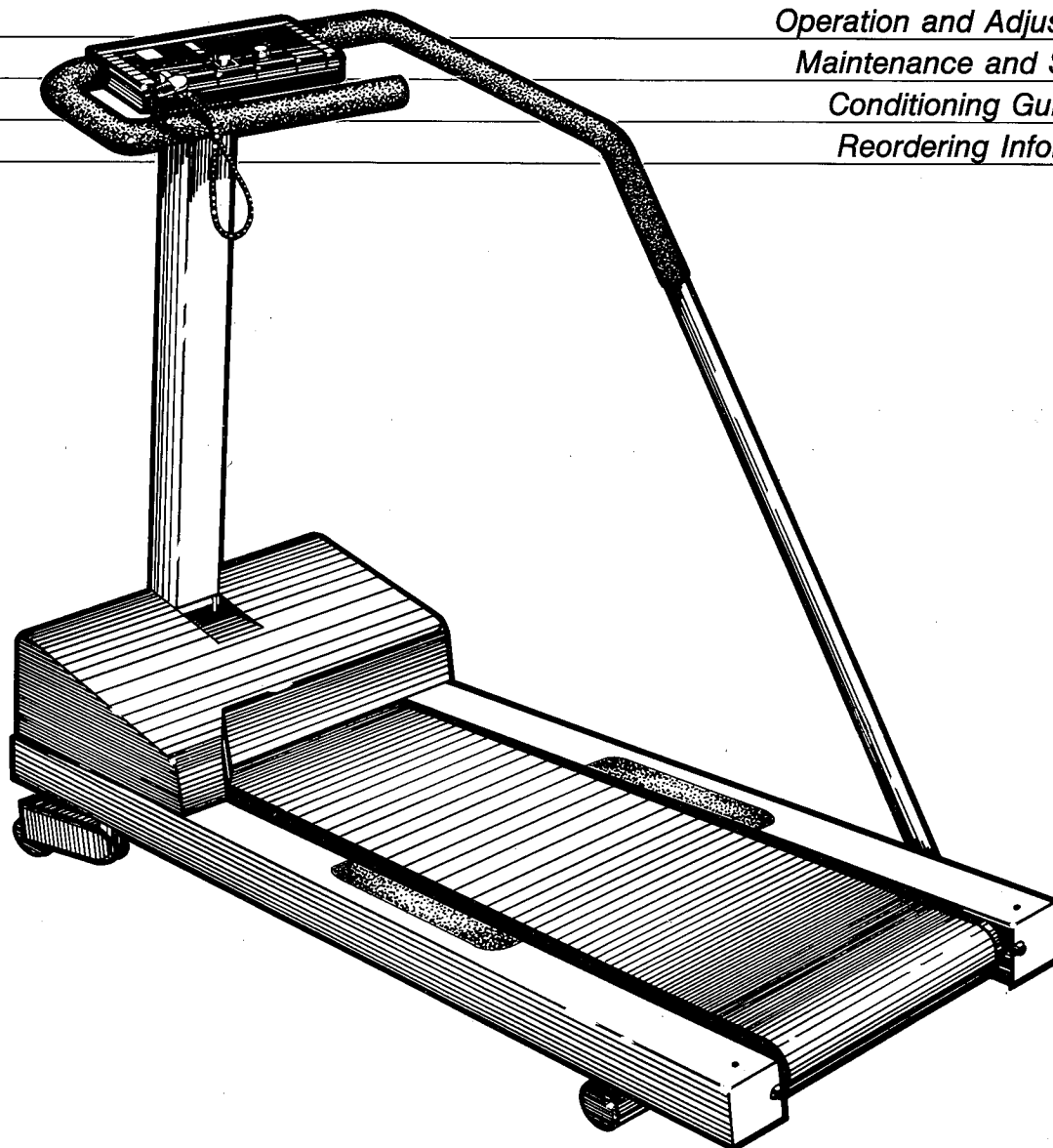


# SEARS® *Lifestyler*™

Model No. 831.296445

## 3000

A·U·T·O  
I·N·C·L·I·N·E



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

## OWNER'S MANUAL

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

Part No. 046163 2/89

SOLD BY SEARS, ROEBUCK AND CO., 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 of 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.

# ***Lifestyler***<sup>TM</sup>

## ***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.

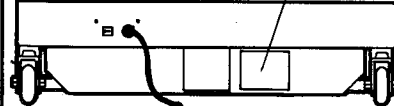
## **BEFORE YOU BEGIN**

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.

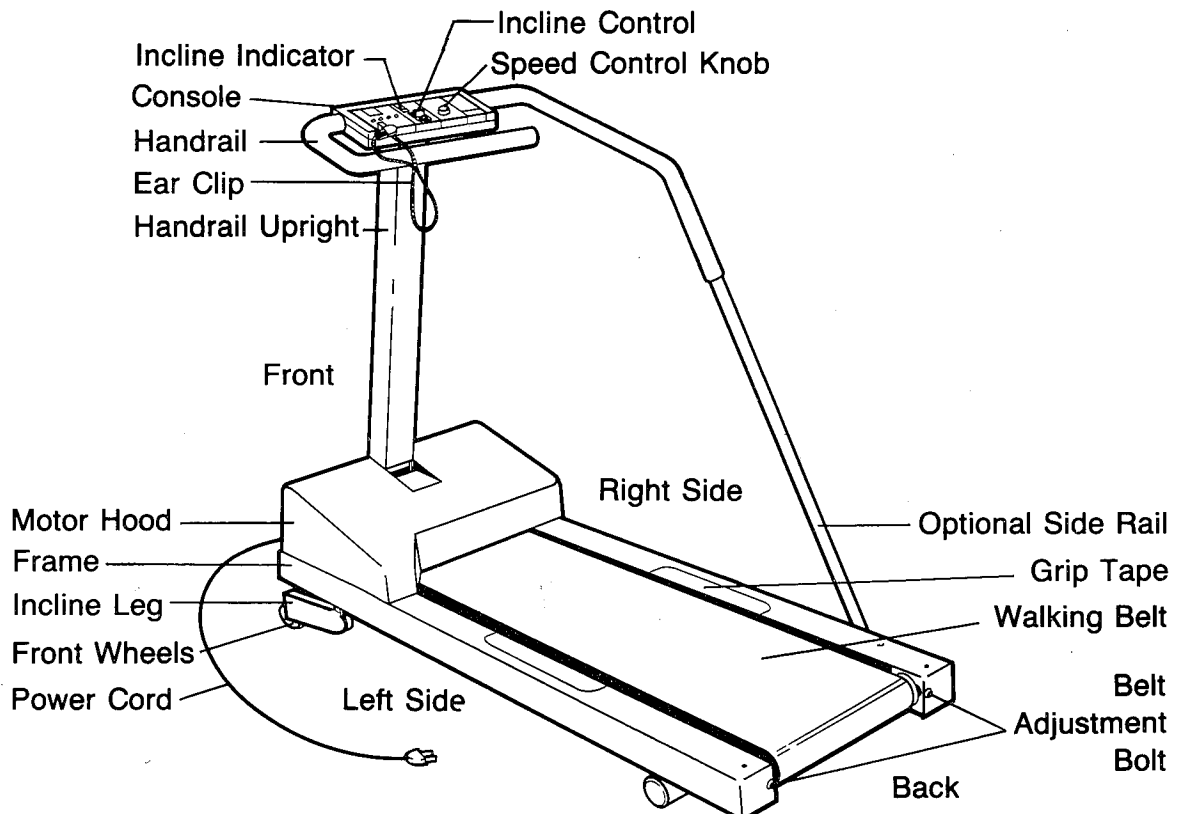
The Lifestyler 3000 is truly a state-of-the-art treadmill, offering many exclusive features for an effective and enjoyable workout. The 3000 incorporates a card-operated on/off switch, console-mounted incline control, electronic speed control and microprocessor-based electronic exercise monitor.

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.

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 to the right for easy reference.

|                                                                                     |
|-------------------------------------------------------------------------------------|
| Serial number decal.                                                                |
|  |
| 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.

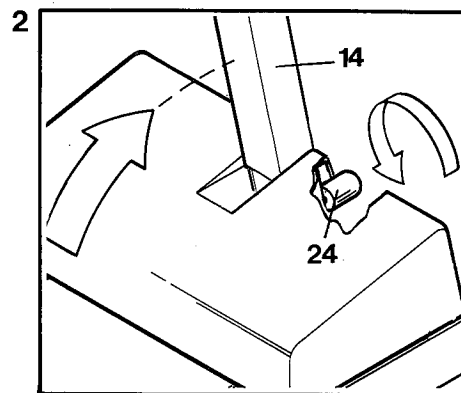


# ASSEMBLY

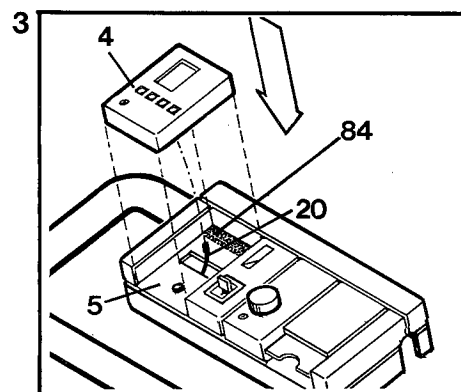
Please read all instructions before beginning assembly. Refer to the Exploded Drawing and the Part List on pages 10-11 for help in part identification. The treadmill can be assembled with the included Side Rail for greater security, or without the Side Rail to allow more freedom of movement during exercise.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



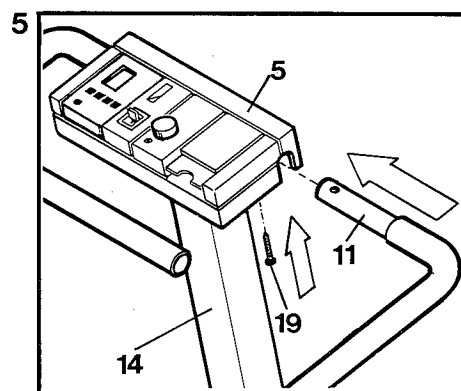
3. Plug the Sensor Wire (20) into the back of the Electronic Monitor (4) and press the Monitor firmly onto the Fastener Strip (84) on the Console (5).



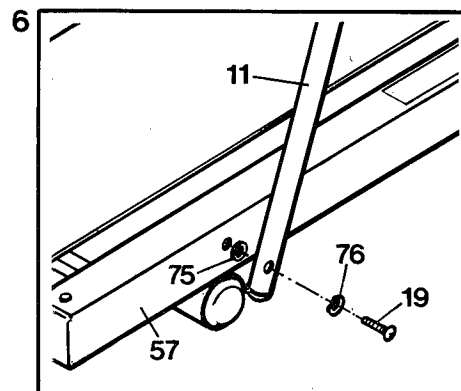
4. Make sure that all parts are tightened securely before operating the treadmill.

## 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

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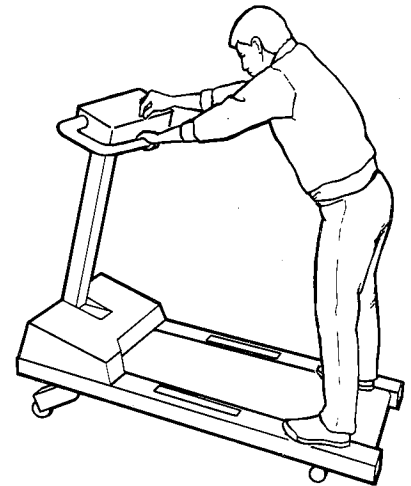
**TREADMILL OPERATION** – Follow the steps below each time you use the treadmill.

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 up on the Safety Switch Assembly.**
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 Bubble 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.

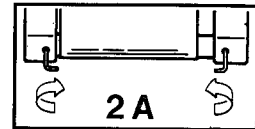
The indicator can be adjusted, if necessary, by lowering the treadmill to the lowest position, and turning the small adjustment screw above the indicator until the bubble in the indicator is at level 1.

## WALKING BELT ADJUSTMENT

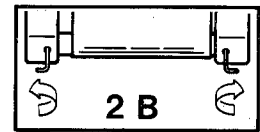
To prevent damage to the walking belt, always keep the belt centered during operation. Stand beside the treadmill and turn the treadmill on at medium speed. Check the spaces between the walking belt and the sides of the frame. If the belt is closer to one side than to the other, the belt should be centered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

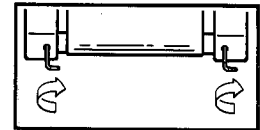


B. IF THE BELT HAS SHIFTED TO THE RIGHT SIDE: turn the adjustment bolt on the left side counterclockwise and the adjustment bolt on the right side clockwise 1/8 of a turn at a time until the belt moves to the center.



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

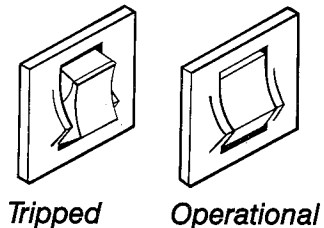
If the walking belt slips during operation, the tension on the belt may need to be adjusted. Turn both rear adjustment bolts clockwise an equal amount until the belt no longer slips. Be careful to keep the belt centered. **Do not over-tighten** the bolts or the belt may be stretched. The allen wrench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



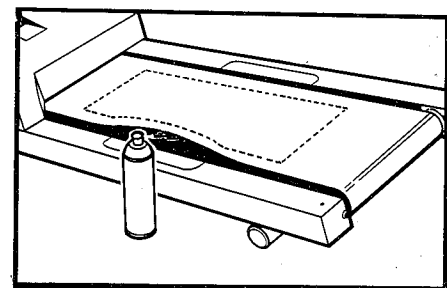
## MAINTENANCE AND STORAGE

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 dry, 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. 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<br>TRAINING ZONE<br>(BEATS/MIN) | CONDITIONED<br>TRAINING ZONE<br>(BEATS/MIN) | AGE | UNCONDITIONED<br>TRAINING ZONE<br>(BEATS/MIN) | CONDITIONED<br>TRAINING ZONE<br>(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). Set the TIME SET 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**.

## 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

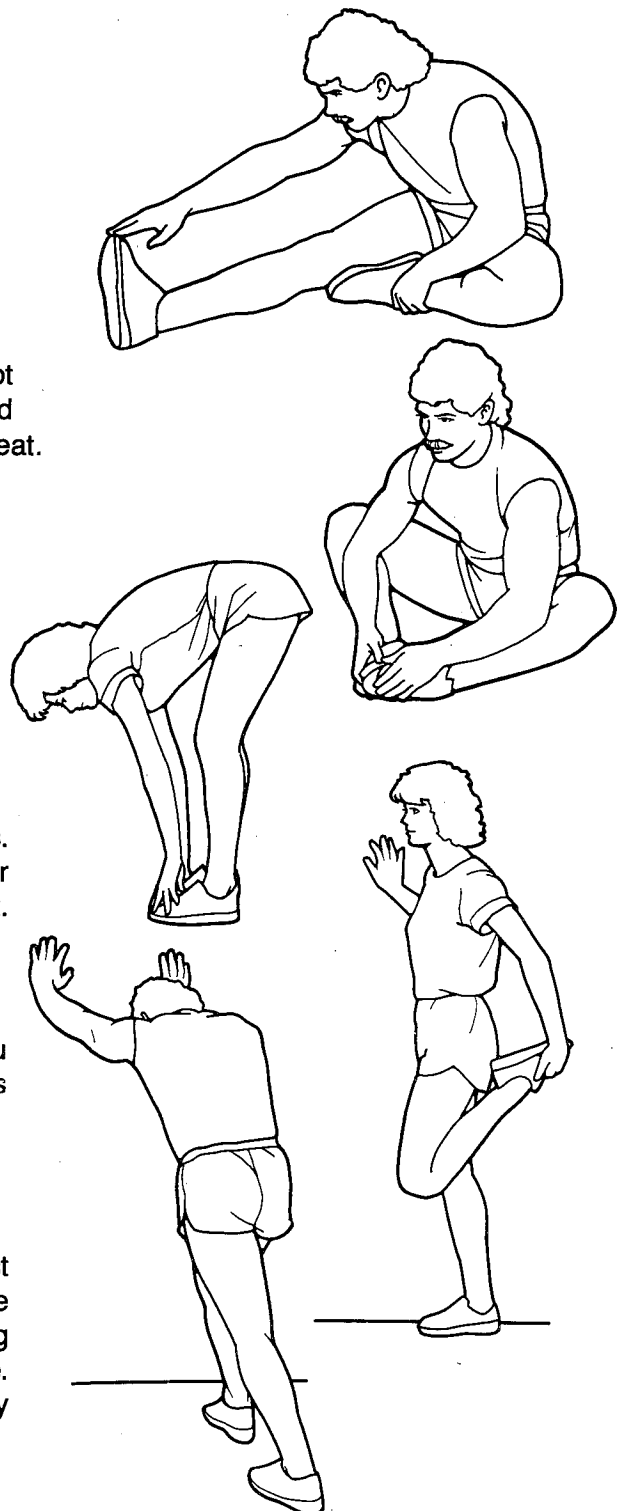
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

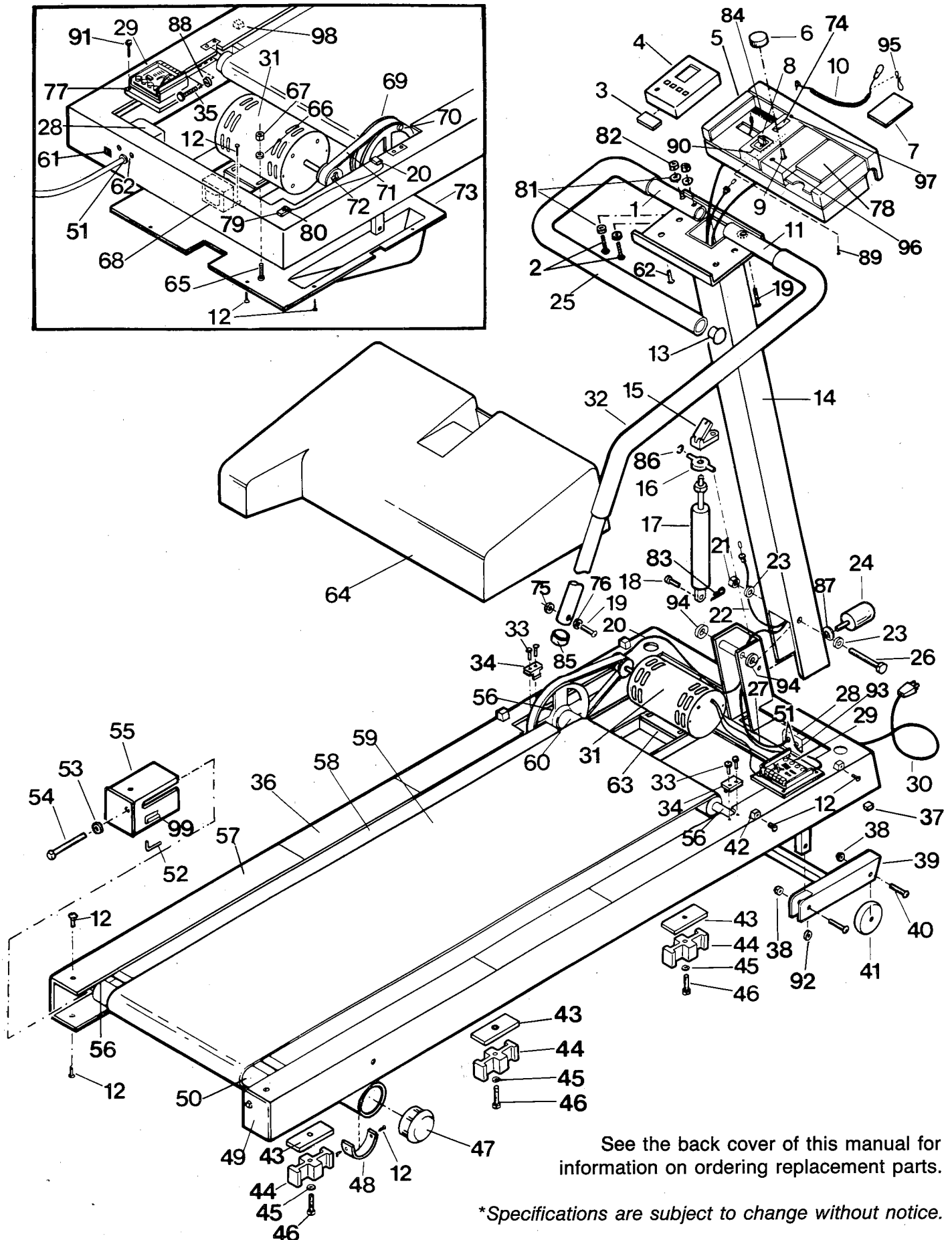
**Stretches: Quadriceps, Hip muscles.**

### 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. 831.296445**

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

\*Specifications are subject to change without notice.

# **PART LIST - Model No. 831.296445**

| 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      | 008167      | 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      | 031036      | 1    | Circuit Breaker          |
| 11      | 003049      | 1    | Side Rail             | 62      | 013322      | 6    | Screw                    |
| 12      | 013162      | 26   | Small Screw           | 63      | 019224      | 1    | Motor Mount Spacer       |
| 13      | 040119      | 1    | Handrail Cap          | 64      | 009069      | 1    | Motor Hood               |
| 14      | 007041      | 1    | Handrail Upright      | 65      | 013480      | 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      | 031092      | 1    | Choke                    |
| 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      | 020044      | 1    | Motor Pulley             |
| 22      | 088005      | 1    | Incline Cable         | 73      | 040114      | 1    | Safety Cover             |
| 23      | 014079      | 2    | Pivot Washer          | 74      | 088001      | 1    | Incline Indicator Bubble |
| 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      | 033123      | 1    | Safety Switch Assy.      |
| 28      | 031146      | 1    | Junction Box          | 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      | 030025      | 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    | Ind. Mount Assembly      |
| 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      | 089006      | 2    | Incline Leg Washer       |
| 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      | 014066      | 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      | 019119      | 6    | Platform Bumper          |
| 48      | 051016      | 2    | Rubber Foot Pad       | 99      | 016028      | 1    | Adhesive Tool Clamp      |
| 49      | 008168      | 1    | Belt Adj. Bracket (R) | #       | 046163      | 1    | Owner's Manual           |
| 50      | 070770      | 1    | Rear Roller           | #       | 089006      | 1    | Elec. Oper. Guide        |
| 51      | 019084      | 4    | Large Grommet         |         |             |      |                          |

# **SEARS** SERVICE is at YOUR SERVICE

## **OWNER'S MANUAL**

**MODEL NO.  
831.296445**

### **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 (831.296445).
4. The NAME OF THE PRODUCT (Sears Lifestyler 3000 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.

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**SOLD BY SEARS, ROEBUCK AND CO., CHICAGO, IL 60684 U.S.A.**