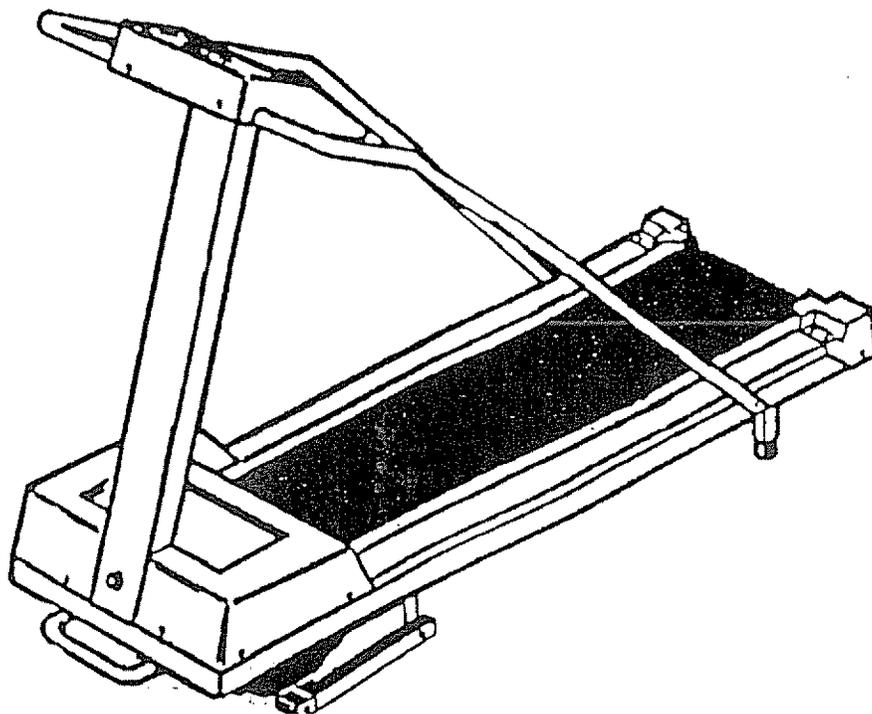


SEARS®

LIFESTYLER 7.0

Model No. 499.297700

- Warranty
- Assembly
- Operation and Adjustments
- Maintenance and Storage
- Conditioning Guidelines
- Part Ordering Information



Owner's Manual

CAUTION: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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Safety Instructions	3
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FULL 90 DAY WARRANTY ON PARTS

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, Sears will, free of charge, repair or replace and install a replacement part for any defective part, when the Lifestyler 7.0 Treadmill is used in a normal manner.

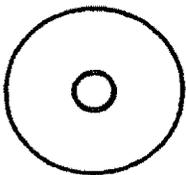
This warranty does not apply when the Lifestyler 7.0 Treadmill is used for commercial or rental purposes.

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

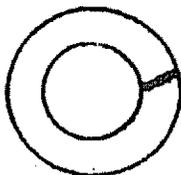
This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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

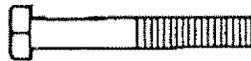
HARDWARE ILLUSTRATION



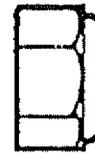
Flat Washer



Lock Washer



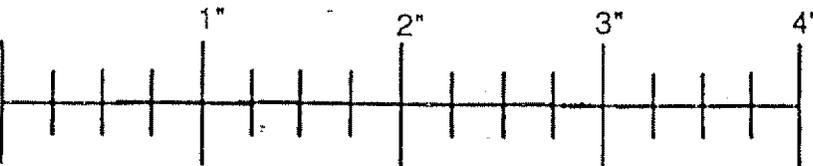
Hex Head Bolt



Nylock Nut



BOLT HEAD



Hardware Length Scale

Hardware Diameter Scale

3/16"

1/4"

5/16"

3/8"



IMPORTANT SAFETY INSTRUCTIONS

WHEN USING AN ELECTRICAL APPLIANCE BASIC PRECAUTION SHOULD ALWAYS BE FOLLOWED INCLUDING THE FOLLOWING:

READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THE TREADMILL

DANGER: To reduce the risk of electric shock: always unplug the Treadmill from the electrical outlet immediately after using and before cleaning or servicing.

WARNING: To reduce the risk of burns, fire, electric shock or injury to person:

1. Connect the Treadmill to a properly grounded outlet only. See Grounding Instructions.
2. The Treadmill should never be left unattended when plugged in. Unplug from the outlet when not in use, and before putting on or taking off parts.
3. Children, invalids or disabled persons should not use the Treadmill without a qualified person in attendance.
4. Use the Treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate the Treadmill if it has a damaged cord or plug. If it is not working properly, or if it has been dropped or damaged, return the appliance to a service center for examination and repair.
6. Keep the cord away from heated surfaces.
7. Never operate the Treadmill with the air openings blocked. Keep the air openings free from any foreign objects.
8. Never drop or insert any object into any opening.
9. Do not use outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.

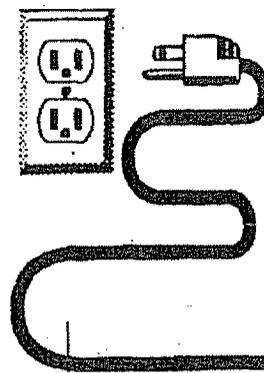
SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

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

This product is for use on a nominal 120-volt 15 amp minimum circuit and has a grounding plug that looks like the plug illustrated below. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

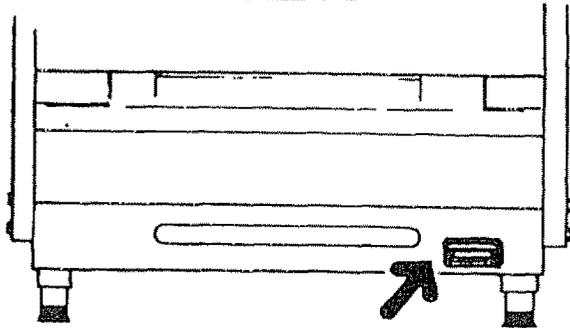


INTRODUCTION

Thank you for purchasing a SEARS LIFESTYLER Treadmill, which allows you to exercise in the convenience and privacy of your home. This manual is designed to assist you in the assembly and operation of this treadmill.

Please read this manual completely before initial use of the treadmill.

Figure 1

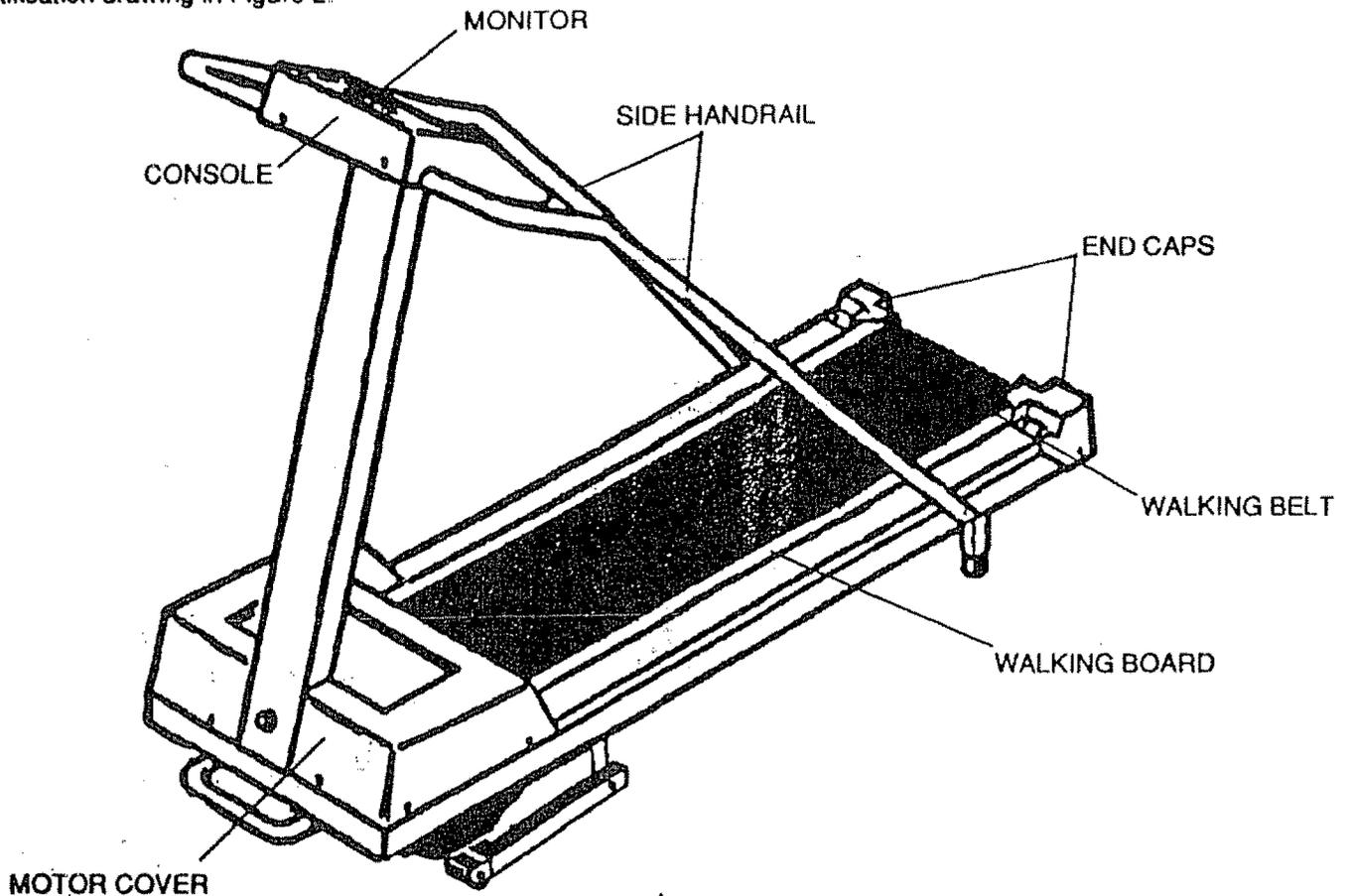


MODEL NO.
SERIAL NO

The model number and the serial number of your Treadmill can be found on the front of the Treadmill frame as seen in Figure 1. Please refer to this model and serial number in all communications regarding this product. To assist you in PART identification, please review the exploded view drawing and the PARTS LIST in this manual before calling.

To help familiarize yourself with the PARTS and descriptions in this manual please review the identification drawing in Figure 2.

Figure 2



ASSEMBLY INSTRUCTIONS

Remove the Treadmill from carton and place in a clear area on the floor with the help of a second person. Do not discard the carton or any of the packing materials until the Treadmill has been fully assembled and tested.

Tools Required:

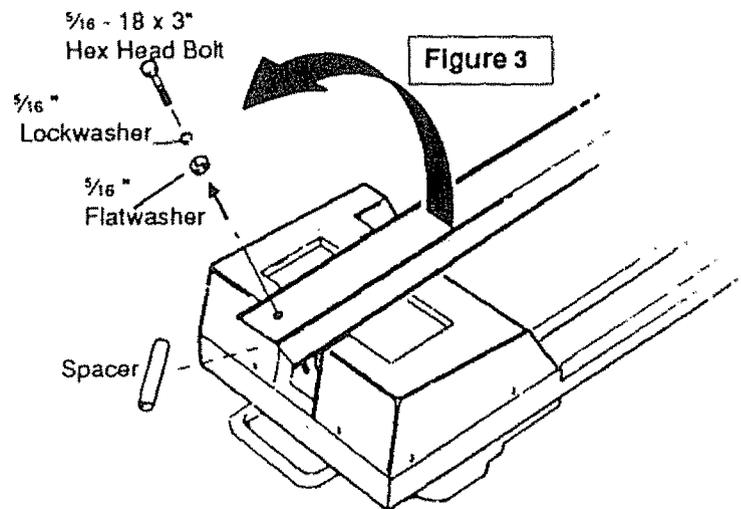
1/2" Wrench • Adjustable Wrench • 7/16" Wrench • Small Hammer

Locate the HARDWARE BAG containing:

- | | |
|-------------------------------------|--------------------------------------|
| 1 Hex Wrench 7/16" (72) | 3 Hex Head Bolt 5/16" - 18 x 3" (40) |
| 4 Hex Head Bolt 1/4" - 20 x 2" (70) | 3 Flatwasher 5/16" (34) |
| 4 1/4" Lockwasher (21) | 2 Nylock Nut 5/16" - 18 (22) |
| 1 5/16" Lockwasher (29) | 1 Spacer (53) |

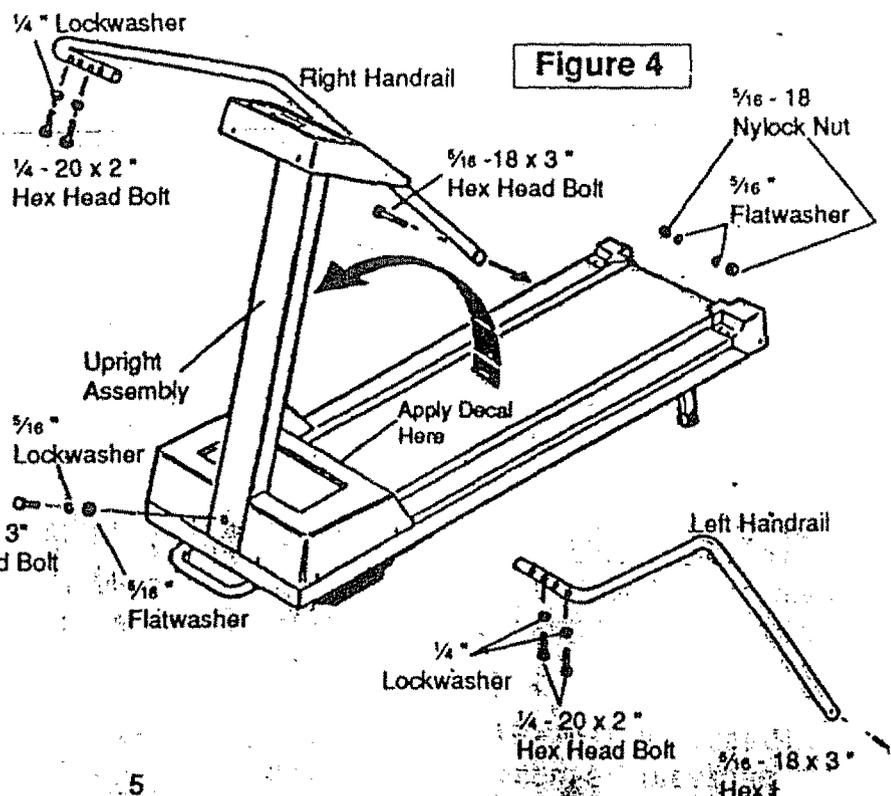
STEP 1

- With the upright down, insert the plastic spacer into the end of the 2" x 4" upright assembly (See figure 3). Lining the spacer up with the hole, insert the 5/16" - 18 x 3" hex head bolt, 5/16" lockwasher and 5/16" flatwasher through the upright hole loosely. Carefully raise the upright assembly to the vertical position and tighten the bolt into the factory pre-assembled nut.



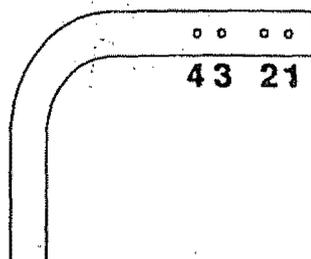
STEP 2

- Position the right handrail as shown in Figure 4.
- The handrail bolts to the bottom of the console plate. Using the 2nd and 4th holes, bolt Loosely to the console plate using two 1/4" - 20 x 2" hex head bolts and two 1/4" lockwashers.
- Align the hole in the lower end of the handrail with the hole on the side of the frame and insert a 5/16" - 18 x 3" hex head bolt through the parts and tighten using a 5/16" - 18 nylock nut and 5/16" flatwasher.
- Tighten the upper handrail bolts that were previously assembled.
- Repeat the Step 2 for the left side handrail assembly.
- NOTE:** If handrail assembly is difficult, insert the lower hardware first, and then insert the upper hardware.



STEP 3

- Carefully remove the protective backing from the decal and install on the front of the motor cover as shown in Figure 4.



ELECTRONIC MONITOR OPERATION GUIDE

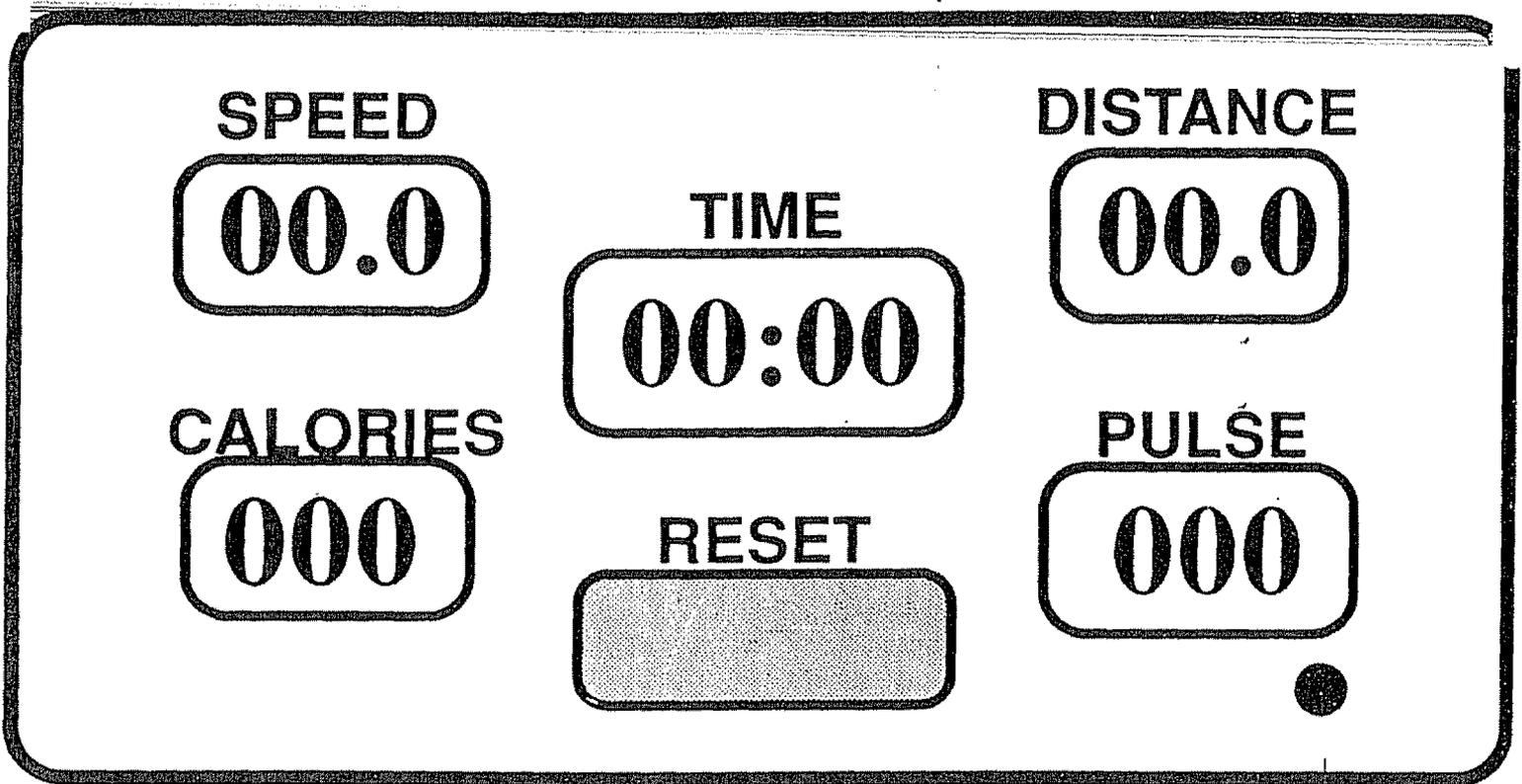


Figure 5

Your Electronic Monitor Will:

- Display Speed
- Compute estimated calories burned
- Measure Time
- Measure Distance
- Display pulse rate

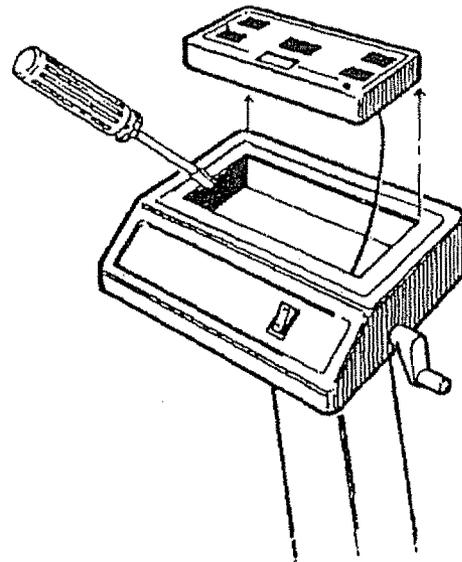
PULSE
DETECTOR
PLUG

Battery Installation:

Your electronic monitor requires two 'AA' - 1.5 volt alkaline batteries. The batteries can be installed by carefully removing the unit from the console with a screwdriver and removing the battery cover from the back of the unit. **NOTE:** When replacing batteries you must replace both batteries with new batteries that are the same brand.

Your electronic monitor is equipped with an automatic shut-off feature. After four minutes of inactivity, the monitor and display screen will shut off and all values will reset to 0.

Pressing the RESET button or starting the treadmill will reactivate the monitor and display screens.



DISPLAY FUNCTIONS

SPEED

Displays the speed of the treadmill belt in miles per hour.

CALORIES

Computes estimated calorie expenditure. Please note that many variables enter into the calorie calculation, such as age, sex, weight, and metabolism. This electronic monitor calculates an estimated calorie expenditure from the duration of use and the distance traveled, assuming a 160 pound user and a treadmill elevation of 3.5%.

TIME

Measures elapsed workout time in minutes and seconds. On certain models, the monitor will only display in minutes after twenty minutes have elapsed.

DISTANCE

Measures elapsed distance in miles.

PULSE

Displays current pulse rate.

To use this function, attach the detector to your ear lobe as shown in Figure 6, and attach the wire clip to your clothing to minimize motion of the detector. If the monitor detects a pulse, a flashing heart will appear in the pulse display screen and your current pulse will be displayed. If the monitor does not detect a pulse, a "P" will appear in the display screen.

NOTE: If there is difficulty in detecting a pulse, gently rub the ear lobe to generate blood circulation in that area. Approximately 5% of all people do not have a sufficient supply of blood moving through the ear lobe to detect a pulse, especially people with pierced ears.

NOTE: Pulse readings will fluctuate due to the motion of the detector and other influences. The individual readings that seem abnormal should be ignored.

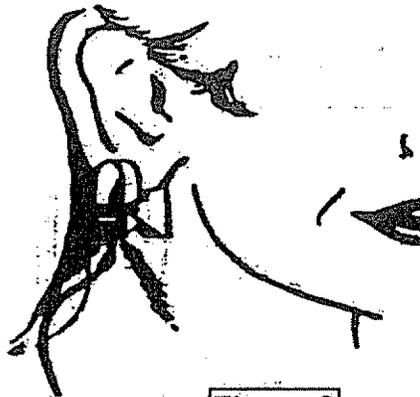


Figure 6

RESET FUNCTION

The calorie, time, and distance functions may be reset to 0 at any time before, during, or after the workout, by simply pressing the RESET button.

HOW TO USE YOUR TREADMILL

1. To Start Treadmill

CAUTION: Make sure you have read the **IMPORTANT SAFETY INSTRUCTIONS** and **GROUNDING INSTRUCTIONS** before proceeding.

- A.** Plug Treadmill linecord into a wallsocket. Be sure that the outlet is not **OVERLOADED** with other appliances. Do not use an extension cord unless the cord has 14 gauge or larger wires.
- B.** Insert the safety pull pin into the console and attach the clip to your clothing. **NOTE:** The treadmill will not operate without the safety pull pin inserted into the console.
- C.** Before starting the treadmill, turn the speed control knob fully in a counterclockwise direction.
- D.** While standing on the foot pads (**NOT ON THE BELT**) press the motor **ON/OFF** switch to the **ON** position.



IMPORTANT

FOR YOUR SAFETY, THE UNIT WILL NOT START UNLESS THE SPEED CONTROL KNOB IS TURNED FULLY COUNTERCLOCKWISE.

- E.** To increase the speed up to a maximum of approximately 7.0 miles per hour, turn the speed control knob slowly in a clockwise direction. (**NOTE:** The treadmill will speed up gradually and it will take a few seconds for the speed to stabilize).
- F.** To decrease the speed, turn the speed control knob in a counterclockwise direction.
- G.** While grasping the handrail, carefully step onto the moving belt and begin walking.
- H.** Refer to the electronic monitor instructions for complete operating instructions.

2. To Stop Treadmill

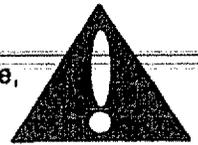
Carefully step onto Foot Pads and press the **ON/OFF** switch to the **OFF** position.



IMPORTANT

Walking belt tension may need to be adjusted during initial use. Please refer to page 9 for more detailed instructions.

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. And while measurements made by the equipment is believed to be accurate, only the measurements of your physician should be relied upon.



CAUTION

Unattended children should not be permitted to use this equipment.

Select suitable footwear. You must wear shoes while using this equipment.

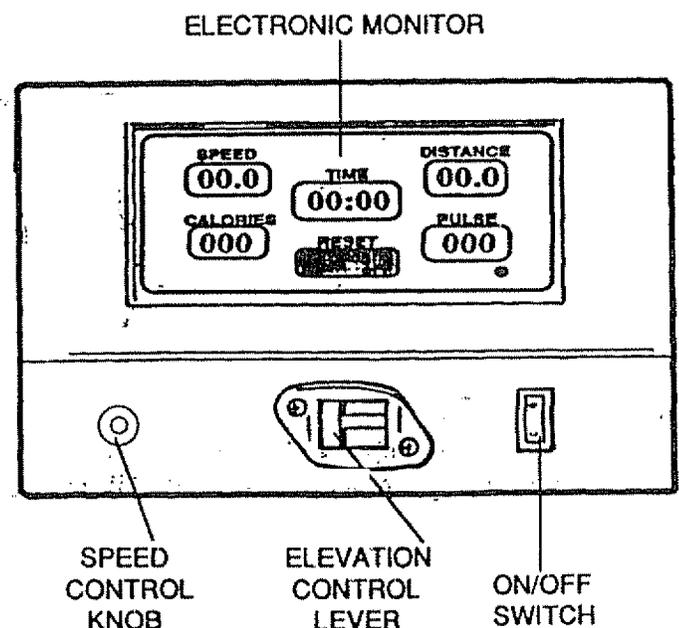
Jogging shoes are highly recommended. Do not wear sandals, high heels, or shoes with leather soles.

Do not start the Treadmill while standing on the belt.

Use lower speed settings until you are familiar with the use of this Treadmill.

NOTE: This unit is intended for household use only.

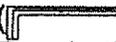
Figure 8

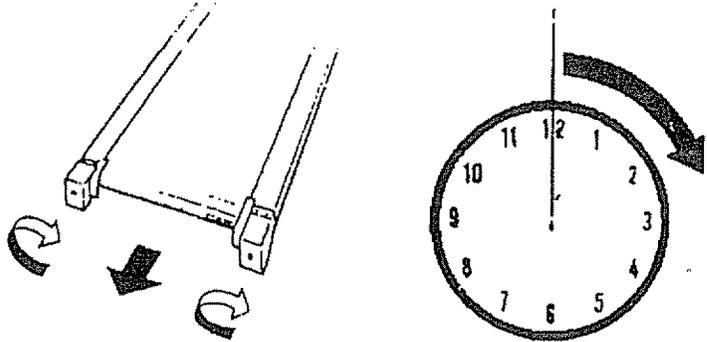


ADJUSTMENTS

WALKING BELT TENSION ADJUSTMENT

In your hardware bag you will find an Allen Wrench Clip. This is provided so you can keep track of your allen wrench. Apply the clip by peeling protective backing from the foam tape and place where ever you feel is convenient, (we suggest on the end cap by the rear roller). The allen wrench snaps into this clip. The tension of the walking belt may periodically need to be adjusted if slippage is felt during use. This is due to the stretching of the belt, especially during the first several uses. To adjust the walking belt tension:

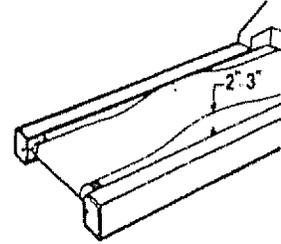
- 1) Turn on the treadmill and set the speed to approximately 3.5 miles per hour.
- 2) Locate the belt adjustment bolts at the rear of the treadmill and the $\frac{3}{16}$ " allen wrench () that was supplied with the treadmill.
- 3) Turn both the right and left belt adjustment bolts one full turn clockwise.
- 4) If slippage is still felt during use, repeat the above steps.



NOTE: When properly tightened, the sides of the belt can be raised approximately 2 - 3 inches off of the board and the center of the belt will be just over the board surface.



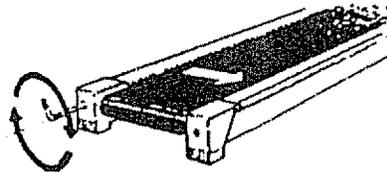
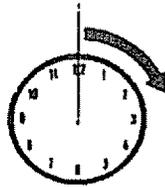
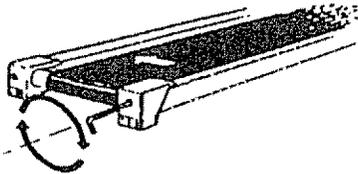
DO NOT OVER-TIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.



WALKING BELT CENTERING

The walking belt may occasionally need to be centered. This is due to variances, such as weight, walking/jogging style, or the location of the treadmill. The treadmill must be located on a level surface for the walking belt to run correctly. To center the walking belt:

- 1) Turn on the treadmill and set the speed to approximately 3.5 miles per hour.
- 2) Locate the belt adjustment bolts at the rear of the treadmill and the $\frac{3}{16}$ " allen wrench () that was supplied with the treadmill.
- 3a) If the belt has drifted to the right, turn the right adjusting bolt $\frac{1}{2}$ turn clockwise.
- 3b) If the belt has drifted to the left, turn the left adjusting bolt $\frac{1}{2}$ turn clockwise.



- 4) After 15 seconds, if the belt is not centered, repeat step 3.

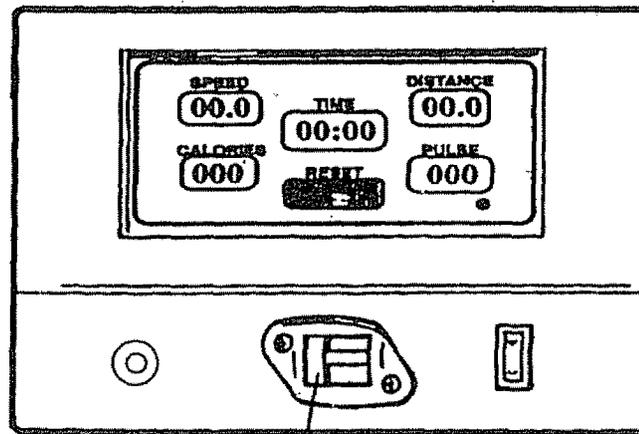


A walking belt that is not properly centered may cause damage to the belt and the treadmill.

ELEVATION ADJUSTMENT

- Your treadmill is equipped with an easy to use height adjustment.
- To raise the elevation of the treadmill, step off of the treadmill onto the floor and turn the ON/OFF power switch to OFF. Move the elevation control lever to the right, and the front of the treadmill will rise. Release the lever when the treadmill reaches the desired elevation.
- To lower the elevation of the treadmill, step off of the treadmill walking belt onto the FOOT PADS and turn the ON/OFF power switch to OFF. Move the elevation control lever to the left, and the front of the treadmill will lower. Release the lever when the treadmill reaches the desired elevation.

NOTE: When lowering the elevation of the treadmill, it may be necessary to move closer to the front of the treadmill because your weight is used to assist the lowering.



ELEVATION CONTROL LEVER

TROUBLE SHOOTING CHART

PROBLEM	SOLUTION
Treadmill does not start	Check cord and socket connection Check room circuit breaker
Room circuit breaker tripped	Use different wall socket Loosen walking belt tension (see pg 9) Lubricate walking belt (see pg 12)
Walking belt sticks or motor drags	Lubricate walking belt (see pg 12)
Walking belt slips or moves off center	Adjust walking belt (see pg 9)
No electronic monitor display	Check batteries (see pg 6)
Speed will not adjust	Contact customer assistance
Motor runs, but walking belt does not move	Check pulley belt Check roller pulley Check/tighten motor pulley Contact customer assistance
No speed displayed	Check gap between pulley magnet and magnet receiver
Excessive noise from rollers	Loosen walking belt tension (see pg 9)
Excessive noise from under motor cover	Remove motor cover and contact customer assistance
No pulse rate displayed	Gently rub ear-lobe and re-attach detector (see electronics instructions)

MAINTENANCE

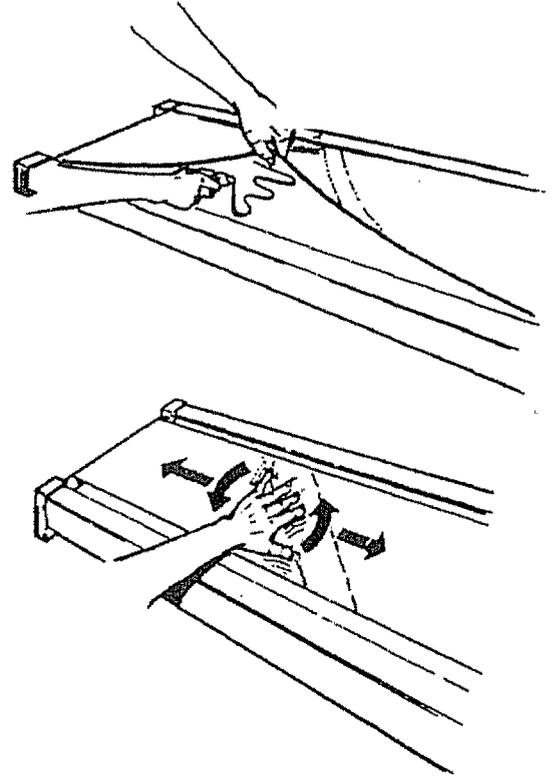
WARNING: Always unplug the Treadmill from the electrical outlet before cleaning or servicing the unit. There is relatively little maintenance required for this Motorized Treadmill.

WALKING BOARD LUBRICATION

For optimal performance of the treadmill, the walking board will need lubrication whenever the belt feels sticky or the motor is dragging. We recommend Dow Corning 200[®] Fluid (500 cSt. viscosity) available through SEARS Service Center. Do not use oil or an oil based lubricant, such as WD-40[™].

To lubricate the walking board:

- 1) Stop walking belt so belt seam is located on top and in center of walking board.
- 2) Loosen rear roller bolts, counting number of turns loosened. (Approximately 20 turns)
- 3) Clean walking board with dry rag to remove any dust or foreign material.
- 4) Lift walking belt and apply complete contents of Treadmill Lubricant packet directly to center of walking board in area where belt seam will lay.
- 5) Lay belt seam on silicone lubricant and rub onto board surface with belt seam in a circular motion toward front and rear of treadmill dispersing lubricant evenly onto board surface.
- 6) Re-tighten rear roller bolts the same number of turns they were loosened.



NOTE: Minor belt adjustment may be required to align walking belt in center of walking board. See walking belt adjustment section.

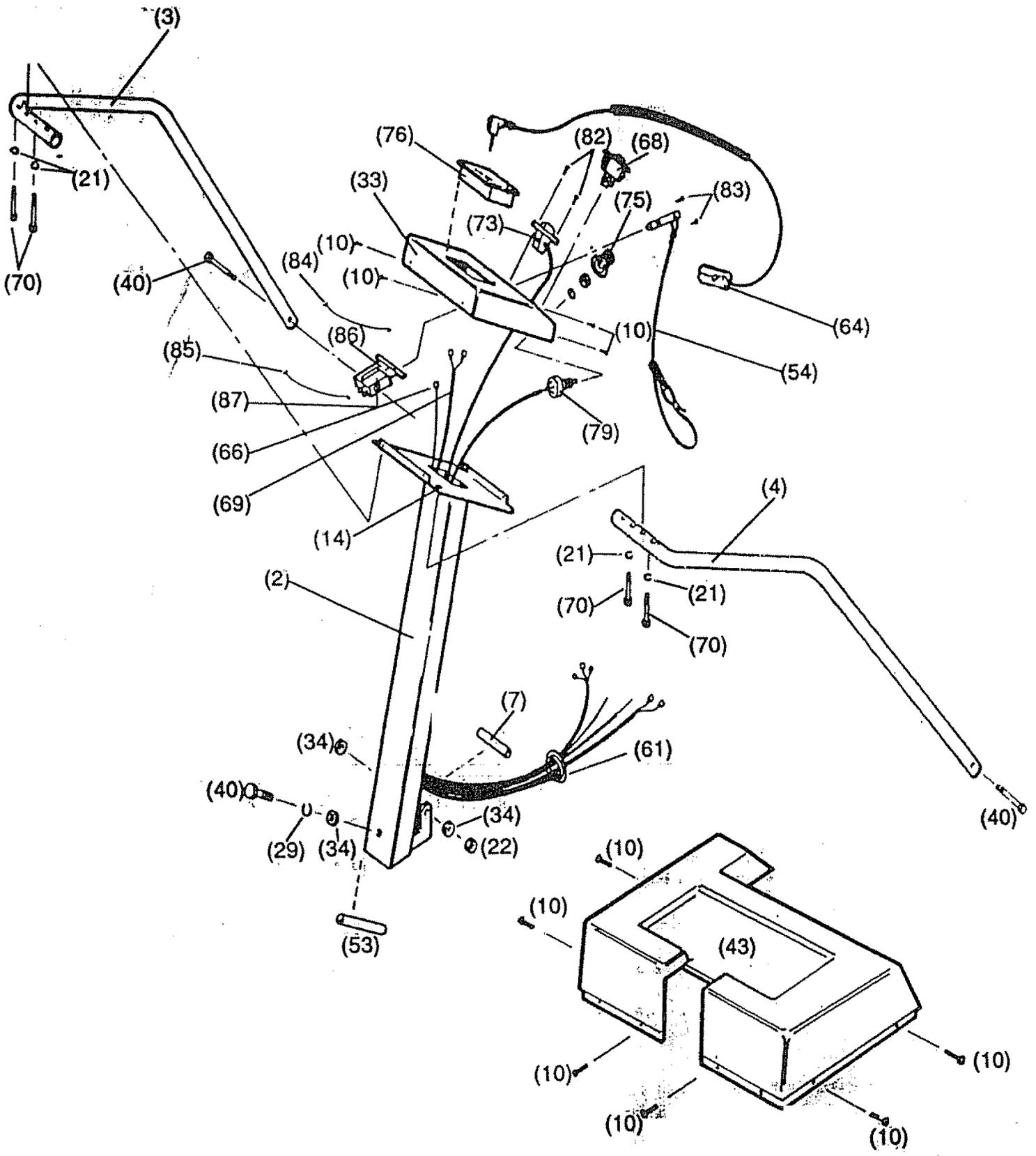


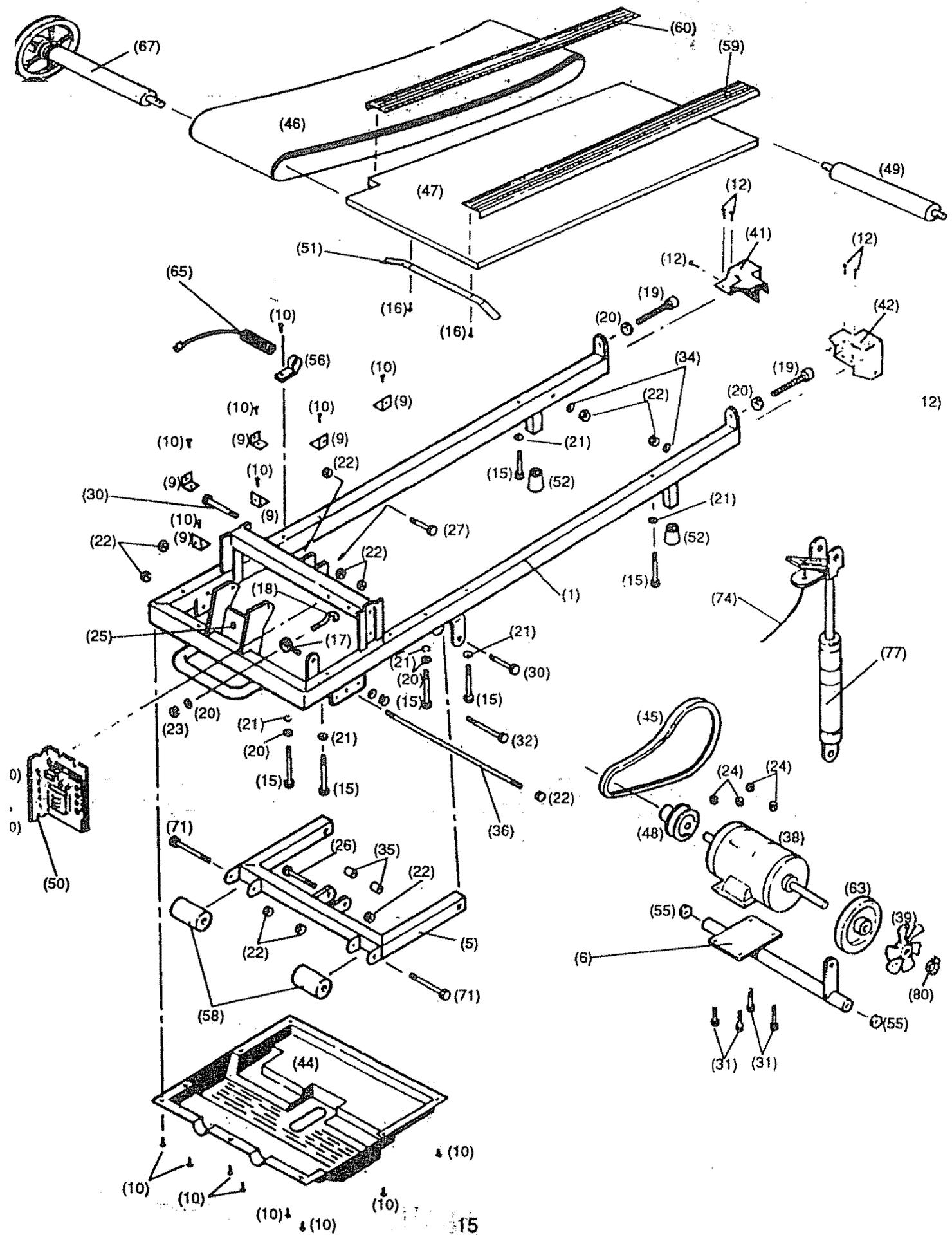
Over lubricating the board can negatively affect the treadmill's performance. There should not be a heavy, sticky film of silicone on the board. If the board has been over-lubricated, wipe it off with a paper towel.

GENERAL CLEANING: Keep the unit clean by dusting regularly. The belt may be washed with a wet, soap cloth. Be careful not to get any liquid inside the Motorized Treadmill frame.

R-9890 SR PARTS LIST

Key	Part No.	Description	Qty	Key	Part No.	Description	Qty
1	35-0422-T	Frame	1	42	KK-1151-T	End Cap Left	1
2	35-0391-T	Upright	1	43	KK-1155-T	Motor Cover	1
3	34-0393-T	Handrail Right	1	44	KK-1168-T	Bottom Motor Cover	1
4	34-0394-T	Handrail Left	1	45	KK-3028-T	V-Belt	1
5	35-0344-T	Lower Elevation	1	46	KK-3046-T	Walking Belt	1
6	35-0367-T	Motor Mount Assembly	1	47	KK-4022-T	Walking Board	1
7	34-0338-T	Spacer	1	48	KK-5039-T	Pulley	1
8		Not Used		49	KK-5058-T	Rear Roller Assembly	1
9	34-8174-T	Reinforcement Bracket	6	50	36-9144-T	Controller	1
10	HH-0208-T	Screw #8 x 5/8"	26	51	LL-0118-T	Belt Guide	1
11	MM-6584-T	Double Loop Tie (Not shown)	1	52	MM-0035-T	Square Foot	2
12	HH-0237-T	Screw #8 x 3/4"	6	53	MM-0089-T	Spacer	1
13	HH-0238-T	Screw #8 x 1/2"	4	54	KK-6080-T	Safety Tether	1
14	HH-0772-T	Cage Nut	4	55	MM-0523-T	Motor Pivot Bushing	2
15	HH-0866-T	Hex Head Bolt 1/4-20x2-3/4"	6	56	MM-1530-T	Cable Clamp	1
16	HH-0847-T	Bolt 1/4-20 x 1/2"	2	57	MM-6501-T	Strain Relief	2
17	HH-0851-T	Closed Eye Bolt 1/4 x 3/4"	1	58	MM-6504-T	Front Roller Wheels	2
18	HH-0861-T	Open Eye Bolt 1/4-20 x 2"	1	59	MM-6590-T	Extrusion 44.75	1
19	HH-1007-T	Screw 1/4-20 x 3"	2	60	MM-6591-T	Extrusion 42"	1
20	HH-1204-T	Flat Washer 1/4"	6	61	MM-6581-T	Snap Bushing	1
21	HH-1207-T	Lock Washer 1/4"	10	62	MM-6586-T	Push Mount Tie (Not shown)	2
22	HH-1256-T	Nylock Nut 5/16"	11	63	PP-2007-T	Flywheel	1
23	HH-1206-T	Nylock Nut 1/4-20	2	64	QQ-1510-T	Ear Clip	1
24	HH-1267-T	Flange Nut 5/16-18	4	65	QQ-1513-T	Speed Pick-up	1
25	HH-1275-T	Cage Nut	1	66	QQ-1514-T	Read Switch Extension	1
26	HH-1305-T	Hex Head Bolt 5/16-18x2-1/4"	1	67	36-9090-T	Front Roller Assembly	1
27	HH-1307-T	Hex Head Bolt 5/16-18 x 1-3/4"	1	68	HH-4514-T	On/Off Switch	1
28	HH-4624-T	Power Cord (Not shown)	1	69	HH-4623-T	Switch Cord	1
29	HH-1705-T	Lock Washer 5/16"	1	70	HH-0823-T	Hex Head Bolt 1/4-20 x 2"	4
30	HH-1323-T	Hex Head Bolt 5/16-18 x 2"	2	71	HH-1318-T	Hex Head Bolt 5/16-18 x 2-3/4"	2
31	HH-1327-T	Hex Head Bolt 5/16-18 x 1"	4	72	HH-8007-T	Hex Wrench	1
32	HH-1333-T	Hex Head Bolt 5/16-18 x 5"	1	73	KK-6082-T	Lever & Lever Housing	1
33	KK-1232-T	Console	1	74	KK-6084-T	Gas Spring Cable	1
34	HH-1706-T	Flat Washer 5/16"	7	75	KK-6114-T	Knob Speed Control	1
35	HH-6020-T	Spacer 3/8 x 9/16"	2	76	QQ-0039-T	Electronics	1
36	HH-8191-T	Motor Pivot Rod	1	77	36-9105-T	Elevation Assembly	1
37	KK-0038-T	Choke (Not shown)	1	78	MM-1531-T	Arrow Clip (Not shown)	1
38	KK-0041-T	Motor	1	79	KK-6040-T	Rheostat	1
39	KK-6136-T	Fan	1	80	HH-7505-T	Hoseclamp	1
40	HH-1341-T	Hex Head Bolt 5/16-18 x 3"	3	81	MM-1528-T	Cable Clip (Not shown)	4
41	KK-1150-T	End Cap Right	1	82	HH-0232-T	Screw #8 x 1/2"	4
	FF-9045-T	Silicone Packet	1	83	HH-0017-T	Screw #4 x 5/8"	2
	FF-0575-T	Decal Console	1	84	HH-4639-T	Jumper Wire 3"	1
	FF-0576-T	Decal Motor Cover	1	85	HH-4640-T	Jumper Wire 3"	1
	QQ-1004-T	Batteries (Hardware Bag)	2	86	KK-1231-T	Tether Housing	1
	FF-0612-T	Decal Safety Pull Stop	1	87	KK-6081-T	Limit Switch	1
	MM-0087-T	Allen Wrench Clip (Hardware Bag)	1	88	MM-0083-T	Plug .341 (Not shown)	2





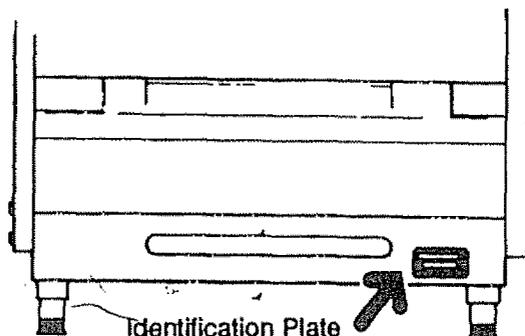
SEARS® SERVICE is at YOUR SERVICE

ORDERING REPLACEMENT PARTS

Each TREADMILL has its own model number.

Always mention this MODEL NUMBER when requesting service or repair parts for your TREADMILL.

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



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

WHEN ORDERING REPAIR PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION:

1. The NAME OF THE PRODUCT (Sears Lifestyler 7.0 Treadmill).
2. The MODEL NUMBER (499.297700).
3. The SERIAL NUMBER found on the treadmill identification plate (see the drawing above).
4. The KEY NUMBER OF THE PART from the Part List found in this manual.
5. The PART DESCRIPTION from the Part List found in this manual.

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

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Part No. 98-0173-T 5/92