

HEALTHRIDER

MOMENTUM

ELLIPTICAL CROSSRAINER

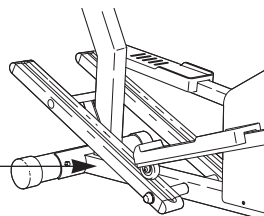


Model No. 831.285770

Serial No. _____

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

Serial
Number
Decal



EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879



Patent Pending

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

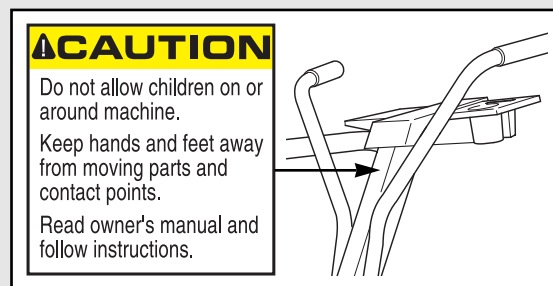
TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
PART IDENTIFICATION CHART	4
ASSEMBLY	5
HOW TO USE THE HEALTHRIDER® MOMENTUM	8
MAINTENANCE	11
CONDITIONING GUIDELINES	12
PART LIST	14
EXPLODED DRAWING	15
FULL 90 DAY WARRANTY	Back Cover
ORDERING REPLACEMENT PARTS	Back Cover

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the MOMENTUM.
2. It is the responsibility of the owner to ensure that all users of the MOMENTUM are adequately informed of all precautions.
3. Place the MOMENTUM on a level surface, with a mat beneath it to protect the floor or carpet. Keep the MOMENTUM indoors, away from moisture and dust.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the MOMENTUM at all times.
6. The MOMENTUM should not be used by persons weighing more than 250 pounds.
7. Wear appropriate exercise clothing when using the MOMENTUM. Always wear athletic shoes for foot protection.
8. Hold the handlebars when mounting or dismounting the MOMENTUM. Always hold the handlebars or the upper body arms when using the MOMENTUM.
9. When you stop exercising, allow the pedals to slowly come to a stop.
10. Keep your back straight when using the MOMENTUM. Do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
12. The MOMENTUM is intended for in-home use only. Do not use it in any commercial, rental, or institutional setting.
13. The decal shown below is found on the MOMENTUM. If the decal is missing, or if it is not legible, 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.

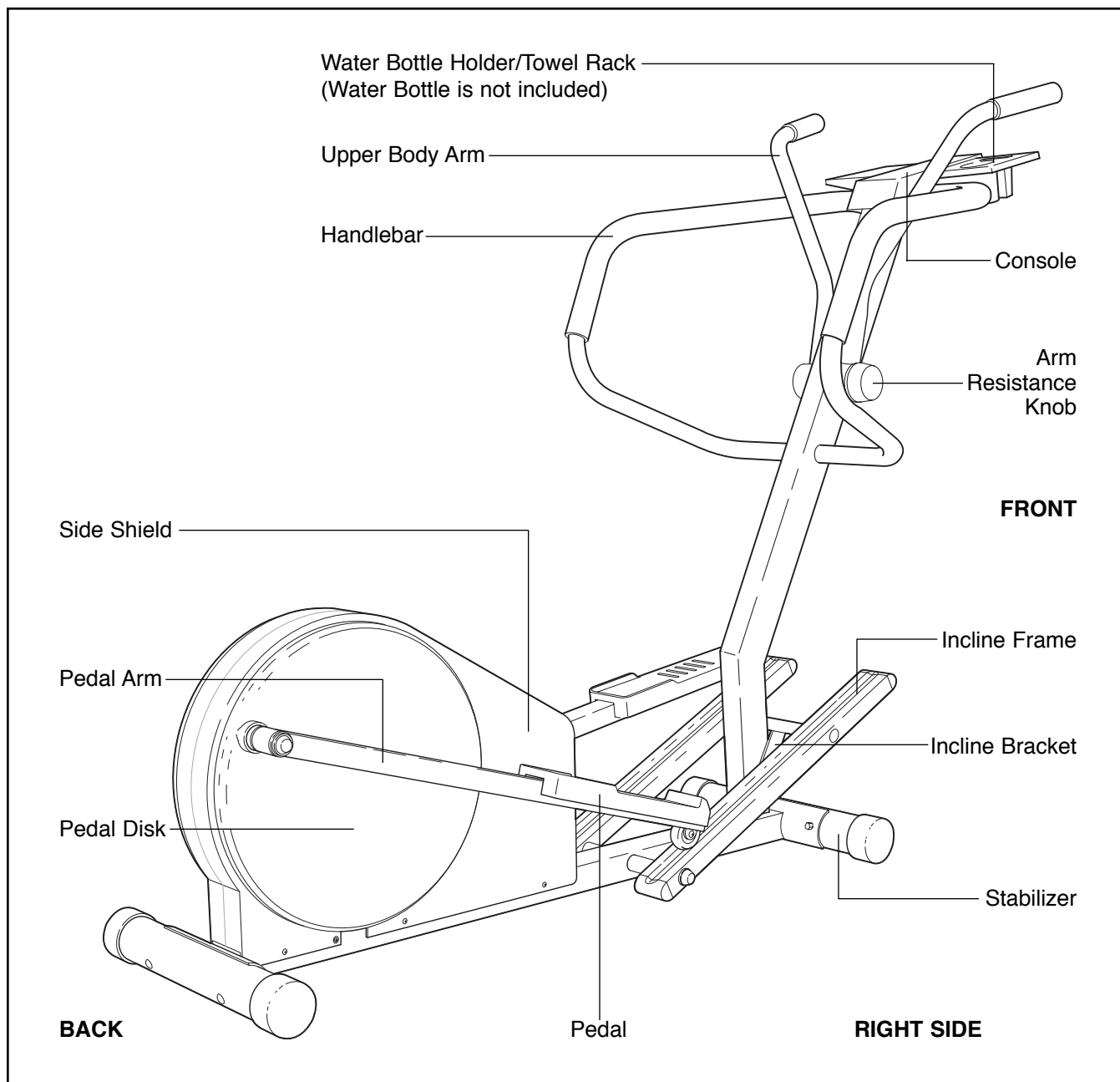
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary HEALTHRIDER® MOMENTUM elliptical exerciser. The MOMENTUM is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique MOMENTUM features adjustable resistance, two-position incline, and upper body arms to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from HEALTHRIDER.

For your benefit, read this manual carefully before you use the HEALTHRIDER® MOMENTUM. If you

have additional questions, 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 831.285770. The serial number can be found on a decal attached to the MOMENTUM (see the front cover of this manual for the location of the decal).

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



PART IDENTIFICATION CHART

Use the chart below to identify the small parts used in assembly. The number in parenthesis below each part is the key number of the part, from the PART LIST on page 14. The number after the dash indicates the

quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**

<p>Long Carriage Bolt (66)—1</p>			
<p>3/8" Carriage Bolt (28)—4</p>	<p>3/8" Screw (59)—2</p>		
<p>3/8" Bolt (50)—2</p>	<p>1/4" Carriage Bolt (64)—1</p>	<p>1/4" Bolt (71)—2</p>	
<p>Black Screw (44)—6</p>	<p>Lock Washer (58)—2</p>	<p>Plastic Spacer (56)—4</p>	<p>Flat Washer (57)—2</p>
<p>Zinc Screw (26)—4</p>	<p>3/8" Nylon Locknut (29)—10</p>		<p>1/4" Nylon Jam Nut (48)—3</p>
		<p>3/8" Star Washer (68)—1</p>	

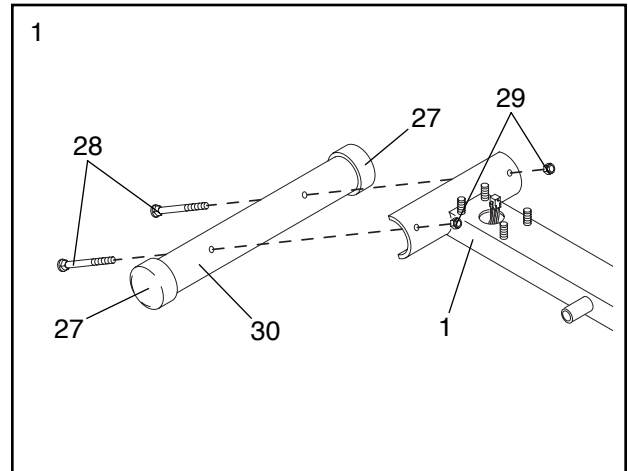
ASSEMBLY

Assembly requires two persons. Place all parts of the HEALTHRIDER® MOMENTUM in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

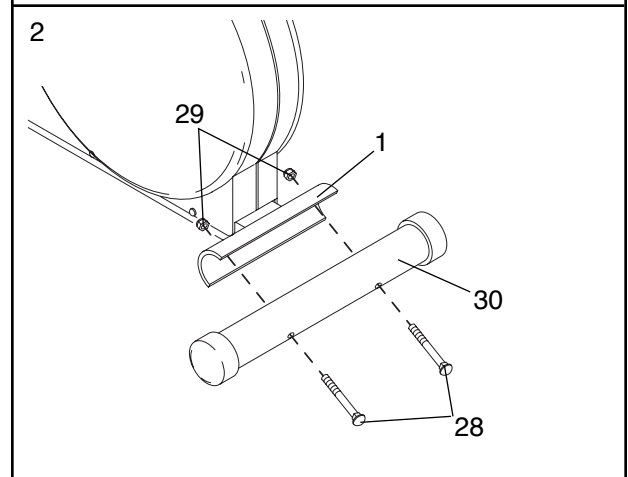
Assembly requires a phillips screwdriver , **two adjustable wrenches** , and a **rubber mallet** .

1. Make sure that there are Stabilizer Endcaps (27) on the ends of both Stabilizers (30).

Hold one of the Stabilizers (30) against the saddle on the front of the Base (1). Make sure that the Stabilizer is turned so the square holes are facing away from the Base. Attach the Stabilizer with two 3/8" Carriage Bolts (28) and two 3/8" Nylon Locknuts (29).



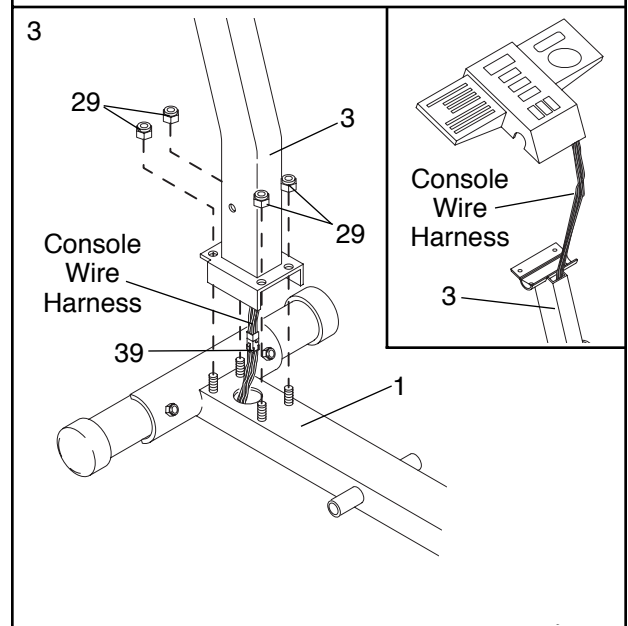
2. Hold the other Stabilizer (30) against the saddle on the rear of the Base (1). Make sure that the Stabilizer is turned so the square holes are facing away from the Base. Attach the Stabilizer with two 3/8" Carriage Bolts (28) and two 3/8" Nylon Locknuts (29).



3. Refer to the inset drawing. Feed the console wire harness down into the Upright (3), until the end of the console wire harness extends from the lower end of the Upright.

While another person holds the Upright (3), connect the console wire harness to the Main Wire Harness (39). If the wire harnesses do not fit together easily, turn them—do not force them together. **After you have connected the wire harnesses, pull any slack in the wire harnesses up through the Upright.**

Slide the Upright (3) onto the welded bolts on the Base (1). **Be careful to avoid pinching the wire harnesses.** Tighten a 3/8" Nylon Locknut (29) onto each welded bolt.



- Refer to the inset drawing. Remove the 3/8" Bolt (50) and the 3/8" Nylon Locknut (29) from the lower end of each Upper Body Arm (10, 11). The Bolts and Nylon Locknuts will be used in assembly step 5.

Apply a thin film of grease to both Upper Body Arms (10, 11) in the indicated locations.

Hold the lower end of the Left Upper Body Arm (10) inside the bracket on the Upright (3). Insert the Long Carriage Bolt (66) into the bracket and through the Left Upper Body Arm. **Note: When inserting the Long Carriage Bolt, be careful to avoid damaging the console wire harness inside the Upright.**

Hold the Right Upper Body Arm (11) inside the bracket on the Upright (3). Insert the Long Carriage Bolt (66) through the Right Upper Body Arm. Make sure that the head of the Carriage Bolt is in the square hole in the bracket. Slide the 3/8" Star Washer (68) onto the Long Carriage Bolt. Tighten the Arm Resistance Knob (69) onto the Long Carriage Bolt.

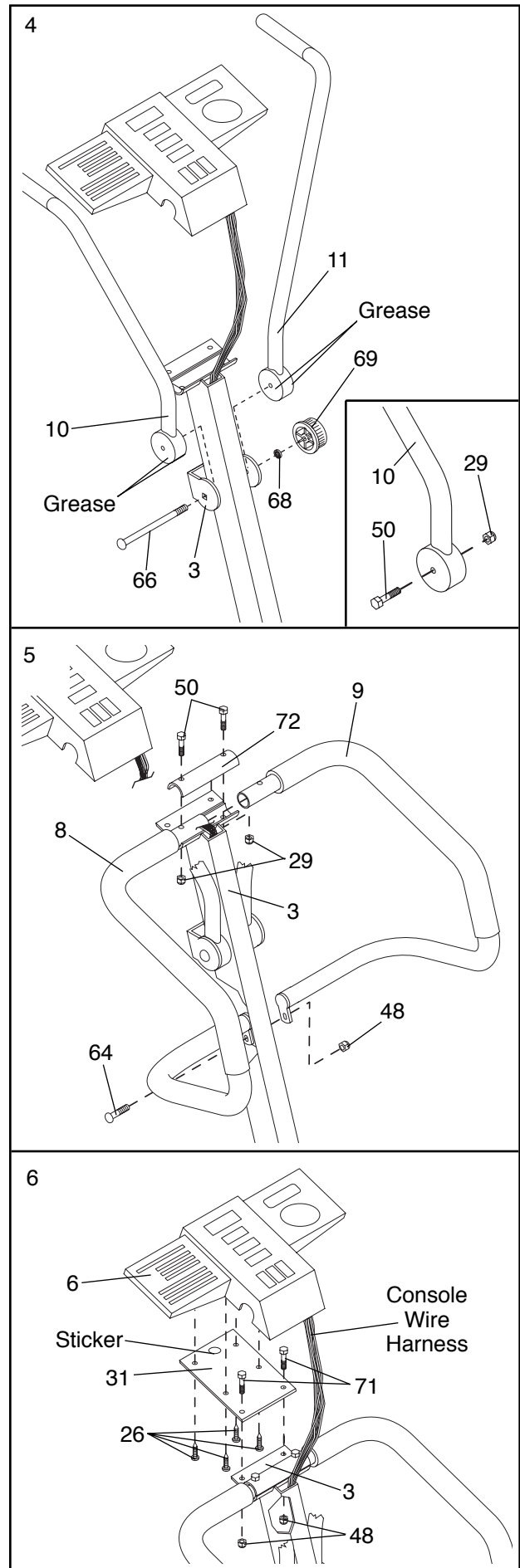
- Hold the Left Handlebar (8) against the left side of the Upright (3) as shown. Set the Saddle Bracket (72) on top of the Left Handlebar. Insert a 3/8" Bolt (50) down through the Saddle Bracket, the Left Handlebar, and the Upright. Thread a 3/8" Nylon Locknut (29) onto the Bolt. **Do not tighten the Nylon Locknut yet.** Insert a 1/4" Carriage Bolt (64) through the lower end of the Left Handlebar and the tab on the front of the Upright.

Hold the Right Handlebar (9) against the right side of the Upright (3). Insert a 3/8" Bolt (50) down through the Saddle Bracket (72), the Right Handlebar, and the Upright. Thread a 3/8" Nylon Locknut (29) onto the Bolt. **Do not tighten the Nylon Locknut yet.**

Thread a 1/4" Nylon Jam Nut (48) onto the 1/4" Carriage Bolt (64). **Tighten all parts used in this step.**

- Attach the Console Plate (31) to the Upright (3) with two 1/4" Bolts (71) and two 1/4" Nylon Jam Nuts (48). **Make sure that the Console Plate is turned so the sticker is on the side shown.**

Feed all of the slack in the console wire harness down into the Upright (3). Attach the Console (6) to the Console Plate (31) with four Zinc Screws (26). **Be careful to avoid pinching the console wire harness.**



- Align the indicated holes in the Incline Frame (2) with the tube on the Base (1). (Note: The Wheels on the Pedal Arms [not shown] should be on top of the Incline Frame.) Insert the Incline Axle (75) through the left side of the Incline Frame, through two Plastic Spacers (56), through the tube on the Base, through two more Plastic Spacers, and through the right side of the Incline Frame. Using two adjustable wrenches, tighten a 3/8" Screw (59), with a Lock Washer (58) and a Flat Washer (57), into each end of the Incline Axle.

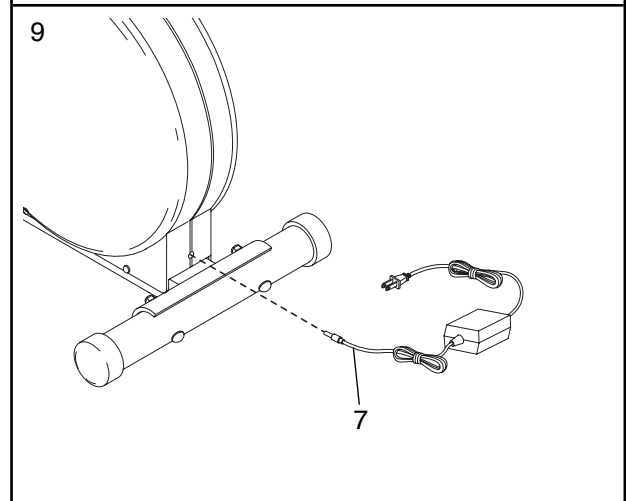
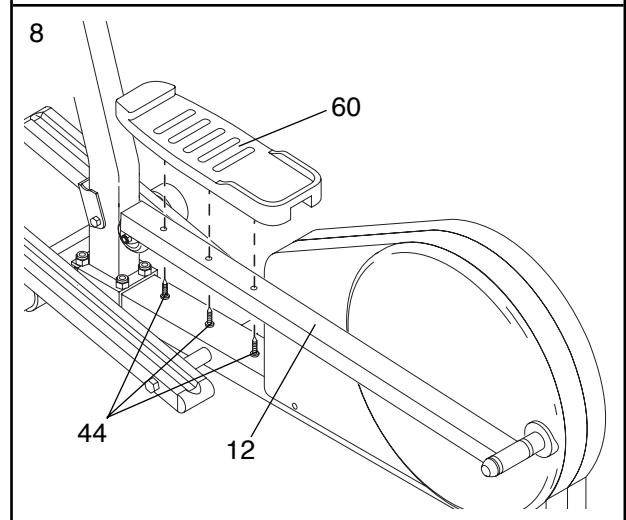
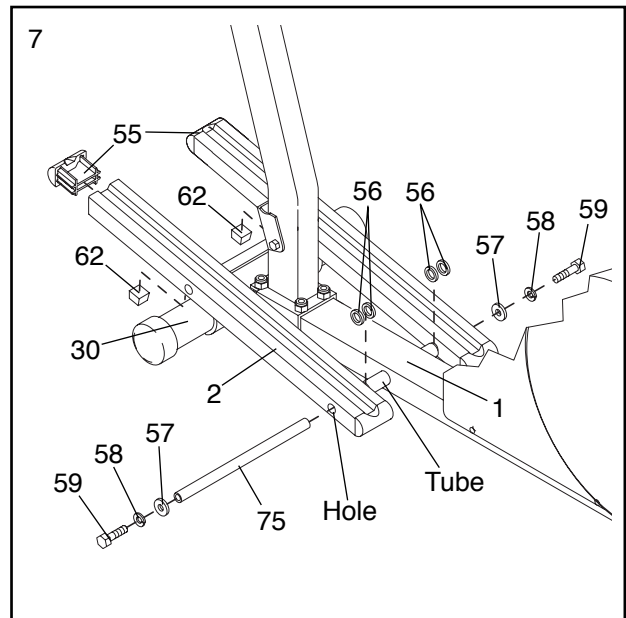
Tap the two Incline Frame Endcaps (55) into the Incline Frame (2).

Remove the backing from the two Bumpers (62). Press the Bumpers onto the underside of the Incline Frame (2) where the Incline Frame touches the front Stabilizer (30).

- Raise the left Pedal Arm (12). Attach a Pedal (60) to the Pedal Arm with three Black Screws (44).

Attach a Pedal (60) to the right Pedal Arm (not shown) as described above.

- Plug the Power Cord (7) into the jack at the rear of the MOMENTUM. **Make sure to keep the Power Cord away from walkways and heated surfaces.**

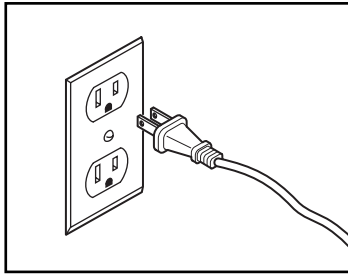


- Make sure that all parts of the MOMENTUM are properly tightened.** To protect the floor or carpet from damage, place a mat under the MOMENTUM.

HOW TO USE THE HEALTHRIDER® MOMENTUM

PLUGGING IN THE POWER CORD

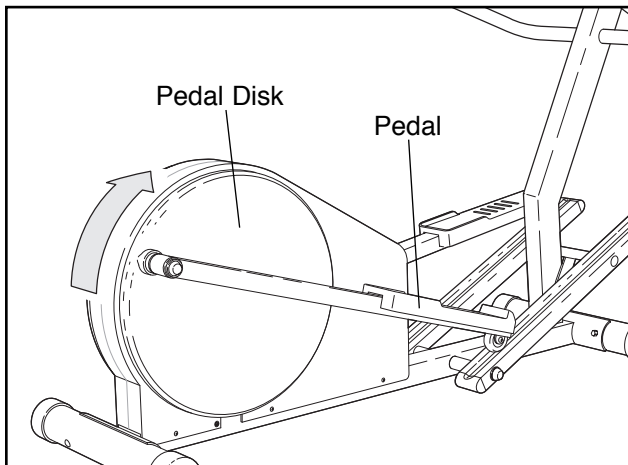
Plug the power cord into a 120-volt outlet. The displays and indicators on the console will flash once; the displays and various indicators will then light and a tone will sound. **Please**



read through all instructions in this section before using the MOMENTUM.

HOW TO EXERCISE ON THE MOMENTUM

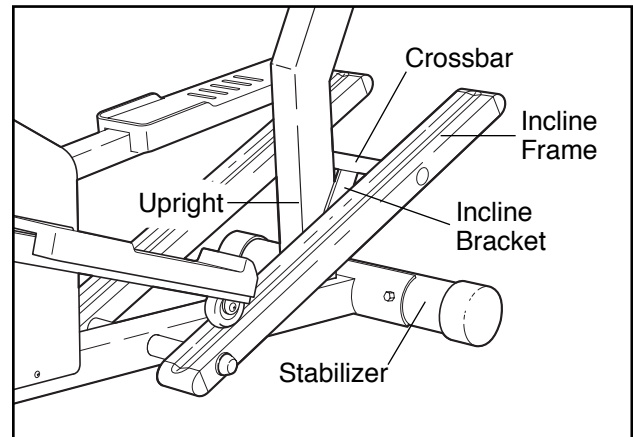
To mount the MOMENTUM, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown below; however, to give variety to your exercise, you may choose to turn the pedal disks in the opposite direction.**



To dismount the MOMENTUM, wait until the pedals come to a complete stop. **CAUTION: The MOMENTUM does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

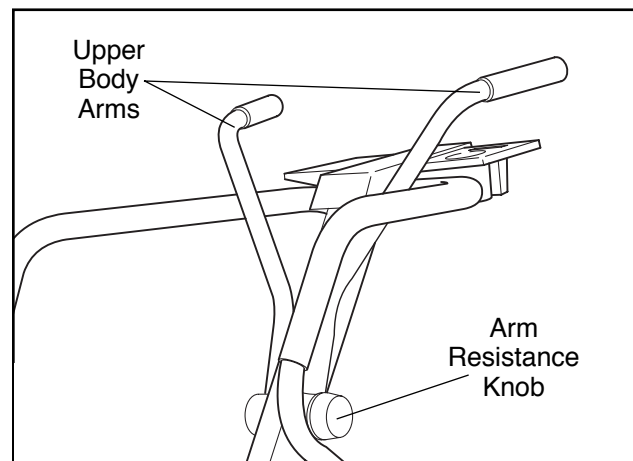
INCLINE ADJUSTMENT

The incline frame can be raised or lowered to vary the intensity of your exercise. To raise the incline frame, lift the end of the incline frame until the crossbar is resting on top of the incline bracket. **Make sure that the incline frame is resting securely on top of the incline bracket.** To lower the incline frame, first lift the incline frame slightly. Then, push the incline bracket toward the upright and lower the incline frame onto the stabilizer.



HOW TO USE THE UPPER BODY ARMS

The upper body arms are designed to give you a total body workout. As you exercise, move the upper body arms forward and back in order to work your arms, back, and shoulders.



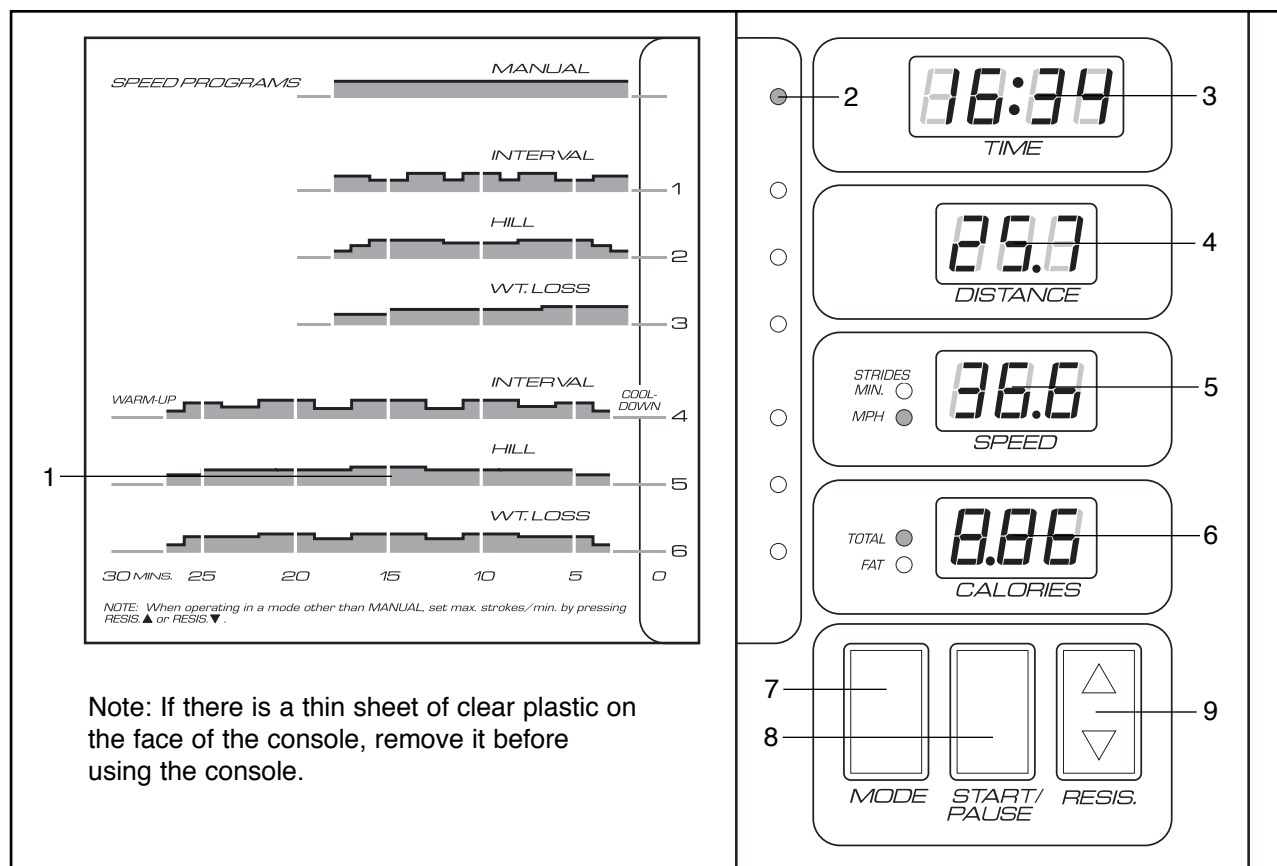
To vary the intensity of your upper body exercise, the resistance of the upper body arms can be adjusted. To increase the resistance, turn the arm resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise.

FEATURES OF THE CONSOLE

The console offers a variety of features that help you get the most from your exercise. When the console is in the manual mode, the resistance of the pedals can be changed with a touch of a button. As you exercise, four LED displays will provide continuous exercise feedback. The console also offers six workout programs. Each workout program is designed to change the resistance automatically as it guides you through an effective workout.

DIAGRAM OF THE CONSOLE

1. Program Profiles—These profiles show how the resistance will change during the six workout programs. During program 5, for example, the resistance will gradually increase during the first half of the program, and then gradually decrease during the last half.
2. Mode Indicators—These indicators show which mode is selected (the manual mode or one of the six workout programs).
3. TIME display—When the manual mode is selected, this display will show the elapsed time. When a workout program is selected, this display shows the time remaining in the program.
4. DISTANCE display—This display shows the total distance you have completed, in miles.
5. SPEED display—This display shows the number of strides you are taking per minute, as well as your current speed in miles per hour. The display will change from one number to the other every seven seconds. When the number of strides per minute is shown, the STRIDES MIN. indicator will light; when your current speed is shown, the MPH indicator will light.
6. CALORIES display—This display shows the total number of calories you have burned and the number of fat calories you have burned. (See BURNING FAT on page 12 for an explanation of fat calories.) The display will change from one number to the other every seven seconds. When the total number of calories is shown, the TOTAL indicator will light; when the number of fat calories is shown, the FAT indicator will light.
7. MODE button—This button is used to select the MANUAL mode and the six workout programs.
8. START/PAUSE button—This button is used to start and pause the workout programs.
9. RESISTANCE (RESIS.) button—This button changes the resistance of the pedals.



HOW TO USE THE MANUAL MODE

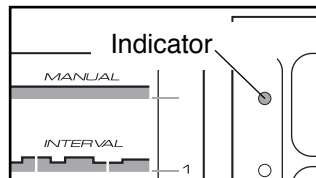
Make sure that the power cord is plugged into a 120-volt outlet. Follow the steps below to use the manual mode of the console.

1 Turn on the power.

If you just plugged in the power cord or moved the pedals, the power will already be on. The power can also be turned on by pressing any button on the console.

2 Select the manual mode.

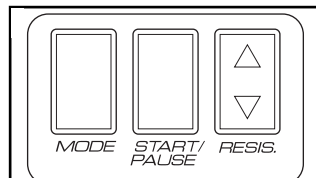
When the power is first turned on, the manual mode will automatically be selected and the manual mode indicator will light.



If a different mode is selected, press the MODE button repeatedly to select the manual mode.

3 Begin striding and adjust the resistance.

When the MANUAL mode is selected, the resistance of the pedals will be at the minimum setting. As you exercise, adjust



the resistance as desired by pressing the RESIS. button. Pressing the upper arrow on the button will increase the resistance; pressing the lower arrow will decrease the resistance.

If you stop exercising for twenty seconds or longer, or if you press the START/PAUSE button, a tone will sound, the console will pause, and the TIME display will begin to flash. In addition, the resistance of the pedals will return to the minimum setting. To restart the console, press the START/PAUSE button or simply begin striding.

4 Follow your progress with the four displays.

As you exercise, the four displays will provide continuous feedback (see paragraphs 3, 4, 5, and 6 on page 9).

5 Turn off the power.

If the pedals are not moved and the console buttons are not pressed for ten minutes, **the power will turn off automatically.**

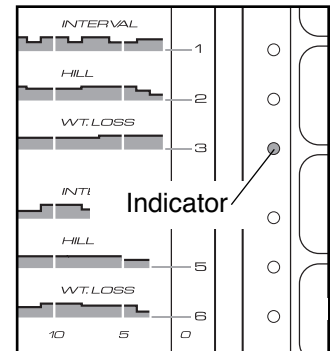
HOW TO USE THE WORKOUT PROGRAMS

1 Turn on the power.

See step 1 at the left.

2 Select one of the six workout programs.

Press the MODE button repeatedly to select the desired program. An indicator will light to show which program you have selected. Programs 1, 2, and 3 are twenty-minute programs; programs 4, 5, and 6 are thirty-minute programs.



3 Start the program.

Press the START/PAUSE button and begin striding. As you exercise, the resistance of the pedals will periodically change as shown by the profiles on the left side of the console. (Note: If the resistance is too high or too low, it can be adjusted with the RESIS. button. Pressing the upper arrow on the button will increase all resistance settings of the program; pressing the lower arrow will decrease all resistance settings.) The program will continue until no time remains in the TIME display.

To pause the program before the program is completed, press the START/PAUSE button. A tone will sound, the console will pause, and the TIME display will begin to flash. In addition, the resistance of the pedals will return to the minimum setting. (Note: The program will also automatically pause if the pedals are not moved for twenty seconds.) To restart the program, press the START/PAUSE button or simply begin striding. After a moment, the resistance of the pedals will return to the current program setting.

4 Follow your progress with the four displays.

During the program, the four displays will provide continuous feedback.

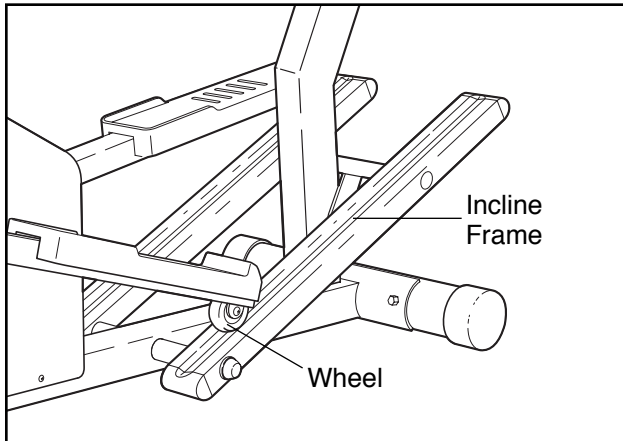
5 Turn off the power.

If the pedals are not moved and the console buttons are not pressed for ten minutes, **the power will turn off automatically.**

MAINTENANCE

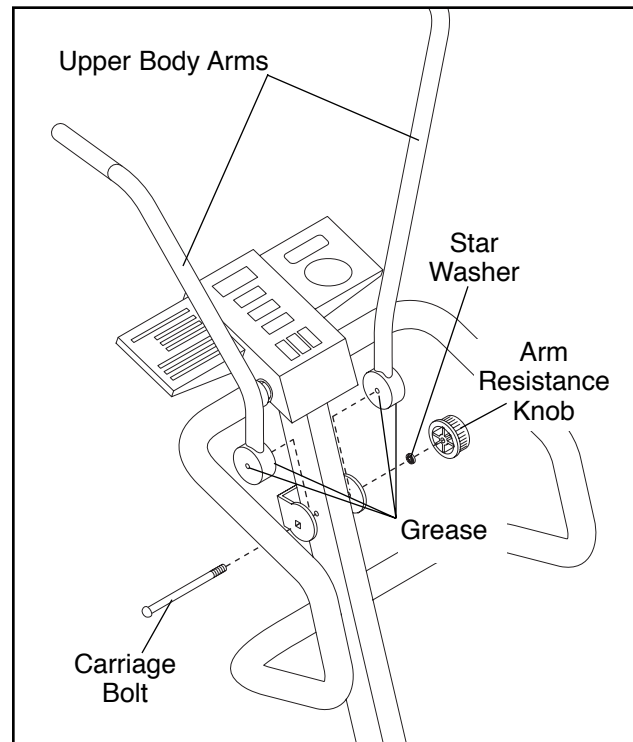
Inspect and tighten all parts of the MOMENTUM regularly. Replace any worn parts immediately.

For smooth operation of the MOMENTUM, the incline frame should be kept clean. Using a soft cloth and mild detergent, clean dust and other residue from the incline frame where the wheels move along it. Other parts of the MOMENTUM can also be cleaned in this manner. **Never use abrasives or solvents to clean the MOMENTUM.**



HOW TO LUBRICATE THE UPPER BODY ARMS

If a squeaking sound is heard when the upper body arms are moved, a small amount of grease should be applied. Refer to the drawing below. Turn the arm resistance knob counterclockwise and remove it. Next, remove the star washer. Using pliers, grip the head of the carriage bolt and remove it. Apply a thin film of grease to both upper body arms in the indicated locations. Reattach all parts, making sure that they are in the positions shown.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that a proper diet 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 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. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone.

You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

Burning Fat

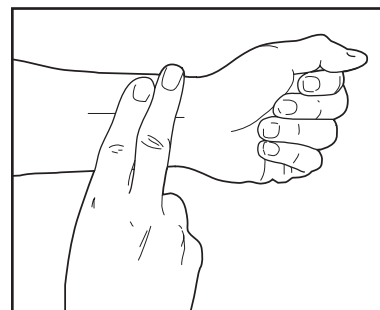
To burn fat, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the low end of 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 middle of your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.



WORKOUT GUIDELINES

Each workout should include three important parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

Warming up

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

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes.

Cooling Down

Finish each workout with 5 to 10 minutes of stretching. Stretching after exercise develops flexibility and helps

prevent post-exercise problems. A proper cool-down should leave you feeling relaxed and comfortably tired.

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.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

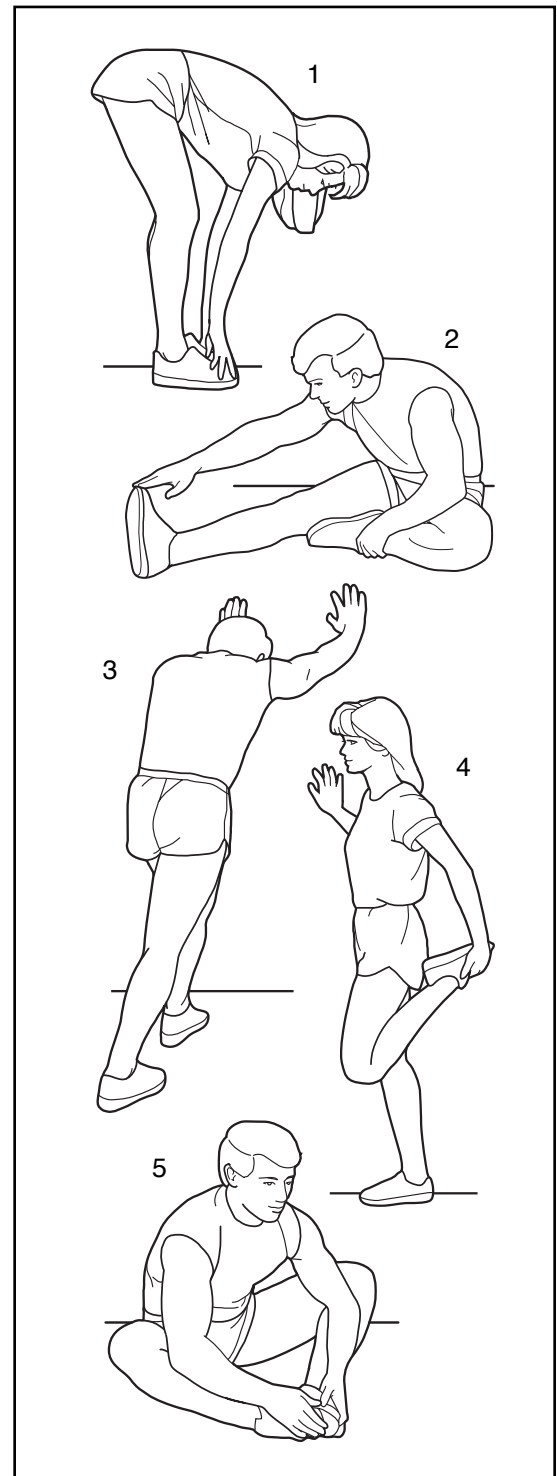
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. 831.285770

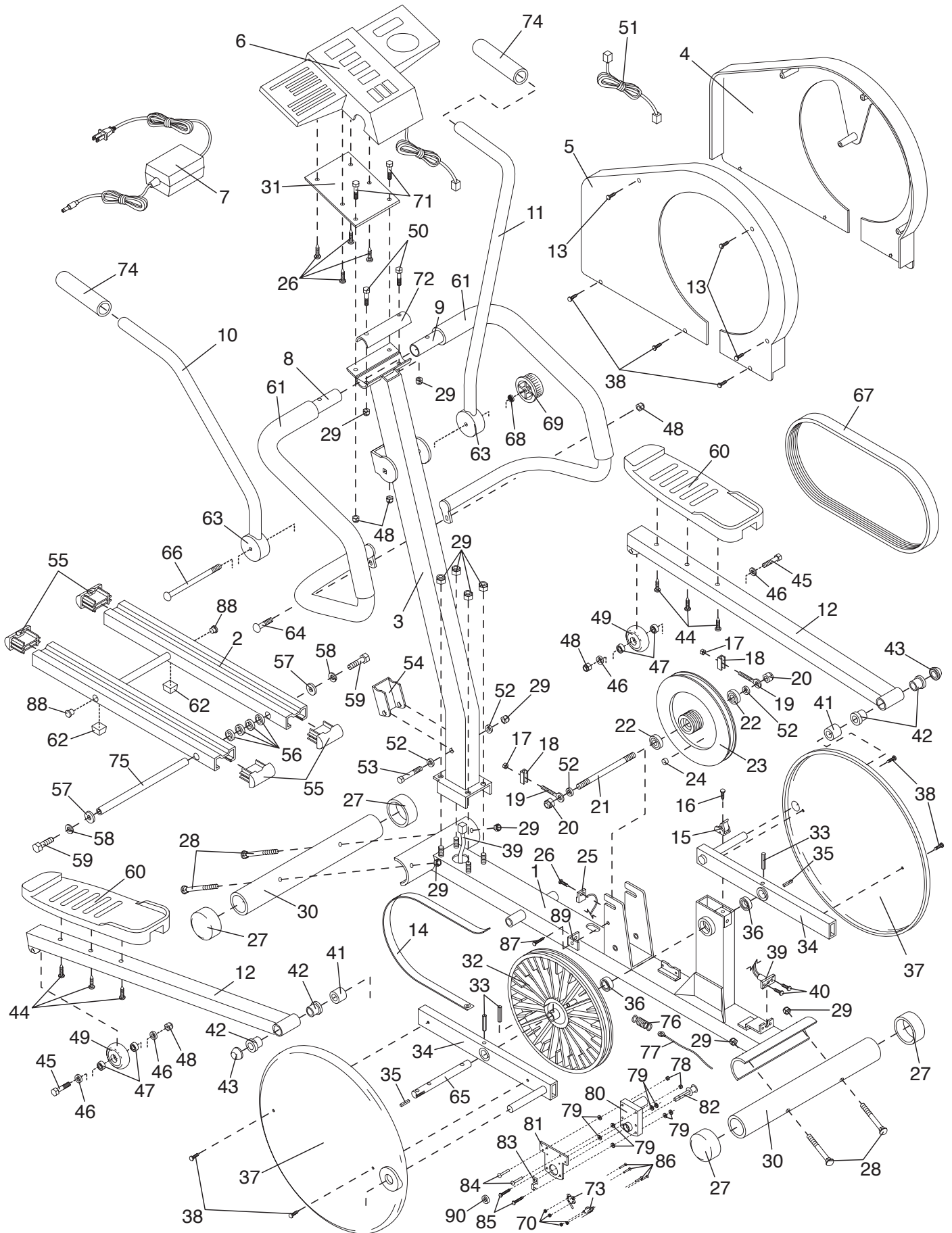
R0897B

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	NSP	1	Base	50	013580	2	3/8" Bolt
2	139685	1	Incline Frame	51	140713	1	Wire Harness Extension
3	141046	1	Upright	52	014132	4	3/8" Washer
4	139468	1	Right Side Shield	53	104049	1	Incline Bracket Bolt
5	139466	1	Left Side Shield	54	139659	1	Incline Bracket
6	141047	1	Console	55	139686	4	Incline Frame Endcap
7	109954	1	Power Cord/Transformer	56	139810	4	Plastic Spacer
8	141049	1	Left Handlebar/Foam	57	014087	2	Flat Washer
9	141050	1	Right Handlebar/Foam	58	105135	2	Lock Washer
10	140843	1	Left Upper Body Arm	59	104581	2	3/8" Screw
11	140844	1	Right Upper Body Arm	60	139465	2	Pedal
12	140845	2	Pedal Arm	61	140905	2	Handlebar Grip
13	013282	3	#10 Screw	62	129740	2	Bumper
14	140847	1	Resistance Strap	63	141048	2	Upper Body Arm Housing
15	140848	1	Strap Buckle	64	113750	1	1/4" Carriage Bolt
16	013540	1	Buckle Screw	65	140913	1	Pulley Axle
17	012090	2	Adjustment Nut	66	140906	1	Long Carriage Bolt
18	100128	2	Adjustment Bracket	67	140912	1	Belt
19	104536	2	Eyebolt	68	104345	1	3/8" Star Washer
20	119425	2	3/8" Nylon Jam Nut	69	140343	1	Arm Resistance Knob
21	139613	1	Flywheel Axle	70	012135	4	Limit Switch Nut
22	113834	2	Flywheel Bearing	71	103025	2	1/4" Bolt
23	140849	1	Flywheel	72	140825	1	Saddle Bracket
24	140850	1	Magnet	73	140911	2	Limit Switch
25	130566	1	Sensor Wire/Reed Switch	74	105500	2	Foam Grip
26	104626	5	Zinc Screw	75	139859	1	Incline Frame Axle
27	139418	4	Stabilizer Endcap	76	140907	1	Tension Spring
28	109692	4	3/8" Carriage Bolt	77	140908	1	Tension Cord
29	012108	11	3/8" Nylon Locknut	78	105437	2	Motor Nut
30	139797	2	Stabilizer	79	121737	8	Rubber Washer
31	139699	1	Console Plate	80	140909	1	Motor Assembly
32	140851	1	Pulley	81	140393	1	Limit Switch Bracket
33	141091	3	Long Pulley Axle Pin	82	101041	1	Tension Cord Spool
34	140852	2	Pulley Arm	83	140910	1	Limit Switch Actuator
35	113391	2	Short Pulley Axle Pin	84	113528	2	Upper Motor Screw
36	140853	2	Pulley Bearing	85	013058	2	Lower Motor Screw
37	140854	2	Pedal Disk	86	140711	4	Limit Switch Screw
38	013576	11	#8 Screw	87	101049	1	#12 Screw
39	140901	1	Main Wire Harness	88	125022	2	1/2" Inner Cap
40	100244	2	Screw	89	139975	1	Reed Switch Bracket
41	140902	2	Pedal Arm Spacer	90	012137	1	Push Nut
42	140903	4	Pedal Arm Bushing	#	139804	1	User's Manual
43	103735	2	Axle Cap	#	140385	2	Side Shield Decal
44	013322	6	Black Screw	#	139803	1	Hardware Kit
45	139678	2	1/2" Shoulder Bolt	#	139801	1	Warning Decal
46	014073	4	Wheel Washer	#	122625	1	HELPLINE Decal
47	136130	4	Wheel Bearing	#	104838	1	Grease Packet
48	119439	5	1/4" Nylon Jam Nut				
49	140904	2	Wheel				

Note: “#” indicates 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. 831.285770

R0897B





Model No. 831.285770

QUESTIONS?

If you find that:

- you need help assembling or operating the HEALTHRIDER® MOMENTUM
- 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 HEALTHRIDER® MOMENTUM 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 NAME OF THE PRODUCT (HEALTHRIDER® MOMENTUM)
- The MODEL NUMBER OF THE PRODUCT (831.285770)
- The PART NUMBER OF THE PART (see page 14)
- The DESCRIPTION OF THE PART (see page 14).

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

This warranty does not apply when the ELLIPTICAL 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