

Lifestyler **EXPANSE 1500**

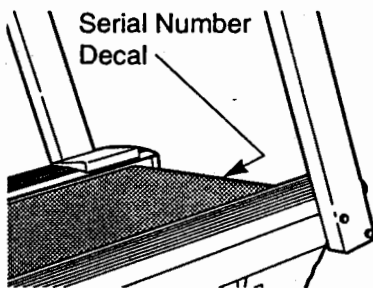
0-10 MPH • 2.5 HP • PROGRAMMABLE SPEED AND INCLINE

SEARS®

Model No. 831.297331

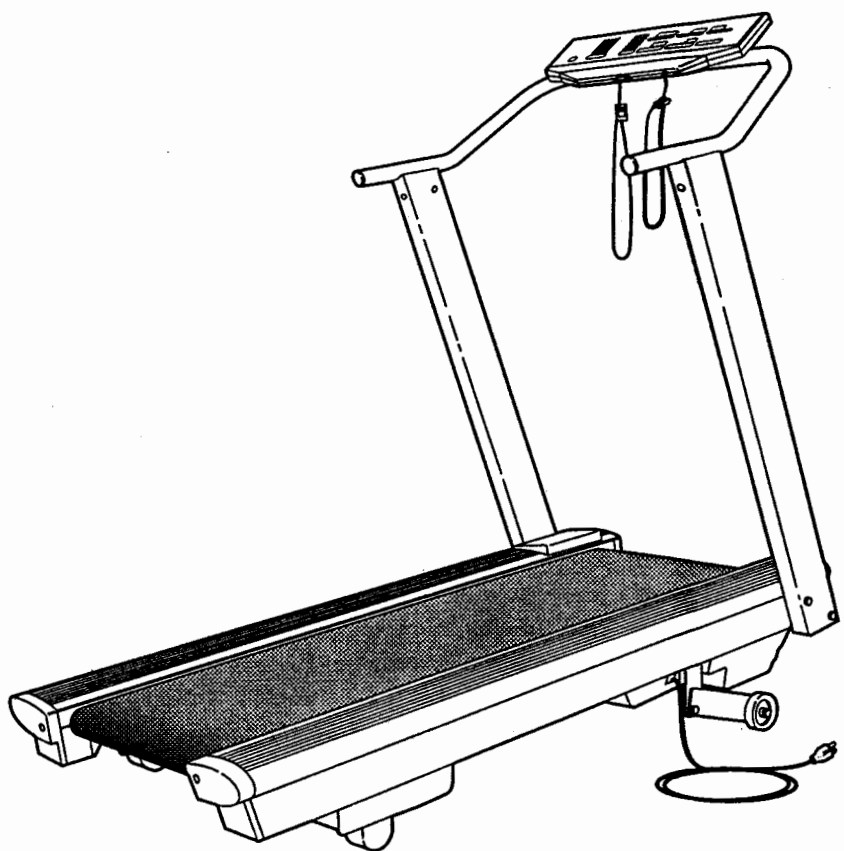
Serial No. _____

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,
HOFFMAN ESTATES, IL 60179**

Lifestyler

EXPANSE 1500

0-10 MPH • 2.5 HP • PROGRAMMABLE SPEED AND INCLINE

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	4
BEFORE YOU BEGIN	5
ASSEMBLY	6
OPERATION AND ADJUSTMENT	7
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 any surface that blocks an air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. When connecting the power cord (see PLUGGING IN THE POWER CORD on page 7), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less 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 on page 5 if the treadmill is not working properly.)
4. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
5. 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 pulse earclip is intended only as an exercise aid in determining heart rate trends in general.
6. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
7. 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.
8. Keep small children away from the treadmill at all times. Never leave the treadmill unattended while it is running. Always turn off the power when the treadmill is not in use.
9. Never drop or insert any object into any opening.
10. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
11. The treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.
12. Use the treadmill only as described in this manual.
13. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the safety cover 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.

SAVE THESE INSTRUCTIONS

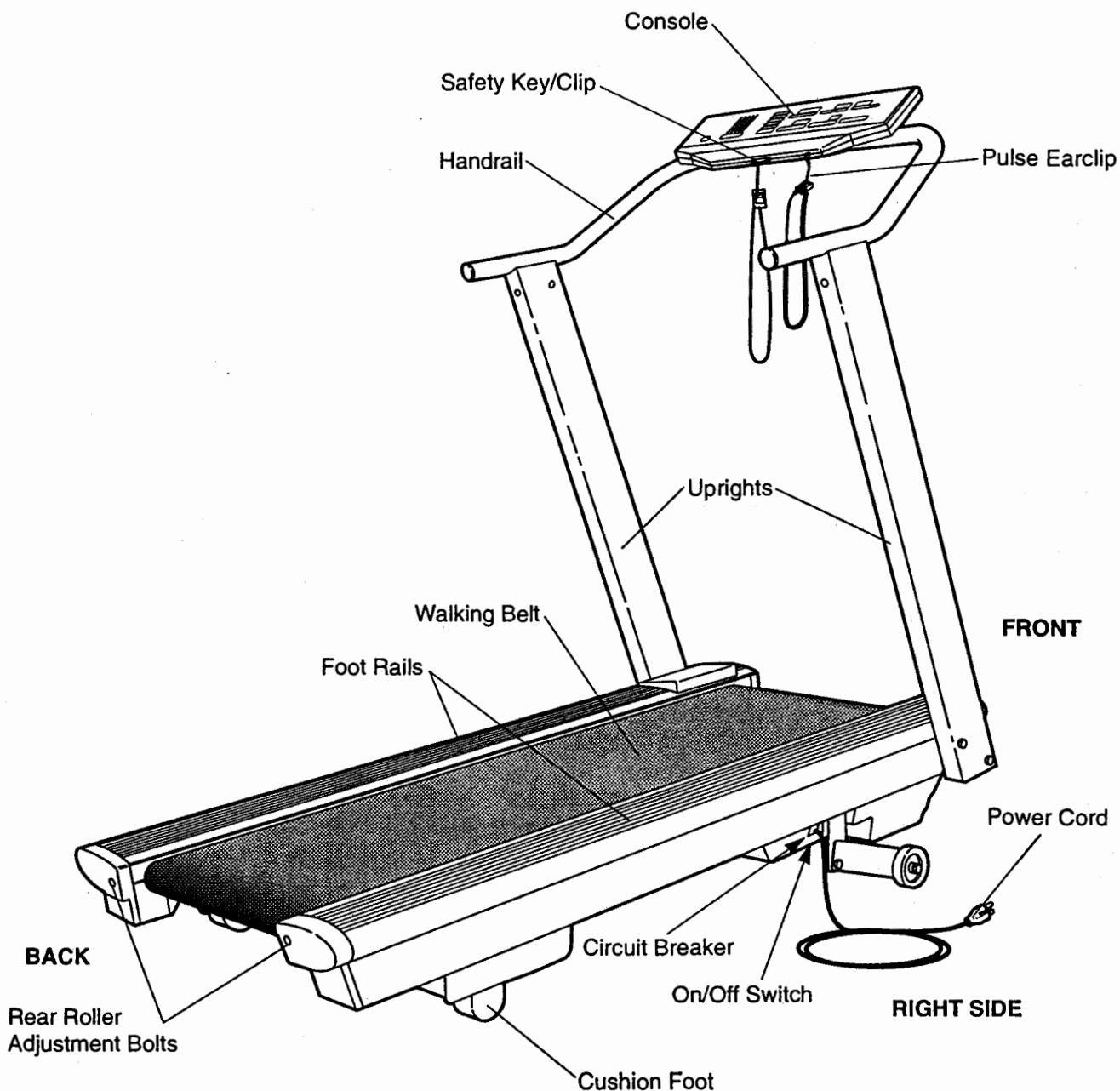
BEFORE YOU BEGIN

Thank you for selecting the SEARS LIFESTYLER® EXPANSE 1500 treadmill. The LIFESTYLER EXPANSE 1500 treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

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 note the product model number and serial number before calling. The model number of the treadmill is 831.297331. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



ASSEMBLY

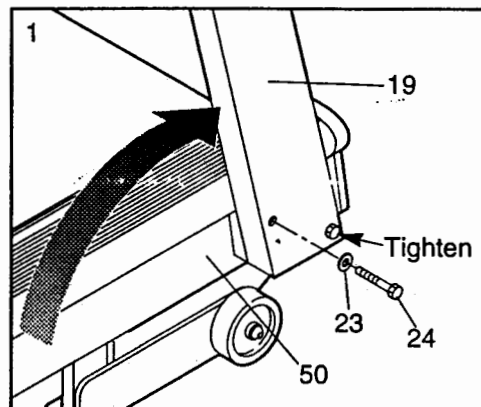
Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY: The included 7/32" allen wrench  and your own adjustable wrench .

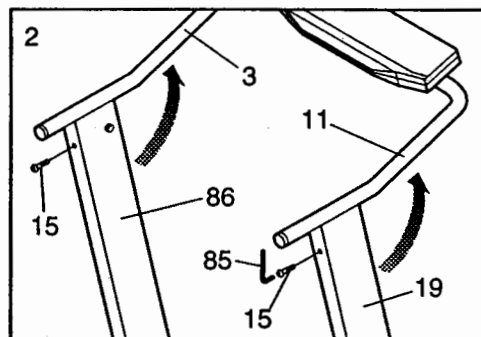
1. With the help of a second person, raise the Right Upright (19) and the Left Upright (not shown) to a vertical position.

Align the hole in the lower end of the Right Upright (19) with the hole in the side of the Frame (50). Insert a 3/8" x 4" Bolt (24), with a Flat Washer (23), into the Right Upright, and tighten the Bolt into the Frame. Tighten the Bolt that is already in the Right Upright.

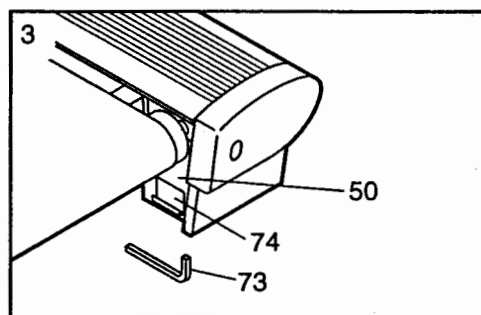
Repeat the step with the Left Upright (not shown).



2. With the help of a second person, raise the Left and Right Handrails (3, 11). Insert a 3/8" x 1/4" Bolt (15) into each of the Uprights (86, 19), and tighten the Bolts with the 7/32" Allen Wrench (85).

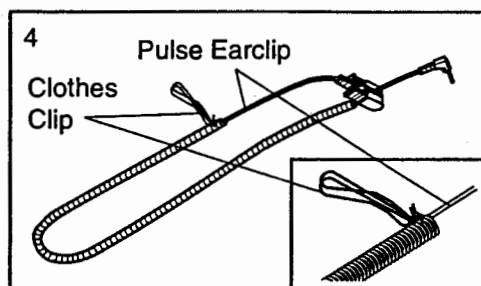


3. Remove the paper backing from the Wrench Clip (74). Press the Wrench Clip onto the Frame (50) in the indicated location. Press the 3/16" Allen Wrench (73) into the Wrench Clip.



4. Slide the metal Clothes Clip onto the Pulse Earclip in the indicated location. The use of the Pulse Earclip is explained in the PULSE/CALORIES Display section on page 10.

Make sure that all parts are tightened before using the treadmill.
Note: The floor beneath the treadmill should be covered to protect it.



OPERATION AND ADJUSTMENT

MAINTENANCE-FREE WALKING BELT

Your treadmill features a maintenance-free walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. During the first few hours of use, it is normal for a small amount of white powder to appear on the foot rails and the walking platform. The white powder is high-performance lubricant from the walking belt.

IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

PLUGGING IN THE POWER CORD

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.

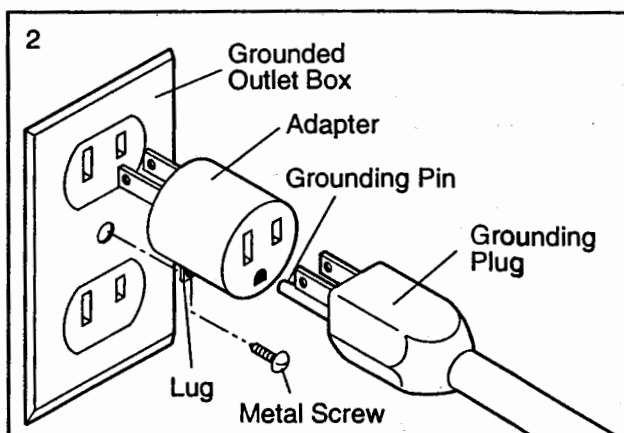
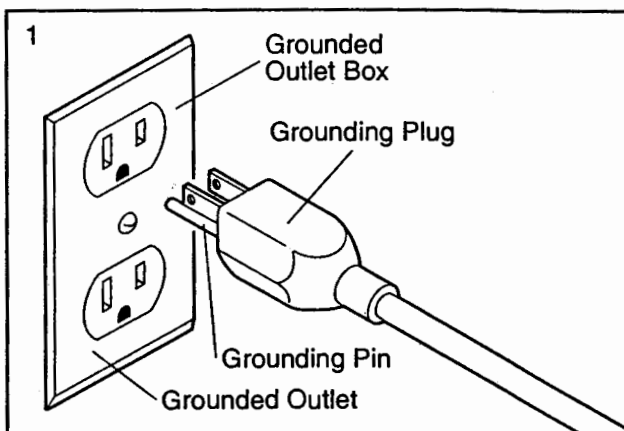
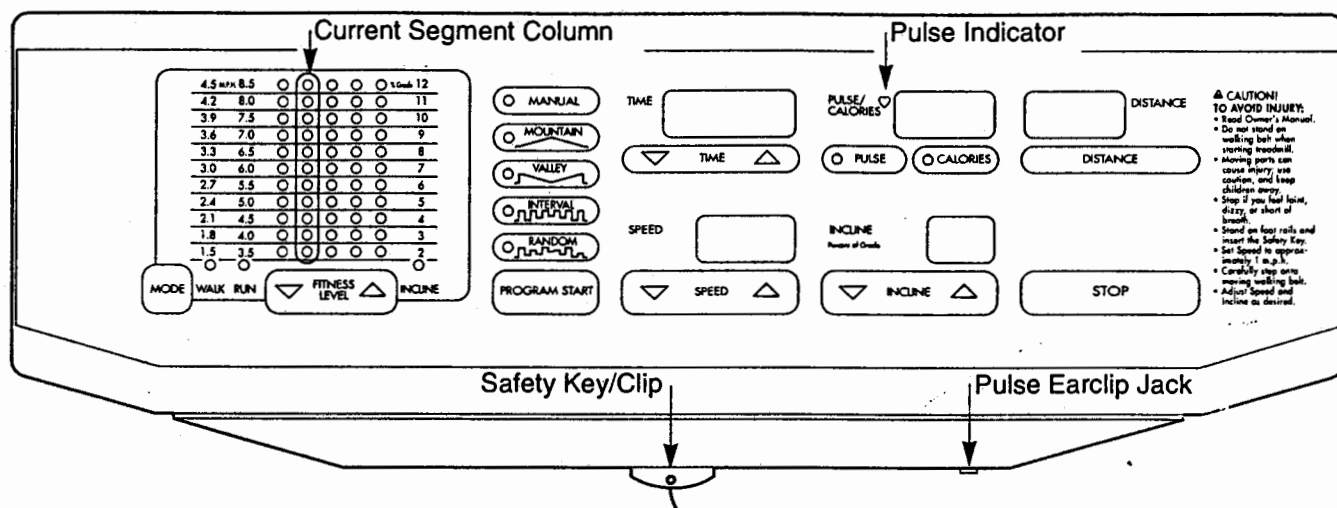


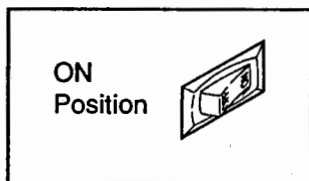
DIAGRAM OF THE CONSOLE



The heart of the treadmill is the unique electronic console. The console offers both manual and program modes, and features an array of displays to provide you with continuous exercise feedback. When the console is in the manual mode, the speed and incline can be changed with the touch of a button. In the program mode, the console will control the treadmill automatically according to preset programs you select. **Please read these instructions carefully before operating the console.** Note: If there is a thin sheet of clear plastic on the face of the console, peel it off before operating the console.

TURNING ON THE POWER

Make sure that the safety key is not in the console, and that the on/off switch located near the power cord is in the "on" position.



Plug in the power cord (see PLUGGING IN THE POWER CORD on page 7). All displays and indicators will flash three times. Note: If the safety key is in the console when the power cord is plugged in, the letters "PO" will flash in the SPEED display. If this occurs, simply remove the safety key.

Stand on the foot rails of the treadmill. Find the clip attached to the safety key, and slide the clip onto the waistband of your clothing.

Insert the safety key into the console. The MANUAL indicator, the CALORIES indicator and the five displays will light.

⚠ WARNING: Do not stand on the walking belt when turning on the power or starting the walking belt. Always wear the clip while operating the treadmill.

MANUAL MODE OPERATION

Speed Control

When the power is turned on, the console will be in the manual mode. For your safety, the walking belt will be stationary. The speed of the walking belt is controlled with the SPEED buttons. Each time the SPEED increase button is pressed, the speed will increase by 0.1 mile per hour (mph), beginning at 0.5 mph. Each time the SPEED decrease button is pressed, the speed will decrease by 0.1 mph. The buttons can be held down to change the speed rapidly. The speed range is 0.5 to 10 mph.

⚠ 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 treadmill.

Press the SPEED increase button until the walking belt is moving at slow speed. Hold the handrails, step carefully onto the walking belt and begin exercising. Change the speed of the walking belt as desired by pressing the SPEED buttons. To stop the walking belt, press the STOP button.

Incline Control

To vary the intensity of your exercise, the incline of the treadmill can be changed. The incline is controlled with the INCLINE buttons. Each time one of the buttons is pressed, the incline will change by 0.5%. The INCLINE buttons can be held down to change the incline rapidly. The incline range is 1% to 12%. Note: Because the INCLINE display has two digits, the display will show 10% when the incline is set at either 10% or 10.5%, and 11% when the incline is set at either 11% or 11.5%. After the INCLINE buttons are pressed, it will

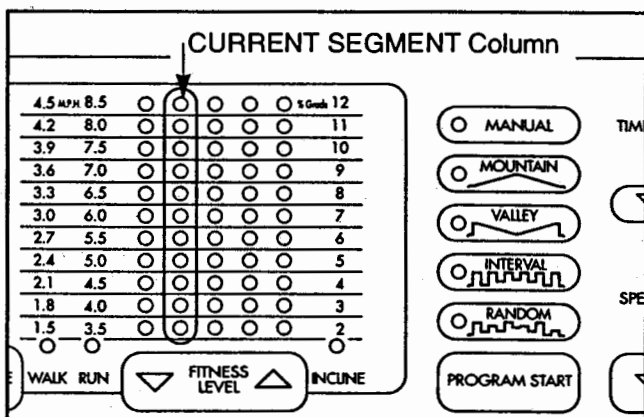
take a few seconds for the treadmill to reach the selected incline setting.

PROGRAM MODE OPERATION

In the program mode, the console will control the treadmill automatically according to preset programs you select. The console offers a selection of four preset programs, each designed to guide you through a different type of workout.

To select a preset program, press the MOUNTAIN, VALLEY, INTERVAL or RANDOM button. The indicator on the button you press will light.

Next, press the MODE button to select the WALK mode, RUN mode, WALK/INCLINE mode or RUN/INCLINE mode. Indicators will light to show which mode you have selected. If you select the WALK mode, the console will control *only the speed* of the treadmill during the program, and the speed range will be 1.5 to 4.5 mph. If you select the RUN mode, the console will control the *speed* of the treadmill, and the speed range will be 3.5 to 8.5 mph. If you select the WALK/INCLINE mode or RUN/INCLINE mode, the console will control *both the speed and incline* of the treadmill, and the incline range will be 2% to 12%. *Note: If you select the WALK mode or RUN mode, the incline can be controlled during the program with the INCLINE buttons.*



Each program is divided into twenty equal time periods, called segments. If you selected the WALK mode or RUN mode, one speed setting will be programmed for each segment. If you selected the WALK/INCLINE mode or RUN/INCLINE mode, one speed setting and one incline setting will be programmed for each segment. The columns of indicators on the left side of the console show the settings of the segments. The CURRENT SEGMENT column shows the setting(s) of the first segment, and the three columns to the right show the settings of the next three segments (the settings of only four segments are shown at a time). If you selected the WALK mode or RUN mode, red indicators will show the speed setting of each segment. If you select-

ed the WALK/INCLINE mode or RUN/INCLINE mode, red indicators will show the speed setting of each segment, and green indicators will show the incline setting of each segment.

The two indicators in the column to the left of the CURRENT SEGMENT column show the minimum and maximum speed or incline settings of the program you have selected. If desired, the difficulty level of the program can be adjusted with the FITNESS LEVEL buttons. If the WALK mode was selected, the speed setting of each segment will change by 0.3 mph each time one of the FITNESS LEVEL buttons is pressed. If the RUN mode was selected, the speed setting of each segment will change by 0.5 mph each time one of the buttons is pressed. If the WALK/INCLINE mode or the RUN/INCLINE MODE was selected, the incline setting of each segment will change by 1% each time one of the buttons is pressed. *Note: The difficulty level of the program can be increased only until the upper indicator in the left column is lit, and decreased only until the lower indicator in the left column is lit.*

The program is set to last for 20 minutes, as shown in the TIME display. The program can be set to last for a different length of time, if desired, by pressing the TIME buttons. Each time one of the buttons is pressed, the length of time will change by twenty seconds. If the buttons are held down, the length of time will change in increments of 1 minute. The program can be set to last for a minimum of 5 minutes up to a maximum of 80 minutes.

To start the program, stand on the foot rails of the treadmill and press the PROGRAM START button. The first segment of the program will begin, and the treadmill will automatically adjust to the setting(s) of the first segment, shown in the CURRENT SEGMENT column. Hold the handrails, step carefully onto the walking belt and begin exercising. (If you selected the WALK mode or RUN mode, the incline can be changed during the program with the INCLINE buttons.)

The TIME display will show the time remaining in the PROGRAM. When only three seconds remain in the first segment, a tone will sound and the TIME display will flash three times. When the first segment is completed, the second segment will begin, the settings of all segments will move one column to the left, and the treadmill will adjust to the setting(s) of the second segment, shown in the CURRENT SEGMENT column. The program will continue in this manner until the twentieth segment is shown in the CURRENT SEGMENT column, and no time remains. A tone will then sound, indicating that the program is completed, and the walking belt will slow to a stop.

Note: The difficulty level of the program can be adjusted during the program by pressing the FITNESS

LEVEL buttons. The length of time that the program will last can be changed by pressing the TIME buttons. If you want to stop the program before the program is completed, press the STOP button.

When the program is completed, a different program can be selected, or the console can be switched to the manual mode by pressing the MANUAL button.

DISPLAY OPERATION

TIME Display

When the console is in the manual mode, the TIME display will show how long the walking belt has been moving, up to 99 minutes and 59 seconds. (If the treadmill is run for more than 99 minutes and 59 seconds, the walking belt will automatically slow to a stop. This is a safety feature that prevents the treadmill from being left running for long periods of time.)

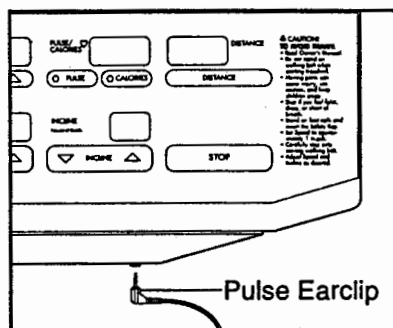
If desired, a time goal can be set. To set a time goal, first stop the walking belt. Next, press the TIME buttons to set the length of time that you plan to exercise. Each time one of the buttons is pressed, the length of time will change by ten seconds. If the buttons are held down, the length of time will change in increments of 1 minute. A time goal can be set for a minimum of 10 seconds up to a maximum of 99 minutes and 50 seconds. As you exercise, the time will be counted down. When the time goal is completed, a tone will sound and the walking belt will slow to a stop.

When a program is selected, the TIME display will show the time remaining in the selected program.

PULSE/CALORIES Display

To use the PULSE display, press the PULSE button. The indicator on the PULSE button will light. Plug the pulse earclip into the jack on the front of the console,

attach the earclip to your left ear lobe, and slide the clothes clip onto your collar. When your pulse is detected, the PULSE indicator will flash with each heartbeat. After a few seconds, your pulse will be shown in the PULSE display. *If your pulse is not shown, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your pulse.*



To use the CALORIES display, press the CALORIES button. The indicator on the CALORIES button will light. The display will show the approximate number of nutritional Calories that you have burned.

DISTANCE Display

The DISTANCE display will show the distance that you have walked or run, in miles.

The console also keeps track of the total number of miles accumulated on the treadmill. To find this information, press the DISTANCE button. The total number of miles accumulated on the treadmill will be shown for three seconds.

SPEED Display

This display shows the current speed setting.

INCLINE Display

This display shows the current incline setting.

TURNING OFF THE POWER

To turn off the power, remove the safety key from the console. *Store the safety key in a secure location.*

INFORMATION MODE

The console features an information mode that keeps track of trip time and distance, as well as the total time and distance accumulated on the treadmill. To select the information mode, hold down the STOP button while inserting the safety key into the console.

When the information mode is selected, the SPEED display will show the letter "T," indicating that trip time and distance are shown. The TIME display will show the trip time, up to 9,999 hours. The DISTANCE display will show the trip distance, up to 999 miles. (If the trip distance exceeds 999 miles, the DISTANCE and PULSE/CALORIES displays together will show the trip distance, up to 99,999 miles.) While the trip time and distance are displayed, the displays can be reset to zero by pressing the TIME decrease button.

To view the total time and distance, press the TIME increase button. The TIME display will show the total time. The DISTANCE display will show the total distance. (If the total distance exceeds 999 miles, the DISTANCE and PULSE/CALORIES displays together will show the total distance.)

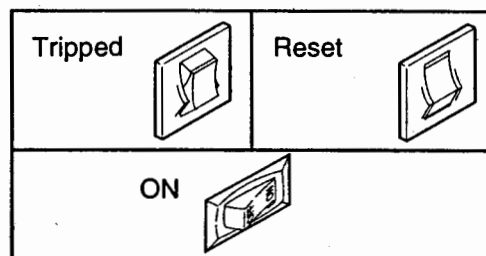
To exit the information mode, remove the safety key.

TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged into a properly grounded outlet. (See PLUGGING IN THE POWER CORD on page 7.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- After the power cord has been plugged in, make sure that the safety key is fully inserted into the console. Various indicators on the console should light. (See TURNING ON THE POWER on page 8.)
- Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.
- Check the on/off switch located on the treadmill near the power cord. The switch must be in the ON position.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill near the power cord. If the circuit breaker has tripped (see the drawing above.), wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.
- Check to make sure the on/off switch is in the ON position. (See 1. d. above.)
- If the treadmill still will not run, please call our Customer Service Department.

3. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

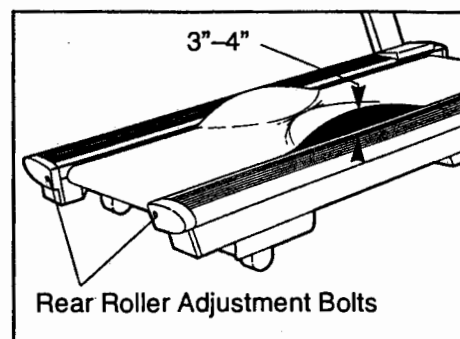
- Make sure that the pulse earclip is plugged fully into the jack on the console.
- Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- Stand still while measuring your pulse.
- The pulse earclip may need to be cleaned. Press the earclip open, and find the two clear circles inside the earclip. Wipe the two clear circles using a small amount of water on a cotton swab.

⚠ 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.

4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

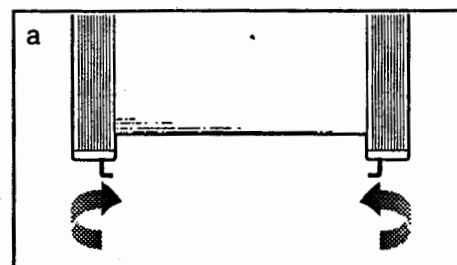
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, 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 walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



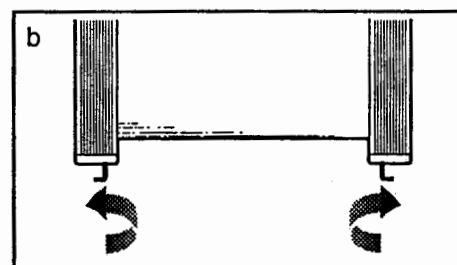
- c. If the walking belt still slows when walked on, please call our Customer Service Department.

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

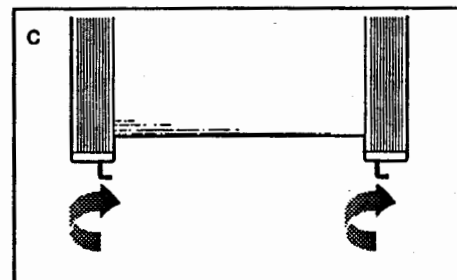
- a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, 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 walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



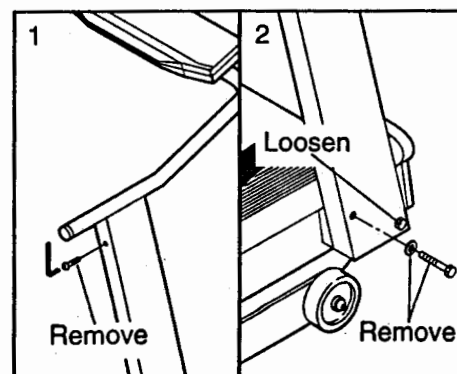
STORAGE

Unplug the power cord when the treadmill is not in use.

Using the 7/32" allen wrench, remove the bolt from the upper end of each upright (see drawing 1). Rotate the handrails down.

Remove one bolt and washer from the lower end of each upright (see drawing 2). Loosen the other bolt in the lower end of each upright. Carefully lower the uprights.

It is recommended that the treadmill be covered during extended periods of storage.



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 level 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.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
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 sensor is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The sensor 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, plan 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 to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.297331

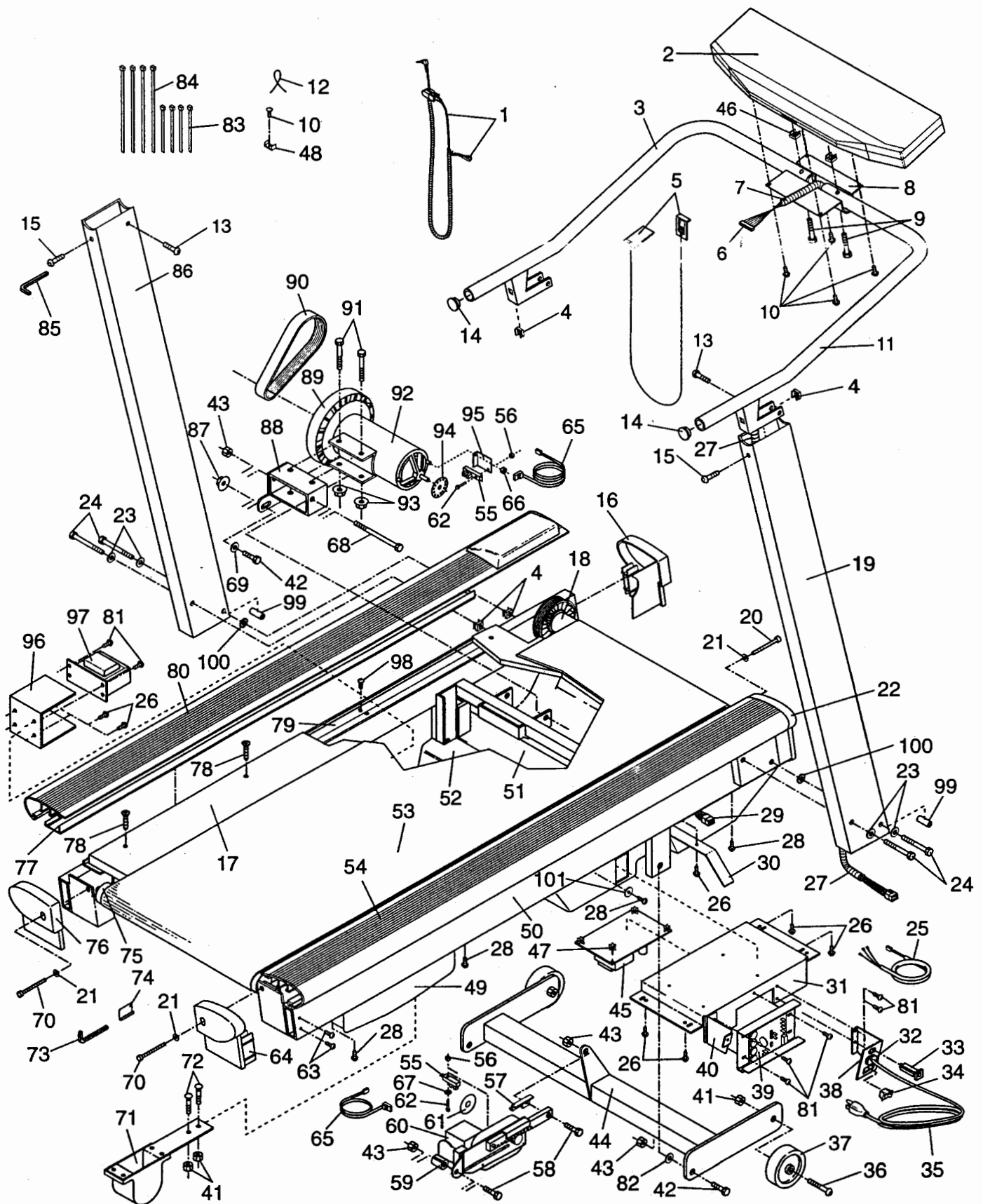
R1194A

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	112589	1	Pulse Earclip/Clothes Clip	56	012152	2	Small Nut
2	122552	1	Console	57	116892	1	Incline Bracket
3	122618	1	Left Handrail	58	119375	2	Incline Motor Bolt
4	111869	6	Cage Nut	59	114270	1	Incline Motor Spacer
5	119038	1	Safety Key/Clip	60	115523	1	Incline Motor
6	121812	1	Console Wire Harness	61	109370	2	Incline Optic Disk
7	113203	1	6" Cable Loom	62	102959	2	Small Bolt
8	119696	1	Console Plate	63	013028	4	Endcap Screw
9	119995	2	Console Bolt	64	116601	1	Right Rear Endcap
10	013141	5	Console Screw	65	102633	2	Optic Switch Wire Harness
11	122619	1	Right Handrail	66	122125	1	Optic Switch Bracket Nut
12	116926	1	Cable Tie	67	014157	1	Switch Star Washer
13	013438	2	Handrail Pivot Bolt	68	107503	1	Motor Swivel Bolt
14	114005	2	Handrail Endcap	69	122812	1	Motor Tension Washer
15	119994	2	3/8" x 1 1/4" Bolt	70	105444	2	Rear Roller Adjustment Bolt
16	119816	1	Front Left Endcap	71	115032	2	Cushion Foot
17	122571	1	Walking Platform	72	110926	4	Cushion Foot Bolt
18	122213	1	Front Roller/Pulley	73	045010	1	3/16" Allen Wrench
19	120297	1	Right Upright	74	016028	1	Wrench Clip
20	112609	1	Front Roller Adj. Bolt	75	122123	1	Rear Roller
21	014127	3	Roller Adj. Washer	76	116600	1	Left Rear Endcap
22	119824	1	Front Right Endcap	77	121157	2	Foot Rail Track
23	014132	4	Flat Washer	78	100691	8	Platform Screw
24	013430	4	3/8" x 4" Bolt	79	119289	2	Deck Bracket
25	105989	1	Power Board-Controller Wire	80	121158	1	Left Foot Rail
26	108080	10	Screw	81	120866	7	Electronics Mounting Screw
27	113204	2	12" Cable Loom	82	014086	2	Flat Washer
28	013162	19	Safety Cover Screw	83	016029	4	4" Cable Tie
29	119769	1	Safety Cover Wire Harness	84	016057	4	8" Cable Tie
30	119013	1	Belt Guide	85	045017	1	7/32" Allen Wrench
31	123308	1	Electronics Bracket	86	120298	1	Left Upright
32	019084	1	Grommet	87	120867	1	Motor Tension Nut
33	109382	1	Circuit Breaker	88	122644	1	Motor Mount Bracket
34	119163	1	On/Off Switch	89	113278	1	Pulley/Flywheel/Fan
35	031229	1	Power Cord	90	118017	1	Motor Belt
36	117806	2	Front Wheel Bolt	91	100994	2	Motor Bolt
37	052014	2	Front Wheel	92	120740	1	Motor
38	119026	1	Power Cord Bracket	93	105477	2	Motor Nut
39	110447	1	Controller	94	119070	1	Speed Disk
40	119416	1	Safety Cover Bracket	95	120653	1	Optic Switch Bracket
41	012056	6	Wheel Nut/Cushion Foot Nut	96	120909	1	Choke Bracket
42	013547	3	Leg Bolt/Motor Tension Bolt	97	109365	1	Choke
43	012149	5	Leg Nut/Motor Tension Nut	98	013088	8	Deck Bracket Screw
44	119020	1	Incline Leg	99	122332	2	Upright Spacer
45	120729	1	Power Board	100	014117	2	Star Washer
46	111430	2	Handrail Cage Nut	101	104188	2	Cover Washer
47	015071	4	Plastic Stand-Off	#	101897	1	14" White Wire, 2 Female
48	116927	1	Tie Block	#	107771	1	8" White Wire, Male/Female
49	119996	2	Cushion Foot Cover	#	101799	1	9" Black Wire, Male/Female
50	NSP	1	Frame	#	101951	1	8" Black Wire, 2 Female
51	123132	1	Front Safety Cover	#	109407	1	4" Black Wire, 2 Female
52	123372	1	Rear Safety Cover	#	102634	1	8" Green Ground Wire
53	122570	1	Walking Belt	#	118201	1	8" Red Wire, Male/Female
54	119815	1	Right Foot Rail	#	112083	1	8" Blue Wire, 2 Female
55	102955	2	Optic Switch	#	122741	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. 831.297331

R1194A



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 can 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:

- The MODEL NUMBER of the product (831.297331).
- The NAME of the product (SEARS LIFESTYLER® EXPANSE 1500).
- The PART NUMBER of the part(s) from page 14 of this owner's manual.
- The DESCRIPTION of the part(s) from page 14 of this owner's manual.

Your SEARS TREADMILL 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."

Should you ever need repair service or parts, call toll free:

For repair service: **1-800-4-REPAIR** (1-800-473-7247)

For repair parts: **1-800-FON-PART** (1-800-366-7278)