

SEARS *Lifestyler* 2000

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Assembly

Reordering Information

Operation and Adjustments

Exercise Guidelines

Maintenance and Storage

Warranty



OWNER'S MANUAL

Model No. 831.296420

CAUTION: Read all instructions carefully before operating your treadmill. Retain this Owner's Manual for future reference.

SEARS, ROEBUCK AND CO., DEPT. 698/731A SEARS TOWER, CHICAGO, IL 60684

Lifestyler

2000

BEFORE YOU BEGIN

For maximum enjoyment and safety, please read this manual carefully before initial use of your treadmill. If you have additional questions regarding assembly, parts, operation or your 90 day warranty, please call our **Customer Service Line toll-free at 1-800-824-3109 (In Canada, 1-800-824-8949)** during regular business hours: Monday - Friday, 8 a.m. - 5 p.m. Mountain Standard Time. In all correspondence regarding this product, use the model number (found on the front cover), and the serial number (located on the front of the treadmill frame). Write the serial number in the box below for easy reference.

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 the Sears treadmill.

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 of any defective part, when this 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 BY SIMPLY RETURNING THE TREADMILL 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.

INTRODUCTION

Congratulations on your purchase of a Lifestylar 2000 Electronic Ergometer treadmill. Now you can enjoy one of the best forms of aerobic exercise at your convenience, in the privacy of your own home.

With adjustable speed and incline, you can tailor your treadmill workout for your individual fitness level. And you can monitor your exercise on the multi-function electronic console.

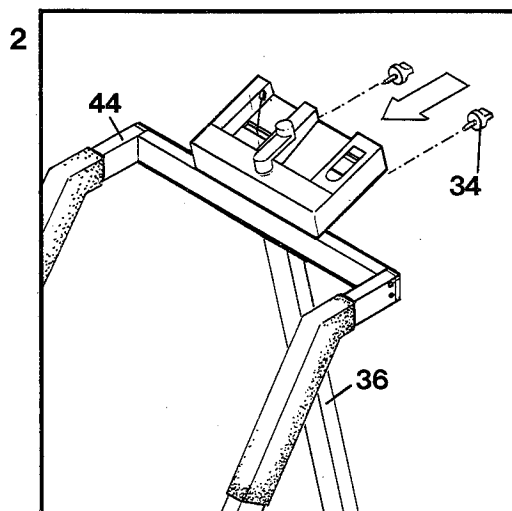
This manual along with the ELECTRONICS GUIDE are designed to help you understand the easy assembly and operating procedures. A basic fitness guide is included to get you started with your exercise program. For your safety and benefit please read this manual before operating the treadmill.

ASSEMBLY

Please read all instructions carefully before beginning assembly. For identification of parts see the Exploded Drawing and the Part List. Assembly can be completed using the tool provided.

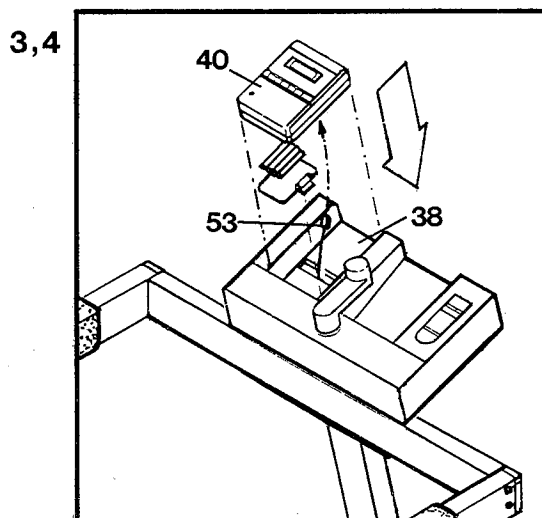
1. Place the treadmill in a clear area on the floor. Take the treadmill from the box and remove all packing materials.

2. Raise the Handrail (44) and the Front Post (36) and rest the Handrail on the Post to form a tripod. Insert the two Handrail Locking Knobs (34) through the console bracket on the Front Post, and tighten the knobs into the Handrail.

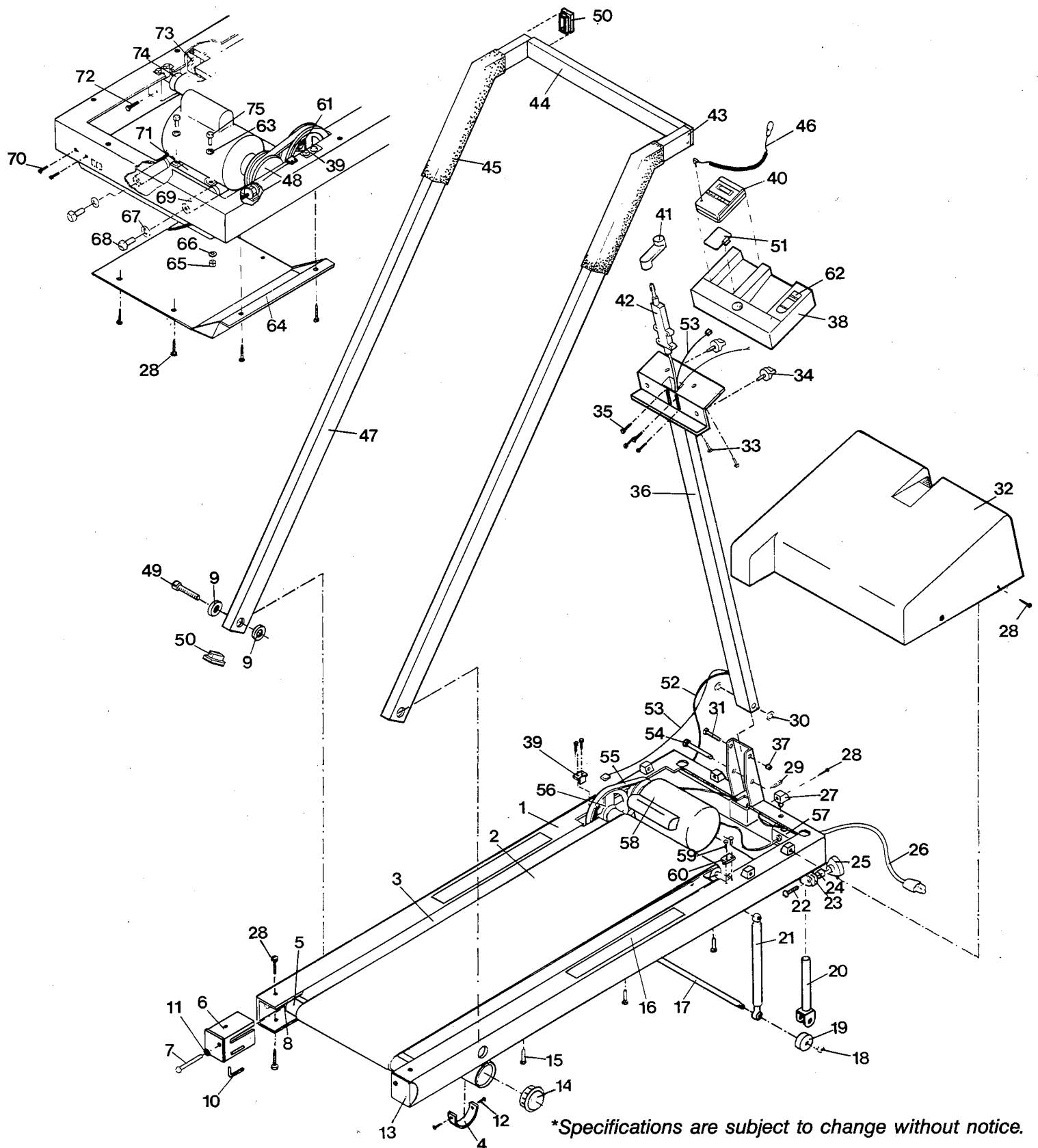


3. Put the batteries into the battery compartment of the Electronic Console (40). Insert the Electronics Sensor Wire (53) into the jack on the back of the Electronic Console.

4. Press the Electronic Console (40) into the Electronic Console Housing (38).



5. Be sure that all parts are securely fastened before using the treadmill.

EXPLODED DRAWING - MODEL NO. 831.296420

*Specifications are subject to change without notice.

Replacement parts may be ordered by calling customer service toll-free at **1-800-824-3109** (in Canada, **1-800-824-8949**) during regular business hours: 8 a.m. - 5 p.m., Mon. - Fri., Mountain Standard Time. When ordering parts please use the product name, model number, serial number, part description and key number.

PART LIST - MODEL NO. 831.296420

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	39	1	Roller Lock (L)
2	1	Walking Belt	40	1	Electronic Console
3	1	Walking Platform	41	1	Speed Control Crank
4	2	Rubber Foot Pad	42	1	Speed Control Assembly
5	1	Rear Roller	43	4	Handrail Bolt
6	1	Belt Adjustment Bracket (L)	44	1	Handrail Crossbar
7	2	Belt Adjustment Bolt	45	2	Foam Handgrip
8	2	Rear Roller Spacer	46	1	Pulse Monitor Clip
9	4	Handrail Pivot Washer	47	2	Handrail
10	1	Allen Wrench	48	1	Variable Speed Pulley
11	2	Belt Adjustment Washer	49	2	Handrail Pivot Bolt
12	4	Rubber Foot Pad Screws	50	4	Handrail Endcap
13	1	Belt Adjustment Bracket (R)	51	1	Electronic Console Battery Cover
14	2	Rear Leg Endcap	52	1	On/Off Switch Wire
15	6	Platform Bolts	53	1	Electronics Sensor Wire
16	2	Grip Tape	54	1	Hydraulic Shock Bolt
17	1	Front Leg Axle	55	1	V-Belt
18	2	Acorn Nut	56	1	Front Pulley
19	2	Front Leg Wheel	57	1	Electric Connection Box
20	2	Front Leg	58	1	Motor
21	1	Hydraulic Shock	59	4	Roller Lock Bolt
22	2	Clamp Bolt	60	1	Roller Lock (R)
23	2	Aluminum Clamp	61	1	Sensor Magnet
24	2	Clamp Spacer	62	1	On/Off Switch
25	2	Triangular Clamp Knob	63	4	Motor Mount Washer
26	1	Power Cord	64	1	Motor Guard
27	6	Motor Hood Anchor	65	4	Locknut
28	6	Screw	66	4	Lock Washer
29	1	Cotter Pin	67	2	Slide Rail Washer
30	2	Front Post Pivot Washer	68	2	Slide Rail Bolt
31	1	Front Post Pivot Bolt	69	2	Motor Slide Rail
32	1	Motor Hood	70	2	Connection Box Screw
33	2	Console Housing Bolt	71	1	Motor Mount Plate
34	2	Handrail Locking Knob	72	1	Front Roller Adjustment Bolt
35	4	Speed Control Mounting Bolts	73	6	Wood Support
36	1	Front Post	74	1	Front Roller
37	1	Front Post Pivot Nut	75	4	Motor Mount Bolt
38	1	Electronic Console Housing		1	Owner's Manual

TREADMILL OPERATION**IMPORTANT SAFETY PRECAUTIONS**

1. Do not operate the treadmill if the cord or plug is damaged.
2. Never start the treadmill while you are standing on the walking belt.
3. Keep small children away from the treadmill while in operation.
4. Always position the treadmill on a level surface, away from water.

STARTING PROCEDURE

1. Stand on the treadmill with your feet on the grip tape on the siderails.
2. Firmly grasp the handrail.
3. Lift the On/Off switch, located on the top of the Console, to the "On" position.
4. Carefully step onto the moving belt and begin walking.
5. Adjust the speed control crank until the desired speed is reached.

If the treadmill fails to start, check the circuit breaker on the front of the treadmill next to the power cord. If the small black button is protruding, simply push it back in and repeat the above procedure.

TREADMILL ADJUSTMENTS

INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the angle of the treadmill can be adjusted in the following manner:

- A. Grasp the handle on the front of the treadmill to support it, and loosen the triangular clamp knobs, one on each side near the front of the treadmill. **CAUTION:** The treadmill is supported by a hydraulic shock, and may spring up suddenly when you loosen the knobs.
- B. Raise or lower the front of the treadmill to the desired height, being sure to keep both sides even.
- C. Tighten the knobs **firmly**.

SPEED ADJUSTMENT

The speed of the walking belt can be controlled with the speed control crank located on the electronic console housing. To increase the speed turn the knob counter-clockwise. To decrease the speed turn the knob clockwise.

BELT ADJUSTMENT

For smooth operation and to prevent damage to the walking belt, always keep the belt centered during use. Turn the treadmill on for a few seconds and check the spaces between the walking belt and the sides of the frame. If the belt is closer to one side than the other, it should be centered in the following manner:

1. Locate the adjustment bolts at the rear of the frame.
2. Turn the treadmill on at slow speed.
3. **IF THE BELT HAS SHIFTED TO THE LEFT SIDE:** Use the adjustment wrench to tighten the left-hand bolt, and loosen the right-hand bolt. Turn the bolts 1/3 of a turn at a time until the belt moves to the center.
4. **IF THE BELT HAS SHIFTED TO THE RIGHT SIDE:** Use the adjustment wrench to tighten the right-hand bolt, and loosen the left-hand bolt. Turn the bolts 1/3 of a turn at a time until the belt

moves to the center.

If the belt slips during operation, the tension on the belt may need adjustment. Simply tighten both adjustment bolts until the belt no longer slips. Be careful to keep the belt centered.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. For more complete and detailed information consult your physician or obtain a book at your library.

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

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. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

You can measure your heart rate and find the proper level of exercise intensity using the electronic console (see ELECTRONIC CONSOLE OPERATION). First, set the COUNTDOWN TIME function for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes elapse. Immediately measure your heart rate using the PULSE function. If your heart rate is below your Training Zone increase your level of exertion. If your heart rate is too high, reduce your level of exertion.

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.

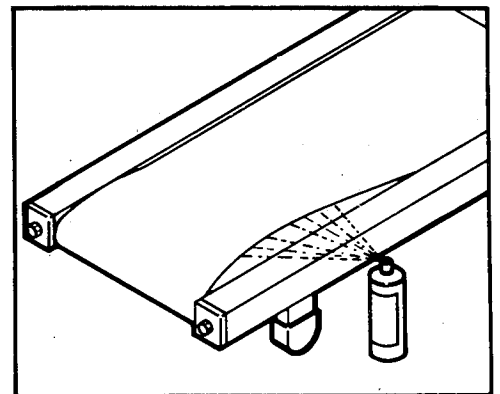
Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

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.

MAINTENANCE AND STORAGE

1. Use silicone lubricant spray under the walking belt before initial use and whenever a decrease in performance is noticed.
2. Use one or two drops of light oil in the end of each roller bearing as needed.
3. Clean all exposed surfaces with a damp cloth.
4. Tighten nuts, bolts, and screws as needed.



This treadmill has a circuit breaker located on the lower front end of the frame, designed to prevent burn-out of the motor. If the motor begins to overheat, it will stop and the small black button on the circuit breaker will protrude. To reset the circuit breaker, allow the motor to cool and push the button back in.

Your treadmill can be easily converted to a compact storage position. Simply loosen the two Handrail Locking Knobs until the Handrail lifts out of the Front Post bracket. Carefully lay the Front Post down across the Hood and fold the Handrail down over it.

The treadmill can be moved by lifting the rear end of the frame and either pushing or pulling the unit on the front wheels.

When storing the treadmill unplug the power cord and remove the batteries from the console. Do not stack heavy objects on the treadmill.