

Lifestyler.

ST 210

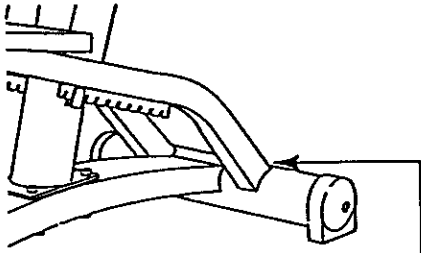
INDEPENDENT STEPPING ACTION • SPEED LINK RESISTANCE

SEARS

Model No. 831.285740

Serial No. _____

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



Serial Number Decal

EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

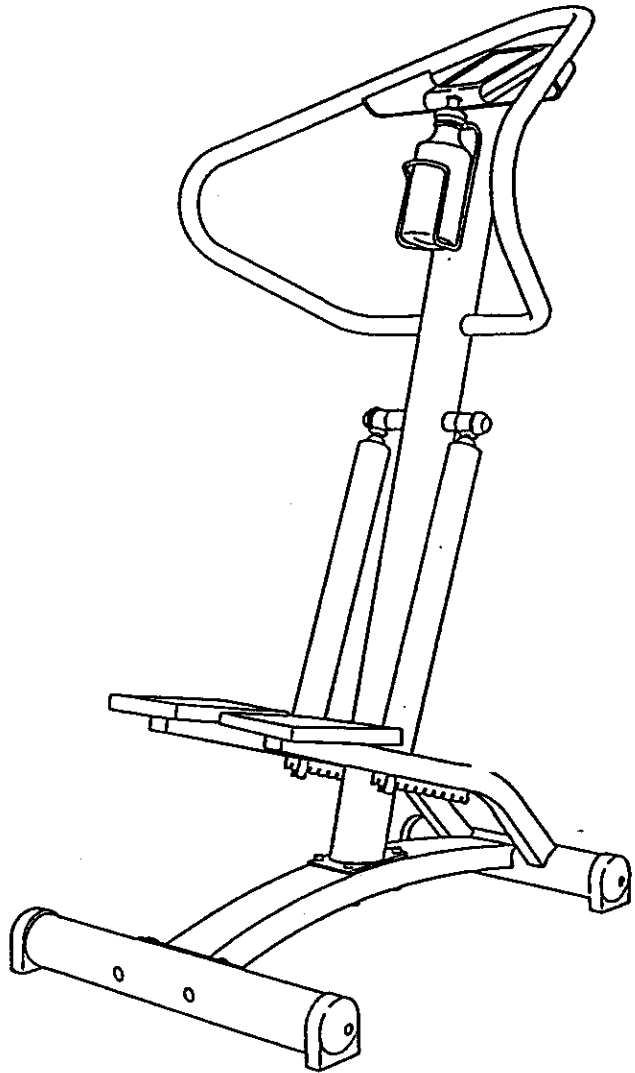
1-800-736-6879

CAUTION!

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

PATENT PENDING

USER'S MANUAL



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

Lifestyler.



INDEPENDENT STEPPING ACTION • SPEED LINK RESISTANCE

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FULL 90 DAY WARRANTY

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

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

SERVICE IS AVAILABLE SIMPLY BY RETURNING THE STEPPER TO 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

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the stepper.

1. Use the stepper only on a level surface. Keep the electronic monitor out of direct sunlight or the LCD display may be damaged.
2. Inspect and tighten all parts each time you use the stepper.
3. Always wear appropriate clothing, including athletic shoes, when using the stepper.
4. The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them.
5. Always hold the handlebars when using the stepper.
6. Keep small children away from the stepper.
7. Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.
8. Use the stepper only as described in this manual.

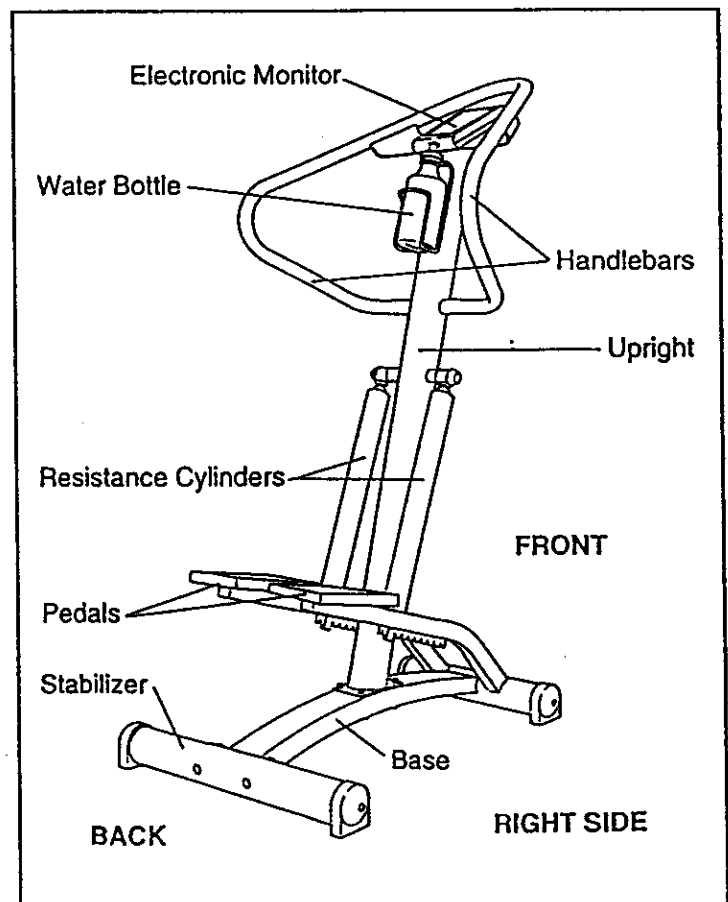
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using the stepper. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the innovative LIFESTYLER® ST 210 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the body. The LIFESTYLER ST 210 blends advanced engineering with contemporary styling to let you enjoy this invigorating exercise in the comfort and privacy of your own home. Feel better, look better and be healthier in just a few minutes a day.

Read this manual carefully before using the stepper. 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). Before calling, please note the product model number and serial number. The model number is 831.285740. The serial number can be found on a decal attached to the stepper (see the front cover of this manual).



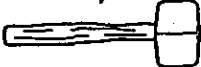
Before reading further, please review the drawing at the right and familiarize yourself with the parts that are labeled.

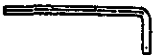


ASSEMBLY

Place all parts of the stepper in a cleared area and remove the packing materials, except the tape securing the sensor wire to the top of the upright (see assembly step 6). Do not dispose of the packing materials until assembly is completed.

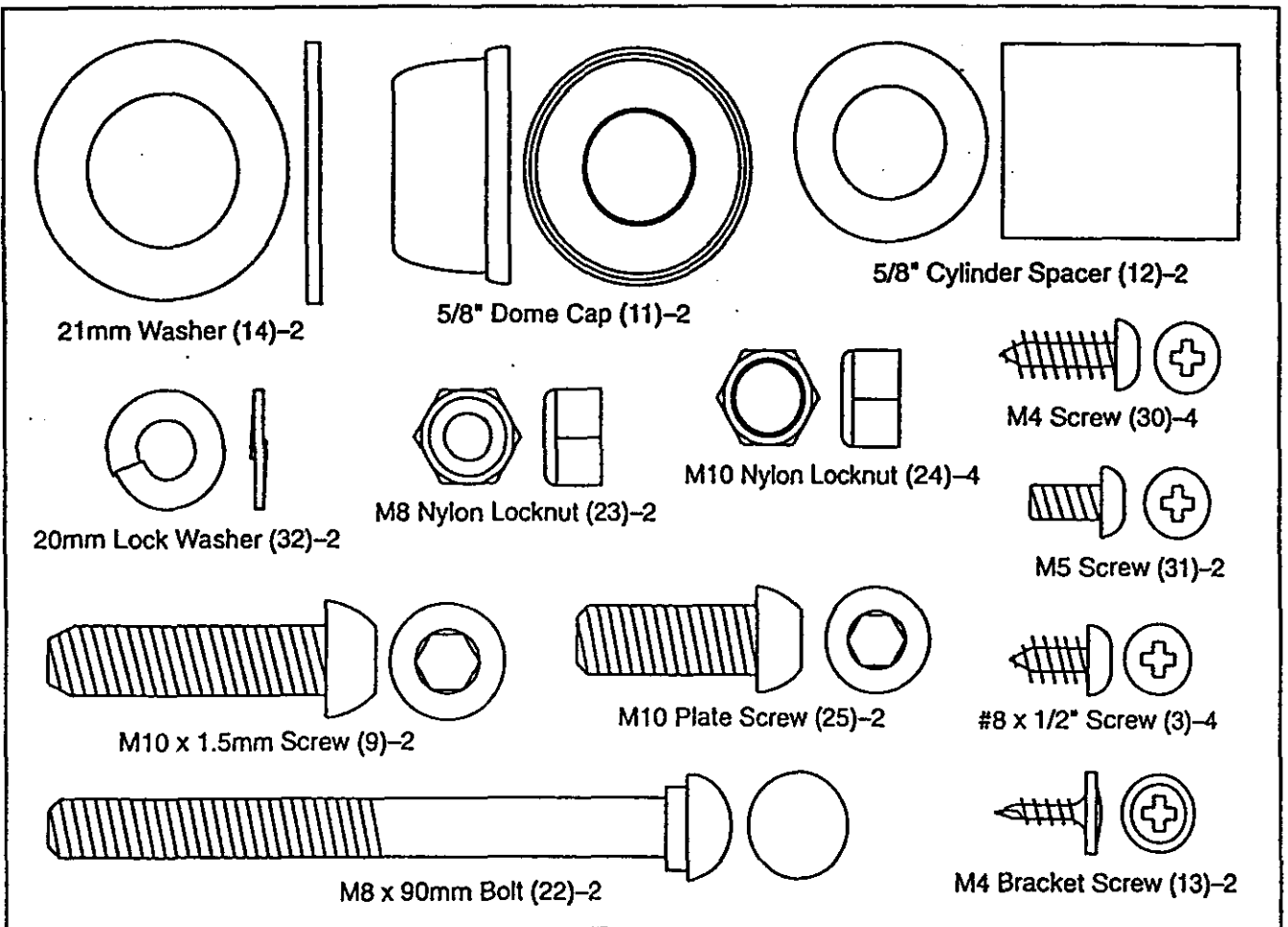
ASSEMBLY REQUIRES THE FOLLOWING TOOLS:

- One (1) phillips screwdriver 
- One (1) adjustable wrench 
- One (1) rubber mallet 

- One (1) allen wrench (included) 

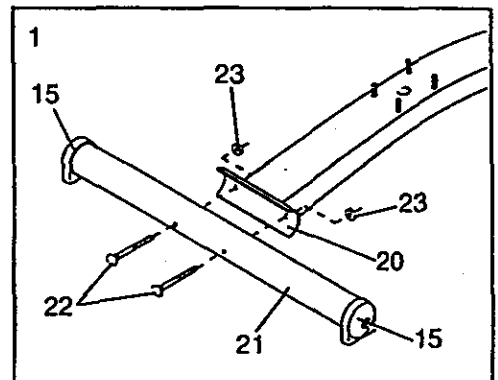
PART CHART

Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part. The second number refers to the quantity used in assembly. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not found in the parts bag, check to see if it has been pre-attached.



1. Be sure that there is an Endcap (15) on each end of the Stabilizer (21). Note: The Endcaps may need to be rotated so that they are flat against the floor.

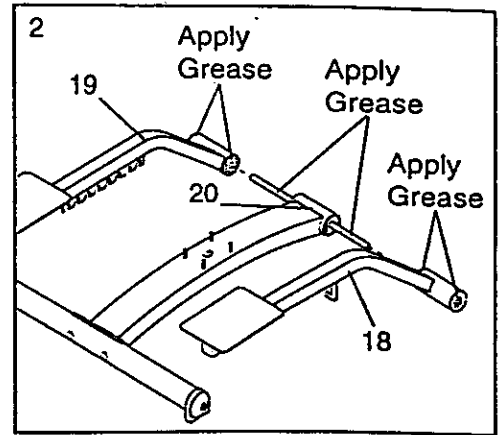
Attach the Stabilizer (21) to the saddle on the Base (20) with the two M8 x 90mm Bolts (22) and M8 Nylon Locknuts (23).



2. Apply grease to the shaft on the Base (20).

Apply grease around the hole in the right side of the Right Pedal (18), and around the outer edge of the left side of the Right Pedal. Slide the Right Pedal onto the shaft on the Base (20).

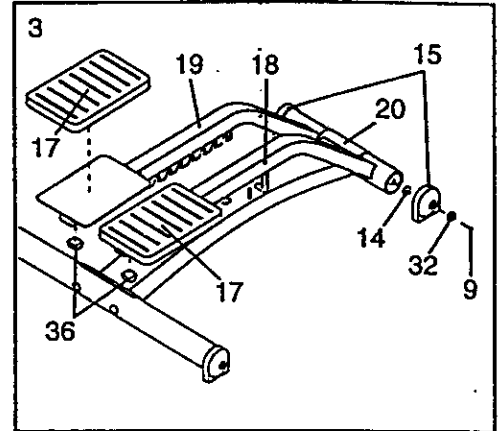
Apply grease to the Left Pedal (19) in the same manner. Slide the Left Pedal onto the shaft on the Base (20).



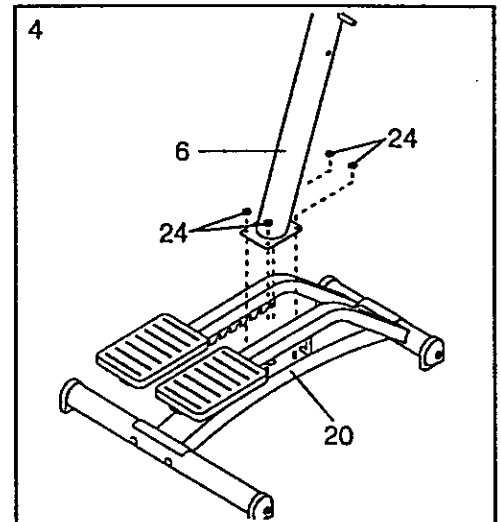
3. Peel the backing off the two Pedal Covers (17). Press one Pedal Cover onto the Left Pedal (19). Press the other Pedal Cover onto the Right Pedal (18).

Peel the backing off the two Bumpers (36). Press a Bumper onto the underside of each Pedal (18, 19).

Attach a 21mm Washer (14), an Endcap (15) and a 20mm Lock Washer (32) to the right side of the Base (20) with an M10 x 1.5mm Screw (9). Attach the other Endcap (15) to the left side in the same manner. Do not overtighten the Screws; the Pedals (18, 19) must pivot freely.



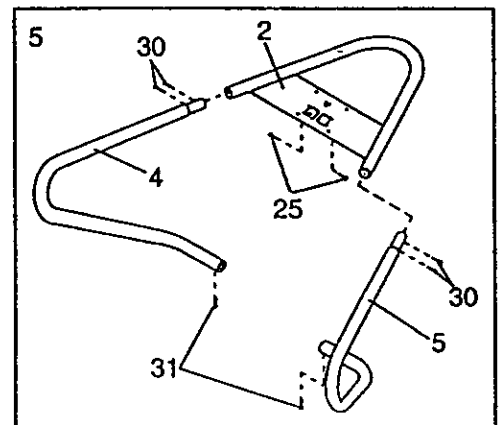
4. Remove the four M10 Nylon Locknuts (24) from the welded bolts in the Base (20). Set the Upright (6) on the four welded bolts. Make sure that the Upright is angled in the direction shown. Attach the Upright to the Base with the four M9 Nylon Locknuts.



5. Remove the four M4 Screws (30) from the Left and Right Handlebars (4, 5). Remove the two M10 Plate Screws (25) from the Handlebar Plate (2). Back the M5 Screw (31) out of the lower end of each Handlebar (4, 5).

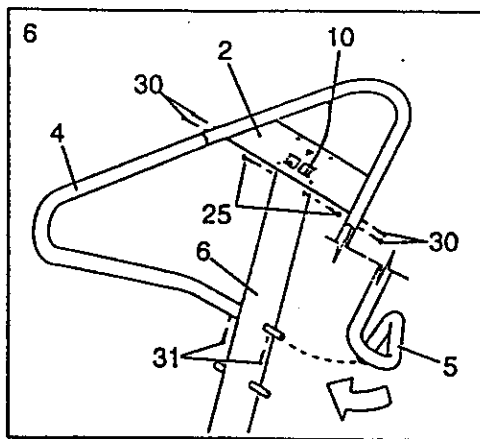
Insert the Left Handlebar (4) into the Handlebar Plate (2). Thread the two M4 Screws (30) into the left side of the Handlebar Plate. Do not fully tighten the Screws yet.

Insert the Right Handlebar (5) into the Handlebar Plate (2). Do not thread the M4 Screws (30) in the right side of the Handlebar Plate yet.



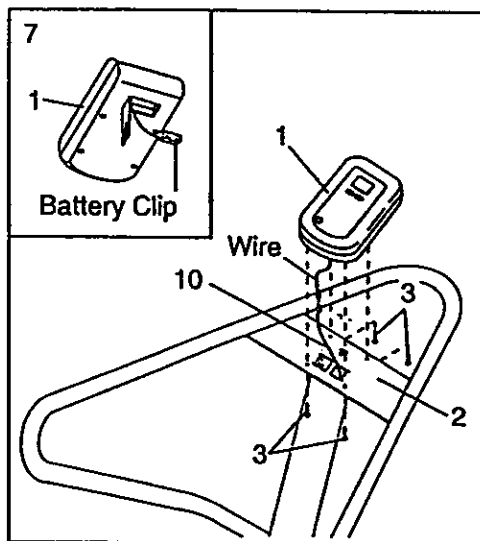
- Slide the lower end of the Left Handlebar (4) onto the upper post on the Upright (6). Rotate the Right Handlebar (5) down and slide the lower end onto the upper post on the Upright. Set the Handlebar Plate (2) on the Upright. Insert the Sensor Wire (10) through the indicated slot in the Handlebar Plate. Do not let the Sensor Wire slip through the slot until assembly step 7 is completed. Push the lower ends of the Handlebars tight against the Upright and tighten the two M5 Screws (31) into the Handlebars.

Tighten the two M4 Screws (30) into the right side of the Handlebar Plate (2). Tighten the Screws in both sides of the Handlebar Plate. Attach Handlebar Plate to the Upright (6) with the two M10 Plate Screws (25).



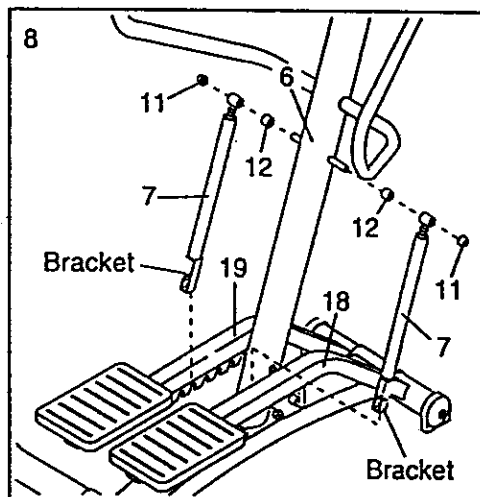
- The Electronic Monitor (1) requires two "AA" batteries (not included); alkaline batteries are recommended. Slide open the battery cover and remove the battery clip from the Monitor (see the inset drawing). Find the markings inside the battery clip showing which direction the batteries must be turned. Press two batteries into the battery clip. Replace the battery clip in the Monitor and close the battery cover.

Connect the Sensor Wire (10) to the wire extending from the Monitor (1). Attach the Monitor (1) to the Handlebar Plate (2) with the four #8 x 1/2" Screws (3). Be careful not to damage the Wires.

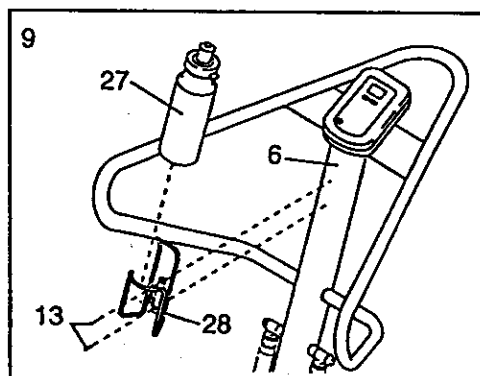


- Slide a 5/8" Cylinder Spacer (12) and a Resistance Cylinder (7) onto each of the lower posts on the Upright (6). Tap a 5/8" Dome Cap (11) onto the end of each post.

Rest the Right and Left Pedals (18, 19) on the brackets at the lower ends of the Resistance Cylinders (7). Make sure that the brackets are fully inserted into the same slots under both Pedals.



- Remove the two M4 Bracket Screws (13) from the Upright (6). Attach the Water Bottle Bracket (28) to the Upright with the two M4 Bracket Screws. Slide the Water Bottle (27) into the Bracket.



OPERATION AND ADJUSTMENT

Place the stepper on a level surface. Keep the electronic monitor out of direct sunlight or the LCD display may be damaged. Note: The stepper features precision hydraulic cylinders for long life and trouble-free operation; due to the nature of hydraulic cylinders, the floor underneath the stepper should be covered to protect it in case of slight oil leakage.

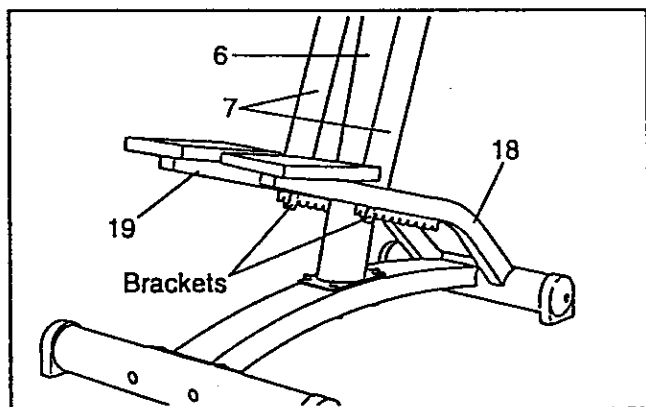
PROPER STEPPING FORM

Hold the handlebars in the most comfortable position. Step onto the pedals and begin stepping, alternately pressing down the right and left pedals with a smooth, continuous motion. Because the pedals move independently, you must maintain a continuous motion or both pedals will sink to the floor. Change the height of your step or the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING THE STEPPING RESISTANCE below).

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

ADJUSTING THE STEPPING RESISTANCE

The resistance of the Pedals (18, 19) can be changed by moving the brackets at the lower ends of the Resistance Cylinders (7) (see the drawing below).



Change the resistance of one Pedal at a time. Hold the bracket with one hand, and lift the Pedal with the other hand. To decrease the resistance, move the bracket closer to the Upright (6); to increase the resistance, move the bracket farther away from the Upright. Make sure that the bracket is fully inserted into one of the slots under the Pedal. Change the resistance of the other Pedal in the same manner. Make sure that the brackets are in the same position under both Pedals.

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

ELECTRONIC MONITOR OPERATION

The electronic monitor features a selection of five different modes to provide you with continuous feedback as you exercise. Please read these instructions before operating the monitor.

DESCRIPTION OF THE MODES

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

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

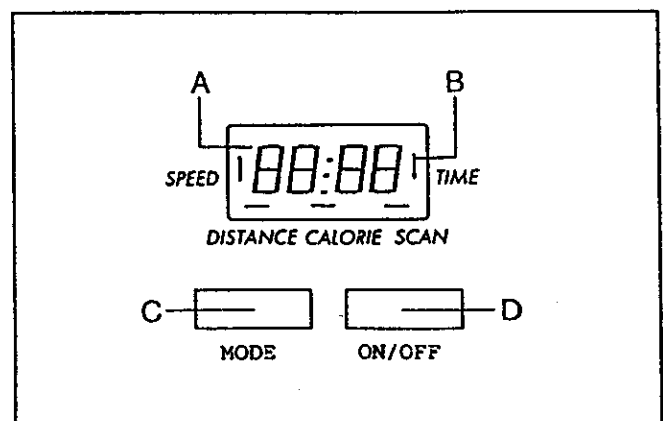
DISTANCE—Displays the total number of steps you have completed.

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

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

DIAGRAM OF THE ELECTRONIC MONITOR

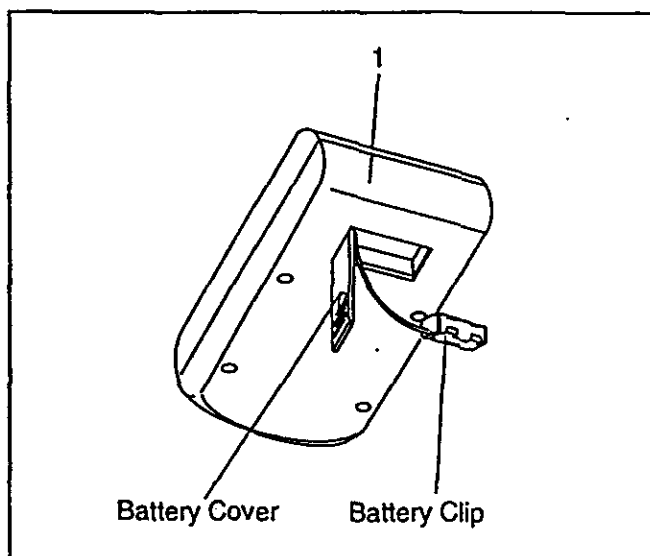
- A. LCD display (see the drawing below).
- B. Mode indicators—These indicators show which mode is currently selected and displayed.
- C. Mode button—This button is used to select modes.
- D. On/off button—This button turns the power on and off.



BATTERY INSTALLATION

The Electronic Monitor (1) requires two "AA" batteries (not included); alkaline batteries are recommended. Slide open the battery cover and remove the battery clip from the Monitor (see the inset drawing). Find the markings inside the battery clip showing which direction the batteries must be turned. Press two batteries into the battery clip. Replace the battery clip in the Monitor and close the battery cover.

Connect the Sensor Wire (10) to the wire extending from the Monitor (1). Attach the Monitor to the Handlebar Plate (2) with the four #8 x 1/2" Screws (3). Be careful not to damage the Wires.



OPERATING THE ELECTRONIC MONITOR

1. If there is a thin piece of clear plastic on the front of the electronic monitor, remove it before operating the monitor. To turn on the power, press the on/off button or simply begin stepping. The entire display will appear for two seconds; the monitor will then be ready for operation.
2. Select one of the five modes:

SCAN mode—When the power is turned on, the SCAN mode will be selected automatically. One mode indicator will show that the SCAN mode has been selected, and a second mode indicator will show which mode is currently displayed. The SCAN mode can also be selected by repeatedly pressing the MODE button.

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

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

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.

WHY EXERCISE?

Exercise has proven essential for good health and general well-being. Regular participation in a well-rounded exercise program also results in a stronger and more efficient heart, improved respiratory function, increased stamina and endurance, better weight management and body fat control, increased ability to deal with stress, and greater self-esteem and confidence.

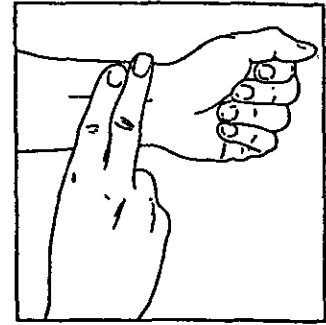
EXERCISE INTENSITY

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. Training zones are listed for both unconditioned and conditioned persons according to age.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
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. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six



second heartbeat count. Multiply the result by ten to find your heart rate. (A six second count is used, because your heart rate drops quickly when you stop exercising.) 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.

CAUTION: If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down. Consult your physician before continuing with your fitness program.

WORKOUT GUIDELINES

A well-rounded workout should include the following three phases:

A warm-up phase, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate and circulation in preparation for strenuous exercise.

A cardiovascular phase, including 20-30 minutes of exercising with your heart rate in your training zone.

A cool-down phase, consisting of 5-10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is often most effective during this phase. This phase should leave you relaxed and comfortably tired.

To maintain or improve your condition, complete 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. Whatever time you choose, be consistent and stick with it. Remember, the key to success is **CONSISTENCY**.

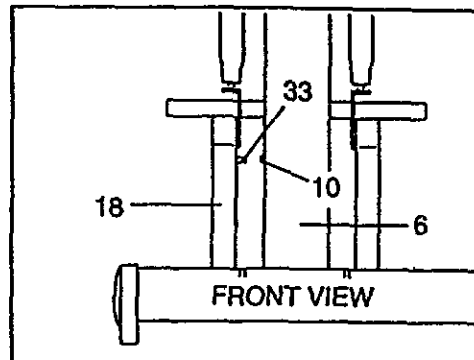
MAINTENANCE AND TROUBLE-SHOOTING

Regularly inspect and tighten all parts of the stepper. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the electronic monitor.

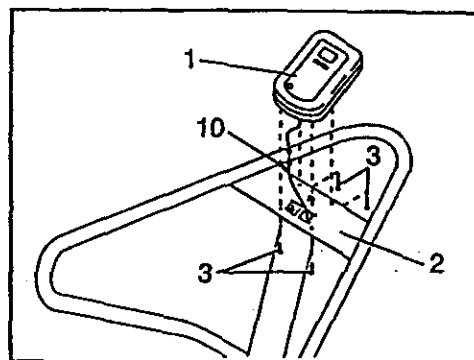
ELECTRONIC MONITOR

If the electronic monitor displays incorrect feedback, or if the display becomes faint, the batteries should be replaced. See BATTERY INSTALLATION on page 8 for battery installation instructions.

If the electronic monitor still displays incorrect feedback, the Reed Switch (10) in the Upright (6) should be repositioned. Raise the Right Pedal (18) until the Magnet (33) is aligned with the Reed Switch. Slide the Reed Switch in or out of the Upright until there is a 1/4" gap between the Reed Switch and the Magnet. Do not push the Reed Switch completely into the Upright.



If the Electronic Monitor (1) displays no feedback when the STEPS PER MINUTE or CALORIE mode is selected, the Sensor Wire (10) should be checked. Remove the four #8 x 1/2" Screw (3) attaching the Monitor to the Handlebar Plate (2). Make sure that the Sensor Wire is plugged fully into the wire extending from the Monitor. Reattach the Monitor to the Handlebar Plate.



PART LIST—Model No. 831.285740

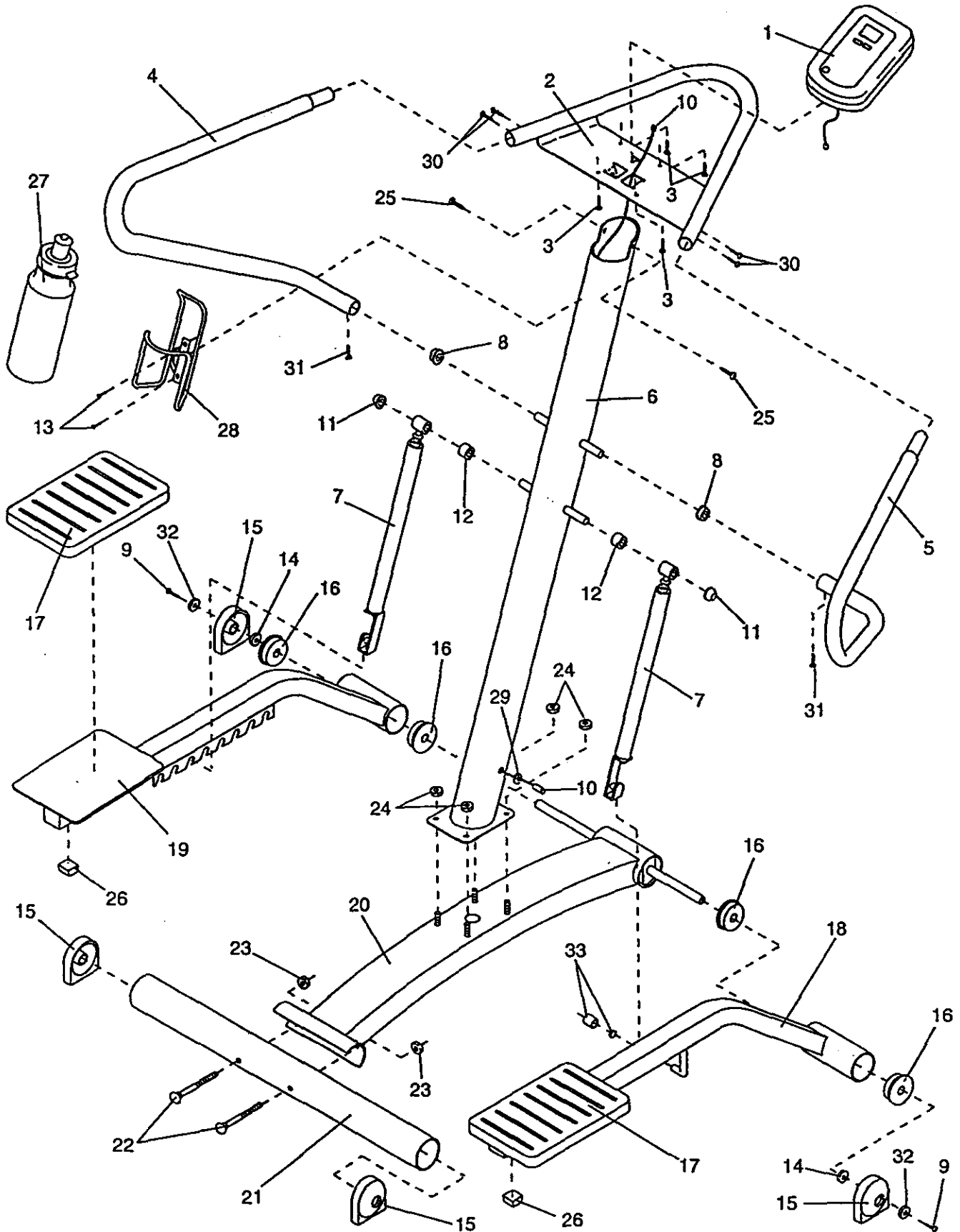
R0795A

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	119136	1	Electronic Monitor	18	125046	1	Right Pedal
2	120607	1	Handlebar Plate	19	125045	1	Left Pedal
3	013423	4	#8 x 1/2" Screw	20	121894	1	Base
4	120612	1	Left Handlebar	21	121600	1	Stabilizer
5	120615	1	Right Handlebar	22	013266	2	M8 x 90mm Bolt
6	120613	1	Upright	23	012042	2	M8 Nylon Locknut
7	121956	2	Resistance Cylinder	24	121050	4	M10 Nylon Locknut
8	120610	2	Handlebar Bushing	25	121043	2	M10 Plate Screw
9	121518	2	M10 x 1.5mm Screw	26	121049	2	Bumper
10	125047	1	Reed Switch/Sensor Wire	27	121475	1	Water Bottle
11	100151	2	5/8" Dome Cap	28	120757	1	Water Bottle Bracket
12	121598	2	5/8" Cylinder Spacer	29	119887	1	Grommet
13	121047	2	M4 Bracket Screw	30	013222	4	M4 Screw
14	121607	2	21mm Washer	31	121044	2	M5 Screw
15	121599	4	Endcap	32	121519	2	20mm Lock Washer
16	120818	4	Pedal Bushing	33	113349	1	Magnet/Retainer
17	121603	2	Pedal Cover	#	123569	1	User's Manual

121596 ←

EXPLODED DRAWING—Model No. 831.285740

R0795A



Specifications are subject to change without notice.

SEARS

Model No. 831.285740

QUESTIONS?

If you find that:

- you need help assembling or operating the LIFESTYLER ST 210
- 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® ST 210 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 NAME OF THE PRODUCT (SEARS LIFESTYLER® ST 210)
- The MODEL NUMBER OF THE PRODUCT (831.285740)
- The PART NUMBER OF THE PART (see page 10 of this manual)
- The DESCRIPTION OF THE PART (see page 10 of this manual)

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