

Lifestyler®

8.0

EXP

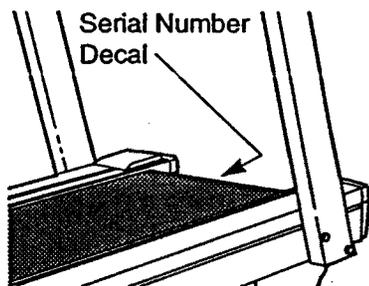
0-8 MPH • 2.0 HP • STEP INCLINE • PROGRAMMABLE SPEED

SEARS®

Model No. 831.297242

Serial No. _____

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



EXERCISE
EQUIPMENT

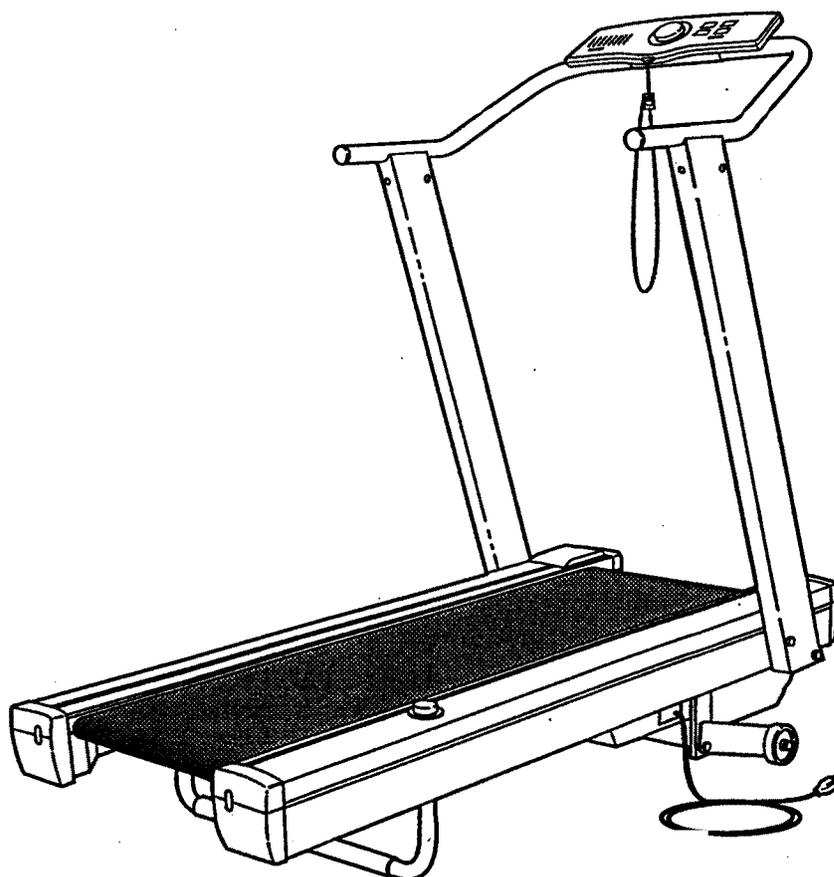
QUESTIONS

HELPLINE!

1-800-736-6879

▲ CAUTION!:

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



OWNER'S MANUAL

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

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 treadmill is used in a normal manner.

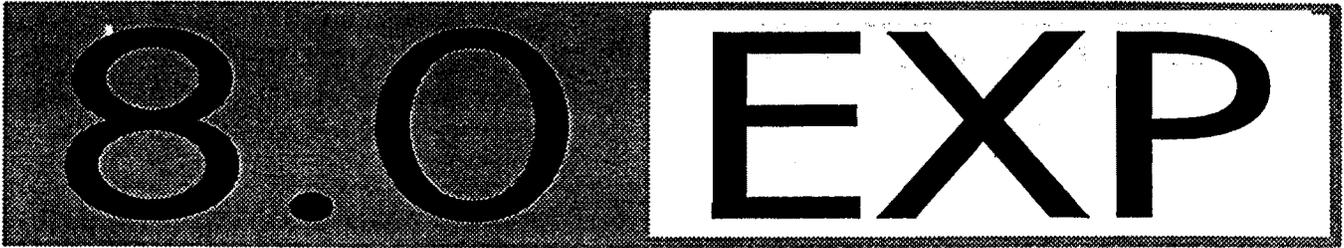
This warranty does not apply when this treadmill is used for commercial or rental purposes.

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,
HOFFMAN ESTATES, IL 60179**

Lifestyler[®]



0-8 MPH • 2.0 HP • STEP INCLINE • PROGRAMMABLE SPEED

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▲ 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.

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 near water, outdoors or on any surface that blocks an air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. When connecting the power cord (see **PLUGGING IN THE POWER CORD** on page 7), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less 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 is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** on page 5 if the treadmill is not working properly.)
4. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear athletic 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. The treadmill should not be used by persons weighing more than 250 pounds.
7. Keep small children away from the treadmill at all times. Never leave the treadmill unattended while it is running. Always turn off the power when the treadmill is not in use.
8. Never drop or insert any object into any opening.
9. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
10. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
11. Use the treadmill only as described in this manual.
12. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the safety cover 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.

SAVE THESE INSTRUCTIONS

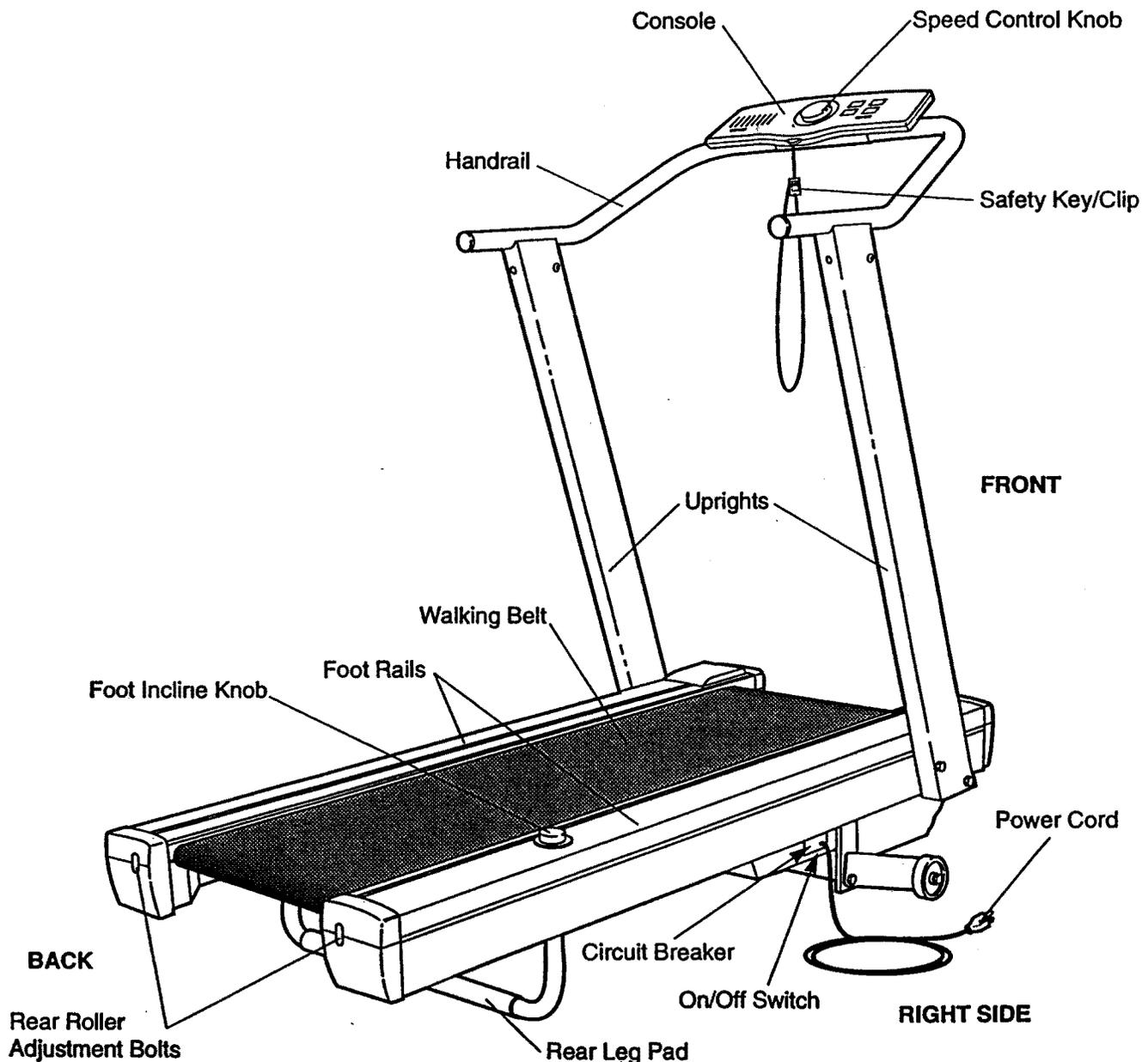
BEFORE YOU BEGIN

Thank you for selecting the SEARS LIFESTYLER® 8.0 EXP treadmill. The LIFESTYLER 8.0 EXP treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time

(excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is 831.297242. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



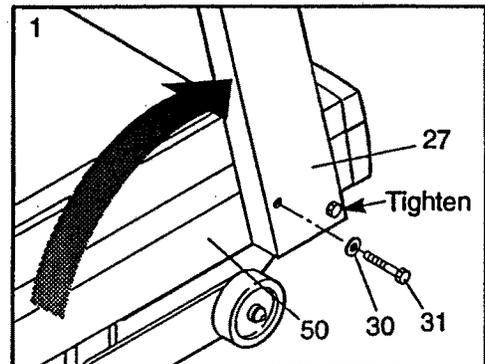
Note: The rear leg pad may mark some types of linoleum. Mild household cleaning agents will remove any marks.

ASSEMBLY

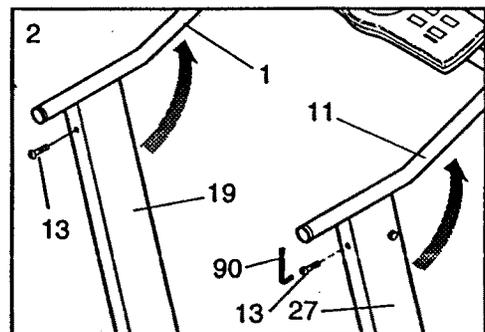
Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY: The Included 7/32" allen wrench**  **and your own adjustable wrench** .

1. With the help of a second person, raise the Right Upright (27) and Left Upright (not shown) to a vertical position. Align the hole in the lower end of the Right Upright with the hole in the side of the Frame (50). Insert a 3/8" x 3" Bolt (31), with an Upright Washer (30), into the Right Upright and tighten the Bolt into the Frame. Tighten the Bolt that is already in the Right Upright.

Attach a Bolt and Washer on the left side in the same manner (not shown).

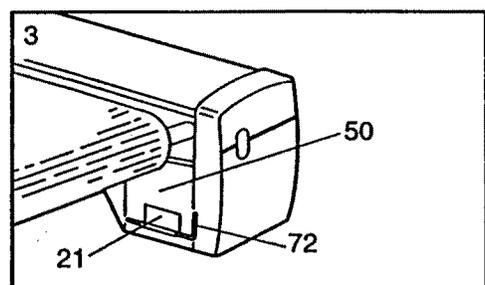


2. With the help of a second person, raise the Left and Right Handrails (1, 11) as shown. Insert two 3/8" x 1 1/4" Bolts (13) into the Left and Right Uprights (19, 27) and tighten the Bolts with the 7/32" Allen Wrench (90).



3. Remove the paper backing from the Wrench Clip (21). Press the Wrench Clip onto the Frame (50) in the indicated location. Press the 3/16" Allen Wrench (72) into the Wrench Clip.

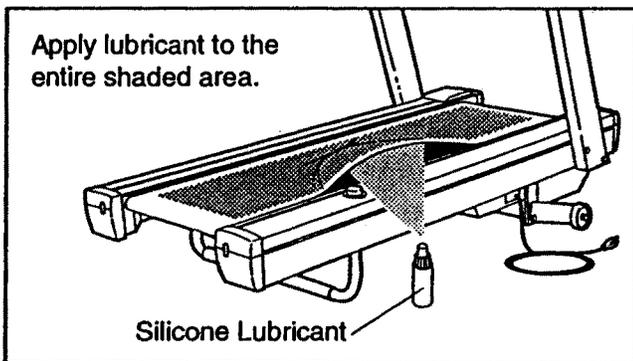
Make sure that all parts are tightened before using the treadmill.
Note: To protect the floor, a covering should be placed under the treadmill.



OPERATION AND ADJUSTMENT

APPLYING SILICONE LUBRICANT

To reduce the friction of the walking belt and minimize wear, a non-oil-, non-petroleum-base silicone lubricant must be applied to the walking platform before the treadmill is used. Failure to apply lubricant will reduce treadmill performance. **WITH THE POWER CORD UNPLUGGED**, lift each side of the walking belt and spray lubricant generously onto the indicated area. Reapply lubricant after every ten hours of use, or whenever performance decreases. Lubricant is available at most hardware and automotive stores. Uni-Sport™ silicone spray is recommended.



PLUGGING IN THE POWER CORD

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. **Plug the power cord 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.

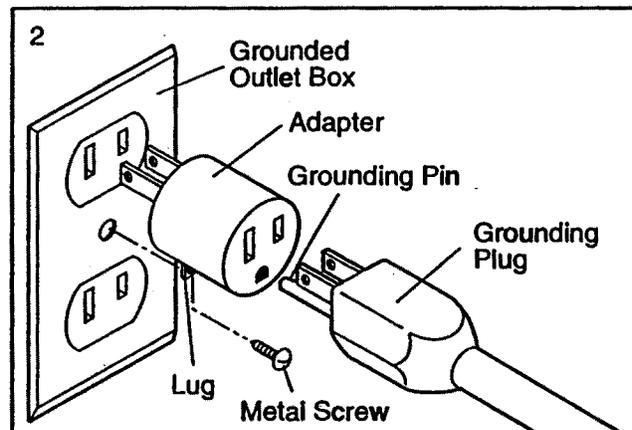
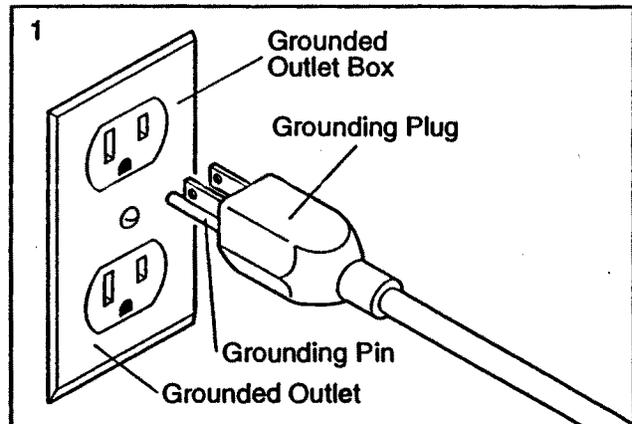
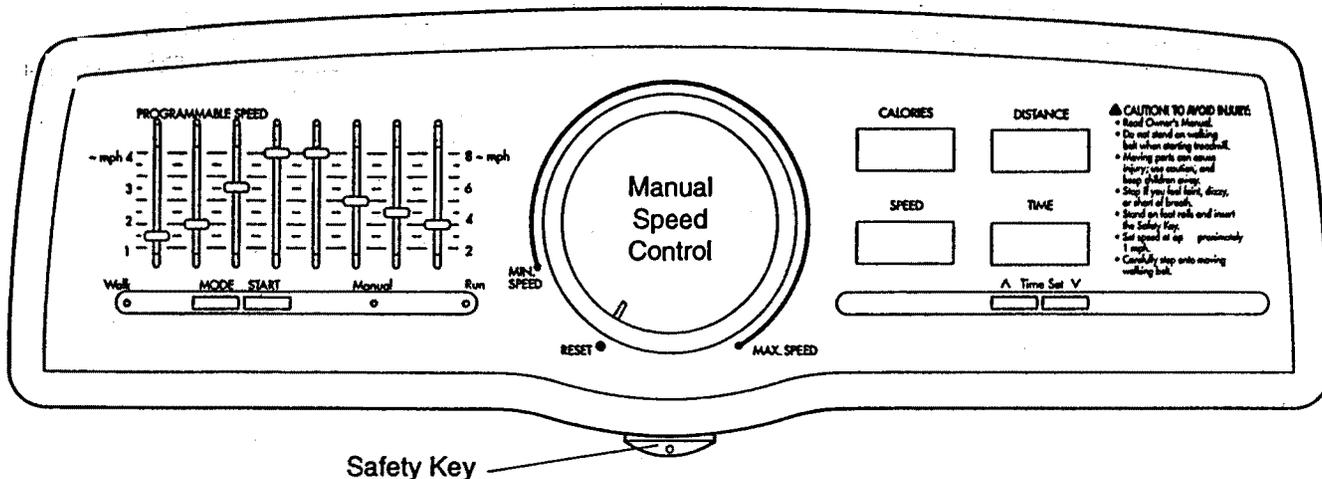


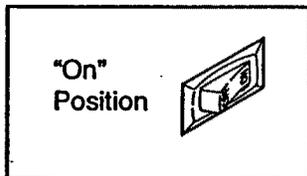
DIAGRAM OF THE CONSOLE



The heart of the treadmill is the state-of-the-art programmable console. The console offers both manual and program operation, and features an array of independent LCD displays to give you continuous exercise feedback. Please read these instructions carefully before operating the console. Note: If there is a thin sheet of clear plastic on the face of the console, peel it off before operating the console.

TURNING ON THE POWER

Make sure that the safety key is not in the console, and that the on/off switch located near the power cord is in the "on" position. Plug in the power cord (see PLUGGING IN THE POWER CORD on page 7).



Step onto the foot rails of the treadmill. Find the clip attached by a cord to the safety key, and slide the clip onto the waistband of your clothing.

CAUTION: Do not stand on the walking belt when turning on the power. Always wear the clip when using the treadmill; if you fall, the safety key will be pulled from the console, instantly turning off the power.

Insert the safety key into the console. The four LCD displays will appear. All indicators on the console will light in sequence. When only the manual indicator is lit, the console will be ready for operation.

MANUAL SPEED CONTROL

When the power is turned on, the manual indicator will be lit and the console will be in the manual mode. To start the walking belt, first turn the manual speed con-

trol to "reset." Then, turn the control slowly clockwise until the walking belt begins to move at slow speed. Note: Each time the walking belt is started, the manual speed control must first be turned to "reset."

CAUTION: After the manual speed control is turned, there will be a pause before the walking belt begins to move. Adjust the speed slowly until you are familiar with the operation of the treadmill.

Hold the handrail and step carefully onto the walking belt. Change the speed of the walking belt as desired by turning the manual speed control. To stop the walking belt, turn the control to "reset."

PROGRAM SPEED CONTROL

When the console is in the program mode, the speed of the walking belt will be controlled automatically by programs you create. To create a program, first press the MODE button repeatedly to select the WALK mode or the RUN mode. An indicator will light to show which mode you have selected. If the WALK mode is selected, the speed range of the walking belt will be about 1 to 4 miles per hour during the program; if the RUN mode is selected, the speed range of the walking belt will be about 2 to 8 miles per hour.

Each program is divided into eight equal time periods, called segments. The speed of the walking belt will change automatically at the beginning of each segment. A speed setting should now be programmed for each of the eight segments, using the eight programmable speed controls on the left side of the console. The control on the far left is for the first segment, and the control on the right is for the eighth segment. Move the controls up or down to program the desired speed settings. If the WALK mode was selected, refer

to the scale above the WALK indicator to program speed settings; if the RUN mode was selected, refer to the scale above the RUN indicator. A sample program is shown at the left. This program will begin with a slow speed setting. The speed will then increase during the second, third and fourth segments, and gradually decrease during the sixth, seventh and eighth segments. An infinite variety of speed settings can be programmed.

Next, press the TIME SET buttons to set the length of time you want the program to last. Each time one of the buttons is pressed, the length of time, shown in the TIME display, will change by 4 minutes. The buttons can be held down to set the length of time rapidly. The program can be set to last for a minimum of 4 minutes, up to a maximum of 96 minutes.

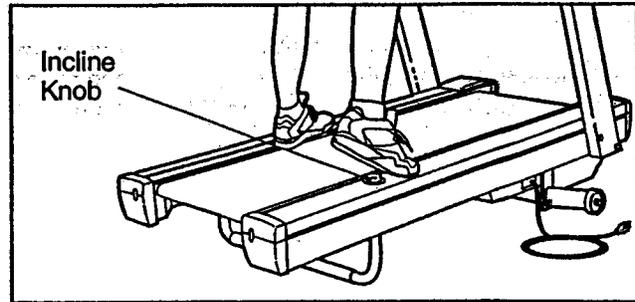
To start the program, press the START button. The first segment indicator will begin to flash, and after a pause the walking belt will begin to move at the speed setting of the first programmable speed control. The TIME display will show the time remaining in the program. After one-eighth of the length of time you set has elapsed, the second segment indicator will begin to flash, and the walking belt will change to the speed setting of the second programmable speed control. The program will continue in this manner until the length of time you set has elapsed. The walking belt will then slow to a stop.

While the program is in progress, the speed of the walking belt can be changed during the current segment, if desired, by moving the programmable speed control located below the flashing segment indicator. The walking belt can be stopped while the program is in progress by pressing the MODE button or by removing the safety key from the console. The console will then be in the same condition as if the program had been completed. After the program is completed, the console can be switched to the manual mode by repeatedly pressing the MODE button.

CHANGING THE INCLINE

To vary the intensity of your exercise, the Incline of the treadmill can be changed using the foot incline knob on the right foot rail. **Before changing the incline, stop the walking belt.** To increase the incline, **stand with your left foot towards the back of the left foot rail.** Using your right foot, press down the foot incline knob until the desired incline is reached. To decrease the incline, **stand with your left foot towards the front of the left foot rail,** and

press down the foot incline knob until the desired incline is reached.



LCD DISPLAY OPERATION

The four LCD displays provide continuous exercise feedback. The four displays are described below:

CALORIES—This display shows the approximate number of nutritional Calories that you have burned.

DISTANCE—This display shows the total distance that you have walked or run, up to 99.9 miles.

SPEED—This display shows the speed of the walking belt.

TIME—When the console is in the manual mode, this display will show the total time that the walking belt has been moving. (If the treadmill is run for longer than 99 minutes and 59 seconds, the display will reset to zero and the treadmill will slow to a stop.) If desired, a time goal can be set. To set a time goal, you must first stop the walking belt. Next, press the TIME SET increase or decrease button. Each time one of the buttons is pressed, the time goal will change by 1 minute. The buttons can be held down to set a time goal rapidly. While the walking belt is moving, the display will count down the time goal. When no time remains, the walking belt will slow to a stop. When the console is in the WALK mode or the RUN mode, the TIME display will show the time remaining in the program.

Note: The CALORIES, DISTANCE and TIME displays can be reset by removing and re-inserting the safety key.

TURNING OFF THE POWER

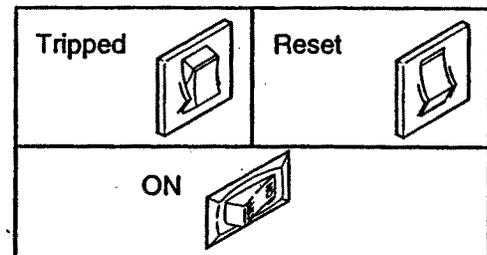
To turn off the power, remove the safety key from the console. Store the safety key in a secure location.

TROUBLE-SHOOTING AND STORAGE

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 needed, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged into a properly grounded outlet. (See **PLUGGING IN THE POWER CORD** on page 7.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- After the power cord has been plugged in, make sure that the safety key is fully inserted into the console. Various indicators on the console should light. (See **TURNING ON THE POWER** on page 8.)
- Check the circuit breaker located on the treadmill 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.
- Check the on/off switch located on the treadmill near the power cord. The switch must be in the ON position.

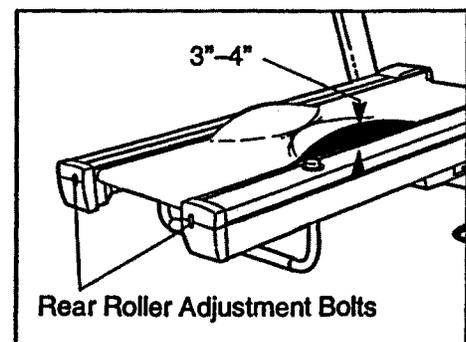


2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill near the power cord. If the circuit breaker has tripped (see the drawing above), wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.
- Check to make sure the on/off switch is in the ON position. (See 1. d. above.)
- If the treadmill still will not run, please call our Customer Service Department.

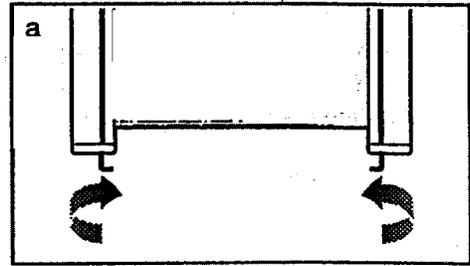
3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- Apply silicone lubricant to the walking platform before use. Reapply lubricant after every 10 hours of use, and whenever a decrease in performance is noticed. (Uni-Sport silicone spray is recommended.) **CAUTION: UNPLUG THE POWER CORD WHEN APPLYING LUBRICANT.** (See **OPERATION AND ADJUSTMENT** on page 7 for application instructions.)
- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD.** Using the 3/16" allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

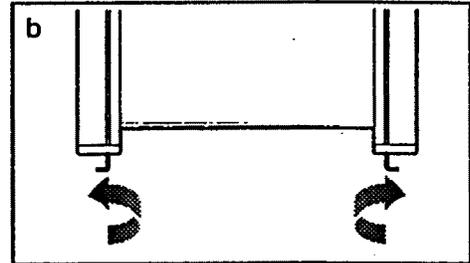


4. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

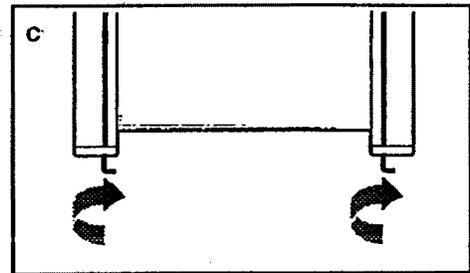
a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



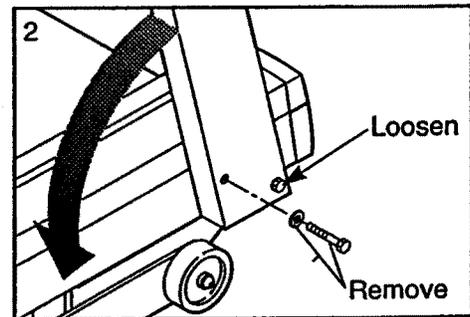
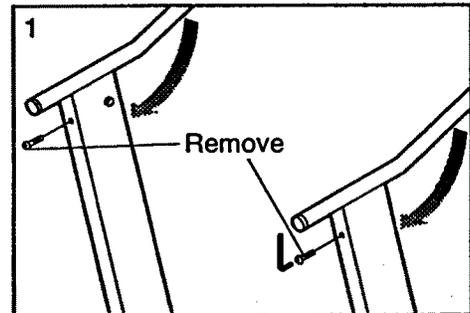
STORAGE

Unplug the power cord when the treadmill is not in use.

Using the 7/32" allen wrench, remove the bolt from the upper end of each upright (see drawing 1). Rotate the handrails down.

Remove one bolt and washer from the lower end of each upright (see drawing 2). Loosen the other bolt in the lower end of each upright. Carefully lower the uprights.

It is recommended that the treadmill be covered during extended



CONDITIONING 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 individuals over the age of 35 or individuals with pre-existing health problems.

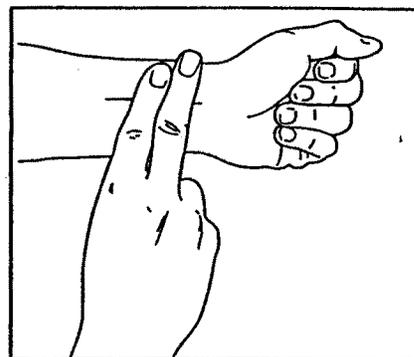
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate.



For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and reduce soreness and other post-exercise problems.

To maintain or improve your condition, complete 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. The key to success is CONSISTENCY.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

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, back of knees and back.

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 both legs.

Stretches: Hamstrings, lower back and groin.

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 both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

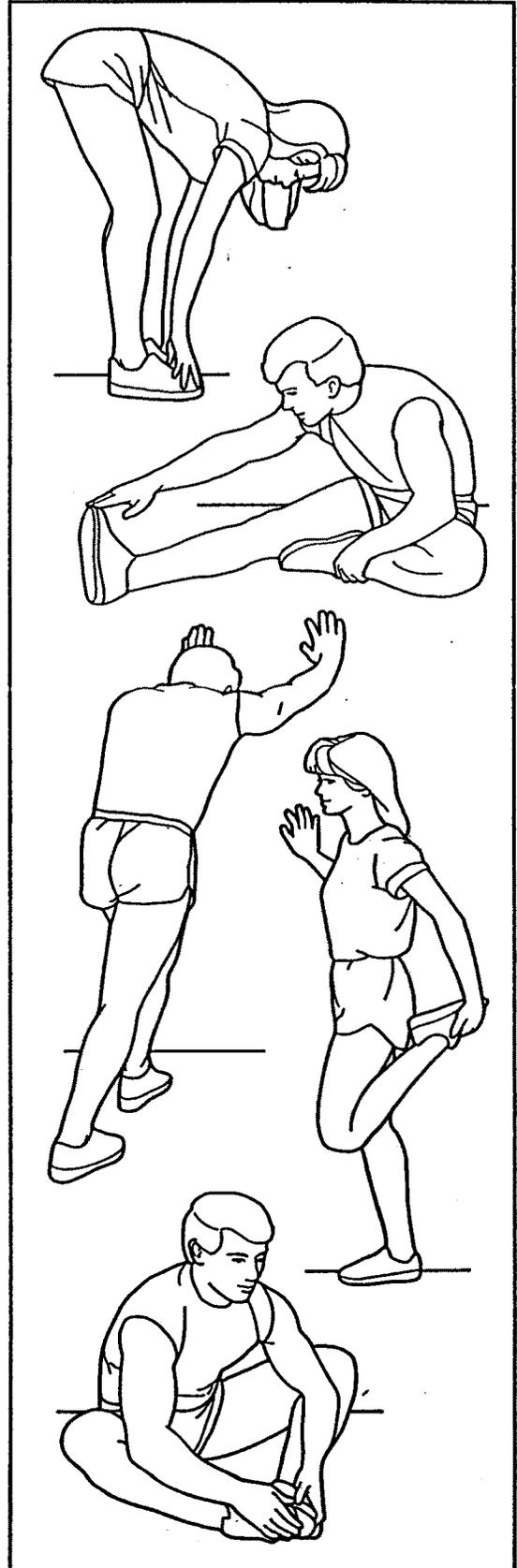
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



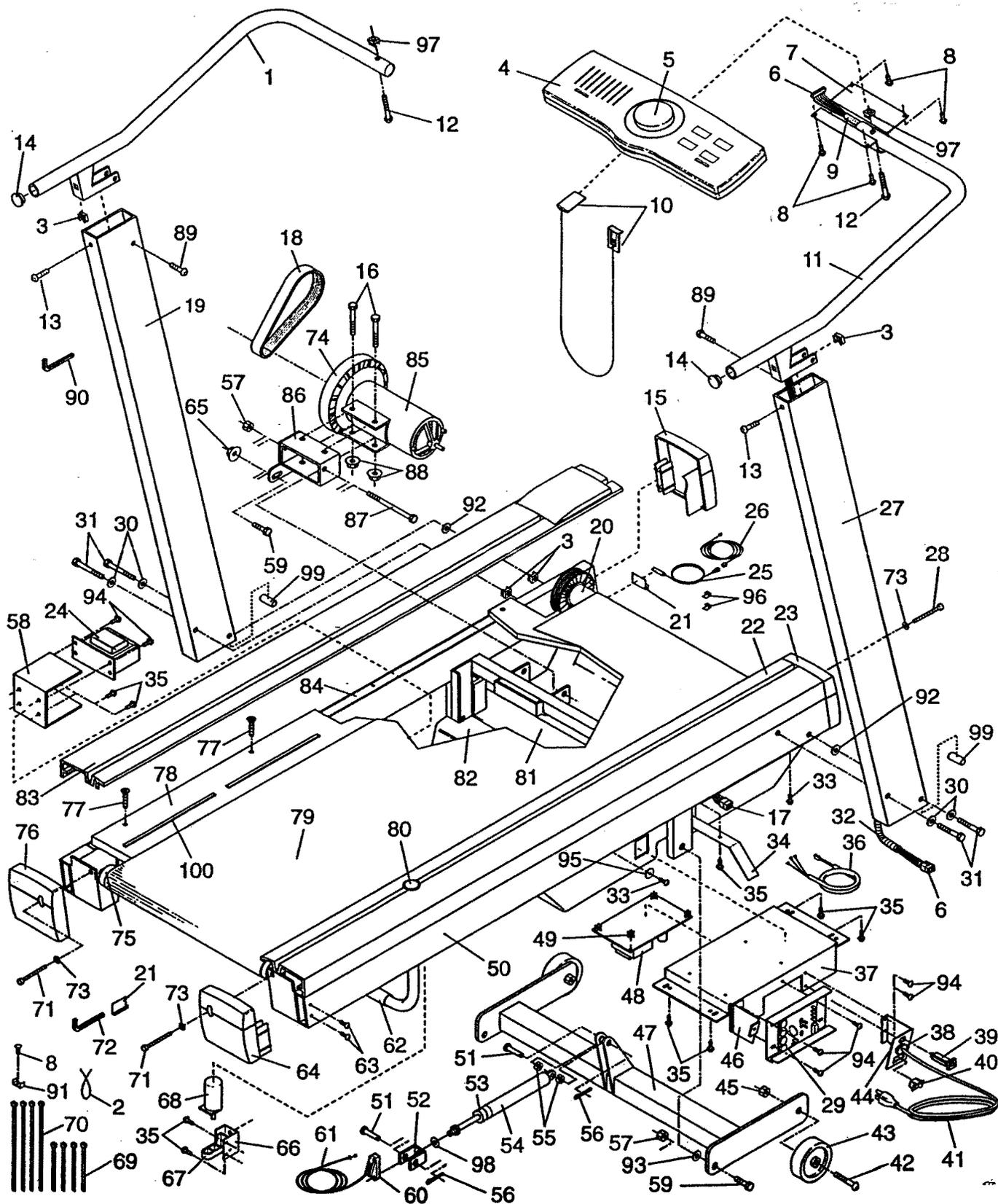
PART LIST—Model No. 831.297242

R195A

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	120786	1	Left Handrail	57	012149	3	Leg Nut/Motor Pivot Nut
2	116926	2	Cable Tie	58	120909	1	Choke Bracket
3	111869	6	Cage Nut	59	013547	3	Leg Bolt/Motor Tension Bolt
4	120718	1	Console	60	118202	1	Shock Release
5	120803	1	Speed Control Knob	61	119919	1	Incline Cable
6	120065	1	Long Wire Harness	62	110407	1	Rear Leg Pad
7	114001	1	Console Plate	63	013028	4	Rear Endcap Screw
8	013141	7	Console Screw	64	119431	1	Right Rear Endcap
9	113203	2	6" Cable Loom	65	120867	2	Lock Nut
10	119038	1	Safety Key/Clip	66	122282	1	Incline Knob Bracket
11	120787	1	Right Handrail	67	116435	1	Incline Lever
12	013438	2	Console Bolt	68	116434	1	Foot Incline Knob
13	119994	2	3/8" x 1 1/4" Bolt	69	016029	4	4" Cable Tie
14	114005	2	Handrail Cap	70	016057	4	8" Cable Tie
15	119428	1	Front Left Endcap	71	105444	2	Rear Roller Adj. Bolt
16	100994	2	Motor Bolt	72	045010	1	3/16" Allen Wrench
17	120066	1	Short Wire Harness	73	014127	3	Roller Adj. Washer
18	118017	1	Belt	74	113278	1	Pulley/Flywheel/Fan
19	120293	1	Left Upright	75	109788	1	Rear Roller
20	120445	1	Front Roller Pulley	76	119430	1	Left Rear Endcap
21	016028	2	Wrench Clip	77	119779	8	Platform Screw
22	120800	1	Right Foot Rail	78	120710	1	Walking Platform
23	119429	1	Front Right Endcap	79	120711	1	Walking Belt
24	109365	1	Choke	80	119935	1	Incline Knob Sleeve
25	118153	1	Reed Switch/Sensor Wire	81	118923	1	Front Safety Cover
26	120168	1	Extension Wire	82	120802	1	Rear Safety Cover
27	120292	1	Right Upright	83	120799	1	Left Foot Rail
28	112609	1	Front Roller Adj. Bolt	84	120780	2	Deck Shim
29	110447	1	Controller	85	120713	1	Motor
30	014132	4	Upright Washer	86	122644	1	Motor Mounting Bracket
31	112001	4	3/8" x 3" Bolt	87	107503	1	Motor Swivel Bolt
32	113204	2	12" Cable Loom	88	105477	2	Motor Nut
33	013162	17	Safety Cover Screw	89	122137	2	Handrail Bolt
34	118148	1	Belt Guide	90	045017	1	7/32" Allen Wrench
35	108080	11	Screw	91	116927	3	Tie Holder
36	105989	1	Controller Wire	92	014117	2	Upright Star Washer
37	123308	1	Electronics Bracket	93	014086	2	3/8" Flat Washer
38	019084	1	Grommet	94	120866	7	Small Screw
39	109382	1	Circuit Breaker	95	104188	2	Flat Washer
40	119163	1	On/Off Switch	96	054023	2	Wire Clip
41	031229	1	Power Cord	97	111430	2	Handrail Cage Nut
42	117806	2	Wheel Bolt	98	104345	1	Shock Star Washer
43	052014	2	Front Wheel	99	122332	2	Upright Spacer
44	119026	1	Power Cord Bracket	100	122129	6	Foot Rail Shim
45	012056	2	Wheel Nut	#	102634	1	Ground Wire
46	119416	1	Safety Cover Bracket	#	107771	1	Power Cord-Power Board Wire
47	118650	1	Incline Leg	#	118201	1	Red Motor Wire-Controller Wire
48	120716	1	Power Board	#	102246	1	White Power Board-Frame Wire
49	015071	4	Plastic Stand-Off	#	101898	1	Breaker-Power Board Wire
50	NSP	1	Frame	#	112083	1	Blue Controller-Motor Wire
51	112669	2	Shock Pin	#	109407	1	On/Off Switch-Breaker Wire
52	118569	1	Shock Bracket	#	101897	1	14" White Wire, 2 Female
53	122403	1	Shock Cushion	#	114011	1	4" Black Wire, Male-Female
54	122002	1	Incline Shock	#	118204	1	8" Blue Wire, Male-Female
55	114270	2	Shock Spacer	#	122759	1	Owner's Manual
56	106334	2	Cotter Pin				

EXPLODED DRAWING—Model No. 831.297242

R195A



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 can 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:

- The MODEL NUMBER of the product (831.297242).
- The NAME of the product (SEARS LIFESTYLER® 8.0 EXP).
- The PART NUMBER of the part(s) from page 14 of this owner's manual.
- The DESCRIPTION of the part(s) from page 14 of this owner's manual.

Your SEARS TREADMILL 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."

Should you ever need repair service or parts, call toll free: 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays).