

LifestylerTM SLR

SPEED LINK RESISTANCE

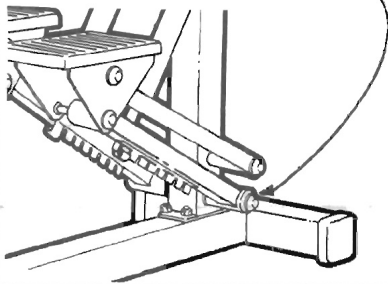
SEARS[®]

Model No. 831.285620

Serial No. _____

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

Serial Number Decal

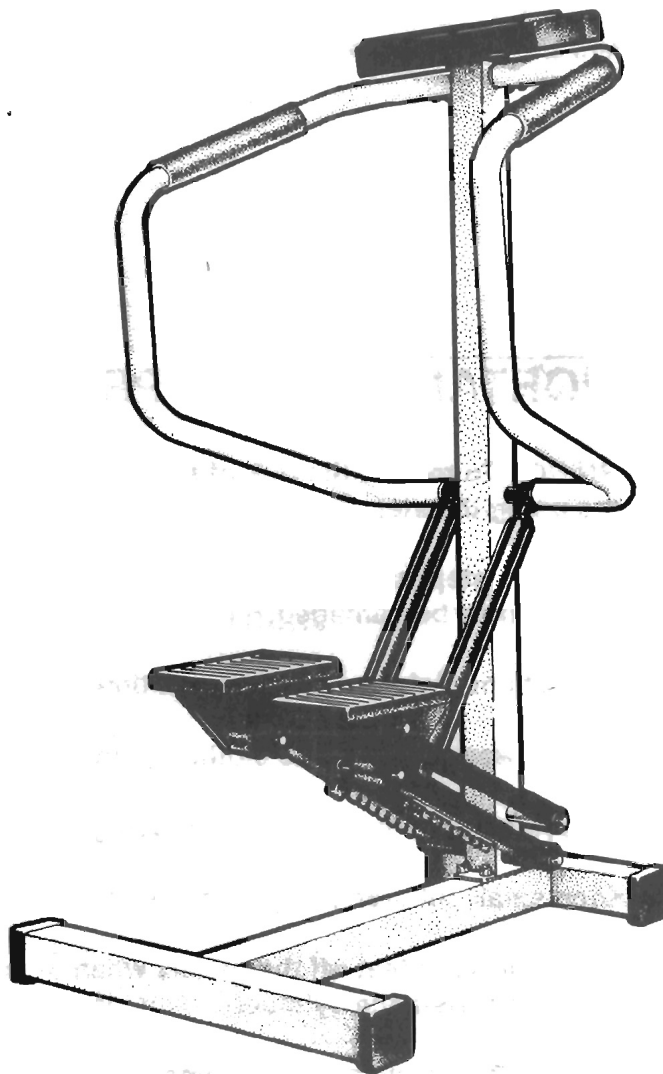


CAUTION!:

Read all safety precautions and instructions in this owner's manual before using this equipment. Keep this owner's manual in a safe place for future reference.

PATENT PENDING

- ▲ SELF LEVELING PEDALS
- ▲ INDEPENDENT STEPPING ACTION
- ▲ MOTIVATIONAL CALORIE MONITOR



OWNER'S MANUAL

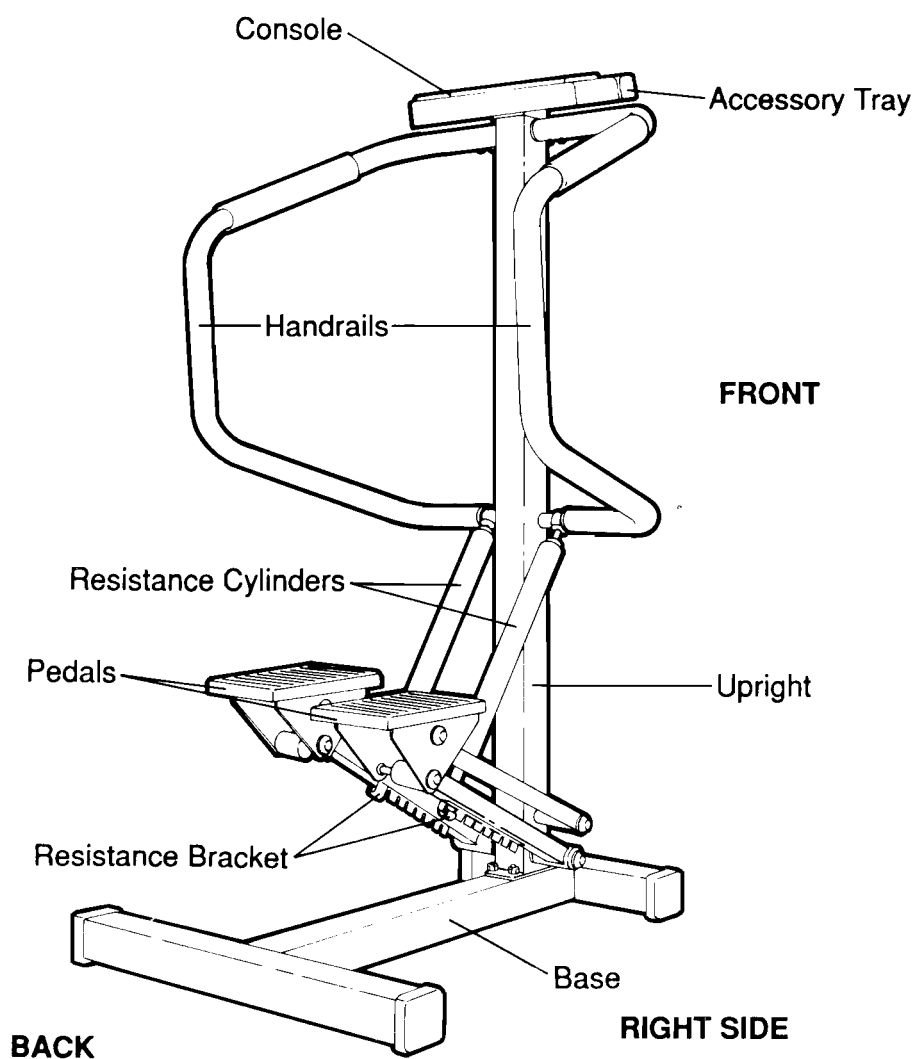
SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

BEFORE YOU BEGIN

Thank you for selecting the innovative SEARS® LIFESTYLER SLR stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The LIFESTYLER SLR blends advanced engineering with contemporary styling to let you enjoy this invigorating exercise in the comfort and privacy of your home. Feel better, look better and be healthier in just a few minutes a day.

For your safety and benefit, read this manual carefully before using the stepper. If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the stepper (see the front cover of this manual).

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



OPERATION AND ADJUSTMENT

Place the stepper on a level surface. Keep the stepper out of direct sunlight or the LCD display of the console may be damaged. In case the resistance cylinders leak a small amount of oil, the floor beneath the resistance cylinders should be covered for protection. A small amount of leakage is normal for hydraulic cylinders.

Hold the handlebars with an overhand grip and step onto the pedals. Both pedals will slowly sink. Begin stepping, alternately pressing the right and left pedals down with a smooth, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the height of your step or the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING THE RESISTANCE). For an effective aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance. For strengthening the muscles, slower steps at medium resistance are more effective.

As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise. Always keep your back straight in order to avoid injury.

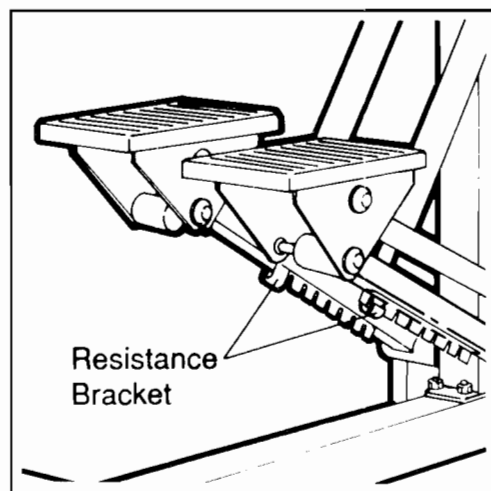
WARNING: Do not lift your feet off the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.

The accessory tray on the console is designed to hold a drink and your exercise towel. Slide one corner of your towel into the slot in the right side of the tray.

ADJUSTING THE RESISTANCE

The resistance of the stepper pedals can be changed by moving the resistance brackets. Change the resistance of one pedal at a time. Hold the resistance bracket with one hand, and lift the pedal with the other hand. To decrease the resistance, move the bracket closer to the upright; to increase the resistance, move the bracket farther away from the upright. Make sure that the bracket is fully inserted into one of the slots under the pedal. Change the resistance of the other pedal in the same manner, making sure that the resistance brackets are in the same position on both pedals.

WARNING: The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them.



CONSOLE OPERATION

The console features a five-mode electronic monitor to provide you with continuous feedback as you exercise. Please read these instructions before operating the monitor.

DESCRIPTION OF THE MODES

SPEED—Displays your current speed, in steps per minute.

TIME—Displays the elapsed time. Note: If you stop exercising for ten seconds or longer, the TIME mode will pause until you resume.

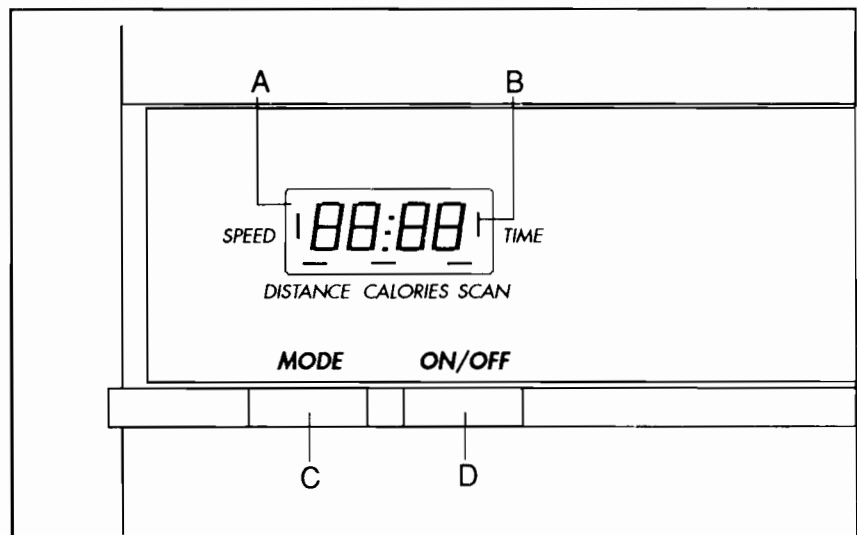
DISTANCE—Displays the total number of steps you have completed.

CALORIES—Displays the total number of nutritional Calories you have burned. Note: The number displayed is an averaged figure. The actual number may vary depending on the stepping resistance.

SCAN—Displays all of the above modes, for five seconds each, in a repeating cycle.

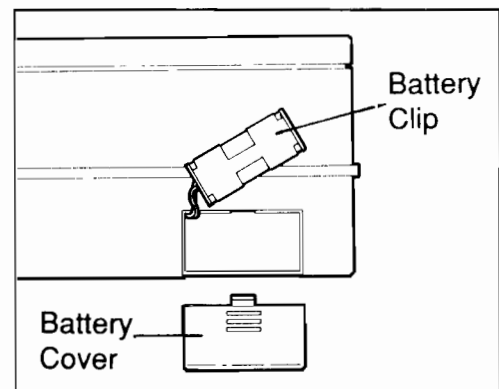
MONITOR DIAGRAM

- A. LCD display.
- B. Mode indicators—Show which mode is currently selected.
- C. Mode button—Selects modes.
- D. On/off button—Turns the power on and off.



BATTERY INSTALLATION

The console requires two "AA" batteries (not included) for operation; alkaline batteries are recommended. The battery compartment is located on top of the console near the right side. Slide the battery cover open and remove the battery clip from the console. Find the markings inside the battery clip showing which direction the batteries must be turned. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.



OPERATING THE MONITOR

1. If there is a piece of clear plastic film on the LCD display, remove it before operating the monitor. To turn the power on, press the on/off button or simply begin stepping. 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.

SPEED, TIME, DISTANCE or CALORIES mode—These modes can be selected by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. The modes are selected in the following order: SPEED, TIME, DISTANCE, CALORIE and SCAN.

3. To reset the modes, turn the power off and then on again by pressing the on/off button.
4. To turn the power off, press the on/off button. Note: If the stepper pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically.

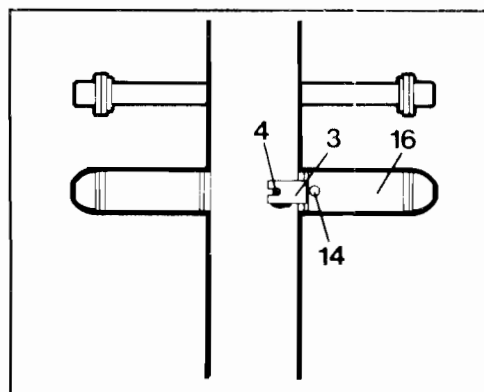
TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the stepper. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the console.

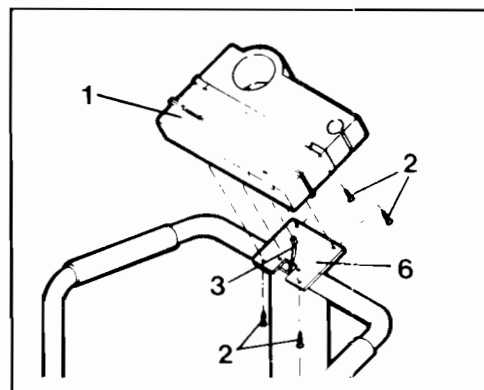
CONSOLE

If the console does not function properly, or if the display becomes faint, the batteries should be replaced. See BATTERY INSTALLATION on page 7.

If the electronic monitor displays incorrect feedback, the Reed Switch (3) should be repositioned. Loosen the Reed Switch Screw (4). Push the Left Pedal Arm (16) down until it is parallel with the floor. Adjust the position of the Reed Switch so there is a **3/16" gap** between the Reed Switch and the Magnet (14). Tighten the Reed Switch Screw.



If the electronic monitor still displays incorrect feedback, the Sensor Wire (3) should be checked. Remove the four 3/4" Screws (2) attaching the Console (1) to the Upright (6). Make sure the Sensor Wire is plugged fully into the wire protruding from the Console. Reattach the Console to the Upright.

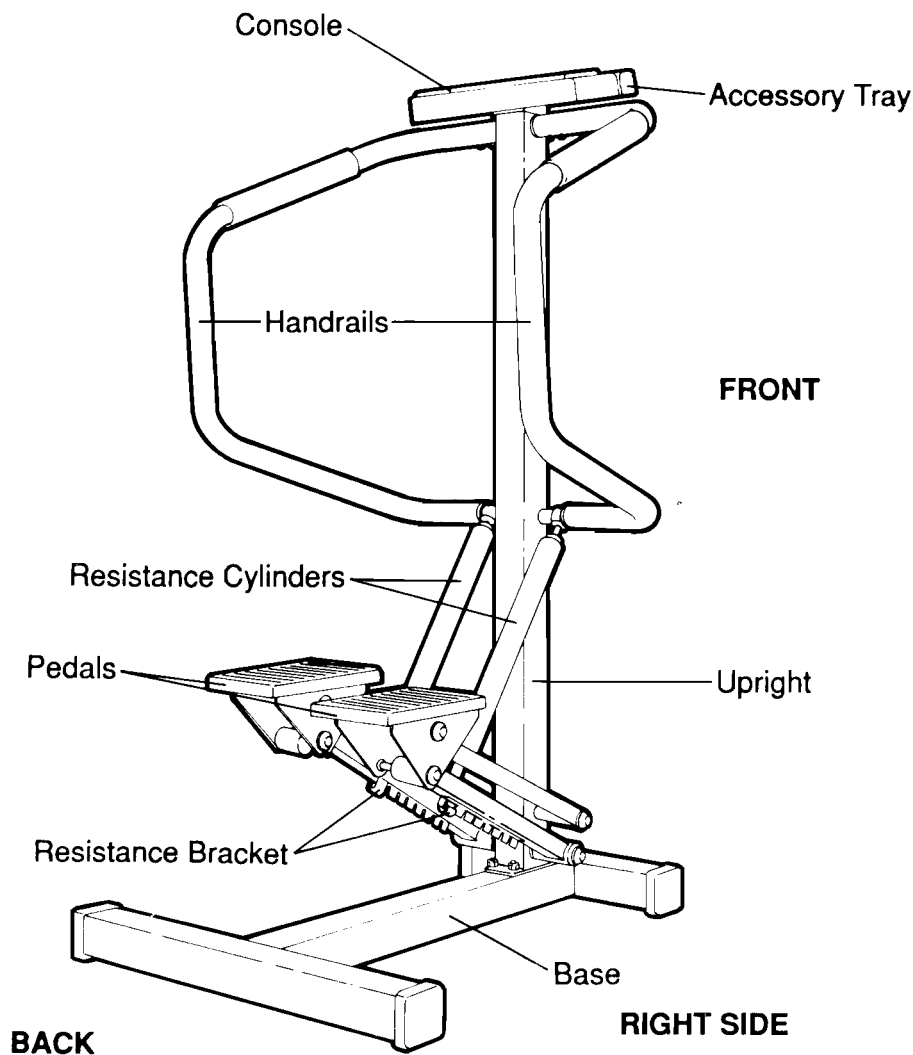


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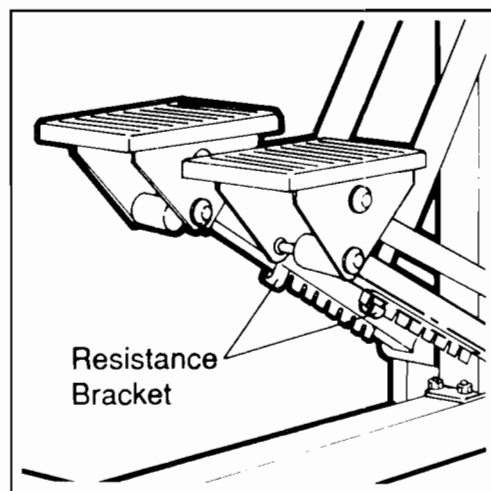
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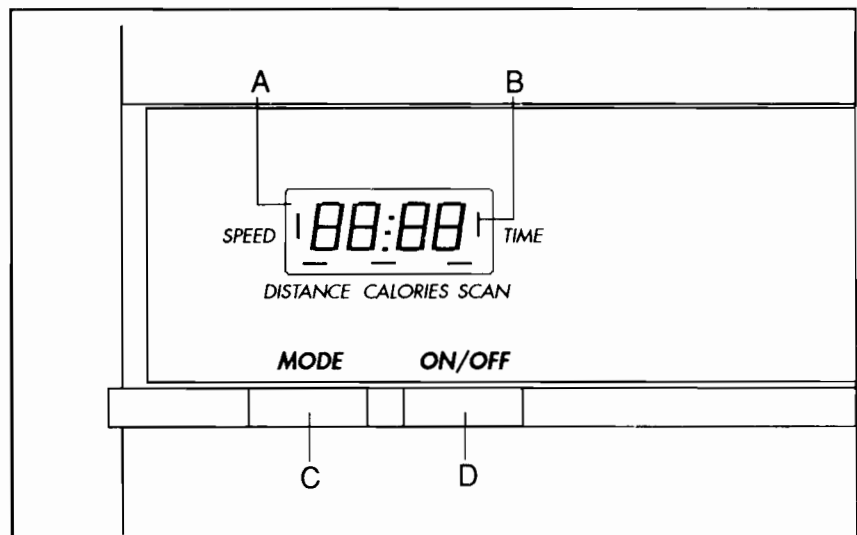
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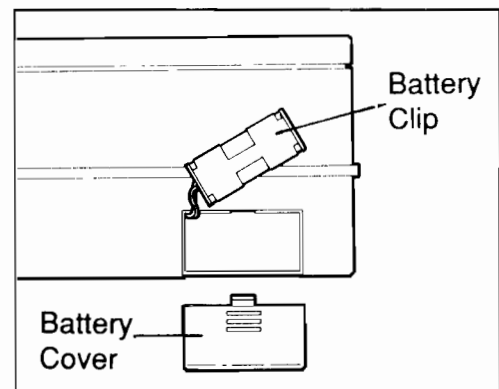
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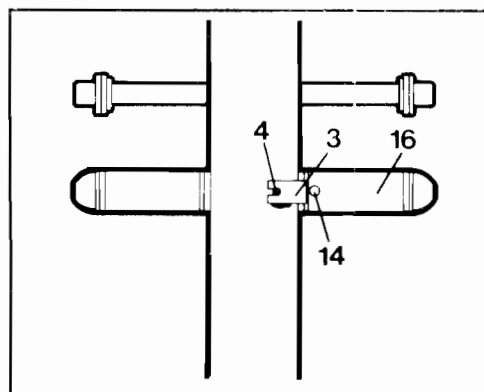
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