

SEARS® *Lifestyler*™

▼ AUTO INCLINE 2800

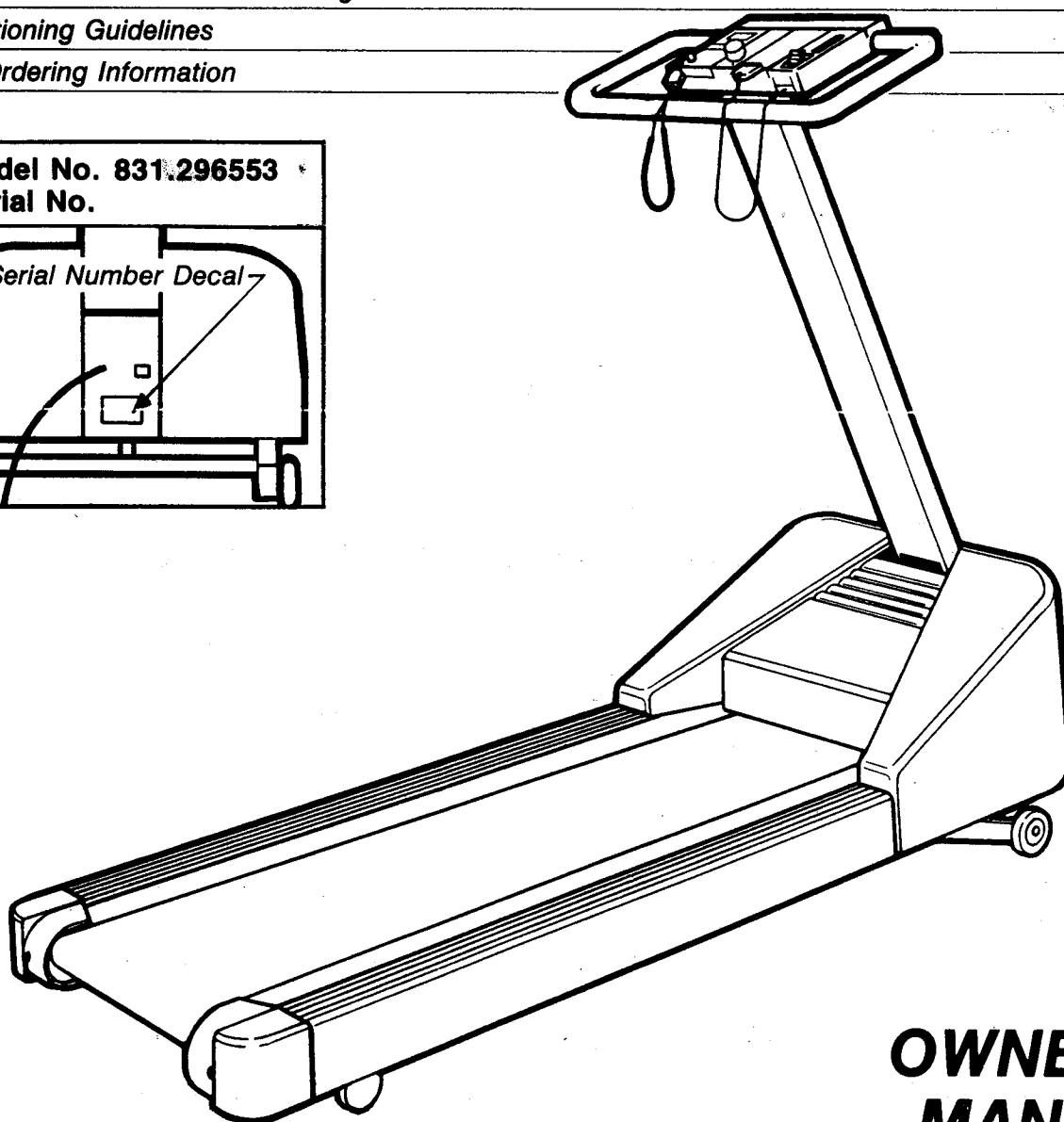
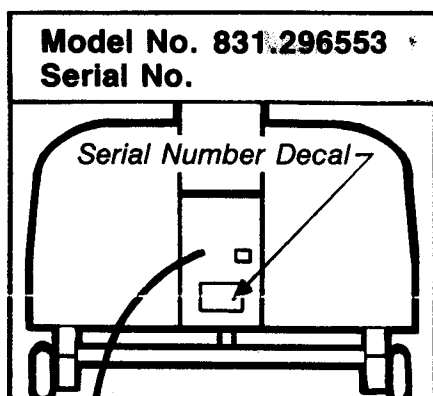
Warranty

Operation and Adjustment

Maintenance and Trouble-Shooting

Conditioning Guidelines

Part Ordering Information



OWNER'S MANUAL

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

Part No. 100257 2/90

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

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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 Auto Incline Treadmill is used in a normal manner.

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

SERVICE IS AVAILABLE SIMPLY BY 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

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.

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✓ AUTO INCLINE 2800

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.

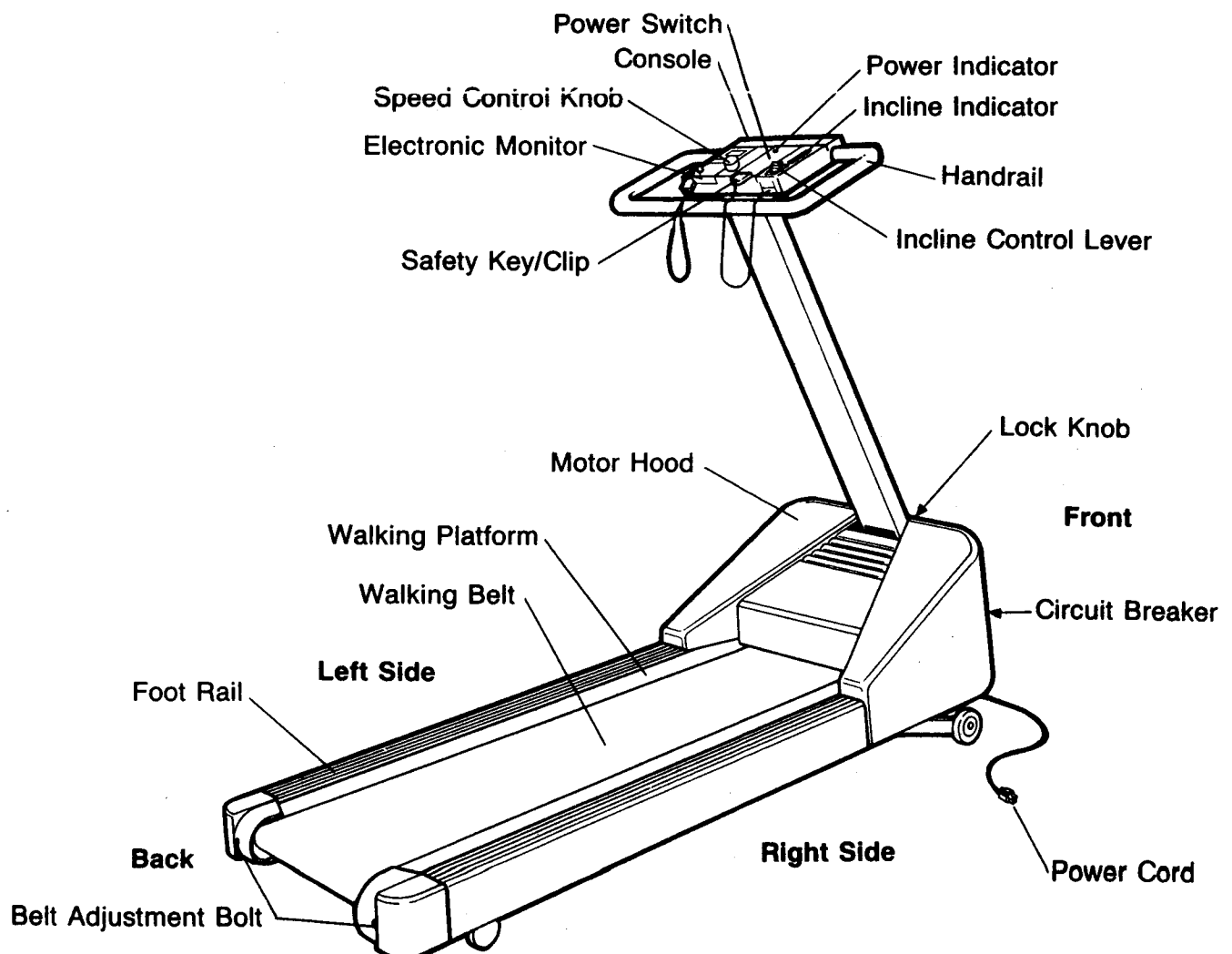
BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 2800 Auto Incline treadmill. The Lifestyler 2800 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. Your workouts will be more enjoyable and effective with such features as a key-activated safety power switch, electronic speed control, auto incline and a microprocessor-based exercise monitor.

This manual is designed to help you understand the easy 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 in the U.S.A. or Canada at **1-800-999-3756**, during our regular business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time.

In all communications regarding this product, please refer to the product model number (**831.296553**) and serial number. The serial number is recorded on a decal on the treadmill frame (see the drawing on the front cover). Write the serial number in the box on the front cover for reference.

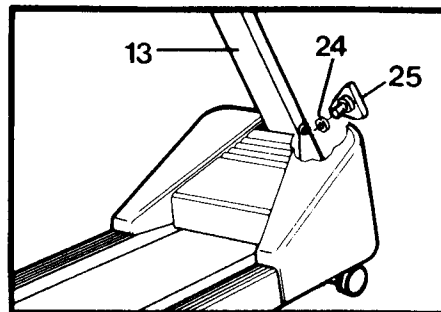
To help you understand clearly the instructions in this manual, please review the drawing below and familiarize yourself with the parts labeled.



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, first raise the Handrail Upright (13) to the vertical position. Insert the Lock Knob (25) with the Lock Knob Washer (24) into the Upright and turn the Knob clockwise until tight.

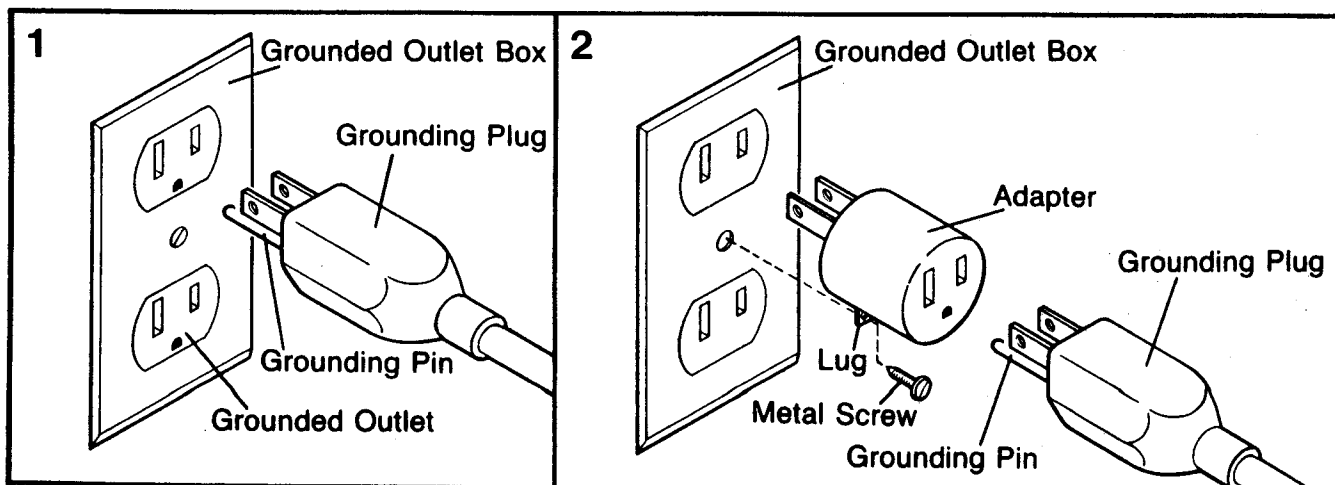


GROUNDING INSTRUCTIONS

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.**



OPERATING INSTRUCTIONS

Read the instructions below carefully before starting the treadmill.

1. Step onto the Foot Rails and hold the Handrail with an overhand grip.
2. Attach the Clip on the Safety Key to the waistband of your clothing. Insert the Key into the Power Switch. To turn the power on, move the Key to the right until the Power Indicator lights.
IMPORTANT: For your safety, always wear the Clip when using the treadmill. If you slip or fall while exercising, the Key will be disengaged from the Switch, instantly turning the power off.
3. Turn the Speed Control Knob counterclockwise until it stops at the "Reset" position, and then clockwise until the Walking Belt is moving at slow speed. Note: The Knob must be turned to the "Reset" position **each time the power is turned on.**
4. Carefully step onto the moving Walking Belt and begin walking.
5. Slowly turn the Speed Control Knob until the desired speed is reached. (Turning the Knob clockwise increases the speed. Turning the Knob counterclockwise decreases the speed.)
6. To turn the treadmill off, move the Safety Key to the left. Remove the Key from the Power Switch.

INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the incline of the treadmill can be adjusted with the Incline Control Lever on the treadmill Console. **Do not adjust the incline while you are walking or running on the treadmill.** To increase the incline of the treadmill, stand with your feet on the Foot Rails, **towards the rear of the treadmill**, and pull back the Incline Control Lever. When the desired angle is reached, release the Lever. To decrease the incline, **stand toward the front of the treadmill**, lean forward if necessary, and pull back the Incline Control Lever until the desired angle is reached.



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

ELECTRONIC MONITOR OPERATION

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

MAINTENANCE AND TROUBLE-SHOOTING

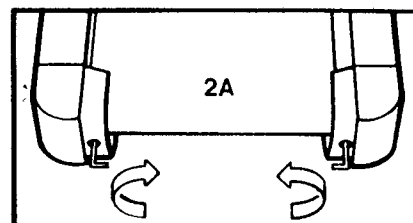
Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow water to come in contact with the electronic monitor.

WALKING BELT ADJUSTMENT

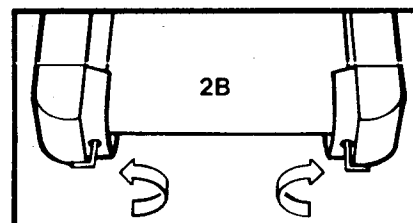
To prevent damage to the Walking Belt, always keep the Belt centered during operation. Stand beside the treadmill and turn the treadmill on at medium speed. Observe the spaces between the edges of the Walking Belt and the Foot Rails. If the Belt is closer to one Foot Rail than the other, center the Belt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

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

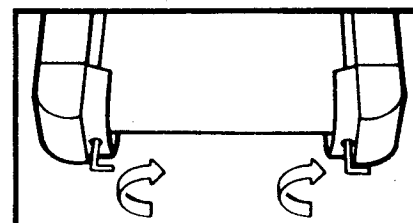
2. A. If the Walking Belt has shifted to the left side:
Turn the left Adjustment Bolt clockwise and the right Adjustment Bolt counterclockwise, 1/8 of a turn at a time, until the Belt moves to the center.



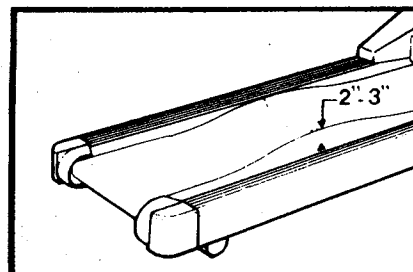
- B. If the Walking Belt has shifted to the right side:
Turn the left Adjustment Bolt counterclockwise and the right Adjustment Bolt clockwise, 1/8 of a turn at a time, until the Belt moves to the center.



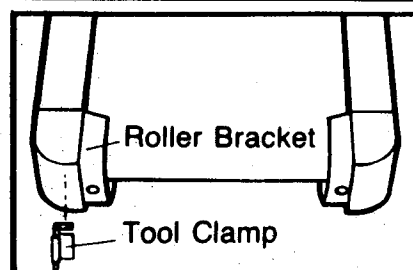
If the Walking Belt slips during operation, the tension should be adjusted. Turn both Adjustment Bolts clockwise an equal amount until the Belt no longer slips. Be careful to keep the Belt centered. **Do not over-tighten the Bolts.** Overtightening may stretch the Belt, cause excessive Roller noise and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



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

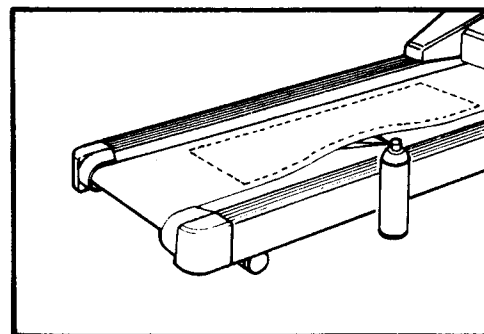


The Adjustment Tool can be stored on one of the Roller Brackets using the adhesive Tool Clamp included.



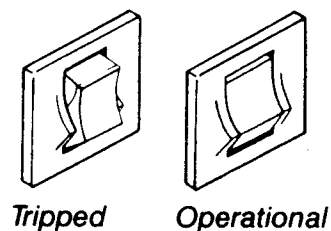
SILICONE APPLICATION

To maintain the low-friction quality of the Walking Belt and reduce treadmill wear, a **non-oil, non-petroleum base silicone lubricant** should be applied 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.



ELECTRONIC MONITOR

A 9-volt battery must be installed in the electronic monitor before the monitor can be operated (see the Electronic Monitor Operation Guide). If the monitor does not function properly, test the monitor using new batteries. Most problems are the result of weak batteries.

STORAGE

Always unplug the Power Cord when the treadmill is not in use. To convert the treadmill to the storage position, loosen the Lock Knob and lay the Handrail Upright on the treadmill. Always remove the batteries from the Electronic Monitor 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 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

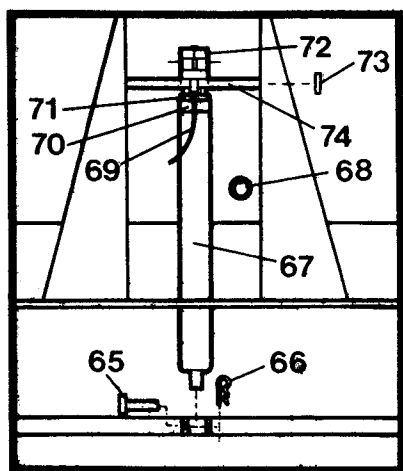
To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR EXERCISE.

PART LIST - Model No. 831.296553

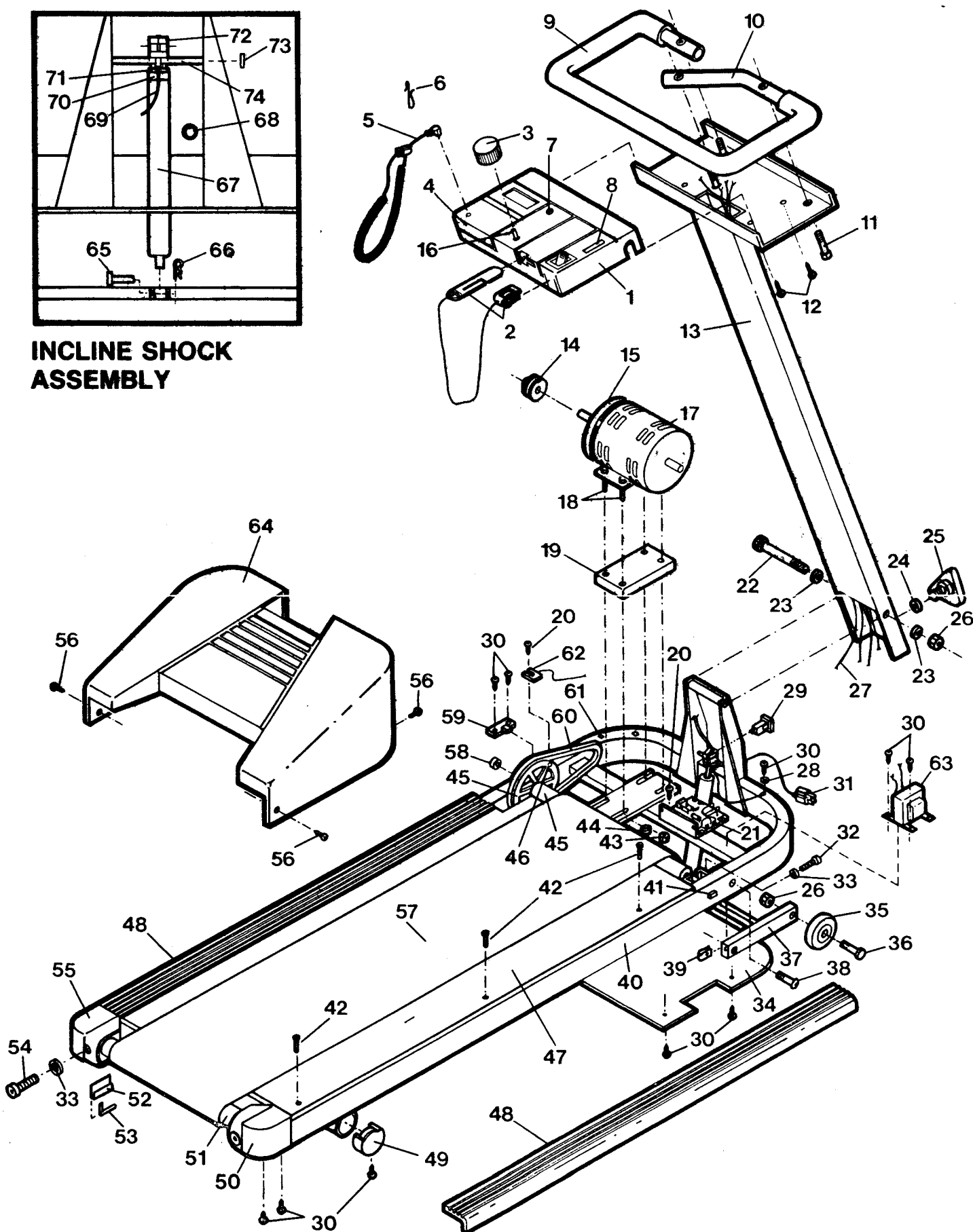
Rev. 2/90

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	009176	1	Console Assembly	40	NSP	1	Frame
2	070853	1	Safety Key/Clip	41	041043	4	Hood Cushion
3	100014	1	Speed Control Knob	42	013494	6	Large Screw
4	032053	1	Electronic Monitor	43	012082	4	Motor Nut
5	033007	1	Pulse Ear Clip	44	014041	4	Motor Washer
6	054013	1	Clothes Clip	45	022056	1	Front Roller/Pulley
7	033161	1	Power Indicator	46	033066	1	Sensor Magnet
8	088001	1	Incline Indicator	47	053028	1	Walking Platform
9	041041	1	Foam Grip	48	010175	2	Foot Rail
10	001063	1	Handrail	49	040156	2	Rear Leg Endcap
11	013547	3	Handrail Bolt	50	008195	1	Right Roller Bracket
12	013322	4	Console Mounting Screw	51	070084	1	Rear Roller
13	007100	1	Handrail Upright	52	016028	1	Tool Clamp
14	020044	1	Motor Pulley	53	045010	1	Adjustment Tool
15	021048	1	Flywheel	54	013206	2	Rear Adjustment Bolt
16	031121	1	Speed Pot. Assembly	55	008194	1	Left Roller Bracket
17	030025	1	Motor	56	013511	4	Motor Hood Screw
18	013480	4	Motor Bolt	57	025058	1	Walking Belt
19	019259	1	Motor Mount Spacer	58	019190	1	Roller Bushing
20	013300	4	Small Screw	59	016050	1	Roller Lock
21	031189	1	Controller	60	025055	1	V-Belt
22	013485	1	Hinge Bolt	61	016055	4	Sensor Wire Clip
23	014132	2	Hinge Washer	62	033208	1	Sensor Wire/Reed Switch
24	014156	1	Lock Knob Washer	63	031238	1	Choke
25	017088	1	Lock Knob	64	009126	1	Motor Hood
26	012149	3	Lock Nut	65	015045	1	Shock Pin
27	031231	1	On/Off Wire	66	015043	1	Cotter Pin
28	014157	1	Star Washer	67	043036	1	Shock
29	031036	1	Circuit Breaker	68	019084	1	Grommet
30	013162	17	Screw	69	088005	1	Shock Release Cable
31	031147	1	Power Cord	70	059019	1	Shock Cushion
32	013275	1	Front Roller Adj. Bolt	71	014153	1	Flat Washer
33	014063	3	Adjustment Washer	72	088004	1	Shock Release
34	040164	1	Safety Cover	73	012133	1	Push Nut
35	052014	2	Front Wheel	74	008204	1	Shock Mtg. Bracket
36	013501	2	Wheel Bolt	#	100257	1	Owner's Manual
37	004160	1	Lift Frame	#	089035	1	Electronic Monitor Guide
38	013561	2	Lift Frame Bolt				
39	012179	2	U-Nut				

Note: “#” indicates a non-illustrated part.



INCLINE SHOCK ASSEMBLY



*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 REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The MODEL NUMBER OF THE PRODUCT (831.296553).
2. The NAME OF THE PRODUCT (Lifestyler 2800 Auto Incline treadmill).
3. The SERIAL NUMBER OF THE PRODUCT found on the frame (see the drawing on the front cover).
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.

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 equipment to insure that we meet our pledge to you: we service what we sell.

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