

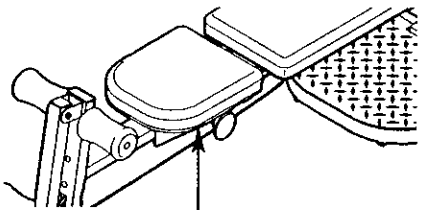
# CROSSBOW™



Model No. 831.153950

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

EXERCISE  
EQUIPMENT

QUESTIONS

HELPLINE!

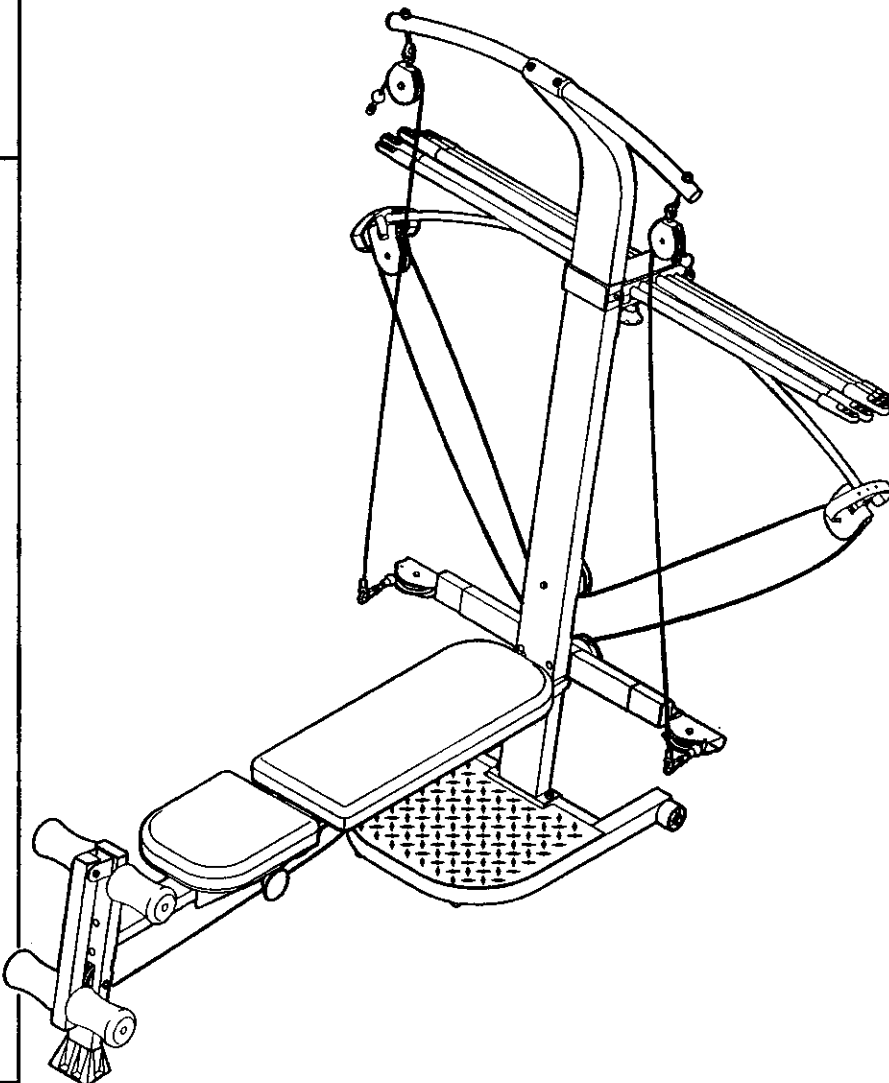
1-800-736-6879

SEARS, ROEBUCK AND CO.  
HOFFMAN ESTATES, IL 60179

## CAUTION

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

## USER'S MANUAL



Visit our website at

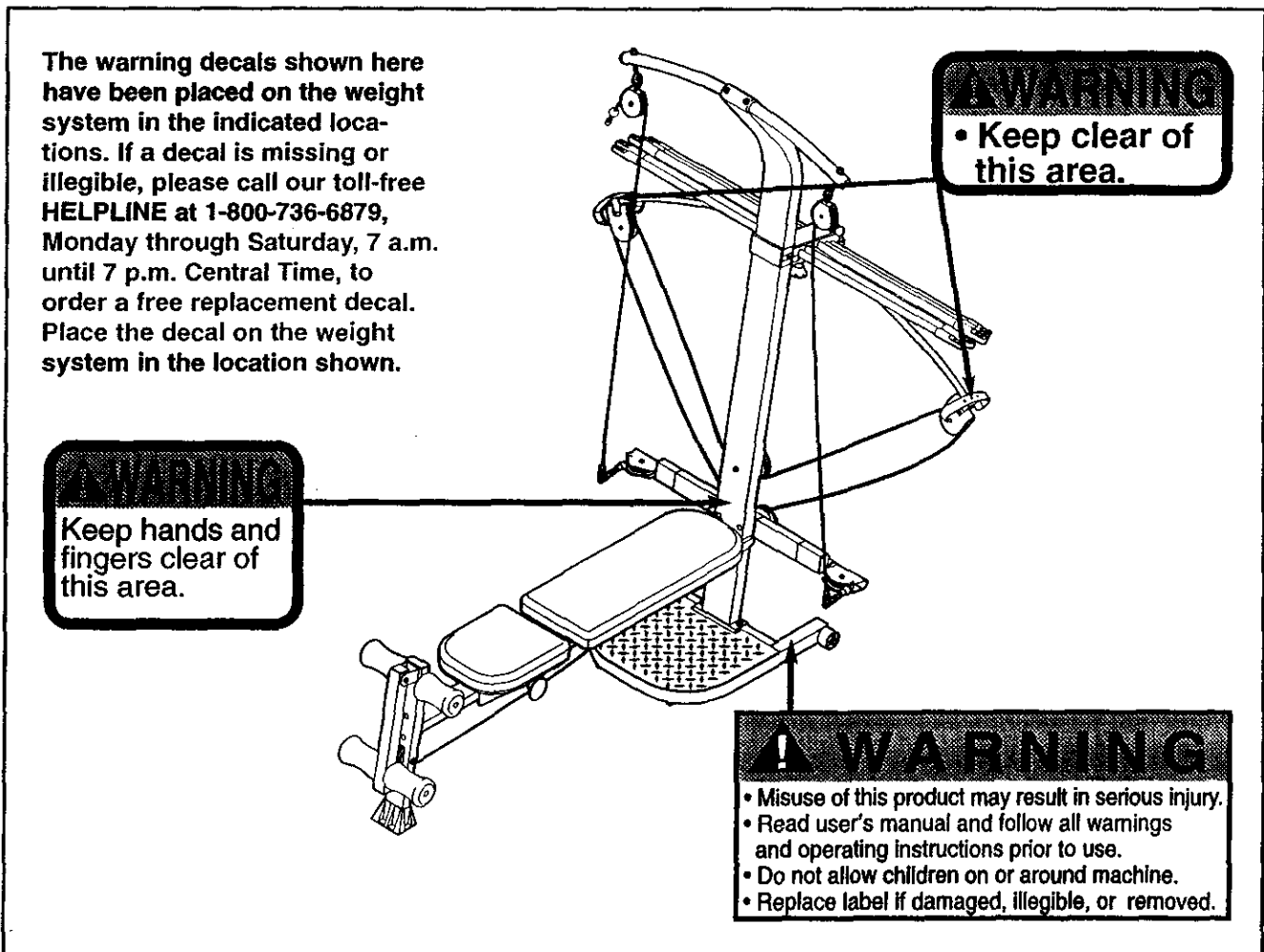
[www.TheCrossBow.com](http://www.TheCrossBow.com)

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
ASSEMBLY .....	5
ADJUSTMENTS .....	13
CABLE DIAGRAM .....	16
EXERCISE GUIDELINES .....	17
ORDERING REPLACEMENT PARTS .....	Back Cover
FULL 90 DAY WARRANTY .....	Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT



# IMPORTANT PRECAUTIONS

**▲ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. Read all instructions in this manual before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure that all parts are properly tightened each time you use the weight system. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Pull on the low pulley cable only while sitting on the bench or standing on the base plate. Pull on the high pulley cables only while sitting on the bench, with the seat in one of the three positions closest to the upright base, or while standing on the base plate.
10. The crossbar is not designed to be used for pull-up exercises. Do not hang on the crossbar.
11. The weight system is designed to support a maximum user weight of 300 pounds.
12. The weight system is designed to be used with the included resistance. Do not use the weight system with any other type of resistance.
13. When adding resistance, make sure that both ends of the crossbow are under the two crossbow brackets. Add and remove crossbows from the crossbow brackets one crossbow at a time.
14. Do not add or remove crossbows from the crossbow brackets while there is tension on the long cable.
15. Always adjust the crossbow assembly to the horizontal position and make sure the crossbow knob is secure before using the weight system.
16. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
17. If you purchase the optional lat bar, always disconnect it from the high pulley cables when performing an exercise that does not require it.
18. Make sure the storage knob is in place and fully tightened each time you use the weight system.
19. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

**▲ 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.

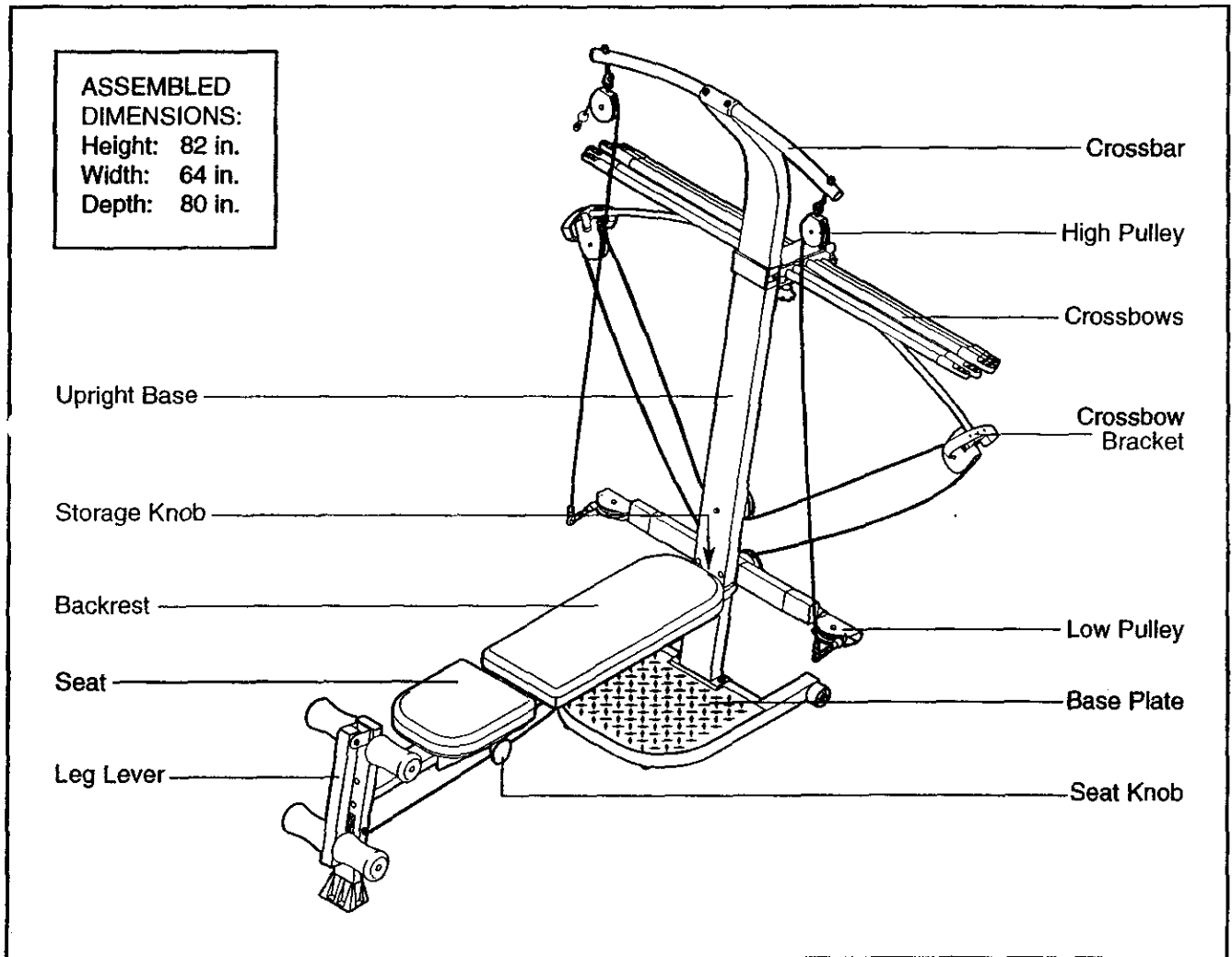
# BEFORE YOU BEGIN

Thank you for selecting the innovative CrossBow™ weight system. The CrossBow weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the CrossBow weight system will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight system.** If you have additional ques-

tions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.153950. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

## Make Things Easier for Yourself


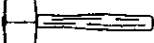


Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. However, it is important to realize that the versatile weight system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

**Before beginning assembly, carefully read the following information and instructions:**

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- *For help identifying small parts, use the PART IDENTIFICATION CHART in the center of this manual.*

An Allen wrench and the following tools (not included) are required for assembly:

- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Lubricant, such as grease or petroleum jelly, and soapy water.

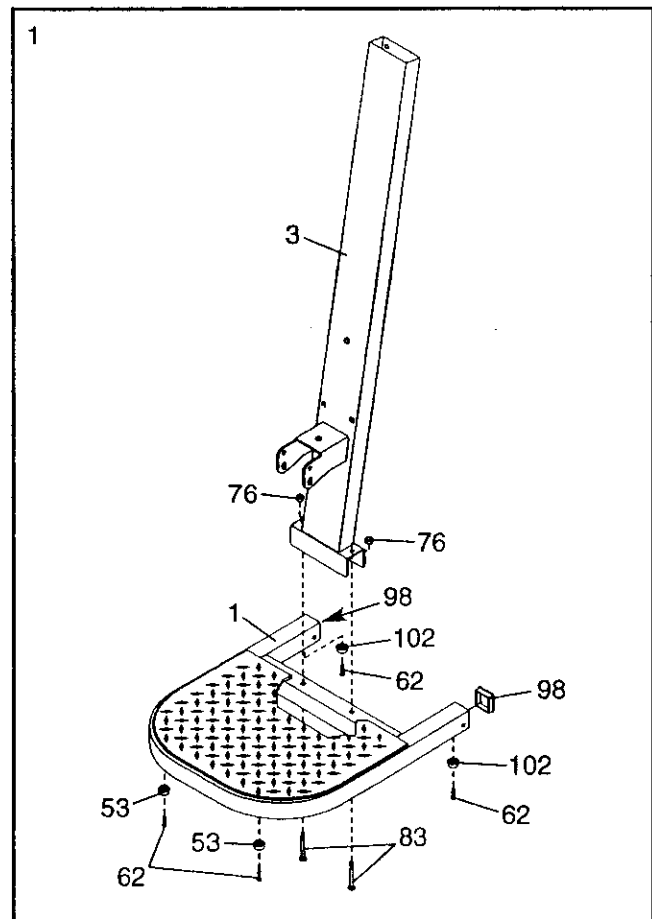
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you have read and understand the information in the box above.**

Attach the Upright Base (3) to the Base (1) with two 3/8" x 2 3/4" Carriage Bolts (83) and two 3/8" Nylon Locknuts (76) as shown.

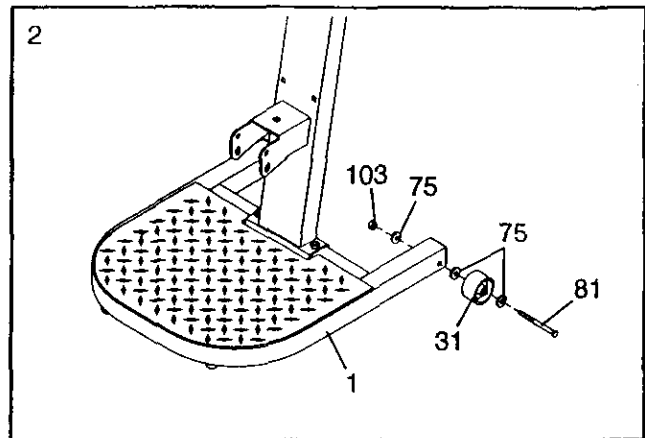
Press two 2" Square Inner Caps (98) into the Base (1).

Attach two Plastic Feet (53) and two Large Plastic Feet (102) to the Base (1) with four #8 x 3/4" Tek Screws (62).



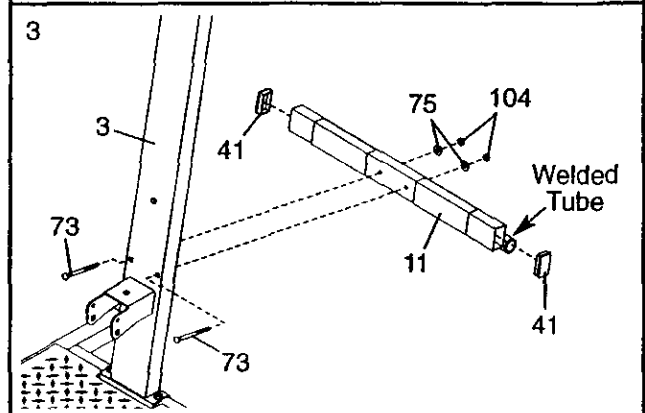
- Attach a Wheel (31) to the outside of the Base (1) with a  $\frac{3}{8}$ " x  $4\frac{1}{4}$ " Bolt (81), three  $\frac{3}{8}$ " Washers (75), and a  $\frac{3}{8}$ " Nylon Jamnut (103). **Do not overtighten the Nylon Jamnut; the Wheel must be able to turn easily.**

Attach the other Wheel (not shown) in the same manner.



- Press a  $1\frac{1}{2}$ " x  $2\frac{1}{2}$ " Inner Cap (41) into each end of the Cross Frame (11).

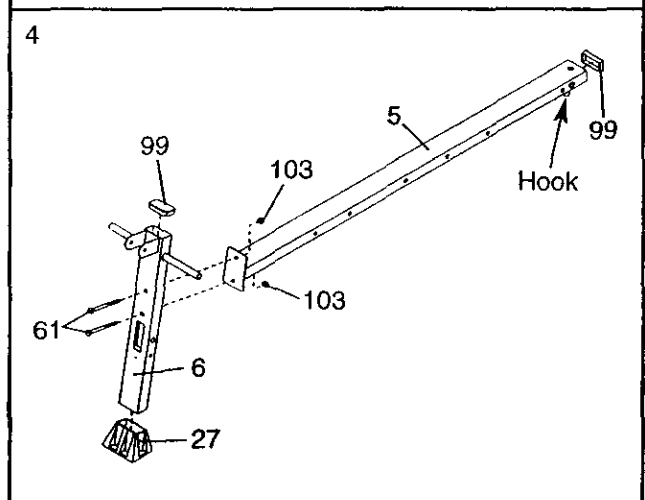
Orient the Cross Frame (11) as shown, with the welded tubes at the bottom. Attach the Cross Frame to the Upright Base (3) with two  $\frac{3}{8}$ " x  $5\frac{1}{2}$ " Carriage Bolts (73), two  $\frac{3}{8}$ " Washers (75), and two  $\frac{3}{8}$ " Jamnuts (104).



- Press a  $1\frac{1}{2}$ " x 3" Inner Cap (99) into the top of the Front Leg (6). Press the Front Leg Foot (27) onto the bottom of the Front Leg. **Note that the front of the Front Leg Foot is taller than the back.**

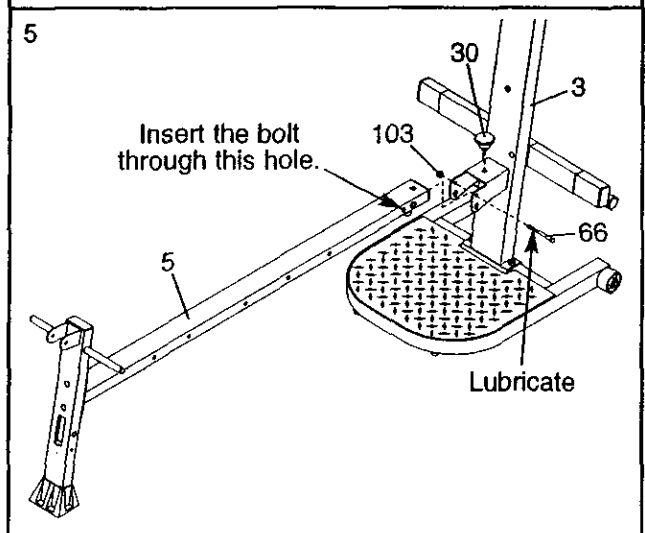
Press a  $1\frac{1}{2}$ " x 3" Inner Cap (99) into the end of the Bench Frame (5).

Attach the Bench Frame (5), with the hook on the bottom, to the Front Leg (6) with two  $\frac{3}{8}$ " x 2" Carriage Bolts (61) and two  $\frac{3}{8}$ " Nylon Jamnuts (103).



- Lubricate the  $\frac{3}{8}$ " x 4" Bolt (66) with grease. Attach the Bench Frame (5) to the Upright Base (3) with the Bolt and a  $\frac{3}{8}$ " Nylon Jamnut (103). **Do not overtighten the Nylon Jamnut; the Bench Frame must be able to pivot easily.**

Tighten the Storage Knob (30) into the Upright Base (3) and the Bench Frame (5).

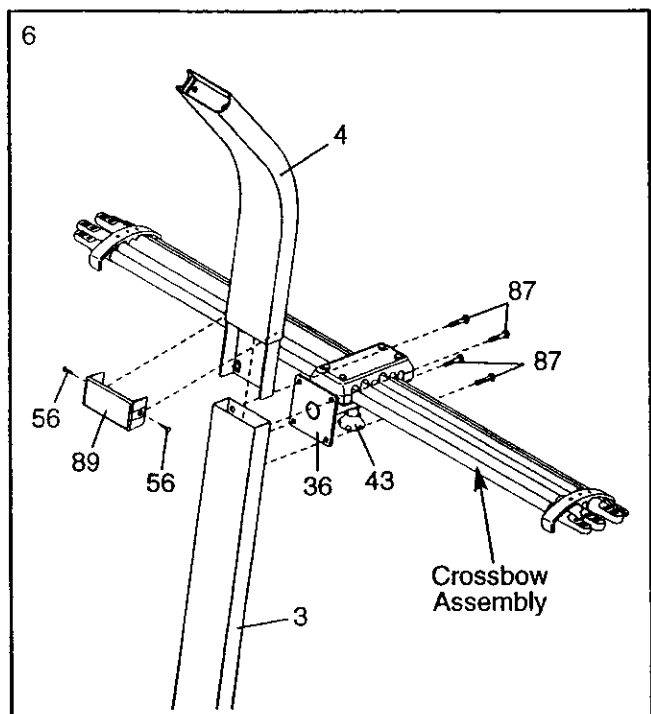


6. Slide the Upright (4) into the Upright Base (3).

Attach the Crossbow Pivot (36) to the Upright Base (3) and the Upright (4) with four  $\frac{3}{8}$ " x 1" Button Head Bolts (87). **Insert and tighten the bottom two Bolts first. Then, loosen the Crossbow Knob (43) and pull it out as far as it will go, turn the crossbow assembly to one side or the other, and tighten the other two Bolts. Note: It may be helpful to start all four Bolts before tightening any of them.**

When finished, turn the crossbow assembly to the horizontal position, and tighten the Crossbow Knob (43).

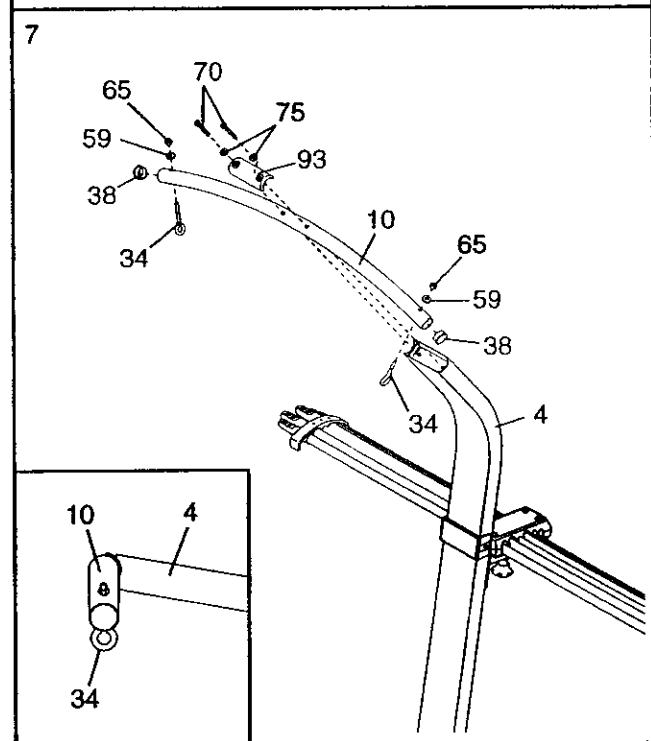
Attach the Upright Cover (89) to the Upright (4) with two #8 x  $\frac{1}{2}$ " Tek Screws (56).



7. Press a 1 1/2" Round Inner Cap (38) into each end of the Crossbar (10).

Attach two Eyebolts (34) to the Crossbar (10) with two  $\frac{5}{16}$ " Washers (59) and two  $\frac{5}{16}$ " Jamnuts (65). **Do not overtighten the Jamnuts; the Eyebolts must be able to rotate freely.**

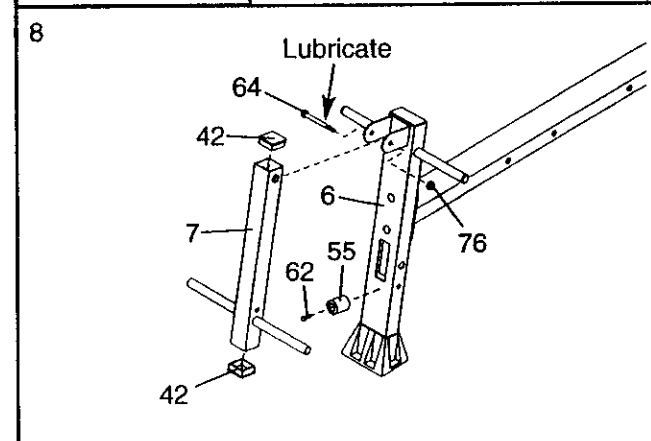
Attach the Crossbar (10) to the Upright (4) with two  $\frac{3}{8}$ " x 3" Button Head Bolts (70), two  $\frac{3}{8}$ " Washers (75), and the Crossbar Cover (93). **Be sure that the Eyebolts (34) are oriented as shown in the inset drawing. If they are not, turn the Crossbar around and reattach it.**



8. Attach the Leg Lever Bumper (55) to the Front Leg (6) with a #8 x  $\frac{3}{4}$ " Tek Screw (62).

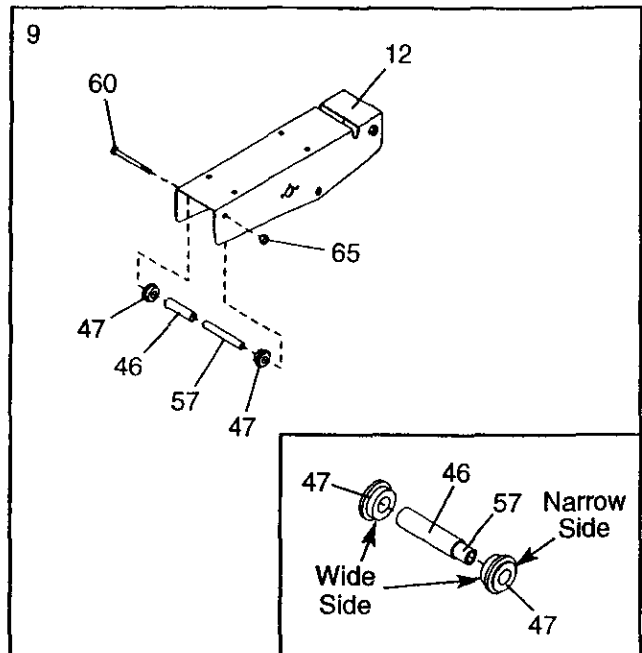
Press two 1 3/4" Square Inner Caps (42) into the Leg Lever (7).

Lubricate the  $\frac{3}{8}$ " x 2 3/4" Button Head Bolt (64) with grease. Orient the Leg Lever (7) as shown. Attach the Leg Lever to the Front Leg (6) with the Bolt and a  $\frac{3}{8}$ " Nylon Locknut (76). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot easily.**



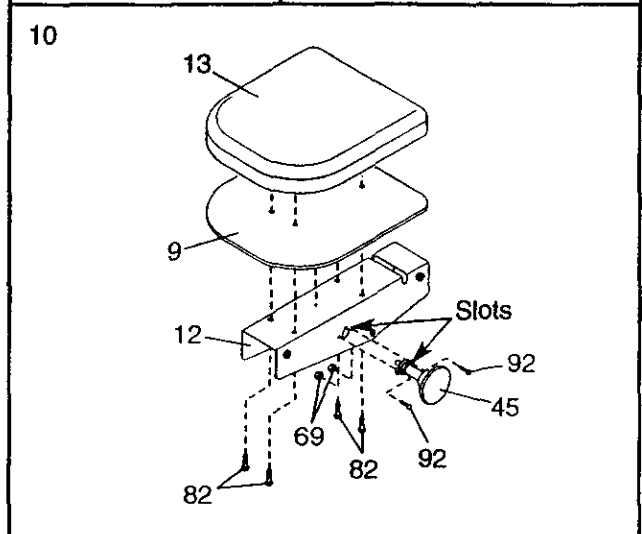
9. Slide a Long Spacer (46) onto a Wheel Axle (57). Orient two Small Wheels (47) as shown in the inset drawing, and slide them onto the ends of the Wheel Axle. Attach the wheel assembly to one end of the Seat Carriage (12) with a 5/16" x 4" Bolt (60) and a 5/16" Jamnut (65) as shown. **Do not over-tighten the Jamnut; the Small Wheels must be able to roll easily.**

Attach two Small Wheels (not shown) to the other end of the Seat Carriage (12) in the same manner.



10. Attach the Seat Knob (45) to the Seat Carriage (12) with two #8 x 1/2" Screws (92) and two #8 Nylon Locknuts (69). **Be sure that the slot in the Knob is aligned with the slot in the Seat Carriage, as shown.**

Orient the Seat (13), the Seat Backing (9), and the Seat Carriage (12) as shown. Attach the Seat and the Seat Backing to the Seat Carriage with four 1/4" x 3/4" Bolts (82).

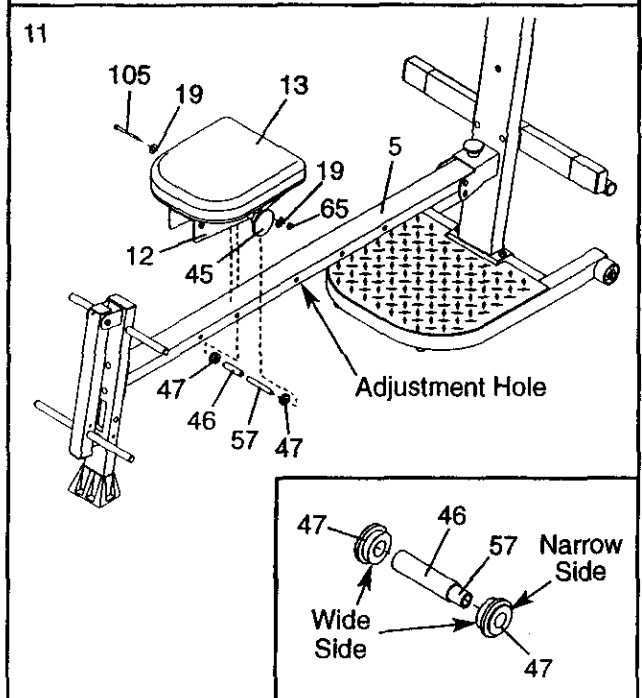


11. Pull out the Seat Knob (45) as far as it will go, and set the Seat Carriage (12) on the Bench Frame (5).

Slide a Long Spacer (46) onto a Wheel Axle (57). Orient two Small Wheels (47) as shown in the inset drawing, and slide them onto the ends of the Wheel Axle.

While a second person presses down on the Seat (13), hold the wheel assembly firmly against the bottom of the Bench Frame (5). Attach the wheel assembly to the center holes in the Seat Carriage (12) with a 5/16" x 4 1/2" Bolt (105), two Star Washers (19), and a 5/16" Jamnut (65). **Be sure that the wide sides of all six Small Wheels (47) are pressed against the Bench Frame.**

Engage the Seat Knob (45) into an adjustment hole in the Bench Frame (5).

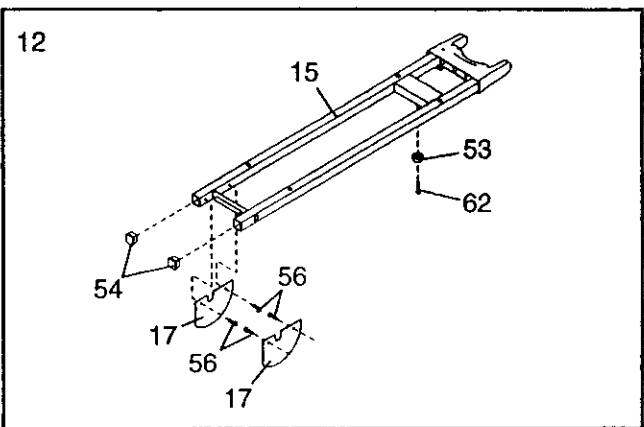




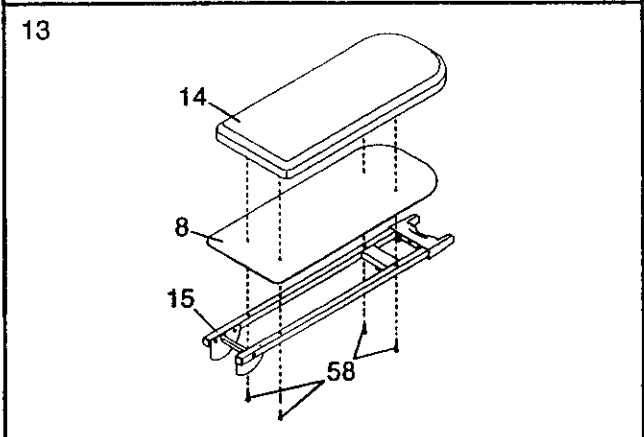
12. Press two 1" Square Inner Caps (54) into the indicated end of the Backrest Frame (15).

Attach a Plastic Foot (53) to the Backrest Frame (15) with a #8 x 3/4" Tek Screw (62).

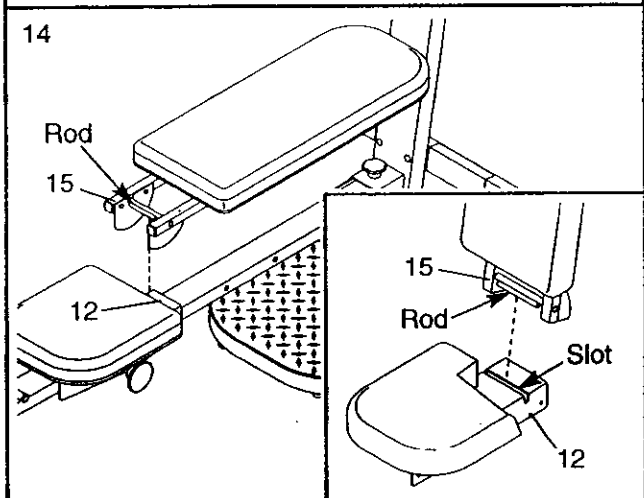
Attach the two Guard Plates (17) to the inside of the Bench Frame (15) with four #8 x 1/2" Tek Screws (56).



13. Orient the Backrest (14) and the Backrest Backing (8) as shown. Attach the Backrest and the Backrest Backing to the Backrest Frame (15) with four 1/4" x 1 3/4" Bolts (58).



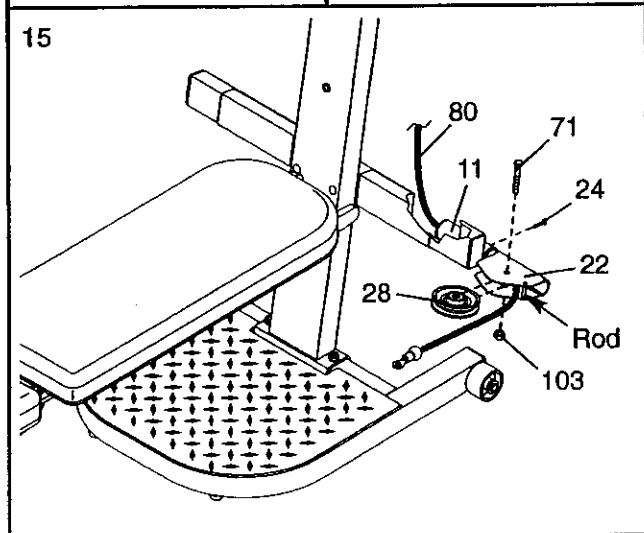
14. Insert the rod on the Backrest Frame (15) into the slot in the Seat Carriage (12). **Hold the Backrest Frame vertically over the Seat Carriage and slide the rod into the slot, as shown in the inset drawing.**



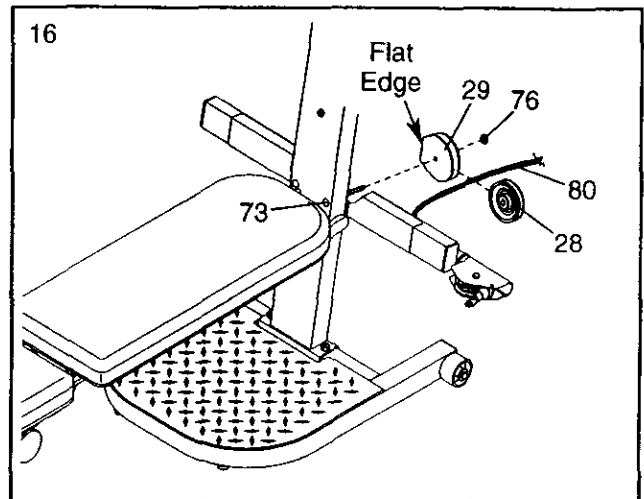
15. **Locate the Long Cable (80).** Insert one end of the Cable through the welded tube on the indicated end of the Cross Frame (11) and then through a Pulley Arm (22). If necessary, use the tip of a screwdriver to pull the end of the Cable out of the Pulley Arm. **Be sure the Cable is on the indicated side of the welded rod in the Pulley Arm.**

Insert the Pulley Arm (22) into the welded tube on the Cross Frame (11). Attach the Pulley Arm with a #8 x 3/8" Screw (24).

Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley inside of the Pulley Arm (22) with a 3/8" x 1 1/2" Button Head Bolt (71) and a 3/8" Nylon Jamnut (103).

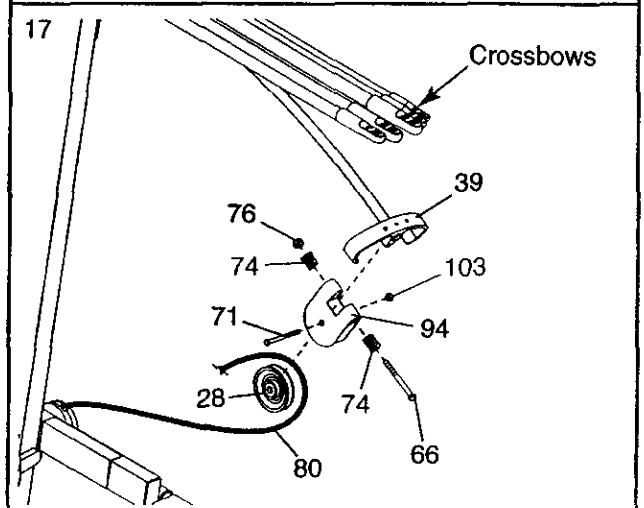


16. Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley and a Pulley Guard (29) to the indicated  $3/8" \times 5 1/2"$  Carriage Bolt (73) with a  $3/8"$  Nylon Locknut (76). **Be sure the flat edge of the Pulley Guard is on the side shown.**

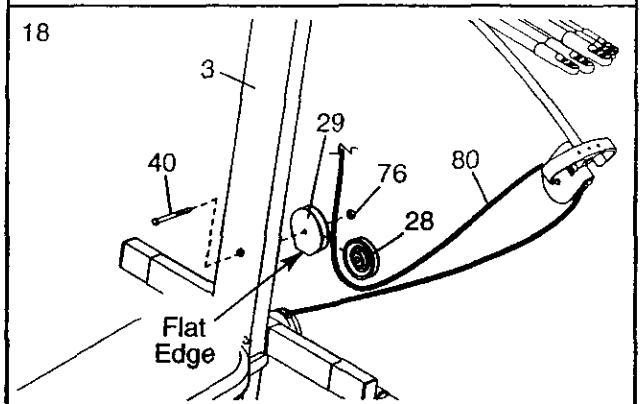


17. Remove the ends of the crossbows from the Crossbow Brackets (39). Attach a Pulley Housing (94) to the indicated Crossbow Bracket with a  $3/8" \times 4"$  Bolt (66), two Pivot Bushings (74), and a  $3/8"$  Nylon Locknut (76).

Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley inside of the Pulley Housing (94) with a  $3/8" \times 1 1/2"$  Button Head Bolt (71) and a  $3/8"$  Nylon Jamnut (103).

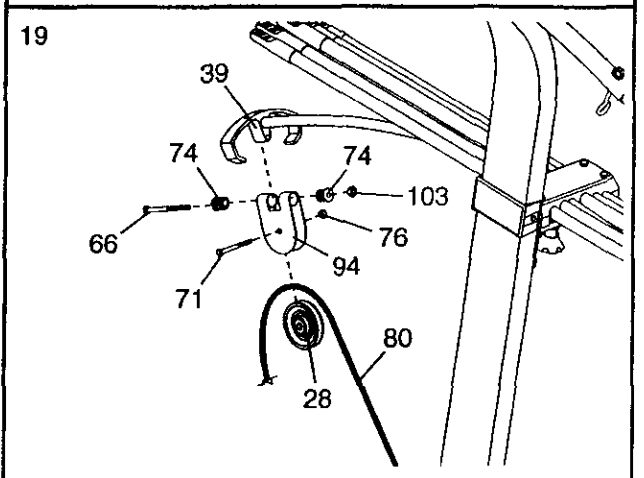


18. Wrap the Long Cable (80) under a 90mm Pulley (28) as shown. Attach the Pulley and a Pulley Guard (29) to the Upright Base (3) with a  $3/8" \times 4 1/2"$  Button Head Bolt (40) and a  $3/8"$  Nylon Locknut (76). **Be sure the flat edge of the Pulley Guard is on the bottom.**

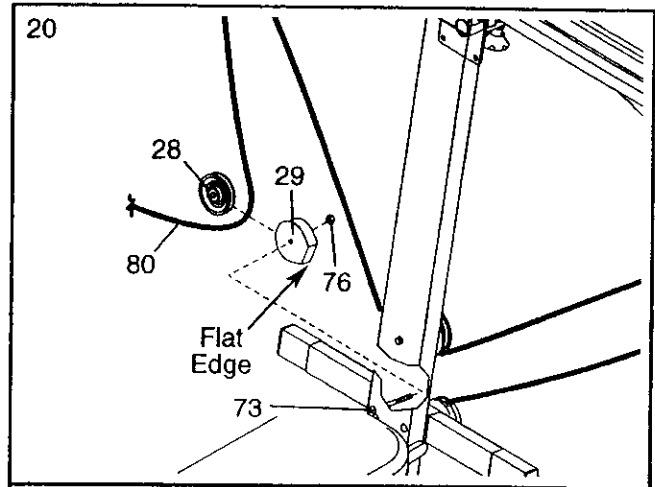


19. Attach a Pulley Housing (94) to the indicated Crossbow Bracket (39) with a  $3/8" \times 4"$  Bolt (66), two Pivot Bushings (74), and a  $3/8"$  Nylon Locknut (76).

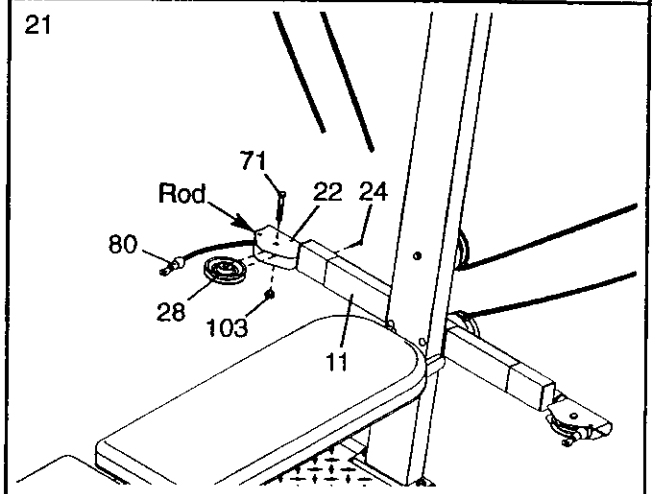
Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley inside of the Pulley Housing (94) with a  $3/8" \times 1 1/2"$  Button Head Bolt (71) and a  $3/8"$  Nylon Jamnut (103).



20. Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley and a Pulley Guard (29) to the indicated  $3/8"$  x  $5 1/2"$  Carriage Bolt (73) with a  $3/8"$  Nylon Locknut (76). **Be sure the flat edge of the Pulley Guard is on the side shown.**



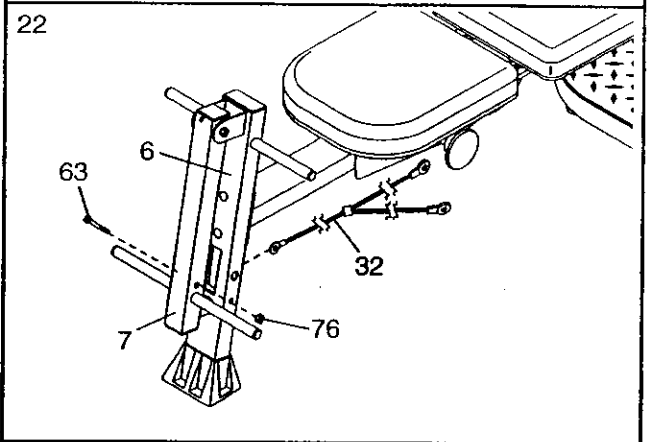
21. Have a second person pull on the Long Cable (80) to create slack in the Cable. Insert the end of the Cable through the welded tube on the indicated end of the Cross Frame (11) and then through the remaining Pulley Arm (22). **Be sure the Cable is on the indicated side of the welded rod in the Pulley Arm.**



Insert the Pulley Arm (22) into the welded tube on the Cross Frame (11). Attach the Pulley Arm with a #8 x  $3/8"$  Screw (24).

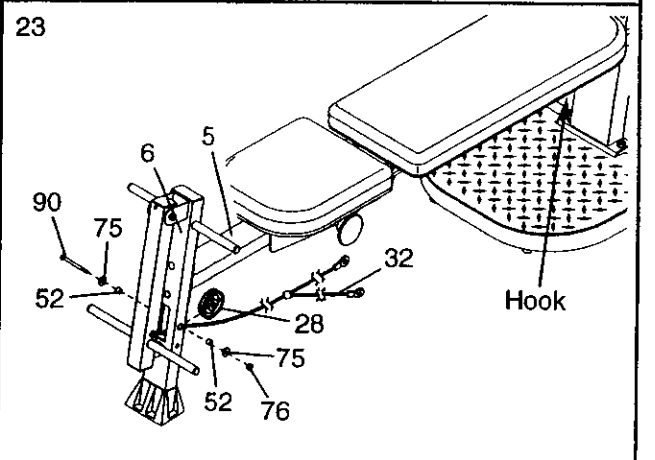
Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley inside of the Pulley Arm (22) with a  $3/8"$  x  $1 1/2"$  Button Head Bolt (71) and a  $3/8"$  Nylon Jamnut (103).

22. **Locate the Bench Cable (32),** which has two ends that are the same length and a third end that is longer.



Route the longest end of the Bench Cable (32) through the hole in the Front Leg (6), and attach it inside of the hole in the Leg Lever (7) with a  $3/8"$  x  $2 1/4"$  Button Head Bolt (63) and a  $3/8"$  Nylon Locknut (76).

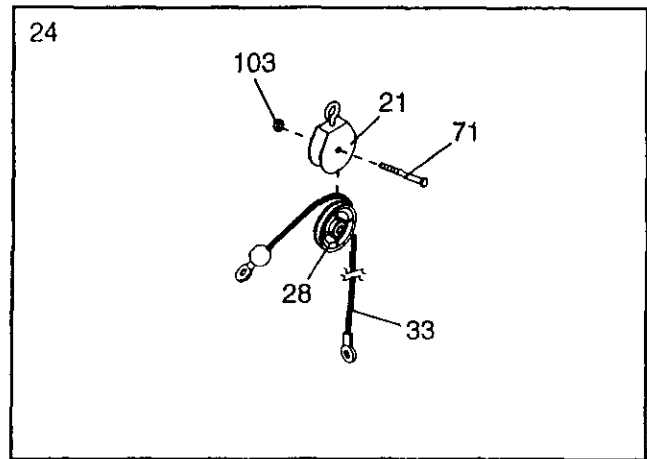
23. Attach a 90mm Pulley (28) inside of the hole in the Front Leg (6) with a  $3/8"$  x  $3 3/4"$  Bolt (90), two  $3/8"$  x  $1"$  Spacers (52), two  $3/8"$  Washers (75), and a  $3/8"$  Nylon Locknut (76). **Be sure the Pulley is above the Bench Cable (32).**



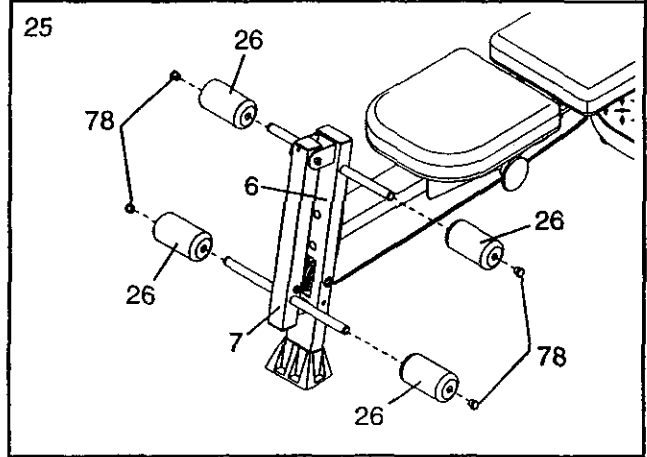
Slide the two free ends of the Bench Cable (32) onto the hook welded to the bottom of the Bench Frame (5).

24. **Locate the two Short Cables (33).** Wrap one of the Cables around a 90mm Pulley (28). Attach the Pulley to a High Pulley Housing (21) with a 3/8" x 1 1/2" Button Head Bolt (71) and a 3/8" Nylon Jamnut (103).

Repeat this step with the other Short Cable (33).



25. Slide the four Foam Pads (26) onto the tubes on the Front Leg (6) and the Leg Lever (7). Press four 1 1/4" Round Inner Caps (78) into the ends of the tubes.



26. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight system, pull the long cable a few times to be sure that it moves smoothly over the pulleys. If the cable does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 16 for proper cable routing.**

# ADJUSTMENTS

This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 17 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time you use the weight system. Replace worn parts immediately.

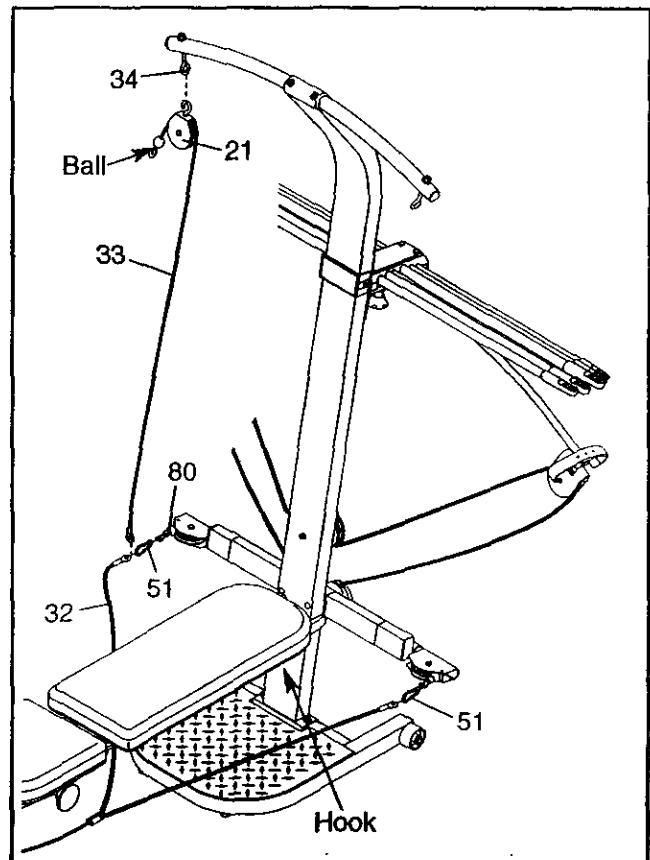
The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents. The crossbows can be cleaned with a vinyl and rubber protectant, available at an automotive or department store.

## ATTACHING THE HIGH PULLEYS AND LEG LEVER

To use a high pulley, slide the hook on the High Pulley Housing (21) onto the Eyebolt (34). Attach the end of the Short Cable (33) without the ball to the end of the Long Cable (80) with a Cable Clip (51). Attach the other high pulley in the same manner.

To use the Leg Lever (not shown), attach the two ends of the Bench Cable (32) to the ends of the Long Cable (80) with two Cable Clips (51).

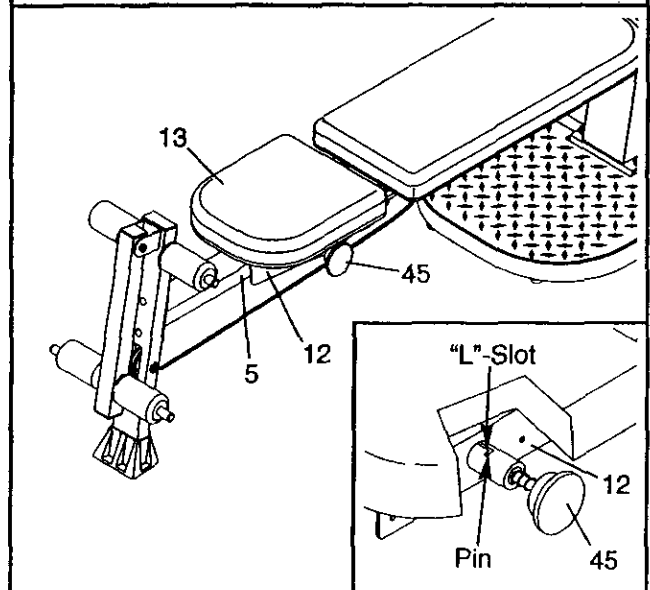
Remove the high pulleys, and detach the Bench Cable (32), when not in use. Store the ends of the Bench Cable on the hook under the bench frame (not shown).



## ADJUSTING THE SEAT

The Seat (13) can be secured in any of four positions on the Bench Frame (5). To move the Seat, pull the Seat Knob (45) out as far as it will go, and slide the Seat to the desired position. Engage the Seat Knob into an adjustment hole in the Bench Frame. **Note: It may be necessary to lift up on the Seat in order to engage the Seat Knob.**

To allow the Seat (13) to roll along the Bench Frame (5), remove the backrest from the Seat Frame (see ADJUSTING THE BACKREST on page 14). Pull the Seat Knob (45) out as far as it will go, and turn the Knob so that the pin rests at the end of the "L"-shaped slot (see the inset drawing).



## ATTACHING THE ACCESSORIES

To attach a Short Handle (49) to a high pulley, first attach the high pulley to the weight system (see ATTACHING THE HIGH PULLEYS AND LEG LEVER on page 13). Then, attach the Short Handle to the Short Cable (33) with a Cable Clip (51). Repeat with the other high pulley.

The Long Handles (not shown) or the Ankle Strap (not shown) can be attached to the Long Cable (80) with Cable Clips (51). Attach the Leg Press Strap (not shown) to both ends of the Long Cable, or a lat bar to the Short Cable (33), with two Cable Clips (51).

**Note: A lat bar is an optional accessory for the CrossBow.** To purchase a lat bar, call our Customer Service Department toll-free at 1-800-999-3756 and ask for model number GNMC04420.

## ADJUSTING THE RESISTANCE

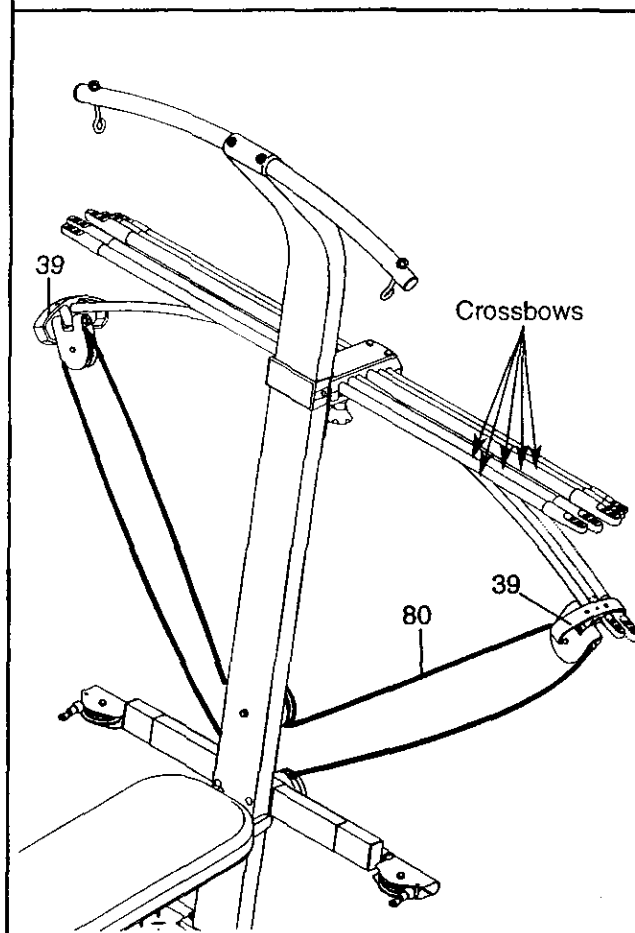
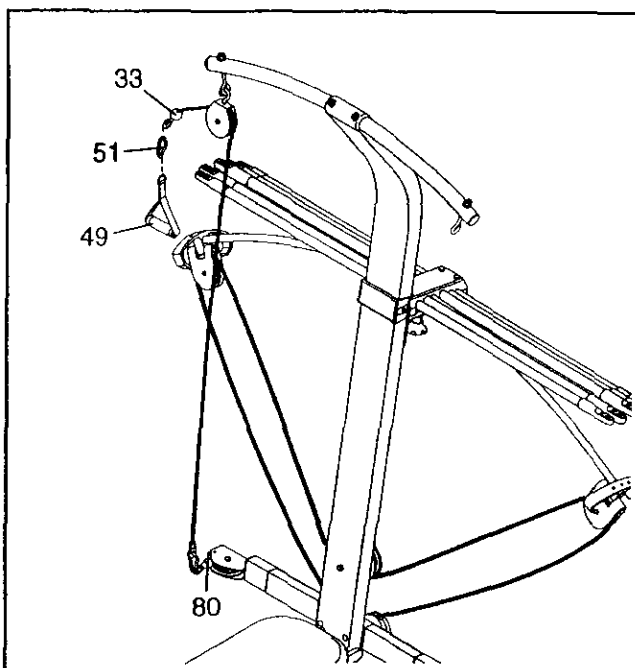
To add resistance to the weight system, hold the Crossbow Brackets (39) firmly and slide a crossbow under them. If more resistance is needed, repeat this process, adding one crossbow at a time.

Note: When adding resistance, always start with the heaviest crossbow to be used, and finish with the lightest crossbow. When removing crossbows from the Crossbow Brackets (39), start with the lightest crossbow and finish with the heaviest.

**WARNING:** When adding resistance, make sure that both ends of the crossbow are under the two Crossbow Brackets (39).

Do not add or remove crossbows from the Crossbow Brackets (39) while there is tension on the Long Cable (80).

Additional resistance can be added to the CrossBow weight system by calling the Customer Service Department toll-free at 1-800-999-3756 and asking for model number **GNMC06420** (100 Pound Power Pak) or **GNMC09420** (200 Pound Power Pak).



## ADJUSTING THE BACKREST

The Backrest (14) can be used in a level position or one of three inclined positions. To use the Backrest in a level position, secure the Seat Frame (12) to the adjustment hole in the Bench Frame (5) closest to the Front Leg (6) (see ADJUSTING THE SEAT on page 13).

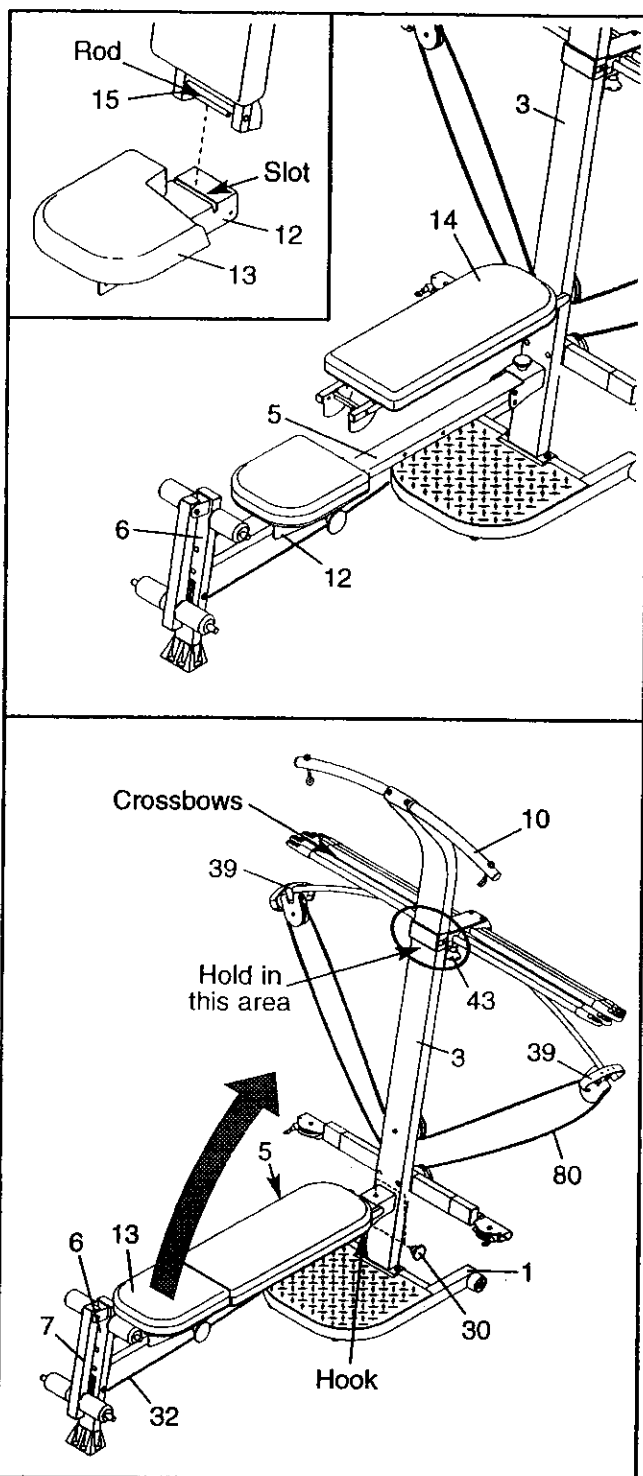
To use the Backrest (14) in an inclined position, secure the Seat Frame (12) to one of the other three adjustment holes in the Bench Frame (5). Rest the Backrest against the Upright Base (3).

For row exercises, the seat must be able to roll freely (see ADJUSTING THE SEAT on page 13), the leg press strap must be attached (see ATTACHING THE ACCESSORIES, on page 14), and the Backrest (14) must be removed. To remove the Backrest, hold it vertically over the Seat (13) and lift the rod out of the slot in the Seat Frame (12) (see the inset drawing).

## STORING THE WEIGHT SYSTEM

To store the weight system, slide the ends of the Bench Cable (32) onto the hook on the bottom of the Bench Frame (5). Be sure the Seat (13) is in the position closest to the Front Leg (6) (see ADJUSTING THE SEAT on page 13). Next, remove the Storage Knob (30) from the Upright Base (3). Lift the Front Leg toward the Crossbar (10), and tighten the Storage Knob into the side of the Upright Base and the Bench Frame. Remove all of the crossbows from the Crossbow Brackets (39) (see ADJUSTING THE RESISTANCE, on page 14). Finally, loosen the Crossbow Knob (43) and pull it out as far as it will go. Turn the crossbow assembly vertically and engage the Crossbow Knob into the Crossbow Pivot (not shown). **Note: Storing the crossbows vertically will prolong the life of the crossbows.**

To move the weight system, place the toe of your shoe on the end of the Base (1) and hold the weight system in the indicated area. Tilt the weight system back onto the Wheels (31) and roll it to the new location. **Be careful not to let the Front Leg (6) or Leg Lever (7) pinch your hands when you tilt the system back.**

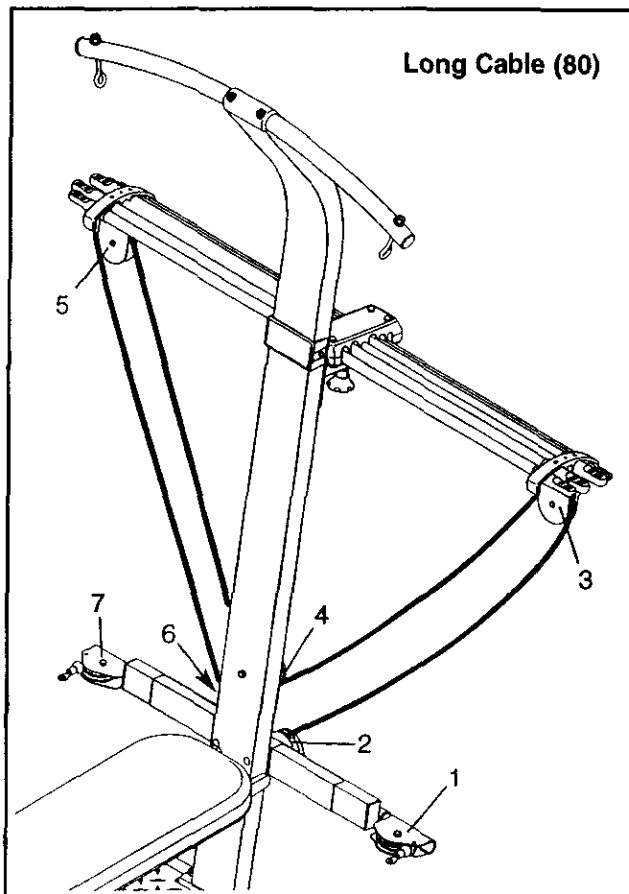


**⚠ WARNING:** Be sure that all of the crossbows are removed from the Crossbow Brackets (39) before moving the crossbow assembly to the stored position.

Make sure that the crossbow assembly is in the horizontal position and that the Storage Knob (30) is in place and fully tightened each time you use the weight system.

# CABLE DIAGRAM

The cable diagram shows the proper routing of the Long Cable (80). Use the diagram to make sure that the cable and the cable traps have been assembled correctly. If the cable has not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for the cable. **Make sure that the cable traps do not touch or bind the cable.**





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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 18 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

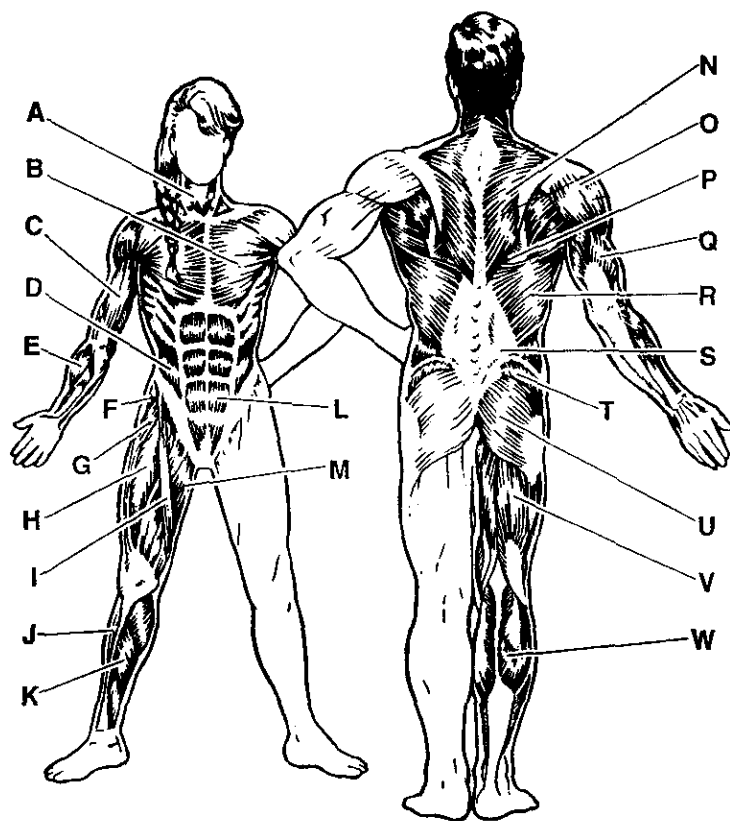
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

### MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



<b>MONDAY</b> Date: _____ / ____ / ____	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>

**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_

<b>WEDNESDAY</b> Date: _____ / ____ / ____	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>

**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_

<b>FRIDAY</b> Date: _____ / ____ / ____	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>

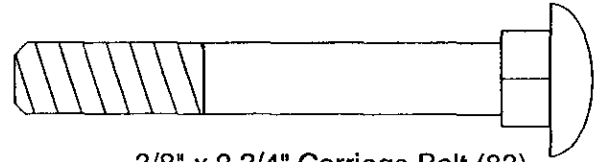
Make photocopies of this page for scheduling and recording your workouts.

# PART IDENTIFICATION CHART

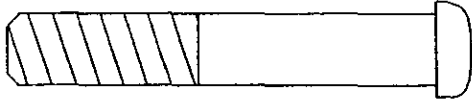
Refer to the drawings below to identify small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on the reverse side of this page. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



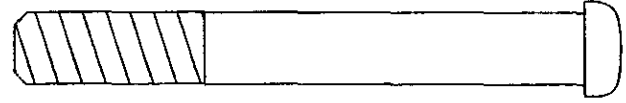
3/8" x 2 3/4" Button Head Bolt (64)



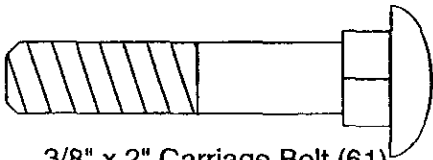
3/8" x 2 3/4" Carriage Bolt (83)



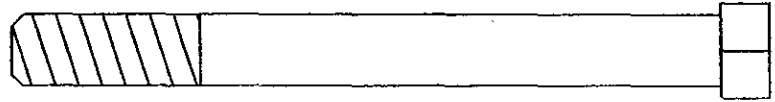
3/8" x 2 1/4" Button Head Bolt (63)



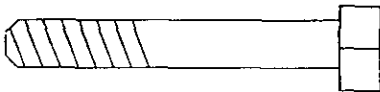
3/8" x 3" Button Head Bolt (70)



3/8" x 2" Carriage Bolt (61)



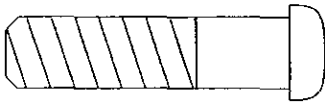
3/8" x 3 3/4" Bolt (90)



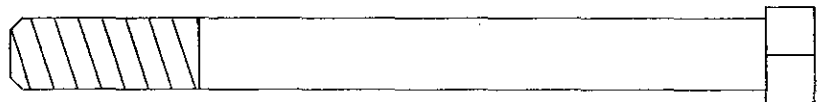
1/4" x 1 3/4" Bolt (58)



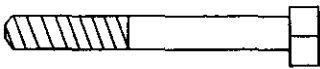
5/16" x 4" Bolt (60)



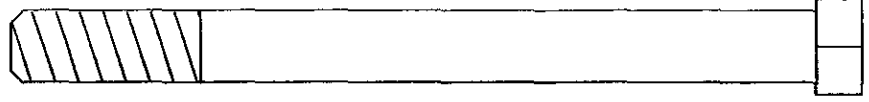
3/8" x 1 1/2" Button Head Bolt (71)



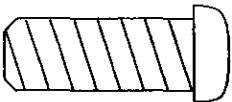
3/8" x 4" Bolt (66)



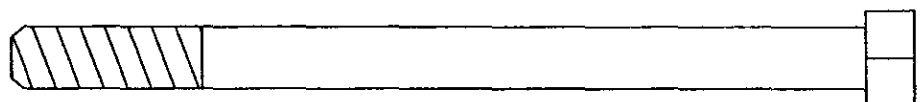
#8 x 1 1/2" Bolt (77)



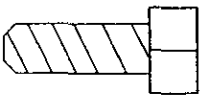
3/8" x 4 1/4" Bolt (81)



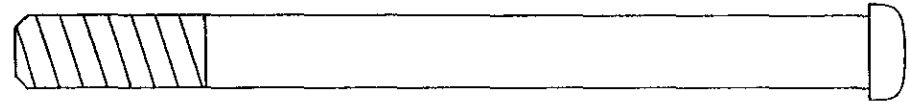
3/8" x 1" Button Head Bolt (87)



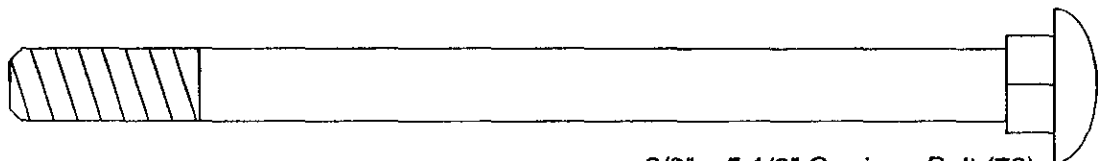
5/16" x 4 1/2" Bolt (105)



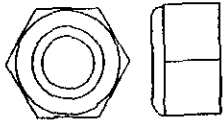
1/4" x 3/4" Bolt (82)



3/8" x 4 1/2" Button Head Bolt (40)



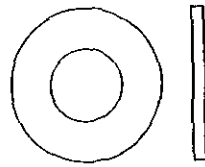
3/8" x 5 1/2" Carriage Bolt (73)



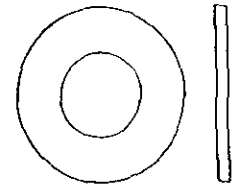
3/8" Nylon Locknut (76)



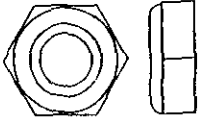
3/8" Nylon Jamnut (103)



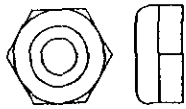
5/16" Washer (59)



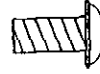
3/8" Washer (75)



3/8" Jamnut (104)



5/16" Nylon Jamnut (65)



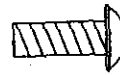
#8 x 3/8" Screw (24)



#8 x 1/2" Tek Screw (56)



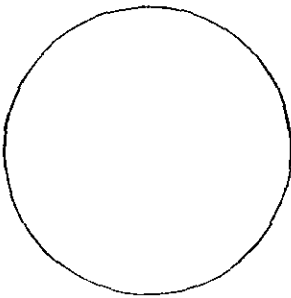
#8 Nylon Locknut (69)



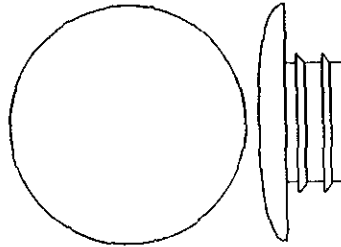
#8 x 1/2" Screw (92)



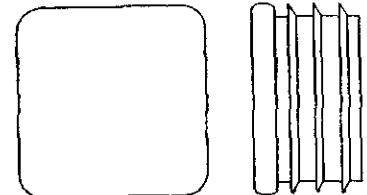
#8 x 3/4" Tek Screw (62)



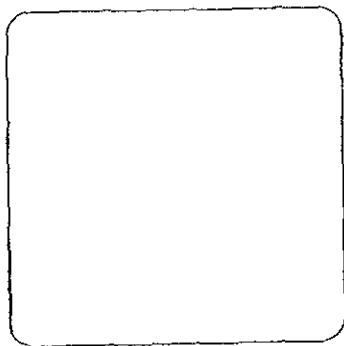
1 1/2" Round Inner Cap (38)



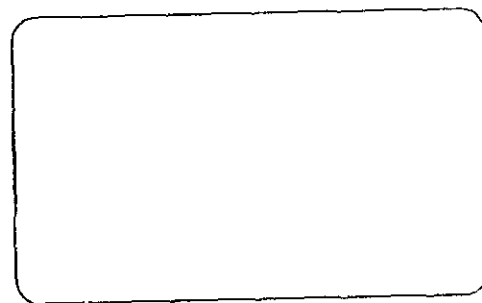
1 1/4" Round Inner Cap (78)



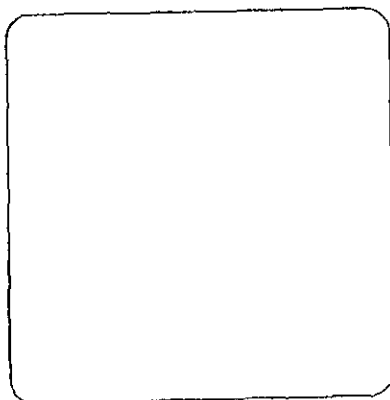
1" Square Inner Cap (54)



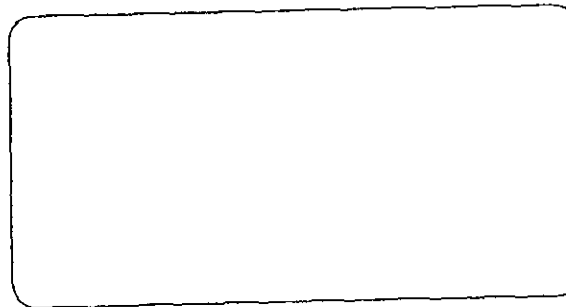
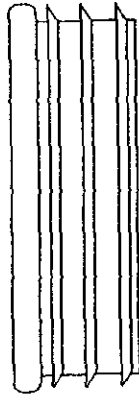
1 3/4" Square Inner Cap (42)



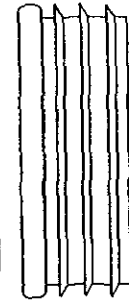
1 1/2" x 2 1/2" Inner Cap (41)



2" Square Inner Cap (98)

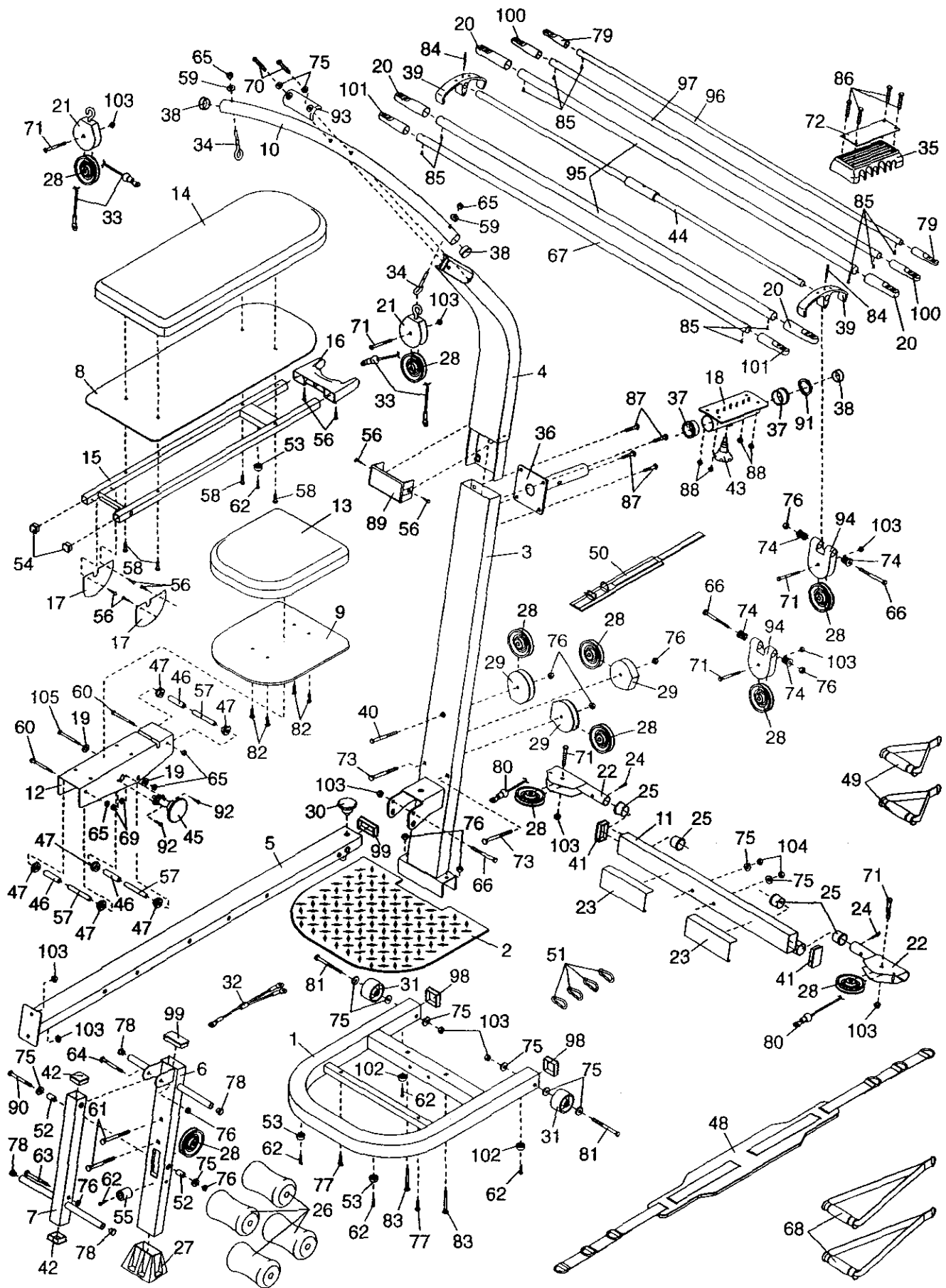


1 1/2" x 3" Inner Cap (99)



# EXPLODED DRAWING—Model No. 831.153950

R0802A



# PART LIST—Model No. 831.153950

R0802A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	55	1	Leg Lever Bumper
2	1	Base Plate	56	8	#8 x 1/2" Tek Screw
3	1	Upright Base	57	3	Wheel Axle
4	1	Upright	58	4	1/4" x 1 3/4" Bolt
5	1	Bench Frame	59	2	5/16" Washer
6	1	Front Leg	60	2	5/16" x 4" Bolt
7	1	Leg Lever	61	2	3/8" x 2" Carriage Bolt
8	1	Backrest Backing	62	6	#8 x 3/4" Tek Screw
9	1	Seat Backing	63	1	3/8" x 2 1/4" Button Head Bolt
10	1	Crossbar	64	1	3/8" x 2 3/4" Button Head Bolt
11	1	Cross Frame	65	5	5/16" Jamnut
12	1	Seat Carriage	66	3	3/8" x 4" Bolt
13	1	Seat	67	1	40 Pound Crossbow
14	1	Backrest	68	2	Long Handle
15	1	Backrest Frame	69	2	#8 Nylon Locknut
16	1	Backrest Cap	70	2	3/8" x 3" Button Head Bolt
17	2	Guard Plate	71	6	3/8" x 1 1/2" Button Head Bolt
18	1	Crossbow Carriage	72	1	Crossbow Cover Plate
19	2	Star Washer	73	2	3/8" x 5 1/2" Carriage Bolt
20	4	80 Pound Crossbow Cap	74	4	Pivot Bushing
21	2	High Pulley Housing	75	12	3/8" Washer
22	2	Pulley Arm	76	10	3/8" Nylon Locknut
23	2	Grip Tape	77	2	#8 x 1 1/2" Bolt
24	2	#8 x 3/8" Screw	78	4	1 1/4" Round Inner Cap
25	4	Arm Bushing	79	2	10 Pound Crossbow Cap
26	4	Foam Pad	80	1	Long Cable
27	1	Front Leg Foot	81	2	3/8" x 4 1/4" Bolt
28	10	90mm Pulley	82	4	1/4" x 3/4" Bolt
29	3	Pulley Guard	83	2	3/8" x 2 3/4" Carriage Bolt
30	1	Storage Knob	84	2	3/16" Roll Pin
31	2	Wheel	85	10	#8 x 1/2" Flat Head Screw
32	1	Bench Cable	86	4	1/4" x 1 3/4" Button Head Screw
33	2	Short Cable	87	4	3/8" x 1" Button Head Bolt
34	2	Eyebolt	88	4	1/4" Jamnut
35	1	Crossbow Cover	89	1	Upright Cover
36	1	Crossbow Pivot	90	1	3/8" x 3 3/4" Bolt
37	2	Carriage Bushing	91	1	Retainer Ring
38	3	1 1/2" Round Inner Cap	92	2	#8 x 1/2" Screw
39	2	Crossbow Bracket	93	1	Crossbar Cover
40	1	3/8" x 4 1/2" Button Head Bolt	94	2	Pulley Housing
41	2	1 1/2" x 2 1/2" Inner Cap	95	2	80 Pound Crossbow
42	2	1 3/4" Square Inner Cap	96	1	20 Pound Crossbow
43	1	Crossbow Knob	97	1	10 Pound Crossbow
44	1	15 Pound Crossbow	98	2	2" Square Inner Cap
45	1	Seat Knob	99	2	1 1/2" x 3" Inner Cap
46	3	Long Spacer	100	2	20 Pound Crossbow Cap
47	6	Small Wheel	101	2	40 Pound Crossbow Cap
48	1	Leg Press Strap	102	2	Large Plastic Foot
49	2	Short Handle	103	11	3/8" Nylon Jamnut
50	1	Ankle Strap	104	2	3/8" Jamnut
51	4	Cable Clip	105	1	5/16" x 4 1/2" Bolt
52	2	3/8" x 1" Spacer	#	1	User's Manual
53	3	Plastic Foot	#	1	Exercise Guide
54	2	1" Square Inner Cap	#	1	Exercise Decal

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.



Model No. 831.153950

## QUESTIONS?

If you find that:

- you need help assembling or operating the CrossBow™ weight system
- 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 CrossBow™ weight system 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 MODEL NUMBER of the product (831.153950)
- The NAME of the product (CrossBow™ weight system)
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST and EXPLODED DRAWING in the center of this 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 WEIGHT SYSTEM EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT SYSTEM EXERCISER, free of charge.

This warranty does not apply when the WEIGHT SYSTEM 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**