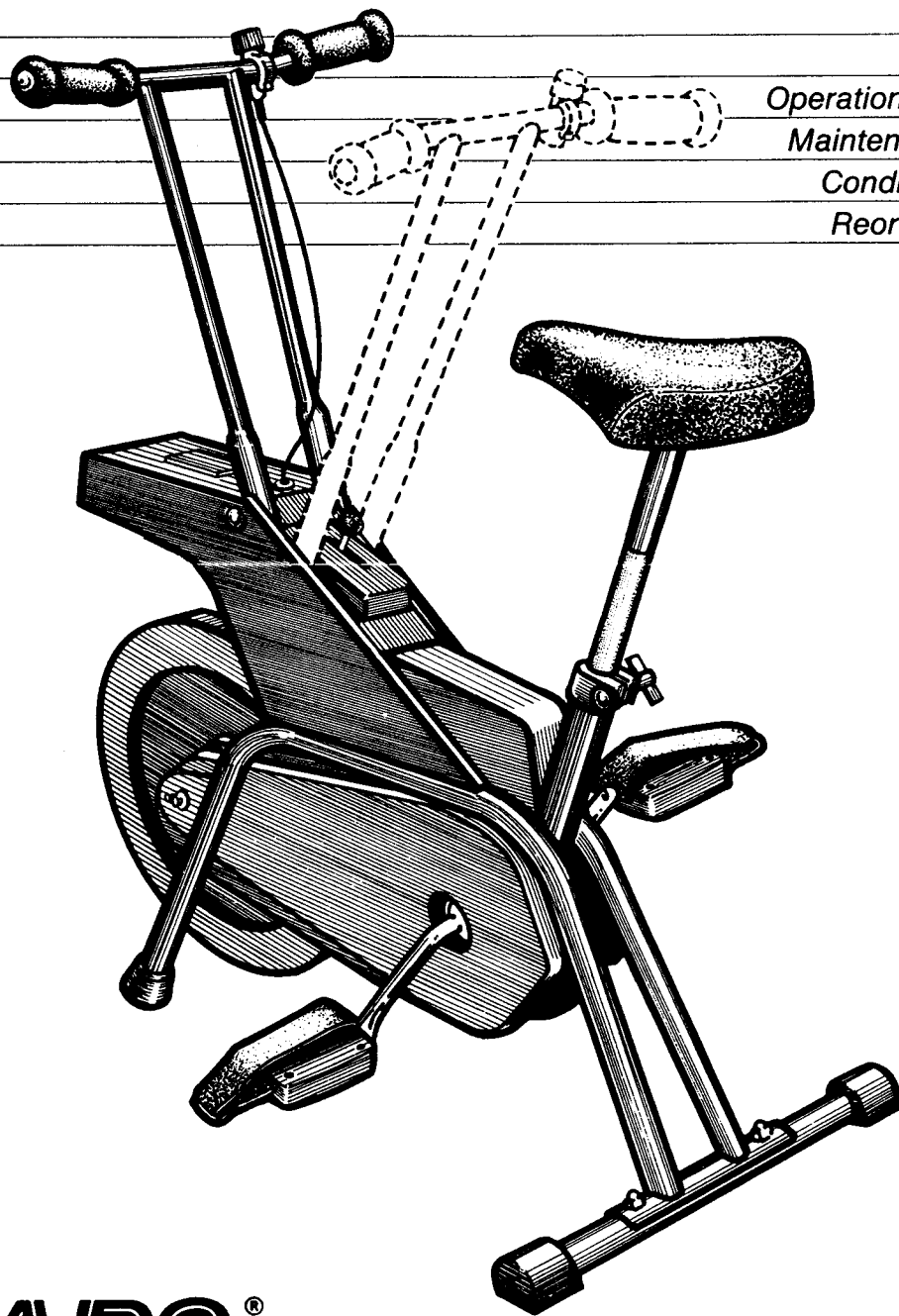


Lifestyler™ 2100

▼ DUAL ACTION ▼ ELECTRONIC ERGOMETER

Model No. 831.287240



Warranty

Assembly

Operation and Adjustments

Maintenance and Storage

Conditioning Guidelines

Reordering Information

SEARS®

OWNER'S MANUAL

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

Part No. 046234 8/89

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

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 this Dual-Action Electronic Ergometer exercise bike is used in a normal manner.

This warranty does not apply when the Dual-Action Electronic Ergometer exercise bike is used for commercial or rental purposes.

SERVICE IS AVAILABLE BY SIMPLY RETURNING THE DUAL ACTION ELECTRONIC ERGOMETER EXERCISE BIKE 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.

SEARS[®] **Lifestyler[™] 2100**

▼ DUAL ACTION ▼ ELECTRONIC ERGOMETER

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IMPORTANT SAFETY PRECAUTIONS

1. Always use this exercise bike on a clear, level surface.
2. Do not wear flowing clothing that could become caught in the exercise bike.
3. Keep your hands away from moving parts.
4. Keep small children away from the exercise bike during use.

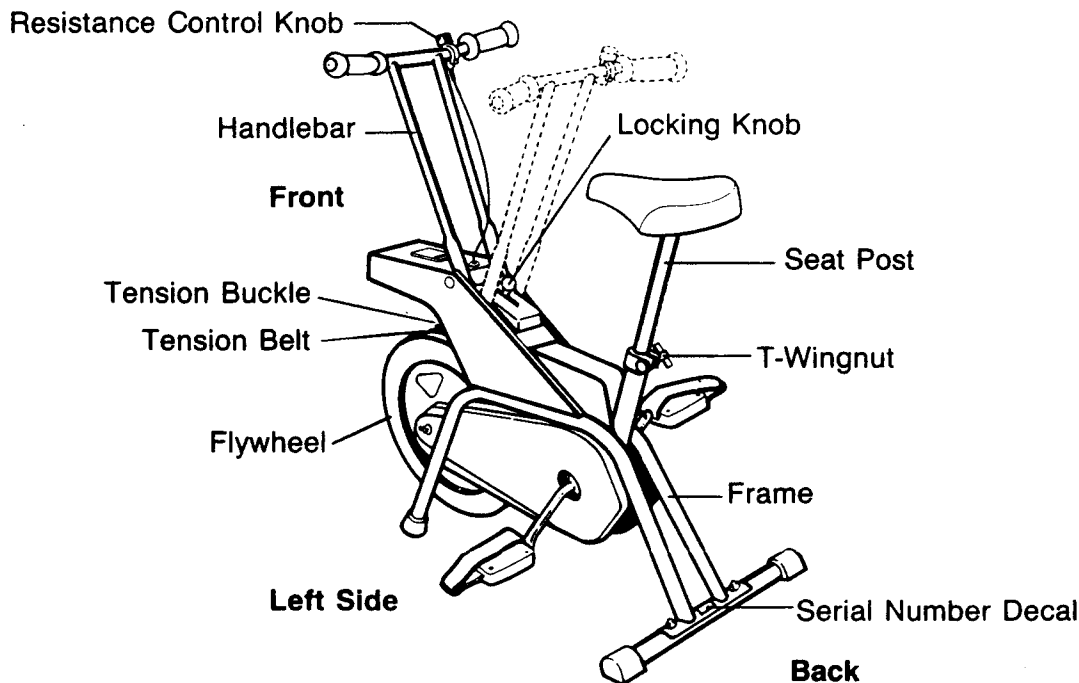
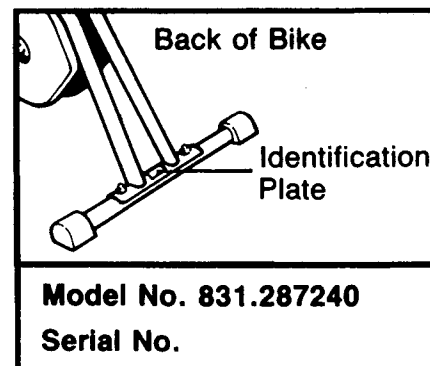
BEFORE YOU BEGIN

Thank you for purchasing a Sears Lifestyler 2100 Dual-Action Electronic Ergometer exercise bike. Cycling is one of the best forms of cardiovascular, muscle-toning exercise known. The Lifestyler 2100 is designed to provide you with this healthful exercise in the convenience and privacy of your own home.

This manual is designed to help you easily assemble, adjust and use this exercise bike. Please read this manual carefully. If you have additional questions, call our Customer Service Department toll-free at 1-800-999-3756, Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. If possible, place the exercise bike near your telephone when calling.

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

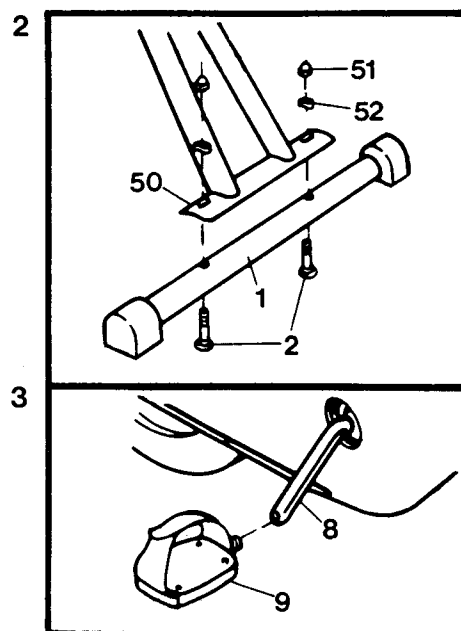
To help you understand clearly the instructions in this manual, examine the drawing below and familiarize yourself with the parts labeled.



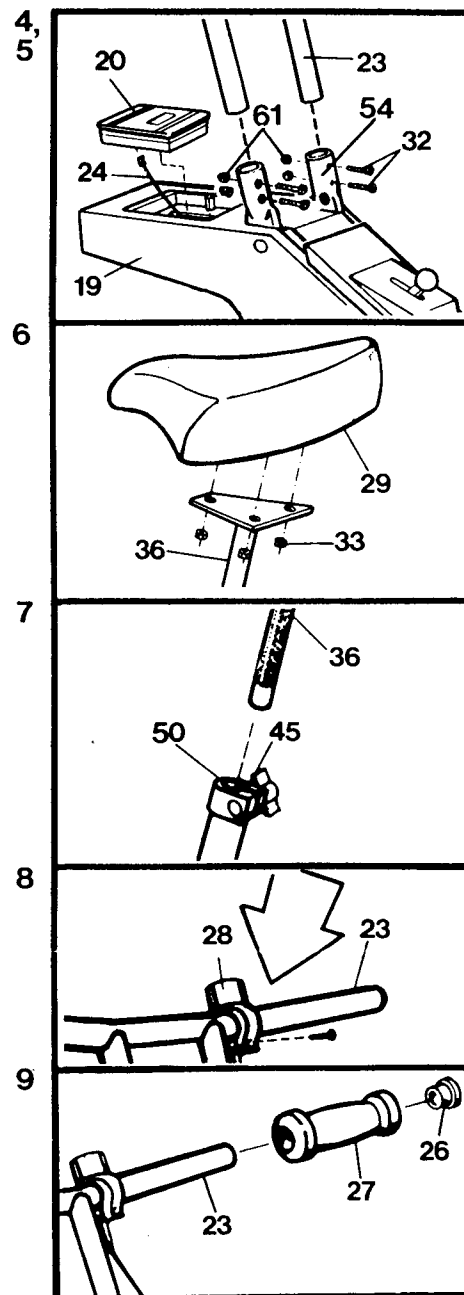
ASSEMBLY

Please read all instructions carefully before beginning assembly. Refer to the Exploded Drawing and the Part List for help in part identification. Assembly can be completed using the tool provided.

1. Place all bike 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.**
2. Attach the Crossbar (1) to the base of the Frame (50) with two Carriage Bolts (2), Molded Washers (52) and Acorn Nuts (51).
3. Tighten the Left Pedal (9) counterclockwise into the left arm of the Crank (8). (The Pedal shafts are marked with an "L" or an "R" for identification.) Tighten the Right Pedal clockwise into the right arm of the Crank (not shown).



4. Attach the Handlebar (23) to the Handlebar Base (54) with the four Handlebar Bolts (32) and Nuts (61).
5. Plug the Monitor Wire (24) into the back of the Electronic Monitor (20). If the Monitor has adhesive strips, remove the backing from the strips. Press the Monitor into the Console Hood (19).
6. Remove the three Seat Nuts (33) from the underside of the Seat (29). Attach the Seat to the Seat Post (36) with the three Nuts.
7. Insert the Seat Post (36) into the seat tube of the Frame (50) and tighten the T-wingnut (45) firmly. **Caution: The seat post must be inserted a minimum of 2 inches.**
8. With the small screw removed, clip the Resistance Control Knob (28) onto the Handlebar (23). Attach the Knob by replacing the screw.
9. Moisten the ends of the Handlebar (23) with soapy water and push the Handgrips (27) on. Insert the Handgrip Caps (26) into the ends of the Handlebar.
10. Make sure that all parts are fastened securely before using your exercise bike.



ADJUSTMENT AND OPERATION

SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. When you pedal the bike, there should be a slight bend in your knees when the pedals are at the lowest position. To adjust the seat height, stand beside the bike and loosen the T-wingnut in a counterclockwise direction. Adjust the seat to the desired height and retighten the T-wingnut firmly. **Caution: For your safety, the seat post must be inserted a minimum of 2 inches.**

PEDALING RESISTANCE ADJUSTMENT

To vary the level of exercise difficulty, the resistance against the pedals can be adjusted with the resistance control knob mounted on the handlebar. To increase resistance, turn the knob clockwise. Turn the knob counterclockwise to decrease resistance.

If the range of resistance is too high or too low, it can be adjusted with the tension buckle located on the front of the frame above the flywheel. To adjust the range, turn the resistance control knob counterclockwise until it stops and open the tension buckle. To raise the range of the resistance pull the tension belt tighter and close the buckle. To lower the range of resistance, loosen the tension belt and close the buckle.

HANDLEBAR OPERATION

The handlebar of the dual-action exercise bike is designed to be pushed forward and pulled back as you pedal to exercise the muscles of the arms, shoulders, chest and back. This feature allows you to strengthen and tone the muscles of the upper body as well as the lower body, without spending additional time exercising.

A hydraulic cylinder provides resistance against the handlebar. As you apply more force to the handlebar, the resistance of the cylinder increases. Applying less force decreases the resistance of the cylinder.

The handlebar can be used either in the exercise mode, or in a locked stationary position. To release the handlebar, push the locking knob forward and move the handlebar. To lock the handlebar, pull back on the locking knob and move the handlebar back and forth until the mechanism catches.

MAINTENANCE AND STORAGE

Your exercise bike is designed to be virtually maintenance-free. To assure continued smooth operation, lubricate the chain periodically with a few drops of light oil. Be sure that all parts are tightened securely before exercising. Store your bike in a cool, dry place, away from direct sunlight. Remove the batteries when storing the bike for prolonged periods of time.

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.

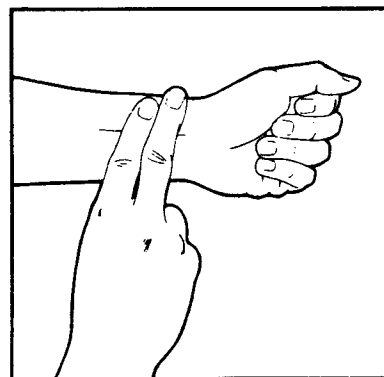
EXERCISE INTENSITY

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.

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

STRETCHING

All stretches should be performed slowly. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly don't - bounce.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

Stretches: Hamstrings, Lower back and Groin.

INNER THIGH STRETCH

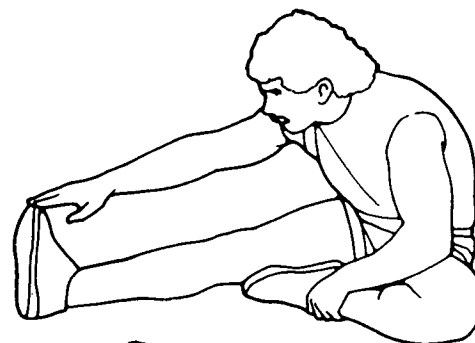
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

Stretches: Inner thigh muscles.

TOE TOUCHES

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

Stretches: Hamstrings, Back of Knees, Back.



QUADRICEPS STRETCH

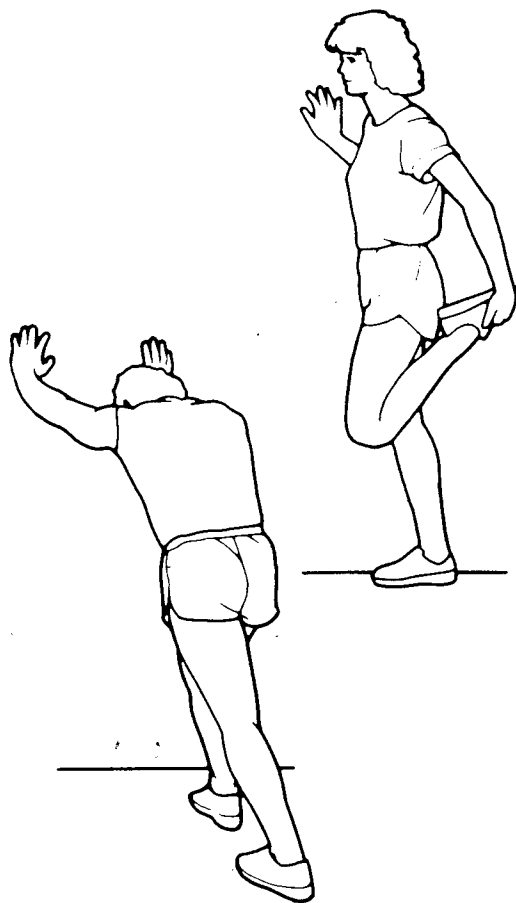
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, hip muscles.

CALF/ACHILLES STRETCH

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

Stretches: Calves, achilles tendons, and ankles.



PART LIST - Model No. 831.287240

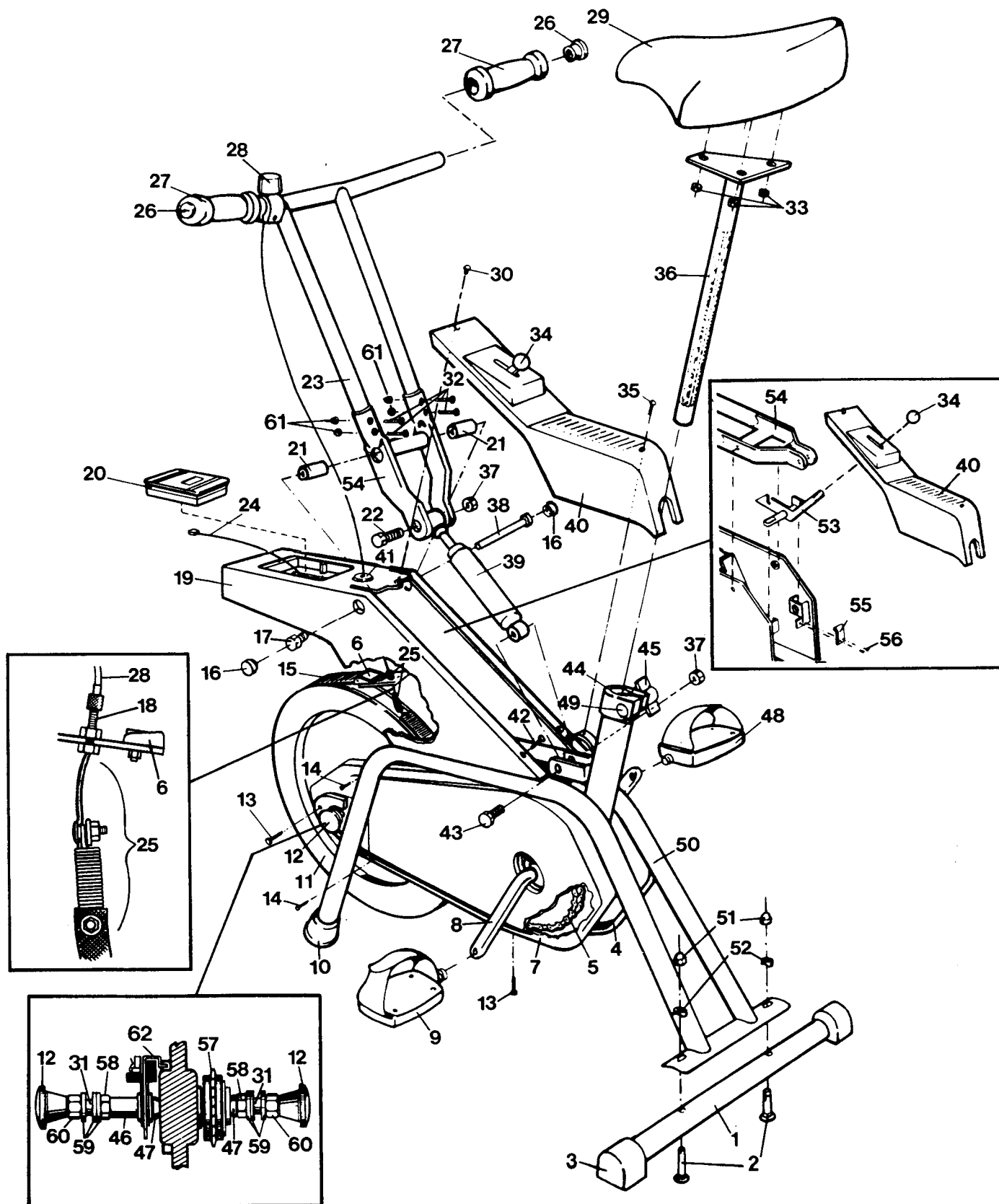
Rev. 8/89

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	006114	1	Crossbar	32	013422	4	Handlebar Bolt w/Nut
2	013011	2	Carriage Bolt	33	012002	3	Seat Nut
3	040006	2	Rear Rubber Cap	34	017042	1	Locking Knob
4	010194	2	Right Chain Guard	35	013028	1	Long Screw
5	025002	1	Chain	36	007037	1	Seat Post
6	050001	1	Tension Buckle	37	012002	2	Shock Nut
7	019195	2	Left Chain Guard	38	049004	1	Pivot Rod
8	070079	1	Crank w/Sprocket	39	043001	1	Hydraulic Shock
9	038005	1	Left Pedal	40	009154	1	Shock Hood
10	040001	2	Front Rubber Cap	41	081003	1	Console Hood Grom.
11	021052	1	Flywheel	42	013380	2	Console Hood Screw
12	017067	2	Plastic Axle Cap	43	013043	1	Shock Bolt
13	013021	4	Chain Guard Screw	44	016001	1	Aluminum Clamp
14	013141	4	Small Chain Guard Screw	45	017001	1	T-Wingnut
15	035028	1	Tension Belt	46	019180	1	Thick Spacer
16	040202	2	Plastic Cap	47	014004	2	Tapered Spacer
17	013400	1	Pivot Rod Bolt	48	038006	1	Right Pedal
18	013326	1	Hollow Bolt	49	013001	1	Clamp Bolt
19	009153	1	Console Hood	50	NSP	1	Frame
20	032048	1	Electronic Monitor	51	012001	2	Acorn Nut
21	019008	2	Pivot Rod Bushing	52	014006	2	Molded Washer
22	013043	1	Piston Bolt	53	008112	1	Locking Device
23	001030	1	Handlebar	54	001031	1	Handlebar Base
24	033095	1	Monitor Wire	55	058014	1	Spring Clip
25	058026	1	Spring Assembly	56	013222	2	Spring Screw
26	040004	2	Handgrip Cap	57	024007	1	Small Sprocket
27	041001	2	Handgrip	58	012031	2	Thin Nut
28	072035	1	Resistance Control w/Cable	59	014029	8	Washer
29	042005	1	Seat	60	012032	2	Thick Nut
30	013141	1	Short Screw	61	012023	4	Handlebar Nut
31	049002	1	Axle	62	033049	1	Electronic Driver
				#	046234	1	Owner's Manual
				#	089018	1	Monitor Guide

EXPLODED DRAWING - Model No. 831.287240

Rev. 8/89

*Specifications are subject to change without notice.



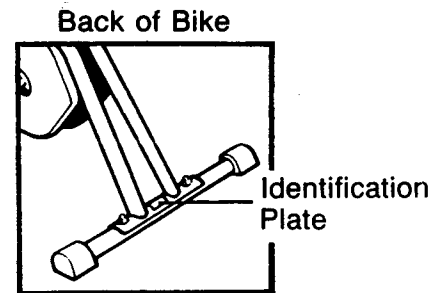
SEARS[®] SERVICE is at YOUR SERVICE

HOW TO ORDER REPLACEMENT PARTS

Each EXERCISE BIKE has its own MODEL NUMBER.

Always mention this MODEL NUMBER when requesting service or repair parts for your EXERCISE BIKE.

All parts listed herein may be ordered through SEARS, ROEBUCK AND CO. SERVICE CENTERS and most 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 (831.287240).
2. The NAME OF THE PRODUCT (Lifestyler 2100 Dual-Action Electronic Ergometer).
3. The SERIAL NUMBER OF THE PRODUCT (see the drawing above).
4. The KEY NUMBER OF THE PART (see the Part List in this manual).
5. 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 meet our pledge to you: we service what we sell.

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