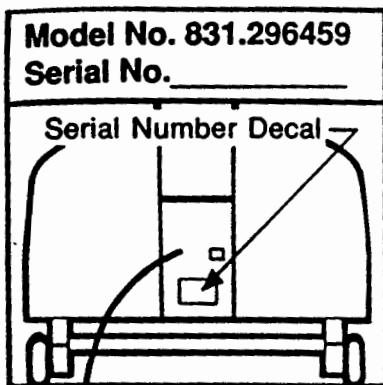


Lifestyler™

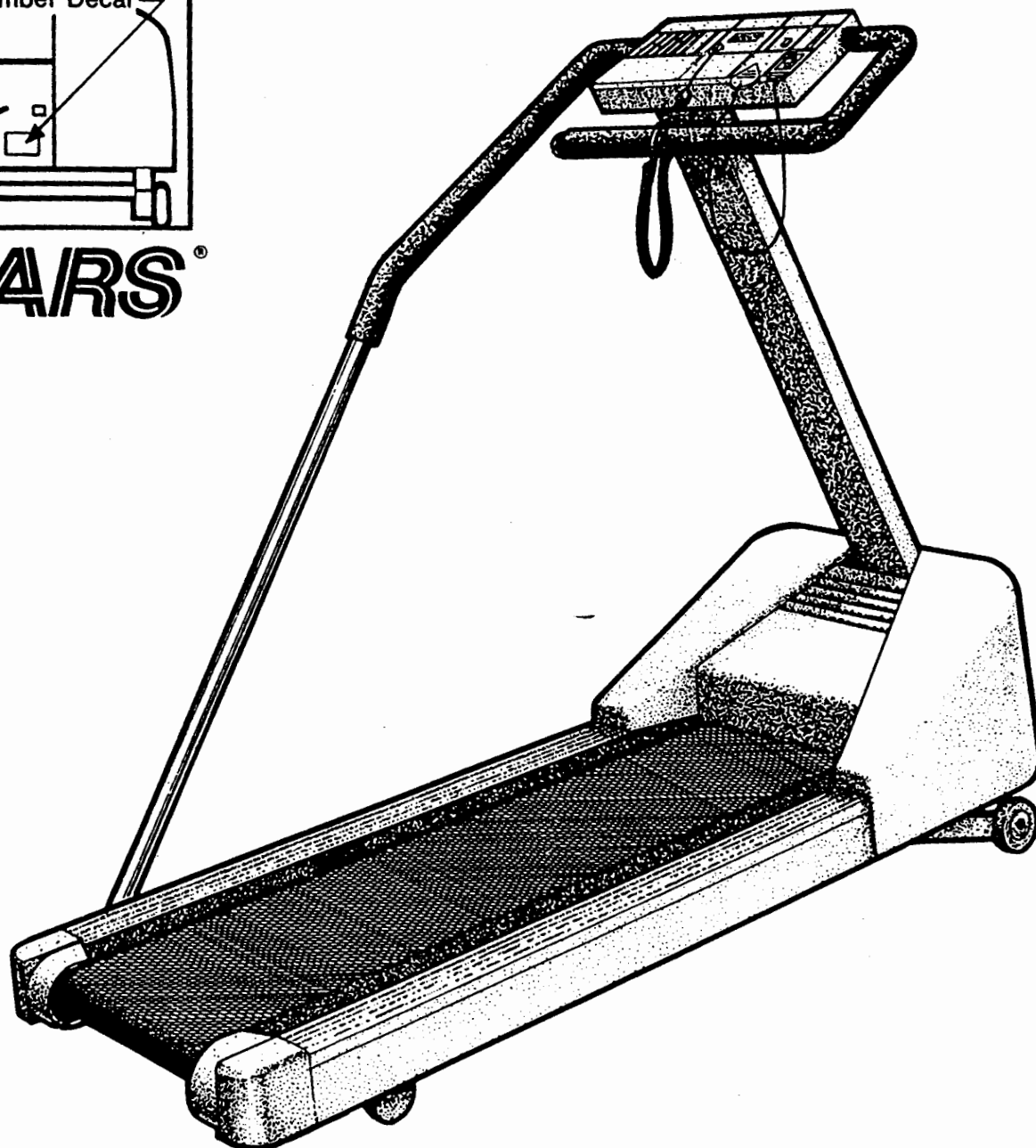
PROGRAMMABLE
SPEED 3100ps

Model No. 831.296459
Serial No. _____

Serial Number Decal

A line drawing of the treadmill's console area. A rectangular box is drawn around a specific spot on the console, with an arrow pointing to it from the text 'Serial Number Decal'.

SEARS®



OWNER'S MANUAL

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

Part No. 104031 12/90

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.

Lifestyle

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

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. Never allow more than one (1) person on the treadmill at a time. Use the 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.

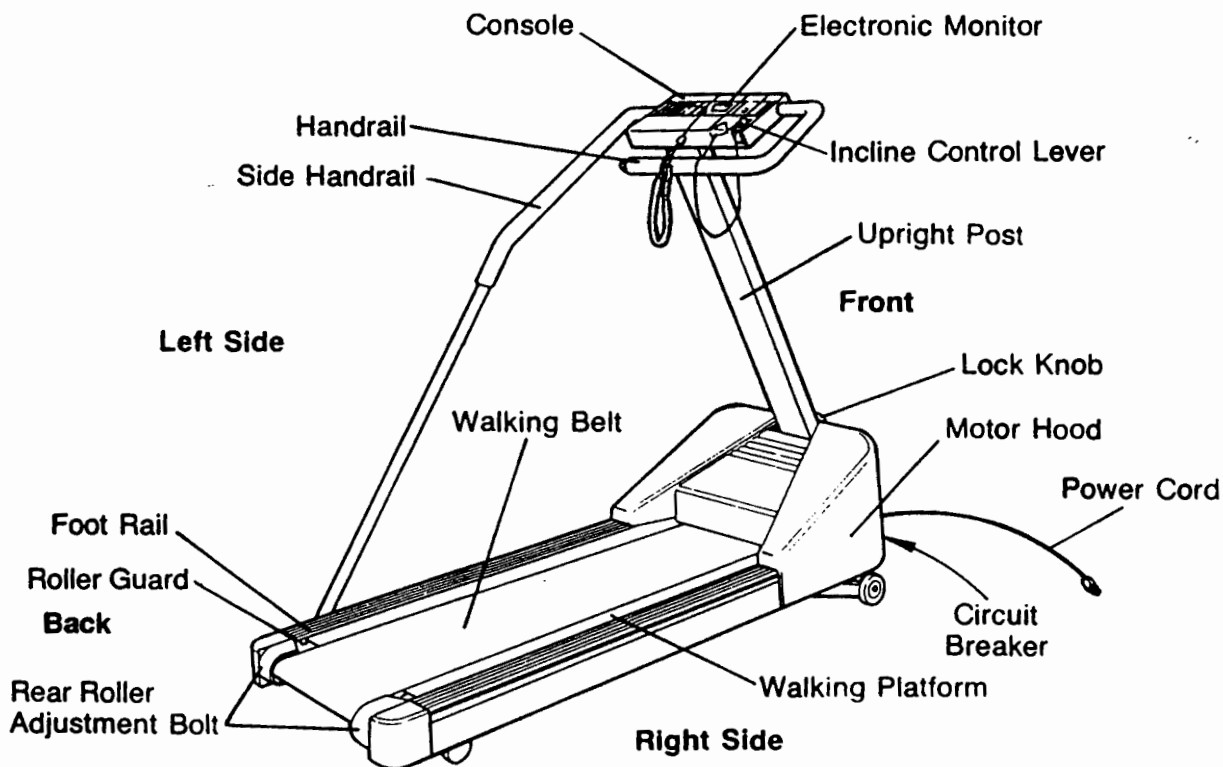
BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 3100ps Programmable Speed treadmill. The Lifestyler 3100ps combines advanced engineering with innovative design to let you enjoy one of the premier forms of cardiovascular exercise at your convenience, in the privacy of your own home. Your workouts will be more enjoyable and effective with such features as a card-activated safety power switch, a console-mounted incline control, programmable speed and a microprocessor-based exercise monitor.

For your safety and benefit, **read this manual carefully before using this product.** If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, during our regular business hours: Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

In all communications regarding this product, please refer to the product model number and serial number. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover for the location of the decal). Write the serial number in the box on the cover for easy reference.

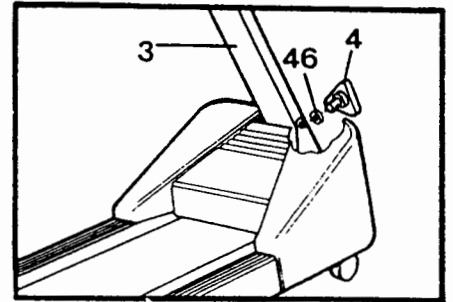
To help you understand clearly the instructions in this manual, examine the drawing below and familiarize yourself with the parts labeled.



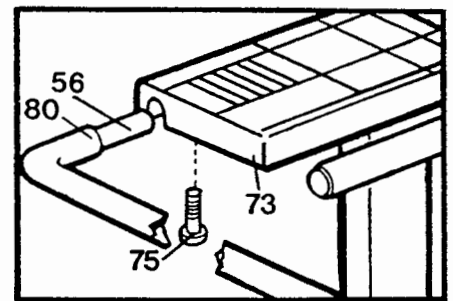
ASSEMBLY

Set the treadmill in a cleared 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 Part List and the Exploded Drawing on pages 14 and 15 for help with part identification. Assembly can be completed using a standard screwdriver (not included).

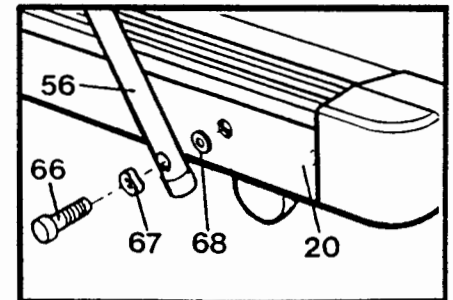
1. Raise the Upright Post (3) to the vertical position. Insert the Lock Knob (4) with the Lock Knob Washer (46) into the Upright, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following step.



2. Slide the upper end of the Side Handrail (56) into the opening in the left side of the Console (73). Insert the Short Handrail Bolt (75) through the metal plate under the Console, and tighten the Bolt into the Side Handrail. Note: If the Side Handrail cannot be inserted into the Console far enough to attach the Bolt, roll back the Side Foam Handgrip (80) slightly.



3. Align the hole in the lower end of the Side Handrail (56) with the hole in the Frame (20). Attach the Side Handrail with the Long Handrail 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.

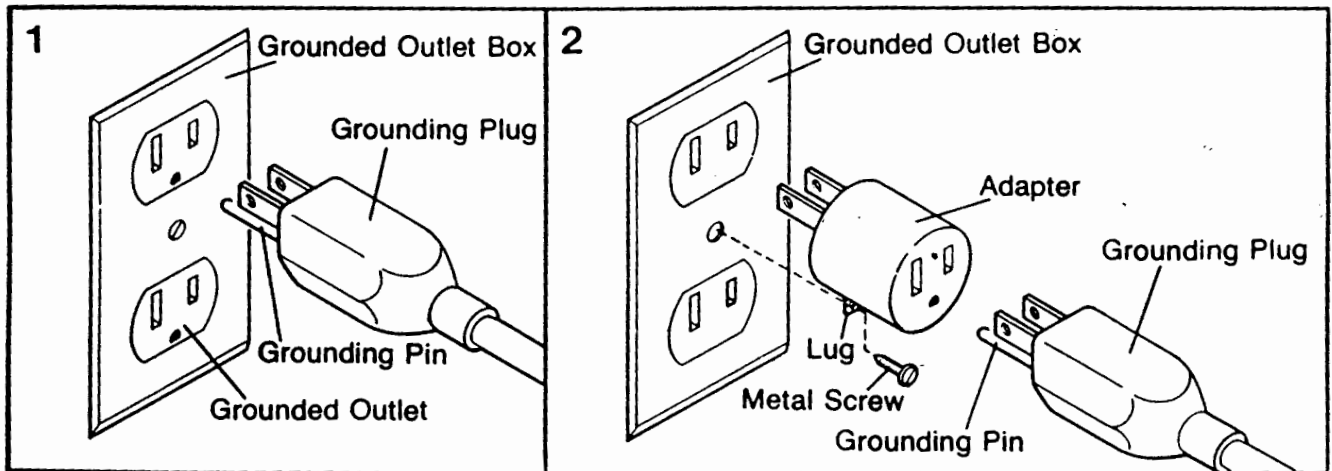
OPERATION AND ADJUSTMENT

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.

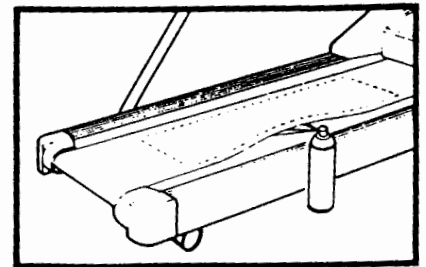
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

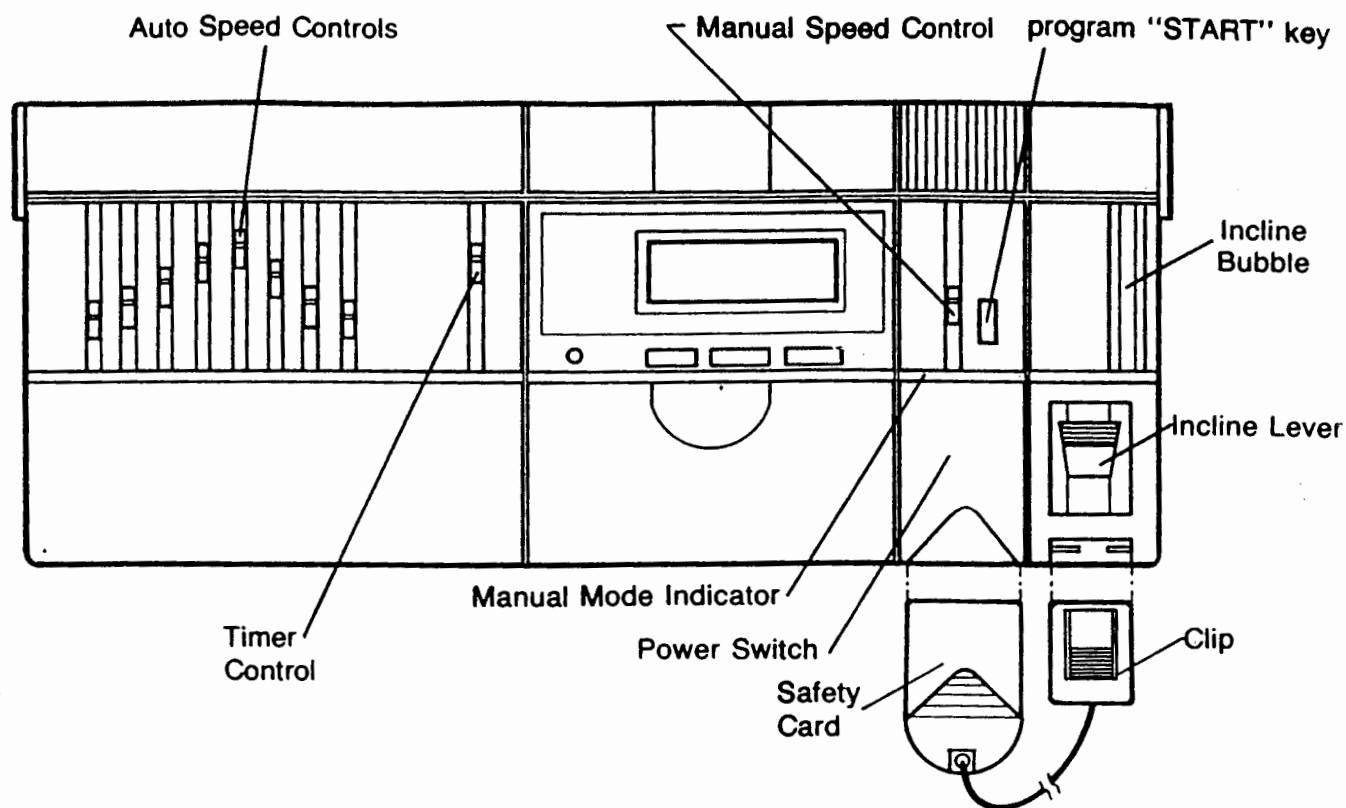
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded 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.



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 generously 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 generously to the area indicated in the drawing.





TURNING THE POWER ON AND OFF

1. Stand on the treadmill with your feet on the foot 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.

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 foot 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 foot rails**, lean forward if necessary, and pull back the lever until the desired incline is reached.



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.

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.

ELECTRONIC MONITOR OPERATION

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

MAINTENANCE AND TROUBLE-SHOOTING

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

WALKING BELT ADJUSTMENT

To prevent damage to the walking belt, the belt must be kept centered on the walking platform. If the belt shifts toward the right or left sides, the belt may be damaged. The belt can be adjusted using the allen wrench included and the rear roller adjustment bolts (see the drawings below). The treadmill must be turned on at medium speed to adjust the belt. **CAUTION: KEEP YOUR HANDS AWAY FROM THE WALKING BELT OR SERIOUS INJURY COULD RESULT.**

IF THE WALKING BELT HAS SHIFTED TO THE LEFT:

Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/8 of a turn at a time, until the walking belt is centered.

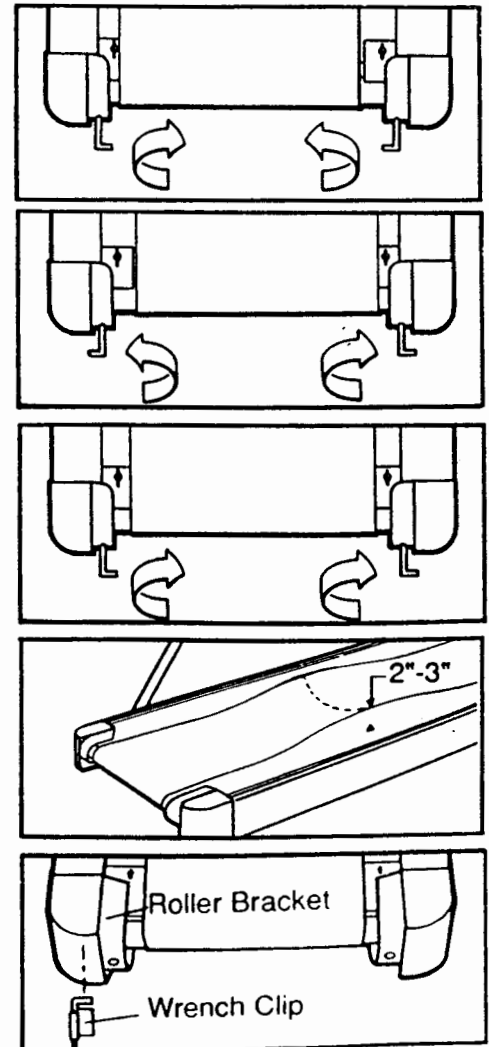
IF THE WALKING BELT HAS SHIFTED TO THE RIGHT:

Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/8 of a turn at a time, until the walking belt is centered.

IF THE WALKING BELT SLIPS DURING USE: Turn both adjustment bolts clockwise until the belt no longer slips. Be careful to keep the belt centered. Do not overtighten the bolts. This may cause stretching of the belt, excessive roller noise, or reduced motor performance.

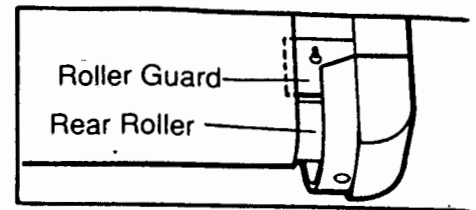
To check the walking belt for proper tension, **UNPLUG THE POWER CORD**, and lift the edges of the walking belt. You should be able to raise each edge 2-3 inches off the walking platform. The center of the belt should remain just at the surface of the platform.

The allen wrench can be stored conveniently on the self-adhesive wrench clip included.



ROLLER GUARD ADJUSTMENT

The roller guards should be positioned so that the rear edges are 1/8 inch away from touching the rear roller. To adjust the roller guards, loosen the screws in the roller guards, slide the roller guards forward or backward, and retighten the screws.

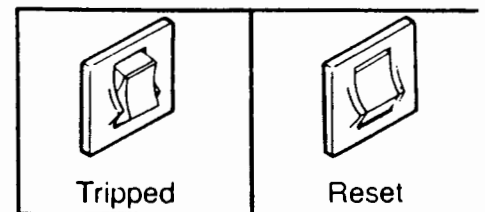


PULSE EARCLIP

If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the two clear bubbles inside the earclip using a cotton swab saturated with denatured alcohol.

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

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.

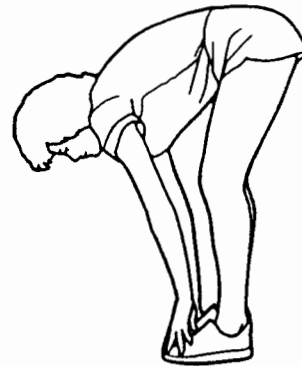
Stretches: Inner thigh muscles.



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.

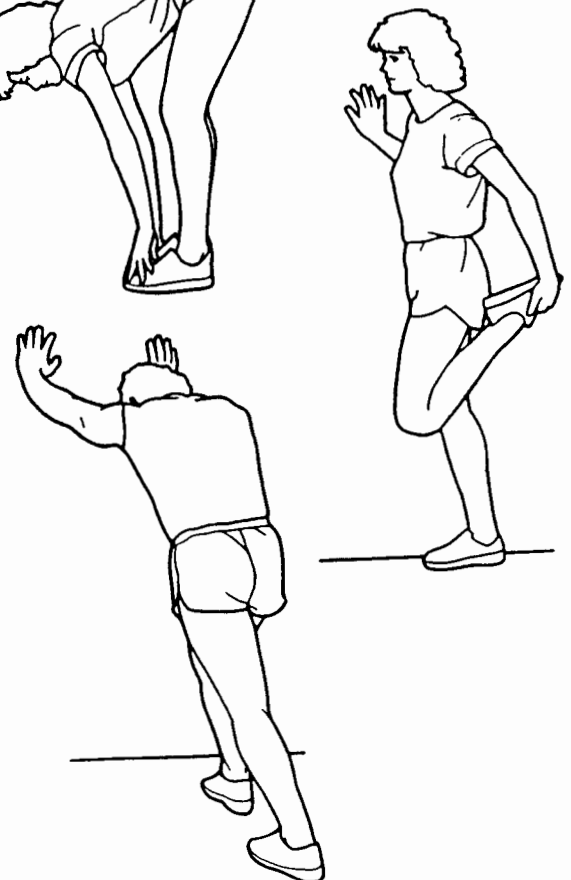
Stretches: Hamstrings, back of knees, back.



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. 831.296459

Rev. 12/90

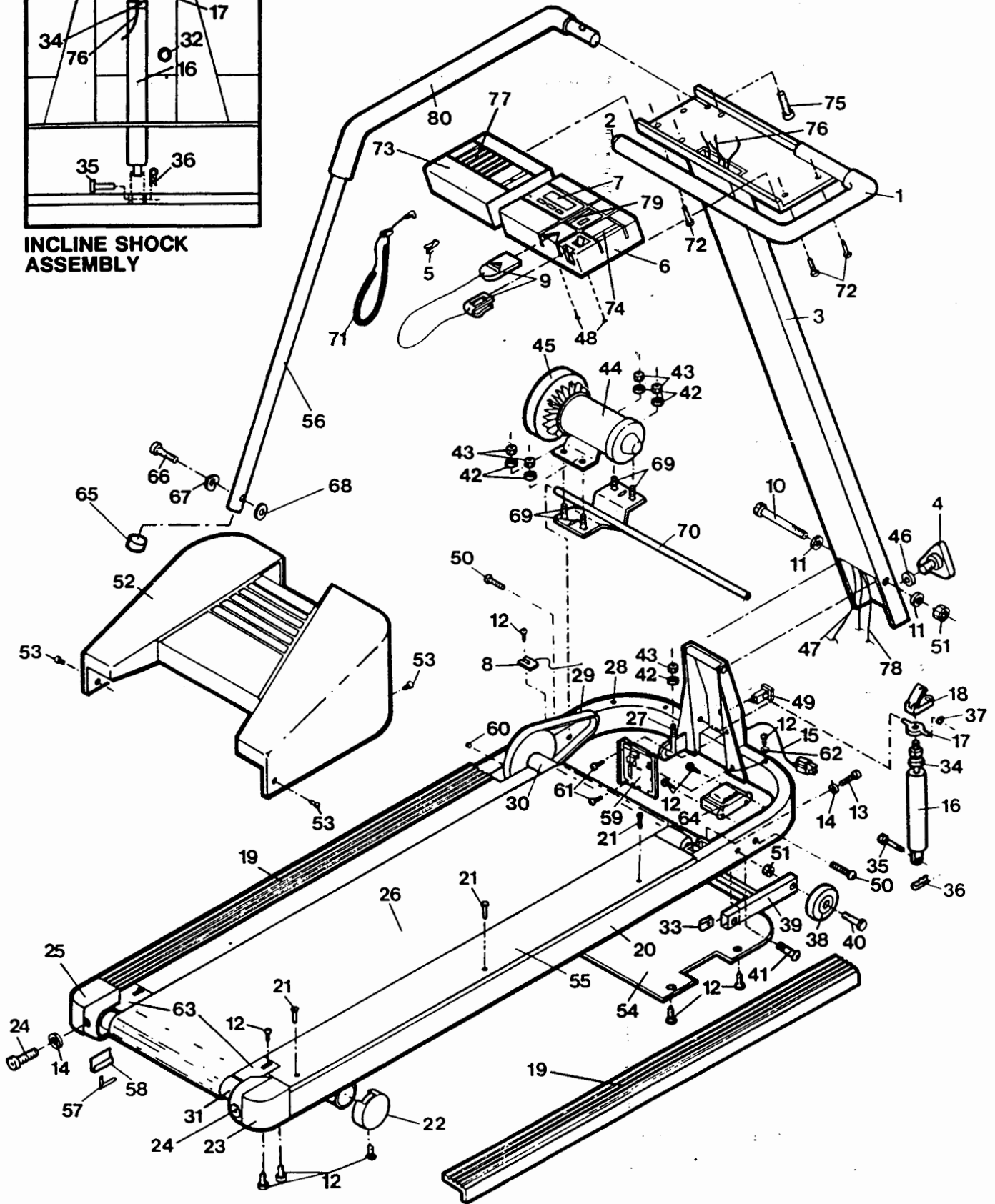
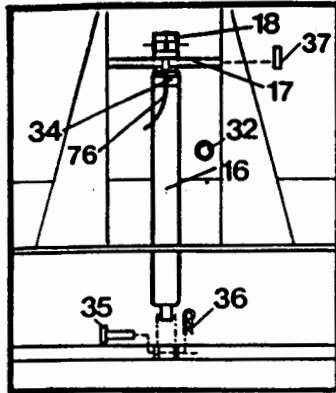
Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	041042	1	Foam Handgrip	41	013561	2	Lift Frame Mtg. Bolt
2	040119	1	Endcap	42	101630	5	Washer
3	007096	1	Upright Post	43	012082	5	Nut
4	017088	1	Lock Knob	44	101629	1	Motor
5	054013	1	Clothes Clip	45	100147	1	Pulley/Flywheel/Fan
6	009148	1	Console	46	014156	1	Lock Knob Washer
7	100696	1	Electronic Monitor	47	031231	1	Switch Wire
8	033208	1	Sensor Wire/Reed Switch	48	013551	2	Monitor Screw
9	070843	1	Safety Card/Clip	49	031036	1	Circuit Breaker
10	013485	1	Hinge Bolt	50	101627	2	Shaft Bolt
11	014132	2	Hinge Washer	51	012149	3	Locknut
12	013162	21	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	031229	1	Power Cord	55	053025	1	Walking Platform
16	043036	1	Shock	56	102180	1	Side Handrail
17	008204	1	Shock Mounting Bracket	57	045010	1	Allen Wrench
18	088004	1	Shock Release Mechanism	58	016028	1	Wrench Clamp
19	010175	2	Foot Rail	59	103165	1	Motor Controller
20	NSP	1	Frame	60	033066	1	Sensor Magnet
21	100691	6	Large Screw	61	013300	3	Controller Mtg. Screw
22	040156	2	Rear Leg Cap	62	014157	1	Star Washer
23	101360	1	Right Roller Bracket	63	010206	2	Roller Guard
24	013206	2	Rear Roller Adj. Bolt	64	031238	1	Choke
25	101359	1	Left Roller Bracket	65	040132	1	Side Handrail Cap
26	025058	1	Walking Belt	66	013575	1	Long Handrail Bolt
27	100583	1	J-Bolt	67	014094	1	Formed Washer
28	016055	4	Sensor Wire Clip	68	014086	1	Flat Washer
29	102789	1	V-Belt	69	013445	4	Motor Bolt
30	102599	1	Front Roller/Pulley	70	102087	1	Shaft
31	070084	1	Rear Roller	71	033007	1	Earclip
32	019084	1	Grommet	72	013322	6	Console Screw
33	012179	2	U-Nut	73	103830	1	Auto Speed Console
34	059019	1	Shock Cushion	74	088015	1	Incline Bubble
35	101639	1	Clevis Pin	75	013522	1	Short Handrail Bolt
36	015043	1	Cotter Pin	76	088005	1	Incline Cable
37	012133	1	Push Nut	77	017094	9	Auto Control Knob
38	052014	2	Wheel	78	031196	1	Speed Pot. Wire
39	101391	1	Lift Frame	79	017096	1	Manual Control Knob
40	013581	2	Wheel Mounting Bolt	80	041068	1	Side Foam Handgrip
				#	089036	1	Monitor Operation Guide
				#	104031	1	Owner's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING - Model No. 831.296459

Rev. 12/90

*Specifications are subject to change without notice.



SEARS SERVICE is at YOUR SERVICE

ORDERING REPLACEMENT 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 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 REPLACEMENT PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The MODEL NUMBER OF THE PRODUCT (831.296459).
2. The NAME OF THE PRODUCT (Lifestyler 3100ps Programmable Speed treadmill).
3. The REORDER NUMBER OF THE PART from the Part List in this manual.
4. The DESCRIPTION OF THE PART from the Part List 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., CHICAGO, IL 60684

Part No. 104031 12/90

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