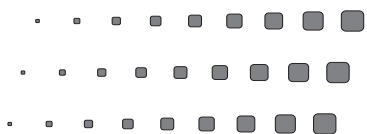


PRO·FORM®



775_S

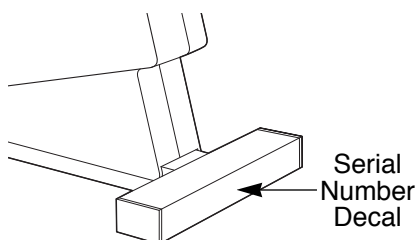
SILENT MAGNETIC RESISTANCE

Patent Pending

Model No. 831.288270

Serial No. _____

The serial number is 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. Save this manual for future reference.



PFEX7757

USER'S MANUAL

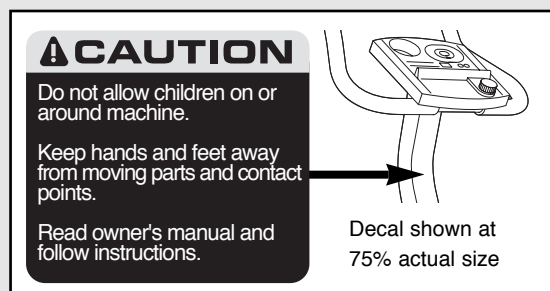
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FULL 90 DAY WARRANTY	Back Cover

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the PROFORM® 775s.

1. Read all instructions in this manual before using the 775s.
2. It is the responsibility of the owner to ensure that all users of the 775s are adequately informed of all precautions. Use the 775s only as described in this manual.
3. Use the 775s indoors on a level surface. Keep the 775s away from moisture and dust. Place a mat under the 775s to protect the floor or carpet.
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 775s at all times.
6. The 775s should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the 775s. Always wear athletic shoes when using the 775s.
8. Always keep your back straight when using the 775s. Do not arch your back.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
10. The 775s is intended for in-home use only. Do not use the 775s in a commercial, rental, or institutional setting.
11. When adjusting the seat, insert the seat knob through one of the holes in the seat post. Do not insert the seat knob under the seat post.
12. **CAUTION DECAL PLACEMENT:** The decal shown below has been placed on the 775s. If the decal is missing, or if it is not legible, please call our toll-free HELPLINE at 1-800-736-6879 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 age 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.

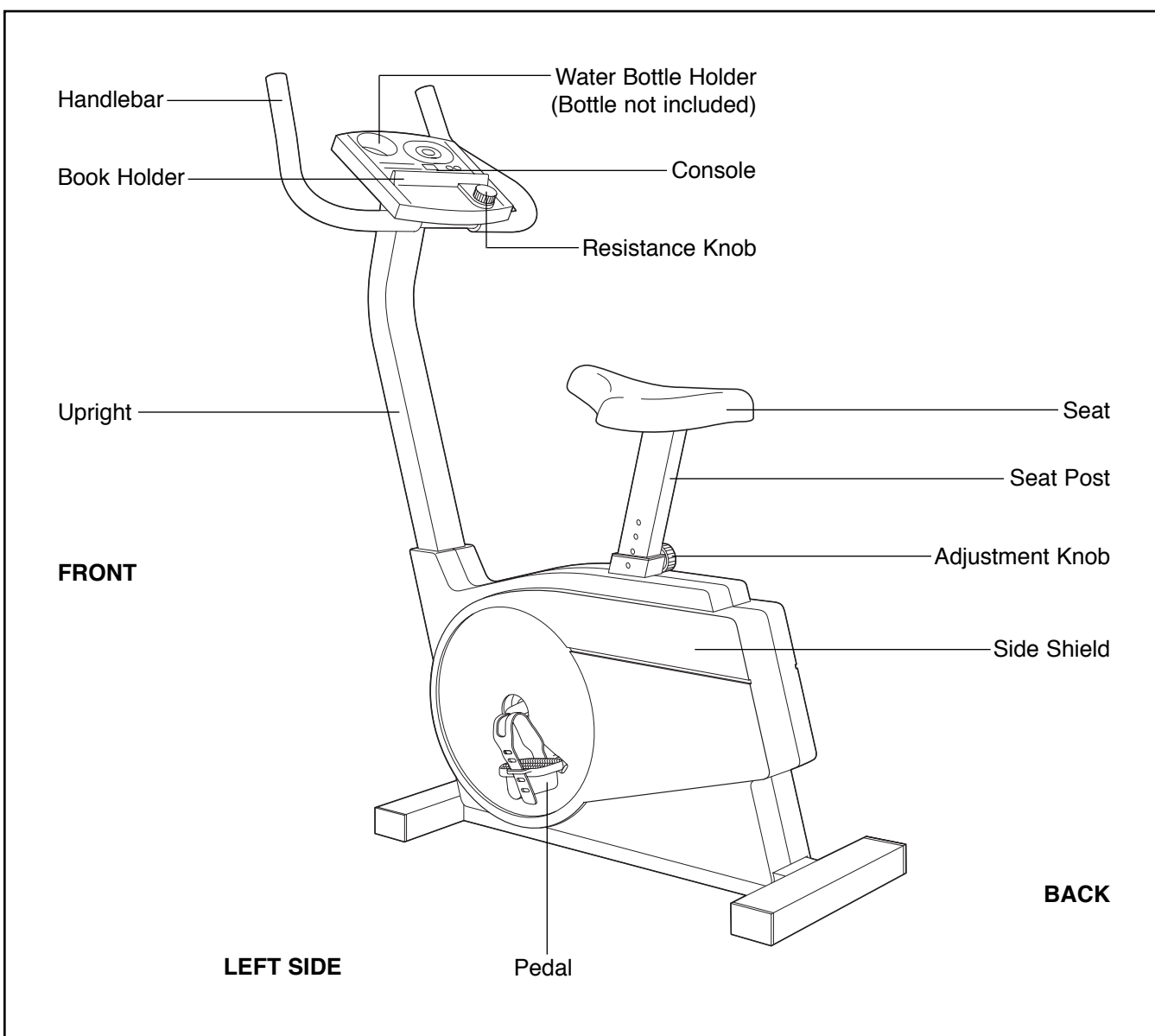
BEFORE YOU BEGIN

Thank you for selecting the innovative PROFORM® 775s. Cycling is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The PROFORM 775s features adjustable resistance to let you tailor your exercise to the level that's perfect for you, providing a low-impact, aerobic workout in the convenience and privacy of your own home

For your benefit, read this manual carefully before you use the PROFORM 775s. 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 831.288280. The serial number can be found on a decal attached to the 775s (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.




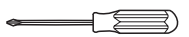
ASSEMBLY

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

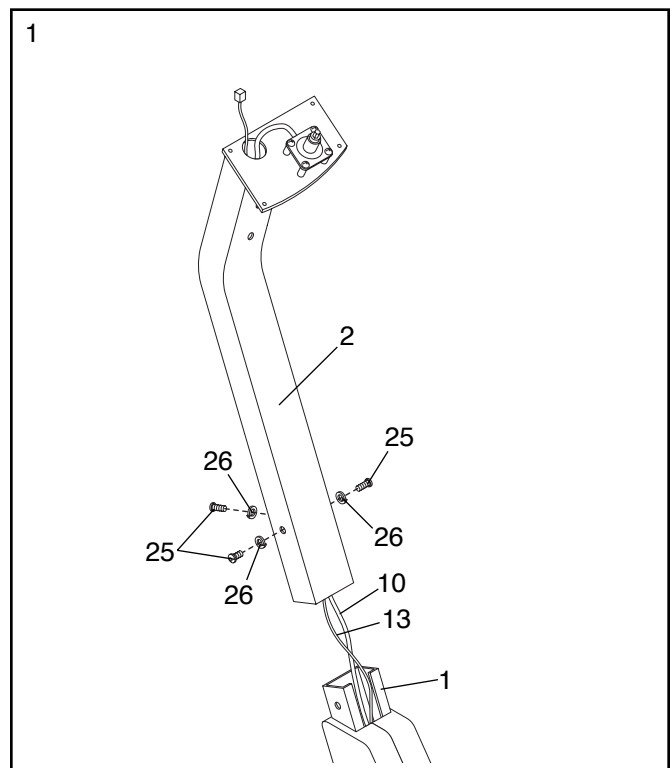
- Place all parts of the exercise bike in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- Tighten all parts as you assemble them.

- As you assemble the exercise bike, make sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- Two (2) adjustable wrenches 
- One (1) phillips screwdriver 

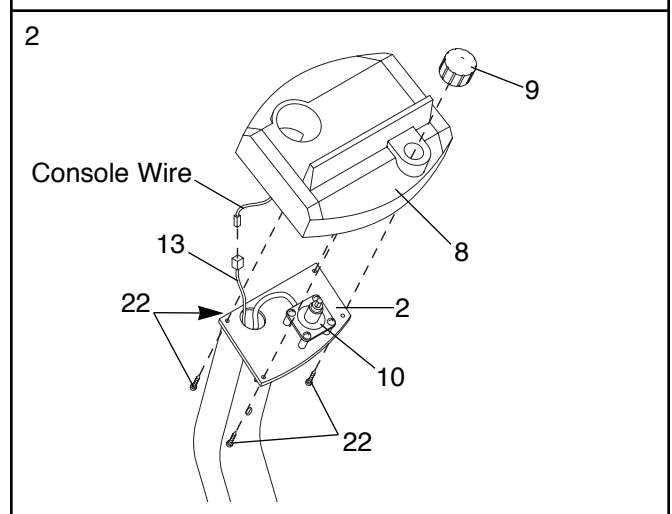
1. Attach the Upright (2) to the Frame (1) with three M10 x 25mm Button Head Screws (25) and three M10 Split Washers (26). **Be careful not to pinch the Reed Switch Wire (13) or the Resistance Cable (10).**



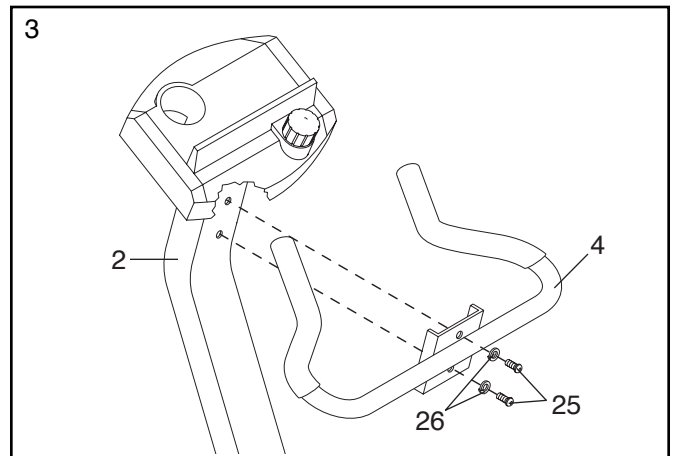
2. Connect the Reed Switch Wire (13) to the wire on the back of the Console (8).

Attach the Console (8) to the Upright (2) with four #8 x 5/8" Screws (22).

Press the Resistance Knob (9) onto the Resistance Control (10). Be sure that the mark on the Resistance Knob is correctly aligned.



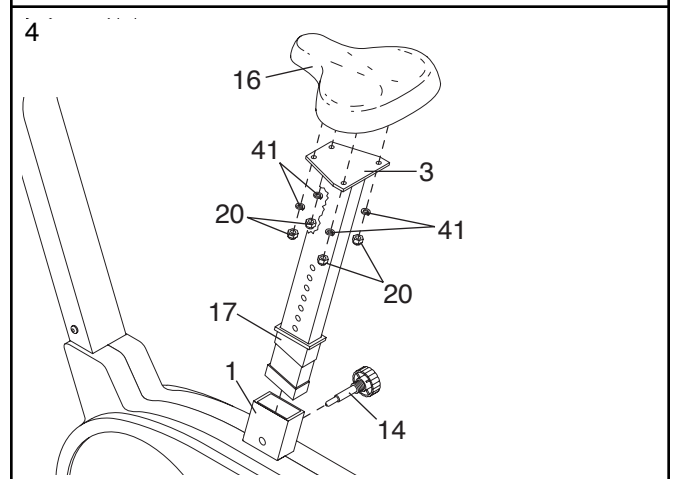
3. Attach the Handlebar (4) to the Upright (2) with two M10 x 25mm Hex Head Screws (25) and two M10 Split Washers (26).



4. Attach the Seat (16) to the Seat Post (3) with four M8 Split Washers (41) and four M8 Nylon Locknuts (20).

Insert the Seat Post (3) into the Frame (1). Press the Frame Bushing (17) into place in the Frame.

Align one of the holes in the Seat Post (3) with the hole in the Frame (1). Insert the Lock Knob (14) into the Frame and the Seat Post. Tighten the Lock Knob.

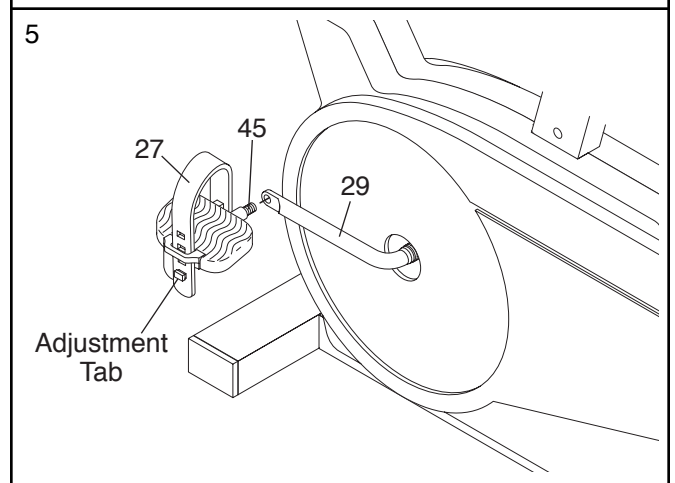


5. Identify the Left Pedal (45) (there is an "L" on the Left Pedal for identification). Using an adjustable wrench, tighten the Left Pedal counterclockwise into the left arm of the Crank (29).

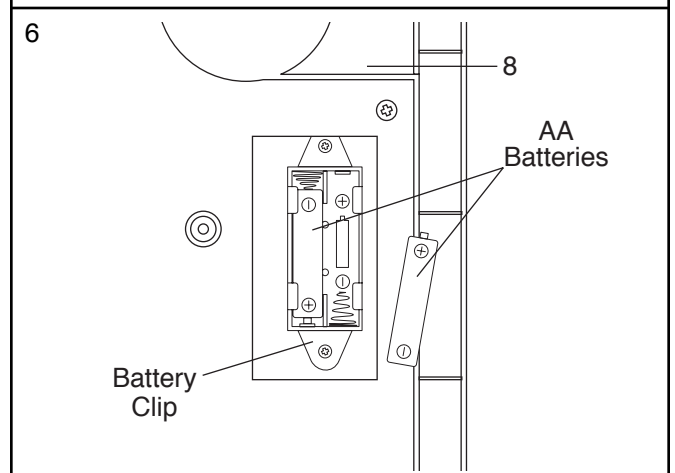
Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank (29).

Adjust the Pedal Strap (27) on the Left Pedal (45) to the desired position. Press the Pedal Strap onto the adjustment tab on the Left Pedal.

Adjust the Pedal Strap on the Right Pedal (not shown) in the same manner.



6. The Console (8) requires two "AA" batteries (not included); alkaline batteries are recommended. Open the battery cover (not shown) on the back of the Console. Press two batteries into the battery clip. **Make sure that the negative (-) ends of the batteries are touching the springs.** Close the battery cover.



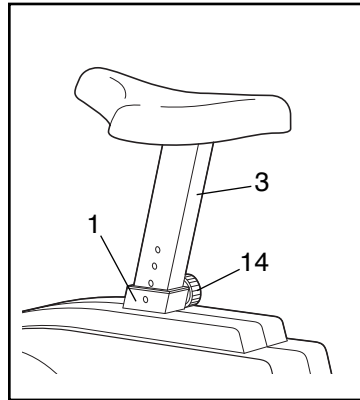
7. **Make sure that all parts are properly tightened before you use the exercise bike.**

HOW TO USE THE PROFORM® 775S

HOW TO ADJUST THE SEAT POST

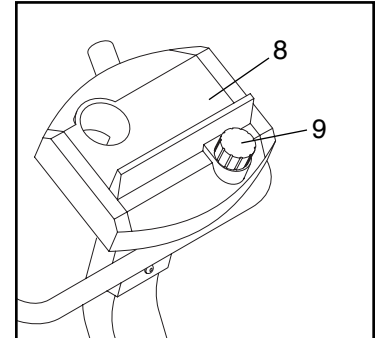
The Seat Post (3) can be adjusted to the position that is the most comfortable for you. To adjust the Seat Post, first loosen and remove the Lock Knob (14) on the right side of the Frame (1). Slide the Seat Post up or down to the desired position.

Insert the Lock Knob through one of the holes in the Seat Post and tighten it. **Do not insert the Lock Knob under the Seat Post.**



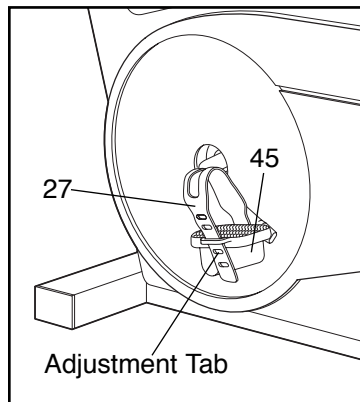
HOW TO ADJUST THE PEDALING RESISTANCE

The pedaling resistance can be adjusted with the Resistance Knob (9) located on the Console (8). To increase the resistance, turn the Resistance Knob clockwise; to decrease the resistance, turn the Resistance Knob counterclockwise.



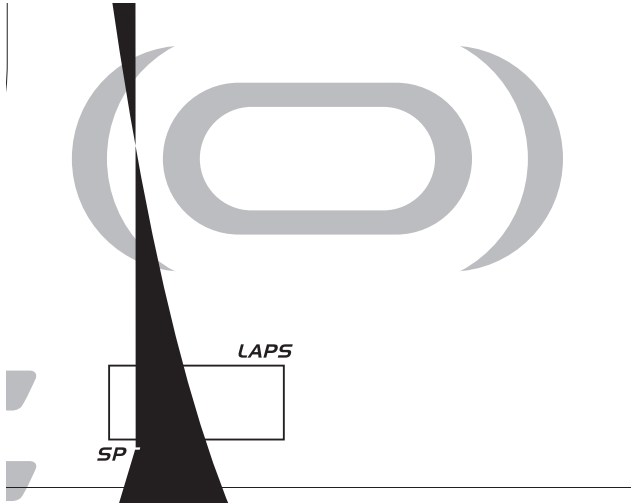
HOW TO ADJUST THE PEDAL STRAPS

To adjust each Pedal Strap (27), first pull the end of the Pedal Strap off the adjustment tab on the Pedal (45). Align a different hole in the Pedal Strap with the adjustment tab. Press the Pedal Strap onto the adjustment tab.



DESCRIPTION OF THE CONSOLE

The console is designed to help you get the most from your workouts. As you exercise, you can watch your progress around the LED track, while the display provides continuous exercise feedback. The six modes of the display are described below.



Speed—This mode displays your current pedaling speed, in miles per hour.

Time—This mode displays the length of time you have exercised. Note: If you stop exercising, the time mode will pause until you resume.

Distance—This mode displays the total distance you have pedaled, in miles.

Laps—This mode displays the number of 1/4-mile laps you have completed around the LED track.

Calorie—This mode displays the approximate number of Calories you have burned.

Scan—This mode displays the speed, time, distance, laps, and calorie modes, for 5 seconds each, in a repeating cycle.

BATTERY INSTALLATION

Before the console can be operated, two “AA” batteries must be installed. If you have not installed batteries, see assembly step 6 on page 5.

HOW TO OPERATE THE CONSOLE

If there is a thin sheet of clear plastic on the face of the console, remove it.

1. To turn on the power, press the on/reset button or simply begin pedaling. When the power is turned on, one LED indicator will light in the LED track, and 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 mode button.

Speed, time, distance, laps, or calorie mode—

To select one of these modes for continuous display, press the mode button repeatedly. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)

3. The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. A new lap will then begin.
4. To reset the display, press the on/reset button.
5. 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 buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

MAINTENANCE AND TROUBLE-SHOOTING

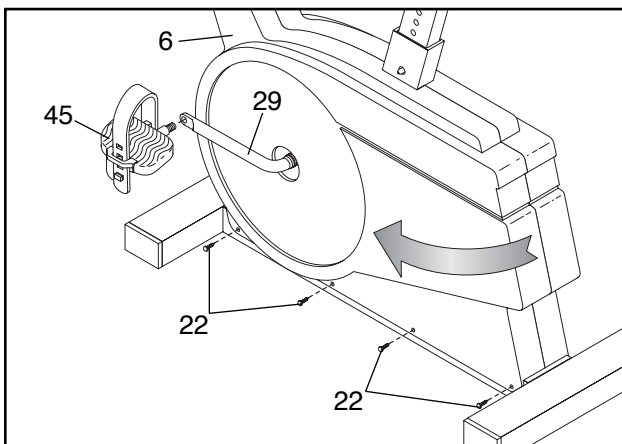
Inspect and tighten all parts of the PROFORM® 975s regularly. The 975s can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away and keep the console out of direct sunlight.

BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. To replace the batteries, refer to assembly step 6 on page 5.

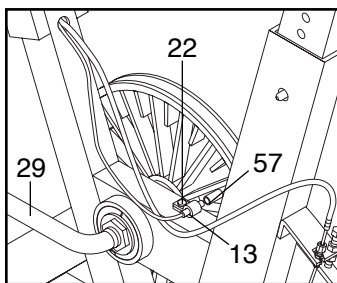
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, the Left Side Shield (6) must be removed. First, using an adjustable wrench, turn the Left Pedal (45) clockwise to remove the Pedal from the left arm of the Crank (29).



Remove the four #8 x 5/8" Screws (22) from the bottom of the Left Side Shield (6). Grasp both Side Shields at the top and gently pull them apart. Make sure that the arm of the Crank (29) is in the position shown in the drawing above. Hold the Left Side Shield at the rear and pull it gently away from the frame. Work the Left Side Shield forward off the arm of the Crank and remove it.

Next, locate the Reed Switch (13). Loosen, but do not remove, the #8 x 5/8" Screw (22). Slide the Reed Switch slightly toward or away from the Magnet (57) on the pulley. Retighten the Screw. Turn the Crank (29) for a moment. Repeat until the console displays correct feedback. When the

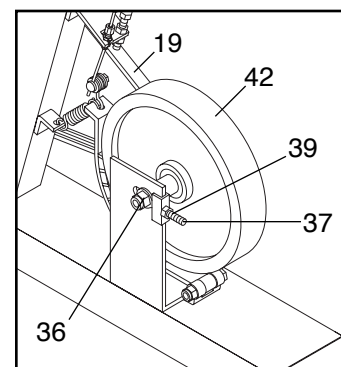


Reed Switch is correctly adjusted, reattach the left side shield.

HOW TO ADJUST THE DRIVE BELT

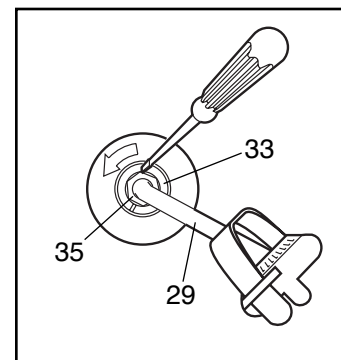
If the you can feel the pedals slip when you are exercising, especially when the resistance knob is turned to the maximum setting, the Drive Belt (19) may need to be adjusted. To adjust the Drive Belt, both side shields must be removed. Refer to the instructions at the left to remove the left side shield. Remove the right side shield in the same manner.

Loosen the M8 Flanged Hex Nut (36) on each side of the Flywheel (42). Tighten the M6 Nut (39) on each M6 Eyebolt (37) until the Drive Belt (19) is tight. **Be sure that you tighten each M6 Nut an equal amount.** Once the Drive Belt is tight, tighten the M8 Flanged Hex Nuts (36). Reattach the side shields.



CRANK ADJUSTMENT

If the arms of the Crank (29) become loose, they should be tightened in order to prevent excessive wear. Loosen the Crank Nut (35) on the left arm of the Crank. Place the end of a standard screwdriver in one of the slots in the Slotted Bearing Nut (33). Lightly tap the screwdriver with a hammer to turn the Slotted Bearing Nut counterclockwise until the arms are no longer loose. **Do not overtighten the Slotted Bearing Nut.** When the Slotted Bearing Nut is properly tightened, tighten the Crank Nut.



STORAGE

When storing the exercise bike, remove the batteries from the console. Keep the exercise bike in a clean, dry location, away from moisture and dust.

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 age 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.

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

To find the proper heart rate for you, first find your age at 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 smallest number is the recommended heart rate for fat burning; the middle number is the heart rate for maximum fat burning; the largest 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 smallest 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 largest 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

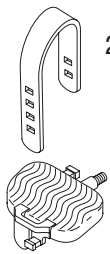
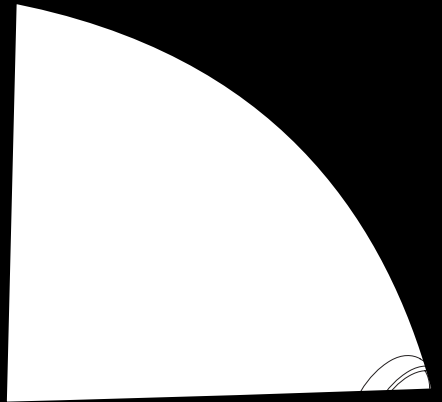
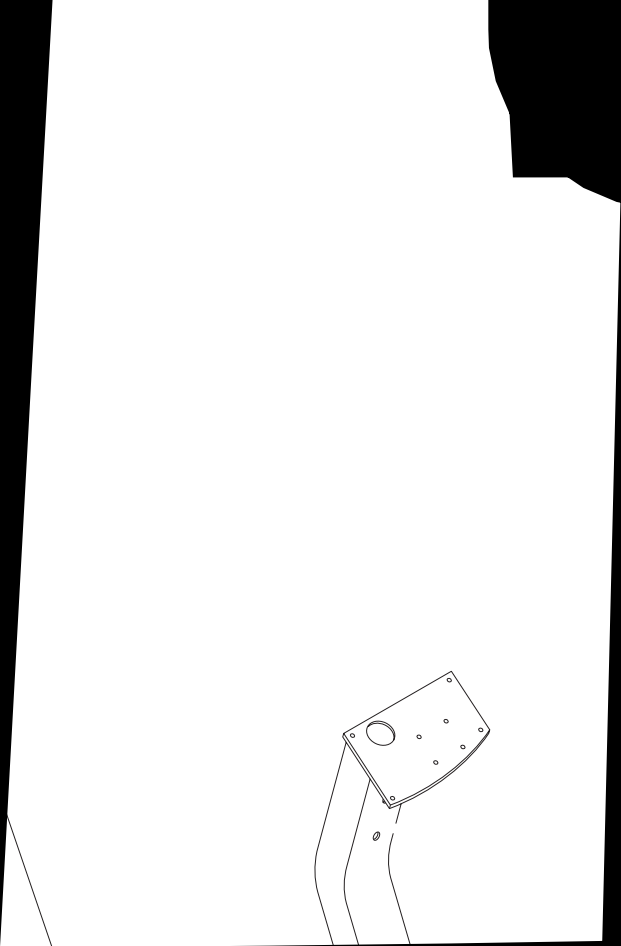
To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may plan up to five workouts each week, if desired. **Caution: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.** Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.288270

R0198B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	31	2	Bearing
2	1	Upright	32	2	Bearing Cup
3	1	Seat Post	33	1	Slotted Bearing Nut
4	1	Handlebar	34	1	Crank Washer
5	2	Foam Grip	35	1	Crank Nut
6	1	Left Side Shield	36	2	M8 Flanged Hex Nut
7	1	Right Side Shield	37	2	M6 Eyebolt
8	1	Console	38	2	Adjustment Bracket
9	1	Resistance Knob	39	4	M6 Nut
10	1	Resistance Cable/Control	40	2	M10 Washer
11	4	M5 x 30mm Screw	41	4	M8 Split Washer
12	4	M5 Nut	42	1	Flywheel
13	1	Reed Switch/Wire	43	1	10mm x 13mm Spacer
14	1	Lock Knob	44	1	Flywheel Axle
15	1	Seat Post Bushing	45	1	Left Pedal
16	1	Seat	46	2	M10 x 52mm Button Head Screw
17	1	Frame Bushing	47	2	Wheel
18	2	1 1/4" Round Endcap	48	4	2" x 3" Endcap
19	1	Drive Belt	49	1	Resistance Hook
20	5	M8 Nylon Locknut	50	1	Reed Switch Clamp
21	8	Tree Fastener	51	1	M6 x 56mm Bolt
22	14	#8 x 5/8" Screw	52	1	Return Spring
23	1	M8 x 65mm Hex Head Bolt	53	4	#8 Flat Washer
24	1	Magnet Bracket	54	1	Clamp Bolt
25	5	M10 x 25mm Button Head Screw	55	1	Clamp Nut
26	5	M10 Split Washer	56	1	Crank Spacer
27	2	Pedal Strap	57	1	Magnet
28	1	Right Pedal	#	1	User's Manual
29	1	Crank/Pulley	#	1	4mm Allen Wrench
30	1	Notched Bearing Nut	#	1	5.5mm Allen Wrench

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.



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SEARS

Model No. 831.288270

QUESTIONS?

If you find that:

- you need help assembling or operating the PROFORM® 775s
- 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 PROFORM® 775s 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 (831.288270).
- The NAME of the product (PROFORM® 775s).
- 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