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**SEARS CANADA, INC TORONTO, ONTARIO M5B 2B8**

**ELLIPTICAL OWNER'S GUIDE**

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### CAUTION

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

# IMPORTANT SAFETY INSTRUCTIONS

## ***SAVE THESE INSTRUCTIONS***

When using an electrical product, basic precautions should always be followed. Read all instructions before using this exercise product.

## ***WARNING!***

To reduce the risk of injury to persons:

- Use this exercise product for its intended use as described in this Owner's guide. Do not use attachments not recommended by the manufacture.
- Never drop or insert any object into any opening.
- Do not remove the elliptical trainer's side covers. Service should be performed only by an authorized Sears service provider.
- Do not use outdoors.

## **OTHER SAFETY TIPS FOR YOUR ELLIPTICAL TRAINER**

### **CAUTION!**

- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not turn pedal arms by hand.
- Do not wear clothing that might catch on any part of the elliptical trainer.
- Make sure handlebars are secure before each use.
- Read the owner's guide before operating this elliptical trainer.
- Maintain a comfortable pace. Do not 'sprint' above 80 rpms on this machine.
- To maintain balance it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.

### **OPERATION**

It is essential that your elliptical trainer is used only indoors, in a climate controlled room. If your elliptical trainer has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the elliptical trainer is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

### **CHILDREN**

- Keep children off of your elliptical trainer at all times.
- When the elliptical is in use, young children and pets should be kept at least 10 feet away.

### **CLEANING**

- Clean with soap and slightly damp cloth only. Never use solvents.

## **CONGRATULATIONS!**

You've taken an important step in developing and sustaining an exercise program! Your elliptical trainer is a tremendously effective tool for achieving your personal fitness goals. Regular use of your elliptical trainer can improve the quality of your life in so many ways.

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new elliptical trainer will help you eliminate the obstacles that prevent you from getting in your exercise time. Inclement weather and darkness won't interfere with your workout when you use your elliptical trainer in the comfort of your home. This manual provides you with basic information for using and enjoying your new machine. A more complete knowledge of your new elliptical trainer will assist you in realizing your goal of a healthy lifestyle.

***CAUTION: BEFORE BEGINNING ANY EXERCISE PROGRAM, ALWAYS CONSULT YOUR PHYSICIAN. IF YOU EXPERIENCE CHEST PAINS, NAUSEA, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISING AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.***

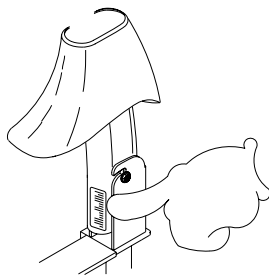
## **IMPORTANT: PLEASE READ BEFORE USE!**

### **ASSEMBLY**

**CAUTION!** There are several areas during the assembly process of a elliptical trainer that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the elliptical trainer could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical trainer, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your elliptical trainer's serial number and model name located under the console mast boot and enter it in the space provided below:

**SERIAL NUMBER AND MODEL NAME LOCATION:**



**ENTER YOUR SERIAL NUMBER IN BOX BELOW:**

Refer to this number when calling for service, and also enter this serial number on your Warranty Card and in your own records. Be sure to read the Safety Instructions and complete Owner's Guide before using your new Sears elliptical trainer.

**WARRANTY REGISTRATION**

Your warranty card must be completed and sent to Sears within thirty days of purchase, before a warranty claim can be processed. Please keep receipt with owner's guide as it may be required for a warranty claim. Make sure to send in warranty registration card to value your warranty.

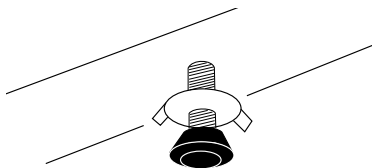
# GETTING STARTED

## ***POWER***

The console is powered by 2 AA batteries, which are replaceable through the back side of the console. Your elliptical itself, is powered by you.

## ***LEVELING***

The elliptical trainer should be level for optimum use. Once you have placed the elliptical trainer where you intend to use it, raise or lower the adjustable levelers located on the outside of each pedal arm. Once you have leveled the elliptical trainer, lock the levelers in place by tightening the wing nuts against the frame.



## FOLDING YOUR ELLIPTICAL TRAINER

**Note:** It is important to always follow the correct order of steps when folding your elliptical trainer.

**STEP 1:** The first step is to position the elliptical pedal arms in the proper position. The pedal arms can be positioned in two different positions for convenience. The first position is to rotate the left pedal arm so that it is in the backmost position (the left pedal arm wheel should be positioned at the rear of the elliptical trainer). The second position would be to rotate the right pedal arm in the backmost position.

**STEP 2:** Carefully raise both the pedal arm (in the backmost position) and guide rail simultaneously.

**STEP 3:** Press and hold the lock latch button located underneath the guide rail end cap. Align the lock latch with the lock latch receiver located underneath the pedal arm. Insert the lock latch receiver into the lock latch. Release the lock latch button once the lock latch is secure.

**STEP 4:** Repeat process for alternate side.

## UNFOLDING YOUR ELLIPTICAL TRAINER

**Note:** It is important to always follow the correct order of steps when unfolding your elliptical trainer.

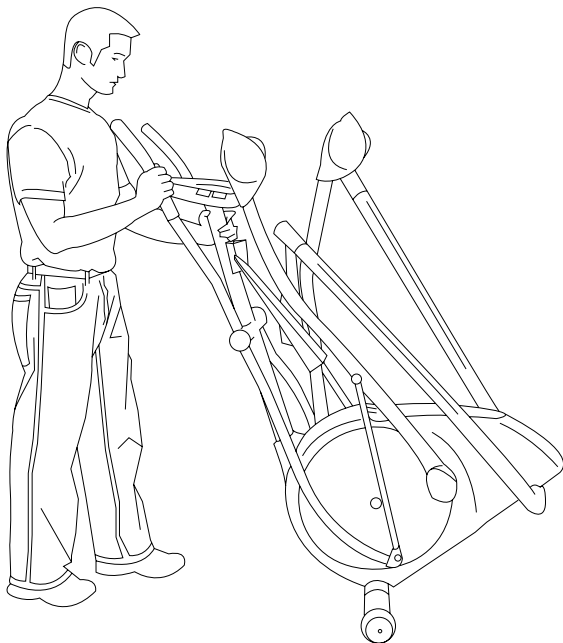
**STEP 1:** Firmly grasp both the left pedal arm and guide rail. Press and release the lock latch receiver from the lock latch. Carefully lower the pedal arm and guide rail, standing to the side to avoid any accidental release of the alternate pedal arm and guide rail.

**STEP 2:** Repeat process for alternate side.



## ***MOVING***

Your elliptical trainer has a pair of transport wheels built into the front of the frame. With the treadmill in the folded position and bracing one foot against the front foot tube, carefully pull back on the console mast and roll the elliptical to the desired position.

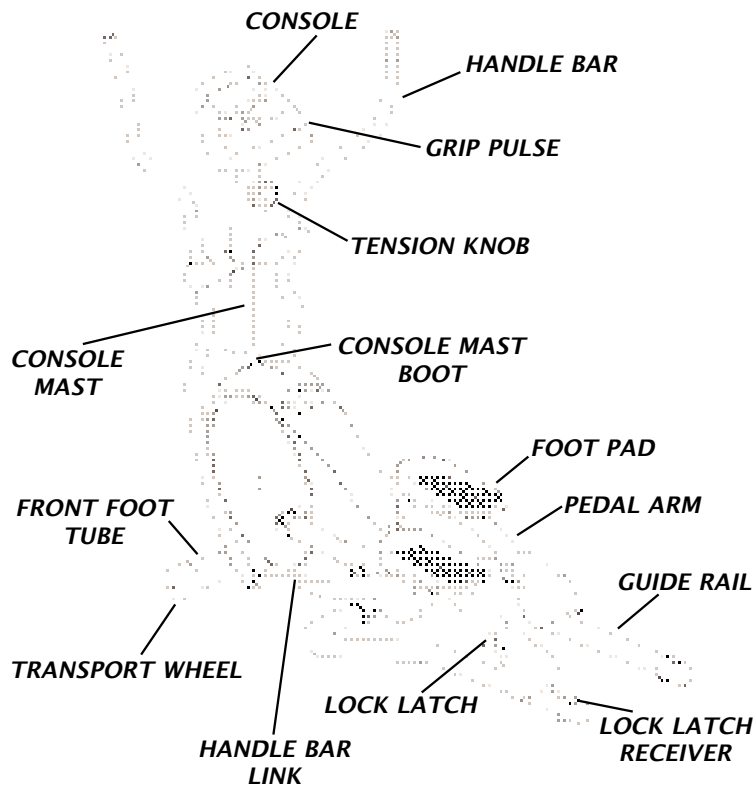


***CAUTION!*** Our elliptical trainers are well built and heavy, weighing up to 200lbs.! Use care and additional help if necessary when moving.

## ***FOOT POSITION***

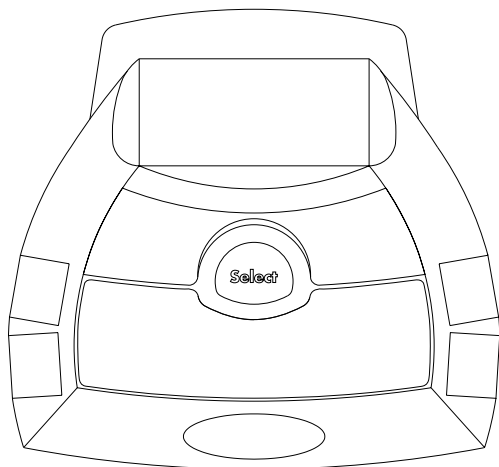
When using your elliptical trainer, you may notice that your heel raises off of the foot pad. This is a natural walking or running motion and you should not try to prevent this.

# KNOW YOUR ELLIPTICAL TRAINER



### **QUICK START UP**

Simply begin exercising. The console will automatically begin counting up and tracking your information.



### **RESET**

Press and hold the select button on the console.

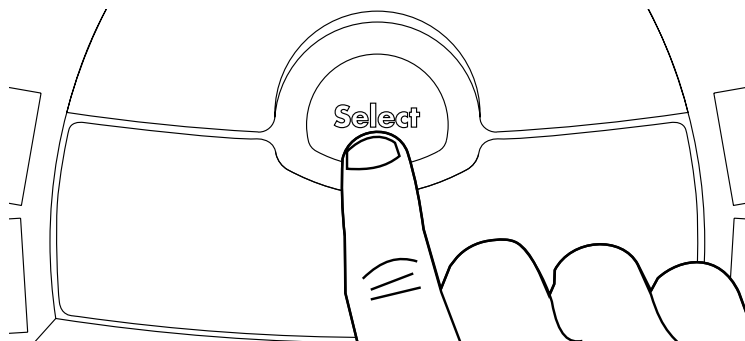
### ***mph/km CONVERSION***

The speed readout on the console automatically defaults to mph when installing the batteries. To convert the speed readout to kilometers, press and hold the 'Select' button for three seconds. At this time, the time display should register 0:00. Continue to press the 'Select' button for an additional 2 seconds until the time display registers 0:00 once again. The console should now be set for km. To switch back to mph, simply remove the batteries in the console.

## PROGRAMMING

### **SELECTING OPTIONAL FEEDBACK**

Press the 'SELECT' button on the console to scroll through and view your speed, time, distance, odometer, calories, and pulse.



### **STARTING YOUR WORKOUT**

Start pedaling, the console will automatically begin counting down.

### **SCAN FUNCTION**

During a workout, you can view alternate information such as speed, distance, calories, accumulated distance (odometer), and heart rate by pressing the 'select' button. To continuously scan through all alternate readouts, press the 'select' button until both scan and time are displayed. This will automatically allow the console to scan through all alternate readouts.

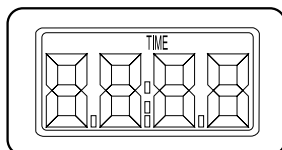
### **FINISHING YOUR WORKOUT**

Remember to gradually slow down your pace before stopping your workout. The machine will not stop moving if you stop your feet abruptly. After you have finished your workout, the console will 'beep' several times to let you know your workout is finished.

# DISPLAY

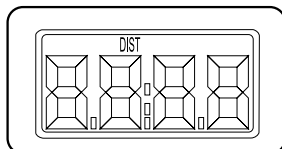
## **TIME**

Shown as Minutes:Seconds. View the time remaining or the time elapsed in your workout.



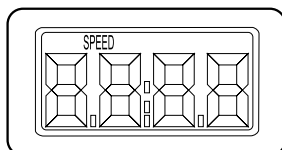
## **DISTANCE**

Shown as Miles. View the accumulated distance during your workout.



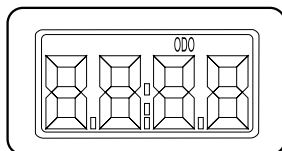
## **SPEED**

Shown as your speed in miles per hour.



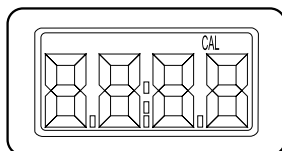
## **ODOMETER**

Shows your accumulated distance for all your previous workouts. It will continue to track this distance until the batteries die or are pulled out.



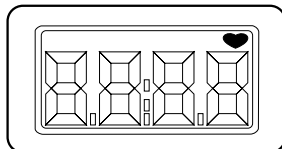
## **CALORIES**

Shown as total accumulated calories burned during your workout.

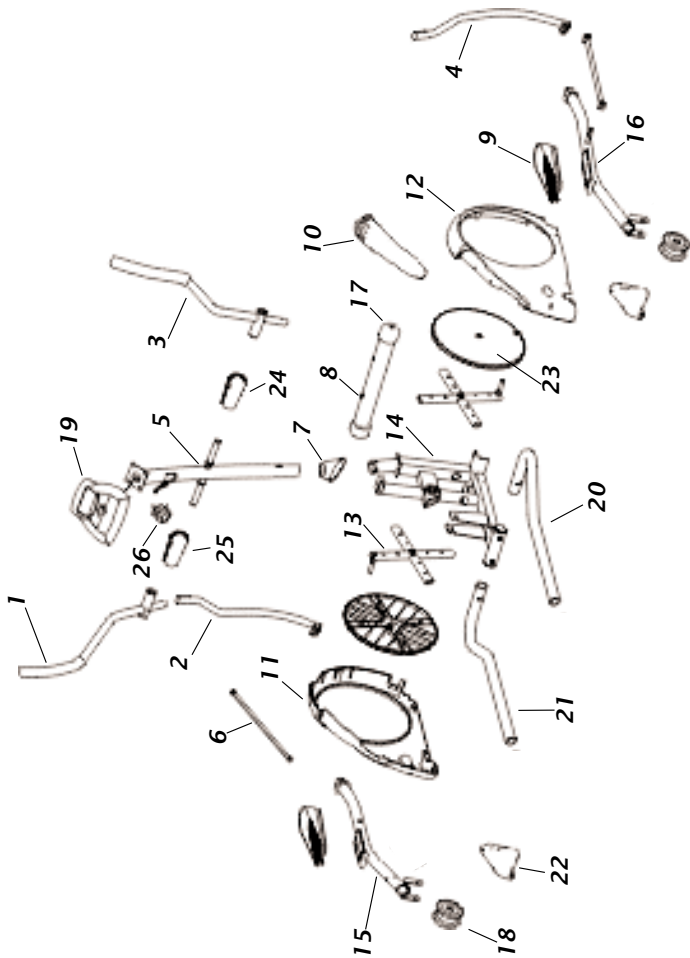


## **PULSE**

Shown as Beats Per Minute. Used to monitor your heart rate during your workout (displayed when contact is made with both grips. Pulse can only be viewed while on the pulse screen).



# EXPLODED DIAGRAM



## MAIN ASSEMBLY PARTS LIST

<b>Ref. No.</b>	<b>Part No.</b>	<b>Description</b>
1	SZEP28UHB-L	Left Upper HandleBar
2	SZRP28LHB-L	Left Lower Handlebar
3	SZEP28UHB-R	Right Upper HandleBar
4	SZRP28LHB-R	Right Lower Handlebar
5	SZEP28CSM	Console Mast Set
6	SZEP28LLA	Lower Linkage Set
7	MB0210024A	Console Mast Cover
8	SPO312004AA	Front Stabilizer
9	MB0691009B	Foot Pad
10	MB0669005AB	Accent
11	MB0202054C	Left Side Cover
12	MB0203041C	Right Side Cover
13	SPO314007AA	Crank
14	SPO301023AA	Frame
15	SZEP28PAM-L	Left Pedal Arm Set
16	SZEP28PAM-R	Right Pedal Arm Set
17	MB0102003	Mobile Wheel
18	SZEP28ROL	Roller Set
19	MC0603093AA	Console
20	SPO313018AA	Right Guide Rail
21	SPO313013AA	Left Guide Rail
22	MB0629020A	End Cap for Roller Wheel
23	MB06E2002A	Disk
24	MB0622012A	Front Cover for Console Axle
25	MB0622013A	Rear Cover for Console axle
26	MD0205001	Resistance Knob

# NON-ILLUSTRATED PARTS LIST

Part No.	Description	Part No.	Description
SZEP28CPS	Crank-Pin-Sleeve-Set	MZE0101027	Screw,Round-tapping
SZEP28DAX	Drive Axle Set	MZE0502063	Washer,Flat
SZEP28PAX	Pedal Axel Set	MZE0102026	Screw,Oval head
SP034002AA	Connect Tube	MC05100048	Sensor Wire
SP0318015AA	Connect Tube	MC0510034	Connected Sensor Wire
S16328001	ECB SET	MZE0108004	Screw,Round-tapping
MZE0301009	Bushing	MJ1802001	Support Base For Speed Sensor
MB0302002	Pad	MZE0102021	Screw,Oval head
MB0301002	Adjustbale Pad	MB0649010A	Spacer For Handle
MZE0112121	Screw,Oval hex socket	MB0678025A	End cap for side round cap
MZE0204011	Nylon Nut	MB0678026A	Cover for Nut
MZE0503001	Washer	MJ1234001	Connecting Cable For Side Cover
MZE0112023	Screw,Oval hex socket	MZE0701001	C Clip
MZE0102006	Screw,Oval head	MZE0107015	Screw,Oval-tapping
MZE0503007	Washer	MZE0102039	Screw,Oval head
MD01010048	Mobile Wheel	MJ3305021B	Drive Axle
MJ3329005A	Axle of Mobile Wheel	MD0119001	260 Pulley
MJ3303005A	Spacer Ring	MD0112002C	Small Pulley
MZE0502038	Washer,Flat	MD0110018A	Flywheel
MZE0506005	Washer	MJ3307006A	Axle of flywheel
MZE0501027	Spring Washer	MD0501013	Ball bearing
MZE0502182A	Washer,Flat	MD0501002	Ball bearing
MZE0204025	Nylon Nut	MD0603013A	Drive Belt
MD0503004	Ball Bearing	MZE0208006	Hex, nut
MZE0502015	Washer,Flat	MJ3308001	Fixed Nut
MZE0112086	Screw,Oval hex socket	MZE0110030B	Bolt, eye head
MZE0112041	Screw,Oval hex socket	MJ1804001	Spacer SPC
MZE0204005	Nylon Nut	MZE0204010	Nylon Nut
MZE0903010	C clip	MZE0201012	Hex Nut
MD0501002	Ball bearing	MZE0502053	Flat Washer
SP0341001AA	Folding Base	MZE0201013	Hex. Nut
MZE0301009	Bushing	MZE0401013	Round Pin
MB0302002	Pad	MZE0401007	Round Pin
MB0301002	Adjustable Pad	MR0310001	Spacer Ring
MZE0112034	Screw,Oval hex socket	MJ3309001	Spacer Ring
MJ1393029B	Folding Base	MJ3310001	Spacer
MZE0120005A	Screw	MZE0502007	Flat Washer
MZE1120012A	Spring	MZE0506002	Washer
MZE0102079	Screw,Oval head	MZE0902011	Outer C clip
MZE0502072	Washer Flat	MC0708001	Magnet
MZE0204004	Nylon Nut	MZE0508004	Washer
MZE0102051	Screw,Oval head	MC0709003	Magnet
MZE0502091	Washer Flat	MJ3601001	Axle of ECB
MJ3345005A	Swivel Axle	MZE0110025A	Bolt, eye
MZE0112086	Screw,Oval hex socket	MJ1321001C	Adjustable Base
ML0105001C	Sleeve	MB0604003	Sleeve
MZE0502138	Washer,Flat	MZE0112015	Screw,Oval hex socket
MZE0114034	Bolt	MZE0903003	C clip
MZE0902015	Outer C clip	MZE1107059A	compressed spring
MZE0506011	Washer	MZE0502082	Flat Washer
MZE0502003	Washer,Flat	MZE0104012	Screw,Round-hex-socket
MB0401087A	Handle Bar Grip Foam	MZE0112001	Screw,Oval hex socket
MZE0502035	Washer,Flat	MD0205001	Resistance Knob
MZE0505042A	Teflon Washer	ML0247011A	Low Connect Line
ML0105003A	Sleeve	MZE0204004	Nylon Nut
MZE0505046A	Teflon Washer	MJ1256006	Fixed Plate for ECB
MZE0204005	Nylon Nut	MZE0204012	Nylon Nut
MZE0112040	Screw,Oval hex socket	MZE0502063	Flat Washer
MZE0121004	Large Screw,Oval-tapping	MG0234021A	Console Logo
MZE0502041	Washer,Flat	MG0214037A	Cover Logo
MZE0902007	C Clip Outer	MF0101185A	Carton
MB0667001	Mobile Wheel housing	MH0204112A	Assembly Guide
MZE0301014	Bushing	MH0207047A	Owner's Guide
MZE0112073	Screw,Oval hex socket	MZE0606076A	Hardware Pack
MZE0107013	Screw,Oval-tapping		



## MONITORING YOUR HEART RATE

### **HEART RATE**

Place the palm of your hands directly on the heart rate contacts. Both hands must grip the bars for your heart rate to register. When gripping the , do not grip tightly. Holding the grips tightly may elevate your blood pressure. Try to maintain moderate pressure while holding onto the heart rate contacts. It is recommended that you hold only long enough to see your heart rate readout on the console. You may experience an erratic readout if consistently holding the contacts.

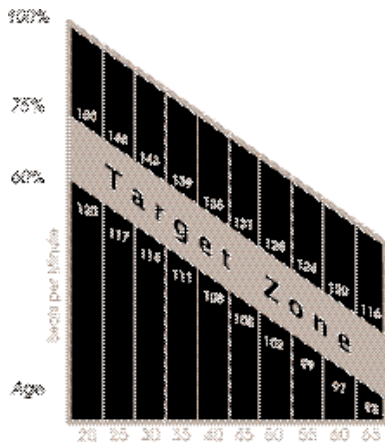
### **WARNING!**

The heart rate function is not a medical device. Various factors may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid.

# PULSE Zone™ CHART

## TARGET HEART RATE ZONE

Your 'Target Heart Rate Zone' is a percentage of your maximum heart rate. Target Zones will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a 'Target Heart Rate Zone' of between 60% and 75% of your maximum heart rate. See the chart below for convenient reference. **EXAMPLE** for a 42-year old user: find AGE along the bottom of the chart (round to 40), follow AGE column up to the TARGET ZONE BAR. RESULTS: 60% of maximum Hear Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.



## TROUBLESHOOTING YOUR ELLIPTICAL TRAINER

Your elliptical is designed to be reliable and maintenance free. However, if you do experience problems with your elliptical, please reference the troubleshooting guide listed below.

**PROBLEM:** There is no display on the console.

**SOLUTION:** Remove the battery panel located on the back of the console and make sure the batteries are installed properly.

**SOLUTION:** Remove the console and verify that the console cable is attached properly, making sure that that cable is securely inserted into the console.

**PROBLEM:** The elliptical trainer makes a squeaking or chirping noise.

**SOLUTION:** Loosen all bolts attached during the assembly process, grease the threads and tighten again.

## HEART RATE TROUBLESHOOTING

**PROBLEM:** Erratic or Inconsistent Readout.

**SOLUTION:** Check your exercise environment for sources of interference such as high power lines, large motors, etc.

You may experience an erratic readout under the following conditions:

- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate grips while exercising.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try moistening your palms or rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose skin on the measuring palms is especially thick.

Note: Outside interference sources such as computers, motors and fluorescent lights may cause the heart rate reading to be erratic.

If the above troubleshooting section does not remedy the problem,  
discontinue use and turn the power off.

**DO NOT RETURN TO THE STORE, PLEASE CONTACT THE  
SEARS CUSTOMER ASSISTANCE CENTER;  
TOLLFREE @ 1-888-993-3199.**

## COMMON PRODUCT QUESTIONS

### ***ARE THE SOUNDS MY ELLIPTICAL TRAINER MAKES NORMAL?***

Our elliptical trainers are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our elliptical trainers. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

### ***WHY IS THE ELLIPTICAL TRAINER I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?***

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

### ***HOW LONG WILL THE DRIVE BELT LAST?***

The computer modeling we have done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

### ***CAN I MOVE THE TRAINER EASILY ONCE IT IS ASSEMBLED?***

Your Elliptical Trainer has a pair of transport wheels built into the front legs. It is easy to move your Elliptical Trainer by rolling it on the front transport wheels. It is important that you place your Elliptical Trainer in a comfortable and inviting room. Your Elliptical Trainer is designed to use minimal floor space. Many people will place their Elliptical Trainers facing the TV or a picture window. If at all possible, avoid putting your Elliptical Trainer in a unfinished basement. To make exercise a desirable daily activity for you, the Elliptical Trainer should be in a attractive setting.

## EXERCISE GUIDELINES

*Always consult your physician before beginning an exercise program.*

### **HOW OFTEN?**

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before your shower, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. If you are to be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

### **HOW LONG?**

For aerobic exercise benefits, it's recommended that you exercise for between 24 and 32 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

## ROUTINE MAINTENANCE

### ***WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?***

We use sealed bearings throughout our ellipticals so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the trainer after each use.

### ***HOW DO I CLEAN MY ELLIPTICAL TRAINER?***

Clean with soap and water cleaners only. Never use solvents on plastic parts.

Cleanliness of your elliptical trainer and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, it is recommended that the following preventive maintenance schedule be followed.

### ***AFTER EACH USE (DAILY)***

- Wipe down the elliptical trainer with a damp cloth. Never use solvents, as they can cause damage to the elliptical.

### ***EVERY WEEK***

Clean underneath the elliptical, following these steps:

- Move the elliptical trainer to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the elliptical.
- Return the elliptical trainer to its previous position.

### ***EVERY MONTH***

- Inspect all assembly bolts and pedals on the machine for proper tightness.

## ***HOW HARD?***

How hard you workout is also determined by your goals. If you use your Elliptical Trainer to prepare for a 5K run, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate (see page 27), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!). Note: Always consult your physician before beginning an exercise program.

## ***PERCEIVED EXERTION LEVEL***

The second and simpler way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of other warning signs of overexertion.



## DEVELOPING A FITNESS PROGRAM

### ***STRETCH FIRST***

Before using your product, it is best to take a few minutes doing a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

### ***WALL PUSH***

Stand near a wall with the toes of one foot about 18" from the wall, and the other foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Alternate positions of your feet and repeat for a total of 8 repetitions.

### ***STANDING QUADRICEPS STRETCH***

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for a count of 15 seconds. Repeat with your right ankle and hand, and continue alternating for a total of 8 repetitions.

### ***SEATED TOE TOUCH***

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat for a total of 8 repetitions.

## THE IMPORTANCE OF WARM UP AND COOL DOWN

### ***WARM UP***

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your Sears product at a slow pace.

### ***COOL DOWN***

Never stop exercising suddenly! A cool-down period allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

# ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your Elliptical Trainer to lose weight? Improve muscle? Burn Stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss
- Improve Body Shape and Tone
- Increased Energy Level
- Improved Sports Performance
- Improved Cardiovascular Endurance
- Weight Maintenance
- Strengthen Leg Muscles
- Improved Sleep Patterns
- Stress Reduction

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your Elliptical Trainer console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of test functions.

## ***KEEPING AN EXERCISE DIARY***

Photocopy the weekly and monthly log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

# WEEKLY LOG SHEET

WEEK # _____		WEEKLY GOAL: _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUN					
MON					
TUES					
WED					
THUR					
FRI					
SAT					
WEEKLY TOTALS					

WEEK # _____		WEEKLY GOAL: _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUN					
MON					
TUES					
WED					
THUR					
FRI					
SAT					
WEEKLY TOTALS					

# MONTHLY LOG SHEET

MONTH _____		MONTHLY GOAL: _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS			

MONTH _____		MONTHLY GOAL: _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS			

## LIMITED HOME USE WARRANTY

### **FRAME - LIFETIME**

Sears warrants the frame against defects in workmanship and materials for the lifetime of the original owner.

### **BRAKE - LIFETIME**

Sears warrants the brake against defects in workmanship and materials for the lifetime of the original owner.

### **ELECTRONICS & PARTS - 1 YEAR**

Sears warrants the electronic components and all original parts for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

### **LABOR - 90 DAYS**

Sears shall cover the labor cost for the repair of the device for a period of ninety days from the date of the original purchase, so long as the device remains in the possession of the original owner.

### **EXCLUSIONS AND LIMITATIONS**

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective frame, electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the elliptical trainer as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. Sears shall not be responsible for incidental or consequential damages. All returns must be pre-authorized by Sears. Sears' obligation under this warranty is limited to replacing or repairing, at Sears' option, the product at one of its authorized service centers. An Sears authorized service center must receive all products for which a warranty claim is made. These products must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. Parts and electronic components reconditioned to As New Condition by Sears or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. This warranty gives you specific legal rights, and your rights may vary from state to state.

### **WARRANTY REGISTRATION**

Your warranty card must be completed and sent to Sears, before a warranty claim can be processed.

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