

IMAGE[®] 7.0

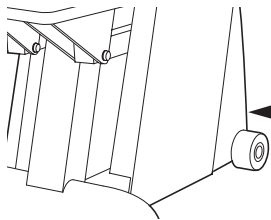
Patent Pending

SEARS

Model No. 831.285780

Serial No. _____

Write the serial number in the space above for future reference.



Serial
Number
Decal

EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879

CAUTION

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



USER'S MANUAL

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

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
HOW TO USE THE IMAGE® 7.0 STEPPER	6
TROUBLE-SHOOTING AND MAINTENANCE	8
CONDITIONING GUIDELINES	9
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
FULL 90 DAY WARRANTY	Back Cover

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the stepper.
2. It is the responsibility of the owner to ensure that all users of the stepper are adequately informed of all precautions.
3. Place the stepper on a level surface. Place a mat under the stepper to protect the floor or carpet. Keep the stepper indoors, away from moisture and dust.
4. Inspect and tighten all parts of the stepper regularly. Replace any worn parts immediately.
5. Keep children under 12 and pets away from the stepper at all times.
6. The stepper should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing when using the stepper. Do not wear loose clothing that could become caught on the stepper. Always wear athletic shoes for foot protection.
8. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
9. The stepper is intended for in-home use only. Do not use the stepper in any commercial, rental, or institutional setting.
10. Use the stepper only as described in this manual.

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.

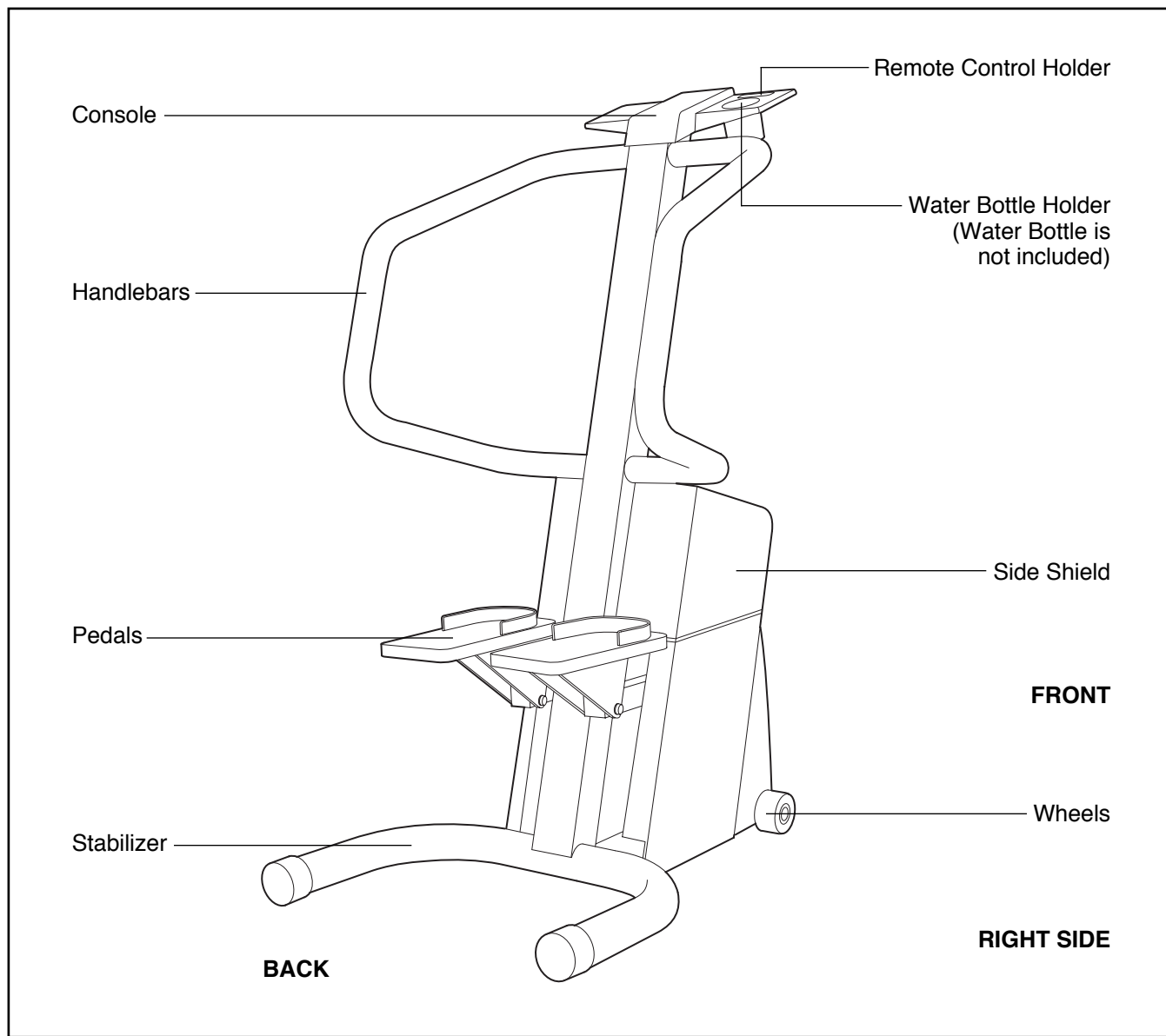
BEFORE YOU BEGIN

Thank you for selecting the new IMAGE® 7.0 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance, and toning the entire body. The IMAGE® 7.0 stepper blends advanced engineering with innovative styling to let you enjoy this invigorating exercise in the comfort and privacy of your own home. Feel better, look better, and be healthier in just a few minutes a day.

For your benefit, read this manual carefully before using the IMAGE® 7.0 stepper. If you have questions after reading the manual, 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 831.285780. The serial number can be found on a decal attached to the stepper (see the front cover of this manual for the location).

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

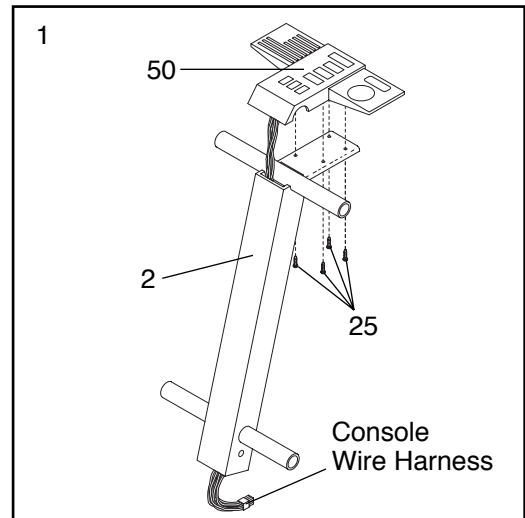


ASSEMBLY

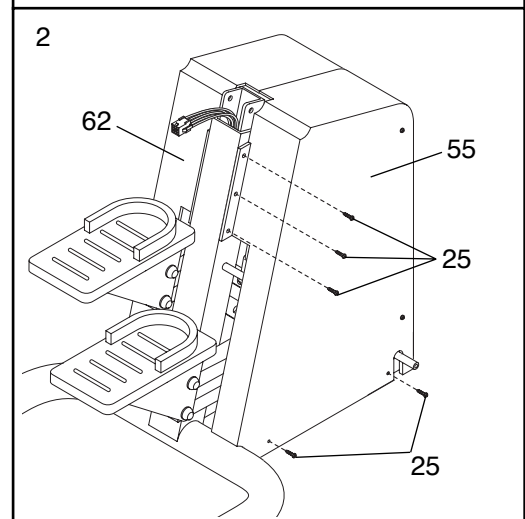
Assembly requires two people. Place all parts of the stepper in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY: The included allen wrench , a phillips screwdriver , and a rubber mallet .

1. Feed the end of the console wire harness down through the Upright (2). Attach the Console (50) to the Upright with four #8 x 1/2" Screws (25). **Be careful to avoid pinching the console wire harness.**



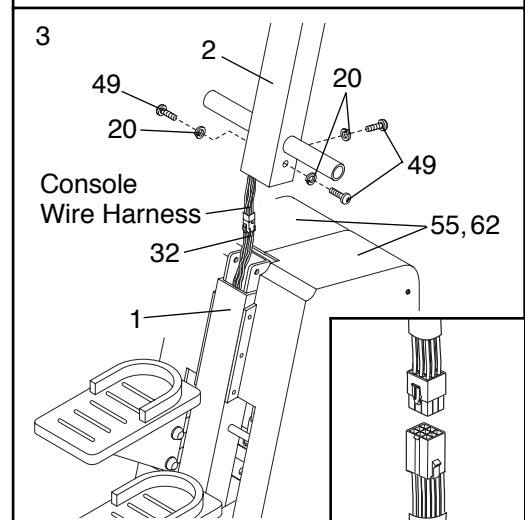
2. Remove the five indicated #8 x 1/2" Screws (25) from the Right Side Shield (55). Remove the five corresponding #8 x 1/2" Screws from the Left Side Shield (62). **Do not remove the Side Shields.**



3. While another person holds the Upright (2), connect the console wire harness to the Lower Wire Harness (32). Refer to the inset drawing. **If the Wire Harnesses do not fit together easily, turn them—do not force them together.**

Tip the Side Shields (55, 62) forward. If the three M10x 25mm Button Screws (49) and M10 Lock Washers (20) are in the Frame (1), remove them. Feed the Wire Harness (32) into the Frame, and slide the Upright (2) onto the Frame. Loosely thread the three M10 x 25mm Button Screws with M10 Lock Washers into the Upright and the Frame. **After you have threaded all three Button Screws into the Upright and the Frame, firmly tighten them.**

Tip the Side Shields (55, 62) back and reattach them with the ten #8 x 1/2" Screws (25) removed in step 2. Install the bottom Screws first.



- Slide the Right Handlebar (10) onto the right side of the Upright (2). **To keep the Handlebar from binding, slide both ends of the Handlebar on at the same time.**

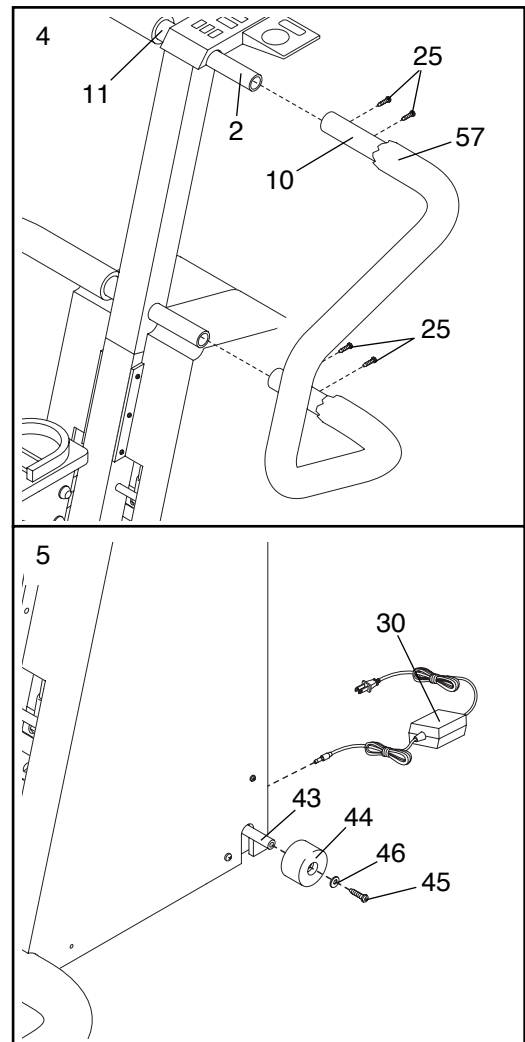
While another person pulls back the upper end of the Foam Handgrip (57), loosely thread two #8 x 1/2" Screws (25) into the Right Handlebar and the Upright. If necessary, move the Right Handlebar slightly to align the holes in the Right Handlebar with the holes in the Upright. Next, pull back the lower end of the Foam Handgrip (57) and loosely thread two more #8 x 1/2" Screws (25) into the Right Handlebar and the Upright. **Tighten all four #8 x 1/2" Screws (25).**

Attach the Left Handlebar (11) to the Upright (2) in the same manner.

- If there are rubber bands on the ends of the 5/8" x 15" Rod (43), remove them. Slide a Wheel (44) onto one end of the Rod. Attach the Wheel with an M6 x 20mm Button Screw (45) and a 3/8" Flat Washer (46).

Attach a Wheel (44) to the other end of the 5/8" x 15" Rod (43) in the same manner.

Plug the Power Cord (30) into the jack on the front of the stepper.



- Make sure that all parts of the stepper are properly tightened.** To protect the floor or carpet from damage, place a mat under the stepper.

HOW TO USE THE IMAGE® 7.0 STEPPER

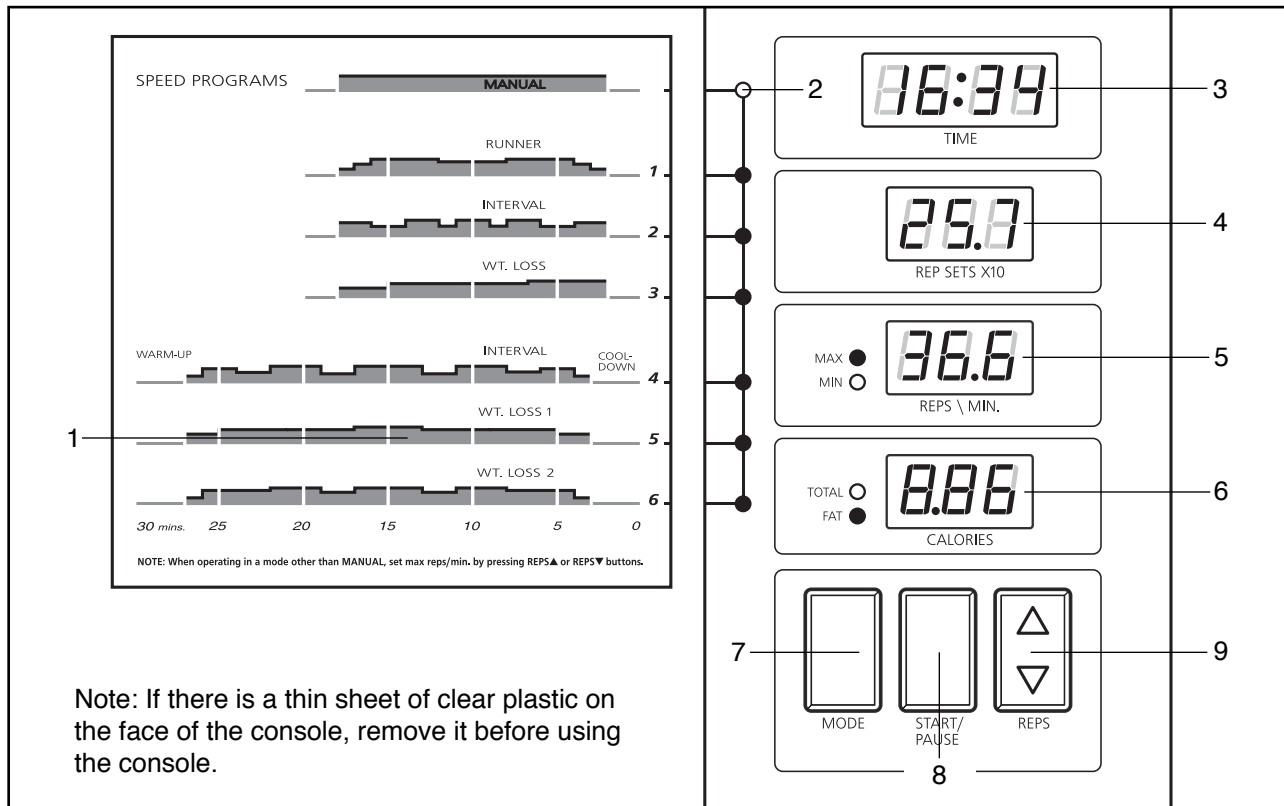
The stepper console offers a variety of features to help you get the most from your exercise. When the console is in the manual mode, the stepping speed can be changed with a touch of a button. As you exercise, four LED displays will provide continuous exercise feedback. The console also offers six workout programs. Each workout program is designed to change the stepping speed automatically as it guides you through an effective workout.

DIAGRAM OF THE CONSOLE

1. Program Profiles—These profiles show how the stepping speed will change during the six workout programs. During program 5 (Weight Loss 1), for example, the stepping speed will gradually increase during the first half of the program, and then gradually decrease during the last half.
2. Mode Indicators—These indicators show which mode is selected (the manual mode or one of the six workout programs).
3. TIME display—When the manual mode is selected, this display will show the elapsed time. When a workout program is selected, this display shows the time remaining in the program.
4. REP SETS display—This display shows the total

number of repetitions you have completed, divided by 10. If the display shows 24, for example, you have completed 240 repetitions.

5. REPS/MIN display—This display shows your current stepping speed, in repetitions per minute.
6. CALORIES display—This display shows the total number of calories you have burned and the number of fat calories you have burned. The display will change from one number to the other every seven seconds. When the total number of calories is shown, the TOTAL indicator will light. When the number of fat calories is shown, the FAT indicator will light. (See page 9 for an explanation of fat calories.)
7. MODE button—This button selects the MANUAL mode and the six workout programs.
8. START/PAUSE button—This button starts and pauses workout programs.
9. REPS button—This button changes the stepping speed by increasing or decreasing the stepping resistance (see step 3 on page 7). Note: When the maximum speed setting is reached, the MAX indicator will light. When the minimum speed setting is reached, the MIN indicator will light.



HOW TO EXERCISE ON THE STEPPER

Place the stepper on a level surface and place a mat under the stepper. (The stepper features precision hydraulic cylinders. However, there is a possibility of slight oil leakage due to the nature of hydraulic cylinders.) Plug the power cord into a 120-volt outlet. All displays and indicators on the console will flash once; the displays and various indicators will then light and a tone will sound.

Hold the handlebars and step onto the pedals. Begin stepping, alternately depressing the right and left pedals with a smooth, continuous motion. Because the pedals move independently of each other, you must maintain a continuous motion or both pedals will sink to the floor. Change the height of your step or the stepping speed until you can comfortably maintain a continuous motion (see step 3 below).

As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise, always keeping your back straight in order to avoid injury.

HOW TO USE THE MANUAL MODE

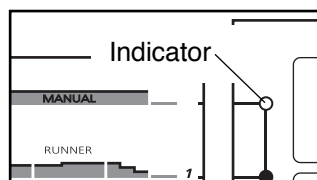
1 Turn on the power.

If you just plugged in the power cord or stepped onto the pedals, the power will already be on. The power can also be turned on by pressing any button on the console.

2 Select the manual mode.

When the power is first turned on, the manual mode will automatically be selected and the manual mode indicator will light.

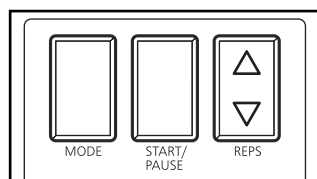
If a different mode is selected, press the MODE button repeatedly to select the manual mode.



3 Begin stepping and adjust the stepping speed.

Begin stepping and adjust the stepping speed as desired with the REPS button.

Each step must travel 5 inches or more vertically. If you press the lower arrow on the button, the resistance will increase and your stepping speed will decrease. If you press the

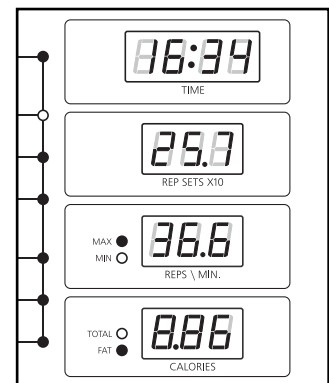


upper arrow, the resistance will decrease and you will have to increase your stepping speed to prevent both pedals from sinking to the floor. Note: When the stepping speed reaches the fastest setting, the MAX indicator will light; when the stepping speed reaches the slowest setting, the MIN indicator will light.

If you press the START/PAUSE button, or if you stop exercising for five seconds or longer, a tone will sound, the console will pause, and the TIME display will begin to flash. To restart the console, press the START/PAUSE button or simply begin stepping.

4 Follow your progress with the four displays.

As you exercise, the four displays will provide continuous feedback (see paragraphs 3, 4, 5, and 6 on page 6).



5 Turn off the power.

After the stepper pedals are not moved and the console buttons are not pressed for ten minutes, the power will turn off automatically.

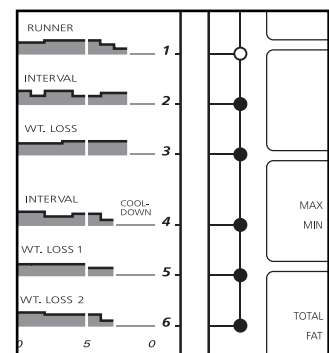
HOW TO USE THE WORKOUT PROGRAMS

1 Turn on the power.

See step 1 at the left.

2 Select one of the six workout programs.

Press the MODE button repeatedly to select the desired program. An indicator will light to show which program you have selected. Programs 1, 2, and 3 are twenty-minute programs; programs 4, 5, and 6 are thirty-minute programs.



3 Start the program.

Press the START/PAUSE button and begin stepping. As you exercise, the stepping speed will periodically change as shown by the profiles on the left side of the console. Note: If the stepping speed is too fast or too slow, it can be adjusted with the REPS button. When the stepping speed reaches the fastest setting, the MAX indicator will light; when the stepping speed reaches the slowest setting, the MIN indicator will light.

To pause the program before the program is completed, press the START/PAUSE button. A tone will sound, the console will pause, and the TIME display will begin to flash. (Note: The program will also automatically pause if the pedals are not moved for five seconds.) To restart the program, press the START/PAUSE button or simply begin stepping.

The program will continue until no time remains in the TIME display.

4 Follow your progress with the four displays.

During the program, the four displays will provide continuous feedback (see page 6).

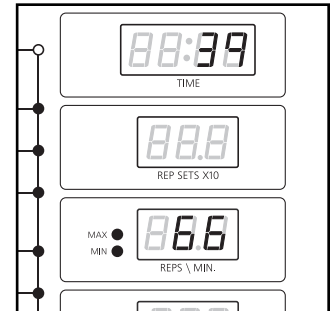
5 Turn off the power.

After the stepper pedals are not moved and the console buttons are not pressed for ten minutes, **the power will turn off automatically.**

THE INFORMATION MODE

The console features an information mode that keeps track of total stepper usage. To select the information mode, first unplug the power cord. Next, press the START/PAUSE button while another person plugs in the power cord.

Continue pressing the START/PAUSE button. All displays and indicators on the console will flash once. After a moment, the TIME display will show the total number of hours that the stepper has been used. The REPS/MIN display will show the total number of repetitions completed, divided by 100. If the display shows 66, for example, 6600 repetitions have been completed. (Note: If the number exceeds 999, the overflow will be shown in the CALORIES display.) To exit the information mode, press the START/PAUSE button again.



TROUBLE-SHOOTING AND MAINTENANCE

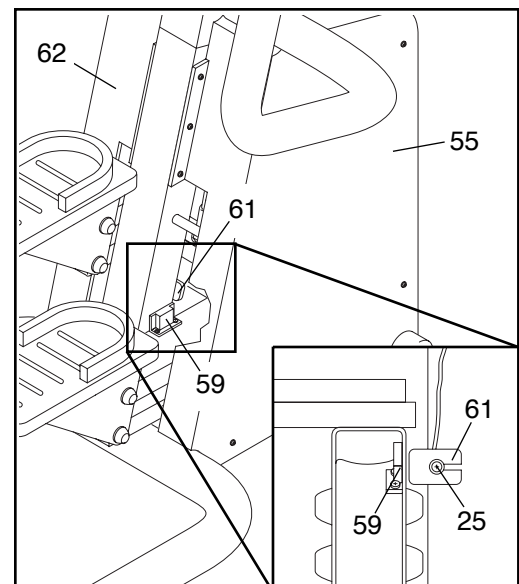
Inspect and tighten all parts of the IMAGE® 7.0 stepper regularly. The stepper can be cleaned with a soft cloth and mild, non-abrasive detergent. Keep liquids away from the console.

HOW TO ADJUST THE REED SWITCH

For the console to display correct feedback the pedals must move at least 5 inches vertically with each step. If the console displays incorrect feedback, the Reed Switch (61) should be adjusted. First, refer to assembly step 2 on page 4 and remove the ten indicated screws from the Side Shields (55, 62). Next, carefully slide the Side Shields off the stepper.

Hold down the right pedal so that the Magnet (59) is even with the Reed Switch (61). Refer to the inset drawing. Loosen the indicated #8 x 1/2" Screw (25), slide the Reed Switch to the side slightly, and retighten the Screw. **Make sure that the Magnet will not hit the Reed Switch when the Pedal is moved.** Repeat until the console displays correct feedback.

Carefully slide the Side Shields (55, 62) back onto the stepper and reattach them with the ten #8 x 1/2" Screws (25). Install the four bottom screws first.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that a proper diet and adequate rest are essential for successful results.

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.

EXERCISE INTENSITY

Whether your goal is to burn fat or strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

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

Burning Fat

To burn fat, you must exercise at a low intensity level for a sustained period of time. During the first few

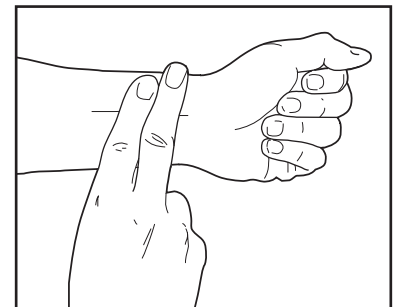
minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the low end of your training zone as you exercise. It may also be helpful to use workout program 3, 5, or 6 on the console (see pages 6, 7, and 8).

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the middle of your training zone. It may also be helpful to use workout program 1, 2, or 4 on the console (see pages 6, 7, and 8).

HOW TO MEASURE YOUR HEART RATE

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



count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

WORKOUT GUIDELINES

Each workout should include three important parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

Warming up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down

Finish each workout with 5 to 10 minutes of stretching. Stretching after exercise develops flexibility and helps prevent post-exercise problems. A proper cool-down should leave you feeling relaxed and comfortably tired.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.285780

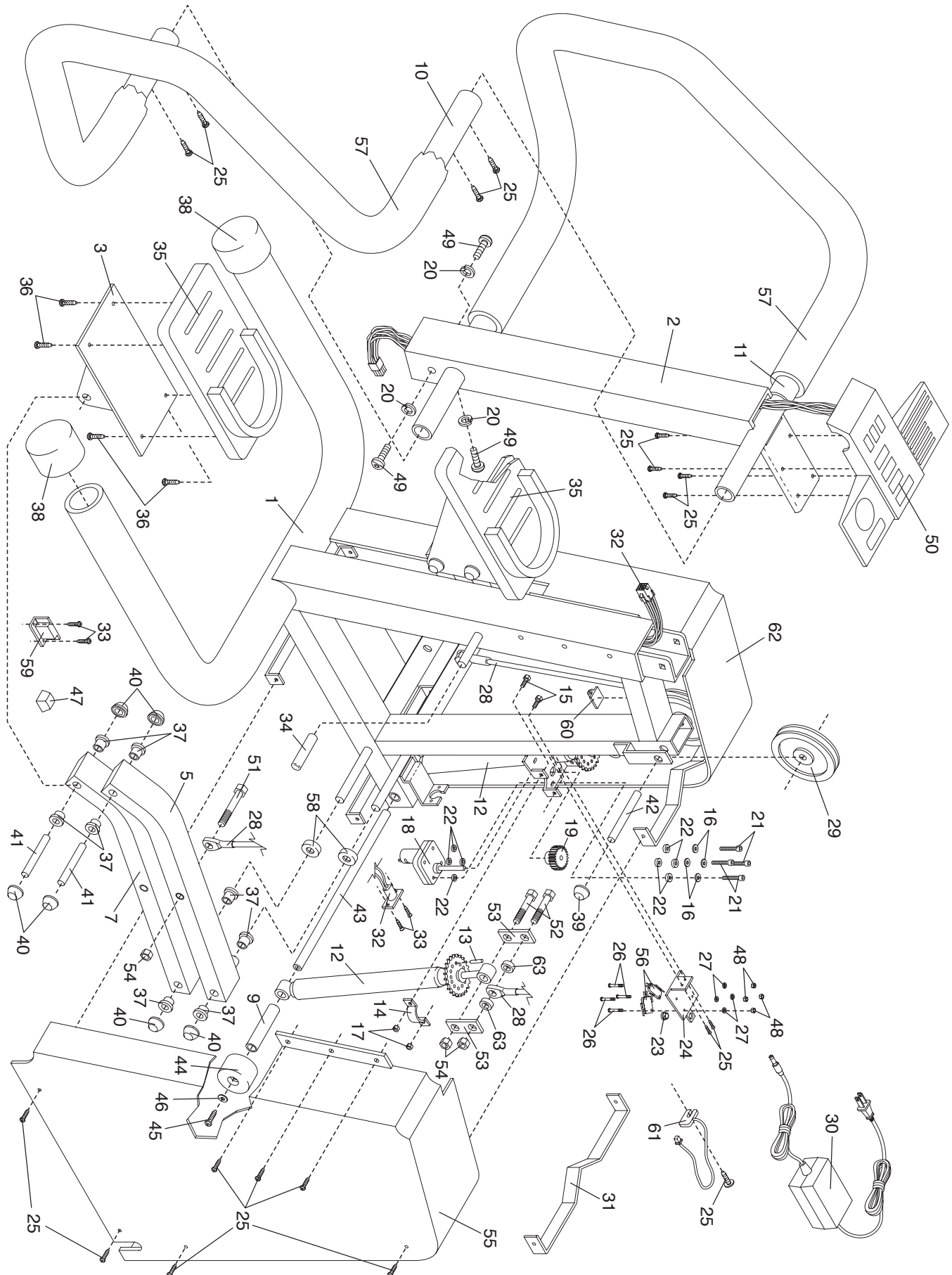
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Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	NSP	1	Frame	33	104622	4	#8 x 3/8" Screw
2	138777	1	Upright	34	125755	2	Foam Stop Cover
3	138756	1	Right Pedal Bracket	35	133811	2	Pedal Cover
4	138757	1	Left Pedal Bracket	36	013282	8	#8 x 1/2" Pedal Screw
5	138758	1	Right Upper Pedal Arm	37	110576	16	Bronze Pivot Bushing
6	138760	1	Left Upper Pedal Arm	38	120414	2	Frame Endcap
7	138759	1	Right Lower Pedal Arm	39	101768	2	3/8" Axle Cap
8	138761	1	Left Lower Pedal Arm	40	103903	12	1/2" Axle Cap
9	138771	2	3 3/8" Plastic Spacer	41	109470	4	1/2" x 3 1/2" Rod
10	138775	1	Right Handlebar	42	115425	1	3/8" x 6 3/4" Rod
11	138776	1	Left Handlebar	43	138769	1	5/8" x 15" Rod
12	137821	2	Shock w/Gear and Bushing	44	138772	2	Wheel
13	138773	2	Limit Pin	45	013033	2	M6 x 20mm Button Screw
14	120271	2	Shock Clamp	46	138770	2	3/8" Flat Washer
15	127551	4	M6 X 20mm Bolt	47	138872	2	Rubber Bumper
16	138768	4	M6 Flat Washer	48	138766	4	#3 Limit Switch Nut
17	012142	4	M6 Locknut	49	121518	3	M10 x 25mm Button Screw
18	120274	1	Motor Assembly	50	138870	1	Console
19	120273	1	Motor Gear	51	130287	2	M10 x 72mm Bolt
20	121519	3	M10 Lock Washer	52	133760	4	M10 x 38mm Bolt
21	013463	4	#10 x 1" Motor Screw	53	138754	4	Shock Bracket
22	138767	8	Cork Washer	54	012077	4	M10 Locknut
23	133807	1	Motor Shaft Bushing	55	138778	1	Right Side Shield
24	138763	1	Limit Switch Bracket	56	013200	2	Limit Switch
25	013576	29	#8 x 1/2" Screw	57	138774	2	Foam Handgrip
26	138764	4	#3 x 3/4" Limit Switch Screw	58	113494	4	Weld Spacer
27	138765	4	#3 Limit Switch Washer	59	138762	1	Magnet w/Mount
28	137579	2	Cable	60	138869	1	Wiring Clip
29	138780	2	Pulley w/Bearing	61	128775	1	Reed Switch
30	109954	1	Power Cord w/Transformer	62	138779	1	Left Side Shield
31	138871	2	Side Shield Bracket	63	138755	4	1/4" Spacer
32	119394	1	Lower Wire Harness	#	138572	1	User's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. 831.285780

R0697A





Model No. 831.285780

QUESTIONS?

If you find that:

- you need help assembling or operating the stepper
- 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 IMAGE® 7.0 stepper 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 (IMAGE® 7.0 stepper)
- The MODEL NUMBER OF THE PRODUCT (831.285780)
- The PART NUMBER OF THE PART (see page 10)
- The DESCRIPTION OF THE PART (see page 10)

FULL 90 DAY WARRANTY

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

This warranty does not apply when the STEPPER 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

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