

WESLO



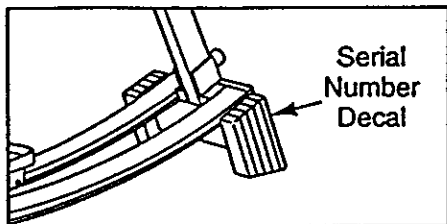
SKIER PLUS

SEARS

Model No. 831.290740

Serial No. _____

Write the serial number in the space above for reference.



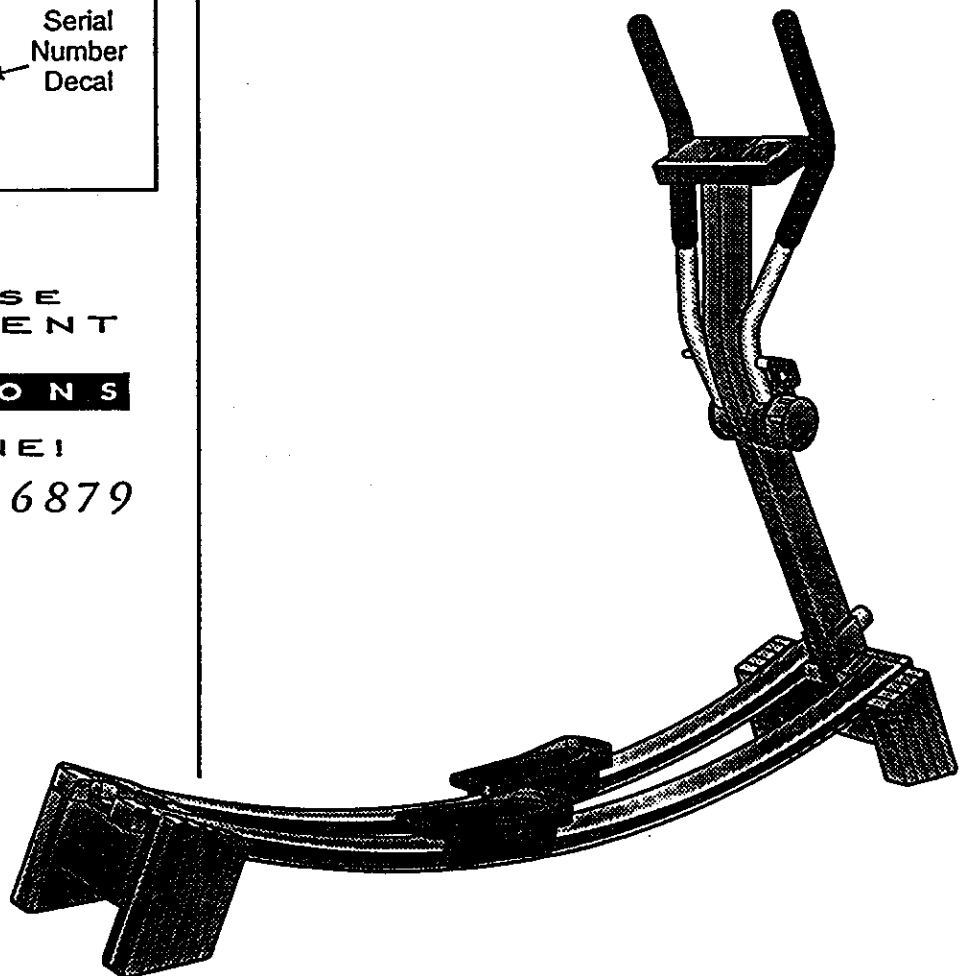
EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879

USER'S MANUAL



CAUTION

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

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

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read all precautions and instructions in this manual before using the cross-country skier.

1. It is the responsibility of the owner to ensure that all users of the cross-country skier are adequately informed of all precautions.
2. Use the cross-country skier only as described in this manual.
3. Place the cross-country skier on a level surface. Cover the floor beneath the cross-country skier to protect it.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep small children and pets away from the cross-country skier at all times.
6. The cross-country skier should not be used by persons weighing more than 250 pounds.
7. Always wear proper clothing and athletic shoes when using the cross-country skier.
8. Keep hands and feet away from moving parts.
9. Always dismount the cross-country skier before adjusting the resistance of the ski pedals.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

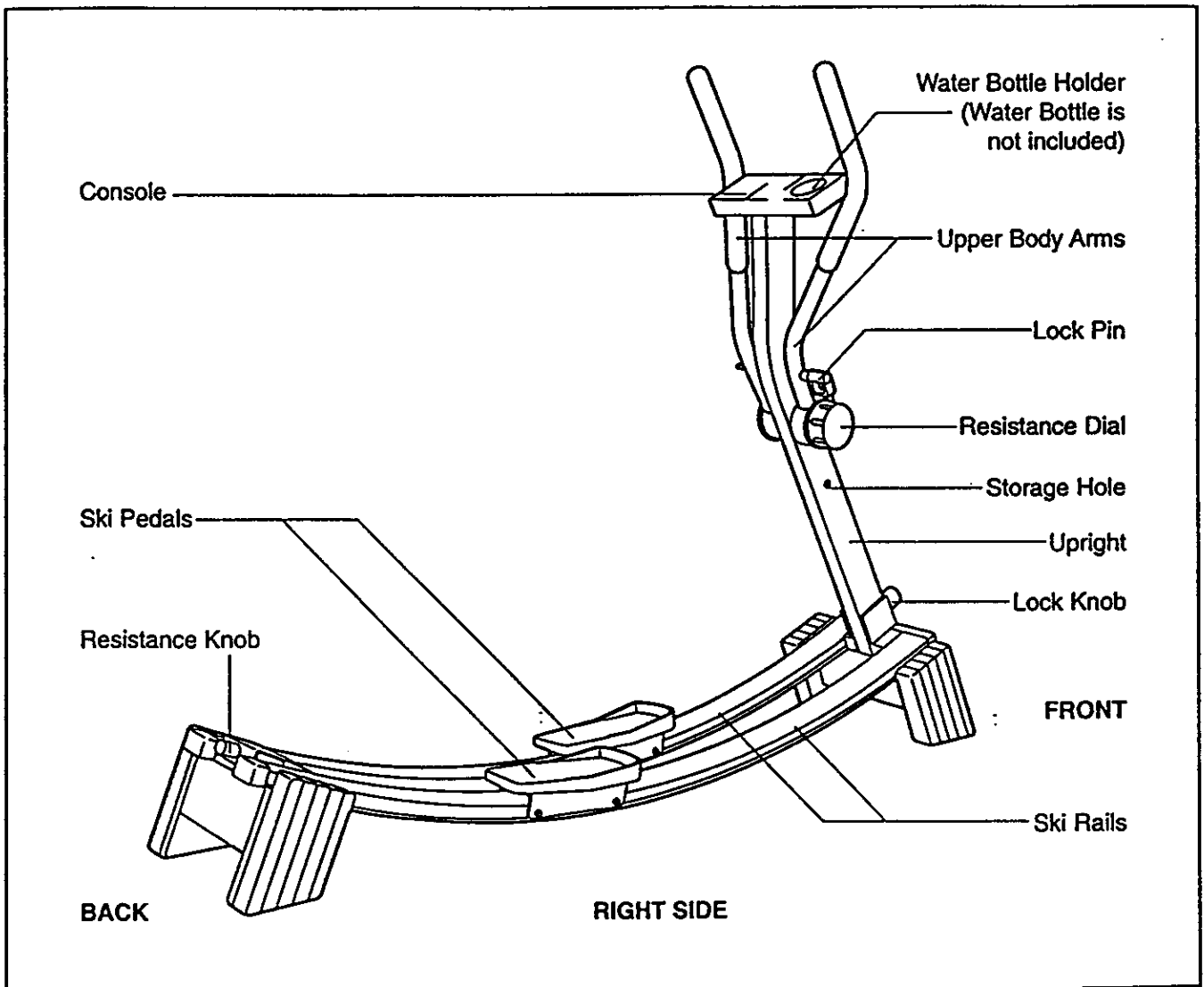
BEFORE YOU BEGIN

Thank you for selecting the innovative WESLO® ARC SKIER PLUS cross-country skier. Cross-country skiing is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the muscles. The ARC SKIER PLUS features ultra-smooth skiing pedals, ergonomic curved ski rails, upper body arms, and adjustable resistance to let you enjoy this dynamic exercise in the convenience of your home.

For your benefit, read this manual carefully before you use the ARC SKIER PLUS. 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 831.290740. The serial number can be found on a decal attached to the cross-country skier (see the front cover of this manual for the location).

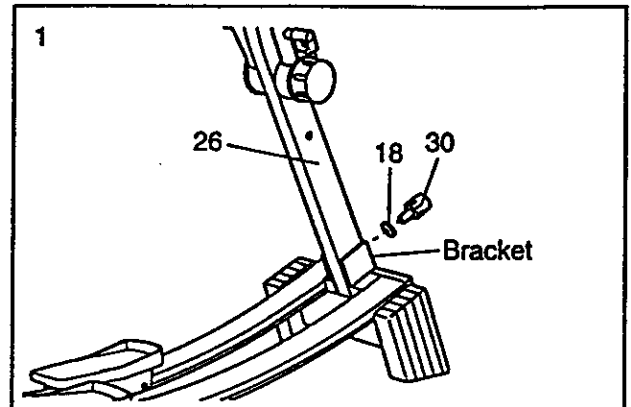
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

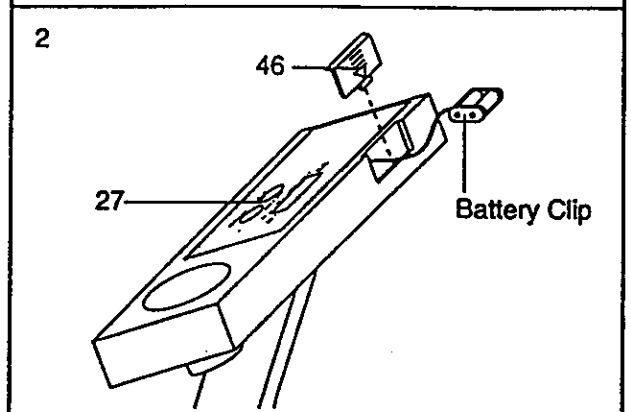
For your convenience, the ARC SKIER PLUS is shipped assembled in the stowaway position. Follow the instructions below to set up the ARC SKIER PLUS. No tools are required.

1. Raise the Upright (26) to the position shown. Slide the M10 Washer (18) onto the Lock Knob (30). Insert the Lock Knob into the indicated bracket and tighten the Lock Knob into the lower end of the Upright.

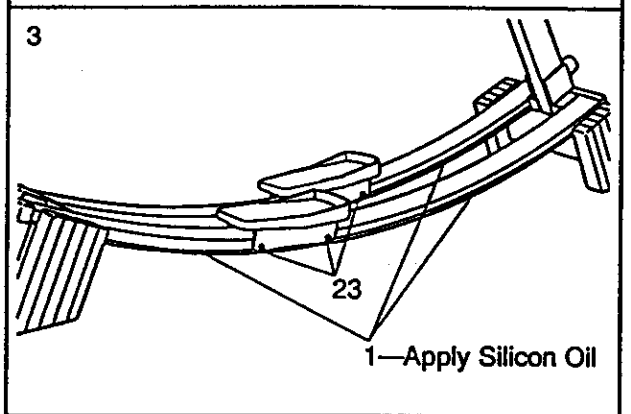


2. The Console (27) requires two "AA" batteries (not included). Alkaline batteries are recommended.

To install batteries, first slide up the Battery Cover (46). Carefully remove the battery clip from the Console (27). Insert two batteries into the battery clip. Make sure that the negative (-) ends of the batteries are touching the springs. Insert the battery clip into the Console and close the Battery Cover.



3. Before using the cross-country skier, the included silicon oil should be applied. Apply a few drops of silicon oil to the Ski Rails (1) where the Ski Pedal Wheels (23) make contact.



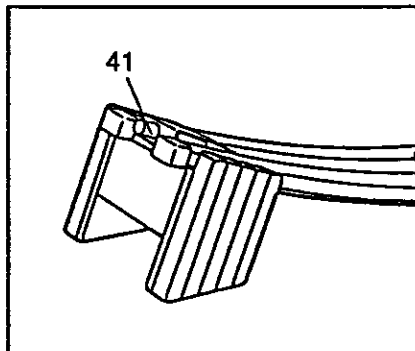
Make sure that all parts are securely tightened. The use of the remaining parts will be explained in the following section.

HOW TO USE THE ARC SKIER PLUS

HOW TO ADJUST THE RESISTANCE OF THE SKI PEDALS

To vary the intensity of your exercise, the resistance of the ski pedals can be adjusted. The resistance is controlled with the Resistance Knob (41) at the back of the cross-country skier. **CAUTION:** Always dismount the cross-country skier before adjusting the resistance of the ski pedals.

To increase the resistance of the ski pedals, turn the Resistance Knob (41) clockwise; to decrease the resistance, turn the Knob counterclockwise.

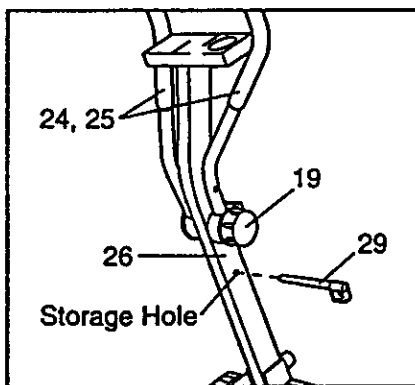


Note: The cords connecting the ski pedals may stretch slightly when the cross-country skier is first used. If necessary, turn the Knob clockwise to remove any slack from the cords. If there is slack in the cords, the cords may slip off the pulleys at the ends of the ski rails.

The intensity of your exercise can also be varied by using the upper body arms (see the section below), or by changing the pace of your exercise.

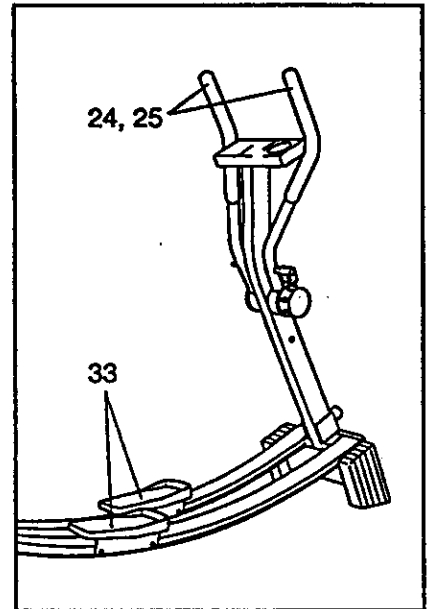
HOW TO USE THE UPPER BODY ARMS IN THE DUAL-MOTION POSITION

The Upper Body Arms (24, 25) can be used in either the dual-motion position or the stationary position. To use the Upper Body Arms in the dual-motion position, remove the Lock Pin (29) from the Upper Body Arms and the Upright (26). Insert the Lock Pin into the storage hole.



The resistance of the Upper Body Arms (24, 25) can be adjusted with the Resistance Dial (19) on the side of the cross-country skier (see the drawing above). To increase the resistance, turn the Dial clockwise; to decrease the resistance, turn the Dial counterclockwise.

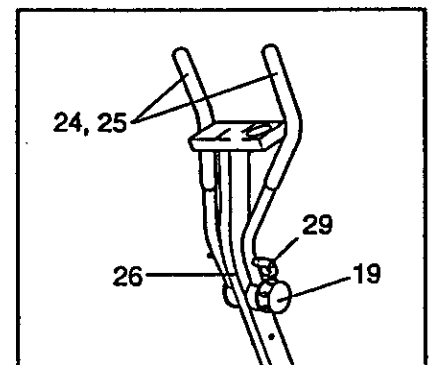
To exercise, hold both Upper Body Arms (24, 25), step onto the Ski Pedals (33), and center your feet on the Pedals. The correct form for exercising on the cross-country skier is similar to the motion of walking. Move your arms and legs forward and backward with a smooth, continuous motion. Be sure to keep your back straight and your knees bent slightly.



For effective aerobic exercise, short, rapid strides at low resistance are recommended. To strengthen the muscles, long, slow strides at higher resistance are recommended.

HOW TO USE THE UPPER BODY ARMS IN THE STATIONARY POSITION

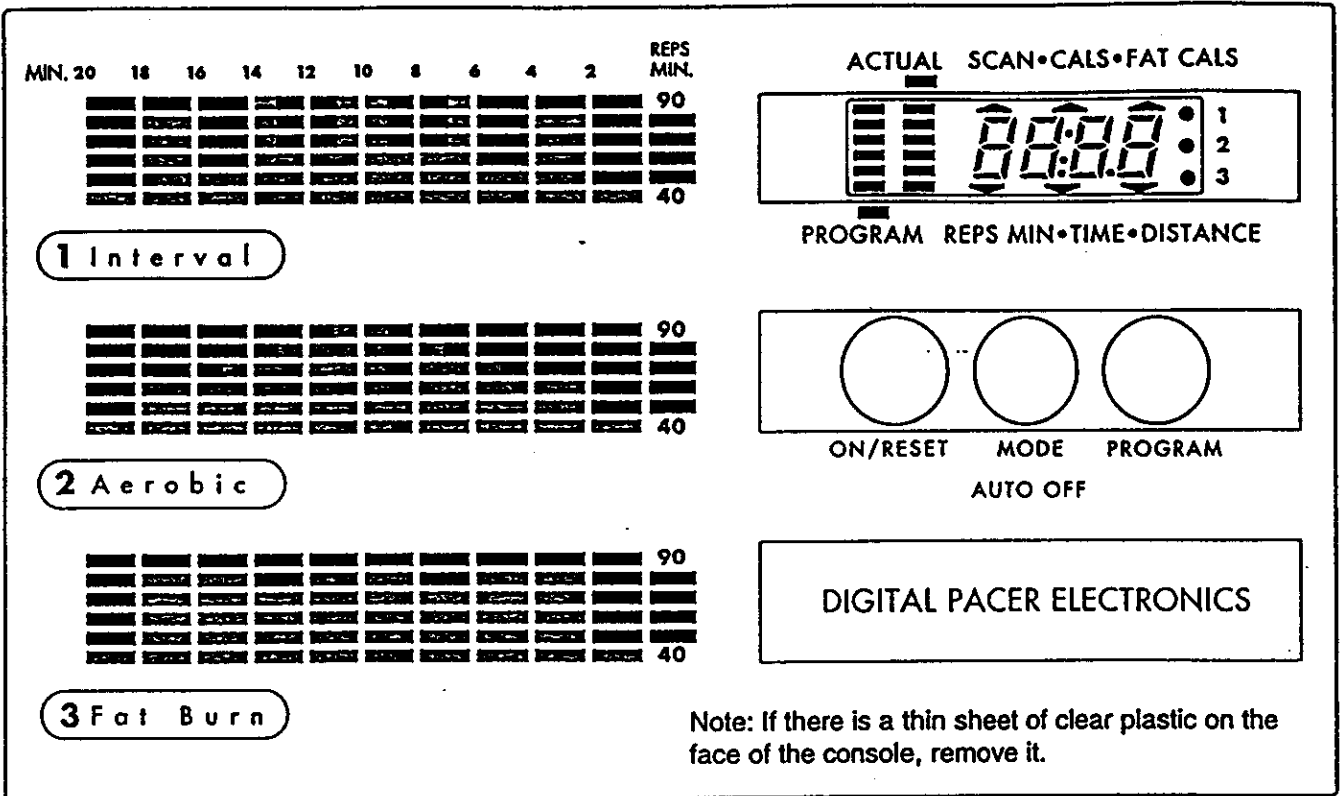
To use the Upper Body Arms (24, 25) in the stationary position, align the holes in the Upper Body Arms with the hole in the Upright (26). Insert the Lock Pin (29) through all parts. **Note:** If it is difficult to insert the Lock Pin, do not hit the Lock Pin. Twist the Upper Body Arms slightly in order to align the holes.



Next, tighten the Resistance Knob (19) on the side of the cross-country skier (see the drawing above).

To use the Upper Body Arms (24, 25) in the stationary position, exercise as described at the top of this page, but hold the Upper Body Arms for support and use only your legs.

DIAGRAM OF THE CONSOLE

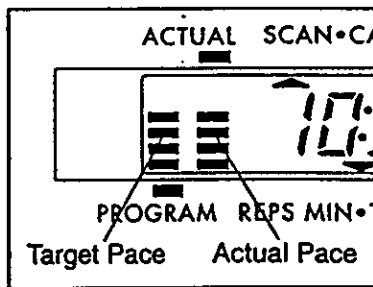


DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you achieve specific exercise goals by pacing your exercise. The programs include a stamina-building Interval program, an Aerobic program, and a special Fat Burn program. Whether you select the manual mode or one of the pacer programs, the console will provide continuous exercise feedback during your workouts. Please read pages 6 and 7 before operating the console.

HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column will show a target pace; the right column will show your actual pace.



The target pace will change periodically during the program; as the target pace changes, simply adjust your pace to keep both columns at the same height.

The graphs on the left side of the console show how the target pace will change during the programs.

Look at the Interval graph for a moment (see the drawing above). The graph is divided into ten columns, with six bars in each column. The columns represent two-minute time periods, and the red bars show what the target pace will be. For example, in the first column there is one red bar. This shows that during the first two minutes of the program, the target pace will be 40 repetitions (strides) per minute (see the scale at the right end of the graph). In the second column there are five red bars. This shows that during the second two-minute time period, the target pace will be 80 strides per minute. Note: Because there are ten two-minute periods, each program will last for twenty minutes.

DESCRIPTION OF THE MONITOR MODES

The six monitor modes provide continuous exercise feedback. The modes are described below.

- **Calories (CALC)**—This mode shows the approximate number of calories you have burned. (This number includes both *fat* calories and *carbohydrate* calories. See BURNING FAT on page 9.)
- **Fat calories (FAT CALS)**—This mode shows the approximate number of fat calories you have burned. (See BURNING FAT on page 9 for an explanation of fat calories.)
- **Reps per minute (REPS MIN)**—This mode shows your pace, in repetitions (strides) per minute.

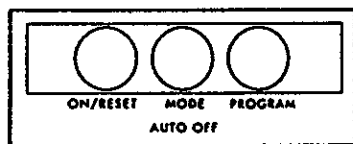
- **Time**—If you select one of the three pacer programs, this mode will count down the time remaining in the program. If you select the manual mode, this mode will count up the length of time you have exercised. **Note:** If you stop exercising for ten seconds or longer, the time mode will pause.
- **Distance**—This mode shows the total number of repetitions (strides) you have completed, up to 999. The display will then reset to zero and continue counting.
- **Scan**—This mode displays the calories, fat calories, reps per minute, time, and distance modes, for 5 seconds each, in a repeating cycle.

STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, two "AA" batteries must be installed. (See assembly step 2 on page 4 for installation instructions.) Follow the steps below to operate the console.

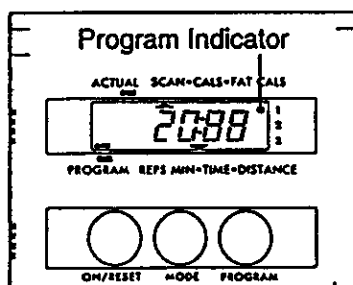
1 Turn on the power

To turn on the power, press the on/reset button or simply begin exercising on the cross-country skier. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for use. **Note:** If batteries were just installed, the power will already be on.



2 Select one of the three pacer programs or the manual mode

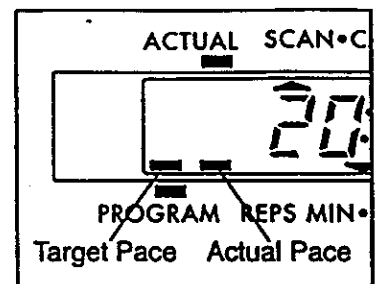
To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected.



To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1 (Interval), program 2 (Aerobic), program 3 (Fat Burn), manual mode.

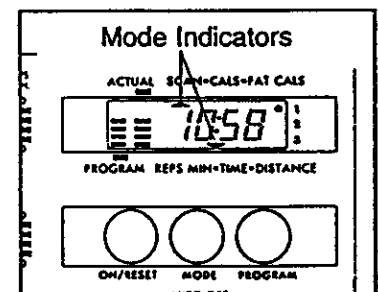
3 Begin your workout

If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of bars will appear in the display. The left column will show one bar, showing that the target pace is 40 strides per minute. The right column will show your actual pace. Adjust your pace until only one bar appears in the right column. As the program progresses, the target pace will change periodically; as the target pace changes, adjust your pace to keep both columns at the same height.



4 Follow your progress with the monitor modes

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:** When a different mode is selected, you can select the scan mode by repeatedly pressing the mode button.



If desired, you can select the calories, fat calories, reps per minute, time, or distance mode for full-time display. To select one of these modes, repeatedly press the mode button. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)

If desired, the display can be reset by pressing the on/reset button.

5 Turn off the power

To turn off the power, simply wait for about four minutes. If the ski 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

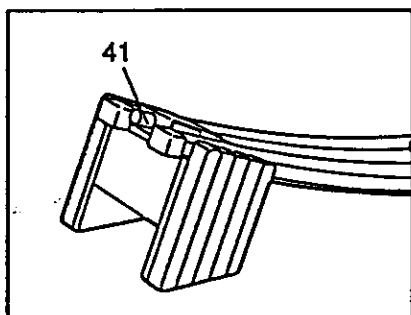
Regularly inspect and tighten all parts of the cross-country skier. Be sure to tighten all of the screws that attach the ski rails. Once every three months, apply a few drops of light multi-purpose oil to the hubs of the pulleys at the ends of the cross-country skier.

CONSOLE

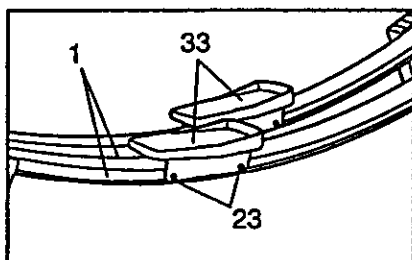
If the console does not function properly, or if the display becomes faint, the batteries should be replaced. See assembly step 2 on page 4 for installation instructions.

SKI PEDALS

The cords connecting the ski pedals may stretch slightly when the cross-country skier is first used. If necessary, turn the Resistance Knob (41) clockwise to remove any slack from the cords. If there is slack in the cords, the cords could slip off the pulleys at the ends of the ski rails.



If the movement of the Ski Pedals (33) becomes rough or noisy, clean the Ski Rails (1) and the Ski Pedal Wheels (23)



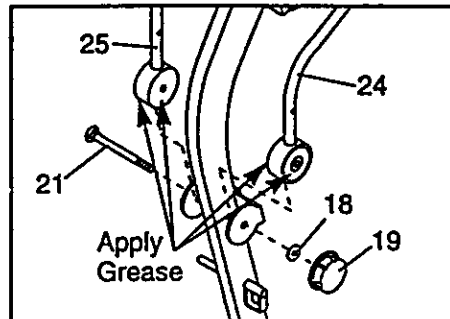
with a soft, dry cloth. Next, apply silicon oil to the Ski Rails where the Ski Pedal Wheels make contact. (Silicon oil is available at most automotive and hardware stores.) Apply silicon oil at least once every three months.

If the movement of the Ski Pedals (33) is still rough, the Ski Pedal Wheels (23) may need to be replaced. See ORDERING REPLACEMENT PARTS on the back cover of this manual.

UPPER BODY ARMS

If a squeaking sound is heard when the upper body arms are moved, a small amount of grease may be applied. Refer to the drawing below. Turn the Resistance Dial (19)

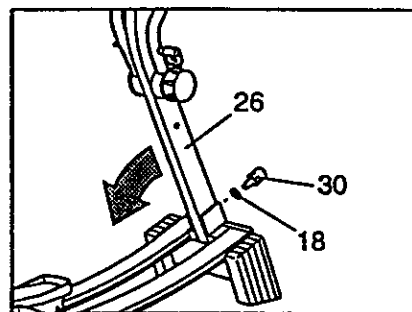
counter-clockwise and remove it. Remove the M10 Washer (18). Using pliers, grip the head of the M10



Carriage Bolt (21) and remove it. Apply a thin film of grease to both sides of the Upper Body Arms (24, 25) in the indicated locations. Reattach all parts, making sure that they are in the positions shown.

STORAGE

When the cross-country skier is not in use, it can be folded to the compact stow-away position. Remove the Lock Knob (30) and M10



Washer (18) from the lower end of the Upright (26). Fold down the Upright. Thread the Lock Knob and the M10 Washer into the Upright for storage.

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 individuals over the age of 35 or individuals with pre-existing health problems.

WHY EXERCISE?

Exercise has proven essential for good health and well-being. Participation in a well-rounded exercise program helps to develop a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to handle stress, and greater self-esteem.

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 and for the appropriate duration. 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	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
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 effectively, you must exercise at the proper 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 does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, it may be helpful to use the Fat Burn program to help you to reach your goal. (See pages 6 and 7.)

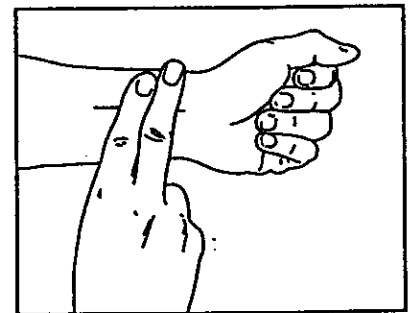
Aerobic Exercise

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 effective aerobic exercise, it may be helpful to use the Aerobic program to help you to reach your goal. (See pages 6 and 7.)

To develop greater stamina, you may choose the Interval program to help you to reach your goal. (See pages 6 and 7.)

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

A proper workout includes the following parts:

A warm-up, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches. This will increase the body temperature, heart rate, and circulation in preparation for strenuous exercise.

A cardiovascular exercise period, including 20 to 30 minutes of exercise with your heart rate in your training zone.

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching offsets problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective following exercise. 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. Find the best time of day for your workouts, and then stick with it. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.290740

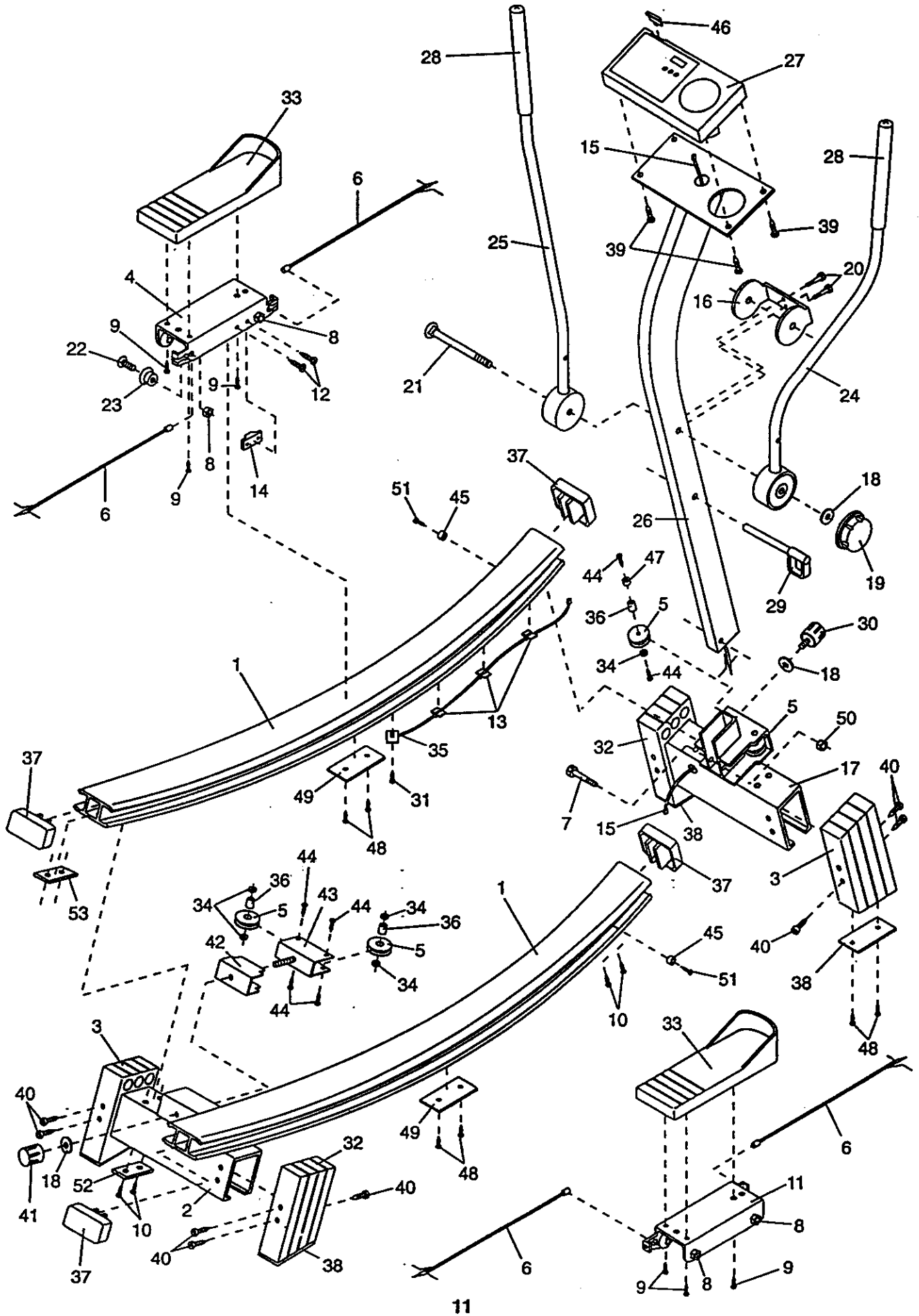
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Key No.	Qty.	Part No.	Description	Key No.	Qty.	Part No.	Description
1	2	132103	Ski Rail	29	1	132104	Lock Pin
2	1	132118	Rear Stabilizer	30	1	132106	Lock Knob
3	2	132099	Right Front/Left Rear Leg	31	1	103502	M8 x 19mm Screw
4	1	132109	Left Ski Pedal	32	2	132120	Left Front/Right Rear Leg
5	4	132096	Pulley	33	2	132110	Ski Pedal Cover
6	2	132111	Ski Pedal Cord	34	6	121572	M6 Spacer
7	1	132095	M10 x 60mm Bolt	35	1	127201	Reed Switch/Wire
8	8	012022	M6 Nut	36	4	132273	1/4" Threaded Rod
9	6	013141	M6 x 26mm Screw	37	4	112441	Ski Rail Endcap
10	8	132117	M6 Machine Screw	38	4	132100	Rubber Pad
11	1	132105	Right Ski Pedal	39	4	013141	M8 x 12mm Screw
12	2	110277	M6 x 9mm Screw	40	12	132116	M8 x 25mm Screw
13	3	016055	Adhesive Wire Clamp	41	1	132114	Resistance Knob
14	1	110278	Magnet	42	1	132112	Plastic Sleeve
15	1	113400	Console Wire	43	1	132284	Pulley Bracket
16	1	132279	Arm Bracket	44	8	132285	M6 Screw
17	1	132119	Front Stabilizer	45	2	059008	Pedal Bumper
18	3	132108	M10 Washer	46	1	132121	Battery Cover
19	1	132114	Resistance Dial	47	2	127891	M10 Spacer
20	2	132280	M6 x 16mm Bolt	48	12	132115	M4 Screw
21	1	132281	M10 Carriage Bolt	49	2	132101	Rail Pad
22	8	127551	M6 x 26mm Bolt	50	1	012033	M10 Nut
23	8	132113	Ski Pedal Wheel	51	2	013311	#10 x 1" Screw
24	1	132278	Right Upper Body Arm	52	4	132288	Support Plate
25	1	132277	Left Upper Body Arm	53	4	132287	Threaded Plate
26	1	132102	Upright	#	1	132496	User's Manual
27	1	131478	Console	#	1	132289	Silicon Oil
28	2	105025	Foam Grip				

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

EXPLODED DRAWING—Model No. 831.290740

R0896A



SEARS

Model No. 831.290740

QUESTIONS?

If you find that:

- you need help assembling or operating the WESLO® ARC SKIER PLUS
- 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 WESLO® ARC SKIER PLUS 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 (831.290740).
- The NAME of the product (WESLO® ARC SKIER PLUS cross-country skier).
- The PART NUMBER of the PART (see the PART LIST and the EXPLODED DRAWING on pages 10 and 11 of this manual).
- The DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING on pages 10 and 11 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 SKIER EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the SKIER EXERCISER, free of charge.

This warranty does not apply when the SKIER 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