

SEARS® *Lifestyler*™

Model No.
831.296493

PROGRAMMABLE
INCLINE 4000pi

Warranty

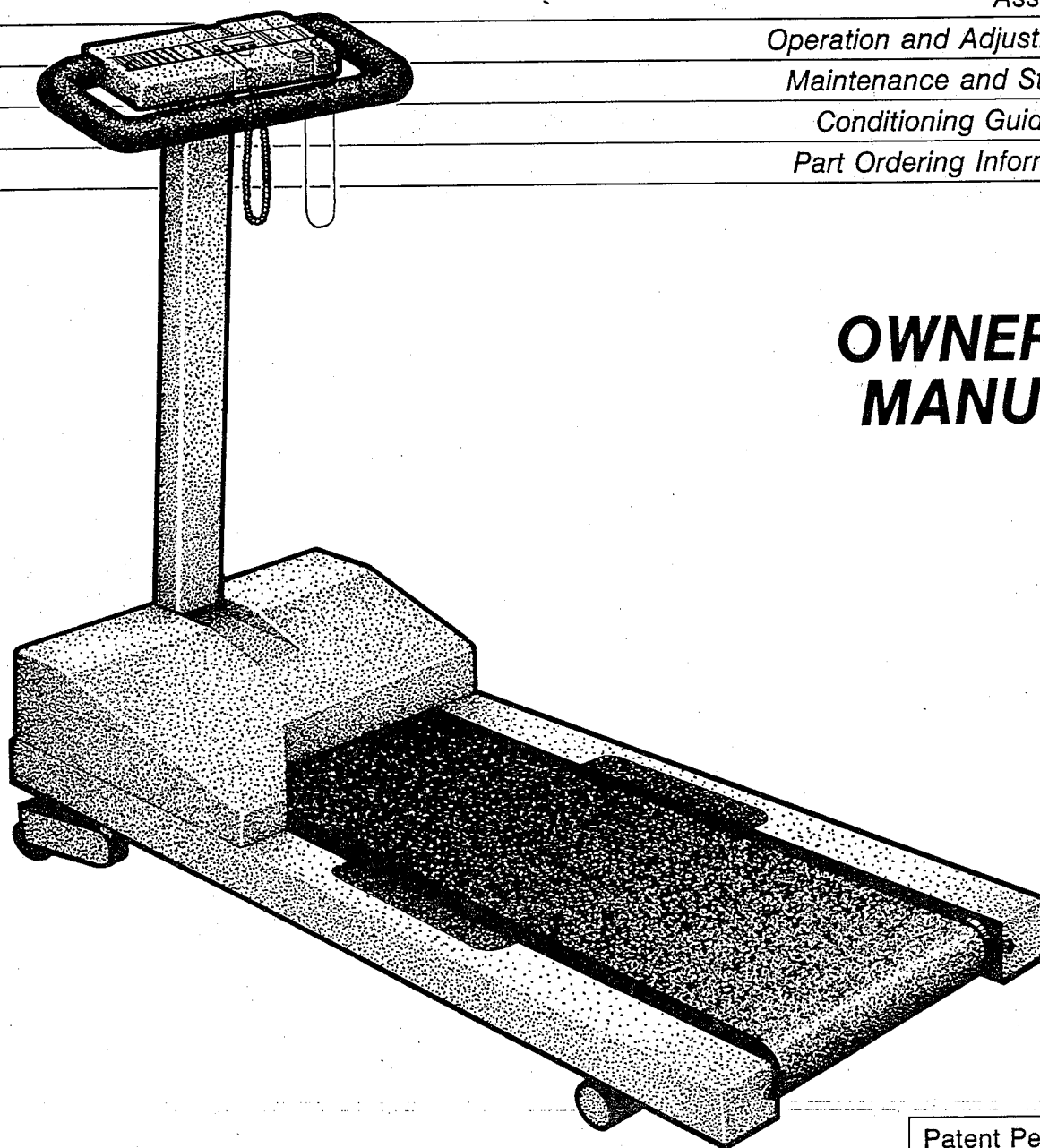
Assembly

Operation and Adjustments

Maintenance and Storage

Conditioning Guidelines

Part Ordering Information



OWNER'S MANUAL

Patent Pending

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

Part No. 046318 10/89

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.

SEARS® *Lifestyler*™

▼ PROGRAMMABLE INCLINE 4000pi

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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 Incline Treadmill is used in a normal manner.

This warranty does not apply when the Programmable Incline 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. 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.

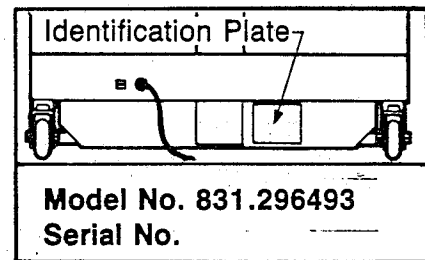
BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 4000pi treadmill. The Lifestyler 4000pi 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.

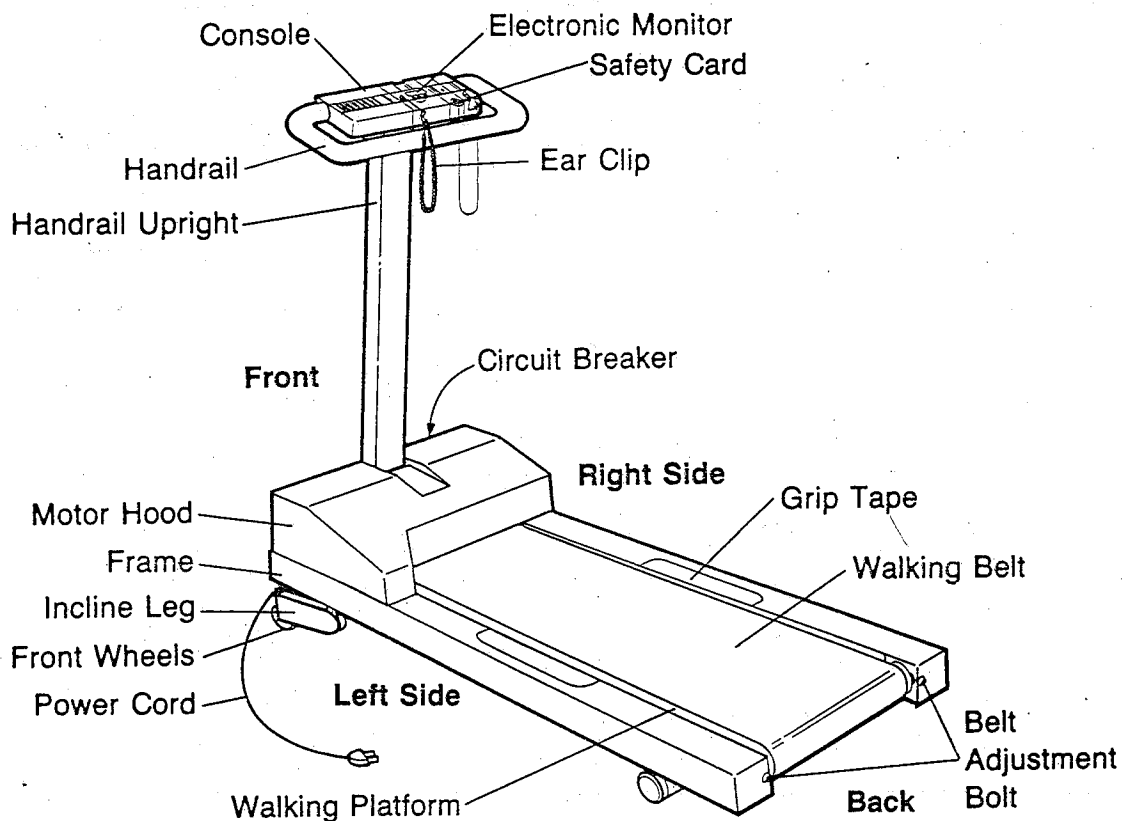
The Lifestyler 4000pi is a state-of-the-art treadmill, offering many exclusive features for an effective and enjoyable workout. The Lifestyler 4000pi incorporates programmable incline, a safety card-operated power switch, a console-mounted power incline control and a microprocessor-based electronic exercise monitor.

This manual is designed to help you understand the easy assembly and operation of this treadmill. Basic fitness guidelines are included to help you get started with your exercise program. Please read this manual carefully before initial use of the treadmill. If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, during business hours: Monday - Friday, 6 a.m. - 6 p.m., Mountain Time.

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



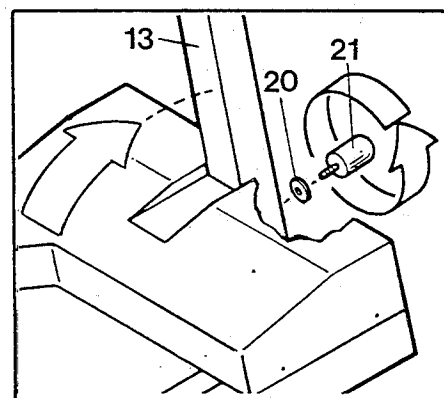
To help you understand clearly the instructions in this manual, please study the drawing and familiarize yourself with the parts identified.



OPERATION AND ADJUSTMENT

CONVERTING THE TREADMILL TO THE OPERATING POSITION

For your convenience, this treadmill is delivered to you completely assembled. Set the treadmill in a clear area on the floor and remove the packing materials. Make sure that all parts are included before disposing of the packing materials. The treadmill is in the compact storage position. To convert the treadmill to the operating position, simply place the Knob Washer (20) on the end of the Upright Knob (21). Raise the Handrail Upright (13) to the vertical position and insert the Knob into the Handrail Upright. Tighten the Knob firmly.

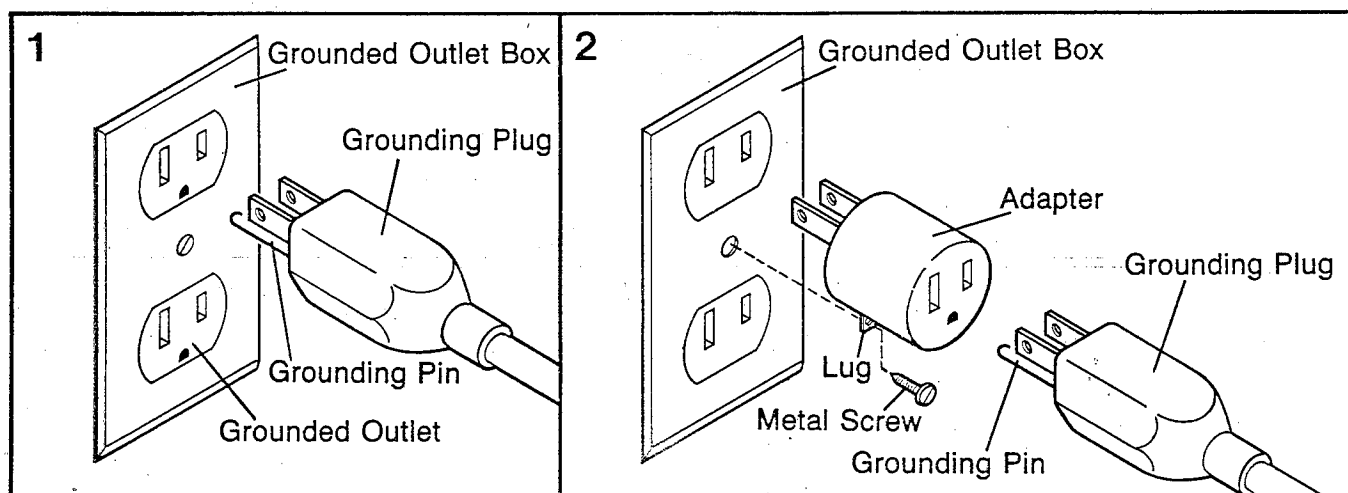


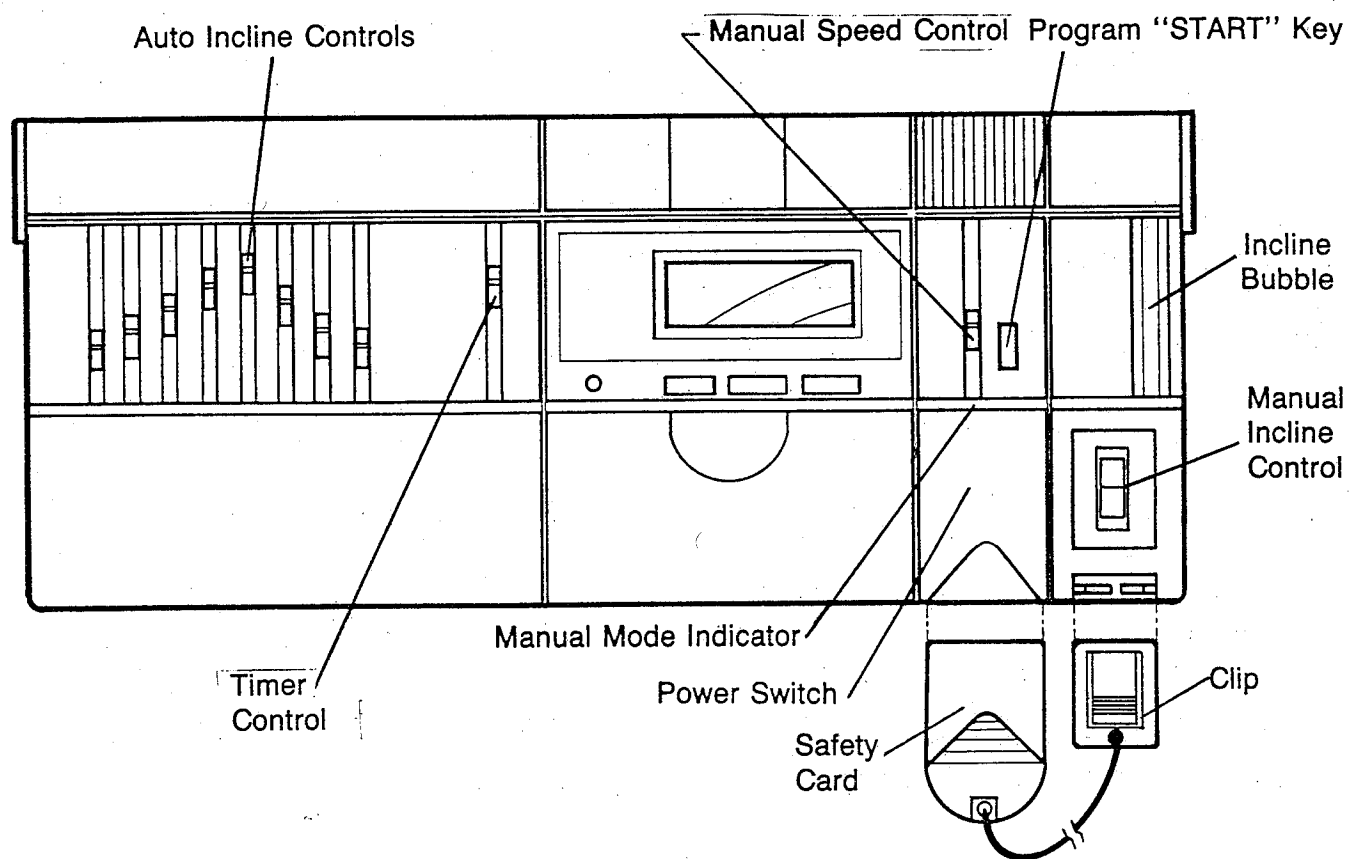
GROUNDING INSTRUCTIONS

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.**





TURNING THE POWER ON AND OFF

1. Stand on the treadmill with your feet on the grip tape.
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

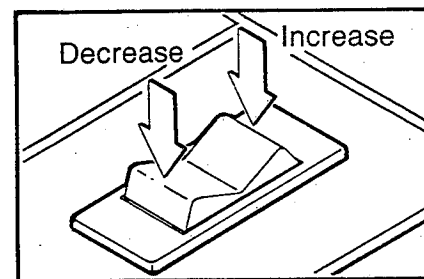
1. After the power is turned on, move the speed control to the "Reset" position. (Each time the power is turned on, the control must be moved to the "Reset" position before the walking belt can be started.)
2. Move the speed control slowly forward until the walking belt begins to move at slow speed.
3. Hold the handrail firmly and step onto the walking belt.
4. Move the speed control slowly forward or backward until the belt is moving at the desired speed.

INCLINE ADJUSTMENT

To vary the level of exercise difficulty, the incline of the treadmill can be changed using either the manual mode or the programmable mode.

MANUAL MODE

The incline control is located on the right side of the console. To increase the incline of the treadmill, press the front of the control until the desired angle is reached. To decrease the incline of the treadmill, press the back of the control until the desired angle is reached.



There is a bubble located above the incline lever on the console. The bubble measures the incline of the treadmill.

PROGRAMMABLE MODE

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

1. Set the timer control for the length of time that you plan to exercise, from 5 to 40 minutes.
2. Set the eight auto incline controls to the desired incline levels.
3. Press the program "START" key. The indicator below the first auto incline control will light and the treadmill will adjust to the first incline setting. After one-eighth of the total time set has elapsed, the indicator below the second auto incline control will light and the treadmill will adjust to the second incline setting. (The computer will sequentially activate all eight auto incline controls regardless of the length of time set.) When the total time has elapsed, the treadmill will remain at the last incline setting and revert to the manual mode.

Note: The auto incline controls can be changed while the program is running if desired. Pressing the manual incline control at any time while the program is running will cause the treadmill to revert to the manual mode.

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

ELECTRONIC MONITOR OPERATION

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

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. Do not allow liquids to come in contact with the console.

WALKING BELT ADJUSTMENT

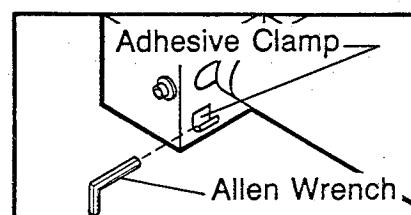
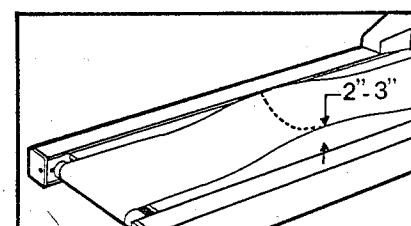
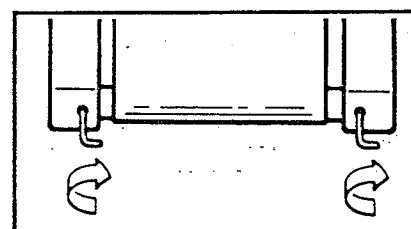
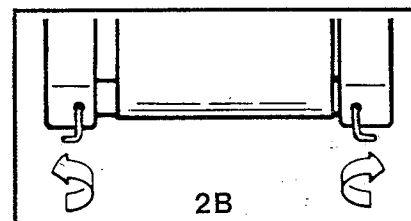
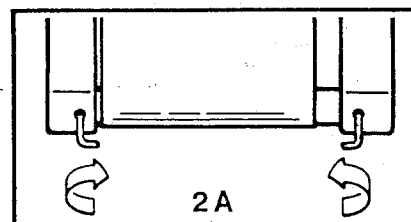
To prevent damage to the Walking Belt, always keep the Belt centered during operation. Stand beside the treadmill and turn the treadmill on at medium speed. Observe the spaces between the edges of the Walking Belt and the Frame. If the Belt is closer to one side of the Frame than to the other, center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

1. Locate the Belt Adjustment Bolts and the Allen Wrench. **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.** Overtightening may stretch the Belt, cause excessive Roller noise and reduce Motor performance.

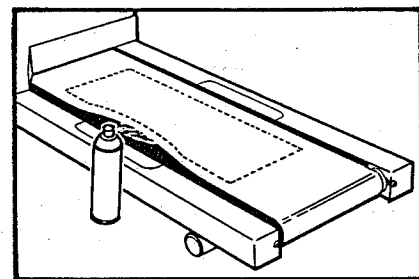
To check for proper Walking Belt tightness, **unplug the Power Cord** and lift the sides of the Belt. You should be able to lift both sides approximately 2-3 inches off of the Walking Platform. The center of the Belt should remain just at the surface of the platform, causing the Belt to bow.

The Allen Wrench can be stored on one of the Rear Adjustment Brackets using the Adhesive Clamp included.



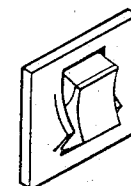
SILICONE APPLICATION

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 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.

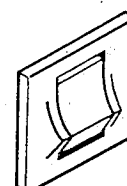


CIRCUIT BREAKER

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.



Tripped



Operational

STORAGE

Always unplug the Power Cord when the treadmill is not in use. To convert the treadmill to the storage position, loosen the Upright Knob and carefully lower the Handrail Upright onto 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. Store the treadmill in a cool, dry place, away from direct sunlight.

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.

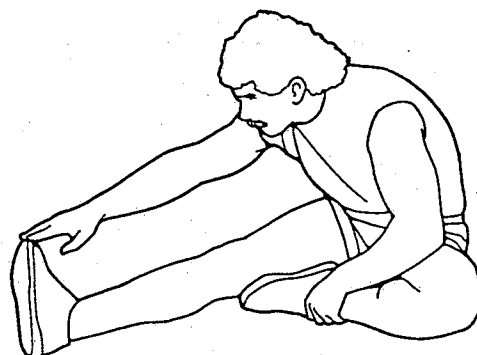
STRETCHING

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.

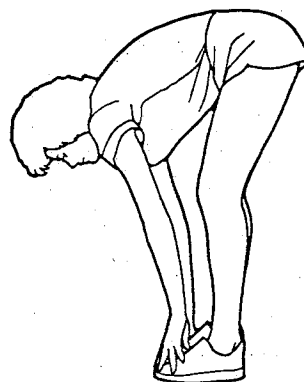
Stretches: Inner thigh muscles.



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.

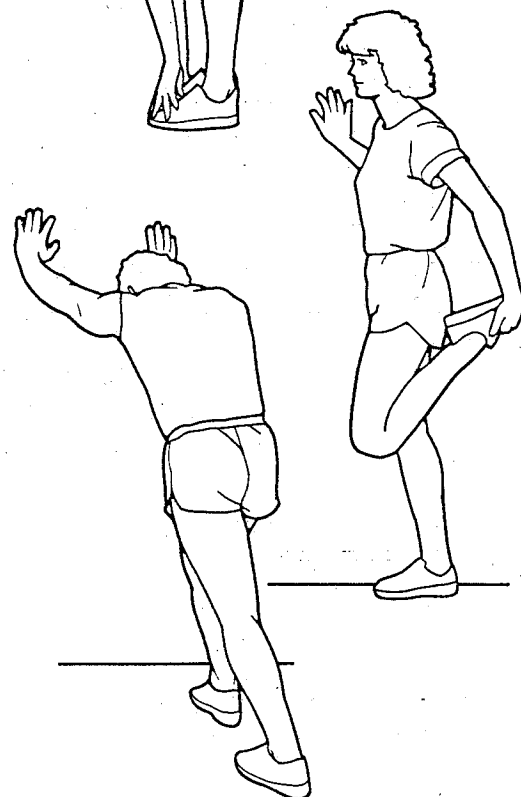
Stretches: Hamstrings, back of knees, back.



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.



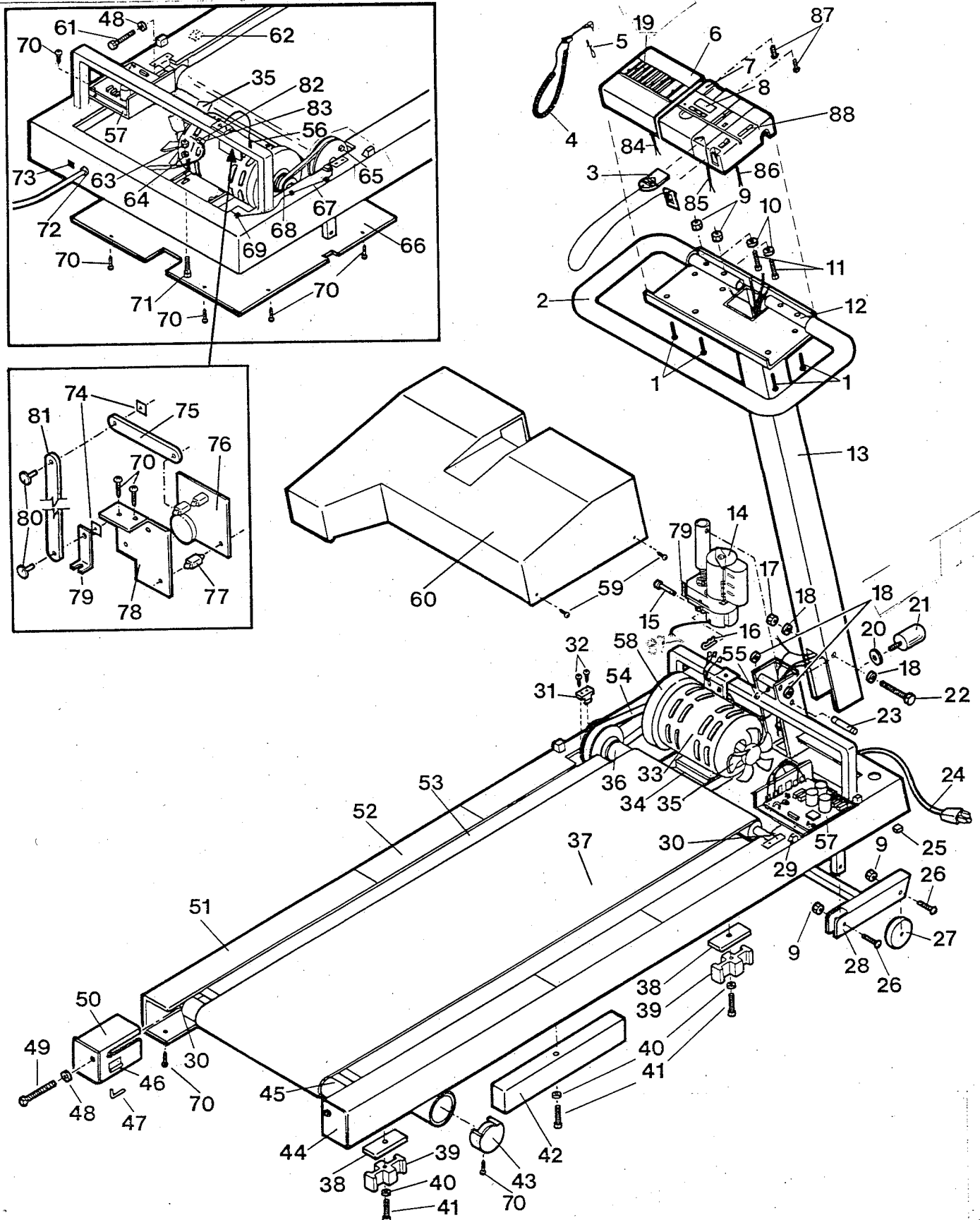
CALF/ACHILLES STRETCH

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.

NOTES

MOTOR ASSEMBLY



*Specifications are subject to change without notice.

PART LIST - Model No. 831.296493

Rev. 10/89

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	013322	6	Console Screw	45	070770	1	Rear Roller
2	041041	1	Foam Handgrip	46	016028	1	Adhesive Clamp
3	070843	1	Safety Card/Clip	47	045010	1	Allen Wrench
4	033007	1	Pulse Ear Clip	48	014063	3	Adjustment Washer
5	054013	1	Clothes Clip	49	013206	2	Belt Adjustment Bolt
6	033187	1	Incline Assembly	50	008185	1	Belt Adj. Bracket (L)
7	009157	1	Console Assembly	51	NSP	1	Frame
8	032083	1	Electronic Monitor	52	041047	2	Grip Tape
9	012108	8	Nut	53	053018	1	Walking Platform
10	014086	4	Handrail Washer	54	025050	1	V-Belt
11	013547	4	Handrail Bolt	55	054016	2	E-Clip
12	001068	1	Handrail	56	031197	3	Lift Wire
13	007104	1	Handrail Upright	57	031173	1	Controller
14	030016	1	Incline Motor	58	021046	1	Flywheel
15	015046	1	Lower Motor Pin	59	013511	6	Hood Screw
16	015043	1	Cotter Pin	60	009139	1	Motor Hood
17	012081	1	Pivot Nut	61	013275	1	Front Roller Bolt
18	014101	4	Pivot Washer	62	019115	6	Platform Bumper
19	017094	9	Incline Knob	63	012082	4	Lock Nut
20	014050	1	Upright Knob Washer	64	014041	4	Motor Mount Washer
21	017056	1	Upright Knob	65	033066	1	Magnet
22	013368	1	Pivot Bolt	66	040193	1	Safety Cover
23	015047	1	Incline Motor Pin	67	033169	1	Sensor Wire
24	031229	1	Power Cord	68	020053	1	Motor Pulley
25	019183	2	Rubber Bumper	69	016055	4	Sensor Wire Clip
26	013399	4	Leg Bolt	70	013162	16	Small Screw
27	052014	2	Wheel	71	013480	4	Motor Mount Bolt
28	004198	1	Incline Leg	72	019084	1	Grommet
29	008148	5	Hood Mount Anchor	73	031103	1	Circuit Breaker
30	019190	4	Roller Bushing	74	012137	2	Push Nut
31	070192	2	Roller Lock	75	008257	1	Lift Board Arm
32	013213	4	Roller Lock Screw	76	031220	1	Lift Board
33	030056	1	Motor	77	015071	3	Clip Pins
34	019259	1	Motor Spacer	78	008256	1	L-Bracket
35	031027	1	Motor Fan	79	008286	1	Linkage Bracket
36	022052	1	Front Roller/Pulley	80	015072	2	Plastic Pin
37	025034	1	Walking Belt	81	008258	1	Linkage Arm
38	085003	4	Rubber Pad	82	016029	2	Cable Tie
39	019220	4	Support Spacer	83	016017	2	Cable Mount
40	014067	6	Support Washer	84	031196	1	Speed Pot. Wire
41	013270	6	Support Bolt	85	031199	1	Power Switch Wire
42	053026	2	Wood Support	86	031215	1	Incline Wire
43	040156	2	Rear Leg Endcap	87	013551	2	Monitor Screw
44	008186	1	Belt Adj. Bracket (R)	88	088015	1	Incline Bubble
				#	046318	1	Owner's Manual
				#	089036	1	Monitor Guide

Note: "#" indicates a non-illustrated part.

See the back cover of this manual for part ordering information.

SEARS® SERVICE is at YOUR SERVICE

ORDERING REPLACEMENT PARTS

Each TREADMILL has its own MODEL NUMBER.

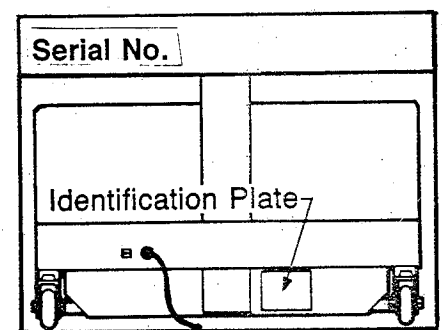
Always mention this MODEL NUMBER when requesting service or repair parts for your TREADMILL.

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 REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION.

1. The MODEL NUMBER OF THE PRODUCT (831.296493).
2. The NAME OF THE PRODUCT (Lifestyler 4000pi treadmill).
3. The SERIAL NUMBER found on the treadmill identification plate (see the drawing to the right). Write the number in the box for easy reference.
4. The KEY NUMBER OF THE PART from the Part List found in this manual.
5. The PART DESCRIPTION from the Part List found in this manual.



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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