

**Lifestyler.**

**ST**

**310**

**INDEPENDENT STEPPING ACTION • QUIK DIAL ADJUSTABLE RESISTANCE**

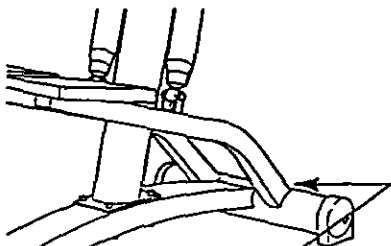
## **OWNER'S MANUAL**

**SEARS®**

Model No. 831.285750

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

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

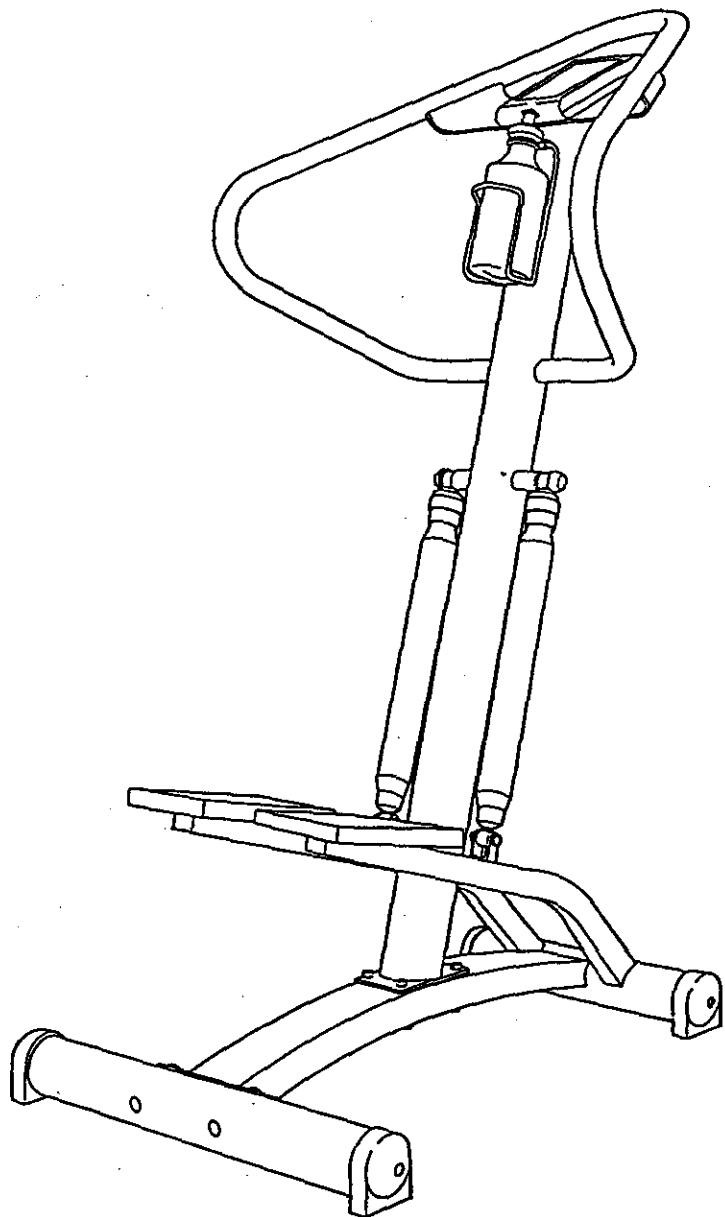


Serial Number Decal

### **CAUTION!**

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

**PATENT PENDING**



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

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## IMPORTANT SAFETY PRECAUTIONS

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

1. Place the stepper 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. Always hold the handlebars when using the stepper.
5. Keep small children away from the stepper at all times.
6. Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.
7. The resistance cylinders become very hot during use. Touch only the resistance collars when changing the stepping resistance.
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 this product. 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® 310 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The LIFESTYLER 310 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.

For your safety and benefit, read this manual carefully before using the stepper. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.285750. The serial number can be found on a decal attached to the stepper (see the front cover of this manual for the location).

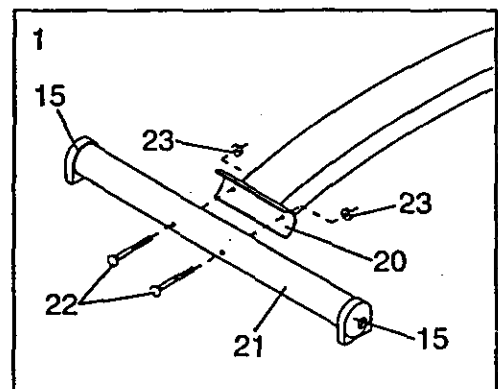
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## ASSEMBLY

Place all parts of the stepper in a cleared area of the floor. Remove all packing materials, except the tape securing the sensor wire to the top of the upright (see assembly step 5). Do not dispose of the packing materials until assembly is completed. Assembly requires a hammer and a phillips screwdriver (not included).

1. Make 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.

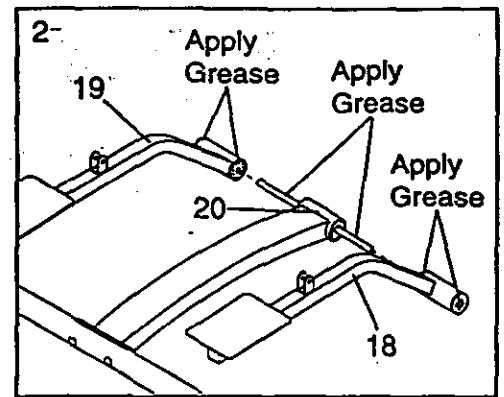
Attach the Stabilizer (21) to the saddle on the Base (20) with the two M8 Carriage Bolts (22) and M8 Nylock Nuts (23).



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 right end of the shaft on the Base (20).

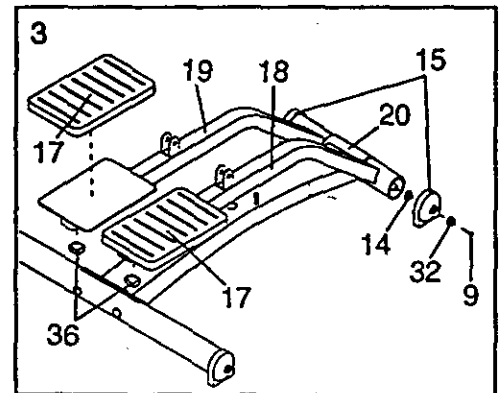
Apply grease to the Left Pedal (19) in the same manner. Slide the Left Pedal onto the left end of the shaft on the Base (20).



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).

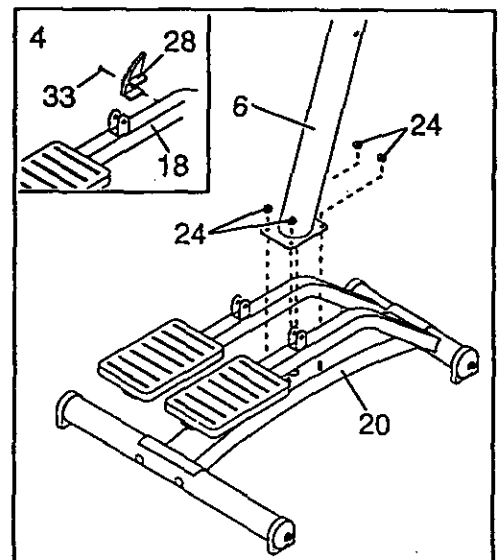
Peel the backing off the two Bumpers (36). Press a Bumper onto the underside of each Pedal (18, 19).

Attach a 2mm Washer (14), an Endcap (15) and a Lock Washer (32) to the right side of the Base (20) with an M10 Screw (9). Attach the other Endcap (15) in the same manner. Do not overtighten the Screws; the Pedals (18, 19) must pivot freely.



4. Attach the Magnet Mount (28) to the Right Pedal (18) with the M5 Self-tapping Screw (33) (see the inset drawing).

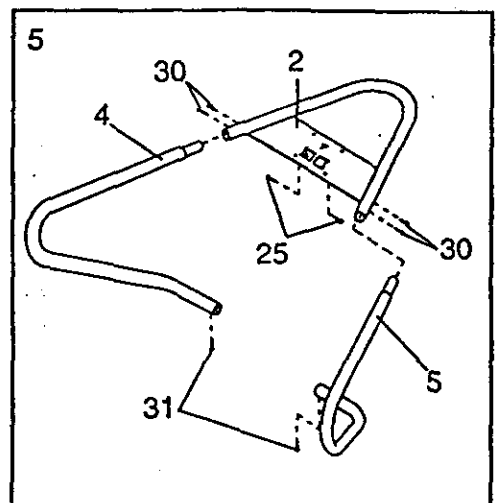
Set the Upright (6) on the four welded bolts in the Base (20). Make sure that the Upright is angled in the direction shown. Attach the Upright to the Base with four M10 Nylock Nuts (24).



5. Remove the four M4 Screws (30) and 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).

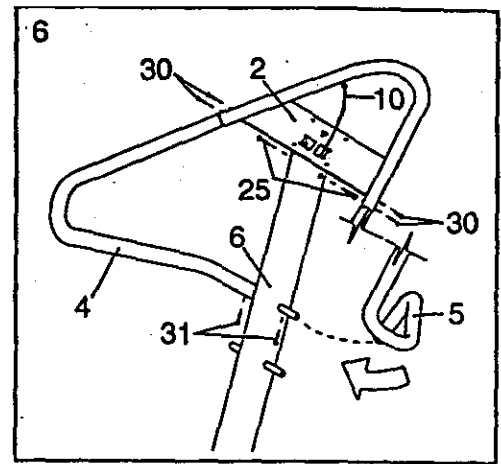
Insert the Left Handlebar (4) into the Handlebar Plate (2). Replace the two M4 Screws (30) in the left side of the Handlebar Plate. Do not fully tighten the Screws yet.

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



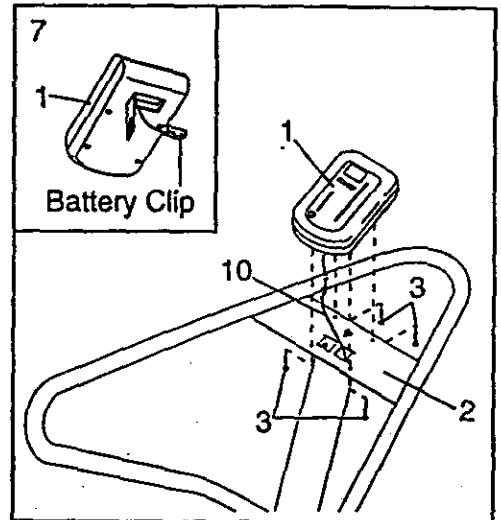
6. Slide the lower end of the Left Handlebar (4) onto the upper post on the Upright (6). Rotate the Right Handlebar (5) down and slide the lower end onto the upper post on the Upright. Set the Handlebar Plate (2) on the Upright. Insert the Sensor Wire (10) through the indicated slot in the Handlebar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

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



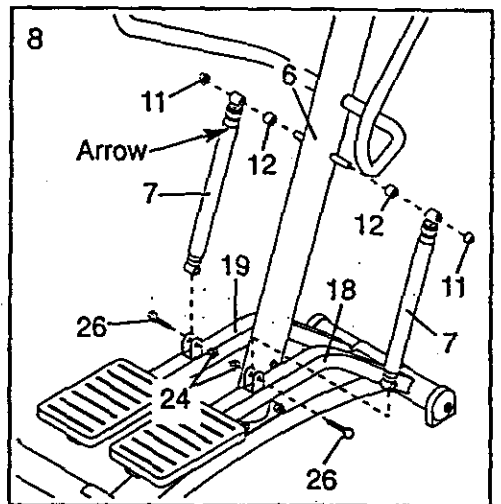
7. The Electronic Monitor (1) requires two "AA" batteries (not included); alkaline batteries are recommended. Slide open the battery cover and remove the battery clip from the Monitor (see the inset drawing). Find the markings inside the battery clip showing which direction the batteries must be turned. 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 Electronic Monitor (1). Attach the Monitor to the Handlebar Plate (2) with the four Monitor Screws (3). Be careful not to damage the wires.

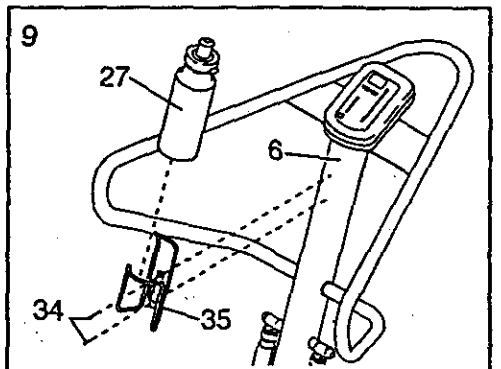


8. Slide a Cylinder Spacer (12) and a Resistance Cylinder (7) onto each of the lower posts on the Upright (6). Make sure that the Resistance Cylinders are turned so the arrows are on the side shown. Tap a Dome Cap (11) onto the end of each post.

Attach the lower ends of the Resistance Cylinders (7) to the brackets on the Right and Left Pedals (18, 19) with the two M10 Bolts (26) and two M10 Nylock Nuts (24).



9. Attach the Water Bottle Bracket (35) to the Upright (6) with the two M4 Bracket Screws (34). 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. 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.

Hold the handlebars in the most comfortable position. If desired, rest your forearms on the handlebars and hold the fronts of the handlebars. Step onto the pedals and begin stepping, alternately pressing the right and left pedals down with a smooth, continuous motion. Because the pedals move independently, it is important to 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 CHANGING THE STEPPING RESISTANCE below).

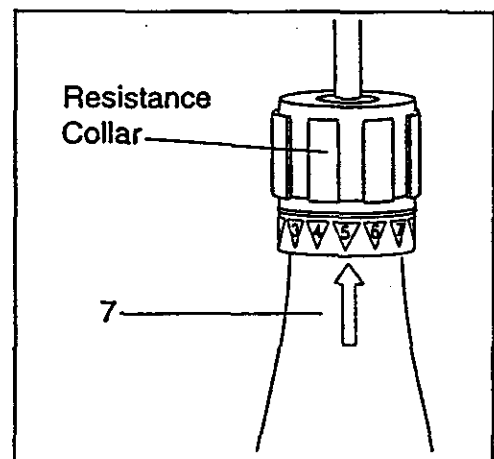
As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise; always keep your back straight in order to avoid injury.

**WARNING:** Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.

## CHANGING THE STEPPING RESISTANCE

To change the stepping resistance, simply turn the resistance collars on the upper ends of the Resistance Cylinders (7). There are 12 different resistance levels; level 1 is the easiest, and level 12 is the most challenging. The arrows on the Resistance Cylinders and the markings on the resistance collars will indicate which resistance level is selected. Change both Resistance Cylinders to the same resistance setting.

**WARNING:** The resistance cylinders become very hot during use. Touch only the resistance collars when changing the stepping resistance.



## DESCRIPTION OF THE ELECTRONIC MONITOR

The WORLD TRAVELER electronic monitor features five different modes to provide you with instant exercise feedback. In addition, 15 indicators on the monitor will show your progress, and provide you with motivation to achieve your workout goals. The five modes are described below:

**STEPS PER MINUTE (STEPS MIN.)**—Displays your current stepping speed, in steps per minute.

**TIME**—Displays the elapsed time. Note: If the pedals are not moved for ten seconds or longer, the TIME mode will pause until the pedals begin moving again.

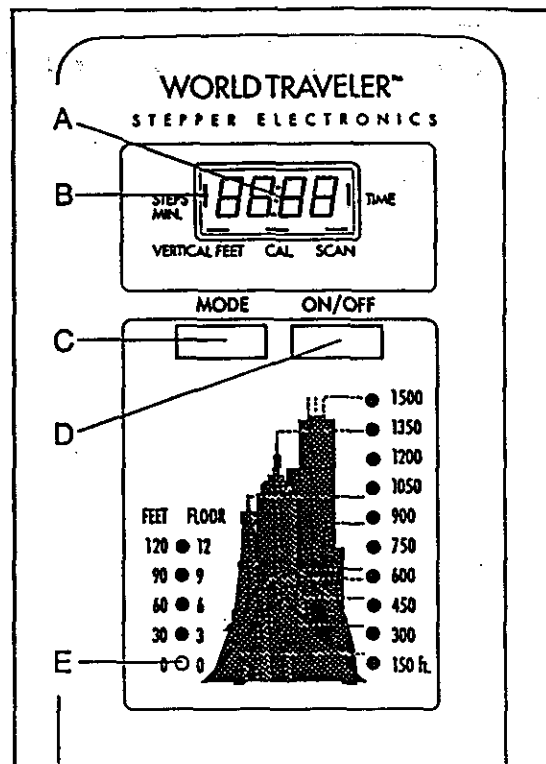
**VERTICAL FEET**—Displays the total vertical feet that you have stepped. Note: If you continue stepping after the display reaches 1500 vertical feet, the display will begin again at zero.

**CALORIE (CAL.)**—Displays the total number of nutritional Calories that you have burned. Note: The number displayed is approximate. The actual number may vary depending on the stepping resistance.

6 **SCAN**—Displays all other modes, for five seconds each, in a repeating cycle.

## DIAGRAM OF THE ELECTRONIC MONITOR

- A. LCD display.
- B. Mode indicators—Show which mode is currently selected.
- C. Mode button—Selects modes.
- D. On/off button—Turns the power on and off.
- E. Motivational indicators—Show your workout progress.



## OPERATING THE ELECTRONIC MONITOR

1. If there is a piece of clear protective plastic on the electronic monitor, remove it before operating the monitor. To turn on the power, press the on/off button. One motivational indicator on the lower part of the monitor will light and the entire LCD display will appear for two seconds. The stepper will then be ready for you to begin your workout.

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 appear by the word SCAN, 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.

**STEPS PER MINUTE, TIME, VERTICAL FEET or CALORIE mode**—These modes can be selected for continuous display by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. The modes are selected in the following order: STEPS PER MINUTE, TIME, VERTICAL FEET, CALORIE, SCAN.

3. The 15 motivational indicators on the lower part of the monitor will show your progress as you exercise. When the power is turned on, the first indicator will light. After you step 30 vertical feet (three floors), the second indicator will light. This will continue until you reach 150 feet. A different indicator will then light after every 150 vertical feet that you step, until you reach 1500 feet. (Note: If you continue stepping after the last indicator lights, the first indicator will again light.) The heights of famous structures around the world, such as the Statue of Liberty and the Eiffel Tower, are shown for comparison. If desired, set a vertical distance goal before you begin each workout.
4. To reset the monitor, turn the power off and then on again by pressing the on/off button twice.
5. 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 three to four minutes, the power will turn off automatically in order to conserve the batteries.

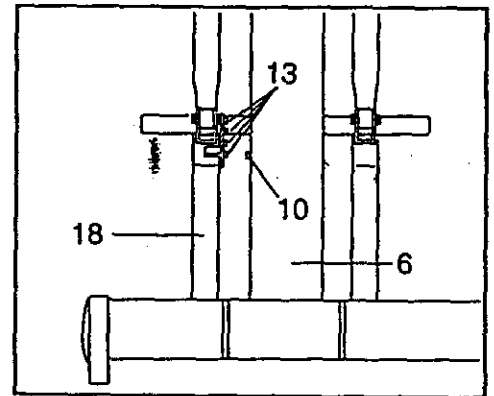
# TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use 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.

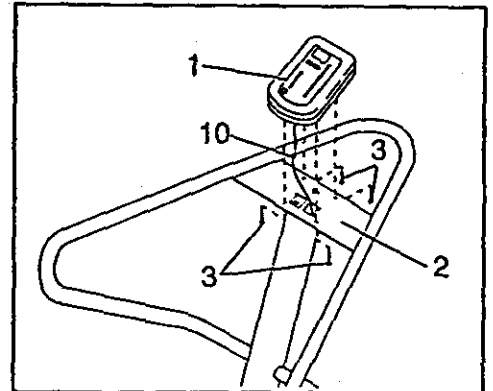
## ELECTRONIC MONITOR

If the electronic monitor displays incorrect feedback, or if the display becomes faint, the batteries should be replaced. See assembly step 6 on page 5 battery installation instructions.

If the monitor displays incorrect feedback after the batteries are replaced, the Reed Switch (10) should be checked. Push down the Right Pedal (18) so that the Magnets (13) pass the Reed Switch. Slide the Reed Switch in or out of the Upright (6) so that there is a  $3/16$ " gap between the Reed Switch and the Magnets.



If the Electronic Monitor (1) displays no feedback when the STEPS PER MINUTE, VERTICAL FEET or CALORIE mode is selected, the Sensor Wire (10) should be checked. Remove the four Monitor Screws (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.





# CONDITIONING GUIDELINES

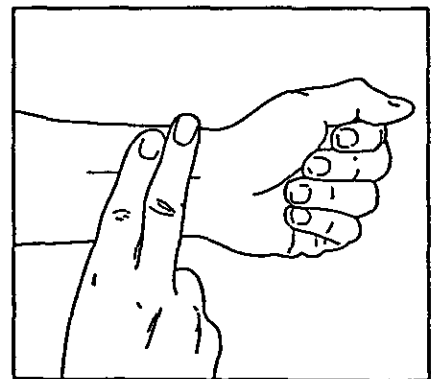
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	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, 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, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



## WORKOUT GUIDELINES

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

# PART LIST Model No. 831.285750

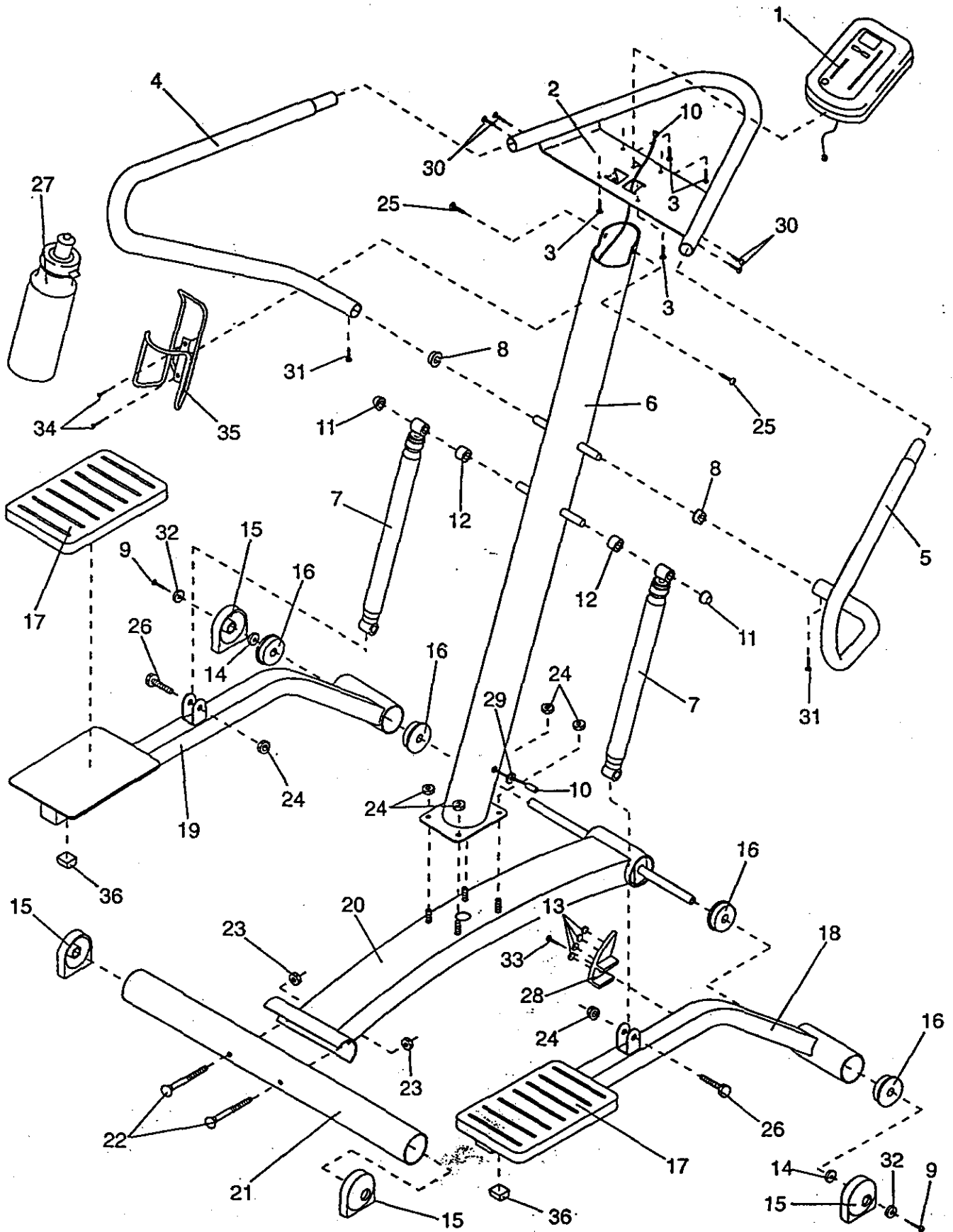
R894A

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	118847	1	Electronic Monitor	20	120617	1	Base
2	120607	1	Handlebar Plate	21	120621	1	Stabilizer
3	013162	4	Monitor Screw	22	121038	2	M8 Carriage Bolt
4	120612	1	Left Handlebar	23	121050	2	M8 Nylock Nut
5	120615	1	Right Handlebar	24	012042	6	M10 Nylock Nut
6	120627	1	Upright	25	121043	2	M10 Plate Screw
7	119813	2	Resistance Cylinder	26	121039	2	M10 Bolt
8	120610	2	Handlebar Bushing	27	121051	1	Water Bottle
9	113528	2	M10 Screw	28	120623	1	Magnet Mount
10	117882	1	Reed Switch/Sensor Wire	29	119887	1	Grommet
11	100151	2	Dome Cap	30	013222	4	M4 Screw
12	120624	2	Cylinder Spacer	31	121044	2	M5 Screw
13	100498	4	Magnet	32	121045	2	Lock Washer
14	121042	2	2mm Washer	33	121046	1	M5 Self-Tapping Screw
15	120611	4	Endcap	34	121047	2	M4 Bracket Screw
16	120618	4	Pedal Bushing	35	121048	1	Water Bottle Bracket
17	120690	2	Pedal Cover	36	121049	2	Bumper
18	120689	1	Right Pedal	#	120625	1	Owner's Manual
19	120688	1	Left Pedal				

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. 831:285750

R894A



# ORDERING REPLACEMENT PARTS

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

All parts listed herein can be ordered through SEARS, ROEBUCK AND CO. SERVICE CENTERS and most SEARS RETAIL STORES. If parts you need are not stocked locally, your order will be transmitted to a SEARS PARTS DISTRIBUTION CENTER for handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The MODEL NUMBER of the product (831.285750).
2. The NAME of the product (SEARS LIFESTYLER® 310 stepper).
3. The PART NUMBER of the part(s) (see page 10 of this manual).
4. The DESCRIPTION of the part(s) (see page 10 of this manual).

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

Should you ever need repair service or parts, call toll-free:

For repair service: 1-800-4-REPAIR (1-800-473-7247)

For repair parts: 1-800-FON-PART (1-800-366-7278)

## FULL 90 DAY WARRANTY

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, SEARS will, free of charge, repair or replace and install a replacement part for any defective part, when this 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,  
3333 BEVERLY ROAD, HOFFMAN ESTATES, IL 60179