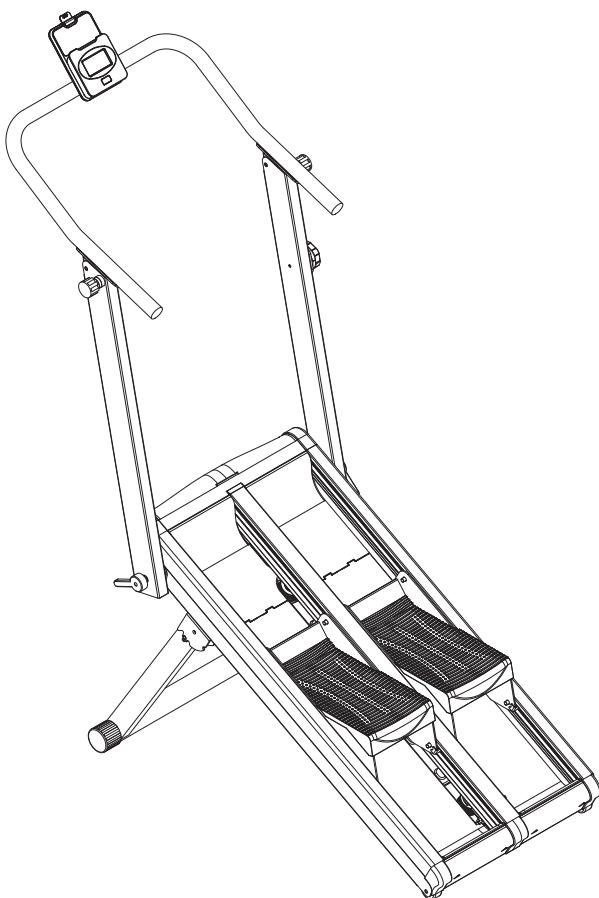


# STAMINA<sup>®</sup>

## STAIR CLIMBER



Download the müüv app  
for a step-by-step assembly video



Product May Vary Slightly From Pictured.

**CAUTION:**

Weight on this product should not exceed 300 lbs.

This Product is Distributed Exclusively by



4435 West Manufacturers Street, Springfield, MO 65803  
Customer Care  
1 (800) 375-7520  
[www.staminaproducts.com](http://www.staminaproducts.com)

### ⚠ WARNING

- Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use.
- Serious bodily injury can occur if this equipment is not assembled and used in accordance with the owner's manual.
- Follow all safety instructions in this owner's manual.

When calling for parts or service, please specify the following numbers:

**Model#:** 40-0150

**S/N:** \_\_\_\_\_

**STAMINA PRODUCTS**  
MADE IN CHINA

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2025, 11



## Quickstart Guide

IMPORTANT

Download the müüv app to experience personalized fitness coaching for your trampoline!  
müüv also supports other exercise equipment you own and hundreds  
of healthy activities like outdoor walking to make moving fun!



**DOWNLOAD APP**

Go to the App Store on your device or  
scan the QR Code for quick access.



**Unlimited workouts for the Stamina Stair Climber  
Assembly video included in the app  
No subscription required**

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## SAFETY INSTRUCTIONS

**⚠ WARNING** Cancer and Reproductive Harm [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

**⚠ WARNING** Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.

**⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the Stamina Stair Climber.

- The Stamina Stair Climber should only be used after a thorough review of the Owner's Manual by all exercisers and saved for future reference.
- Make sure that the product is properly assembled and tightened before use.
- We recommend that two people be available for setup of this product.
- Keep children and pets away from the Stamina Stair Climber at all times. This product is for adult use only.
- It is recommended that you place this product on an equipment mat.
- Set up and operate the Stamina Stair Climber on a solid level surface. Do not position the product on loose or uneven surfaces.
- Make sure that adequate space of 4 feet wide x 6 feet long is available for access to and around the product.
- Keep fingers clear of all pinch points when folding and unfolding the Stamina Stair Climber.
- Before using, always inspect the product for worn parts that should be replaced or loose parts that should be tightened.
- Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them.
- Do not wear loose clothing while using the Stamina Stair Climber.
- Always wear proper footwear such as running, walking, or cross training shoes.
- Be careful to maintain your balance while assembling, mounting, using and dismounting the Stamina Stair Climber. Loss of balance may result in a fall or serious bodily injury.
- Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position.
- The Stamina Stair Climber should not be used by persons weighing over 300 pounds.
- The Stamina Stair Climber should be used by only one person at a time.
- The Stamina Stair Climber is for consumer use only. It is not for use in public or semipublic facilities.

**EXTEND YOUR PARTS WARRANTY TO 180 DAYS FROM THE DATE OF PURCHASE. REGISTER YOUR PRODUCT.**



**NEED HELP?  
CONTACT US FIRST  
1 (800) 375-7520**  
**customer.care@staminaproducts.com**

Hi! From all of us here at Stamina Products, thank you for your purchase. We know that you have big fitness goals in mind and we are here to help you along. Call us, email us, or send us a message on Facebook. Be sure to contact us if you have any questions on your new product. We look forward to hearing from you!

With your body in mind,  
**Stamina Customer Care**

**To enact your extended warranty and to help us better serve you, please **go online** and register your new product.**

**register.staminaproducts.com**

It is quick and easy to register online, but if you're a little old school or just need a reason to raise that little flag on your mailbox, fill out the info on the last page of this manual and mail it in.



**ONLINE**

customer.care@staminaproducts.com  
[www.staminaproducts.com](http://www.staminaproducts.com)



**TELEPHONE**

1 (800) 375-7520



**FAX**

(417) 889-8064



**MAIL**

Stamina Products, Inc.  
ATTN: Customer Care  
4435 West Manufacturers  
Street, Springfield, MO 65803



[facebook.com/StaminaProducts](http://facebook.com/StaminaProducts)  
[facebook.com/AeroPilates](http://facebook.com/AeroPilates)

**CUSTOMER CARE HOURS:**

Monday-Thursday, 7:30 AM-5:00 PM, Central Time  
Friday, 8:00 AM-3:00 PM, Central Time

## BEFORE YOU BEGIN

Thank you for choosing the Stamina Stair Climber. We take great pride in this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Stamina Stair Climber provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Locate the serial decal on the product and write the serial number on the cover of the manual in the space provided. See the next page for an image of the serial decal. Model number and serial number are required when

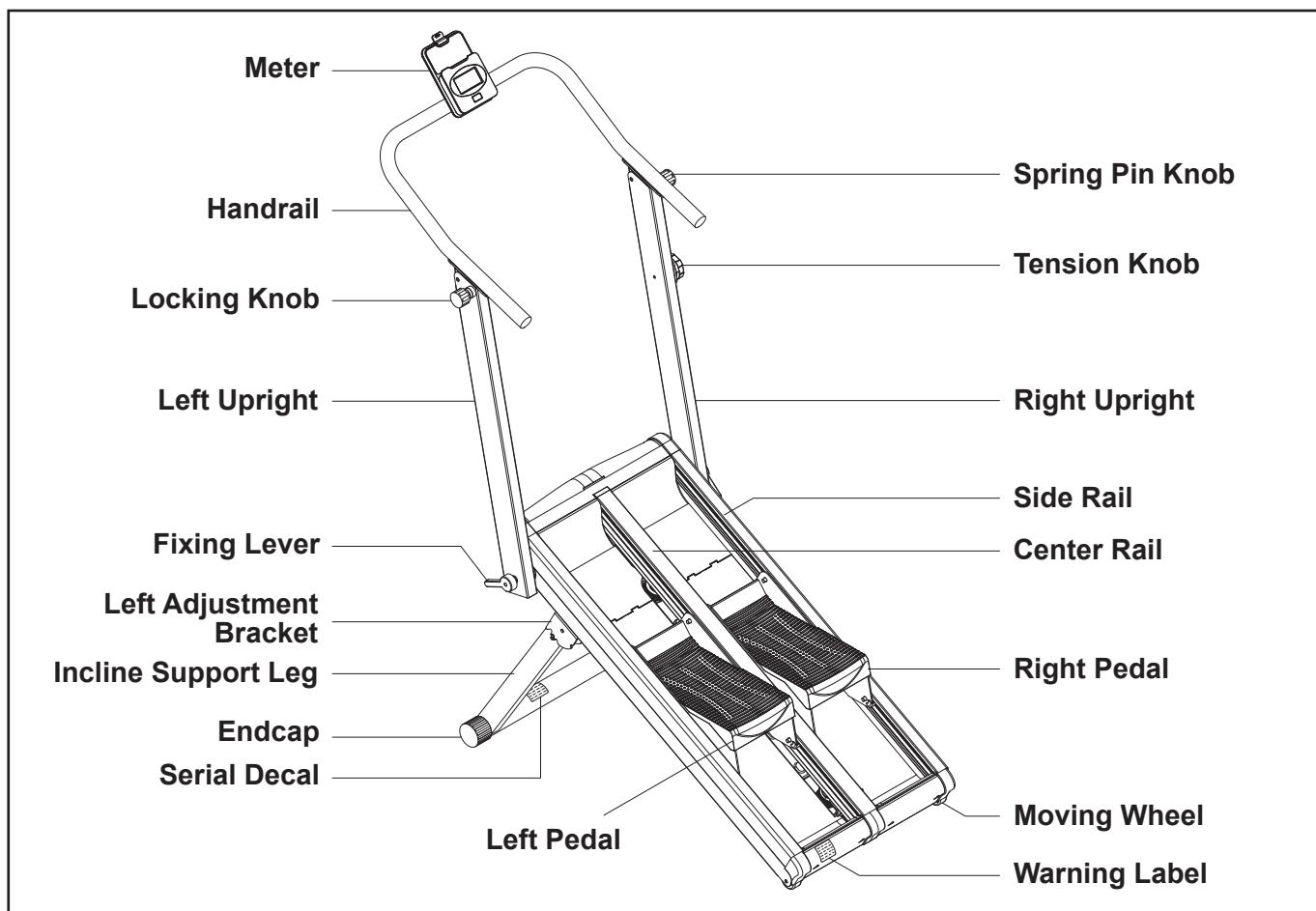
calling for assistance.

Read this manual carefully before using the Stamina Stair Climber.

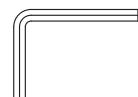
Providing you with a quality product is Stamina's top priority. However, sometimes there could be a missing or incorrectly sized part. If you have any questions or problems with the parts included with your Stamina Stair Climber, please do not return the product. Contact us FIRST!

If a part is missing or defective, please contact Customer Care for assistance. Call us toll free at 1-800-375-7520 (in the U.S.) or live chat on [staminaproducts.com](http://staminaproducts.com). Our Customer Care Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ADJUSTMENT:

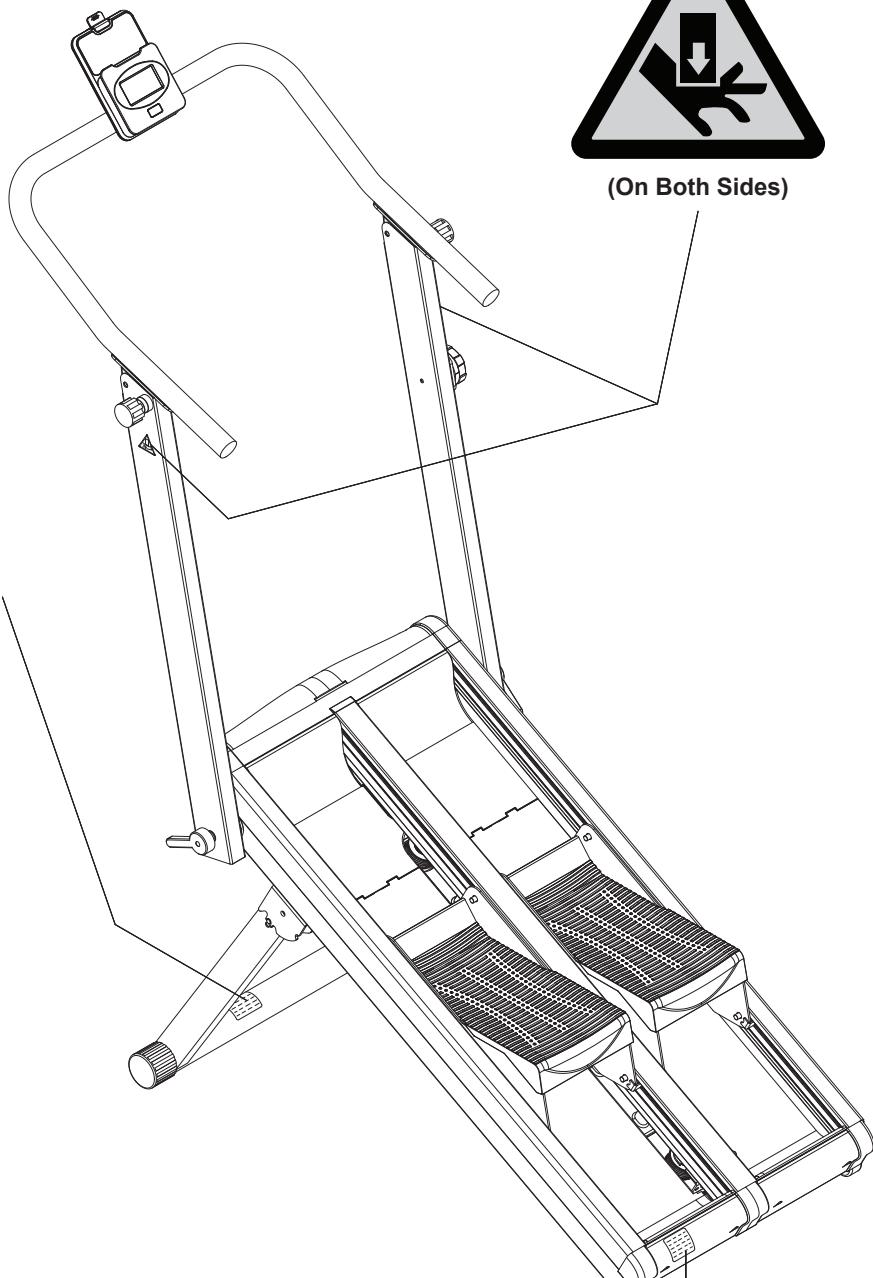
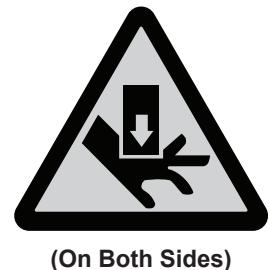


Allen Wrench (6mm)

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the Stamina Stair Climber. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

### PINCH POINT LABEL(174)



### SERIAL DECAL(173)



To best serve you, our Customer Care Representatives will need your serial number. For quick access, write in your serial number on the cover of the manual.

### WARNING LABEL(172)



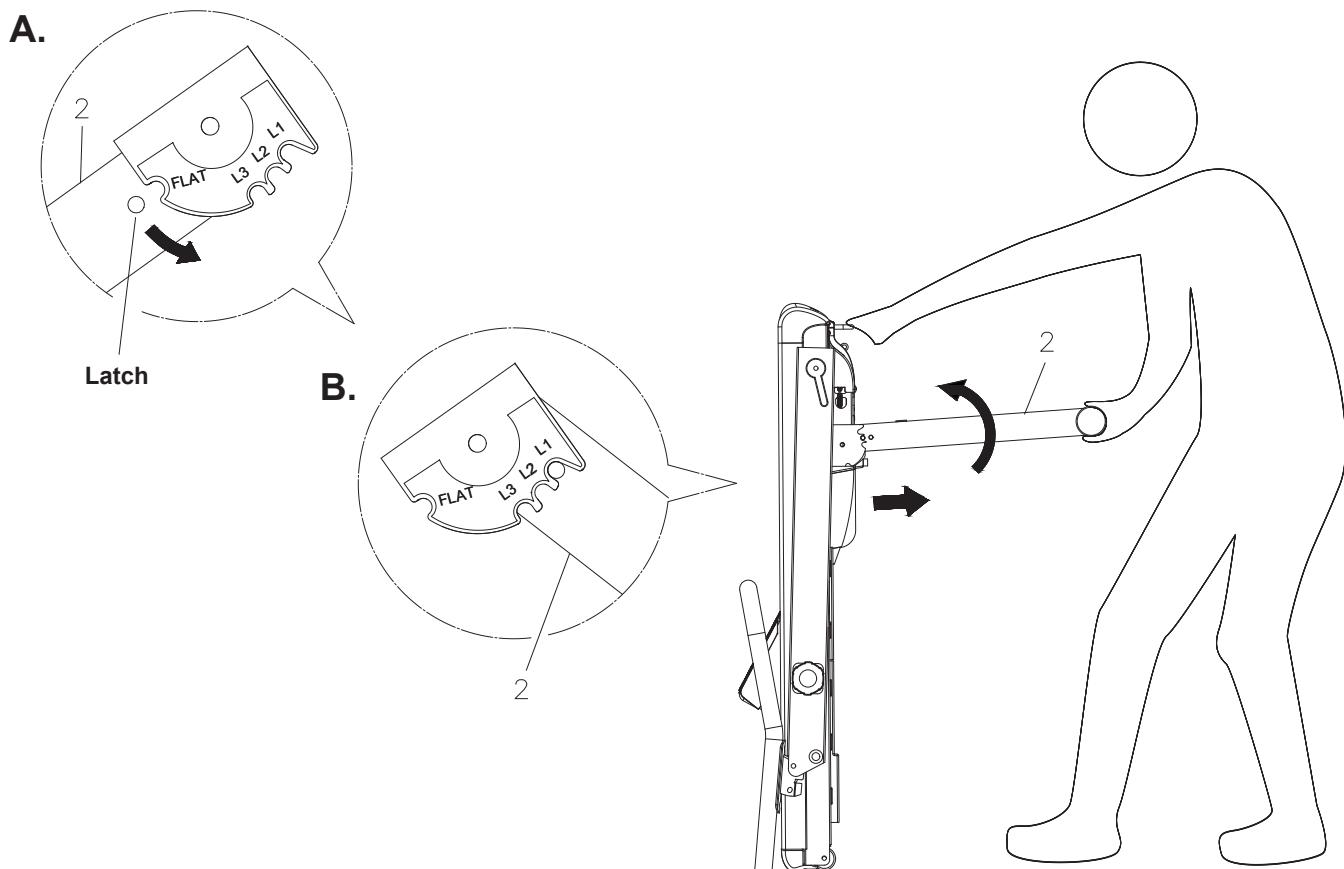
## ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to [staminaproducts.com](http://staminaproducts.com) under the Customer Care section and order the part needed, e-mail us at [customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com), or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Care Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

**Some product parts are fit tested at the factory to ensure proper fit and alignment. Marks in the paint may be noticeable, but are not an indication of damage.**

### STEP 1

Remove your Stamina Stair Climber from its packaging, position the product as shown in the following illustration. Refer to detail view A and detail view B. Pull out the **INCLINE SUPPORT LEG(2)** and move the latch from flat position to L1 locking position.

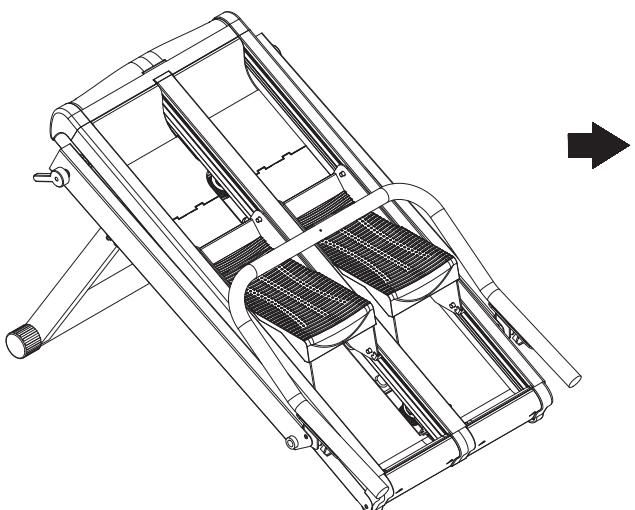


## ASSEMBLY INSTRUCTIONS

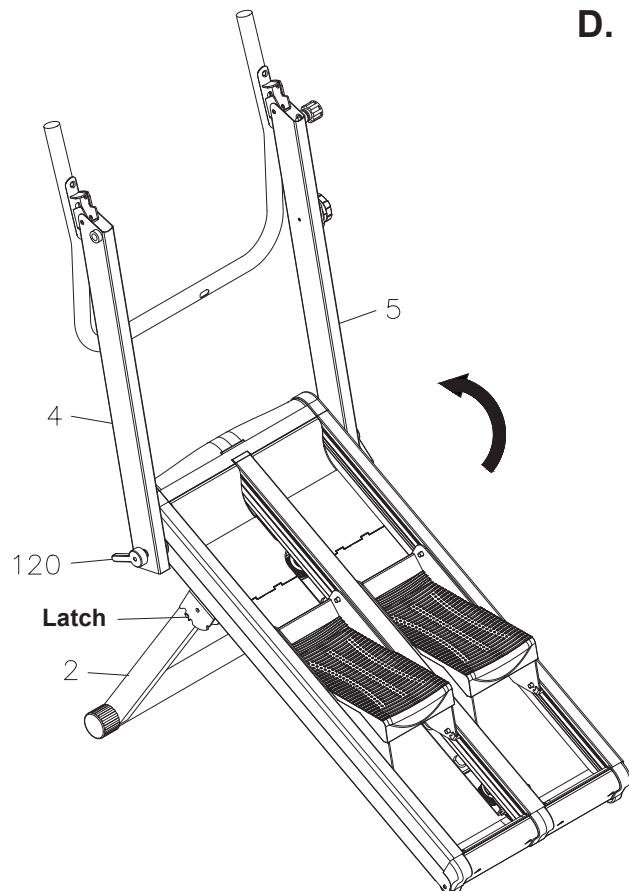
### STEP 2

Place the Stamina Stair Climber as shown in illustration C. Refer to illustration D. Rotate the **FIXING LEVERS(120)** counter-clockwise for three turns on both sides in order to loosen the **LEFT** and **RIGHT UPRIGHTS(4, 5)**. Lift up and move the **LEFT** and **RIGHT UPRIGHTS(4, 5)**, and rotate the **FIXING LEVERS(120)** clockwise to tighten securely on both sides. Check and make sure the latch on the **INCLINE SUPPORT LEG(2)** is locked into one of the locking positions **L1**, **L2**, or **L3**.

C.



D.



## ASSEMBLY INSTRUCTIONS

### STEP 3

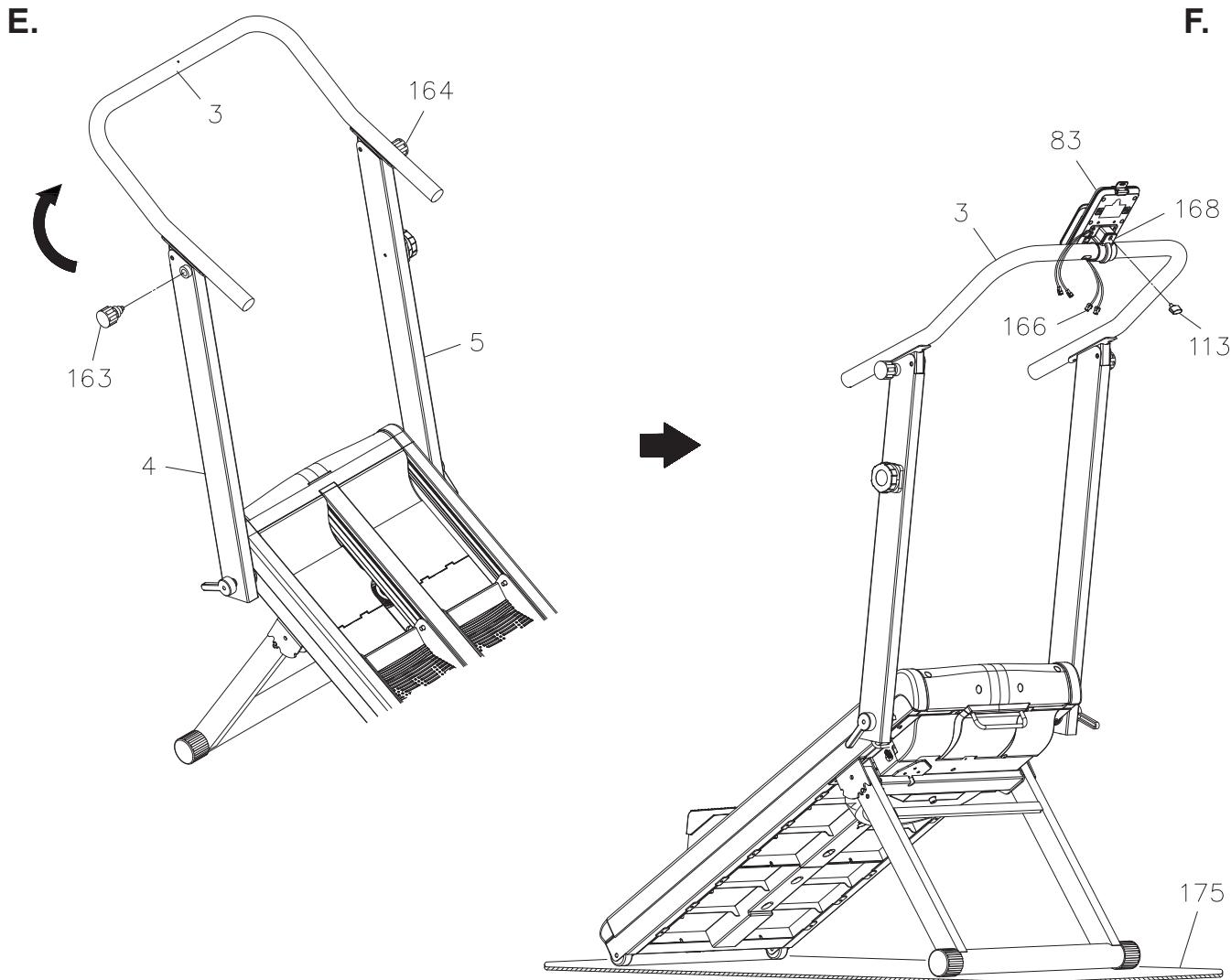
Refer to illustration E. Remove the **LOCKING KNOB(163)** from the **LEFT UPRIGHT(4)**. Pull the **SPRING PIN KNOB(164)** on the **RIGHT UPRIGHT(5)**, and then swing up the **HANDRAIL(3)**. Release the **SPRING PIN KNOB(164)** and tighten to lock the **HANDRAIL(3)** in position. Screw the **LOCKING KNOB(163)** back into the **LEFT UPRIGHT(4)** to lock the **HANDRAIL(3)** securely.

### STEP 4

Refer to illustration F. Install two AAA batteries into the **METER(83)**, the batteries are not included. See page 13 for detailed battery installation instructions. Disassemble the **METER KNOB(113)** from the **METER HOLDER(168)**. Attach the **METER(83)** to the **HANDRAIL(3)** by clipping the **METER HOLDER(168)** onto the center of the **HANDRAIL(3)** and secure with the **METER KNOB(113)**.

### STEP 5

Plug the **EXTENSION SENSOR WIRE(166)** into the connecting wire of the **METER(83)**, and push the excess wires back into the **HANDRAIL(3)**. Adjust the **METER(83)** to appropriate readout angle during your exercise. Place the Stamina Stair Climber on the **EQUIPMENT MAT(175)**.

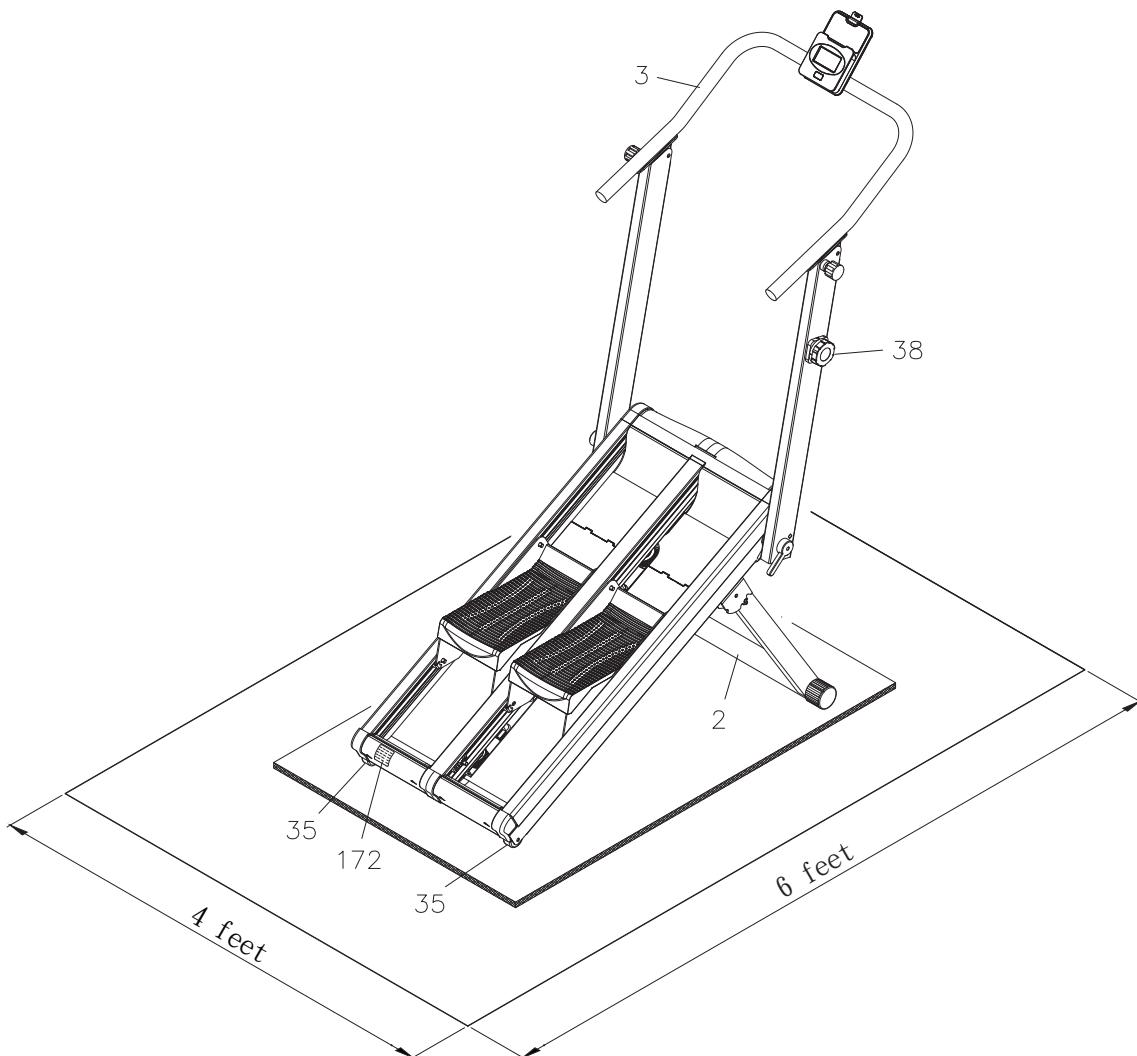


## SET UP INSTRUCTIONS

Place the Stamina Stair Climber in the area where it will be used. It is recommended that the Stamina Stair Climber be placed on an equipment mat. The Stamina Stair Climber is approximately 44.2 inches long (max.) x 26.2 inches wide x 67.3 inches tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 6 feet long is required for safe operation of the Stamina Stair Climber. Make sure that adequate space is available for access to and passage around the Stamina Stair Climber.

**LEVELING:** Adjust the location of Stamina Stair Climber so the unit sits on the floor without rocking.

**MOVING:** The Stamina Stair Climber has a pair of **MOVING WHEELS(35)** under the main frame at the back. Lift up the stabilizer of the **INCLINE SUPPORT LEG(2)** to move.



### FUNCTION INSPECTION:

Visually inspect the Stamina Stair Climber to verify that assembly is as shown in the above illustration. Check the function of the Stamina Stair Climber, stand on the pedals and place your hands at a comfortable position on the **HANDRAIL(3)**. Slowly move the pedals up and down to verify that the drive train functions properly. Adjust the **TENSION KNOB(38)** and verify that the resistance system provides different tensions.

**CAUTION:** Locate and read the **WARNING LABEL(172)** on the Stamina Stair Climber. Make sure that all users read the **WARNING LABEL(172)** before using the product.

## OPERATIONAL INSTRUCTIONS

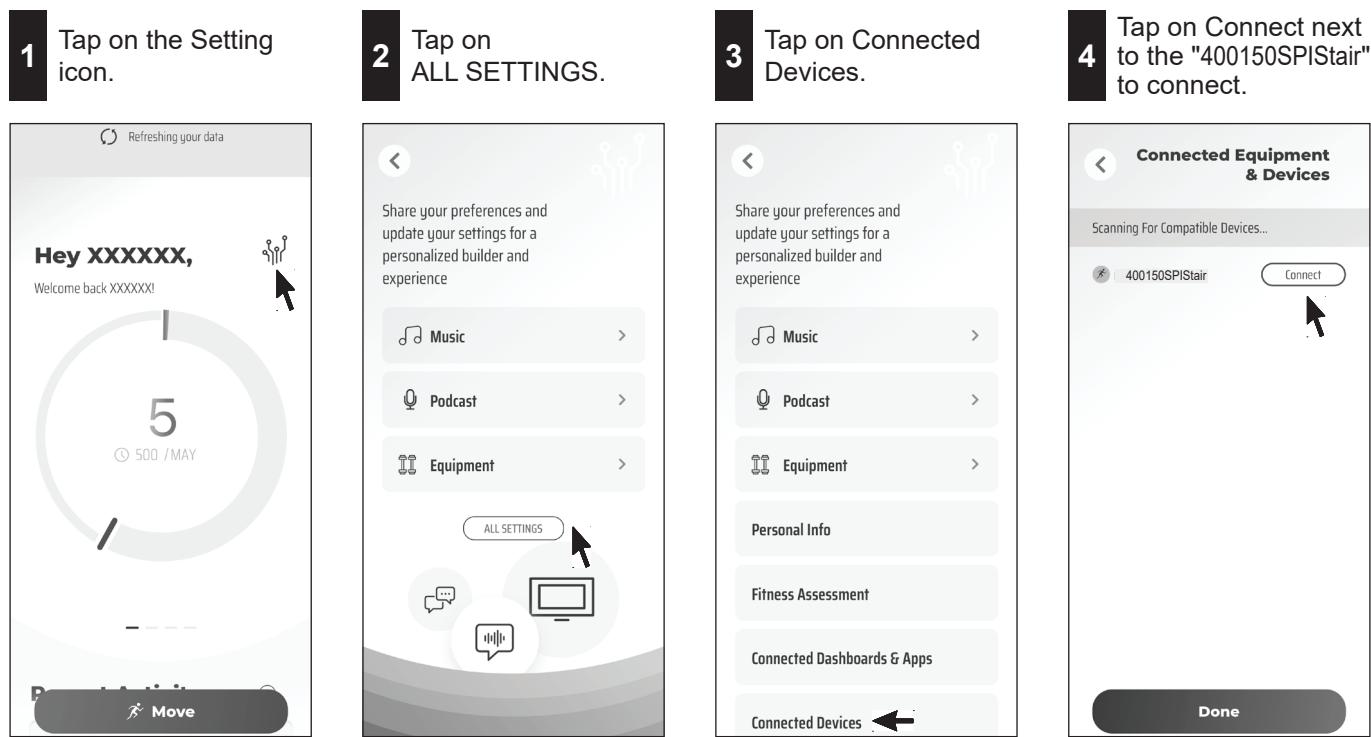
### müuv CONNECTION OPERATION

#### NOTE:

1. To fully operate your Stamina Stair Climber you will need to download the free müuv app.
2. You will need to enable bluetooth in your phone settings first.



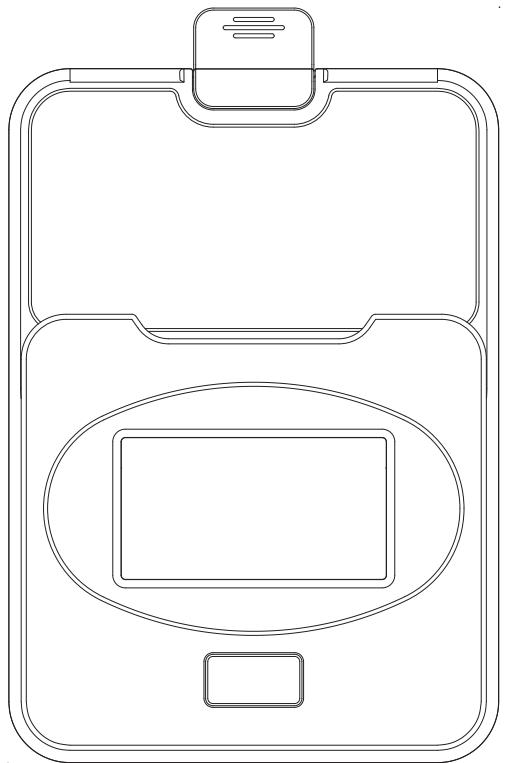
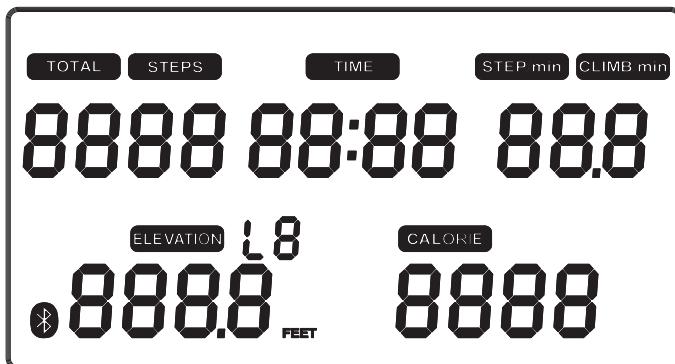
Power on the Stamina Stair Climber. Open the müuv app and follow the process below to connect the Stamina Stair Climber to the müuv app. It will make your Stamina Stair Climber works with the müuv application and many others. For more details and information, go visit <https://muvv.fit>.



**NOTE:** Under low battery conditions, the **METER(83)** may still work, but may make the müuv app unable to find the bluetooth device to connect. Please pay attention to the issue and replace the battery promptly.

## OPERATIONAL INSTRUCTIONS

### USING THE FITNESS METER



- **TOTAL STEPS & STEPS:**

Switch to display every 6 seconds while exercising.

- **STEP/min & CLIMB/min:**

Switch to display every 6 seconds while exercising.

**POWER ON:** Move the pedals or press the button.

**POWER OFF:** Automatically shuts off after 4 minutes of inactivity.

#### FUNCTION BUTTON :

Press to select level of the **ELEVATION**, from L1 / L2 / L3. The selected level number will flash three times to confirm the selection.

Press and hold for four seconds to reset all functions to zero, except **TOTAL STEPS**.

#### FUNCTIONS:

**TIME:** Displays the time from 1 sec. up to 99:59 minutes.

**CURRENT STEPS:** Displays the total number of steps you have taken during current session from zero to 9999 steps.

**TOTAL STEPS:** Displays the total accumulated number of steps from all your current and past trainings, from zero to 9999 steps. The total accumulated steps is retained when the meter is turned off, until the batteries are removed.

**STEPS/MIN:** Displays the stepping speed from zero to 999 steps per minute.

**CLIMB/MIN:** Displays the speed of the stepping height from zero to 999 feet per minute.

**ELEVATION:** Displays the total height you have climbed from zero to 9999 feet.

**LX:** Displays the incline level from L1 / L2 / L3.

**(INCLINE LEVEL)**

**CALORIE:** Displays the calories burned from zero to 9999 Kcal.

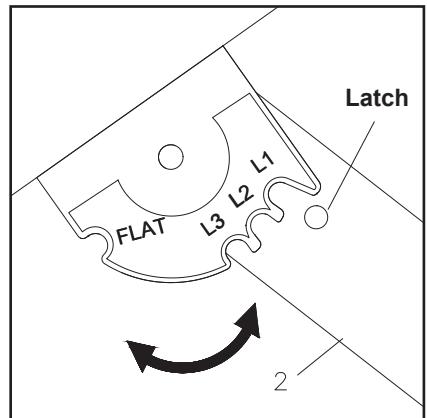
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

## OPERATIONAL INSTRUCTIONS

### INCLINE LEVEL

The incline level on the meter can be set as L1 / L2 / L3. The calories burned are different under different incline level setting. L1 burns the least amount of calories, and L3 burns the highest amount of calories.

Refer to the illustration. Always adjust the position of the **INCLINE SUPPORT LEG(2)** to fit with the level setting on the meter.

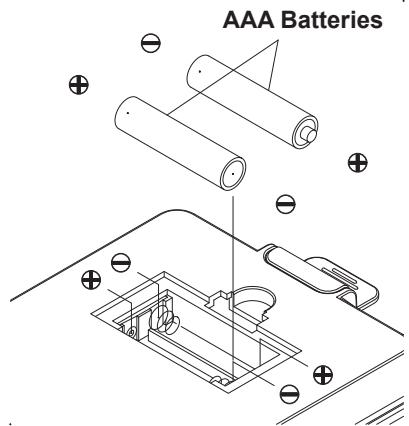


### HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AAA batteries (1.5V each), the batteries are not included. Refer to the illustration to install or replace the batteries.

**NOTE:**

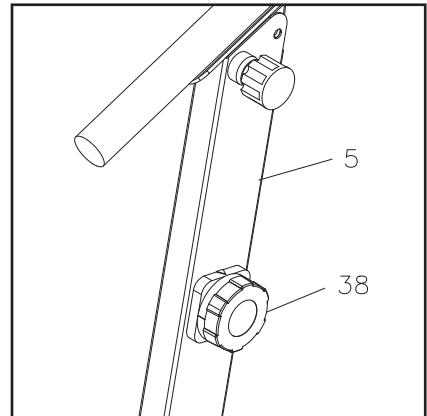
1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.
4. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
5. **Do not dispose of batteries in fire.**



## OPERATIONAL INSTRUCTIONS

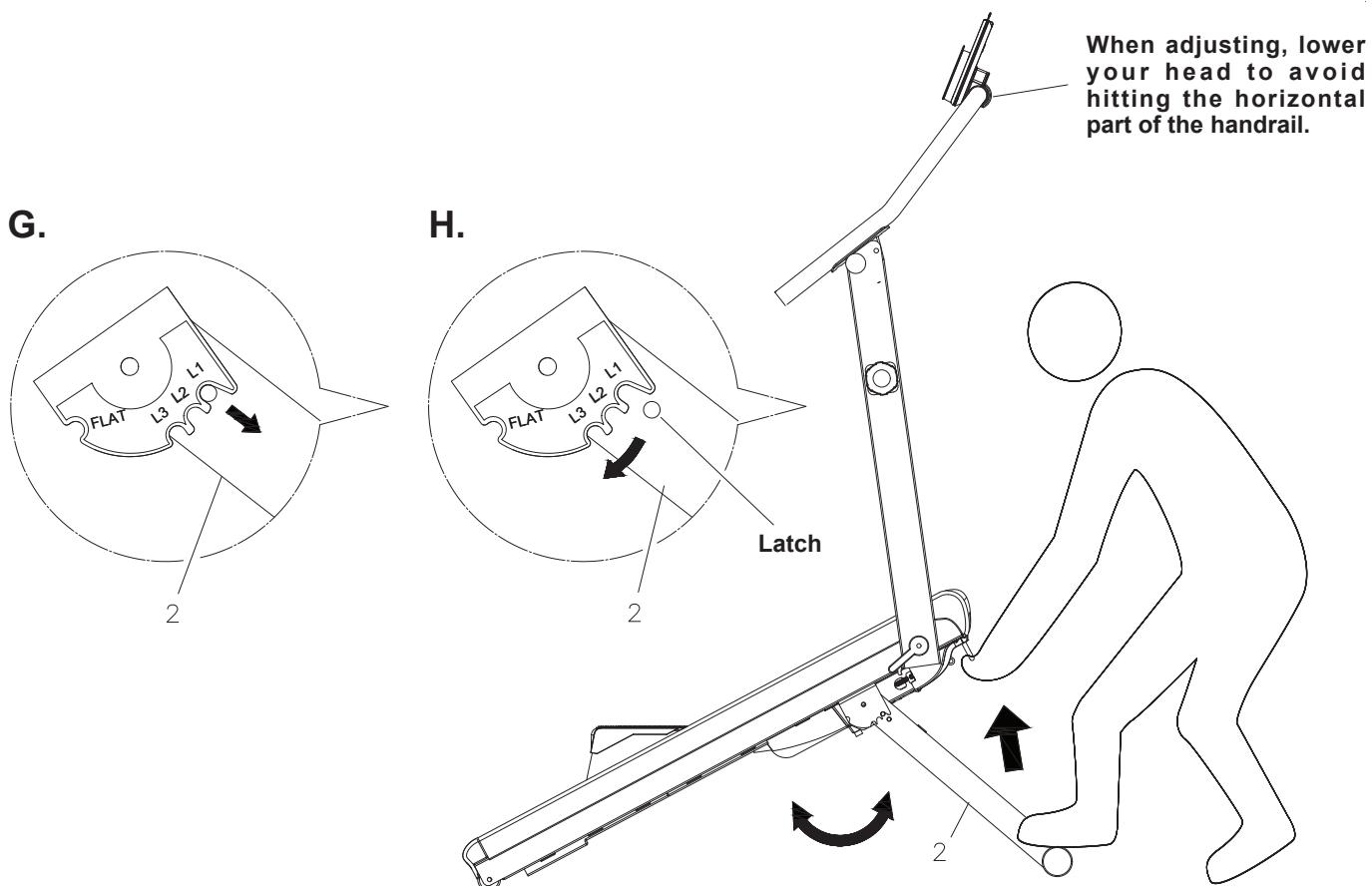
### BEGINNER INSTRUCTIONS:

1. Step on the pedal closest to the floor, then step with your other foot onto the other pedal.
2. Hold the handrail to balance your body before starting the exercise, and continue holding the handrail during the duration of your exercise.
3. To adjust the resistance and pedaling speed, rotate the **TENSION KNOB(38)** clockwise to increase the training strength and decrease the pedaling speed. Rotate the **TENSION KNOB(38)** counterclockwise to decrease the resistance and increase the pedaling speed. There are eight levels for the resistance adjustment.



### INCLINE ADJUSTMENT:

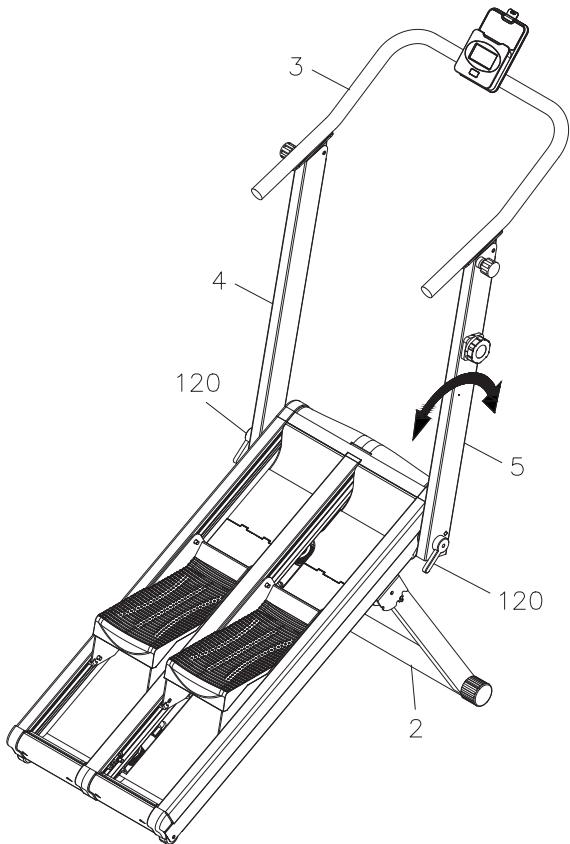
Refer to the illustrations below. There are 3 incline levels in total labeled as L1 / L2 / L3. To adjust the incline angle of the Stamina Stair Climber, begin by using your foot to step on the stabilizer of the **INCLINE SUPPORT LEG(2)** and lift up the main frame with both hands. Secondly, move the latch out of the locking position to the desired incline level.



## OPERATIONAL INSTRUCTIONS

### HANDRAIL ANGLE ADJUSTMENT:

1. To adjust the **HANDRAIL(3)** angle and position, rotate the **FIXING LEVERS(120)** counterclockwise for three turns on both sides in order to loosen the **LEFT** and **RIGHT UPRIGHTS(4, 5)**.
2. Use your foot to step on the stabilizer of the **INCLINE SUPPORT LEG(2)** and hold the **LEFT** and **RIGHT UPRIGHTS(4, 5)** with both hands for the next step.
3. Move the **LEFT** and **RIGHT UPRIGHTS(4, 5)** to vertical or tilted position, and then rotate the **FIXING LEVERS(120)** clockwise to securely tighten the **LEFT** and **RIGHT UPRIGHTS(4, 5)** on both sides.

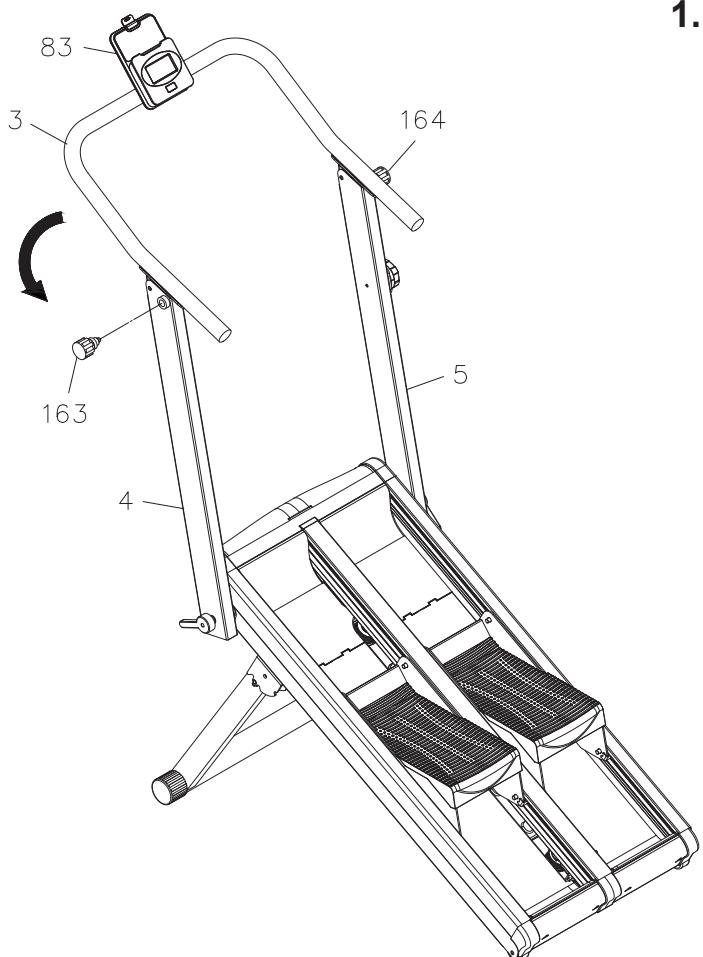


## STORAGE

- To store the Stamina Stair Climber, simply keep it in a clean dry place.
- To avoid damage to the electronics, remove the batteries before storing the Stamina Stair Climber for one year or more.
- To move the Stamina Stair Climber, hold the stabilizer of the **INCLINE SUPPORT LEG(2)** and lift up the Stamina Stair Climber onto the **MOVING WHEELS(35)** under the main frame at the back.
- The minimum folded dimensions of the Stamina Stair Climber are approximately 41.4 inches long x 26.2 inches wide x 12 inches tall. Please measure your Stamina Stair Climber if exact dimensions are needed.
- Follow the illustrated process below to fold the Stamina Stair Climber.

### TO FOLD THE STAMINA STAIR CLIMBER

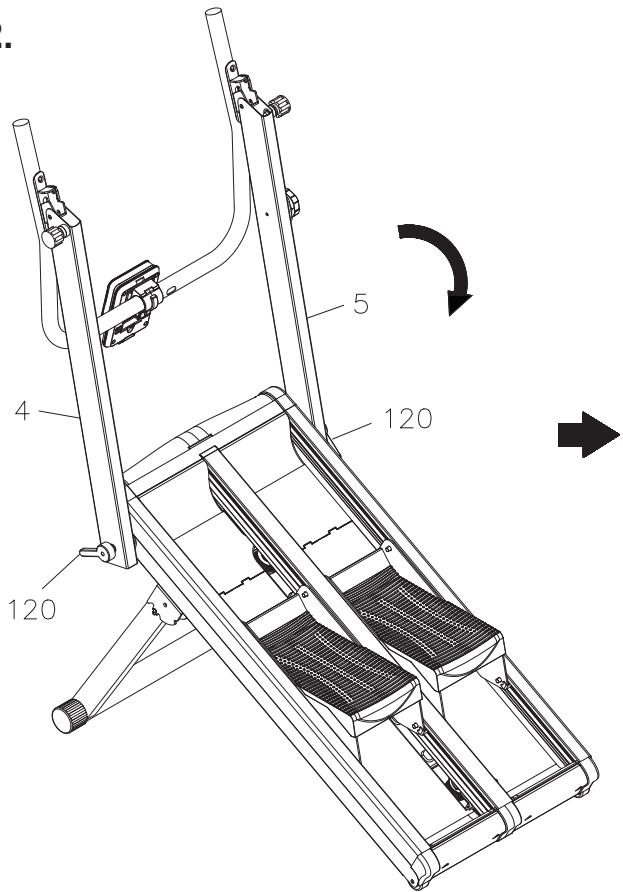
A. Refer to illustration 1. Remove the **LOCKING KNOB(163)** from the **LEFT UPRIGHT(4)**. Pull the **SPRING PIN KNOB(164)** on the **RIGHT UPRIGHT(5)**, and then swing down the **HANDRAIL(3)**. Release the **SPRING PIN KNOB(164)**, and screw the **LOCKING KNOB(163)** back into the **LEFT UPRIGHT(4)** for storage.



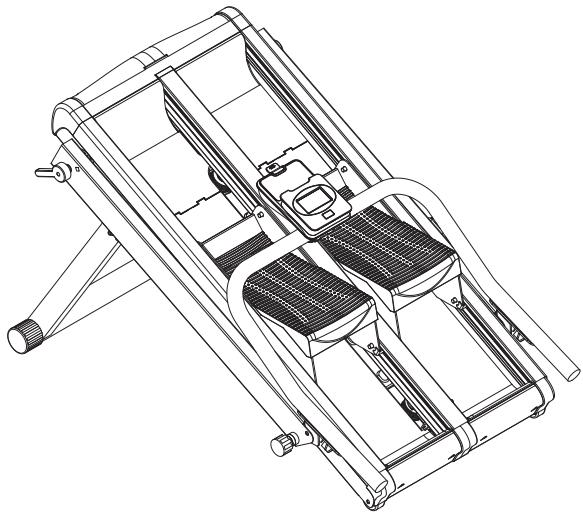
## STORAGE

B. Refer to illustration 2. Rotate the **FIXING LEVERS(120)** counter-clockwise for three turns on both sides in order to loosen the **LEFT** and **RIGHT UPRIGHTS(4, 5)**. Fold the **LEFT** and **RIGHT UPRIGHTS(4, 5)** backward. Rotate the **FIXING LEVERS(120)** clockwise to lock the **LEFT** and **RIGHT UPRIGHTS(4, 5)** into the folded position. The Stamina Stair Climber will appear as shown in illustration 3.

2.

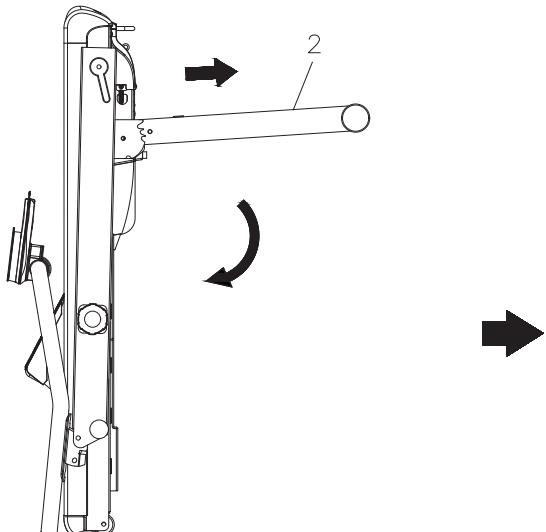


3.

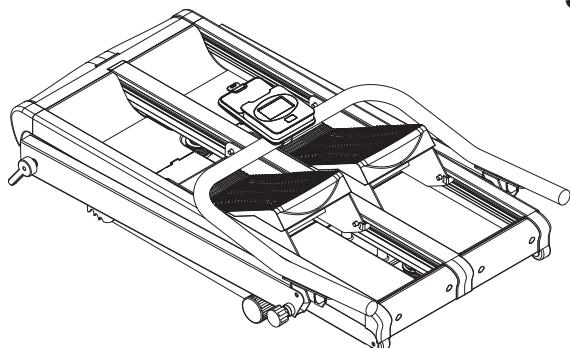


C. Position the Stamina Stair Climber as shown in illustration 4. Pull out the **INCLINE SUPPORT LEG(2)** and fold it down to the flat position. The Stamina Stair Climber will appear as shown in illustration 5.

4.



5.



## MAINTENANCE

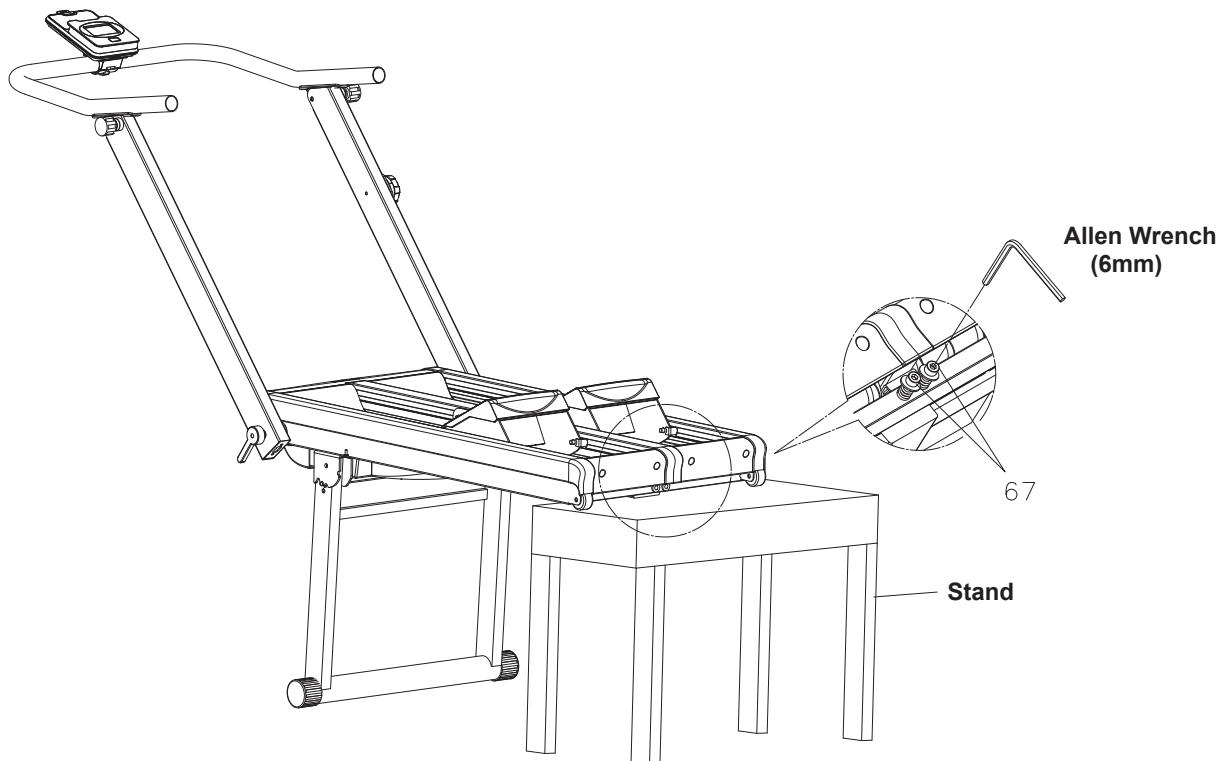
The safety and integrity designed into the Stamina Stair Climber can only be maintained when the Stamina Stair Climber is regularly examined for damage and wear. Special attention should be given to the following:

- Adjust the **TENSION KNOB(38)** and verify that it functions properly and the resistance changes.
- Clean the roller tracks in the **RAILS(15, 16)** with an absorbent cloth.
- Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
- Verify that the **WARING LABEL(172)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARING LABEL(172)** if it is missing or damaged.
- It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
- Worn or damaged parts must be replaced immediately or the Stamina Stair Climber removed from service until repair is made.
- Only Stamina Products supplied components should be used to maintain/repair the Stamina Stair Climber.
- Keep your Stamina Stair Climber clean by wiping it off with an absorbent cloth after use.

### BELT ADJUSTMENT:

Over time the transmission belt may loosen and you will feel some slippage when pedaling, then you will need to tighten the belt.

Refer to the illustration below, put a stand under the unit. Locate the two **SOCKET HEAD BOLTS (M8x1.25x90mm)(67)** at the bottom of the unit that are attached to the springs. Adjust by turning the bolts 1/4 turn clockwise to tighten the belt evenly. Do not tighten more than what fixes the pedal slippage. Doing so may damage the belt over time.



## CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

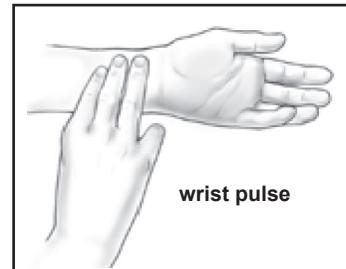
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



### Target Heart Rate Zone Estimated by Age\*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## ***WARM-UP and COOL-DOWN***

**Warm-Up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool down should be completed after each strength training session.

## **WARRANTY**

Stamina Products, Inc. ("Stamina") warrants to the original purchaser that this product will be free from defects in materials and workmanship that arise under normal use, service, proper assembly and proper operation in accordance with product warnings/instructions for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY KIND OR TO ANY DEFECT OR CHANGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS NOT PROVIDED BY STAMINA.** Commercial use includes use of product in athletic clubs, health clubs, spas, gyms, and all other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to Stamina Products, Inc. 4435 West Manufacturers Street, Springfield, Missouri, USA, MO 65803, or email us at customer.care@staminaproducts.com, or call us at 1-800-375-7520. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option.

**NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY (INCLUDING MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** These warranties are not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY.** If any claim is made under this limited warranty or any implied warranty, Stamina reserves the right to require the product to be returned for inspection, at the purchaser's expense, to Stamina's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

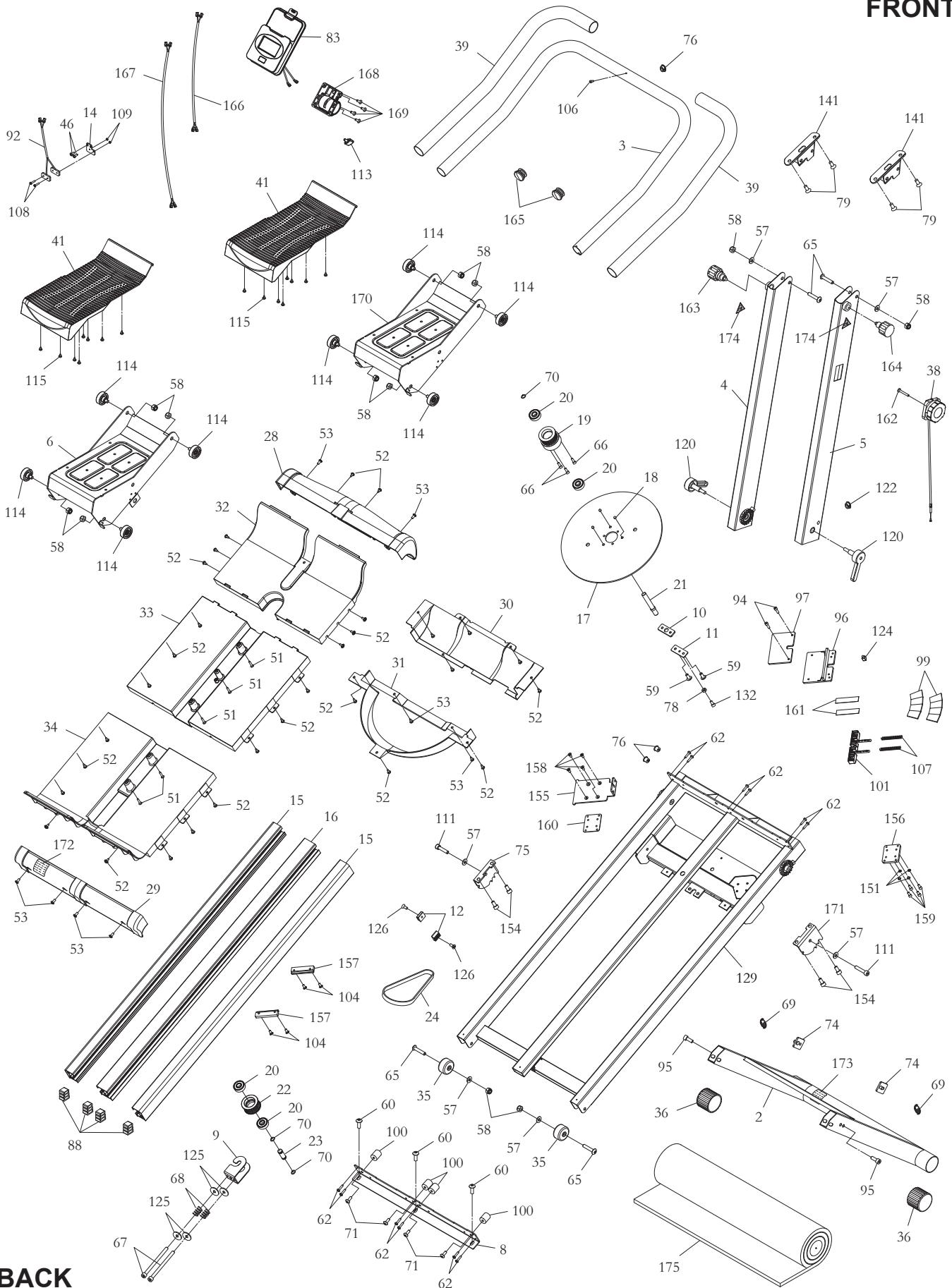
Stamina **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

**THIS LIMITED WARRANTY IS THE ONLY EXPRESS WARRANTY. NO ORAL OR WRITTEN INFORMATION GIVEN BY STAMINA, ITS AGENTS OR EMPLOYEES, SHALL CREATE A WARRANTY OR IN ANY WAY INCREASE THE SCOPE OF THIS WARRANTY.** This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some states affect the disclaimer or limitation of implied warranties and consequential and incidental damages. If any such law is found applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages shall be deemed to be modified to the extent necessary to comply with applicable law.

## **PRODUCT PARTS DRAWING**

## FRONT



## BACK

## PARTS LIST

PART#	PART NAME	QTY
2	Incline Support Leg	1
3	Handrail	1
4	Left Upright	1
5	Right Upright	1
6	Left Pedal	1
8	Bottom Rail Holder	1
9	Pulley Bracket	1
10	Upper Axle Holder	1
11	Bottom Axle Holder	1
12	Belt Clip	2
14	Sensor Mounting Plate	1
15	Side Rail	2
16	Center Rail	1
17	Magnetic Disc	1
18	Magnet	3
19	Belt Pulley	1
20	Bearing (6201zz)	4
21	Axle	1
22	Small Pulley	1
23	Small Pulley Axle	1
24	V-Ribbed Belt	1
28	Front Cover	1
29	Rear Cover	1
30	Upper Back Cover	1
31	Lower Back Cover	1
32	Upper Frame Cover	1
33	Middle Frame Cover	1
34	Lower Frame Cover	1
35	Moving Wheel	2
36	Endcap	2
38	Tension Knob	1
39	Foam Tube	2
41	Pedal Cap	2
46	Screw, Round Head (ST4.2 x 16mm)	2
51	Screw, Round Head Self-Tapping (ST4.2 x 16mm)	5
52	Screw, Washer Head Self-Tapping (ST4.2 x 12mm)	30
53	Screw, Round Head (M5 x 0.8 x 10mm)	8
57	Washer (M8)	6
58	Nylock Nut (M8 x 1.25)	12
59	Bolt, Button Head (M8 x 1.25 x 15mm)	2
60	Bolt, Button Head (M8 x 1.25 x 12mm)	3
62	Screw, Round Head (ST4.2 x 25mm)	12
65	Bolt, Button Head (M8 x 1.25 x 40mm)	4
66	Bolt, Socket Head (M5 x 0.8 x 12mm)	3
67	Bolt, Socket Head (M8 x 1.25 x 90mm)	2
68	Pression Spring	2
69	Tension Spring (ø1.5mm)	2

## PARTS LIST

PART#	PART NAME	QTY
70	C Ring (ø12mm)	3
71	Bolt, Socket Head (M6 x 1 x 12mm)	4
74	Stopper Pin	2
75	Left Adjustment Bracket	1
76	Grommet Plug	3
78	Nut (M6 x 1)	1
79	Bolt, Flat Head (M8 x 1.25 x 15mm)	4
83	Meter	1
88	Rail Bumper	4
92	Sensor Wire	1
94	Bolt, Socket Head (M5 x 0.8 x 25mm)	2
95	Bolt, Socket Head (M8 x 1.25 x 20mm)	2
96	Magnet Holder	1
97	Upper Magnet Holder	1
99	Trapezoid-Shaped Magnet	8
100	Bumper	4
101	Magnetic Control Holder	1
104	Screw, Flat Head (M5 x 12mm)	4
106	Screw, Socket Head (M4 x 0.7 x 8mm)	1
107	Long Tension Spring (ø0.9mm)	2
108	Screw, Round Head (M3 x 20mm)	2
109	Nut (M3 x 0.5)	2
111	Bolt, Socket Head (M8 x 1.25 x 45mm)	2
113	Meter Knob	1
114	Pedal Roller	8
115	Screw, Washer Head Self-Tapping (ST3.0 x 6mm)	16
120	Fixing Lever	2
122	Oval Grommet Plug	1
124	Wire Protector	1
125	Plastic Washer	4
126	Bolt, Flat Head (M6 x 1 x 16mm)	2
128	Allen Wrench (6mm)	1
129	Main Frame	1
132	Bolt, Socket Head (M6 x 1 x 16mm)	1
141	Left Handrail Bracket	1
142	Right Handrail Bracket	1
151	Lock Washer (M5)	4
154	Bolt, Socket Head (M8 x 1.25 x 16mm)	4
155	Magnet Holder Bracket	1
156	Magnet Holder Plate	1
157	Lining Plate	2
158	Screw, Flat Head (M5 x 8mm)	4
159	Bolt, Socket Head (M5 x 0.8 x 10mm)	4
160	Magnet Holder Spacer	1
161	Plastic Gasket	2
162	Screw, Round Head (M5 x 30mm)	1
163	Locking Knob	1

## PARTS LIST

PART#	PART NAME	QTY
164	Spring Pin Knob	1
165	Round Plug (ø32mm)	2
166	Extension Sensor Wire	1
167	Lower Extension Wire	1
168	Meter Holder	1
169	Screw, Round Head (M5 x 10mm)	4
170	Right Pedal	1
171	Right Adjustment Bracket	1
172	Warning Label	1
173	Serial Decal	1
174	Pinch Point Label	2
175	Equipment Mat	1
176	Manual	1

## TO CONTACT CUSTOMER CARE

For your convenience, Stamina's customer care representatives can be reached by email at [customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com) or by phone at 1-800-375-7520 (in the U.S.). Our customer care representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.



ONLINE  
CUSTOMER CARE  
[customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com)  
[www.staminaproducts.com](http://www.staminaproducts.com)



TELEPHONE  
CUSTOMER CARE  
Tel: 1 (800) 375-7520



FAX  
CUSTOMER CARE  
Fax: (417) 889-8064



STAMINA PRODUCTS, INC.  
ATTN: Customer Care  
4435 West Manufacturers Street, Springfield, MO 65803

Would you like to receive email information or special offers from Stamina Products? Register at [contact.staminaproducts.com](mailto:contact.staminaproducts.com)

## TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to [register.staminaproducts.com](http://register.staminaproducts.com). Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer care at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; 4435 West Manufacturers Street, Springfield, MO 65803.

### PRODUCT REGISTRATION FORM

Stamina Products, Inc.  
4435 West Manufacturers Street, Springfield, MO 65803

Model Number: .....

Serial Number: .....

Product Name: .....

Place Purchased: .....

Date of Purchase: .....

Purchase Price: .....

First Name: .....

Last Name: .....

City: .....

State: .....

Zip Code: .....

Email Address: .....

Phone #: (      ) .....

Would you like to receive email information or special offers from Stamina Products?\*  Yes  No \*If yes, be sure your email address is included above.

Detach and Mail or Fax the Form Above

## TO ORDER PARTS

If there are missing or damaged parts, you can go to [parts.staminaproducts.com](http://parts.staminaproducts.com) and order those parts. If you have questions, please contact customer care. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

### PARTS ORDER FORM

Stamina Products, Inc.  
4435 West Manufacturers Street, Springfield, MO 65803

Mr./Ms: .....

Address: .....

Apt. #: .....

City: .....

State: .....

Zip Code: .....

**IMPORTANT : We require your phone number to process the order!**

Phone #: (      ) .....

Work Phone #: (      ) .....

Date of Purchase: .....

Model #: .....

Purchased From: .....

**IMPORTANT: Before filling out the portion below, make sure you have the correct information.  
Refer to the parts list to make sure you're ordering the right parts!**

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1