

Lifestyler®

CARDIO

FIT

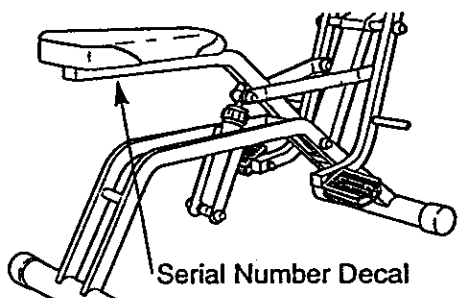
TOTAL BODY MOTION • LOW IMPACT

SEARS

Model No. 831.287628

Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



**EXERCISE
EQUIPMENT**

QUESTIONS

HELPLINE!

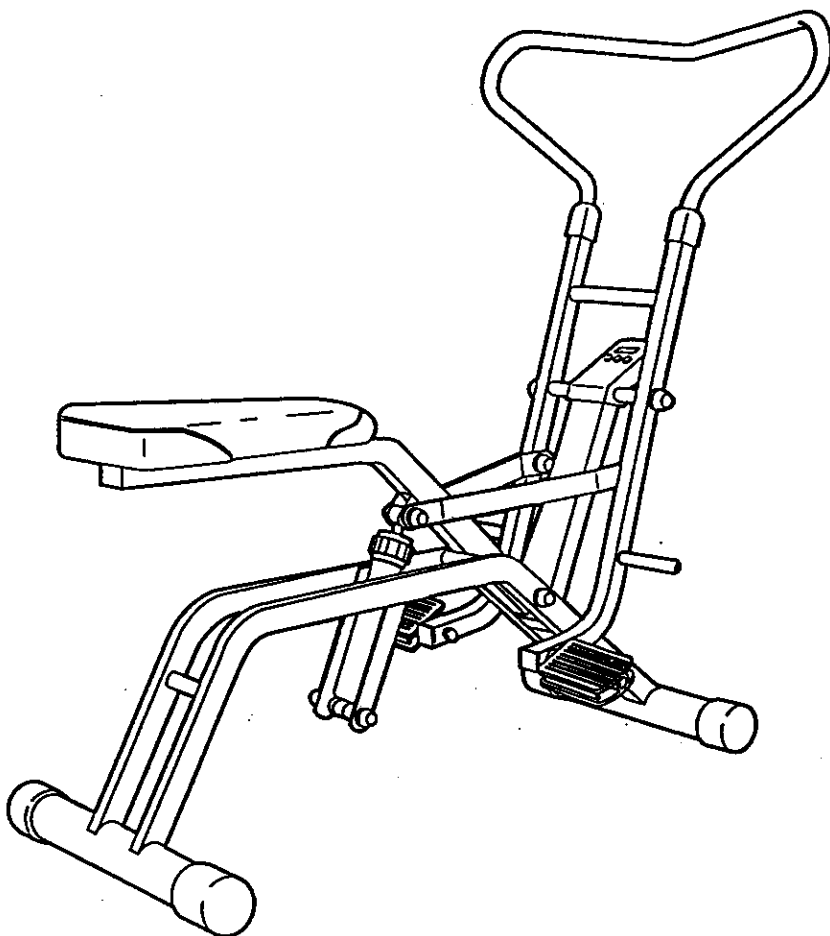
1-800-736-6879

CAUTION!

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

PATENT PENDING

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 SEARS® LIFESTYLER CARDIO FIT.

1. Use the CARDIO FIT only on a level surface.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the CARDIO FIT. Always wear athletic shoes for foot protection.
3. The CARDIO FIT features a precision resistance cylinder; due to the nature of resistance cylinders, it is recommended that the floor underneath the CARDIO FIT be covered in case of slight oil leakage.
4. Keep small children away from the CARDIO FIT at all times.
5. The resistance cylinder becomes very hot during use. Allow the resistance cylinder to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.
6. Use the CARDIO FIT only as described in this manual.

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


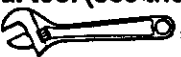

Thank you for selecting the innovative SEARS® LIFE-STYLER CARDIO FIT. The CARDIO FIT offers a unique form of low-impact exercise that uses both the upper body and lower body for increased cardiovascular benefits and greater toning results.

For your benefit, read this manual carefully before using the CARDIO FIT. 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 when calling. The model number is 831.287628. The serial number can be found on a decal attached to the CARDIO FIT (see the front cover of this manual for the location of the decal).

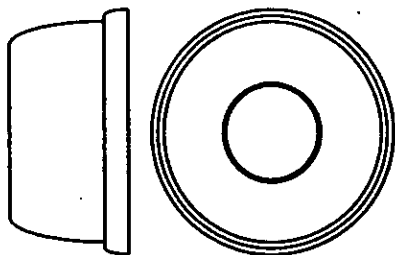
ASSEMBLY

Place all parts of the CARDIO FIT in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

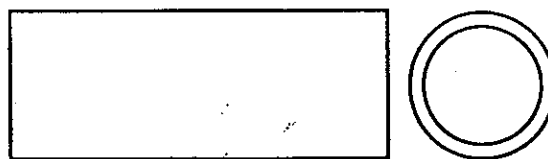
THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY: The included pedal tool (see the drawing below), and your own phillips screwdriver , adjustable wrench , and rubber mallet .

PART CHART

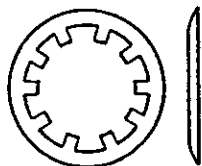
Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part. The second number refers to the quantity used in assembly. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not found in the parts bag, check to see if it has been pre-attached.



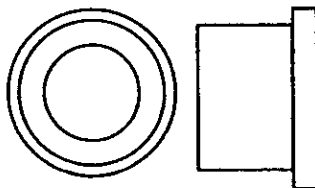
1/2" Dome Cap (29)—4
Note: One extra Dome Cap may have been included.



3/4" x 2" Pedal Tool—1



1/2" Push Nut (30)—2



1/2" Bushing (25)—2



#8 x 1/2" Screw (16)—5
Note: One extra #8 x 1/2" Screw may have been included.

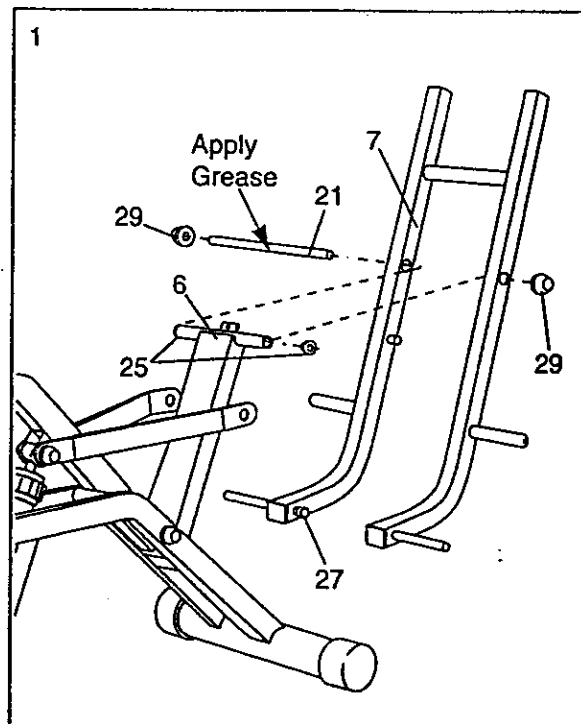
1. Tap a 1/2" Bushing (25) into each side of the Frame (6) as shown.

Apply grease to the Pivot Rod (21). Align the holes in the Pedal Frame (7) with the indicated tube on the Frame (6). Tap the Pivot Rod through the Pedal Frame and the Frame.

IMPORTANT NOTE: Before assembling the 1/2" Dome Caps (29), make sure that you thoroughly understand the assembly step(s) they are used in. They can be assembled only once. If they must be removed, you will need to order new Dome Caps.

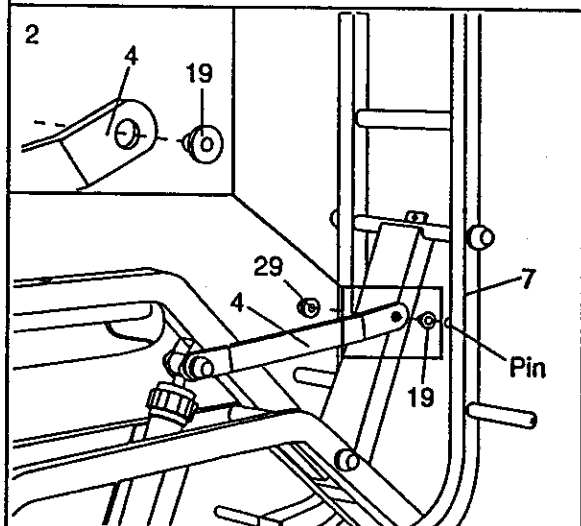
Center the Pivot Rod (21) and tap a 1/2" Dome Cap (29) onto each end of it.

Make sure that the Magnet (27) is on the Pedal Frame (7).



2. Make sure that there is a 1/2" Link Arm Bushing (19) in the right Link Arm (4) (see the inset drawing). Slide the Link Arm onto the indicated pin on the Pedal Frame (7). Pivot the Pedal Frame and tap a 1/2" Dome Cap (29) onto the pin.

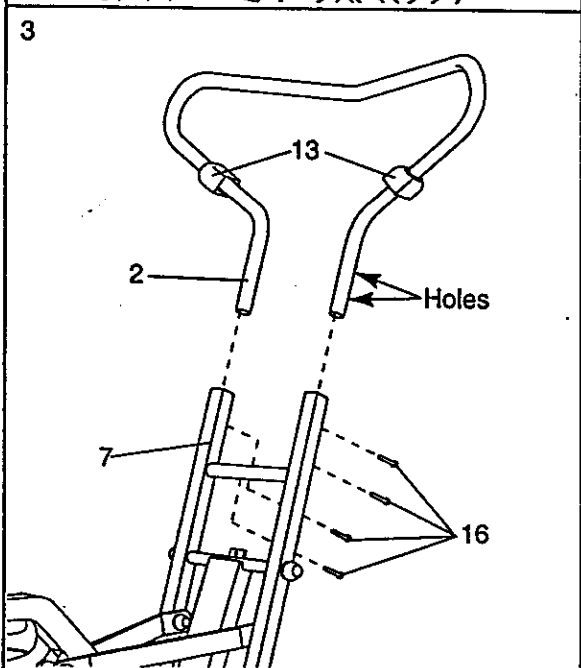
Attach the left Link Arm (not shown) in the same manner.



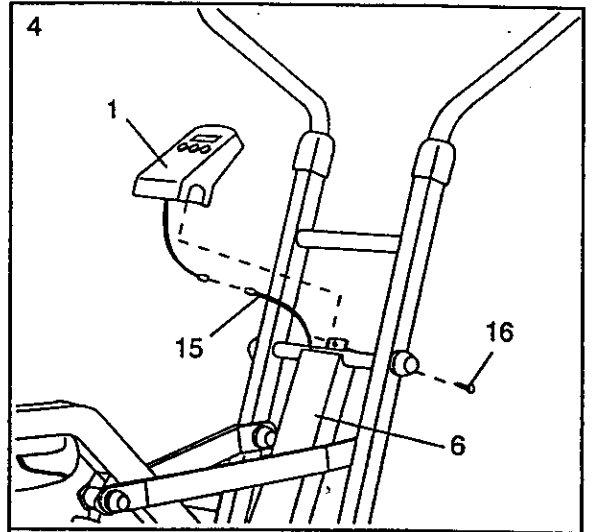
3. Make sure that there is a 1 1/4" x 2" Endcap (13) on each end of the Handlebar (2). The Endcaps must be turned so the round ends are on top.

Slide the Handlebar (2) into the Pedal Frame (7). The Handlebar must be turned so the sides bend toward the Seat (not shown). Align the holes in the Handlebar with the holes in the Pedal Frame. Attach one side of the Handlebar with two #8 x 1/2" Screws (16). Attach the other side of the Handlebar with two #8 x 1/2" Screws.

Slide the 1 1/4" x 2" Endcaps (13) down over the Pedal Frame (7).

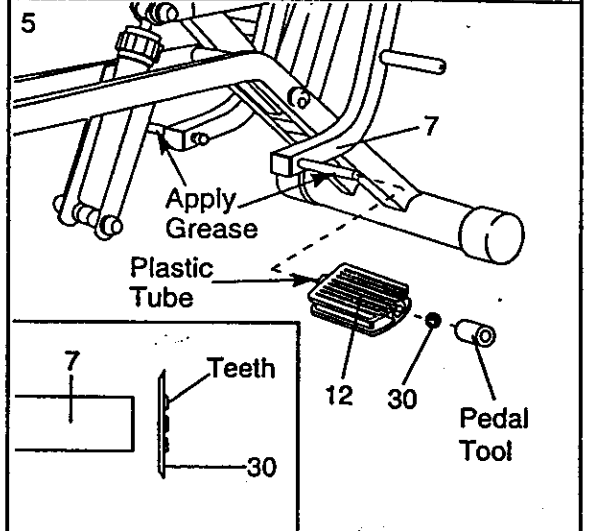


- Connect the Sensor Wire (15) to the wire on the Monitor (1). Insert any excess wire into the Frame (6). Attach the Monitor to the Frame with a #8 x 1/2" Screw (16). Make sure not to pinch the wire between the Frame and the Monitor.

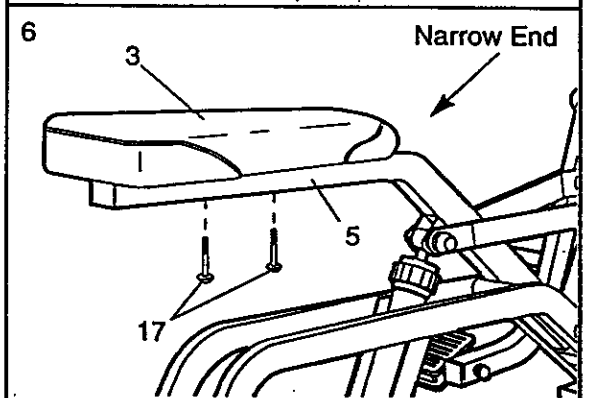


- Apply a small amount of grease to the shafts on the lower end of the Pedal Frame (7). Slide a Pedal (12) onto the right shaft. Make sure that the indicated plastic tube is facing the Pedal Frame. Using the included pedal tool, tap a 1/2" Push Nut (30) onto the shaft. Make sure that the Push Nut is turned so the teeth bend away from the Pedal (see the inset drawing).

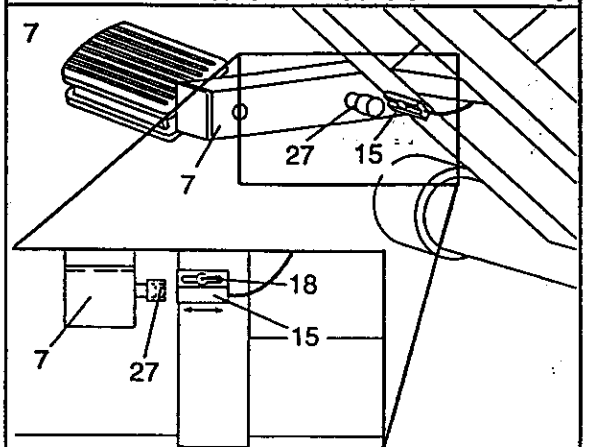
Attach the other Pedal (not shown) in the same manner.



- Remove the two 1/4" x 2" Screws (17) attaching the Seat (3) to the underside of the Seat Tube (5). Attach the Seat, with the narrow end forward, to the top of the Seat Tube with the two Screws as shown.



- Pivot the Pedal Frame (7) until the Magnet (27) is aligned with the Reed Switch (15) (see the inset drawing). Loosen the #8 x 3/4" Screw (18). Slide the Reed Switch toward the Magnet until there is a 1/8" gap between the Reed Switch and the Magnet. Tighten the #8 x 3/4" Screw.



ADJUSTMENT AND OPERATION

EXERCISING ON THE CARDIO FIT

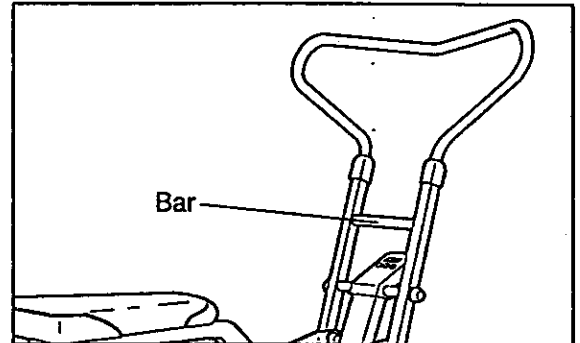
Sit on the seat, place your feet on the pedals and hold the handlebar. To add variety to your exercise, you can hold the top, sides or bottom of the handlebar, place your hands close together or far apart, or hold the handlebar with an overhand or underhand grip.

To begin exercising, pull the handlebar towards your waist while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion, maintain a steady pace, and keep your back straight.

LOWER BODY EXERCISE

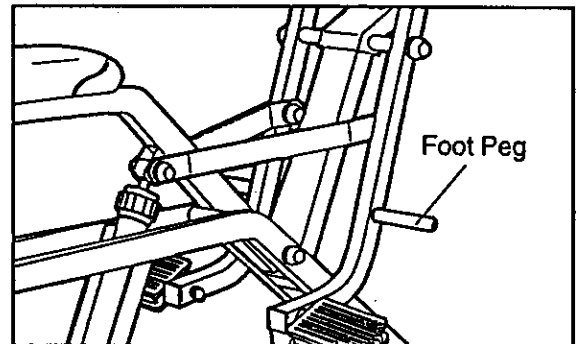
To focus on the muscles of the lower body, rest your hands on the indicated bar as you exercise.

To focus on the calf muscles, point your toes as you push the pedals away. As you return to the starting position, raise your toes and rotate your heels downward. **CAUTION:** To avoid injury, keep your feet firmly on the pedals to prevent them from slipping.



UPPER BODY EXERCISE

To focus on the muscles of the upper body, rest your feet on the foot pegs rather than the pedals as you exercise.

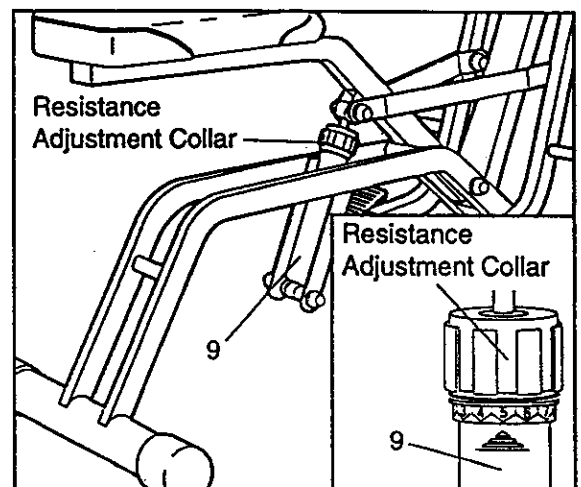


ABDOMINAL EXERCISE

To exercise your abdominal muscles, keep your arms straight and bend back at the waist as you exercise. Remember to keep your back straight.

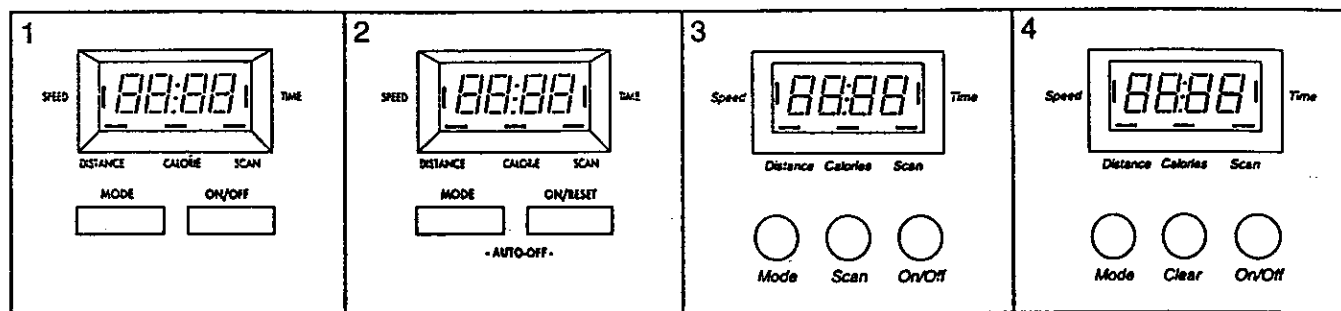
RESISTANCE ADJUSTMENT

To vary the intensity of your exercise, the resistance of the CARDIO FIT can be changed. There are 9 resistance levels: level 1 is the easiest, and level 9 is the most difficult. To change the resistance, turn the resistance adjustment collar on the Resistance Cylinder (9). The arrow on the Resistance Cylinder will show which resistance level you have selected. **CAUTION:** The Resistance Cylinder becomes very hot during use. Allow the Resistance Cylinder to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.



DESCRIPTION OF THE MONITOR

Note: The **CARDIO FIT** features one of the four monitors shown below. All four monitors have exactly the same modes. The operation of the monitors is described below.



The monitor offers five modes to provide you with instant exercise feedback:

- **Speed**—Displays your speed, in repetitions per minute.
- **Time**—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.
- **Distance**—Displays the total number of repetitions you have completed, up to 999. The display will then reset to zero and continue counting. (Monitor 2 above will display up to 9,999 repetitions.)
- **Calories**—Displays the approximate number of Calories you have burned. Note: If the resistance is near the highest or lowest setting, the actual number of Calories you have burned will be slightly higher or lower than the number displayed.
- **Scan**—Displays all of the above modes, for approximately 5 seconds each, in a repeating cycle.

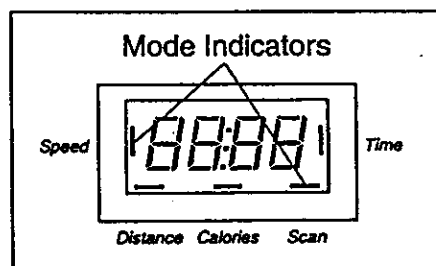
HOW TO OPERATE THE MONITOR

1. To turn on the power, press the on/off button or simply begin exercising on the **CARDIO FIT**. (If you have monitor 2 above, press the on/reset button.) When the power is turned on, the entire display will appear for two seconds. The monitor 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 be selected automatically. One mode indicator will show that the scan mode has been selected, and a second mode indicator will show which mode is currently displayed. The scan mode can also be selected by repeatedly pressing the mode button. (If you have monitor 3 above, press the scan button).

Speed, time, distance or calories mode—These modes can be selected by repeatedly pressing the mode button. The mode indicators will show which mode has been selected. The modes will be selected in the following order: speed, time, distance, calories.



3. To reset the display, press the on/off button twice. (If you have monitor 2 above, press the on/reset button; if you have monitor 4 above, press the clear button).

4. To turn off the power, press the on/off button. (If you have monitor 2 above, there is no on/off button. Simply wait for about four minutes for the "auto-off" feature to turn off the power.) Note: All four monitors have an "auto-off" feature. If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.

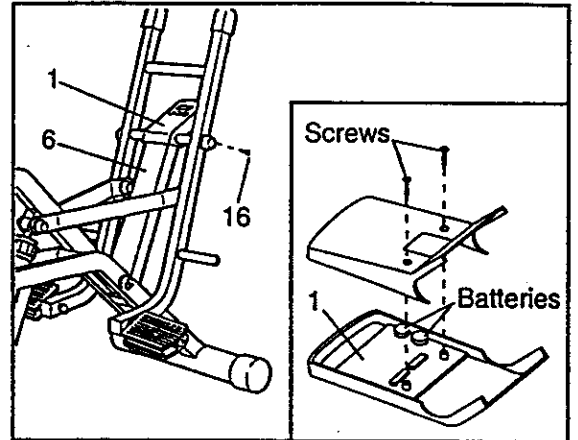
MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the CARDIO FIT at least every three months. Keep the monitor out of direct sunlight or the LCD display may be damaged. The monitor can be cleaned using a soft, dry cloth. Do not allow liquid to come in contact with the monitor. Remove the batteries when storing the CARDIO FIT.

REPLACING THE BATTERIES

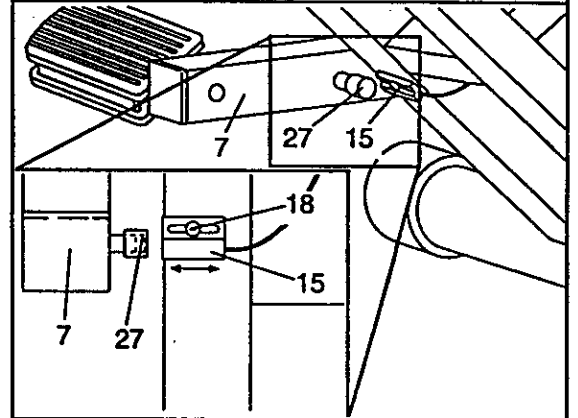
If the display of the Monitor (1) becomes dim, the two L1154 watch batteries should be replaced. Remove the #8 x 1/2" Screw (16) from the back of the Monitor. Remove the two screws from the back cover of the Monitor and remove the back cover. Push the two old batteries out of the clips, and insert two new batteries.

Reattach the back cover and reattach the Monitor (1) to the Frame (6). Make sure that the wire on the Monitor is plugged into the sensor wire. Insert any excess wire into the Frame. Make sure not to pinch the wire between the Frame and the Monitor.



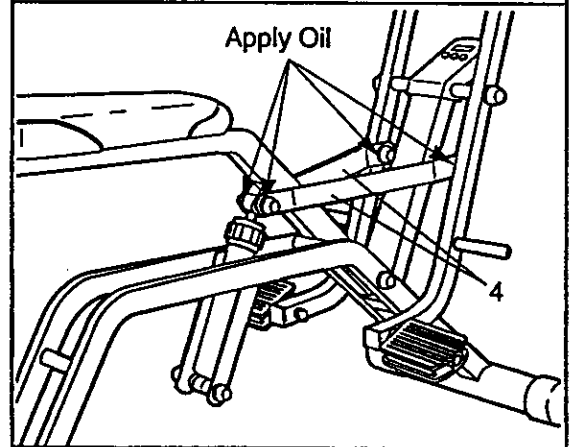
ADJUSTING THE MAGNET AND REED SWITCH

If the monitor does not function properly, the Magnet (27) and Reed Switch (15) should be checked. Pivot the Pedal Frame (7) until the Magnet is aligned with the Reed Switch. Loosen the #8 x 3/4" Screw (18) and slide the Reed Switch toward the Magnet until there is a 1/8" gap between the Magnet and the Reed Switch. Retighten the Screw.



LUBRICATING THE CARDIO FIT

The ends of the Link Arms (4) should be oiled every six months. Apply a few drops of light multi-purpose oil between the Link Arms and the dome caps in the indicated locations.



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

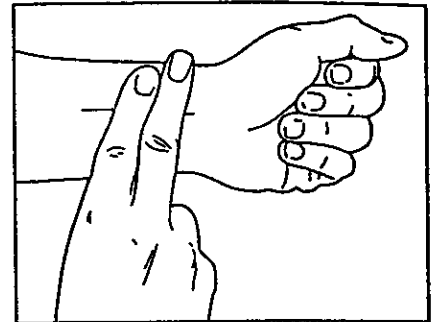
To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone.

You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.

To measure your heart rate, stop exercising and place two fingers on your wrist. 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.) Adjust the intensity of your exercise until your heart rate is at the proper level.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. 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. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and reduce soreness and other post-exercise problems.

To maintain or improve your condition, complete 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. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.287628

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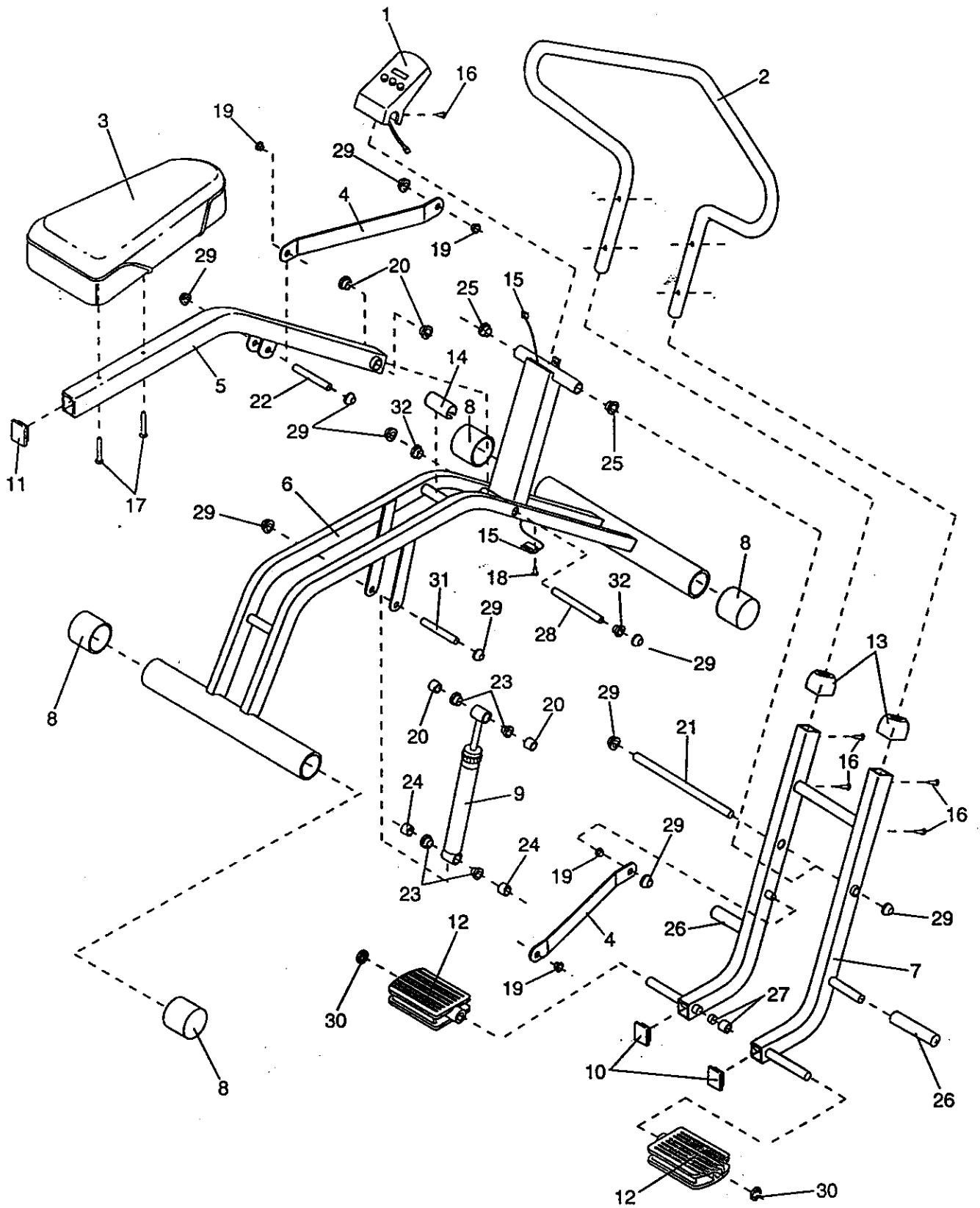
Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	117523	1	Monitor	19	103677	4	1/2" Link Arm Bushing
2	117529	1	Handlebar	20	117509	2	3/8" Spacer
3	117511	1	Seat	21	117552	1	1/2" x 11 1/4" Pivot Rod
4	117528	2	Link Arm	22	109470	1	1/2" x 3 1/2" Rod
5	117525	1	Seat Tube	23	106876	2	1/2" Cylinder Bushing Set
6	123690	1	Frame	24	117510	2	15/16" Spacer
7	122379	1	Pedal Frame	25	110576	2	1/2" Bushing
8	109416	4	Round Endcap	26	118904	2	Foot Peg Foam
9	117555	1	Resistance Cylinder	27	113349	1	Magnet/Retainer
10	117545	2	1 1/4" x 1 1/4" Endcap	28	124260	1	1/2" x 6 1/2" Rod
11	117544	1	1 1/2" x 2" Endcap	29	103903	10*	1/2" Dome Cap
12	124807	2	Pedal	30	012155	2	1/2" Push Nut
13	125390	2	1 1/4" x 2" Endcap	31	118213	1	1/2" x 4" Rod
14	122296	1	Bumper	32	124546	4	1/2" Plastic Bushing
15	124434	1	Reed Switch/Sensor Wire	#	123702	1	User's Manual
16	013162	5*	#8 x 1/2" Screw	#	118061	1	3/4" x 1" Pedal Tool
17	013498	2	1/4" x 2" Screw				
18	013300	1	#8 x 3/4" Screw				

*Note: One extra #8 x 1/2" Screw and one extra 1/2" Dome Cap may have been included.

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. 831.287628

R0995A



SEARS

Model No. 831.287628

QUESTIONS?

If you find that:

- you need help assembling or operating the LIFESTYLER CARDIO FIT
- 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 SEARS LIFESTYLER® CARDIO FIT 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 (SEARS LIFESTYLER® CARDIO FIT)
- The MODEL NUMBER OF THE PRODUCT (831.287628)
- The PART NUMBER OF THE PART (see page 10 of this manual)
- The DESCRIPTION OF THE PART (see page 10 of this manual)

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 CARDIO FIT EXERCISER, contact the nearest SEARS store throughout the United States and SEARS will repair or replace the CARDIO FIT EXERCISER, free of charge.

This warranty does not apply when the CARDIO FIT 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