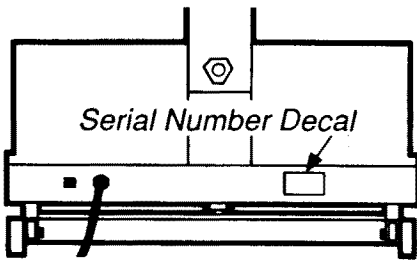


# Lifestyler™

**SEARS®**

Serial No. 29701



## QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

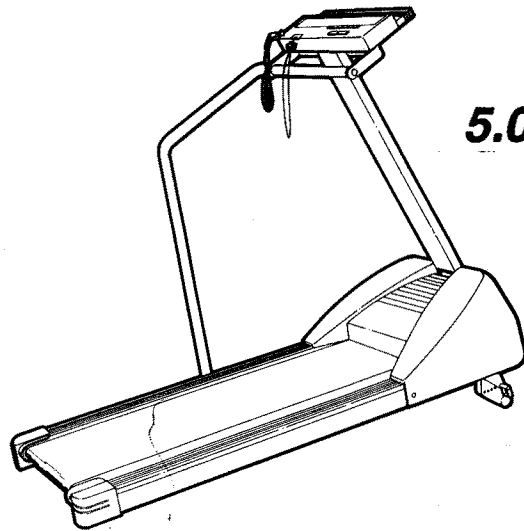
**CUSTOMER HOT LINE:**

**1-800-999-3756**

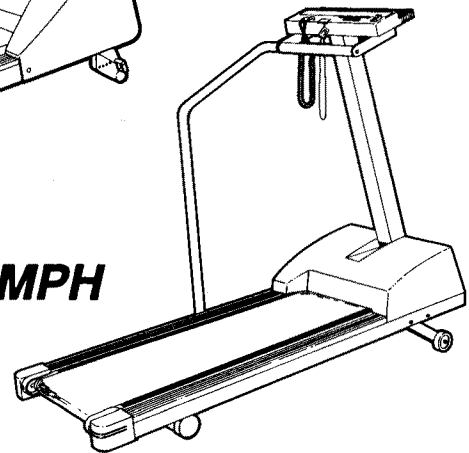
Mon.-Fri., 6 a.m.-6 p.m. MST.

## CAUTION:

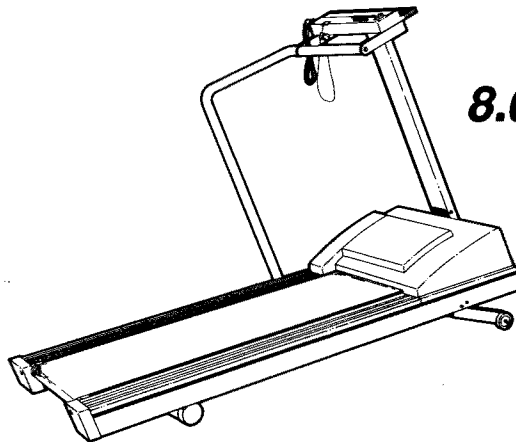
Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.



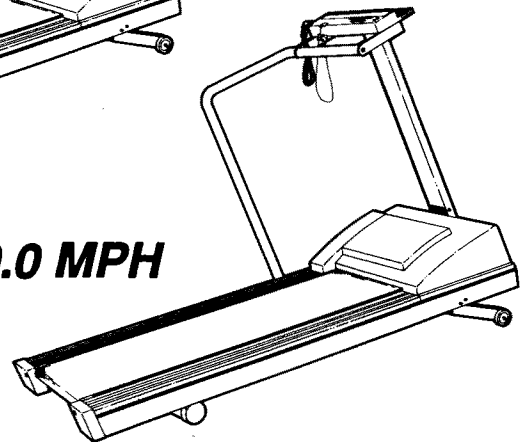
**5.0 MPH**



**6.0 MPH**



**8.0 MPH**



**10.0 MPH**

# OWNER'S MANUAL

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## FULL 90 DAY WARRANTY ON PARTS

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, Sears will, free of charge, repair or replace and install a replacement part for any defective part, when the treadmill is used in a normal manner.

This warranty does not apply when the 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. 731CR-W, CHICAGO, IL 60684**

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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 on thick carpet, near water or outdoors. 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 the OPERATION AND ADJUSTMENT section of this manual for proper grounding instructions.) Keep the power cord away from heated surfaces. If an extension cord is required, use only a 14-gauge, general-purpose cord of six to ten feet in length with a three-wire conductor.
3. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug are damaged, or if the treadmill is not working properly. (Refer to the BEFORE YOU BEGIN section of this manual if the treadmill is not working properly.)
4. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. *Always wear running or aerobic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.* Athletic support clothes are recommended for both men and women.
5. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
6. Never allow more than one person on the treadmill at a time. Use the treadmill only as described in this manual.
7. Keep small children away from the treadmill during operation. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.
8. Never drop or insert any object into any opening.
9. 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 described in this manual should be performed by an authorized service representative only.
10. This treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

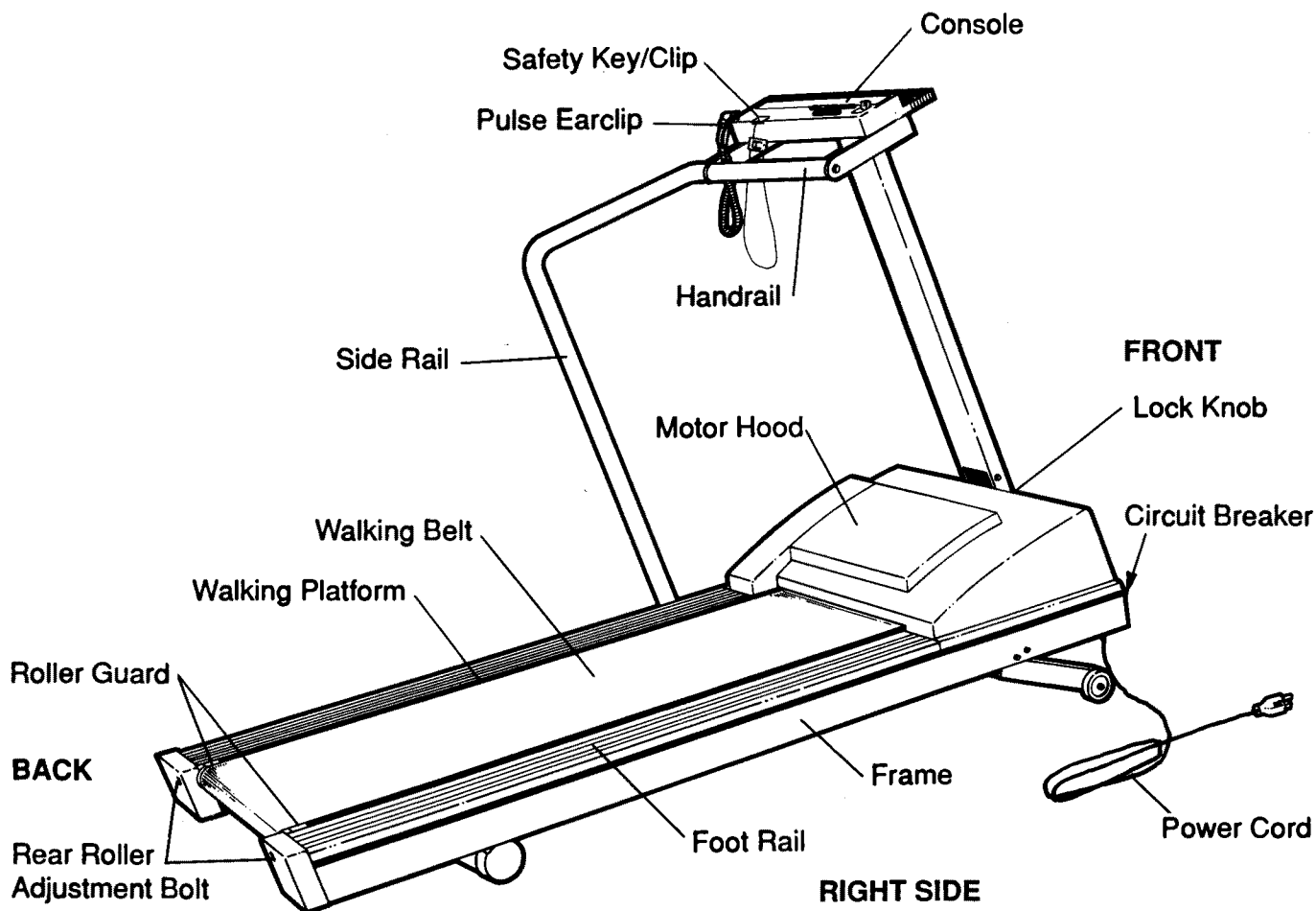
**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

Thank you for selecting a Sears Lifestyler treadmill. The Lifestyler 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. The heart of the Lifestyler treadmill is the innovative OPTIONS base console, offering an impressive array of features to help you get the most from your exercise.

This manual is for the Lifestyler 5.0 MPH, 6.0 MPH, 8.0 MPH and 10.0 MPH treadmills. **For your safety and benefit, read this manual carefully before using your treadmill.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention your treadmill model number and serial number when calling. The model number is listed on the Part List/Exploded Drawing accompanying this manual. The serial number can be found on a decal attached to the treadmill (see the drawing on the front cover of this manual for the location of the decal).

Before reading further, please review the drawing below and familiarize yourself with the parts labeled. Your treadmill may differ slightly from the treadmill shown.

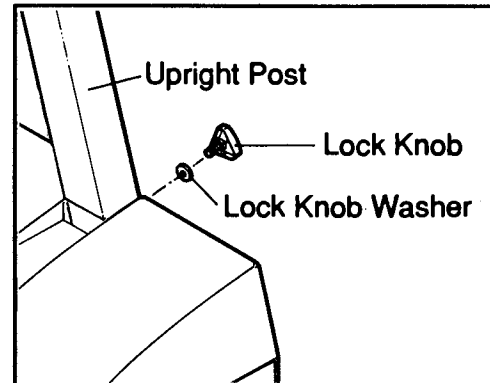


# ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.**

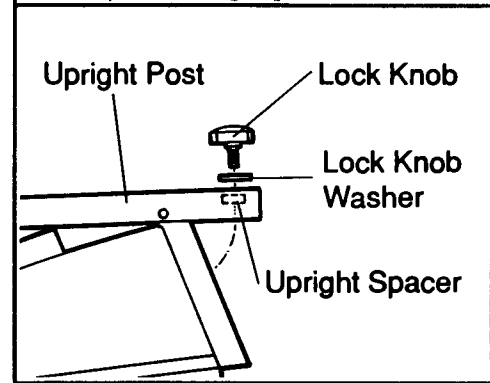
1. (5.0 MPH and 6.0 MPH)

Raise the Upright Post to the vertical position. Insert the Lock Knob, with the Lock Knob Washer, into the Upright Post. Turn the Lock Knob clockwise until it is almost tight. Leave a little play in the Upright Post for steps 2 and 3.



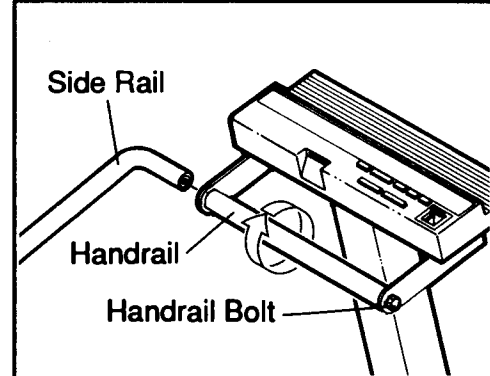
1. (8.0 MPH and 10.0 MPH)

Insert the Lock Knob, with the Lock Knob Washer, into the Upright Post. Place the Upright Spacer on the end of the Lock Knob. Hold the Upright Spacer in place and raise the Upright Post to the vertical position. **Be careful not to pinch your fingers.** Turn the Lock Knob clockwise until it is almost tight. Leave a little play in the Upright Post for the following steps.



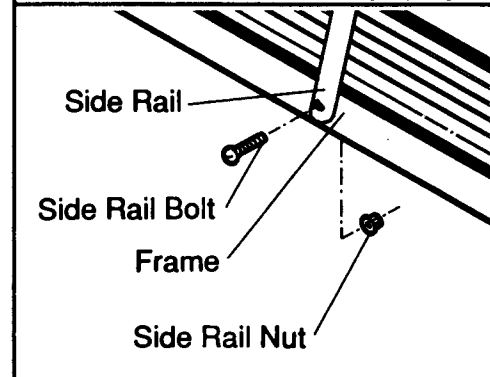
2. (All models)

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



3. (All models)

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



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

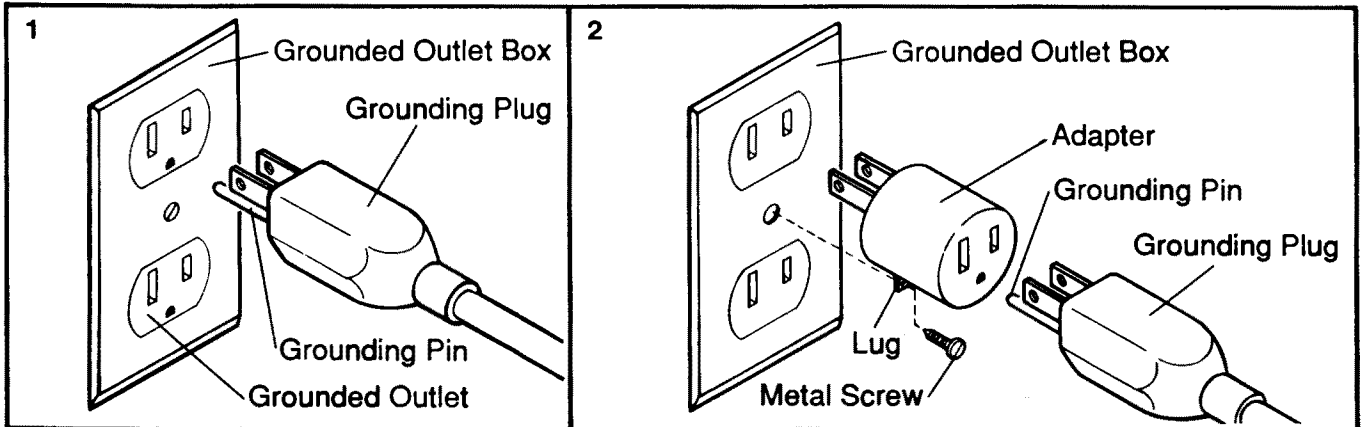
# OPERATION AND ADJUSTMENT

## GROUNDING INSTRUCTIONS

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

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

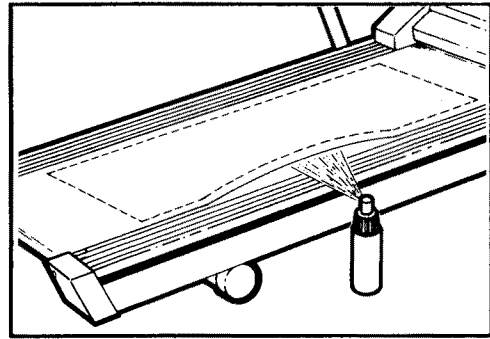
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter **must be connected to a permanent ground such as a properly grounded outlet box cover.** Whenever the adapter is used it **must be held in place by a metal screw.** **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



Treadmill	5.0 MPH	6.0 MPH	8.0 MPH	10.0 MPH
Motor	0-5 DC	0-6 DC	0-8 DC	0-10 DC
Walking Deck	Silicone Required	Silicone Required	Maintenance-Free	Maintenance-Free
Incline	5-Position Manual Incline	Auto Incline	Auto Incline	Power Incline

## SILICONE APPLICATION (5.0 MPH and 6.0 MPH)

To reduce the friction of the walking belt and minimize wear, a non-oil, non-petroleum base silicone lubricant should be applied generously to the walking platform. (We recommend UNI SPORT Silicone Spray. Silicone lubricant is available at most hardware and automotive stores.) **It is very important to apply silicone lubricant before initial use of the treadmill.** It should also be applied after every 10 hours of use or whenever a decrease in performance is noticed. **UNPLUG THE POWER CORD**, lift each side of the walking belt and apply the lubricant generously to the area indicated.



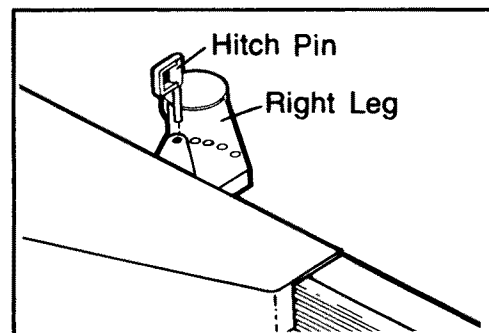
## MAINTENANCE-FREE WALKING PLATFORM (8.0 MPH and 10.0 MPH)

These treadmills feature a walking platform coated with a specially-designed hydrocarbon slip agent. **Do not apply silicone spray or any other substance to the walking platform or the walking belt.** Such substances will deteriorate the surface of the platform and cause excessive wear.

## INCLINE ADJUSTMENT (5.0 MPH)

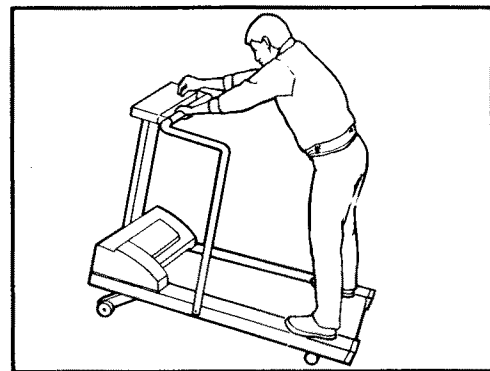
To vary the intensity of your exercise, the incline of the treadmill can be adjusted in the following manner:

1. **UNPLUG THE POWER CORD.** Lay the treadmill on its left side. Do not drop the treadmill.
2. Remove the hitch pin from the right leg and adjust the leg to the desired height. Replace the hitch pin and carefully tip the treadmill upright.
3. Lay the treadmill on its right side and adjust the left leg in the same manner. Make sure both legs are at the same height.



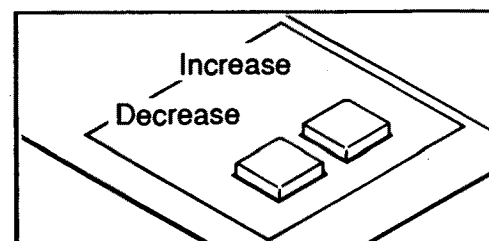
## INCLINE ADJUSTMENT (6.0 MPH and 8.0 MPH)

To vary the intensity of your exercise, the incline of the treadmill can be adjusted using the lever on the right side of the console. **Do not adjust the Incline while you are walking or running on the treadmill.** To increase the incline, **stand toward the back of the foot rails and pull back the lever.** When the desired incline is reached, release the lever. To decrease the incline, **stand toward the front of the foot rails, lean forward if necessary, and pull back the lever until the desired incline is reached.**



## INCLINE ADJUSTMENT (10.0 MPH)

To vary the intensity of your exercise, the incline of the treadmill can be adjusted using the buttons on the right side of the console. Each time one of the buttons is pressed, the incline will change by 1.0%. Indicators will light to show the current incline setting.



# CONSOLE OPERATION

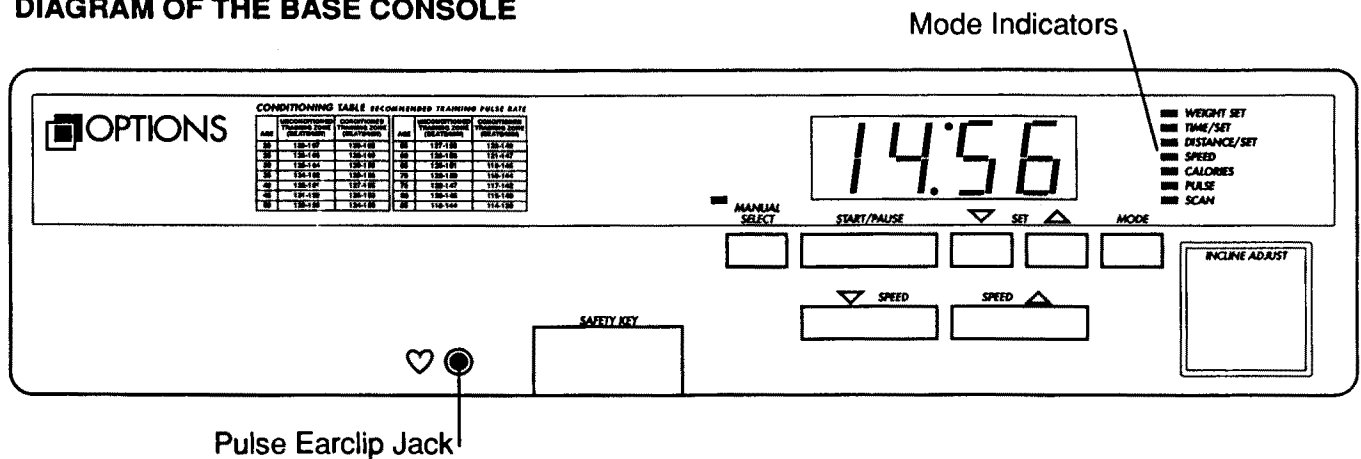
This treadmill comes standard with the innovative OPTIONS base console. The OPTIONS base console features a key-operated safety power switch, a large, easy-to-read LED display, convenient push-button speed controls and a multiple-mode exercise monitor. And the OPTIONS base console is modular—up to three additional modules can be added to give you even more options!

By adding the state-of-the-art VIDEO TRACK module, you can connect your treadmill to your television and video cassette player for exciting motivational workouts. A video program will take you on a guided tour of some of the most beautiful natural scenery in America, accompanied by an original music soundtrack. As you exercise, the video program will control your treadmill automatically to simulate changing terrain.

With the powerful TRACK FIVE module, you can choose from five preset workout programs: INTERVAL, VALLEY, MOUNTAIN, PLATEAU and HILL CLIMB. Simply select one of the programs, set the length of time you plan to exercise, and choose a workout intensity level. The program will control your treadmill automatically, leaving you free to concentrate on your exercise.

The versatile PERSONAL TRAINER PLUS module lets you create an endless variety of your own workout programs. Four different programs can be stored in the module's memory at the same time, and recalled for future workouts. In addition, PERSONAL TRAINER programs can be received and stored. Simply connect the module to your telephone, and give your PERSONAL TRAINER a call. Your PERSONAL TRAINER will ask you questions about your fitness goals, and then program the module via your telephone, with a PERSONAL TRAINER program designed to help you achieve the specific results you want! **For information about purchasing one or all three modules, see ORDERING REPLACEMENT PARTS on the back cover of this manual.**

## DIAGRAM OF THE BASE CONSOLE



**MANUAL SELECT BUTTON-** This button switches the base console to the manual mode. Note: This button is needed only when modules are connected to the base console.

**START/PAUSE BUTTON-** This button stops the walking belt. Note: This button starts and stops the walking belt when modules are being used.

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

**MODE BUTTON-** This button is used to select monitor modes.

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



## TURNING THE POWER ON

Step onto the foot rails of the treadmill. Do not stand on the walking belt when turning the power on. There is a clip attached by a cord to the safety key. Slide the clip onto your waistband. **WARNING: Always wear the clip when operating the treadmill. If you fall, the safety key will be pulled from the console, instantly turning off the power.**

Insert the safety key into the console. **IMPORTANT: When the power is first turned on after the power cord is plugged in, the 10.0 MPH treadmill will perform an automatic incline test, rising to maximum incline and then returning to minimum incline.**

## MANUAL SPEED MODE

When the power is turned on, the walking belt will be stationary. The speed of the walking belt can be controlled using the SPEED buttons. The minimum speed setting is 1.5 miles per hour. Each time one of the buttons is pressed, the speed will change by 0.1 mile per hour. The buttons can be held down to change the speed quickly. As the buttons are pressed, the console will show the selected speed setting. The console will then change to show the actual speed of the walking belt, until the walking belt reaches the selected speed setting. **WARNING: After the SPEED buttons are pressed, it will take a few seconds for the walking belt to reach the selected speed setting. Adjust the speed gradually until you are familiar with the operation of the treadmill.**

Press the SPEED increase button until the walking belt begins to move at slow speed. Hold the treadmill handrail and step carefully onto the walking belt. As you exercise, the speed of the walking belt can be changed as desired by pressing the SPEED buttons. To stop the walking belt, hold down the SPEED decrease button. The walking belt can be stopped quickly, if desired, by pressing the START/PAUSE button.

## SELECTING MONITOR MODES

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

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

**TIME/SET:** This mode displays the elapsed time. This mode also allows time goals to be set. To set a time goal, first select the TIME/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to set the length of time you plan to exercise. Each time one of the buttons is pressed, the time displayed will change by 10 seconds. The buttons can be held down to set a time goal quickly. When the console is started, the time will be counted down. When the time goal is completed, a tone will sound. The console will then display the time elapsed since completion of the goal.

**DISTANCE/SET:** This mode displays the distance you have traveled. This mode also allows distance goals to be set. To set a distance goal, first select the DISTANCE/SET mode. (A goal cannot be set while the SCAN mode is selected.) Press the SET buttons to set the distance you plan to travel. Each time one of the buttons is pressed, the distance displayed will change by 0.2 mile. The buttons can be held down to set a distance goal quickly. As you exercise, the distance will be counted down. When the distance goal is completed, a tone will sound. The console will then display the distance you have traveled since completion of the goal.

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

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

**PULSE:** This mode displays 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 prevent excessive movement of the earclip wire. After a few seconds, your heart rate will be displayed. Note: If your heart rate is not displayed, rub your ear lobe lightly and reposition the earclip.

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

## TURNING OFF THE POWER

Stand on the foot rails of the treadmill. Remove the safety key from the console. **WARNING: Always remove the safety key from the console when you finish exercising.**

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# MAINTENANCE AND TROUBLE-SHOOTING

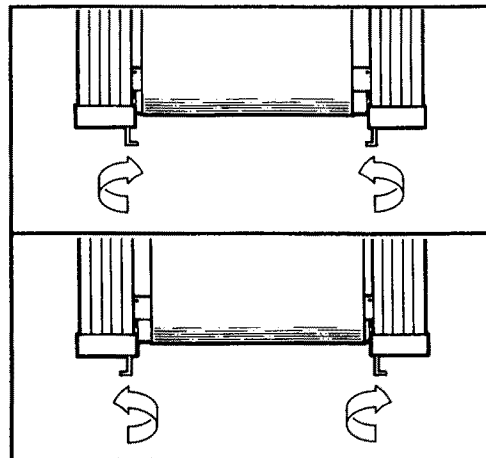
Be sure that all parts of the treadmill are tightened securely each time you use the treadmill. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the console.

## WALKING BELT ADJUSTMENT

The walking belt should always be kept centered on the walking platform. If the belt shifts to the right or left sides of the platform, the belt may be damaged by the roller guard screws. The belt can be adjusted using the rear roller adjustment bolts and the allen wrench included. **CAUTION: ALWAYS TURN THE POWER OFF BEFORE ADJUSTING THE WALKING BELT.**

**IF THE WALKING BELT HAS SHIFTED TO THE LEFT:**  
**TURN THE POWER OFF.** Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.

**IF THE WALKING BELT HAS SHIFTED TO THE RIGHT:**  
**TURN THE POWER OFF.** Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.



**IF THE WALKING BELT SLIPS DURING USE: TURN THE POWER OFF.** Turn both adjustment bolts clockwise 1/4 of a turn. Turn the power on. Repeat as necessary until the belt does not slip. Be careful not to overtighten the bolts. Overtightening can stretch the belt, cause excessive roller noise, and reduce motor performance.

To check the walking belt for proper tension, **TURN THE POWER OFF**, and lift the edges of the walking belt. The edges should rise 2"-3" on the 5.0 MPH and 6.0 MPH, and 3"-4" on the 8.0 MPH and 10.0 MPH. The center of the belt should remain just at the surface of the platform.

The allen wrench can be stored conveniently on the self-adhesive wrench clip.

### ROLLER GUARD ADJUSTMENT

The rear edges of the roller guards should be 1/8 inch from touching the rear roller. To adjust the roller guards, loosen the screws in the roller guards, slide the roller guards forward or backward, and retighten the screws

### CIRCUIT BREAKER

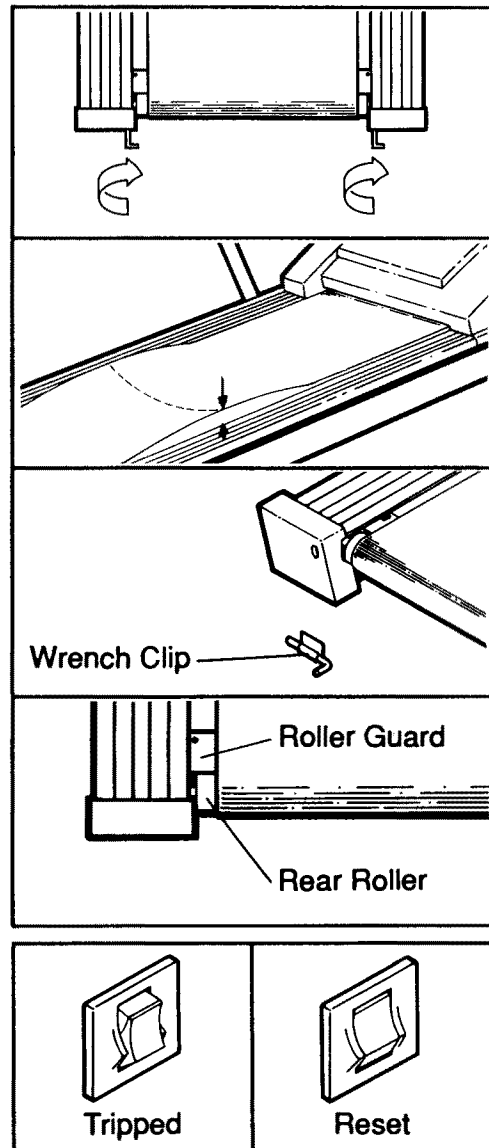
If the treadmill stops or will not start, check the circuit breaker located on the front of the treadmill near the power cord. The circuit breaker is designed to protect the electrical system. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the treadmill to cool for a few minutes and then push the switch back in.

### PULSE EARCLIP

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

### STORAGE

Unplug the power cord. Remove the bolt and nut from the lower end of the side rail, and remove the side rail. Loosen the lock knob, and lay the upright post on the walking belt.



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# CONDITIONING GUIDELINES

The following guidelines will help you to outline a personal fitness program. Remember that adequate rest and good nutrition are essential to the success of any fitness program. **Before beginning this or any exercise program, consult your physician.**

## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found using the 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 called your "training zone." You can find your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned persons, according to age. Find the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone. Over the course of a few months, gradually increase your heart rate until it is near the high end of your training zone. You can find 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 above your training zone, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity.

## WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20-30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for strenuous exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. 5-10 minutes of stretching or light calisthenics will provide a good warm-up. After warming up, begin exercising at a light pace. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes. Always end your workouts with 5-10 minutes of stretching to cool down. This will help to offset muscle contractions and other problems caused when you stop exercising suddenly.

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

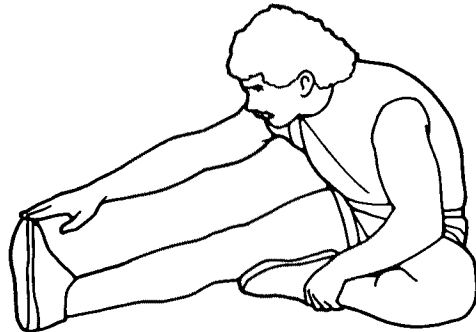
## SUGGESTED STRETCHES

The following stretches provide a good warm-up or cool-down. Move slowly as you stretch; never bounce.

### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the other foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, lower back and groin.



### INNER THIGH STRETCH

Sit with the soles of your feet together, knees outward. Pull your feet as close as possible into the groin area. Hold for 15 counts, then relax. Repeat three times.

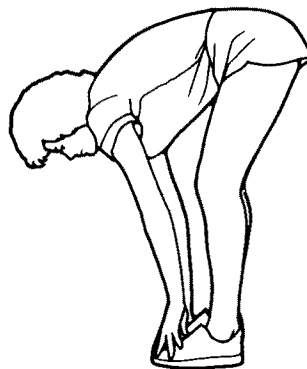
Stretches: Quadriceps and hip muscles.



### TOE TOUCHES

Stand with your knees bent slightly, and slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

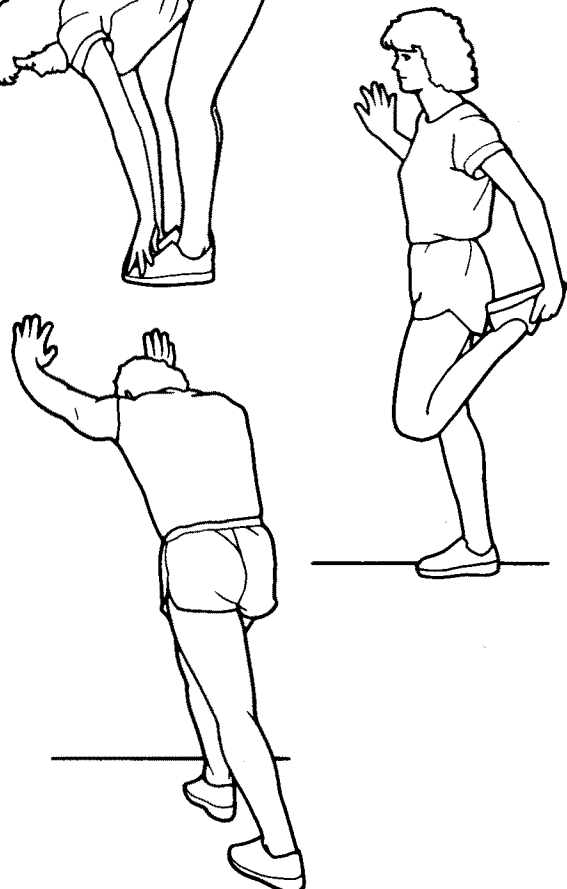
Stretches: Hamstrings, back of knees and back.



### QUADRICEPS STRETCH

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

Stretches: Quadriceps and hip muscles.



### CALF/ACHILLES STRETCH

With one leg in front of the other, and arms forward, lean against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg and lean forward, moving your hips toward the wall. Hold for 15 counts, then repeat on the other side. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.





# **SEARS**® SERVICE is at YOUR SERVICE

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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 electronically transmitted to a SEARS PARTS DISTRIBUTION CENTER for expedited handling.

**WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:**

1. The MODEL NUMBER of the product (see the Part List/Exploded Drawing).
2. The NAME of the product (see the Part List/Exploded Drawing).
3. The REORDER NUMBER of the part(s) (see the Part List/Exploded Drawing).
4. The DESCRIPTION of the part(s) (see the Part List/Exploded Drawing).

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., CHICAGO, IL 60684**