

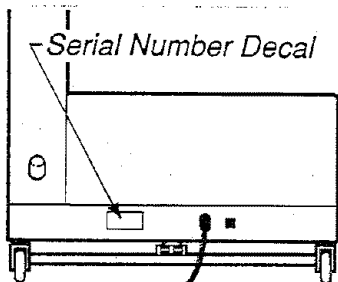
# Lifestyler™

✓ PROGRAMMABLE SPEED  
✓ AUTO INCLINE

# 3500ps

Model No. 831.296703

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



## QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

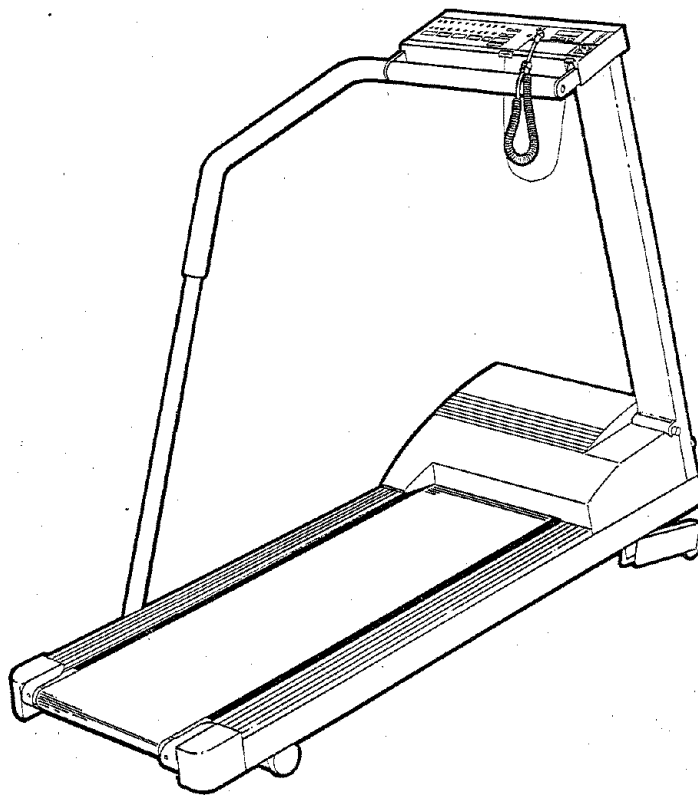
CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST.

## CAUTION:

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



**SEARS®**  
**OWNER'S MANUAL**

## **FULL 90 DAY WARRANTY ON PARTS**

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, Sears will, free of charge, repair or replace and install a replacement part for any defective part, when the Programmable Speed, Auto Incline Treadmill is used in a normal manner.

This warranty does not apply when the Programmable Speed, Auto Incline Treadmill is used for commercial or rental purposes.

**SERVICE IS AVAILABLE BY SIMPLY CONTACTING YOUR NEAREST SEARS SERVICE CENTER/DEPARTMENT IN THE UNITED STATES.**

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

SEARS, ROEBUCK AND CO., DEPT. 731CR-W, CHICAGO, IL 60684

# **Lifestyler™**

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**▼ PROGRAMMABLE SPEED**

**▼ AUTO INCLINE**

# **3500ps**

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## **TABLE OF CONTENTS**

Warranty .....	2
Important Safety Precautions .....	4
Before You Begin .....	5
Assembly .....	6
Operation and Adjustment .....	7
Trouble-Shooting and Maintenance .....	10
Conditioning Guidelines .....	13
Part List .....	14
Exploded Drawing .....	15
Ordering Replacement Parts .....	Back Cover

**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for individuals 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.

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## IMPORTANT SAFETY PRECAUTIONS

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

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill on thick carpet, near water or outdoors. Do not operate where aerosol products are used or where oxygen is being administered.
2. Plug the power cord directly into a grounded circuit carrying 12 or more amps. No other appliance should be on the same circuit. (See the OPERATION AND ADJUSTMENT section of this manual for proper grounding instructions.) Keep the power cord away from heated surfaces. If an extension cord is required, use only a 14-gauge, general-purpose cord of approximately five feet in length with a three-wire conductor.
3. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug are damaged, or if the treadmill is not working properly. (Refer to the BEFORE YOU BEGIN section of this manual if the treadmill is not working properly.)
4. The roller guards must be 1/8 inch from the rear roller. Turn the power off and adjust the roller guards, if necessary.
5. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. *Always wear running or aerobic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.* Athletic support clothes are recommended for both men and women.
6. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
7. Never allow more than one person on the treadmill at a time. Use the treadmill only as described in this manual.
8. Keep small children away from the treadmill during operation. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.
9. Never drop or insert any object into any opening.
10. Always unplug the power cord 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.
11. This treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.

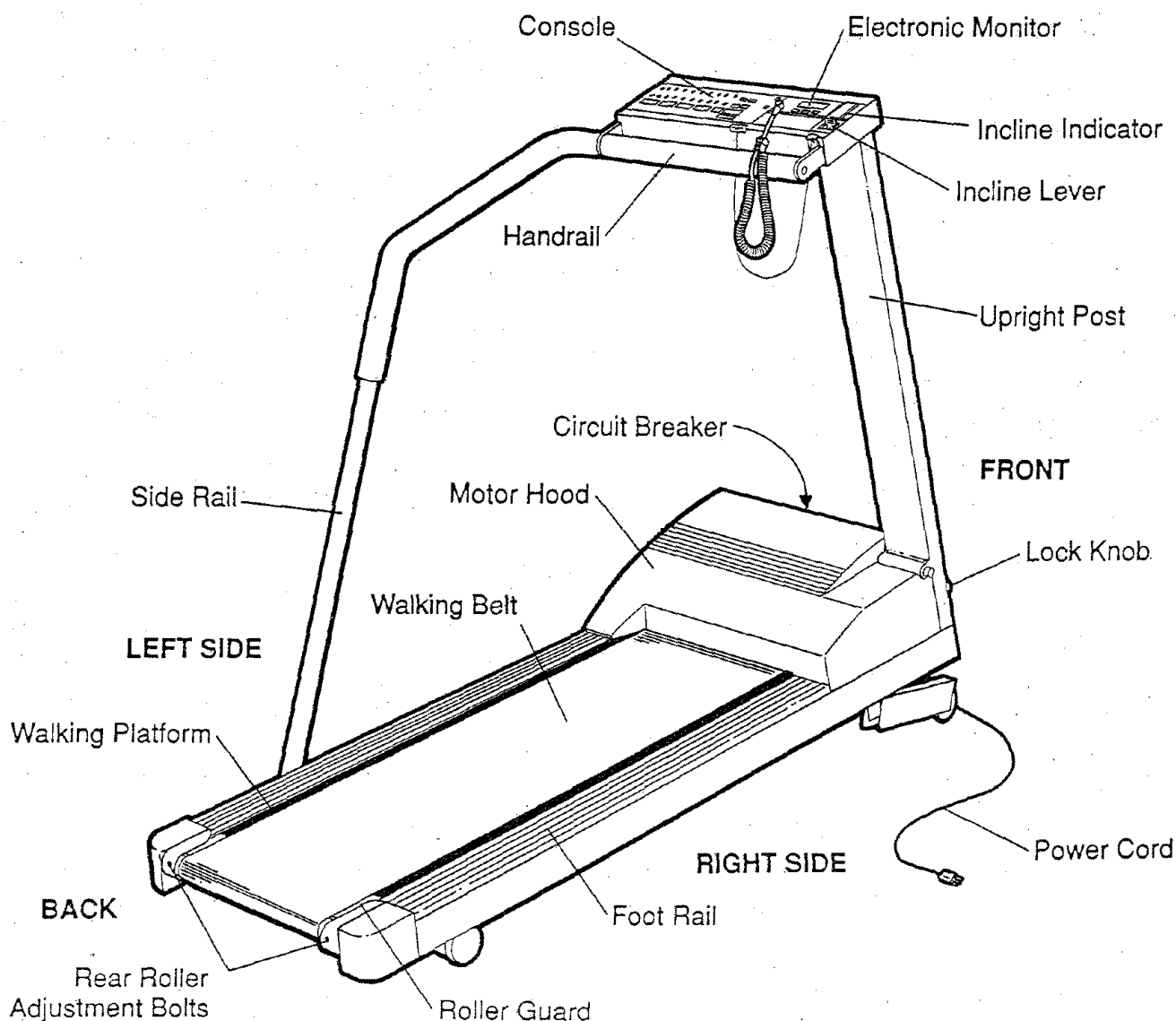
**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

Thank you for selecting the Sears Lifestylr 3500ps treadmill. The Lifestylr 3500ps combines state-of-the-art technology with innovative design to let you enjoy an excellent form of cardiovascular exercise at your convenience, in the privacy of your home. Your exercise on the Lifestylr 3500ps will be enhanced by such features as a key-activated power switch, electronic speed control, auto incline control, and a programmable console.

**For your safety and benefit, read this manual carefully before using this equipment.** If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you quickly, please mention your product model number and serial number when calling. The model number is printed on the front cover of this manual. The serial number is recorded on a decal attached to the product (see the drawing on the front cover for the location).

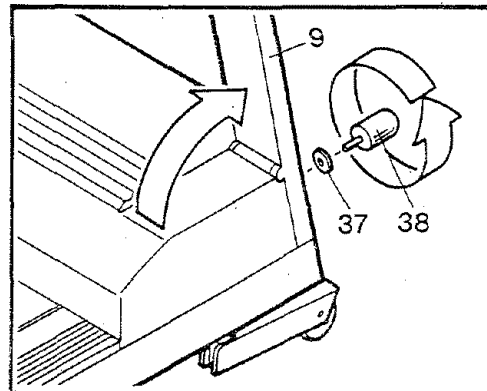
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



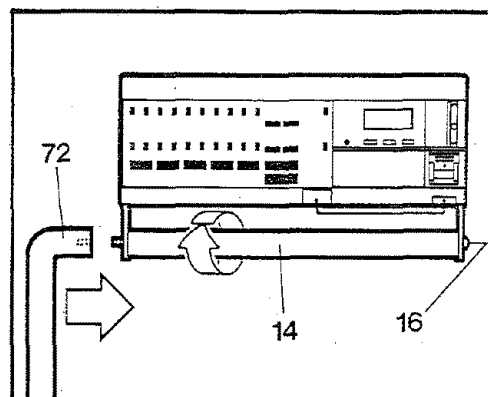
# ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.** Assembly can be completed using the allen wrench included, and your own standard screwdriver. Refer to the Part List and Exploded Drawing on pages 14 and 15 for help with part identification, if necessary.

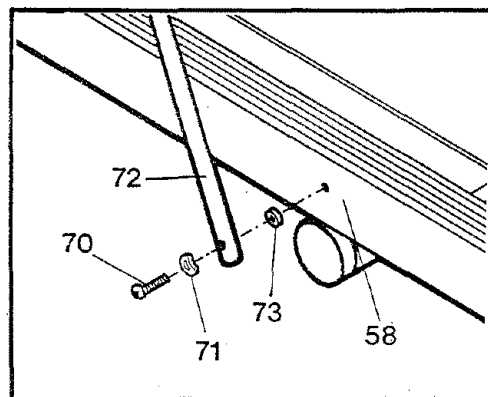
1. Raise the Upright Post (9) to a vertical position. Insert the Lock Knob (38), with the Lock Knob Washer (37), into the Upright Post, and turn the Knob clockwise until almost tight. Leave a little play in the Upright Post for the following steps.



2. Align the upper end of the Side Rail (72) with the left end of the Handrail (14). Turn the Handrail as shown to thread the Handrail into the Side Rail. (Note: If the Handrail will not turn easily, loosen the Handrail Bolt [16] slightly.) Tighten the Handrail and the Handrail Bolt.



3. Align the lower end of the Side Rail (72) with the hole in the side of the treadmill Frame (58). Attach the Side Rail with a Side Rail Bolt (70), Formed Washer (71) and Side Rail Washer (73) as shown. Tighten the Lock Knob (see step 1).



Make sure that all parts are tightened securely before using the treadmill.

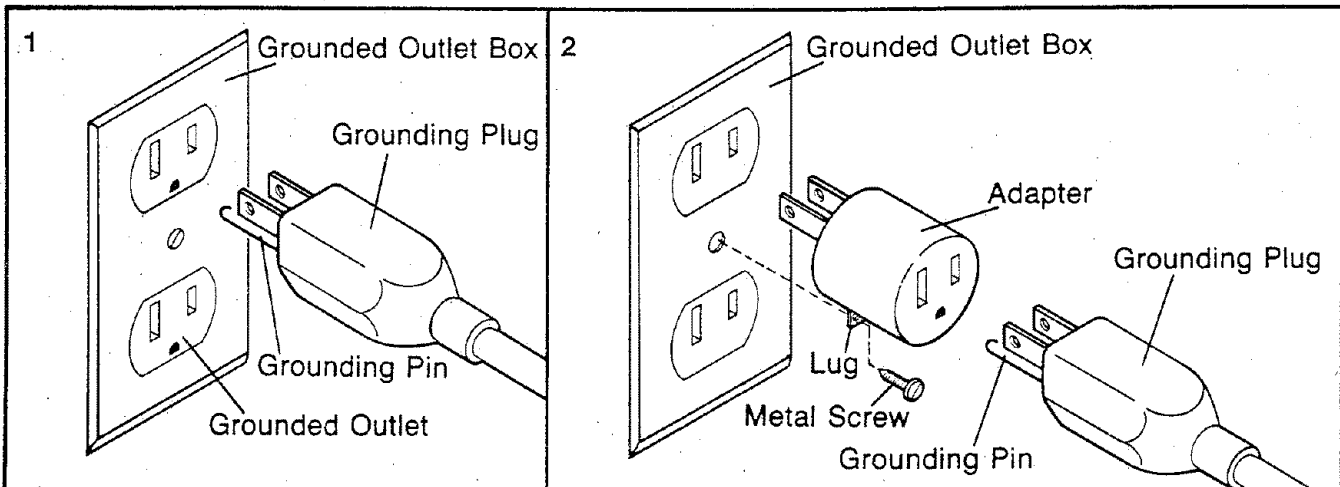
# OPERATION AND ADJUSTMENT

## GROUNDING INSTRUCTIONS

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. **The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

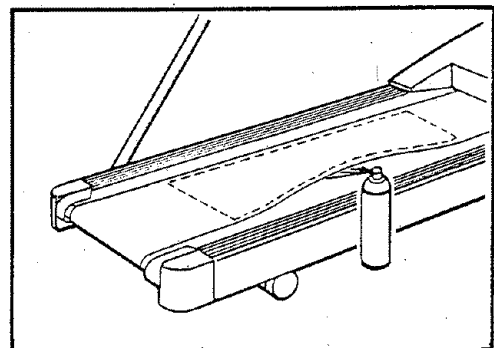
**DANGER:** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter **must be connected** to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it **must be held in place** by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



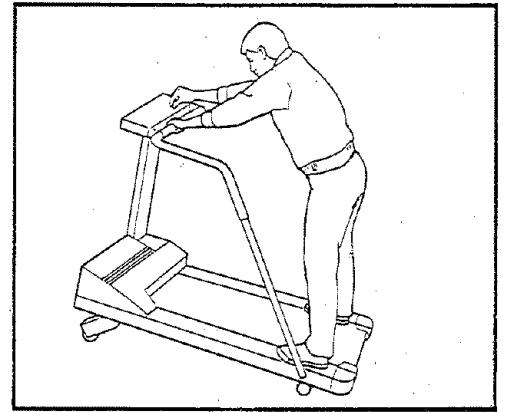
## SILICONE APPLICATION

To maintain the low-friction quality of the walking belt and reduce treadmill wear, a non-oil, non-petroleum base silicone lubricant should be applied generously to the walking platform. (Silicone lubricant is available at most hardware and automotive stores.) **It is very important to apply silicone lubricant before initial use of the treadmill.** Lubricant should also be applied after every 10 hours of use or whenever a decrease in performance is noticed. **Unplug the power cord**, lift each side of the walking belt and apply the lubricant generously to the area indicated.

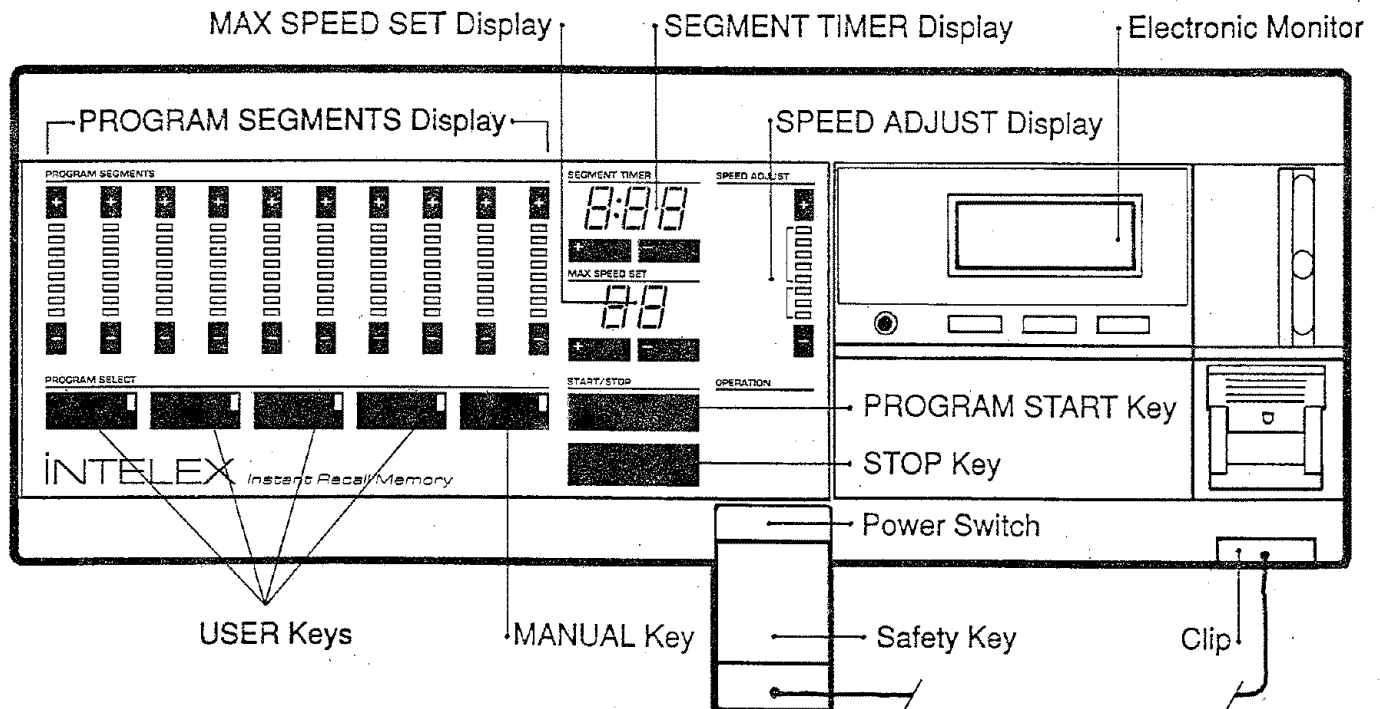


## INCLINE ADJUSTMENT

To vary the level of exercise intensity, the incline of the treadmill can be changed using the lever on the right side of the console. **Do not adjust the incline while you are walking or running on the treadmill.** To increase the incline of the treadmill, **stand toward the rear of the foot rails** and pull back the lever. When the desired incline is reached, release the lever. To decrease the incline, **stand toward the front of the foot rails**, lean forward if necessary, and pull back the lever until the desired incline is reached. There is an incline indicator located above the incline lever on the console. The indicator measures the incline of the treadmill.



## CONSOLE DIAGRAM



## TURNING THE POWER ON

Stand on the foot rails of the treadmill. Attach the clip on the safety key to the waistband of your clothing. **CAUTION:** Always wear the clip when operating the treadmill. If you fall while exercising, the safety key will be pulled from the console, instantly turning the power off.

Insert the safety key into the power switch in the front of the console. The electronic monitor display will turn on, the indicator on the MANUAL key will light and one bar in the SPEED ADJUST display will light. **NOTE:** If you remove the safety key from the console, wait for ten seconds for the microprocessor to power down before re-inserting the key.

## ELECTRONIC MONITOR OPERATION



## MANUAL SPEED MODE

When the power is turned on, the console will be in the manual mode and the walking belt will be stationary. The speed of the walking belt can be controlled with the plus (+) and minus (-) keys in the SPEED ADJUST display. Each time the plus key is pressed, a tone will sound and the speed of the walking belt will increase. Every fourth time the key is pressed, an additional bar in the display will light. The minus key functions in the same manner to decrease the speed. (The keys can be held down to change the speed quickly.) **CAUTION:** It will take a few seconds for the walking belt to reach the selected speed. Adjust the speed gradually until you are familiar with the treadmill.

Press the plus key until the walking belt begins to move at slow speed. Step carefully onto the walking belt and begin exercising. Adjust the speed as desired by pressing the plus or minus keys.

To stop the walking belt, hold down the minus key. The belt can be stopped quickly, if desired, by pressing the STOP key. It will take a few seconds for the belt to stop fully.

## PROGRAMMABLE SPEED MODE

When the console is in the programmable mode, the speed of the walking belt will be controlled automatically by workout programs you create. Up to four workout programs can be stored in memory, and recalled for future workouts.

To create a program, first press one of the four USER keys. Next, press the plus (+) or minus (-) keys in the MAX SPEED SET display to set the maximum speed you want the walking belt to move during the program. Each time one of the keys is pressed, the maximum speed setting will change by 0.5 miles per hour. The maximum speed setting must be at least 4.0 miles per hour. (The maximum speed setting cannot be set quickly by holding down the keys.)

Ten speed settings should now be programmed on the PROGRAM SEGMENTS display. The display is divided into ten vertical segments, each with a plus (+) and minus (-) key and eight bars. One speed setting can be programmed on each segment. The bars in each segment show the speed setting of that segment. If one bar is lighted, the segment is programmed for the minimum speed. If all eight bars are lighted, the segment is programmed for the maximum speed. (If a program has not previously been created, four bars will be lighted in each segment.) To program a speed setting on the first segment (at far left), press the plus or minus keys in that segment. Each time the plus key is pressed, a tone will sound and the speed setting will increase. Every fourth time the plus key is pressed, an additional bar in the segment will light. The minus key functions in the same manner to decrease the speed setting. (The keys can be held down to program a speed setting quickly.) Program speed settings on the remaining nine segments in the same manner. You may wish to program a low setting on the first segment for a warm-up, a combination of higher settings on the middle segments, and a low setting on the final segment for a cool-down. An endless variety of "profiles" can be created.

Next, press the plus (+) or minus (-) keys in the SEGMENT TIMER display to set the length of time you want each segment to last. (All segments will last for the same length of time.) Each segment can be set to last for a minimum of 30 seconds, up to a maximum of 9 minutes, 50 seconds. Each time one of the keys is pressed, the time displayed will change by 10 seconds. (The keys can be held down to set the time quickly.)

To start the program, press the PROGRAM START key. The lighted bars in the first segment will begin to flash, and after a few seconds the walking belt will begin to move at the speed setting of the first segment. Step onto the walking belt and begin exercising. The SEGMENT TIMER display will show the time remaining in the first segment. When no time remains, the lighted bars in the second segment will begin to flash, the speed of the walking belt will change to the setting of the second segment, and the SEGMENT TIMER display will show the time remaining in the second segment.

After all ten segments have been completed, the walking belt will slow to a stop and the program will end. Note: If you wish to stop the walking belt before the program has ended, press the STOP key. The console will then be in the same state as if the program had ended.

**IMPORTANT:** If you want to change any program settings after the program has been started, press the STOP key, and then make the desired changes. The program can be restarted by pressing the PROGRAM START key. Changing settings while the program is running could cause the speed of the walking belt to increase suddenly.

After the program has ended, the program can be restarted, a different program can be selected by pressing one of the other USER keys or the console can be switched to the manual mode by pressing the MANUAL key. When the console is switched to the manual mode, or the power is turned off, the current settings of the ten segments will be stored in memory. Programs will be stored as long as the power cord remains plugged in. **When the power cord is unplugged, programs will be erased.**

### TURNING THE POWER OFF

To turn the power off, remove the safety key from the console. Store the safety key in a secure location to prevent small children from operating the treadmill. **NOTE:** After removing the safety key from the console, wait for ten seconds for the microprocessor to power down before re-inserting the key.

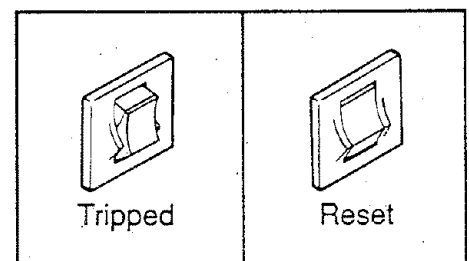
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## TROUBLE-SHOOTING AND MAINTENANCE

**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 necessary, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

### 1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure the power cord is plugged into a properly grounded outlet. (See OPERATION AND ADJUSTMENT in this manual.) If an extension cord is necessary, use only a 14-gauge, general purpose cord of approximately five feet in length.
- b. Make sure the safety key is fully inserted into the console. Various indicators on the console should light. (See OPERATION AND ADJUSTMENT in this manual.)
- c. 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.



## 2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in. (See the drawing above.)
- b. Make sure the power cord is plugged in.
- c. Remove the safety key from the console. Wait for ten seconds and then reinsert the safety key fully into the console. Various indicators on the console should light.

## 3. SYMPTOM: THE ELECTRONIC MONITOR DOES NOT FUNCTION PROPERLY

- a. Using a small screwdriver, remove the two screws attaching the electronic monitor and gently pry the monitor out of the console. Make sure the power and speed wires are plugged fully into the monitor. (See the Electronic Monitor Operation Guide.)

## 4. SYMPTOM: THE CONSOLE LOCKS UP

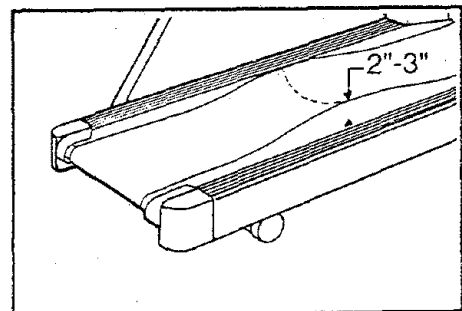
- a. Unplug the power cord, wait for 10 seconds, and plug the power cord back in. Each time the safety key is removed from the console, wait for 10 seconds before reinserting the key.

## 5. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- a. Make sure the pulse earclip is plugged fully into the electronic monitor. Attach the clothes clip to your collar. Rub your left ear lobe and reposition the earclip.
- b. Try standing still while measuring your pulse. The pulse earclip is not a medically certified device. External factors such as movement may affect heart rate readings.
- c. The pulse earclip may need to be cleaned. Press the earclip open, and wipe the two clear circles inside the earclip, using a cotton swab saturated with denatured alcohol.

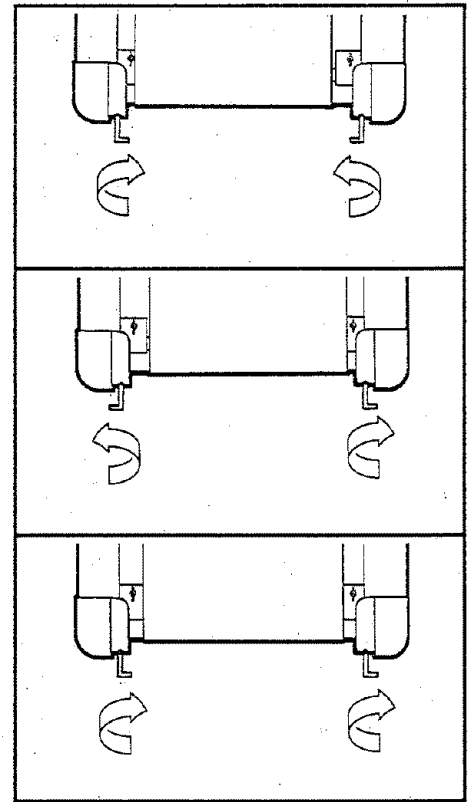
## 6. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. Silicone lubricant should be applied to the walking platform before use. Lubricant should be reapplied after every 10 hours of use, and whenever a decrease in performance is noticed. UNI SPORT Silicone Spray is recommended. **CAUTION: ALWAYS TURN THE POWER OFF WHEN APPLYING LUBRICANT.** (See OPERATION AND ADJUSTMENT in this manual for application instructions.)
- b. If an extension cord is necessary, use only a 14-gauge general-purpose cord of approximately five feet in length.
- c. If the walking belt is overtightened, treadmill performance may be reduced. **TURN THE POWER OFF.** Turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. Repeat as necessary until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 2-3 in. off of the walking platform. The center of the walking belt should remain just at the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.



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

- a. If the walking belt has shifted to the left, first **TURN THE POWER OFF**. Turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Repeat as necessary until the walking belt is centered.
- b. If the walking belt has shifted to the right, first **TURN THE POWER OFF**. Turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Repeat as necessary until the walking belt is centered.
- c. If the walking belt slips when walked on, first **TURN THE POWER OFF**. Turn both rear roller adjustment bolts clockwise, 1/4 of a turn. Repeat as necessary until the tension of the walking belt is correct. When the tension is correct, you should be able to lift each side of the walking belt 2-3 in. off of the walking platform. The center of the walking belt should remain just at the surface of the walking platform. Be careful to keep the walking belt centered on the walking platform.



## 8. SYMPTOM: THE TREADMILL DOES NOT INCLINE

- a. Stand at the back of the foot rails while increasing the incline. Stand at the front of the foot rails and lean forward while decreasing the incline. (See **OPERATION AND ADJUSTMENT** in this manual.)

## 9. SYMPTOM: THE INCLINE INDICATOR NEEDS ADJUSTMENT

- a. Lower the treadmill fully. (See **OPERATION AND ADJUSTMENT** in this manual for incline adjustment instructions.) Gently press the ends of the indicator, using a pen or similar object, until the bubble in the indicator shows level 1.

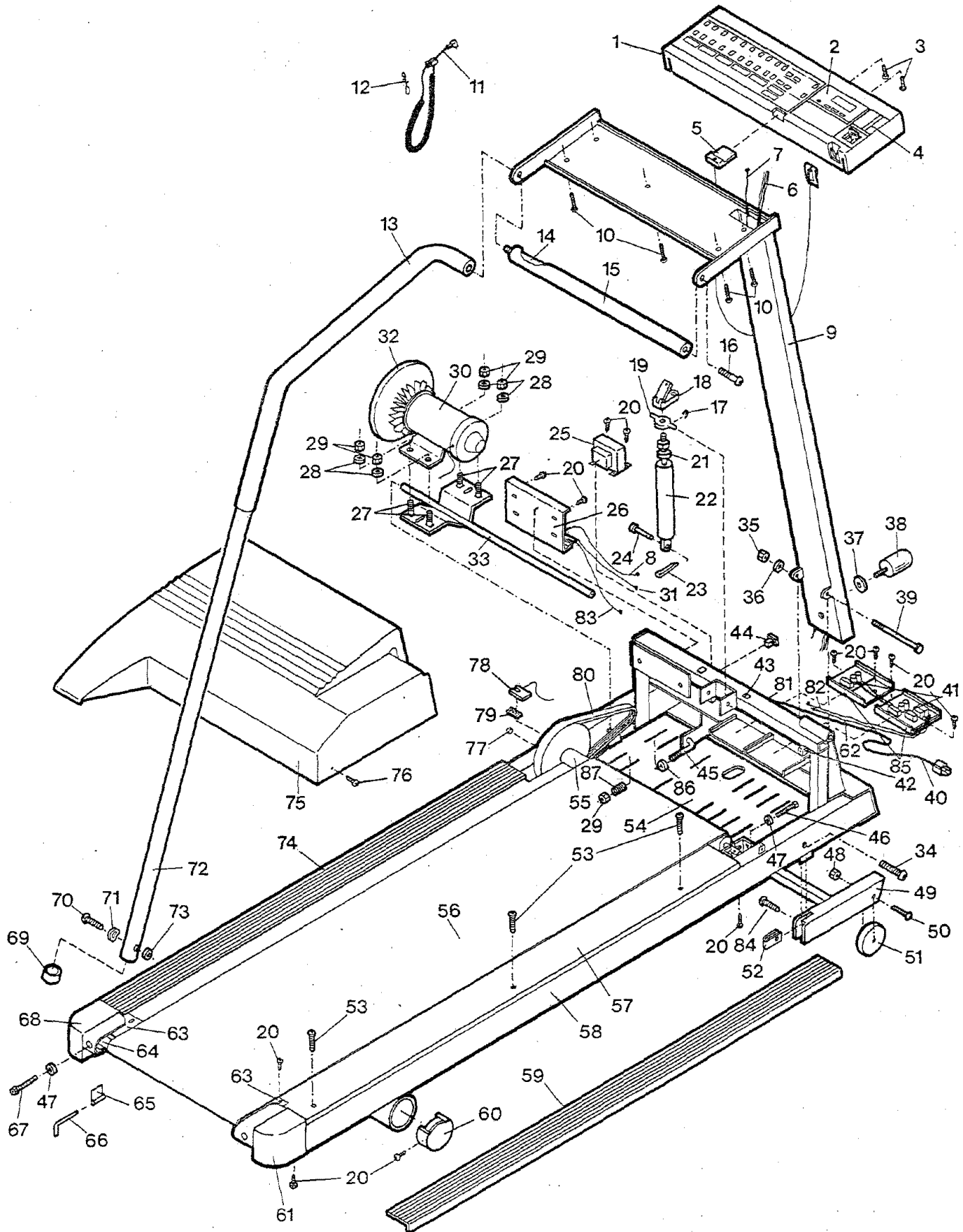
## STORAGE

Always unplug the power cord when the treadmill is not in use. To convert the treadmill to the storage position, first remove the bolt and washers from the lower end of the side rail. Keep the bolt and washers in a secure location. Remove the side rail from the handrail. Loosen the lock knob and lower the upright post onto the walking belt. Lay the side rail on the treadmill.

# EXPLODED DRAWING- Model No. 831.296703

Rev. 11/91

Specifications are subject to change without notice.



# PART LIST- Model No. 831.296703

Rev. 11/91

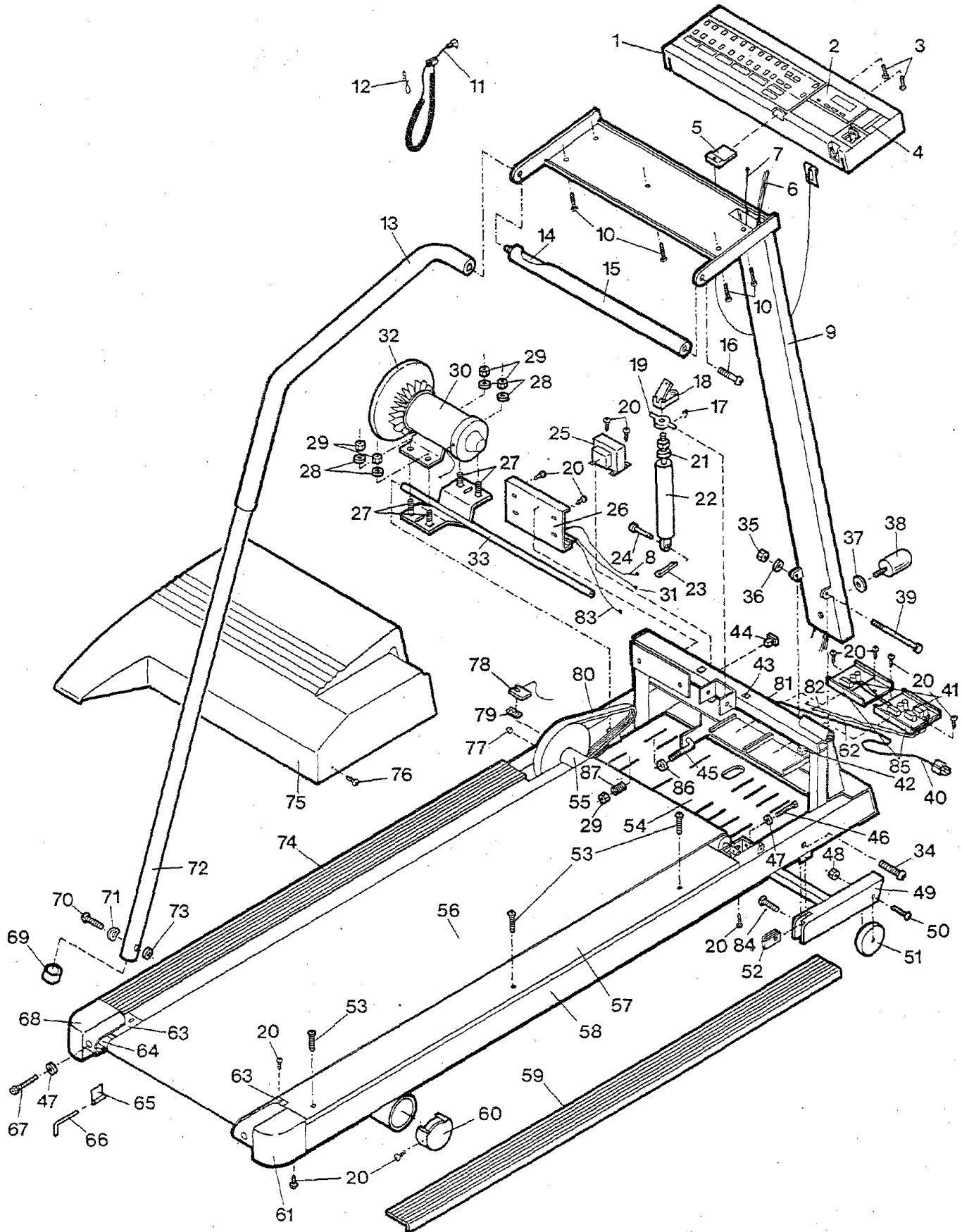
Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	104546	1	Console	46	013275	1	Front Roller Adj. Bolt
2	104327	1	Electronic Monitor	47	014063	3	Adjustment Washer
3	013509	2	Monitor Screw	48	012108	2	Wheel Nut
4	088015	1	Incline Indicator	49	102214	1	Incline Leg
5	106593	1	Safety Key/Clip	50	013399	2	Wheel Mounting Bolt
6	102250	1	Wire Harness	51	052014	2	Wheel
7	088005	1	Incline Cable	52	012179	2	U-Nut
8	102249	1	Jump Wire/Motor Control	53	100691	6	Platform Bolt
9	102103	1	Upright Post	54	104533	1	Safety Cover
10	104626	5	Console Screw	55	102599	1	Front Roller/Pulley
11	101508	1	Pulse Earclip	56	102100	1	Walking Belt
12	054013	1	Clothes Clip	57	053025	1	Walking Platform
13	102116	1	Side Rail Foam Grip	58	NSP	1	Frame
14	101941	1	Handrail/Foam	59	107406	1	Right Foot Rail
15	102107	1	Handrail Foam Grip	60	040156	2	Rear Leg Endcap
16	013496	1	Handrail Bolt	61	101362	1	Right Endcap
17	054016	1	E-Clip	62	102248	1	White AC Jumper, M/F
18	088004	1	Lift Cylinder Release	63	010206	2	Roller Guard
19	008149	1	Cylinder Mount Bracket	64	070084	1	Rear Roller
20	013162	28	Small Screw	65	016028	1	Wrench Clip
21	059019	1	Lift Cushion	66	045010	1	Allen Wrench
22	043036	1	Lift Cylinder	67	013206	2	Rear Roller Adj. Bolt
23	106334	1	Cotter Pin	68	101361	1	Left Endcap
24	015045	1	Cylinder Pin	69	040201	1	Side Rail Endcap
25	031238	1	Choke	70	106279	1	Side Rail Bolt
26	101757	1	Controller	71	014094	1	Formed Washer
27	013445	4	Motor Mount Bolt	72	101942	1	Side Rail
28	101630	4	Motor Mount Washer	73	014086	1	Side Rail Washer
29	012082	5	Motor Mount Nut	74	107405	1	Left Foot Rail
30	101629	1	Motor	75	103585	1	Motor Hood
31	103321	1	Jump Wire	76	013586	4	Hood Screw
32	100147	1	Pulley/Flywheel/Fan	77	033066	1	Magnet
33	102087	1	Motor Mount Bracket	78	100335	1	Sensor Wire/Reed Switch
34	104624	2	Shaft Bolt	79	062035	1	Reed Switch Fastener
35	012037	1	Pivot Nut	80	101004	1	Belt
36	014101	2	Pivot Washer	81	019084	1	Grommet
37	014156	1	Upright Knob Washer	82	102247	1	Black AC Jumper, 2F
38	017103	1	Upright Knob	83	102246	1	White AC Jumper, 2F
39	013543	1	Pivot Bolt	84	013303	2	Lift Frame Mtg. Bolt
40	031229	1	Power Cord	85	102115	2	Snap Track Mtg. Bracket
41	107816	1	Link/Isolation Board	86	014041	1	Tension Washer
42	008148	4	Hood Mount Anchor	87	104514	1	Tension Spring
43	016055	4	Wire Clip	#	089036	1	Electronic Guide
44	031036	1	Circuit Breaker	#	107772	1	Owner's Manual
45	103855	1	J-Bolt				

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

# EXPLODED DRAWING- Model No. 831.296703

Rev. 11/91

Specifications are subject to change without notice.



# **SEARS** SERVICE is at YOUR SERVICE

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## **ORDERING REPLACEMENT PARTS**

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

All parts listed herein may be ordered through SEARS, ROEBUCK AND CO. SERVICE CENTERS and most SEARS RETAIL STORES.

If parts you need are not stocked locally, your order will be electronically transmitted to a SEARS PARTS DISTRIBUTION CENTER for expedited handling.

**WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:**

1. The MODEL NUMBER of the product (831.296703).
2. The NAME of the product (Sears Lifestyler 3500ps Treadmill).
3. The REORDER NUMBER of the part(s), from page 14 of this manual.
4. The DESCRIPTION of the part(s), from page 14 of this manual.

Your Sears merchandise has added value when you consider that Sears has service units nationwide staffed with Sears trained technicians specifically trained on Sears products, having the parts, tools and the equipment to insure that we meet our pledge to you: we service what we sell.

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