platform	44	1	Handrail Crossbar
4	2	Rubber Foot Pad	45	2	Foam Handgrip
5	1	Rear Roller	46	1	Pulse Monitor Clip
6	1	Belt Adjustment Bracket (L)	47	2	Handrail
7	2	Belt Adjustment Bolt	48	1	Variable Speed Pulley
8	2	Rear Roller Spacer	49	2	Handrail Pivot Bolt
9	6	Handrail Pivot Washer	50	4	Handrail Endcap
10	1	Allen Wrench	51	1	Circuit Breaker
11	2	Belt Adjustment Washer	52	1	On/Off Switch Wire
12	14	Screw	53	1	Sensor Wire w/Reed Switch
13	1	Belt Adjustment Bracket (R)	54	1	Hydraulic Shock Bolt
14	2	Rear Leg Endcap	55	1	V-Belt
15	6	Platform Bolts	56	1	Front Pulley
16	2	Grip Tape	57	1	Electric Connection Box
17	1	Front Leg Axle	58	1	Motor
18	2	Acorn Nut	59	6	Bolt
19	2	Front Leg Wheel	60	1	Roller Lock (R)
20	2	Front Leg	61	1	Sensor Magnet
21	1	Hydraulic Shock	62	1	On/Off Switch
22	2	Clamp Bolt	63	4	Motor Mount Washer
23	2	Aluminum Clamp	64	1	Motor Guard
24	2	Clamp Spacer	65	4	Nut
25	2	Triangular Clamp Knob	66	2	Washer
26	1	Power Cord	67	4	Slide Rail Washer
27	6	Motor Hood Anchor	68	4	Slide Rail Bolt
28	2	Shock Spacer	69	2	Motor Slide Rail
29	1	Cotter Pin	70	2	Console Housing Nut
30	2	Front Post Pivot Washer	71	1	Motor Mount Plate
31	1	Front Post Pivot Bolt	72	1	Front Roller Adjustment Bolt
32	1	Motor Hood	73	6	Wood Support
33	2	Console Housing Bolt	74	1	Front Roller
34	2	Handrail Locking Knob	75	4	Motor Mount Bolt
35	4	Speed Control Mounting Bolts	76	1	Pivot Bolt Bushing
36	1	Front Post	77	1	Console Housing Pad
37	1	Front Post Pivot Nut	78	1	Incline Bubble Level
38	1	Electronic Console Housing	79	2	Star Washer
39	1	Roller Lock (L)	80	3	Self-Adhesive Wire Clip
40	1	Electronic Console		1	Owner's Manual
41	1	Speed Control Crank		1	Electronic Console Guide

TREADMILL OPERATION**IMPORTANT SAFETY PRECAUTIONS**

1. Never start the treadmill while you are standing on the walking belt.
2. Keep small children away from the treadmill while in operation.
3. Wear appropriate clothing when exercising on the treadmill. Do not wear flowing clothing that could become caught in the treadmill. Always wear running or aerobic shoes. Support clothes are also recommended for both men and women.

STARTING PROCEDURE

1. Stand on the treadmill with your feet on the grip tape on the siderails.
2. Firmly grasp the handrail.
3. Lift the On/Off switch, located on the top of the Console, to the "On" position.
4. Carefully step onto the moving belt and begin walking.
5. Adjust the speed control crank 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 black button is protruding, simply push it back in and repeat the above procedure.

TREADMILL ADJUSTMENTS

INCLINE ADJUSTMENT

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

- A. Grasp the handle on the front of the treadmill to support it, and loosen the triangular clamp knobs, one on each side near the front of the treadmill. CAUTION: The treadmill is supported by a hydraulic shock, and may spring up suddenly when you loosen the knobs.
- B. Raise or lower the front of the treadmill to the desired height, being sure to keep both sides even.
- C. Tighten the knobs **firmly**.

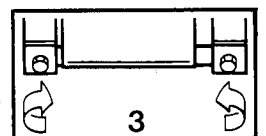
SPEED ADJUSTMENT

The speed of the walking belt can be controlled with the speed control crank located on the electronic console housing. To increase the speed turn the knob counter-clockwise. To decrease the speed turn the knob clockwise. CAUTION: Do not overtighten the knob.

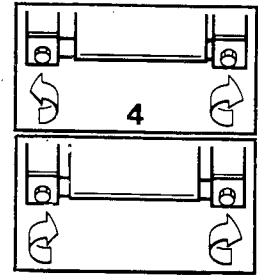
BELT ADJUSTMENT

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: Using the adjustment wrench, turn the left-hand bolt clockwise and the right-hand bolt counterclockwise. 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: Using the adjustment wrench, turn the left-hand bolt counterclockwise and the right-hand bolt clockwise. 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 turn both adjustment bolts clockwise until the belt no longer slips. Be careful to keep the belt centered.

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

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.

You can measure your heart rate and find the proper level of exercise intensity using the electronic console (see ELECTRONIC CONSOLE OPERATION). First, set the COUNTDOWN TIME 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 your level of exertion. If your heart rate is too high, reduce your level of exertion.

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.

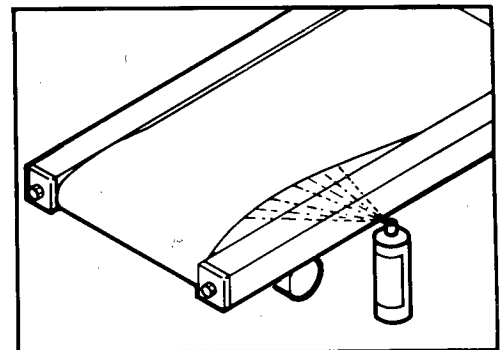
Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

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

1. Use silicone lubricant spray under the walking belt before initial use and whenever a decrease in performance is noticed.
2. Clean all exposed surfaces with a damp cloth and mild detergent. Do not use solvents.
3. Tighten nuts, bolts, screws as needed.



This treadmill has a circuit breaker located on the lower front end of the frame, designed to prevent burnout of the motor. If the motor begins to overheat it will stop, and the small black button on the circuit breaker will protrude. To reset the circuit breaker, allow the motor to cool and push the button back in.

Your treadmill can easily be converted to a compact storage position. Loosen the two Handrail Locking Knobs until the Handrail lifts out of the front Post bracket. Lay the Front Post down across the Hood and fold the Handrail over it. The treadmill can be moved by lifting the rear end of the frame and either pushing or pulling the unit on the front wheels.

When storing the treadmill, unplug the power cord and remove the batteries from the console. Do not stack heavy objects on the treadmill.