

# **Lifestyler™**

**PROGRAMMABLE  
SPEED 3100ps**

Model No. 831.296451

Warranty

Assembly

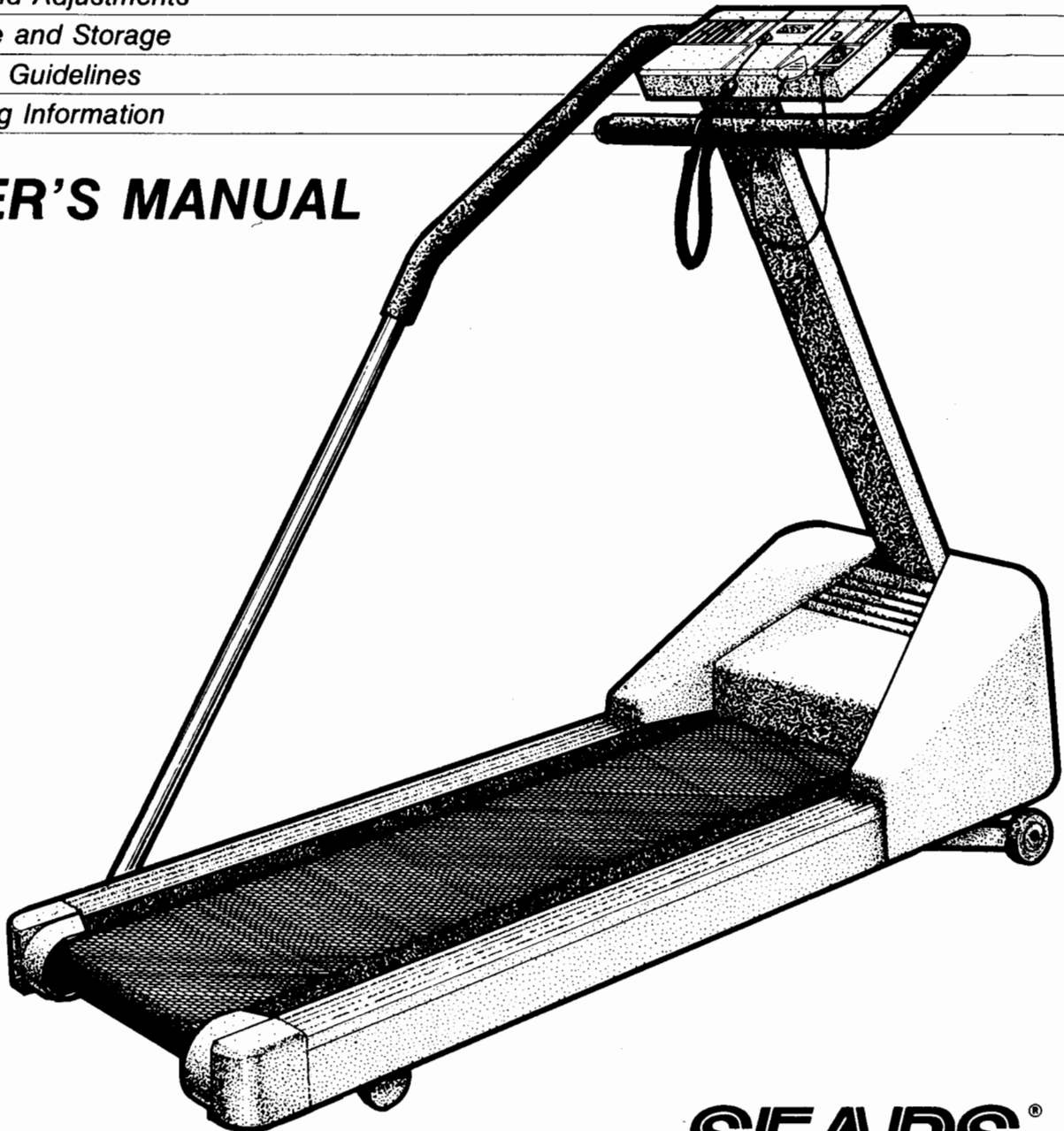
Operation and Adjustments

Maintenance and Storage

Conditioning Guidelines

Part Ordering Information

## **OWNER'S MANUAL**



**SEARS®**

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

Part No. 046245 8/89

SOLD BY SEARS, ROEBUCK AND CO., CHICAGO, IL 60684

**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.

# **Lifestyler™**

**PROGRAMMABLE  
SPEED 3100ps**

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### **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 Treadmill is used in a normal manner.

This warranty does not apply when the Programmable Speed 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**

# **IMPORTANT SAFETY PRECAUTIONS**

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**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 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.
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 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.
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 (spray) products are being used or where oxygen is being administered.
9. Use this 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 described in this manual should be performed by an authorized service representative only.

**SAVE THESE INSTRUCTIONS.**

# **BEFORE YOU BEGIN**

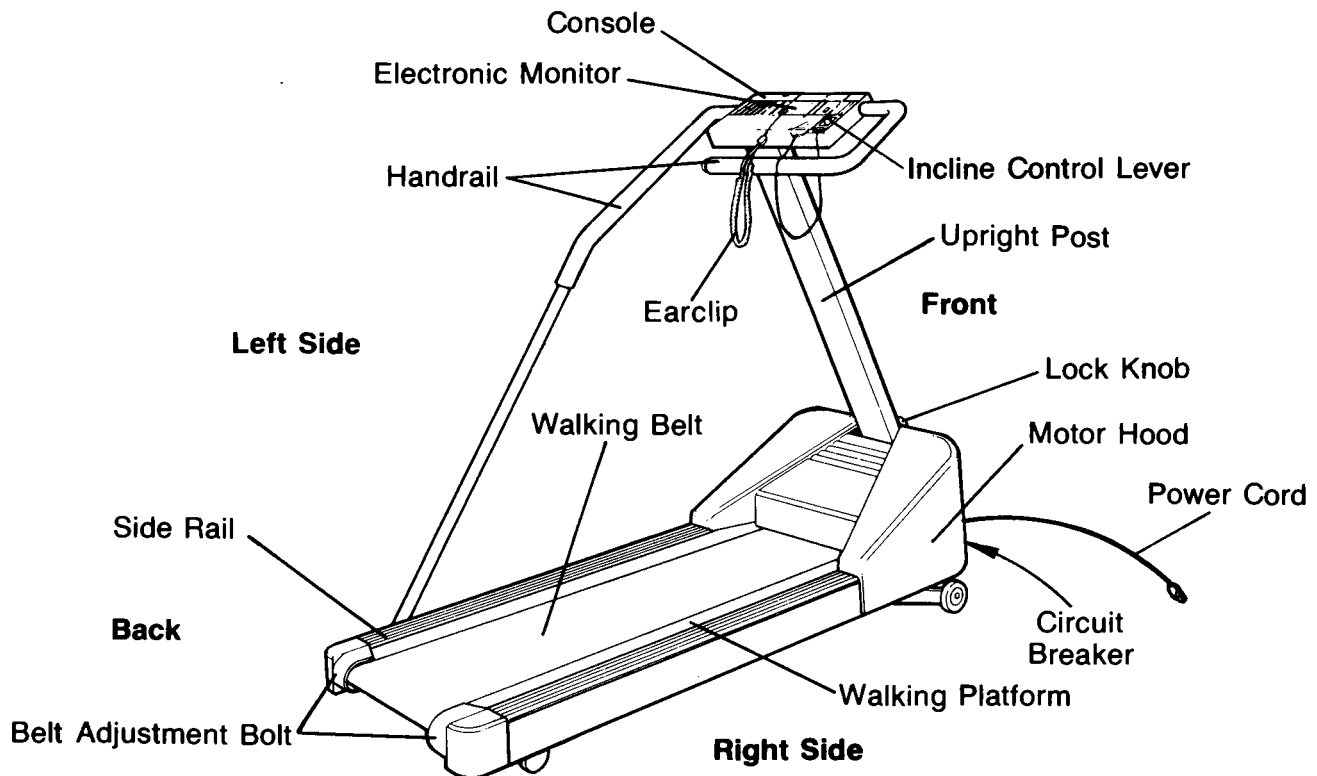
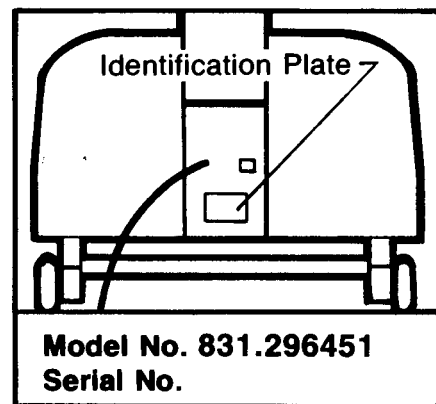
Thank you for purchasing a Sears Lifestyler 3100ps treadmill. The Lifestyler 3100ps combines advanced technology with innovative design to let you enjoy one of the best forms of cardiovascular exercise at your convenience, in the privacy of your own home.

The Lifestyler 3100ps is a state-of-the-art treadmill, offering many exclusive features for an effective and enjoyable workout. The Lifestyler 3100ps incorporates programmable speed, a safety key-operated on/off switch, a console-mounted incline control and a microprocessor-based electronic exercise monitor.

For your safety and benefit, read this manual carefully before initial use of the treadmill. If you have additional questions, please call our Customer Service department toll-free at 1-800-999-3756, (in Canada 1-800-824-8949), during our regular business hours: Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

In all correspondence regarding this product, please refer to the product model number (831.296451) and serial number (found on the identification plate located on the front of the frame). Write the serial number in the box to the right for easy reference.

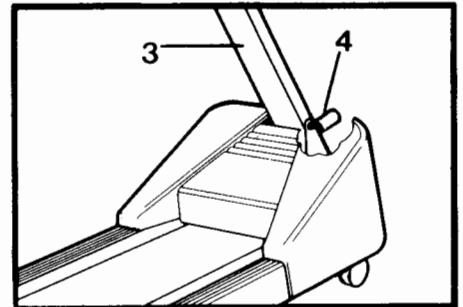
To help you understand clearly the instructions in this manual, please study the drawing below and familiarize yourself with the parts identified.



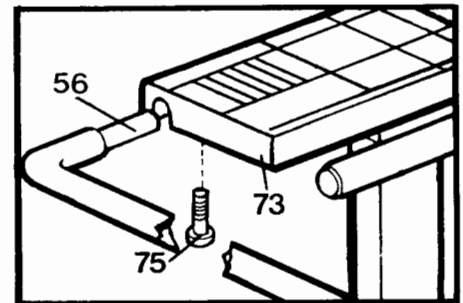
# ASSEMBLY

Set the treadmill in a clear area on the floor and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.** Please read all instructions before beginning assembly. Refer to the Exploded Drawing and the Part List on pages 14 and 15 for help in part identification. Assembly can be completed using the tool provided.

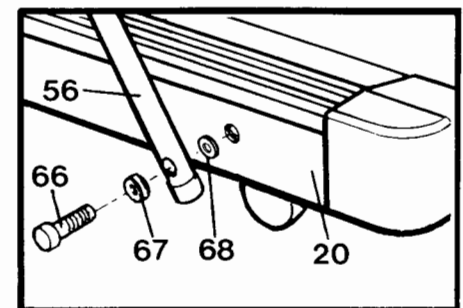
1. Raise the Upright Post (3) to the vertical position and turn the Lock Knob (4) clockwise until it is almost tight. Leave a little play in the Upright Post for the following step.



2. Slide the upper end of the Handrail (56) into the opening in the left side of the Console (73). Insert a Handrail Bolt (75) through the metal plate under the Console and tighten the Bolt into the Handrail.



3. Align the hole in the lower end of the Handrail (56) with the hole in the Frame (20). Attach the Handrail with a Slot Head Bolt (66), Formed Washer (67) and Flat Washer (68). Tighten the Lock Knob (see step 1).



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

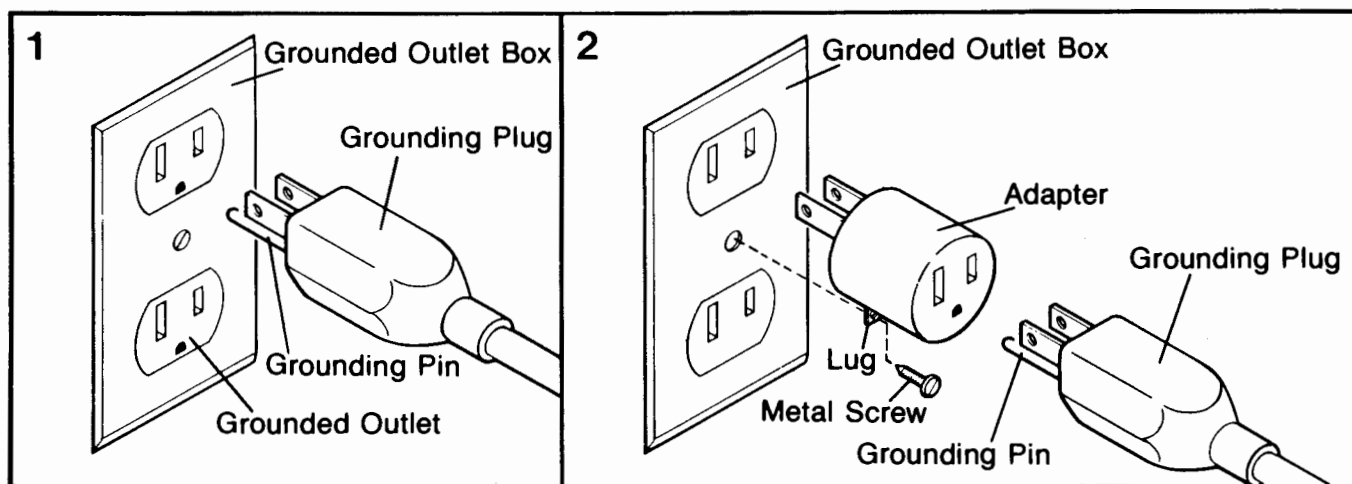
# OPERATION AND ADJUSTMENT

## 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.**

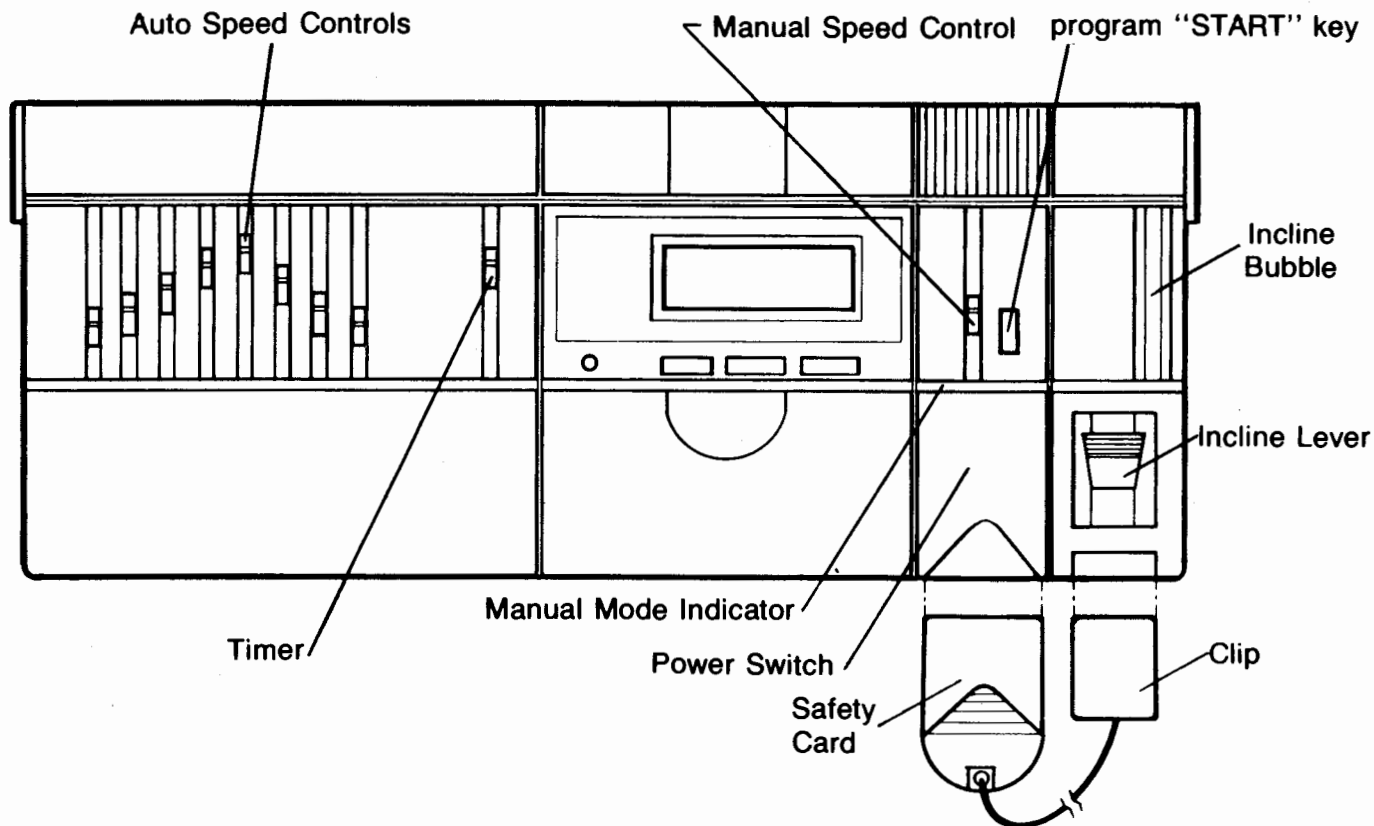


## INCLINE ADJUSTMENT

To vary the level of exercise intensity, the incline of the treadmill can be changed using the lever on the right side of the console. **Do not adjust the incline while you are walking or running on the treadmill.** To increase the incline of the treadmill, stand toward the rear of the side rails and pull back the lever. When the desired incline is reached, release the lever. To decrease the incline, stand toward the front of the side rails, lean forward if necessary, and pull back the lever until the desired incline is reached.



There is a bubble located above the incline lever on the console. The bubble measures the incline of the treadmill. The bubble can be adjusted, if necessary, by inclining the treadmill half way and pressing the ends of the bubble with a pen until the bubble is at level 3.



## TURNING THE POWER ON AND OFF

1. Stand on the treadmill with your feet on the side rails.
2. Attach the clip on the safety card to the waistband of your clothing. To turn the power on, 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.

## SPEED ADJUSTMENT

The speed of the treadmill can be controlled either manually or using the programmable mode.

Note: The manual mode indicator will light when the treadmill is in the manual mode.

## MANUAL MODE

1. After the power is turned on, move the manual 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 manual speed control slowly forward until the walking belt begins to move at a slow speed.
3. Hold the handrail firmly and step onto the walking belt.
4. Move the manual speed control slowly forward or backward until the desired speed is reached.

## **PROGRAMMABLE MODE**

The programmable mode allows you to set the length of time that you plan to exercise, and program eight speed settings. The treadmill computer will then control the speed of the treadmill automatically for the length of time set.

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 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. Press the program "START" key. The indicator below the first auto speed control will light and the walking belt will begin to move at the first speed setting. After one-eighth of the total set time has elapsed, the indicator below the second auto speed control will light and the belt will move at the second speed setting. (The computer will sequentially activate all eight auto speed controls regardless 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 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 from the "PROGRAM" position.

## **ELECTRONIC MONITOR OPERATION**

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

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

# **MAINTENANCE AND STORAGE**

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.

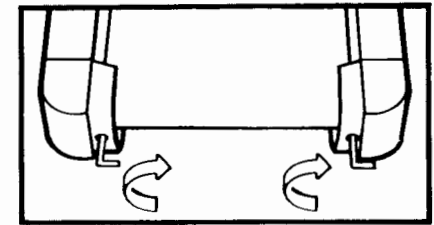
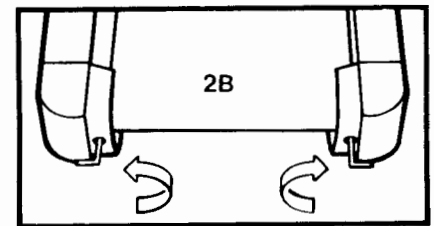
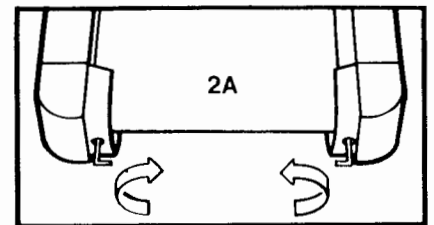
## **WALKING BELT ADJUSTMENT**

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. Observe the spaces between the edges of the Walking Belt and the Side Rails. If the Belt is closer to one Side Rail than the other, center the Belt in the following manner:

1. Locate the Belt Adjustment Bolts and the Adjustment Tool. **Caution: Keep your hands away from the moving Walking Belt or serious injury could result.**

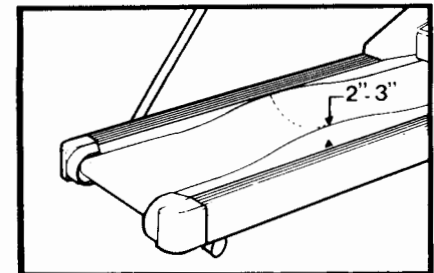
2. A. If the Walking Belt has shifted to the left side:  
Turn the left Adjustment Bolt clockwise and the right Adjustment Bolt counterclockwise, 1/8 of a turn at a time, until the Belt moves to the center.

B. If the Walking Belt has shifted to the right side:  
Turn the left Adjustment Bolt counterclockwise and the right Adjustment Bolt clockwise, 1/8 of a turn at a time, until the Belt moves to the center.

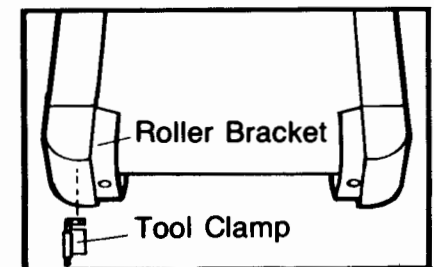


If the Walking Belt slips during operation, the tension should be adjusted. Turn both Adjustment Bolts clockwise an equal amount until the Belt no longer slips. Be careful to keep the Belt centered. **Do not over-tighten the Bolts.** Overtightening may stretch the Belt, cause excessive Roller noise and reduce Motor performance.

To check for proper Walking Belt tightness, unplug the Power Cord and lift the sides of the Belt. You should be able to lift both sides approximately 2-3 inches off of the Walking Platform. The center of the Belt should remain just at the surface of the platform, causing the Belt to bow.

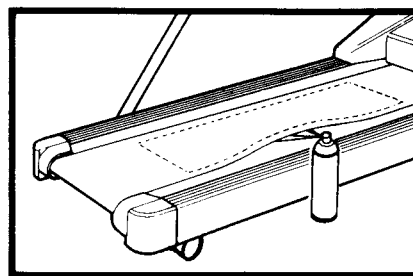


The Adjustment Tool can be stored on one of the Roller Brackets using the adhesive Tool Clamp included.



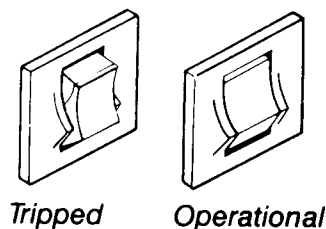
## SILICONE APPLICATION

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 periodically 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 to the area indicated in the drawing.



## 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.



## STORAGE

Always unplug the Power Cord when the treadmill is not in use. To convert the treadmill to the storage position, first remove the Bolts and Washers from the lower and upper ends of the Handrail. Store the Bolts and Washers in a secure location. Loosen the Lock Knob and lay the Upright Post on the treadmill. Lay the Handrail on the treadmill.

The treadmill can be moved by lifting the back end of the Frame and pushing or pulling the machine on the front Wheels.

## CONDITIONING GUIDELINES

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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.**

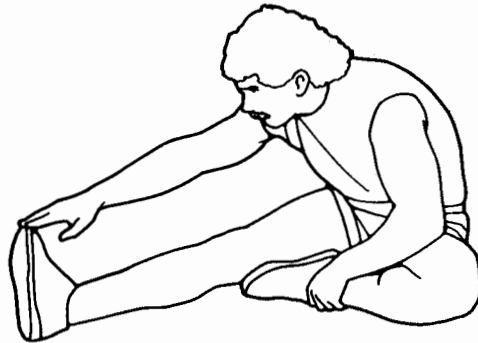
## STRETCHING

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, 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.

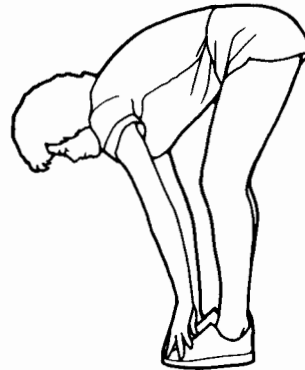
**Stretches: Inner thigh muscles.**



### 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.

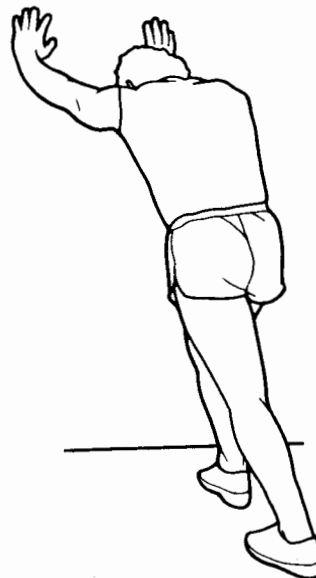
**Stretches: Hamstrings, back of knees, back.**



### 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 forward, lean against the wall. Keep your back leg straight and back foot flat on the floor; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts. To cause further stretching of the achilles tendons, slightly bend back leg as well.

**Stretches: Calves, achilles tendons, and ankles.**

# **PART LIST - Model No. 831.296451**

Rev. 8/89

<b>Key No.</b>	<b>Reorder No.</b>	<b>Qty.</b>	<b>Description</b>	<b>Key No.</b>	<b>Reorder No.</b>	<b>Qty.</b>	<b>Description</b>
1	041068	2	Foam Handgrip	41	013500	2	Lift Frame Mtg. Bolt
2	040119	1	Endcap	42	014041	6	Flat Washer
3	007096	1	Upright Post	43	012082	6	Frame Locknut
4	017097	1	Lock Knob	44	030024	1	Motor
5	054013	1	Clothes Clip	45	020043	1	Motor Pulley
6	009148	1	Console	46	062035	1	Reed Switch Fastener
7	032083	1	Electronic Monitor	47	031207	1	Switch Wire
8	033092	1	Sensor Wire/Reed Switch	48	070844	1	On/Off Switch Assembly
9	070843	2	Safety Card/Clip	49	031036	1	Circuit Breaker
10	013485	1	Hinge Bolt	50	016050	1	Roller Lock
11	014132	4	Hinge Washer	51	012149	3	Locknut
12	013162	15	Small Screw	52	009126	1	Motor Hood
13	013275	1	Front Roller Adj. Bolt	53	013511	4	Motor Hood Screw
14	014063	3	Washer	54	040189	1	Safety Cover
15	031143	1	Power Cord	55	053028	1	Walking Platform
16	043036	1	Shock	56	003069	1	Handrail
17	008204	1	Shock Mounting Bracket	57	045010	1	Adjustment Tool
18	088004	1	Shock Release Mechanism	58	016028	1	Tool Clamp
19	010175	2	Side Rail	59	031189	1	Motor Controller
20	NSP	1	Frame	60	033066	1	Sensor Magnet
21	013494	6	Large Screw	61	013300	3	Controller Mtg. Screw
22	040156	2	Rear Leg Cap	62	014142	1	Star Washer
23	008195	1	Right Roller Bracket	63	021021	1	Flywheel
24	013206	2	Rear Roller Adj. Bolt	64	031181	1	Fan
25	008194	1	Left Roller Bracket	65	040132	1	Handrail Cap
26	025058	1	Walking Belt	66	013460	1	Slot Head Bolt
27	019110	1	Front Roller Bushing	67	014094	1	Formed Washer
28	016055	4	Sensor Wire Clip	68	014086	1	Flat Washer
29	025055	1	V-Belt	69	013391	4	Motor Bolt
30	022056	1	Front Roller/Pulley	70	019169	1	Motor Mount Spacer
31	070084	1	Rear Roller	71	033007	1	Earclip
32	019084	1	Grommet	72	013322	6	Console Screw
33	014153	1	Large Washer	73	070855	1	Auto Speed Console
34	059019	1	Shock Cushion	74	088015	1	Incline Bubble
35	015045	1	Clevis Pin	75	013522	1	Handrail Bolt
36	015043	1	Cotter Pin	76	088006	1	Incline Cable
37	012133	1	Push Nut	77	017094	8	Auto Control Knob
38	052014	2	Wheel	78	031196	1	Speed Pot. Wire
39	004160	1	Lift Frame	79	017096	1	Manual Control Knob
40	013501	2	Wheel Mounting Bolt	#	089036	1	Electronics Guide
				#	046245	1	Owner's Manual



# **SEARS® SERVICE is at YOUR SERVICE**

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## **ORDERING REPLACEMENT PARTS**

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Each TREADMILL has its own MODEL NUMBER.

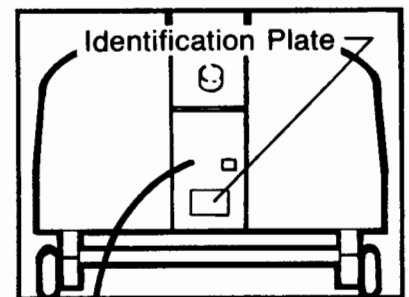
Always mention this MODEL NUMBER when requesting service or repair parts for your TREADMILL.

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 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 (831.296451).
4. The NAME OF THE PRODUCT (Lifestyler 3100ps treadmill).
5. The SERIAL NUMBER found on the treadmill identification plate (see the drawing to the right).



Front of treadmill

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**