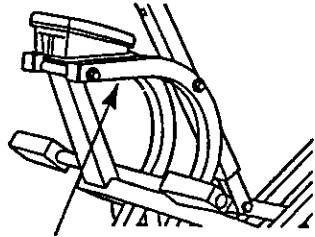


# **Lifestyler<sup>®</sup>** **by HEALTHRIDER<sup>®</sup>**

Model No. 831.287922

Serial No. \_\_\_\_\_

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



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. Save this manual for future reference.

## **USER'S MANUAL**



# **SEARS**

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 LIFESTYLER® by HEALTHRIDER®.

1. Read all instructions in this manual before using the LIFESTYLER®.
2. It is the responsibility of the owner to ensure that all users of the LIFESTYLER® are adequately informed of all precautions.
3. The LIFESTYLER® should not be used by persons weighing more than 250 pounds.
4. Keep children and pets away from the LIFESTYLER® at all times.
5. Place the LIFESTYLER® on a level surface during use. Cover the floor beneath the LIFESTYLER® to protect it.
6. Regularly inspect and tighten all parts of the LIFESTYLER®.
7. When exercising, do not wear loose clothing that could become caught on the LIFESTYLER®. Always wear athletic shoes.
8. The total weight of the user and the added weights should not exceed 300 pounds.
9. Use the LIFESTYLER® only as described in this manual.
10. The LIFESTYLER® is intended for home use only. Do not use the LIFESTYLER® in any commercial, rental, or institutional setting.

**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.

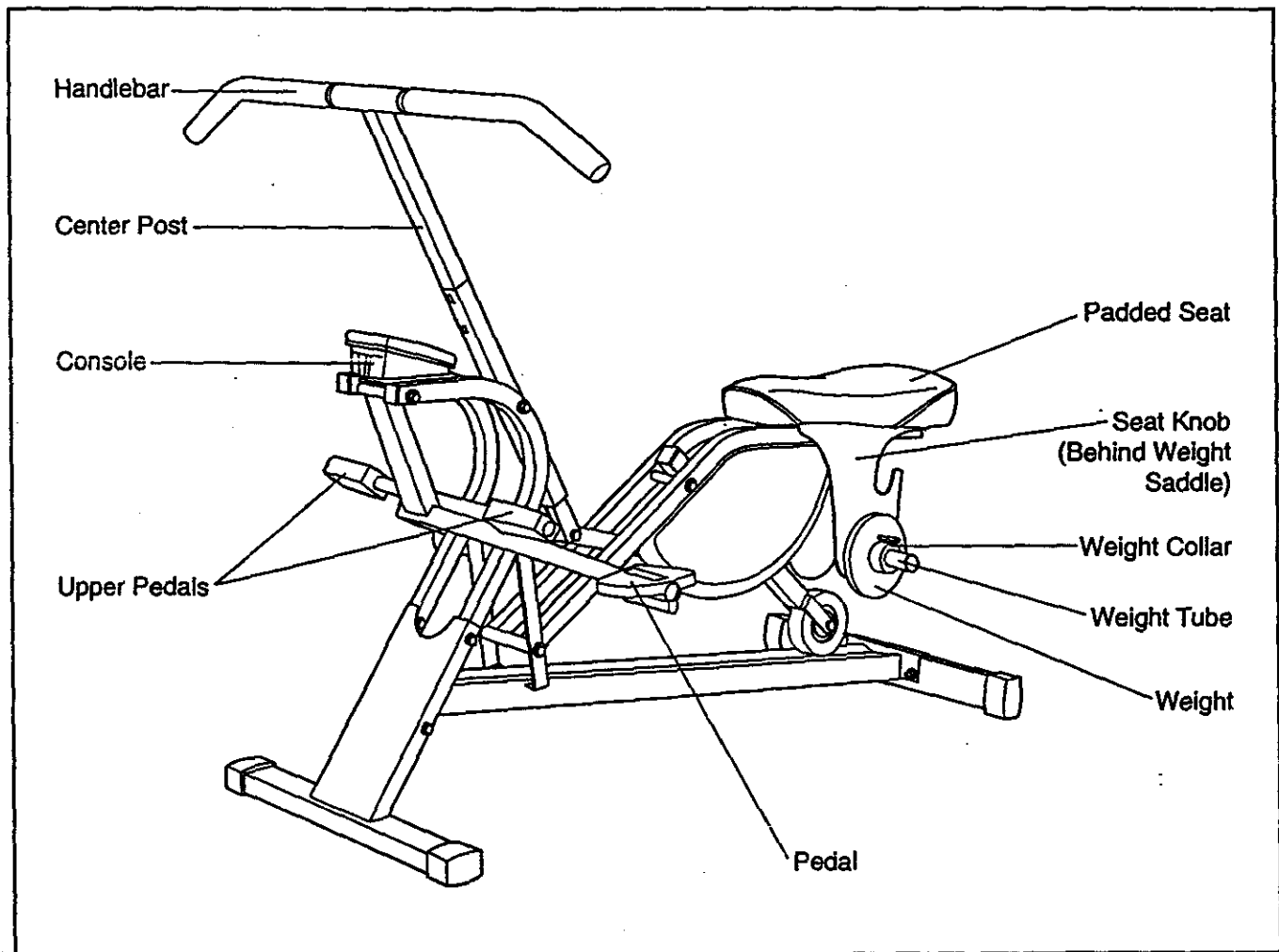
# BEFORE YOU BEGIN

Thank you for selecting the new LIFESTYLER® by HEALTHRIDER®. The LIFESTYLER® offers a unique form of low-impact exercise that uses both the upper body and the lower body for greater cardiovascular benefits and increased toning.

For your benefit, please read this manual carefully before using the LIFESTYLER® by HEALTHRIDER®. 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 831.287922. The serial number can be found on a decal attached to the LIFESTYLER® (see the front cover of this manual).

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




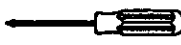
# ASSEMBLY

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

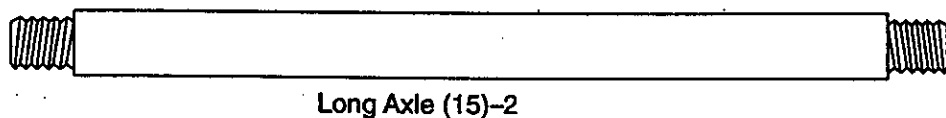
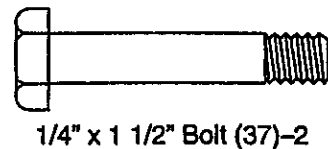
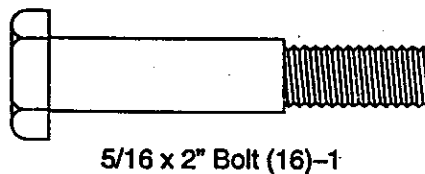
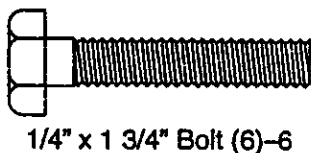
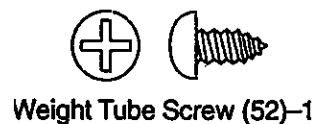
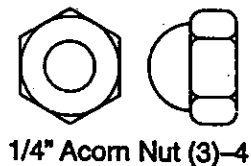
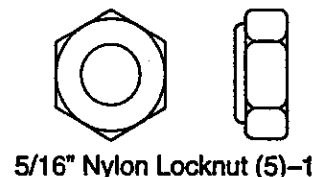
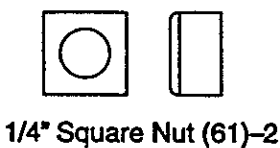
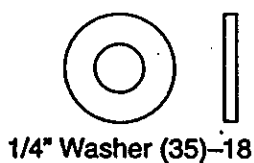
- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the part identification chart below. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- During assembly, make sure that all parts are oriented as shown in the drawings.

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

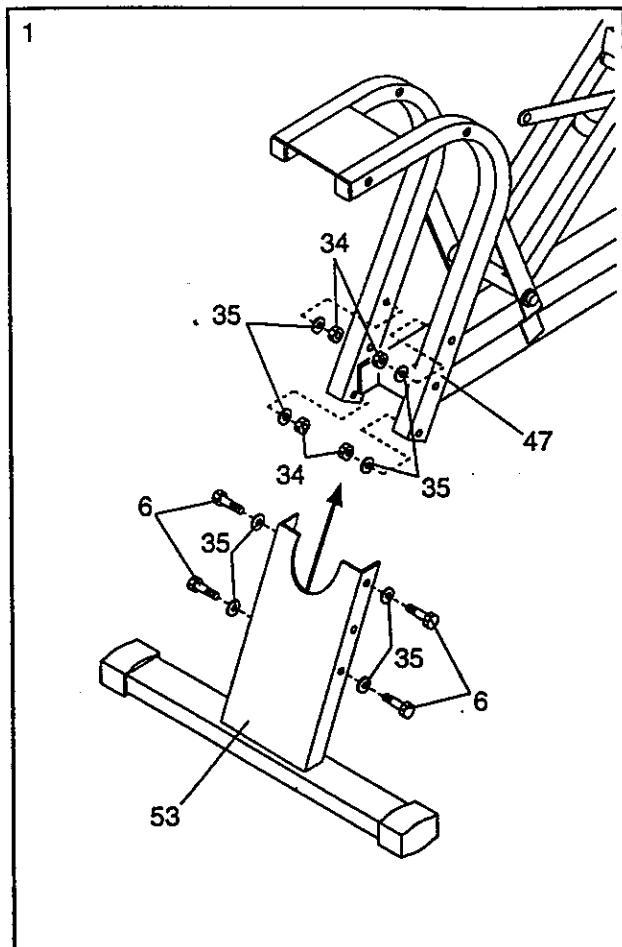
- Two (2) adjustable wrenches 
- One (1) phillips screwdriver 
- You will also need some lubricant, such as petroleum jelly or grease.

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

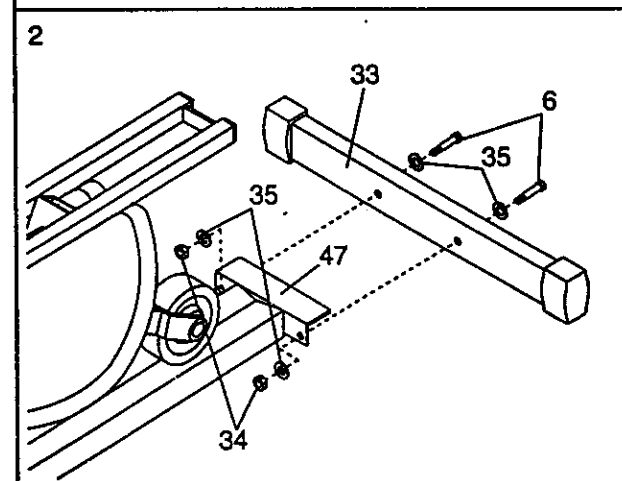


1. Before beginning assembly, be sure that you have read and understand the information on the previous page.

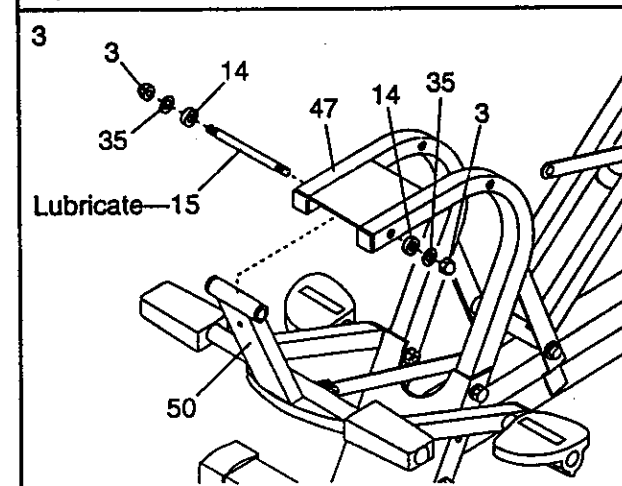
Attach the Front Stabilizer (53) to the Main Frame (47) with four 1/4" x 1 3/4" Bolts (6), eight 1/4" Washers (35), and four 1/4" Nuts (34).



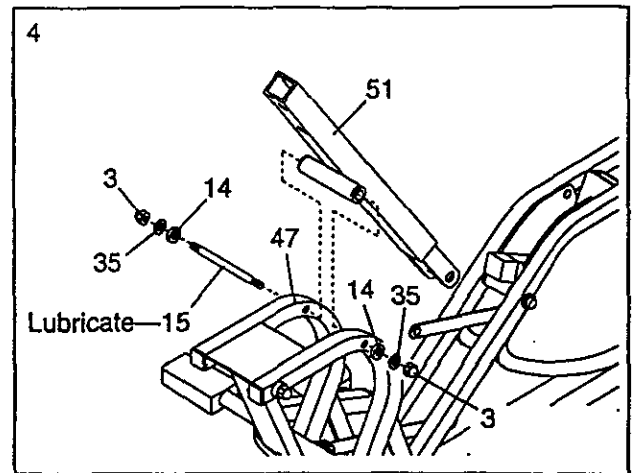
2. Attach the Rear Stabilizer (33) to the Main Frame (47) with two 1/4" x 1 3/4" Bolts (6), four 1/4" Washers (35), and two 1/4" Nuts (34).



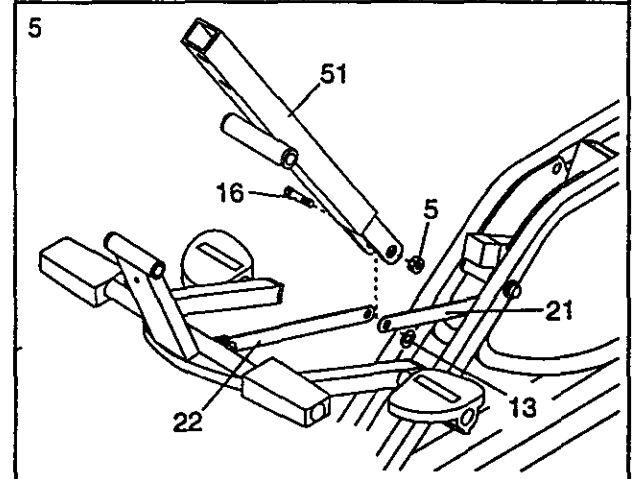
3. Lubricate a Long Axle (15). Attach the Pedal Frame (50) to the Main Frame (47) with the Long Axle, two Rubber Shield Washers (14), two 1/4" Washers (35), and two 1/4" Acorn Nuts (3).



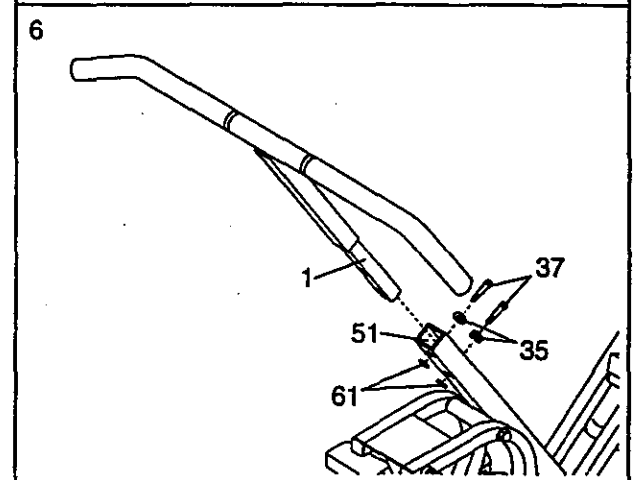
- Lubricate a Long Axle (15). Attach the Pivot Arm (51) to the Main Frame (47) with the Long Axle, two Rubber Shield Washers (14), two 1/4" Washers (35), and two 1/4" Acorn Nuts (3).



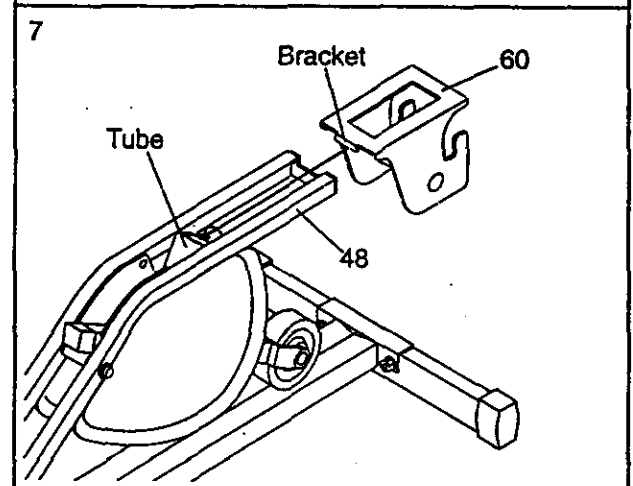
- Attach the Long and Short Link Arms (21, 22) to the Pivot Arm (51) with the 5/16" x 2" Bolt (16), the Large Plastic Washer (13), and the 5/16" Nylon Locknut (5). The Large Plastic Washer (13) must be on the indicated side of the Short Link Arm (22). Note: Part of the Main Frame is not shown in this drawing for easier part identification.



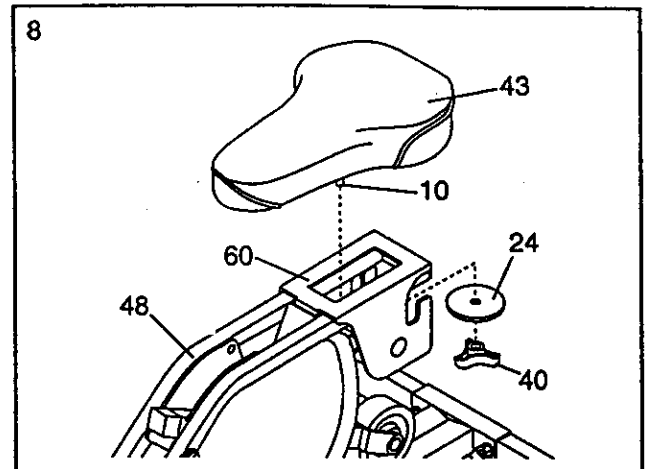
- Attach the Handlebar (1) to the Pivot Arm (51) with two 1/4" x 1 1/2" Bolts (37), two 1/4" Washers (35), and two 1/4" Square Nuts (61).



- Slide the Weight Saddle (60) onto the Seat Frame (48). The Indicated bracket on the Weight Saddle must be inserted into the tube on the Seat Frame.



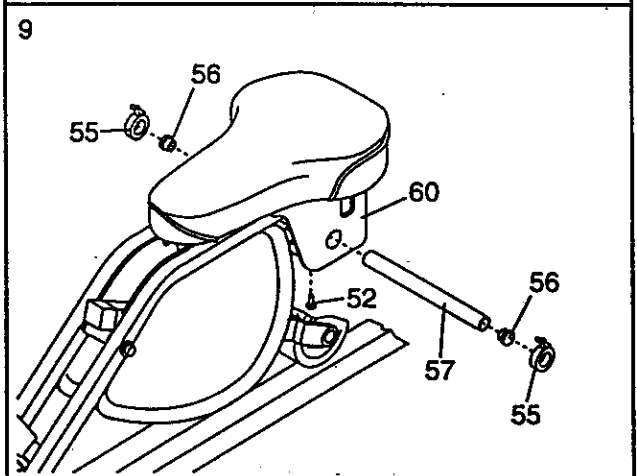
8. Insert the Seat (43) into the Weight Saddle (60). Slide the 1/8" x 2 3/4" Washer (24) onto the Seat Bolt (10). Tighten the Seat Knob (40) onto the Seat Bolt until the Washer is secure against the Seat Frame (48).



9. Press a 1" Round Endcap (56) into each end of the Weight Tube (57).

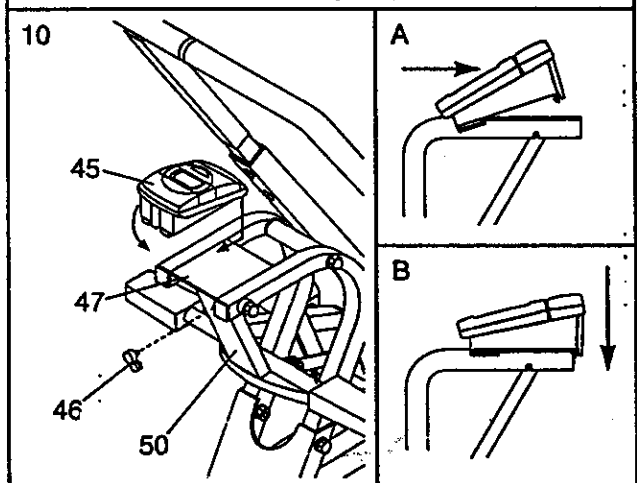
Insert the Weight Tube (57) through the Weight Saddle (60). Center the Weight Tube in the Weight Saddle. Thread the Weight Tube Screw (52) fully into the drilled hole in the Weight Saddle to secure the Weight Tube.

Slide a Weight Collar (55) onto each side of the Weight Tube. Tighten the Weight Collars.

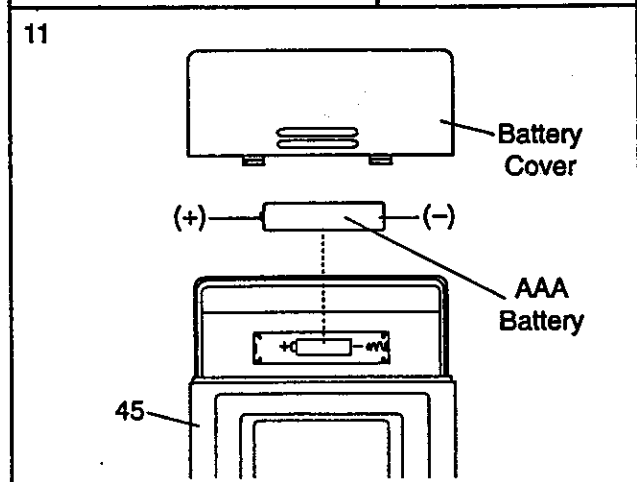


10. Press the Magnet/Bracket (46) onto the Pedal Frame (50) as shown.

Slide the Console (45) fully onto the Main Frame (47) as shown in inset drawing A. Press down on the Console as shown in inset drawing B until it snaps into place.



11. Remove the battery cover from the Console (45). Insert a new AAA battery into the Console. Identify the negative (-) and positive (+) ends of the battery. The spring in the battery compartment should touch the negative end of the battery.

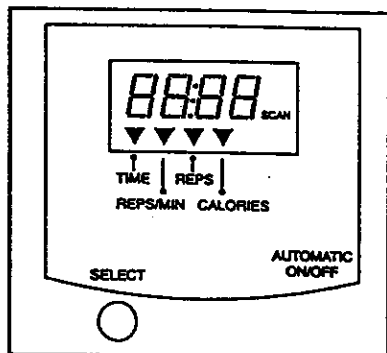


# ADJUSTMENT AND OPERATION

## DESCRIPTION OF THE MONITOR

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

- 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.



- Reps/Min—Displays your repetitions per minute.
- Reps—Displays the total number of repetitions you have completed, up to 3999. The display will then reset to zero and continue counting.
- Calories—Displays the approximate number of Calories you have burned.
- 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 select button or simply begin exercising. When the power is turned on, the display will be in the time mode. The monitor will be ready for operation.
2. Select one of the five modes:

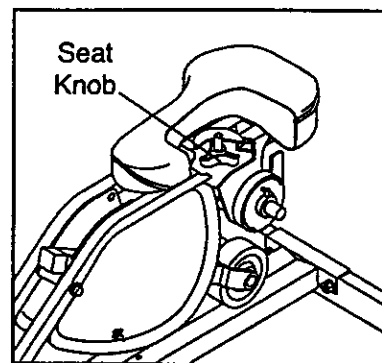
Time, reps/min, reps, or calories mode—These modes can be selected by repeatedly pressing the select button. The mode indicators will show which mode has been selected. The modes will be selected in the following order: time, reps/min, reps, calories.

Scan mode—When the scan mode has been selected, the scan indicator will appear, and a mode indicator will show which mode is currently displayed. The scan mode can be selected by repeatedly pressing the select button.

3. The monitor has an "auto-off" feature. If the pedals are not moved and the select button is not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.

## ADJUSTING THE SEAT

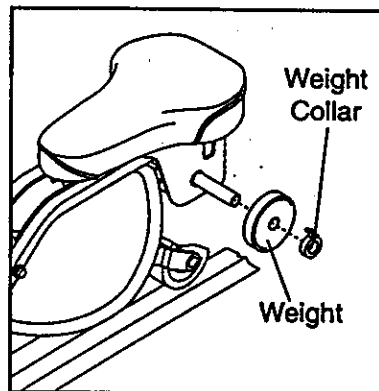
The position of the seat can be adjusted to accommodate each user. To adjust the seat, loosen the knob underneath the seat. Set the seat to the desired position. Retighten the knob to hold the seat in place. Note:



*With the handlebar pulled into the stomach, the seat is adjusted properly when your legs are straight without locking your knees.*

## ADDING AND REMOVING WEIGHT FROM THE WEIGHT TUBE

The LIFESTYLER® has been designed with a weight tube, to intensify your workout according to your personal fitness level. To increase your workout intensity, weights can be added to the weight tube. To add weights,



remove the weight collars from the weight tube. Slide the desired amount of weight onto the tube. Secure the weights with the weight collars. Note: An equal amount of weight should be on each side of the weight tube. Also, the total combined weight of the user and added weights should not exceed 300 pounds.

## PROPER EXERCISE FORM

Learning how to properly use the LIFESTYLER® is vital to the success of your exercise program. On the following pages are photographs of the many positions which you can use to get the maximum benefit from the LIFESTYLER®.

In addition, we offer the following tips to help you get the most from your exercise routine:

- Always start each exercise session in the standard workout position to warm up.



- You should be able to feel yourself pivot or bend from the hip, not from the back. Don't round your back as the bar moves forward.
- Always place the ball of each foot in the center of each pedal.
- Always bring the handlebar as close to your stomach or rib cage as possible. If you are new to exercise, don't extend the bar too far forward for the first few weeks of your exercise program. As your back becomes stronger and more flexible, allow the handlebar to travel farther forward for increased range-of-motion.
- Change grip positions and toe positions often to add a variety and balance to each workout.
- Thumbs can be placed next to the first finger or wrapped around the handlebar. Use these thumb positions interchangeably during each workout session for greater forearm endurance.

## 1 STANDARD WORKOUT POSITION

We strongly recommend that you begin every exercise session in this position. As a warm-up, it provides a balanced workout, distributing the emphasis between upper and lower body. Vary emphasis by pulling more with the arms or pushing more with the legs. Keep your back vertical and upright at all times. You should also vary your hand grip to target certain muscle groups. For example, a wide overhand grip will target your shoulders; a close overhand grip (shown) will target your triceps; and a close underhand grip will target your biceps.

**Muscles affected: All Major Muscle Groups**



## 2 WRIST ROLL

As your strength increases, you'll want to challenge yourself by toning your forearms even more. Use the wrist roll with either the close or wide overhand grip. As you pull the handlebar toward your stomach, roll your knuckles forward in a smooth motion.

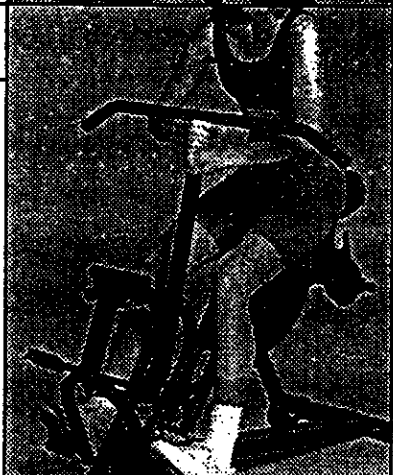
**Muscles affected: Forearm Flexors**



## 3 CENTER POST GRIP

Grip the center post high with one hand above the other. Perform ten repetitions. Change your hand positions and perform the same number of repetitions. For greater emphasis try one hand at a time.

**Muscles affected: Biceps and Chest**



## 4 TOES STRAIGHT

Place the ball of each foot in the middle of each pedal. Push with your toes pointed forward, then pull your feet back with toes up and heels down. This tones the lower legs. Start with just a few minutes per session and gradually increase with each workout.

**Muscles affected: Shins and Calves**



## 5 TOES TURNED

The direction which your toes are turned will vary the effect of your workout. If your toes are turned slightly in while pointing and flexing, this emphasizes the outer calves. If your toes are turned slightly out while pointing and flexing, this emphasizes the inner calves. You can also turn your toes out and open your knees to tone your inner thighs. Regardless of which toe position you choose, always keep your kneecap in line with your toes.

**Muscles affected: Calves and Thighs**



## 6 UPPER BODY EMPHASIS

Place your feet on the upper pedals and choose any grip.

**Muscles affected: Arms, Upper Back, and Chest**



## 7 LOWER BODY EMPHASIS

Grip the center post low and place your feet on the lower pedals. For more emphasis on the stomach, tighten your abs and pull them in.

**Muscles affected: Abdomen, Legs, and Lower Back**



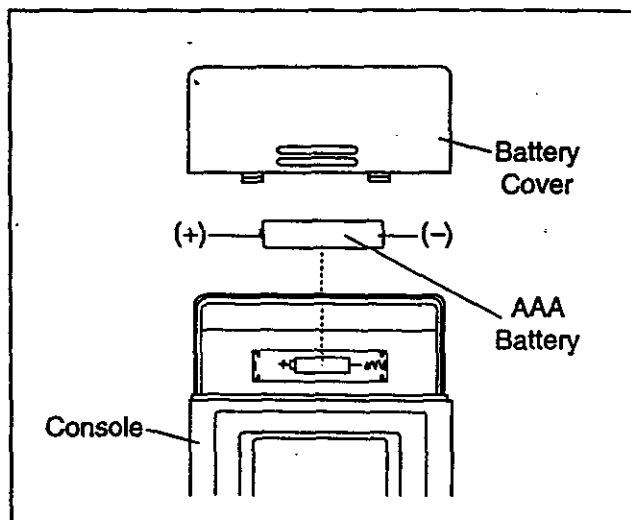
# MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the LIFESTYLER® by HEALTHRIDER® regularly. Keep the console out of direct sunlight or the display may be damaged. The LIFESTYLER® can be cleaned with a soft, damp cloth. Do not use solvents. Keep liquid away from the console. When storing the LIFESTYLER®, remove the battery from the console.

## HOW TO REPLACE THE BATTERIES

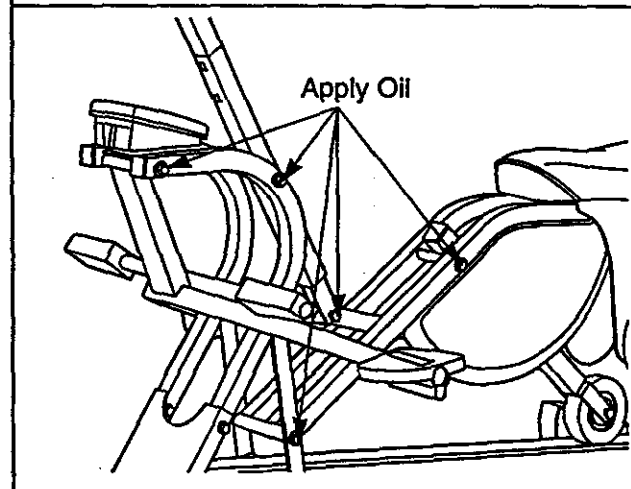
If the display of the console becomes dim, the AAA battery should be replaced. Remove the battery cover from the console. Remove the old battery. Insert a new battery into the console. Identify the negative (-) and positive (+) ends of the battery. The spring in the battery compartment should touch the negative end of the battery.

Re-attach the battery cover to the console.



## HOW TO LUBRICATE THE LIFESTYLER®

Every three months, a small amount of light multi-purpose oil should be applied to the LIFESTYLER®. Apply a few drops of oil between the axle caps or acorn nuts and the frame in the locations shown at the right. Make sure to apply oil to both sides of the LIFESTYLER®.



# CONDITIONING GUIDELINES

The following general 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

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.

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

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, look above your age and find the three numbers in light grey boxes. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

### Fat Burning

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 ener-

gy. 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 your pace until your heart rate is near the lowest number in your training zone as you exercise.

### Maximum Fat Burning

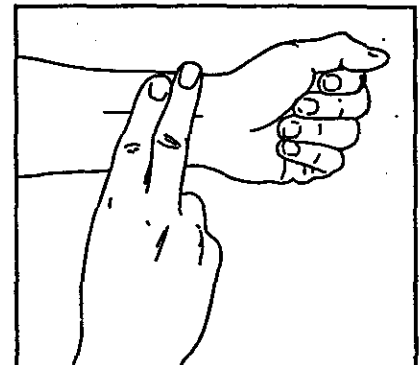
For increased fat burning, adjust your pace until your heart rate is near the middle number in your training zone as you exercise.

### 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 your pace until your heart rate is near the highest 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.)



Adjust your pace until your heart rate is at the desired level.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate, and circulation in preparation for strenuous exercise. (Refer to SUGGESTED STRETCHES on page 13.)

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (See the chart on page 12 to find your training zone.)

**A cool-down**, with 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercising. A proper cool-down should

leave you 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. The key to success is make exercise a regular and enjoyable part of your everyday life.

## 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 both legs. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

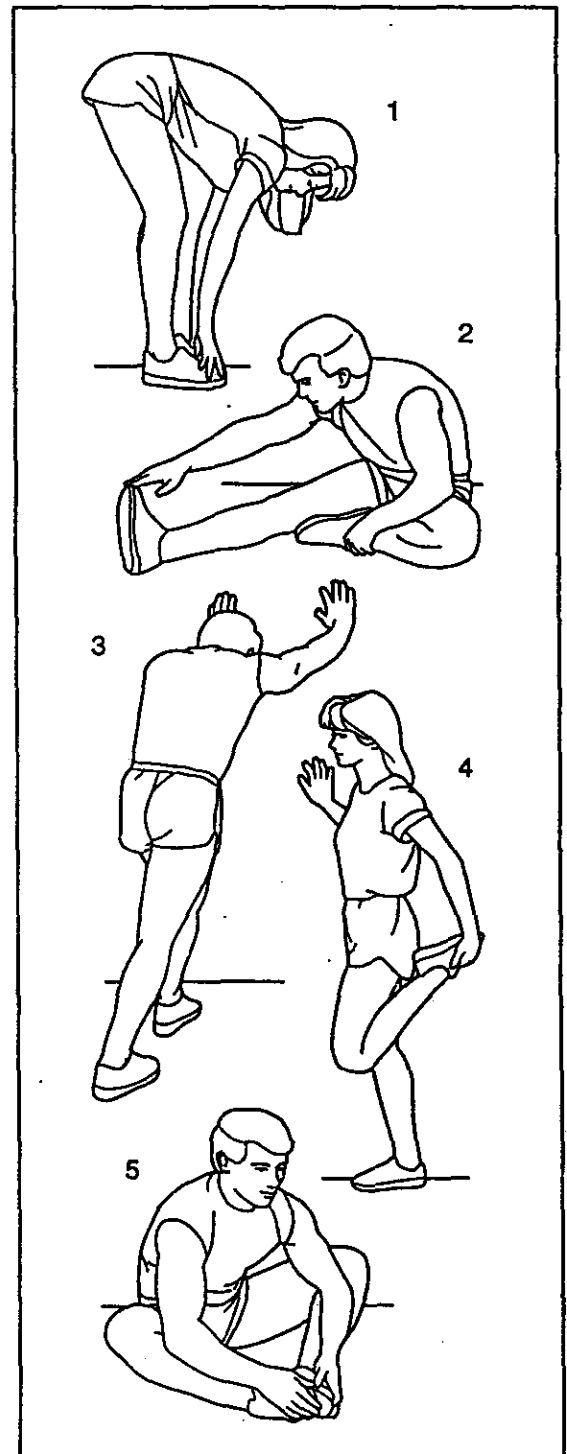
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further 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 both legs. 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. 831.287922

R0397A

14

Key No.	Qty.	Part No.	Description	Key No.	Qty.	Part No.	Description	Key No.	Qty.	Part No.	Description
1	1	133908	Handlebar w/Foam	27	4	137420	Bushing	53	1	133911	Front Stabilizer
2	2	133575	Handgrip	28	1	133912	Left Side Shield	54	4	134949	3/8" Axle Cap
3	4	137184	1/4" Acorn Nut	29	1	133913	Right Side Shield	55	2	134221	Weight Collar
4	1	133576	Center Post Grip	30	4	133828	Side Shield Fastener	56	2	125022	1" Round Endcap
5	4	100427	5/16" Nylon Locknut	31	4	136124	Long Pivot Bushing	57	1	134946	Weight Tube
6	6	116888	1/4" x 1 3/4" Bolt	32	2	133635	Foot Pedal Endcap	58	2	123131	Weight Tube Bushing
7	5	133946	Foot Pad Endcap	33	1	133667	Rear Stabilizer	59	2	133898	Weight
8	1	133577	Spacer	34	6	121576	1/4" Nut	60	1	135013	Weight Saddle
9	1	133578	Bumper Pad Plate	35	18	014063	1/4" Washer	61	2	134930	1/4" Square Nut
10	1	134092	Seat Bolt	36	2	133940	Pedal Bolt	62*	1	134139	Weight Set
11	2	013060	5/16" x 3/4" Bolt	37	2	137159	1/4" x 1 1/2" Bolt	#	1	137161	User's Manual
12	4	137162	Short Pivot Bushing	38	2	133633	Upper Pedal				
13	5	133581	Large Plastic Washer	39	2	133634	Upper Pedal Endcap				
14	8	014025	Rubber Shield Washer	40	1	133937	Seat Knob				
15	2	137186	Long Axle	41	1	133931	Left Foot Pedal				
16	1	137182	5/16" x 1 1/4" Bolt	42	1	133932	Right Foot Pedal				
17	1	137419	Seat Frame Axle	43	1	133934	Seat				
18	1	133821	Wheel Frame Axle	44	1	133834	Wheel				
19	1	137183	Wheel Bolt	45	1	135968	Console				
20	2	137181	5/16" x 7/8" Bolt	46	1	134923	Magnet W/Bracket				
21	1	133840	Long Link Arm	47	1	NSP	Main Frame				
22	1	133842	Short Link Arm	48	1	NSP	Seat Frame				
23	1	133614	Seat Bracket	49	1	133721	Wheel Frame				
24	1	133615	3/8" x 2 3/4" Washer	50	1	133916	Pedal Frame				
25	1	117545	Wheel Frame Endcap	51	1	133574	Pivot Arm				
26	6	133616	1" Square Endcap	52	1	130659	Weight Tube Screw				

\* Includes all parts shown inside the box.

# 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.



# SEARS

Model No. 831.287922

## QUESTIONS?

If you find that:

- you need help assembling or operating the LIFESTYLER® by HEALTHRIDER®
- 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 LIFESTYLER® by HEALTHRIDER® 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 (831.287922).
- The NAME of the product (LIFESTYLER® by HEALTHRIDER®).
- The PART NUMBER of the PART (see pages 14 and 15 of this manual).
- The DESCRIPTION of the PART (see pages 14 and 15 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 Service Center 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