

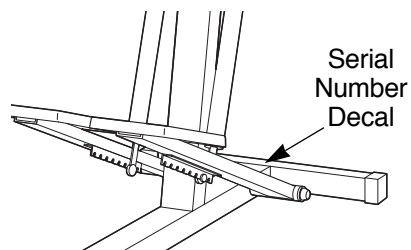
PRO·FORM[®]220c

P E R F O R M A N C E F I T N E S S

Model No. 831.285840

Serial No _____

The serial number is found in the location shown below. Write the serial number in the space above.



EXERCISE
EQUIPMENT

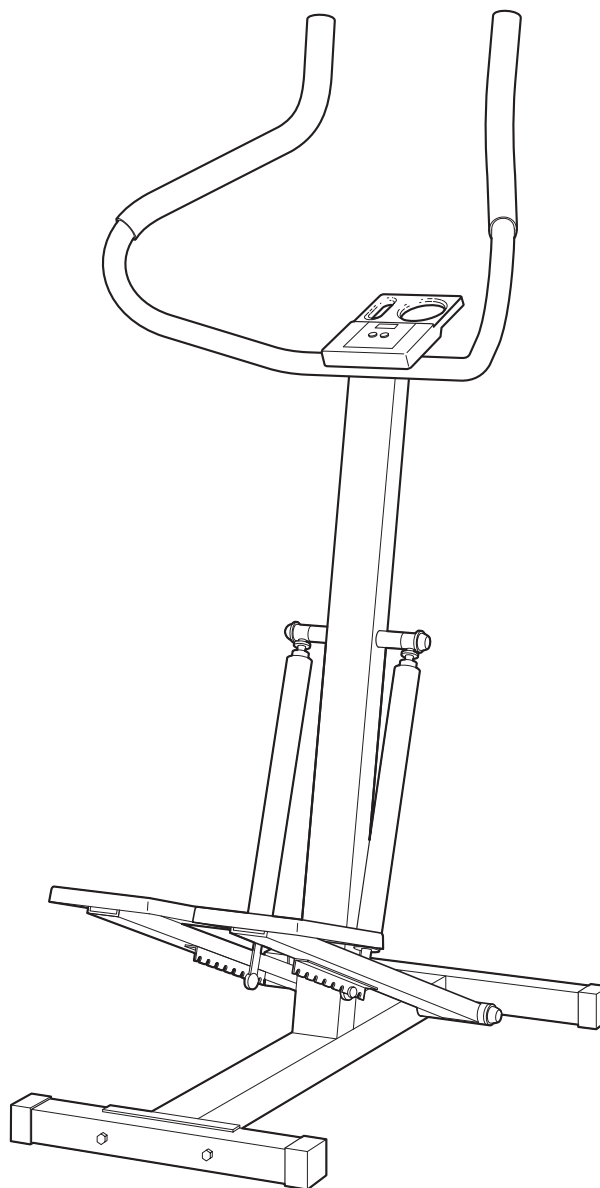
QUESTIONS

HELPLINE!

1-800-736-6879

CAUTION

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



USER'S MANUAL

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

TABLE OF CONTENTS

BEFORE YOU BEGIN	2
IMPORTANT PRECAUTIONS	3
ASSEMBLY	4
HOW TO USE THE STEPPER	6
STORAGE AND TROUBLE-SHOOTING	7
CONDITIONING GUIDELINES	9
PART LIST	10
EXPLODED DRAWING	11
HOW TO ORDER REPLACEMENT PARTS	Back Cover
FULL 90 DAY WARRANTY	Back Cover

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 220C stepper. The 220C stepper blends advanced engineering with contemporary styling to provide you with a low-impact workout in the convenience and privacy of your own home.

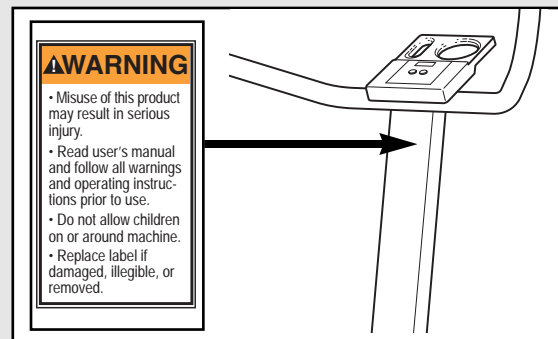
For your benefit, read this manual carefully before you use the PROFORM® 220C. If you have questions after reading the manual, please call our toll-free

HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is 831.285840. The serial number can be found on a decal attached to the PROFORM 220C (see the front cover of this manual for the location of the decal).

IMPORTANT PRECAUTIONS


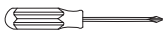


WARNING: To reduce the risk of serious injury, read the following important precautions before using the stepper.

1. Read all instructions in this manual before using the stepper. Use the stepper only as described.
2. It is the responsibility of the owner to ensure that all users of the stepper are adequately informed of all precautions.
3. Use the stepper indoors, away from moisture and dust. Place the stepper on a level surface, with a mat beneath it to protect the floor or carpet from damage.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the stepper at all times.
6. The stepper should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the stepper. Always wear athletic shoes for foot protection.
8. Maintain a continuous, smooth motion when exercising. Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.
9. The resistance cylinders may become hot after a period of use. Allow the cylinders to cool before touching them.
10. Always keep your back straight when using the stepper. Do not arch your back.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
12. The stepper is intended for in-home use only. Do not use the stepper in a commercial, rental, or institutional setting.
13. The decal shown below has been placed on the stepper. If the decal is missing, or if it is not legible, call our toll-free HELPLINE to order a free replacement decal.



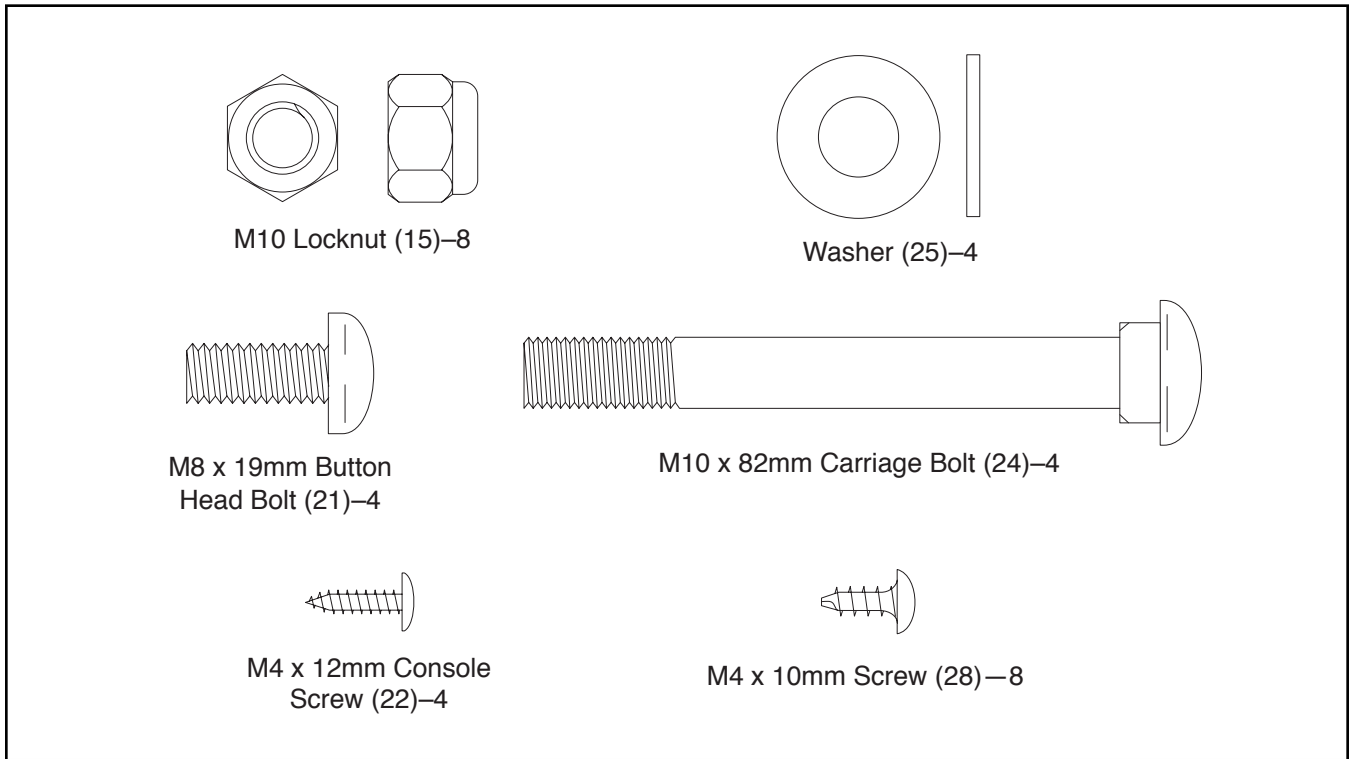
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained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

ASSEMBLY

Place all parts of the stepper in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench** , **a phillips screwdriver** , **two adjustable wrenches**  and **a rubber mallet** .

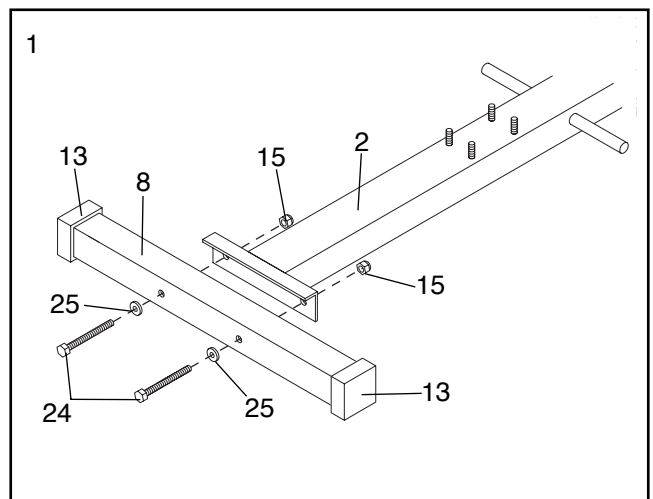
PART CHART

Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 10. The second number refers to the quantity used in assembly. **Note: If a part is not found in the parts bag, check to see if it has been preassembled.**



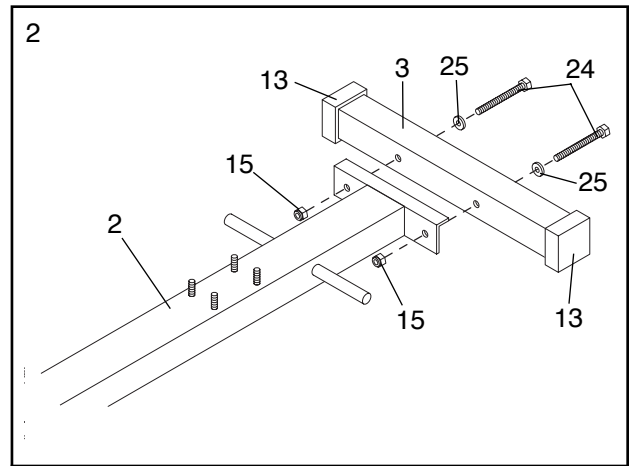
1. Press a Stabilizer Endcap (13) onto each end of the Long Stabilizer (8).

Attach the Long Stabilizer (8) to the indicated end of the Base (2) with two M10 x 65mm Hex Head Bolts (24), two Washers (25) and two M10 Locknuts (15).

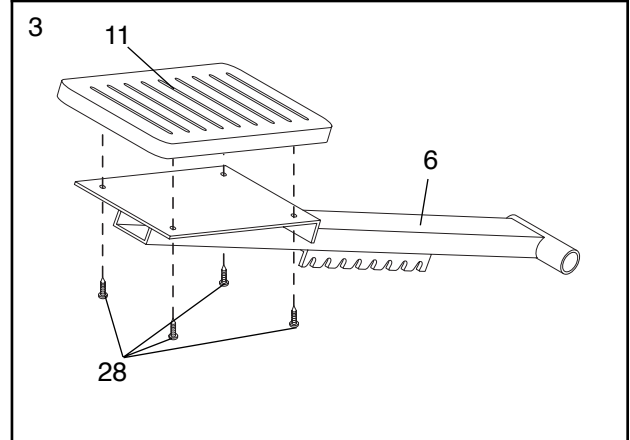


- Press a Stabilizer Endcap (13) onto each end of the Short Stabilizer (3).

Attach the Short Stabilizer (3) to the other end of the Base (2) with two M10 x 65mm Hex Head Bolts (24), two Washers (25) and two M10 Locknuts (15).



- Attach a Pedal (11) to each Pedal Leg (6, 7) with four M4 x 10mm Screws (28).



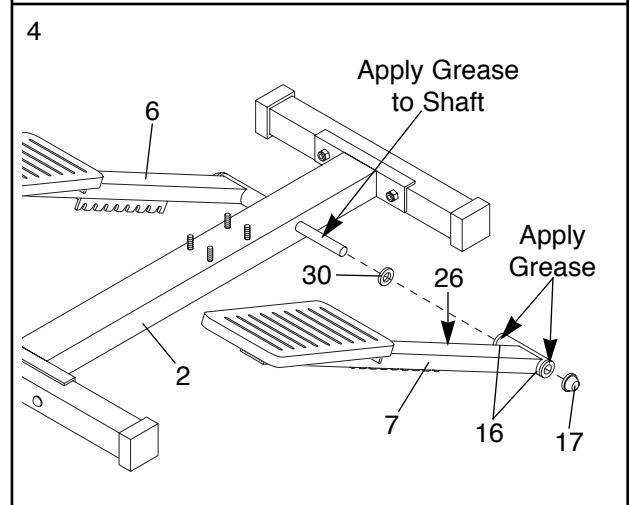
- Slide a Metal Cap (30) onto the indicated shaft on the Base (2). **Make sure that the open side of the Metal Cap is facing the Base.**

Apply grease to the shaft on the Base (2).

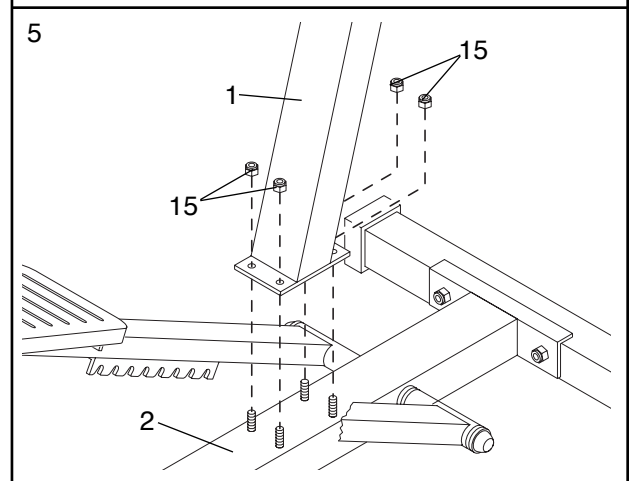
Identify the Right Pedal Leg (7) which has a Magnet (26) attached to it. Apply grease to the Pedal Leg Bushings (16) that are in the Right Pedal Leg.

Slide the Right Pedal Leg (7) onto the shaft on the Base (2). Tap a 3/4" Axle Cap (17) onto the shaft.

Repeat this step to attach the Left Pedal Leg (6).



- Slide the Upright (1) onto the threaded bolts in the Base (2). **Make sure that the Upright is angled in the direction shown.** Attach the Upright with four M10 Locknuts (15).



6. Apply grease to the shafts on the Upright (1).

Slide a Cylinder Spacer (19) and a Resistance Cylinder (9) onto each of the shafts on the Upright (1). **Make sure that the indented sides of the Cylinder Spacers are facing the Upright.** Tap a 5/8" Axle Cap (18) onto each shaft.

Raise the Left Pedal Leg (6) and rest it on the hook at the lower end of the left Resistance Cylinder (9). The hook must be in one of the slots under the Left Pedal Leg as shown in the inset drawing.

Raise the Right Pedal Leg (7) and rest it on the hook at the lower end of the right Resistance Cylinder (9). **Make sure that the hooks are in the same position under both Pedals.**

7. Attach the Right Handlebar (4) to the Upright (1) with two M6 x 12mm Button Head Bolts (21).

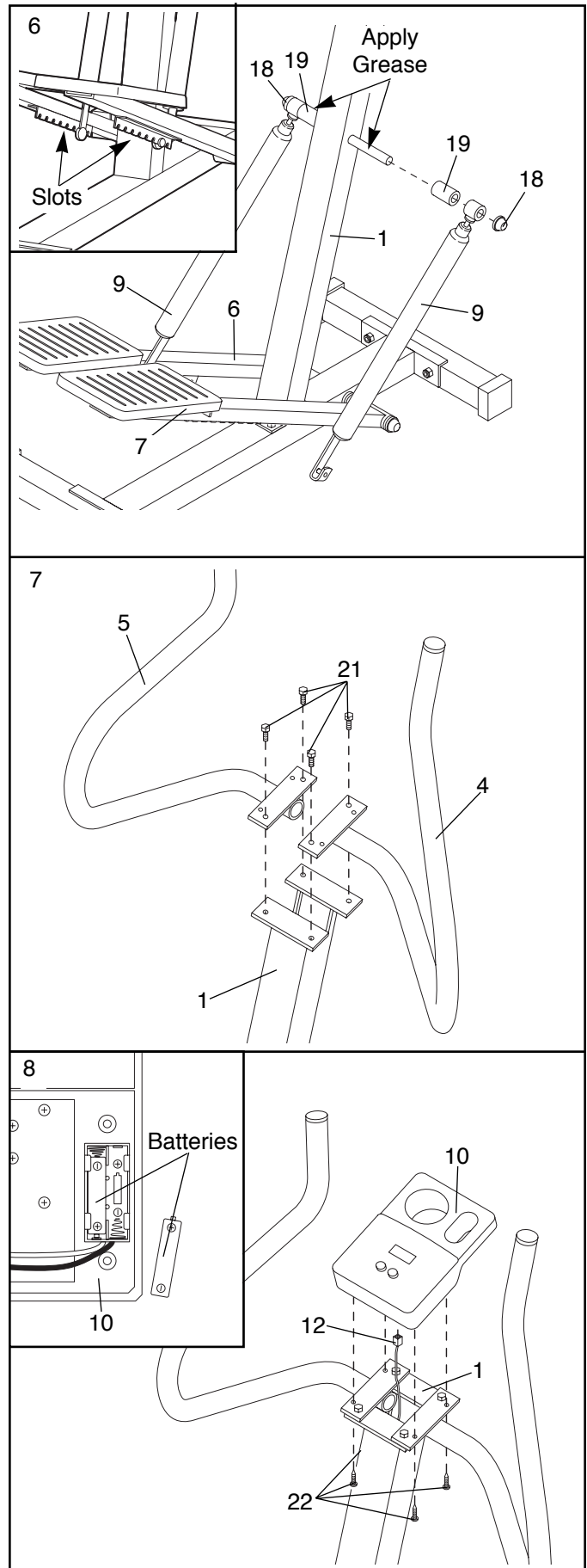
Attach the Left Handlebar (5) to the Upright (1) in the same manner.

8. Refer to the inset drawing. The Console (10) requires two "AA" batteries (not included). Alkaline batteries are recommended. Press two batteries into the battery clip under the Console. **Make sure that the negative (-) ends of the batteries are touching the springs.**

Connect the Reed Switch Wire (12) to the Console (10).

Attach the Console (10) to the Upright (1) with four M4 x 16mm Console Screws (22). **Be careful to avoid pinching the Reed Switch Wire (12).**

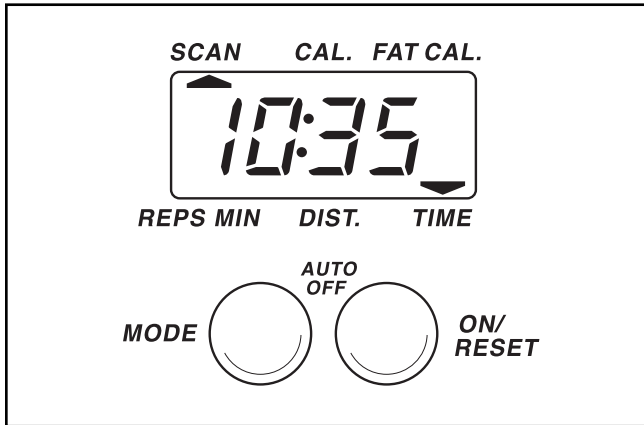
9. **Make sure that all parts are properly tightened before you use the stepper.**



HOW TO USE THE STEPPER

DESCRIPTION OF THE CONSOLE

The console features five modes that provide instant exercise feedback during your workouts. The modes are described below.



- Reps Per Minute—Displays your stepping speed, in repetitions per minute.
- Distance—Displays the total number of repetitions (steps) you have completed.
- Time—Displays the elapsed time. Note: If you stop stepping for ten seconds or longer, the time mode will pause until you resume.
- Fat Calorie—Displays the approximate number of fat calories you have burned. (See BURNING FAT on page 9.)
- Calorie—Displays the approximate number of calories you have burned. This number includes both fat calories and carbohydrate calories.
- Scan—Displays the reps per minute, distance, time, fat calorie and calorie modes, for 5 seconds each, in a repeating cycle.

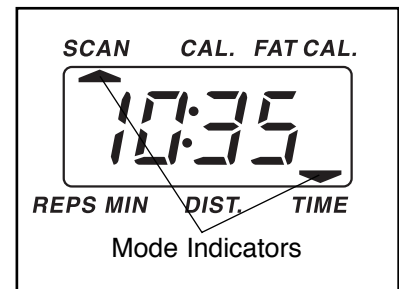
HOW TO OPERATE THE CONSOLE

Before the console can be operated, two “AA” batteries must be installed. If you have not installed batteries, see assembly step 8 on page 6.

Follow the steps below to operate the console.

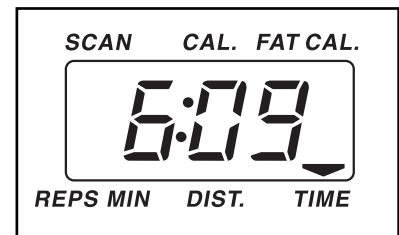
1. To turn on the power, press the on/reset button or simply begin stepping. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for operation.
2. Select one of the five modes:

Scan mode—
When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode



is selected, and a flashing mode indicator will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the mode button.

Reps per minute, distance, time, fat calorie and calorie mode—
To select one of these modes for continuous display, press the mode button repeatedly. The mode indicators will show which mode is selected. Make sure that the scan mode is not selected.



3. To reset the display, press the on/reset button.
4. To turn off the power, simply wait for about four minutes. **Note: The monitor has an “auto-off” feature. If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

HOW TO EXERCISE ON THE STEPPER

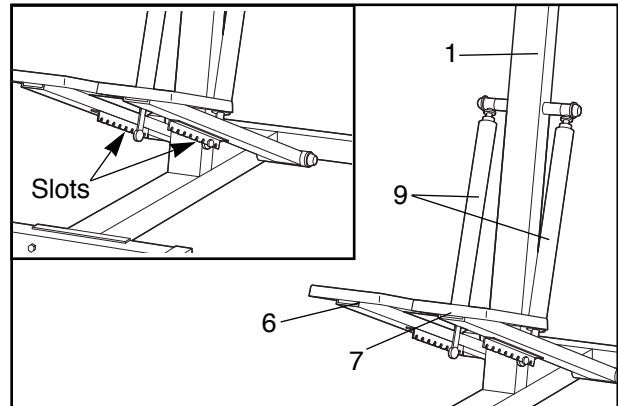
Place the stepper on a level surface and place a mat under the stepper. (The stepper features precision hydraulic cylinders. However, there is a possibility of slight oil leakage due to the nature of hydraulic cylinders.)

Hold the handlebars and step onto the pedals. Begin stepping, alternately depressing the right and left pedals with a smooth, continuous motion. Because the pedals move independently of each other, you must maintain a continuous motion or both pedals will sink to the floor. Change the height of your step or the stepping pace until you can comfortably maintain a continuous motion.

As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise, always keeping your back straight in order to avoid injury.

HOW TO ADJUST THE RESISTANCE

To change the stepping resistance, first lift the Right and Left Pedal Legs (6, 7) off the hooks at the lower ends of the Resistance Cylinders (9). Move the hooks to different slots under the Pedal Legs. **Make sure that the hooks are fully inserted into the slots in the same position under both Pedal Legs.** The farther the hooks are moved from the Upright (1), the greater the resistance will be.

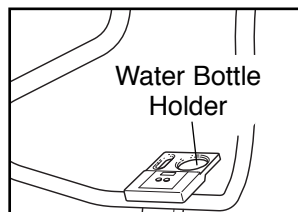


WARNING: The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them.

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the stepper. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent.

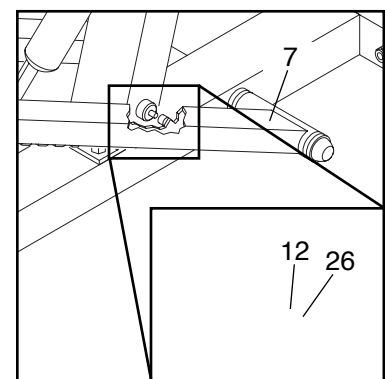
To prevent damage to the console, use only a sealed water bottle in the water bottle holder. In addition, keep liquids away from the console, keep the console out of direct sunlight, and remove the batteries when storing the stepper.



REED SWITCH ADJUSTMENT

If the console does not function properly, or if the display becomes faint, the batteries should be replaced. See assembly step 8 on page 6.

If the console still does not function properly, the Reed Switch (12) should be adjusted. Hold down the Right Pedal Leg (7) so that the Magnet (26) is level with the Reed Switch (12). Refer to the inset drawing. Slide the Reed Switch (12) in or out slightly. The gap between the Reed Switch and the Magnet should be about 1/8". Make sure that the Magnet will not hit the Reed Switch when the Pedal Leg is moved. Repeat until the console displays correct feedback.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

HEART RATE TRAINING ZONES									
20	30	40	50	60	70	80	AGE		
165									
145	155								
125	138	145							
-	120	130	140						
-		115	125	130					
-			110	118	125				
-				105	110	115	AEROBIC		
-					95	105	MAX. FAT		
-						90	FAT BURN		
<i>b.p.m.</i>									

To find the proper heart rate for you, first find your age at the top of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers below of your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the heart rate for maximum fat burning; the highest number is the heart rate for aerobic exercise.

Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes 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 as you exercise.

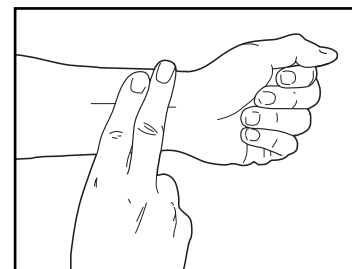
For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising 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.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan 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. **Caution: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.**

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

PART LIST—Model No. 831.285840

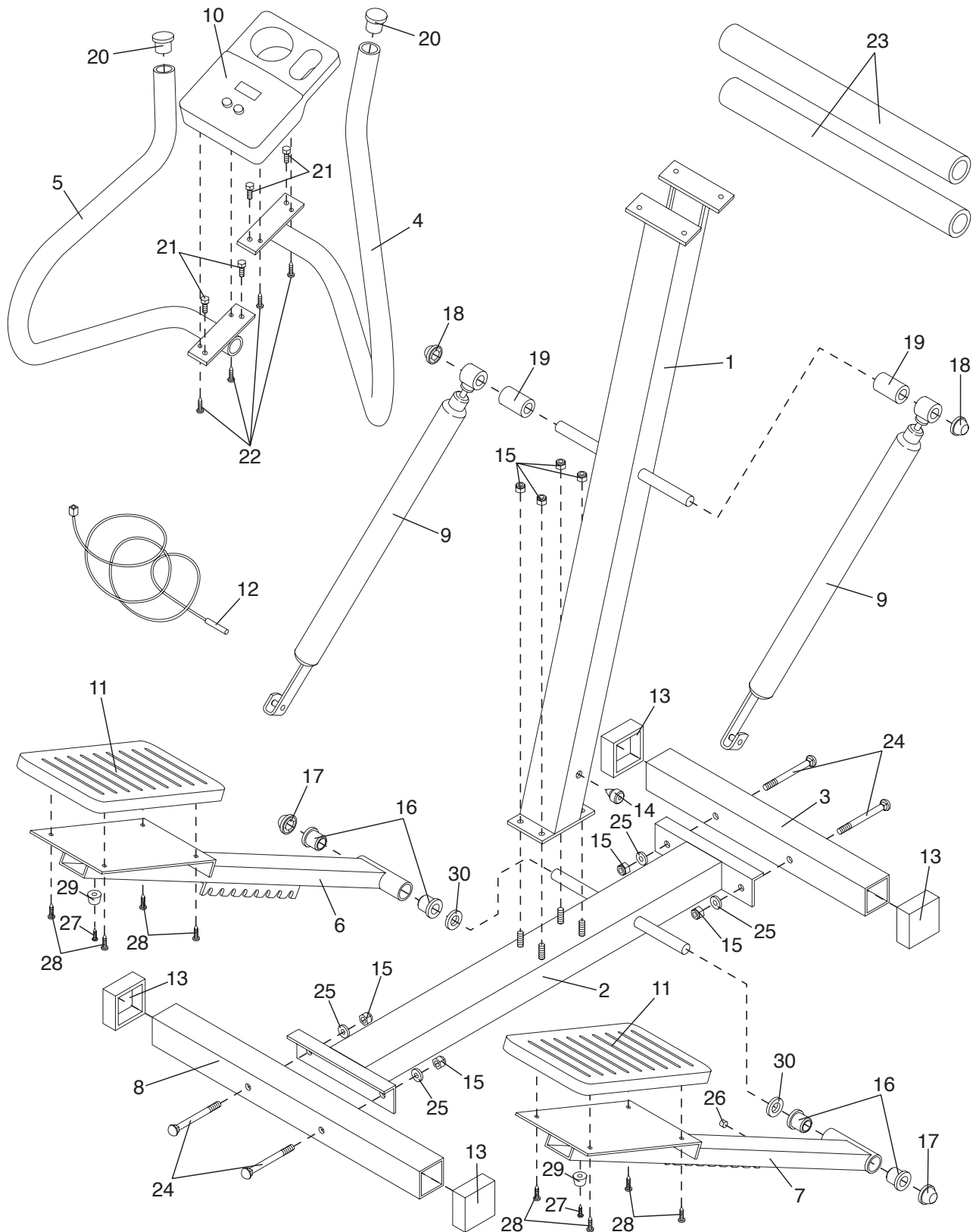
R0998A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Upright	18	2	5/8" Axle Cap
2	1	Base	19	2	Cylinder Spacer
3	1	Short Stabilizer	20	2	Handlebar Endcap
4	1	Right Handlebar	21	4	M6 x 12mm Button Head Bolt
5	1	Left Handlebar	22	4	M4 x 16mm Console Screw
6	1	Left Pedal Leg	23	2	Foam Grip
7	1	Right Pedal Leg	24	4	M10 x 65mm Hex Head Bolt
8	1	Long Stabilizer	25	4	Washer
9	2	Resistance Cylinder w/Bushing	26	1	Magnet w/Holder
10	1	Console	27	2	M4 x 16mm Screw
11	2	Pedal	28	8	M4 x 10mm Screw
12	1	Reed Switch w/Wire	29	2	Pedal Bumper
13	4	Stabilizer Endcap	30	2	Metal Cap
14	1	Grommet	#	1	User's Manual
15	8	M10 Locknut	#	1	Grease Packet
16	4	Pedal Leg Bushing	#	1	Allen Wrench
17	2	3/4" Axle Cap			

Note: “#” refers to a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. 831.285840

R0998A





Model No. 831.285840

QUESTIONS?

If you find that:

- you need help assembling or operating the PROFORM® 220C
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART
(1-800-366-7278)

The model number and serial number of your PROFORM® 220C are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.285840).
- The NAME of the product (PROFORM® 220C).
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING on pages 10 and 11).

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS STEPPER EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the STEPPER EXERCISER, free of charge.

This warranty does not apply when the STEPPER 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.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>