

Lifestyler®

CARDIO FIT PLUS

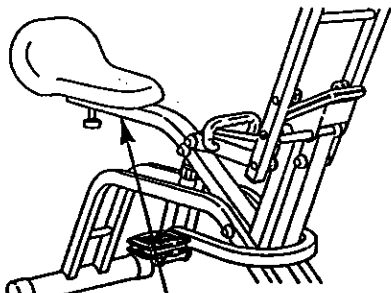
push & pull exercises • low body impact

SEARS

Model No. 831.287720

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

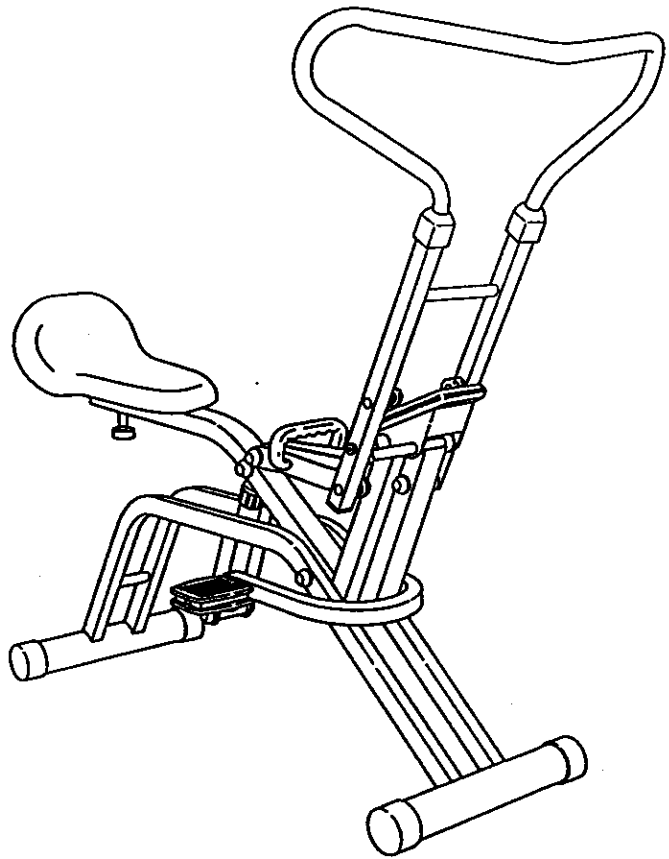
800-736-6879

Patent Pending

CAUTION!

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

USER'S MANUAL



PUSH MODE



PULL MODE

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

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the SEARS LIFESTYLE ERG CARDIO FIT PLUS.

1. Use the CARDIO FIT PLUS only on a level surface.
2. Wear appropriate clothing when exercising, do not wear loose clothing that could become caught in the CARDIO FIT PLUS. Always wear athletic shoes for foot protection.
3. Keep small children and pets away from the CARDIO FIT PLUS at all times.
4. After adjusting the position of the seat, push on the seat to make sure that the seat knob is engaged in one of the holes in the underside of the seat frame. Do not use the CARDIO FIT PLUS unless the seat is securely locked in position.
5. Before exercising, make sure that the link arms are securely connected to the upper or lower rollers on the handlebar frame.
6. The resistance cylinder becomes very hot during use. Allow the resistance cylinder to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.
7. Always keep your back straight when using the CARDIO FIT PLUS. Do not arch your back.
8. Use the CARDIO FIT PLUS 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 45 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.

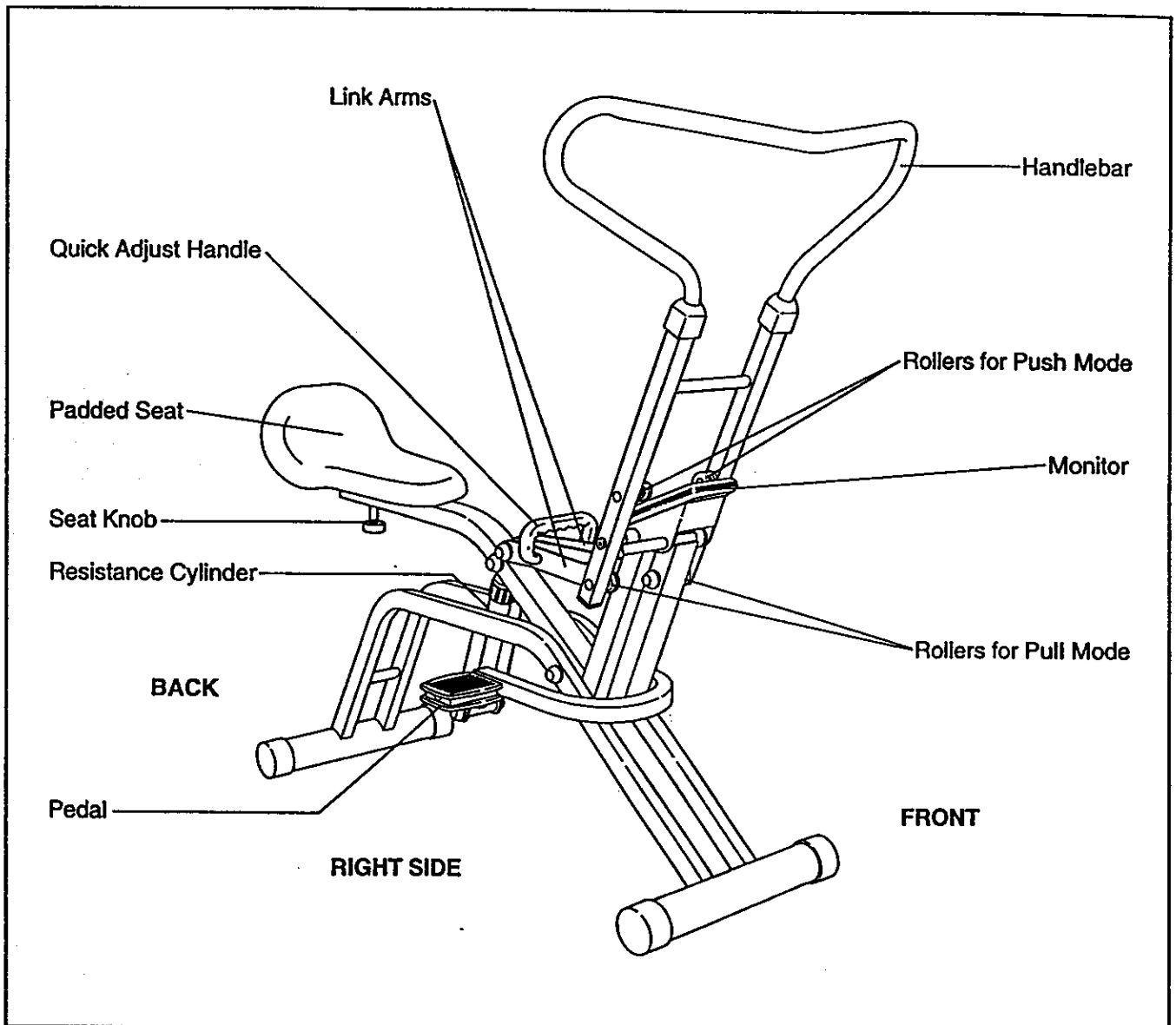
BEFORE YOU BEGIN

Thank you for selecting the SEARS®LIFESTYLER CARDIO FIT PLUS. The CARDIO FIT PLUS offers a unique form of low-impact exercise that uses both the upper body and lower body for increased cardiovascular benefits and greater toning results. For a more complete workout, the CARDIO FIT PLUS features both a push mode and a pull mode, and the adjustable resistance cylinder lets you tailor the intensity of your exercise to your individual fitness level.

For your benefit, read this manual carefully before using the CARDIO FIT PLUS. 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 when calling. The model number is 831.287720. The serial number can be found on a decal attached to the CARDIO FIT PLUS (see the front cover of this manual for the location of the decal).

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

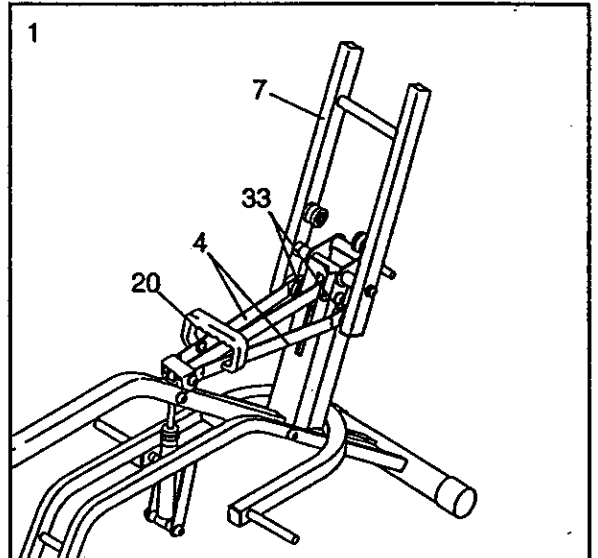


ASSEMBLY

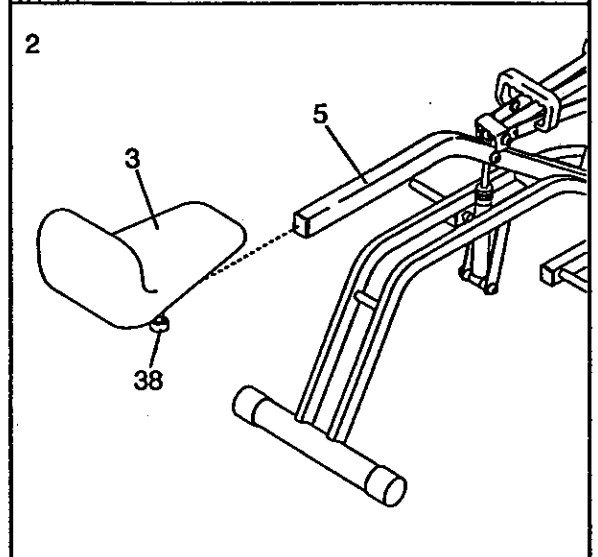
Place all parts of the CARDIO FIT PLUS in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY: The included pedal tool , and your own phillips screwdriver , and rubber mallet .

1. Raise the Handlebar Frame (7) to the position shown. Hold the Handle (20) and hook the Link Arms (4) onto the lower Rollers (33) on the Handlebar Frame.

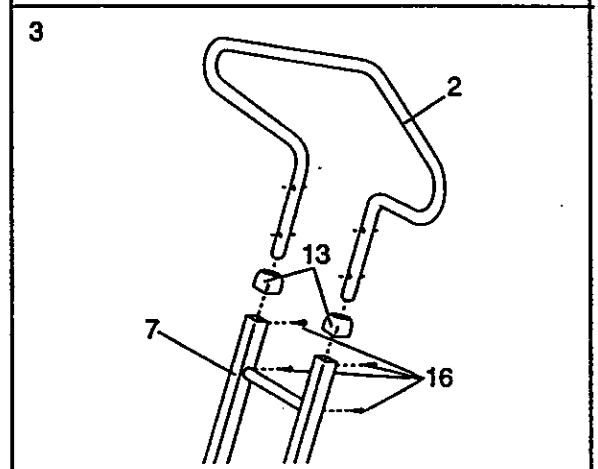


2. Turn the Seat Knob (38) to loosen it. Pull down the Seat Knob and slide the Seat (3) onto the Seat Frame (5). Slide the Seat to the desired position and release the Seat Knob. Retighten the Seat Knob. Push on the Seat to make sure that the Seat Knob is engaged in one of the holes in the underside of the Seat Frame.



3. Press the two Domed Endcaps (13) onto the upper end of the Handlebar Frame (7).

Insert the Handlebar (2) into the Handlebar Frame (7). The sides of the Handlebar must bend toward the Seat (not shown). Tighten the four #8 x 1/2" Screws (16) into the Handlebar Frame and the Handlebar.



4. Connect the Sensor Wire (15) to the wire on the Monitor (1). Insert all excess wire into the Frame (6).

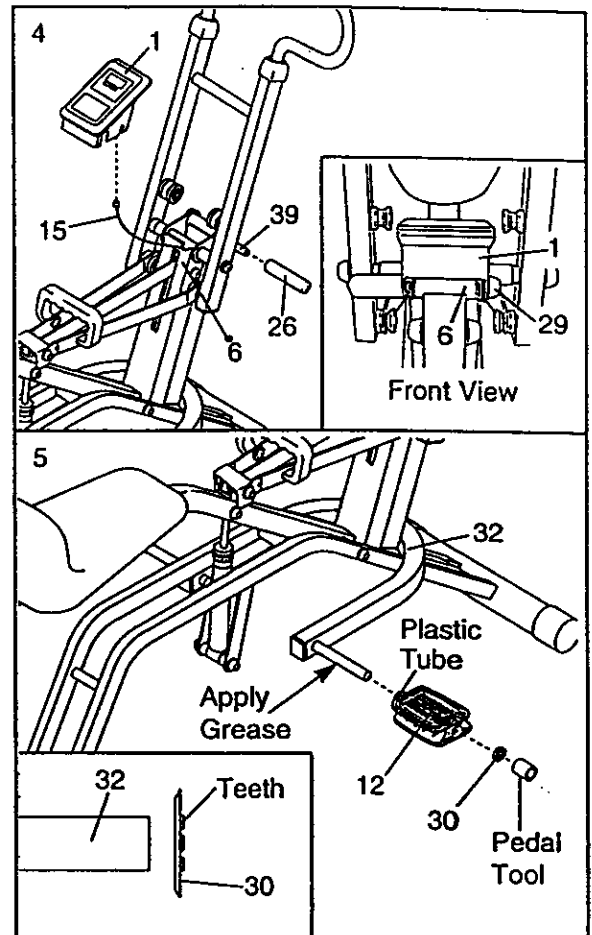
Hold the Monitor (1) with both hands, and slide it down onto the Frame (6). Refer to the inset drawing. Make sure that the side of the Monitor is between the Frame and the indicated 1/2" Dome Cap (29). Push the 1/2" Dome Cap against the side of the Monitor.

Slide the Foam Pad (26) onto the end of the 1/2" x 6 1/2" Rod (39).

5. Apply a small amount of grease to the shaft on the right side of the Pedal Frame (32). Slide a Pedal (12) onto the shaft. Make sure that the Pedal is turned so the indicated plastic tube is facing the Pedal Frame. Using the included pedal tool, tap a 1/2" Push Nut (30) onto the shaft. Make sure that the Push Nut is turned as shown in the inset drawing.

Assemble the other Pedal (not shown) in the same manner.

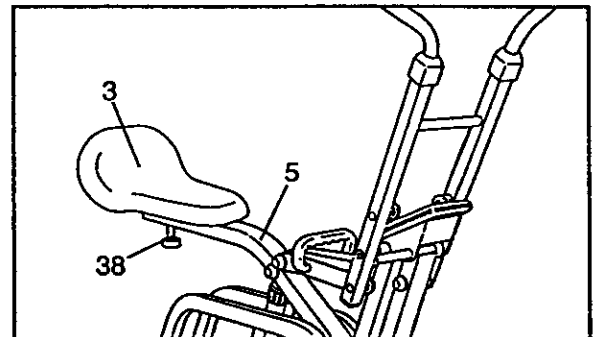
Note: The **CARDIO FIT PLUS** features a precision resistance cylinder; due to the nature of resistance cylinders, it is recommended that the floor underneath the **CARDIO FIT PLUS** be covered in case of slight oil leakage.



HOW TO USE THE CARDIO FIT PLUS

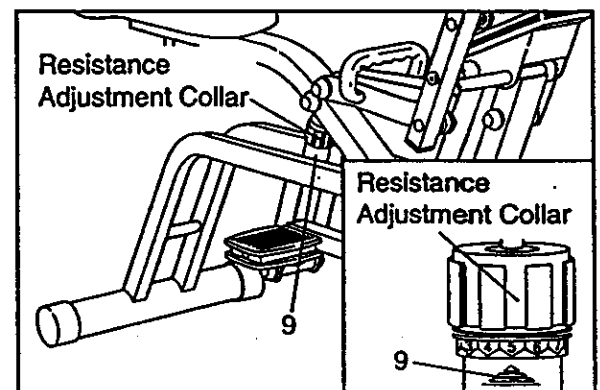
HOW TO ADJUST THE POSITION OF THE SEAT

Before you begin exercising, the Seat (3) should be adjusted to the most comfortable position. Turn the Seat Knob (38) to loosen it. Pull down the Seat Knob, slide the Seat to the desired position, and release the Seat Knob. Retighten the Seat Knob. Push on the Seat to make sure that the Seat Knob is engaged in one of the holes in the underside of the Seat Frame (5). Do not use the **CARDIO FIT PLUS** unless the seat is securely locked in position.



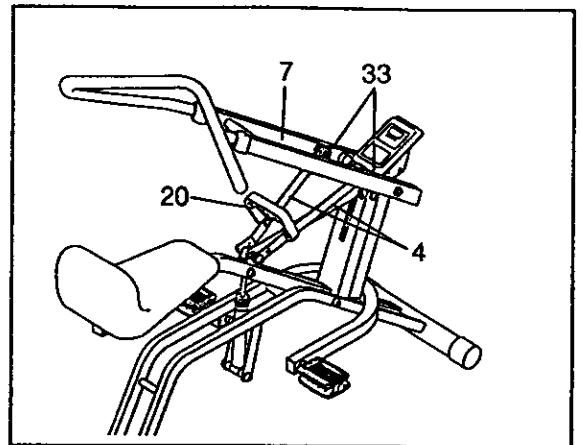
HOW TO ADJUST THE RESISTANCE

To vary the intensity of your exercise, the resistance of the **CARDIO FIT PLUS** can be adjusted. There are 9 resistance levels. Level 1 is the easiest, and level 9 is the most challenging. To change the resistance, turn the resistance adjustment collar on the Resistance Cylinder (9). The arrow on the Resistance Cylinder will show which resistance level you have selected. **CAUTION:** The Resistance Cylinder becomes very hot during use. Allow the Resistance Cylinder to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.



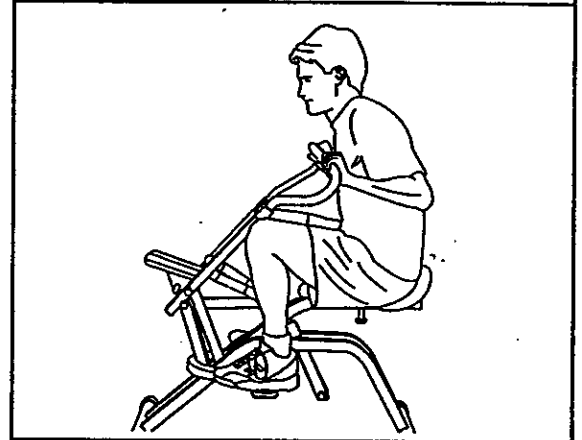
HOW TO USE THE PUSH MODE

To convert the CARDIO FIT PLUS to the push mode, hold the Handlebar Frame (7) with one hand and hold the Handle (20) with the other hand. Lift the Handle to disconnect the Link Arms (4) from the Handlebar Frame. Pivot the Handlebar Frame toward the seat and hook the Link Arms onto the upper Rollers (33) on the Handlebar Frame. **CAUTION:** Make sure that the Link Arms are securely connected to the upper Rollers.



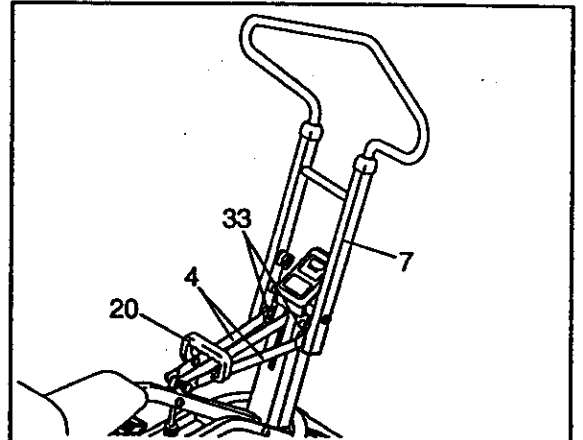
Sit on the seat, place your feet on the pedals, and hold the handlebar with an overhand grip. If necessary, adjust the position of the seat (see page 5).

To begin exercising, push the handlebar away with your arms while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady pace. **CAUTION:** To avoid injury, keep your back straight. Do not arch your back.



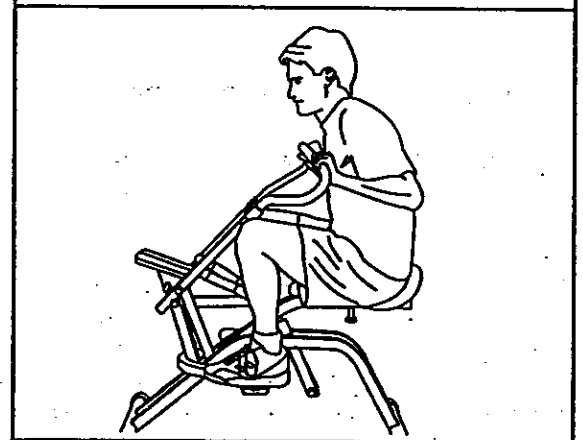
HOW TO USE THE PULL MODE

To convert the CARDIO FIT PLUS to the pull mode, hold the Handlebar Frame (7) with one hand and hold the Handle (20) with the other hand. Lift the Handle to disconnect the Link Arms (4) from the Handlebar Frame. Pivot the Handlebar Frame away from the seat and hook the Link Arms onto the lower Rollers (33) on the Handlebar Frame. **CAUTION:** Make sure that the Link Arms are securely connected to the lower Rollers.



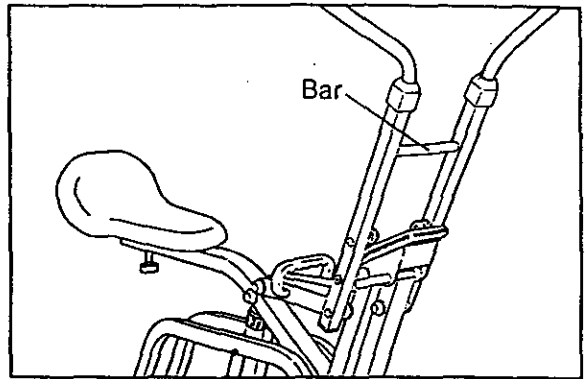
Sit on the seat, place your feet on the pedals, and hold the handlebar. Your hands can be positioned on the top, sides or bottom of the handlebar, close together or far apart, or in an overhand or underhand grip. If necessary, adjust the position of the seat (see page 5).

To begin exercising, pull the handlebar toward your waist while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady pace. **CAUTION:** To avoid injury, keep your back straight. Do not arch your back.



To focus on the muscles of the lower body, rest your hands on the indicated bar as you exercise. To focus on your calf muscles, point your toes as you push the pedals away. As you return to the starting position, raise your toes and rotate your heels downward. **CAUTION: To avoid injury, keep you feet firmly on the pedals to prevent them from slipping.**

To exercise your abdominal muscles, keep your arms straight and bend back at the waist as you exercise. Remember to keep your back straight.



DESCRIPTION OF THE MONITOR MODES

The CARDIO FIT PLUS features one of the two monitors shown at the right. Both monitors have exactly the same modes. The modes are described below:

Speed—Displays your speed, in repetitions per minute.

Time—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.

Distance—Displays the total number of repetitions you have completed, up to 999 or 9,999. The display will then reset to zero and continue counting.

Calories—Displays the number of Calories you have burned. Note: If the resistance is near the highest or lowest setting, the actual number of Calories you have burned will be slightly higher or lower than the number displayed.

Scan—Displays the speed, time, distance and calories modes, for about 5 seconds each, in a repeating cycle.

HOW TO OPERATE THE MONITOR

1. To turn on the power, press the on/off button or the on/reset button, or simply begin exercising on the CARDIO FIT PLUS. The entire display will appear for two seconds. The monitor will then be ready for operation.

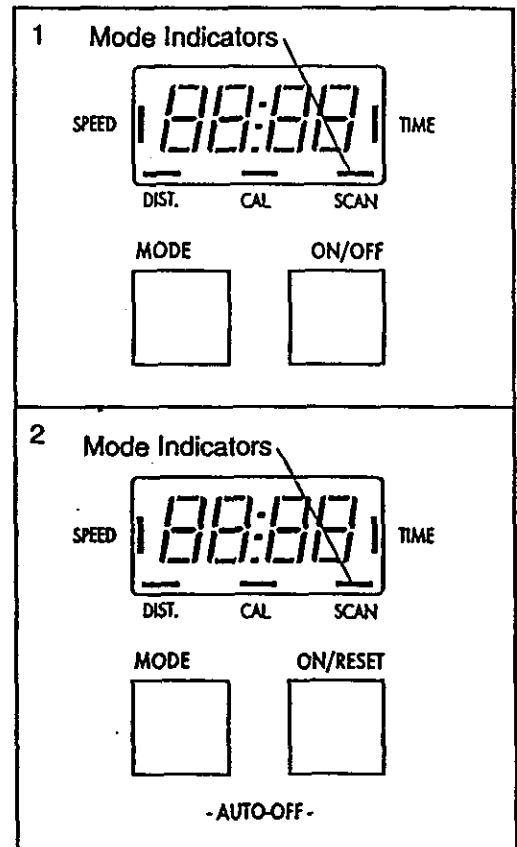
2. Select one of the five modes:

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 pressing the mode button.

Speed, time, distance or calories mode—These modes can be selected by repeatedly pressing the mode button. The mode indicators will show which mode has been selected. (Make sure that the scan mode is not selected.) The modes will be selected in the following order: speed, time, distance, calories.

3. To reset the display, press the on/off button twice if you have monitor 1, or the on/reset button if you have monitor 2.

4. To turn off the power, press the on/off button if you have monitor 1, or simply wait for about four minutes if you have monitor 2. Note: Both monitors have an auto-off feature. If the pedals are not moved and the monitor buttons are not pressed for about four minutes, the power will turn off automatically in order to conserve the batteries.



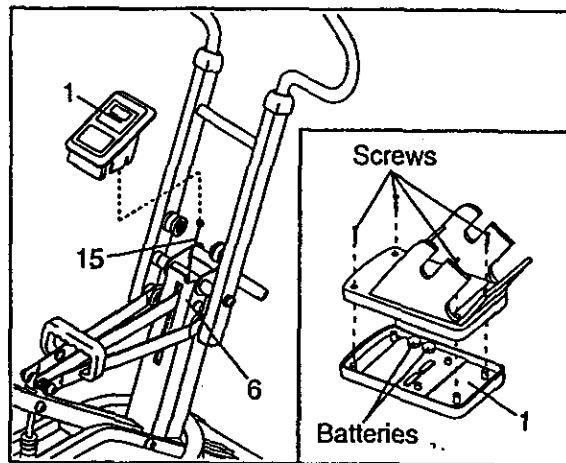
MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the **CARDIO FIT PLUS** regularly. Keep the monitor out of direct sunlight or the display may be damaged. The **CARDIO FIT PLUS** can be cleaned with a soft, damp cloth. Keep liquid away from the monitor. When storing the **CARDIO FIT PLUS**, remove the batteries from the monitor.

HOW TO REPLACE THE BATTERIES

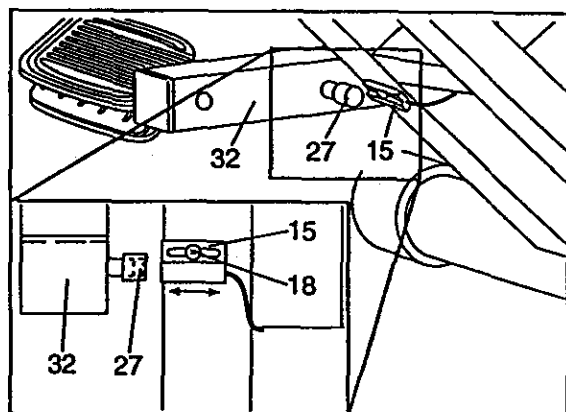
If the display of the Monitor (1) becomes dim, the two **L1154 watch batteries** should be replaced. Lift the Monitor off the Frame (6). Disconnect the Sensor Wire (15) from the Monitor. Remove the four screws from the back cover of the Monitor and remove the back cover (see the inset drawing). Push the two old batteries out of the battery clips, noting which way each battery is turned. Insert two new batteries.

Reattach the back cover of the Monitor (1). Connect the Sensor Wire (15) to the Monitor. Insert all excess wire into the Frame (6). Press the Monitor onto the Frame.



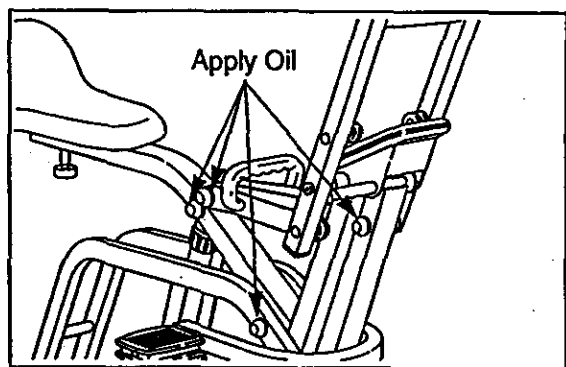
HOW TO ADJUST THE MAGNET AND REED SWITCH

If the monitor displays incorrect feedback, the Magnet (27) and Reed Switch (15) should be checked. Pivot the Pedal Frame (32) until the Magnet is aligned with the Reed Switch. Loosen the #8 x 3/4" Screw (18) shown in the inset drawing. Slide the Reed Switch sideways until there is a 1/8" gap between the Reed Switch and the Magnet. Tighten the #8 x 3/4" Screw.



HOW TO LUBRICATE THE **CARDIO FIT PLUS**

Every three months, a small amount of light multi-purpose oil should be applied to the **CARDIO FIT PLUS**. Apply a few drops of oil between the dome caps and the frame in the locations shown at the right. Make sure to apply oil to both sides of the **CARDIO FIT PLUS**.



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.

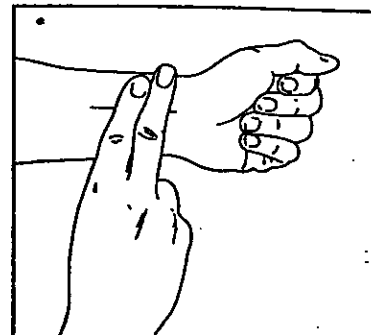
EXERCISE INTENSITY

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 according to age and physical condition.

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.



WORKOUT GUIDELINES

A well-rounded workout includes the following three phases:

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

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

A cool-down phase, consisting of 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is 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. Find the best time of day for your workouts, and then stick with it.

Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.287720

R0895A

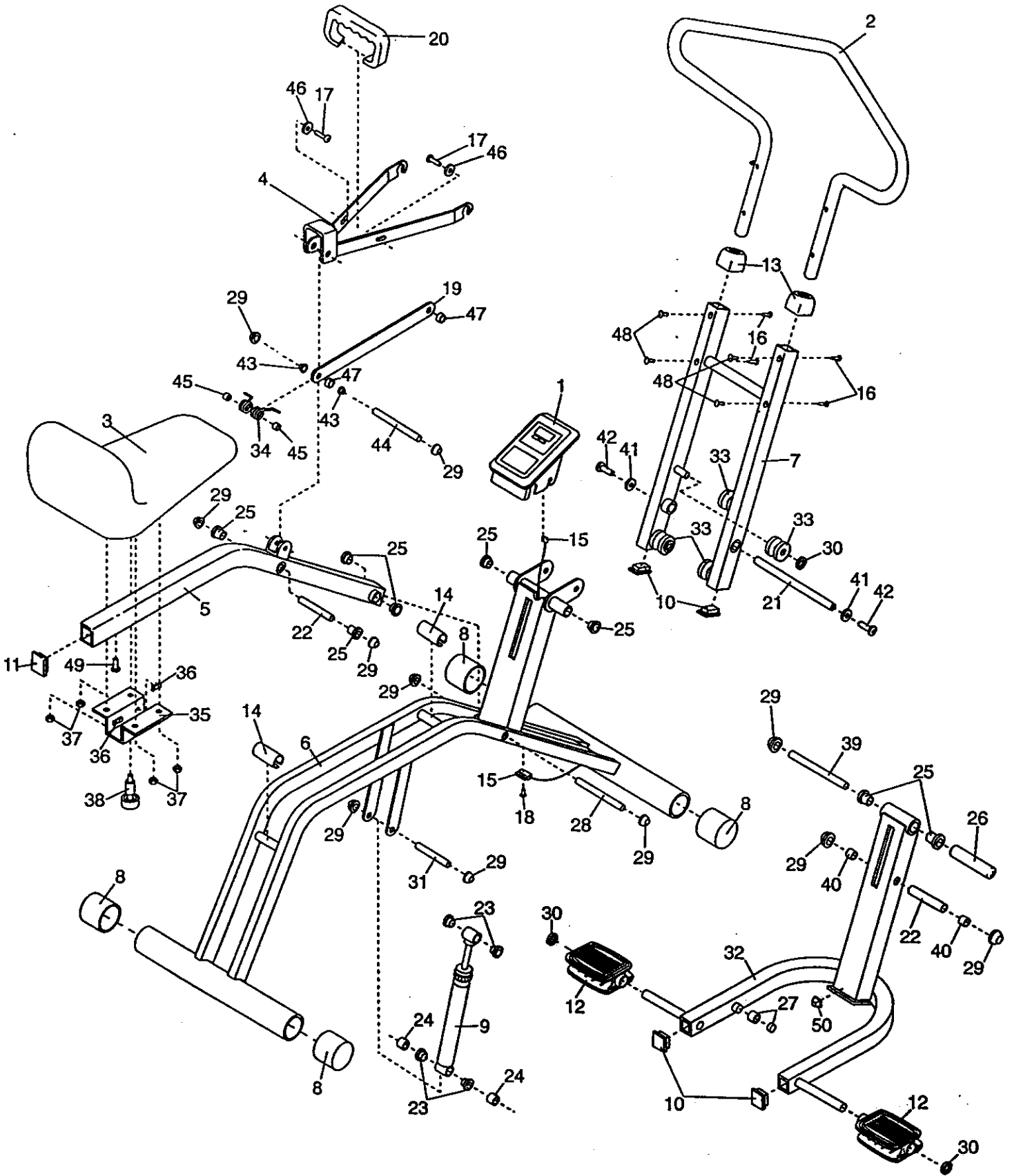
Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	124884	1	Monitor	28	125435	1	1/2" x 5 3/4" Rod
2	125376	1	Handlebar	29	103903	*11	1/2" Dome Cap
3	125441	1	Seat	30	012155	6	1/2" Push Nut
4	126694	1	Link Arm	31	125438	1	1/2" x 3 3/4" Rod
5	125378	1	Seat Frame	32	125442	1	Pedal Frame
6	NSP	1	Frame	33	125375	4	Roller
7	125125	1	Handlebar Frame	34	125439	1	Spring
8	109416	4	Round Endcap	35	126087	1	Seat Adjust Bracket
9	117555	1	Resistance Cylinder	36	113446	6	Slide Bushing
10	117545	4	1 1/4" x 1 1/4" Endcap	37	121576	4	1/4" Nut
11	117544	1	1 1/2" x 2" Endcap	38	111633	1	Seat Knob
12	124807	2	Pedal	39	124260	1	1/2" x 6 1/2" Rod
13	125390	2	Domed Endcap	40	125135	2	3/4" x 1 1/4" Spacer
14	122296	2	Bumper	41	102372	2	1/4" Washer
15	124434	1	Reed Switch/Sensor Wire	42	013244	2	1/4" Screw
16	013162	*4	#8 x 1/2" Screw	43	103677	2	Bushing
17	126707	2	#8 x 1/2" Hex Head Screw	44	125437	1	1/2" x 3 3/8" Rod
18	013300	1	#8 x 3/4" Screw	45	126408	2	Spring Spacer
19	125131	1	Center Link Arm	46	014122	2	#8 Washer
20	125399	1	Handle	47	125137	2	1/2" Link Arm Bushing
21	125134	1	1/2" x 9 7/8" Pivot Rod	48	127125	4	1/4" Plug
22	125436	2	1/2" x 3" Rod	49	127126	1	3/8" Plug
23	106876	2	1/2" Cylinder Bushing Set	50	126677	1	1/2" x 5/8" Bumper
24	117510	2	.925" ABS Spacer	#	125455	1	User's Manual
25	124546	8	1/2" Bushing	#	125453	1	Pedal Tool
26	125755	1	Foam Pad				
27	113349	1	Magnet/Retainer				

* One extra #8 x 1/2" Screw and one extra 1/2" Dome Cap may have been included.

Note: "*" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. 831.287720

R0895A



SEARS

Model No. 831.287720

QUESTIONS?

If you find that:

- you need help assembling or operating the **CARDIO FIT PLUS**
- 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® **CARDIO FIT PLUS** 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® **CARDIO FIT PLUS**)
- The **MODEL NUMBER OF THE PRODUCT** (831.287720)
- The **PART NUMBER OF THE PART** (see page 10 of this manual)
- The **DESCRIPTION OF THE PART** (see page 10 of this manual)

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS **CARDIO FIT EXERCISER**, contact the nearest SEARS store throughout the United States and SEARS will repair or replace the **CARDIO FIT EXERCISER**, free of charge.

This warranty does not apply when the **CARDIO FIT EXERCISER** is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179