

# **SEARS**

## ***Lifestyler*<sup>®</sup> 2000**

**Bicycle Exerciser**

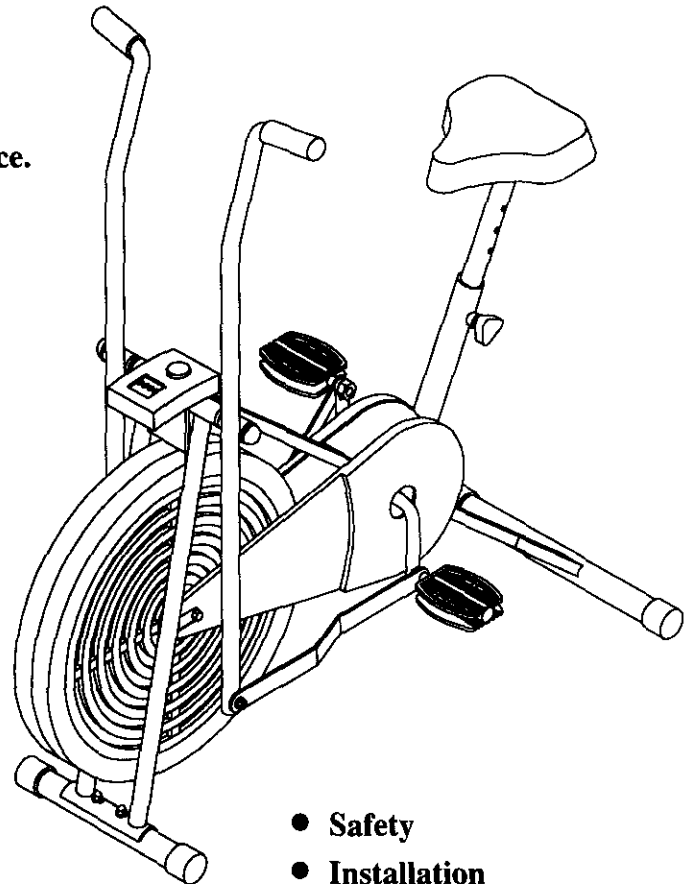
**Model No. 142.288000**

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

**write number in space above for future reference.**

### **QUESTIONS?**

**Call Sears Exercise  
Equipment Helpline  
1-800-736-6879**



### **CAUTION:**

**Before using this Bicycle Exerciser,  
read this manual and follow all  
its Safety Rules and Operating  
Instructions.**

- **Safety**
- **Installation**
- **Operation**
- **Maintenance**
- **Parts**

**Sears, Roebuck and Co., Hoffman Estates. IL 60179 U.S.A.**

**Vist our Sears Website:[www.sears.com](http://www.sears.com)**



## **SAFETY PRECAUTIONS**

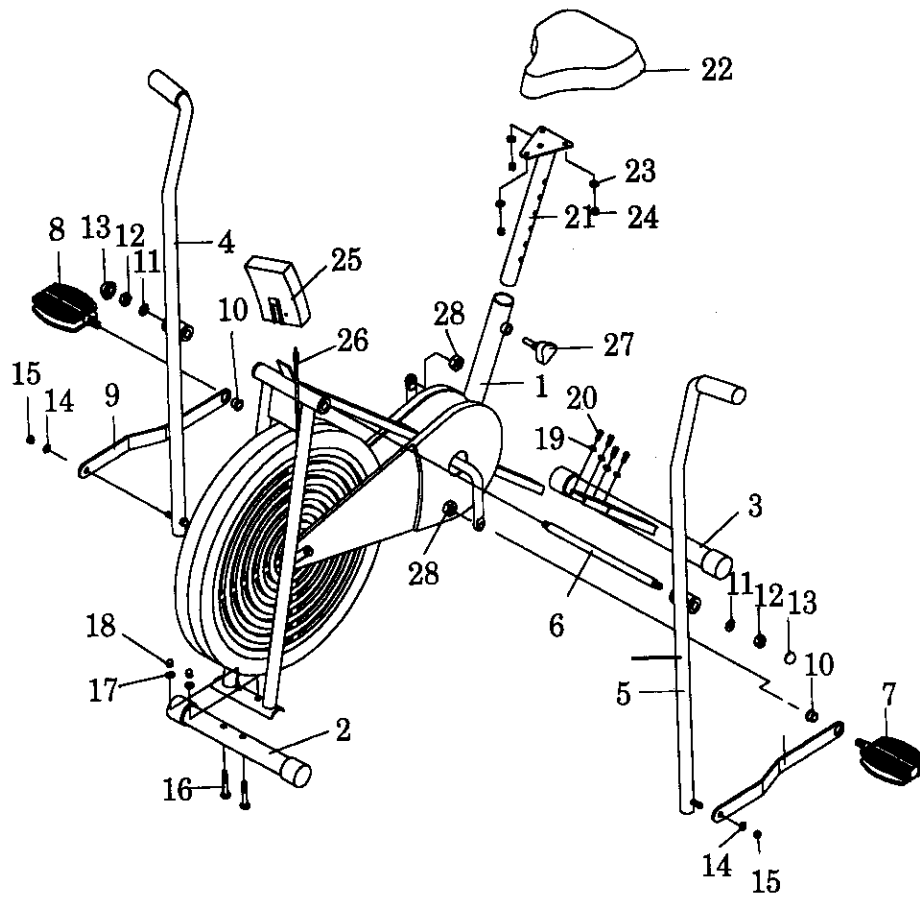
To avoid accidents or personal injury, be sure to read these safety precautions.

- Do not allow children to play on or around your air bike.
- Do not place head, arms or legs between handlebars when in use.
- Always wear rubber soled shoes such as tennis shoes when using your unit.
- Do not wear loose, baggy clothing that could become entangled, in moving parts.
- Use your unit only on a level surface.
- Before using the Lifestyler 2000, make sure that it is properly assembled and tightened following the assembling instructions contained in this manual.
- The Lifestyler 2000 should not be used by persons weighing over 250 pounds.
- Always check to see that the seat is securely fastened before use.
- Do not ride the Lifestyler 2000 standing up.
- Do not position your Lifestyler 2000 on loose rugs or uneven surfaces.
- Follow your doctor's recommendations in developing your personal fitness program.

**Always choose the workout which best fits your physical strength and flexibility level.**

**Know your limits and train within them. Always use common sense when exercising.**

# Exploded Diagram



# ASSEMBLY / INSTALLATION INSTRUCTION

## IMPORTANT

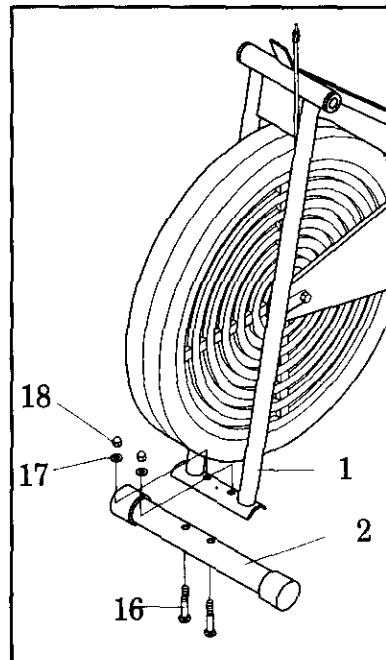
- Please read instructions carefully before assembling.
- Make sure all parts are removed from carton and identified before starting assembly.
- Check part size, quantity and the their relation to the assembly.
- Tighten screw and bolts as directed.

**Step 1. Place front foot (2) into saddle bracket at the front of main frame(1).**

**Align the holes in the front foot(2) with the holes in the bracket and put 2carriage bolts(16)through the holes.**

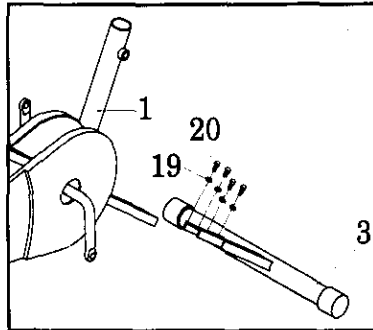
**Place 2flat washers(17)on bolts and screw on 2capnuts(18) and tighten.**

**FIGURE 1.**



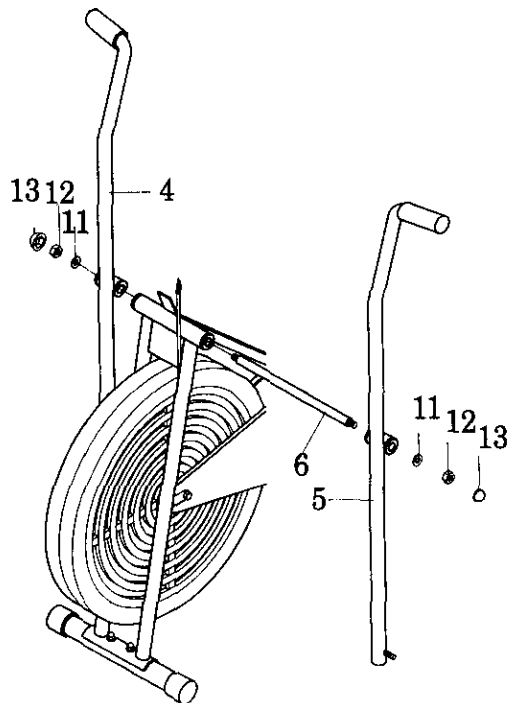
**Step 2. Slide rear foot (3) into the rear of the man frame(1). Place 4flat washers(19) with 4screws(20)and tighten to rear foot of the main frame.**

**FIGURE 2.**



**Step 3. Slide rear axle (6) through left(5) and right(4) handlebars. And fasten 2flat washers(11) with 2locknuts(12) and 2plastic caps(13).**

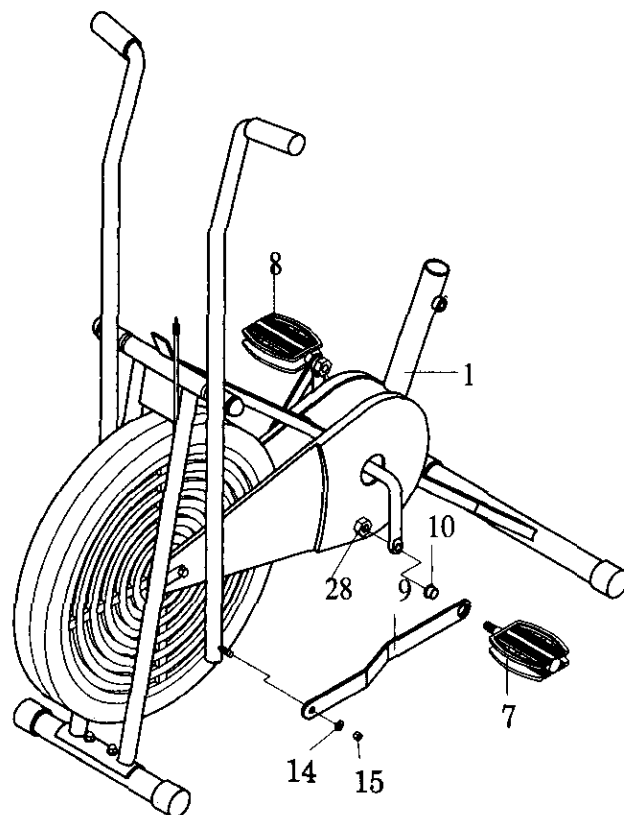
**FIGURE 3.**



- Step 4.**
- a. Push pedal(7) into end of connecting arm(9).**
  - b. Insert pedal shaft of each pedal(7&8) and slide one spacer(10) onto each pedal shaft.**
  - c. Thread pedal shaft of each pedal into crank and tighten.**
  - d. Hold pedal shafts, with pliers, and thread one locknut(28) onto each pedal shaft.**
  - e. Tighten pedal shafts and locknuts(28) until are tight against crank.**

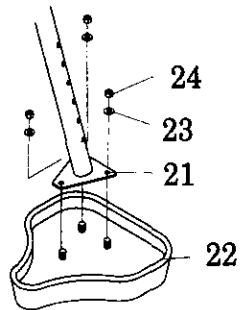
**NOTE: The right pedal should be threaded on clockwise.  
The left pedal should be threaded on counterclockwise.**

**FIGURE 4.**



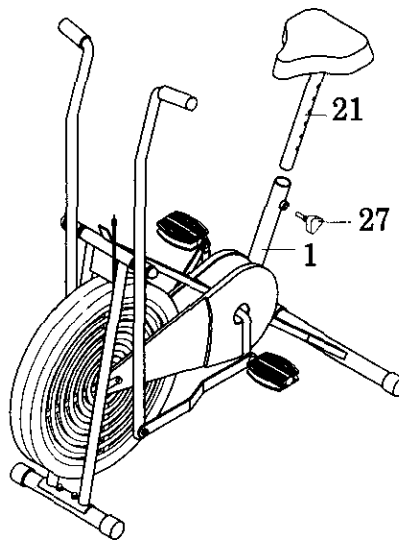
- Step 5. a. Place saddle(22) upside down and remove 3 locknuts(24) and 3 flat washers(23) on mounting bolts.**  
**b. Attach saddle(22) to seat post(21) with flat washers(23) and locknuts(24) and tighten.**

**FIGURE 5.**



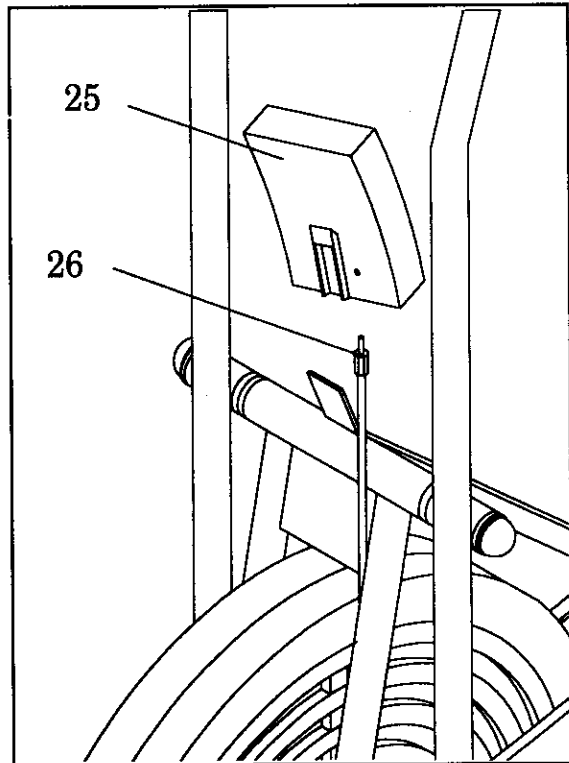
- Step 6. a. Insert seat post(21) into seat post tube to desired seat height and fasten locking knob(27) into position of desired hole with turn clockwise until tight.**

**FIGURE 6.**



- Step 7.**
- a. Plug monitor sensor wire(26), coming from main frame into back of monitor.**
  - b. Mount monitor(25), insert 2 "AA" batteries into battery holder being sure to follow battery diagram. Check to be sure monitor shows a display. If it does not, check batteries installation.**

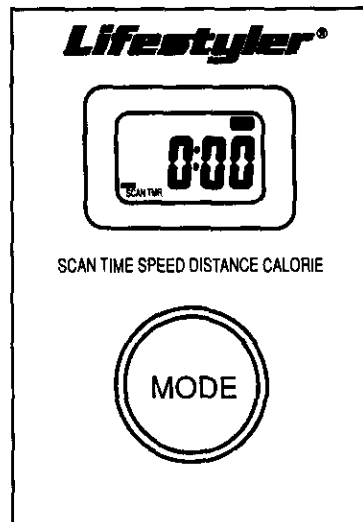
**FIGURE 7.**





## OPERATION

### EXERCISE MONITOR



#### FUNCTION BUTTION

**MODE** PRESS TO SELECT FUNCTIONS PRESET, OR HOLD ON CAN BE TOTAL RESET FOR ALL FUNCTION VALUES.

#### FUNCTIONS

**SCAN** AUTOMATICALLY SCAN THROUGH EACH MODEL IN SEQUENCE FOR EVERY 6 SECONDS.

**TIME** ACCUMULATES TOTAL WORKING TIME UP TO 99:59.

**SPEED** ACCUMULATES THE CURRENT SPEED UP TO 99.9KM/H OR ML/H.

**DISTANCE** ACCUMULATES TOTAL WORKING DISTANCE UP TO 99.99KM OR ML FROM ZERO.

**CARLORIE** ACCUMULATES CALORIES CONSUMPTION DURING EXERCISE, MAX VALUE IS 9999 CAL.

(THIS DATA IS A ROUGH GUIDE FOR COMPARISON OF DIFFERENT EXERCISE SESSIONS WHICH CAN NOT BE USED IN MEDICAL TREATMENT.)

**WARNING: DO NOT PULL THE MONITOR.**

#### NOTE

1. WITHOUT ANY OR SINGLE FOR A PERIOD OF 4 MINUTES, THE LCD DISPLAY WILL SHUT OFF AUTOMATICALLY.
2. TURN ON THE MONITOR BY PRESSING THE BUTTON OR PEDALLING.
3. STOP EXERCISE TO PRESS MODE FOR SELECTING EACH FUNCTION.
4. IF IMPROPER DISPLAY ON MONITOR, PLEASE RE-INSTALL THE BATTERIES TO HAVE A GOOD RESULT.
5. BATTERY SPEC: 1.5V UM-3 OR AA(2PCS)

## **OPERATION**

- **Leveling the Lifestyler 2000**  
Place the LS2000 in the location it will be used. The floor should be hard and flat and the bike should sit firmly on the floor.
- **Seat Height adjustment**  
Proper seat height is important for efficient exercise. To determine proper seat height, sit on the LS2000 bike and center the ball of your foot on the pedal in the down position. Your leg should be slightly bent and relaxed.
- **Workout**  
When exercising on the bike, sit comfortably erect. Alternate the effort of your arms or legs to intensity or reduce the work of the upper or lower body.

**WARNING:** consult your physician before beginning any exercise program or diet. Good physical conditioning requires good nutrition as well as an exercise program. Children or handicapped persons should not use any exercise equipment without a qualified person in attendance.

## **MAINTENANCE**

- Periodically lubricate the moving parts with a lightweight household lubricant.
- Check all nuts, bolts and clamp assemblies to be sure they are tight and secure.
- Check tension strap for wear. Replacement straps are available through our service department.
- Check monitor batteries. Monitor used "AA" batteries.

## **WARRANTY**

### **FULL 90 DAYS WARRANTY**

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this Sears product, contact the nearest sears Service Department throughout the United States and Sears will furnish the defective part, free of charge.

The warranty does not apply when the BIKE EXERCISER is used commercially or for rental purposes.

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

Sears Roebuck and Co., Dept. 817 WA, Hoffman Estates, IL 60179

<b>REPAIR PARTS</b>				
<b>LIFESTYLER 2000 EXERCISE BIKE</b>				
<b>MODEL #142.288000</b>				
	<b>KEY NO.</b>	<b>PART NO.</b>	<b>DESCRIPTION</b>	
	1	288001	Main Frame	
	2	288002	Front Foot	
	3	288003	Rear Foot	
	4	288004	Right Handlebar	
	5	288005	Left Handlebar	
	6	288006	Axle	
	7	288007	Left Pedal	
	8	288008	Right Pedal	
	9	288009	Connecting Arm	
	10	288010	Spacer	
	11	288011	Flat Washer 8x26	
	12	288012	Locknut M8	
	13	288013	Plastic Cup	
	14	288014	Flat Washer 8x16	
	15	288012	Locknut M8	
	16	288016	Carriage Bolt M8x35	
	17	288014	Flat Washer 8x16	
	18	288018	Capnut M8	
	19	288019	Flat Washer 6x12	
	20	288020	Screw M6	
	21	288021	Seat Post	
	22	288022	saddle	
	23	288014	Flat Washer 8x16	
	24	288012	Locknut M8	
	25	288025	Monitor	
	26	288026	Monitor Sensor Wire	
	27	288027	Locking Knob	
	28	288028	Locknut M12	
	29	288029	Instruction Manual	

For in-home major brand repair service:  
Call 24 hours a day, 7 days a week  
**1-800-4-MY-HOME<sup>SM</sup>** (1-800-469-4663)

Para pedir servicio de reparación a domicilio – 1-800-676-5811  
In Canada for all your service and parts needs call – 1-800-665-4455  
Au Canada pour tout le service ou les pièces

For the repair or replacement parts you need:  
Call 7 am – 7 pm, 7 days a week  
**1-800-366-PART** (1-800-366-7278)

Para ordenar piezas con entrega a domicilio – 1-800-659-7084

For the location of a Sears Parts and Repair Center in your area:  
Call 24 hours a day, 7 days a week  
**1-800-488-122**

For information on purchasing a sears Maintenance agreement  
or to inquire about an existing Agreement:  
Call 9 am– 5 pm, Monday – Saturday  
**1-800-827-6655**



The Service Side of Sears<sup>SM</sup>