

# Lifestyler™

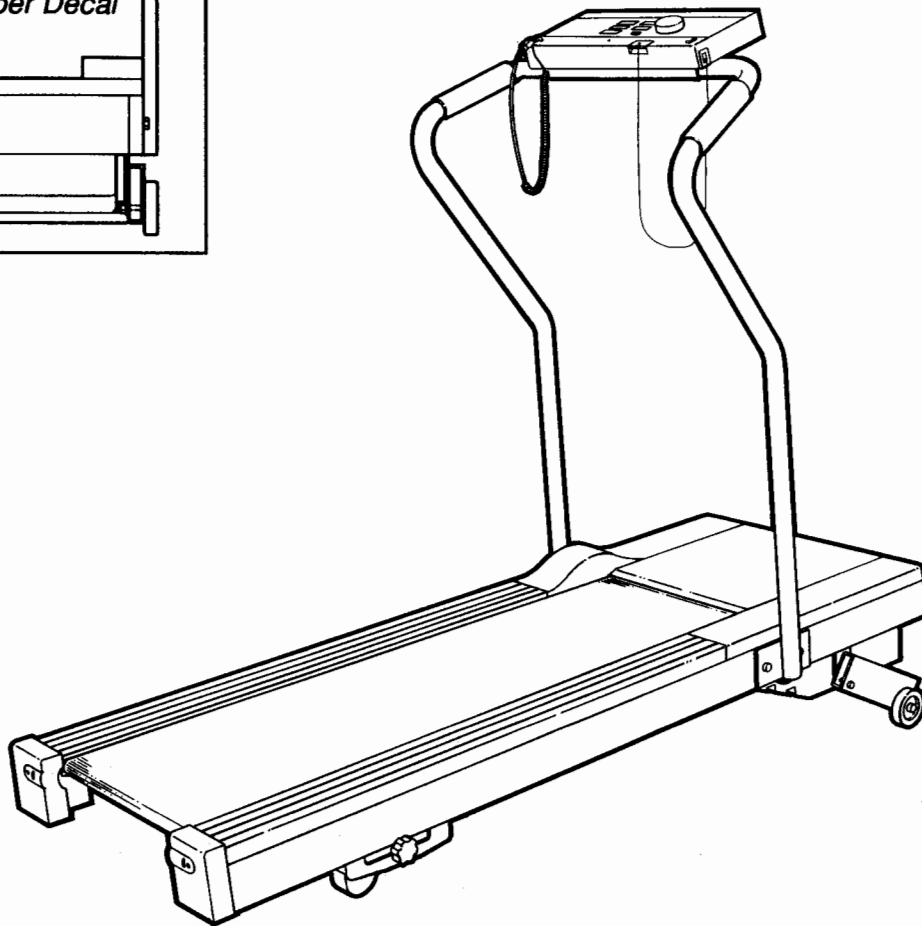
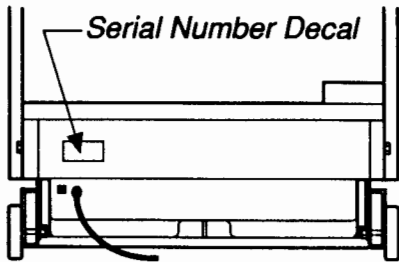
# 6500ESP

- ▲ 0 - 10.0 MPH
- ▲ POWER INCLINE
- ▲ ADJUSTABLE CUSHION DECK
- ▲ 1.5 HORSEPOWER DC MOTOR

Model No. 831.297510

Serial No. \_\_\_\_\_

Write the serial no. in the space above.



# SEARS®

# OWNER'S MANUAL

**▲ CAUTION:** Carefully read all safety precautions and instructions in this manual before using this equipment. Save this manual for future reference.

## **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**

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**▲ 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.

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# 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.

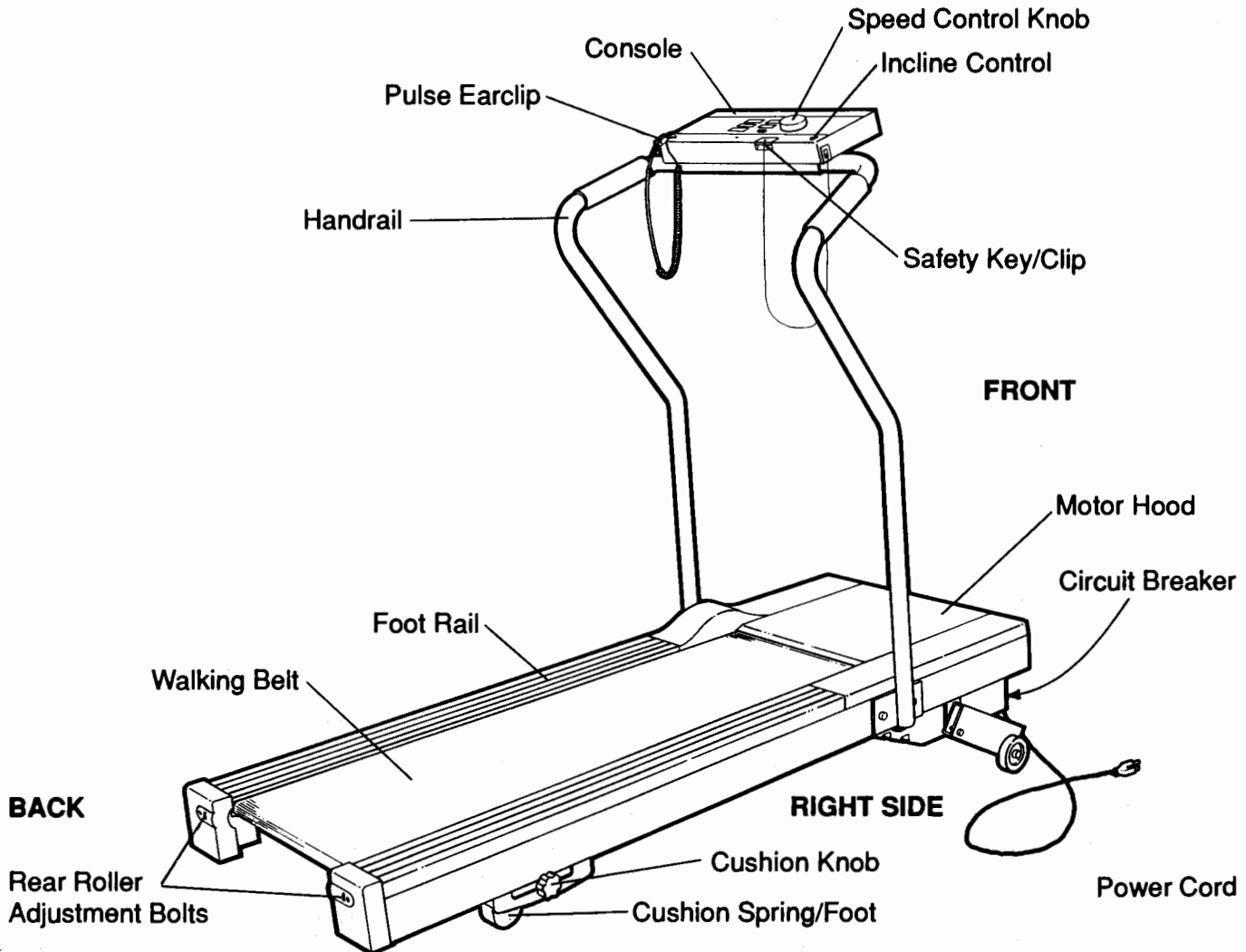
1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on a surface that blocks any air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. Plug the power cord 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. 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.
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 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 the power off 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 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.

# BEFORE YOU BEGIN

Thank you for selecting a SEARS® LIFESTYLER 6500 ESP treadmill. The LIFESTYLER 6500 ESP treadmill combines 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 831.297510. 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.

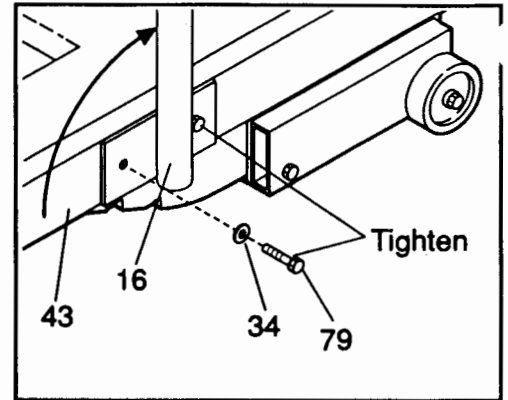


**TOOL(S) NEEDED:** 8" Adjustable Wrench

# OPERATION AND ADJUSTMENT

For your convenience, the treadmill is delivered assembled in the compact stowaway position. Set the treadmill in a cleared area and remove all packing materials. Make sure that all parts are included before disposing of the packing materials. An 8" adjustable wrench is needed.

To convert the treadmill to the operating position, first raise the Handrail (16) to a vertical position. Align the hole in the lower end of the Handrail with the hole in the side of the Frame (43). Insert a Short Handrail Bolt (79), with a Handrail Washer (34), into the Handrail and Frame and tighten the Bolt. Tighten the Handrail Bolt that is already in the Handrail and Frame. **Be careful not to pinch the wires in the Handrail.** Repeat on the left side (not shown). Make sure that all parts are tightened before using the treadmill.

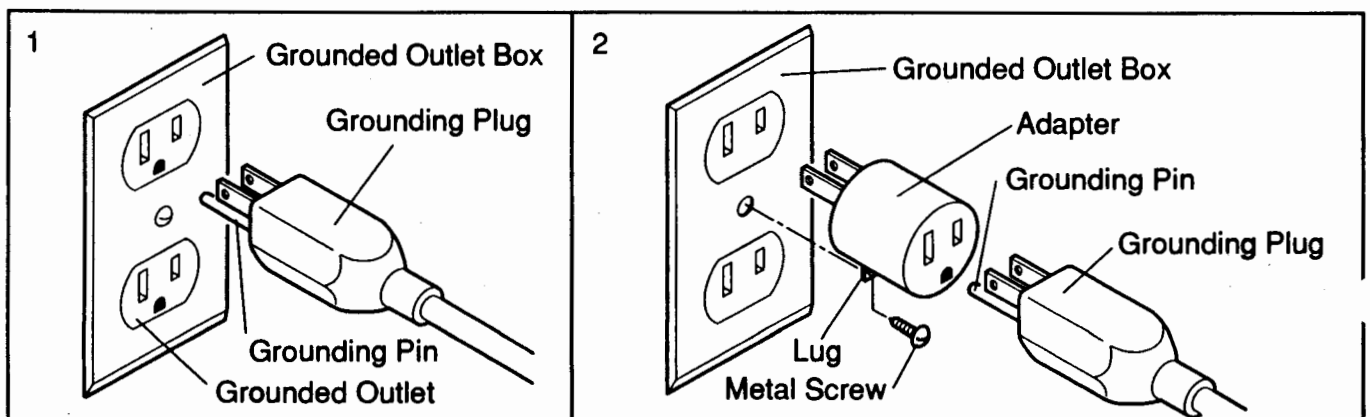


## PLUGGING THE POWER CORD IN

**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.**

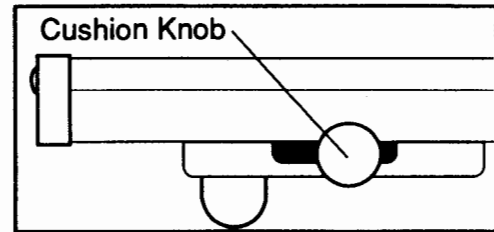


## MAINTENANCE-FREE WALKING PLATFORM

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.

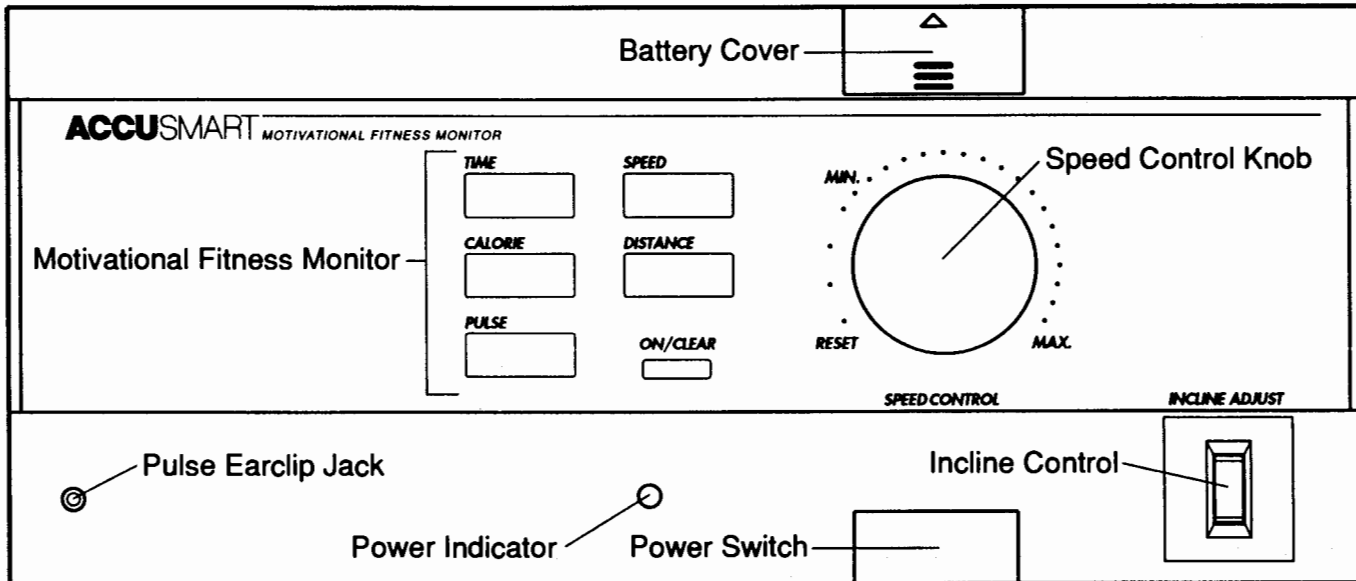
## CUSHION LEVEL ADJUSTMENT

The cushion level of the treadmill can be adjusted using the cushion knob located on the right side of the treadmill. Turning the knob counterclockwise will result in a softer cushion as you exercise; turning the knob clockwise will result in a more firm cushion.



## DIAGRAM OF THE CONSOLE

The state-of-the-art console features power incline control, electronic speed control and a motivational fitness monitor with five independent displays. Please read the instructions below before operating the console.



## INSTALLING BATTERIES

The motivational fitness monitor requires two "AA" batteries (not included); alkaline batteries are recommended. Slide the battery cover open and remove the battery clip from the console. Find the markings inside the battery clip showing the correct orientation of the batteries. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.

## TURNING THE POWER ON

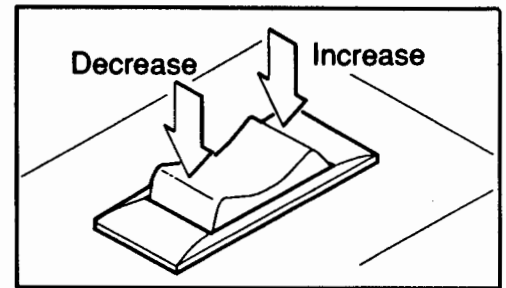
Step onto the foot rails of the treadmill. Locate the clip attached by a cord to the safety key and slide the clip onto the waistband of your clothing.

**⚠ CAUTION:** Do not stand on the walking belt while turning the power on. Always wear the clip while operating the treadmill; if you fall, the safety key will be pulled from the power switch, instantly turning the power off.

Insert the safety key into the power switch. The power indicator will light. The five displays of the motivational fitness monitor will not light until the ON/CLEAR button is pressed, or the walking belt begins to move (see CONTROLLING THE SPEED). Note: If batteries were just installed, the five displays will already be lighted.

## INCLINE ADJUSTMENT

To vary the intensity of your exercise, the incline of the treadmill can be changed using the incline control on the right side of the console. To increase the incline, press the end of the switch farthest from you. To decrease the incline, press the end of the switch closest to you.



## CONTROLLING THE SPEED

To start the walking belt, first turn the speed control knob to "reset." Then, turn the knob slowly clockwise until the walking belt begins to move at slow speed.

**▲ CAUTION:** After the knob is turned, there will be a pause before the walking belt begins to move. Adjust the speed slowly until you are familiar with the operation of the treadmill.

Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control knob. To stop the walking belt, turn the knob to "reset."

## MOTIVATIONAL FITNESS MONITOR

The five displays of the motivational fitness monitor provide continuous exercise feedback. The displays can be reset by pressing the ON/CLEAR button. The five displays are described below:

**TIME**—This display shows the elapsed time. Note: When the walking belt is stopped, the TIME display will go into a pause mode after a few seconds.

**CALORIE**—This display shows the total number of nutritional Calories that you have burned.

**PULSE**—This display shows your heart rate. Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to minimize movement of the earclip wire. After a few seconds, your heart rate will be displayed. If your heart rate is not displayed after a few seconds, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your heart rate.

**SPEED**—This display shows the current speed of the walking belt.

**DISTANCE**—This display shows the total distance that you have walked or run.

## TURNING THE POWER OFF

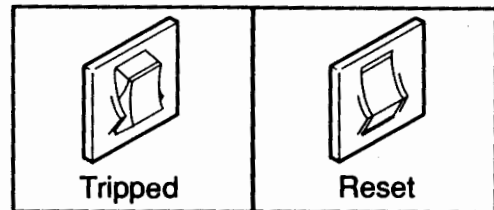
To turn the power off, remove the safety key from the power switch. The five displays of the motivational fitness monitor will turn off automatically a few minutes after the walking belt is stopped.

# 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 console. Various indicators on the 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

- a. 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.
- b. Make sure the power cord is plugged in.
- c. Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.

## 3. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

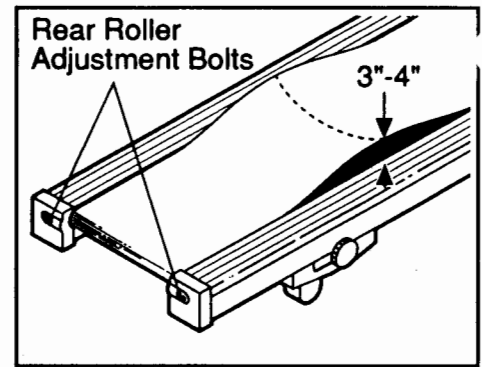
- a. Make sure the pulse earclip is plugged fully into the jack on the console. Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- b. Try standing still while measuring your pulse.
- c. The pulse earclip may need to be cleaned. Press the earclip open, and wipe 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.

## 4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

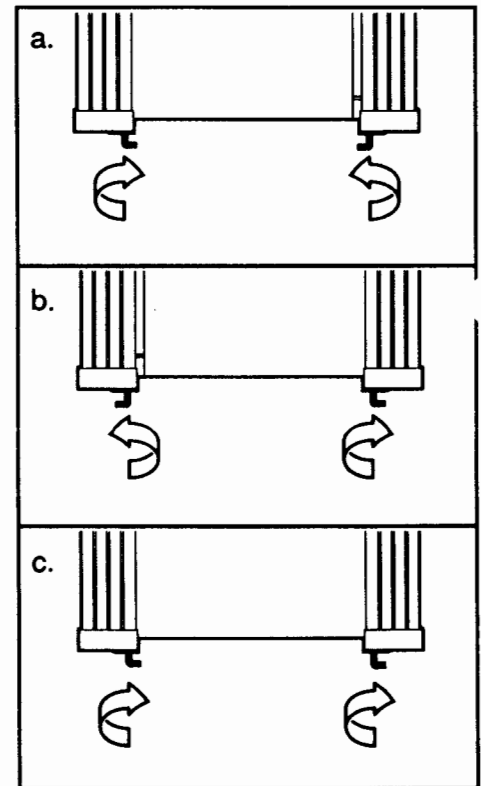
- a. Walk on the treadmill for 10 minutes to break in the walking platform. During this break-in period, it is normal for the walking belt to slow.

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

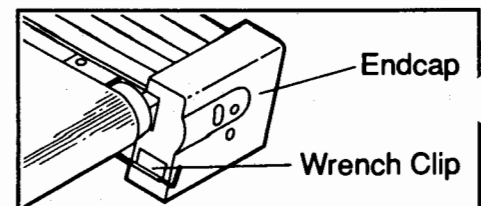


## 5. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

- a. If the walking belt has shifted to the left, first remove the safety key 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.

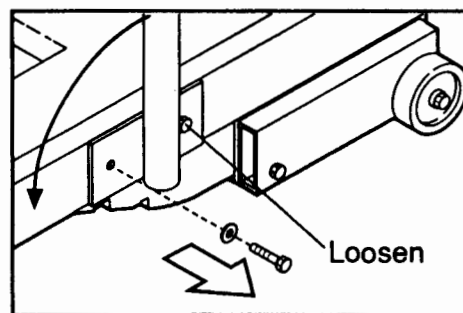


The allen wrench can be stored conveniently by removing the backing from the wrench clip and pressing it onto one of the endcaps.



## STORAGE

Unplug the power cord when the treadmill is not in use. Remove the two bolts and washers shown from the lower end of the right and left handrail. Loosen the two other bolts. Carefully lay console on the treadmill. Keep the bolts and washers in a secure location.



# 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.

## SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

### TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

### CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

### QUADRICEPS STRETCH

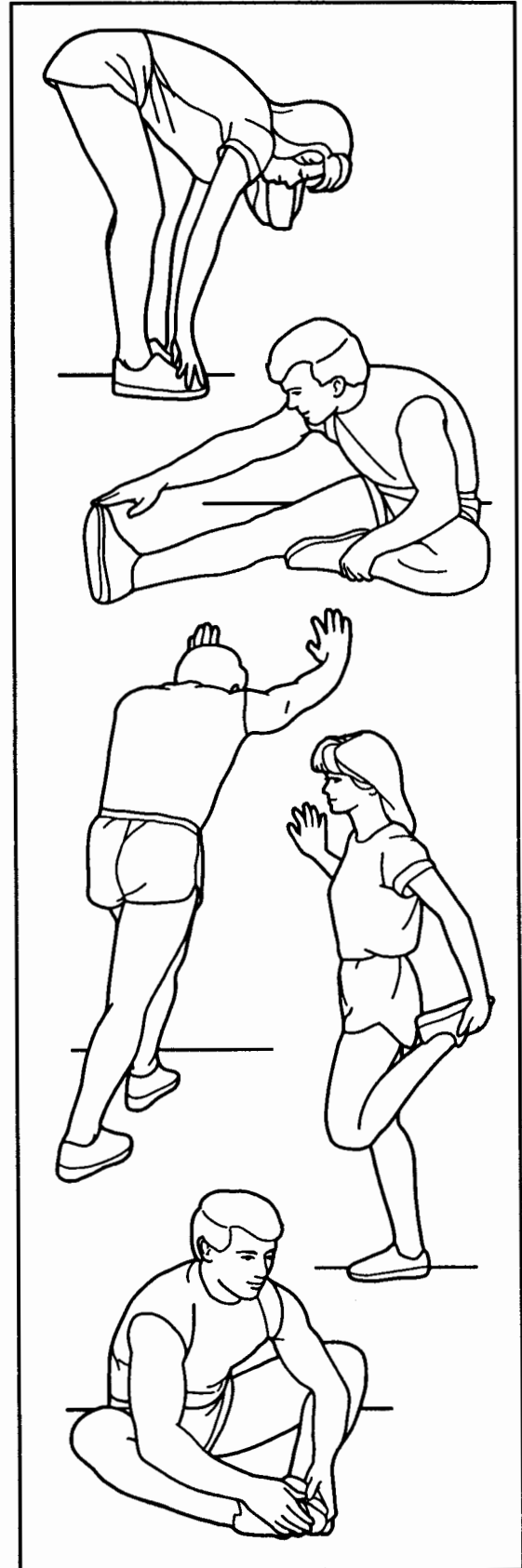
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



# PART LIST—Model No. 831.297510

Rev. 11/92

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	111961	1	Left Handrail w/Foam Grip	42	109348	2	Foot Rail
2	013464	2	Long Handrail Bolt	43	NSP	1	Frame
3	106337	1	Safety Key/Clip	44	110589	1	Motor Mount Plate
4	054013	1	Clothes Clip	45	105477	8	Motor Mount Nut
5	101508	1	Pulse Earclip	46	101263	1	Motor Pivot Bolt
6	108080	21	Small Screw	47	108473	4	Motor Isolator
7	111167	1	Console Plate	48	108474	1	Ground Strap
8	111963	1	Console	49	110588	1	Motor
9	110000	1	Speed Control Knob	50	013207	1	Carriage Bolt
10	031108	1	Incline Control	51	106114	1	Motor Flywheel/Pulley
11	109270	1	Incline Motor	52	109268	1	Cushion Knob
12	012108	6	Lock Nut	53	109723	2	Rod Washer
13	013564	3	Motor Bolt	54	110926	4	Cushion Spring Bolt
14	100896	1	Incline Motor Pin	55	109267	1	Rod Washer
15	106334	1	Cotter Pin	56	110567	2	Cushion Cover
16	111962	1	Right Side Rail w/Foam Grip	57	109620	2	Cushion Spring/Foot
17	015071	4	Plastic Stand-Off	58	108470	1	Right Endcap
18	108973	1	Mounting Plate	59	013300	4	Endcap Screw
19	111205	1	Incline Control Board	60	105444	2	Rear Roller Adj. Bolt
20	110447	1	Controller	61	045010	1	Allen Wrench
21	014157	1	Ground Washer	62	016028	1	Wrench Clip
22	019084	1	Grommet	63	108469	1	Left Endcap
23	109095	4	Hood Anchor	64	110441	1	Rear Roller
24	031229	1	Power Cord	65	110369	2	Rear Roller Spacer
25	109382	1	Circuit Breaker	66	100691	6	Platform Screw
26	109269	2	Frame Endcap	67	109278	8	Foot Rail Washer
27	104623	10	Belly Pan Screw	68	108778	1	Retainer
28	106615	1	Front Roller Adj. Bolt	69	109518	1	Rod Endcap
29	014127	3	Roller Adj. Washer	70	108404	6	Hood Screw/Endcap Screw
30	052014	2	Front Wheel	71	111950	1	Motor Hood w/Decal
31	105329	2	Wheel Bolt	72	106939	1	Belt
32	109105	1	Incline Leg	73	016055	3	Wire Clip
33	109265	2	Belt Guide	74	111873	1	Reed Switch/Sensor Wire
34	110468	4	Handrail Washer	75	111680	1	Reed Switch Clip
35	108603	1	Belly Pan	76	109365	1	Choke
36	012082	5	Nut	77	101049	4	Hood Anchor Screw
37	104514	1	Tension Spring	78	009135	1	Incline Control Bezel
38	014041	2	Flat Washer	79	104063	4	Handrail Bolt
39	111960	1	Front Roller/Pulley	80	103175	2	Foam Grip
40	110586	1	Walking Belt	#	111172	1	Owner's Manual
41	110584	1	Walking Platform				

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



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# **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 (831.297510).
2. The NAME of the product (SEARS® LIFESTYLER 8.0 ESP 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**