

FOR MODEL :

30701



ELLIPTICAL USER'S GUIDE

INTRODUCTION

CONGRATULATIONS and **THANK YOU** for your purchase of this Freespirit elliptical!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, a Freespirit elliptical can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with one of the strongest frame-to-motor warranty packages in the industry.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

Freespirit Ellipticals deliver.

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read all instructions before using this elliptical. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this elliptical. It is the responsibility of the owner to ensure that all users of this elliptical are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact Customer Tech Support at the number listed on the back panel of this manual.



WARNING To reduce the risk of burns, fire, electrical shock or injury to persons:

- If you experience any kind of pain, including, but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Maintain a comfortable pace. Do not sprint above 80 rpms on this machine.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not wear clothes that might catch on any part of the elliptical.
- Do not turn pedal arms by hand.
- Make sure handlebars are secure before each use.
- Do not insert or drop any object into any opening.
- Unplug elliptical before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- This elliptical should not be used by persons weighing more than 275 pounds. Failure to comply will void the warranty.
- This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use elliptical in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- Use the elliptical only as described in this manual.



At NO time should pets or children under the age of 12 be closer to the elliptical than 10 feet.
At NO time should children under the age of 12 use the elliptical.
Children over the age of 12 should not use the elliptical without adult supervision.

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

ASSEMBLY

IMPORTANT: READ THESE SAFETY INSTRUCTIONS BEFORE USE!



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

UNPACKING

Unpack the product where you will be using it. Place the product on a level flat surface. It is recommended that you place a protective covering on your floor. During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

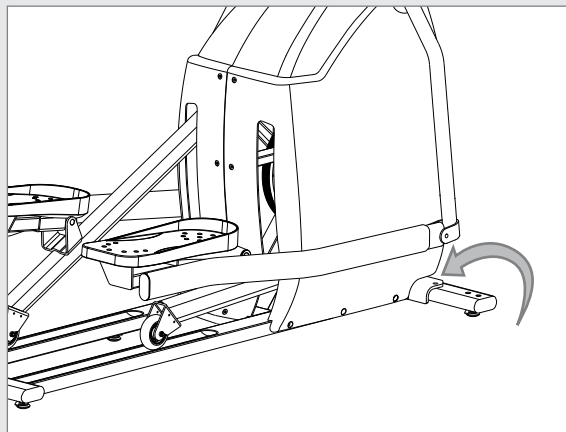
NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.

Before proceeding, find your elliptical's serial number located on the front stabilizer tube and enter it in the space provided below.

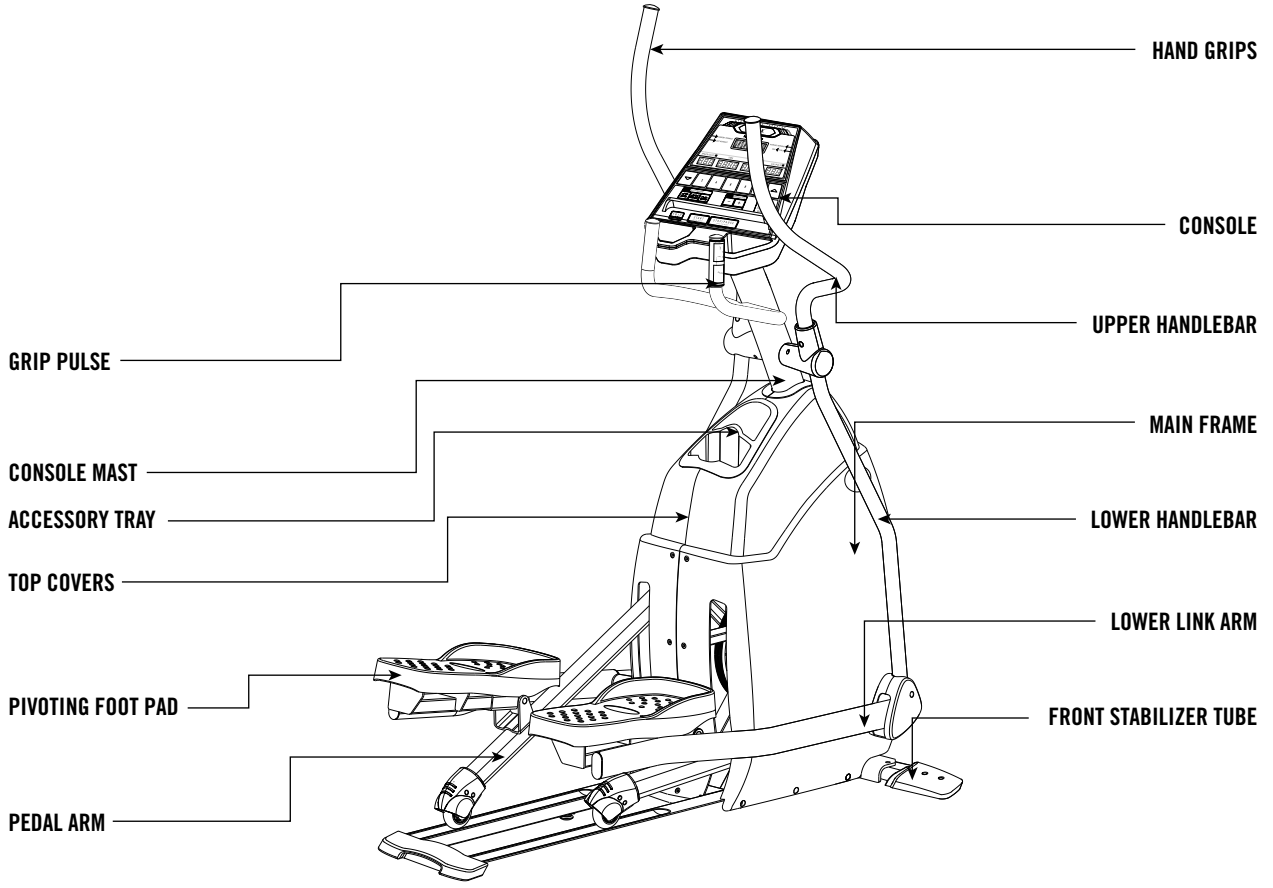
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

MODEL NAME:



* Refer to the SERIAL NUMBER and MODEL NAME when calling for service.



TOOLS INCLUDED

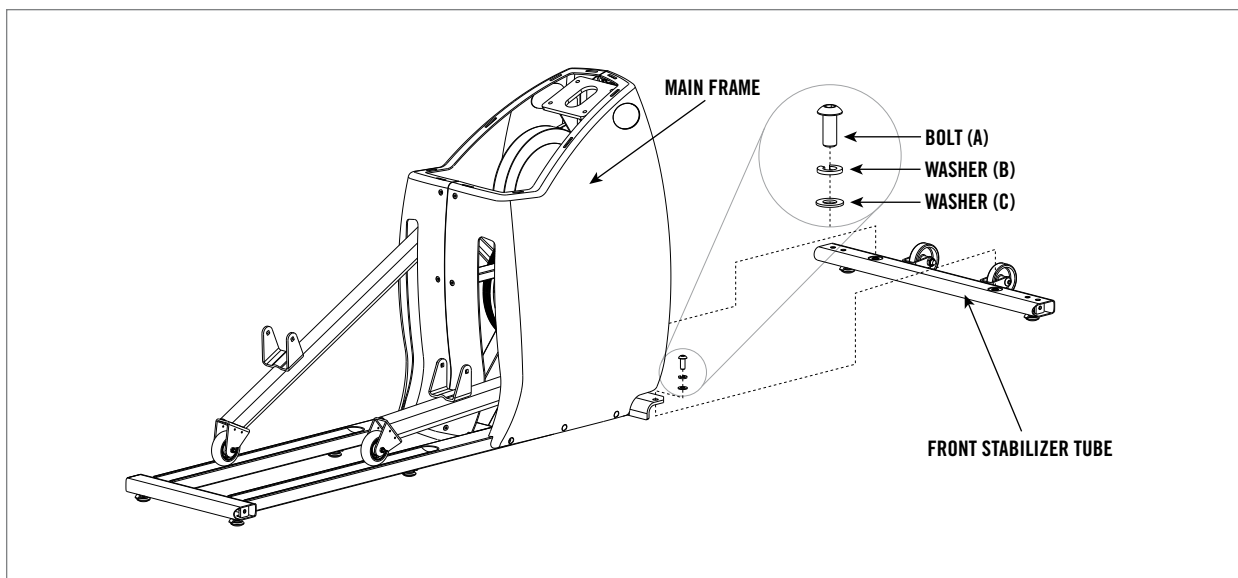
- 5mm Allen Wrench
- 6mm Allen Wrench
- Phillips Screw Driver
- 13/15mm Flat Wrench

PARTS INCLUDED

- 1 Console
- 1 Console Mast
- 1 Front Stabilizer Tube
- 2 Upper Handlebars
- 2 Lower Handlebars
- 2 Lower Link Arms
- 2 Pivoting Foot Pads
- 2 Top Side Covers
- 1 12-volt Power Supply
- 6 Hardware Bags
- 1 Accessory Tray
- 3 Stabilizer Covers
- 2 Handlebar Covers
- 2 Elbow Covers

If you have questions or if there are any missing parts, contact Sears. Contact information is located on the back panel of this manual.

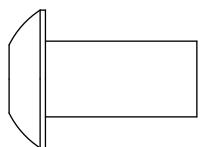
ASSEMBLY STEP 1



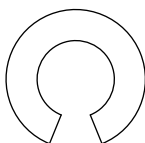
A) Open **HARDWARE BAG FOR STEP 1**.

B) Attach the **FRONT STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **WASHERS (B)** and 2 **WASHERS (C)**.

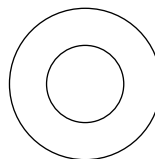
HARDWARE BAG FOR STEP 1 CONTENTS :



BOLT (A)
20 mm
Qty: 2

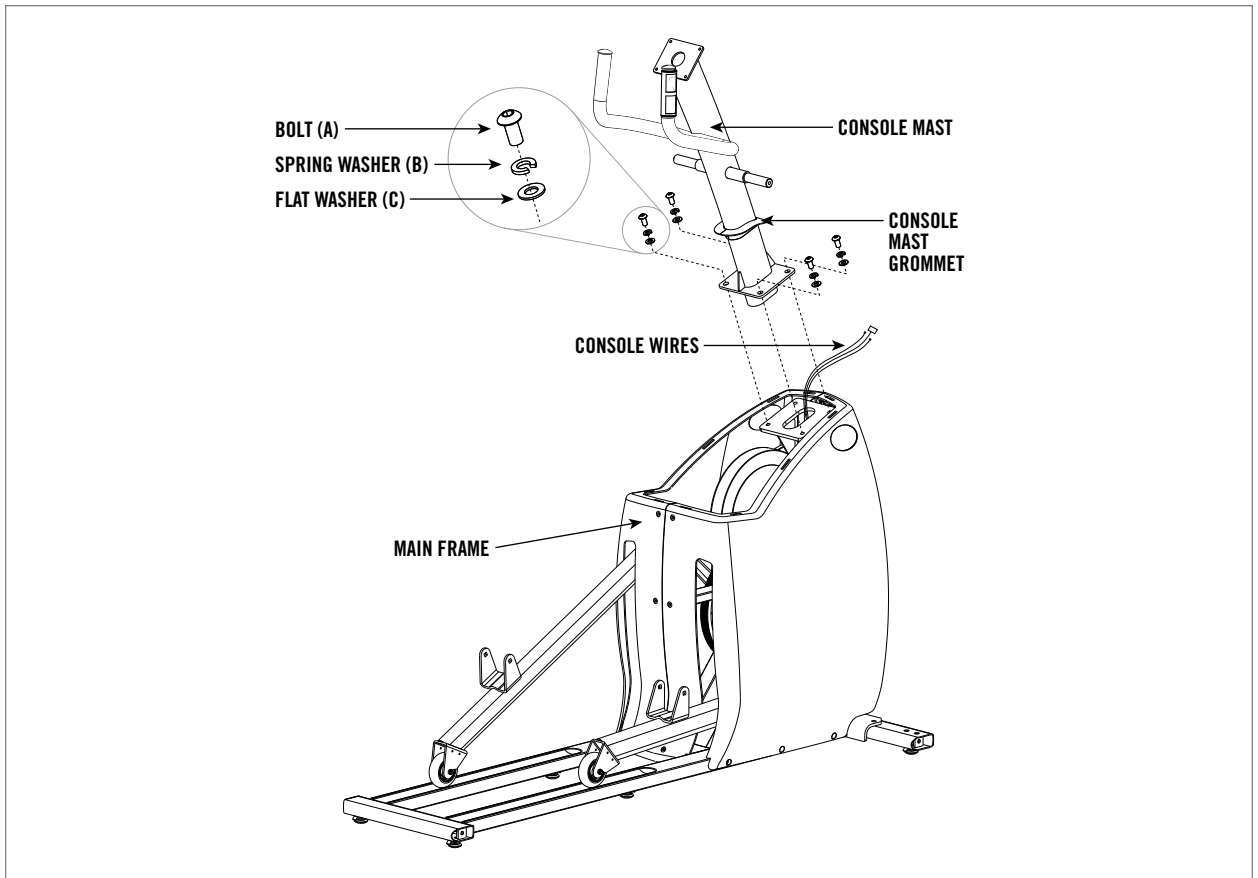


SPRING WASHER (B)
18 mm
Qty: 2



FLAT WASHER (C)
20 mm
Qty: 2

ASSEMBLY STEP 2

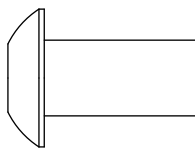


A) Open **HARDWARE BAG FOR STEP 2**.

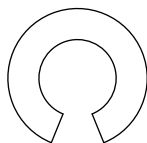
B) Carefully pull the **CONSOLE WIRES** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.

C) Attach the **CONSOLE MAST** to the **MAIN FRAME** using 4 **BOLTS (A)**, 4 **SPRING WASHERS (B)** and 4 **FLAT WASHERS (C)**.

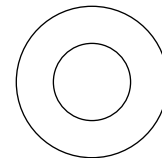
HARDWARE BAG FOR STEP 2 CONTENTS :



BOLT (A)
20 mm
Qty: 4



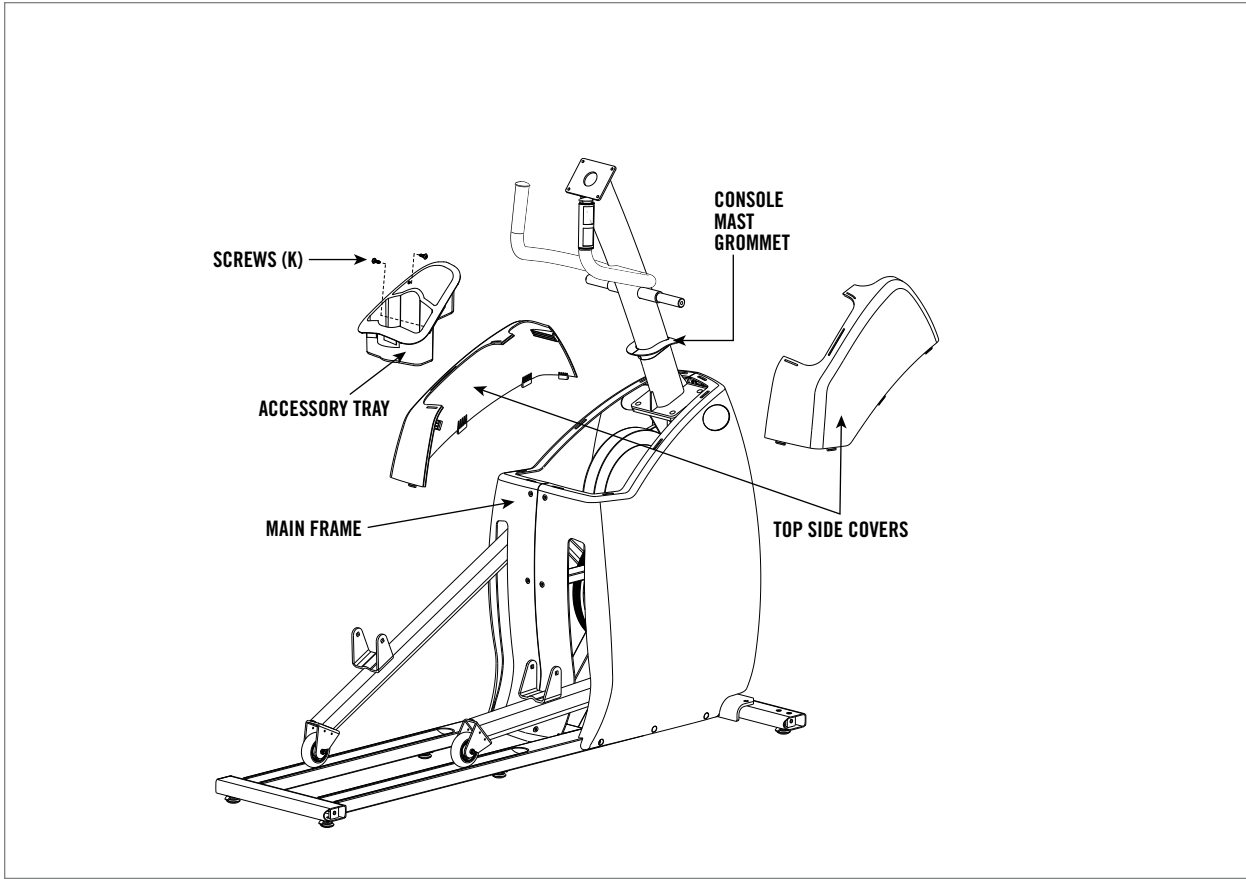
SPRING WASHER (B)
18 mm
Qty: 4



FLAT WASHER (C)
20 mm
Qty: 4



SCREW (K)
10 mm
Qty: 2

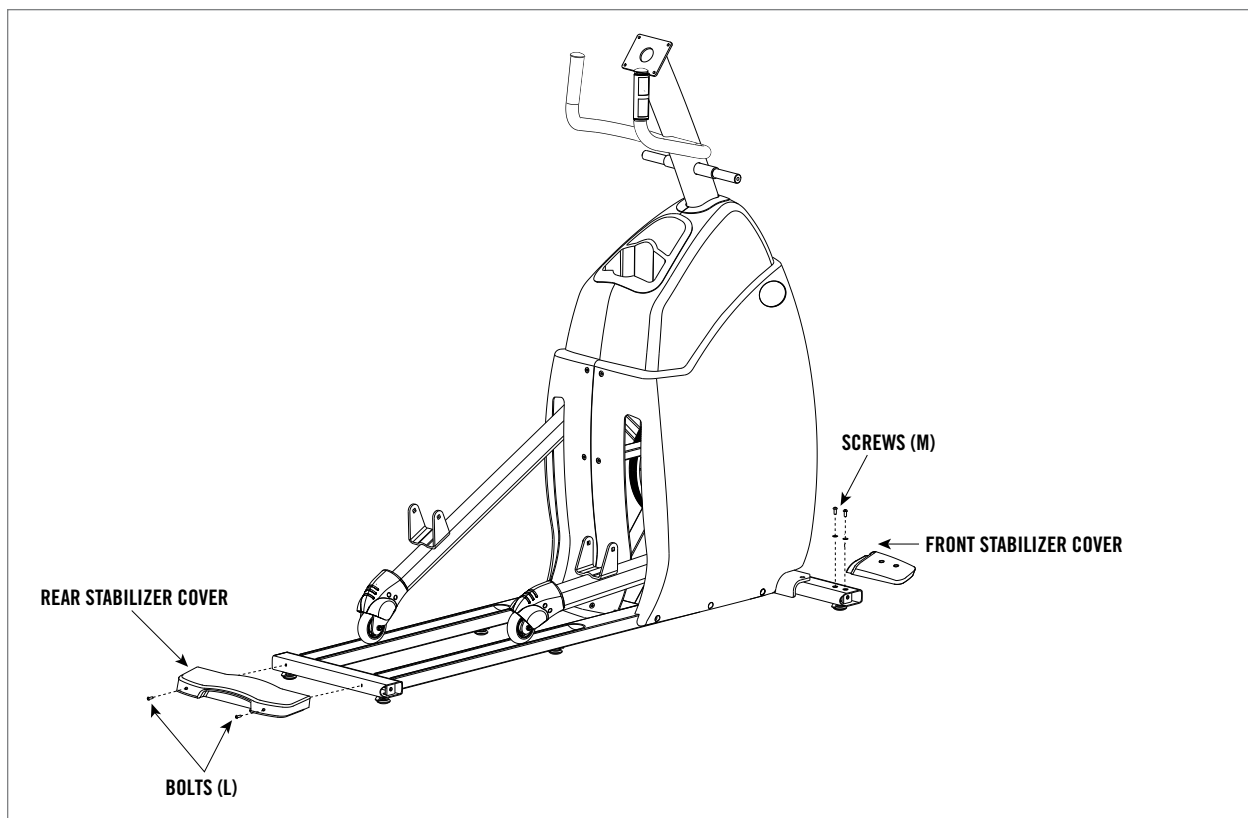


D) Insert the left **TOP SIDE COVER**, followed by the right **TOP SIDE COVER** and snap them together.

E) Insert **ACCESSORY TRAY** and secure it using 2 **SCREWS (K)** as shown.

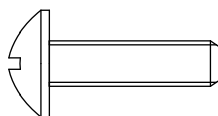
F) Slide **CONSOLE MAST GROMMET** down to seal the console mast hole.

ASSEMBLY STEP 3

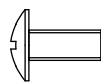


- A) Open **HARDWARE BAG FOR STEP 3**.
- B) Attach **REAR STABILIZER COVER** using 2 **BOLTS (L)**.
- C) Attach **FRONT STABILIZER COVERS** using 4 **SCREWS (M)**.

HARDWARE BAG FOR STEP 3 CONTENTS :

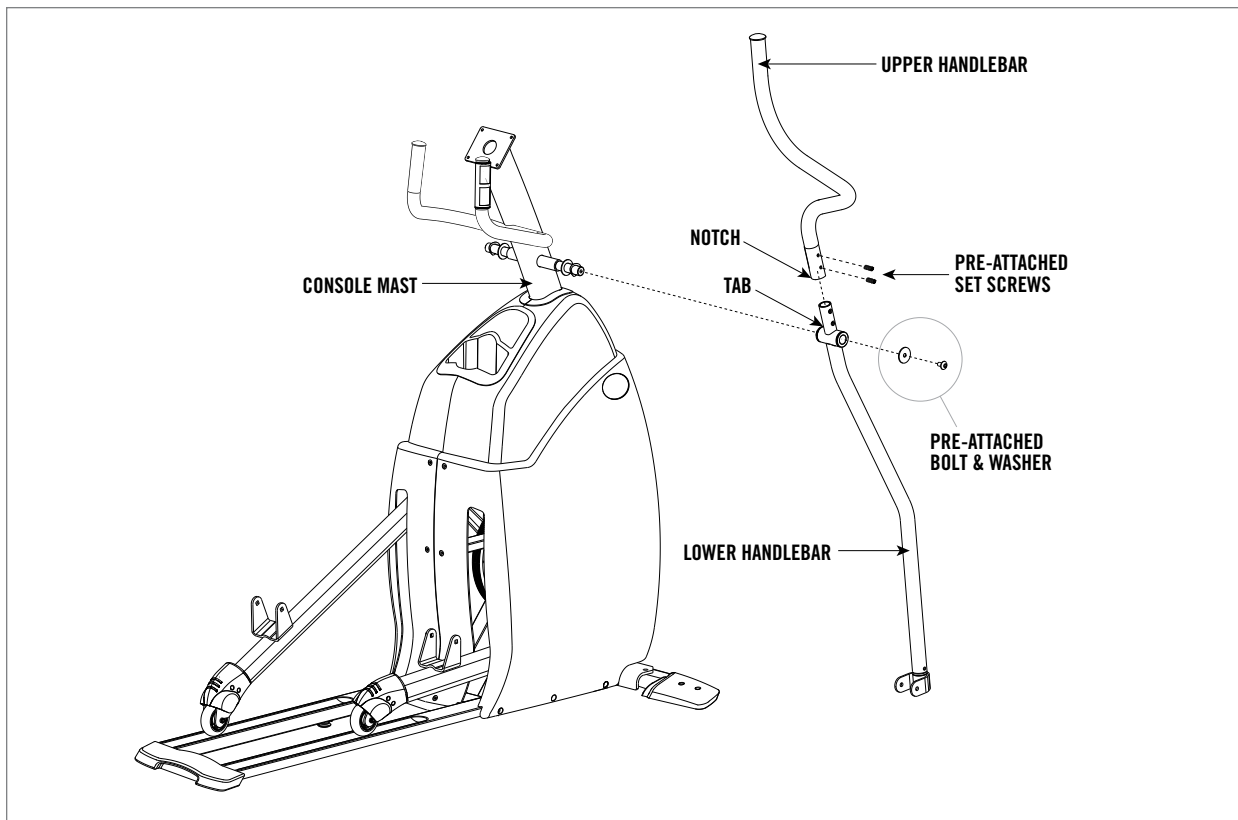


BOLT (L)
20 mm
Qty: 2



SCREW (M)
10 mm
Qty: 4

ASSEMBLY STEP 4



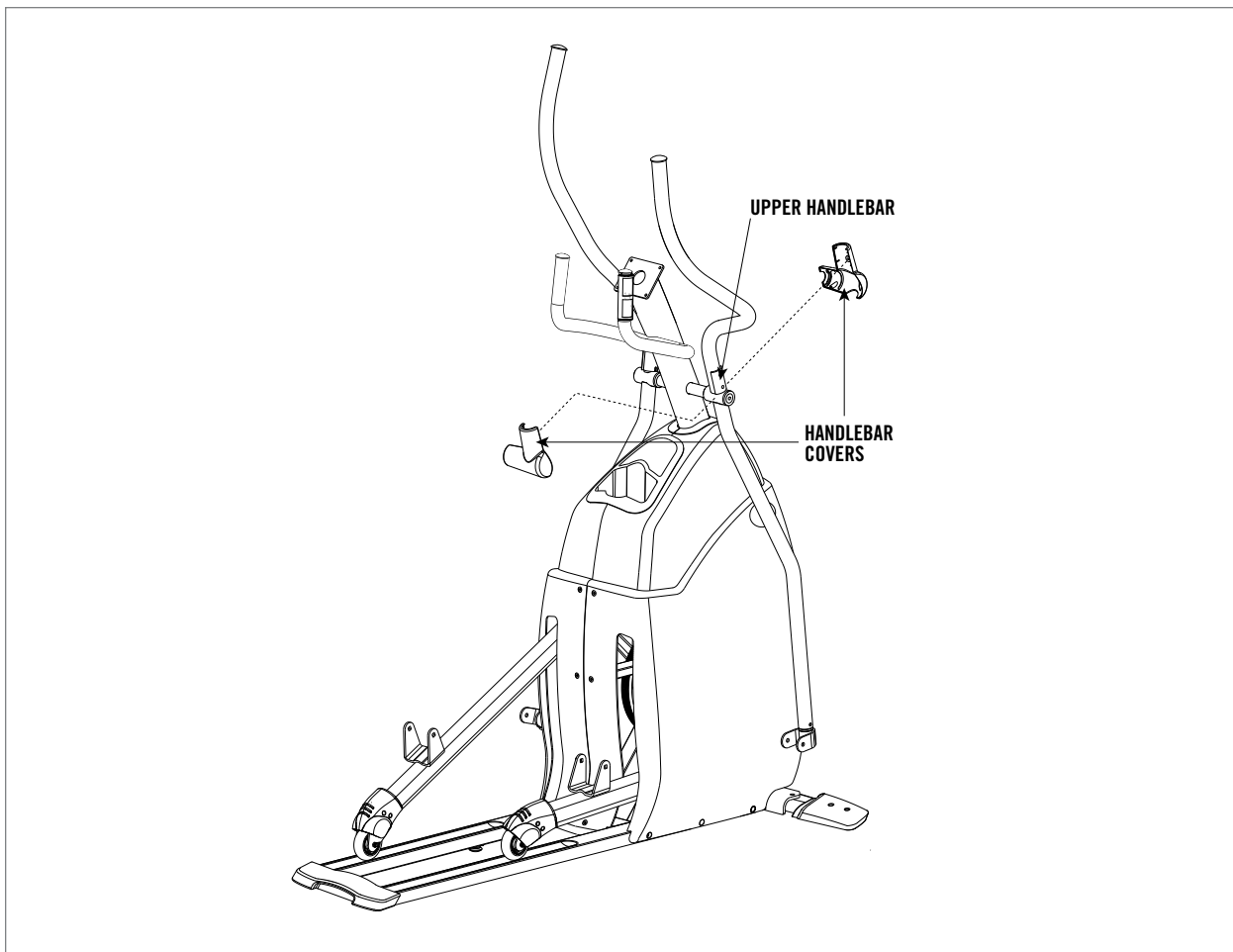
NOTE: There is NO hardware bag for this step. All hardware is pre-installed.

- A) Remove **PRE-ATTACHED BOLT & WASHERS** from **CONSOLE MAST**.
- B) Slide **LOWER HANDLEBARS** onto **CONSOLE MAST** and attach by re-inserting **PRE-ATTACHED BOLT & WASHERS**.
- C) Slide **UPPER HANDLEBARS** onto **LOWER HANDLEBARS** and align **NOTCH** with **TAB** making sure handlebars are joined together completely. Secure **UPPER HANDLEBARS** to **LOWER HANDLEBARS** using **PRE-ATTACHED SET SCREWS**.



After handlebars are assembled they will rotate freely – be cautious. Until the machine is fully assembled, do not grab the handlebars for support.

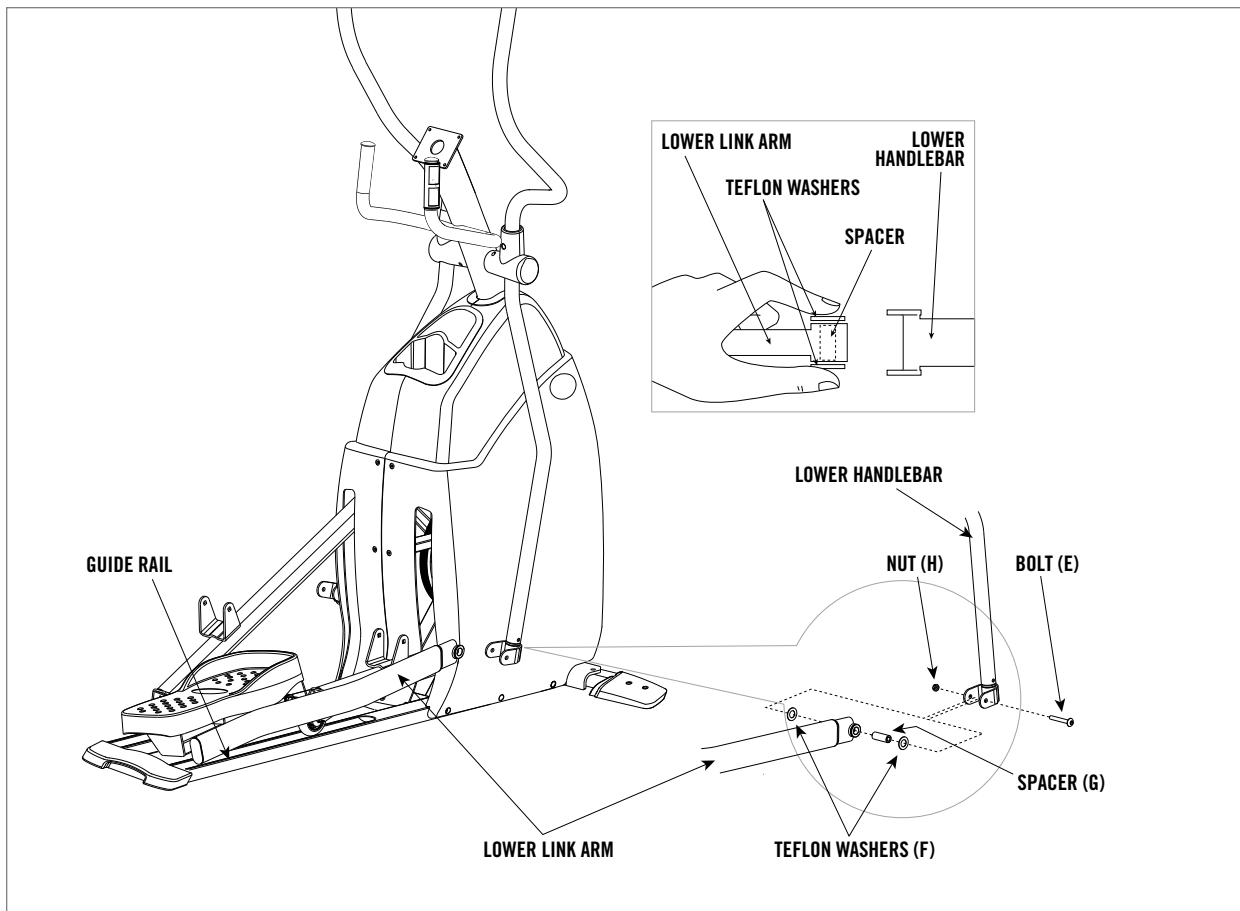
ASSEMBLY STEP 5



NOTE: There is NO hardware bag for this step.

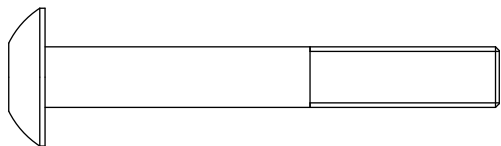
- A) Snap the front and back **HANDLEBAR COVERS** together onto the **UPPER HANDLE BARS**.
Note the position of the snap tabs on the covers before snapping into position.
- B) Repeat on other side.

ASSEMBLY STEP 6



- A) Open **HARDWARE BAG FOR STEP 6**.
- B) Slide **SPACER (G)** into **LOWER LINK ARM**.
- C) Place **TEFLON WASHERS (F)** on either side of **SPACER (G)**. While holding **TEFLON WASHERS (F)** slide **LOWER LINK ARM** into bottom end of **LOWER HANDLEBAR**.
- D) Insert **BOLT (E)** into **LOWER HANDLEBAR** and secure using **NUT (H)**.
- E) Repeat on other side.

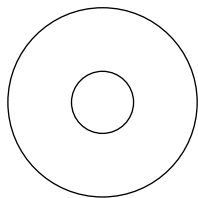
HARDWARE BAG FOR STEP 6 CONTENTS :



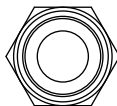
BOLT (E)
60 mm
Qty: 2



SPACER (G)
44 mm axis
Qty: 2

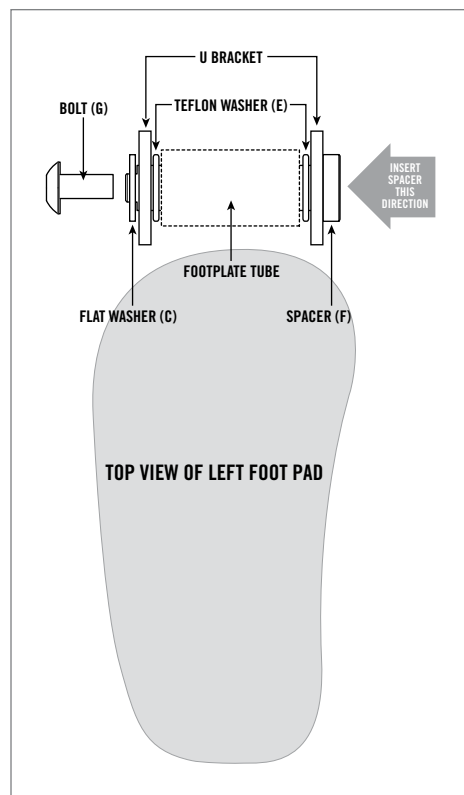
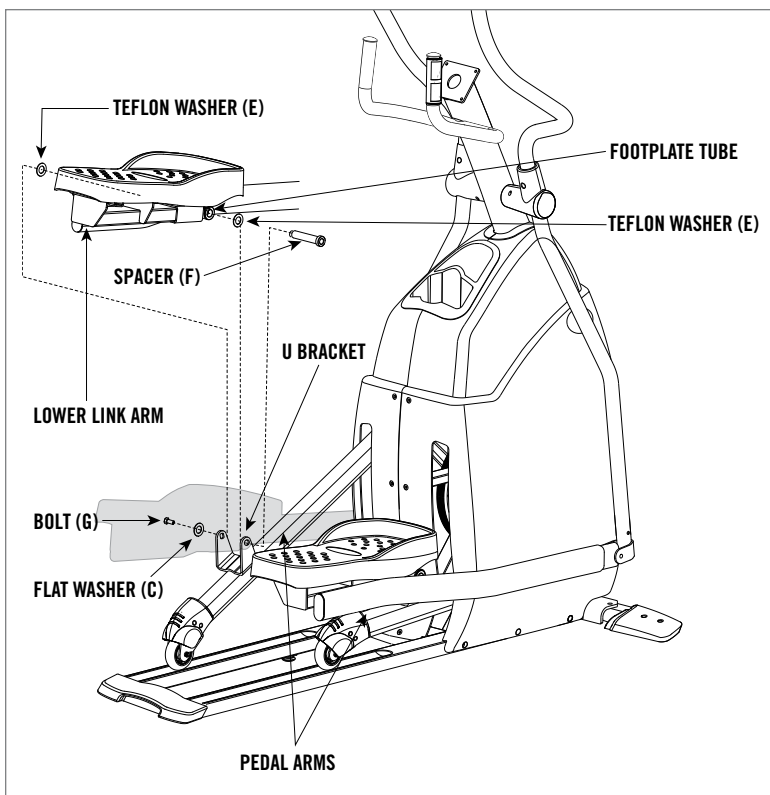


TEFLON WASHER (F)
28 mm
Qty: 4



NYLON NUT (H)
INSIDE DIAMETER:
8 mm
Qty: 2

ASSEMBLY STEP 7



A) Open **HARDWARE BAG FOR STEP 7**.

B) Align **LOWER LINK ARM** with **U BRACKET**.

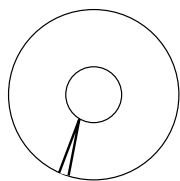
CAUTION: Be careful to keep the **LOWER LINK ARM** aligned with guide rail. Do not twist it to the left or right while positioning it on the **U BRACKET**.

C) Insert 2 **TEFLON WASHERS (E)** on left and right sides of **FOOT PLATE TUBE** before sliding **SPACER (F)** through **U BRACKET** and **FOOTPLATE TUBE**.

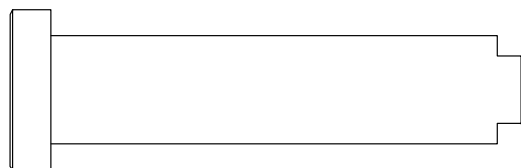
D) Insert **FLAT WASHER (C)** and **BOLT (G)** into outside end of **FOOTPLATE TUBE** to secure **LOWER LINK ARM** to **PEDAL ARM**.

E) Repeat on other side.

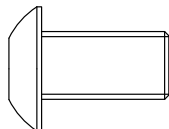
HARDWARE BAG FOR STEP 7 CONTENTS :



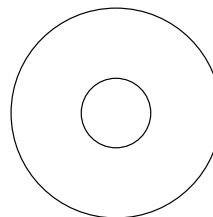
SPLIT TEFLON WASHER (E)
28 mm
Qty: 4



SPACER (F)
70 mm axis
Qty: 2

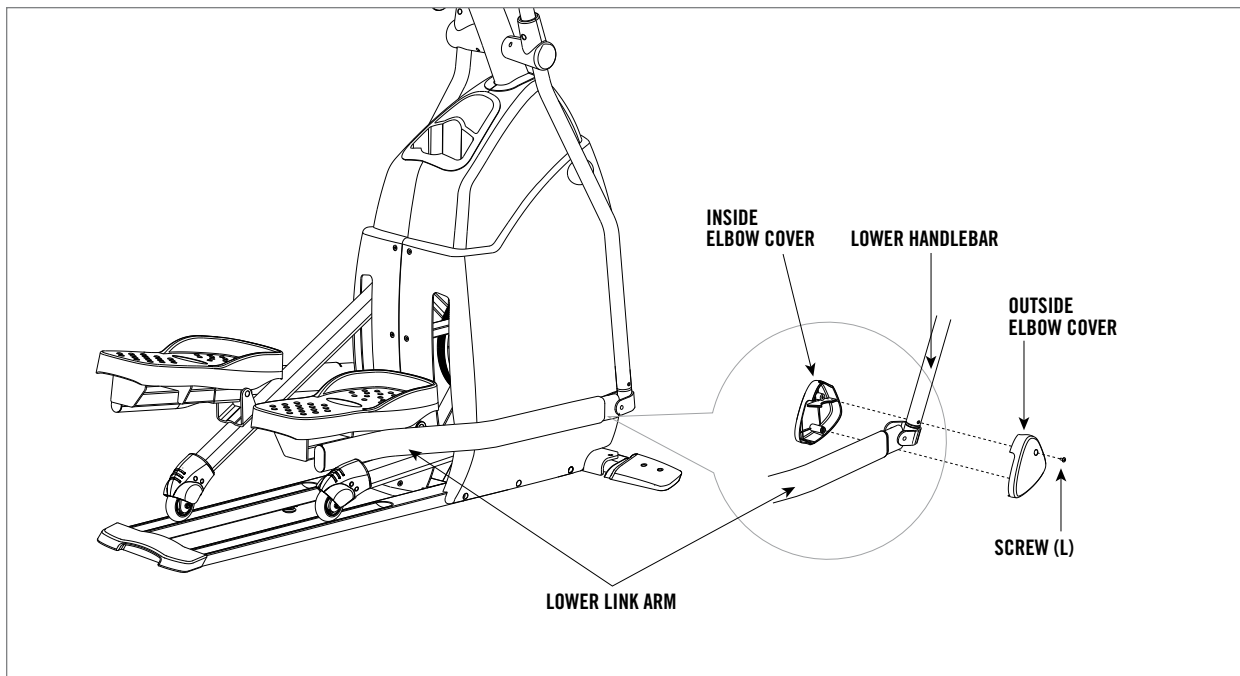


BOLT (G)
15 mm
Qty: 2



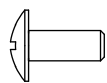
FLAT WASHER (C)
35 mm
Qty: 2

ASSEMBLY STEP 8



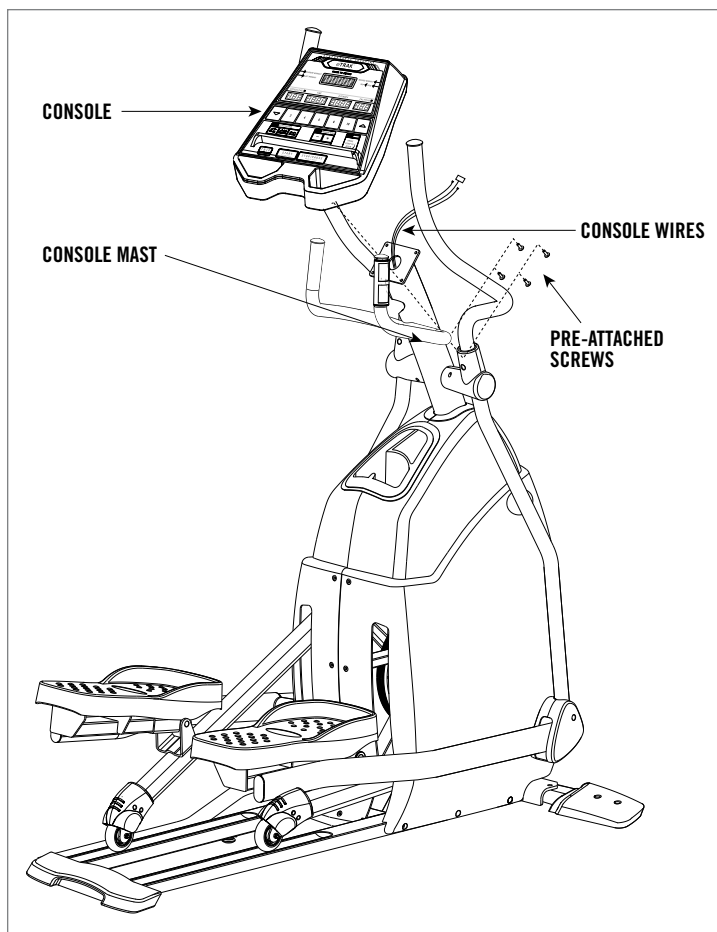
- A) Open **HARDWARE BAG FOR STEP 8**.
- B) Attach the **OUTSIDE ELBOW COVER** to elbow joint using 1 **SCREW (L)**.
- C) Snap the **INSIDE ELBOW COVER** onto the **OUTSIDE ELBOW COVER**.
Note the position of the snap tabs before snapping into position.
- D) Repeat on other side.

HARDWARE BAG FOR STEP 8 CONTENTS :



SCREW (A)
10 mm
Qty: 2

ASSEMBLY STEP 9

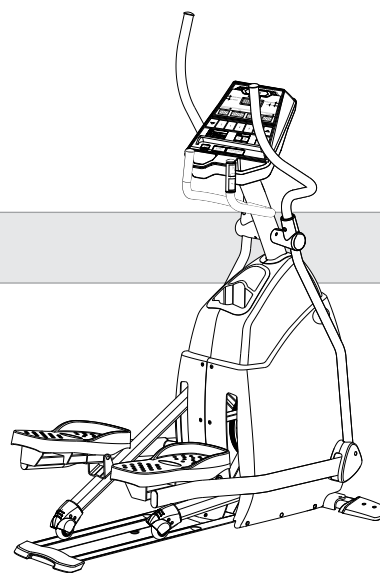


NOTE: There is **NO** hardware bag for this step. All hardware is pre-installed.

- A) Attach the **CONSOLE MAST** wires to the **CONSOLE** wires .
- B) Carefully tuck the **CONSOLE MAST** wires into the **CONSOLE MAST** before attaching the **CONSOLE**.
- C) Attach **CONSOLE** to the **CONSOLE MAST** using the 4 **PRE-ATTACHED SCREWS** (screws will have to be removed from the console first).

DO NOT PINCH WIRES!

YOU'RE FINISHED!



BEFORE YOU BEGIN

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

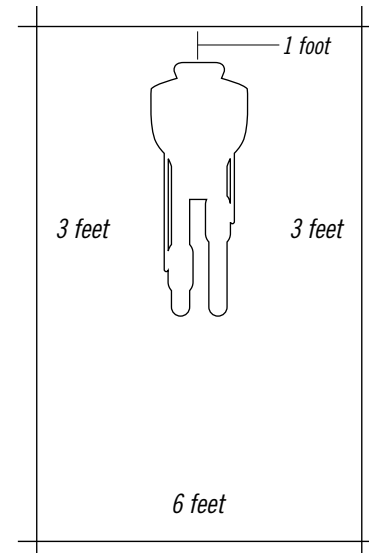
HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels

The key to reaping these benefits is to develop an exercise habit. Your new elliptical will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your elliptical in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE ELLIPTICAL

Place the elliptical on a level surface. There should be 6 feet of clearance behind the elliptical, 3 feet on each side and one foot in front for the power cord (See diagram to the right). Do not place the elliptical in any area that will block any vent or air openings. The elliptical should not be located in a garage, covered patio, near water or outdoors.



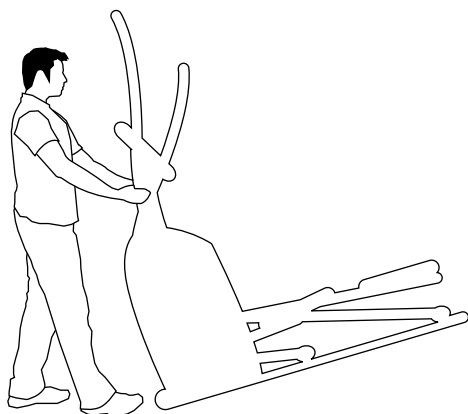
ELLIPTICAL OPERATION

POWER

Your programmable elliptical is powered by a power supply. The power supply must be plugged into the power jack, which is located in the front of the machine near the STABILIZER TUBE. Make sure the console power switch is in the ON position.



Do not operate the elliptical if the power cord or plug is damaged. If the elliptical appears to not be working properly, do not use the elliptical.



MOVING

Your elliptical has a pair of transport wheels built into the FRONT STABILIZER TUBE. To move, first remove the power supply and firmly grasp the CONSOLE MAST, carefully tilt and roll.



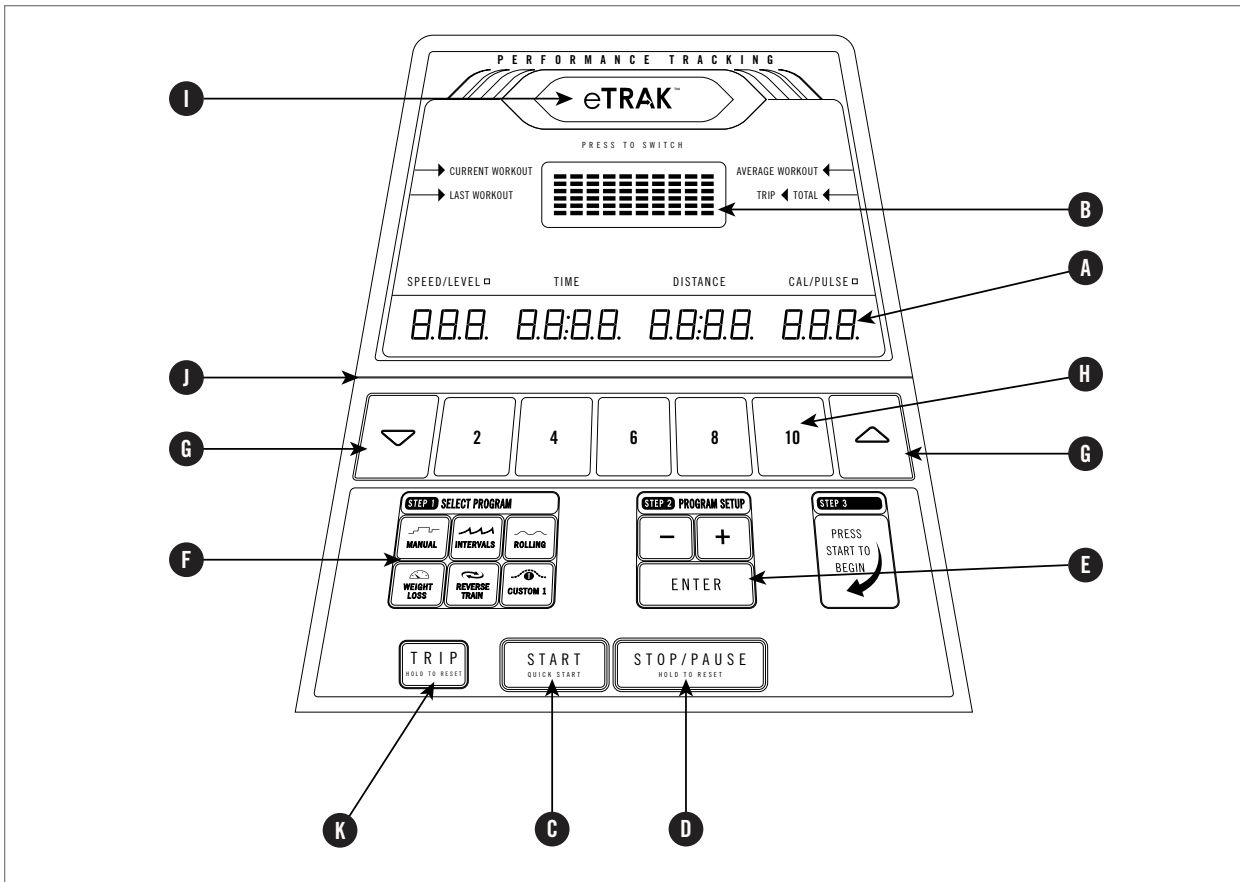
Our ellipticals are well built and heavy, weighing up to 200 lbs! Use care and additional help if necessary when moving.

FOOT POSITIONING

Your elliptical offers a variety of foot positions. Moving your foot to the forward most position of the foot pad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the foot pad decreases your step height and creates more of a gliding feel, similar to a smooth walk or run.

Your elliptical also allows you to pedal both forward and backwards to offer a variation to your workout and to focus on other major leg muscle groups such as your hamstrings and calves.

CONSOLE DISPLAY



- A) LED DISPLAY WINDOWS:** Displays: Speed/Level, Time, Distance, Calories/Pulse.
- B) LARGE LED WINDOW:** Displays program profiles.
- C) START:** Press to start your workout.
- D) STOP/PAUSE:** Press to start/pause/end your workout. Hold for 2 seconds to reset the elliptical.
- E) ENTER:** Used to set your program.
- F) PROGRAM SELECT:** Used to select your program.
- G) UP/DOWN ARROW KEYS:** Used to adjust resistance.
- H) RESISTANCE KEYS:** Used to reach desired resistance more quickly.
- I) eTRAK™ PERFORMANCE TRACKING BUTTON:** Used to activate eTRAK™. Also used to scroll through accumulated personal data.
- J) READING RACK:** Holds reading material.
- K) TRIP:** Functions similar to a vehicle trip odometer. Hold for 5 seconds to reset trip.

CONSOLE OPERATION

QUICK START

Simply press the **START** key to begin working out.

SELECTING PROGRAMS

- 1) Use the **PROGRAM SELECT KEYS** to select programs then press the **ENTER** button.
- 2) Use the **ARROW KEYS** to set **LEVEL** then press the **ENTER** button.
- 3) Use the **ARROW KEYS** to set the **TIME** then press the **ENTER** button.
- 4) Program Begins.

PROGRAM PROFILES



MANUAL

Allows you to adjust the resistance level to your preference, without a preset program.



INTERVALS

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



ROLLING

Creates the feeling of moving up and down hills by gradually increasing and decreasing the resistance.



WEIGHT LOSS

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



REVERSE TRAIN

Program cues you to pedal forward and backwards for an exciting and challenging workout..



CUSTOM 1 (USER PROGRAM)

Design and store your own custom exercise program.

PROGRAM: MANUAL

Allows 'On The Fly' manual **RESISTANCE** changes. Time-based goal.

PROGRAM: INTERVALS

Walk or run a series of alternating **RESISTANCE** levels. Time-based goal with 6 difficulty levels to choose from.

	WARM-UP				PROGRAM SEGMENTS - REPEAT												COOL-DOWN			
SECONDS	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60
LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	5	1	1	5	5	1	5	1	1	5	5	1	3	2	2	1
2	1	2	2	3	6	2	2	6	6	2	6	2	2	6	6	2	3	2	2	1
3	1	2	2	4	7	3	3	7	7	3	7	3	3	7	7	3	4	2	2	1
4	1	2	2	5	8	4	4	8	8	4	8	4	4	8	8	4	5	2	2	1
5	2	3	5	6	9	5	5	9	9	5	9	5	5	9	9	5	6	5	3	2
6	2	3	5	7	10	6	6	10	10	6	10	6	6	10	10	6	7	5	3	2

Warm up and cool-down last 4:00 minutes each

PROGRAM: ROLLING

Motivates with different combinations of **RESISTANCE**. Time-based goal with 7 difficulty levels to choose from.

	WARM-UP				PROGRAM SEGMENTS										COOL-DOWN				
SECONDS	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	18
1	1	1	2	2	1	2	3	4	3	2	1	2	3	2	1	1	1	1	1
2	1	2	2	3	2	3	4	5	4	3	2	1	2	3	2	1	1	1	1
3	2	2	3	3	3	4	5	6	7	8	7	6	5	4	2	1	1	1	1
4	2	3	3	4	4	5	6	7	8	9	8	7	6	5	3	1	1	1	1
5	3	4	4	4	5	6	7	8	9	10	9	8	7	6	3	3	2	1	1
6	3	5	4	5	6	7	8	9	10	10	10	9	8	7	4	3	2	1	1
7	4	5	5	5	7	7	8	8	9	9	10	10	9	8	4	3	2	1	1

Warm up and cool-down last 4:00 minutes each



PROGRAM: WEIGHT LOSS

Challenges with various combinations of hills and valleys **RESISTANCE**. Time-based goal with 6 difficulty levels to choose from.

	WARM-UP				PROGRAM SEGMENTS												COOL-DOWN			
SECONDS	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	
LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	2	1
2	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1
3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1
4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1
5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2
6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2

Warm up and cool-down last 4:00 minutes each



PROGRAM: REVERSE TRAIN

Program cues you to pedal forward (F) and backwards (R) for an exciting and challenging workout (**RESISTANCE** levels). Time-based goal with 8 difficulty levels to choose from.

SECONDS	60	60	60	60	30	60	90	60	90	45	60	45	90	90	30	30	60	60	60	60
	WARM-UP				F	R	F	R	F	R	F	R	F	R	F	R	COOL-DOWN			
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	2	1	1	2	3	2	3	1	2	3	1	2	3	1	2	3	2	1	1	1
2	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
3	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
4	1	1	1	3	6	5	6	4	5	6	4	5	6	4	5	6	3	1	1	1
5	1	2	3	3	7	6	7	5	6	7	5	6	7	5	6	7	3	3	2	1
6	1	2	3	4	8	7	8	6	7	8	6	7	8	6	7	8	4	3	2	1
7	1	2	3	4	9	8	9	7	8	9	7	8	9	7	8	9	4	3	2	1
8	1	2	3	5	10	9	10	8	9	10	8	9	10	8	9	10	5	3	2	1

Warm up and cool-down last 4:00 minutes each

SELECTING **CUSTOM PROGRAM**

- 1) To select **CUSTOM PROGRAM** press **CUSTOM 1** program key or the +/- arrow keys and press **ENTER**.
- 2) Set **TIME** using the +/- arrow keys and press **ENTER**.
 - **IF THE PROGRAM IS PREVIOUSLY STORED** – After you set the time and press **START**, the previously stored program will begin.
- 3) Set the **RESISTANCE PROFILES** using the +/- arrow keys and press **ENTER** after each **RESISTANCE PROFILE** is set to the desired level (repeat until all 15 segments are chosen).
 - ***NOTE:** if **STOP** is pressed it will take you back to previous segment.
- 4) Press **START** or **ENTER** to begin the program.
 - ***NOTE:** To reset the memory press and hold the **ENTER** button for 5 seconds.

PROGRAM INFORMATION

USING eTRAK™ PERFORMANCE TRACKER

INTRODUCTION

Research shows that those who journal their fitness routines or workouts, on average, achieve greater success than those who do not. Because your new elliptical is equipped with our exclusive eTRAK™ Performance Tracker, you've taken an important step towards achieving your fitness goals. Congratulations!

eTRAK™ is an innovative new software, integrated into your elliptical console, that will allow you to track your fitness progress over time, without the need for paper journals or logs. eTRAK™ allows you to easily compare your current workout to your last, average or lifetime workout totals. With quick access to feedback like time of workout or calories burned during previous workouts, you'll be able to quickly and easily see the progress you've made. Read further to learn about how eTRAK™ can help motivate you to enhance your performance.

eTRAK™ OPERATION

SET UP: To activate eTRAK™ for the first time, simply press and hold the eTRAK™ button for 5 seconds. From this point on, your information will be automatically saved. Note: There is no need to perform this step again unless resuming operation after being paused.

DEACTIVATE: To temporarily stop eTRAK™ from accumulating data, press and hold the eTRAK™ button for 5 seconds. To resume, repeat SET UP instructions.

RESET: To reset accumulated data, press and hold the eTRAK™ button for 10 seconds. Note: This step is permanent and will delete ALL previously accumulated data.

ACCUMULATED DATA: Once eTRAK™ is activated, you can scroll through your accumulated data in multiple formats by pressing the eTRAK™ button. A workout is saved when: the program ends, the console is paused and not resumed within 10 minutes, or the Stop button is held to reset the console.

- 1) **CURRENT WORKOUT:** The console automatically defaults to Current Workout, displaying your progress in real time.
- 2) **AVERAGE WORKOUT:** This option allows you to see your average accumulated data for the last 100 workouts. The following information will be shown in each display window:
 - SPEED - Average speed and average resistance.
 - TIME - Average workout time.
 - DISTANCE - Average workout distance.
 - CALORIES - Average calories burned.Note: Average speed and average resistance level will display alternately every three seconds.

3) **LAST WORKOUT:** This option allows you to view your accumulated data from your last workout. The Current Workout becomes the Last Workout once a program has ended or the console has been reset. The following information will be shown in each display window:

SPEED - Average speed and average resistance.

TIME - Total time of last workout.

DISTANCE - Total distance of last workout.

CALORIES - Total calories burned during last workout.

Note: Average speed and average resistance level will display alternately every three seconds.

4) **TRIP:** Functions similar to a vehicle trip odometer. View your accumulated data since the trip feature was last reset. Hold Trip button for 5 seconds to reset Trip. The following information will be shown in each display window:

SPEED - Average speed and average resistance.

TIME - Total time of trip. *Note:* If time is greater than 99:59, the time will no longer display minutes and will display hours only.

DISTANCE - Total trip distance.

CALORIES - Average calories burned.

Note: Average speed and average resistance level will display alternately every three seconds.

5) **LIFETIME TOTAL:** This option allows you to view the total accumulated data from your first workout to your last saved workout. The following information will be shown in each display window:

SPEED - Average speed and average resistance.

TIME - Total accumulated time. *Note:* If time is greater than 99:59, the time will no longer display minutes and will display hours only.

DISTANCE - Total accumulated distance.

CALORIES - Average calories burned.

Note: Average speed and average resistance level will display alternately every three seconds.

HEART RATE

HANDLEBARS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

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

CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

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

HOW LONG? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (Intensity of Workouts)

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

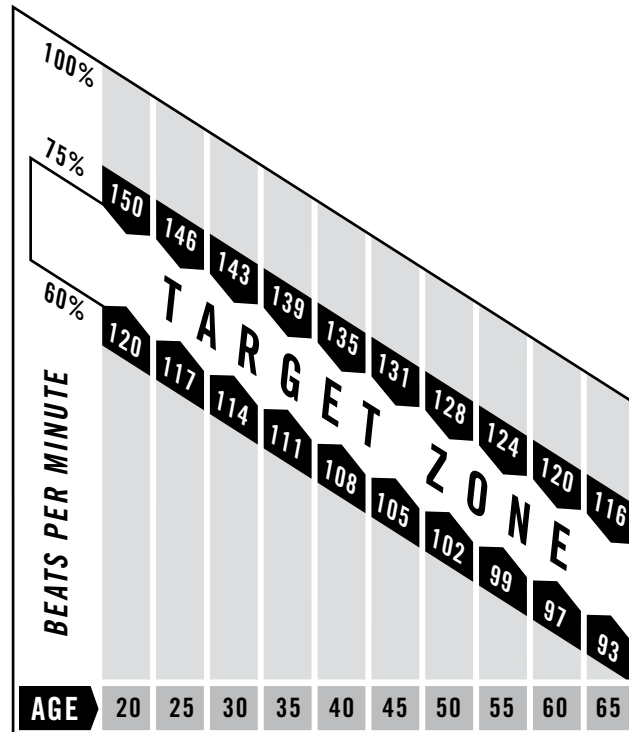
PERCEIVED EXERTION LEVEL

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

TARGET HEART RATE ZONE CHART

What is Target Heart Rate Zone?

Target Heart Rate Zone tells you the number of times per minute your heart needs to beat to achieve a desired workout effect. It is represented as a percentage of the maximum number of times your heart can beat per minute. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. A beginner will want to workout in the 60% range while a more experienced exerciser will want to workout in the 70-75% range. See chart for reference.



EXAMPLE:

For a 42-year-old user: Find age along the bottom of the chart (round to 40), follow age column up to the target zone bar. Results: 60% of maximum Heart Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.

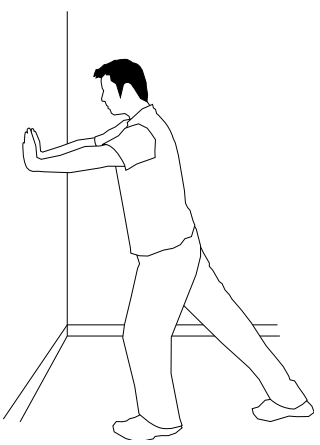
ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

TIPS 

STRETCHING

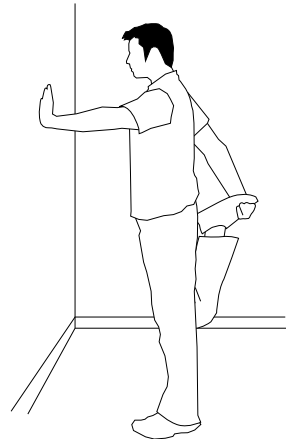
STRETCH FIRST

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



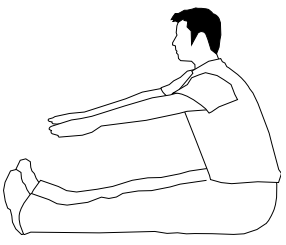
1. STANDING CALF MUSCLE STRETCH

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.



2. STANDING QUADRICEPS STRETCH

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



3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

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

TIPS**THE IMPORTANCE OF WARM UP & COOL DOWN****WARM UP**

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

TIPS**ACHIEVING YOUR FITNESS GOALS**

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

- Weight Loss - lower intensity, longer duration workouts
- Improve Body Shape and Tone - interval workouts, alternate between hi and low intensities
- Increased Energy Level - more frequent daily workouts
- Improved Sports Performance - high intensity workouts
- Improved Cardiovascular Endurance - moderate intensity, longer duration workouts

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

KEEPING AN EXERCISE DIARY

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages.

As your fitness improves, you can look back and see how far you've come!

WEEKLY LOG SHEETS

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

MONTHLY LOG SHEETS

<i>MONTH</i> _____	<i>MONTHLY GOAL</i> _____		
<i>WEEK #</i>	<i>DISTANCE</i>	<i>CALORIES</i>	<i>TIME</i>
<i>MONTHLY TOTALS :</i>			

<i>MONTH</i> _____	<i>MONTHLY GOAL</i> _____		
<i>WEEK #</i>	<i>DISTANCE</i>	<i>CALORIES</i>	<i>TIME</i>
<i>MONTHLY TOTALS :</i>			

<i>MONTH</i> _____	<i>MONTHLY GOAL</i> _____		
<i>WEEK #</i>	<i>DISTANCE</i>	<i>CALORIES</i>	<i>TIME</i>
<i>MONTHLY TOTALS :</i>			

TROUBLESHOOTING

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

PROBLEM: The console does not light up.

SOLUTION: Verify the following:

- The outlet the machine is plugged into is functional. Double check that the breaker has not tripped.
- The correct adapter is being used. Only use the adapter provided or authorized by Sears.
- The adapter is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position (may not apply to all models).
- Turn off the machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.

PROBLEM: The console lights up but the Time/RPM's do not count.

SOLUTION: Verify the following:

- Turn off machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.
- If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged.

PROBLEM: The resistance levels seem to be incorrect, seeming too hard or too easy.

SOLUTION: Verify the following:

- The correct adapter is being used. Only use the adapter provided or authorized by Sears.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

PROBLEM: The roller wheels appear to be leaving particles on the guide rails.

SOLUTION: This is considered normal wear of the elliptical wheels.

To remove, simply wipe off the roller wheels and guide rails with a damp cloth.

PROBLEM: The elliptical makes a squeaking or chirping noise.

SOLUTION: Verify the following:

- The elliptical is on a level surface.
- Loosen all bolts attached during the assembly process, grease the threads, and tighten again.

HEART RATE TROUBLESHOOTING

PROBLEM: There is no heart rate reading.

SOLUTION: Remove the console and verify that the heart rate cables are attached properly, making sure that the cables are securely inserted into the console.

YOU MAY EXPERIENCE AN ERRATIC READOUT UNDER THE FOLLOWING CONDITIONS:

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

NOTE: Outside interference sources such as computers, motors and fluorescent lights may cause the heart rate reading to be erratic. Check your exercise environment for sources of interference such as high power lines, large motors, etc.

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

PLEASE CALL SEARS AT THE NUMBER ON THE BACK PANEL.

The following information may be asked of you when you call. Please have these items readily available:

- Model Name
- Serial Number
- Date of Purchase (receipt or credit card statement)

In order for Sears to service your elliptical they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front, back or inside? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- If you are having a resistance problem what is occurring? Is the resistance always too hard or too easy? Does the resistance respond when pushing the buttons on the console? Does the resistance constantly cycle through the levels during the workout?
- Has the machine been maintained per the maintenance schedule?
- Does the problem occur when using the handlebars? Without using the handlebars?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your Freespirit elliptical running again!

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY ELLIPTICAL MAKES NORMAL?

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

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

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

HOW LONG WILL THE DRIVE BELT LAST?

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

CAN I MOVE THE TRAINER EASILY ONCE IT IS ASSEMBLED?

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

CAN I PEDAL BACKWARDS ON MY ELLIPTICAL?

Your elliptical allows you to pedal both forward and backwards to exercise and strengthen a wider range of muscles.

MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

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

HOW DO I CLEAN MY ELLIPTICAL?

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

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

AFTER EACH USE (DAILY)

Turn off the elliptical by unplugging the power cord from the wall outlet

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



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

WEEKLY

Clean underneath the elliptical, following these steps:

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

EVERY MONTH

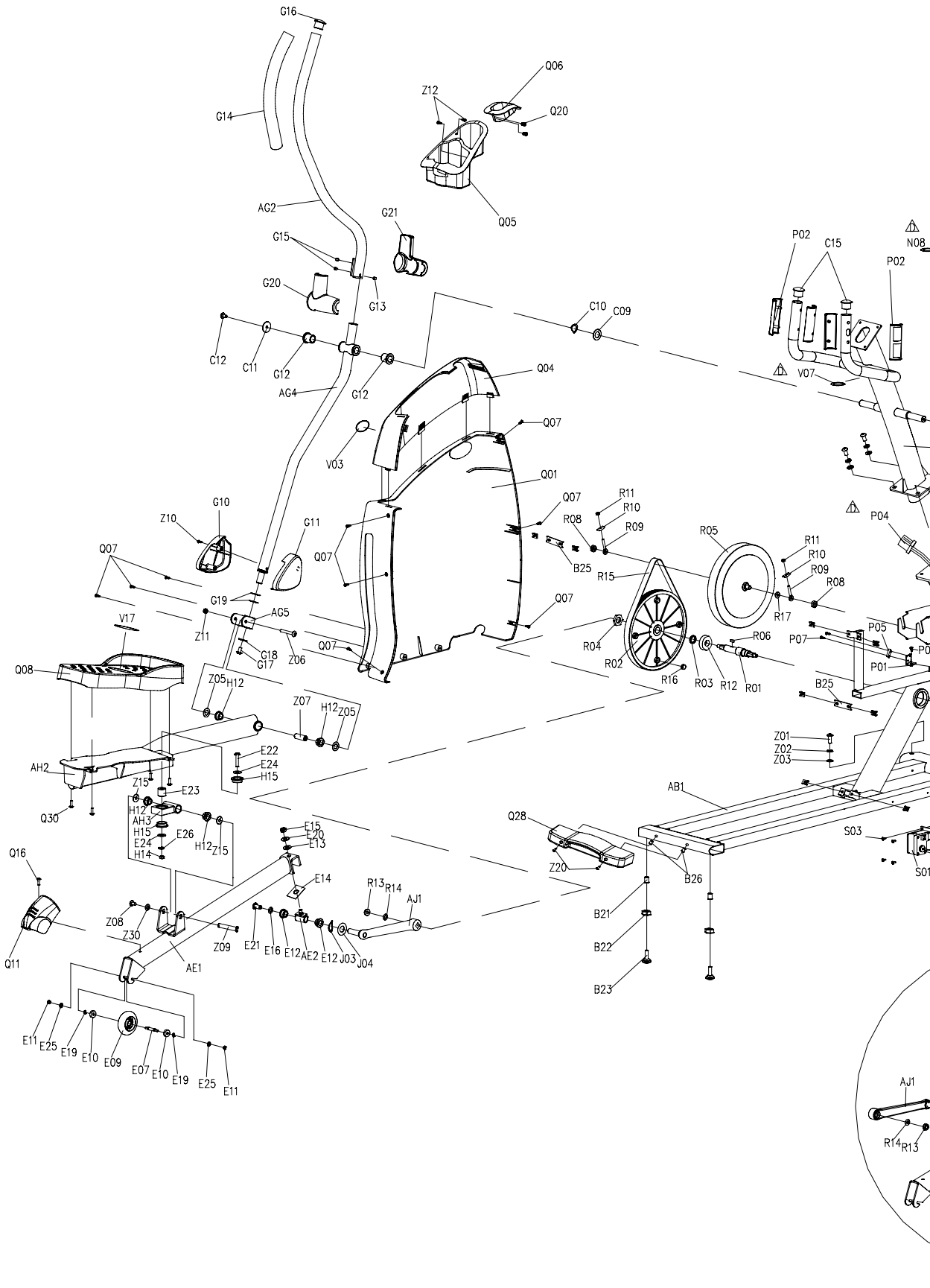
- Inspect all assembly bolts and pedals on the machine for proper tightness.
- Clean any debris off of the pedal arm wheels and guide rails.

PARTS LIST

Please refer to EXPLODED DRAWING on next 2 pages.

Part #:	Description:	Part #:	Description:
AC1	SZEP133BCSM Console Mast Set	L05	ME0502163 Washer,Flat
AE1	SP0305075AC Pedal Arm, Left	L06	MB0301002 Leveler
AE2	SZEP133BCPS Pivot Tube Set	L07	ME0112087 Bolt
AE3	SP0305087AC Pedal Arm, Right	L08	MZE0204027 Nut,Nylon
AG1	SZEP133BUHB-R Upper Handlebar - Right	L09	MZE0301015 Brass insert
AG2	SZEP133BUHB-L Upper Handlebar - Left	L10	MB0302002 Level Washer
AG3	SZEP133BLHB-R Lower Handlebar - Right	L11	MZE0301009 Brass insert
AG4	SZEP133BLHB-L Lower Handlebar - Left	N07	MZE0102039 Screw
AG5	SP0321011AA Swivel Bracket-Lower Handlebar	N08	MG0234124BX Decal, Console
AH1	SZEP133BLLA-R Lower Link Arm - Right	P01	ML0259003B Bracket, Speed Sensor
AH2	SZEP133BLLA-L Lower Link Arm - Left	P02	MC0712011 Pulse Grip
AH3	SZEP133BPAS Pivot Block Set	P03	MZE0107026 Screw
AJ1	SP0314028AA Crank Arm	P04	MC0502075A Console Cable
AL1	SZEP133BFST Front Stabilizer Set	P05	MC0510005A Sensor Cable, 2-prong
AN1	SM0307084AX Console Set	P06	MC0714203A2 AC Adapter - 12V
B22	MZE0201008 Nut	P07	MZE0107009 Screw
B23	MB0301002 Leveler	Q01	MB0220005EB Side Cover, Lower Left
B24	MZE0701001 Tinnamen Nut	Q02	MB0221005CB Side Cover, Lower Right
B25	MJ1234001 Connecting Plate, Side Cover	Q03	MB0203089CE Side Cover, Upper - Right
B26	MZE0301012 Brass Insert	Q04	MB0202101CE Side Cover, Upper - Left
C09	ME0502007 Washer,Flat	Q05	MB0204015AA Accessory Tray
C10	ME0506002 Washer, Wavy	Q06	MB0210045AA Cover,Console Mast
C11	MZE0502138 Washer, Flat	Q07	MZE0107042 Screw
C12	MZE0112034 Bolt	Q08	MD0402066B Footpad
C15	MB0609092A End Cap, Handlebar	Q11	MB0262003BA Roller Wheel Cover
E09	SZEP110ROL Roller Wheel Set	Q16	MZE0102010 Screw
E11	MZE0204004 Nylon Nut	Q20	MJ3352004B Grommet for Console Mast Boot
E12	ML0105003A Bushing-Pivot Tube	Q25	MB0250043AD Cover, Front Stabilizer - Left
E13	ME0505055A Washer, Teflon	Q26	MB0250044AD Cover, Front Stabilizer - Right
E14	MCAE06102 Washer, Teflon	Q28	MB0250046BA Cover, Rear Crossbar
E15	MZE0204027 Nut, Nylon	Q30	ME0102021 Screw
E16	MZE0502035 Washer, Flat	R01	SZEP109PAX Pedal Axle Set
E19	MCAE02002 C-clip	R03	MJ3310001 Spacer, Big Pulley
E20	ME0508001 Washer, Flat	R04	MJ3308001 Nut, Crank Assembly
E21	ME0112074 Bolt	R05	MD0208027C Drive Axle Set
E22	MZE0112040 Screw	R07	ME0902011 C-clip
E23	MJ3337019A Bushing-Pivot Block Set	R08	MZE0201032 Hex Nut
E24	MZE0502178A Washer,Flat	R09	MZE0110043A Eye Bolt
E25	MZE0502073 Washer,Flat	R10	MJ1804001 Bracket, Eye Bolt
E26	MZE0501038A Washer, Lock	R11	MZE0204010 Nut, Nylon
G10	MB0215020BA Cover, Lower HB - Left	R12	MD0501013 Bearing, Crank Assembly
G11	MB0215021BA Cover, Lower HB - Right	R13	MZE0208006 Nut, Crank Axle
G12	ML0105023A Bushing-Lower Handlebar	R14	ME0508004 Washer
G13	MZE1401001 Screw	R15	MD0602035A Drive Belt
G14	MB0401148AA Foam Grip, Handlebar	S01	SCA902001 Resistance Motor Set (DC Motor)
G15	MZE0114032AB Set Screw	S02	MD0209059C ECB Steel Cable
G16	MB0609018 End Cap, Upper HB	S03	MZE0107026 Screw
G17	MZE0112034 Screw	V03	MG0105055AX Decal, Side Cover
G18	MZE0502035 Washer,Flat	Z01	ME0112164 Bolt
G19	MZE0505042A Washer, Teflon	Z02	MZE0501027AC Washer, Lock
G20	MB0215012DA Cover, Front Left or Rear Right HB. Snap-on cover	Z03	MZE0502129 Washer, Flat
G21	MB0215013CA Cover, Front Right or Rear Left HB. Snap-on cover (Updated)	Z05	MZE0505038 Washer,Teflon
H12	ML0105003A Bushing, Link Arm	Z06	MZE0112109 Cbolt, oval hex socket
H14	MZE0204005 Nut, Nylon	Z07	MJ3343016B Inner Bushing, Pedal Arm
J03	ME0506005 Washer, Wavy	Z08	MZE0106007AB Screw
J04	MZE0502041 Washer,Flat	Z09	MJ3304012D Axle,Pedal Arm
KIT	SM0338206AX Hardware Pack	Z10	MZE0102013 Bolt
KIT	MZE1001002 13/15mm Open-ended Wrench	Z11	MZE0204005 Nut,Nylon
KIT	ME1007031A 6mm L-wrench	Z12	MZE0107023 Screw
KIT	MZE1007002 5mm L-wrench w/screwdriver	Z15	ME0505072AB Washer, Teflon-Split
KIT	ME1005002 Screwdriver	Z20	MZE0102094 Screw
KIT	MH0207335AX Owner's Manual - English	Z30	MZE0502138 Washer,Flat
KIT	MH0207335ABX Owner's Manual - French		
L03	MB0103006B Mobile Wheel		
L04	SZEP110FMW Mobile Wheel Set		

EXPLODED DRAWING



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IMPORTANT PRECAUTIONS

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BEFORE YOU BEGIN

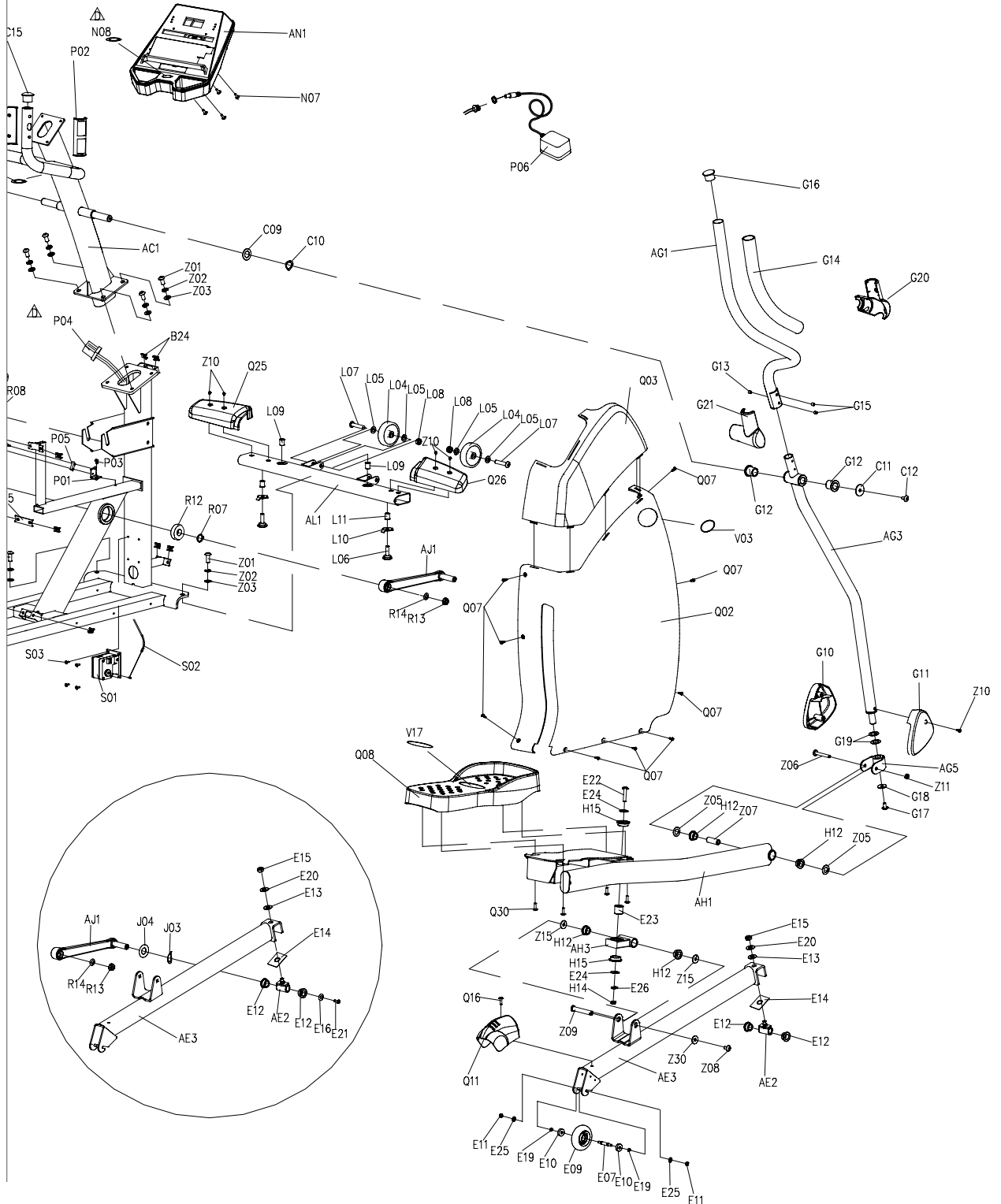
ELLIPTICAL OPERATION

CONDITIONING GUIDELINES

TROUBLESHOOTING & MAINTENANCE

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LIMITED WARRANTY

LIMITED HOME-USE WARRANTY

FRAME • 10 YEARS

Sears warrants the frame against defects in workmanship and materials for a period of ten years from the date of purchase, so long as the device remains in the possession of the original owner.

BRAKE • 3 YEARS

Sears warrants the brake against defects in workmanship and materials for a period of three years from the date of purchase, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS • 1 YEAR

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

LABOR • 1 YEAR

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

EXCLUSIONS AND LIMITATIONS

Who IS covered:

- The original owner and is not transferable.

What IS covered:

- Repair or replacement of a defective brake, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by Sears.
- Incidental or consequential damages. Sears is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment.
- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by Sears for coverage.
- Equipment owned or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. Sears is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and Sears shall have no liability for any injury to the person or property arising from such repairs.

SERVICE/RETURNS

- All returns must be pre-authorized by Sears.
- Sears' obligation under this warranty is limited to replacing or repairing, at Sears' option, the equipment at one of its authorized service centers.
- A Sears authorized service center must receive all equipment for which a warranty claim is made. This equipment must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase.
- Parts and electronic components reconditioned to As New Condition by Sears or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from province to province.

Get it fixed, at your home or ours!

Just Call:

1-800-4-MY-HOME®
(1-800-469-4663)

24 hours a day, 7 days a week

For the repair of major brand appliances in your own home...
no matter who made it, no matter who sold it!

For your nearest **Sears Parts & Service** location,
to bring in products like vacuums, lawn equipment and electronics.

For **Sears Parts & Service**, to order the replacement parts,
accessories and owner's manuals that you need to do-it-yourself.

www.sears.ca

To purchase or inquire about a Sears Maintenance Agreement, call:

1-800-361-6665

9 a.m.-11 p.m. Mon.-Fri. EST, 9 a.m.-4 p.m. Sat.

Pour service en français:

1-800-LE-FOYER^{MC}
(1-800-533-6937)

www.sears.ca



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