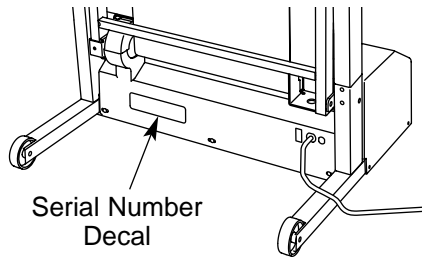


Model No. 831.293020

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

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



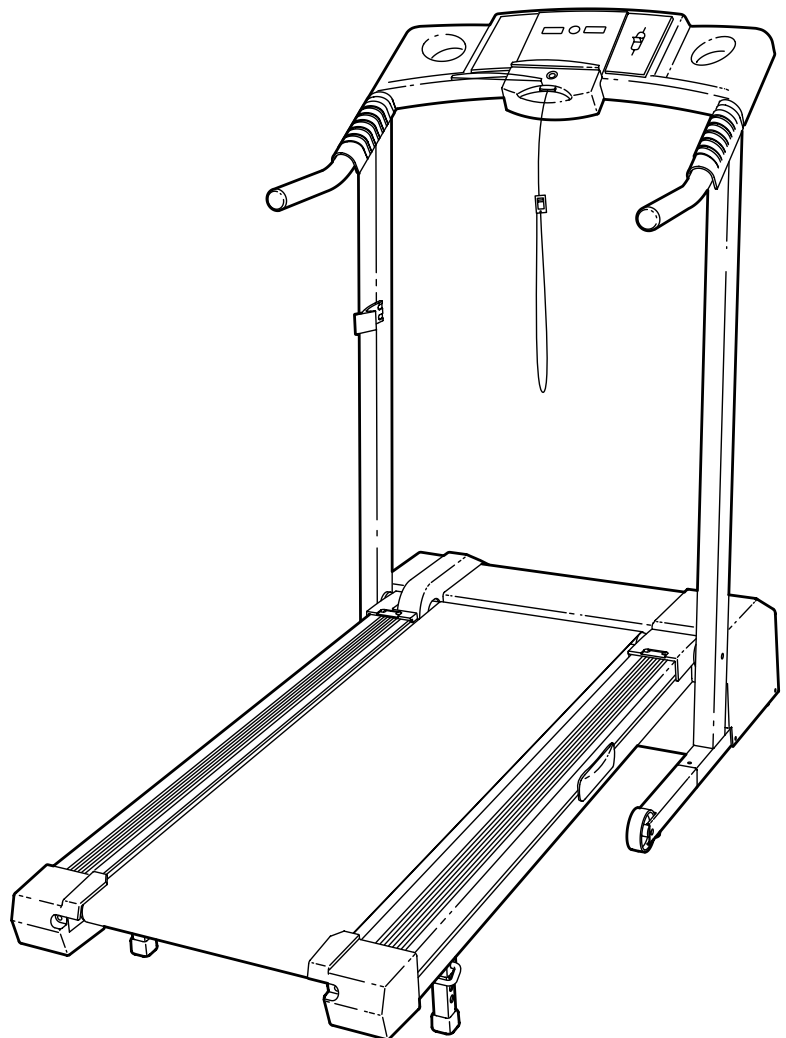
- Assembly
- Operation
- Maintenance
- Part List and Drawing

## CAUTION

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

## TREADMILL EXERCISER

### User's Manual



Sears, Roebuck and Co., Hoffman Estates, IL 60179

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# TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	4
ASSEMBLY	5
OPERATION AND ADJUSTMENT	8
HOW TO FOLD AND MOVE THE TREADMILL	10
MAINTENANCE AND TROUBLESHOOTING	12
CONDITIONING GUIDELINES	14
ORDERING REPLACEMENT PARTS	Back Cover
FULL 90 DAY WARRANTY	Back Cover

Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

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## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear suitable exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
10. When connecting the power cord (see page 8), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. To purchase a surge suppressor, see your local Sears or call 1-800-366-7278 and order part number 146148.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See page 4 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

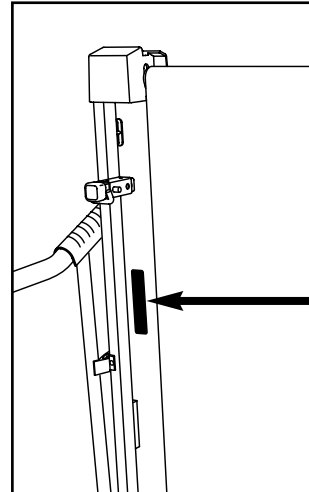
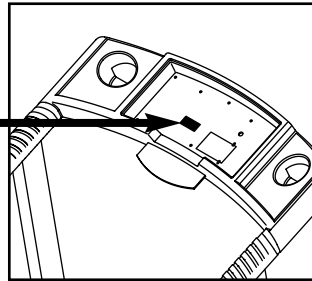
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO MOVE THE TREADMILL on page 11.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.
19. Do not change the incline of the treadmill by placing objects under the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.

21. Inspect and properly tighten all parts of the treadmill regularly.
22. Never drop or insert any object into any opening.
23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
24. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

**⚠ 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.




## SAVE THESE INSTRUCTIONS

The decals shown have been placed on your treadmill. If a decal is missing, or if it is not legible, please call toll-free 1-800-999-3756 to order a free replacement decal (see the front cover of this manual). Apply the decal in the location shown. Note: The decals are not shown at actual size.



**⚠ WARNING:**

Protect yourself and others from risk of serious injury. Read the user's manual and :

-  •Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.
-  •Never allow children on or around treadmill.
- Remove key when not in use.
-  •Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

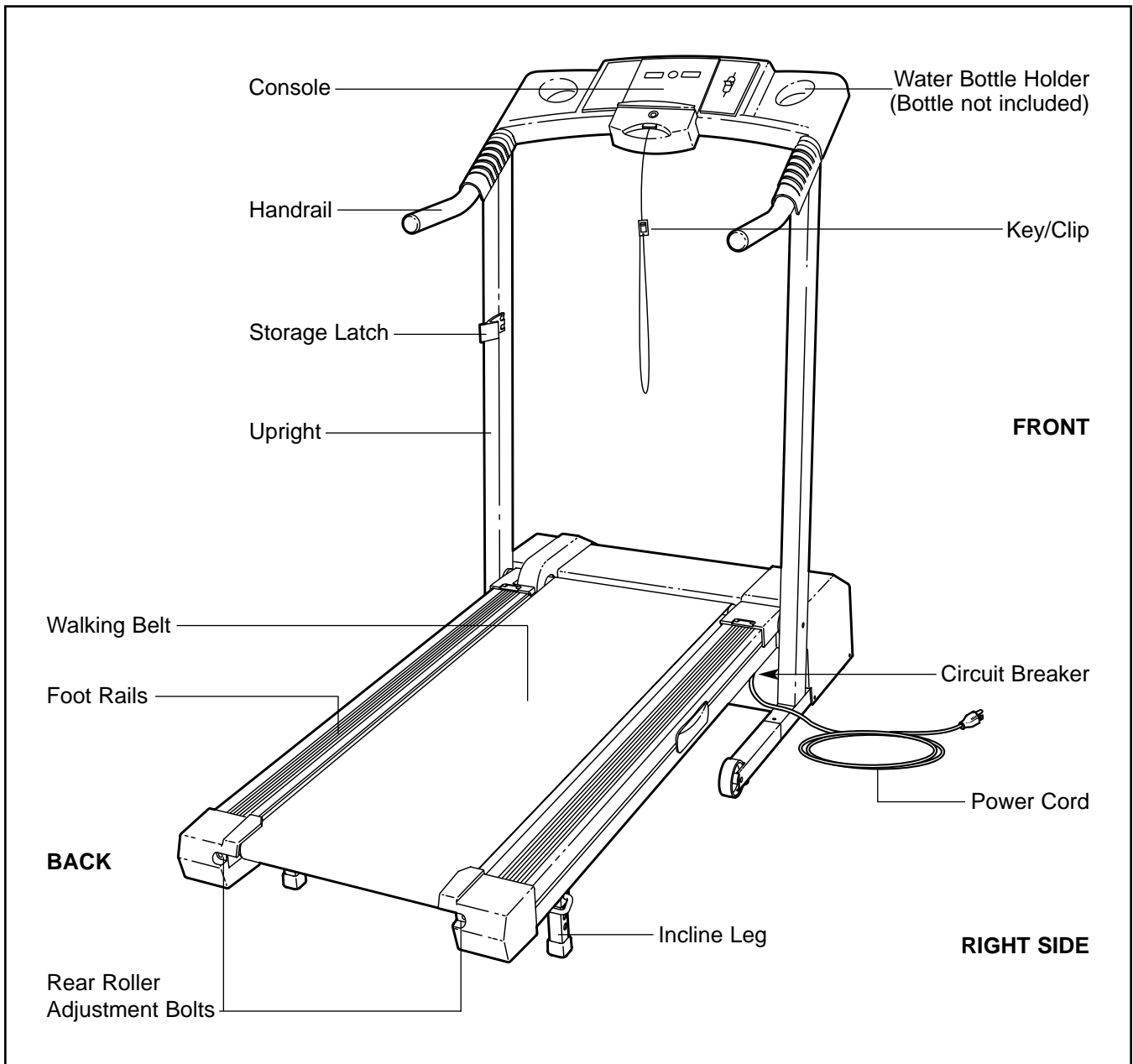
# BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE 70e treadmill. The CADENCE 70e treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CADENCE 70e treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after read-

ing this manual, call 1-800-4-MY-HOME® (1-800-469-4663). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is 831.293020. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).


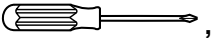


Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



# ASSEMBLY

**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrenches  and your own phillips screwdriver , wire cutters , and needlenose pliers .

To identify small parts, use the **PART IDENTIFICATION CHART** attached in the center of this manual.

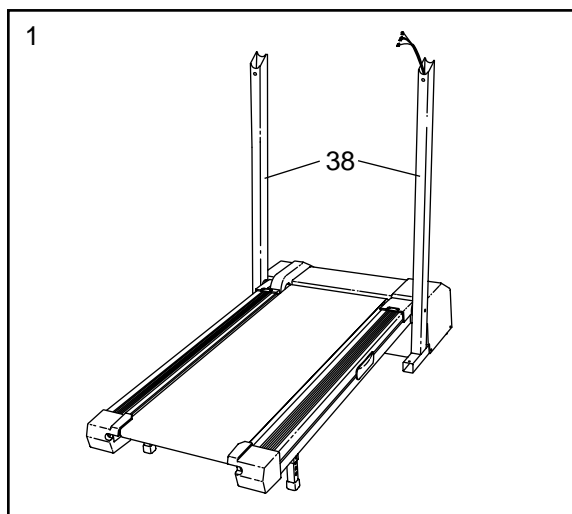
Note: If a part is not in the parts bag, first check to see if it has been pre-assembled. **If a part is missing, call toll-free 1-800-999-3756.**

## 1. Make sure that the power cord is unplugged.



With the help of a second person, carefully raise the Uprights (38) until the treadmill is in the position shown.

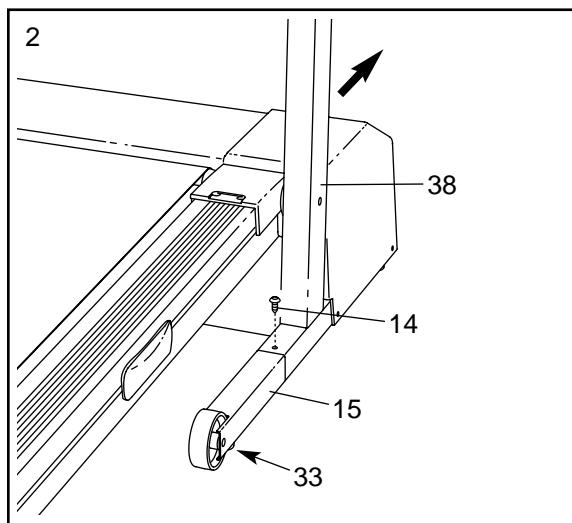
Cut the tie (not shown) off the right Upright (38).



## 2. Insert one of the Extension Legs (15) into the treadmill as shown. Make sure that the Base Pad (33) is on the indicated side. Note: It may be helpful to tip the Uprights (38) in the direction shown by the arrow as you insert the Extension Leg.

Attach the Extension Leg (15) with an Extension Leg Screw (14). **Make sure to push on the head of the Extension Leg Screw while tightening it.**

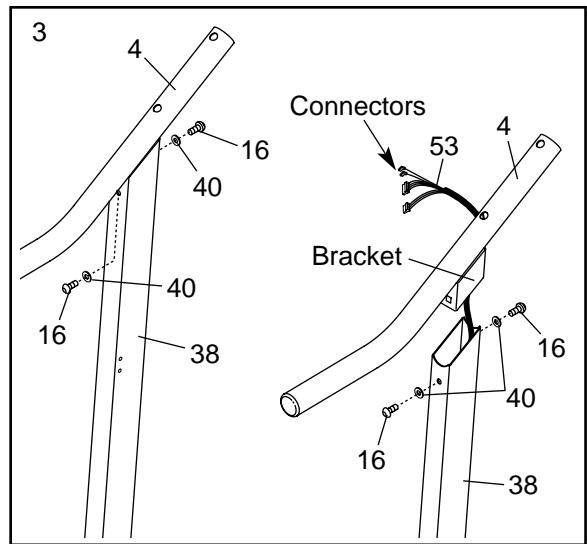
Attach the other Extension Leg (15) in the same way.



3. If there are plastic ties in the brackets on the Handrails (4), remove the plastic ties. Hold one of the Handrails near the right Upright (38) as shown. Insert the Wire Harness (53) up through the bracket on the Handrail and out of the round hole in the side of the Handrail. If necessary, use needle-nose pliers to pull the Wire Harness out of the hole. **Be careful not to damage the Wire Harness.**

Insert the brackets on the Handrails (4) into the upper ends of the Uprights (38).

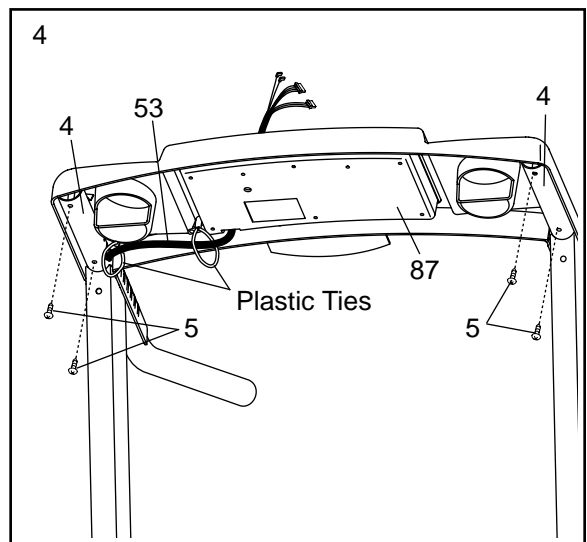
Finger tighten four 1" Bolts (16) with Handrail Washers (40) into the Uprights (38) and the Handrails (4).



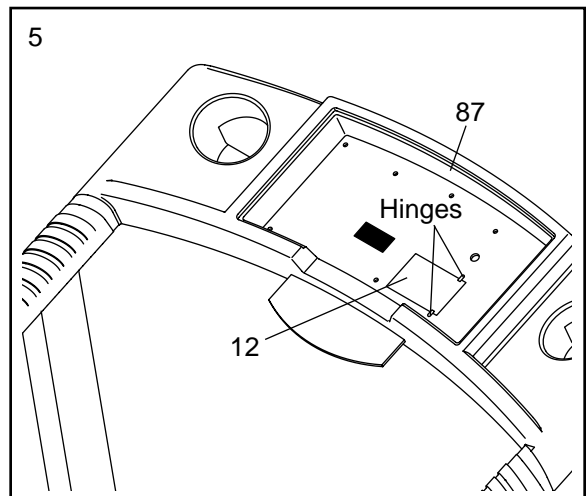
4. Set the Console Base (87) on the Handrails (4). Thread four 3/4" Screws (5) into the Handrails and the Console Base. After you have started all four Screws, **tighten the Screws until they are snug; do not overtighten the Screws.**

**Firmly tighten, but do not overtighten, the 1" Bolts (not shown) used in step 3.**

Insert the Wire Harness (53) through the two indicated plastic ties on the Console Base (87) and up through the hole in the Console Base.

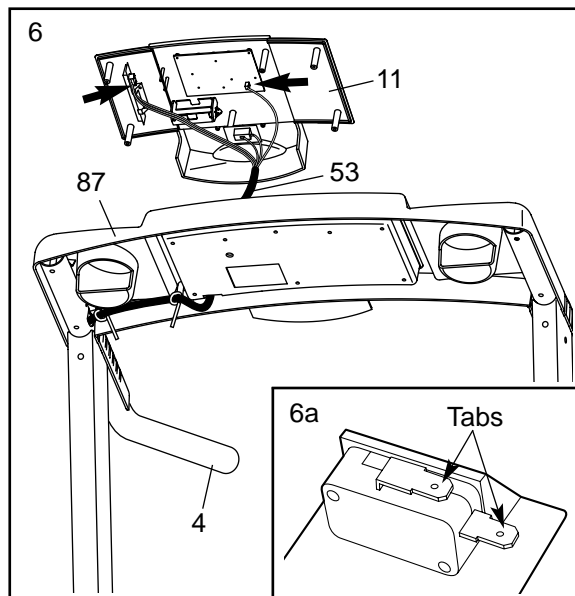


5. Insert the Battery Cover (12) into the Console Base (87), with the hinges in the position shown. The Battery Cover should pivot down, away from the Console Base.



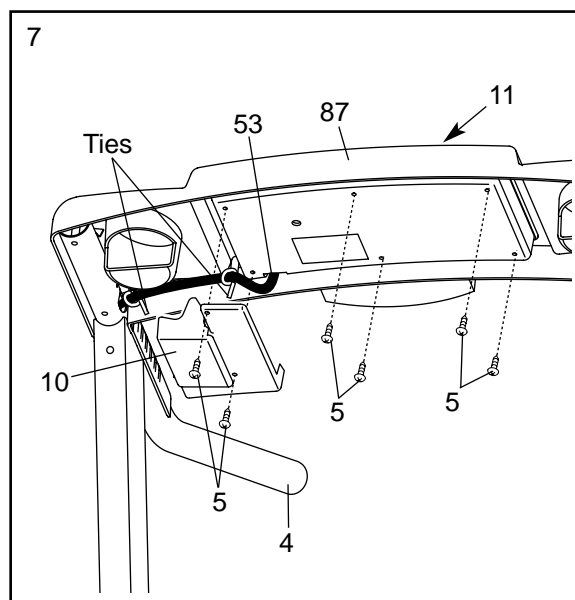
6. Hold the Console (11) near the Console Base (87).  
**Touch the right Handrail (4) to discharge any static.**

Locate the two wires in the Wire Harness (53) that have L-shaped connectors on the ends. Press the connectors onto the two tabs on the switch shown in inset drawing 6a. Connect the other two wires in the Wire Harness to the back of the Console (87) in the locations shown by the arrows in drawing 6. **If the connectors do not fit together easily, rotate them and then connect them.**

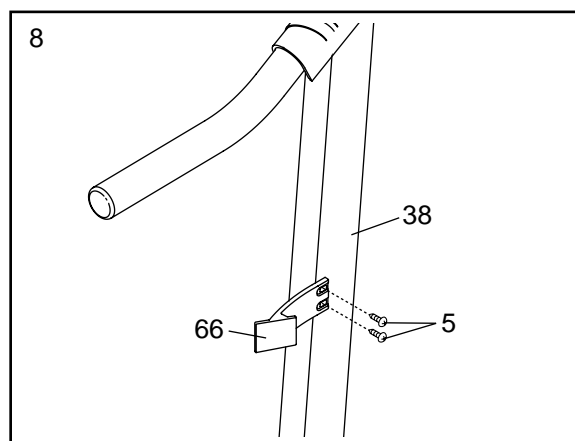


7. Set the Console (11) in the Console Base (87). **Make sure that no wires are pinched.** Insert as much of the Wire Harness as possible (53) down the hole in the right Handrail (4). **Securely tighten the plastic tie nearest the right Handrail.** Pull any excess Wire Harness between the plastic ties tight and tighten the other plastic tie. Cut off the ends of the plastic ties. Cover the Wire Harness with the Wire Cover (10), and route the Wire Harness out of the hole in the side of the Wire Cover. Attach the Wire Cover to the back of the Console Base with two 3/4" Screws (5). **Do not overtighten the Screws.**

**Make sure that no wires are pinched before you attach the Console (11) to the Console Base (87).** Tighten the remaining four 3/4" Screws (5) into the Console Base and the Console. **Do not overtighten the Screws.**



8. Attach the Storage Latch (66) to the left Upright (38) with two 3/4" Screws (5).



9. **Make sure that all parts used in assembly are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 13). To protect the floor or carpet, place a mat under the treadmill.

# OPERATION AND ADJUSTMENT

## THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased 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.

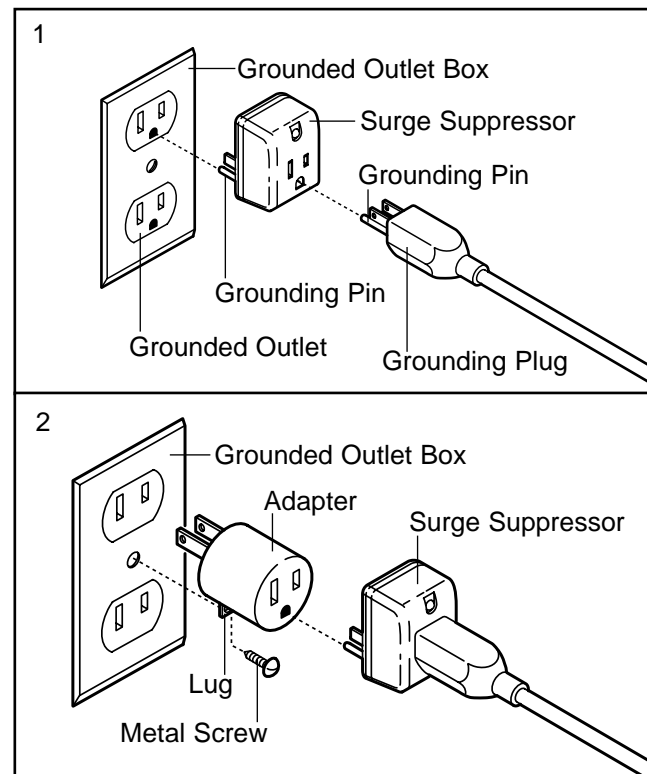
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local Sears or call 1-800-366-7278 and order part number 146148.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord

having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

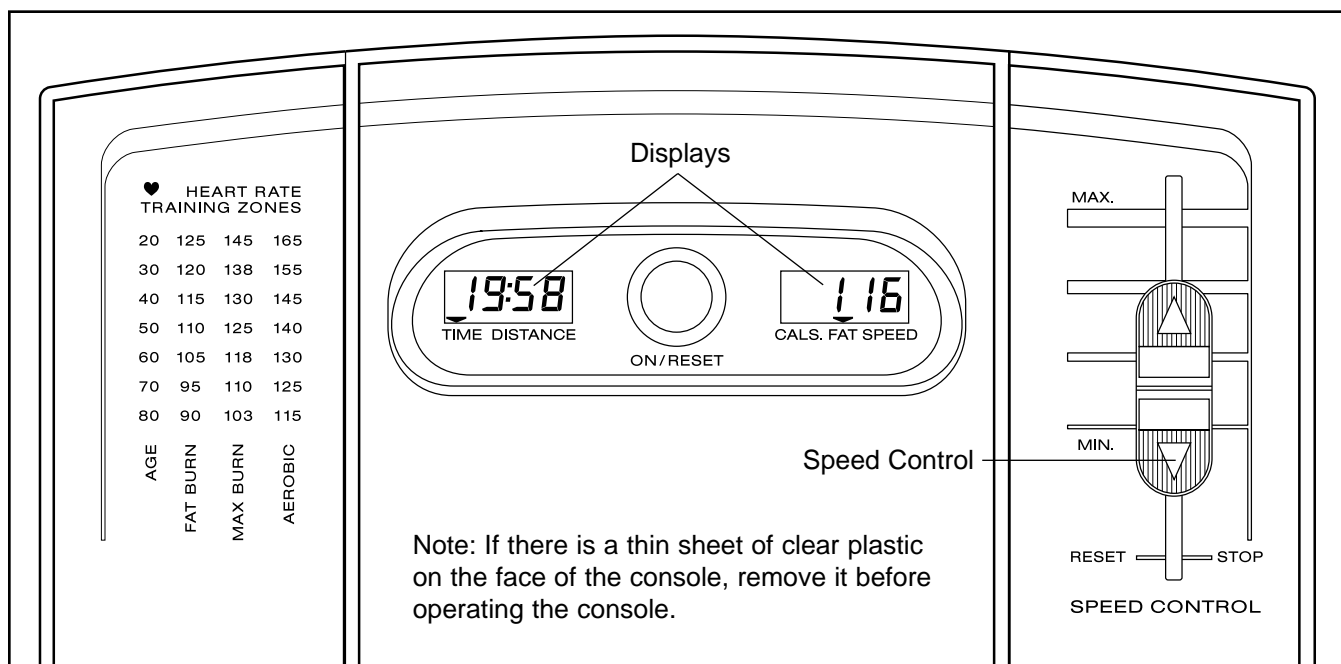


The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



## DIAGRAM OF THE CONSOLE



**CAUTION:** Before operating the console, read the following precautions.

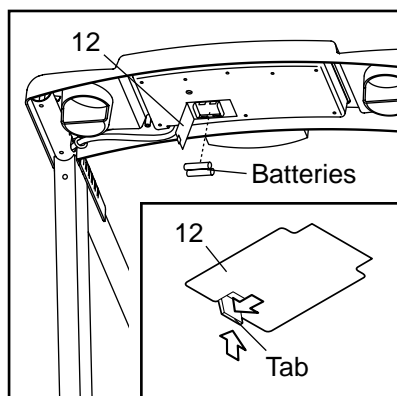
- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing below) while using the treadmill. When the key is

removed from the console, the walking belt will stop.

- Adjust the speed in small increments.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console. Put only sealable water bottles in the water bottle holders.

## BATTERY INSTALLATION

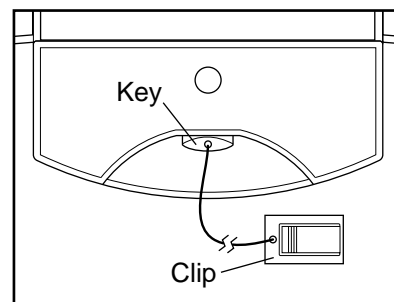
The console requires **two "AA" batteries** (not included). Alkaline batteries are recommended. To install batteries, open the battery cover (12) beneath the console as shown. Press two batteries into the console. **Make sure that the negative (-) ends of the batteries are touching the springs.** Close the battery cover, push up on the tab, and then push the tab forward as shown in the inset drawing. Make sure that the tab locks into place.



## STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in (see page 8).

Step onto the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothes. Next, insert the key fully into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**



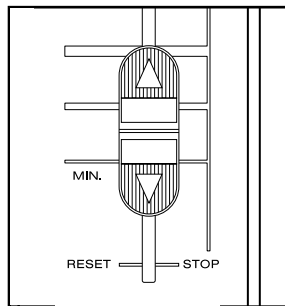
Follow the steps below to operate the console.

### 1 Insert the key fully into the console.

Inserting the key will not turn on the displays. The displays will turn on when the ON/RESET button is pressed or when the walking belt is started. Note: If you just installed batteries, the displays will already be on.

### 2 Reset the speed control and start the walking belt.

Slide the speed control down to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.**



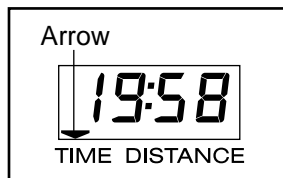
Next, slowly slide the speed control up until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin walking. Change the speed of the walking belt as desired by sliding the speed control.

To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position.

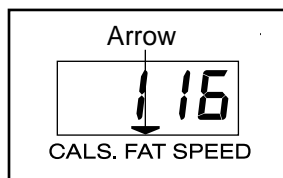
Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt and align it if necessary (see page 13).

### 3 Monitor your progress with the displays.

**TIME/DISTANCE display**—This display shows the elapsed time and the distance that you have walked or run, in miles. Every few seconds, the display will change from one number to the other, as shown by the arrows in the display.



**CALS/FAT CALS/SPEED display**—This display shows the approximate numbers of calories and fat calories you have burned. (See FAT BURNING on page 14.) In addition, the display shows the speed



of the walking belt, in miles per hour. Every few seconds, the display will change from one number to the next, as shown the the arrows in the display.

To reset the displays, press the ON/RESET button.

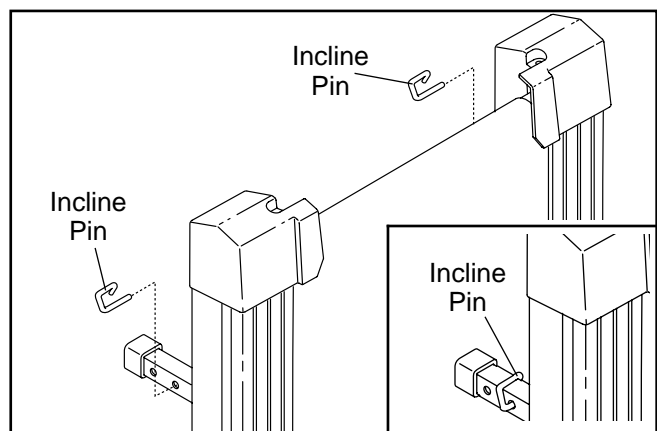
### 4 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, slide the speed control to the RESET position, and remove the key from the console. The displays will turn off a few minutes after the key is removed. **Note: Any time that the walking belt is stopped and the ON/RESET button is not pressed for a few minutes, the displays will automatically turn off.**

### HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are four incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 11).

To change the incline, first remove the incline pin from one of the incline legs as shown below. Adjust the incline leg to the desired height and fully reinsert the incline pin. Make sure that the incline pin is in the "locked" position shown in the inset drawing. Adjust the other incline leg in the same way. **Make sure that both incline pins are inserted from the direction shown.**



**CAUTION: Before using the treadmill, make sure that both incline legs are at the same height. Do not use the treadmill with the incline pins removed.** After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 11).

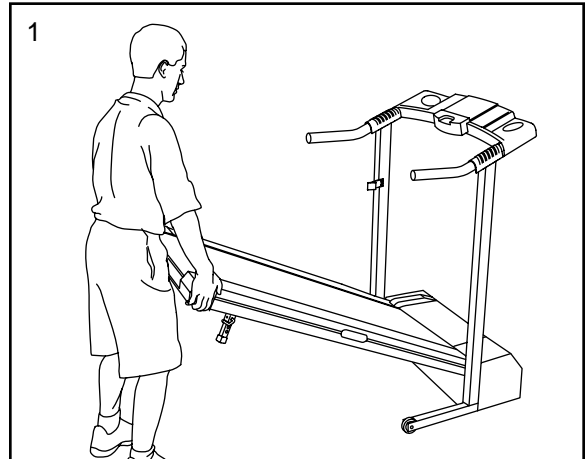
# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord.

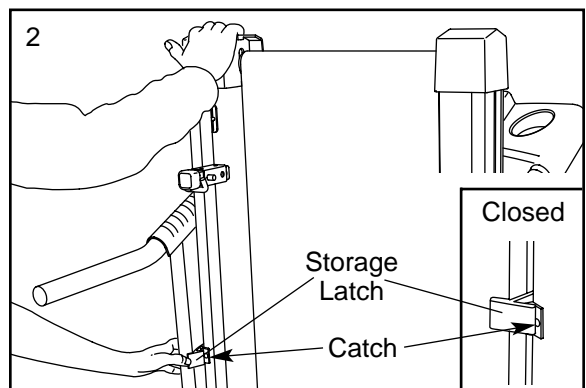
**CAUTION: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

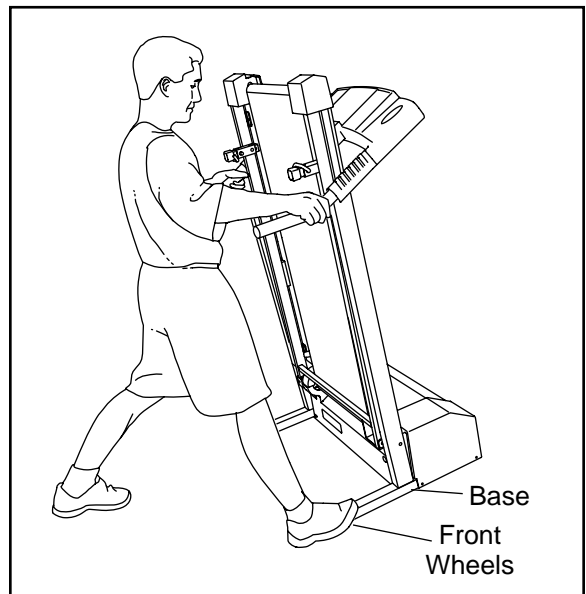
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is fully engaged over the catch.**

1. Hold the upper ends of the handrails. Place one foot on one of the front wheels as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on a front wheel, and carefully lower the treadmill until it is resting in the storage position.



## HOW TO LOWER THE TREADMILL FOR USE

1. Refer to drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Press the storage latch and hold it. Pivot the treadmill until the frame and foot rail are past the storage latch.
2. Refer to drawing 1. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

# MAINTENANCE AND TROUBLESHOOTING

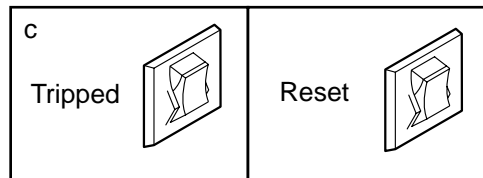
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call toll-free 1-800-4-MY-HOME® (1-800-469-4663).

**PROBLEM: The power does not turn on**

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 8). Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



**PROBLEM: The power turns off during use**

**SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

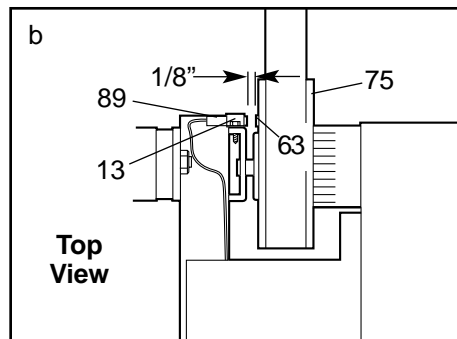
c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, please call toll-free 1-800-4-MY-HOME® (1-800-469-4663).

**PROBLEM: The displays of the console do not function properly**

**SOLUTION:** a. Check the batteries in the console (see page 9). Most problems are the result of drained batteries.

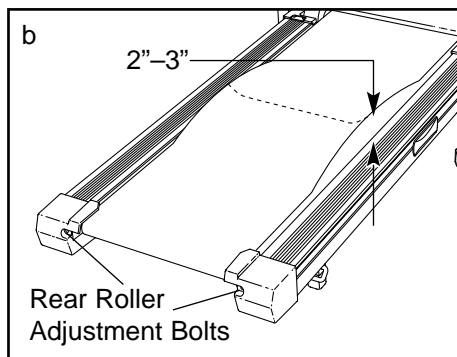
b. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (13) and the Magnet (63) on the left side of the Pulley (75). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Reed Switch Screw (89) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8.

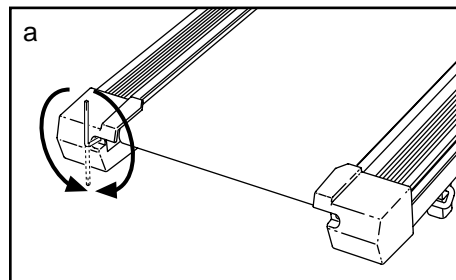
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



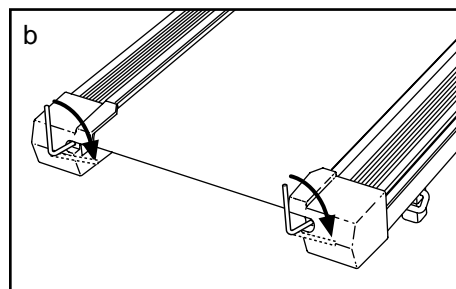
c. If the walking belt still slows when walked on, please call toll-free 1-800-4-MY-HOME® (1-800-469-4663).

**PROBLEM: The walking belt is off-center or slips when walked on**

**SOLUTION:** a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



# CONDITIONING GUIDELINES

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to 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. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	113	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers at the top of your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

## Fat Burning

To burn fat effectively, you must exercise at a relatively 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 does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone. It may also be helpful to set the speed control on the console to FAT BURN to help you maintain the proper intensity level. (See page 9.)

## Aerobic Exercise

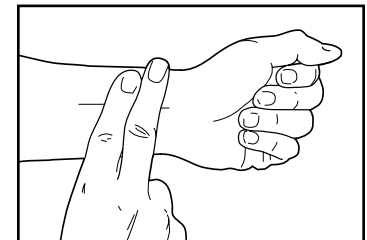
If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone. It may also be helpful to set the speed control on the console to AEROBIC to help you maintain the proper intensity level. (See page 9.)

## High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, set the speed control on the console to PERFORMANCE to help you maintain the proper intensity level. (See page 9.) Note: During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising, stop place two fingers on your wrist as shown. Take a six-second heart-beat 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 or too low, adjust the speed or incline of the treadmill accordingly.

## WORKOUT GUIDELINES

A well-rounded workout includes the following three important parts:

### A Warm-up

Start each workout with 5 to 10 minutes of stretching and light exercise (see SUGGESTED STRETCHES on page 15). A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

## Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

## A Cool-down

Finish each workout with 5 to 10 minutes of stretching

to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

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

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

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

### 3. Calf/Achilles Stretch

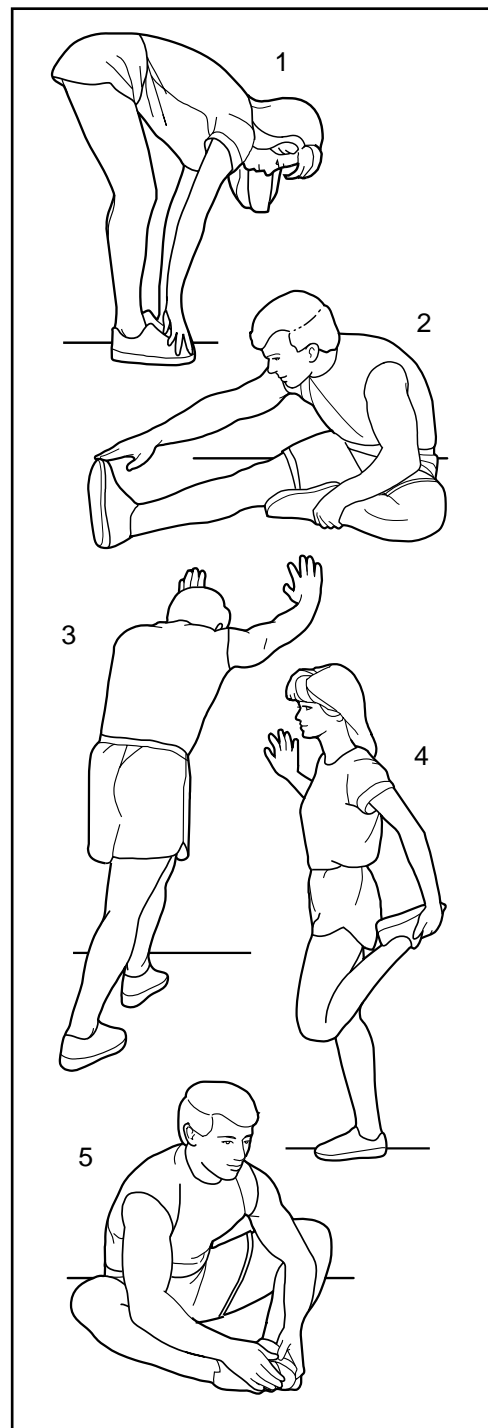
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

### 4. Quadriceps Stretch

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

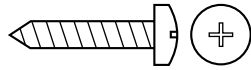
### 5. Inner Thigh Stretch

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

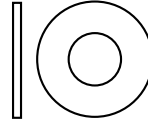


# PART IDENTIFICATION CHART

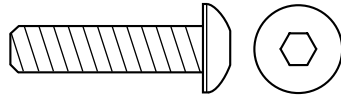
Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



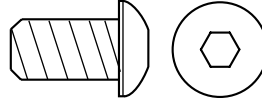
3/4" Screw (5)-12



Handrail Washer  
(40)-4



1" Bolt (16)-4



Extension Leg Screw (14)-2



# PART LIST—Model No. 831.293020

R0203A

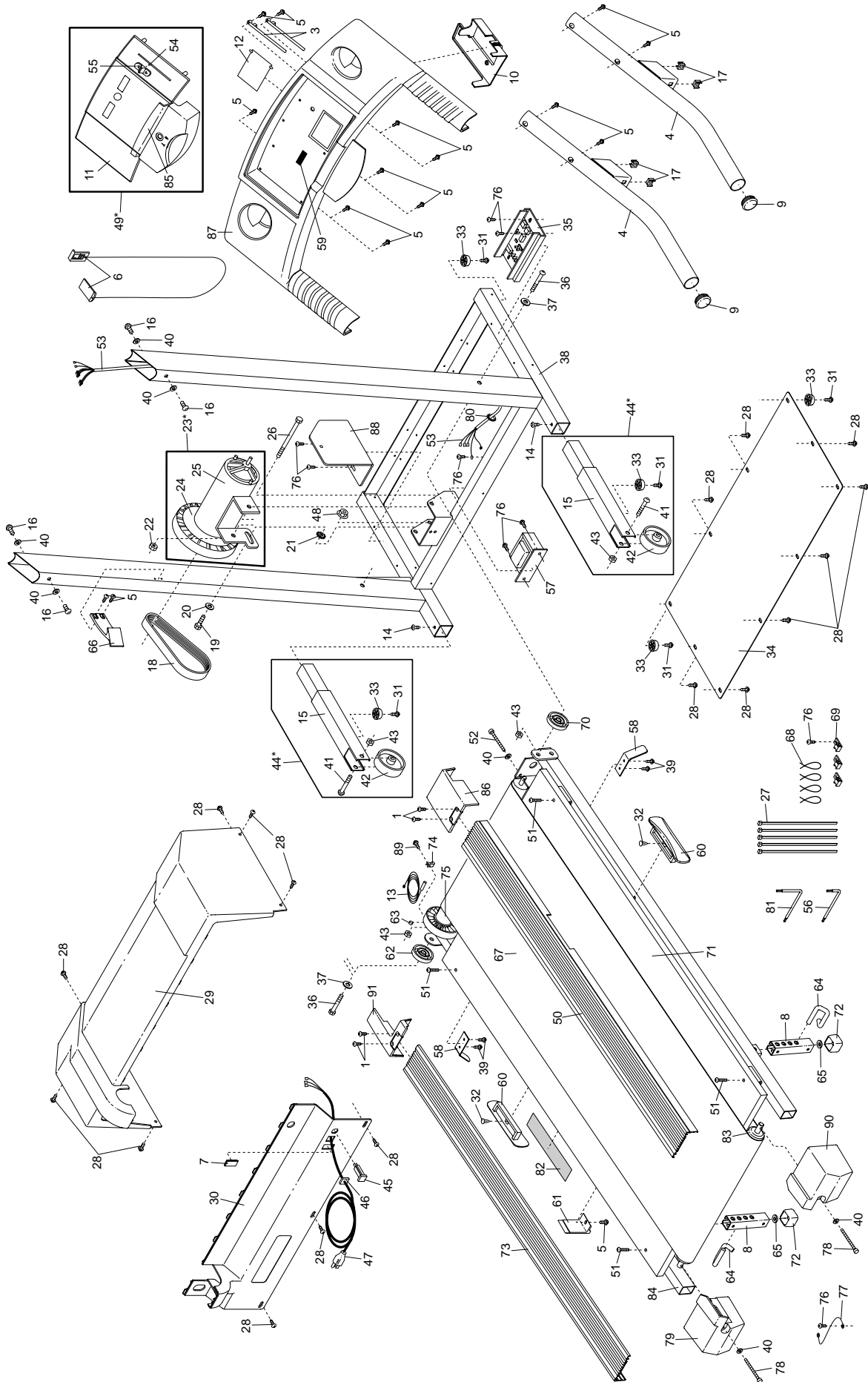
Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	Front Endcap Screw	50	1	Right Foot Rail
2	6	Star Washer	51	4	Platform Screw
3	2	Plastic Tie	52	1	Front Roller Adj. Bolt
4	2	Handrail	53	1	Wire Harness
5	24	3/4" Screw	54	1	Speed Pot
6	1	Key/Clip	55	1	Speed Knob
7	1	Hole Plug	56	1	5/32" Allen Wrench
8	2	Incline Leg	57	1	Choke
9	2	Handrail Endcap	58	2	Belt Guide
10	1	Wire Cover	59	1	Console Warning Decal
11	1	Console	60	2	Isolator
12	1	Battery Cover	61	1	Latch Catch
13	1	Reed Switch	62	1	Frame Spacer (Left)
14	2	Extension Leg Screw	63	1	Magnet
15	2	Extension Leg	64	2	Incline Pin
16	4	1" Bolt	65	2	Endcap Washer
17	4	Cage Nut	66	1	Latch
18	1	Motor Belt	67	1	Walking Belt
19	1	Motor Tension Bolt	68	3	Wire Tie
20	1	Motor Tension Washer	69	4	Wire Tie Clamp
21	1	Tension Star Washer	70	1	Frame Spacer (Right)
22	1	Motor Pivot Nut	71	1	Walking Platform
23	1	Motor/Pulley/Flywheel/Fan	72	2	Endcap
24	1	Pulley/Flywheel/Fan	73	1	Left Foot Rail
25	1	Motor	74	1	Sensor Clip
26	1	Motor Pivot Bolt	75	1	Front Roller/Pulley
27	5	8" Cable Tie	76	10	Electronic Screw
28	17	Screw	77	1	Ground Wire
29	1	Hood	78	2	Rear Roller Adj. Bolt
30	1	Hood Shield	79	1	Left Rear Endcap
31	4	1" Tek Screw	80	1	Upright Grommet
32	2	Isolator Fastener	81	1	Allen Wrench
33	4	Base Pad	82	1	Latch Decal
34	1	Motor Belly Pan	83	1	Rear Roller
35	1	Controller	84	1	Frame
36	2	Frame Pivot Bolt	85	1	Console Lens
37	2	Frame Pivot Washer	86	1	Right Front Endcap
38	1	Upright/Base	87	1	Console Base
39	4	Belt Guide Screw	88	1	Motor Shield
40	8	Roller Washer/Handrail Washer	89	1	Reed Switch Screw
41	2	Wheel Bolt	90	1	Right Rear Endcap
42	2	Wheel	91	1	Left Front Endcap
43	6	Frame Nut/Wheel Nut	#	1	4" Red Wire, Male/Female
44*	2	Extension Leg Assembly	#	1	4" White Wire, Male/Female
45	1	Circuit Breaker	#	1	4" Blue Wire, Male/Female
46	1	Grommet	#	1	User's Manual
47	1	Power Cord			
48	1	Motor Tension Nut			
49*	1	Console Assembly			

\* Includes all parts shown in the box  
 Note: "#" indicates a non-illustrated part.

Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. 831.293020

R0203A



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