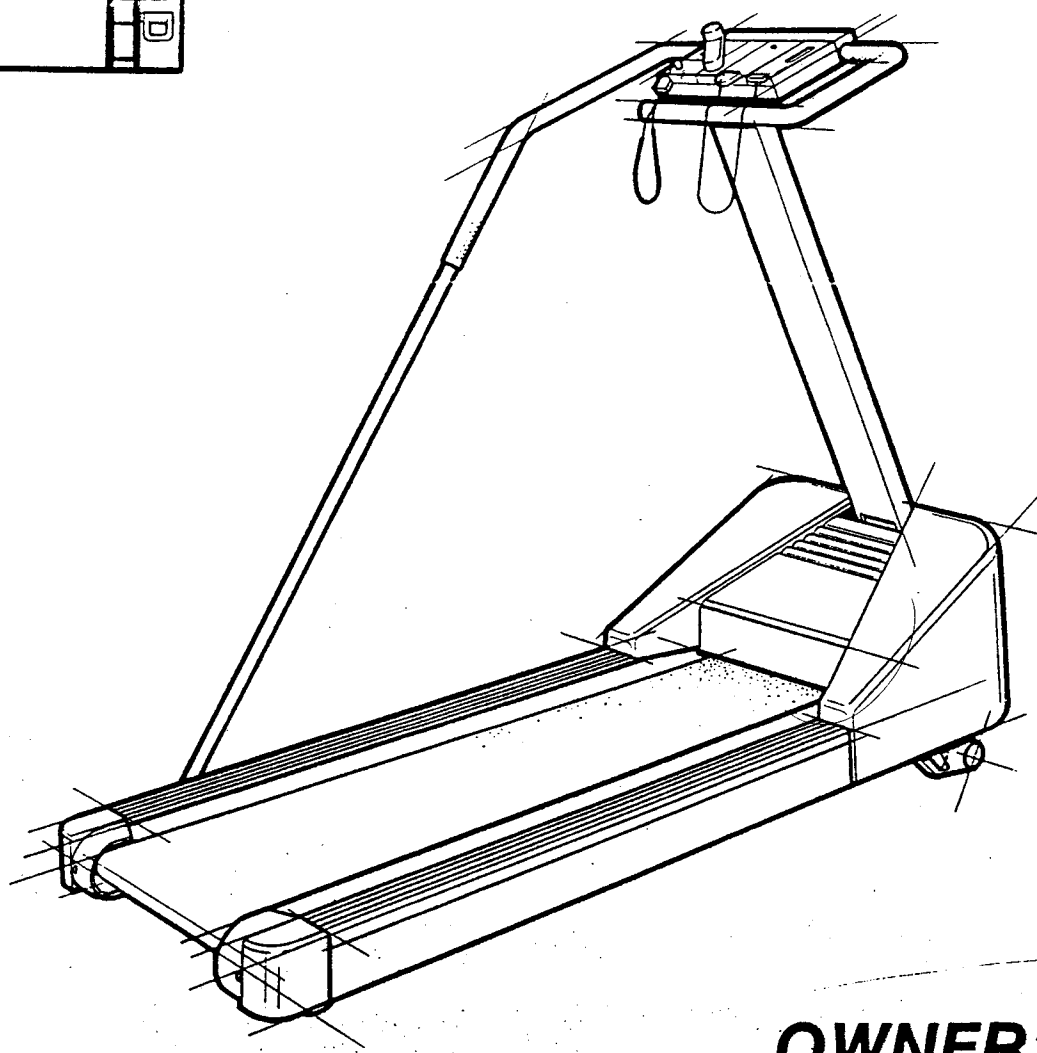
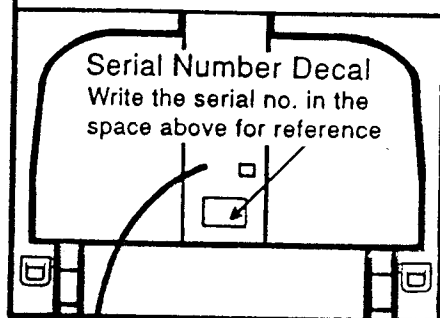


SEARS® **Lifestyler™ 2000se**

✓ ELECTRONIC ERGOMETER

Model No. 831.296561
Serial No.



OWNER'S MANUAL

Caution: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

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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 Electronic Ergometer treadmill is used in a normal manner.

This warranty does not apply when the Electronic Ergometer 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.

Lifestyler™ 2000se

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 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.

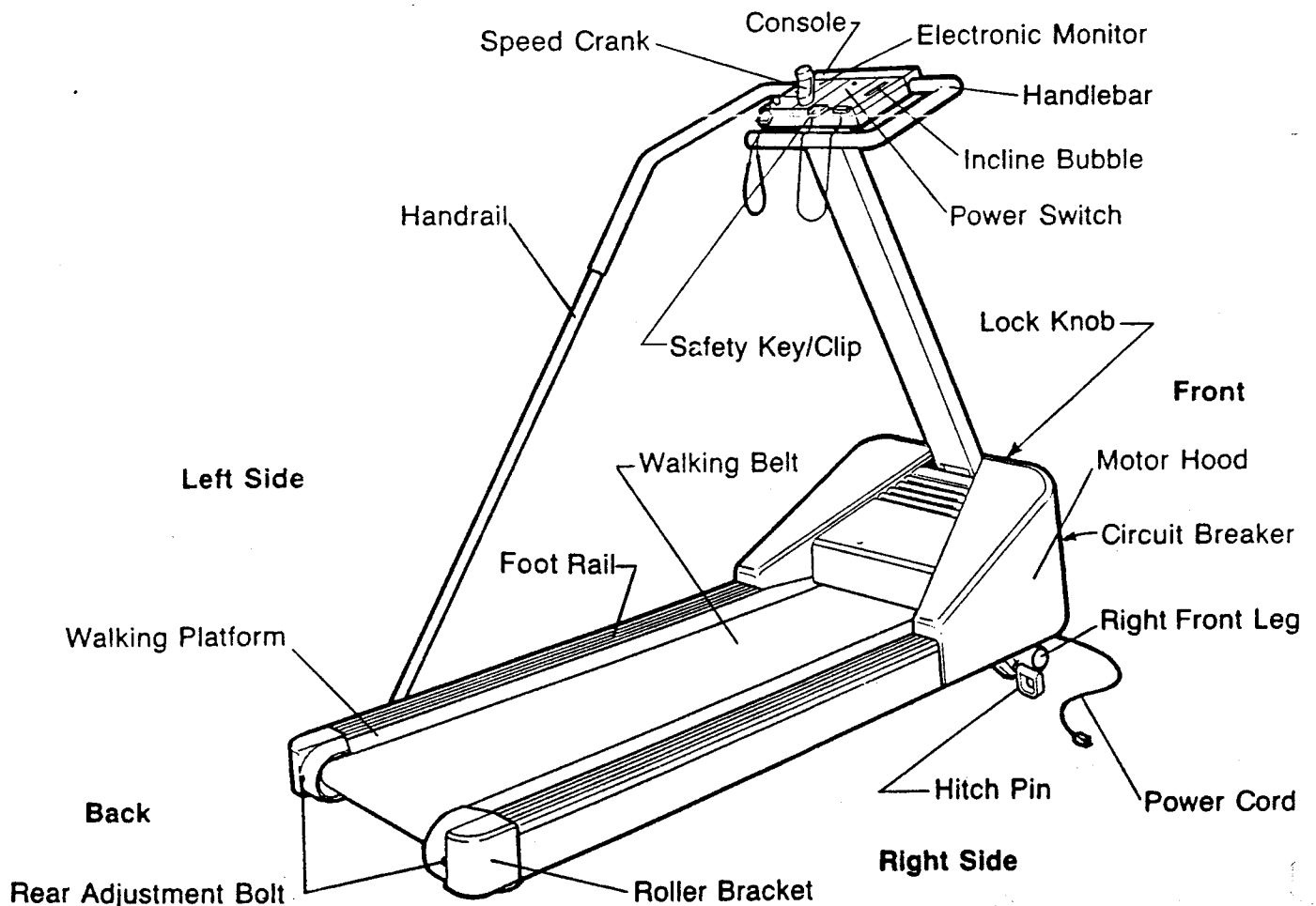
BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 2000se Electronic Ergometer treadmill. The Lifestyler 2000se 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 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 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 can be found on the front cover of this manual. The serial number is recorded on a decal located on the treadmill (see the front cover for the location of the decal).

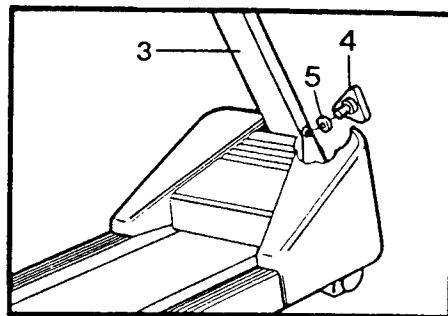
Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



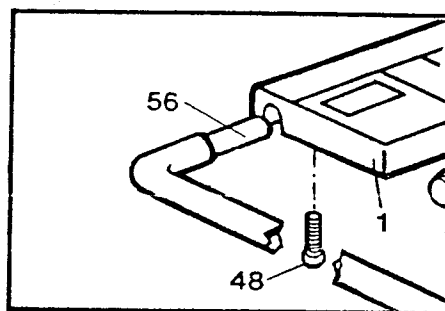
ASSEMBLY

Set the treadmill in a clear 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 Exploded Drawing and the Part List on pages 10 and 11 for help in part identification. Assembly can be completed using a standard screwdriver (not included).

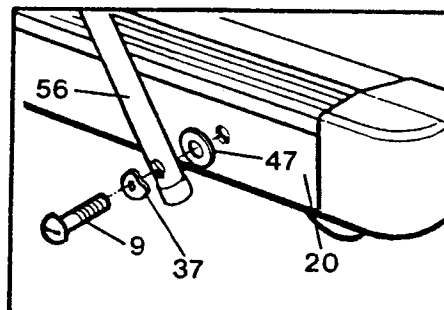
1. Raise the Handrail Upright (3) to the vertical position. Insert the Lock Knob (4) with the Lock Knob Washer (5) into the Upright, and turn the knob clockwise until it is almost tight. Leave a little play in the Upright Post for the following steps.



2. Slide the upper end of the Handrail (56) into the opening in the left side of the Console (1). Insert the Short Handrail Bolt (48) through the metal plate under the Console, and tighten the Bolt into the Handrail.



3. Align the hole in the lower end of the Handrail (56) with the hole in the Frame (20). Attach the Handrail with the Long Handrail Bolt (9), Formed Washer (37) and Side Rail Washer (47). Tighten the Lock Knob (see step 1).



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

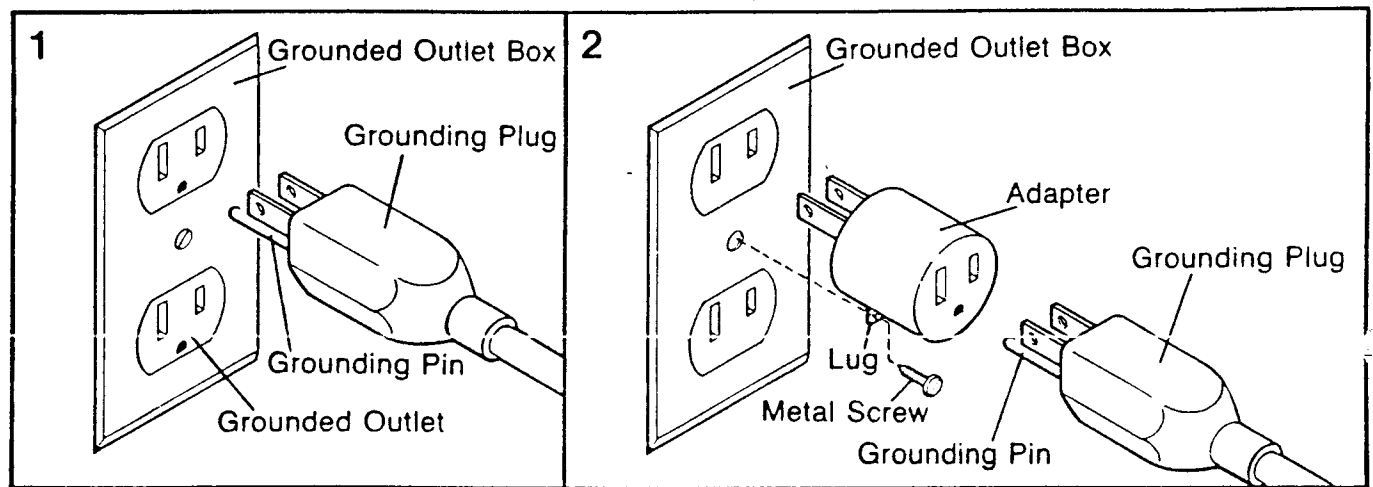
OPERATION AND ADJUSTMENT

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.**

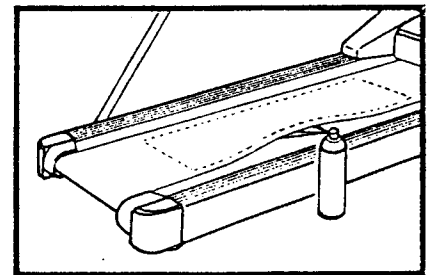
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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



OPERATING INSTRUCTIONS

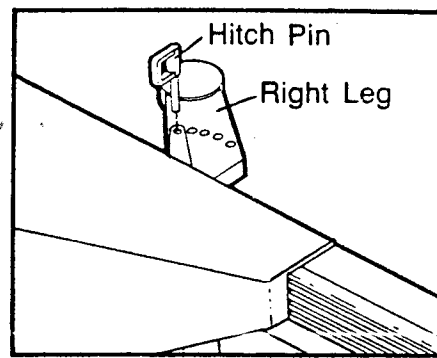
1. Step onto the Foot Rails and hold the Handrail with an overhand grip.
2. Attach the Clip on the Safety Key to the waistband of your clothing. Insert the Key into the Power Switch. To turn the power on, move the Key to the right until the power indicator lights. **IMPORTANT: For your safety, always wear the Clip when using the treadmill.** If you slip while exercising, the Key will be disengaged from the Switch, instantly turning the power off.

3. Carefully step onto the moving Walking Belt and begin walking.
4. Turn the Speed Crank until the Walking Belt 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 Cable may be damaged.
5. 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 angle of the treadmill can be adjusted in the following manner:

1. **Unplug the power cord.** Lay the treadmill on its left side. Do not drop the treadmill.
2. Remove the hitch pin from the right leg and adjust the leg to the desired height. Replace the hitch pin and carefully tip the treadmill upright.
3. Lay the treadmill on its right side and adjust the left leg in the same manner. Make sure that both legs are at the same height. **Plug the power cord in.**



There is a bubble mounted on the right side of the console to measure the incline of the treadmill.

ELECTRONIC MONITOR OPERATION

See the Electronic Monitor Operation Guide accompanying this manual. A 9-volt battery (not included) is required for operation. An alkaline battery is recommended.

MAINTENANCE AND TROUBLE-SHOOTING

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, 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. 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 Bolt and the Allen Wrench. **CAUTION: Keep your hands away from the moving Walking Belt or serious injury could result.**

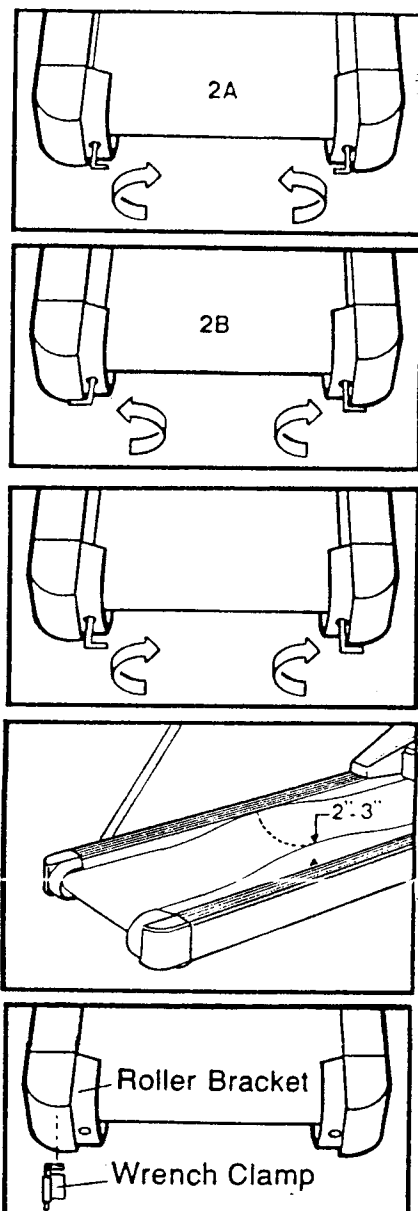
2. A. If the Walking Belt has shifted to the left side:
Turn the left Adjustment Bolt clockwise and the right Adjustment Bolt counterclockwise, 1/8 of a turn at a time, until the Belt moves to the center.

- 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.

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.

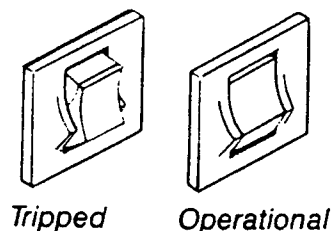
To check for proper Walking Belt tightness, **unplug the power cord** and lift the sides of the Belt. You should be able to lift both sides approximately 2-3 inches off of the Walking Platform. The center of the Belt should remain just at the surface of the platform, causing the Belt to bow.

The Allen Wrench can be stored on one of the Roller Brackets using the adhesive Wrench Clamp included.



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 Screws and Washers from the lower and upper ends of the Handrail. Store the Screws and Washers in a secure location. Loosen the Lock Knob and lay the Handrail Upright on the treadmill. Lay the Handrail on the treadmill. Always remove the battery 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.

THE WORKOUT

Each workout should consist of the following 5 basic parts: 1. Resting, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. Resting. Warming up prepares the body for exercising by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. 5-10 minutes of stretching or light calisthenics provides a good warm-up. After warming up, begin exercising at a light pace for a few minutes. Then increase the intensity of your exercise to raise your heart rate to your Training Zone for 20-30 minutes. In order to help prevent soreness, cool down with 5-10 minutes of stretching or light calisthenics after exercising.

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. 831.296561

Rev. 7/90

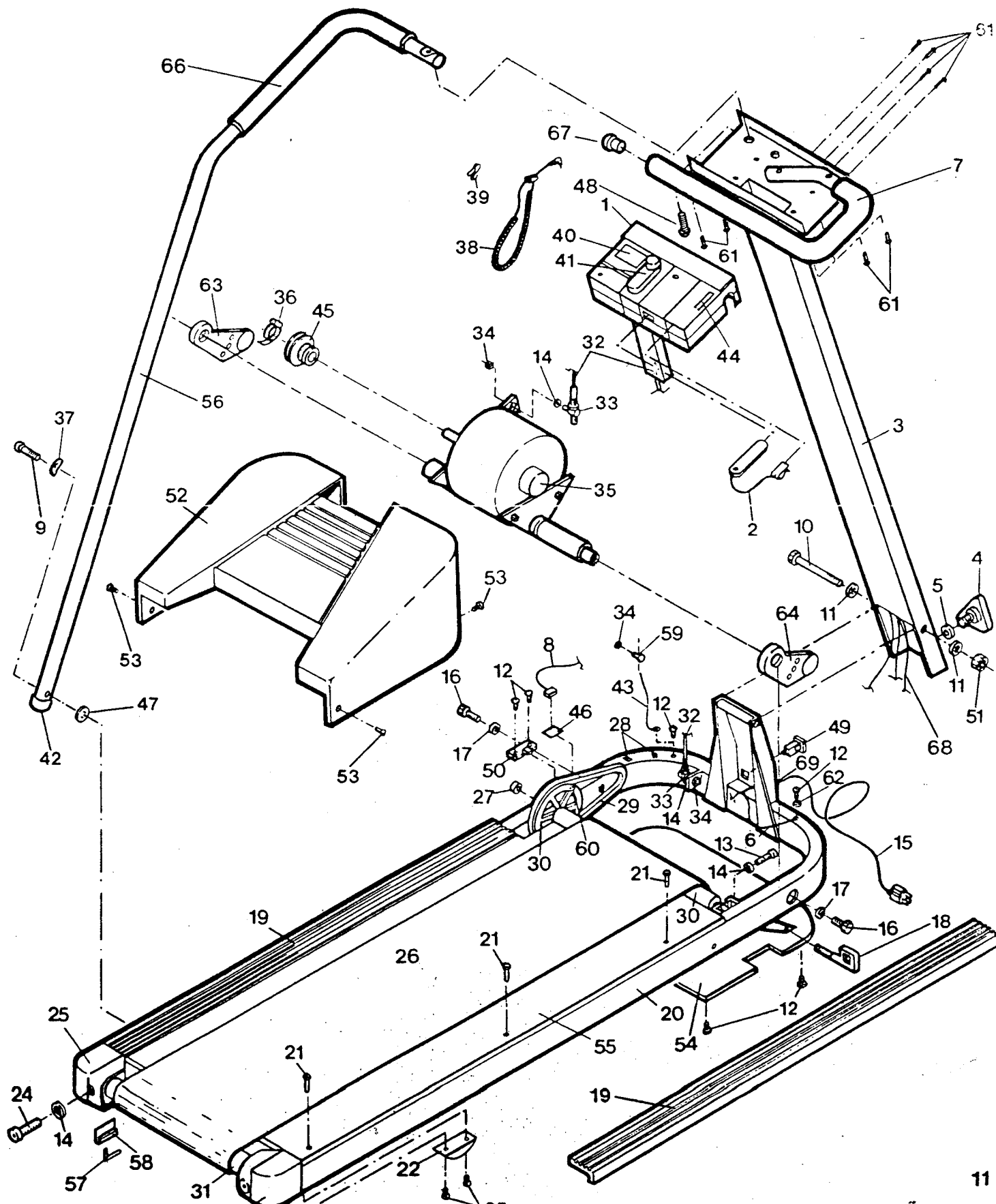
Note: "#" indicates a non-illustrated part. See the back cover for information on ordering replacement parts. Specifications are subject to change without notice.

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	009165	1	Console Assembly	37	014094	1	Formed Washer
2	070853	1	Safety Key/Clip	38	033007	1	Ear Clip
3	101810	1	Handrail Upright	39	054013	1	Clothes Clip
4	017088	1	Lock Knob	40	032053	1	Electronic Monitor
5	014156	1	Lock Knob Washer	41	017066	1	Speed Crank
6	031182	1	Ground Wire	42	040132	1	Handrail End Cap
7	041042	1	Foam Grip	43	031183	1	Motor Retain Cable
8	033092	1	Sensor Wire/Reed Switch	44	088001	1	Incline Bubble
9	013460	1	Long Handrail Bolt	45	020051	1	Motor Pulley
10	013485	1	Hinge Bolt	46	062035	1	Fastener Strip
11	014132	2	Hinge Washer	47	014086	1	Side Rail Washer
12	013162	12	Small Screw	48	013522	1	Short Handrail Bolt
13	013275	1	Front Roller Adj. Bolt	49	031036	1	Circuit Breaker
14	014063	5	Washer	50	016050	1	Roller Lock
15	031143	1	Power Cord	51	012149	1	Hinge Nut
16	013211	2	Swivel Shaft Bolt	52	009126	1	Motor Hood
17	014066	2	Lock Washer	53	013511	4	Hood Mounting Screw
18	015055	2	Hitch Pin	54	040188	1	Safety Cover
19	010175	2	Foot Rail	55	053025	1	Walking Platform
20	NSP	1	Frame	56	003069	1	Handrail
21	013494	6	Large Screw	57	045010	1	Allen Wrench
22	005040	2	Rear Foot	58	016028	1	Wrench Clamp
23	008195	1	Right Roller Bracket	59	013506	1	Cable Lock Bolt
24	013206	2	Rear Roller Adj. Bolt	60	033066	1	Sensor Magnet
25	008194	1	Left Roller Bracket	61	013322	8	Upright Screw
26	025057	1	Walking Belt	62	014157	1	Star Washer
27	019110	1	Roller Bushing	63	005053	1	Left Front Leg
28	016055	4	Sensor Wire Clip	64	005054	1	Right Front Leg
29	025068	1	V-Belt	65	013300	4	Rear Foot Screw
30	070249	1	Front Roller/Pulley	66	041068	1	Handrail Foam Grip
31	070084	1	Rear Roller	67	040119	1	Bullet End Cap
32	026021	1	Speed Adj. Assembly	68	031207	1	Switch Wire
33	072040	2	Tension Swivel	69	019084	1	Grommet
34	012090	3	Tension Swivel Nut	#	101793	1	Owner's Manual
35	030048	1	Motor Assembly	#	089035	1	Monitor Guide
36	016026	1	Metal Clamp				

EXPLODED DRAWING - Model No. 831.296561

Rev. 7/90

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 REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION.

1. The MODEL NUMBER OF THE PRODUCT (831.296561).
2. The NAME OF THE PRODUCT (Lifestyler 2000se Electronic Ergometer).
3. The KEY NUMBER OF THE PART from the Part List found in this manual.
4. 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 the equipment to insure that we meet our pledge to you: we service what we sell.