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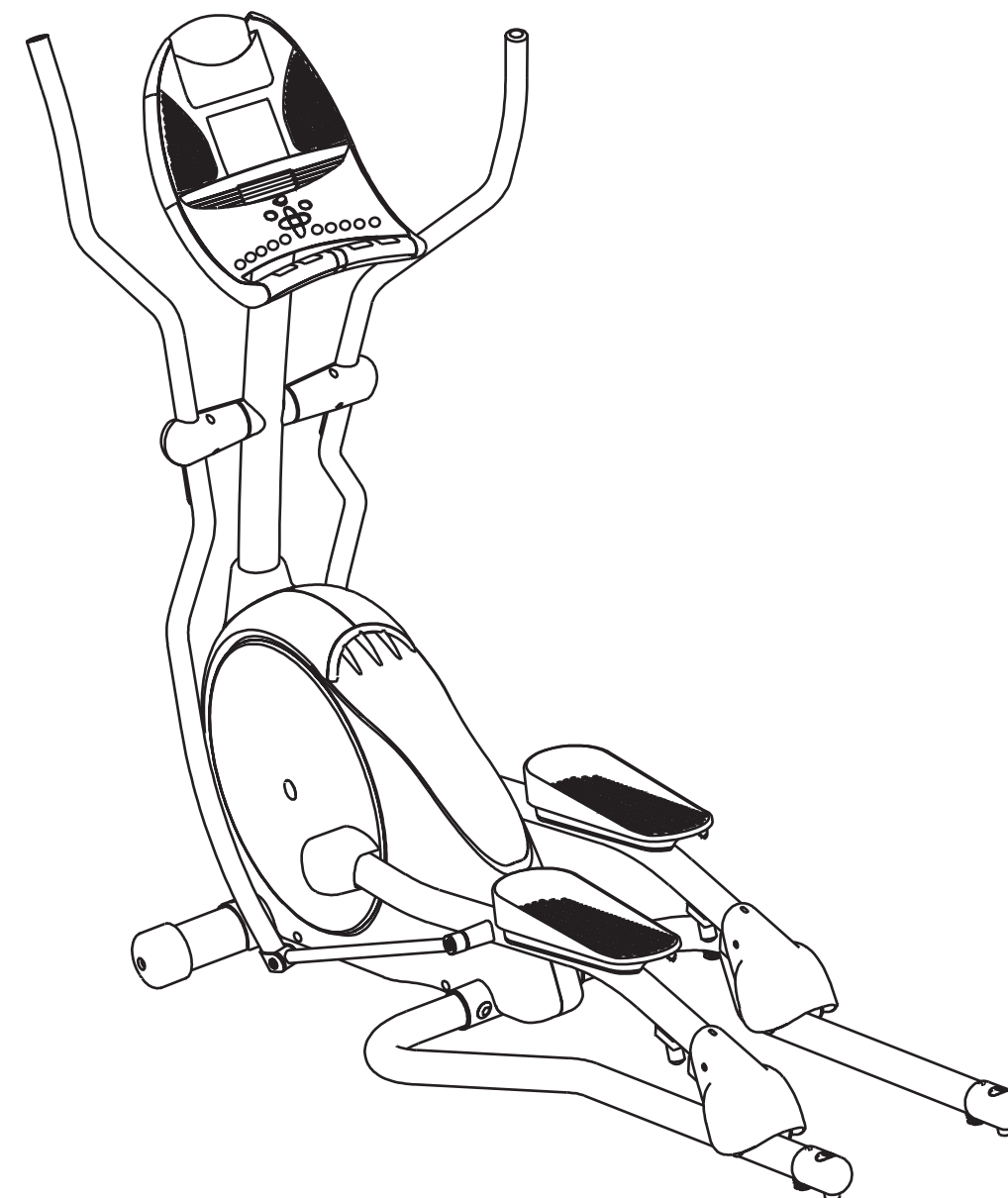
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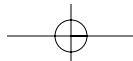
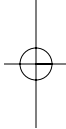
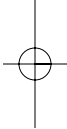
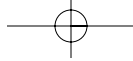
Sears Ca. English. Rev. 1.4



30150

Elliptical User's Guide

SEARS CANADA, INC. TORONTO, ONTARIO M5B 2B8



Limited Warranty

FRAME • LIFETIME

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

BRAKE • 10 YEARS

Sears warrants the brake against defects in workmanship and materials for the ten years 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 • 1 YEAR

Sears shall cover the labor cost for the repair of the device for a period of one year 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. This warranty is applicable to sales made only by Sears, its affiliates, subsidiaries and authorized distributors of Sears products within the U.S. and Canada.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to Sears or register online at www.sears.ca, before a warranty claim can be processed.

Table of Contents

IMPORTANT PRECAUTIONS3

BEFORE YOU BEGIN7

ASSEMBLY8

ELLIPTICAL OPERATION & ADJUSTMENT11

CONSOLE FEATURES & DISPLAY14

PROGRAM PROFILES18

PROGRAM CHARTS19

USING YOUR RACE PROGRAM21

USING YOUR THR ZONE 1 & 2 PROGRAMS22

USING YOUR CUSTOM USER 1 & 2 PROGRAMS23

TROUBLESHOOTING & MAINTENANCE PROCEDURES24

CONDITIONING GUIDELINES28

MONITORING YOUR HEART RATE29

HEART RATE CHART30

DEVELOPING A FITNESS PROGRAM & WARM UP/COOL DOWN31

ACHIEVING YOUR FITNESS GOALS32

WEEKLY LOG SHEETS33

MONTHLY LG SHEETS34

PARTS LIST35

EXPLODED DIAGRAM36

LIMITED WARRANTY37



CAUTION

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

Important Precautions

SAVE THESE INSTRUCTIONS

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

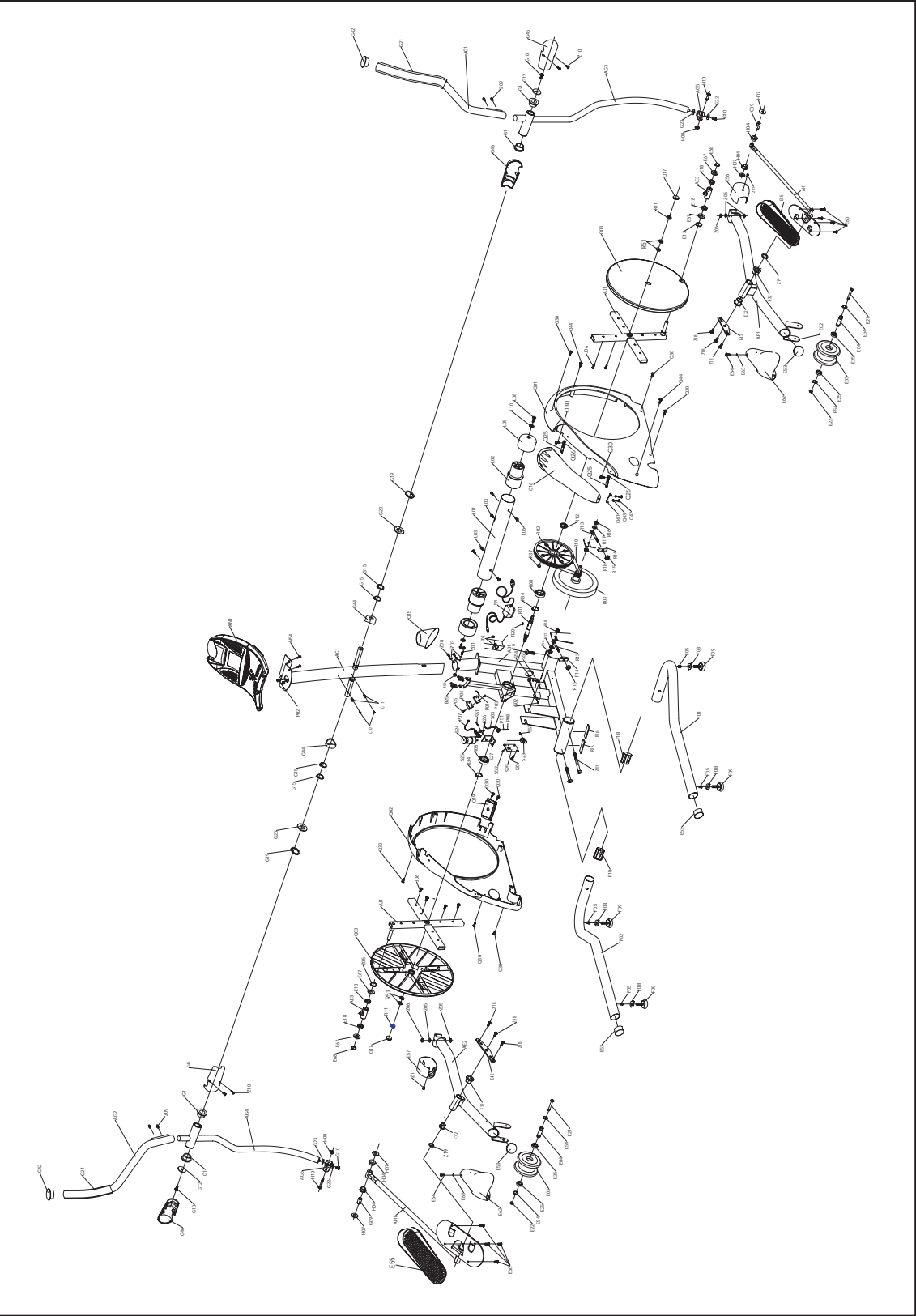


WARNING!

To reduce the risk of burns, fire, electrical shock or 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 manufacturer.
- 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.
- Never operate this elliptical trainer if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- Only use the power cord provided with your elliptical trainer.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch or damage it.
- Unplug your elliptical trainer before moving it.

Exploded Diagram



Parts List

MODEL: 30150							
item NO.	JHT Parts No.	Description	item NO.	JHT Parts No.	Description	item NO.	JHT Parts No.
AB1	SP0301053AC	MAIN FRAME	J06	ME0121004	LARGE	S51	ME0104002
B25	ME0701001	C CLIP			SCREW,OVAL-TAP-		
B26	MB0403047A	SPACER FOR			PING	S52	ME0102003
		SINGLE GLUE	L01	SP0312004AD	FRONT STABILIZER	S53	ME0114001
AC1	SP0302083AB	CONSOLE MAST			SET	S54	ME0502104
C10	ME0102026	SCREW,OVAL HEAD	L02	MB0667001	MOBILE WHEEL	S55	ME0102004
AE1	SP0305061AB	RIGHT PEDAL ARM	L05	MB0102003	94 MOBILE WHEEL	S03	SP0320010AA
AE2	SP0305062AB	LEFT PEDAL ARM	L03	ME0301014	THREADED BRASS		
AE3	SW0327006C	CRANK PIN HOUS-			INSERT/RIVET	S04	ME0107014
		ING	L06	ME0107013	SCREW,OVAL-TAP-		
E10	MB0649012A	SPACER			PING	V06	MG0214095A
E13	ME0506005	WAVY WASHER	L08	ME0101027AB	SCREW, ROUND	V20	MG0234044A
E18	MD0503004	NEEDLE BEARING			HEAD	V21	MG0311001A
E21	ME0112041	SCREW, OVAL HEX	L10	ME0502063	FLAT WAHSER	V30	MH0204325A
		SOCKET	AN1	SM0004098AF	CONSOLE SET	V31	MH0207141A
E22	ME0204005	NYLON NUT	P01	MC0510005A	SPEED SENSOR	V33	MH0101040A
E25	MD0501002	BALL BEARING			WIRE		
E53	MB0609127AA	END CAP	P02	MC0501092A	CONSOLE CABLE	X01	MF0101235A
E54	ME0902006	C CLIP	P03	ME0108004	SCREW, ROUND	X12	MF0701004
E55	MB0691009C	PEDAL			TAPPING	AZ1	SM0338072A
E56	MB0622014B	RIGHT CRANK	P04	MJ1040014B	SENSOR BRACKET	Z01	ME0112101
		COVER	P05	ME0107057A	SCREW, OVAL-TAP-		
E57	MB0622015B	LEFT CRANK			PING	Z02	ME0204011
		COVER	P07	MC0560001A	SWITCH WIRE	Z03	ME0503001
E60	ME0102094	SCREW,OVAL HEAD	P08	ME0104136	SCREW, ROUND	Z04	ME0502038
E61	ME0102042	SCREW,OVAL HEAD			HEX SOCKET	Z05	ME0506005
E67	ME0502041	FLAT WAHSER	P51	ME0201001	NUT,HEX HEAD	Z06	ME0505055B
E68	ME0902007	C CLIP		MC0714110A2	ADAPTER	Z07	ME0204025
F01	SP0313028AD	RIGHT RAIL	Q01	MB0203041EC	RIGHT SIDE COVER	Z08	ME0502015
F02	SP0313029AD	LEFT RAIL	Q02	MB0202054EC	LEFT SIDE COVER	Z09	ME0112086
F08	MB0302002	LEVELER DEVICE	Q03	MB06E2002BC	DISK		
F09	MB0301002	ADJUSTABLE	Q15	MB0210024C	CONSOLE COVER	Z10	ME0112034
		FOOT PAD	Q16	MB0669005AF	ADORNMENT		
F18	MB0604037A	RAIL SLEEVE			PLATE FOR FRAME	Z11	ME0114034
AG1	SP0309037AD	SWING ARM			COVER	Z12	ME0108012
		ASSY-RH	Q17	MB0678025AC	END CAP FOR SIDE		
AG2	SP0308020AD	SWING ARM			ROUND	Z13	ME0107016
		ASSY-LH	Q19	MB0624006C	POWER SOKET		
AG3	SP0309038AD	LOWER HANDLE-	Q25	MJ1234001	CONNECTING	Z14	ME0112073
		BAR-RH			PLATE FOR SIDE		
AG4	SP0308021AD	UPPER HANDLE-			COVER	Z15	ME1007002
		BAR-RH	Q26	ME0701001	C-CLIP	Z16	ME1001002
AG5	SP0340002AF	CONNECTING	Q30	ME0107015	SCREW,OVAL-TAP-		
		COVER			PING	Z17	ME1007001
G10	ME0112086	SCREW	Q41	ME1120016C	SPRING	Z18	ME1001006
G11	ML0105017B	COPPER BUSHING	Q42	ME0102013	SCREW,OVAL HEAD		
G12	ME0502138	FLAT WAHSER	Q43	ME0502098	FLAT WAHSER	Z19	MF0701002
G15	ME0902015	C CLIP	Q44	ME0108031A	SCREW	AC1	SZEP29HCSM
G19	ME0506011	WASHER	R01	MJ3305031A	DRIVE AXLE		
G20	ME0502003	FLAT WAHSER	R02	MD0119001D	DRIVE BELT	AN1	SZEP29BCNS
G21	MB0401109A	FOAM GRIP			WHEEL	AG4	SZEP29HLHB-L
G22	ME0502035	FLAT WAHSER	R03	MD0208025A			
G23	ME0505042A	TEFLON WASHER	R08	MD0501007	BALL BEARING	AG3	SZEP29HLHB-R
G42	MB0609018B	END CAP	R10	MD0603013A	PULLEY BELT		
G43	ME0501007	SPRING WASHER	R11	ME0208006	HEX NUT	AH1	SZEP29HLLA-2
G44	MB0649010B	SPACER FOR	R12	MJ3308001	FIXING NUT		
		HANDLE	R20	ME0401007	2-END ROUND KEY	F02	SZEP29HRAL-L
G45	MB0622012C	SWIVEL AXLE	R34	ME0902011	C CLIP	F01	SZEP29HRAL-R
		FRONT COVER	R37	MC0708001	SENSOR MAGNET	Q02	SZEP29HSCV-L
G46	MB0622013C	SWIVEL AXLE	R13	ME0110003	EYE BOLT		
		BACK COVER	R14	MJ1804001	EYE BOLT HOLDER	Q01	SZEP29HSCV-R
AH1	SP0318015AD	LOW LINK ARM	R15	ME0204010	NYLON NUT		
H04	ML0105003A	SECONDARY	R16	ME0201012	HEX NUT	AG2	SZEP29HUHB-L
		ARM COPPER	R17	ME0502053	FLAT WAHSER		
		BUSHING	R18	ME0201013	HEX NUT	AG1	SZEP29HUHB-R
H07	ME0505038	TEFLON WASHER	R51	ME0508004	TRAY WASHER		
H08	ME0204005	SELF LOCKING	S02	ML0247025A	RESISTANCE WIRE	AE1	SZEP29HPAM-R
		NUT		SM0905006A	ECB CD MOTOR		
H10	ME0109022	SCREW 3/8"-			SET	AE2	SZEP29HPAM-L
		16UNCX25L	S23	MJ1906002B	CAM		
AJ1	SP0314021AD	CRANK SET	S27	MJ1908001	IC FIX PLATE		

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.

WEIGHT CAPACITY

- 275 lbs



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.

Monthly Log Sheet

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

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

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

Weekly Log Sheet

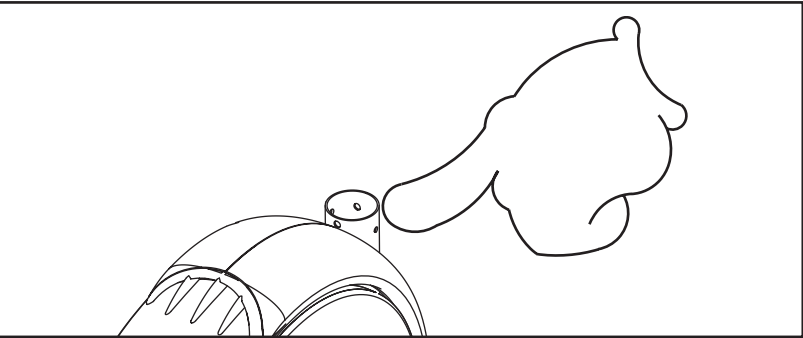
WEEK # _____		WEEKLY GOAL: _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUN					
MON					
TUES					
WED					
THUR					
FRI					
SAT					
WEEKLY TOTALS					

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

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

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 elliptical trainer.

Before You Begin

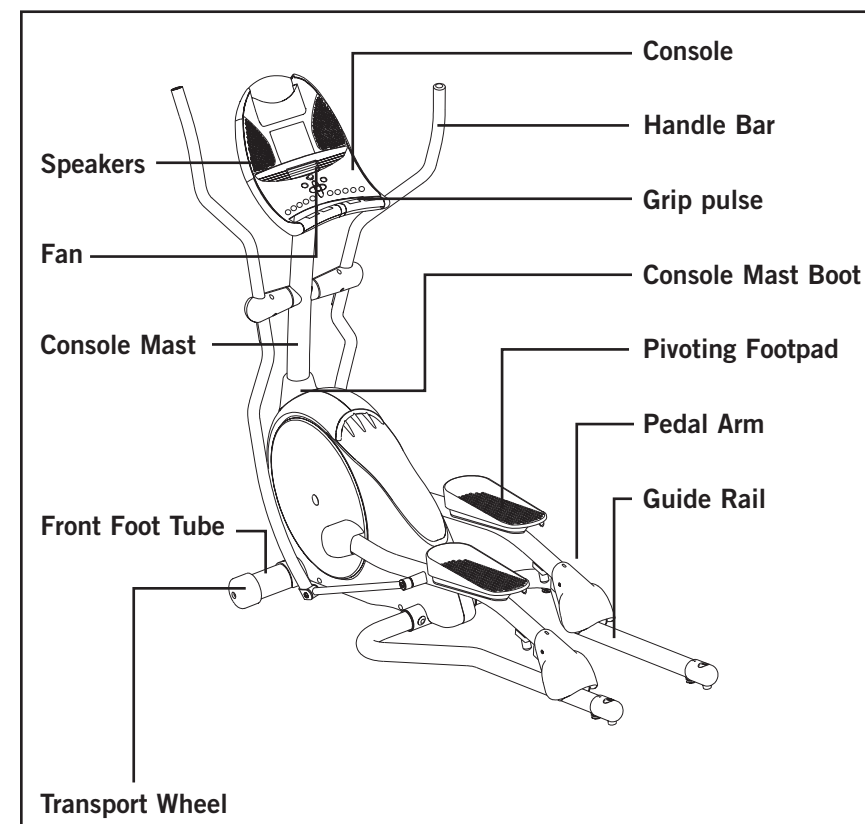
CONGRATULATIONS!

on choosing your elliptical trainer. 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.



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.

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, 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 Sears 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.

Warm Up & 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.

Assembly

UNPACKING

Unpack the product where you will be using it. Place the product on a level flat surface. It is recommended that you place a protective covering on your floor. **Note:** It is recommended that you apply grease to the threads of each bolt as you assemble the product, to prevent loosening and noise. Also, during each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

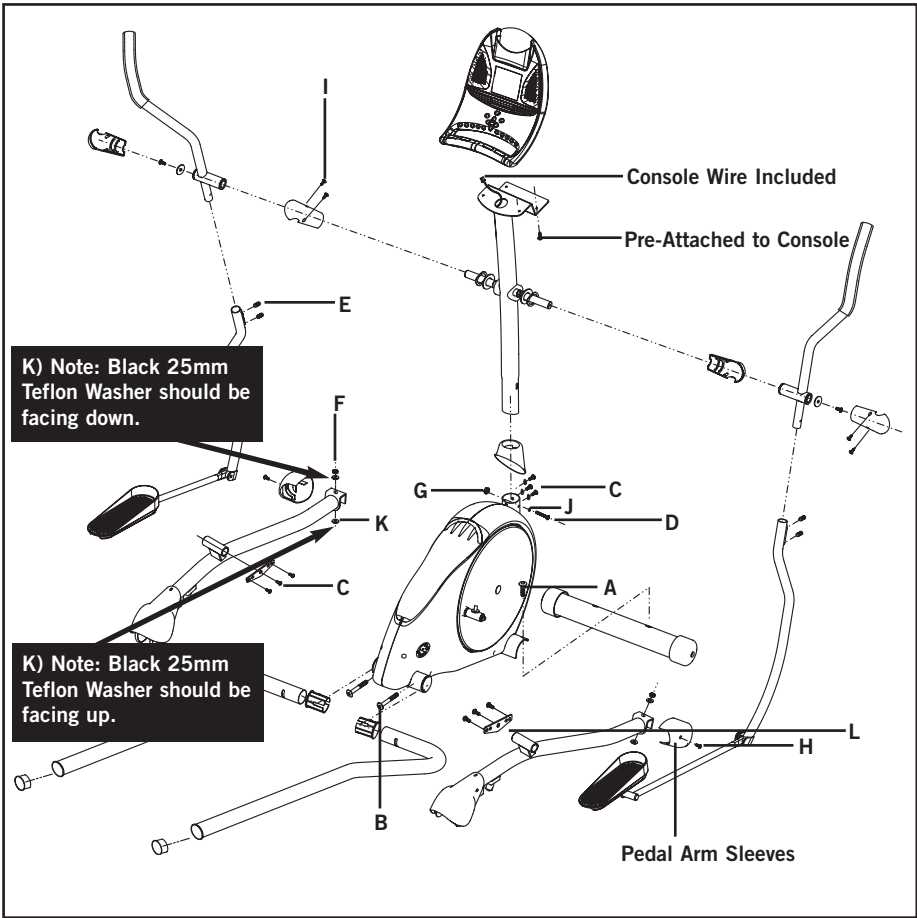
FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY! Place your Elliptical trainer on a level flat surface. It is recommended that you place a protective covering on your floor.

Parts

- 1 Front Foot Tube
- 2 Upper Handlebars
- 2 Lower Handlebars/Link Arms
- 2 Pedal arms
- 2 Guide Rails
- 1 Console Mast
- 1 Console Mast Boot
- 1 Power Supply
- 2 Pedal Arm Sleeves
- 2 Crank Boots
- 2 Front Upper Handlebar Covers
- 2 Back Upper Handlebar Covers
- 1 Hardware Pack (contents listed below)

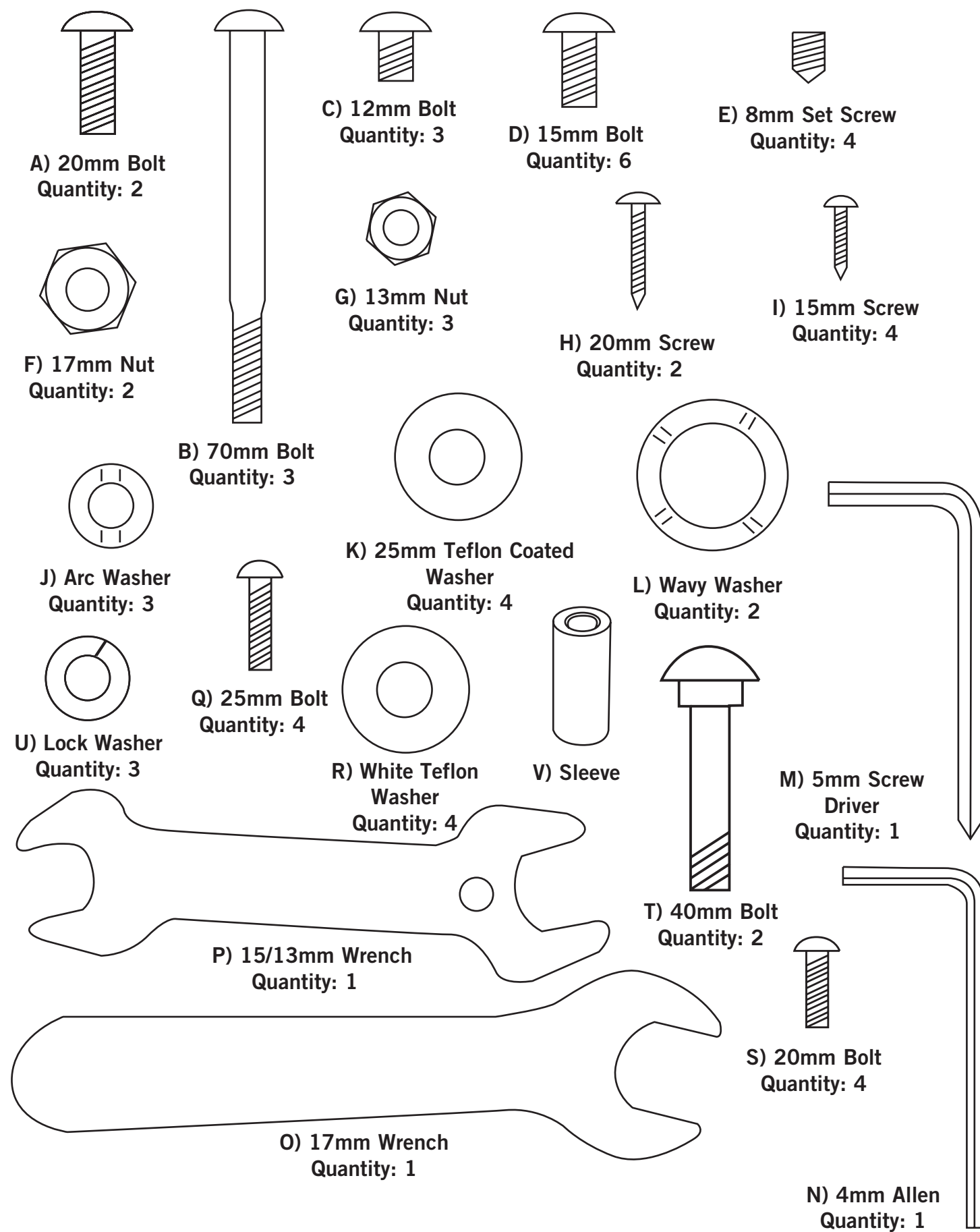
Tools (included)

- 4mm Allen Wrench
- 5mm Allen Wrench/Phillips Screw Driver
- 13/15mm Flat Wrench
- 17mm Wrench



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SEARS CANADA, INC. TORONTO, ONTARIO M5B 2B8

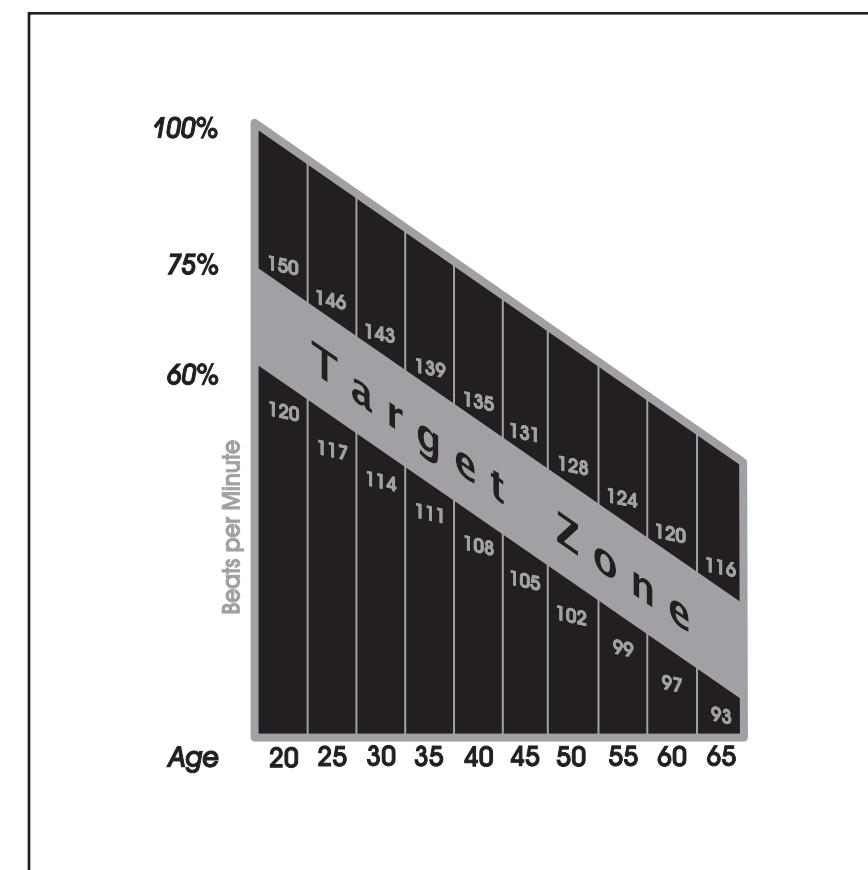
HARDWARE



Heart Rate 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.



Monitoring Your Heart Rate

FEEDBACK

Your elliptical trainer offers two heart rate feedback options. You may choose to use the heart rate handlebars, or the chest transmitter for a hands free workout.

HEART RATE HANDLEBAR

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

TELEMETRIC CHEST TRANSMITTER

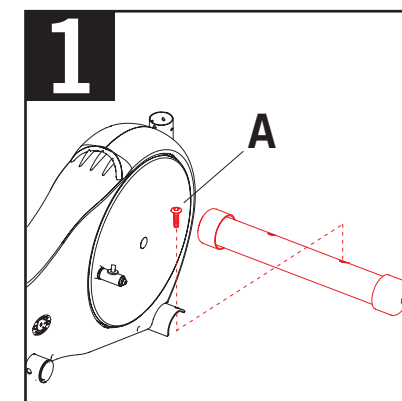
Prior to wearing the chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out. Note: The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout. **Note:** Chest strap not included, sold separately.

If you have any problems with the heart rate function please refer to the troubleshooting in the table of contents.

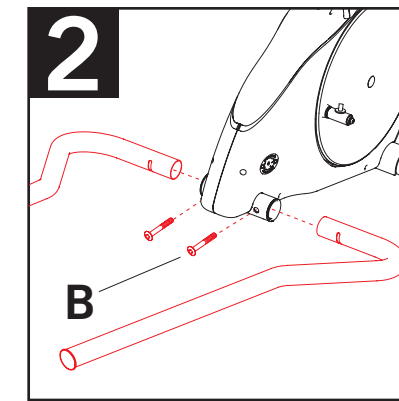


WARNING!

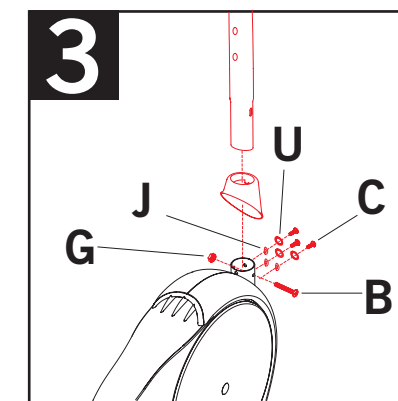
The heart rate function is not a medical device. Various factors may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid.



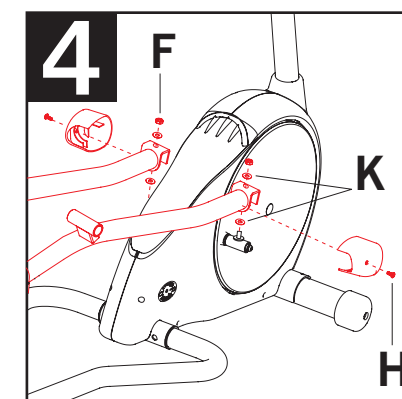
STEP 1:
ATTACH FRONT TUBE.
Note: Make sure not to tighten bolts until all assembly steps have been completely assembled and aligned.



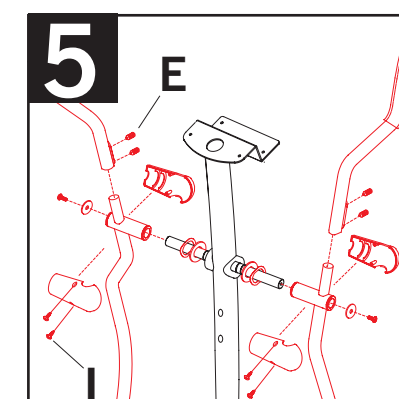
STEP 2:
ATTACH LEFT & RIGHT GUIDE RAILS.



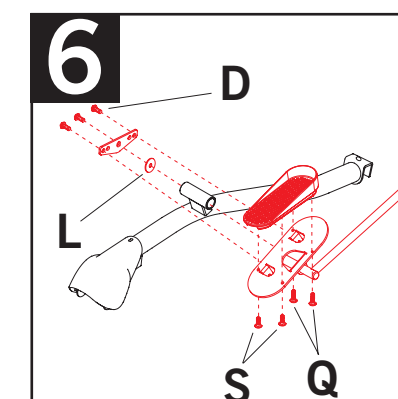
STEP 3:
ATTACH CONSOLE MAST AND CONSOLE MAST BOOT.
Note: Make sure to loosen the water bottle screws in order to fit the console cable through the mast. **DO NOT PINCH WIRES!**



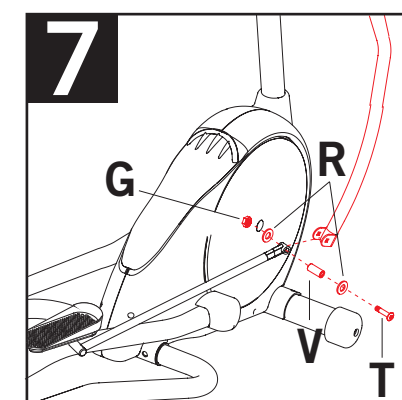
STEP 4:
ATTACH LEFT & RIGHT PEDAL ARMS AND PEDAL ARM SLEEVES.
Note: Black 'Teflon' surface of K should be facing the pedal arm.



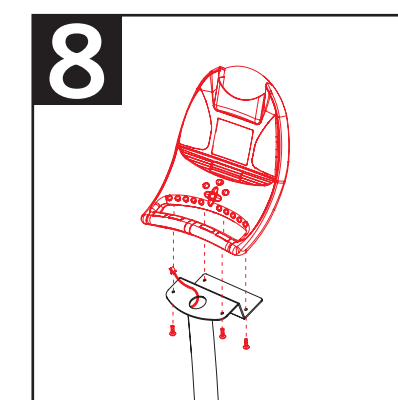
STEP 5:
ATTACH LEFT & RIGHT LOWER HANDLE BARS TO CONSOLE MAST. ATTACH LEFT & RIGHT UPPER HANDLE BARS. ATTACH H-BAR COVERS. Note: Bolts and washers are pre-assembled.



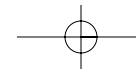
STEP 6:
ATTACH FOOT PAD TO FOOT PLATE THEN CONNECT THE PIVOTING FOOT PAD.



STEP 7:
ATTACH LEFT & RIGHT LINK ARMS TO LOWER LEFT & RIGHT HANDLE BARS.



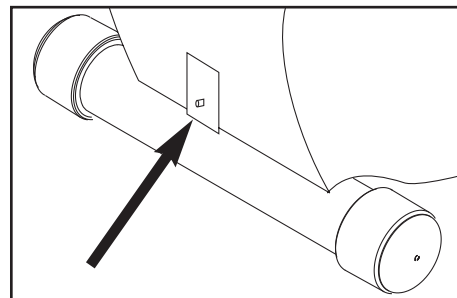
STEP 8:
ATTACH CONSOLE AND CONNECT ALL WIRES.
Note: DO NOT PINCH WIRES!
Note: Bolts are pre-assembled to console.



Elliptical Operation & Adjustment

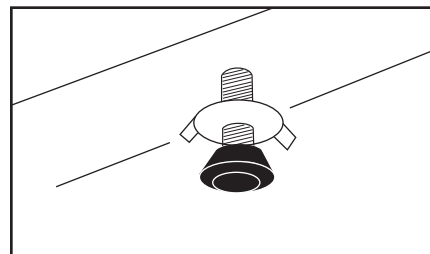
POWER

Your programmable elliptical trainer is powered by a power supply. The power supply must be plugged into the power jack, which is located in the front of the machine near the front foot tube.



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 underneath each guiderail. Once you have leveled the elliptical trainer, lock the levelers in place by tightening the wing nuts against the frame.



Conditioning Guidelines

Always consult your physician before beginning an exercise program.

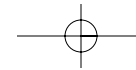


HOW OFTEN?

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 from 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.



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 entire trainer and guide rails after each use.

HOW DO I CLEAN MY SEARS 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, Sears recommends that the following preventive maintenance schedule be followed:

AFTER EACH USE

Turn off the elliptical trainer with the on/off switch located on the back of the console, and unplug the power cord from the wall outlet.



WARNING!

To remove power from the elliptical, the power cord must be disconnected from the wall outlet.

- Clean the entire machine and guide rails
- Wipe down the elliptical trainer with a damp cloth. Never use solvents, as they can cause damage to the elliptical.
- Inspect the power cord. If the power cord is damaged, contact Sears.
- Make sure the power cord is not underneath the elliptical trainer or in any other area where it can become pinched or cut.

EVERY WEEK

Clean underneath the elliptical, following these steps:

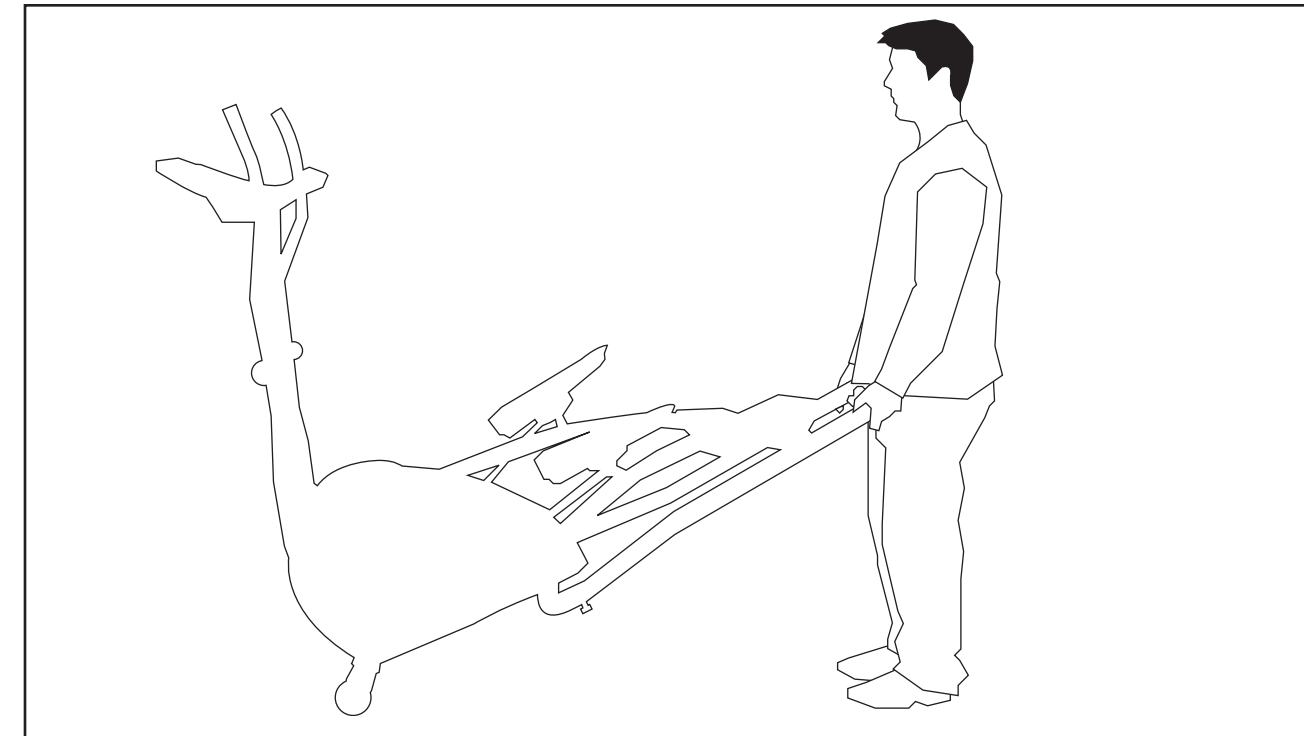
- Turn off the elliptical trainer with the on/off switch.
- Then unplug the power cord at the wall outlet.
- Move the elliptical trainer to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the elliptical.
- Return the elliptical trainer to its previous position.

EVERY MONTH

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

MOVING

Your elliptical trainer has a pair of transport wheels built into the front of the frame. Carefully pick up the guide rails 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 POSITIONING

Your elliptical trainer has a variety of foot positions to offer a variance in your workout routine and to strengthen and train a wider range of leg muscles. Your elliptical trainer also allows you to pedal both forward and backwards to allow you to focus on other muscle groups such as hamstring and calves. 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.

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 back-ground 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.

YOU MAY EXPERIENCE AN ERRATIC READOUT UNDER THE FOLLOWING CONDITIONS:

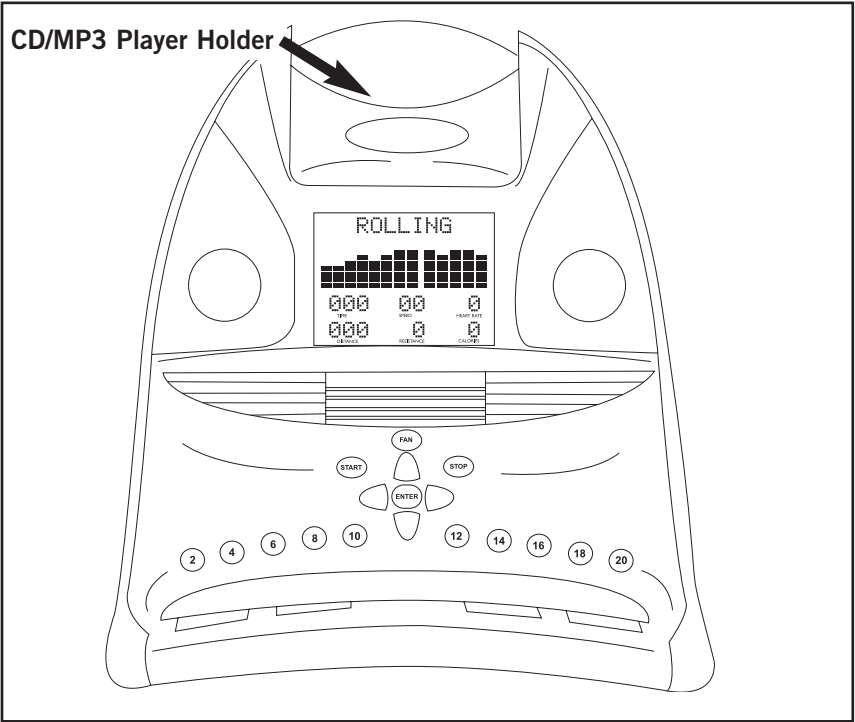
- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate grips while exercising.
- When you are breathing heavily during a workout.
- When your hands are constricted 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 @ 1-800-469-4663.
www.sears.ca**

Console Features & Display

Simply press the 'Start' button to begin exercising. The program will automatically default to the Manual program unless another program is selected.

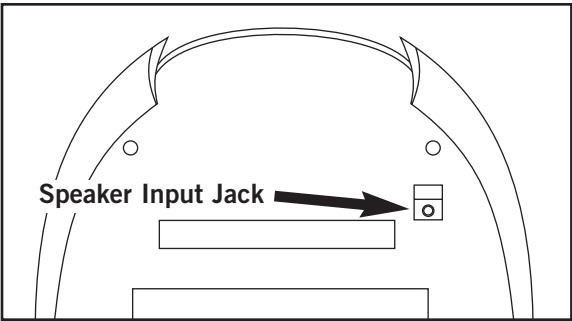


RESET

Press and hold the Stop button to reset the elliptical trainer.

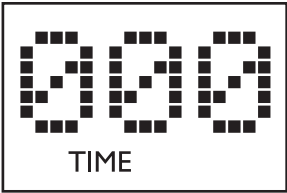
LOCATING THE SPEAKER INPUT JACK

Compatible with AM/FM, CD, MP3, and cassette.



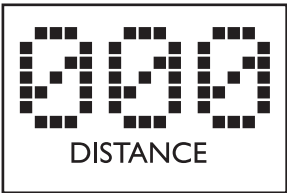
TIME

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.



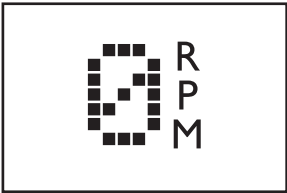
CALORIES

Shown as total accumulated calories burned during your workout.



RPM

Shown as Revolutions per Minute. Improve striding technique while reducing leg muscle fatigue by striding between 60 & 70 RPM.



Troubleshooting & Maintenance Procedures

Your elliptical trainer 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: Check all power connections first or remove the console and verify that the console cable is attached properly, making sure that the 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.

PROBLEM: The resistance levels seem to be incorrect, seeming too hard or too easy.
SOLUTION: Reset the console and allow the resistance to reset to the default position. Restart the console and retry the resistance levels.

PROBLEM: Roller wheels appear to be leaving particles on the guiderails.
SOLUTION: This is considered normal wear of the elliptical wheels. To remove, simply wipe off the roller wheels and guide rails with a damp cloth.

HEART RATE TROUBLESHOOTING

PROBLEM: There is no heart rate reading
SOLUTION: If you are using the chest strap, there may be a poor connection between the electrodes and the skin. Remoisten the electrodes with water.
SOLUTION: The chest strap may not be positioned properly. Reposition the chest strap. It may be necessary to experiment with the fit and position of the chest strap.
SOLUTION: Verify that the distance between the chest strap and the console is not beyond the recommended range of 36 inches.
SOLUTION: The battery in the chest strap may be dead. Take the chest strap to a jewelry store or return to Sears for a battery replacement.

PROBLEM: Erratic or Inconsistent Readout.
SOLUTION: This is often caused by dry electrodes or a loose chest strap
Moisture on the rubber electrodes is required for proper operation. Try a more generous coating of water on the electrodes and tightening the chest strap.

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

Note: Chest strap not included, sold separately.

USING YOUR CUSTOM USER PROGRAMS 1 & 2

Your Custom User 1 & 2 Programs are designed to allow you to create your own programming, with the ability to save your program settings for future workouts. To use your Custom User 1 & 2 Programs, follow these instructions:

- 1. Once the Custom User 1 & 2 Programs has been selected, press ‘Enter’.
- 2. Choose your desired time using the ‘Up’ or ‘Down’ speed key and press ‘Enter’.
- 3. Choose your desired resistance using the ‘Up’ or ‘Down’ buttons and press ‘Enter’. You will need to select a resistance for all 15 segments, pressing ‘Enter’ after each segment.
- 4. Once you have chosen your desired resistance level for all 15 segments, press ‘Start’ to begin your program. At this time, your program has been successfully saved into memory, and can be used for future workouts.
- 5. To reset your program information and delete it from memory, press and hold the ‘Enter’ button for 5 seconds once you have selected the Custom User 1 & 2 Programs in the start menu.
- 6. While using your saved program in the Custom User 1 & 2 Programs, you are able to adjust the resistance, but any changes will not be saved.

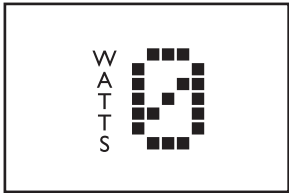
RESISTANCE

During a workout, the amount of resistance can be adjusted by pressing the plus ‘Up’ or ‘Down’ buttons or the quick resistance keys on the console. The resistance levels vary from level 1 to 20 quick speed keys (level 1 being the easiest and level 20 being the most difficult).



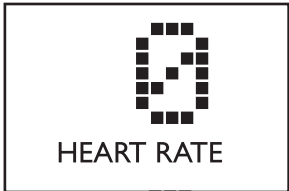
WATTS

A measurement of your expending energy. May be used to evaluate and quantify your fitness progress over time.



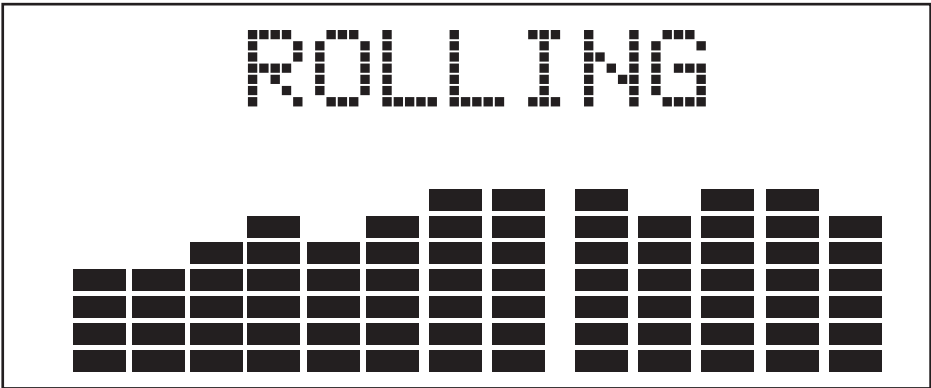
HEART RATE

Shown as Beats per Minute. You can monitor your heart rate at any time during your workout by holding the heart rate grips or wearing the chest transmitter.



PROFILE

Allows you to view your program intensity while you exercise. Each horizontal row of bars represents 2 resistance levels.



CHOOSING A PROGRAM

With the program text scrolling, press the arrow keys to scroll through the different programs. Press enter to choose your desired program. Once you choose your program, you will see the resistance level scrolling across the screen.

CHOOSING A RESISTANCE

With the resistance text scrolling, press the arrow keys or quick resistance keys to scroll through the different resistance levels. Press enter to choose your desired resistance. Once you choose your resistance, you will see the time scrolling across the screen.

CHOOSING A TIME

With the time text scrolling, press the arrow keys to scroll through the different times. Press enter to choose your desired time. Once you choose your time, press the 'Enter' button and begin your workout.

CHOOSING YOUR WEIGHT

With the weight text scrolling, press the arrow keys to scroll through the different weights. Press enter to choose your desired weight. Once you choose your weight, press the 'Start' button and begin your workout.

FINISHING YOUR WORKOUT

Press the 'Stop' button to pause your workout, press and hold to reset your workout. Remember to gradually slow down your pace before stopping or pausing your workout. The machine will not stop moving if you stop your feet abruptly. After you have finished your workout, the console will retain the data from your workout for 45 seconds before resetting.

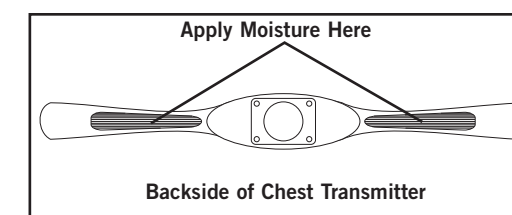
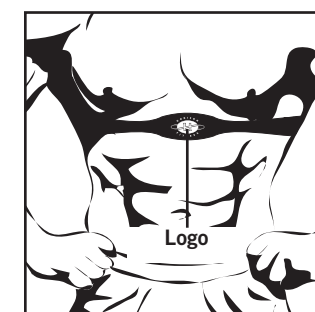
USING YOUR THR ZONE PROGRAMS 1 & 2

The THR zone program is designed to keep the user at an optimum exercise level, while adjusting the resistance levels to keep the user at a target heart rate. To choose the THR zone program, follow these instructions.

1. Choose the THR zone program by pressing the 'Up' or 'Down' buttons. Press 'Enter'.
2. Determine your target THR zone by using the heart rate chart (reference target heart rate THR zone chart in table of contents). Choose your target pulse zone by pressing the 'Up' or 'Down' buttons. Your target pulse zone should be set at a number that you will be able to exercise throughout the majority of your workout.
3. The THR zone program will have a 5 minute warm-up period before it will start adjusting the resistance levels to get you to your target THR zone.
4. After the 5 minute warm-up period, the resistance levels will increase gradually to get the user to the selected target pulse zone. Once the user is at the target pulse zone; plus or minus 5 beats, the resistance level will remain at the current resistance level.
5. If the actual heart rate of the user is above the target pulse zone, the resistance levels will gradually begin decreasing to keep the user in the target pulse zone. If the user is more than 25 beats above the target pulse zone, the console will shut down for safety purposes.
6. The last 5 minutes of the program will be dedicated to a cool-down period. At this time, the program will gradually decrease the resistance level to give the user a smooth and easy cool down.

NOTE: The chest strap (Chest strap not included, sold separately) is required to use the Target THR zone program.

CHEST STRAP TRANSMITTER PLACEMENT AND MOISTENING THE ELECTRODES



USING YOUR RACE PROGRAM

Your Race Program is designed to add motivation to a workout by allowing you to compete against a selected pacer. To use your Race Program, follow these instructions:

1. Choose the Race program by either pressing the ‘Up’ or ‘Down’ buttons. Press ‘Enter’.
2. Choose the desired Pace (average speed) using the ‘Up’ or ‘Down’ buttons. There are a total of 17 Pace levels to choose from, ranging from 6 mph to 22 mph in increments of 1.0 mph, with 1.0 mph being the lowest and 22 mph being the highest. Once the desired Pace is selected, press ‘Enter’.
3. Choose the desired Distance by pressing the ‘Up’ or ‘Down’ buttons. Press ‘Enter’.
4. Choose your weight by pressing the ‘Up’ or ‘Down’ buttons. Press ‘Enter’.
5. Press ‘Start’ and begin your Race Program.

The time of the program will default accordingly to the pace (average speed) and distance that you entered. After the Race Program has started, press the ‘Up’ or ‘Down’ buttons or the quick resistance keys to adjust your resistance (levels 1-20). Your goal in this program is to beat the pacer to the finish line by covering an equal distance at a faster pace.

The top row of bars shows the computer pacer position. The bottom row of bars indicates your position. If you trail the pacer, you should pedal at a faster speed to catch and pass the pacer.

If you beat the pacer to the finish line, the screen will flash “Time Over” and the program will end.
Note: If you beat the pacer to the finish line, you will complete the program before the projected finish time. If the pacer beats you to the finish line, the entire program time will elapse.

Program Profiles

P1 MANUAL

Customized workouts, allowing the user to adjust resistance level to the user's preference.

P2 INTERVALS

Improves your strength, speed, and endurance by raising and lowering the resistance levels throughout your workout to involve both your heart and muscles.

P3 ROLLING

Maintains weight by gradually raising and lowering the resistance level to gradually raise and lower your heart rate.

P4 WEIGHT LOSS

Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat burning zone.

P5 TOUR

Simulates a gradual hill climb to strengthen your leg muscles and improve your cardiovascular health.

P6 RACE

A great motivational program for competitive individuals that allows the user to compete with a computer pacer to the finish line.

P7 THR ZONE PROGRAM 1

Benefits weight loss by maintaining an optimum exercise level to burn fat, while adjusting the resistance to keep you in your target heart rate zone.

P8 THR ZONE PROGRAM 2

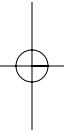
Benefits weight loss by maintaining an optimum exercise level to burn fat, while adjusting the resistance to keep you in your target heart rate zone.

P9 CUSTOM USER PROGRAM 1

Customized workout, time defaults to 30 minutes.

P10 CUSTOM USER PROGRAM 2

Customized workout, time defaults to 30 minutes.



Program Charts

P2 INTERVALS

Time-based goal with 10 difficulty levels to choose from.
Peak segments last 30 seconds, valley segments last 90 seconds.
Warm-up and cool-down last 5:00 minutes each and are included in program times.

Resistance	Warm Up		Program segments															Cool Down	
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		
Level 1	1	1	2	5	2	5	2	5	2	5	2	5	2	5	2	5	2	1	1
Level 2	1	1	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2	1	1
Level 3	1	2	3	7	3	7	3	7	3	7	3	7	3	7	3	7	3	2	1
Level 4	2	2	3	8	3	8	3	8	3	8	3	8	3	8	3	8	3	2	2
Level 5	2	2	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	2	2
Level 6	2	3	4	10	4	10	4	10	4	10	4	10	4	10	4	10	4	3	2
Level 7	2	3	5	11	5	11	5	11	5	11	5	11	5	11	5	11	5	3	2
Level 8	3	3	5	12	5	12	5	12	5	12	5	12	5	12	5	12	5	3	3
Level 9	3	3	6	13	6	13	6	13	6	13	6	13	6	13	6	13	6	3	3
Level 10	3	4	6	14	6	14	6	14	6	14	6	14	6	14	6	14	6	4	3

P3 ROLLING

Time-based goal with 10 difficulty levels to choose from.
All segments last 10 seconds.
Warm-up and cool-down last 5:00 minutes each and are included in program times.

Resistance	Warm Up		Program segments															Cool Down	
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		
Level 1	1	1	1	2	3	4	5	6	5	4	3	2	1	2	3	4	5	4	3
Level 2	1	2	2	3	4	5	6	7	6	5	4	3	2	3	4	5	6	5	3
Level 3	2	2	3	4	5	6	7	8	7	6	5	4	3	4	5	6	7	6	4
Level 4	2	3	4	5	6	7	8	9	8	7	6	5	4	5	6	7	8	7	4
Level 5	3	4	5	6	7	8	9	10	9	8	7	6	5	6	7	8	9	7	5
Level 6	3	5	6	7	8	9	10	11	10	9	8	7	6	7	8	9	10	8	5
Level 7	4	5	7	8	9	10	11	12	11	10	9	8	7	8	9	10	11	8	6
Level 8	4	6	8	9	10	11	12	13	12	11	10	9	8	9	10	11	12	9	6
Level 9	5	7	9	10	11	12	13	14	13	12	11	10	9	10	11	12	13	10	7
Level 10	5	8	10	11	12	13	14	15	14	13	12	11	10	11	12	13	14	11	7

P4 WEIGHT LOSS

Time-based goal with 10 difficulty levels to choose from.
All segments last 10 seconds.
Warm-up and cool-down last 5:00 minutes each and are included in program times.

Resistance	Warm Up		Program segments															Cool Down	
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		
Level 1	3	4	5	5	4	3	2	2	3	4	5	5	4	3	2	2	3	2	2
Level 2	3	5	6	6	5	4	3	3	4	5	6	6	5	4	3	4	5	3	2
Level 3	4	5	7	7	6	5	4	4	5	6	7	7	6	5	4	4	5	4	3
Level 4	4	6	8	8	7	6	5	5	6	7	8	8	7	6	5	5	6	5	3
Level 5	5	7	9	9	8	7	6	6	7	8	9	9	8	7	6	6	7	5	4
Level 6	5	8	10	10	9	8	7	7	8	9	10	10	9	8	7	7	8	6	4
Level 7	6	8	11	11	10	9	8	8	9	10	11	11	10	9	8	8	9	7	5
Level 8	6	9	12	12	11	10	9	9	10	11	12	12	11	10	9	9	10	8	5
Level 9	7	10	13	13	12	11	10	10	11	12	13	13	12	11	10	10	11	8	6
Level 10	7	11	14	14	13	12	11	11	12	13	14	14	13	12	11	11	12	9	6

P5 TOUR

Distance-based program with 10 different difficulty levels to choose from.

Resistance		Warm Up		Program segments															Cool Down		Total distance
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			
Level 1	Resistance	2	2	3	4	3	5	3	4	5	4	5	3	5	3	4	4	3	2	2	4841
	distance	142	212	283	256	113	387	91	351	333	301	301	165	288	434	312	310	150	113	300	
Level 2	Resistance	2	3	4	5	4	6	4	5	6	5	6	4	6	4	5	5	4	3	2	5718
	distance	165	248	330	295	129	466	97	369	431	407	339	179	368	548	349	376	166	125	332	
Level 3	Resistance	3	4	5	6	5	7	5	6	7	6	7	5	7	5	6	6	5	4	3	5905
	distance	169	253	337	308	142	484	97	389	441	413	349	187	376	560	373	383	172	129	344	
Level 4	Resistance	3	5	6	7	6	8	6	7	8	7	8	6	8	6	7	7	6	5	3	6192
	distance	169	254	338	327	187	500	106	416	462	430	373	201	393	572	396	401	178	134	356	
Level 5	Resistance	4	5	7	8	7	9	7	8	9	8	9	7	9	7	8	8	7	5	4	5772
	distance	170	254	339	256	113	387	91	351	333	433	375	205	405	575	400	410	180	135	360	
Level 6	Resistance	4	6	8	9	8	10	8	9	10	430	8	10	8	9	9	9	6	4	4	6096
	distance	170	255	340	295	129	466	97	369	431	435	380	208	410	578	405	415	190	143	380	
Level 7	Resistance	5	7	9	10	9	11	9	10	11	431	1	9	11	9	10	10	9	7	5	6233
	distance	171	256	341	308	142	484	97	389	441	435	380	210	415	580	410	425	200	150	400	
Level 8	Resistance	5	8	10	11	10	12	10	11	12	432	2	10	12	10	11	11	10	8	5	6431
	distance	171	257	342	327	187	500	106	416	462	440	385	215	425	585	415	430	205	154	410	
Level 9	Resistance	6	8	11	12	11	13	11	12	13	433	3	11	13	11	12	12	11	8	6	6522
	distance	172	257	343	327	187	500	106	416	462	450	390	220	460	590	420	435	210	158	420	
Level 10	Resistance	6	9	12	13	12	14	12	13	14	434	4	12	14	12	13	13	12	9	6	7147
	distance	376	502	374	327	187	500	106	416	462	475	400	225	482	600	425	450	220	180	440	

Distance = Yards