

SEARS

OWNER'S MANUAL

MODEL NO.
806.288840

EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!
1-800-736-6879

CAUTION: Read and follow
all instructions in this manual
before using this equipment.
Keep this manual for future
reference.



SEARS *Lifestylor*

Whisper Air II Exercise Bike

- assembly
- operating
- adjustments
- maintenance

CONSUMER INFORMATION

IMPORTANT: Record all information on label located on the lower frame or on the bottom of the frame. Use this information with each request for warranty service or for replacement parts.

DATE PURCHASED 10-5-95

WHERE _____

MODEL NO. R 9904 SH 9A25IE

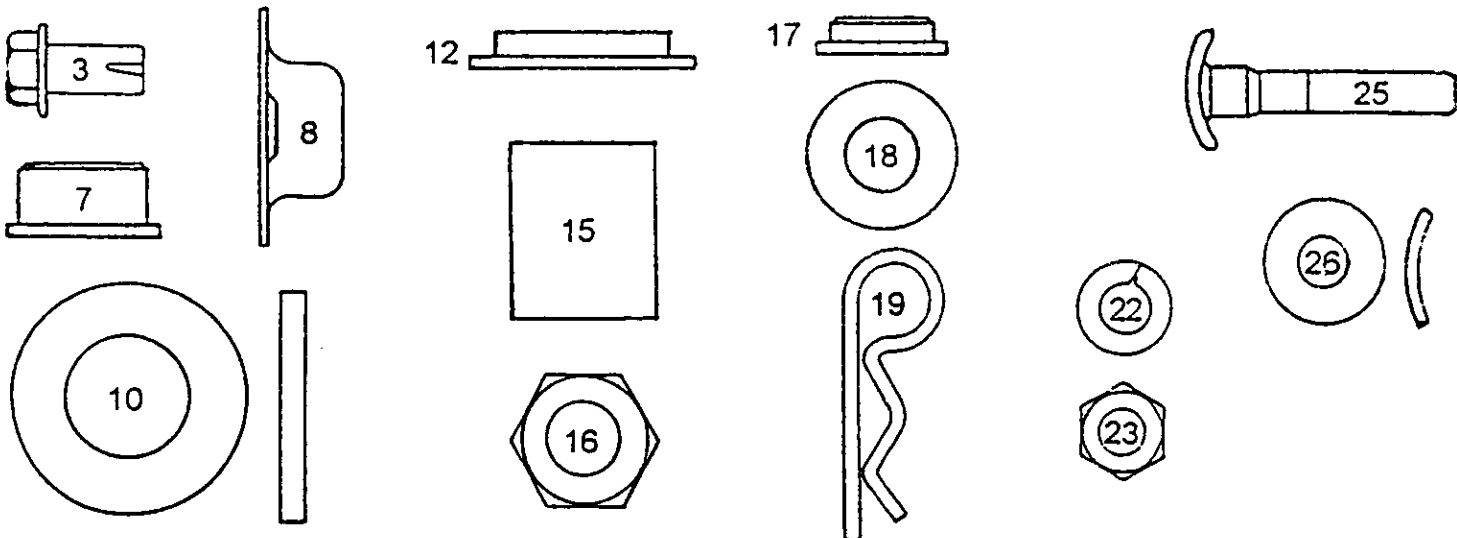
THIS PRODUCT MUST BE ASSEMBLED ONLY BY AN ADULT PRIOR TO USE.

Prior to undertaking any exercise or program of exercise that requires a major increase in physical activity, consultation with a competent medical authority is strongly recommended. In addition, anyone who has a physical handicap, who suffers from a prolonged illness, or who has increased risk factors such as obesity, hypertension, cardio-circulatory problems, etc., should consult a competent medical authority before undertaking any exercise or engaging in a continuing program of exercising.

*When using your exerciser, it **MUST** be placed on a padded surface such as a carpeted floor or on a thick rug. This will help prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.*

FASTENERS FOR ASSEMBLY

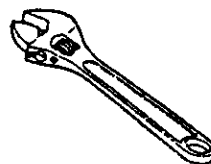
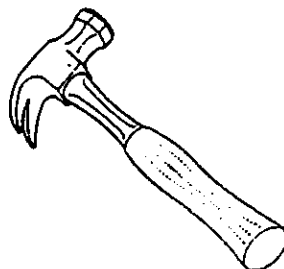
All fasteners shown below are approximately the actual size. Use the illustrations for measuring bolt lengths, etc. Some extra fasteners may be supplied with your unit. Lay out all unassembled parts, then group together all similar items.



TOOLS FOR ASSEMBLY

HAMMER

6" ADJUSTABLE WRENCH



2

ASSEMBLY INSTRUCTIONS

NOTICE: To quickly find the fasteners for assembly, refer back to the "fasteners section" found on the previous page. Group each similar fastener together. The numbers on each page match those in the "fasteners section".

Fig. 1

- A. Insert and "center" a crossmember (1) into frame (2).
- B. Align the hole in the crossmember with the hole in the frame fastening it with a screw (3).
- C. Attach the other crossmember (1) to the rear of the frame in the same way.
- D. Push a foot pad (4) onto each end of both crossmembers (1) to maximum depth.

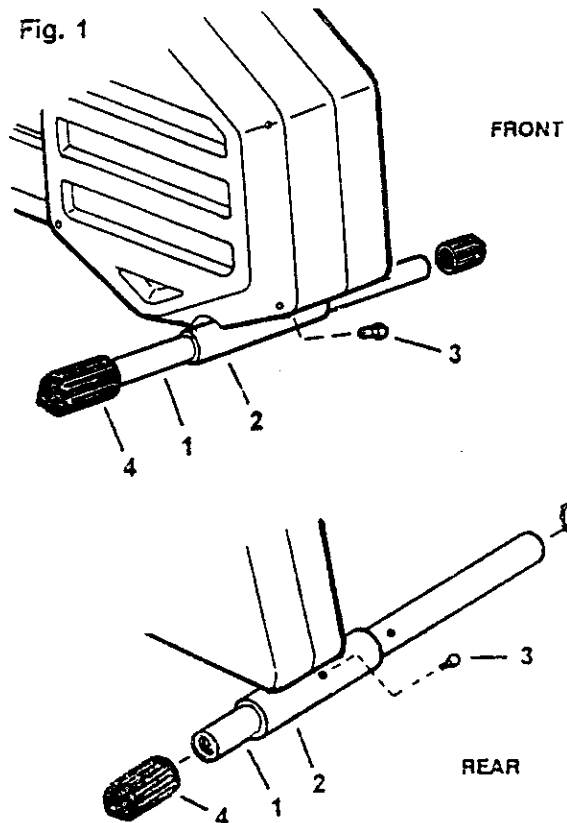


Fig. 2

Fig. 2

- A. Remove and discard the plastic shipping cap.
- B. In a small container mix three parts water with one part liquid detergent.
- C. Liberally apply the liquid to the inside of grips (6). Also, apply the liquid to the "grip areas" of both handlebars.
- D. Push and twist a grip (6) onto each handlebar as far as possible. *Do not use a hammer.*

After 2 or 3 hours the liquid will evaporate bonding the handlebars and grips together.

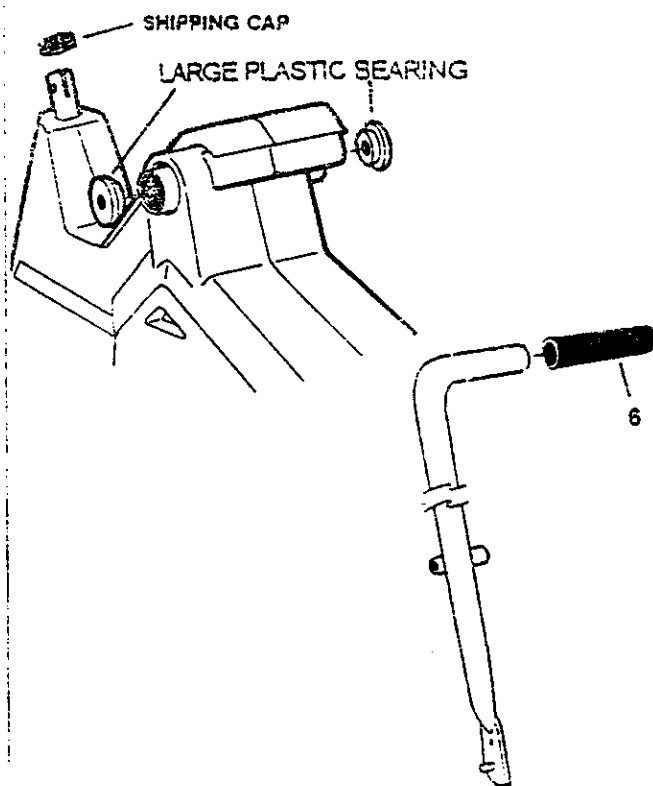


Fig. 1

- A. Hold a handlebar on the floor then gently tap a brass bushing (7) into each end of the pivot tube. Repeat this for the other handlebar.
- B. Tap a pushnut (8) onto one end of rod (9) then slide a metal spacer (10) onto the rod.
- C. When assembling a handlebar the "hand grip area" must face away from the unit. Align the pivot tube on handlebar (11) (marked "R") with the frame tube, then insert rod (9) through both tubes as far as possible.
- D. Carefully lower the "heavier top end" of the handlebar down toward the front of the unit.
- E. Slide the other handlebar (11a) (marked "L") onto rod (9) then put a metal spacer (10) onto the rod.
- F. If needed, have someone hold a solid object against the pre-assembled pushnut (8), while tapping another pushnut (8) onto the other end of the rod.

Fig. 1

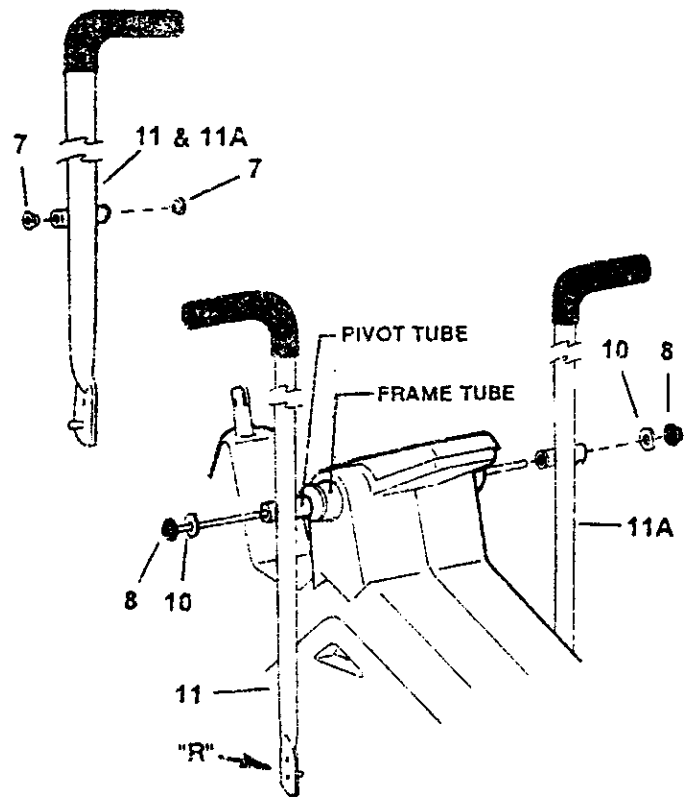
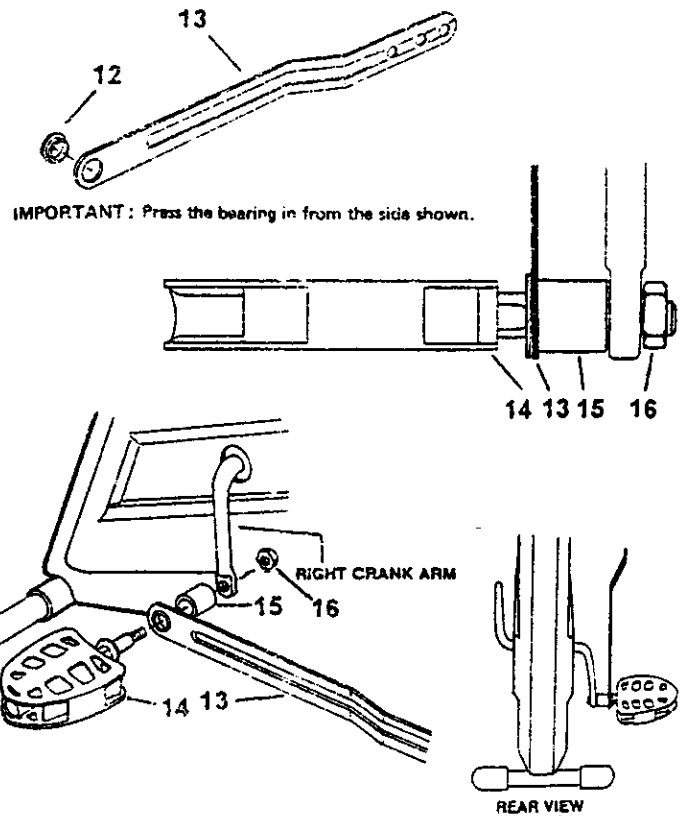


Fig. 2

- A. Press a large brass bushing (12) into cam arm (13).
- B. Before assembling the pedals look for an "R" label found on the right crank arm. If no label exists, the right or left side is determined from a riding position.
- C. Put cam arm (13) onto the pedal (14), (the one with the "bright silver" threaded end).
- D. Put a metal spacer (15) onto the pedal against the cam arm. Hold the spacer and cam arm in place against the pedal.
- E. From the right side of the unit, by hand, start the threaded portion of the pedal in a clockwise direction. Securely tighten the pedal against the crank arm.

Fig. 2



CAUTION: The pedal must be tightened securely against the crank arm.

- F. Thread a "silver plated" nut (16) onto the end of the pedal tightening it securely against the crank arm.
- G. Repeat all of the above for the left pedal turning the threads in a counter-clockwise direction. Use the black nut for this pedal.

Fig. 1

A. Select the desired hole in cam arm (13) pressing a small brass bushing (17) into the hole from the outside. The hole nearest the front of the cam arm gives you the shortest reach.

B. Slide cam arm (13), onto the "pin" on the inside of handlebar (11).

C. Put a washer (18) onto the "pin", then securely fasten the assembly with a cotter pin (19).

D. Repeat the above procedure for the other cam arm (13).

NOTE: You **MUST** move bushing (17) when changing the position of the handlebar.

Fig. 1

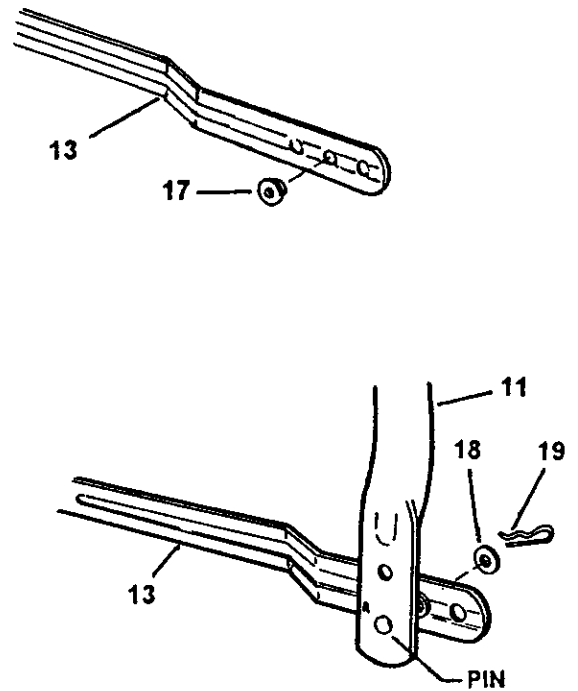


Fig. 2

A. Put seat (20) upside down on a table or floor. Place the mounting plate on post (21) down onto the bolts on the underside of seat (20). Post (21) **MUST** lean toward front of seat (20), (see the illustration).

B. Put a lockwasher (22) and nut (23) onto each bolt. Securely tighten each nut (23).

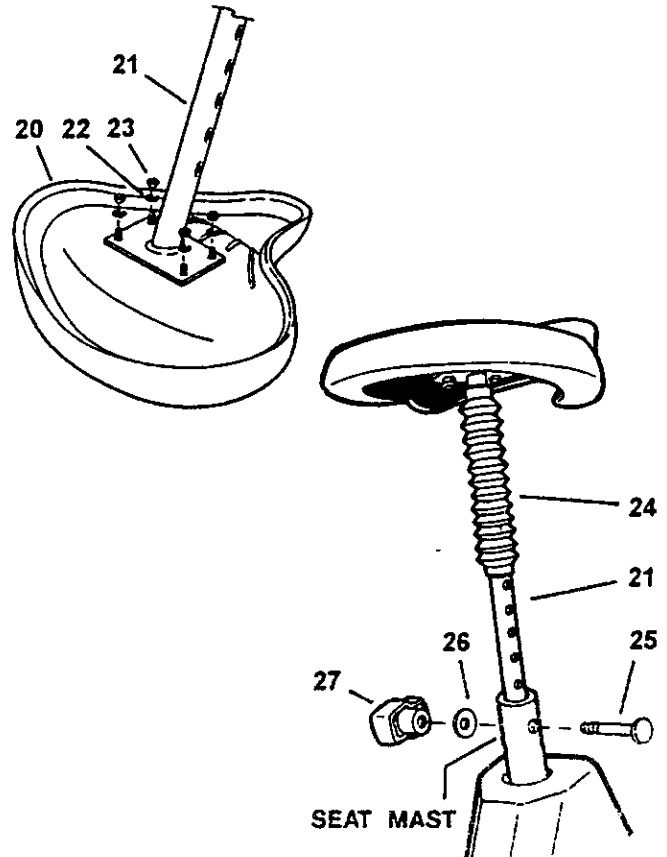
C. Slide the bellows (24) onto post (21). Insert post (21) into the seat mast.

PROPER SEAT HEIGHT - When sitting on the seat in a riding position, the knee should be slightly bent while the ball of the foot is on the pedal, with the pedal in its lowest position.

D. Adjust post (21) to the desired height, then securely fasten it with a bolt (25), convex washer (26), and wing nut (27).

NOTE: After the unit is completely assembled, if the seat appears to be turned to one side, loosen each nut (23); re-align the seat, then securely re-tighten each nut.

Fig. 2



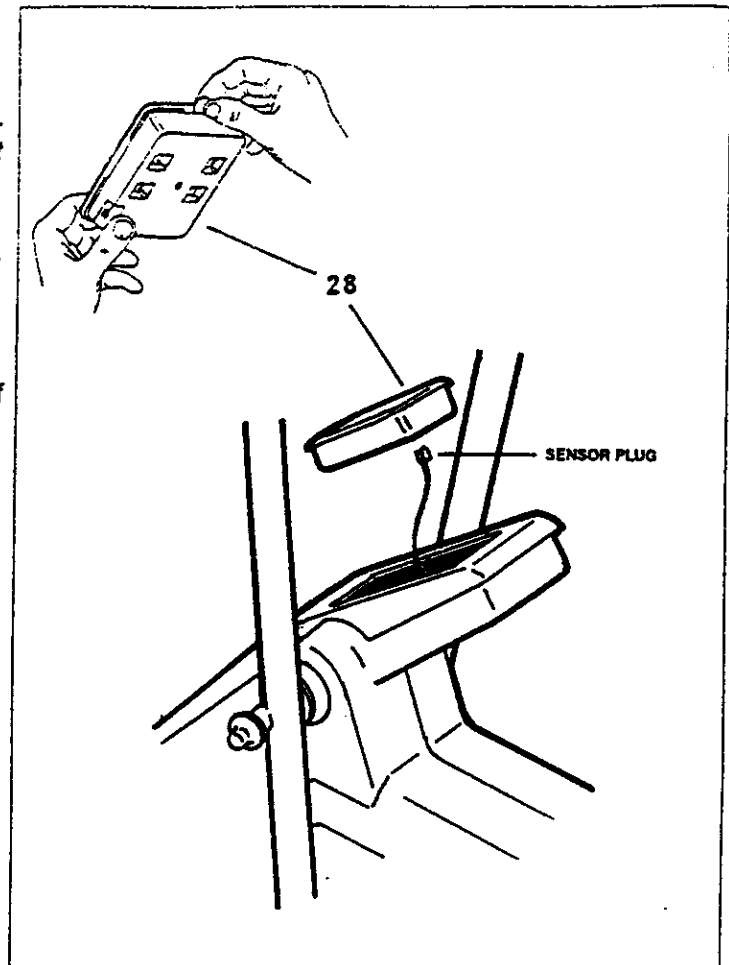
NOTE: Batteries are not covered under the warranty.

CAUTION: DO NOT use rechargeable batteries in the monitor! Using rechargeable batteries will cause a short circuit and destroy the monitor.

A. Use a coin to pry open the top of the monitor case then install two "AA" size batteries (not included). Install the batteries so the (+ & -) on the batteries are at the same ends as the (+ & -) on the inside of the battery case then replace the top.

B. Push the sensor plug into the "jack" on the underside of monitor (28).

C. Lower monitor (28) in place facing the rider position.



PEDAL RESISTANCE

To increase or decrease the pedal resistance, simply increase or decrease the pedaling speed.

MAINTENANCE

Clean your exerciser occasionally as needed using a damp cloth or sponge. A mild household cleaner can also be used, but do not use an abrasive powder or cleanser.

If your unit has been in use or stored for a long period of time, the chain and other moving metal parts may need oiling. Use a lightweight all-purpose oil. Do not oil plastic or nylon parts.

Store your unit in a clean dry place for long term storage.

SAFETY WARNINGS

1. Inspect your unit for loose, frayed, or missing parts before assembling it. Check all bolts and nuts for tightness before using your exerciser for the first time and at regular periods of time thereafter.
2. This unit has moving parts. In the interest of safety, keep others, especially children, away from the unit while it is in use.
3. This unit is not recommended for small children. Children and persons with a physical handicap should not use any exercise equipment without an adult present. Children should never be allowed near the unit at any time without an adult present.
4. Never wear loose fitting clothing that could become entangled with any moving part on this unit.
5. Do not over-do, especially when you first begin to workout.
6. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed during your workout.
7. Rest adequate periods of time between workouts. Muscles tone and develop during these rest periods. Beginners should workout at least twice a week and increase gradually up to 4 or 5 times per week.
8. Always wear proper shoes. Tie your shoe laces tight.
9. With extended use moving parts may become warm. Avoid touching the unit after use.
10. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterwards. This allows your heart rate to gradually increase and decrease normally.
11. When in use, the unit should be placed on a level non-skid surface.

BATTERY INSTALLATION / REPLACEMENT

CAUTION: DO NOT use rechargeable batteries in the monitor! Using rechargeable batteries will cause a short circuit and destroy the monitor.

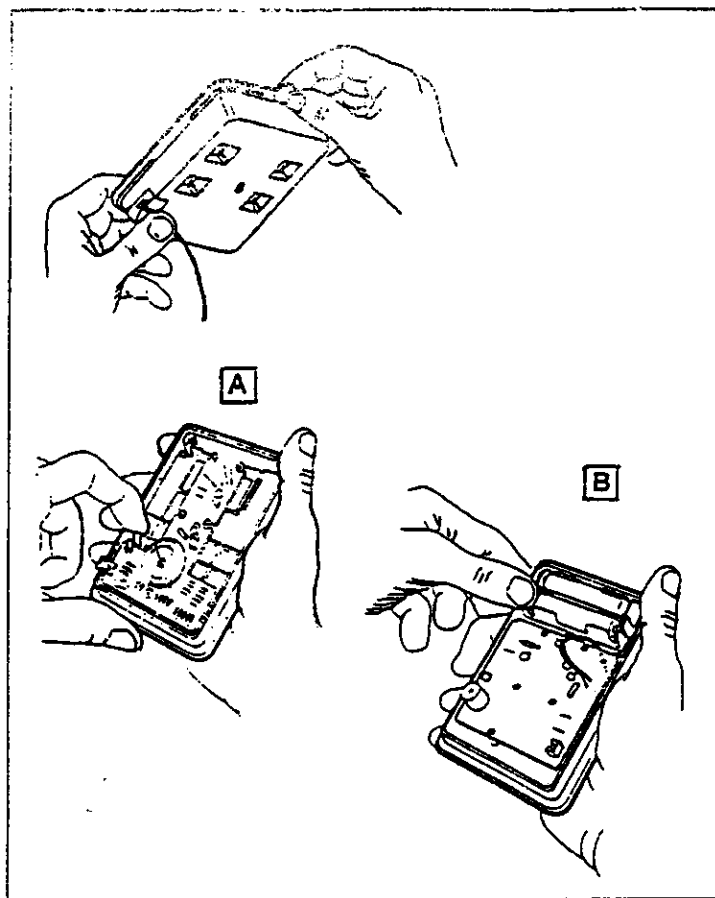
A. Use a thin coin to pry open top of the monitor case then install two "AA" size batteries (not included). Install the batteries so the (+ & -) on the batteries are at the same ends as the (+ & -) shown inside the battery case.

B. After the batteries are installed the monitor will begin scanning each function.

C. If you do not use the unit or press the button, after four minutes the monitor will stop scanning and nothing will appear on the display screen. This means the monitor is turned off.

NOTE: Removing the batteries will clear all stored data.

TROUBLESHOOTING: If the monitor fails to operate, (A) bend the end of each terminal up slightly, or (B) after installing the batteries, push each one away from the "spring end" and toward the terminal at the other end. The terminals should now contact the batteries properly.



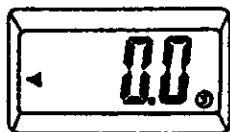
FUNCTIONS OF THE MONITOR

SCAN MODE: When the monitor is in the scan mode an "A" symbol will be displayed on the screen.



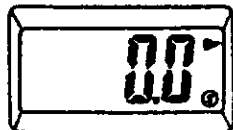
(A) SCAN-TIME

A. TIME FUNCTION: Automatically counts up the time during a workout from 0:00 to 99:59 minutes. Using the unit will start the time function.



(B) SCAN-SPEED

B. SPEED FUNCTION: Automatically counts miles per hour (mph) during a workout from 0.0 to 99.9.

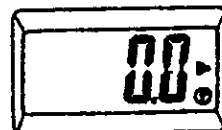


(C) SCAN-DISTANCE

C. DISTANCE FUNCTION: Automatically counts up from 0.0 to 999.9 miles. The monitor will add the distance traveled unless you reset the monitor. The distance traveled is displayed in tenths of a mile for each workout period.

ODOMETER:

The distance of each workout will be added to the total distance stored in the monitor from previous workouts. (You must travel 1 mile before the distance starts counting up on the odometer). The total distance will be stored in the memory for the life of the batteries, or until the batteries are removed.



(D) SCAN-CALORIE

D. CALORIES FUNCTION: Estimated calories burned will vary according to the user's body size, sex, and exercise speed during a workout period. The maximum calories displayed is 999.9 after which the monitor will return to 0.0. A reference chart is provided on the next page to compare different rates of calories burned per different conditions.

OPERATING THE MONITOR

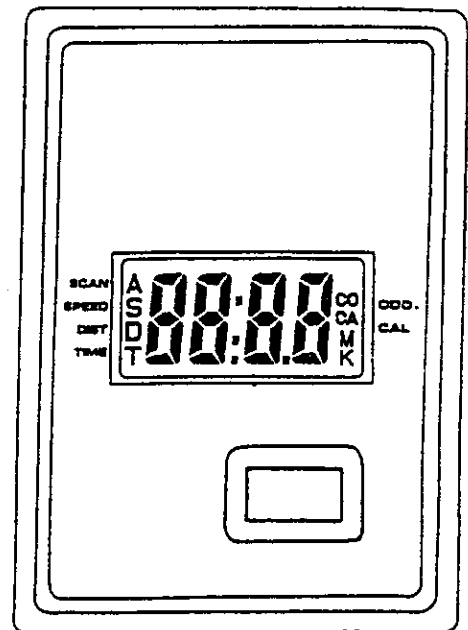
To turn the monitor on: Press the button once or simply begin using the unit. The monitor will begin scanning each function starting with the TIME function.

To reset the monitor: Press the button down and hold it for 3 seconds then release it. This will clear the accumulated data and reset the monitor.

To "lock on" to each function: Press the button slowly in sequence until the desired function is displayed. By slowly pressing the button in sequence, the monitor will "lock onto" each function. When locked onto a function the scan symbol will not be displayed. Each time the button is pressed the monitor will move to the next function such as TIME, then ODOMETER, CALORIES, SPEED, and finally the DISTANCE reading.

When the monitor gets to the distance reading, pressing the button one more time will return the monitor to the scan mode.

If the monitor fails to operate, check the battery terminals.



REFERENCE CHART - ESTIMATING CALORIES BURNED

Bike or Exercise	Estimated Calories Burned Per. Minute	Users Body Weight in lbs.							
		90	110	130	150	170	190	210	230
Cycle	At 10 Mph.	4.3	5.3	6.2	7.2	8.2	9.1	10.1	11.0
	At 15 Mph.	6.1	7.5	8.8	10.2	11.6	13.0	14.3	15.6

Example: At a speed of about 10 miles per hour, a 150 pound person will burn approximately 7.2 calories per minute.

HOW TO COUNT YOUR PULSE

The best way to count your pulse is to put your fingers on a main artery. The best areas are the inside of your wrist and the side of your neck just over the large vertical muscle. Place your fingers on either of these spots and count the beats for 10 seconds. Now multiply that number by six to determine your pulse, or heart rate per minute. Do not count for a longer period of time because slowing or stopping exercise causes rapid changes in your pulse rate.

WHEN TO COUNT YOUR PULSE

To accurately track your pulse as it relates to better physical conditioning, we recommend the following: Take your pulse before you start exercising, after warm up, every 5 minutes during your target rate, two minutes into your cool down period, and 10 minutes after your cool down period begins.

IMPORTANT INFORMATION

READ THE FOLLOWING INFORMATION BEFORE BEGINNING ANY EXERCISE PROGRAM

WARNING

Prior to undertaking any exercise or program of exercise that requires a major increase in physical activity, consultation with a competent medical authority is strongly recommended. In addition, anyone who has a physical handicap, who suffers from a prolonged illness, or who has increased risk factors such as obesity, hypertension, cardiovascular problems, etc., should consult a competent medical authority before undertaking any exercise or engaging in a continuing program of exercise.

CAUTIONS

Please stop your exercise if you experience any of the following:

- Pressure, tension, or pain in your chest, shoulders, neck, jaw or arms.
- Noticeable pain of any kind (i.e. leg or stomach cramps).
- Lightheaded or dizziness (fainting- lack of vision).
- Abnormal breathing (rapid or lack of air).
- Sudden unsteadiness, weakness or numbness of the face, arms, legs, body.
- Loss of speech or problems speaking or understanding speech.
- Unusual fatigue.
- Lowering of your heart rate with increased exercise demands.
- Fluttering in your chest (heart palpitations).

If any of these symptoms occur and do not go away after you have stopped your exercise, call your doctor immediately.

DETERMINING YOUR HEART RATE

If exercise is new to you, don't push yourself too fast. Be conscious of your body and what it is telling you. If pain develops anywhere in your body, slow down, you're not competing for a gold medal. However, setting goals is very important in exercising and physical fitness. Your goal here is to exercise three times a week at 70 percent to 85 percent of your maximum heart rate. This is the target zone or Target Heart Rate (THR) that best develops your cardiovascular system. Again, don't over exert yourself the first day.

To determine your maximum heart rate, subtract your age from 220. $220 - \text{age} = \text{maximum heart rate (MHR)}$. $\text{MHR} \times .70 = 70\%$ of your maximum heart rate. $\text{MHR} \times .85 = 85\%$ of your maximum heart rate. For example, if you are 30 years old, your calculations will be as follows:

$$220 - 30 = 190$$

$$190 \times .70 = 133 \text{ (Low end or 70\% of THR)}$$

$$190 \times .85 = 161 \text{ (High end or 85\% of THR)}$$

See Table No. 1 for additional calculations.

HOW TO START YOUR PROGRAM

When you exercise, it is always recommended that you start by warming up for 5 to 10 minutes. This step starts your body moving and prepares your cardiorespiratory system for exercise. A 5 to 10 minute cool down should follow your exercise routine to allow your muscles and heart to gradually return to normal. Heart rhythm disturbances may occur if you stop your exercise program abruptly, so always remember to cool down.

HOW TO COUNT YOUR PULSE

The best way to count your pulse is to put your fingers on a main artery. The best areas are the inside of your wrist and the side of your neck just over the large vertical muscle. Place your fingers on either of these spots and count the beats for 10 seconds. Now multiply that number by six to determine your pulse, or heart rate per minute. Do not count for a longer period of time because slowing or stopping exercise causes rapid changes in your pulse rate.

WHEN TO COUNT YOUR PULSE

To accurately track your pulse as it relates to better physical conditioning, we recommend the following: take your pulse before you start exercising, after warm up, every 5 minutes during your target rate, two minutes into your cool down period and 10 minutes after your cool down period begins.

TABLE 1

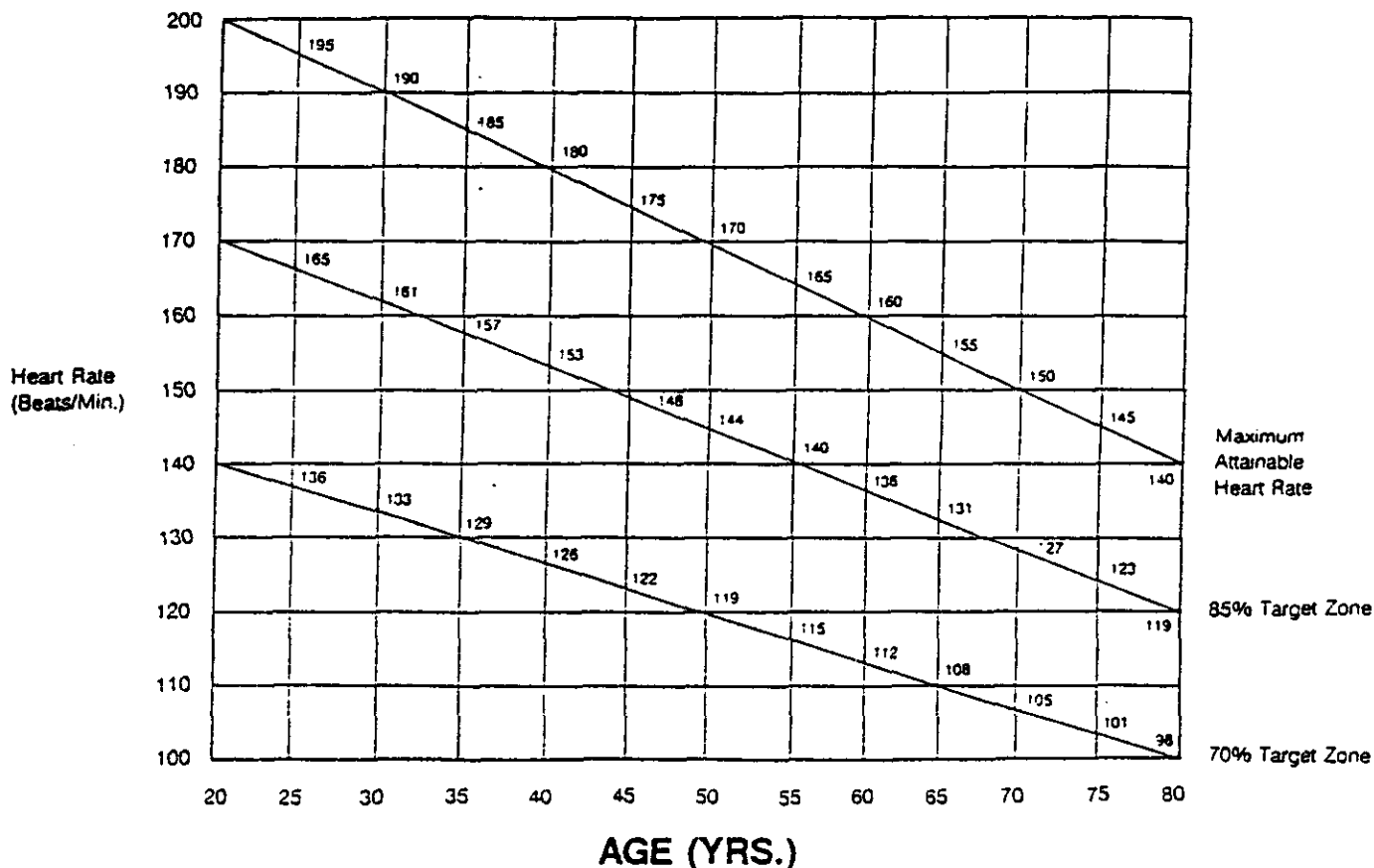
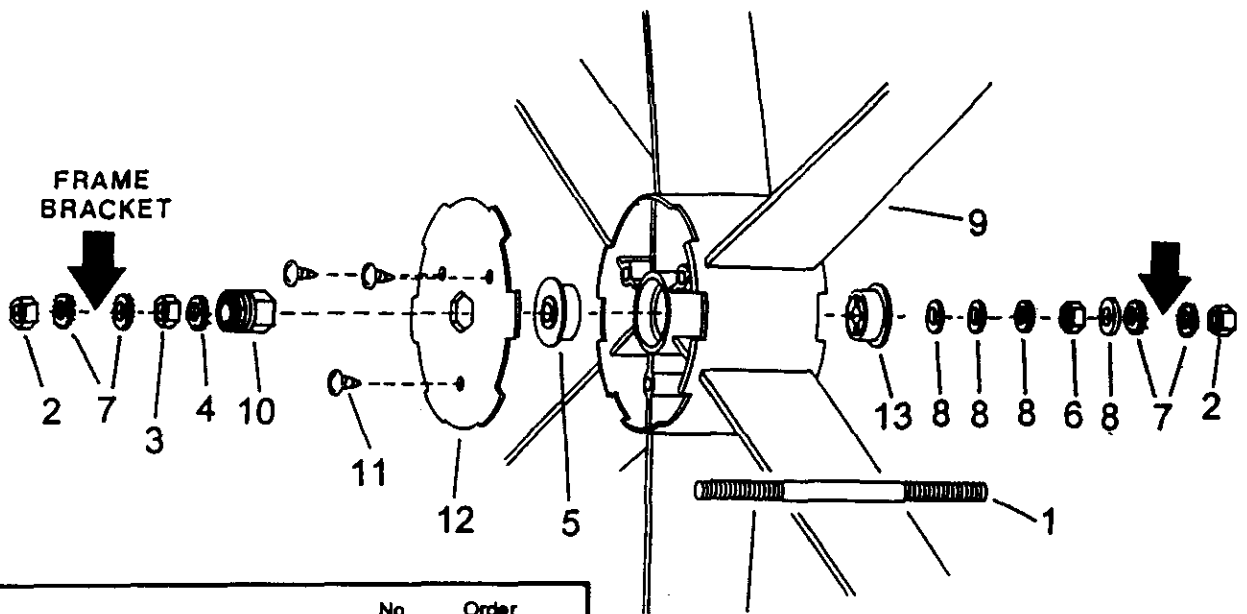


TABLE NO. 2

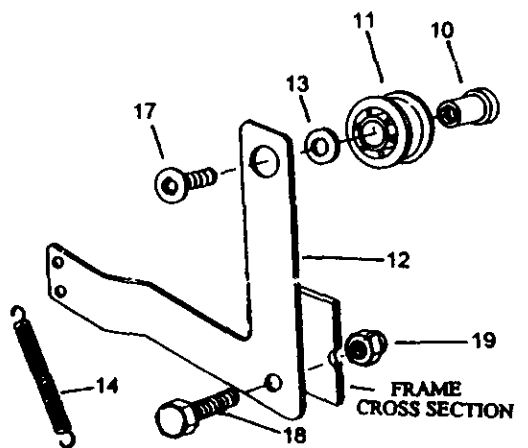
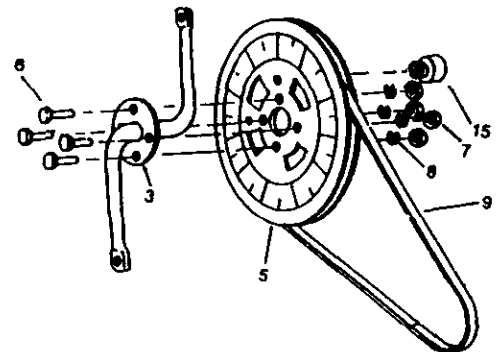
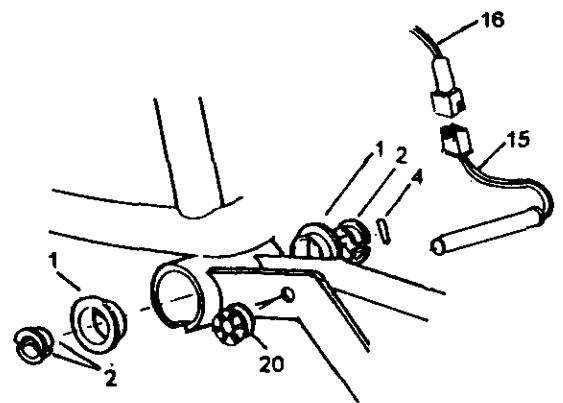
Exercise Week	Warmup Period	THR%-Minutes	Cool Down Period	Total Time	Sessions Per Wk.	Total Time Per Wk.
1 & 2	4	60-65%-8	5	17	3	51
3 & 4	5	65-70%-10	5	20	3	60
5 & 6	5	70-75%-15	5	25	3	75
7 & 8	5	70-80%-20	5	30	3	90
9 & 10	5	70-85%-25	5	35	3	105
11 & 12	5	70-85%-25	5	35	3	105

REMEMBER

You are an individual and your body is unique. The programs which you have now read are for an average person with average physical fitness. Please use these instructions as a guide, but if your body hurts or shows any sign of pain, cool down and call your doctor. We hope you're on a program that will keep you healthy for a lifetime.



Key No.	Part Name	No. Req'd.	Order No.
1	Axle	1	HH0410
2	Hex Nut 3/8-16	2	HH0432
3	Hex Jam Nut	1	HH0532
4	Hardened Washer	1	HH0999
5	Flange Bearing	1	HH2948
6	Self Locking Nut	1	HH0519
7	Starwasher	4	HH1005
8	Flatwasher 3/4 x 25/64 x 14 ga.	4	HH0987
9	Fan Wheel	1	MM1202
10	Pulley & Needle Bearing Assembly	1	901104
11	Pan Head Screw	3	HH0700
12	Metal Plate	1	178310

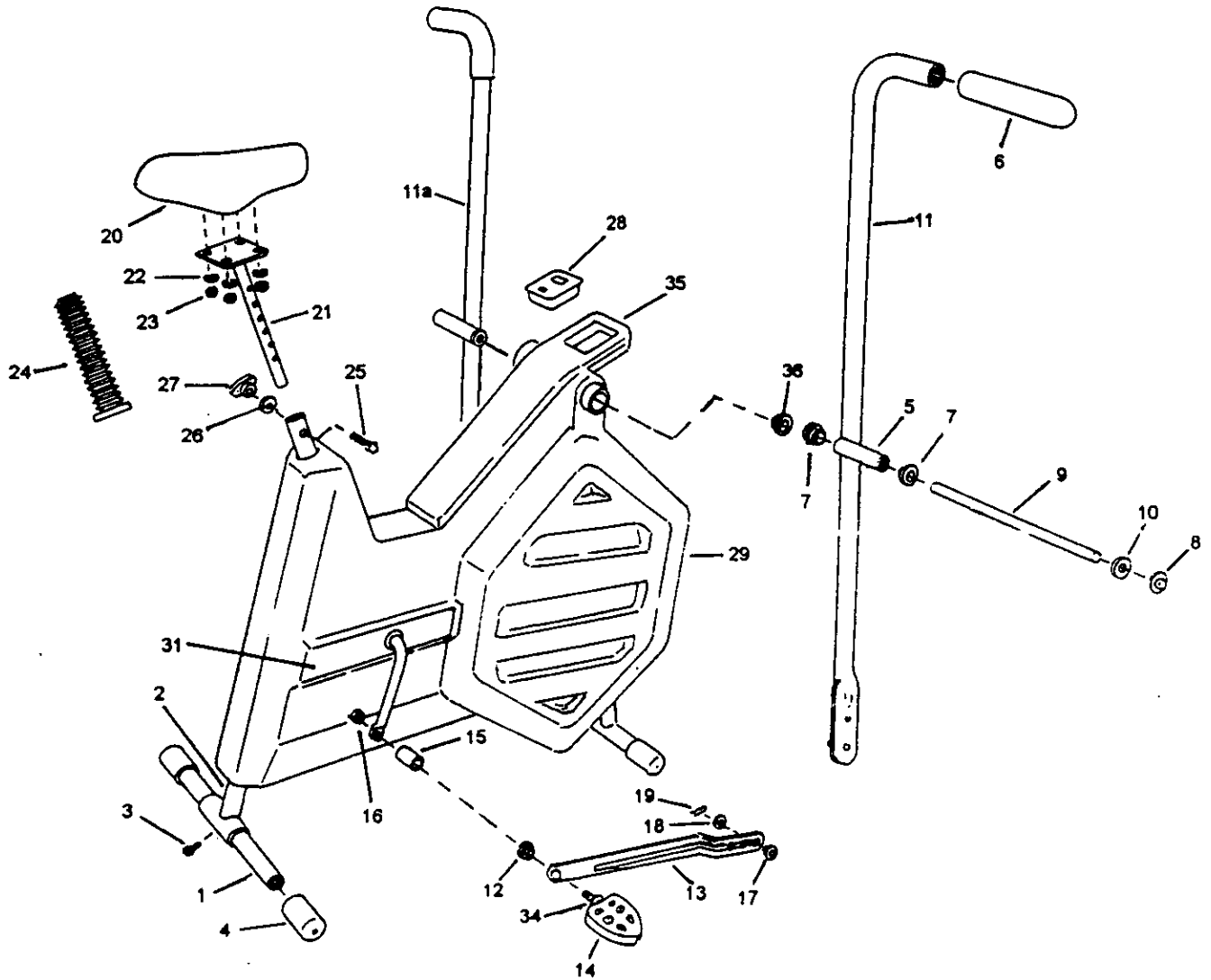


Key No.	Part Name	No. Req'd.	Order No.
1	Crank Hanger Bearing	2	HH2939
2	Plastic Bearing	4	750703
3	Crank & Plate Assembly	1	PP0843
4	Retaining Pin	1	HH0557
5	Idler Pulley	1	MM0382
6	Hex Head Bolt 1/4-20 x 1/2"	4	HH0747
7	Hex Nut 1/4-20	4	HH0427
8	Lockwasher 1/4	4	HH1002
9	Poly V Belt	1	HH1282
10	Idler Pulley Spacer	1	HH1270
11	Idler Pulley	1	MM0382
12	Idler Bracket	1	HH1265
13	Washer 3/4 x 13/32 x 14 Ga.	4	HH0987
14	Spring	1	HH1111
15	Speed Pick-Up	1	QQ0030
16	24" Pick-Up Extension	1	QQ0031
17	Flathead Screw 5/16-18 x 5/8"	1	HH0636
18	Hex Head Screw 1/4-20 x 7/8"	1	HH0614
19	Nylock Hex Nut	1	HH0423
20	Grommet	1	MM0455

MODEL NO. 806.288840

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9904



PARTS LIST		No.	Order				
Key		Req'd.	No.				
No.	Part Name						
1	Crossmember	2	179901	20	Seat	1	LL0630
2	Frame	1	171226	21	Seatpost	1	179998
3	Hex Washer Head Screw 1/4-20 x 1/2"	2	HH4510	22	Lockwasher 1/4	4	HH1002
4	Foot Pad	4	MM3401	23	Hex Nut 1/4-20	4	HH0427
5	*Hardware Bag (brass bushings)	1	691931	24	Bellows	1	PP0510
6	Grip	2	JJ0563	25	Flush Bolt 1/4-20 x 1 1/4"	1	HH0794
7	Brass Bushing (medium)	4	HH0365 -	26	Convex Washer 5/8	1	HH0959
8	Pushnut	2	HH-0750 -	27	Wing Nut	1	HH0510
9	Pivot Rod	1	170252	28	Monitor	1	QQ0122
10	Metal Spacer	2	HH0969	29	Shroud (right side)	1	MM0483
11	Handlebar (right side)	1	170275	30	*Shroud (left side)	1	MM0481
11a	Handlebar (left side)	1	170276	31	Right Hand Wood Trim	1	YY0515
12	Brass Bushing (large)	2	HH2930	32	*Left Hand Wood Trim	1	YY0518
13	Cam Arm	2	170323	33	*Hex Jam Nut 1/2-20 (left hand threads)	1	HH0641
14	Pedal (right hand)	1	KK0304	34	Flatwasher	2	HH2932
15	Metal Spacer	2	HH2933	35	Console	1	MM0489
16	Hex Jam Nut 1/2-20 (right hand threads)	1	HH0644	36	Pivot Bushing	2	750722
17	Brass Bushing (small)	2	HH2927	37	*Pedal (left hand)	1	KK0305
18	Flatwasher	2	HH0983	38	*Hardware Bag	1	691948
19	Hair Spring Cotter Pin	2	HH2925				

* Not shown in the illustration

SUPPLEMENTAL INSTRUCTIONS

S-3794

102194

PLEASE READ THE FOLLOWING BEFORE BEGINNING ANY ASSEMBLY

Use page 7 and 8 here in place of page 7 and 8 in the owner's manual.

Press a large brass bushing (33) into cam arm (4), from the side shown in the illustration.

Before assembling the pedals look for an "R" label found on the right crank arm. If no label exists, the right or left side is determined from a riding position.

Put cam arm (4) onto pedal (8), (the one with the "bright silver" threaded end), making sure the bend in the cam arm "bends out" as illustrated.

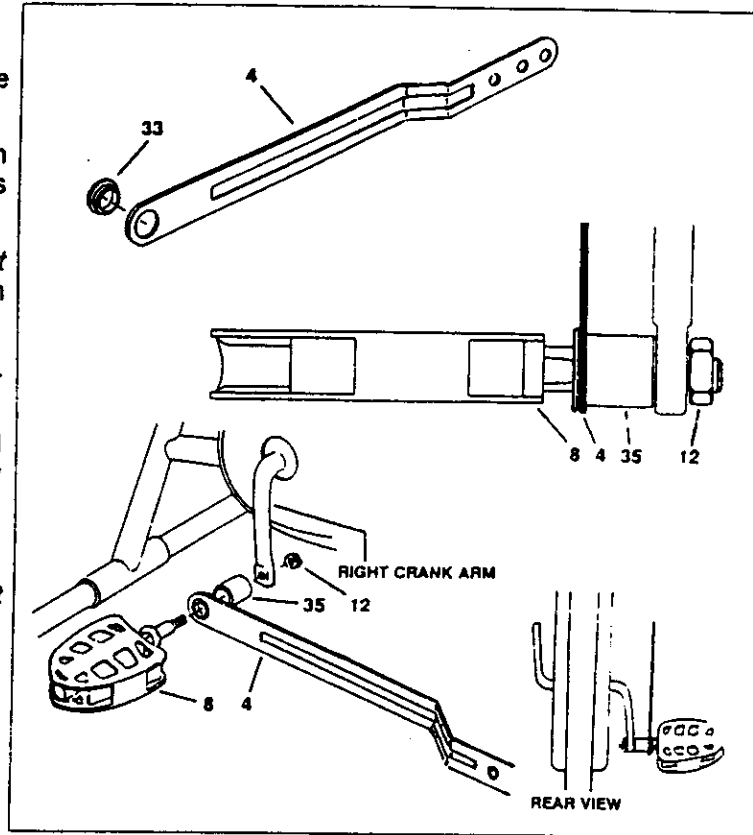
Put a metal spacer (35) onto the pedal against the cam arm. Hold the spacer and cam arm in place against the pedal.

From the right side of the unit, by hand, start the threaded portion of the pedal in a clockwise direction. Securely tighten the pedal against the crank arm.

CAUTION: The pedal must be tightened securely against the crank arm.

Thread a "silver plated" nut (12) onto the end of the pedal tightening it securely against the crank arm.

Repeat all of the above for the left pedal turning the threads in a counter-clockwise direction. Use the black nut for this pedal.



7

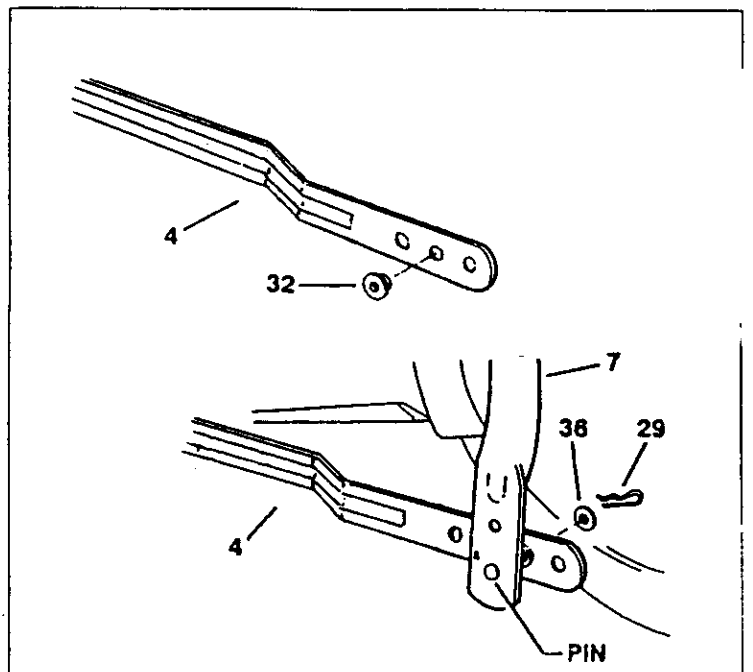
Select the desired hole in cam arm (4), pressing a small brass bushing (32) into the hole from the outside. The hole nearest the front of the cam arm gives you the shortest reach.

Slide cam arm (4), onto the "pin" on the inside of handlebar (7).

Put a washer (36) onto the "pin" then securely fasten the assembly with a cotter pin (29).

Repeat the above procedure for the other cam arm (4).

NOTE: You MUST move bushing (32) when changing the position of the handlebar.



8

SEARS

**MODEL NO.
806.288840**

PARTS ORDERING PROCEDURE

QUESTIONS?

If you find that:

- you need help assembling or operating this exercise bike
- a part is missing
- or you need to schedule repair service

**call our toll-free
HELPLINE
1-800-736-6879**

**Monday-Saturday,
7am-7pm
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)**

ORDERING REPLACEMENT PARTS

Each EXERCISE BIKE has its own MODEL NUMBER. Always mention this MODEL NUMBER when requesting service or repair parts for your EXERCISE BIKE.

All parts listed herein may be ordered through SEARS, ROEBUCK AND CO. SERVICE CENTERS and most SEARS RETAIL STORES.

If parts you need are not stocked locally, your order will be electronically transmitted to a SEARS PARTS DISTRIBUTION CENTER for expedited handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION;

1. The MODEL NUMBER of the product (806.288840).
2. The NAME of the product (*Lifestyler Whisper Air II Exercise Bike*).
3. The REORDER NUMBER of the part(s), from the parts listing sheet.
4. The DESCRIPTION of the part(s), from the parts listing sheet.

Your Sears merchandise has added value when you consider that Sears has service units nationwide staffed with Sears trained technicians specifically trained on Sears products, having the parts, tools and the equipment to insure that we meet our pledge to you: We service what we sell.

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 store 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