

Lifestyler.

EXPANSE 000

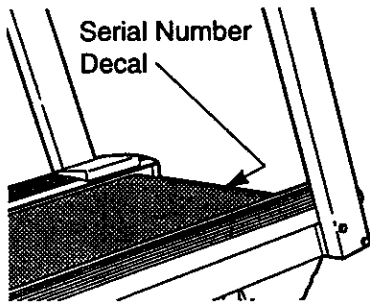
0-10 MPH • 2.0 HP • PROGRAMMABLE SPEED/INCLINE

SEARS®

Model No. 831.297452

Serial No. _____

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



EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879

⚠ CAUTION!:

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



OWNER'S MANUAL

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

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the owner's manual are followed, SEARS will, free of charge, repair or replace and install a replacement part for any defective part, when this treadmill is used in a normal manner.

This warranty does not apply when this treadmill is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY BY CONTACTING YOUR NEAREST SEARS SERVICE CENTER/DEPARTMENT IN THE UNITED STATES.

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**

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▲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.

IMPORTANT PRECAUTIONS

▲ WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important precautions and information before operating the treadmill.

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on any surface that blocks an air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. When connecting the power cord (see **PLUGGING IN THE POWER CORD** on page 7), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length with a three-wire conductor.
3. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** on page 5 if the treadmill is not working properly.)
4. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
5. The pulse sensor is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
6. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
7. Never allow more than one person on the treadmill at a time. The treadmill should not be used by persons weighing more than 250 pounds.
8. Keep small children away from the treadmill at all times.
9. Never leave the treadmill unattended while it is running. Always remove the safety key when the treadmill is not in use.
10. Never drop or insert any object into any opening.
11. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
12. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
13. Use the treadmill only as described in this manual.
14. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the safety cover unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

SAVE THESE INSTRUCTIONS

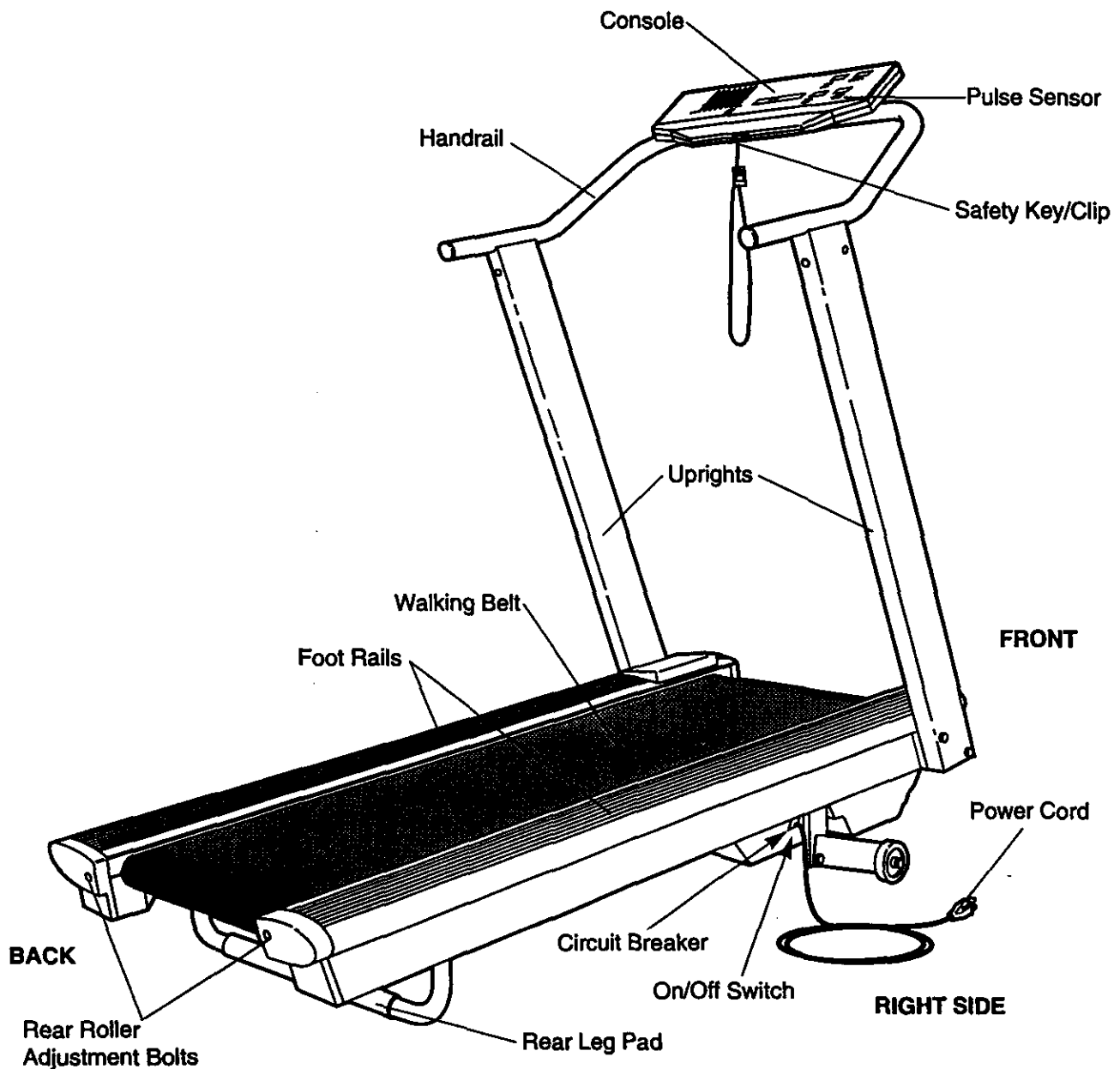
BEFORE YOU BEGIN

Thank you for selecting the SEARS LIFESTYLER® EXPANSE 1000 treadmill. The EXPANSE 1000 treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free 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 of the treadmill is 831.297452. The serial number can be found on a decal attached to the treadmill (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.



Note: The rear leg pad may mark some types of linoleum. Mild household cleaning agents will remove any marks.

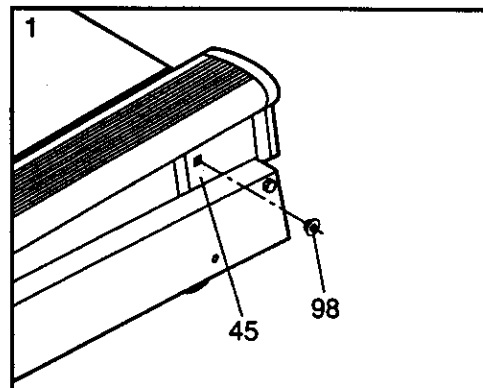
ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY: The included 7/32" allen wrench  and your own adjustable wrench .

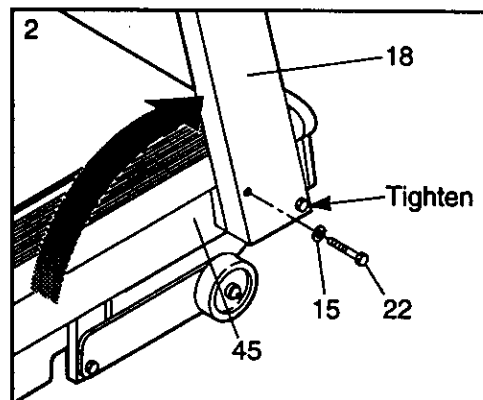
1. Insert the square end of one of the Upright Bushings (98) into the square hole in the right side of the treadmill Frame (45).

Insert the other Upright Bushing into the hole in the left side of the treadmill Frame (not shown).

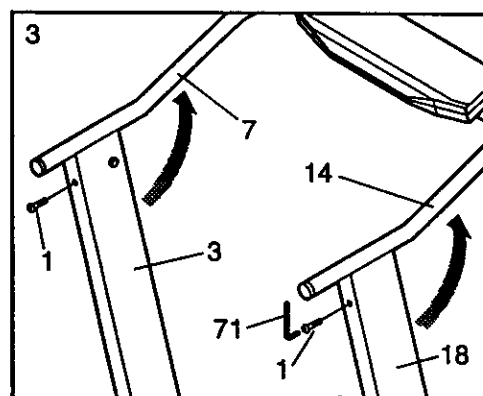


2. With the help of a second person, raise the Right Upright (18) and the Left Upright (not shown) to a vertical position. Align the hole in the lower end of the Right Upright with the hole in the side of the Frame (45). Insert an Upright Bolt (22), with a Flat Washer (15), into the Right Upright, and tighten the Bolt into the Frame. Tighten the Bolt that is already in the Right Upright.

Attach the Left Upright (not shown) in the same manner.

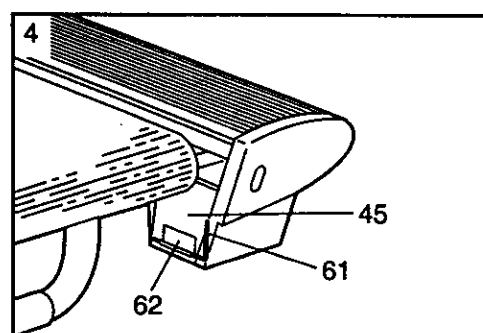


3. With the help of a second person, raise the Left and Right Handrails (7, 14) as shown. Insert a Handrail Bolt (1) into each of the Uprights (3, 18), and tighten the Bolts with the 7/32" Allen Wrench (71).



4. Remove the paper backing from the Wrench Clip (62). Press the Wrench Clip onto the Frame (45) in the indicated location. Press the 3/16" Allen Wrench (61) into the Wrench Clip.

Make sure that all parts are tightened before using the treadmill.
Note: Cover the floor underneath the treadmill for protection.



OPERATION AND ADJUSTMENT

MAINTENANCE-FREE WALKING BELT

Your treadmill features a maintenance-free walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. During the first few hours of use, it is normal for a small amount of white powder to appear on the foot rails and the walking platform. The white powder is high-performance lubricant from the walking belt.

IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

HOW TO PLUG IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1.

A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a

properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter **must be connected** to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it **must be held in place** by a metal screw.

Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.

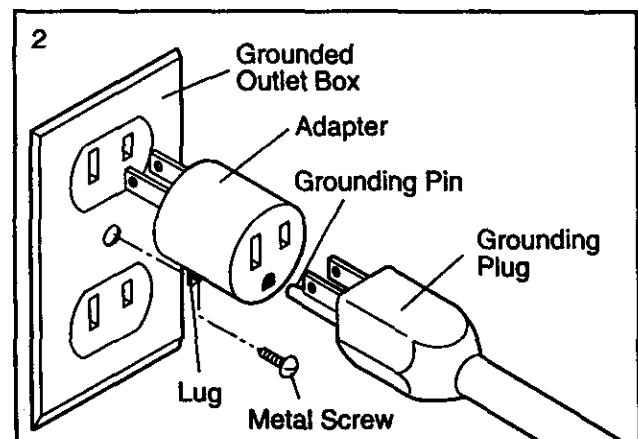
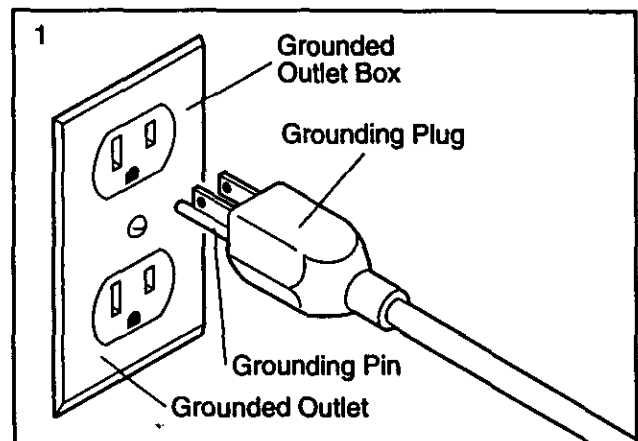
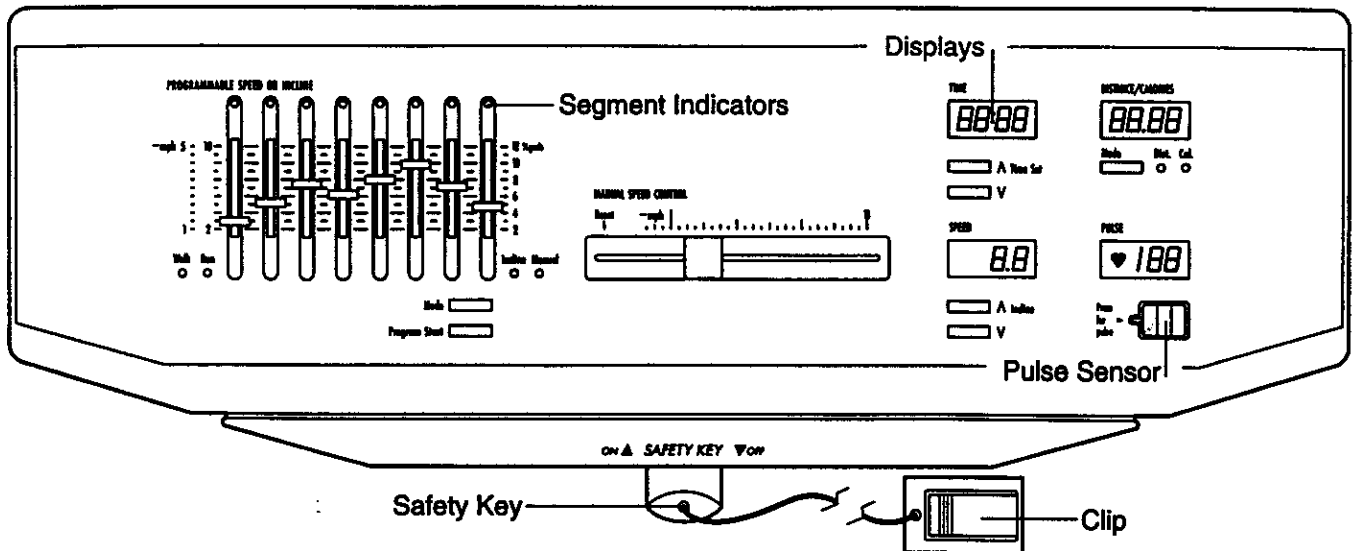


DIAGRAM OF THE CONSOLE



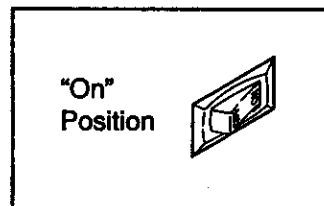
CONSOLE OPERATION

The heart of the treadmill is the state-of-the-art programmable console. The console offers both manual and programmable modes, and features four independent displays to provide continuous exercise feedback. **Please read these instructions carefully before operating the console.**

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

HOW TO TURN ON THE POWER

If the safety key is in the console, remove it. Make sure that the on/off switch near the power cord is in the "on" position. Plug in the power cord (see **HOW TO PLUG IN THE POWER CORD** on page 7).



Step onto the foot rails of the treadmill. Locate the clip attached to the safety key, and slide the clip onto the waistband of your clothing.

CAUTION: Do not stand on the walking belt when turning on the power. Always wear the clip while using the treadmill.

Insert the safety key into the console. The four displays will be activated and all indicators will light in sequence. When only the manual and distance indicators are lit, the console will be ready for operation. **Note:** The first time that the safety key is inserted after the power cord is plugged in, the treadmill will automatically rise to the maximum incline level and then

return to the minimum incline level. This will calibrate the incline system.

MANUAL MODE OPERATION

How to Manually Control the Speed

When the power is turned on, the console will be in the manual mode. For your safety, the walking belt will be stationary each time the power is turned on.

The speed range of the walking belt is about 0.5 to 10 miles per hour. To start the walking belt, first slide the manual speed control to the "reset" position. Then, slide the control slowly to the right until the walking belt begins to move at slow speed. **Note:** Each time the walking belt is started, the control must first be moved to the "reset" position.

CAUTION: After the manual speed control is moved, there will be a pause before the walking belt begins to move. Adjust the speed slowly until you are familiar with the operation of the treadmill.

Hold the handrail and step carefully onto the moving walking belt. Change the speed of the walking belt as desired by moving the manual speed control. To stop the walking belt, move the control to the "reset" position.

How to Manually Change the Incline

To vary the intensity of your exercise, the incline of the treadmill can be changed by pressing the **INCLINE** buttons. Simply hold down one of the buttons until the desired incline level is reached. The incline range of the treadmill is 2% to 12%.

PROGRAMMABLE MODE OPERATION

In the programmable mode, the console will automatically control either the speed of the walking belt or the incline of the treadmill, according to programs you create. Follow the four steps below to create a program.

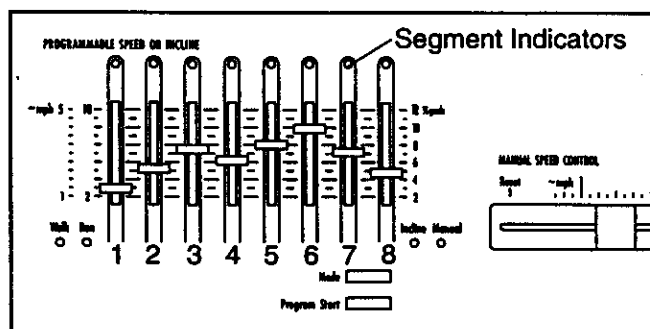
1. Select the WALK, RUN or INCLINE Mode

Press the MODE button repeatedly to select the WALK, RUN or INCLINE mode. An indicator will light to show which mode you have selected.

If you select the WALK mode, the console will automatically control the speed of the walking belt during the program, and the speed range will be about 1 to 5 mph; if you select the RUN mode, the console will automatically control the speed of the walking belt, and the speed range will be about 2 to 10 mph; if you select the incline mode, the console will automatically control the incline of the treadmill, and the incline range will be 2% to 12%. Note: If you select the WALK or RUN mode, the incline can be manually controlled during the program by pressing the INCLINE buttons. If you select the INCLINE mode, the speed can be controlled by moving the manual speed control.

2. Program Eight Speed or Incline Settings

The program is divided into eight equal time periods, called *segments*. If you selected the WALK or RUN mode, you should now program a different speed setting for each of the segments. If you selected the INCLINE mode, you should program a different incline setting for each of the segments. The settings can be programmed using the eight programmable controls on the left side of the console (see the drawing below).



The programmable control numbered 1 is for the first segment, the control numbered 2 is for the second segment, the control numbered 3 is for the third segment, and so forth. Move each programmable control up or down to program the desired speed or incline setting. A sample program is shown above. This program will begin with a low speed or incline setting. The setting will then increase during the second and third segments, decrease during the fourth segment,

increase during the fifth and sixth segments, and decrease during the seventh and eighth segments. An infinite variety of settings can be programmed.

Note: The program should begin and end with low settings to provide warm-up and cool-down periods. Do not set adjacent programmable controls too far apart; if the speed changes too rapidly, you may lose your balance and fall.

3. Set the Program Time

Press the TIME SET buttons to set the length of time that you want the program to last. The length of time is shown in the TIME display. Each time one of the buttons is pressed, the length of time will change by 4 minutes. The buttons can be held down to set the length of time rapidly. The program can be set for a minimum of 4 minutes, up to a maximum of 96 minutes.

4. Press the PROGRAM START Button

To start the program, press the PROGRAM START button. The first segment indicator will begin to flash, and the treadmill will automatically adjust to the speed or incline setting of the first programmable control. (If you selected the INCLINE mode, move the manual speed control to the "reset" position. Then, slide the control to the right until the walking belt begins to move.) Hold the handrails, step carefully onto the walking belt and begin exercising. The time remaining in the program will be shown in the TIME display. When one-eighth of the total length of time you set has elapsed, the second segment indicator will begin to flash, and the treadmill will automatically adjust to the speed or incline setting of the second programmable control. The program will continue in this manner until the eighth segment indicator is flashing, and no time remains in the TIME display. The walking belt will then slow to a stop and the program will be completed.

Note: If you selected the WALK or RUN mode, the incline of the treadmill can be controlled during the program by pressing the INCLINE buttons. The speed of the walking belt can be adjusted, if desired, by moving the programmable control below the flashing segment indicator. If you selected the INCLINE mode, the speed of the walking belt can be controlled during the program by moving the manual speed control. The incline of the treadmill can be adjusted, if desired, by moving the programmable control below the flashing segment indicator.

If you wish to stop the program before the program has been completed, press the MODE button. The console will then be in the same state as if the program had been completed. After the program is completed, the console can be switched to a different mode by repeatedly pressing the MODE button.

OPERATION OF THE DISPLAYS

TIME Display

When the console is in the manual mode, this display will show the total time that the walking belt has been moving. (If the treadmill is run for longer than 99 minutes and 59 seconds, the display will reset to zero and the treadmill will slow to a stop.)

If desired, a time goal can be set. To set a time goal, first stop the walking belt. Next, press the TIME SET buttons to set the length of time that you plan to exercise. Each time one of the buttons is pressed, the time goal will change by 1 minute. The buttons can be held down to set a time goal rapidly. While the walking belt is moving, the display will count down the time goal. When no time remains, the walking belt will slow to a stop.

When the console is in the programmable mode, the display will show the time remaining in the program.

DISTANCE/CALORIES Display

Press the MODE button below the DISTANCE/CALORIES display to select the desired mode. An indicator will light to show which mode you have selected.

When the DISTANCE mode is selected, the display will show the total distance that you have walked or run, in miles.

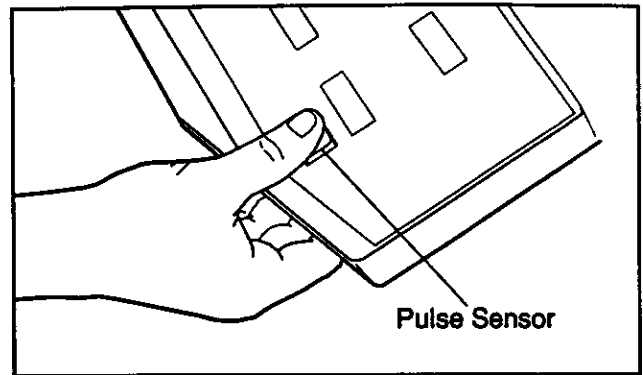
When the CALORIES mode is selected, the display will show the approximate number of nutritional Calories that you have burned.

SPEED display

This display shows the current speed of the walking belt, in miles per hour.

PULSE Display

This display shows your heart rate. To use the pulse display, first stand on the foot rails and place your



thumb on the pulse sensor as shown above. The pulse sensor is pressure-activated. Fully press down the sensor. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, slightly raise your thumb until the heart-shaped indicator next to the PULSE display flashes **steadily**. Hold your thumb at this level. After 5 to 10 seconds, your pulse will be displayed. If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the sensor. Try the pulse sensor several times until you become familiar with it.

Another method of finding your pulse is to gently press down on the sensor until the top of the sensor is just above the surface of the console. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** After a few seconds, the heart-shaped indicator will flash each time your heart beats. After another 5 to 10 seconds, your pulse will be displayed. If your pulse is not displayed, make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the sensor. Remember to stand still while measuring your pulse.

HOW TO TURN OFF THE POWER

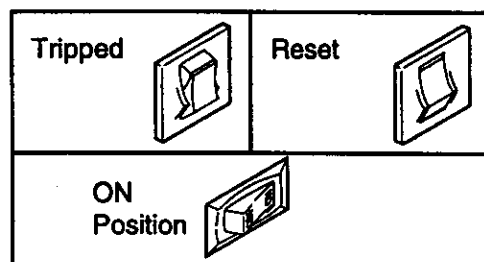
To turn off the power, remove the safety key from the console. Store the safety key in a secure location.

TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call our Customer Service Department toll-free at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- After the power cord has been plugged in, make sure that the safety key is fully inserted into the console. Various indicators on the console should light. (See HOW TO TURN ON THE POWER on page 7.)
- Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.
- Check the on/off switch located on the treadmill near the power cord. The switch must be in the ON position.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

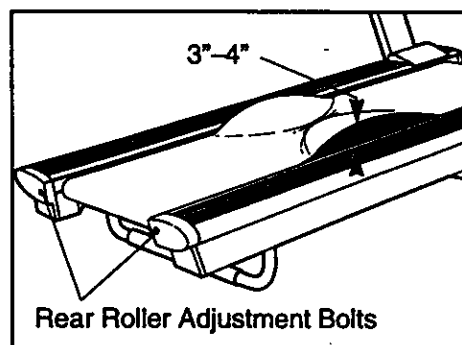
- Check the circuit breaker located on the treadmill near the power cord. If the circuit breaker has tripped (see the drawing above.), wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.
- Check to make sure the on/off switch is in the ON position. (See 1. d. above.)
- If the treadmill still will not run, please call our Customer Service Department.

3. SYMPTOM: THE PULSE SENSOR DOES NOT WORK PROPERLY

- Make sure that your thumb is properly positioned (see PULSE Display on page 10), and that you are applying the proper amount of pressure to the sensor. Stand still while measuring your pulse.

4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

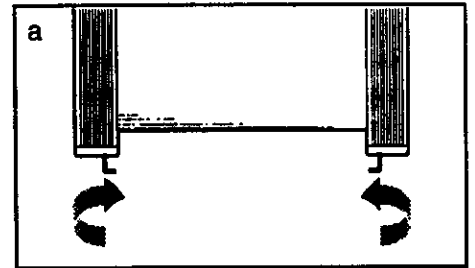
- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



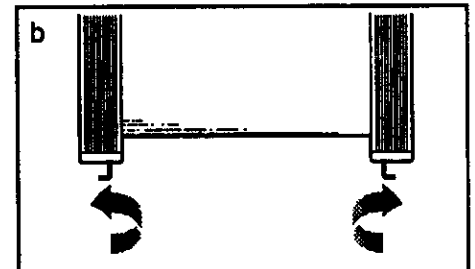
- If the walking belt still slows when walked on, please call our Customer Service Department.

5. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

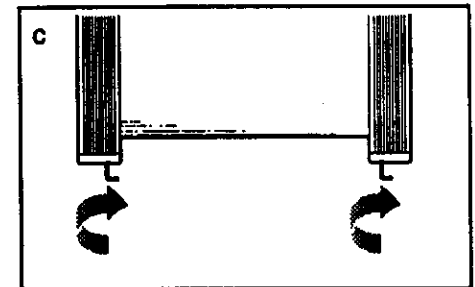
a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



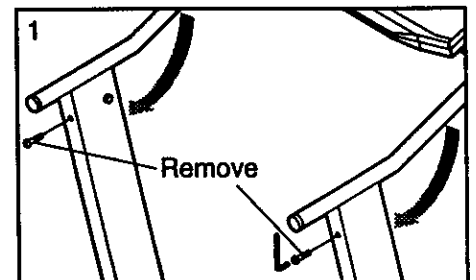
6. SYMPTOM: THERE IS A NOTICEABLE DIFFERENCE IN THE INCLINE RANGE OF THE TREADMILL

a. Raise the incline of the treadmill to its maximum height and continue to press the incline button for three seconds. This will recalibrate the incline system.

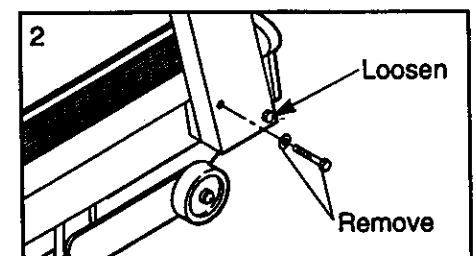
STORAGE

Unplug the power cord when the treadmill is not in use.

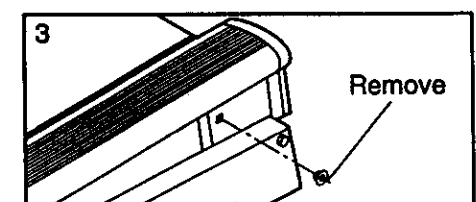
Using the 7/32" allen wrench, remove the bolt from the upper end of each upright (see drawing 1). Rotate the handrails down.



Remove one bolt and washer from the lower end of each upright (see drawing 2). Loosen the other bolt in the lower end of each upright. Carefully lower the uprights.



Remove the upright bushing from each side of the treadmill frame (see drawing 3). Keep the hardware in a secure location.



It is recommended that the treadmill be covered during extended periods of 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.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic 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.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.

You can measure your heart rate using the pulse sensor on the console. Exercise for at least four minutes, and then measure your heart rate immediately. 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.

⚠ WARNING: The pulse sensor is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles as well as help to decrease soreness and other post-exercise problems.

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 to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.297452

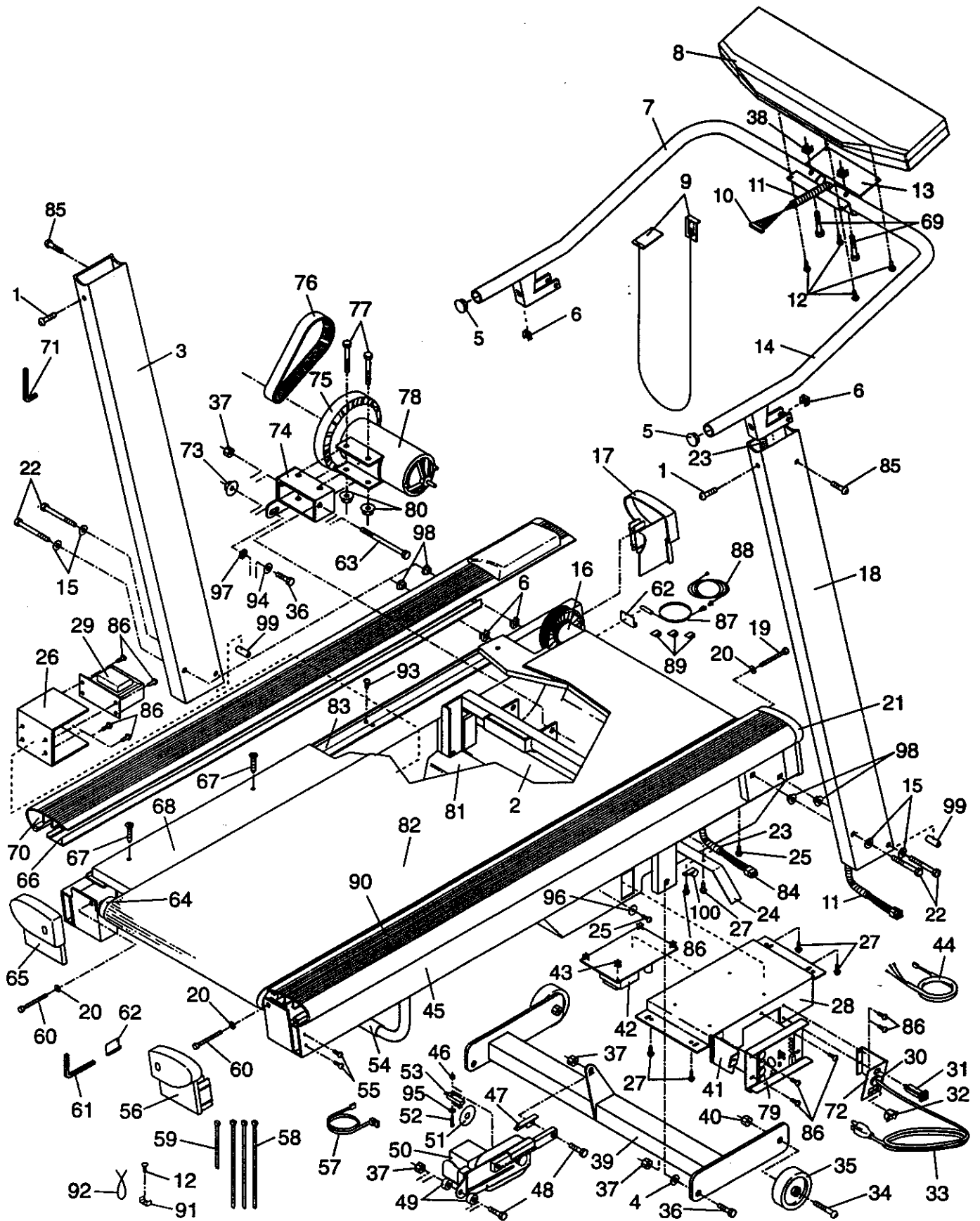
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Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	119994	2	Handrail Bolt	57	102633	1	Optic Switch Wire Harness
2	119793	1	Front Safety Cover	58	016057	3	8" Cable Tie
3	120298	1	Left Upright	59	016029	1	4" Cable Tie
4	124009	2	Black Flat Washer	60	105444	2	Rear Roller Adj. Bolt
5	114005	2	Handrail Endcap	61	123355	1	3/16" Allen Wrench
6	111869	6	Cage Nut	62	016028	2	Wrench Clip
7	115816	1	Left Handrail	63	107503	1	Motor Swivel Bolt
8	120727	1	Console	64	109788	1	Rear Roller
9	119038	1	Safety Key/Clip	65	116600	1	Left Rear Endcap
10	121812	1	Wire Harness	66	121157	2	Foot Rail Mounting Track
11	113203	2	6" Cable Loom	67	100691	8	Platform Screw
12	013141	5	Console Screw	68	122347	1	Walking Platform
13	119696	1	Console Plate	69	119995	2	Handrail Bolt
14	115817	1	Right Handrail	70	121158	1	Left Foot Rail
15	014132	4	Flat Washer	71	045017	1	7/32" Allen Wrench
16	122106	1	Front Roller/Pulley	72	119026	1	Power Inlet Bracket
17	119816	1	Front Left Endcap	73	120867	1	Flange Nut
18	120297	1	Right Upright	74	122644	1	Motor Mount Bracket
19	112609	1	Front Roller Adj. Bolt	75	113278	1	Pulley/Flywheel/Fan
20	014127	3	Roller Adjustment Washer	76	118017	1	Motor Belt
21	119824	1	Front Right Endcap	77	100994	2	Motor Bolt
22	013430	4	Upright Bolt	78	120713	1	Motor
23	113204	2	12" Cable Loom	79	110447	1	Controller
24	118148	1	Belt Guide	80	105477	2	Motor Nut
25	013162	15	Safety Cover Screw	81	121164	1	Rear Safety Cover
26	120909	1	Choke Bracket	82	122369	1	Walking Belt
27	108080	8	Screw	83	119289	2	Deck Bracket
28	123308	1	Electronics Bracket	84	119769	1	Safety Cover Wire Harness
29	109365	1	Choke	85	013438	2	Handrail Pivot Bolt
30	019084	1	Grommet	86	120866	10	Small Mounting Screw
31	109382	1	Circuit Breaker	87	118153	1	Reed Switch/Sensor Wire
32	119163	1	On/Off Switch	88	120168	1	Extension Wire
33	031229	1	Power Cord	89	054023	3	Wire Clip
34	117806	2	Front Wheel Bolt	90	119815	1	Right Foot Rail
35	052014	2	Front Wheel	91	116927	1	Tie Block
36	013547	3	Incline Leg Bolt/Motor Lock Bolt	92	116926	1	Wire Tie
37	012149	5	Lock Nut	93	013088	8	Bracket Screw
38	111430	2	Console Cage Nut	94	122812	1	Motor Tension Washer
39	116677	1	Incline Leg	95	014157	1	Switch Star Washer
40	012056	2	Wheel Nut	96	104188	2	Cover Washer
41	119416	1	Safety Cover Bracket	97	014117	1	Upright Star Washer
42	122346	1	Power Board	98	123303	4	Upright Bushing
43	015071	4	Plastic Stand-Off	99	122332	2	Upright Spacer
44	105989	1	Controller-Power Board Wire	100	115872	1	Strain Relief
45	NSP	1	Frame	#	101951	1	8" Black Wire, 2 Female
46	012152	1	Small Nut	#	101799	1	8" Black Wire, Male/Female
47	116892	1	Incline Bracket	#	109407	1	4" Black Wire, 2 Female
48	119375	2	Incline Motor Bolt	#	114011	1	4" Black Wire, Male/Female
49	114270	2	Incline Motor Spacer	#	107771	1	8" White Wire, Male/Female
50	115523	1	Incline Motor	#	102246	1	8" White Wire
51	109370	1	Incline Optic Disk	#	102634	1	8" Green Wire, Female/Ring
52	102959	1	Small Bolt	#	118201	1	8" Red Wire, Male/Female
53	102955	1	Optic Switch	#	112083	1	8" Blue Wire, 2 Female
54	110407	1	Rear Leg Pad	#	112083	1	8" Blue Wire, Male/Female
55	013028	4	Endcap Screw	#	122410	1	Owner's Manual
56	116601	1	Right Rear Endcap				

14 Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. 831.297452

R495A





Model No. 831.297452

QUESTIONS?

If you find that:

- you need help assembling or operating the EXPANSE 1000
- 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 SEARS LIFESTYLER® EXPANSE 500 treadmill 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, or the Service Department of most SEARS Stores. 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 NAME OF THE PRODUCT (SEARS LIFESTYLER® EXPANSE 1000)
- The MODEL NUMBER OF THE PRODUCT (831.297452)
- The PART NUMBER OF THE PART (see page 14 of this manual)
- The DESCRIPTION OF THE PART (see page 14 of this manual)

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