

**Lifestyler®**

# CARDIO **EXERCISE**

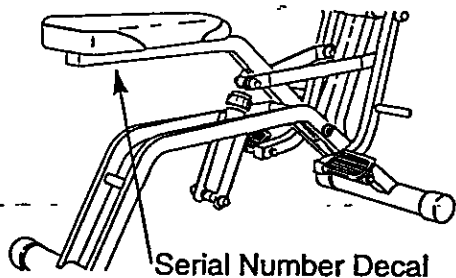
**TOTAL BODY MOTION • LOW IMPACT**

# SEARS®

Model No. 831.287620

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

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

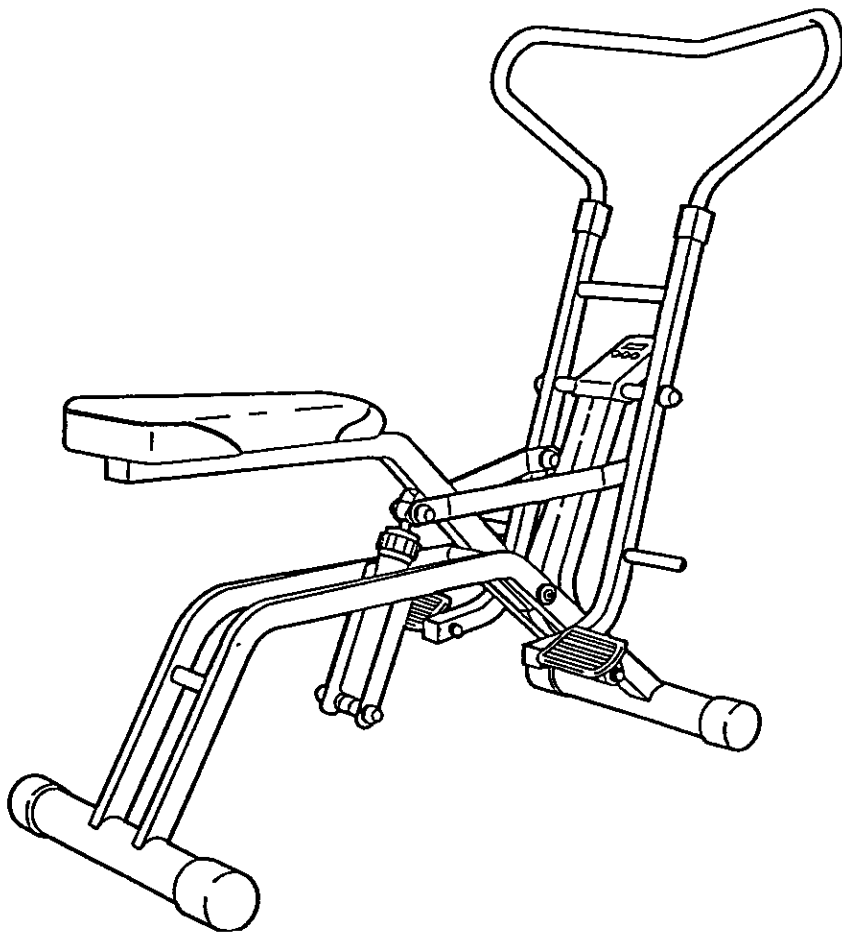


## CAUTION!

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

**PATENT PENDING**

## OWNER'S MANUAL



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 SEARS® CARDIO FIT.

1. Use the CARDIO FIT only on a level surface.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the CARDIO FIT. Always wear athletic shoes for foot protection.
3. Keep small children away from the CARDIO FIT at all times.
4. The CARDIO FIT features a precision resistance cylinder; due to the nature of resistance cylinders, it is recommended that the floor underneath the CARDIO FIT be covered in case of slight oil leakage.
5. 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.
5. Use the CARDIO FIT 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. 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 SEARS® CARDIO FIT. The CARDIO FIT 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.

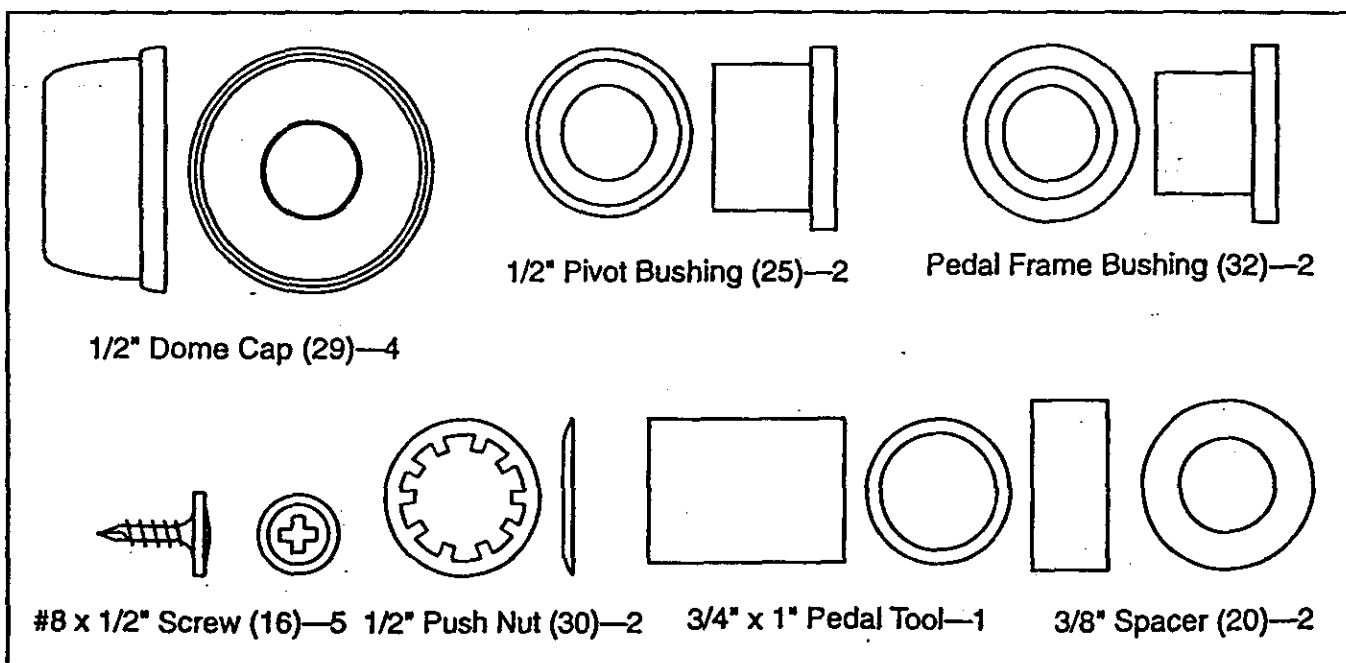
For your safety and benefit, read this manual carefully before using the CARDIO FIT. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number when calling. The model number is 831.287620. The serial number can be found on a decal attached to the CARDIO FIT (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 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. Use the part 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. Assembly can be completed using the included pedal tool and your own phillips screwdriver and rubber mallet.

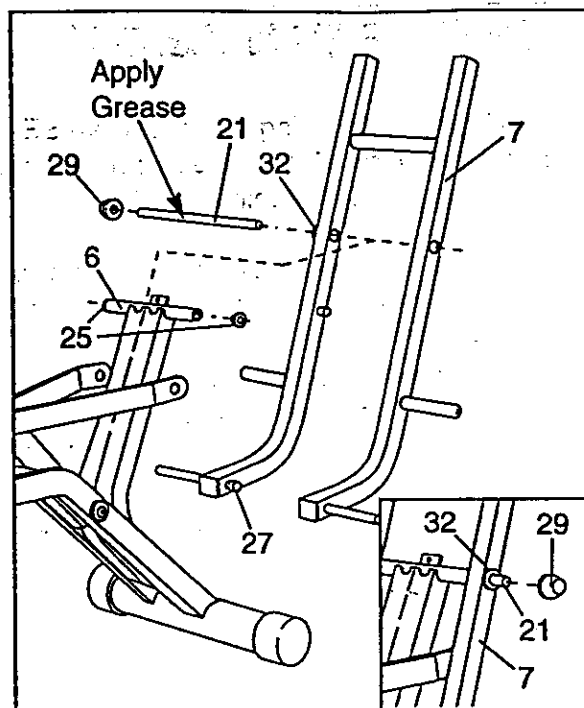
### PART CHART



1. Tap a 1/2" Pivot Bushing (25) into each side of the Frame (6). Tap a Pedal Frame Bushing (32) into the outer left side of the Pedal Frame (7) as shown.

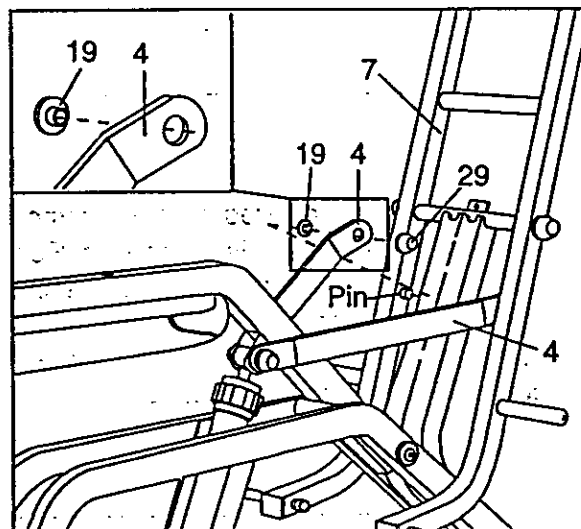
Apply grease to the Pivot Rod (21). Align the holes in the Pedal Frame (7) with the indicated tube on the Frame (6). Tap the Pivot Rod through the Pedal Frame and the Frame and center it. Tap a 1/2" Dome Cap (29) onto the left end of the Pivot Rod. Slide the other Pedal Frame Bushing (32) onto the right end of the Pivot Rod, and press it into the outer right side of the Pedal Frame (see the inset drawing). Tap a 1/2" Dome Cap (29) onto the right end of the Pivot Rod.

Make sure that the Magnet (27) is on the Pedal Frame (7) and that it is properly adjusted (see ADJUSTING THE MAGNET AND REED SWITCH on page 8). If the Magnet is not aligned with the reed switch, the monitor will not function.



2. Make sure that there is a 1/2" Link Arm Bushing (19) in the left Link Arm (4) (see the inset drawing). Slide the left Link Arm onto the indicated pin on the Pedal Frame (7). Pivot the Pedal Frame and tap a 1/2" Dome Cap (29) onto the pin.

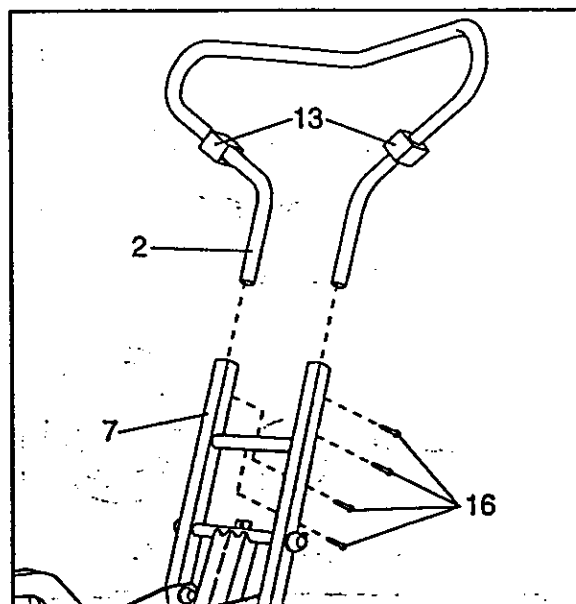
Attach the right Link Arm (4) in the same manner.



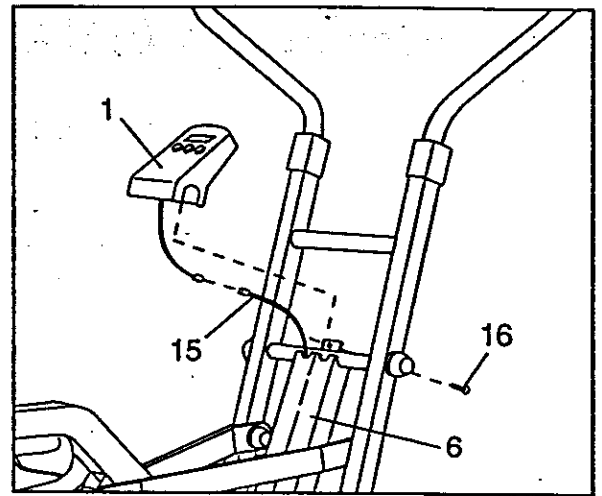
3. Slide a 1 1/4" x 2" Endcap (13) onto each end of the Handlebar (2). The Endcaps must be turned so the round holes are on top.

Slide the Handlebar (2) into the Pedal Frame (7). The Handlebar must be turned so the sides bend toward the seat. Align the holes in the Handlebar with the holes in the Pedal Frame. Attach one side of the Handlebar with two #8 x 1/2" Screws (16). Attach the other side of the Handlebar with two #8 x 1/2" Screws.

Slide the 1 1/4" x 2" Endcaps (13) down over the Pedal Frame (7).

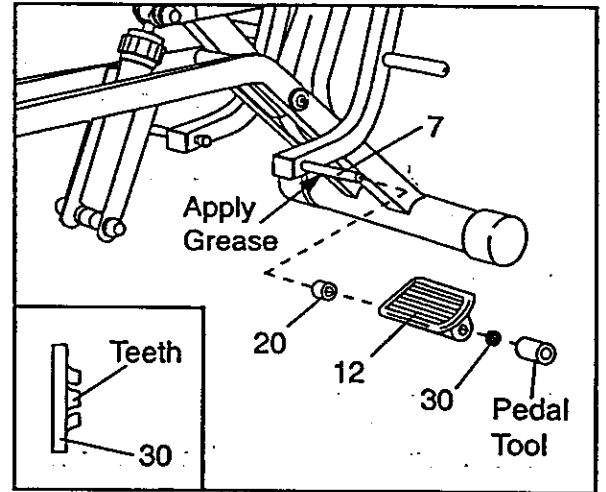


4. Connect the Sensor Wire (15) to the wire on the Monitor (1). Insert any excess wire into the Frame (6). Attach the Monitor to the Frame with a #8 x 1/2" Screw (16). Make sure not to pinch the wire between the Frame and the Monitor.

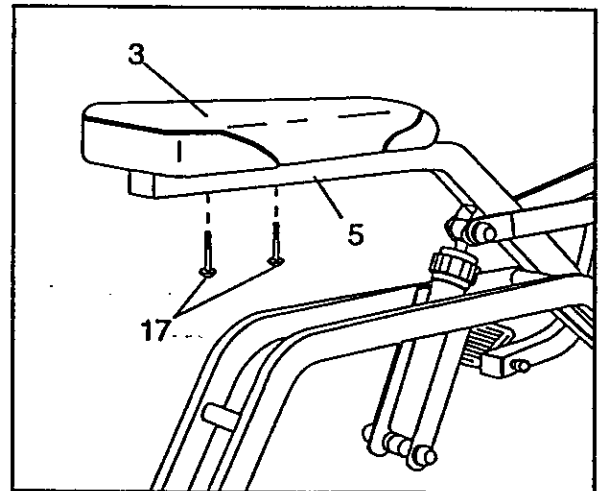


5. Slide a 3/8" Spacer (20) onto the indicated shaft on the lower end of the Pedal Frame (7). Apply a small amount of grease to the shaft. Slide a Pedal (12) onto the shaft. Using the included pedal tool, tap a 1/2" Push Nut (30) onto the shaft. Make sure that the Push Nut is turned so the teeth bend away from the Pedal (see the inset drawing).

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



6. Remove the two 1/4" x 2" Screws (17) attaching the Seat (3) to the underside of the Seat Tube (5). Attach the Seat to the top of the Seat Tube with the two Screws as shown.



# ADJUSTMENT AND OPERATION

## EXERCISING ON THE CARDIO GLIDE

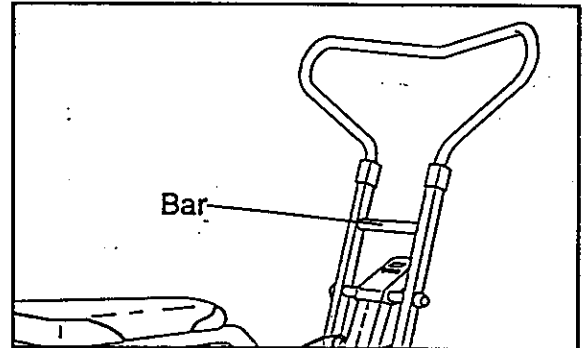
Sit on the seat, place your feet on the pedals and hold the handlebar. To add variety to your exercise, you can hold the top, sides or bottom of the handlebar, place your hands close together or far apart, or hold the handlebar with an overhand or underhand grip.

To begin exercising, pull the handlebar towards 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, maintain a steady pace, and keep your back straight.

## LOWER BODY EXERCISE

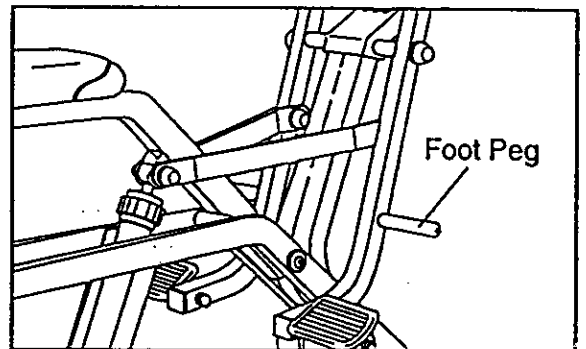
To focus on the muscles of the lower body, rest your hands on the indicated bar as you exercise.

To focus on the 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 your feet firmly on the pedals to prevent them from slipping.



## UPPER BODY EXERCISE

To focus on the muscles of the upper body, rest your feet on the foot pegs rather than the pedals as you exercise.

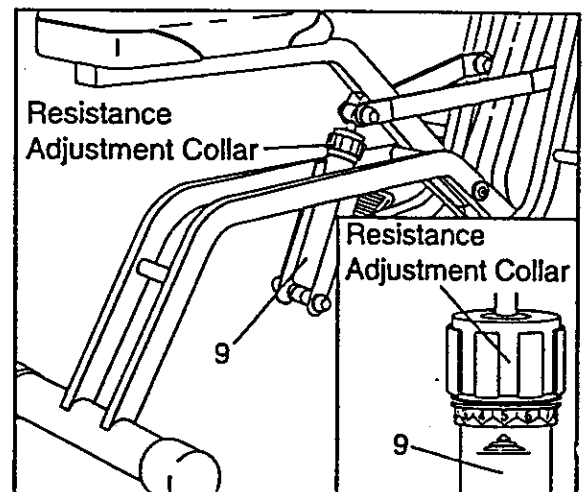


## ABDOMINAL EXERCISE

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

## RESISTANCE ADJUSTMENT

To vary the intensity of your exercise, the resistance can be changed by turning the resistance adjustment collar on the Resistance Cylinder (9). **CAUTION:** The Resistance Cylinder becomes very hot during use. Allow the Resistance Cylinder to cool before touching it. There are 9 resistance levels: level 1 is the easiest, and level 9 is the most difficult. To increase the resistance, turn the collar clockwise; to decrease the resistance, turn the collar counterclockwise. The arrow on the Resistance Cylinder will show which resistance level you have selected.



## ELECTRONIC MONITOR

The simple-to-operate electronic monitor features five different modes to provide you with instant exercise feedback. The five 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.

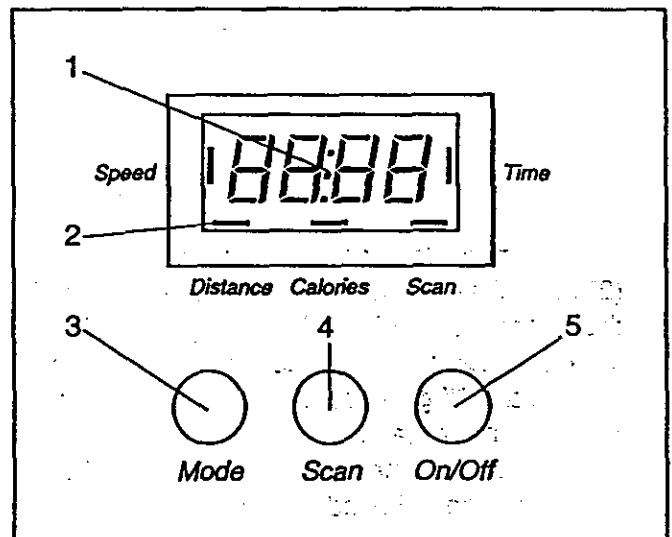
**Distance**—Displays the total number of repetitions you have completed, up to "999". The display will then reset to "0" and continue counting.

**Calories**—Displays the approximate 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 approximately 5 seconds each, in a repeating cycle.

### DIAGRAM OF THE ELECTRONIC MONITOR

1. LCD display—Displays all modes.
2. Mode indicators—Show which mode has been selected.
3. Mode button—Selects all modes except the scan mode.
4. Scan button—Selects the scan mode.
5. On/off button—Turns the power on and off.



### OPERATING THE ELECTRONIC MONITOR

1. To turn on the power, press the on/off button or simply begin exercising on the CARDIO FIT. The entire display will appear for two seconds. The electronic 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. The scan mode can also be selected by pressing the scan button. One mode indicator will show that the scan mode has been selected, and a second mode indicator will show which mode is currently displayed.

**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. The modes will be selected in the following order: speed, time, distance, calories.

3. When you are finished exercising, press the on/off button to turn off the power. Note: If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.

# MAINTENANCE AND TROUBLE-SHOOTING

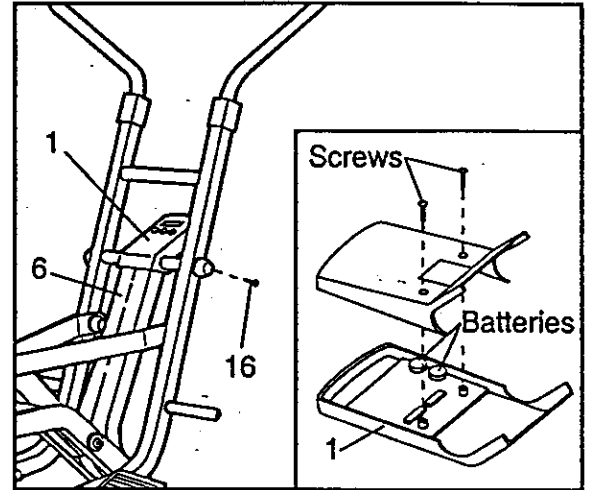
## MONITOR CARE

Keep the monitor out of direct sunlight or the LCD display may be damaged. The monitor can be cleaned using a soft, dry cloth. Do not allow liquid to come in contact with the monitor. Remove the batteries when storing the CARDIO FIT.

## REPLACING THE BATTERIES

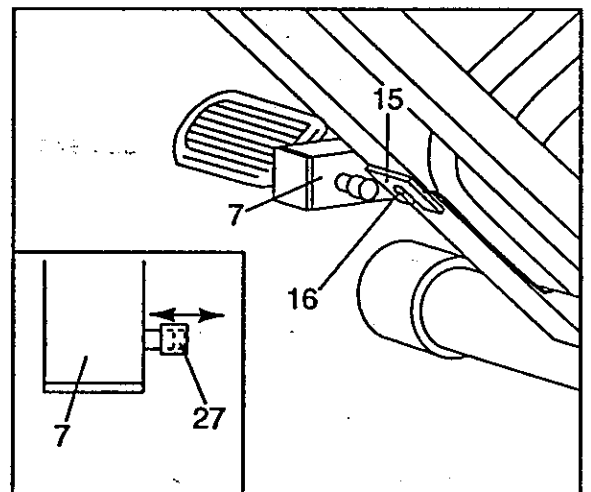
If the display of the Monitor (1) becomes dim, the two L1154 watch batteries should be replaced. Remove the #8 x 1/2" Screw (16) from the back of the Monitor. Remove the two screws from the back cover of the Monitor and remove the back cover. Push the two old batteries out of the clips, and insert two new batteries.

Reattach the back cover and reattach the Monitor (1) to the Frame (6). Make sure that the wire on the Monitor is plugged into the sensor wire. Insert any excess wire into the Frame. Make sure not to pinch the wire between the Frame and the Monitor.



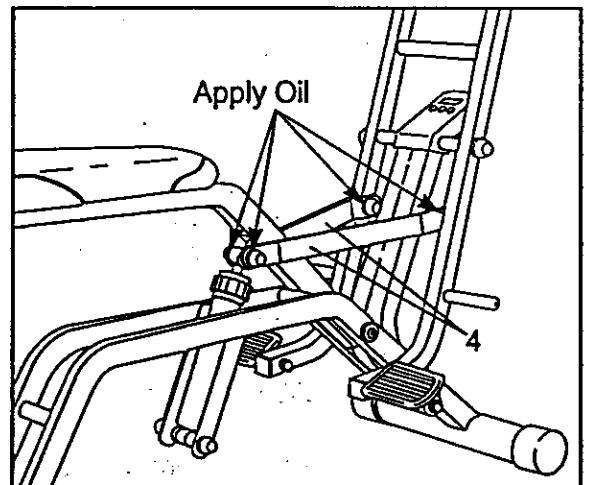
## ADJUSTING THE MAGNET AND REED SWITCH

If the monitor does not function properly, the Magnet (27) and Reed Switch (15) should be checked. Pivot the Pedal Frame (7) until the Magnet is aligned with the Reed Switch (15). Slide the Magnet in or out until there is a 1/8" gap between the Magnet and the Reed Switch. If necessary, the indicated #8 x 1/2" Screw (16) can be loosened and the position of the Reed Switch can be adjusted.



## LUBRICATING THE CARDIO FIT

The ends of the Link Arms (4) should be oiled every six months. Apply a few drops of light multi-purpose oil between the Link Arms and the dome caps in the indicated locations.





# CONDITIONING GUIDELINES

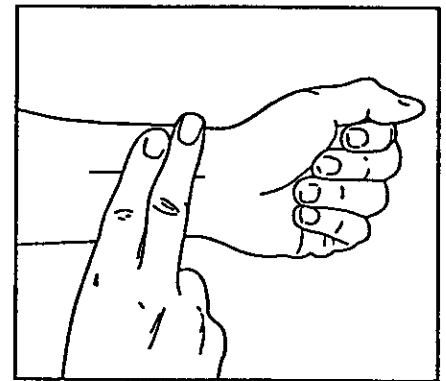
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 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. 831.287620

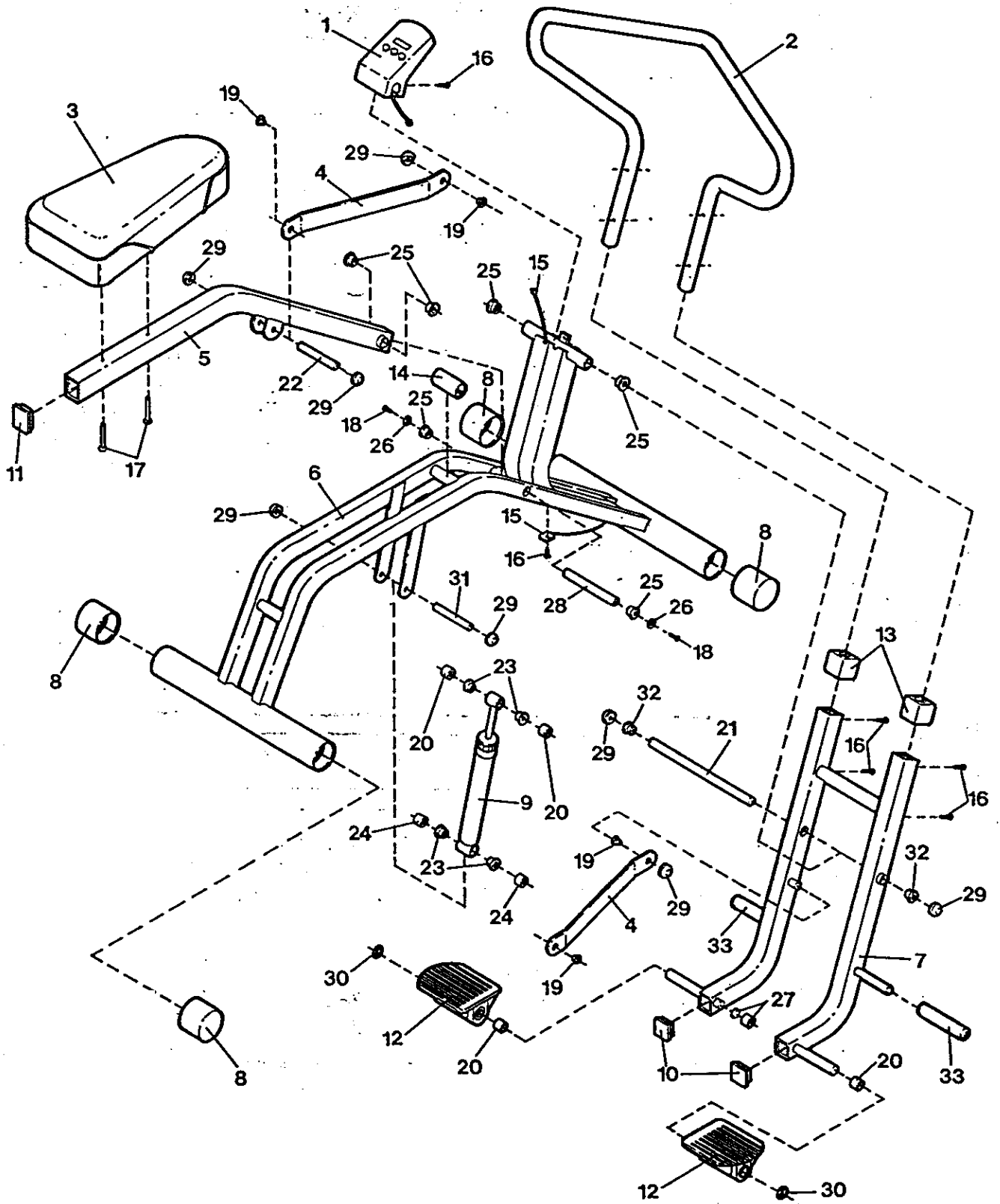
R594B

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	117523	1	Monitor	19	103677	4	1/2" Link Arm Bushing
2	117529	1	Handlebar	20	117509	4	3/8" Spacer
3	117511	1	Seat	21	117552	1	1/2" x 11 1/4" Pivot Rod
4	117528	2	Link Arm	22	109470	1	1/2" x 3 1/2" Rod
5	117525	1	Seat Tube	23	106876	2	1/2" Cylinder Bushing Set
6	117517	1	Frame	24	117510	2	15/16" Spacer
7	117522	1	Pedal Frame	25	110576	6	1/2" Pivot Bushing
8	109416	4	Endcap	26	102372	2	5/16" Washer
9	117555	1	Resistance Cylinder	27	113349	1	Magnet/Retainer
10	117545	2	1 1/4" x 1 1/4" Endcap	28	117527	1	1/2" x 5 1/2" Rod
11	117544	1	1 1/2" x 2" Endcap	29	103903	8	1/2" Dome Cap
12	117543	2	Pedal	30	100150	2	1/2" Push Nut
13	117530	2	1 1/4" x 2" Endcap	31	118213	1	1/2" x 4" Rod
14	117553	1	Bumper	32	117448	2	Pedal Frame Bushing
15	101743	1	Reed Switch/Sensor Wire	33	118904	2	Foot Peg Foam
16	013162	6	#8 x 1/2" Screw	#	117744	1	Owner's Manual
17	013498	2	1/4" x 2" Screw	#	118061	1	3/4" x 1" Pedal Tool
18	013492	2	1/4" x 5/8" Screw				

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. 831.287620

R594B



# ORDERING REPLACEMENT PARTS

Each **CARDIO FIT** has its own **MODEL NUMBER**. Always mention this **MODEL NUMBER** when requesting service or repair parts.

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 (831.287620).
2. The **NAME** of the product (**SEARS® CARDIO FIT**).
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 CARDIO FIT** 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 product is used in a normal manner.

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

**SERVICE IS AVAILABLE SIMPLY BY RETURNING THIS PRODUCT 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**