

Lifestyler™

INCLINE LIFT ASSIST

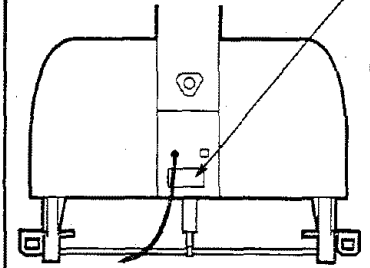
1900

Model No. 831.296385

Serial No. _____

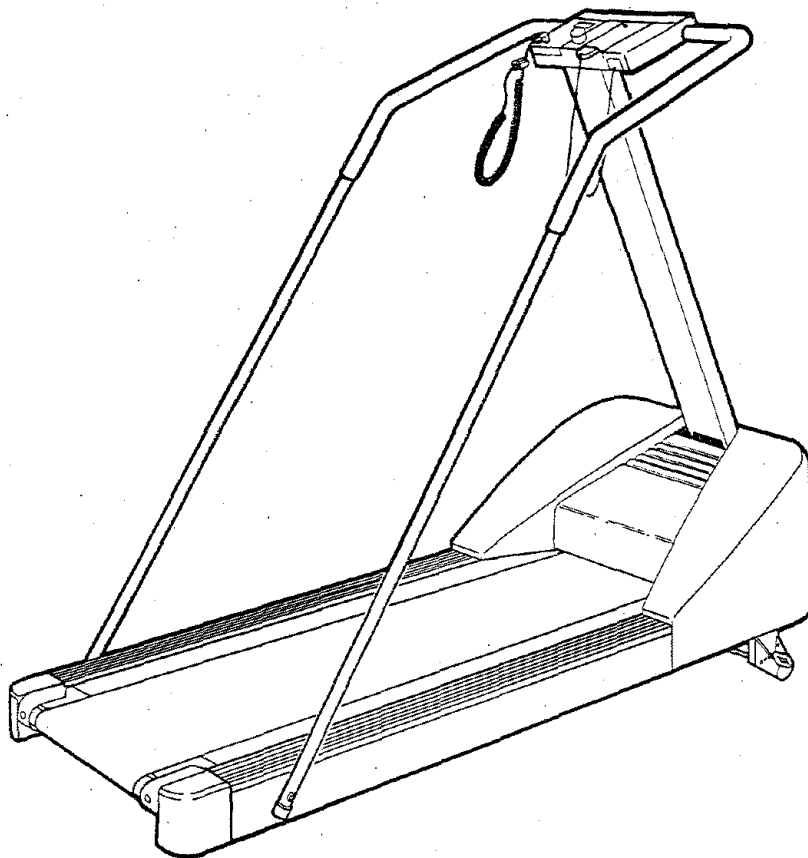
Write the serial number in the space above for reference.

Serial Number Decal



Patent Pending

OWNER'S MANUAL



SEARS®

QUESTIONS? As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any 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, Monday-Friday, 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.

Part No. 101967 5/91 Printed in USA

Sold by Sears, Roebuck and Co., Chicago, IL 60684

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 six to ten 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. 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.
5. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
6. Never allow more than one person on the treadmill at a time. Use the treadmill only as described in this manual.
7. 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.
8. Never drop or insert any object into any opening.
9. 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 described in this manual should be performed by an authorized service representative only.
10. This treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.

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.

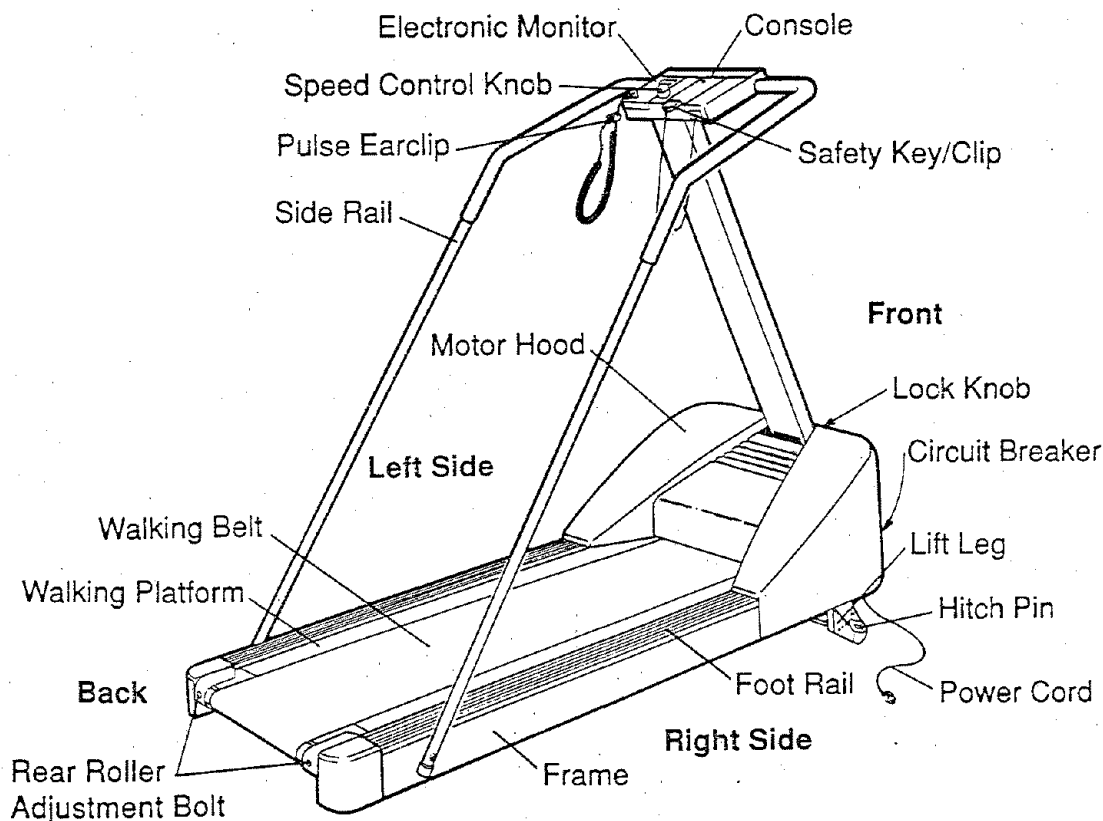
SAVE THESE INSTRUCTIONS

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BEFORE YOU BEGIN

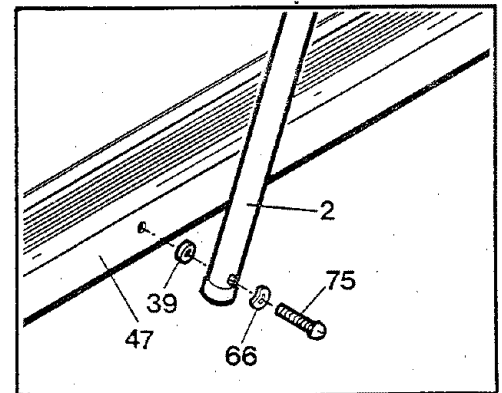
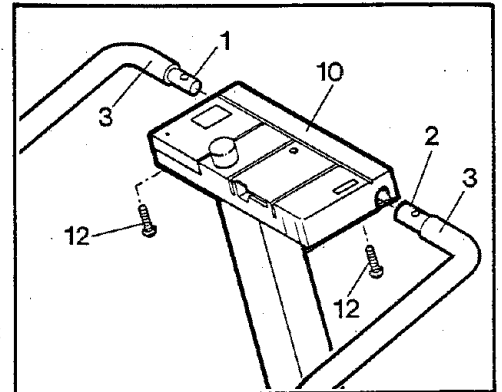
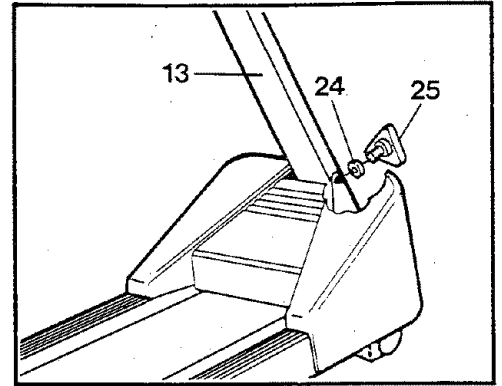
Thank you for selecting the Sears Lifestyler 1900 treadmill. The Lifestyler 1900 is a true state-of-the-art treadmill, combining advanced technology with innovative design to offer you an excellent cardiovascular workout in the convenience and privacy of your home. **Read this manual carefully before using this equipment.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. Please refer to the 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 affixed to the product (see the drawing on the front cover). Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.



ASSEMBLY

Set the treadmill in a cleared area and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Please read each step carefully before beginning. Assembly can be completed using a standard screwdriver (not included).

1. Raise the Upright Post (13) to a vertical position. Insert the Lock Knob (25), with the Lock Knob Washer (24) 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. Slide the upper end of the Left Side Rail (1) into the opening in the left side of the Console (10). Insert the Short Side Rail Bolt (12) through the metal plate under the Console, and tighten the Bolt into the Side Rail. Repeat the step with the Right Side Rail (2). Note: If a Side Rail cannot be inserted into the Console far enough to attach the Bolt, roll back the Side Rail Foam (3) slightly.
3. Align the hole in the lower end of the Right Side Rail (2) with the hole in the Frame (47). Attach the Right Side Rail with the Long Side Rail Bolt (75), Formed Washer (66) and the Side Rail Washer (39). Repeat the step with the Left Side Rail (not shown). Tighten the Lock Knob (See step 1).



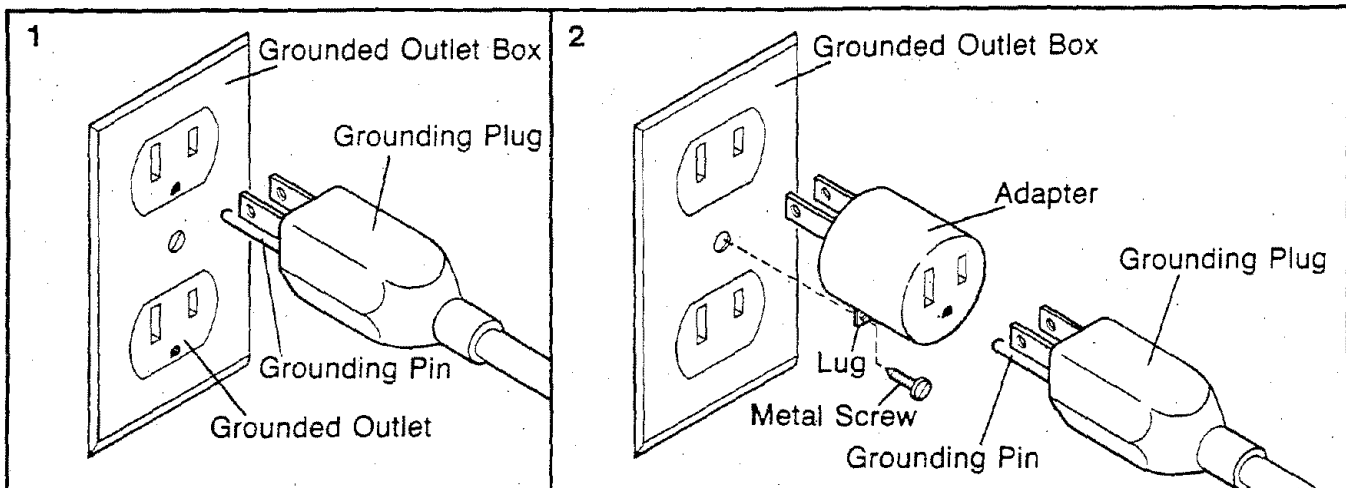
OPERATION AND ADJUSTMENT

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.**

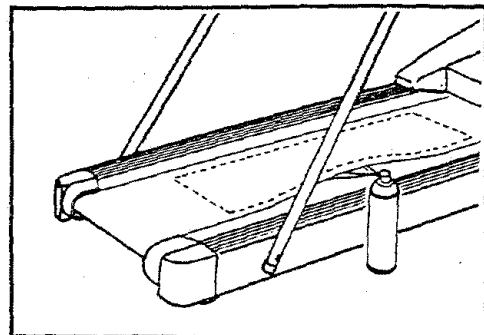
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet,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

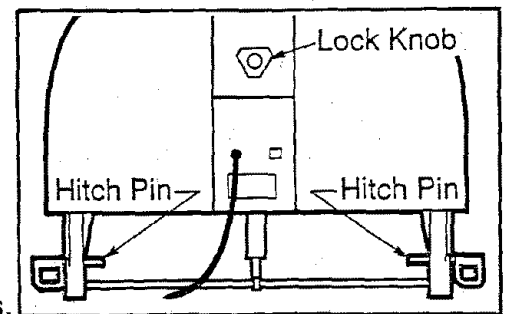


OPERATING INSTRUCTIONS

1. Step onto the foot rails and hold the side rails with a firm grip.
2. Attach the clip on the safety key to the waistband of your clothing. Insert the key into the power switch. To turn the power on, move the key to the right. **IMPORTANT: For your safety, always wear the clip when using the treadmill.** If you slip or fall while exercising, the key will be disengaged from the switch, instantly turning the power off.
3. Turn the speed control knob counterclockwise until it stops at the "Reset" position, and then clockwise until the walking belt begins to move. **Note: The speed control knob must first be turned to the "Reset" position each time the power is turned on.**
4. Carefully step onto the moving walking belt and begin walking.
5. Slowly turn the speed control knob until the desired speed is reached. Turn the knob clockwise to increase the speed, or counterclockwise to decrease the speed.
6. To turn the treadmill power off, move the safety key to the left. Remove the key from the switch.

INCLINE ADJUSTMENT

1. **TURN THE POWER OFF.** Remove the hitch pins from the left and right front legs. Note: The hitch pins have been inserted from the inside for shipping purposes.
2. Grasp the lock knob, and raise or lower the treadmill to the desired height.
3. Insert the hitch pins through the front legs from the outside as shown. The pins must be in the same holes in both legs.



ELECTRONIC MONITOR OPERATION

See the ELECTRONIC MONITOR OPERATION GUIDE accompanying this manual. A 9-volt battery must be installed in the electronic monitor before the monitor can be operated.

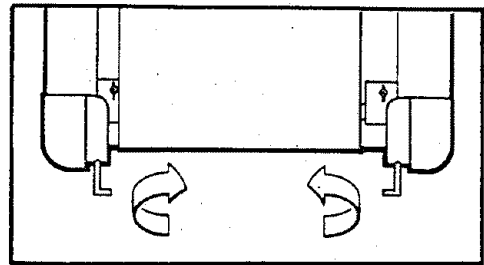
MAINTENANCE AND TROUBLE-SHOOTING

This treadmill is designed to be virtually maintenance-free. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the console.

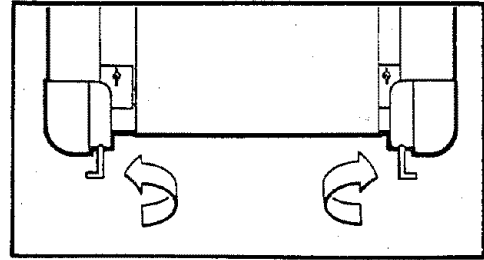
WALKING BELT ADJUSTMENT

The walking belt should always be kept centered on the walking platform. If the belt shifts to the right or left sides of the platform, the belt may be damaged by the roller guard screws. The belt can be adjusted using the rear roller adjustment bolts and the allen wrench included. **CAUTION: ALWAYS TURN THE POWER OFF BEFORE ADJUSTING THE WALKING BELT.**

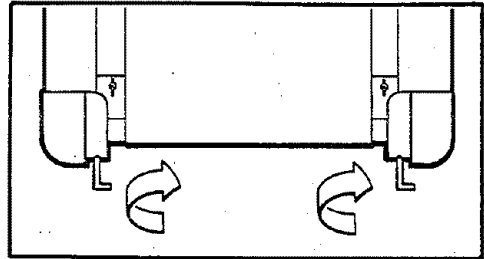
IF THE WALKING BELT HAS SHIFTED TO THE LEFT: **TURN THE POWER OFF.** Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.



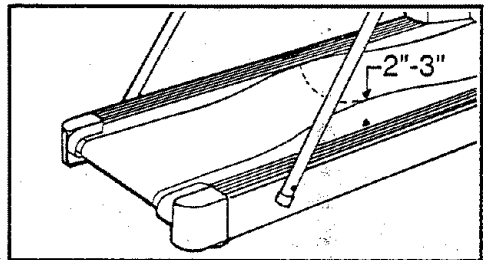
IF THE WALKING BELT HAS SHIFTED TO THE RIGHT: **TURN THE POWER OFF.** Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.



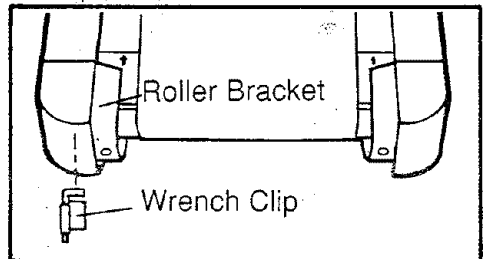
IF THE WALKING BELT SLIPS DURING USE: **TURN THE POWER OFF.** Turn both adjustment bolts clockwise 1/4 of a turn. Turn the power on. Repeat as necessary until the belt does not slip. Be careful not to overtighten the bolts. Overtightening can stretch the belt, cause excessive roller noise, and reduce motor performance.



To check the walking belt for proper tension, **TURN THE POWER OFF,** and lift the edges of the walking belt. You should be able to lift each edge 2-3 inches off the walking platform. The center of the belt should remain just at the surface of the platform.

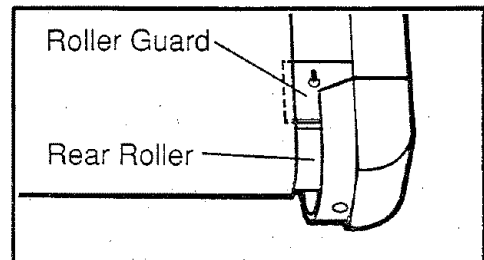


The allen wrench can be stored conveniently on the self-adhesive wrench clip.



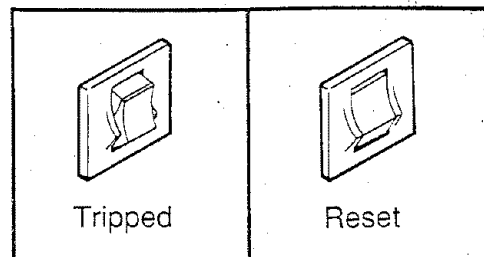
ROLLER GUARD ADJUSTMENT

The rear edge of the roller guards should be 1/8 inch from touching the rear roller. To adjust the roller guards, loosen the screws in the roller guards, slide the roller guards forward or backward, and retighten the screws.



CIRCUIT BREAKER

If the treadmill stops, or will not start, check the circuit breaker located on the front of the frame. The circuit breaker is designed to protect the electrical system. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the treadmill to cool for a few minutes, **MOVE THE SAFETY KEY TO THE OFF POSITION** and push the switch back in.



ELECTRONIC MONITOR

A 9-volt battery must be installed in the electronic monitor before the monitor can be operated (see the ELECTRONIC MONITOR OPERATION GUIDE). If the monitor does not function properly, test the monitor using a new battery. Most problems are the result of a weak battery.

STORAGE

Always unplug the power cord when the treadmill is not in use. To convert the treadmill to the storage position, first remove the screws and washers from the lower and upper ends of the side rails. Store the screws and washers in a secure location. Loosen the lock knob and lay the upright post on the treadmill. Lay the side rail on the treadmill. Always remove the battery from the electronic monitor when storing the treadmill for extended periods of time.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **Before beginning this or any exercise program, consult your physician.**

EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone." You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

You can measure your heart rate and find the proper level of exercise intensity using the electronic monitor (see the ELECTRONIC MONITOR OPERATION GUIDE). Set the monitor for 4 minutes. Press the "START/STOP" key and exercise at a comfortable pace until the 4 minutes are elapsed. Measure your heart rate immediately using the Pulse function. If your heart rate is below your Training Zone, increase your level of exertion. If your heart rate is too high, reduce your level of exertion.

WORKOUT PATTERN

Each workout should consist of 5 basic phases: 1. At rest, 2. Warming up, 3. Training Zone exercise, 4. Cooling down, 5. At rest.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising with low intensity for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increase to 4-5 per week. The key to a successful program is **REGULAR** exercise.

PART LIST - Model No. 831.296385

Rev. 5/91

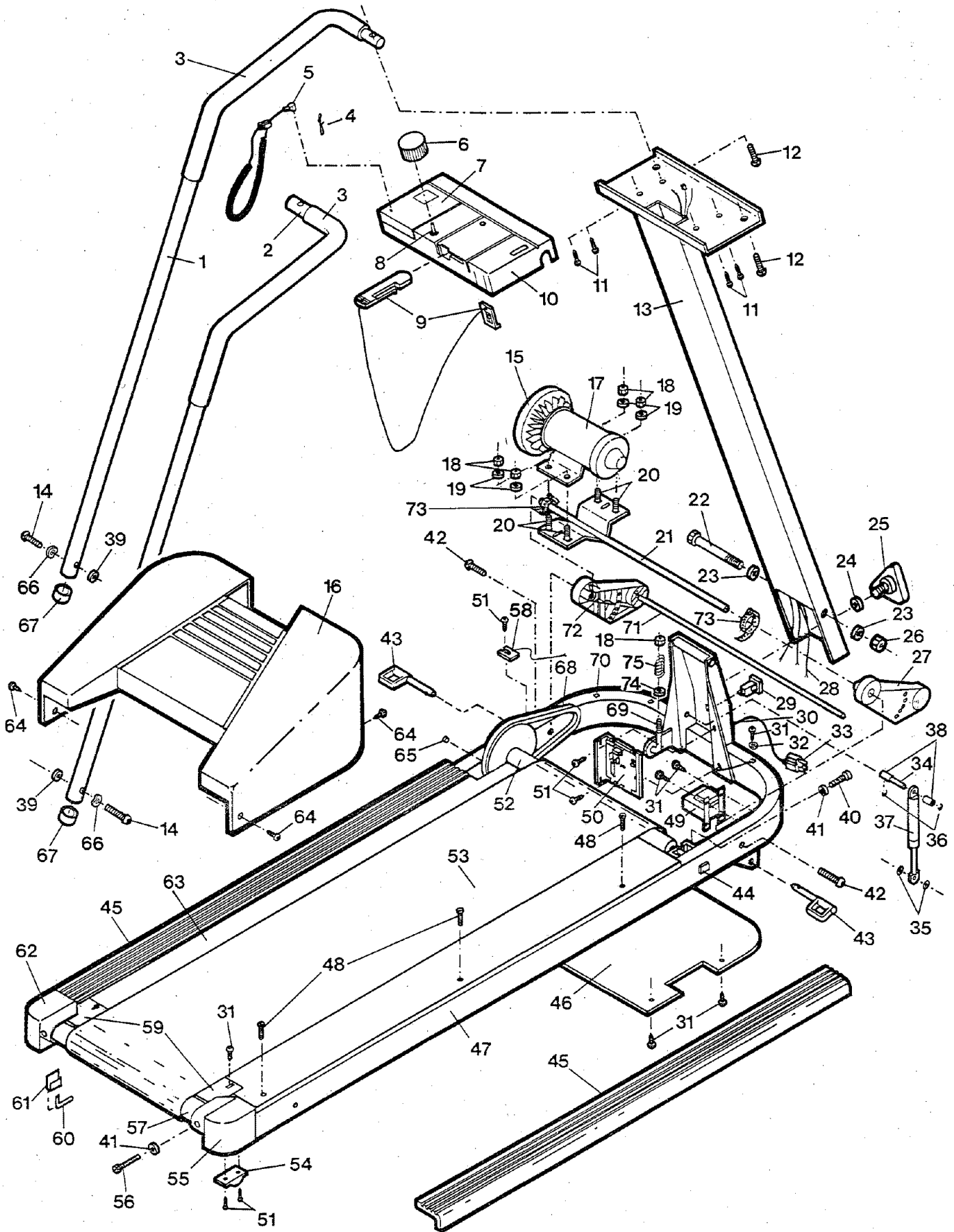
Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	102180	1	Left Side Rail	39	014086	2	Side Rail Washer
2	102181	1	Right Side Rail	40	013275	1	Front Roller Adj. Bolt
3	041068	2	Foam Grip	41	014063	3	Adjustment Washer
4	054013	1	Clothes Clip	42	101627	2	Swivel Shaft Bolt
5	101508	1	Pulse Earclip	43	015055	2	Hitch Pin
6	100014	1	Speed Control Knob	44	041043	2	Hood Cushion
7	032116	1	Electronic Monitor	45	010175	2	Foot Rail
8	031121	1	Speed Pot Assembly	46	101867	1	Safety Cover
9	070853	1	Safety Key/Clip	47	NSP	1	Frame
10	102476	1	Console	48	100691	6	Large Screw
11	013322	4	Console Mounting Screw	49	031238	1	Choke
12	013522	2	Short Side Rail Bolt	50	103165	1	Controller
13	007100	1	Upright Post	51	013300	5	Small Screw
14	013575	2	Long Side Rail Bolt	52	102599	1	Front Roller/Pulley
15	100147	1	Flywheel/Pulley/Fan	53	025057	1	Walking Belt
16	103916	1	Motor Hood	54	005040	2	Rubber Pad
17	101629	1	Motor	55	101360	1	Right Roller Bracket
18	012082	5	Motor Nut	56	013206	2	Rear Roller Adj. Bolt
19	101630	4	Motor Washer	57	070084	1	Rear Roller
20	013445	4	Motor Bolt	58	033208	1	Sensor Wire/Reed Switch
21	102087	1	Swivel Shaft	59	010206	2	Roller Guard
22	013485	1	Hinge Bolt	60	045010	1	Allen Wrench
23	014132	2	Hinge Washer	61	016028	1	Wrench Clamp
24	014156	1	Lock Knob Washer	62	101359	1	Left Roller Bracket
25	017088	1	Lock Knob	63	053025	1	Walking Platform
26	012149	1	Lock Nut	64	013511	4	Motor Hood Screw
27	101754	1	Right Incline Leg	65	033066	1	Sensor Magnet
28	031231	1	On/Off Wire	66	014094	2	Formed Washer
29	031036	1	Circuit Breaker	67	040132	2	Side Rail Cap
30	019084	1	Grommet	68	102789	1	Poly Belt
31	013162	19	Screw	69	103855	1	J-Bolt
32	014157	1	Star Washer	70	016055	4	Sensor Wire Clip
33	031229	1	Power Cord	71	101644	1	Leg Shaft
34	101865	1	Shock Pin	72	101753	1	Left Front Leg
35	012133	2	Push Nut	73	016026	2	Hose Clamp
36	054016	2	E-Clip	74	014041	1	Motor Tension Washer
37	101140	1	Incline Shock	75	104514	1	Motor Tension Spring
38	101869	2	Shaft Spacer	#	102718	1	Monitor Operation Guide
				#	101967	1	Owner's Manual

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

EXPLODED DRAWING - Model No. 831.296385

Rev. 5/91

Specifications are subject to change without notice.



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 (831.296385).
2. The NAME of the product (Sears Lifestyler 1900 Incline Lift Assist Treadmill).
3. The REORDER NUMBER of the part(s), from page 10 of this manual.
4. The DESCRIPTION of the part(s), from page 10 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.

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 Incline Lift Assist Treadmill is used in a normal manner.

This warranty does not apply when the Incline Lift Assist 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