

Lifestyler[®] *DT 900*

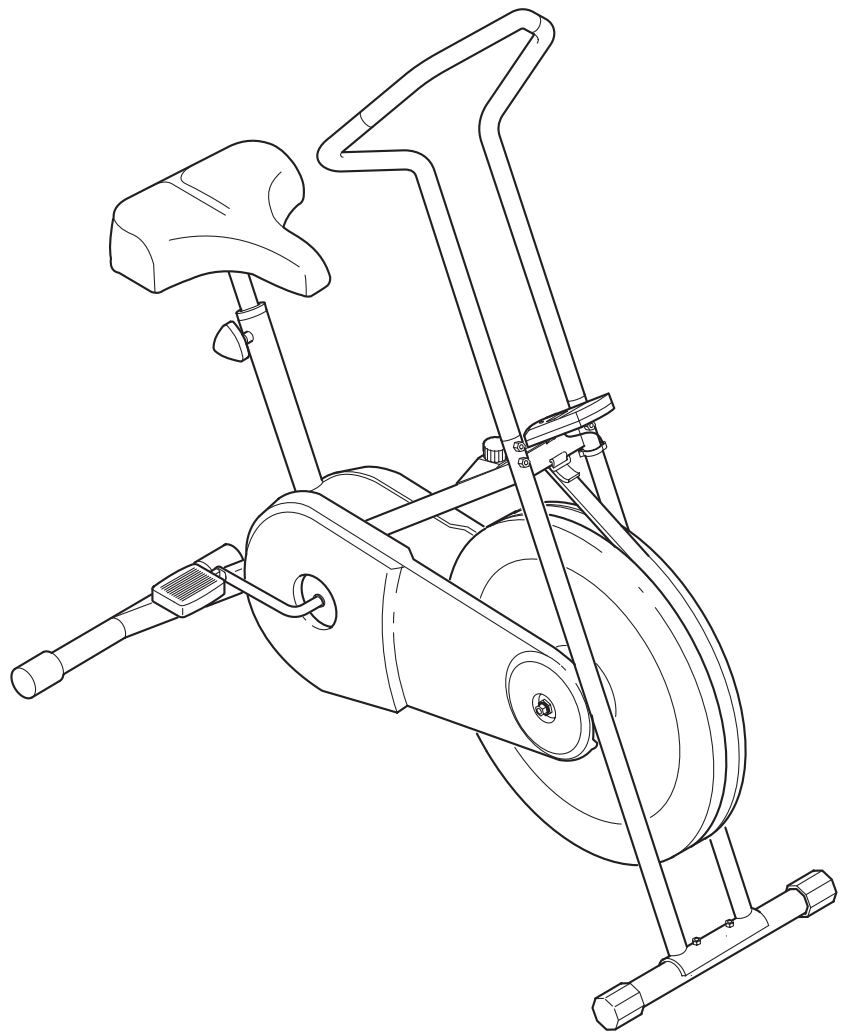
Model No. 831.288140

EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879



CAUTION

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

USER'S MANUAL

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

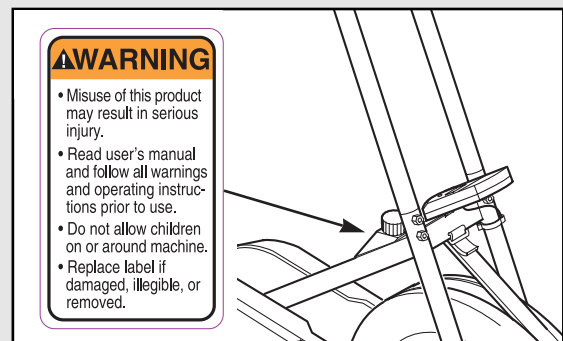
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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual before using the exercise cycle. Use the exercise cycle only as described.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Use the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet from damage.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Make sure the seat pin is inserted through the seat post. Do not insert the seat pin under the seat post.
6. Keep children under the age of 12 and pets away from the exercise cycle at all times.
7. The exercise cycle should not be used by persons weighing more than 250 pounds.
8. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. Keep hands away from the flywheel and other moving parts.
10. Always keep your back straight when using the exercise cycle. Do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
12. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental or institutional setting.
13. The decal shown below has been placed on the exercise cycle. If the decal is missing, or if it is not legible, please call our toll-free HELPLINE to order a free replacement decal. Apply the decal in the location shown.



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.

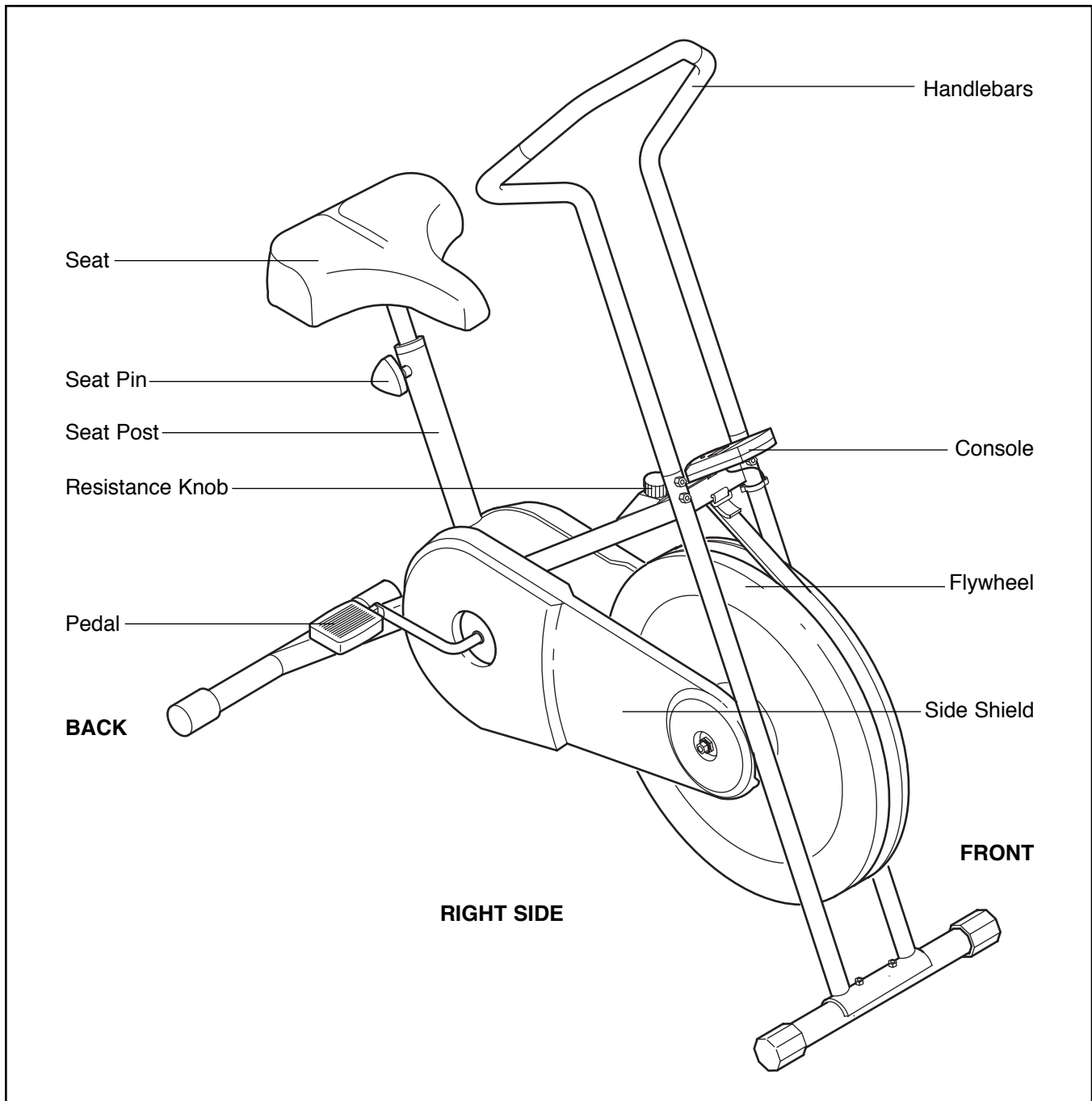
BEFORE YOU BEGIN

Thank you for selecting the new LIFESTYLER® DT 900. The LIFESTYLER® DT 900 provides you with a low-impact workout in the convenience and privacy of your own home.



For your benefit, read this manual carefully before you use the LIFESTYLER® DT 900. If you have questions after reading the manual, 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 mention the product model number when calling. The model number is 831.288140.

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



ASSEMBLY

Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires a phillips screwdriver**  **and an adjustable wrench**  (not included).

1. Refer to the inset drawing. Remove the indicated plastic cap from the Frame (1). Discard the cap.

Next, slide the bracket on the Rear Stabilizer (2) into the Frame (1). Attach the Rear Stabilizer with four Stabilizer Screws (32).

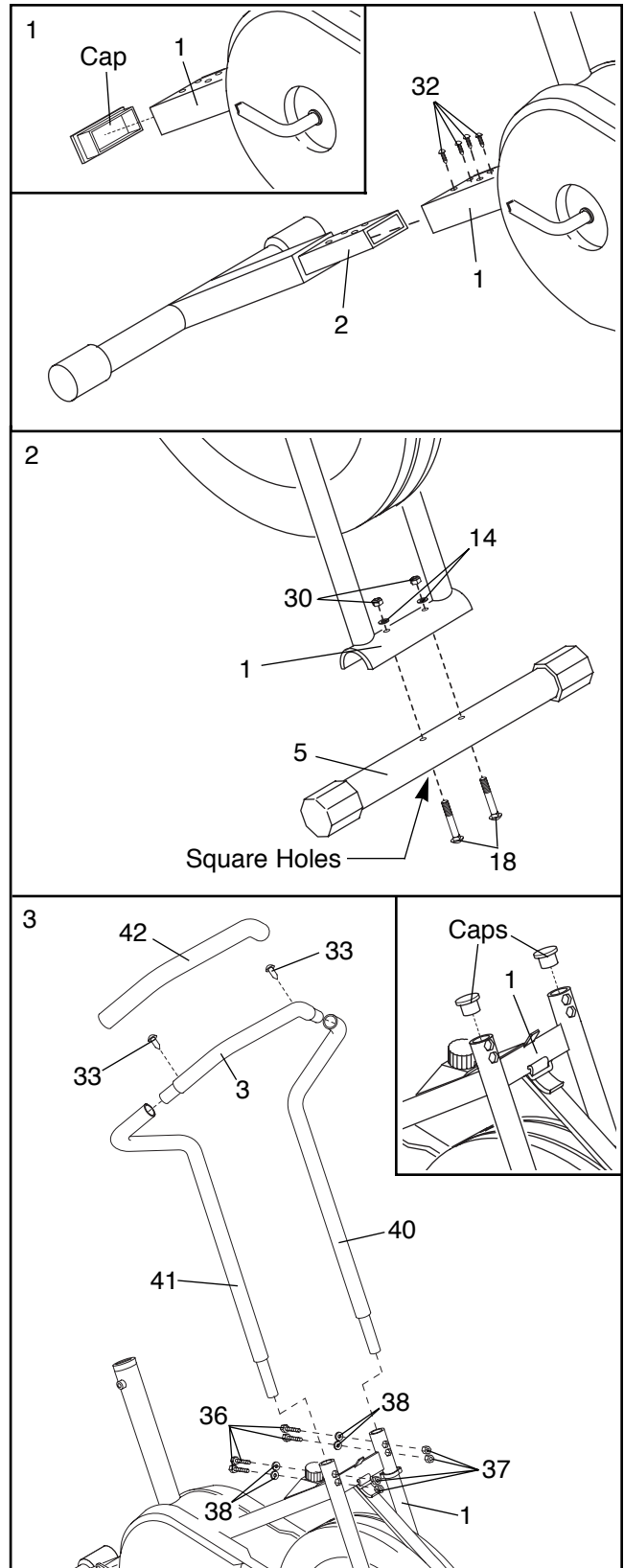
2. Align the Front Stabilizer (5) with the saddle bracket on the front of the Frame (1). **Make sure that the Front Stabilizer is turned so the square holes are facing away from the saddle bracket.** Attach the Front Stabilizer with two Stabilizer Carriage Bolts (18), two Curved Washers (14), and two Stabilizer Nuts (30).

3. Refer to the inset drawing. Remove the indicated plastic caps from the Frame (1). Discard the caps.

Next, slide the Left Handlebar (40) into the left side of the Frame (1). Slide the Right Handlebar (41) into the right side of the Frame.

Slide the Foam Grip (42) onto the Top Handlebar (3). Push the ends of the Foam Grip towards the center of the Top Handlebar so the ends of the Top Handlebar are uncovered. Insert the Top Handlebar into the Left and Right Handlebars (40, 41) and attach it with two Handlebar Screws (33). Slide the Foam Grip back so it covers the Handlebar Screws.

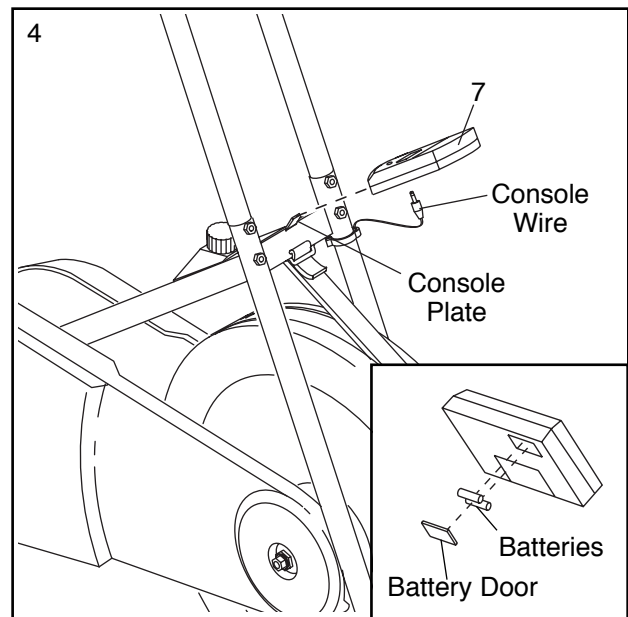
Align the holes in the Left and Right Handlebars (40, 41) with the holes in the Frame (1). Attach the Handlebars with four Handlebar Bolts (36), four Handlebar Washers (38), and four Locknuts (37). **Make sure that the Locknuts are in the hexagonal holes in the Frame.**



- The Console (7) requires two "AA" batteries (not included). Alkaline batteries are recommended. Refer to the inset drawing. Remove the battery door from the back of the Console. Press two batteries into the battery compartment. **Make sure that the negative ends of the batteries (marked "-") are touching the springs in the battery compartment.** Re-attach the battery door.

Next, plug the console wire into the socket on the back of the Console (7).

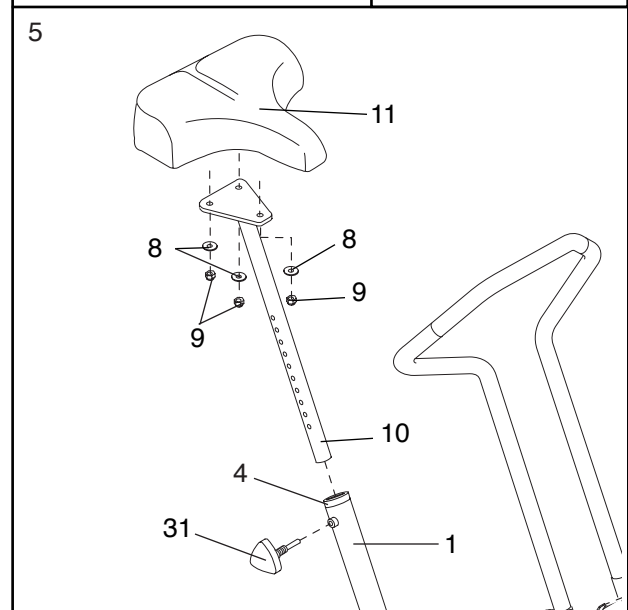
Slide the Console (7) onto the console plate. Note: The Console attaches by friction; it does not snap into place.



- Attach the Seat (11) to the Seat Post (10) with three Seat Nuts (9) and three Seat Washers (8). Note: The Seat Nuts and Seat Washers may be pre-attached to the underside of the Seat.

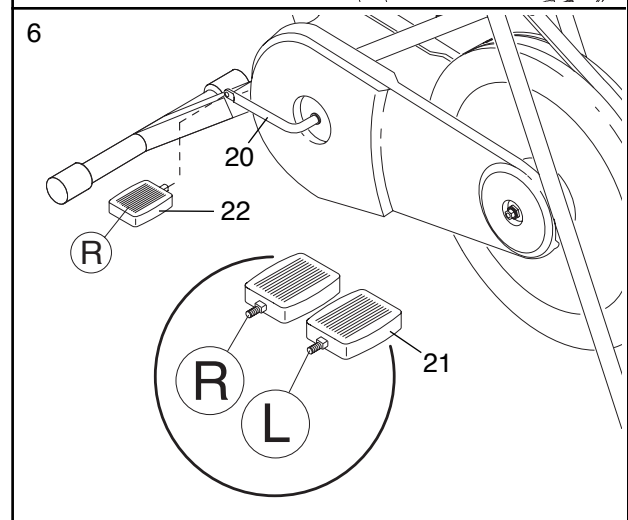
Insert the Seat Post (10) into the Frame (1). Press the Frame Bushing (4) into the Frame. Note: The Frame Bushing may be pre-assembled.

Next, align one of the holes in the Seat Post (10) with the hole in the Frame (1). Insert the Seat Pin (31) through the Frame and the Seat Post to select the desired seat height. **Make sure to insert the Seat Pin through one of the holes in the Seat Post; do not insert the Seat Pin under the Seat Post.** Tighten the Seat Pin into the Frame.



- Identify the Right Pedal (22). (The Right Pedal is marked with an "R.") Using an adjustable wrench, tighten the Right Pedal clockwise into the right arm of the Crank (20).

Tighten the Left Pedal (21) counterclockwise into the left arm on the Crank (20).

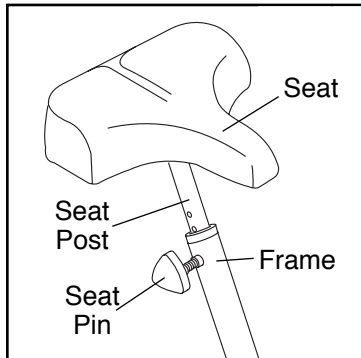


- Make sure that all parts are properly tightened before you use the exercise cycle.**

HOW TO USE THE EXERCISE CYCLE

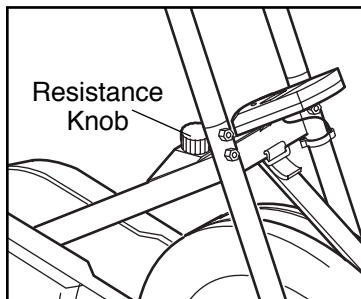
HOW TO ADJUST THE SEAT

For effective exercise, the seat must be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the seat, first hold the seat and turn the seat pin counterclockwise to remove it. Next, align one of the holes in the seat post with the hole in the frame. Insert the seat pin through the frame and the seat post to select the desired height. **Make sure to insert the seat pin through the seat post; do not insert the seat pin under the seat post.** Tighten the seat pin into the frame.



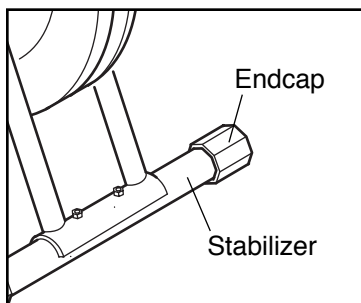
HOW TO ADJUST THE PEDALING RESISTANCE

To vary the intensity of your exercise, the pedaling resistance can be adjusted. The resistance is controlled with the resistance knob. To increase the resistance, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise.



LEVELING THE EXERCISE CYCLE

Your exercise cycle features adjustable endcaps on the front stabilizer. If the exercise cycle tends to rock when in use, adjust one or both of the endcaps by turning them until the exercise cycle is stable.

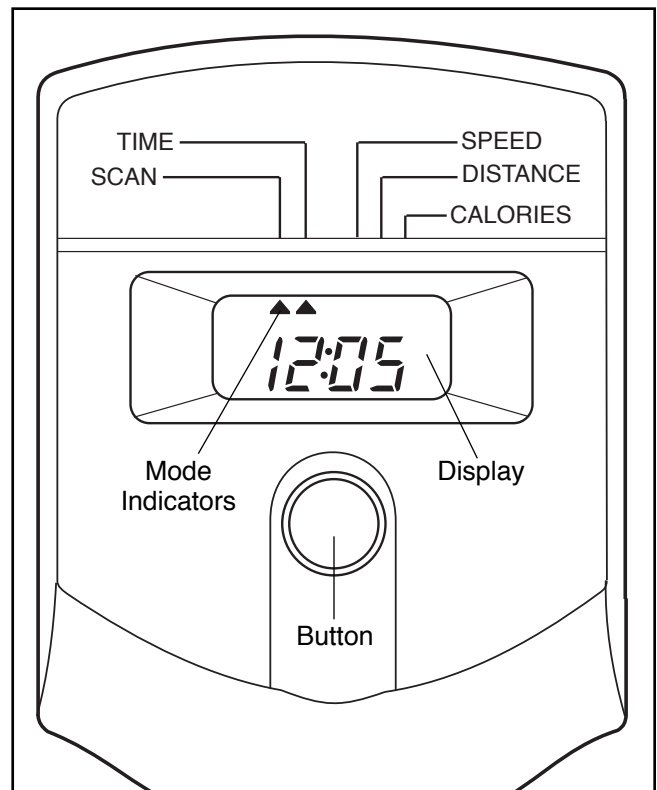


BATTERY INSTALLATION

Before the console can be operated, two “AA” batteries must be installed. If you have not installed batteries, see assembly step 4 on page 5.

DESCRIPTION OF THE CONSOLE

The console features five modes that provide instant exercise feedback during your workouts. The modes are described below.



- Speed—Displays your pedaling speed, in miles per hour.
- Time—Displays the elapsed time. Note: If you stop pedaling for ten seconds or longer, the time mode will pause until you resume.
- Distance—Displays the total distance you have pedaled, in miles.
- Calorie—Displays the approximate number of calories you have burned.
- Scan—Displays the speed, time, distance, and calorie modes, for 5 seconds each, in a repeating cycle.

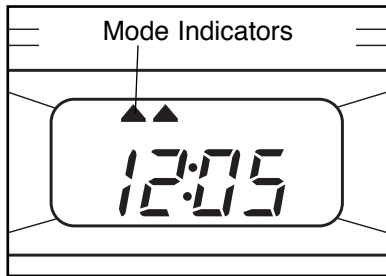
HOW TO OPERATE THE CONSOLE

Note: If there is a piece of clear plastic on the face of the console, remove it before operating the console.

1. To turn on the power, press the console button or simply begin pedaling. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for operation.
2. Select one of the five modes:

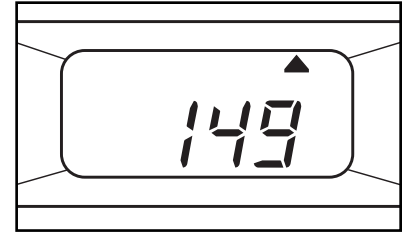
Scan mode—

When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a flashing mode indicator will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the console button.



Speed, time, distance or calorie mode—

To select one of these modes for continuous display, press the console button repeatedly. The mode indicators will show which mode is selected.



Make sure that the scan mode is not selected.

3. To reset the display, hold down the console button for two seconds. After the display is reset, the scan mode will be selected.
4. To turn off the power, simply wait for about four minutes. **Note: The console has an “auto-off” feature. If the pedals are not moved and the console button is not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

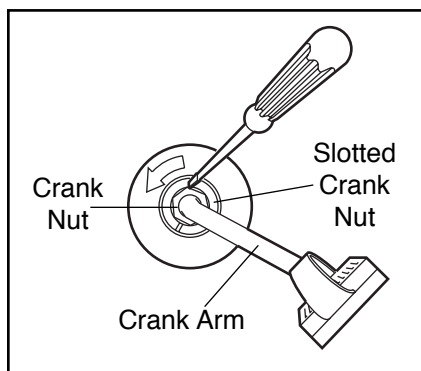
The exercise cycle can be cleaned with a soft, damp cloth. Avoid spilling liquid on the console. Keep the console out of direct sunlight or the display may be damaged. Remove the batteries when storing the exercise cycle.

BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. See assembly step 4 on page 5. In addition, make sure that the console wire is plugged into the console.

HOW TO TIGHTEN THE CRANK

If the arms of the crank become loose, they should be tightened in order to prevent excessive wear. Loosen the crank nut on the left arm of the crank.

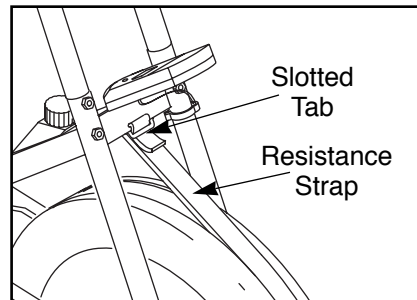


Place the end of a standard screwdriver in one of the slots in the slotted crank nut. Lightly tap the screwdriver with a hammer to turn the slotted crank nut counterclockwise until the arms are no longer loose.

Do not overtighten the slotted crank nut. When the slotted crank nut is properly tightened, retighten the crank nut.

HOW TO ADJUST THE RESISTANCE STRAP

If there is not enough pedaling resistance when the resistance knob is turned to the highest setting, the resistance strap may need to be adjusted. To adjust the resistance strap, first turn the resistance knob to the lowest setting. Next, locate the slotted tab on the front of the exercise cycle. Grip the main part the resistance

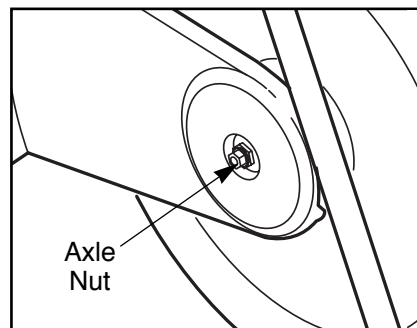


strap underneath the slotted tab and pull it towards the slot. When a little slack is created, pull the end of the resistance strap tight and then let go of the strap. Turn the crank for a moment to make sure that there is not too much resistance.

HOW TO ADJUST THE CHAIN

The exercise cycle features a chain that must be kept properly adjusted. If the chain causes excessive noise or slips as you pedal, the chain should be adjusted.

To tighten the chain, loosen, but do not remove, the axle nuts on both sides of the flywheel. Pull the flywheel slightly forwards.



Make sure that the flywheel is straight and tighten the axle nuts.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

BPM		HEART RATE TRAINING ZONES					
♥	165						Aerobic
	145	155					Max Fat Burn
	125	138	145				Fat Burn
		120	130	140			
			115	125	130		
				110	118	125	
					105	110	115
						95	103
♥							90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age on the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the heart rate for maximum fat burning; the highest number is the heart rate for aerobic exercise.

Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy.

If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

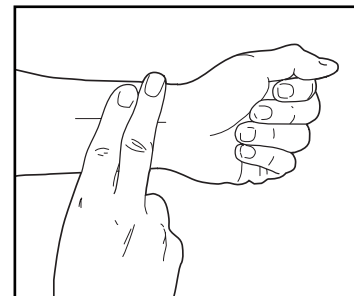
For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



WORKOUT GUIDELINES

Each workout should include the following three important parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between

workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. **Caution: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.**

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.288140

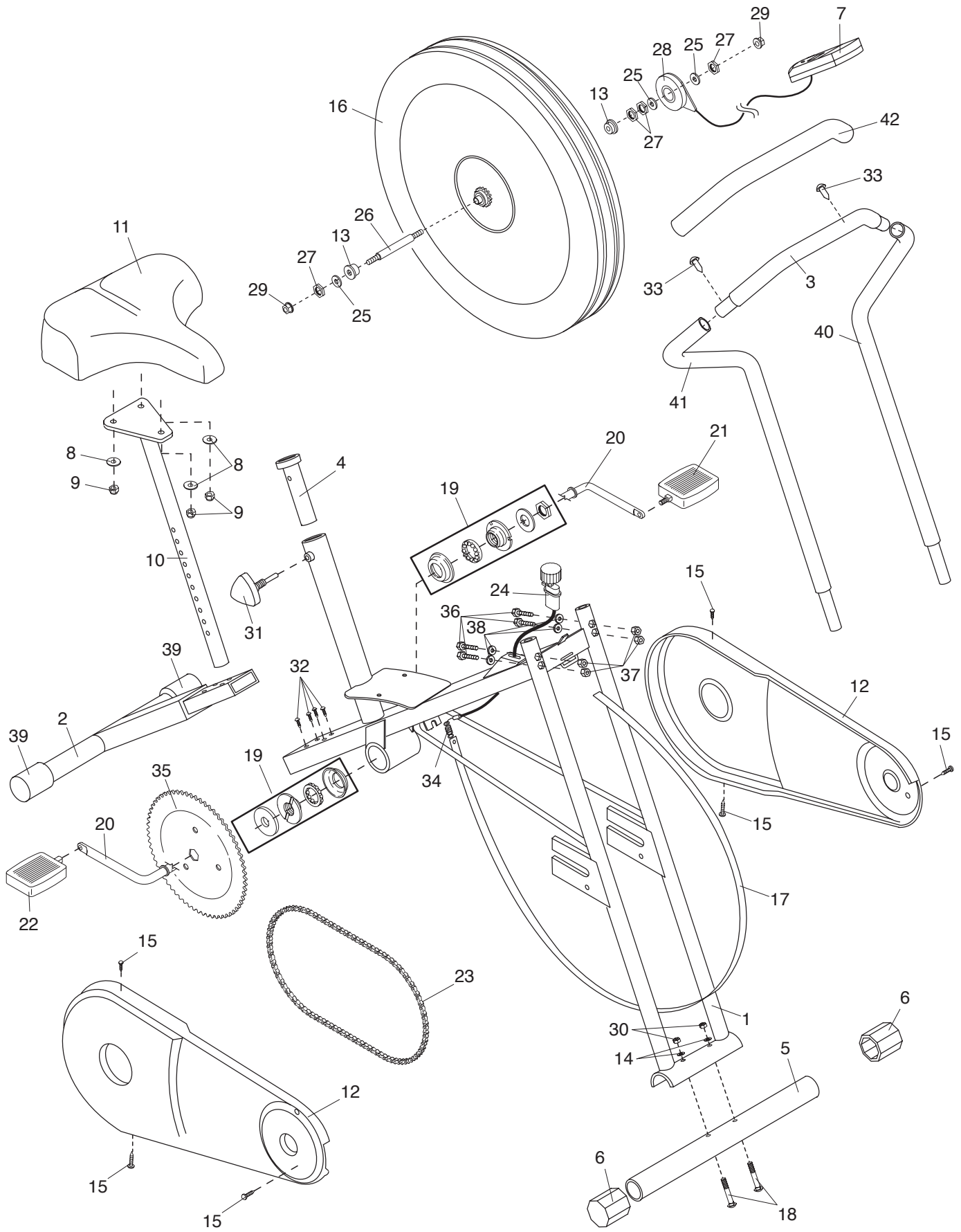
R0399A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	23	1	Chain
2	1	Rear Stabilizer	24	1	Resistance Cable/Knob
3	1	Top Handlebar	25	3	7/16" Flat Washer
4	1	Frame Bushing	26	1	Flywheel Axle
5	1	Front Stabilizer	27	4	3/8" Axle Nut
6	2	Stabilizer Endcap	28	1	Odometer
7	1	Console	29	2	Axle Nut
8	3	Seat Washer	30	2	Stabilizer Nut
9	3	Seat Nut	31	1	Seat Pin
10	1	Seat Post	32	4	Stabilizer Screw
11	1	Seat	33	2	Handlebar Screw
12	2	Side Shield	34	1	Resistance Spring
13	2	Bronze Bushing	35	1	Sprocket
14	2	Curved Washer	36	4	Handlebar Bolt
15	6	Side Shield Screw	37	4	Locknuts
16	1	Flywheel	38	4	Handlebar Washer
17	1	Resistance Strap	39	2	Round Endcap
18	2	Stabilizer Carriage Bolt	40	1	Left Handlebar
19	1	Crank Hardware Assembly	41	1	Right Handlebar
20	1	Crank	42	1	Foam Grip
21	1	Left Pedal	#	1	User's Manual
22	1	Right Pedal	#	1	Multipurpose Tool

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

EXPLODED DRAWING—Model No. 831.288140

R0399A





Model No. 831.288140

QUESTIONS?

If you find that:

- you need help assembling or operating the LIFESTYLER® DT 900
- 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)

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 (831.288140).
- The NAME of the product (LIFESTYLER® DT 900).
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING on pages 10 and 11).

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 BIKE EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the BIKE EXERCISER, free of charge.

This warranty does not apply when the BIKE 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