

# SEARS

## **Lifestyler**® JH4000 EXERCISE BICYCLE

Model No. 142. 288040

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

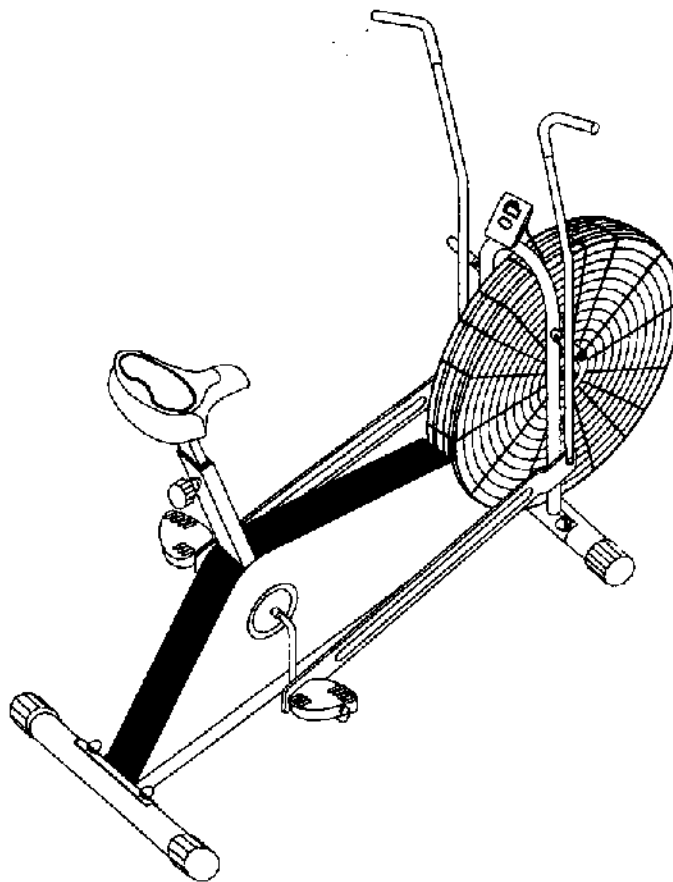
Write number in space above for future reference.

### QUESTIONS?

Call Sears Exercise

Equipment Helpline

1-800-736-6879



### CAUTION:

Before using this Exercise Bicycle read this manual and follow all its Safety Rules and Operating Instructions.

- Safety
- Installation
- Operation
- Maintenance
- Parts

Sears, Roebuck and Co., Hoffman Estates, IL 60179, U.S.A

Visit our Sears Website: [www. Sears.com](http://www.Sears.com)



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## **SAFETY INSTRUCTIONS**

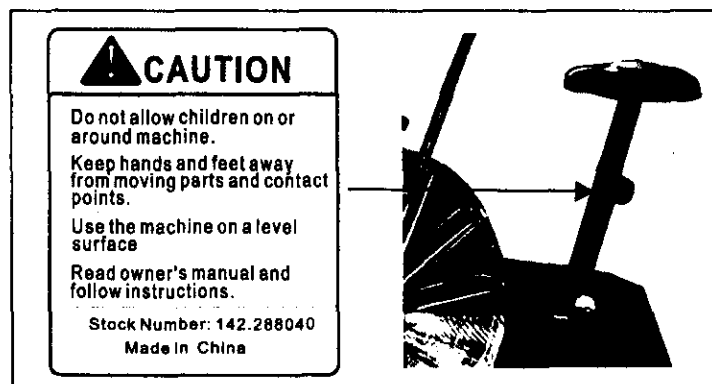
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Safety always comes first. Please keep the following safety instructions in mind at all times. Read and follow the safety instructions before using your **LIFESTYLER® JH4000 EXERCISE BICYCLE**. **FAILURE TO READ AND FOLLOW THESE SAFETY INSTRUCTIONS CAN RESULT IN A SERIOUS BODILY INJURY.**

Keep this guide in a safe place and make sure that everyone who uses the **LIFESTYLER® JH4000 EXERCISE BICYCLE** also reads this guide. Have a safe and enjoyable workout.

1. Do not allow children to use or play on the **LIFESTYLER® JH4000 EXERCISE BICYCLE**.
2. Do not allow children or pets to be close to the **LIFESTYLER® JH4000 EXERCISE BICYCLE** when it is in use.
3. Before using the **LIFESTYLER® JH4000 EXERCISE BICYCLE**, make sure that it is properly assembled and tightened following the assembly instructions contained in this manual.
4. The **LIFESTYLER® JH4000 EXERCISE BICYCLE** should not be used by persons weighing over 250 pounds.
5. Always check to see that the seat is securely fastened before using your **LIFESTYLER® JH4000 EXERCISE BICYCLE**.
6. Do not ride the **LIFESTYLER® JH4000 EXERCISE BICYCLE** standing up.
7. Do not place your head, hands, or legs between the handlebars.
8. Do not wear loose clothing that could become caught in the **LIFESTYLER® JH4000 EXERCISE BICYCLE**.
9. Never exercise in bare feet or socks. Always wear correct footwear, such as running, walking, or cross-training shoes. Be sure they fit well, provide foot support, and feature non-skid rubber soles.
10. Use the **LIFESTYLER® JH4000 EXERCISE BICYCLE** on a level surface.
11. Do not position your **LIFESTYLER® JH4000 EXERCISE BICYCLE** on loose rugs or uneven surface.
12. Adjust the **LEVELING CAPS** on the **REAR STABILIZER** so that the bike set on the floor without rocking.
13. Follow your doctor's recommendations in developing your own personal fitness program.
14. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.

The decal shown below has been placed on the **LIFESTYLER® JH4000 EXERCISE BICYCLE**. Apply the decal in the location shown.



**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 through the use of this product.

## BEFORE YOU BEGIN

Thank you for choosing the **LIFESTYLER® JH4000 EXERCISE BICYCLE**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it is a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **LIFESTYLER® JH4000 EXERCISE BICYCLE** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review Figure 1 below and familiarize yourself with the parts that are labeled. For your benefit, read this manual

carefully before using the **LIFESTYLER® JH4000 EXERCISE BICYCLE**.

Although Sears tries to manufacture its products with the finest materials and uses the highest standards of manufacturing, occasionally a defective part is not found in the inspection process. In addition, from time to time, a part necessary for operation is not shipped with the product. Even with the highest inspection and quality controls in place, these things will happen occasionally. Please do not return the product. For your convenience, Sears has a Customer Service Department with a toll-free number. Should a part be missing or a defective part found, please call 1-800-736-6879, 7 a.m. until 7 p.m. 7 days a week. Our operators will be able to assist you with our problem.

### HARDWARE ILLUSTRATIONS

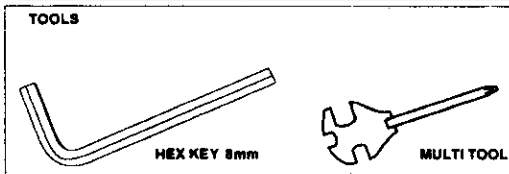
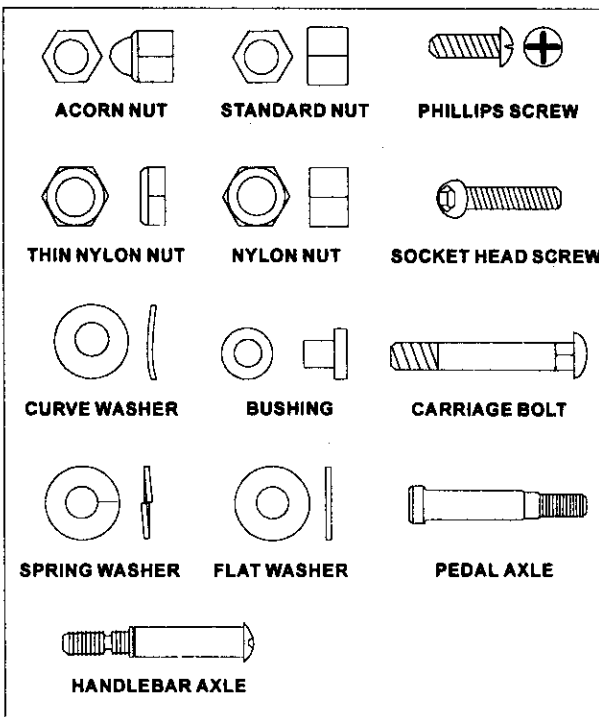
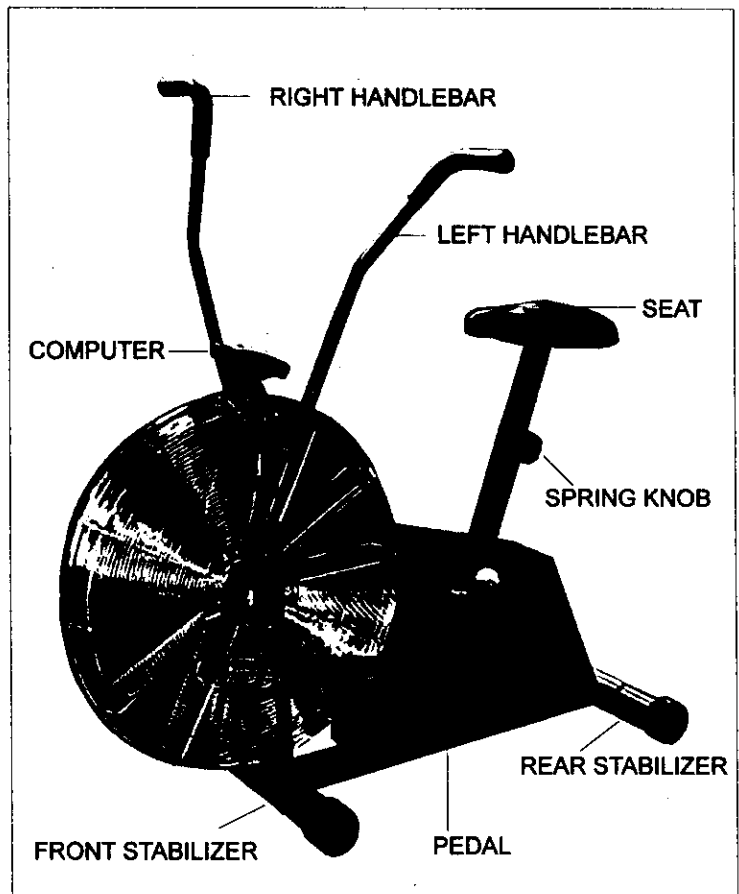


FIGURE 1





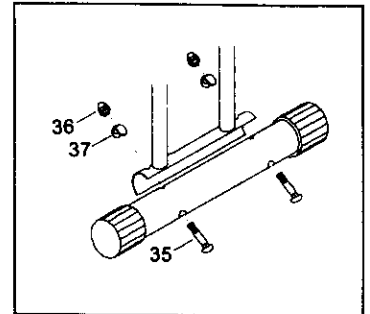
# ASSEMBLY INSTRUCTIONS

## IMPORTANT

PLEASE READ ALL OF THE ASSEMBLY INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING.

### ASSEMBLY USING FIGURE 2 TO 7

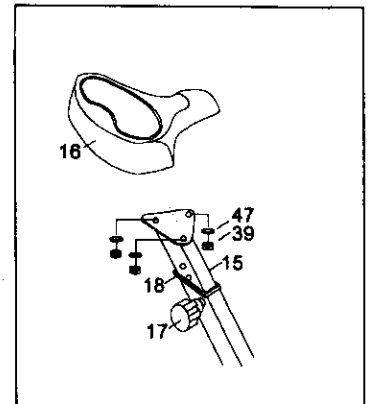
**STEP 1** Place the **FONT STABILIZER (2)** into saddle bracket at the front of the **FRAME (1)**.  
Align the holes in the **FRONT STABILIZER (2)** with the holes in the bracket and put 2 **CARRIAGE BOLTS (35)** through the holes.  
Place 2 **CURVE WASHERS (37)** on the bolts and screw on 2 **ACORN NUTS (36)** and tighten.  
**FIGURE 3**



**FIGURE 3**

**STEP 2** The assembly of **REAR STABILIZER (2)** is the same as **STEP 1**.

**STEP 3** Remove **NUTS (39)** and **WASHERS (48)** from studs on bottom of **SEAT (16)**. Place **SEAT (16)** onto **SEAT POST (15)** then replace **WASHERS (46)** and **NUTS (39)**. Secure **TIGHTLY**.  
**STEP 4** To adjust the seat height to your personal requirements, unscrew and pull the **KNOB (17)**. Slide the **SEAT POST (15)** up or down then push and screw the **KNOB (17)**. See Figure 10 on page 7 for proper seat adjustment.  
**FIGURE 4**

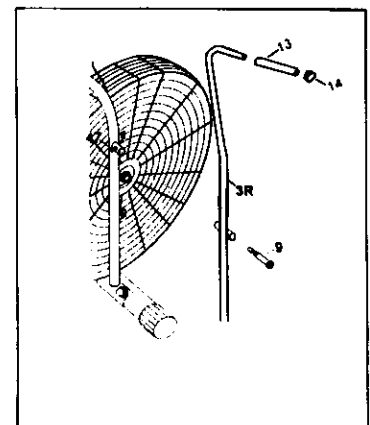


**FIGURE 4**

**STEP 5**

1. The **HANDLEBARS (3R and 3L)**, with the pivot tube to the front and **GRIPS (13)** facing outside.
2. Slide the **HANDLEBAR AXLE (9)** through **HANDLEBARS (3R and 3L)**.
3. Fasten the **HANDLEBAR AXLE (9)**, until it is tight against the **BUSHING**. The **AXLE** must be tightened securely.
4. Tighten the **PHILLIPS SCREWS (47)** on the **MAIN FRAME**.

**NOTE:** The **BUSHINGS (31)** mounted already.  
**FIGURE 5**



**FIGURE 5**

## ASSEMBLY INSTRUCTIONS CONTINUED

### IMPORTANT

READ ALL OF STEP 6 "a" through "d" BEFORE ATTACHING THE PEDALS. REFER TO FIGURE 6. THE SPACERS (29 and 30) already mounted on LINKAGE.

### ASSEMBLY USING FIGURES 2 TO 7

|         |  |
|---------|--|
| STEP 6a | Insert the <b>PEDAL AXLE</b> (10) through the <b>PEDALS</b> (8R and 8L) and the shoulder side of the <b>LINKAGE</b> (4R and 4L). |
| STEP 6b | Tighten both <b>PEDALS</b> (8R and 8L) by turning clockwise. Screw the <b>PEDAL AXLE</b> into the <b>CRANK</b> (20).             |
| STEP 6c | Thread the <b>NUT</b> (40) and <b>SPRING WASHER</b> (52) onto the <b>PEDAL AXLE</b> (10).  |
| STEP 6d | <b>TIGHTEN PEDAL AXLES AND NUTS (41) UNTIL NUTS (41) ARE TIGHT AGAINST THE CRANK. THE NUTS MUST BE TIGHTENED SECURELY.</b>       |
| STEP 6e | Insert Cap.<br>See Figure 6  |

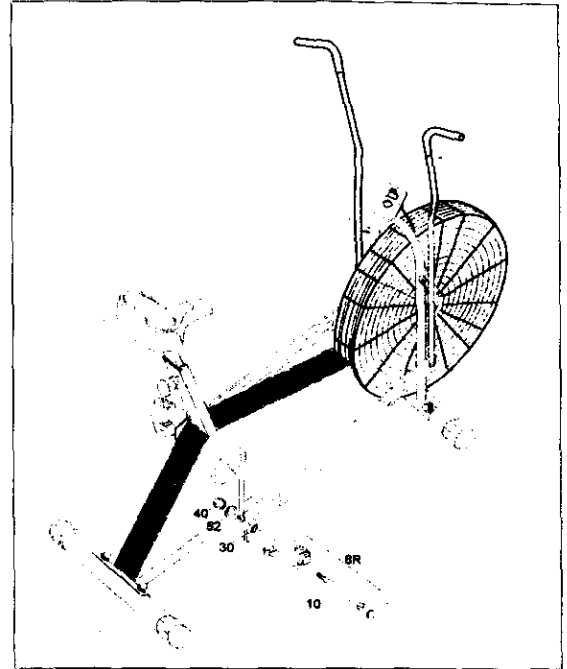


FIGURE 6

|        |   |
|--------|---|
| STEP 7 | Attach the <b>CONSOLE</b> (23) to the <b>FRAME</b> (1).<br>To be sure, console shows a display. If it does not, check batteries and battery installation. |
| STEP 8 | Plug in the <b>SPEED PICKUP WIRE</b> to the socket of <b>CONSOLE</b> (23).<br>FIGURE 7  |

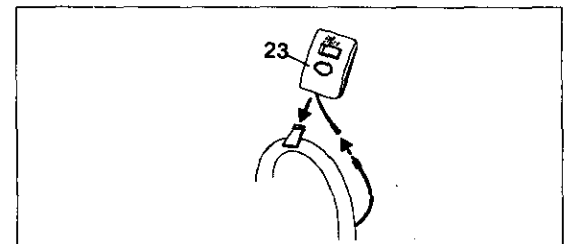


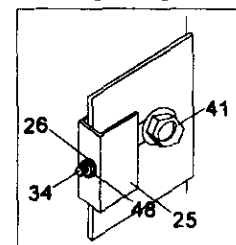
FIGURE 7

## FAN ADJUSTMENT

Fan adjustment is required if the resistance of the fan increases or decreases after use. To adjust the fan, follow the following procedures.

- STEP 1** Loosen the **NUT** (41)
- STEP 2** Turning the **NUT** (48) clockwise or counterclockwise to adjust the **FAN** to your personal requirement.
- STEP 3** Tighten the **NUT** (41)

FIGURE 8



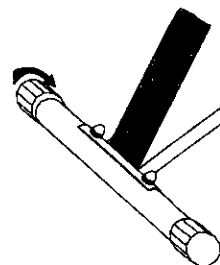
## OPERATION

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### LEVELING THE *LIFESTYLER® JH4000 EXERCISE BICYCLE*

Place the *LIFESTYLER® JH4000 EXERCISE BICYCLE* in the location it will be used. The floor should be hard and flat and the bike should sit firmly on the floor. If the bike is not stable, turn the **LEVELING CAP (12)** on the **REAR STABILIZER (2)** until the bike is stable. Turn one cap at a time, as it may only be necessary to adjust one.

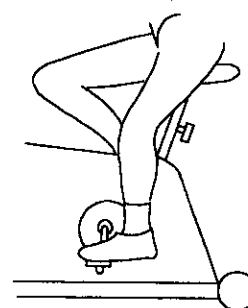
FIGURE 9



### SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine proper seat height, sit on the *LIFESTYLER® JH4000 EXERCISE BICYCLE* and center the ball of your foot on the pedal in the down position. Your leg should be slightly bent and relaxed as shown.

FIGURE 10



### EXERCISE WORKOUT

The secret to aerobic training is achieving a selected heart rate and maintaining it. The *LIFESTYLER® JH4000 EXERCISE BICYCLE*, with its air resistance system allows the user to easily attain the desired pulse rate.

Since no two people or life styles are alike, the *LIFESTYLER® JH4000 EXERCISE BICYCLE* has been designed to allow the user to isolate portions of the body that may need greater emphasis in training.

The exercises provide cardiovascular conditioning, muscle toning and joint flexing with the ability to exercise both the upper and lower body simultaneously or independently. Increase the workout intensity by increasing the speed of the leg and/or arm movements.

**FULLY BODY WORKOUT:** Sitting comfortably erects, use the handlebars to either push or pull while simultaneously pedaling. Alternate the effort to your arms or legs to intensify or reduce the work of the upper or lower body. The handlebars may be tripped from underneath (palm up) to change the muscle groups used.

**LOWER BODY WORKOUT:** Simple releases the handlebars and places your hands on your hips or thighs as you pedal. This concentrates the exercise on the lower body.

**UPPER BODY WORKOUT:** Stand with feet on the stabilizer, lean over the seat and activate the fan using the handlebars. This exercise is most effective when the muscles of the torso are used in a twisting motion.

## MONITOR USAGE

**POWER ON:** Auto ON when pedal movement or push the BUTTON.

**POWER OFF:** Automatic shut off after 4 minutes of inactivity.

### FUNCTION:

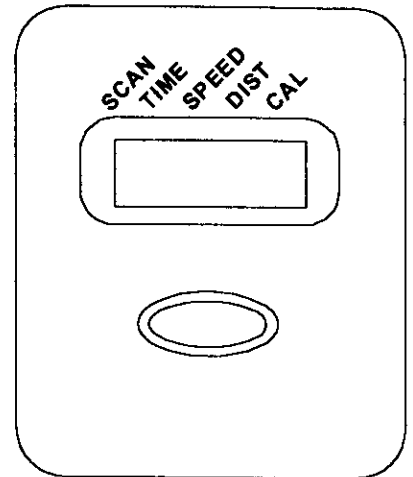
**SCAN:** Monitor will rotate through all 4 functions - Time, Speed, Distance and Calorie every 30 seconds automatically. Each display will be held for 6 seconds.

**TIME:** Press the button until the pointer advance to TIME and blinking. Press the button once, the pointer should stop blinking and fix on the TIME function

**SPEED** Press the button until the pointer advance to SPEED and blinking. Press the button once, the pointer should stop blinking and fix on the SPEED function.

**DISTANCE:** Press the button until the pointer advance to DISTANCE and blinking. Then press the button once to fix on the DISTANCE function and stop blinking.

**CALORIES:** Press the button until pointer advance to CALORIES and blinking. Press the button once for stop blinking and fix on the CALORIES function.



### SPECIFICATIONS:

|                              |                                  |                    |
|------------------------------|----------------------------------|--------------------|
| <b>FUNCTION</b>              | <b>SCAN</b>                      | Every 6 seconds    |
|                              | Time                             | 00:00 - 99:59 min. |
|                              | Speed                            | 0 - 99.9 MPH       |
|                              | Distance                         | 0 - 99.9 Mile      |
|                              | Calorie                          | 0 - 999.9 K. cal   |
| <b>CONTROLLER</b>            | 4 bit signal chip microprocessor |                    |
| <b>SENSOR</b>                | No-contact magnetic type         |                    |
| <b>BATTERY TYPE</b>          | Two "AA" OR "UM-3"               |                    |
| <b>OPERATING TEMPERATURE</b> | 0°C - 40°C (32°F - 104°F)        |                    |
| <b>STORAGE TEMPERATURE</b>   | -10°C - 60°C (14°F - 140°F)      |                    |

### HOW TO REMOVE BATTERY:

1. Pull off the battery cover and place two "AA" or "UM-3" batteries into battery housing on back of monitor.
2. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 sec. before reinstalling.
6. Removing the batteries will erase computer memory.



## CONDITIONING GUIDELINES

How you begin your exercise program, depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the **LIFESTYLER® JH4000 EXERCISE BICYCLE** gradually: A few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone; your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. Remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your **LIFESTYLER® JH4000 EXERCISE BICYCLE** on a flat, even surface at least 3 feet from walls and furniture.

## MAINTENANCE

1. Periodically lubricate the moving parts with lightweight household lubricants.
2. Check all nuts, bolts and clamp assemblies to be sure they are tight and secure.
3. Check monitor batteries. Monitor uses "AA" or "UM-3" batteries.

## WARRANTY

### FULL 90 DAYS WARRANTY

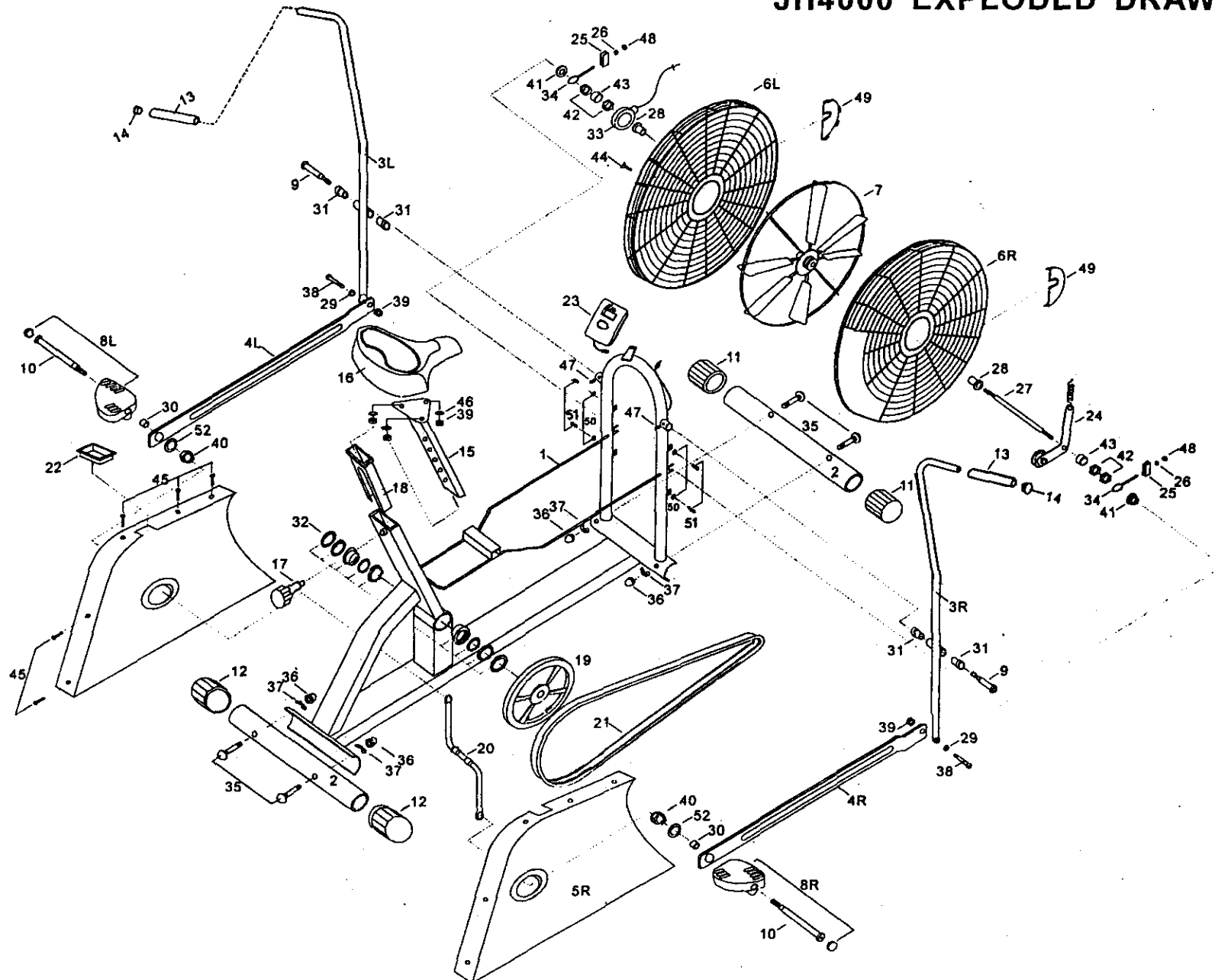
For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this Sears product, contact the nearest Sears Service Department throughout the United States and Sears will furnish the defective part, free of charge.

The warranty does not apply when the **LIFESTYLER® JH4000 EXERCISE BICYCLE** is used commercially or for rental purposes.

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

Sears, Roebuck and Co. Hoffman Estates, IL 60179

# JH4000 EXPLODED DRAWING



# JH4000 PARTS LIST

| Key No. | Part No. | Description  | Quantity |
|---------|----------|--|----------|
| 1       | 321-01   | Main Frame   | 1        |
| 2       | 321-02   | Front/ Rear Stabilizer Ø76mm x 1.5mm T x 500mm L             | 2        |
| 3R      | 321-03R  | Right Handlebar Ø25mm x 2.0 mm T                             | 1        |
| 3L      | 321-03L  | Left Handlebar Ø25mm x 2.0 mm                                | 1        |
| 4R      | 321-04R  | Right Linkage 550mm L x 50mm W x 3.0mm T                     | 1        |
| 4L      | 321-04L  | Left Linkage 550mm L x 50mm W x 3.0mm T                      | 1        |
| 5R      | 321-05R  | Right Chain Guard  | 1        |
| 5L      | 321-05L  | Left Chain Guard   | 1        |
| 6R      | 321-06R  | Right Fan Cage Ø28"  | 1        |
| 6L      | 321-6L   | Left Fan Cage Ø28"   | 1        |
| 7       | 321-7    | Fan Wheel Ø26" (*PRICE INCLUDE #28)                          | 1        |
| 8R      | 321-8R   | Right Pedal and Cap  | 1        |
| 8L      | 321-8L   | Left Pedal and Cap   | 1        |
| 9       | 321-9    | Handlebar Axle (Socket Head) Ø16mm, M12 x 80mm, pitch 1.25mm | 2        |
| 10      | 321-10   | Pedal Axle (Socket Head) M12 x 115mm, pitch 1.25mm           | 2        |
| 11      | 321-11   | Dolly Wheel  | 2        |
| 12      | 321-12   | Leveling Cap   | 2        |
| 13      | 321-13   | Foam Grip  | 2        |
| 14      | 321-14   | Handlebar End Cap, Ø25 mm                                    | 2        |
| 15      | 321-15   | Seat Post  | 1        |
| 16      | 321-16   | Seat   | 1        |
| 17      | 321-17   | Seat Spring-Knob   | 1        |
| 18      | 321-18   | Seat Post Sleeve   | 1        |
| 19      | 321-19   | Belt Wheel Ø350mm, ○ type                                    | 1        |
| 20      | 321-20   | Crank  | 1        |
| 21      | 321-21   | Belt L=1720mm  | 1        |
| 22      | 321-22   | Chain Guard Sleeve   | 1        |
| 23      | 321-23   | Console  | 1        |
| 24      | 321-24   | Drive Wheel Assy.  | 1        |
| 25      | 321-25   | Tab for Eye Bolt (*INCLUDED #26, #34, #48)                   | 2        |
| 26      | 321-26   | Washer Ø5mm  | 2        |
| 27      | 321-27   | Fan Wheel Axle M10 x 180mm, pitch 1.0mm                      | 1        |
| 28      | 321-28   | Bushing Ø 10mm (*MOUNTED ON FAN WHEEL)                       | 2        |
| 29      | 321-29   | Linkage Front Spacer Ø 8mm x 9mm                             | 2        |
| 30      | 321-30   | Linkage Rear Spacer Ø 16mm x 10mm                            | 2        |
| 31      | 321-31   | Handlebar Bushing Ø 16mm x 17mm                              | 4        |
| 32      | 321-32   | B. B Set - 9 pcs   | 1        |
| 33      | 321-33   | Computer Sensor  | 1        |
| 34      | 321-34   | Eye Bolt   | 2        |
| 35      | 321-35   | Carriage Bolt - Stabilizer M8 x Ø5mm, pitch 1.25mm           | 4        |
| 36      | 321-36   | Acorn Nut - Stabilizer M8                                    | 4        |
| 37      | 321-37   | Curve Washer - Stabilizer Ø 8mm                              | 4        |
| 38      | 321-38   | Socket Head Bolt M8 x 40mm, pitch 1.25mm                     | 2        |
| 39      | 321-39   | Nylon Nut M8   | 5        |
| 40      | 321-40   | Thin Nylon Nut M12   | 2        |
| 41      | 321-41   | Nut M10  | 2        |
| 42      | 321-42   | Nut M10  | 4        |
| 43      | 321-43   | Spacer   | 2        |
| 44      | 321-44   | Phillips Screw M3 x 6mm, pitch 0.5mm - Fan Cage              | 6        |
| 45      | 321-45   | Phillips Screw M5 x 6mm - Chain Guard                        | 14       |
| 46      | 321-46   | Spring Washer Ø 8mm  | 3        |
| 47      | 321-47   | M6 x 15mm Phillips Screw - Handlebar                         | 2        |
| 48      | 321-48   | Nut M5   | 2        |
| 49      | 321-49   | Plastic Cover  | 2        |
| 50      | 321-50   | Flat Washer Ø4mm   | 4        |
| 51      | 321-51   | Nut M4   | 4        |
| 52      | 321-52   | Spring Washer Ø12mm  | 2        |
| 53      | 321-53   | Tools Set (Multi tool x 1, Hex Key 8mm x 1)                  | 1        |
| 54      | 321-54   | User Manual  | 1        |

**For in-home major brand repair service:  
Call 24 hours a day, 7 days a week  
1-800-4-MY-HOME<sup>SM</sup> (1-800-469-4663)**

**Para pedir servicio de reparacion a domicilio - 1-800-676-5811**

**In Canada for all your service and parts need call - 1-800-665-4455**

**Au Canada pour tout le service ou les pièces**

**For the repair or replacement parts you need:  
Call 7 am - 7 pm, 7 days a week  
1-800-659-PART (1-800-659-7278)**

**Para ordenar peizas con entrega a domicilio - 1-800-659-7084**

**For the location of a Sears Parts and Repair Center in your area:  
Call 24 hours a day, 7 days a week  
1-800-488-1222**

**For information on purchasing a Sears Maintenance Agreement  
or to inquire about an existing Agreement:  
Call 9 am - 5 pm, Monday - Saturday  
1-800-827-6655**



**The Serviceside of Sears<sup>SM</sup>**

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