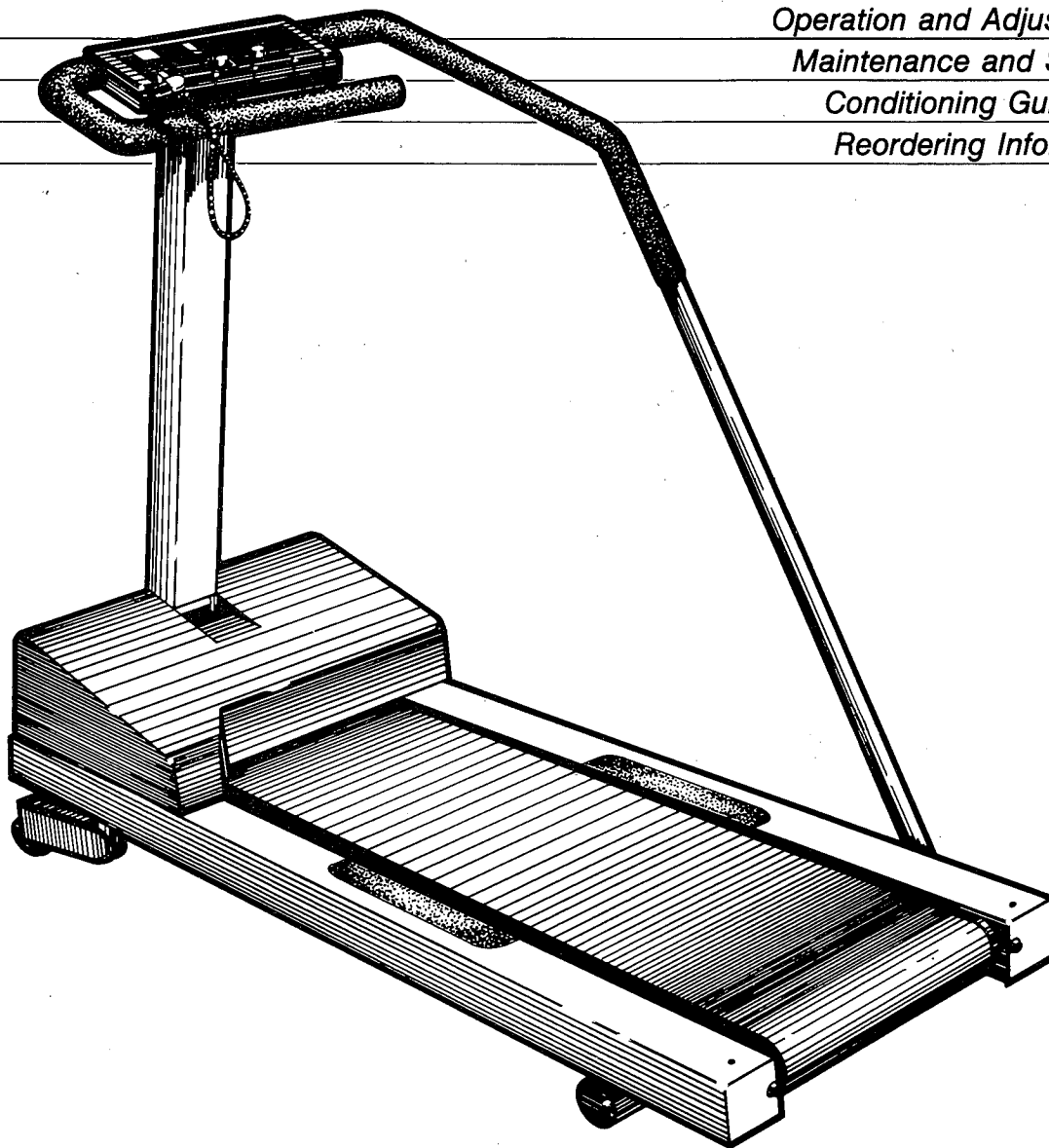


SEARS® *Lifestyler*™

Model No. 831.296444

3000

A·U·T·O
I·N·C·L·I·N·E



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

Patent Pending

OWNER'S MANUAL

Part No. 046162 5/89

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

SOLD BY SEARS, ROEBUCK AND CO., DEPT. 731CR-W, 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 this product is used in a normal manner.

This warranty does not apply when the product is used for commercial or rental purposes.

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE PRODUCT 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. 731CR-W, CHICAGO, IL 60684

LifestylerTM

3000

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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. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move. Always stand on the grip tape on the sides of the frame until the belt is moving.
4. 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.
5. Keep small children away from the treadmill during operation.
6. Always unplug the power cord before removing the treadmill motor hood.
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 the Sears treadmill.

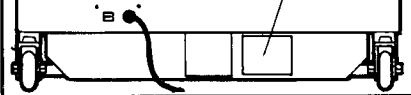
BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 3000 treadmill. The Lifestyler 3000 combines advanced technology with innovative design to let you enjoy one of the best forms of cardiovascular exercise at your convenience, in the privacy of your home.

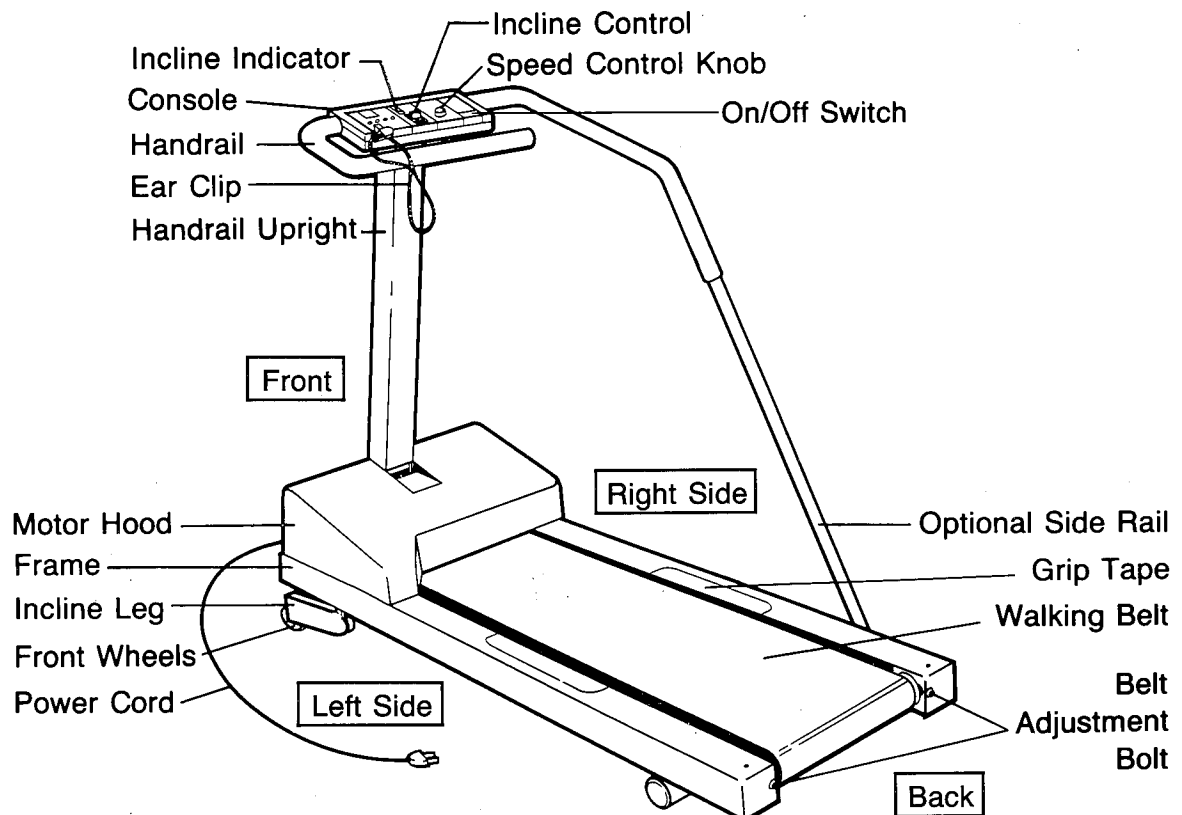
The Lifestyler 3000 is truly a state-of-the-art treadmill, offering many exclusive features for an effective and enjoyable workout. The 3000 incorporates a card-operated on/off switch, console-mounted incline control, electronic speed control and microprocessor-based electronic exercise monitor.

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.

Please state the model number and the serial number of your treadmill when calling. The serial number can be found 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. 831.296444
Serial No.

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

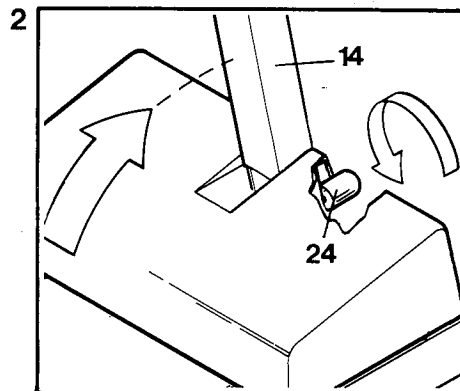


ASSEMBLY

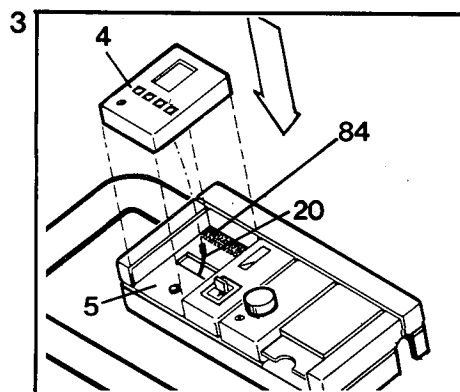
Please read all instructions before beginning assembly. Refer to the Exploded Drawing and the Part List on pages 10-11 for help in part identification. The treadmill can be assembled with the included Side Rail for greater security, or without the Side Rail to allow more freedom of movement during exercise. Assembly can be completed using the tool provided.

1. Set the treadmill in a clear area on the floor and remove all packing materials. Make sure that all parts are included before disposing of the packing materials.

2. Raise the Handrail Upright (14) to the vertical position and tighten the Upright Locking Knob (24).



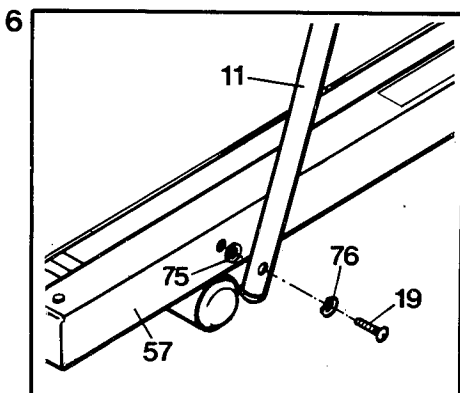
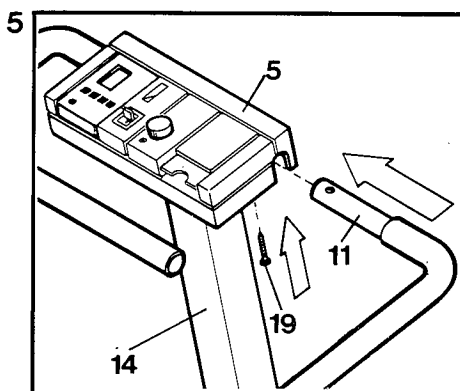
3. Plug the Sensor Wire (20) into the back of the Electronic Monitor (4) and press the Monitor firmly onto the Fastener Strip (84) on the Console (5).



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

ATTACHMENT OF THE OPTIONAL SIDE RAIL

5. Loosen the Upright Locking Knob (24). Slide the upper end of the Side Rail (11) into the opening in the right side of the Console (5). Insert a Side Rail Bolt (19) through the bracket at the top of the Handrail Upright (14) and tighten it into the Side Rail.
6. Align the hole in the lower end of the Side Rail (11) with the hole in the side of the treadmill Frame (57). Attach the Side Rail with a Bolt (19), Rounded Washer (76) and Side Rail Washer (75) as shown. Retighten the Upright Locking Knob (24).



OPERATION AND ADJUSTMENT

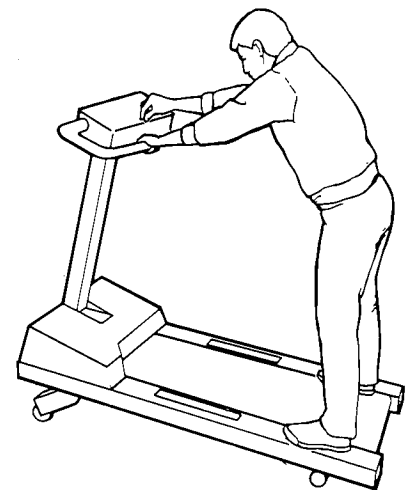
TREADMILL OPERATION – Follow the steps below each time you use the treadmill.

1. Step onto the treadmill and place your feet on the Grip Tape on the sides of the Frame.
2. Insert the Safety Card into the On/Off Switch and press the Switch down to start the treadmill. (If the Safety Card becomes lost, a credit card can be used. The treadmill cannot be started unless a card is inserted.) **Do not lift the Switch or the Switch will break.**
3. Turn the Speed Control counterclockwise until it stops, and then clockwise until the Walking Belt is moving at slow speed.
4. Holding the Handrail firmly, step onto the Walking Belt and begin walking.
5. Slowly turn the Speed Control Knob until the desired speed is reached. (Turning the knob clockwise increases the speed. Turning the knob counterclockwise decreases the speed.)
6. To turn the treadmill off, step onto the Grip Tape and press the On/Off Switch.

Instructions for operating the Electronic Monitor can be found in the Operation Guide accompanying this Manual.

INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the incline of the treadmill can be adjusted with the Incline Control Lever on the treadmill Console. **Do not adjust the incline while you are walking or running on the treadmill.** To increase the incline of the treadmill, stand with your feet on the sides of the Frame, towards the rear of the treadmill, and pull back the Incline Control Lever. When the desired angle is reached, release the Lever. To decrease the incline, stand toward the front of the treadmill, lean forward if necessary, and pull back the Incline Control Lever until the desired angle is reached.



There is an Incline Indicator mounted above the Incline Control Lever on the treadmill. When the bubble in the Indicator is at level 1, the treadmill is at the lowest incline. When the bubble is at level 5, the treadmill is at the highest incline.

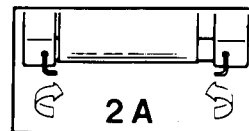
The indicator can be adjusted, if necessary, by lowering the treadmill to the lowest position, and turning the small adjustment screw above the indicator until the bubble in the indicator is at level 1.

WALKING BELT ADJUSTMENT

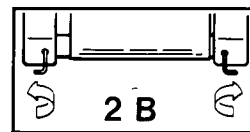
To prevent damage to the walking belt, always keep the belt centered during operation. Stand beside the treadmill and turn the treadmill on at medium speed. Check the spaces between the walking belt and the sides of the frame. If the belt is closer to one side than to the other, the belt should be centered 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.

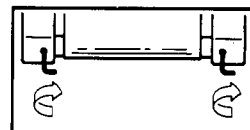


- B. IF THE BELT HAS SHIFTED TO THE RIGHT SIDE: turn the adjustment bolt on the left side counterclockwise and the adjustment bolt on the right side clockwise 1/8 of a turn at a time until the belt moves to the center.



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

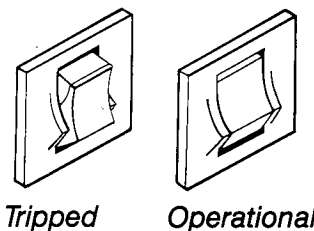
If the walking belt slips during operation, the tension on the belt may need to be adjusted. Turn both rear adjustment bolts clockwise an equal amount until the belt no longer slips. Be careful to keep the belt centered. **Do not over-tighten the bolts** or the belt may be stretched. The allen wrench can be stored on one of the rear adjustment brackets using the self-adhesive clamp included.



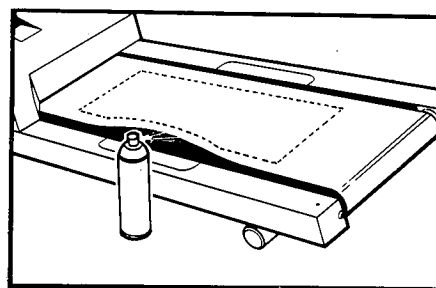
MAINTENANCE AND STORAGE

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

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.



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.



STORAGE

Always unplug the Power Cord when the treadmill is not in use. To convert the treadmill to a compact storage position, first remove the Bolts from the lower and upper ends of the Side Rail and remove the Side Rail. Tape the Bolts to the Side Rail or store them in a secure place. Next, loosen the Upright Locking Knob and carefully fold the Handrail Upright down onto the treadmill Frame. Lay the Side Rail on the Frame.

The treadmill can be moved by lifting the back end of the frame and either pushing or pulling the treadmill on the front wheels. Always remove the batteries from the electronic monitor when storing the treadmill for extended periods of time.

CONDITIONING GUIDELINES

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

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, 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.

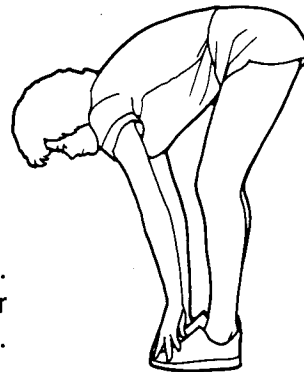
Stretches: Inner thigh muscles.



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.

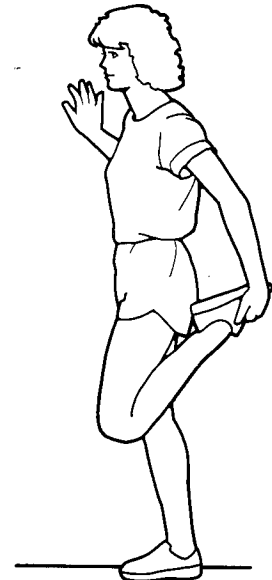
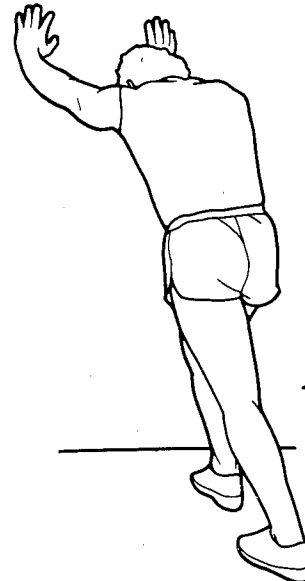
Stretches: Hamstrings, Back of Knees, Back.



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.



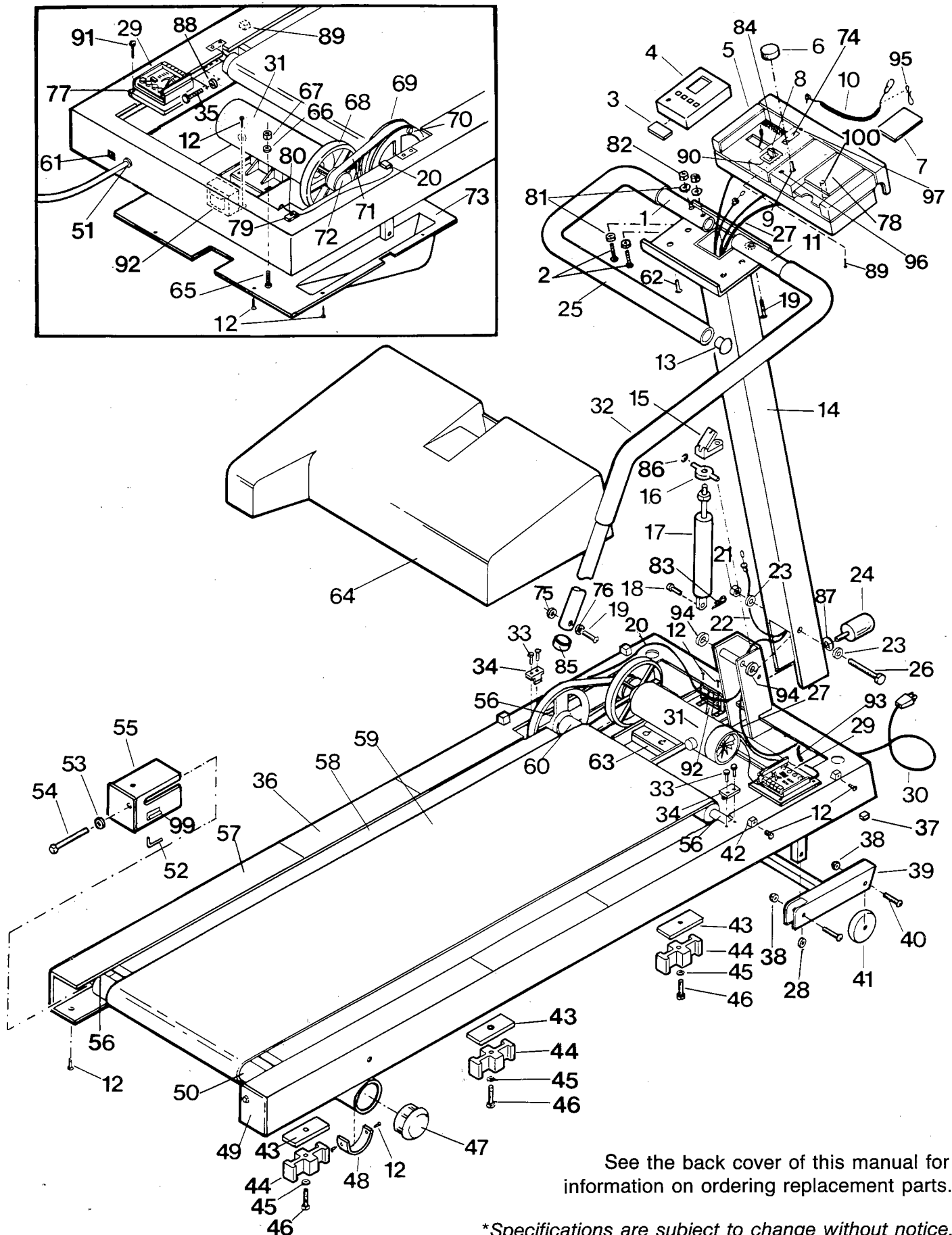
CALF/ACHILLES STRETCH

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.

EXPLODED DRAWING - Model No. 831.296444

Rev. 5/89



See the back cover of this manual for information on ordering replacement parts.

*Specifications are subject to change without notice.

PART LIST - Model No. 831.296444

Rev. 5/89

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	003048	1	Handrail	52	045010	1	Allen Wrench
2	013369	2	Handrail Bolt	53	014063	2	Adj. Bracket Washer
3	033091	1	Battery Cover	54	013206	2	Belt Adjustment Bolt
4	032044	1	Electronic Monitor	55	008185	1	Belt Adj. Bracket (L)
5	009123	1	Console	56	019190	4	Roller Bushing
6	017057	1	Speed Control Knob	57	NSP	1	Frame
7	031094	1	Safety Card	58	053019	1	Wood Platform
8	088003	1	Incline Control Lever	59	025031	1	Walking Belt
9	031121	1	Potentiometer Assy.	60	070771	1	Front Roller
10	033007	1	Ear Clip	61	031090	1	Circuit Breaker
11	003049	1	Side Rail	62	013322	4	Screw
12	013162	24	Small Screw	63	019169	1	Motor Mount Spacer
13	040119	1	Handrail Cap	64	009069	1	Motor Hood
14	007041	1	Handrail Upright	65	013414	4	Motor Mount Bolt
15	088004	1	Lift Cylinder Release	66	014041	4	Motor Mount Washer
16	008149	1	Threaded Pin	67	012082	4	Motor Mount Nut
17	043025	1	Lift Cylinder	68	021021	1	Flywheel
18	015045	1	Cylinder Pin	69	020031	1	Roller Pulley
19	013460	2	Side Rail Bolt	70	033066	1	Magnet
20	033092	1	Sensor Wire	71	025043	1	V-Belt
21	012081	1	Pivot Nut	72	020033	1	Motor Pulley
22	088005	1	Incline Cable	73	040114	1	Safety Cover
23	014079	2	Pivot Washer	74	088001	1	Incline Indicator
24	017056	1	Upright Locking Knob	75	014086	1	Side Rail Washer
25	041042	1	Handrail Foam Grip	76	014094	1	Molded Washer
26	013368	1	Pivot Bolt	77	031140	1	Aluminum Heat Sink
27	031093	1	On/Off Switch Wire	78	031129	1	Safety Switch Paddle
28	014106	2	Incline Leg Washer	79	016017	4	Adhesive Tie Block
29	031091	1	Controller	80	016029	4	Cable Tie
30	031147	1	Power Cord	81	014086	4	Handrail Washer
31	030014	1	Motor	82	012108	2	Handrail Nut
32	041041	1	Side Rail Foam Grip	83	015043	1	Cotter Pin
33	013213	4	Roller Lock Screw	84	062002	1	Fastener Strip
34	070192	2	Front Roller Lock	85	040132	1	Side Rail Endcap
35	013275	1	Front Adj. Bolt	86	054016	1	E-Clip
36	041047	2	Grip Tape	87	014087	1	Upright Knob Washer
37	019183	2	Rubber Bumper	88	014063	1	Front Roller Washer
38	012108	4	Locknut	89	013413	1	Indicator Mount Screw
39	004106	1	Incline Leg	90	088010	1	Lever Housing
40	013399	4	Leg Bolt	91	013300	3	Sink Screw
41	052014	2	Wheel	92	031092	1	Choke
42	008148	4	Hood Mount Anchor	93	031101	1	Extension Wire
43	085003	6	Rubber Platform Pad	94	014101	2	Black Pivot Washer
44	019220	6	Support Block	95	054013	1	Clothes Clip
45	014067	6	Support Washer	96	033077	1	Round Indicator Light
46	013270	6	Support Bolt	97	013421	1	Bubble Screw
47	040113	2	Rear Leg Endcap	98	019115	6	Platform Bumper
48	051016	2	Rubber Foot Pad	99	016028	1	Adhesive Tool Clamp
49	008186	1	Belt Adj. Bracket (R)	100	031123	1	On/Off Switch
50	070770	1	Rear Roller	#	089006	1	Elec. Oper. Guide
51	019084	1	Large Grommet	#	046162	1	Owner's Manual

SEARS[®] SERVICE is at YOUR SERVICE

OWNER'S MANUAL

**MODEL NO.
831.296444**

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 MODEL NUMBER (831.296444).
2. The NAME OF THE PRODUCT (Sears Lifestyle 3000 Treadmill).
3. The SERIAL NUMBER (see page 4).
4. The KEY NUMBER OF THE PART from the Part List found in this manual.
5. The PART DESCRIPTION from the Part List found in 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.

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

Part No. 046162 5/89

Printed in U.S.A.