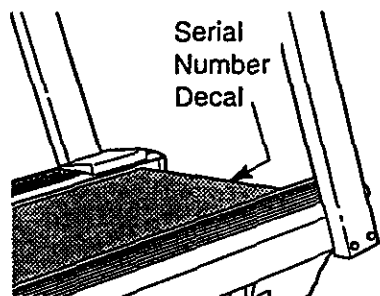# Lifestyler

EXPANSE 2000

0 -10 MPH • 2.5 HP • PROGRAMMABLE SPEED AND INCLINE • DIRECT PULSE INTERFACE

SEARS®

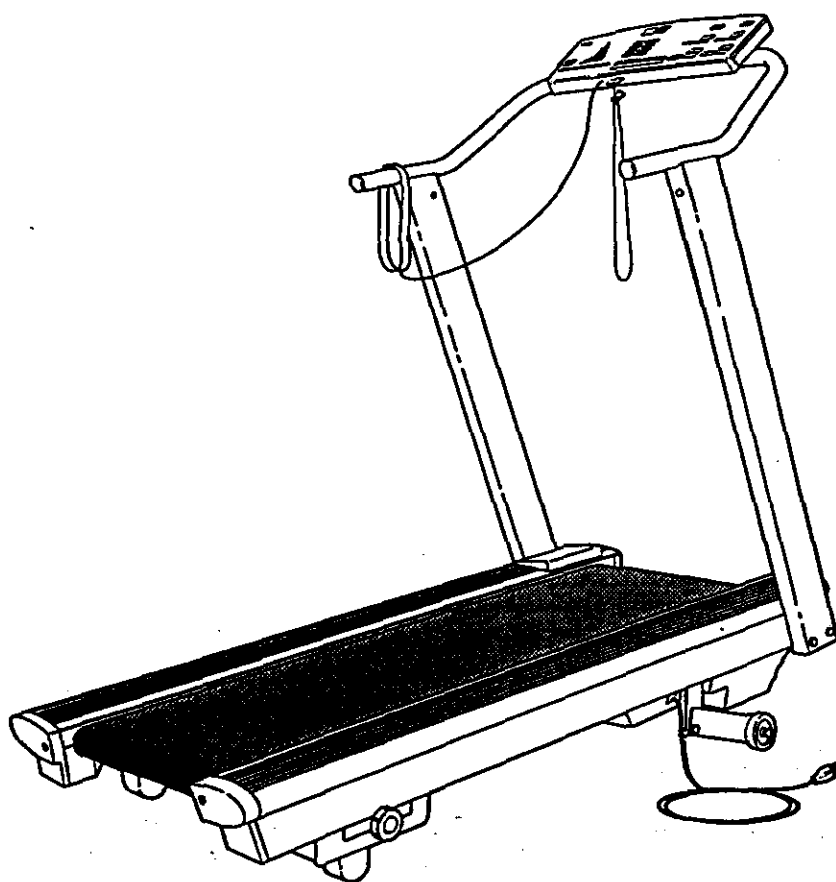Model No. 831.297280

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 before using this equipment. Keep this manual in a safe place for future reference.

OWNER'S MANUAL

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 treadmill is used in a normal manner.

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

SERVICE IS AVAILABLE SIMPLY BY CONTACTING YOUR NEAREST SEARS SERVICE CEN-
TER/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

Lifestyler.
EXPANSE 2000

0-10 MPH ● 2.5 HP ● PROGRAMMABLE SPEED AND INCLINE ● DIRECT PULSE INTERFACE

TABLE OF CONTENTS

⚠ **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.

IMPORTANT SAFETY PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important safety precautions and information before operating the treadmill.

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on any surface that blocks an air opening. Do not operate where aerosol products are used or where oxygen is being administered.

2. When connecting the power cord (see PLUGGING IN THE POWER CORD on page 8), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length with a three-wire conductor.

3. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)

4. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.

5. The pulse sensor is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

6. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.

7. Never allow more than one person on the tread-

mill at a time. The treadmill should not be used by persons weighing more than 250 pounds.

8. Keep small children away from the treadmill at all times. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.

9. Never drop or insert any object into any opening.

10. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.

11. The treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.

12. Use the treadmill only as described in this manual.

13. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the safety cover unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

14. When the PULSE mode of the console is selected, the console will control the speed and incline of the treadmill to keep your heart rate at a preset level. If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse mode. If you are taking medication regularly, consult with your physician to determine whether the medication will affect your exercise heart rate before using the pulse mode.
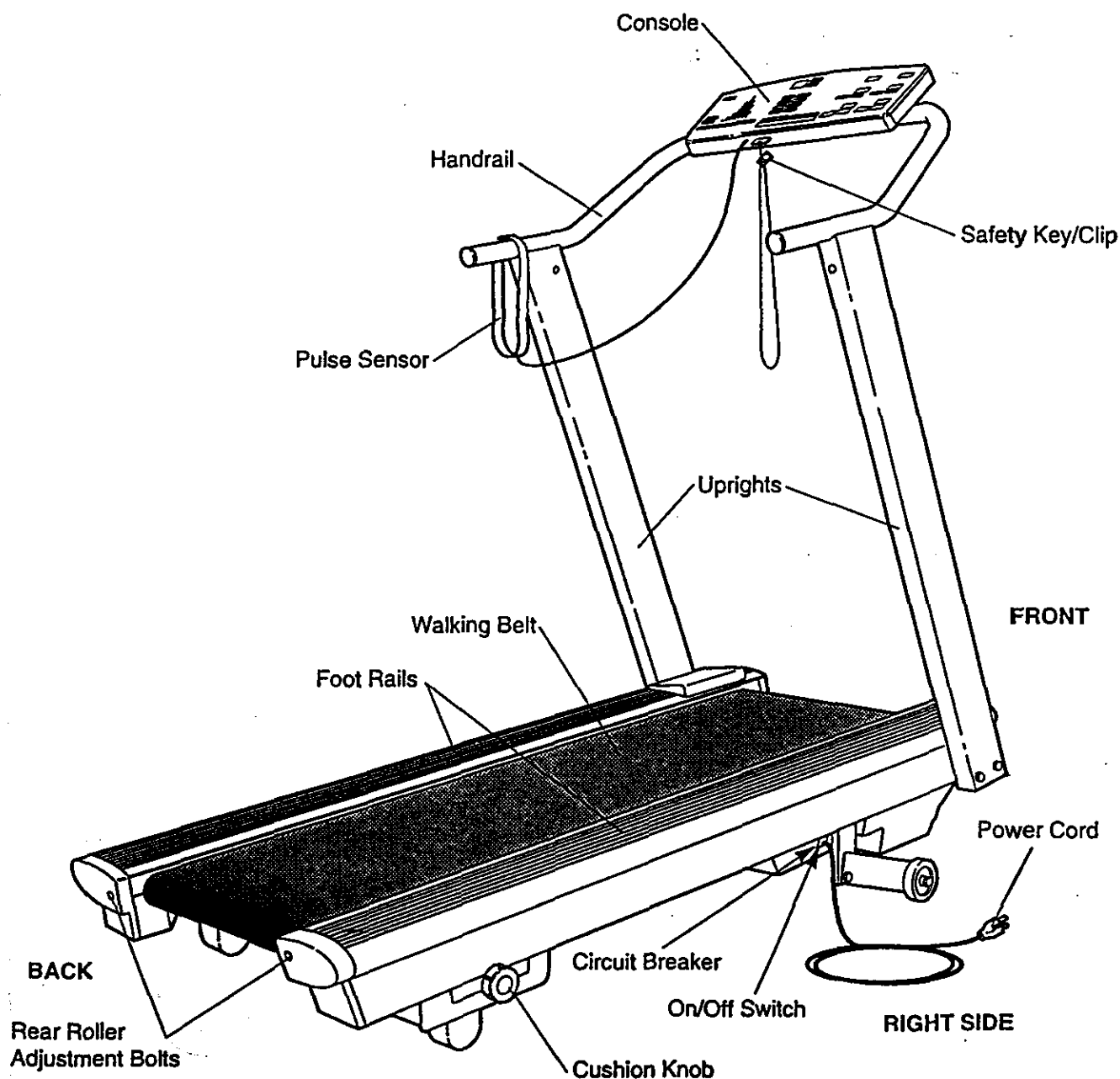
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the SEARS LIFESTYLER®
EXPANSE 2000 treadmill. The EXPANSE 2000 tread-
mill blends advanced technology with innovative
design to let you enjoy an excellent form of cardiovas-
cular exercise in the convenience and privacy of your
home.

**For your safety and benefit, read this manual care-
fully before using the treadmill.** If you have addition-
al 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 of the treadmill is
831.297280. The serial number can be found on a
decal attached to the treadmill (see the front cover of
this manual for the location).

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

Console

Handrail

Safety Key/Clip

Pulse Sensor

Uprights

Walking Belt

FRONT

Foot Rails

Power Cord

BACK

Circuit Breaker

On/Off Switch

RIGHT SIDE

Rear Roller
Adjustment Bolts

Cushion Knob

ASSEMBLY

Assembly requires the assistance of a second person. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY: The 7/32" allen wrench _____ included and your own adjustable wrench .

1. With the help of a second person, raise the Right Upright (19) and the Left Upright (not shown) to a vertical position.

   Align the hole in the lower end of the Right Upright (19) with the hole in the side of the Frame (50). Insert a 3/8" x 3 1/2" Bolt (24), with a Flat Washer (23), into the Right Upright as shown. Tighten the Bolt into the Frame. Tighten the Bolt that is already in the Right Upright.

   Tighten a 3/8" x 3 1/2" Bolt and Flat Washer into the Left Upright in the same manner (not shown).
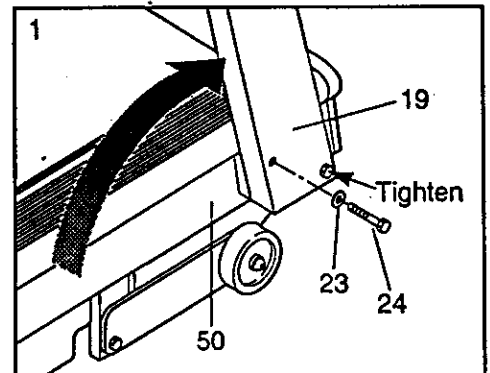
2. With the help of a second person, raise the Left and Right Handrails (3, 11) as shown. Using the 7/32" Allen Wrench (85), tighten a 3/8" x 1 1/2" Bolt (15) into each Upright (86, 19) as shown.
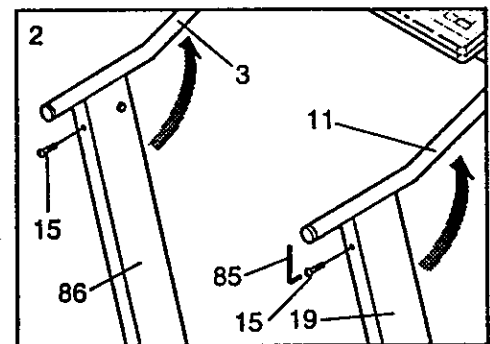
3. Remove the paper backing from the Wrench Clip (74). Press the Wrench Clip onto the Frame (50) in the indicated location. Press the 3/16" Allen Wrench (73) into the Wrench Clip.
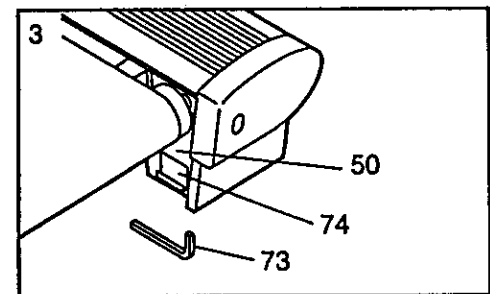
4. The use of the Pulse Sensor is explained on page 7.

   Make sure that all parts are tightened before using the treadmill. Note: To protect the floor, a covering should be placed under the treadmill.

6

HOW TO USE THE PULSE SENSOR

The EXPANSE 2000 treadmill features an innovative headband-style pulse sensor. The rubber-armored pulse sensor and lightweight he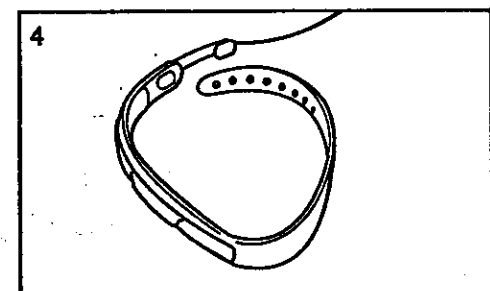adband are specially designed for greater accuracy, comfort and durability. To get the best performance from the pulse sensor, please read the following instructions.

ADJUSTING THE HEADBAND

1. In order for the pulse sensor to function, the headband must be properly adjusted. The headband should fit snugly around your head, without being uncomfortable. To adjust the headband, slip the headband off the adjustment tab on the pulse sensor. Insert the adjustment tab through a different hole in the headband.
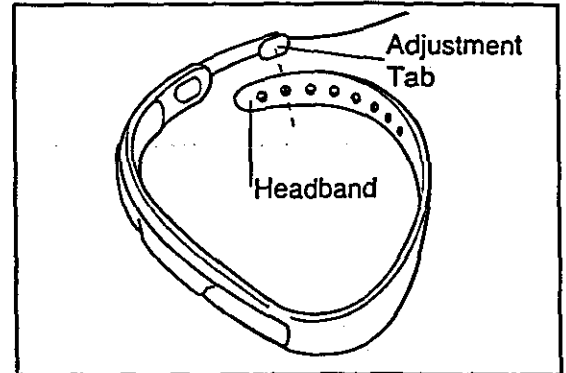
2. Rub your forehead for a moment to stimulate circulation. Put on the headband as shown—make sure that the sensor window is centered on your forehead, and that there is no hair between the sensor window and your forehead. If necessary, adjust the headband as described above. IMPORTANT: To avoid static build-up, the pulse sensor should be worn only while you are standing on the treadmill.

Find the clip attached to the pulse sensor wire, and slide it onto your collar. The clip will minimize movement of the wire, helping to ensure accurate pulse readings.
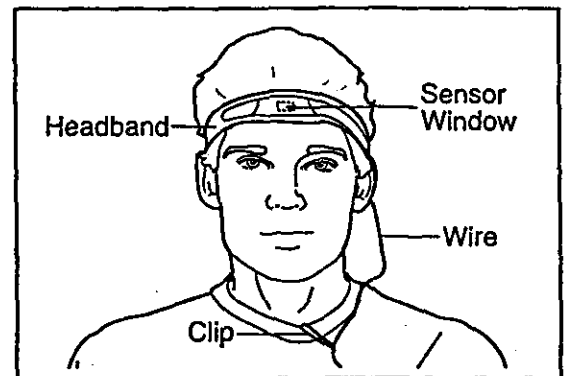
HOW TO OBTAIN ACCURATE PULSE READINGS

To find how to use the pulse sensor with the console, see PULSE DISPLAY on page 10. To ensure the best results, remember the following important guidelines:

- Before putting on the headband, rub your forehead for a moment to stimulate circulation.

- Make sure that the headband is properly adjusted. If the headband is too tight or too loose, your pulse may not be detected. --

- The headband must be worn properly—make sure that the sensor window is centered on your forehead, and that there is no hair between the sensor window and your forehead. Make-up applied to the forehead may also interfere with pulse readings.

- Make sure that the pulse sensor wire is fully plugged into the jack on the console.

- Avoid excessive head movement during exercise.

- Clean the sensor window about once each week when the treadmill is used regularly. Using a cotton swab moistened with water, carefully wipe the sensor window.

CLEANING THE HEADBAND AND PULSE SENSOR

To clean the headband, first remove it from the pulse sensor. Hand wash the headband in mild detergent, and gently wring it out. The pulse sensor can be wiped clean with a damp cloth; do not immerse the pulse sensor in water.

OPERATION AND ADJUSTMENT

PLUGGING IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
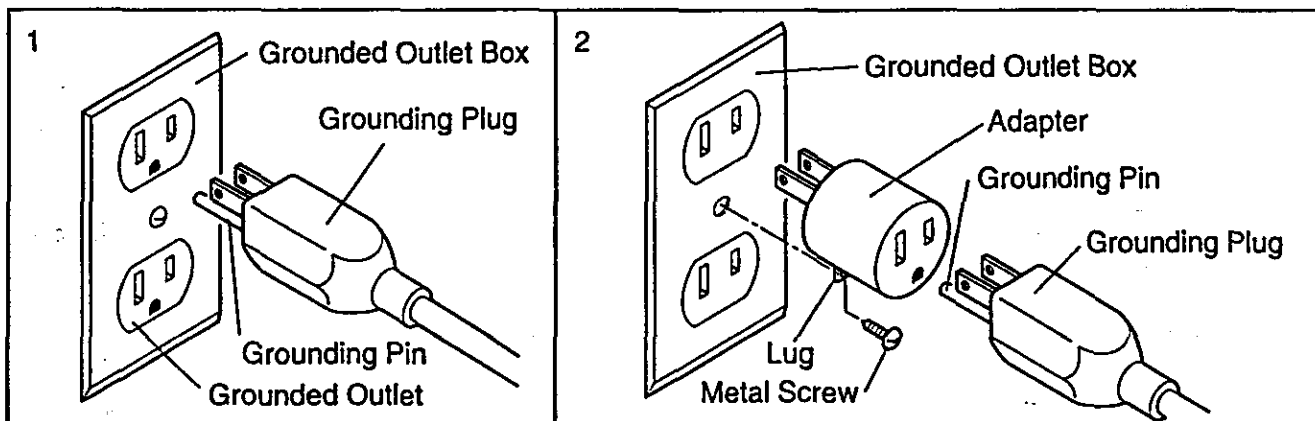
This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1.

A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw.

Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.

```
1                                    2
      Grounded Outlet Box                   Grounded Outlet Box
      Grounding Plug                        Adapter
                                            Grounding Pin
                                            Grounding Plug
      Grounding Pin                   Lug
      Grounded Outlet                 Metal Screw
```

MAINTENANCE-FREE WALKING BELT

Your treadmill features a maintenance-free walking belt. IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

CUSHION LEVEL ADJUSTMENT

For a softer cushion level as you exercise, turn the cushion knob counterclockwise. For a firmer cushion level, turn the knob clockwise. Note: The faster you run on the treadmill, the firmer the cushion level should be. If the cushion level is too soft, the treadmill will bounce excessively.

Cushion Knob
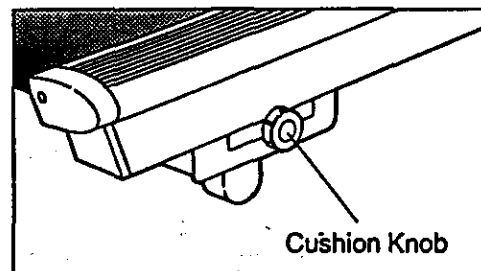
THE PROGRAMMABLE CONSOLE

The heart of the treadmill is the programmable console. The console offers both manual and program modes, and features an array of independent displays to provide you with continuous exercise feedback. In the manual mode, the speed and incline of the treadmill can be changed with the touch of a button. In the program mode, the console will automatically control either the speed or the incline of the treadmill, as it gu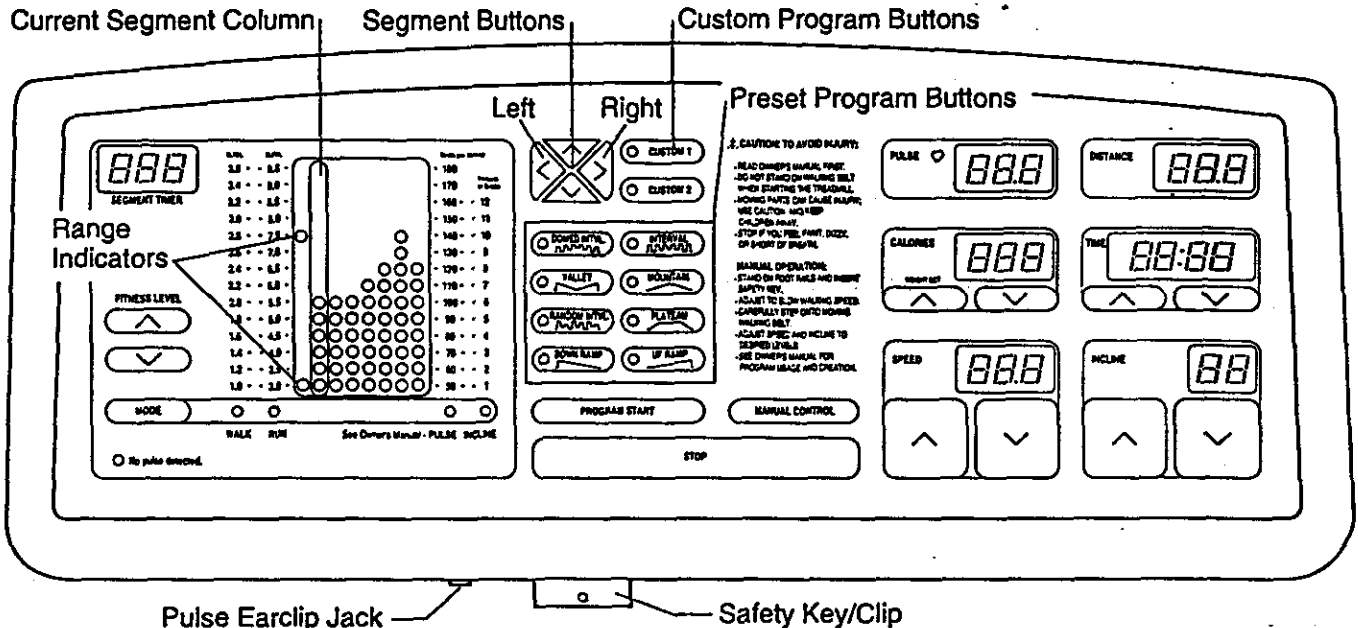ides you through an effective workout. You can even create your own custom programs, and save them in the console's memory for future workouts. **Please read these instructions carefully before operating the console.** Note: If there is a thin sheet of clear, protective plastic on the face of the console, remove it before operating the console.

DIAGRAM OF THE CONSOLE

Current Segment Column   Segment Buttons   Custom Program Buttons

Pulse Earclip Jack ——／   ——— Safety Key/Clip

TURNING ON THE POWER

Make sure that the safety key is removed from the console, and that the on/off switch located near the power cord is in the "on" position. Plug in the power cord (see PLUGGING IN THE POWER CORD on page 8). All indicators and displays will flash three times. *Note: If the safety key is in the console when the power cord is plugged in, the letters "PO" will flash in the SPEED display. If this occurs, remove the safety key.*

ON
Position
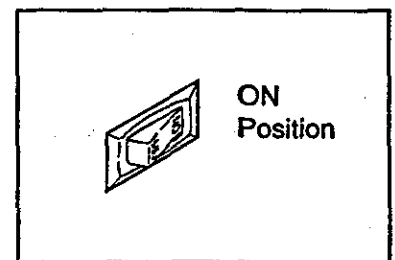
Stand on the frame rails of the treadmill. Find the clip attached to the safety key, and slide the clip onto the waistband of your clothing. Insert the safety key into the console. The "no pulse detected" indicator, the heart-shaped pulse indicator, and the six displays on the right side of the console will light.

⚠ WARNING: Do not stand on the walking belt when turning on the power or starting the walking belt. Always wear the clip when operating the treadmill.

MANUAL MODE OPERATION

CONTROLLING THE SPEED

When the power is turned on, the console will be in the manual mode. For your safety, the walking belt will be stationary each time the power is turned on. The speed of the walking belt is controlled with the SPEED buttons. Each time the SPEED increase button is pressed, the speed will increase by 0.1 mile per hour, beginning at 0.5 miles per hour. Each time the SPEED decrease button is pressed, the speed will decrease by 0.1 mile per hour. The SPEED buttons can be held down to change the speed rapidly. The speed range of the treadmill is 0.5 to 10 miles per hour (mph).

⚠ WARNING: After the SPEED buttons are pressed, it will take a few seconds for the walking belt to reach the selected speed setting. Adjust the speed gradually until you are familiar with the treadmill.

Press the SPEED increase button until the walking belt is moving at slow speed. Hold the handrails, step carefully onto the walking belt and begin exercising. Change the speed of the walking belt as desired by pressing the SPEED buttons. To stop the walking belt, press the STOP button.

ADJUSTING THE INCLINE

To vary the intensity of your exercise, the incline of the treadmill can be changed. To change the incline, press the INCLINE buttons. Each time one of the buttons is pressed, the incline will change by 0.5%. The INCLINE buttons can be held down to change the incline rapidly. The incline range is 1% to 12%. Note: Because the INCLINE display has two digits, the display will show 10% when the incline is set at either 10% or 10.5%, and 11% when the incline is set at either 11% or 11.5%. After the INCLINE buttons are pressed, it will take a few seconds for the treadmill to reach the selected incline setting.

PULSE DISPLAY

To measure your pulse, first put on the pulse sensor (see HOW TO USE THE PULSE SENSOR on page 7. Next, plug the pulse sensor wire into the jack on the front of the console. After a few seconds, the heart-shaped pulse indicator will flash each time your heart beats, the "no pulse detected" indicator will darken, and your pulse will be shown. Note: Because your pulse constantly changes, the pulse sensor will sample and average your pulse every few seconds. *It may be necessary to wait for up to ten seconds before an accurate pulse is shown.* If your pulse is not shown, see HOW TO OBTAIN ACCURATE PULSE READINGS on page 7.

Pulse Sensor Wire
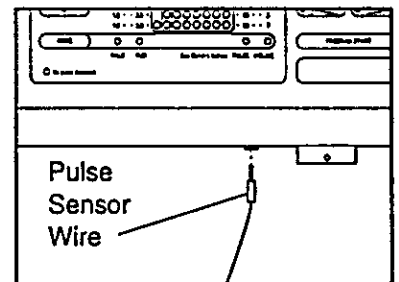
DISTANCE DISPLAY

The DISTANCE display will show the total distance that you have walked or run, in miles.

CALORIES DISPLAY

For the most accurate measurement of the number of Calories that you have burned, your weight should be entered into the console. Before entering your weight, stop the walking belt. Next, press one of the WEIGHT SET buttons. The current weight setting will be shown in the CALORIES display. Press the WEIGHT SET buttons to enter your weight. Each time one of the buttons is pressed, the weight setting will change by 1 pound. If the buttons are held down, the weight setting will change in increments of 5 pounds.

When the walking belt is started, the CALORIES display will show the number of Calories that you have burned.

TIME DISPLAY

When the console is in the manual mode, the TIME display will show how long the walking belt has been moving, up to 99 minutes and 59 seconds. (If the treadmill is run for longer than 99 minutes and 59 seconds, the walking belt will automatically slow to a stop. This is a safety feature that prevents the treadmill from being left running for long periods of time.) If desired, a time goal can be set. Before setting a time goal, stop the walking belt. Press the TIME buttons to set the length of time that you plan to exercise. Each time one of the buttons is pressed, the length of time shown in the TIME display will change by ten seconds. If the buttons are held down, the length of time will change in increments of 1 minute. A time goal can be set for a minimum of 10 seconds, up to a maximum of 99 minutes and 50 seconds. As you exercise, the time will be counted down. When no time remains, a tone will sound and the walking belt will slow to a stop.

Note: When the console is in the program mode, a time goal will be set and the console will count down the time. When the program is completed, a tone will sound and the walking belt will slow to a stop.

10

PROGRAM MODE OPERATION

When the console is in the program mode, you can choose any of eight preset programs, each designed to guide you through a different type of workout. Or, you can create your own custom programs, and save them in the console's memory for future workouts. Two different custom programs can be saved at the same time, and the custom programs can be changed as many times as desired. Follow the instructions below to create a custom program or select one of the preset programs.

CREATING A CUSTOM PROGRAM

To create a custom program, first press the CUSTOM 1 or CUSTOM 2 button. The indicator on the button you press will light.

Next, select the WALK, RUN or INCLINE mode, by pressing the MODE button. An indicator will light to show which mode you have selected. (*To select the PULSE mode, see USING THE PULSE MODE on page 12*). If you select the WALK mode, the console will automatically control the *speed* of the treadmill during the program, and the speed range will be 1.0 to 3.6 mph. If you select the RUN mode, the console will control the *speed* of the treadmill, and the speed range will be 3.0 to 9.5 mph. If you select the INCLINE mode, the console will control the *incline* of the treadmill, and the incline range will be 1% to 12%. Note: If you select the WALK or RUN mode, the incline can be controlled during the program with the INCLINE buttons. If you select the INCLINE mode, the speed can be controlled with the SPEED buttons.

Each program is divided into twenty equal time periods, called segments. If you selected the WALK or RUN mode, one speed setting should now be programmed for each segment. If you selected the INCLINE mode, an incline setting should be programmed for each segment. The settings of the segments are shown in the columns of indicators on the left side of the console. The setting of the first segment is shown in the CURRENT SEGMENT column (the yellow indicators), and the settings of the next six segments are shown in the six columns to the right. To program a speed or incline setting for the first segment, press the SEGMENT increase or decrease button until the desired number of indicators is lit. For example, if you selected the WALK mode, and you want to program a setting of 2.0 mph for the first segment, press the SEGMENT buttons until six indicators are lit in the CURRENT SEGMENT column.
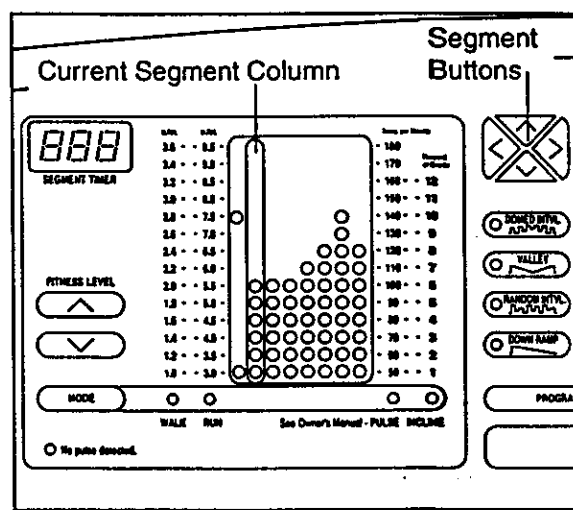
After you have programmed the desired speed or incline setting for the first segment, press the SEGMENT left button. The settings of all segments will move one column to the left—the setting of the first segment will disappear, the setting of the second segment will be shown in the CURRENT SEGMENT column, and the settings of the next six segments will be displayed in the six columns to the right. Program a speed or incline setting for the second segment as described above. Repeat this procedure until you have programmed the desired speed or incline setting for each of the twenty segments.

The two indicators in the column to the left of the CURRENT SEGMENT column show the range of settings you have programmed. The lower indicator shows the lowest setting, and the upper indicator shows the highest setting. (If the same setting is programmed for all twenty segments, only one indicator will appear.) If desired, the difficulty level of the program can be adjusted by pressing the FITNESS LEVEL buttons. If the WALK mode was selected, the settings of all segments will change by 0.2 mph each time one of the buttons is pressed. If the RUN mode was selected, the settings of all segments will change by 0.5 mph each time one of the buttons is pressed. If the INCLINE mode was selected, the settings of all segments will change by 1% each time one of the buttons is pressed. Note: The difficulty level of the program can be increased only until the upper indicator in the left column is lit, and decreased only until the lower indicator is lit.

The program is set to last for 20 minutes as shown in the TIME display. (The SEGMENT TIMER display shows how many seconds each segment will last.) The length of time can be changed, if desired, by pressing the TIME buttons. Each time one of the buttons is pressed, the length of time shown in the TIME display will change by 20

seconds. If the buttons are held down, the length of time will change in increments of 1 minute. The program can be set to last for a minimum of 5 minutes, up to a maximum of 80 minutes.

To start the program, press the PROGRAM START button. The setting of the first segment will be shown in the CURRENT SEGMENT column, and the treadmill will automatically adjust to the speed or incline setting of the first segment. Hold the handrails, step carefully onto the walking belt and begin exercising. (If the WALK or RUN mode was selected, the incline can be controlled during the program by pressing the INCLINE buttons. If the INCLINE mode was selected, the walking belt will begin to move at 1.0 mile per hour. The speed of the walking belt can then be controlled during the program by pressing the SPEED buttons.) The time remaining in the first segment will be shown in the SEGMENT TIMER display. When no time remains, all settings of all segments will move one column to the left. The setting of the second segment will then be displayed in the CURRENT SEG-MENT column, and the treadmill will automatically adjust to the speed or incline setting of the second segment. The program will continue in this manner until the setting of the twentieth segment is displayed in the CURRENT SEGMENT column and no time remains. A tone will then sound, the walking belt will slow to a stop, and the program will be completed.

While the program is running, the setting of the current segment can be changed, if desired, by pressing the SEGMENT buttons. The difficulty level of the program can be adjusted by pressing the FITNESS LEVEL buttons. The length of time the program will last can be changed by pressing the TIME buttons. To stop the program before the program has ended, press the STOP button. The console will then be in the same state as if the program had been completed.

When the program is completed, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL CONTROL button. The current settings of the program will be saved in the console's memory, even if the power cord is unplugged.

SELECTING A PRESET PROGRAM

Press the DOMED INTVL., INTERVAL, VALLEY, MOUNTAIN, RANDOM INTVL., PLATEAU, DOWN RAMP or UP RAMP button. The indicator on the button you press will light.

Next, press the MODE button to select the WALK, RUN or INCLINE mode. This is done in the same manner as for a custom program. (*To select the PULSE mode, see USING THE PULSE MODE below*).

Each preset program is divided into twenty segments. A speed or incline setting has been programmed for each segment. If you selected the WALK or RUN mode, the speed settings of the selected program will be shown in the columns of indicators on the left side of the console. If you selected the INCLINE mode, the incline settings of the selected program will be shown. The settings of seven segments are shown at a time—the setting of the first segment is shown in the CURRENT SEGMENT column, and the settings of the next six segments are shown in the six columns to the right. If desired, the setting of any segment can be changed. Press the SEGMENT left or right button until the setting you want to change is shown in the CURRENT SEGMENT column. Press the SEG-MENT increase or decrease button to change the setting.

If desired, the difficulty level of the program can be adjusted by pressing the FITNESS LEVEL buttons. This is done in the same manner as for a custom program.

The program is set to last for 20 minutes as shown in the TIME display. (The SEGMENT TIMER display shows how many seconds each segment will last.) The length of time can be changed, if desired, by pressing the TIME buttons. This is done in the same manner as for a custom program.

To start the program, press the PROGRAM START button. The program will run in exactly the same manner as a custom program. When the program is completed, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL CONTROL button. *Although the settings of a preset program can be changed, only the original settings will be saved in the console's memory.*

USING THE PULSE MODE

⚠WARNING: When the PULSE mode is selected, the console will control the *speed and incline* of the treadmill to keep your *heart rate* near a preset level. If you have heart problems, or if you are over

60 years of age and have been inactive, *do not use the PULSE mode.* If you are taking medication regularly, consult with your physician to determine whether the medication will affect your exercise heart rate before using the PULSE mode.

To select the PULSE mode, first press the PLATEAU button. The indicator on the button will light. Next, press the MODE button to select the PULSE mode. An indicator will light above the word PULSE. Note: If the PULSE mode is selected while a different program is selected, the PLATEAU program will automatically be selected.

The PLATEAU program is divided into twenty segments. When the PULSE mode is selected, one pulse setting is programmed for each segment. The pulse settings of the program will be shown in the columns of indicators on the left side of the console. The settings of seven segments are shown at a time—the setting of the first segment is shown in the CURRENT SEGMENT column, and the settings of the next six segments are shown in the six columns to the right. The settings of the segments cannot be changed by pressing the SEGMENT buttons.

If desired, the difficulty level of the program can be adjusted by pressing the FITNESS LEVEL buttons. Each time one of the buttons is pressed, the settings of all segments will change by 10 beats per minutes. IMPORTANT: The pulse settings of the segments should never exceed your training zone. See CONDITIONING GUIDE-LINES on page 16 to find your training zone.

The PLATEAU program is set to last for 20 minutes as shown in the TIME display. (The SEGMENT TIMER display shows how many seconds each segment will last.) The length of time can be changed, if desired, by pressing the TIME buttons. This is done in the same manner as for a custom program. The program can be set to last for a minimum of 20 minutes, up to a maximum of 80 minutes.

Before starting the program, put on the pulse sensor (see PULSE DISPLAY on page 10). If your pulse is not detected, the PULSE display will flash and the "no pulse detected" indicator will light. Wait until your pulse is shown (see HOW TO OBTAIN ACCURATE PULSE READINGS on page 7). To start the program, press the PROGRAM START button. When the walking belt begins to move, carefully step onto the walking belt and begin exercising. The console will change the speed or incline of the treadmill at any time to keep your heart rate near the setting of the first segment, shown in the current segment column. IMPORTANT: Be alert at all times for speed or incline changes. The time remaining in the first segment will be shown in the SEGMENT TIMER display. When the first segment is completed, the settings of all segments will move one column to the left. The second segment of the program will then begin and the setting of the second segment will be shown in the current segment column. The program will continue until the twentieth segment is shown in the current segment column, and no time remains. The walking belt will then slow to a stop. Note: The difficulty level of the program can be adjusted by pressing the FITNESS LEVEL buttons. The speed and incline of the treadmill can be changed by pressing the SPEED or INCLINE buttons. However, if you decrease either setting, the other setting will automatically increase; if you increase either setting, the other setting will automatically decrease. *The console will always attempt to keep your heart rate near the setting of the current segment.* If your pulse is not detected for one minute, the speed of the treadmill will automatically decrease. If no pulse is detected for two minutes, the speed will decrease again. If no pulse is detected for three minutes, the walking belt will slow to a stop.

TURNING OFF THE POWER

To turn off the power, remove the safety key from the console. *Store the safety key in a secure location.*

INFORMATION MODE

The console features an information mode that keeps track of trip distance and time, as well as the total distance and time accumulated on the treadmill. To select the information mode, hold down the STOP button while inserting the safety key into the console.

The DISTANCE and PULSE displays will show the trip distance, up to 99,999 miles. The TIME display will show the trip time, up to 9,999 hours. The CALORIES display will show the letter "T," indicating that trip distance and time are displayed. While the trip distance and time are displayed, the displays can be reset to zero by pressing the TIME decrease button. To view the total distance and time, press the TIME increase button. The DISTANCE and PULSE displays will show the total distance. The TIME display will show the total time.

To exit the information mode, remove the safety key.

TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

1. SYMPTOM: THE POWER DOES NOT TURN ON

a. Make sure that the power cord is plugged into a properly grounded outlet. (See PLUGGING IN THE POWER CORD on page 8.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

b. After the power cord has been plugged in, make sure that the safety key is fully inserted into the console. Various indicators on the console should light. (See OPERATION AND ADJUSTMENT on page 8.)

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the ON position.
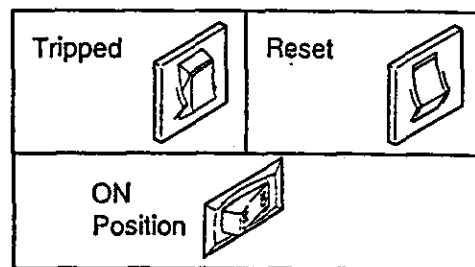

2. SYMPTOM: THE POWER TURNS OFF DURING USE

a. Check the circuit breaker located on the treadmill near the power cord. If the circuit breaker has tripped (see the drawing above.), wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

c. Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.

d. Check to make sure the on/off switch is in the ON position. (See 1. d. above.)

e. If the treadmill still will not run, please call our Customer Service Department.

3. SYMPTOM: THE PULSE SENSOR DOES NOT FUNCTION PROPERLY

a. See HOW TO USE THE PULSE SENSOR on page 7.

4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

a. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the safety key and UNPLUG THE POWER CORD. Using the 3/16" allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

Rear Roller Adjustment Bolts
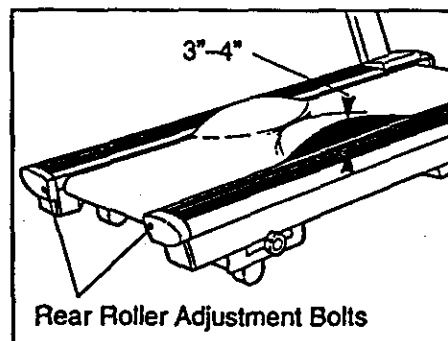
c. If the walking belt still slows when walked on, please call our Customer Service Department.

5. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD.** Using the 3/16" allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.
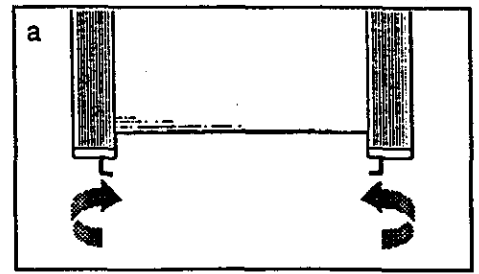
b. If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD.** Using the 3/16" allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD.** Using the 3/16" allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
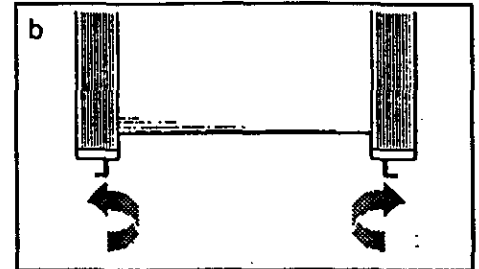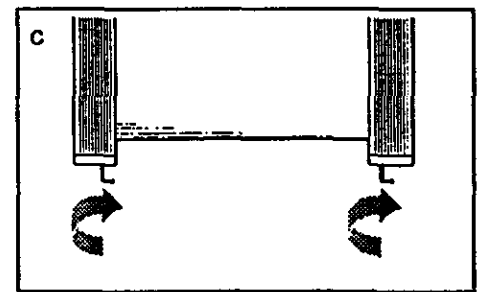
6. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

a. If a console malfunction occurs, an error code ("PO" or "EEE") may appear on the display. If an error code appears, remove the safety key, wait for ten seconds and then reinsert the safety key. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

STORAGE

Unplug the power cord when the treadmill is not in use.

Using the 7/32" allen wrench, remove the bolt from the upper end of each upright. Rotate the handrails down.
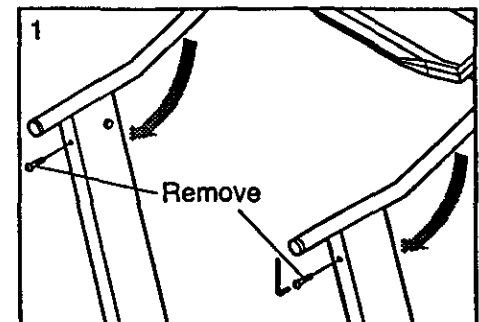
Remove the indicated bolt and washer from the lower end of each upright. Loosen the other bolt in the lower end of each upright. Carefully lower the uprights.

It is recommended that the treadmill be covered during extended periods of storage.

15

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.

EXERCISE INTENSITY

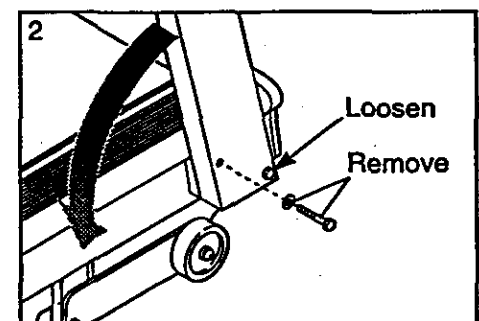To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as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

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 of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse sensor. Exercise for at least four minutes, and then measure your heart rate immediately. 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.

⚠️ **WARNING**: The pulse sensor is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

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 your muscles as well as help to decrease 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.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.
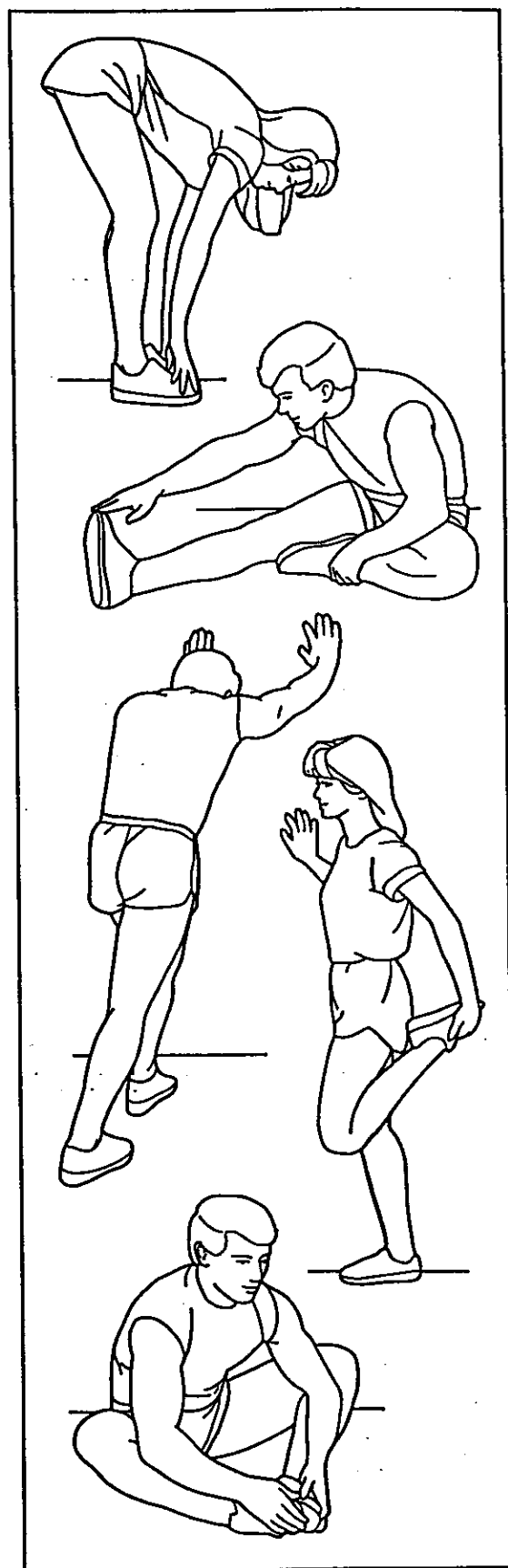
PART LIST—Model No. 831.297280

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	121078	1	Pulse Sensor/Clothes Clip	58	119375	1	Incline Motor Bolt
2	122220	1	Console	59	114270	1	Incline Motor Spacer
3	122618	1	Left Handrail	60	115523	1	Incline Motor
4	111869	8	Cage Nut	61	109370	2	Incline Optic Disk
5	114265	1	Safety Key/Clip	62	102959	2	Small Bolt
6	122647	1	Console Wire Harness	63	013028	6	Endcap Screw
7	113203	1	6" Cable Loom	64	116601	1	Right Rear Endcap
8	120956	1	Console Plate	65	102633	2	Optic Switch Wire Harness
9	119995	2	Console Bolt	66	120482·	1	Cushion Knob
10	013141	5	Console Screw	67	112669	1	Incline Motor Pin
11	122619	1	Right Handrail	68	120483	2	Cushion Foot Insert
12	116926	1	Cable Tie	69	106334	1	Cotter Pin
13	013438	2	Handrail Pivot Bolt	70	105444	2	Rear Roller Adjustment Bolt
14	114005	2	Handrail Endcap	71	115032	2	Cushion Foot
15	013365	2	3/8" x 1 1/2" Bolt	72	110926	4	Cushion Foot Bolt
16	119816	1	Front Left Endcap	73	045010	1	3/16" Allen Wrench
17	122189	1	Walking Platform	74	016028	1	Wrench Clip
18	122213	1	Front Roller/Pulley	75	122190	1	Rear Roller
19	120297	1	Right Upright	76	116600	1	Left Rear Endcap
20	112609	1	Front Roller Adj. Bolt	77	122228	2	Foot Rail Track
21	014127	3	Roller Adj. Washer	78	100691	8	Platform Screw
22	119824	1	Front Right Endcap	79	120877	2	Deck Bracket
23	014132	4	Flat Washer	80	122226	1	Left Foot Rail
24	013430	4	3/8" x 3 1/2" Bolt	81	120866	5	Electronics Mounting Screw
25	120311	1	Power Board-Controller Wire	82	014086	5	Flat Washer
26	108080	7	Screw	83	121375	1	Red Sweat Band
27	113204	2	12" Cable Loom	84	120481	1	Rod Endcap
28	013162	19	Safety Cover Screw	85	045017	1	7/32" Allen Wrench
29	120823	1	Safety Cover Wire Harness	86	120298	1	Left Upright
30	119013	1	Belt Guide	87	120867	1	Motor Tension Nut
31	120642	1	Electronics Bracket	88	122229	1	Motor Mount Bracket
32	019084	1	Grommet	89	113278	1	Pulley/Flywheel/Fan
33	109382	1	Circuit Breaker	90	118017	1	Motor Belt
34	119163	1	On/Off Switch	91	100994	2	Motor Bolt
35	031229	1	Power Cord	92	120740	1	Motor
36	117806	2	Front Wheel Bolt	93	105477	2	Motor Nut
37	052014	2	Front Wheel	94	119070	1	Speed Disk
38	119026	1	Power Cord Bracket	95	120653	1	Optic Switch Bracket
39	120767	1	Controller	96	122125	1	Optic Switch Bracket Nut
40	119416	1	Safety Cover Bracket	97	107503	1	Motor Swivel Bolt
41	012056	6	Wheel Nut/Cushion Foot Nut	98	016029	4	4" Cable Tie
42	013547	3	Leg Bolt/Motor Tension Bolt	99	016057	4	8" Cable Tie
43	012149	4	Leg Nut/Motor Tension Nut	100	122331	2	Rod Sleeve
44	119020	1	Incline Leg	101	116927	1	Tie Block
45	122215	1	Power Board	102	122332	2	Upright Spacer
46	013510	4	Power Board Screw	103	122926	1	Blue Sweat Band
47	119502	4	Power Board Spacer	104	013282	8	Platform Bracket Screw
48	120921	1	Cushion Rod	#	101799	1	9" Black Wire, Male/Female
49	120918	2	Cushion Foot Cover	#	107771	1	8" White Wire, Male/Female
50	NSP	1	Frame	#	101897	1	14" White Wire, 2 Female
51	120893	1	Front Safety Cover	#	109407	1	4" Black Wire, 2 Female
52	122212	1	Rear Safety Cover	#	101951	1	8" Black Wire, 2 Female
53	122188	1	Walking Belt	#	102634	1	8" Green Ground Wire
54	120959	1	Right Foot Rail	#	118201	1	8" Red Wire, Male/Female
55	102955	2	Optic Switch	#	112083	1	8" Blue Wire, 2 Female
56	012152	2	Small Nut	#	120985	1	Owner's Manual
57	116892	1	Incline Bracket				

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

18

ORDERING REPLACEMENT PARTS

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

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 (831.297280).

2. The NAME of the product (SEARS LIFESTYLER® EXPANSE 2000).

3. The PART NUMBER of the part(s) from page 14 of this owner's manual.

4. The DESCRIPTION of the part(s) from page 14 of this owner's manual.

Your SEARS TREADMILL 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)