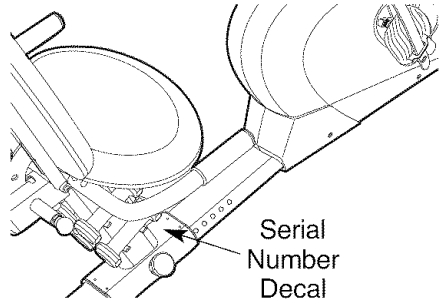


PRO-FORM[®] XP 110 R

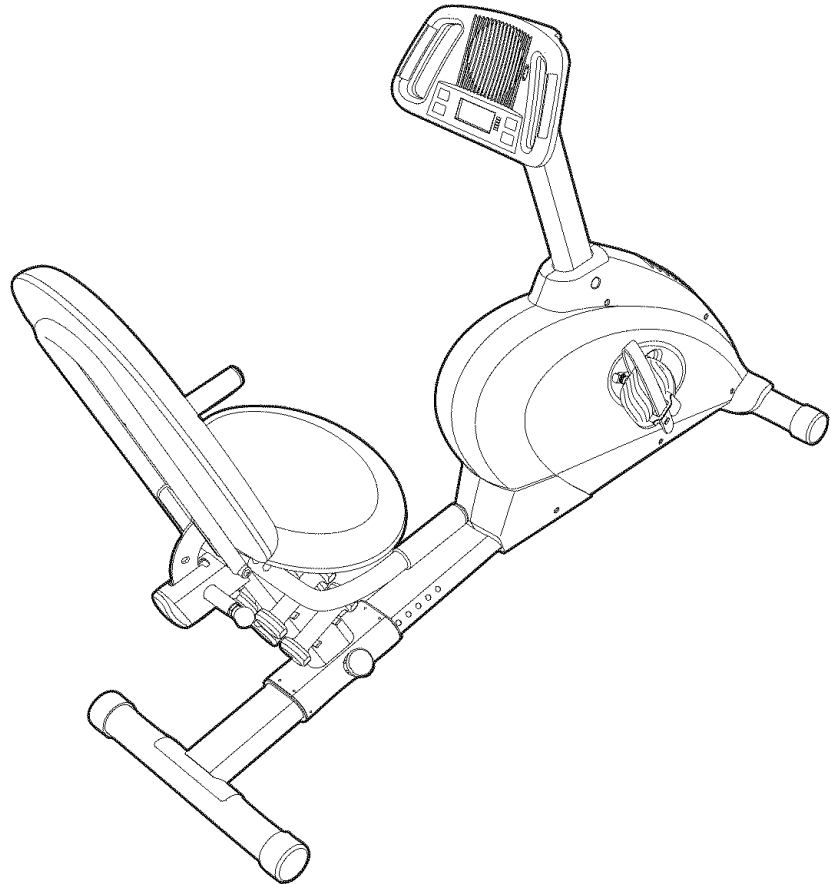
Model No. 831.21652.0

Serial No. _____



BIKE EXERCISER User's Manual

- Assembly
- Operation
- Maintenance
- Part List and Drawing



⚠ 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

TABLE OF CONTENTS

| | |
|-----------------------------------|------------|
| IMPORTANT PRECAUTIONS | 2 |
| BEFORE YOU BEGIN | 3 |
| ASSEMBLY | 4 |
| HOW TO OPERATE THE EXERCISE CYCLE | 10 |
| MAINTENANCE AND TROUBLESHOOTING | 18 |
| CYCLING EXERCISE GUIDELINES | 19 |
| STRENGTH EXERCISE GUIDELINES | 20 |
| PART LIST | 22 |
| EXPLODED DRAWING | 23 |
| HOW TO ORDER REPLACEMENT PARTS | Back Cover |
| 90 DAY FULL 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 and all warnings on the exercise cycle before using the exercise cycle. Use the exercise cycle only as described in this manual.
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. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.
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. The exercise cycle should not be used by persons weighing more than 250 pounds.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
10. Always keep your back straight while using the exercise cycle; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. The exercise cycle does not have a freewheel; the pedals will continue to move until the fly-wheel stops.
13. The warning decals shown on page 3 have been placed on the exercise cycle. If a decal is missing or illegible, call toll-free 1-888-533-1333 and request a free replacement decal. Apply the decal in the location shown.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

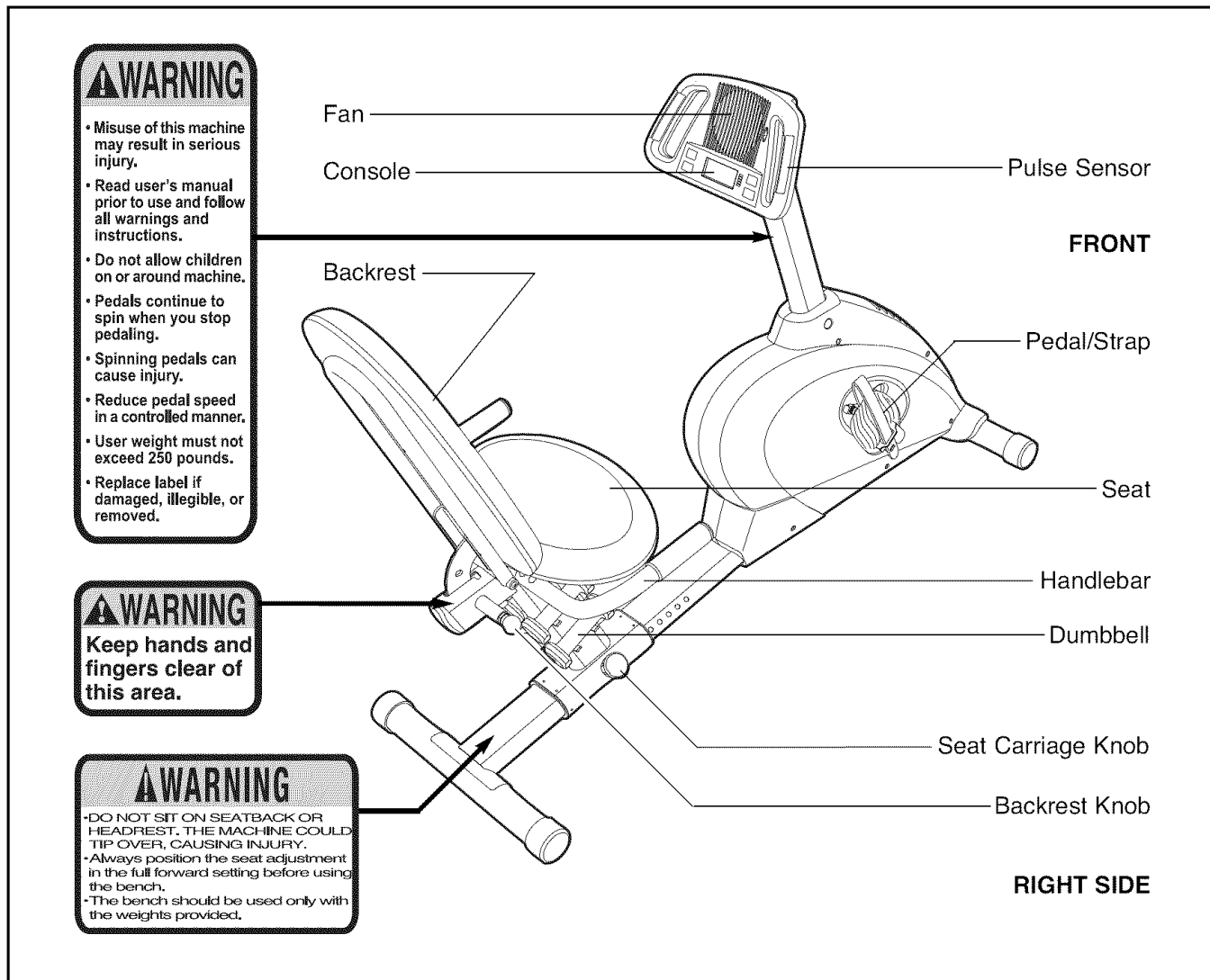
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® XP 110 R exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The XP 110 R exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

after reading this manual, call 1-800-4-MY-HOME® (1-800-469-4663). To help us assist you, please note the product model number and serial number before contacting us. The model number is 831.21652.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).


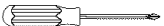
For your benefit, read this manual carefully before you use the exercise cycle. If you have questions

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

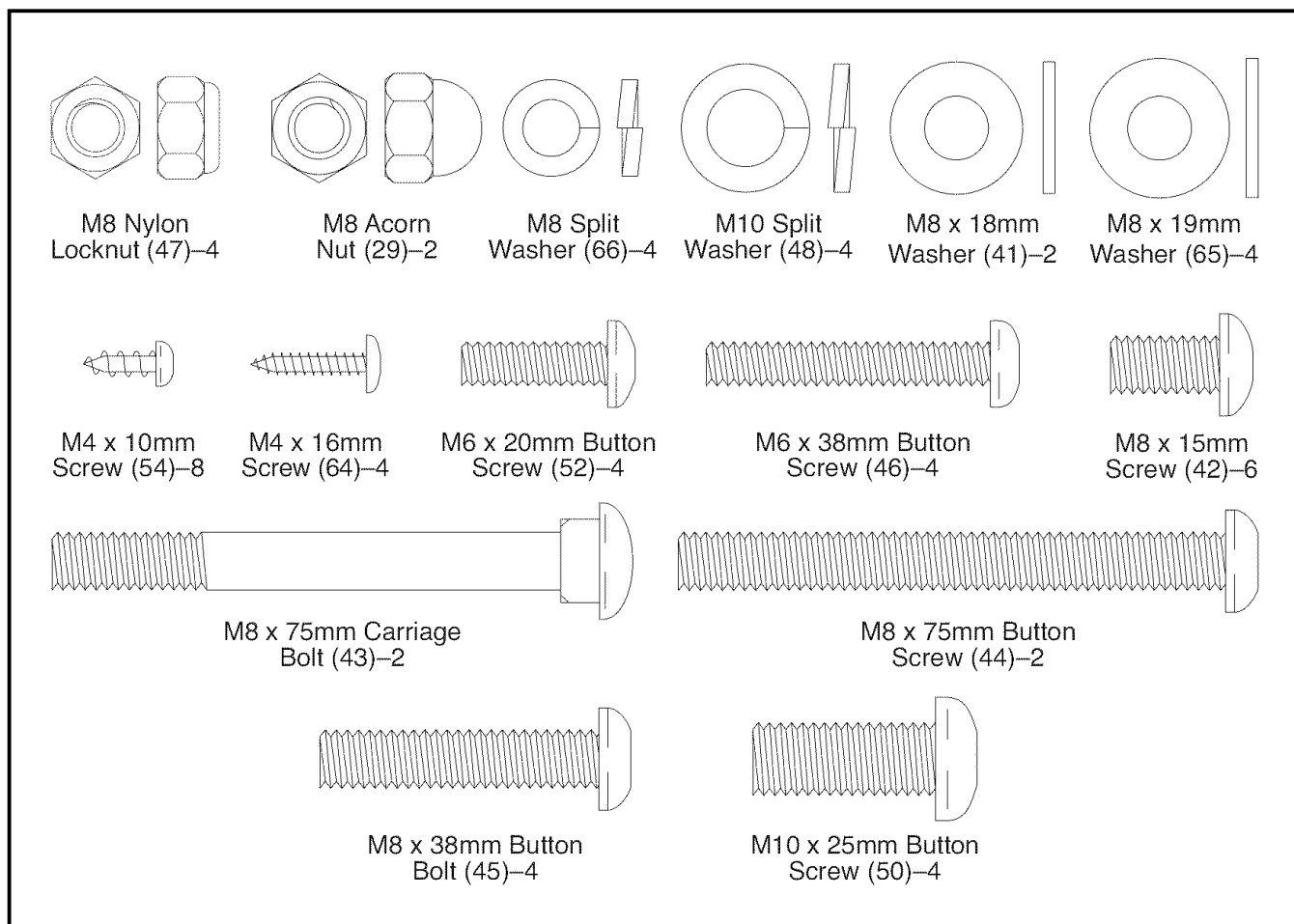


ASSEMBLY

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.

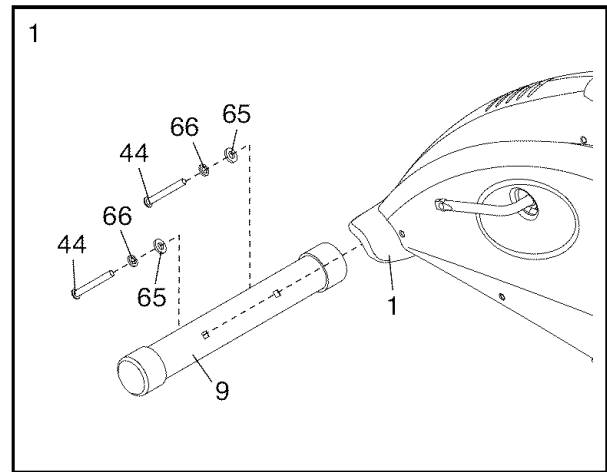
Assembly requires the included tools and your own adjustable wrench  **and Phillips screwdriver**  .

Use the part drawings below to identify the small parts used in assembly. The number in parentheses below each drawing refers to the key number of the part, from the PART LIST on page 22. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been preattached for shipping. If a part is not in the parts bag, check to see if it has been preattached. If a part is missing, call toll-free 1-888-533-1333.**

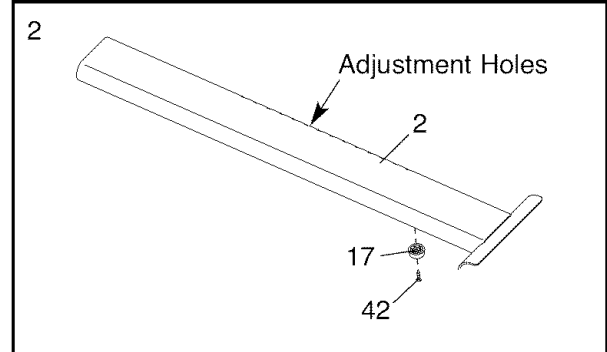


1. **To make assembly easier, read the information on page 4 before you begin assembling the exercise cycle.**

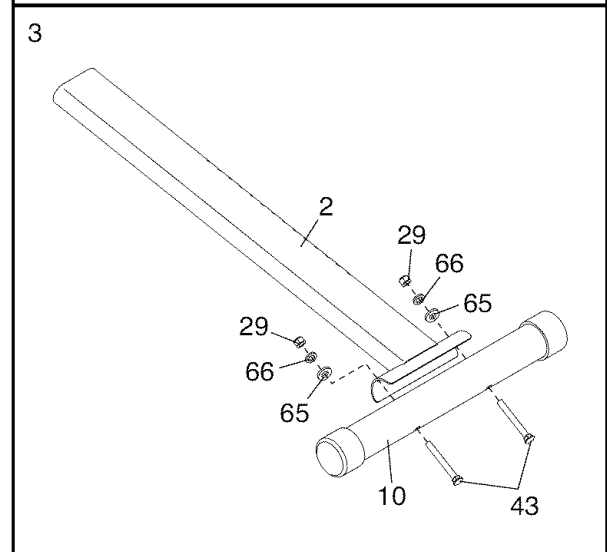
Identify the Front Stabilizer (9), which is shorter than the Rear Stabilizer (not shown). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M8 x 75mm Button Screws (44), two M8 Split Washers (66), and two M8 x 19mm Washers (65).



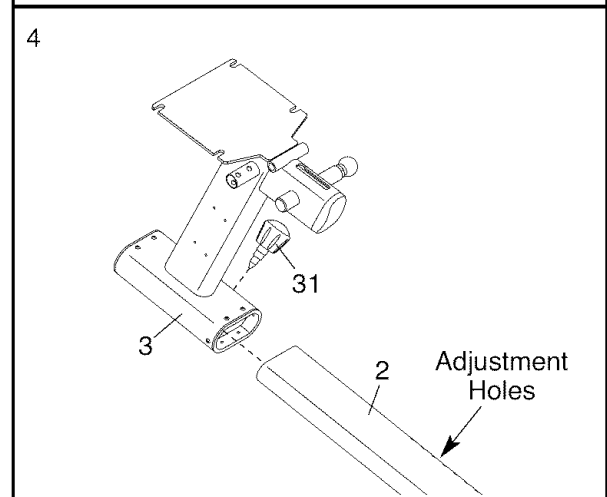
2. Orient the Seat Rail (2) as shown. Attach the Foot (17) to the underside of the Seat Rail with an M8 x 15mm Screw (42).



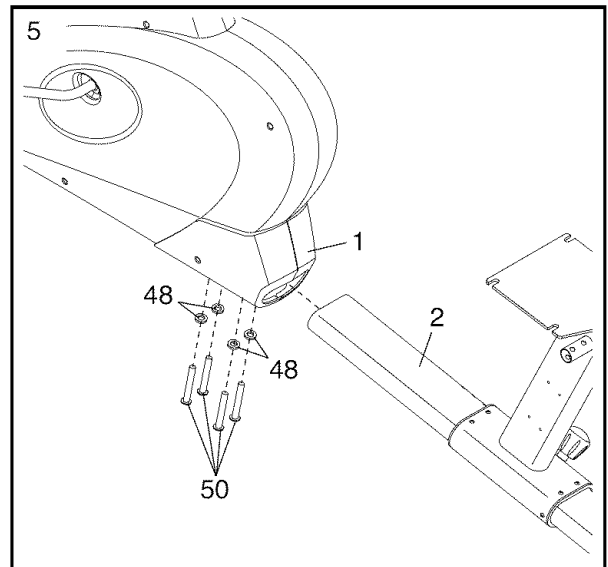
3. Attach the Rear Stabilizer (10) to the Seat Rail (2) with two M8 x 75mm Carriage Bolts (43), two M8 x 19mm Washers (65), two M8 Split Washers (66), and two M8 Acorn Nuts (29).



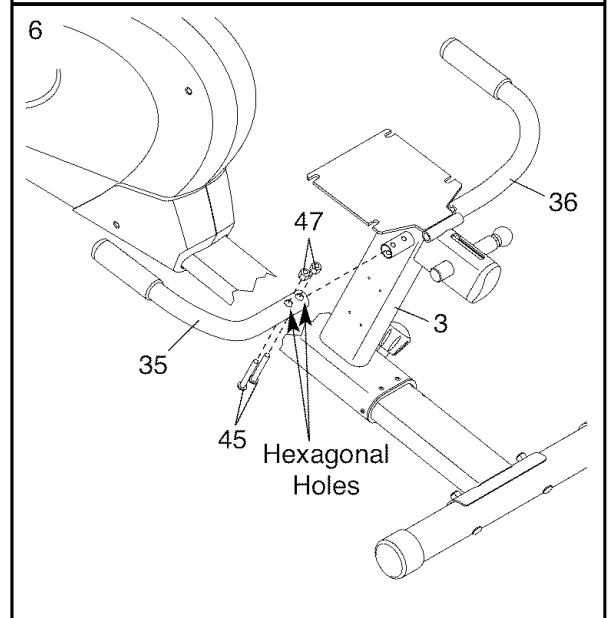
4. Orient the Seat Carriage (3) as shown. Slide the Seat Carriage onto the Seat Rail (2), and then tighten the Seat Carriage Knob (31) into the Seat Carriage and an adjustment hole in the Seat Rail. **Make sure the Seat Carriage Knob is engaged in one of the adjustment holes.**



5. Slide the rear of the Frame (1) onto the Seat Rail (2). Attach the Frame with four M10 x 25mm Button Screws (50) and four M10 Split Washers (48).

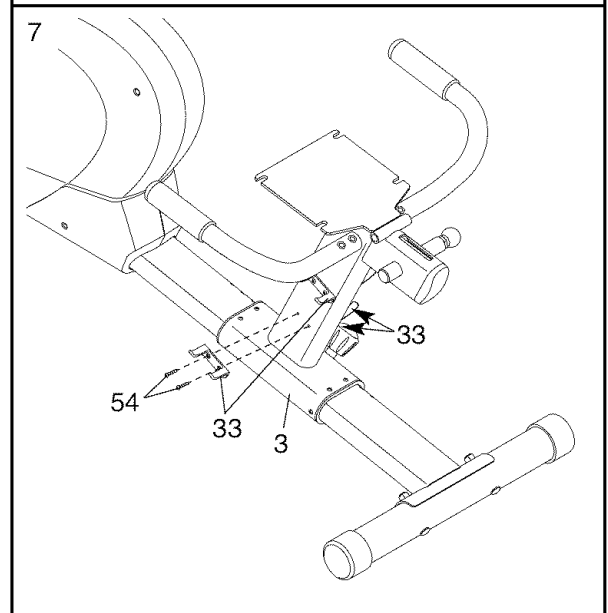


6. Identify the Left Handlebar (35), which is marked with a sticker. Orient the Left Handlebar with the hexagonal holes facing upward. Attach the Left Handlebar to the Seat Carriage (3) with two M8 x 38mm Button Bolts (45) and two M8 Nylon Locknuts (47). **Make sure the Nylon Locknuts are in the hexagonal holes.**



Repeat this step for the Right Handlebar (36).

7. Attach a Dumbbell Cradle (33) to the side of the Seat Carriage (3) with two M4 x 10mm Screws (54).

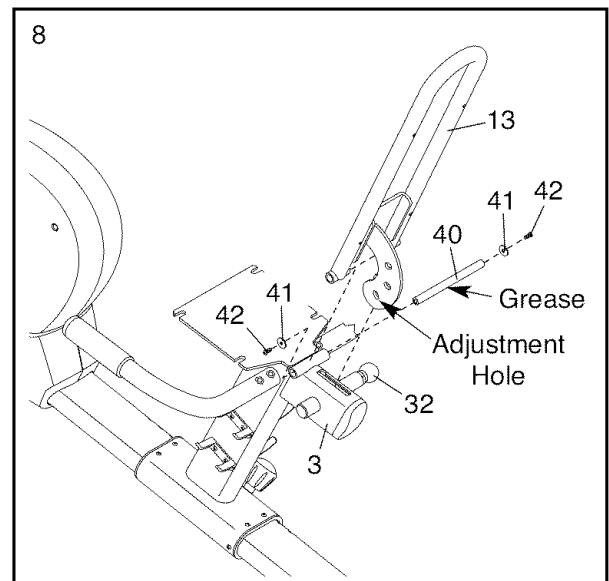


Repeat this step for the other three Dumbbell Cradles (33).

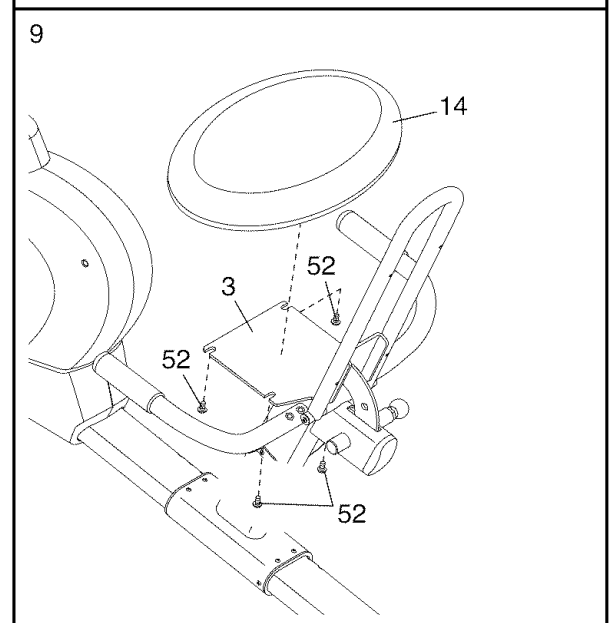
8. Apply a generous amount of the included grease to the Pivot Axle (40). Then, orient the Backrest Bracket (13) near the Seat Carriage (3) as shown.

Pull the Backrest Knob (32) and insert the Backrest Bracket (13) into the Seat Carriage (3). Then, release the Backrest Knob into one of the adjustment holes in the Backrest Bracket. **Make sure the Backrest Knob is engaged in one of the adjustment holes.**

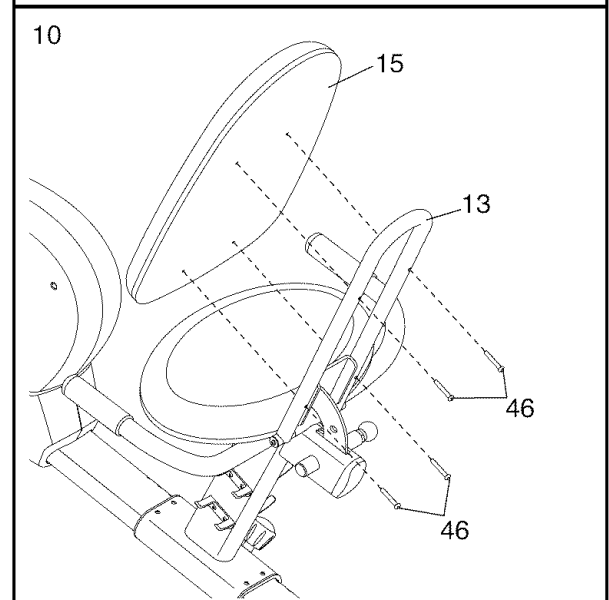
Slide the Pivot Axle (40) through the Backrest Bracket (13) and the welded tube on the Seat Carriage (3). Then, tighten an M8 x 15mm Screw (42) with an M8 x 18mm Washer (41) into each end of the Pivot Axle (40).



9. Attach the Seat (14) to the Seat Carriage (3) with four M6 x 20mm Button Screws (52). Note: The Button Screws may be preattached to the underside of the Seat.

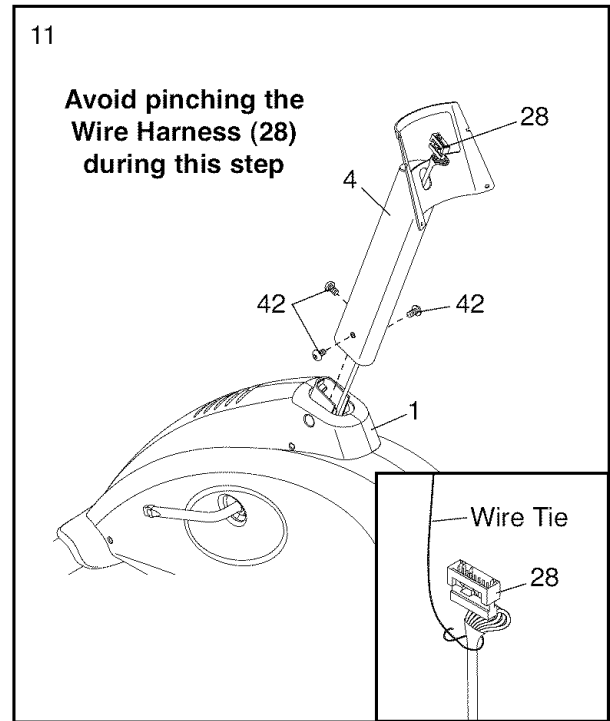


10. Attach the Backrest (15) to the Backrest Bracket (13) with four M6 x 38mm Button Screws (46). Note: The Button Screws may be preattached to the Backrest.

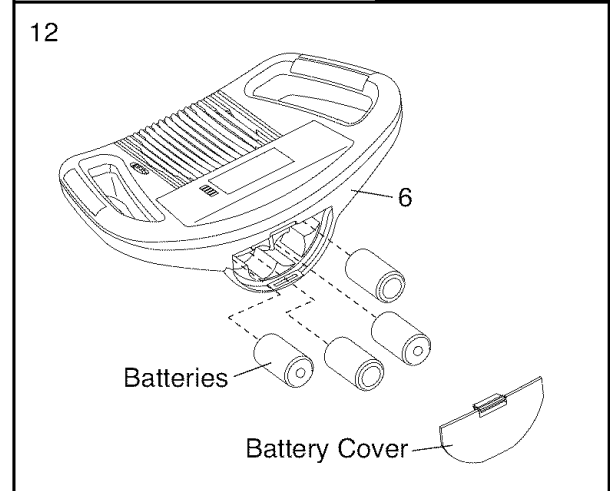


11. Have another person hold the Upright (4) near the front of the Frame (1). Locate the wire tie (see the inset drawing) in the Upright. Tie the lower end of the wire tie to the Wire Harness (28). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

Attach the Upright (4) to the Frame (1) with three M8 x 15mm Screws (42). **Be careful to avoid pinching the Wire Harness (28).**

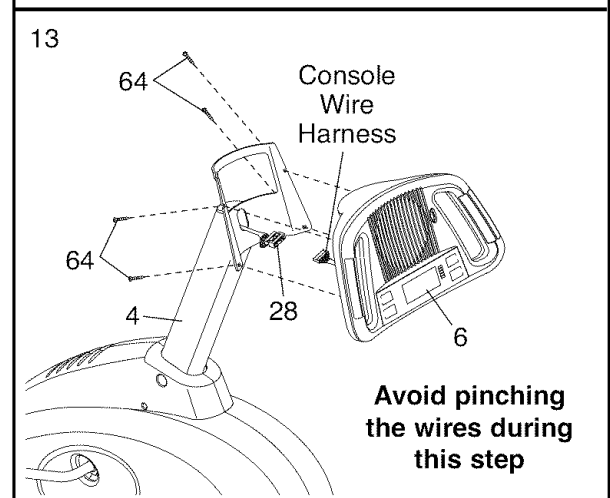


12. The Console (6) requires four "D" batteries (not included); alkaline batteries are recommended. Press the tab on the battery cover and remove it. Insert four batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the markings on the battery cover.** Then, reattach the battery cover.



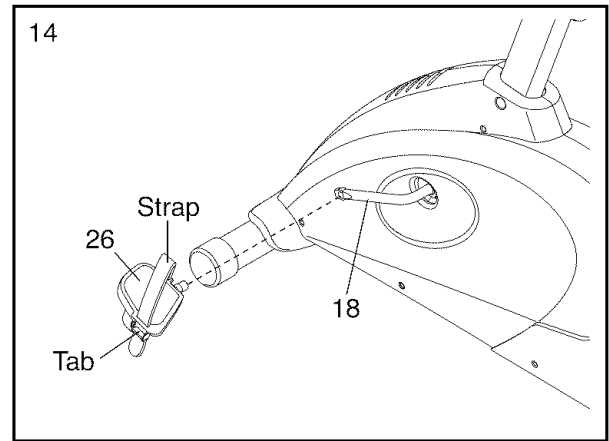
13. While another person holds the Console (6) near the Upright (4), connect the console wire harness to the Wire Harness (28). Insert the excess console wire harness into the Upright.

Attach the Console (6) to the Upright (4) with four M4 x 16mm Screws (64). **Be careful to avoid pinching the wires.**



14. Identify the Left Pedal (26), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (18). 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 strap on the Left Pedal (26) to the desired position, and press the end of the strap onto the tab on the Left Pedal. Adjust the right pedal strap in the same way.

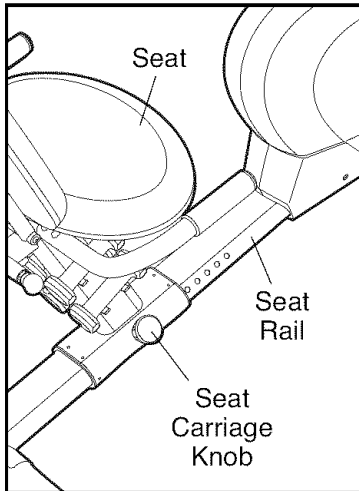


15. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT

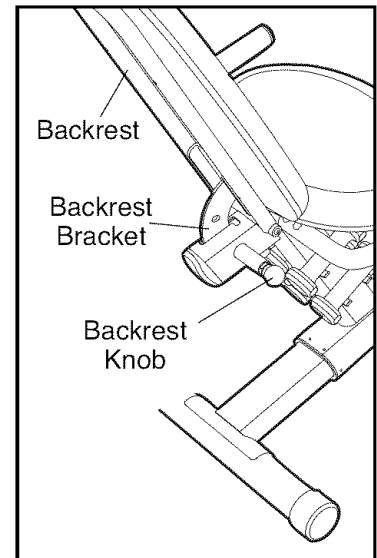
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the most forward position. To adjust the position of the seat, first turn the seat carriage knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the seat rail). Next, pull the knob, slide the seat carriage forward or backward to the desired position, and then release the knob into an adjustment hole in the seat rail. Then, turn the knob clockwise until it is tight. **Make sure the seat carriage knob is engaged in an adjustment hole.**



HOW TO ADJUST THE BACKREST

The backrest can be adjusted to any of three positions: the inclined (upright) position, the semi-inclined position, or the flat position.

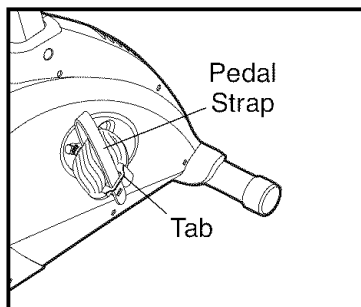
To adjust the backrest, **first adjust the seat to the most forward position** (see HOW TO ADJUST THE SEAT at the left). Next, pull the backrest knob, move the backrest bracket to the desired position, and then release the backrest knob into an adjustment hole. **Make sure the backrest knob is engaged in an adjustment hole.**

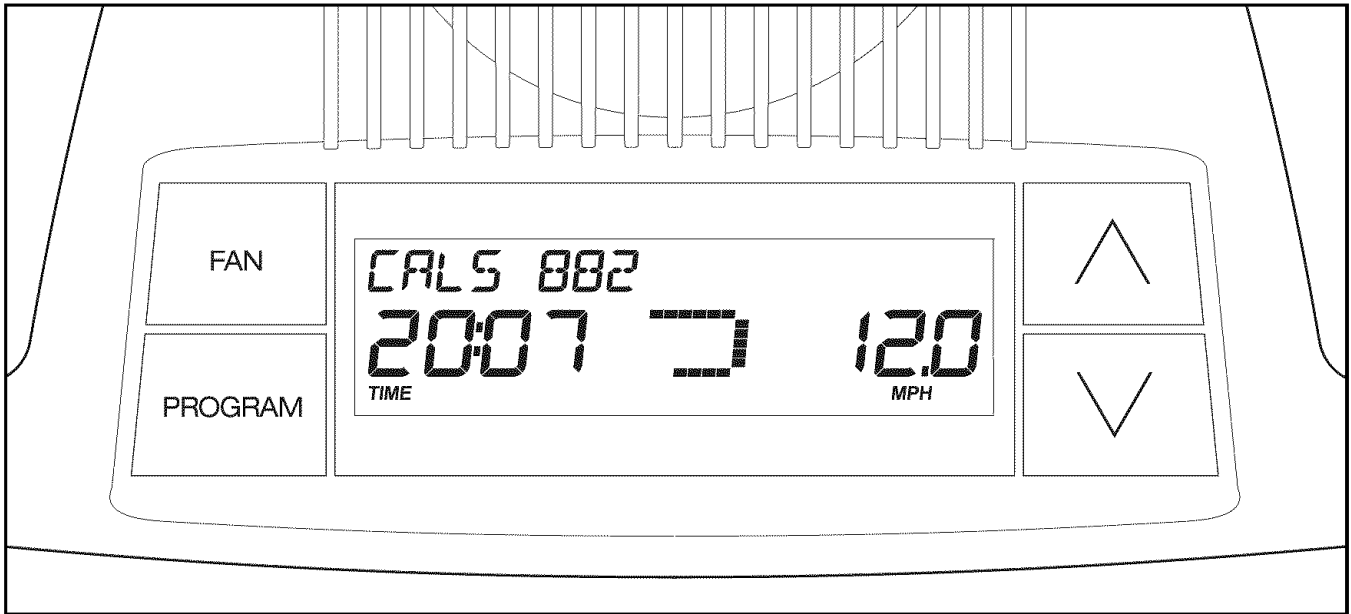


CAUTION: Never sit on the backrest; doing so could cause the exercise cycle to tip, resulting in injury.

HOW TO ADJUST THE PEDAL STRAPS

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





FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you select the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console offers two trainer programs that automatically change the resistance of the pedals and prompt you to increase or decrease your pace while guiding you through an effective workout.

The console also features five interactive cross training programs designed to help you to burn calories and enhance your cardiovascular system while toning and strengthening your muscles. The cross training programs automatically control the resistance of the pedals and prompt you to perform a variety of strength

exercises during your workout. Choose an upper body, lower body, or whole body cross training program for an effective workout. Note: The strength exercises require the use of the included dumbbells and an inflatable exercise ball (not included). **To purchase an exercise ball, call toll-free 1-888-533-1333.**

You can also use two calorie goal programs designed to help you burn 300 or 400 calories in 30 or 45-minute workouts. The calorie goal programs automatically control the resistance of the pedals and prompt you to increase or decrease your pace while counting the calories you burn.

To use the manual mode of the console, follow the steps beginning on page 12. **To use a trainer program**, see page 14. **To use a cross training program**, see page 15. **To use a calorie goal program**, see page 17.

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

HOW TO USE THE MANUAL MODE

1 Press any button or begin pedaling to turn on the console.

A moment after you turn on the console, the display will light.

2 Select the manual mode.

Each time you turn on the console, the manual mode will be selected automatically. If you have selected a program, reselect the manual mode by pressing the Programs button repeatedly until the words MANUAL MODE appear in the top of the display.

3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Increase and Decrease buttons repeatedly. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4 Follow your progress with the display.

The left side of the display—This side of the display will show the elapsed time.

Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.

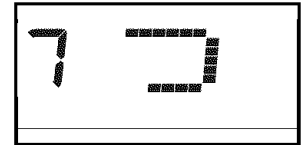
The left side of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 13).

When a program is selected, the left side of the display will also show the approximate number of calories you have burned.

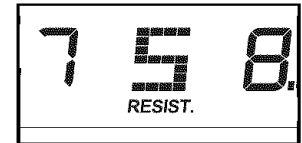


The center of the display—When you select the manual mode, the center of the display will show a track that represents

1/4 mile. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



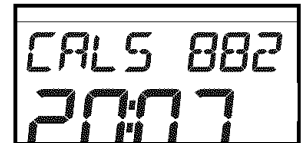
The center of the display will also show the resistance level of the pedals for a few seconds each time the resistance level changes.



The right side of the display—This side of the display will show the distance (in miles or kilometers) you have pedaled and your pedaling pace, in miles or kilometers per hour.

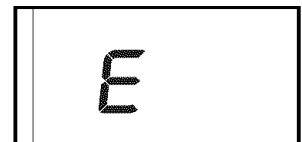


The top of the display—When you select the manual mode, the top of the display will show the approximate number of calories you have burned.



Note: The console can display speed and distance in either miles or kilometers. The letters MPH or Km/H will

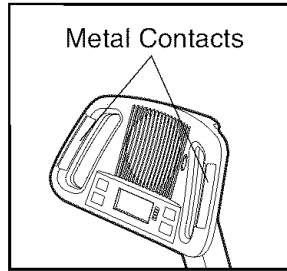
appear in the display to indicate the selected unit of measurement. To change the unit of measurement, first hold down the Program button for several seconds. An E (for English) or an M (for metric) will appear in the display. Press the Increase button to change the unit of measurement. When the desired unit of measurement is selected, press the Program button again. Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.



5 Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic.

To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.**



When your pulse is detected, a heart-shaped symbol will flash in the left side of the display each time your heart



beats, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

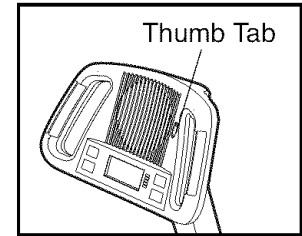
If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6 Turn on the fan if desired.

To turn on the fan at high speed, press the Fan button. To turn on the fan at low speed, press the button a second time. To turn off the fan, press the button a third time.

Note: If the pedals do not move for a few minutes, the fan will automatically turn off to conserve the batteries.

Pivot the thumb tab on the right side of the fan to adjust the fan angle.



7 When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for about five minutes and the buttons are not pressed, the console will turn off and the display will be reset.

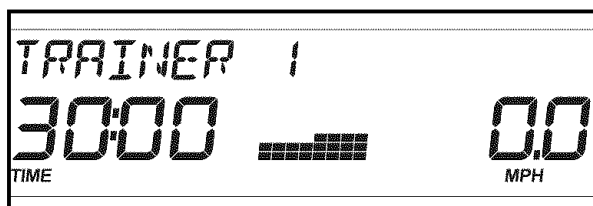
HOW TO USE A TRAINER PROGRAM

1 Press any button or begin pedaling to turn on the console.

A moment after you turn on the console, the display will light.

2 Select a trainer program.

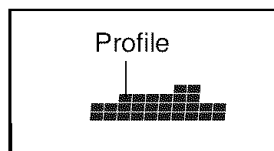
Press the Program button repeatedly until the words TRAINER 1 or TRAINER 2 appear in the display. When you select a trainer program, the program time will appear in the display and a profile of the resistance levels for the program will scroll across the center of the display.



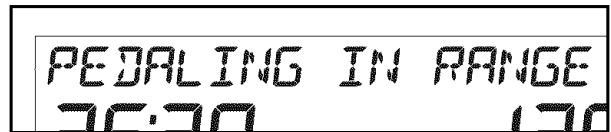
3 Begin pedaling to start the program.

Each program is divided into 30 one-minute segments. One resistance level and one target pace (speed) setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for two or more consecutive segments.

During the program, the program profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.



As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear, decrease your pace. When the words PEDALING IN RANGE appear, maintain your current pace.



Important: The target pace settings are intended only to provide motivation. Your actual pace may be slower than the target pace settings. Make sure to exercise at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Increase and Decrease buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

To stop the program at any time, stop pedaling. The time will begin to flash in the display. To restart the program, simply resume pedaling.

When the last segment of the program ends, the words PROGRAM DONE will appear in the display.

4 Follow your progress with the display.

See step 4 on page 12.

5 Measure your heart rate if desired.

See step 5 on page 13.

6 Turn on the fan if desired.

See step 6 on page 13.

7 When you are finished exercising, the console will turn off automatically.

See step 7 on page 13.

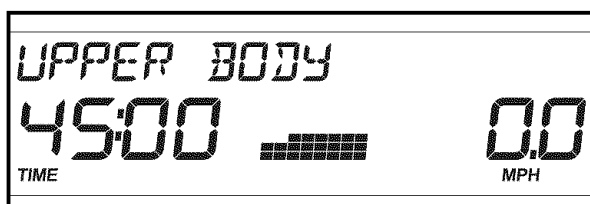
HOW TO USE A CROSS TRAINING PROGRAM

1 Press any button or begin pedaling to turn on the console.

A moment after you turn on the console, the display will light.

2 Select a cross training program.

Press the Program button repeatedly until the name of the desired cross training program appears in the display. When you select a cross training program, the program time will appear in the display and a profile of the resistance levels for the program will scroll across the center of the display.

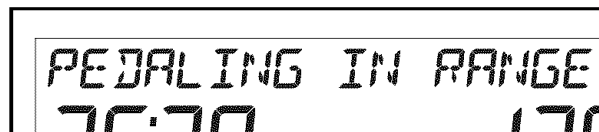


3 Begin pedaling to start the program.

Each program is divided into 25, 30 or 45 one-minute segments. One resistance level and one target pace (speed) setting are programmed for most segments. (Note: The same resistance and/or target pace setting may be programmed for two or more consecutive segments.) During other segments, the console will prompt you to perform strength exercises.

The display for the cross training programs works in the same way as the display for the trainer programs (see step 3 on page 14).

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear, decrease your pace. When the words PEDALING IN RANGE appear, maintain your current pace.



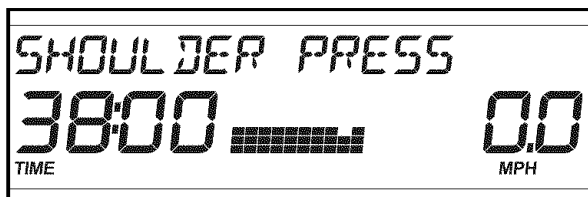
Important: The target pace settings are intended only to provide motivation. Your actual pace may be slower than the target pace settings. Make sure to exercise at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Increase and Decrease buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

To stop the program at any time, stop pedaling. The time will begin to flash in the display. To restart the program, simply resume pedaling.

4 Perform the first strength exercise when prompted.

When the first strength exercise segment begins, the name of the first strength exercise will appear in the display for a few seconds. The time will pause and flash in the display. Next, the display will show the recommended number of repetitions for the first strength exercise.



Step off the exercise cycle and prepare to begin the first strength exercise. Every few seconds, the console will sound a



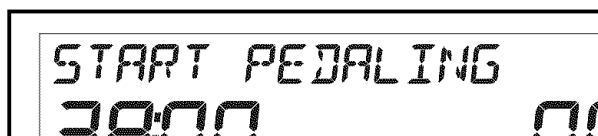
tone; when a tone sounds, perform one repetition of the exercise. Exercise with a slow, steady motion; do not perform more than one repetition each time a tone sounds. The display will count down the repetitions as you perform them.

Note: Refer to the accompanying exercise chart to see the correct form for each exercise. When performing lunges, alternate legs with each repetition. When performing dumbbell rows, perform half the repetitions with your right arm and half the repetitions with your left arm. The strength exercises require the use of the included dumbbells and an inflatable exercise ball (not included).

To purchase an exercise ball, call toll-free 1-888-533-1333.

5 Continue the cross training program.

When you have performed the recommended number of repetitions, the words START PEDALING will appear in the display. To continue the cross training program, step onto the exercise cycle and start pedaling. The pedals will automatically adjust to the resistance level for the next segment.



The program will continue in this way until the last segment ends. Then, the words PROGRAM DONE will appear in the display.

6 Follow your progress with the display.

See step 4 on page 12.

7 Measure your heart rate if desired.

See step 5 on page 13.

8 Turn on the fan if desired.

See step 6 on page 13.

9 When you are finished exercising, the console will turn off automatically.

See step 7 on page 13.

HOW TO USE A CALORIE GOAL PROGRAM

- 1 Press any button or begin pedaling to turn on the console.**

A moment after you turn on the console, the display will light.

- 2 Select one of the calorie goal programs.**

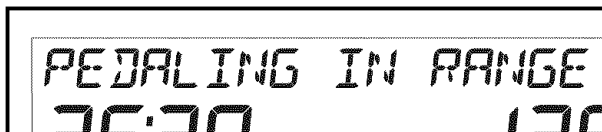
Press the Program button repeatedly until the name of the desired calorie goal program appears in the display. When you select a calorie goal program, the program time will appear in the display and a profile of the resistance levels for the program will scroll across the center of the display.



- 3 Begin pedaling to start the program.**

Each program is divided into 30 or 45 one-minute segments. One resistance level and one target pace (speed) setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for two or more consecutive segments. The display for a calorie goal program work in the same way as the display for the trainer programs (see step 3 on page 14).

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear, decrease your pace. When the words PEDALING IN RANGE appear, maintain your current pace.



Important: The target pace settings are intended only to provide motivation. Your actual pace may be slower than the target pace settings. Make sure to exercise at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Increase and Decrease buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment. Note: If you manually override the resistance levels of a calorie goal program, you might not reach your calorie goal.

To stop the program at any time, stop pedaling. The time will begin to flash in the display. To restart the program, simply resume pedaling.

When the last segment of the program ends, the words PROGRAM DONE will appear in the display.

- 4 Follow your progress with the display.**

See step 4 on page 12.

- 5 Measure your heart rate if desired.**

See step 5 on page 13.

- 6 Turn on the fan if desired.**

See step 6 on page 13.

- 7 When you are finished exercising, the console will turn off automatically.**

See step 7 on page 13.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly 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 liquid dish soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

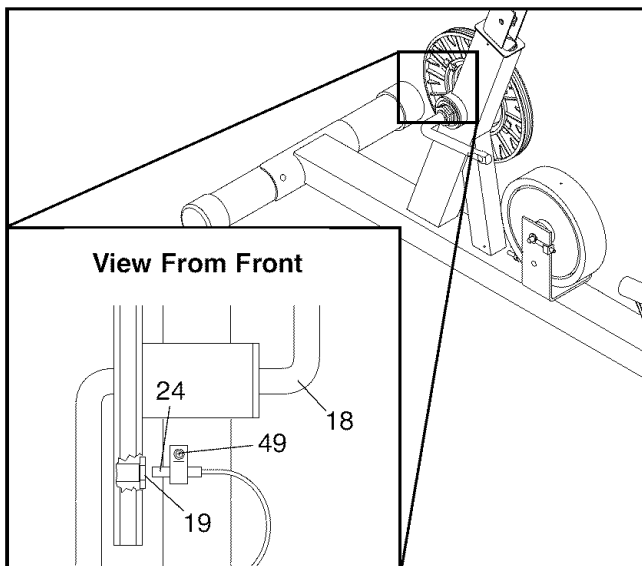
BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 12 on page 8.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must first remove the left side shield. Using an adjustable wrench, turn the left pedal clockwise and remove it. Next, remove the screws from the left side shield. Note: There are different sizes of screws attaching the left side shield. Be sure to note the location of each screw. Then, carefully remove the left side shield.

With the left side shield removed, locate the Reed Switch (24). Turn the Crank (18) until the Magnet (19) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated Reed Switch Screw (49). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.



HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 13.

CYCLING EXERCISE GUIDELINES

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

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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 | ♥ |
| <hr/> | | | | | | | |
| 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 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.

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 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 the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle of 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.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of five to ten 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. Note: 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 five to ten 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.

STRENGTH EXERCISE GUIDELINES

 **WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

STRENGTH EXERCISE GUIDELINES

The exercise cycle and the included dumbbells can be used for a variety of strength exercises designed to trim, tone, and strengthen the body. Please read these guidelines before performing strength exercises.

It is recommended that your strength exercise program include three strength workouts each week. Use the exercise cycle's interactive cross training programs to combine strength exercises with cycling exercise. An alternative is to perform strength exercises and cycling exercise on alternating days. For example, perform strength exercises on Tuesday, Thursday, and Saturday, and plan cycling exercise on Monday, Wednesday, and Friday. Make sure to rest for at least one full day each week to give your body time to regenerate. **CAUTION: It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace.**

Begin each workout with five to ten minutes of stretching and light exercise to warm up. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

After warming up, perform a selection of strength exercises. The cross training programs will guide you

through a variety of strength exercises. Consult a reputable book to find additional strength exercises. When you use a cross training program, you will be prompted to perform a specific number of repetitions. When you are not using a cross training program, begin with 12 repetitions for each exercise that you perform. (A "repetition" is one complete cycle of an exercise, such as one shoulder press.) As your fitness level increases, perform two or three sets of repetitions for each exercise. Always rest for at least one minute after each set. When you can complete three sets of 12 repetitions without difficulty, you may choose to use heavier weights.

Finish each workout with five to ten minutes of stretching to cool down. This will increase your flexibility and will help to prevent soreness.

EXERCISE FORM

For the best results, correct form is important. Maintaining proper form means moving through the full range of motion for each strength exercise, and moving only the appropriate parts of the body. Make sure to perform each strength exercise with a smooth, steady motion. Exhale as you exert yourself, and inhale as you return to the starting position; never hold your breath.

STAYING MOTIVATED

For motivation, try listening to music or watching television while you exercise. Use a calendar to keep a record of your workouts, and record key body measurements at the end of every month. Remember, the key to lasting results is to make exercise a regular and enjoyable part of your daily 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, backs 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

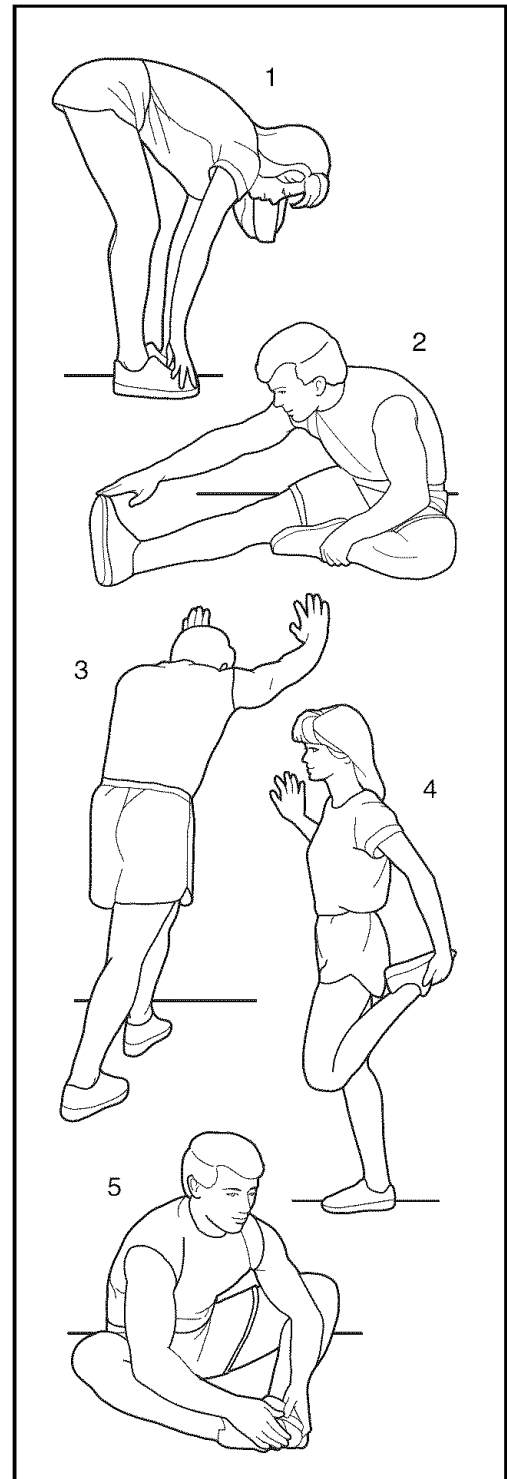
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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 each leg. 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 as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. 831.21652.0

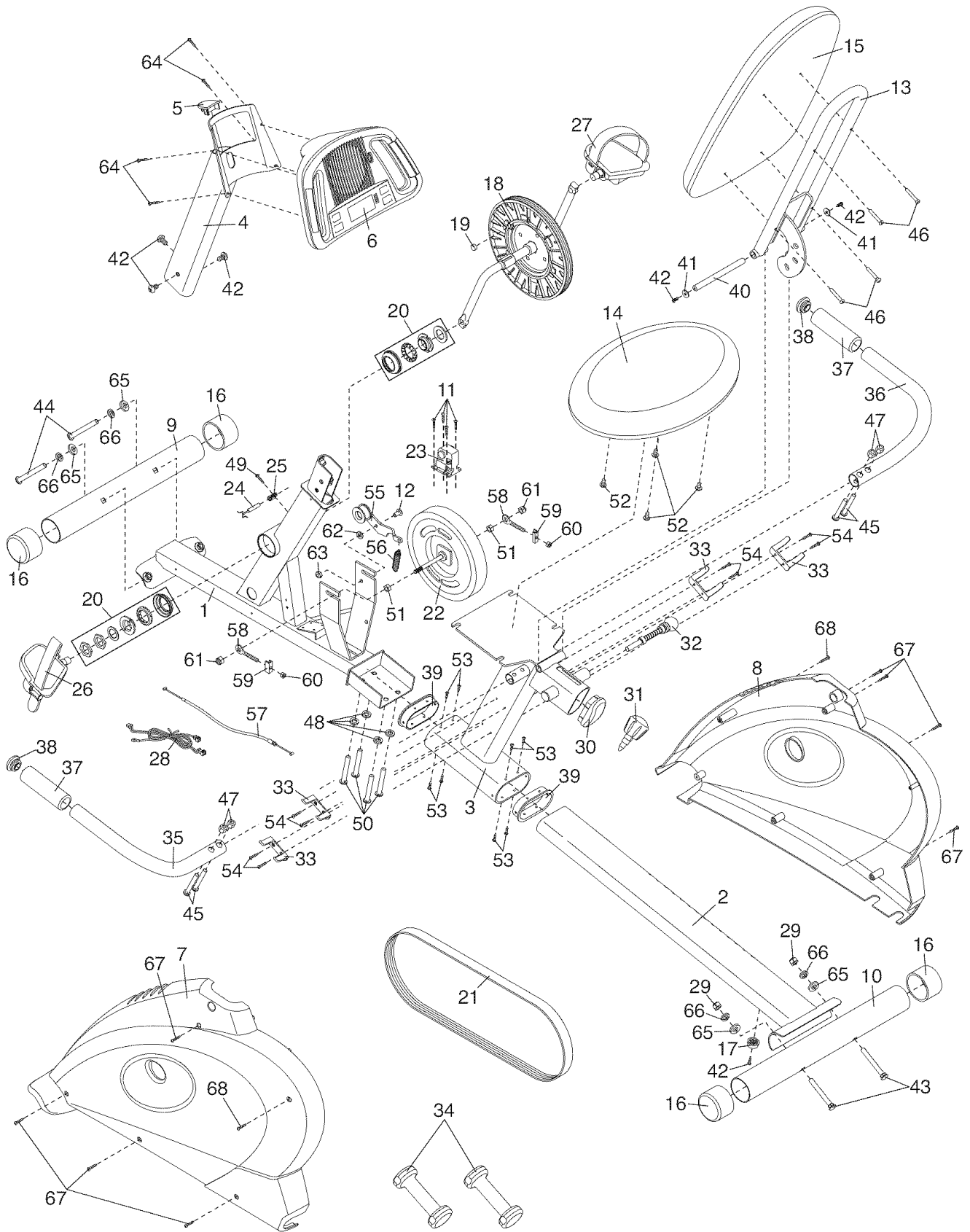
R1106B

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|------------------------|---------|------|-------------------------|
| 1 | 1 | Frame | 37 | 2 | Foam Grip |
| 2 | 1 | Seat Rail | 38 | 2 | Handlebar Endcap |
| 3 | 1 | Seat Carriage | 39 | 2 | Seat Carriage Bushing |
| 4 | 1 | Upright | 40 | 1 | Pivot Axle |
| 5 | 1 | Upright Endcap | 41 | 2 | M8 x 18mm Washer |
| 6 | 1 | Console | 42 | 6 | M8 x 15mm Screw |
| 7 | 1 | Left Side Shield | 43 | 2 | M8 x 75mm Carriage Bolt |
| 8 | 1 | Right Side Shield | 44 | 2 | M8 x 75mm Button Screw |
| 9 | 1 | Front Stabilizer | 45 | 4 | M8 x 38mm Button Bolt |
| 10 | 1 | Rear Stabilizer | 46 | 4 | M6 x 38mm Button Screw |
| 11 | 4 | M5 x 12mm Screw | 47 | 4 | M8 Nylon Locknut |
| 12 | 1 | M8 x 20mm Bolt | 48 | 4 | M10 Split Washer |
| 13 | 1 | Backrest Bracket | 49 | 1 | Reed Switch Screw |
| 14 | 1 | Seat | 50 | 4 | M10 x 25mm Button Screw |
| 15 | 1 | Backrest | 51 | 2 | 3/8" x 4mm Nut |
| 16 | 4 | Stabilizer Endcap | 52 | 4 | M6 x 20mm Button Screw |
| 17 | 1 | Foot | 53 | 8 | M5 x 7mm Screw |
| 18 | 1 | Pulley/Crank | 54 | 8 | M4 x 10mm Screw |
| 19 | 1 | Magnet | 55 | 1 | Idler |
| 20 | 1 | Crank Bearing Assembly | 56 | 1 | Idler Spring |
| 21 | 1 | Drive Belt | 57 | 1 | Eddy Cable |
| 22 | 1 | Eddy Mechanism | 58 | 2 | Eyebolt |
| 23 | 1 | Resistance Motor | 59 | 2 | "U" Bracket |
| 24 | 1 | Reed Switch/Wire | 60 | 2 | M6 Nut |
| 25 | 1 | Clamp | 61 | 2 | 3/8" x 7mm Nut |
| 26 | 1 | Left Pedal/Strap | 62 | 1 | Idler Washer |
| 27 | 1 | Right Pedal/Strap | 63 | 1 | M8 Jamnut |
| 28 | 1 | Wire Harness | 64 | 4 | M4 x 16mm Screw |
| 29 | 2 | M8 Acorn Nut | 65 | 4 | M8 x 19mm Washer |
| 30 | 1 | Seat Carriage Endcap | 66 | 4 | M8 Split Washer |
| 31 | 1 | Seat Carriage Knob | 67 | 8 | M5 x 15mm Screw |
| 32 | 1 | Backrest Knob | 68 | 2 | M4 x 25mm Screw |
| 33 | 4 | Dumbbell Cradle | # | 2 | Hex Key |
| 34 | 2 | Dumbbell | # | 1 | Assembly Tool |
| 35 | 1 | Left Handlebar | # | 1 | Grease Packet |
| 36 | 1 | Right Handlebar | # | 1 | User's Manual |

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. **If a part is missing, call toll-free 1-888-533-1333.**

EXPLODED DRAWING—Model No. 831.21652.0

R1106B



Get it fixed, at your home or ours!

Your Home

For repair—**in your home**—of **all** major brand appliances, lawn and garden equipment, or heating and cooling systems, **no matter who made it, no matter who sold it!**

For the replacement parts, accessories, and user's manuals that you need to do-it-yourself.

For Sears professional installation of home appliances and items like garage door openers and water heaters.

1-800-4-MY-HOME® (1-800-469-4663)

Call anytime, day or night (U.S.A. and Canada)

www.sears.com

www.sears.ca

Our Home

For repair of carry-in items like vacuums, lawn equipment, and electronics, call or go on-line for the location of your nearest **Sears Parts & Repair Center.**

1-800-488-1222 Call anytime, day or night (U.S.A. only)

www.sears.com

To purchase a protection agreement (U.S.A.) or maintenance agreement (Canada) on a product serviced by Sears:

1-800-827-6655 (U.S.A.)

1-800-361-6665 (Canada)

Para pedir servicio de reparación a domicilio, y para ordenar piezas:

1-888-SU-HOGAR® (1-888-784-6427)



® Registered Trademark / ™ Trademark / ™ Service Mark of Sears Brands, LLC
© Marca Registrada / ™ Marca de Fábrica / ™ Marca de Servicio de Sears Brands, LLC

90 DAY FULL WARRANTY

If this Sears Bike Exerciser fails due to a defect in material or workmanship within 90 days of the date of purchase, call 1-800-4-MY-HOME® (1-800-469-4663) to arrange for free repair (or replacement if repair proves impossible). There is a five year warranty on the frame.

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., Hoffman Estates, IL 60179