

**Lifestyler**

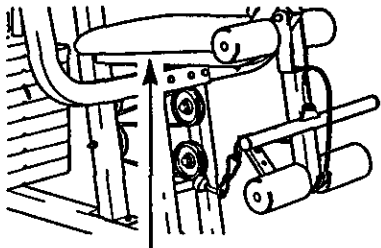
# SYSTEM 200™

# SEARS

Model No. 831.159460

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

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



Serial Number Decal (under seat)

EXERCISE  
EQUIPMENT

QUESTIONS

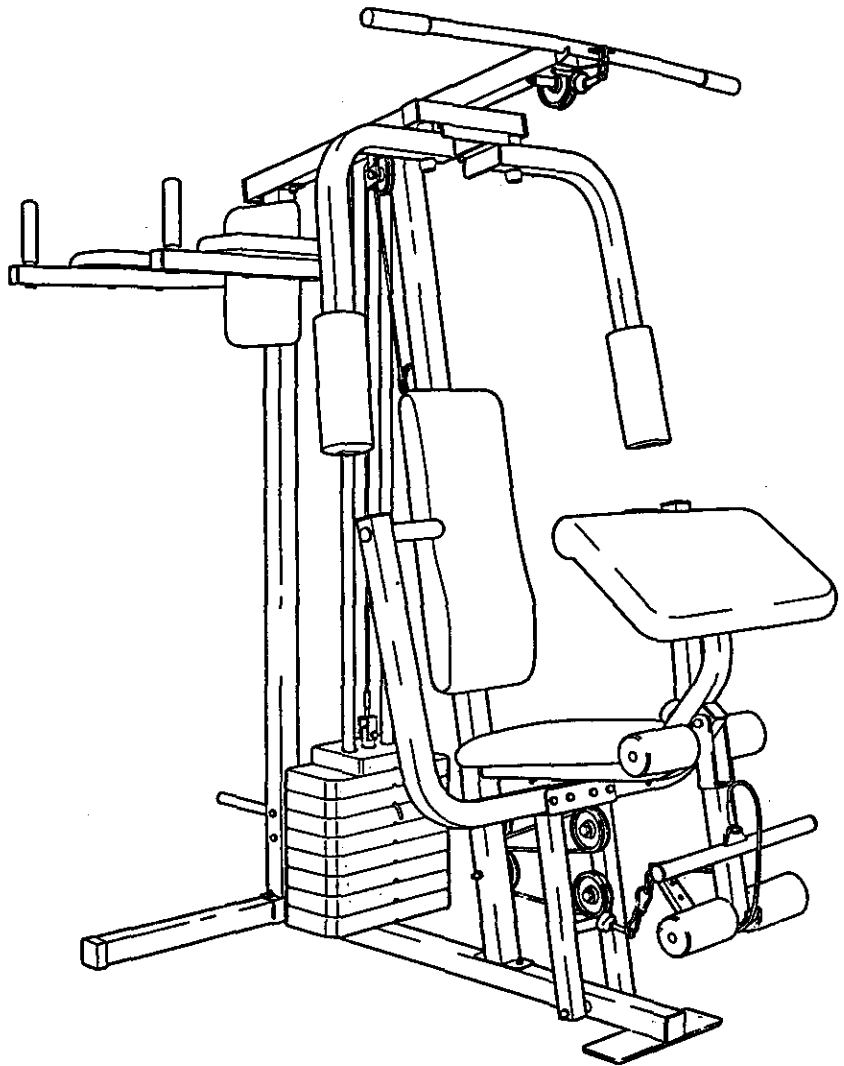
HELPLINE!

1-800-736-6879

## CAUTION!

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

PATENT PENDING



# USER'S MANUAL

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached to the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

## 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 WEIGHT SYSTEM EXERCISER, contact the nearest SEARS service center throughout the United States and SEARS will repair or replace the WEIGHT SYSTEM EXERCISER, free of charge.

This warranty does not apply when the WEIGHT SYSTEM 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

# IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the home gym system.

1. Read all instructions in this manual and in the accompanying literature before using the home gym system.
2. Use the home gym system only on a level surface. Cover the floor beneath the home gym system for protection.
3. The home gym system is designed to be used by only one person at a time.
4. Inspect and tighten all parts often. Replace any worn parts immediately.
5. Keep small children and pets away from the home gym system at all times.
6. Keep hands and feet away from moving parts.
7. Always stand on the foot plate when performing an exercise that could cause the home gym system to tip.
8. Never release the press arm, butterfly arms, leg lever, lat bar or nylon strap while weights are raised. The weights will fall with great force.
9. Always wear athletic shoes for foot protection.
10. Make sure that the cables remain on their pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
11. Always disconnect the lat bar from the home gym system when performing an exercise that does not use the lat bar.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
13. It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.

**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.

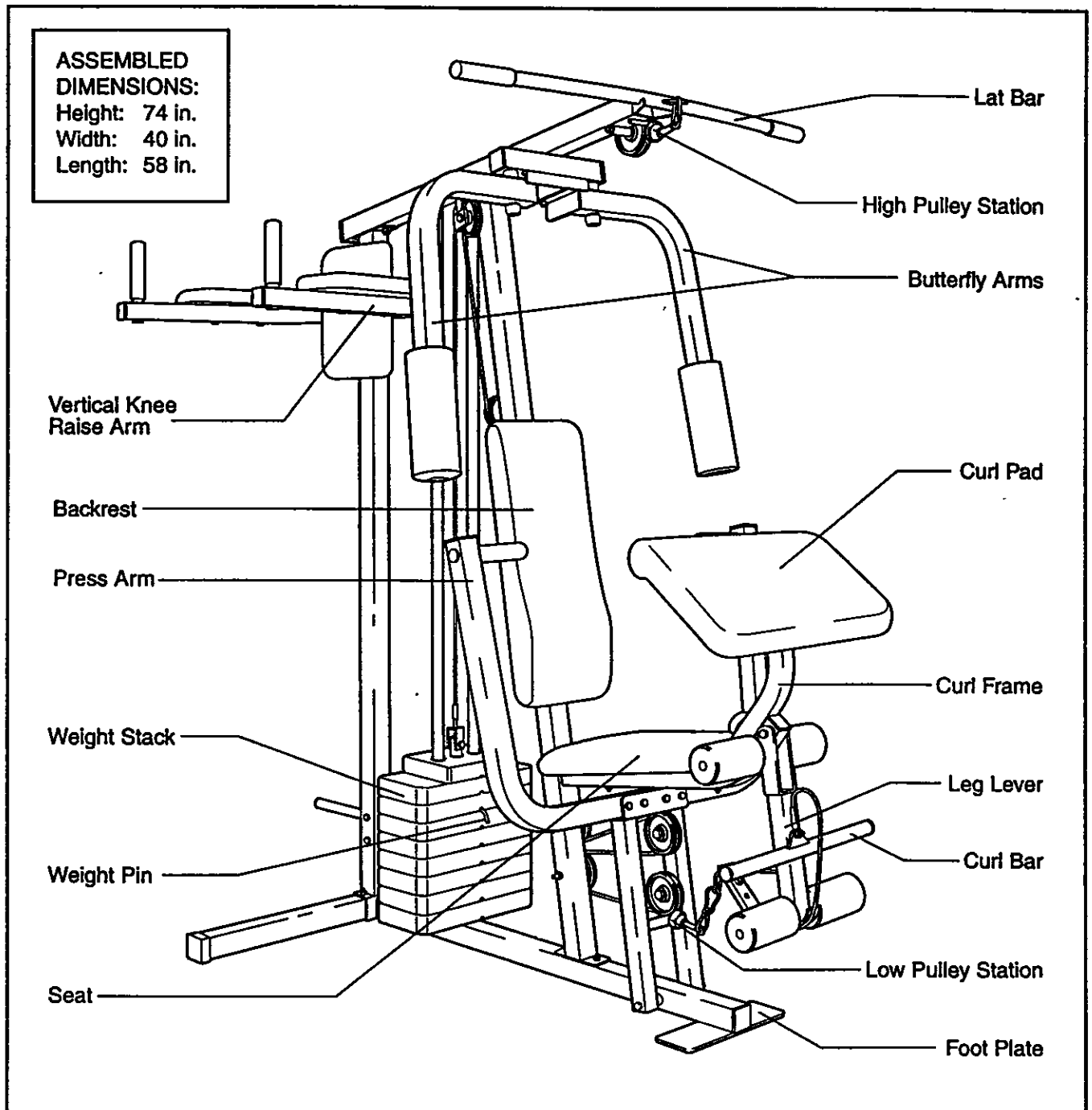
# BEFORE YOU BEGIN

Thank you for selecting the versatile SEARS LIFESTYLER® SYSTEM 200 Home Gym System. The SYSTEM 200 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the SYSTEM 200 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the LIFESTYLER® SYSTEM 200 Home Gym System. 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 831.159460. The serial number can be found on a decal attached to the SYSTEM 200 (see the front cover of this manual).

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





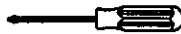
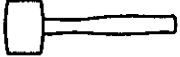
# ASSEMBLY

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

- Assembly requires two people. Due to the size and weight of the SYSTEM 200, it should be assembled in the location where it will be used.
- Place all parts of the SYSTEM 200 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- The assembly is divided into five stages: 1) frame assembly, 2) press and butterfly arm assembly, 3) cable and pulley assembly, 4) seat and backrest assembly, and 5) VKR assembly. The hardware for each stage is packaged separately.
- Wait until you begin each assembly stage to open that parts bag.
- As you assemble the SYSTEM 200, be sure that all parts are oriented as shown in the drawings.

- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART** located at the center of this manual.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

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

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

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.

## FRAME ASSEMBLY

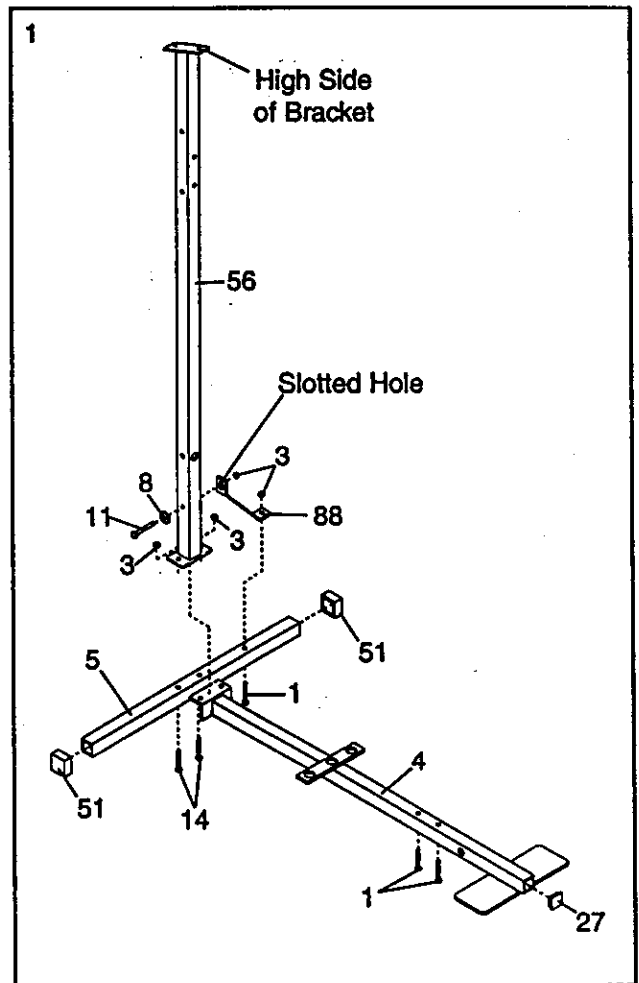
1. Before beginning assembly, be sure that you have read and understand the information in the box above.

Press a 2" Square Outer Cap (51) onto each end of the Stabilizer (5). Press a 2" Square Inner Cap (27) into the end of the Base (4).

Insert two 5/16" x 2 3/4" Carriage Bolts (14) up through the Stabilizer (5). Insert a 5/16" x 2 1/2" Carriage Bolt (1) up through the Stabilizer. Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4).

Slide the indicated end of the Base (4) onto the 5/16" x 2 3/4" Carriage Bolts (14) in the Stabilizer (5). Slide the Rear Upright (56) onto the Carriage Bolts. The high side of the bracket on the Rear Upright should be on the side shown. Hand-tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. Do not tighten the Nylon Locknuts yet.

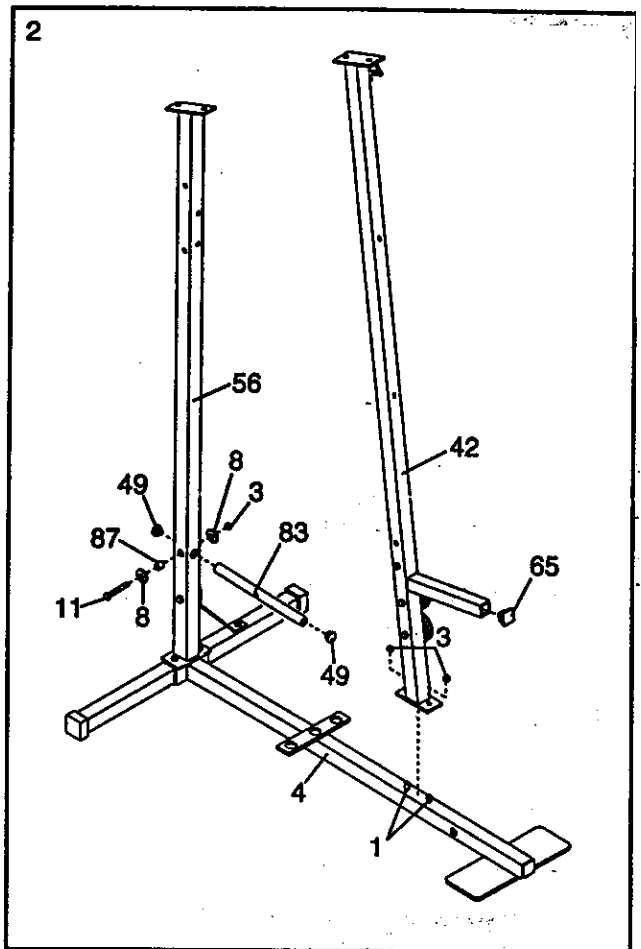
Slide the end of the Brace (88) with the round hole onto the 5/16" x 2 1/2" Carriage Bolt (1) in the Stabilizer (5). Hand-tighten a 5/16" Nylon Locknut (3) onto the Carriage Bolt. Attach the end of the Brace with the slotted hole to the Rear Upright (56) with a 5/16" x 2 3/4" Bolt (11), a 5/16" Washer (8), and a 5/16" Nylon Locknut. Do not tighten the Nylon Locknuts yet.



- Slide the Front Upright (42) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Hand-tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt. Do not tighten the Nylon Locknuts yet.

Press a 1" Square Inner Cap (65) into the Front Upright (42).

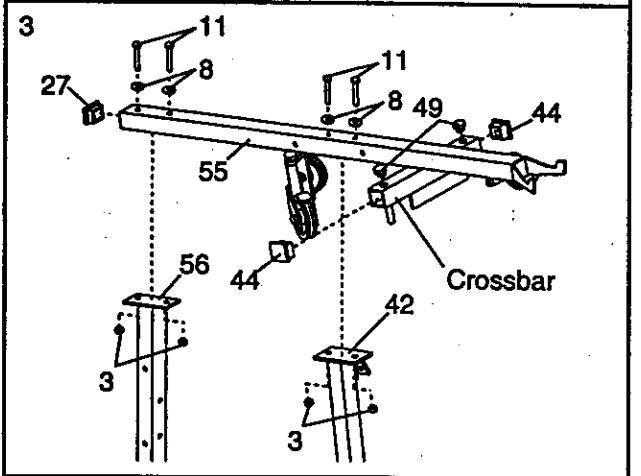
Press 1" Round Inner Cap (49) into each end of the Foot Rest (83). Attach the Foot Rest to the Rear Upright (56) with a 5/16" x 2 3/4" Bolt (11), two 5/16" Washers (8), a 1/2" x 1/2" Bushing (87), and a 5/16" Nylon Locknut (3).



- Press a 2" Square Inner Cap (27) into the indicated end of the Top Frame (55). Press a 1 3/4" Square Inner Cap (44) into each end of the crossbar on the Top Frame. Press two 1" Round Inner Caps (49) into the top of the crossbar.

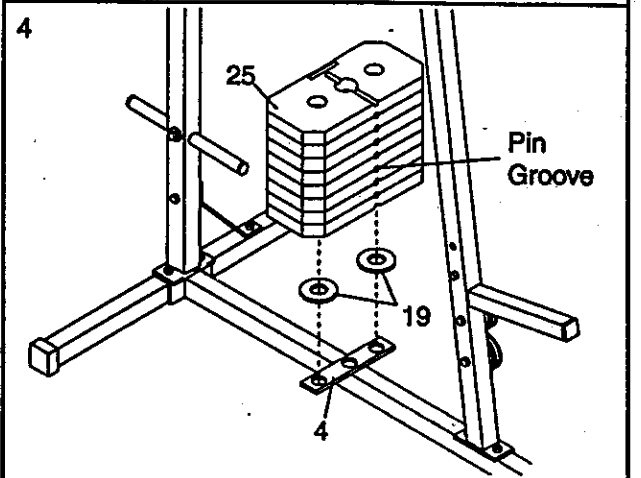
Attach the Top Frame (55) to the Front Upright (42) and the Rear Upright (56) with four 5/16" x 2 3/4" Bolts (11), four 5/16" Flat Washers (8), and four 5/16" Nylon Locknuts (3).

Tighten all Nylon Locknuts used in steps 1 through 3.



- Set two Weight Bumpers (19) onto the indicated bracket on the Base (4) as shown.

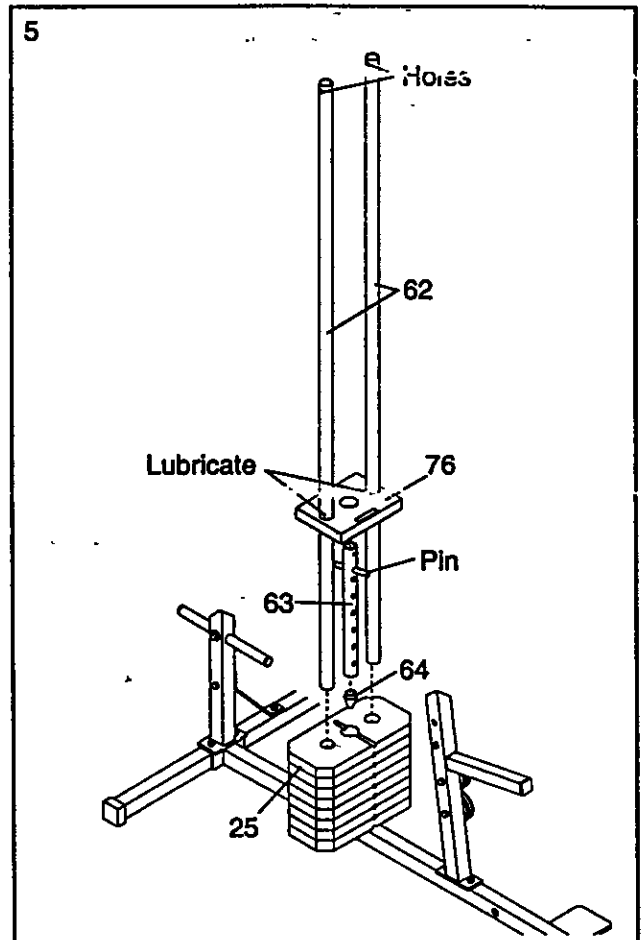
Stack eight Weights (25) onto the Weight Bumpers (19). Be sure that the pin grooves are all on the indicated side.



5. Press the Weight Tube Bumper (64) into the end of the Weight Tube (63). Insert the Weight Tube into the stack of Weights (25). Be sure that the pins on the Weight Tube are sitting in the pin grooves in the top Weight.

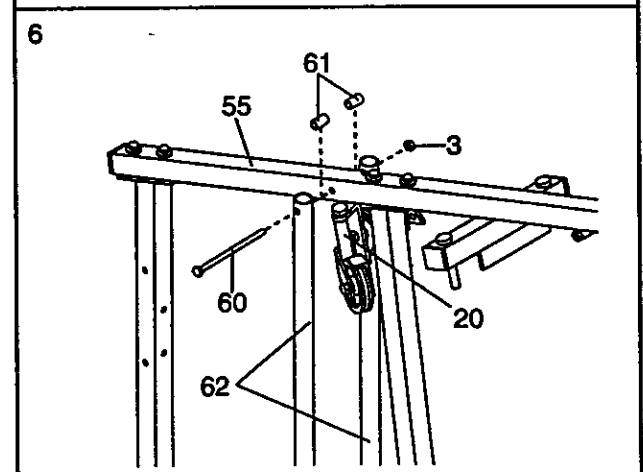
Lubricate the inside of the holes in the Top Weight (76). Set the Top Weight onto the stack of Weights (25).

Insert both Weight Guides (62) into the stack of Weights (25). Be sure that the holes in the Weight Guides are at the top, as shown.



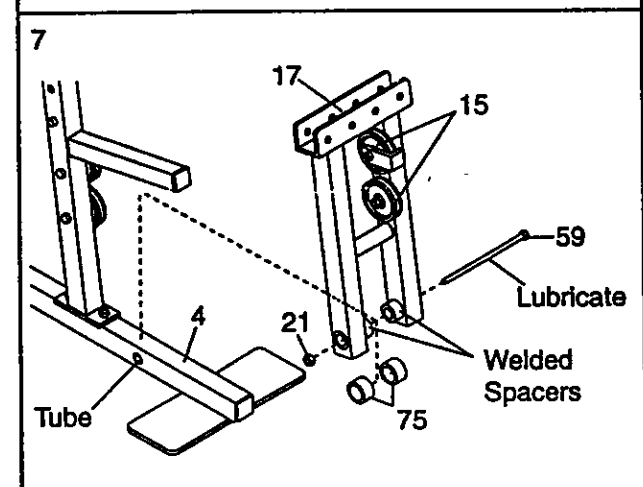
6. Attach the upper ends of the Weight Guides (62) to the Top Frame (55) with the 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a 5/16" Nylon Locknut (3).

Be sure that the Pulley Bracket (20) is in front of the right Weight Guide (62) as shown.



7. Press a 1" x 7/8" Plastic Bushing (75) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place on the Base (4). Note: This will be a tight fit. The 1" x 7/8" Plastic Bushings should fit on each end of the indicated tube in the Base. Be sure that the 3 1/2" Pulleys (15) are on the indicated side.

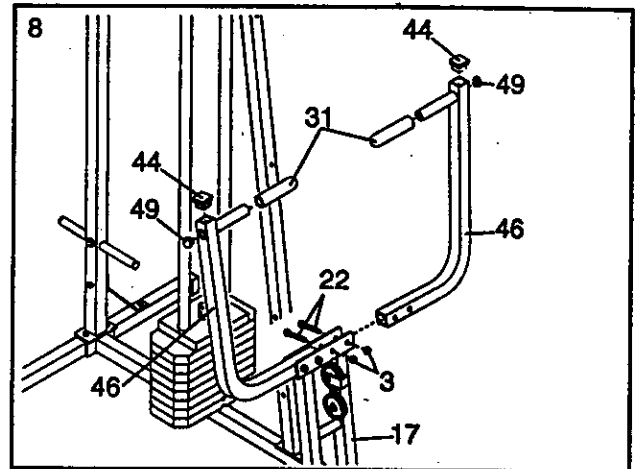
Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame (17) to the Base (4) with the 3/8" x 8" Bolt and a 3/8" Nylon Locknut (21).



8. Wet the handle of one Press Arm (46) with soapy water. Slide a Hand Grip (31) onto the handle. Press a 1" Round Inner Cap (49) into the other end of the handle. Press a 1 3/4" Square Inner Cap (44) into the Press Arm.

Attach the Press Arm (46) to one side of the Press Frame (17) with two 5/16" x 2 1/2" Bolts (22) and two 5/16" Nylon Locknuts (3).

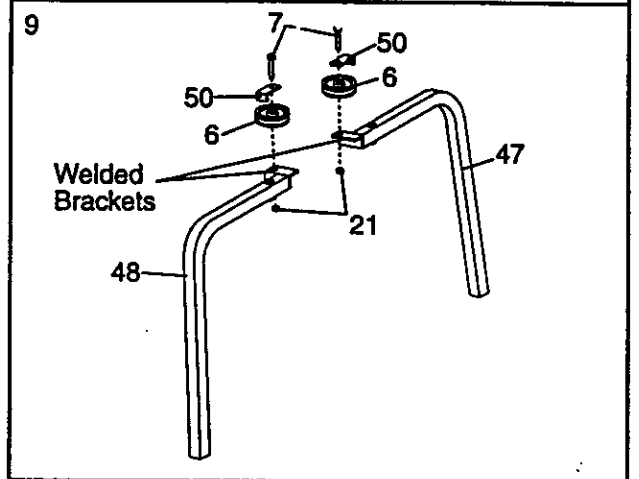
Assemble the other Press Arm (46) in the same manner.



9. Identify the Right Arm (48) and the Left Arm (47). Note the position of the welded bracket on each Arm. Arm identification is very important for step 10.

Attach a "V"-Pulley (6) and a Long Cable Trap (50) to the Right Arm (48) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21).

Attach a "V"-Pulley (6) and a Long Cable Trap (50) to the Left Arm (47) in the same manner.



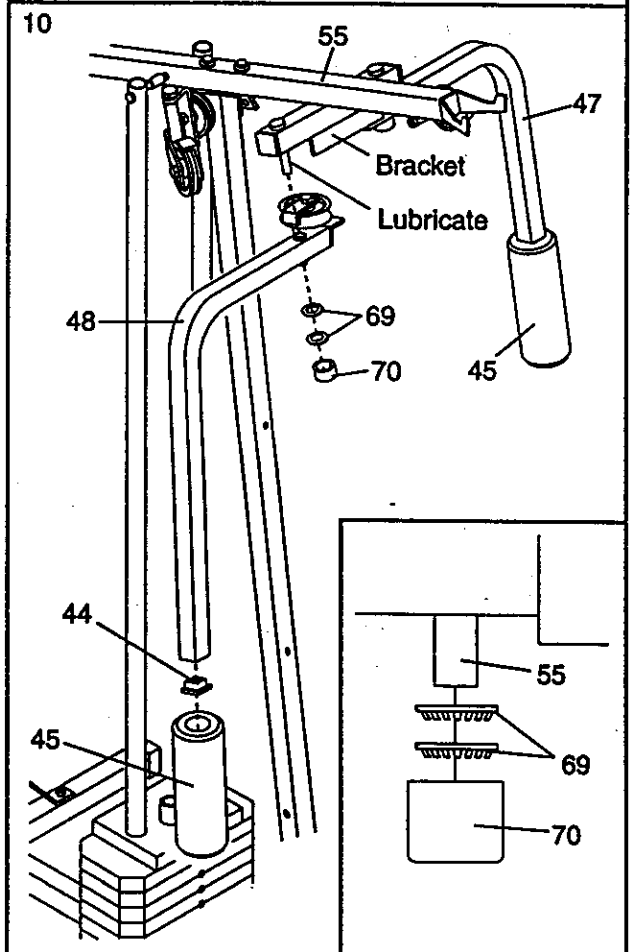
10. Lubricate both axles on the Top Frame (55).

Slide the Right Arm (48) onto the right axle. Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 9 to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).

Tap two 1" Retainers (69) and a 1" Round Cover Cap (70) onto the right axle. Be sure that the teeth on the Retainers bend toward the Cover Cap, as shown in the inset drawing.

Attach the Left Arm (47) in the same manner.

Press 1 3/4" Square Inner Caps (44) into the lower ends of the Right and Left Arms (47, 48). Wet the lower end of each Arm with soapy water. Slide a 10" Pad (45) onto the lower end of each Arm.





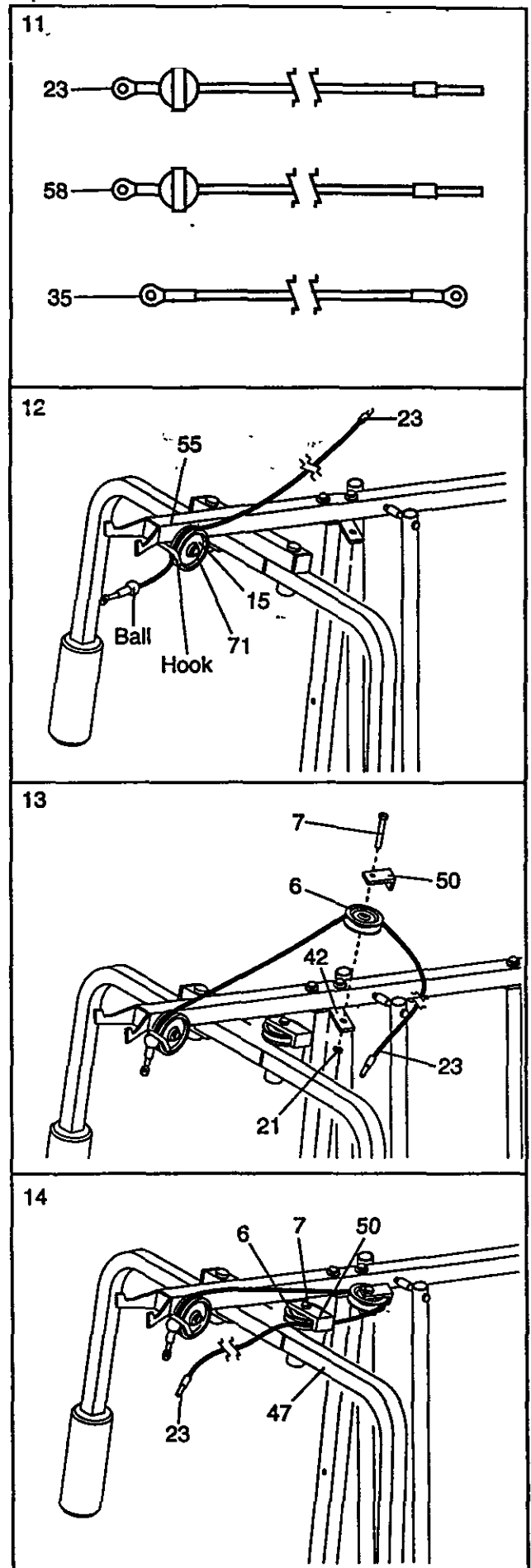
11. During steps 11 through 27, refer to the CABLE DIAGRAM on page 22 of this manual to verify proper cable routing. Before beginning this section, identify the Long Cable (23), the Medium Cable (58), and the Short Cable (35) by comparing the lengths and ends of the cables.

**IMPORTANT:** While assembling the cables, do not overtighten the bolts and nuts securing the pulleys. The pulleys must be able to turn freely.

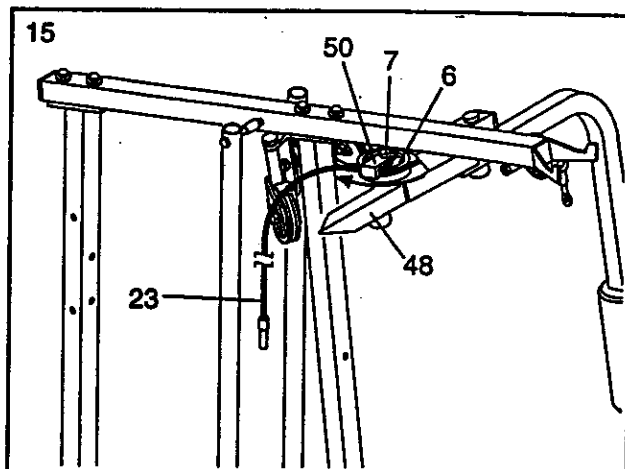
12. Locate the Long Cable (23). Route the Long Cable around the indicated 3 1/2" Pulley (15) attached to the Top Frame (55). Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook. Tighten the 3/8" x 3 3/4" Bolt (71) and the 3/8" Nylon Locknut (not shown).

13. Wrap the Long Cable (23) around a "V"-Pulley (6). Attach the "V"-Pulley and a Long Cable Trap (50) to the indicated bracket on the Front Upright (42) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21). Be sure that the Long Cable Trap is positioned to hold the Cable in place.

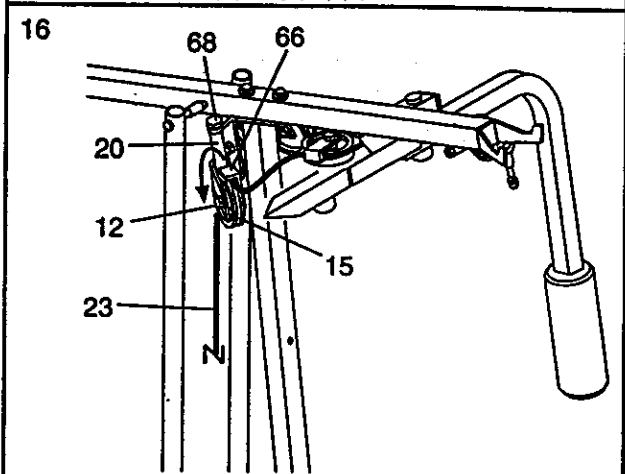
14. Route the Long Cable (23) around the "V"-Pulley (6) on the Left Arm (47). Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (50) is positioned to hold the Cable in place. Tighten the 3/8" x 2 1/2" Bolt (7) and the 3/8" Nylon Locknut (not shown).



15. Route the Long Cable (23) around the "V"-Pulley (6) on the Right Arm (48). Be sure that the Cable is in the groove of the "V"-Pulley and that the Long Cable Trap (50) is turned to hold the Cable in place. Tighten the 3/8" x 2 1/2" Bolt (7) and the 3/8" Nylon Locknut (not shown).

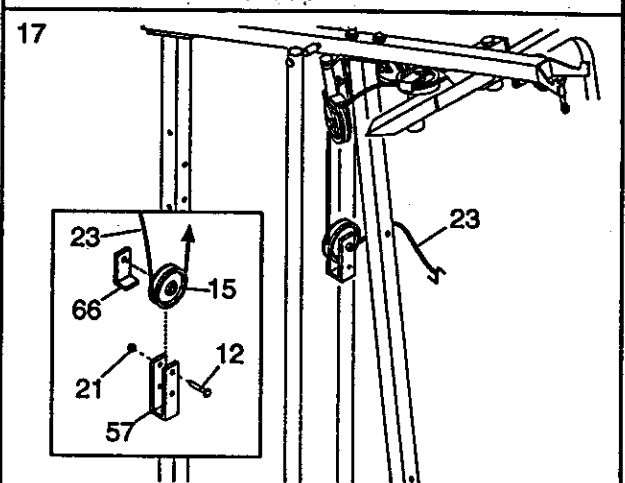


16. Route the Long Cable (23) around the 3 1/2" Pulley (15) attached to the Pulley Bracket (20). Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place. Tighten the 3/8" x 2" Bolt (12) and the 3/8" Nylon Locknut (not shown).



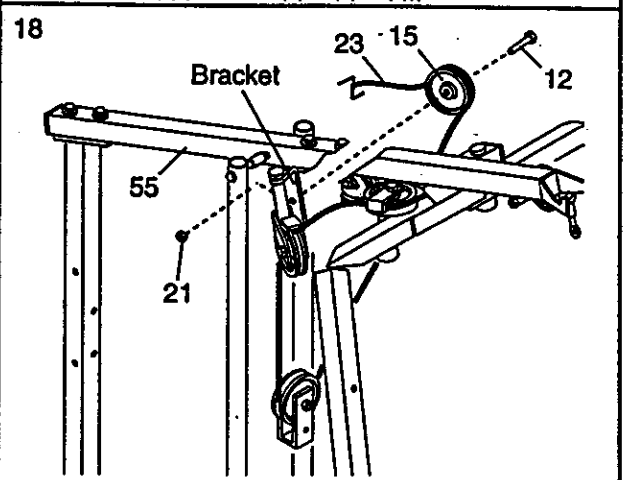
Make sure that the 5/16" x 5" Bolt (68) is properly tightened and that the Pulley Bracket (20) can move freely.

17. See the inset drawing. Attach a 3 1/2" Pulley (15) and a Cable Trap (66) to the indicated hole in the Long "U"-Bracket (57) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). Be sure that the Cable Trap is inside the "U"-Bracket. Note: This may come pre-assembled.



Route the Long Cable (23) around the 3 1/2" Pulley (15) and through the Long "U"-Bracket (57). Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.

18. Note: The Pulley in this drawing is pre-assembled. It is shown disassembled for easy part identification.

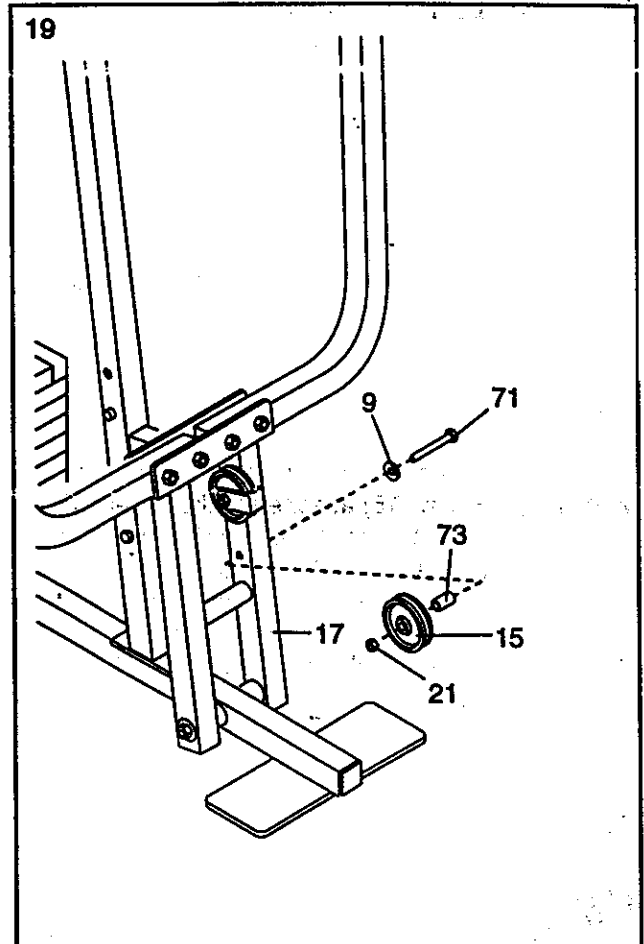


Route the Long Cable (23) around the 3 1/2" Pulley (15) attached to the bracket on the Top Frame (55). Tighten the 3/8" x 2" Bolt (12) and the 3/8" Nylon Locknut (21). Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.

19. Assembly steps 19 through 21 show how to complete the assembly of several pre-attached parts.

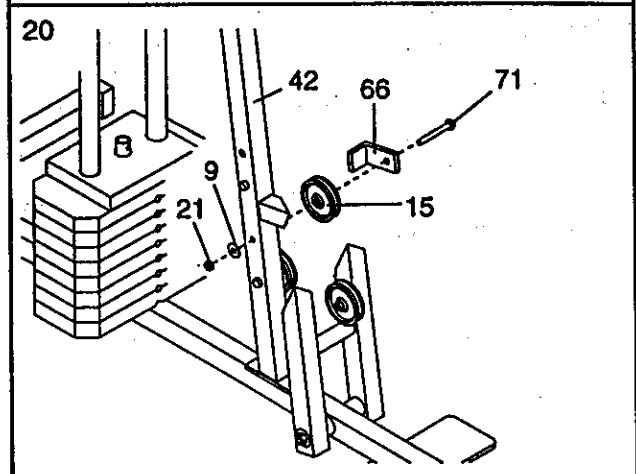
The 5/8" x 9/16" Spacer (73) has been pre-attached on the other side of the 3 1/2" Pulley (15) for shipping purposes. Remove the Spacer and the Pulley from the 3/8" x 3 3/4" Bolt (71). Do not remove the Bolt. (The Bolt has been shown removed for part identification.)

Reattach the 3 1/2" Pulley (15) with the 5/8" x 9/16" Spacer (73) between the Pulley and the Press Frame (17). Be sure that the 3/8" x 3 3/4" Bolt (71), the 3/8" Flat Washer (9), 5/8" x 9/16" Spacer, the 3 1/2" Pulley, and 3/8" Nylon Locknut (21) are oriented as shown. Hand-tighten the 3/8" Nylon Locknut.



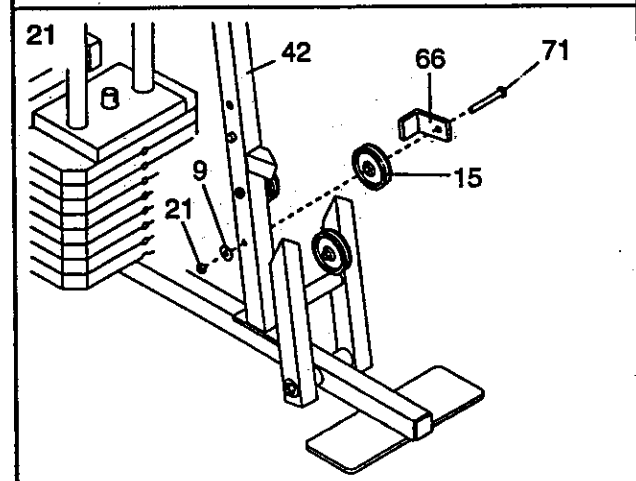
20. The indicated 3/8" x 3 3/4" Bolt (71) has been inserted from the opposite side for shipping purposes. Remove the 3/8" x 3 3/4" Bolt and 3/8" Nylon Locknut (21).

Slide the Cable Trap (66) and 3 1/2" Pulley (15) onto the 3/8" x 3 3/4" Bolt (71). Re-insert the Bolt into the Front Upright (42) from the direction shown. Hand-tighten the 3/8" Nylon Locknut (21) with the 3/8" Flat Washer (9) onto the Bolt. Be sure that all parts are oriented as shown. Do not tighten the Nylon Locknut yet.

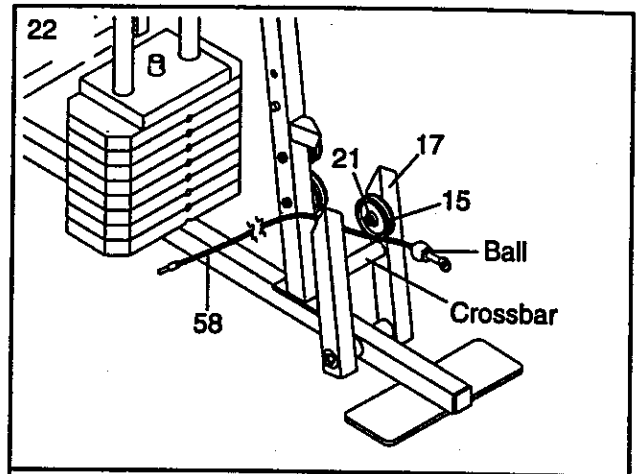


21. The indicated 3/8" x 3 3/4" Bolt (71) has also been inserted from the opposite side for shipping purposes. Remove the 3/8" x 3 3/4" Bolt and 3/8" Nylon Locknut (21).

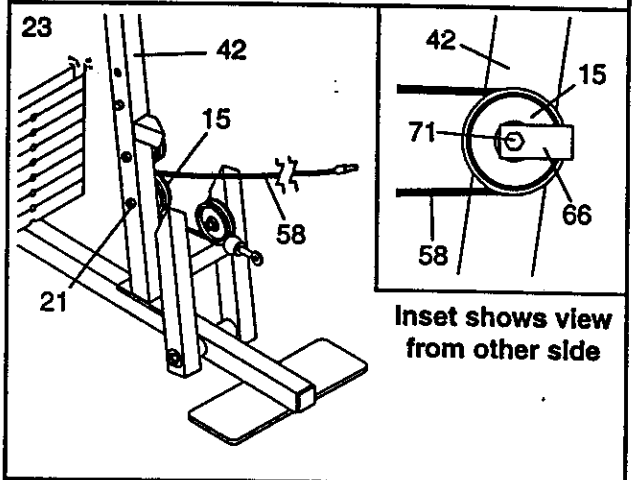
Slide the Cable Trap (66) and 3 1/2" Pulley (15) onto the 3/8" x 3 3/4" Bolt (71). Re-insert the Bolt into the Front Upright (42) from the direction shown. Hand-tighten the 3/8" Nylon Locknut (21) with the 3/8" Flat Washer (9) onto the Bolt. Be sure that all parts are oriented as shown. Do not tighten the Nylon Locknut yet.



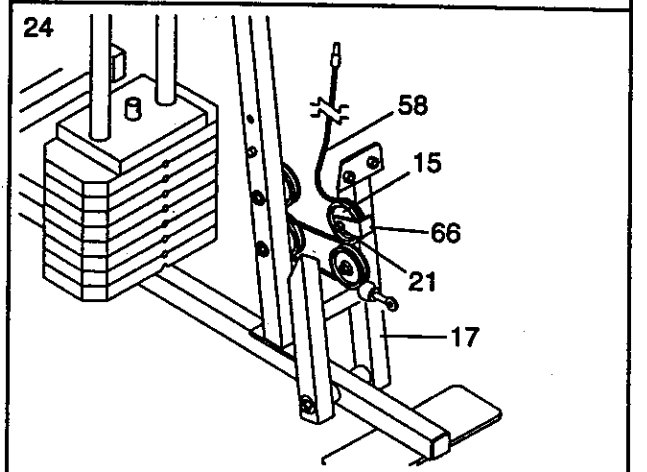
22. Locate the Short Cable (58). Route the Short Cable (58) under the 3 1/2" Pulley (15) attached to the lower hole in the Press Frame (17). Be sure that the end of the Cable with the ball is on the Indicated side of the Press Frame and that the Cable is between the Pulley and the crossbar on the Press Frame. Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (not shown).



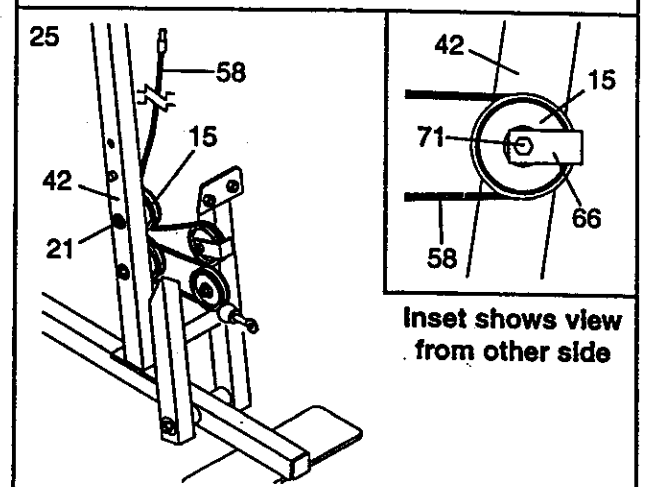
23. Route the Short Cable (58) around the 3 1/2" Pulley (15) attached to the lower hole in the Front Upright (42). See the Inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown. Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (71).



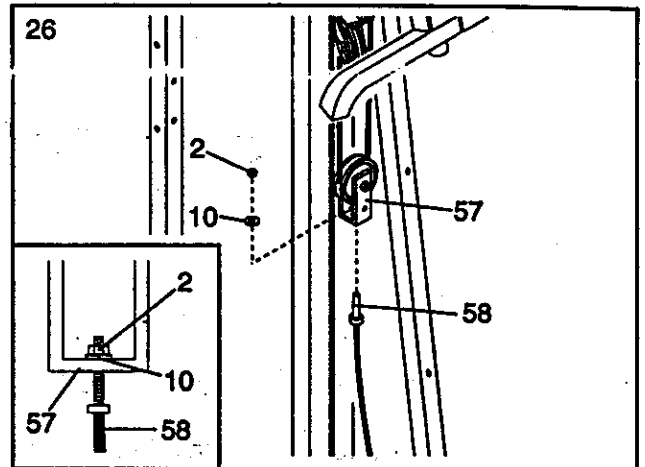
24. Route the Short Cable (58) around the 3 1/2" Pulley (15) attached to the upper hole in the Press Frame (17). Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown. Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 1/2" Bolt (not shown).



25. Route the Short Cable (58) around the 3 1/2" Pulley (15) attached to the upper hole in the Front Upright (42). See the Inset drawing. Be sure that the Cable Trap (66) is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown. Tighten the 3/8" Nylon Locknut (21) and the 3/8" x 3 3/4" Bolt (71).

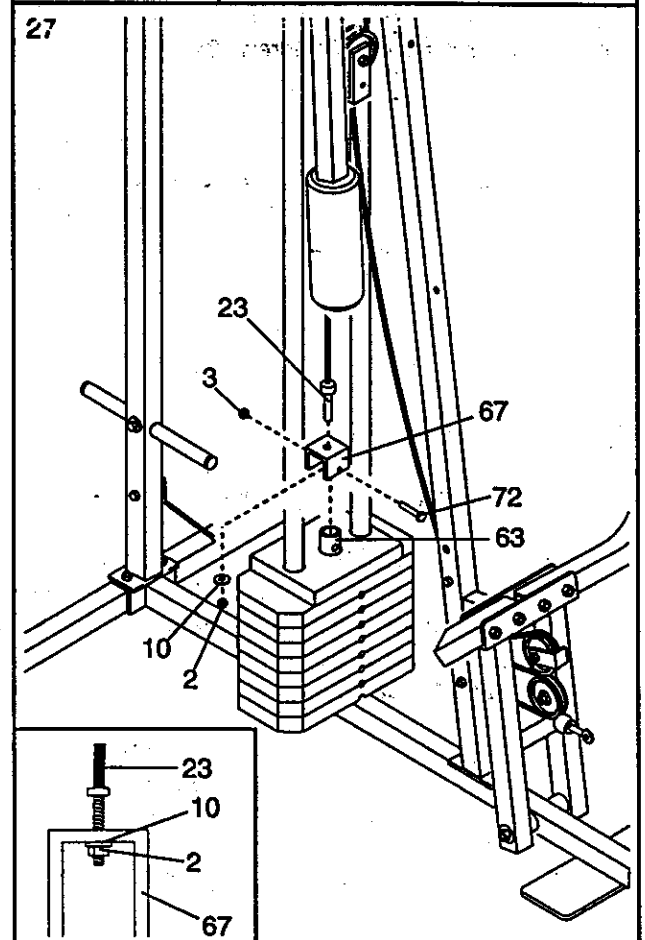


26. Attach the end of the Short Cable (58) to the Long "U"-Bracket (57) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.

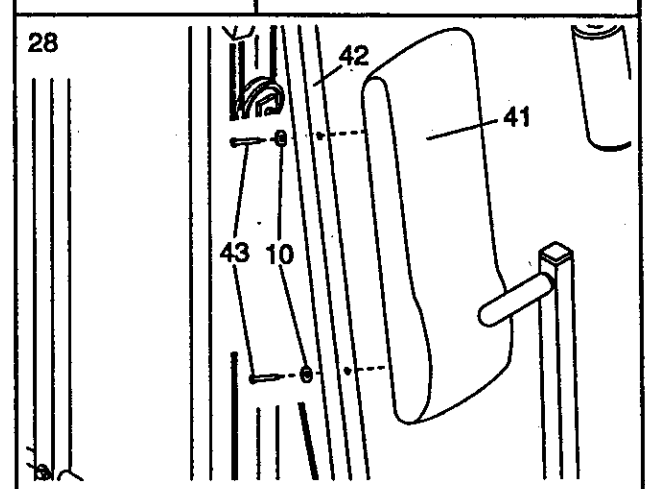


27. Attach the Long Cable (23) to the Small "U"-Bracket (67) with a 1/4" Nylon Locknut (2) and a 1/4" Flat Washer (10). Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.

Attach the Small "U"-Bracket (67) to the Weight Tube (63) with the 5/16" x 1 3/4" Bolt (72) and a 5/16" Nylon Locknut (3).



28. Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (10). Be sure that the Backrest is oriented as shown.



29. Press a 1 1/2" Square Inner Cap (32) into the Seat Frame (36).

Insert the 1/4" x 2" Carriage Bolt (38) through the center hole in the Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4" x 1/2" Screws (18).

Insert the 1/4" x 2" Carriage Bolt (38) through the indicated hole in the Seat Frame (36). Tighten a 1/4" Nylon Locknut (2) with a 1/4" Flat Washer (10) onto the Carriage Bolt.

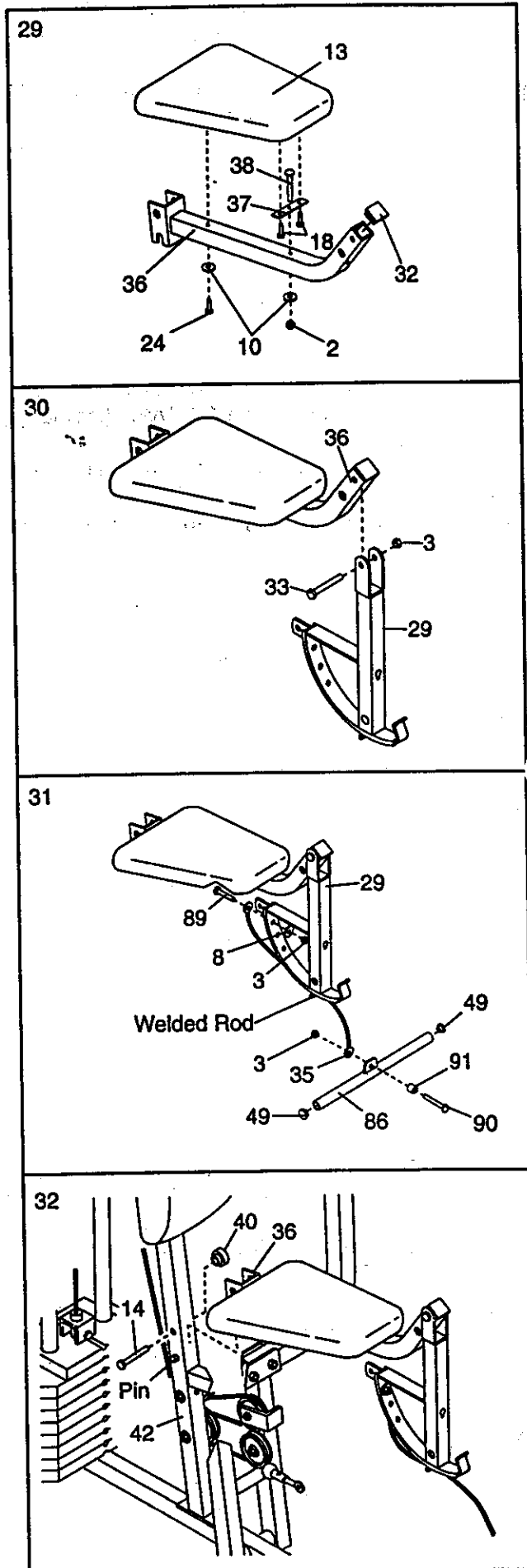
Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4" Flat Washer (10) and a 1/4" x 2" Screw (24).

30. Lubricate the 5/16" x 2 1/4" Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the 5/16" x 2 1/4" Bolt and a 5/16" Nylon Locknut (3).

31. Attach the Short Cable (35) to one of the three holes in the Leg Lever (29) with a 5/16" x 3/4" Bolt (89), a 5/16" Washer (8), and a 5/16" Nylon Locknut (3). Note: The three holes are for cable adjustment. Insert the Short Cable between the welded rod and the Leg Lever.

Press a 1" Round Inner Cap (49) into each end of the Curl Bar (86). Slide the 5/8" x 3/8" Bushing (91), the Curl Bar, and the Short Cable (35) onto the 5/16" x 1 1/4" Carriage Bolt (90). Hand-tighten a 5/16" Nylon Locknut (3) onto the Carriage Bolt.

32. Rest the Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Seat Frame to the Front Upright with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

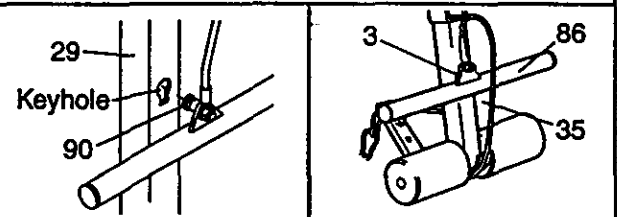
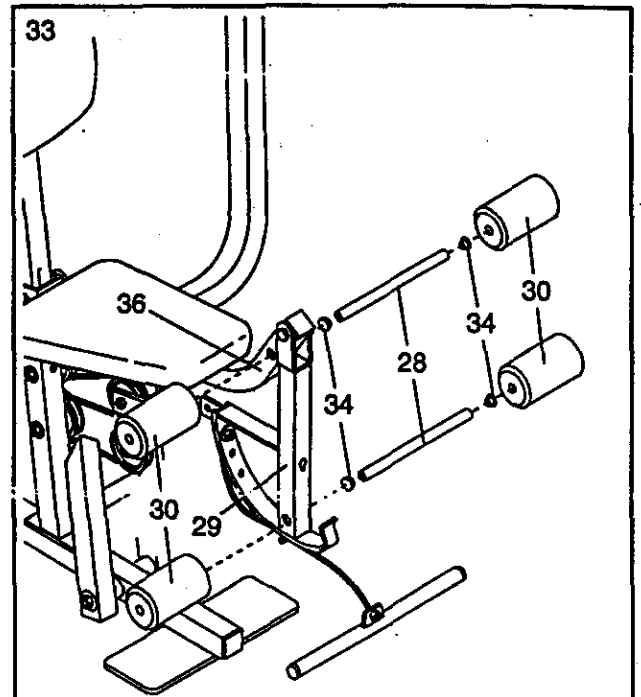


33. Press 3/4" Round Inner Caps (34) into the ends of both 12 1/2" Pad Tubes (28).

Insert one 12 1/2" Pad Tube (28) into the Seat Frame (36). Slide a 5 1/2" Pad (30) onto each end of the Pad Tube.

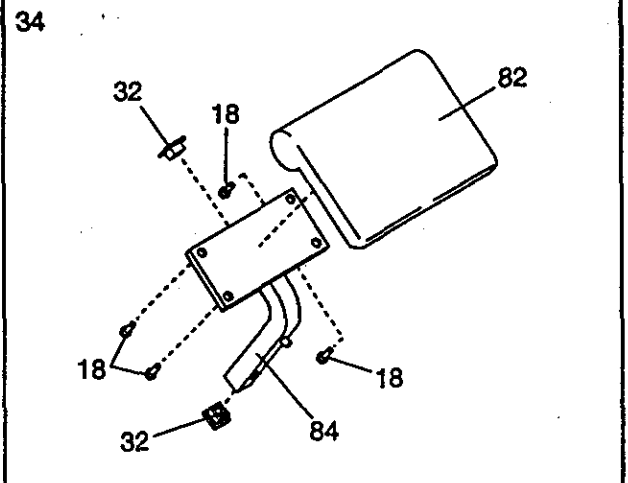
Insert the other 12 1/2" Pad Tube (28) into the Leg Lever (29). Slide a 5 1/2" Pad (30) onto each end of the Pad Tube.

See the left inset drawing. Insert the head of the 5/16" x 1 1/4" Carriage Bolt (90) into the keyhole in the Leg Lever (29). Be sure that the shoulder of the Carriage Bolt is firmly seated in the square part of the keyhole. See the right inset drawing. Orient the Short Cable (35) and the Curl Bar (86) as shown. Tighten the indicated 5/16" Nylon Locknut (3). Do not overtighten the Nylon Locknut. This is the storage position for the Curl Bar.

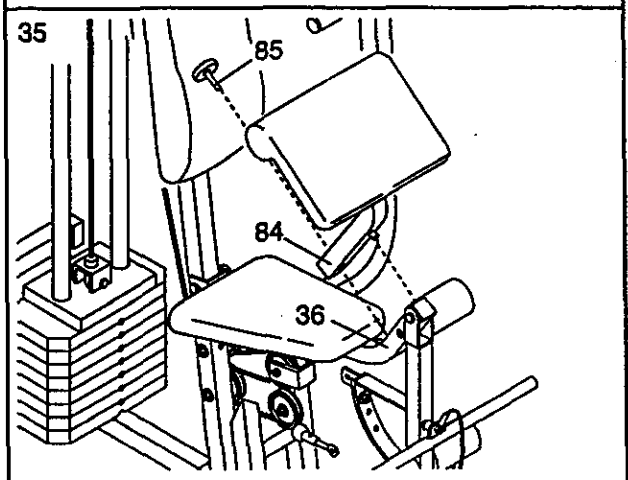


34. Attach the Curl Pad (82) to the Curl Frame (84) with four 1/4" x 1/2" Screws (18).

Insert a 1 1/2" Square Inner Cap (32) into each end of the Curl Frame (84). Note: These Caps may come pre-assembled.

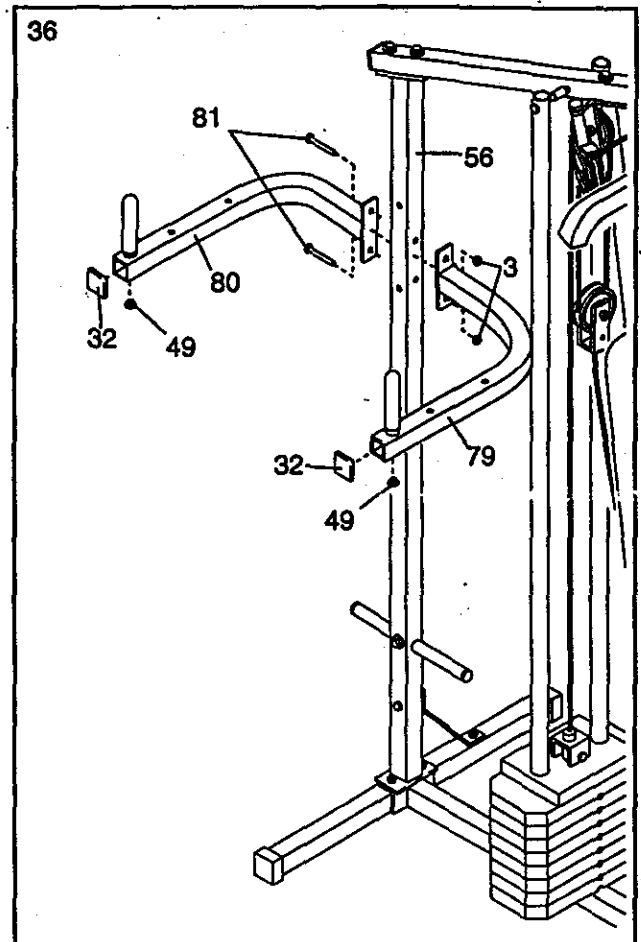


35. Attach the Curl Frame (84) to the Seat Frame (36) by inserting the pin on the Curl Frame into the upper hole in the Seat Frame. Secure the Curl Frame with the Curl Knob (85).



36. Press 1-1/2" Square Inner-Caps (32) into the ends of the Left VKR Arm (79) and the Right VKR Arm (80). Press 1" Round Inner Caps (49) into the ends of the handles on the Left VKR Arm and the Right VKR Arm.

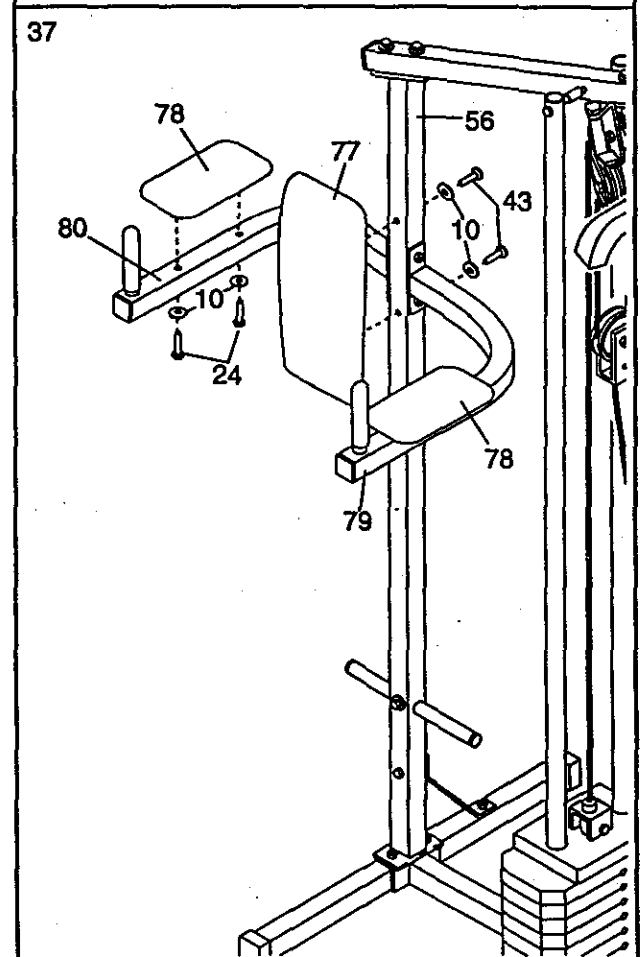
Attach the Left VKR Arm (79) and the Right VKR Arm (80) to the Rear Upright (56) with two 5/16" x 3" Bolts (81) and two 5/16" Nylon Locknuts (3).



37. Attach a VKR Armrest (78) to the Right VKR Arm (80) with two 1/4" x 2" Screws (24) and two 1/4" Flat Washers (10).

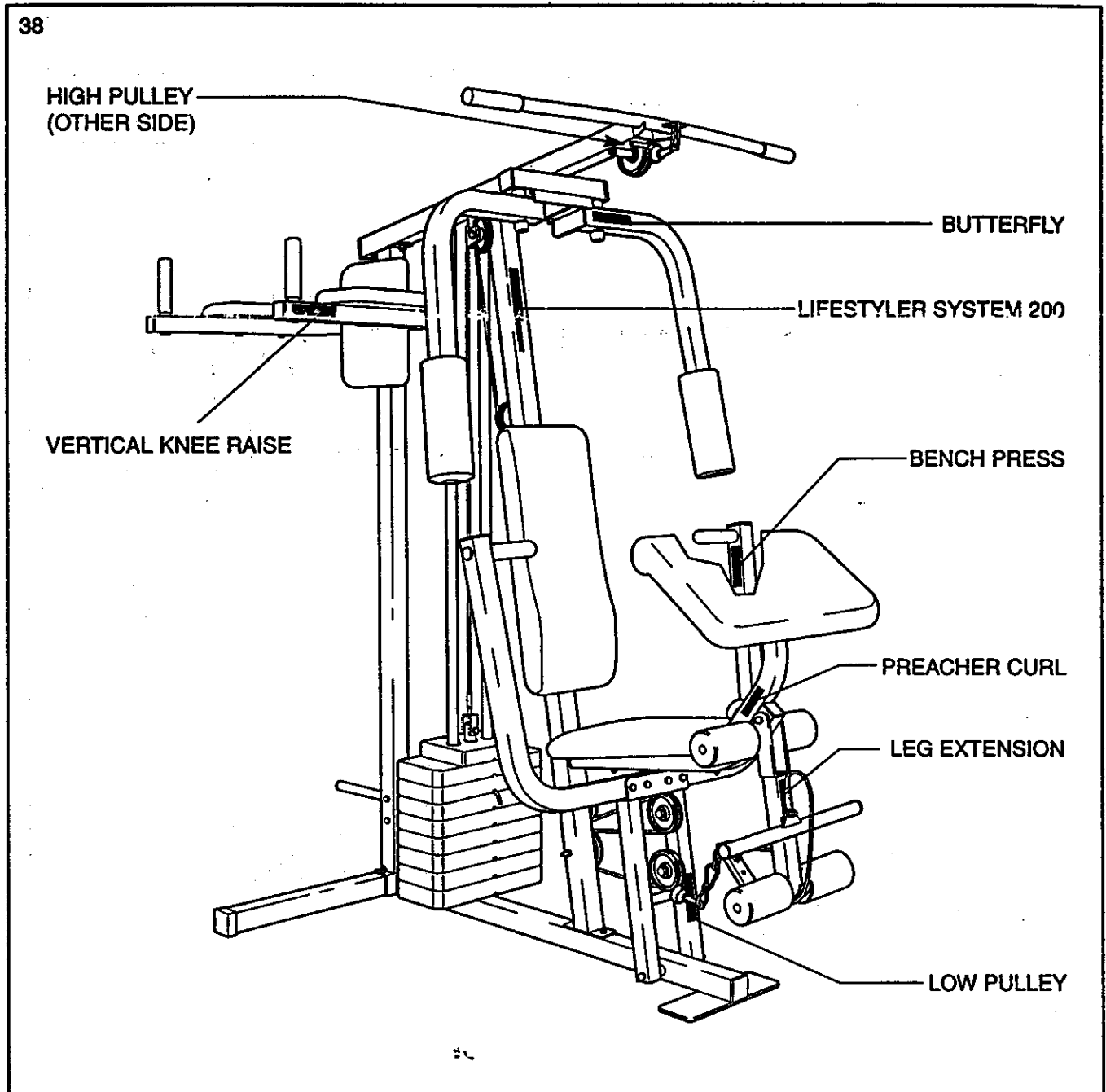
Attach a VKR Armrest (78) to the Left VKR Arm (79) in the same manner.

Attach the VKR Backrest (77) to the Rear Upright (56) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (10).





38. Remove the decals from the Decal Sheet (not shown) and apply them to the home gym system in the locations shown in the illustration below.



39. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 18 of this manual.

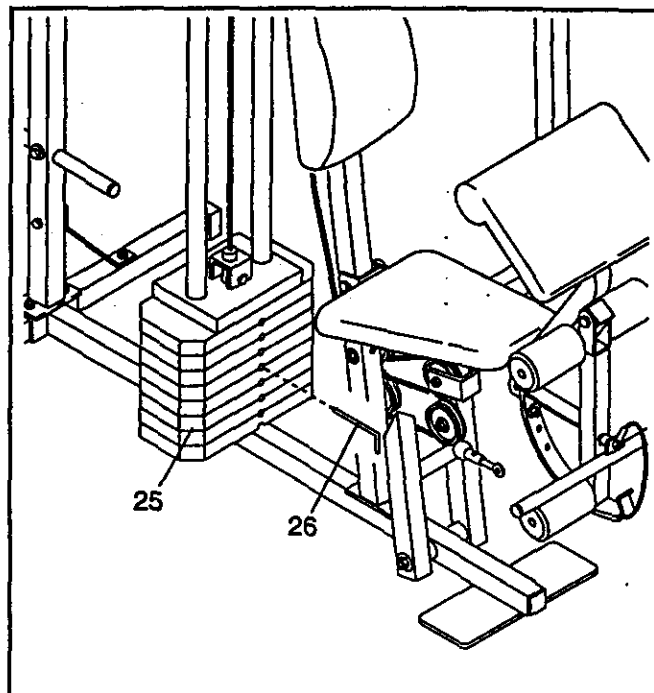
Before using the home gym system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT:** If the cables are not properly installed, they may be damaged when heavy weight is used. See the **CABLE DIAGRAM** on page 22 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See **TROUBLE-SHOOTING AND MAINTENANCE** on page 21.

# ADJUSTMENT

The instructions below describe how each part of the home gym system can be adjusted. Refer to the exercise guide accompanying this manual to see how the home gym system should be set up for each exercise. **IMPORTANT:** When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.

## CHANGING THE WEIGHT SETTING

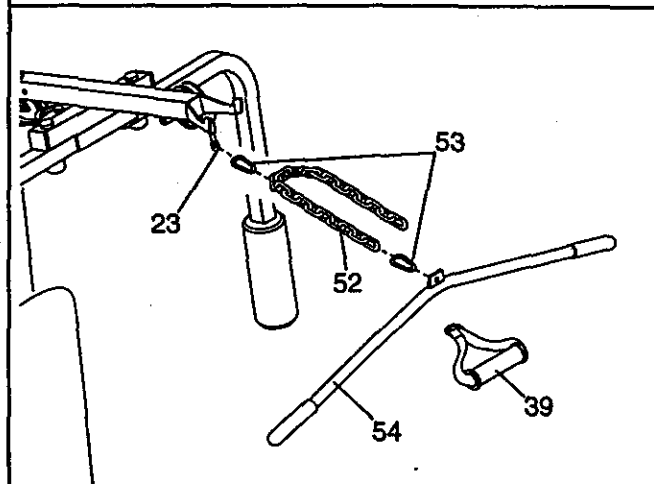
To change the weight setting of the weight stack, insert the Weight Pin (26) under the desired Weight (25). Insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6.5 pounds to 106.5 pounds, in increments of 12.5 pounds. **Note:** Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the **WEIGHT RESISTANCE CHART** on page 20 to find the actual amount of resistance at each weight station.



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (54) to the Long Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Long Cable with two Cable Clips. Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.

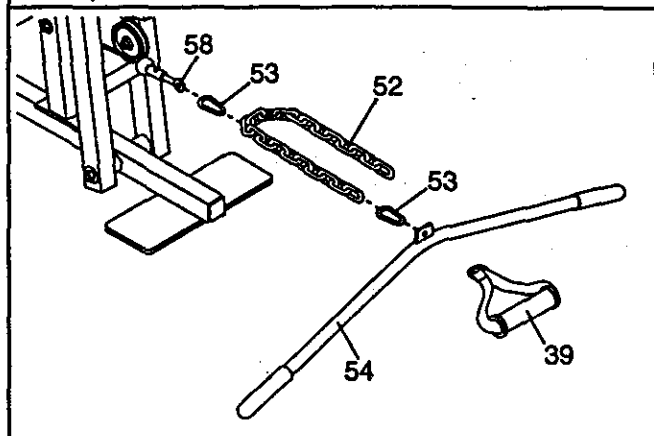
The Nylon Strap (39) can be attached in the same manner.



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (54) to the Short Cable (58) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Pulley Cable with two Cable Clips. Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.

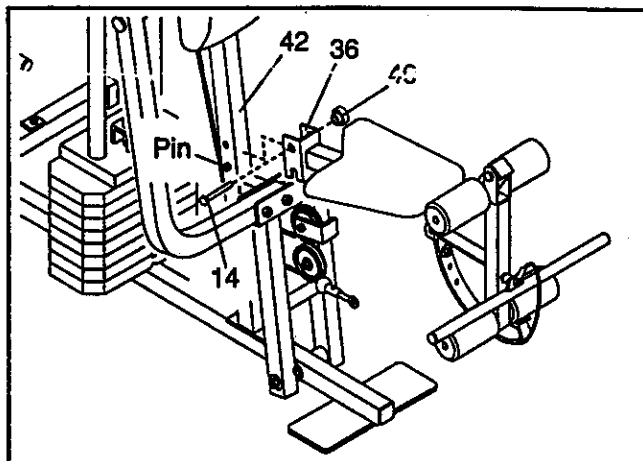
The Nylon Strap (39) can be attached in the same manner.



## ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

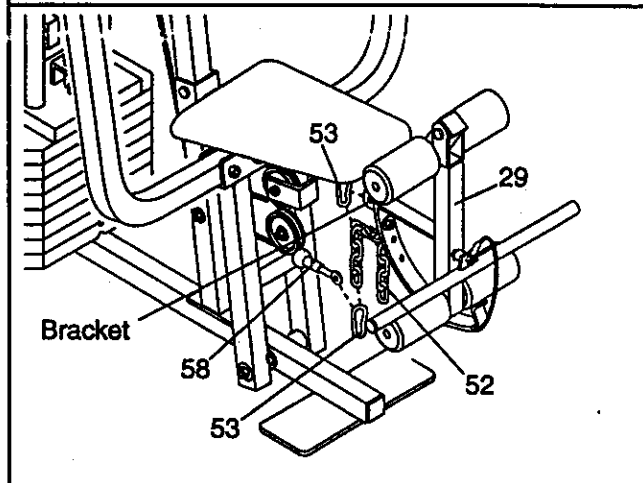
For some exercises, the Seat Frame (36) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



## ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above).

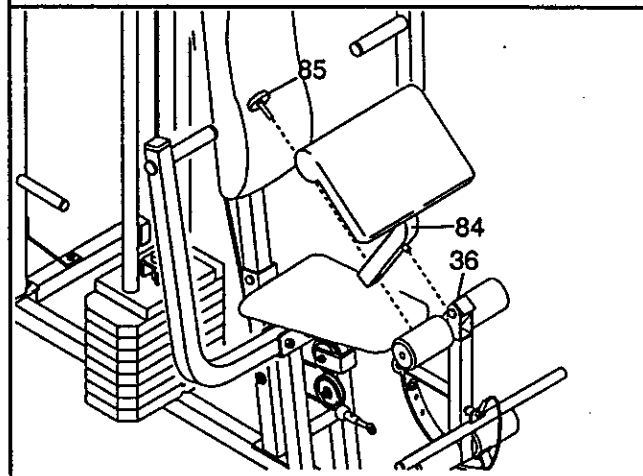
Attach one end of the Chain (52) to the Medium Cable (58) with a Cable Clip (53). Attach the other end of the Chain to the indicated bracket on the Leg Lever (29) with a Cable Clip.



## ATTACHING AND REMOVING THE CURL FRAME

For some exercises, the Curl Frame (84) must be attached to the Seat Frame (36). To attach the Curl Frame to the Seat Frame, insert the pin on the Curl Frame into the upper hole in the Seat Frame. Secure the Curl Frame with the Curl Knob (85).

To remove the Curl Frame (84) from the Seat Frame (36), remove the Curl Knob (85). Lift the Curl Frame off the Seat Frame.

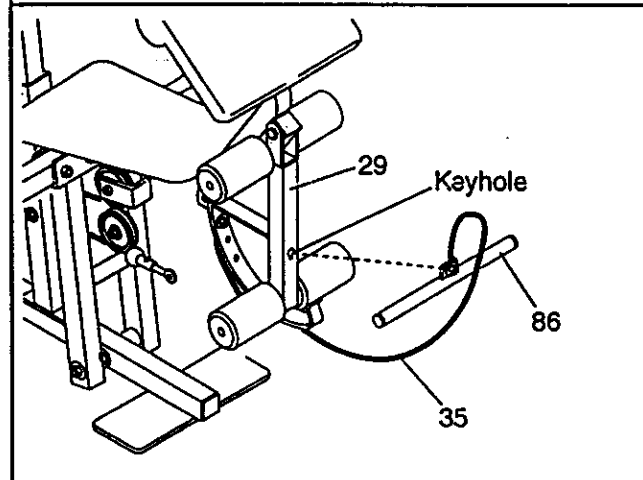


## USING THE CURL BAR

For most exercises that use the Curl Bar (86), the curl frame must be attached (see ATTACHING AND REMOVING THE CURL FRAME above).

Remove the Curl Bar (86) from the keyhole in the Leg Lever (29). Hold the Curl Bar as described for the exercise you are about to perform. Be sure that the Short Cable (35) remains in the groove on the underside of the Leg Lever while you are using the Curl Bar.

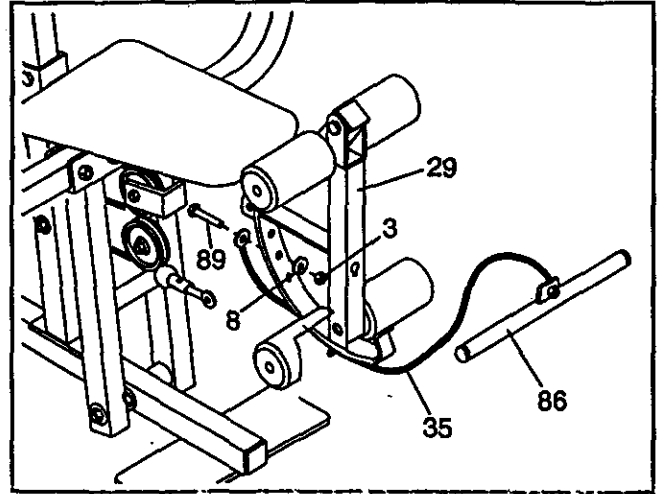
It may be necessary to adjust the Short Cable (35) in order to perform certain exercises. To do so, see ADJUSTING THE SHORT CABLE on page 20.



### ADJUSTING THE SHORT CABLE

The position of the Curl Bar (86) can be changed by adjusting the Short Cable (35). To adjust the Short Cable (35), remove the 5/16" x 3/4" Bolt (89), 5/16" Flat Washer (8), and 5/16" Nylon Locknut (3).

Re-attach the Short Cable (35) to one of the other holes in the Leg Lever (29) with the 5/16" x 3/4" Bolt (89), 5/16" Flat Washer (8), and 5/16" Nylon Locknut (3). **Note: The Short Cable should be attached so that the Curl Bar (86) is in the correct starting position for the exercise to be performed.**



### WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each exercise station. "Top" refers to the 6.5 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. The butterfly arm resistance listed is the resistance for each butterfly arm.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	CURL BAR (lbs.)
Top	20	10	15	14	24	15
1	45	22	36	28	54	36
2	70	33	54	44	82	54
3	99	42	75	60	115	75
4	128	48	96	72	147	96
5	153	60	115	90	175	115
6	184	69	137	103	209	137
7	204	79	146	126	223	146
8	247	91	176	138	269	176

# TROUBLE-SHOOTING AND MAINTENANCE

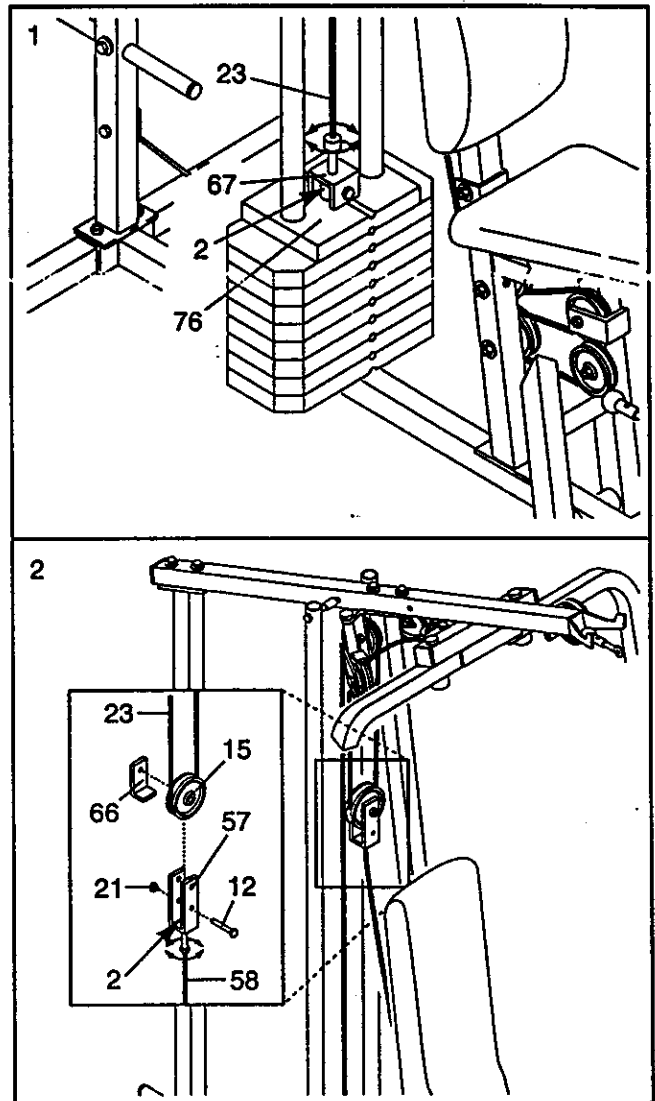
Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

## TIGHTENING THE CABLES

Woven cable, the type of cable used on the home gym system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Slack can be removed from the cables by tightening the 1/4" Nuts (2) at the end of the Long Cable (23) (see drawing 1) and at the end of the Short Cable (52) (see drawing 2). To do this you may need to remove the Small "U"-Bracket (67) from the Weight Tube (63) or remove the 3 1/2" Pulley (15) from the Long "U"-Bracket (57). Make sure that the cables are not too tight, or the Top Weight (76) will be lifted off the weight stack.

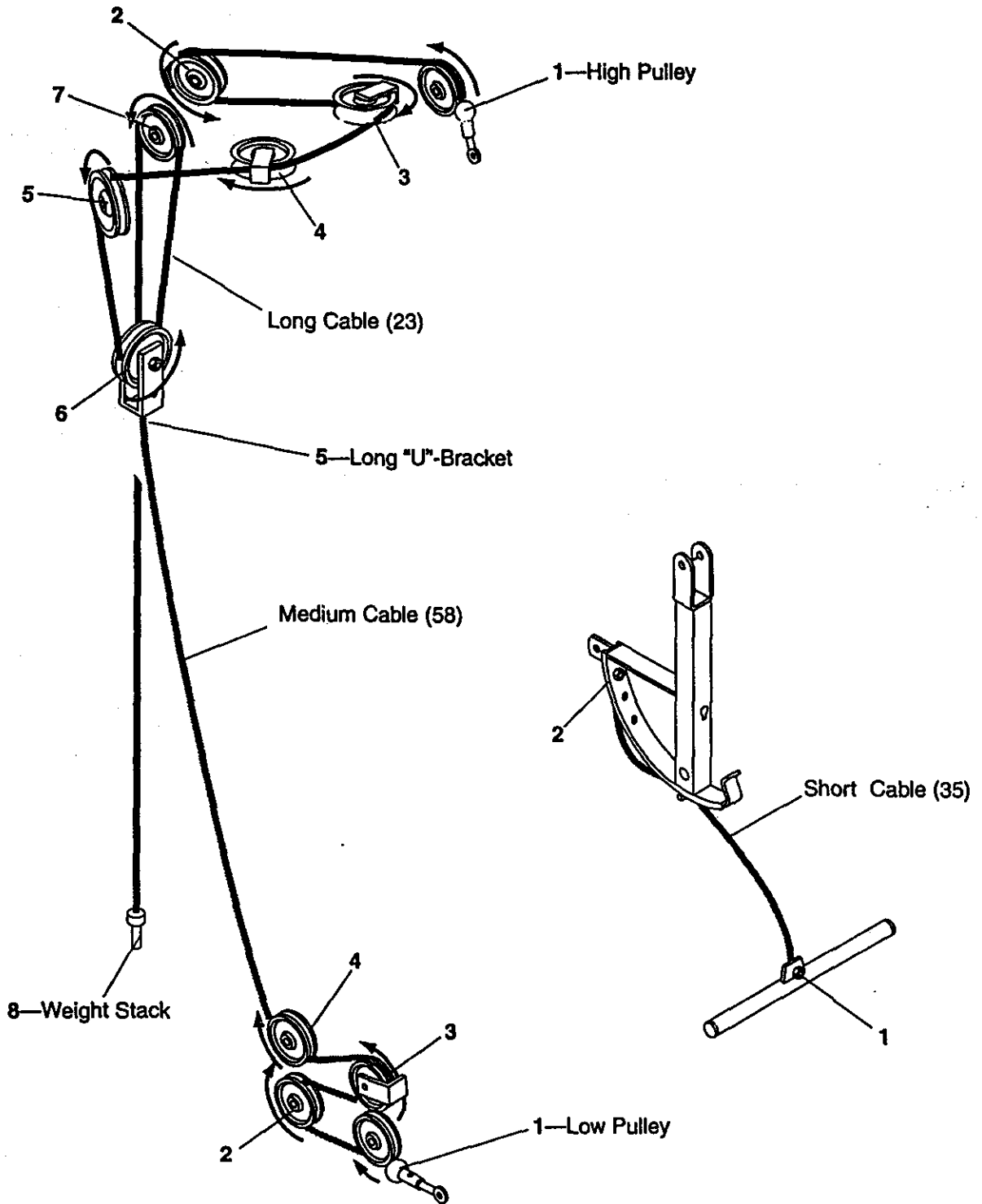
Additional slack can be removed by moving the 3 1/2" Pulley (15) to the other hole in the Long "U"-Bracket (57). Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from the Cable Trap (66), Pulley, and Long "U"-Bracket. Re-attach the Pulley and Cable Trap. Be sure that the Cable trap is in the proper position and that the Cable and Pulley move smoothly.

If the cables need to be replaced, see the back cover of this manual.



# CABLE DIAGRAM

The cable diagram below shows the proper routing of the Short Cable (35), Medium Cable (58), and Long Cable (23). Use the diagram to be sure that the three cables have been assembled correctly. The starting and ending points for each cable are labeled. The numbers show the correct route for each cable. If the cables have not been correctly routed, the home gym system will not function properly and damage may occur.



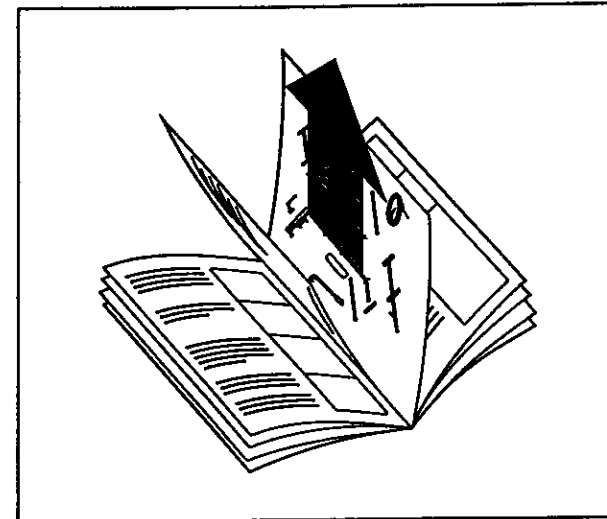
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# NOTES

**PART LIST—Model No. 831.159460**

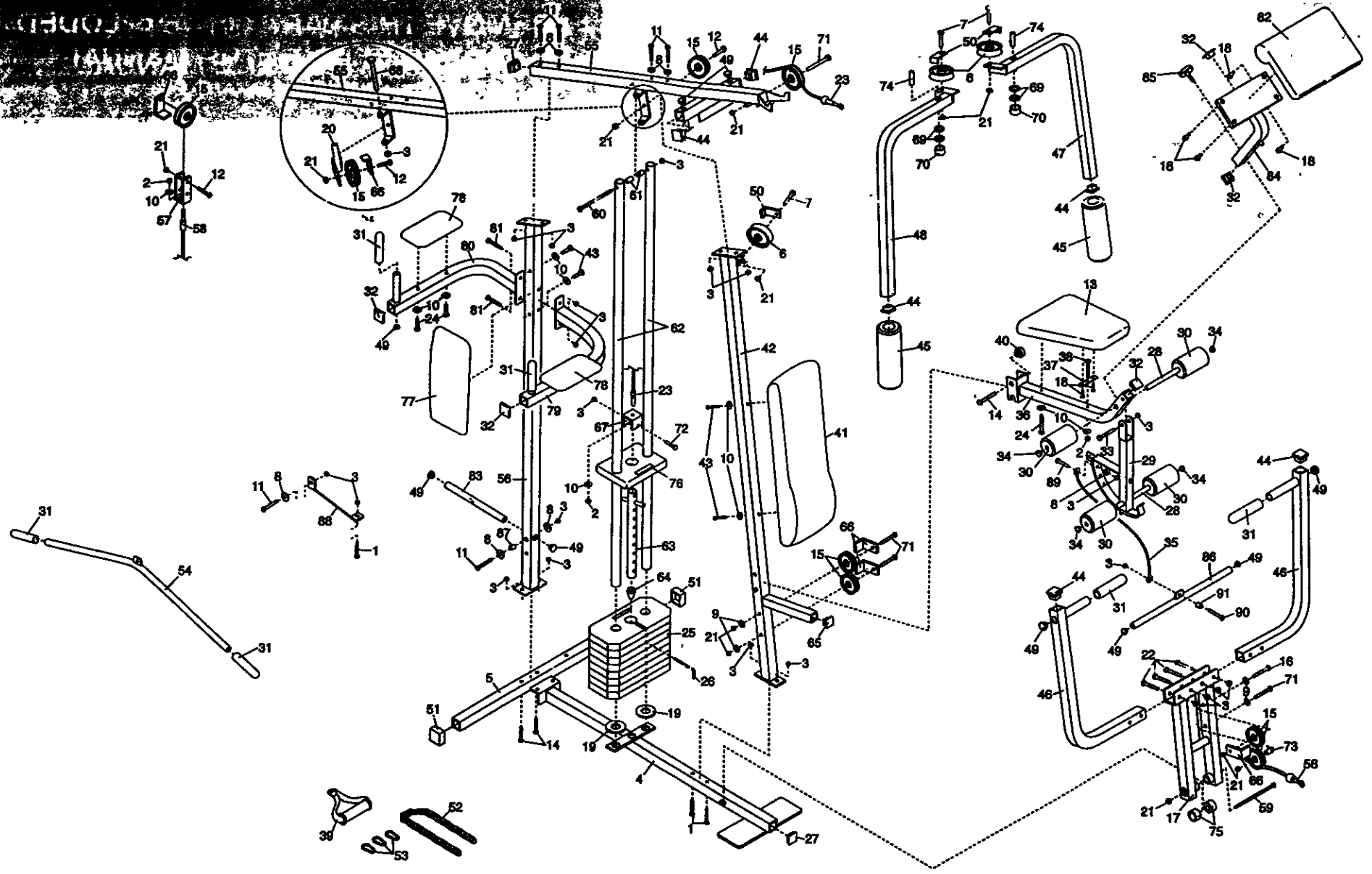
**REMOVE THIS PART LIST/EXPLODED  
DRAWING FROM THE MANUAL**

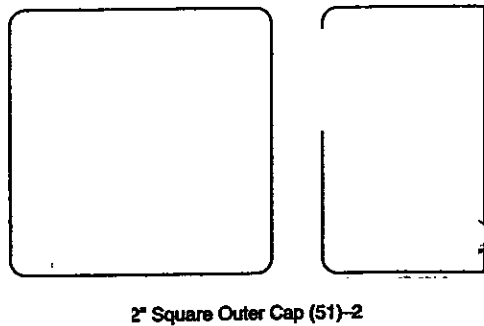
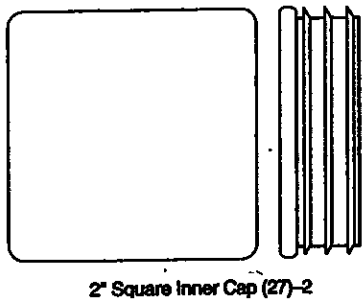
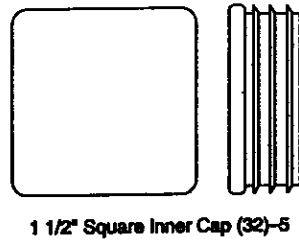
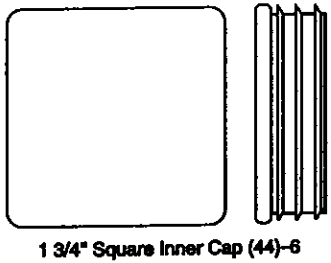
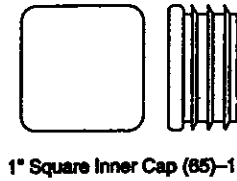
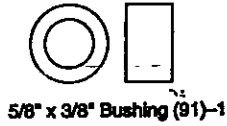
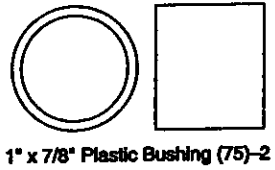
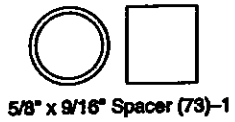
Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	100894	3	5/16" x 2 1/2" Carriage Bolt	48	127060	1	Right Arm
2	012090	3	1/4" Nylon Locknut	49	120733	10	1" Round Inner Cap
3	012082	23	5/16" Nylon Locknut	50	126799	3	Long Cable Trap
4	127049	1	Base	51	106723	2	2" Square Outer Cap
5	127050	1	Stabilizer	52	116868	1	Chain
6	115164	3	V-Pulley	53	103067	3	Cable Clip
7	103045	3	3/8" x 2 1/2" Bolt	54	127061	1	Lat Bar
8	014105	8	5/16" Flat Washer	55	127068	1	Top Frame
9	014067	4	3/8" Flat Washer	56	127069	1	Rear Upright
10	104861	12	1/4" Flat Washer	57	127070	1	Long "U"-Bracket
11	121678	6	5/16" x 2 3/4" Bolt	58	127071	1	Medium Cable
12	013580	3	3/8" x 2" Bolt	59	126804	1	3/8" x 5" Bolt
13	126875	1	Seat	60	122686	1	5/16" x 6" Bolt
14	113814	3	5/16" x 2 3/4" Carriage Bolt	61	122686	2	1/2" x 3/4" Spacer
15	115370	8	3 1/2" Pulley	62	122719	2	Weight Guide
16	104049	1	3/8" x 3 1/2" Bolt	63	127167	1	Weight Tube
17	127051	1	Press Frame	64	122691	1	Weight Tube Bumper
18	103758	8	1/4" x 1/2" Screw	65	120696	1	1" Square Inner Cap
19	122690	2	Weight Bumper	66	127168	5	Cable Trap
20	127052	1	Pulley Bracket	67	127169	1	Small "U"-Bracket
21	012108	12	3/8" Nylon Locknut	68	120737	1	5/16" x 5" Bolt
22	103053	4	5/16" x 2 1/2" Bolt	69	106778	4	1" Retainer
23	127064	1	Long Cable	70	120808	2	1" Round Cover Cap
24	102757	5	1/4" x 2" Screw	71	106456	4	3/8" x 3 3/4" Bolt
25	127505	8	Weight	72	013293	1	5/16" x 1 3/4" Bolt
26	122693	1	Weight Pin	73	121845	1	5/8" x 9/16" Spacer
27	106874	2	2" Square Inner Cap	74	121828	2	1 1/4" x 2 1/2" Plastic Bushing
28	127065	2	12 1/2" Pad Tube	75	126891	2	1" x 7/8" Plastic Bushing
29	127053	1	Leg Lever	76	127506	1	Top Weight
30	127066	4	5 1/2" Pad	77	127170	1	VKR Backrest
31	119702	6	Hand Grip	78	127171	2	VKR Arm Rest
32	103833	5	1 1/2" Square Inner Cap	79	127172	1	Left VKR Arm
33	102884	1	5/16" x 2 1/4" Bolt	80	127173	1	Right VKR Arm
34	119170	4	3/4" Round Inner Cap	81	127174	2	5/16" x 3" Bolt
35	127067	1	Short Cable	82	127175	1	Curl Pad
36	127054	1	Seat Frame	83	127517	1	Foot Rest
37	127055	1	Seat Plate	84	127176	1	Curl Frame
38	126788	1	1/4" x 2" Carriage Bolt	85	127177	1	Curl Knob
39	115177	1	Nylon Strap	86	127178	1	Curl Bar
40	119192	1	Seat Knob	87	115848	1	1/2" x 1/2" Bushing
41	127056	1	Backrest	88	126883	1	Brace
42	127057	1	Front Upright	89	013211	1	5/16" x 3/4" Bolt
43	112302	4	1/4" x 2 1/2" Screw	90	013480	1	5/16" x 1 1/4" Carriage Bolt
44	113866	6	1 3/4" Square Inner Cap	91	121845	1	5/8" x 3/8" Bushing
45	127180	2	10" Pad	#	127179	1	User's Manual
46	127058	2	Press Arm	#	127243	1	Exercise Guide
47	127059	1	Left Arm				



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

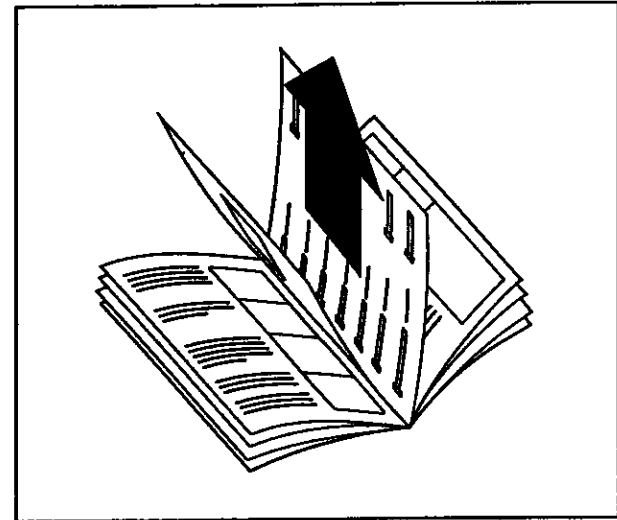






# REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

This chart is provided to help you identify the small parts used in assembly. Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled. 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.



Please Note: The assembly is divided into five stages: 1) frame assembly, 2) press and butterfly arm assembly, 3) cable and pulley assembly, 4) seat and backrest assembly, and 5) VKR assembly. The hardware for each stage is packaged separately. Wait until you begin each assembly stage to open that parts bag.

5/16" Nylon Locknut (3)-23

3/8" Nylon Locknut (21)-12

1/4" Flat Washer (10)-12

5/16" Flat Washer (8)-8

3/8" Flat Washer (9)-4

1/4" x 1/2" Screw (18)-6

5/16" x 3/4" Bolt (89)-1

5/16" x 1 1/4" Carriage Bolt (90)-1

5/16" x 1 3/4" Bolt (72)-1

1/4" x 2" Screw (24)-5

1/4" x 2" Carriage Bolt (38)-1

3/8" x 2" Bolt (12)-3

5/16" x 2 1/4" Bolt (33)-1

1/4" x 2 1/2" Screw (43)-4

5/16" x 2 1/2" Bolt (22)-4

5/16" x 2 1/2" Carriage Bolt (1)-3

3/8" x 2 1/2" Bolt (7)-3

5/16" x 2 3/4" Bolt (11)-6

5/16" x 3" Bolt (81)-2

5/16" x 2 3/4" Carriage Bolt (14)-3

3/8" x 3 1/2" Bolt (16)-1

3/8" x 3 3/4" Bolt (71)-4

5/16" x 5" Bolt (68)-1

5/16" x 6" Bolt (60)-1

1 1/4" x 2 1/2" Plastic Bushing (74)-2

Cable Clip (53)-3

1" Retainer (69)-4

3/4" Round Inner Cap (34)-4

1" Round Inner Cap (49)-10

1" Round Cover Cap (70)-2

3/8" x 8" Bolt (59)-1

# SEARS

Model No. 831.159460

## QUESTIONS?

If you find that:

- you need help assembling or operating the LIFESTYLER® SYSTEM 200
- 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® SYSTEM 200 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 (831.159460).
- The NAME of the product (SEARS LIFESTYLER® SYSTEM 200).
- The PART NUMBER of the PART (see the PART LIST/EXPLODED DRAWING attached at the center of this manual).
- The DESCRIPTION of the PART (see the PART LIST/EXPLODED DRAWING attached at the center of this manual).

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