

SEARS®
Model No. 831.296422

Lifestyler™

2000

E·L·E·C·T·R·O·N·I·C

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Warranty

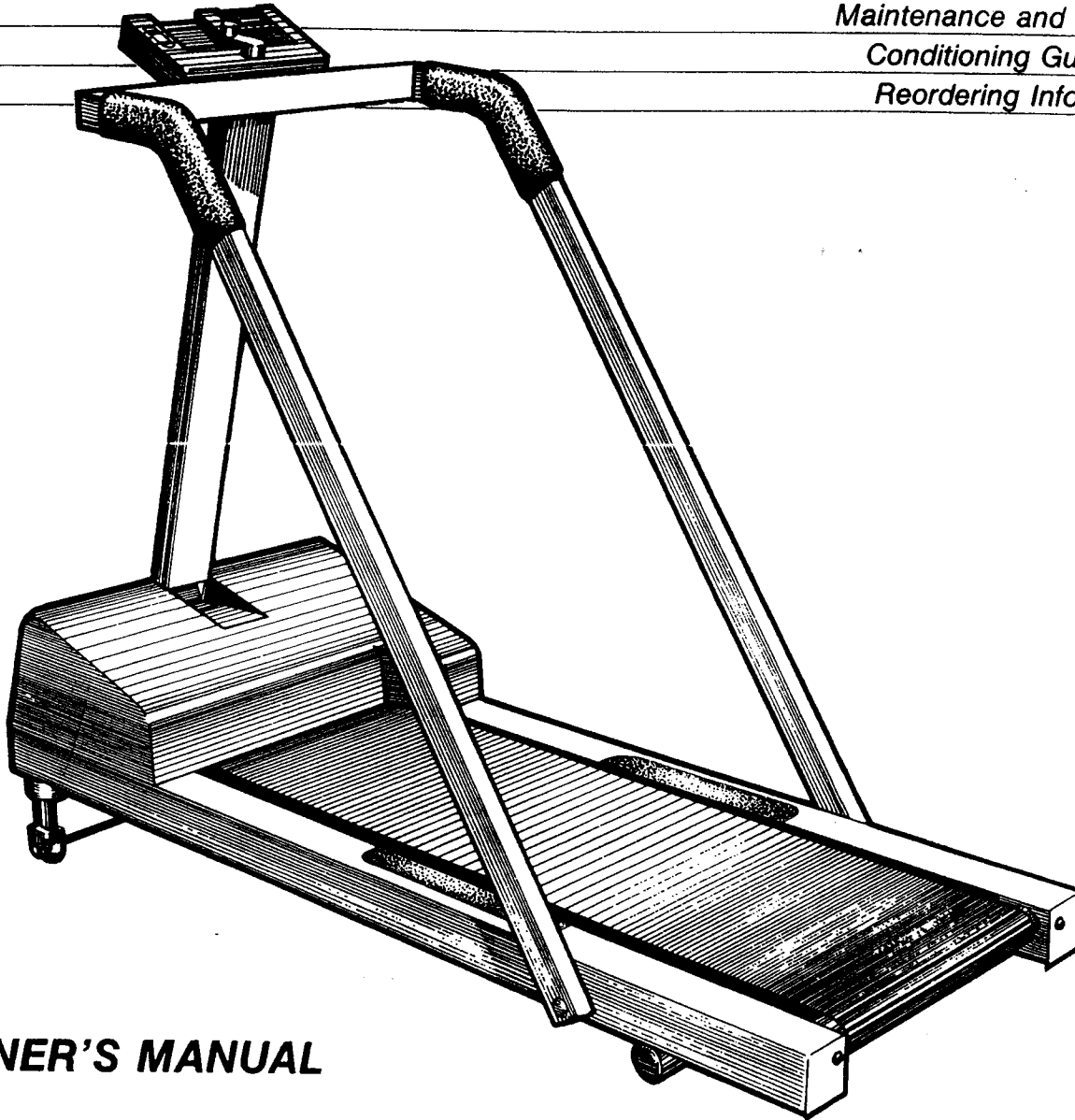
Assembly

Operation and Adjustments

Maintenance and Storage

Conditioning Guidelines

Reordering Information



OWNER'S MANUAL

SOLD BY SEARS, ROEBUCK AND CO., DEPT. 731CR-W, CHICAGO, IL 60684

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

Part No. 046156 3/89

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.

LifestylerTM

2000

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IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a grounded circuit carrying 12 amps or more. Due to the power requirements, no other appliances should be on the same circuit as the treadmill. **DO NOT USE AN ADAPTOR. IF AN EXTENSION CORD IS NEEDED, USE ONLY THE TYPE SPECIFIED ON THE POWER CORD STICKER.** Do not operate the treadmill if the cord or plug are damaged.
2. Position the treadmill on a clear, 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.
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.
4. Keep small children away from the treadmill during operation.
5. Always unplug the power cord before removing the treadmill motor hood.
6. Never start the treadmill while you are standing on the walking belt.
7. Always hold the handrail when walking or running on the treadmill.

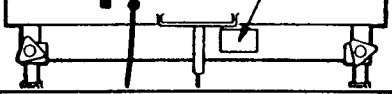
WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this Sears product.

BEFORE YOU BEGIN

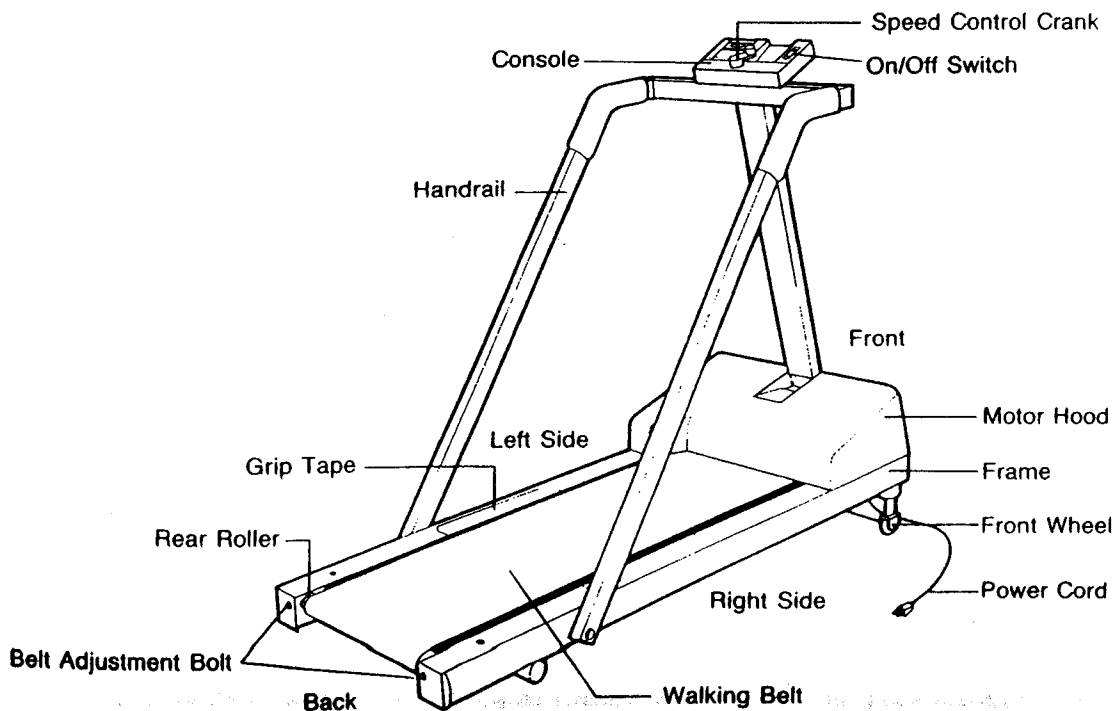
Thank you for purchasing a Sears Lifestyler 2000 Electronic Ergometer treadmill. The Lifestyler 2000 offers you one of the best forms of aerobic exercise in the convenience and privacy of your home. With adjustable speed and incline, you can tailor your workout to your individual fitness level. The treadmill features a console-mounted speed control, safety power switch, a compartment for your personal stereo or other items, and a microprocessor-based electronic exercise monitor.

This manual is designed to help you understand the easy assembly and operation of this treadmill. Basic fitness guidelines are included to help you get started with your exercise program. Please read this manual carefully before initial use of the treadmill. If you have additional questions regarding operation, maintenance, or the warranty, please call our Customer Service Department toll-free at 1-800-999-3756, (in Canada 1-800-824-8949) during business hours: Monday - Friday, 6 a.m. until 6 p.m. Mountain Time.

In all correspondence regarding this product, use the model number, and the serial number (located on the front of the treadmill frame). Write the serial number in the box to the right for easy reference.

Serial number decal.

Model No. 831.296422
Serial No.

Please review the Exploded Drawing and the Part List in this manual before calling. If possible, place your telephone near the treadmill for easy reference. To help you clearly understand the descriptions in this manual, examine the drawing below and familiarize yourself with the parts identified.

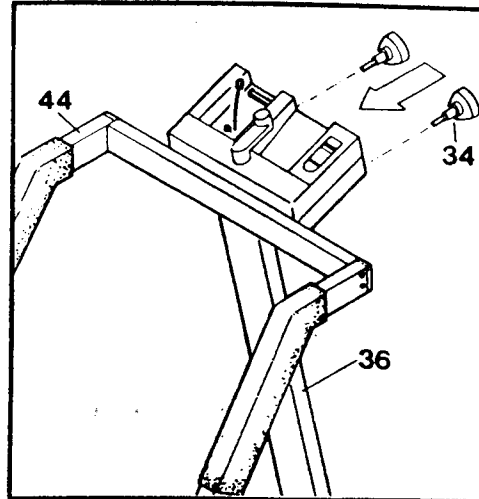


ASSEMBLY

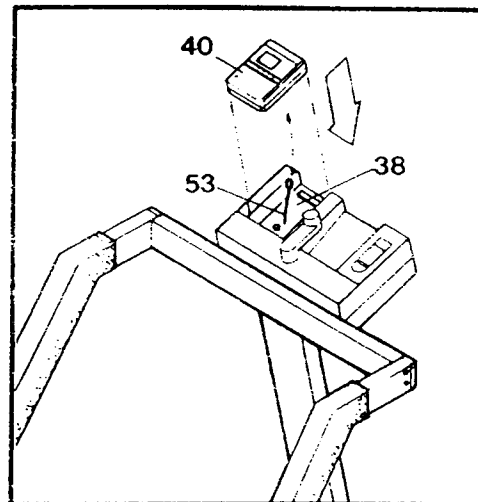
Please read all instructions carefully before beginning assembly. For help in part identification refer to the Exploded Drawing and the Part List. Assembly can be completed using the tool provided.

1. Place the treadmill in a clear area on the floor. Take the treadmill from the box and remove the packing materials. **Be sure that all parts are included before disposing of the packing materials.**
2. 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.
3. Install the batteries in the compartment in the back of the Electronic Monitor (40). Insert the Sensor Wire (53) into the jack on the back of the Monitor. Note: A pen may be used to press the Wire fully into the recessed jack.
4. Press the Electronic Monitor (40) into the Console (38).
5. Be sure that all parts are securely fastened before using the treadmill.

2



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OPERATION AND ADJUSTMENTS

ELECTRONIC MONITOR OPERATION

Refer to the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual for operating instructions.

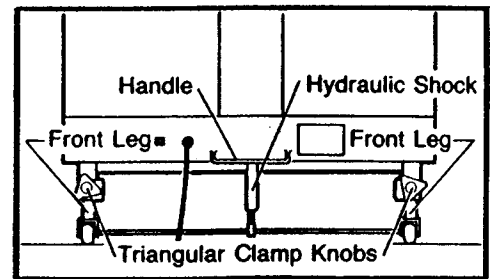
STARTING PROCEDURE

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. Slowly adjust the speed control crank until the desired speed is reached.

INCLINE ADJUSTMENT

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

1. Grasp the handle on the front of the treadmill, and loosen the two triangular clamp knobs. **CAUTION:** The treadmill is supported by a hydraulic shock, and may spring up suddenly when the knobs are loosened.
2. Raise or lower the treadmill to the desired height, being sure to keep both sides even.
3. Tighten the knobs firmly.



Front

SPEED ADJUSTMENT

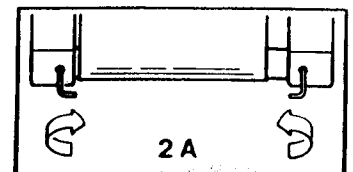
NOTE: DO NOT TURN THE SPEED CONTROL CRANK UNLESS THE TREADMILL IS RUNNING.

The speed of the walking belt can be controlled with the speed control crank mounted on the console. To increase the speed, turn the crank counterclockwise. To decrease the speed, turn the crank clockwise. Do not overtighten the crank or the control may be damaged.

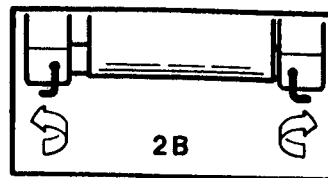
BELT ADJUSTMENT

To prevent damage to the walking belt, the belt must be kept centered during operation. Stand beside the treadmill and turn the treadmill on at medium speed. Observe the spaces between the walking belt and the sides of the frame. If the walking belt is closer to one side than to the other, the belt should be centered in the following manner:

1. Locate the belt adjustment bolts at the rear of the treadmill frame. The bolts can be adjusted using the allen wrench provided. **Caution: keep your hands away from the moving walking belt or serious injury could result.**
2. A. IF THE BELT HAS SHIFTED TO THE LEFT SIDE: turn the adjustment bolt on the left side clockwise and the adjustment bolt on the right side counterclockwise 1/8 of a turn at a time until the belt moves to the center.

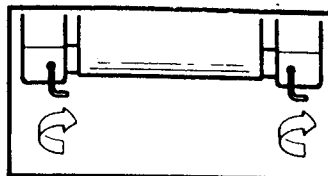


- B. IF THE BELT HAS SHIFTED TO THE RIGHT SIDE:** turn the adjustment bolt on the left side counterclockwise and the adjustment bolt on the right side clockwise 1/8 of a turn at a time until the belt moves to the center.

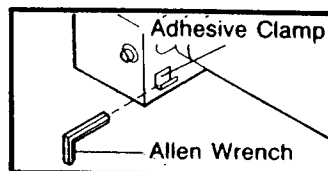


3. Walk on the treadmill for 3-4 minutes to ensure that the belt is running centered.

If the walking belt slips during operation, the tension on the belt may need to be adjusted. Turn both rear adjustment bolts clockwise an equal amount until the belt no longer slips. Be careful to keep the belt centered. **Do not overtighten** the bolts or the belt may be stretched.



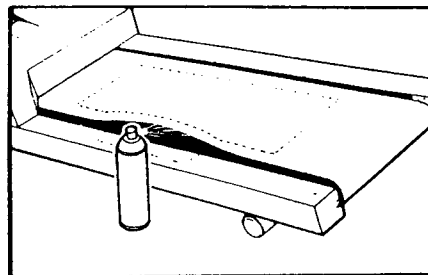
For convenience, the allen wrench can be stored on one of the rear adjustment brackets using the adhesive clamp included. Attach the adhesive clamp to the bracket as shown in the drawing.



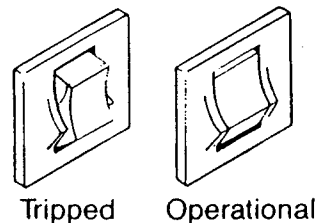
MAINTENANCE AND STORAGE

The Lifestyler 2000 treadmill is designed to be virtually maintenance-free. Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill should be cleaned using a damp cloth and non-abrasive detergent. Do not allow liquids to come in contact with the console.

To maintain the low-friction quality of the walking belt, a non-oil-base silicone lubricant should be applied to the walking platform before initial use of the treadmill, and whenever a decrease in performance is noticed. **Unplug the power cord**, lift the sides of the walking belt and apply the lubricant to the area indicated in the drawing.



If the treadmill stops or will not start, check the circuit breaker located on the front of the treadmill 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.



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 (see ASSEMBLY page 5.) 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 monitor. Store in a cool, dry location, out of direct sunlight. Do not place heavy objects 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 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 causing 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 monitor (see the ELECTRONIC MONITOR OPERATION GUIDE). First, set the monitor 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.

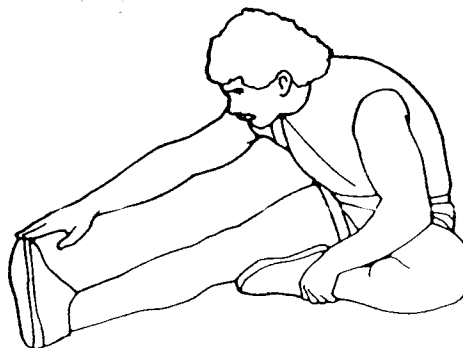
STRETCHING

The following stretches provide a good warm-up. 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.

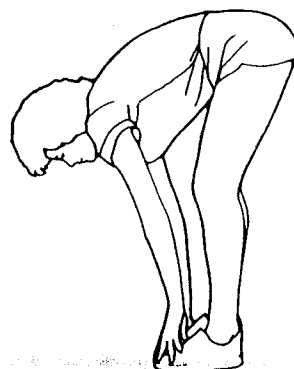
Stretches: Inner thigh muscles.



TOE TOUCHES

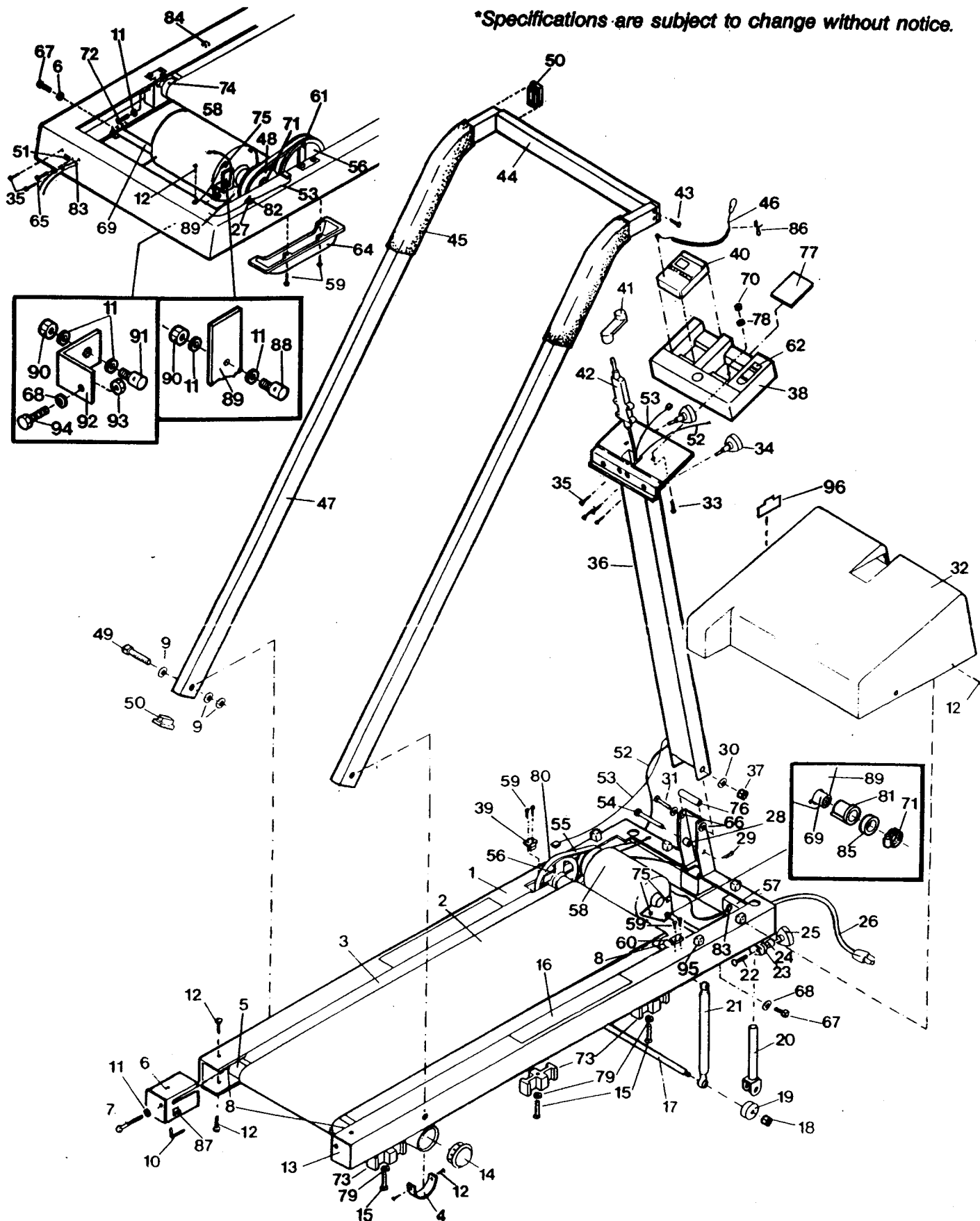
With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.

Stretches: Hamstrings, back of knees, back.



EXPLODED DRAWING - Model No. 831.296422

*Specifications are subject to change without notice.



PART LIST - Model No. 831.296422

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	NSP	1	Frame	50	040094	4	Handrail Endcap
2	025014	1	Walking Belt	51	031036	1	Circuit Breaker
3	053007	1	Walking Platform	52	031088	1	On/Off Switch Wire
4	051016	2	Rubber Foot Pad	53	033092	1	Sensor Wire
5	070084	1	Rear Roller	54	015038	1	Hydraulic Shock Bolt
6	008185	1	Belt Adj. Bracket (L)	55	025055	1	V-Belt
7	013206	2	Belt Adj. Bolt	56	020026	1	Front Pulley
8	019230	2	Roller Bushing	57	031146	1	Connection Box
9	014086	6	Handrail Pivot Washer	58	030032	1	Motor
10	045010	1	Allen Wrench	59	013213	6	Washer Head Screw
11	014063	7	Washer	60	016027	1	Roller Lock (R)
12	013162	15	Small Screw	61	033066	1	Sensor Magnet
13	008186	1	Belt Adj. Bracket (R)	62	070660	1	On/Off Switch
14	040113	2	Rear Leg Endcap	63	031172	1	Loop Sleeve
15	013270	6	Platform Bolt	64	010083	1	Pulley Guard
16	041047	2	Grip Tape	65	013370	1	Ground Screw
17	049047	1	Front Leg Axle	66	014101	2	Washer
18	012085	2	Acorn Nut	67	013212	2	Swivel Shaft Bolt
19	052012	2	Front Leg Wheel	68	014066	3	Swivel Shaft Washer
20	005011	2	Front Leg	69	049082	1	Motor Swivel Shaft
21	043012	1	Hydraulic Shock	70	012090	2	Console Nut
22	013207	2	Clamp Bolt	71	016026	2	Hose Clamp
23	016001	2	Aluminum Clamp	72	013275	1	Front Roller Adj. Bolt
24	019045	2	Clamp Spacer	73	019220	6	Plastic Support
25	017027	2	Triangular Clamp Knob	74	070085	1	Front Roller
26	031143	1	Power Cord	75	012107	7	Small Nut
27	016017	4	Adhesive Tab	76	019194	1	Pivot Bolt Bushing
28	019090	2	Shock Spacer	77	009093	1	Console Pad
29	015043	1	Cotter Pin	78	014105	2	Flat Washer
30	014079	2	Front Post Washer	79	014067	6	Platform Washer
31	013310	1	Front Post Bolt	80	019110	1	Front Roller Bushing
32	009066	1	Motor Hood	81	019229	2	Motor Mount Bushing
33	013415	2	Console Bolt	82	016029	4	Cable Tie
34	017081	2	Handrail Locking Knob	83	019084	3	Grommet
35	013322	6	Screw	84	019115	6	Bumper
36	007054	1	Front Post	85	019223	2	Plastic Spacer
37	012037	1	Front Post Pivot Nut	86	054013	1	Wire Clip
38	009065	1	Console	87	016028	1	Self-adhesive Clamp
39	070192	1	Roller Lock (L)	88	072040	1	Tension Swivel
40	032066	1	Electronic Monitor	89	070794	1	Motor Mount Assembly
41	017066	1	Speed Control Crank	90	012139	2	Tension Swivel Nut
42	026021	1	Speed Control Assembly	91	072038	1	L-Tension Swivel
43	013235	4	Handrail Bolt	92	008211	1	L-Bracket
44	003057	1	Handrail Crossbar	93	012082	1	L-Bracket Mtg. Nut
45	041019	2	Foam Handgrip	94	013211	1	L-Bracket Mtg. Bolt
46	033007	1	Pulse Monitor Clip	95	008148	6	Rubber Hood Anchor
47	003062	2	Handrail	96	088009	1	Incline Bubble
48	020028	1	Variable-speed Pulley	#	033091	1	Battery Cover
49	013375	2	Handrail Pivot Bolt	#	046156	1	Owner's Manual
				#	089026	1	Electronic

SEARS SERVICE is at YOUR SERVICE

**OWNER'S
MANUAL**
MODEL NO.
831.296422

HOW TO ORDER REPAIR 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 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 KEY NUMBER OF THE PART from the Part List found in this manual.
2. The PART DESCRIPTION from the Part List found in this manual.
3. The MODEL NUMBER (831.296422).
4. The NAME OF THE PRODUCT (Sears Lifestyler 2000 Treadmill).
5. The SERIAL NUMBER (see page 4).

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.

SOLD BY SEARS, ROEBUCK AND CO., DEPT. 731CR-W, CHICAGO, IL 60684