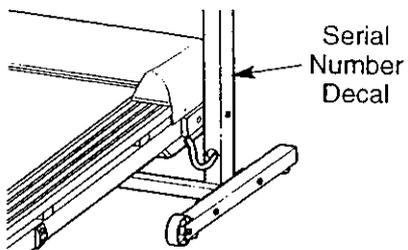


Model No. 831.294620

Serial No. _____

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



USER'S MANUAL

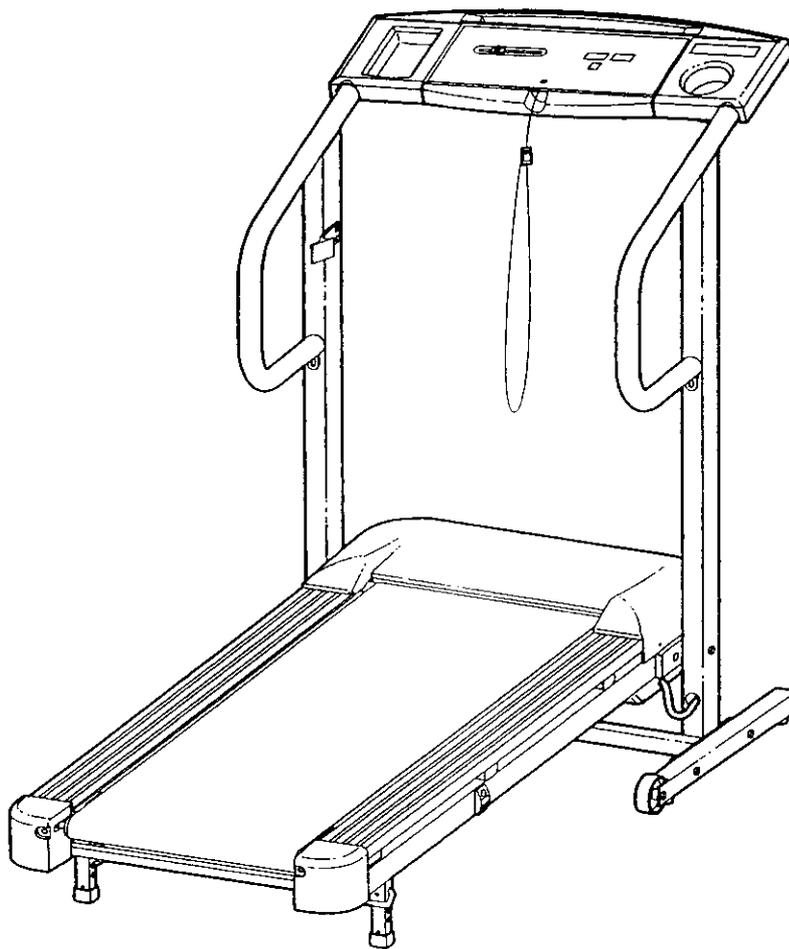
EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879

SEARS, ROEBUCK AND CO.
HOFFMAN ESTATES, IL 60179



⚠ CAUTION

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



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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

IMPORTANT PRECAUTIONS

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

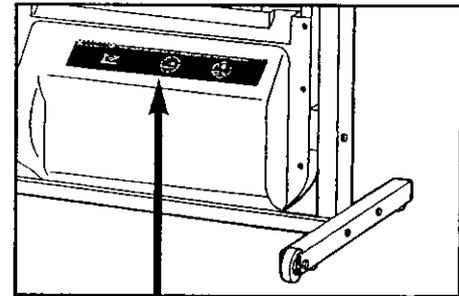
1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with eight feet of clearance behind it. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 7), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.
11. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. To purchase a surge suppressor, see your local SEARS or call 1-800-366-7278 and order part number 146148.
12. Keep the power cord and the surge suppressor away from heated surfaces.
13. 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 4 if the treadmill is not working properly.)

14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
17. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO MOVE THE TREADMILL on page 10.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.
18. Do not change the incline of the treadmill by placing objects under the treadmill.
19. When folding or moving the treadmill, make sure that the storage latch is fully closed.
20. Inspect and tighten all parts of the treadmill regularly.
21. Never drop or insert any object into any opening.
22. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood 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.
23. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

⚠ 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.

SAVE THESE INSTRUCTIONS

The decal shown below has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our toll-free HELPLINE to order a free replacement decal (see the front cover of this manual). Apply the decal in the location shown.



Note: The decal is shown at 38% of actual size.

⚠ WARNING: Protect yourself and others from risk of serious injury. Read the user's manual and:

- Fully engage storage latch before treadmill is moved or stored.
- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Never allow children on or around treadmill.
- Reduce incline to lowest level before folding treadmill into storage position.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Remove key when not in use.
- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.





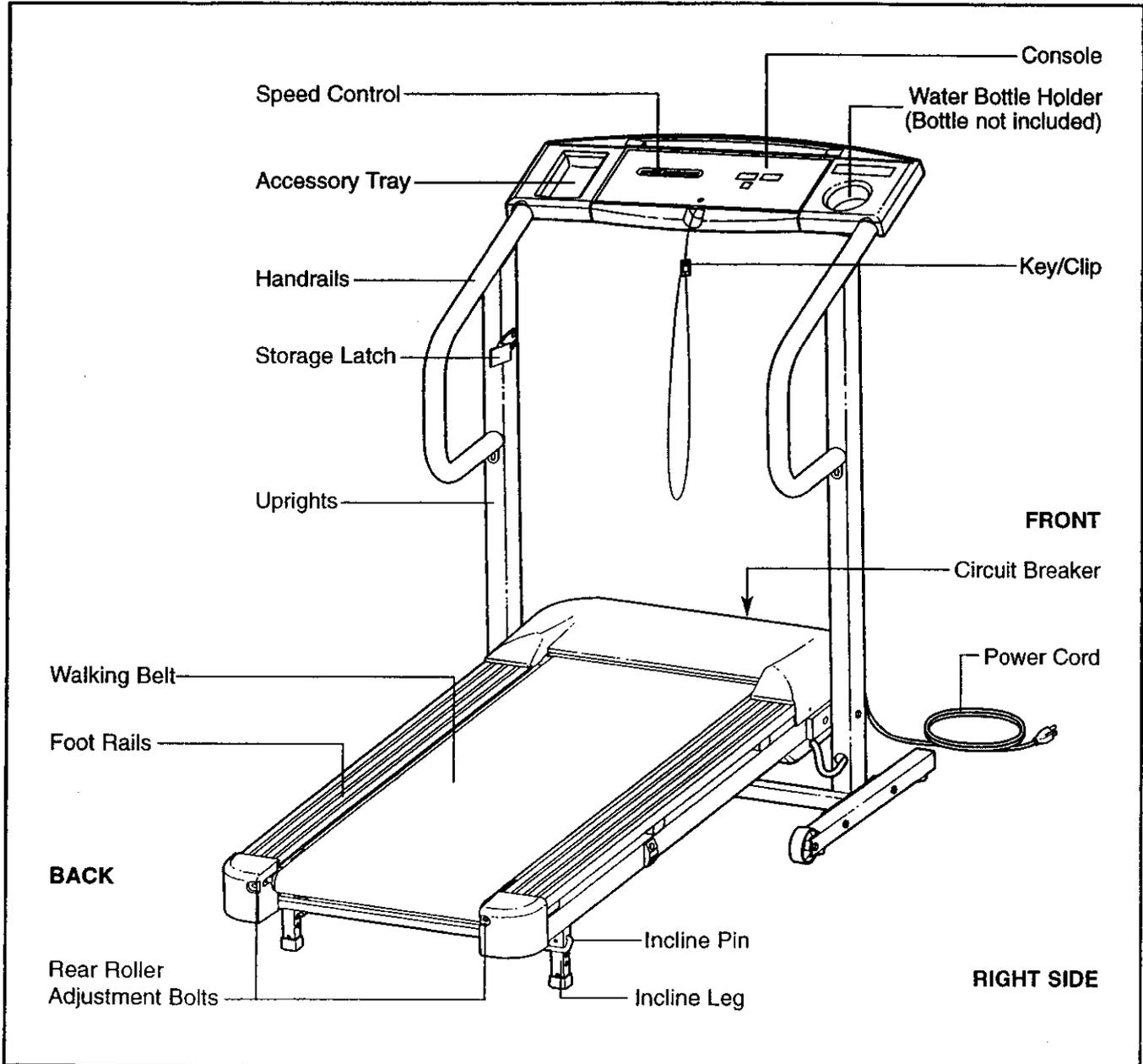
BEFORE YOU BEGIN

Congratulations for selecting the new CADENCE® TS 310 treadmill. The TS 310 treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience and privacy of your home. And when you're not exercising, the unique TS 310 can be folded up, requiring less than half the floor space of other treadmills.

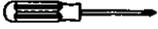
For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879,

Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is 831.294620. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

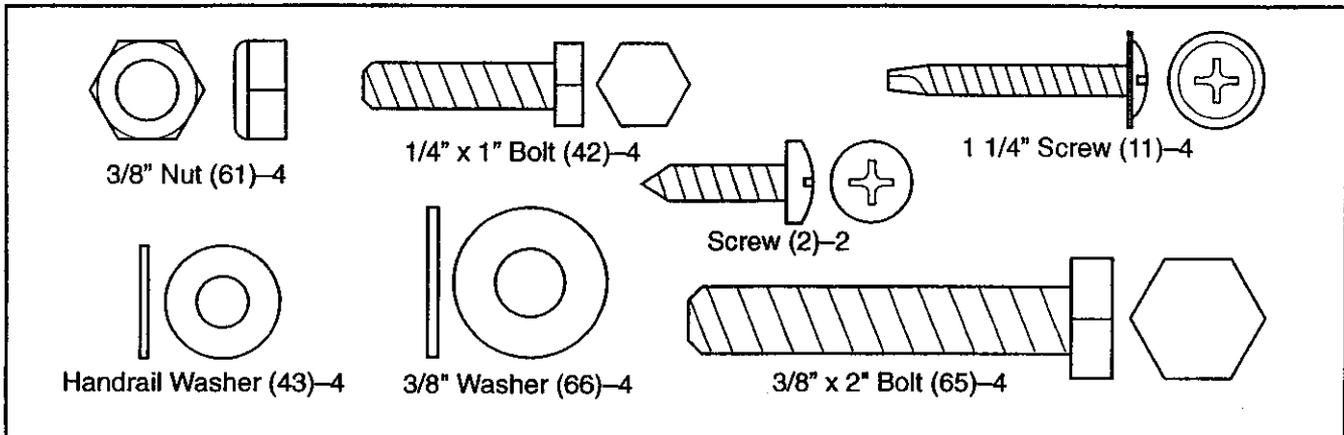
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Refer to the drawings below to identify the small parts used in assembly. **Assembly requires your own phillips screwdriver** , **two adjustable wrenches** , and **wire cutters** .

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

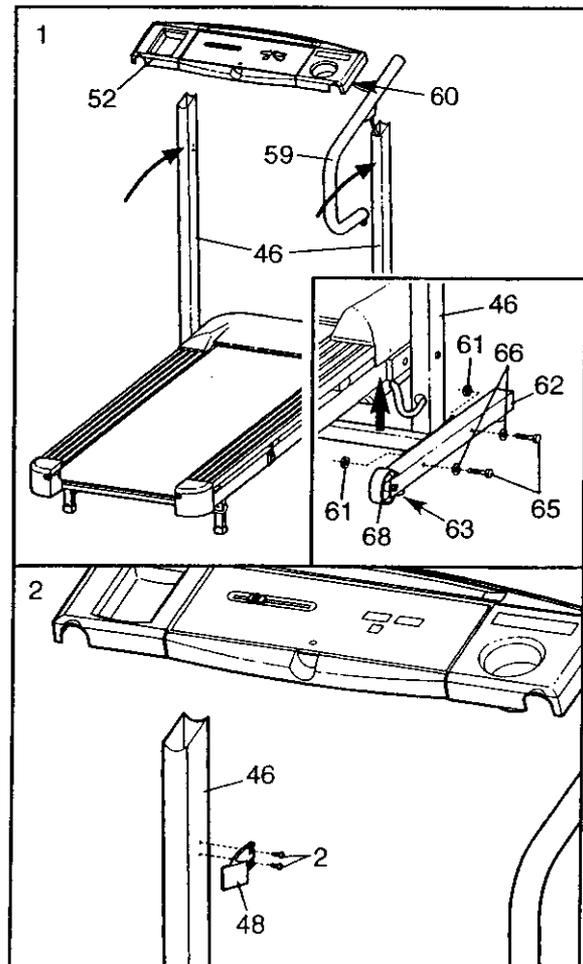


1. With the help of a second person, carefully raise the Uprights (46) to the position shown. Note that the Console Base (52) and the Right Handrail (59) are joined to the right Upright with the Wire Harness (60); **be careful not to pull on the Wire Harness**. Set the Right Handrail on the right Upright until step 3 is completed.

Refer to the inset drawing. Position one of the Base Legs (62) against the base of the right Upright (46) as shown. Make sure that the Base Leg Pads (63) and the Front Wheel (68) are in the indicated positions. Attach the Base Leg with two 3/8" x 2" Bolts (65), two 3/8" Washers (66), and two 3/8" Nuts (61). It may be helpful to tip the treadmill as you insert the Bolts.

Attach the other Base Leg (62) in the same way.

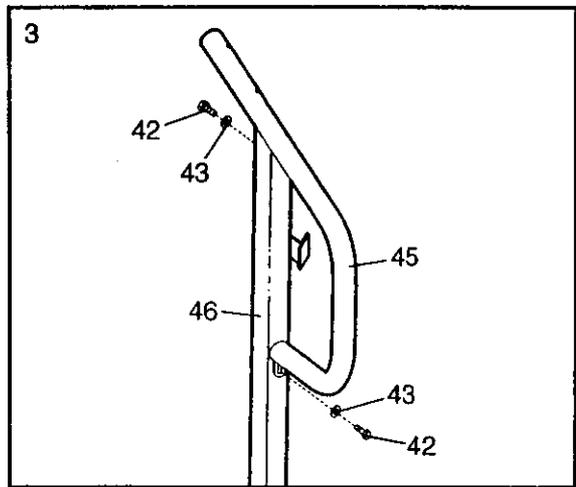
2. Attach the Storage Latch (48) to the left Upright (46) with two Screws (2). **Be careful not to overtighten the Screws**.



3. Cut the plastic tie holding the cage nut in the upper end of the Left Handrail (45).

Position the Left Handrail (45) on the left Upright (46). Thread a 1/4" x 1" Bolt (42) with a Handrail Washer (43) two complete turns into the upper end of the left Upright and the Left Handrail. **Do not tighten the Bolt yet.**

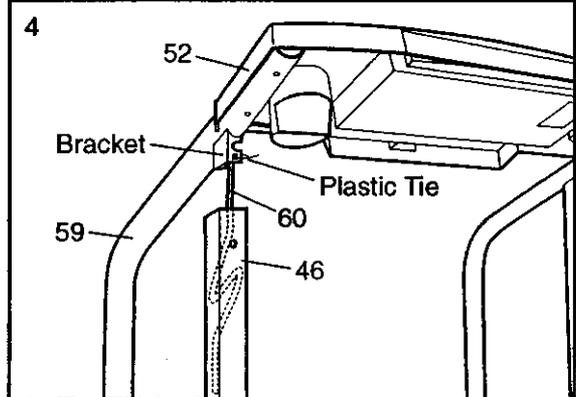
Thread a 1/4" x 1" Bolt (42) with a Handrail Washer (43) two complete turns into the lower end of the Left Handrail (45) and the left Upright (46). **Do not tighten the Bolt yet.**



4. With the help of a second person, lift the Right Handrail (59) and hold the right Handrail and the Console Base (52) near the right Upright (46) as shown. Feed all of the excess Wire Harness (60) into the Right Handrail, through the indicated bracket, and down into the right Upright; bend the Wire Harness, if necessary.

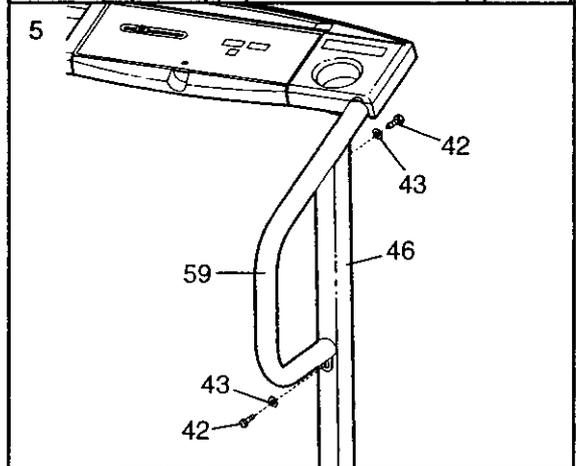
Cut the indicated plastic tie off the right Handrail (59).

Make sure that the Wire Harness (60) is in the bracket and insert the bracket into the right Upright (46). **Make sure that the Wire Harness is not pinched.**



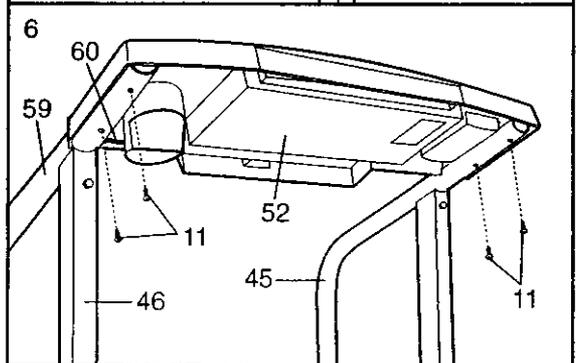
5. Thread a 1/4" x 1" Bolt (42) with a Handrail Washer (43) two complete turns into the upper end of the right Upright (46) and the Right Handrail (59). **Do not tighten the Bolt yet.**

Thread a 1/4" x 1" Bolt (42) with a Handrail Washer (43) two complete turns into the lower end of the Right Handrail (59) and the right Upright (46). **Do not tighten the Bolt yet.**



6. Set the Console Base (52) on the Left and Right Handrails (45, 59). Make sure that the Wire Harness (60) is out of the way as you thread four 1 1/4" Screws (11) into the Handrails and the Console Base.

Tighten all parts used in steps 3 and 5. Then, tighten the 1 1/4" Screws (11) used in this step.



7. **Make sure that all parts are tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 13). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased 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.

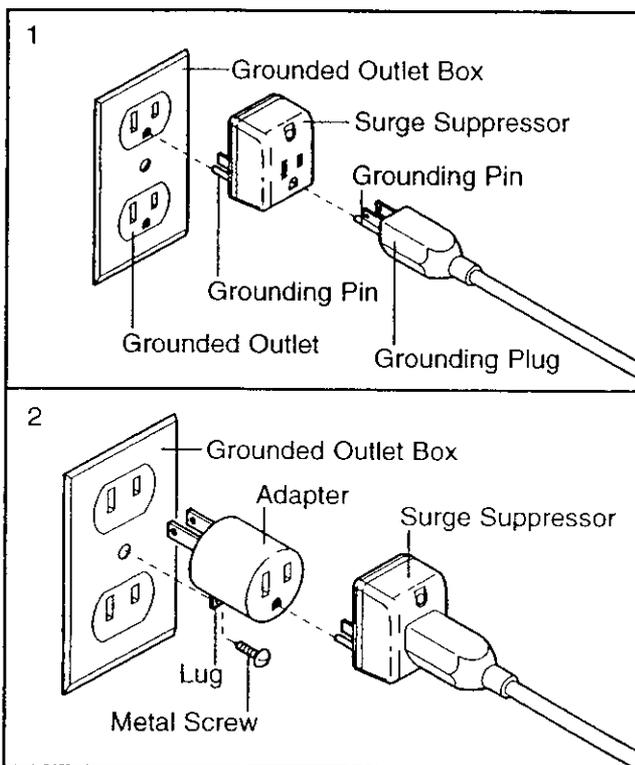
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).**

To purchase a surge suppressor, see your local SEARS or call toll-free 1-800-366-7278 and order part number 146148. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.

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 a surge suppressor, and plug the surge suppressor into an**

appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.

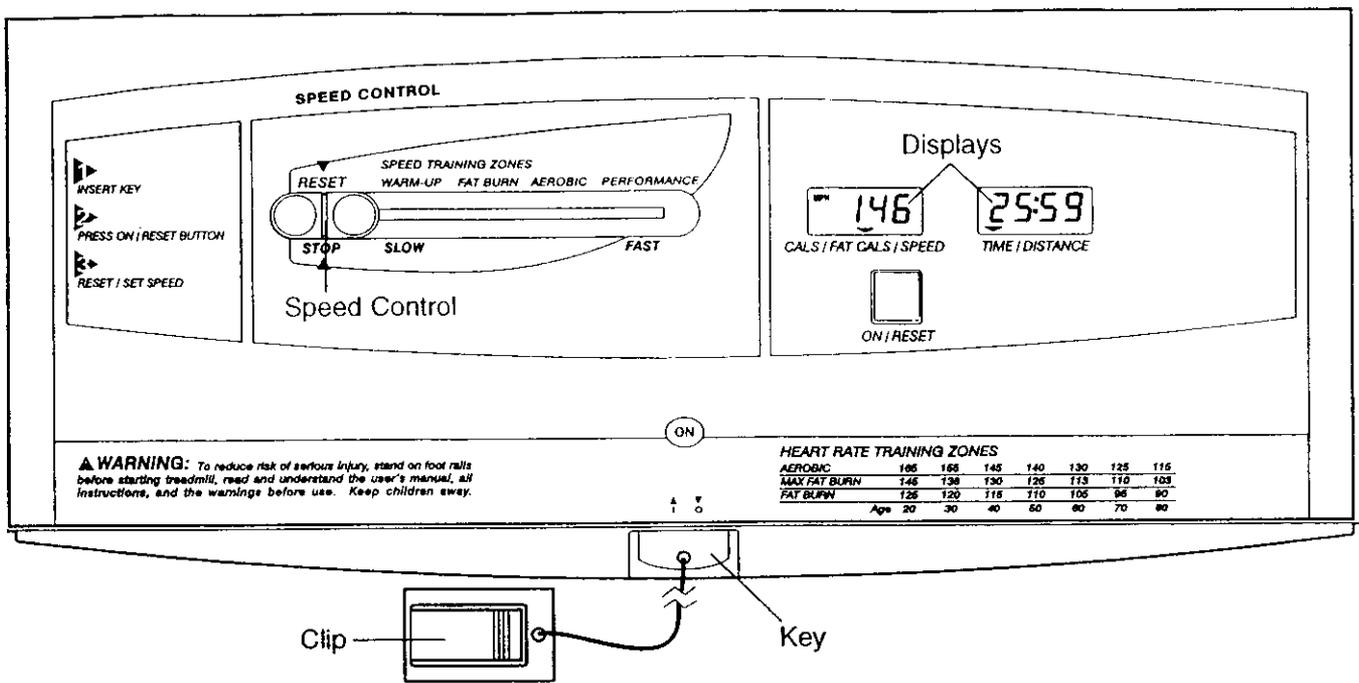
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if 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.**

DIAGRAM OF THE CONSOLE



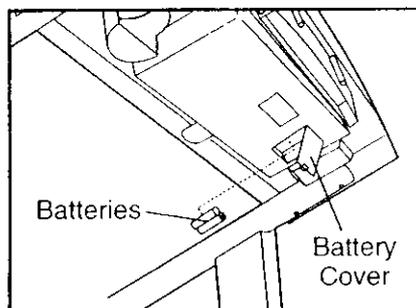
CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while using the treadmill. When the key is removed from the console, the walking belt will stop.
- Adjust the speed in small increments.
- The training zones marked above the speed control are general guidelines only. See page 14 for more information.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console. Use only a sealable water bottle.

BATTERY INSTALLATION

The console requires two "AA" batteries (not included). Alkaline batteries are recommended. To install batteries, open the battery cover under the console as shown below. Press two batteries into the battery compartment.

Make sure that the negative (-) ends of the batteries are touching the springs. Close the battery cover.



STEP-BY-STEP CONSOLE OPERATION

If there is a thin sheet of clear film on the face of the console, remove it.

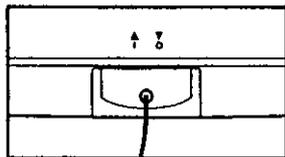
Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7.)

Next, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing. **Test the clip by carefully taking a few steps backward until the key is pulled from the console.** If the key is not pulled from the console, adjust the position of the clip as needed.

Follow the steps on page 9 to operate the console.

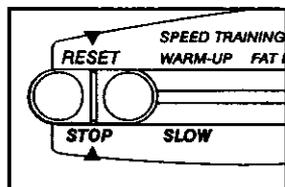
1 Insert the key fully into the power switch.

Inserting the key will not turn on the displays. The displays will turn on when the ON/RESET button is pressed or when the walking belt is started. Note: If you just installed batteries, the displays will already be on.



2 Reset the speed control.

Slide the speed control to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.**



3 Start the walking belt.

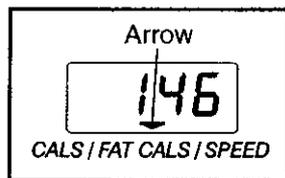
After you have moved the speed control to the RESET position, slide it slowly to the right until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin walking. Change the speed of the walking belt as desired by sliding the speed control.

To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position.

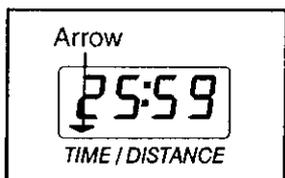
Note: During the first few minutes that you use the treadmill, check the alignment of the walking belt, and align it if necessary (see page 13).

4 Monitor your progress with the two displays.

CALS/FAT CALS/SPEED display—This display shows the approximate numbers of calories and fat calories you have burned. (See FAT BURNING on page 14.) In addition, the display shows the speed of the walking belt, in miles per hour. Every seven seconds, the display will change from one number to the next, as shown by the arrows in the display.



TIME/DISTANCE display—This display shows elapsed time and distance you have walked or run, in miles. Every seven seconds,



the display will change from one number to the other, as shown by the arrows in the display.

To reset the displays at any time, press the ON/RESET button.

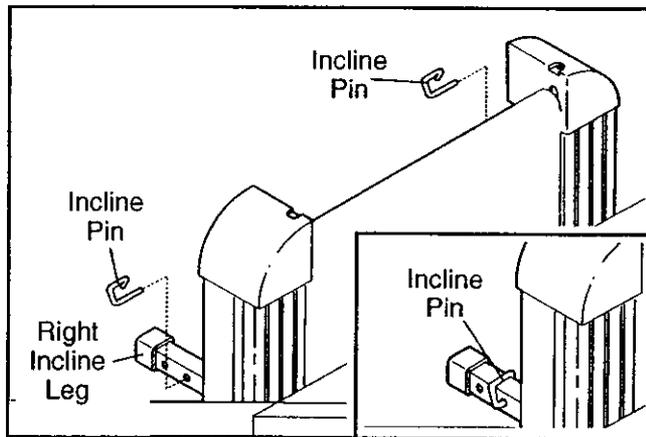
5 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, slide the speed control to the RESET position, and remove the key from the console. The displays will turn off about five minutes after the key is removed. **Note: Any time that the walking belt is stopped and the ON/RESET button is not pressed for five minutes, the displays will automatically turn off.**

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are four incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 10).

To change the incline, first remove the incline pin from the right incline leg as shown below. Adjust the incline leg to the desired height and fully reinsert the incline pin. Make sure that the incline pin is in the "locked" position shown in the inset drawing.



Adjust the left incline leg in the same way. **Make sure that both incline pins are inserted from the direction shown.**

CAUTION: Before using the treadmill, make sure that both incline legs are at the same height. Do not use the treadmill with the incline pins removed. After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 11).

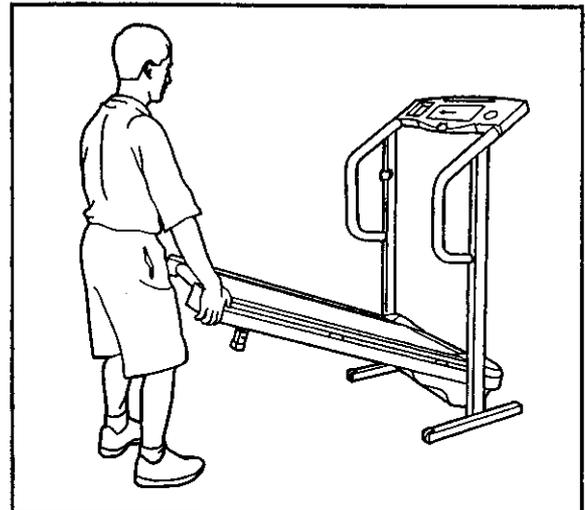
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord.

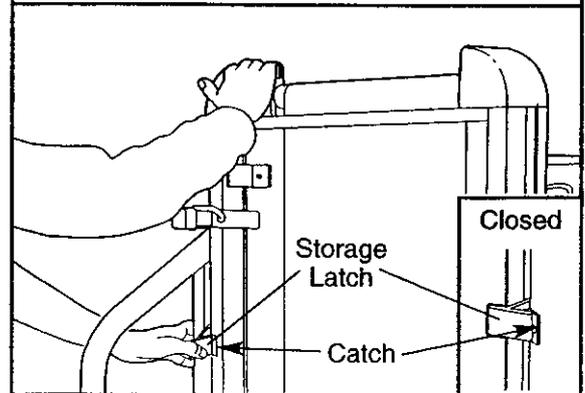
CAUTION: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

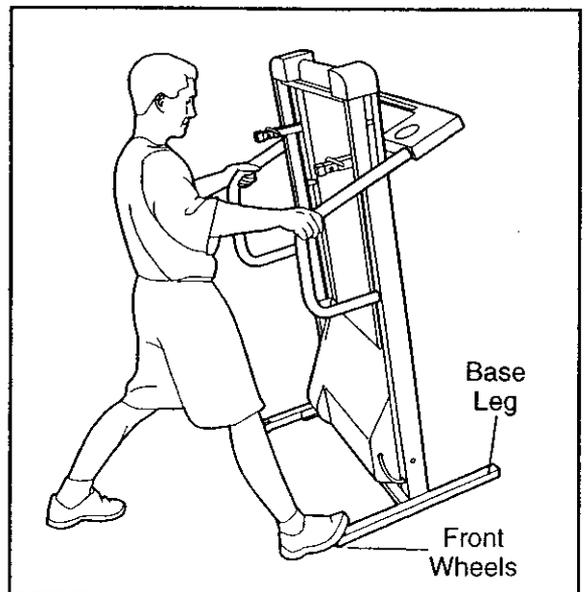
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

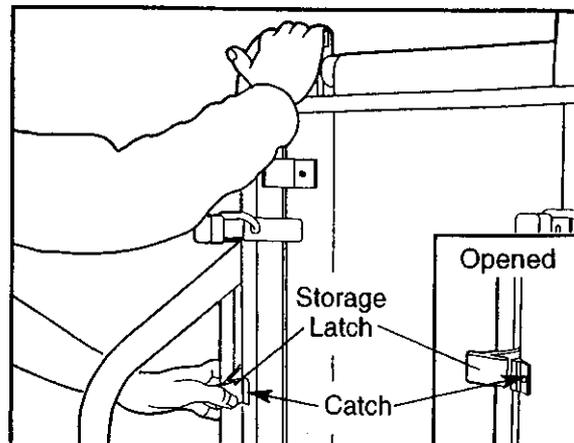
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is locked fully over the catch.**

1. Hold the upper ends of the handrails. Place one foot on one of the front wheels as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

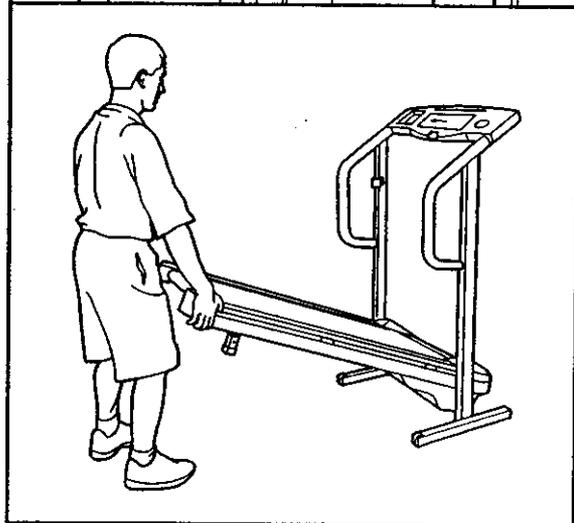


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch and hold it. Pivot the treadmill until the frame and foot rail are past the storage latch.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**

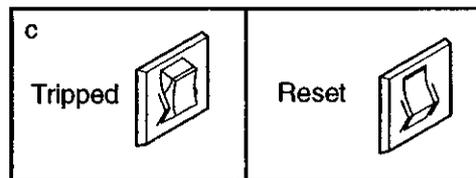


MAINTENANCE AND TROUBLE-SHOOTING

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 toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays).

PROBLEM: The power does not turn on

- SOLUTION:**
- Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 7). Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. Important: The treadmill is not compatible with GFCI-equipped outlets.
 - After the power cord has been plugged in, make sure that the key is fully inserted into the console.
 - Check the circuit breaker located on the treadmill frame 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.

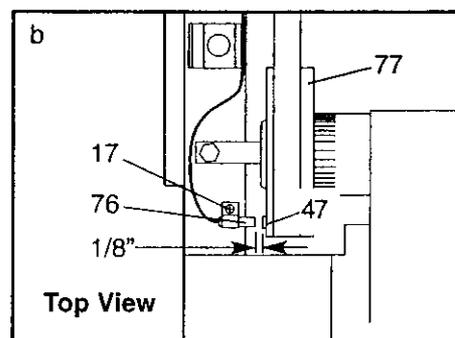


PROBLEM: The power turns off during use

- SOLUTION:**
- Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
 - Make sure that the power cord is plugged in.
 - Unplug the power cord, wait for five minutes, and then plug the power cord back in.
 - Remove the key from the console. Reinsert the key fully into the console.
 - If the treadmill still will not run, please call our toll-free HELPLINE.

PROBLEM: The displays of the console do not function properly

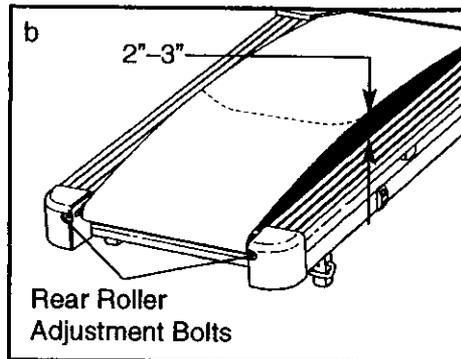
- SOLUTION:**
- Check the batteries in the console. If the batteries need to be replaced, see BATTERY INSTALLATION on page 8. Most problems are the result of drained batteries.
 - Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (76) and the Magnet (47) on the left side of the Pulley (77). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (17) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.

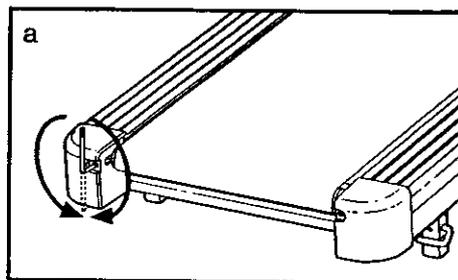
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



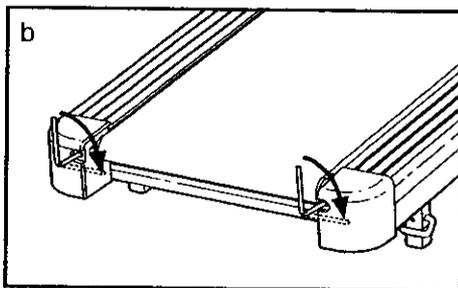
c. If the walking belt still slows when walked on, please call our toll-free HELPLINE.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center**, remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn. Be careful not to overtighten the walking belt. **If the walking belt has shifted to the right**, turn the left rear roller bolt counterclockwise 1/2 of a turn. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on**, remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller 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 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

⚠ 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.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	113	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers at the top of your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone. It may also be helpful to set the speed control on the console to FAT BURN to help you maintain the proper intensity level. (See page 9.)

Aerobic Exercise

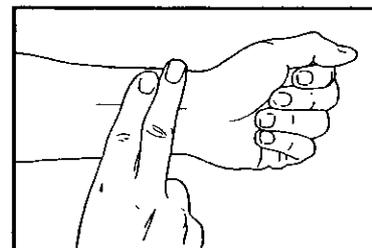
If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone. It may also be helpful to set the speed control on the console to AEROBIC to help you maintain the proper intensity level. (See page 9.)

High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, set the speed control on the console to PERFORMANCE to help you maintain the proper intensity level. (See page 9.) Note: During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart



rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.

WORKOUT GUIDELINES

A well-rounded workout includes the following three important parts:

A Warm-up

Start each workout with 5 to 10 minutes of stretching and light exercise (see SUGGESTED STRETCHES on page 15). A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down

Finish each workout with 5 to 10 minutes of stretching

to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired.

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

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. 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.

2. 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 each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

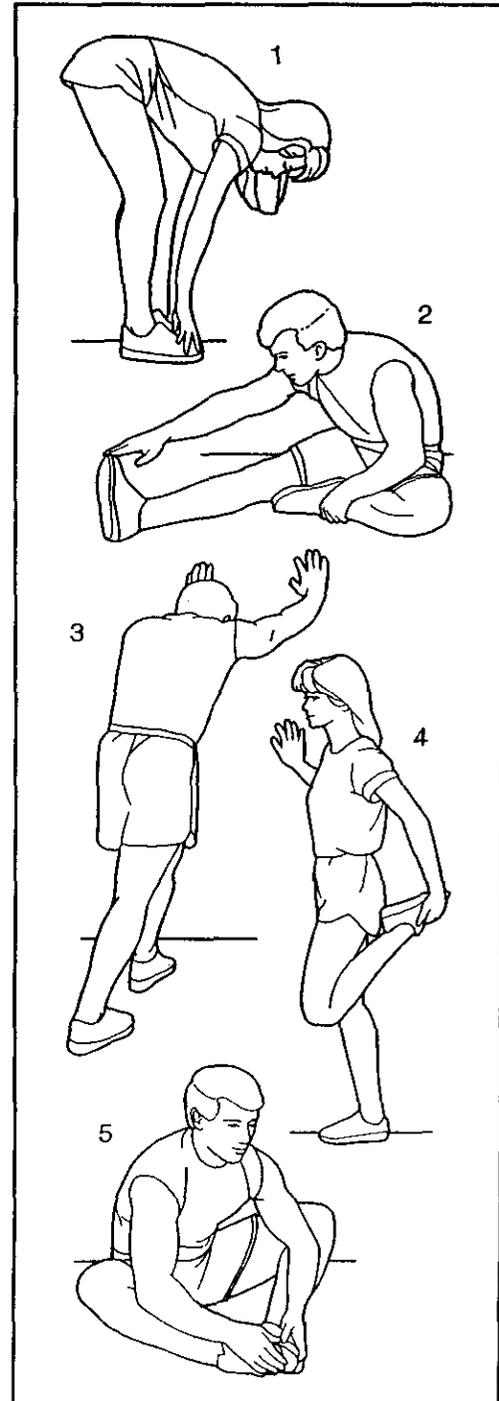
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. 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.

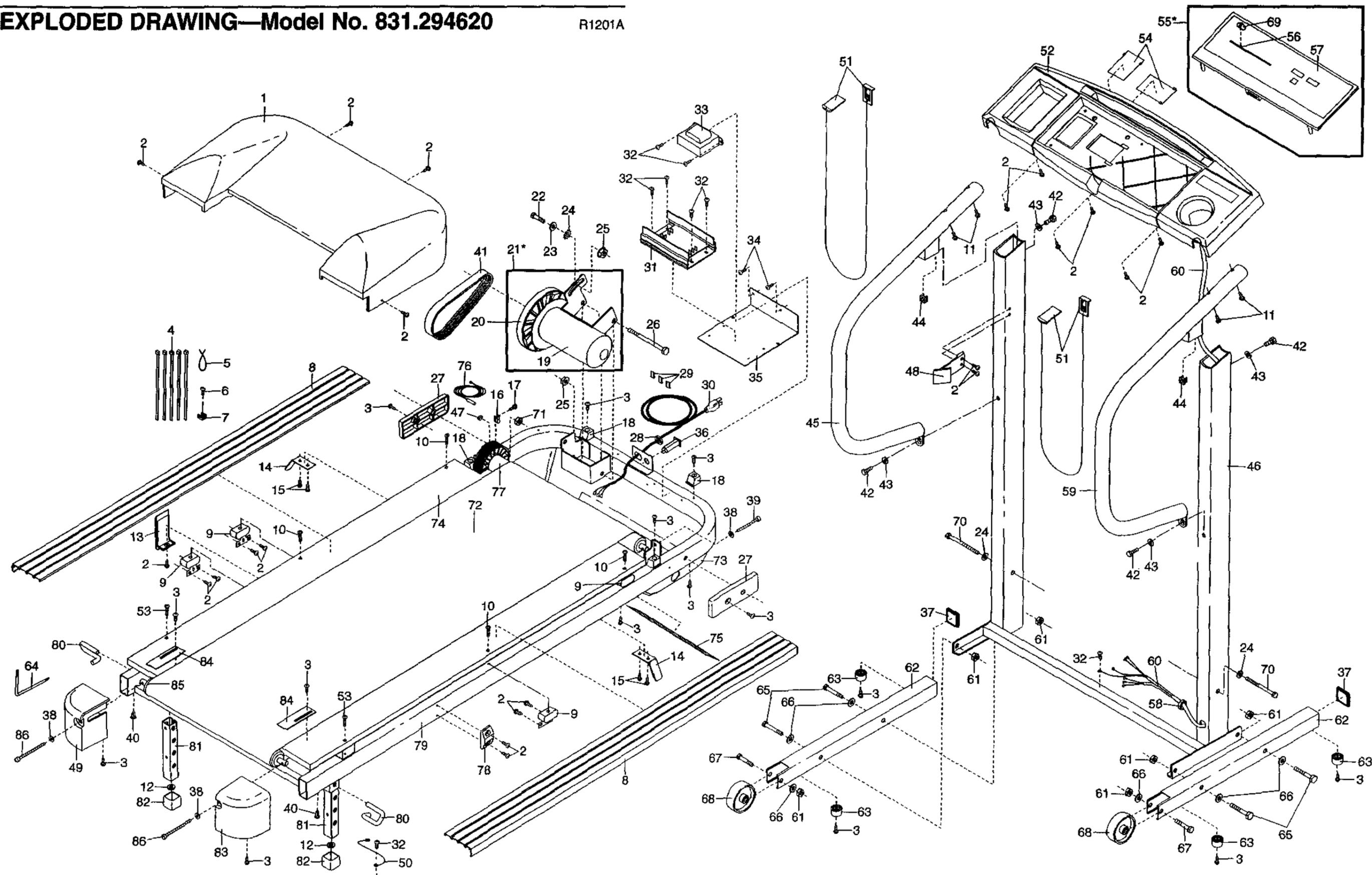
5. Inner Thigh Stretch

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.



EXPLODED DRAWING—Model No. 831.294620

R1201A



PART LIST—Model No. 831.294620

R1201A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Hood	47	1	Magnet
2	11	Screw	48	1	Storage Latch
3	16	3/4" Screw	49	1	Left Endcap
4	5	8" Cable Tie	50	1	Ground Wire
5	1	Cable Tie	51	1	Key/Clip
6	1	Clamp Screw	52	1	Console Base
7	1	Cable Tie Clamp	53	2	Platform Screw (Rear)
8	2	Foot Rail	54	2	Battery Cover
9	4	Platform Isolator	55*	1	Console Assembly
10	4	Platform Screw	56	1	Speed Potentiometer
11	4	1 1/4" Screw	57	1	Console
12	2	Incline Leg Washer	58	1	Upright Grommet
13	1	Catch	59	1	Right Handrail
14	2	Belt Guide	60	1	Wire Harness
15	4	Belt Guide Screw	61	6	3/8" Nut
16	1	Reed Switch Clip	62	2	Base Leg
17	1	Reed Switch Screw	63	4	Base Leg Pad
18	4	Hood Anchor	64	1	Allen Wrench
19	1	Motor	65	4	3/8 x 2" Bolt
20	1	Pulley/Flywheel/Fan	66	4	3/8" Washer
21*	1	Motor/Pulley/Flywheel/Fan	67	2	Wheel Bolt
22	1	Motor Tension Bolt	68	2	Wheel
23	1	Motor Tension Washer	69	1	Speed Control Knob
24	3	Motor Star Washer	70	2	Frame Pivot Bolt
25	2	Motor Tension Nut	71	3	Frame Pivot Nut
26	1	Motor Pivot Bolt	72	1	Walking Belt
27	2	Frame Spacer	73	1	Belly pan
28	1	Power Cord Grommet	74	1	Walking Board
29	3	Wire Clip	75	1	Warning Decal
30	1	Power Cord	76	1	Reed Switch/Sensor Wire
31	1	Controller	77	1	Drive Roller/Pulley
32	6	Electronic Screw	78	1	Frame Guide
33	1	Choke	79	1	Frame
34	2	Bracket Screw	80	2	Incline Pin
35	1	Electronics Bracket	81	2	Incline Leg
36	1	Circuit Breaker	82	2	Incline Leg Cap
37	2	Base Leg Endcap	83	1	Right Endcap
38	3	Roller Adjustment Washer	84	2	Roller Guard
39	1	Front Roller Adjustment Bolt	85	1	Rear Roller
40	2	Plastic Fastener	86	2	Rear Roller Adjustment Bolt
41	1	Motor Belt	#	1	8" White Wire, Male/Female
42	4	1/4 x 1" Bolt	#	1	User's Manual
43	4	Handrail Washer			
44	2	Cage Nut			
45	1	Left Handrail			
46	1	Upright			

* Includes all parts shown in the box
Note: "#" indicates a non-illustrated part.

Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

SEARS

Model No. 831.294620

QUESTIONS?

If you find that:

- you need help assembling or operating the WESLO CADENCE TS 310 treadmill
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART
(1-800-366-7278)

The model number and serial number of your WESLO CADENCE® TS 310 treadmill are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The NAME OF THE PRODUCT (WESLO CADENCE® TS 310 treadmill)
- The MODEL NUMBER OF THE PRODUCT (831.294620)
- The KEY NUMBER AND DESCRIPTION OF THE PART (see the EXPLODED DRAWING and PART LIST in the center of this manual).

FULL 90 DAY WARRANTY

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

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

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

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