

Lifestyler



A · I · R R · U · N · N · E · R

Assembly

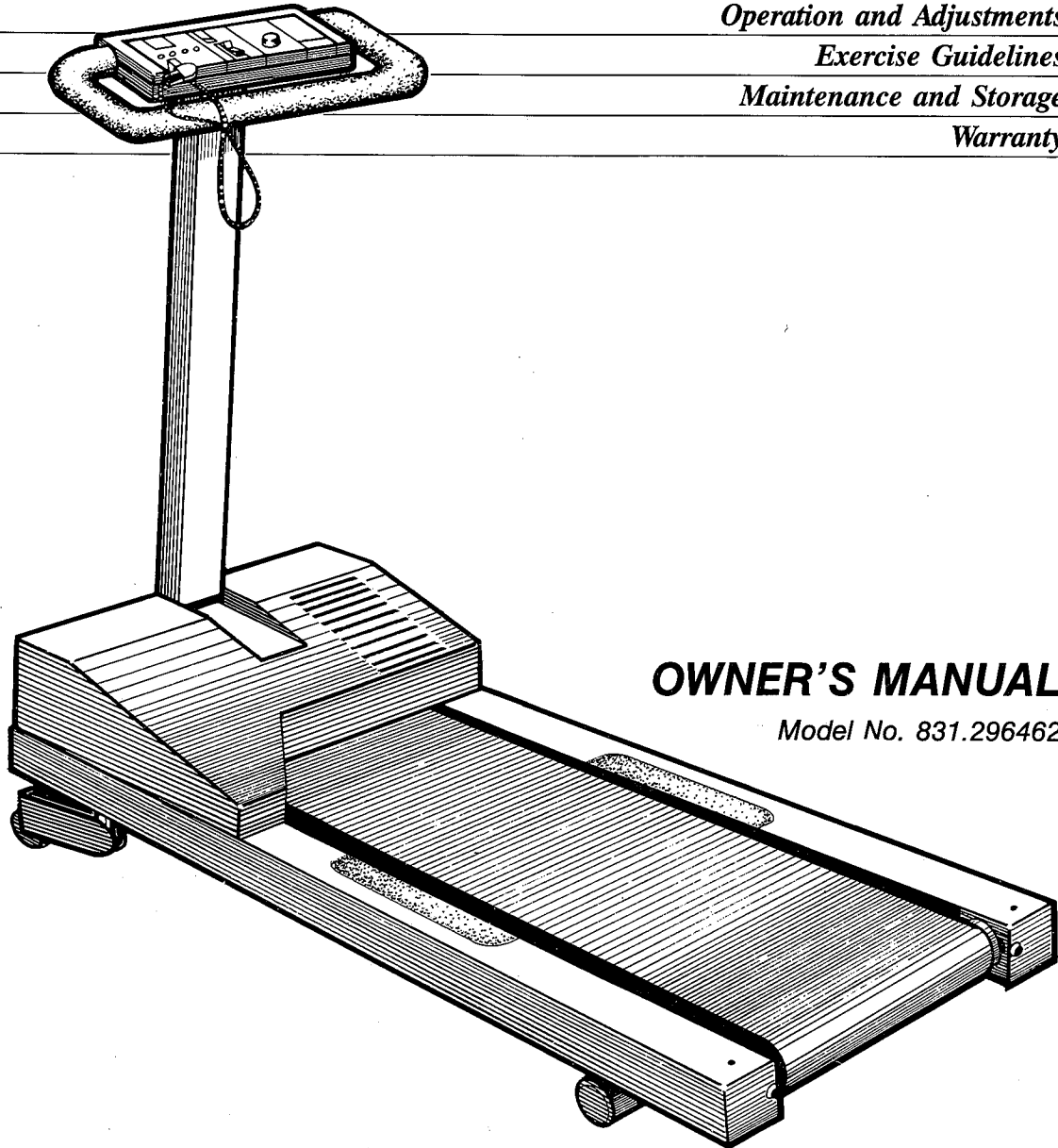
Reordering Information

Operation and Adjustments

Exercise Guidelines

Maintenance and Storage

Warranty



OWNER'S MANUAL

Model No. 831.296462

SEARS

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

SEARS, ROEBUCK AND CO., DEPT. 698/731A SEARS TOWER, CHICAGO, IL 60684

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BEFORE YOU BEGIN

For maximum enjoyment and safety, please read this manual carefully before initial use of your treadmill. If you have additional questions regarding assembly, parts, operation or your 90 day warranty, please call our **Customer Service Line toll-free at 1-800-999-3756 (In Canada, 1-800-824-8949)** during regular business hours: Monday - Friday, 8 a.m. - 5 p.m. Mountain Standard 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 below for easy reference.

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.

INTRODUCTION

Thank you for purchasing a Sears Lifestyler AIR RUNNER treadmill. The AIR RUNNER 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.

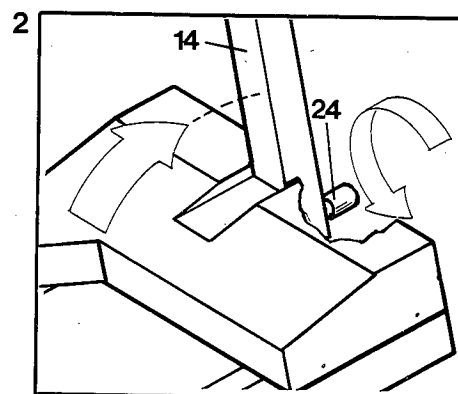
The AIR RUNNER is truly a state-of-the-art treadmill, offering many exclusive features for an effective and enjoyable workout. The AIR RUNNER incorporates a card-operated on/off switch, console-mounted incline control, electronic speed control and microprocessor-based electronic exercise monitor. It even comes complete with a cooling breeze!

This manual is designed to help you easily assemble, adjust and operate the AIR RUNNER treadmill. Basic exercise guidelines are included to help you get started with your fitness program.

ASSEMBLY

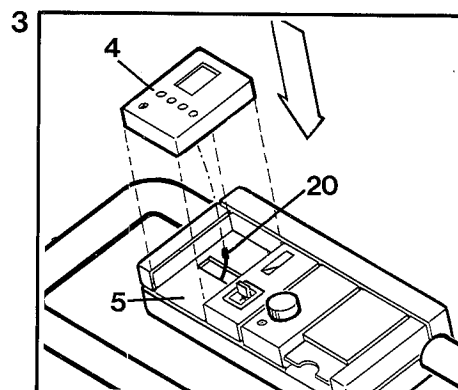
Please read the instructions below carefully before beginning assembly. Refer to the Exploded Drawing and the Part List to help you identify parts. Assembly can be completed using the tool provided.

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.



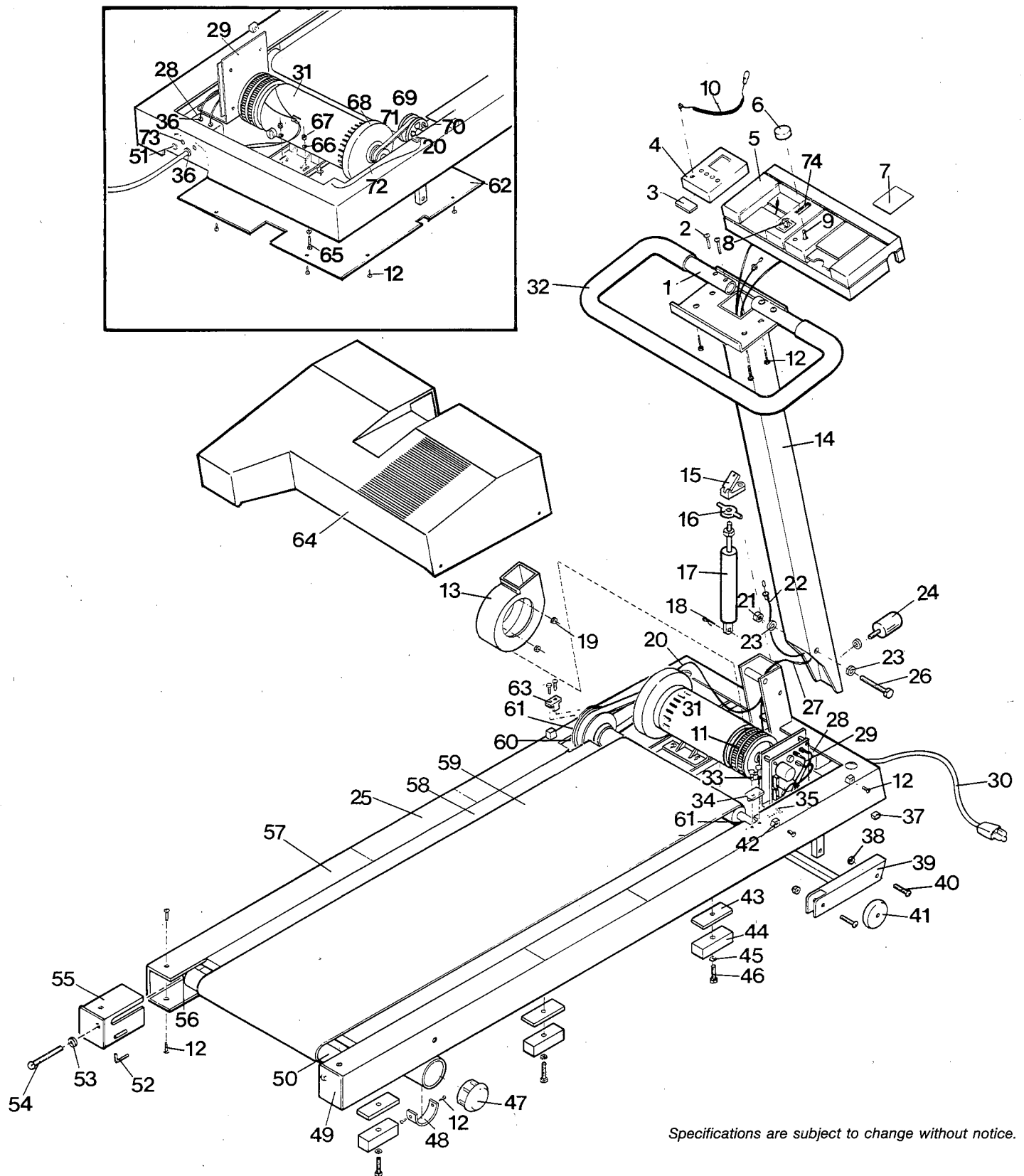
2. Raise the Handrail Upright (14) to the vertical position and tighten the Upright Locking Knob (24).

3. Plug the Sensor Wire (20) into the back of the Electronic Console (4) and press the Console firmly into the Console Housing (5).



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

EXPLODED DRAWING - Model No. 831.296462



PART LIST - Model No. 831.296462

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Handrail	37	2	Rubber Bumper
2	4	Handrail Screw	38	4	Locknut
3	1	Battery Cover	39	1	Incline Leg
4	1	Electronic Console	40	4	Leg Bolt
5	1	Console Housing	41	2	Wheel
6	1	Speed Knob	42	4	Hood Mount Anchor
7	1	Safety Card	43	6	Rubber Fitting
8	1	Incline Control	44	6	Wood Support
9	1	Potentiometer Assembly	45	6	Support Washer
10	1	Pulse Monitor Clip	46	6	Support Bolt
11	1	Fan	47	2	Rear Leg Endcap
12	20	Small Screw	48	2	Rubber Pad
13	1	Fan Shroud	49	1	Right Belt Adjustment Bracket
14	1	Handrail Upright	50	1	Rear Roller
15	1	Lift Cylinder Release	51	1	Circuit Breaker
16	1	Threaded Pin	52	1	Allen Wrench
17	1	Lift Cylinder	53	2	Adjustment Bracket Washer
18	1	Cylinder Pin	54	2	Belt Adjustment Bolt
19	2	Shroud Nut	55	1	Left Belt Adjustment Bracket
20	1	Sensor Wire	56	2	Rear Roller Bushing
21	1	Pivot Nut	57	1	Frame
22	1	Incline Cable	58	1	Wood Platform
23	2	Pivot Washer	59	1	Walking Belt
24	1	Upright Locking Knob	60	1	Front Roller
25	2	Grip Tape	61	2	Roller Bushing
26	1	Pivot Bolt	62	1	Safety Cover
27	1	On/Off Switch Wire	63	2	Left Roller Lock
28	1	Connection Box	64	1	Motor Hood
29	1	Controller	65	4	Motor Mount Bolt
30	1	Power Cord	66	4	Motor Mount Washer
31	1	Motor	67	4	Motor Mount Nut
32	1	Handrail Foam Grip	68	1	Flywheel
33	4	Roller Lock Bolt	69	1	Roller Pulley
34	1	Right Roller Lock	70	1	Magnet
35	3	Front Roller Bolt	71	1	V-Belt
36	3	Rubber Grommet	72	1	Motor Pulley
			73	2	Connection Box Screw
			74	1	Incline Indicator
				1	Owner's Manual

OPERATION AND ADJUSTMENT

IMPORTANT: Your treadmill is designed to reach a speed of 10 miles per hour. Depending on the weight of the runner, however, the speed will vary. To insure optimal performance, the silicon spray included should be applied under the running belt before initial use. As a maintenance measure, silicon spray should be reapplied whenever a decrease in performance is noticed. In addition, the treadmill must be broken-in with approximately 10 hours of use at running speeds.

IMPORTANT SAFETY PRECAUTIONS

1. Do not operate the treadmill if the treadmill or power cord are damaged.
2. Never start the treadmill while you are standing on the walking belt.
3. Do not use the treadmill near water or outdoors.
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. Keep hands away from moving parts.

TREADMILL OPERATION

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.)
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. Turn the Speed Control until the desired speed is reached. (Turning the Control clockwise increases the speed. Turning the Control counterclockwise decreases the speed.)
6. To turn the treadmill off, step onto the Grip Tape and press the On/Off Switch.

Instructions for the Electronic Console can be found in the Operation Guide accompanying this Owner's Manual.

INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the angle of the treadmill can be adjusted with the Incline Control on the treadmill Console. *Do not adjust the incline while you are walking or running on the treadmill.* To raise the angle 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. When the desired angle is reached, release the Incline Control. To lower the angle of the treadmill, stand towards the front of the treadmill and pull back the Incline Control until the desired angle is reached.

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

If the indicator needs to be adjusted, simply lower the treadmill to the lowest position and turn the small adjustment screw above the indicator until the bubble is at level 1.

WALKING BELT ADJUSTMENT

For smooth operation, and to prevent damage to the Walking Belt, always keep the Walking Belt centered. While the treadmill is running, check the spaces between the edges of the Walking Belt and the sides of the Frame. If the Belt is closer to one side than to the other, it should be adjusted as described below.

1. IF THE BELT HAS SHIFTED TO THE RIGHT SIDE: Turn the treadmill on at slow speed. Use the Allen Wrench included to turn the right-hand Adjustment Bolt clockwise and the left-hand Adjustment Bolt counterclockwise. (The Adjustment Bolts are located at the back end of the treadmill Frame.) Turn the Bolts 1/3 of a turn at a time until the Belt moves to the center.
2. IF THE BELT HAS SHIFTED TO THE LEFT SIDE: Use the Allen Wrench to turn the right-hand Adjustment Bolt counterclockwise and the left-hand Adjustment Bolt clockwise.

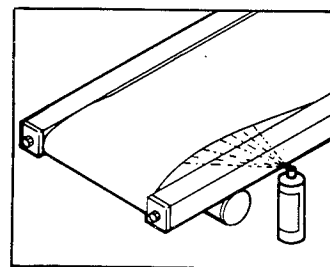
If the Walking Belt slips during operation, the tension on the Belt may need adjustment. Simply turn both Adjustment Bolts clockwise until the Belt no longer slips. Be careful to keep the Belt centered.

For convenience, the Allen Wrench can be attached to one of the Adjustment Brackets with the self-adhesive tab included.

MAINTENANCE AND STORAGE

The AIR RUNNER treadmill is designed to be virtually maintenance-free. To insure continued smooth operation the following steps should be taken.

1. Use silicone lubricant spray under the Walking Belt before initial use, and whenever a decrease in performance is noticed.
2. Tighten all screws and bolts
3. Clean exposed surfaces with a soft cloth and non-abrasive detergent.



If the treadmill Motor stops or will not start, check the Circuit Breaker located on the lower front end of the Frame. If the Motor has overheated, the small black button in the Circuit Breaker will protrude, and the treadmill will not start. To reset the Circuit Breaker, allow the Motor to cool and then push the button back in.

The treadmill can be converted to a compact storage position by loosening the Upright Locking Knob and folding the Handrail Upright down onto the treadmill Frame. The treadmill can be moved by lifting the rear end of the Frame and pushing or pulling the unit on the front Wheels. Always remove the batteries from the Electronic Console 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 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 console (see ELECTRONIC CONSOLE OPERATION). First, 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.

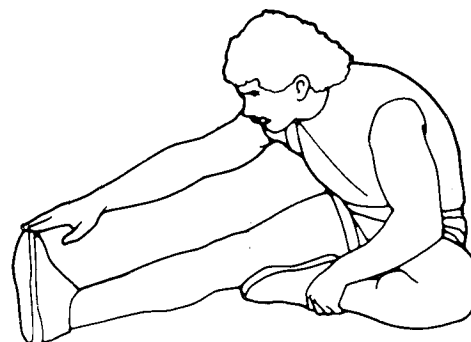
Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

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, then relax. Repeat.

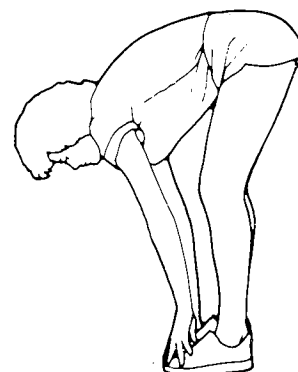
Stretches: Hamstrings, Lower back and Groin.



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

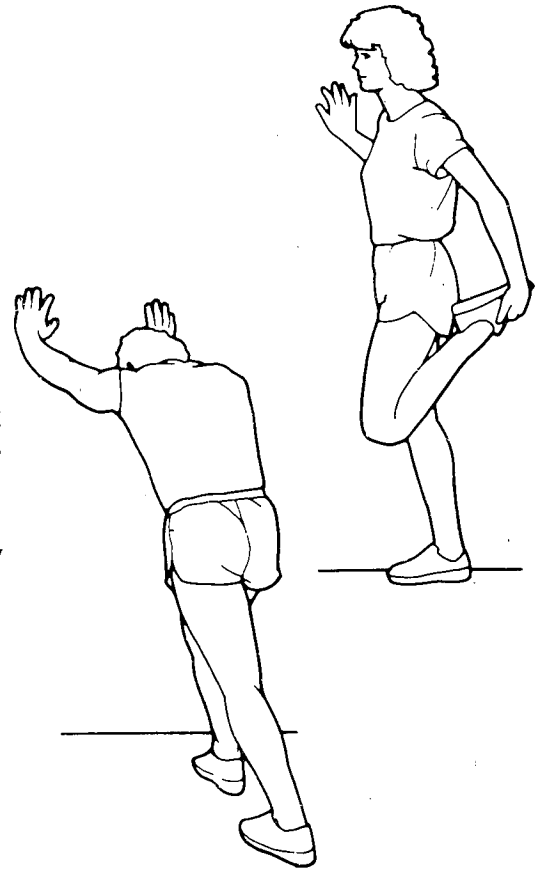
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip muscles.

CALF/ACHILLES STRETCH

With one leg in front of the other and arms 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.



FULL 90 DAY WARRANTY ON PARTS

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, Sears will, free of charge, repair or replace and install a replacement part of any defective part, when this Treadmill is used in a normal manner.

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

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE TREADMILL TO YOUR NEAREST SEARS SERVICE CENTER/DEPARTMENT IN THE UNITED STATES.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 698/731A, SEARS TOWER, CHICAGO, IL 60684