

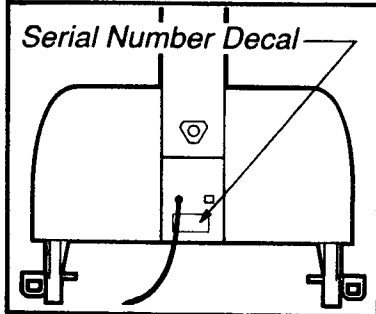
LifestylerTM

Model No. 831.296830

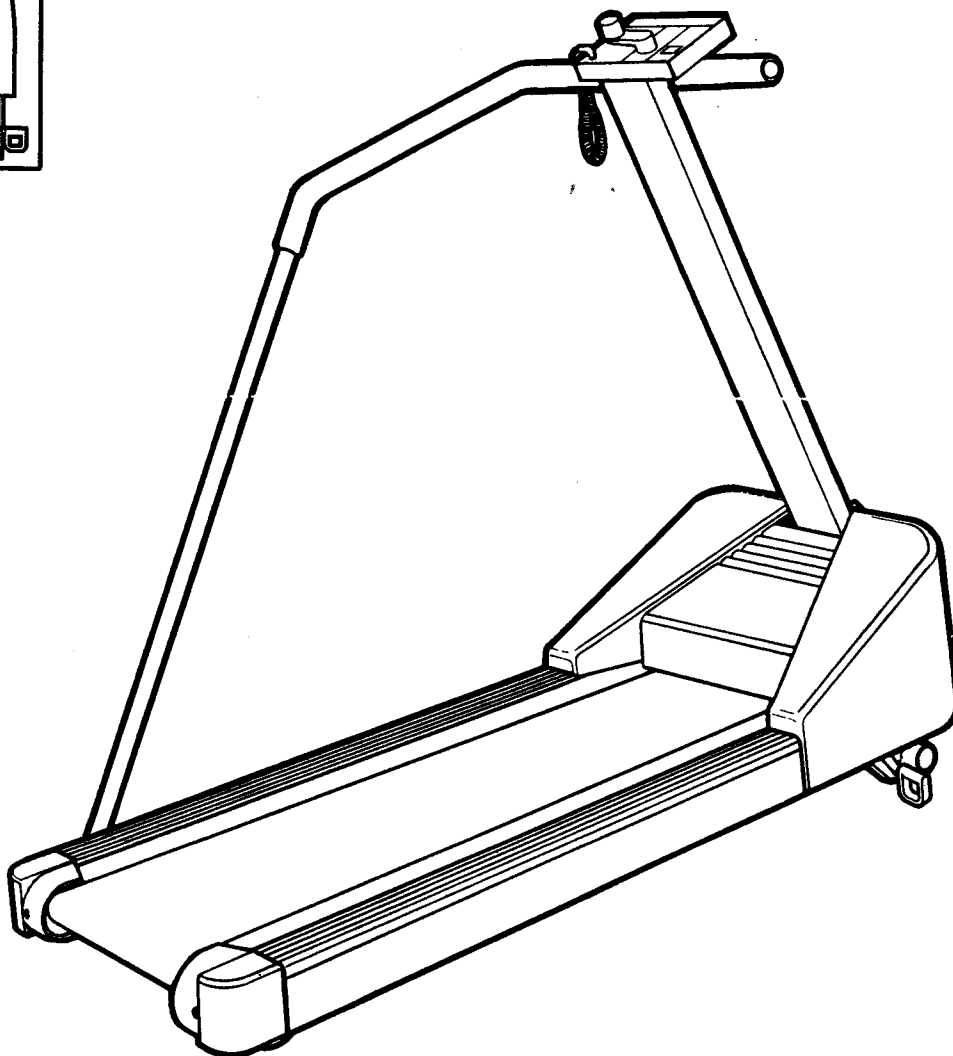
Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal



**▼ FITNESS TRAINER
▼ CALORIE MONITOR**



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. 103804 1/91

SOLD BY SEARS, ROEBUCK AND COMPANY, 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 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. Always turn the treadmill power off after use.
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.

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.

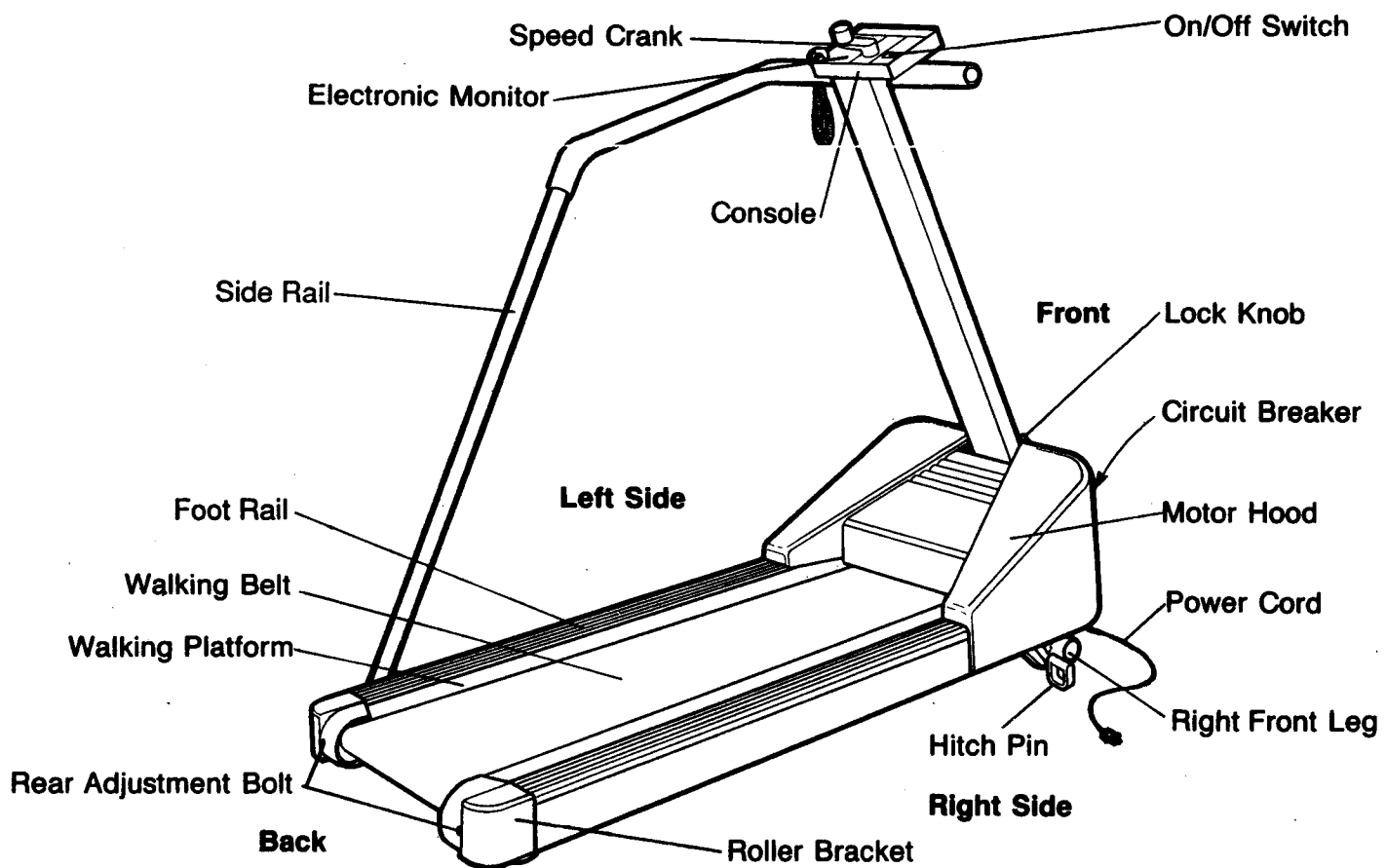
SAVE THESE INSTRUCTIONS.

BEFORE YOU BEGIN

Thank you for selecting the Sears Lifestyler treadmill. The Lifestyler 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.

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, during our 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 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).

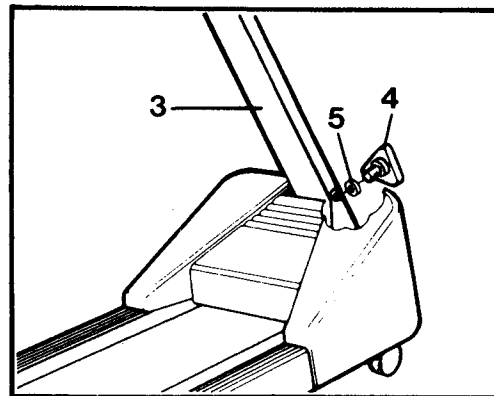
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



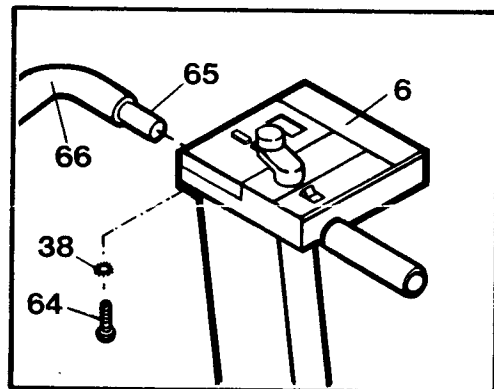
ASSEMBLY

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

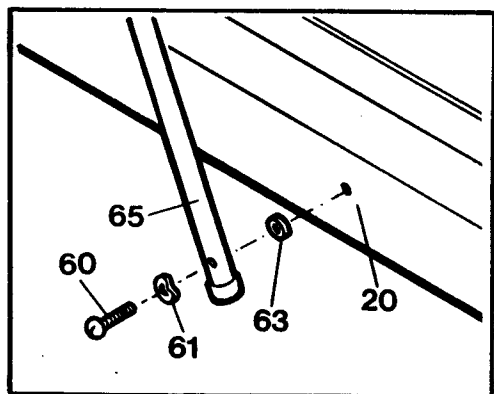
1. Raise the Upright Post (3) to a vertical position. Insert the Lock Knob (4), with the Lock Knob Washer (5) into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Slide the upper end of the Side Rail (65) into the opening in the left side of the Console (6). Insert the Short Side Rail Bolt (64), with the Star Washer (38), through the metal plate under the Console, and tighten the Bolt into the Side Rail. Note: If the Side Rail cannot be inserted far enough to attach the Bolt, roll back the Side Rail Foam (66) slightly.



3. Align the hole in the lower end of the Side Rail (65) with the hole in the Frame (20). Attach the Side Rail with the Long Side Rail Bolt (60), Formed Washer (61) and Side Rail Washer (63). Tighten the Lock Knob (see step 1).



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

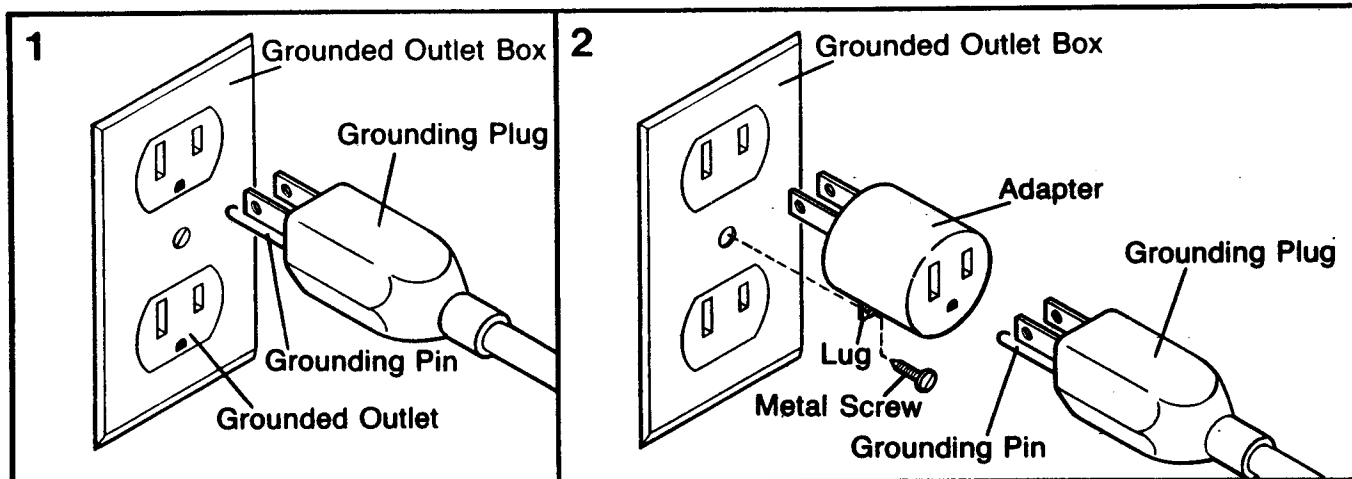
OPERATION AND ADJUSTMENT

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.**

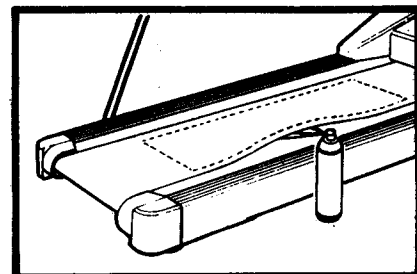
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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

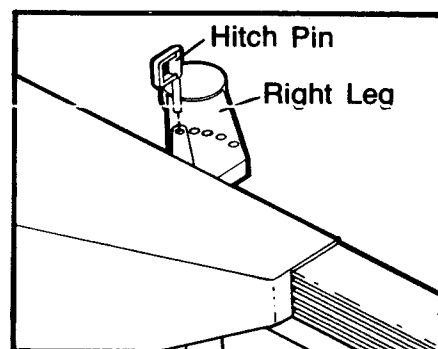
Read the instructions below carefully before starting the treadmill.

1. Step onto the Foot Rails and hold onto the Side Rail.
2. Turn the On/Off Switch located on top of the Console to the "on" position.
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. Never leave the Crank in such a position that the On/Off Switch is obstructed. Always move the Crank so that the On/Off Switch can easily be reached.
5. To turn the treadmill off, turn the On/Off Switch to the "off" position.

INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the angle of the treadmill can be adjusted in the following manner:

1. Turn the power off. 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. Make sure that both legs are at the same height.



ELECTRONIC MONITOR OPERATION

See the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual. A 9-volt battery must be installed in the electronic monitor before the monitor can be operated.

MAINTENANCE AND TROUBLE-SHOOTING

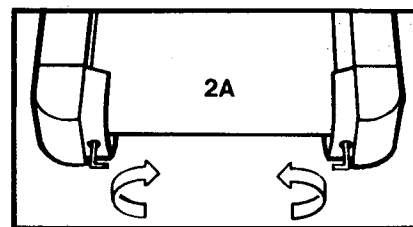
This treadmill is designed to be virtually maintenance-free. Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the console.

WALKING BELT ADJUSTMENT

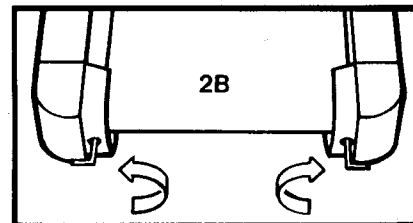
To prevent damage to the Walking Belt, always keep the Belt centered during operation. Stand beside the treadmill and turn the treadmill on at medium speed. Observe the spaces between the edges of the Walking Belt and the Foot Rails. If the Belt is closer to one Foot Rail than to the other, center the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

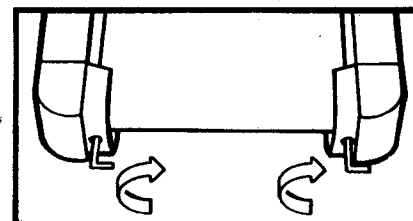
2. A. If the Walking Belt has shifted to the left side:
Turn the left Adjustment Bolt clockwise and the right Adjustment Bolt counterclockwise, 1/8 of a turn at a time, until the Belt moves to the center.



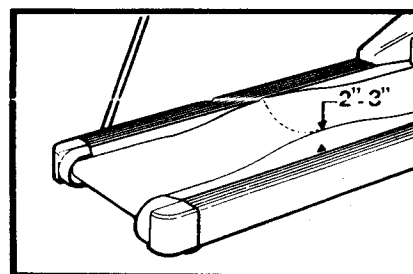
B. If the Walking Belt has shifted to the right side:
Turn the left Adjustment Bolt counterclockwise and the right Adjustment Bolt clockwise, 1/8 of a turn at a time, until the Belt moves to the center.



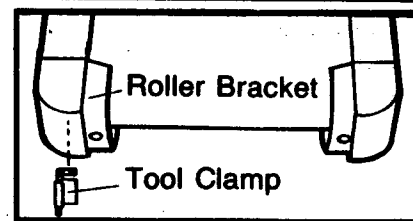
If the Walking Belt slips during operation, the tension should be adjusted. Turn both Adjustment Bolts clockwise an equal amount until the Belt no longer slips. Be careful to keep the Belt centered. **Do not over-tighten the Bolts.** Overtightening may stretch the belt, cause excessive roller noise and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

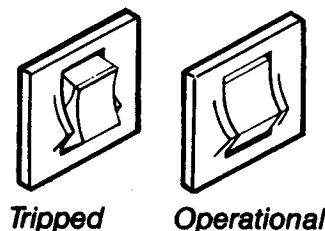


The Allen Wrench can be stored on one of the Roller Brackets using the Adhesive Tool Clamp included.



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.



PULSE EARCLIP

If the the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the two clear bubbles inside the earclip using a cotton swab saturated with denatured alcohol.

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 a new battery. Most problems are the result of a weak battery.

STORAGE

Always unplug the power cord when the treadmill is not in use. To convert the treadmill to the storage position, remove the bolts and washers from the side rail, and lift the side rail off. Store the bolts and washers in a secure location. Loosen the lock knob and lay the upright post down on the treadmill. Always remove the batteries from the electronic monitor when storing the treadmill.

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

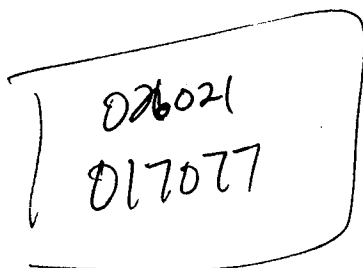
To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR EXERCISE.

PART LIST - Model No. 831.296830

Rev. 1/91

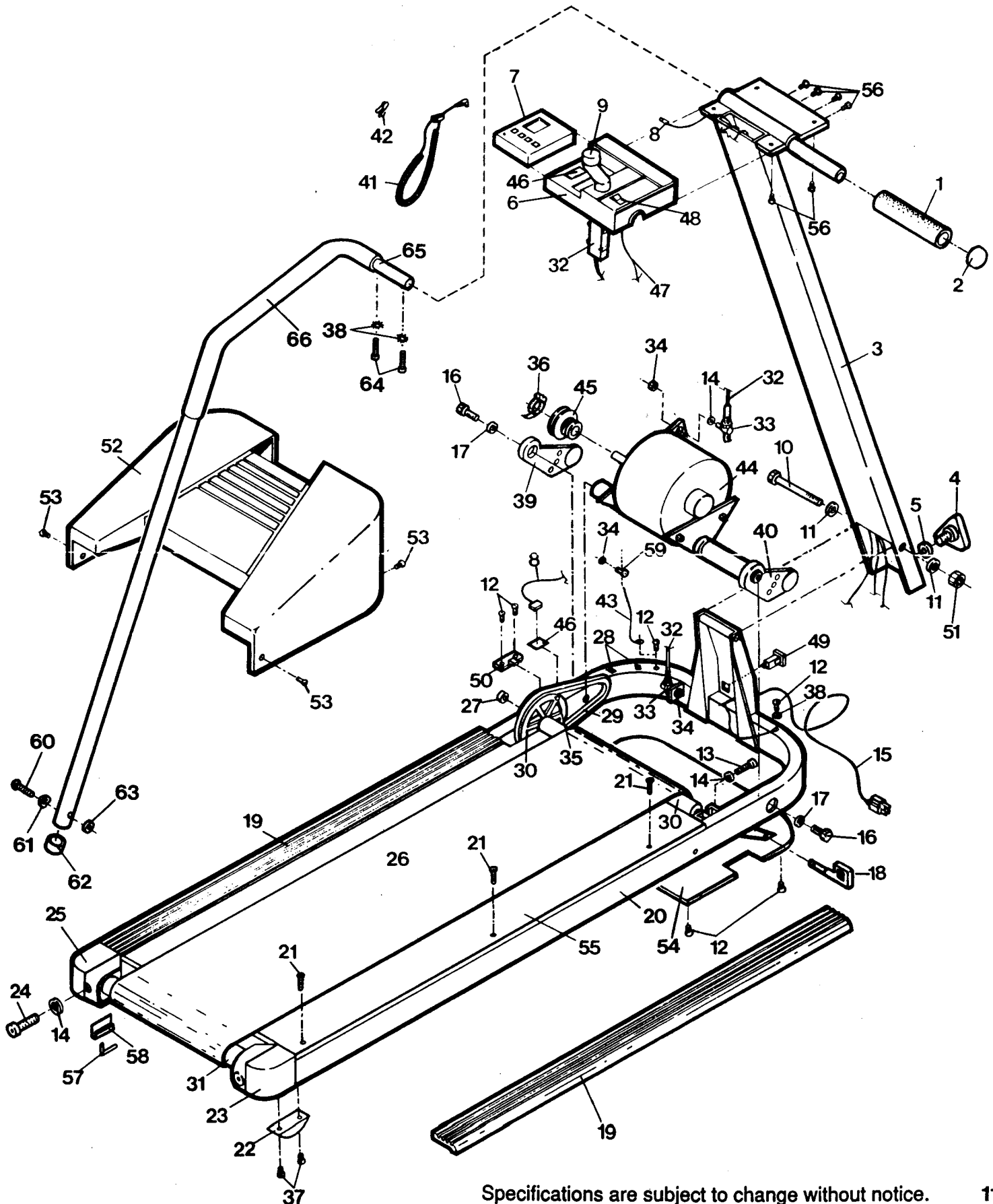
Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	041040	1	Foam Grip	35	033066	1	Sensor Magnet
2	040132	1	Endcap	36	016026	1	Clamp
3	104288	1	Upright Post	37	013300	4	Rear Foot Screw
4	017088	1	Lock Knob	38	014142	3	Star Washer
5	014156	1	Lock Knob Washer	39	005053	1	Left Front Leg
6	009173	1	Console	40	005054	1	Right Front Leg
7	032116	1	Electronic Monitor	41	033007	1	Pulse Earclip
8	033092	1	Sensor Wire/Reed Switch	42	054013	1	Clothes Clip
9	017066	1	Speed Crank	43	031183	1	Loop Sleeve
10	013485	1	Hinge Bolt	44	030051	1	Motor Assembly
11	014132	2	Hinge Washer	45	020051	1	Motor Pulley
12	013162	12	Small Screw	46	062011	3	Fastener Strip
13	013275	1	Front Adjustment Bolt	47	031184	1	Switch Wire
14	014063	5	Flat Washer	48	031177	1	On/Off Switch
15	031229	1	Power Cord	49	031036	1	Circuit Breaker
16	013500	2	Swivel Shaft Bolt	50	016050	1	Roller Lock
17	014066	2	Lock Washer	51	012149	1	Hinge Nut
18	015055	2	Hitch Pin	52	104291	1	Motor Hood
19	010175	2	Foot Rail	53	013511	4	Motor Hood Screw
20	NSP	1	Frame	54	040188	1	Safety Cover
21	013494	6	Large Screw	55	053025	1	Walking Platform
22	005040	2	Rear Foot	56	013322	8	Screw
23	008195	1	Right Roller Bracket	57	045010	1	Allen Wrench
24	013206	2	Rear Adjustment Bolt	58	016028	1	Adhesive Tool Clamp
25	008194	1	Left Roller Bracket	59	013506	1	Cable Lock Bolt/Nut
26	025057	1	Walking Belt	60	013575	1	Long Side Rail Bolt
27	019110	1	Front Roller Bushing	61	014094	1	Formed Washer
28	016055	4	Reed Switch Clip	62	040132	1	Side Rail Endcap
29	025055	1	V-Belt	63	014086	1	Washer
30	070248	1	Front Roller/Pulley	64	013300	2	Short Side Rail Bolt
31	070084	1	Rear Roller	65	104292	1	Side Rail
32	026030	1	Speed Adjustment Asmy.	66	041068	1	Side Rail Foam Grip
33	072040	2	Tension Swivel	#	102718	1	Electronic Monitor Guide
34	012090	3	Tension Swivel Nut	#	103804	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. 831.296830

Rev. 1/91



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 (831.296830).
2. The NAME of the product (Sears Lifestyler Treadmill).
3. The REORDER NUMBER of the part(s), from page 10 of this manual.
4. The DESCRIPTION of the part(s), from page 10 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.

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 Fitness Trainer, Calorie Monitor Treadmill is used in a normal manner.

This warranty does not apply when the Fitness Trainer, Calorie Monitor 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