



**SPACE
MAKER**

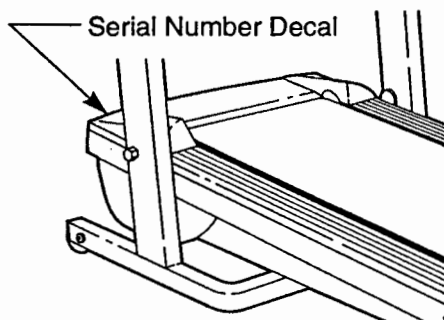
1000TM LS

SEARS

Model No. 831.297530

Serial No. _____

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



**EXERCISE
EQUIPMENT**

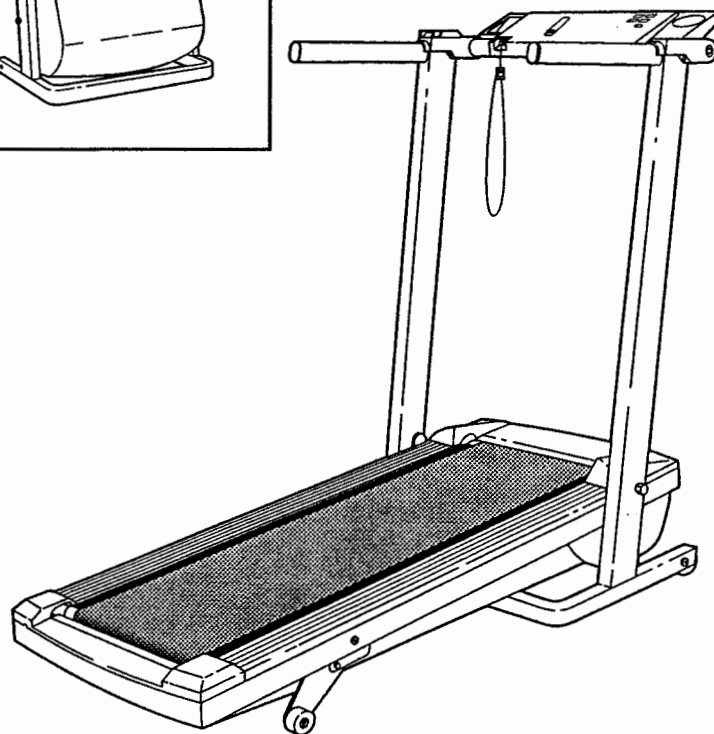
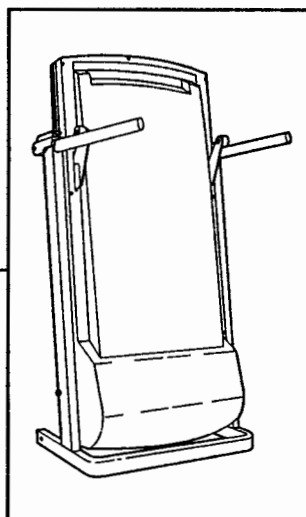
QUESTIONS

HELPLINE!

1-800-736-6879

CAUTION

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



USER'S MANUAL

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

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS TREADMILL EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the TREADMILL EXERCISER, free of charge.

This warranty does not apply when the TREADMILL EXERCISER is used commercially or for rental purposes.

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



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1000TM



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Note: An EXPLODED DRAWING and a PART LIST are attached to the center of this manual. Save the EXPLODED DRAWING and PART LIST for future reference.

⚠ 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 PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least 8 feet of clearance behind it. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Do not place the treadmill near water, outdoors, or on a surface that blocks any air openings.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep small children and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 7), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.
10. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
11. Keep the power cord and the surge protector away from heated surfaces.
12. 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.)
13. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.
17. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.
18. You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
19. When storing the treadmill, make sure that the storage latch is fully closed.
20. Never insert any object into any opening.
21. 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.

SAVE THESE INSTRUCTIONS

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a 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 excess 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.

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased 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.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.**

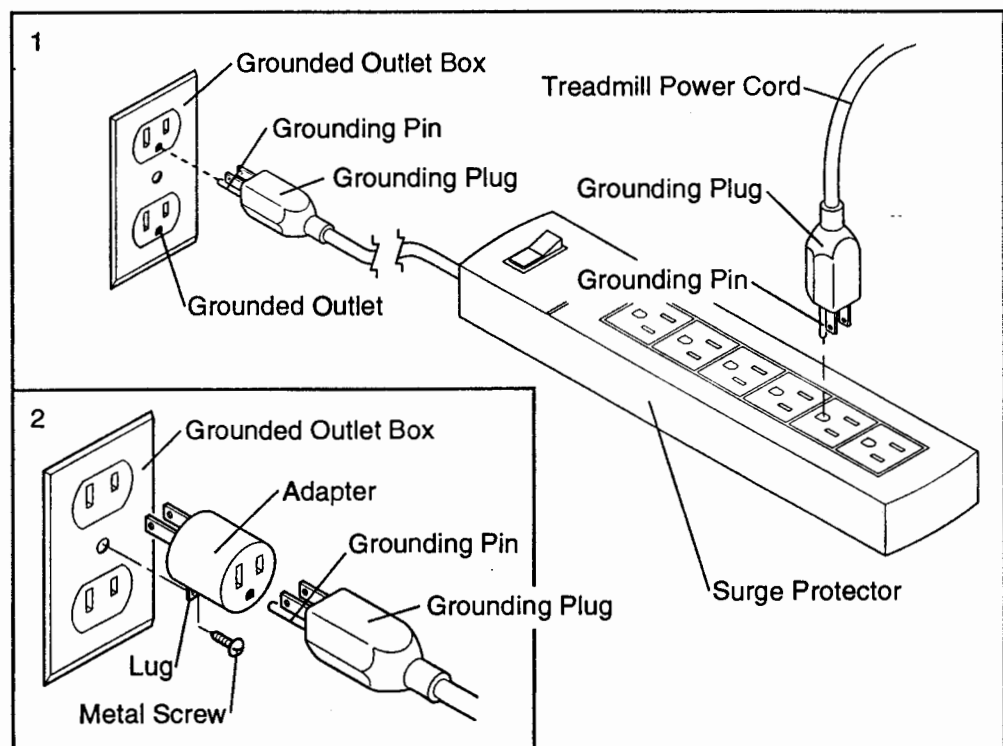
Surge protectors are sold at most hardware stores and department stores. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

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 a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

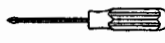
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if 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.**

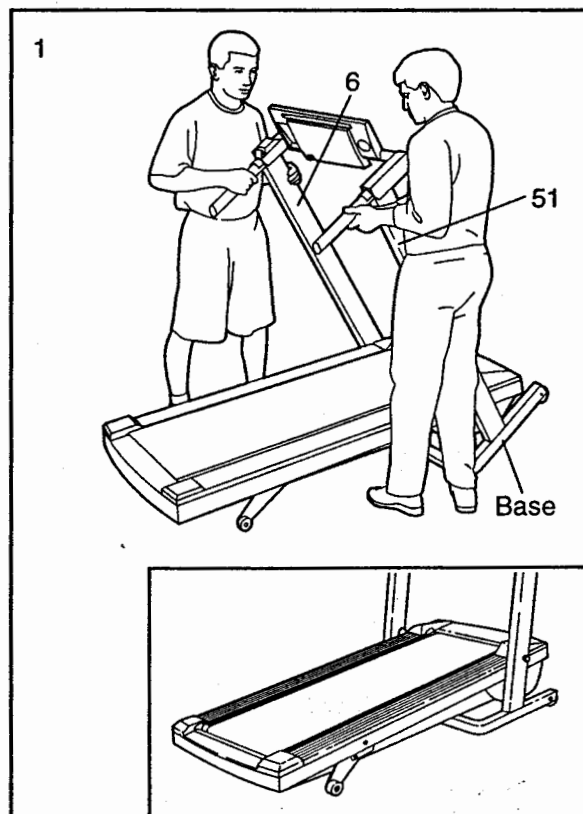


ASSEMBLY

Two people are required for assembly. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included 7/32" allen wrench**  **and your own phillips screwdriver** .

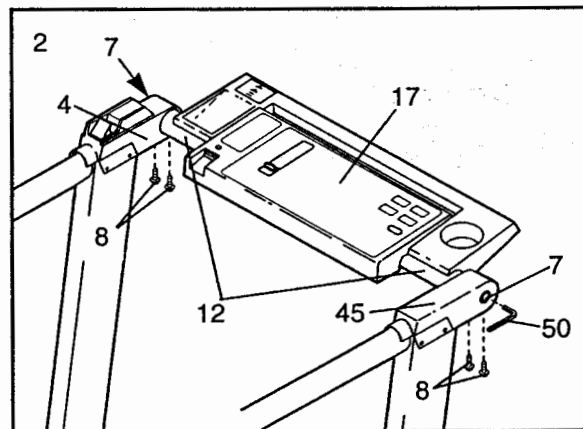
1. Firmly hold the Uprights (6, 51) as shown. Raise the Uprights until the base is resting on the floor.

The inset drawing shows how the treadmill should appear when this step is completed.



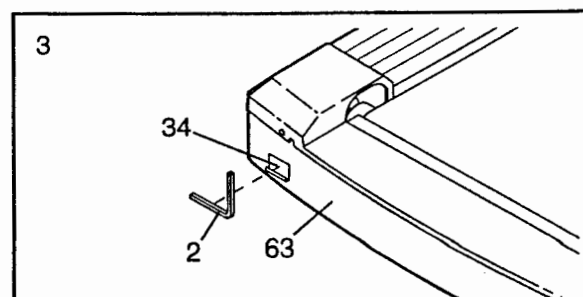
2. Loosen the Crossbar Bolts (7) in the ends of the Console Crossbar (12). Pivot the Console (17) to the angle shown. Look under the Left and Right Crossbar Brackets (4, 45) and find the two small holes in each end of the Console Crossbar (12). Tighten Crossbar Screws (8) into all four holes.

Rotate the Console (17) upward until it stops. Using the 7/32" Allen Wrench (50), tighten the Crossbar Bolts (7) in the ends of the Console Crossbar (12).



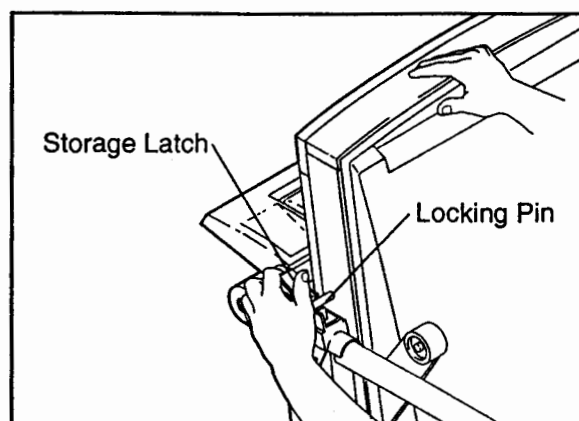
3. Remove the paper backing from the Adhesive Clip (34). Press the Adhesive Clip onto the Frame (63) in the indicated location. Press the 3/16" Allen Wrench (2) into the Adhesive Clip. The use of the 3/16" Allen Wrench is described on page 12.

Make sure that all parts are tightened before you use the treadmill. **Note: Cover the floor beneath the treadmill to protect the floor or carpet.**

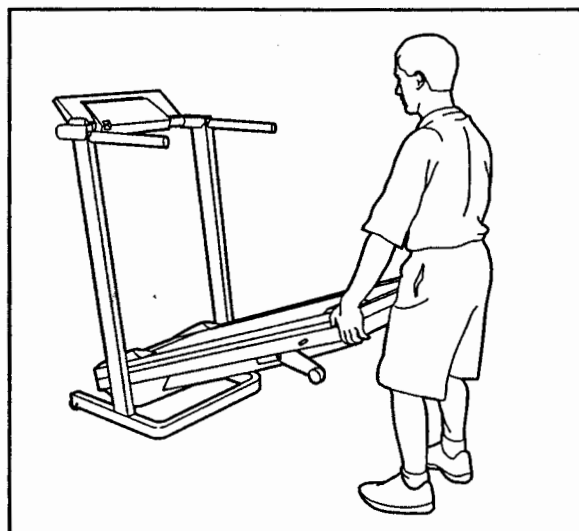


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, lift the storage latch. Pivot the treadmill slightly until the locking pin is out of the storage latch.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**

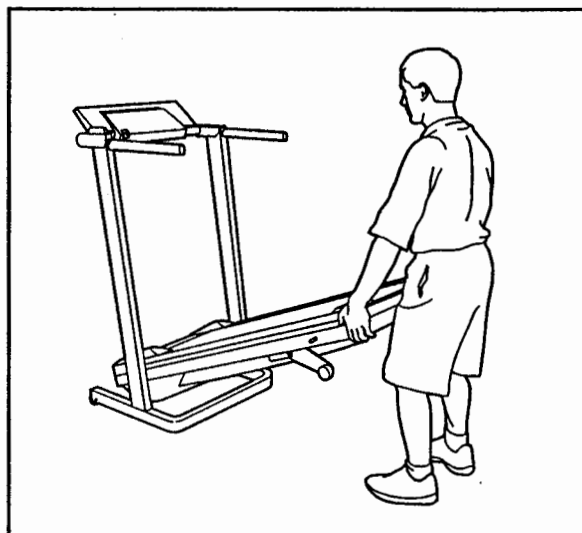


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

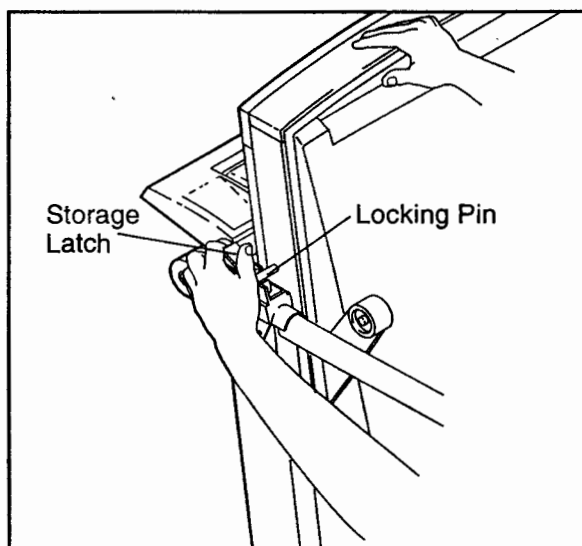
Before folding the treadmill for storage, unplug the power cord. **Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill, with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown at the right, and hold the treadmill firmly. Using your left hand, lift the storage latch. Raise the treadmill until the locking pin snaps into the storage latch. **Make sure that the locking pin is inside the storage latch, and that the storage latch is fully closed.**

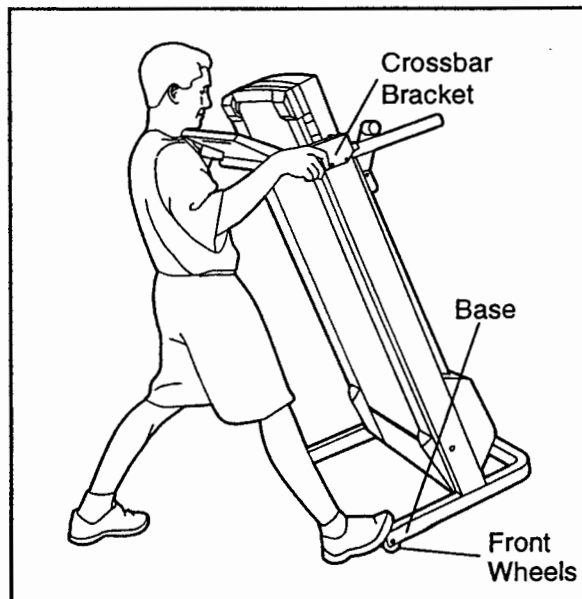
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

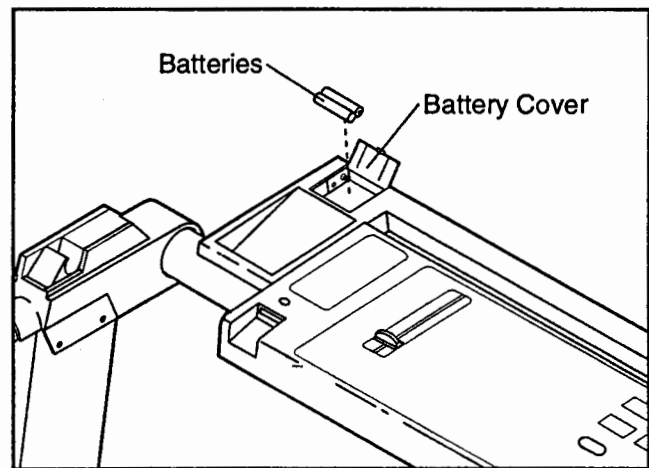
Before moving the treadmill, convert the treadmill to the storage position as described above.

1. Hold one crossbar bracket with each hand. Place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



5. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

- a. The console requires two "AA" batteries (not included); alkaline batteries are recommended. If the displays of the console do not function properly, the batteries should be replaced. Open the battery cover as shown at the right. Press two batteries into the battery compartment, with the negative (-) ends of the batteries touching the springs. Close the battery cover.



CONDITIONING GUIDELINES

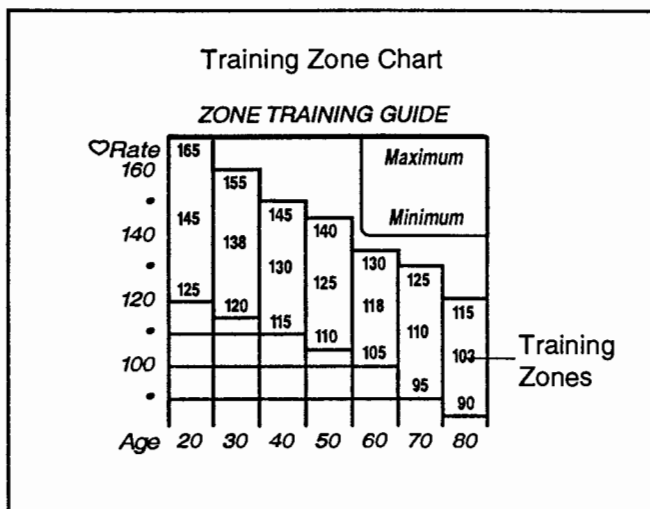
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines. For more detailed information about exercise, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide.

The chart below shows recommended heart rates for fat burning, aerobic exercise, and high performance athletic conditioning. (This chart is also found on the console.)



To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, look above your age and find the box containing three numbers. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for aerobic exercise; the highest number is the recommended heart rate for high performance athletic conditioning.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone as you exercise. It may also be helpful to set the speed control on the console to **FAT BURN** to help you maintain the proper intensity level. (See page 8.)

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone. It may also be helpful to set the speed control on the console to **AEROBIC** to help you maintain the proper intensity level. (See page 8.)

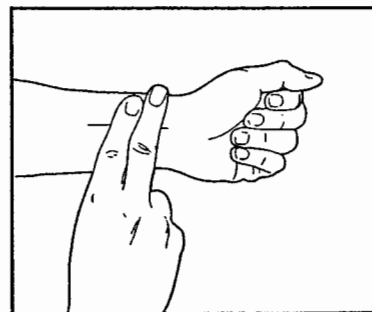
High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone. It may also be helpful to set the speed control on the console to **PERFORMANCE** to help you maintain the proper intensity level. (See page 8.) Note: During the first few weeks of your exercise program, keep your heart rate in the lower half of your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because

your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed and incline of the treadmill until your heart rate is at the proper level.



WORKOUT GUIDELINES

A well-rounded workout includes three phases:

A warm-up phase, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate, and circulation in preparation for strenuous exercise. Stretching also guards against muscle, tendon and ligament sprains.

A cardiovascular phase, including 20 to 30 minutes of exercise with your heart rate in your training zone. (See EXERCISE INTENSITY on page 14 to find your training zone.)

A cool-down phase, consisting of 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective during this phase. This phase should leave you relaxed and comfortably tired.

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.

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. Move slowly as you stretch—never bounce.

1. 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.

2. Calf/Achilles Stretch

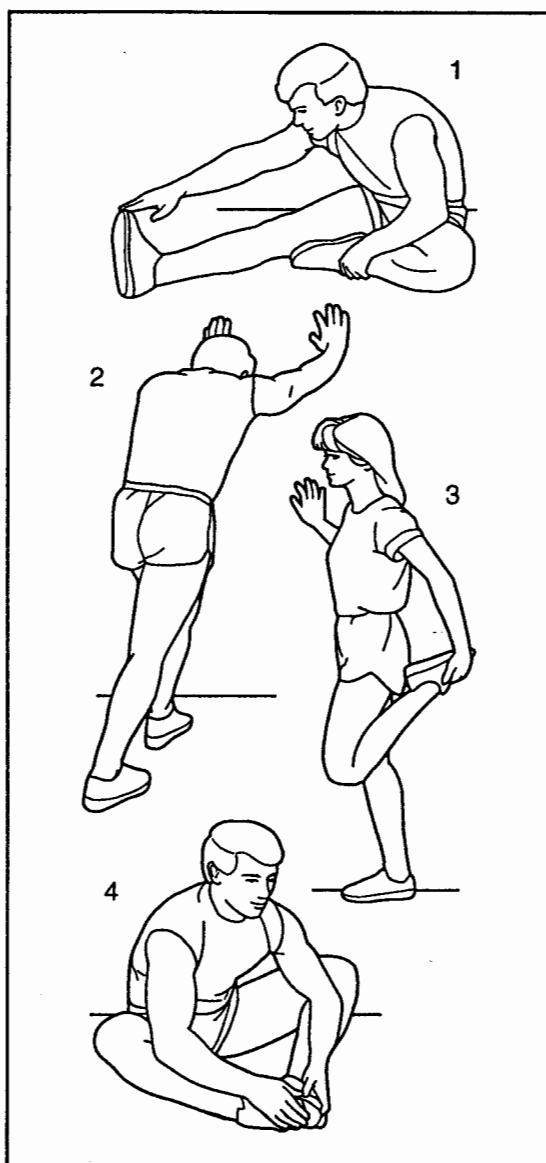
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further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

3. 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.

4. 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.





Model No. 831.297530

QUESTIONS?

If you find that:

- **you need help assembling or operating the SPACE MAKER 1000 LS treadmill**
- **a part is missing**
- **or you need to schedule repair service**

call our toll-free HELPLINE

1-800-736-6879

**Monday-Saturday, 7 am-7 pm
Central Time (excluding holidays)**

REPLACEMENT PARTS

**If parts become worn and need
to be replaced, call the following
toll-free number**

**1-800-FON-PART
(1-800-366-7278)**

The model number and serial number of your SEARS® SPACE MAKER 1000 LS treadmill are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

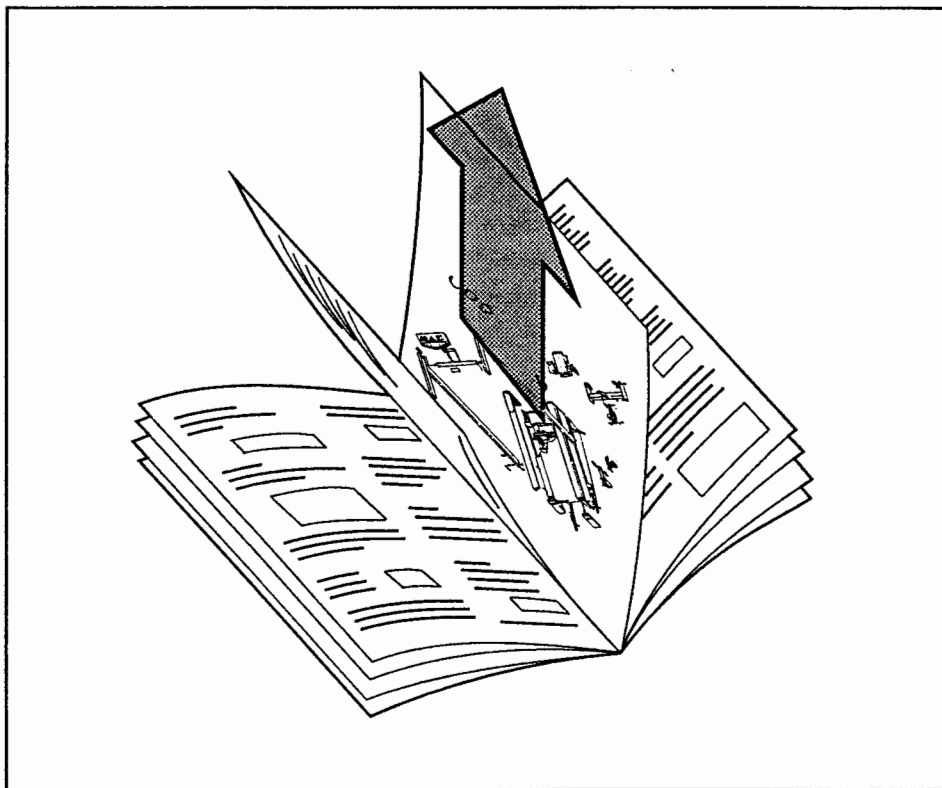
When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The NAME OF THE PRODUCT (SEARS® SPACE MAKER 1000 LS treadmill)
- The MODEL NUMBER OF THE PRODUCT (831.297530)
- The PART NUMBER OF THE PART (see the EXPLODED DRAWING and PART LIST attached to the center of this manual)
- The DESCRIPTION OF THE PART (see the EXPLODED DRAWING and PART LIST attached to the center of this manual)

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

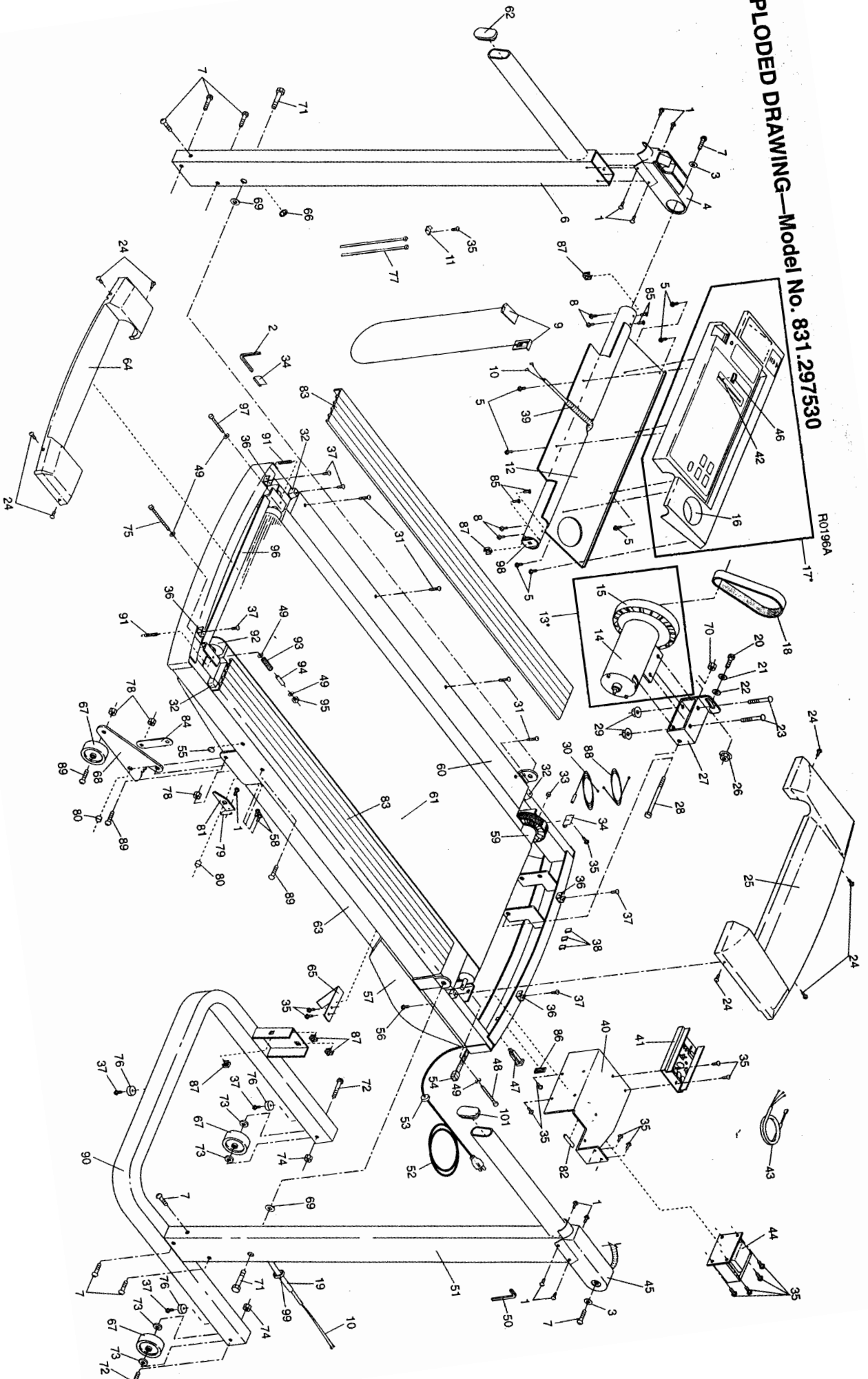
REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the user's manual.

EXPLODED DRAWING—Model No. 831.297530



PART LIST—Model No. 831.297530

R0196A

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	013282	10	Console Bracket Screw	54	124785	0	Wire Harness (see part 10)
2	126040	1	3/16" Allen Wrench	55	012149	0	Frame Plug (not used)
3	014086	2	Crossbar Washer	56	116586	31	Safety Cover Screw
4	127091	1	Left Crossbar Bracket	57	126955	1	Safety Cover
5	013540	8	Console Screw	58	108080	4	Ratchet Screw
6	128206	1	Left Upright	59	124147	1	Front Roller/Pulley
7	013438	8	Crossbar Bolt/Upright Bolt	60	127698	1	Walking Platform
8	013141	4	Crossbar Screw	61	124145	1	Walking Belt w/Fastener
9	119038	1	Key/Clip	62	128257	2	Handrail Endcap
10	124544	1	Upright Wire Harness	63	NSP	1	Frame
11	116927	1	Tie Holder Clamp	64	125758	1	Rear Hood
12	128477	1	Console Crossbar	65	127098	2	Belt Guide
13*	124151	1	Motor/Pulley/Flywheel/Fan	66	126960	1	Upright Plug
14	124100	1	Motor	67	052012	4	Wheel
15	112825	1	Pulley/Flywheel/Fan	68	128875	2	Incline Leg
16	126456	1	Water Bottle Holder Insert	69	118570	2	Upright Pivot Washer
17*	128116	1	Console Assembly	70	012149	3	Motor Pivot Nut
18	126134	1	Motor Belt	71	126635	2	Upright Pivot Bolt
19	128265	1	Upright Cable Loom	72	117806	2	Front Wheel Bolt
20	013547	7	Motor Tension Bolt	73	112628	4	Wheel Spacer
21	122812	1	Motor Tension Washer	74	012056	2	Front Wheel Nut
22	014117	3	Star Washer	75	128260	1	Right Rear Roller Adj. Bolt
23	123385	2	Motor Bolt	76	126650	3	Upright Foot
24	116586	8	Hood Screw (see part 56)	77	016057	2	8" Cable Tie
25	129209	1	Front Hood	78	119425	4	Incline Leg Nut
26	120867	1	Motor Tension Nut	79	120655	2	Incline Leg Spring
27	122632	1	Motor Mount Bracket	80	128271	4	Incline Leg Spacer
28	107503	1	Motor Swivel Bolt	81	128416	2	Incline Leg Latch
29	105477	2	Motor Nut	82	120885	1	Wire Guard
30	118153	1	Reed Switch/Sensor Wire	83	128122	2	Foot Rail w/Fastener
31	100691	8	Platform Screw	84	128575	2	Incline Leg Bracket
32	125802	4	Rubber Hood Anchor	85	013540	12	Crossbar Bracket Screw
33	100498	1	Magnet	86	126130	1	Hole Plug
34	016028	2	Adhesive Clip	87	111869	8	Cage Nut
35	120630	11	Screw	88	118195	1	Reed Switch Extension Wire
36	127419	4	Hood Anchor	89	013544	2	Incline Leg Bolt
37	013300	12	Small Screw	90	128247	1	Base
38	054023	3	Wire Clip	91	127544	2	Guard Spring
39	123752	1	24" Cable Loom	92	127009	1	Rear Roller
40	126985	1	Electronics Bracket	93	128986	1	Rear Roller Tension Spring
41	128124	1	Controller	94	123470	1	Spring Sleeve
42	128093	1	Potentiometer	95	119439	1	Roller Tension Nut
43	124545	1	Motor-Controller Wire	96	125860	1	Rear Roller Guard
44	109365	1	Choke	97	105444	1	Left Rear Roller Adj. Bolt
45	126641	1	Right Crossbar Bracket	98	128465	2	Crossbar Bracket
46	128115	1	Speed Knob	99	129004	1	Wire Grommet
47	109382	1	Circuit Breaker	#	127860	12	Fastener
48	112609	1	Front Roller Adjustment Bolt	#	128585	1	26" Green Wire, Ring/Female
49	014127	5	Adjustment Washer	#	128586	1	70" Green Wire, Ring/Female
50	045017	1	7/32" Allen Wrench	#	107771	1	8" White Wire, Male/Female
51	128210	1	Right Upright	#	127550	1	User's Manual
52	124669	1	Power Cord	* Includes all parts shown in the box			
53	124695	1	Grommet	# These parts are not illustrated			