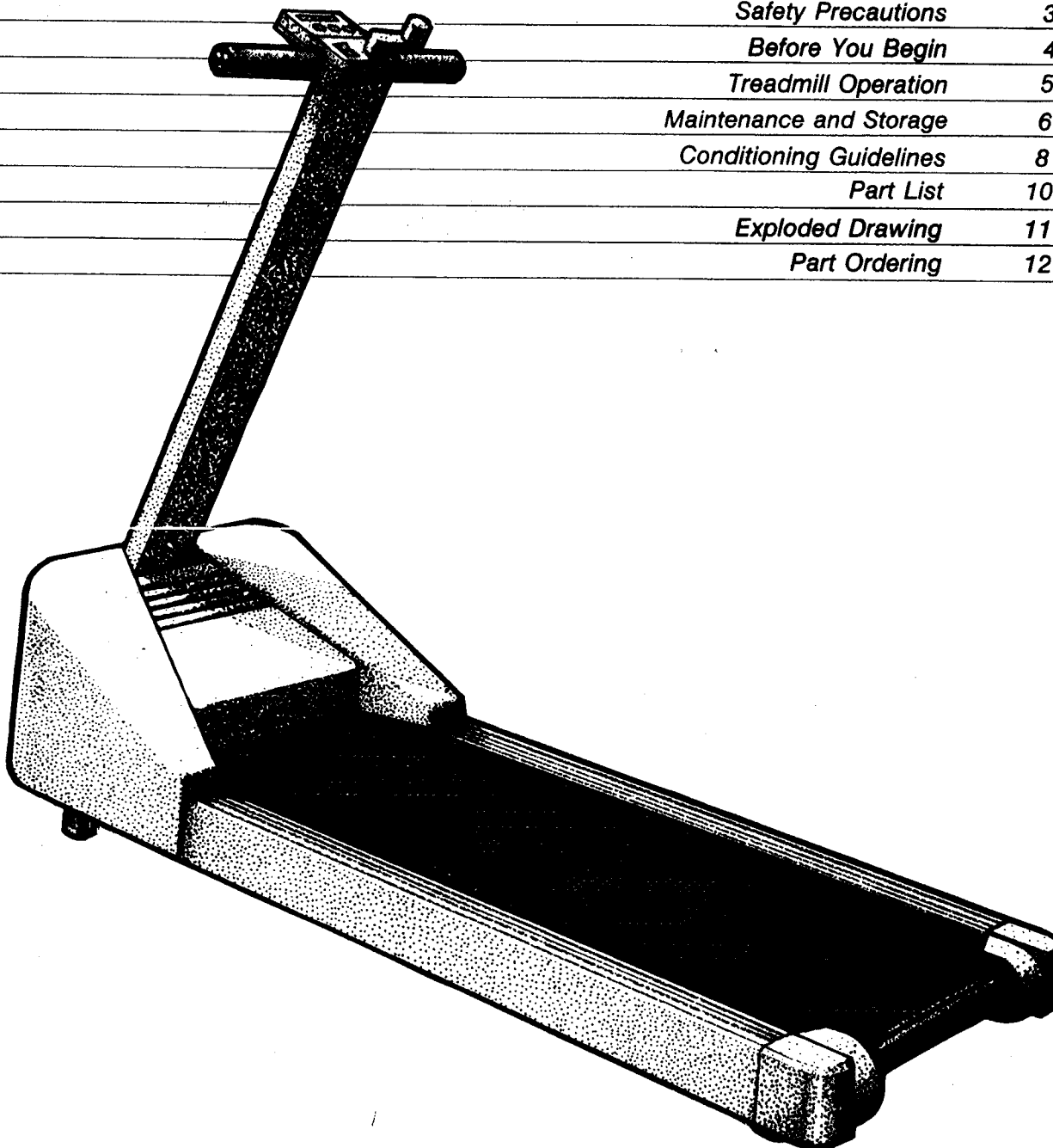


SEARS® *Lifestyler*™

Model No. 831.296480

✓ *ELECTRONIC ERGOMETER*



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OWNER'S MANUAL

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

Part No. 046179 5/89

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

FULL 90 DAY WARRANTY ON PARTS

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

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

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

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

SEARS, ROEBUCK AND CO., DEPT. 731CR-W, CHICAGO, IL 60684

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.

LifestylerTM

ELECTRONIC ERGOMETER

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 treadmill power cord directly into a grounded circuit carrying 12 amps or more. (See the TREADMILL OPERATION section of this manual for proper grounding instructions.) Due to the power requirements of this treadmill, no other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only the type specified on the power cord decal.
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. 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.
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 removing the treadmill motor hood. Servicing other than the maintenance and adjustment procedures described in this manual should be performed by an authorized service representative only.

BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler Electronic Ergometer treadmill. The Lifestyler 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.

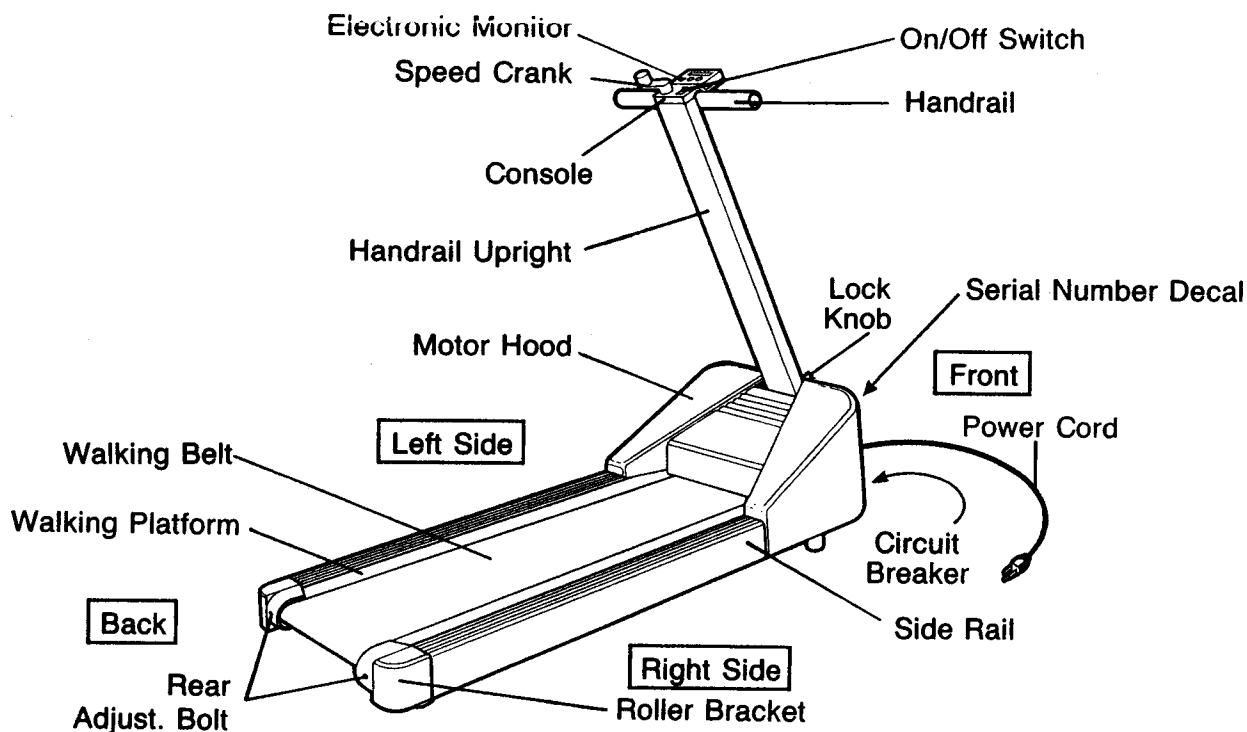
This manual is designed to help you understand the easy assembly and operation of this treadmill. Basic fitness guidelines are included to help you get started with your exercise program. Please read this manual carefully before initial use of the treadmill. If you have additional questions regarding 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. - 6 p.m. Mountain Time.

In all correspondence regarding this product, please mention the product model number and serial number. The model number is 831.296480. The serial number can be found on a decal on the front of the treadmill frame. Record the serial number in the box below. If possible, place the treadmill near your telephone for easy reference when calling.

Model No. 831.296480

Serial No.

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

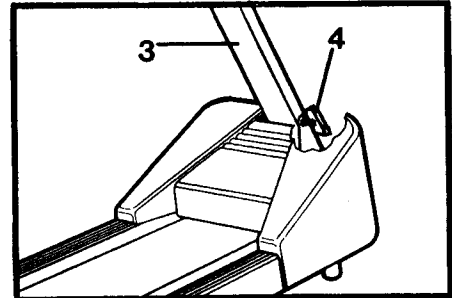


TREADMILL OPERATION

CONVERTING THE TREADMILL TO THE OPERATING POSITION

For your convenience, this treadmill is delivered to you completely assembled. The treadmill is in the compact storage position. Follow the simple steps below to convert the treadmill to the operating position.

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 (3) to the vertical position and tighten the Lock Knob (4).

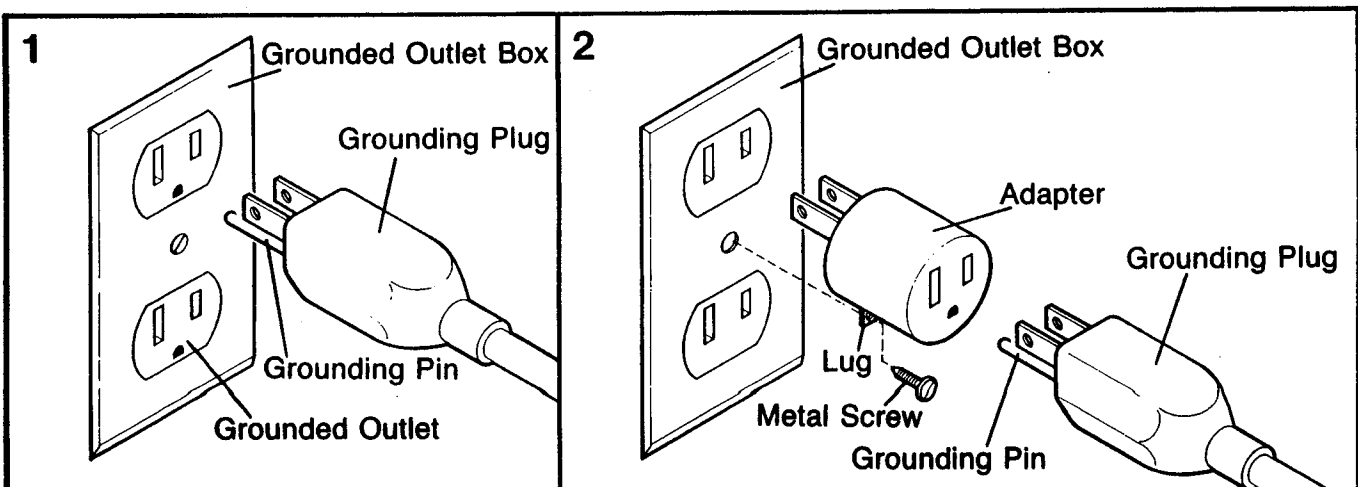


GROUNDING INSTRUCTIONS

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. **CAUTION:** 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.



OPERATING INSTRUCTIONS

Read the instructions below carefully before starting the treadmill.

1. Step onto the Side Rails (19) and hold the Handrail (3) with an overhand grip.
2. Turn the On/Off Switch (48), located on top of the Console (6), to the "on" position.
3. Carefully step onto the moving Walking Belt (26) and begin walking.
4. Turn the Speed Crank (9) until the Walking Belt (26) is moving at the desired speed. Turn the Crank counterclockwise to increase the speed, or clockwise to decrease the speed. Note: Turn the Crank only when the Walking Belt is moving. Do not turn the Crank too far or the Crank may be damaged.
5. To turn the treadmill off, turn the On/Off Switch (48) to the "off" position.

MAINTENANCE AND STORAGE

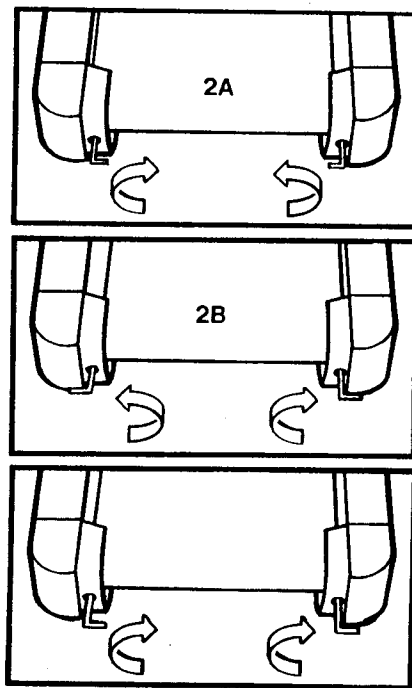
This treadmill is designed to be virtually maintenance-free. Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the console.

WALKING BELT ADJUSTMENT

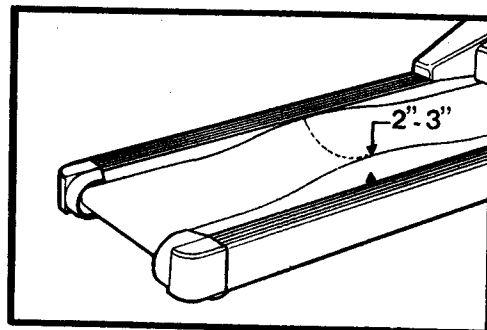
To prevent damage to the Walking Belt (26), always keep the Belt centered during operation. Stand beside the treadmill and turn the treadmill on at medium speed. Observe the spaces between the edges of the Walking Belt and the Side Rails (19). If the Belt is closer to one Side Rail than to the other, center the Belt in the following manner:

1. Locate the Rear Adjustment Bolts (24) and the Allen Wrench (57) **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.
3. Walk on the treadmill for a few minutes to ensure that the Belt is centered.

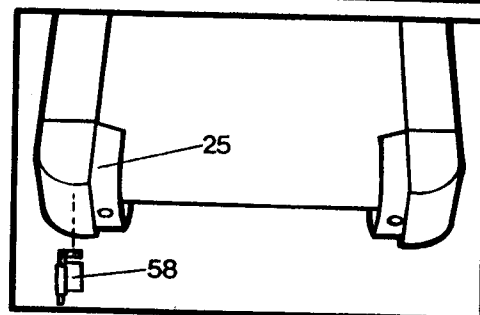
If the Walking Belt slips during operation, the tension should be adjusted. Turn both Adjustment Bolts clockwise an equal amount until the Belt no longer slips. Be careful to keep the Belt centered. **Do not over-tighten the Bolts** or the Belt may be stretched.



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 (55). The center of the Belt should remain just at the surface of the platform, causing the Belt to bow.

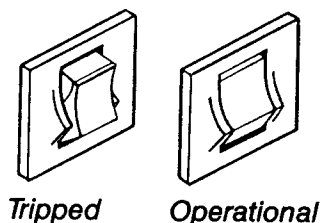


The Allen Wrench can be stored on one of the Roller Brackets (23, 25) using the Adhesive Tool Clamp (58) included.



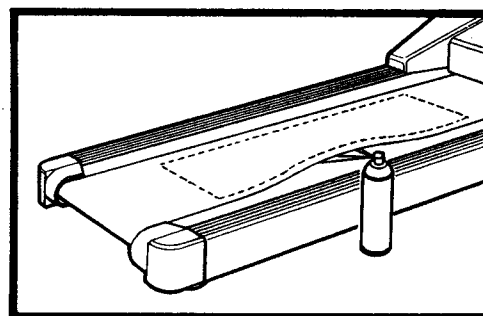
CIRCUIT BREAKER

If the treadmill stops or will not start, check the Circuit Breaker (49) located on the front of the Frame (20) near the Power Cord (15). 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.



SILICONE APPLICATION

To maintain the low-friction quality of the Walking Belt (26), a non-oil base silicone lubricant should be applied to the Walking Platform (55) 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 (15) when the treadmill is not in use. To convert the treadmill to the storage position, loosen the Lock Knob (4) and carefully lower the Handrail Upright (3) onto the treadmill. Always remove the batteries from the Electronic Monitor (7) when storing the treadmill for extended periods of time.

CONDITIONING GUIDELINES

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

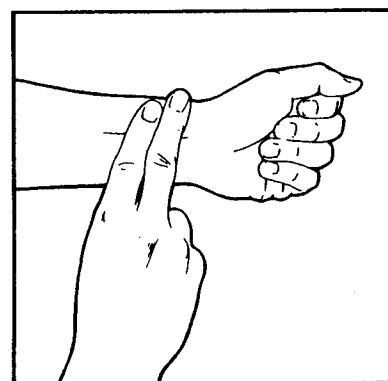
EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of 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

To determine whether your heart rate is in your Training Zone, you must first exercise continuously for four minutes. After four minutes, pause briefly and take your pulse. The easiest way to measure your heart rate is to place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. Adding a 0 to the number will give you your heart beats per minute. (A six-second count is used because the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your Training Zone. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



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.

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**.

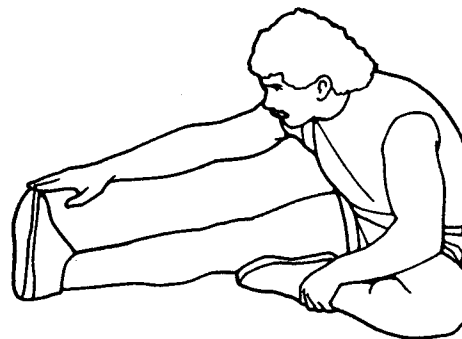
STRETCHING

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.



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.



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.



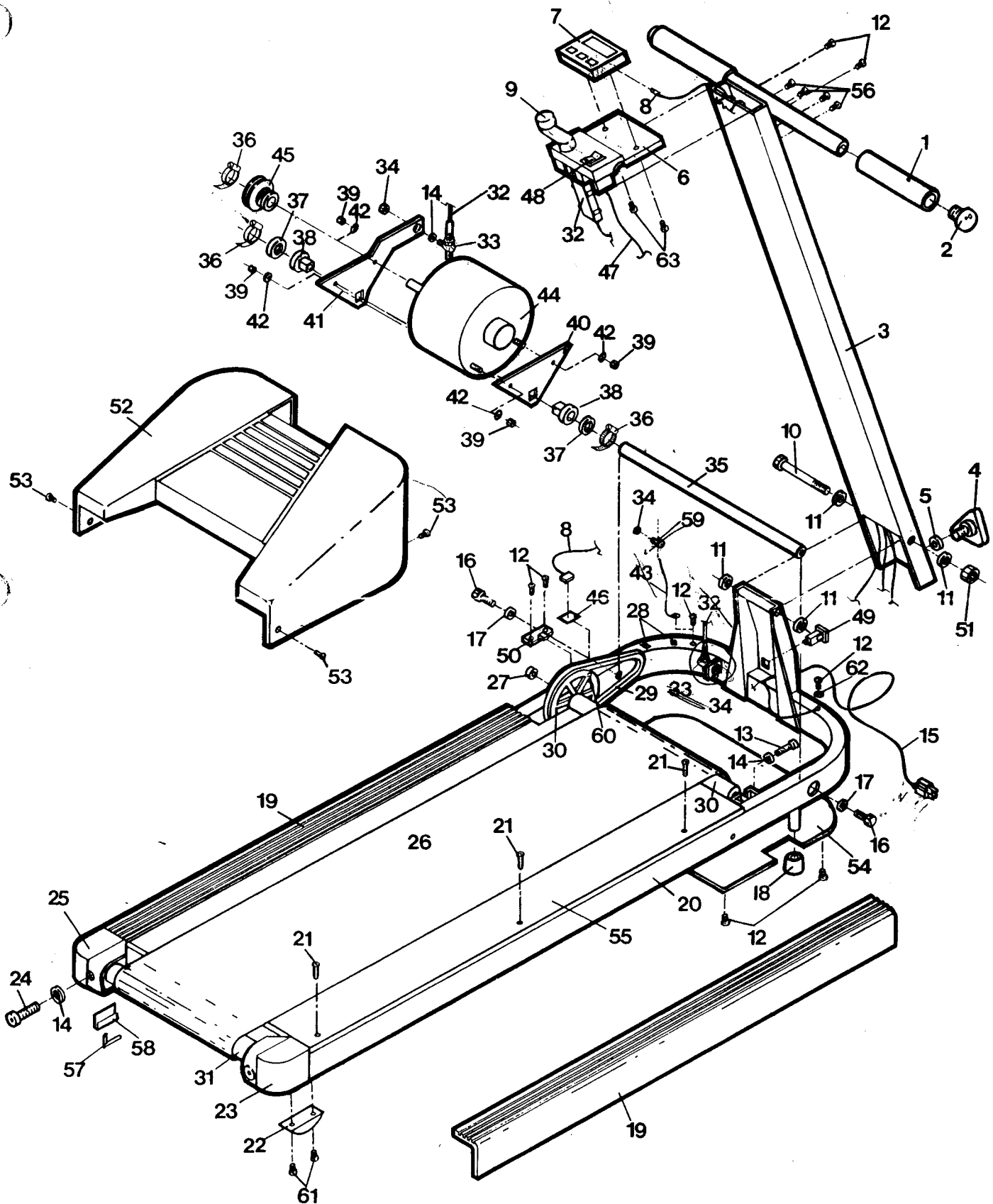
PART LIST - Model No. 831.296480

Rev. 5/89

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	041040	2	Foam Grip	35	049086	1	Motor Swivel Shaft
2	040119	2	End Cap	36	016026	3	Clamp
3	007079	1	Handrail Upright	37	019223	2	Spacer
4	017088	1	Lock Knob	38	019247	2	Motor Bushing
5	014086	1	Lock Knob Washer	39	012152	4	Motor Nut
6	009125	1	Console	40	031187	1	Small Motor Plate
7	032082	1	Electronic Monitor	41	031188	1	Large Motor Plate
8	033092	1	Reed Switch/Wire	42	014140	4	Motor Washer
9	017093	1	Speed Crank	43	031183	1	Loop Sleeve
10	013485	1	Hinge Bolt	44	030041	1	Motor
11	014132	4	Hinge Washer	45	020051	1	Motor Pulley
12	013162	12	Small Screw	46	062016	1	Reed Switch Velcro
13	013275	1	Front Adjust. Bolt	47	031184	1	Switch Wire
14	014063	5	Large Washer	48	031177	1	On/Off Switch
15	031143	1	Power Cord	49	031036	1	Circuit Breaker
16	013212	2	Motor Rod Bolt	50	016050	1	Roller Lock
17	014066	2	Lock Washer	51	012149	1	Hinge Nut
18	051017	2	Front Foot	52	009126	1	Motor Hood
19	010175	2	Side Rail	53	013511	4	Motor Hood Screw
20	NSP	1	Frame	54	040164	1	Safety Cover
21	013494	6	Large Screw	55	053025	1	Walking Platform
22	005040	2	Rear Foot	56	013322	6	Screw
23	008195	1	Right Roller Bracket	57	045010	1	Allen Wrench
24	013206	2	Rear Adjust. Bolt	58	016028	1	Adhesive Tool Clamp
25	008194	1	Left Roller Bracket	59	013506	1	Cable Lock Bolt/Nut
26	025057	1	Walking Belt	60	033066	1	Sensor Magnet
27	019110	1	Front Roller Bushing	61	013300	4	Rear Foot Screw
28	016055	4	Reed Switch Clip	62	014142	1	Star Washer
29	025018	1	V-Belt	63	013513	2	Electronic Monitor Screw
30	070212	1	Front Roller /Pulley	#	089037	1	Electronic Monitor Guide
31	070084	1	Rear Roller	#	046179	1	Owner's Manual
32	072045	1	Speed Adjustment Assembly				
33	072040	2	Tension Swivel				
34	012090	3	Tension Swivel Nut				

EXPLODED DRAWING - MODEL NO. 831.296480

Rev. 5/89



*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 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 (831.296480).
4. The NAME OF THE PRODUCT (Sears Lifestyler 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.