

Lifestyler™

8.0 MPH

▲ **AUTO INCLINE**

▲ **CUSHION DECK**

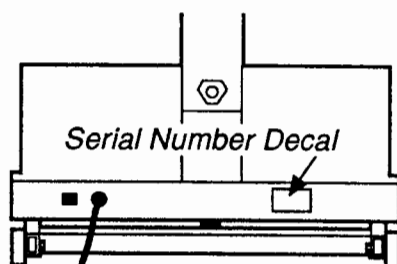
▲ **1.25 HORSEPOWER DC MOTOR**

SEARS®

Model No. 831.297033

Serial No. _____

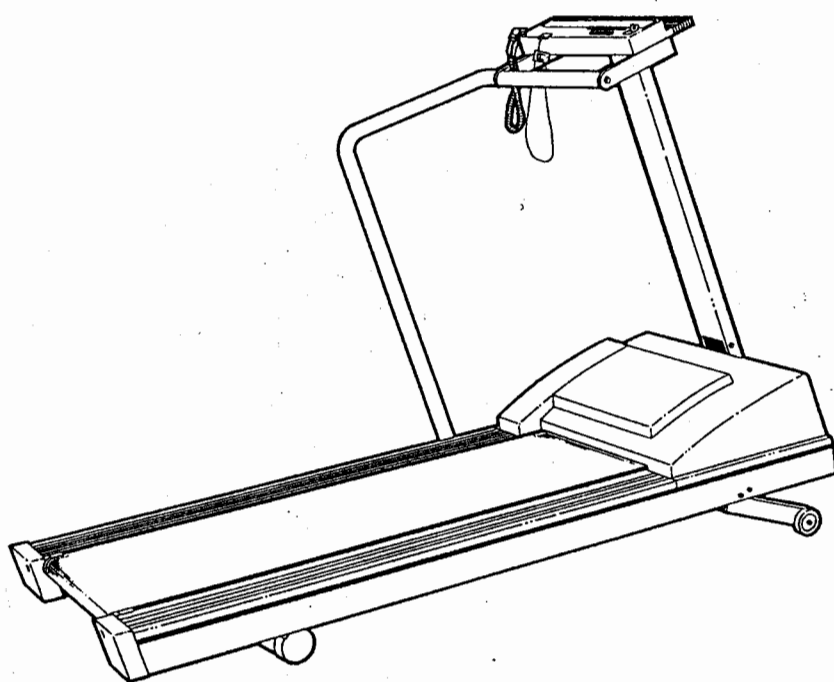
The serial number can be found in the location shown below. Write the serial number in the space above.



▲ CAUTION!:

Read all safety precautions and instructions in this manual before using this equipment. Keep this manual in a safe place for future reference.

OWNER'S MANUAL



SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

FULL 90 DAY WARRANTY

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 this treadmill is used in a normal manner.

This warranty does not apply when this 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. 817WA,
3333 BEVERLY ROAD, HOFFMAN ESTATES, IL 60179**

LifestylerTM

8.0MPH

▲ **AUTO INCLINE**

▲ **CUSHION DECK**

▲ **1.25 HORSEPOWER DC MOTOR**

TABLE OF CONTENTS

Important Safety Precautions	4
Before you Begin	5
Assembly	6
Operation and Adjustment	6
Trouble-Shooting and Storage	11
Conditioning Guidelines	13
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 persons 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 at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on a surface that blocks any air opening. Do not operate where aerosol products are used or where oxygen is being administered.
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 OPERATION AND ADJUSTMENT in 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 approximately five feet in length with a three-wire conductor.
3. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN in this manual if the treadmill is not working properly.)
4. The roller guards must be 1/8 inch from the rear roller. Unplug and adjust the roller guards, if necessary.
5. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear running shoes; never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
6. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
7. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
8. Never allow more than one person on the treadmill at a time. The treadmill should not be used by persons weighing more than 250 pounds.
9. Keep small children away from the treadmill at all times. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.
10. Never drop or insert any object into any opening.
11. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
12. The treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.
13. Use the treadmill only as described in this manual.
14. 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.

4 SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the SEARS® LIFESTYLER 8.0 MPH treadmill. The 8.0 MPH combines state-of-the-art technology with innovative design to let you enjoy an excellent form of cardiovascular exercise at your convenience, in the privacy of your home. The heart of the 8.0 MPH is the innovative OPTIONS® base console, offering an impressive array of features to help you get the most from your exercise.

For your safety and benefit, read this manual carefully before using the treadmill. 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). To help us assist you, please mention your product model number and serial number when calling. The model number is 831.297033. The serial number can be found on a decal attached to the treadmill (see the drawing on the front cover).

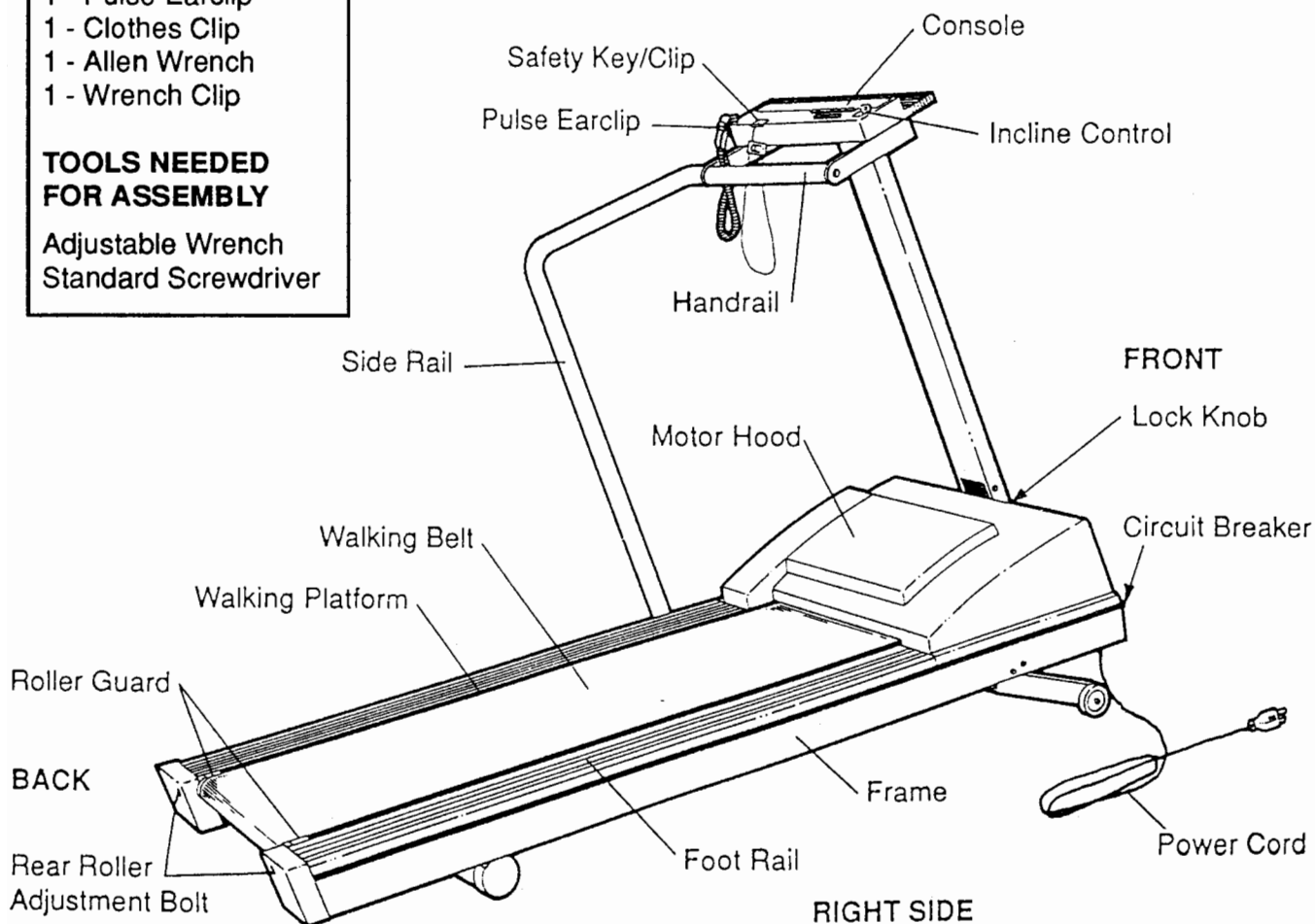
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

LOOSE PARTS

- 1 - Lock Knob Washer
- 1 - Lock Knob
- 1 - Side Rail
- 1 - Side Rail Bolt
- 1 - Side Rail Nut
- 1 - Pulse Earclip
- 1 - Clothes Clip
- 1 - Allen Wrench
- 1 - Wrench Clip

TOOLS NEEDED FOR ASSEMBLY

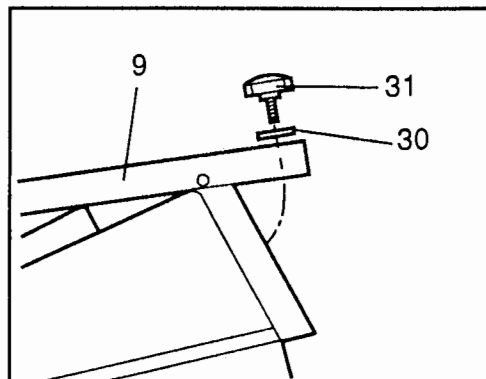
- Adjustable Wrench
- Standard Screwdriver



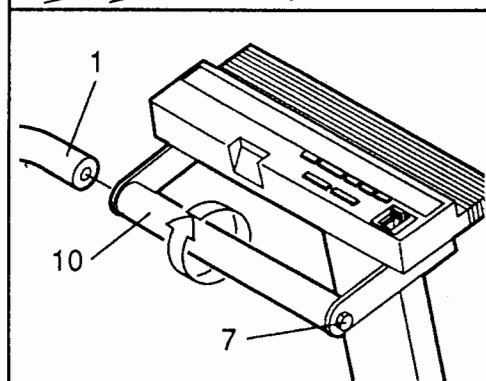
ASSEMBLY

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.** An adjustable wrench and standard screwdriver are needed for assembly.

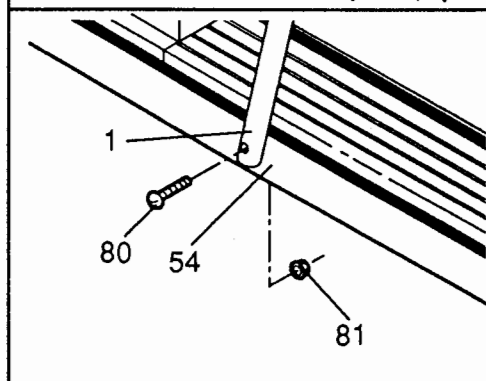
1. Insert the Lock Knob (31), with the Lock Knob Washer (30), into the Upright Post (9). Raise the Upright Post to a vertical position. **Be careful not to pinch your fingers.** Turn the Lock Knob clockwise until it is almost tight. Leave a little play in the Upright Post for the following steps.



2. Align the upper end of the Side Rail (1) with the left end of the Handrail (10). Turn the Handrail in the direction shown to thread the Handrail into the Side Rail. (Note: If the Handrail will not turn easily, loosen the Handrail Bolt [7] slightly.) Tighten the Handrail and the Handrail Bolt.



3. Align the lower end of the Side Rail (1) with the hole in the side of the treadmill Frame (54). Insert the Side Rail Bolt (80) through the Side Rail and Frame. Reach under the Frame and tighten the Side Rail Nut (81) onto the end of the Bolt. Tighten the Lock Knob (see step 1).



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

OPERATION AND ADJUSTMENT

MAINTENANCE-FREE WALKING PLATFORM

This treadmill features a walking platform coated with a specially-designed hydrocarbon slip agent. **Do not apply silicone spray or any other substances to the walking platform or the walking belt.** Such substances will deteriorate the surface of the walking platform and cause excessive wear. Walk on the treadmill for 10 minutes to break in the walking platform. During this break-in period, it is normal for the walking belt to slow.

PLUGGING THE POWER CORD IN

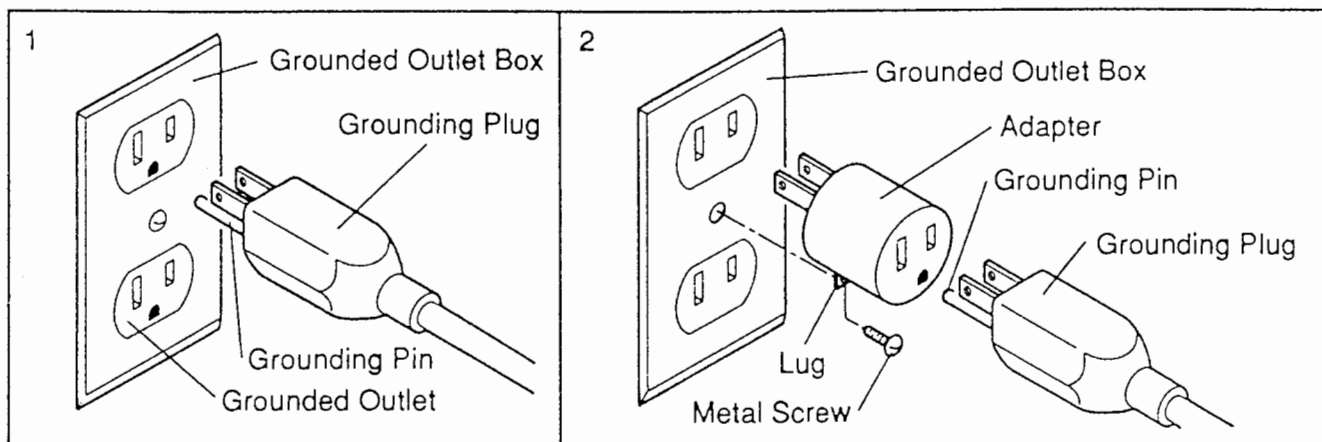
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into 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.

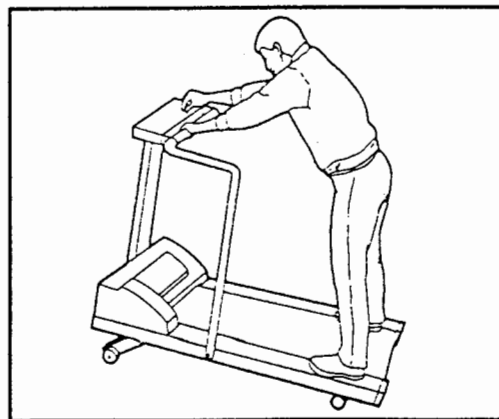
A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed 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.



INCLINE ADJUSTMENT

To vary the intensity of your exercise, the incline of the treadmill can be adjusted, 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, **stand toward the back 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.



CONSOLE OPERATION

The heart of the treadmill is the innovative OPTIONS base console. The OPTIONS base console features a safety key-operated power switch, a large, easy-to-read LED display, convenient push-button speed controls and a multiple-mode exercise monitor. And the OPTIONS base console is modular—up to three different modules (not included) can be added to give you even more options!

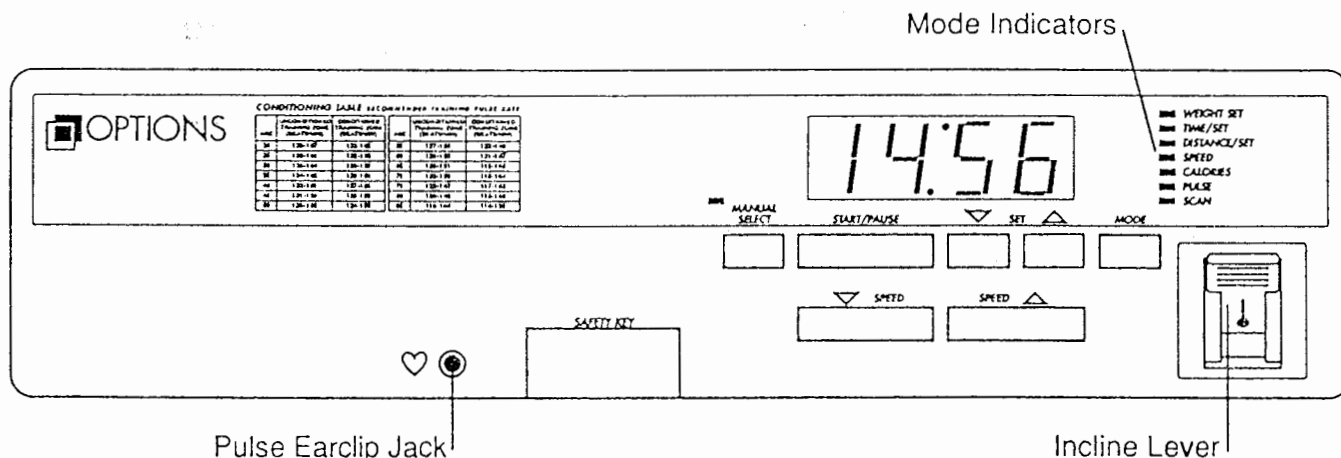
By adding the state-of-the-art VIDEO TRACK™ module, the base console can be connected to your TV and VCR for exciting motivational workouts. A videocassette will take you on a tour of some of the most breathtaking scenery in America, while the module controls the treadmill automatically to simulate the terrain you are viewing.

⚠ WARNING: Keep videocassettes at least two feet away from treadmill motor hoods. Treadmill motors contain magnets which can damage videocassettes.

The powerful TRACK FIVE™ module offers five preset workout programs, each designed to give you a different type of workout. Simply select one of the programs, set the length of time that you plan to exercise and choose a workout intensity level. The TRACK FIVE module will control the treadmill automatically as it guides you through an invigorating cardiovascular workout.

The versatile PERSONAL TRAINER PLUS™ module lets you create an endless variety of custom workout programs. Up to four programs can be stored in memory at the same time, and recalled for future workouts. The module is also compatible with PERSONAL TRAINER programs. Just connect the module to your telephone, and give PERSONAL TRAINER a call. Your PERSONAL TRAINER will provide you with a workout program designed to help you achieve the specific results you want, and load the program into the module using the special telephone hook-up provided.

For more information, see **ORDERING REPLACEMENT PARTS** on the back cover of this manual.



MANUAL SELECT BUTTON—This button switches the base console to the manual mode. Note: This button is needed only when modules are used with the base console.

START/PAUSE BUTTON—This button stops the walking belt. Note: This button both starts and stops the walking belt when modules are used with the base console.

SET BUTTONS—These buttons are used to set time and distance goals, and to enter your weight into the base console.

MODE BUTTON—This button is used to select monitor modes.

8 **SPEED BUTTONS**—These buttons are used to control the speed of the walking belt.

TURNING THE POWER ON

Plug the power cord in. (See PLUGGING THE POWER CORD IN on page 7 for proper grounding instructions.)

Step onto the foot rails of the treadmill. Find the clip attached by a cord to the safety key. Slide the clip onto your waistband.

⚠ WARNING: Do not stand on the walking belt when turning the power on. Always wear the clip when operating the treadmill; if you fall, the safety key will be pulled from the base console, instantly turning off the power.

Insert the safety key into the base console. NOTE: If the safety key is in the console when power cord is plugged in, a "PO" may appear on the display. If a "PO" appears, remove the safety key, wait for ten seconds and then reinsert the safety key.

MANUAL SPEED MODE

When the power is turned on, the walking belt will be stationary. The speed of the walking belt can be controlled with the SPEED buttons. The minimum speed setting is 0.5 miles per hour. Each time one of the buttons is pressed, the speed will change by 0.1 mile per hour. The buttons can be held down to change the speed quickly.

As the buttons are pressed, the base console will display the speed setting you have selected. The base console will then display the actual speed of the walking belt, until the walking belt reaches the selected speed setting.

⚠ WARNING: After the SPEED buttons are pressed, it will take a few seconds for the walking belt to reach the selected speed setting. Adjust the speed gradually until you are familiar with the operation of the treadmill.

To stop the walking belt, hold down the SPEED decrease button. The walking belt can be stopped quickly, if desired, by pressing the START/PAUSE button.

SELECTING MONITOR MODES

The base console offers a wide selection of monitor modes to give you instant feedback on your performance as you exercise. The modes can be selected by repeatedly pressing the MODE button. Indicators will light to show which mode is currently displayed. The display can be reset, if desired, by removing the safety key and then reinserting it. The monitor modes are described below.

WEIGHT SET: For the CALORIES mode to be accurate, your weight should be entered into the base console. Select the WEIGHT SET mode and then press the SET buttons to enter your weight. Each time one of the buttons is pressed, the weight displayed will change by 1 pound. The buttons can be held down to enter your weight quickly.

TIME/SET: This mode displays the elapsed time. This mode also allows time goals to be set. To set a time goal, first select the TIME/SET mode. (Make sure the SCAN mode is not selected.) Press the SET buttons to set the length of time you plan to exercise. Each time one of the buttons is pressed, the time displayed will change by 10 seconds. The buttons can be held down to set a time goal quickly. As you exercise, the time will be counted down. When the time goal is completed, a tone will sound. The base console will then display the time elapsed since the goal was completed. Note: Time goals can be set only when the base console is in the manual mode.

DISTANCE/SET: This mode displays the distance you have traveled. This mode also allows distance goals to be set. To set a distance goal, first select the DISTANCE/SET mode. (Make sure the SCAN mode is not selected.) Press the SET buttons to set the distance you plan to travel. Each time one of the buttons is pressed, the distance displayed will change by 0.2 miles. The buttons can be held down to set a distance goal quickly. As you exercise, the distance will be counted down. When the distance goal is completed, a tone will sound. The console will then display the distance you have traveled since the goal was completed. Note: Distance goals can be set only when the base console is in the manual mode.

SPEED: This mode displays the speed of the walking belt. Note: Each time one of the SPEED buttons is pressed, this mode will be displayed automatically for approximately 5 seconds.

CALORIES: This mode displays the total number of Calories you have burned. For accuracy, first select the WEIGHT SET mode and enter your weight into the base console.

PULSE: This mode displays your heart rate. Plug the pulse earclip into the jack on the base console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to prevent excessive movement of the earclip wire. After a few seconds, your heart rate will be displayed. Note: If your heart rate is not displayed, rub your ear lobe lightly and reposition the earclip.

SCAN: This mode automatically displays all modes except WEIGHT SET, for approximately 3 seconds each, in a repeating cycle. Note: The PULSE mode will be displayed only if the pulse earclip is worn.

TURNING OFF THE POWER

Stand on the foot rails of the treadmill. Remove the safety key from the base console.

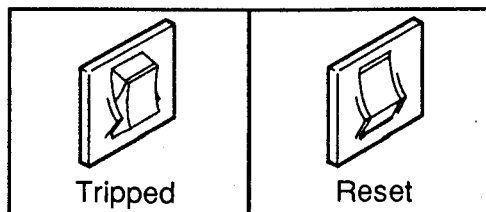
⚠ WARNING: Always remove the safety key from the base console when you finish exercising. Store the safety key in a safe place, away from children.

TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. If further assistance is needed, 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).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure the power cord is plugged into a properly grounded outlet. (See OPERATION AND ADJUSTMENT in this manual.) If an extension cord is necessary, use only a 14-gauge general-purpose cord of approximately five feet in length.
- b. After the power cord has been plugged in, make sure the safety key is fully inserted into the base console. Various indicators on the base console should light. (See OPERATION AND ADJUSTMENT in this manual.)
- c. 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 five minutes, and push the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill frame near the power cord. If the circuit breaker has tripped, the switch will protrude. (See the drawing above.) To reset the circuit breaker, wait for five minutes and then press the switch back in.
- Make sure the power cord is plugged in.
- Remove the safety key from the base console. Reinsert the safety key fully into the base console. Various indicators on the base console should light.

3. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- If a console malfunction occurs, an error code may appear on the console: four E's or a PO on the display. If an error code appears, remove the safety key, wait for ten seconds and then reinsert the safety key. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

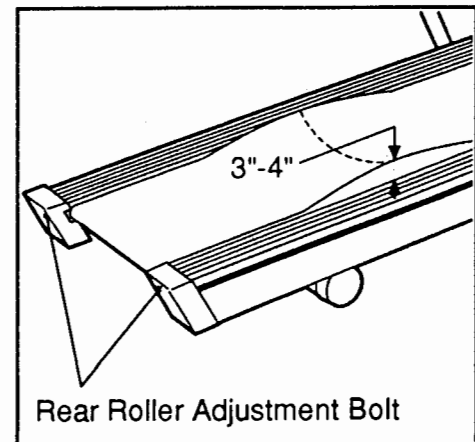
4. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- Make sure the pulse earclip is plugged fully into the jack on the console. Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- Try standing still while measuring your pulse.
- The pulse earclip may need to be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

⚠ WARNING: The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

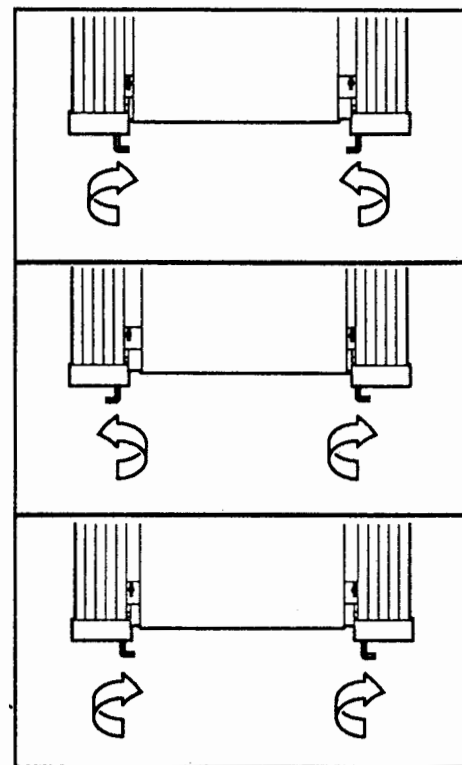
5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- Walk on the treadmill for 10 minutes to break in the walking platform. During this break-in period, it is normal for the walking belt to slow.
- If an extension cord is needed, use only a 14-gauge general-purpose cord of approximately five feet in length.
- If the walking belt is overtightened, treadmill performance may be reduced and the walking belt permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD**. With the allen wrench included, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. Repeat until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.



6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

- a. If the walking belt has shifted to the left, first remove the safety key from the console and UNPLUG THE POWER CORD. With the allen wrench included, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. Repeat as necessary until the walking belt is centered.
- b. If the walking belt has shifted to the right, first remove the safety key from the console and UNPLUG THE POWER CORD. With the allen wrench included, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. Repeat as necessary until the walking belt is centered.
- c. If the walking belt slips when walked on, first remove the safety key from the console and UNPLUG THE POWER CORD. With the allen wrench included, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. Plug in the power cord and reinsert the safety key. Run the treadmill for a couple of minutes. Repeat as necessary until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should remain just at the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.



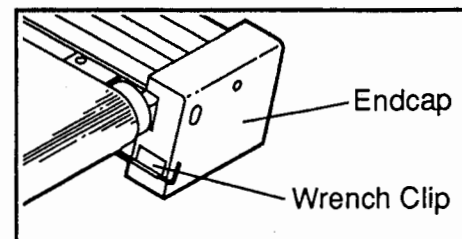
7. SYMPTOM: THE TREADMILL DOES NOT INCLINE

- a. Stand at the back of the foot rails while increasing the incline. Stand at the front of the foot rails and lean forward while decreasing the incline. (See OPERATION AND ADJUSTMENT in this manual.)

STORAGE

Unplug the power cord when the treadmill is not in use. Remove the bolt and nut from the lower end of the handrail. Loosen the upper end of the handrail and remove the handrail. Loosen the lock knob, and carefully lay the upright and handrail on the treadmill. Keep all hardware in a secure location.

The allen wrench can be stored conveniently by removing the backing from the wrench clip and pressing it onto one of the endcaps.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

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 months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

⚠ WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles as well as help to decrease soreness and other post-exercise problems.

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is CONSISTENCY.

PART LIST—Model No. 831.297033

Rev. 11/92

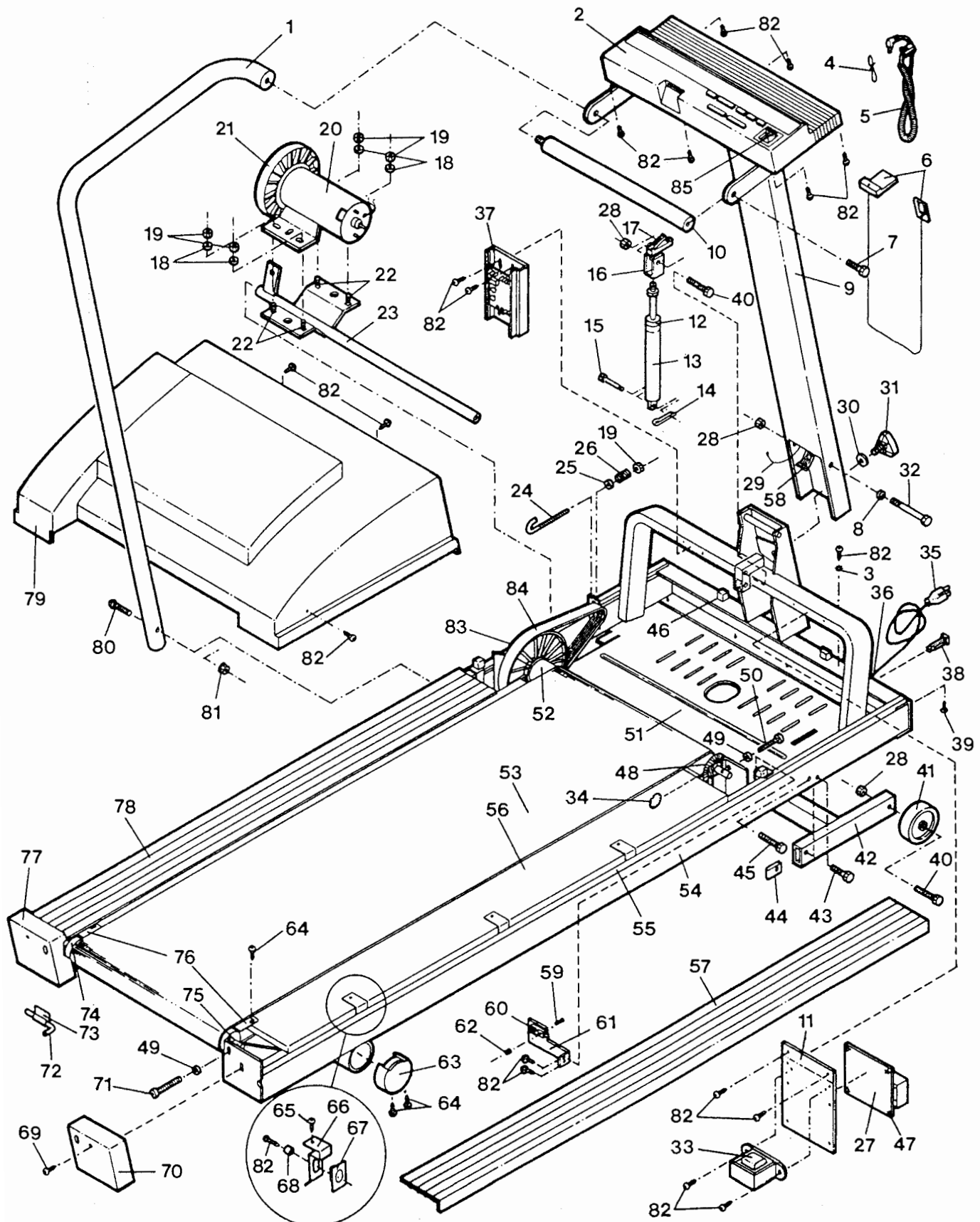
Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	105638	1	Side Rail	44	012179	2	U-Nut
2	107713	1	Console	45	104624	2	Shaft Bolt
3	014157	2	Star Washer	46	008148	4	Hood Anchor
4	054013	1	Clothes Clip	47	015071	4	Plastic Clip
5	101508	1	Pulse Earclip	48	111387	1	Speed Encoder Assembly
6	106337	1	Safety Key/Clip	49	014127	3	Adjustment Washer
7	104581	1	Handrail Bolt	50	106615	1	Front Roller Adj. Bolt
8	014087	2	Flat Washer	51	104739	1	Safety Cover
9	106289	1	Upright Post	52	111386	1	Front Roller/Pulley
10	105713	1	Handrail	53	109789	1	Walking Belt
11	106550	1	Power Supply Plate	54	NSP	1	Frame
12	059019	1	Lift Cushion	55	105782	2	High Density Foam
13	109792	1	Lift Cylinder	56	109790	1	Walking Platform
14	106334	1	Cotter Pin	57	107879	1	Right Foot Rail
15	101639	1	Cylinder Pin	58	106816	1	Wire Harness
16	109863	1	Cylinder Mount Bracket	59	102959	1	Small Bolt
17	088004	1	Cylinder Release	60	102955	1	Photo Interrupter Switch
18	101630	4	Motor Mount Washer	61	109175	1	Switch Bracket
19	012082	5	Motor Mount Nut	62	012152	1	Small Nut
20	109787	1	Motor	63	040156	2	Rear Leg Endcap
21	108276	1	Pulley/Flywheel/Fan	64	013162	6	Guard Screw/Leg Screw
22	013445	4	Motor Mount Bolt	65	013141	6	Platform Screw
23	110222	1	Motor Mount Swivel Shaft	66	105261	6	Platform Clamp
24	103855	1	J-Bolt	67	105392	6	Platform Clamp Bushing
25	014041	1	Tension Washer	68	105475	6	Small Bushing
26	104514	1	Tension Spring	69	109250	2	Endcap Screw
27	108094	1	Power Supply Board	70	104732	1	Right Endcap
28	012108	4	Locknut	71	105444	2	Rear Roller Adj. Bolt
29	088005	1	Incline Cable	72	045010	1	Allen Wrench
30	014156	1	Lock Knob Washer	73	016028	1	Wrench Clip
31	017088	1	Lock Knob	74	109788	1	Rear Roller
32	104925	1	Pivot Bolt	75	105000	2	Rear Roller Spacer
33	031238	1	Choke	76	010206	2	Roller Guard
34	108778	1	Retainer	77	104731	1	Left Endcap
35	031229	1	Power Cord	78	107878	1	Left Foot Rail
36	019084	1	Grommet	79	106809	1	Motor Hood w/Decal
37	109786	1	Controller	80	105476	1	Side Rail Bolt
38	109382	1	Circuit Breaker	81	105477	1	Side Rail Nut
39	104623	12	Plastic Fastener	82	108080	28	Small Screw
40	103045	3	Wheel Bolt/Cylinder Bolt	83	105257	1	Front Roller Insert
41	052014	2	Front Wheel	84	106939	1	Belt
42	109846	1	Incline Leg	85	109791	1	Incline Lever/Bezel
43	013293	2	Incline Leg Bolt	#	111957	1	Owner's Manual

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

EXPLODED DRAWING—Model No. 831.297033

Rev. 11/92

© 1992 Sears, Roebuck and Co.



ORDERING REPLACEMENT PARTS

Each TREADMILL has its own MODEL NUMBER. Always mention the MODEL NUMBER when requesting service or repair parts for your TREADMILL.

All parts listed 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 transmitted to a SEARS PARTS DISTRIBUTION CENTER for handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The MODEL NUMBER of the product (831.297033).
2. The NAME of the product (SEARS® LIFESTYLER 8.0 MPH treadmill).
3. The PART 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 equipment to ensure that we meet our pledge to you: "We service what we sell."

SOLD BY SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179