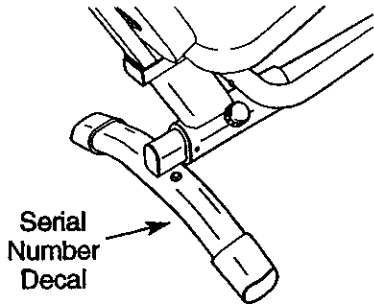


# Lifestyler®

## RF 545

Model No. 831.288720

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



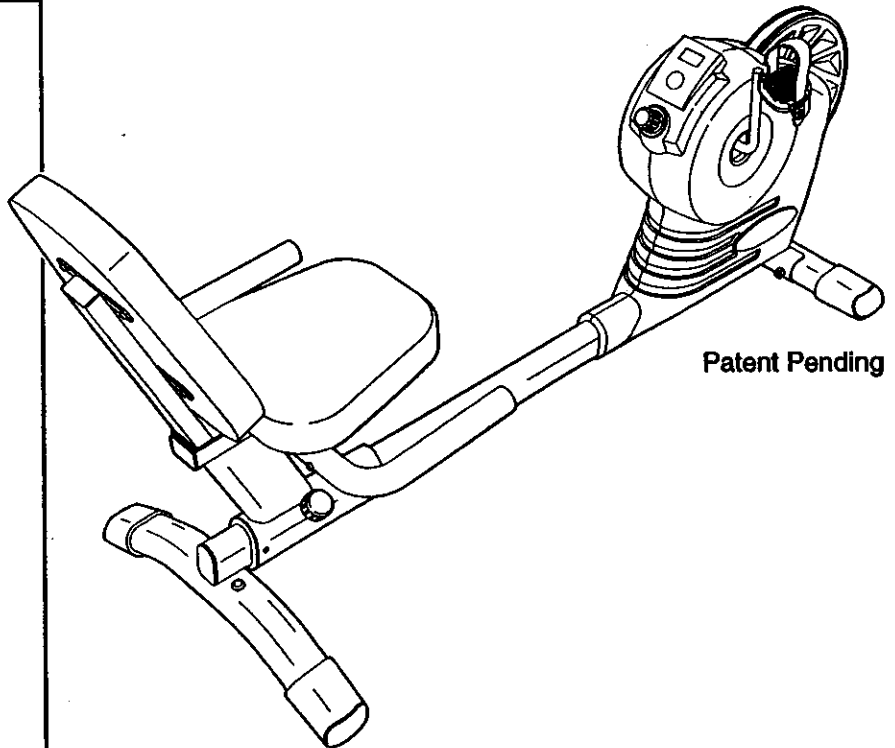
EXERCISE  
EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879

## USER'S MANUAL



### CAUTION

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

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

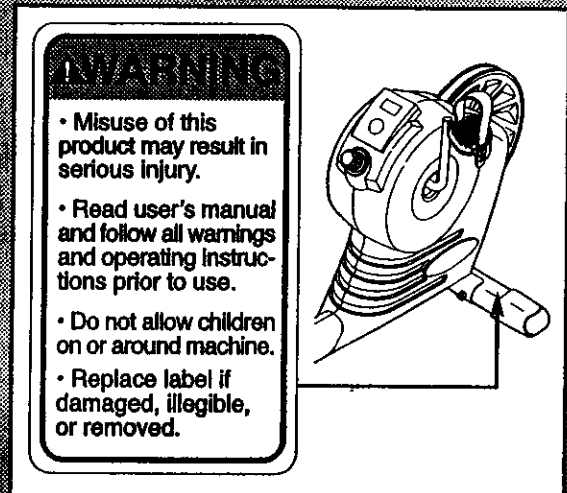
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FULL 90 DAY WARRANTY	.Back Cover

## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual before using the exercise cycle.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
4. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the exercise cycle at all times.
7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
8. The exercise cycle should not be used by persons weighing more than 250 pounds.
9. Always keep your back straight when using the exercise cycle; do not arch your back.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. The exercise cycle does not have a freewheel; the pedals will continue to move until the flywheel stops.
12. The decal shown below has been placed on the exercise cycle. If the decal is missing, or if it is not legible, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time, to order a free replacement decal. Apply the decal in the location shown.



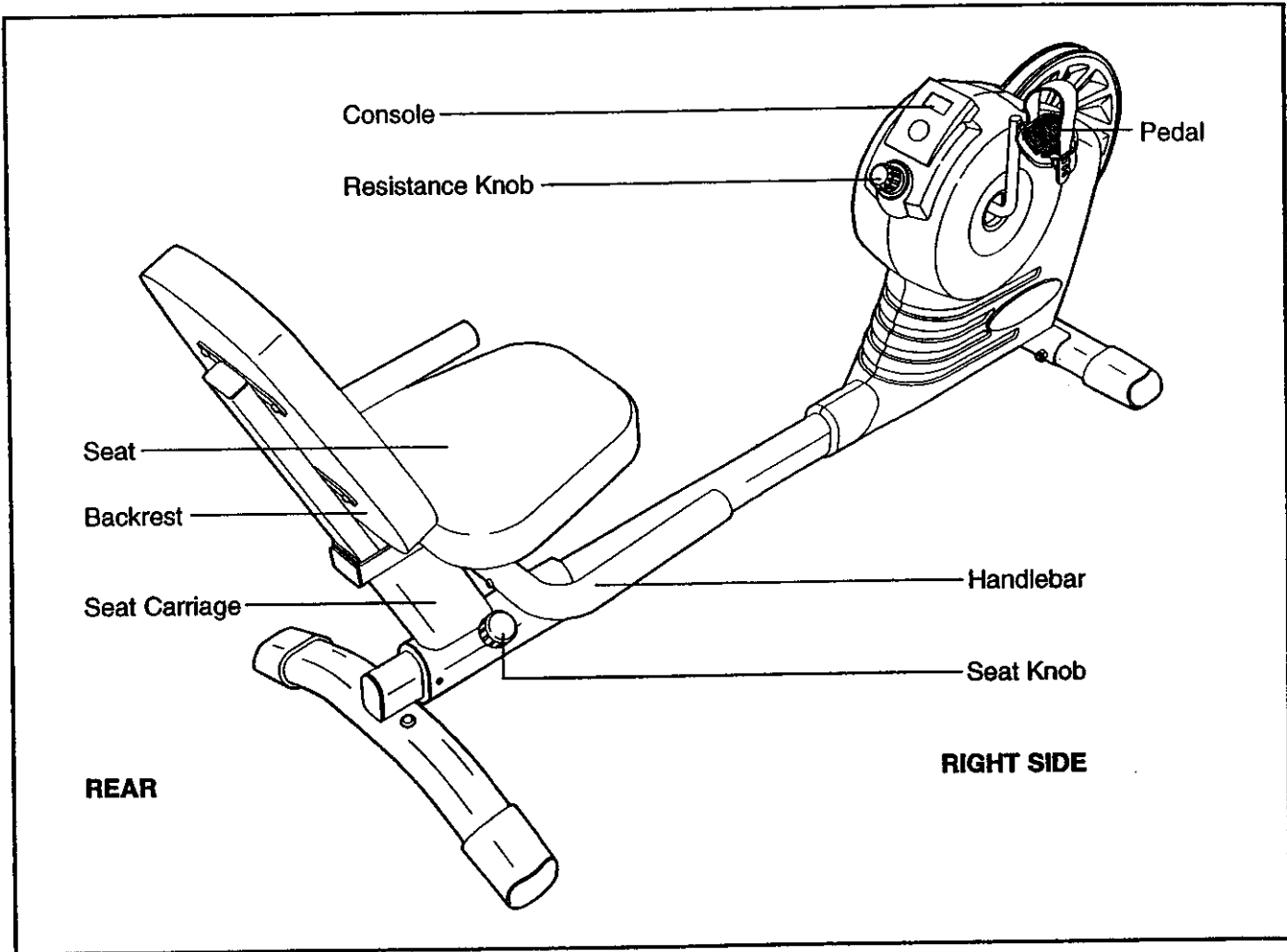
# BEFORE YOU BEGIN

Congratulations for selecting the new LIFESTYLER® RF 545 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The LIFESTYLER® RF 545 offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the exercise cycle.** If you have questions after reading the manual, 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 is 831.288720. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).

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



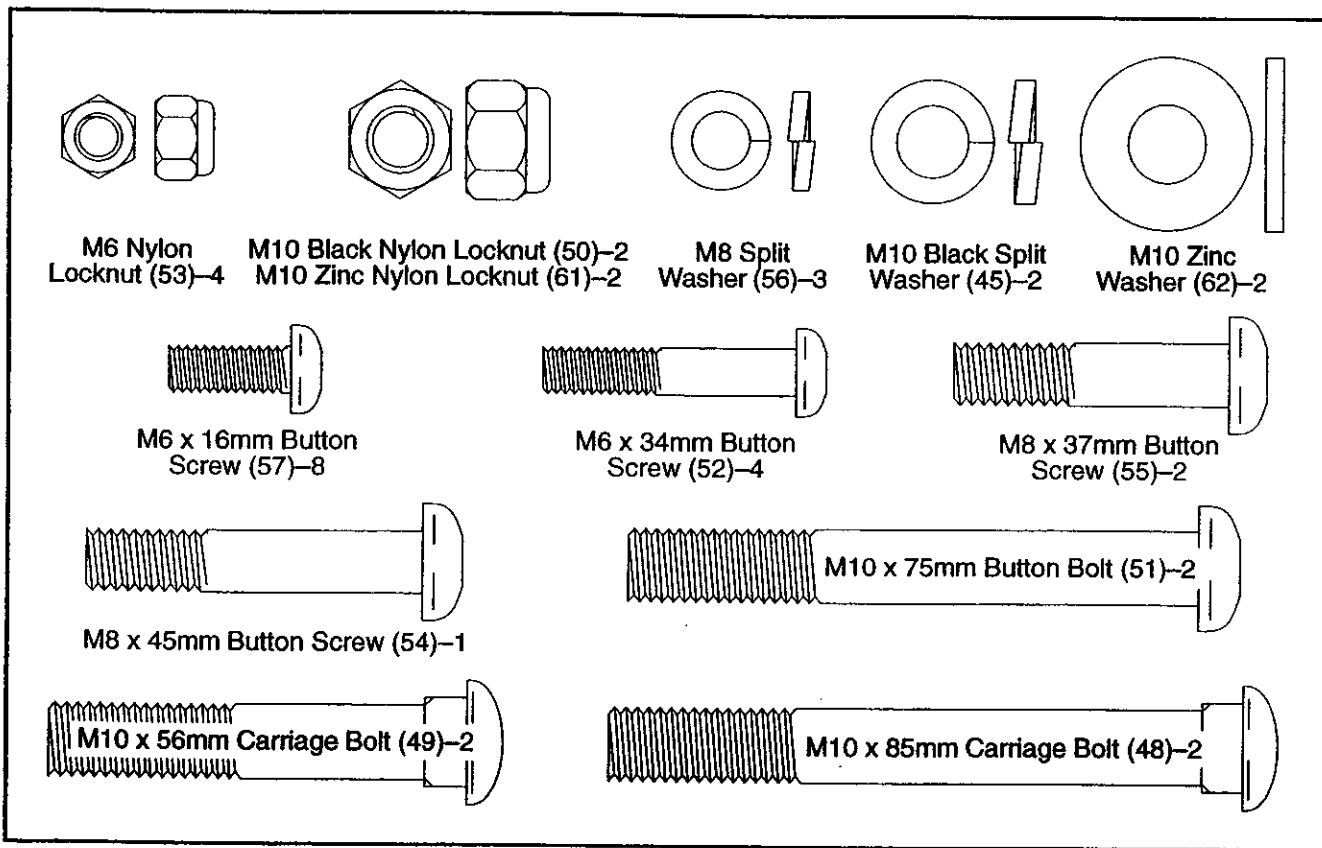
**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 45 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

# ASSEMBLY

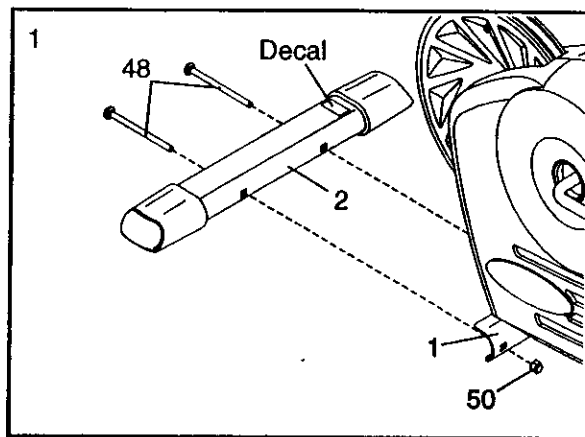
**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**Assembly requires the included tools and your own adjustable wrench  and Phillips screwdriver .**

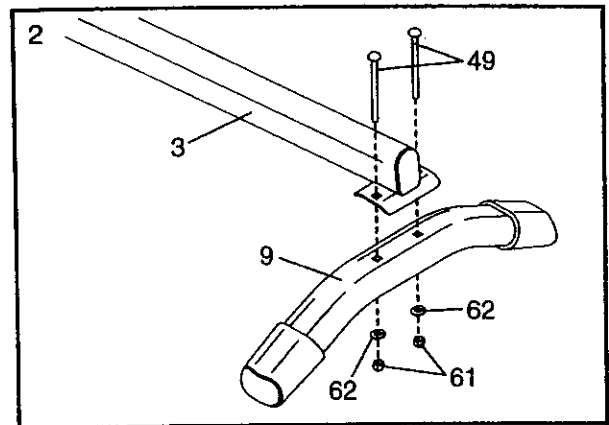
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 10. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



1. Identify the Front Stabilizer (2). Turn the Front Stabilizer so that the warning decal is in the position shown. While another person lifts the front of the Frame (1) slightly, attach the Front Stabilizer to the Frame with two M10 x 85mm Carriage Bolts (48) and two M10 Black Nylon Locknuts (50).

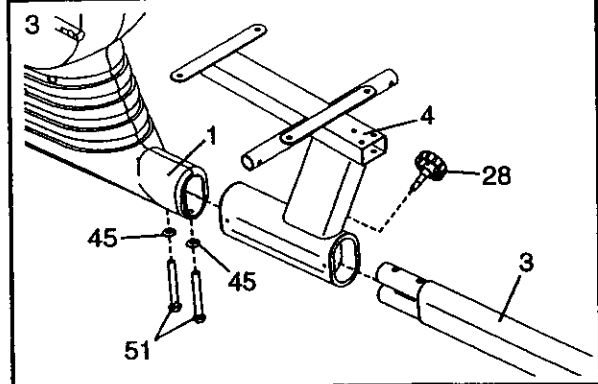


2. Attach the indicated end of the Seat Frame (3) to the Rear Stabilizer (9) with two M10 x 56mm Carriage Bolts (49), two M10 Zinc Washers (62), and two M10 Zinc Nylon Locknuts (61).



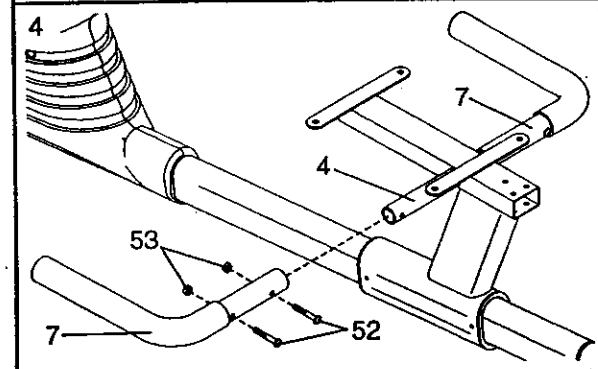
3. Slide the Seat Carriage (4) onto the other end of the Seat Frame (3). Make sure that the Seat Carriage is oriented as shown. Insert the end of the Seat Frame into the Frame (1), and attach it with two M10 x 75mm Button Bolts (51) and two M10 Black Split Washers (45).

Insert the Seat Knob (28) into the welded nut (not shown) on the right side of the Seat Carriage (4) and into one of the adjustment holes in the right side of the Seat Frame (3). Tighten the Seat Knob into the welded nut.



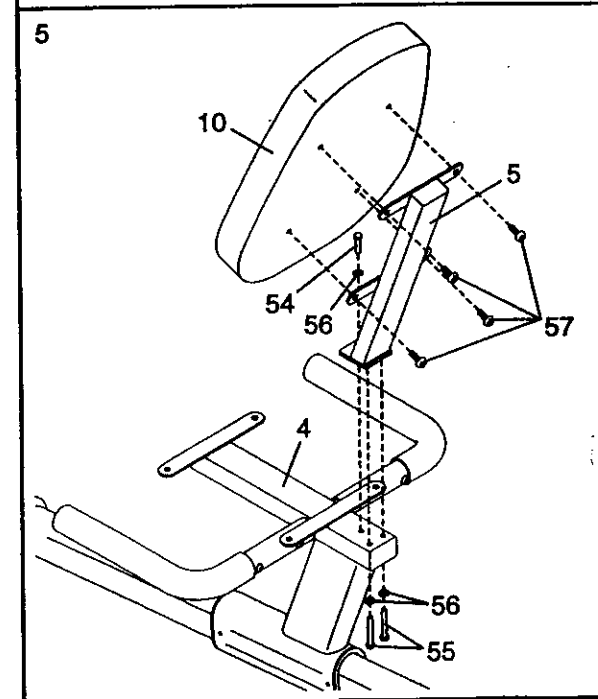
4. Slide a Handlebar (7) onto one side of the Seat Carriage (4). Attach the Handlebar with two M6 x 34mm Button Screws (52) and two M6 Nylon Locknuts (53).

Attach the other Handlebar (7) to the Seat Carriage (4) in the same way.

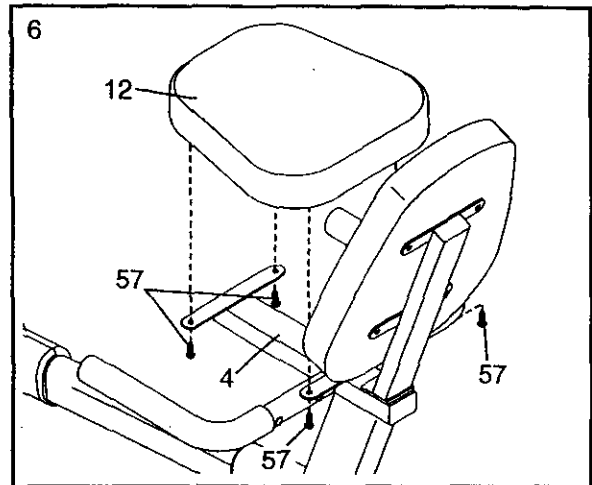


5. Attach the Backrest Frame (5) to the Seat Carriage (4) with an M8 x 45mm Button Screw (54) and an M8 Split Washer (56) from the top, and two M8 x 37mm Button Screws (55) and two M8 Split Washers (56) from the bottom.

Next, attach the Backrest (10) to the Backrest Frame (5) with four M6 x 16mm Button Screws (57).



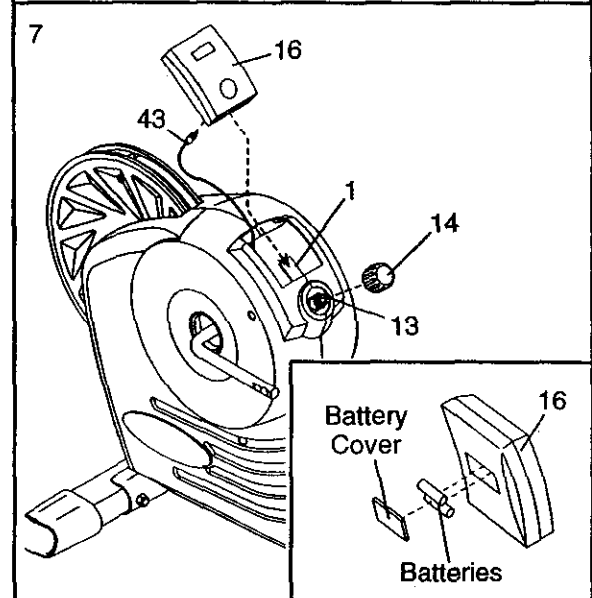
- Attach the Seat (12) to the Seat Carriage (4) with four M6 x 16mm Button Screws (57).



- The Console (16) requires two AA batteries (included). Refer to the inset drawing. Remove the battery cover from the back of the Console, and insert the two batteries into the Console. **Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the Console.** Reattach the battery cover.

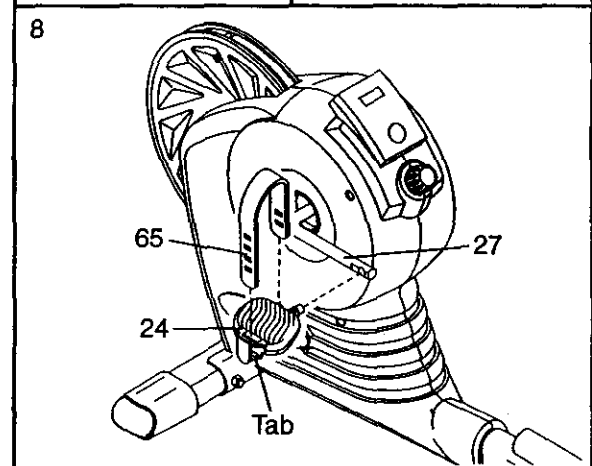
Next, plug the Reed Switch Wire (43) into the back of the Console (16). Carefully slide the Console onto the indicated tab on the Frame (1). Note: The Console is held by friction; it does not snap into place.

Press the Resistance Knob (14) onto the Resistance Control (13).



- Identify the Left Pedal (24), which is marked with an “L.” Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (27). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Adjust the Left Pedal Strap (65) to the desired position and press the end of the Strap onto the tab on the Left Pedal (24). Adjust the Right Pedal Strap (not shown) in the same way.

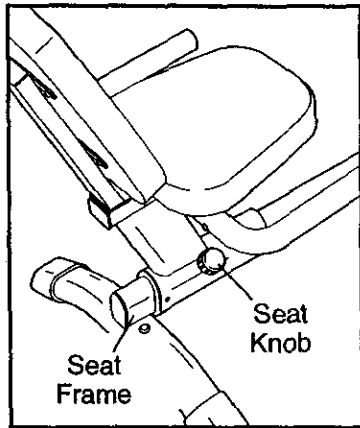


- Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra hardware may be left over. Place a mat beneath the exercise cycle to protect the floor.

# HOW TO OPERATE THE EXERCISE CYCLE

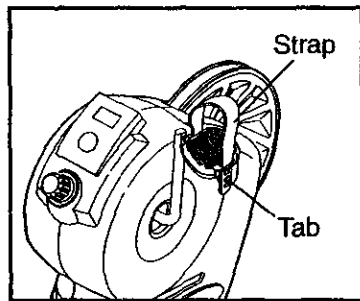
## HOW TO ADJUST THE SEAT

The seat can be adjusted to the position that is the most comfortable for you. To adjust the seat, first remove the seat knob. Slide the seat to the desired position, and then insert the seat knob into the welded nut on the right side of the seat carriage and into one of the adjustment holes in the right side of the seat frame. Tighten the seat knob into the welded nut.



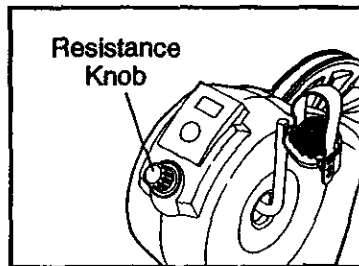
## HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired positions, and then press the ends of the straps back onto the tabs.



## HOW TO ADJUST THE RESISTANCE

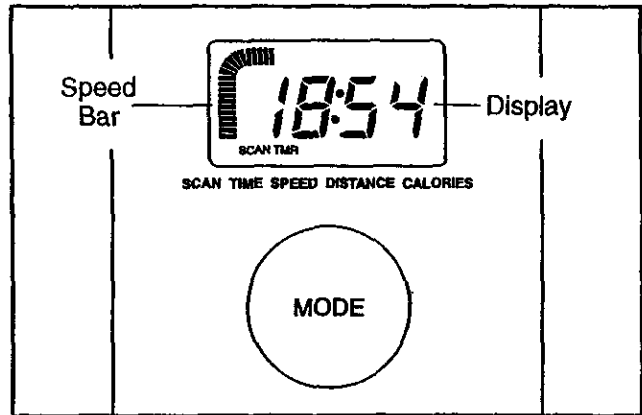
To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise. **Important: Stop turning the knob when turning becomes difficult, or damage may result.**



## BATTERY INSTALLATION

Before the console can be operated, two AA batteries must be installed. Refer to step 7 on page 6 for installation instructions.

## DESCRIPTION OF THE CONSOLE



The console features five modes that provide instant exercise feedback during your workouts:

- **Scan**—This mode displays the time, speed, distance, and calories modes, for five seconds each, in a repeating cycle.
- **Time**—This mode displays the elapsed time. Note: If you stop pedaling for five seconds, the time mode will pause and a stop symbol will appear.
- **Speed**—This mode displays your pedaling speed, in miles per hour.
- **Distance**—This mode displays the total distance that you have pedaled, in miles.
- **Calories**—This mode displays the approximate number of calories you have burned.

The console also features a speed bar. As you increase your pedaling speed, additional indicators will appear in the bar.

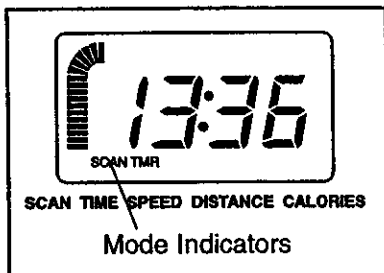
## HOW TO OPERATE THE CONSOLE

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

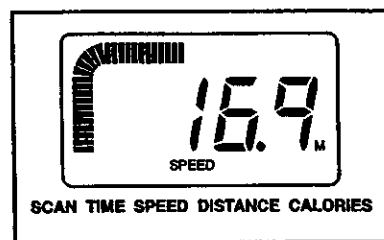
1. To turn on the power, press the mode button or begin pedaling. The entire display will appear for two seconds; the console will then be ready for use.
2. Select one of the five modes:

### Scan mode—

When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode by repeatedly pressing the mode button.



Time, speed, distance, or calories mode—To select one of these modes for continuous display, press the mode button repeatedly. The mode indicators will show which mode is selected. Make sure that the scan mode is not selected.



3. To reset the display, press the mode button for two seconds. After the display is reset, the scan mode will be selected.
4. To turn off the power, simply wait for about four minutes. **The console has an "auto-off" feature. If the pedals are not moved and the mode button is not pressed for four minutes, the power will turn off automatically to conserve the batteries.**

---

## MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

### BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. Refer to step 7 on page 6 for replacement instructions. In addition, make sure that the reed switch wire is plugged fully into the console. Note: The console requires two AA batteries; alkaline batteries are recommended.



# CONDITIONING GUIDELINES

**⚠ 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.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

## 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, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

### Burning Fat

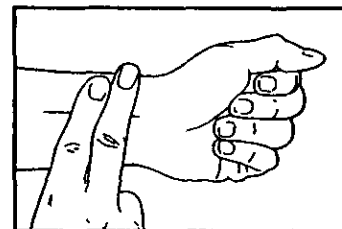
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near one of the lower two numbers in your training zone as you exercise.

## 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 intensity of your exercise until your heart rate is near the highest number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



## WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

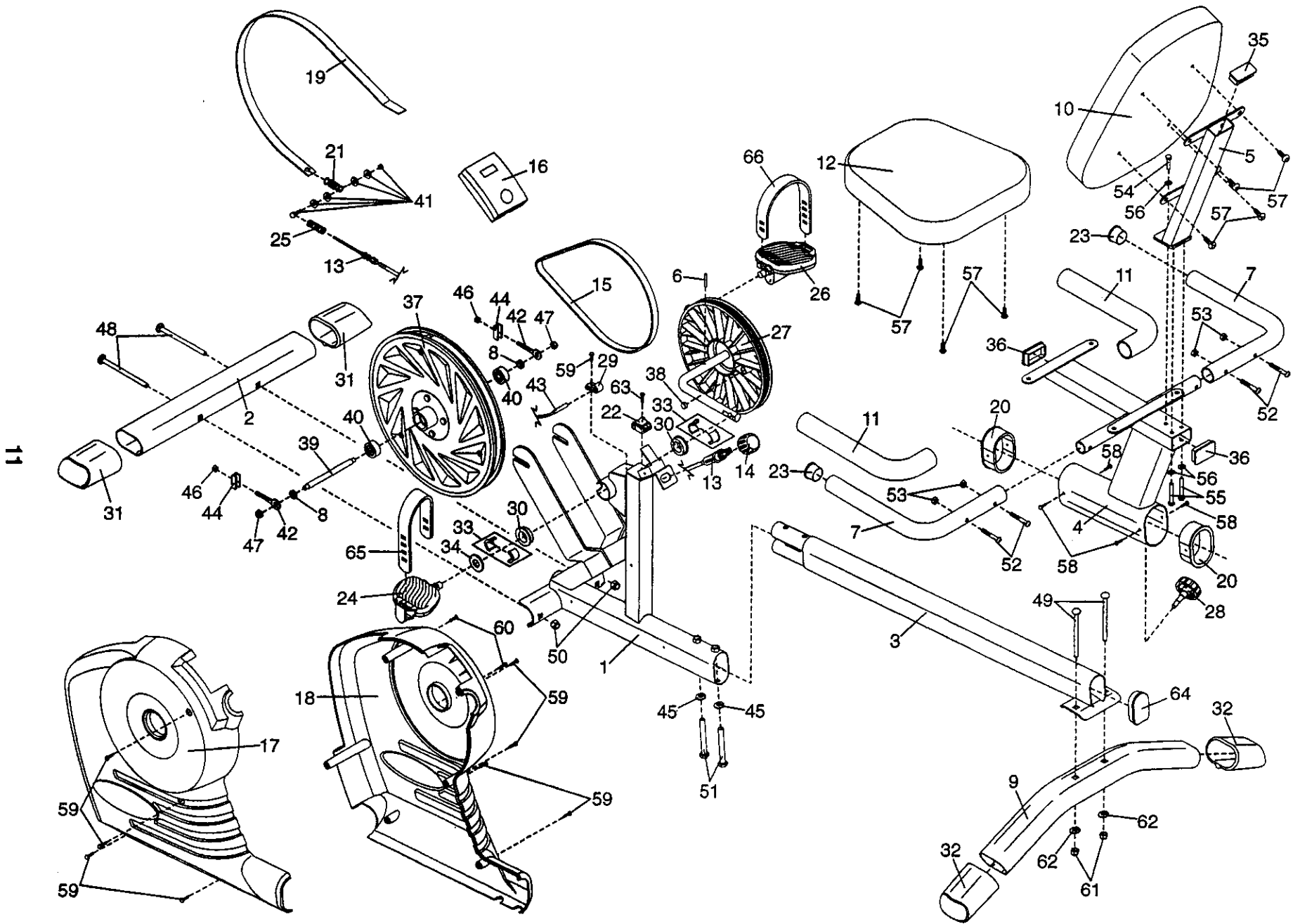
To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. 831.288720

R1001A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	35	1	Backrest Frame Endcap
2	1	Front Stabilizer	36	2	Seat Frame Endcap
3	1	Seat Frame	37	1	Flywheel
4	1	Seat Carriage	38	1	Magnet
5	1	Backrest Frame	39	1	Flywheel Axle
6	1	Crank Pin	40	2	Flywheel Bearing
7	2	Handlebar	41	1	Cable Clamp
8	2	Flywheel Spacer	42	2	M6 Eyebolt
9	1	Rear Stabilizer	43	1	Reed Switch/Wire
10	1	Backrest	44	2	Adjustment Bracket
11	2	Foam Handgrip	45	2	M10 Black Split Washer
12	1	Seat	46	2	M6 Nut
13	1	Resistance Control/Cable	47	2	M8 Nylon Locknut
14	1	Resistance Knob	48	2	M10 x 85mm Carriage Bolt
15	1	Drive Belt	49	2	M10 x 56mm Carriage Bolt
16	1	Console	50	2	M10 Black Nylon Locknut
17	1	Left Side Shield	51	2	M10 x 75mm Button Bolt
18	1	Right Side Shield	52	4	M6 x 34mm Button Screw
19	1	Resistance Strap	53	4	M6 Nylon Locknut
20	2	Seat Carriage Bushing	54	1	M8 x 45mm Button Screw
21	1	Spring	55	2	M8 x 37mm Button Screw
22	1	Strap Clamp	56	3	M8 Split Washer
23	2	Handlebar Endcap	57	8	M6 x 16mm Button Screw
24	1	Left Pedal	58	4	M5 x 7mm Screw
25	1	Return Spring	59	9	M4 x 16mm Screw
26	1	Right Pedal	60	2	M4 x 25mm Screw
27	1	Crank/Pulley	61	2	M10 Zinc Nylon Locknut
28	1	Seat Knob	62	2	M10 Zinc Washer
29	1	Reed Switch Clamp	63	1	M4 x 16mm Flat Head Screw
30	2	Crank Flange Bushing	64	1	Seat Frame Endcap
31	2	Front Endcap	65	1	Left Pedal Strap
32	2	Rear Endcap	66	1	Right Pedal Strap
33	2	Split Bushing Set	#	1	User's Manual
34	1	Crank Washer	#	1	Allen Wrench

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



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# SEARS

Model No. 831.288720

## QUESTIONS?

If you find that:

- you need help assembling or operating the LIFESTYLER® RF 545 exercise cycle
- 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)**

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 MODEL NUMBER of the product (831.288720)
- The NAME of the product (LIFESTYLER® RF 545 exercise cycle)
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING on pages 10 and 11).

## 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 BIKE EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the BIKE EXERCISER, free of charge.

This 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 which vary from state to state.

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