

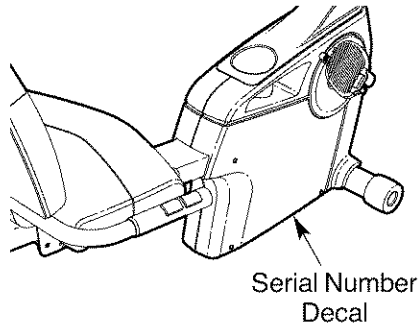
# PRO-FORM<sup>®</sup>

## XP 400 R

Model No. 831.21752.0

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

Write the serial number in the space above for reference.



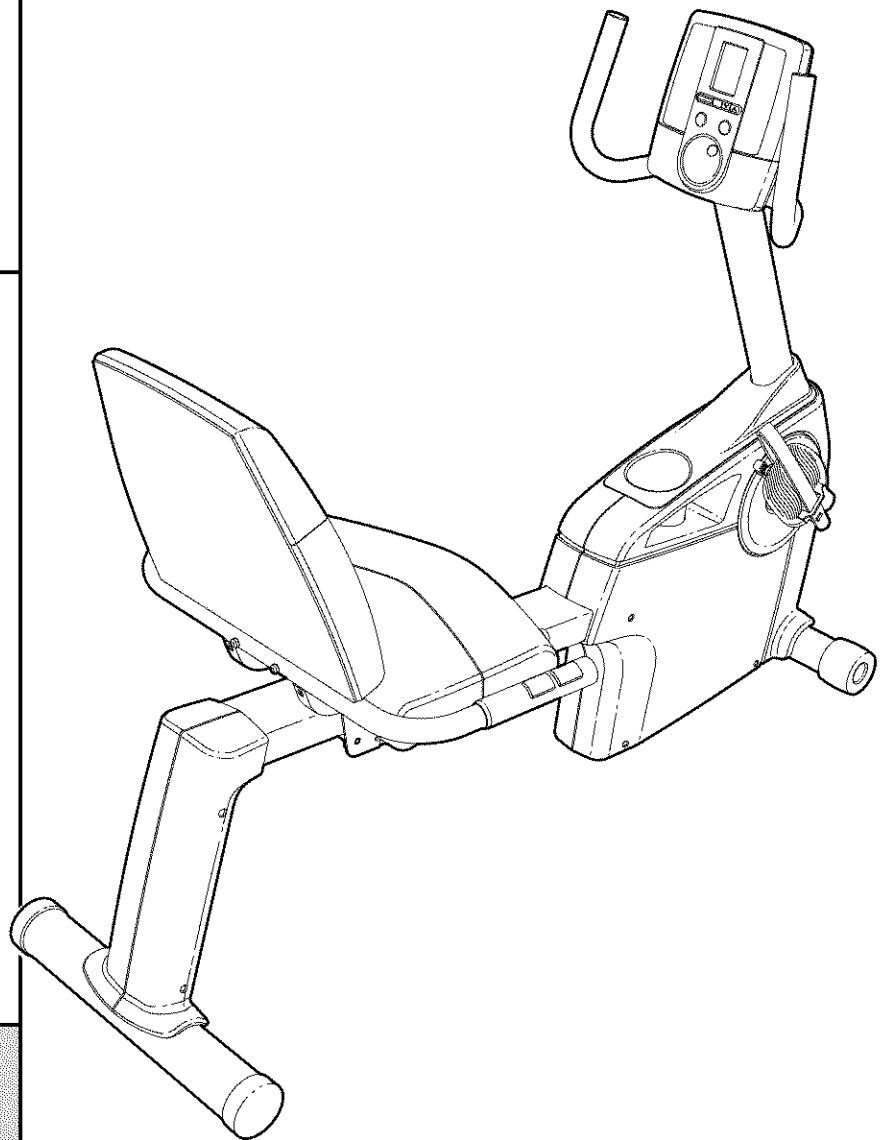
- Assembly
- Operation
- Maintenance
- Part List and Drawing

### CAUTION

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

## BIKE EXERCISER

### User's Manual



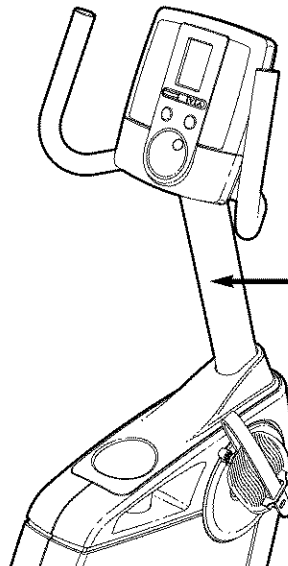
Sears, Roebuck and Co., Hoffman Estates, IL 60179

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	.2
IMPORTANT PRECAUTIONS .....	.3
BEFORE YOU BEGIN .....	.4
ASSEMBLY .....	.5
HOW TO USE THE EXERCISE CYCLE .....	.13
MAINTENANCE AND TROUBLESHOOTING .....	.19
EXERCISE GUIDELINES .....	.20
PART LIST .....	.21
EXPLODED DRAWING .....	.22
ORDERING REPLACEMENT PARTS .....	.Back Cover
90 DAY FULL WARRANTY .....	.Back Cover

## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call 1-888-533-1333 and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



**WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 275 pounds.
- Replace label if damaged, illegible, or removed.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise cycle before using your exercise cycle. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Your exercise cycle is intended for home use only. Do not use your exercise cycle in a commercial, rental, or institutional setting.
4. Keep your exercise cycle indoors, away from moisture and dust. Place your exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise cycle at all times.
7. Your exercise cycle should not be used by persons weighing more than 275 lbs. (124 kg).
8. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
9. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection while exercising.
10. Keep your back straight while using your exercise cycle; do not arch your back.
11. When you stop exercising, allow the pedals to slowly come to a stop.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. Use your exercise cycle only as described in this manual.

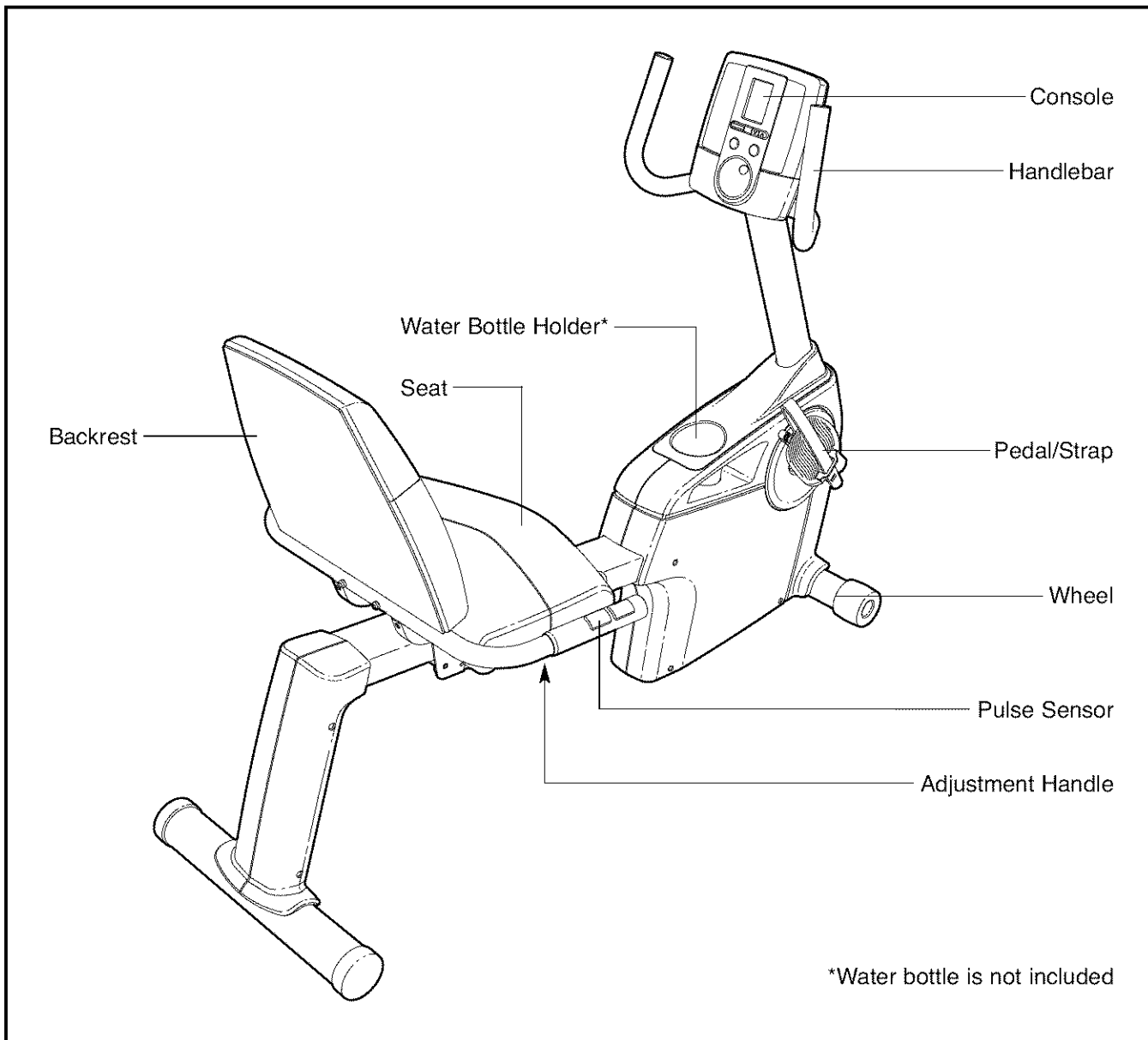
# BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® XP 400 R exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The XP 400 R exercise cycle offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the exercise cycle.** If you have questions

after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

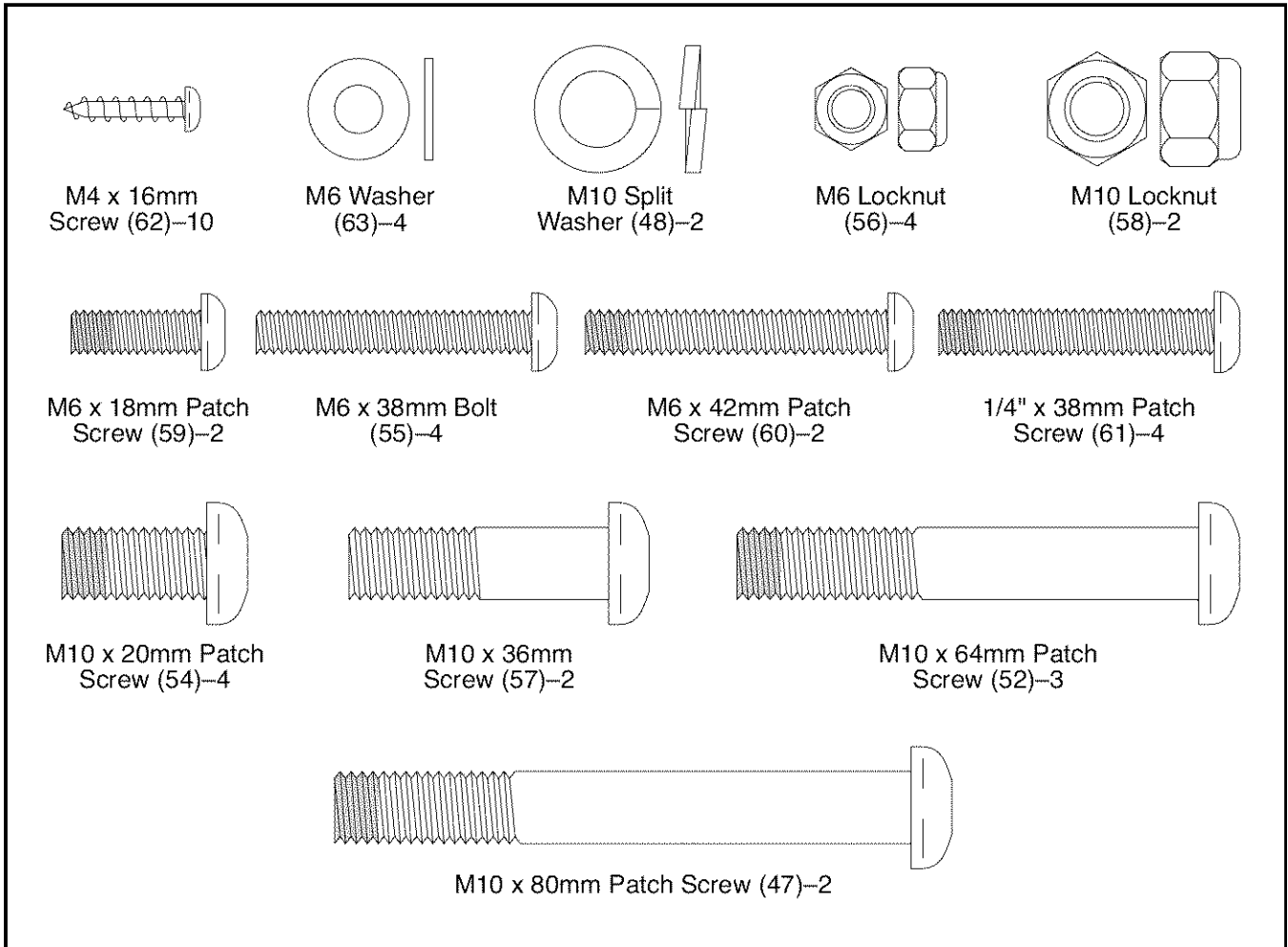


# ASSEMBLY

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

**In addition to the included tools, assembly requires an adjustable wrench  and a Phillips screwdriver .**

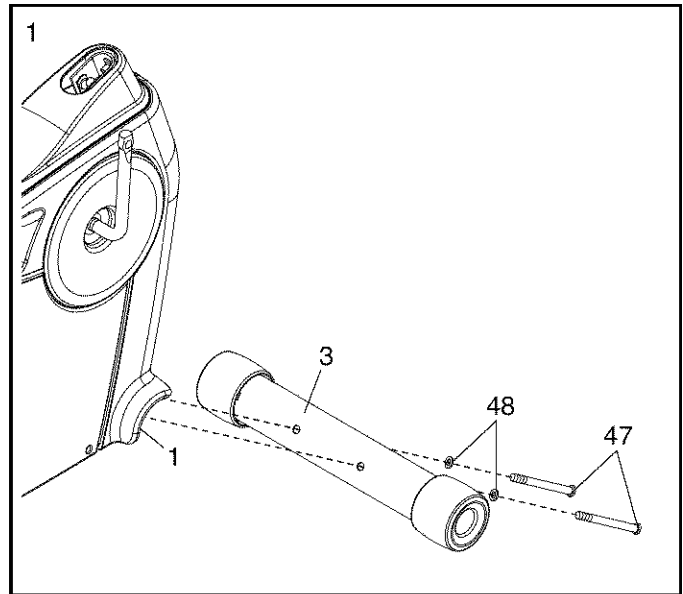
Use the part drawings below to identify the small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled. If a part is missing, call 1-888-533-1333.**



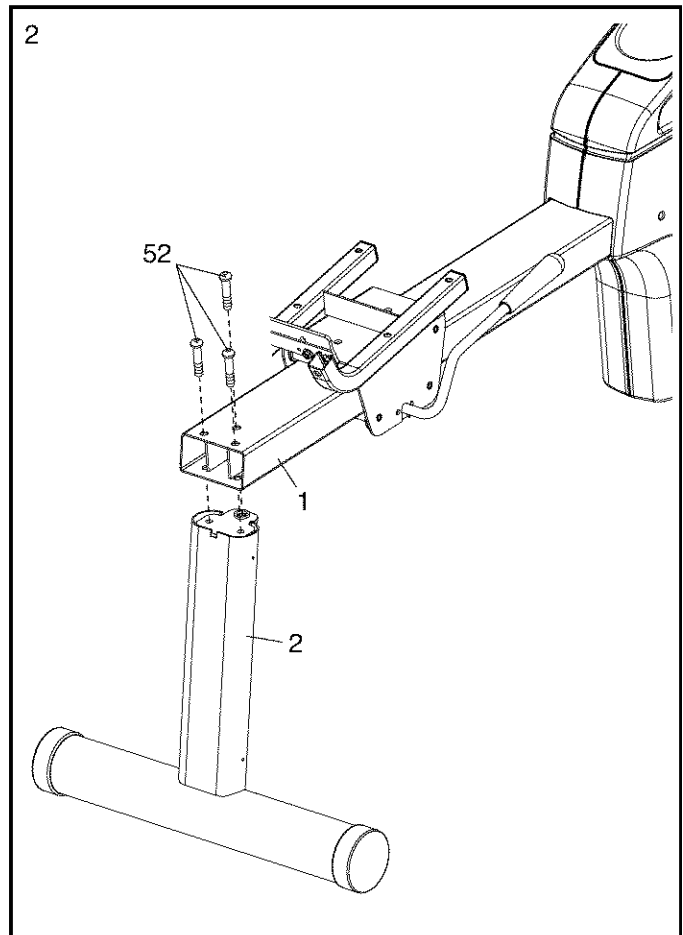
1. **To make assembly easier, read the information on page 5 before you begin assembling the exercise cycle.**

With the help of another person, lift the Frame (1) and place a packing insert (not shown) under the Frame. Have the other person hold the Frame to prevent it from moving from side to side until you complete this step.

Attach the Front Stabilizer (3) to the Frame (1) with two M10 x 80mm Patch Screws (47) and two M10 Split Washers (48).

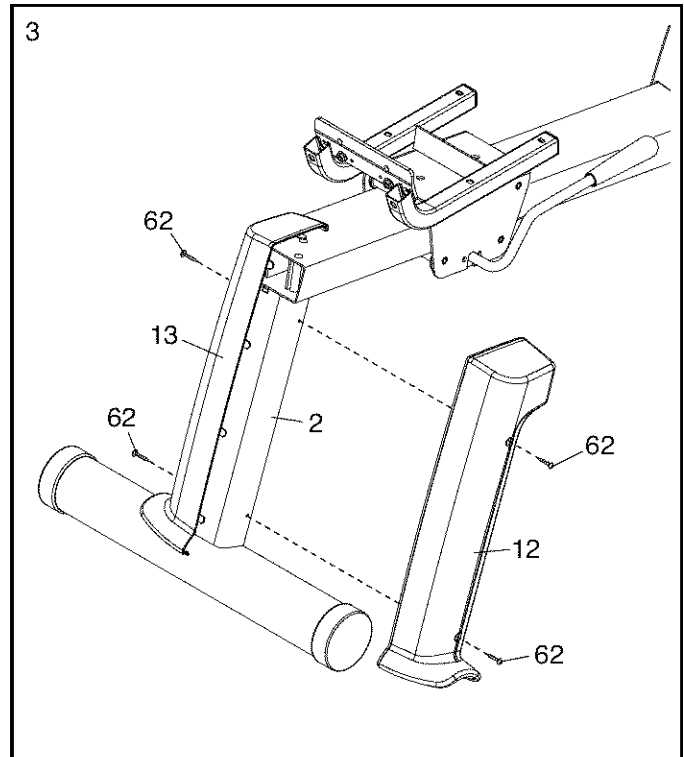


2. Attach the Rear Stabilizer (2) to the Frame (1) with three M10 x 64mm Patch Screws (52).



3. Identify the Right and Left Stabilizer Covers (12, 13), which are marked with “R” and “L” stickers.

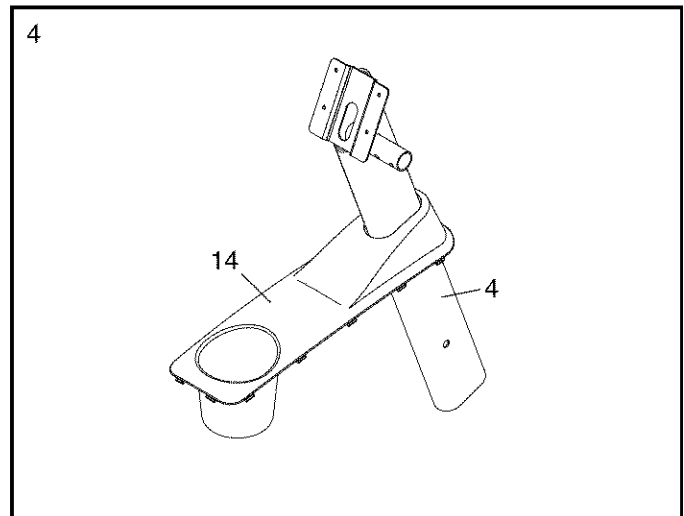
Attach each Stabilizer Cover (12, 13) to the Rear Stabilizer (2) with two M4 x 16mm Screws (62).



4. Identify the Top Shield (14) and the Upright (4).

With the help of another person, slide the Top Shield (14) upward onto the Upright (4). **Make sure that the Top Shield and the Upright are oriented as shown.**

**Have the other person continue holding the Top Shield (14) in place while you complete step 5.**

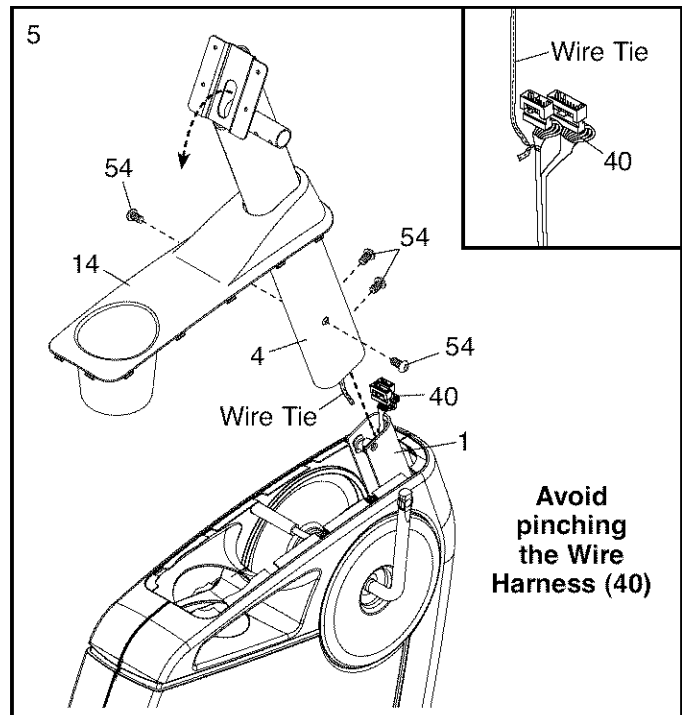


5. **Tip: Avoid pinching the Wire Harness (40) during this step.**

Have another person hold the Upright (4) and the Top Shield (14) near the Frame (1). Locate the wire tie in the Upright and the Wire Harness (40) in the Frame.

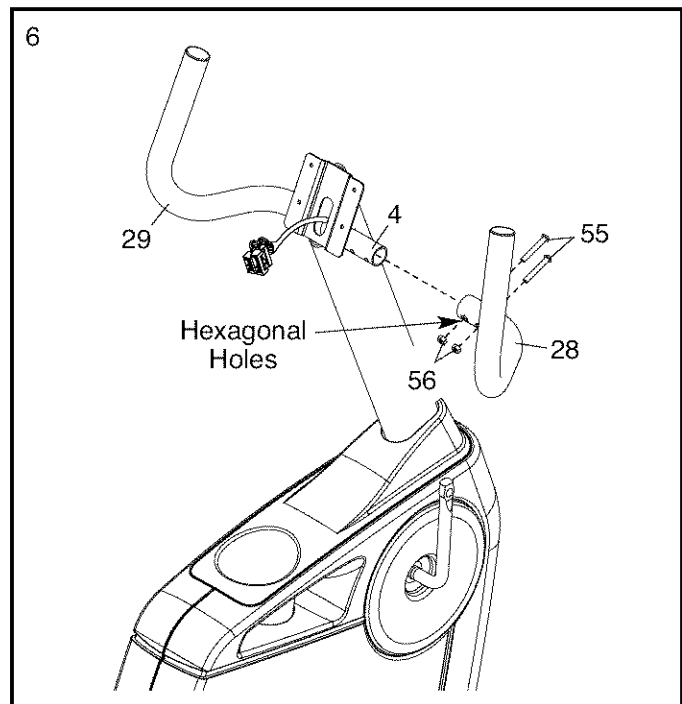
**See the inset drawing.** Tie the wire tie to one of the connectors on the Wire Harness (40). Then, pull the other end of the wire tie upward out of the top of the Upright (4). Discard the wire tie.

Slide the Upright (4) onto the Frame (1). Attach the Upright with four M10 x 20mm Patch Screws (54). Then, press the Top Shield (14) downward into the Frame.



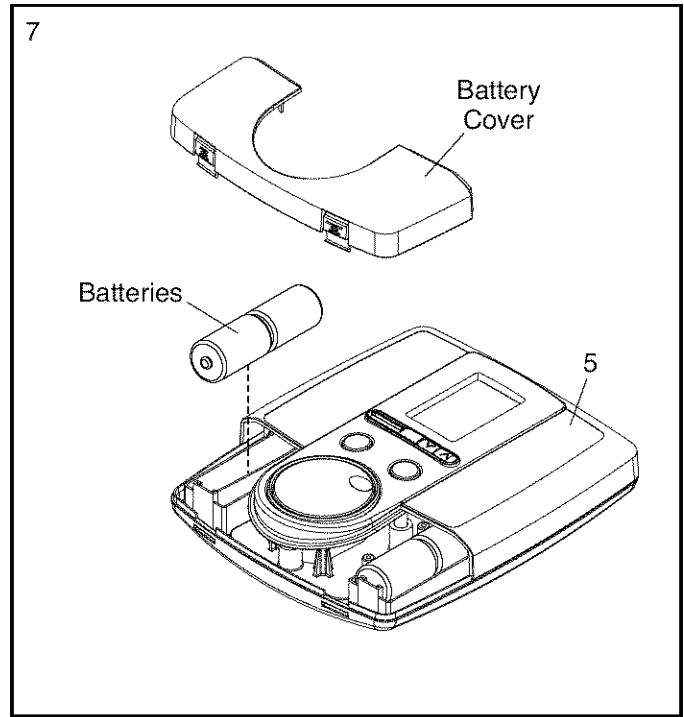
6. Identify the Right and Left Handlebars (28, 29), which are marked with "R" and "L" stickers.

Attach each Handlebar (28, 29) to the Upright (4) with two M6 x 38mm Bolts (55) and two M6 Locknuts (56). **Make sure that the hexagonal holes are in the indicated location.**



7. The Console (5) can use four 1.5V “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the battery cover, insert the batteries into the battery compartments, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartments.**

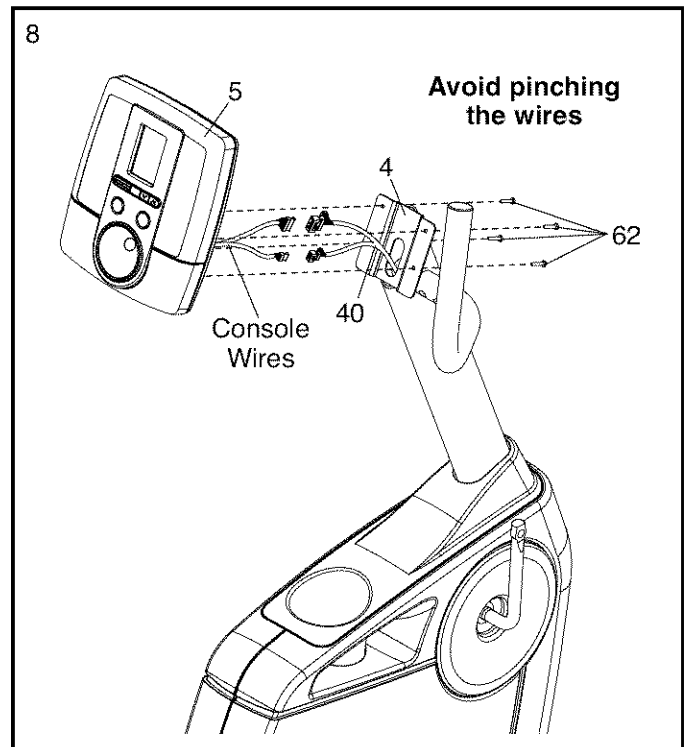
To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



8. **Tip: Avoid pinching the wires during this step.**

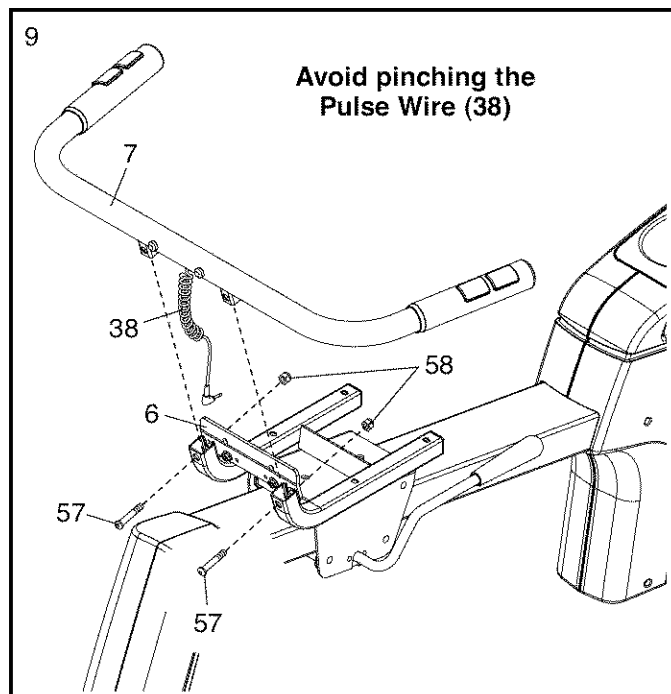
While another person holds the Console (5) near the Upright (4), connect the console wires to the Wire Harness (40). Insert the excess wire downward into the Upright.

Attach the Console (5) to the Upright (4) with four M4 x 16mm Screws (62).



9. **Tip: Avoid pinching the Pulse Wire (38) during this step.**

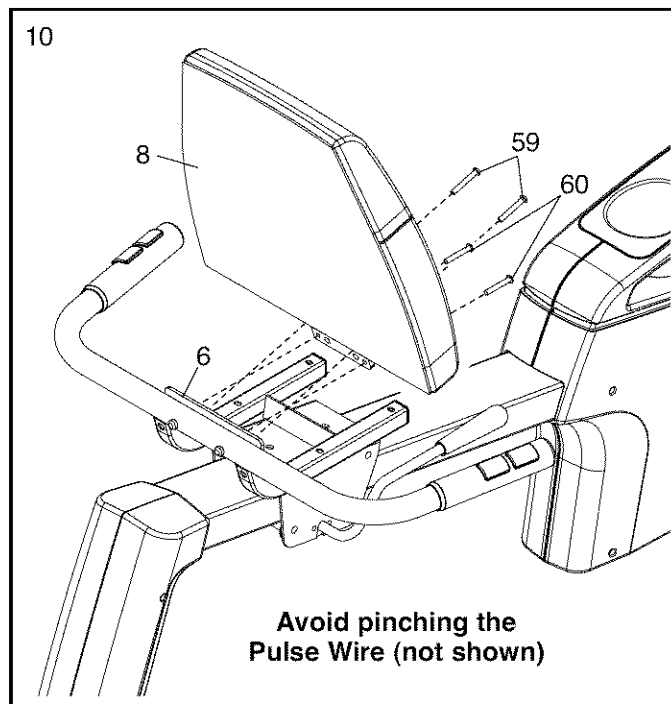
Orient the Pulse Bar (7) as shown. Attach the Pulse Bar to the Seat Carriage (6) with two M10 x 36mm Screws (57) and two M10 Locknuts (58). **Do not tighten the Screws yet.**



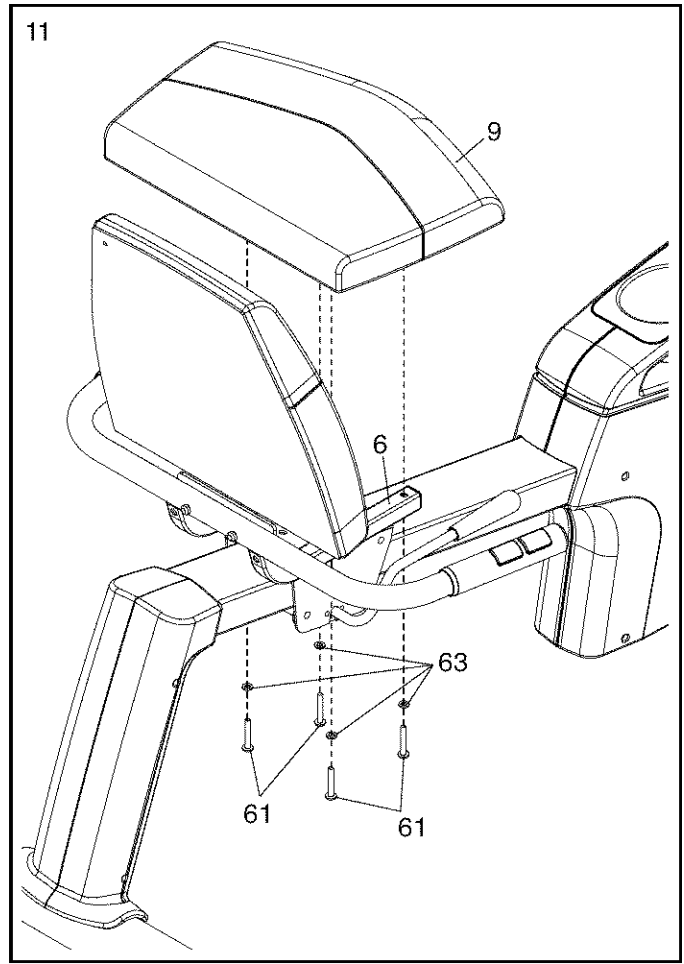
10. **Tip: Avoid pinching the Pulse Wire (not shown) during this step.**

Attach the Backrest (8) to the Seat Carriage (6) with two M6 x 18mm Patch Screws (59) and two M6 x 42mm Patch Screws (60).

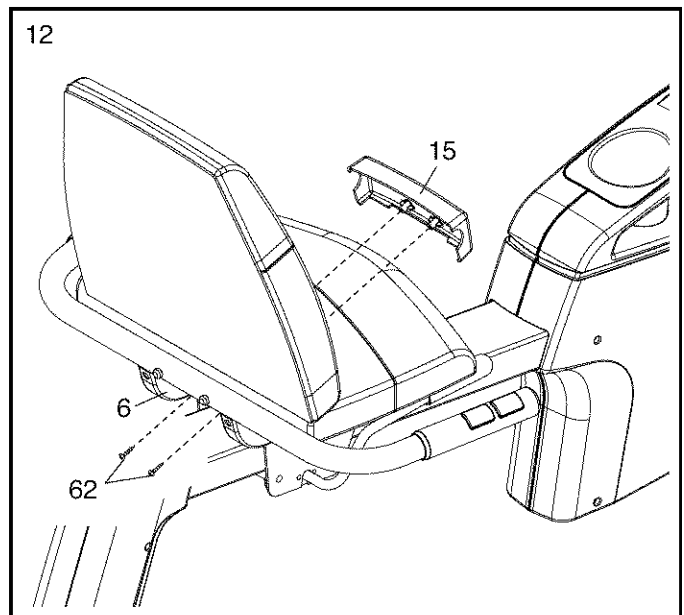
**See step 9. Tighten the M10 x 36mm Screws (57).**



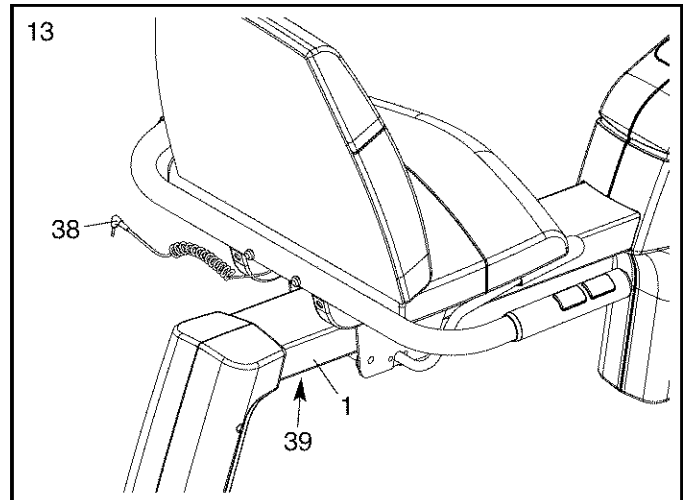
11. Orient the Seat (9) as shown. Attach the Seat to the Seat Carriage (6) with four 1/4" x 38mm Patch Screws (61) and four M6 Washers (63).  
**Note: The Patch Screws and the Washers may be preattached to the underside of the Seat.**



12. Attach the Pulse Bar Cover (15) to the Seat Carriage (6) with two M4 x 16mm Screws (62).

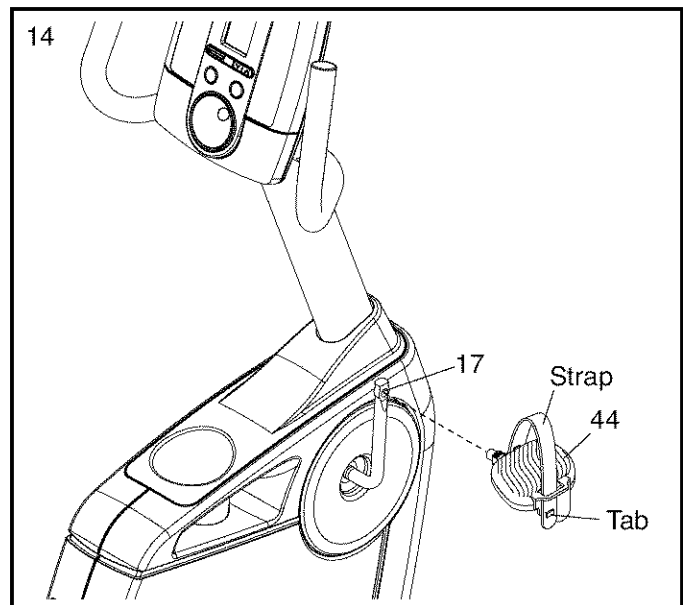


13. Plug the Pulse Wire (38) into the Pulse Receptacle (39) in the Frame (1).



14. Identify the Right Pedal (44), which is marked with an "R." Using an adjustable wrench, **firmly tighten** the Right Pedal *clockwise* into the right side of the Crank (17). Tighten the Left Pedal (not shown) *counterclockwise* into the left side of the Crank. **IMPORTANT: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals.**

Adjust the strap on the Right Pedal (44) to the desired position, and press the ends of the straps onto the tabs on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**

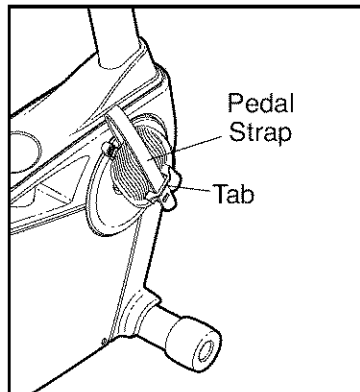


15. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

# HOW TO USE THE EXERCISE CYCLE

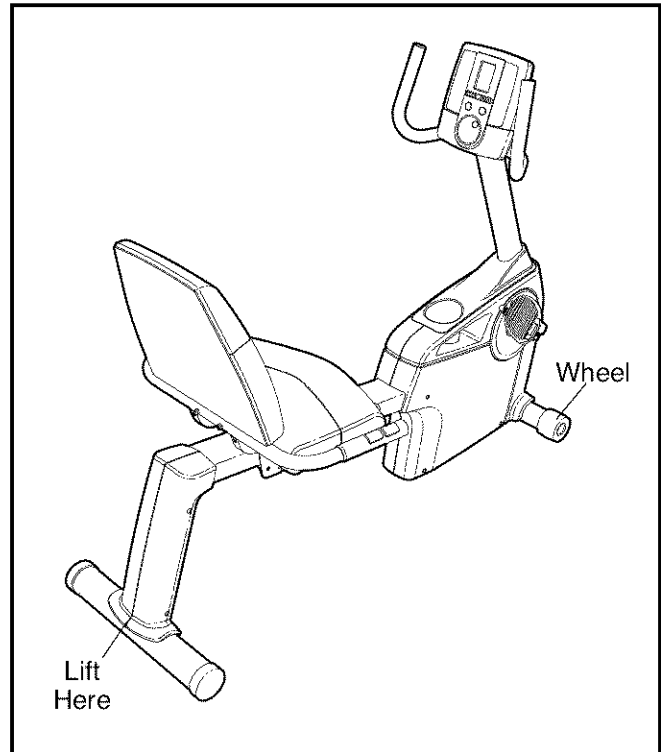
## HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.



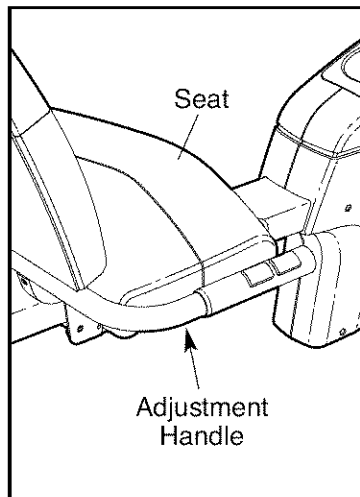
## HOW TO MOVE THE EXERCISE CYCLE

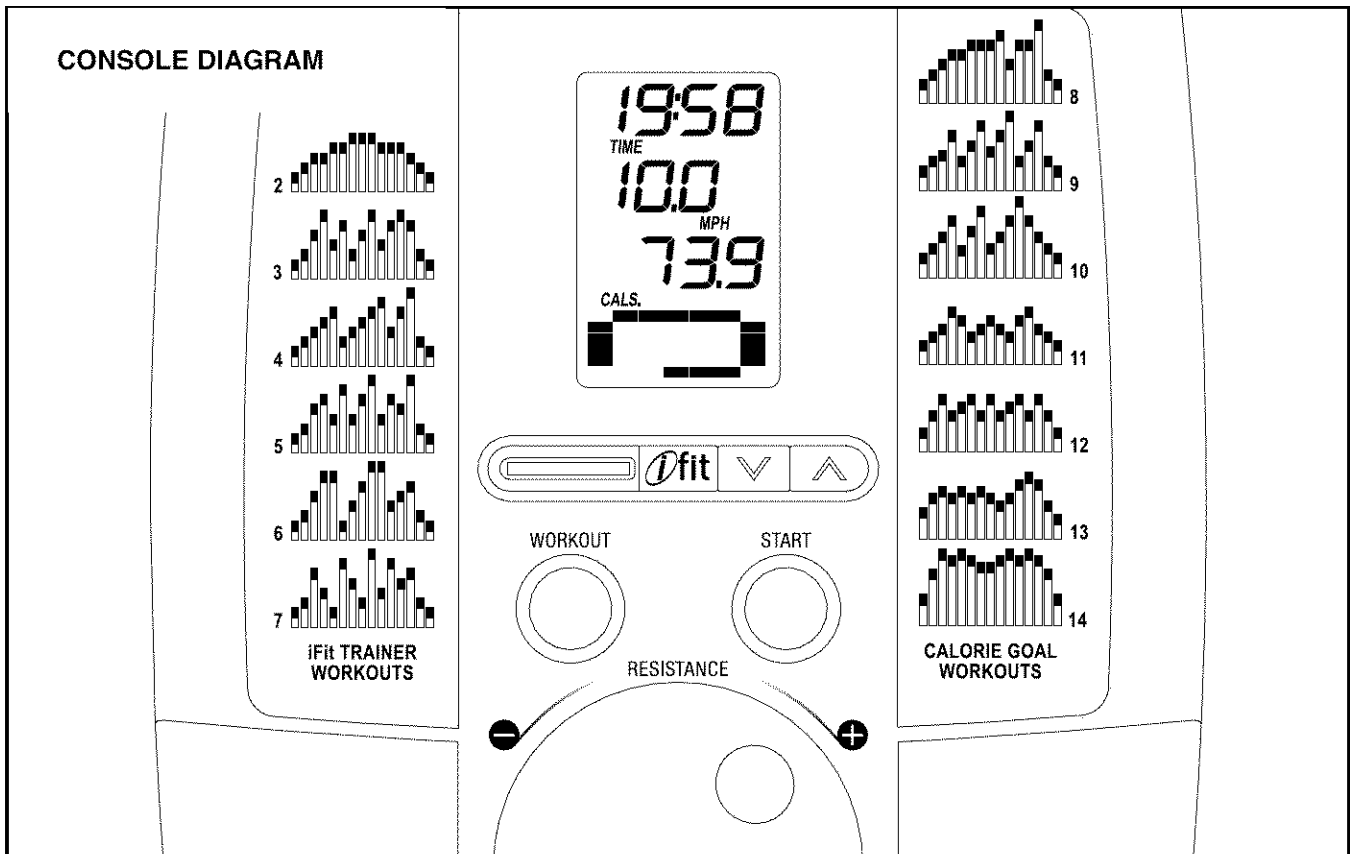
To move the exercise cycle, lift the rear stabilizer until the exercise cycle can be moved on the front wheels. Carefully move the exercise cycle to the desired location and then lower it to the floor.



## HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable for you. To adjust the seat, push downward on the adjustment handle, slide the seat to the desired position, and then pull upward on the adjustment handle to lock the seat in place.





## FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the resistance of the pedals with a touch of the dial. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers ten preset trainer workouts. Each workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

In addition, there are four calorie goal workouts designed to help you burn 150, 175, 200, or 225 calories in a 30 minute workout. The calorie goal workouts automatically control the resistance of the pedals and prompt you to vary your pedaling pace while counting down the calories you burn.

The console also features the new iFIT Interactive Workout System. The iFIT Interactive Workout System enables the console to accept iFIT cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFIT workouts control the resistance of the pedals while guiding you through your workouts. iFIT cards are available separately. **To purchase iFIT cards, go to [www.iFIT.com](http://www.iFIT.com) or call the telephone number on the front cover of this manual. iFIT cards are also available at select stores.**

**To use the manual mode, see page 15. To use a trainer workout, see page 16. To use a calorie goal workout, see page 17. To use an iFIT workout, see page 18. To use the information mode, see page 18.**

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

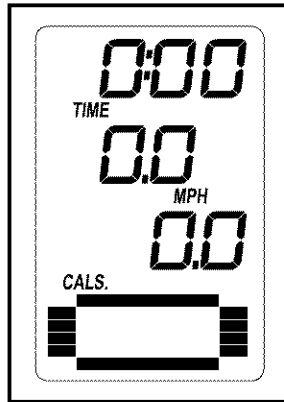
## HOW TO USE THE MANUAL MODE

### 1. Turn on the console.

To turn on the console, press any button or begin pedaling. The display will light and the console will be ready for use.

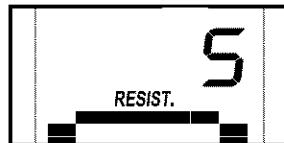
### 2. Select the manual mode.

Each time you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing the Workout button repeatedly until zeroes appear in the display.



### 3. Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by turning the Resistance dial. To increase the resistance, turn the Resistance dial clockwise; to decrease the resistance, turn the Resistance dial counterclockwise. Note: After you change the resistance, it will take a moment for the pedals to reach the selected resistance level.



### 4. Follow your progress with the display.

The upper section of the display will show the elapsed time and the distance, in miles or kilometers, that you have pedaled. The display will change modes every few seconds. Note: When you select a workout, the display will show the time remaining in the workout instead of the elapsed time.



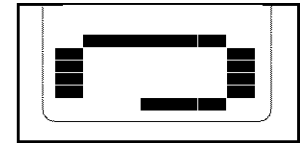
The second section of the display will show your pedaling pace in miles or kilometers per hour.



The third section of the display will show the approximate number of calories you have burned and the resistance level of the pedals. The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 below).



The last section of the display will show a track representing 1/4 mile (400 meters). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

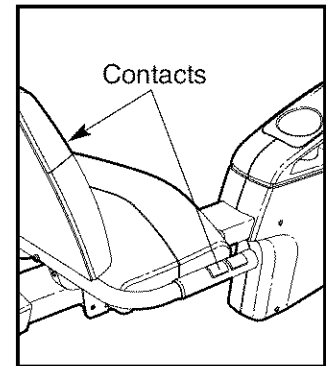


The console can show speed and distance in either miles or kilometers. The letters MPH or Km/H will appear in the display to indicate which unit of measurement is selected. To change the unit of measurement, see THE INFORMATION MODE on page 18.

### 5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. Next, hold the handgrip pulse sensor with your palms resting on the metal contacts. Avoid moving your hands or gripping the contacts too tightly.

When your pulse is detected, a heart-shaped symbol will flash in the display each time your heart beats and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



### 6. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the time will begin to flash in the display and the console will pause. If the pedals do not move for a few minutes and no buttons are pressed, the console will turn off and the display will be reset.

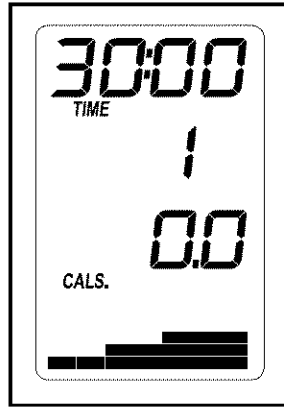
## HOW TO USE A TRAINER WORKOUT

### 1. Turn on the console.

To turn on the console, press any button or begin pedaling. The display will light and the console will be ready for use.

### 2. Select a trainer workout.

To select a trainer workout, press the Workout button repeatedly until the number of the desired workout appears in the display. The first section of the display will show the duration of the workout. A profile of the resistance levels for the workout will scroll across the last section of the display. Note:



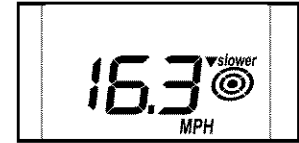
Complete profiles of the workouts are printed on the sides of the console.

### 3. Press the Start button or begin pedaling to start the workout.

Each workout is divided into 30 one-minute segments. One resistance level and one pace setting are programmed for each segment. Note: The same resistance level and/or pace setting may be programmed for consecutive segments.

During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will flash in the center display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, the display will prompt you to keep your pedaling pace near the pace setting for the current segment. When the word “faster” appears in the display, increase your pace. When the word “slower” appears, decrease your pace. When the center of the target flashes, maintain your current pace.



**IMPORTANT: The pace settings are intended only to provide motivation. Your actual pace may be slower than the pace settings. Make sure to pedal at a pace that is comfortable for you.**

If the resistance level for the current segment is too high or too low, you can manually override the level by turning the Resistance dial. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance setting for the next segment.**

If you stop pedaling for several seconds, the console will pause and the time will begin to flash in the display. To restart the workout, press the Start button or simply resume pedaling.

The workout will continue until the display shows a time of 0:00. Note: If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

### 4. Follow your progress with the display.

See step 4 on page 15.

### 5. Measure your heart rate if desired.

See step 5 on page 15.

### 6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 15.

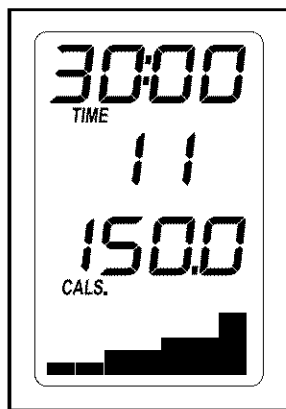
## HOW TO USE A CALORIE GOAL WORKOUT

### 1. Turn on the console.

To turn on the console, press any button or begin pedaling. The display will light and the console will be ready for use.

### 2. Select a calorie goal workout.

To select a calorie goal workout, press the Workout button repeatedly until the number of the desired workout appears in the display. The first section of the display will show the duration of the workout. The third section of the display will show the calorie goal for the workout. A profile of the resistance levels



for the workout will scroll across the last section of the display. Note: Complete profiles of the workouts are printed on the sides of the console.

### 3. Press the Start button or begin pedaling to start the workout.

Each calorie goal workout will help you burn 150, 175, 200, or 225 calories. During each workout, the console will count down the number of calories to be burned.

Each workout is divided into 30 one-minute segments. One resistance level and one pace setting are programmed for each segment. Note: The same resistance level and/or pace setting may be programmed for consecutive segments.

During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will flash in the center display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, the display will prompt you to keep your pedaling pace near the pace setting for the current segment. When the word “faster” appears in the display, increase your pace. When the word “slower” appears, decrease your pace. When the center of the target flashes, maintain your current pace.



**IMPORTANT: The pace settings are intended only to provide motivation. Your actual pace may be slower than the pace settings. Make sure to pedal at a pace that is comfortable for you.**

If the resistance level for the current segment is too high or too low, you can manually override the level by turning the Resistance dial. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance setting for the next segment.**

If you stop pedaling for several seconds, the console will pause and the time will begin to flash in the display. To restart the workout, press the Start button or simply resume pedaling.

The workout will continue until the display shows a time of 0:00. Note: If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

### 4. Follow your progress with the display.

During a calorie goal workout, the third section of the display will show the number of calories to be burned during the remaining segments of the workout.

The other displays will show the information described in step 4 on page 15.

### 5. Measure your heart rate if desired.

See step 5 on page 15.

### 6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 15.

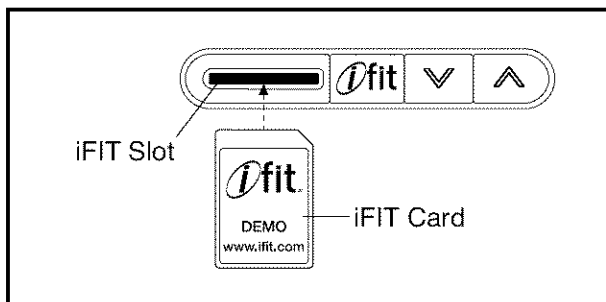
## HOW TO USE AN iFIT WORKOUT

1. **Press any button on the console or begin pedaling to turn on the console.**

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. **Insert an iFIT card and select a workout.**

To use an iFIT workout, insert an iFIT card into the iFIT slot; make sure that the iFIT card is oriented so the metal contacts are face-down and are facing the slot. When the iFIT card is properly inserted, the indicator next to the slot will light and words will appear in the display.



Next, select the desired workout on the iFIT card by pressing the up and down buttons next to the iFIT slot.

Press the Start button or begin pedaling to start your workout. iFIT workouts function in the same way as trainer workouts. To use the workout, see steps 3 to 5 on page 16.

3. **When you are finished exercising, remove the iFIT card.**

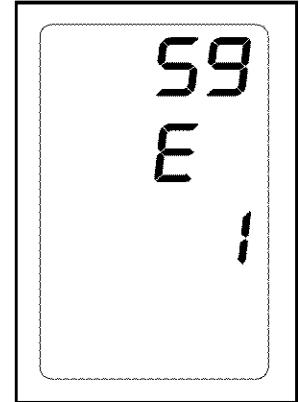
Remove the iFIT card when you are finished exercising. Store the iFIT card in a secure place.

## THE INFORMATION MODE

The console features an information mode that allows you to select a unit of measurement for the console and to view usage information for the exercise cycle.

To select the information mode, press and hold down the Workout button for a few seconds.

The display will show the selected unit of measurement. An “E” for English miles or an “M” for metric kilometers will appear in the display. To change the unit of measurement, press the Start button repeatedly to select the desired unit of measurement. Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.



The display will also show the total distance pedaled since the exercise cycle was purchased and the total number of hours the exercise cycle has been used. The total distance pedaled will appear in the first section of the display. The total number of hours the exercise cycle has been used will appear in the third section of the display.

To exit the information mode, press the Workout button.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

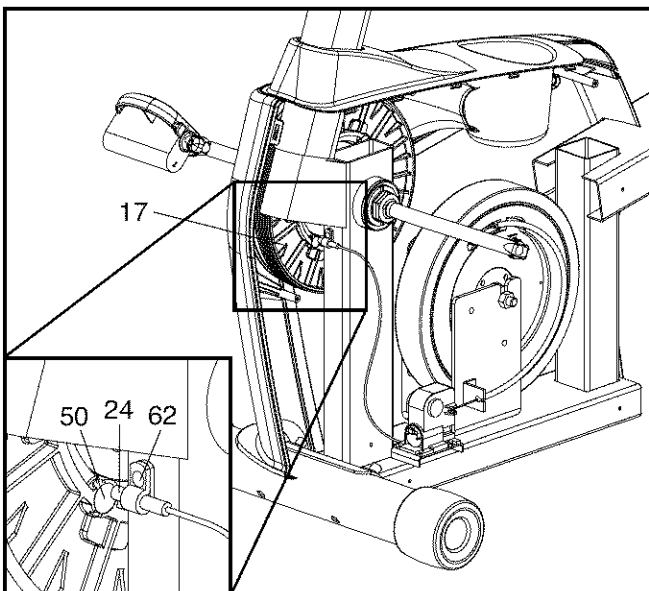
## CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 7 on page 9 for replacement instructions. If the handgrip pulse sensor does not function properly, see step 5 on page 15.

## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must first remove the left pedal and the left side shields. Using an adjustable wrench, turn the left pedal clockwise and remove it. Next, remove the screws from the left and right side shields. Then, gently remove the left side shield.

Locate the Reed Switch (24). Turn the Crank (17) until a Magnet (50) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4 x 16mm Screw (62). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank for a moment. Repeat these actions until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.

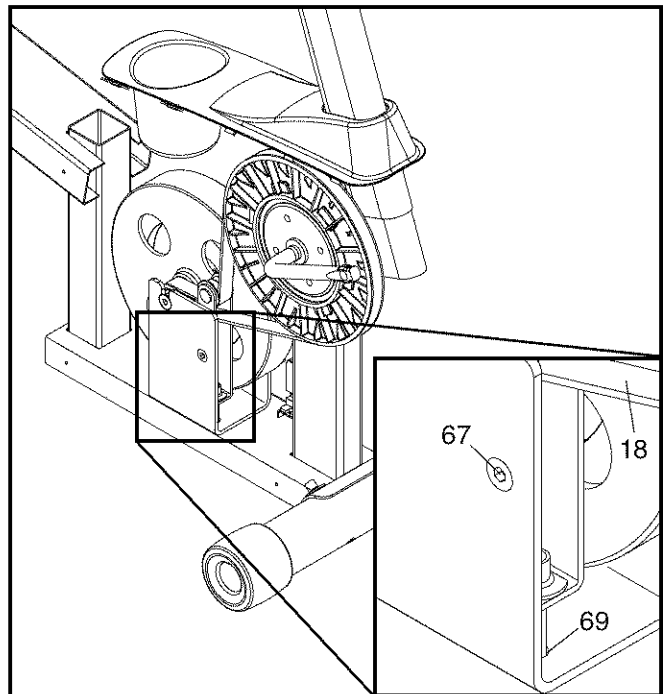


## HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is at the highest level, the belt may need to be adjusted.

To adjust the belt, you must first remove the right pedal and the right side shield. Using an adjustable wrench, turn the right pedal counterclockwise and remove it. Next, remove the screws from the left and right side shields. Then, gently remove the right side shield.

To tighten the belt, first loosen the M8 x 22mm Flat Head Screw (67). Next, tighten the M10 x 90mm Button Screw (69) until the Belt (18) is tight. Then, retighten the M8 x 22mm Flat Head Screw (67). Reattach the right side shield and the right pedal.



# EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. 831.21752.0

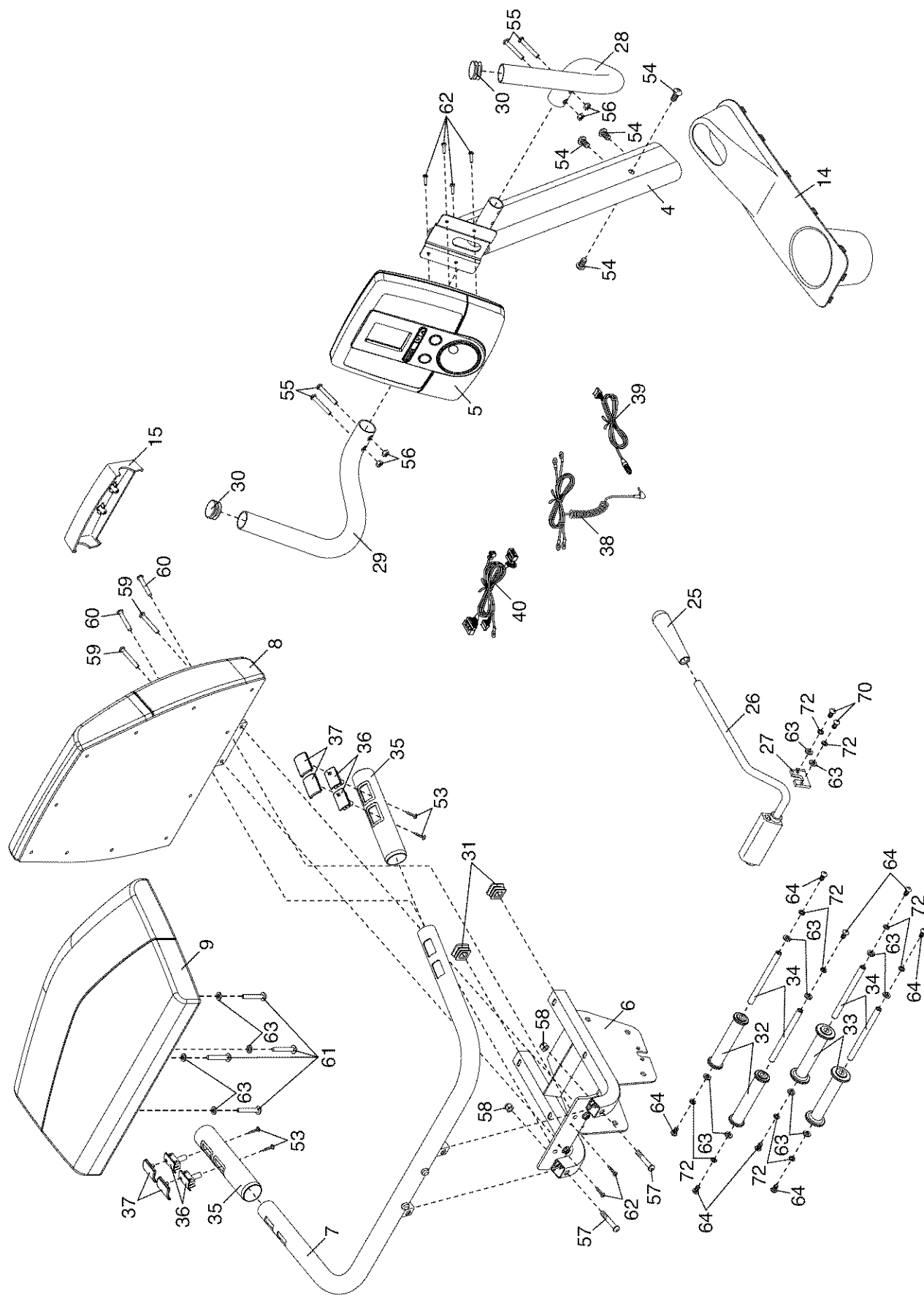
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	41	2	Wheel
2	1	Rear Stabilizer	42	2	Stabilizer Endcap
3	1	Front Stabilizer	43	2	Bumper
4	1	Upright	44	1	Right Pedal/Strap
5	1	Console	45	1	Left Pedal/Strap
6	1	Seat Carriage	46	2	M10 x 41mm Shoulder Screw
7	1	Pulse Bar	47	2	M10 x 80mm Patch Screw
8	1	Backrest	48	2	M10 Split Washer
9	1	Seat	49	1	M4 x 16mm Bright Screw
10	1	Right Side Shield	50	2	Magnet
11	1	Left Side Shield	51	1	Resistance Cable
12	1	Right Stabilizer Cover	52	3	M10 x 64mm Patch Screw
13	1	Left Stabilizer Cover	53	4	M3.8 x 20mm Screw
14	1	Top Shield	54	4	M10 x 20mm Patch Screw
15	1	Pulse Bar Cover	55	4	M6 x 38mm Bolt
16	1	Eddy Mechanism	56	4	M6 Locknut
17	1	Pulley/Crank	57	2	M10 x 36mm Screw
18	1	Belt	58	3	M10 Locknut
19	1	Idler	59	2	M6 x 18mm Patch Screw
20	1	Resistance Motor	60	2	M6 x 42mm Patch Screw
21	1	Crank Bearing Assembly	61	4	1/4" x 38mm Patch Screw
22	1	Flywheel Axle	62	24	M4 x 16mm Screw
23	1	Clamp	63	14	M6 Washer
24	1	Reed Switch Wire	64	8	1/4" x 16mm Button Screw
25	1	Adjustment Handle	65	1	M10 Washer
26	1	Seat Lock	66	2	M5 x 14mm Screw
27	1	Seat Lock Bracket	67	1	M8 x 22mm Flat Head Screw
28	1	Right Handlebar	68	1	M8 Locknut
29	1	Left Handlebar	69	1	M10 x 90mm Button Screw
30	2	Handlebar Endcap	70	2	1/4" x 14mm Screw
31	2	Seat Carriage Endcap	71	1	M8 Washer
32	2	Upper Roller	72	10	M6 Split Washer
33	2	Lower Roller	73	1	M4 x 22mm Screw
34	4	Roller Axle	*	—	Hex Key
35	2	Pulse Grip	*	—	15 1/2" Zip Tie
36	4	Pulse Sensor	*	—	8" Zip Tie
37	4	Pulse Contact	*	—	Panel Fastener
38	1	Pulse Wire	*	—	Grommet
39	1	Pulse Receptacle/Wire	*	—	User's Manual
40	1	Wire Harness			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. \*These parts are not illustrated. **If a part is missing, call 1-888-533-1333.**

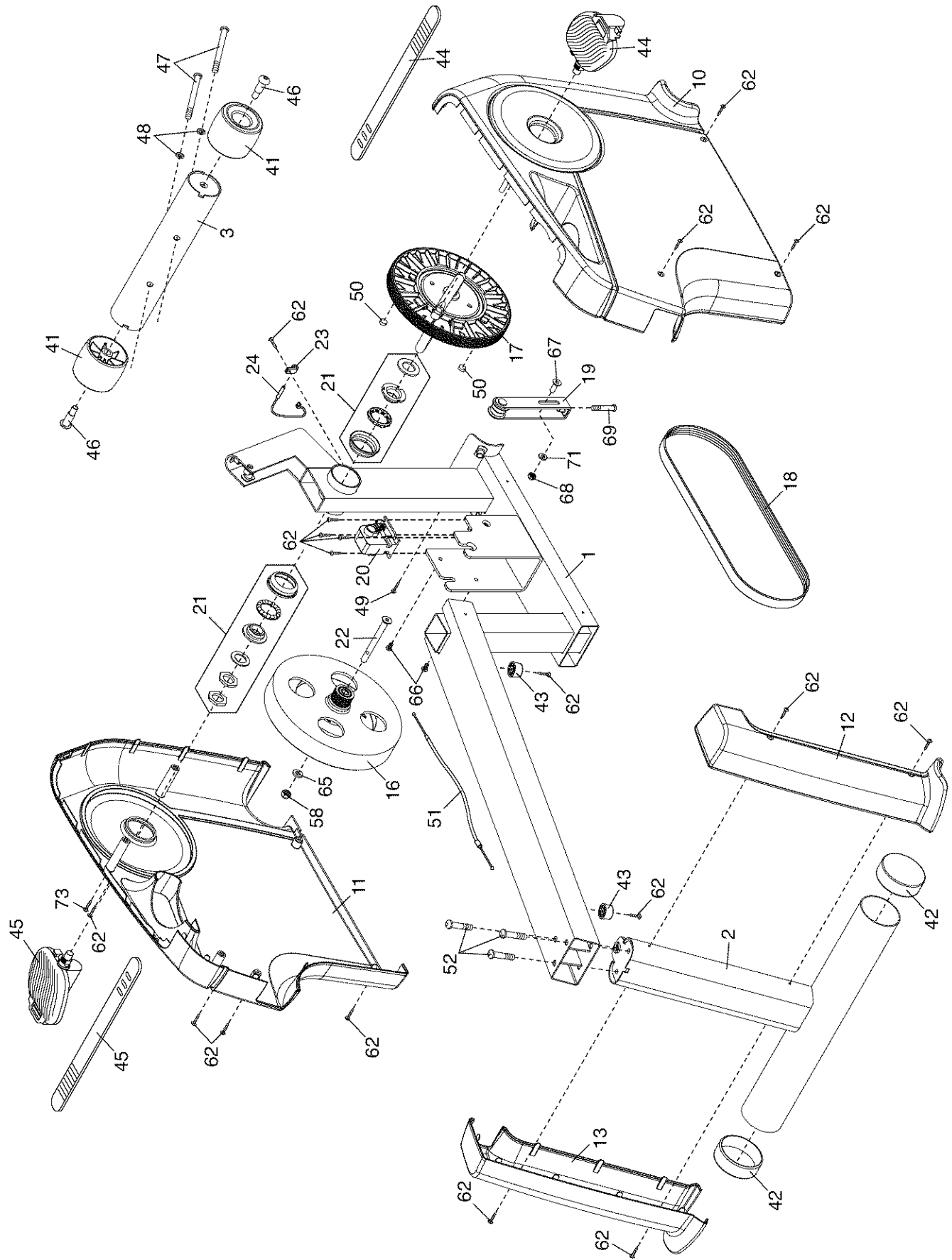
# EXPLODED DRAWING A—Model No. 831.21752.0

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# EXPLODED DRAWING B—Model No. 831.21752.0

R0608A



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## 90 DAY FULL WARRANTY

If this Sears bike exerciser fails due to a defect in material or workmanship within 90 days of the date of purchase, call 1-800-4-MY-HOME® (1-800-469-4663) to arrange for free repair (or replacement if repair proves impossible). The frame is warranted for a period of 7 years from the date of purchase.

This warranty does not apply when the bike exerciser is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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