

Lifestyler™

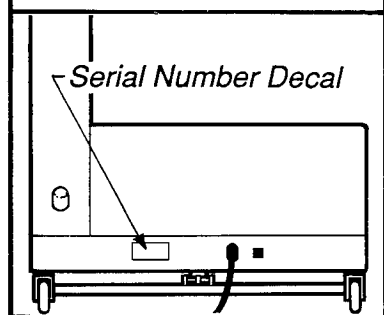
✓ **PROGRAMMABLE SPEED**
✓ **AUTO INCLINE**

3500ps

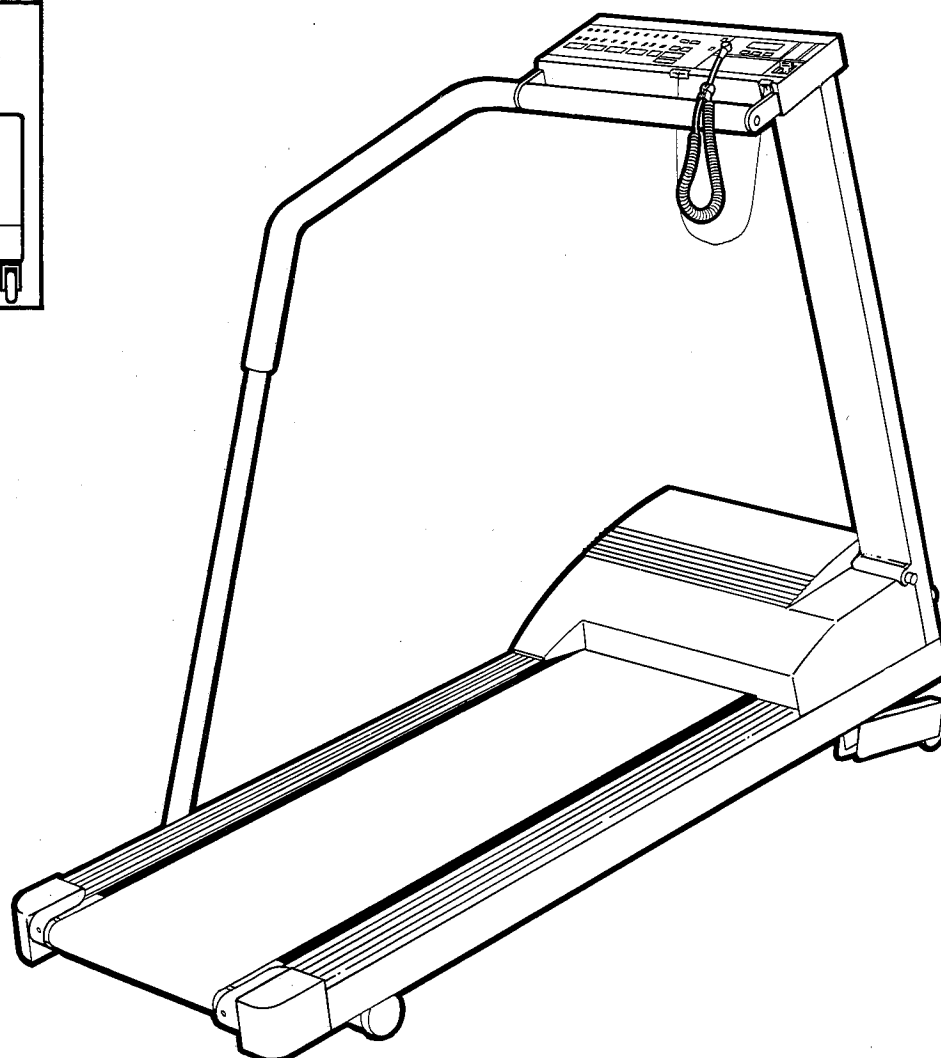
Model No. 831.296700

Serial No. _____

Write the serial number in the space above for reference.



Patented



SEARS®

OWNER'S MANUAL

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

Part No. 100970 10/90

SOLD BY SEARS, ROEBUCK AND COMPANY, 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 the Programmable Speed, Auto Incline Treadmill is used in a normal manner.

This warranty does not apply when the Programmable Speed, Auto 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

Lifestyler™

▼ **PROGRAMMABLE SPEED**
▼ **AUTO INCLINE**

3500ps

TABLE OF CONTENTS

Warranty	2
Important Safety Precautions	4
Before You Begin	5
Assembly	6
Operation and Adjustment	7
Maintenance and Trouble-Shooting	10
Conditioning Guidelines	12
Part List	14
Exploded Drawing	15
Ordering Replacement Parts	Back Cover

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 product.

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 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 AND ADJUSTMENT 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 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 in this manual should be performed by an authorized service representative only.
11. This treadmill is capable of high speeds. Always adjust the speed slowly to avoid sudden jumps in speed.

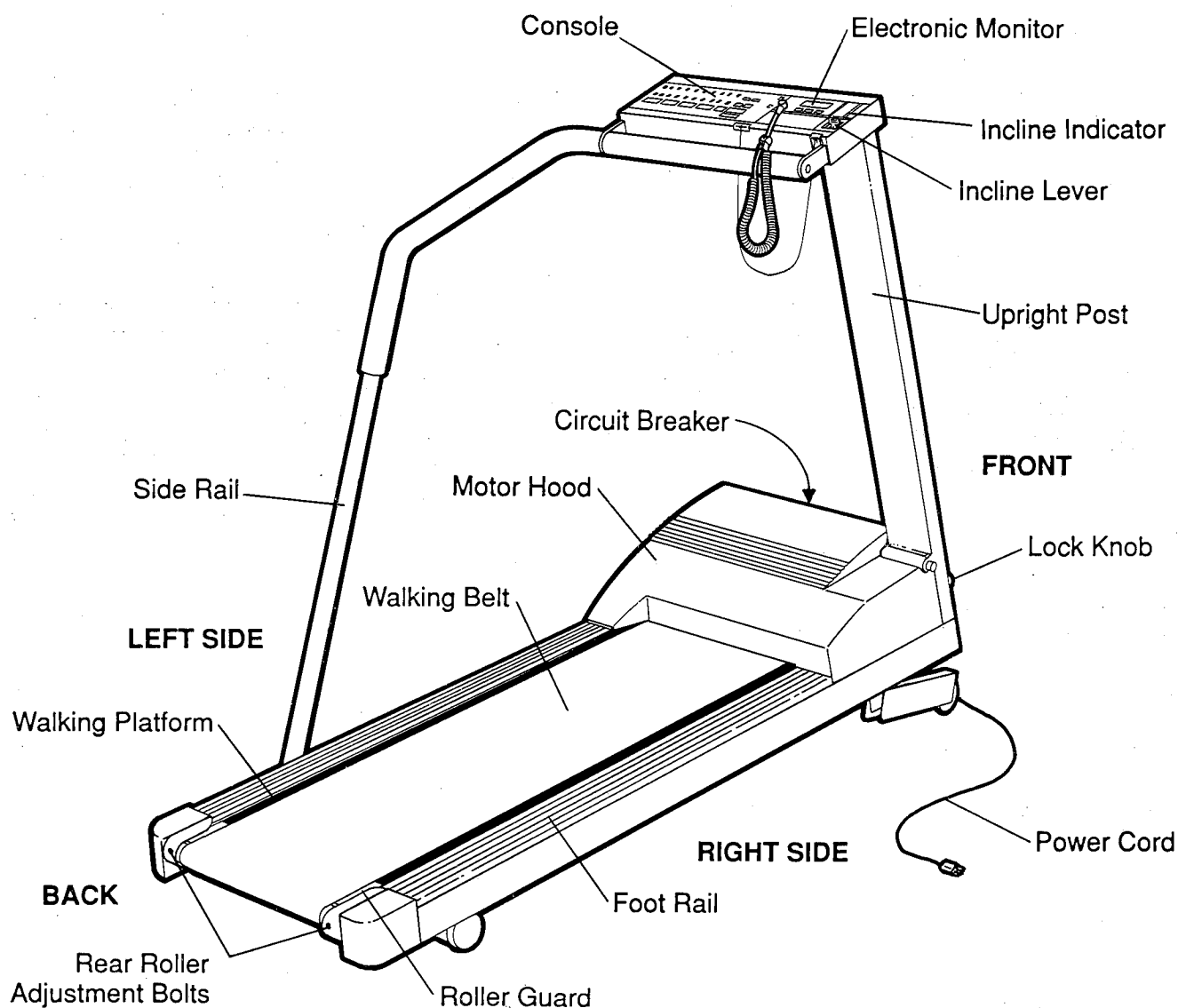
SAVE THESE INSTRUCTIONS.

BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 3500ps treadmill. The Lifestyler 3500ps combines state-of-the-art technology with innovative design to let you enjoy an excellent cardiovascular workout at your convenience, in the privacy of your home. Your exercise on the Lifestyler 3500ps will be enhanced by such features as an oversized running surface, a card-activated power switch, electronic speed control and a programmable exercise computer.

For your safety and benefit, **read this manual carefully before using this equipment.** If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). In all communications regarding this product, please refer to your product model number and serial number. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover for the location).

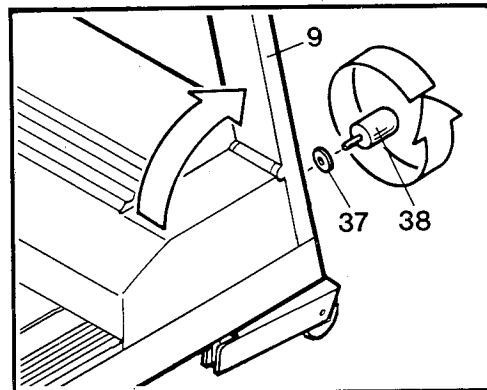
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



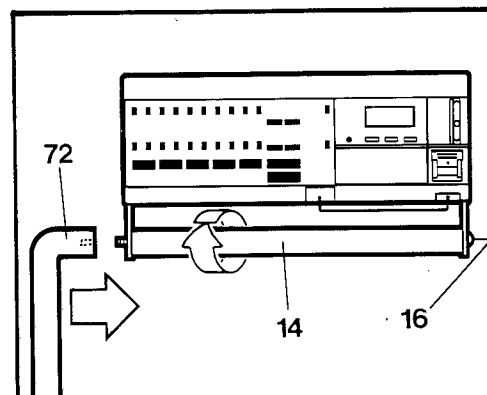
ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.** Assembly can be completed using the allen wrench included, and your own standard screwdriver. Refer to the Part List on and Exploded Drawing pages 14 and 15 for help with part identification, if necessary.

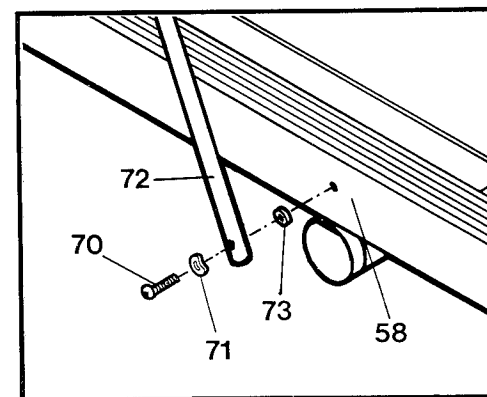
1. Raise the Upright Post (9) to a vertical position. Insert the Lock Knob (38), with the Lock Knob Washer (37) into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Align the upper end of the Side Rail (72) with the left end of the Handrail (14). Turn the Handrail as shown to thread the Handrail into the Side Rail. (Note: If the Handrail will not turn easily, loosen the Handrail Bolt [16] slightly.) Tighten the Handrail and the Handrail Bolt.



3. Align the lower end of the Side Rail (72) with the hole in the side of the treadmill Frame (58). Attach the Side Rail with a Side Rail Bolt (70), Formed Washer (71) Side Rail Washer (73) as shown. Tighten the Lock Knob (see step 1).



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

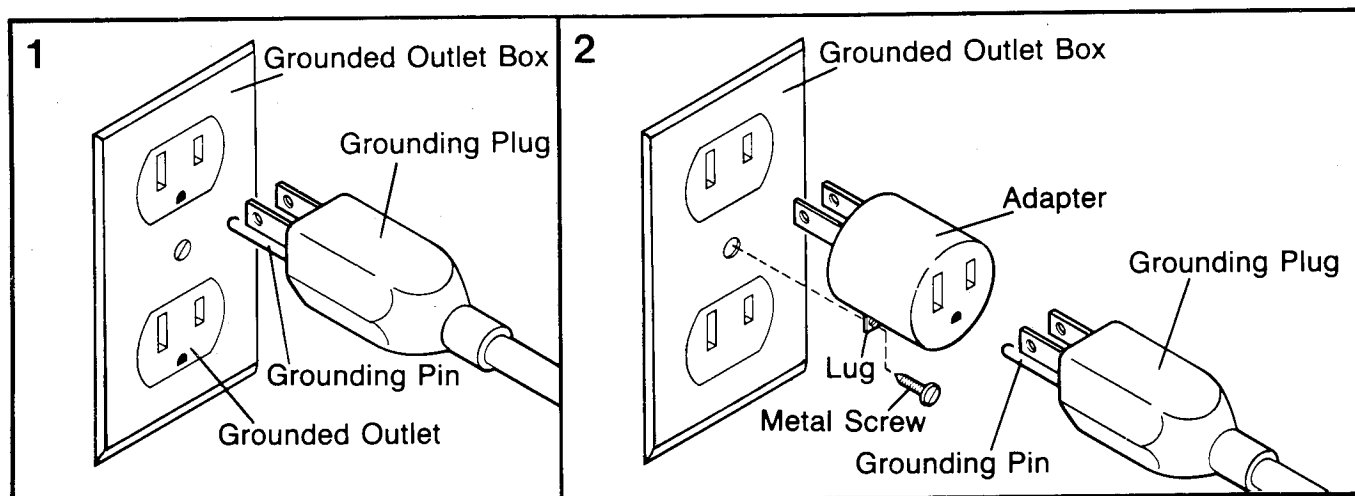
OPERATION AND ADJUSTMENT

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.**

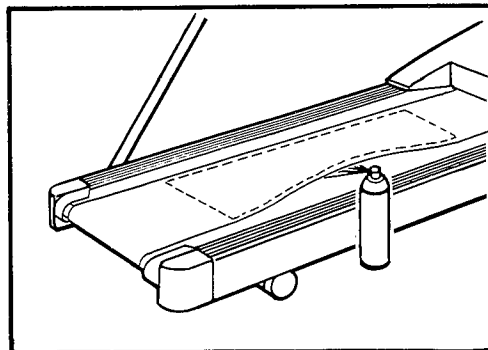
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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



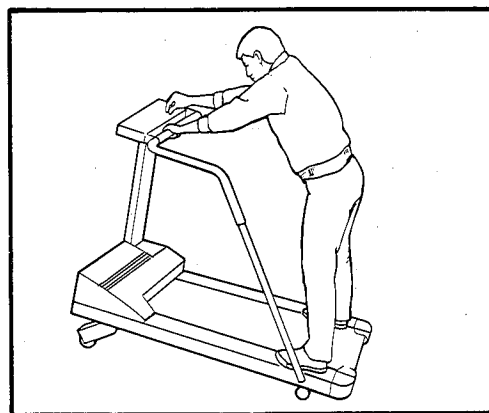
SILICONE APPLICATION

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.

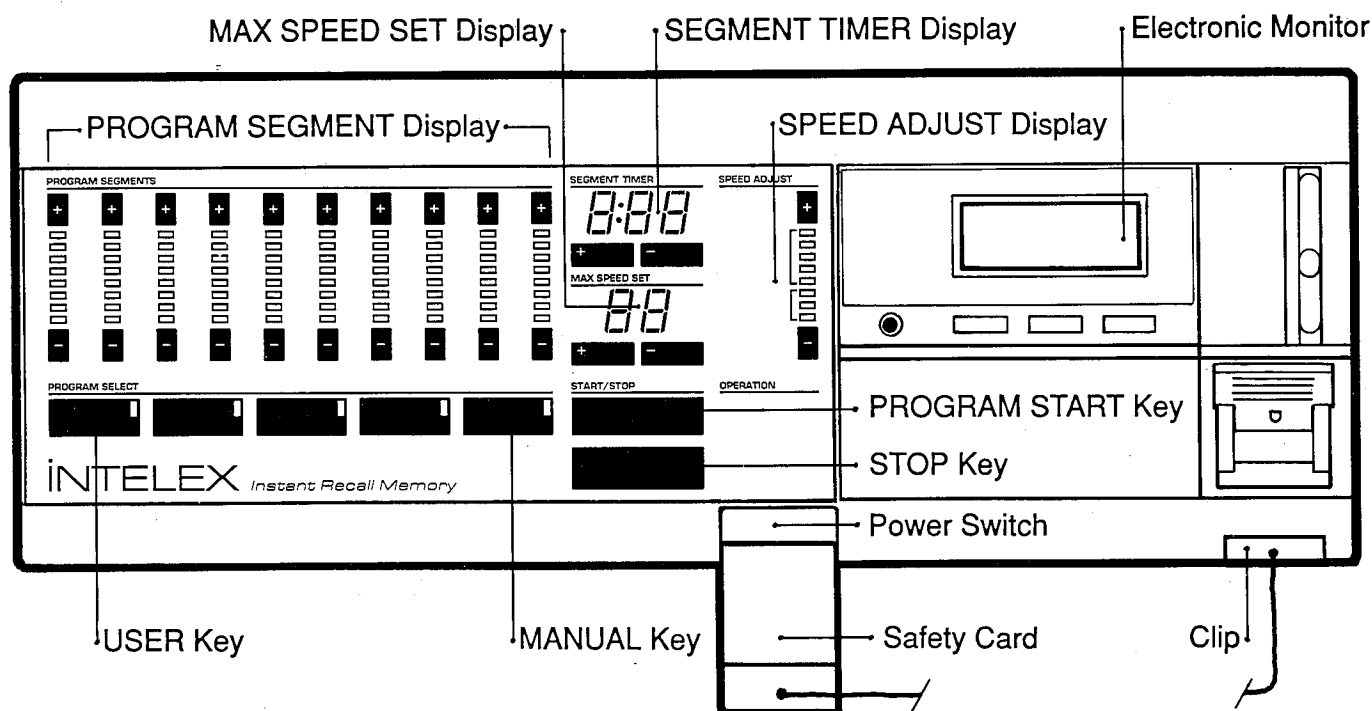


INCLINE ADJUSTMENT

To vary the level of exercise intensity, the incline of the treadmill can be changed using the lever on the right side of the console. **Do not adjust the incline while you are walking or running on the treadmill.** To increase the incline of the treadmill, **stand toward the rear of the foot rails** and pull back the lever. When the desired incline is reached, release the lever. To decrease the incline, **stand toward the front of the foot rails**, lean forward if necessary, and pull back the lever until the desired incline is reached. There is an incline indicator located above the incline lever on the console. The indicator measures the incline of the treadmill.



CONSOLE DIAGRAM



TURNING THE POWER ON

Stand with your feet on the foot rails on either side of the walking belt.

Attach the clip on the safety card to the waistband of your clothing. **IMPORTANT:** The clip is an important safety feature. If you should slip while operating the treadmill, the safety card will be pulled from the power switch, instantly turning the power off.

Insert the safety card into the power switch on the front of the console. The electronic monitor will turn on, the indicator on the MANUAL key will light, and one bar in the SPEED ADJUST display will light.

Note: If the safety card is removed from the power switch, allow ten seconds for the microprocessor to reboot before inserting the card again.

ELECTRONIC MONITOR OPERATION

MANUAL SPEED MODE

After the power is turned on, the console will be in the manual mode and the walking belt will be stationary. The speed of the walking belt can be controlled using the plus (+) and minus (-) keys in the SPEED ADJUST display. Press the plus key until the walking belt begins to move at slow speed. Each time the key is pressed, a tone will sound and the speed will increase. An additional bar in the display will light every fourth time the key is pressed. (The key can be held down to adjust the speed quickly.) The minus key functions in the same manner to decrease the speed. **CAUTION:** After a key is pressed, it will take a few seconds for the walking belt to adjust to the new speed setting. Adjust the speed gradually until you are familiar with the operation of the treadmill.

Step onto the walking belt and begin walking. Increase or decrease the speed as desired by pressing the plus or minus keys.

When you are finished exercising, press the minus key until the walking belt stops. The belt can also be stopped by pressing the STOP key. Note: The walking belt will take a few seconds to stop.

PROGRAMMABLE SPEED MODE

In the programmable mode, individualized workout programs can be created and stored in the computer's memory for future sessions. Up to four different programs can be stored simultaneously. Simply set a maximum speed for the program, select ten speed settings, and set the length of time you want to exercise at each speed setting. With the touch of a key, the computer will then control the speed of the treadmill automatically as you exercise.

Press one of the four USER keys to switch the console to the programmable mode. The indicator on the MANUAL key will extinguish, and the indicator on the USER key will light.

Set the maximum speed you want the walking belt to move by pressing the plus (+) or minus (-) keys in the MAX SPEED SET display. The maximum speed must be at least 4.0 miles per hour. Each time a key is pressed, the speed displayed will change by 0.5 miles per hour. (The speed cannot be set quickly by holding a key down.)

A program should now be created in the PROGRAM SEGMENTS display. The display is divided into ten segments, each with a plus (+) and minus (-) key and eight bars. The first bar in each segment represents the minimum speed, and the eighth bar represents the maximum speed set. (If a program has not previously been created, four bars will be lighted in each segment. Four bars represents a speed about halfway between the minimum speed and the maximum speed set.) Press the plus or minus keys in each segment to set the speed desired for that segment. A tone will sound each time a key is pressed. A bar will light every fourth time a plus key is pressed, or extinguish every fourth time a minus key is pressed. You may wish to set the first segments at low speeds for warming up, the next segments at a combination of higher speeds, and the final segment at low speed for cooling down. The segments can be set in an endless variety of patterns.

Set the length of time you want to exercise at each speed setting by pressing the plus (+) or minus (-) keys in the SEGMENT TIMER display. The segments can be set for a minimum of 30 seconds, up to a maximum of 9 minutes, 50 seconds. Each time a key is pressed, the time displayed will increase or decrease by 10 seconds. (The keys can be held down to set the time quickly.)

After setting a maximum speed, ten program segment speeds, and the length of time each segment will last, the program can be started by pressing the PROGRAM START key.

IMPORTANT: If you wish to change any program settings after the program has been started, press the STOP key, and then make the desired changes. The program can be restarted by pressing the PROGRAM START key. Changing settings while a program is running could cause the speed of the walking belt to increase suddenly.

After the PROGRAM START key is pressed, the lighted bars in the first program segment will begin to flash, and after a few seconds the walking belt will begin to move at the speed setting of the first segment. Step onto the walking belt and begin walking. The SEGMENT TIMER display will show the time remaining for the first segment. When the time reaches zero, the lighted bars in the next segment will begin to flash, the speed of the walking belt will change to the setting of the next segment, and the SEGMENT TIMER display will show the time remaining for the next segment. After all ten segments have been completed, the walking belt will stop. Note: If you wish to stop the walking belt before the program has been completed, press the STOP key. The console will then be in the same state as if the program had been completed. The walking belt can also be stopped by removing the safety card.

After a program has been completed, the same program can be restarted, a different program can be selected by pressing one of the other USER keys, or the console can be switched to the manual mode by pressing the MANUAL key.

When the console is switched to the manual mode, or the power is turned off, the most recent speed settings of the ten segments will be stored in the computer's memory. Programs will be stored as long as the power cord remains plugged in, regardless of whether the power is turned on or off. **If the power cord is unplugged, programs will be erased from memory.**

TURNING THE POWER OFF

To turn the power off, simply remove the safety card from the power switch. The safety card can be stored in a secure location to prevent small children from operating the treadmill. **Note:** After the safety card is removed from the power switch, allow ten seconds for the microprocessor to reboot before inserting the card again.

MAINTENANCE AND TROUBLE-SHOOTING

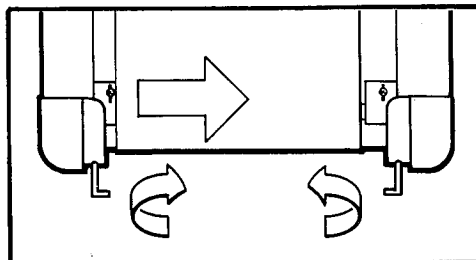
Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the electronic console.

WALKING BELT ADJUSTMENT

To prevent damage to the walking belt, the belt must be kept centered on the walking platform. If the belt shifts toward the right or left sides, the belt may be damaged by the roller guard screws. The belt can be adjusted using the allen wrench included and the rear roller adjustment bolts (see the drawings below). The treadmill must be turned on at medium speed to adjust the belt. **CAUTION: KEEP YOUR HANDS AWAY FROM THE WALKING BELT OR SERIOUS INJURY COULD RESULT.**

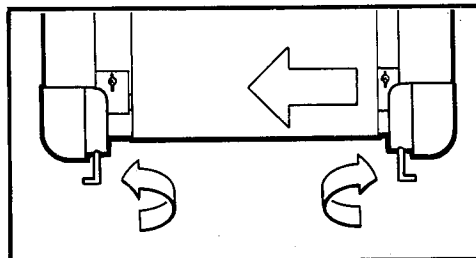
IF THE WALKING BELT HAS SHIFTED TO THE LEFT:

Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/8 of a turn at a time, until the walking belt is centered.

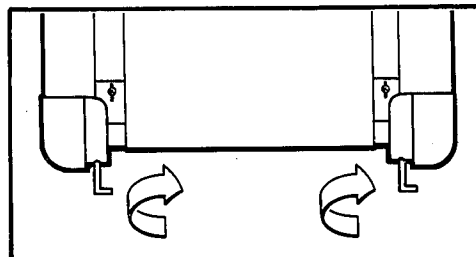


IF THE WALKING BELT HAS SHIFTED TO THE RIGHT:

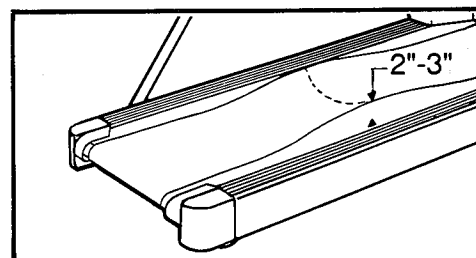
Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/8 of a turn at a time, until the walking belt is centered.



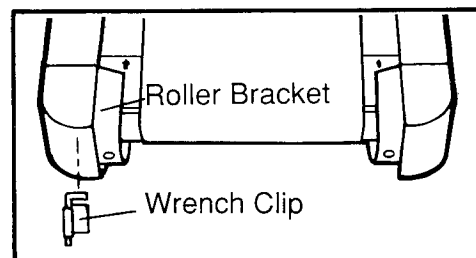
IF THE WALKING BELT SLIPS DURING USE: Turn both adjustment bolts clockwise until the belt no longer slips. Be careful to keep the belt centered. Do not overtighten the bolts. This may cause stretching of the belt, excessive roller noise, or reduced motor performance.



To check the walking belt for proper tension, **UNPLUG THE POWER CORD**, and lift the edges of the walking belt. You should be able to raise each edge 2-3 inches off the walking platform. The center of the belt should remain just at the surface of the platform.

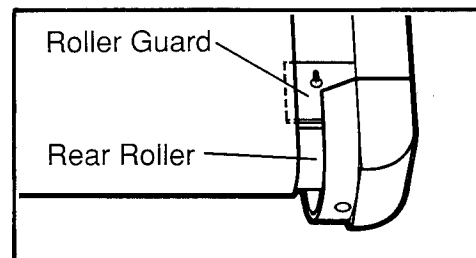


The allen wrench can be stored conveniently on the self-adhesive wrench clip included.



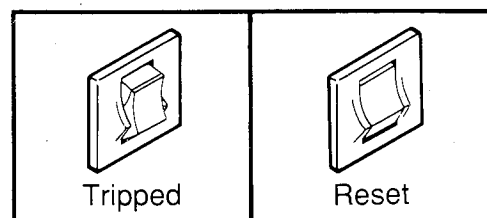
ROLLER GUARD ADJUSTMENT

The roller guards should be positioned so that the rear edges are 1/8 inch away from touching the rear roller. To adjust the roller guards, loosen the screws in the roller guards, slide the roller guards forward or backward, and retighten the screws.



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 bolt and washers from the lower end of the side rail. Store the bolt and washers in a secure location. Remove the side rail from the handrail. Loosen the lock knob and lay the upright post on the treadmill.

CONDITIONING GUIDELINES

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

EXERCISE INTENSITY

To maximize the benefits of 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, your 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 listed for both conditioned and unconditioned persons according to age. 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 it reaches the high end of your Training Zone. As your condition improves, a greater work load 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). Set the monitor for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes are elapsed. Measure your heart rate immediately 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.

WORKOUT PATTERN

Each workout should consist of the following 5 basic stages: 1. At rest, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. At rest.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level 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 stretching or light exercise will provide an adequate 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 increase to 4-5 per week. The key to a successful program is REGULAR exercise.

PART LIST - Model No. 831.296700

Rev. 10/90

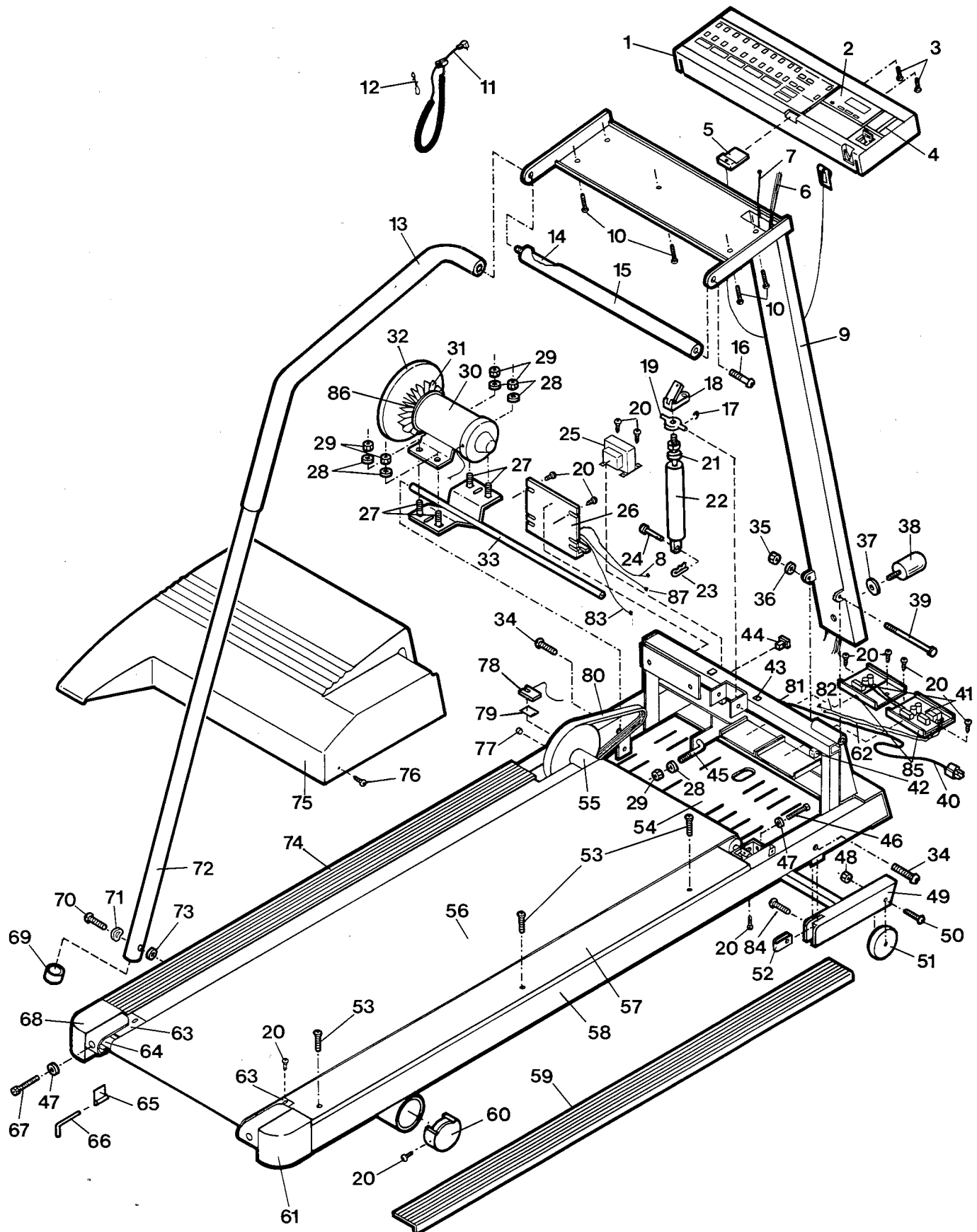
Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	103428	1	Console	45	100583	1	J-Bolt
2	100696	1	Electronic Monitor	46	013275	1	Front Adjustment Bolt
3	013509	2	Monitor Screw	47	014063	3	Adjustment Washer
4	088015	1	Incline Indicator	48	012108	2	Wheel Nut
5	102251	1	Safety Key/Clip	49	102214	1	Incline Leg
6	102250	1	Wire Harness	50	013399	2	Wheel Mounting Bolt
7	088005	1	Incline Cable	51	052014	2	Wheel
8	102249	1	Jump Wire/ Motor Contr.	52	012179	2	U-Nut
9	102103	1	Upright Post	53	100691	6	Platform Bolt
10	013322	5	Console Screw	54	101418	1	Safety Cover
11	033007	1	Pulse Earclip	55	102599	1	Front Roller/Pulley
12	054013	1	Clothes Clip	56	102100	1	Walking Belt
13	102116	1	Side Rail Foam Grip	57	053025	1	Walking Platform
14	102108	1	Handrail	58	NSP	1	Frame
15	102107	1	Handrail Foam Grip	59	100741	1	Right Foot Rail
16	013496	1	Handrail Bolt	60	040156	2	Rear Leg Endcap
17	054016	1	E-Clip	61	101632	1	Right Endcap
18	088004	1	Lift Cylinder Release	62	102248	1	White AC Jumper, M/F
19	008149	1	Cylinder Mount Bracket	63	010206	2	Roller Guard
20	013162	25	Small Screw	64	070084	1	Rear Roller
21	059019	1	Lift Cushion	65	016028	1	Wrench Clip
22	043036	1	Lift Cylinder	66	045010	1	Allen Wrench
23	015043	1	Cotter Pin	67	013206	2	Rear Adjustment Bolt
24	015045	1	Cylinder Pin	68	101631	1	Left Endcap
25	031238	1	Choke	69	040132	1	Side Rail Endcap
26	103165	1	Controller	70	013575	1	Side Rail Bolt
27	013445	4	Motor Mount Bolt	71	014094	1	Formed Washer
28	101630	5	Motor Mount Washer	72	003071	1	Side Rail
29	012082	5	Motor Mount Nut	73	014086	1	Side Rail Washer
30	100903	1	Motor	74	100554	1	Left Foot Rail
31	031226	1	Fan	75	101840	1	Motor Hood
32	102185	1	Flywheel/Pulley	76	013586	4	Hood Screw
33	100582	1	Motor Mount Bracket	77	033066	1	Magnet
34	100541	2	Shaft Bolt	78	100335	1	Sensor Wire/Reed Switch
35	012037	1	Pivot Nut	79	013300	1	Reed Switch Fastener
36	014050	2	Pivot Washer	80	102789	1	Belt
37	014156	1	Upright Knob Washer	81	019084	1	Grommet
38	017103	1	Upright Knob	82	102247	1	Black AC Jumper, 2F
39	013543	1	Pivot Bolt	83	102246	1	White AC Jumper, 2F
40	031229	1	Power Cord	84	013303	2	Lift Frame Mtg. Bolt
41	103209	1	Link/Stabilizer Board	85	102115	2	Snap Track Mtg. Bkt.
42	008148	2	Hood Mount Anchor	86	102603	1	Fan Push Nut
43	016055	4	Wire Clip	87	103453	1	Jump Wire
44	031036	1	Circuit Breaker	#	089036	1	Electronic Guide
				#	100970	1	Owner's Manual

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

EXPLODED DRAWING - Model No. 831.296700

Rev. 10/90

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 (831.296700).
2. The NAME of the product (Sears Lifestyler 3500ps Treadmill).
3. The REORDER NUMBER of the part(s), from page 14 of this manual.
4. The DESCRIPTION of the part(s), from page 14 of 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.

Printed in U.S.A.