

# HEALTHRIDER

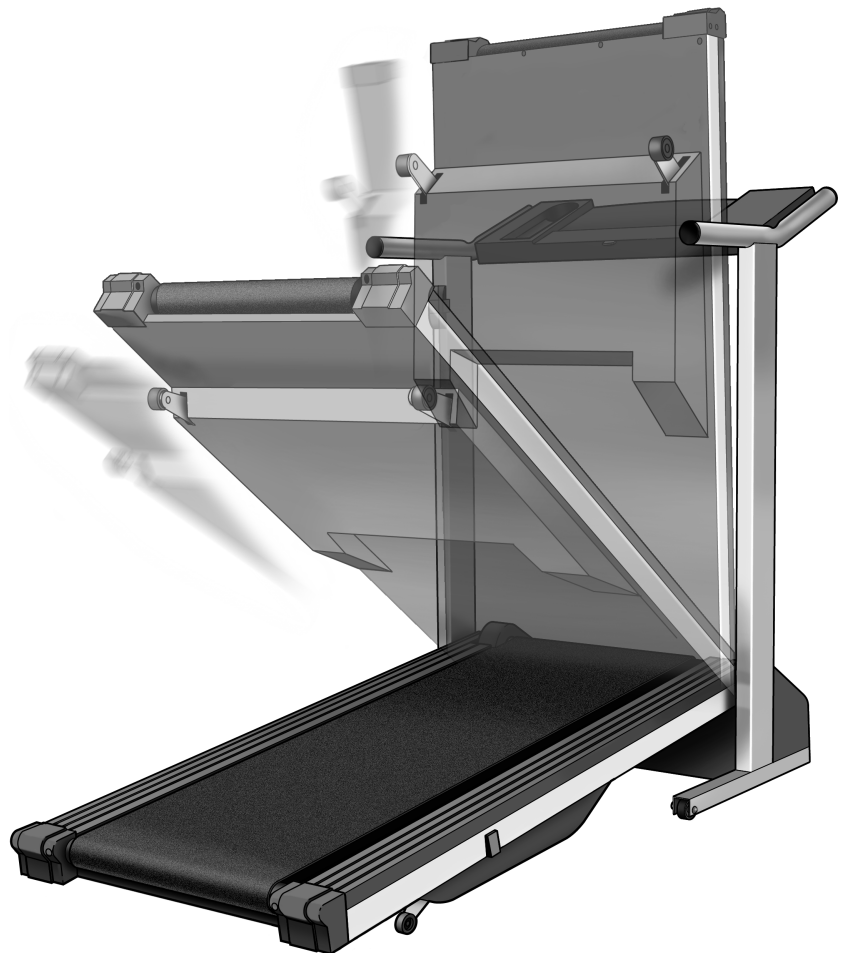
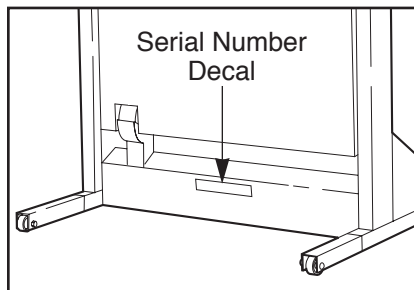
## SOFT STRIDER LE

SOFT TRACK CUSHIONED TREADMILL

Model No. 831.297830

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

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



### CAUTION

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

## USER'S MANUAL

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

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual. Please save the EXPLODED DRAWING and PART LIST for future reference.

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## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
10. When connecting the power cord (see page 7), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.
12. Keep the power cord and the surge suppressor away from heated surfaces.

13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** on page 4 if the treadmill is not working properly.)
14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.
17. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.
18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See

**ASSEMBLY** on page 5, and **HOW TO MOVE THE TREADMILL** on page 10.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

19. When folding or moving the treadmill, make sure that the storage latch is fully closed.
20. Inspect and tighten all parts of the treadmill regularly.
21. Never insert any object into any opening.
22. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
23. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

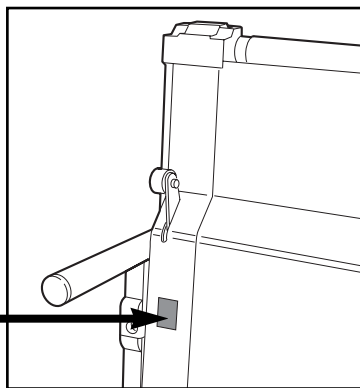
**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained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

## SAVE THESE INSTRUCTIONS

The decal shown below has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our toll-free **HELPLINE** to order a free replacement decal (see the back cover of this manual). Apply the decal in the location shown.

### ⚠ WARNING

- Never allow children to play on or around treadmill.
- Storage latch must be fully engaged before treadmill is moved or stored.



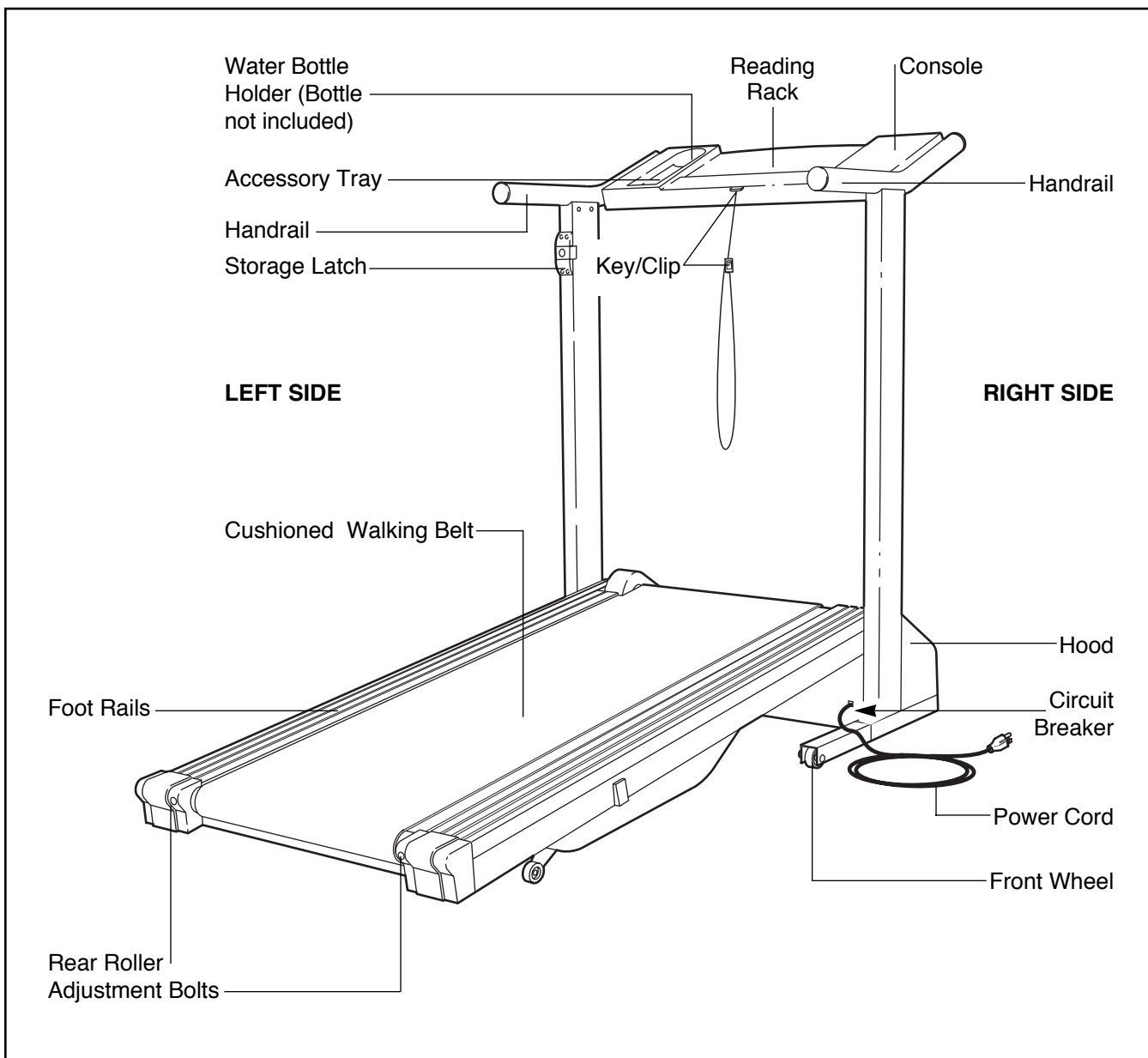
# BEFORE YOU BEGIN

Congratulations for purchasing the HEALTHRIDER® SOFTSTRIDER LE treadmill. The new SOFTSTRIDER LE combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique SOFTSTRIDER LE can be folded up, requiring less than half the floor space of other treadmills.


**For your benefit, read this manual carefully before using the treadmill.** If you have additional questions, 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 note the product model number and serial number before calling. The model number of the treadmill is 831.297830. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



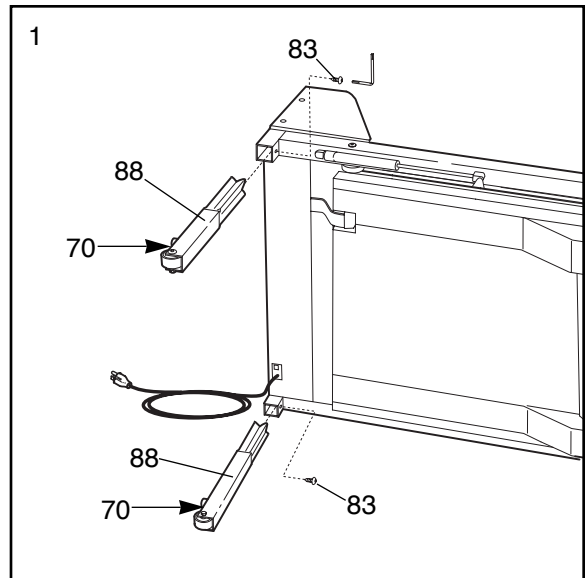
# ASSEMBLY

**Assembly requires two people.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own phillips screwdriver** 

1. With the help of a second person, carefully lay the treadmill on its right side as shown (refer to the drawing on page 4 to identify the right side).

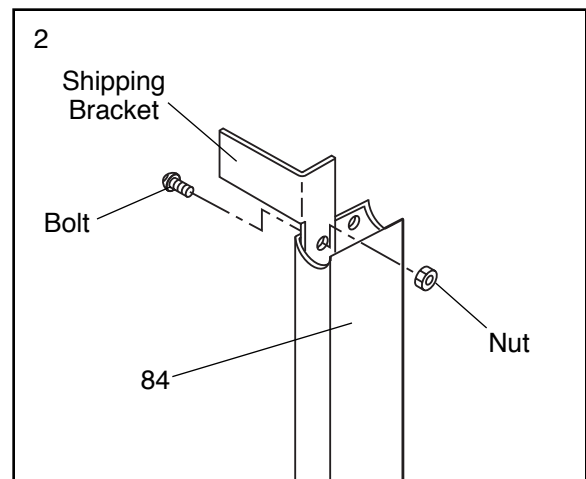
Insert the Extension Legs (88) into the treadmill. Make sure that the Extension Legs are turned so the Base Pads (70) are on the indicated side. Attach each Extension Leg with an Extension Leg Screw (83).

With the help of a second person, carefully raise the treadmill to the upright position so the Extension Legs (88) are resting flat on the floor.



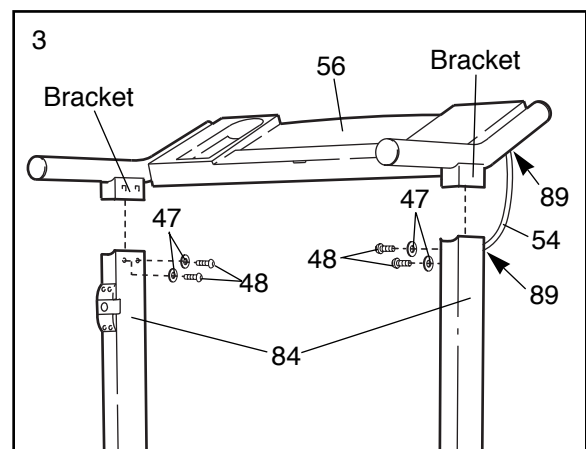
2. Refer to HOW TO LOWER THE TREADMILL FOR USE on page 11. Follow the instructions on page 11 to lower the treadmill.

Next, remove the nut, bolt, and shipping bracket from the left Upright (84).



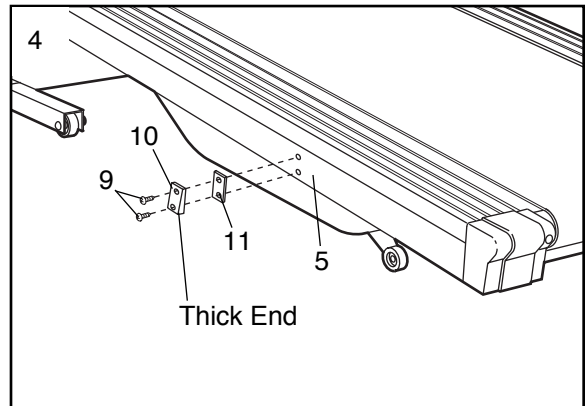
3. Insert the brackets on the Console Base (56) into the Uprights (84); insert any slack in the Wire Harness (54) into the right Upright. Thread four Handrail Bolts (48) with Handrail Washers (47) into the Uprights. **Tighten all four Handrail Bolts.**

Make sure that the two indicated Grommets (89) are pressed into the holes.

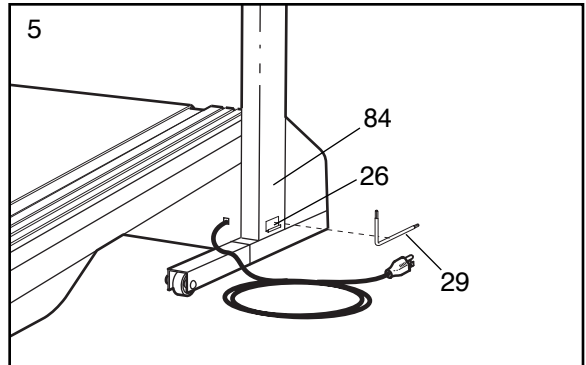


4. Remove the two Frame Guide Screws (9) from the left side of the Frame (5).

Attach the Frame Guide (10) and the Frame Guide Spacer (11) to the Frame (5) with the two Frame Guide Screws (9) as shown. **Note: Be careful not to over-tighten the Screws. Make sure that the thick end of the Frame Guide is at the bottom.**



5. Remove the backing from the Wrench Clip (26). Press the Wrench Clip onto the base of the Uprights (84) in the indicated location. Press the Allen Wrench (29) into the Wrench Clip.



6. **Make sure that all parts are tightened before you use the treadmill. To protect the floor or carpet, place a mat under the treadmill.** Read and familiarize yourself with the "TROUBLE-SHOOTING AND MAINTENANCE" section on page 11.

# OPERATION AND ADJUSTMENT

## THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant.

**IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

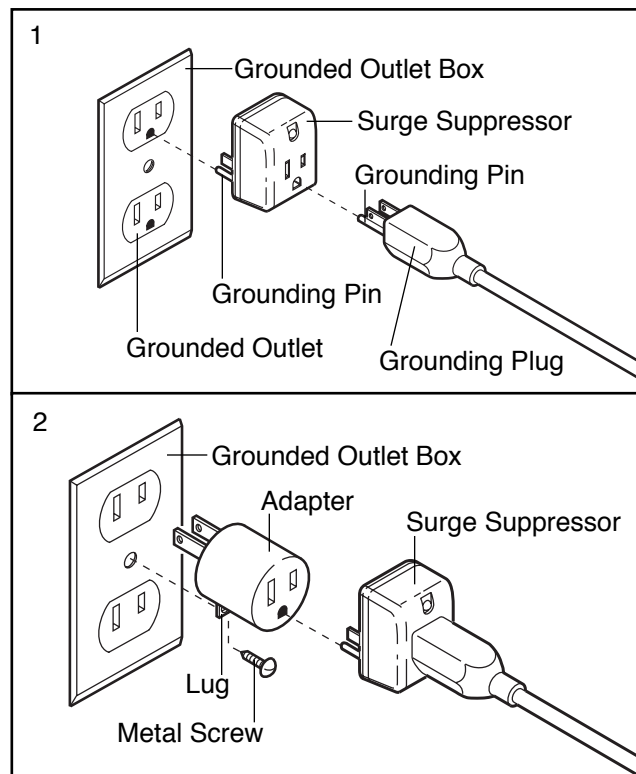
**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).**

Surge suppressors are sold at most hardware stores and department stores. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

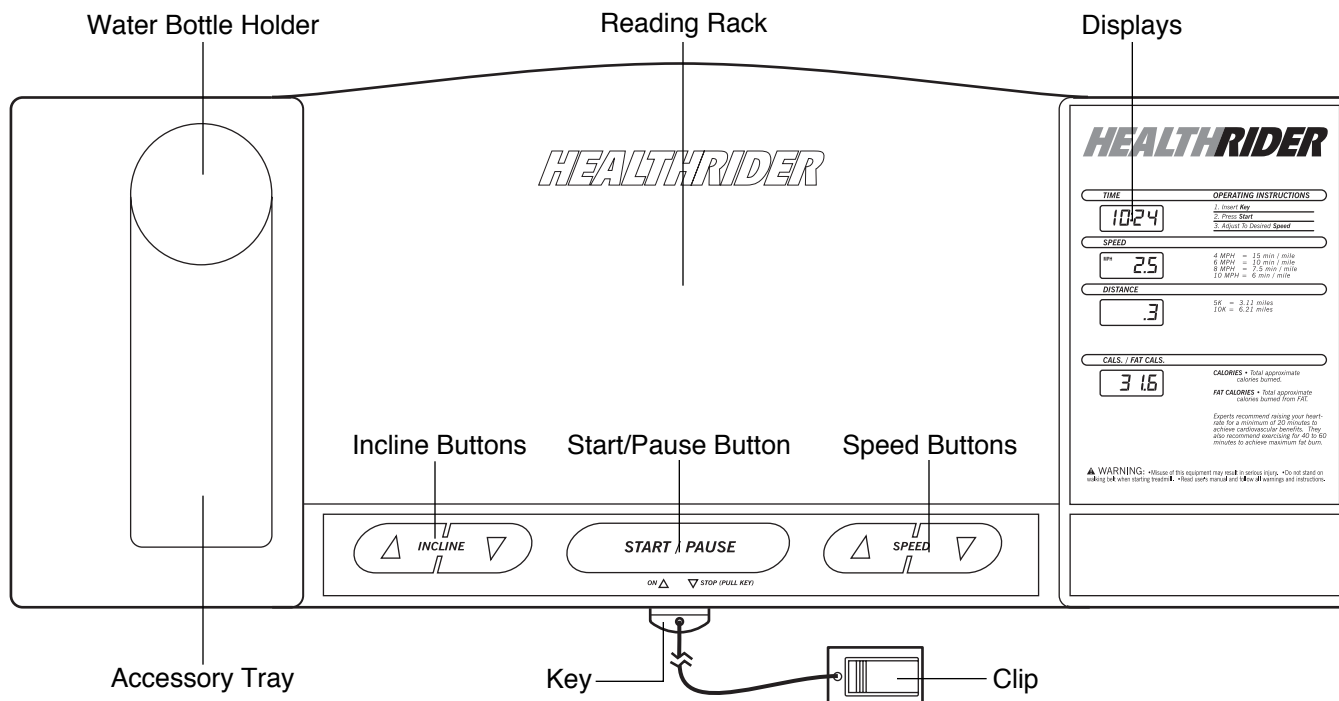
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

# CONSOLE OPERATION



## ⚠ CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power or starting the walking belt.
- Always wear the clip (see the drawing above) while operating the treadmill. If the key is pulled from the console, the walking belt will stop.
- The treadmill is capable of high speeds; adjust the speed in small increments.
- To reduce the risk of electric shock, keep the console dry. Avoid spilling liquid on the console and use only a sealable water bottle.

## STEP BY STEP CONSOLE OPERATION

If there is a thin sheet of clear plastic on the console, remove it. In addition, make sure that the power cord is properly plugged in (see HOW TO PLUG IN THE POWER CORD on page 7).

Next, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing.

Follow the steps below to operate the console.

### 1 Insert the key into the console.

When the key is inserted, the four displays will turn on.

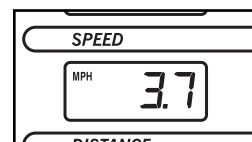
### 2 Press the start/pause button.

A moment after the button is pressed, the walking belt will begin to move at 1 mile per hour. Hold the handrails and begin walking. Note: The walking belt can also be started by pressing the speed  $\Delta$  button once.

### 3 Adjust the speed of the walking belt with the speed buttons.

As you walk on the treadmill, adjust the speed of the walking belt with the speed buttons. Each time one of the buttons is pressed, the speed will

change by 0.1 mile per hour. The buttons can be held down to change the speed quickly. The speed range is 0.5 to 10 miles per hour. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.





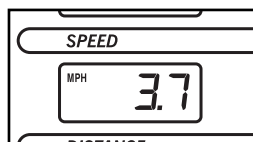
To stop the walking belt, press the start/pause button. The displays will pause and the time display will begin to flash. To restart the walking belt, press the start/pause button again. Note: The walking belt can also be stopped by pulling the key out of the console.

#### **4** Follow your progress with the four displays.

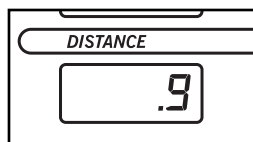
**Time display**—This display shows the total time that you have walked or run on the treadmill.



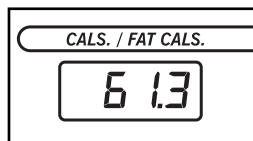
**Speed display**—This display shows the speed of the walking belt, in miles per hour.



**Distance display**—This display shows the total distance that you have walked or run, in miles.



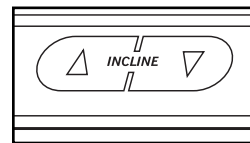
**Calories/Fat Calories display**—This display shows the approximate numbers of calories and fat calories you have burned. Every seven seconds, the display will change from one number to the other. An "F" will appear in the display when the number of fat calories is shown.



To reset the displays, remove the key from the console and then reinsert it.

#### **5** Change the incline of the treadmill, if desired.

To change the incline, hold down one of the incline buttons until the desired incline is reached.



#### **6** When you are finished exercising, remove the key.

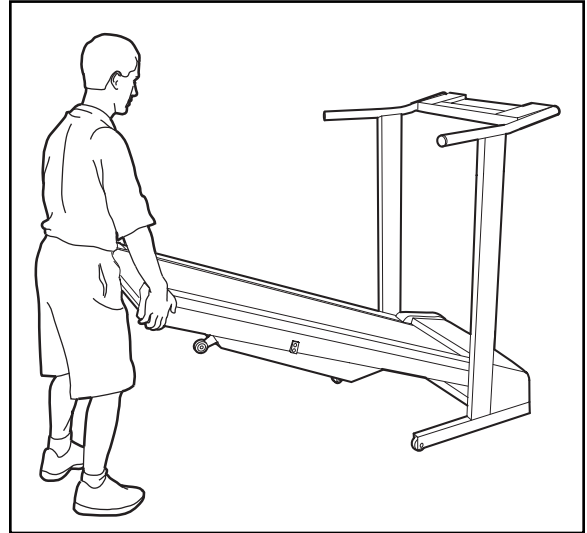
Step onto the foot rails and remove the key from the console. Keep the key in a secure place.

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

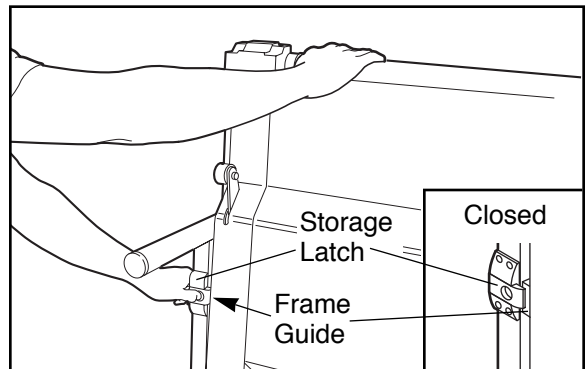
Unplug the power cord. **Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **Caution: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the storage latch closes over the frame guide. **Make sure that the storage latch closes fully over the frame guide.**

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



## HOW TO MOVE THE TREADMILL

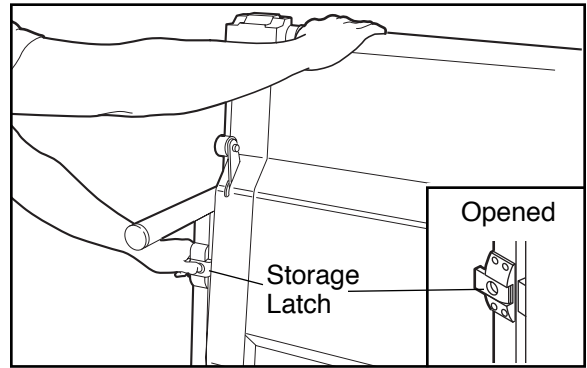
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is closed fully over the frame guide.**

1. Hold the upper ends of the treadmill. Place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

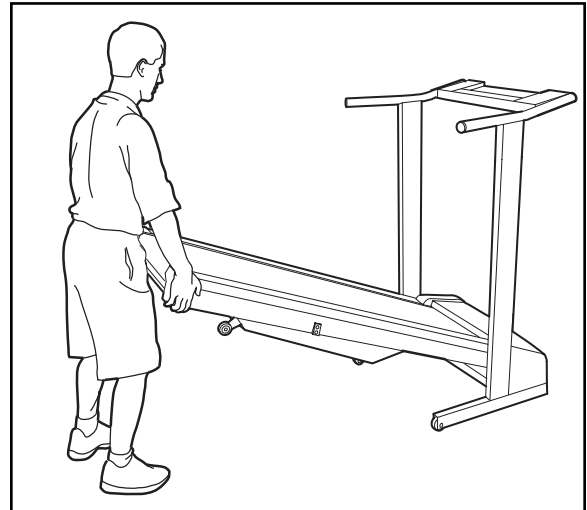


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, slide open the storage latch and hold it open. Pivot the treadmill until the frame is past the storage latch.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Caution: To decrease the possibility of injury, bend your legs and keep your back straight.**



## TROUBLE-SHOOTING AND MAINTENANCE

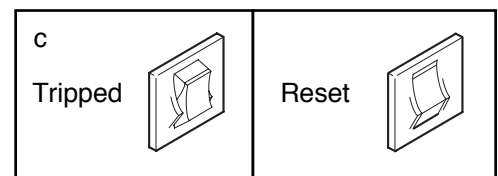
Most treadmill problems can be solved by following the simple steps below. If further assistance is needed, call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays).

### PROBLEM: THE POWER DOES NOT TURN ON

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 7). Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. (See step 1 on page 8.)

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

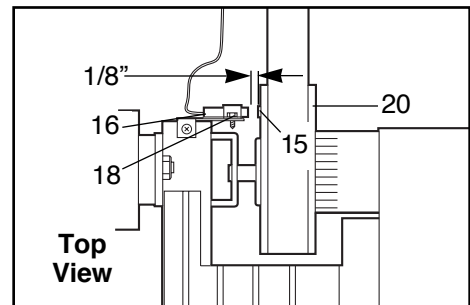


**PROBLEM: THE POWER TURNS OFF DURING USE**

- SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
- b. Make sure that the power cord is plugged in.
- c. Remove the key from the console. Reinsert the key fully into the console. (See step 1 on page 8.)
- d. If the treadmill still will not run, please call our toll-free HELPLINE.

**PROBLEM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY**

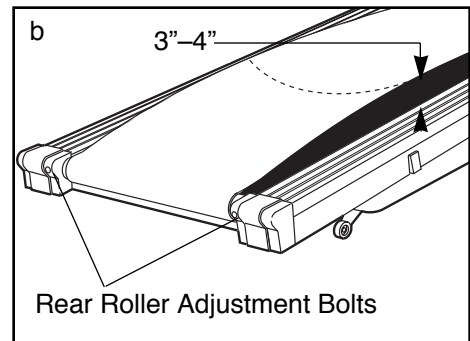
- SOLUTION:** a. Remove the six screws from the hood. Carefully remove the hood. Locate the Reed Switch (16) and the Magnet (15) on the left side of the Pulley (20). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (18) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: THE WALKING BELT SLOWS WHEN WALKED ON**

- SOLUTION:** a. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.

- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UN-PLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



- c. If the walking belt still slows when walked on, please call our toll-free HELPLINE.

**PROBLEM: THE WALKING BELT NEEDS TO BE CLEANED**

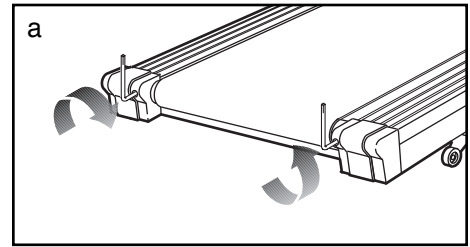
- SOLUTION:** a. Use a color-fast upholstery cleaner to clean the walking belt. Test the cleaner on a small area before cleaning the entire belt.

**PROBLEM: BUBBLES FORM IN THE WALKING BELT**

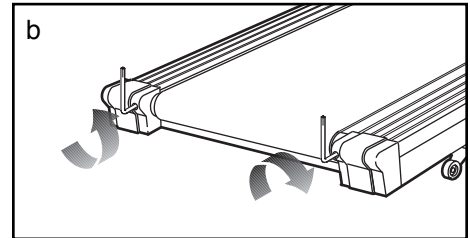
- SOLUTION:** a. Due to variations in humidity and temperature, there is a possibility that bubbles may form in the walking belt. Although the bubbles will disappear with time, you may unplug the power cord, carefully insert a needle into the bubbles, and push the air out of the bubbles.

**PROBLEM: The walking belt is off-center when walked on**

**SOLUTION:** a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

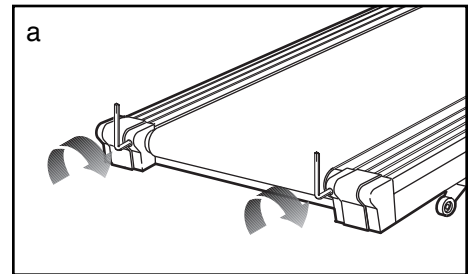


b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



**PROBLEM: The walking belt slips when walked on**

**SOLUTION:** a. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



**PROBLEM: THE WALKING BELT NEEDS TO BE CLEANED**

**SOLUTION:** a. Use a color-fast upholstery cleaner to clean the walking belt. Test the cleaner on a small area before cleaning the entire belt.

**PROBLEM: BUBBLES FORM IN THE WALKING BELT**

**SOLUTION:** a. Due to variations in humidity and temperature, there is a possibility that bubbles may form in the walking belt. Although the bubbles will disappear with time, you may unplug the power cord, carefully insert a needle into the bubbles, and push the air out of the bubbles.

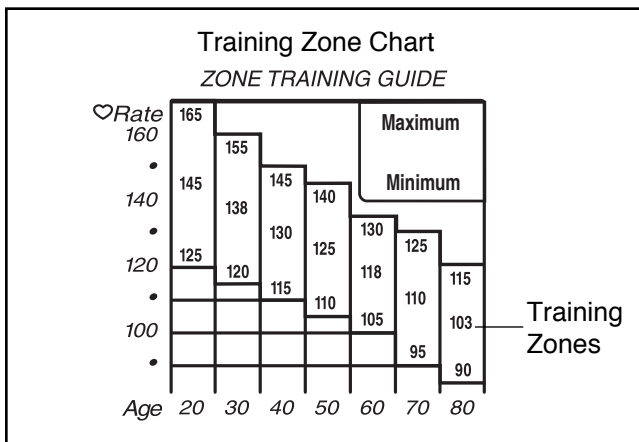
# CONDITIONING GUIDELINES

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

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only. For more detailed exercise information, obtain a reputable book or consult your physician.

## 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, aerobic exercise, and high performance athletic conditioning.



To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, look above your age and find the box containing three numbers. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for aerobic exercise; the highest number is the recommended heart rate for high performance athletic conditioning.

### Fat Burning

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 does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone as you exercise.

### Aerobic Exercise

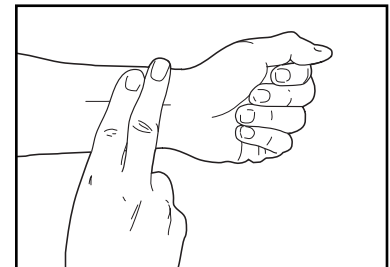
If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For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

### High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone. Note: During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone as you exercise.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.



## WORKOUT GUIDELINES

Each workout should include the following three important parts:

### A Warm-up

Start each workout with 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

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. Note: 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

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your

muscles and will help 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. The key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is described below. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

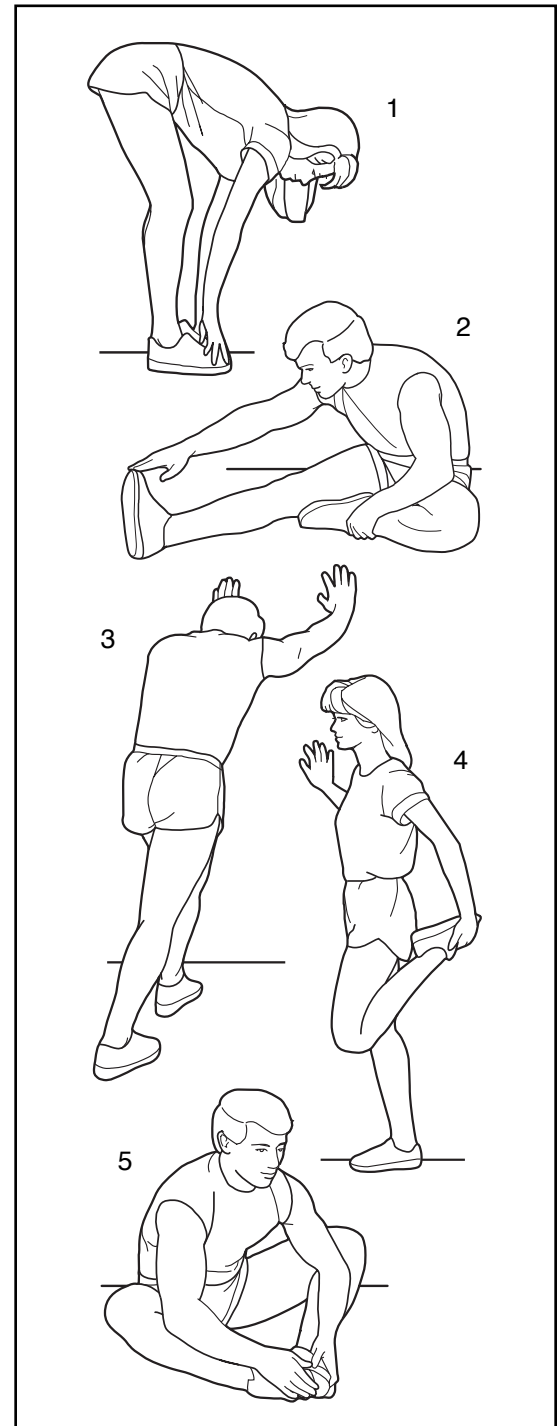
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART LIST—Model No. 831.297830

R0298A

| Key No. | Qty. | Description                     | Key No. | Qty. | Description                    |
|---------|------|---------------------------------|---------|------|--------------------------------|
| 1       | 2    | Rear Roller Adjustment Bolt     | 53      | 4    | 8" Cable Tie                   |
| 2       | 5    | Roller Adjustment Washer        | 54      | 1    | Wire Harness                   |
| 3       | 1    | Left Rear Endcap                | 55      | 1    | Pulley/Flywheel/Fan            |
| 4       | 1    | Latch Decal                     | 56      | 1    | Console Base                   |
| 5       | 1    | Frame                           | 57      | 1    | Console                        |
| 6       | 2    | Roller Guard                    | 58      | 1    | Console Plug                   |
| 7       | 1    | Motor Pivot Nut                 | 59      | 1    | Console Insert                 |
| 8       | 6    | Platform Screw                  | 60      | 1    | Console Book Rack              |
| 9       | 7    | Frame Guide Screw               | 61      | 49   | Screw                          |
| 10      | 2    | Frame Guide                     | 62      | 1    | Hood                           |
| 11      | 1    | Frame Guide Spacer              | 63      | 1    | Key/Clip                       |
| 12      | 1    | Left Foot Rail                  | 64      | 1    | Storage Latch Bracket          |
| 13      | 1    | Walking Platform                | 65      | 1    | Power Cord Grommet             |
| 14      | 2    | Upright Spacer                  | 66      | 1    | Power Cord                     |
| 15      | 1    | Magnet                          | 67      | 1    | Circuit Breaker                |
| 16      | 1    | Reed Switch                     | 68      | 2    | Latch Spring                   |
| 17      | 1    | Reed Switch Clip                | 69      | 1    | Front Belly Pan                |
| 18      | 1    | Reed Switch Clip Screw          | 70      | 4    | Base Pad                       |
| 19      | 4    | Upright Pivot Nut/Wheel Nut     | 71      | 9    | Base Pad Screw                 |
| 20      | 1    | Front Roller/Pulley             | 72      | 1    | Electronics Bracket            |
| 21      | 1    | Front Roller Adjustment Bolt    | 73      | 1    | Controller                     |
| 22      | 1    | Walking Belt                    | 74      | 1    | Storage Latch                  |
| 23      | 1    | Right Foot Rail                 | 75      | 1    | Choke                          |
| 24      | 12   | Belly Pan Fastener              | 76      | 1    | Power Supply                   |
| 25      | 2    | Belt Guide                      | 77      | 1    | Right Handrail                 |
| 26      | 1    | Wrench Clip                     | 78      | 1    | Hood Cover Plug                |
| 27      | 1    | Rear Roller                     | 79      | 4    | Hood Anchor                    |
| 28      | 1    | Belly Pan                       | 80      | 2    | Upright Base Endcap            |
| 29      | 1    | Allen Wrench                    | 81      | 2    | Pivot Bolt                     |
| 30      | 2    | Cable Tie Clamp                 | 82      | 2    | Frame Pivot Washer             |
| 31      | 2    | Cable Tie                       | 83      | 2    | Extension Leg Screw            |
| 32      | 1    | Ground Wire                     | 84      | 1    | Upright Base                   |
| 33      | 2    | Ground Screw                    | 85      | 2    | Wheel Bolt                     |
| 34      | 4    | Incline Bolt/Motor Tension Bolt | 86      | 2    | Wheel                          |
| 35      | 2    | Incline Leg Wheel               | 87      | 1    | Shock                          |
| 36      | 5    | Incline Leg Nut                 | 88      | 2    | Extension Leg                  |
| 37      | 1    | Right Endcap                    | 89      | 2    | Grommet                        |
| 38      | 1    | Incline Motor                   | 90      | 1    | Motor Tension Nut              |
| 39      | 1    | Incline Leg                     | 91      | 1    | Tension Star Washer            |
| 40      | 1    | Incline Motor Extension         | 92      | 1    | Motor Tension Washer           |
| 41      | 2    | Incline Wheel Nut               | 93      | 1    | Motor Tension Bolt             |
| 42      | 2    | Incline Wheel Bolt              | 94      | 1    | Motor Pivot Bolt               |
| 43      | 1    | Reed Switch Bracket             | 95*     | 1    | Motor/Pulley/Flywheel/Fan      |
| 44      | 4    | Handrail Cap                    | 96      | 1    | Motor                          |
| 45      | 1    | Left Handrail                   | #       | 1    | 8" White Wire, 2 Male/Female   |
| 46      | 4    | Cage Nut                        | #       | 1    | 8" White Wire, 2 Female/Female |
| 47      | 4    | Handrail Washer                 | #       | 1    | 6" Blue Wire, 2 Female/Female  |
| 48      | 4    | Handrail Bolt                   | #       | 1    | 3 Wire Blue Pigtail            |
| 49      | 1    | Motor Belt                      | #       | 1    | User's Manual                  |
| 50      | 14   | Console Screw/Latch Screw       |         |      |                                |
| 51      | 1    | Console Plate                   |         |      |                                |
| 52      | 1    | Hood Cover                      |         |      |                                |

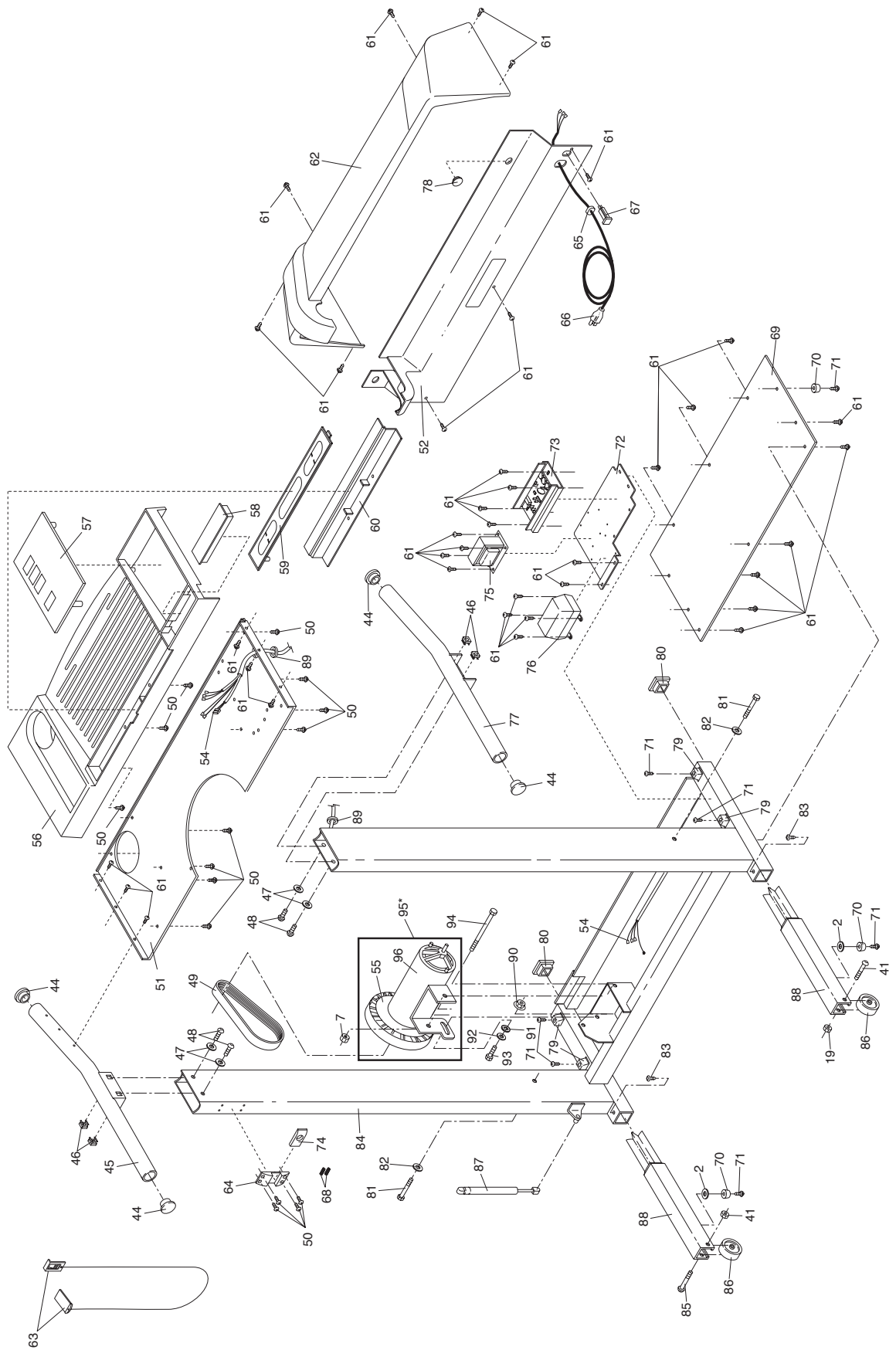
\* Includes all parts shown in the box

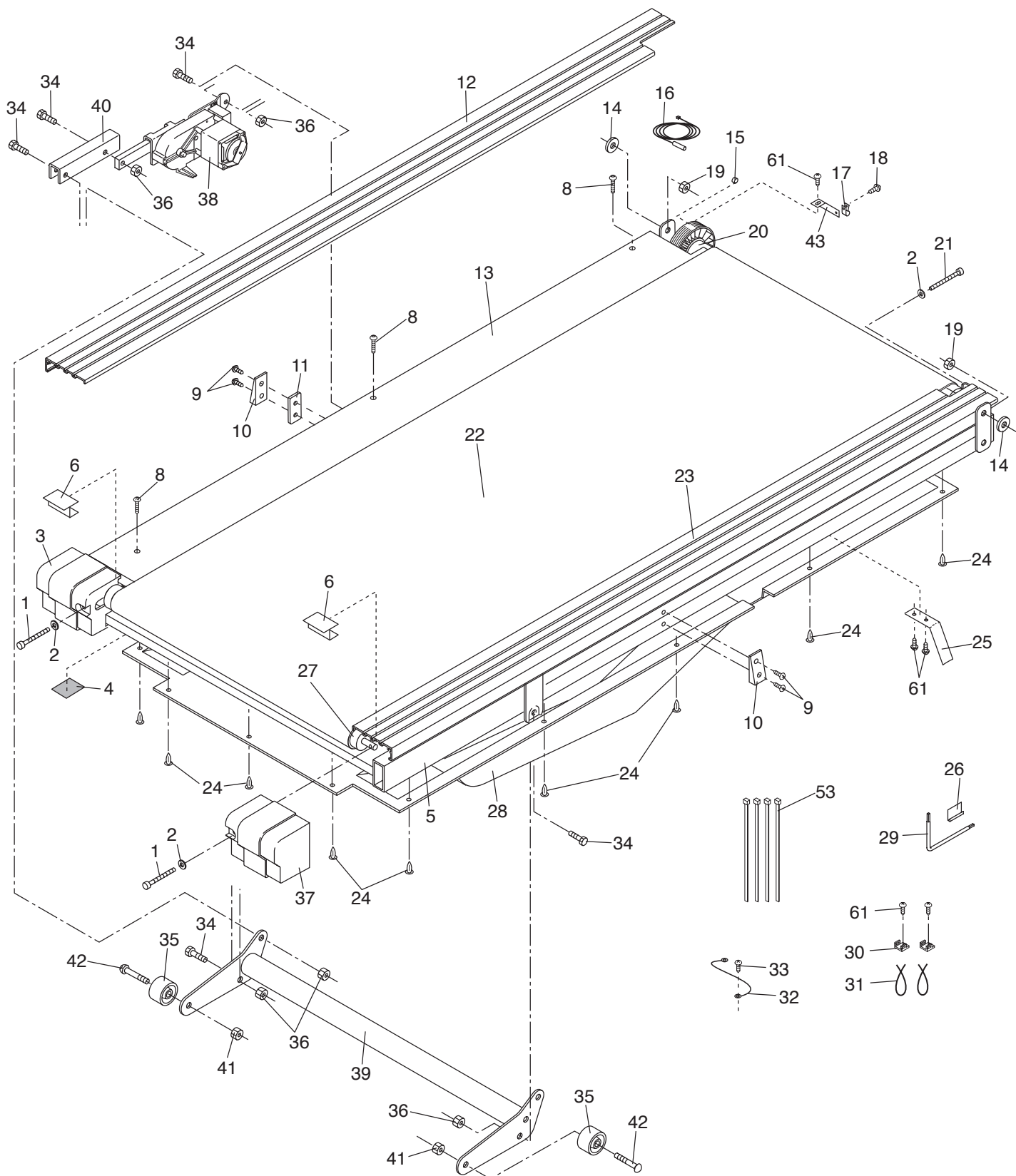
# These parts are not illustrated



# EXPLODED DRAWING—Model No. 831.297830

R0298A







**Model No. 831.297830**

## QUESTIONS?

If you find that:

- you need help assembling or operating the HEALTHRIDER® SOFTSTRIDER LE
- a part is missing
- 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 HEALTHRIDER® SOFTSTRIDER LE treadmill are listed on a decal attached to the treadmill. 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 NAME OF THE PRODUCT (HEALTHRIDER® SOFT-STRIDER LE treadmill)
- The MODEL NUMBER OF THE PRODUCT (831.297830)
- The KEY NUMBER AND DESCRIPTION OF THE PART (see the EXPLODED DRAWING and PART LIST included in this manual)

## 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 TREADMILL EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the TREADMILL EXERCISER, free of charge.

This warranty does not apply when the TREADMILL 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**

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