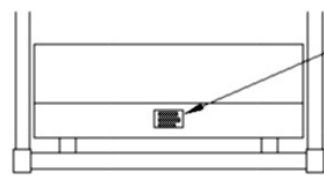# SEARS

free spirit

C 249 30066 0

SERIAL NO: _____

DATE OF PURCHASE: _____

Write the serial number in the space above for reference.

SERIAL NUMBER DECAL

OWNER'S MANUAL

ASSEMBLY · OPERATION · MAINTENANCE
WARRANTY · PART ORDERING

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.*

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

SEARS CANADA INC. · TORONTO , ONTARIO M5B 2M8

TABLE OF CONTENTS

WARRANTY

MANUFACTURER LIMITED WARRANTY, REPAIR AND SERVICE

WHAT DOES THIS WARRANTY COVER? This warranty covers your Free Spirit Series Treadmill against defects in material and workmanship when used for the purpose intended, under normal conditions and provided it receives proper care.

HOW LONG DOES THE COVERAGE LAST? This warranty lasts for one year on all parts and labour, 3 years on motor only and 10 years on the frame from date of purchase. This warranty is not transferable and is extended only to the original owner.

WHAT WILL SEARS DO? Sears will provide a replacement part at no charge for any part found defective in workmanship or materials during the warranty period.

WHAT DOES THIS WARRANTY NOT COVER? This warranty does not cover fitness products which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repairs and alterations. Some provinces do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

HOW DO YOU GET SERVICE? In order to obtain service as provided by this warranty, contact your nearest Sears Canada Inc. service center.

SEARS THREE-YEAR MOTOR WARRANTY

WHAT DOES THIS WARRANTY COVER? This warranty covers your treadmill motor against defects in material and workmanship when used for the purpose intended, under normal conditions and provided it receives proper care.

HOW LONG DOES THE COVERAGE LAST? This warranty lasts for three years from date of purchase. This warranty is not transferable and is extended only to the original owner.

WHAT YOU NEED TO DO? You need to record the date of purchase in the area provided below. You must keep your receipt which shows the date of purchase of your treadmill. We suggest you staple it to this page.

WHAT WILL SEARS DO? Sears provide a replacement part at no charge for any part found defective in workmanship or materials during the warranty period.

WHAT DOES THIS WARRANTY NOT COVER? This warranty does not cover fitness products which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repairs and alterations. Some provinces do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

HOW DO YOU GET SERVICE? In order to obtain replacement parts as provided by this warranty, contact your nearest Sears Canada Inc. store or service center.

IMPORTANT SAFETY INFORMATION
THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL

CAUTION: Before starting any exercise program, it is recommended that you consult your physician.
WARNING: Connect this unit to a properly grounded outlet only.
DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

WARNING

**To reduce the risk of burns, fire, electric shock, or injury to persons**:

1. Use 120 volt a.c. household current on a dedicated circuit.

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown , 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. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. See diagram below for grounding methods.

Figure 1.
Grounding methods
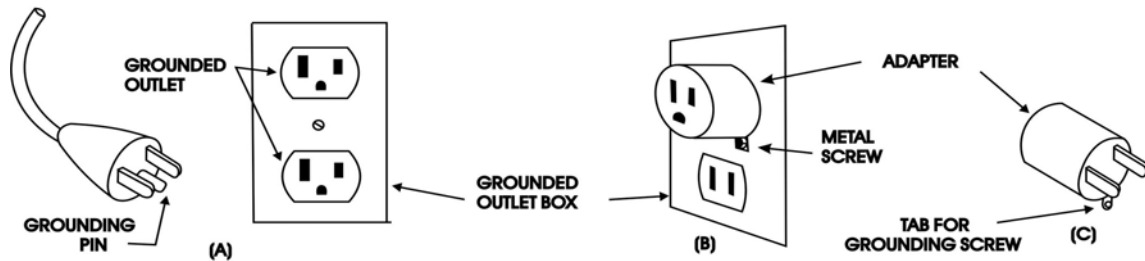
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.
4. Never leave the treadmill unattended when plugged in. Remove the safety key and unplug the unit from the outlet when not in use and before removing or replacing parts.
5. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water. Never move the treadmill belt while the power is turned off.
6. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
7. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water. Do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor. It is recommended to have a minimum of 3 metres safe clearance on all sides of the treadmill while in use.
8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage, covered patio or near water.
9. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
10. Read, understand and test the emergency stop procedure before using the treadmill (see operation and adjustment on page 13)
11. Do not insert any objects into any openings.
12. Inspect and properly tighten all parts of the treadmill regularly.
13. Keep children and pets away from this equipment at all times while exercising.
14. Handicapped individuals should have medical approval and close supervision when using this treadmill.
15. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
16. Never turn on treadmill while standing on treadbelt. Always hold the handrails while using the treadmill. Always return the treadmill to the slowest speed to provide for safe dismount and low speed restart.
17. To disconnect, turn all controls to the off position, then remove plug from outlet.

18. Do not attempt to raise, lower or move the treadmill until it is properly assembled. See assembly on page 7 and to fold and move the treadmill on page 16. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques. You must use any attachments that are not recommended by the manufacturer.

19. Use the treadmill only for its intended use as described in this manual. Do not use any attachments that are not recommended by the manufacturer.

20. User weight should not exceed 285lbs (130 kg).

21. Never allow more than one person on the treadmill at once.

22. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.

23. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of   exercise being performed.

24. Start your program slowly and very gradually increase your speed and distance.

25. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill. Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.

26. This treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental or institutional setting.

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

SAVE THESE INSTRUCTIONS

Before you begin

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to have either a defective or a missing part please contact us for a replacement.

This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym center.
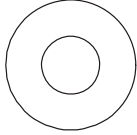
This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. **Be sure to read the entire manual before assembly and operation of this machine.**

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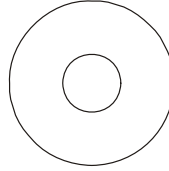
Console

Safety Key

Speed Adjustment Switch

Dual Action Handlebar

Incline Adjustment Switch

Hand Pulse

Breaker

On / Off Switch

Motor Cover

Upright

Walking Belt

Wheel
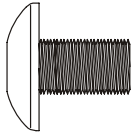
Main Frame

MAX. USER WEIGHT 130 KGS
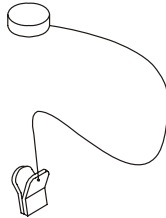
HARDWARE CHECK LIST

#105. 5/16"x18x1.5T
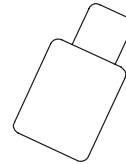Flat Washer (x4)

#106. 5/16"x23x1.5T
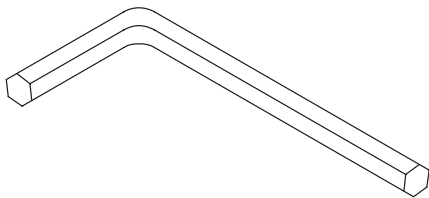Curved Washer (x4)

#104. 5/16"x1/2"
Button Head Socket Bolt (x12)
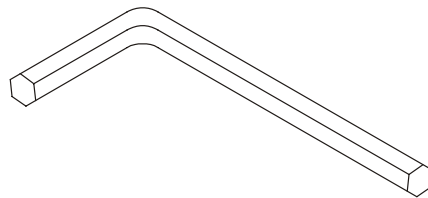
#44. Safety Key

 # 109. Lubricant

#107. Combination M5 Allen Wrench &
Phillips Head Screw Driver (x1)

 # 108. M6 Allen Wrench (x1)

ASSEMBLY INSTRUCTIONS

It will take two people to assemble your unit.

Set the treadmill in a cleared area and remove all packing material. Do not dispose of the material until your assembly is completed. Note: The underside of your treadmill's walking belt is coated with a lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect the treadmill's performance. If you notice any lubricant on the top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non abrasive cleaner.

For the sake of familiarizing yourself with the parts identified in the instructions, first study the overview drawing. Assembly only requires the included wrenches.
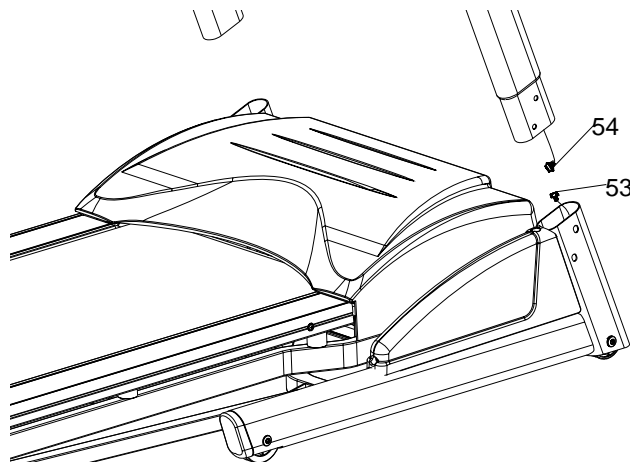
STEP 1

　　Take the unit out of box and put it on a flat level.
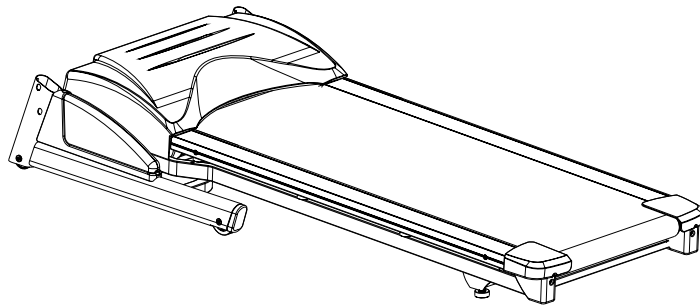
STEP 2

　　Connect the lower computer wire (53) to the extension computer wire (54).

STEP 3

Insert right and left uprights (4, 5) into the Frame base (2). Secure with 8pcs of 5/16" ×15m/m button head socket bolts (104), 4pcs of 5/16" × 18 × 1.5T flat washers (105) and 4pcs of 5/16" × 23 × 1.5T curved washers (106) by using combination M5 allen wrench & Phillips head screw driver (107).
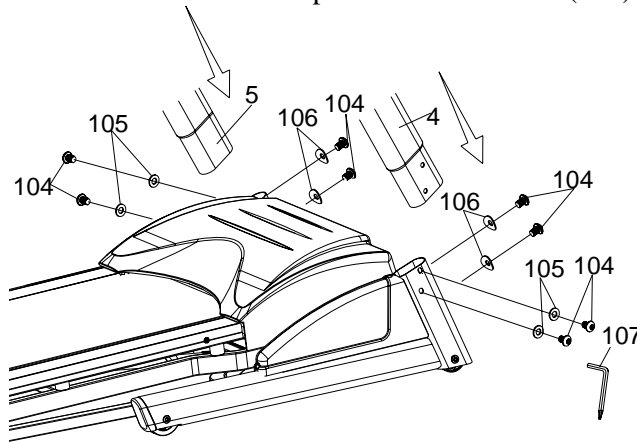
STEP 4

   1. Connect the extension computer wire (54) to the upper computer wire (55).
   2. Connect speed adjustment switch w/cable (46) to the upper speed cable (98).
   3. Connect incline adjustment switch w/cable (47) to the upper incline cable (99).
   4. Connect the handpulse wire (28-3) to the upper handpulse wire (Upper) (21-10)
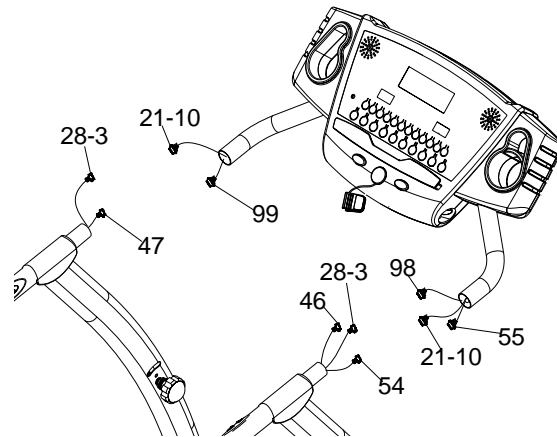
STEP 5

Insert the console support (6) into the right and left uprights (4,5) using the Combination M5 Allen Wrench & Phillips Head Screw Driver (107) to tighten 4pcs of 5/16"× 15m/m button head socket bolts (104) securely.
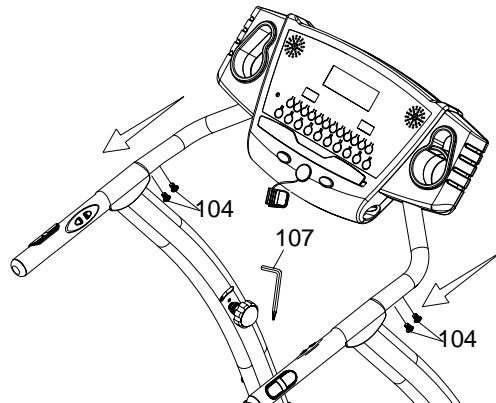
STEP 6

1. Remove the adjustment knobs (116) on left and right uprights (4,5) by turning the knobs counterclockwise.
2. Attach the left handlebar (38) to the left upright (5). Securing using one Ø54 × 8T bushing (115), one Ø25 × 4T+Ø18 × 4T bushing (114), one bearing (117), one M12×80m/m carriage bolt (118) and the adjustment knob (116) by turning the adjustment knob clockwise.
3. Repeat for right handlebar (39). Secure tightly.
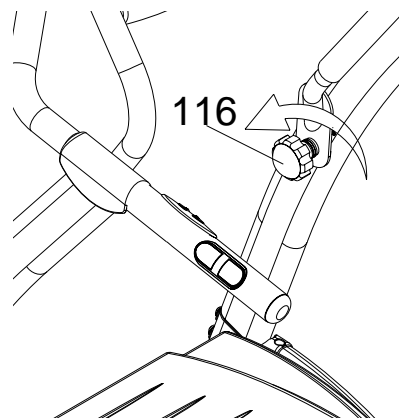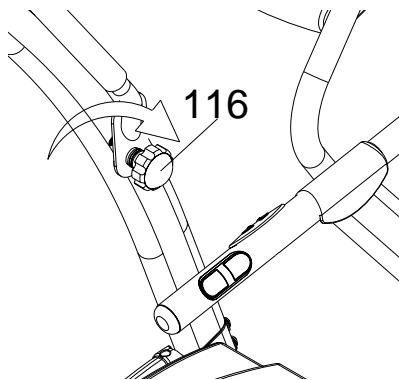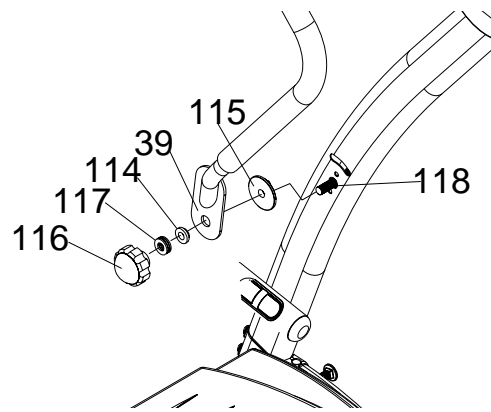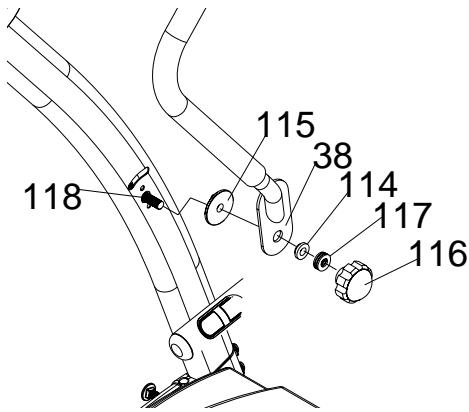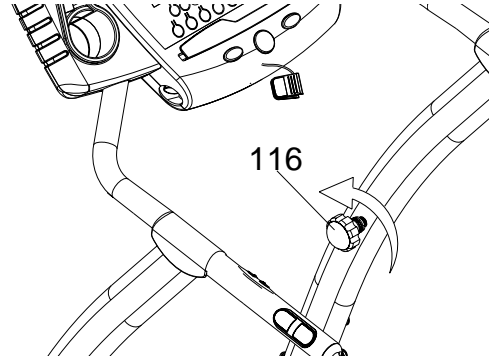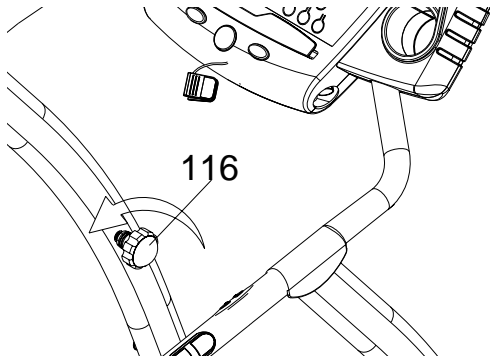
TREADMILL OPERATION

Your treadmill features a walking belt coated with a lubricant. IMPORTANT: Never apply silicone spray or other substances to the walking belt or walking board. Such substances will deteriorate the walking belt and cause excessive wear.

How to plug in the power cord.

GROUNDING INSTRUCTIONS.
This product must be grounded. No plug adapter should be used with this product.

▲**WARNING:** Improper connection of the equipment grounding conductor can result in a risk of an electric shock. Check with a qualified electrician 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. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle. IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer recommended power cord.

1. Plug the indicated end of the power cord into the socket of the treadmill. See drawing below
2. Plug the power cord into an appropriate outlet that is properly installed and grounded. See drawing below. Important: The treadmill is not compatible with GFCI-equipped outlets.
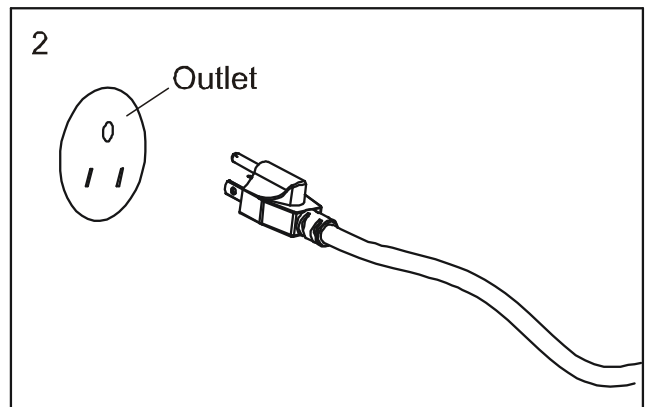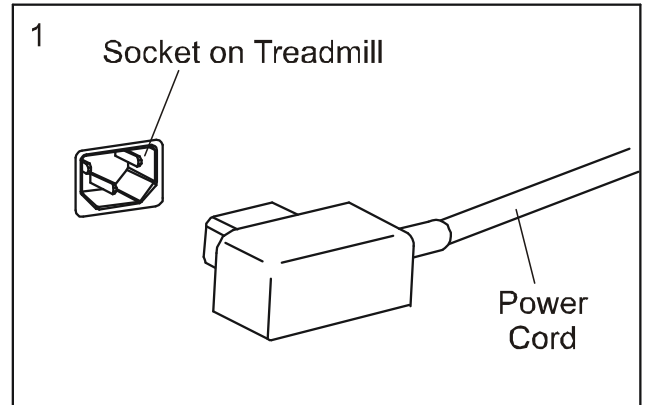
Note: Your power cord and outlet may appear different

Operation of Your Treadmill

Getting familiar with the control panel

▲*CAUTION:* Before operating the console, read the following precautions:
- Do not stand on the walking belt when turning on the treadmill
- Always wear the safety key
- Adjust the speed in small increments to avoid sudden jumps in speed
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only sealed water bottles in the water bottle holders.

FUNCTION BUTTONS:

Program: There are a total of 10 programs to chose from: manual program, 5 pre-set speed/incline programs, 2 user programs and 2 target heart rate control programs. Press the "PROGRAM" buttons to select the desired program. Each program is divided into 20 segments with time alternative of 10 to 99 minutes (increments of 1 minute). Ie: 20 minute program will have 20 segments of 1.0 minutes.

Enter: Press the "ENTER" button to select a different setting mode while in any mode.

Select: Press the "SELECT" button to choose the setting mode and accept the set value.

Fast: Press the "fast" button to increase your speed from 0.5mph to 10mph.
In program mode, press the "fast" button to change the display between speed or incline.

Slow: Press the "slow" button to decrease your speed from 10mph to 0.5mph.
In program mode, press the "slow" button to change the display between speed or incline.

Up:	Press the "up" button to increase your incline level from 1 to 15.
	In program mode, press the "up" button to change the display between speed or incline.
Down:	Press the "down: button to decrease your incline level from 15 to 1
	In program mode, press the "down" button to change the display between speed or incline.

5 preset speed:	2mph	4mph	6mph	8mph	10mph
5 pre-set incline:	2	4	6	8	10

Functions

Distance:	Displays the distance traveled in M up to 99.99 miles.
	Counts down from your preset target distance to 0 during your workout.
Time:	Displays your elapsed workout time in minutes up to 99:59.
	Counts down from your preset target time to 00:00 during your workout.
Calories:	Displays the cumulative calories burned at any given time during your workout.
	Counts down from your preset calorie target to 0 during your workout.
	Note: This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.
Speed:	Displays the current speed in miles per hour.
Pulse:	Displays the user's current heart rate in beats per minutes during the workout.
	To display your heart rate, you must hold both handrails.
	Note: This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

Incline: Displays your current elevation position from 1 to 15.

Laps/:	Displays your current distance traveled in laps FROM L00 TO L99
Program	Displays your current workout program. Press the "ENTER" button to flip from laps to program display.
Lube:	Reminds you to apply lubrication between the belt and deck. After the third reminder, press "ENTER" button for 3 seconds to cancel the message.

TO OPERATE TREADMILL

CAUTION: To avoid injury, hold onto Handrail while mounting and dismounting treadmill. Hold onto handrail and place feet on side rails before starting. Step onto treadbelt only at slowest speed. Before operating the console make sure that the power cord (48) is properly plugged in and the on / off button (47) is on.

1. Hold onto handrail and place feet on siderails before starting treadmill. (Do not stand on treadbelt).

2. Attach the magnet end of the safety key (45) onto the monitor and attach the clip end of the safety key (45) to your clothing (ie: waistband). If you should slip or fall while exercising the safety key will pull out of the console, shutting off the treadmill**.**

3. Choose which program you want to select, manual (P0), pre-set (P1-P5), user (U1-U2) or 2 heart rate control. Press the "Program" button until the desired program is displayed, then press "ENTER" to accept the program. You can set the user weight by pressing the "FAST" / "SLOW" buttons before choosing the program you want to select or simply press the "SELECT" button to enter the program mode.

   A- Manual mode P0: Press the "PROGRAM" up or down buttons to choose the manual program. Before beginning your exercise program, you can set the time, distance or the calorie range. Press the "SELECT" button until time, distance or calorie is displayed. Press the "FAST" or "SLOW" button to set the desired value then press "SELECT" to accept the value.

   B- Program mode P1-P5: Press the "PROGRAM" up or down button to choose your desired preset program P1-P5. Before beginning you exercise program you can set the time to count down from 99:00 to 0. Press the "SELECT" button to display time, press the "FAST" or "SLOW" button to set the desired time. Now press the "SELECT" button to accept the time value. You can set your maximum speed of the profiles from 0.5 mph to 10 mph. After you have pressed the "SELECT" button to accept the time, the speed will be flashing. Press the "FAST" or "SLOW" button to set your maximum speed. Now press the "SELECT" button to accept the maximum speed value. You may change the speed and incline while you are exercising (same as manual) but the next segment of the program will resume its original position. All of the programs have a three minute warm up and cool down period. You can press "START or STOP" buttons at any time.

   C- User Program mode: Press the "PROGRAM" button until the U1 or U2 is displayed. You can set your own profile program up to a maximum of two users. Press the "SELECT" button to display time, press the "FAST" or "SLOW" button to set the desired time. Now press "SELECT" button to accept the time value. You will need to set the speed and incline value for each of the 20 segments. Press "FAST" or "SLOW" button to set the speed, then press the "UP" or "DOWN" button to set the incline. After the speed and incline is set press the "SELECT" button to accept each of the segments. Note: you will need to do this step 20 times. The computer will automatically save your profiles.

D- Heart Rate Control:

Heart Rate Control:

Heart Rate Control H1-H2: H1= (200-age) * 60% = Target heart rate

H2= (200-age) * 80% = Target heart rate

Select your heart rate program by pressing the "H.R.C.1 or H.R.C. 2" button. Press the "SELECT" button to set the time using the "fast" of "slow" button, if you do not set the time range the monitor will count up. Press "SELECT" to set "age" in the pulse window, use the "fast" or "slow" button to change the range. The computer will calculate your Target Heart Rate following the chart above. Should you wish to change the Target Heart Rate press "SELECT" button and set your heart rate target in the pulse window. Press "fast" or "slow" button to change the heart rate. Press "start" button to begin your program.

Note: If the computer does not have the heart rate input, the LCD will display " ♥? " and the will not change position until the computer receives the heart rate from the handpulse.   If your heart rate does not reach the set heart rate value, the treadmill will increase the incline height automatically till you reach the set value, then the computer will adjust the incline to maintain your Target Heart Rate.

4. Press the "START" button to start the treadbelt, the monitor will beep three times. The belt will begin to move at 0.5mph. Carefully step onto the treadbelt. To change the walking belt speed, press the "FAST" or "SLOW" buttons.

5. To stop your exercise program in the manual mode, press the "STOP" button to stop the walking belt. A series of beeps will indicate the end of the programs

Note: If the monitor does not detect any signal for four minutes, the monitor will automatically shut off.

How to wear your wireless strap transmitter: Not included

Attach one end of the transmitter to one end of the elastic strap using the locking parts.
Adjust the strap as tightly as possible as long as the strap remains comfortable.
Position the transmitter (middle of the unit) in the middle of your body facing away from your chest. Some people must position the transmitter slightly left of the centre. Attach the final end of the elastic strap to the end of the transmitter by inserting the round end and using the locking parts.
Position the transmitter immediately below the pectoral muscles.
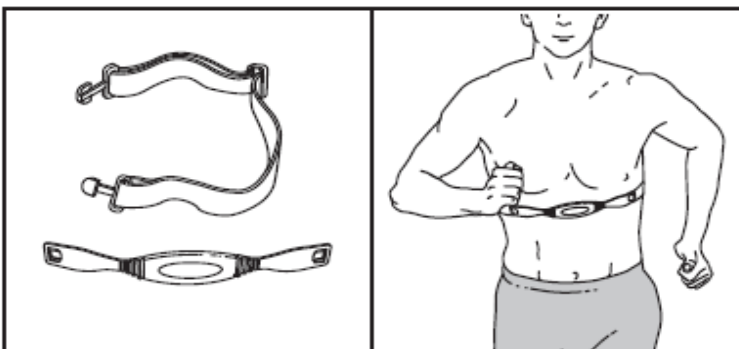
Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 black square areas on the reverse side of the belt and either side of transmitter). It is recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal. Your workout must be within range – distance between transmitter/receiver – to achieve a strong steady signal. The length may vary, but generally stay close to the monitor.

Note: Wearing the transmitter directly on bare skin assures you of proper operation. If you wish you may wear the transmitter over a shirt, but moisten the areas of the shirt that the electrodes will rest upon.

The transmitter is automatically activated when it detects activity from the user's heart, and deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals. Take precautions to completely dry the transmitter after use to prolong battery life.   The replacement battery is "Lithium battery CR2032, 3V".

ERROR MESSAGE

Speed stall error: Monitor did not receive the speed signal for 8 seconds.
       Ensure cables are all connected.
       Replace sensor

EVL stall error: Incline position is incorrect, turn off treadmill to reset.

SPEED PROFILE

P2 SPEED PROFILE

P3 SPEED PROFILE

P4 SPEED PROFILE
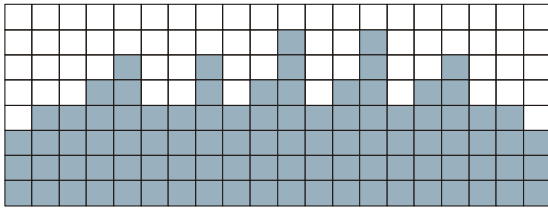
P5 SPEED PROFILE

P6 SPEED PROFILE

INCLINE PROFILE
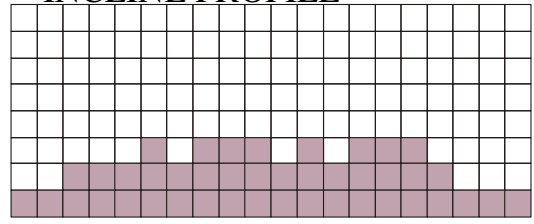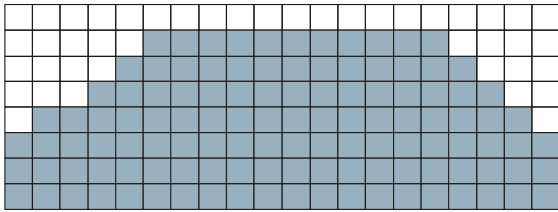
P2 INCLINE PROFILE

P3 INCLINE PROFILE
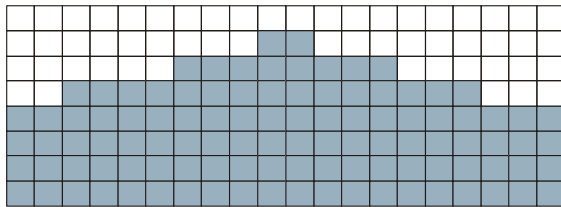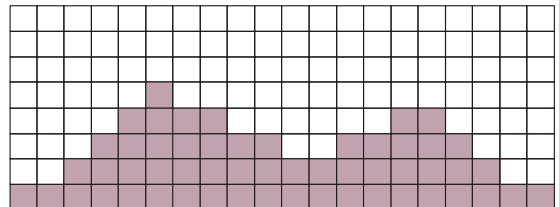
P4 INCLINE PROFILE
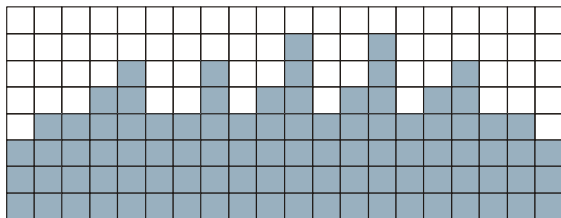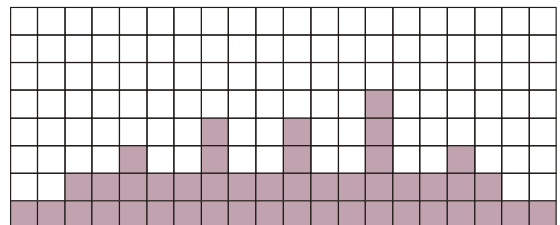
P5 INCLINE PROFILE

P6 INCLINE PROFILE

SEARS

FOLDING AND MOVING YOUR TREADMILL

Before folding the treadmill, ensure that the treadmill is at it's lowest incline position. Turn the power switch off, located on the front of the motor cover and unplug the power cord.

CAUTION: You must be able to safely lift 20 kg (45lbs) in order to raise and lower the treadmill.
To decrease the possibility of injury, bend your legs and keep your back straight while you are raising or lowering your treadmill.

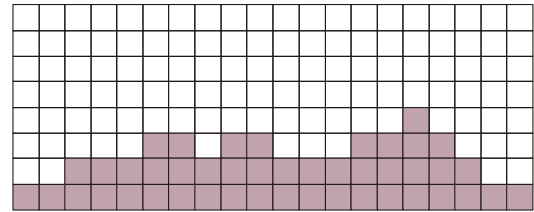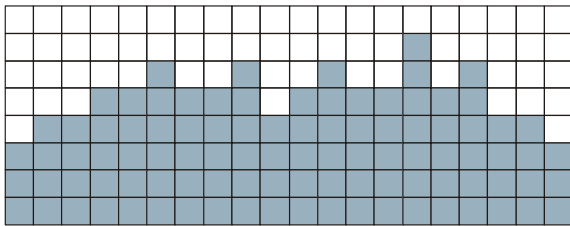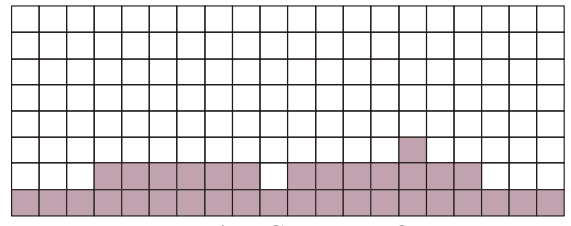To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85 degrees Fahrenheit.

Unfolding
Hold the treadmill running deck with left hand. Pull the locking knob with your right hand and slowly lower the treadmill running deck. The deck will lower unassisted when it reaches about waist high.

Folding
Lift the treadmill running deck with your left hand.   Pull the locking knob with your right hand and slowly raise the treadmill running deck until the treadmill is locked by the locking knob.

Moving
Before moving the treadmill, fold the treadmill to the stored position as described above.   Hold the upper ends of the handrails and slowly move the treadmill to your 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.
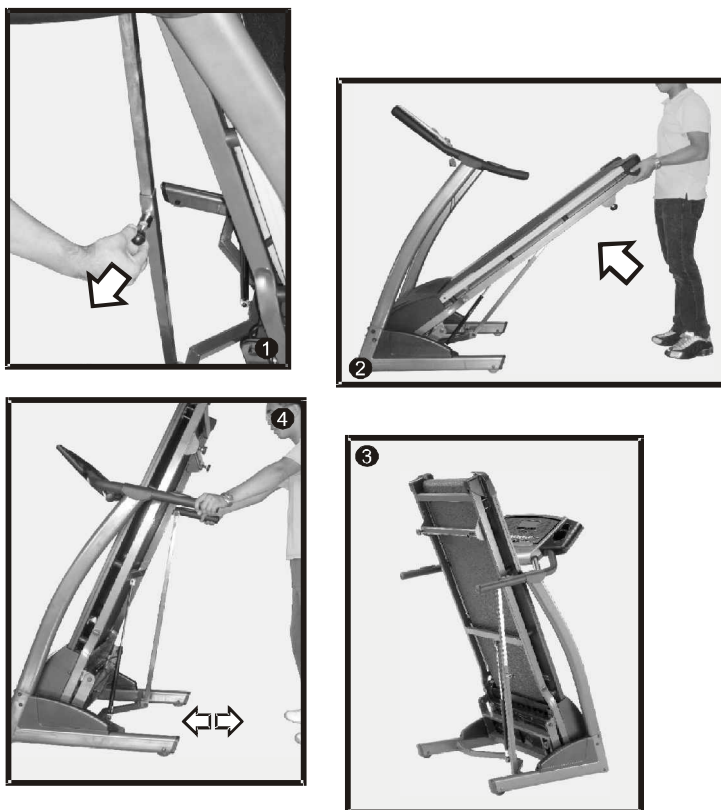
PARTS LIST

KEY NO.	PART NO.	DESCRIPTION	Q'TY
1	277901	Main Frame	1
2	277902	Frame Base	1
3	277903	Incline Bracket	1
4	277904	Right Upright	1
5	277905	Left Upright	1
6	277906	Console Support	1
7	277907	Outer Slide	1
8	277908	Inner Slide	1
9	277909	Folding Pin Assembly	1
10	277910	Incline Motor	1
11	277911	Drive Belt	1
13	277913	Motor	1
14	277914	Walking Belt	1
15	277915	Walking Deck	1
16	277916	Front Roller W/Pulley	1
17	277917	Rear Roller	1
18	277918	Magnet	1
19	277919	Front Wheel Sleeve	2
20	277920	Rear Wheel Sleeve	2
21~1	277921-1	Top Console w./Computer	1
21~2	277921-2	Bottom Console Cover	1
21~3	277921-3	Book Rack	1
21~7	277921-7	Heart Rate Receiver	1
21~10	277921-10	800m/m_Handpulse Wires (Upper)	1
21~11	277921-11	STOP Key Pad	1
21~12	277921-12	START Key Pad	1
21~13	277921-13	Console Stopper	1
22	277922	Handgrip Cap	2
23	277923	Left Frame Base Cap	1
24	277924	Right Frame Base Cap	1
25	277925	Top Motor Cover	1
26	277926	Left Rear Adjustment Base	1
27	277927	Right Rear Adjustment Base	1
28	277928	Handpulse Assembly	2
28~3	277928-3	250m/m_Handpulse Wire	2
29	277929	End Cap	2
30	277930	Motor Cover Anchor	5
31	277931	Ø38_Button Head End Cap	2

SEARS

KEY NO.	PART NO.	DESCRIPTION	QTY
32	277932	Frame Base End Cap	2
33	277933	Front Transportation Wheel	2
34	277934	Rear Transportation Wheel	2
35	277935	Leveling Foot	6
36	277936	Adjustment Foot Pad	2
37	277937	Foot Rail	2
38	277938	Left Handlebar	1
39	277939	Right Handlebar	1
40	277940	Lower Handle Bar Foam	2
41	277941	□21.4 × 21.4m/m_Square End Cap	1
42	277942	□25.4 × 25.4m/m_Square End Cap	1
43	277943	□20 × 40m/m_Square End Cap	2
44	277944	800m/m_Safety Key	1
45	277945	On/Off Switch	1
46	277946	255m/m_Speed Adjustment Switch W/Cable	1
47	277947	255m/m_Incline Adjustment Switch W/Cable	1
48	277948	Power Cord	1
49	277949	30cm × 764 × 764 _Connecting Wires (Black)	1
50	277950	30cm × 764 × 764 _Connecting Wires (White)	1
51	277951	Wire Tie Mount	4
52	277952	Controller	1
53	277953	Lower Computer Wire 1200m/m_	1
54	277954	Extension Computer Wire 1300m/m_	1
55	277955	Upper Computer Wire 800m/m_	1
56	277956	1000m/m_Sensor W/Cable	1
57	277957	Sensor Rack	1
58	277958	Bottom Motor Plate	1
61	277961	1/2" × 1"_Hex Head Bolt	2
62	277962	3/8" × 3-3/4" _Hex Head Bolt	1
63	277963	3/8" × 1-3/4"_Hex Head Bolt	2
64	277964	3/8" × 1-1/2"_Hex Head Bolt	1
65	277965	3/8" × 1"_Hex Head Bolt	4
66	277966	M8 × 60 m/m_Hex Head Bolt	1
67	277967	5/16" × 1"_Button Head Socket Bolt	2
68	277968	3/8" × 4"_Button Head Socket Bolt	1
69	277969	3/8" × 2"_Flat Head Socket Bolt	4
70	277970	1/2" × 28m/m_Carriage Bolt	2
71	277971	M8 × 3"_Socket Head Cap Bolt	2
72	277972	M8 × 1"_Flat Head Countersink Bolt	8
73	277973	3.5 × 12m/m_Sheet Metal Screw	18

KEY NO.	PART NO.	DESCRIPTION	QTY
75	277975	1/2" × 8T_Nyloc Nut	4
76	277976	3/8" × 7T_Nyloc Nut	6
77	277977	5/16" × 7T_Nyloc Nut	2
78	277978	3/8" × 7T_Nut	3
79	277979	M8 × 7T_Nyloc Nut	1
80	277980	3/8" × 2T_Split Washer	6
83	277983	3/8" × 19× 1.5T_Flat Washer	6
84	277984	3/8" × 25 × 2T_Flat Washer	4
85	277985	Ø5 × Ø13 × 1.0T_Flat Washer	2
86	277986	Ø50 × Ø13 × 3T_Nylon Washer（B）	4
87	277987	Ø10 × Ø24 × 3T_Nylon Washer（A）	2
88	277988	Ø6.5 ×Ø25 × 1.5T_Concave Washer	8
89	277989	M5_Star Washer	4
90	277990	5 × 2T_Speed Nut Clip	4
91	277991	5 × 16m/m_Tapping Screw	11
92	277992	4× 12m/m_Sheet Metal Screw	12
93	277993	4× 19m/m_Sheet Metal Screw	4
94	277994	5× 16m/m_Tapping Screw	18
95	277995	5× 19m/m_Tapping Screw	11
96	277996	3.5 × 16m/m_Tapping Screw	4
97	277997	4 × 38m/m_Sheet Metal Screw	4
98	277998	700m/m_Speed Cable (Upper)	1
99	277999	700m/m_Incline Cable (Upper)	1
100	2779100	Belt Guide	2
101	2779101	Console Support Foam	2
102	2779102	Gas Cylinder	1
103	2779103	Front Roller Cover	1
104	2779104	5/16" × 15m/m_Button Head Socket Bolt	12
105	2779105	5/16" × 18 × 1.5T_Flat Washer	4
106	2779106	5/16" × 23 × 1.5T_Curved Washer	4
107	2779107	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
108	2779108	M6_Allen Wrench	1
109	2779109	Lubricant	1
110	2779110	400m/m_Console Ground Wire	1
111	2779110	Copper Foil	1
112	2779112	Left Handgrip Foam	1
113	2779113	Right Handgrip Foam	1
114	2779114	Ø25 × 4T+Ø18 × 4T_Bushing	2
115	2779115	Ø54 × 8T_Bushing	2
116	2779116	Adjustment Knob	2

KEY NO.	PART NO.	DESCRIPTION	QTY
117	2779117	Bearing	2
118	2779118	M12 × 75m/m_Carriage Bolt	2
119	2779119	Ø1"_Button Head End Cap	2
121	2779121	Hand le bar End Cap	1
122	2779122	M5 × 10m/m_Phillips Head Screw	3
123	2779123	M5_Split Washer	3
125		Sleeve	2
126		PU Non-Slip（L）	1
127		PU Non-Slip（R）	1
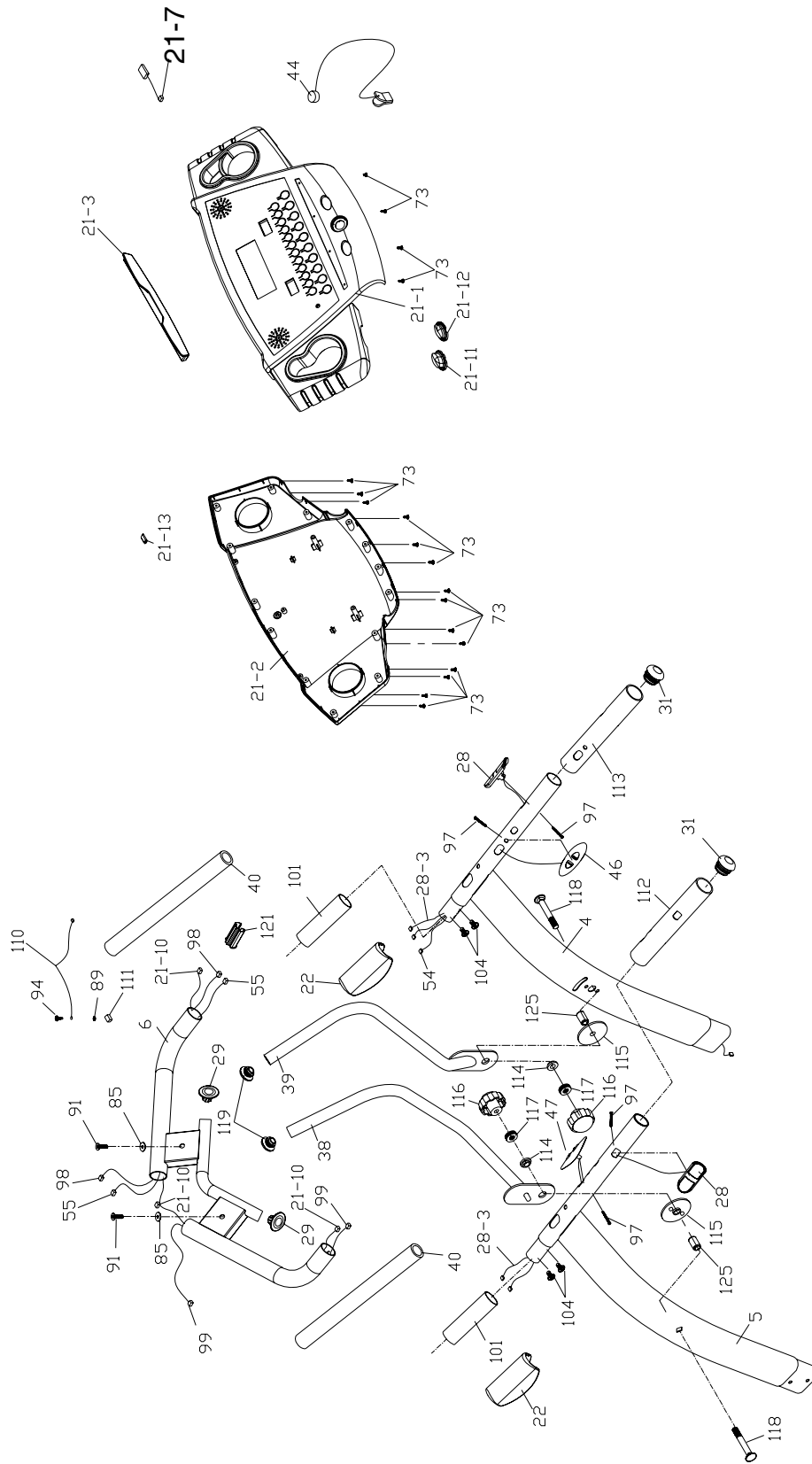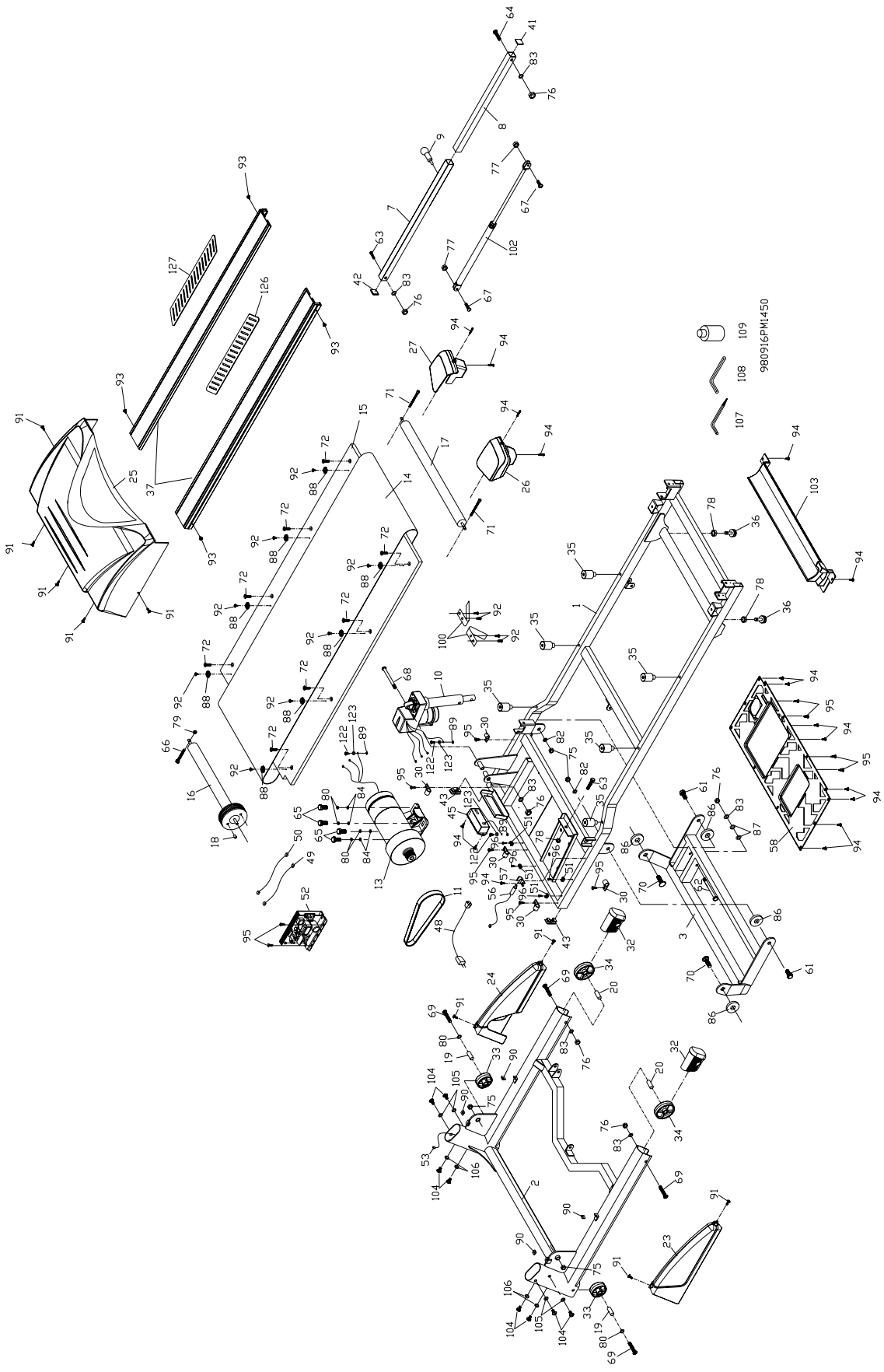
TROUBLE SHOOTING

Problem	Cause	Correction
Treadmill will not start	Treadmill not plugged in	Plug into three prong (grounded) outlet
	On / off switch not on	Push the on/off button to on
	House circuit breaker tripped	Reset or replace
	Treadmill reset switch tripped	Reset treadmill reset switch see reset switch resetting
	Treadmill motor controller fuse blown	Replace controller
	Unit plugged into insufficient extension cord	Plug directly into wall outlet
Treadmill stop or shuts off by itself	House circuit breaker tripped	Reset or replace
	Treadmill reset switch tripped	Reset treadmill reset switch
	Treadmill motor controller fuse blown	Replace controller
Treadbelt does not run in center	Treadbelt tension not even across treadbelt	See treadbelt adjustment
Treadbelt slips	Treadbelt tension too loose	See treadbelt adjustment
Treadbelt hesitates while being stepped on	Insufficient lubricant on treadbelt	See treadbelt lubrication
Black particles collecting under treadmill	Drive belt is breaking in	Vacuum under treadmill periodically
No display on monitor	On / off switch not on	Push on / off button to on
Monitor does not display speed or distance	Reed switch not aligned properly	see reed switch adjustment
	Magnet damaged or missing from front roller pulley	Replace magnet
	Monitor not working properly	Replace monitor
No pulse displayed on monitor	Hands not on hand pulse	Place two hands on hand pulse
	Hands on hand pulse	Replace hand pulse

NOTE: It is not necessary to return treadmill for a monitor repair. The monitor or console is removable from the treadmill for repair or replacement - see parts section

TREADBELT ADJUSTMENT

The treadbelt has been factory pre-adjusted, however if during the operation:

Treadbelt slips during use if the treadbelt is too loose:
a) Tighten both rear roller adjusting bolts 1/4 turn clockwise using allen wrench.

Treadbelt shifts too far to the right
a) Set the treadmill speed to 3.5 M.P.H.
b) Tighten the right adjusting bolt a 1/4 turn clockwise using allen wrench.
c) Wait 15 seconds: if no change; turn the left adjusting bolt 1/4 turn counter-clockwise using allen wrench.
e) Repeat steps b and c until belt is centered

Treadbelt shifts too far to the left
a) Set the treadmill speed to 3.5 M.P.H.
b) Tighten the left adjusting bolt a 1/4 turn clockwise using allen wrench.
c) Wait 15 seconds: if no change; turn the right adjusting bolt a 1/4 turn counter-clockwise using allen wrench.
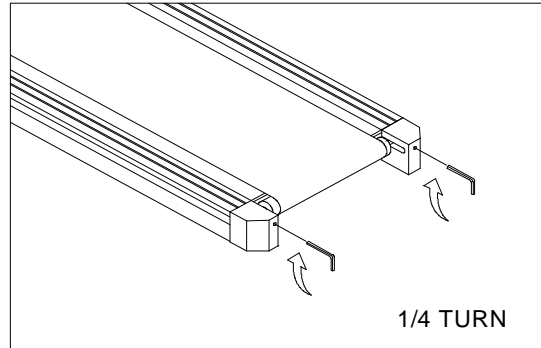e) Repeat steps b and c until belt is centered

IMPORTANT
DO NOT OVERTIGHTEN TREADBELT
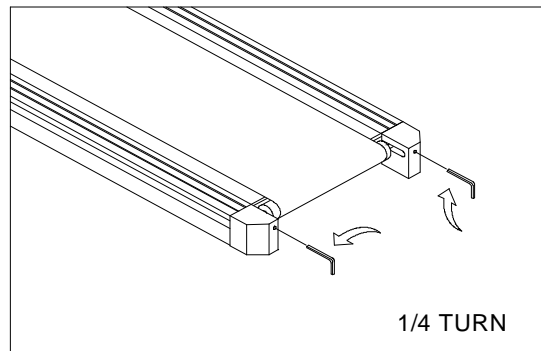If treadbelt is over-tightened, edges of treadbelt will begin to curl.
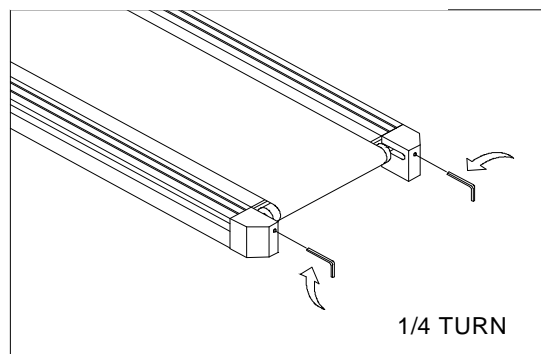CAUTION!! **DO NOT ALLOW ANYONE TO WALK ON TREADBELT WHILE YOU ARE ADJUSTING.**

If Treadbelt slips during use.

1/4 TURN

If Treadbelt shifts too far to the right

1/4 TURN

If Treadbelt shifts too far to the left

1/4 TURN

TREADMILL LUBRICATION

Your treadmill should require little maintenance other then periodically applying lubricant. Lubricating under the treadbelt will ensure superior performance and extend its life expectancy.

HOW TO CHECK TREADBELT FOR PROPER LUBRICATION
Lift one side of the treadbelt and feel the top surface of the treadboard
If the surface is (slick) to the touch, then no further lubrication is required
If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

HOW TO APPLY LUBRICANT
1. Loosen the rear roller adjusting bolts (81) one full turn counterclockwise. This will loosen the treadbelt.
2. Lift one side of the treadbelt.
3. Pour one half of the lubricant bottle under the center of the treadbelt on the top surface of the treadboard.
4. Tighten the rear roller adjusting bolts (81) one full turn clockwise. This will tighten the treadbelt.
5. Walk on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.
NOTE: DO NOT over lubricate treadboard. Any excess lubricant that comes out should be wiped off.

IMPORTANT: ONLY USE HALF THE BOTTLE OF LUBRICANT PER APPLICATION
LUBRICATION SCHEDULE
1. After the first 25 (hours) apply one half bottle of lubricant.
2. Every 30 hours of use apply one half bottle of lubricant.

We recommend that you use:

LUBE-N-Walk™ Treadmill Lubrication Kit, available from Sears parts and service.

CLEANING AND MAINTENANCE

Care has been taken to assure that your treadmill has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components instead seek service from an authorized service center. However, from time-to-time the outer surfaces may appear dull or dirty, following the instructions listed below will restore and preserve the original finish.

Note: Always unplug your treadmill prior to cleaning in order to avoid electrical hazard or shock.

1. Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax upon the walking or computer surface.

2. Under no circumstances are you to use ammonia, oils, silicones, or any other compounds on the rubberized walking surface. The use of such materials may cause serious injury to the body and/or deteriorate the performance of the walking surface. Only clean the rubberized walking surface with a damp cloth (water only).

3. From time-to-time the computer surface may collect dust or finger prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores especially made for anti-static surfaces. It is strongly recommended that you purchase such a cleaning compound.

RESET SWITCH RESETTING

If your treadmill looses power or will not start, check the reset switch located on the front of the motor cover.
If the white tab of the reset switch is not showing then the reset switch has not been tripped.
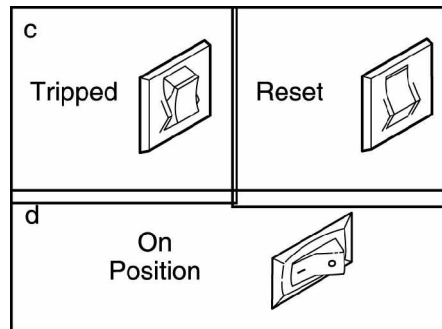If the white tab of the reset switch is showing, the reset switch has tripped.
To reset the reset switch:
Remove the safety clip on console.
Press white tab of the reset switch in until it snaps back into place.
If the reset switch continues to trip - see treadbelt adjustment and treadbelt lubrication

SPEED SENSOR ADJUSTMENT

If the monitor does not display speed or distance the speed sensor and magnet may be misaligned.
Note: Always unplug your treadmill prior to cleaning in order to avoid electrical hazard or shock.

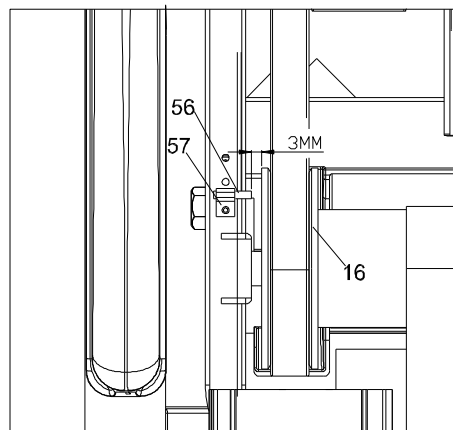Follow these steps to check and realign.
Remove the motor cover
Check the spacing and alignment between the magnet on the right side of the front roller and the speed sensor on the frame. The spacing must be 1/8".
Loosened screw and slide speed sensor in or out of clamp.
Retighten screw.
Replace motor cover

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- ž Increased capacity for physical work (strength endurance)
- ž Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- ž Decreased risk of coronary heart disease
- ž Changes in body metabolism, e.g. losing weight
- ž Delaying the physiological effects of age
- ž Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (MVo2). This is often referred to as your **aerobic capacity.**

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up

Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, the rate at which your heart beat increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers)is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age Target heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Muscle Soreness
For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.
If you experience PAIN during or after exercise, your body is telling your something.
Stop exercising and consult your doctor.

What to Wear
Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing during Exercise
Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods
Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

Head Rolls

Rotate your head to the right for one count, feeling The stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.


Shoulder Lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.
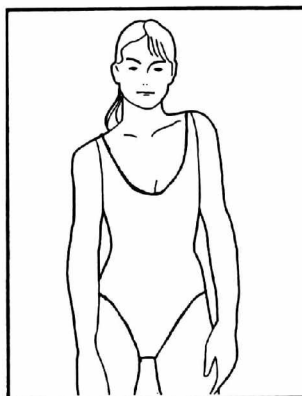

Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.
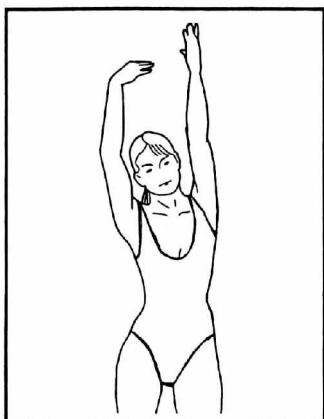
Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.
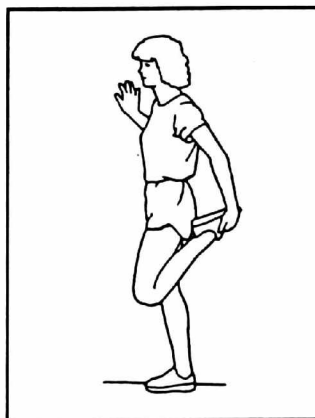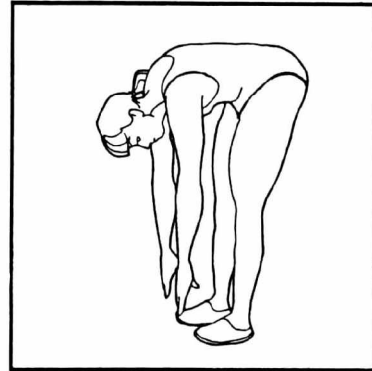
Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward.   Pull your feet as close into your groin as possible.   Gently push your knees towards the floor.   Hold for 15 counts.

Toe Touches

Slowly bend forward from your waist, letting   your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh.   Stretch toward your toe as far as possible.   Hold for 15 counts. Relax and then repeat with left leg extended.
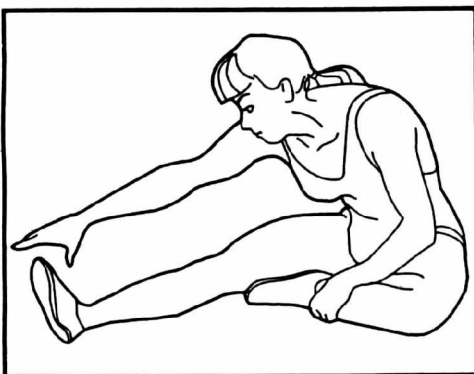
Calf/Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall.   Hold, then repeat on the other side for 15 counts.

SEARS

HOW TO ORDER REPLACEMENT PARTS
The MODEL NUMBER for the TREADMILL will be found on the frame.
Always mention this MODEL NUMBER when requesting service or replacement parts for your TREADMILL.

All parts listed herein may be ordered through SEARS CANADA INC.RETAIL OR CATALOG STORES AND SERVICE CENTERS. If the parts you need are not stocked locally your order will be electronically transmitted to a SEARS Parts Distribution Center for expedited handling.

When ordering parts by mail, selling prices will be furnished on request or parts will be shipped at prevailing prices and you will be billed accordingly.

WHEN ORDERING REPLACEMENT PARTS, ALWAYS GIVE THE FOLLOWING INFORMATION.

1. PART NUMBER

2. PART DESCRIPTION

3. MODEL NUMBER

4. NAME OF ITEM

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