

**Lifestyler<sup>®</sup>**

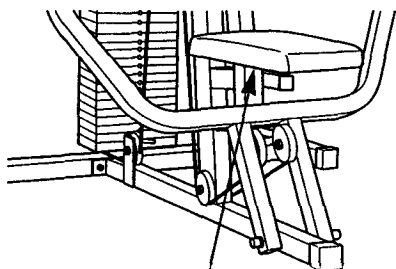
# SYSTEM 300<sup>™</sup>

**SEARS<sup>®</sup>**

Model No. 831.159422

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

Write the serial number in the space above for reference.



Serial Number Decal (Under Seat)

**EXERCISE  
EQUIPMENT**

**QUESTIONS**

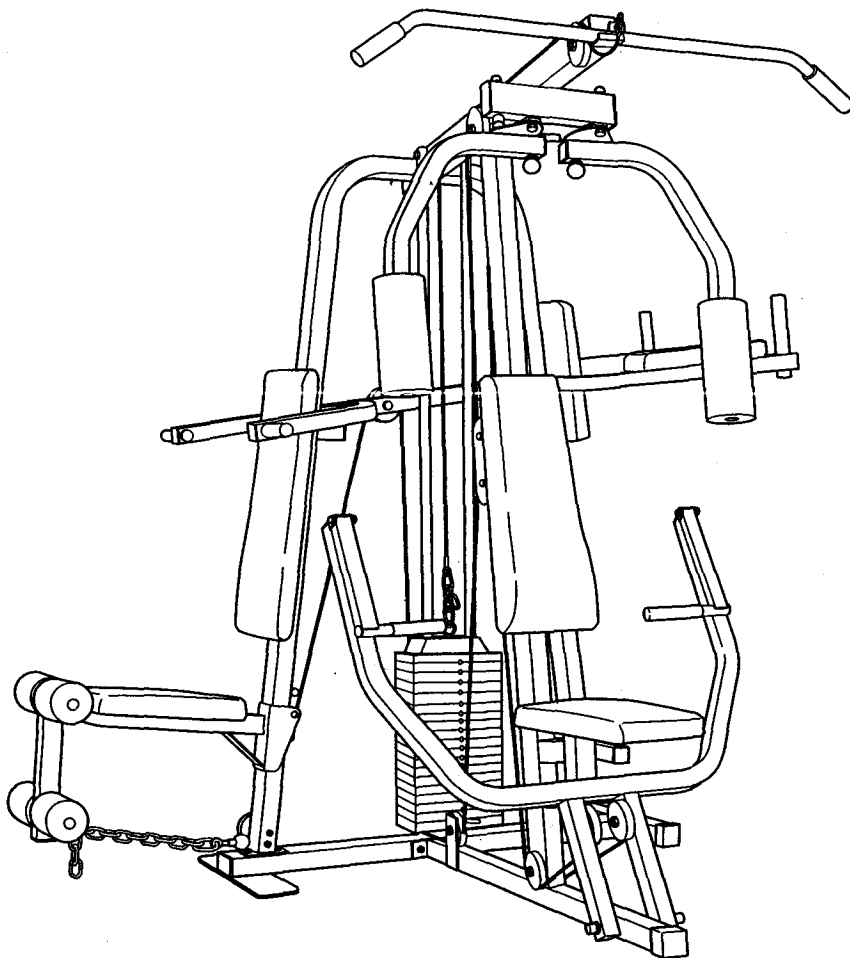
**HELPLINE!**

**1-800-736-6879**

## **CAUTION!**

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

**PATENT PENDING**



## **USER'S MANUAL**

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

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Note: A PART IDENTIFICATION CHART and an EXPLODED DRAWING have been attached to the center of this manual. Remove them before beginning assembly.

## IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the SYSTEM 300.

1. Read all instructions in this manual and in the accompanying literature before using the SYSTEM 300.
2. Use the SYSTEM 300 only on a level surface. Cover the floor underneath the SYSTEM 300 to protect it.
3. Inspect and tighten all parts each time you use the SYSTEM 300. Replace any worn or frayed parts immediately.
4. Keep small children and pets away from the SYSTEM 300 at all times.
5. The SYSTEM 300 is designed to be used by only one person at a time.
6. Keep hands and feet away from moving parts.
7. Always wear athletic shoes for foot protection.
8. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
9. Remove the lat bar from the high pulley station when performing any exercise that does not use the lat bar.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. When using the butterfly arms, always apply equal force to both arms. Never attempt to use the arms separately. Doing so could permanently damage the SYSTEM 300.
12. It is the responsibility of the owner to ensure that all users of the SYSTEM 300 are adequately informed of all warnings and precautions.

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

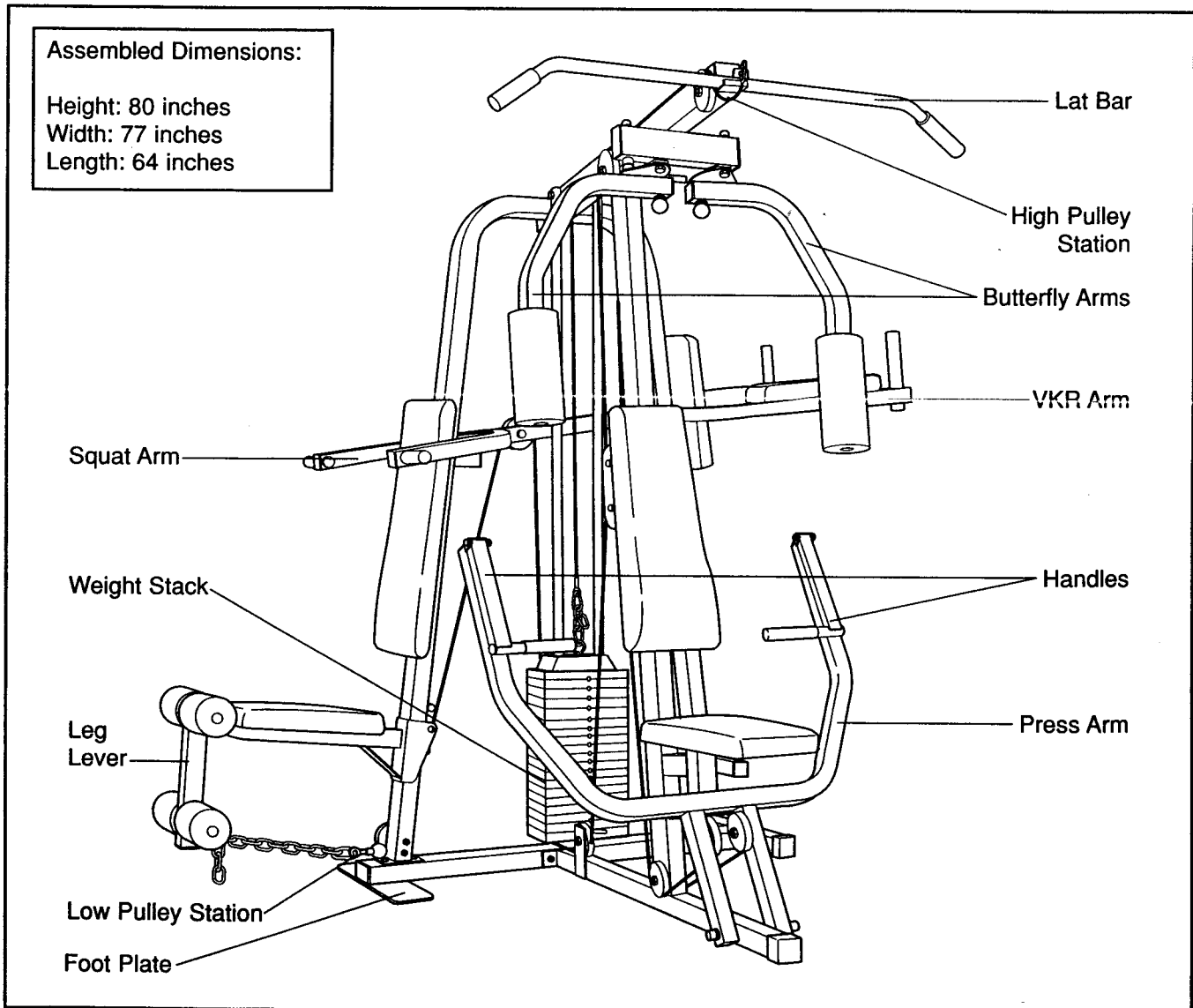
# BEFORE YOU BEGIN

Thank you for selecting the SEARS® LIFESTYLER SYSTEM 300 Weight System. The versatile SYSTEM 300 features an impressive array of weight stations designed to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the SYSTEM 300 will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the SYSTEM 300.** If you have additional questions, call our toll-free HELPLINE 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 is 831.159422. The serial number can be found on a decal attached to the SYSTEM 300 (see the front cover of this manual).

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



# ASSEMBLY

Due to the size and weight of the SYSTEM 300, it should be assembled in the location where it will be used. Place all parts of the SYSTEM 300 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.

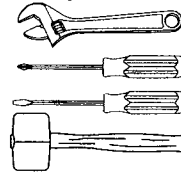
Assembly requires two people. Before beginning, read each assembly step and look at each drawing carefully. As you assemble the SYSTEM 300, make sure that all parts are oriented exactly as shown in the drawings. Tighten all parts as you attach them, unless instructed to do otherwise.

For help identifying small parts, refer to the PART

IDENTIFICATION CHART attached to the center of this manual.

## Assembly requires these tools (not included):

- two adjustable wrenches
- a phillips screwdriver
- a flat screwdriver
- a rubber mallet.



Lubricant, such as grease or petroleum jelly, and a small amount of soapy water are also needed.

To simplify assembly, the following tools are recommended: A set of sockets, open- or closed-end wrenches, or ratchet wrenches.

### 1. Before beginning assembly, make sure that you have carefully read the information above.

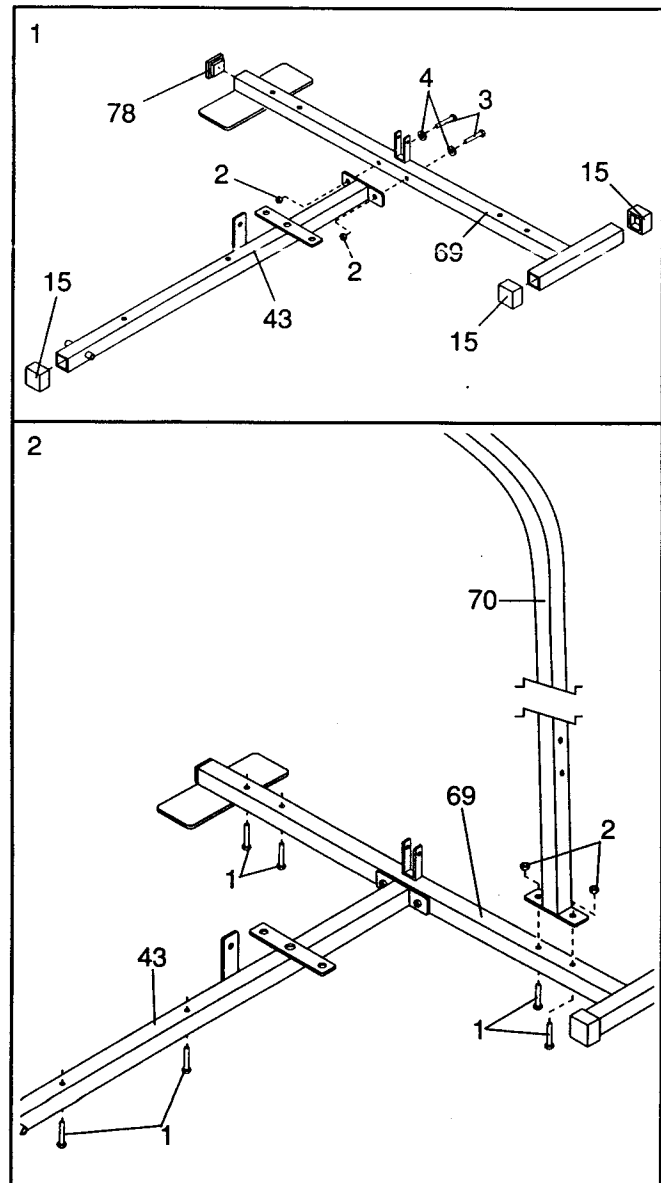
Tap a 2" Outer Cap (15) onto the Base (43).

Tap two 2" Outer Caps (15) onto the Stabilizer (69). Tap a 2" x 2" Inner Cap (78) into the Stabilizer.

Attach the Stabilizer (69) to the Base (43) with two 3/8" x 2 1/2" Bolts (3), two 3/8" Flat Washers (4), and two 3/8" Jam Nuts (2). **Do not fully tighten the Jam Nuts yet.**

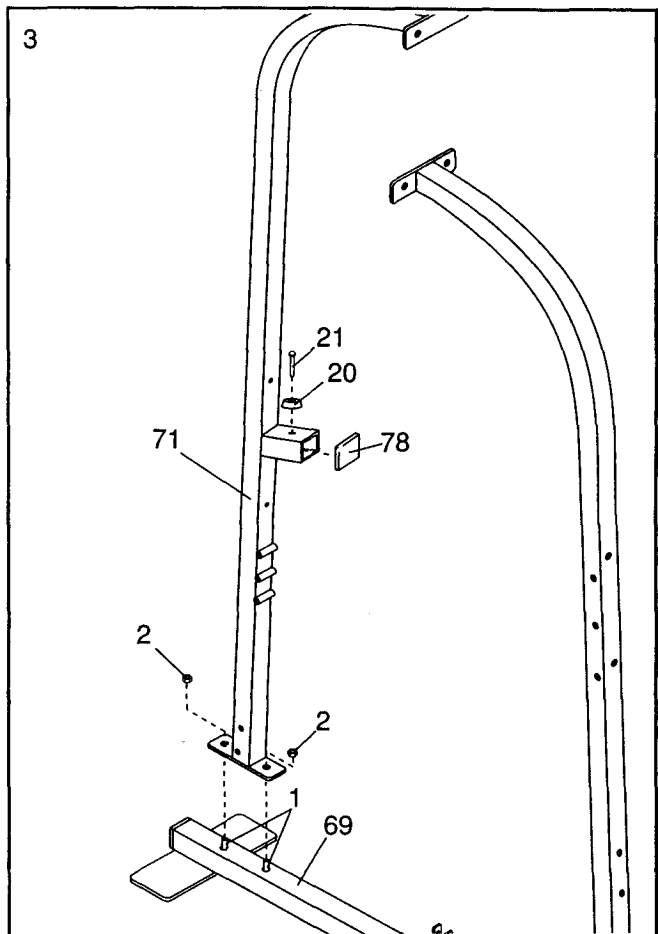
### 2. Insert six 3/8" x 2 3/4" Carriage Bolts (1) up through the holes in the Stabilizer (69) and the Base (43).

Attach the VKR Upright (70) to the two indicated 3/8" x 2 3/4" Carriage Bolts (1) in the Stabilizer (69) with two 3/8" Jam Nuts (2). **Do not fully tighten the Jam Nuts yet.**



3. Attach the Squat Upright (71) to the two indicated 3/8" x 2 3/4" Carriage Bolts (1) in the Stabilizer (69) with two 3/8" Jam Nuts (2). **Do not fully tighten the Jam Nuts yet.**

Tap a 2" x 2" Inner Cap (78) into the Squat Upright (71). Attach a Rubber Bumper (20) to the Squat Upright with a #8 x 1/2" Tap Screw (21).

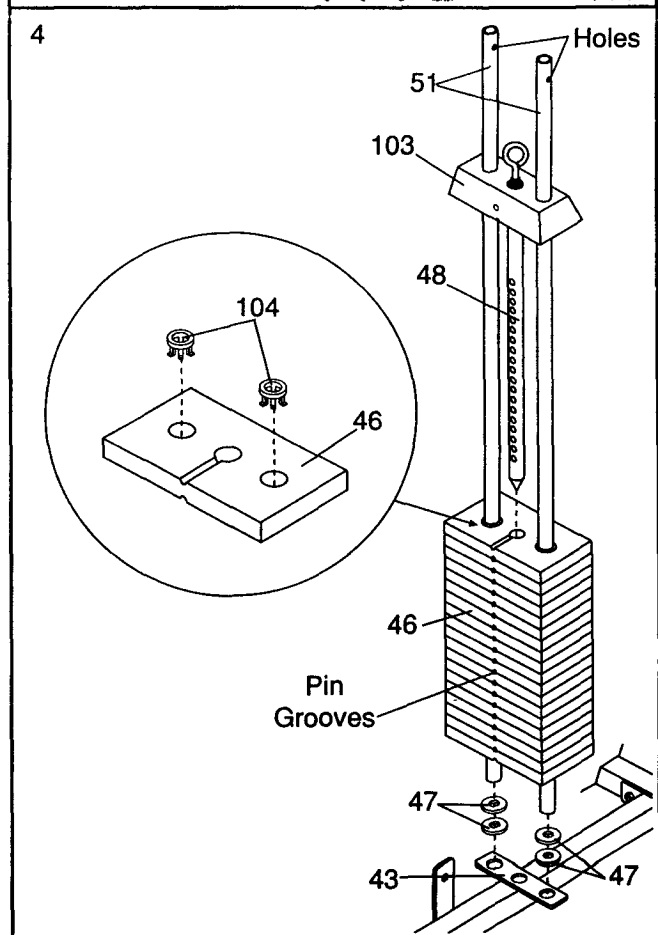


4. Insert two Weight Bushings (104) into each of the nineteen Weights (46).

Slide two Weight Bumpers (47) onto the lower end of each Weight Guide (51) (there is a hole near the upper end of each Weight Guide). Insert the Weight Guides into the holes in the indicated bracket on the Base (43).

Slide the Weights (46) onto the Weight Guides (51). Make sure that the Weights are turned so the deepest pin grooves are underneath the Weights, and are on the indicated side.

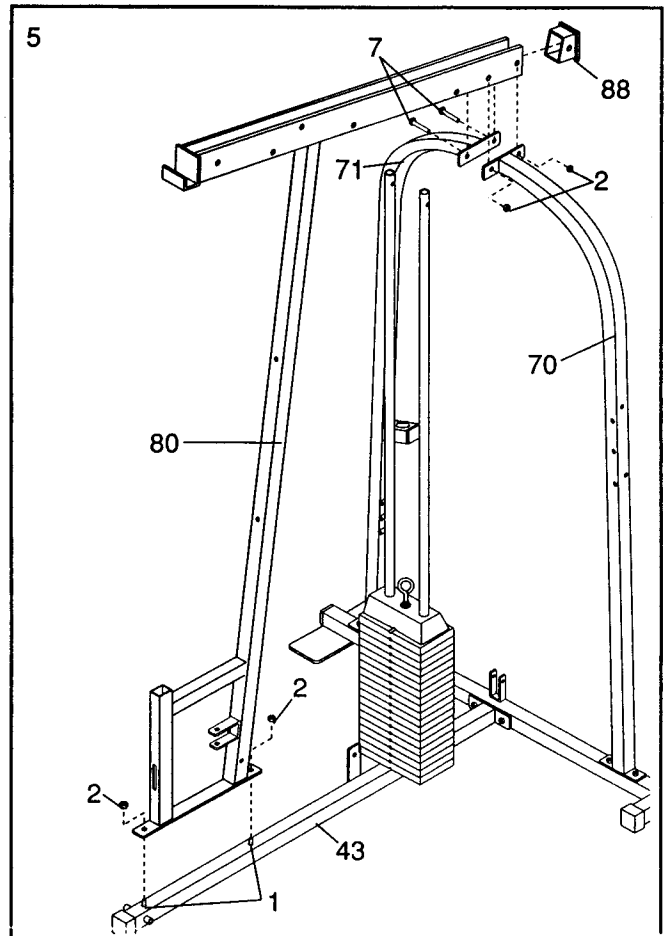
Slide the Small Weight (103) onto the Weight Guides (51). Insert the Weight Selector (48) into the Weights (46).



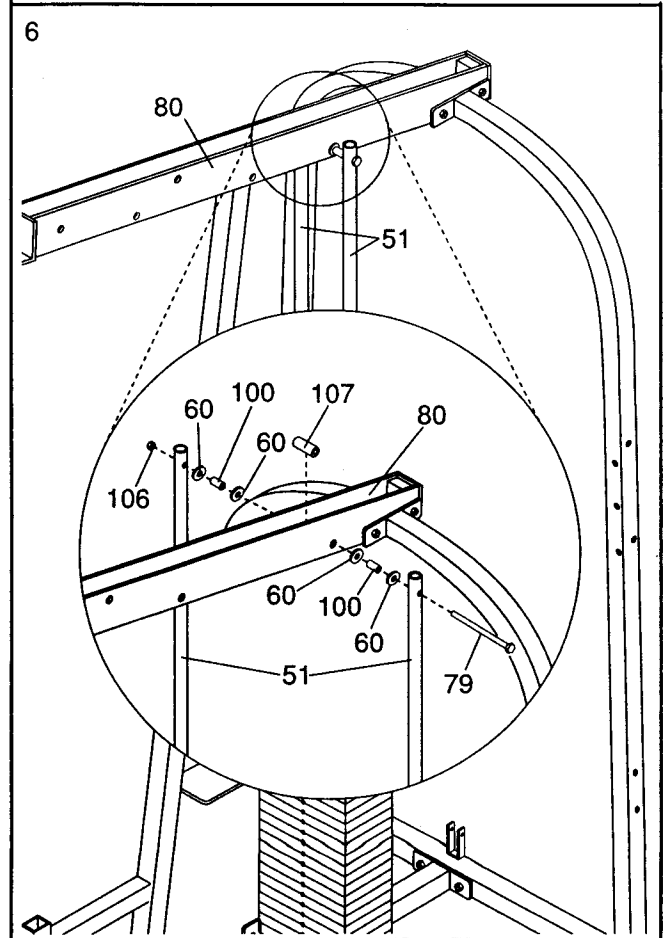
- Attach the Frame (80) to the two  $\frac{3}{8}$ " x  $2\frac{3}{4}$ " Carriage Bolts (1) in the Base (43) with two  $\frac{3}{8}$ " Jam Nuts (2). **Do not fully tighten the Jam Nuts yet.**

Insert the Frame Cap (88) into the indicated end of the Frame (80). Attach the Frame Cap, the VKR Upright (70), and the Squat Upright (71) to the Frame with the two  $\frac{3}{8}$ " x 3" Bolts (7) and two  $\frac{3}{8}$ " Jam Nuts (2).

**Tighten all of the  $\frac{3}{8}$ " Jam Nuts (2) used in assembly steps 1 through 5.**

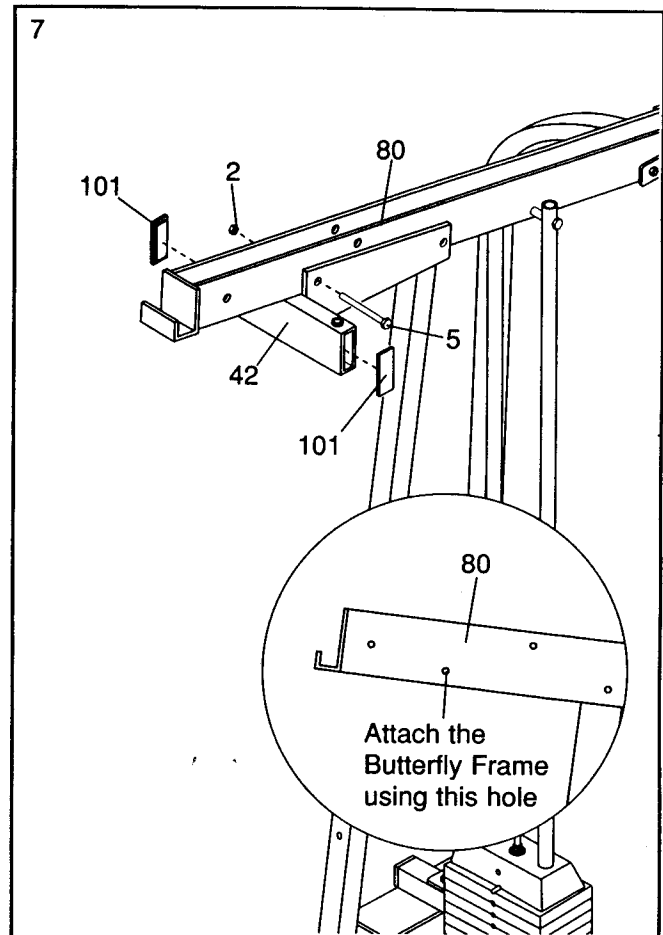


- Attach the upper ends of the Weight Guides (51) to the Frame (80) with the  $\frac{5}{16}$ " x  $6\frac{1}{2}$ " Bolt (79), four  $\frac{5}{16}$ " Flat Washers (60), the two  $\frac{1}{2}$ " x  $\frac{3}{4}$ " Spacers (100), the  $\frac{1}{2}$ " x  $1\frac{15}{16}$ " Spacer (107), and the  $\frac{5}{16}$ " Jam Nut (106), as shown.



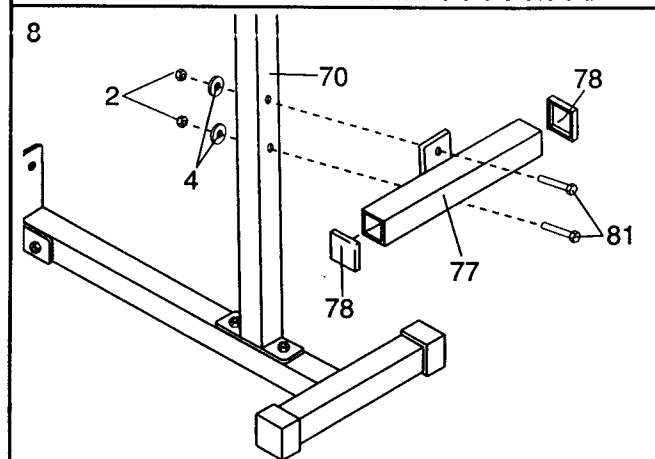
7. Tap a 1 1/2" x 3" Inner Cap (101) into each side of the Butterfly Arm Frame (42).

Attach the Butterfly Arm Frame (42) to the Frame (80) with a 3/8" x 3 1/4" Bolt (5) and a 3/8" Jam Nut (2). Do not fully tighten the Jam Nut yet.



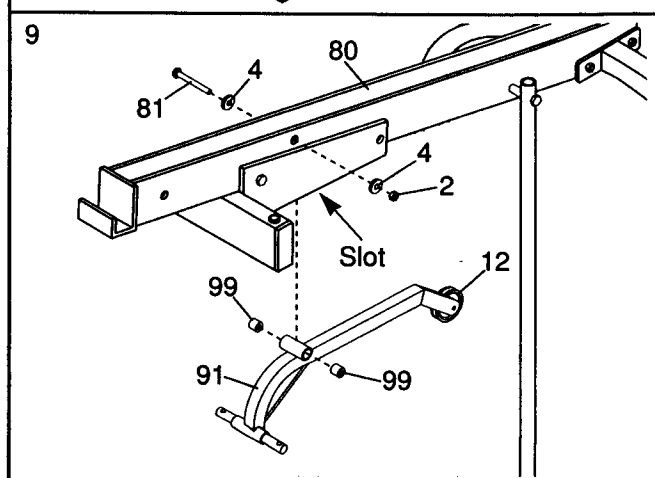
8. Tap a 2" x 2" Inner Cap (78) into each end of the Foot Rest (77).

Attach the Foot Rest (77) to the VKR Upright (70) with two 3/8" x 2 3/4" Bolts (81), two 3/8" Flat Washers (4), and two 3/8" Jam Nuts (2).



9. Insert the end of the Pivot Arm (91) where the Pulley (12) is located, up into the indicated slot in the Frame (80).

Attach the Pivot Arm (91) and the two 5/8" x 13/32" Spacers (99) inside the Frame (80) with a 3/8" x 2 3/4" Bolt (81), two 3/8" Flat Washers (4), and a 3/8" Jam Nut (2) as shown.



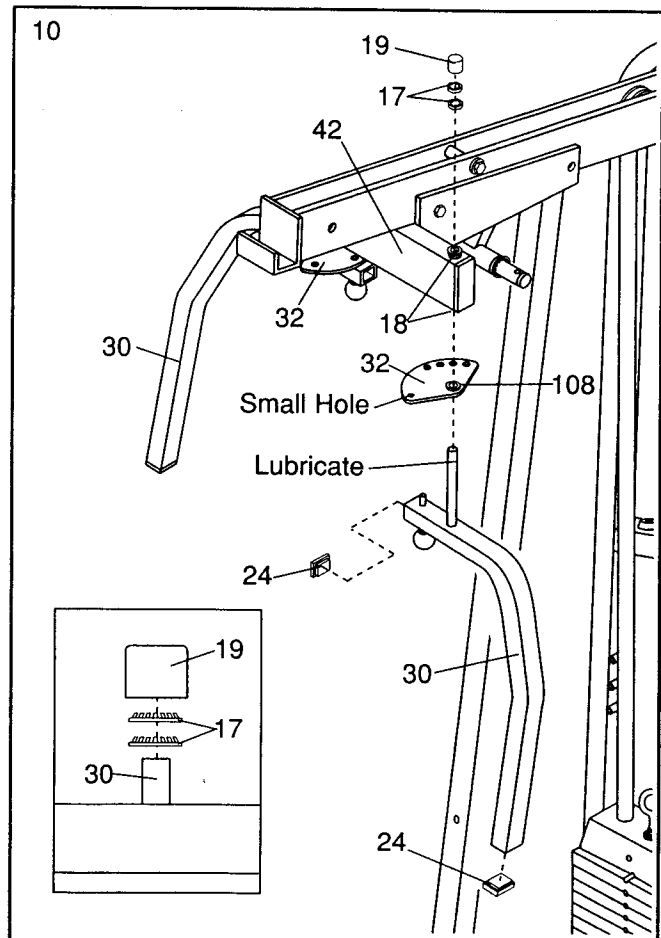
10. **Make sure that there are two Long 3/4" Flange Bushings (18) in the indicated side of the Butterfly Arm Frame (42).**

Tap two 1 3/4" x 1 3/4" Inner Caps (24) into the left Butterfly Arm (30) as shown.

Slide an Adjustment Bracket (32) onto the axle on the left Butterfly Arm (30). Turn the Adjustment Bracket so the indicated small hole is on the side shown. **Make sure that there is a Short 3/4" Flange Bushing (108) in the Adjustment Bracket, and that the flange of the Bushing is on top.**

Apply lubricant to the axle on the left Butterfly Arm (30). Insert the axle into the indicated hole in the Butterfly Arm Frame (42). Tap two 3/4" Retainers (17) and a 3/4" Retainer Cap (19) onto the end of the axle. **Note: The teeth on the Retainers must bend toward the Retainer Cap as shown in the inset drawing.**

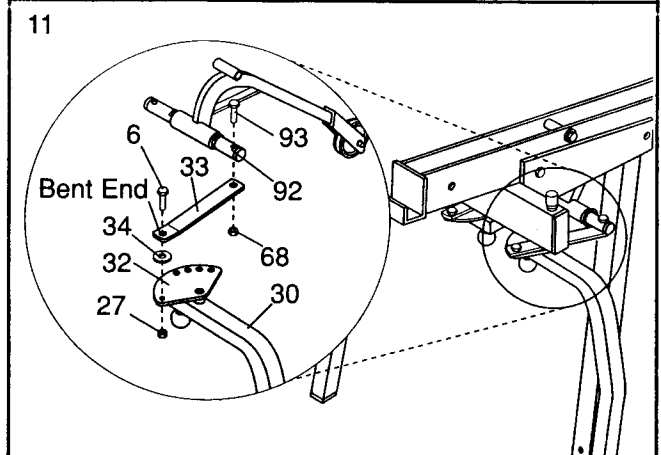
Assemble the other Butterfly Arm (30) and Adjustment Bracket (32) in the same manner.



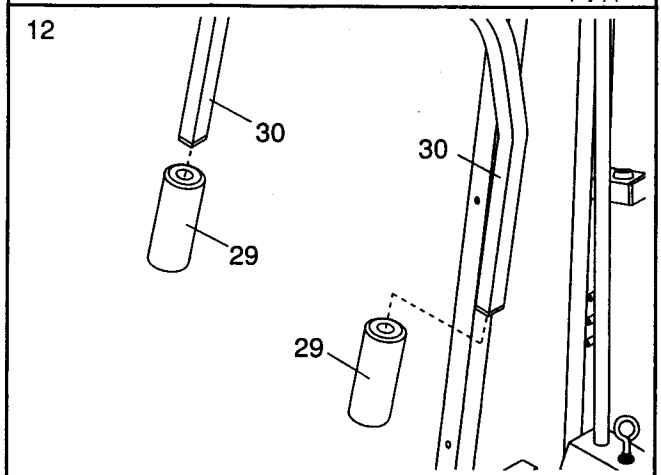
11. Attach the bent end of a Link Arm (33) to the small hole in one of the Adjustment Brackets (32) with a 3/8" x 1" Bolt (6), a 3/8" Plastic Washer (34), and a 3/8" Nylon Locknut (27) as shown.

Attach the other end of the Link Arm (33) to the Pivot Arm Tube (92) with a 1/4" x 1 1/4" Bolt (93) and a 1/4" Nylon Locknut (68).

Attach the other Link Arm (33) to the other Adjustment Bracket (32) in the same manner (not shown).



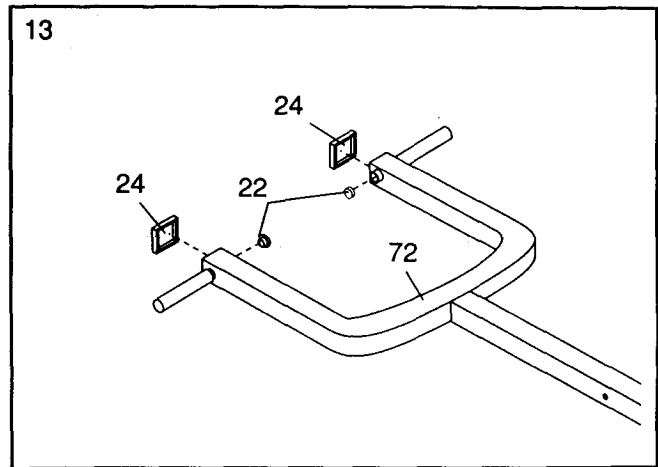
12. Wet the lower ends of both Butterfly Arms (30) and the insides of the two Long Foam Pads (29) with soapy water. Slide a Long Foam Pad onto each Butterfly Arm.



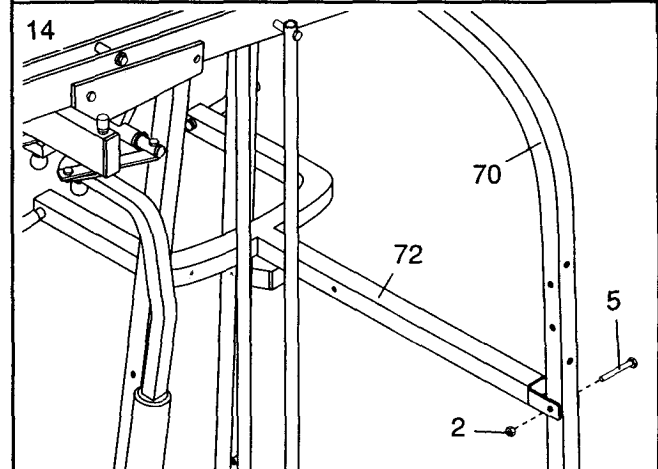


13. Tap two 1 3/4" x 1 3/4" Inner Caps (24) into the Squat Arm (72).

Tap two 1" Round Caps (22) into the Squat Arm (72).



14. Attach the Squat Arm (72) to the VKR Upright (70) with a 3/8" x 3 1/4" Bolt (5) and a 3/8" Jam Nut (2). **Do not overtighten the Jam Nut; the Squat Arm must pivot freely.**

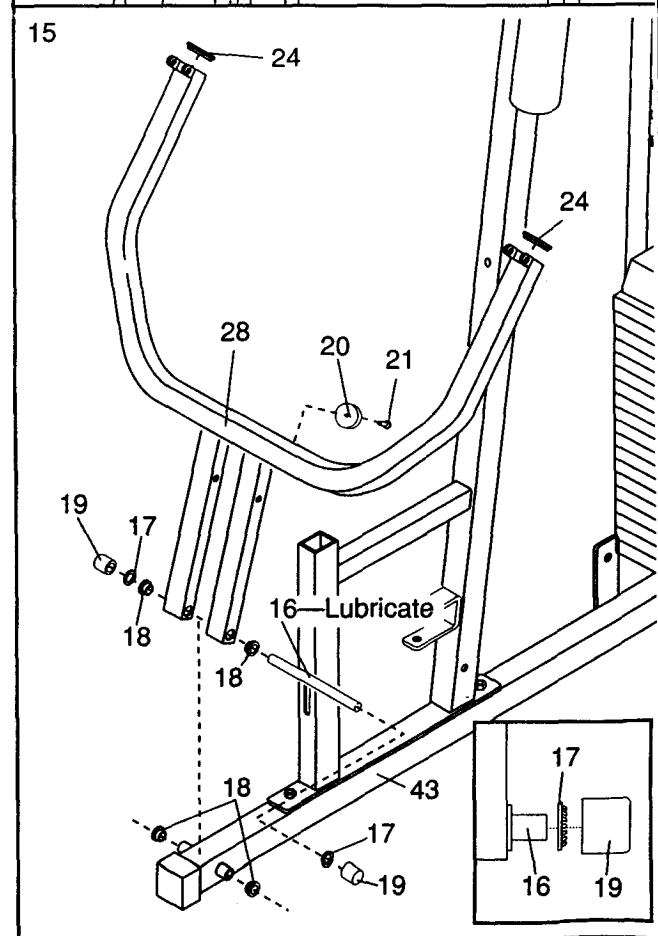


15. Tap two 1 3/4" x 1 3/4" Inner Caps (24) into the upper end of the Press Arm (28).

Attach a Rubber Bumper (20) to the Press Arm (28) with a #8 x 1/2" Tap Screw (21).

Make sure that there are two 3/4" Flange Bushings (18) in the indicated holes in the Base (43). Press two 3/4" Flange Bushings (18) into the indicated holes in the Press Arm (28).

Apply lubricant to the 3/4" x 8 1/2" Axle (16). Align the bottom of the Press Arm (28) with the 3/4" Flange Bushings (18) in the Base (43). Slide the Axle into the Press Arm and Base. Tap a 3/4" Retainer (17) and a 3/4" Retainer Cap (19) onto each end of the Axle. **Note: The teeth on the Retainers must bend toward the Retainer Cap as shown in the inset drawing.**

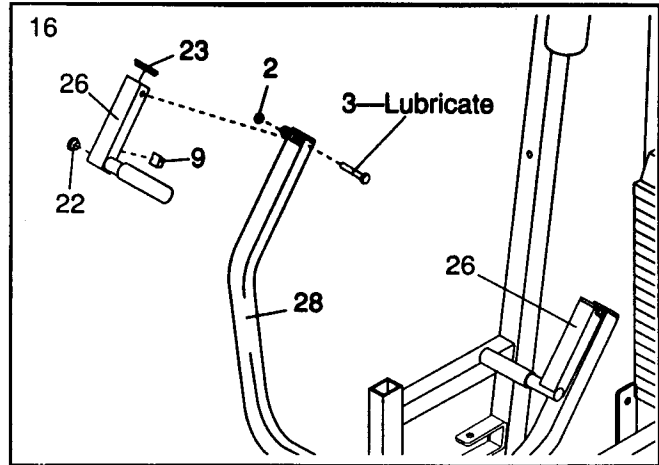


16. Tap a 1" x 1 1/2" Inner Cap (23) into a Handle (26). Tap a 1" Round Cap (22) into the Handle.

Apply lubricant to a 3/8" x 2 1/2" Bolt (3). Attach the Handle (26) to the Press Arm (28) with the Bolt and a 3/8" Jam Nut (2).

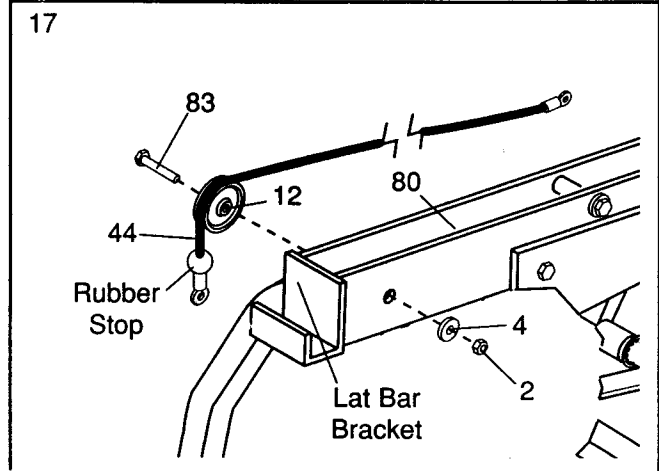
Remove the adhesive backing from a Square Bumper (9). Apply the Square Bumper to the Handle (26) in the indicated location.

Assemble the other Handle (26) to the Press Arm (28) in the same manner.



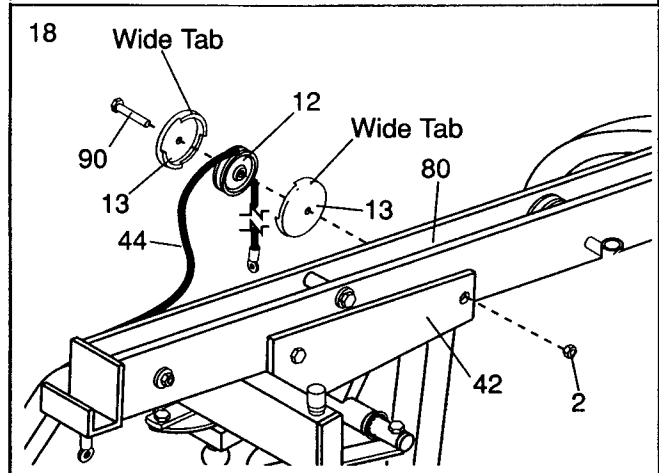
17. **IMPORTANT:** As you assemble the cables in steps 17 through 30, refer to the **CABLE DIAGRAMS** on pages 22 and 23, and make sure that the cables are correctly routed.

Find the end of the Short Cable (44) where the rubber stop is located. Lay the end of the Cable over a 3 1/2" Pulley (12). Attach the Pulley to the Frame (80) with a 3/8" x 3 3/4" Bolt (83), a 3/8" Flat Washer (4), and a 3/8" Jam Nut (2). **Note:** Be sure that the Short Cable is between the Pulley and the lat bar bracket.

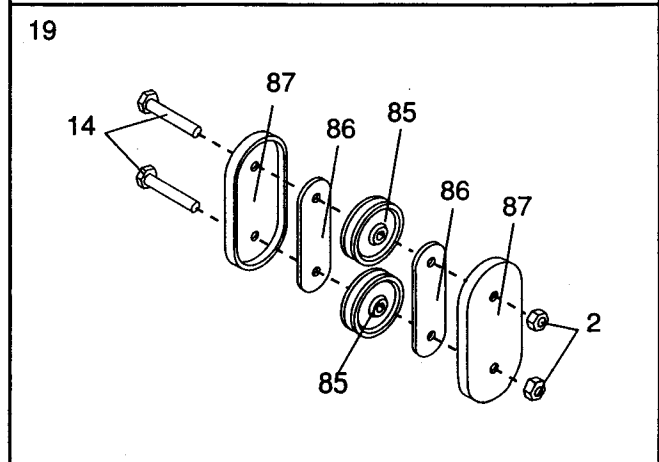


18. Lay the Short Cable (44) over a 3 1/2" Pulley (12). Attach the Pulley and two Pulley Covers (13) to the Frame (80) with the 3/8" x 4 1/2" Bolt (90) and a 3/8" Jam Nut (2). **Make sure that the Pulley Covers are turned so the wide tabs are positioned as shown.**

See step 7. Tighten the 3/8" Jam Nut (2) used in step 7.

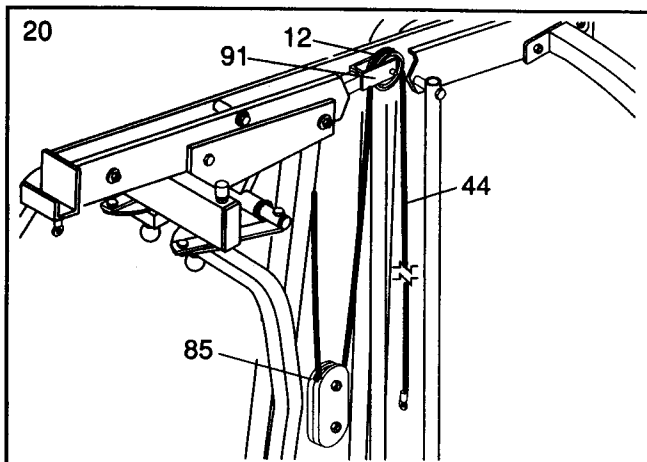


19. Assemble the two 4 1/2" Pulley Covers (87), the two "1" Plates (86), and the two 4 1/2" Pulleys (85) with two 3/8" x 1 3/4" Bolts (14) and two 3/8" Jam Nuts (2).

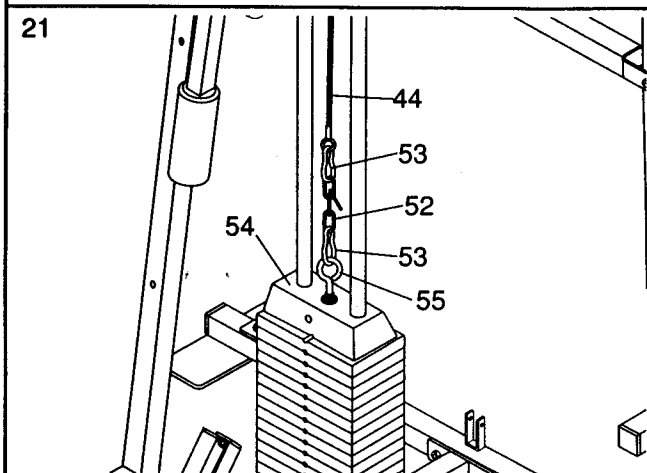


20. Feed the Short Cable (44) around one of the 4 1/2" Pulleys (85).

Feed the Short Cable (44) up over the 3 1/2" Pulley (12) in the Pivot Arm (91) as shown.



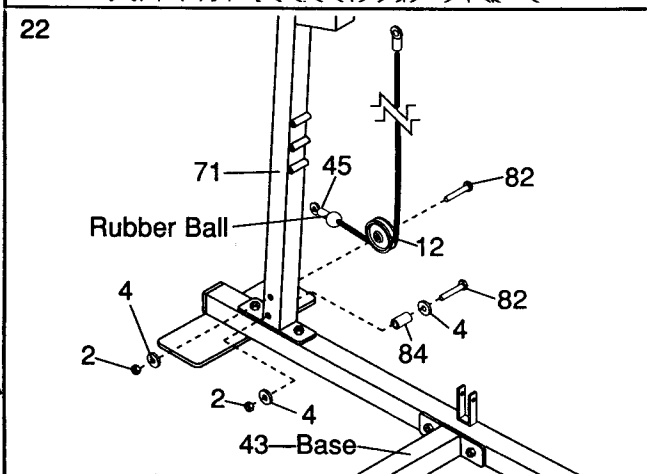
21. Using two Cable Clips (53), attach the Short Chain (52) between the Short Cable (44) and the 3/8" Eyebolt (55) in the Small Weight Cover (54).



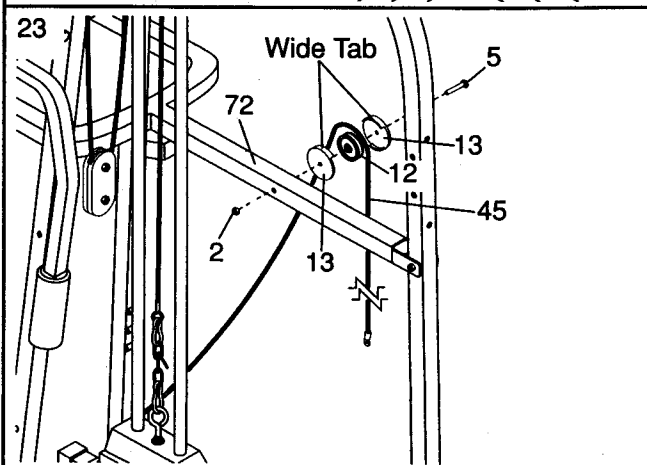
22. Attach a 3/8" x 3 1/2" Bolt (82), two 3/8" Washers (4), the 1/2" x 1" Spacer (84), and a 3/8" Jam Nut (2) to the lower hole in the Squat Upright (71).

Find the end of the Long Cable (45) where the rubber ball is located. Route the Long Cable up around a 3 1/2" Pulley (12). Attach the Pulley to the indicated side of the Squat Upright (71) with a 3/8" x 3 1/2" Bolt (82), a 3/8" Flat Washer (4), and a 3/8" Jam Nut (2). **Note: Make sure that the Long Cable is between the Pulley and the 1/2" x 1" Spacer (84).**

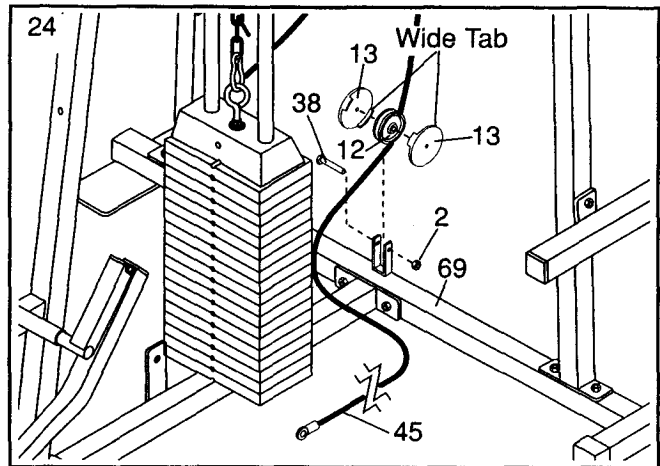
*# 84 must turn with pulley & cable or it will wear the cable out*



23. Lay the Long Cable (45) over a 3 1/2" Pulley (12). Attach the Pulley and two Pulley Covers (13) to the Squat Arm (72) with a 3/8" x 3 1/4" Bolt (5) and a 3/8" Jam Nut (2). Make sure that the Pulley is attached to the indicated side of the Squat Arm. **Make sure that the Pulley Covers are turned so the wide tabs are at the top.**



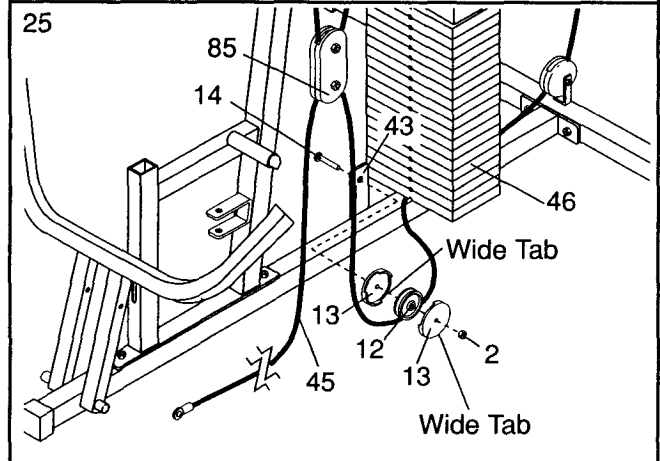
24. Route the Long Cable (45) under a 3 1/2" Pulley (12). Attach the Pulley and two Pulley Covers (13) to the "U" bracket on the Stabilizer (69) with the 3/8" x 2" Bolt (38) and a 3/8" Jam Nut (2). **Make sure that the Pulley Covers are turned so the wide tabs are positioned as shown.**



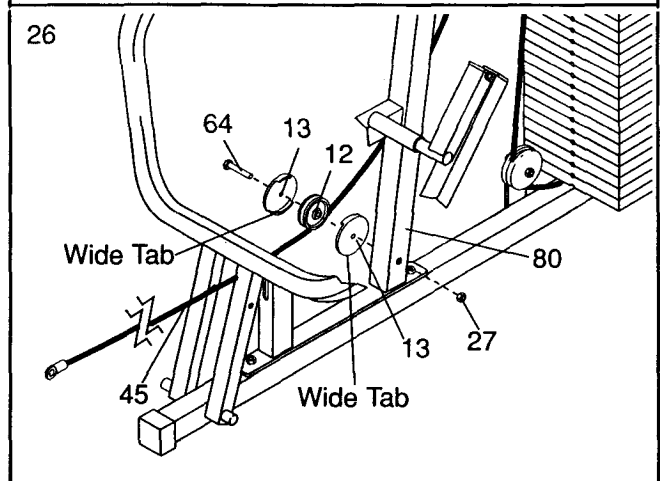
25. Feed the Long Cable (45) under the Weights (46). Refer to the **CABLE DIAGRAM** on page 23 to see how the Cable should be routed.

Route the Long Cable (45) under a 3 1/2" Pulley (12). Attach the Pulley and two Pulley Covers (13) to the bracket on the Base (43) with a 3/8" x 1 3/4" Bolt (14) and a 3/8" Jam Nut (2). **Make sure that the Pulley Covers are turned so the wide tabs are positioned as shown.**

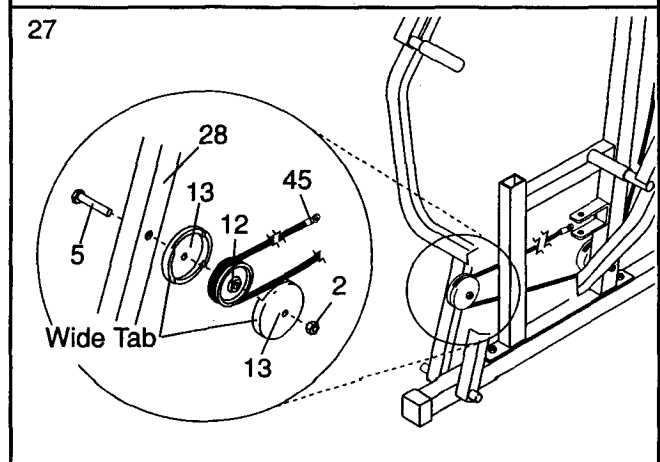
Feed the Long Cable (45) over the lower 4 1/2" Pulley (85).



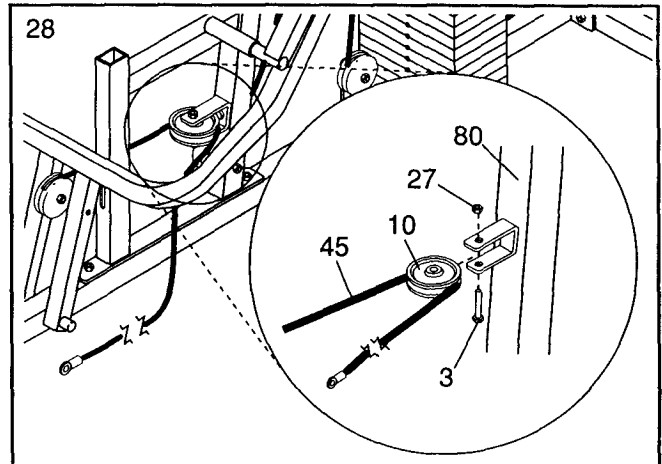
26. Route the Long Cable (45) under a 3 1/2" Pulley (12). Attach the Pulley and two Pulley Covers (13) to the indicated side of the Frame (80) with the 3/8" x 4" Bolt (64) and a 3/8" Nylon Locknut (27). **Make sure that the Pulley Covers are turned so the wide tabs are positioned as shown.**



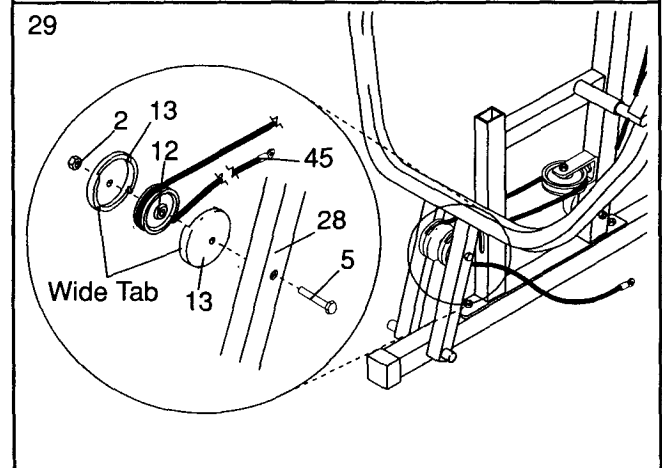
27. Route the Long Cable (45) up around a 3 1/2" Pulley (12). Attach the Pulley and two Pulley Covers (13) to the indicated side of the Press Arm (28) with a 3/8" x 3 1/4" Bolt (5) and a 3/8" Jam Nut (2). **Make sure that the Pulley Covers are turned so the wide tabs are positioned as shown.**



28. Route the Long Cable (45) around the 3 1/2" "V"-Pulley (10). Attach the "V"-Pulley to the bracket on the Frame (80) with a 3/8" x 2 1/2" Bolt (3) and a 3/8" Nylon Locknut (27).



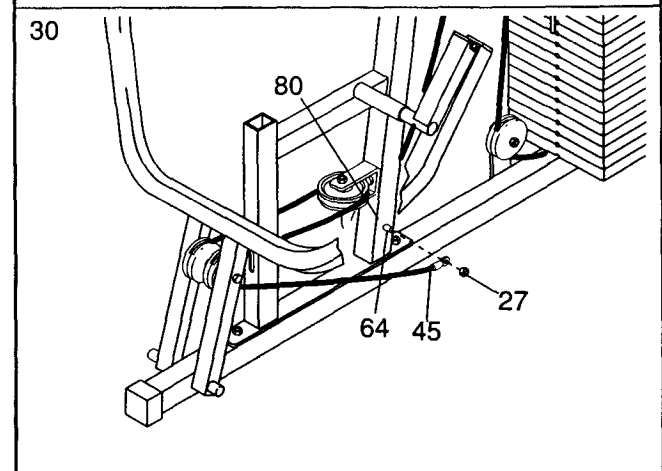
29. Route the Long Cable (45) down around a 3 1/2" Pulley (12). Attach the Pulley and two Pulley Covers (13) to the indicated side of the Press Arm (28) with a 3/8" x 3 1/4" Bolt (5) and a 3/8" Jam Nut (2). **Make sure that the Pulley Covers are turned so the wide tabs are positioned as shown.**



30. Remove the indicated 3/8" Nylon Locknut (27). **Do not remove the indicated 3/8" x 4" Bolt (64).**

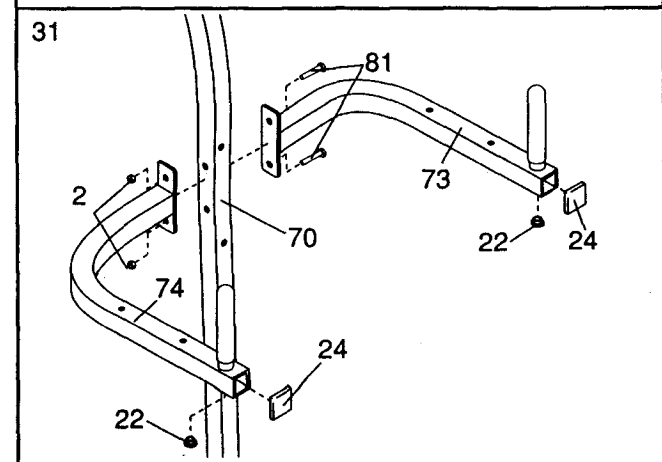
Attach the end of the Long Cable (45) to the 3/8" x 4" Bolt (64) with the 3/8" Nylon Locknut (27). **Do not overtighten the Nylon Locknut; the Cable must pivot freely.**

**IMPORTANT: Before continuing, refer to TROUBLE-SHOOTING AND MAINTENANCE on page 21, and adjust the Cables as described.**



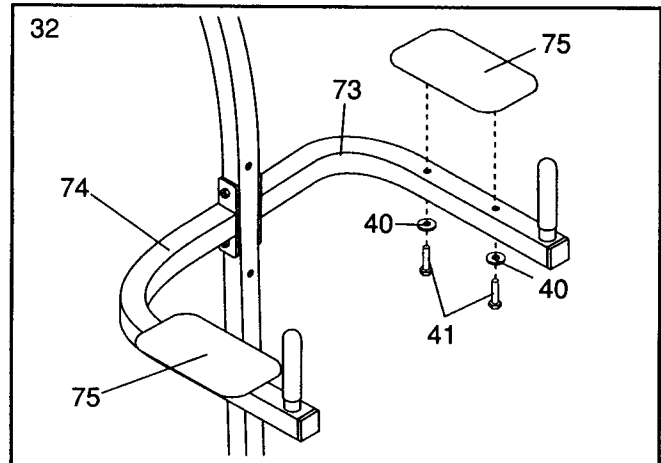
31. Tap a 1 3/4" x 1 3/4" Inner Cap (24) into each of the VKR Arms (73, 74). Tap a 1" Round Cap (22) into the handle on each VKR Arm.

Attach the Left and Right VKR Arms (73, 74) to the VKR Upright (70) with two 3/8" x 2 3/4" Bolts (81) and two 3/8" Jam Nuts (2).

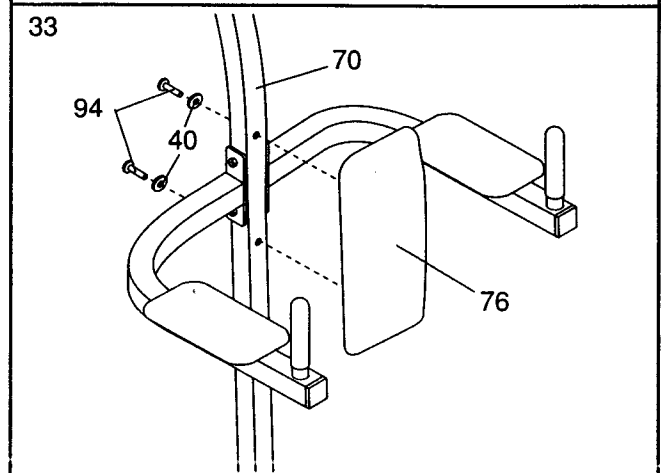


32. Attach a VKR Arm Pad (75) to the Left VKR Arm (73) with two 1/4" x 2 1/2" Screws (41) and two 1/4" Flat Washers (40).

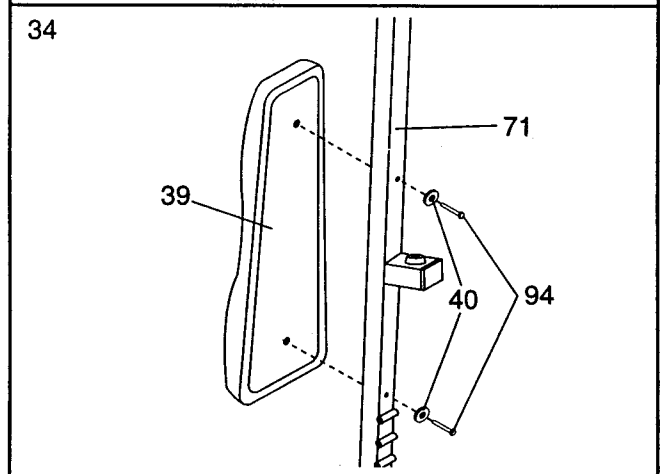
Attach a VKR Arm Pad (75) to the Right VKR Arm (74) in the same manner.



33. Attach the VKR Backrest (76) to the VKR Upright (70) with two 1/4" x 2 1/2" Bolts (94) and two 1/4" Flat Washers (40).



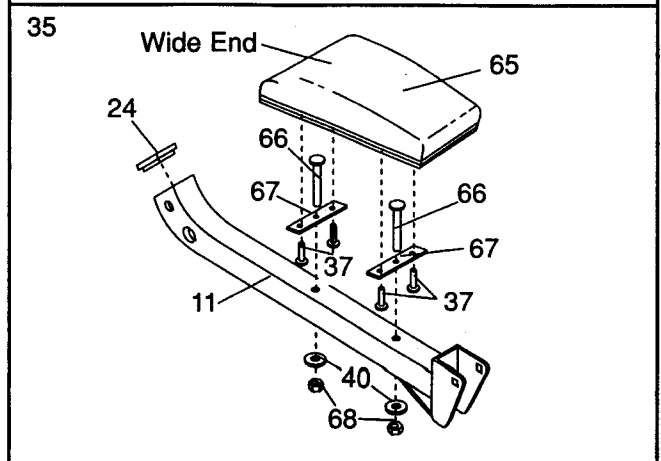
34. Attach a Backrest (39) to the Squat Upright (71) with two 1/4" x 2 1/2" Bolts (94) and two 1/4" Flat Washers (40).



35. Tap a 1 3/4" x 1 3/4" Inner Cap (24) into the Squat Seat Frame (11).

Insert a 1/4" x 2 1/4" Carriage Bolt (66) into the center hole in each Seat Bracket (67). Attach each Seat Bracket to the Squat Seat (65) with two 1/4" x 1/2" Screws (37).

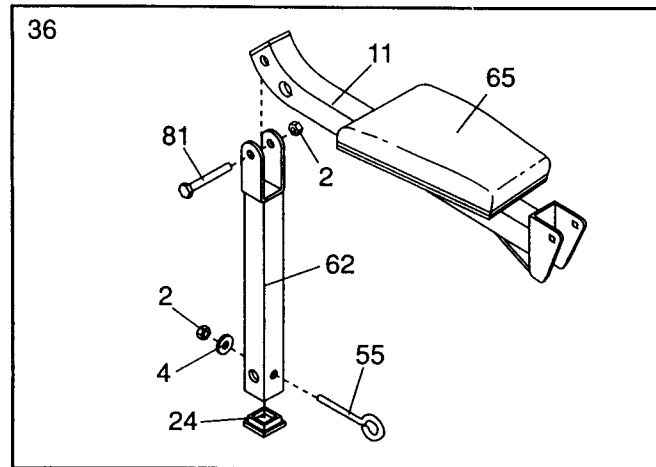
Insert the 1/4" x 2 1/4" Carriage Bolts (66) into the Squat Seat Frame (11). **Make sure that the wide end of the Squat Seat (65) is positioned as shown.** Tighten a 1/4" Nylon Locknut (68), with a 1/4" Flat Washer (40), onto each Carriage Bolt.



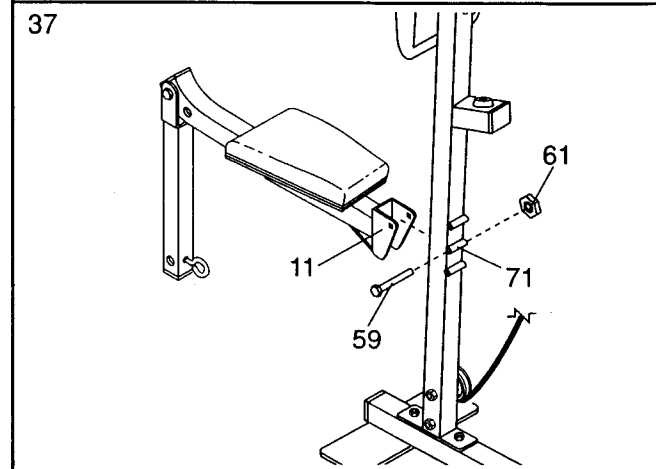
36. Tap a 1 3/4" x 1 3/4" Inner Cap (24) into the Leg Lever (62).

Attach the Leg Lever (62) to the Squat Seat Frame (11) with a 3/8" x 2 3/4" Bolt (81) and a 3/8" Jam Nut (2).

Insert the 3/8" x 4" Eyebolt (55) through the Leg Lever (62) from the indicated side. Attach the Eyebolt with a 3/8" Flat Washer (4) and a 3/8" Jam Nut (2).



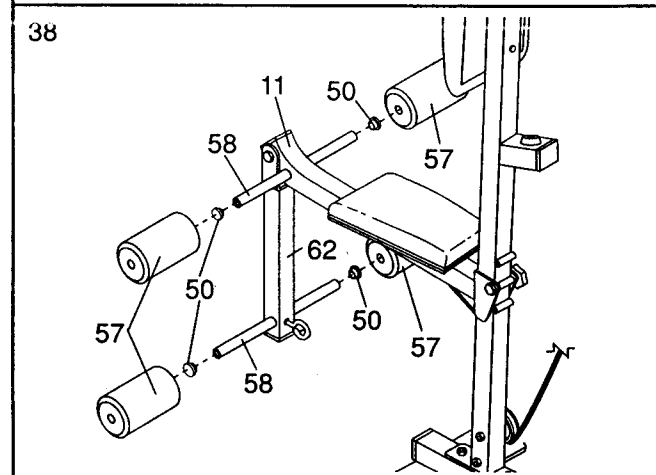
37. Align the holes in the Squat Seat Frame (11) with one of the welded tubes on the Squat Upright (71). Attach the Squat Seat Frame with a 5/16" x 2 3/4" Carriage Bolt (59) and the 5/16" Knob (61). The Squat Seat can be attached at any of three heights.



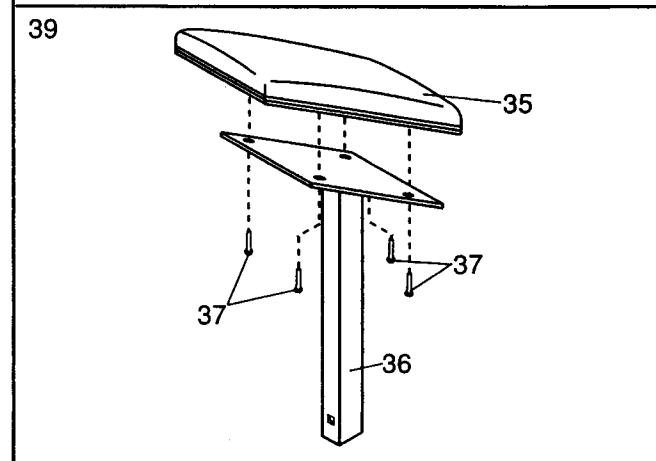
38. Tap 3/4" Round Caps (50) into the ends of both Pad Tubes (58).

Insert the Pad Tubes (58) into the holes in the Leg Lever (62) and the Squat Seat Frame (11).

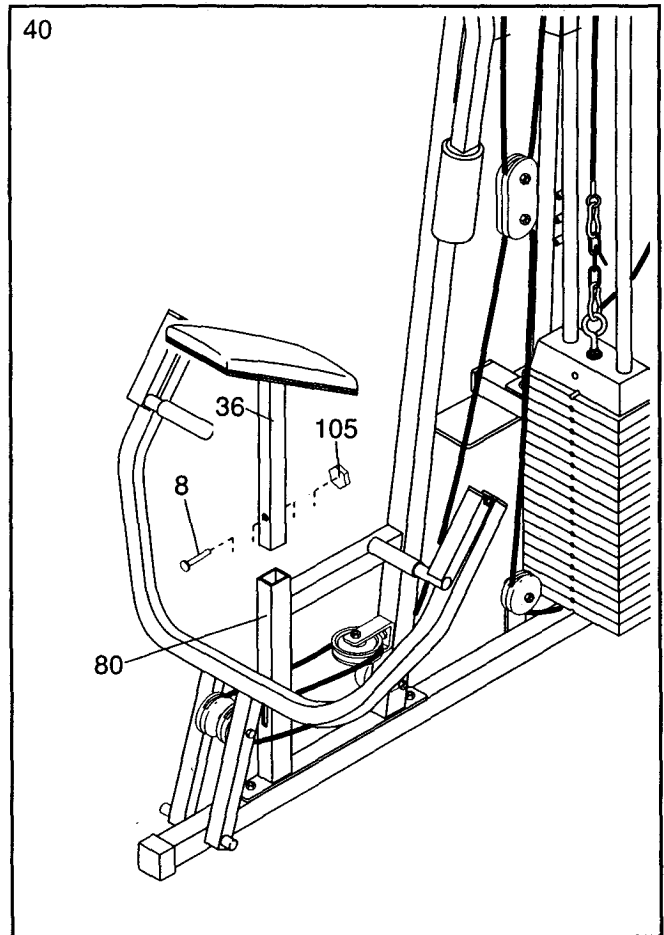
Slide two Short Foam Pads (57) onto each Pad Tube (58).



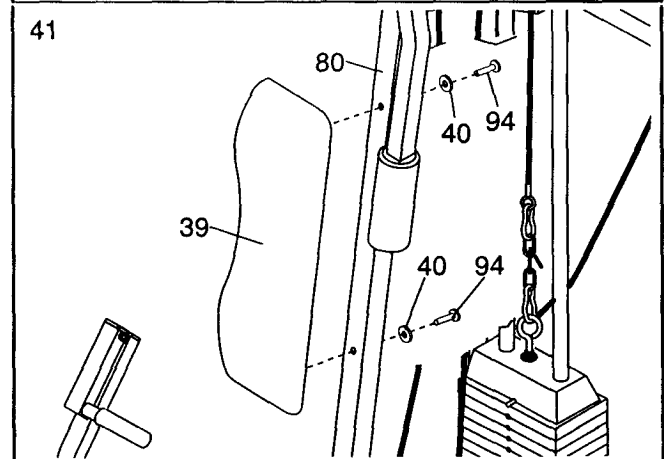
39. Attach the Press Seat (35) to the Press Seat Frame (36) with four 1/4" x 1/2" Screws (37).



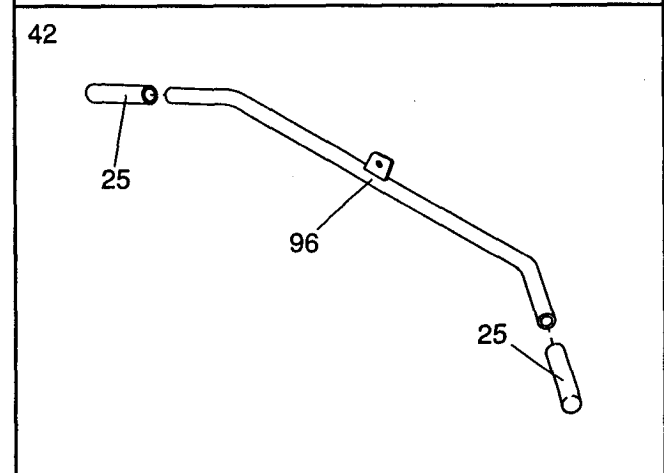
40. Insert the Press Seat Frame (36) into the Frame (80). Attach the Press Seat Frame with a 3/8" x 2 1/4" Carriage Bolt (8) and the 3/8" Knob (105). The Press Seat Frame can be attached at any of four heights.



41. Attach a Backrest (39) to the Frame (80) with two 1/4" x 2 1/2" Bolts (94) and two 1/4" Flat Washers (40).

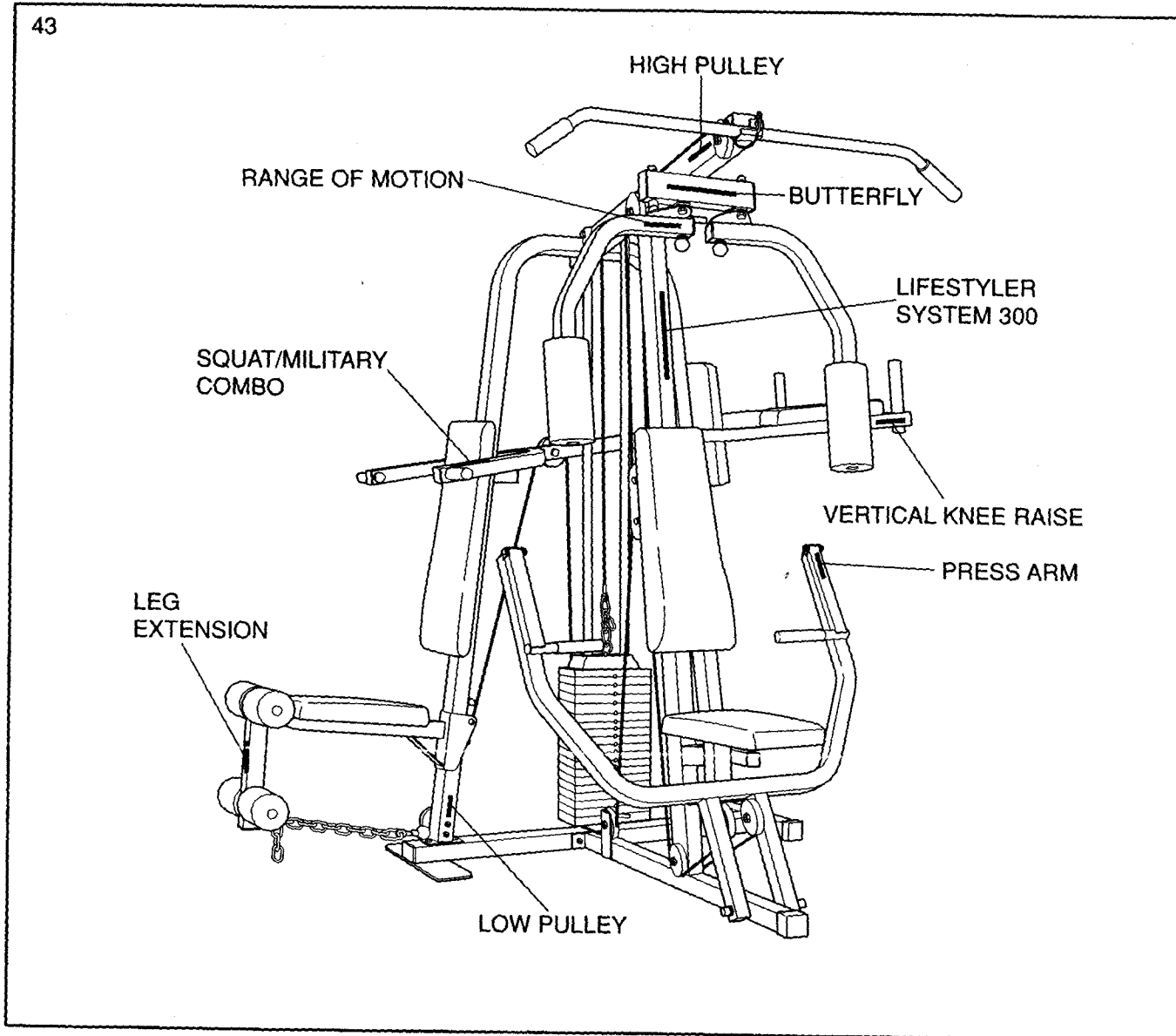


42. Make sure that there are two 5" Grips (25) on the Lat Bar (96). If there are not, wet the ends of the Lat Bar with soapy water, and slide a Grip onto each end.





43. Remove the decals from the Decal Sheet (not shown) and apply them to the SYSTEM 300 as shown in the diagram below.



44. Make sure that all parts are correctly assembled and tightened. Use of the remaining parts will be explained in HOW TO USE THE SYSTEM 300, beginning on page 18 of this manual.

Before using the SYSTEM 300, pull the end of each cable a few times to make sure that the cables move smoothly. If the cables bind, correct the problem before using the SYSTEM 300. See the CABLE DIAGRAMS on pages 22 and 23 of this manual to make sure that the cables are properly routed. **IMPORTANT: If the cables have been incorrectly routed, they will be damaged when heavy weight is used.**

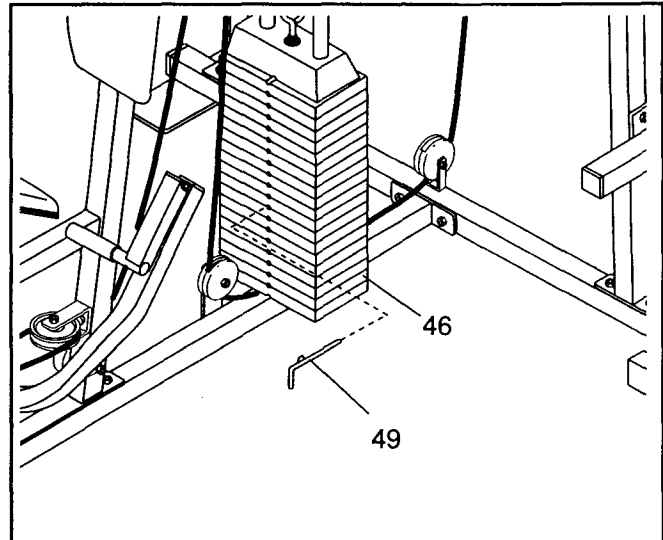
# HOW TO USE THE SYSTEM 300

The instructions below describe how each part of the SYSTEM 300 can be adjusted. Refer to the EXERCISE GUIDE accompanying this manual for exercise guidelines, and to see how the SYSTEM 300 should be set up for each exercise.

**IMPORTANT:** When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cable or chain as an exercise is performed, the effectiveness of the exercise will be reduced.

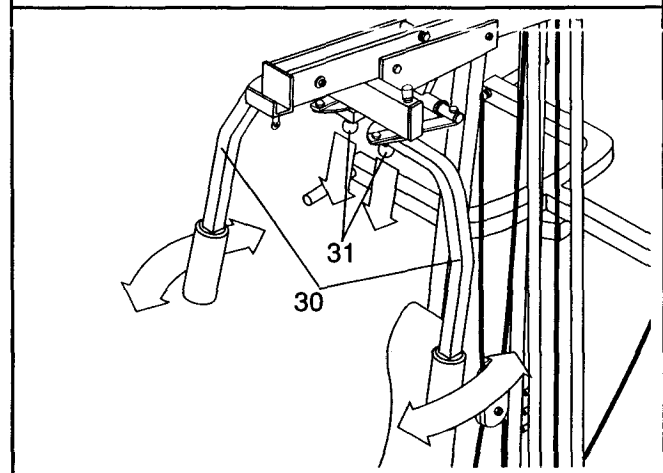
## SELECTING A WEIGHT SETTING

The weight stack includes twenty 10 pound weights. To change the weight setting, insert the Weight Pin (49) under the desired Weight (46). Make sure to insert the Weight Pin until the bent end is touching the Weights, and turn the bent end downward. The weight setting can be increased from 10 pounds to 200 pounds in increments of 10 pounds. **Note:** Because of the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. See the WEIGHT RESISTANCE CHART on page 20 of this manual.



## USING THE BUTTERFLY ARMS

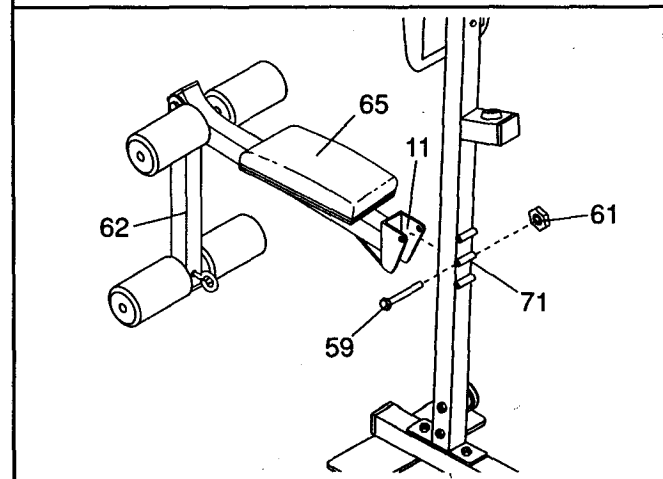
If desired, the starting position of the Butterfly Arms (30) can be adjusted. Pull one of the Spring-Loaded Knobs (31), so that the Butterfly Arm can pivot. Release the Knob when the Butterfly Arm is in the desired position. Pivot the Butterfly Arm back and forth slightly to make sure that it is locked in place. Adjust the other Butterfly Arm in the same manner.



**WARNING:** When using the Butterfly Arms (30), always apply equal force to both Butterfly Arms. Never use only one Butterfly Arm. Doing so could cause permanent damage.

## REMOVING AND ATTACHING THE SQUAT SEAT

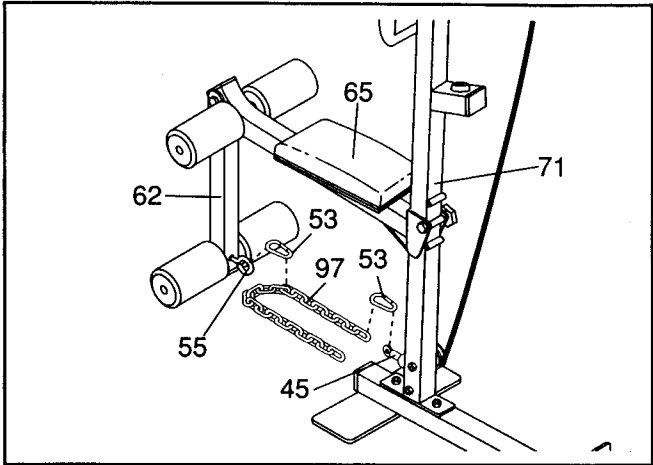
For some exercises, the Squat Seat (65) must be removed. Make sure that the long chain is not attached to the Leg Lever (62). Remove the 5/16" Knob (61) and the 5/16" x 2 3/4" Carriage Bolt (59). Lift the Squat Seat Frame (11) off the Squat Upright (71).



To attach the Squat Seat (65), align the holes in the Squat Seat Frame (11) with one of the welded tubes on the Squat Upright (71). Attach the Squat Seat Frame with the 5/16" x 2 3/4" Carriage Bolt (59) and the 5/16" Knob (61). The Squat Seat can be attached at any of three heights.

## ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

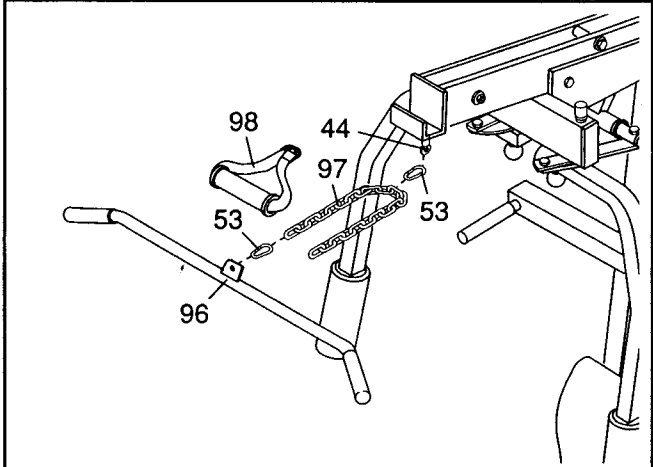
To use the Leg Lever (62), the Squat Seat (65) must be attached to the Squat Upright (71) (see REMOVING AND ATTACHING THE SQUAT SEAT on page 18). Attach the Long Chain (97) to the Long Cable (45) with a Cable Clip (53). Attach the Long Chain to the Eyebolt (55) with another Cable Clip. Make sure that there is no slack.



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (96) to the Short Cable (44) with a Cable Clip (53). For some exercises, the Long Chain (97) should be attached between the Lat Bar and the Short Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

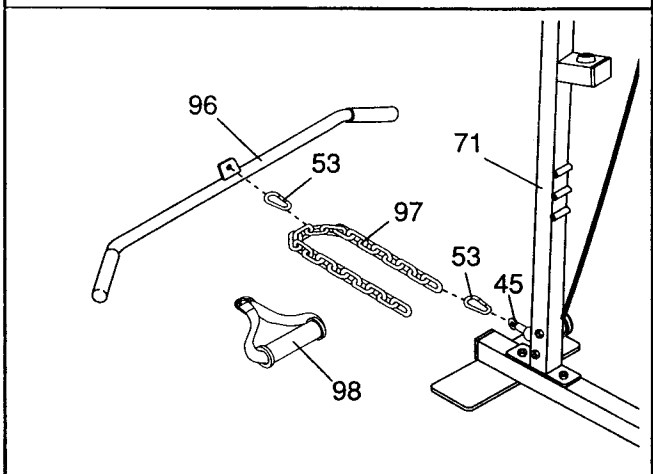
The Nylon Strap (98) can be attached in the same manner.



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

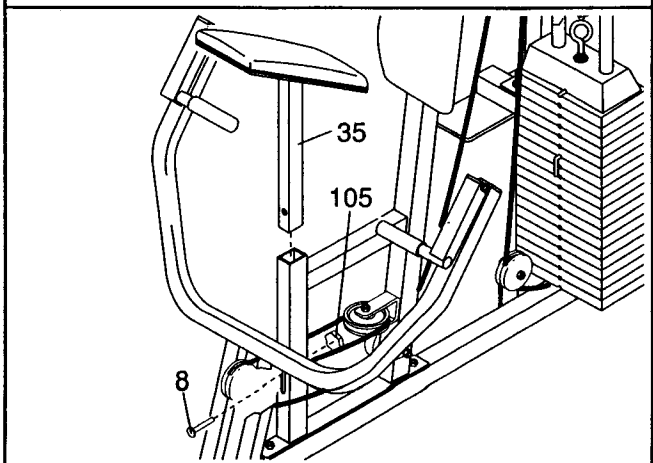
Attach the Lat Bar (96) to the Long Cable (45) with a Cable Clip (53). For some exercises, the Long Chain (97) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (98) can be attached in the same manner.



## ADJUSTING THE HEIGHT OF THE PRESS SEAT

To adjust the height of the Press Seat (35), remove the 3/8" Knob (105) and the 3/8" x 2 1/4" Carriage Bolt (8). Position the Press Seat at the desired height. Reattach the 3/8" x 2 1/4" Carriage Bolt and the 3/8" Knob.



**WEIGHT RESISTANCE CHART**

ACTUAL WEIGHT	BUTTERFLY ARMS (Lbs.)	HIGH PULLEY STATION (Lbs.)	LOW PULLEY STATION (Lbs.)	SQUAT ARM (Lbs.)	PRESS ARM (Lbs.)
10 lbs.	14	12	17	23	20
20 lbs.	28	22	26	32	32
30 lbs.	38	32	40	40	45
40 lbs.	46	45	50	52	56
50 lbs.	62	56	64	64	70
60 lbs.	67	66	71	74	80
70 lbs.	78	78	85	79	90
80 lbs.	82	90	92	93	102
90 lbs.	105	101	106	103	112
100 lbs.	110	111	119	115	130
110 lbs.	122	122	128	127	140
120 lbs.	135	138	142	130	151
130 lbs.	149	149	151	138	163
140 lbs.	157	159	165	150	173
150 lbs.	169	168	174	167	183
160 lbs.	175	179	182	173	189
170 lbs.	185	184	196	185	202
180 lbs.	DO NOT USE	201	212	194	224
190 lbs.	DO NOT USE	208	220	201	232
200 lbs.	DO NOT USE	224	227	210	245

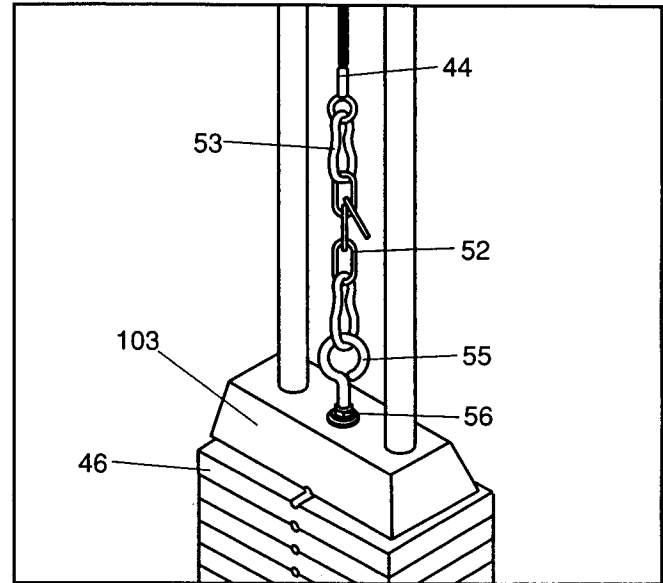
# TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the SYSTEM 300. Replace all worn parts immediately (see ORDERING REPLACEMENT PARTS on the back cover of this manual). The SYSTEM 300 can be cleaned using a damp cloth and a mild detergent. Do not use solvents or abrasives.

## ADJUSTING THE CABLES

If there is too much slack in the cables, they should be tightened. Find the Eyebolt (55) in the Small Weight (103). Loosen the 3/8" Nut (56). Thread the Eyebolt further into the Small Weight, until there is no slack in the cables. Finger tighten the 3/8" Nut (56) against the Small Weight (103).

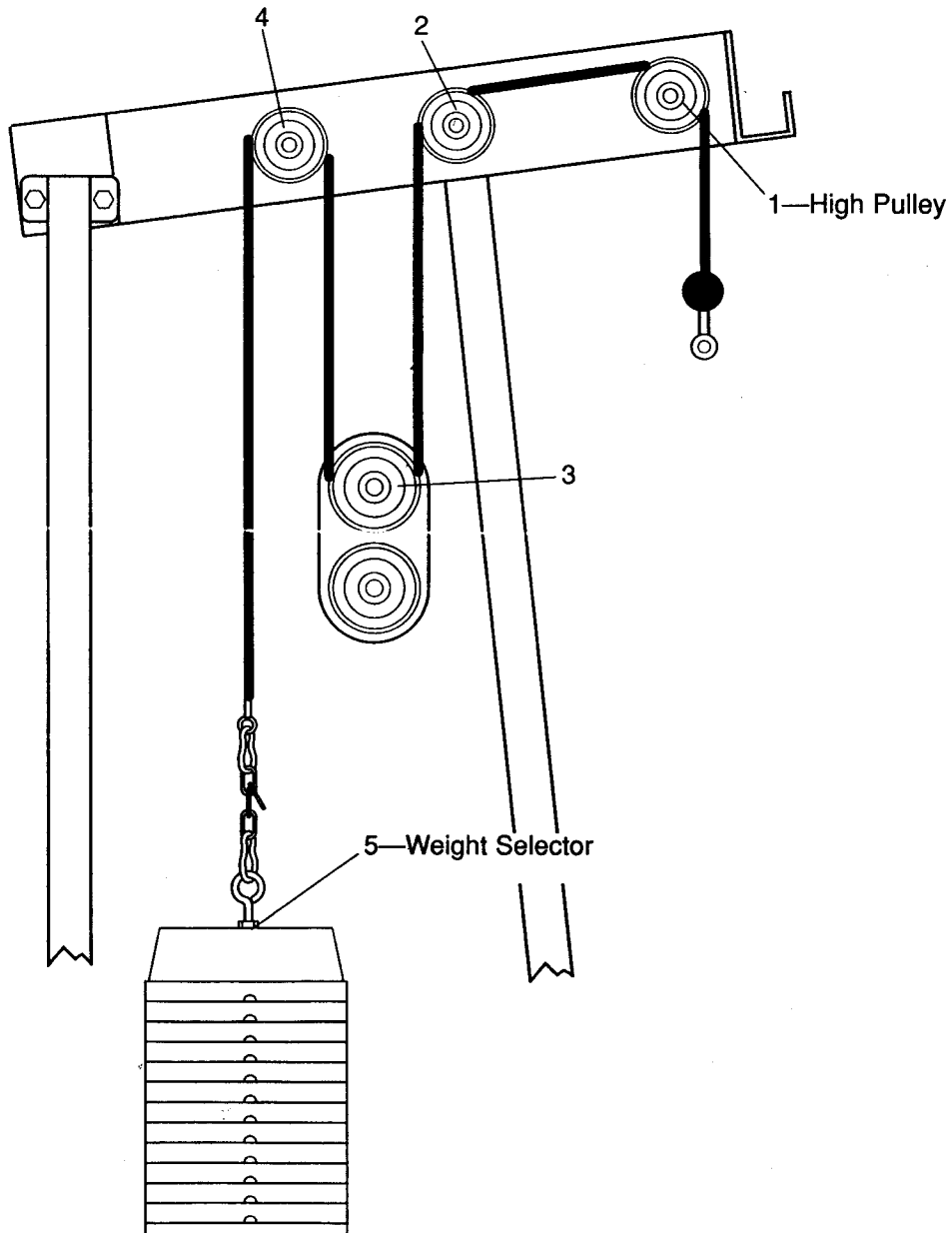
If the Eyebolt (55) is threaded into the Small Weight (103) as far as possible, and there is still slack in the cables, the Short Chain (52) should be adjusted. Open the indicated Cable Clip (53) and slide the next link of the Short Chain (52) onto the Cable Clip. Adjust the Eyebolt as described above. When the cables are properly adjusted, there should be no slack in the cables, and the Small Weight (103) should be resting on the Weight (46) below it.



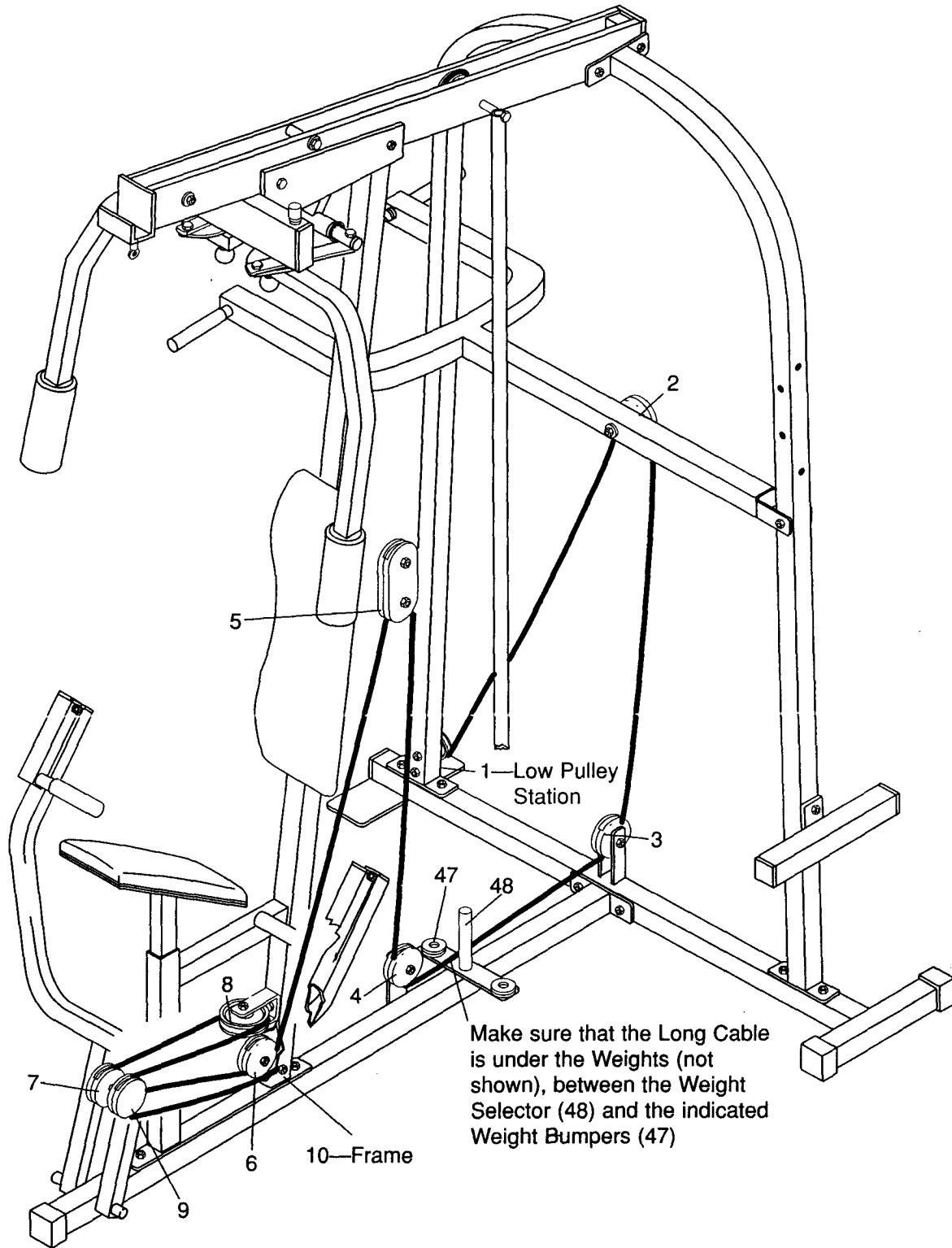
# CABLE DIAGRAMS

The cable diagrams below and on page 23 show the proper routing of the Short Cable (44) and the Long Cable (45). Use the diagrams to make sure that the two Cables are routed correctly.

## SHORT CABLE (44) ROUTING

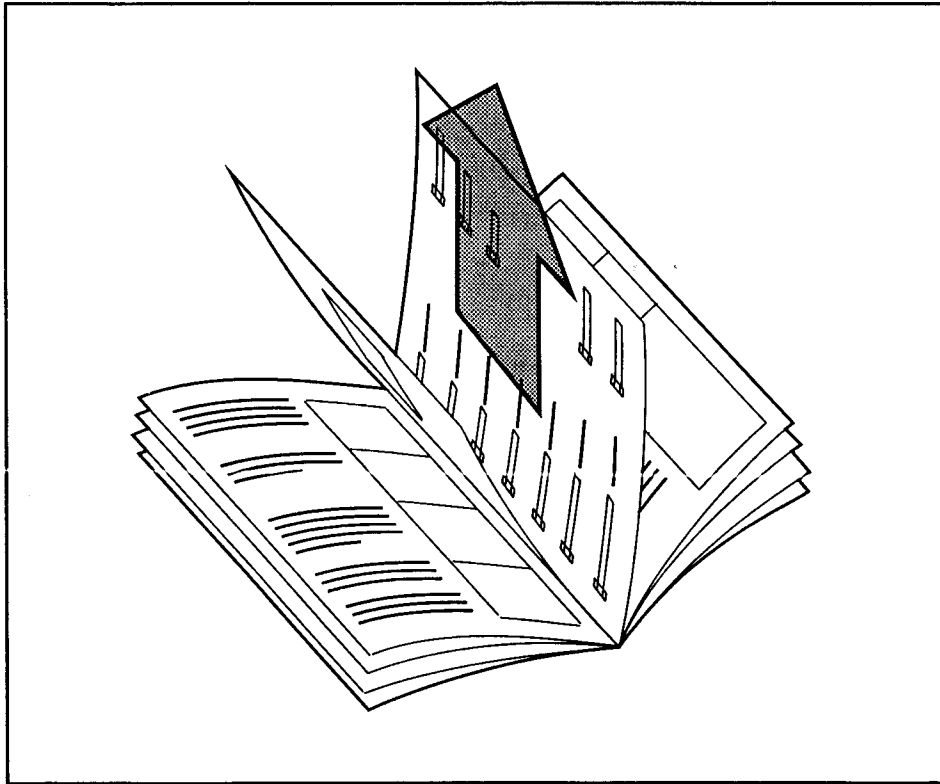


# LONG CABLE (45) ROUTING



# REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL!

This chart is provided to help you identify the small parts used in assembly. Note: Some parts may have been pre-assembled for shipping purposes; if you cannot find a part in the parts bags, check the frame to see if it has been pre-assembled.





# PART IDENTIFICATION CHART—Model No. 831.159422

R0895A

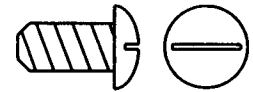
This chart is provided to help identify the small parts used in assembly. Some parts have been pre-assembled for shipping purposes; if a part cannot be found in the parts bags, check the system frame to see if it has been pre-assembled. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity used in assembly. This side of the chart shows all of the nuts, washers, screws and bolts used in assembly. See the opposite side of this chart for all other parts.



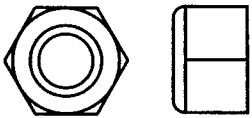
1/4" Nylon Locknut (68)–4



#8 x 1/2" Tap Screw (21)–2



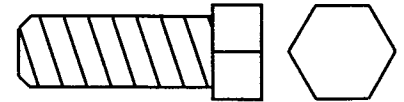
1/4" x 1/2" Screw (37)–8



3/8" Nylon Locknut (27)–4



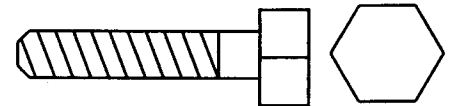
5/16" Jam Nut (106)–1



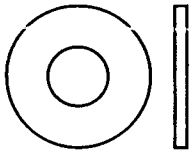
3/8" x 1" Bolt (6)–2



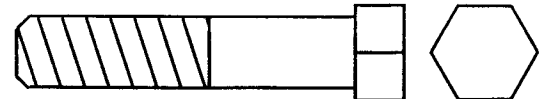
3/8" Jam Nut (2)–32



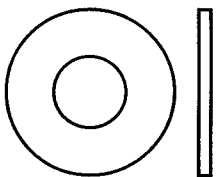
1/4" x 1 1/4" Bolt (93)–2



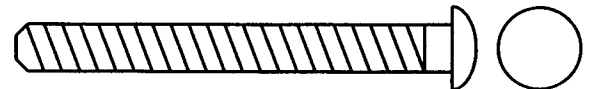
1/4" Flat Washer (40)–12



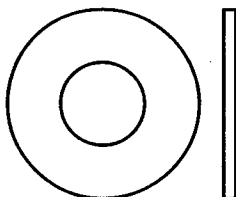
3/8" x 1 3/4" Bolt (14)–3



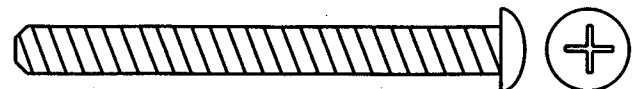
5/16" Flat Washer (60)–4



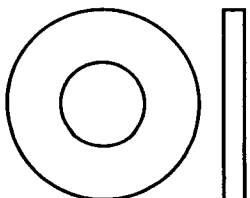
1/4" x 2 1/4" Carriage Bolt (66)–2



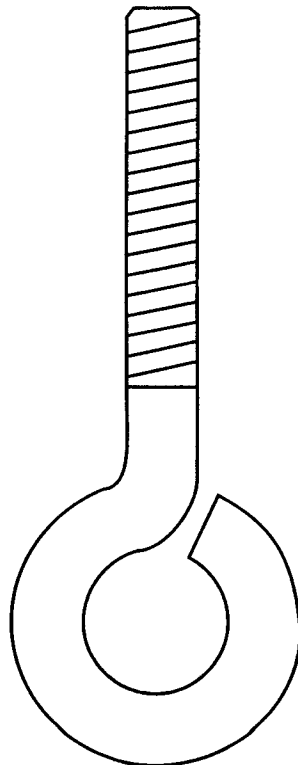
3/8" Flat Washer (4)–11



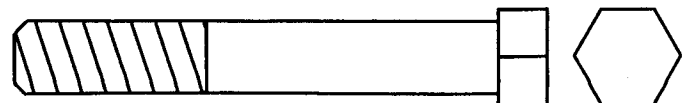
1/4" x 2 1/2" Screw (41)–4



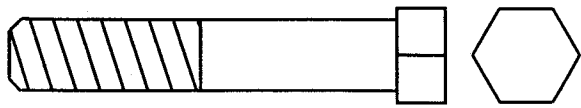
3/8" Plastic Washer (34)–2



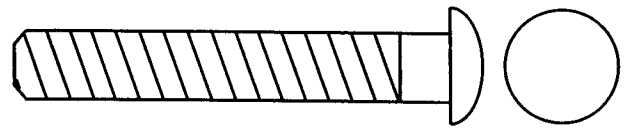
3/8" x 4" Eyebolt (55)–2



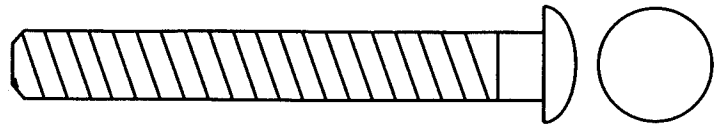
3/8" x 2 1/2" Bolt (3)–5



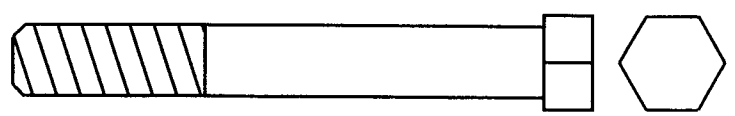
3/8" x 2" Bolt (38)-1



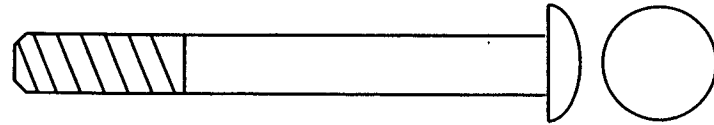
3/8" x 2 1/4" Carriage Bolt (8)-1



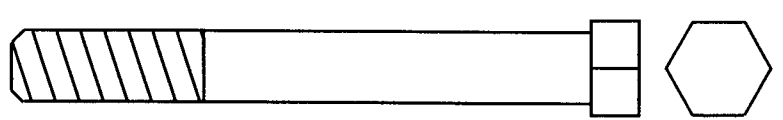
3/8" x 2 3/4" Carriage Bolt (1)-6



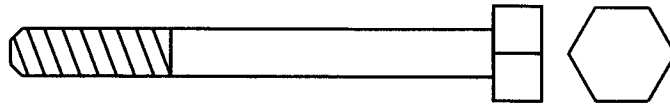
3/8" x 2 3/4" Bolt (81)-6



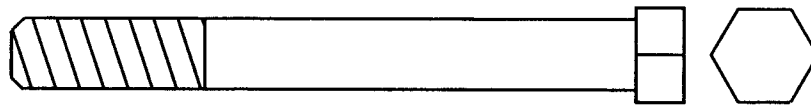
5/16" x 2 3/4" Carriage Bolt (59)-1



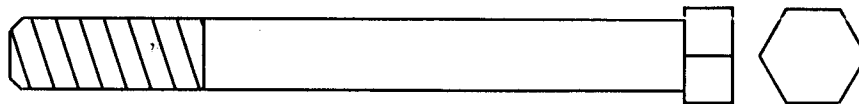
3/8" x 3" Bolt (7)-2



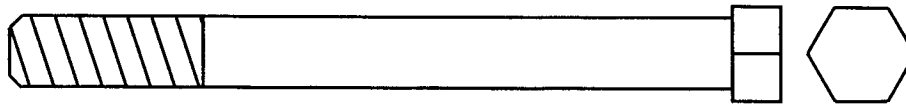
1/4" x 2 1/2" Bolt (94)-6



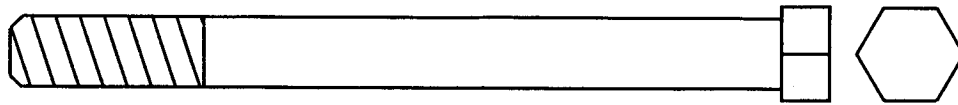
3/8" x 3 1/4" Bolt (5)-5



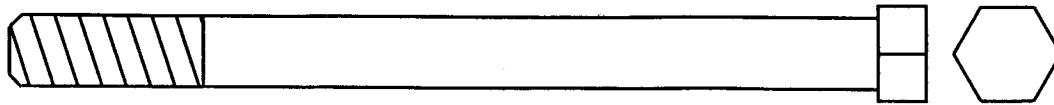
3/8" x 3 1/2" Bolt (82)-2



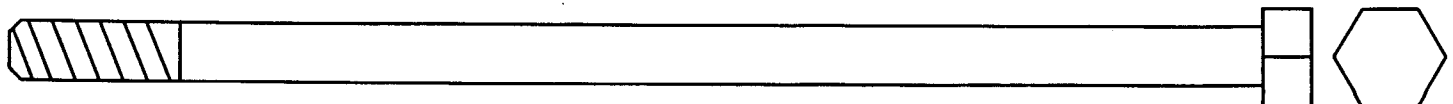
3/8" x 3 3/4" Bolt (83)-1



3/8" x 4" Bolt (64)-1



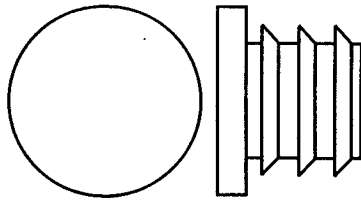
3/8" x 4 1/2" Bolt (90)-1



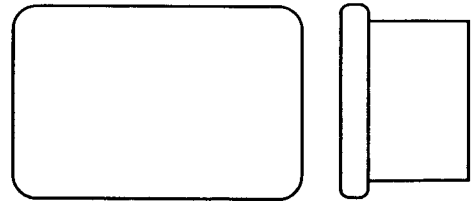
5/16" x 6 1/2" Bolt (79)-1



5/8" x 13/32" Spacer (99)-2



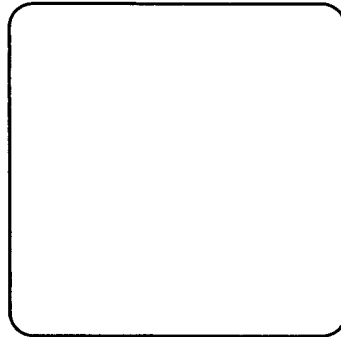
1" Round Cap (22)-6



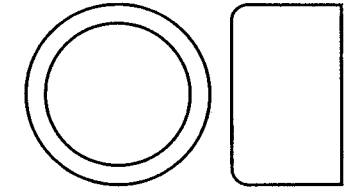
1" x 1 1/2" Inner Cap (23)-2



1/2" x 3/4" Spacer (100)-2



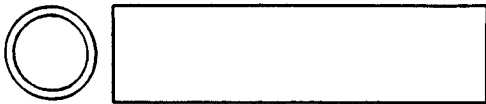
1 3/4" x 1 3/4" Inner Cap (24)-12



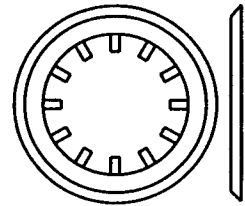
3/4" Retainer Cap (19)-4



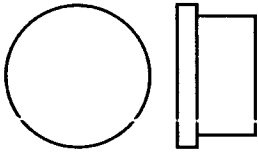
1/2" x 1" Spacer (84)-1



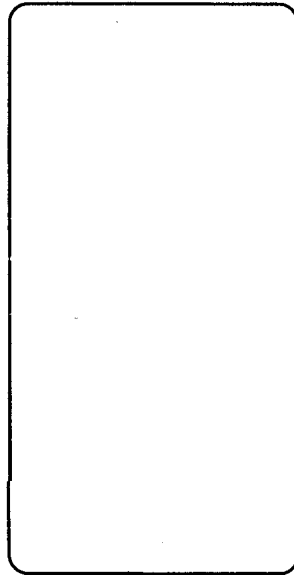
1/2" x 1 15/16" Spacer (107)-1



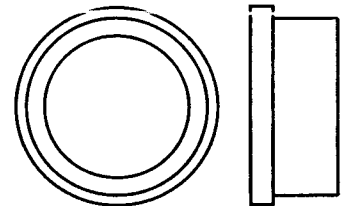
3/4" Retainer (17)-6



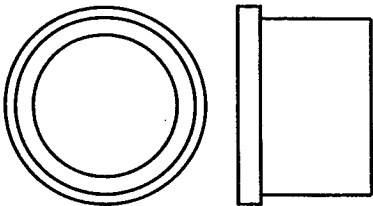
3/4" Round Cap (50)-4



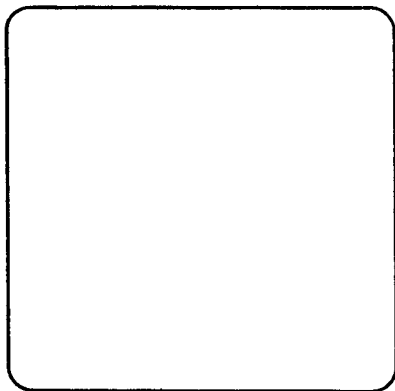
1 1/2" x 3" Inner Cap (101)-2



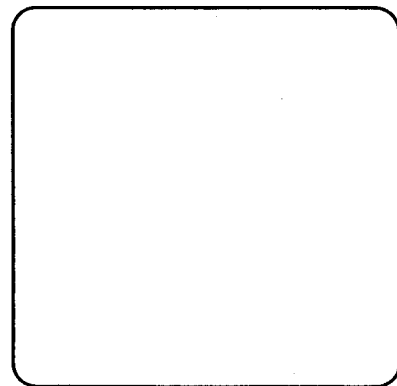
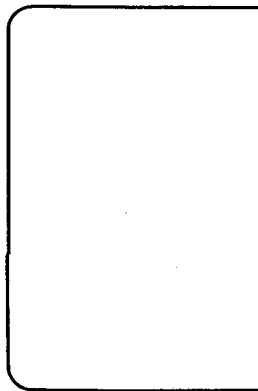
Short 3/4" Flange Bushing (108)-2



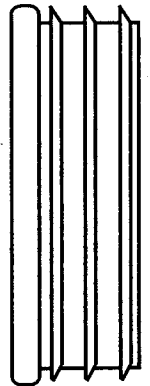
Long 3/4" Flange Bushing (18)-8



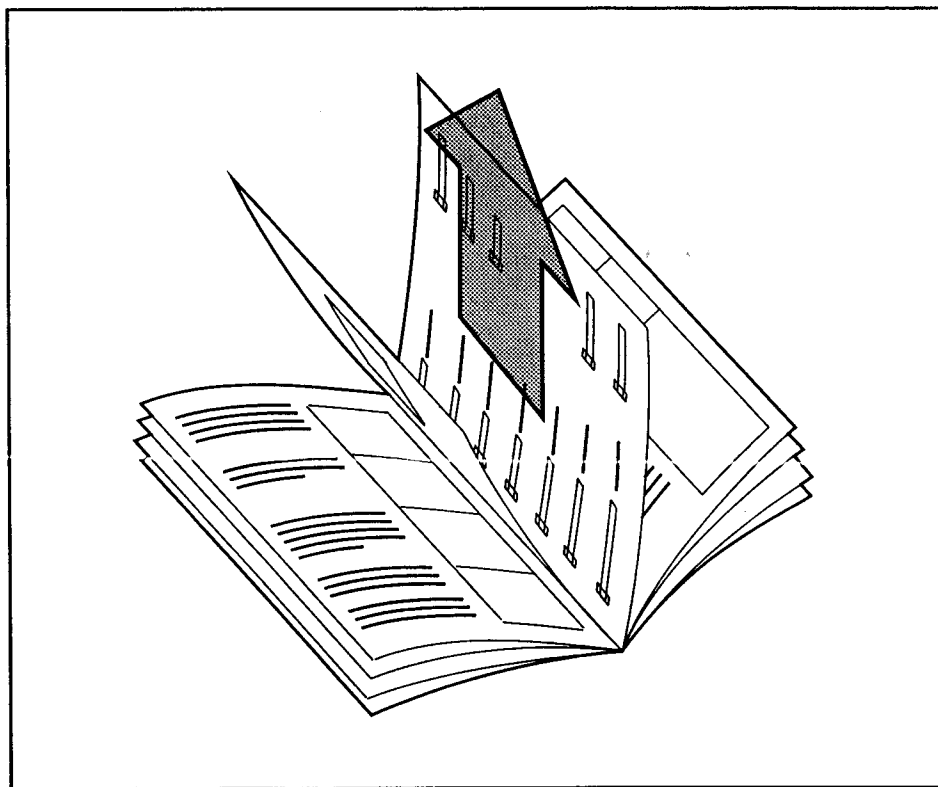
2" Outer Cap (15)-3



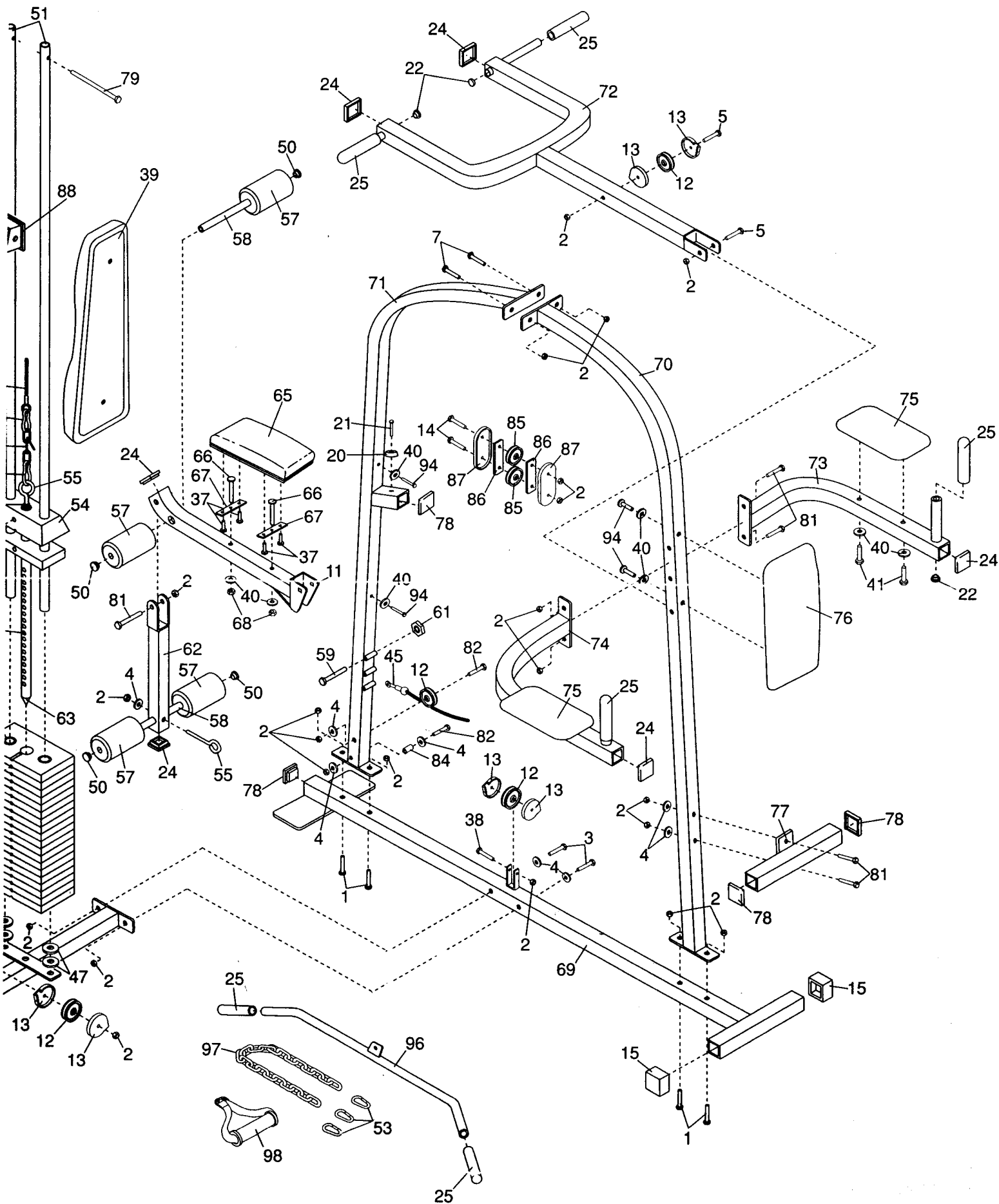
2" x 2" Inner Cap (78)-4



**REMOVE THIS PART LIST AND  
EXPLODED DRAWING FROM  
THE MANUAL!**







# PART LIST—Model No. 831.159422

R0895A

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	122548	6	3/8" x 2 3/4" Carriage Bolt	57	120597	4	Short Foam Pad
2	119425	32	3/8" Jam Nut	58	120586	2	Pad Tube
3	013581	5	3/8" x 2 1/2" Bolt	59	123385	1	5/16" x 2 3/4" Carriage Bolt
4	014132	11	3/8" Flat Washer	60	102372	4	5/16" Flat Washer
5	118796	5	3/8" x 3 1/4" Bolt	61	122588	1	5/16" Knob
6	013547	2	3/8" x 1" Bolt	62	119195	1	Leg Lever
7	112001	2	3/8" x 3" Bolt	63	040119	1	1" Weight Selector Cap
8	121568	1	3/8" x 2 1/4" Carriage Bolt	64	013430	1	3/8" x 4" Bolt
9	019115	2	Square Bumper	65	121549	1	Squat Seat
10	115164	1	3 1/2" "V" Pulley	66	121567	2	1/4" x 2 1/4" Carriage Bolt
11	121507	1	Squat Seat Frame	67	121578	2	Seat Bracket
12	115370	10	3 1/2" Pulley	68	012139	4	1/4" Nylon Locknut
13	120678	14	Pulley Cover	69	121559	1	Stabilizer
14	013399	3	3/8" x 1 3/4" Bolt	70	121498	1	VKR Upright
15	120822	3	2" Outer Cap	71	121499	1	Squat Upright
16	122565	1	3/4" x 8 1/2" Axle	72	121554	1	Squat Arm
17	101578	6	3/4" Retainer	73	121555	1	Left VKR Arm
18	122564	8	Long 3/4" Flange Bushing	74	121556	1	Right VKR Arm
19	122566	4	3/4" Retainer Cap	75	122560	2	VKR Arm Pad
20	122733	2	Rubber Bumper	76	121550	1	VKR Backrest
21	121401	2	#8 x 1/2" Tap Screw	77	122561	1	Foot Rest
22	120733	6	1" Round Cap	78	120720	4	2" x 2" Inner Cap
23	123309	2	1" x 1 1/2" Inner Cap	79	122557	1	5/16" x 6 1/2" Bolt
24	113666	12	1 3/4" x 1 3/4" Inner Cap	80	NSP	1	Frame
25	120602	8	5" Grip	81	118640	6	3/8" x 2 3/4" Bolt
26	123364	2	Handle	82	120003	2	3/8" x 3 1/2" Bolt
27	012149	4	3/8" Nylon Locknut	83	118471	1	3/8" x 3 3/4" Bolt
28	123333	1	Press Arm	84	122572	1	1/2" x 1" Spacer
29	120596	2	Long Foam Pad	85	115348	2	4 1/2" Pulley
30	121500	2	Butterfly Arm	86	121583	2	"I" Plate
31	121569	2	Spring Loaded Knob	87	121571	2	4 1/2" Pulley Cover
32	122550	2	Adjustment Bracket	88	121573	1	Frame Cap
33	121551	2	Link Arm	89	122583	1	3/8" Roll Pin
34	121906	2	3/8" Plastic Washer	90	013485	1	3/8" x 4 1/2" Bolt
35	122551	1	Press Seat	91	120591	1	Pivot Arm
36	121557	1	Press Seat Frame	92	121553	1	Pivot Arm Tube
37	123148	8	1/4" x 1/2" Screw	93	121420	2	1/4" x 1 1/4" Bolt
38	013601	1	3/8" x 2" Bolt	94	116185	6	1/4" x 2 1/2" Bolt
39	121581	2	Backrest	95	102603	2	"E"-Clip
40	014063	12	1/4" Flat Washer	96	120719	1	Lat Bar
41	122925	4	1/4" x 2 1/2" Screw	97	116869	1	Chain
42	122553	1	Butterfly Arm Frame	98	115177	1	Nylon Strap
43	121464	1	Base	99	122584	2	5/8" x 13/32" Spacer
44	121589	1	Short Cable	100	122585	2	1/2" x 3/4" Spacer
45	121590	1	Long Cable	101	121579	2	1 1/2" x 3" Inner Cap
46	121591	19	Weight	102	013365	1	3/8" x 1 1/2" Button Head Bolt
47	121580	4	Weight Bumper	103	122586	1	Small Weight
48	122554	1	Weight Selector	104	109976	38	Weight Bushing
49	123149	1	Weight Pin	105	121570	1	3/8" Knob
50	119170	4	3/4" Round Cap	106	126892	1	5/16" Jam Nut
51	121548	2	Weight Guide	107	126893	1	1/2" x 1 15/16" Spacer
52	122568	1	Short Chain	108	126894	2	Short 3/4" Flange Bushing
53	103087	5	Cable Clip	#	126882	1	User's Manual
54	122556	1	Small Weight Cover	#	122428	1	Exercise Guide
55	121565	2	3/8" x 4" Eyebolt	#	122432	1	Decal Sheet
56	112004	1	3/8" Nut				



Model No. 831.159422

## QUESTIONS?

If you find that:

- you need help assembling or operating the SYSTEM 300 Weight System
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

**1-800-736-6879**

Monday-Saturday, 7 am-7 pm  
Central Time (excluding holidays)

## REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

**1-800-FON-PART  
(1-800-366-7278)**

The model number and serial number of your SEARS LIFESTYLER® SYSTEM 300 Weight System are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The NAME OF THE PRODUCT (LIFESTYLER® SYSTEM 300 Weight System)
- The MODEL NUMBER OF THE PRODUCT (831.159422)
- The PART NUMBER OF THE PART (see the PART LIST/EXPLODED DRAWING attached to the center of this manual)
- The DESCRIPTION OF THE PART (see the PART LIST/EXPLODED DRAWING attached to the center of this manual)

## FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT SYSTEM EXERCISER, contact the nearest SEARS store throughout the United States and SEARS will repair or replace the WEIGHT SYSTEM EXERCISER, free of charge.

This warranty does not apply when the WEIGHT SYSTEM EXERCISER is used commercially or for rental purposes.

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

**SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179**