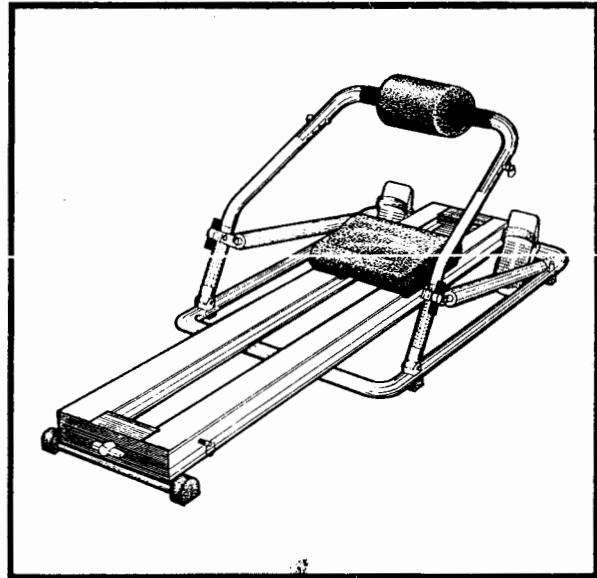
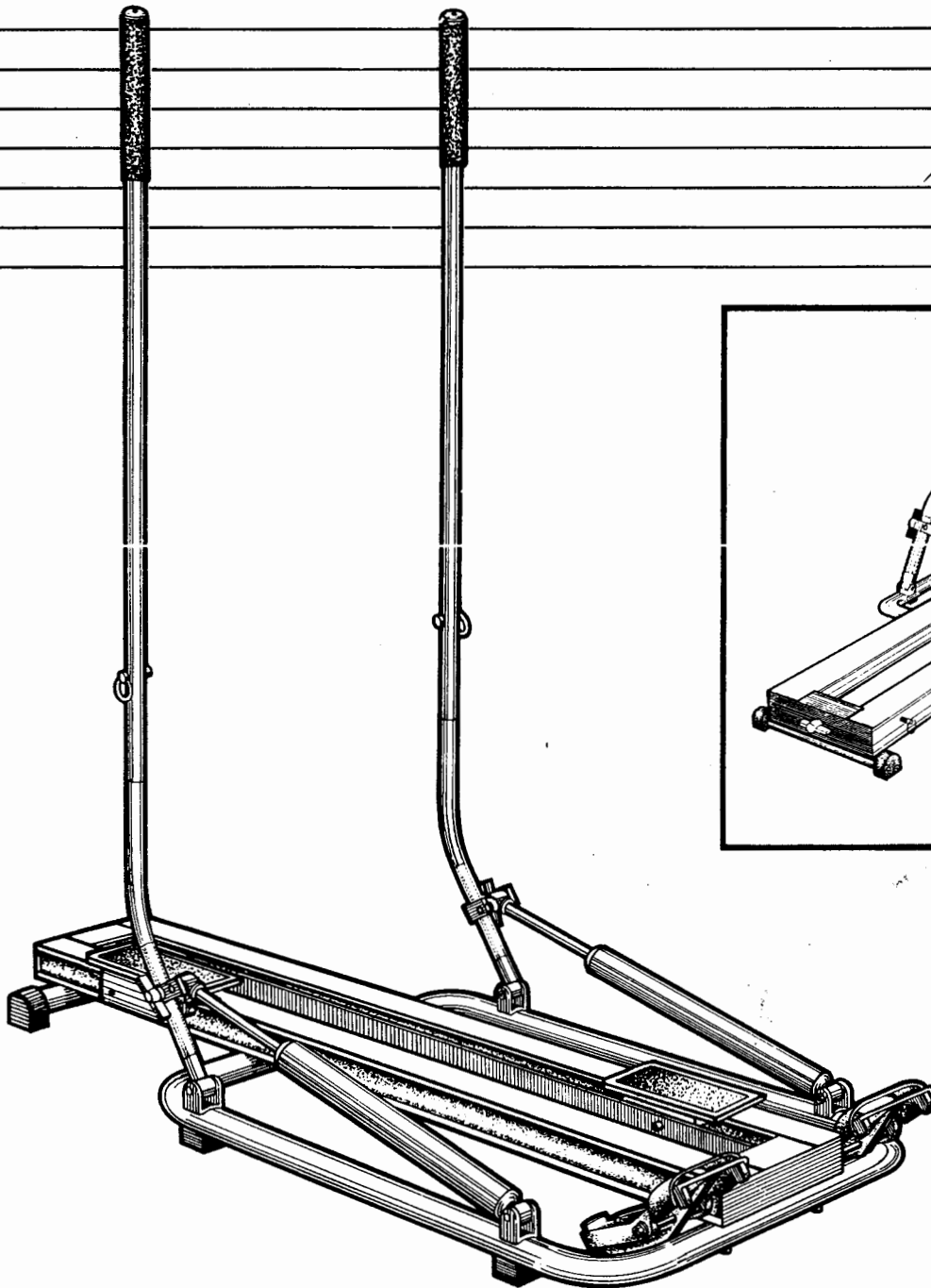


SEARS® **Lifestyler™ 1000**

▼ XC-SKIER ▼ ROWER ▼ ABDOMINAL PRESS

Model No. 831.290510

Warranty
Safety Precautions
Assembly
Maintenance
Conditioning Guidelines
Part List
Exploded Drawing
Part Ordering Information



**OWNER'S
MANUAL**

CAUTION: Read all instructions carefully before using this product. Retain this Owner's Manual for future reference.

Part No. 046195 8/89

SOLD BY SEARS, ROEBUCK AND CO., CHICAGO, IL 60684

Lifestyler™ 1000

▼ XC-SKIER ▼ ROWER ▼ ABDOMINAL PRESS

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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 XC-Skier/Rower/Abdominal Press is used in a normal manner.

This warranty does not apply when the XC-Skier/Rower/Abdominal Press is used for commercial or rental purposes.

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE XC-SKIER/ROWER/ABDOMINAL PRESS TO 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

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 Sears product.

IMPORTANT SAFETY PRECAUTIONS

1. Always use the Lifestyler 1000 on a clear, level surface.
2. Be sure that all parts are tightened securely before each use.
3. When in the XC-Skier mode, always step off of the machine before making adjustments.
4. Always hold onto the sking poles for balance when mounting or dismounting in the XC-Skier mode.

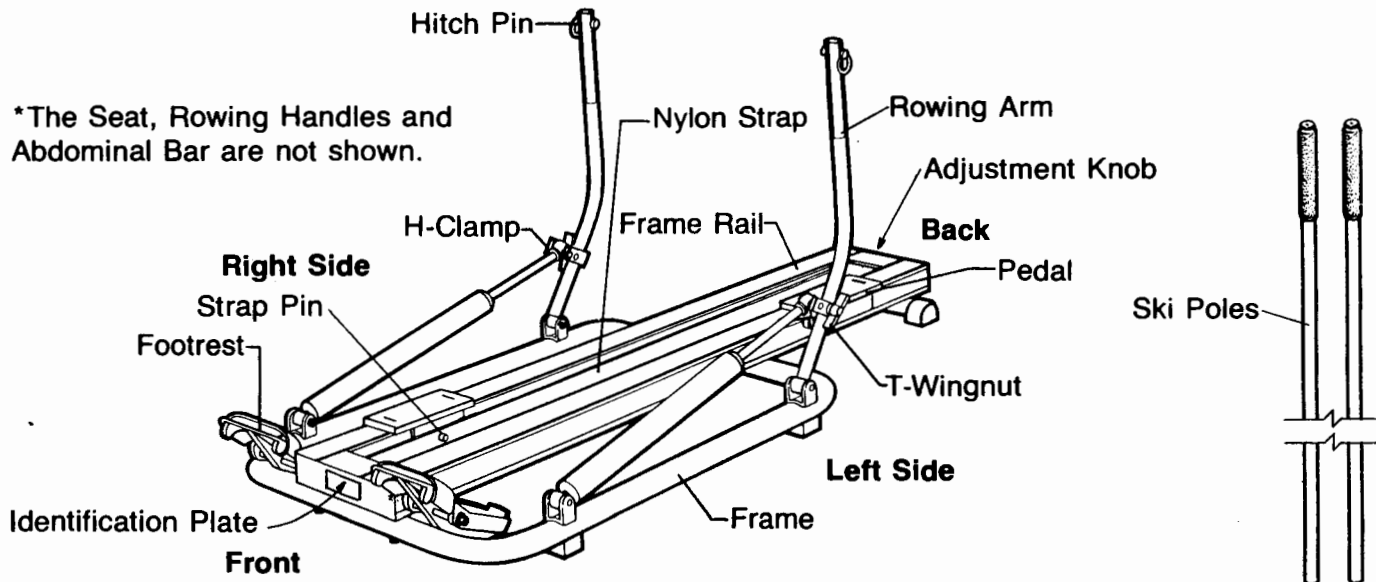
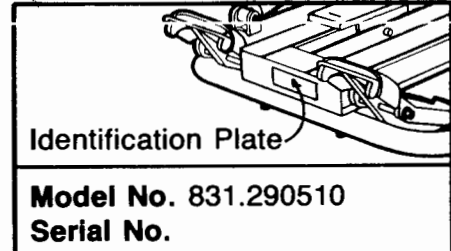
BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 1000 XC-Skier/Rower/Abdominal Press. Rowing could be called the perfect exercise. It conditions the heart, lungs and entire cardiovascular system, at the same time working nearly every major muscle group in the body. Cross-country skiing is another excellent cardiovascular exercise. The Lifestyler 1000 offers you both exercises, plus an abdominal mode, in one compact machine to give you a near-perfect workout in the convenience and privacy of your own home.

For maximum enjoyment and safety, please read this manual carefully before initial use of this product. If you have additional questions, please call our Customer Service Line toll-free at **1-800-999-3756**, (in Canada at **1-800-824-8949**), during our business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time.

In all correspondence regarding this product, please refer to the product model number (see the box to the right) and serial number (found on the identification plate located on the front of the frame). Write the serial number in the box for easy reference.

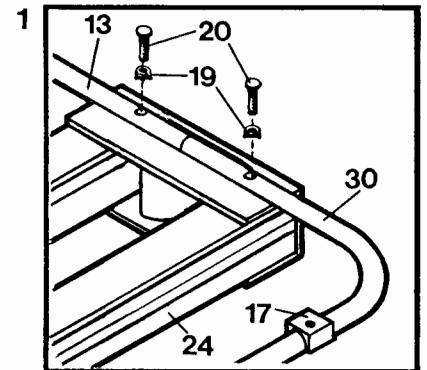
To help you understand clearly the instructions in this manual, please study the drawing and familiarize yourself with the parts identified.



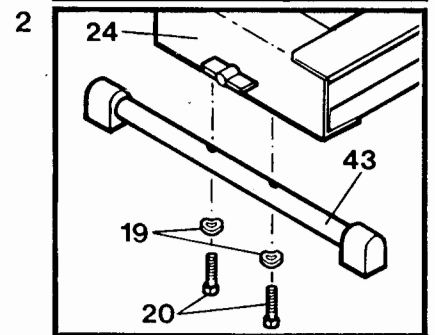
ASSEMBLY INSTRUCTIONS

Set all parts in a clear area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Read the instructions below carefully before beginning assembly. Refer to the Part List and Exploded Drawing on pages 10 and 11 for help with part identification. Assembly can be completed using the tools provided.

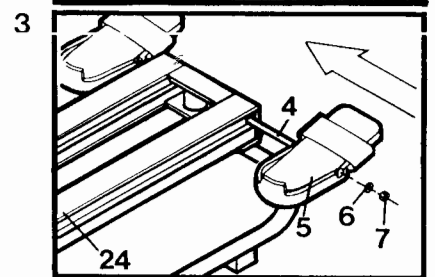
1. Turn the Rail Assembly (24) over so that the Pedals (41, 46) are towards the floor. Slide the Right and Left Frame Sections (13, 30) together and attach them to the Rail Assembly with four Frame Bolts (20) and Formed Washers (19).



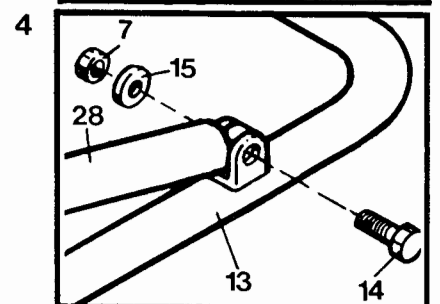
2. Attach the Rear Crossbar (43) to the Rail Assembly (24) with two Frame Bolts (20) and Formed Washers (19). Turn the assembly over and rest it on the Frame Feet (17).



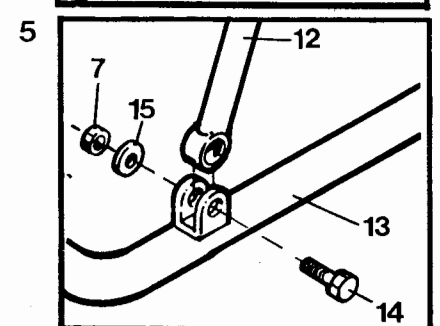
3. Slide the Footrest Shaft (4) through the front end of the Rail Assembly (24). Attach a Footrest (5) to each side of the Shaft with a Footrest Washer (6) and Locknut (7).



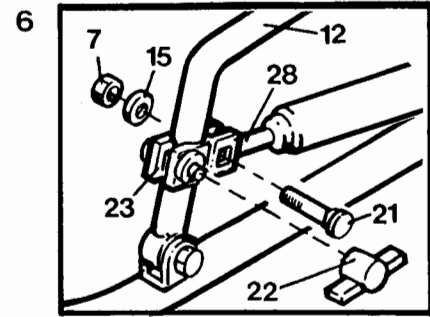
4. Connect one of the Resistance Cylinders (28) to the front bracket on the Right Frame Section (13) with a Bracket Bolt (14), Washer (15) and Locknut (7) as shown.



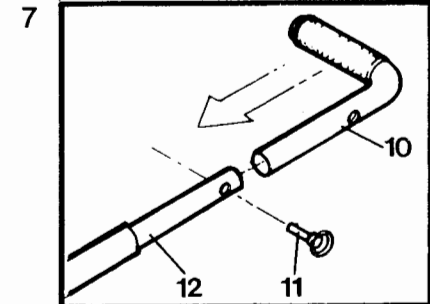
5. Connect one of the Rowing Arms (12) to the rear bracket on the Right Frame Section (13) with a Bracket Bolt (14), Washer (15) and Locknut (7) as shown. (The Rowing Arm should bend toward the front of the machine.) Connect the other Rowing Arm to the Left Frame Section in the same manner (not shown).



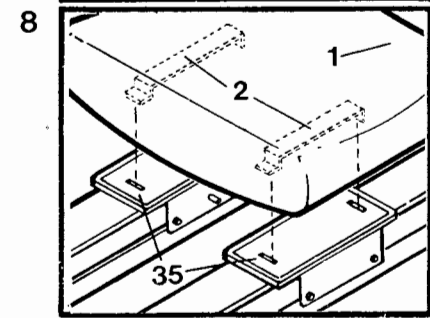
6. Connect the piston of the right Resistance Cylinder (28) to the H-Clamp (23) on the right Rowing Arm (12) with a Carriage Bolt (21), Washer (15) and Locknut (7) as shown. Connect the left Hydraulic Cylinder to the Left Frame Section in the same manner (not shown). Set the H-Clamps at the same height on both Rowing Arms and tighten the T-Wingnuts (22).



7. Slide the Rowing Handles (10) onto the Rowing Arms (12) and secure them with the Arm Pins (11). (The Handles should bend inwards.)



8. Fit the Seat Brackets (2) into the slots in the Pedal Grip Pads (35). (The thickest part of the Seat [1] should be toward the back of the machine.)



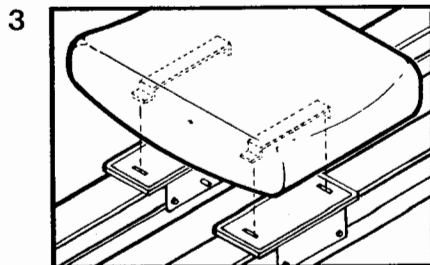
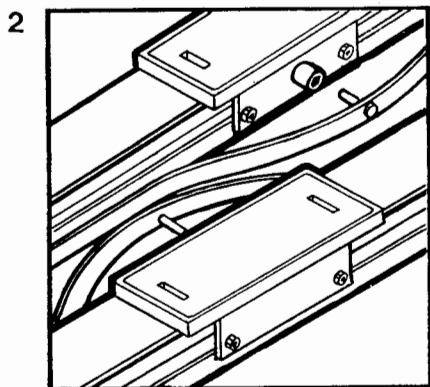
The machine is now ready for use in the rower mode. Make sure that all parts are tightened securely before use. The functions of the ski poles and abdominal bar will be explained in a later section.

ROWER OPERATION

CONVERTING TO THE ROWER MODE

Note: If the machine has just been assembled, it will be in the rower mode already.

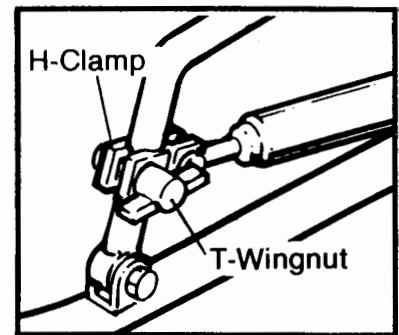
1. Pull the arm pins out of the skiing poles and remove the poles. Slide the rowing handles onto the rowing arms, with the handles pointing inward, and replace the arm pins.
2. Pull the strap pins from the pedals. (The pins should always remain in the strap.) Slide the strap so that one pin is at the front end of the rails and one pin is at the back.
3. Fit the seat brackets into the slots in the pedals as shown. (The thickest part of the seat should be toward the back of the machine.)



ROWING ARM RESISTANCE ADJUSTMENT

The resistance against the rowing arms can be adjusted in the following manner:

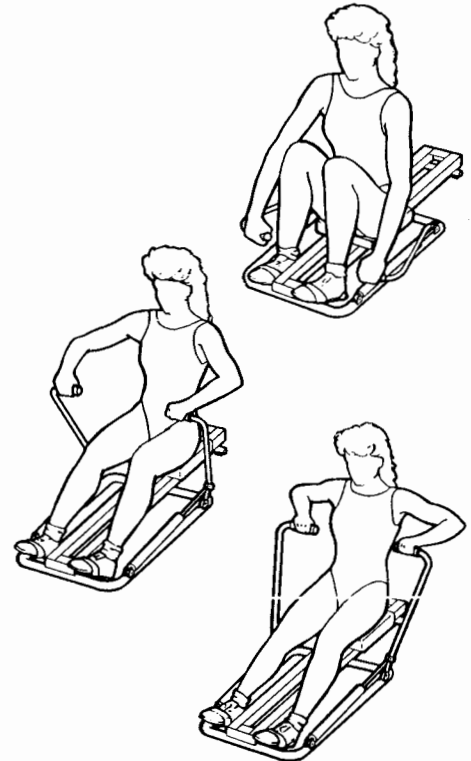
1. Loosen the T-Wingnuts on the H-Clamps.
2. Slide the H-Clamps upwards to increase the resistance or downwards to decrease the resistance.
3. Make sure that the H-Clamps are at the same height on both arms and retighten the T-Wingnuts.



EXERCISE FORM

Sit on the rowing seat facing the front of the machine and strap your feet into the footrests. Hold the rowing handles with an overhand grip. Proper rowing form consists of three parts:

1. The **Catch** is the starting position. Your legs and body should be tucked, your knees fully bent with your upper legs just off of your chest. Your arms should be straight and your shoulders relaxed.
2. The **Drive** is initiated by your legs pushing backwards. Be sure to keep your back straight as you lean back from your hips. Halfway through the Drive, pull the rowing handles towards your stomach. Keep your elbows outwards.
3. The **Finish** comes as your arms continue to bend until your elbows pass on either side of your chest. At this time, your legs should be nearly extended and your upper body leaning back slightly.



After the Finish, extend your arms and slide your body forward to the Catch position. Repeat the sequence. Move your arms and body together with a smooth, fluid motion.

XC-SKIER OPERATION

CONVERTING TO THE SKIER MODE

See CONVERTING TO THE ROWER MODE for illustrations.

1. Remove the arm pins from the rowing handles and remove the handles. Slide the skiing poles onto the rowing arms and replace the arm pins.
2. Align the strap pins with the skiing pedals. Insert the strap pins into the holes in the pedals.

SKIING POLE RESISTANCE ADJUSTMENT

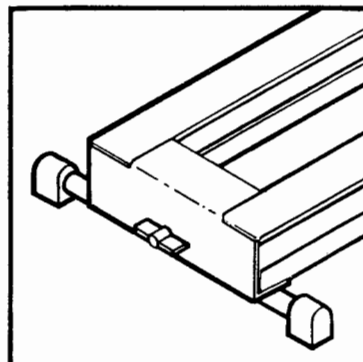
See ROWING ARM RESISTANCE ADJUSTMENT for illustrations.

The resistance against the skiing poles can be adjusted in the following manner:

1. Raise the skiing poles to an upright position.
2. Loosen the T-Wingnuts on the H-Clamps.
3. Slide the H-Clamps upwards to increase the resistance, or downwards to decrease the resistance.
4. Make sure that the H-Clamps are at the same height on both arms and retighten the T-Wingnuts.

SKIING PEDAL RESISTANCE ADJUSTMENT

The resistance against the skiing pedals can be adjusted using the resistance knob located on the back of the machine. Turn the knob clockwise to increase the resistance, or counterclockwise to decrease the resistance. A low resistance is recommended to begin with. As you become better conditioned, the resistance can be increased.



EXERCISE FORM

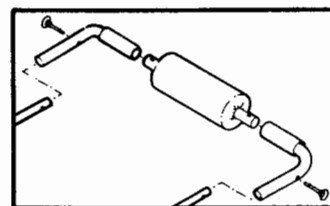
To simulate the motion of cross-country skiing, move your right arm forward as your left leg moves forward. Move your arms and legs together in a smooth, rhythmic fashion. Stand upright or bend forward slightly at the hips, keeping your back straight to avoid injury. Never let the pedals hit the brackets at the ends of the rails.

Alternate method: You can vary your exercise by moving your right arm and right leg forward simultaneously. This will work your muscles in a way different from the method described above.

ABDOMINAL BAR OPERATION

CONVERTING TO THE ABDOMINAL MODE

1. Remove the arm pins from the skiing poles and remove the poles.
2. Insert the abdominal bar into the ends of the rowing handles. Slide the rowing handles onto the rowing arms and insert the arm pins.



EXERCISE FORM

1. Sit on the seat facing away from the footrests. Wrap your arms loosely around the bar with the pad resting against your chest.
2. Exhale as you bend forward at the waist. Concentrate on using your stomach muscles rather than your upper body weight to bring the bar down.
3. Inhale as you return to the starting position. Repeat.



MAINTENANCE

The Lifestyler 1000 is designed to be virtually maintenance-free. Make sure that all parts are tightened securely before each use. Outside surfaces of the machine can be cleaned using a soft cloth and mild, non-abrasive detergent. The rail tracks should be cleaned regularly to prevent damage to the skiing pedal rollers.

If the pedals stick while exercising, rub a small amount of paraffin or skiers wax onto the inside of the strap where it glides around the brackets at the ends of the rails.

CONDITIONING GUIDELINES

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

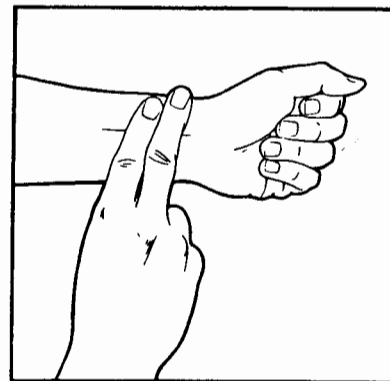
EXERCISE INTENSITY

To maximize health benefits from exercising, your level of exertion must exceed mild demands while falling short of breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone."

You can determine your Training Zone by consulting the table below. Training Zones are given for both conditioned and unconditioned persons. Use 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

To determine whether your heart rate is in your Training Zone, you must first exercise continuously for four minutes. After four minutes, pause briefly and take your pulse. The easiest way to measure your heart rate is to place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. Adding a 0 to the number will give you your heart beats per minute. (A six-second count is used because the heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your Training Zone. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is above your Training Zone decrease your level of exertion.



During the first few weeks of your exercise program you should 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 you reach the high end of your Training Zone.

EXERCISE PATTERN

Each workout should consist of a basic 5-step pattern:

1. At rest
2. Warm-up
3. Training Zone exercise
4. Cool-down
5. At rest

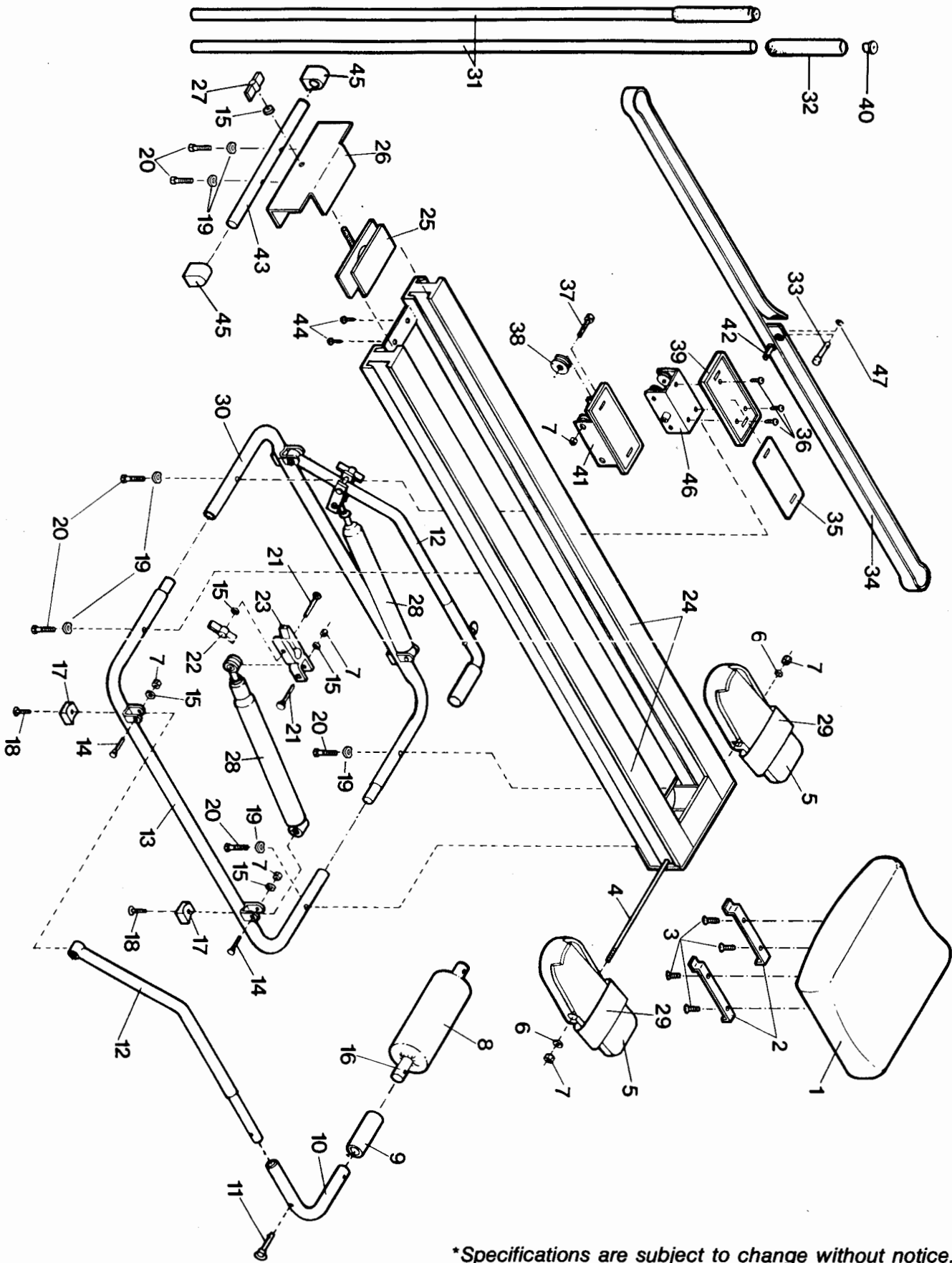
Warming up is an important part of your workout and should not be taken lightly. Warming up prepares the body for more strenuous exercise by increasing the circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching and light calisthenics for 5-10 minutes prior to exercising. Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes. Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

EXERCISE FREQUENCY

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 times per week. The key to a successful program is **REGULAR EXERCISE**.

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	042044	1	Seat	26	008197	1	End Bracket
2	008247	2	Seat Bracket	27	017053	1	Adjustment Knob
3	013360	4	Seat Bolt	28	043035	2	Resistance Cylinder
4	049102	1	Footrest Shaft	29	035004	2	Footrest Strap
5	039001	2	Footrest	30	004158	1	Left Frame Section
6	014165	2	Footrest Washer	31	006139	2	Ski Pole
7	012042	16	Locknut	32	041039	2	Skiing Handgrip
8	057009	1	Abdominal Pad	33	015034	1	Long Strap Pin
9	041004	2	Rowing Handgrip	34	035047	1	Strap
10	002060	2	Rowing Handle	35	041076	2	Ski Pedal Grip Pad
11	015002	2	Arm Pin	36	013538	6	Phillips Screw
12	002018	2	Rowing Arm	37	013056	8	Roller Bolt
13	004211	1	Right Frame Section	38	022057	8	Roller
14	013373	4	Bracket Bolt	39	038048	2	Ski Pedal Plate
15	014030	9	Washer	40	040010	2	Ski Pole Endcap
16	006175	1	Abdominal Bar	41	038050	1	Ski Pedal Base (R)
17	051023	4	Frame Foot	42	015049	1	Short Strap Pin
18	013356	4	Foot Screw	43	006176	1	Rear Crossbar
19	014154	6	Formed Washer	44	013072	2	Crossbar Bolt
20	013361	6	Frame Bolt	45	040192	2	Crossbar Endcap
21	013096	4	Carriage Bolt	46	038049	1	Ski Pedal Base (L)
22	017001	2	T-Wingnut	47	054012	2	E-Clip
23	016022	2	H-Clamp	#	045005	1	Open End Wrench
24	004210	1	Rail Assembly	#	045002	1	Socket Wrench
25	008196	1	Adjustment Bracket	#	046195	1	Owner's Manual

See the back cover of this manual for information on ordering replacement parts.



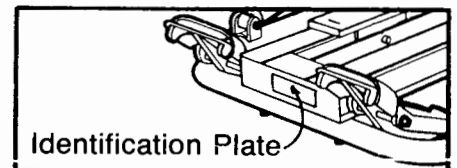
*Specifications are subject to change without notice.

SEARS[®] SERVICE is at YOUR SERVICE

HOW TO ORDER REPLACEMENT PARTS

Each XC-SKIER/ROWER has its own MODEL NUMBER.

Always mention this MODEL NUMBER when requesting service or repair parts for your XC-SKIER/ROWER.



All parts listed herein 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 (831.290510)
2. The SERIAL NUMBER found on the identification plate (see the drawing above).
3. The NAME OF THE PRODUCT (Lifestylor 1000 XC-Skier/Rower/Abdominal Press)
4. The KEY NUMBER OF THE PART (see the Part List in this manual).

The DESCRIPTION OF THE PART (see the Part List in 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 the equipment to insure that we met our pledge to you: we service what we sell.

SOLD BY SEARS, ROEBUCK AND CO., CHICAGO, IL 60684 U.S.A.