

Lifestyler™

SYSTEM

50

SEARS

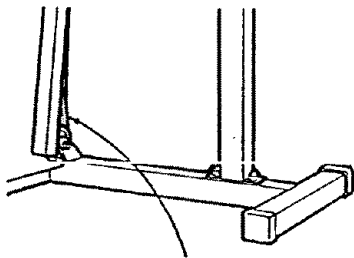
CROSS TRAINING SYSTEM

SEARS®

Model No. 831.159231

Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



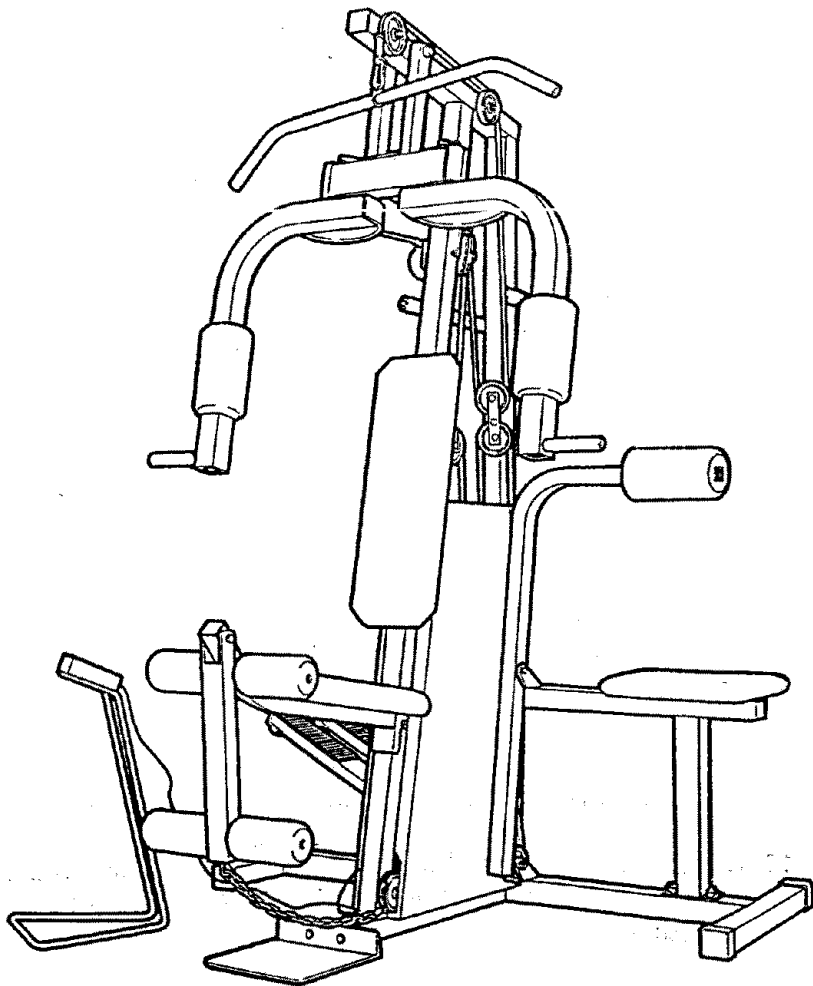
Serial Number Decal

CAUTION!:

Read all safety precautions and instructions in this owner's manual before using this equipment. Save this owner's manual in a safe place for future reference.

PATENT PENDING

OWNER'S MANUAL



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

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using this equipment.

1. Read all instructions in this owner's manual and in the accompanying literature before using this equipment. Use this equipment only as described.
2. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
3. Always wear athletic shoes for foot protection. Keep your hands away from moving parts other than the designated handles. Keep small children away from this equipment at all times.
4. Always stand on the foot plate when performing any exercise that could cause this equipment to tip.
5. To prevent damage to this equipment, do not put any tension on this equipment while changing the weight. Never use more than one cable at a time.
6. Always remove the lat bar and chain when not in use (see OPERATION AND ADJUSTMENT).
7. Never release the butterfly arms, lat bar, ab arm or leg lever while they are under tension.
8. When using the stepper, never set the resistance so high that you must push or pull against the stepper handlebar in order to press the pedals down. Exercising in this manner could result in heart risk.
9. The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them. The floor beneath the cylinders should be covered in case of slight oil leakage. This is a normal condition for hydraulic cylinders.
10. When exercising on the stepper, keep your feet on the pedals at all times. If you lift your feet off the pedals, the pedals may become separated from the resistance cylinders, causing serious injury.

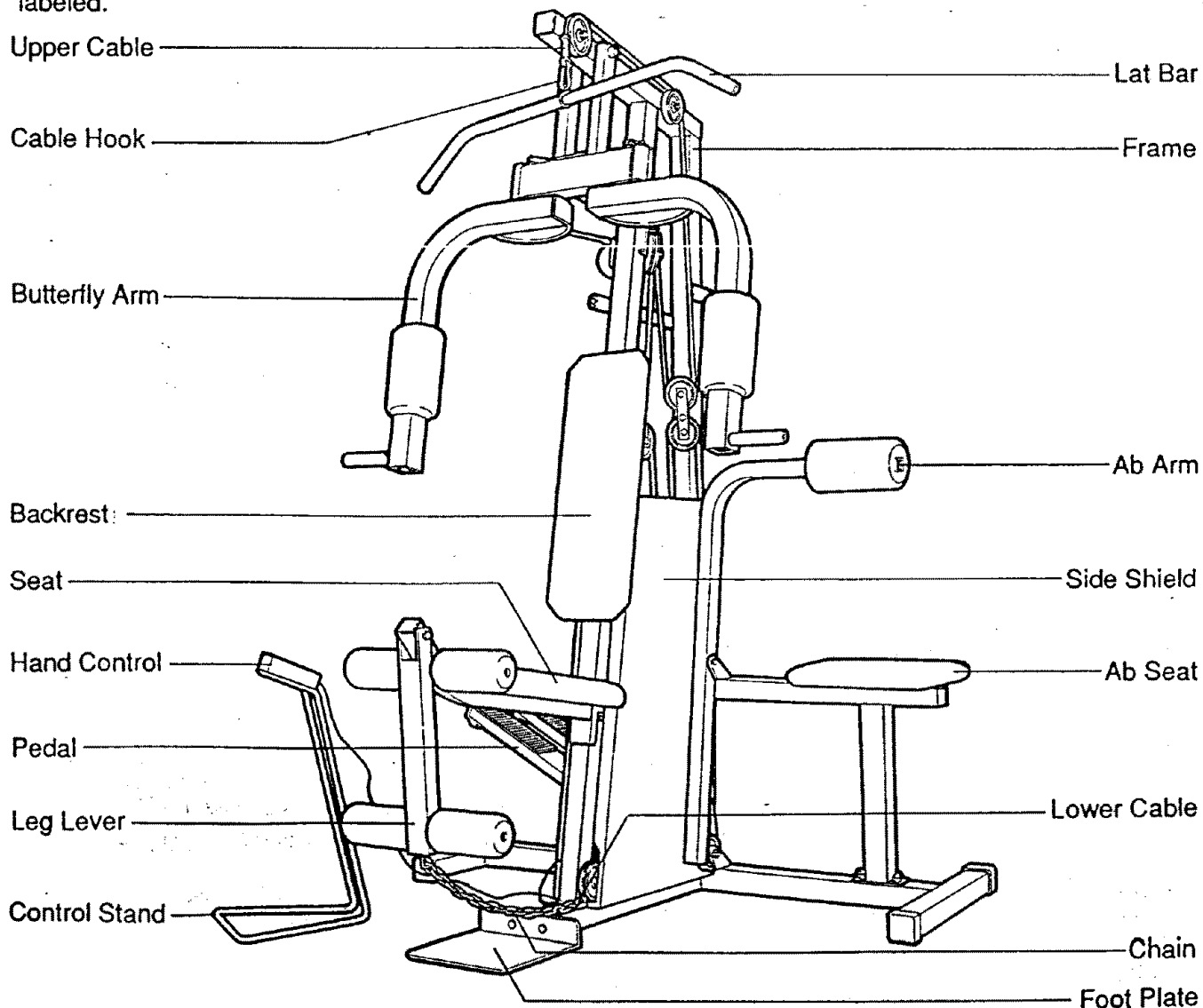
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this equipment. SEARS assumes no responsibility for personal injury or property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

BEFORE YOU BEGIN

Congratulations for selecting the SEARS® LIFESTYLER SYSTEM 50 ERS cross training system. The unique LIFESTYLER SYSTEM 50 ERS is a total body conditioning system, offering both weight training and aerobic exercises. Moving from station to station on the LIFESTYLER SYSTEM 50 ERS is quick and easy, and the digital hand control allows you to change weight with the touch of a button. Whether you want to build dramatic muscle size and strength, shape and tone your body, increase your endurance and flexibility or develop your heart and lungs, the LIFESTYLER SYSTEM 50 ERS will help you to achieve your goals in the privacy and comfort of your home.

This manual is provided to help you understand the assembly, adjustment and operation of the system. **For your safety and benefit, read this manual carefully before using the system.** 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, please note your product model number and serial number before calling. The model number is listed on the front cover of this manual. The serial number can be found on a decal attached to the system (see the front cover of this manual).

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



ASSEMBLY

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read all steps carefully before beginning. See the PART I.D. CHART accompanying this manual for a drawing of each small part used in assembly and for a list of the tools needed. The assistance of a second person is recommended.

1. Press the four 2" x 2" Outer Caps (13) onto the Stabilizer (2). Turn the Stabilizer so the indicated bracket is on top. Insert the four 3/8" x 2 1/2" Carriage Bolts (87) up through the Stabilizer as shown.

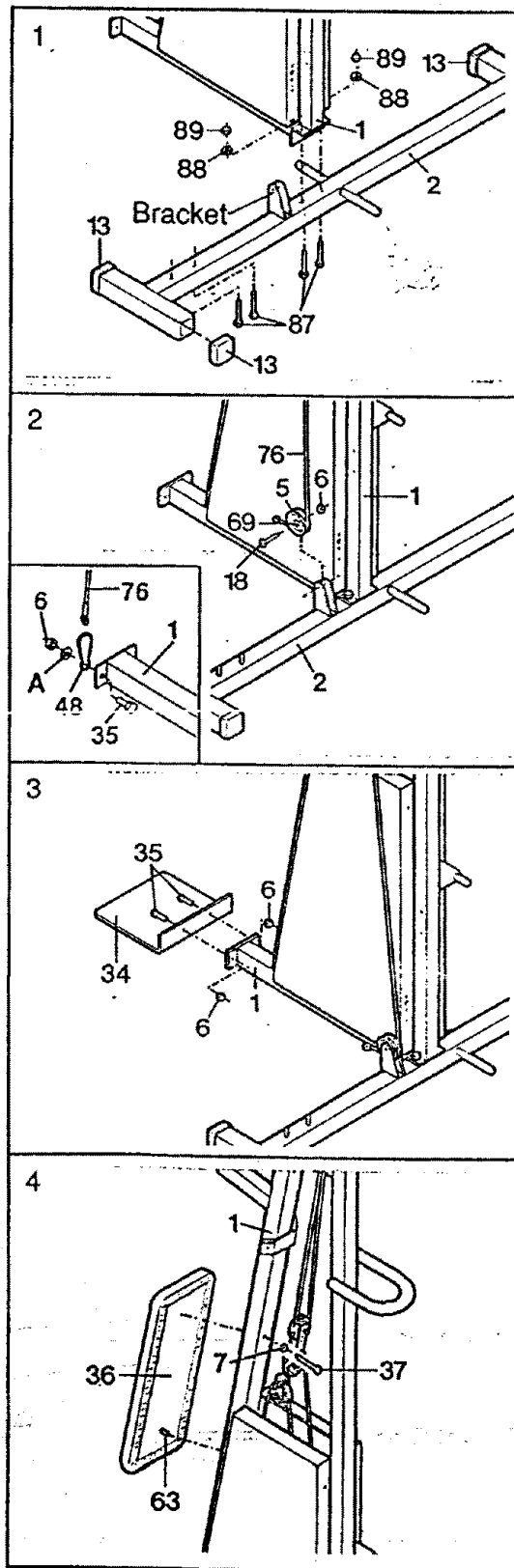
Place the Frame (1) over the two indicated 3/8" x 2 1/2" Carriage Bolts (87) as shown. Finger tighten two 3/8" Nuts (89) with 3/8" Lock Washers (88) onto the Carriage Bolts.

2. Remove the 3/8" x 3/4" Bolt (35), the Cable Hook (48), the extra washer (A), and the 3/8" Nylock Nut (6) which secure the Lower Cable (76) to the Frame (1) as shown in the inset. Do not release the Cable until completing this assembly step. The 3/8" x 3/4" Bolt (35) and the 3/8" Nylock Nut (6) will be used in assembly step 3 below. The Cable Hook will be used later. The extra washer should be discarded.

Center a Pulley Sleeve (69) in a Pulley (5). Wrap the Lower Cable (76) under the Pulley. Attach the Pulley to the Stabilizer (2) with a 3/8" x 1 3/4" Bolt (18) and 3/8" Nylock Nut (6) as shown. Do not overtighten the Nut. The Pulley should turn freely.

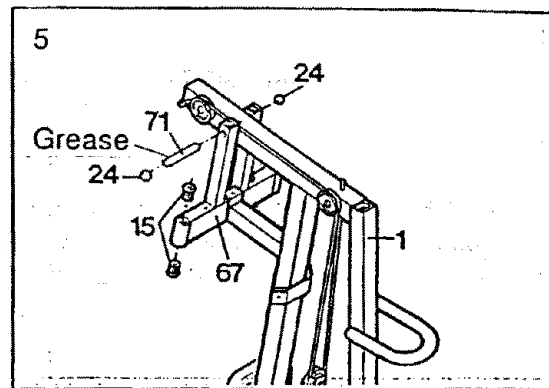
3. Attach the Foot Plate (34) to the Frame (1) with the two 3/8" x 3/4" Bolts (35) and two 3/8" Nylock Nuts (6).

4. Press the Backrest Post (63) at the lower end of the Backrest (36) into the Frame (1) as shown. Attach the upper end of the Backrest to the Frame with the 1/4" x 2 1/2" Bolt (37) and a 1/4" Lock Washer (7).



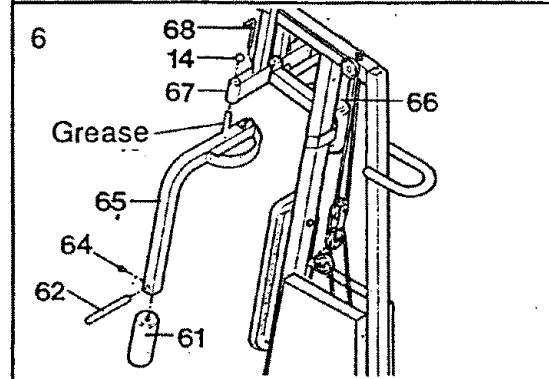
5. Press four Large Bushings (15) into the Support Arm (67).

Tap a 1/2" Dome Cap (24) onto one end of the 9 1/4" Axle (71). Liberally grease the Axle. Turn the Support Arm (67) so the decal is away from the Frame (1). Insert the 9 1/4" Axle through the Support Arm and the Frame as shown. Tap a 1/2" Dome Cap (24) onto the other end of the Axle.



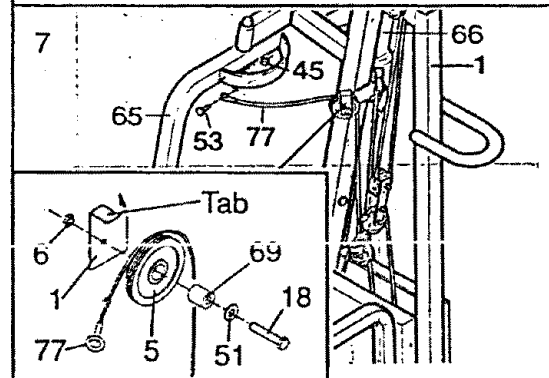
6. Wet the lower end of the Left Butterfly Arm (65) and the inside of a Butterfly Pad (61) with soapy water. (The Butterfly Pads are similar to the Ab Arm Pad [not shown], but the Butterfly Pads have larger holes in the center.) Slide the Pad onto the Butterfly Arm until it is 6" from the lower end. Attach an Arm Handle (62) to the Butterfly Arm with a 3/4" Tap Screw (64).

Grease the post of the Left Butterfly Arm (65). Insert the post into the Support Arm (67) and tap a 3/4" Dome Cap (14) onto the post. Insert a Pull Pin (68) into the Support Arm (67) and the Left Butterfly Arm. Attach the Right Butterfly Arm (66) in the same manner.

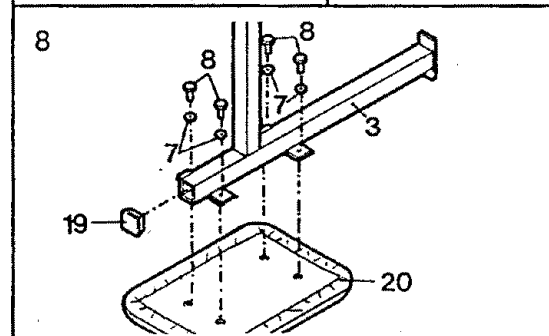


7. Remove the Bolt and Nut securing the Butterfly Cables (77) to the Frame (1). Do not release the Cables until completing this assembly step.

Center a Pulley Sleeve (69) in a Pulley (5). Slide the Pulley and a 3/8" Washer (51) onto a 3/8" x 1 3/4" Bolt (18). Lay the left Butterfly Cable (77) over the Pulley. Insert the Bolt through the bracket on the left side of the Frame (1) (see the inset drawing). Make sure that the Butterfly Cable is between the Pulley and the indicated tab. Tighten a 3/8" Nylock Nut (6) onto the Bolt.



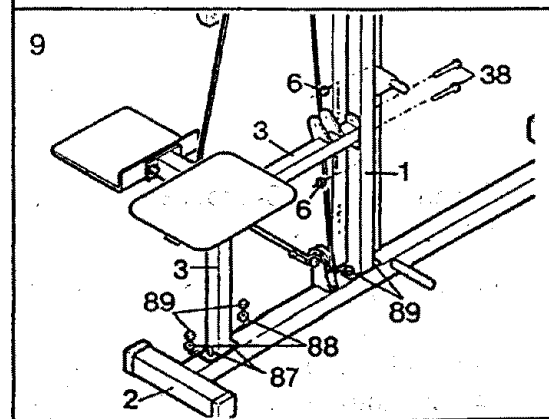
Attach the left Butterfly Cable (77) to the Left Butterfly Arm (65) with a 5/16" x 1" Bolt (53) and 5/16" Nylock Nut (45). Do not overtighten the Nut or the Cable will be damaged. The Cable should swivel freely. Attach the right Butterfly Cable (77) to the Right Butterfly Arm (66) in the same manner.



8. Attach the Ab Seat (20) to the Ab Frame (3) with four 1/4" x 3/4" Bolts (8) and 1/4" Lock Washers (7). Press a 1 1/2" x 1 1/2" Inner Cap (19) into the Ab Frame.

9. Place the Ab Frame (3) over the two indicated 3/8" x 2 1/2" Carriage Bolts (87) in the Stabilizer (2). Finger tighten two 3/8" Nuts (89) with 3/8" Lock Washers (88) onto the Carriage Bolts.

Attach the other end of the Ab Frame (3) to the Frame (1) with two 3/8" x 3" Bolts (38) and 3/8" Nylock Nuts (6). Tighten the four Nuts described in this step and the two Nuts described in assembly step 1.



10. Press a 1 1/2" x 1 1/2" Inner Cap (19) into the Ab Arm (21). Wet the upper end of the Ab Arm and the inside of the Ab Arm Pad (25) with soapy water. Slide the Pad onto the Ab Arm.

Tap a 1/2" Dome Cap (24) onto one end of the 3" "D"-Axle (23). Liberally grease the Axle. Align the Ab Arm (21) with the bracket on the Ab Frame (3). Insert the 3" "D"-Axle into the Ab Frame and the Ab Arm. Tap a 1/2" Dome Cap (24) onto the other end of the Axle.

Attach the Lower Cable (76) to the Ab Arm (21) with the 3/8" x 2 1/4" Bolt (22) and a 3/8" Nylock Nut (6). Do not overtighten Nut. The cable should swivel freely.

11. Liberally grease the axle on the Stabilizer (2). Slide a Pedal Spacer (16) onto the left axle, with the open side of the Spacer turned toward the Stabilizer. Make sure there are two Large Bushings (15) in the Left Pedal (10). Slide the Left Pedal onto the left axle. If the Left Pedal is on correctly, the Pedal Cover (12) will be on top and the slotted bracket will be turned toward the Stabilizer. Tap a 3/4" Dome Cap (14) onto the axle. Assemble the Right Pedal (11) in the same manner.

12. Liberally grease the axle on the Frame (1). Slide a Cylinder Spacer (42) and a Resistance Cylinder (39) onto the right axle. Tap a 5/8" Dome Cap (40) onto the axle. Attach the other Resistance Cylinder in the same manner.

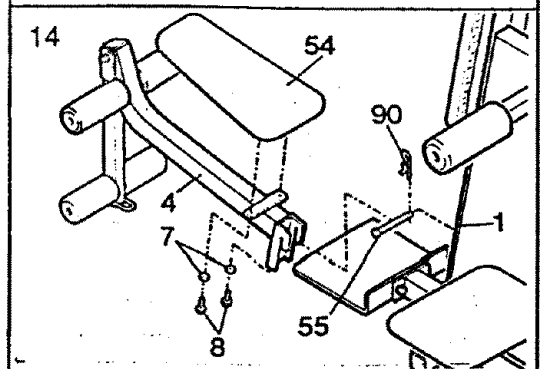
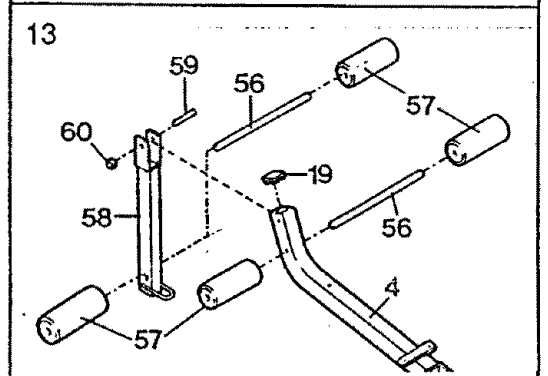
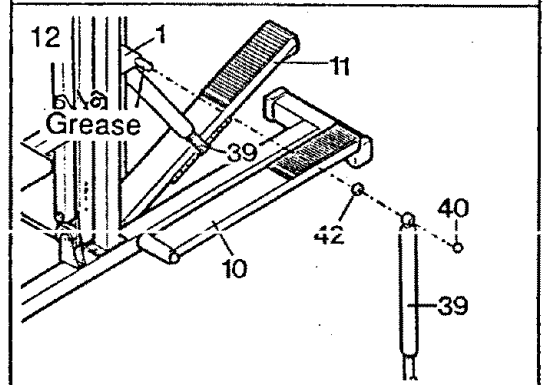
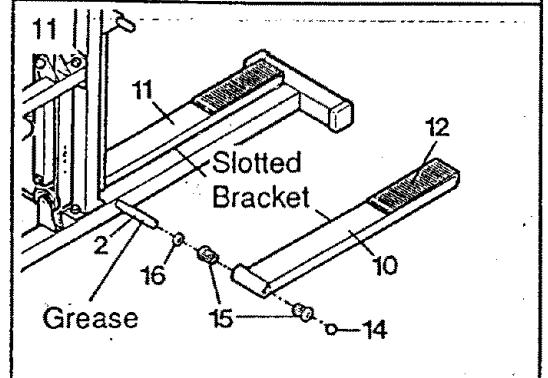
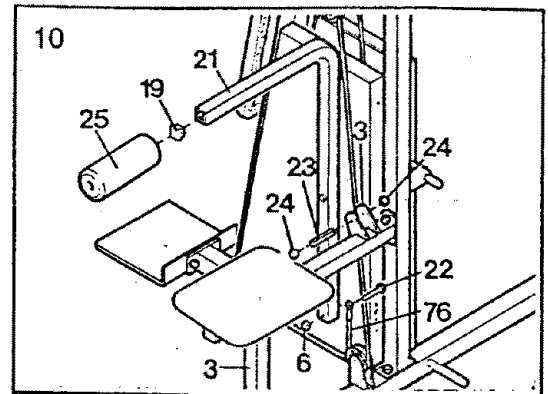
Rest the Left and Right Pedals (10, 11) on the brackets at the lower ends of the Resistance Cylinders (39). Make sure the brackets are in the same slots in both Pedals.

13. Press a 1 1/2" x 1 1/2" Inner Cap (19) into the Seat Support (4). Liberally grease the 1/2" x 2 3/4" Axle w/Hat Cap (59). Attach the Leg Lever (58) to the Seat Support (4) with the Axle and the 1/2" Hat Cap (60).

Center one Pad Tube (56) in the Seat Support (4) and one in the Leg Lever (58). Wet the ends of the Pad Tubes and the insides of the Small Foam Pads (57) with soapy water. Slide the Pads onto the Pad Tubes.

14. Attach the Seat (54) to the Seat Support (4) with two 1/4" x 3/4" Bolts (8) and two 1/4" Lock Washers (7).

Insert the 1/2" x 2 3/4" Clevis Pin (55) into either the high or low hole in the Frame (1). Insert the Hairpin Cotter (90) into the Clevis Pin. Slide the Seat Support (4) onto the Clevis Pin.

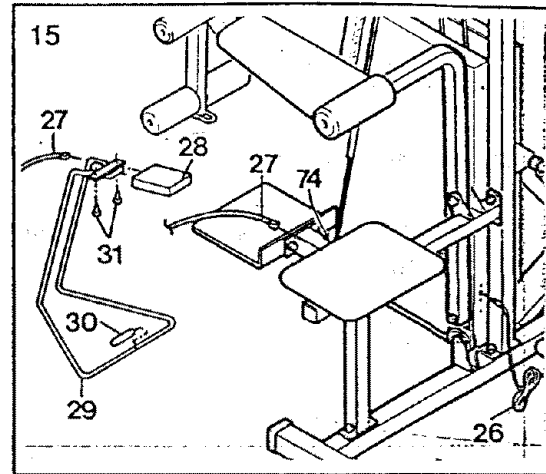


15. Separate the ends of the Control Stand (29) and slide the Plastic Sleeve (30) onto one end. Bring the ends together and center the Plastic Sleeve between them.

Plug one end of the Control Cord (27) into the Hand Control (28). Plug the other end of the Cord into the Wire Adapter (74) at the front of the system.

Attach the Hand Control (28) to the Control Stand (29) with the two 1/2" Tap Screws (31).

Plug the Power Cord (26) into the socket at the back of the system.

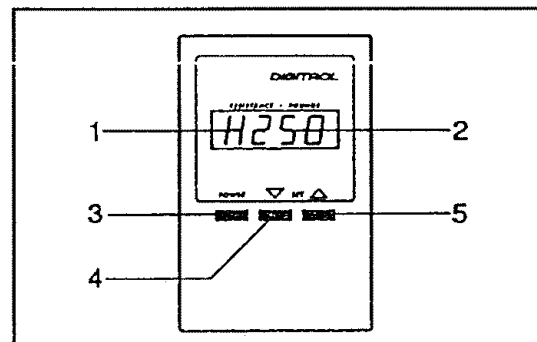


OPERATION AND ADJUSTMENT

Plug the transformer on the power cord into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the system, or the system could be damaged. When you are finished using the system, always unplug the transformer.

DIAGRAM OF THE HAND CONTROL

1. Low/High Range Indicator—Shows when the system is set at minimum or maximum weight.
2. Weight Display—Displays the current weight setting.
3. Power Button—Turns the power on and off.
4. Weight Decrease Button—Decreases the weight.
5. Weight Increase Button—Increases the weight.



TURNING ON THE POWER AND RESETTING THE SYSTEM

Press the power button. **IMPORTANT:** Each time the power is turned on, the system must be reset before the weight can be changed. The weight display will read "E---." To reset the system, press the weight increase or decrease buttons until the display reads "H250" (maximum weight) or "L30" (minimum weight).

CHANGING THE WEIGHT SETTING OF THE SYSTEM

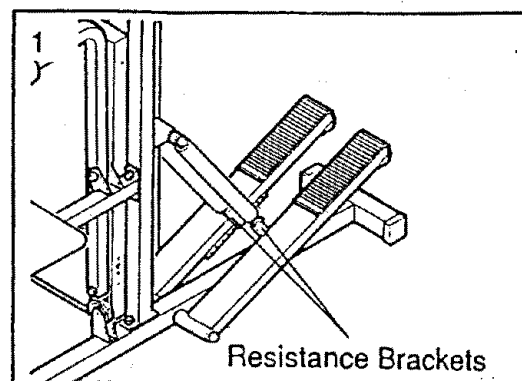
The weight can be changed from a minimum of 30 pounds, up to a maximum of 250 pounds, in increments of 1 pound. To increase the weight, press the weight increase button. To decrease the weight, press the weight decrease button. The buttons can be held down to change the weight quickly.

IMPORTANT: To prevent damage to the system, do not put any tension on the system while changing the weight. Do not push on the butterfly arms, ab arm or leg lever. If the lat bar is attached to the system, it may be helpful to support the weight of the lat bar with one hand. The system motor will emit a sound to alert you while the weight is being changed.

USING THE STEPPER

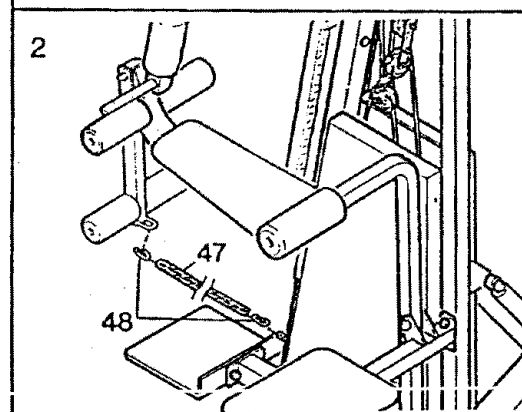
The stepper features precision resistance cylinders for long life and trouble-free operation; due to the nature of resistance cylinders, it is recommended that the floor underneath the stepper be covered in case of slight oil leakage. **WARNING:** The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them.

The resistance of the stepper pedals can be changed by moving the resistance brackets. Change the resistance of one pedal at a time. Hold the resistance bracket with one hand, and lift the pedal with the other hand. To decrease the resistance, move the bracket closer to the frame; to increase the resistance, move the brackets farther away from the frame. **Make sure the bracket is fully inserted into one of the slots under the pedal.** Change the resistance of the other pedal in the same manner. Make sure the brackets are in the same position on both pedals.



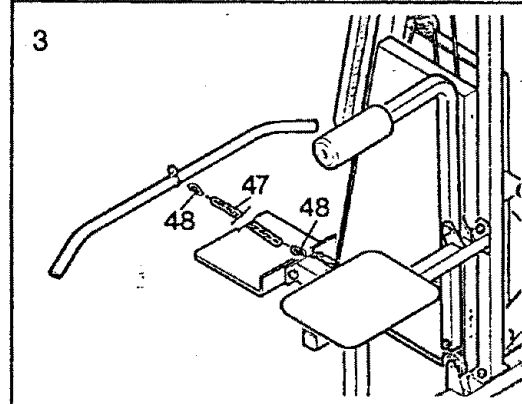
ATTACHING AND REMOVING THE SEAT SUPPORT

The seat support should be attached to the system as described assembly step 14 on page 6. For certain exercises, the seat support must be removed. If the Chain (47) is attached to the leg lever, remove the Chain. Then, lift the seat support until the bracket on the seat support is free of the clevis pin in the frame. See figure 2.



ATTACHING THE LEG LEVER TO THE WEIGHT SYSTEM

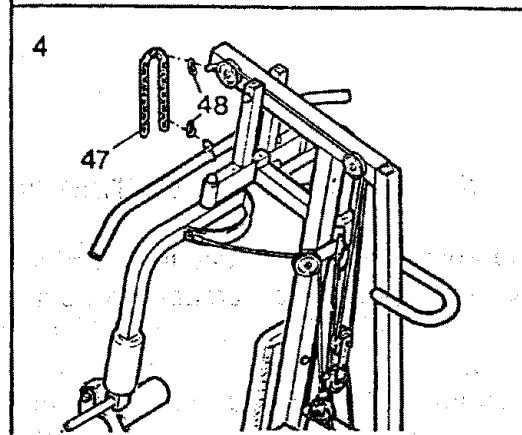
Attach the Chain (47) between the leg lever and the lower cable with the two Cable Hooks (48). See figure 2.



ATTACHING THE LAT BAR AND ANKLE STRAP TO THE WEIGHT SYSTEM

To attach the lat bar to the lower cable, first remove the seat support from the frame as described above. Attach the Chain (47) between the lat bar and the lower cable with the two Cable Hooks (48). See figure 3.

Attach the ankle strap to the lower cable in the same manner as the lat bar.

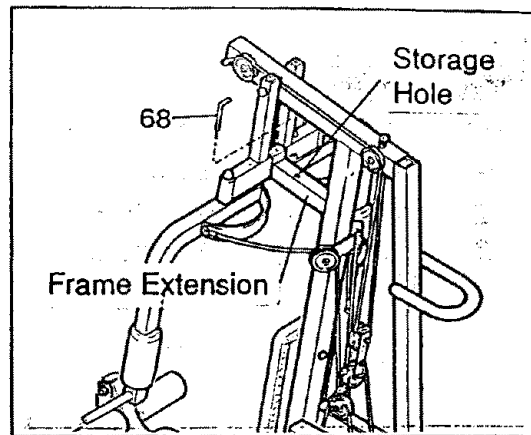


To use the lat bar with the upper cable, the Chain (47) must be attached between the lat bar and the cable using the two Cable Hooks (48). The Chain can be shortened by attaching the Cable Hooks closer together or farther apart. **IMPORTANT:** The proper length of the Chain between the lat bar and the upper cable should be determined by the exercise to be performed. Adjust the length until the lat bar is in a comfortable starting position. See figure 4.

OPERATING THE BUTTERFLY ARMS

To operate the butterfly arms in the press arm mode, insert the Pull Pins (68) into the support arm and the butterfly arms as described in assembly step 6 on page 5.

To operate the butterfly arms in the butterfly mode, remove the Pull Pins from the support arm and the butterfly arms. Insert one Pull Pin into the frame extension and the support arm. Insert the other Pull Pin into the indicated storage hole. See figure 5.



MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the system regularly. Replace any worn parts immediately. The system can be cleaned using a damp cloth and a mild non-abrasive detergent. Do not use solvents.

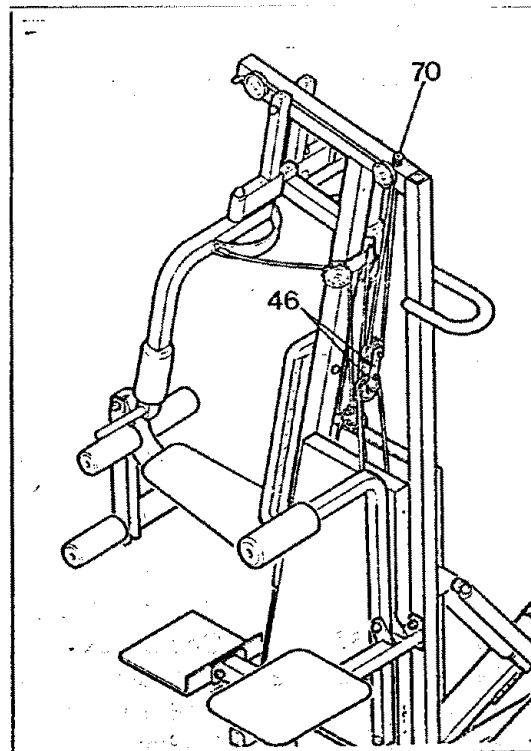
PROBLEM: WEIGHT SETTING STICKS AT "L30"

When you first use the digital hand control after assembly is completed, the weight setting may stick at "L30." If this happens, perform a few exercises with the weight setting at "L30." This should correct the problem.

PROBLEM: SLACK IN THE CABLES

If there is slack in the cables before the weight engages the cables need to be adjusted. There are two Adjustment Nuts (70) located at the top of the frame which allow fine adjustment. Loosen the upper Nut, and turn the lower Nut clockwise until the cables are tight. Do not allow the cable to twist as you turn the Nut. Tighten the upper Nut onto the lower Nut. If the cable cannot be tightened any further using the Adjustment Nuts, follow the instructions below.

Loosen the Adjustment Nuts until they are at the end of the cable threads. Locate the two pulleys connected by the two "I"-Plates (46). The "I"-Plates have three adjustment holes which can be used to tighten the cables. Remove the upper pulley from the "I"-Plates using two adjustable wrenches. Move the pulley to the next lower hole in the "I"-Plates and reattach the pulley. Do not overtighten the bolt and nut which attach the pulley to the "I"-Plates. The pulley should turn freely. Tighten the Adjustment Nuts until the cables are tight as described above.



If the motor stalls or hesitates, the cables are too tight; loosen the cables slightly using the Adjustment Nuts as described above. If the cable cannot be adjusted further and there is still slack in the weight system, the cables should be replaced (see the back cover of this manual).

PART LIST—Model No. 831.159231

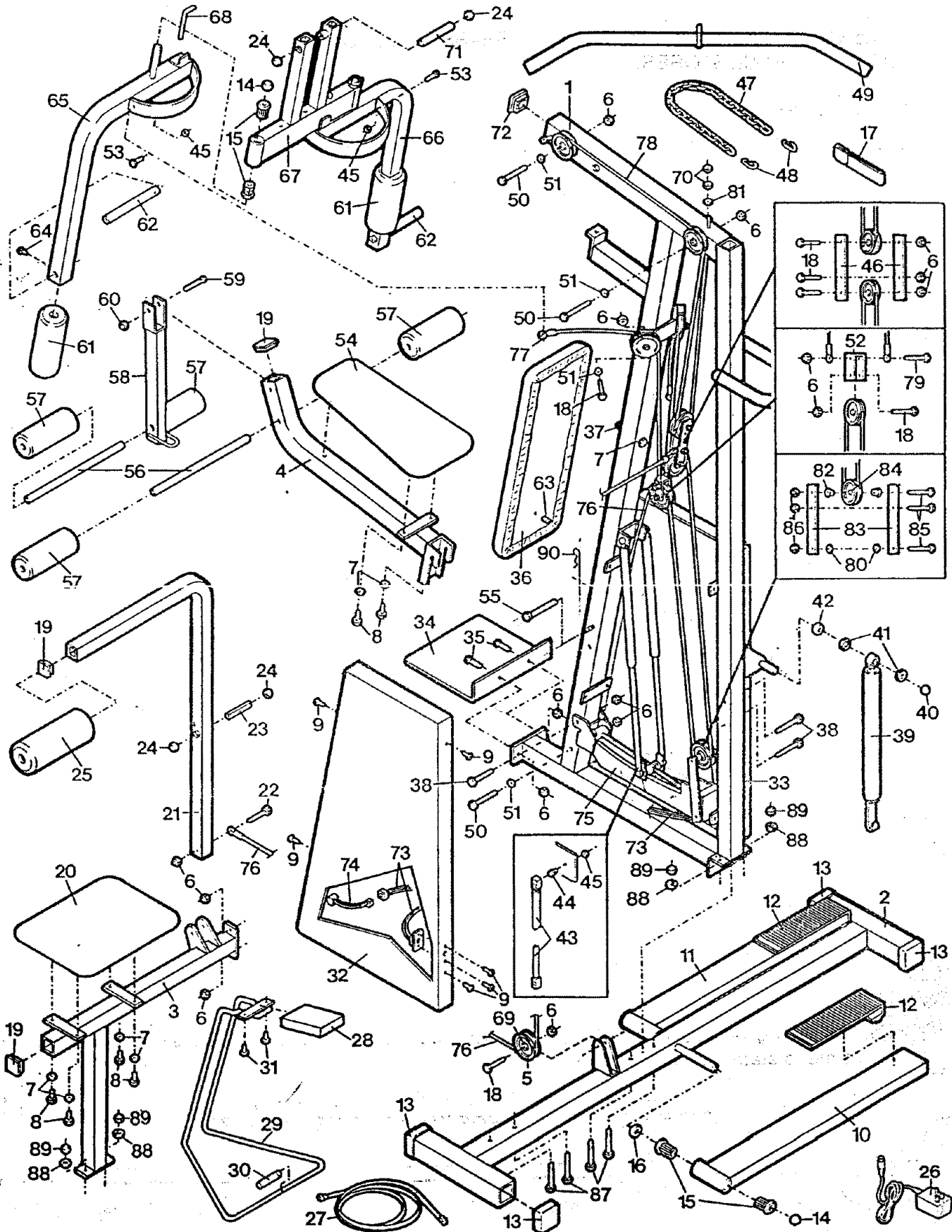
Rev. 3/93

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	NSP	1	Frame	48	103087	2	Cable Hook
2	109864	1	Stabilizer	49	105311	1	Lat Bar
3	108861	1	Ab Frame	50	104049	3	3/8" x 3 1/2" Bolt
4	108834	1	Seat Support	51	105495	5	3/8" Washer
5	111175	9	Pulley	52	109877	1	"U"-Bracket
6	012108	17	3/8" Nylock Nut	53	013303	2	5/16" x 1" Bolt
7	014062	7	1/4" Lock Washer	54	105376	1	Seat
8	013456	6	1/4" x 3/4" Bolt	55	110450	1	1/2" x 2 3/4" Clevis Pin
9	013322	10	3/4" Screw	56	108726	2	Pad Tube
10	109865	1	Left Pedal Assembly	57	103805	4	Small Foam Pad
11	109866	1	Right Pedal Assembly	58	109878	1	Leg Lever
12	106872	2	Pedal Cover	59	107653	1	1/2" x 2 3/4" Axle w/Cap
13	105723	4	2" x 2" Outer Cap	60	100150	1	1/2" Hat Cap
14	103735	4	3/4" Dome Cap	61	108860	2	Butterfly Pad
15	109867	8	Large Bushing	62	109412	2	Arm Handle
16	109868	2	Pedal Spacer	63	110265	1	Backrest Post
17	107048	1	Ankle Strap	64	107428	2	3/4" Tap Screw
18	013564	7	3/8" x 1 3/4" Bolt	65	108851	1	Left Butterfly Arm
19	103833	3	1 1/2" x 1 1/2" Inner Cap	66	108858	1	Right Butterfly Arm
20	108729	1	Ab Seat	67	109879	1	Support Arm
21	109869	1	Ab Arm	68	108739	2	Pull Pin
22	013574	1	3/8" x 2 1/4" Bolt	69	111470	9	Pulley Sleeve
23	109870	1	3" "D"-Axle	70	101138	2	5/16" Adjustment Nut
24	103903	4	1/2" Dome Cap	71	109880	1	9 1/4" Axle
25	104705	1	Ab Arm Pad	72	109881	1	2" x 2" Inner Cap
26	101067	1	Power Cord	73	109890	1	Wire Harness
27	106786	1	Control Cord	74	106982	1	Wire Adapter
28	105922	1	Hand Control	75	109886	1	Weight Mechanism
29	108982	1	Control Stand	76	109882	1	Lower Cable
30	108673	1	Plastic Sleeve	77	109883	2	Butterfly Cable
31	103860	2	1/2" Tap Screw	78	109884	1	Upper Cable
32	109794	1	Left Side Shield	79	013580	1	3/8" x 1 3/4" Bolt
33	109795	1	Right Side Shield	80	108153	1	Plastic Washer Set
34	108832	1	Foot Plate	81	014131	1	5/16" x 1 1/2" Washer
35	105134	2	3/8" x 3/4" Bolt	82	108150	1	Mechanism Spacer Set
36	110266	1	Backrest	83	108151	1	Extension Arm Set
37	013341	1	1/4" x 2 1/2" Bolt	84	108192	1	Weight Mechanism Pulley
38	013519	3	3/8" x 3" Bolt	85	108149	3	Clevis Pin
39	109871	2	Resistance Cylinder	86	105496	3	Push Washer
40	100151	2	5/8" Dome Cap	87	108674	4	3/8" x 2 1/2" Carriage Bolt
41	109872	2	Cylinder Bushing Set	88	110468	4	3/8" Lock Washer
42	109873	2	Cylinder Spacer	89	012159	4	3/8" Nut
43	107367	2	Gas Shock	90	105866	1	Hairpin Cotter
44	105142	2	Ball Joint	#	111068	1	Owner's Manual
45	012082	4	5/16" Nylock Nut	#	111069	1	Exercise Manual
46	109875	2	"I"-Plate	#	104838	1	Grease
47	105315	1	Chain				

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.

EXPLODED DRAWING—Model No. 831.159231

Rev. 3/93



ORDERING REPLACEMENT PARTS

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

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 transmitted to a SEARS PARTS DISTRIBUTION CENTER for handling.

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The MODEL NUMBER of the product (831.159231).
2. The NAME of the product (SEARS® LIFESTYLER SYSTEM 50 ERS).
3. The PART 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 equipment to ensure that we meet our pledge to you: "We service what we sell."

FULL 90 DAY WARRANTY

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 this system is used in a normal manner.

This warranty does not apply when this system is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY BY 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. 817WA,
3333 BEVERLY ROAD, HOFFMAN ESTATES, IL 60179**